

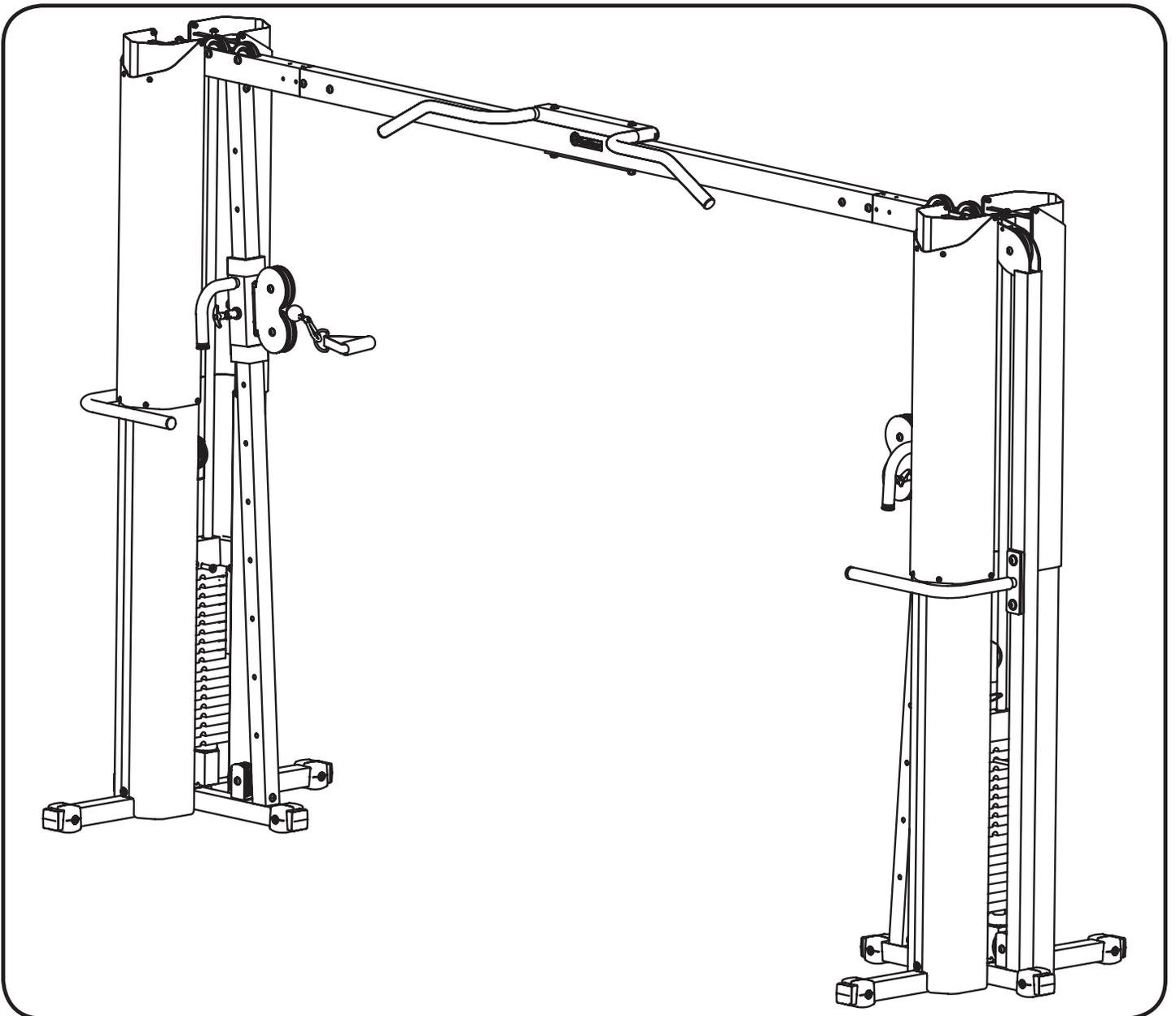


KeysFitness®

KPS-CC

Owner's Manual

CABLE CROSSOVER



215-00132
11/06 Rev A



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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.

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 ensure 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-CC
QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time

When calling please have the following product information available:

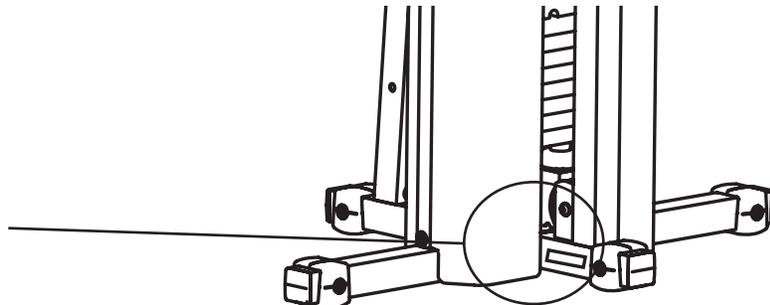
Model Name :

Date Mfg.:

PO # :

Serial #:

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.

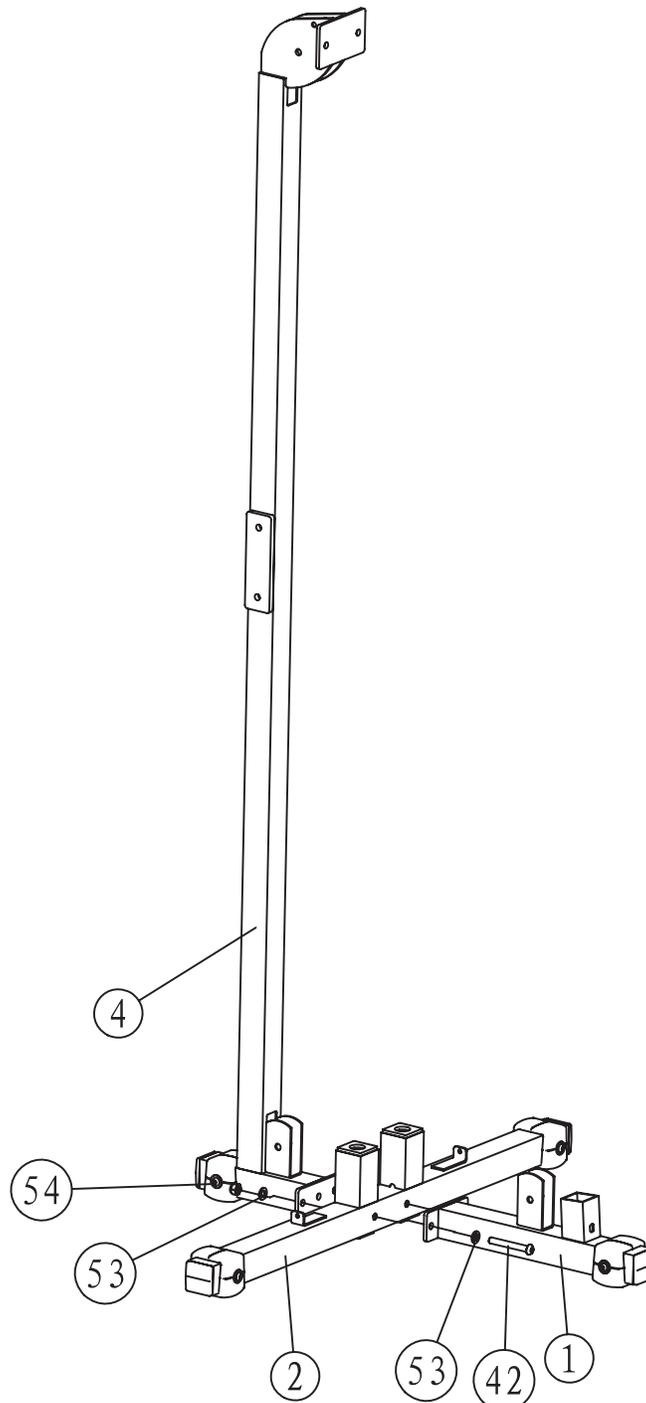
SAFETY PRECAUTIONS

- 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.

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

Step 1

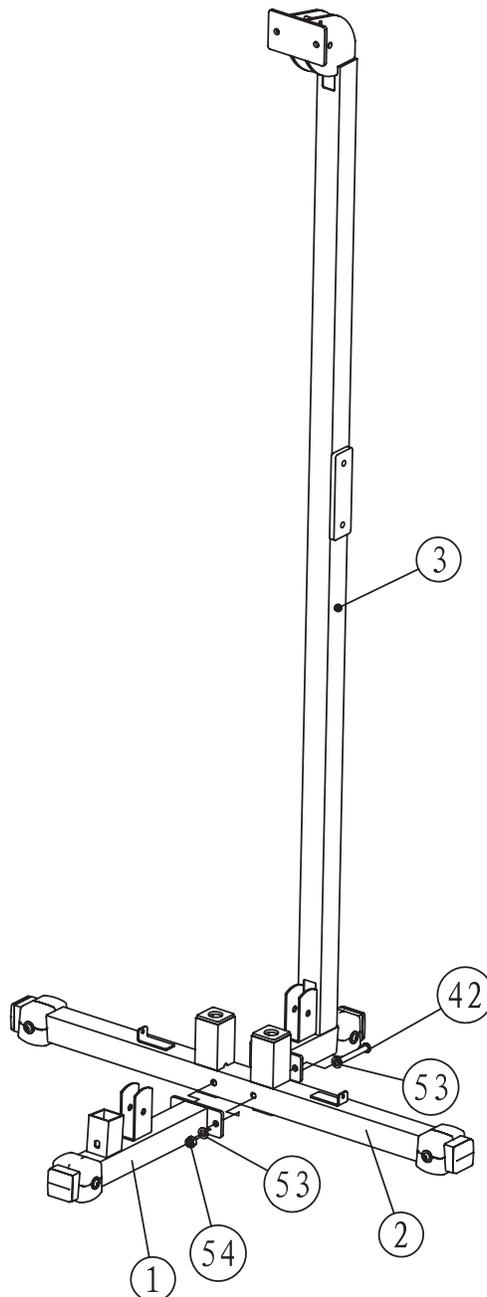
Attach Middle Base (2) to Left Rear Upright (4) and Inner Base (1) using Bolts (42), Washers (53) and Nylon Lock Nuts (54).



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

Step 2

Attach Middle Base (2) to Right Rear Upright (3) and Inner Base (1) using Bolts (42), Washers (53) and Nylon Lock Nuts (54).



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

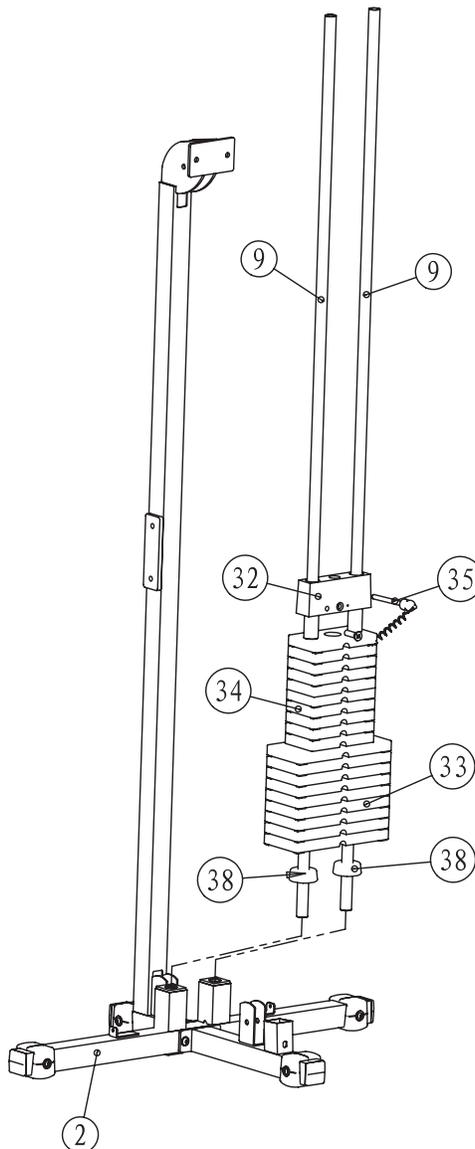
Step 3

NOTE: Before completing any other steps, you should position both ends of the unit 12 ft apart from each other to accommodate the Cross Tube (11). This will keep you from having to move the unit once it is loaded with weights.

Slide Weight Bumpers (38) and Guide Rods (9) onto holes of Middle Base (2).

Slide quantity 9 of the 10 lb. plates (33) onto guide rods. Then slide quantity 10 of the 5 lb. plates (34) onto guide rods.

Slide Top Plate (32) onto top of weight stack. Insert Weight Pin (35)
Repeat STEP 3 on other side.



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

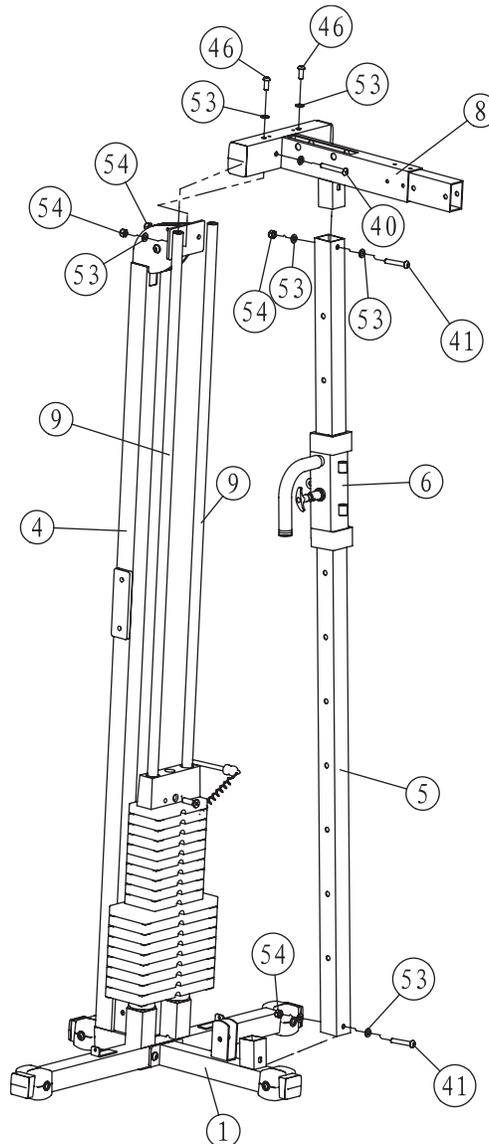
Step 4

Insert Left Slide Frame (6) onto Slide Guide Tube (5) as shown and lock into one of the holes in tube.

Attach Slide Guide Tube (5) to Inner Base (1) with Bolt (41), Washers (53) and Nylon Lock Nut (54).

Slide Top Frame (8) onto Guide Rods (9) and Slide Guide Tube (5) and connect as shown, using Bolts (46), Washers (53), Nylon Locknut (54) and Bolt (44).

Secure Top Frame (8) to Left Upright (4) using Bolts (40), Washers (53) and Nylon Lock Nuts (54).



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

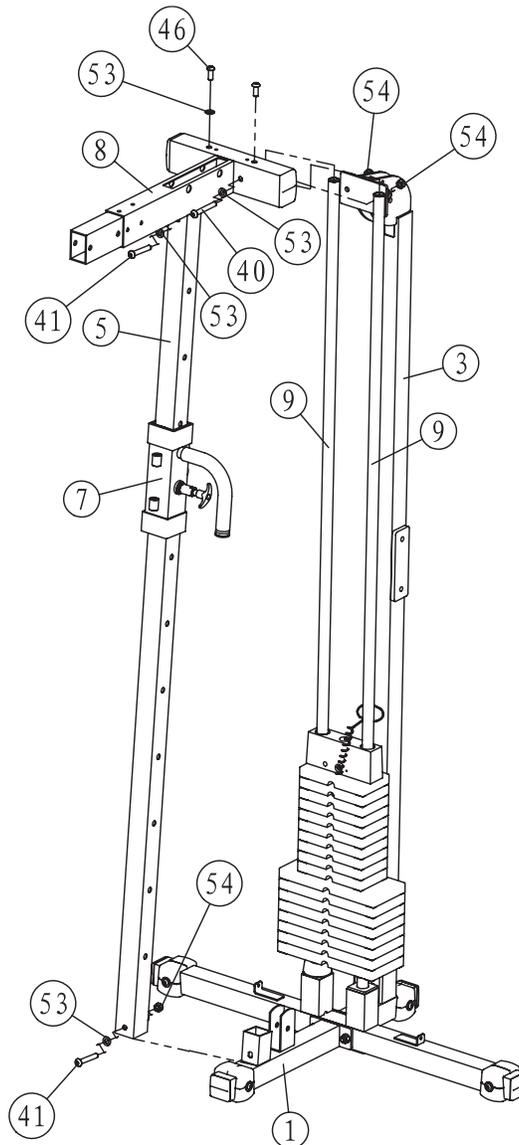
Step 5

Insert Right Slide Frame (7) onto Slide Guide Tube (5) as shown and lock into one of the holes in tube.

Attach Slide Guide Tube (5) to Inner Base (1) with Bolt (41), Washers (53) and Nylon Lock Nut (54).

Slide Top Frame (8) onto Guide Rods (9) and Slide Guide Tube (5) and connect as shown, using Bolts (46), Washers (53), Nylon Locknut (54), and Bolt (41).

Secure Top Frame (8) to Right Upright (3) using Bolts (40), Washers (53) and Nylon Lock Nuts (54).

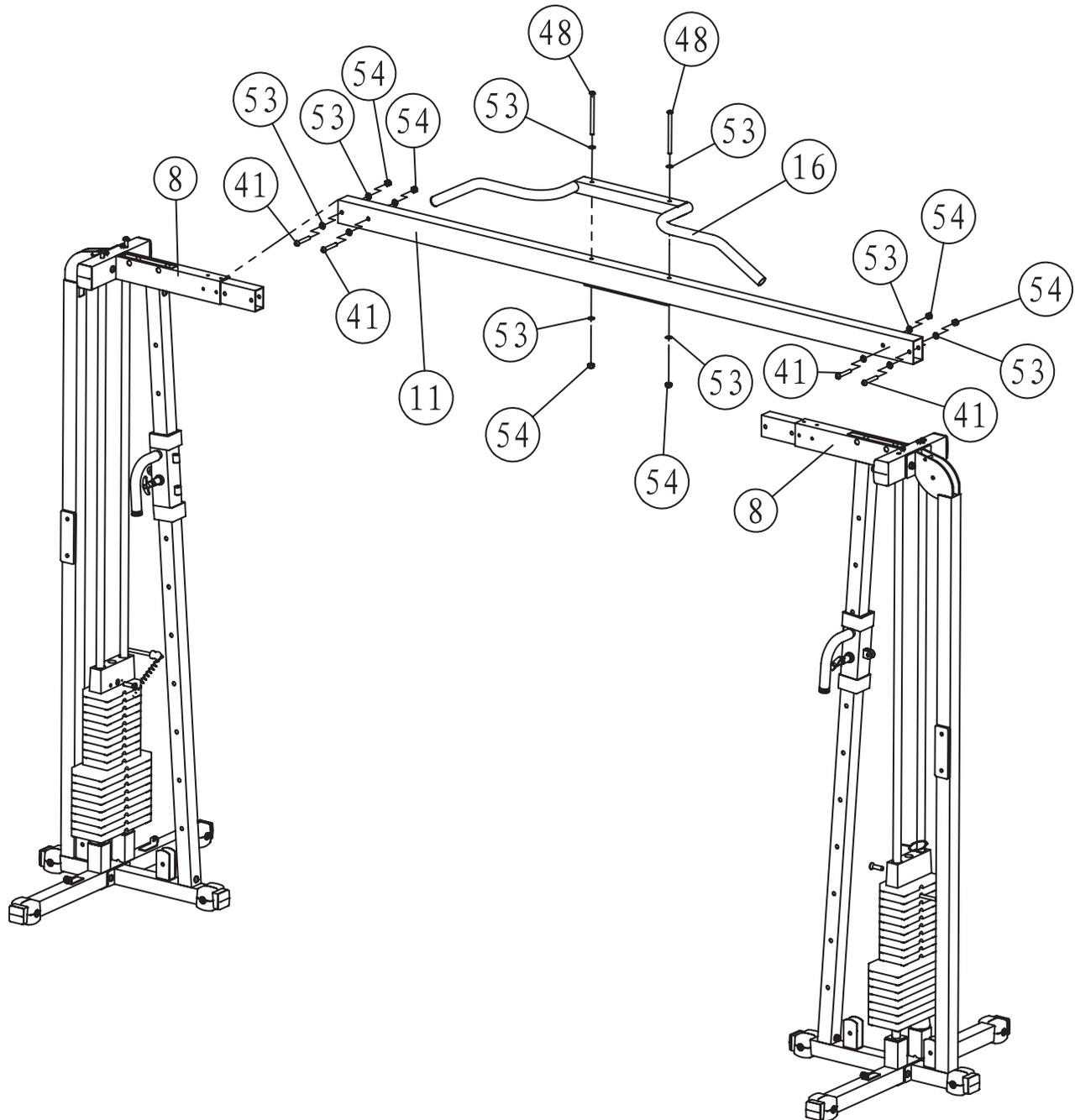


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 6

Slide Top Cross Tube (11) into both sides of the Top Frame (8) and secure as shown, using Bolts (41), Washers (53) and Nylon Lock Nuts (54). **Note:** two people will be needed to complete this step safely.

Connect Chin-Up Handle (16) to Top Cross Tube (11) using Bolts (48), Washers (53) and Nylon Lock Nuts (54).



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

Step 7

Secure Big Pulleys (20) to Double Pulley Bracket (13) using Bolts (43), Washers (53), and Nylon Lock Nuts (54).

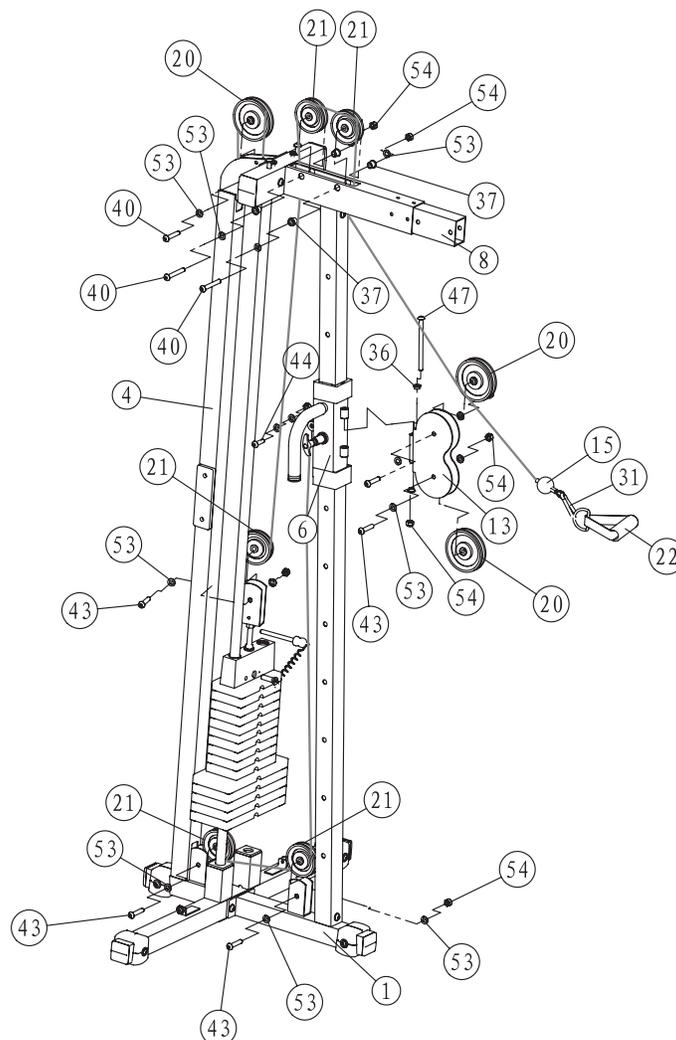
Secure Double Pulley Bracket (13) to Left Slide Frame (6) using Bolt (47), Small Bushings (36) and Nylon Lock Nuts (54).

Secure Big Pulleys (20) to unit using Bolts (40), Washers (53) and Nylon Lock Nuts (54).

Attach Small Pulleys (21) to unit using Bolts (40), Washers (53), Pulley Spacers (37) *used on the two pulleys on the Top Frame (8)*, and Nylon Lock Nuts (54).

Insert Cable (15) through the pulleys in the Double Pulley Bracket (13) and install as shown. Secure cable end to Left Slide Frame (6) using Bolt (44), Washers (53) and Nylon Lock Nuts (54).

Repeat for Right Side.



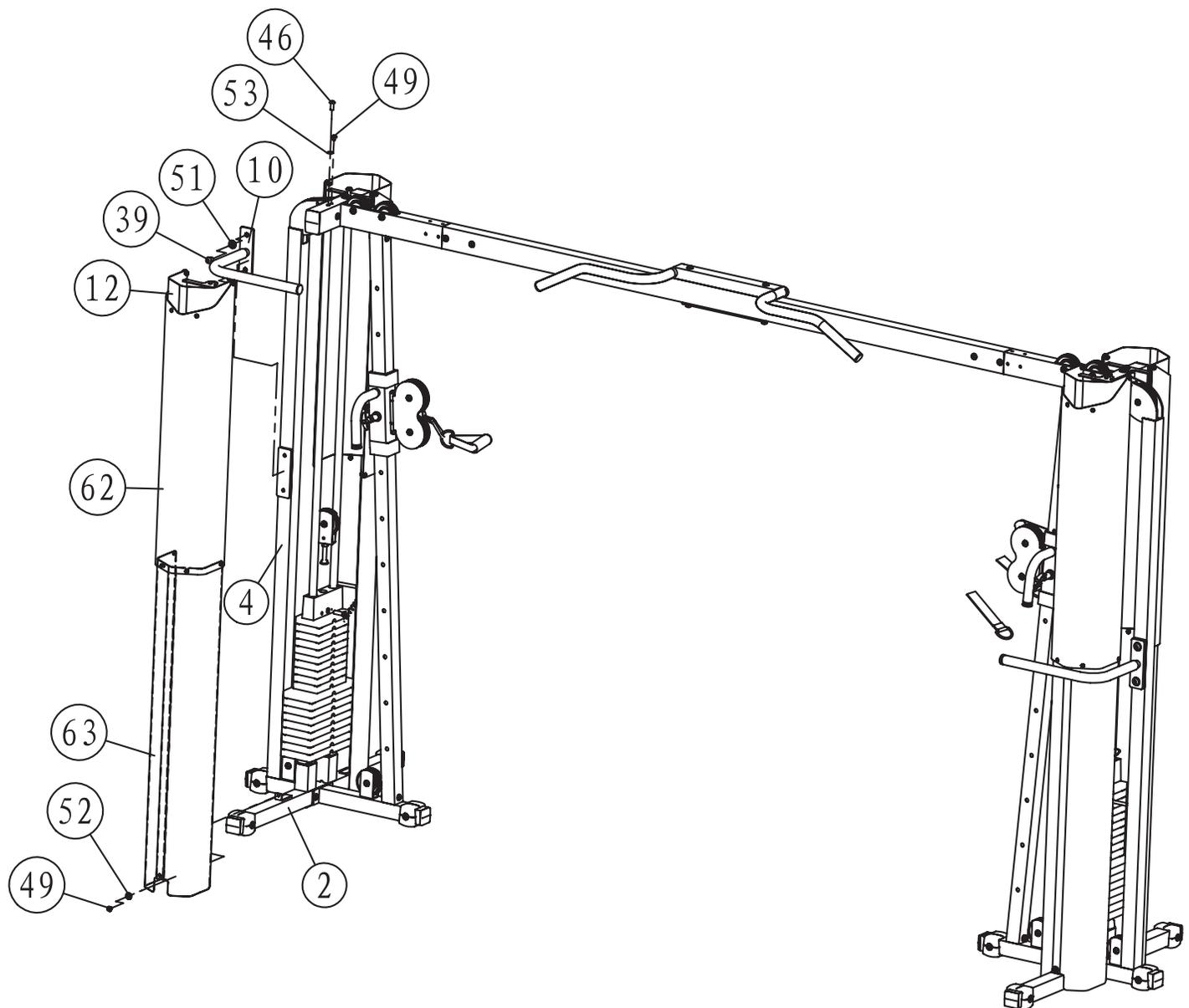
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 8

Attach Handle (10) to each side of frame and secure with Bolts (39) and Washers (51).

TIGHTEN ALL BOLTS AND NUTS before continuing!

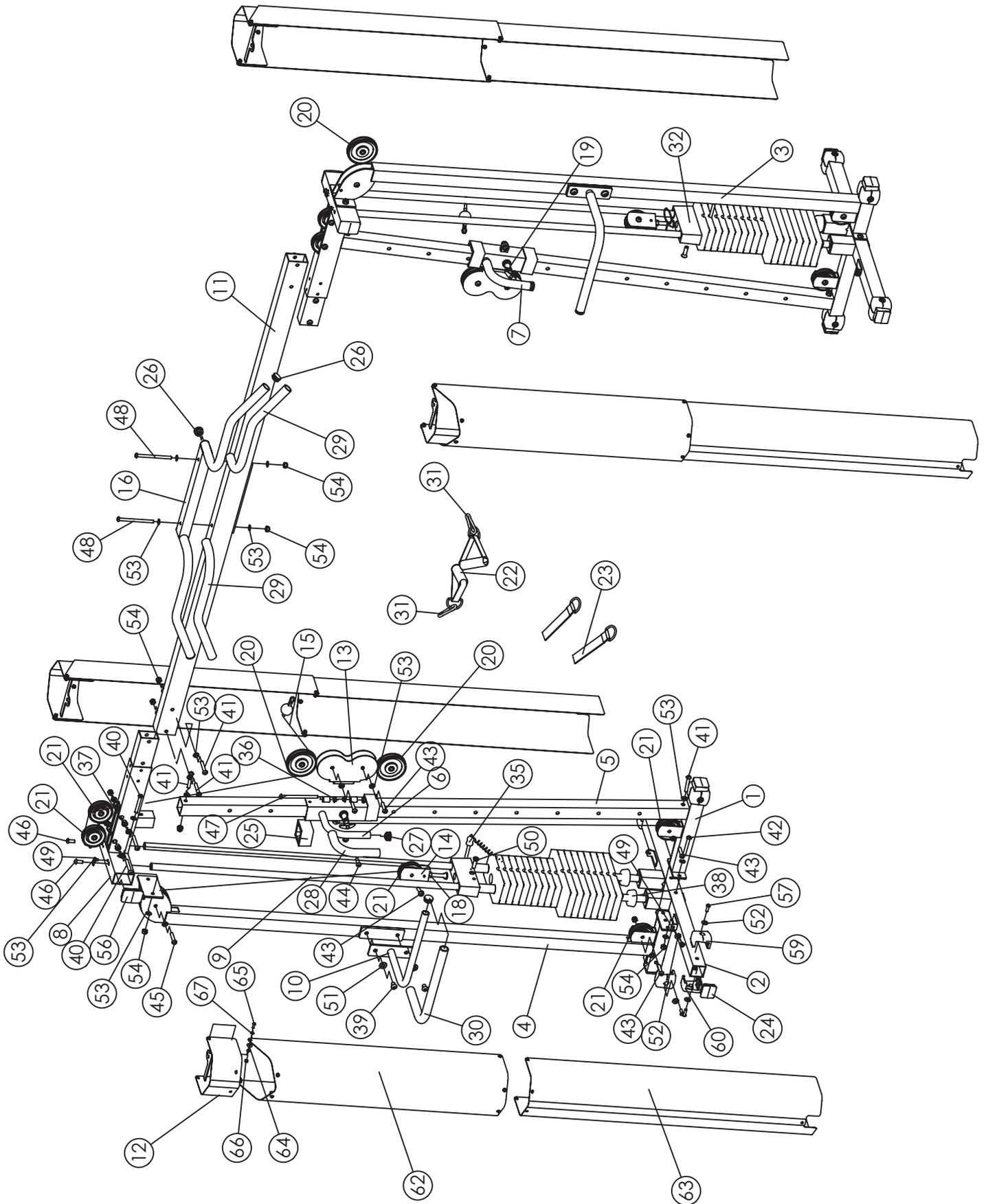
Once all bolts and nuts are tightened, then attach Weight Shrouds (12,62,63) with Allen Bolts (49) and Washers (52).



KF-CC Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01072	BASE, INNER KF-CC	2
2	223-01073	BASE, MIDDLE KF-CC	2
3	223-01074	UPRIGHT, REAR RIGHT KF-CC	1
4	223-01075	UPRIGHT, LEFT REAR KF-CC	1
5	223-01076	TUBE, SLIDE GUIDE KF-CC	2
6	219-00062	LEFT SLIDE FRAME KPS-CC	1
7	219-00059	RIGHT SLIDE FRAME KPS-CC	1
8	219-00609	FRAME, TOP KF-CC	2
9	223-00685	GUIDE ROD, KPS-CC	4
10	219-00608	HANDLE, KF-CC	2
11	223-01071	TUBE, TOP CROSS KF-CC	1
12	223-00957	WEIGHT SHROUD, TOP KF-1860	4
13	219-00054	DOUBLE PULLEY BRACKET KPS-CC, KPS-SCC	2
14	219-00047	SWIVEL PULLEY BLOCK KPS-CC, KPS-SCC	2
15	229-00017	CABLE KPS-CC P15	2
16	219-00607	HANDLE, CHIN UP KF-CC	1
17	219-00276	SELECTOR ROD INRAY-GYMS	2
18	202-00048	JAM NUT 1/2"	2
18	202-00048	JAM NUT 1/2"	2
19	210-00257	POP PIN (LOCKING), KF-45/KF-AAB	2
20	223-00228	BIG PULLEY 4.5"	6
21	223-00231	SMALL PULLEY, KPS-CC/CG/LATA/SCC	10
22	210-00061	HAND STRAP INRAY GYM	2
23	210-00059	ANKLE STRAP INRAY GYM	2
24	206-00391	SQUARE PLUG, 50.8 KF SERIES	8
25	206-00035	PLASTIC SLEEVE, 63.5X50.8	4
26	206-00102	PLUG 32 - KPS	4
27	206-00004	PLUG 25	4
28	206-00459	GRIP, KPS-CC 30X24X260	2
29	206-00055	GRIPS KPS-CC 30x24x500	2
30	206-00054	LONG GRIPS 30X24X592	2
31	210-00008	GEAR HOOK, KPS, 210-00008	2
32	223-00031	TOP PLATE KPS-GYM	2
35	210-00004	WEIGHT PIN	2
36	202-00037	SMALL BUSHING KPS-CG	4
37	202-00036	PULLEY SPACER	8
38	206-00026	WEIGHT BUMPER KPS	4
39	202-00721	SCREW, BUTTON HD SOCKET CAP M12X32	4
40	202-00647	BUTTON HEAD SOCKET CAP SCREW M10X75	8
41	202-00665	SCREW, BUTTON HEAD SOCKET CAP M10X65	8
42	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
43	202-00664	SCREW, BUTTON HEAD SOCKET CAP M10X50	10
44	202-00663	SCREW, BUTTON HEAD SOCKET CAP M10X35	2
45	202-00722	SCREW, BUTTON HD SOCKET CAP M10X55	2
46	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	4
47	202-00723	SCREW, BUTTON HD SOCKET M10X140	2
48	202-00724	SCREW, BUTTON HD SOCKET CAP M10X135	2
49	202-00725	SCREW, BUTTON HD SOCKET CAP M8X10	12
50	202-00121	SCREW, M12*35	2
51	202-00127	WASHER, 13*24*1.5	4
52	202-00137	WASHER, 9*22*2	12
53	202-00093	WASHER, 10	76
54	202-00091	NYLON NUT, M10	38
55	202-00216	ALLEN WRENCH S6	1
56	206-00394	PLUG, 50.8X76.2 KF SERIES	4
57	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	16
58	202-00660	ALLEN WRENCH, S=5	1
59	206-00469	SLEEVE, EZ GLIDE 2 50.8 KF-LATM/KF-CC	8
60	206-00470	SLEEVE, EZ GLIDE 1 50.8 KF-LATM	8
61	202-00661	ALLEN WRENCH, S=8	1
62	223-00958	WEIGHT SHROUD, MIDDLE KF-1860	4
63	223-00959	WEIGHT SHROUD, BOTTOM KF-1860	4
64	202-00677	SMALL SPACER, KF-1860	32
65	202-00676	SCREW, BUTTON HD SOC CAP M6X18	32
66	202-00203	NYLON NUT M6	32
67	202-00227	WASHER, 6.6X12X1.6	64
68	202-00217	Allen Wrench S4	1

Exploded View



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) normal wear and tear; (e) operation on incorrect power supplies; or (f) 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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