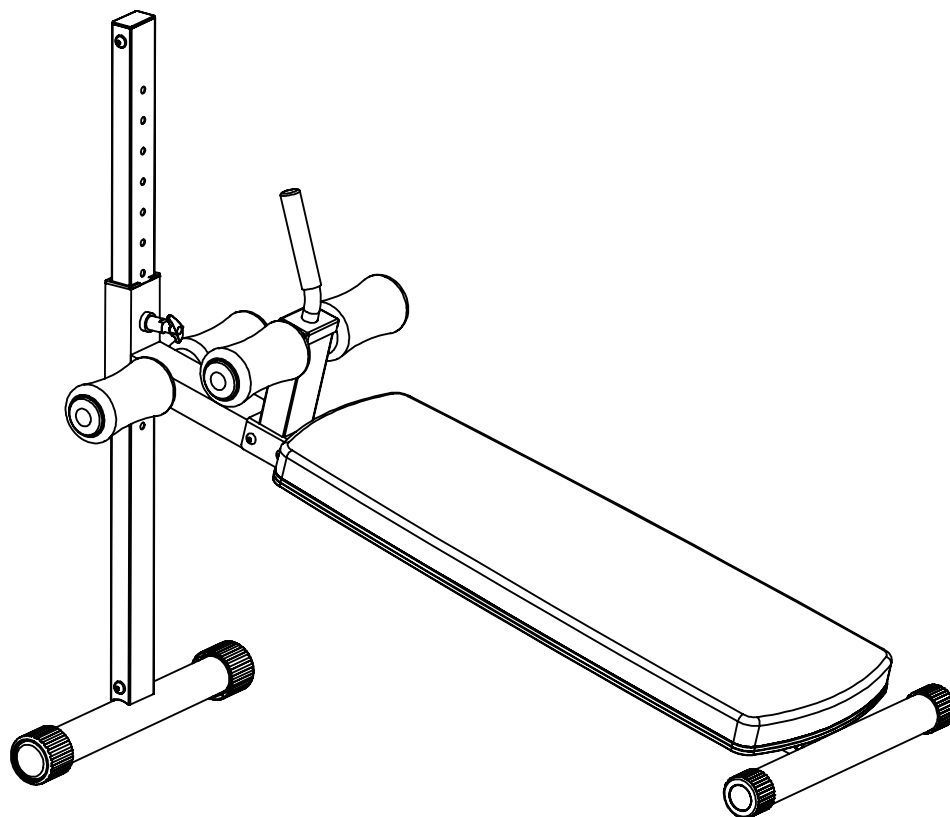




# ***XM-4416.1***

## **Adjustable AB Bench**

### **Owner's Manual**



### **! CAUTION**

Read all precautions and instructions in this manual before using this equipment.

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## Before You Begin

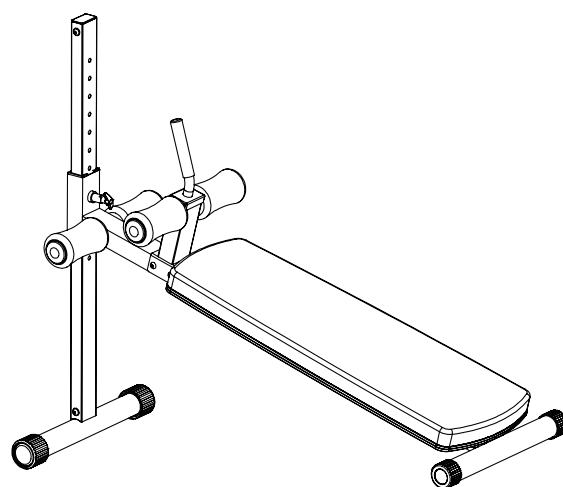


**THANK YOU** for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

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, please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

**QUESTIONS?**  
**CALL 1-800-719-4605**

**Monday-Friday**  
**8:30 a.m.-5:00 p.m.**  
*(Central Standard Time)*



**XMARK FITNESS SERIES**  
**MODEL: XM-4416.1**

Visit [www.xmarkfitness.com](http://www.xmarkfitness.com) for warranty information

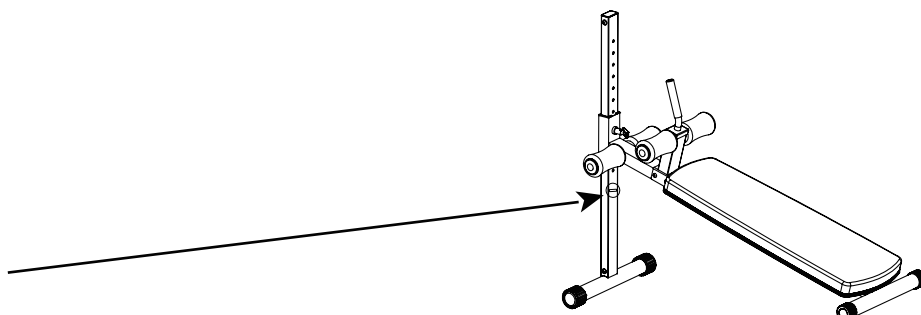
***When calling please have the following product information available:***

**Model Name : XM-4416.1**

**Date Mfg.:**

**Serial #**

**Model Name Decal Location**



**NOTE: Hand tighten bolts and locknuts until machine is fully assembled. Lock nuts may require additional force to tighten completely.**

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

## **SAFETY INFORMATION WARNING!**

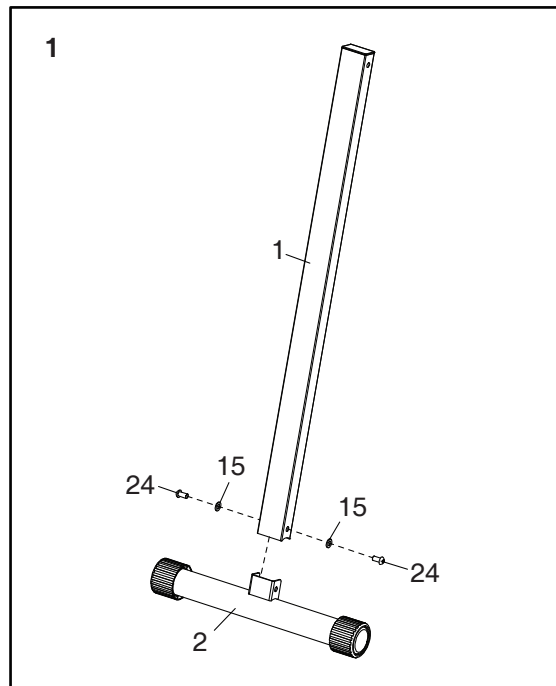
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. XMARK Fitness assumes no responsibility for personal injury or property damage sustained by or through the use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

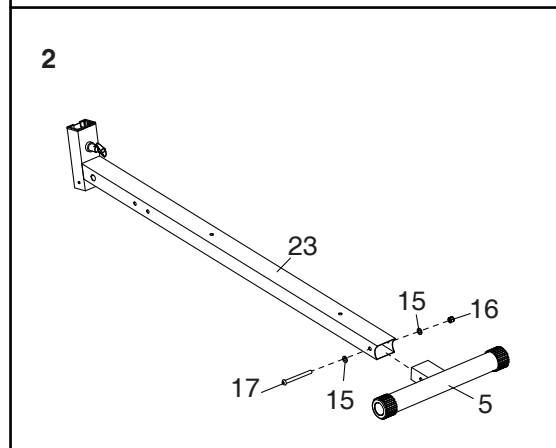
## **SAFETY PRECAUTIONS**

- 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.

1. Attach the Upright Frame (1) to the Front Base (2) with two M10 x 20mm Screws (24) and two M10 Washers (15). **Do not tighten the Screws yet.**

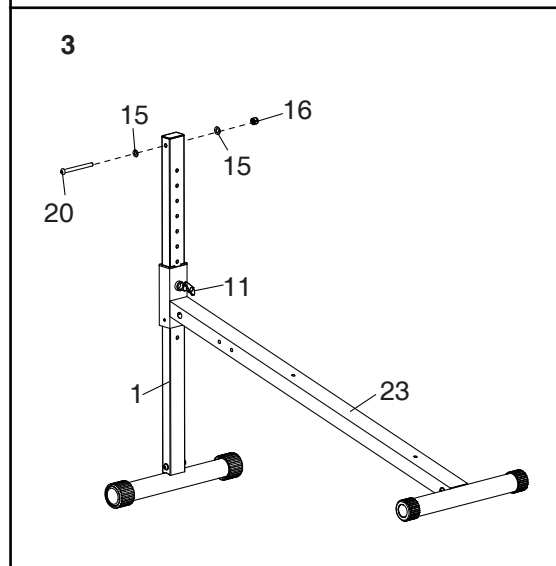


2. Attach the Rear Base (5) to the Main Frame (23) with one M10 x 90mm Bolt (17), two M10 Washers (15) and one M10 Locknut (16). **Do not tighten the Locknut yet.**



3. Pull the Knob (11), insert the Upright Frame (1) into the Main Frame (23) and release Knob into an adjustment hole in the Upright Frame (1).

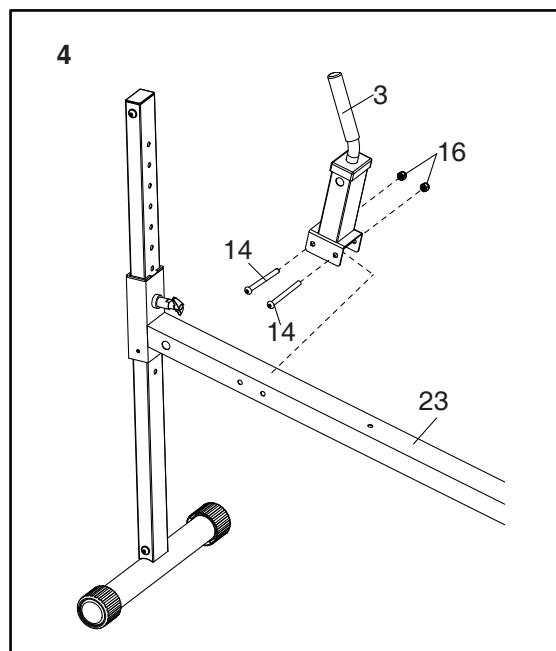
Slide Bolt M10 x 80mm (20) into Upright Frame (1) and secure with two Washers (15) and one Locknut (16).



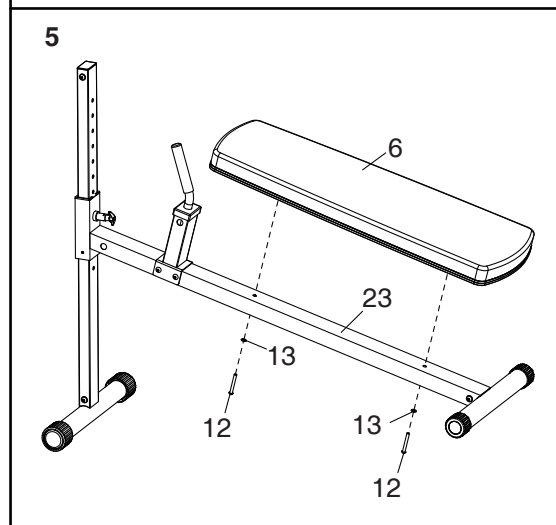
# Assembly

4. Attach the Arm Frame (3) to the Main Frame (23) with two M10 x 95mm Bolts (14) and two M10 Locknuts (16).

**See steps 1- 3** Tighten the M10 Locknuts (16) and two M10 x 20mm Screws (24).



5. Attach the Pad (6) to the Main Frame (23) with two M8 x 70mm Screws (12) and two M8 Washers (13).

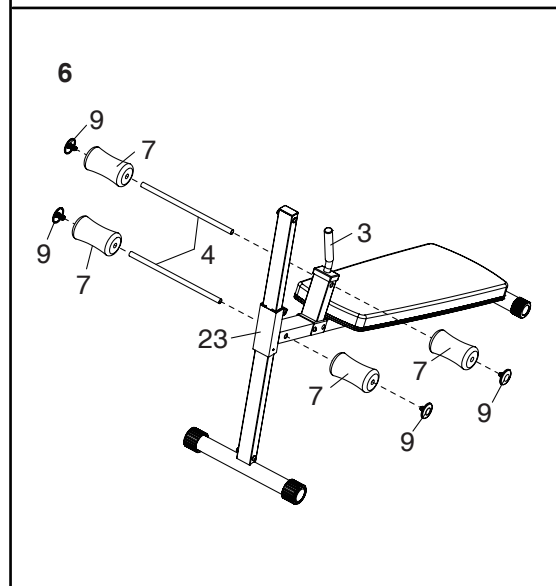


6. Insert the remaining one Foam Roller Tube (4) into the Arm Frame (3). Slide two Foam Rollers (7) onto Foam Roller Tube (4), and Press two Foam Roller Caps (9) into the ends of the Foam Roller Tube.

Repeat this step with other Foam Ruller Tube (4) and the Main Frame (23).

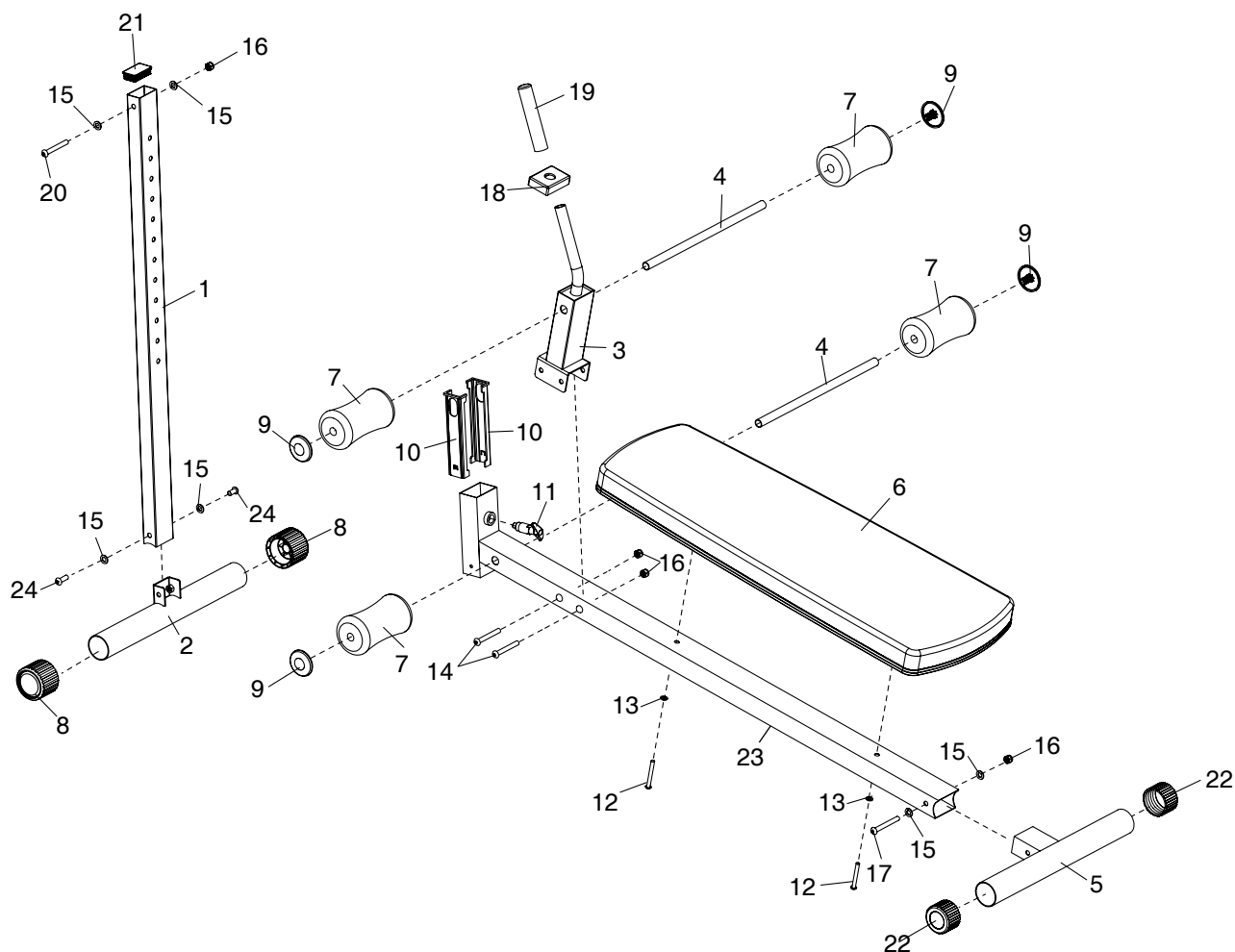
7. **Make sure that all parts are properly tightened before you use the ADJUSTABLE AB BENCH!**

**Congratulations!! You have completed assembly of your XM-4416.1!**



## PART LIST

Key No.	Description	Qty.	Key No.	Description	Qty.
1	Upright Frame	1	13	M8 Washer	2
2	Front Base	1	14	M10 x 95mm Bolt	2
3	Arm Frame	1	15	M10 Washer	6
4	Foam Roller Tube	2	16	M10 Locknut	4
5	Rear Base	1	17	M10 x 90mm Bolt	1
6	Pad	1	18	Cover Rectangular	1
7	Foam Roller	4	19	Handle Grip	1
8	Transport Wheel	2	20	M10 x 80mm Bolt	1
9	Foam Roller Cap	4	21	Plug Inner Cap	1
10	Glide Plastic Sleeve	2	22	End Cap Circular	2
11	Knob	1	23	Main Frame	1
12	M8 x 70mm Screw	2	24	M10 x 20mm Screw	2





**Customer Service: 1-800-719-4605**