

**INFINITY SERIES****TRIPLE TRAINER  
BOLT-DOWN BASE****003031B, 003031X**

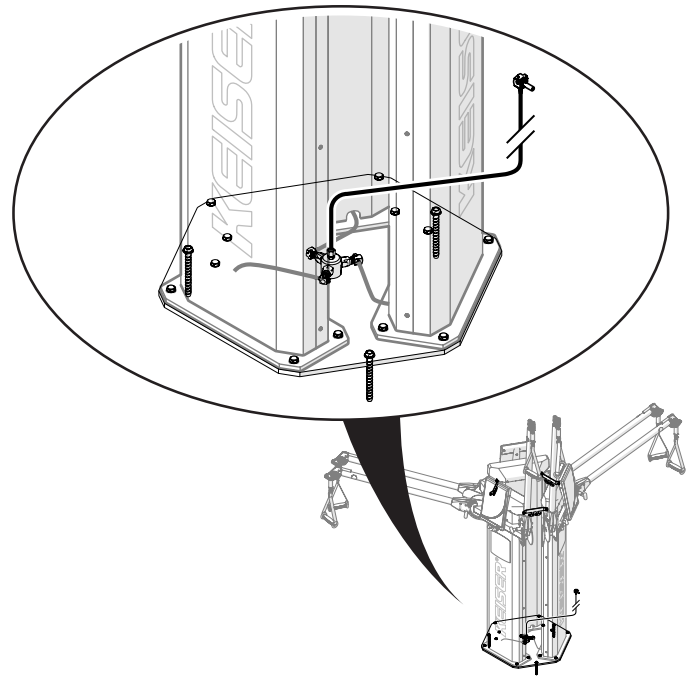
For the Keiser Functional Trainer  
Models 003020BP and 003020XP

**BEFORE YOU BEGIN**


- **Ensure a site survey for equipment installation has been performed.**
- **Observe all governing codes and ordinances.**
- **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:** Professional installation is required by qualified personnel as dictated by authority having jurisdiction.


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 or operation of the Triple Trainer after reading this manual, contact Keiser Customer Support:

 **1 559 256 8000**

 **service@keiser.com**

 **keiser.com/support**

Telephone and Live Chat  
Monday–Friday 7 am to 5:30 pm PST

**Manufactured in the USA**  
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### **11 — BEFORE YOU USE THE TRIPLE TRAINER**








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.

**IMPORTANT SAFETY INFORMATION**

1.  Read these instructions.
2. Heed all warnings.
3. Follow all instructions.
4. Professional installation is required by qualified personnel as dictated by authority having jurisdiction.
5. Proper installation is the responsibility of the installer.
6. Product failure due to improper installation is not covered under warranty.
7. It is the responsibility of the facility owner to adhere to local and regional building codes.
8. Follow all safety and installation instructions of the anchor and adhesive manufacturers.
9. Equipment must be mounted on level, solid concrete floor, minimum 5 inches (127 mm) thick.
10. All anchors must have a minimum embedment in concrete, regardless of any rubber/carpet/artificial turf, including underlayment covering the concrete. If mounting the equipment over floor covering, use appropriate length screw anchors (not supplied), along with the steel spacers provided, to bridge any gap between the concrete floor and the Floor Mount Plate.
11. Wear appropriate personal protective equipment (PPE); observe all governing codes and ordinances.
12. Safety Glasses required during installation.
13. Use a dust collection system when drilling; clean area using a HEPA vacuum. Avoid breathing dust.
14. Heavy Equipment: The Floor-mounted Triple Trainer weighs 350 lbs (159 kg). Help is required when handling the Triple Trainer to prevent potential muscle strain and/or back injury.
15. Crush Hazard: Keep feet clear when handling the Floor Mount Plate and/or the Functional Trainer.
16. Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 pounds per square inch (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.
17. It is the responsibility of the facility owner or the owner of the Triple Trainer to instruct users on the safe and proper operation of the equipment.


**CONVENTIONS USED**

This Installation Instruction contains the following marks:

-  **WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
-  **WEAR SAFETY GLASSES:** Safety glasses required during the procedure.
-  **CRUSH HAZARD:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
-  **HEAVY EQUIPMENT:** Indicates help is required during lifting to avoid muscle strain and/or back injury.
-  **IMPORTANT:** Indicates information considered critical, but not hazard-related.

**CUSTOMER SUPPORT**

If you do not understand these instructions or have doubts about the safety of the installation, assembly, or use of this product, contact Keiser Customer Support:

 **1 559 256 8000**

 **service@keiser.com**

 **keiser.com/support**

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## EQUIPMENT SPECIFICATIONS

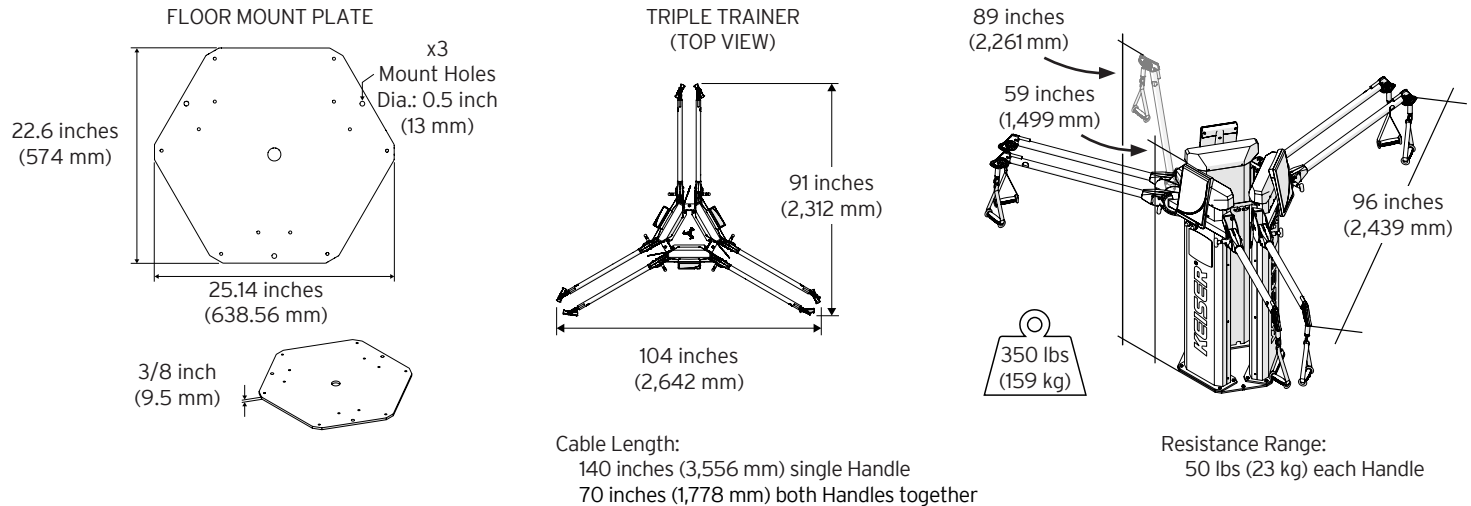


Figure 1. Equipment Specifications

## TRAINING SPACE

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 (see Figure 2).

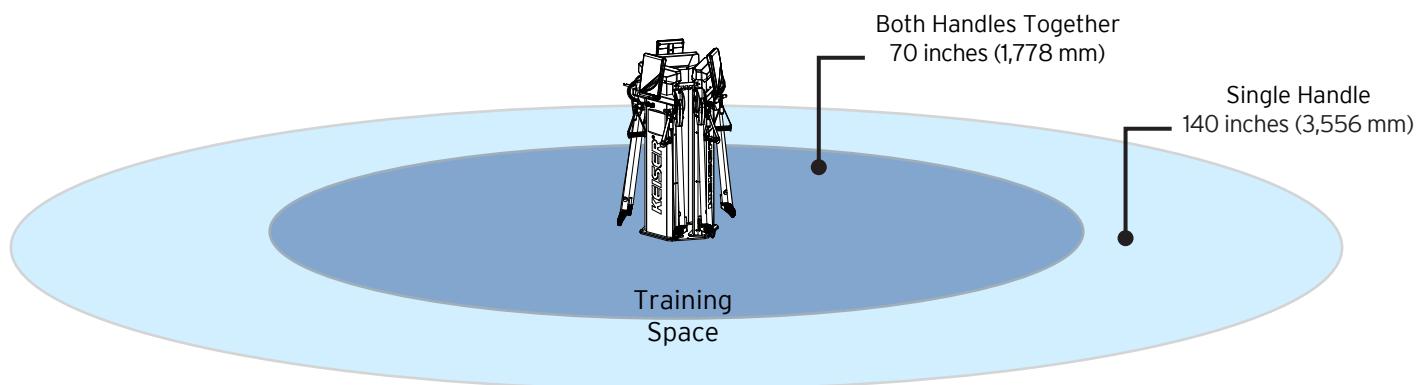


Figure 2. Triple Trainer Training Space Illustration

**⚠ 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.

## SECURING THE TRIPLE TRAINER

Professional installation required. It is the responsibility of the facility owner to adhere to local and regional building codes.

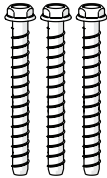
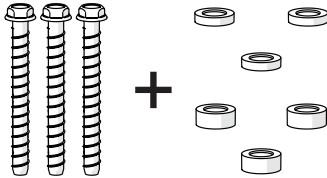
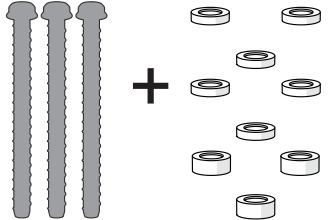
## INSTALLATION OPTIONS

- **Keiser Professional Installation Service.** A trained technician from Keiser's installation network will perform the installation.
- **Choose Your Own Professional Installation Service.** Keiser Installation Instructions provide detailed instructions on how to install the equipment into solid concrete, along with information on the proper tools and anchors required.

## MOUNTING REQUIREMENTS

### CONCRETE AND FLOORING

- Equipment installation must be on solid, level concrete surface, minimum 5" (127 mm) thick.
- Minimum concrete compressive strength: 3,000psi (20.7 MPa).
- New concrete must be fully cured before equipment installation.
- Flooring (i.e. rubber/carpet/artificial turf, including underlayment) over 5/8" (16 mm) thick will require an appropriate anchor length (refer to the Anchor Selection Guide below).

ANCHOR SELECTION GUIDE		
No Flooring (concrete)	Flooring up to 5/8" (16 mm) thick	Flooring over 5/8" (16 mm) thick
<p>3/8" x 4" Concrete Screw Anchors (supplied)</p>  <p>Embedment depth: 3-5/8" (92 mm)</p>	<p>3/8" x 4" Concrete Screw Anchors and Spacers (supplied)</p>  <p>Embedment depth: 3" (76 mm)</p>	<p>3/8" dia. anchor with appropriate length (not supplied) and Spacers (supplied)</p>  <p>Min. embedment required: 3" (76 mm)</p> <p>Factor in 3/8" (9.5 mm) Floor Mount Plate and flooring thickness when selecting the appropriate screw anchor.</p>
<ul style="list-style-type: none"> <li>• Anchors must have minimum embedment depth in concrete as specified by the manufacturer.</li> <li>• Minimum hole depth overdrill: 1/2" (13 mm).</li> </ul>		

### ANCHORING

- Equipment must be installed with the Floor Mount Plate.
- Use all four anchor holes on the Floor Mount Plate to secure the equipment.
- Follow all safety and installation instructions of the anchor and adhesive manufacturers.
- Do not reuse anchors. Anchors are designed for one-time use only.
- Adhesive application required (supplied).

## INSTALLATION

### TOOLS AND MATERIALS



Safety Glasses



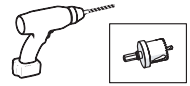
High-Quality Floor/Wall Scanner (recommended)



Tape Measure



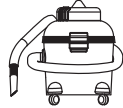
Hammer Drill with Dust Collection System  
3/8x6-in. Masonry Bit



Drill with 1-inch Hole Saw  
(recommended for covered floors)



Wire Tube Brush



HEPA Vacuum



3/8 in.  
Socket and Ratchet



9/16 in.  
Socket and Ratchet



Torque Wrench  
9/16 in. Socket



#3 Phillips  
Screwdriver



3/16 in. (5 mm)  
Allen Wrench



Adjustable  
Wrench



Cutters

## UNPACKING

Remove the bolts that fasten the Triple Trainer to the shipping pallet using a 3/8 in. Socket and Ratchet.



**HEAVY EQUIPMENT:** The Floor-mounted Triple Trainer weighs 350 lbs (159 kg). Help is required when handling the Triple Trainer to prevent potential muscle strain and/or back injury.



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



**IMPORTANT:** Ensure that the mount area has been planned according to the training space required (refer to the “Training Space” section, page 4).

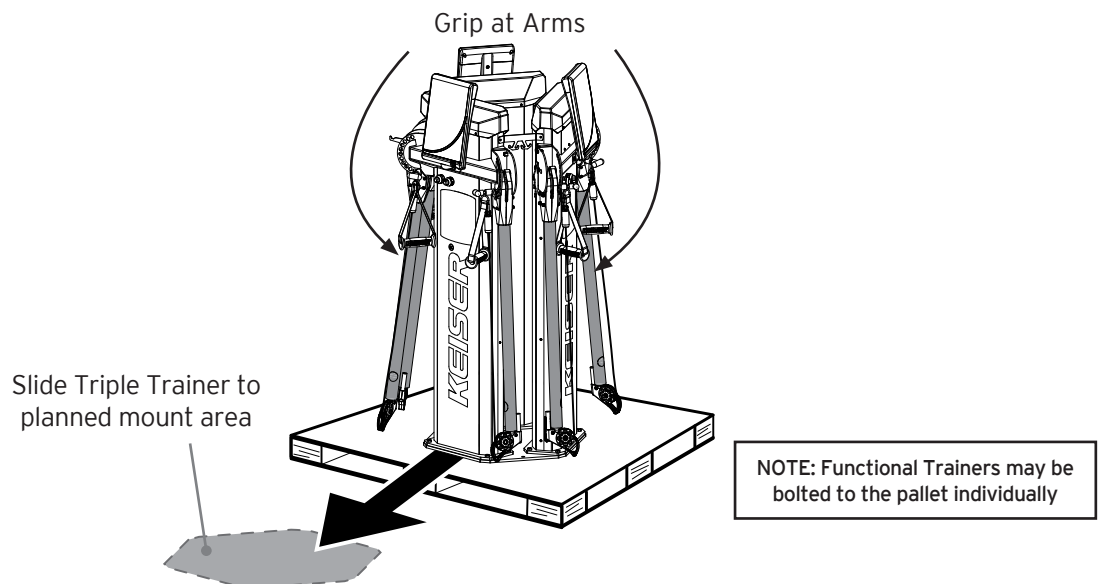
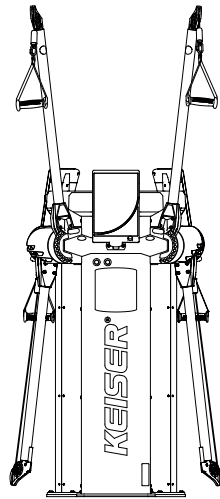


Figure 3. Unpacking the Triple Trainer

## PARTS LIST

## TRIPLE TRAINER



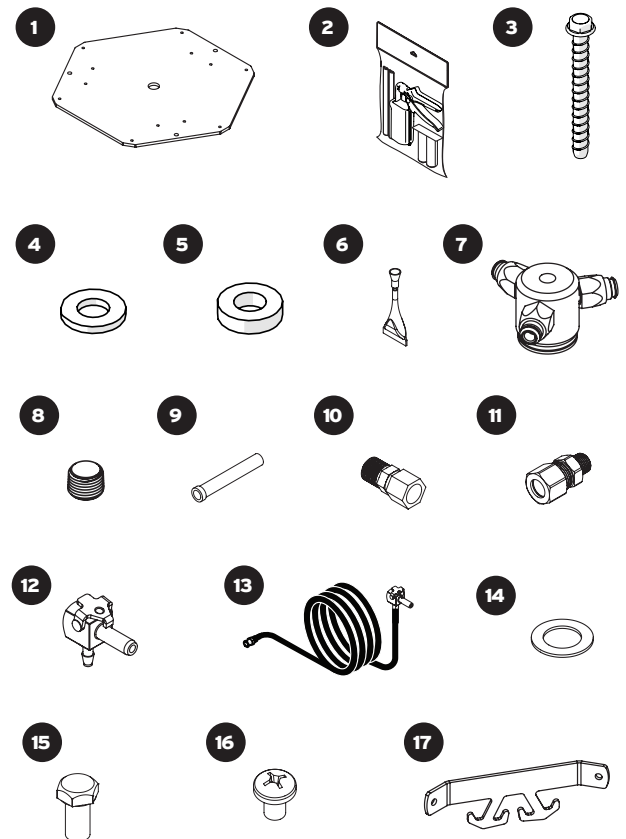
Functional Trainer  
(003020BP or 003020XP)  
Qty 3



Operation Manual  
(305523)

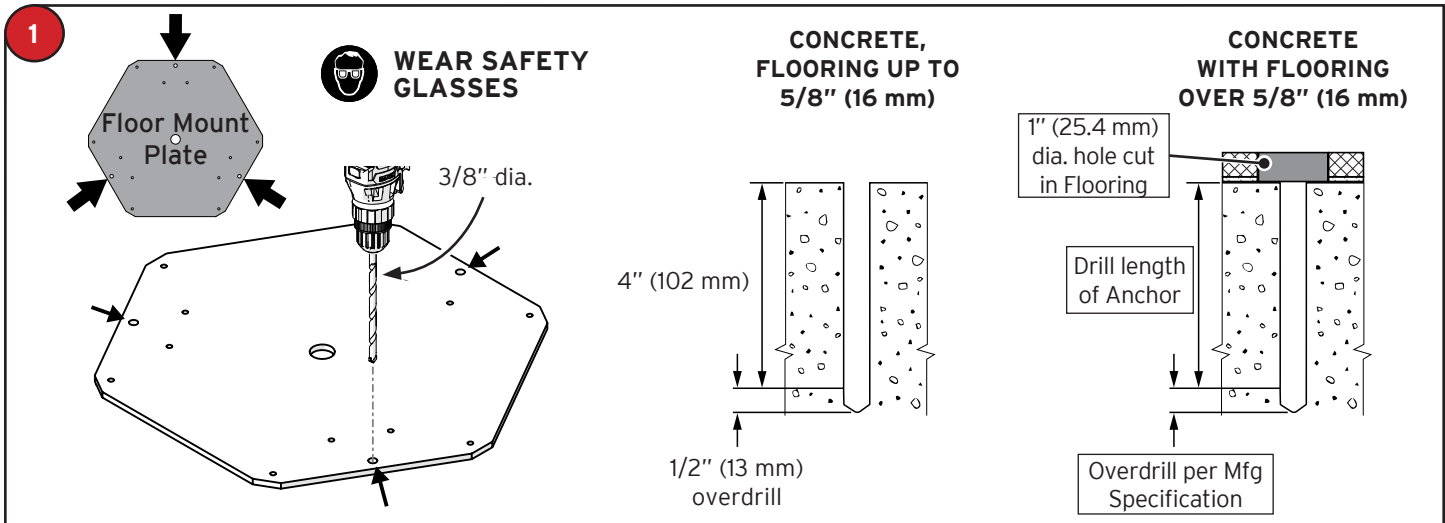
## FLOOR MOUNT PLATE KIT (003031B, 003031X)

	Description	Qty	Keiser Part Number
1	Floor Mount Plate	1	301894
2	Acrylic Adhesive	1	305429
3	Concrete Screw Anchor (3/8 x 4 in.)	3	9334
4	Spacer (1 in. OD x 1/8 in.)	12	991703
5	Spacer (1 in. OD x 1/4 in.)	12	991824
6	Loctite® 242 Threadlocker	1	105550
7	Air Line Manifold Assembly	1	-
8	Plug	1	8375
9	Tube Insert (1/8 in.)	1	8053
10	Connector (1/4Cx1/8M in.)	1	8075
11	Connector (3/8Cx1/8M in.)	1	8078
12	Male Quick-disconnect (QD)	3	110897
13	Air Tube with Luer and Quick Disconnect	1	953108, 8086, 110897
14	Washer (3/8 in.)	12	9355
15	Screw (3/8-16x3/4 in.)	12	9200
16	Screw (1/4-20x3/8 in.)	6	9267
17	Triple Trainer Bracket	3	301805



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 INSTALLATION GUIDE



*NOTE: Floor Mount Plate Kit installation procedure shown. Pre-assembled Triple Trainer installation is similar.*

### DRILL USING THE FLOOR MOUNT PLATE AS THE DRILL PATTERN (QUANTITY 3 DRILL HOLES)

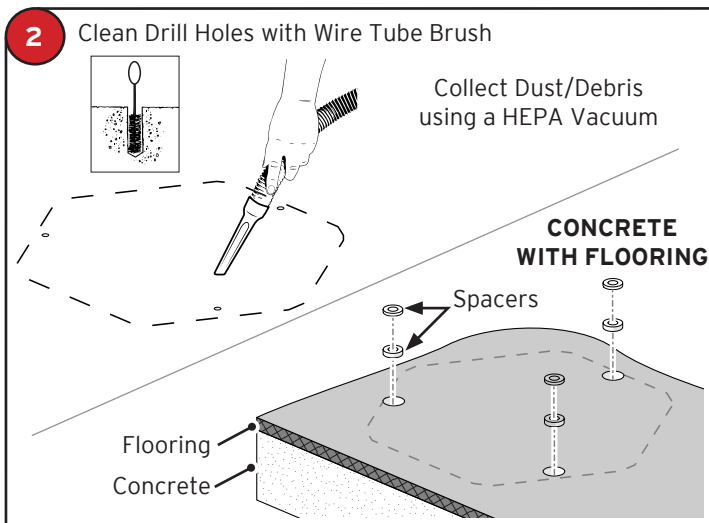
**❗ IMPORTANT:** Check the Floor Mount Plate alignment as each hole is drilled to avoid costly rework.

#### CONCRETE OR CONCRETE WITH FLOORING UP TO 5/8" (16 mm)

- Drill the length of the screw anchor, including overdrill, into the concrete:  
4" (102 mm) anchor screw + 1/2" (13 mm) overdrill depth = 4-1/2" (115 mm)

#### CONCRETE WITH FLOORING OVER 5/8" (16 mm)

- Flooring over 5/8" (16 mm) thick requires a 3/8" diameter anchor with appropriate length (not supplied).
- Drill the length of the anchor, including overdrill, into the concrete, as specified by the manufacturer.
- Cut a 1-inch diameter hole into the flooring material, centered over each drill hole. This is to clear flooring material for spacers to be installed later in Step 2.



### PREPARE DRILL HOLES FOR ADHESIVE

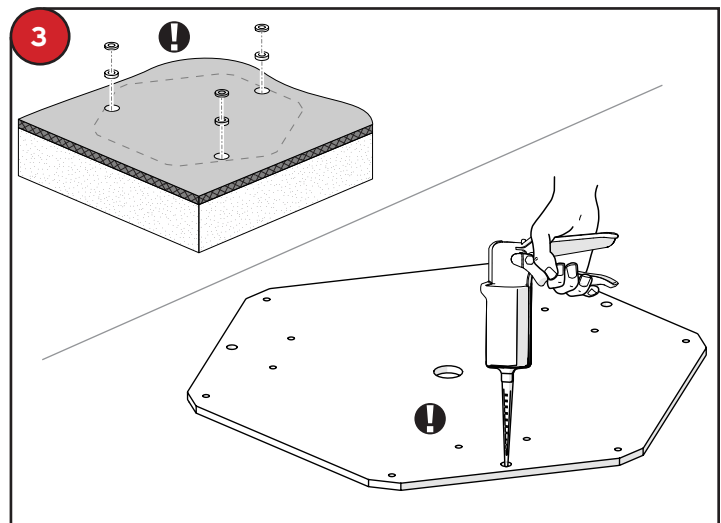
- Clean drill holes with a Wire Tube Brush.
- Collect dust/debris using a HEPA Vacuum.

#### CONCRETE WITH FLOORING ONLY

- Fit each 1" (25.4 mm) diameter hole cut with Spacers (supplied) to match flooring height.

*NOTE: Multiple Spacers in each hole is OK.*

*Example: 3/8" flooring height requires 1/4" and 1/8" Spacers per hole.*



### ADHESIVE APPLICATION

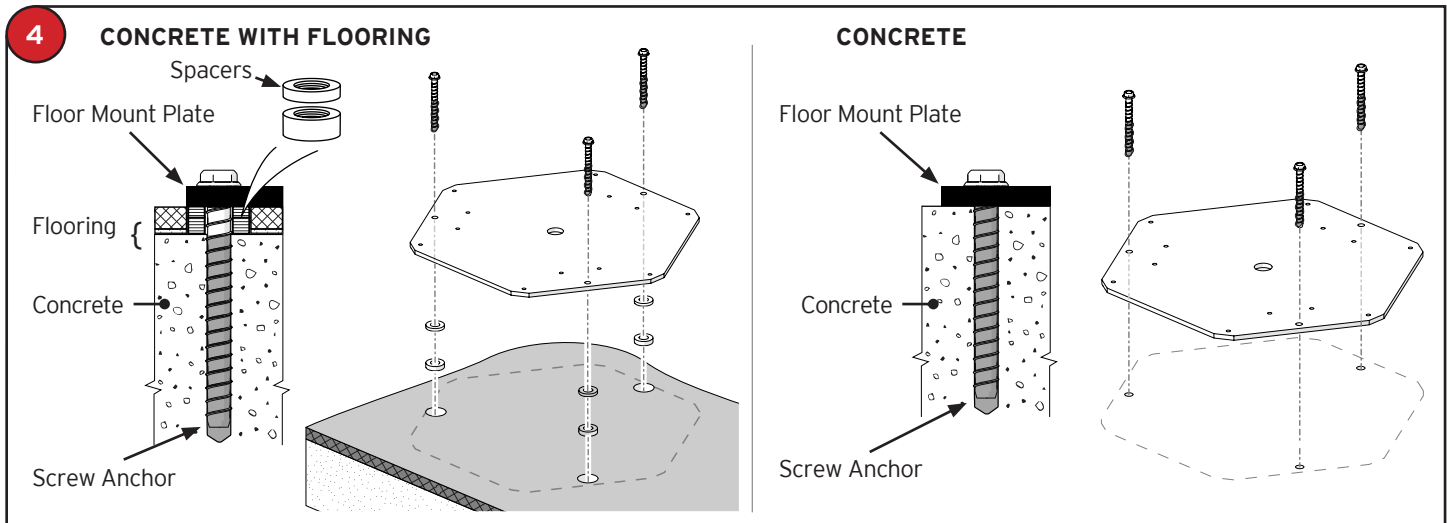
- Set the Floor Mount Plate aligned with the drill holes.

**❗ IMPORTANT:** Installation over Flooring – check Spacers do not interfere with Floor Mount Plate seating. If any gaps are present, fit the holes with the appropriate size Spacers.

- Follow the Adhesive Manufacturer's application instructions.

**❗ IMPORTANT:** Adhesive is fast-curing with very short working time. The next step (Step 4) must be performed immediately after the Adhesive is applied.

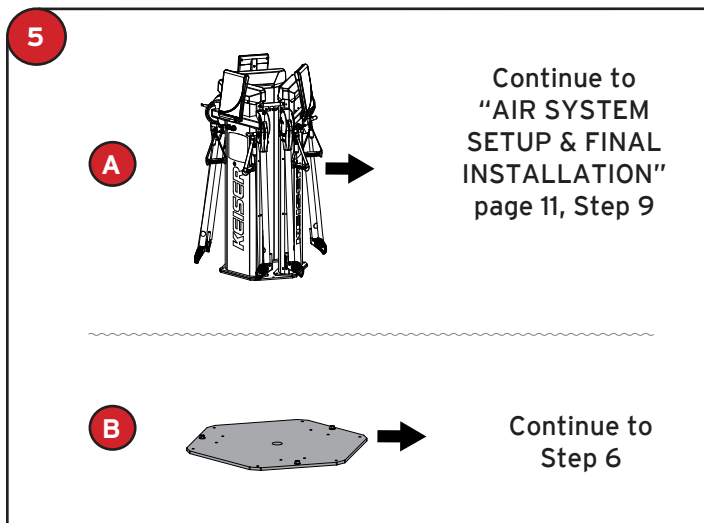


**STEP-BY-STEP INSTALLATION GUIDE**

**INSTALL FLOOR MOUNT PLATE (QUANTITY 3 CONCRETE SCREWS)**

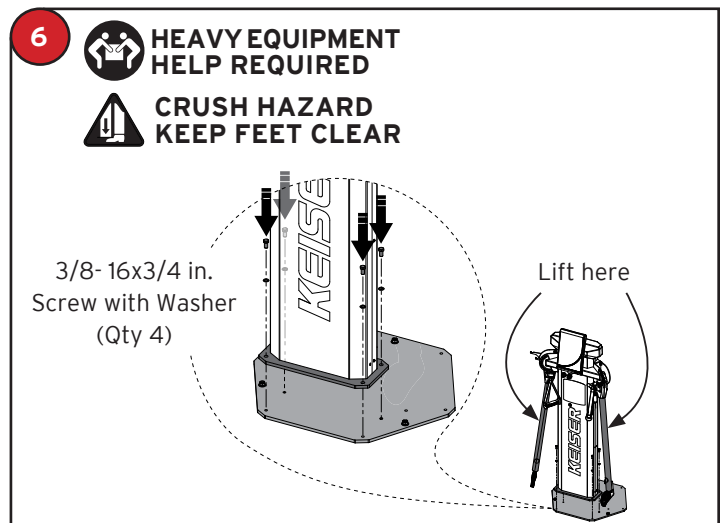
- Recommended: Apply adhesive directly onto Screw Anchor leading threads.
- Insert the Screw Anchor through the Floor Mount Plate and into the drill holes.
- Tighten the Screw Anchors into the concrete until the hex-washer head contacts the surface of the Floor Mount Plate.
- Immediately remove any adhesive spill using a clean cloth.

**CONCRETE WITH FLOORING OVER 5/8" (16 mm)**

- Use 3/8" dia. anchor with appropriate length (not supplied) and Spacers (supplied).
- Anchor minimum embedment required: 3" (76 mm).
- Follow anchor manufacturer's instructions for tightening the anchor, including torque specifications.

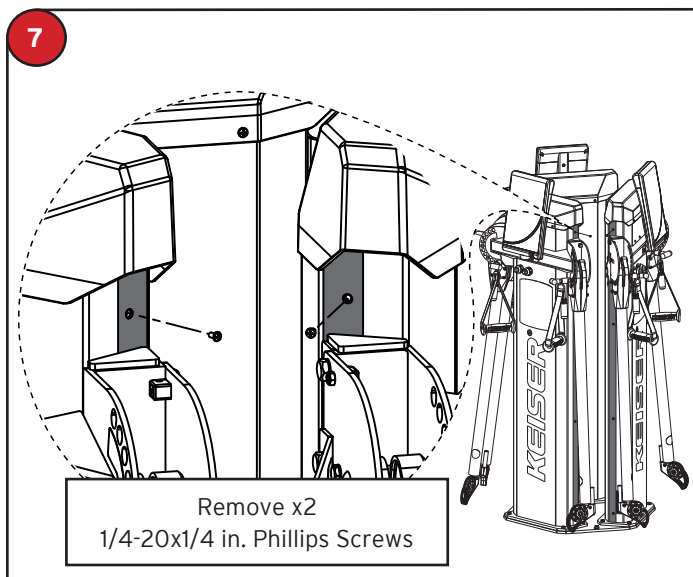

**FINAL INSTALLATION / SETUP**

- A** For pre-assembled Triple Trainer, continue to "AIR SYSTEM SETUP & FINAL INSTALLATION" page 11, Step 9.
- B** For a Triple Trainer unit that requires assembly, continue to Step 6.


**TRIPLE TRAINER UNIT INSTALLATION**

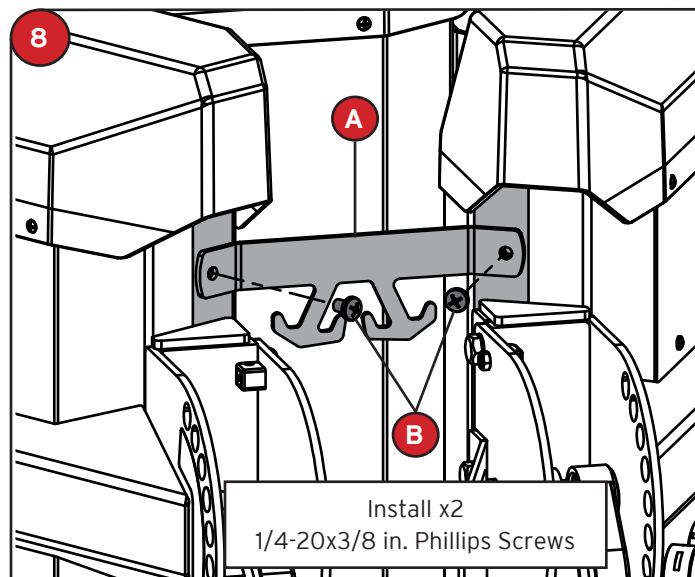
- With your helper, carefully place one of the Functional Trainer units onto the Floor Mount Plate, align mount holes as shown.
- Start Screw with Washer into a threaded hole (qty 4).
- Fasten Screws using a 9/16 inch Socket and Ratchet.
- Torque Screws to 25-30 ft-lbs (34-41 Nm) using a Torque Wrench and 9/16 inch Socket.
- Repeat steps above for the remaining two units.

## STEP-BY-STEP INSTALLATION GUIDE

**BRACKET INSTALLATION PREPARATION**

- Remove the top two 1/4-20x1/4 inch Phillips Screws along the sides of the Functional Trainer units using a #3 Phillips Screwdriver.

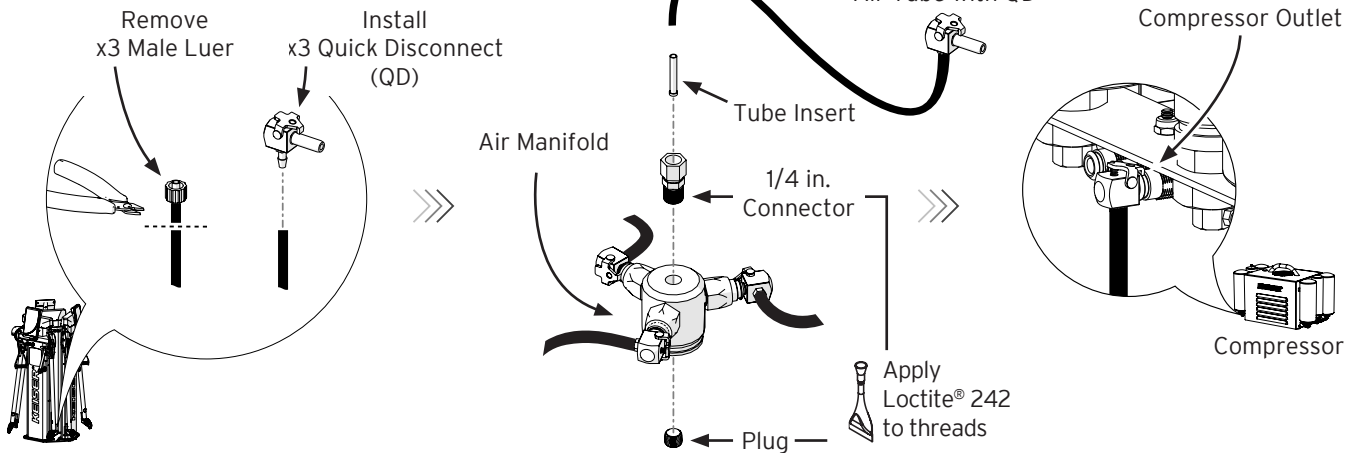
NOTE: The two 1/4-20x1/4 inch Phillips Screws may be discarded. Longer 1/4-20x3/8 inch Phillips Screws will replace them in the following step.

**BRACKET INSTALLATION**

- A** Position the Bracket, hooks pointing down, and align mount holes as shown.
  - B** Attach the Bracket with two 1/4-20x3/8 inch Phillips Screws using a #3 Phillips Screwdriver until tight.
- Repeat Steps 7 and 8 for the remaining two Brackets.

## AIR SYSTEM SETUP &amp; FINAL INSTALLATION

## 9 CAUTION: WEAR SAFETY GLASSES

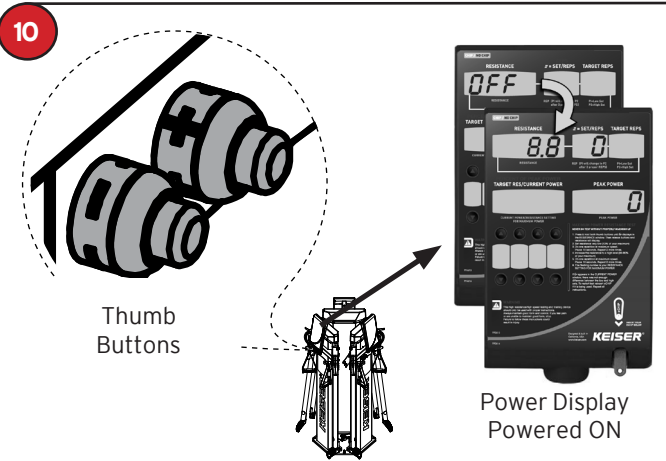


## REFER TO THE DIAGRAM ABOVE FOR AIR SYSTEM SETUP AND FOLLOW THE INSTRUCTIONS BELOW

1. TOOLS: Cutters, Adjustable Wrench, and 3/16 in. Allen Wrench. Remove the Male Luers from each Functional Trainer and install Quick Disconnects (quantity 3, included in kit) to connect to the Air Manifold. Air Manifold Configurations: 1/4 in. air line (as shown) or 3/8 in. for direct connection to the Compressor. NOTE: Reverse Plug and Connector positions to accommodate subfloor air supply.

**⚠ 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.

2. Connect the Air Tube from the Air Manifold outlet into the Compressor (Compressor not included, sold separately). Ensure the Quick Disconnect clicks into position.
3. 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.



## POWER ON THE EQUIPMENT

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 viewing and download at [keiser.com/support](http://keiser.com/support) (search: Air Compressor manuals).


## BEFORE YOU USE THE TRIPLE TRAINER

**⚠ WARNING: Avoid potential injury and/or property damage.** Ensure the Floor Mount Plate is securely fastened to the concrete floor. If movement is found, check all Screw Anchors and Mount Screws and ensure that they are all firmly fastened before use.

1. Make sure the Triple Trainer has been installed according to the instructions.
2. Ensure that the Triple Trainer is connected to the Compressor/Air Supply and that the Compressor/Air Supply is powered ON.
3. Read the Operation Manual, enclosed with the equipment and available at [keiser.com/support](http://keiser.com/support) (search: Functional Trainer Manual).
4. Store Installation Instructions for future reference.

**CUSTOMER SUPPORT**

If you have any questions regarding the installation or operation of the Triple Trainer after reading this manual, contact Keiser Customer Support:


 1 559 256 8000

 [service@keiser.com](mailto:service@keiser.com)

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**Manufactured in the USA**  
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