

INSTALLATION INSTRUCTIONS

INFINITY SERIES

PERFORMANCE TRAINER

MODELS 3010XA, XP, XS 300818X WALL MOUNTING KIT

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.

FIGURE 1 READ CAREFULLY. KEEP THESE INSTRUCTIONS.



CUSTOMER SUPPORT

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



() 1559 256 8000



service@keiser.com



keiser.com/support

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

KEISER CORPORATION

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IMPORTANT SAFETY INFORMATION

- Read these instructions.
- 2. Heed all warnings.
- Follow all instructions.
- 4. Professional installation is required by qualified personnel as dictated by authority having jurisdiction.
- Wear appropriate personal protective equipment; observe all governing codes and ordinances.
- 6. Safety Glasses required during installation.
- Use a dust collection system when drilling; clean area using a HEPA vacuum. Avoid breathing dust.
- Electric Shock Risk. Drilling into electrical wires could result in death or serious injury. Check walls for electric wires using a stud detector with voltage sensor before drilling.
- For easier installation and personal safety, it is required that two people install this Performance Trainer.
- 10. Keiser Corporation has supplied the hardware specified for anchoring into wood studs only.
- Tighten all bolts and carefully examine your installation prior to use of the Performance Trainer to ensure that it is securely fastened in place.
- 12. 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.
- 13. Replace damaged, worn, or broken parts immediately using only Keiser supplied components. Keep the Performance Trainer out of use until repaired.
- 14. Only use attachments/accessories specified by Keiser Corporation.

- 15. Failure to perform final check for proper operation prior to normal use of the Performance Trainer will void the warranty and could result in serious injury.
- 16. Keiser Corporation is not responsible for damage or serious injury caused by incorrect installation, assembly, or use.
- 17. Use of the Performance Trainer for any purpose not explicitly specified by the manufacturer in the Operation Manual will void the warranty and could result in serious injury.
- 18. It is the responsibility of the facility owner or owner of the Performance Trainer to instruct users on the safe and proper operation of the equipment.

CONVENTIONS USED

This Installation Instruction contains the following marks:

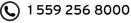
⚠ DANGER: ELECTRIC SHOCK RISK

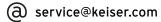
Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

- **MARNING**: 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.
- TIP OVER HAZARD: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
- ****EAVY OBJECT:** Indicates help is required during lifting to avoid muscle strain and/or back injury.
- TWO-PERSON PROCEDURE: Indicates help is required to safely and successfully complete installation.
- **PIMPORTANT**: 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:







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



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.



EQUIPMENT SPECIFICATIONS

Height: 87 inches (2,210 mm)

from floor at suggested installation height

Length: 12 inches (305 mm) Width: 24 inches (610 mm) Weight: 120 lbs (54 kg)

Resistance Range: 0 to 75 lbs (0 to 34 kg) Cable Length: 96 inches (2,438 mm)

from start to full extension, without Cable Accessory

TRAINING SPACE

Refer to Figure 1 for the minimum Training Space required. Plan Training Space accordingly to allow for full-range operation. When Performance Trainers are mounted adjacent to each other, the Training Space may be shared. Actual Cable Length may vary, based on Accessory type, user height, and the position of the Vertical Adjustment.

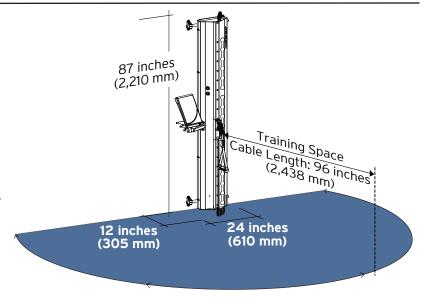


Figure 1. Performance Training Space

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).

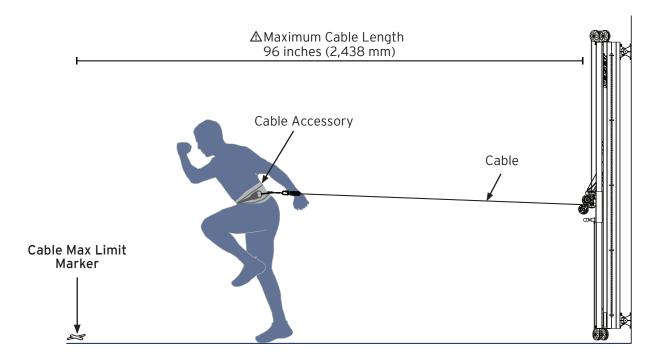


Figure 2. Maximum Cable Length

⚠ 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 PERFORMANCE TRAINER

AWARNING: AVOID SERIOUS INJURY OR PROPERTY DAMAGE.

- Professional installation is required by qualified personnel as dictated by authority having jurisdiction.
- Install the Performance Trainer only on a vertical wall.
- Do not install into drywall alone as it is not suited to carry the load. Wall anchors will not carry the load.
- Avoid installation over mirrored walls as the load can cause the mirror to crack or shatter.
- All screws and anchor bolts installed into walls must reach minimum embedment as specified by the manufacturer to ensure design values are kept.
- Always follow manufacturer's safety and installation instructions.
- Tighten all bolts and carefully examine your installation prior to use of the Performance Trainer to ensure that it is securely fastened in place.

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 wood studs, along with information on the proper tools and hardware required.
- **IMPORTANT**: A site survey for equipment installation is required. It is the responsibility of the customer to ensure that a site survey is performed. To obtain a Site Survey Form, contact Keiser Customer Support (see front cover for contact information).

MOUNTING REQUIREMENTS

To mount the Performance Trainer into a wood stud wall, refer to Figure 3 and ensure the following requirements are met:

- 1. Wall with wood study at a nominal 16 inches (406 mm) between centers.
- 2. Minimum wood stud size: 2 inches x 4 inches (51 mm x 102 mm) nominal, 11/2 x 3 1/2 inches (38 mm x 89 mm) actual.
- 3. Drywall thickness must not exceed 5/8 inches (16 mm).
- 4. The wall must be capable of supporting a load of 360 lbs (163 kg).

Mounting into masonry (solid, reinforced concrete or brick) or galvanized steel stud walls (20-25 gauge) requires additional hardware/material, not included. The wall must be capable of supporting a load of 360 lbs (163 kg). Refer to Figure 4 and follow the recommendations below:

- 1. Prepare the wall mount area by reinforcing it with two (2) 2 inch x 6 inch (51 mm x 152 mm) boards (Stringers).
 - Top Stringer at 81 inches (2,057 mm) vertical center from level ground.
 - Bottom Stringer at 7 1/2 inches (191 mm) vertical center from level ground.

● IMPORTANT: Stringers must mount directly into solid concrete or galvanized steel studs. Do not mount into drywall alone.

2. Hardware:

- Quantity: Minimum of four (4) mount bolts required per stringer. Each additional Performance Trainer mounted on the Stringers require two (2) additional mount bolts per Stringer.
- Use appropriate wedge/expansion bolt for masonry, or heavy duty toggle bolts for steel stud, capable of supporting a load of 360 lbs (163 kg). Always follow manufacturer's instructions and safety information.
- NOTE: Use the hardware included in the Mounting Kit to mount the Brace Clamps into the Stringers.

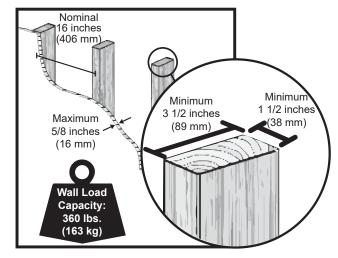
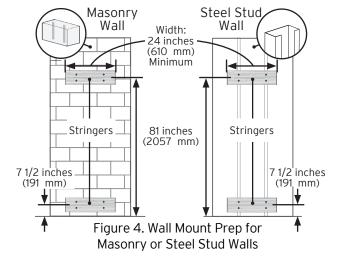


Figure 3. Wood Stud Wall Specifications





INSTALLATION

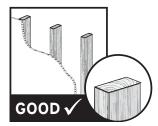
Professional installation is required by qualified personnel as dictated by authority having jurisdiction. Keiser Corporation has supplied the hardware specified for anchoring into wood study only.

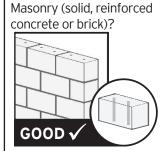
GETTING STARTED

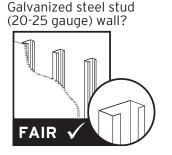
1

What is the wall made of?:

Wood stud frame wall?







Special hardware/material (not included) is required. Refer to the Mounting Requirements section on page 5 for further direction.

Not sure?



Contact Keiser Customer Support: 1559 256 8000

2

Do you have all the required tools and materials?:



Safety Glasses





Tape Measure



Pencil



Torpedo Level



Stud Detector with Voltage Sensor



HEPA Vacuum



Drill, 1/8 in. dia. Drill Bit with Dust Collection System



3/8 in. Socket and Ratchet



7/16 in. Socket and Ratchet



7/16 in. Wrench



Hacksaw



Blanket



3/16 in. (4.5 mm) Allen Wrench

NOTE: Tools listed apply to installation into wood studs only. If mounting into masonry, a Hammer Drill with Carbide-tipped Drill Bit is recommended. Use a dust collection system when drilling; clean area using a HEPA vacuum. Avoid breathing dust.

3

Ready to begin?:

- Professional installation is required by qualified personnel as dictated by authority having jurisdiction.
- Read through these instructions carefully before assembling, servicing, or using the equipment. Heed all warnings and safety information presented in this Installation Instruction.
- 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 (see front cover for contact information).

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





UNPACKING

ETWO-PERSON PROCEDURE: Help is required to safely and successfully complete the unpacking procedure.

With your helper, carefully remove all Performance Trainer parts and Hardware Mounting Kit items from the crate (refer to Figure 5 and 6). 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).

PARTS LIST

PERFORMANCE TRAINER

MODEL NUMBER 3010XX

	Description	Qty	Keiser Part Number
1	Performance Trainer	1	3010XX
2	Display with Display Mount	1	600881 / 300931
3	Accessory Hook	1	301704
4	eChip	3	990812
5	Operation Manual	1	305525

Note to Installer: Please provide the customer with the Operation Manual.

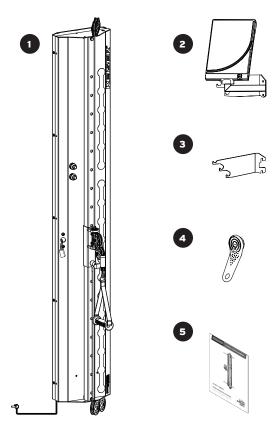


Figure 5. Performance Trainer Parts

HARDWARE MOUNTING KIT

PART NUMBER 300818X

Hardware Mounting Kit is contained in a packet with the Performance Trainer.

	Description	Qty	Keiser Part Number
1	#14x2 HWH SM Screw	8	9123
2	Brace Clamp	16	305020
3	1/4-20x1-3/4 Bolt	16	9163
4	1/4-20 Nylon Lock Nut	16	9225
5	Wall Mount Tube	2	303091
6	Tube Cap	4	115067

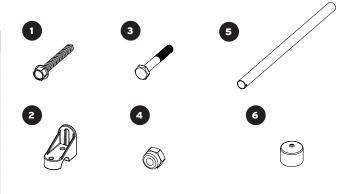
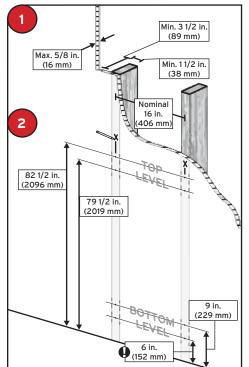


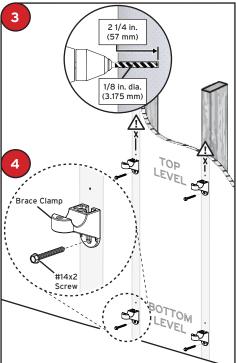
Figure 6. Hardware Mounting Kit Items

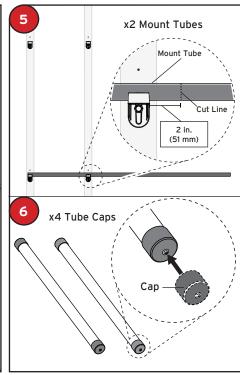




STEP 1: PREPARE WALL AND MOUNT TUBES







NOTE: Use a dust collection system when drilling; clean area using a HEPA vacuum. Avoid breathing dust. For masonry or steel stud walls, the wall must be prepared with Stringers for the Brace Clamps to mount into. Refer to the Mounting Requirements section on page 5 for further direction.

- Find two adjacent wood studs at a nominal 16 inches (406 mm) between centers. Mark the centers of the studs with a pencil.
- 2. Measure and mark hole positions from the floor using the dimensions below:

(h) IMPORTANT: The lower position holes at the BOTTOM LEVEL require a minimum distance of 6 inches (152 mm) from level ground in order to clear moving parts of the Performance Trainer.

- BOTTOM LEVEL: 6 inch and 9 inch mark (152 mm and 229 mm), vertical from level ground.
- **TOP LEVEL:** 79 1/2 inch and 82 1/2 inch mark (2,019 mm and 2,096 mm), vertical from level ground.

A DANGER: ELECTRIC SHOCK RISK. Before you drill, check for electrical wiring using a stud detector with voltage sensor.

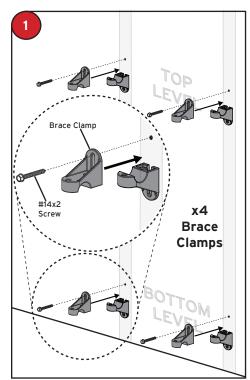
• IMPORTANT: Be sure your marks are centered left to right.

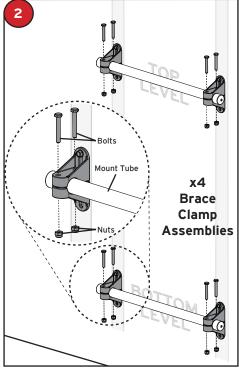
- 3. Drill 1/8 inch (3.175 mm) diameter pilot holes at all eight hole positions at a minimum depth of 2 1/4 inches (57 mm).
- **4.** Install Brace Clamps at two BOTTOM LEVEL 6 inch (152 mm) hole positions:
- Insert a #14x2 HWH SM Screw through the slot of the Brace Clamp.
- Fasten the screw into the 6 inch (152 mm) hole position using a 3/8 inch Socket Wrench.
- DO NOT TIGHTEN. Leave screws loose to allow the Brace Clamps to slide up/down freely.
- Repeat Step 1:4 at the other two TOP LEVEL 79 1/2 inch (2,019 mm) hole positions.

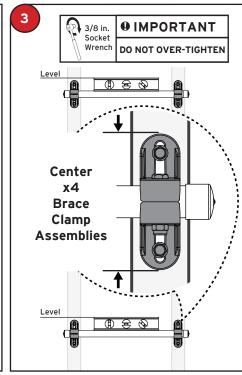
- 5. Measure and cut Mount Tubes:
- Rest the Mount Tube on the BOTTOM LEVEL Brace Clamps. Ensure the Brace Clamps are at the bottom-most position.
- Set one Mount Tube end flush with the Brace Clamp outer end.
- At the other end of the Mount Tube, measure and mark a cut line 2 inches (51 mm) away from the outer end of the Brace Clamp. Repeat on the second Mount Tube.
- Secure Mount Tube in place (i.e. Work Clamp, Vice on a workbench). Cut the Wall Mount Tubes square at the cut line using a Hacksaw. Deburr the Wall Mount Tube ends.
- **6.** Cover Mount Tube ends with the Caps provided.



STEP 2: INSTALL MOUNT TUBES TO WALL







- Install the Brace Clamps at the four upper position TOP and BOTTOM LEVEL pilot holes into the wall stud:
- Insert a #14x2 HWH SM Screw through the slot of the Brace Clamp.
- Fasten the screw using a 3/8 inch Socket Wrench.
- Once screwed in, back out the screw by one (1) whole turn to allow the Brace Clamps to slide up/down freely (you will be instructed to tighten these screws at the end of Step 2:3).

- 2. Attach the Mount Tubes to the Brace Clamps:
- Slide the upper Brace Clamps up to lay the Mount Tubes centered across the lower Brace Clamps.
- Insert two 1/4-20x1-3/4 inch
 Bolts through the Brace Clamps
 screw holes.
- Fasten Bolts with Nylon Lock Nuts using a 7/16 inch Socket Wrench and 7/16 inch Combination Wrench until tight.

- **3.** Level and fasten Mount Tubes to the wall:
- Center the Brace Clamp assemblies on the wall.

♠ IMPORTANT: Do not over-tighten the #14x2 HWH SM Screws as this may break the screw head or strip the screw hole.

- Use a 3/8 inch Socket Wrench to tighten the lower position #14x2 HWH SM Screws until the screw heads are snug onto the Brace Clamp.
- Check the Mount Tube for level using a Torpedo Level. Adjust Brace Clamps as necessary.
- Use a 3/8 inch Socket Wrench to tighten the upper position #14x2 HWH SM Screws until the screw heads are snug onto the Brace Clamp.

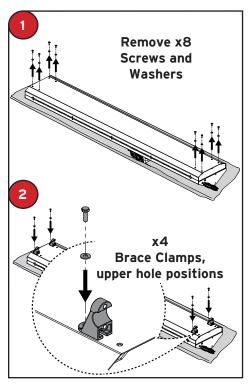
BEFORE YOU CONTINUE

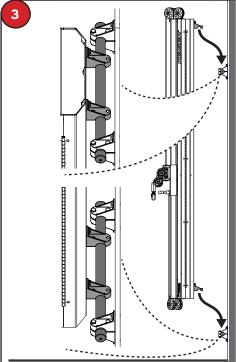
△CAUTION: TO AVOID INJURY, EXAMINE YOUR INSTALLATION BEFORE YOU CONTINUE. Check that the Mount Tubes are level and make sure all hardware is firmly secured by pulling on the Mount Tubes. If movement is found, check and tighten all mount screws/bolts and nuts of the Brace Clamp Assemblies.

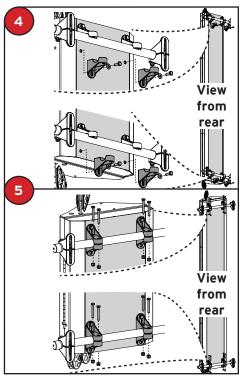


STEP 3: ATTACH PERFORMANCE TRAINER TO WALL

ETWO-PERSON PROCEDURE: Help is required to safely and successfully complete installation.







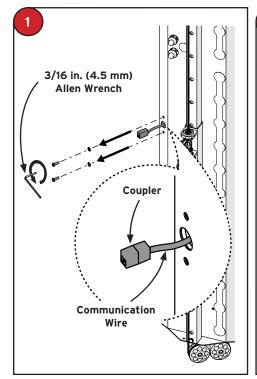
- **1.** Prepare the Performance Trainer:
- Set the Performance Trainer facedown on a blanket.
- Remove the eight Screws/ Washers located on the back panel using a 7/16 inch Socket Wrench.
- 2. Set Brace Clamps at upper hole positions:
- Insert the Screw/Washer through the slot of the Brace Clamps.
- Screw the Brace Clamps into the upper hole positions (use hardware removed in Step 3:1) using a 7/16 inch Socket Wrench.
- Once screwed in, back out the screw by one (1) whole turn to allow the Brace Clamps to slide up/down freely (you will be instructed to tighten these screws at the end of Step 3:5).

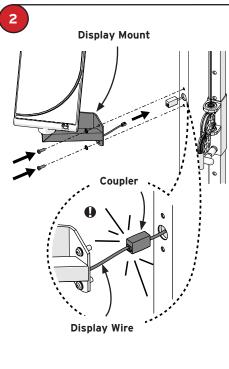
- HEAVY OBJECT: Help required when lifting equipment. To avoid muscle strain, including back injury, use proper lifting techniques when handling.
- **3.** Hook the Performance Trainer onto the Mount Tubes:
- With your helper, carefully lift the Performance Trainer upright.
- Hook the Brace Clamps of the Performance Trainer onto the Mount Tubes on the wall.
- Ensure ALL GROOVES OF THE FOUR BRACE CLAMPS ON THE PERFORMANCE TRAINER rest on the Mount Tubes. Continue holding until Step 3:5 is completed.
- TIP OVER HAZARD: For safety, have one person hold the Performance Trainer while it is resting on the Mount Tube until Step 3:4-5 are complete.
- IMPORTANT: Check Performance Trainer sits level on the Mount Tubes. Remove the Performance Trainer from the Mount Tubes before performing any/all level adjustments of the Brace Clamps.

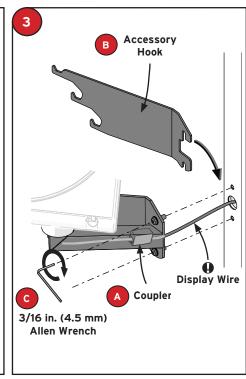
- **4.** Install Brace Clamps at the lower hole positions on the back of the Performance Trainer:
- Insert the Screw/Washer through the slot of the Brace Clamps.
- Screw the Brace Clamps into the lower hole positions (use hardware removed in Step 3:1) using a 7/16 inch Socket Wrench.
- Once screwed in, back out the screw by one (1) whole turn to allow the Brace Clamps to slide up/down freely (you will be instructed to tighten these screws at the end of Step 3:5).
- **5.** Fasten the Performance Trainer Brace Clamps to the Mount Tube:
- Insert two 1/4-20x1-3/4 inch Bolts through the Brace Clamps screw holes.
- Fasten Bolts with Nylon Lock Nuts using a 7/16 inch Socket Wrench and 7/16 inch Combination Wrench until tight.
- Fasten the eight Screws/Washers at the rear of the Performance Trainer until tight using a 7/16 inch Socket Wrench.



STEP 4: INSTALL DISPLAY







- 1. Remove the two Display Mount Bolts and Washers from the Performance Trainer frame using a 3/16 inch (4.5 mm) Allen Wrench.
- Locate the Communication Wire with Coupler. Ensure that the Coupler is connected to the Communication Wire.
- 2. Set the Bolts/Washers in the screw holes of the Display Mount, then connect the Display Wire to the Coupler.
 - IMPORTANT: Confirm a click sound is heard when connecting to ensure proper connection.
- 3. A. Tuck the Coupler-Wire into the Display Mount as you thread the Bolts into the frame 3-4 turns.
 - **B.** Slide the Accessory Hook into position.
 - IMPORTANT: Keep clear of the Coupler and Wires.
 - **C.** Tighten the Bolts until snug using a 3/16 inch (4.5 mm) Allen Wrench.



STEP 5: AIR SYSTEM SETUP & FINAL INSTALLATION

 Connect the Quick Disconnect of the Performance Trainer to the Compressor (Compressor not included, sold separately). Ensure that the Quick Disconnect clicks into position. See Figure 7, Air System Setup Reference.

⚠ 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. 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.
- 3. Press the "+" and then the "-" Thumb Buttons a few times to ensure air cycles through and that the Power Display powers ON.

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

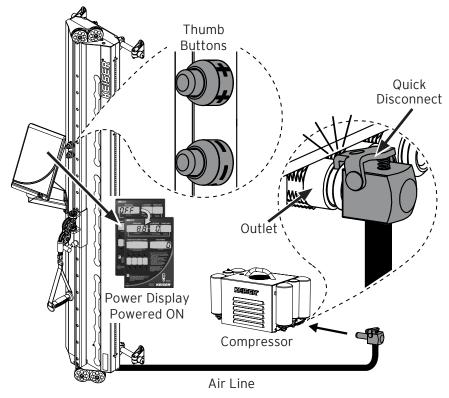


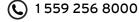
Figure 7. Air System Setup Reference

BEFORE YOU USE THE PERFORMANCE TRAINER

- 1. Make sure the Performance Trainer has been installed according to the instructions.
- 2. Ensure that the Performance 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 product and also available at keiser.com/support (search: Performance Trainer manual).
- 4. Keep Installation Instructions for future reference.

CUSTOMER SUPPORT

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



a service@keiser.com

keiser.com/support

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



