

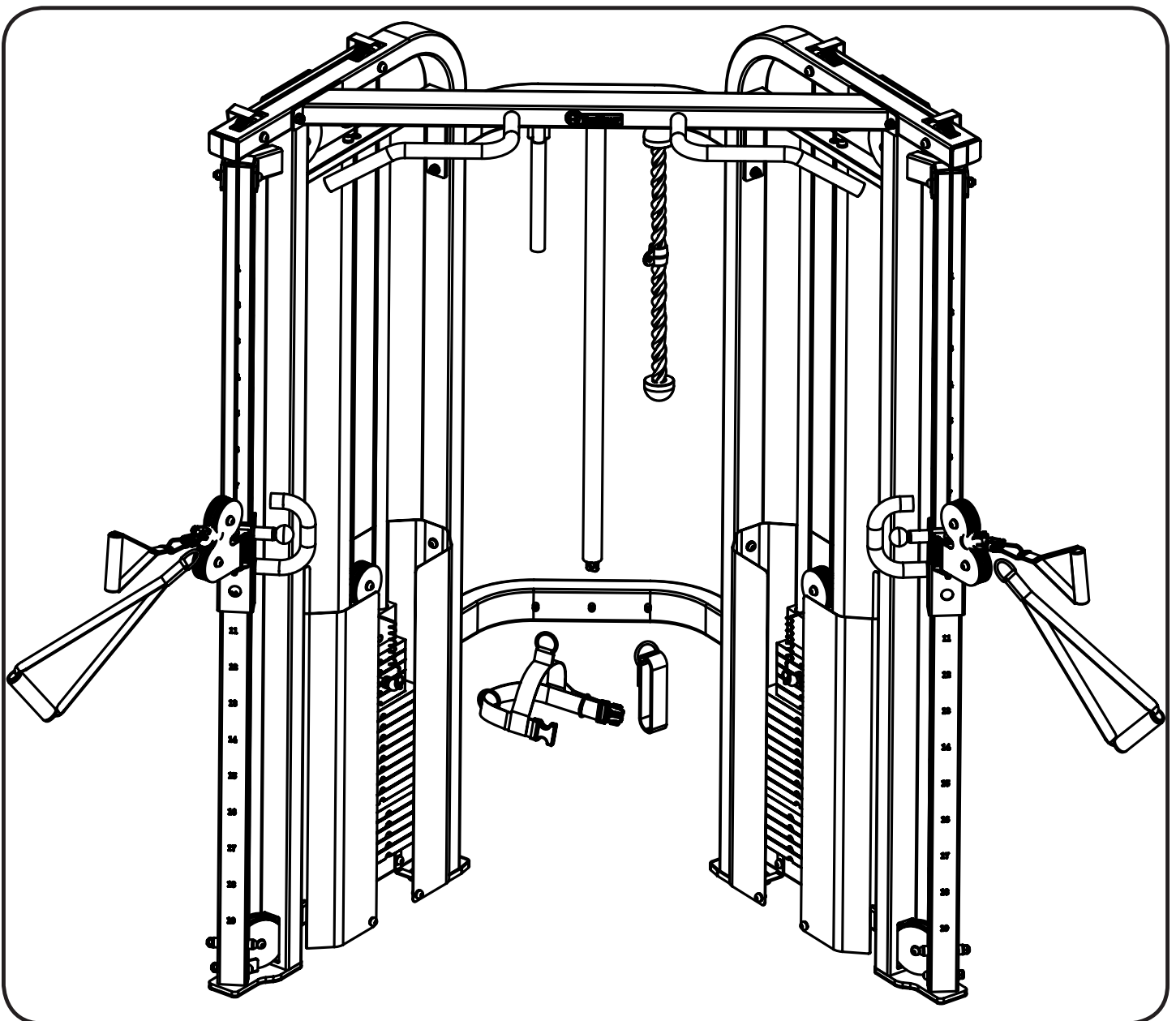


KeysFitness®

KF-FT

FUNCTIONAL TRAINER

Owner's Manual



215-00216
03/07 Rev A



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Before You Start



THANK YOU for making this unit a part of your exercise program. Keys 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 Keys 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 on-line at www.keysfitness.com within 10 days of purchase.

KEYS FITNESS SERIES

**MODEL: KF-FT
QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time**

When calling please have the following product information available:

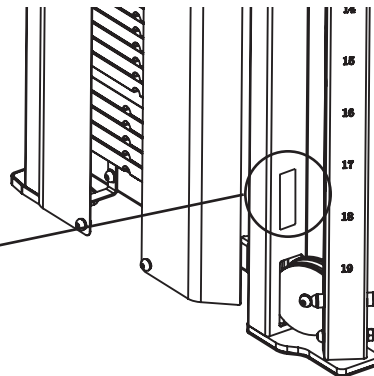
Model Name :

Date Mfg.:

PO # :

Serial #:

This information can be found on the serial tag located on the unit.



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

! CAUTION

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

WARNING!

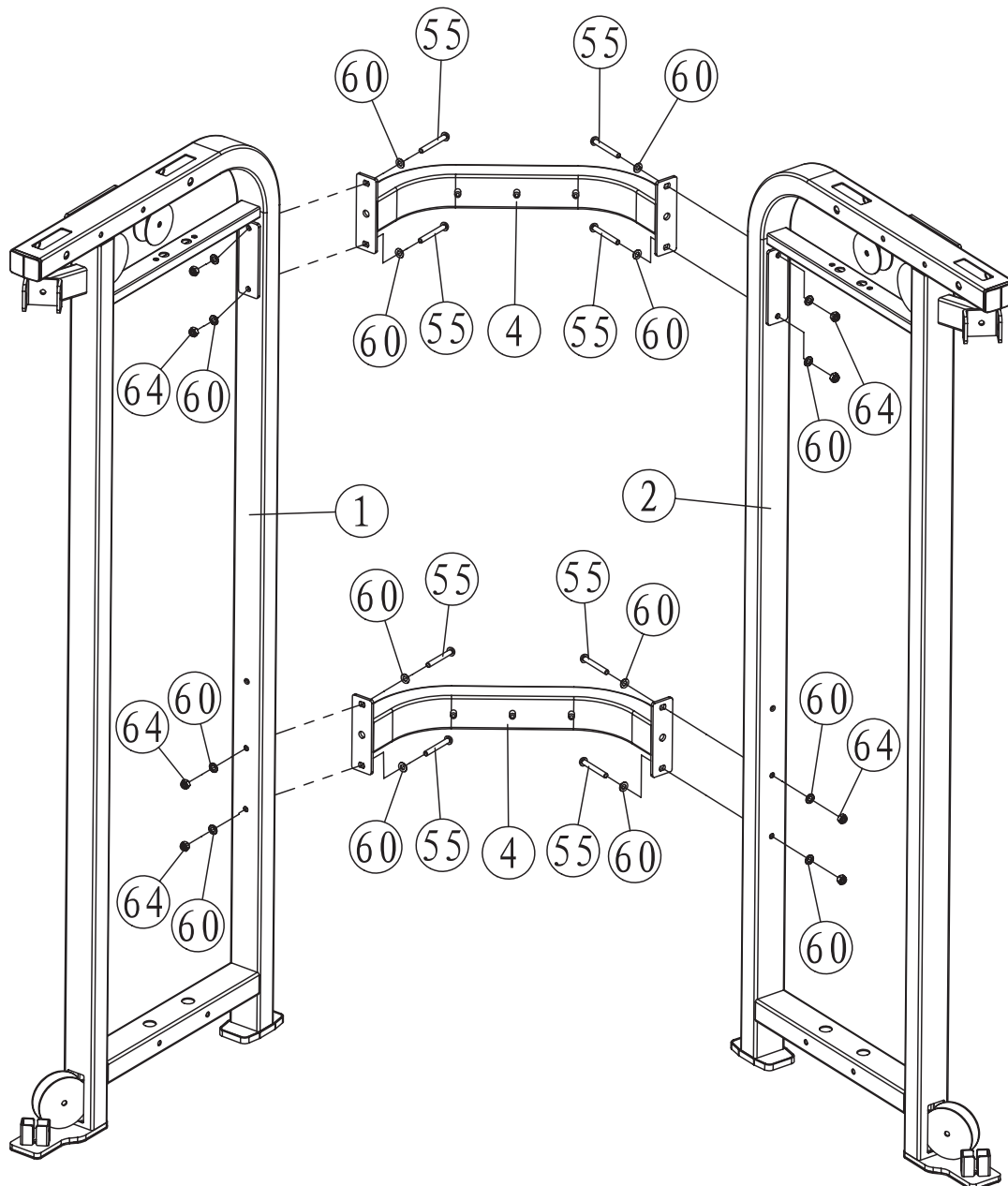
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through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

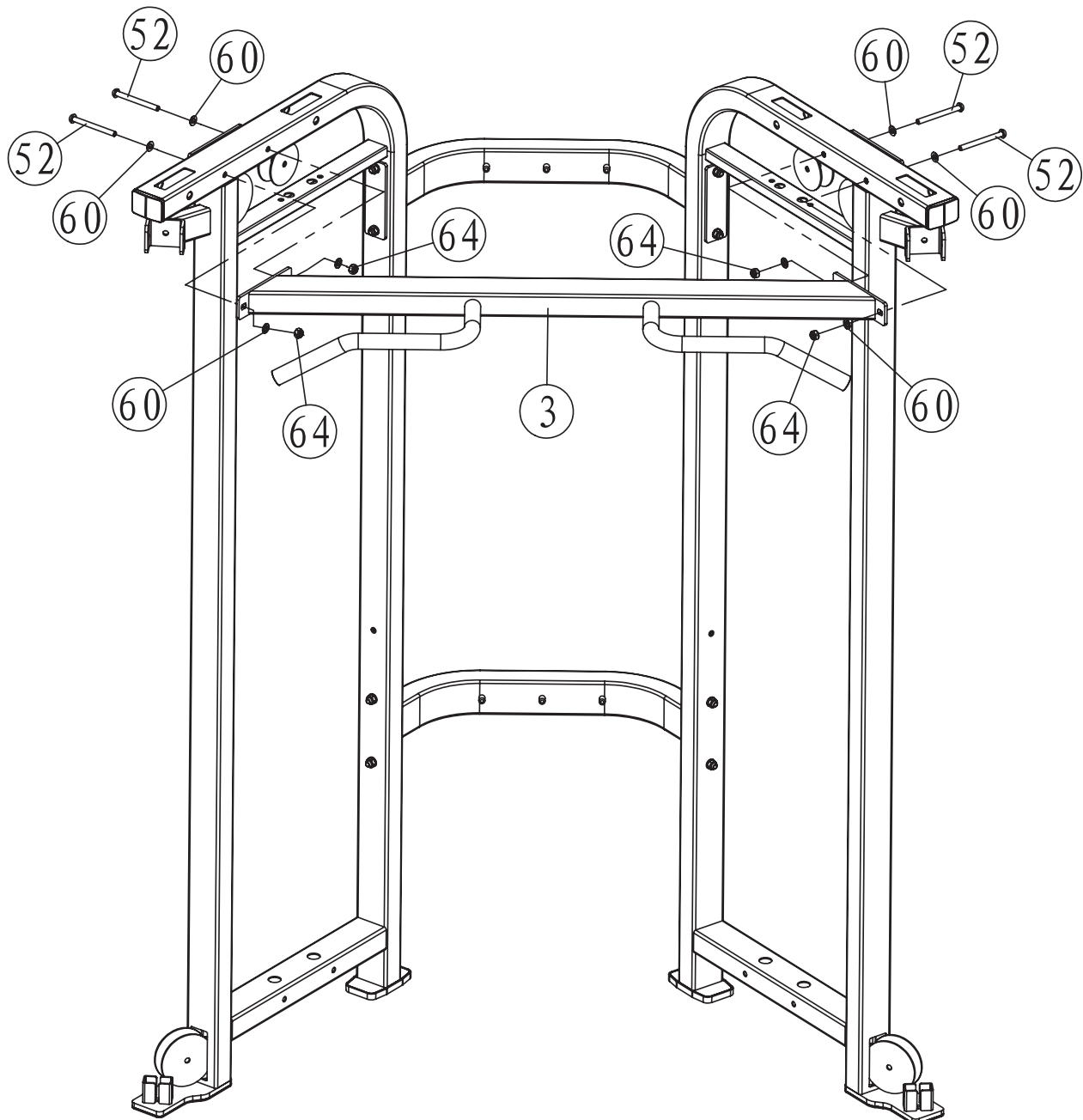
- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not 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 Keys Fitness technician. Failure to follow these instructions will void the warranty.

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



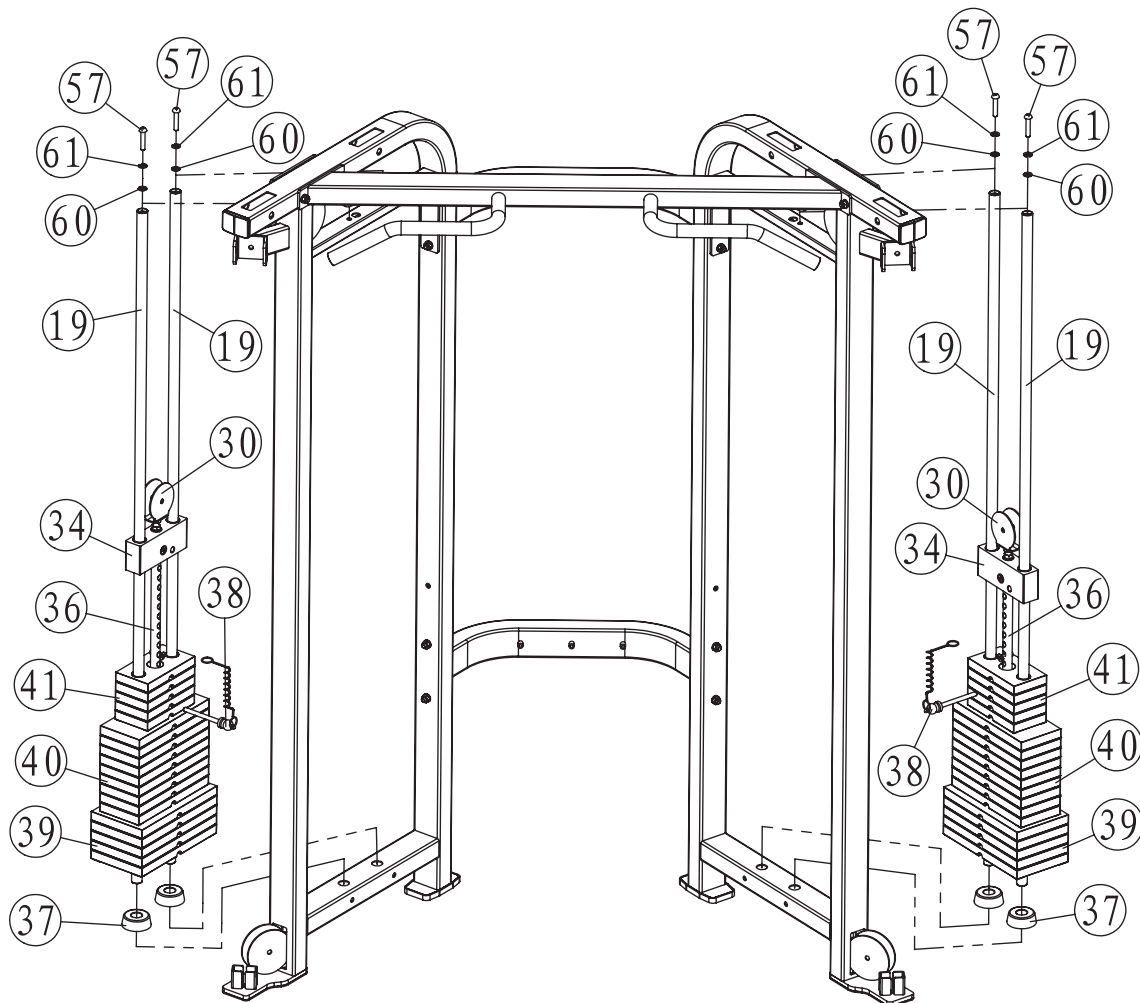
STEP 1 Connect Left Frame (1) and Right Frame (2) with the two Rear Beams (4) using Bolts M10X80 (55), Washers M10 (60), and Nylon Nuts M10 (64).

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



STEP 2 Attach Main Beam (3) to Left and Right Frames (1 & 2) using Bolts M10X105 (52), Washers M10 (60), and Nylon Nuts M10 (64).

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

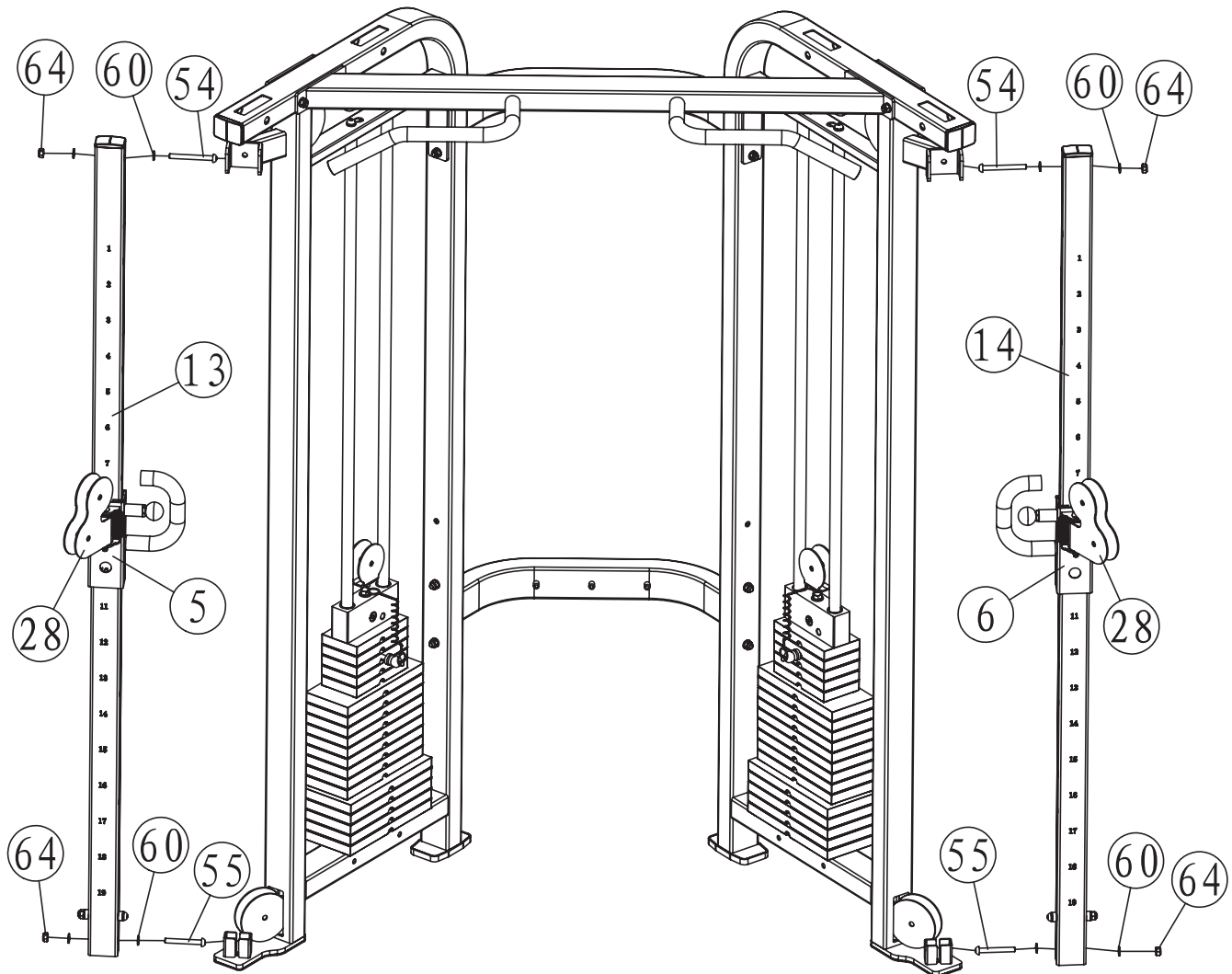


STEP 3 Slide the Guide Rods (19) into the holes located on the Left and Right Frames (1 & 2). Now apply the Lithium Grease included with your bolt pack onto the Guide Rods (19).

Next, slide a Weight Bumper (37) onto each Guide Rod (19). Slide the Weight Plates according to the appropriate configuration as shown on Page 12. Last, slide the Top Plate (34) onto the guide rods. *Note: Be sure the weight pin holes face towards the inside of the unit.* Screw the Pulley Bracket (30) into the Top Plate (34).

Secure the Guide Rods (19) to the top of the Left and Right Frames (1 & 2) using Allen Bolts M10X50 (57), Spring Washers M10 (61), and Washers M10 (60).

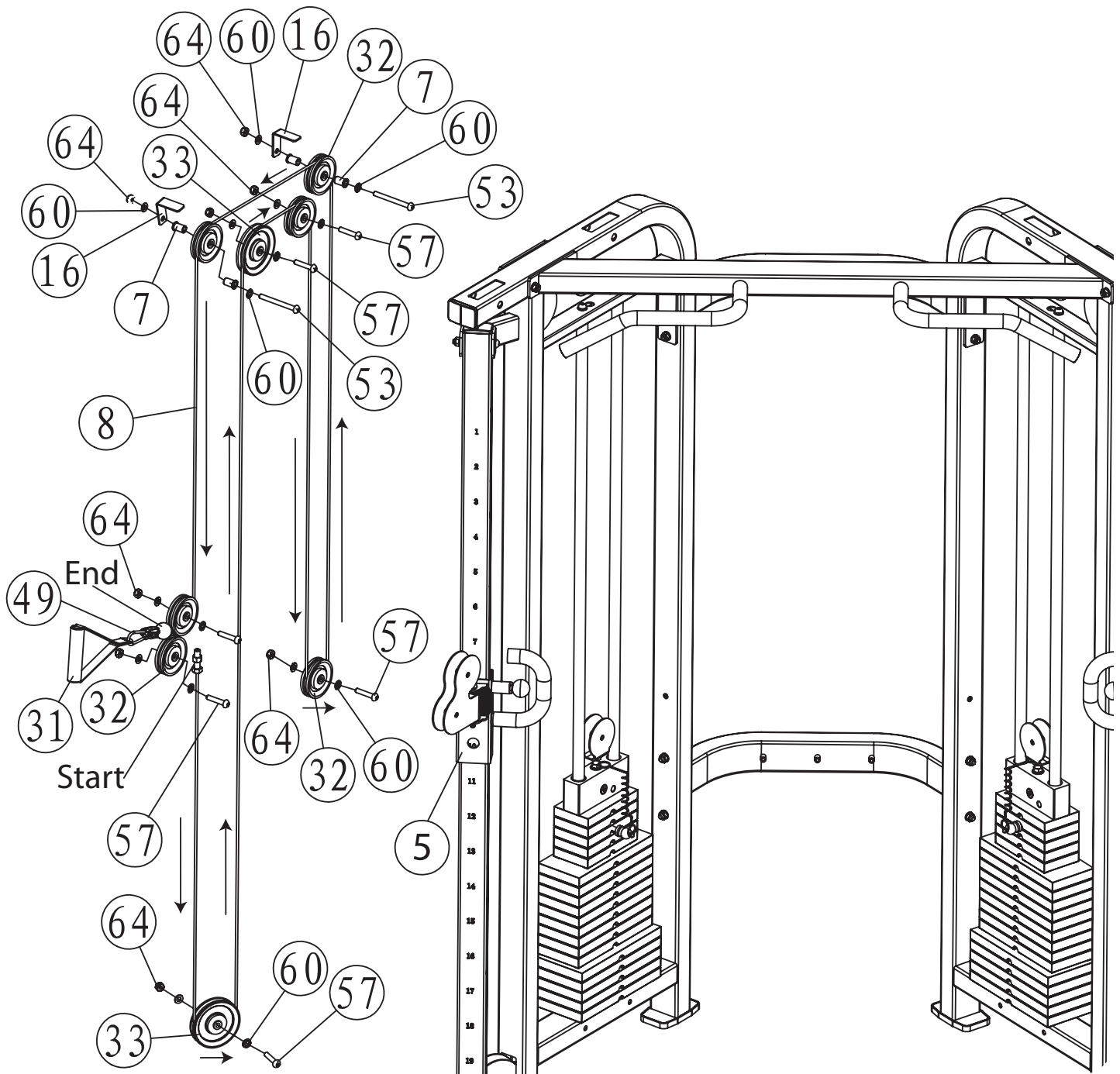
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4 Slide Left Frame Slip (5) onto Left Slip Tube (13).

Install Left Slip Tube (13) into the Left Frame (1). *Note: Make sure the numbers on the slip tube face to the front of the unit.* Secure the assembly using Bolt M10X80 (55), Washers M10 (60), Nylon Nut M10 (64) on the bottom and Bolt M10X95 (54), Washers M10 (60), Nylon Nut M10 (64) on the top connection.

Repeat this step to complete the right side.

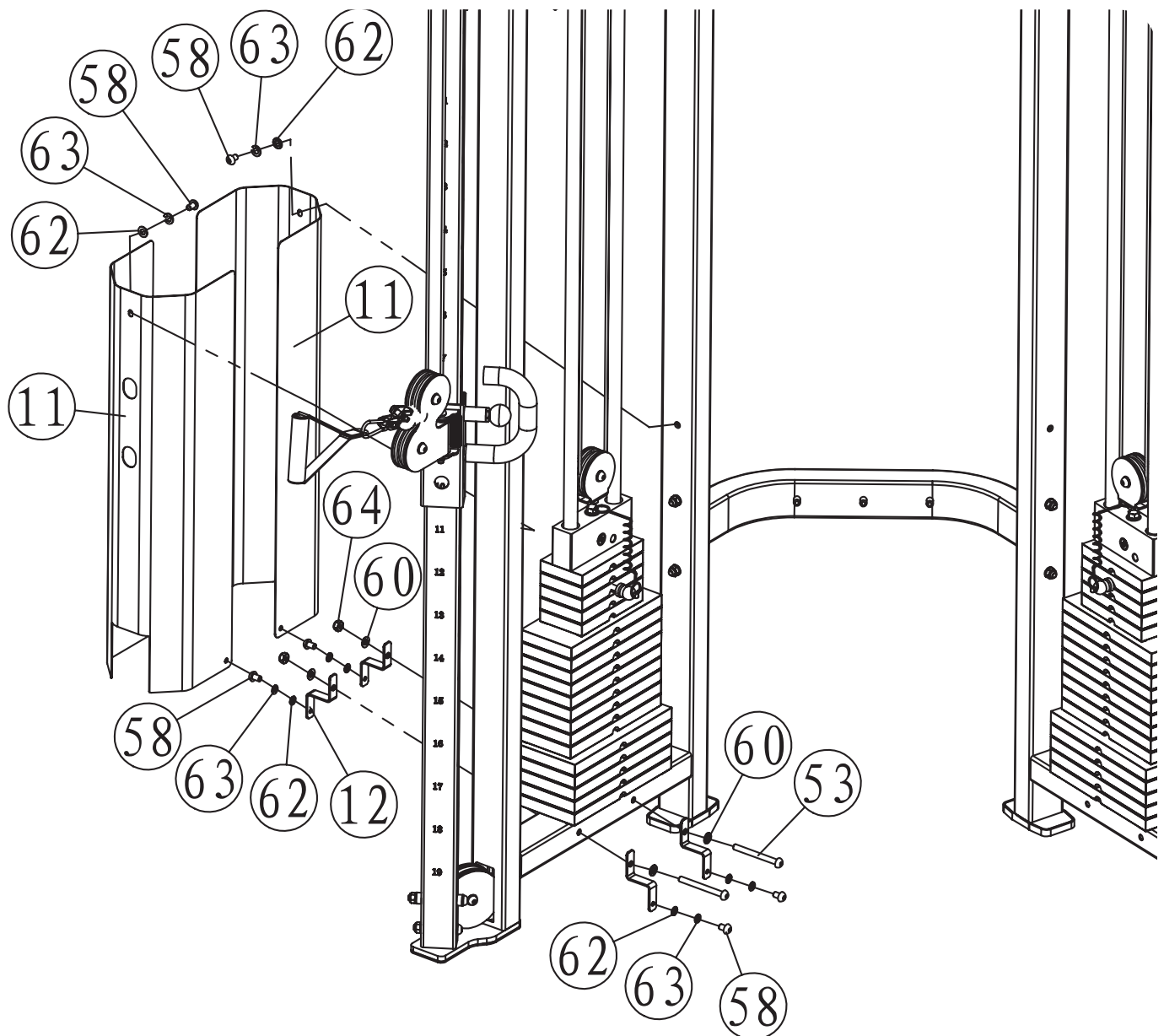


STEP 5

Start by threading one end of the Pulley Cable (8) into Left Slip Frame (5). Remove hardware and ball from the other end of the cable. Follow the diagram above to complete the cable installation. *Note: When installing the cable, make sure the cable is centered on the pulley and is not rubbing against any part of the frame or any hardware.*

Repeat this step to complete the right side.

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

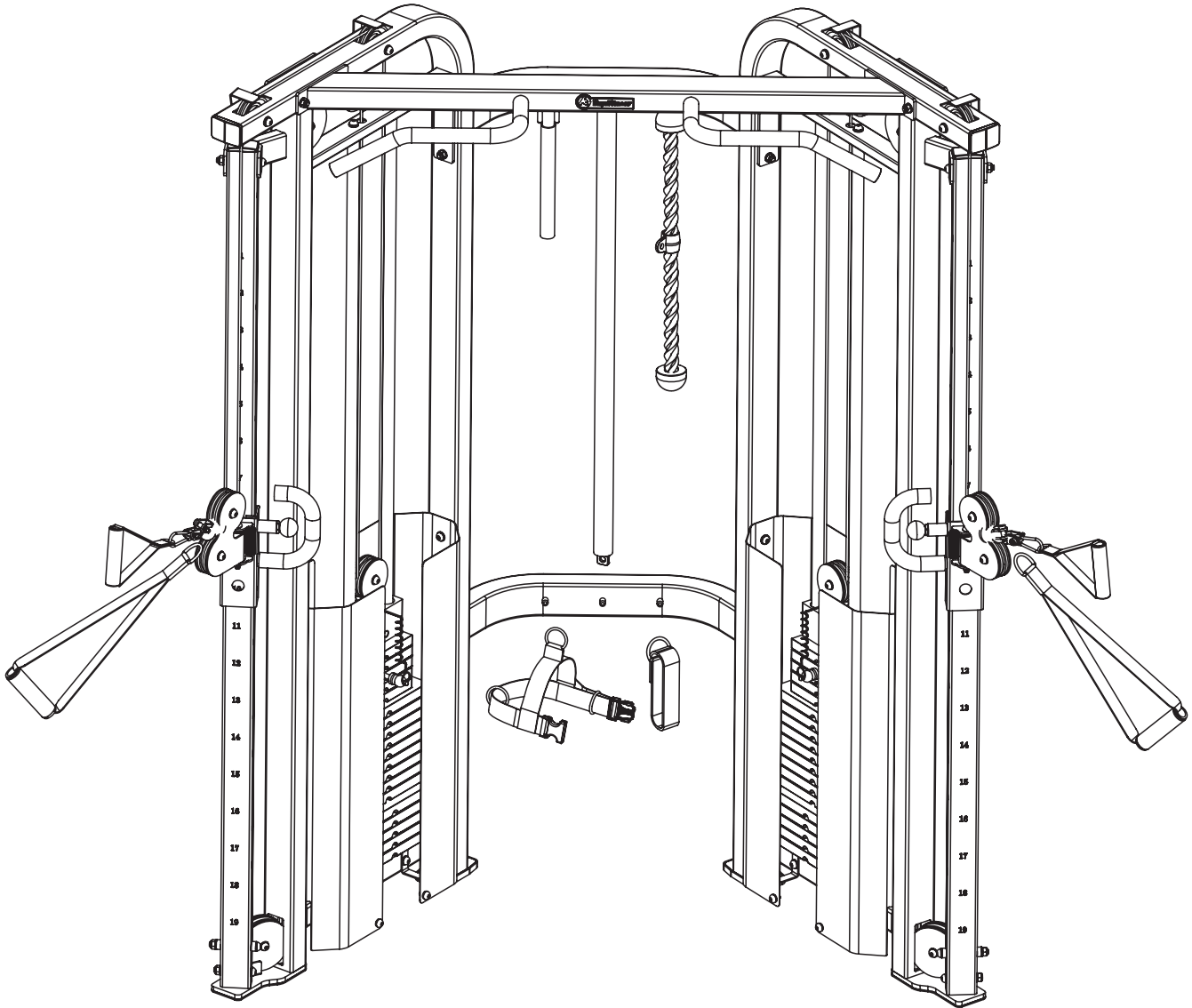


STEP 6 Slide Weight Shrouds (11) in between the Frame and the Weight Stack as shown above.

Loosely attach Shroud Brackets (12) onto the Weight Shrouds (11) and Left Frame (1) using Bolts M8X15 (58), Bolt M10X100 (53), Spring Washers M8 (63), Washers 9X16X1.6 (62), Washers M10 (60), and Nylon Nut M10 (64).

Repeat this step to complete the right side.

Tighten all hardware securely.



Congratulations!
You have completed the assembly of your new KF-FT

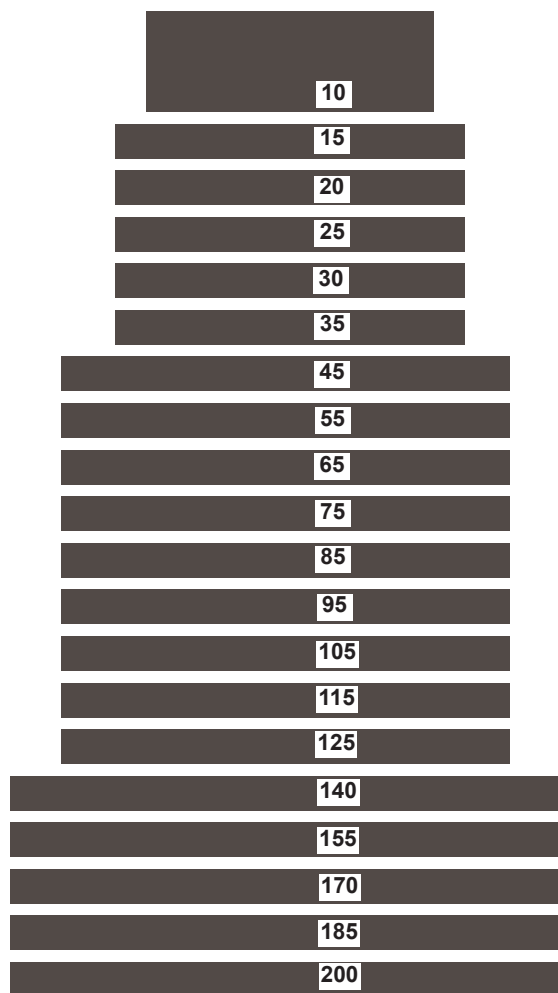
Weight Stack Sticker Placement



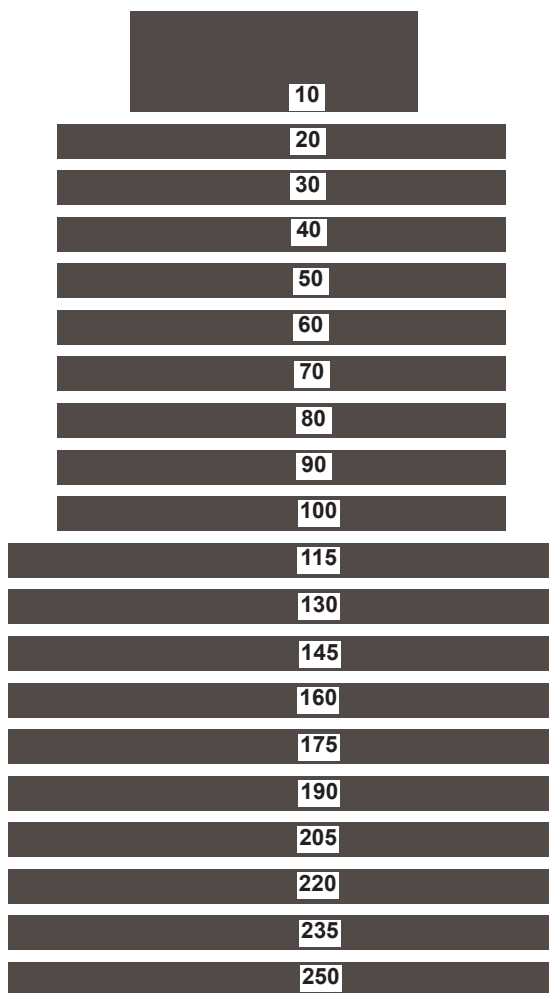
Your new unit can be purchased with either a 200 LB or 250 LB weight stack. Depending on which weight stack you have purchased will determine which weight stack sticker numbers will be used.

The weight stack images below show which weight stack sticker numbers are to be used on your weight stack. Please note that these stickers should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

200 LB Stack



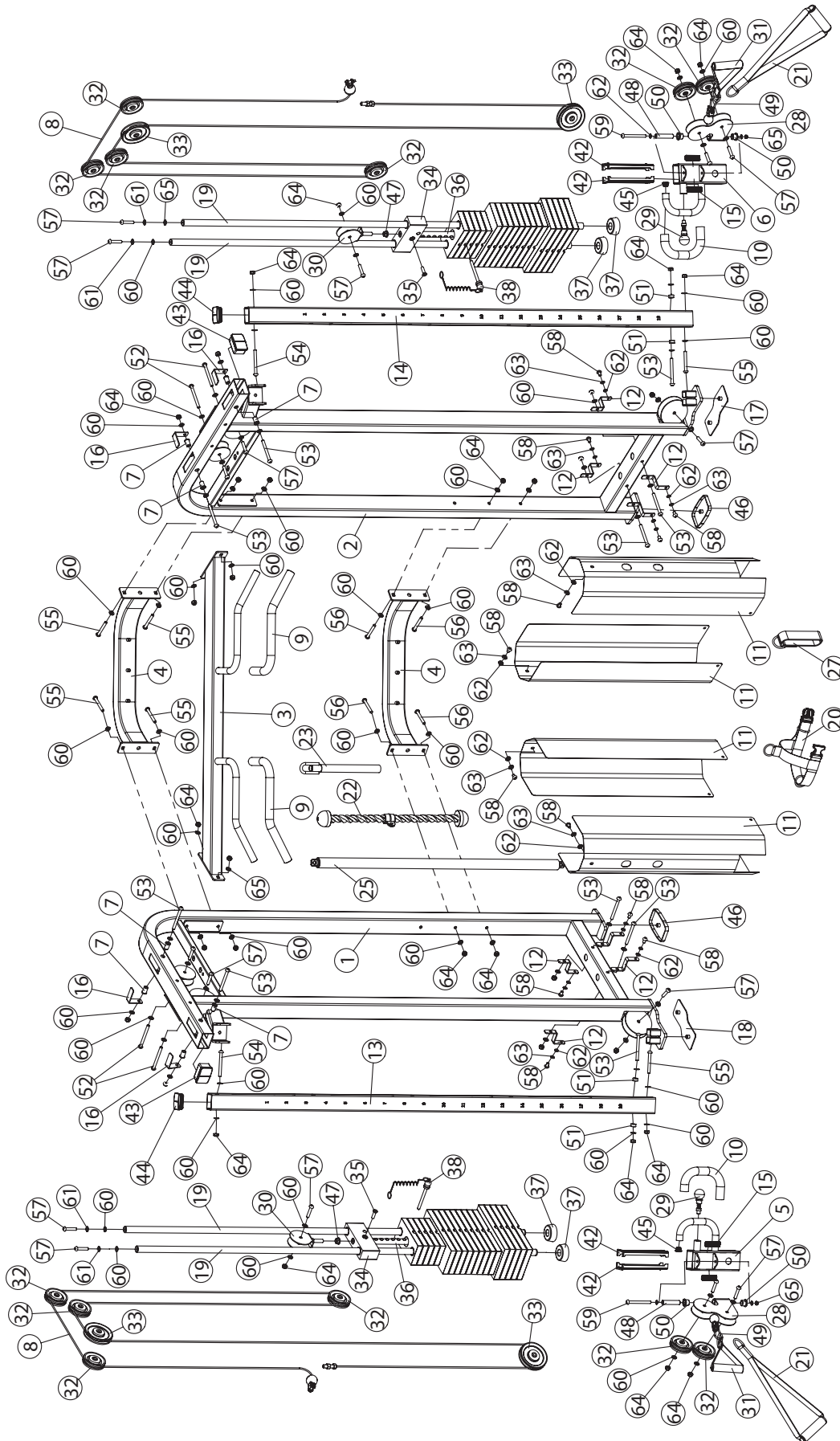
250 LB Stack



KF-FT Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01207	FRAME, LEFT KF-FT	1
2	223-01206	FRAME, RIGHT KF-FT	1
3	223-01202	BEAM, MAIN TOP KF-FT	2
4	223-01203	BEAM, REAR KF-FT	2
5	223-01204	FRAME, SLIP LEFT KF-FT	1
6	223-01205	FRAME, SLIP RIGHT KF-FT	1
7	202-00770	SPACER, PULLEY LONGER KF-FT	8
8	229-00117	CABLE, PULLEY KF-FT	2
9	206-00503	GRIP, HANDLE TOP KF-FT	2
10	206-00504	GRIP, HANDLE SLIP KF-FT	2
11	223-01201	SHROUD, WEIGHT KF-FT	4
12	210-00268	BRACKET, SHROUD	8
13	223-01208	TUBE, SLIP LEFT KF-FT	1
14	223-01209	TUBE, SLIP RIGHT KF-FT	1
15	206-00507	STOPPER, RUBBER KF-FT	4
16	210-00269	BRACKET, CABLE RETAINER KF-FT	4
17	206-00505	PAD, BIG BASE RIGHT KF-FT	1
18	206-00506	PAD, BIG BASE LEFT	1
19	210-00622	GUIDE ROD, KF-FT	4
20	219-00623	STRAP, LEG EXTENSION/CURL	1
21	210-00266	HANDLE, LONG STRAP KF-FT	2
22	219-00624	ROPE, TRICEP	1
23	210-00267	BAR, SPORT KF-FT	1
24	206-00502	GRIP, SPORT BAR KF-FT	1
25	219-00621	BAR, LONG KF-FT	1
26	206-00501	GRIP, LONG BAR KF-FT	1
27	210-00059	ANKLE STRAP INRAY GYM	1
28	219-00620	BRACKET, BOUBLE PULLEY KF-FT	2
29	210-00257	POP PIN (LOCKING), KF-45/KF-AAB	2
30	210-00179	PULLEY BRACKET W/SHAFT KF-FT	2
31	210-00061	HAND STRAP INRAY GYM	2
32	223-00231	SMALL PULLEY, KPS-CC/CG/LATA	12
33	223-00228	BIG PULLEY 4.5"	4
34	223-00031	TOP PLATE KPS-GYM	2
35	202-00121	SCREW, M12*35	2
36	219-00276	SELECTOR ROD INRAY-GYMS	2
37	206-00026	WEIGHT BUMPER KPS	4
38	210-00004	WEIGHT PIN	2
42	206-00396	EZ GLIDE SLEEVE, KF-AAB	4
43	206-00180	PLUG, 76.2*50.8	2
44	206-00397	END CAP, 60 KF-AAB	2
45	206-00138	ROUND PLUG 25	4
46	206-00500	BASE PAD, KF-FT	2
47	202-00048	JAM NUT 1/2"	2
48	202-00769	SHAFT, PULLEY BRACKET KF-FT	2
49	210-00008	GEAR HOOK, KPS, 210-00008	2
50	202-00141	BRONZE BUSHING, ID16	4
51	202-00768	SPACER, NYLON KF-FT	4
52	202-00726	BOLT M10X105	4
53	202-00694	BOLT M10X100	10
54	202-00638	BOLT M10X95	2
55	202-00634	BOLT M10X80	6
56	202-00647	BOLT M10X75	4
57	202-00125	ALLEN BOLT M10*50	16
58	202-00039	BOLT M8*15	12
59	202-00767	BOLT M8X100	2
60	202-00093	WASHER, M10	80
61	202-00100	SPRING WASHER, M10	4
62	202-00224	WASHER, 9X16X1.6	16
63	202-00134	SPRING WASHER 8	12
64	202-00091	NYLON NUT, M10	38
65	202-00204	NYLON NUT M8	2
66	202-00132	HEX KEY 6	1
67	210-00094	LUBRICANT	1

Exploded View



KEYS FITNESS PRODUCTS, L.P. LIFETIME WARRANTY



This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty is non-transferable and valid only to the original purchaser.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases

or acquires the Product from you. This Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing and must be assembled / installed according to the instructions included with the Product.

In a light institutional setting, Keys will extend a one year limited warranty to the original purchaser.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the Product, Keys may replace defective parts with new or, at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasure or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE INCLUDED WARRANTY CARD OR REGISTER ON-LINE AT www.keysfitness.com WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP. MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355



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