

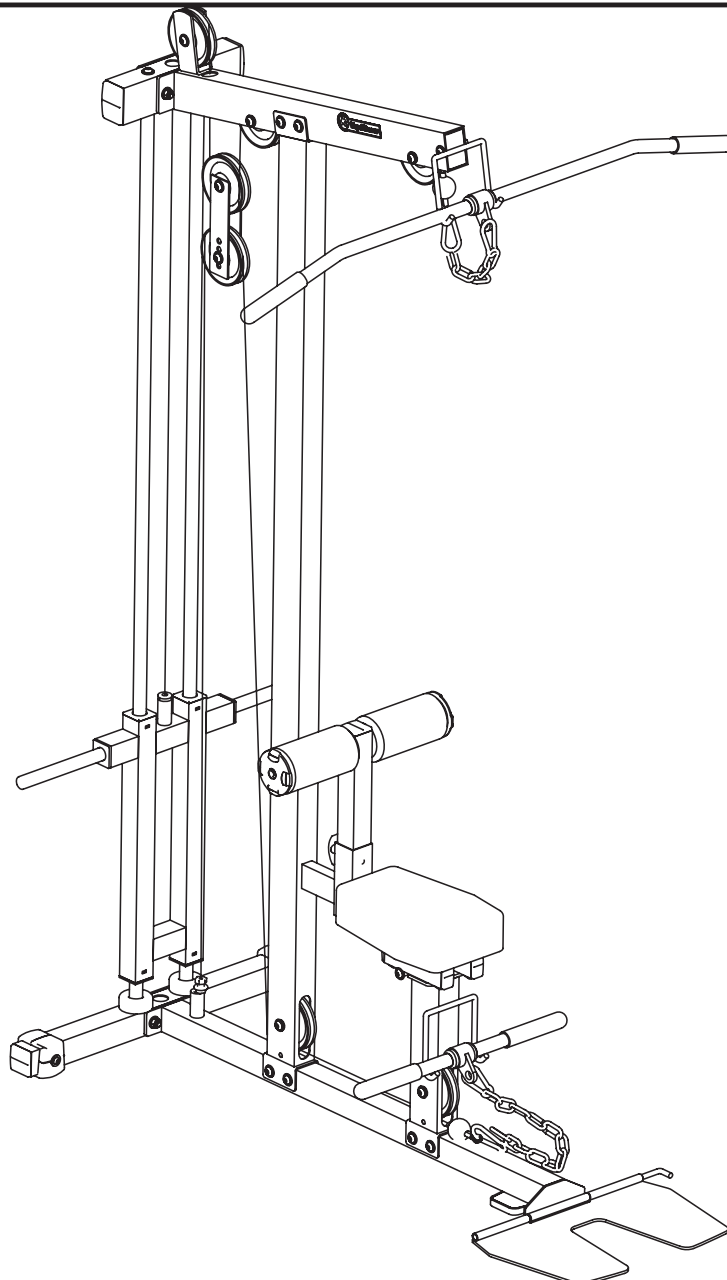


# KeysFitness®

## *KF-LATM*

### LAT MACHINE

## Owner's Manual



215-00124  
10/06 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 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](http://www.keysfitness.com) within 10 days of purchase.

## KEYS FITNESS SERIES

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

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

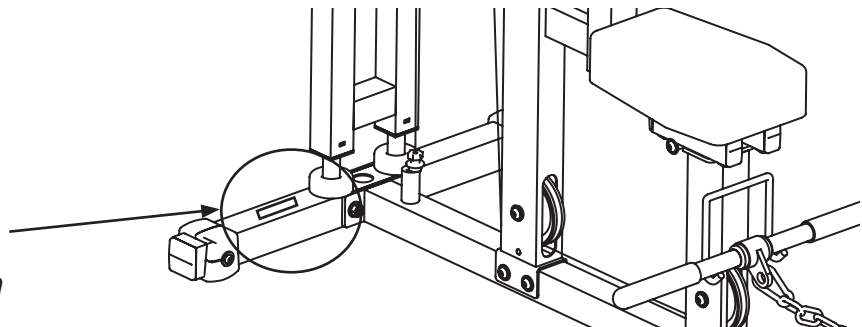
**Model Name :**

**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!**

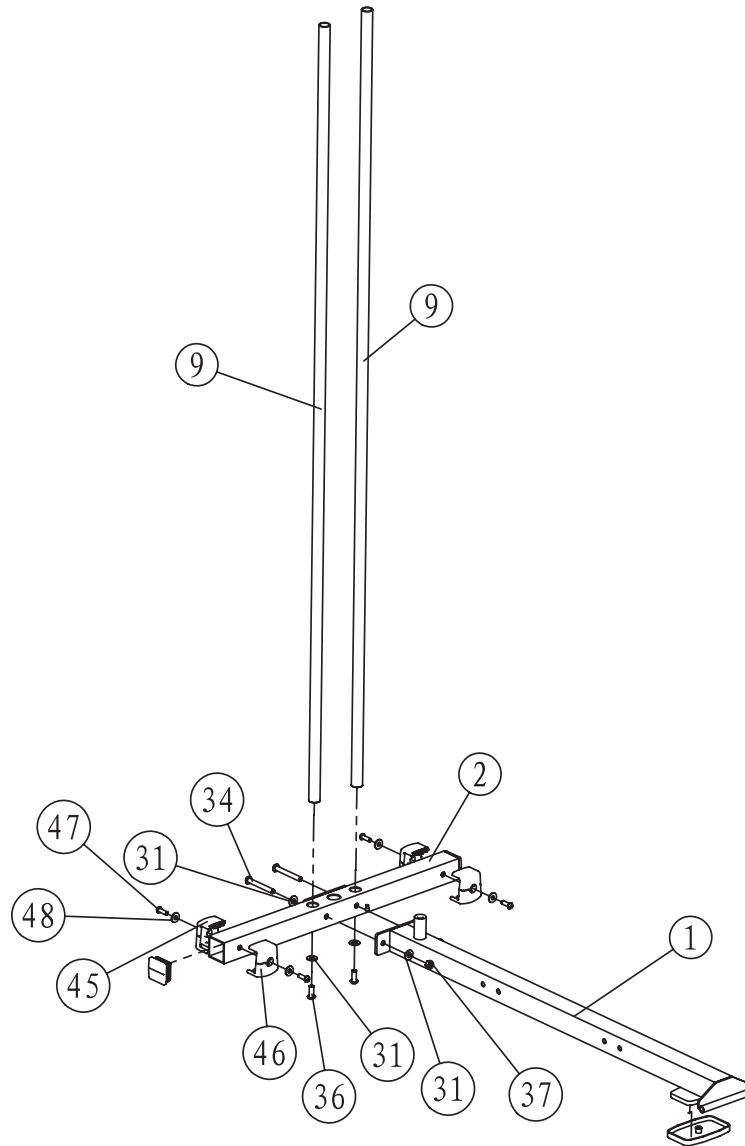
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through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

Connect Left and Right Foot Caps (45 and 46) to the Rear Base (12) using:

- 2 x (47) Screw
- 2 x (48) Washer

Connect Main Base (1) to Rear Base (2) using:

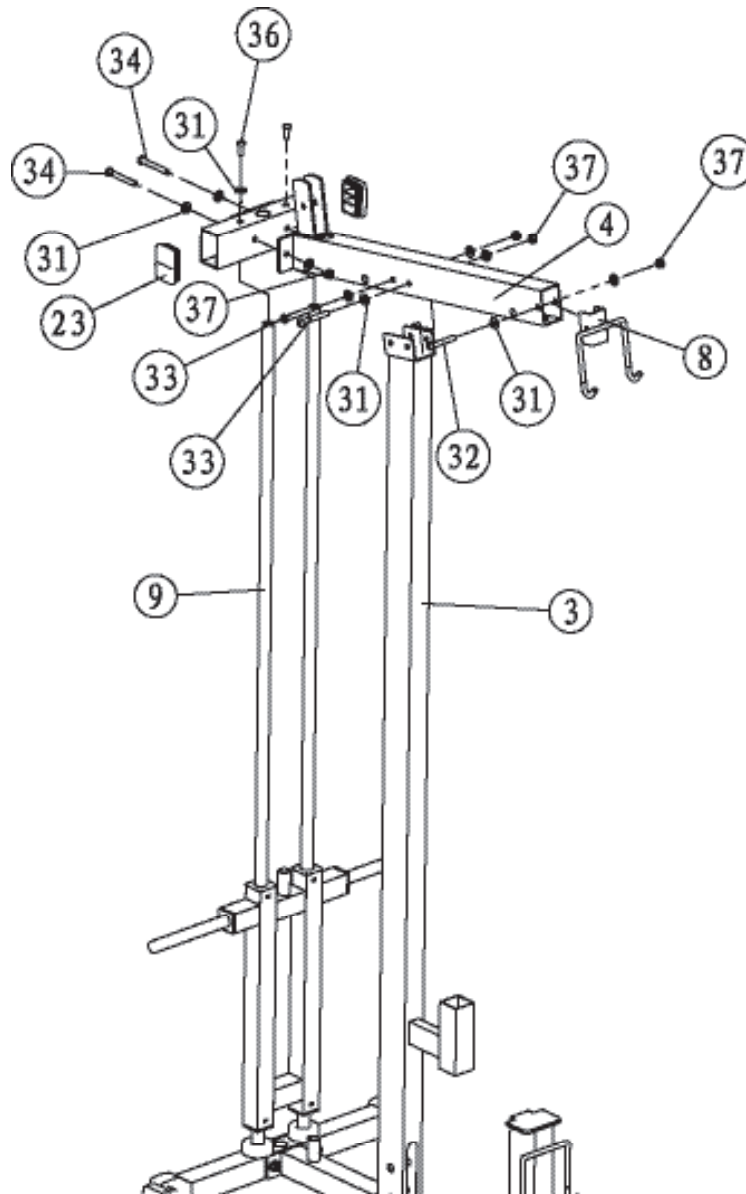
- 2 x (34) Bolt
- 4 x (31) Washer
- 2 x (37) Nylon Lock Nut

Slide Guide Rods (9) down into Rear Base (2) and secure using:

- 2 x (36) Bolt
- 2 x (31) Washer



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



## STEP 3

Slide Top Cross Frame (5) on top of Guide Rods and secure using:

2 x (36) Bolt                      2 x (31) Washer

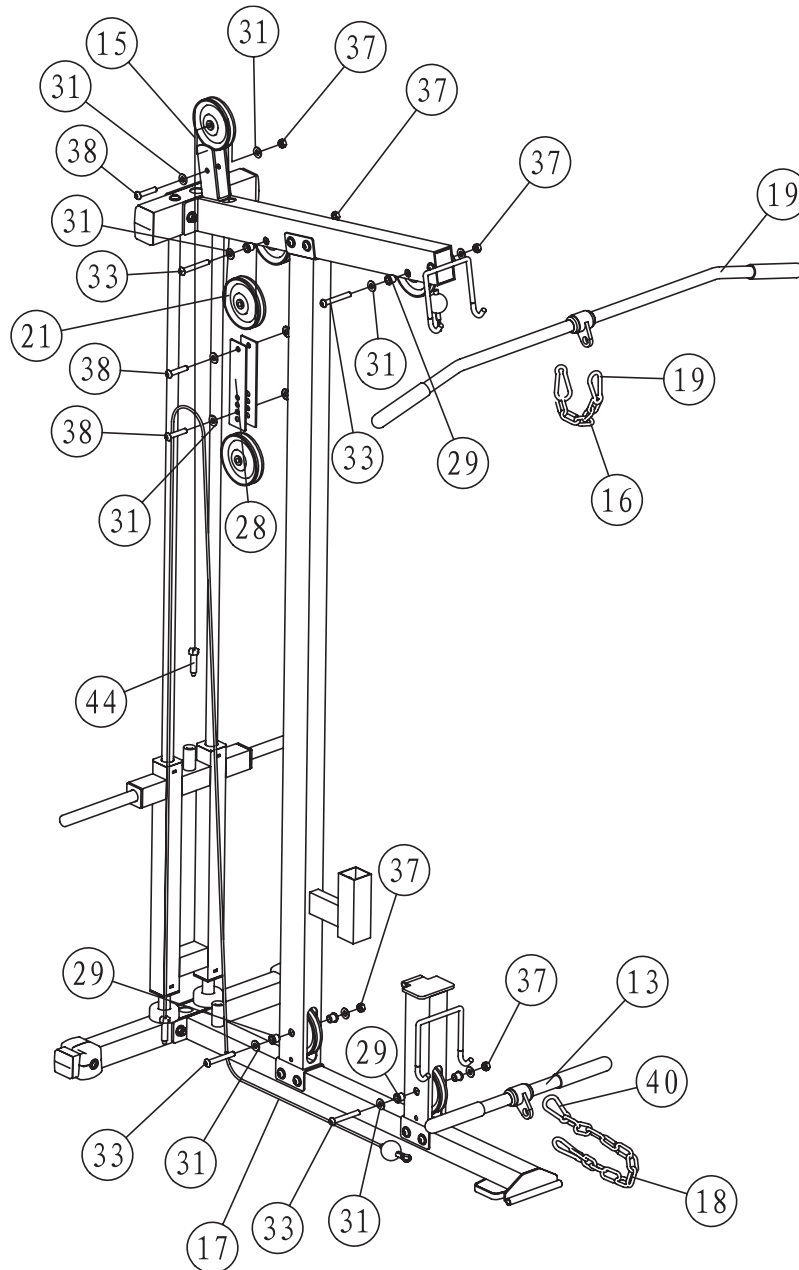
Attach Top Frame (4) to Upright (3) and Top Cross Frame (5) using:

2 x (33) Bolt                      2 x (34) Bolt  
8 x (31) Washer                  4 x (37) Nylon Lock Nut

Attach Bar Holder (8) to Top Frame (4) using:

1 x (32) Bolt                      2 x (31) Washer  
1 x (37) Nylon Lock Nut

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



## STEP 4

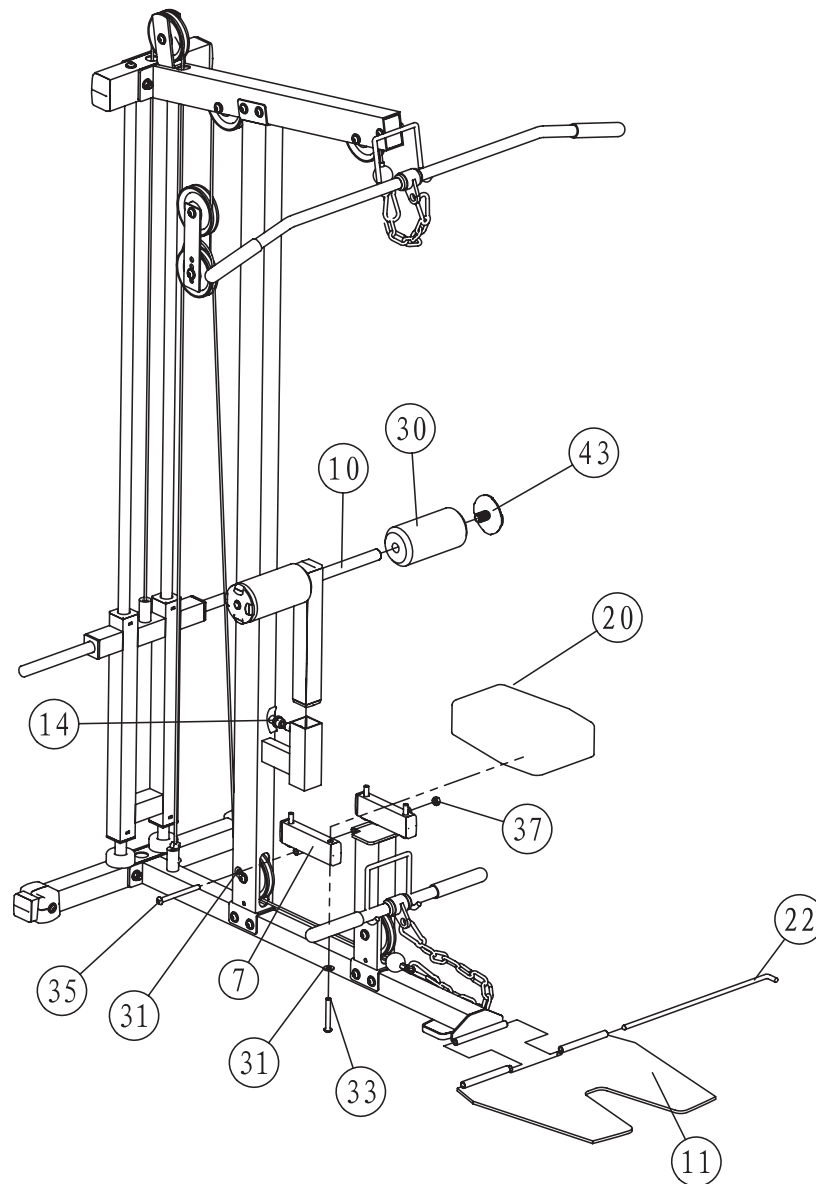
Complete Cable (15,17) assembly using:

- |                         |                        |
|-------------------------|------------------------|
| 7 x (21) Pulley         | 4 x (33) Bolt          |
| 14 x (31) Washer        | 8 x (29) Pulley Spacer |
| 7 x (37) Nylon Lock Nut | 3 x (38) Bolt          |
| 2 x (28) Pulley Plate   |                        |

Attach Long Bar (19) and Short Bar (13) as shown.



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



## STEP 5

Complete leg hold down assembly using:

- |                           |                  |
|---------------------------|------------------|
| 1 x (10) Roller Pad Frame | 2 x (30) Foam    |
| 2 x (43) Big Plug         | 1 x (14) Pop Pin |

Note: If needed, it is recommended that a rubber mallet be used to secure Big Plug (43).

Complete Seat Pad (20) assembly using:

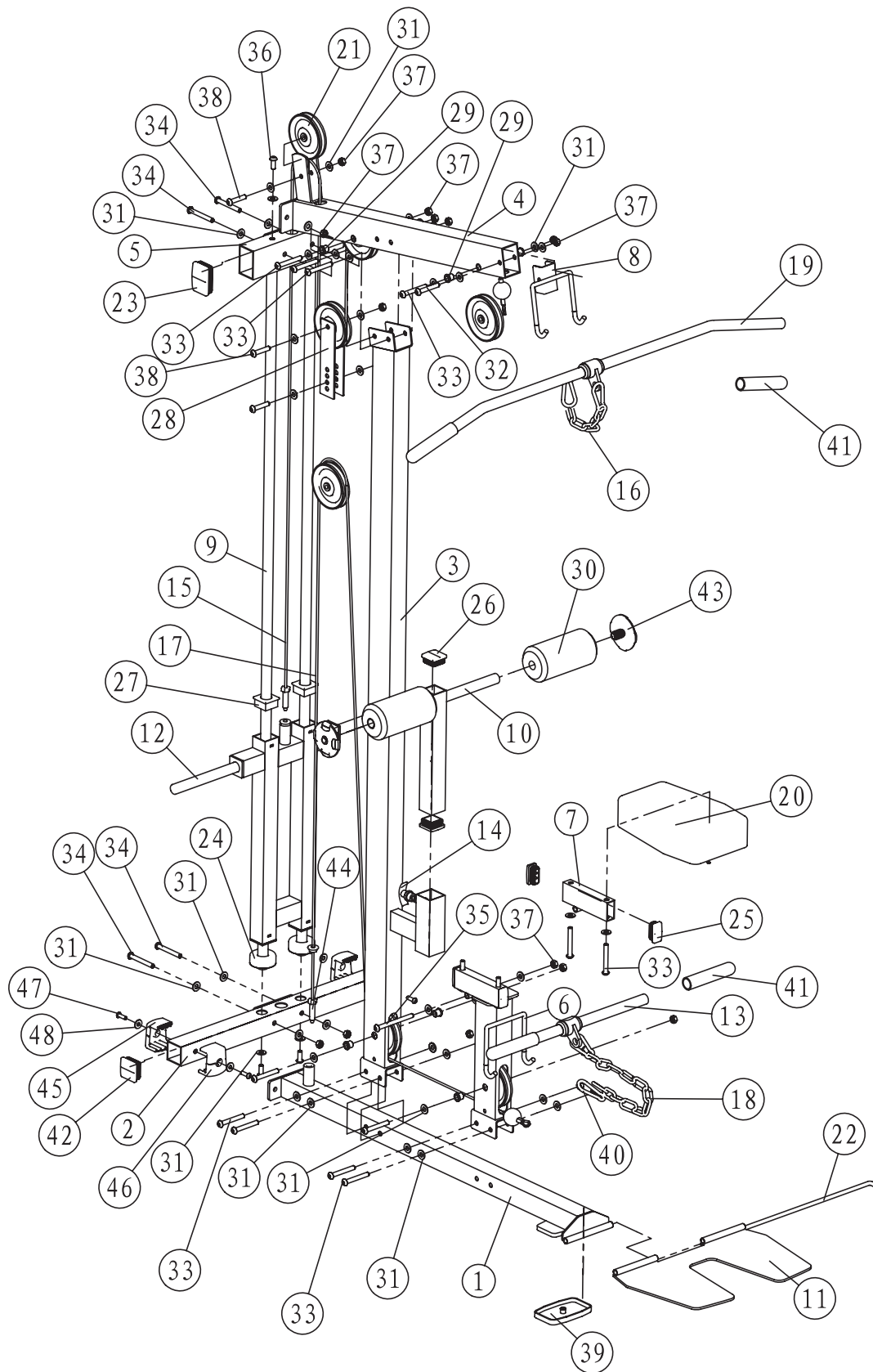
- |                       |               |
|-----------------------|---------------|
| 2 x (7) Seat Pad Tube | 1 x (35) Bolt |
| 5 x (31) Washer       | 4 x (33) Bolt |

Slide L Pin (22) through holes in Foot Plate (11) and Main Base (1).

## KF-LATM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00979	MAIN BASE, KF-LATM	1
2	223-00980	REAR BASE, KF-LATM	1
3	223-00981	UPRIGHT, KF-LATM	1
4	223-00982	TOP FRAME, KF-LATM	1
5	223-00983	FRAME, TOP CROSS KF-LATM	1
6	219-00588	SUPPORT, SEAT KF-LATM	1
7	219-00589	SEAT PAD TUBE, KF-LATM	2
8	219-00249	LAT BAR HOOK KPS GYM	1
9	223-00689	GUIDE ROD, KPS-LATM	2
10	223-00984	FRAME, ROLLER PAD KF-LATM	1
11	223-00690	FOOT PLATE, KPS-LATM	1
12	223-00055	SLIDE WEIGHT SUPPORT	1
13	223-00099	SHORT BAR	1
14	210-00021	POP PIN	1
15	229-00015	HIGH PULLEY CABLE KPS-LATM P15	1
16	229-00037	SHORT CHAIN	1
17	229-00016	LOW PULLEY CABLE KPS-LATM P17	1
18	229-00038	LONG CHAIN 12	1
19	223-00092	LAT BAR KPS-GYM, 223-00574	1
20	228-00225	PAD, SEAT KF-LATM	1
21	223-00228	BIG PULLEY 4.5"	7
22	210-00013	"L" PIN KPS-LATM	1
23	206-00001	PLUG 50.8*76.2	2
24	206-00026	WEIGHT BUMPER KPS	2
25	206-00008	PLUG 25*50	4
26	206-00020	PLUG 44.5	2
27	206-00188	PLASTIC SLEEVE, 44.5X25	4
28	219-00011	PULLEY PLATE, KPS-LATM	2
29	202-00036	PULLEY SPACER	8
30	206-00395	FOAM PADDING, 100X22X180 KF SERIES	2
31	202-00093	WASHER, 10	46
32	202-00665	SCREW, BUTTON HEAD SOCKET CAP M10X65	1
33	202-00647	BUTTON HEAD SOCKET CAP SCREW M10X75	14
34	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
35	202-00692	SCREW, BUTTON HD SOCKET CAP, M10X115	1
36	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	4
37	202-00091	NYLON NUT, M10	19
38	202-00664	SCREW, BUTTON HEAD SOCKET CAP M10X50	3
39	206-00468	BASE PAD, KF-LATM	1
40	210-00008	GEAR HOOK, KPS, 210-00008	4
41	206-00103	LAT BAR GRIP - KPS	4
42	206-00274	END CAP, 50.8	2
43	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	2
44	202-00048	JAM NUT 1/2"	2
44	202-00048	JAM NUT 1/2"	2
45	206-00469	SLEEVE, EZ GLIDE 1 50.8 KF-LATM	2
46	206-00470	SLEEVE, EZ GLIDE 2 50.8 KF-LATM	2
47	202-00659	SCREW, BUTTON HEAD SOCKET CAP M8X25	4
48	202-00094	WASHER 8, 9*28*2	4
49	202-00216	ALLEN WRENCH S6	1
50	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) 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](http://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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