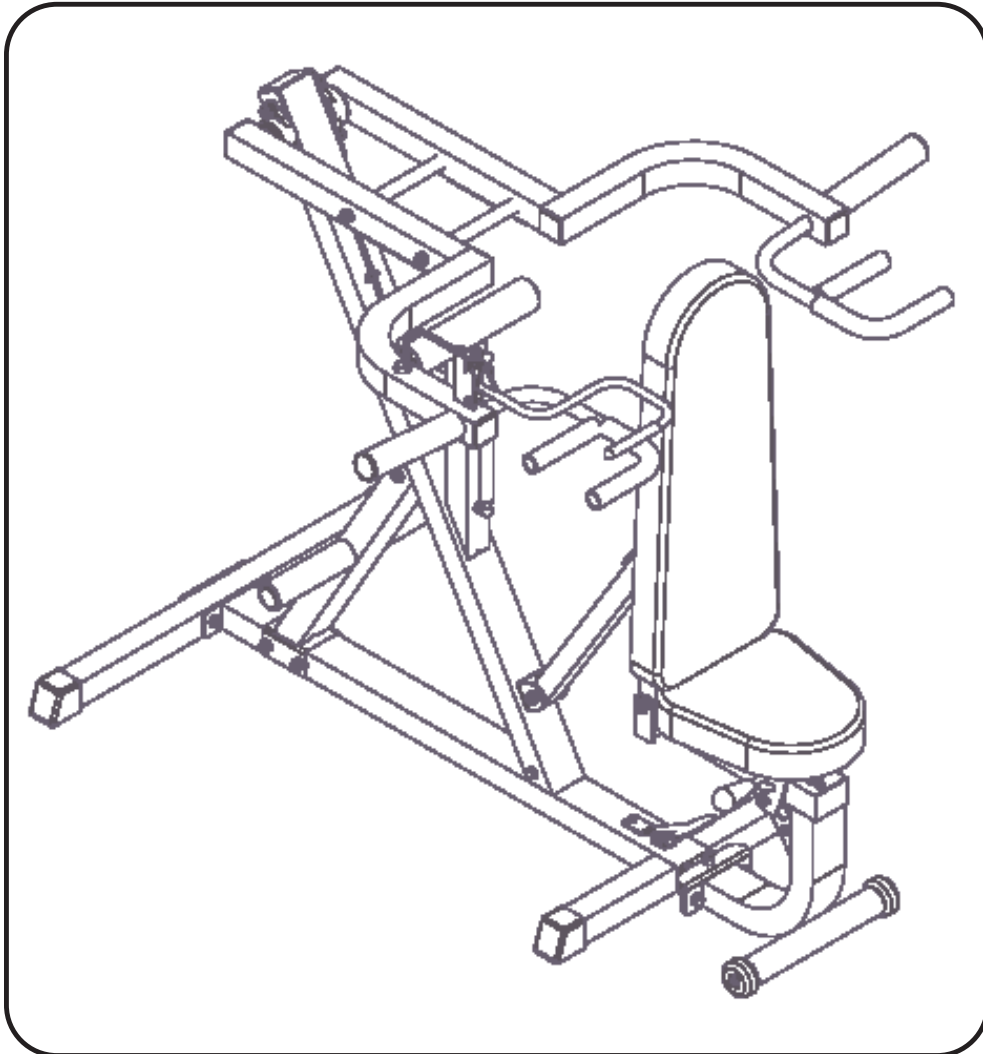


POWER **LIFETIME KEYS WARRANTY** **SYSTEM**



KPS-LCS
LEVERAGE CHEST / SHOULDER



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-LCS

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 PRECATIONS

- 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.

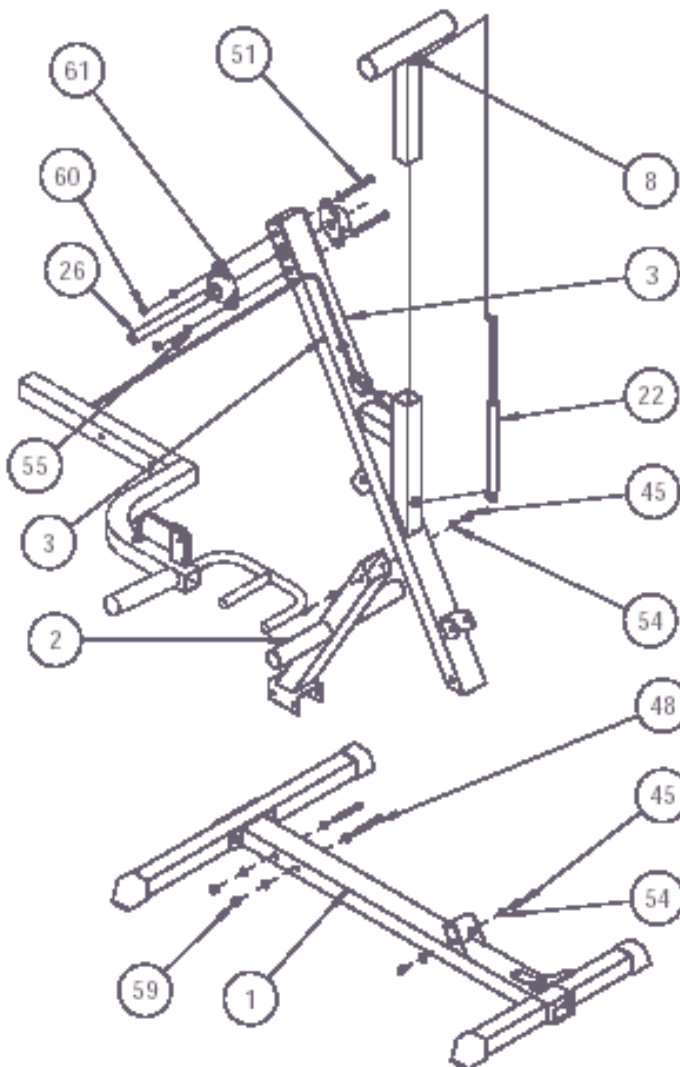
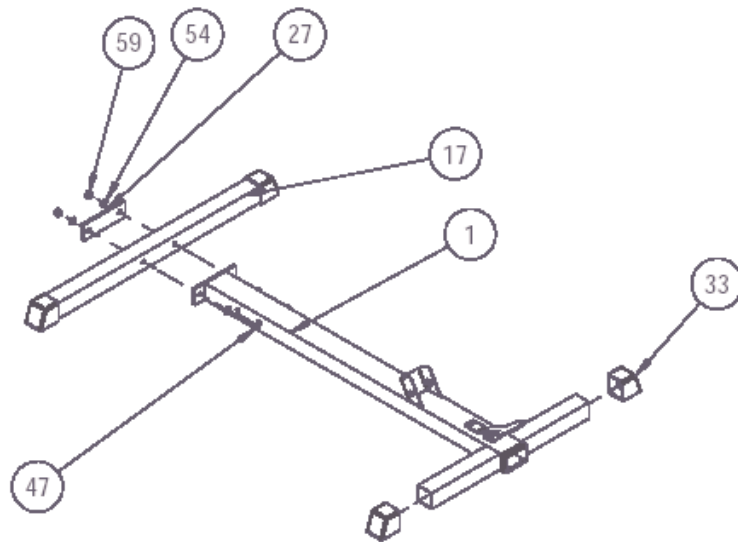
ASSEMBLY

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

STEP 1

Attach main base (1) to rear base (17) using:

- 2 x (47) Bolt
- 1 x (27) Plate
- 4 x (54) Washer
- 2 x (59) Nylon Locknut



STEP 2

Connect main support (2) to main upright (3) using:

- 2 x (45) Bolt
- 2 x (54) Washer

Then connect to main base (1) using:

- 2 x (48) Bolt
- 4 x (55) Washer
- 2 x (59) Nylon Locknut
- 2 x (45) Bolt
- 2 x (54) Washer

Slide shaft (26) through pillow block bearings (61) and main upright (3), secure using:

- 2 x (51) Bolt
- 4 x (55) Washer
- 2 x (60) Nylon Locknut

Insert stopper slide (8) into the main upright (3) and then attach air cylinder (22) to main upright (3) and stopper slide (8).

2

ASSEMBLY

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

STEP 3

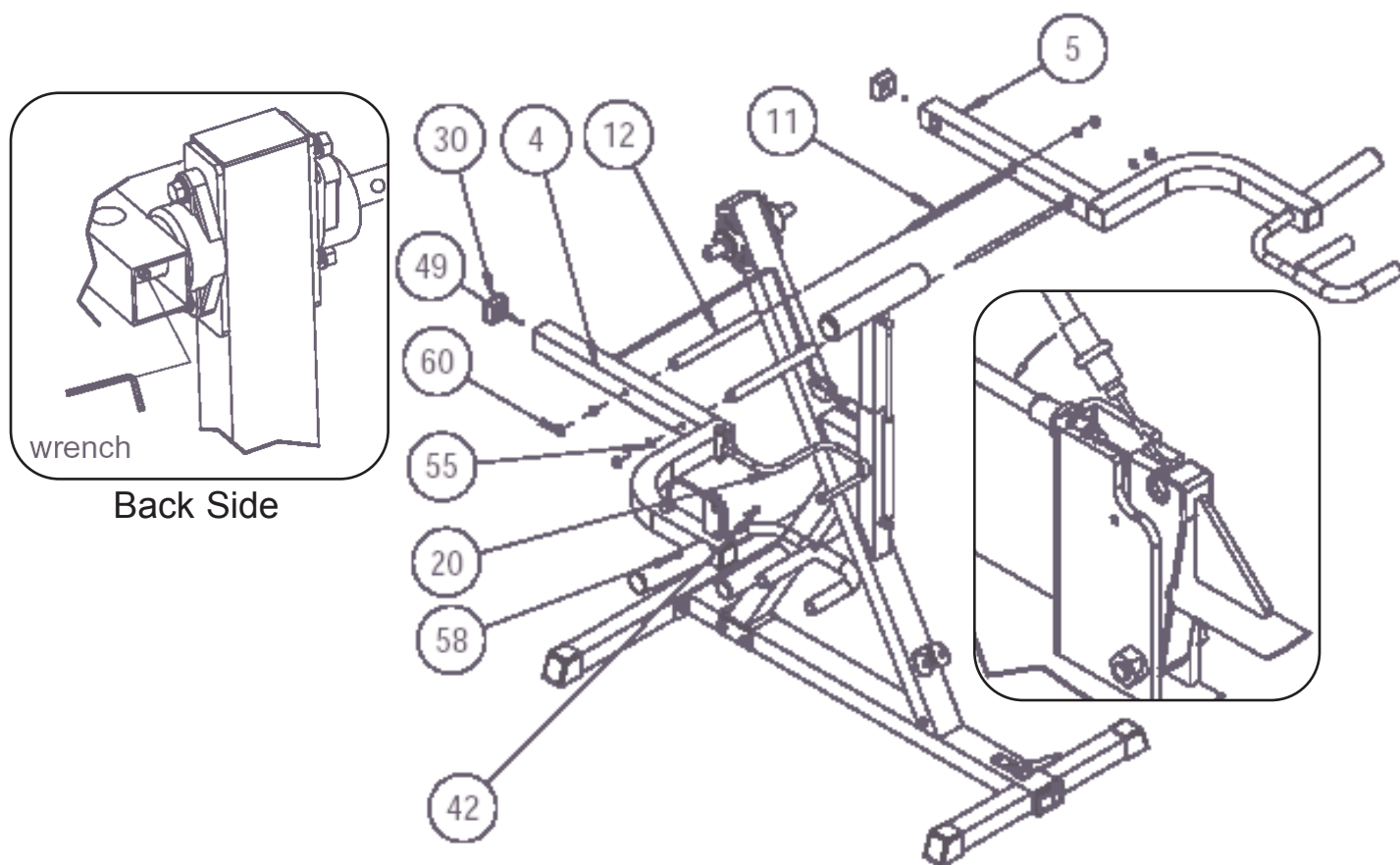
Attach left arm (4) to shaft (26) using one (49) allen screw (make sure to allow the allen screw to align with the hole in the shaft (26)). This will need to be repeated with the right arm (5) once both arms are connected. Connect left arm (4) and right arm (5) using:

- 4 x (60) Nylon locknut M12
- 4 x (55) Wahser 12
- 2 x (11) Bolt shaft M12 x 300
- 2 x (12) Spacer tube
- 2 x (49) Allen screw

Both allen screws (49) will need to be aligned with the holes in the shaft and tightened before putting the end caps (33) onto each arm.

Insert the brake cable end into the brake handle groove and then connect brake handle (20) to the left arm using :

- 1 x (42) Bolt
- 1 x (58) Nylon locknut M6



ASSEMBLY

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

STEP 4

Insert the slide tube (19) into the base and secure with pedal pin adjustment. Connect slide tube (19) and seat frame (6) using:

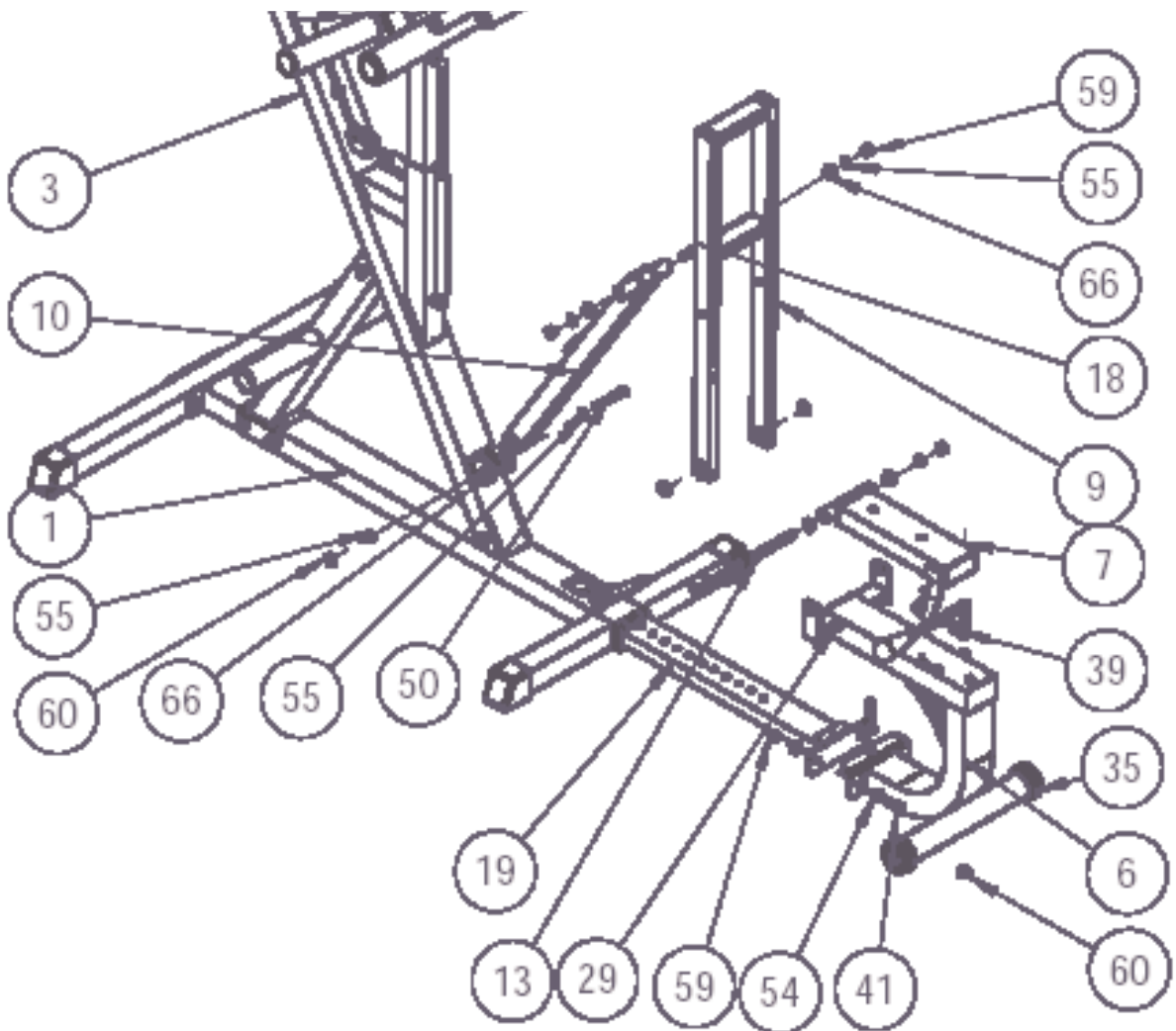
- 3 x (41) Bolt
- 5 x (54) Washer
- 2 x (59) Nylon locknut

Attach seat support (7) and back pad frame (9) to the seat frame (6) using:

- 4 x (66) Bushing
- 1 x (13) Bolt shaft M10*12*213
- 2 x (55) Washer
- 2 x (59) Nylon locknut M10

Attach back pad support (10) to the main upright (3) and the back pad frame (9) using:

- 1 x (50) Bolt M12*75
- 1 x (18) Bolt shaft M10*12*200
- 4 x (66) Bushing
- 4 x (55) Washer
- 1 x (60) Nylon locknut M12
- 2 x (59) Nylon locknut M10



ASSEMBLY

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

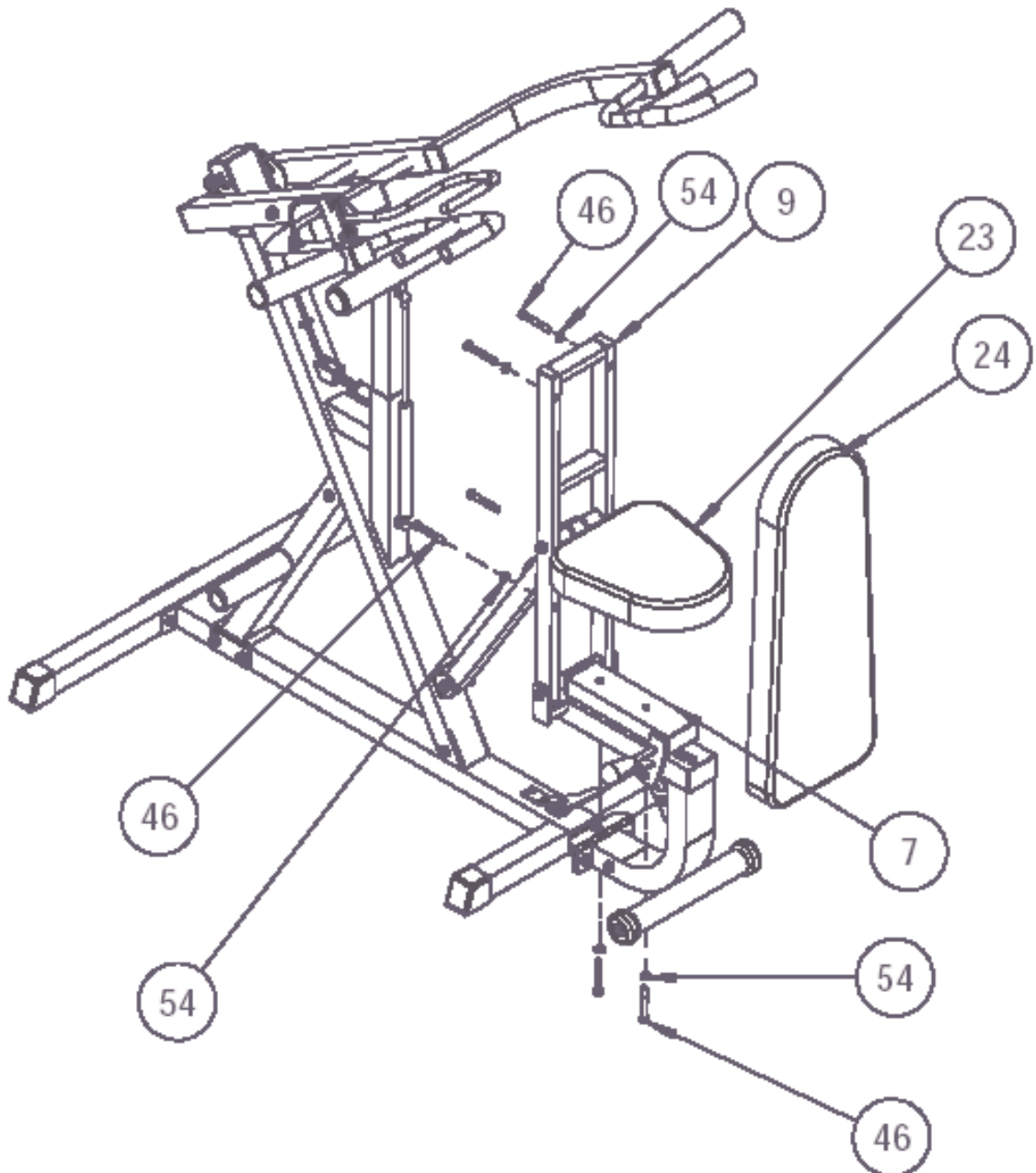
STEP 5

Attach back pad (24) to back pad frame (9) using:

4 x (54) Washer 4 x (46) Bolt

Attach seat pad (23) to seat support (7) using:

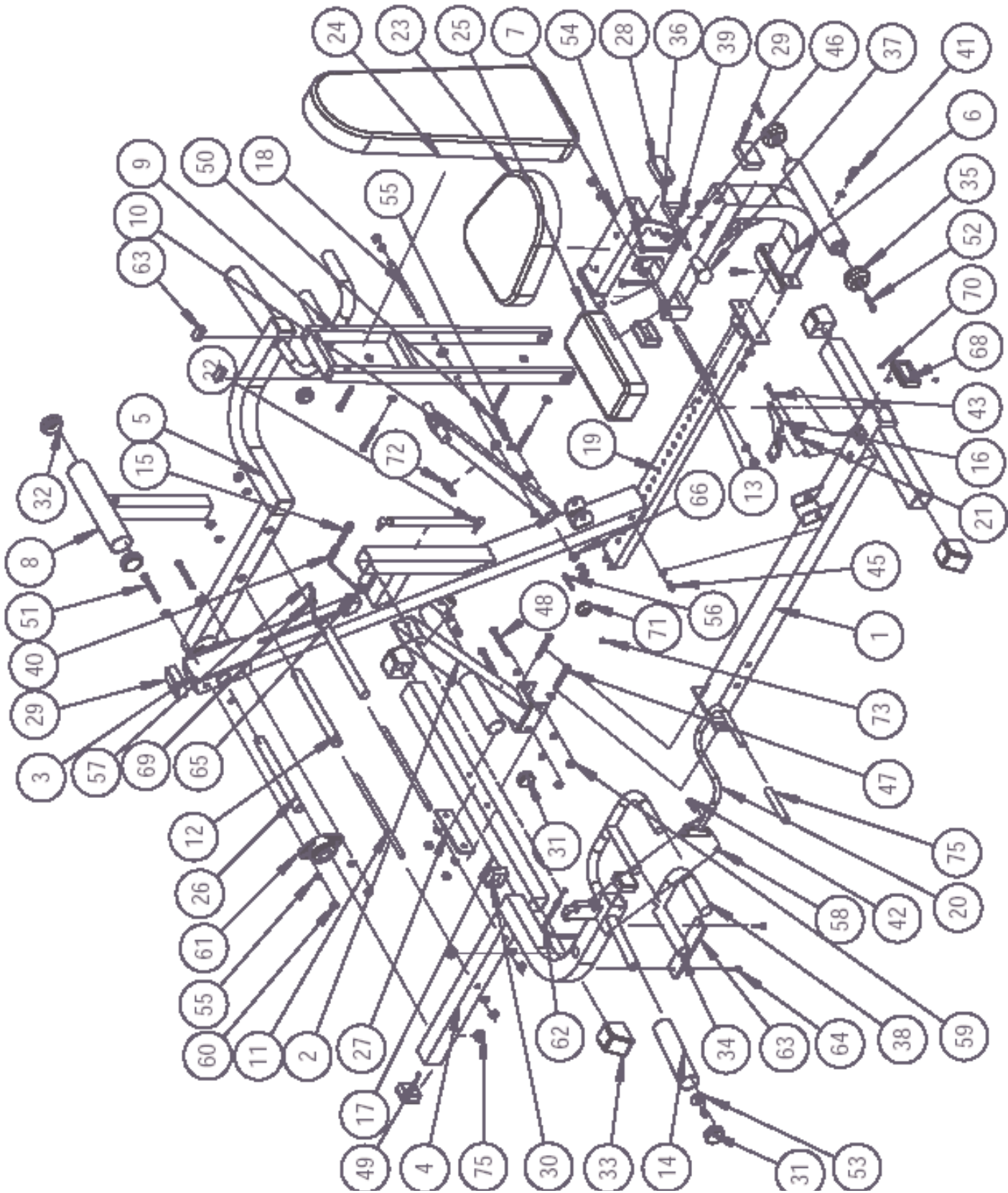
2 x (54) Washer 2 x (46) Bolt



PARTS LIST

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	base	1	39	spring 1.5*13*43	1
2	main support	1	40	spring 1.2*12*42	1
3	main upright	1	41	bolt M10*30	3
4	left arm	1	42	bolt M6*30	1
5	right arm	1	43	bolt M6*45	1
6	seat frame	1	44	bolt M8*13	1
7	seat support	1	45	bolt M10*15	6
8	stopper slide	1	46	bolt M10*65	6
9	back pad frame	1	47	bolt M10*80	2
10	back pad support	1	48	bolt M10*100	2
11	bolt shaft M12*300	2	49	allen screw M8*10	2
12	spacer tube	2	50	bolt M12*75	1
13	bolt shaft M10*12*213	1	51	bolt M12*135	2
14	adapter	2	52	shoulder bolt M8*10	2
15	pin	1	53	washer 11*38*2	2
16	pedal pin	1	54	washer 11*23*2	23
17	rear base	1	55	washer 13*26*2	14
18	bolt shaft M10*12*200	1	56	allen bolt M8*45	1
19	slide tube	1	57	philip screw M4*5	1
20	brake handle	1	58	nylon locknut M6	2
21	clip spring	1	59	nylon locknut M10	10
22	air cylinder	1	60	nylon locknut M12	8
23	seat pad	1	61	pillow block bearing	2
24	back pad	1	62	brake cable	1
25	middle pad	1	63	bumper	2
26	shaft	1	64	phillip screw M6*8	4
27	plate	1	65	jam nut M20*1.5*18	1
28	plug 40*80	1	66	bushing 12.2*21.8*8	8
29	plug 50.8*76.2	3	67	allen wrench	1
30	plug 50.8	6	68	rubber guide sleeve	1
31	plug OD48	4	69	cabler holder	1
32	plug OD60	5	70	philip screw M5*5	4
33	end cap 50.8	4	71	small wheel	1
34	grip 25*153	2	72	back pad support bumper	1
35	wheel	2	73	nylon locknut M8	1
36	seat pin	1	74	small grip	1
37	knobl	1	75	rubber spacer	2
38	grip 25*285	2	76	wrench	1

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.

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 or normal wear and tear; (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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