

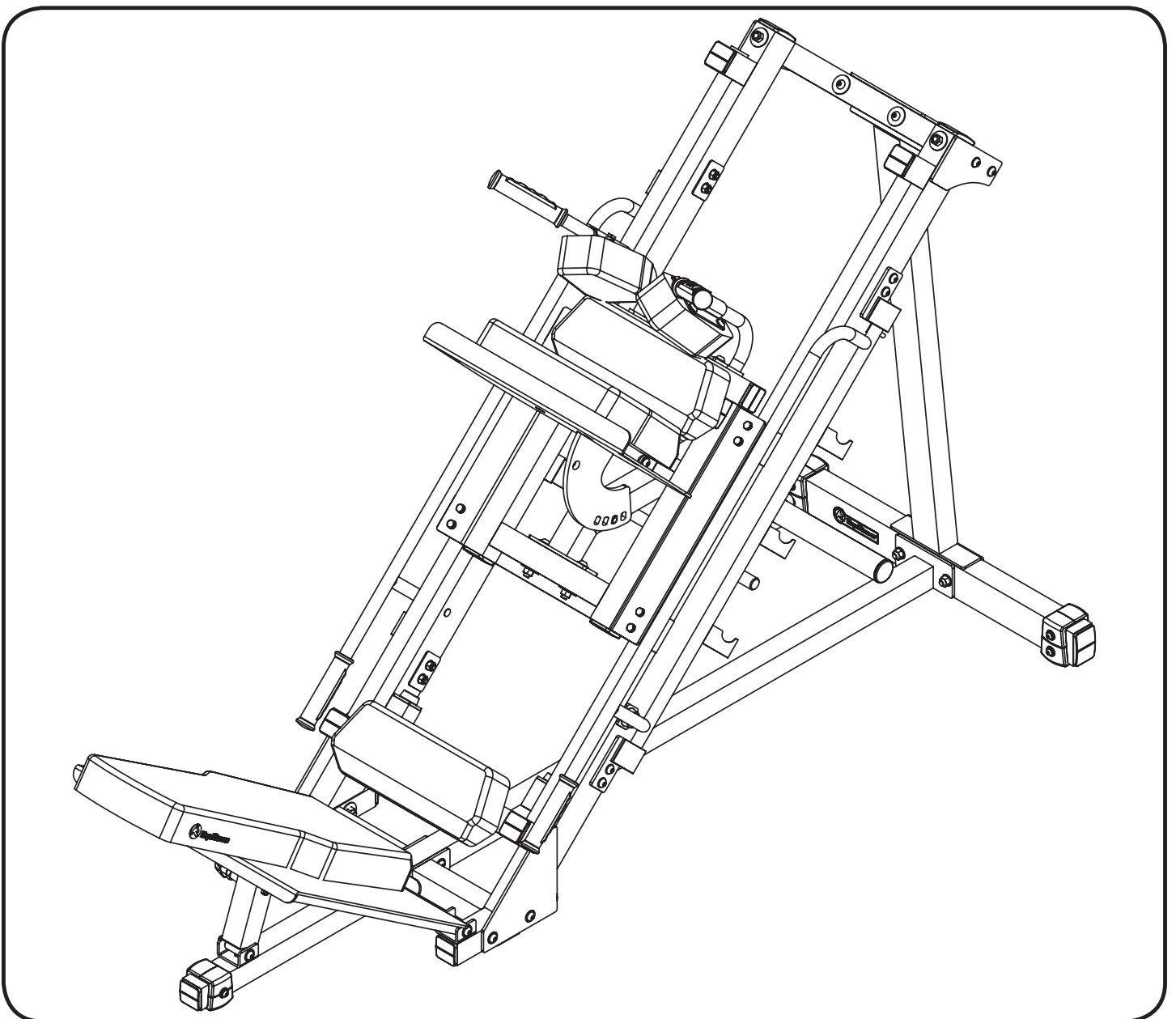


KeysFitness®

KF-LPHS

LEG PRESS HACK SQUAT

Owner's Manual



215-00132
11/06 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 ensure 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-LPHS
QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time

When calling please have the following product information available:

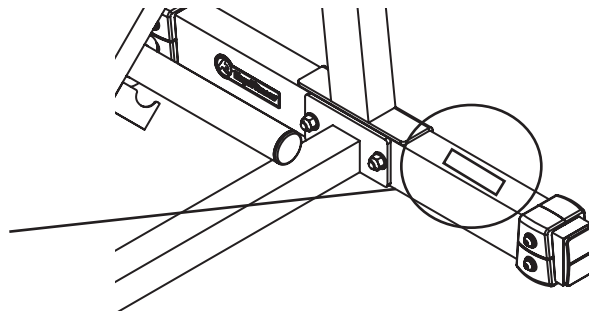
Model Name :

Date Mfg.:

PO # :

Serial #:

Model Name Decal Location



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

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

! CAUTION

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

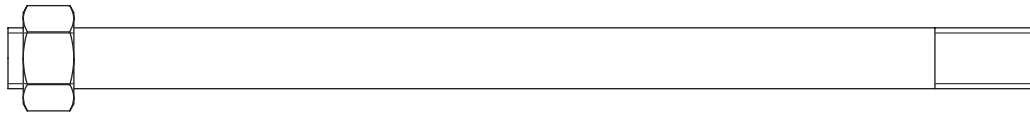
WARNING!

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.

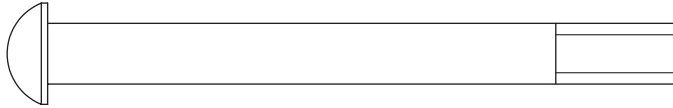
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

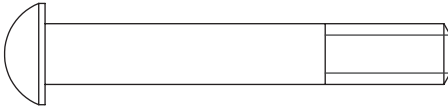
- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not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



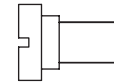
[65#] M12*204 2PCS



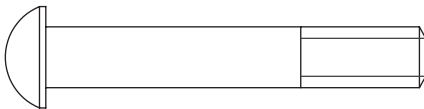
[59#] M12*125 2PCS



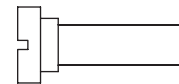
[57#] M12*80 8PCS



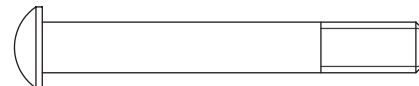
[50#] M8*12 2PCS



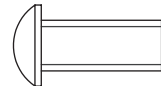
[56#] M12*75 8PCS



[51#] M8*25 1PC



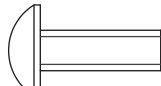
[55#] M10*75 13PCS



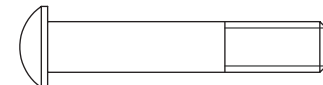
[53#] M10*25 14PCS



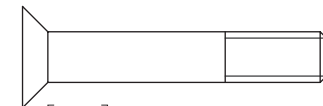
[54#] M10*60 2PCS



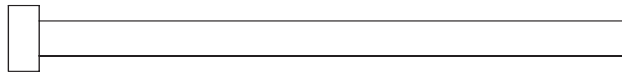
[52#] M8*25 12PCS



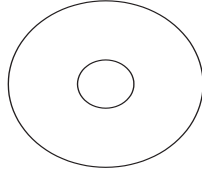
[62#] M10*55 4PCS



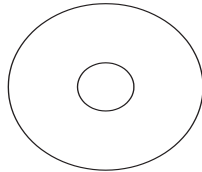
[63#] M10*55 2PCS



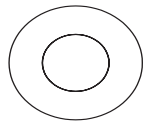
[70#] 5/16-18*115 2PCS



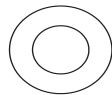
[67#] $\phi 13 * \phi 38 * 2$ 14PCS



[66#] $\phi 11 * \phi 38 * 2$ 5PCS



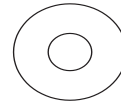
[49#] $\phi 13 * \phi 24 * 1.5$ 25PCS



[48#] $\phi 11 * \phi 20 * 2$ 40PCS



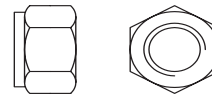
[35#] $\phi 9 * \phi 16 * 1.6$ 10PCS



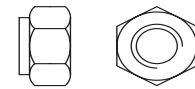
[71#] $\phi 8.5 * \phi 22 * 2$ 2PCS



[72#] 3/8" 8PCS



[61#] M12 19PCS



[60#] M10 15PCS

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

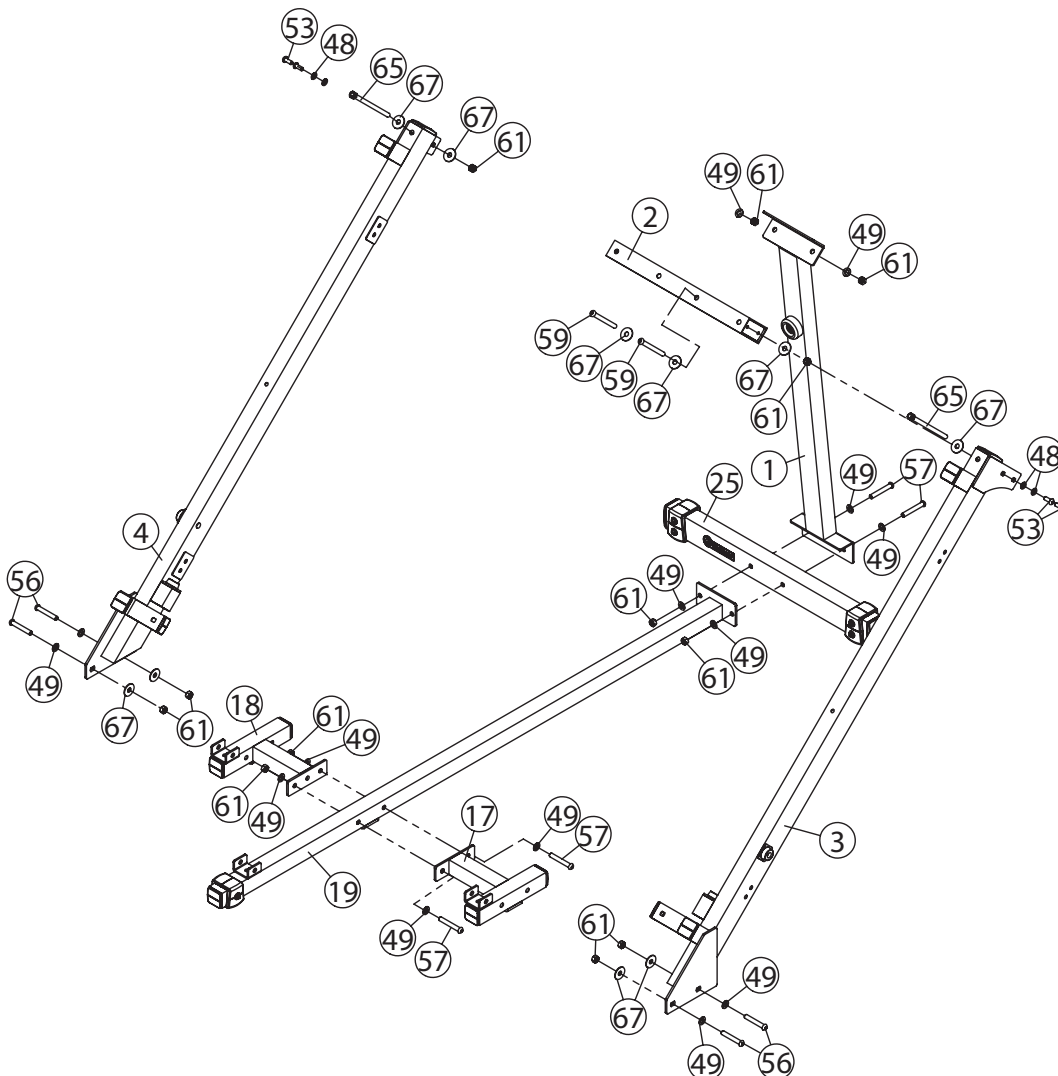
Step 1

Connect Left and Right Support Frames (17,18) to main Base Frame (19) using:
2 x (57) Bolt 4 x (49) Washer 2 x (61) Nylon Lock Nut

Attach Rear Base Frame (25) and Upright Frame (1) to Main Base Frame (19) using:
2 x (57) Bolt 4 x (49) Washer 2 x (61) Nylon Lock Nut

Attach Left and Right Slide Frames (3,4) to Left and Right Support Frames (17,18) using:
4 x (56) Bolt 8 x (49) Washer 4 x (61) Nylon Lock Nut

Secure Top Cross Frame (2) to Left and Right Slide Frames (3,4) and Upright Frame (1) using:
2 x (59) Bolt 2 x (49) Washer 4 x (61) Nylon Lock Nut
2 x (65) Bolt 4 x (67) Washer
4 x (53) Bolt 4 x (48) Washer



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

Step 2

Complete Big Foot Plate (22) assembly using:

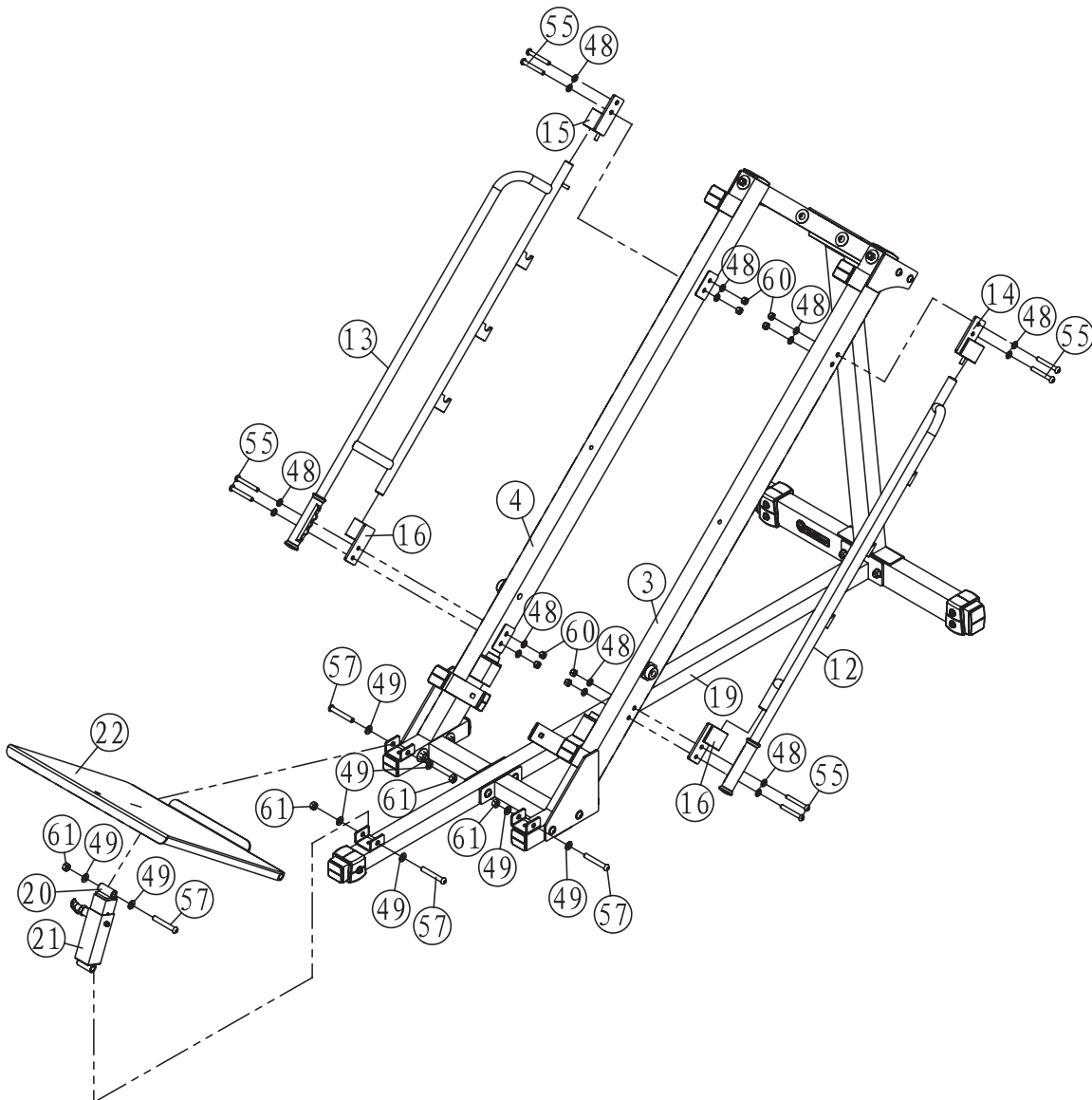
- | | |
|--|-----------------------|
| 1 x (20) Telescope Frame for Adj. Foot Plate | 1 x (21) Adj. Support |
| 1 x (57) Bolt | 2 x (49) Washer |
| 1 x (61) Nylon Lock Nut | |

Attach Big Foot Plate (22) assembly to main unit using:

- | | | |
|---------------|-----------------|-------------------------|
| 3 x (57) Bolt | 6 x (49) Washer | 3 x (61) Nylon Lock Nut |
|---------------|-----------------|-------------------------|

Attach Left and Right Safety Bar Catches (12,13) using:

- | | |
|--------------------------------------|---------------------------------------|
| 2 x (16) Safety Bar Mount | 1 x (15) Right Safety Bar Mount w/Pin |
| 1 x (14) Left Safety Bar Mount w/Pin | 8 x (55) Bolt |
| 16 x (48) Washer | 8 x (60) Nylon Lock Nut |



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

Step 3

Complete underside of Carriage (5) assembly using:

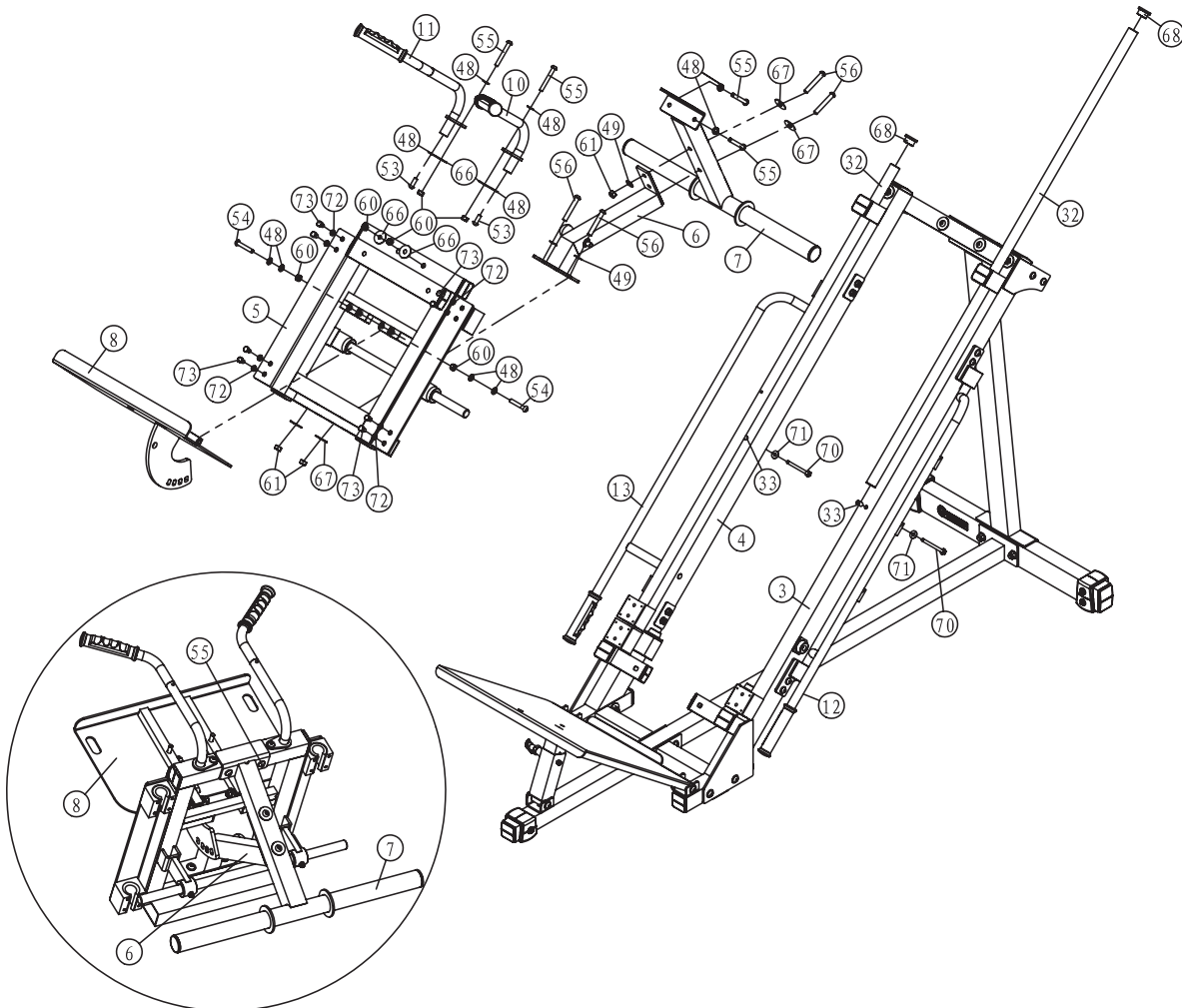
- | | | |
|-----------------------|-------------------------|-------------------------|
| 1 x (7) Weight Holder | 1 x (6) Connecting Tube | |
| 4 x (56) Bolt | 4 x (49) Washer | 3 x (61) Nylon Lock Nut |
| 2 x (55) Bolt | 6 x (48) Washer | 2 x (60) Nylon Lock Nut |
| 4 x (67) Washer | 2 x (66) Washer | 1 x (8) Plate |
| 8 x (73) Bolt | | 8 x (72) Washer |
| 2 x (60) Nylon Nut | | 2 x (54) Screw |

Attach Left and Right Handle Bars (10,11) to Carriage (5) using:

- | | | |
|-------------------------|-----------------|---------------|
| 2 x (55) Bolt | 4 x (48) Washer | 2 x (53) Bolt |
| 2 x (60) Nylon Lock Nut | 2 x (66) Washer | |

Attach Linear Shaft (32) to Right and Left Frame (3,4) using:

- | | |
|-----------------|------------------|
| 2 x (70) Bolt | 2 x (71) Washer |
| 2 x (33) Spacer | 2 x (68) Plug 38 |



CARRIAGE UNDERSIDE

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

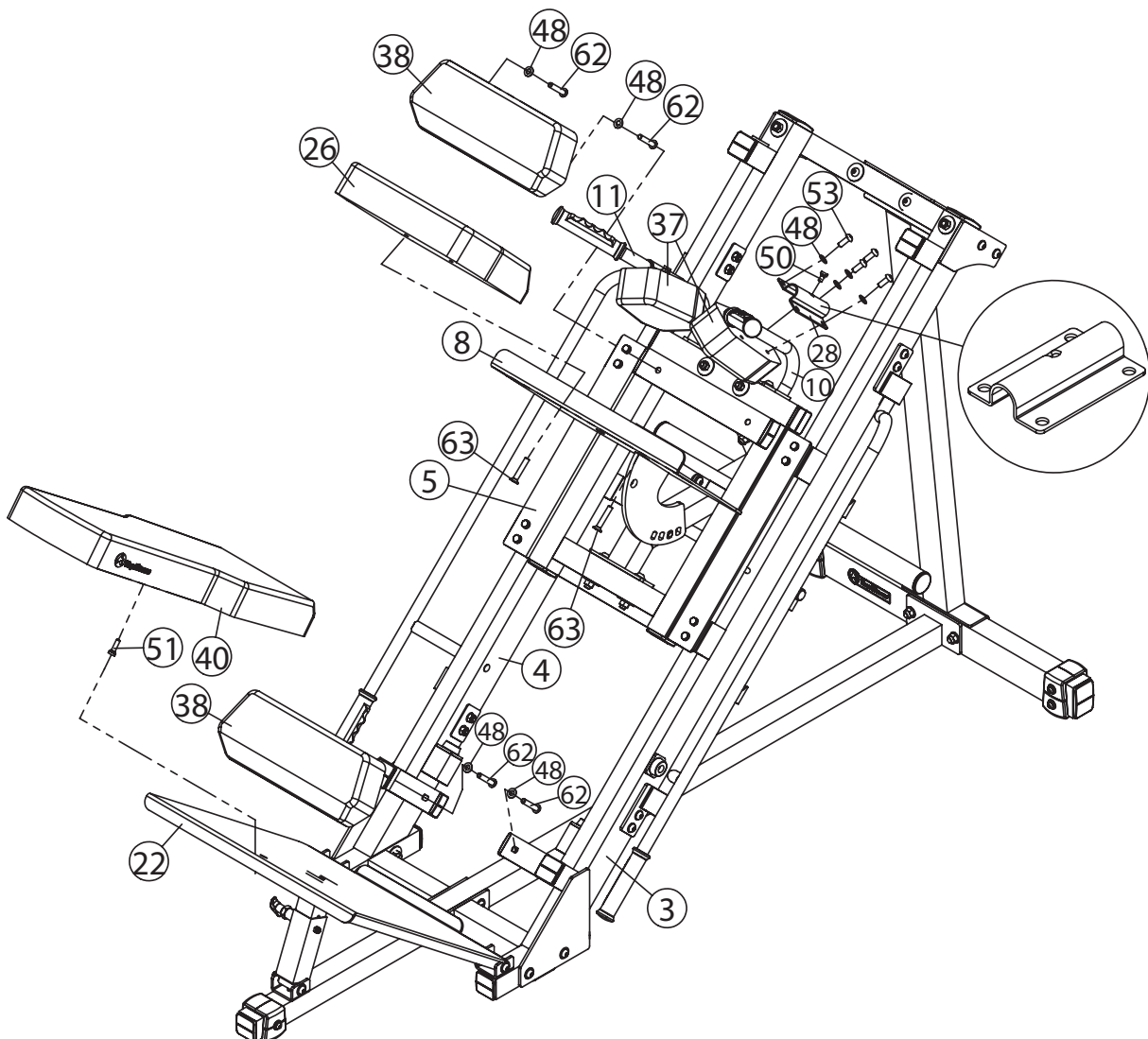
Step 4

Attach Shoulder Pads (37) to Left and Right Handle Bars (10,11) using:

- | | |
|-----------------------------|----------------|
| 2 x (28) Shoulder Connector | 8 x (53) Bolt |
| 8 x (48) Washer | 2 x (50) Screw |

Attach remaining Pads (40,38,26) using:

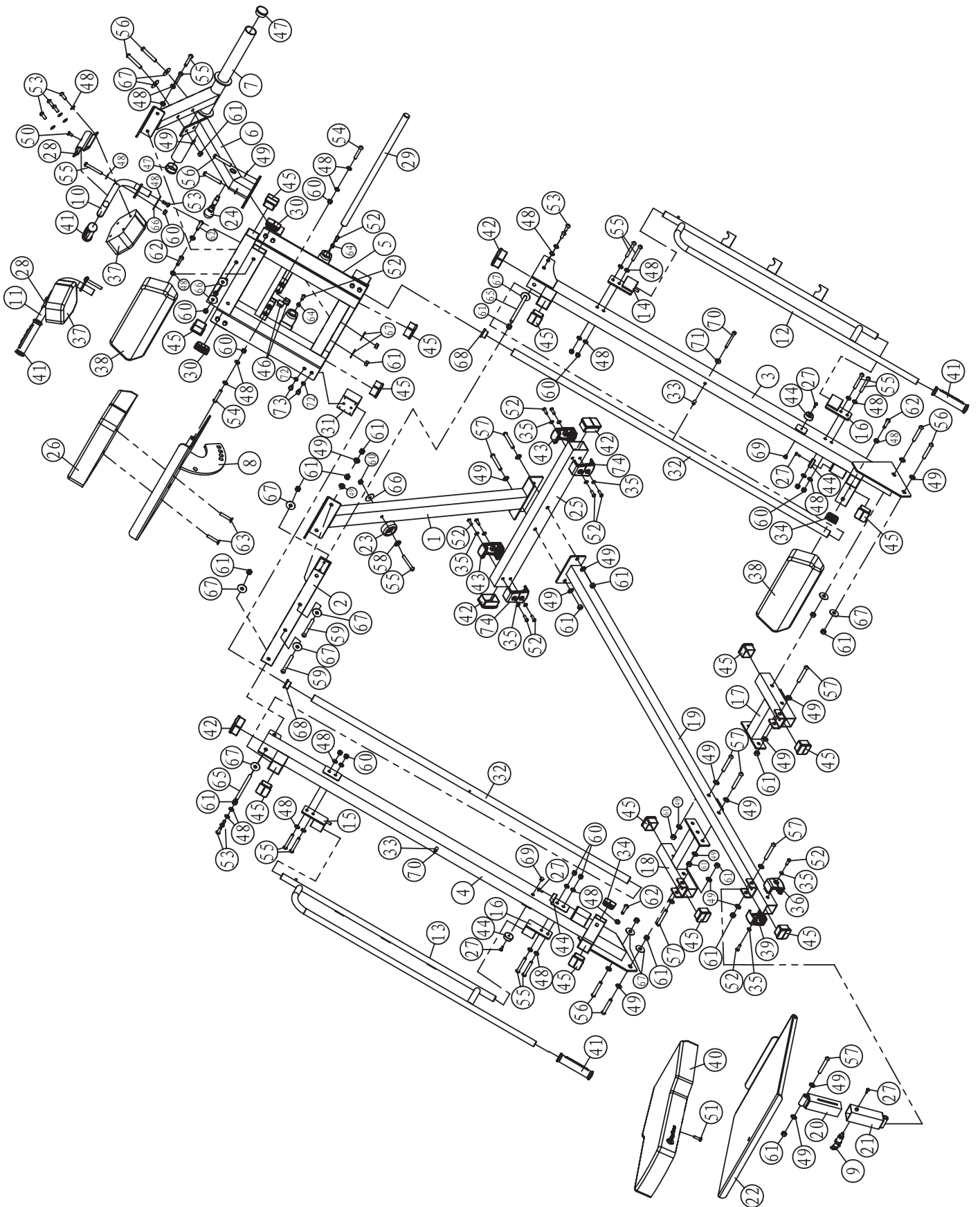
- | | |
|----------------|-----------------|
| 1 x (51) Screw | 4 x (48) Washer |
| 2 x (63) Screw | 4 x (62) Bolt |



KF-LPHS Parts List Rev A

| Ref # | Part # | Description | Qty | Ref # | Part # | Description | Qty |
|-------|-----------|--|-----|-------|-----------|--|-----|
| 1 | 223-01059 | UPRIGHT, REAR KF-LPHS | 1 | 38 | 228-00244 | PAD, SEAT KF-LPHS | 2 |
| 2 | 223-01066 | FRAME, TOP CROSS KF-LPHS | 1 | 39 | 206-00392 | FOOT CAP, RIGHT 50.8 KF SERIES | 1 |
| 3 | 223-01060 | FRAME, LEFT SLIDE KF-LPHS | 1 | 40 | 228-00245 | PAD, BIG BACK KF-LPHS | 1 |
| 4 | 223-01061 | FRAME, RIGHT SLIDE KF-LPHS | 1 | 41 | 206-00135 | GRIP | 4 |
| 5 | 223-01070 | CARRIAGE, KF-LPHS | 1 | 42 | 206-00394 | PLUG, 50.8X76.2 KF SERIES | 4 |
| 6 | 219-00600 | CONNECTING TUBE, KF-LPHS | 1 | 43 | 206-00403 | RIGHT FOOT CAP 2, 50.8X76.2, KF-FID | 2 |
| 7 | 223-01069 | WEIGHT HOLDER, KF-LPHS | 1 | 44 | 206-00487 | BUMPER, SMALL RUBBER KF-LPHS | 4 |
| 8 | 219-00601 | PLATE, SMALL FOOT KF-LPHS | 1 | 45 | 206-00391 | SQUARE PLUG, 50.8 KF SERIES | 13 |
| 9 | 210-00257 | POP PIN (LOCKING), KF-45/KF-AAB | 1 | 46 | 206-00004 | PLUG 25 | 2 |
| 10 | 219-00500 | HANDLEBAR, LEFT KF-LPHS | 1 | 47 | 206-00016 | ROUND PLUG 48 | 2 |
| 11 | 219-00501 | HANDLEBAR, RIGHT KF-LPHS | 1 | 48 | 202-00128 | WASHER, 11*20*2 | 40 |
| 12 | 223-01067 | CATCH, LEFT SAFETY BAR KF-LPHS | 1 | 49 | 202-00127 | WASHER, 13*24*1.5 | 25 |
| 13 | 223-01068 | CATCH, SAFETY BAR CATCH KF-LPHS | 1 | 50 | 202-00304 | SCREW, M8X12 | 2 |
| 14 | 219-00502 | MOUNT, LEFT SAFETY BAR W/PIN KF-LPHS | 1 | 51 | 202-00120 | BOLT, M8*25 | 1 |
| 15 | 219-00503 | MOUNT, RIGHT SAFETY BAR W/PIN KF-LPHS | 1 | 52 | 202-00659 | SCREW, BUTTON HEAD SOCKET CAP M8X25 | 12 |
| 16 | 219-00504 | MOUNT, SAFETY BAR KF-LPHS | 2 | 53 | 202-00662 | SCREW, BUTTON HEAD SOCKET CAP M10X25 | 14 |
| 17 | 223-01064 | FRAME, LEFT SUPPORT KF-LPHS | 1 | 54 | 202-00716 | SCREW, BUTTON HD SOCKET CAP M10X60 | 2 |
| 18 | 223-01065 | FRAME, RIGHT SUPPORT KF-LPHS | 1 | 55 | 202-00647 | BUTTON HEAD SOCKET CAP SCREW M10X75 | 13 |
| 19 | 223-01062 | FRAME, MAIN BASE KF-LPHS | 1 | 56 | 202-00655 | SCREW, BUTTON HEAD SOCKET CAP M12X75 | 8 |
| 20 | 219-00605 | TELESCOPE FRAME,ADJ FOOT PLATE KF-LPHS | 1 | 57 | 202-00640 | SCREW, M12X80 BUTTON HEAD SOCKET CAP | 8 |
| 21 | 219-00606 | ADJUST SUPPORT, KF-LPHS | 1 | 58 | 202-00717 | WASHER, STAINLESS STEEL BUMPER KF-LPHS | 1 |
| 22 | 219-00602 | PLATE, BIG FOOT KF-LPHS | 1 | 59 | 202-00639 | SCREW, M12X125 BUTTON HEAD SOCKET CAP | 2 |
| 23 | 206-00485 | BUMPER, BIG RUBBER KF-LPHS | 1 | 60 | 202-00091 | NYLON NUT, M10 | 15 |
| 24 | 202-00720 | POP PIN, KF-LPHS | 1 | 61 | 202-00092 | NYLON NUT, M12 | 21 |
| 25 | 223-01062 | FRAME, MAIN BASE KF-LPHS | 1 | 62 | 202-00639 | SCREW, M12X125 BUTTON HEAD SOCKET CAP | 4 |
| 26 | 228-00242 | PAD, SMALL BACK KF-LPHS | 1 | 63 | 202-00715 | SCREW, FLAT SOCKET HD M10X55 | 2 |
| 27 | 202-00131 | PHILLIP SCREW, M6*15 | 5 | 64 | 202-00268 | NUT M8 | 2 |
| 28 | 219-00603 | SHOULDER CONNECTOR, KF-LPHS | 2 | 65 | 202-00714 | BOLT, SHAFT M12X204 | 2 |
| 29 | 219-00604 | STOP BEAM, KF-LPHS | 1 | 66 | 202-00130 | WASHER, BIG 11*38*2 | 5 |
| 30 | 206-00486 | PLUG, 30X60 KF-LPHS | 2 | 67 | 202-00713 | WASHER, 13X38X2 | 14 |
| 31 | 202-00717 | WASHER, STAINLESS STEEL BUMPER KF-LPHS | 4 | 68 | 206-00182 | PLUG 38 | 2 |
| 32 | 230-00026 | SHAFT, LINEAR KF-LPHS | 2 | 69 | 206-00488 | HOLE COVER, 10 KF-LPHS | 2 |
| 33 | 202-00719 | SPACER, KF-LPHS | 2 | 70 | 202-00712 | BOLT, 5/16-18X115 | 2 |
| 34 | 206-00008 | PLUG 25*50 | 2 | 71 | 202-00711 | WASHER, 8.5X22X2 | 2 |
| 35 | 202-00224 | WASHER, 9X16X1.6 | 10 | 72 | 202-00710 | WASHER, SPRING 3/8 | 8 |
| 36 | 206-00393 | FOOT CAP, LEFT 50.8 KF SERIES | 1 | 73 | 202-00709 | BOLT, 3/8-16X16 | 8 |
| 37 | 228-00243 | PAD, SHOULDER KF-LPHS | 2 | 74 | 206-00462 | LEFT FOOT CAP 1, 50.8X76.2, KF-FID | 2 |

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) normal wear and tear; (e) operation on incorrect power supplies; or (f) 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.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

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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