

# TRIUMPH™ 8.3e

## Owner's Manual

Triumph 8.3e Elliptical

### Customer Service

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**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. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **275** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

# Before You Start



Thank you for purchasing the **TRI 8.3e Elliptical!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

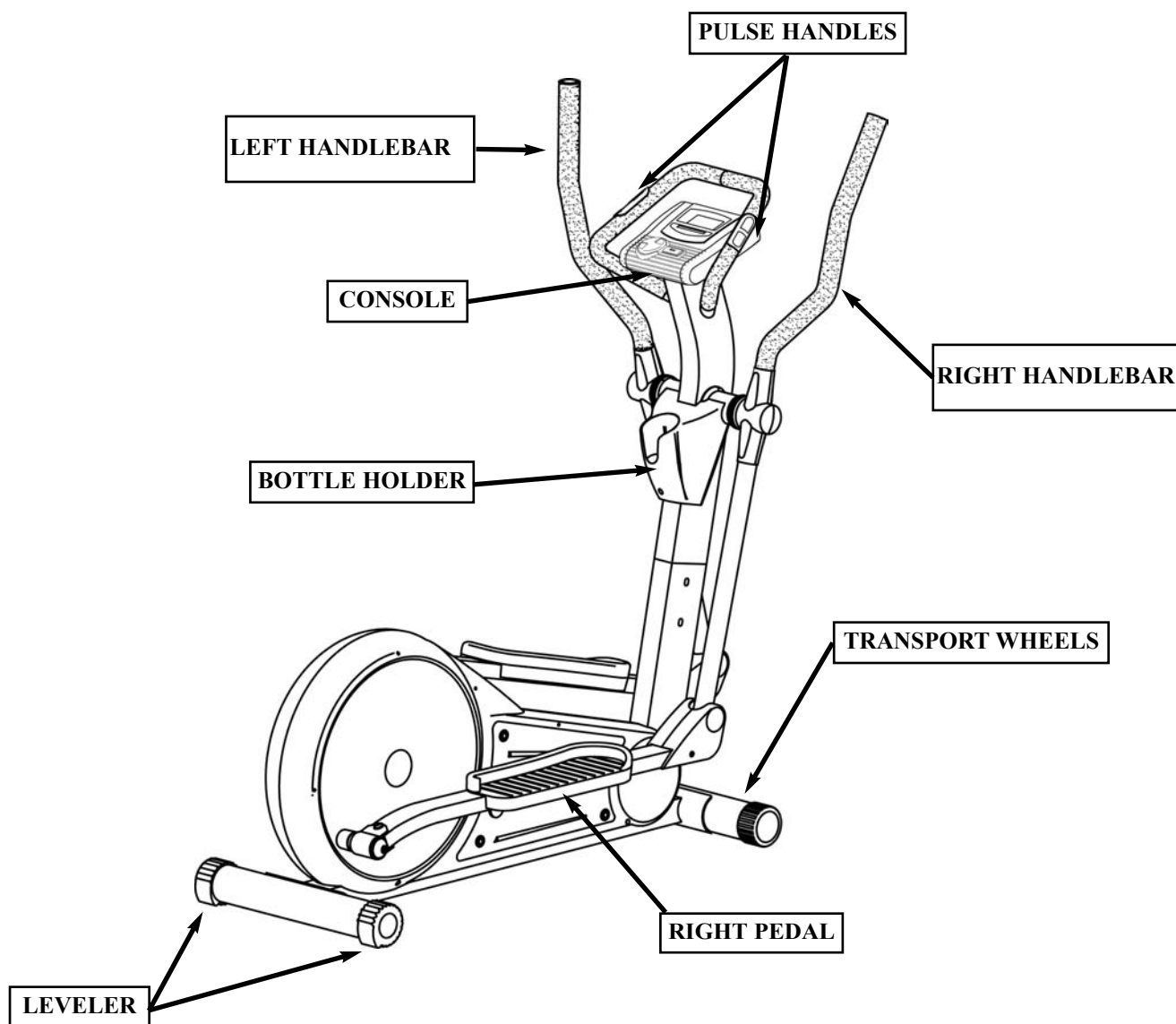
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

**Please review the following drawing below to familiarize yourself with the listed parts.**



## INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

### Tools:

1. Allen Wrench
2. Phillips Screw Driver
3. Wrench

### Main Components:

1. Owner's Manual
2. Main Frame
3. Handlebars Left and Right
4. Console Tube w/ Upper Electronic Wire
5. Pulse Handlebar w/ Pulse Wires
6. Rear Stabilizer
7. Front Stabilizer
8. Water Bottle
9. Pedals Left and Right
10. Console
11. Pedal Joint Covers A and B
12. Decoration Covers A and B

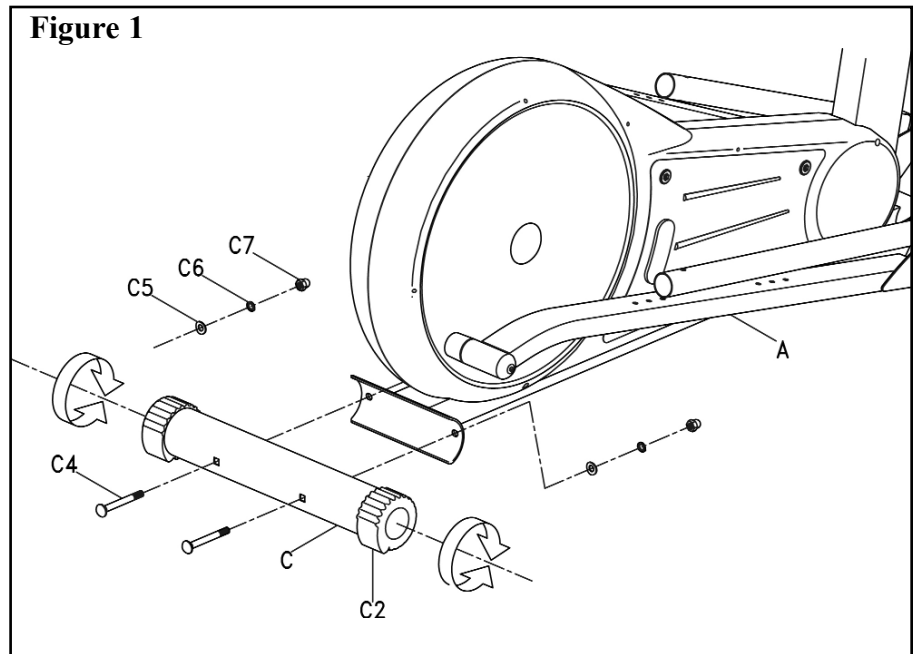
### Hardware:

1. Screw (C4 & D7) - Qty. 4
2. Nut Cap (C7 & D10) - Qty. 4
3. Spring Washer (C6 & D9) - Qty. 4
4. Flat Washer (C5 & D8) - Qty. 4
5. Screw (E2) - Qty. 4 (Located in back of Console)
6. Flat Washer (B13) - Qty. 6
7. Spring Washer (B14) - Qty. 6
8. Screw (B21) - Qty. 6
9. Screw (G4) - Qty. 4
10. Bolt (J1) - Qty. 2
11. Screw (J3) - Qty. 4
12. Bolt (B7) - Qty. 2 (Located on Console Tube)
13. Screw (F3) - Qty. 1 (Located in Pulse Handlebar)
14. Bolt (J4) - Qty. 4
15. Flat Washer (J5) - Qty. 4
16. Spring Washer (J6) - Qty. 4
17. Knob (J7) - Qty. 4
18. Screw (J2) - Qty. 4

## FIGURE 1

### Step 1:

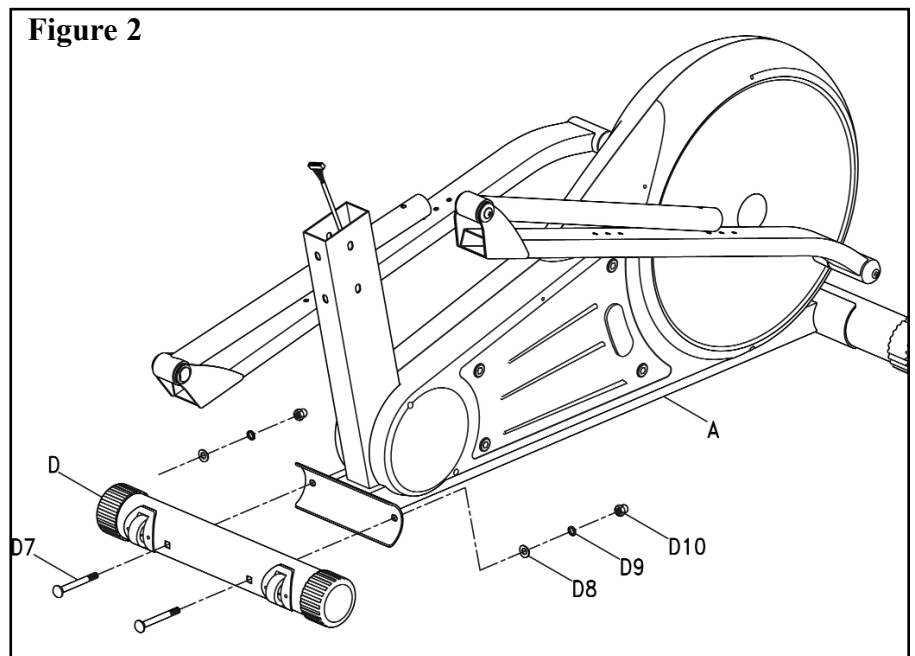
Attach Rear Stabilizer (C) to Main Frame (A) using two Nut Caps (C7), two Spring Washers (C6), two Flat Washers (C5), and two Bolts (C4).



## FIGURE 2

### Step 1:

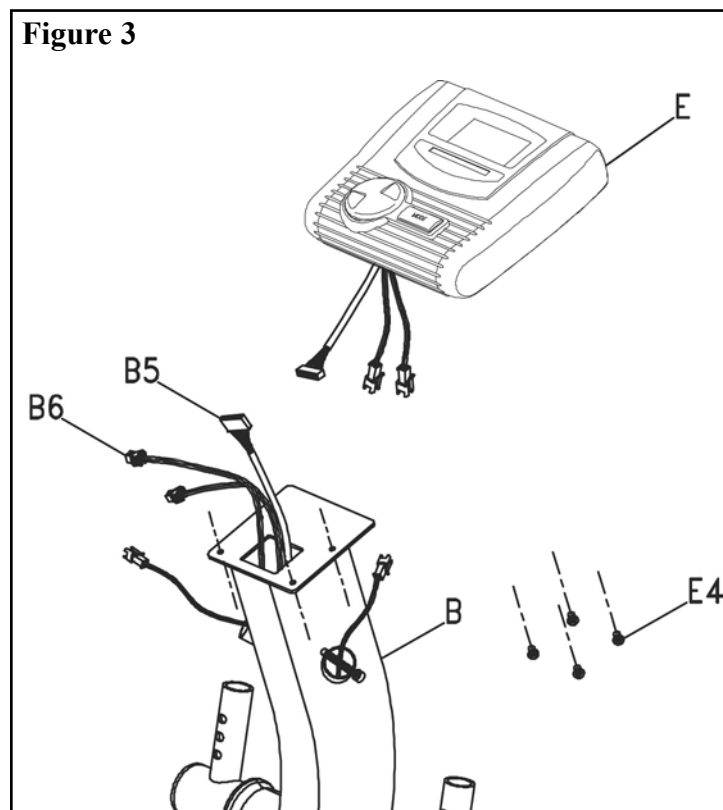
Attach Front Stabilizer (D) to Main Frame (A) using two Nut Caps (D10), two Spring Washers (D9), two Flat Washers (D8), and two Bolts (D7).



## FIGURE 3

### Step 1:

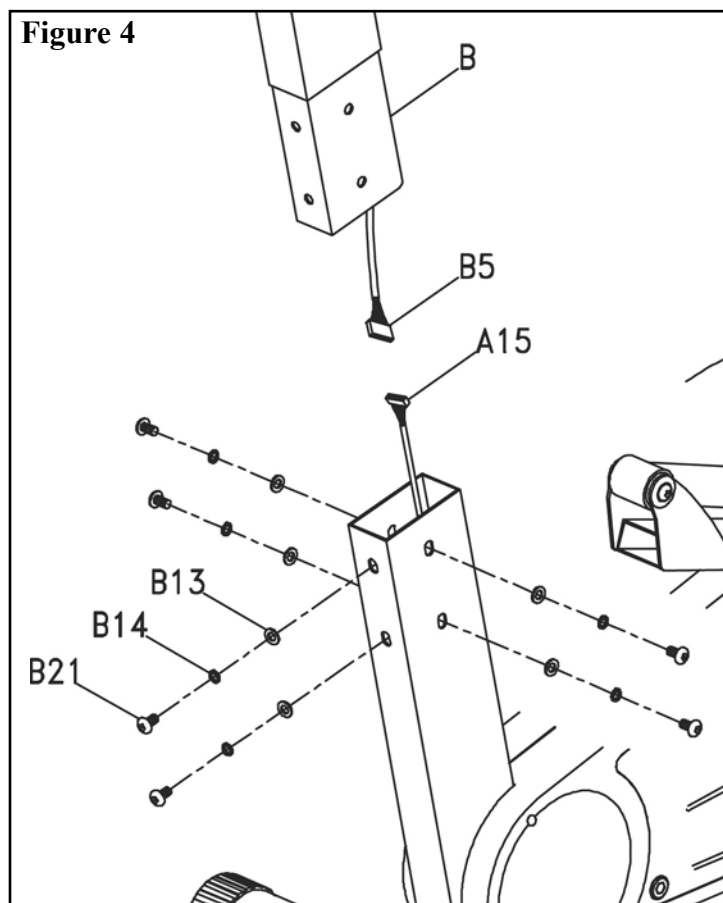
Connect Upper Electronic Wire (B5) and Pulse Wires (B6) to the Console (E) wires. Secure Console (E) using four Screws (E2).



## FIGURE 4

### Step 1:

Connect Upper Electronic Wire (B5) to Lower Electronic Wire (A15). Next, slide Console Tube (B) into Main Frame (A) and secure using six Flat Washers (B13), six Spring Washers (B14), and six Screws (B21).



## FIGURE 5

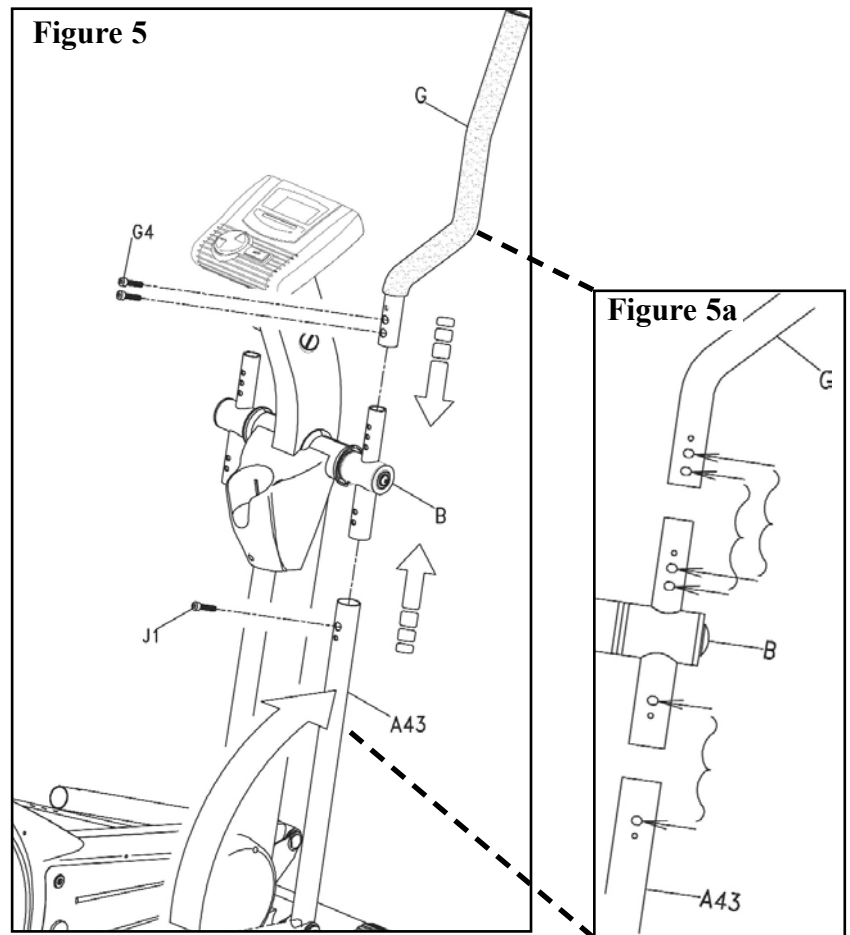
### Step 1:

Slide Right Handle Bar (G) into Console Tube Connect Tube (B) and secure using two Screws (G4).

### Step 2:

Slide Connect Pipe (A43) onto the bottom of Console Tube Connect Tube (B) and secure using one Bolt (J1).

Repeat steps to complete the left side.

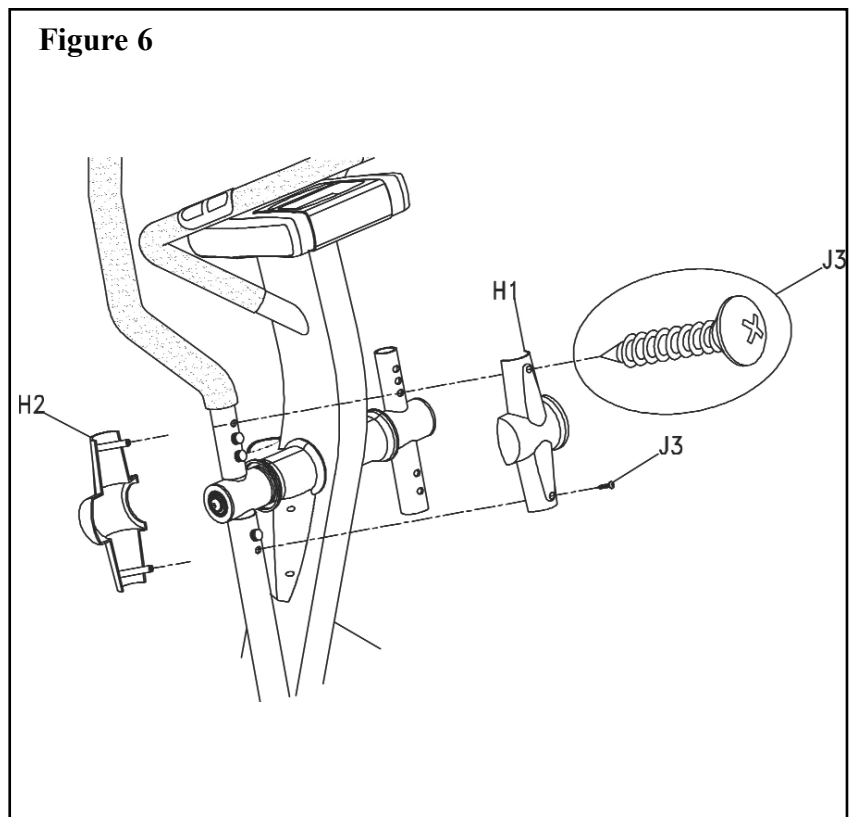


## FIGURE 6

### Step 1:

Attach Decoration Covers (H1 & H2) to each side of the Right Connect Tube (B) and secure using two Screws (J3).

Repeat step to complete the left side.

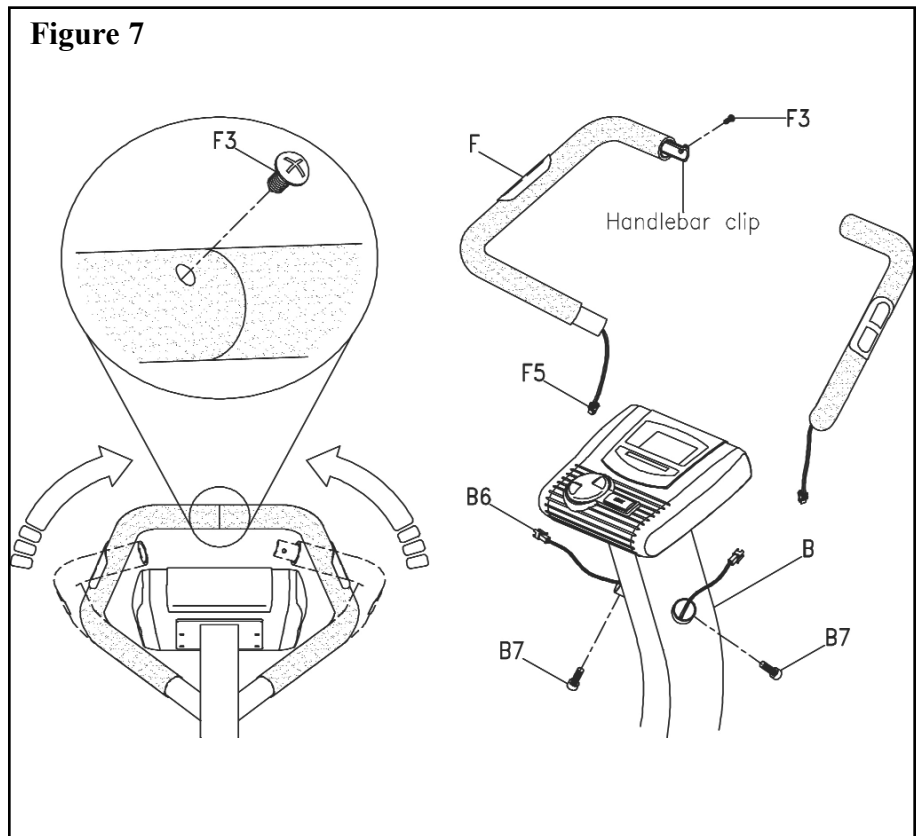




**FIGURE 7**

**Step 1:**

Remove Screw (F3) from Handlebars (F1). Next, connect one Pulse Wire (B6) to each Handlebar Pulse Wire (F5). Slide both Handlebars (F) into Console Tube (B) and twist the bars to bring them back together. Use Screw (F3) to secure them together. Last, use two Bolts (B7) to secure Handlebars (F) to Console Tube (B).



**FIGURE 8**

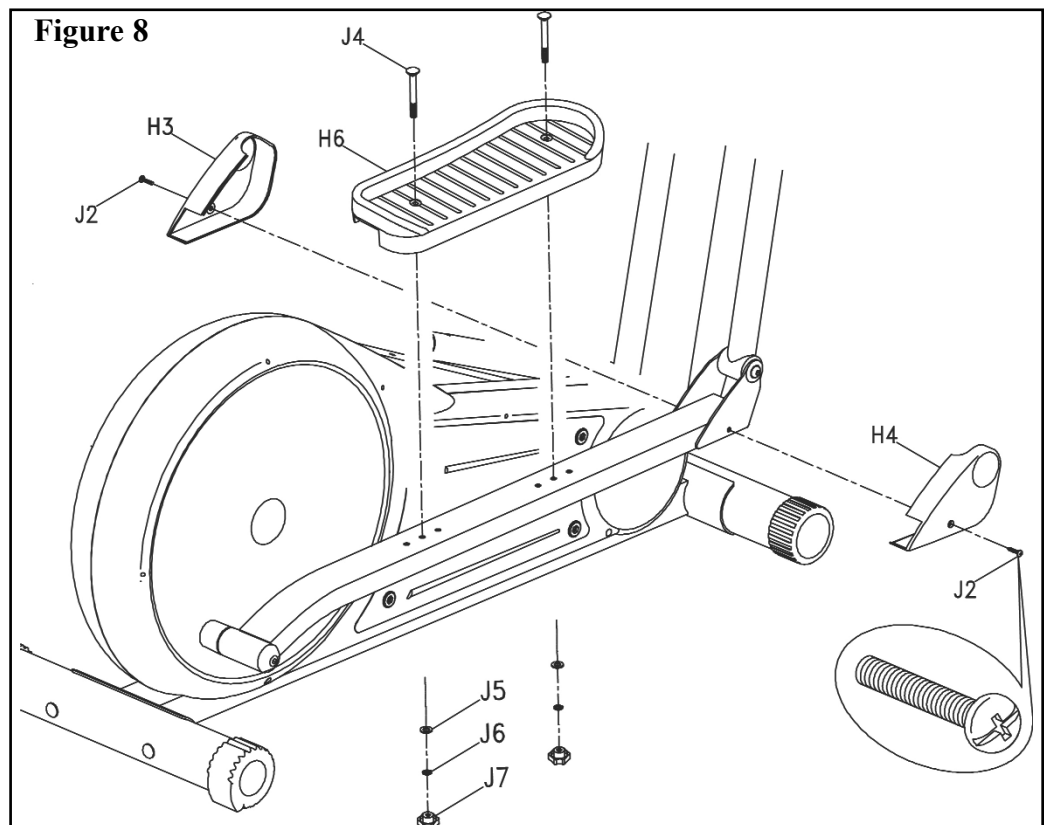
**Step 1:**

Attach Right Pedal (H6) to Right Pedal Tube (A37) by using two Bolts (J4), two Flat Washers (J5), two Spring Washers (J6), and two Knobs (J7).

**Step 2:**

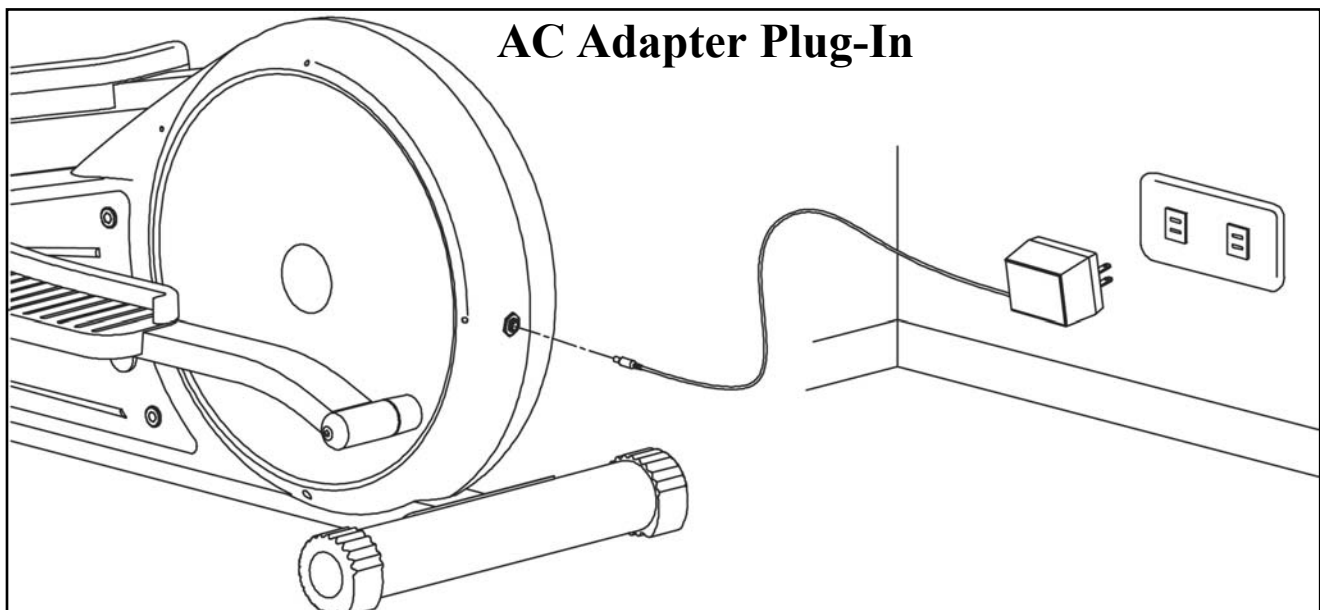
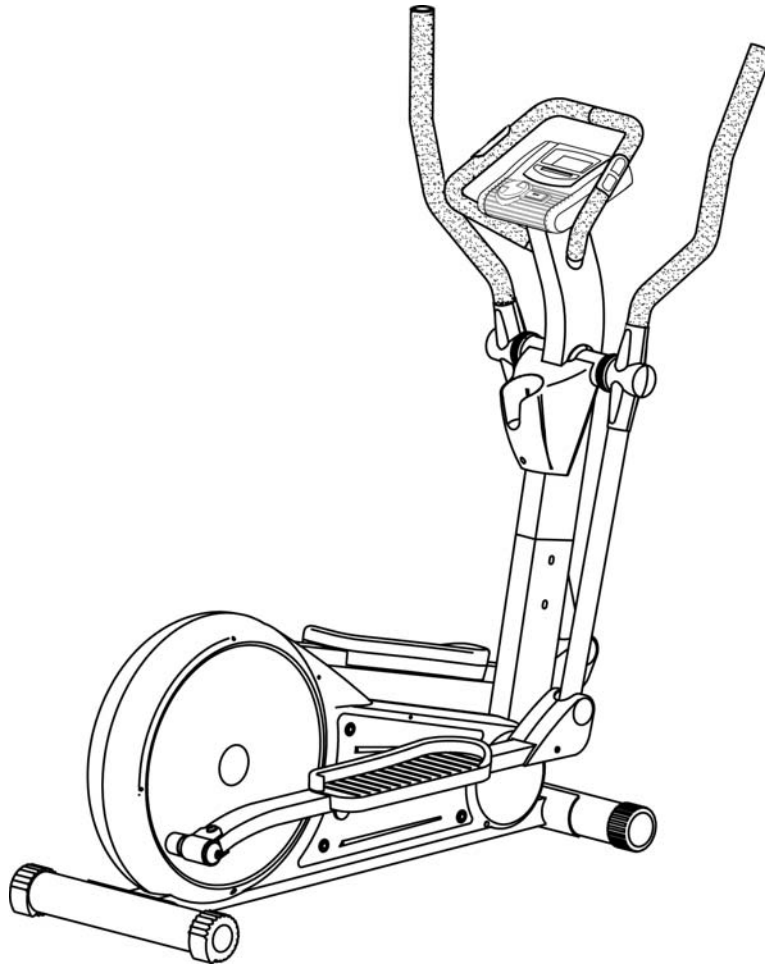
Attach Pedal Joint Covers (H3 & H4) to Right Pedal Tube (A37) using two Screw (J2).

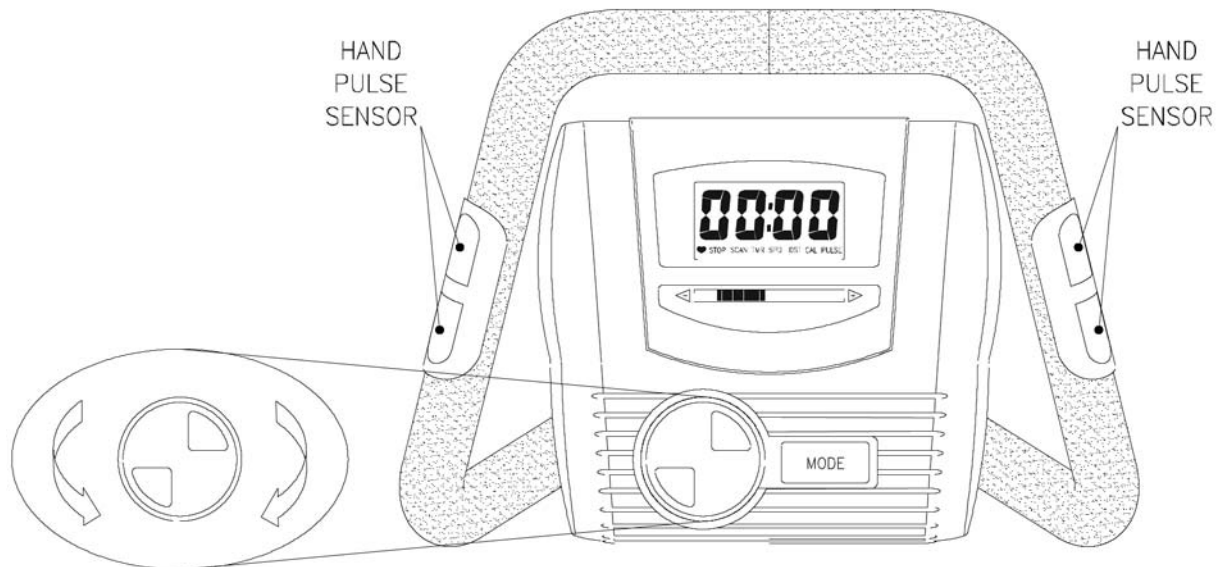
Repeat steps for left side.



**Congratulations!**

**You have completed the assembly of your new TRI 8.3e Elliptical!**





## **CONSOLE BUTTONS**

**MODE:** Press to select between Time, Pulse, Distance and Calories.

## **FUNCTIONS**

**LOAD:** There is a red LED bar indicator below the monitor display to show your current training level difficulty. Turn the round button to adjust your level of resistance (clock wise to increase, counter-clockwise to decrease).

**SCAN:** Automatically scan through each function between Time, Speed, Distance and Calories every 6 seconds.

**SPEED:** Current Speed up to 99.9 kilometers/hour or miles/hour.

**TIME:** Accumulates total workout time up to 99.59 minutes.

**DISTANCE:** Accumulates total distance up to 99.99 kilometers or miles.

**CALORIES:** Accumulates total calorie consumption, max value is 9999 calories. This is an estimate for comparison of different exercise sessions only.

**PULSE:** Displays user's current heart rate (BPM-beats per minute) while exercising. To display your heart rate, you must hold onto the grips with both hands for 30 seconds to 1 minute.

## **NOTE**

1. The LCD display will shut down automatically if it does not receive a signal for a period of 4 minutes. All function data will reset to zero.
2. Turn on the monitor by pressing the mode button or simply start exercising.
3. If improper information displays on monitor, then please re-install the batteries.

## *Monitoring Your Heart Rate*

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

$190 \times .60 = 114$  (low end or 60% of MHZ)

$190 \times .75 = 142$  (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (**on next page**) for additional calculations.

## TARGET HEART RATE ZONE

**100%**

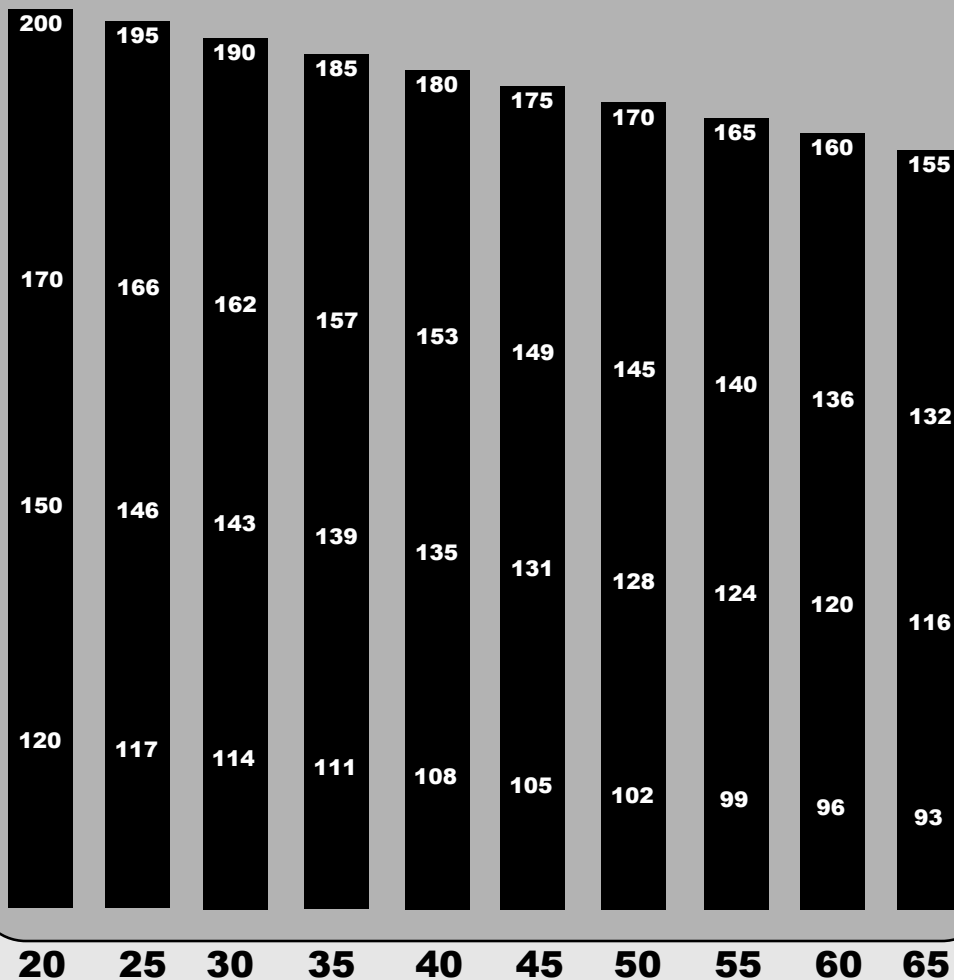
Serious athletic training range

**85%**

Cardiovascular conditioning range

**75%**

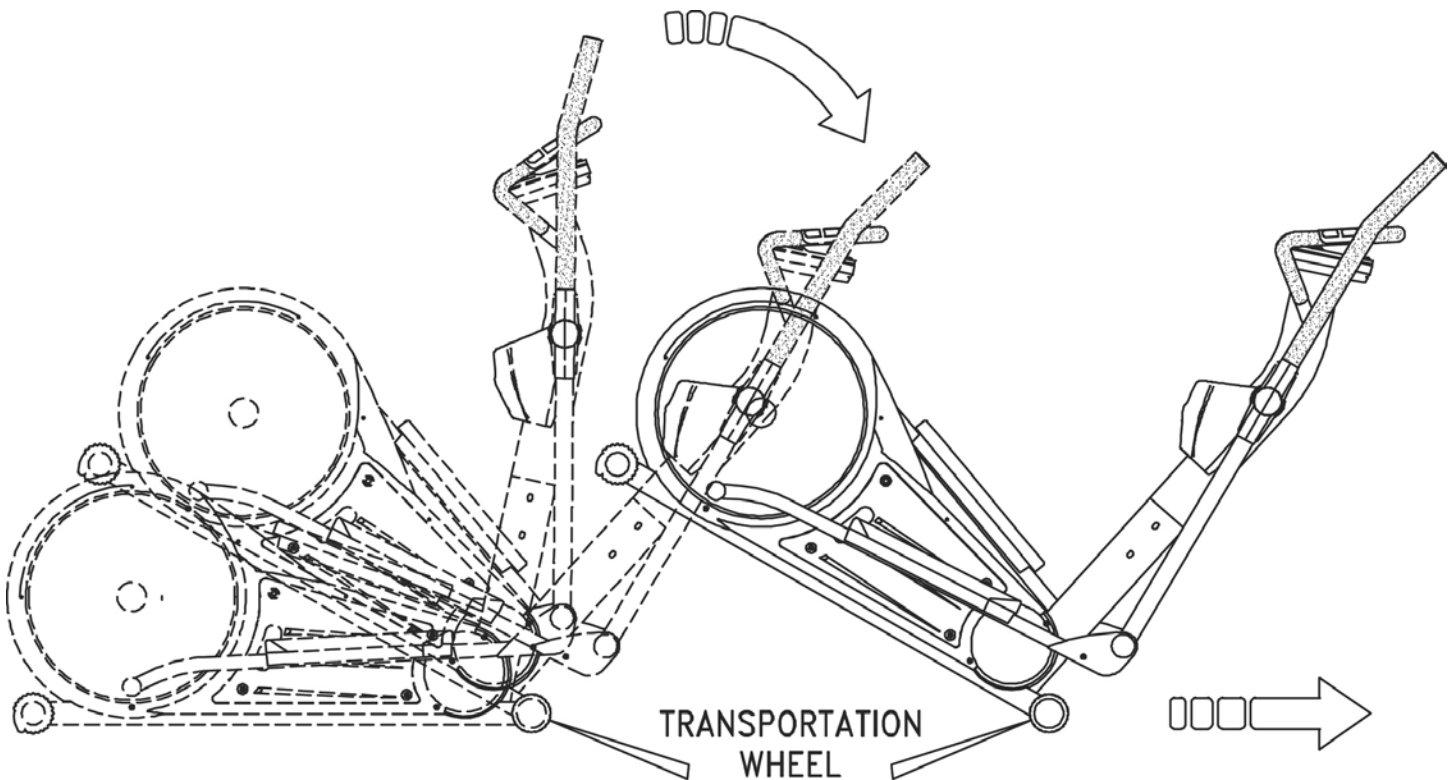
Fat burning range

**60%****AGE**

# Moving Instructions

**CAUTION!** TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

Stand at the front of the unit and using the small handlebar, carefully tilt the machine until the weight is transferred to the transport wheels. Using extreme caution, move the unit to the desired location. To set the unit down, carefully lower unit onto rear foot tube assembly in a resting position. Do not attempt to move the unit over an uneven or rough surface.



## EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



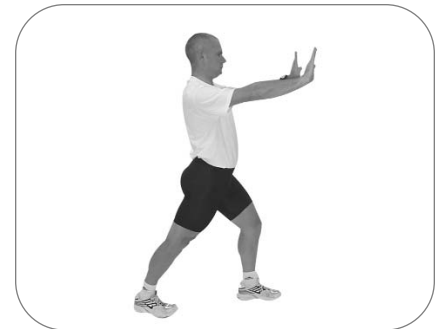
### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



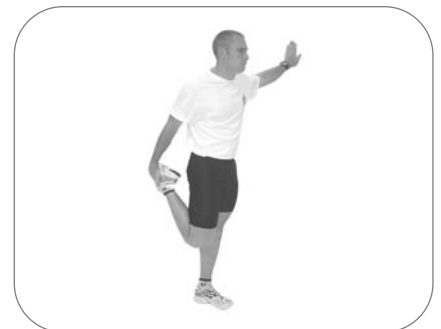
### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



### QUADRICEPS STRETCH

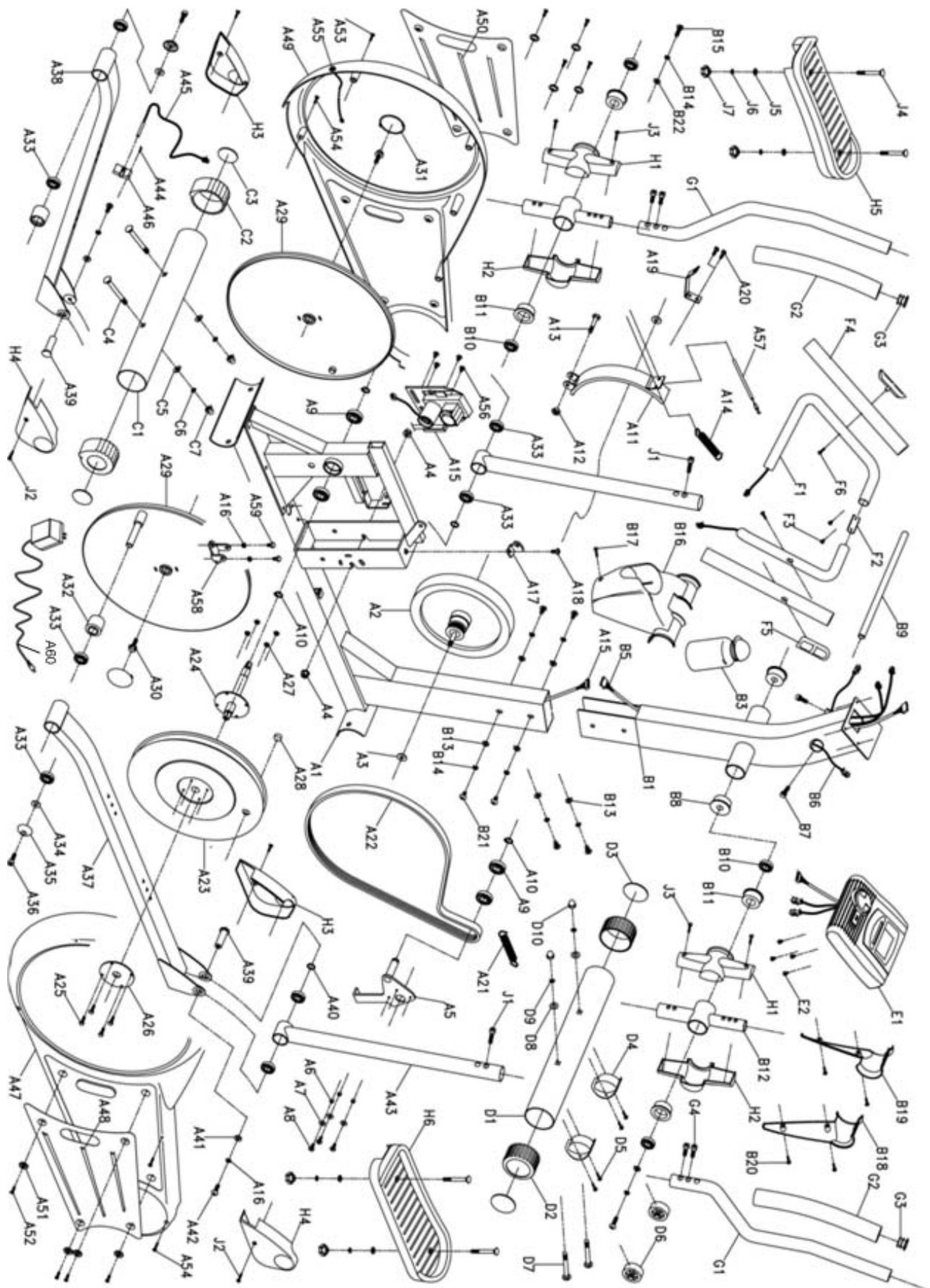
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

# Exploded View





## TRI8.3e Parts List Rev B

REF #	PART #	DESCRIPTION	QTY	REF #	PART #	DESCRIPTION	QTY
A1	323-00156	MAIN FRAME	1	B14	302-00204	SPRING WASHER	8
A2	311-00009	MAG BRAKE, CM707/708EL	1	B15	302-00186	SCREW	2
A3	302-00152	FLAT WASHER	2	A54	302-00215	TAPPING SCREW	6
A4	302-00150	NUT	2	A55	313-00074	POWER WIRE	1
A5	311-00042	TENSION PULLEY	1	A56	302-00201	SCREW FOR MOTOR	4
A6	302-00151	SPACER	4	A57	302-00072	TENSION CABLE	1
A7	302-00152	FLAT WASHER	4	A58	302-00214	SUPPORT BRACKET	1
A8	302-00175	SCREW	4	A59	302-00185	SCREW	2
A9	331-00026	BEARINGS CM707/708 ELLIPTICAL	4	A60	313-00011	AC ADAPTER CM707/708	1
A10	302-00208	E CLIP	3	B1	323-00128	CONNECT TUBE RIGHT DCV5.2EL	1
A11	323-00133	MAG HOUSING CM707/708EL/STEPPER	1	B3	310-00121	WATER BOTTLE	1
A12	302-00170	NUT	1	B16	305-00034	BOTTLE HOUSING BLACK	1
A13	302-00176	SCREW	1	B17	302-00187	SCREW	5
A14	302-00202	SPRING	1	B18	306-00232	BOTTLE HOUSING	1
A15	307-00029	GEAR BOX, CM707/708EL	1	B19	306-00233	BOTTLE HOUSING	1
A16	302-00171	NUT	1	B20	302-00198	SCREW	1
A17	302-00212	SUPPORT BRACKET	1	B21	302-00188	SCREW	6
A18	302-00177	SCREW	1	B22	302-00152	FLAT WASHER	2
A19	302-00213	SUPPORT BRACKET	1	C1	323-00265	BASE FRAME #A1 CM705EL	1
A20	302-00178	SCREW	1	C2	306-00212	END CAP ELLIPTICAL CM707/708	2
A21	302-00203	SPRING	1	C3	306-00298	END CAP COVER	2
A22	304-00010	BELT, PJ-1397	1	C4	302-00189	SCREW	2
A23	311-00023	FLYWHEEL, (CRANK PULLEY) CM707/708EL	1	C5	302-00152	FLAT WASHER	2
A24	330-00042	PULLEY AXLE, CM707/708 STEPPER TRI8.3E 320E	1	C6	302-00205	SPRING WASHER	2
A25	302-00179	SCREW	4	C7	302-00173	NUT CAP	2
A26	302-00152	FLAT WASHER	4	D1	323-00266	FOOTREST SUPPORT(L) CM705EL	1
A27	302-00172	NUT	4	D2	306-00213	END CAP ELLIPTICAL CM707/708	2
A28	302-00211	MAGNET	1	D3	306-00298	END CAP COVER	2
A29	311-00062	DRIVING PULLEY, CM705EL	2	D4	306-00300	TRANSMIT WHEEL HOUSING	2
A30	302-00180	SCREW	2	D5	302-00190	SCREW	4
A31	306-00425	DECORATION CAP, CM700U, TRI-8.3E	2	D6	306-00301	TRANSPORT WHEELS	2
A32	319-00004	PIPE, TRI8.3E/320E/CM	2	D7	302-00191	SCREW	2
A33	331-00038	BEARING	4	D8	302-00152	FLAT WASHER	2
A34	302-00152	FLAT WASHER	2	D9	302-00206	SPRING WASHER	2
A35	306-00226	SCREW COVER ELLIPTICAL CM707/708	2	D10	302-00174	NUT CAP	2
A36	302-00181	SCREW	2	E1	307-00057	CONSOLE, TRI 8.3E	1
A37	323-00108	PEDAL TUBE LEFT	1	E2	302-00192	SCREW	4
A38	323-00109	LEFT PEDAL TUBE CM707/708EL	2	F1	323-00129	PULSE HANDLEBAR	1
A39	302-00023	SCREW CM707/708 ELLIPTICAL	2	F2	302-00025	H/B CLIP CM707/708 ELLIPTICAL	1
A40	302-00152	FLAT WASHER	2	F3	302-00193	SCREW	2
A41	302-00152	FLAT WASHER	2	F4	310-00103	FOAM GRIP CM707/708EL	2
A42	302-00182	SCREW	2	F5	313-00015	HANDLE PULSE F5	2
A43	323-00116	CONNECT PIPE	2	F6	302-00194	SCREW	2
A44	302-00183	SCREW	1	G1	323-00155	PULSE HANDLEBARS	2
A45	313-00076	SENSOR WIRE	1	G2	310-00098	HANDLEBAR FOAM GRIP 707/708EL	2
A46	302-00209	FIXING HOUSING	1	G3	306-00228	END CAP CM707/708EL	2
A47	305-00010	RIGHT COVER CM707/708EL	1	G4	302-00195	SCREW	2
A48	306-00296	DECORATION COVER	1	H1	306-00471	PLASTIC INSERT	1
A49	305-00009	LEFT COVER CM707/708EL	1	H2	306-00472	TURNING PLATE COVER, 140E/8.3E	1
A50	306-00431	HANDLEBAR CAP, TRI-5.3E, 8.3E	1	H3	306-00473	MOVING TUBE CAP, TRI-5.3E/8.3E	1
A51	302-00200	SCREW COVER	8	H4	306-00474	WHEEL, TRI-5.3E/8.3E	1
A52	302-00152	FLAT WASHER	8	H5	306-00475	LEFT HOUSING, TRI-5.3E/8.3E	1
A53	302-00184	SCREW	3	H6	306-00476	RIGHT ROUND COVER, TRI-5.3E/8.3E	1
B5	307-00058	UPPER ELECTRONIC WIRE	1	J1	302-00154	BOLT	2
B6	313-00075	PULSE WIRE	2	J2	302-00196	SCREW	4
B7	302-00154	BOLT	2	J3	302-00197	SCREW	4
B8	302-00157	BUSHING	2	J4	302-00154	BOLT	4
B9	330-00020	SHAFT, CM707/708 ELLIPTICAL TRI8.3E	1	J5	302-00152	FLAT WASHER	4
B10	331-00032	BEARINGS CM707/708 ELLIPTICAL	4	J6	302-00207	SPRING WASHER	4
B11	302-00158	BUSHING	4	J7	302-00210	KNOB	4
B12	323-00131	CONNECT TUBE	1	#	302-01032	TAPPING SCREW CM705EL	1
B13	302-00152	FLAT WASHER	8	#	315-00008	OWNER'S MANUAL Tri 8.3e	1

## KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

**PRODUCT:** TRIUMPH 8.3e ELLIPTICAL  
**HOME USE WARRANTY:** Frame: Lifetime, Parts: 2 Years

This Limited 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 listed above in the table.

Keys warrants that the Product you have purchased for 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 computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes **VALID ONLY** if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

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 Limited 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 numbers 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 Limited Warranty.

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