

INFINITY SERIES**FUNCTIONAL TRAINER
FREE-STANDING BASE****MODELS 3020XA, XP, XS**

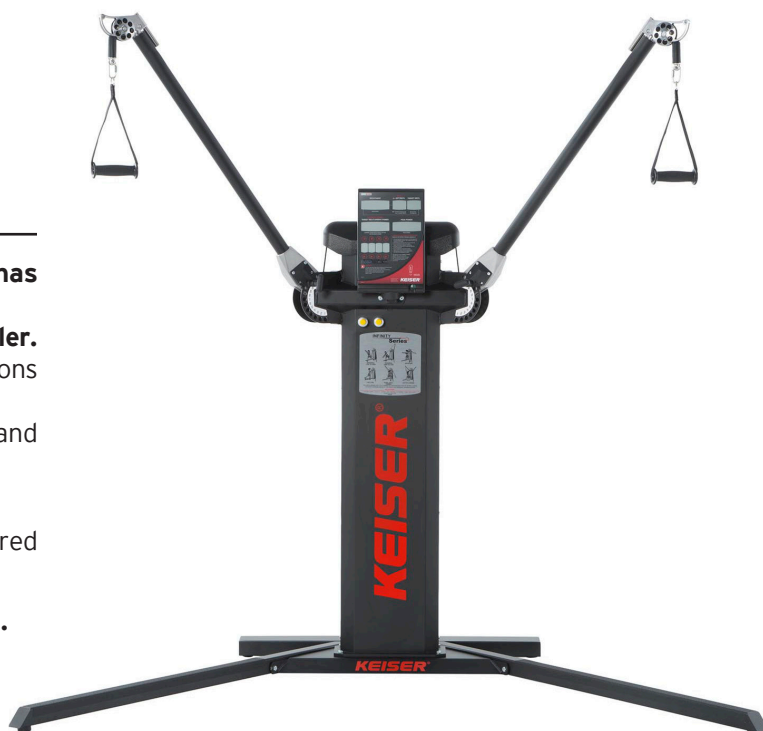
with Free-Standing

3025X FUNCTIONAL TRAINER BASE**BEFORE YOU BEGIN**


- **Ensure a site survey for equipment installation has been performed.**
- **Proper installation is the responsibility of the installer.**
- **Note to Installer:** Be sure to leave Installation Instructions and Operation Manual with the customer.
- **Note to Customer:** Keep Installation Instructions and Operation Manual for future reference.
- **Skill level:** Basic mechanical skills.


Product failure due to improper installation is not covered under warranty.

 **READ CAREFULLY. KEEP THESE INSTRUCTIONS.**

**CUSTOMER SUPPORT**

If you have any questions regarding the installation procedure or operation of the Functional Trainer after reading these instructions, contact Keiser Customer Support:


 1 559 256 8000

 service@keiser.com

 [keiser.com/support](https://www.keiser.com/support)

Telephone and Live Chat
Monday–Friday 9 am to 5 pm PST

KEISER CORPORATION

 2470 S. Cherry Ave.
Fresno, CA 93706

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IMPORTANT SAFETY INFORMATION

1. Read these instructions.
2. Heed all warnings.
3. Follow all instructions.
4. Safety Glasses required during installation.
5. Heavy Equipment: The Free-standing Functional Trainer weighs 369 lbs (168 kg). Help is required when handling the Functional Trainer to prevent potential muscle strain and/or back injury.
6. Crush Hazard: Keep feet clear when handling the Functional Trainer.
7. Place the Functional Trainer on a level surface with enough clearance around the equipment (refer to "Equipment Specifications" below).
8. Tighten all bolts and carefully examine your assembly and installation prior to use of the Functional Trainer to ensure that it is securely fastened.
9. Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 psi (pounds per square inch) / 8.27 bar. Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.
10. Replace damaged, worn, or broken parts immediately using only Keiser supplied components. Keep the Functional Trainer out of use until repaired.
11. Only use accessories specified by Keiser Corporation.
12. Failure to perform final check for proper operation prior to normal use of the Functional Trainer will void the warranty and could result in serious injury.
13. Keiser Corporation is not responsible for damage or bodily injury caused by incorrect installation, assembly, or use.
14. Use of the Functional Trainer for any purpose not explicitly specified by the manufacturer in the Operation Manual will void the warranty and could result in serious injury.
15. It is the responsibility of the facility owner or owner of the Functional Trainer to instruct users on the safe and proper operation of the equipment.

CONVENTIONS USED

This Assembly and Installation Instruction contains the following marks:

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

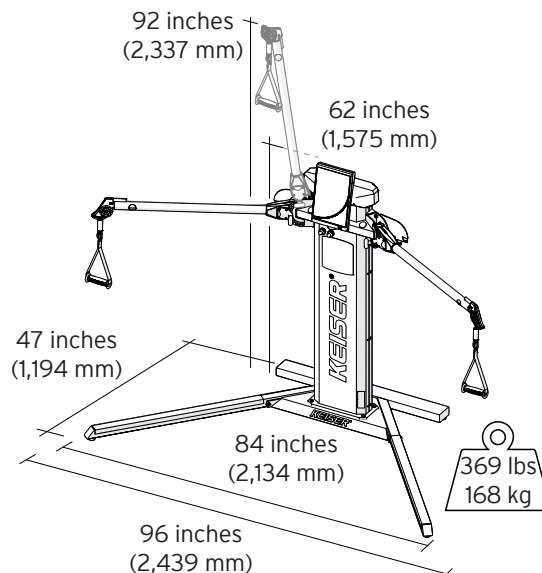
CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

CRUSH HAZARD: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

HEAVY OBJECT: Indicates help is required during lifting to avoid muscle strain and/or back injury.

IMPORTANT: Indicates information considered critical, but not hazard-related.

EQUIPMENT SPECIFICATIONS



Resistance Range:
50 lbs (23 kg) each Handle

Cable Length:
140 inches (3,556 mm) single Handle
70 inches (1,778 mm) both Handles together



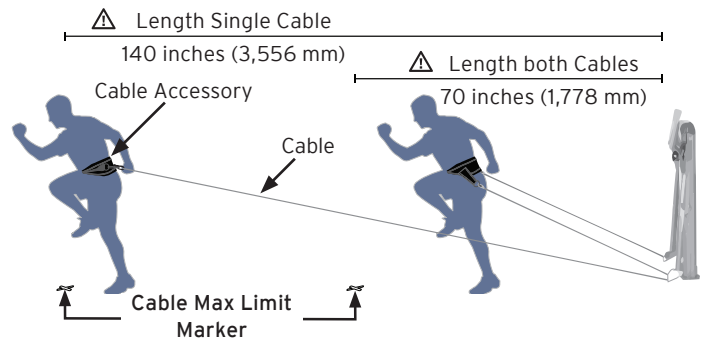
This equipment contains electrical or electronic components that must be recycled properly to comply with Directive 2002/96/EC of the European Union regarding the disposal of waste electrical and electronic equipment (WEEE). Contact your local dealer for procedures for recycling this equipment.

TRAINING SPACE

Refer the "Equipment Specifications" on page 2 for the minimum Training Space required. Plan Training Space accordingly to allow for full-range operation. Actual Cable Length may vary, based on Accessory type, user height, and the position setting of the exercise Arm.

To safely and effectively use your Training Space, remember to:

1. **Clear your Training Space:** Ensure there is enough space for safe access and operation of the equipment.
2. **Mark your Cable Max Limit:** Secure your Cable Accessory to the Cable. Walk your Cable Accessory out until the stop is reached. This is your Cable Max Limit. Place a marker on the floor (i.e. tape, keys, or a water bottle) to indicate your Cable Max Limit.



⚠ WARNING: AVOID SERIOUS INJURY OR PROPERTY DAMAGE. Do not attempt to extend the Cable beyond the Cable Max Limit. Failure to follow this warning will cause the Cable to hit a hard stop, creating a sudden dynamic load that may result in serious injury or equipment and property damage.

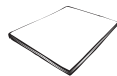
TOOLS AND MATERIALS REQUIRED



Safety Glasses



Scissors



Magazine or Cardboard (Shim)



3/8 in. Socket and Ratchet



1/2 in. (13 mm) Wrench



1/2 in. (13 mm) Socket and Ratchet



9/16 in. Wrench



9/16 in. Socket and Ratchet

UNPACKING

Remove the bolts/brackets and straps that fasten the Free-standing Functional Trainer and Base Legs to the shipping pallet.



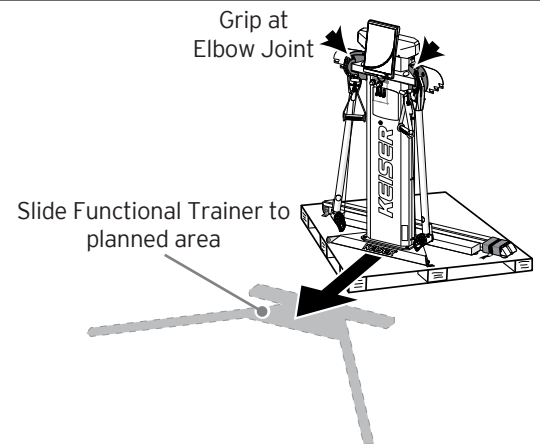
HEAVY EQUIPMENT: The Free-standing Functional Trainer weighs 369 lbs (168 kg). Help is required when handling the Free-standing Functional Trainer to prevent potential muscle strain and/or back injury.



CRUSH HAZARD: Keep feet clear when sliding the Functional Trainer off the pallet.

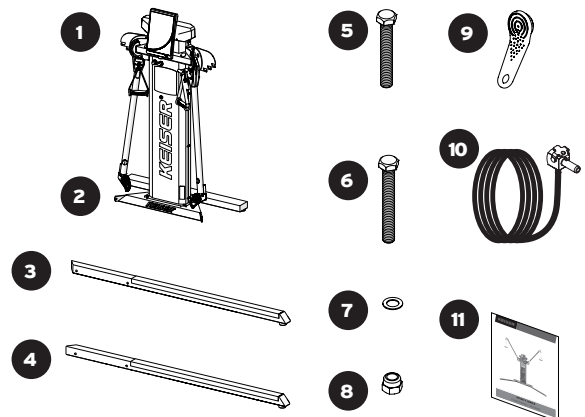


IMPORTANT: Ensure that clearance around the equipment has been planned according to the training space required.

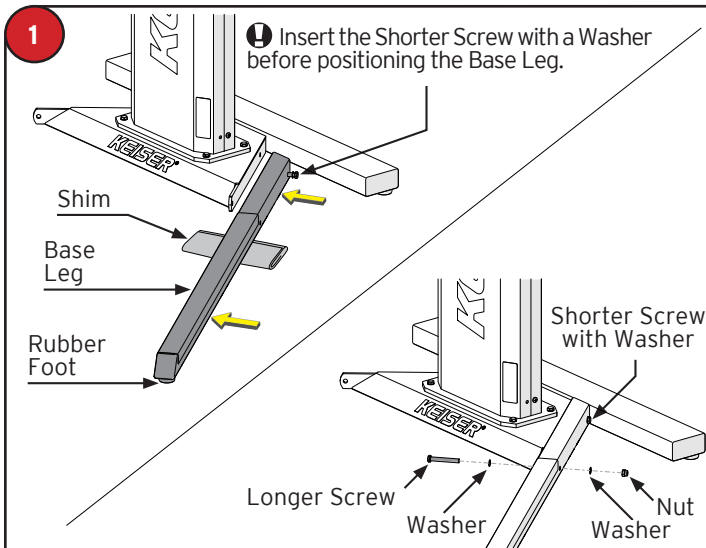


PARTS LIST

| | Description | Qty | Keiser Part Number |
|----|---|-----|--------------------|
| 1 | Functional Trainer | 1 | 3020XX |
| 2 | Free-standing Functional Trainer Base | 1 | 3025X |
| 3 | Right Base Leg | 1 | - |
| 4 | Left Base Leg | 1 | - |
| 5 | Screw - HHCS 3/8-16 X 2-1/2 ZP | 2 | 9207 |
| 6 | Screw - HHCS 3/8-16 X 2-3/4 ZP | 2 | 9208 |
| 7 | Washer - FW ACFT 3/8 ZP | 6 | 9355 |
| 8 | NUT - HELN 3/8-16 ZP | 2 | 9228 |
| 9 | eChip | 3 | 990812 |
| 10 | Tube, 69 in. (1,753 mm) with Male Quick Disconnect (QD) | 1 | - |
| 11 | Operation Manual | 1 | 305523 |



Note to Installer: Please provide the customer with the Operation Manual. Check for any damage or missing parts. If parts are damaged or missing, contact your local dealer, distributor, or Keiser Customer Support (see front cover for contact information).

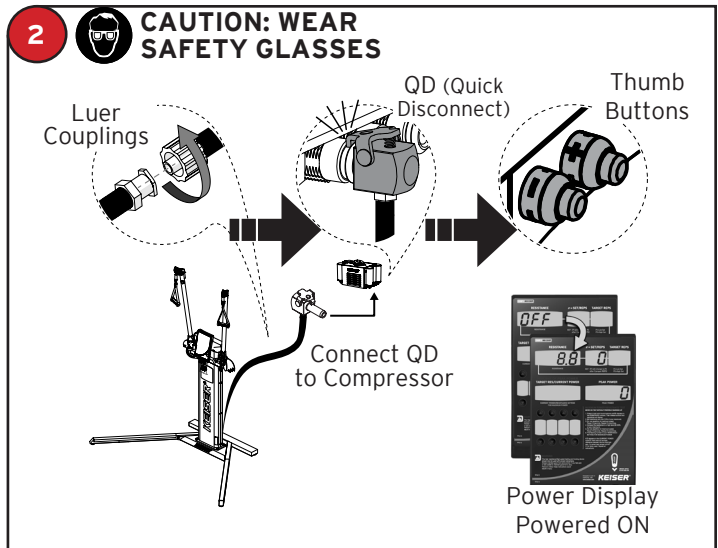
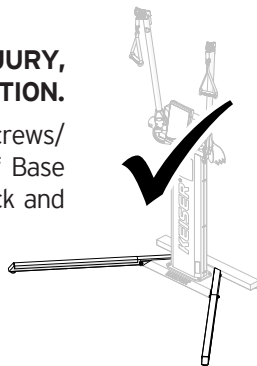
STEP-BY-STEP GUIDE


To attach the Base Legs, refer to the illustration above and follow the steps below:

- Insert the Shorter Screw (length: 2.5 inch / 64 mm) with a Washer into the Base Leg screw hole (furthest from the Rubber Foot).
- Level the Base Leg to the Base height using a rolled up magazine or cardboard piece as a shim; slide The Base Leg into position with screw holes aligned.
- Thread the Shorter Screw into the Base, hand-tight.
- Insert the Longer Screw (length: 2.75 inch / 70 mm) with a Washer through the Base Bracket and Base Leg. Place a Washer over the end of the Bolt, tighten using a 9/16 inch Socket and Ratchet and a Wrench.
- Tighten the Shorter Screw using a 9/16 inch Socket and Ratchet until tight.
- Repeat all steps above for the remaining Base Leg.

⚠ CAUTION: TO AVOID INJURY, EXAMINE YOUR INSTALLATION.

Check that all Base Leg Screws/ Nuts are properly installed. If Base Leg movement is found, check and tighten all Screws/Nuts.



Air System Setup and Final Installation:

⚠ WARNING: Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 psi / 8.27 bar. Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.

- Connect the Air Hose Male-Female Luer Couplings, then the Quick Disconnect (QD) into the Compressor Outlet (Compressor not included, sold separately). Ensure that the QD clicks into position.
- Plug the Compressor into a power source to power the Compressor ON. Allow the Compressor to build up to a minimum of 100 psi / 6.89 bar.
- Press the "+" and then the "-" Thumb Buttons a few times on each Functional Trainer to ensure air cycles through and that the Power Display powers ON.

NOTE: Keiser Air Compressor manuals are available for at keiser.com/support (search: Air Compressor manuals).

BEFORE YOU USE THE FUNCTIONAL TRAINER

- Make sure the Functional Trainer has been assembled and installed according to the instructions.
- Ensure that the Functional Trainer is connected to the Compressor/Air Supply and that the Compressor/Air Supply is powered ON.
- Read the Operation Manual enclosed with the product and also available at keiser.com/support (search: Functional Trainer manual).
- Keep Installation Instructions for future reference.