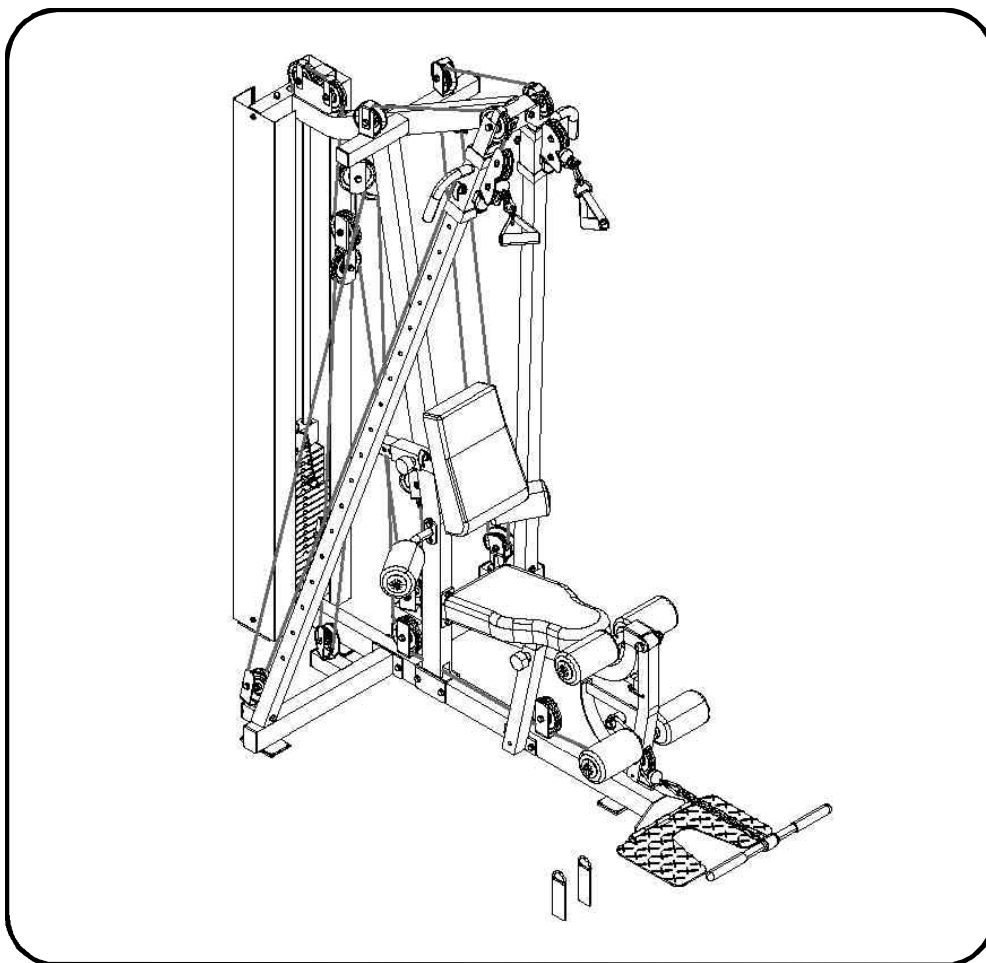


POWER SYSTEM



KPS-CG

CABLE GYM



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-CG

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!

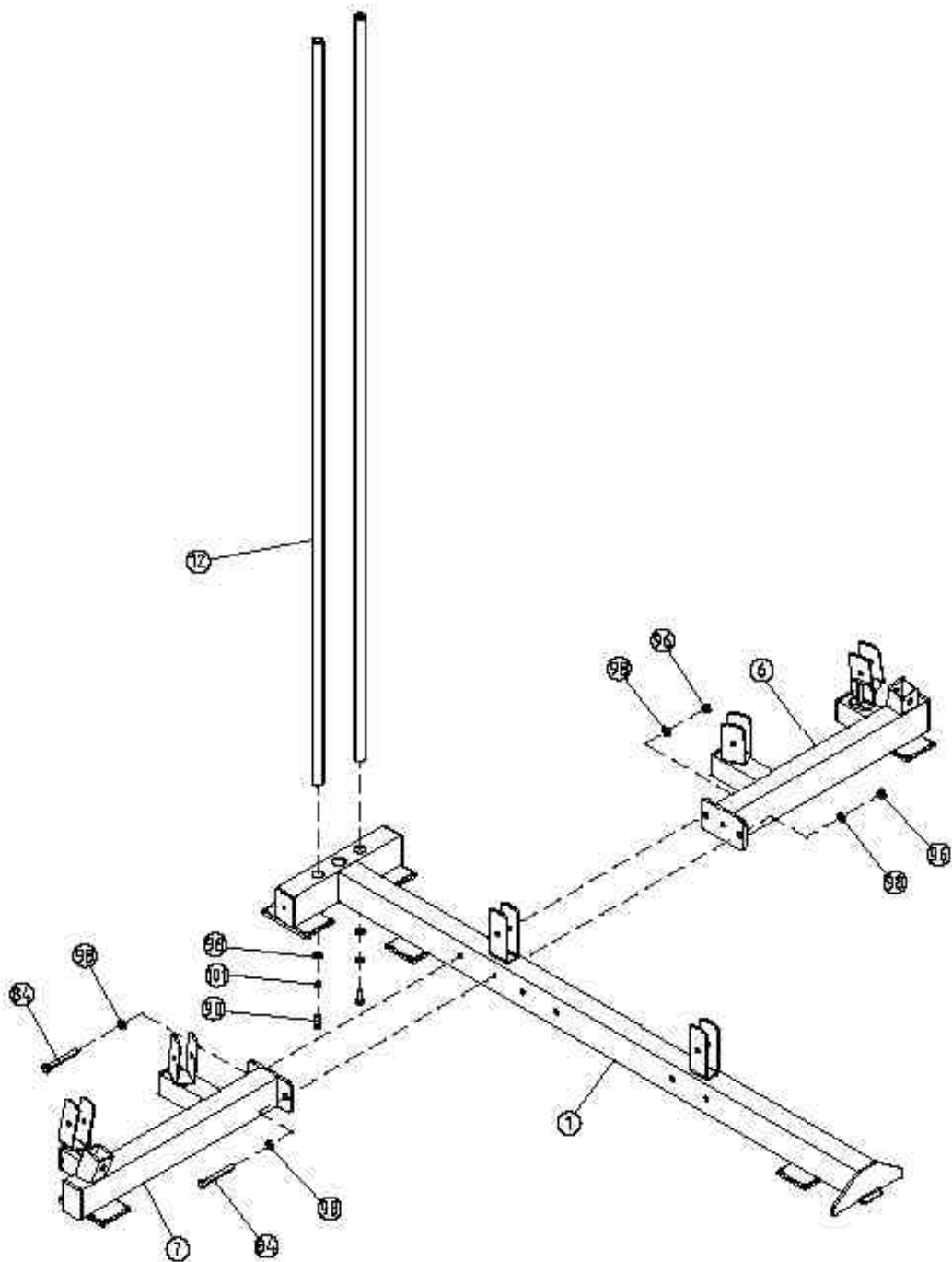
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through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



STEP 1

Slide weight guide rods into main base and secure with:

2 x (90) Allen Bolt 2 x (101) Spring Washer 2 x (98) Washer

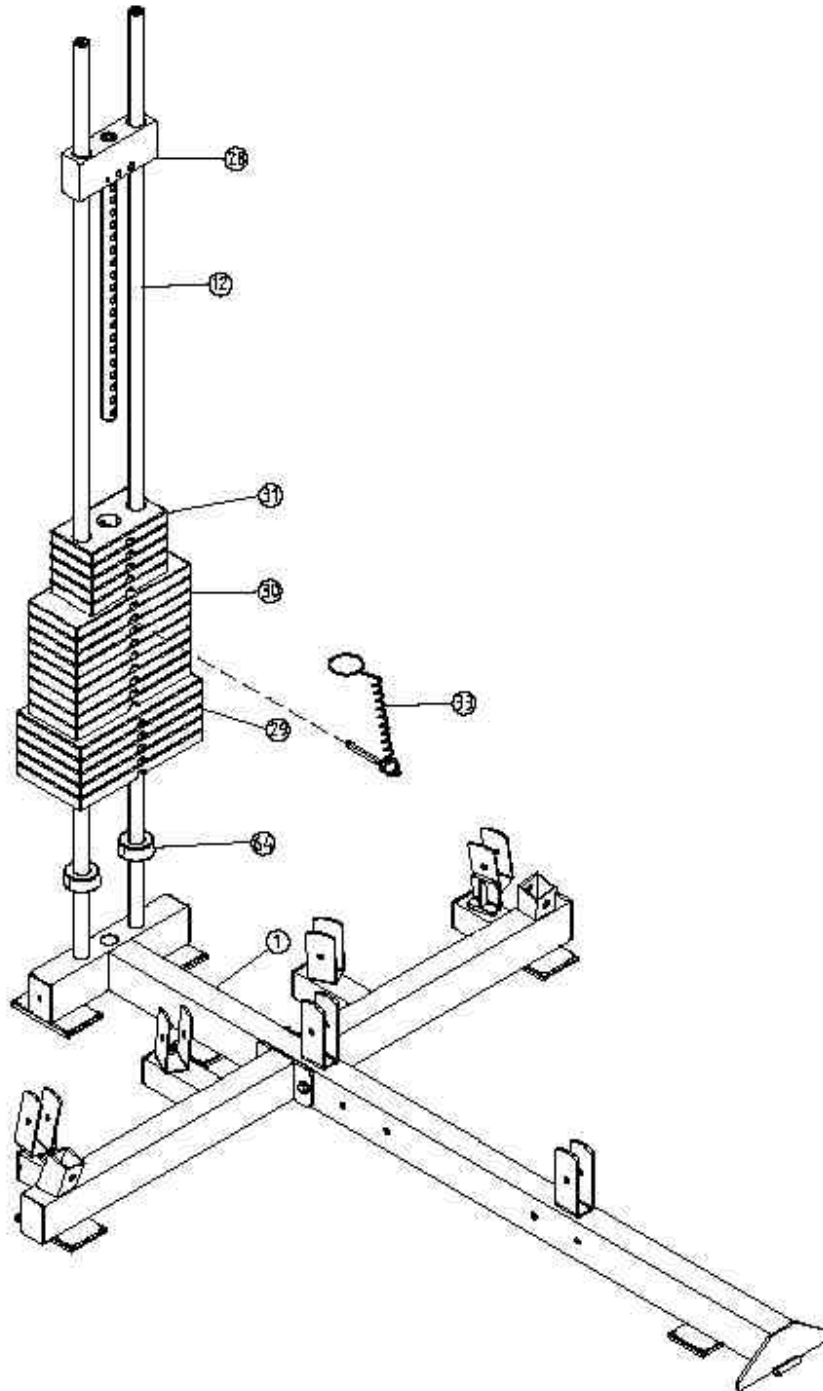
Tighten allen bolts in guide rods before proceeding.

Attach left and right side base (6,7) to main base (1) using:

2 x (84) Bolt 4 x (98) Washer 2 x (96) Nylon Locknut

ASSEMBLY

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



STEP 2

Slide the following down onto the guide rods:

2 x (64) Weight Bumper

9 x (30) 10 lb plate

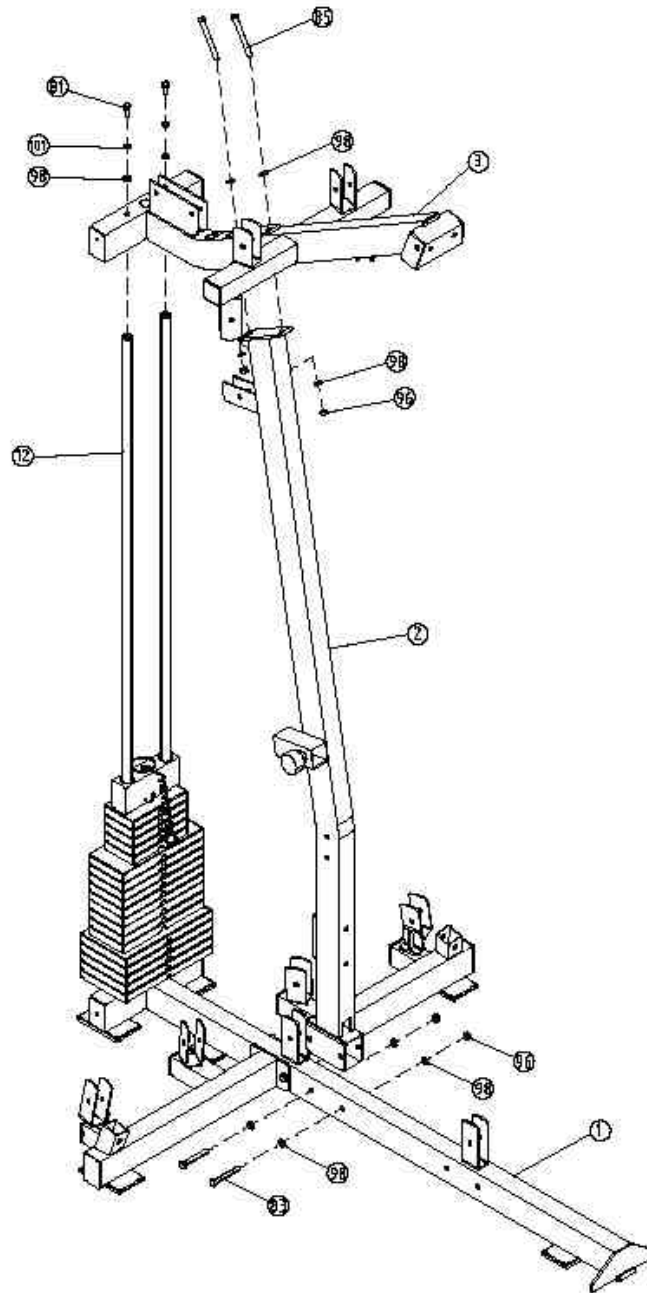
1 x (28) Top Plate

5 x (29) 15 lb plate

5 x (31) 5 lb plate

ASSEMBLY

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



STEP 3

Attach the upright to the main base using:

2 x (83) Bolt

4 x (98) Washer

2 x (96) Nylon Locknut

Slide top frame onto upright and weight guide rods and secure using:

2 x (81) Bolt

2 x (101) Spring Washer

2 x (98) Washer

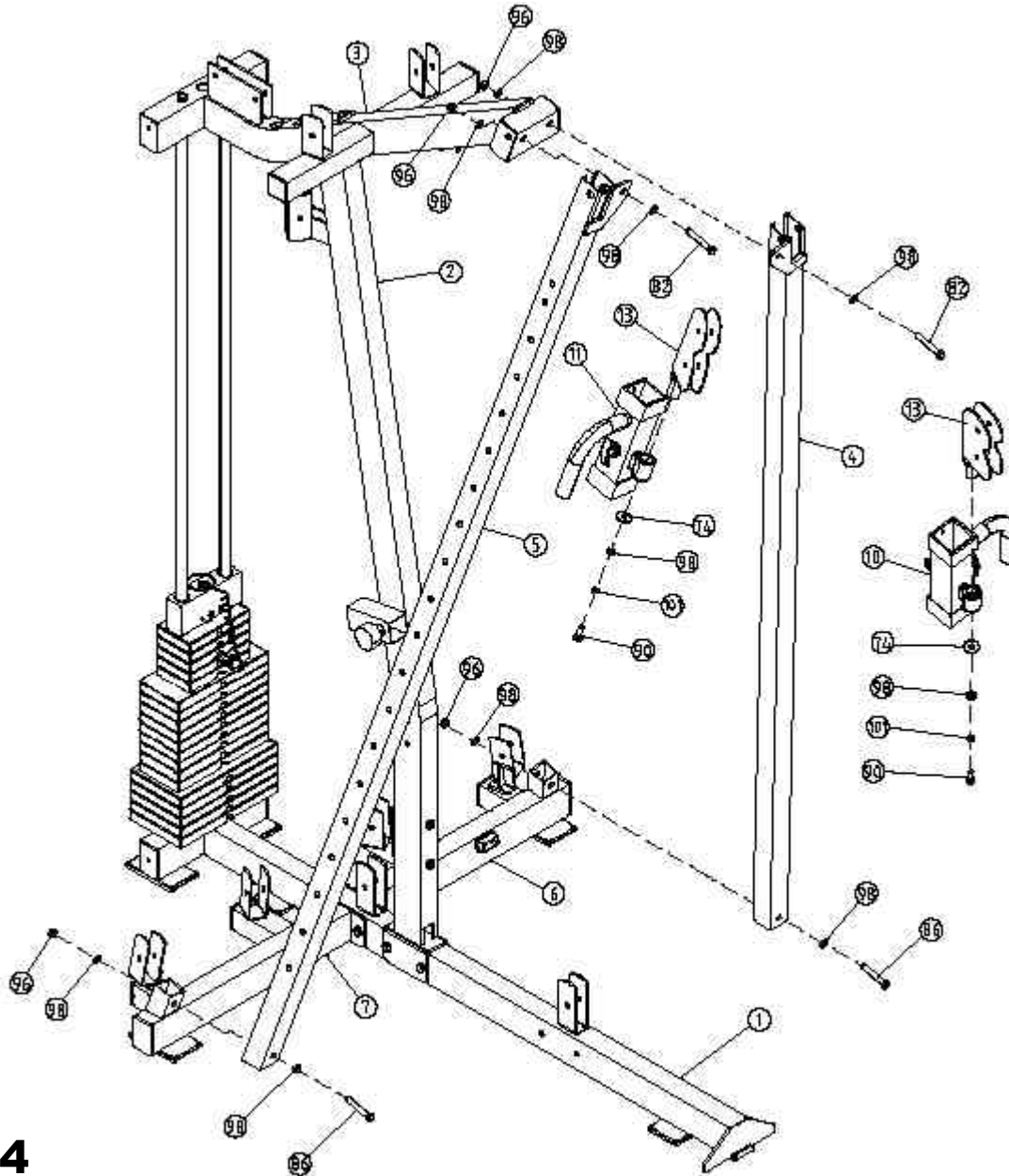
2 x (85) Bolt

2 x (98) Washer

2 x (96) Nylon Locknut

ASSEMBLY

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



STEP 4

Complete assembly on right and left slide frames (10,11) using:

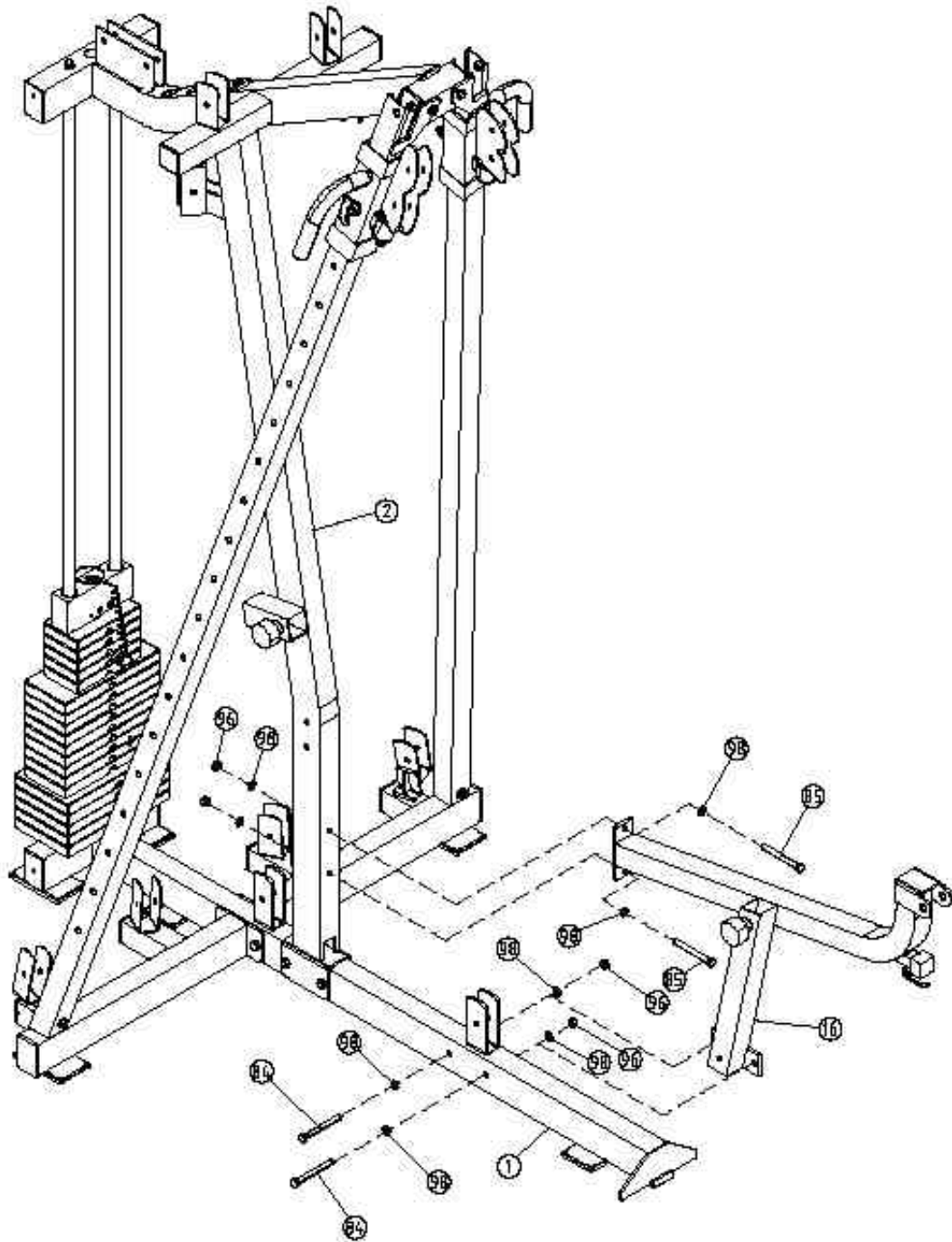
- | | | |
|------------------------------|---------------------------|-----------------|
| 2 x (13) Swivel Pulley Block | 2 x (74) Big Metal Washer | 2 x (98) Washer |
| 2 x (101) Spring Washer | 2 x (90) Allen Bolt | |

Position right and left slide frames (10,11) on right and left guide rods (4,5) then attach to frame using:

- | | | |
|---------------|-----------------|-------------------------|
| 2 x (86) Bolt | 4 x (98) Washer | 2 x (96) Nylon Lock Nut |
| 2 x (82) Bolt | 4 x (98) Washer | 2 x (96) Nylon Lock Nut |

ASSEMBLY

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



STEP 5

Connect seat frame (16) to main base and upright (1,2) using:

2 x (85) Bolt

4 x (98) Washer

2 x (96) Nylon Locknut

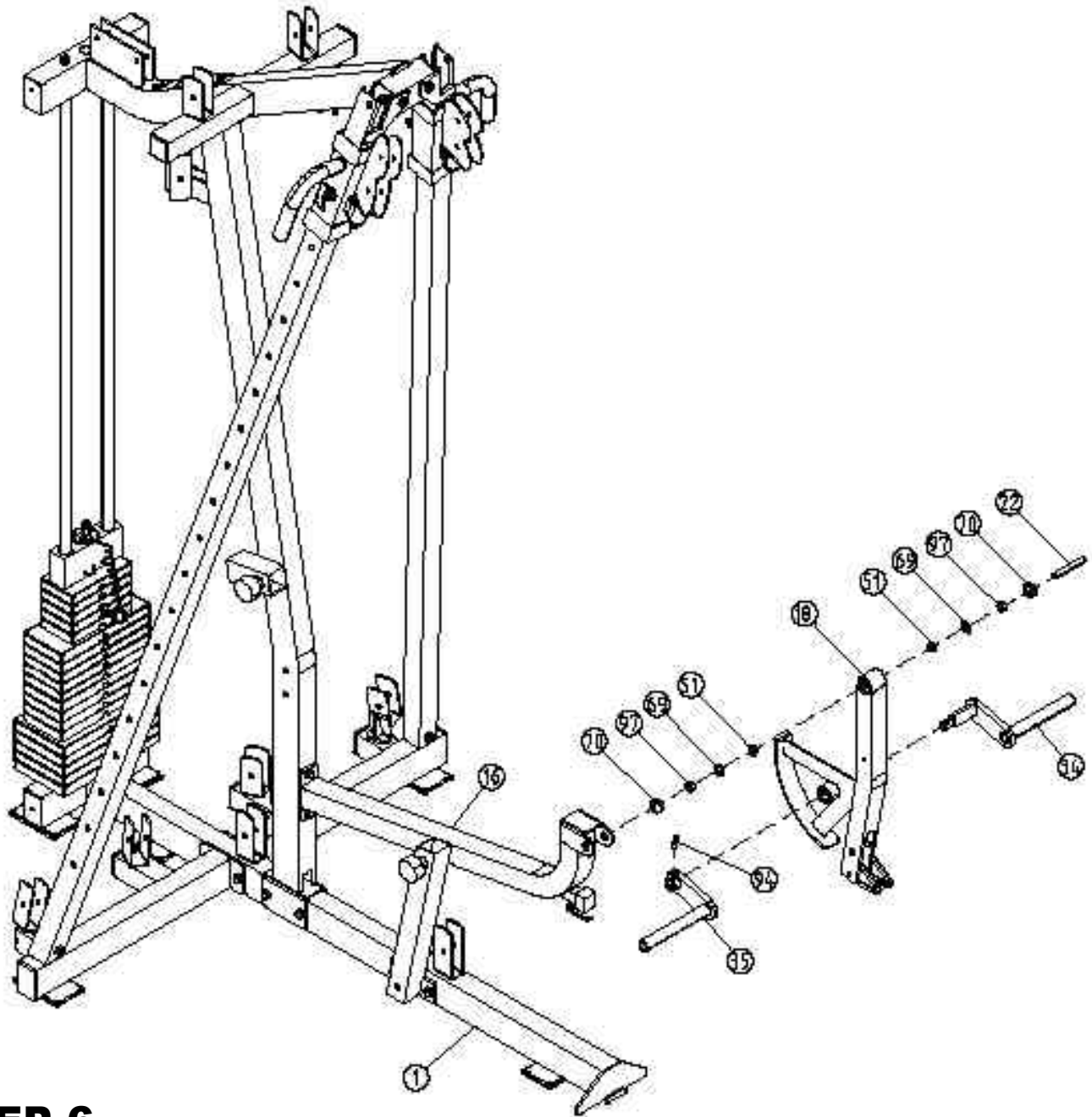
2 x (84) Bolt

4 x (98) Washer

2 x (96) Nylon Locknut

ASSEMBLY

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



STEP 6

Attach leg extension (18) to seat frame (16) using:

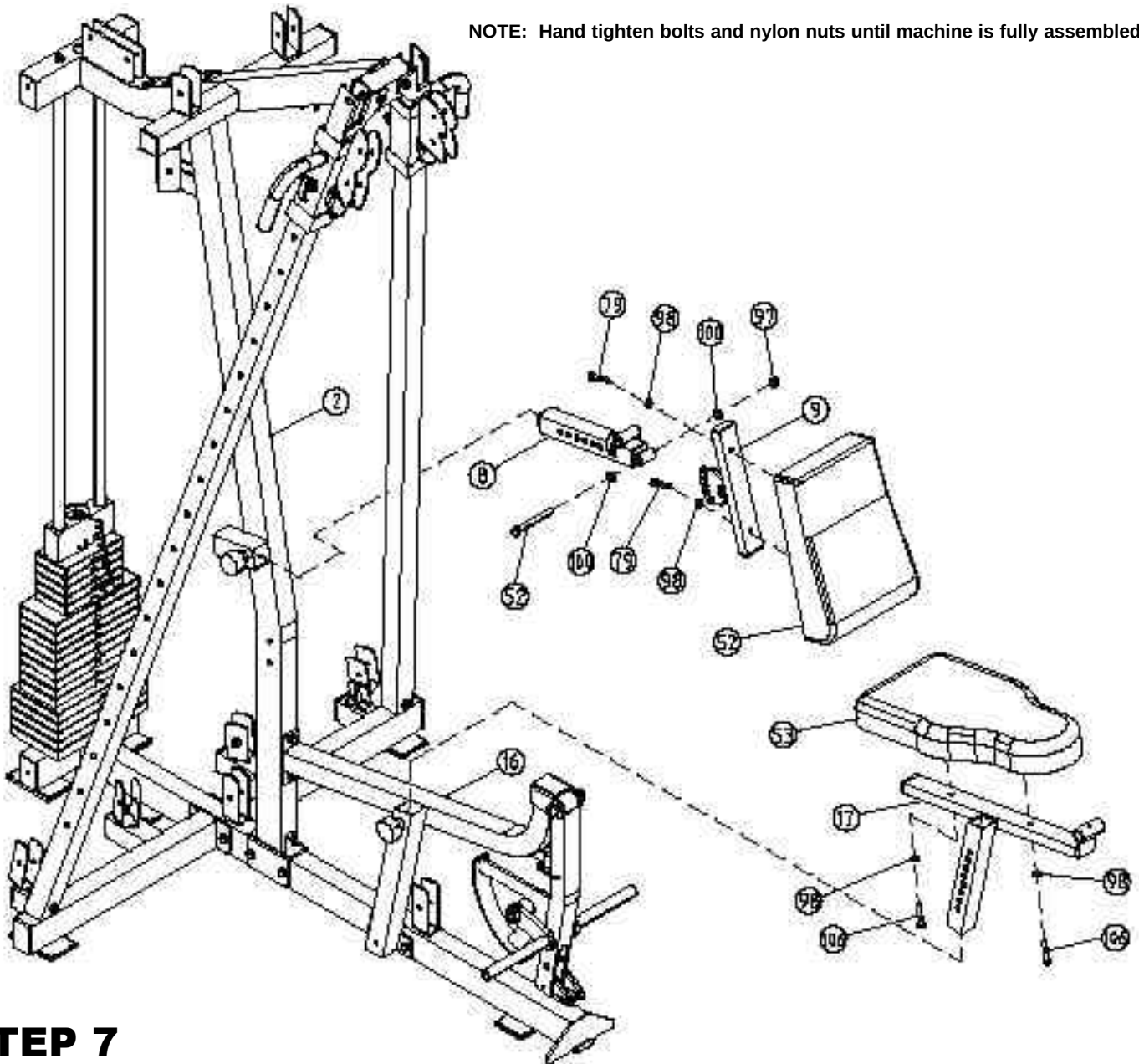
- | | | |
|------------------------|----------------------------|-------------------------|
| 1 x (22) LE Pivot | 2 x (51) Bushing | 2 x (69) Concave Washer |
| 2 x (97) Nylon Locknut | 2 x (70) Semi-Ball End Cap | |

Attach foam frames (34,35) to leg extension (18) using:

- 1 x (94) Split Pin

ASSEMBLY

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



STEP 7

Attach seat pad (53) to seat support (17) using:

2 x (106) Allen Bolt

2 x (98) Washer

Slide into seat frame and adjust to desired level.

Attach back pad (52) to back pad rotative support (9) using:

2 x (79) Bolt

2 x (98) Washer

Connect back pad rotative support (9) to back pad slide support (8) using:

1 x (88) Bolt

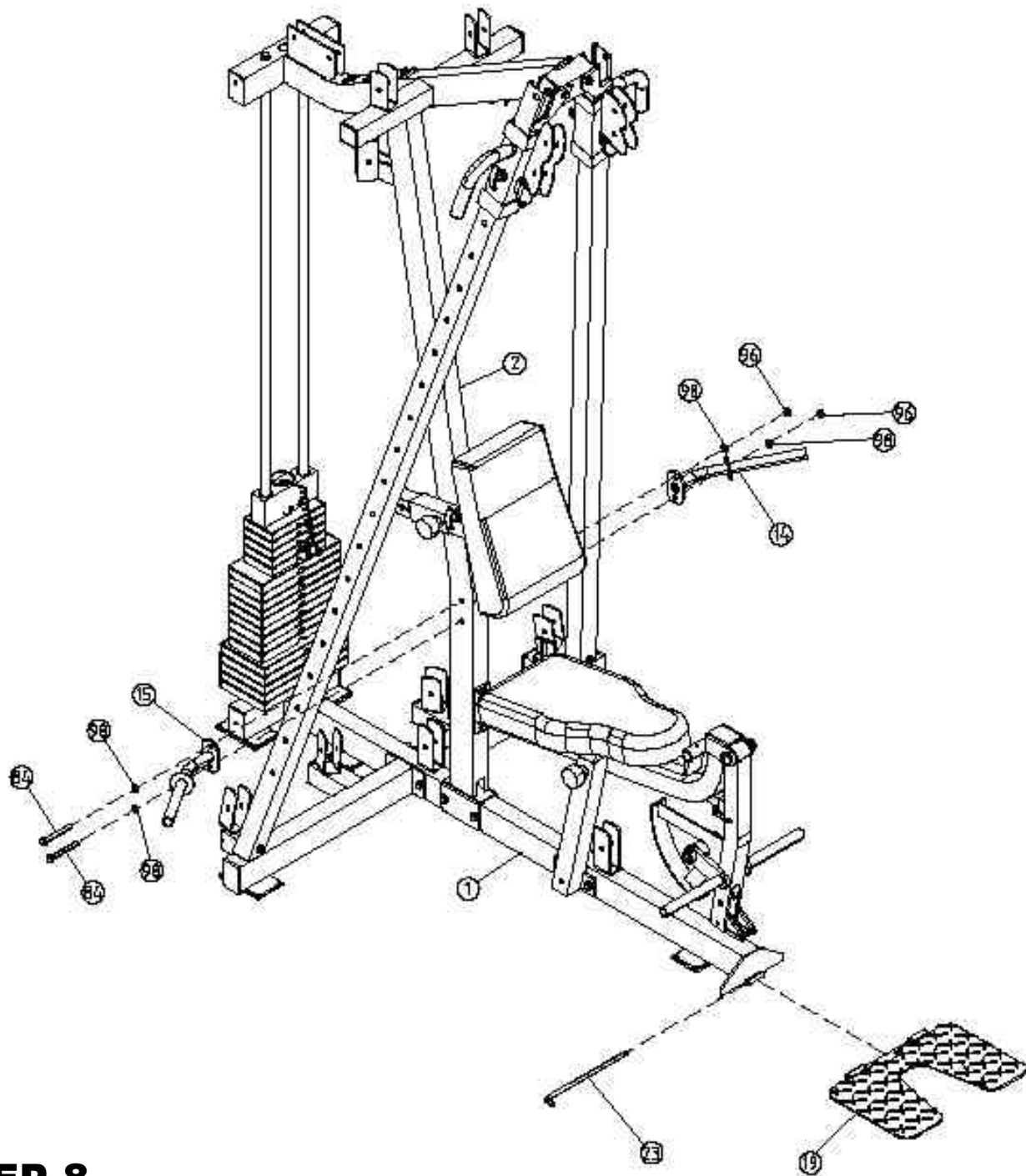
2 x (100) Washer

1 x (97) Nylon Locknut

Slide into upright frame and adjust to desired level.

ASSEMBLY

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



STEP 8

Attach right and left roller frame (14,15) to upright frame (2) using:

2 x (84) Bolt

4 x (98) Washer

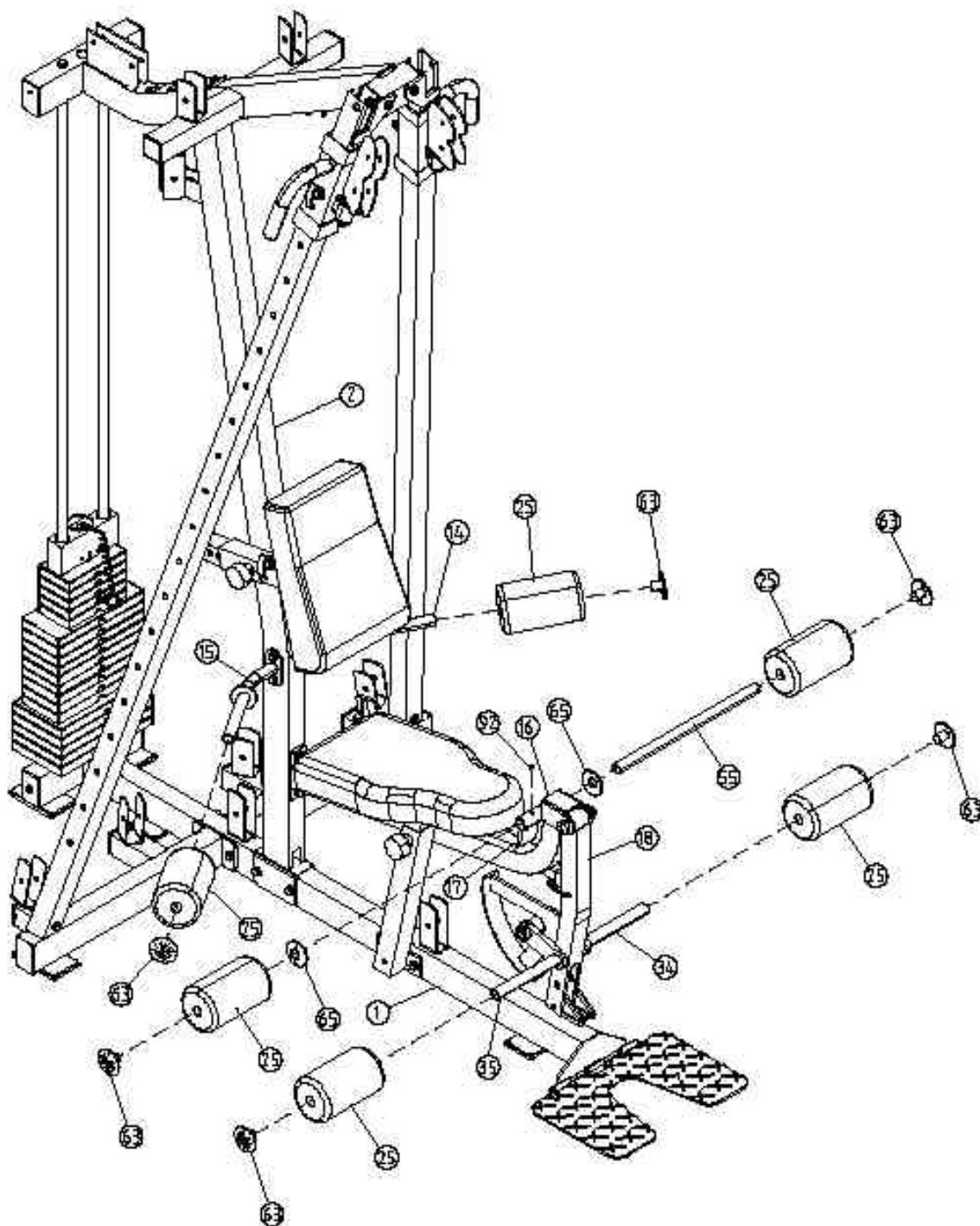
2 x (96) Nylon Lock Nut

Attach foot plate (19) to main base (1) using:

1 x (23) Long L Pin

ASSEMBLY

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



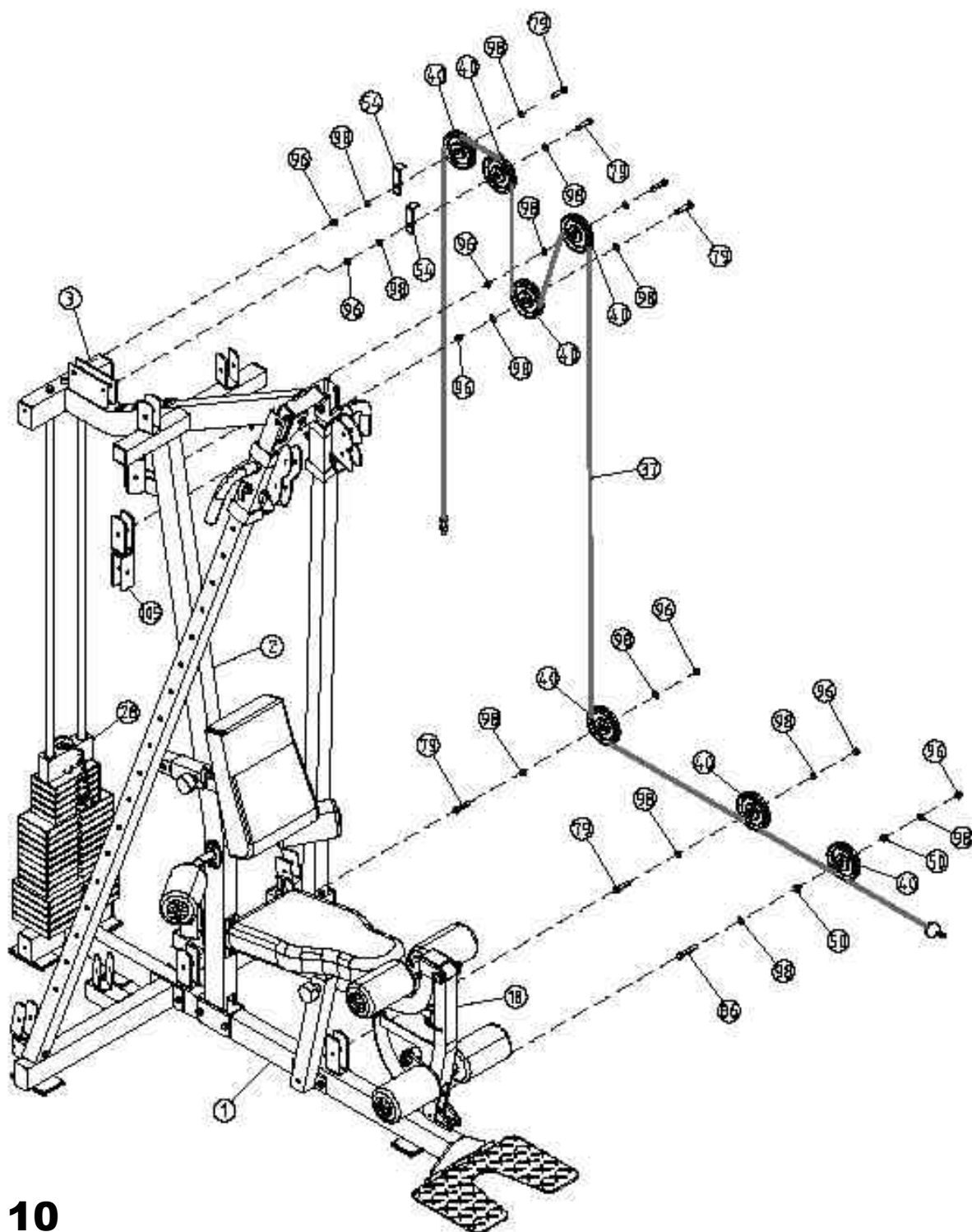
STEP 9

Complete roller pad (25) assembly using:

- | | | |
|-------------------------|-----------------------------|---------------------|
| 1 x (55) Long Foam Tube | 2 x (65) Big Plastic Washer | 6 x (25) Roller Pad |
| 6 x (63) Mushroom Plug | 1 x (92) Screw | |

ASSEMBLY

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



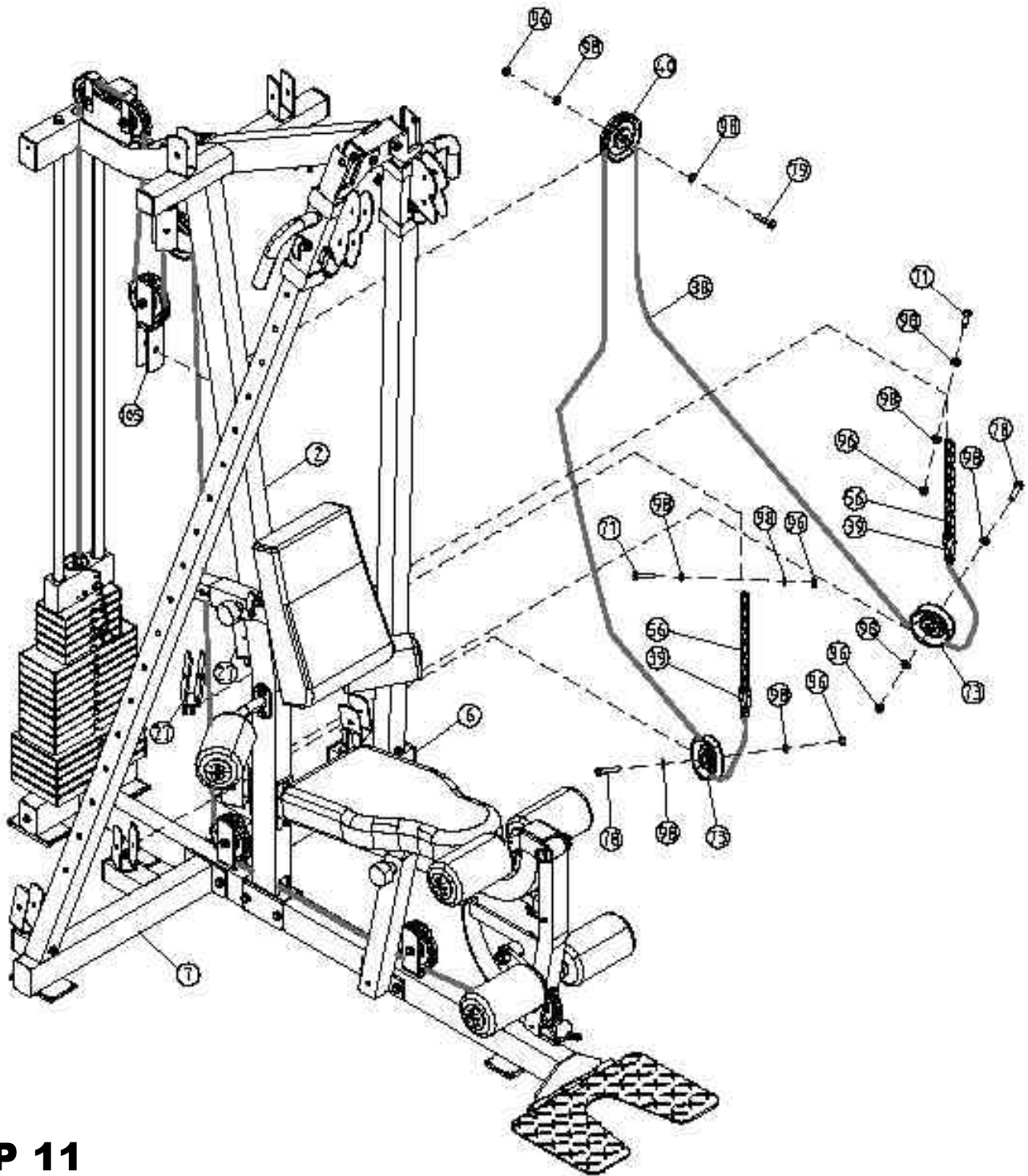
STEP 10

Complete weight cable (37) assembly as shown using:

- | | | |
|------------------------|---------------------------------|------------------------|
| 7 x (40) Big Pulley | 2 x (54) Big Cable Retainer | 6 x (79) Bolt |
| 1 x (86) Bolt | 14 x (98) Washer | 7 x (96) Nylon Locknut |
| 2 x (50) Pulley Spacer | 1 x (105) Floating Pulley Block | |

ASSEMBLY

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



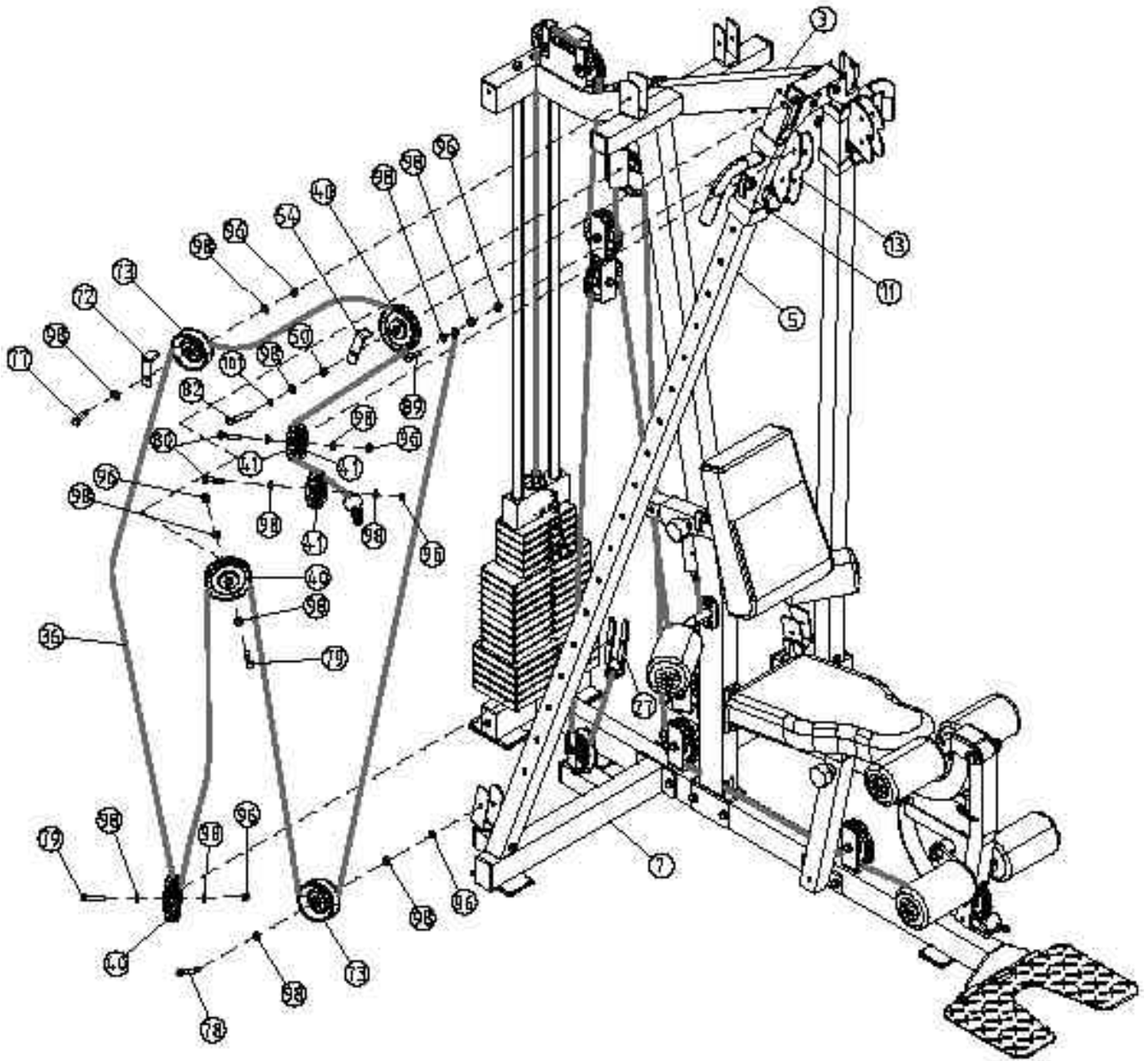
STEP 11

Complete middle cable (38) assembly as shown using:

- | | | |
|---------------------|----------------------|--------------------------------------|
| 1 x (40) Big Pulley | 2 x (73) Wide Pulley | 2 x (27) Double Bracket Pulley Block |
| 1 x (79) Bolt | 2 x (98) Washer | 1 x (96) Nylon Locknut |
| 2 x (71) Bolt | 4 x (98) Washer | 2 x (96) Nylon Locknut |
| 2 x (78) Bolt | 4 x (98) Washer | 2 x (96) Nylon Locknut |
| 2 x (39) Gear Hook | 2 x (56) Chain | |

ASSEMBLY

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



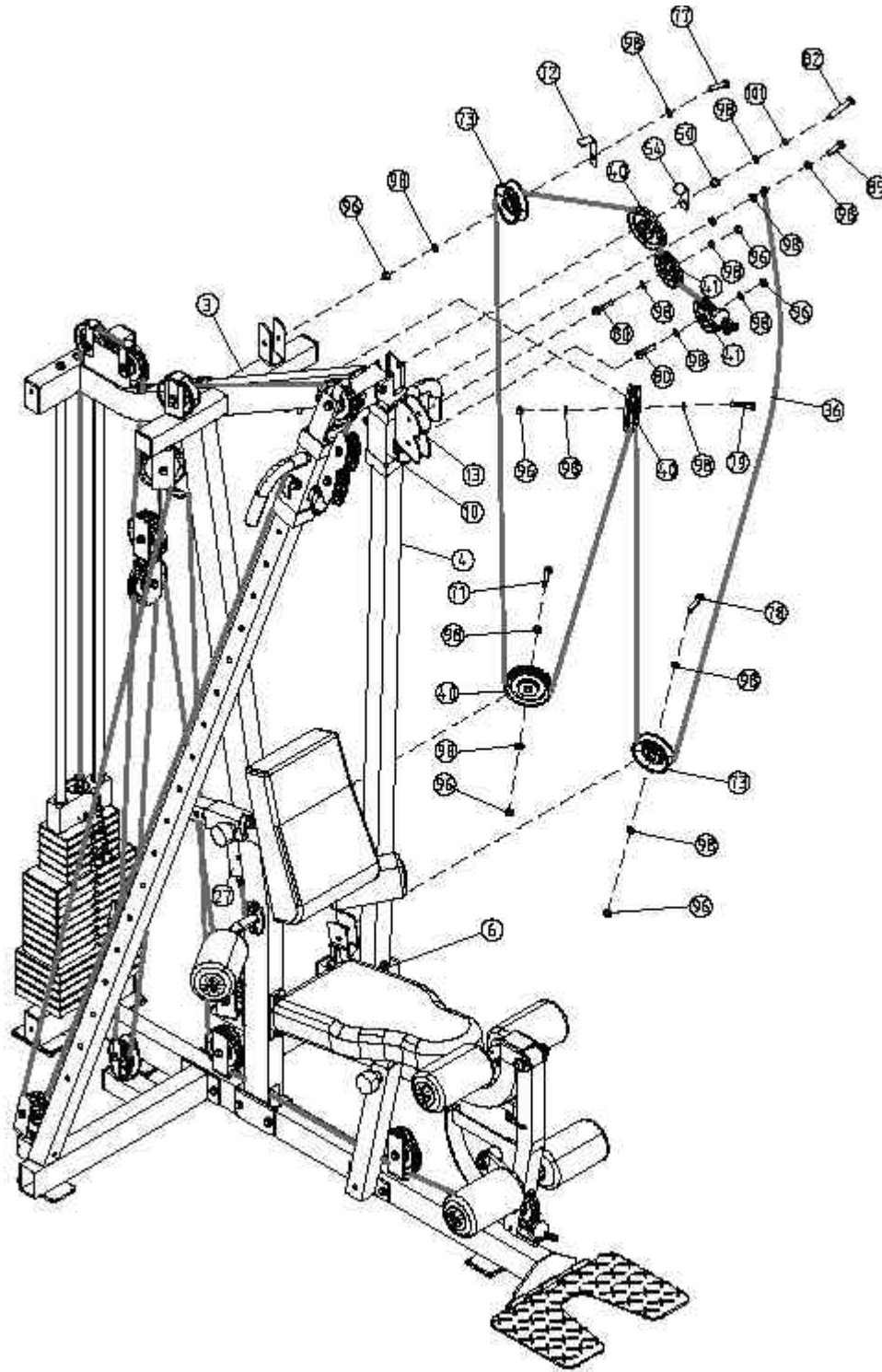
STEP 12

Complete lat cable (36) assembly on left side of machine as shown using:

- | | | |
|-----------------------------|-------------------------------|-----------------------|
| 3 x (40) Big Pulley | 2 x (73) Wide Pulley | 2 x (41) Small Pulley |
| 1 x (54) Big Cable Retainer | 1 x (72) Small Cable Retainer | |
| 1 x (78) Bolt | 2 x (79) Bolt | 1 x (77) Bolt |
| 1 x (82) Bolt | 1 x (89) Bolt | 2 x (80) Bolt |
| 1 x (101) Spring Washer | 7 x (96) Nylon Locknut | 15 x (98) Washer |
| | 1 x (50) Pulley Spacer | |

ASSEMBLY

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

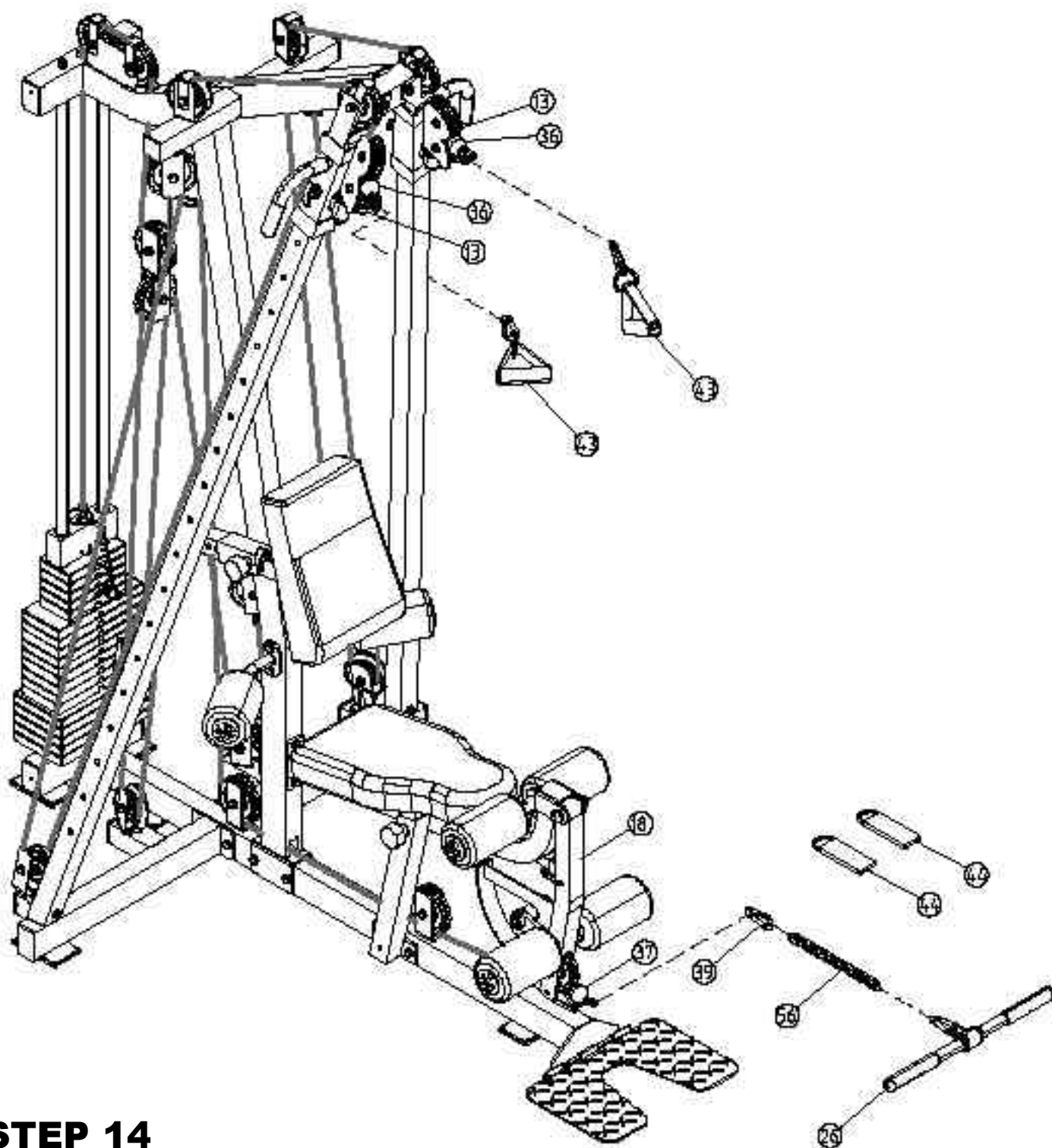


STEP 13

Complete lat cable (36) assembly on right side of machine as shown using:

- | | | |
|-----------------------------|-------------------------------|-----------------------|
| 3 x (40) Big Puley | 2 x (73) Wide Pulley | 2 x (41) Small Pulley |
| 1 x (54) Big Cable Retainer | 1 x (72) Small Cable Retainer | |
| 1 x (78) Bolt | 2 x (79) Bolt | 1 x (77) Bolt |
| 1 x (82) Bolt | 1 x (89) Bolt | 2 x (80) Bolt |
| 1 x (101) Spring Washer | 7 x (96) Nylon Locknut | 15 x (98) Washer |
| | 1 x (50) Pulley Spacer | |

ASSEMBLY

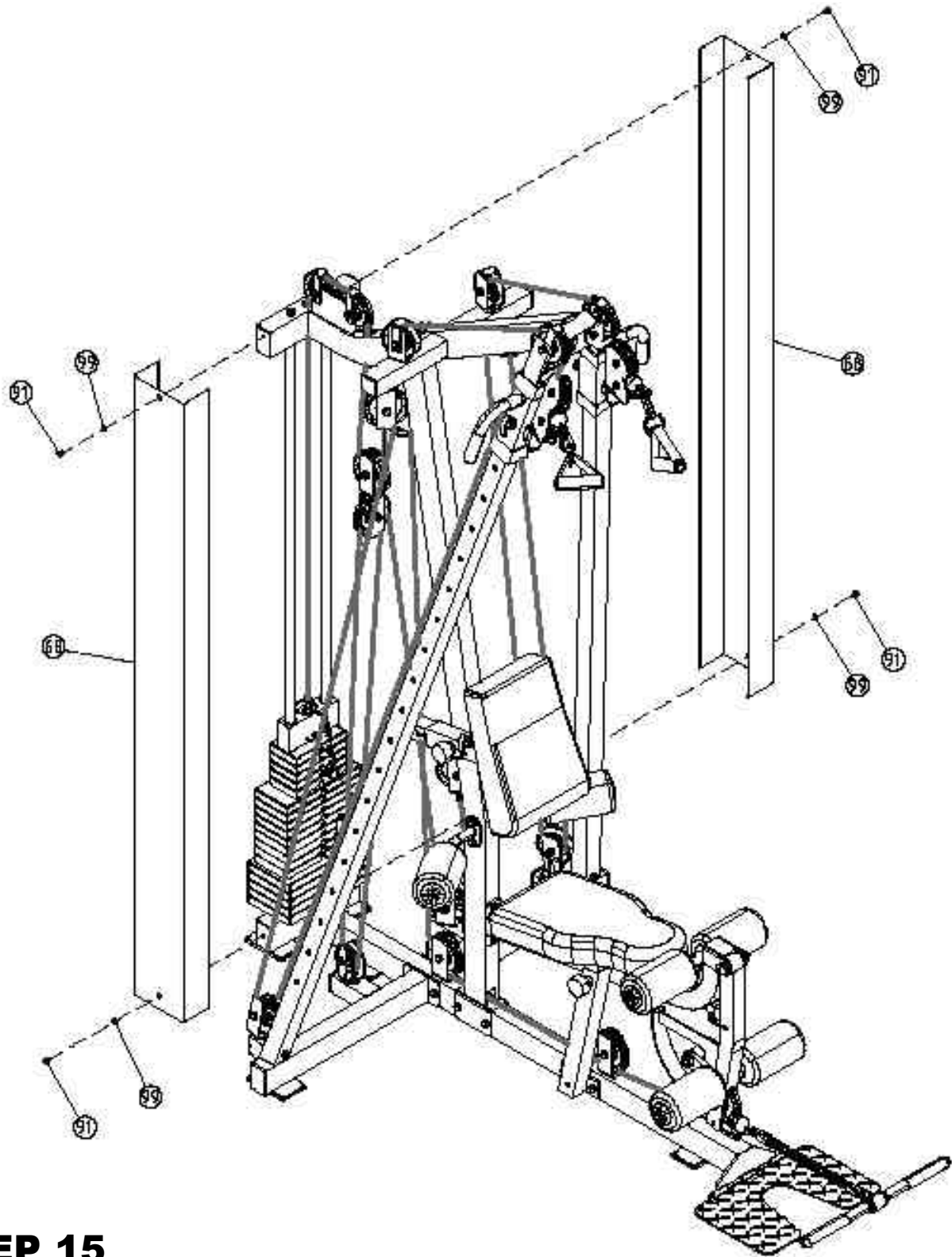


STEP 14

Connect necessary attachments as shown for needed exercises.

TIGHTEN ALL BOLTS AND NUTS BEFORE PROCEEDING.

ASSEMBLY



STEP 15

Connect shrouds (68) to main frame using:

4 x (91) Allen Bolt

4 x (99) Washer

ASSEMBLY

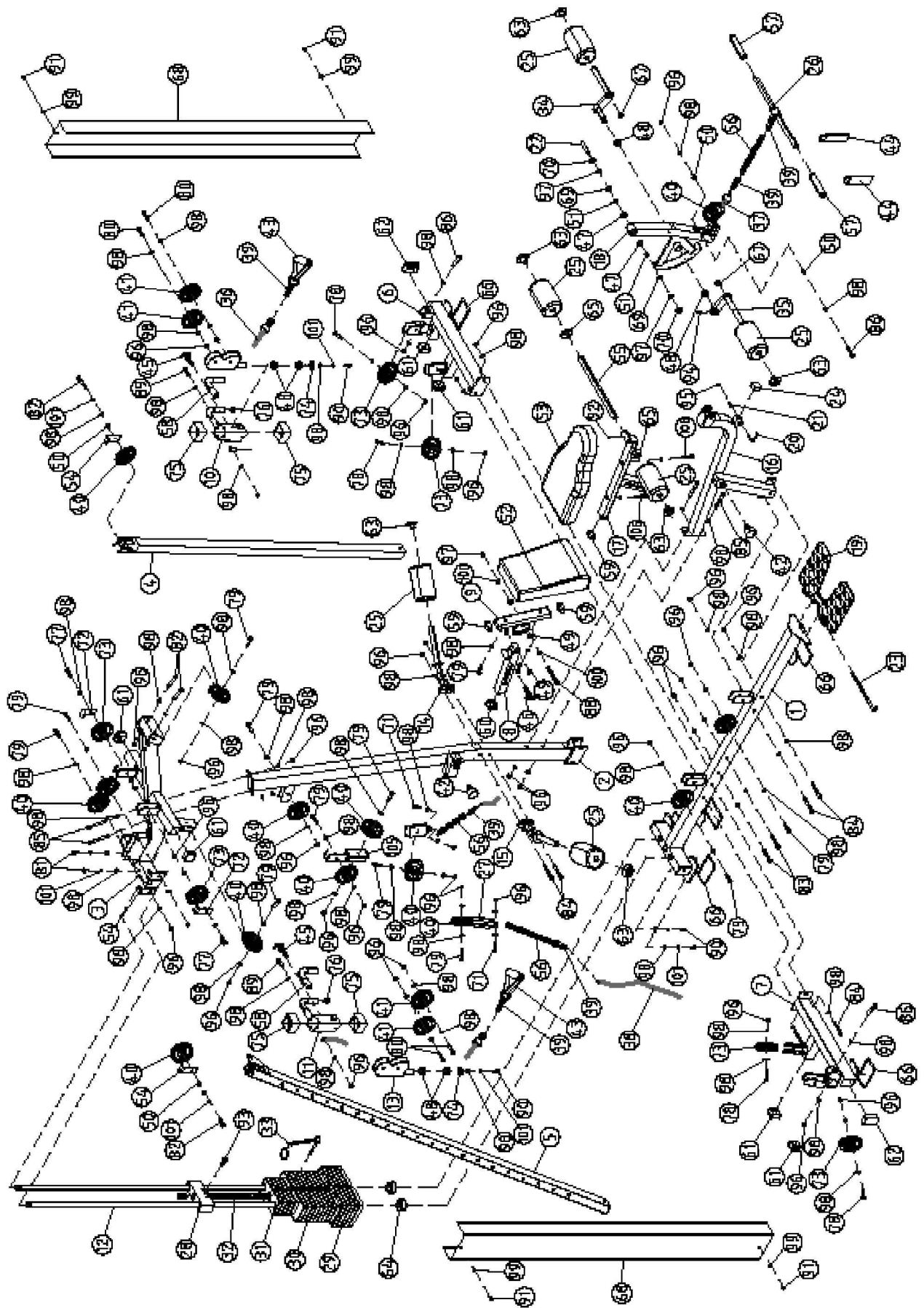
You have now completed the assembly of your new Cable Gym. Included with your unit is a workout placard which shows all of the basic exercises that can be performed on the Cable Gym. This workout placard can be placed securely on either side of the weight stack shrouds for easy viewing during workouts.



PARTS LIST

#	Description	Qty	#	Description	Qty
1	main base	1	56	chain	3
2	upright	1	57	grip	2
3	top frame	1	58	grip	2
4	right guide rod	1	59	plug 50x25	3
5	left guide rod	1	60	plug 44.5x44.5	1
6	right side base	1	61	plug 50.8x50.8	6
7	left side base	1	62	plug 50.8x76.2	2
8	back pad slide support	1	63	mushroom plug	6
9	back pad rotative support	1	64	weight bumper	2
10	right slide frame	1	65	big plastic washer	2
11	left slide frame	1	66	base pad	6
12	weight guide rod	2	67	plug ID25	2
13	swivel pulley block	2	68	shroud	2
14	right roller frame	1	69	concave washer 12.5	2
15	left roller frame	1	70	semi-ball end cap	2
16	seat frame	1	71	bolt M10x35	2
17	seat support	1	72	smaller cable retainer	2
18	leg extension	1	73	wide pulley	6
19	foot plate	1	74	big metal washer	2
20	"U" pin	1	75	plastic glide sleeve 63.5x50.8	4
21	small spring	1	76	big plug 1"	2
22	LE pivot	1	77	bolt M10x60	2
23	long L pin	1	78	bolt M10x55	4
24	LE bumper	1	79	bolt M10x50	13
25	roller pad	6	80	bolt M10x45	4
26	short bar	1	81	bolt M10x25	2
27	duoble bracket pulley block	2	82	bolt M10x70	4
28	top plate	1	83	bolt M10x75	2
29	weight 15LBS	5	84	bolt M10x80	6
30	weight 10LBS	9	85	bolt M10x105	4
31	weight 5LBS	5	86	bolt M10x65	3
32	selector pin	1	87		
33	weight pin	1	88	bolt M12x115	1
34	foam frame w/shaft	1	89	bolt M10x40	2
35	foam frame w/o shaft	1	90	allen bolt M10x25	4
36	lat cable	2	91	allen bolt M8x10	4
37	weight cable	1	92	screw M8x8	1
38	middle cable	1	93	phillip screw M12x35	1
39	gear hook	6	94	split pin	1
40	big pulley	14	95	nylon locknut M6	1
41	small pulley	4	96	nylon locknut M10	42
42	Pop pin	2	97	nylon locknut M12	3
43	lat strap	2	98	washer 10	96
44	ankle strap	2	99	washer 8	4
45	"T" head Pop pin	2	100	washer 12	2
46	smaller Pop pin	1	101	spring washer 10	8
47	bearing ID12	2	102	allen wrench S6	1
48	bronze bushing ID25.4	6	103	allen wrench S4	1
49	bronze bushing ID12.2	4	104	grease	1
50	pulley spacer	4	105	floating pulley block	1
51	bushing for leg extension	2	106	allen M10x50	2
52	back pad	1			
53	seat pad	1			
54	big cable retainer	4			
55	long foam tube	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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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



Keys Fitness Products, L.P.
4009 Distribution Drive, Suite 250
Garland, Texas 75041
Customer Service: 1-800-683-1236

