

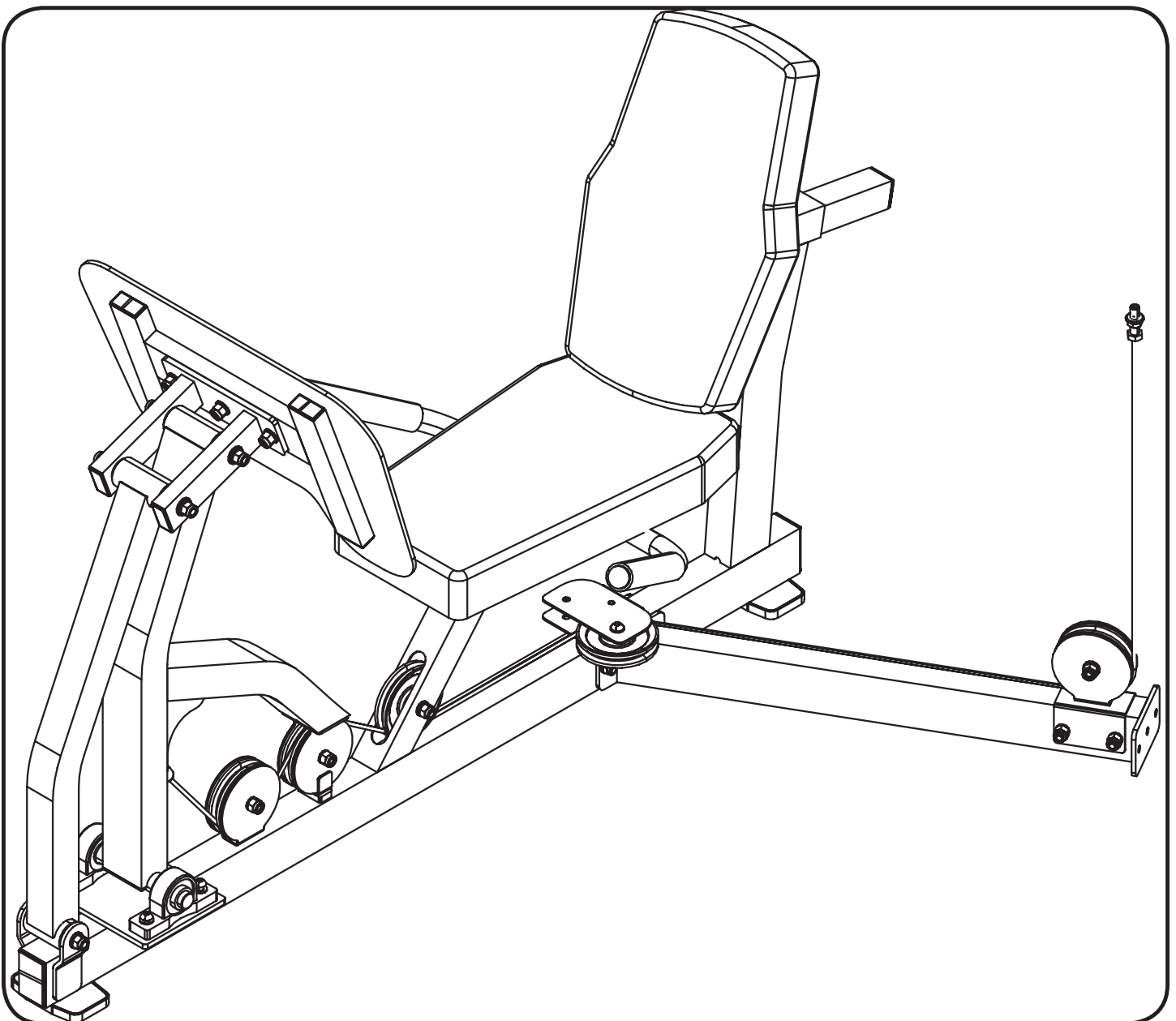


# KeysFitness®

## *KF-LP3*

### LEG PRESS

## Owner's Manual



215-00127  
10/06 Rev A



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# Before You Start



**KeysFitness**

**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-LP3  
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.

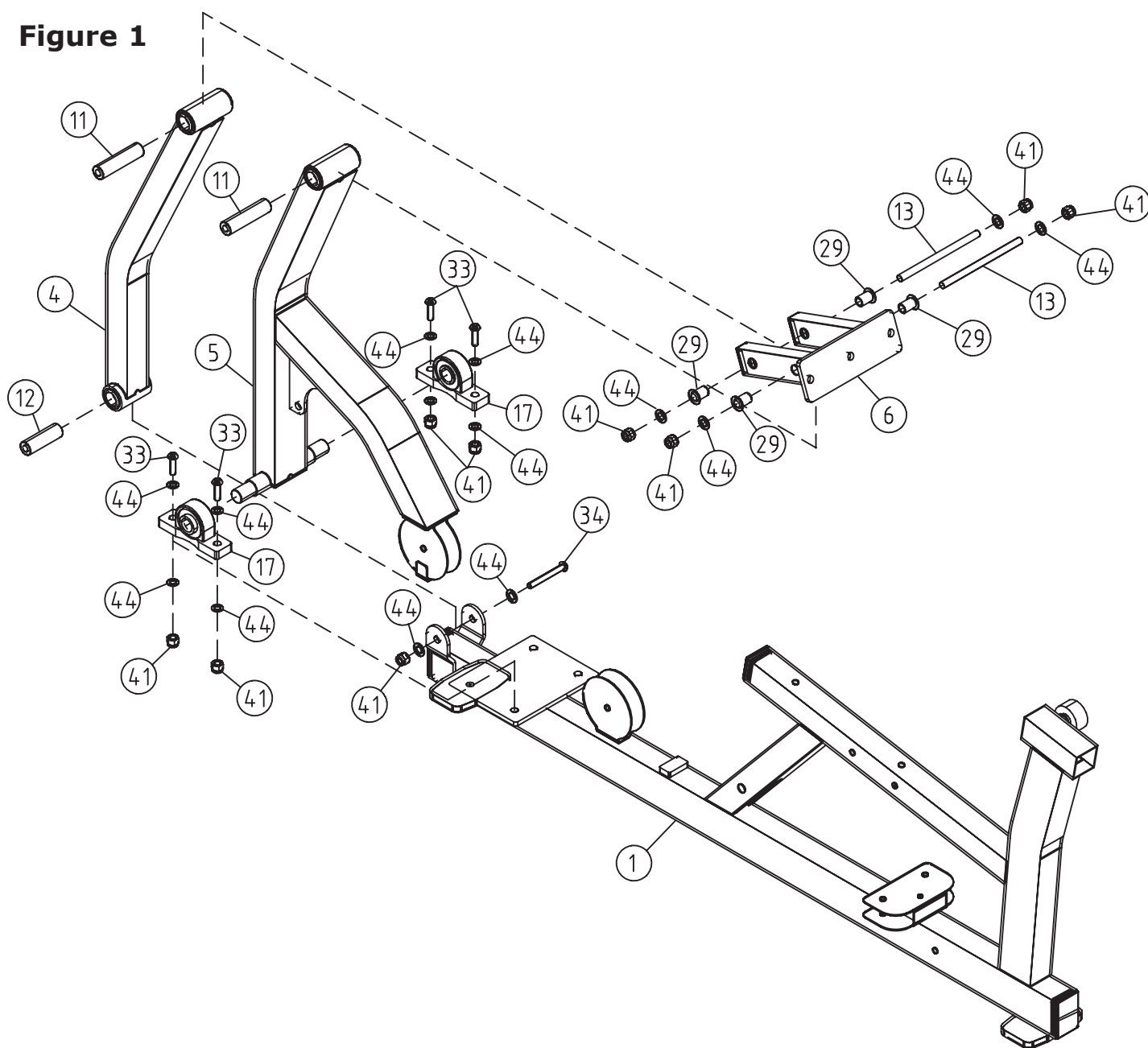
## Step 1

Slide one Pillow Block Bearing (17) onto each side of the Back Rocker (5). Use two Bolts (33), four Washers (44), and two Nylon Locknuts (41) to attach each Pillow Block Bearings (17) onto the Main Frame (1).

Slide Short Spacer Tube (12) into the Front Rocker (4). Attach the Front Rocker (4) to the Main Frame (1) using one Bolt (34), two Washers (44), and one Nylon Locknut (41).

Insert Long Spacer Tubes (11) into the top of Front and Back Rocker (4 & 5). Attach the Connect Frame (6) to the top of the Front and Back Rocker (4 & 5). Next, insert two Bushings (29) into each side of the Connect Frame (6). Next, slide both Long Shafts (13) into Connect Frame (6) and secure in place by using four Washers (44) and four Nylon Lock-nuts (41).

**Figure 1**

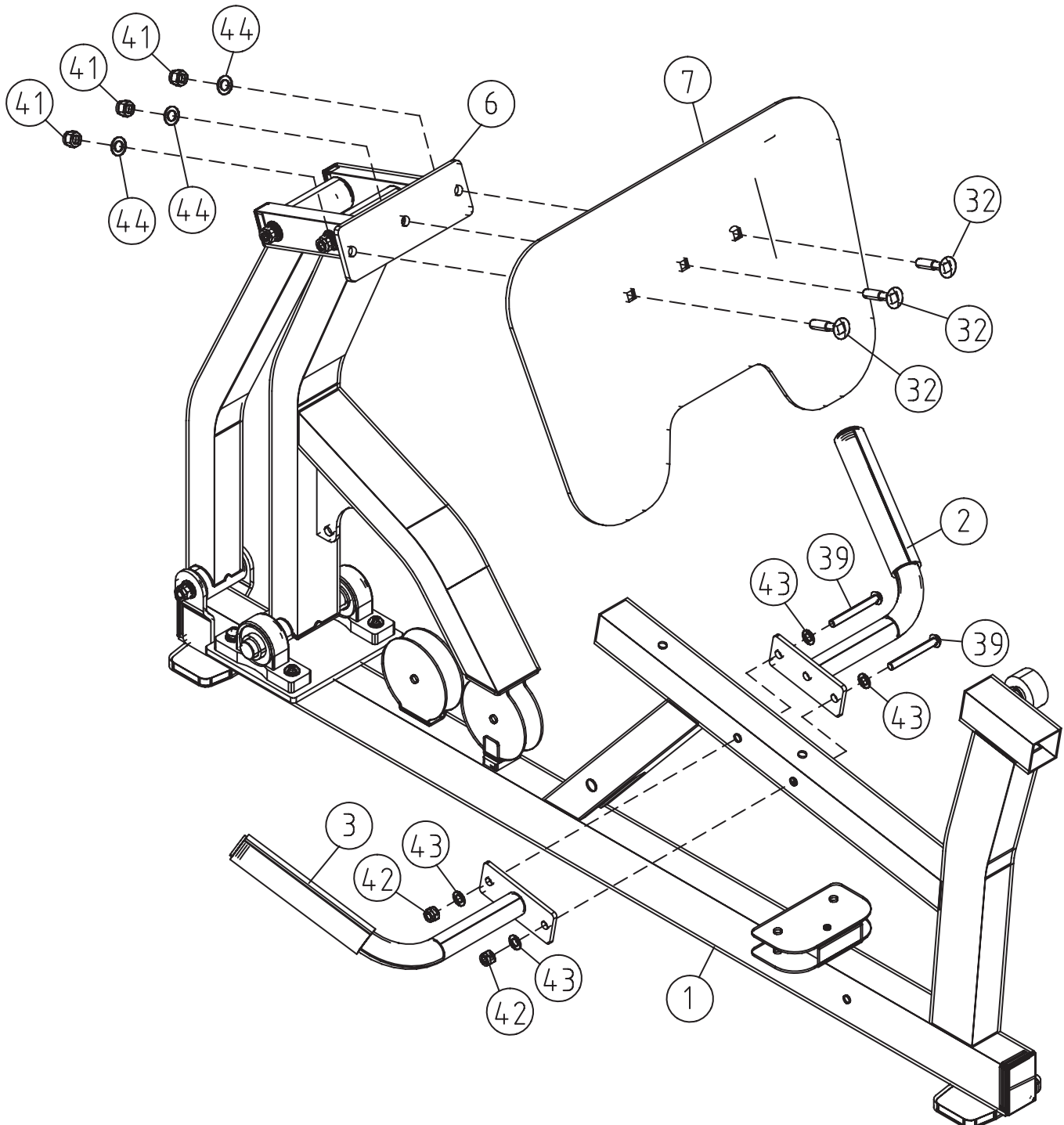


## Step 2

Attach Foot Plate (7) to the Connect Frame (6) using three Bolts (32), three Washers (44), and three Nylon Lock-nuts (41).

Attach Right Handle (2) and Left Handle (3) to the Main Frame (1) using two Bolts (39), four Washers (43), and two Nylon Lock-nuts (42).

**Figure 2**

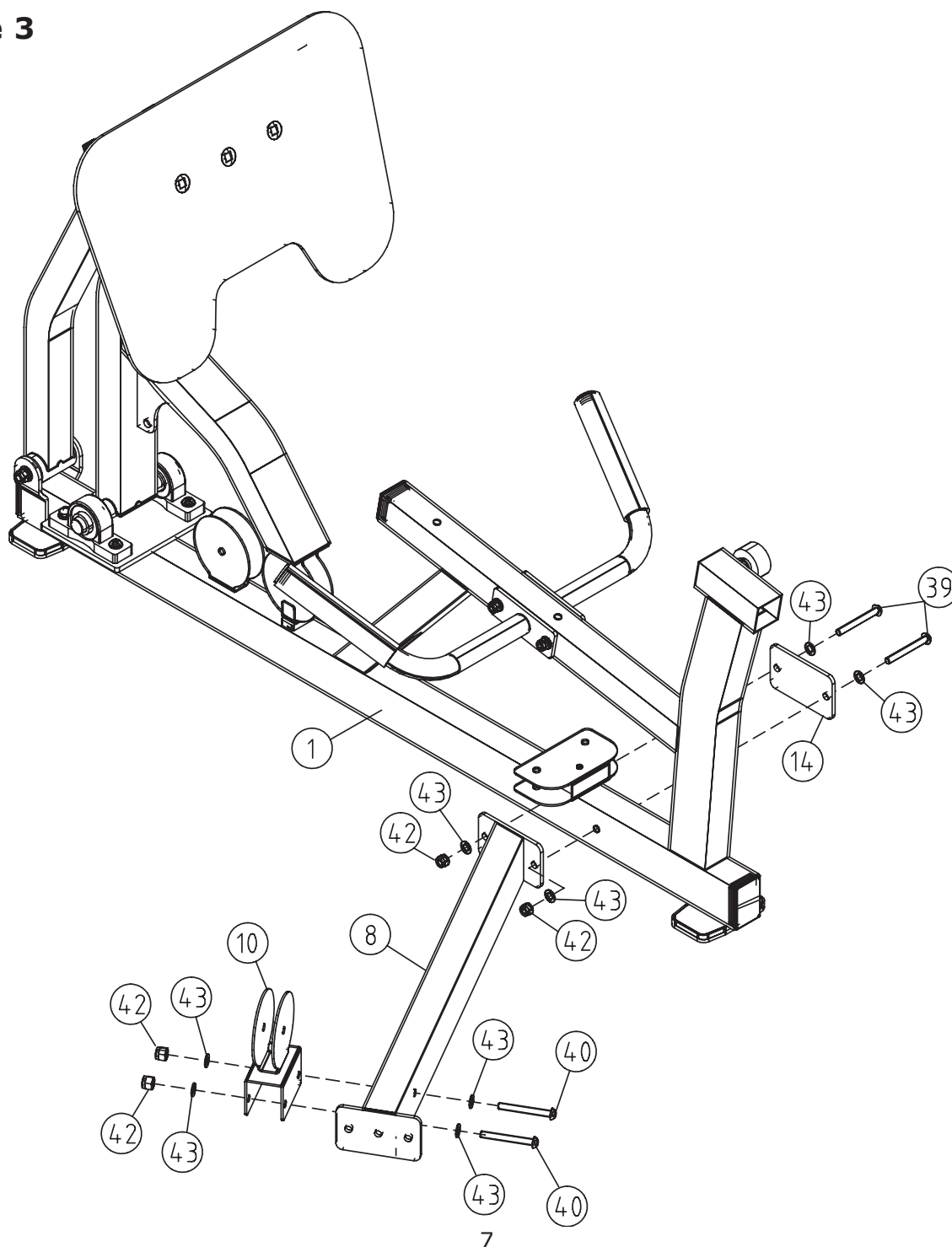


## Step 3

Attach Cross Base (8) to Main Frame (1) using Plate (14), two Bolts (39), four Washers (43), and two Nylon Lock-nuts (42).

Slide Pulley Block (10) onto the Cross Base (8) and secure in place using two Bolts (40), four Washers (43), and two Nylon Lock-nuts (42).

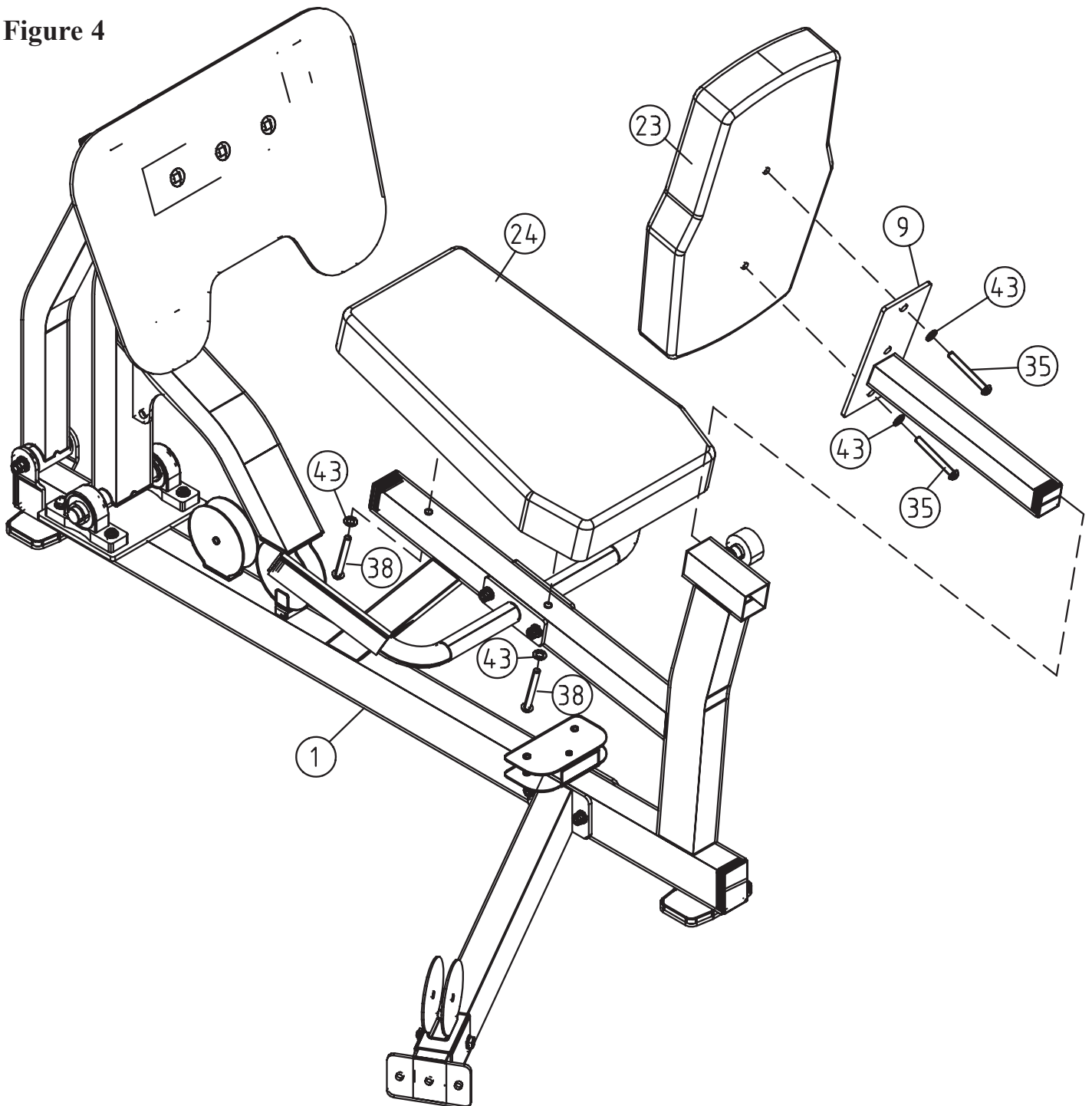
**Figure 3**



## Step 4

Attach Seat Pad (24) to Main Frame (1) using two Bolts (38) and two Washers (43).  
Assemble Back Pad (23) to Back Pad Support (9) using two Bolts (35) and two Washers (43).  
Slide Back Pad Support assembly to Main Frame (1) and secure using Pop Pin (16).

Figure 4





## Step 5

Start by attaching Cable (15) to Main Frame (1). See detail A below.

Insert cable into Pulley V location and then attach Pulley V to Main Frame (1) using one Bolt (36), two Washers (43), and one Nylon Locknut (42).

**Note:** Make sure cable is running through the groove of each pulley.

**Note:** All pulleys use the same hardware to attach to Main Frame (1).

Attach Pulley W to Main Frame (1) and then run cable over top of the pulley.

Run cable through slot in Main Frame (1) at Pulley X location.

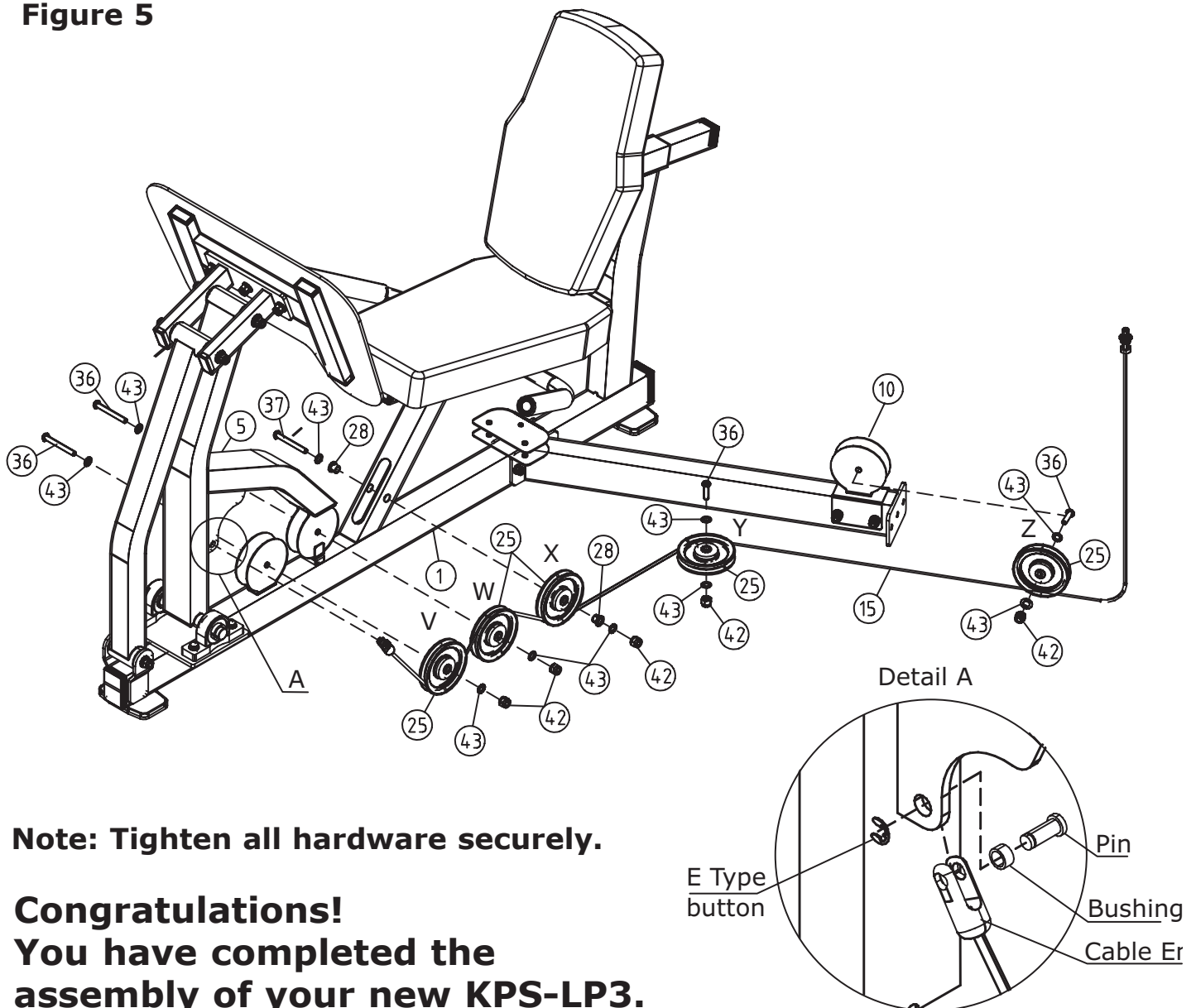
Insert Pulley X into Main Frame (1), insure cable runs through bottom side of pulley.

Run cable through Pulley Y location and then install Pulley Y onto Main Frame (1).

Run cable through Pulley Z location and then install Pulley Z onto Main Frame (1).

Last, thread cable end into the floating pulley of home gym unit.

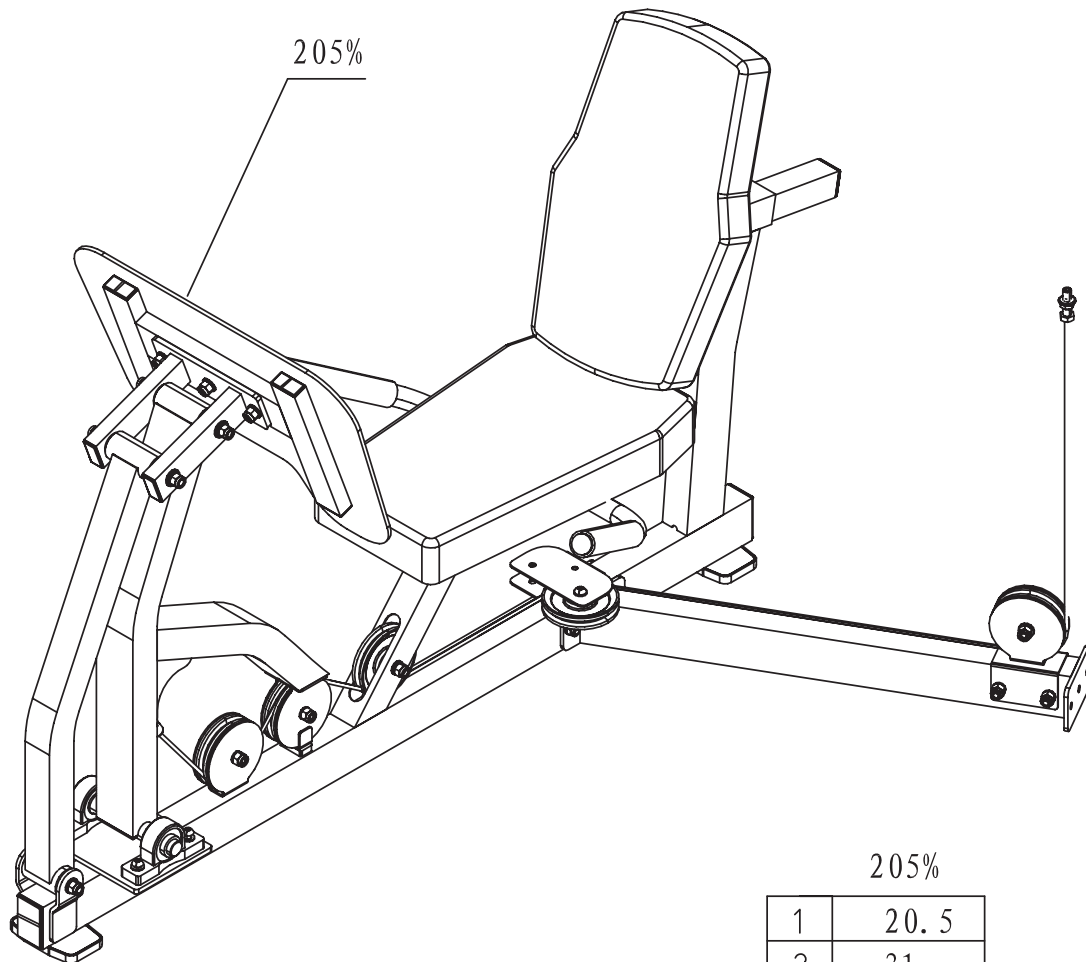
**Figure 5**



**Note: Tighten all hardware securely.**

**Congratulations!**  
**You have completed the**  
**assembly of your new KPS-LP3.**

# Weight Ratios



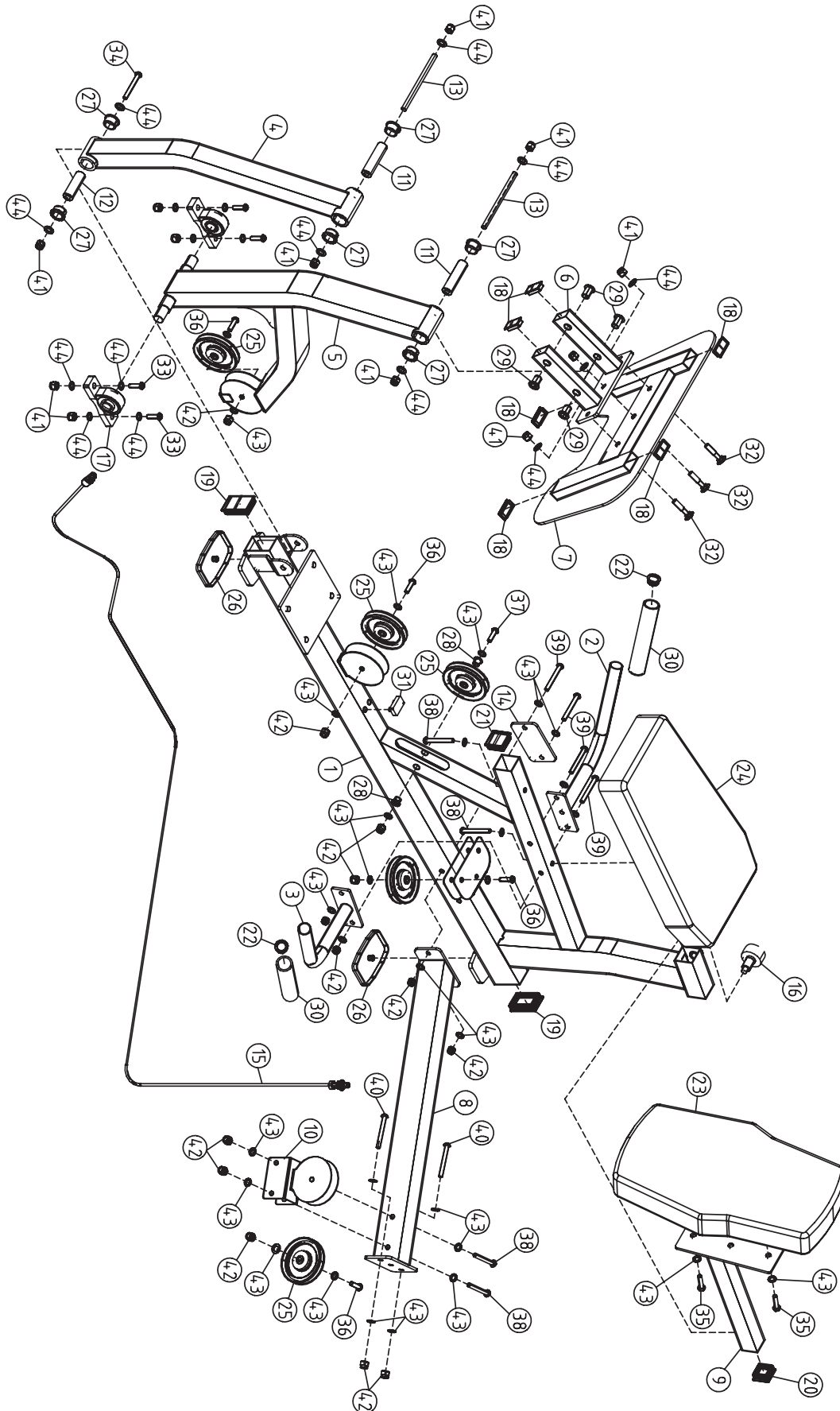
205%

1	20.5
2	31
3	41
4	51
5	62
6	72
7	92
8	113
9	133
10	154
11	174
12	195
13	215
14	236
15	256
16	287
17	318
18	349
19	379
20	410

## KF-LP3 Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01016	MAIN FRAME, KF-LP3	1
2	219-00495	HANDLE, RIGHT KF-LP3	1
3	219-00496	HANDLE, LEFT KF-LP3	1
4	223-01020	ROCKER, FRONT KF-LP3	1
5	223-01021	ROCKER, BACK KF-LP3	1
6	223-01019	CONNECT FRAME, KF-LP3	1
7	223-00252	FOOTPLATE KPS-LP2	1
8	223-01018	BASE CROSS, KF-LP3	1
9	223-01017	BACK PAD SUPPORT, KF-LP3	1
10	219-00599	FRAME, PULLEY KF-LP3	1
11	210-00149	LONG SPACER TUBE, KPS-LP2	2
12	210-00150	SHORT SPACER TUBE, KPS-LP2	1
13	230-00020	SHAFT LONG KPS-LP2	2
14	219-00005	BIG PLATE, KPS-1500/1800/LP1/LP2/PT	1
15	229-00052	CABLE KPS-LP2 P15	1
16	210-00029	POP PIN LOCKING	1
17	202-00030	PILLOW BLOCK BEARING (BLACK)	2
18	206-00139	SQUARE PLUG 50*25	6
19	206-00001	PLUG 50.8*76.2	2
20	206-00020	PLUG 44.5	1
21	206-00002	PLUG 50.8*50.8	1
22	206-00102	PLUG 32 - KPS	2
23	228-00237	BACK PAD, KF-LP3	1
24	228-00238	SEAT PAD KF-LP3	1
25	223-00228	BIG PULLEY 4.5"	5
26	206-00061	BASE PAD KPS	2
27	202-00016	BRONZE ID 25.4	6
28	202-00025	SHORT PULLEY SPACER - KPS	2
29	202-00148	IRON BUSHING, KPS-LP2	4
30	206-00039	HANDLE GRIP KPS-LP1/LP2	2
31	206-00143	PEC DEC STOP BUMPER KPS-2050	1
32	202-00697	SCREW, BUTTON HD SOCKET CAP M12X55	3
33	202-00698	SCREW, BUTTON HD SOCKET CAP M12X40	4
34	202-00699	SCREW,BUTTON HD SOCKET CAP M12X105	1
35	202-00635	SCREW, M10X30 BUTTON HEAD SOCKET CAP	2
36	202-00664	SCREW, BUTTON HEAD SOCKET CAP M10X50	4
37	202-00637	SCREW, M10X70 BUTTON HEAD SOCKET CAP	1
38	202-00647	BUTTON HEAD SOCKET CAP SCREW M10X75	4
39	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
40	202-00700	SCREW, BUTTON HD SOCKET CAP M10X85	2
41	202-00092	NYLON NUT, M12	12
42	202-00091	NYLON NUT, M10	13
43	202-00128	WASHER, 11*20*2	30
44	202-00127	WASHER, 13*24*1.5	17
45	202-00701	HEX KEY S=3	1
46	202-00702	HEX KEY S=6	1
47	202-00661	ALLEN WRENCH, S=8	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) 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.

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