



# CAUTION

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



215-00009 09/04



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**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 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.

#### **POWER SYSTEM SERIES**

QUESTIONS? CALL 1-888-340-0482 Monday-Friday

#### 8:30-5:30 Central Time

#### When calling please have the following product information available:

- Product Series
- Model #
- PO # (located on the front of the manual)
- Part Number
- Part Description



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.

### **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.



# <u>Box 1</u>





# <u>Box 2</u>



6

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Inches



[85#] M4\*20 2pcs [84#] M8\*6 5pcs [106#] Ø38\*Ø11\*2 2pcs [101#] Ø24\*Ø13\*1.5 11pcs [102#] Ø20\*Ø11\*2 78pcs [107#] Ø38\*Ø11\*2 1pc [119#] Ø22\*Ø9\*2 3pcs [103#] Ø15.4\* Ø10.2\*2.6 9pcs [48#] Ø16\* Ø9\*1.6 1pc [117#] Ø18.4\* Ø12.2\*3.1 1pc [51#] Ø9.3\*Ø6.1\*1.6 1pc [115#] Ø12. 3\* Ø8. 1\*2. 1 1pc [105#] M12 5pcs [104#] M10 33pcs [83#] M6 1pc [100#] M10 1pc



### **STEP 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) at the top.





### 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 (95) will secure it at the bottom.





#### 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 two Washers (102), two Spring Washers (103), and two Allen Bolts (97) to secure the Main Top Beam (4) to the two Guide Rods (24).





Attach Press Arm Support (5) to Main Upright (3) by aligning the holes and sliding the Shaft (74) through. Secure the Shaft (74) in place using two Set Screws (84).

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





### 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 the 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 into the Seat Pad Support Receptacle (2) and secure by tightening the Locking Pop Pin (52).

Install the Telescope (14) to the Back Pad Support (16) and secure in place using one Nylon Locknut (104), two Washers (101), and one Bolt (99).

Install the Tilting (15) to the Back Pad Support (16) and secure in place using one Nylon Locknut (104), two Washers (102), 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

Note: Stretch all cables out completely and make sure all twisting is removed before installing. 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: Bolt (90) - Qty. 2 Pulley (44) - Qty. 9 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 Figure 11 (104) (102) ᡚ 44 (102) 103 5 0 6 63) (104 (102) 0 (104) 0 (102) 6 (102) (95) 53) G (104) (102) 6 23 (102) (102) 63 (91) (104) 0 (102) 44 (5) (93) (102) (100) (15) 90 27 (102 ee. 60) 63 (102) 60)



#### Step 12

Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Mid Pulley Cable (46) as detailed in Figure 12. Follow dotted lines to identify exact location of pulleys. *See Page 29 "Cable View" for more detail.* 

Start by installing cable under the pulley at Leg Extension location. You will need the following for installation: Bolt (91) - Qty. 3 Pulley (44) - Qty. 8 Pulley Bracket w/ Shaft (21) - Qty. 1 Bolt (92) - Qty. 1 Cable (46) - Qty. 1 Pulley Bracket Block (22) - Qty. 1 Bolt (93) - Qty 1 Nylon Locknut (104) - Qty. 8 Pulley Bracket (23) - Qty. 1 Bolt (94) - Qty. 1 Long Pulley Spacer (53) - Qty. 6 Bolt (95) - Qty. 1 Longer Pulley Spacer (55) - Qty. 4 Washer (102) - Qty. 18 Short Pulley Spacer (54) - Qty. 2 Figure 12 (55) 4 0 104) 102 (44) (104 (102 0 (102) 63) 91 (44) 3 0 63 Ø (44) (104) 0 (102 (102) 1 (104) (102) **(**44) (102) 61 0) (97) (102) \* (10) 3 46 44 (102) 6 (104) (78)(102) 94 64 44 64

୭

102



#### 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





### 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).





# **Congratulations!**

You have completed the assembly of your new KPS-1850.







KPS-1850	WEIGHT RATIOS					
Weight(lbs)	100%	95%	90%	65%	45%	
10	10	9.5	9	6.5	4.5	
15	15	14.25	13.5	9.75	6.75	
20	20	19	18	13	(	
25	25	23.75	22.5	16.25	11.25	
30	30	28.5	27	19.5	13.5	
35	35	33.25	31.5	22.75	15.75	
45	45	42.75	40.5	29.25	20.25	
55	55	52.25	49.5	35.75	24.75	
65	65	61.75	58.5	42.25	29.25	
75	75	71.25	67.5	48.75	33.75	
85	85	80.75	76.5	55.25	38.25	
95	95	90.25	85.5	61.75	42.75	
105	105	99.75	94.5	68.25	47.25	
115	115	109.25	103.5	74.75	51.75	
125	125	118.75	112.5	81.25	56.25	
140	140	133	126	91	63	
155	155	147.25	139.5	100.75	69.7:	
170	170	161.5	153	110.5	76.5	
185	185	175.75	166.5	120.25	83.2	
200	200	190	180	130	90	

Your new POWER SYSTEM 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

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









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

**Exploded View** 



# **Parts List**



#### **KPS-1850** Parts List

REF#	KEYS PART#	DESCRIPTION	QTY.	REF#	KEYS PART#	DESCRIPTION	QTY.
1	223-00235	Rear Base	1	61	206-00020	Square Plug 44.5	2
2	223-00236	Seat Pad Support Receptacle	1	62	206-00140	Square Plug 50.8	2
3	223-00237	Main Upright	1	63	206-00001	Square Plug 76.2*50.8	4
4	223-00238	Main Top Beam	1	64	206-00102	Round Plug 32	4
5	223-00239	Press Arm Support	1	65	206-00141	Big Plug 25.4	6
6	223-00240	Press Arm	1	66	206-00142	Nylon Stopper	1
7	223-00241	Pec Dec Mount	1	67	206-00143	Pec Dec Stop Bumper	1
8	223-00242	Right Pec Dec Arm	1	68	206-00061	Base Pad	3
9	223-00243	Left Pec Dec Arm	1	69	206-00099	End Cap Bumper	1
10	223-00244	Leg Extension Lever	1	70	223-00092	Long Lat Bar	1
11	219-00265	Foam Frame w/Shaft	1	71	219-00136	Short Lat Bar	1
12	219-00266	Foam Frame w/o Shaft	1	72	230-00017	Shaft for Leg Extension	1
13	223-00245	Seat Pad Support	1	73	230-00018	Shaft for Chest Press Adjustment	1
14	219-00267	Telescope for Back Pad	1	74	230-00019	Shaft for Chest Press	1
15	219-00268	Tilting for Back Pad	1	75	210-00097	Adjustable Stopper	1
16	219-00269	Back Pad Support	1	76	202-00145	Washer 6.6*18*1.6	2
17	219-00270	Right Leg Hold Leg Frame	1	77	219-00031	Long Foam Tube	1
18	219-00271	Left Leg Hold Leg Frame	1	78	219-00281	Cable Retainer Bracket	1
19	219-00272	Pec Dec Handle Bar	2	79	206-00138	Round Plug 25	2
20	223-00246	Weight Shroud	2	80	202-00146	Slip Tension Pin	1
21	219-00273	Pulley Bracket w/Shaft	1	81	202-00147	"U" Shape pin	1
22	219-00274	Pulley Bracket Block	1	82	202-00144	Small Spring	1
23	219-00275	Pulley Bracket	1	83	202-00142	Nut M6	1
24	223-00247	Guide Rod	2	84	202-00143	Screw M8*6	5
25 26	228-00085	Back Pad	1	85	202-00122	Philip Screw M4*20	2
26	228-00084	Seat Pad	1	86 87	223-00248	Front Upright	1
27	228-00031	Top Plate	1	87 88	206-00134	Plastic Washer	2 1
28	202-00121	Screw Bolt M12*35	1 1		202-00123	Bolt M12*75	1
29 30	219-00276 206-00026	Selector Rod	2	89 90	202-00124 202-00085	Bolt M10*30 Bolt tM10*50	2
30	210-00028	Weight Stack Bumper	1	90 91	202-00085	Bolt M10*45	2
31	229-00038	Weight Pin Long Chain	1	91 92	202-00088	Bolt M10*45 Bolt M10*65	9
32	210-00038	Gear Hook	7	92 93	202-00087	Bolt M10*70	5
34	210-00061	Lat Strap	2	94	202-00083	Bolt M10*75	9
35	229-00037	Short Chain	1	95	202-00081	Bolt M10*80	8
36	219-00277	15LB Plate	5	96	202-00125	Allen Bolt M10*50	2
37	219-00278	10LB Plate	9	97	202-00123	Allen Bolt M10*25	8
38	219-00279	5LB Plate	5	98	202-00126	Bolt M12*80	4
39	214-00001	Decal Weight Number	1	99	202-00077	Bolt M12*85	1
40	210-00060	Ab Strap	1	100	202-00129	Regular Hex Nut10	1
41	210-00059	Ankle Strap	1	101	202-00127	Washer 13*24*1.5	11
42	228-00077	Upholstered Roller Pad 100*22*180	6	102	202-00128	Washer 11*20*2	78
43	206-00146	Handle Grip	4	103	202-00100	Spring Washer 10	9
44	223-00228	Pulley	20	104	202-00091	Nylon Locknut M10	33
45	229-00047	Chest Press Cable	1	105	202-00092	Nylon Locknut M12	5
46	229-00048	Mid Pulley Cable	1	106	202-00129	Chrome Washer 38*11*2	2
47	229-00049	Leg Press Cable Substitute	1	107	202-00130	Washer 38*11*2	1
48	202-00138	Washer 6.6*18*1.6	1	108	202-00131	Philip Screw M6*15	2
49	229-00050	Pec Dec Cable	1	109	202-00132	Hex Key 6	1
50	210-00095	Pop Pin	1	110	202-00133	Hex Key 4	1
51	202-00139	Spring Washer 6	1	111	206-00135	Grip	4
52	210-00096	Pop Pin (Locking)	2	112	206-00136	Rubber stopper	3
53	202-00071	Long Pulley Spacer	10	113	210-00093	Cable Adaptor	1
54	202-00025	Short Pulley Spacer	2	114	206-00137	Nylon Cover	1
55	202-00140	Longer Pulley Spacer	8	115	202-00134	Spring Washer 8	1
56	202-00016	Bronze Bushing ID25.4	8	116	210-00091	Lube	1
57	202-00023	Bronze Bushing ID12.2	4	117	202-00135	Spring Washer 12	1
58		Decring ID25	6	118	202-00136	Allen Bolt M8*15	5
	202-00024	Bearing ID25	0		202 00100	The Don No 15	b
59	202-00024 202-00141	Bronze Bushing ID16	2	119	202-00137	Washer 9*22*2	3

### **Warranty Information**





### 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.

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 PUR-POSE. 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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