

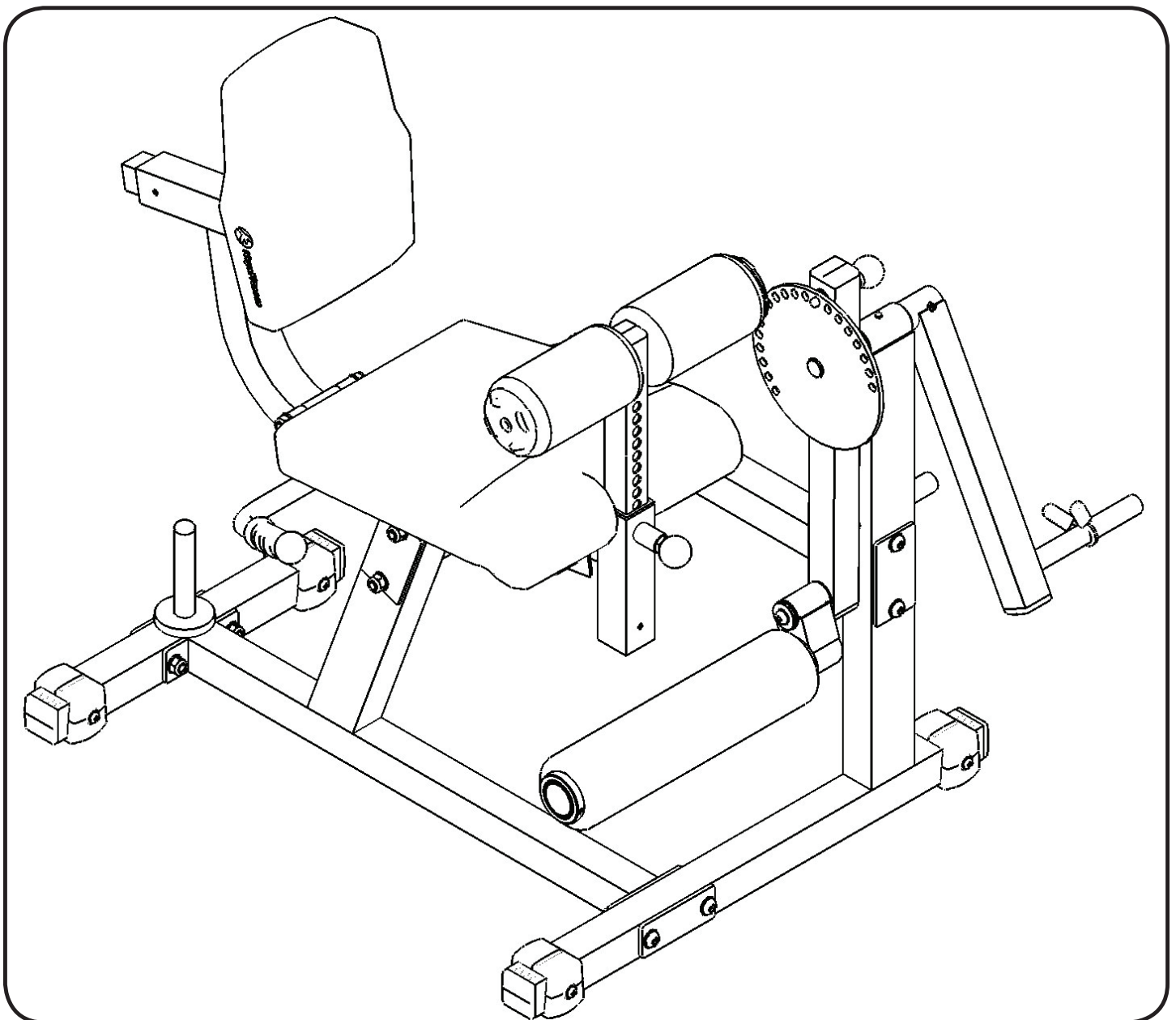


# KeysFitness®

## KF-LEGM

LEG MACHINE

### Owner's Manual



215-00129  
10/06 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 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](http://www.keysfitness.com) within 10 days of purchase.

## KEYS FITNESS SERIES

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

***When calling please have the following product information available:***

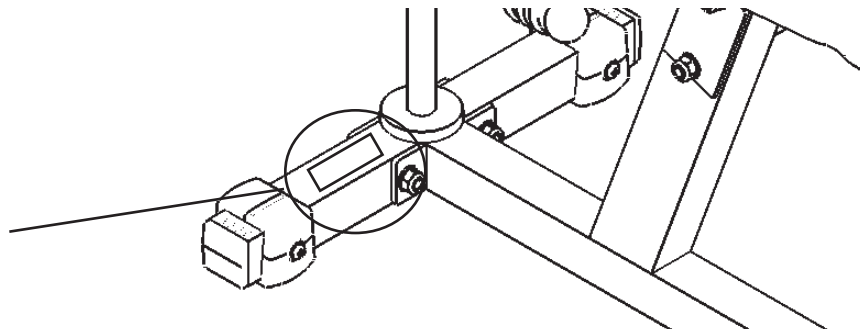
**Model Name :**

**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.

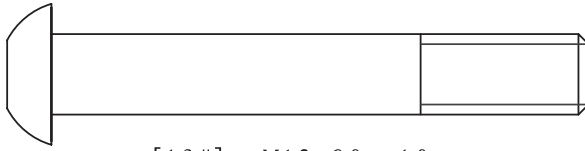
## **WARNING!**

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.

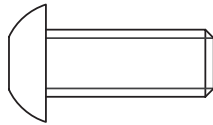
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

## **SAFETY PRECAUTIONS**

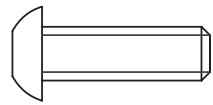
- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not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



[19#] M12\*80 10pcs



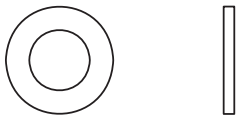
[28#] M10\*25 7pcs



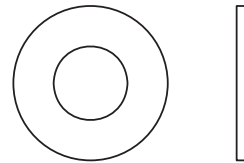
[51#] M8\*25 8pcs



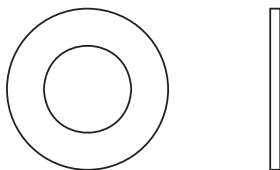
[34#] M8\*6 2pcs



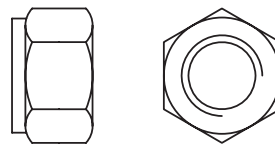
[52#]  $\varnothing 9 * \varnothing 16 * 1.6$  8pcs



[27#]  $\varnothing 11 * \varnothing 23 * 2$  7pcs

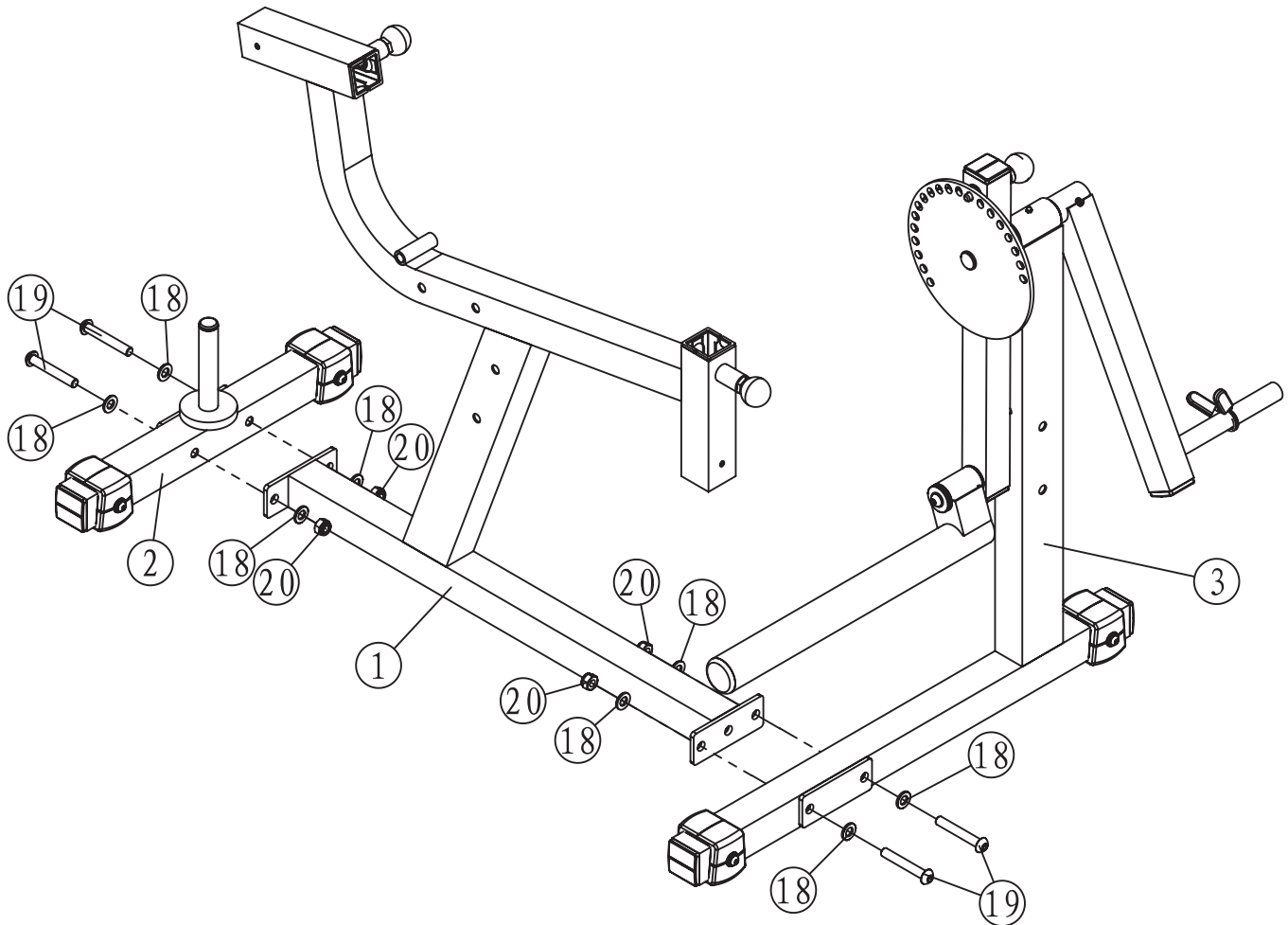


[18#]  $\varnothing 13 * \varnothing 24 * 1.5$  22pcs



[20#] M12 12pcs

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

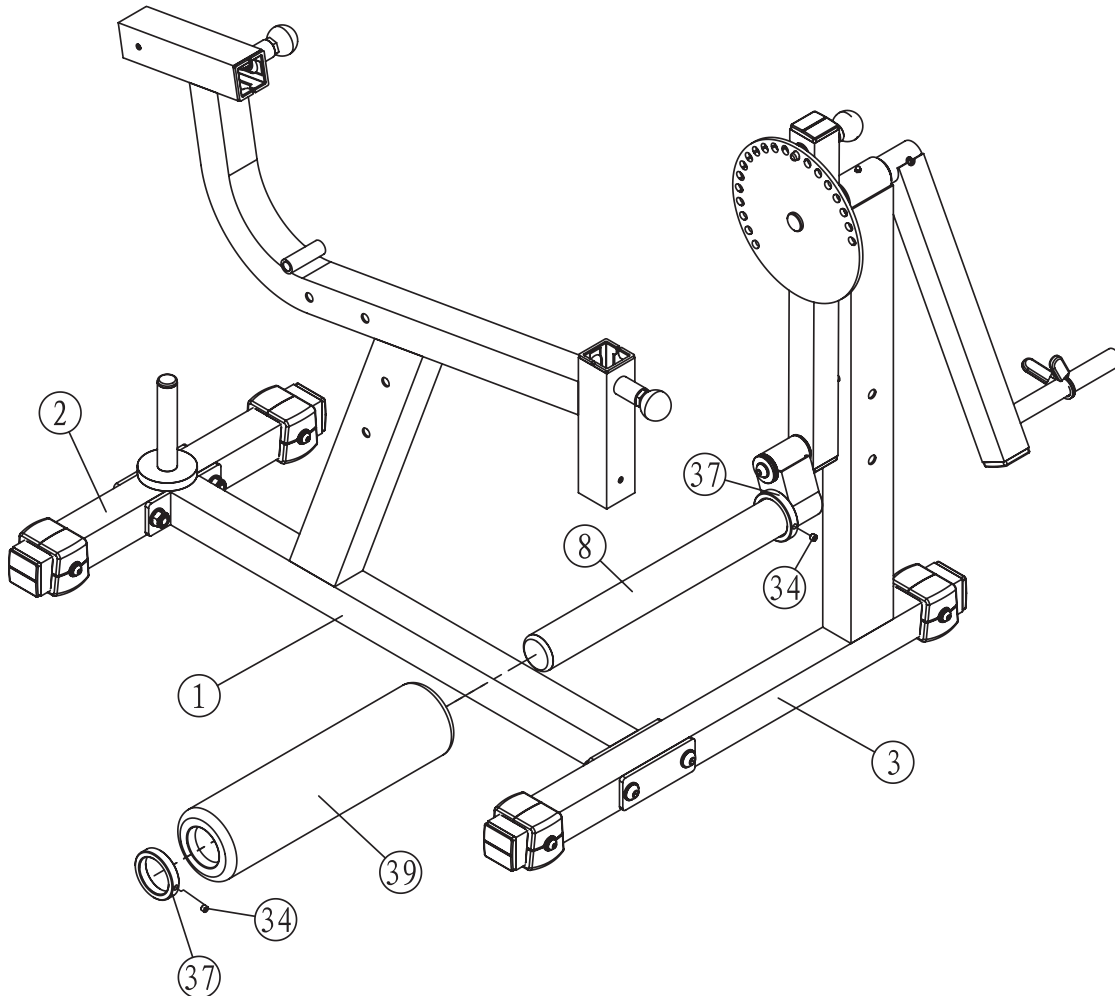


## STEP 1

Connect Front Frame (3) and Rear Base (2) to Main Frame (1) using:

- 4 x (19) Bolt
- 8 x (18) Washer
- 4 x (20) Nylon Lock Nut

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



## STEP 2

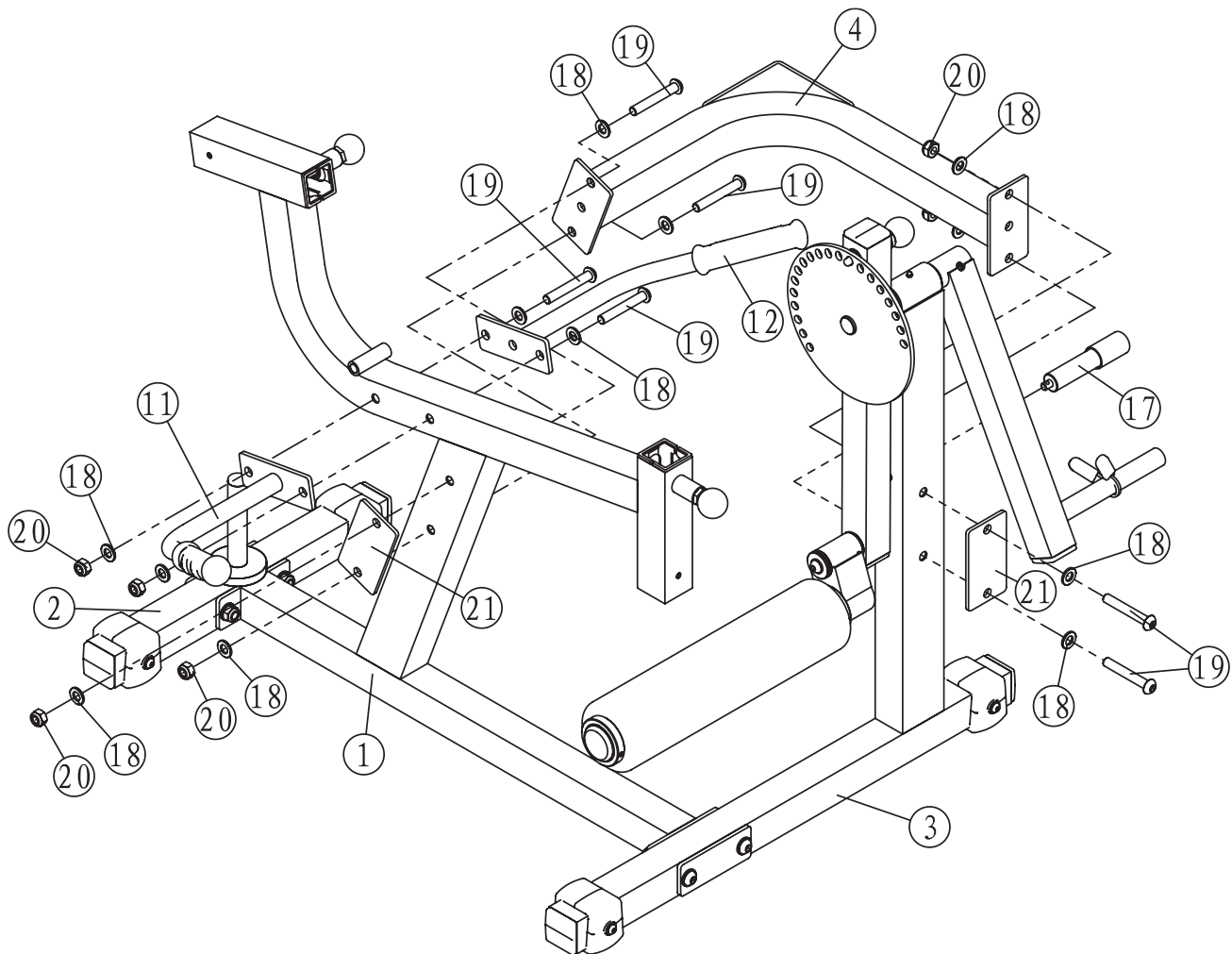
Connect Swing Tube (8) to Swing Arm as shown using:

- 1 x (37) Collar
- 1 x (34) Bolt

Slide Big Roller Pad (39) onto Swing Tube (8) and secure using:

- 1 x (37) Collar
- 1 x (34) Bolt

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



## STEP 3

Attach Right and Left Handles (11,12) using:  
2 x (19) Bolt                      4 x (18) Washer  
2 x (20) Nylon Lock Nut

## STEP 4

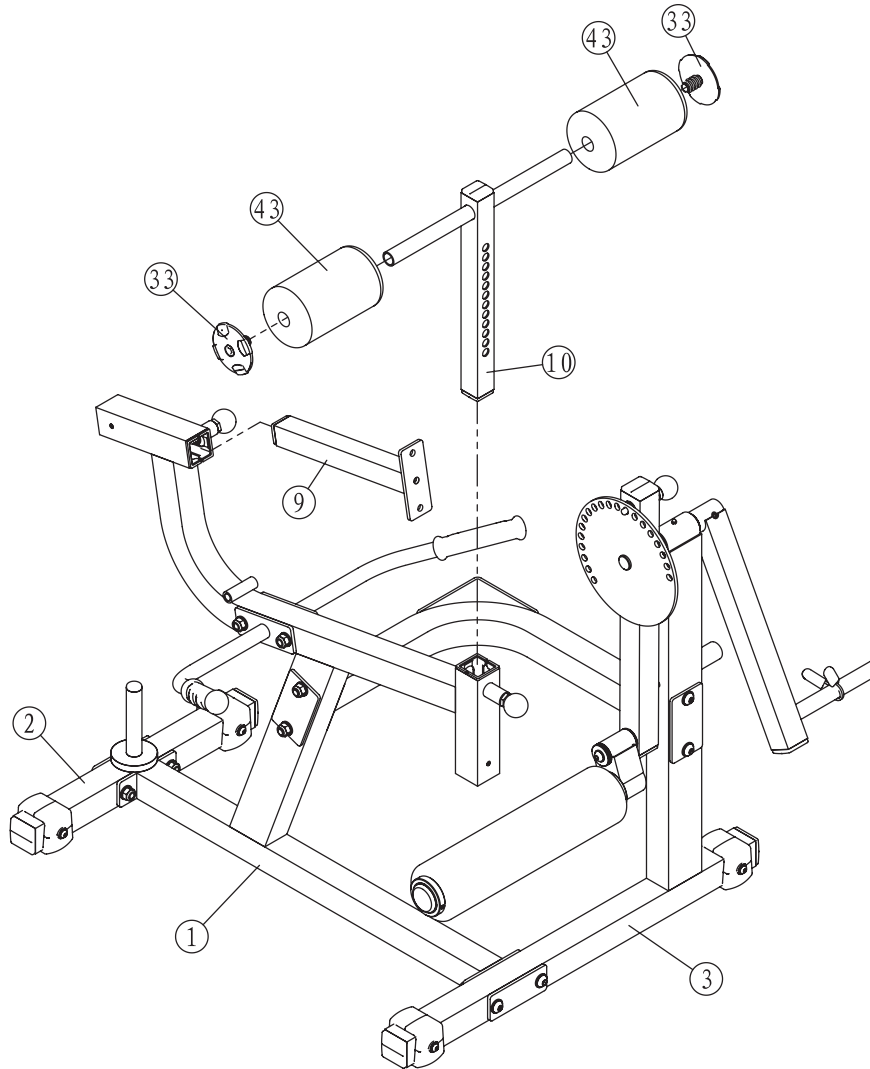
Attach Side Angle Frame (4) using:  
4 x (19) Bolt                      8 x (18) Washer  
4 x (20) Nylon Lock Nut      2 x (21) Plate

## STEP 5

Slide Stopper Prone (17) into Front Frame for range of motion limiter.



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



## STEP 6

Complete Adjustable Roller Pad Frame (10) as shown using:

2 x (43) Foam Pad

2 x (33) Big Plug

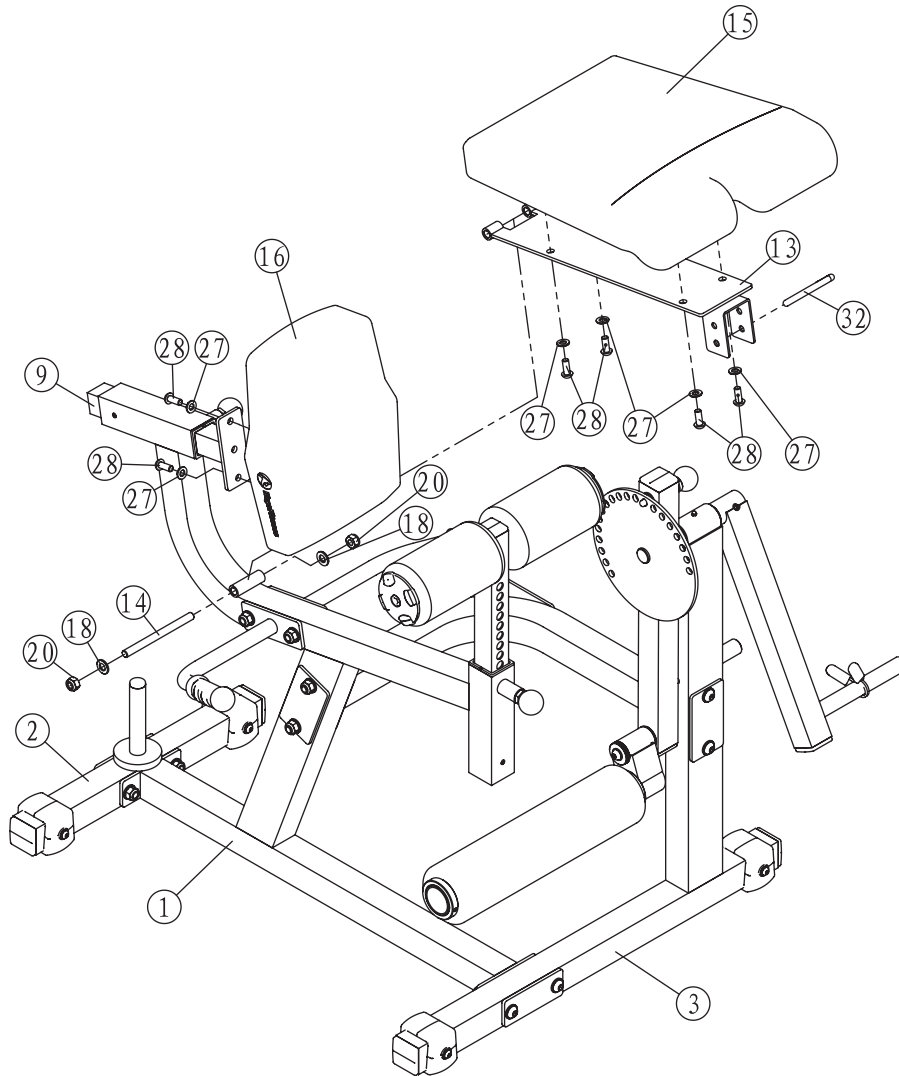
Slide into frame and secure with Pop Pin.

**Note:** It is suggested that a rubber mallet be used to secure plugs.

## STEP 7

Slide Back Pad Adjustable Frame (9) into frame and secure with Pop Pin.

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



## STEP 8

Attach Back Pad (16) using:  
2 x (28) Bolt

2 x (27) Washer

Connect Seat Pad (15) to Adjustable Seat Bracket (13)  
using:

4 x (28) Bolt

4 x (27) Washer

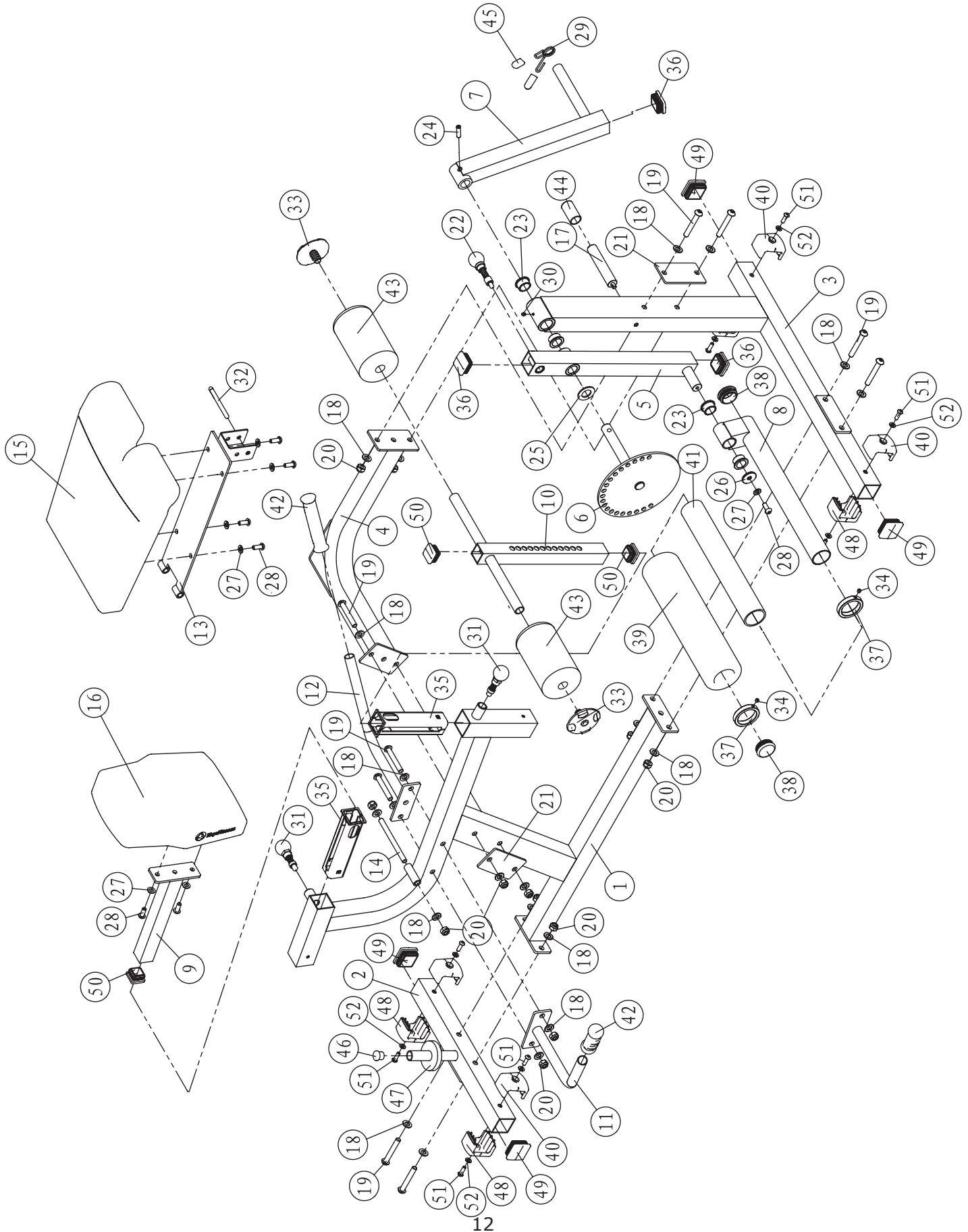
Connect Adjustable Seat Bracket (13) to frame as shown  
using:

1 x (14) Shaft with Screw End    2 x (18) Washer  
2 x (20) Nylon Lock Nut        1 x (32) L Pin

## KF-LEGM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01011	MAIN FRAME, KF-LEGM	1
2	223-01012	REAR BASE, KF-LEGM	1
3	223-01013	FRONT FRAME, KF-LEGM	1
4	223-01014	FRAME, SIDE ANGLE KF-LEGM	1
5	219-00323	LEG FRAME, KPS-LEGM	1
6	219-00143	CIRCULAR PLATE W/ SHAFT KPS-LEGM	1
7	219-00146	WEIGHT HOLDER KPS-LEGM	1
8	219-00148	SWING TUBE KPS-LEGM	1
9	219-00140	BACK ADJUST BAR KPS-LEGM	1
10	219-00139	ADJUST ROLLER PAD FRAME KPS-LEGM	1
11	219-00596	HANDLE, RIGHT KF-ABM	1
12	219-00597	HANDLE, LEFT KF-LEGM	1
13	223-01015	FRAME, ADJUSTABLE ROLLER PAD KF-LEGM	1
14	230-00012	SHAFT W/ SCREW KPS-LEGM	1
15	228-00235	SEAT PAD, KF-LEGM	1
16	228-00236	BACK PAD, KF-LEGM	1
17	210-00120	STOPPER PRONE	1
18	202-00127	WASHER, 13*24*1.5	22
19	202-00640	SCREW, M12X80 BUTTON HEAD SOCKET CAP	10
20	202-00092	NYLON NUT, M12	12
21	219-00598	PLATE, KF-LEGM	2
22	210-00259	LONG POP PIN, KF-LEGM	1
23	202-00016	BRONZE ID 25.4	4
24	202-00255	PIVOT TENSION PIN	1
25	206-00033	BIG PLASTIC WASHER KPS, 46*26*3	1
26	202-00250	WASHER, 32X10.5X4	1
27	202-00223	WASHER, 11X23X2	7
28	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	7
29	219-00008	SPRING COLLAR	1
30	202-00249	GREASE FITTING	1
31	210-00257	POP PIN (LOCKING), KF-45/KF-AAB	2
32	210-00011	L PIN KPS-LEGM	1
33	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	2
34	202-00252	ALLEN BOLT, M8X6	2
35	206-00114	PLASTIC SLEEVE, 50.8x44.5	4
36	206-00020	PLUG 44.5	3
37	219-00037	COLLAR KPS-LEGM	2
38	206-00002	PLUG 50.8*50.8	1
39	228-00077	UPHOLSTERED ROLLER KPS	1
40	206-00392	FOOT CAP, RIGHT 50.8 KF SERIES	4
41	206-00046	PLASTIC SLEEVE KPS-LEGM #41	1
42	206-00135	GRIP	2
43	206-00203	FOAM PAD, 22*110*180	2
44	206-00044	RUBBER SLEEVE KPS	1
45	219-00325	COLLAR	2
46	206-00267	ROUND PLUG, 25.4	1
47	206-00044	RUBBER SLEEVE KPS	1
48	206-00393	FOOT CAP, LEFT 50.8 KF SERIES	4
49	206-00391	SQUARE PLUG, 50.8 KF SERIES	4
50	206-00182	PLUG 38	3
51	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	8
52	202-00224	WASHER, 9X16X1.6	8

# 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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