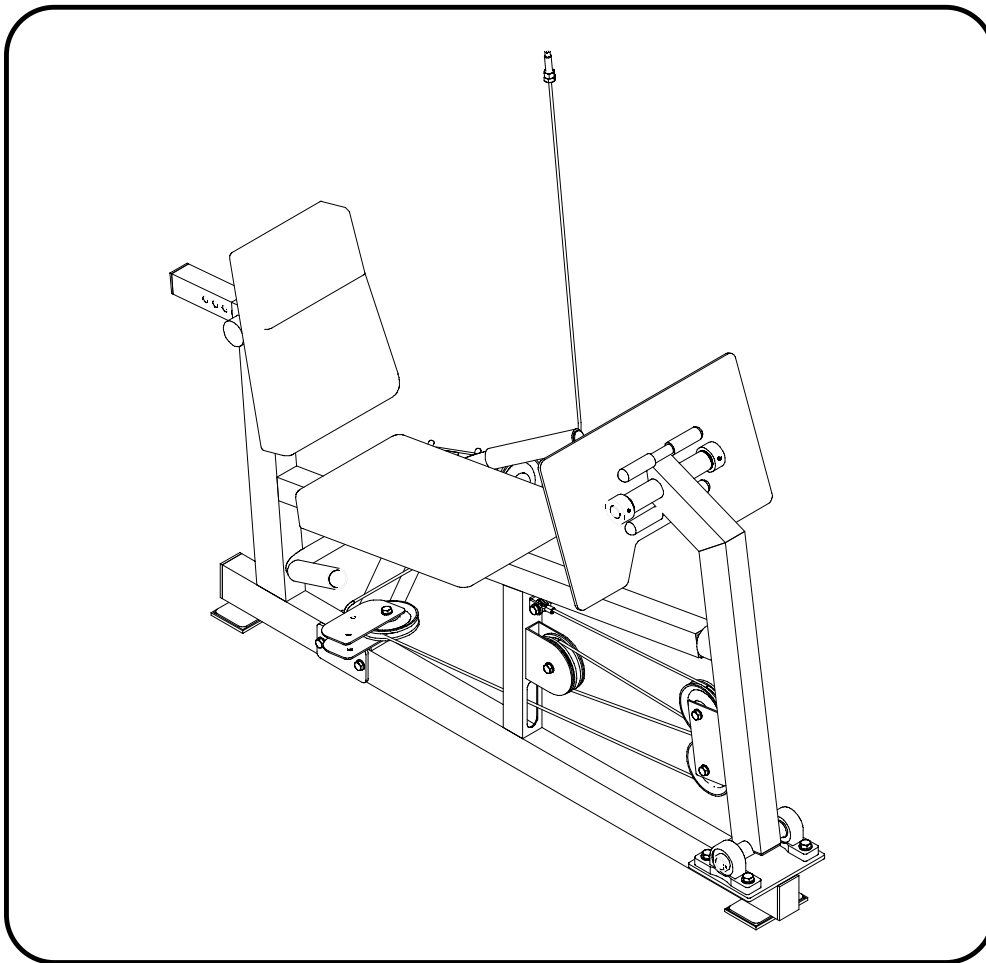


POWER SYSTEM



KPS-LP1

LEG PRESS 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-LP1

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.

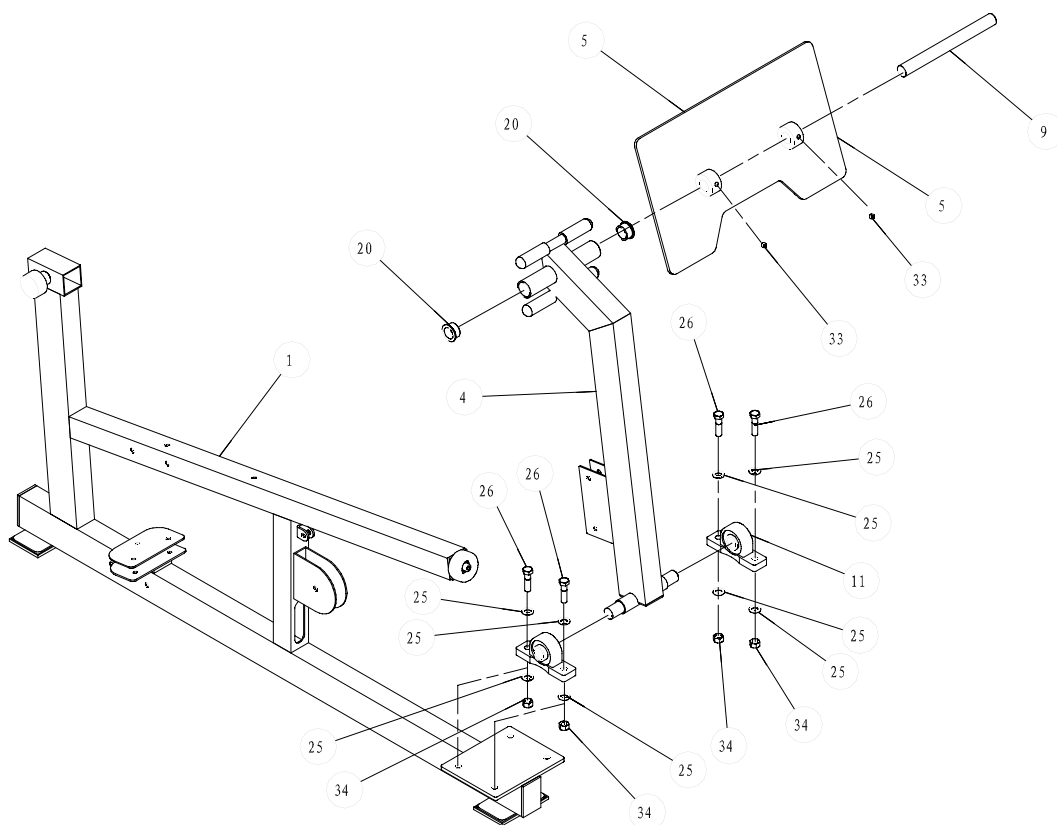
It is the owner 's responsibility to ensure that all users of this unit have read the Owner 's Manual and are familiar with safety information and precautions.

SAFETY PRECATIONS

- ï ñ 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.
- ï ñ Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- ï ñ Always examine your unit before using to ensure all parts are in working order.
- ï ñ Do not leave children unsupervised near or on the unit.
- ï ñ 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 Foot Plate Support (4) to Main Frame (1) using:

- | | | |
|---|---|---------------------------|
| 2 | x | (11) Pillow Block Bearing |
| 4 | x | (26) Bolt |
| 8 | x | (25) Washer |
| 4 | x | (34) Nylon Lock Nut |

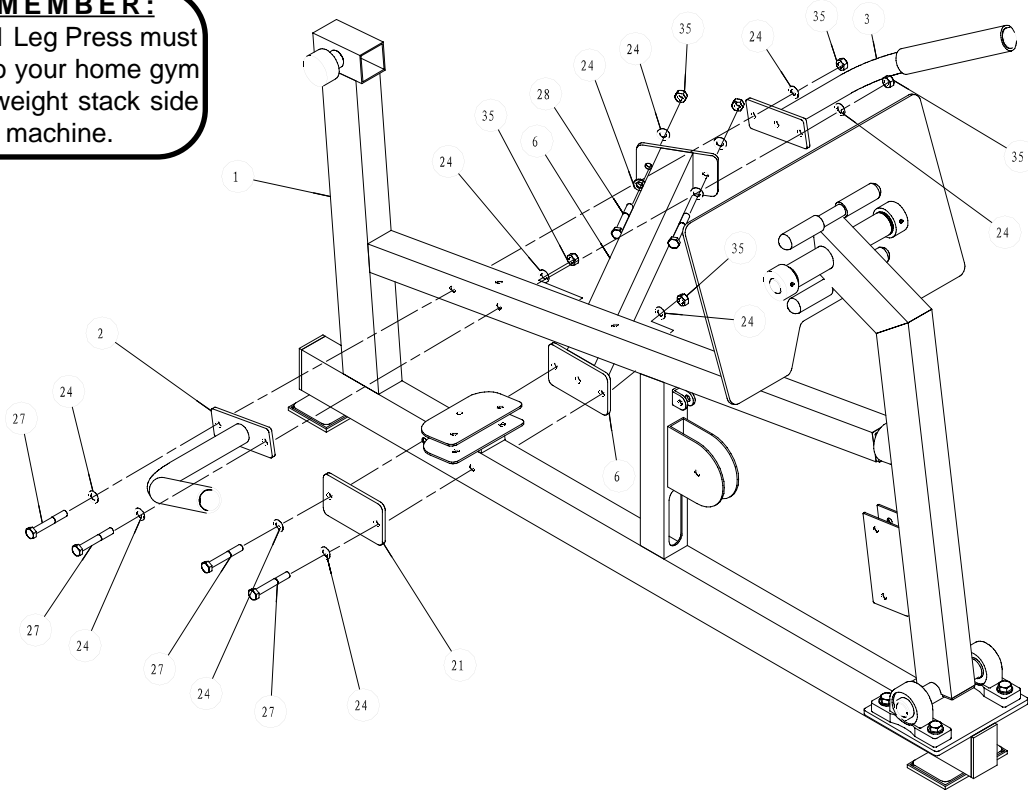
Attach Foot Plate (5) to Foot Plate Support (4) using:

- | | | |
|---|---|----------------------|
| 2 | x | (20) Bronze Bushing |
| 1 | x | (9) Foot Plate Shaft |
| 2 | x | (33) Screws |

ASSEMBLY

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

REMEMBER:
The LP1 Leg Press must attach to your home gym on the weight stack side of the machine.



STEP 2

Connect Cross Base (6) to Main Frame (1) using:

2 x (27) Bolt

4 x (24) Washer

2 x (35) Nylon Lock Nut

1 x (21) Plate

Connect Cross Base (6) to Home Gym using:

2 x (28) Bolt

2 x (35) Nylon Lock Nut

4 x (24) Washer

Attach Right and Left Handle Bars (2,3) to Main Frame (1) using:

2 x (27) Bolt

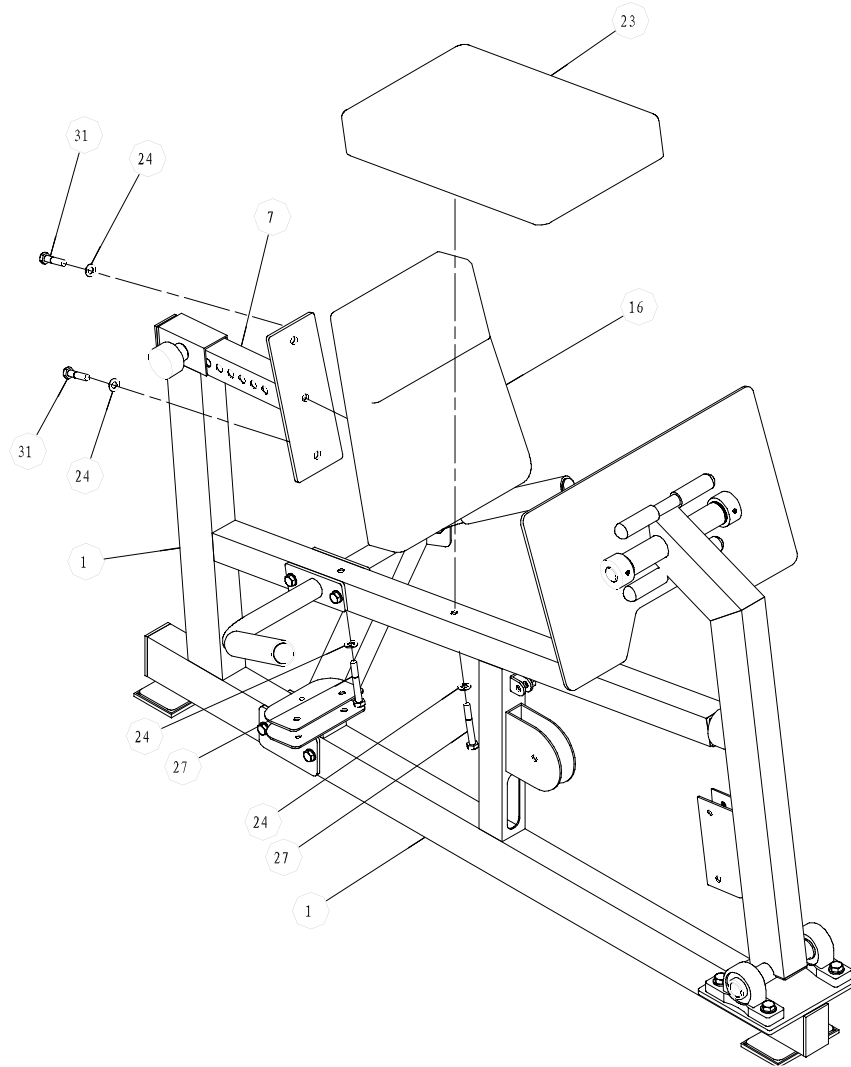
2 x (35) Nylon Lock Nut

4 x (24) Washer

3

ASSEMBLY

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



STEP 3

Insert Back Pad Support (7) into Main Frame (1).

Attach Back Pad (16) to Back Pad Support (7) using:

2 x (31) Bolt

2 x (24) Washer

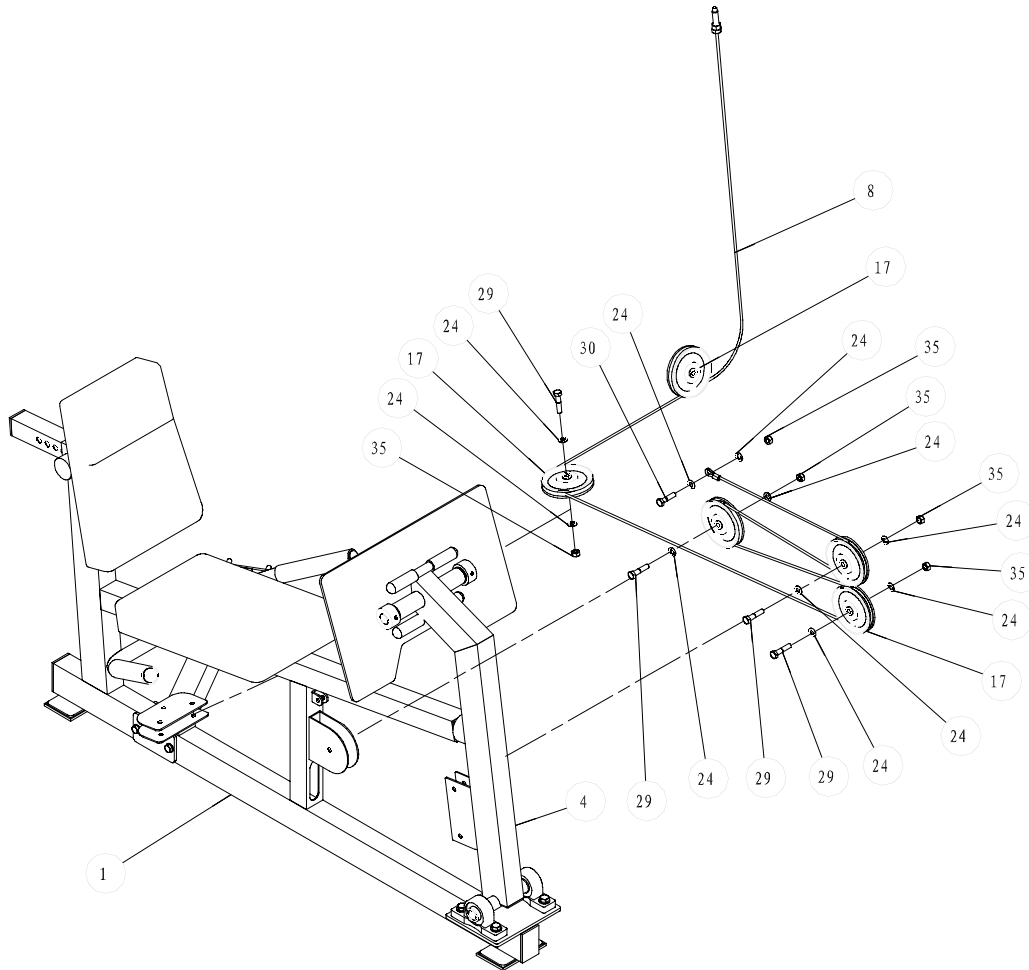
Attach Seat Pad (23) to Main Frame (1) using:

2 x (27) Bolt

2 x (24) Washer

ASSEMBLY

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



STEP 4

Connect Leg Press Cable (8) as shown above using:

5 x (17) Pulley

4 x (29) Bolt

10 x (24) Washer

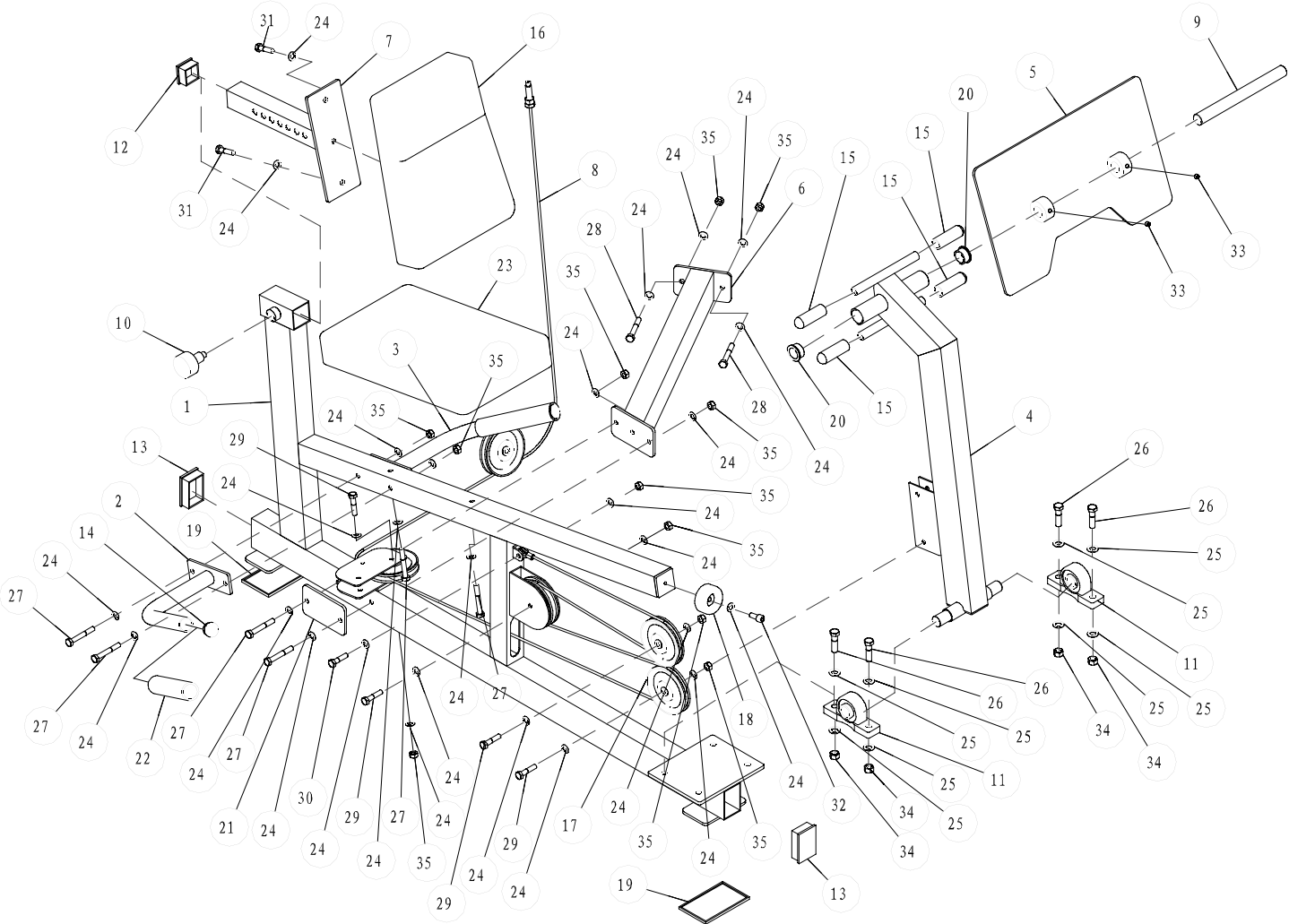
5 x (35) Nylon Lock Nut

1 x (30) Bolt

PARTS LIST

#	DESCRIPTION	QTY
1	Main Frame	1
2	Right Handle Bar	1
3	Left Handle Bar	1
4	Foot Plate Support	1
5	Foot Plate	1
6	Cross Base	1
7	Back Pad Support	1
8	Leg Press Cable	1
9	Foot Plate Shaft	1
10	Pop Pin (Lock)	1
11	Pillow Block Bearing	2
12	Plug 44.5	1
13	Plug 50.8x76.2	2
14	Plug 32	2
15	Grip	4
16	Back Pad	1
17	Pulley 4.5j±	5
18	Rubber Bumper	1
19	Base Pad	2
20	Bronze Bushing ID 25.4	2
21	Plate	1
22	Handle Grip	2
23	Seat Pad	1
24	Washer 10	27
25	Washer 12	8
26	Bolt M12x40	4
27	Bolt M10x80	4
28	Bolt M10x70	4
29	Bolt M10x45	4
30	Bolt M10x35	1
31	Bolt M10x30	2
32	Allen Bolt M10x25	1
33	Screw M10x8	2
34	Nylon Lock Nut M12	4
35	Nylon Lock Nut M10	11

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.

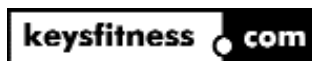
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