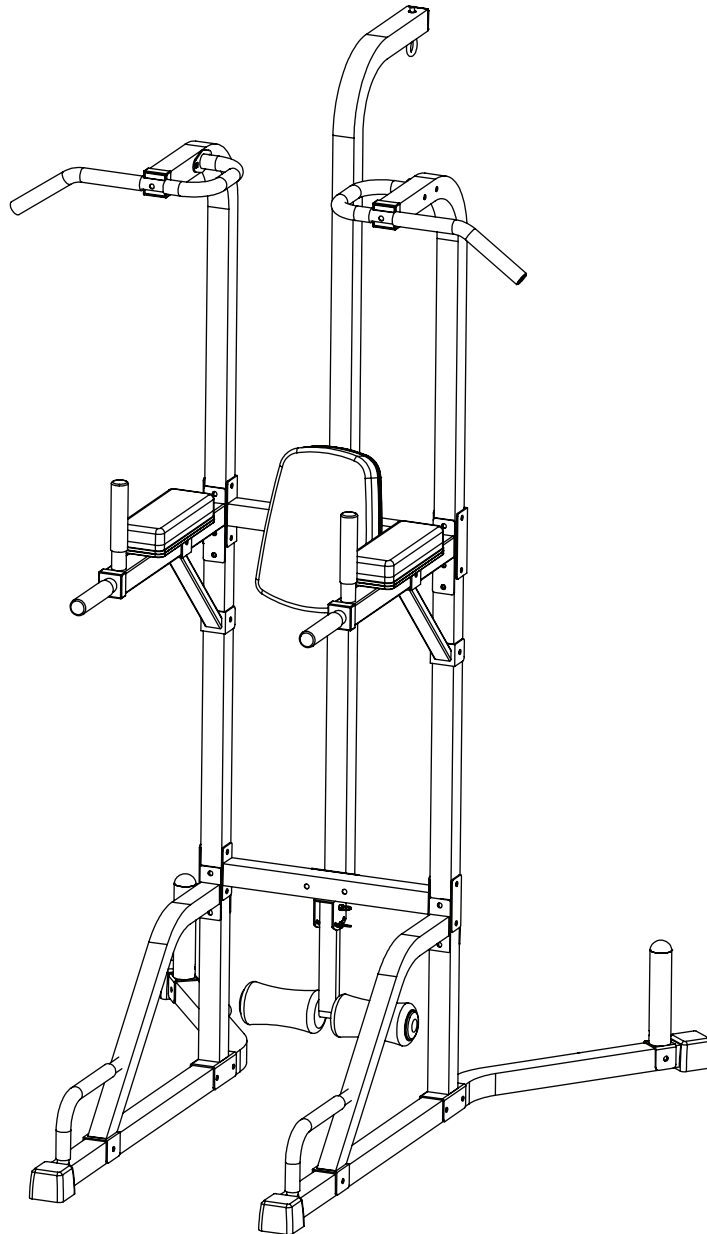




XM-2842

**XMARK POWER TOWER
WITH HEAVY BAG STAND**

Owner's Manual



!CAUTION

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

Table of Contents



Before You Begin	3
Important Safety Information	4-5
Assembly	6-10
Parts List	11
Exploded View	12
Warranty Information	13

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.

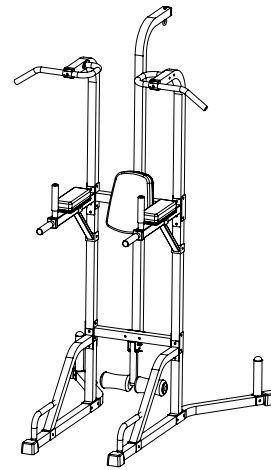
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Xmark Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

MAILING ADDRESS

XMark Fitness, LLC
2791 Valley View 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-2842

When calling please have the following product information available:

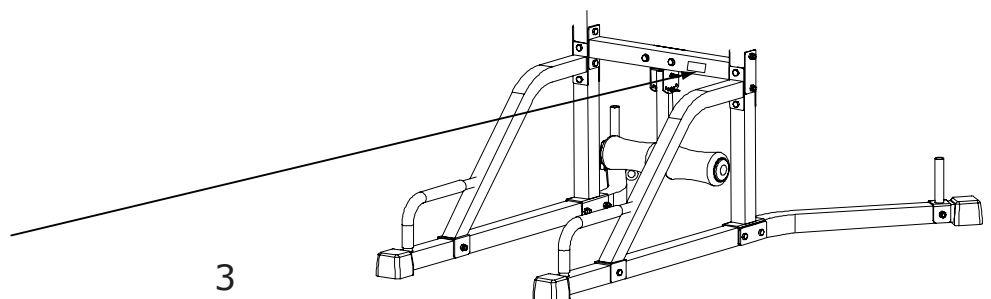
Model Name: XM-2842

Date Mfg.:

PO #:

Serial #:

Model Name Decal Location



Read this section first.

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.

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

STEP 1

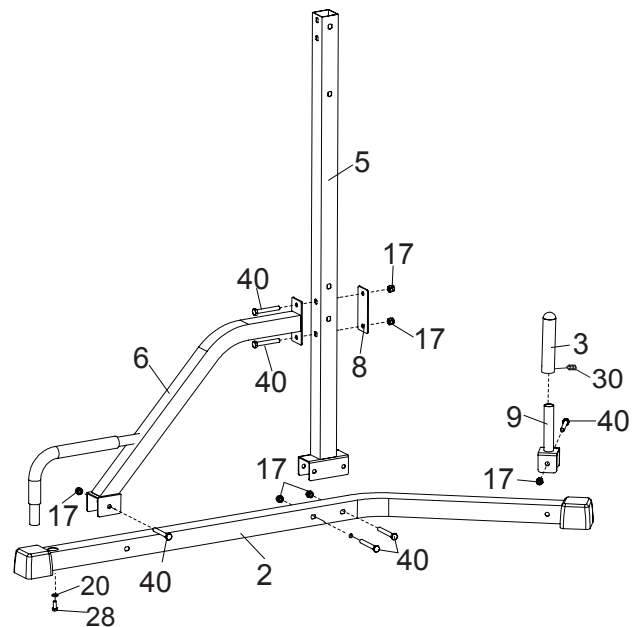
Insert the bar on the Lower Support (6) into the Left Base (2), securing with M8 x 20 Bolt (28) and one M8 Washer (20).

Connect Lower Upright (5) to Left Base (2), securing with two M10 x70 Bolts (40) and two M10 Locknuts (17).

Connect the Lower Support (6) and the Lower Upright (5) with Bracket (8), two M10x70 Bolts (40) and two M10 Locknuts (17).

Connect the Weight Post (9) onto the Left Base (2) securing with one M10x70 Bolt (40) and one M10 Locknut (17).

To use olympic weights(not included), secure the olympic adapter (3) to the weight Post (9) using M8X10set screw (30).Make sure the set screw (30) is on the bottom of the adapter.



STEP 2

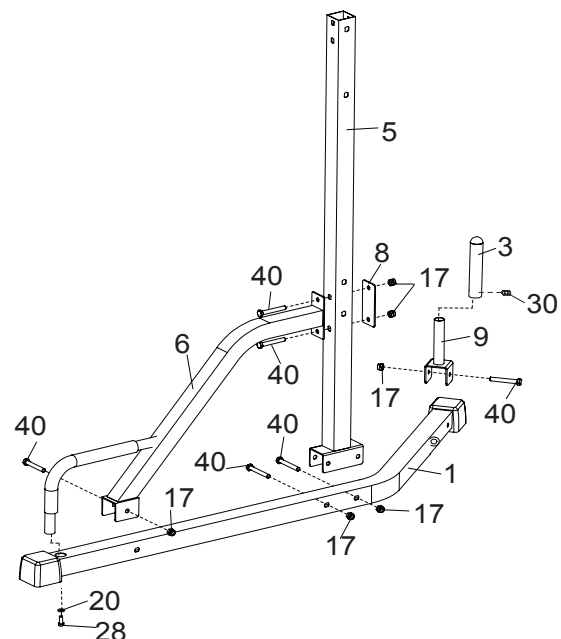
Insert the bar on the Lower Support (6) into the Right Base (1), securing with M8 x 20 Bolt (28) and one M8 Washer (20).

Connect Lower Upright (5) to Right Base (1) , securing with two M10 x70 Bolts (40) and two M10 Locknuts (17).

Connect the Lower Support (6) and the Lower Upright (5) with Bracket (8), two M10x70 Bolts (40) and two M10 Locknuts (17).

Connect the Weight Post (9) onto the Right Base (1) securing with one M10x70 Bolt (40) and one M10 Locknut (17).

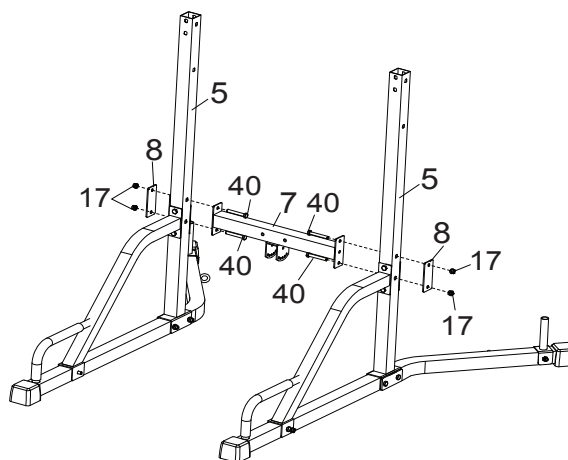
To use olympic weights(not included), secure the olympic adapter (3) to the weight Post (9) using M8X10set screw (30).Make sure the set screw (30) is on the bottom of the adapter.



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

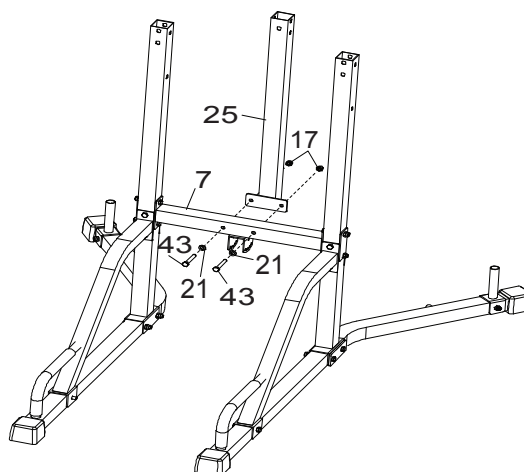
STEP 3

Connect the Lower Uprights (5) to the Lower Cross Brace (7) with two Brackets (8), four M10 x 70 Bolts (40) and four M10 Locknuts (17).



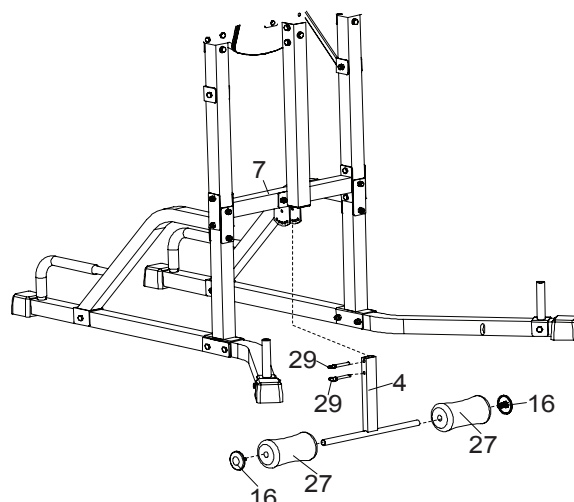
STEP 4

Connect Lower Cross Brace (7) to Lower Heavy Bag Hanger Bar (25) securing with two M10X65 Bolts (43), two M10 Washers (21) and two M10 Locknuts (17).



STEP 5

Install the Sit-up Bar (4) into the bracket on the Lower Cross Brace (7), securing with two Ring Head Lock Pins (29). Slide the Foam Rollers (27) onto each end of the Sit-up Bar (4), secure with Foam Roller Caps (16).



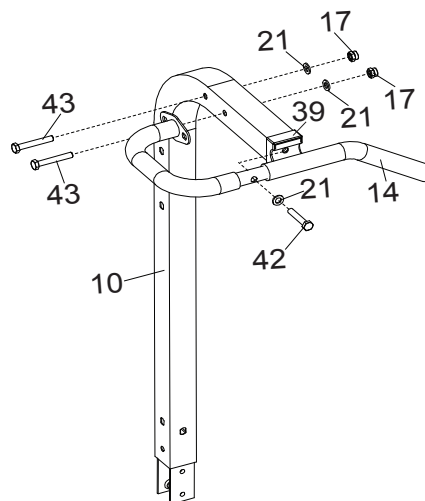
NOTE: Hand tighten bolts and locknuts until machine is fully assembled.

STEP 6

Push Left Pull-up Bar (14) into the Connective Head (39) on Upper Upright (10), secure with one M10 x55 Bolt (42), one M10 Washer (21).

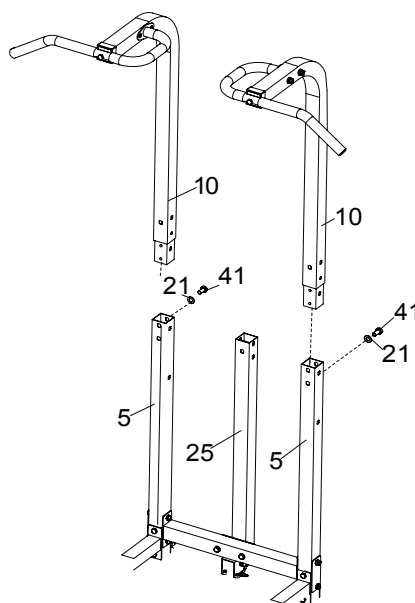
Then attach the Left Pull -up Bar (14) to the Left Upper Upright (10), securing with two M10X65 Bolts (43), two M10 Washers (21) and two M10 Locknuts (17).

Repeat to complete the assembly for the right Pull -up Bar (15) and Upper Upright (10) (not shown).



STEP 7

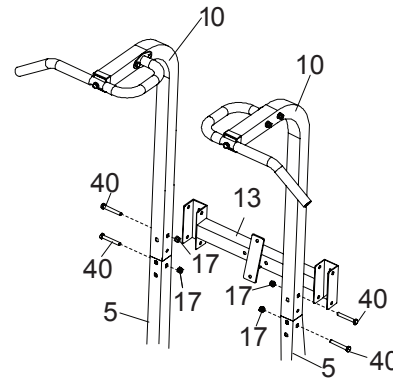
Insert the Upper Uprights (10) into the Lower Uprights (5) securing with two M10X20 Bolts (41) and two M10 Washers (21).



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

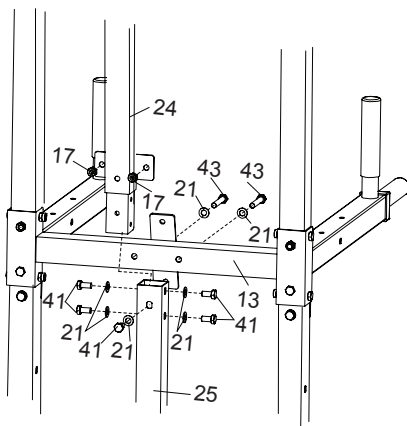
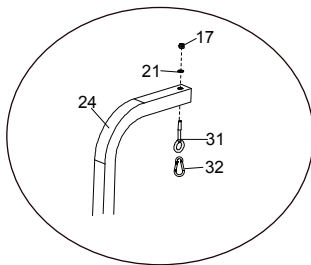
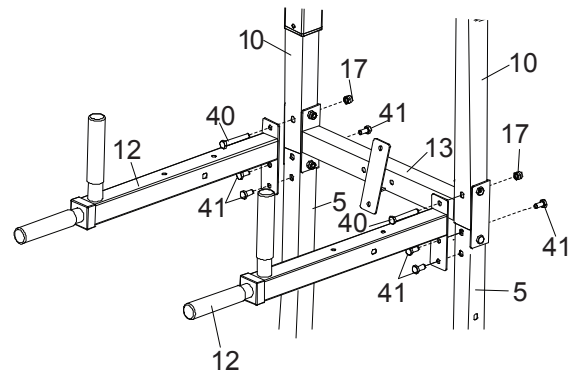
STEP 8

Connect the Upper Cross Brace (13) to the joint of the Upper and Lower Uprights (10, 5), secure through the side holes with four M10X70 Bolts (40) and four M10 Locknuts (17).



STEP 9

Attach the two Extend Arms (12) to the joint of Upper and Lower Upright (10,5), secure with two M10 x 70 Bolts (40) and two M10 Locknuts (17) for the upper holes, use six M10 X 20 Bolts (41) for the lower holes.



STEP 10

Attach Heavy Bag Hook (31) to the Upper Heavy Bag Hanger Bar (24), secure with one M10 Washer (21) and one Locknut M10 (17).

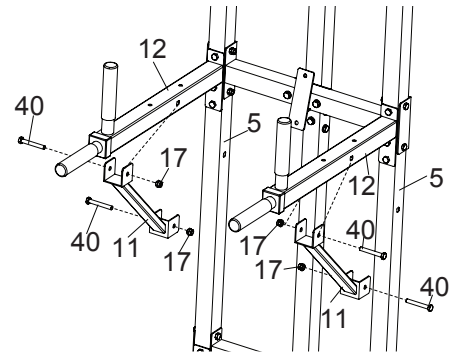
Attach a Clip (32) to Heavy Bag Hook (31).

Insert the Upper Heavy Bag Hanger Bar (24) into the Lower Heavy Bag Hanger Bar (25), secure with five M10X20 Bolts (41) and five Washers M10 (21), then secure the Upper Heavy Bag Hanger Bar (24) to Upper Cross Brace (13) with two M10X65 Bolts (43), two M10 Washers (21) and two M10 Locknuts (17).

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

STEP 11

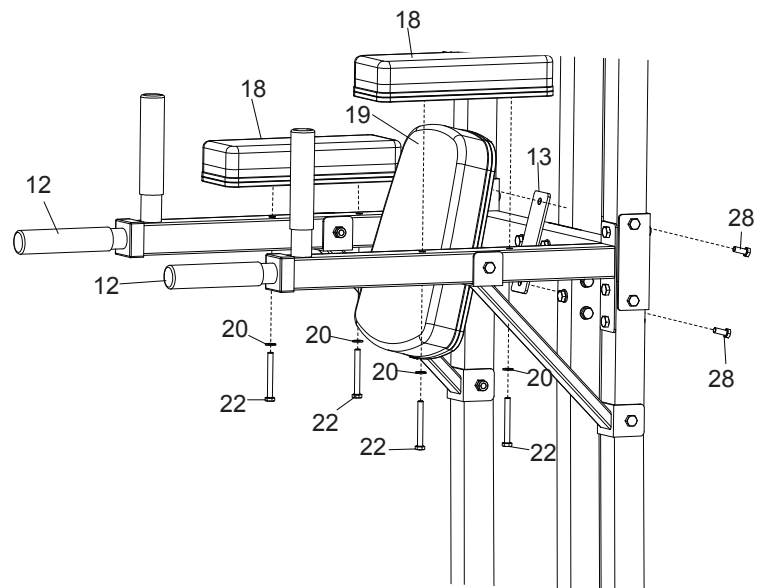
Attach the Upper Support Bars (57) to the Extended Arms (12) and the Lower Upright Tubes (5). Secure with four M10 x 70 Bolts (40), and four M10 Locknuts (17).



STEP 12

Attach Arm Pads (18) to Extended Arms (12) and secure with four M8 x70 Bolts (22) and four M8 Washers (20).

Attach the Back Pad (19) to Upper Cross Brace (13) and secure with two M8x20 Bolts (28) .

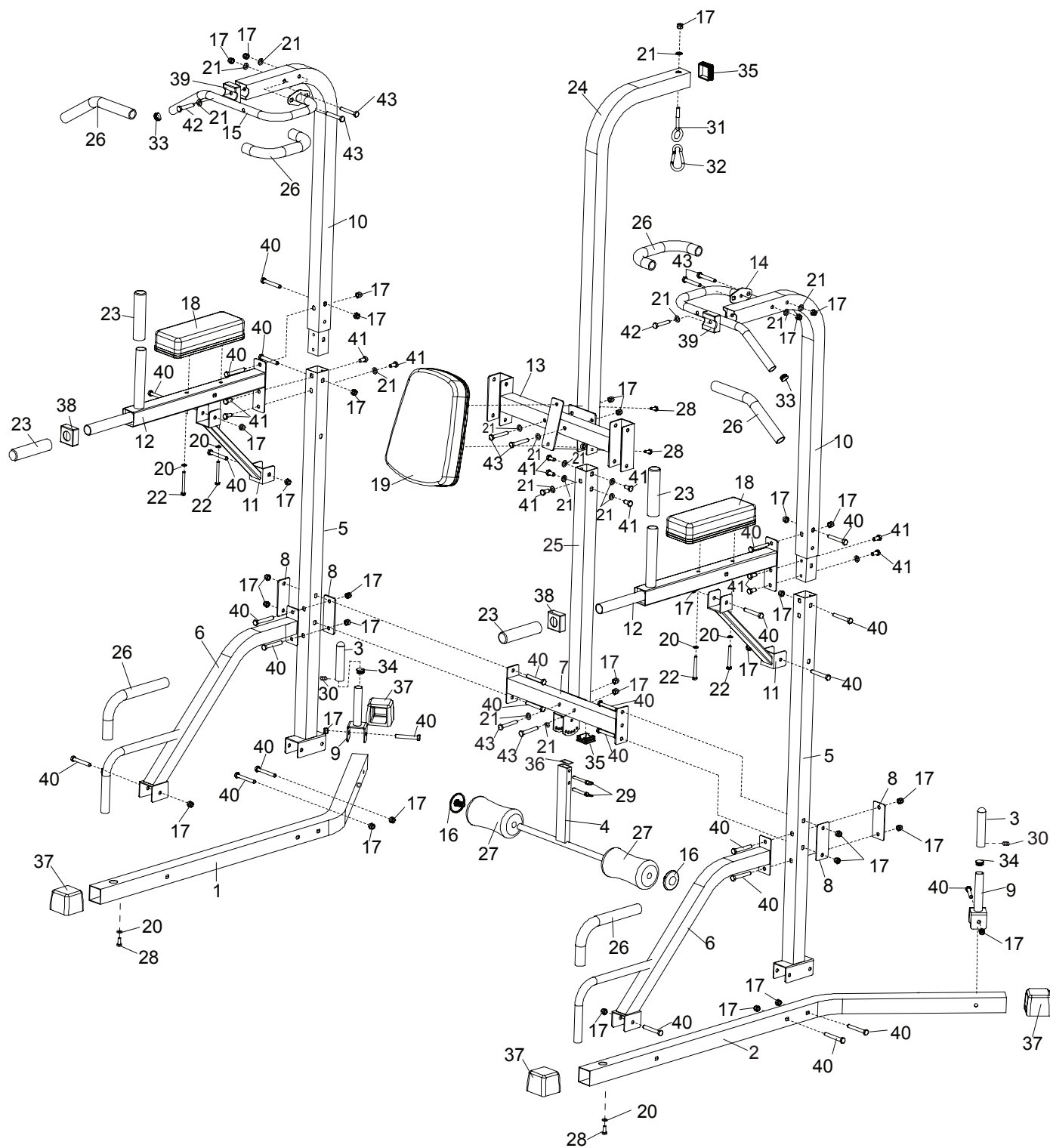


Congratulations! You have completed assembly of your XM-2842.

XM-2843 Parts List Rev A

Key NO.	Part No.	Description	QTY
1	204057099503	Right Base	1
2	204057001503	Left Base	1
3	307010000764	Olympic Adapter	2
4	204056903503	Sit-up Bar	1
5	204057002503	Lower Upright	2
6	204039123503	Lower Support	2
7	204039112503	Lower Cross Brace	1
8	204039103503	Square Bracket	4
9	204057007503	Weight Post	2
10	204057011503	Upper Upright	2
11	204025214503	Upper Support	2
12	204057003503	Extended Arm	2
13	204039120503	Upper Cross Brace	1
14	204039122503	Left Pull-up Bar	1
15	204039198503	Right Pull-up Bar	1
16	307010000404	Foam Roller Cap	2
17	306010022504	Locknut M10	35
18	307040000208	Arm Pad	2
19	307040000207	Back Pad	1
20	306010023107	M8 Washer	6
21	306010023108	M10 Washer	18
22	306010020028	Bolt M8X70	4
23	307010000957	Plastic Handle Grip	4
24	204057004503	Upper Heavy Bag Hanger Bar	1
25	204039115503	Lower Heavy Bag Hanger Bar	1
26	307010002316	MID Foam Grip	6
27	307010001917	Foam Roller	2
28	306010020017	Bolt M8X20	4
29	204029104002	Ring Head Lock Pins	2
30	306010021700	M8 x 10MM Set Screw	2
31	306990000155	Heavy Bag Hook	1
32	306990010001	Clip	1
33	307010000411	Round Plug 25x2	2
34	307010000410	Round Plug 25x1.5	2
35	307010000270	Square Plug 50	2
36	307010000206	Inner Plug F20X40	1
37	307010000042	Square End Foot 50	4
38	307010000783	2" Square Sleeve	2
39	307010000797	Connective Head	2
40	306010020047	Bolt M10X70	26
41	306010020036	Bolt M10X20	13
42	306010020043	Bolt M10X55	2
43	306010020045	Bolt M10X65	8
44	299057004501	BOLT PACK	1
45	308030000433	MANUAL XM-2842	1

Exploded View





XMark Fitness, LLC

2791 Valley View Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605