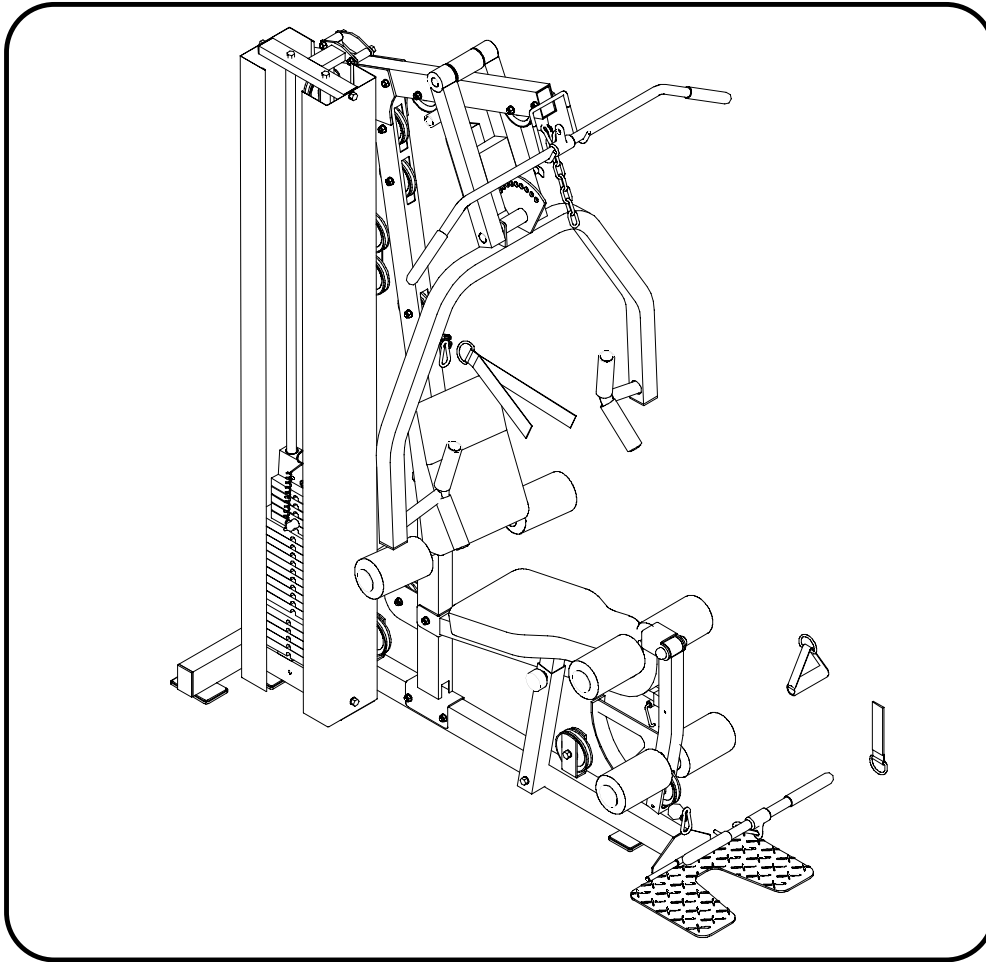


POWER **LIFETIME KEYS WARRANTY** **SYSTEM**



KPS-1500

HOME GYM 1500



Questions?
Call our toll free Keys Fitness Helpline
1-800-683-1236

keysfitness.com

O W N E R ' S M A N U A L



THANK YOU for making this Power System unit a part of your exercise program. Keys Fitness and our Power System Series 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 Helpline. 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.

POWER SYSTEM SERIES

MODEL: KPS-1500

QUESTIONS?

CALL

1-800-683-1236

Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

- Product Series
- Model #
- Part Number
- Part Description

BEFORE YOU START

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

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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

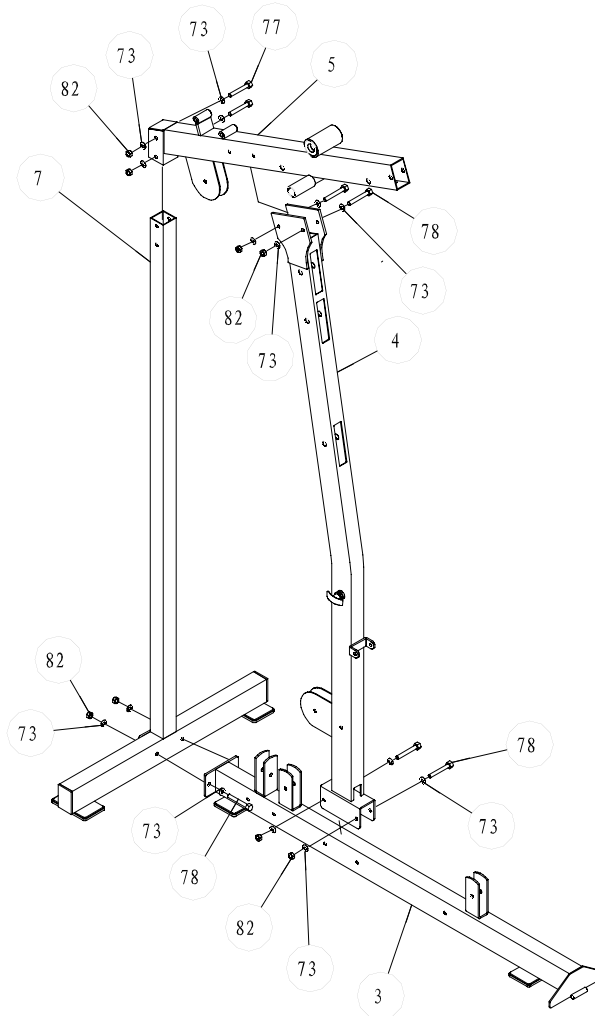
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This Power System 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 Power System 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.

ASSEMBLY

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



STEP 1

Connect Base Frame (3) to Rear Upright (7) and Main Upright (4) using:

4 x (78) Bolt

8 x (73) Washer

4 x (82) Nylon Nut

Slide Main Top Frame down onto Rear Upright (7) and Main Upright (4) using:

2 x (77) Bolt

8 x (73) Washer

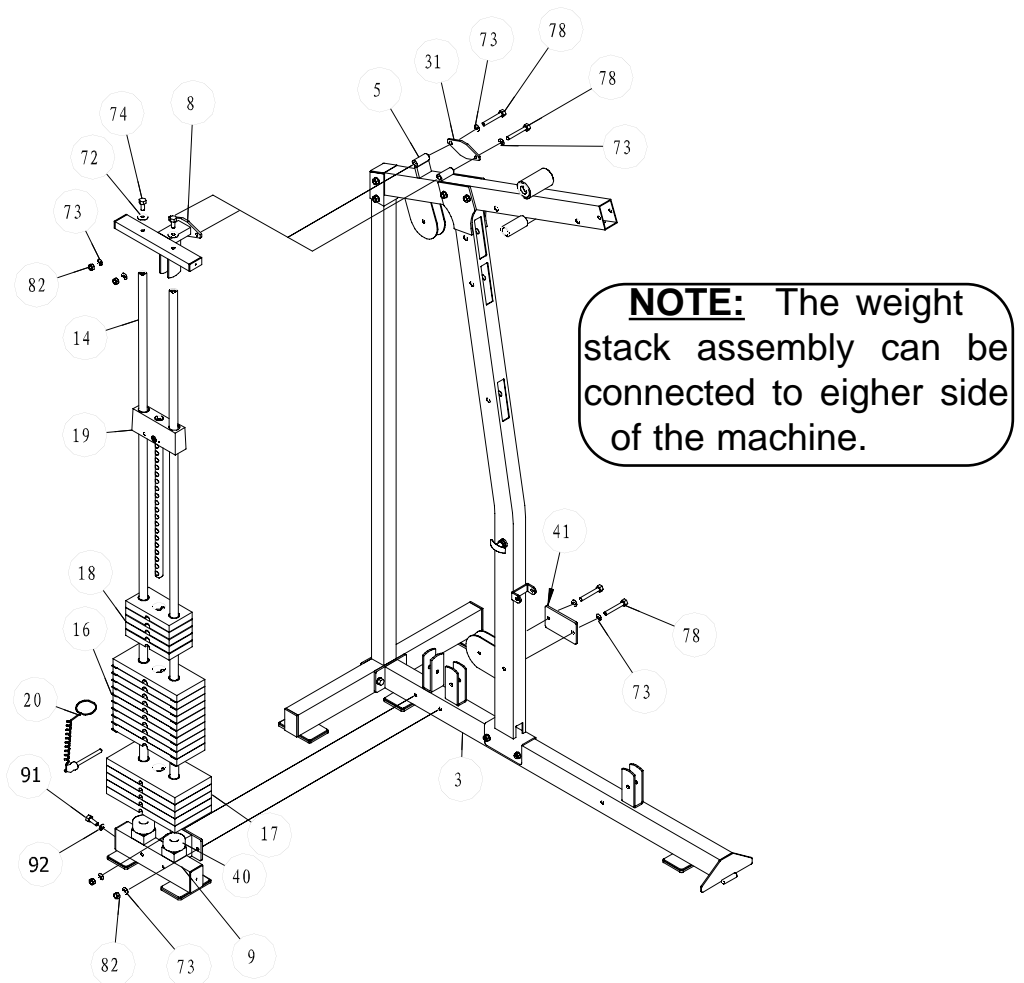
2 x (78) Bolt

4 x (82) Nylon Nut

2

ASSEMBLY

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



STEP 2

Attach Base Frame for Weight (9) to Base Frame (3) using:

- | | |
|-----------------------|--------------------|
| 1 x (41) Square Plate | 2 x (78) Bolt |
| 4 x (73) Washer | 2 x (82) Nylon Nut |

Screw Bolt (91) and Washer (92) into rear of Base Frame for Weight (9). Slide Guide Rods (14) down into Base Frame for Weight (4) and slide on the following:

- | | |
|------------------------------|-----------------------------|
| 2 x (40) Weight Stack Bumper | 5 x (17) 15 lb plate |
| 9 x (16) 10 lb plate | 5 x (18) 5 lb plate |
| 1 x (19) Top Plate | 1 x (8) Top Guide Rod Frame |

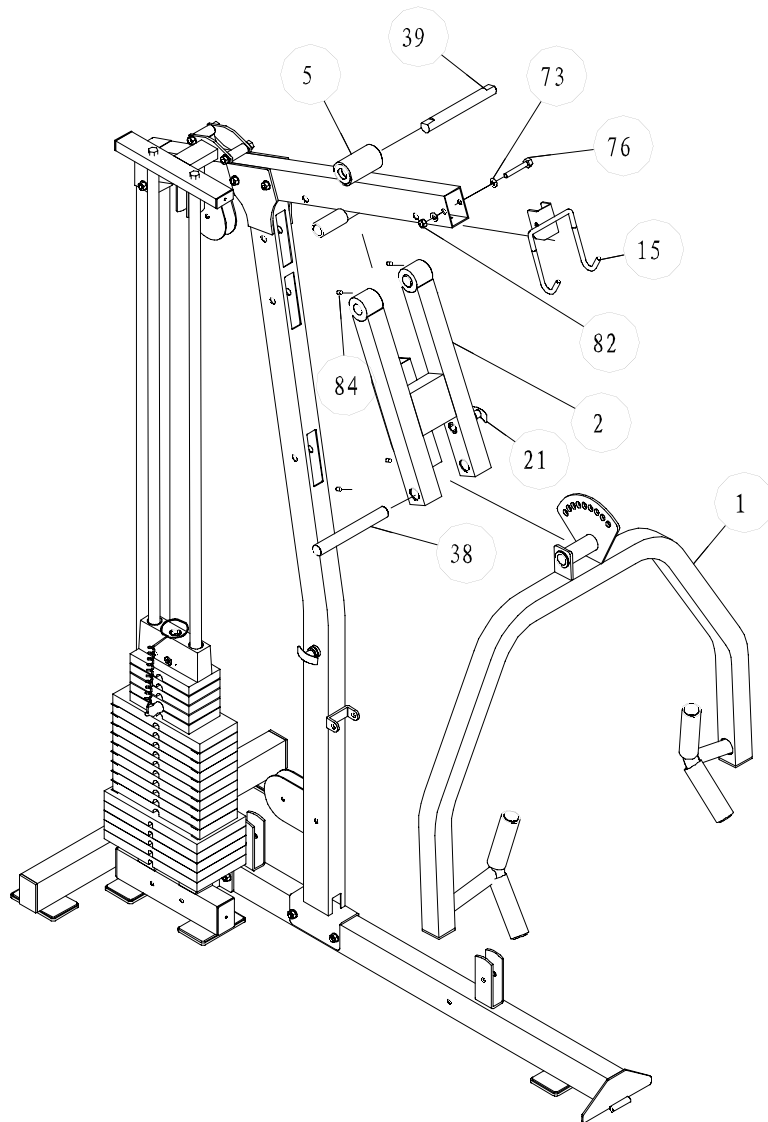
Secure Guide Rods (14) to Top Guide Rod Frame (8) then connect to Main Top Frame using:

- | | |
|-----------------|---------------------|
| 2 x (74) Bolt | 2 x (72) Big Washer |
| 1 x (31) Plate | 2 x (78) Bolt |
| 4 x (73) Washer | 2 x (82) Nylon Nut |

3

ASSEMBLY

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



STEP 3

Secure Press Arm Support (2) to Main Top Frame (5) using:

1 x (39) Press Arm Shaft 2 x (84) Screw

Secure Press Arm (1) to Press Arm Support (2) using:

1 x (38) Press Arm Shaft 1 x (21) Long Pop Pin
2 x (84) Screw

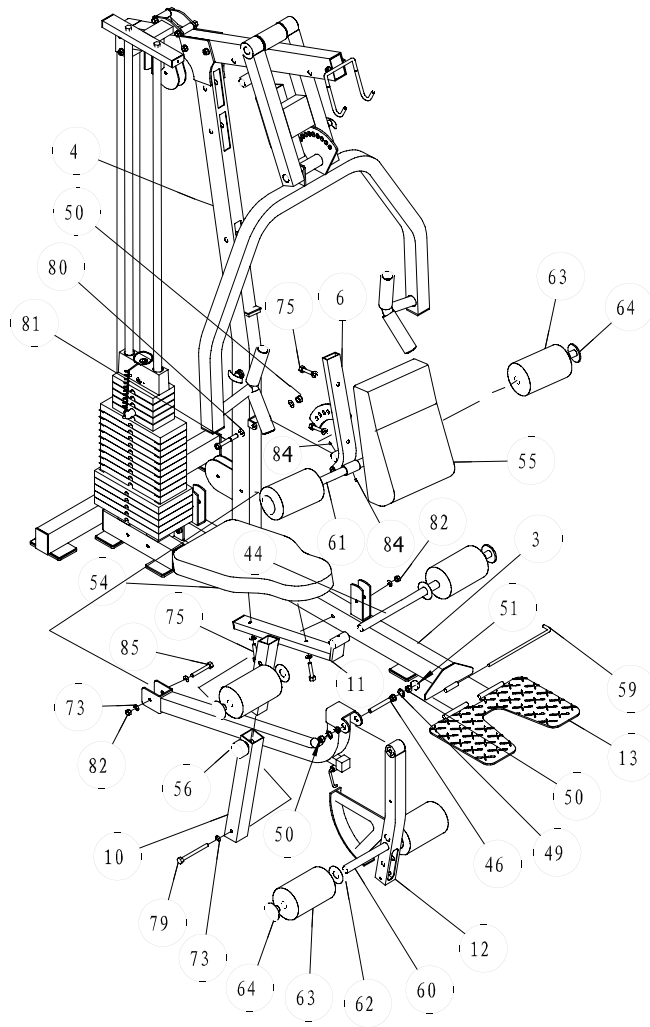
Connect Lat Bar Hook (15) to Main Top Frame (5) using:

1 x (76) Bolt 2 x (73) Washer
1 x (82) Nylon Nut

4

ASSEMBLY

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



STEP 4

Complete Back Pad (55) assembly using:

- | | |
|-----------------------------|-----------------------|
| 1 x (6) Back Pad Support | 2 x (75) Bolt |
| 1 x (81) Bolt | 2 x (80) Washer |
| 1 x (50) Nylon Nut | 1 x (21) Long Pop Pin |
| 1 x (61) Long Foam Tube | 2 x (84) Screw |
| 2 x (63) Upholstered Roller | 2 x (64) Big Plug |

Complete Seat Pad (54) and Frame connection using:

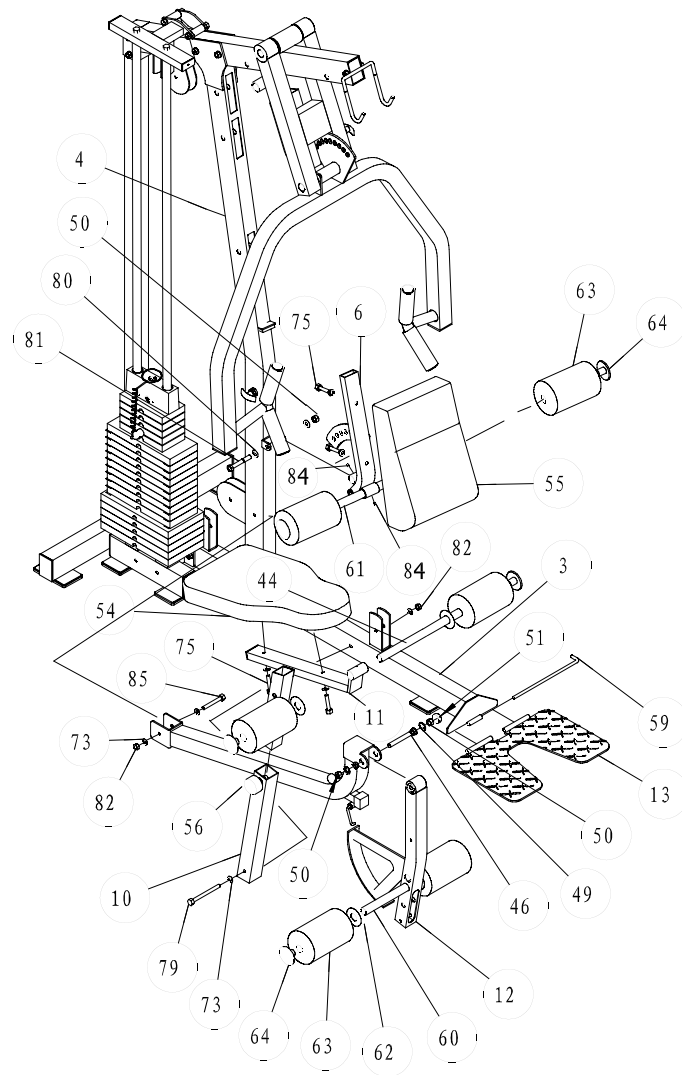
- | | |
|------------------------------|--------------------|
| 1 x (10) Seat Pad Receptacle | 1 x (78) Bolt |
| 4 x (73) Washer | 2 x (82) Nylon Nut |
| 1 x (79) Bolt | 2 x (75) Bolt |
| 1 x (11) Seat Pad Support | 1 x (56) Pop Pin |

STEP 4 CONTINUED ON PAGE 6

5

ASSEMBLY

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



STEP 4 (Continued)

Complete Leg Ext/Curl (12) to Seat Pad Receptacle (10) using:

- | | |
|------------------------------|-------------------------|
| 2 x (51) Semi-Ball End Cap | 2 x (50) Nylon Nut |
| 1 x (46) Leg Extension Shaft | 2 x (49) Concave Washer |
| 2 x (60) Foam Tube | 4 x (62) Plastic Washer |
| 4 x (63) Upholstered Roller | 4 x (64) Big Plug |
| 1 x (85) Screw | |

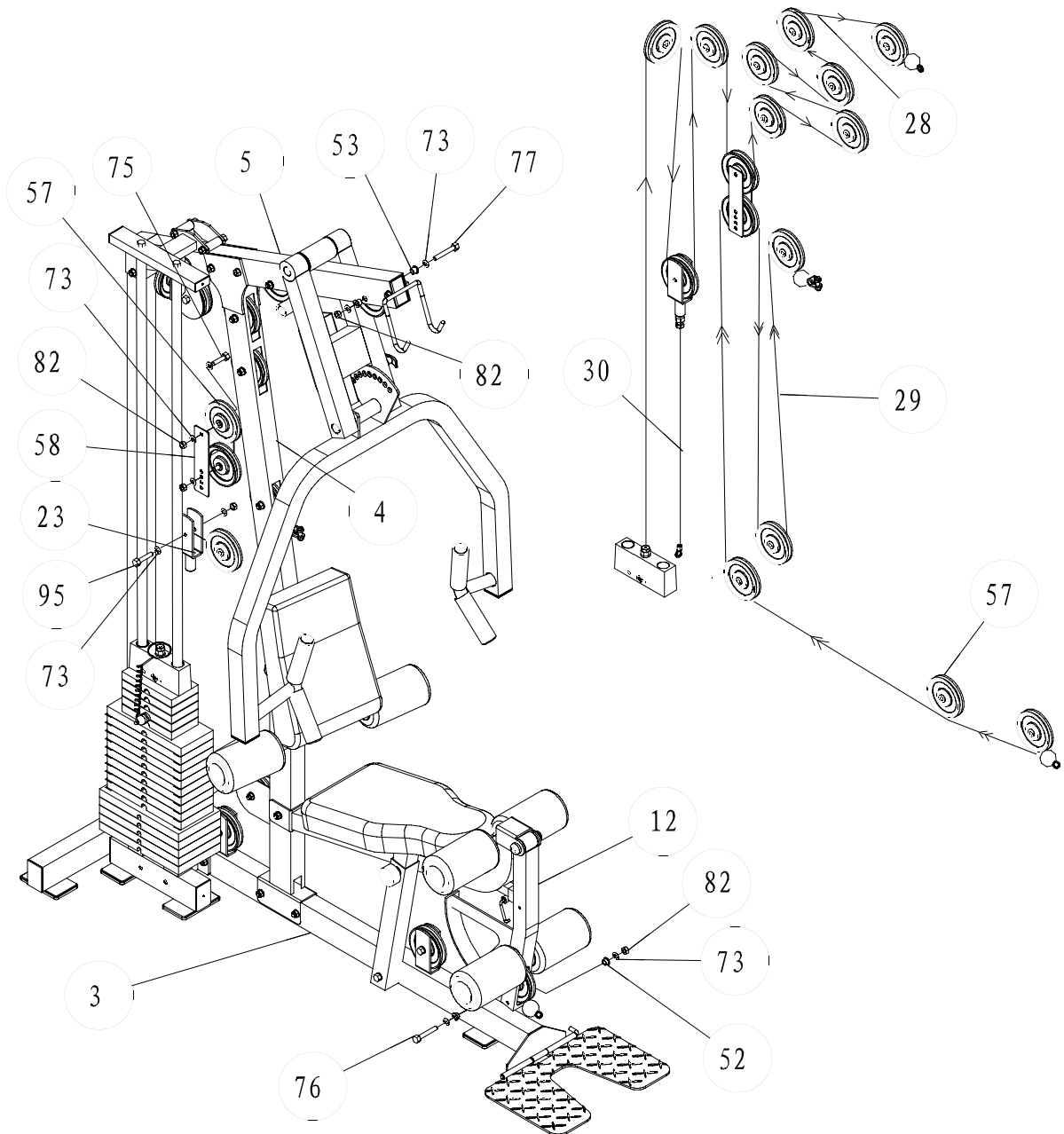
Connect Foot Plate (13) to Base Frame (3) using:

- 1 x (59) Long "L" Pin

6

ASSEMBLY

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



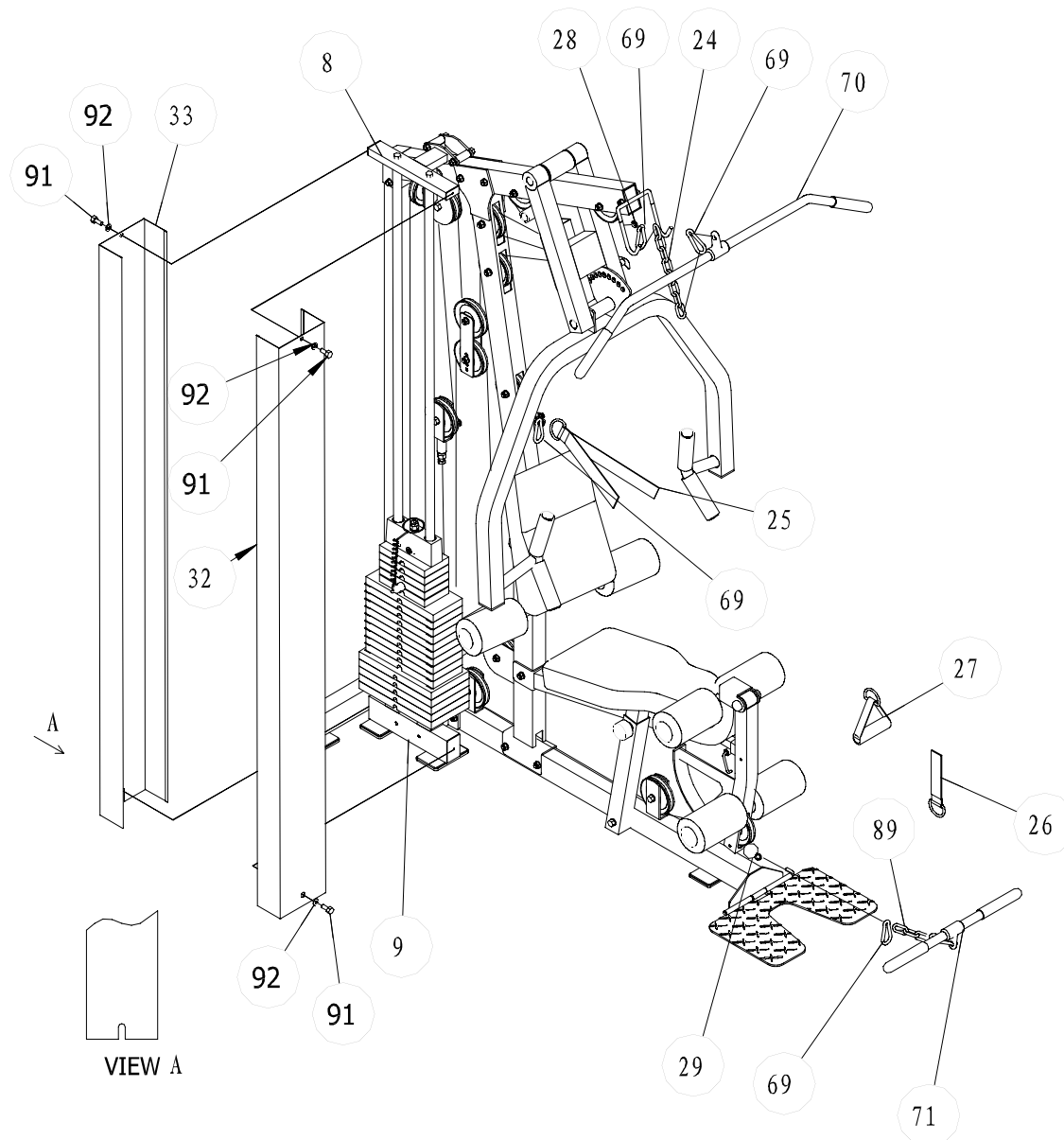
STEP 5

Complete Cable (30,28,29) assembly using the following:

- | | |
|-------------------------------|----------------------------------|
| 16 x (57) Pulley | 16 x (82) Nylon Nut |
| 10 x (53) Short Pulley Spacer | 2 x (52) Long Pulley Spacer |
| 2 x (58) Pulley Plate | 1 x (23) Pulley Bracket w/Spacer |
| 36 x (73) Washer | 5 x (77) Bolt |
| 5 x (75) Bolt | 1 x (76) Bolt |
| 5 x (95) Bolt | |

7

ASSEMBLY



TIGHTEN ALL BOLTS AND NUTS BEFORE PROCEEDING.

STEP 6

Slide Shroud w/Slot (33) down into bolt (View A) at rear of weight stack and secure to Top Guide Rod Frame (8) using:

1 x (91) Bolt

1 x (92) Washer

Secure Shroud (32) to Top Guide Rod Frame (8) and Base Frame for Weight (9) using:

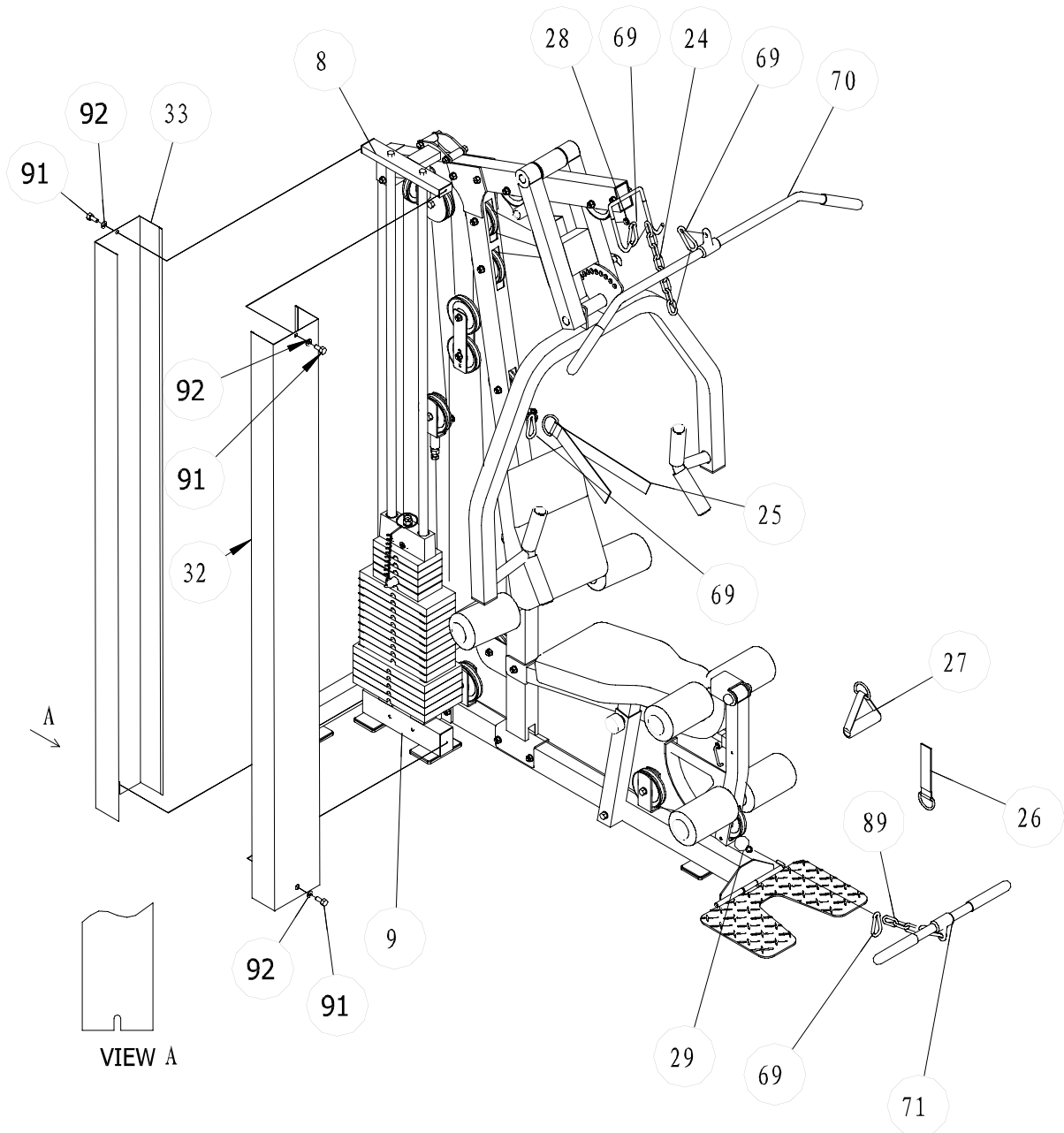
2 x (91) Bolt

2 x (92) Washer

STEP 6 CONTINUED ON PAGE 9

8

ASSEMBLY



STEP 6 Continued

Connect attachments as pictured above for various exercises using:

- | | |
|--------------------------|------------------------------|
| 3 x (69) Gear Clip | 1 x (24) Chain |
| 1 x (89) Chain | 1 x (70) Long Lat Bar |
| 1 x (25) Abdominal Strap | 1 x (27) Single Handle Strap |
| 1 x (26) Ankle Strap | 1 x (71) Short Bar |

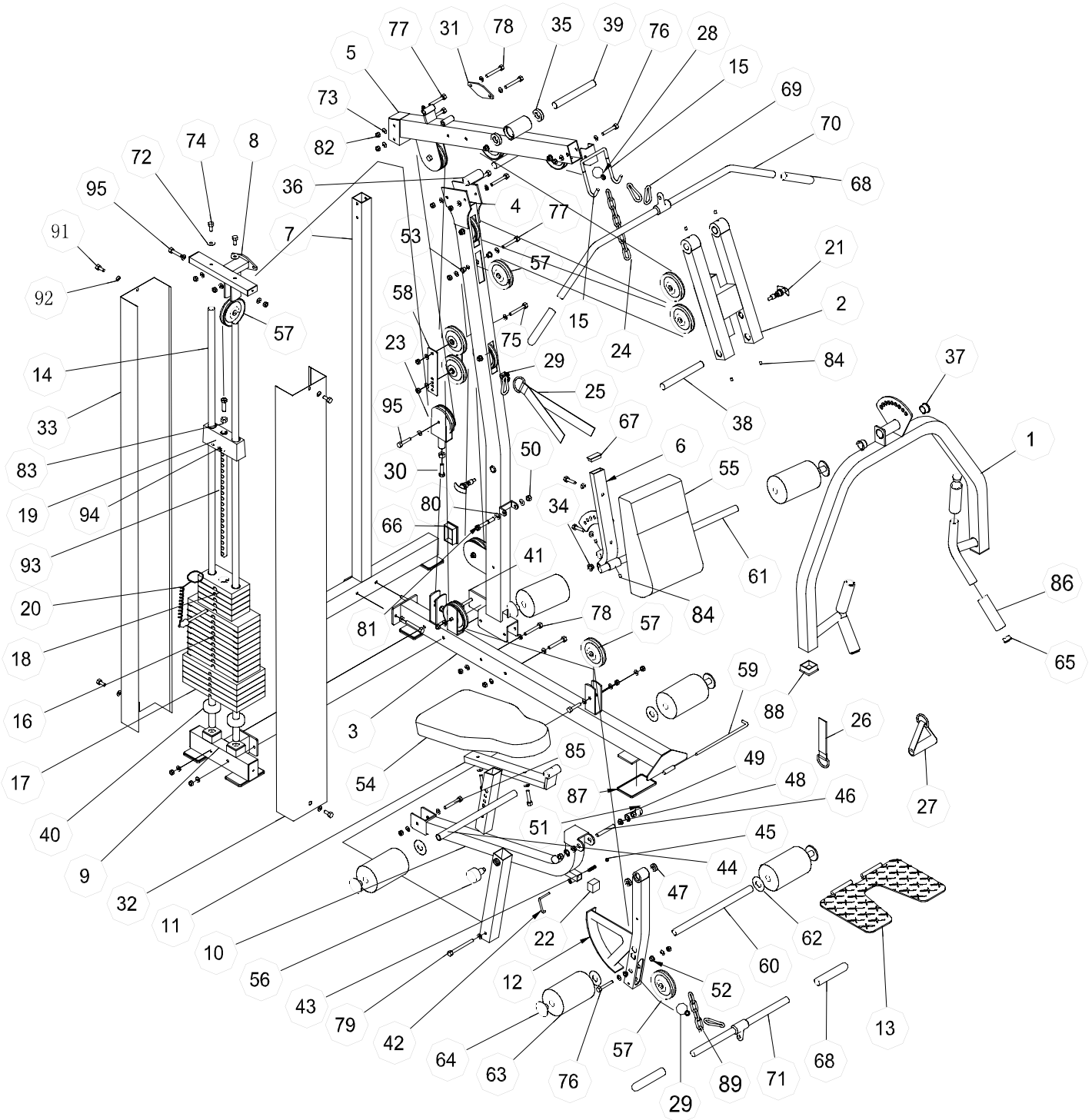
PARTS LIST

#	Description	Qty	#	Description	Qty
1	Press Arm	1	46	Leg Extension Shaft	1
2	Press Arm Support	1	47	Bearing ID 12	2
3	Base Frame	1	48	Leg Extension Bushing	2
4	Main Upright	1	49	Concave Washer 12.5	2
5	Main Top Frame	1	50	Nylon Nut M12	3
6	Back Pad Support	1	51	Semi-Ball End Cap	2
7	Rear Upright	1	52	Long Pulley Spacer	2
8	Top Guide Rod Frame	1	53	Short Pulley Spacer	10
9	Base Frame for Weight	1	54	Seat Pad	1
10	Seat Pad Support Receptacle	1	55	Back Pad	1
11	Seat Pad Support	1	56	Pop Pin	1
12	Leg Extension/Curl	1	57	Pulley 4.5"	16
13	Foot Plate	1	58	Pulley Plate	2
14	Guide Rod	2	59	Long "L" Pin	1
15	Lat Bar Hook	1	60	Foam Tube	1
16	10lb Plate	9	61	Long Foam Tube	1
17	15lb Plate	5	62	Plastic Washer	4
18	5lb Plate	5	63	Upholstered Roller Pad	6
19	Top Plate	1	64	Big Plug 25	6
20	Weight Pin	1	65	Plug 32	4
21	Long Pop Pin	2	66	Plug 76.2x50.8	2
22	End Cap Bumper	1	67	Plug 25x50	2
23	Pulley Bracket w/Shaft	1	68	Lat Bar Grip	4
24	Chain 5	1	69	Gear Clip	5
25	Abdominal Strap	1	70	Long Lat Bar	1
26	Ankle Strap	1	71	Short Bar	1
27	Single Handle Strap	1	72	Big Washer	2
28	Chest Press Cable	1	73	Washer	72
29	Lower Pulley Cable	1	74	Bolt M10x25	2
30	Replacement - Leg Press Cable	1	75	Bolt M10x45	10
31	Plate	1	76	Bolt M10x65	2
32	Shroud	1	77	Bolt M10x70	7
33	Shroud w/Slot	1	78	Bolt M10x75	10
34	Bronze Bushing ID 12	2	79	Bolt M10x115	1
35	Bearing ID 25	2	80	Washer 12	2
36	Rubber Tube for Stop	2	81	Bolt M12x80	1
37	Bronze Bushing ID 25.4	2	82	Nylon Nut M10	32
38	Press Arm Shaft ADJ OD 25.4	1	83	Jam Nut 1/2"	2
39	Press Arm Shaft w/Gap OD 25	1	84	Screw M8	7
40	Weight Stack Bumper	2	85	Screw M6	1
41	Square Plate	1	86	Handle Grip	4
42	"U" Shape Pin	1	87	Base Pad	6
43	Small Spring	1	88	Plug 50.8x50.8	2
44	Washer 6	1	89	Chain 12	1
45	Nylon Nut M6	1	91	Bolt M8x25	4

PARTS LIST

#	Description	Qty
92	Washer 8	4
93	Selector Rod	1
94	Screw Bolt M12x35	1
95	Bolt M10x50	5

EXPLODED VIEW



KEYS FITNESS PRODUCTS, L.P. POWER SYSTEM SERIES 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 period to the original purchaser is lifetime of 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 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 grips, chains, cables, pads, upholstery, pulleys, bearings, etc. Please contact a Keys customer service representative for specifics on wear items. 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.

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, 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.

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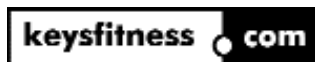
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