



KeysFitness[®]

KF-AH

ADJUSTABLE HYPEREXTENSION

Owner's Manual



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KeysFitness

THANK YOU for making this unit a part of your exercise program. Keys Fitness 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 Help line. 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

MODEL: KF-AH
QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time

When calling please have the following product information available:

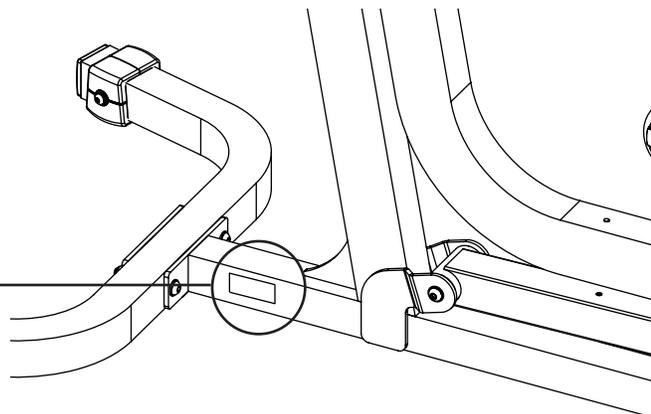
Model Name :

Date Mfg.:

PO # :

Serial #:

This information can be found on the serial tag located on the unit.



Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

WARNING!

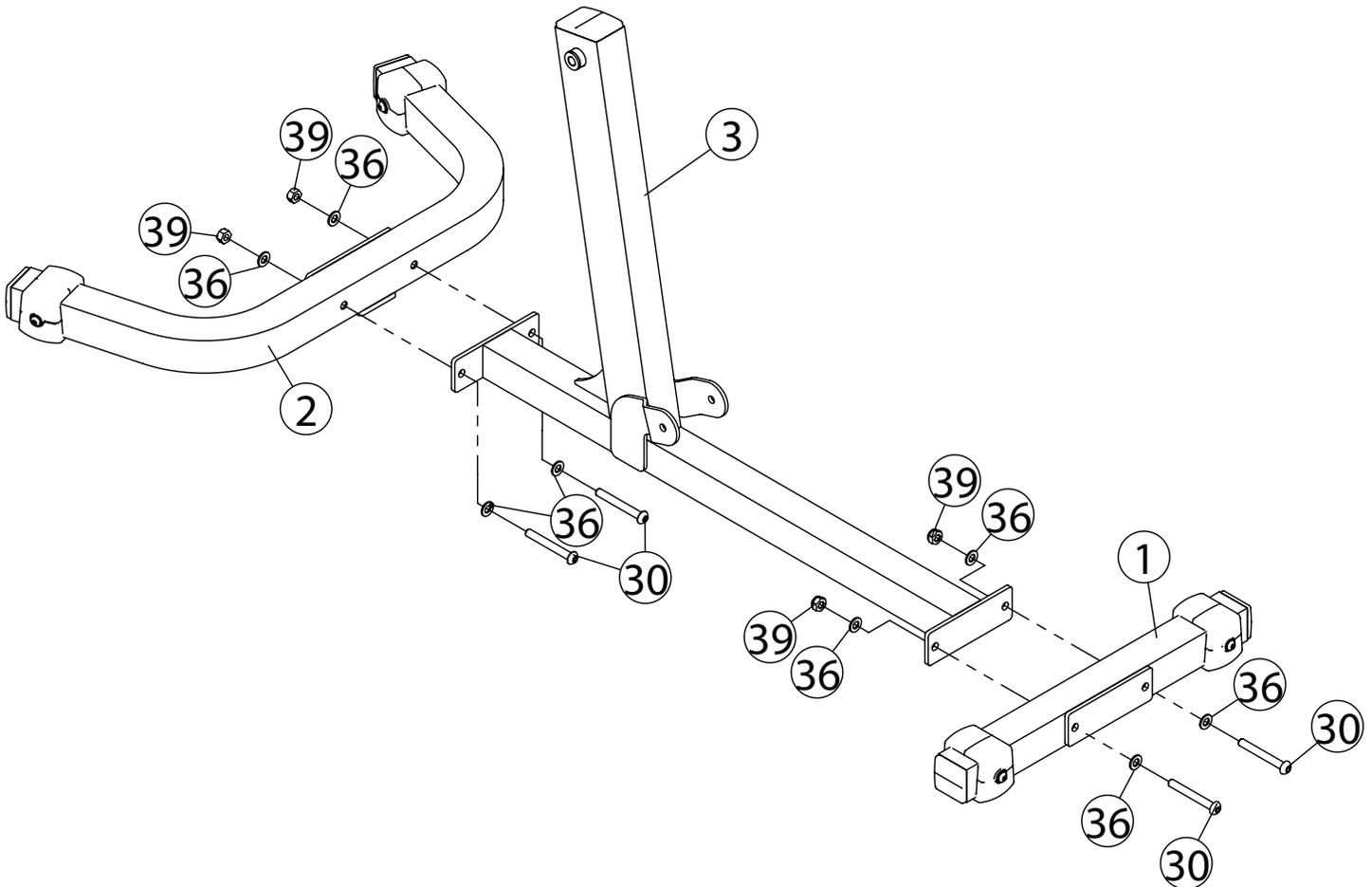
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through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

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

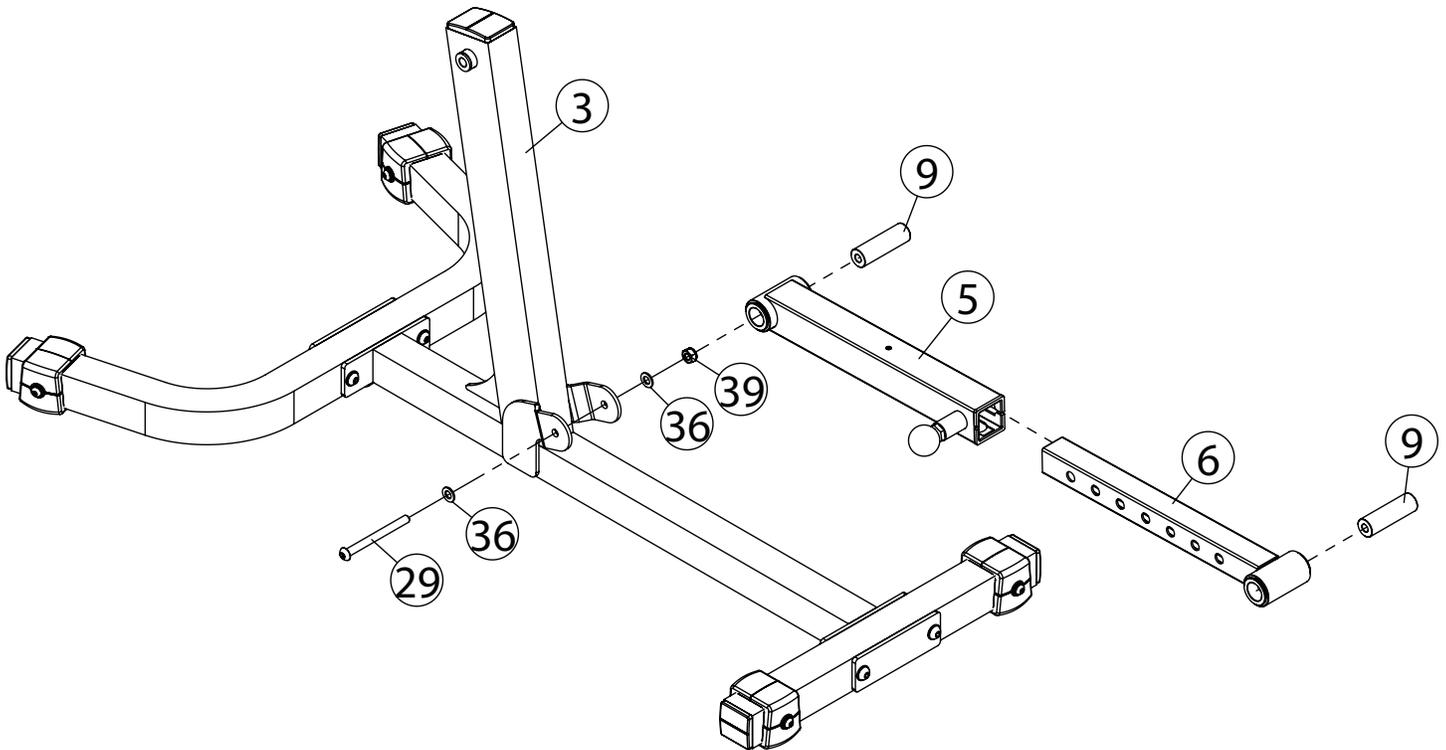


STEP 1

Attach U-Shaped Base (2) to Main Frame (3) using Bolts M10X80 (30), Washers M10 (36), and Nylon Lock Nuts M10 (39).

Attach Base Frame (1) to Main Frame (3) using Bolts M10X80 (30), Washers M10 (36), and Nylon Lock Nuts M10 (39).

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

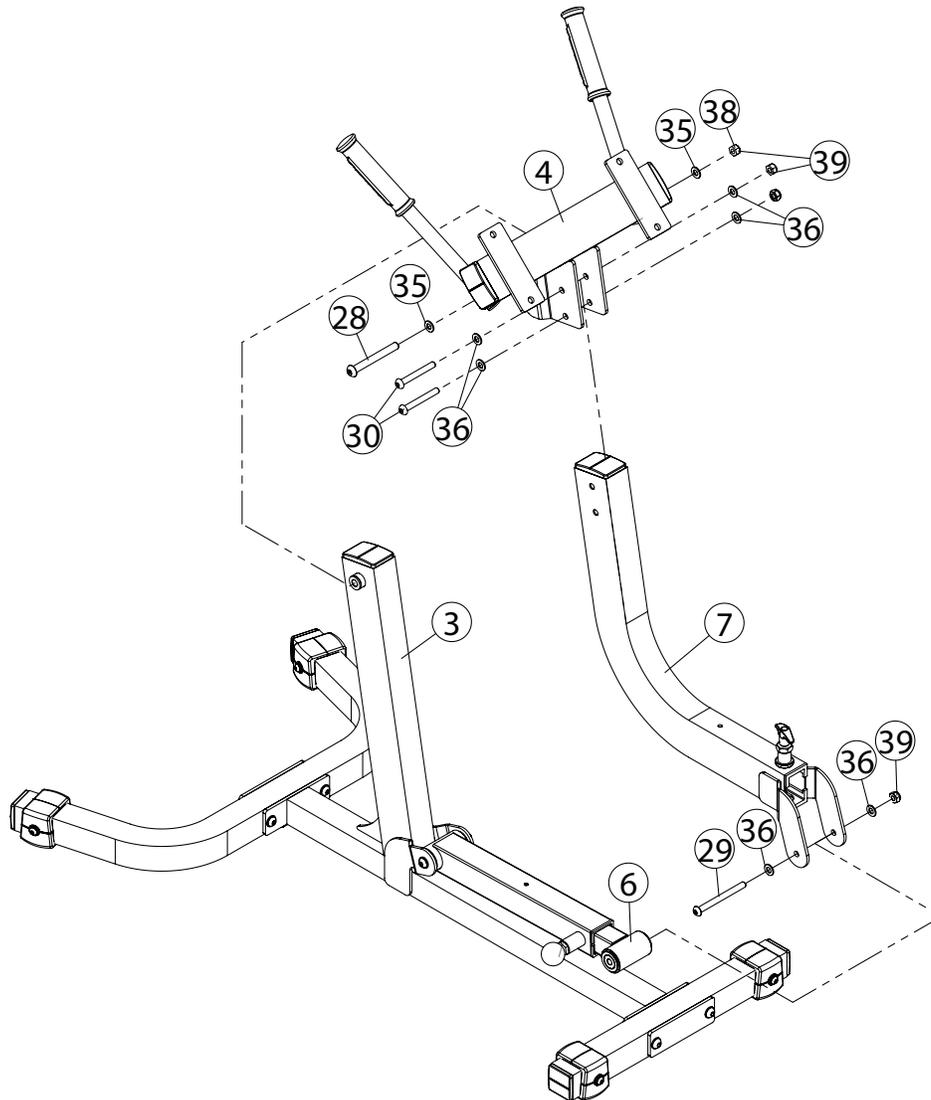


STEP 2

Connect Swivel Frame A (5) to Main Frame (3) using Pivot Axle (9), Bolt M10X110 (29), Washers M10 (36), and Nylon Lock Nut M10 (39).

Slide Adjustable Frame (6) into Swivel Frame A (5) and secure in place using the orange pop pin. Insert Pivot Axle (9) into the top of Adjustable Frame (6).

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

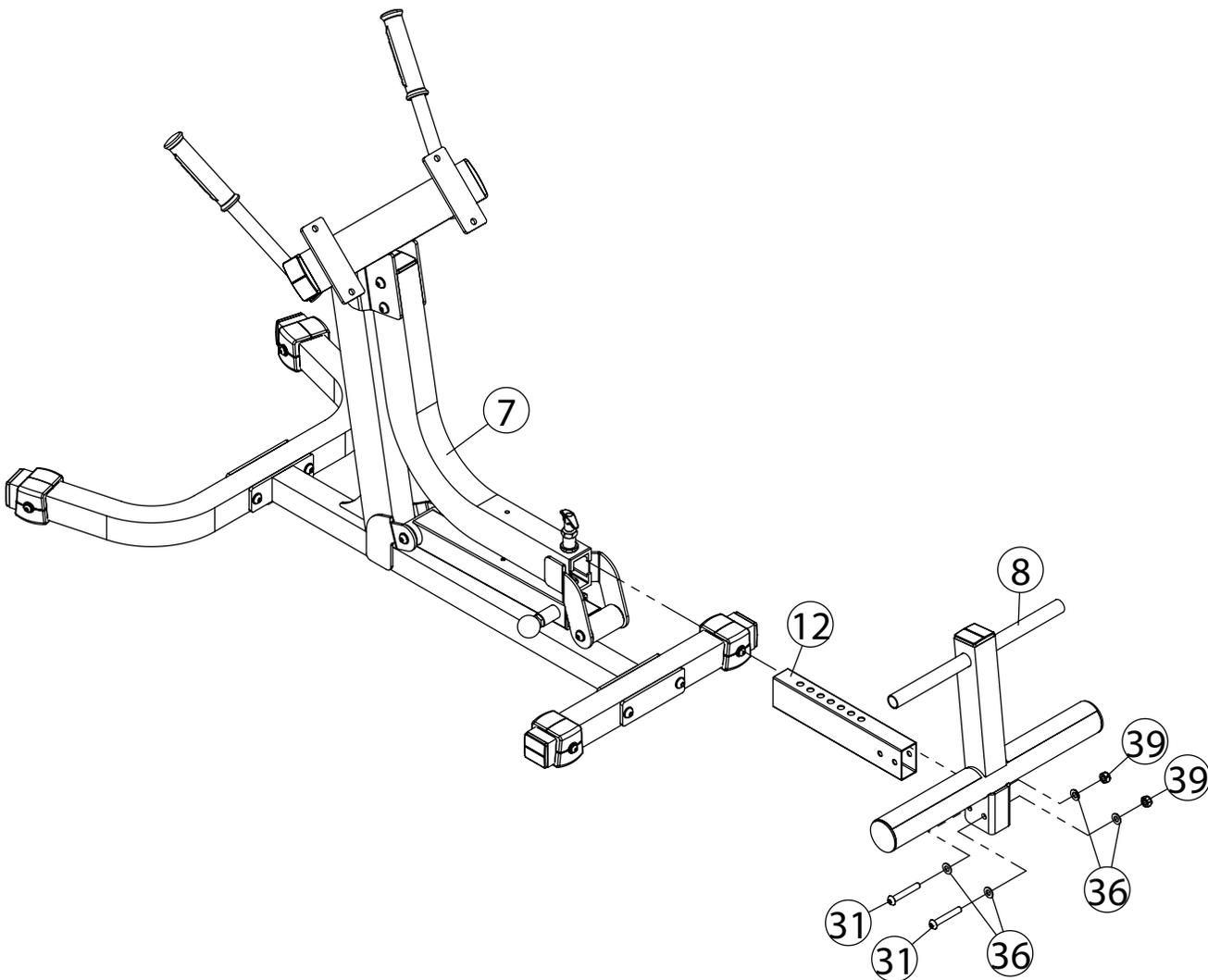


STEP 3

Attach Swivel Frame B (7) to Adjustable Frame (6) using Bolt M10X110 (29), Washers M10 (36), and Nylon Lock Nut M10 (39).

Attach Pad Support (4) first to Swivel Frame B (7) using Bolts M10X80 (30), Washers M10 (36), and Nylon Lock Nut M10 (39). Now secure the pad support to Main Frame (3) using Bolt M12X105 (28), Washers M12 (35), and Nylon Lock Nut M12 (38).

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

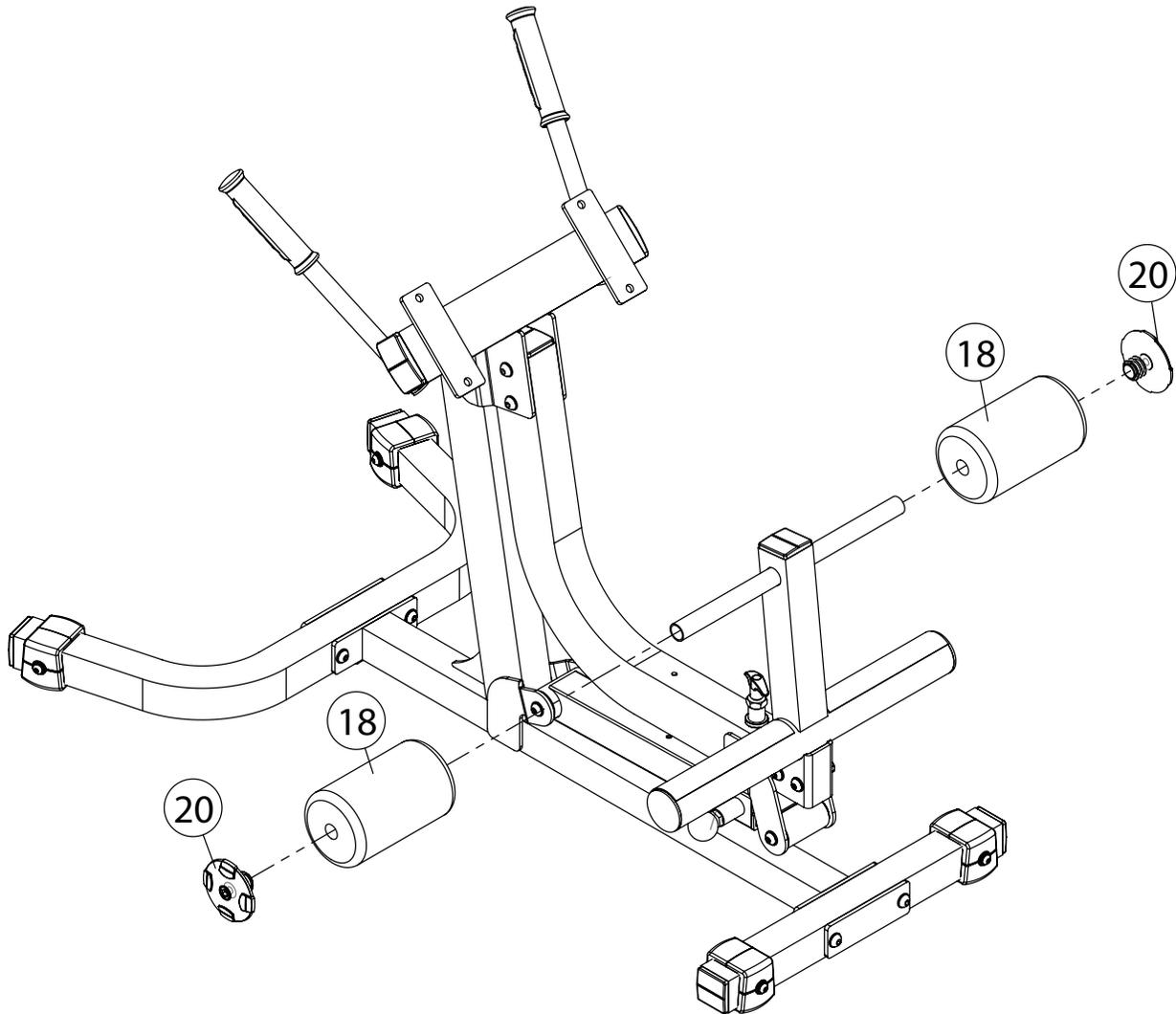


STEP 4

Attach Foam Frame (8) to Adjustable Tube (12) using Bolts M10X65 (31), Washers M10 (36), and Nylon Lock Nuts M10 (39).

Slide Adjustable Tube (12) into Swivel Frame B (7) and secure using orange pop pin.

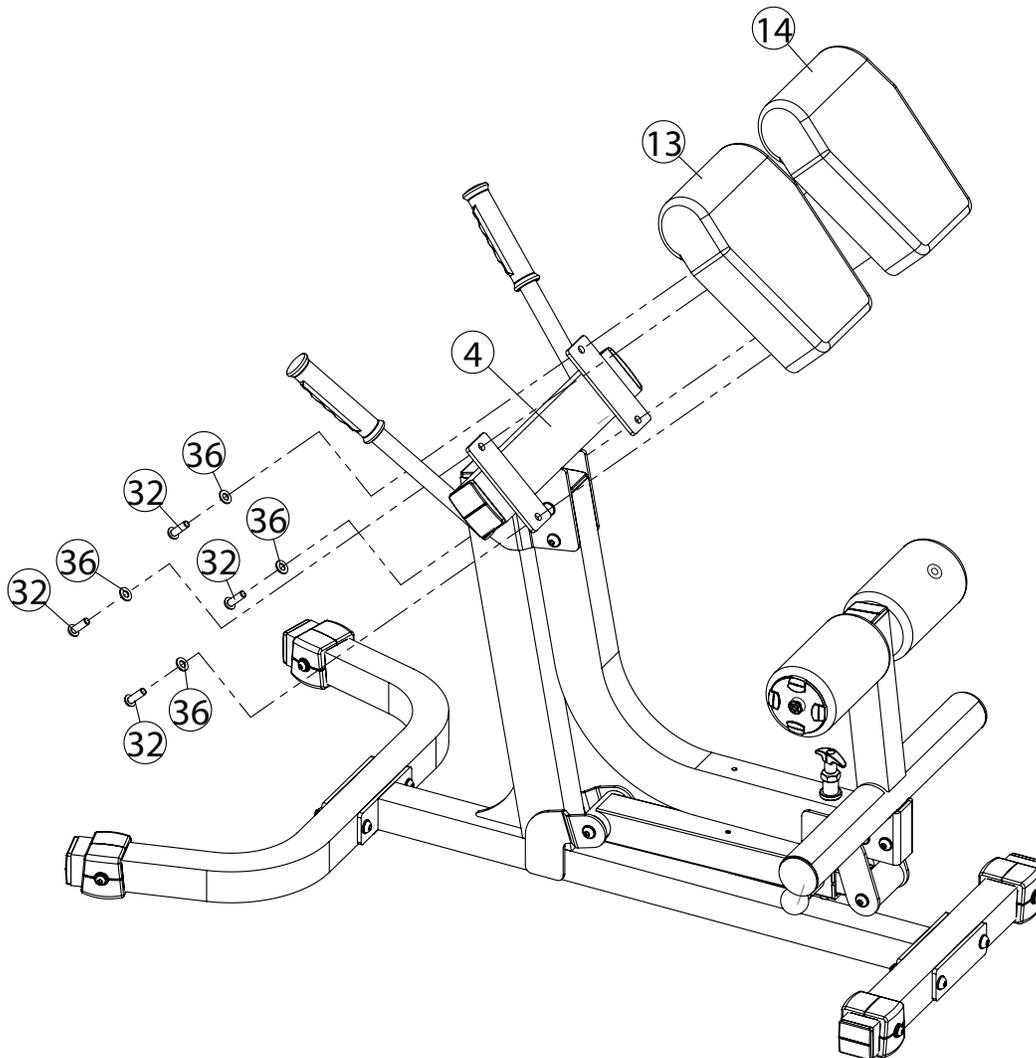
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 5

Slide a Foam Roller (18) onto each side of Foam Frame (8). Use a rubber mallet to secure Big Plugs (20) into foam frame shafts.

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



STEP 6

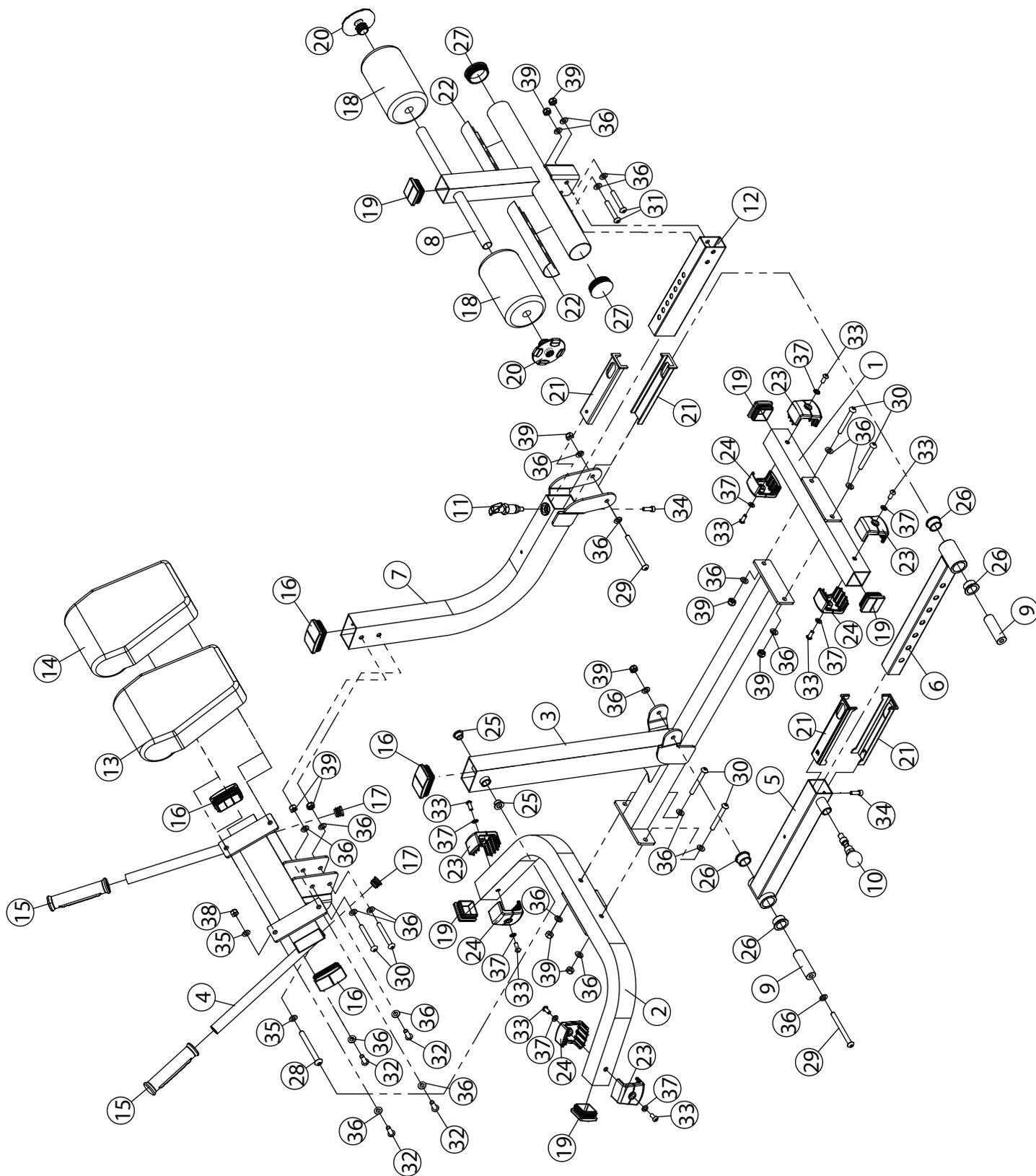
Install Chest Pads A & B (13 & 14) onto Pad Support (4) using Bolts M10X30 (32) and Washers M10 (36).

Tighten all hardware securely.

Congratulations!
You have completed the assembly of your new KF-AH



Exploded View



KF-AH Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01210	BASE FRAME, KF-AH	1
2	223-01211	BASE FRAME, U KF-AH	1
3	223-01213	MAIN FRAME, KF-AH	1
4	223-01214	SUPPORT, PAD KF-AH	1
5	223-01215	FRAME, SWIVEL A KF-AH	1
6	223-01216	FRAME, ADJUSTABLE KF-AH	1
7	223-01217	FRAME, SWIVEL B KF-AH	1
8	223-01218	FRAME, FOAM KF-AH	1
9	210-00270	AXLE, PIVOT KF-AH	2
10	210-00257	POP PIN	1
11	210-00271	POP PIN, LOCKING KF-AH	1
12	210-00272	TUBE, ADJUSTABLE KF-AH	1
13	228-00198	CHEST PAD, LEFT	1
14	228-00199	CHEST PAD, RIGHT	1
15	206-00389	HAND GRIP, KF-45/KF-AAB/KF-AH	2
16	206-00180	PLUG, 76.2*50.8	4
17	206-00138	ROUND PLUG 25	2
18	206-00395	FOAM PADDING, 100X22X180 KF SERIES	2
19	206-00140	SQUARE PLUG 50.8	5
20	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	2
21	210-00273	EZ GLIDE SLEEVE, KF-AH	4
22	210-00274	ANTI SLIP PAPER KF-AH	2
23	206-00462	LEFT FOOT CAP 1, 50.8X76.2, KF-FID	4
24	206-00402	RIGHT FOOT CAP 2, 50.8, KF-FID	4
25	202-00023	BRONZE BUSHING $\phi 25 * \phi 12.2 * 13$	2
26	202-00016	BRONZE BUSHING $\phi 38 * \phi 25.4 * 18$	4
27	206-00508	PLUG, 60X19.5	2
28	202-00699	SCREW, BUTTON HD SOCKET CAP M12X105	1
29	202-00771	SCREW, BUTTON HD SOCKET CAP M10X110	2
30	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	6
31	202-00665	SCREW, BUTTON HEAD SOCKET CAP M10X65	2
32	202-00635	SCREW, M10X30 BUTTON HEAD SOCKET CAP	4
33	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	8
34	202-00659	SCREW, BUTTON HEAD SOCKET CAP M8X25	2
35	202-00222	WASHER, 13X26X2	2
36	202-00235	WASHER, 11X20X1.5	24
37	202-00224	WASHER, 9X16X1.6	8
38	202-00092	NYLON NUT, M12	1
39	202-00091	NYLON NUT, M10	10

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 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 : (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.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY.

ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

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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