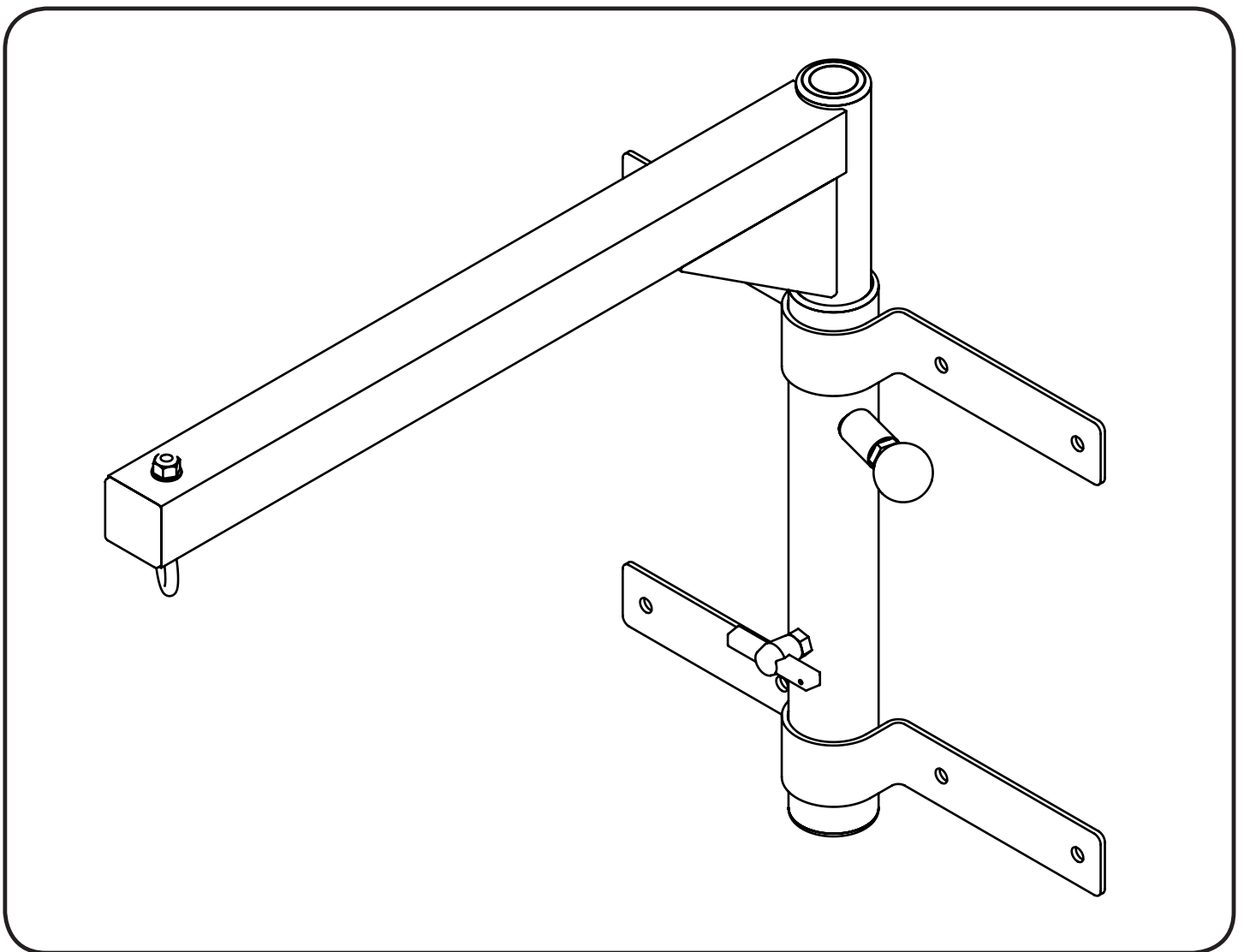




XM-2831

**SPACEMISER™ PIVOTING
HEAVY BAG WALL MOUNT**

Owner's Manual



Important Safety Information	3
Before You Start	4
Assembly	5-6
Parts List	7
Exploded View	8
Warranty Information	9

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.

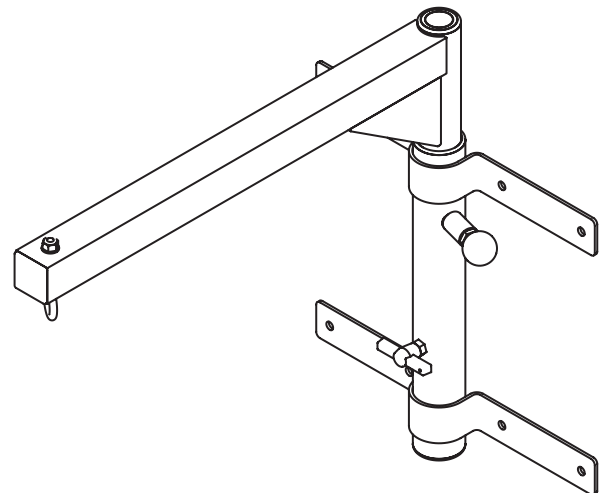
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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



**XMARK FITNESS SERIES
MODEL: XM-2831**

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

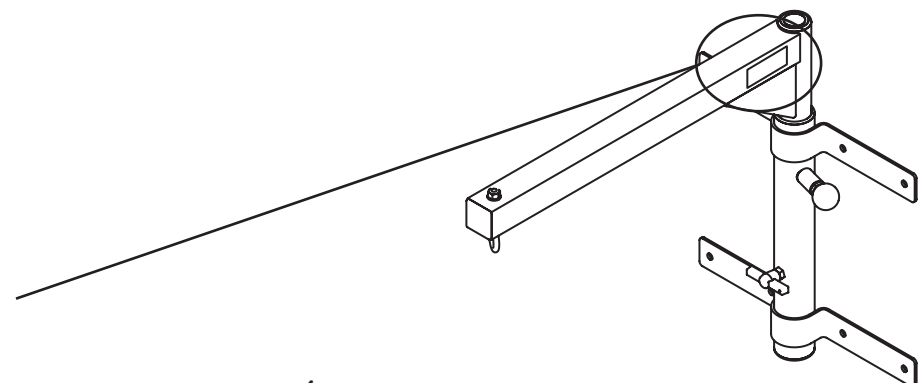
When calling please have the following product information available:

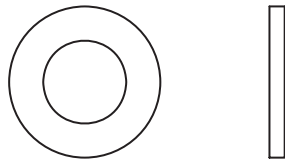
Model Name :

Date Mfg.:

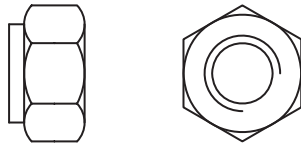
Serial #

Model Name Decal Location





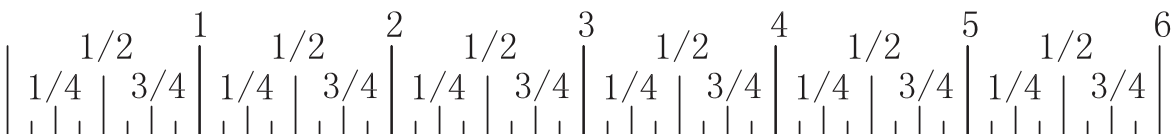
[10#] $\phi 11 * \phi 20 * 1.5$ 1 pc



[11#] M10 1 pc



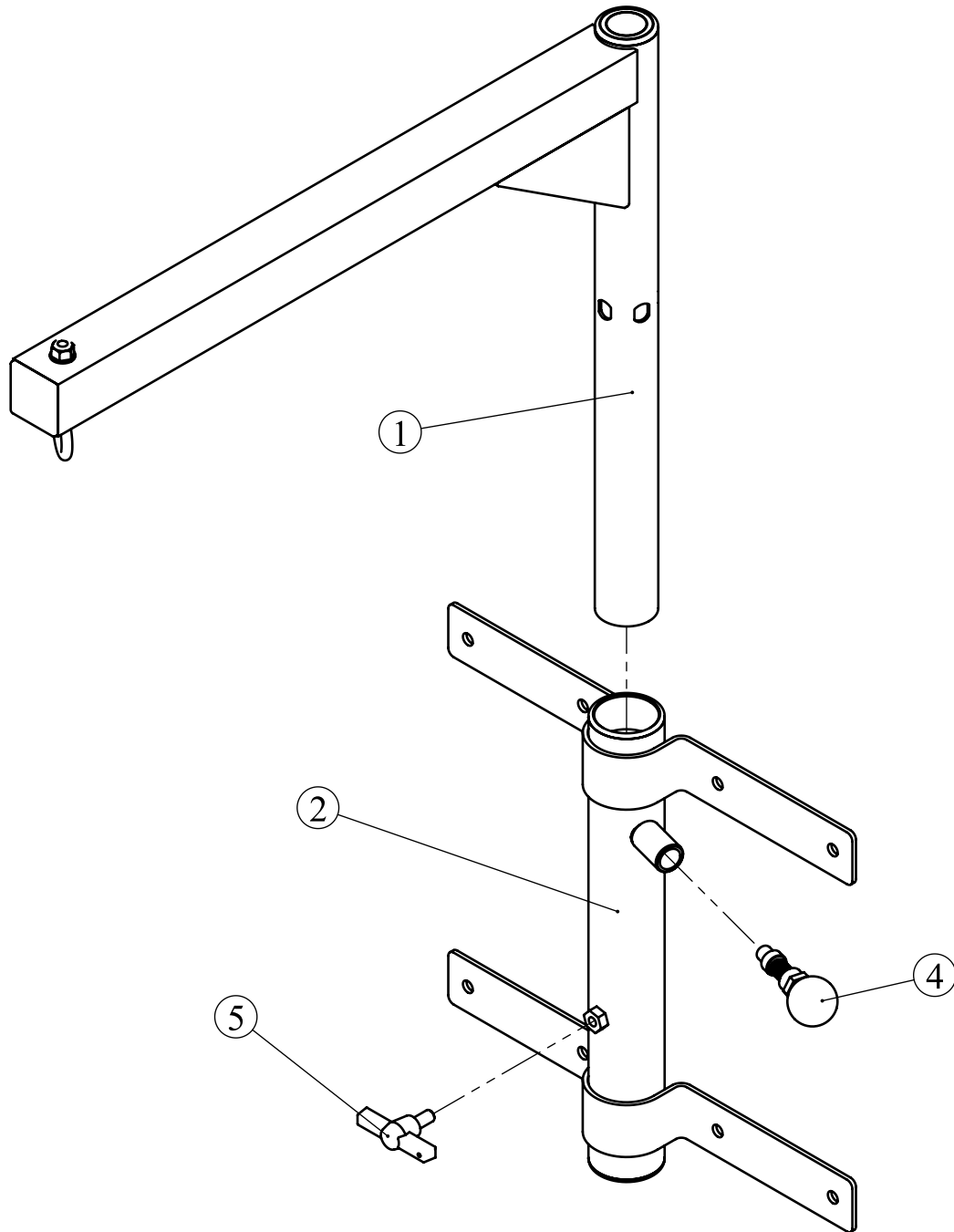
Millimeters



Inches

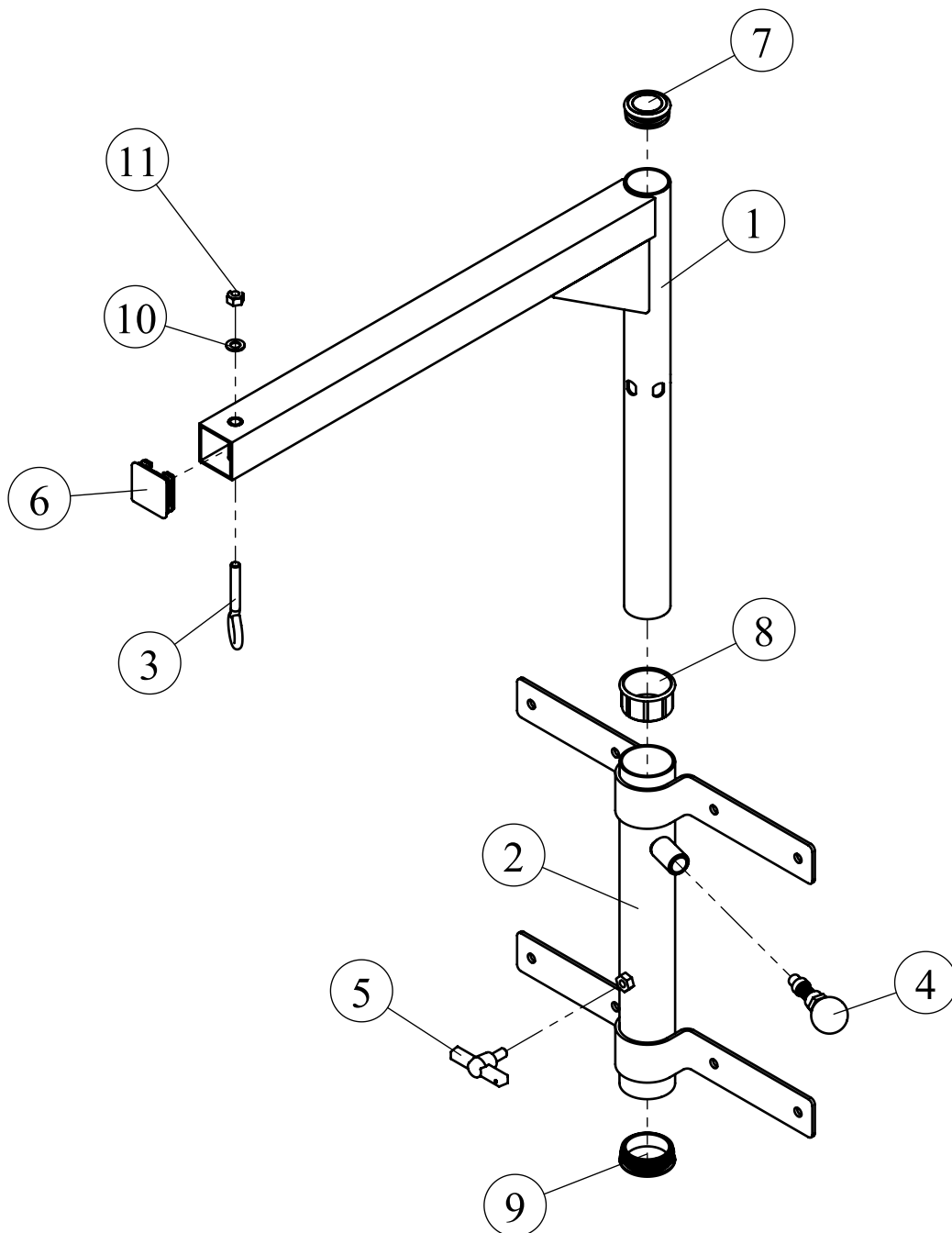
Attach the Revolving Frame (#1) to the Support Frame (#2).

Attach the Pop Pin (#4) and the Knob Bolt (#5) to the Support Frame (#2).



XM-2831 Parts List

Ref #	Part #	Description	Qty
1	P00849	Revolving Frame	1
2	P00850	Support Frame	1
3	P00851	Hook $\Phi 10*170$ -M10	1
4	P00203	Pop Pin	1
5	P00862	Knob Bolt M10*20	1
6	P00852	Plug $\square 50$	1
7	P00580	Plug $\Phi 50$	1
8	P00853	Glide Sleeve	1
9	P00581	Plug $\Phi 60$	1
10	P00031	Flat Washer $\Phi 11*\Phi 20*1.5$	1
11	P00561	Nylon Lock Nut M10	1
12	M00047	Owner's Manual	1





XMARK Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605