



XM-7627

CABLE CROSS OVER

Owner's Manual

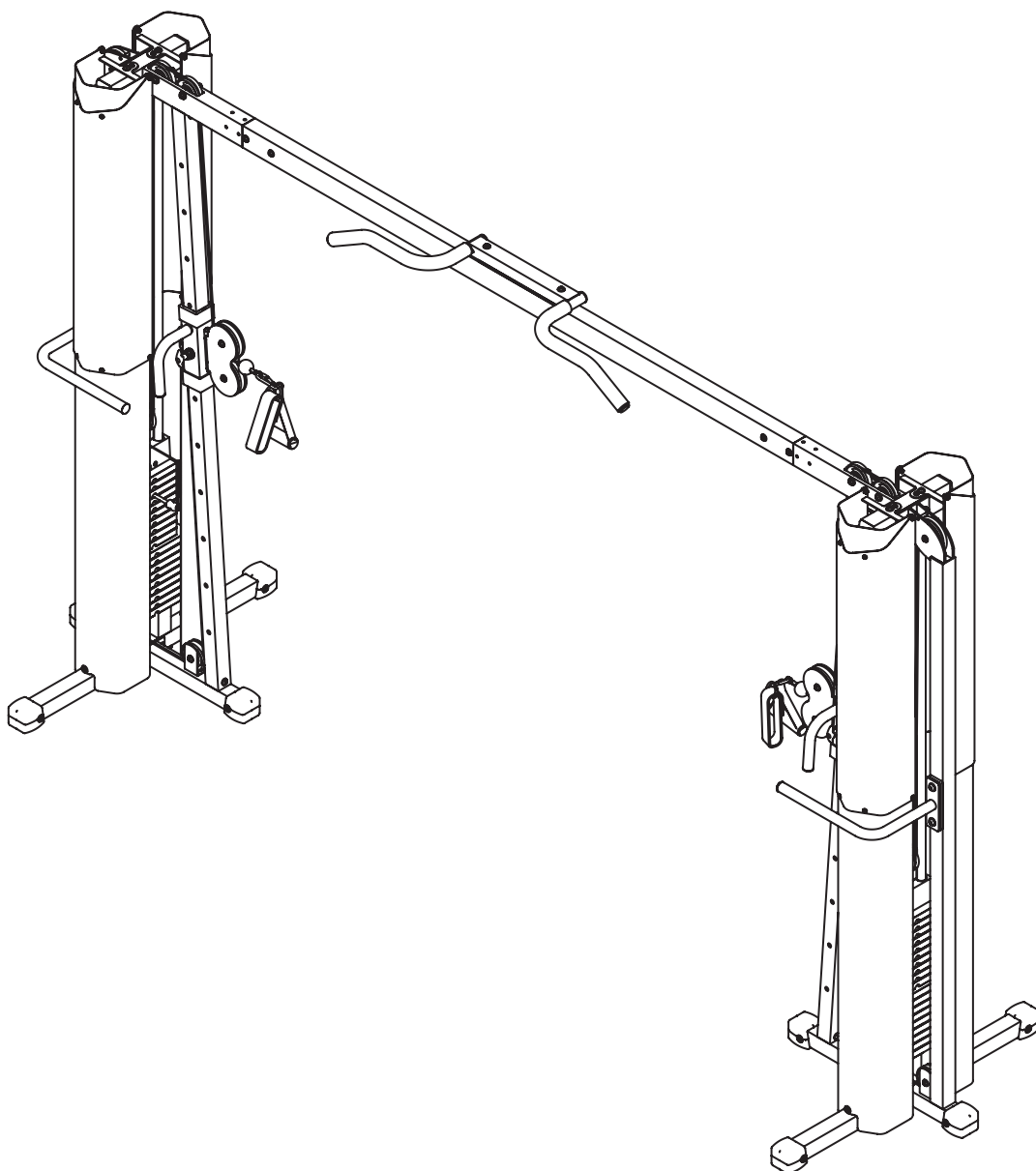


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NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. XMARK Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. XMARK Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a XMARK Fitness technician. Failure to follow these instructions will void the warranty.

Before You Start



THANK YOU for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

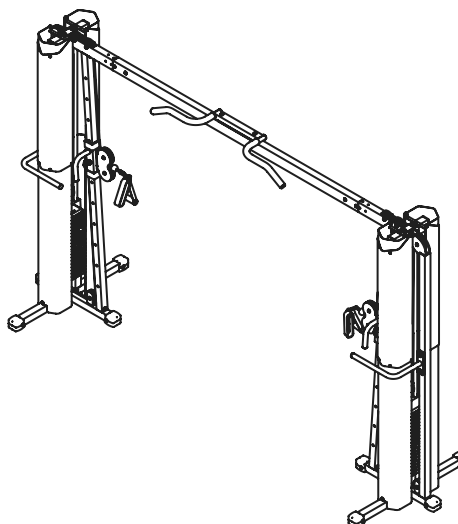
REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register online at www.xmarkfitness.com within 10 days of purchase.

MAILING ADDRESS

XMARK Fitness
7501 Trammel Drive
Shreveport, LA 71108

QUESTIONS?
CALL 1-800-719-4605
Monday-Friday
8:30 a.m.-5:00 p.m.
(Central Standard Time)



XMARK FITNESS SERIES
MODEL: XM-7627

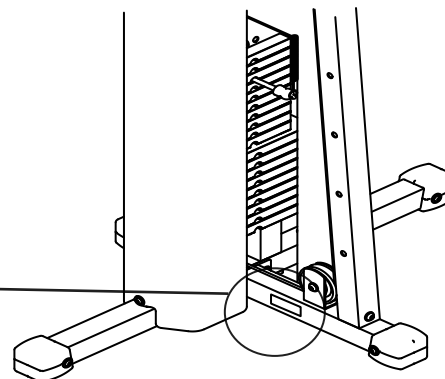
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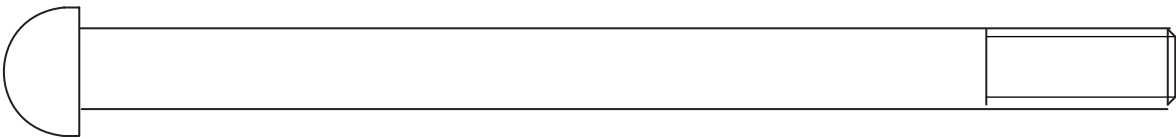
Model Name :

Date Mfg.:

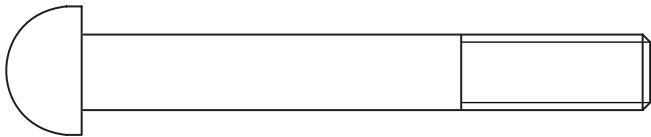
Serial #

Model Name Decal Location

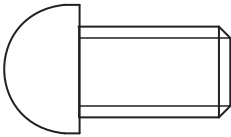




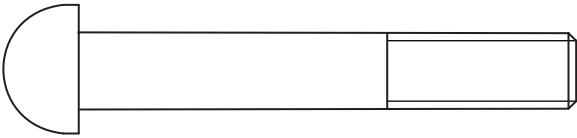
[47#] M10*140 2pcs



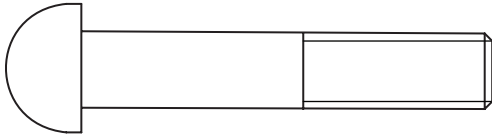
[40#] M10*75 8pcs



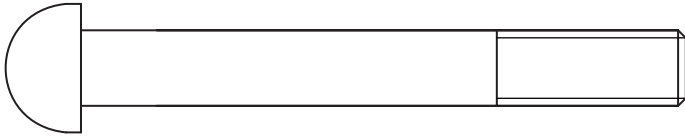
[39#] M12*20 4pcs



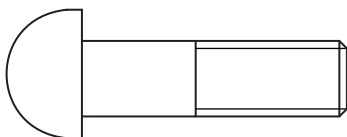
[41#] M10*65 8pcs



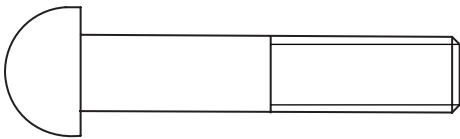
[45#] M10*55 2pcs



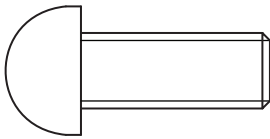
[42#] M10*80 4pcs



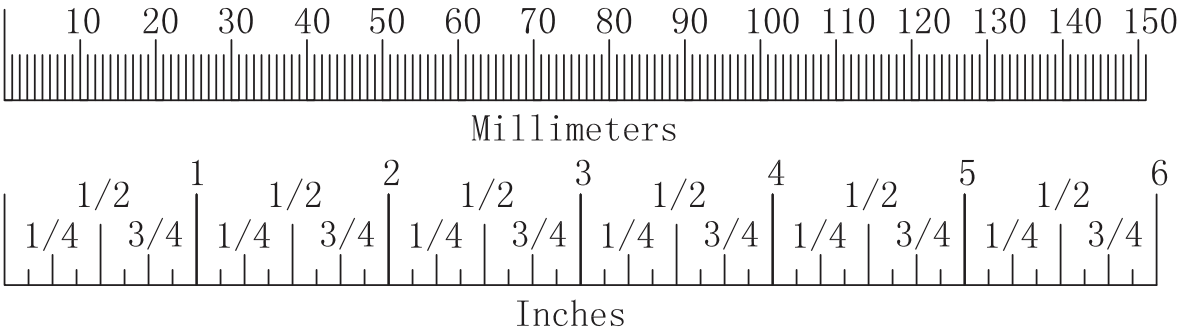
[44#] M10*35 2pcs

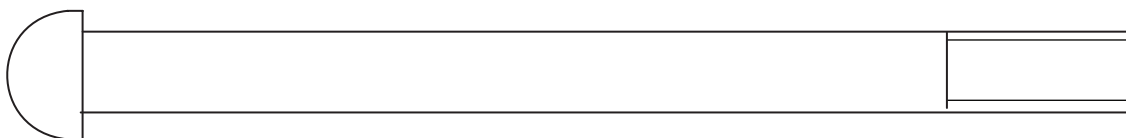


[43#] M10*50 10pcs

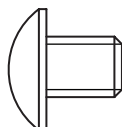


[46#] M10*25 4pcs

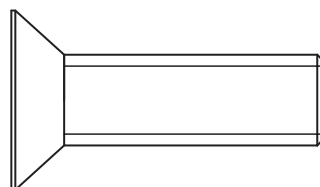




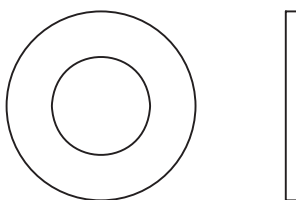
[48#] M10*135 2pcs



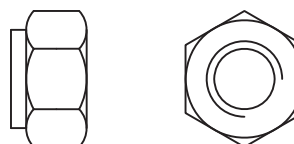
[49#] M8*10 8pcs



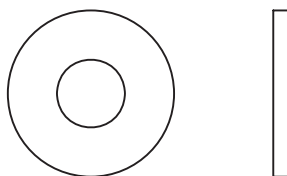
[50#] M12*35 2pcs



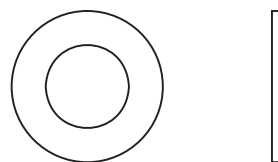
[51#] Ø13* Ø24*1.5 4pcs



[54#] M10 38pcs



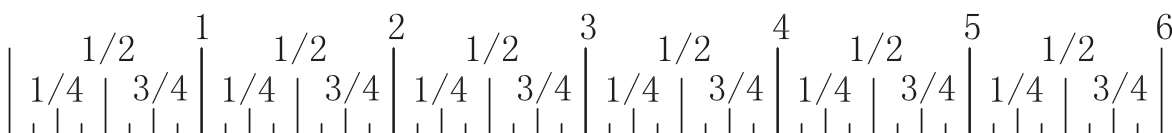
[52#] Ø9*Ø22*2 24pcs



[53#] Ø11* Ø20*2 76pcs



Millimeters



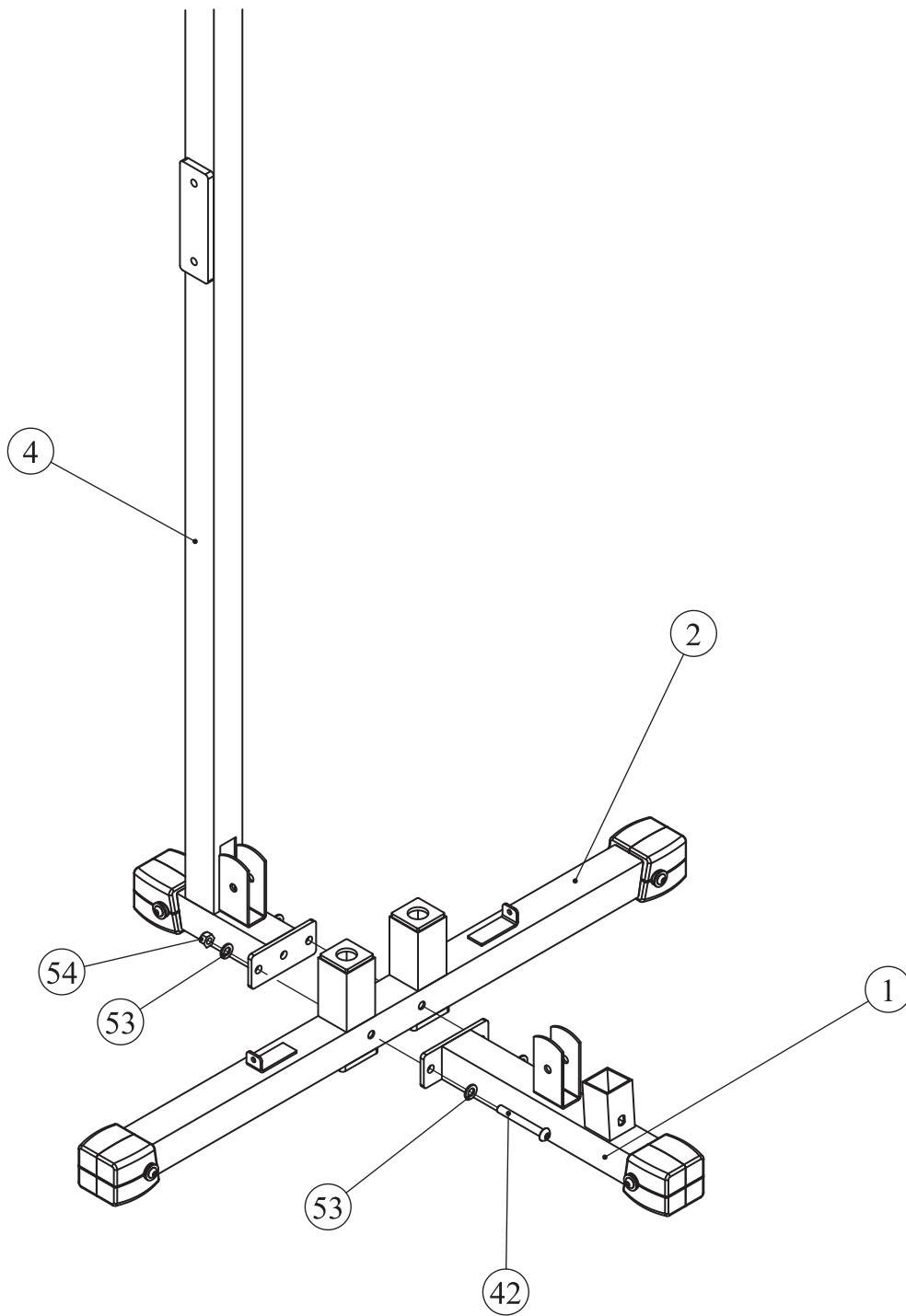
Inches

NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 1

Attach Middle Base (#2) to Left Rear Upright (#4) and Inner Base (#1) using:

- two M10*80 Button Head Cap Screw (#42)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- two M10 Nylon Lock Nuts (#54)

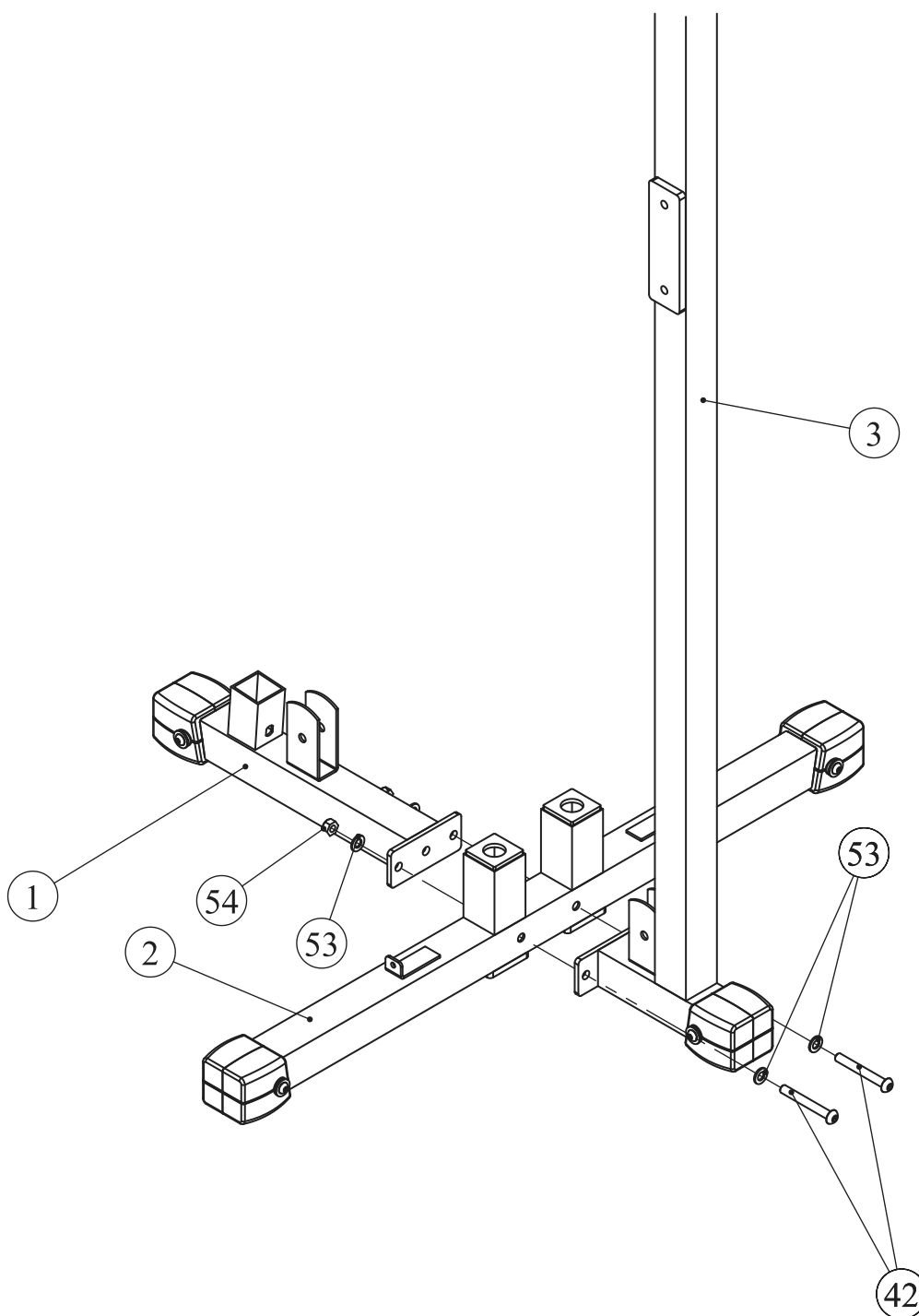


NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 2

Attach Middle Base (#2) to Right Rear Upright (#3) and Inner Base (#1) using:

- two M10*80 Button Head Cap Screw (#42)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#53)
- two M10 Nylon Lock Nuts (#54)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 3

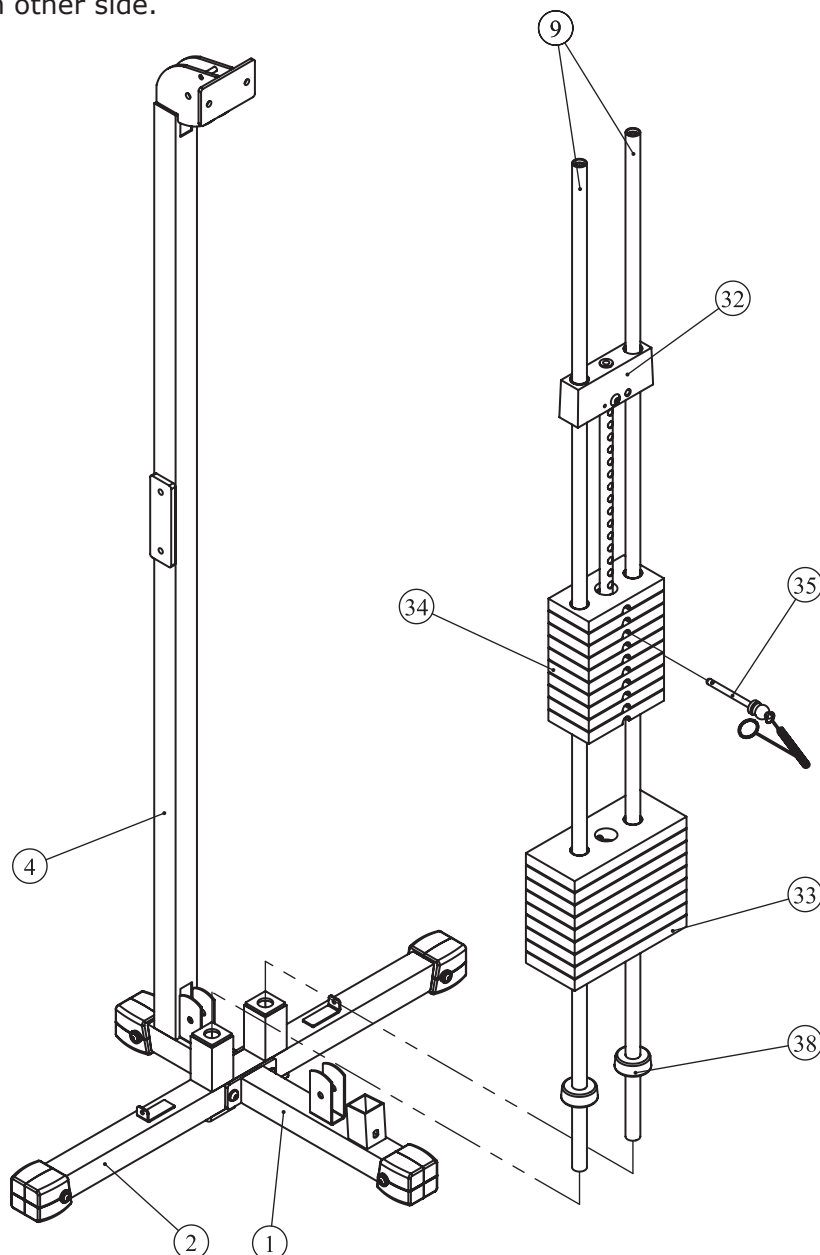
NOTE: Before completing any other steps, you should position both end of the unit 12 ft apart from each other to accommodate the Top Cross Tube (#11). This will keep you from having to move the unit once it is loaded with weights.

Slide Weight Bumpers (#38) and Guide Rods (#9) onto holes of Middle Base (#2).

Slide quantity 9 of the Weight Plate 10LB (#33) onto guide rods. Then slide quantity 10 of the Weight Plate 5LB (#34) onto guide rods.

Slide Top Plate (#32) onto top of weight stack. Insert Weight Pin (#35).

Repeat STEP 3 on other side.



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 4

Insert Left Slide Frame (#6) onto Slide Guide Tube (#5) and lock into one of the holes in tube.

NOTE: Position Left Slide Frame as seen in picture below so that Pop Pin is in line with Adjustment holes.

Attach Slide Guide Tube (#5) to Inner Base (#1) using:

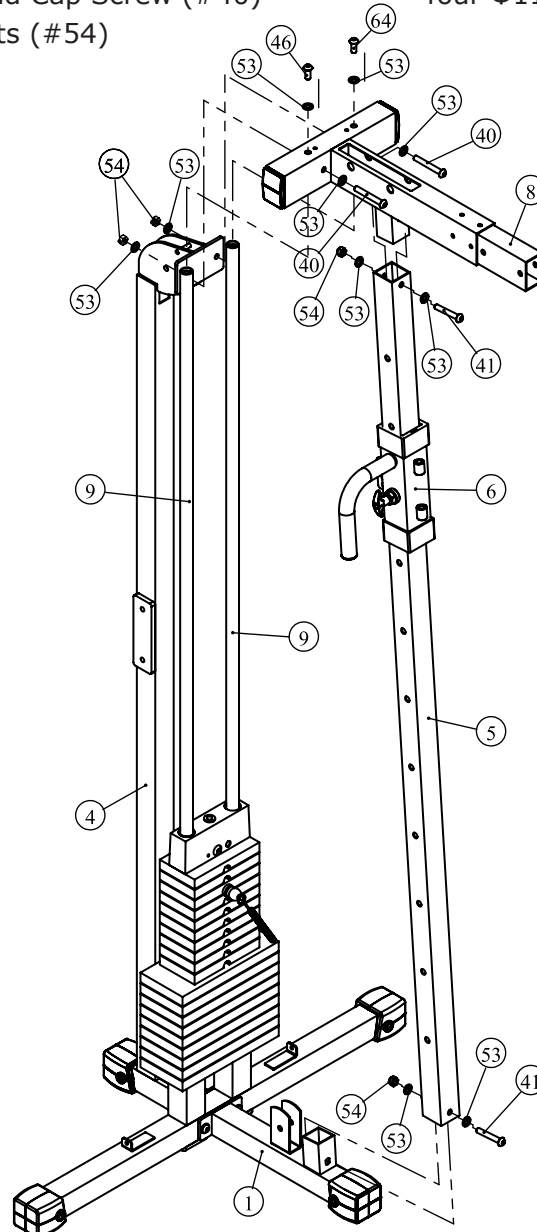
- one M10*65 Button Head Cap Screw (#41)
- one M10 Nylon Lock Nut (#54)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)

Slide Top Frame (#8) onto Guide Rods (#9) and attach Top Frame (#8) to Slide Guide Tube (#5) using:

- two M10*25 Button Head Cap Screw (#46)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- one M10*65 Button Head Cap Screw (#41)
- one M10 Nylon Lock Nut (#54)

Attach Top Frame (#8) to Left Rear Upright (#4) using:

- two M10*75 Button Head Cap Screw (#40)
- two M10 Nylon Lock Nuts (#54)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 5

Insert Right Slide Frame (#7) onto Slide Guide Tube (#5) and lock into one of the holes in tube.

NOTE: Position Left Slide Frame as seen in picture below so that Pop Pin is in line with Adjustment holes.

Attach Slide Guide Tube (#5) to Inner Base (#1) using:

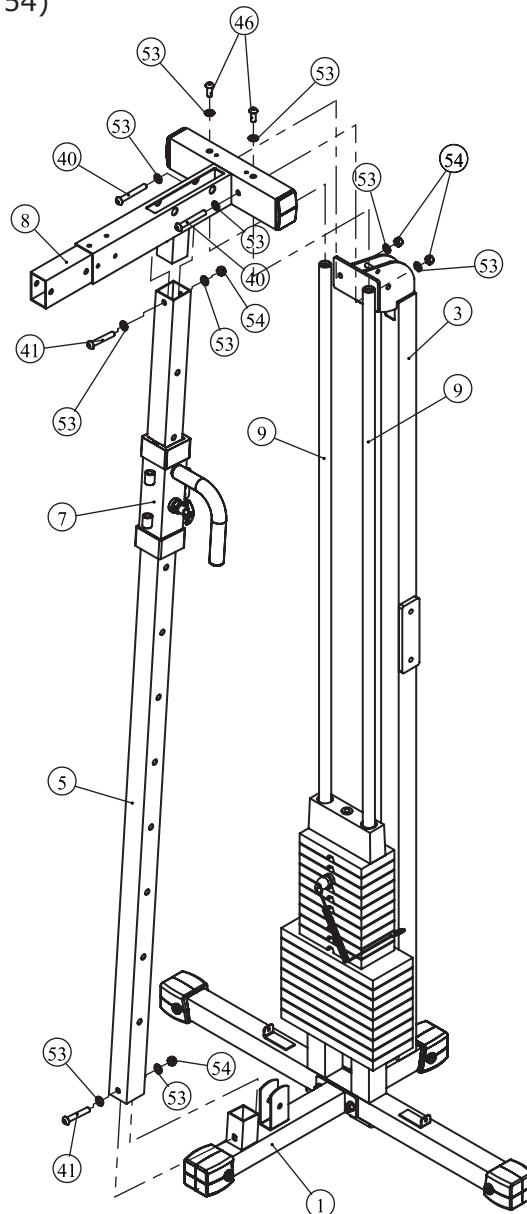
- one M10*65 Button Head Cap Screw (#41)
- one M10 Nylon Lock Nut (#54)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)

Slide Top Frame (#8) onto Guide Rods (#9) and attach Top Frame (#8) to Slide Guide Tube (#5) using:

- two M10*25 Button Head Cap Screw (#46)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- one M10*65 Button Head Cap Screw (#41)
- one M10 Nylon Lock Nut (#54)

Attach Top Frame (#8) to Right Rear Upright (#3) using:

- two M10*75 Button Head Cap Screw (#40)
- two M10 Nylon Lock Nuts (#54)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 6

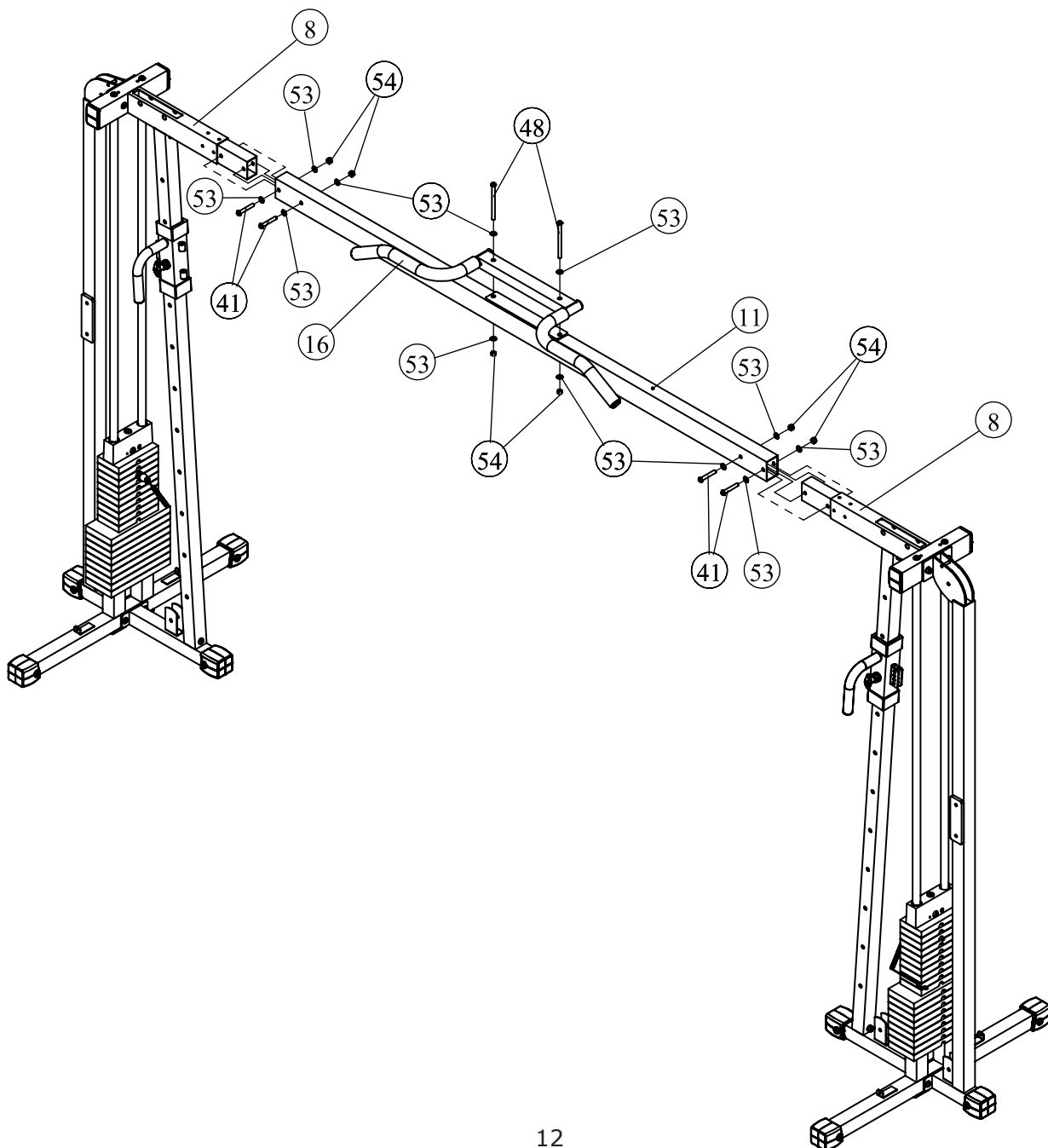
NOTE: Two people will be needed to complete this step safely.

Slide Top Cross Tube (#11) into both sides of the Top Frame (#8) using:

- four M10*65 Button Head Cap Screw (#41)
- eight $\Phi 11*\Phi 20*2$ Flat Washers (#53)
- four M10 Nylon Lock Nuts (#54)

Connect Chin-up Handle (#16) to Top Cross Tube (#11) using:

- two M10*135 Button Head Cap Screw (#48)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#53)
- two M10 Nylon Lock Nuts (#54)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Insert Cable (#15) through the pulleys in the Double Pully Bracket (#13) and install as shown.

Secure cable end to Left Slide Frame (#6) using:

- one M10*35 Button Head Cap Screw (#44)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- one M10 Nylon Lock Nuts (#54)

Step 7

Secure two Big Pulleys (#20) to Double Pulley Bracket (#13) using:

- two M10*50*25 Button Head Cap Screw (#43)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- two M10 Nylon Lock Nuts (#54)

Secure Double Pulley Bracket (#13) to Left Slide Frame (#6) using:

- one M10*140 Button Head Cap Screw (#47)
- one M10 Nylon Lock Nut (#54)

Secure one Big Pulley (#20) to Left Rear Upright (#4) using:

- one M10*55 Button Head Cap Screw (#45)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- one M10 Nylon Lock Nut (#54)

Secure two Small Pulleys (#21) to Top Frame (#8) using:

- two M10*75 Button Head Cap Screw (#40)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- four Pulley Spacers (#37)
- two M10 Nylon Lock Nuts (#54)

Secure one Small Pulleys (#21) to Swivel Pulley Block (#14) and attach Swivel Pulley Block (#14) to Top Plate (#32) using:

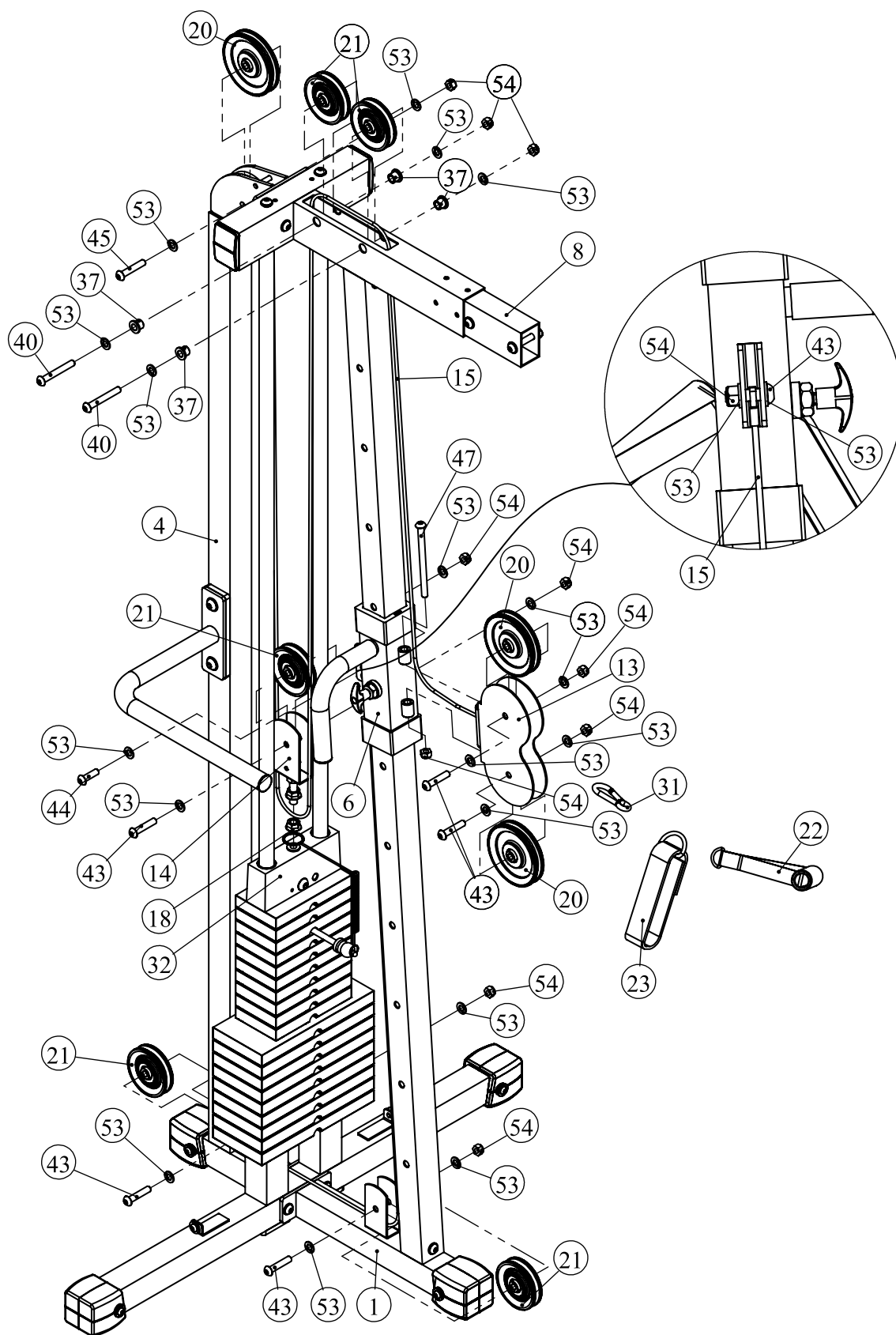
- one M10*50*25 Button Head Cap Screw (#43)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- one M10 Nylon Lock Nut (#54)
- one Jam Nut (#18)

Secure two Small Pulleys (#21) to Left Rear Upright (#4) and Inner Base (#1) using:

- two M10*50*25 Button Head Cap Screw (#43)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- two M10 Nylon Lock Nuts (#54)

Repeat for Right Side.

Step 7



Step 8

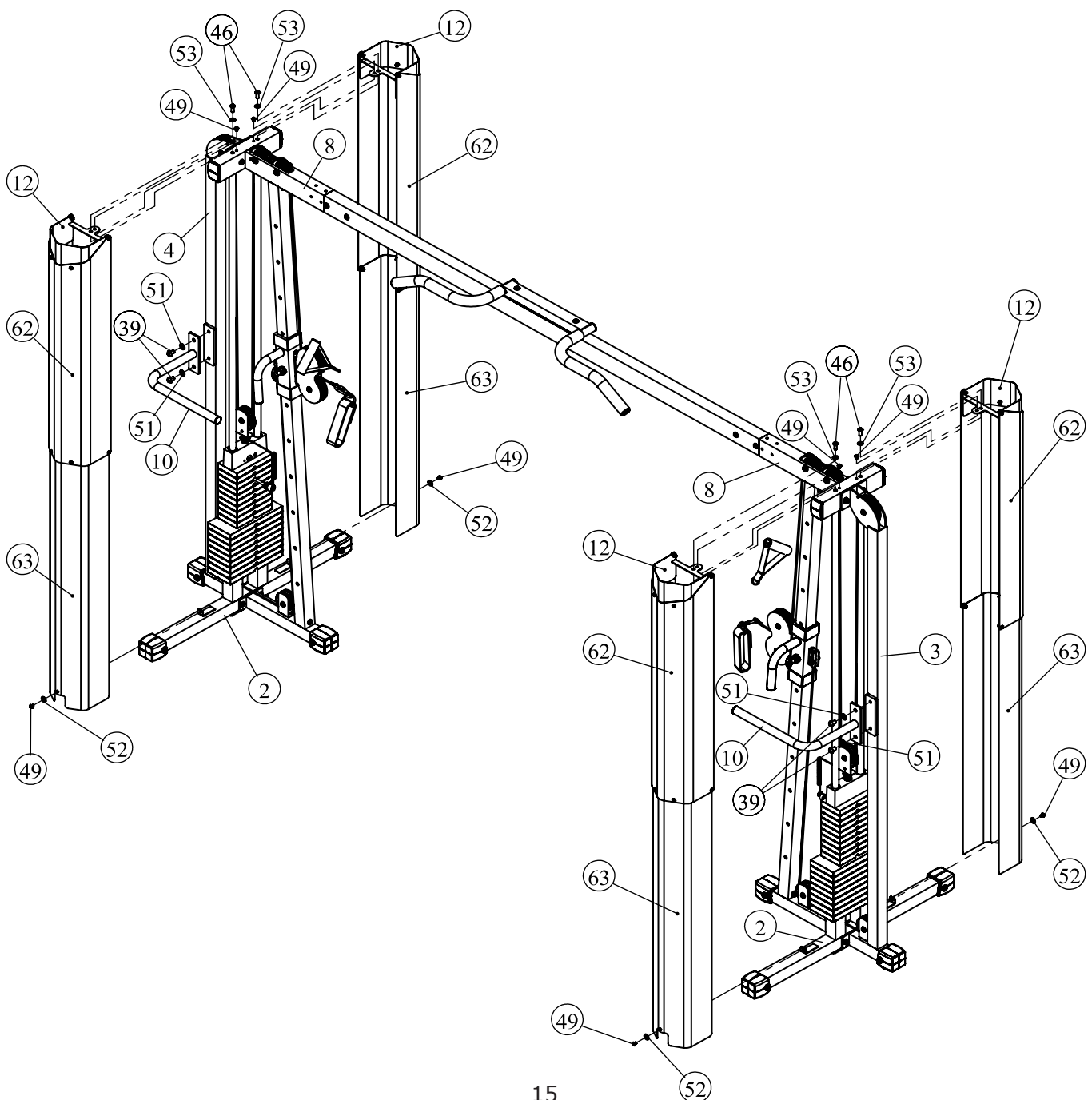
Attach two Handles (#10) to Left Rear Upright (#4) and Right Rear Upright (#3) using:

- four M12*20 Button Head Cap Screw (#39)
- four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washers (#51)

Tighten all bolts and nuts before continuing!

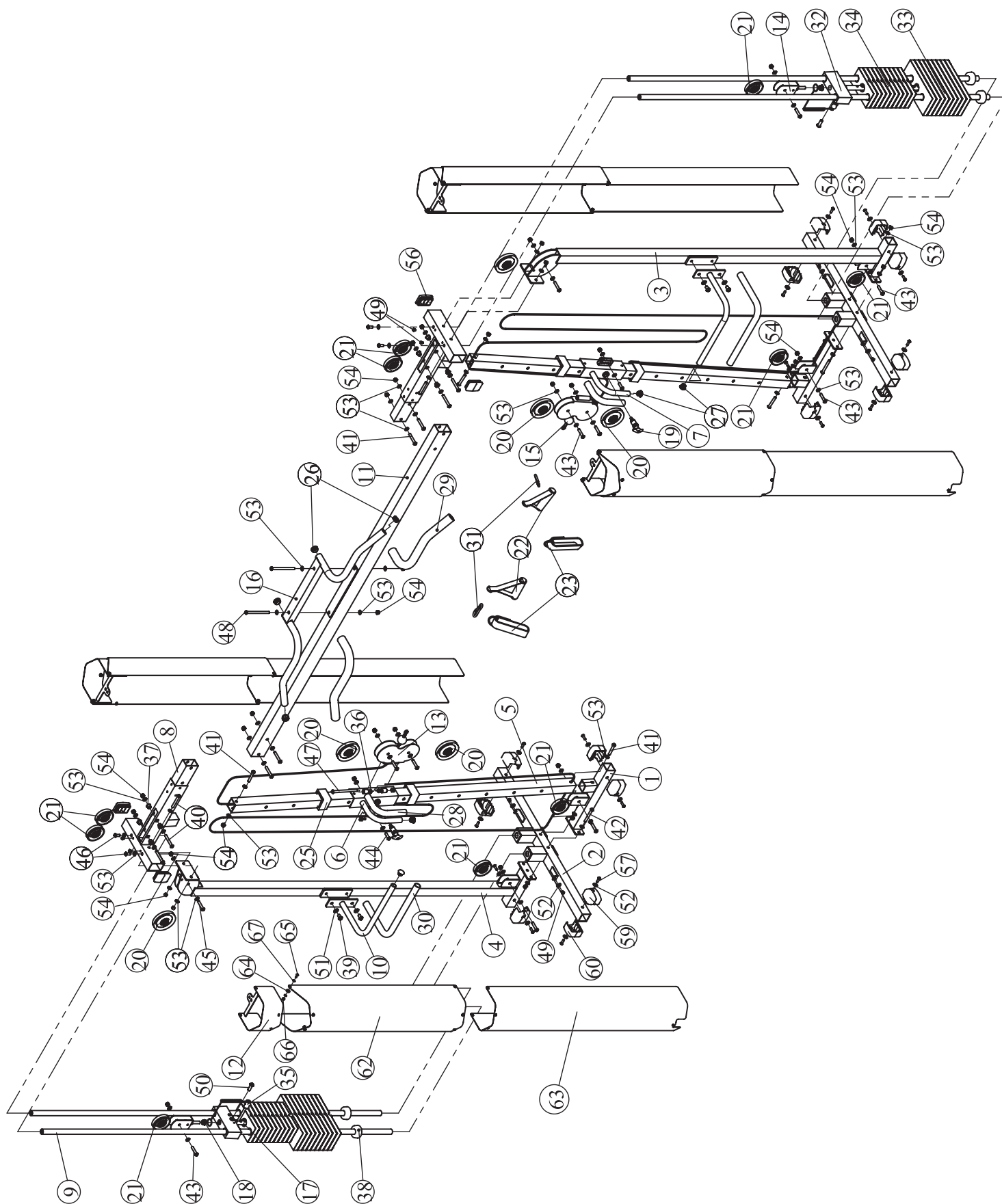
Once all bolts and nuts are tightened, then attach Weight Shrouds (#12, #62, #63) to Middle Base (#2) and Top Frame (#8) using:

- four M10*25*25 Button Head Cap Screw (#46)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#53)
- eight M8*10 Button Head Cap Screw (#49)
- four $\Phi 9 \times \Phi 22 \times 2$ Flat Washers (#52)



XM-7627 Parts List

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	P00224	Inner Base	2	37	P00646	Pulley Spacer	8
2	P00225	Middle Base	2	38	P00585	Weight Bumper	4
3	P00226	Right Rear Upright	1	39	P00622	Button Head Cap Screw M12*20	4
4	P00227	Left Rear Upright	1	40	P00612	Button Head Cap Screw M10*75	8
5	P00389	Slide Guide Tube	2	41	P00608	Button Head Cap Screw M10*65	8
6	P00390	Left Slide Frame	1	42	P00613	Button Head Cap Screw M10*80	4
7	P00391	Right Slide Frame	1	43	P00604	Button Head Cap Screw M10*50	10
8	P00392	Top Frame	2	44	P00601	Button Head Cap Screw M10*35	2
9	P00393	Guide Rod	4	45	P00606	Button Head Cap Screw M10*55	2
10	P00228	Handle	2	46	P00597	Button Head Cap Screw M10*25	4
11	P00394	Top Cross Tube	1	47	P00594	Button Head Cap Screw M10*140	2
12	P00177	Top Weight Shroud	4	48	P00593	Button Head Cap Screw M10*135	2
13	P00558	Double Pulley Bracket	2	49	P00634	Button Head Cap Screw M8*10	8
14	P00167	Swivel Pulley Block	2	50	P00125	Screw M12*35	2
15	P00395	Cable	2	51	P00034	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	4
16	P00396	Chin up Handle	1	52	P00037	Flat Washer $\Phi 9 \times \Phi 22 \times 2$	24
17	P00641	Selector Rod	2	53	P00134	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	76
18	P00429	Jam Nut 1/2"-12	2	54	P00561	Nylon lock Nut M10	38
19	P00663	Long Pop Pin XM Series	2	55	P00560	Hex Key S6	1
20	P00654	Big Pulley 4.5"	6	56	P00249	Plug, 50.8*76.2	4
21	P00533	Small Pulley	10	57	P00636	Button Head Cap Screw M8*25	16
22	P00106	Hand Strap	2	59	P00153	Foot Cap, Right 50.8 XM Series	8
23	P00112	Ankle Strap	2	60	P00154	Foot Cap, Left 50.8 XM Series	8
25	P00489	Plastic Sleeve 63.5*50.8	4	61	P00022	Wrench 17-19	1
26	P00018	Plug 32	4	62	P00178	Middle Weight Shroud	4
27	P00658	Plug 25	4	63	P00230	Bottom Weight Shroud	4
28	P00518	Grip 30*24*260	2	64	P00176	Small Spacer	32
29	P00659	Grip 40*30*500	2	65	P00631	Button Head Cap Screw M6*18	32
30	P00229	Long Grip 30*24*592	2	66	P00563	Nylon Lock Nut M6	32
31	P00149	Gear Hook	2	67	P00135	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	64
32	P00640	Top Plate	2	68	P00559	Hex Key S4	1
33	P00324	Weight Plate 10LB	18	#	H00024-1	Bolt Pack 1, XM-7627	1
34	P00325	Weight Plate 5LB	20		H00024-2	Bolt Pack 2, XM-7627	1
35	P00326	Weight Pin	2		M00035	Owner's Manual XM-7627	1
36	P00575	Small Bushing	4				





XMARK Fitness

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Shreveport, LA 71108

Customer Service: 1-800-719-4605