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### **Before You Start**





**THANK YOU** for making this unit a part of your exercise program. Keys Fitness assures the very best in value, appearance, durability and biomechanics.

**KeysFitness** 

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.

#### **KEYS FITNESS SERIES**

#### **OUESTIONS?** CALL 1-888-380-0482 Monday-Friday 8:30-5:30 Central Time

When calling please have the following product information available:

Model Name : Serial #: Manufactured Date : PO # : 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!

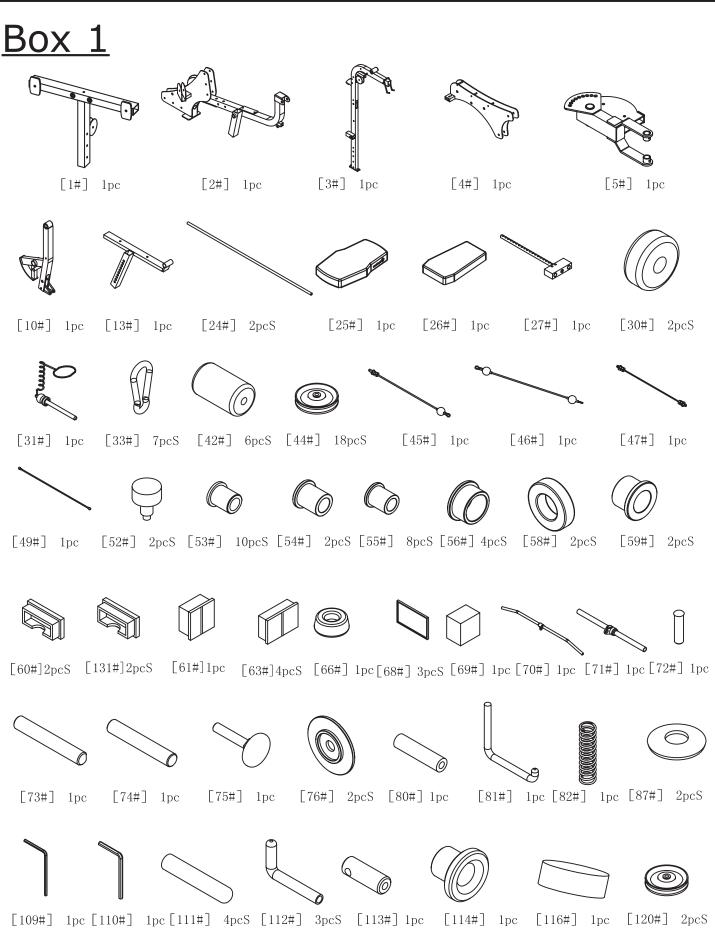
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through 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

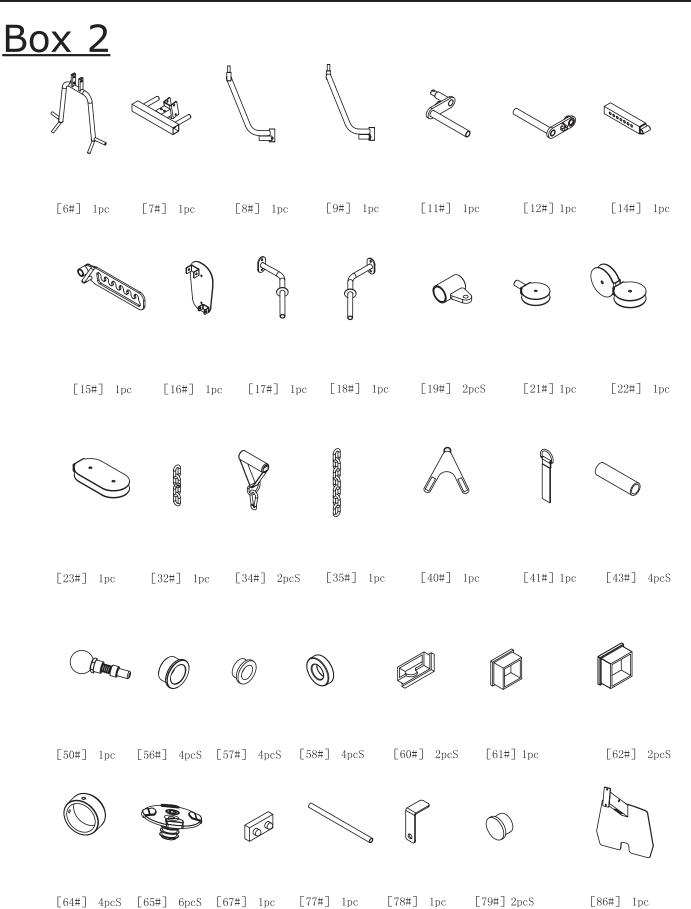
- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not 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.





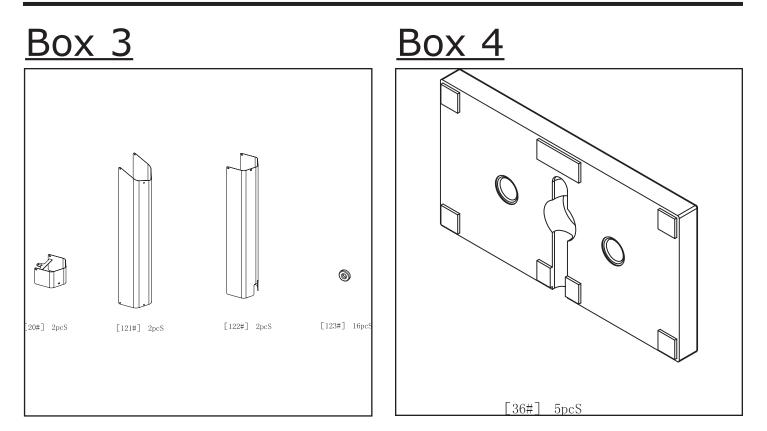
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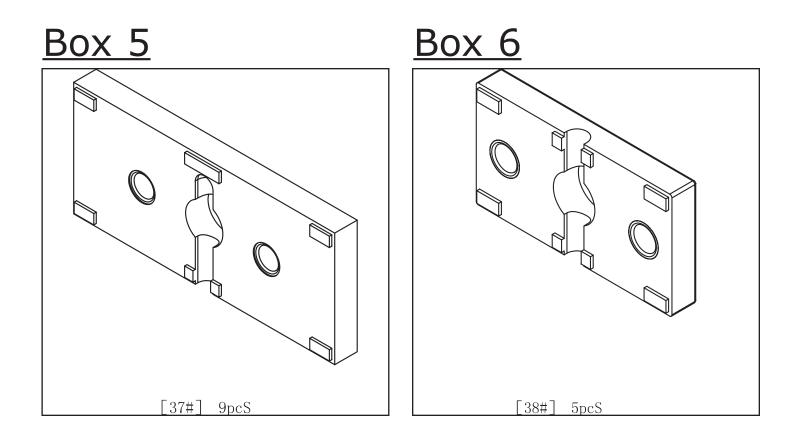




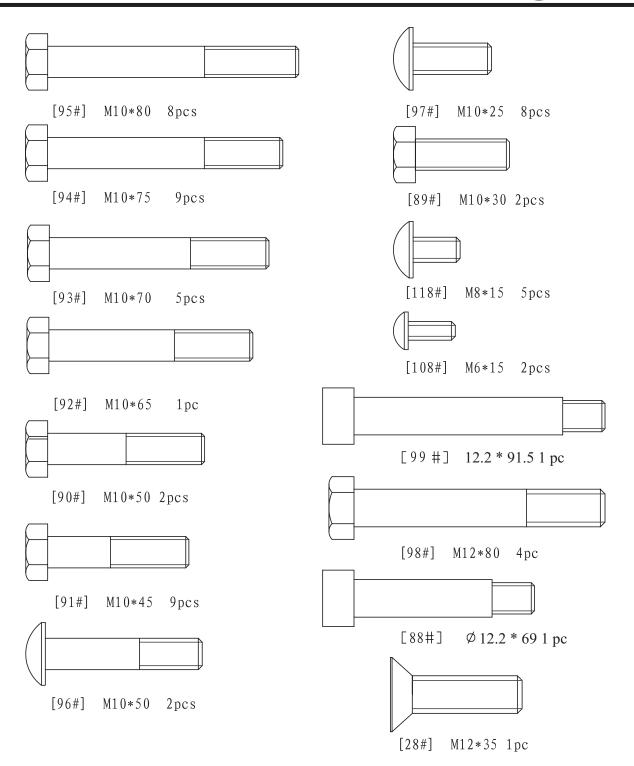
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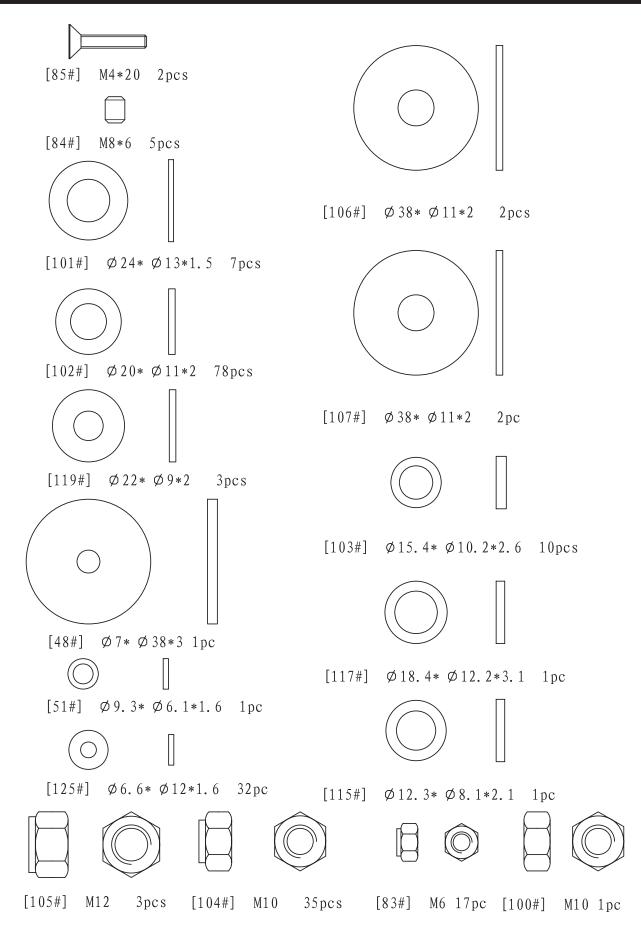




**KeysFitness** 







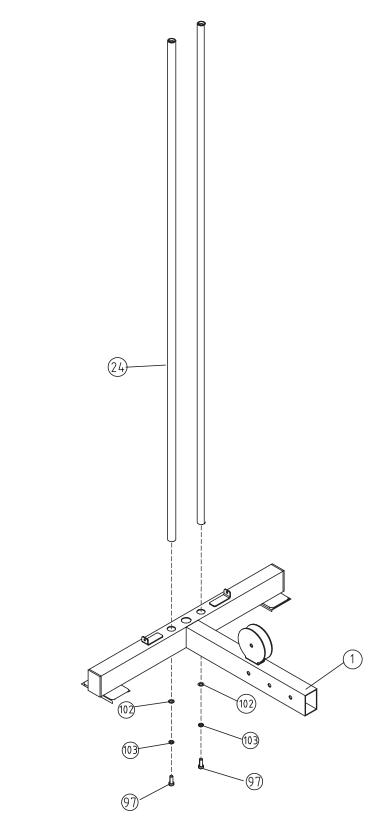
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#### STEP 1

Figure 1

Insert the two Guide Rods (24) into Rear Base (1) and secure them in place using two Washers (102), two Spring Washers (103), and two Allen Bolts (97).



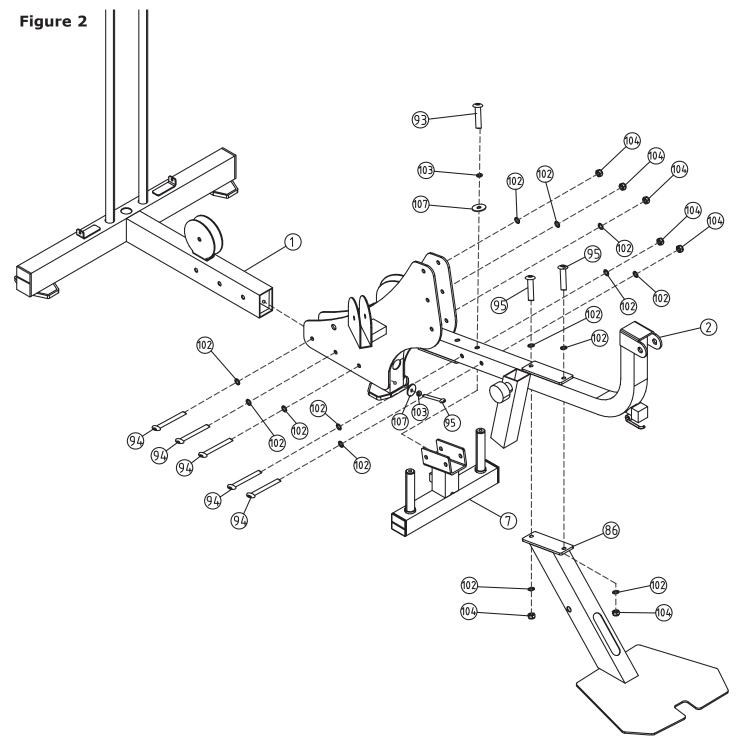


#### **STEP 2**

Attach the Seat Pad Support Receptacle (2) to Rear Base (1) and secure in place using three Nylon Locknuts (104), six Washers (102), and three Bolts (94).

Connect the Front Upright (86) to Seat Pad Support Receptacle (2) and secure together using two Nylon Locknuts (104), four Washers (102), and two Bolts (95).

Insert the Pec Dec Mount (7) onto Seat Pad Support Receptacle (2) using two Nylon Locknuts (104), four Washers (102), and two Bolts (94) on the side. Next, insert one Washer (107), one Spring Washer (103), and one Bolt (93) through the top of the Seat Pad Receptacle (2).

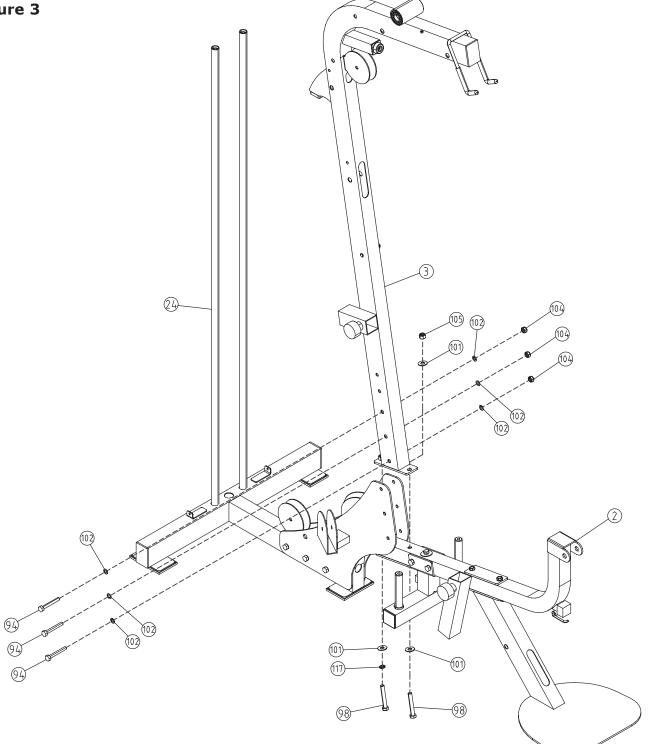




#### Step 3

Install the Main Upright (3) onto Seat Pad Support Receptacle (2). Secure it in place using three Nylon Locknuts (104), six Washers (102), and three Bolts (94) on the side. Two Bolts (98), one Spring Washer (117), three Washers (101), one Nylon Locknut (105) will secure it at the bottom.

Figure 3

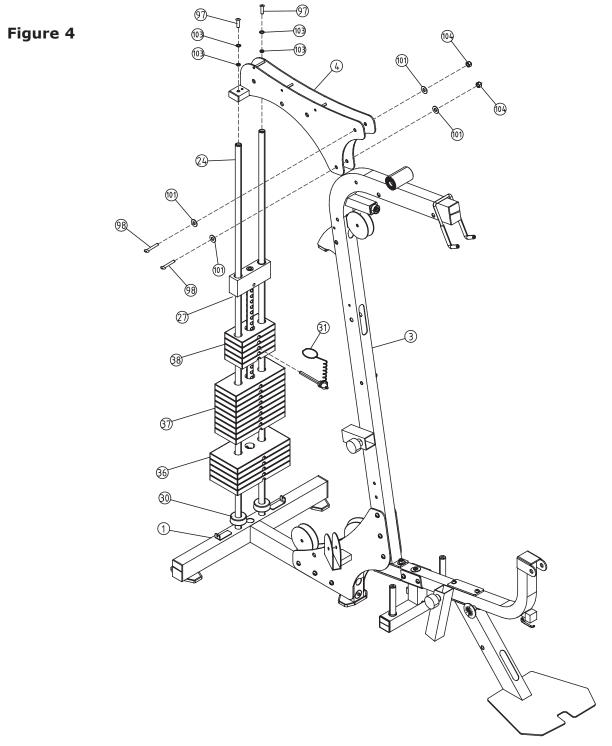




#### Step 4

Slide one Weight Stack Bumper (30) down each Guide Rod (24). Next, slide the weight plates down the Guide Rods (24) in this order - five 15lb Plates (36), nine 10lb Plates (37), five 5lb Plates (38), and the Top Plate (27).

Insert the Main Top Beam (4) onto the two Guide Rods (24) and the Main Upright (3). Secure Main Top Beam (4) to Main Upright (3) using two Nylon Locknuts (104), four Washers (101), two Bolts (98). Last, use four Spring Washers (103) and two Allen Bolts (97) to secure the Main Top Beam (4) to the two Guide Rods (24). Attach Weight Pin (31) to Weight Stack.



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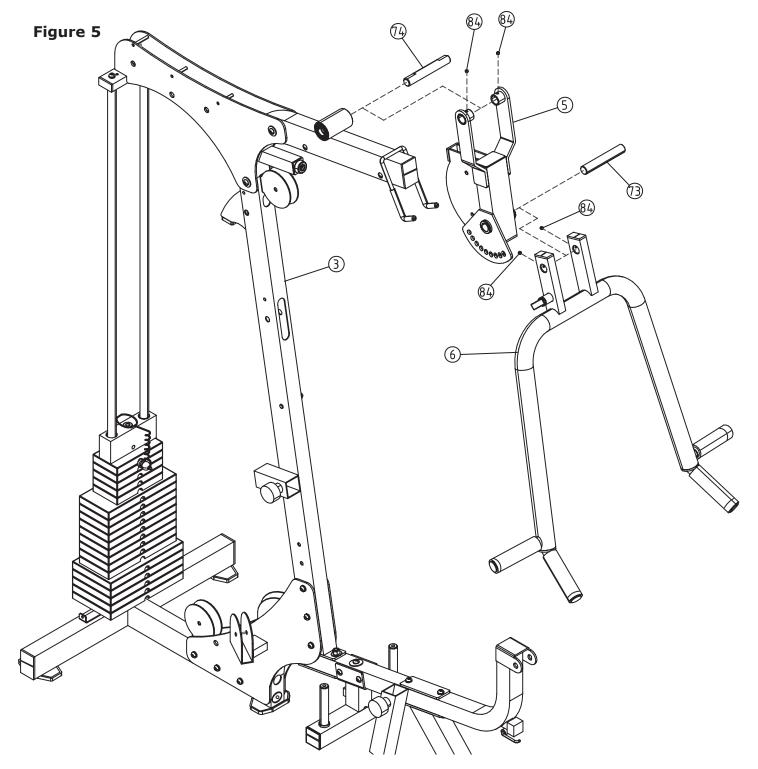
#### Step 5

Attach Press Arm Support (5) to Main Upright (3) by aligning the holes and sliding the Shaft (74) through the holes of the Press Arm Support (5).

Secure the Shaft (74) to the Press Arm Support (5) using two Set Screws (84).

Install Press Arm (6) to Press Arm Support (5) by aligning the holes and sliding the Shaft (73) through the holes of the Press Arm (6).

Secure the Shaft (73) to the Press Arm (6) using two Set Screws (84).





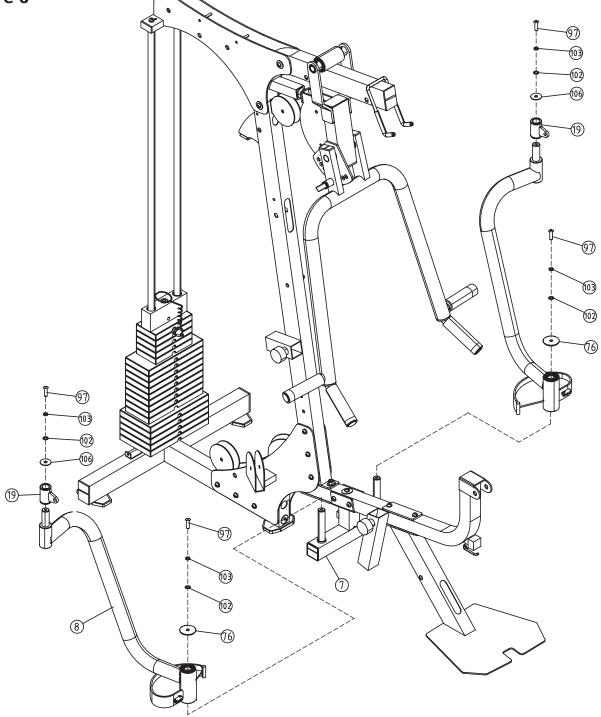
#### Step 6

Slide the Right Pec Dec Arm (8) on to the shaft of the Pec Dec Mount (7). Secure the arm in place using one Big Washer (76), one Washer (102), one Spring Washer (103), and one Allen Bolt (97).

Slide Pec Dec Handle Bar (19) onto the top of the Right Pec Dec Arm (8) and secure using one Chrome Washer (106), one Washer (102), one Spring Washer (103), and one Allen Bolt (97).

Repeat this step to complete the Left Pec Dec assembly.

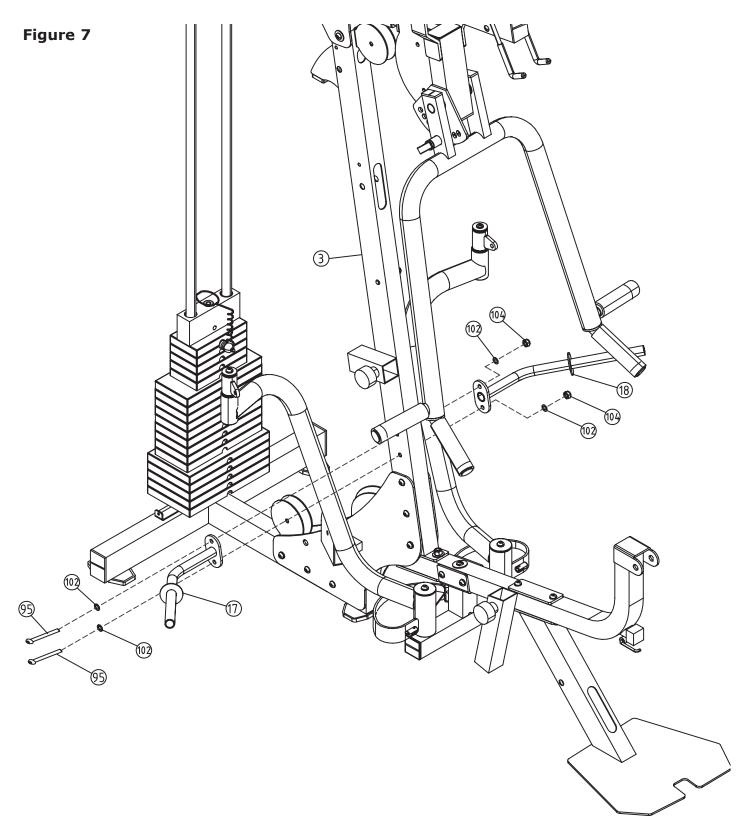
#### Figure 6





#### Step 7

Install the Right and Left Hold Leg Frames (17 & 18) to Main Upright (3) and secure using two Nylon Locknuts (104), four Washers (102), and two Bolts (95). *Make sure both Hold Leg Frames are angled upwards.* 

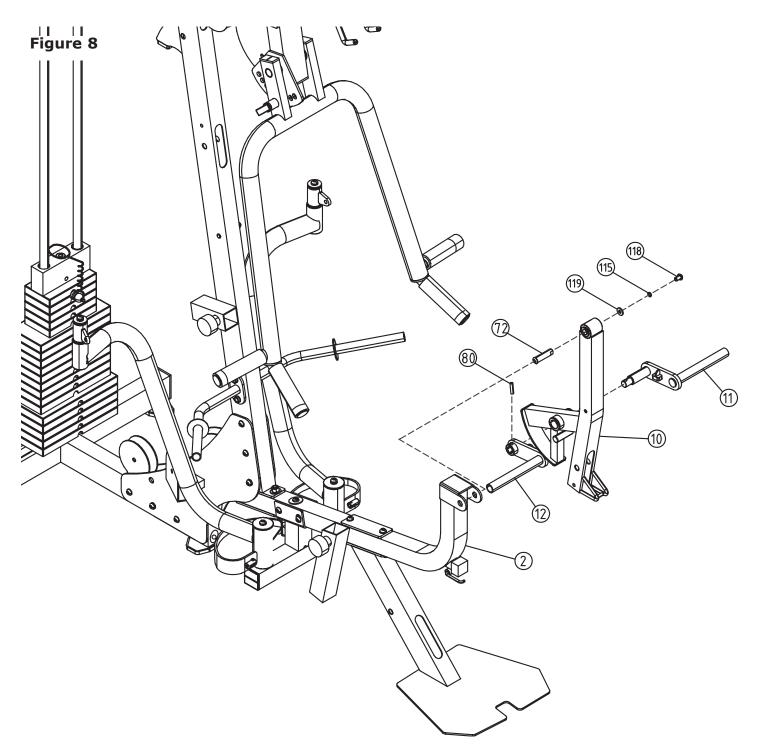




#### Step 8

Slide the Shaft (72) into the Leg Extension Lever (10). Attach Leg Extension Lever (10) to Seat Pad Support Receptacle (2) and secure using one Washer (119), one Spring Washer (115), and one Allen Bolt (118).

Slide Foam Frame w/ Shaft (11) through the Leg Extension Lever (10) and attach the Foam Frame w/o Shaft (12) to the other side. Insert the Slip Tension Pin (80) through the hole where the two foam frames meet. **Note:** You may need to use a rubber mallet to install Slip Tension Pin (80).





#### Step 9

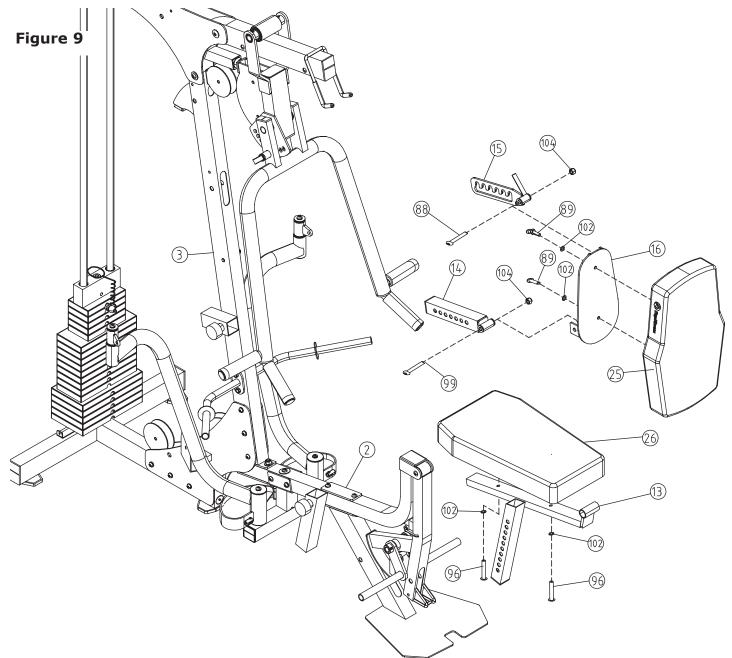
Attach the Seat Pad (26) to the Seat Pad Support (13) using two Washers (102) and two Allen Bolts (96). Slide the Seat Support assembly (13) into the Seat Pad Support Receptacle (2) and secure by tightening attached Locking Knob.

Install the Telescope (14) to the bottom of the Back Pad Support (16) and secure in place using one Nylon Locknut (104) and one Bolt (99).

Install the Tilting (15) to the top of the Back Pad Support (16) and secure in place using one Nylon Locknut (104) and one Bolt (88).

Attach the Back Pad (25) to Back Pad Support (16) using two Washers (102) and two Bolts (89).

Last, slide the Back Pad Support assembly into the receptacle on the Main Upright (3) and secure by tightening the Locking Pop Pin (52).



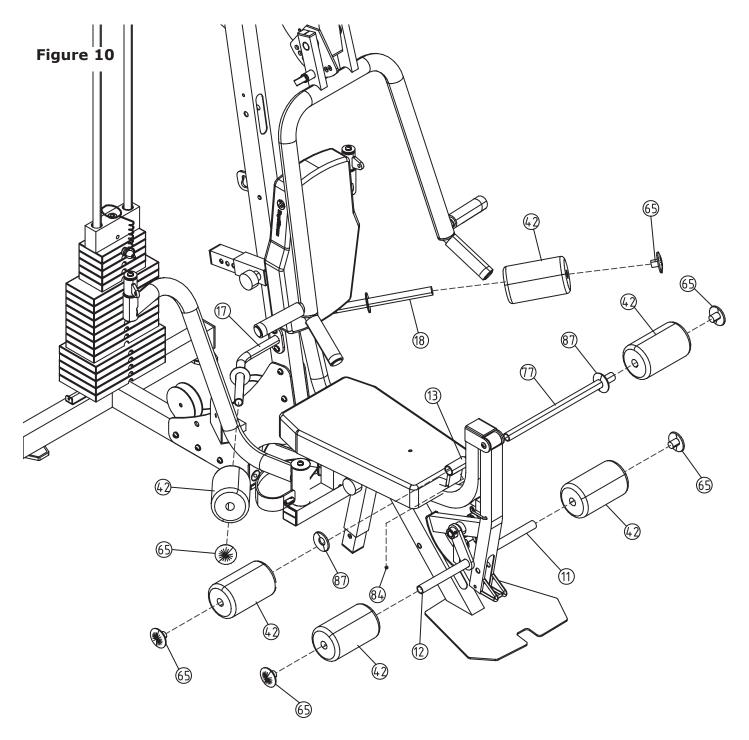


#### Step 10

Slide two Upholstered Roller Pads (42) onto Foam Frames (11 & 12) and secure using two Big Plugs (65).

Slide the Long Foam Tube (77) through the hole in Seat Pad Support (13). Slide two Plastic Washers (87) onto each end of Long Foam Tube (77). Next, slide two Upholstered Roller Pads (42) onto each side of Long Foam Tube (77) and secure using two Big Plugs (65).

Slide two Upholstered Roller Pads (42) onto the Leg Hold Frames (17 & 18) and secure using two Big Plugs (65).





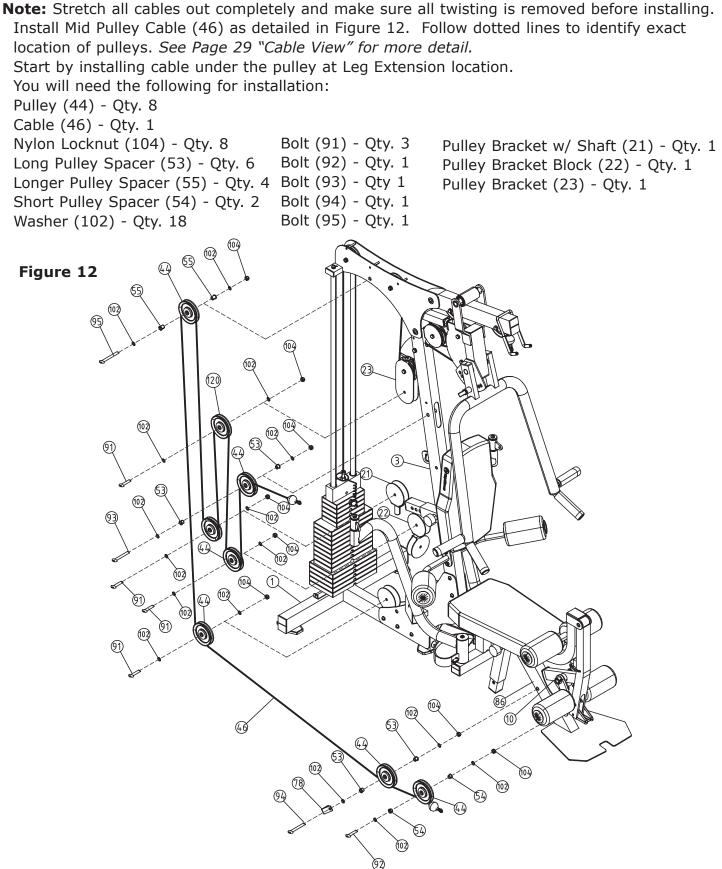
#### Step 11

Install Chest Press Cable (45) as detailed in Figure 11. Follow dotted lines to identify exact location of pulleys. See Page 29 "Cable View" for more detail. Start by threading cable end into Top Plate (27). You will need the following for installation: Pulley (44) - Qty. 8 Bolt (90) - Qty. 2 Small Pulley (120) - Qty. 1 Cable (45) - Qty. 1 Bolt (91) - Qty. 2 Nylon Locknut (104) - Qty. 9 Bolt (93) - Qty 3 Long Pulley Spacer (53) - Qty. 6 Bolt (95) - Qty. 2 Longer Pulley Spacer (55) - Qty. 4 Washer (102) - Qty. 18 Adjustable Stopper (75) - Qty. 1 Hex Nut (100) - Qty. 1 (104) (102) Figure 11 65 44 (102) (55) (104) (102) (102) 65 53) 65) (102 0 95 (102) 104) ¢3 (102) 44 (5) ¢ 100 15 Q7) (102 (internet in the second 63 (102) Ò

**Note:** Stretch all cables out completely and make sure all twisting is removed before installing.



#### Step 12





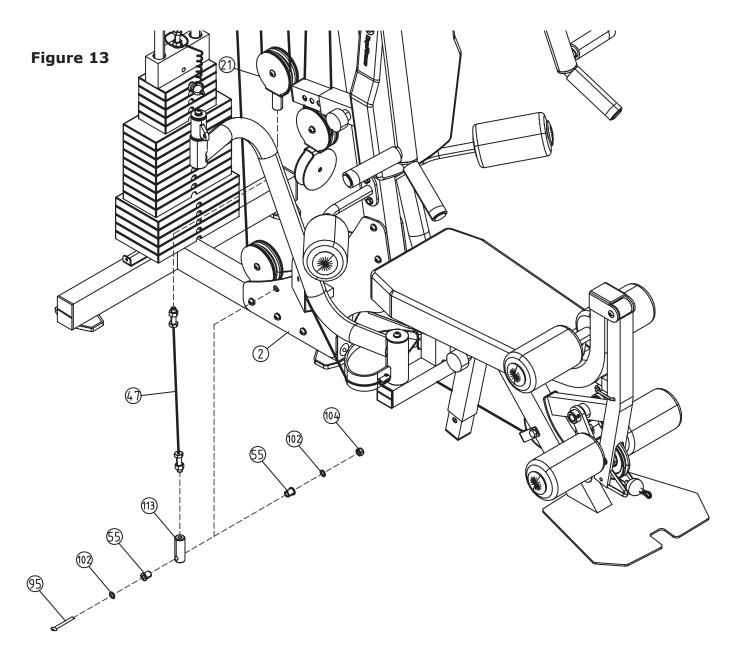
#### Step 13

Note: This step is only used if you **do not** have the Leg Press 2 attachment. Use the Cable Adapter (113) in place of the pulley.

**Note:** Stretch all cables out completely and make sure all twisting is removed before installing. Install Leg Press Cable Substitute (47) as detailed in Figure 13. Follow dotted lines to identify exact location of pulleys.

You will need the following for installation:

Cable Adapter (113) - Qty. 1 Longer Pulley Spacer (55) - Qty. 2 Cable (47) - Qty. 1 Bolt (95) - Qty. 1 Washers (102) - Qty. 2 Nylon Locknut (104) - Qty. 1



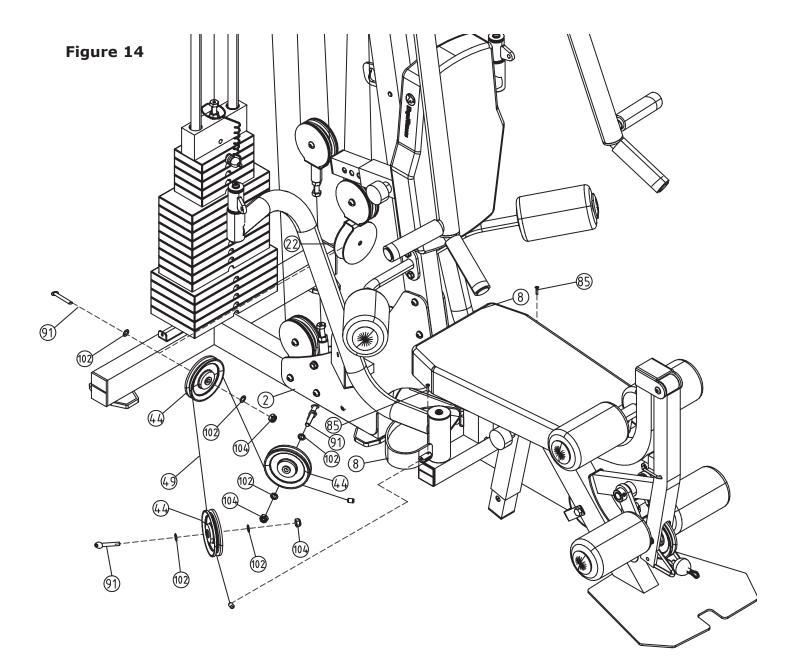


#### Step 14

**Note:** Stretch all cables out completely and make sure all twisting is removed before installing. Install Pec Dec Cable (49) as detailed in Figure 14. Follow dotted lines to identify exact location of pulleys. *See Page 29 "Cable View" for more detail.* 

You will need the following for installation:

```
Cable (49) - Qty. 1
Pulley (44) - Qty. 3
Pulley Bracket Block (22) - Qty. 1
Bolt (91) - Qty. 3
Washers (102) - Qty. 6
Nylon Locknut (104) - Qty. 3
Phillips Screw (85) - Qty. 2
```

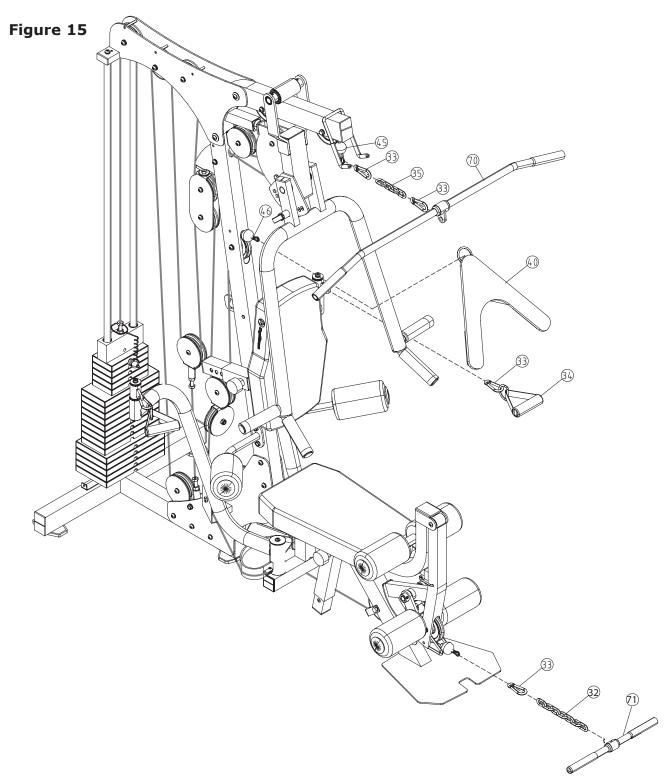




#### Step 15

Connect Long Lat Bar (70) to the Chest Press Cable (45) using two Gear Hooks (33) and Short Chain (35).

Connect Ab Strap (40) or Lat Strap (34) to Mid Pulley Cable (46) using one Gear Hook (33). Connect Short Lat Bar (71) to Mid Pulley Cable (46) using two Gear Hooks (33) and Long Chain (32).



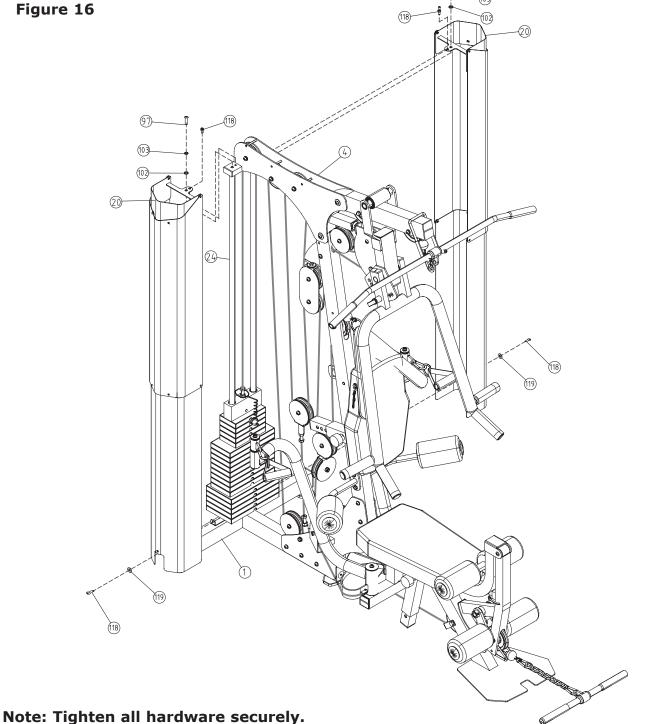


#### Step 16

Install Weight Shrouds (20) to each side of the Main Top Beam (4) using two Washers (102), two Spring Washers (103), and Allen Bolts (97 & 118).

Secure the bottom portion of the Weight Shrouds (20) to the Rear Frame (1) using two Washers (119) and two Allen Bolts (118).

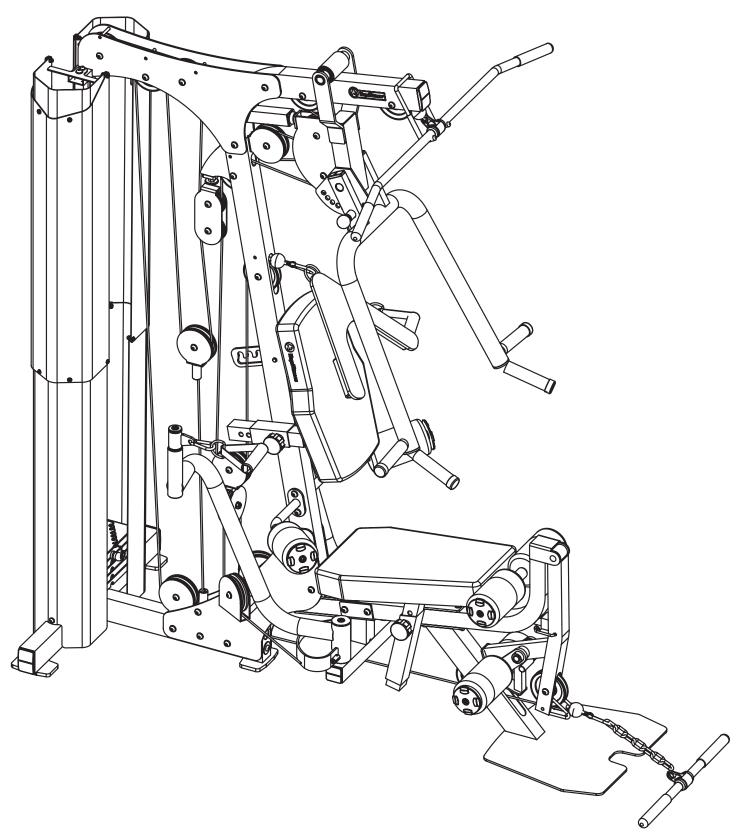
Figure 16



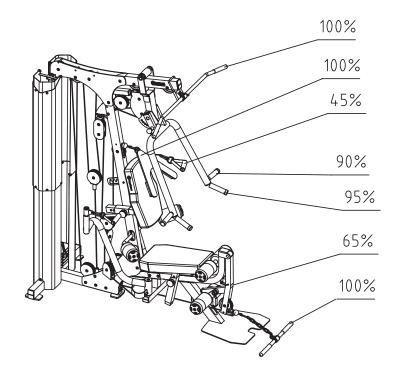


## Congratulations!

You have completed the assembly of your new KF-1860.







	100%	95%	90%	65%	45%
1	10	9.5	9	6.5	4.5
2	15	14	13.5	10	7
3	20	19	18	13	9
4	25	24	23	16	11
5	30	29	27	20	14
6	35	33	32	23	16
7	45	43	41	29	20
8	55	52	50	36	25
9	65	62	59	42	29
10	75	71	68	49	34
11	85	81	77	55	38
12	95	90	86	62	43
13	105	100	95	68	47
14	115	110	104	75	52
15	125	119	113	81	56
16	140	133	126	91	63
17	155	147	140	101	70
18	170	162	153	111	76
19	185	176	167	120	83
20	200	190	180	130	90

KF1860

#### Based On 200 LB Weight Stack



Your new unit can be purchased with either a 200 LB or 250 LB weight stack. Depending on which weight stack you have purchased will determine which weight stack sticker numbers will be used.

The weight stack images below show which weight stack sticker numbers are to be used on your weight stack. Please note that these stickers should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

	10	
	15	
	20	
	25	
	30	
	35	
	45	
	55	
	65	
	75	
	85	
	95	
	105	
	115	
	125	
	140	
	155	
	170	
	185	
	200	

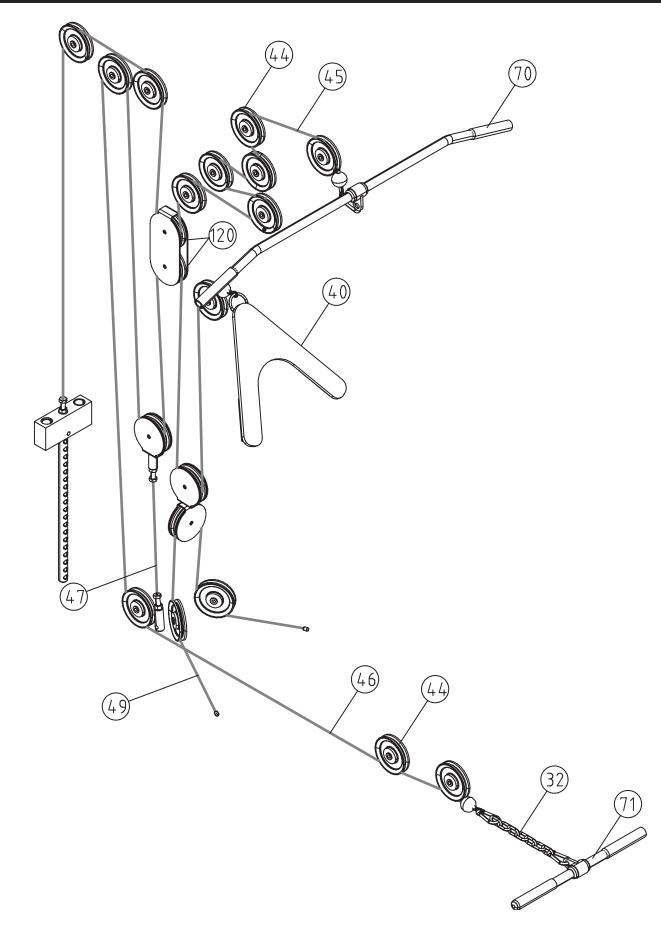
#### 200 LB Stack

#### 250 LB Stack

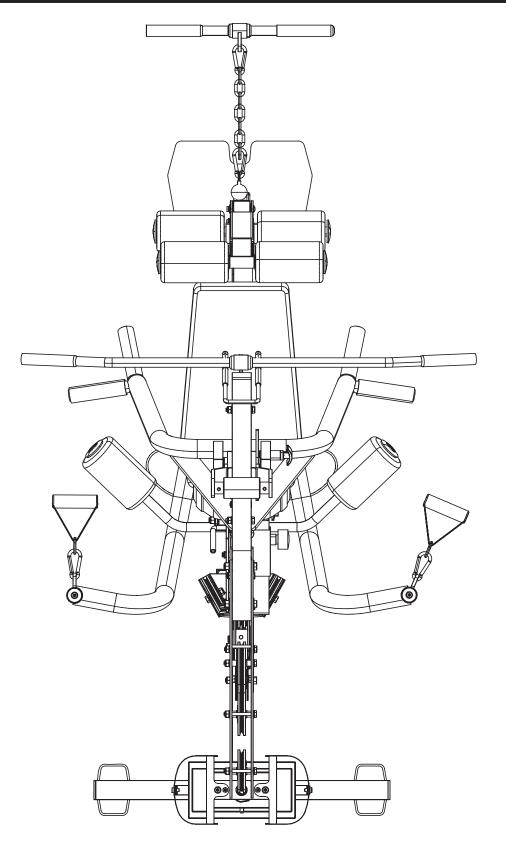
10
20
30
40
50
60
70
80
90
100
115
130
145
160
175
190
205
220
235
250

# **Cable View**



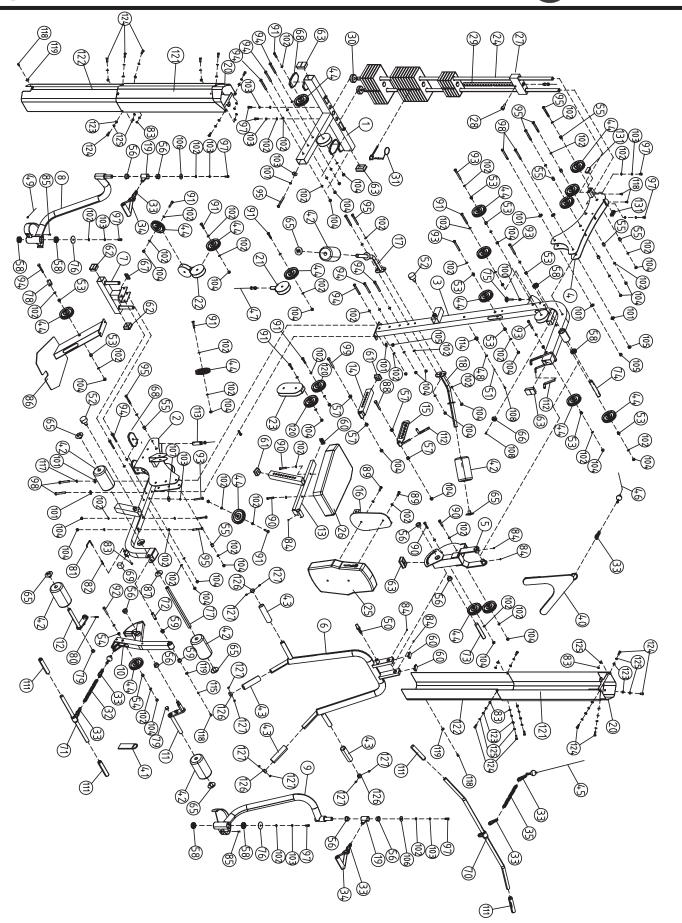






 $L73.8'' \times W47.4'' \times H83.5''$ 

### **Exploded View**



**KeysFitness** 

### **Parts List**



#### KF-1860 Parts List Rev A

		KF-18	360 Part	s List	Rev A		
Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	223-00949	FRAME, REAR KF-1860	1	67	206-00143	PEC DEC STOP BUMPER KPS-2050	1
2	223-00950	RECEPTACLE, SEAT PAD SUPPORT KF-1860	1	68	206-00061	BASE PAD KPS	3
3	223-00951	UPRIGHT, MAIN KF-1860	1	69	206-00099	END CAP BUMPER - KPS	1
4	223-00952	BEAM, MAIN TOP KF-1860	1	70	223-00092	LAT BAR KPS-GYM, 223-00574	1
5	223-00034	PRESS ARM SUPPORT KPS-1550/KF-1860	1	71	219-00136	SHORT BAR KPS-2000	1
6	223-00953	PRESS ARM, KF-1860	1	72	230-00017	SHAFT LEG EXT. KPS-1850/1550	1
7	223-00241	PEC DEC MOUNT	1	73	230-00018	SHAFT FOR CHEST PRESS ADJ. KPS-1850	1
8	223-00954	PEC DEC ARM, RIGHT KF-1860	1	74	230-00019	SHAFT CHEST PRESS KPS-1850	1
9	223-00955	PEC DEC ARM, LEFT KF-1860	1	75	210-00097	ADJUSTABLE STOPPER, KPS	1
10	223-00244	LEG EXTENSION LEVER KPS-1850	1	76	202-00145	BIG WASHER, 56.5*10.5*5	2
11	219-00265	FOAM FRAME W/SHAFT KPS-1850/1550	1	77	230-00008	LONG FOAM TUBE	1
12	219-00266	FOAM FRAME W/O SHAFT KPS-1850/1550	1	78	219-00281	CABLE RETAINER KPS-1850/2050	1
13	223-00245	SEAT PAD SUPPORT KPS-1850	1	79	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	2
14	219-00267	TELESCOPE FOR BACK PAD KPS-1850	1	80		SLIP TENSION PIN	1
15	219-00268	TILTING FOR BACK PAD KPS-1850	1	81	202-00147	U PIN	1
16	219-00269	BACK PAD SUPPORT KPS-1850	1	82	202-00144	SMALL SPRING	1
17	219-00270	RIGHT LEG HOLD LEG FRAME KPS-1850/2050	1	83	202-00142	NUT, M6	17
18	219-00271	LEFT LEG HOLD LEG FRAME KPS-1850/2050	1	84	202-00143	SCREW, M8*6	5
19		PEC DEC HANDLE BAR KPS-1850/1550	2	85	202-00122	PHILLIP SCREW, M4*20	2
20		WEIGHT SHROUD, TOP KF-1860	2	86	223-00956	UPRIGHT, FRONT KF-1860	1
21		PULLEY BRACKET W/SHAFT KPS-1850	1	87		PLASTIC WASHER KPS-2050/1850	2
22	219-00274	PULLEY BRACKET BLOCK KPS-1850	1	88		SHORT SHOULDER BOLT, 12.2X69	1
23	219-00275	PULLEY BRACKET KPS-1850	1	89		SCREW, M10X30 BUTTON HEAD SOCKET CAP	2
24	223-00247	GUIDE ROD KPS-1850	2	90		SCREW, BUTTON HEAD SOCKET CAP M10X50	4
25		BACK PAD, KF-1860	1	91		SCREW, BUTTON HEAD SOCKET CAP M10X45	9
26	228-00219	SEAT PAD, KF-1860	1	92		SCREW, BUTTON HEAD SOCKET CAP M10X65	1
27		TOP PLATE KPS-GYM	1	93		SCREW, M10X70 BUTTON HEAD SOCKET CAP	5
28	202-00121	SCREW, M12*35	1	94	202-00655	SCREW, BUTTON HEAD SOCKET CAP M12X75	9
29		SELECTOR ROD KPS-GYMS	1	95		SCREW, M10X80 BUTTON HEAD SOCKET CAP	9
30		WEIGHT BUMPER KPS	2	97		SCREW, M8X25 BUTTON HEAD SOCKET CAP	8
31		WEIGHT PIN	1	98		SCREW, M12X80 BUTTON HEAD SOCKET CAP	4
32		LONG CHAIN 12	1	99		LONG SHOULDER BOLT, 12.2X91.5	1
33		GEAR HOOK, KPS	7	100		REGULAR HEX NUT 10	1
34		HAND STRAP KPS GYM	2			WASHER, 13*24*1.5	7
35	229-00037		1			WASHER, 11*20*2	78
39		WEIGHT STACK STICKERS INRAY	1	103		SPRING WASHER, M10	10
40		ABDOMINAL STRAP KPS GYM	1			NYLON NUT, M10	35
41		ANKLE STRAP KPS GYM	1	105		NYLON NUT, M12	3
42		FOAM PADDING, 100X22X180 KF SERIES	6	106		WASHER, CHROME 38X11X2	2
43		LAT BAR GRIP - KPS	4	107		WASHER, BIG 11*38*2	2 2
44	223-00228	BIG PULLEY 4.5"	18 1	108 109		PHILLIP SCREW, M6*15 HEX KEY 6	2
45 46	229-00047 229-00048	CHEST PRESS CABLE KPS-1850 P45 MID PULLEY CABLE KPS-1850 P46	1		202-00132		1
47 48		LEG PRESS CABLE SUBSTITUTE KPS-2050/1850 BIG WASHER, 7X38X3	1 1	111	206-00135	RUBBER STOPPER	4 3
40		PEC DEC CABLE KPS-2050/1850	1			CABLE ADAPTOR	1
49 50		POP PIN, KPS	1			NYLON COVER	1
50		SPRING WASHER, 6	1			SPRING WASHER 8	1
52		POP PIN (LOCKING)	2			LUBRICANT	1
53		LONG PULLEY SPACER - KPS GYMS	10			SPRING WASHER, 12	1
54		SHORT PULLEY SPACER - KPS	2			ALLEN BOLT M8*15	5
55		LONG PULLEY SPACER	8			WASHER, 9*22*2	3
56		BRONZE ID 25.4	8			SMALL PULLEY, KPS-CC/CG/LATA/SCC	2
57		BRONZE BUSHING, ID 12.2	8 4			WEIGHT SHROUD, MIDDLE KF-1860	2
58		BEARING ID 25	6			WEIGHT SHROUD, BOTTOM KF-1860	2
59		BRONZE BUSHING, ID16	2			SMALL SPACER, KF-1860	16
60		SQUARE PLUG 50*25	3			SCREW, BUTTON HD SOC CAP M6X18	16
61	206-00139	-	2			WASHER, 6.6X12X1.6	32
62		SQUARE PLUG 50.8	2			CAP, ALUMINUM 32	4
63		PLUG, 76.2*50.8	4	120		SCREW, 10-32X3.2	8
64		PLUG 32 - KPS	4	131		SQUARE PLUG 50*25	2
65		BIG PLUG 25.4 KPS-2050/1850/1550	6	#		BOLT PACK, KF-1860 (1)	1
66		NYLON STOPPER	1	#		BOLT PACK, KF-1860 (2)	1
00			-	æ	202 00000	1000 (2)	-

#### **Warranty Information**



#### 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 proofof-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) 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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Keys Fitness Products, L.P. 4009 Distribution Drive, Suite 250 Garland, Texas 75041 Customer Service: 1-888-380-0482