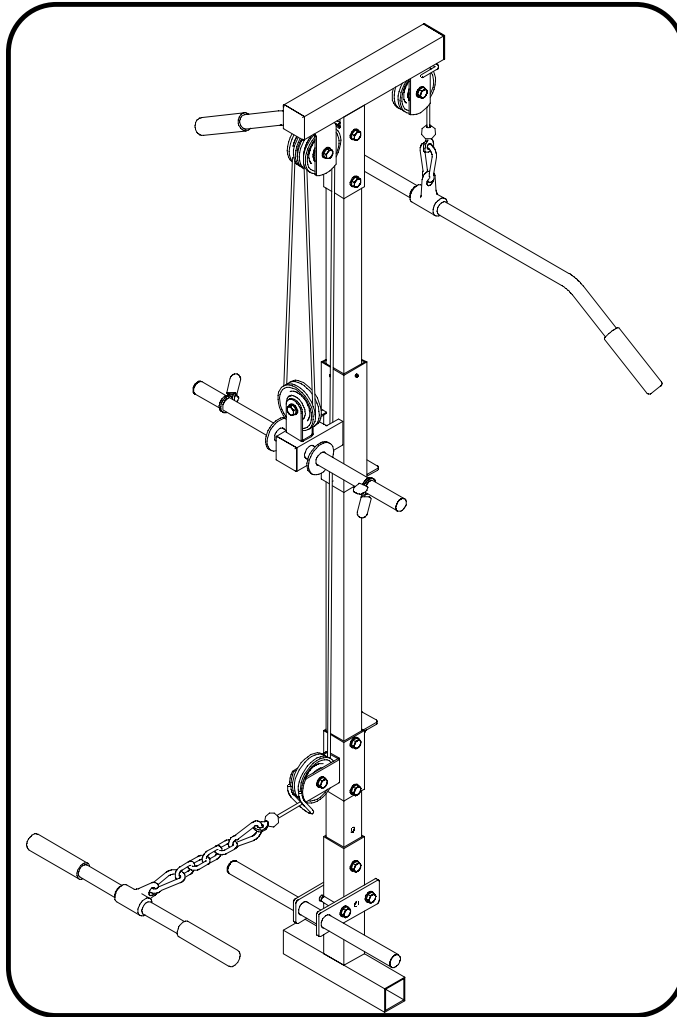


POWER KEYS SYSTEM

LIFETIME
KEYS
WARRANTY



KPS-LATA

LAT ATTACHMENT



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-LATA

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.

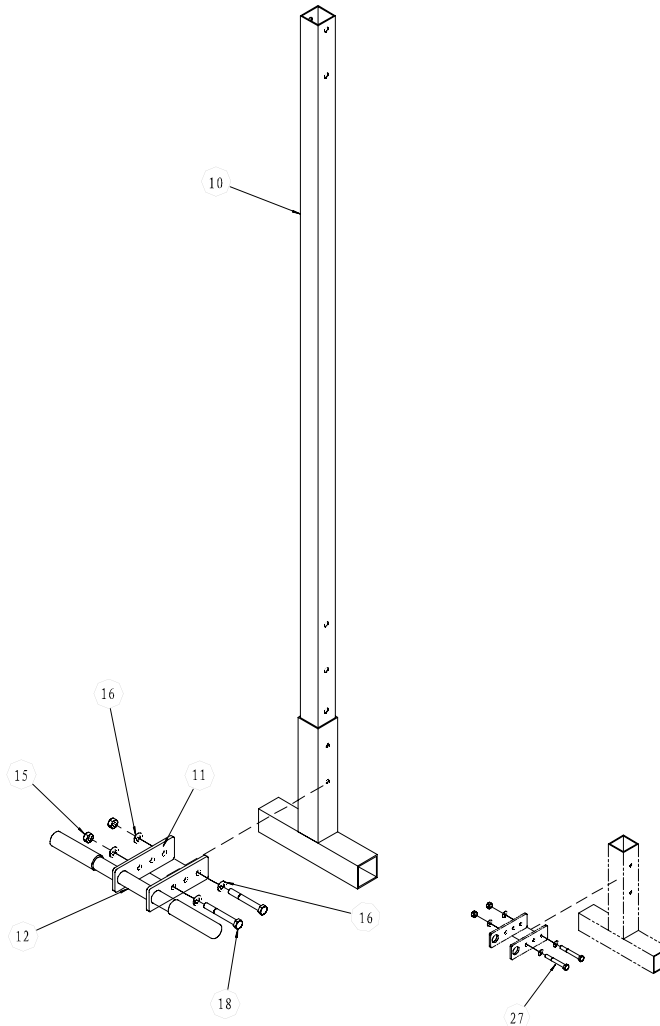
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

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

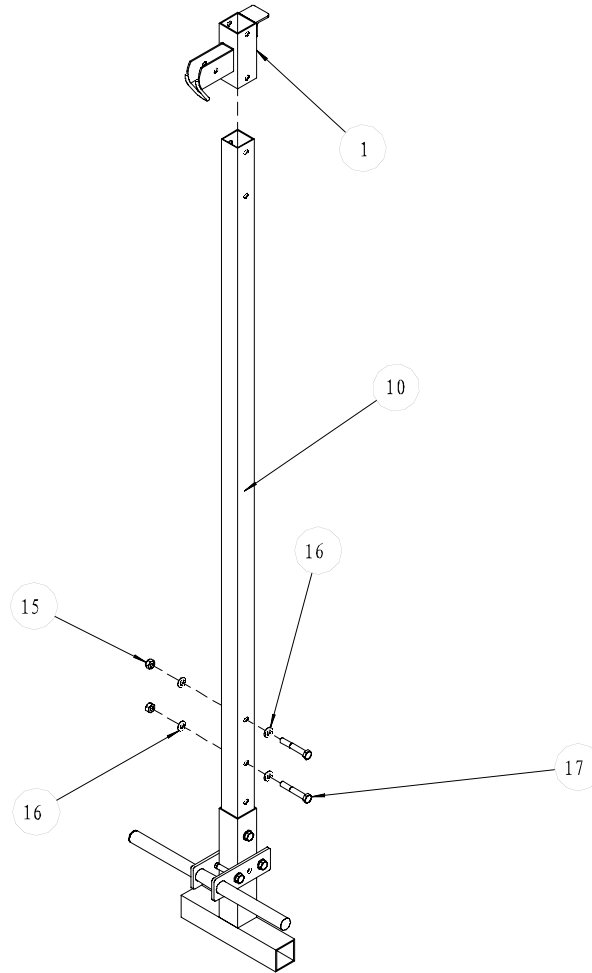
Slide Square Slide Guide (10) into the front of your bench.

For a low pulley foot brace, attach components pictured to the front of your bench frame base using:

- 2 x (11) Plate
- 1 x (12) Foot Tube
- 2 x (18) Bolt (2x(27) Bolt for the big front tube bench)
- 4 x (16) Washer
- 2 x (15) Nylon Lock Nut

ASSEMBLY

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



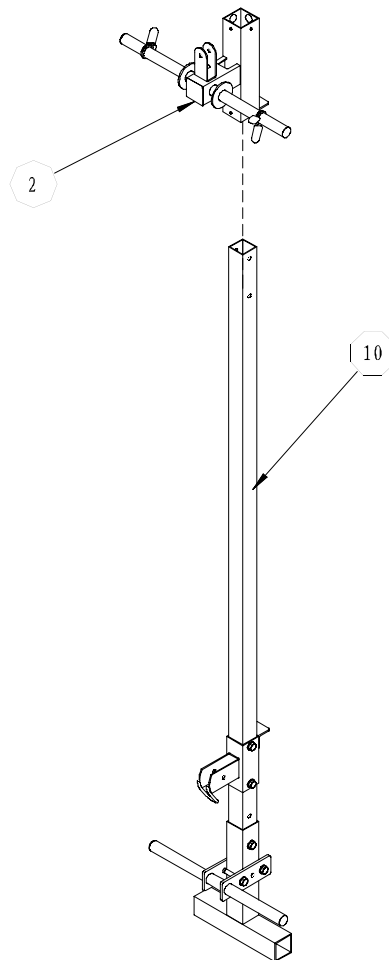
STEP 2

Slide Stop Base (1) down onto Square Slide Guide (10) as shown and secure using:

- 2 x (17) Bolt
- 4 x (16) Washer
- 2 x (15) Nylon Lock Nut

ASSEMBLY

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

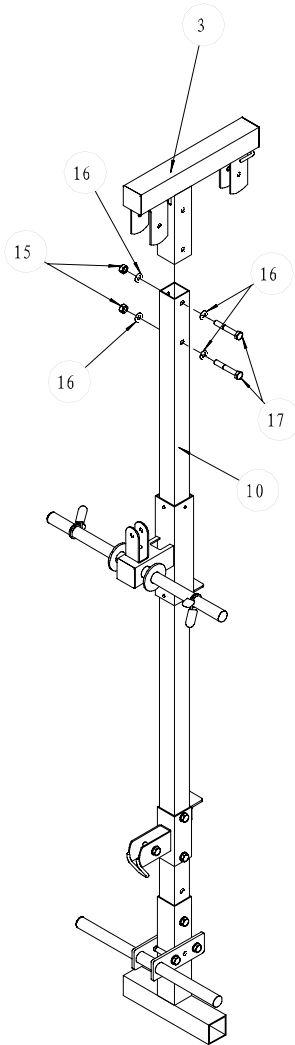


STEP 3

Slide Weight Slide (2) down onto Square Slide Guide (10) and let rest on Stop Base (1).

ASSEMBLY

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



STEP 4

Connect Top Frame (3) to Square Slide Guide (10) using:

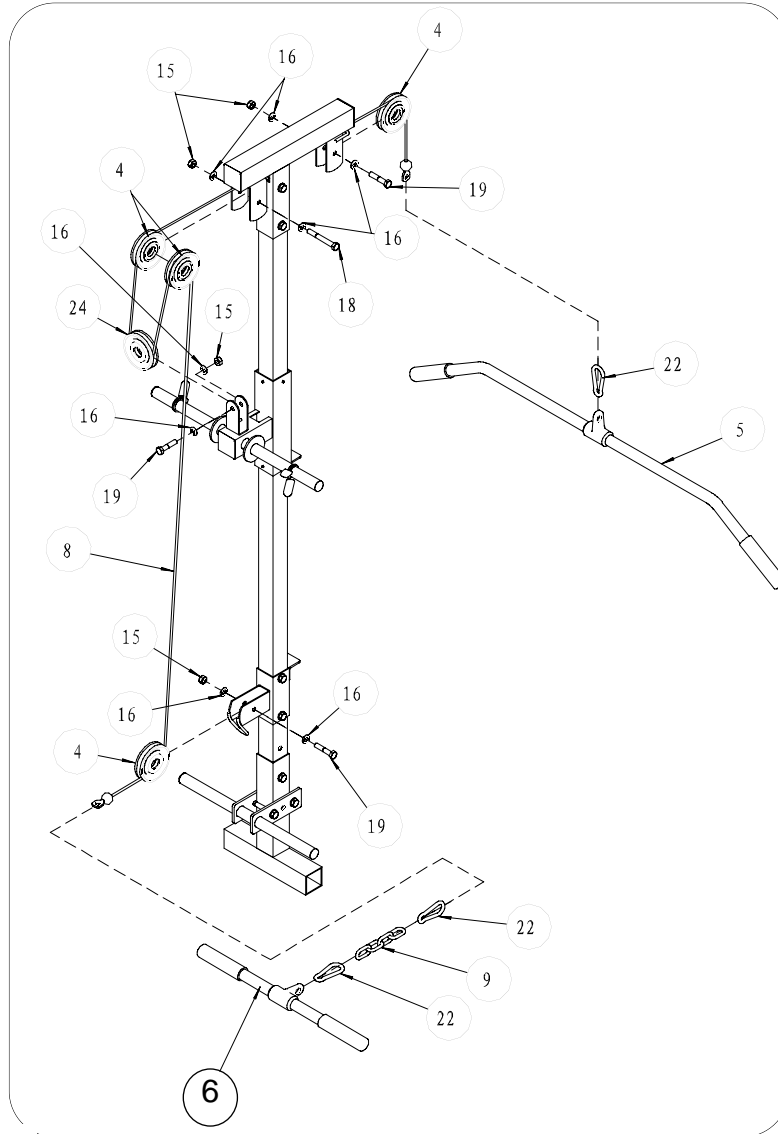
2 x (17) Bolt

4 x (16) Washer

2 x (15) Nylon Lock Nut

ASSEMBLY

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



STEP 5

Attach Cable (8) as shown using:

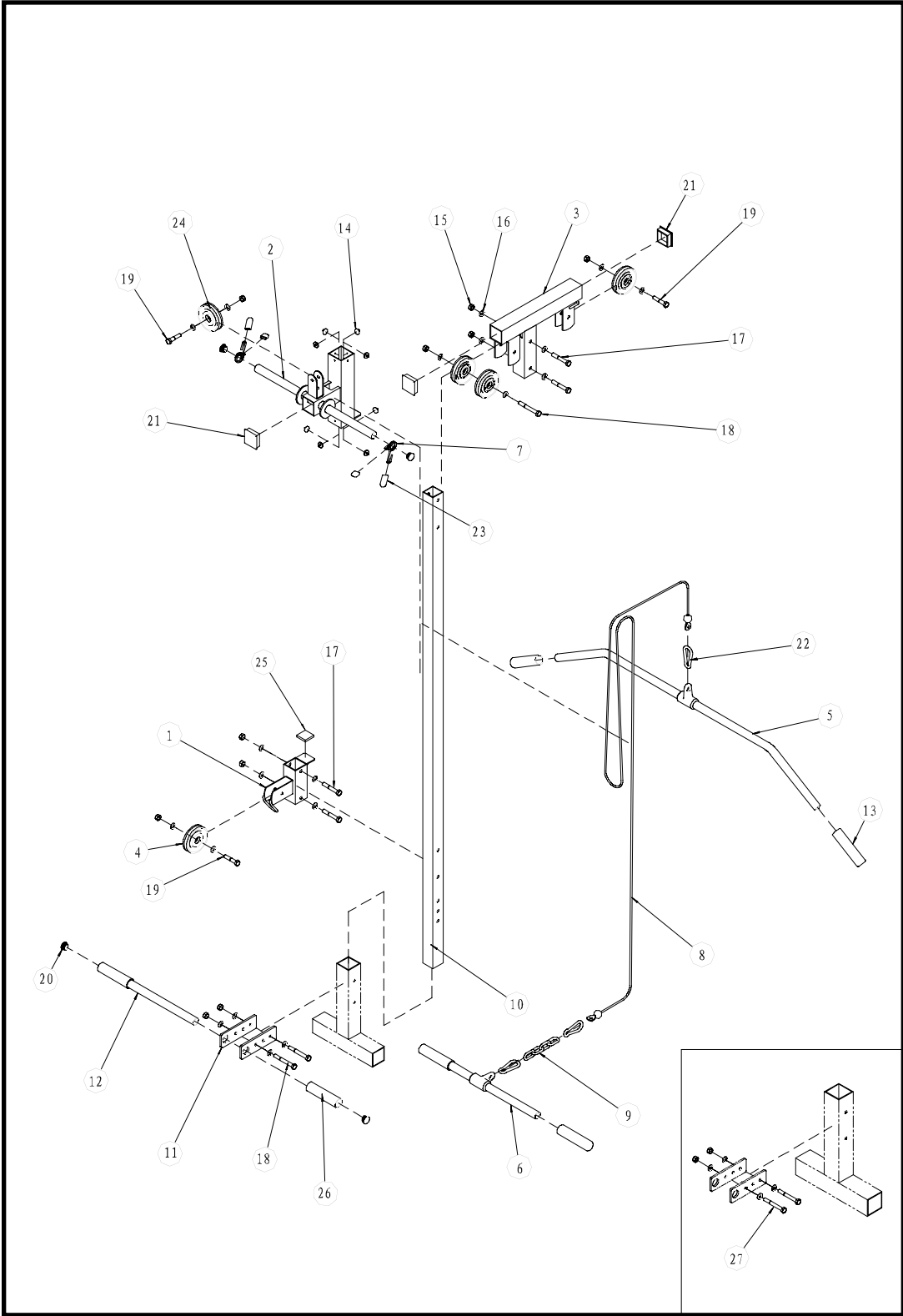
- 4 x (4) Pulley
- 1 x (24) Small Pulley
- 3 x (19) Bolt
- 1 x (18) Bolt
- 8 x (16) Washer
- 4 x (15) Nylon Lock Nut

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PARTS LIST

#	<u>DESCRIPTION</u>	<u>QTY</u>
1	Stop Base	1
2	Weight Slide	1
3	Top Frame	1
4	Pulley	4
5	Long Bar	1
6	Short Bar	1
7	Spring Clip	2
8	Cable	1
9	Chain	1
10	Square Slide Guide	1
11	Plate	2
12	Foot Tube	1
13	Grip 25	4
14	Plastic Button	8
15	Nylon Lock Nut M10	10
16	Washer 10	20
17	Bolt M10x65	4
18	Bolt M10x75	3
19	Bolt M10x45	3
20	Plug 25	4
21	Plug 50.8x50.8	3
22	Snap Link	3
23	Plastic Sleeve For Spring Clip	4
24	Small Pulley	1
25	Bumper	1
26	Rubber Sleeve	2
27	Bolt M10x105	2

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.

In a light institutional setting, Keys will extend a one year warranty to the 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, 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, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

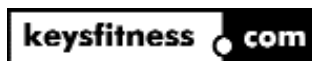
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PLEASE SEND IN THE INCLUDED WARRANTY CARD OR REGISTER ON-LINE AT www.keysfitness.com WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP. MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355



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