

Owner's Manual

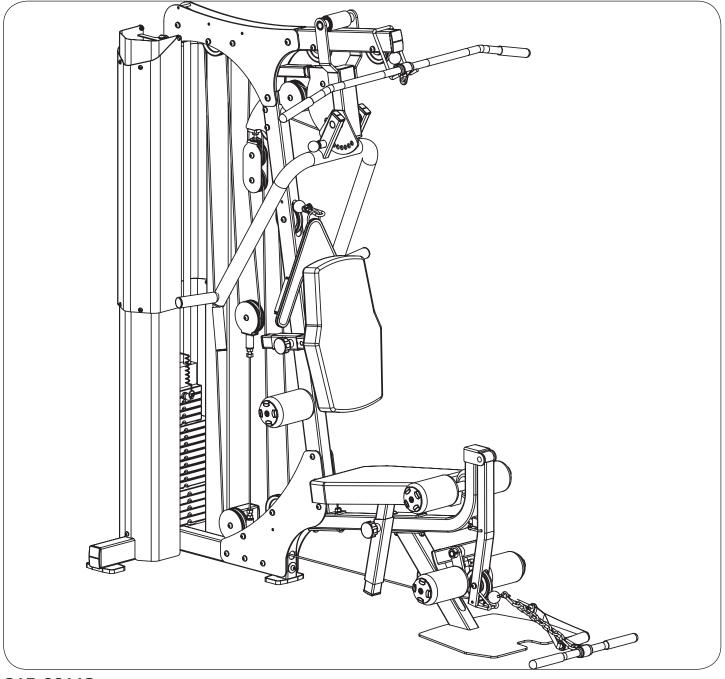




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Before You Start





THANK YOU for making this unit a part of your exercise program. Keys Fitness assures the very best in value, appearance, durability KeysFitness 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.

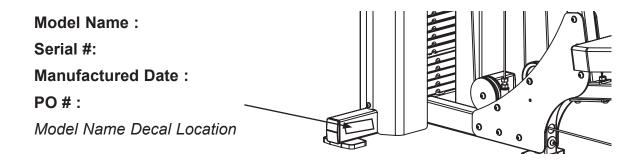
REGISTRATION CARD

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

OUESTIONS? CALL 1-888-340-0482 Monday-Friday 8:30-5:30 Central Time

When calling please have the following product information available:





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.

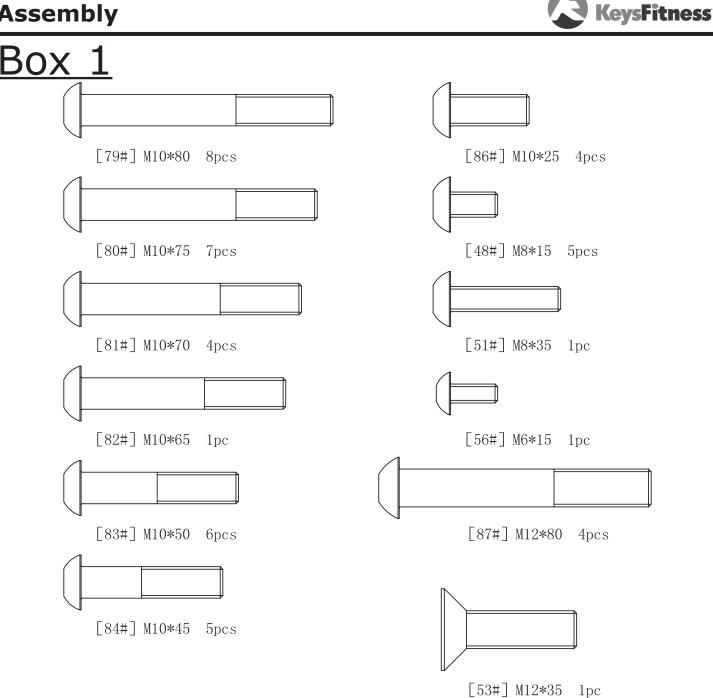
WARNING!

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.

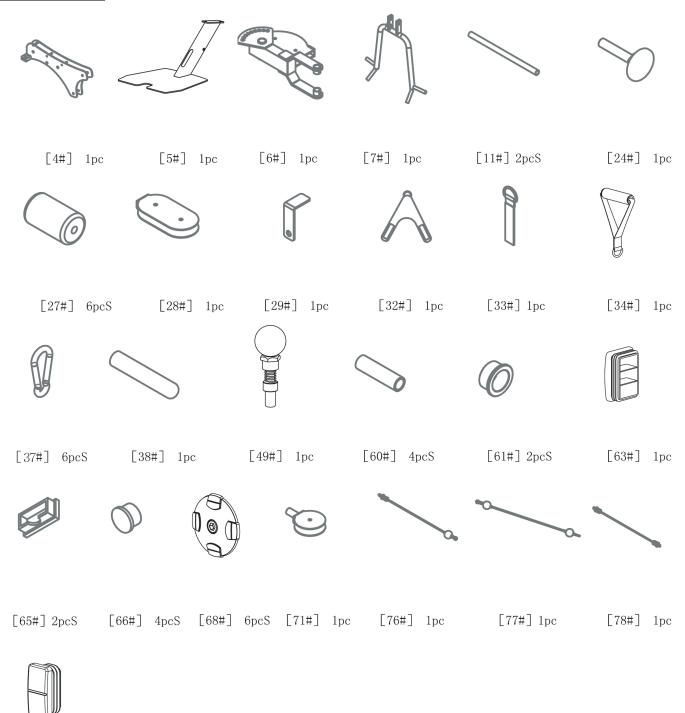
SAFETY PRECAUTIONS

- 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.



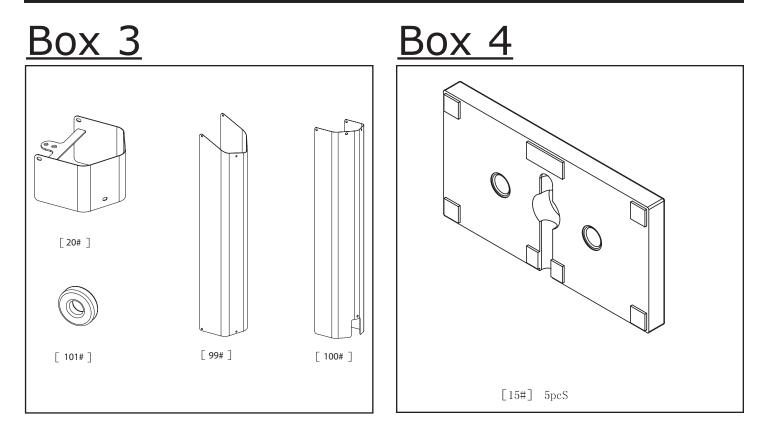
KeysFitness

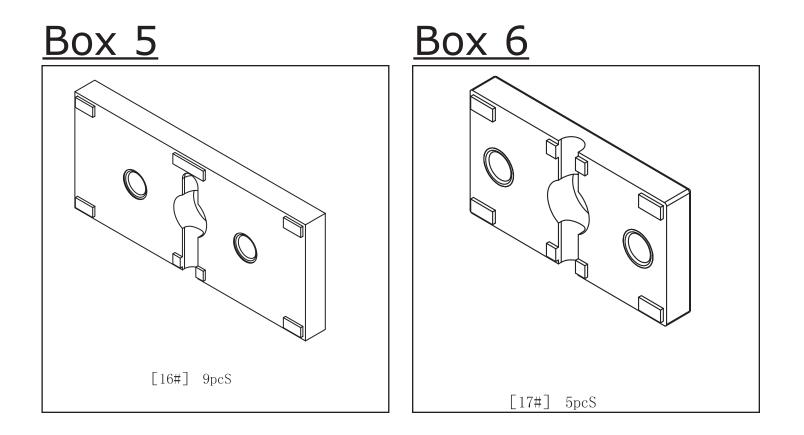
<u>Box 2</u>



[106#] 2pcs



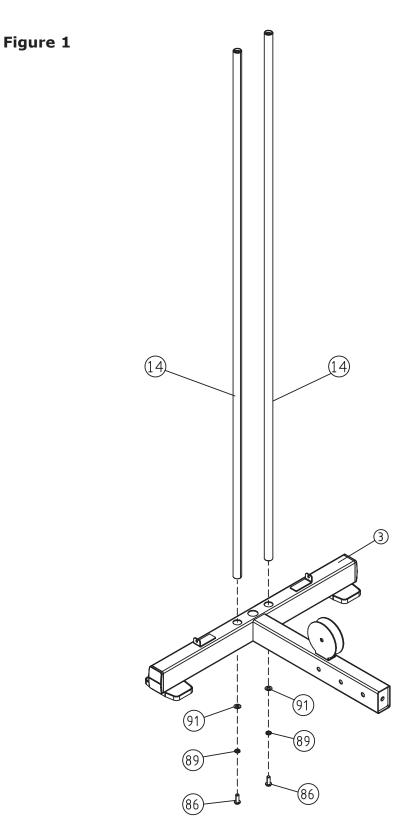






Step 1

Insert the two Guide Rods (14) into Rear Base (3) and secure them in place using two Washers (91), two Spring Washers (89), and two Allen Bolts (86).

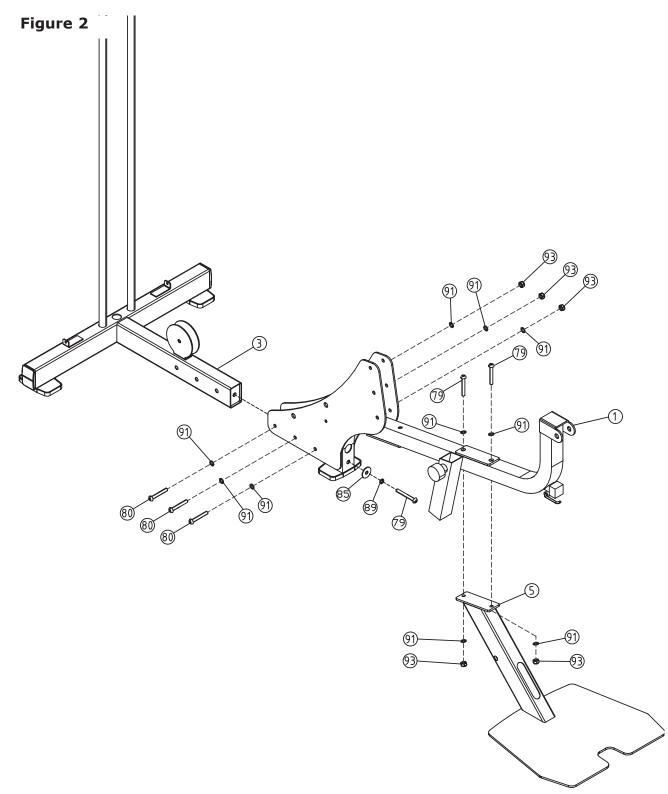




Step 2

Slide Seat Pad Support Receptacle (1) onto Rear Base (3) and secure in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80).

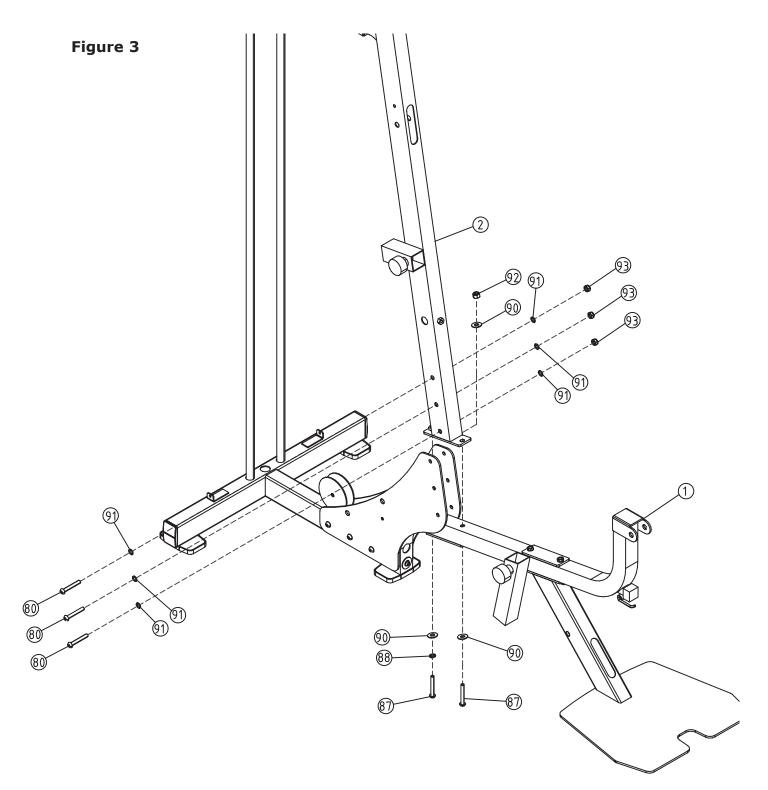
Connect Front Upright (5) onto Seat Pad Support Receptacle (1) and secure together using two Nylon Locknuts (93), four Washers (91), and two Bolts (79).





Step 3

Install the Main Upright (2) onto the Seat Pad Support Receptacle (1). Secure it in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80) on the side. Two Bolts (87), one Spring Washers (88), three Washers (90), one Nylon Locknut (92) will secure it at the bottom.

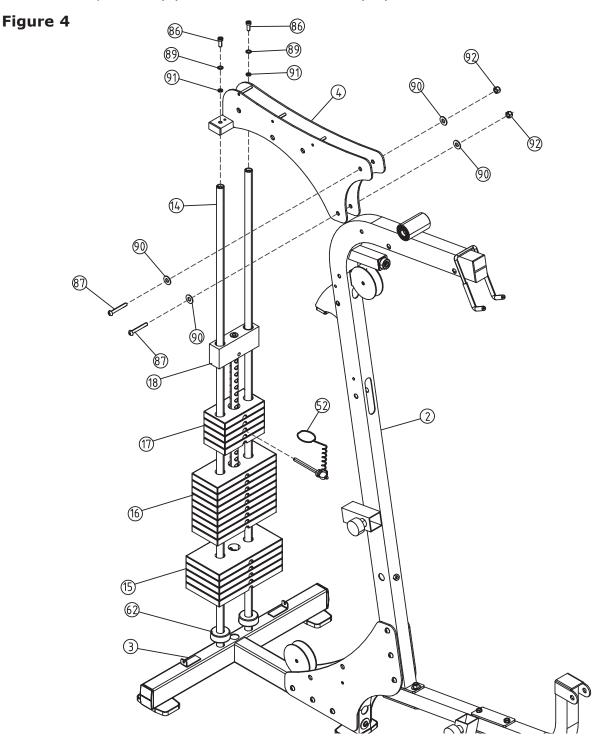




Step 4

Slide one Weight Stack Bumper (62) down each Guide Rod (14). Next, slide the weight plates down the Guide Rods (14) in this order - five 15lb Plates (15), nine 10lb Plates (16), five 5lb Plates (17), and the Top Plate (18). For more information see Weight Stack Placement (pg 23).

Insert the Main Top Beam (4) onto the two Guide Rods (14) and the Main Upright (2). Secure Main Top Beam (4) to Main Upright (2) using two Nylon Locknuts (92), four Washers (90), two Bolts (87). Last, use two Washers (91), two Spring Washers (89), and two Allen Bolts (86) to secure the Main Top Beam (4) to the two Guide Rods (14).





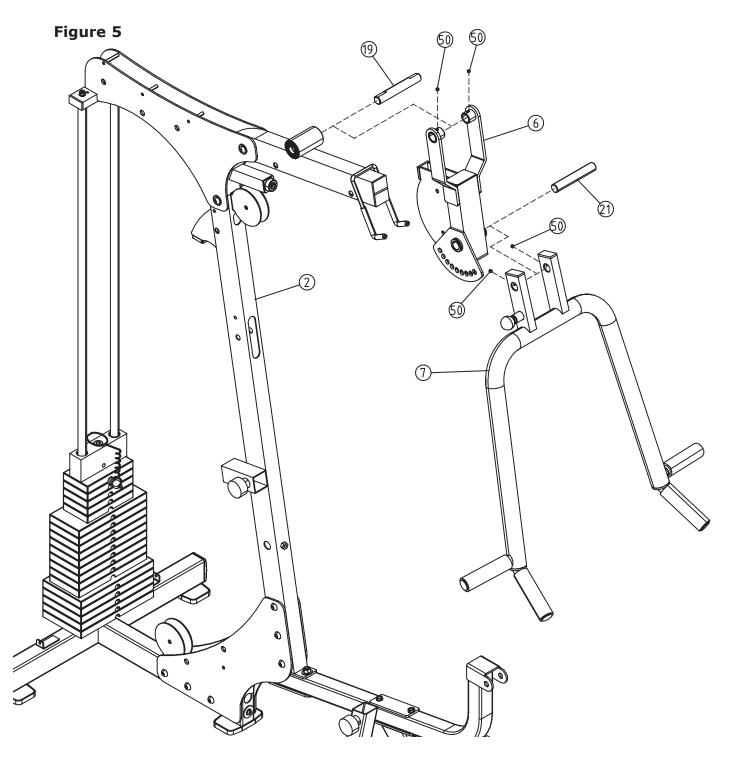
Step 5

Attach Press Arm Support (6) to Main Upright (2) by aligning the holes and sliding the Shaft (19) through.

Secure the Shaft (19) in place using two Set Screws (50).

Install Press Arm (7) to Press Arm Support (6) by aligning the holes and sliding the Shaft (21) through.

Secure the Shaft (21) in place using two Set Screws (50).

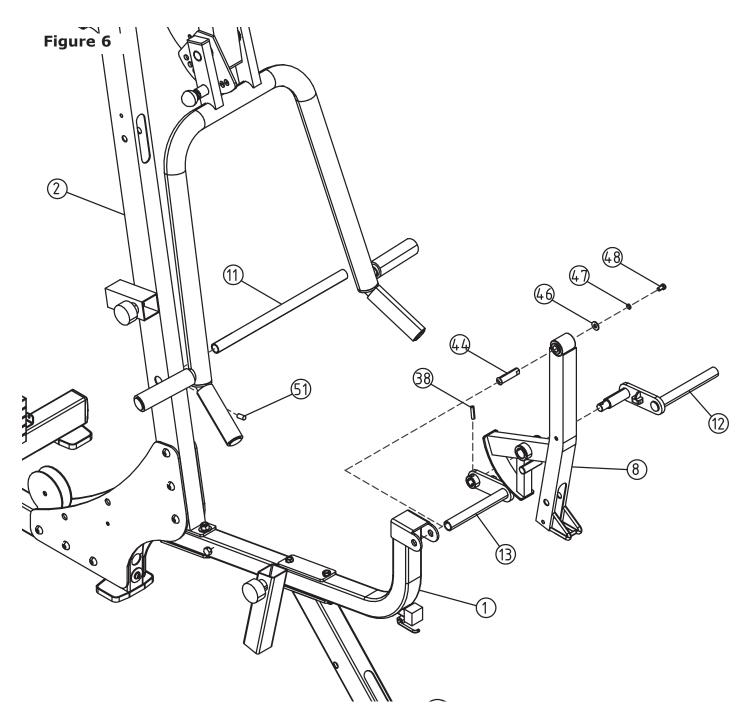




Step 6

Slide Long Foam Tube (11) into the hole towards the lower part of the Main Upright (2). Slide the Shaft (44) into top of the Leg Extension Lever (8). Attach Leg Extension Lever (8) to Seat Pad Support Receptacle (1) and secure using one Washer (46), one Spring Washer (47), and one Allen Bolt (48).

Slide Foam Frame w/ Shaft (12) through the Leg Extension Lever (8) and attach the Foam Frame w/o Shaft (13) to the other side. Insert the Slip Tension Pin (38) through the hole where the two foam frames meet. **Note:** You may need to use a rubber mallet to install Slip Tension Pin (38).



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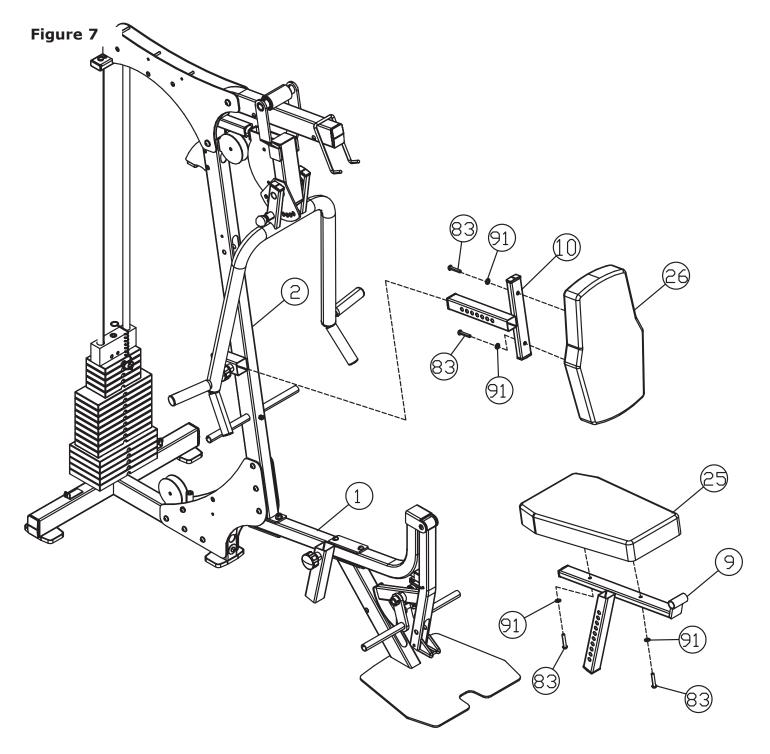


Step 7

Install Seat Pad (25) onto Seat Pad Support (9) using two Washers (91) and two Allen Bolts (83).

Slide the Seat Pad Support assembly (9) into Seat Pad Support Receptacle (1) and secure with Locking Pop Pin.

Install Back Pad (26) to Back Pad Support (10) using two Allen Bolts (83) and two Washers (91). Slide the Back Pad Support assembly (10) into the Main Upright (2) and secure with Locking Pop Pin.





Step 8

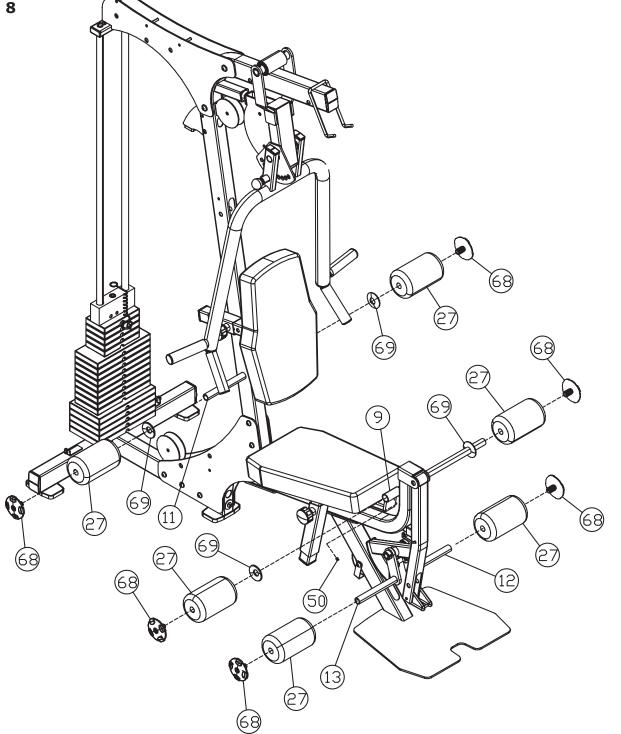
Install a Plastic Washer (69) onto each side of the Long Foam Tube (11).

Next, install Upholstered Roller Pad (27) onto each side of Long Foam Tube (11) and secure in place using Big Plug (68).

Repeat the above step for the Seat Pad Support (9).

Next, install Upholstered Roller Pad (27) onto each Foam Frame (12 & 13) and secure in place with Big Plug (68).

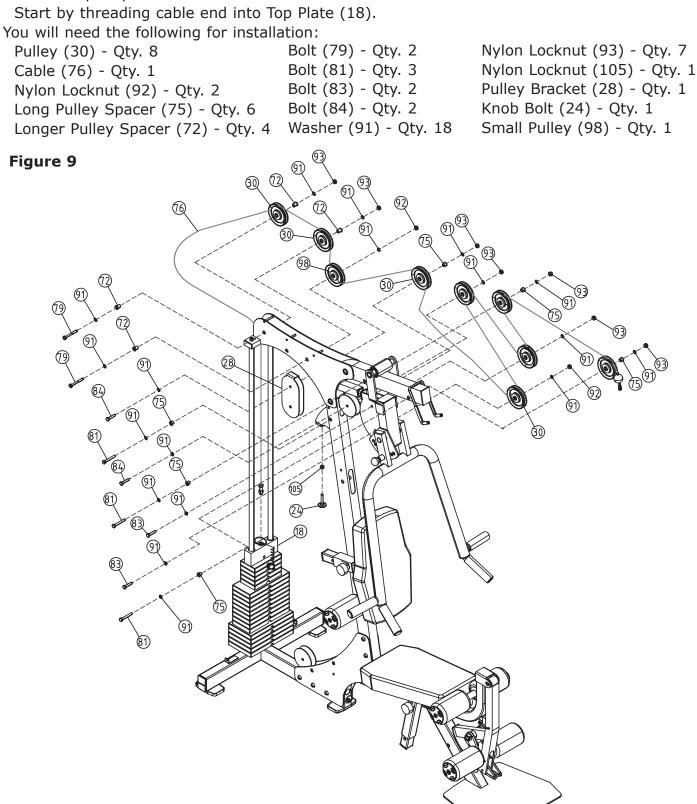
Figure 8





Step 9

Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Chest Press Cable (76) as detailed in Figure 9. Follow dotted lines to identify exact location of pulleys.



Step 10

Note: Stretch all cables out completely and make sure all twisting is removed before installing.

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Install Mid Pulley Cable (77) as detailed in Figure 10. Follow dotted lines to identify exact location of pulleys.

Start by installing cable under the pulley at Leg Extension location.

You will need the following for installation:

Pulley (30) - Qty. 7 Bolt (79) - Qty. 2 Small Pulley (94) - Qty. 1 Cable (77) - Qty. 1 Bolt (80) - Qty. 1 Pulley Bracket (71) - Qty. 1 Nylon Locknut (93) - Qty. 8 Bolt (81) - Qty 1 Cable Retainer (29) - Qty 1 Long Pulley Spacer (75) - Qty. 6 Bolt (82) - Qty. 1 Longer Pulley Spacer (72) - Qty. 4 Bolt (84) - Qty. 3 Short Pulley Spacer (74) - Qty. 2 Washer (91) - Qty. 16 Figure 10 (28) (91 72 (93 (91) 94) 30) (93) (91) $\overline{3}$ (75 93 (3) (91) (93) (81 91 (30) 91 (84) (30) (93) (91) (72) (91 0 6 (84) (30) (30) 93) (91) (74) 91 (29) 30 (80) (91 82



Step 11

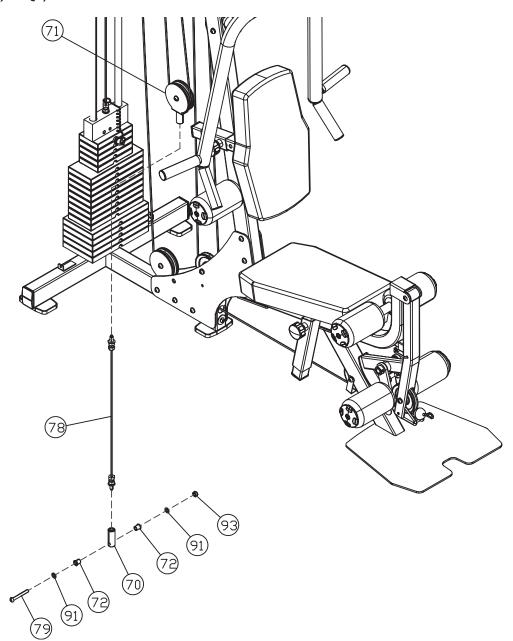
Note: This step is only used if you do not have the Leg Press attachment. Use the Cable Adapter (70) in place of the pulley.

Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Leg Press Cable Substitute (78) as detailed in Figure 11. Follow dotted lines to identify exact location of pulleys.

You will need the following for installation:

Cable Adapter (70) - Qty. 1 Longer Pulley Spacer (72) - Qty. 2 Cable (78) - Qty. 1 Bolt (79) - Qty. 1 Washers (91) - Qty. 2 Nylon Locknut (93) - Qty. 1





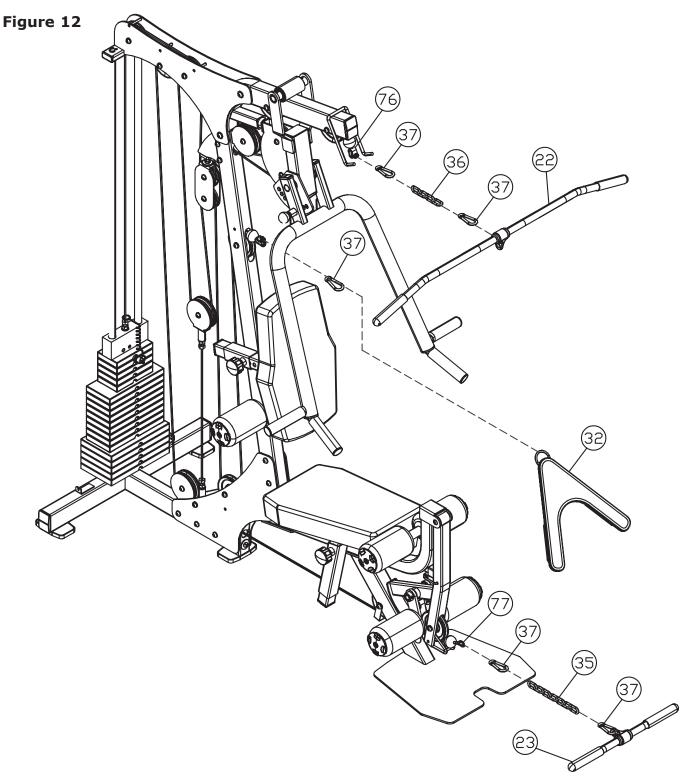


Step 12

Connect Long Lat Bar (22) to the Chest Press Cable (76) using two Gear Hooks (37) and Short Chain (36).

Connect Ab Strap (32) to Mid Pulley Cable (77) using one Gear Hook (37).

Connect Short Lat Bar (23) to Mid Pulley Cable (77) using two Gear Hooks (37) and Long Chain (35).



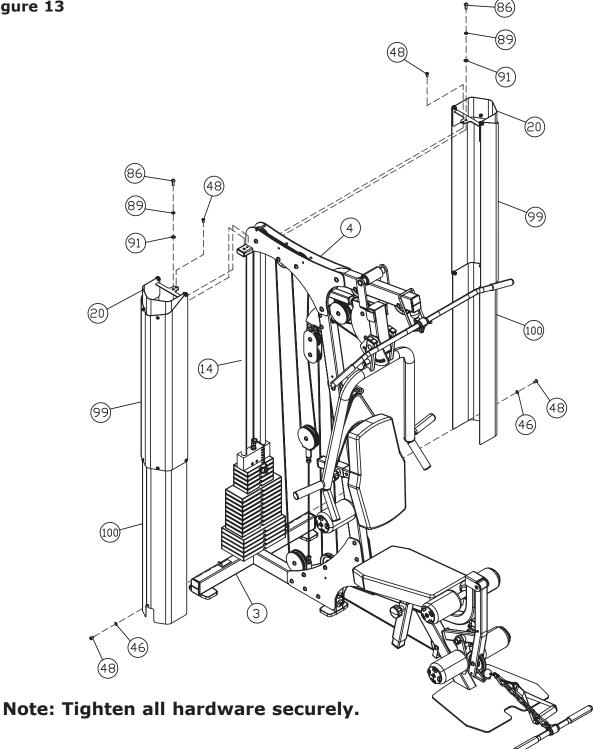


Step 13

Install Weight Shrouds (20, 99, 100) to each side of the Main Top Beam (4) using two Washers (91), two Spring Washers (89), and Allen Bolts (86 & 48).

Secure the bottom portion of the Weight Shrouds (20, 99, 100) to the Rear Frame (3) using two Washers (46) and two Allen Bolts (48).

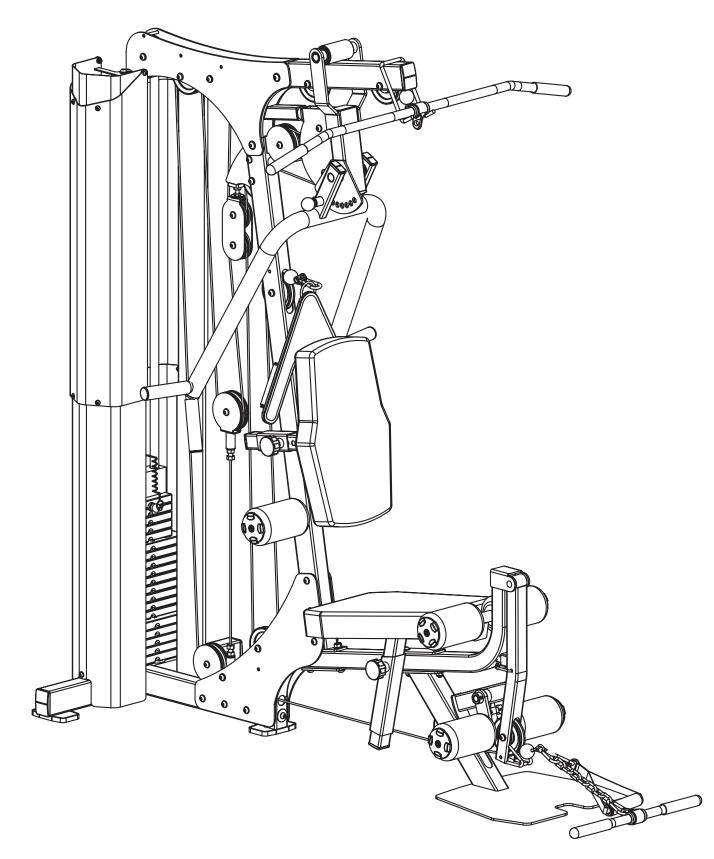
Figure 13



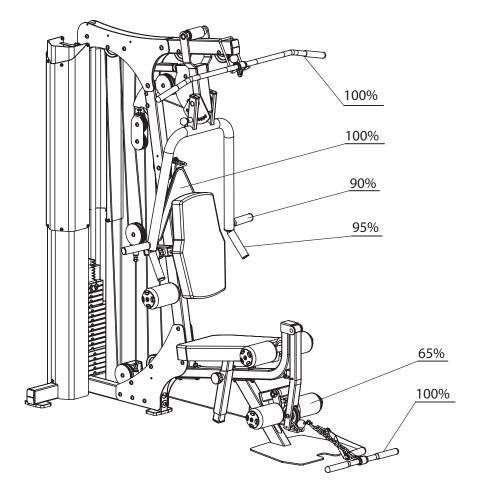


Congratulations!

You have completed the assembly of your new KF-1560.







	100%	95%	90%	65%
1	10	9.5	9	6.5
2	15	14	13.5	10
3	20	19	18	13
4	25	24	23	16
5	30	29	27	20
6	35	33	32	23
7	45	43	41	29
8	55	52	50	36
9	65	62	59	42
10	75	71	68	49
11	85	81	77	55
12	95	90	86	62
13	105	100	95	68
14	115	110	104	75
15	125	119	113	81
16	140	133	126	91
17	155	147	140	101
18	170	162	153	111
19	185	176	167	120
20	200	190	180	130



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.

	10	
	15	
	20	
	25	
	30	
	35	
	45	
	55	
	65	
	75	
	85	
	95	
	105	
	115	
	125	
	140	
	155	
	170	
	185	
	200	

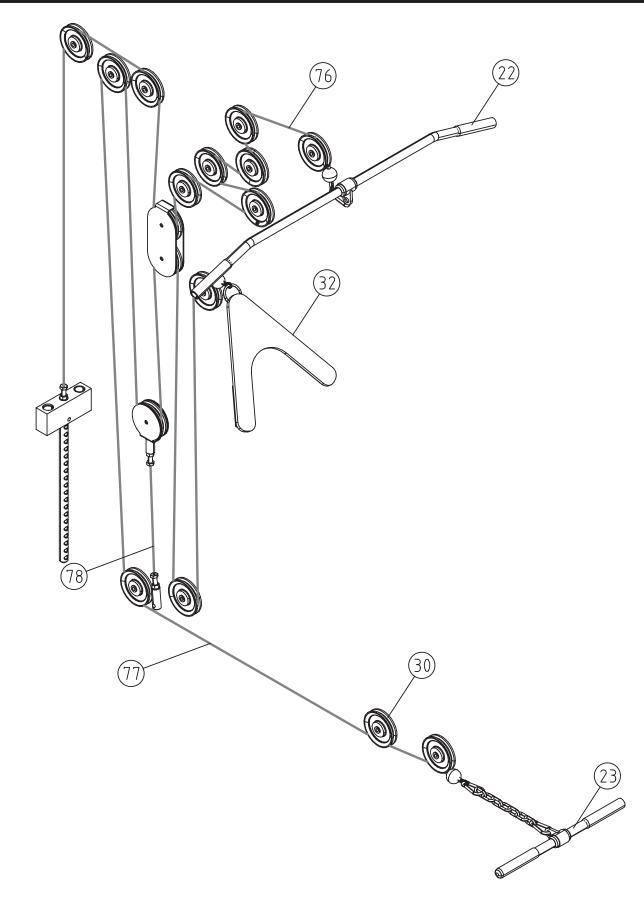
200 LB Stack

250 LB Stack

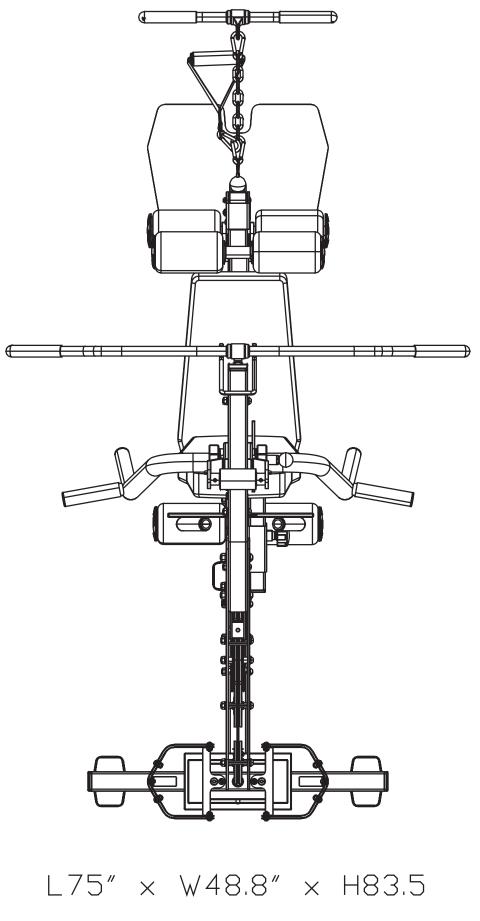
10
20
30
40
50
60
70
80
90
100
115
130
145
160
175
190
205
220
235
250

Cable View





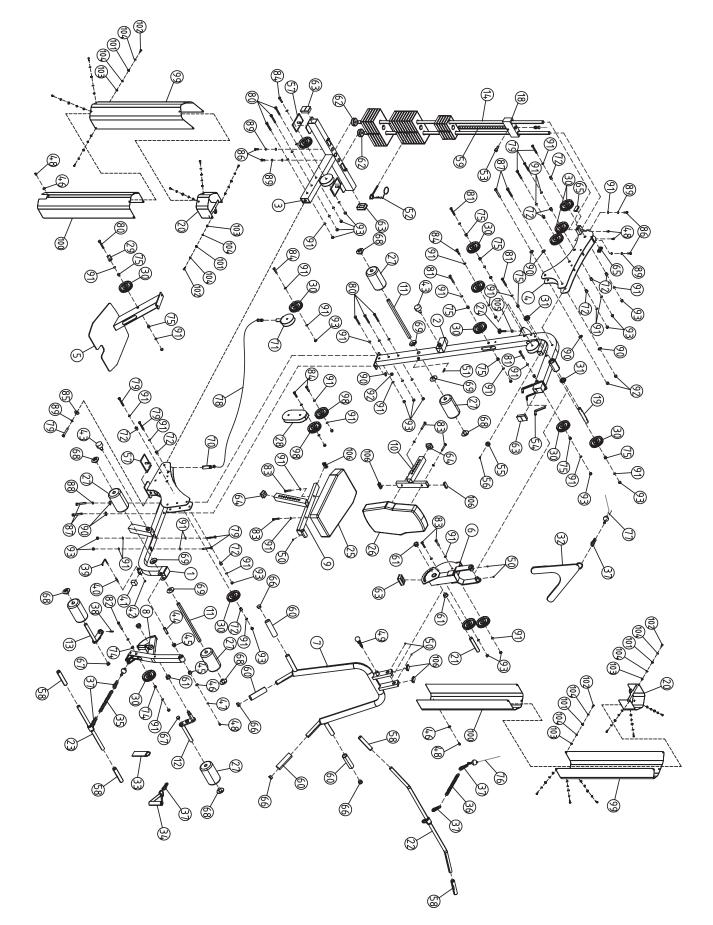




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Exploded View





Parts List



KF-1560 Parts List Rev A

		KF	-1300 P	arts L	ist Rev A		
Ref #		Description	Qty	Ref #		Description	Qty
1		RECEPTACLE, SEAT PAD SUPPORT KF-1860	1	56		PHILLIP SCREW, M6*15	1
2		UPRIGHT, MAIN KF-1860	1	57		BASE PAD KPS	3
3		FRAME, REAR KF-1860	1	58		LAT BAR GRIP - KPS	4
4		BEAM, MAIN TOP KF-1860	1	59		SELECTOR ROD KPS-GYMS	1
5		UPRIGHT, FRONT KF-1860	1	60		GRIPS KPS-1800 #108	5
6	223-00034	PRESS ARM SUPPORT KPS-1550/KF-1860	1	61	202-00016	BRONZE ID 25.4	4
7	223-00953	PRESS ARM, KF-1860	1	62	206-00026	WEIGHT BUMPER KPS	2
8	223-00244	LEG EXTENSION LEVER KPS-1850	1	63	206-00001	PLUG 50.8*76.2	4
9	223-00257	SEAT PAD SUPPORT KPS-1550	1	64	206-00020		2
10	219-00267	TELESCOPE FOR BACK PAD KPS-1850	1	65	206-00139	SQUARE PLUG 50*25	5
11	230-00008	LONG FOAM TUBE, 219-00070	2	66	206-00102	PLUG 32 - KPS	4
12	219-00265	FOAM FRAME W/SHAFT KPS-1850/1550	1	67	206-00138	ROUND PLUG 25	2
13	219-00266	FOAM FRAME W/O SHAFT KPS-1850/1550	1	68	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	6
14	223-00247	GUIDE ROD KPS-1850	2	69	206-00134	PLASTIC WASHER KPS-2050/1850	4
18	223-00031	TOP PLATE KPS-GYM	1	70	210-00093	CABLE ADAPTOR	1
19	230-00019	SHAFT CHEST PRESS KPS-1850	1	71	219-00273	PULLEY BRACKET W/SHAFT KPS-1850	1
20	223-00957	WEIGHT SHROUD, TOP KF-1860	2	72	202-00098	LONG PULLEY SPACER	10
21	230-00018	SHAFT FOR CHEST PRESS ADJ. KPS-1850	1	73	214-00001	WEIGHT STACK STICKERS INRAY	1
22	223-00092	LAT BAR KPS-GYM, 223-00574	1	74	202-00025	SHORT PULLEY SPACER - KPS	2
23	223-00099	SHORT BAR	1	75	202-00071	LONG PULLEY SPACER - KPS GYMS,202-00098	10
24	210-00097	ADJUSTABLE STOPPER, KPS	1	76	229-00047	CHEST PRESS CABLE KPS-1850 P45	1
25	228-00219	SEAT PAD, KF-1860	1	77	229-00051	MID PULLEY CABLE KPS-1550 P77	1
26		BACK PAD, KF-1860	1	78		LEG PRESS CABLE SUBSTITUTE KPS-2050/1850	1
27		FOAM PADDING, 100X22X180 KF SERIES	6	79		BOLT, M10*80	8
28		PULLEY BRACKET KPS-1850	1	79		BOLT, M10*80	8
29		CABLE RETAINER KPS-1850/2050	1	80		BOLT, M10*75	7
30		BIG PULLEY 4.5"	15	81	202-00083	BOLT, M10*70	4
31		BEARING ID 25	2	82		BOLT, M10*65	1
32		AB STRAP KPS-2050/1850/1550	1	83		BOLT, M10*50	6
33		ANKLE STRAP KPS GYM	1	84		BOLT, M10*45	5
34		HAND STRAP KPS GYM	1	85		WASHER, CHROME 38X11X2	1
35		LONG CHAIN 12	1	86		ALLEN BOLT, M10*25	4
36		SHORT CHAIN	1	87		BOLT M12*80	4
37		GEAR HOOK, KPS, 210-00008	6	88		SPRING WASHER, 12	1
38		SLIP TENSION PIN	1	89		SPRING WASHER, M10	5
39	202-00147		1	90		WASHER, 13*24*1.5	7
40		SMALL SPRING	1	91		WASHER, 11*20*2	62
40		END CAP BUMPER - KPS	1	92		NYLON NUT, M12	3
41	202-00142		1	93		NYLON NUT, M10	26
		POP PIN, LOCKING, KPS-1550	2	94			
43 43			2	94 95		HEX KEY 8	1 1
		POP PIN, LOCKING, KPS-1550				HEX KEY 6	
44		SHAFT LEG EXT. KPS-1850/1550	1	96	202-00133		1
45		BRONZE BUSHING, ID16	2	97	210-00094		1
46		WASHER, 9*22*2	3	98		SMALL PULLEY, KPS-CC/CG/LATA/SCC	2
47		SPRING WASHER 8	1	99	223-00958		2
48		ALLEN BOLT M8*15	5	100	223-00959	-	2
49		POP PIN LOCKING	1			WASHER, 6.6X12X1.6	16
50		SCREW, M8*6	5	102		-	16
51		BOLT ALLEN, M8*35	1		202-00119		16
52		WEIGHT PIN	1		202-00227		32
53		SCREW, M12*35	1		202-00129	REGULAR HEX NUT 10	1
54	206-00136	RUBBER STOPPER	2	106	206-00008	PLUG 25*50	5
55	206-00142	NYLON STOPPER	1				



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 proofof-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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