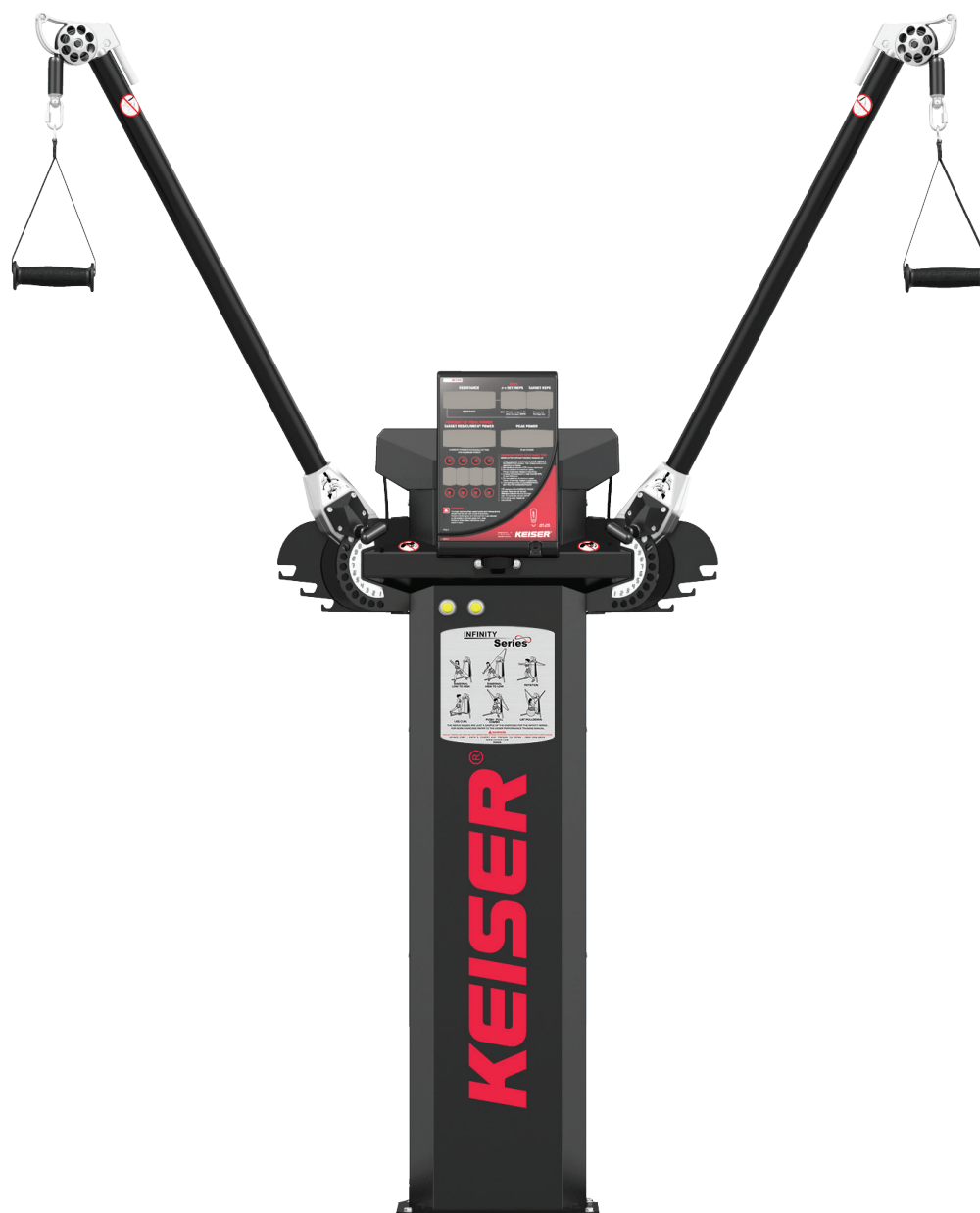


**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **INFINITY SERIES**

### **FUNCTIONAL TRAINER**

**MODEL 3020XP**

**OPERATION MANUAL**

BECAUSE...  
**'GOOD  
ENOUGH'  
ISN'T.™**

## **CONTENTS**

### **03 – GENERAL INFORMATION**

03\_INTRODUCTION

03\_SERIAL NUMBER INFORMATION

03\_REGISTER YOUR PURCHASE

### **04 – IMPORTANT SAFETY INFORMATION**

### **06 – TECHNICAL SPECIFICATIONS**

06\_EQUIPMENT SPECIFICATIONS

06\_TECHNICAL DATA

07\_TRAINING SPACE

### **08 – OPERATION**

08\_FUNCTIONAL TRAINER OVERVIEW

09\_POWER DISPLAY

10\_DISPLAY FEATURES

11\_CONNECTING THE CABLE ACCESSORY

11\_ARM ADJUSTMENT

11\_SET THE RESISTANCE

12\_POWER TEST

13\_EXERCISE GUIDELINE

13\_EXERCISES

### **14 – MAINTENANCE**

14\_PREVENTATIVE MAINTENANCE SCHEDULE

15\_BATTERY REPLACEMENT

16\_ANNUAL MAINTENANCE

### **17 – REGULATORY AND COMPLIANCE NOTICES**

17\_SAFETY NOTIFICATIONS

18\_ELECTROMAGNETIC COMPATIBILITY (EMC)

18\_US FCC COMPLIANCE STATEMENT

18\_DISPOSAL

### **19 – WARRANTY STATEMENT**

## GENERAL INFORMATION

## INTRODUCTION

Congratulations on the purchase of your new Keiser Functional Trainer and welcome to the Keiser family. From sports-specific and agility training, to flexibility improvement and rehabilitation, the Functional Trainer gives you the resistance training you want at any speed and without the harmful shock load to the body.

For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the Functional Trainer. If you have any questions regarding the operation of the Functional Trainer after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000 and via live chat at keiser.com/support (Monday–Friday, 9 am to 5 pm Pacific Time), or by email at service@keiser.com.

Yours in Health,  
Keiser Corporation

## SERIAL NUMBER INFORMATION

Please take a moment at this time to record the serial number in the space provided below.

Serial No.: \_\_\_\_\_

Serial Number Information	
A	Manufacturer name, logo, and address
B	Country of manufacture
C	Patent information notification
D	CE mark
E	TÜV SÜD Mark
F	Quality management ISO standard
G	Maximum User Weight Limit (Functional Trainer Bench)
H	Directive and standards compliance
I	European Authorized Representative
J	Serial number and date of manufacture
K	Model number and product description
L	WEEE Directive Mark

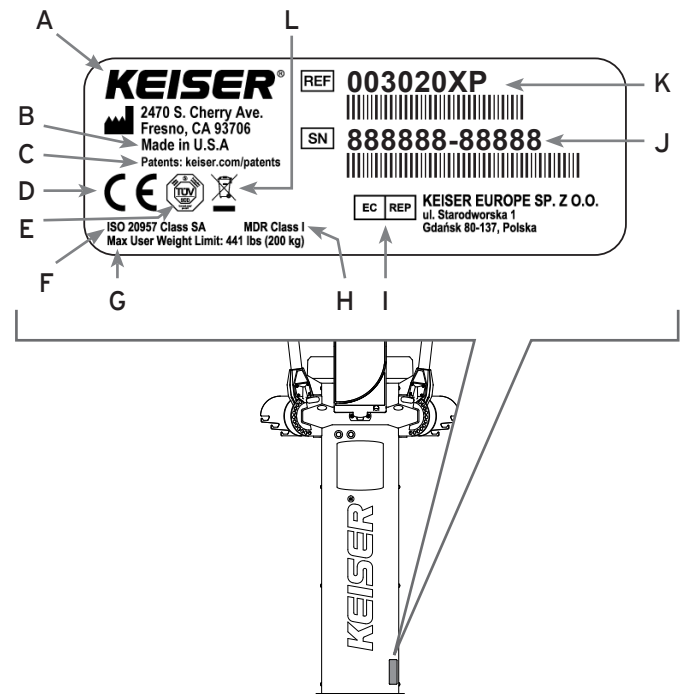


Figure 1. Serial Number Location and Information

## REGISTER YOUR PURCHASE

Register your Functional Trainer to stay informed of safety notifications and for faster, more accurate warranty service.

Scan the QR Code to the right to access the interactive online warranty registration form or visit:

<https://www.keiser.com/forms/warrantyregistration>



SCAN


## IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Keiser Corporation equipment to instruct all individuals, whether they are the end-user or supervising personnel, on proper usage of the equipment. Keiser Corporation recommends that all users of its equipment be informed of the following information before use.

1.  Read these instructions.
2. Heed all warnings.
3. Follow these instructions.
4. Consult your physician before beginning any exercise program.
5. The Functional Trainer is intended for use in training areas of organizations where access and control are specifically regulated by a person responsible for determining the suitability of use and maintenance.
6. Use the Functional Trainer indoor in a climate-controlled environment only. Keep away from areas of extreme humidity.
7. The use of this Functional Trainer for any purpose not explicitly specified by the manufacturer in this manual is prohibited.
8. Wear proper exercise clothing and shoes for exercise. Avoid wearing loose clothing that might catch on any moving parts. Tie long hair back.
9. The Functional Trainer is not a toy. Children shall not play with the Functional Trainer. Children under 14 years old should not use the Functional Trainer. Keep children and pets clear from the Functional Trainer at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
10. The Functional Trainer can be used by children age 14 years and above. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the Functional Trainer without constant supervision by a spotter/supervisor.
11. Proper warm-up required to help prevent injury. This Functional Trainer should only be used with proper instructions. Always maintain good form and control during exercise. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in injury.
12. Never perform Power Test without a proper warm-up. This high resistance/high-speed test should only be performed with proper instructions (see page 12 "Power Test" for complete instruction). Always maintain good form and control during test. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in injury.
13. Use only Keiser accessories with your Functional Trainer to help avoid the risk of injury and/or property damage.
14. Ensure Cable Link is closed before use of the Cable Accessory.
15. The sudden release of the Cable Accessory will cause it to snap back uncontrollably and could result in serious injury or property damage. Maintain a firm grasp of the Cable Accessory during exercise. Ensure hook and loop type accessories are fastened firmly before exercise. Carefully return the Cable Accessory to the start position before grip is released.
16. Do not pull Cable beyond maximum Cable length:
  - 140 inches (3,556 mm) Single Cable
  - 70 inches (1,778 mm) Both Cables

Failure to follow this direction will cause the Cable to hit a hard stop and will create a sudden dynamic load that may result in serious injury and/or equipment and property damage.

17. Never make adjustments to the resistance during exercise as this may cause muscle strain. Always return the Cable to the start position prior to making any adjustments to help prevent injury.
18. Ensure that the Adjustment Plunger is fully engaged into the desired position hole before use. There should be no up/down movement of the Arm once it is set in position.
19. The highest level of safety can only be ensured if the equipment is regularly inspected for damage and wear. Always check that the Functional Trainer is securely fastened to the Free-standing or Floor Mounted Base before use (no tilt, lean, or any other movement of the unit should be detected during use). Immediately replace damaged, worn, or broken parts. Do not use the Functional Trainer until all repairs have been completed and tested by a Keiser-certified technician.
20. Use only replacement parts supplied/recommended by Keiser Corporation. Attempting to repair or replace any damaged, worn, or broken parts on your own is not recommended. A Keiser-certified technician should be consulted.
21. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at any time during the repetition, without proper instruction and supervision violates the terms of the agreement for the purchase of such products. The ability to add resistance anytime during a repetition, including, without limitation, the ability to do a heavy negative may be dangerous, especially for anyone that does not recognize or respect the potential danger.
22. Users, agents, and/or anyone directing the use of the Functional Trainer shall determine the suitability of the Functional Trainer for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
23. 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

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

## IMPORTANT SAFETY INFORMATION (CONTINUED)

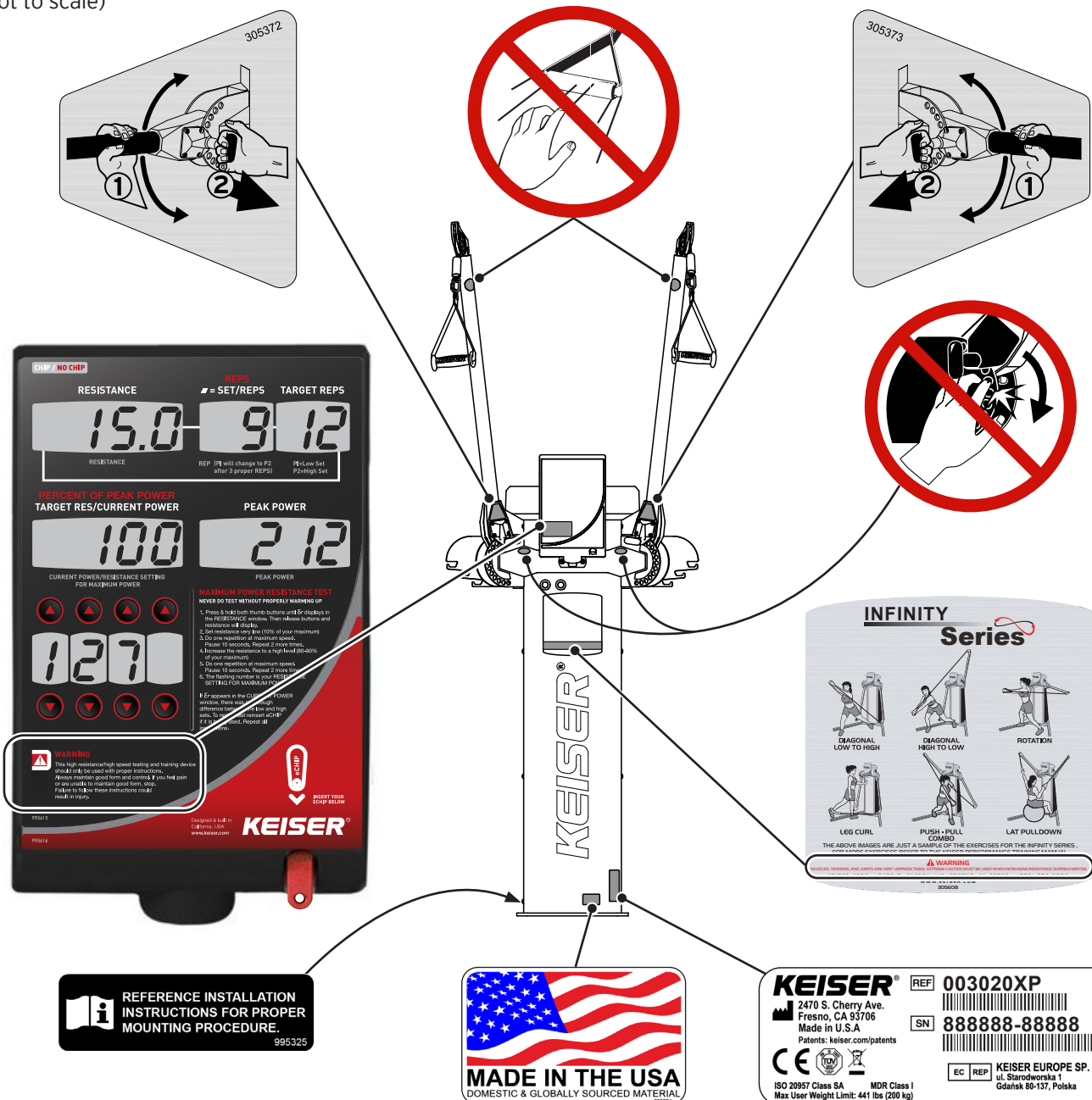
## CONVENTIONS USED

This Operation Manual 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.
- ❗ IMPORTANT:** Indicates information considered critical, but not hazard-related.

## SAFETY AND NOTIFICATION LABELS

(Not to scale)



Maintain and do not remove safety or notification labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement (see back cover for contact information).

## TECHNICAL SPECIFICATIONS

## EQUIPMENT SPECIFICATIONS

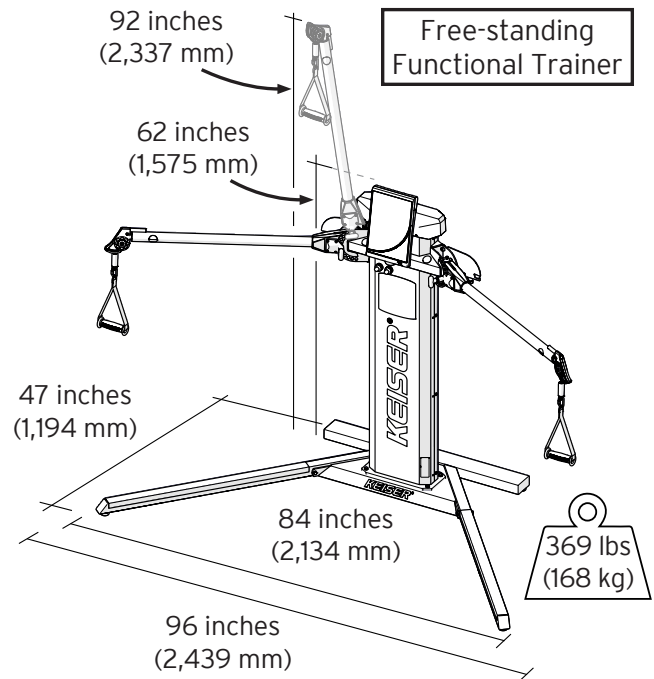
Resistance Range:

50 lbs (23 kg)  
each Handle

Cable Length:

140 inches (3,556 mm)  
single handle

70 inches (1,778 mm)  
both handles together



## TECHNICAL DATA

## AIR STORAGE TANK

The equipment contains an air storage tank (air accumulator) with the following operating parameters:

Maximum working pressure:	125 psi (8.6 bar)
Maximum working temperature:	104°F (40°C)
Minimum working temperature:	32°F (0°C)
Maximum vessel capacity:	140 in <sup>3</sup> (2.29 L)

## POWER

- 1.5V D Alkaline Batteries (quantity 2, Keiser PN 966500)
- 3V CR2032 Lithium Coin Cell Battery (quantity 1)  
Permanently attached, not serviceable.  
Contact Keiser Customer Support for service.

## KEISER CHIP SYSTEM

- The eChip insertion slot receives the Keiser eChip (electronic memory chip) for data transfer and storage

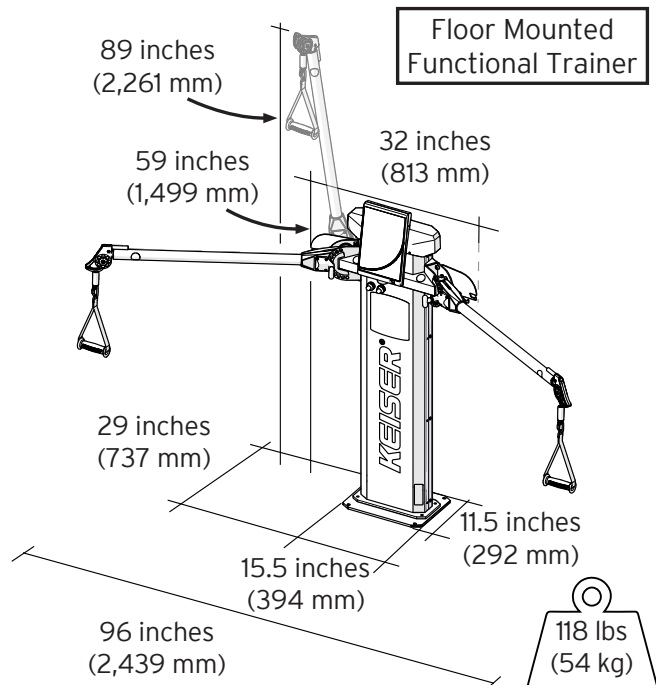


Figure 2. Equipment Specifications

## TRAINING SPACE

Plan Training Space accordingly to allow for full-range operation (refer to Figure 3 below). When Functional Trainers are placed adjacent to each other, the Training Space may be shared. 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 3).

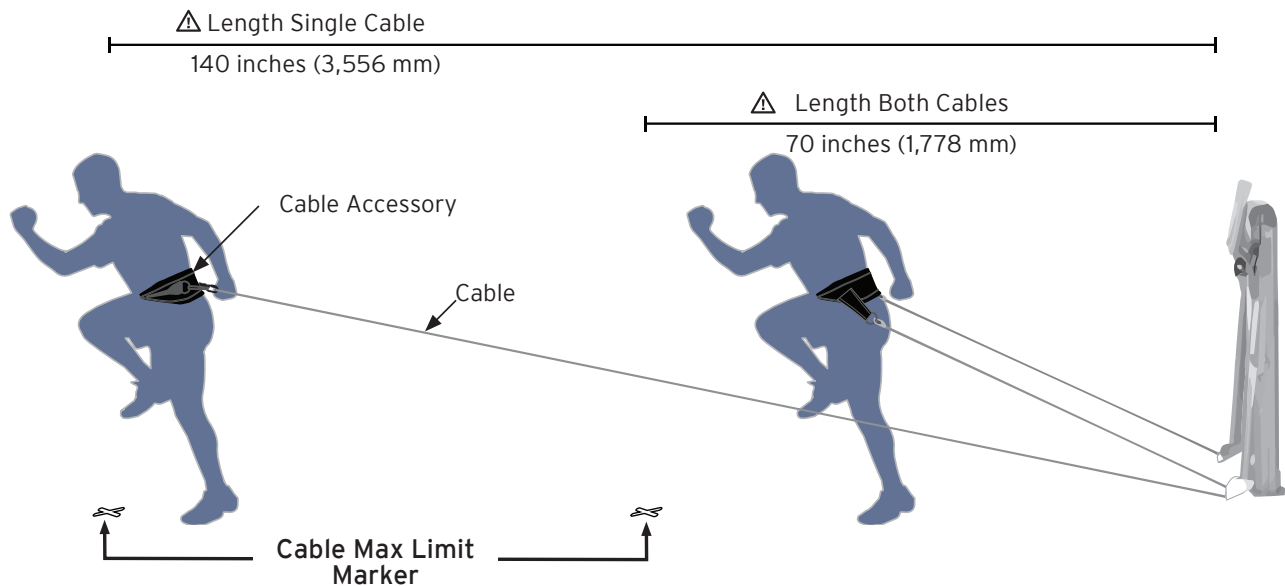


Figure 3. Maximum Cable Length Extension Illustration



**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.



**OPERATION**
**FUNCTIONAL TRAINER OVERVIEW**

 Free-standing  
Functional Trainer


Floor Mounted Triple Trainer



Free-standing Triple Trainer

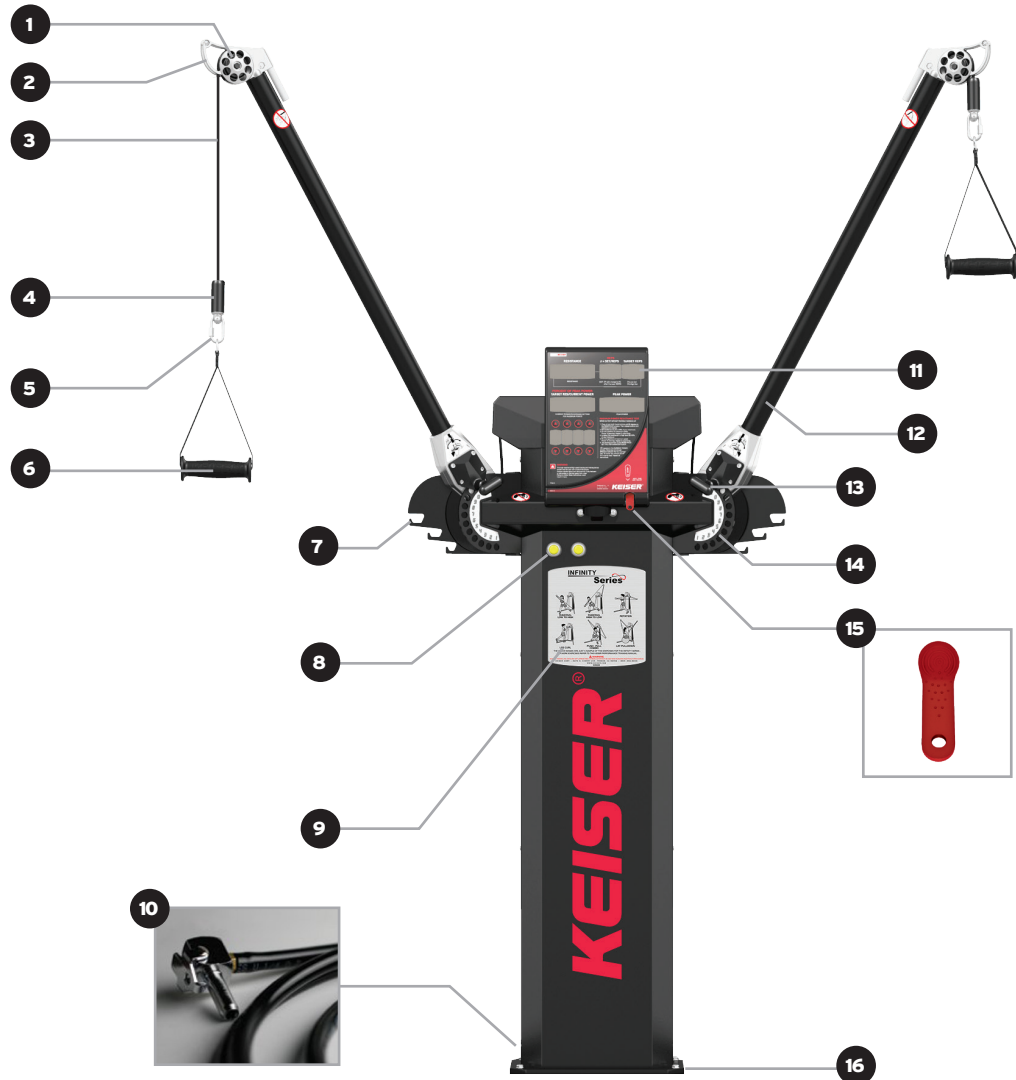

 12 inch (305 mm)  
Base Extension  
Functional Trainer


Figure 4. Floor Mounted Functional Trainer

1	Pulley	9	Instructional Placard
2	Pulley Housing	10	Quick Disconnect with Tube
3	Cable	11	Power Display
4	Clevis	12	Arm
5	Cable Link	13	Arm Adjustment Knob
6	Handle	14	Arm Position Plate
7	Accessory Hook	15	eChip
8	Increase/Decrease (+/-) Thumb Buttons	16	Floor Mount Plate



## POWER DISPLAY



When using the eChip, ensure that it is fully inserted into the slot as shown.

Figure 5. Power Display Overview

### ⚠ CAUTION

- Rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- "Current Power," "Peak Power," and "Percent of Peak Power" are not suitable for use in applications where the health and safety of the patient may be dependent on the accuracy of those parameters.
- The use of any exercise program requires medical consultation and compliance with exercise testing guidelines.

## DISPLAY FEATURES

### LINE 1 - RESISTANCE

The Resistance window displays the current resistance or OFF. The current resistance may be changed by using the Thumb Buttons located on the Functional Trainer. When the window displays OFF, the machine enters a low power consumption sleep mode to increase battery life. Normal operation may be resumed by pressing either Thumb Button or by inserting the eChip. If this window displays the low battery signal ("Lo-bA"), the batteries are getting weak and should be replaced soon (two D batteries; refer to page 15 "Battery Replacement" for complete instructions).

### LINE 2 - SET OR REPETITIONS

This window displays the current repetition count except immediately after an eChip is first inserted, in which case it displays the current set. The set count may range from 1 to 9 and is signaled by the appearance of three horizontal bars in the left digit. The number of sets is defined as the number of sets of exercises performed in a four-hour period. Once four hours have passed, the machine assumes that the user is returning for a new visit. The repetition count may range from 0 to 99. The repetition count may be reset by momentarily pressing both increase and decrease (+/-) Thumb Buttons simultaneously. In Power Test mode, the window will display the repetition count per test section (refer to page 12 "Power Test" for complete instructions).

### LINE 3- TARGET REPS

The Target Reps window displays the number of repetitions performed on the corresponding set of the previous visit, if that set was a normal workout set and an eChip is inserted. If the corresponding set of the previous visit was a Power Test, the display will show "Pr." When in Power Test mode, the window will display "P1" during the low resistance test set and "P2" during the high resistance test set (refer to page 12 "Power Test" for complete instructions).

### LINE 4 - CURRENT POWER / PERCENT OF PEAK POWER

The Current Power window can display 4 different values. During an exercise set, it displays the percent of peak power achieved for the most recent repetition. At the end of a Power Test, this window displays the resistance to use to achieve maximum power. When an eChip is inserted and the previous corresponding set was a normal workout set, it displays the resistance used for that set. When an eChip is inserted, and the previous corresponding set was a Power Test, it displays the resistance to use to achieve maximum power. When the calculated resistance to achieve maximum power is being displayed, it flashes. In summary, during an exercise set, this window displays the power for the current rep, at the end of a Power Test it is the resistance to use for training at maximum power and when an eChip is inserted it is the resistance to set into the window above before exercising.

### LINE 5 - PEAK POWER

The Peak Power window displays the highest power that has occurred during this workout or since the data was last reset.

### LINE 6 - MACHINE ADJUSTMENT

When using the eChip, the Machine Adjustments display Exercise Number and Arm Adjustment of the Functional Trainer. The adjustments in each of the windows may be changed by pressing the arrows located directly above/below each window.

**EXERCISE NUMBER:** Input your designated exercise number into the Power Display (any numbering 0 – 99) to track exercises performed and record onto your eChip.

**ARM ADJUSTMENT:** Input the Arm position in the L Adj./R Adj. windows.

NOTE: The adjustments may only be changed immediately after the eChip is inserted and before the third repetition has occurred. Once three repetitions are performed, the machine adjustments cannot be changed until the eChip has been removed and reinserted. Machine adjustments apply to a machine and cannot be changed from set to set.

### LINE 7 - eCHIP READER

The eChip Reader, located at the bottom right of the Power Display, receives and reads your eChip data.

### LINE 8 - eCHIP

The eChip collects workout data and can store up to 24 separate equipment models (up to 4 equipment position settings per model) and up to 240 separate workout sets across Keiser Air and Infinity Series. Designed as an electronic replacement for the hand-written exercise card, the eChip enables recall and set-up of the exercise equipment upon the next workout. The Keiser eChip software allows saved eChip data to be viewed, stored, and exported (.csv file format) for analysis.

NOTE: Three user eChips (red color) come standard with your Functional Trainer. The Keiser USB Power Kit (a USB adapter to transfer data from your eChip to your computer and Time Set eChips to set the time zone/time on your Functional Trainer) is available. For parts order, contact Keiser Customer Support (see back cover for contact information).

Keiser eChip software system requirements, download, and user manual available at [keiser.com/support](http://keiser.com/support) (search: eChip).

## CONNECTING THE CABLE ACCESSORY

Accessories are connected to the Cable by the Cable Link. To connect the accessory, refer to Figure 6 and follow the instructions below:

1. Unscrew the nut on the Cable Link by turning it clockwise.
2. Hook the Accessory Ring onto the Cable Link
3. Close the Cable Link by screwing the nut counter-clockwise until tight.

**⚠ WARNING: Avoid serious injury and/or property damage.**

- **The Handle accessories (included with your Functional Trainer) is intended for use with the hand only. Do not connect Keiser accessories to any other equipment.**
- **Use only Keiser accessories with your Functional Trainer. Failure to do so will void your warranty and could result in serious injury and/or property damage.**
- **Connect the Cable Link only to Keiser accessories.**
- **Always ensure that the Cable Link is closed before use.**

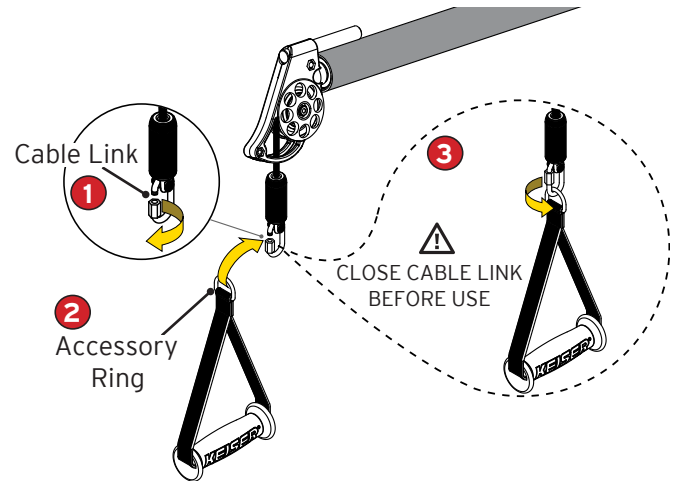


Figure 6. Connecting the Cable Accessory

## ARM ADJUSTMENT

There are a total of 12 individual Arm position settings. To set the Arm position, refer to Figure 7 and follow the instructions below:

1. Grasp and hold the Arm steady.
2. Pull out and hold the spring-loaded Adjustment Knob.
3. Move the Arm to desired position setting.
4. Release the spring-loaded Adjustment Knob at the desired position setting.

**⚠ WARNING: Ensure Adjustment Knob is fully engaged into the desired position hole before use. There should be no up/down movement of the Arm once it is set in position.**

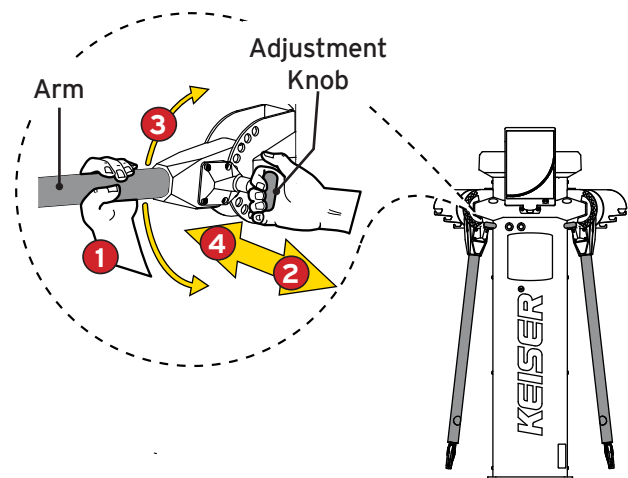


Figure 7. Arm Adjustment

## SET THE RESISTANCE

Press the increase "+" Thumb Button to add resistance up to 100 lbs (45 kg) bilaterally or 50 lbs (23 kg) unilaterally. Resistance is changed in 0.10 lb (0.05 kg) increments. Press the decrease "-" Thumb Button to decrease resistance. Press "+" and "-" at the same time to clear/reset data shown on the Power Display (refer to Figure 8).

Always test the resistance before exercise by slightly pulling on the Cable Accessory to ensure the resistance setting is right for you. Know your limits.

**⚠ WARNING: Never make adjustments to the resistance during exercise as this may cause muscle strain. Always return the Cable to the start position prior to making any adjustments to help prevent injury.**

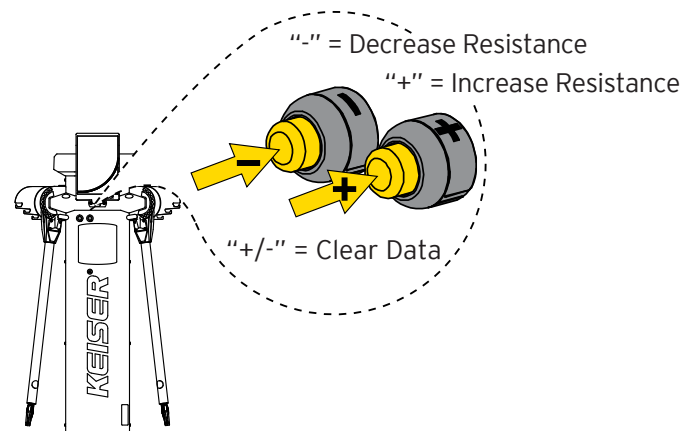


Figure 8. Thumb Button Function

## POWER TEST

## ⚠ CAUTION

- Test should only be performed with proper instruction.
- Never perform Power Test without proper warm-up.
- Always maintain good form and control throughout test.
- Rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- "Current Power," "Peak Power," and "Percent of Peak Power" are not suitable for use in applications where the health and safety of the patient may be dependent on the accuracy of those parameters.
- The use of any exercise program requires medical consultation and compliance with exercise testing guidelines.

**TEST PROTOCOL** – The Power Test (KEISER Six-Rep Test) is used to determine the resistance at which you achieve MAXIMUM POWER. The test consists of two sets:

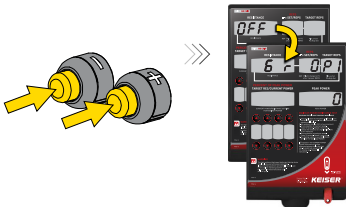
**SET 1** Three repetitions  
Low resistance, high speed  
10% of your maximum

**SET 2** Three repetitions  
High resistance, high speed  
80-90% of your maximum

**Perform all repetitions at the highest possible speed at the given resistance; speed is essential in power output.**

Note: The Power Test may be performed with or without an eChip. Follow the Power Test instructions below:

- 1 START TEST:** Press and hold both Thumb Buttons until "6 r" (Test Mode) displays in the RESISTANCE window, then release the Thumb Buttons. NOTE: TARGET REPS window displays "P1" (Power Test Set 1).



- 2 SET RESISTANCE, LOW LEVEL**  
Set the resistance to 10% of your maximum.

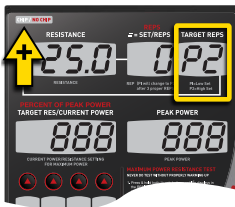


ⓘ You can adjust and test your resistance setting between the first and second rep. The rep count will reset to 1.

- 3 POWER TEST, SET 1 (P1)**  
Do one repetition at maximum speed. Pause 10 seconds. Repeat two more times.



- 4 SET RESISTANCE, HIGH LEVEL**  
Increase the resistance to a high level (80-90% of your maximum). NOTE: TARGET REPS window displays "P2" (Power Test Set 2).



ⓘ You can adjust and test your resistance setting between the first and second rep. The rep count will reset to 1.

- 5 POWER TEST, SET 2 (P2)**  
Do one repetition at maximum speed. Pause 10 seconds. Repeat 2 more times.



- 6 TEST COMPLETE**  
The flashing number is your Resistance setting for Maximum Power.



To exit Power Test or resume exercise, press both Thumb Buttons until "CLER" is displayed or remove eChip.

**TROUBLESHOOT:** "Er" numbers 1 - 4 displayed in the CURRENT POWER window indicates not enough difference in resistance between the low and high sets. Try again with greater difference in resistance between the low and high sets. To restart the Power Test, (a) reinsert eChip, if the eChip is being used, or (b) begin at Step 1 to repeat the procedure.

## EXERCISE GUIDELINE

Consult your physician before beginning any exercise program. To help ensure a safe, comfortable, and effective workout, remember to:

1. **Warm-up:** Proper warm-up before you begin your workout helps to get your muscles ready for exercise and can help prevent serious injury.
2. **Control resistance:** Always work with resistance that you can handle through a full range of motion. Know your limitations.
3. **Breathe:** Keep your breathing at a constant but steady pace. Avoid holding your breath as this may cause physical harm.
4. **Keep your form and control:** Learn and know how to perform the exercise correctly. Keep a steady/fluid motion throughout your workout. Engaging your abdominal muscles will help keep balance and protect your spine.



**CAUTION: PROPER WARM-UP REQUIRED TO HELP PREVENT SERIOUS INJURY.** This Functional Trainer should only be used with proper instruction. Always maintain good form and control during exercise. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in serious injury. If you are unclear on proper form, consult a physical therapist or trainer.

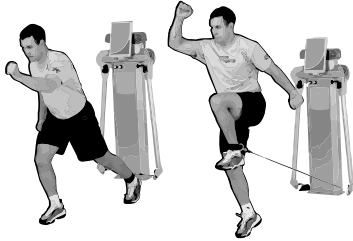
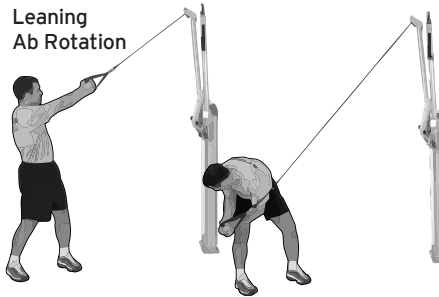
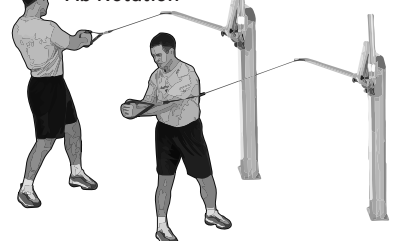
## EXERCISES

This equipment is a multi-functional machine designed for a complete body workout. The following are just a sample of the basic core, upper body, and lower body exercises (see Figure 9).

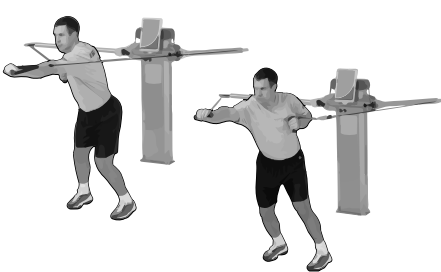
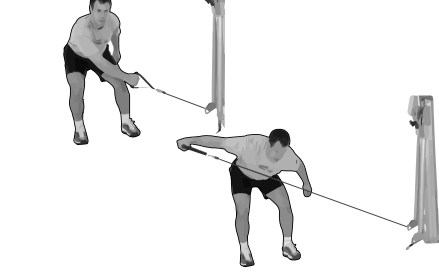
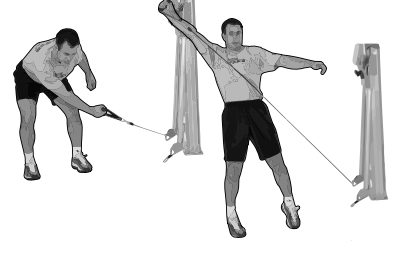


**CAUTION: NEVER MAKE ADJUSTMENTS TO THE RESISTANCE DURING EXERCISE AS THIS MAY CAUSE MUSCLE STRAIN.** Always return the Handle/Cable to the start position prior to making any adjustments to help prevent serious injury. Refer to the "Training Space" section (page 7) for Cable length safety information.

CORE

Explosive  
Hip FlexionLeaning  
Ab RotationStanding  
Ab Rotation

UPPER BODY

Straight  
PunchRear Delt  
RaiseSingle Arm  
X Snatch

LOWER BODY

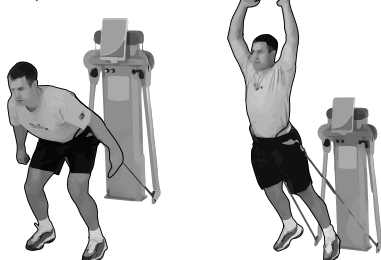
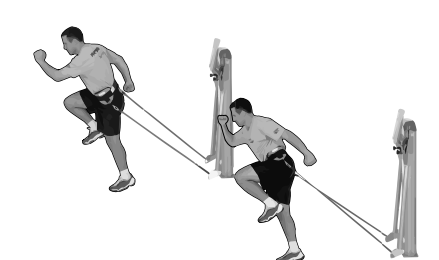
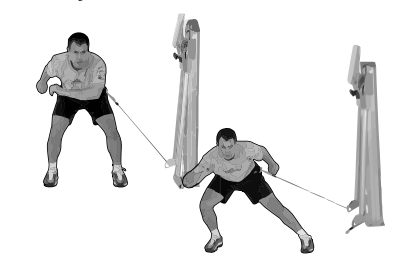
Jump  
SquatRunning  
in PlaceLateral  
Lunge

Figure 9. Sample Basic Functional Trainer Exercise Positions

## MAINTENANCE



**CAUTION: SERVICE AND REPAIR SHALL ONLY BE PERFORMED BY KEISER-CERTIFIED TECHNICIANS.**  
Failure to follow these instructions can result in serious injury.

## PREVENTATIVE MAINTENANCE SCHEDULE



**CAUTION: THE HIGHEST LEVEL OF EQUIPMENT SAFETY CAN ONLY BE ENSURED IF EQUIPMENT IS REGULARLY INSPECTED FOR DAMAGE AND WEAR.** Always check that the Functional Trainer is securely fastened to the Free-standing or Floor Mounted Base before use (no tilt, lean, or any other movement of the unit should be detected during use). Immediately replace damaged, worn, or broken parts. Do not use the Functional Trainer until all repairs have been completed and tested by a Keiser-certified technician.

Daily	<ul style="list-style-type: none"> <li>Wipe down the external body/parts using a moist cloth and a mild detergent (neutral, non-caustic). Wipe dry the equipment.</li> <li>Check that parts most susceptible to wear are not damaged or broken: <ul style="list-style-type: none"> <li>Pulleys, Cable, Cable Link, Handle, Thumb Buttons, and Adjustment Plunger.</li> </ul> </li> <li>Check to ensure that the Functional Trainer is in safe and proper working order: <ul style="list-style-type: none"> <li>The Functional Trainer is securely fastened to the base (floor mount or free-standing). There should be no movement of the unit in any direction during use.</li> <li>Press the "+" and then "-" Thumb Buttons a few times to ensure air cycles through and that the Power Display powers on.</li> <li>Cable travels freely and smoothly without binding.</li> </ul> </li> </ul>
Weekly	<ul style="list-style-type: none"> <li>Hand wash the strap material of accessories using mild detergent (neutral, non-caustic) and water. Air dry only.</li> </ul>
Monthly	<ul style="list-style-type: none"> <li>Inspect Air Line for kinks, tears, or breaks.</li> <li>Clean the external body/parts thoroughly, targeting areas that come in contact with sweat, using a moist cloth and a mild detergent (neutral, non-caustic). Wipe dry the equipment.</li> </ul>
Quarterly	<ul style="list-style-type: none"> <li>Check mount hardware (wedge anchors) and externally visible screws are fastened with no looseness. There should be no movement of the unit in any direction during use.</li> </ul>
Annually and other Required Maintenance	<ul style="list-style-type: none"> <li>For complete instructions, see page 16 "Annual Maintenance."</li> <li>Battery Replacement. The low battery signal ("Lo-bA") will appear on the Power Display when it is time to replace the batteries. Refer to page 15 "Battery Replacement" for complete instructions.</li> </ul> <p>For establishments with multiple Functional Trainer machines, replacement of all Power Display batteries at the same time is recommended.</p> <p>NOTE: Your Keiser Air Compressor (not included with your Functional Trainer) requires basic annual maintenance. For complete Keiser Air Compressor maintenance instructions, download the user manual at <a href="http://keiser.com/support">keiser.com/support</a> (search: Air Compressor manuals).</p>

**IMPORTANT:** Do not use household or industrial cleaners as they contain caustic chemicals that can destroy the paint finish and cause corrosion. Use only mild detergent (neutral, non-caustic) to clean.

Contact Keiser Customer Support for replacement parts order, or for any matters regarding the safe operation of your Functional Trainer (see back cover for contact information).



## BATTERY REPLACEMENT

Do not operate the equipment during battery replacement procedure. "Lo-bA" = Batteries are low, replace immediately. NOTE: If batteries are dead (depleted), the Power Display remains blank. To replace the batteries, refer to Figure 10 and follow the instructions below.

## Tools Required:

#2 and #3 Phillips screwdriver

## PROCEDURE:

1. Open the Functional Trainer by removing the 2 Phillips Screws at the rear of the Top Cover, then the 4 Philips Screws along the left and right side of the Back Cover.
2. Locate the Processor Box along the top end. Unscrew the brass nut to pull/remove cover.
3. Remove the 2 D batteries by carefully pulling out the battery sleeve (follow manufacturer's recommendations for handling, maintaining, and disposing of batteries).
4. Observe the correct polarity position (see +/- marking inside the battery compartment), insert the 2 new D batteries into the battery sleeve and install.
5. Replace the Processor Box cover and screw the brass nut finger tight.
6. **⚠ IMPORTANT: Avoid pinching the Air Line.** Route the Air Line through the Back Cover notch. Reposition the Back Cover onto the Functional Trainer, align all screw holes and fasten with the screws removed in Step 1.

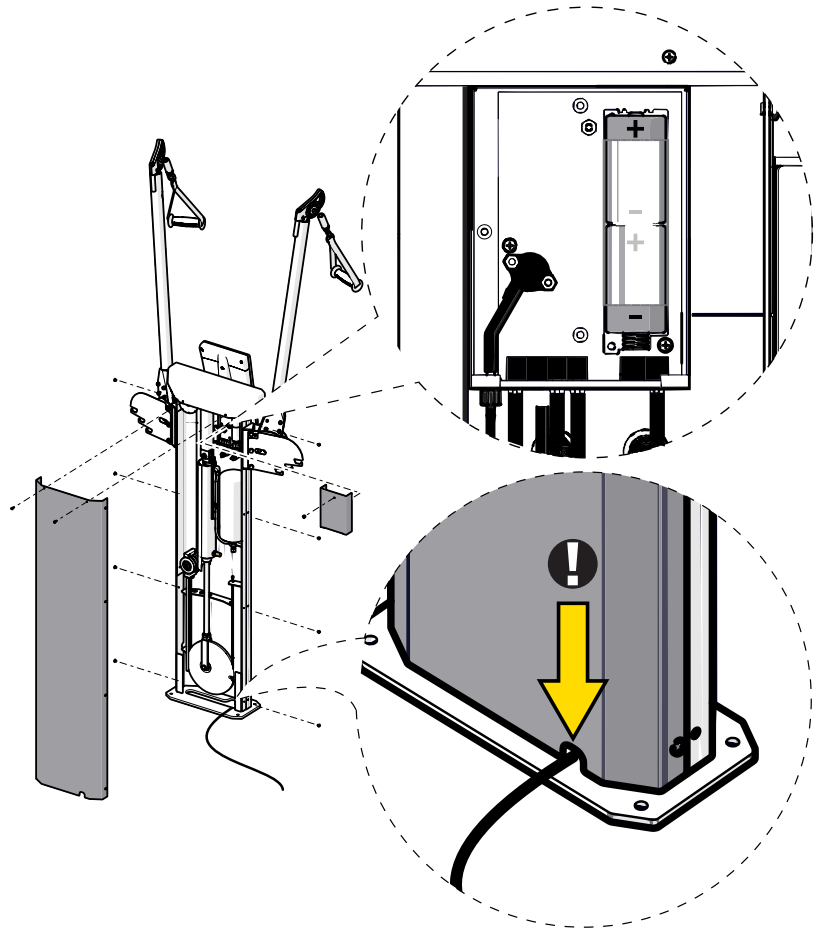


Figure 10. Battery Replacement

When the batteries are replaced, the Power Display will run through a test sequence (you will see a series of numbers flashing). Once the test sequence stops and the Power Display shows "OFF," the Functional Trainer is ready for use.

**⚠ CAUTION**

Do not dispose of batteries in a fire. The batteries may explode.

Do not open or mutilate batteries. They contain an electrolyte which is toxic and harmful to the skin and eyes.

Replace batteries with the same number and type of batteries as originally installed in the equipment.

Recycle batteries in accordance with local recycling procedures.

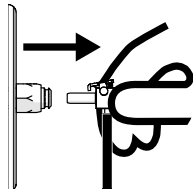


## ANNUAL MAINTENANCE

Do not operate the equipment during the annual maintenance procedure. The following maintenance is recommended annually or at the time batteries are replaced:

- 1 Clean:
  - Wipe any accumulated dust on the interior and exterior of the Functional Trainer using a clean shop cloth.
- 2 Visual inspection of Cables (external and internal):
  - Ensure that the Cables have no tears/fraying.
- 3 Replace Muffler if discoloration is present.
  - Tool required: 11/16 inch (17 mm) Combination Wrench.
- 4 Lubricate Cylinder Rod:
  - Wipe the Cylinder Rod clean and coat lightly with clean, SAE 30 motor oil, or with a silicon-based spray.
- 5 Replace Air Filter if element is dirty (element turns a bright pink or red color):
  - Tools required: Small Needle Nose Pliers, Cutter Tool (to cut off flared end of tubes).

**⚠ WARNING: HIGH-PRESSURE AIR. DISCONNECT THE EQUIPMENT FROM THE AIR SUPPLY AND RELEASE ALL THE AIR IN THE EQUIPMENT ("—" THUMB BUTTON) BEFORE PERFORMING ROUTINE MAINTENANCE.**



To open the Functional Trainer, remove the ten Phillips Screws along the top and sides of the Back Cover using a #2 and #3 Phillips screwdriver.

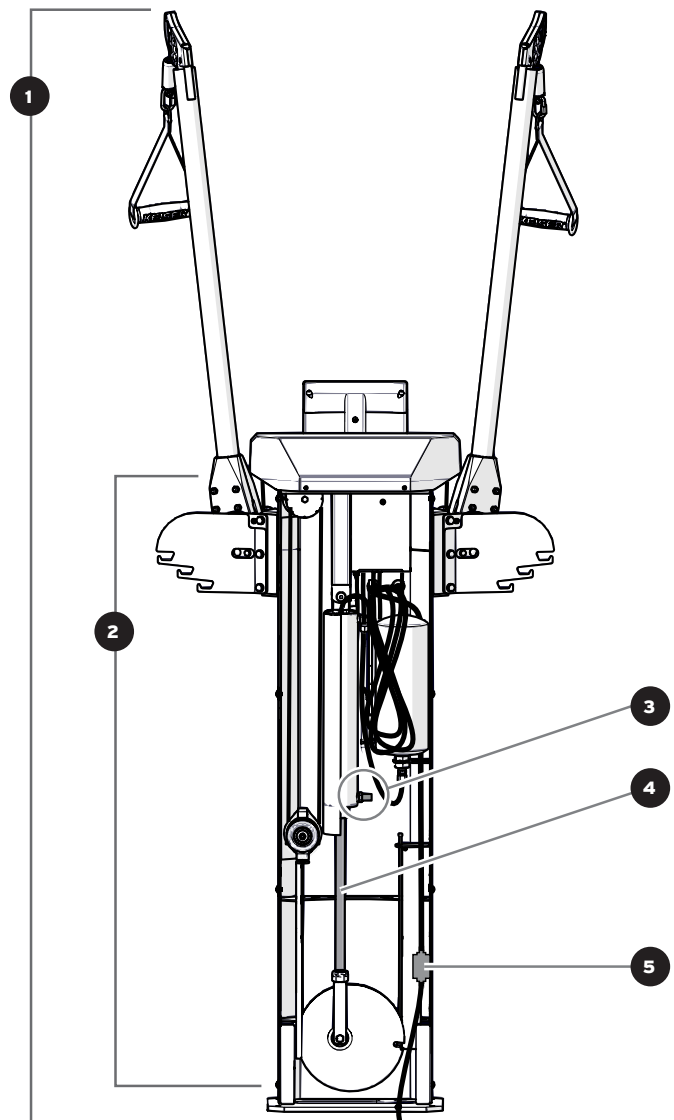
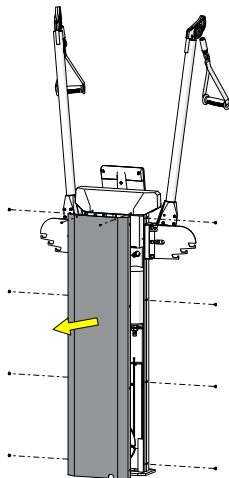





Figure 11. Annual Maintenance

Contact Keiser Customer Support for replacement part(s) order, or for any matters regarding the safe operation of your Functional Trainer (see back cover for contact information).



## REGULATORY AND COMPLIANCE NOTICES

Standards	ISO/EN 20957-1 Accuracy Class A (High accuracy) and Usage Class S (Studio, commercial use) IEC/EN 60601-1 and IEC/EN 60601-1-2
Marks	  

## SAFETY NOTIFICATIONS

**Displayed watts testing parameters:** “Current Power,” “Peak Power,” and “Percent of Peak Power” are not suitable for use in applications where the health and safety of the patient may be dependent on the accuracy of those parameters.

**Clinical Settings Note:** In clinical settings, patients may operate this equipment in accordance with this user manual and the instructions and guidance provided by the healthcare personnel responsible for supervising their treatment and care. However, patients shall not perform preventive maintenance, repairs or replace batteries on equipment installed in clinical facilities.

TYPE/DEGREE OF PROTECTION	CLASSIFICATION/IDENTIFICATION/WARNINGS	SYMBOL
The degree of protection against electric shock	Device is powered by two D cell alkaline batteries. Electrical safety evaluation conducted by TÜV SÜD per IEC/EN 60601-1 requirement.	
The degree of protection against the ingress of liquids	Not protected	N/A
The degree of safety in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide	Not suitable	N/A
The mode of operation	Continuous	N/A
Information regarding potential electromagnetic or other interference and advice regarding avoidance	The Keiser Functional Trainers use electromagnetic and RF energy only for its internal function. Therefore, its EMC and RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.	N/A
EMC Notices, Statement of Compliance	See Electromagnetic Compatibility (EMC) section, page 18.	N/A
ID of specified optional external power supplies or battery chargers	The Keiser Functional Trainer does not require an external power supply.	N/A
ID of any risks associated with the disposal of waste products, residues, including disposal of the equipment itself at the end of its useful life.	The Keiser Functional Trainer contains electronic circuit assemblies, 2 alkaline D cell batteries, and a sealed lithium coin cell battery that may require compliance with specific local disposal or recycling procedures.	
The specification of the environmental conditions for operation	Use indoor in climate-controlled environment only. Keep away from areas of extreme humidity. NOTICE: Equipment not tested at extreme high/low temperatures.	N/A

## ELECTROMAGNETIC COMPATIBILITY (EMC)

### EMC Notices – Statement of Compliance

This product has been determined to be compliant with the applicable standards, regulations, and directives for the countries where the product is marketed.

Compliance documentation, such as Declaration of Compliance for the product, are available upon request by contacting [service@keiser.com](mailto:service@keiser.com). Please include the product, model number identifiers, and serial number and country that compliance information is needed in request.

Korea

이 기기는 가정용(B급)으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

"This equipment is for home use and has acquired electromagnetic conformity registration, so it can be used not only in residential areas but also other areas."

## US FCC COMPLIANCE STATEMENT

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## DISPOSAL



This equipment contains electrical or electronic components, alkaline batteries, and a sealed lithium coin cell battery that must be disposed of properly to comply with the EU Directive on disposal of waste electrical and electronic equipment (EU WEEE Directive 2002/96/EC).

Contact an appropriate waste disposal company upon the equipment's end of service life. Disposal must be in accordance with respective national regulation.

Wear parts: After being replaced, wear parts must be disposed of according to country-specific waste laws.

If you have any questions about equipment disposal, please contact your local dealer or Keiser Customer (see back cover for contact information).

## **WARRANTY STATEMENT**

View or print your Functional Trainer warranty online at [keiser.com/support/warranty](http://keiser.com/support/warranty).

If you have any questions about your warranty, please contact Keiser Customer Support (see back cover for contact information).

Customers outside the United States may obtain warranty information directly through a Keiser international distributor or dealer in the country of installation, or direct from Keiser's international division.

### **European Authorized Representative**

**KEISER EUROPE SP. Z O.O.**

ul. Starodworska 1  
Gdańsk 80-137  
Polska


### **UK Responsible Person (UKRP)**

**KEISER UK Ltd.**

Unit 3, Hampton Industrial Estate  
Hampton St., Tetbury  
Gloucestershire, GL8 8LD  
United Kingdom

**CUSTOMER SUPPORT**

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


 1 559 256 8000

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

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

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

**KEISER CORPORATION**

 2470 S. Cherry Ave.  
Fresno, CA 93706