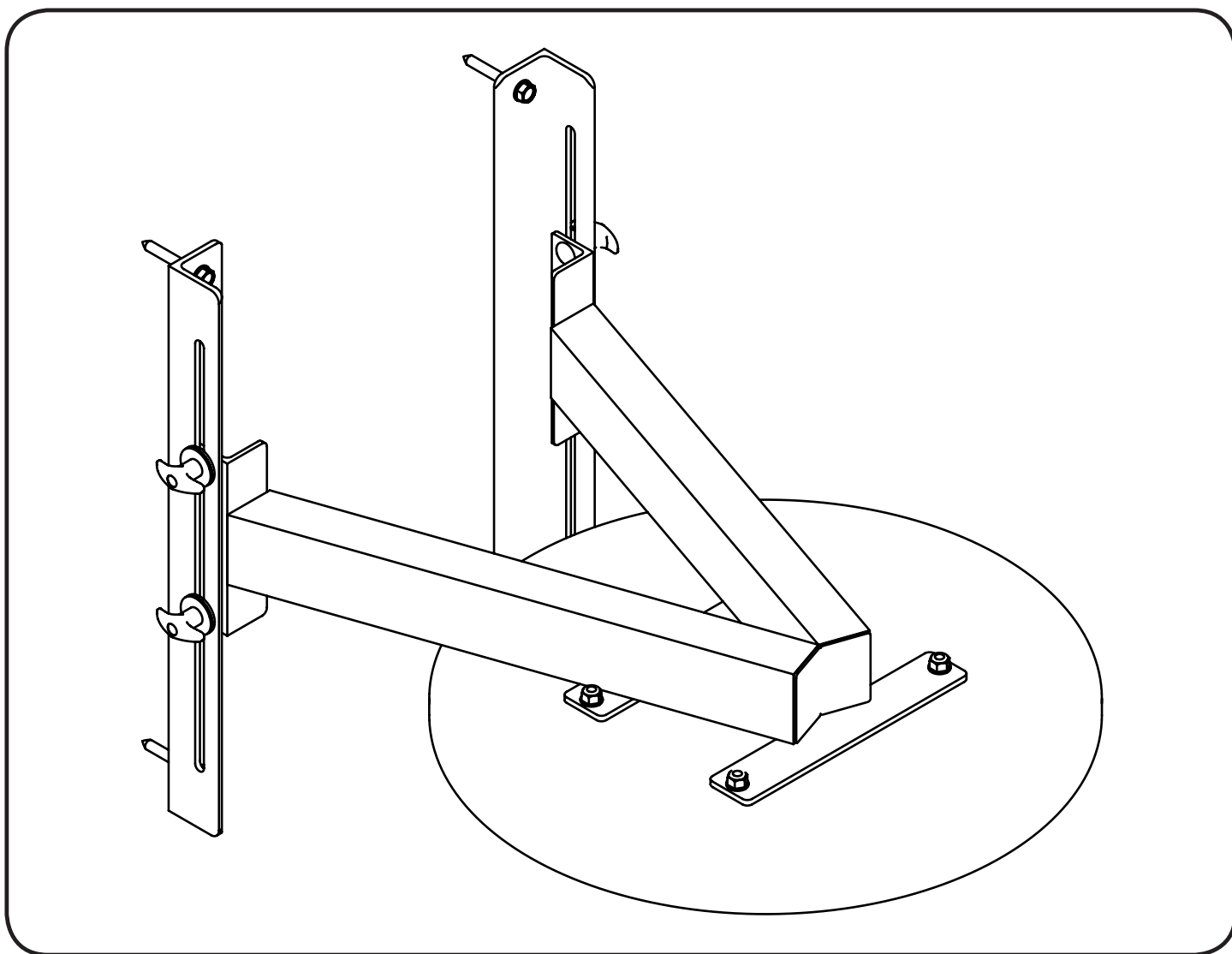




COMMERCIAL ADJUSTABLE
SPEED BAG PLATFORM

XM-2811

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. Please contact us if there is an issue with your product and we will take care of it.

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.
- 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

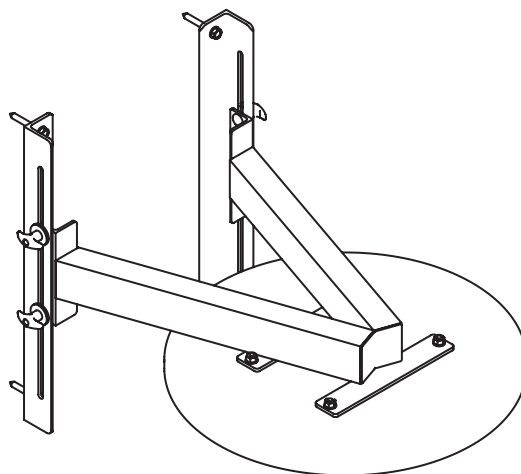


THANK YOU for making this unit a part of your exercise program. XMark Fitness assures the very best in value, appearance, durability and biomechanics.

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.

visit www.xmarkfitness.com for warranty information

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



MODEL: XM-2811

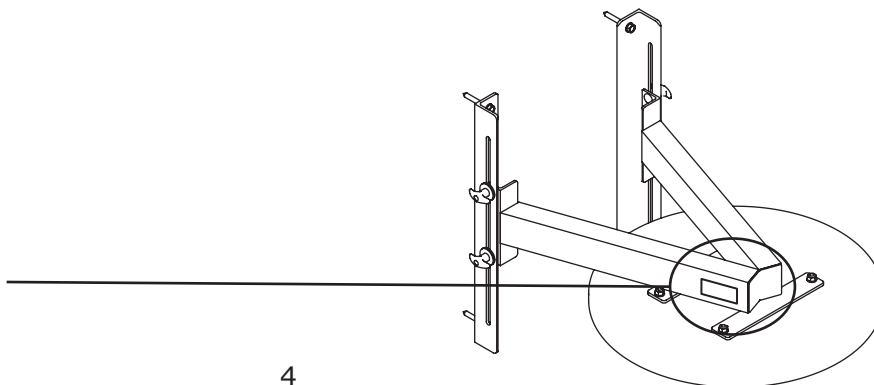
When calling please have the following product information available:

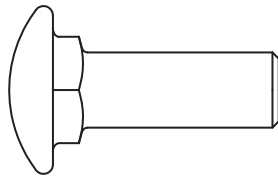
Model Name :

Date Mfg.:

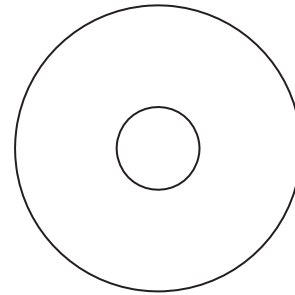
Serial #

Model Name Decal Location

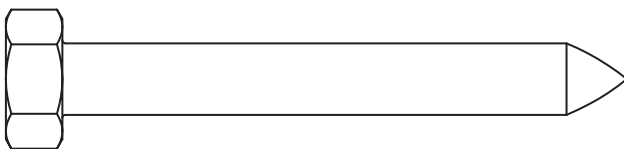




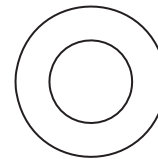
[12#] M10*30 4pcs



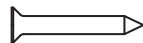
[11#] $\phi 11 * \phi 38 * 2$ 4pcs



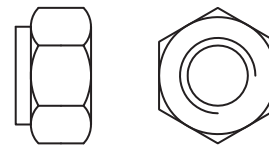
[13#] ST9.5*75 4pcs



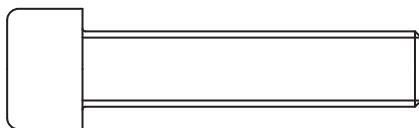
[9#] $\phi 11 * \phi 20 * 1.5$ 8pcs



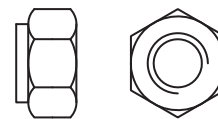
[14#] ST4.8*35 4pcs



[10#] M10 4pcs



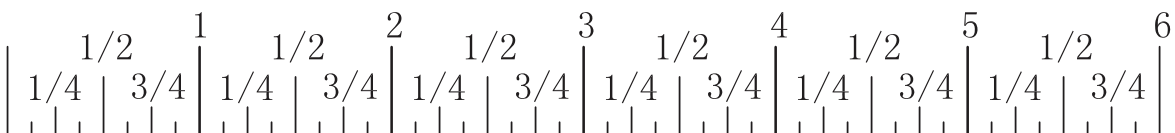
[21#] M10*45 4pcs



[18#] M8 1pc



Millimeters



Inches

NOTE: Wrench tighten bolts and nylon lock nuts.

Attach Mounting Brackets (#2) to Main Frame (#1) using:

- four M10*30 Carriage Bolts (#12)
- four $\Phi 11*\Phi 38*2$ Big Washers (#11)
- four $\Phi 11*\Phi 38*3$ Plastic Washers (#20)
- four Knob Nuts (#15)

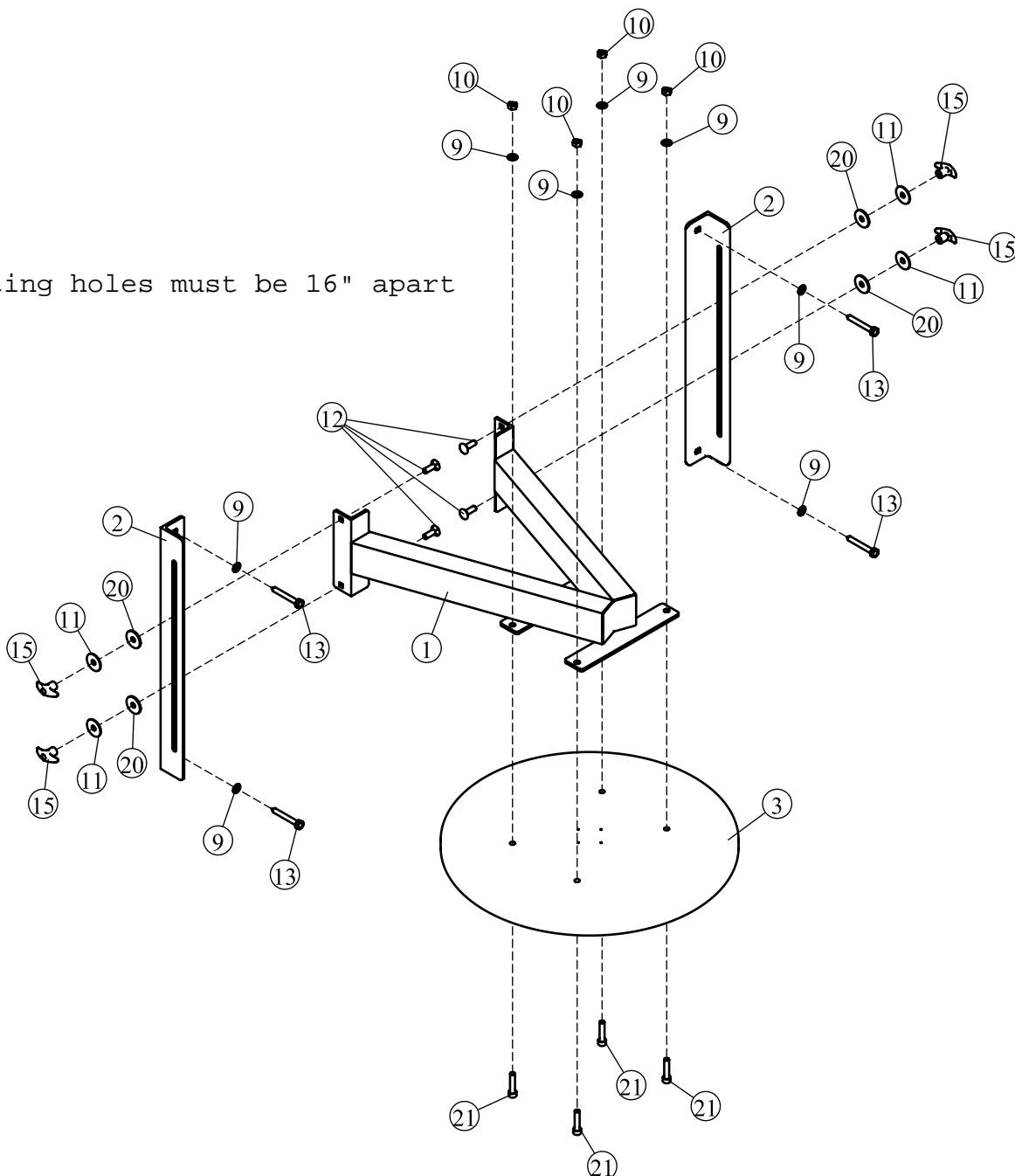
Attach Speed Bag Platform (#3) to Main Frame (#1) using:

- four M10*45 Socket Head Cap Screws (#21)
- four $\Phi 11*\Phi 20*1.5$ Flat Washers (#9)
- four Nylon Lock Nuts M10 (#10)

Attach the Boxing Frame to the Wood Wall using:

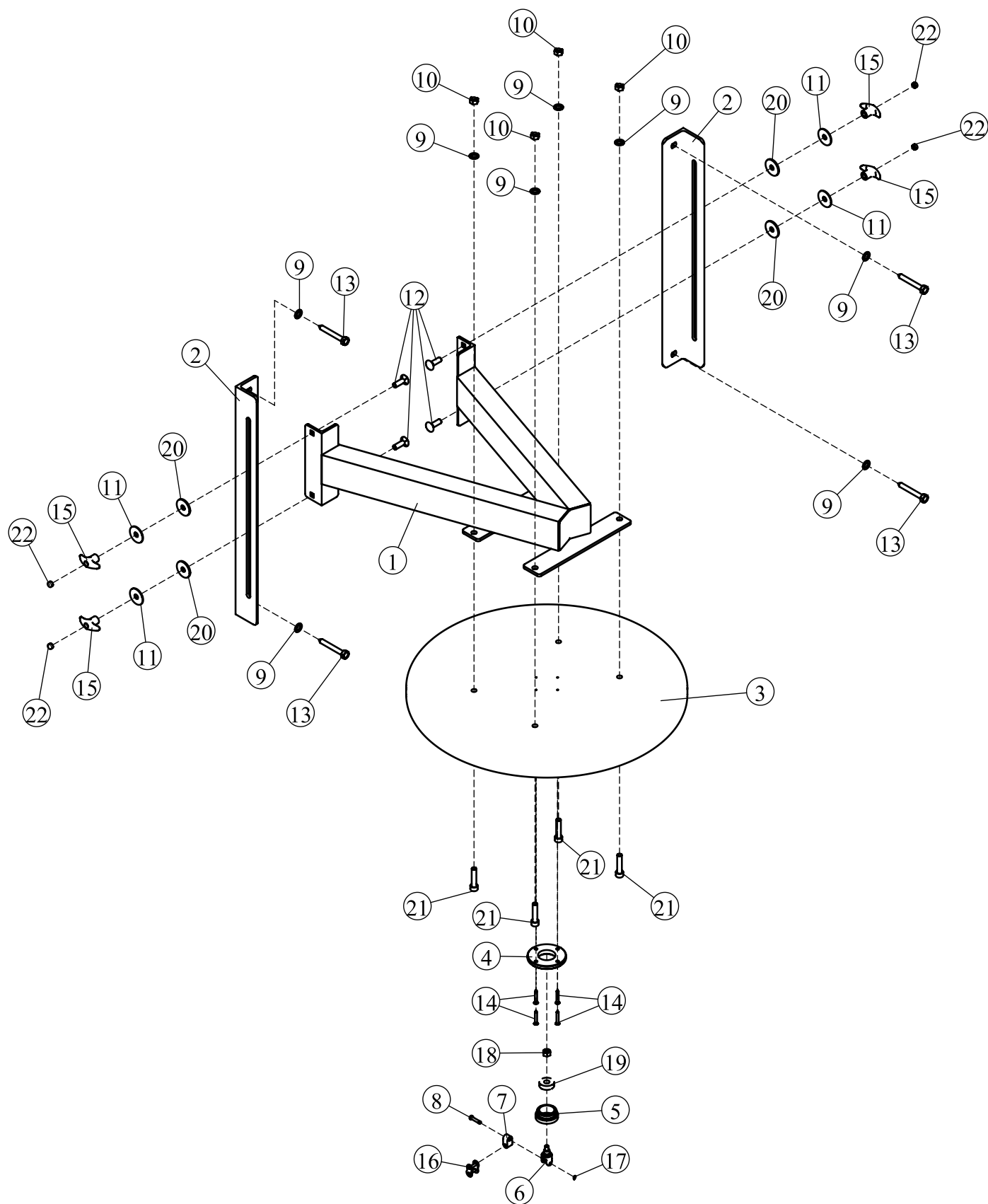
- four ST9.5*75 Hex Screws (#13)
- four $\Phi 11*\Phi 20*1.5$ Flat Washers (#9)

*Mounting holes must be 16" apart



XM-2811 Parts List

Ref #	Part #	Description	Qty
1	P00830	Main Frame	1
2	P00831	Mounting Bracket	2
3	P00832	Speed Bag Platform	1
4	P00833	Flange	1
5	P00834	Connect Plate	1
6	P00835	Clamp	1
7	P00836	Connector	1
8	P00837	Pin	1
9	P00031	Flat Washer $\Phi 11 \times \Phi 20 \times 1.5$	8
10	P00561	Nylon Lock Nut M10	4
11	P00685	Big Washer, $\Phi 11 \times \Phi 38 \times 2$	4
12	P00838	Carriage Bolt M10*30	4
13	P00839	Hex Screw ST9.5*75	4
14	P00840	Philips Screw ST4.8*35	4
15	P00841	Knob Nut	4
16	P00842	Chain	1
17	P00843	Retaining Snap Ring	1
18	P00564	Nylon Lock Nut M8	1
19	P00844	Bearing	1
20	P00845	Plastic Washer	4
21	P00846	Socket Head Cap Screw M10*45	4
22	P00847	Plastic Cap	4
23	P00848	Hex Key S8	1
24	P00022	Wrench 17-19	1
25	H00045	Bolt Pack	1
26	M00045	Owner's Manual	1



 **XMARK**