



# KeysFitness®

## A7

### Owner's Manual Alliance A7 Recumbent

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**Model Name : A7r**

**Serial Number :**

*Write down for future reference*

*Serial number is located under unit.*

315-00010  
01/05 Rev C

**Alliance**  
S E R I E S

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# Important 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. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

## SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **350** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

# Before You Start

Thank you for purchasing the **Alliance A7 Recumbent!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

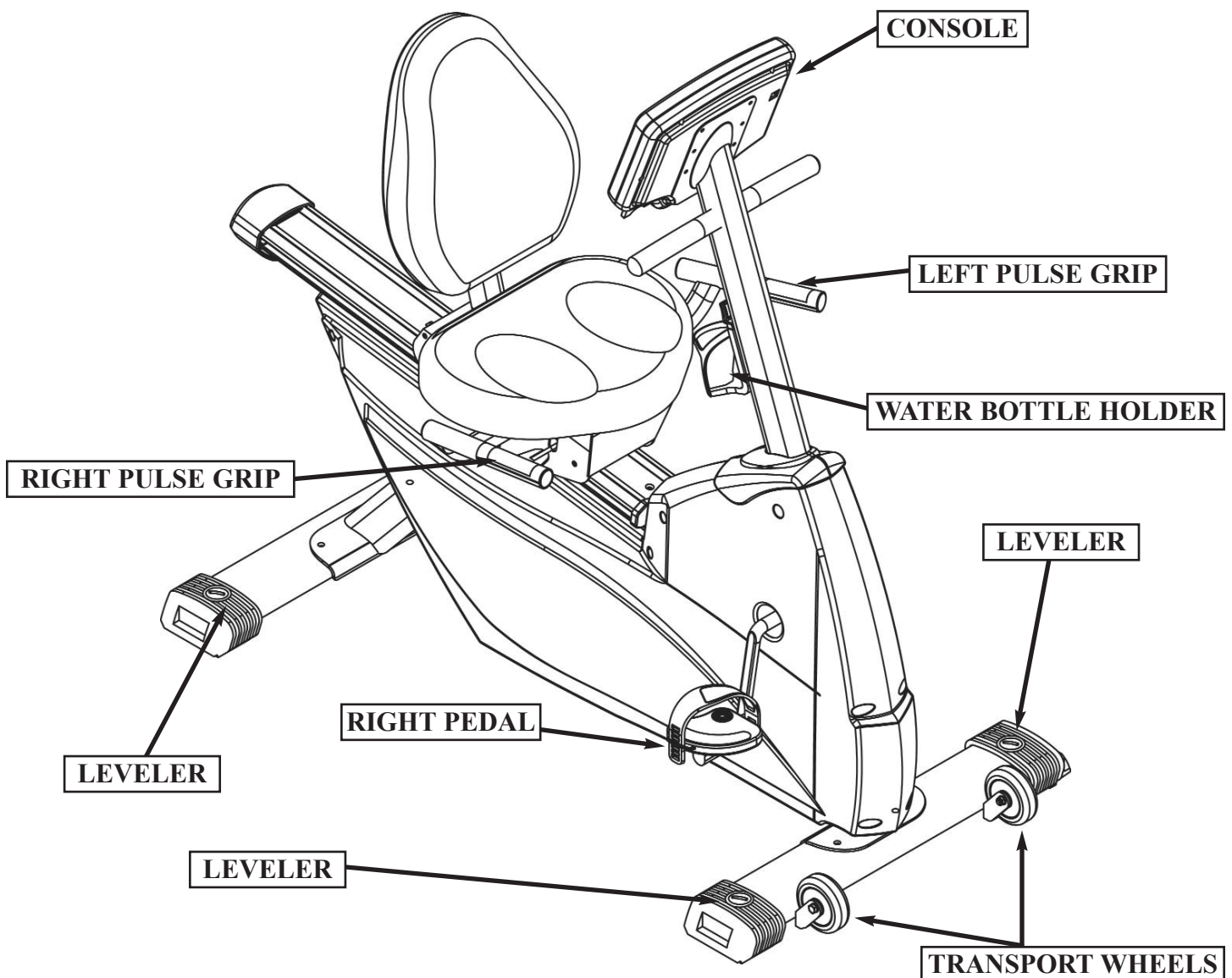
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

**Please review the following drawing below to familiarize yourself with the listed parts.**

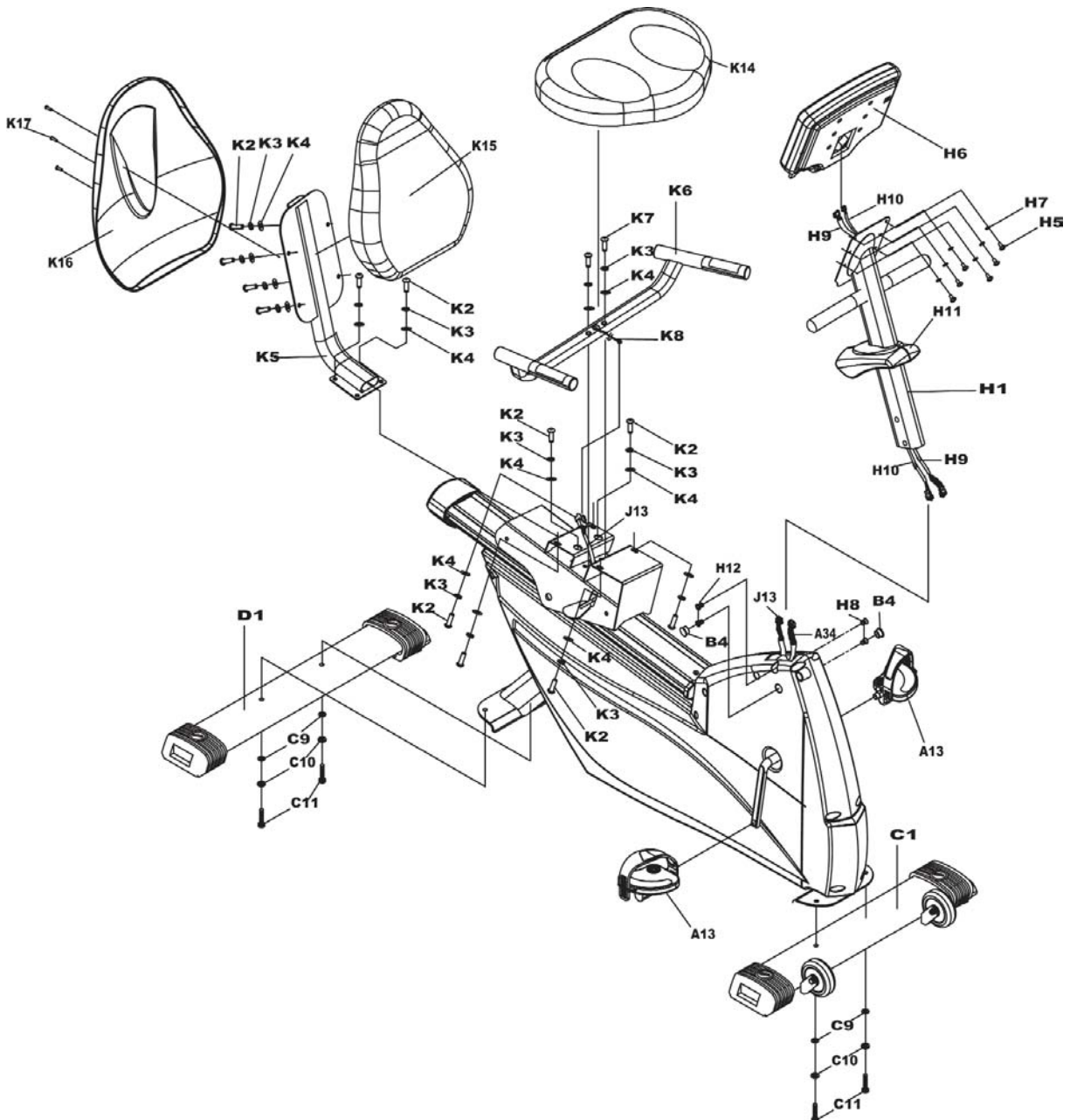


## INSTRUCTIONS FOR ASSEMBLY

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

### Main Components:

- |                              |                            |
|------------------------------|----------------------------|
| 1. Main Frame A1             | 7. Seat Pad K14            |
| 2. Pedals Left and Right A13 | 8. Seat Back Pad K15       |
| 3. Front Stabilizer C1       | 9. Seat Back Cover K16     |
| 4. Rear Stabilizer D1        | 10. Console Tube H1        |
| 5. Seat Back Post K5         | 11. Water Bottle Holder H4 |
| 6. Pulse Handlebar K6        | 12. Console H6             |



# Assembly

## Step 1 (Figure 1)

Attach Rear Stabilizer (D1) to Main Frame (A1) using two Flat Washers (C9), two Spring Washers (C10), and two Hex Nuts (C11).

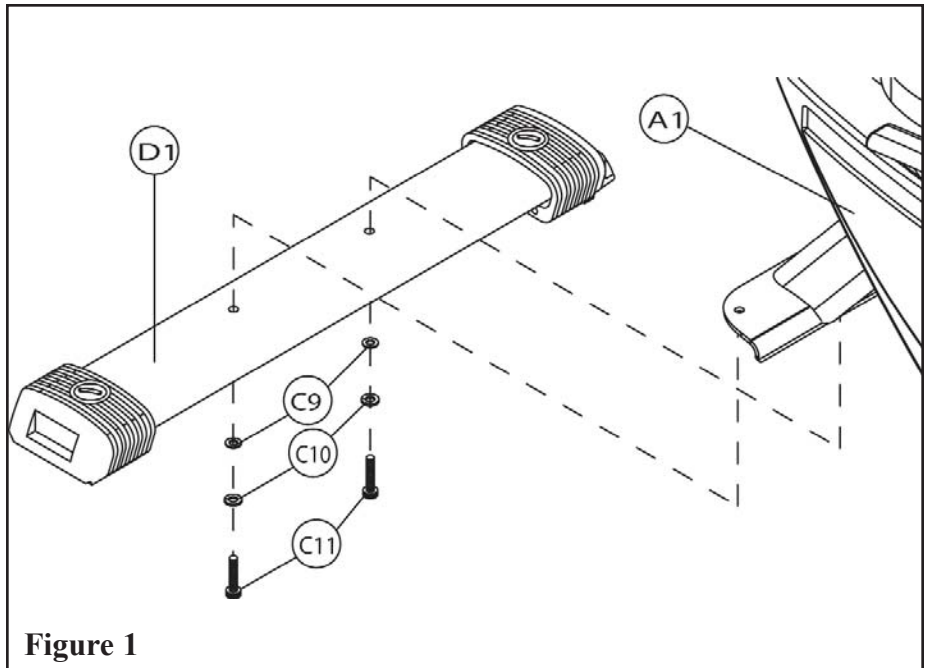


Figure 1

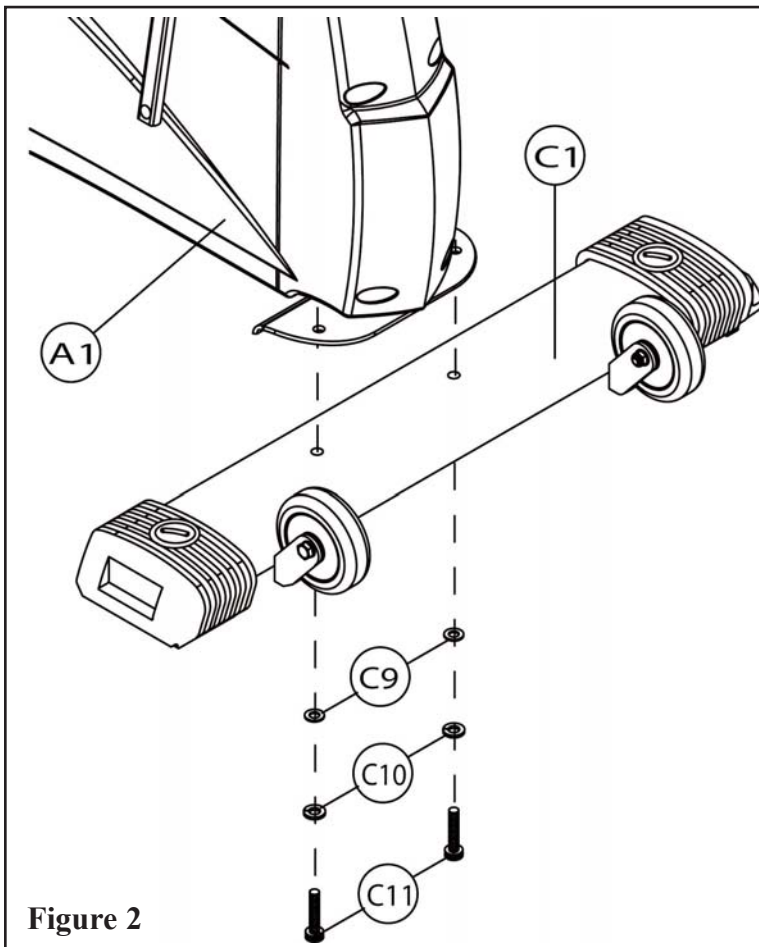


Figure 2

## Step 2 (Figure 2)

Attach Front Stabilizer (C1) to Main Frame (A1) using two Flat Washers (C9), two Spring Washers (C10), and two Hex Nuts (C11).

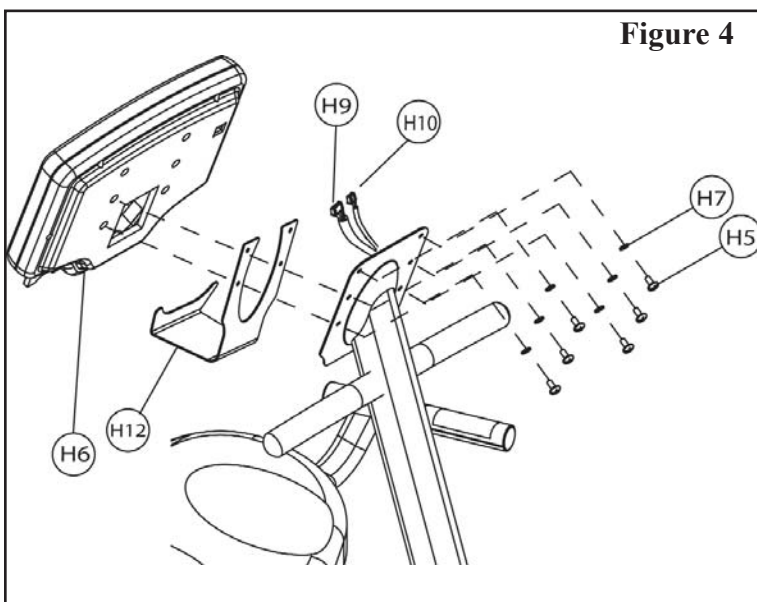
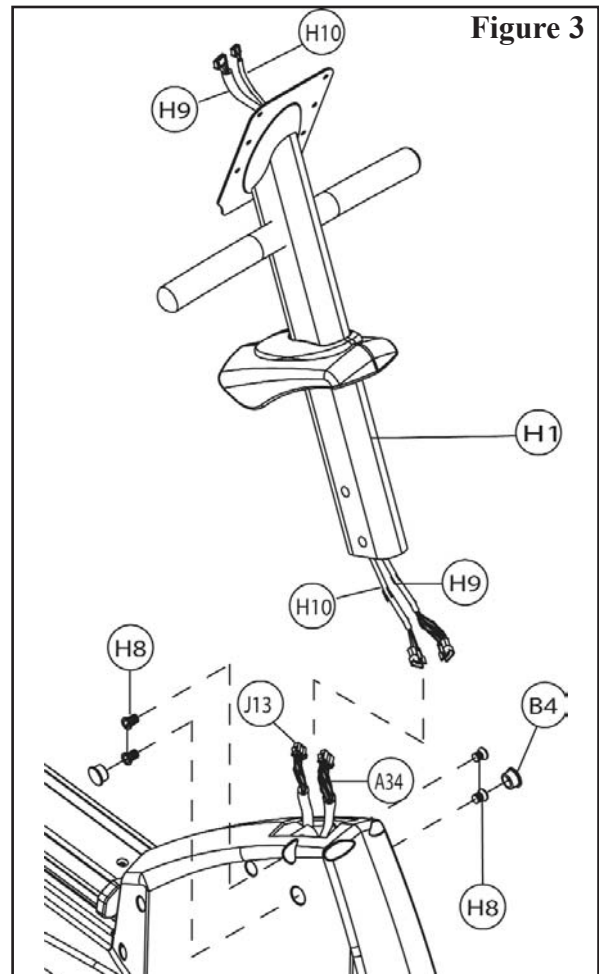


## Step 3 (Figure 3)

**A)** Connect Upper Wire Harness and Heart Rate Wire (H9 & H10) to Lower Wire Harness and Heart Rate Wire (A34 & J13).

Note: Upper Wire Harness and Sensor Wire will already be inside the Console Tube (H1).

**B)** Slide Console Tube (H1) into Main Frame and secure using four Flat Allen Head Bolts (H8). Insert Decoration Cap (B4) into lower console tube bolt hole of each side.



## Step 4 (Figure 4)

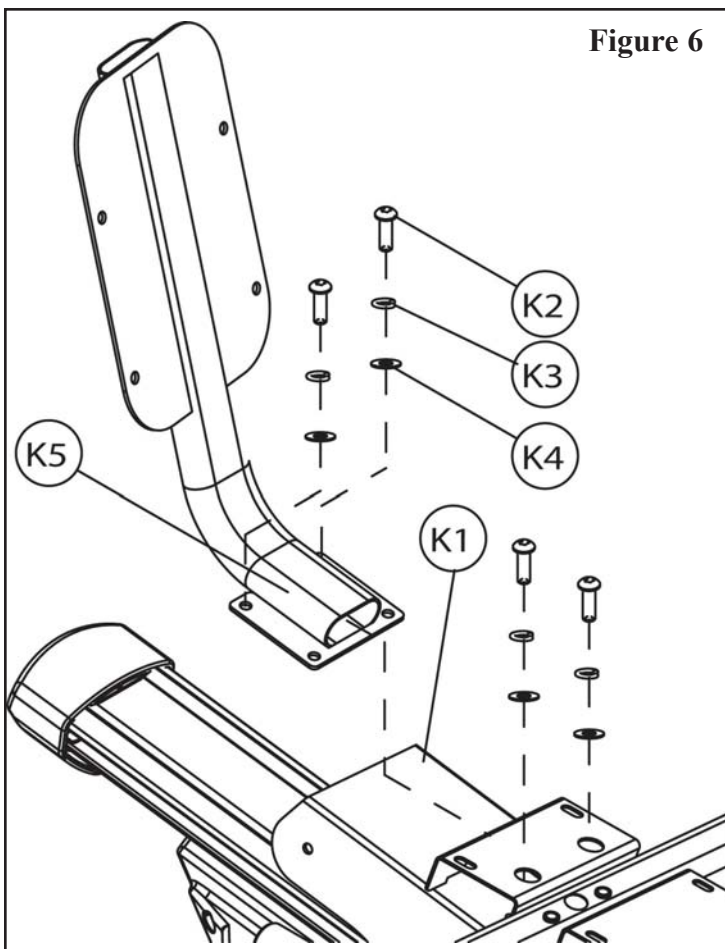
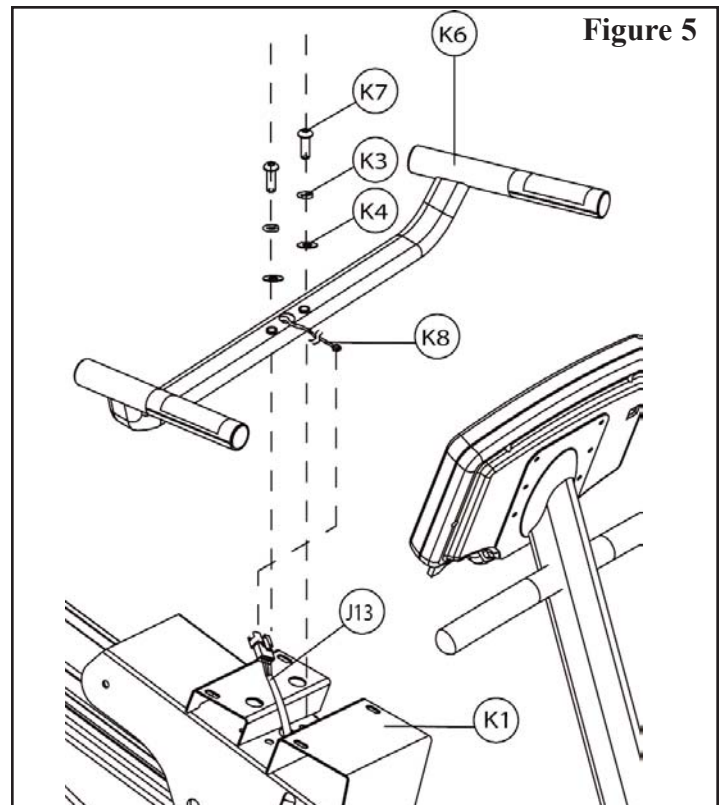
**A)** Connect Upper Wire Harness and Heart Rate Wire (H9 & H10) to Console (H6).

**B)** Secure Console (H6) and Reading Rack (H12) to Console Tube (H1) using six Round Head Screws (H5) and six Flat Washers (H7).

## Step 5 (Figure 5)

A) Connect Lower Heart Rate Wire (J13) to Handlebar Heart Rate Wire (K8).

B) Secure Pulse Handlebar (K6) to Seat Shuttle (K1) using two Flat Washers (K4), two Spring Washers (K3), and two Allen Bolts (K7).



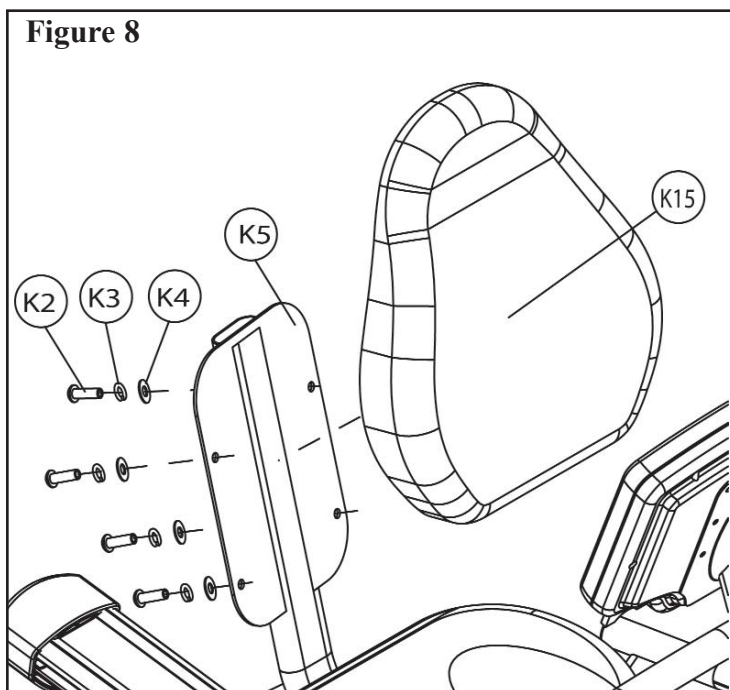
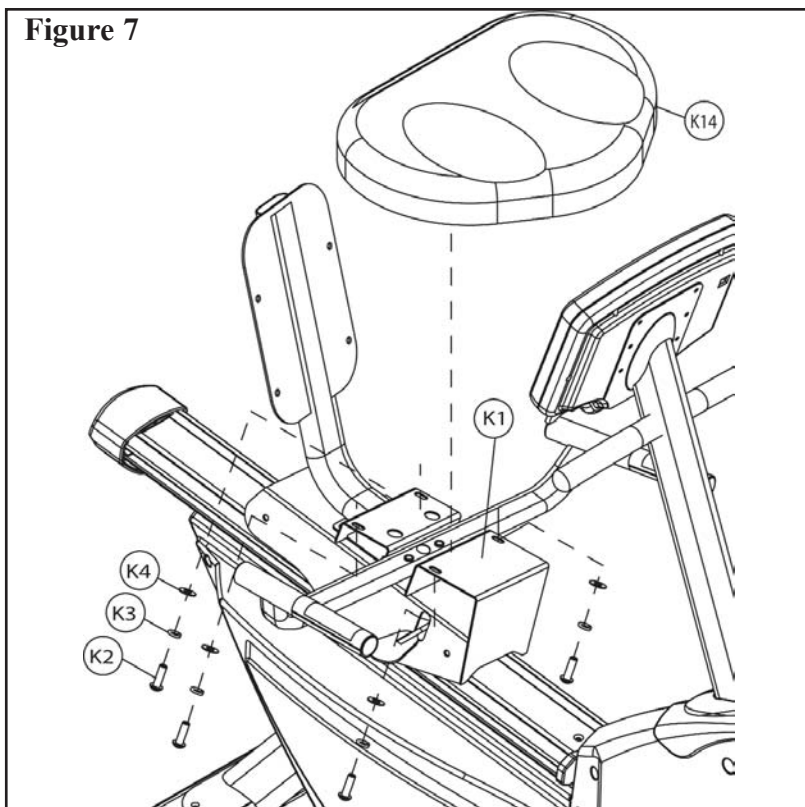
## Step 6 (Figure 6)

Slide Seat Back Post (K5) into Seat Shuttle (K1) and secure using four Flat Washers (K4), four Spring Washers (K3), and four Oval Head Allen Bolts (K2).



## Step 7 (Figure 7)

Attach Seat Pad (K14) to Seat Shuttle (K1) using four Flat Washers (K4), four Spring Washers (K3), and four Oval Head Allen Bolts (K2).

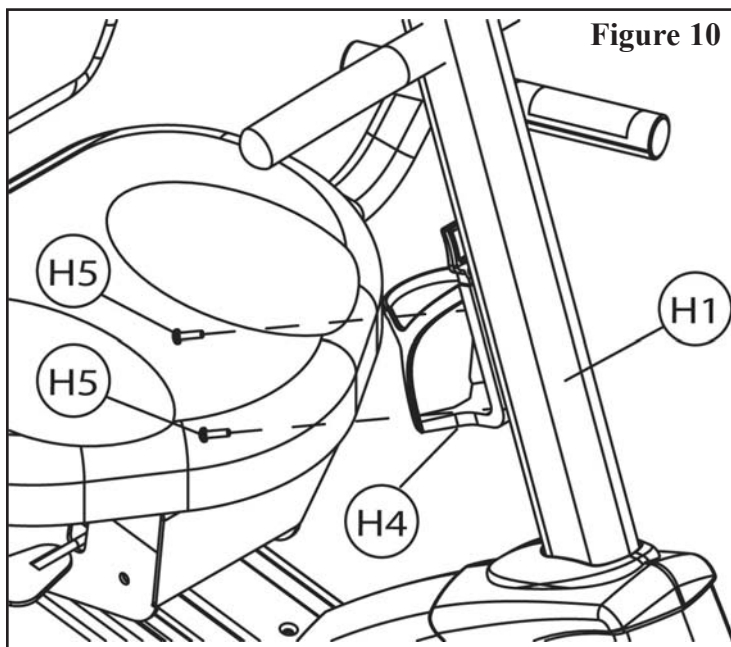
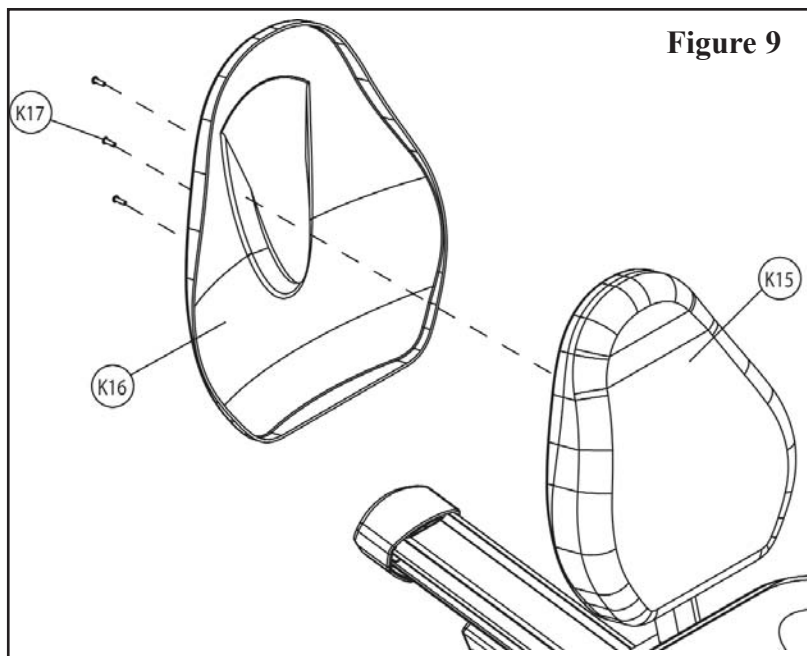


## Step 8 (Figure 8)

Attach Seat Back Pad (K15) to Seat Back Post (K5) using four Flat Washers (K4), four Spring Washers (K3), and four Oval Head Allen Bolts (K2).

## Step 9 (Figure 9)

Secure Seat Back Cover (K16) to Seat Back Pad (K15) using three Round Head Screws (K17).



## Step 10 (Figure 10)

Attach Water Bottle Holder (H4) to Console Tube (H1) and secure using two Round Head Screws (H5).

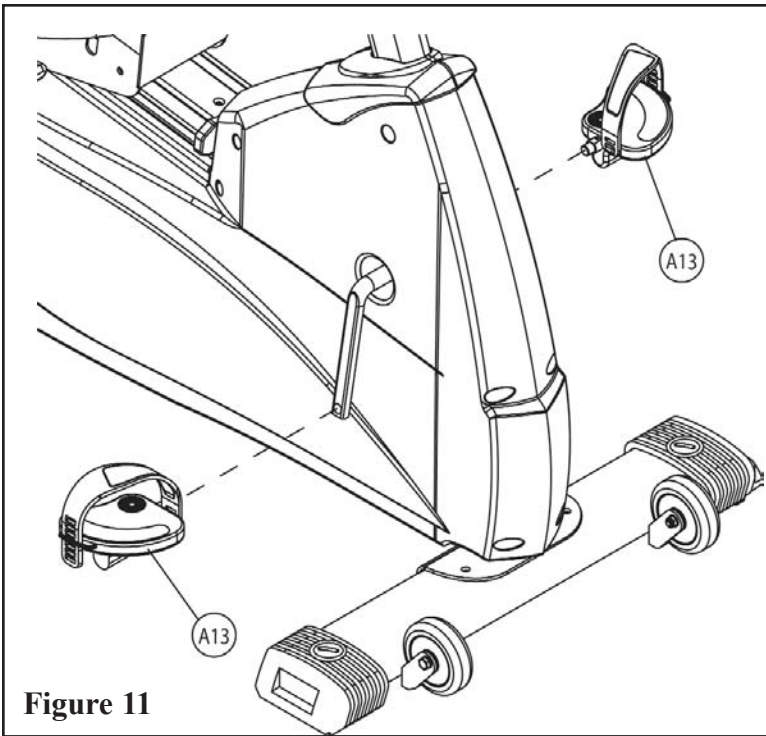


Figure 11

## Step 11 (Figure 11)

A) Thread Right Pedal (A13) into the crank on Main Frame (A1) by turning the threads **Clock-Wise**.

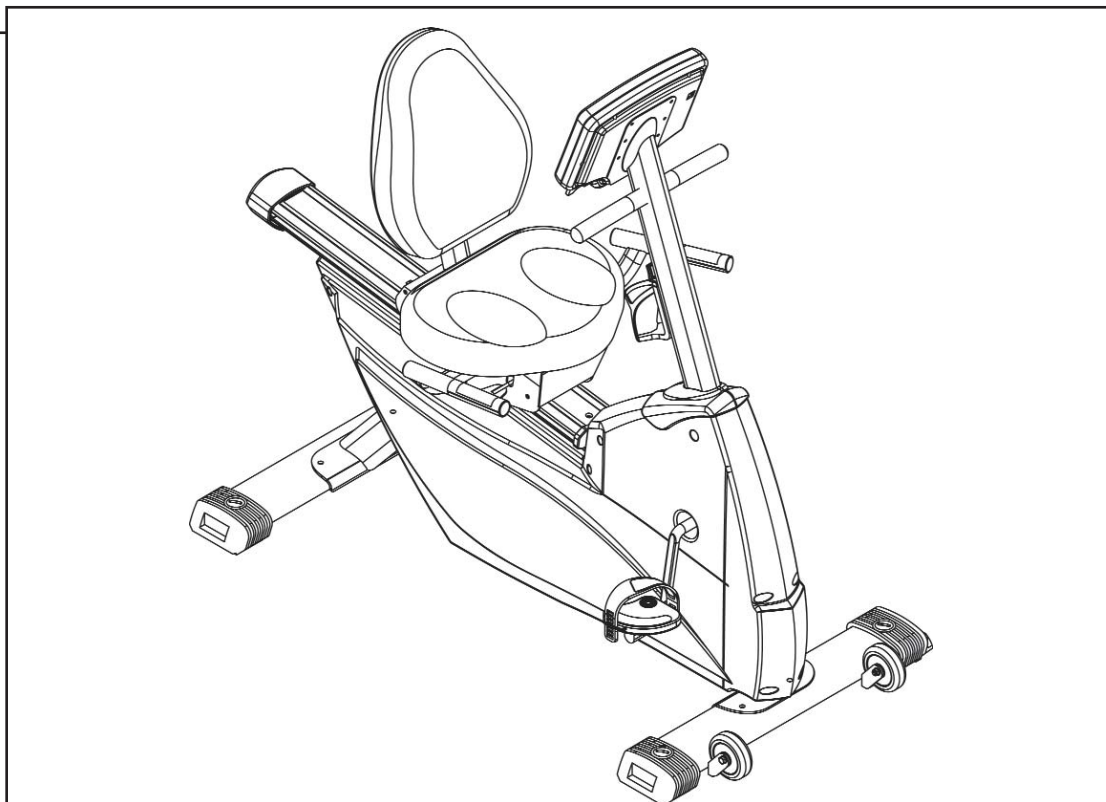
*Note: The Right Pedal is Marked with an **R**.*

B) Thread Left Pedal (A13) into the crank on Main Frame (A1) by turning the threads **Counter Clock-Wise**.

*Note: The Left Pedal is marked with an **L**.*

**Congratulations!**

**You have completed the assembly of your new Alliance A7 Recumbent Bike.**

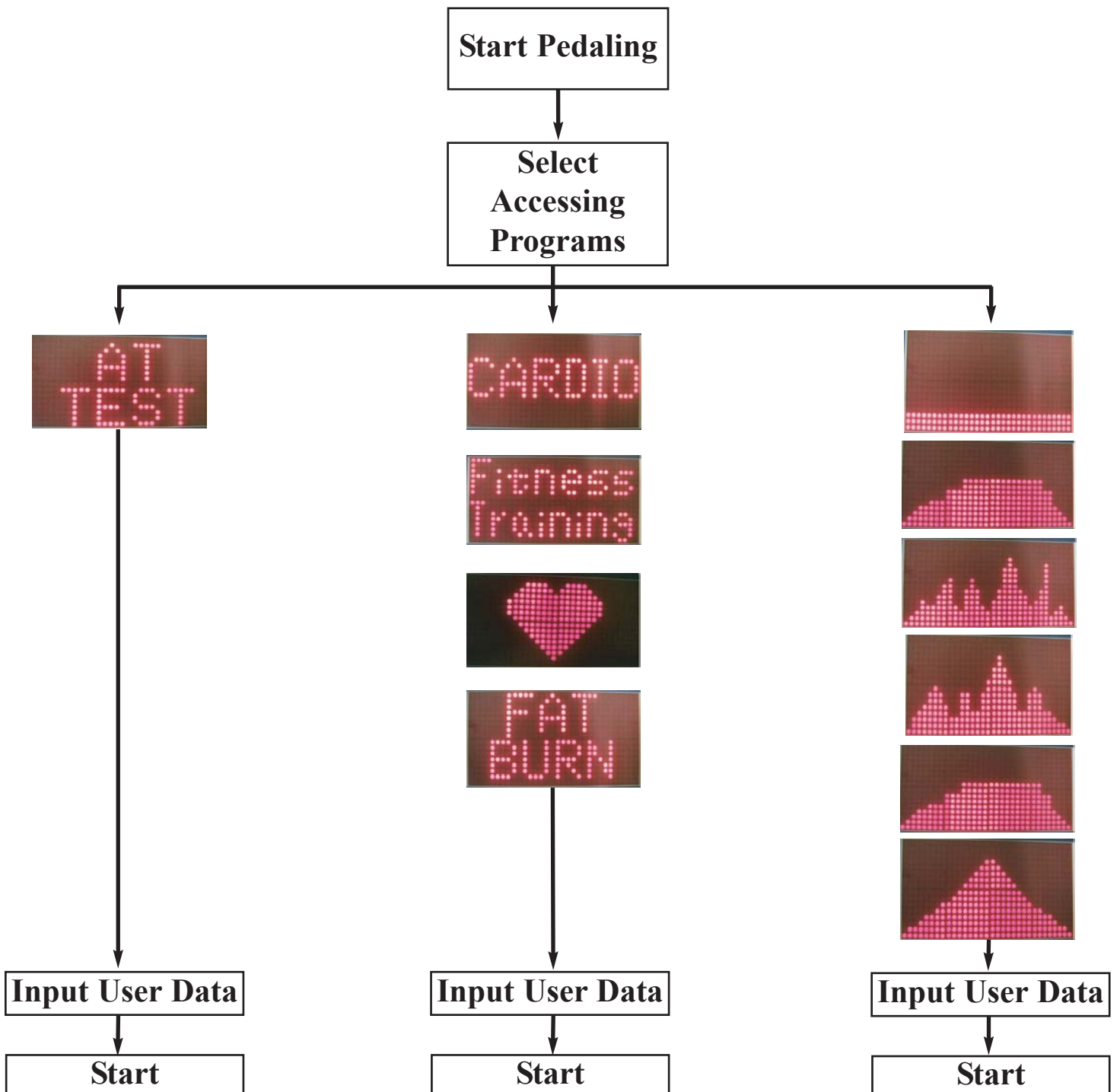


# Console Profiles

The **Alliance A7r** has an internal generator that provides electrical power to console display. You never need batteries or have to plug it in. Just simply pedal over 25 RPM to activate the console.

There are 3 options for accessing programs:

1. AT TEST: AT Measurement
2. HRC Mode: Cardio, Fitness Training, Target Heart Rate and Fat Burn
3. Constant torque mode: Manual, Hiking, Speed Interval, Vigorous, Endurance and Peak



# Console Buttons

## **QUICK START:**

Press this button to enter MANUAL program.

## **AT TEST:**

Press this button to enter AT TEST mode.

## **RESET:**

Clears current setup variables and goes back to the beginning of setup mode.

## **PAUSE / RESUME:**

Save and readout the data of current workout situation.

## **ENTER:**

Confirm the input data for age, weight, program mode, resistance level, and workout time.

## **PLUS (+):**

Increases the value for age, weight, resistance levels, and workout time. It is also the select button for programs and user's sex. To increase the numbers more quickly, hold key down for more than 1 second.

## **MINUS (-):**

Decreases the value for age, weight, resistance levels, and workout time. It is also the select button for programs and sex. To decrease the numbers more quickly, hold key down for more than 1 second.

## **KEY PAD:**

0~9: Allows you to type the value of age, weight, resistance levels, workout time, and program.

## **SCAN:**

Will automatically change the data being displayed in the data windows. Hold the button down until a "beep" sound is heard. Once SCAN mode is activated the display data will change every 4 seconds.

## Readout Definitions

**TIME:** Indication of the workout time

**LEVEL:** Indicates the current workout resistance level

**DISTANCE:** Indicates the traveled distance in a workout

**WATTS:** Power required to pedal the bike

**RPM:** Pedaling speed in revolutions per minute

**METS:** Measurement of oxygen consumption

**HEART RATE:** Indicates the heart beats per minute.

**CALORIES:** Indicates estimated consumed calories burned in K cal.

## Key Pad Program Selection

<b>Workout Program</b>	<b>Number</b>
AT Test	
Cardio	0
Fitness Test	1
Target Heart Rate	2
Fat Burn	3
Manual	4
Vigorous	5
Hiking	6
Endurance	7
Speed Interval	8
Peak	9



## Monitoring Heart Rate:

**Heart Rate Handgrips:** Place your palms onto the metal sensor plates, after a few seconds your heart rate should be displayed in the window.

**Heart Rate Transmitter Strap:** Adjust the strap to proper length. Wear directly against your skin around chest. Some moisture is needed between the Transmitter and your skin prior to your workout. Once you start the workout, your heart rate will be displayed in the heart rate window.

**Note:** It is suggested to use Heart Rate Transmitter Strap for AT TEST and HRC mode (Heart Rate Control mode). The HRC mode is designed to keep you exercising at exactly target heart rate. If you use the Handgrip to monitor your heart rate, please keep your palm on the metal heart rate sensor plates to ensure the correct heart rate.

## AT Test: (Anaerobic Threshold)

AT Test is the best approach to find the body's maximum point of aerobic exercise by monitoring the body's physical condition while exercising. When the body is exercising, and the flow of oxygen to the muscles is sufficient, the exercise is called aerobic exercise. Exercise over that limit, called anaerobic exercise, results in muscles working harder than the body can support and the oxygen flow to the muscles is not sufficient. Rather than improving the muscles' condition, anaerobic exercise can be dangerous. AT TEST can measure this point, in order to maximize the workout, without crossing the AT point.

To increase accurate measurement, begin AT TEST with normal breathing and relaxation, keep the speed between 50-70 rpm, place your palm on the Heart Rate Handgrips or wear the Heart Rate Transmitter strap.

Normally, the AT HR (heart rate) can be tested in 10-20 minutes of workout. However, during the AT TEST, if the workout intensity is too high to withstand, push PAUSE / RESUME button to stop the AT TEST. The window will also display the AT HR, but it is an estimated value and less accurate.

## AT Test Mode:

1. Push + or - to move the light to AT TEST mode or push the AT TEST button directly.
2. Press Enter
3. Push + or - to increase or decrease the user age, or push the correct age on the KEY PAD.
4. Press Enter
5. Push + or - to change the user's sex to Male or Female, or Push the number 0 key for female or the number 1 key for male.
6. Press Enter to begin the AT Test.

**Note:** You can hit the RESET button at any time to restart the set up program.

## **Operation:**

1. The Heart Rate input is required under AT TEST mode. The user must either place his palms on the Heart Rate Handgrip or wear the Heart Rate Transmitter strap.
2. Push the SCAN button to switch the display data between upper row and lower row. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.

## **HRC Mode: (Heart Rate Control)**

1. Use + or - to move the LED Indicator to select one of the following programs: CARDIO, FITNESS TEST, TARGET HEART RATE, OR FAT BURN. You can also use the KEY PAD to choose one directly.
2. Press ENTER
3. Use + or - to increase or decrease the user weight, or use the KEY PAD to type it in.
4. Press ENTER
5. Use + or - to input the user's AT HR (heart rate), or use the KEY PAD to type it in.
6. Press ENTER
7. Use + or - to input the workout time, or use the KEY PAD to type it in.
8. Press ENTER to begin the workout.

**Note:** You can hit the RESET button at any time to restart the set up program.

### **Operation:**

1. The Heart Rate input is required under AT TEST mode. The user must either place his palms on the Heart Rate Handgrip or wear the Heart Rate Transmitter strap.
2. Push the SCAN button to switch the display data between upper row and lower row. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.
3. Use the + or - buttons to increase or decrease the workout resistance levels.

## **Constant Mode:**

1. Use + or - to move the LED Indicator to select one of the following programs: MANUAL, VIGOROUS, HIKING, ENDURANCE, SPEED INTERVAL, OR PEAK. You can also use the KEY PAD to choose one directly.
2. Press ENTER
3. Use + or - to increase or decrease the user weight, or use the KEY PAD to type it in.
4. Press ENTER
5. Use + or - to increase or decrease the workout level, or use the KEY PAD to type it in.
6. Press ENTER
7. Use + or - to input the workout time, or use the KEY PAD to type it in.
6. Press ENTER to begin the workout.

**Note:** You can hit the RESET button at any time to restart the set up program.

### **Operation:**

1. Push PAUSE / RESUME button to save the current workout data. At next workout you can push it again to resume where you left off.
2. Push the SCAN button to switch the display data between upper row and lower row.. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.
3. Use the + or - buttons to increase or decrease the workout resistance levels.

## HRC Programs

**Cardiovascular:**

A program designed to keep your workout heart rate value at AT HR x 110%.

**Fitness Test:**

A program designed to keep your workout heart rate value at AT HR x 100%.

**Target Heart Rate:**

A program designed to keep your workout heart rate value at AT HR x 95%.

**Fat Burn:**

A program designed to keep your workout heart rate value at AT HR x 90%.

## Constant Mode Programs

**Manual Mode:**

A program designed to be controlled by the user.

**Vigorous:**

A program designed with a long warm up and steady constant resistance.

**Hiking:**

A program designed to train you up and down the road with lots of challenging terrain changes.

**Endurance:**

An advanced program that is designed to increase muscular strength and endurance.

**Speed Interval:**

An program designed with 4 more difficult speed intervals.

**Peak:**

A program designed to maintain a smooth, constant speed in order to conserve energy.

## Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$

$\text{MHR} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHR} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

$190 \times .60 = 114$  (low end or 60% of MHR)

$190 \times .75 = 142$  (high end or 75% of MHR)

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on page 15) for additional calculations.

## TARGET HEART RATE ZONE

**100%**

Serious athletic training range

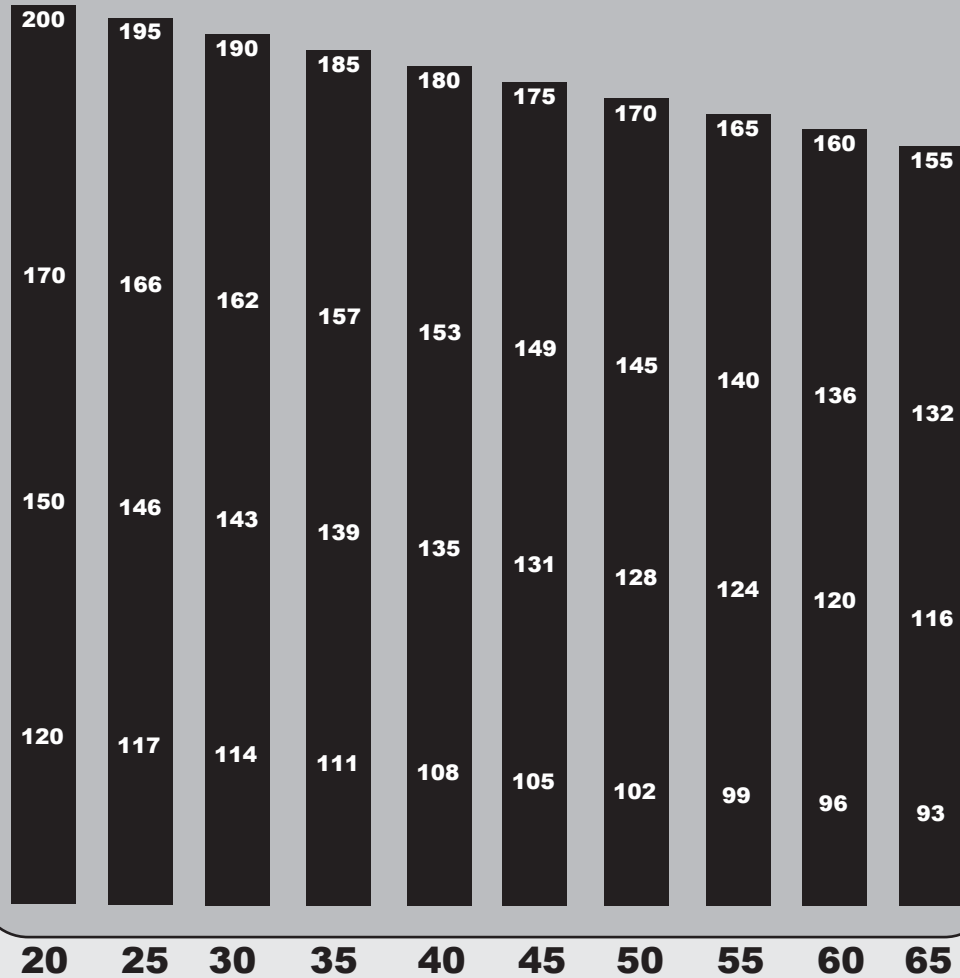
**85%**

Cardiovascular conditioning range

**75%**

Fat burning range

**60%**



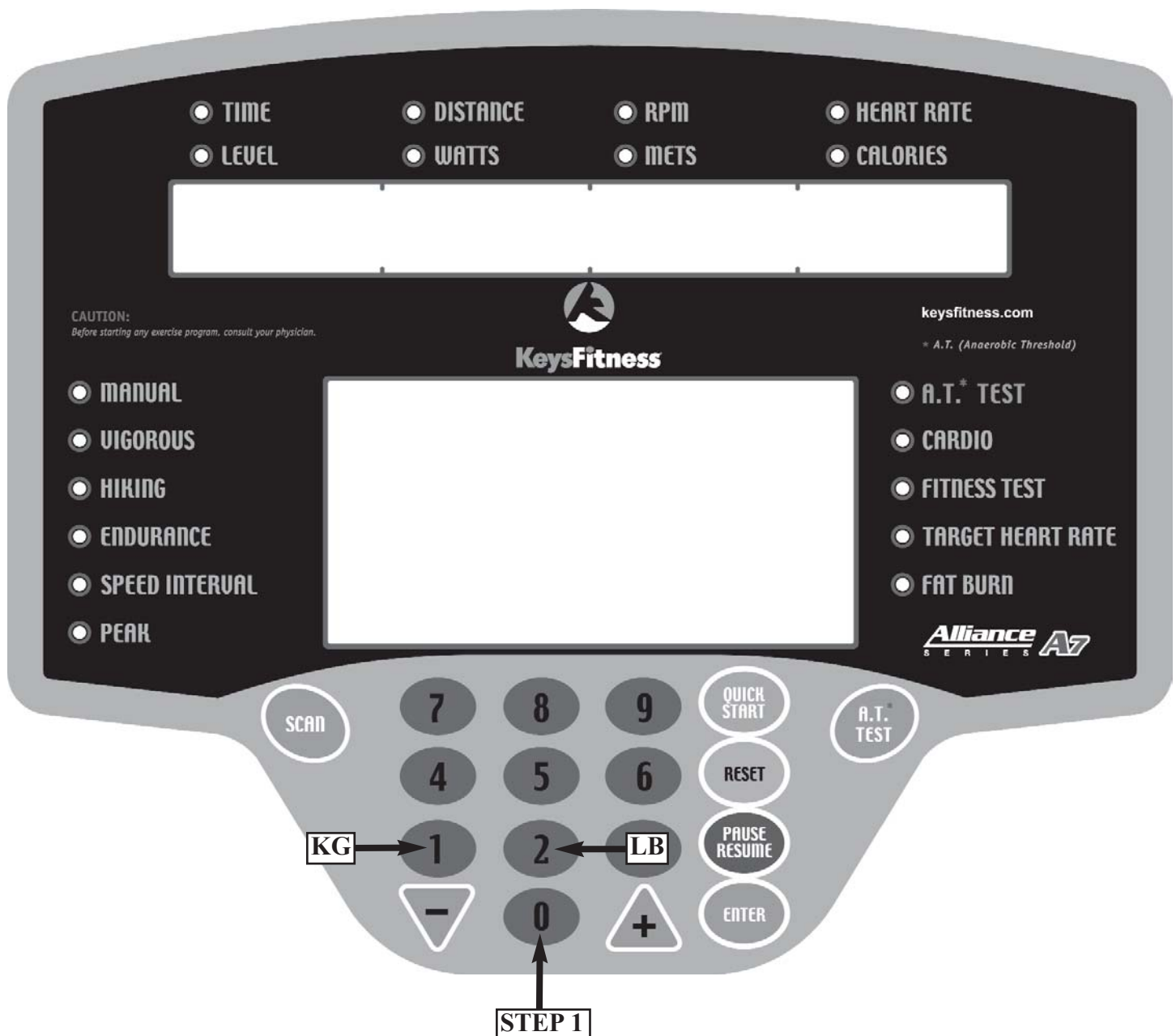
**AGE**



# Change to MPH or KPH

## Change to MPH (Miles Per Hour) or KPH (Kilometers Per Hour):

1. With the unit off press and hold “0” on the key pad.
2. Start pedaling the bike. “UNIT=KG” OR “UNIT=LB” will be displayed in the upper LED window.
3. Use the key pad to indicate which unit of measure you would like to use.  
Press “1” for KG and to change distance to KPH.  
Press “2” for LB and to change distance to MPH.
4. Stop pedaling the unit until the screen shuts off to accept the changes.

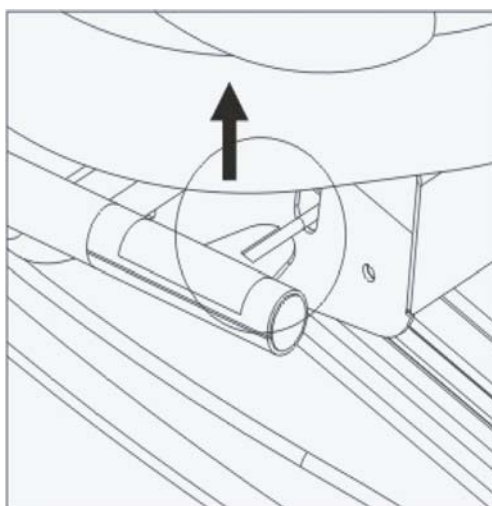


## Seat Adjustment

To slide the seat position forward or backwards, start by pulling up the adjusting handlebar located under the seat. Next, move the seat into a comfortable position. Then, release the adjusting handlebar to secure the seat back into position. *Refer to Figure 1.*

On the recumbent bike, the seat position should be adjusted so when the pedal is at its furthest position from the user, it is possible for the user to extend their leg with the heel on the pedal. First, rotate one pedal to the furthest position. In this position you should have a slight bend in your knee. If your leg is too straight or your foot cannot touch the pedal, you will need to slide the seat forward. If your leg is at too much of an angle, you will need to move the seat backwards.

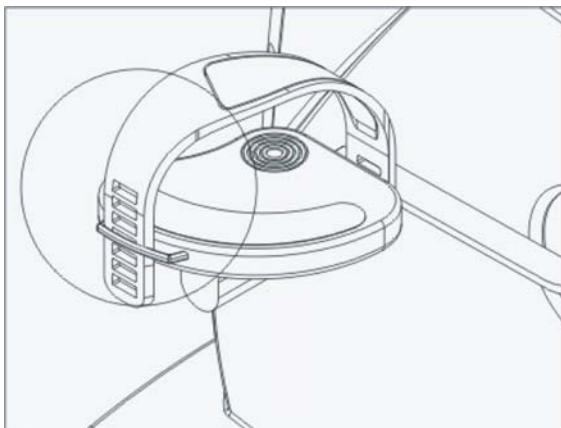
**Figure 1**



## Foot Pedal Strap Adjustment

First, place your foot on the pedal. Rotate the pedals until one foot is within arm's reach. Then, carefully reach down and fasten the rubber strap over your shoe and secure it to the pedal by slipping the nub at the end of pedal through the slot of the pedal strap. Last, pull down the strap until it snaps into place. Repeat process for the other foot. *Refer to Figure 2.*

**Figure 2**



# Parts List



## A7r Parts List Rev C

REF#	KEYS PART#	DESCRIPTION	QTY.	REF#	KEYS PART#	DESCRIPTION	QTY.
A1	323-00158	A7r Main Frame Assy	1	F2	302-00278	A7r & A7u Spring Washer SW5	3
A3	331-00038	A7r & A7u Bearing	2	F3	302-00231	A7r & A7u Flat Washer M5 (5.3*10*1)	3
X1	324-00001	A7r & A7u Bottom Bracket Set	1	F4	319-00005	A7r & A7u Axle Assembly Idler	1
A9	311-00043	A7r & A7u Crank Pulley	1	F5	302-00309	A7r C Ring 8	1
A10	302-00273	A7r & A7u Sensor Magnetic	1	X3	324-00003	A7r & A7u Aluminum Idler Wheel Assembly	1
A11	304-00016	A7r Poly-v Belt J6 762L	1	F8	331-00045	A7r & A7u DU Bearing	3
A12	330-00045	A7r & A7u Crank	1	F9	330-00053	A7r Idler Arm Assembly	1
A13	306-00311	A7r & A7u Pedal L & R	1	F10	302-00223	A7r & A7u C Ring 14	1
A14	330-00046	A7r & A7u Crank and Pulley Axle	1	F11	302-00275	A7r & A7u Spring	1
A15	331-00039	A7r & A7u Bearing	3	G1	311-00044	A7r & A7u Generator	1
A16	302-00218	A7r & A7u C Ring 25	1	G2	302-00220	A7r & A7u C Ring 15	2
X2	324-00002	A7r & A7u Poly of Second Axle Assembly	1	G3	331-00040	A7r & A7u Bearing (6002LLU)	1
A21	302-00219	A7r & A7u C Ring 17	1	G4	319-00007	A7r & A7u Generator Base	1
A22	304-00014	A7r Poly-v Belt	1	G5	306-00314	A7r & A7u Shielding Pad	1
A23	302-00263	A7r & A7u Round Head Screw M5*0.8*10	4	G6	302-00228	A7r & A7u Flat Washer M5 (5.5*13*1)	4
A24	302-00228	A7r & A7u Flat Washer M5 (5.5*13*1)	4	G7	302-00259	A7r & A7u Round Head Allen Bolt M5*0.8*30	4
A25	302-00242	A7r & A7u Hex Nut M4*0.7	4	G8	302-00217	A7r & A7u Bushing 25*22	5
A26	302-00264	A7r & A7u Round Head Screw M4*0.7*10	4	G9	302-00233	A7r & A7u Flat Washer M8 (8.5*26*2.5)	5
A27	313-00102	A7r Wire of Load Resister A	2	G10	302-00277	A7r & A7u Spring Washer SW8	4
A28	313-00103	A7r Wire of Load Resister B	1	G11	302-00260	A7r & A7u Round Head Allen Bolt M8*1.25*45	4
A29	307-00061	A7r & A7u Load Resister	2	G12	302-00279	A7r Round Head Allen Bolt M8*1.25*55	1
A30	302-00243	A7r Hex Nut M6*1.0	2	H1	323-00164	A7r Console Tube	1
A31	302-00265	A7r & A7u Round Head Screw M3*0.5*8	2	H2	310-00124	A7r Grip for Front Handlebar	1
A32	313-00089	A7r Sensor Cable	1	H3	306-00307	A7r & A7u Handlebar End Cap	2
A33	302-00308	A7r & A7u Sensor Cable Bracket	1	H4	310-00123	A7r & A7u Water bottle Holder	1
A34	313-00080	A7r Lower Wire Harness	1	H5	302-00268	A7r & A7u Round Head Screw M5*0.8*15	2
A35	313-00101	A7r Output Generator Wire	1	H6	307-00059	A7r & A7u Console	1
A36	307-00060	A7r & A7u Control Board Ver3.1	1	H7	302-00228	A7r & A7u Flat Washer M5 (5.5*13*1)	6
B1	305-00052	A7r Shroud-Right	1	H8	302-00225	A7r & A7u Flat Head Allen Bolt M8*1.25*16	4
B2	305-00051	A7r Shroud-Left	1	H9	313-00084	A7r Upper Wire Hardness #24AGW#800mm	1
B3	302-00266	A7r & A7u Round Head Screw M5*0.8*15	14	H10	313-00083	A7r Upper Heart Rate Sensor wire	1
B4	306-00304	A7r & A7u Decoration Cap	2	H11	306-00315	A7r Console Tube Cover	1
B5	306-00309	A7r Hit Shielding Right	1	H12	319-00009	A7r Reading Rack	1
B6	306-00359	A7r Hit Shielding Left	1	J1	323-00157	A7r Aluminum Rail	1
B7	302-00267	A7r Round Head Screw M5*0.8*20	1	J2	302-00226	A7r Flat Head Allen Bolt M6*1.0*16	8
C1	323-00159	A7r & A7u Front Stabilizer Assembly	1	J3	302-00269	A7r Round Head Screw M6*1*105	2
C2	310-00122	A7r & A7u Adjusting Knob	4	J4	302-00235	A7r Flat Washer M6 (6.5*13*1)	4
C3	306-00306	A7r & A7u Foot Cap	4	J5	306-00316	A7r Stopper 15*6*20	4
C4	306-00310	A7r & A7u Leveling Base	4	J6	302-00254	A7r & A7u Nylon Nut M6*1	2
C5	302-00244	A7r & A7u Hex Nut M6*1*40	2	J7	306-00317	A7r Stopper 13.5*17*13	2
C6	302-00229	A7r & A7u Flat Washer M6 (6.5*13*1)	4	J8	302-00236	A7r Flat Washer M6 (6.2*19*2)	2
C7	302-00254	A7r & A7u Nylon Nut M6*1	2	J9	302-00247	A7r Hex Screw M6*1*10	2
C8	306-00318	A7r & A7u Transportation Wheel 3*23	2	J10	306-00302	A7r Aluminum Rail Front Cover	1
C9	302-00230	A7r & A7u Flat Washer 8.4*17*2	9	J11	306-00303	A7r Aluminum Rail Handle	1
C10	302-00277	A7r & A7u Spring Washer SW8	9	J12	302-00270	A7r Round Head Screw M6*1*12	2
C11	302-00245	A7r & A7u Hex Screw M6*1.25*50	4	J13	313-00077	A7r Lower Heart Rate Wire	1
C12	302-00252	A7r & A7u Insert Nut M10*1.5	4	K1	323-00162	A7r Seat Shuttle Assembly	1
D1	323-00161	A7r & A7u Rear Stabilizer Assembly	1	K2	302-00306	A7r Oval Head Allen Bolt	2
F1	302-00258	A7r & A7u Round Head Allen Bolt M5*0.8*12	3	K3	302-00277	A7r Spring Washer	4

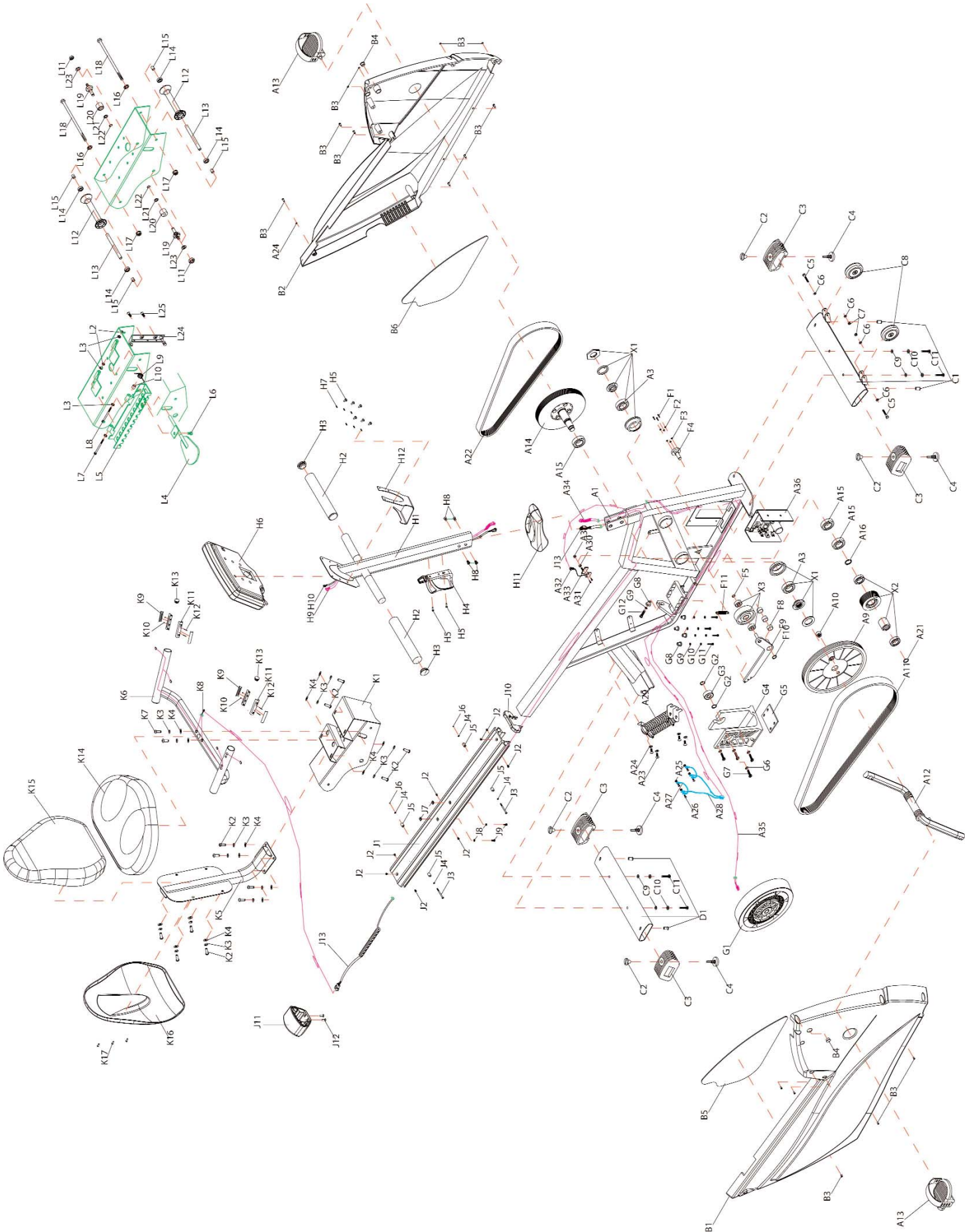
# Parts List



## A7r Parts List Rev C Continued

REF#	KEYS PART#	DESCRIPTION	QTY.	REF#	KEYS PART#	DESCRIPTION	QTY.
K4	302-00230	A7r Flat Washer 8.4*17*2	4	L7	302-00249	A7r Hex Screw M6*1*70	1
K5	319-00011	A7r Seatback Post Assembly	1	L8	302-00250	A7r Hex Screw M6*1*80	1
K6	323-00160	A7r Rear Handlebar Assembly	1	L9	302-00274	A7r Spring	1
K7	302-00216	A7r Allen bolt M8*1.25*35	2	L10	302-00276	A7r Spring Bushing 6.2*13.5*14	1
K8	313-00079	A7r Handlebar Heart Rate Wire	1	L11	302-00257	A7r Nylon Nut M10*1.5	2
K9	313-00078	A7r & A7u Heart Rate Sensor plate	4	L12	330-00047	A7r Guided Wheel	2
K10	302-00271	A7r & A7u Round Head Screw M3*0.5*35	4	L13	302-00303	A7r Inside Bushing (A) 8.2*12.7*101	2
K11	306-00308	A7r & A7u Heart Rate Sensor Grip	4	L14	331-00041	A7r & A7u Bearing (608ZCC2/GA)	4
K12	302-00246	A7r & A7u Hex Nut M3*0.5	4	L15	302-00304	A7r Inside Bushing (B) 8.2*12.7*10	4
K13	306-00307	A7r & A7u Handlebar End Cap	2	L16	302-00239	A7r Flat Washer M8 (8.5*19*1)	2
K14	328-00021	A7r Seat Pad	1	L17	302-00224	A7r Flange Nut M8*12.5	1
K15	328-00022	A7r Seat Back Pad	1	L18	302-00251	A7r Hex Screw M8*1.25*150	2
K16	306-00313	A7r Seatback Cover	1	L19	330-00048	A7r Roller Axle	2
K17	302-00272	A7r Round Head Screw M5*0.8*12	3	L20	306-00312	A7r Roller	2
L2	302-00254	A7r & A7u Nylon Nut M6*1	2	L21	302-00240	A7r Flat Washer M10 (10.7*16*2)	2
L3	302-00229	A7r Flat Washer M6 (6.5*13*1)	4	L22	302-00221	A7r C Ring 10	2
L4	302-00282	A7r Wrench	1	L23	302-00241	A7r Flat Washer M10 (10.4*26.2)	2
L5	319-00010	A7r Seat Shuttle Adjusting Bracket	1	L24	319-00006	A7r Coil Wires Base	1
L6	302-00248	A7r Hex Screw M8*1.25*12	1	L25	302-00262	A7r Round Head Bolt M4*0.7*10	2

# Exploded View





# Warranty Information



## KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

**PRODUCT:** A7r

**HOME USE WARRANTY:**

<b>Parts:</b>	<b>Electronics:</b>	<b>Labor:</b>
3 Years	2 Years	1 Year

**LIGHT INSTITUTIONAL:**

<b>Parts:</b>	<b>Electronics:</b>	<b>Labor:</b>
2 Years	2 Years	1 Year

This Limited 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 period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for 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 the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

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 Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, 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.

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