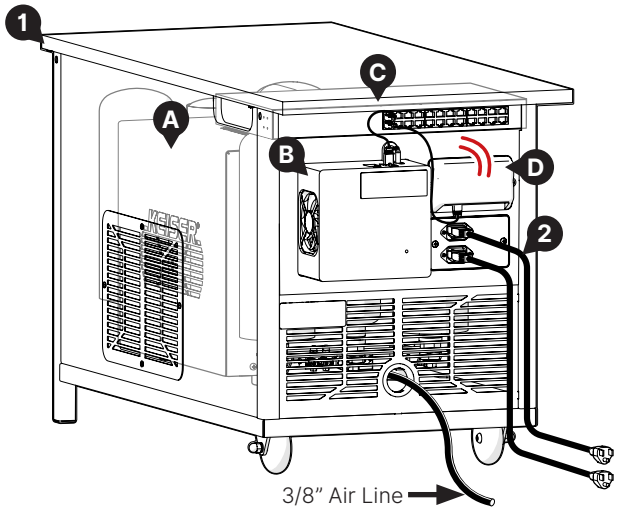
## PART LIST

1. Bottom Power Console
   A. Compressor with 3/8” Air Line
   B. Hub Server with SSD Local Storage
   C. Power Supply (PoE)
   D. Wireless Access Point
      - Includes two (2) CAT5e Ethernet Cables (Hub + Access Point to Power Supply)

2. Two (2) Power Entry Cords: One (1) for the Electronics, one (1) for the Compressor

**Included but not shown:** 3/8” Air Fitting Union (to connect air line to track/delivery system) and 3/8” Compression Nut with Plug (use when bypassing the 3/8” outlet).

**Note:** CAT5e cable for internet connection is not included. See ASSEMBLY AND INSTALLATION for system overview.




## SPECIFICATIONS

### Power Console Size and Weight

| | |
|---|---|
| L x W x H: | Bottom Power Console<br>37 in. x 17.5 in. x 22 in.<br>(940 mm x 445 mm x 559 mm) |
| Weight: | Bottom Power Console<br>157 lbs (72 kgs) |
| Footprint: | 37 in. x 17.5 in.<br>(940 mm x 445 mm) |

### Compressor Overview

| | |
|---|---|
| Motor: | 3/4 HP |
| Air Tank Capacity: | 2.5 gallons (9.5 L) total |
| Machine Capacity: | Up to 8 KEISER machines |
| Pressurized Air Delivery: | 100 – 120 psig (6.89 – 8.27 bar) |
| Air Line: | 3/8 in. x 6 ft. (1.83 m) tubing, with 3/8 in. fittings |
| Air Outlets: | Left-hand side<br>• 3/8” Compression Fitting (qty 1)<br>• 1/4” Quick-disconnect (qty 2)<br>Right-hand side<br>• 1/4” Quick-disconnect (qty 3) |
| Lubrication Type: | Oil-less (requires no lubrication) |
| Decibel rating: | 61 – 63 dB<br>Under normal operating conditions, distance of 39.37 inches (1 m) |

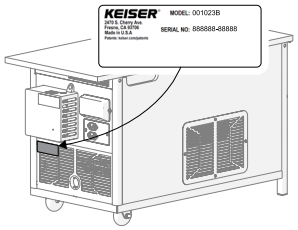
### Electrical

Power Supply (PoE) Hub, and Access Point

| | |
|---|---|
| Voltage: | 100-240 V~ |
| Current: | 9-5 A |
| Frequency: | 50-60 Hz |

Compressor
Confirm compressor model for operating voltage

| | |
|---|---|
| Voltage: | 115/230 V~ |
| Current: | 10/5 A |
| Frequency: | 50/60 Hz |

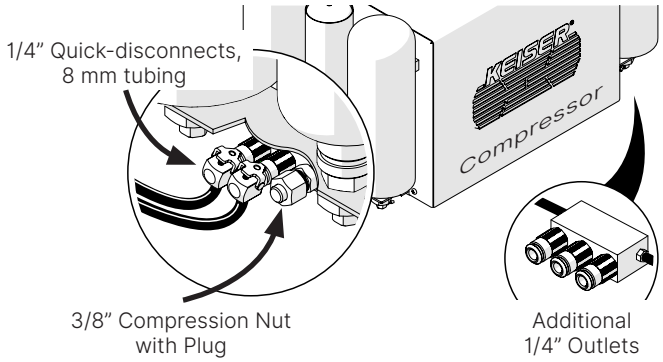



Reference the marking plate on unit for serial number and specific product information.

Please refer to the manufacturer’s user manuals for detailed product and safety information regarding the electronic devices.

**IMPORTANT: DO NOT CONNECT OR REDUCE THE POWER CONSOLE 3/8” AIR LINE TO A 1/4” AIR LINE SYSTEM.** The A400 System is designed for 3/8” air lines only. Any modifications/reductions may cause performance issues, including slow resistance increase.

**Air Direct-Connect Note:** Machines may connect directly to the 1/4” outlets on the compressor, using the 1/4” quick-disconnect with 8 mm tubing (supplied with the machines, 7 ft / 2.13 m in length), in place of the 3/8” air supply line. This is a direct connection, not part of a 1/4” air line system. Installation of a 3/8” compression nut with plug is required. Supports up to five machines.

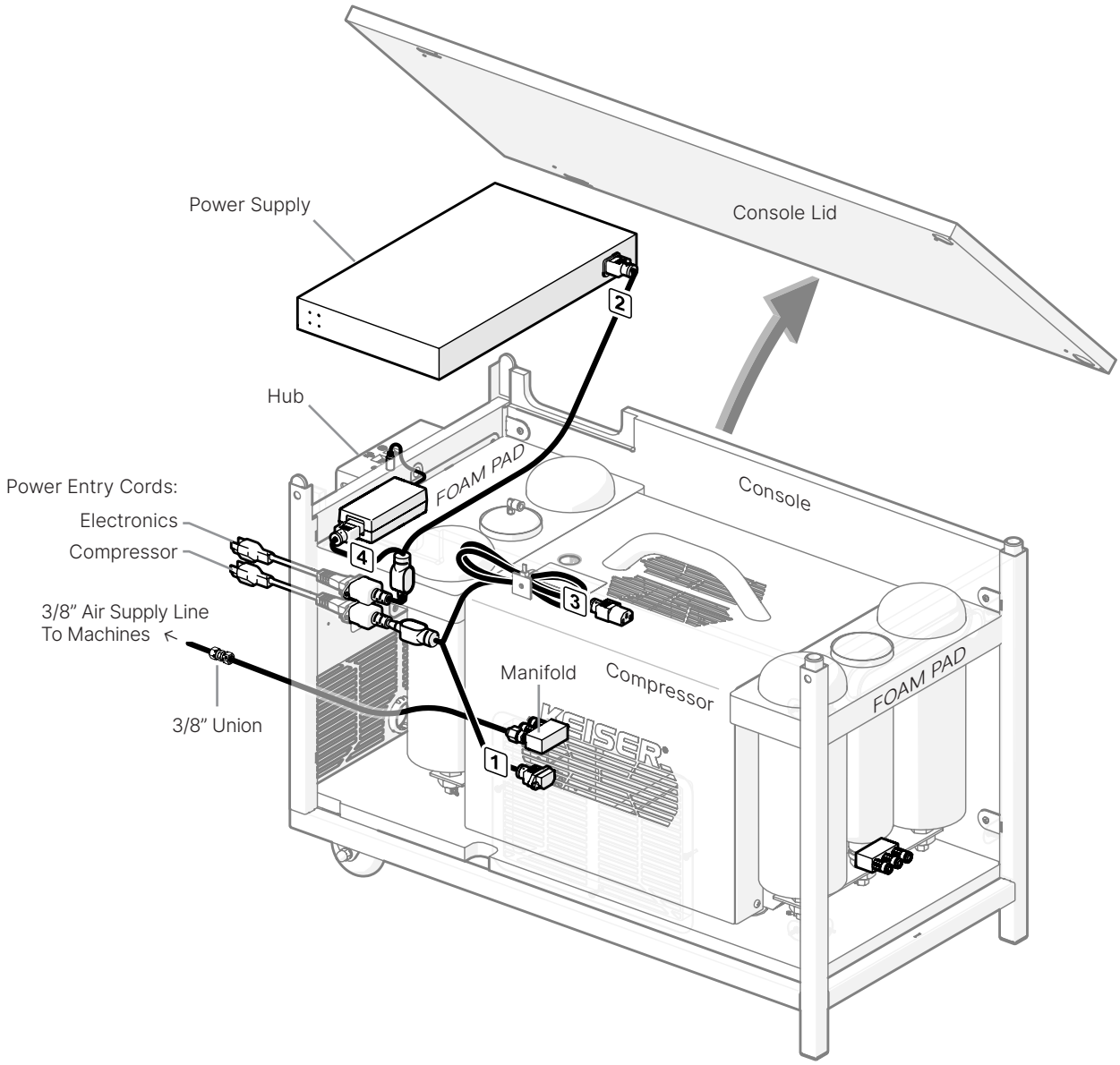


## INTERNAL CONNECTIONS DIAGRAM

Internal air and power connection points shown for service reference.

Power cords are labeled inside the console and highlighted here for visibility:

1. Air Compressor
2. Power Supply
3. Secondary Air Compressor
   (for Top Power Console configurations)
4. AC/DC Converter-to-Hub




Internal Connections Diagram
(Service Reference)

See SYSTEM POWER section for Safe Shut Down procedure.

## POWER REQUIREMENTS

**Application: All Bottom and Plus Power Console configurations**

- **Dedicated Circuit:** Plug the compressor and electronics into a NEMA 6-20R duplex outlet/receptacle on a separate, dedicated, and grounded 230V branch circuit protected by a 20-amp circuit breaker. Do not share this circuit with other devices.
- **Stable Power Supply:** Ensure the power supply is stable, reliable, and meets the necessary specifications (230V, 20A) to support all the devices in the console(s).
- **Direct Connection:** Avoid using extension cords or power strips; connect directly to the dedicated outlet.
- **Backup Power:** Consider implementing backup power options (e.g., UPS) to the console's electrical power entry point to ensure uninterrupted operation and prevent loss of data collection from machines during power outages.
- **Consult an Electrician:** If you're unsure about the dedicated branch circuit specification or have questions about the electrical requirements, consult a licensed electrician.

NEMA 6-20R Duplex Outlet 230V, 20A, grounded

## INTERNET and Wi-Fi

**Internet - General Information**
The Hub Server requires a **wired** Internet connection for firmware updates and remote diagnostics/servicing. If Internet access is restricted, consult the facility's IT or Network Administrator before equipment delivery.

- **Speed:** A minimum of 20 Mbps download and 5 Mbps upload is recommended to support data transfer, firmware updates, and remote support.

**Connecting the Hub Server to the Internet**
1. Plug the provided CAT5e Ethernet cable into the Ethernet port farthest from the power inlet on the Hub Server.
2. Connect the other end to the facility's router or network switch.

- DHCP is pre-configured on the Hub Server's Internet port. Therefore, the network must have a DHCP server to assign IP addresses automatically.
- The static network interface for internal communication is set to 192.168.150.2.
- Domain List: The following domains must be accessible for updates and diagnostics: *.keiser.com, *.docker.com, *.docker.io, *.sentry.io, 50.234.39.188, ntp.ubuntu.com

**NOTE:** Static IPs and port configurations are not required.

**CAT5e Cable Specifications**
- Data Transfer Speed: Up to 1 Gbps (Gigabit Ethernet) at a distance of up to 100 meters (328 feet). This is also the PoE limitation for power and data delivery.
- Bandwidth: Supports a frequency of 100 MHz (limit for data transmission).

**IMPORTANT:** Use CAT5e (enhanced) cabling, not CAT5, to maintain system design specifications.
- Improved Cross-talk Reduction: Better protection against signal interference.
- Higher Data Speeds: CAT5e supports Gigabit Ethernet, while CAT5 is limited to 100 Mbps.

**Access Point - General Information**
The Access Point allows centralized control of all A400 Series exercise machines on the network using the Keiser Manager app. The maximum range is 160 feet (49 meters).

**Connecting the Access Point**
- Plug the provided CAT5e Ethernet cable from the Access Point Ethernet port into the Power Supply (Netgear Switch) of the A400 Bottom Power Console. The Access Point does not need a power cord, as it is powered by PoE through the CAT5e cable.

**Access Point Specifications**
- Frequency: 2.4 GHz
- Standards: 802.11b/g/n
- Wi-Fi Generation: Wi-Fi 4

**Range Extension:** To increase wireless coverage, connect a secondary Access Point (Expander) directly to the Power Supply via CAT5e. Max distance over PoE: 100 m (328 ft); local DC power adapter required for longer cable runs. For detailed power and configuration instructions, see *"How to Install the Second Access Point"* (search title on keiser.com).

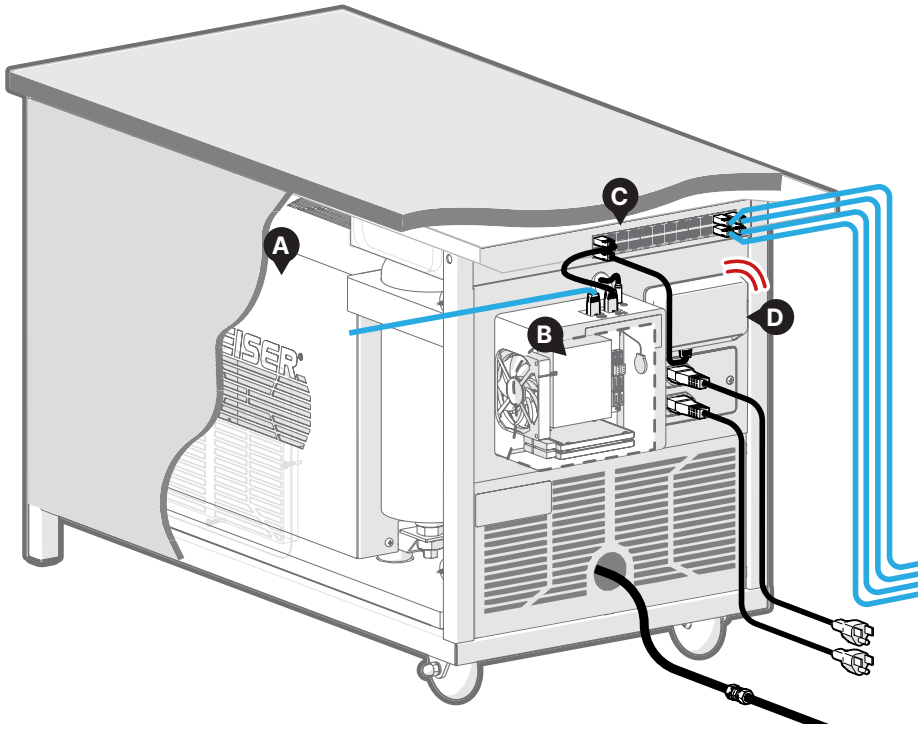
## ASSEMBLY AND INSTALLATION

**Assembly and installation must be performed by qualified technicians with the necessary knowledge, tools, and equipment. These procedures are not for DIY installation.**

### System Overview

The Bottom Power Console supplies air and power for up to eight KEISER A400 machines. It includes:

A. Compressor
B. Hub Server with SSD Local Storage
C. Power Supply (PoE)
D. Wireless Access Point




Bottom Power Console Overview

### Operation

The KEISER Manager App connects to the Bottom Power Console through the Access Point, offering centralized control of all A400 machines on the network. Key features include:

- Configuring and monitoring all Keiser A400 machines.
- Setting up and managing user profiles.

Admin account set up required. See ACCOUNT SET UP section on page 7 for more details.

### Location and Placement

- Locate the unit in a clean, dry, and well-ventilated area.
- Place the unit on a flat, level surface.
- Ensure adequate air flow around the unit.
- Ensure a minimum of 12 in. (305 mm) of clear space around the unit.
- Use an electrical circuit with the appropriate power rating; avoid the use of an extension cord.
- Do not store/stack any items on top of, or leaning on the unit.

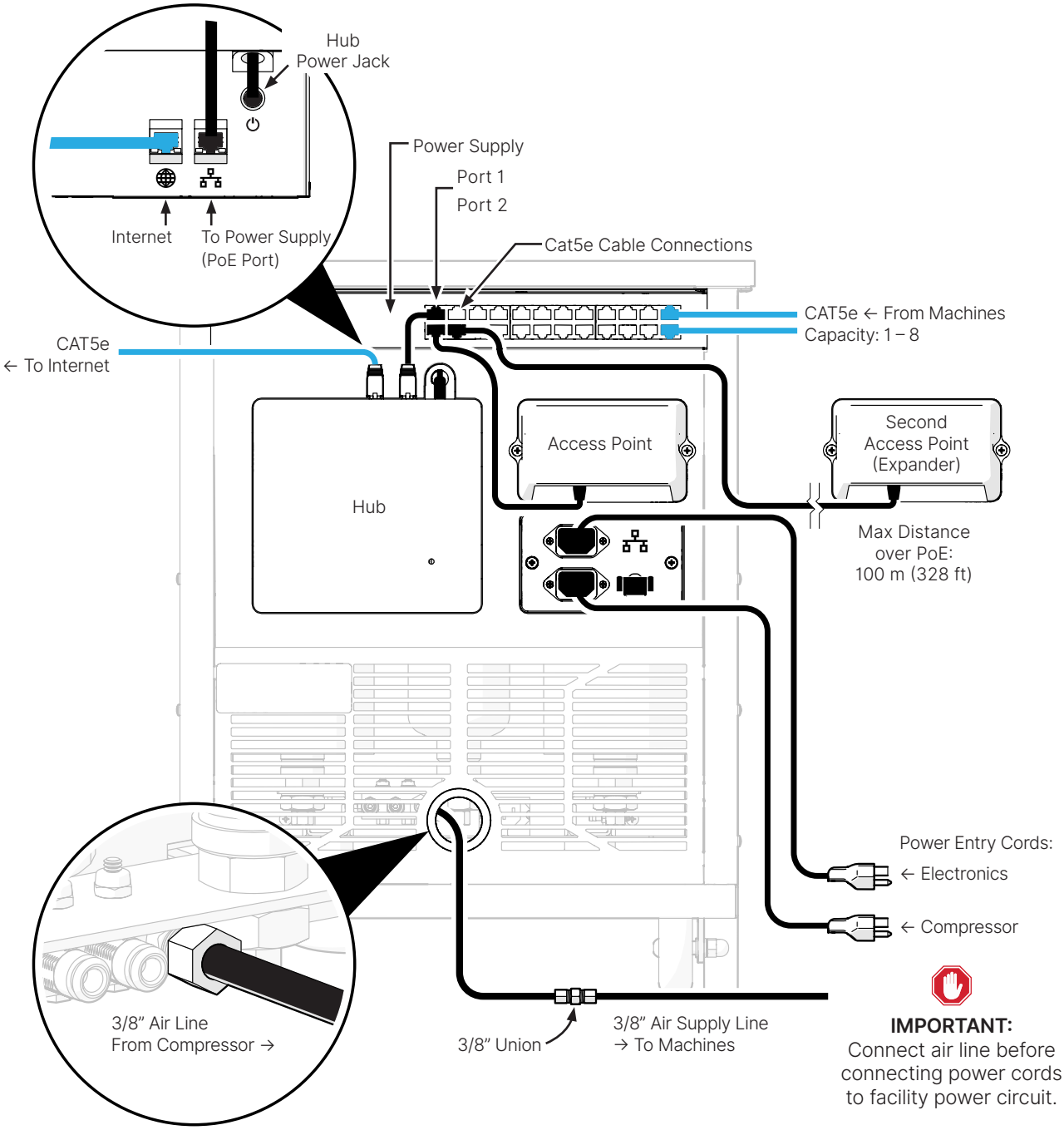
### Tools Required

- Tube Cutter
- Adjustable Wrench
- 5/8” Open-end Wrench
- Probe Tool (1/8” Hex Key) *If servicing (safe shut down) is required*

## Assembly Procedure

The A400 Bottom Power Console arrives fully assembled. Use this diagram to confirm connections.

**IMPORTANT: Follow the sequence on the SYSTEMIZATION page before applying power.**




Bottom Power Console Connections Diagram

**NOTE:**

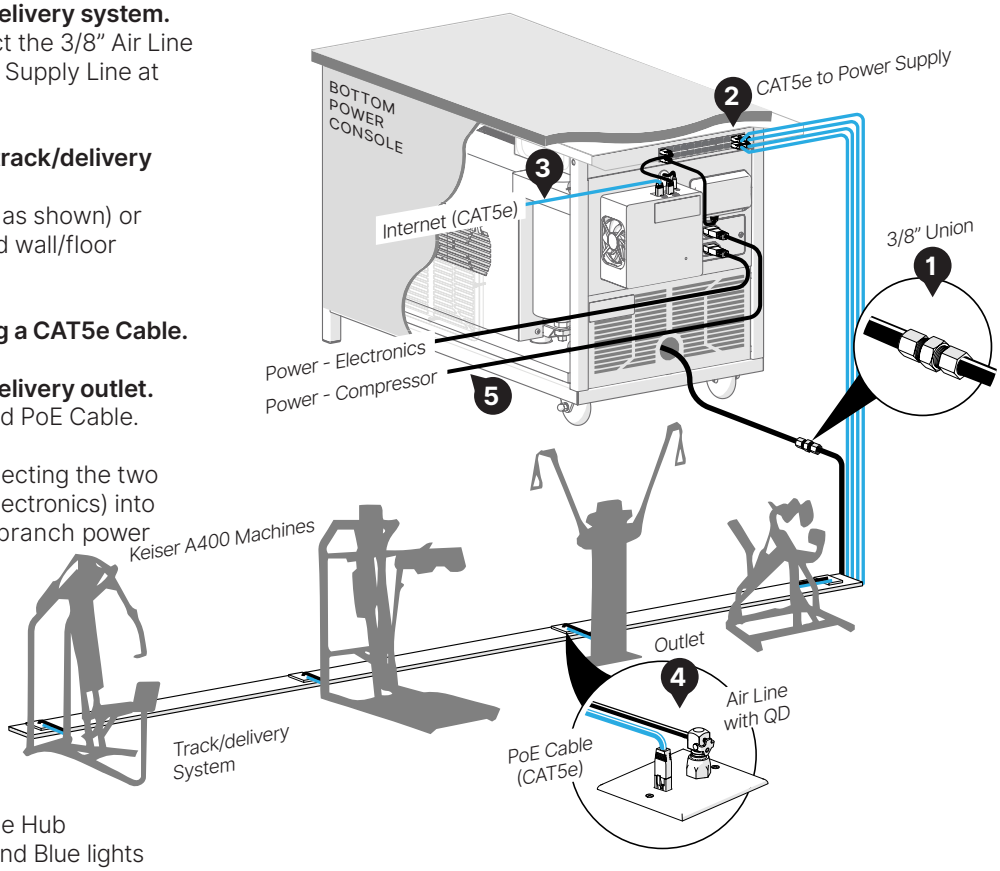
- **CAT5e Ethernet Cable Color:** Black (Keiser-supplied) and blue cables are interchangeable.
- **Power Supply Connections:** Suggested machine-to-power supply connections shown, but any 30W or 60W port on the power supply can be used.
- **Range Extension:** Hardwire an additional Access Point (not included) to the PoE Power Supply – ideal for second-floor offices or adjacent training areas. Run distance > 100 m (328 ft) require a local DC adapter to compensate for voltage drop. For detailed power and configuration instructions, see *"How to Install the Second Access Point"* (search title on keiser.com).

## SYSTEMIZATION

Once assembly is complete, the Bottom Power Console is ready for system installation. NOTE: Track/delivery system sold and installed separately.

### Procedure:

1. **Connect the air supply to the track/delivery system.**
   - Use a 3/8" Union Fitting to connect the 3/8" Air Line from the Power Console to the Air Supply Line at the track/delivery system.
2. **Connect the CAT5e cables from the track/delivery system to the Power Supply.**
   - Surface-mounted outlets (typical, as shown) or direct to A400 network-connected wall/floor outlets.
3. **Connect the Hub to the Internet using a CAT5e Cable.**
4. **Connect the Machines to the track/delivery outlet.**
   - Air Line Quick-disconnect (QD) and PoE Cable.
5. **Power on the Power Console** by connecting the two Power Entry Cords (Compressor and Electronics) into a separate, dedicated, and grounded branch power circuits (NEMA 6-20R duplex outlet).



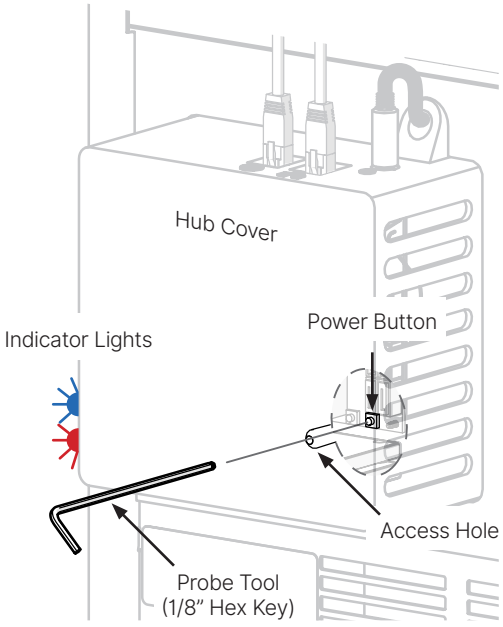

### System Power:

Once the Power Console is powered ON, the Hub automatically powers and cycles ON (Red and Blue lights illuminated).

| Hub Light Indicators | | |
|---|---|---|
| ○ ○ | No light | Power OFF |
| ● ○ | Red light | Hub has Power / Idle |
| ● ● | Red+Blue lights | Cycled ON / Active |

**Service Operations** – Use the Hub **Safe Shut Down** whenever the console needs to be powered down (e.g., for service or relocation). Tool required: Probe Tool (1/8" Hex Key). Ensure connected exercise machines are not in use:

- **Safe Shut Down**: Press the Power Button. After ~15 seconds the **Blue light turns off**; the **Red light remains on** (Hub powered but not cycled).
- **Restart / Manual Cycle:** Once power is restored, the Hub **Red and Blue lights turn ON**. If no Blue light is visible press. the Power Button to cycle on the Hub.




### Note to Customer:

Continue to account ACCOUNT SET UP on the following page.

## ACCOUNT SET UP (KEISER MANAGER APP)

After system installation, the end user can now:

1. **Download the Keiser Manager app.**

2. **Continue Admin account set up using the Keiser Manager app quick start guide.**

### Admin Account Notes

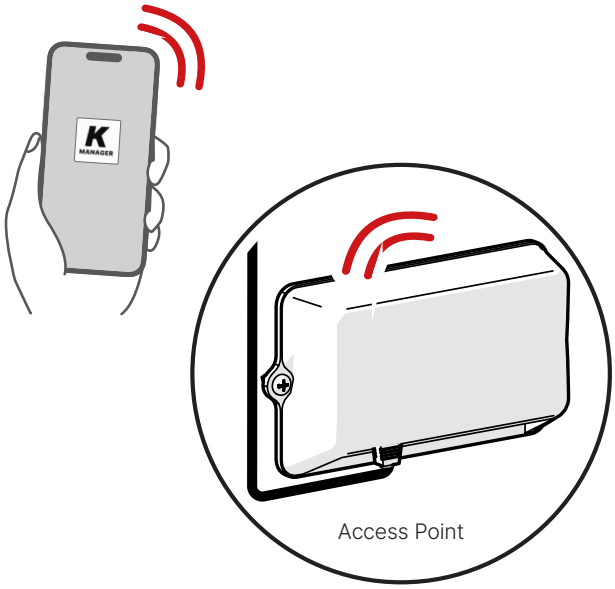
The Keiser Manager app enables Admins to:

- Configure and monitor all Keiser A400 machines on the network.
- Set up and manage user profiles.

Before use, check for system updates within the app:

1. On the main Live page, tap “Facility” in the bottom navigation bar.
2. Tap “Check for Hub updates.”
3. Tap “Check for Display updates.”

Note: Update times vary and depend on Internet speed.




**Note to Customer:**

**SCAN QR CODE**
for Product Registration and to access Warranty benefits.

resources.keiser.com/warranty-registration