

KEISER®

STRENGTH | CARDIO | FUNCTIONAL



INFINITY SERIES

PERFORMANCE TRAINER

MODEL 3010XP

OPERATION MANUAL

BECAUSE...
**'GOOD
ENOUGH'
ISN'T.™**

CONTENTS

03 – GENERAL INFORMATION

03_INTRODUCTION

03_RECORD YOUR SERIAL NUMBER

03_REGISTER YOUR PURCHASE

04 – IMPORTANT SAFETY INFORMATION

06 – EQUIPMENT SPECIFICATIONS

06_TRAINING SPACE

07 – OPERATION

07_PERFORMANCE TRAINER OVERVIEW

08_POWER DISPLAY

09_DISPLAY FEATURES

10_VERTICAL ADJUSTMENT

10_CONNECTING THE CABLE ACCESSORY

10_SET THE RESISTANCE

11_EXERCISE GUIDELINE

11_EXERCISES

12_POWER TEST

13 – MAINTENANCE

13_PREVENTATIVE MAINTENANCE SCHEDULE

14_BATTERY REPLACEMENT

15_ANNUAL SERVICING

16 – REGULATORY AND COMPLIANCE NOTICES

16 – WARRANTY STATEMENT

GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser Performance Trainer and welcome to the Keiser family. All the benefits of Keiser's renowned Infinity Series are incorporated into one single-column, high/low pulley system. From sports-specific applications to rehabilitation, the Performance Trainer gives you the resistance training you want at any speed, 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 Performance Trainer. If you have any questions regarding the operation of the Performance Trainer after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000, online 24/7 at [keiser.com/support](https://www.keiser.com/support), or by email at service@keiser.com.

Yours in Health,
Keiser Corporation

RECORD YOUR SERIAL NUMBER

Please take a moment at this time to record the serial number (See Figure 1) in the space provided below.

Serial No.:

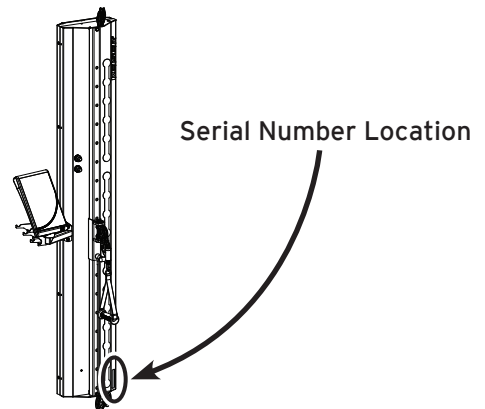


Figure 1. Serial Number Location

REGISTER YOUR PURCHASE

Register your Performance 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

CUSTOMER SUPPORT

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

☎ 1 559 256 8000

@ service@keiser.com

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


KEISER CORPORATION

📍 2470 S. Cherry Ave.
Fresno, CA 93706

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 prior to use.

1.  Read these instructions.
2. Heed all warnings.
3. Follow all instructions.
4. Consult your physician before beginning any exercise program.
5. The Performance Trainer is intended for use in training areas of organizations where access and control is specifically regulated by a person responsible for determining the suitability of use and maintenance.
6. Use of this Performance Trainer for any purpose not explicitly specified by the manufacturer in this manual is prohibited.
7. Wear proper exercise clothing and shoes for exercise. Avoid wearing loose clothing that might catch on any moving parts. Tie long hair back.
8. The Performance Trainer is not a toy. Children should not play with the Performance Trainer. Children under 14 years old should not use the Performance Trainer. Keep children and pets clear from the Performance Trainer at all times, especially while in use. Cleaning and user maintenance should not be performed by children.
9. Children age 14 to 17 years should not use the Performance Trainer without constant supervision by a spotter/supervisor. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the Performance Trainer without constant supervision by a spotter/supervisor.
10. Proper warm up is required to help prevent serious injury. This Performance 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 serious injury.
11. Never perform Power Test without proper warm up. This high resistance/high speed test should only be performed with proper instruction (see page 12 "Power Test" for complete instruction). Always maintain good form and control during the test. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in serious injury.
12. Use only Keiser accessories with your Performance Trainer to help avoid the risk of serious injury or property damage.
13. Ensure the Cable Link is closed before use of a Cable Accessory.
14. Sudden release of a Cable Accessory will cause it to snap back uncontrollably and could result in serious injury or property damage. Maintain a firm grasp of a 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 releasing.
15. Do not pull Cable beyond maximum Cable length of 96 inches (2,438 mm). 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 or equipment and property damage.
16. 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.
17. Ensure that the Adjustment Plunger is fully engaged into the desired position hole before use. There should be no up/down movement of the Vertical Adjustment once it is set in position.
18. The highest level of safety can only be ensured if the equipment is regularly inspected for damage and wear. Always check equipment is securely fastened to the Wall Mount Tubes and wall 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 Performance Trainer until all repairs have been completed and tested by a Keiser-certified technician.
19. 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.
20. 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 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.
21. Users, agents, or anyone directing the use of the Performance Trainer shall determine the suitability of the Performance Trainer for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
22. The Performance Trainer is intended for use in commercial training centers. If the Performance Trainer is used in a residential setting, special precautions should be taken. To ensure your safety and to help prevent damage to the Performance Trainer, read all instructions before operating. Seek professional installation by qualified personnel as dictated by authority having jurisdiction.
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

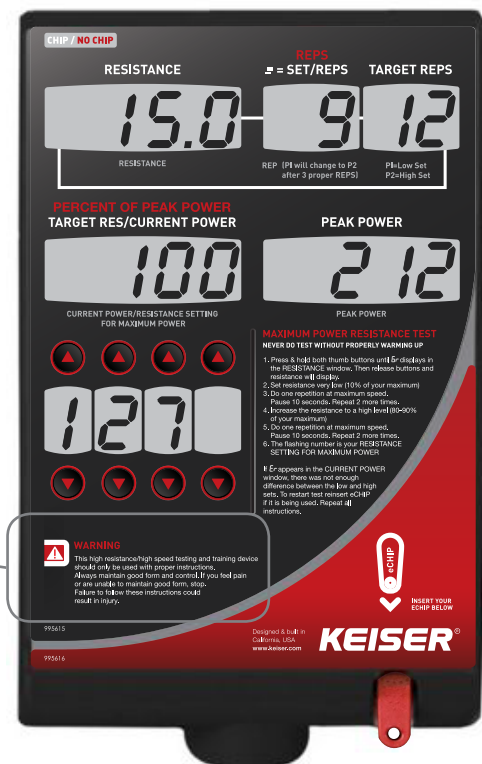
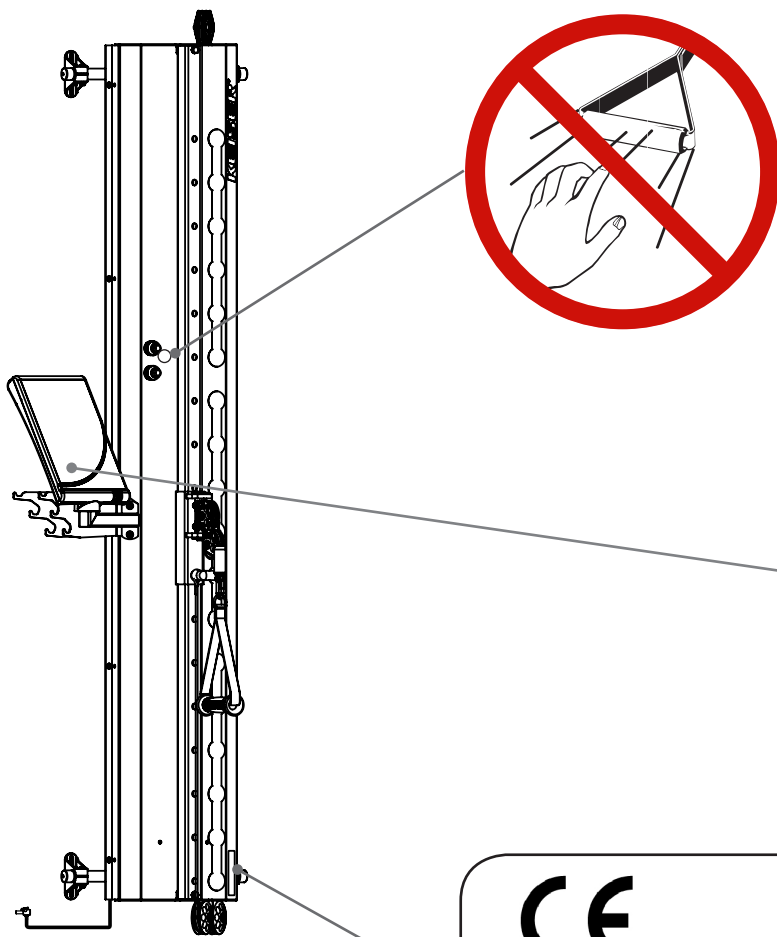
IMPORTANT SAFETY INFORMATION (CONTINUED)

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 SERIAL NUMBER LABELS



RoHS

KEISER®

2470 S. Cherry Ave.
Fresno, CA 93706For Patents: www.keiser.com/patents

MODEL: 003010XX



SERIAL NO.: 888888-88888



Maintain safety and serial number labels. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement by telephone at 1559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

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 2 for the 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.

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).

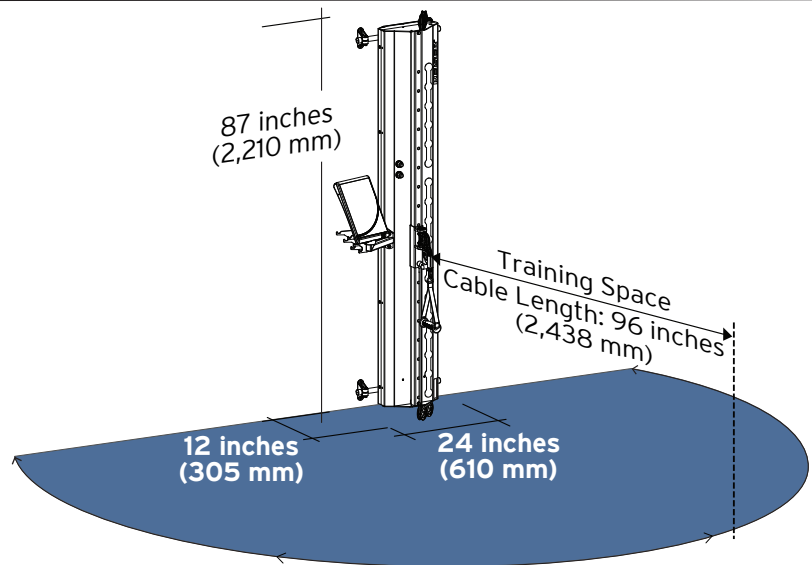


Figure 2. Performance Trainer Training Space

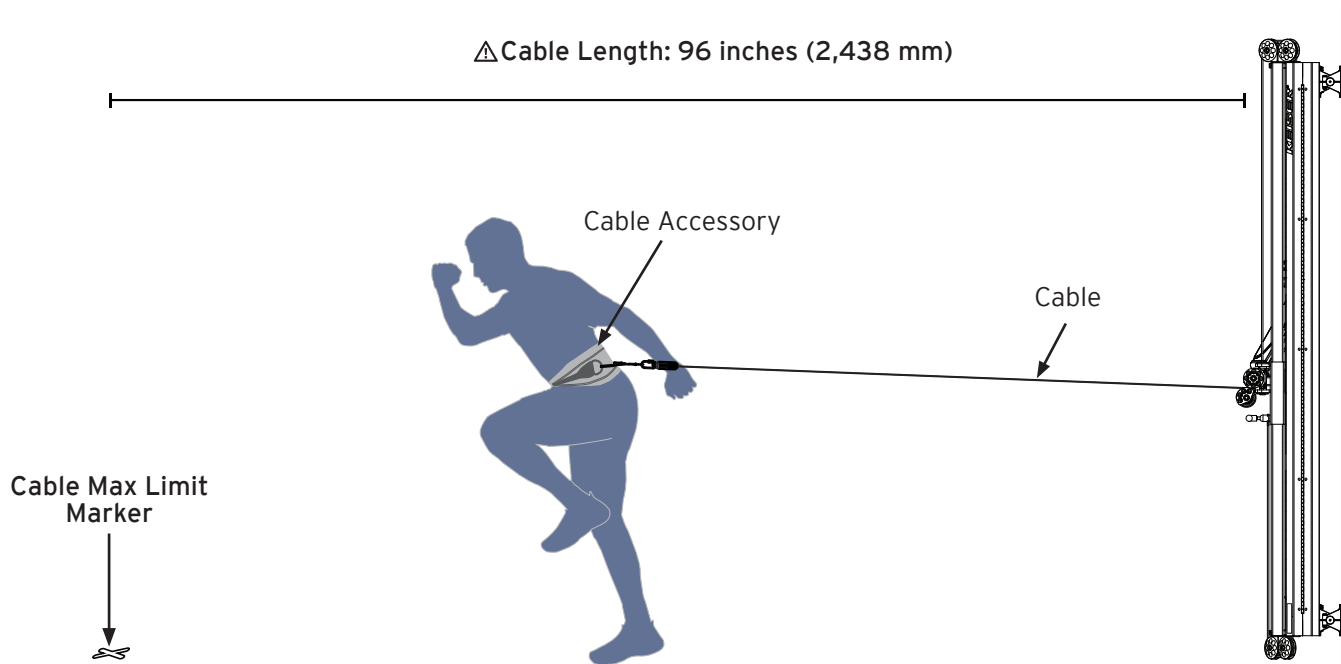


Figure 3. Cable Max Limit Illustration

△ 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.

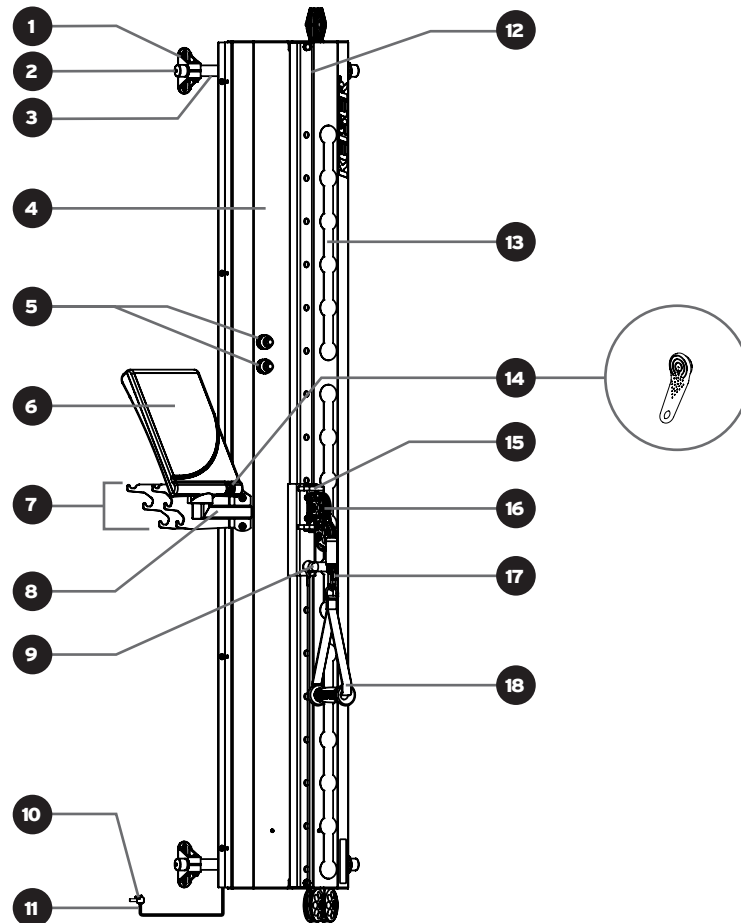
OPERATION
PERFORMANCE TRAINER OVERVIEW


Figure 4. Performance Trainer

1	Brace Clamps	10	Quick Disconnect
2	Tube Caps	11	Air Line
3	Mount Tubes	12	Cable
4	Performance Trainer Body	13	Vertical Adjustment Settings
5	Increase/Decrease (+/-) Thumb Buttons	14	Keiser eChip
6	Power Display	15	Vertical Adjustment
7	Accessory Hooks	16	Pulley Carriage
8	Display Mount	17	Cable Link
9	Adjustment Plunger	18	Handle

POWER DISPLAY



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

Figure 5. Power Display Overview

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 Performance 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 per Performance Trainer. Refer to page 14 "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 Vertical Adjustment of the Performance 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.

VERTICAL ADJUSTMENT: Input the position of the Pulley in the Vertical Position window.

NOTE: The vertical 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 Performance Trainer. The Keiser USB Power Kit (a USB adaptor to transfer data from your eChip to your computer and Time Set eChips to set the time zone/time on your Performance Trainer) is available. For parts order, contact Keiser Customer Support by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

Keiser eChip software system requirements, download, and user manual available at <http://manuals.keiser.com/Software/E-Card>

VERTICAL ADJUSTMENT

There are a total of 18 settings. To set the Vertical Adjustment, refer to Figure 6 and follow the instructions below:

1. Pull out and hold the spring-loaded Adjustment Plunger.
2. Move the Vertical Adjustment to desired position setting.
3. Release the spring-loaded Adjustment Plunger at the desired position setting.

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

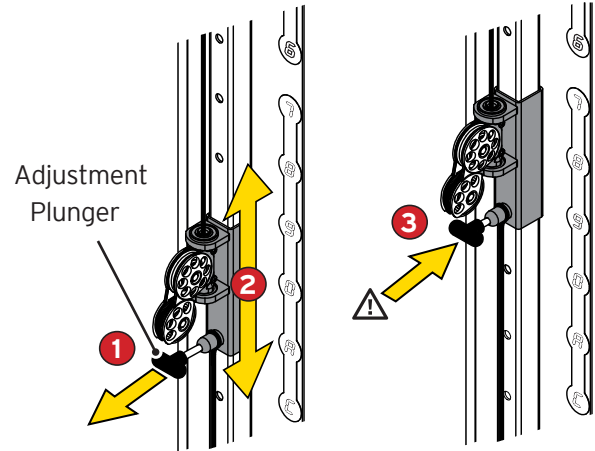


Figure 6. Vertical Adjustment

CONNECTING THE CABLE ACCESSORY

Keiser Performance Trainer accessories are connected to the Cable by the Cable Link. To connect the accessory, refer to Figure 7 and follow the instructions below:

1. Unscrew the nut on the Cable Link.
2. Hook the Accessory Ring onto the Cable Link.
3. Close the Cable Link by tightening the nut.

⚠ WARNING: Avoid serious injury or property damage.

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

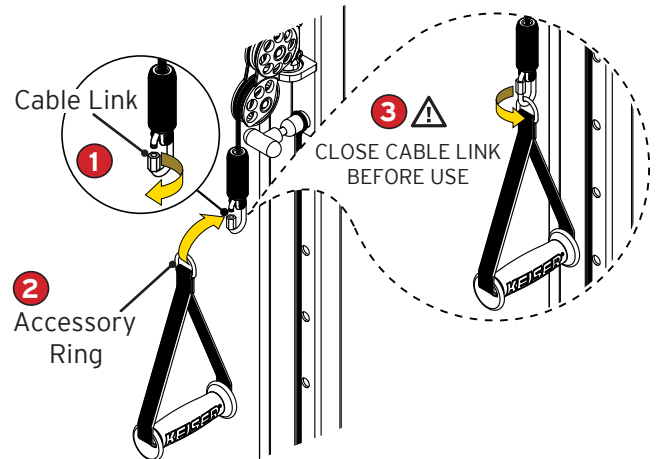


Figure 7. Connecting the Cable Accessory

SET THE RESISTANCE

Press the increase "+" Thumb Button to add resistance up to 75 lbs (34 kg) maximum. Resistance is changed in 0.10 lb (0.05 kg) increments. Press the decrease "-" Thumb Button to decrease resistance (refer to Figure 8). Press "+" and "-" at the same time to clear/reset data shown on the Power Display.

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

⚠ WARNING: 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.

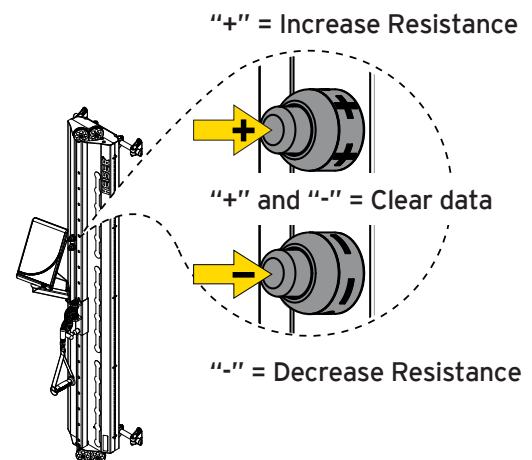


Figure 8. Set the Resistance

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 Performance 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

The Performance Trainer is designed for a functional training workout. The following are just samples 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 6) for Cable length safety information.

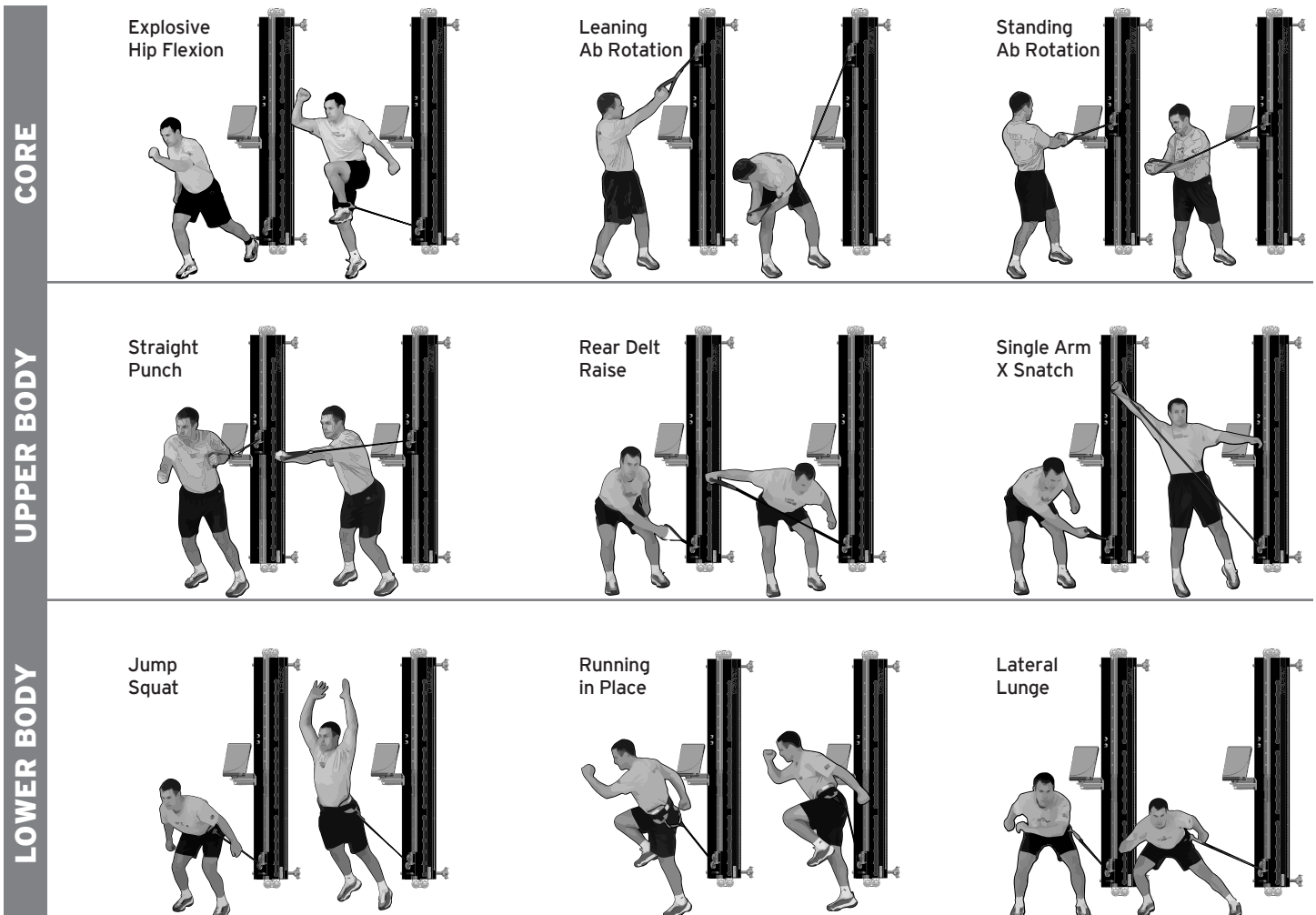


Figure 9. Sample Basic Performance Trainer Exercise Positions

POWER TEST

The Power Test is used to determine the resistance at which you achieve MAXIMUM POWER. The test consists of two sets (three repetitions each):

- Set 1 - Three reps performed at a very low resistance, high speed. ("P1" appears in the RESISTANCE window during this test set)
- Set 2 - Three reps performed at a high resistance, high speed (near your maximum). ("P2" appears in the RESISTANCE window during this test set)

NOTE: Perform all repetitions as fast as you possibly can at the given resistance. Speed is essential in power output; and therefore, to produce maximum power you must produce maximum speed and resistance.



CAUTION: NEVER PERFORM POWER TEST WITHOUT PROPER WARM UP. This high resistance/high speed test should only be performed with proper instruction. Always maintain good form and control during the test. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in serious injury.

The Power Test may be performed with or without an eChip. To start the Power Test, follow the instructions below:

1. Press and hold both Thumb Buttons (+/-) for approximately three seconds until "6r" displays in the RESISTANCE window. Then, release the Thumb Buttons. NOTE: The current resistance will display and "P1" appears in the TARGET REPS (see Figure 10).
2. Set resistance very low (10% of your maximum).
3. Do one repetition at maximum speed. Pause 10 seconds. Repeat 2 more times. NOTE: "P2" appears in the TARGET REPS window to indicate the start of the second set of the Power Test (see Figure 11).
4. Increase the resistance to a high level (80-90% of your maximum).
5. Do one repetition at maximum speed. Pause 10 seconds. Repeat 2 more times.
6. The flashing number is your RESISTANCE SETTING FOR MAXIMUM POWER (see Figure 12).

To exit the Power Test mode or resume exercise, perform one of the following:

- If eChip is inserted, remove eChip.
- If no eChip is inserted, press both Thumb Buttons (+/-) until "CLER" is displayed.

NOTE: If "Er" appears in the CURRENT POWER window, there was 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 Power Test, reinsert eChip (if the eChip is being used) and Repeat Power Test instructions.

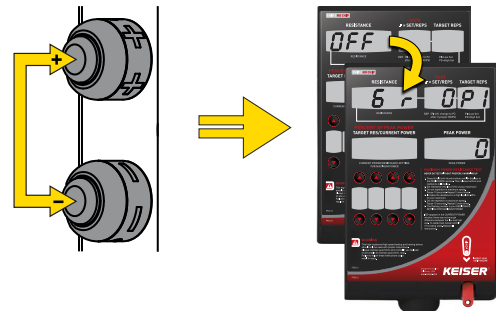


Figure 10. Start Power Test Mode

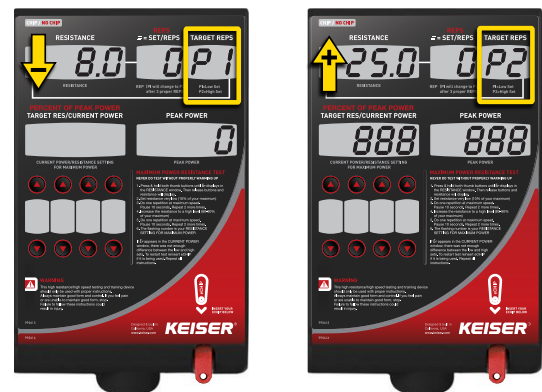


Figure 11. "P1" Low Resistance/High Speed and "P2" High Resistance/High Speed Display

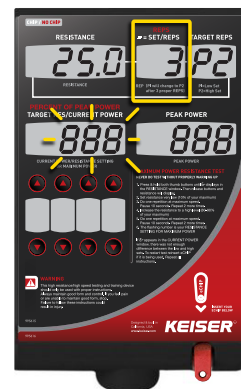


Figure 12. Maximum Power Display

MAINTENANCE

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 equipment is securely fastened to the Wall Mount Tubes and wall 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 Performance Trainer until all repairs have been completed and tested by a Keiser-certified technician.

Daily	<ul style="list-style-type: none"> Wipe down the external body/parts using a moist cloth and a mild detergent (neutral, non-caustic). Wipe dry the machine to prevent corrosion. Check that parts most susceptible to wear are not damaged or broken: <ul style="list-style-type: none"> Pulleys, Cable, Cable Link, Handle, Thumb Buttons, and Adjustment Plunger. Check to ensure that the Performance Trainer is in safe and proper working order: <ul style="list-style-type: none"> The Performance Trainer is securely fastened to the Mount Tubes and wall. There should be no movement of the unit in any direction during use. Press the "+" and then "-" Thumb Buttons a few times to ensure air cycles through and that the Power Display powers on. Cable travels freely and smoothly without binding.
Weekly	<ul style="list-style-type: none"> Hand wash the strap material of accessories using mild detergent (neutral, non-caustic) and water. Air dry only. Clean chrome and paint with a damp soft towel or cloth, then dry. Apply wax to the chrome to protect the finish: <ol style="list-style-type: none"> Wipe down and thoroughly clean the Performance Trainer prior to applying wax. Use an easily applied automotive treatment such as Meguiar's® Quik Detailer Mist and Wipe*. <p>NOTE: Failure to apply a coat of wax to high-sweat areas will decrease chrome life due to corrosion and will void the warranty.</p>
Monthly	<ul style="list-style-type: none"> Inspect Air Line for kinks, tears, or breaks. 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.
Quarterly	<ul style="list-style-type: none"> Check all mount hardware (bolts/nuts) and externally visible screws are fastened with no looseness. There should be no movement of the unit in any direction during use.
Annually and other Required Maintenance	<ul style="list-style-type: none"> For complete instructions, see page 15 "Annual Servicing." 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 14 "Battery Replacement" for complete instructions. <p>For establishments with multiple Performance 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 Performance Trainer) requires basic annual maintenance. For complete Keiser Air Compressor maintenance instructions, download the user manual at manuals.keiser.com (search "Compressor/Air System").</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. A quat disinfectant cleaner (quaternary ammonium chloride) with an anti-microbial agent is acceptable.

Contact Keiser Customer Support for replacement parts order, or for any matters regarding the safe operation of your Performance Trainer, by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

BATTERY REPLACEMENT

"Lo-bA" will appear on the Power Display to indicate that the batteries are low and need replacement.

To replace the batteries, refer to Figure 13 and follow the instructions below:

1. Open the Performance Trainer by removing the five Phillips Screws along the left side using a #3 Phillips screwdriver.
2. Locate the Processor Box at the base. Unscrew the brass nut to remove cover.
3. Remove the two 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 on the circuit board), insert the two 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 along the notch at the base. Close the Performance Trainer, align all screw holes and replace the five Phillips Screws using a #3 Phillips Screwdriver.

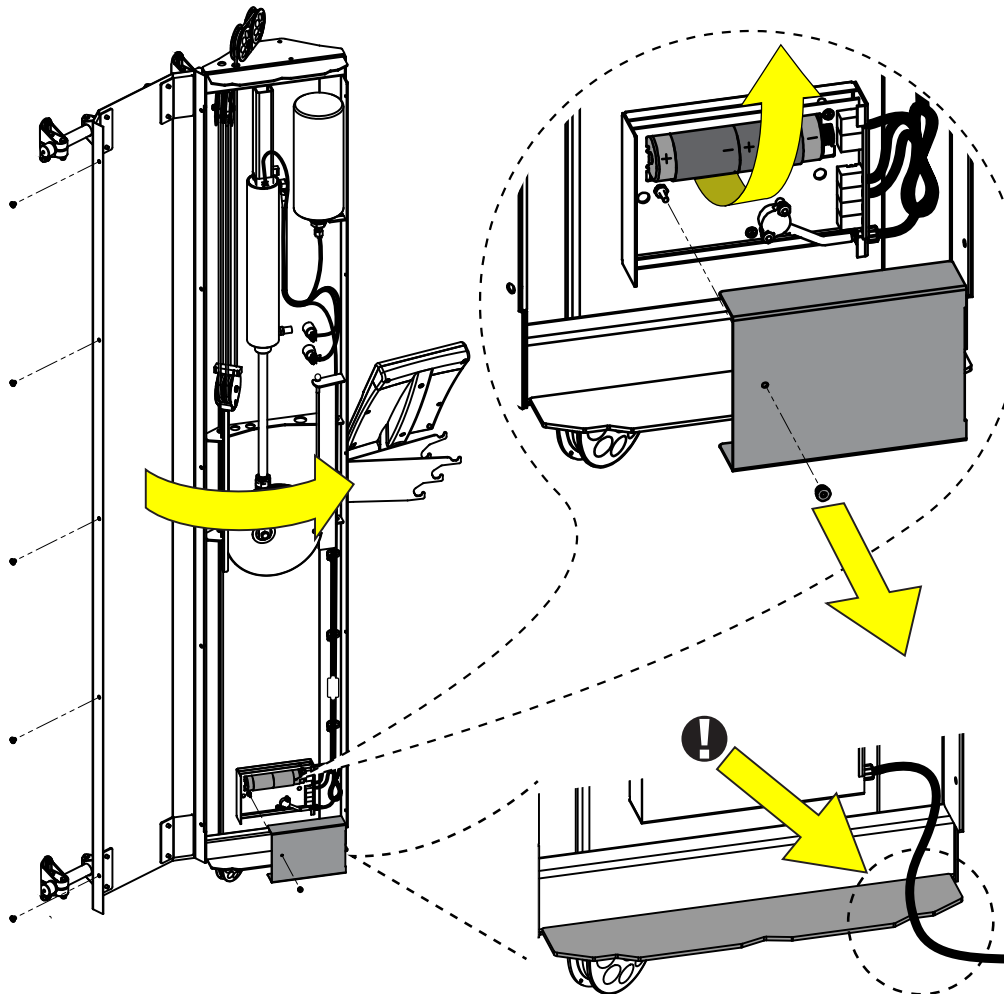


Figure 13. Battery Replacement

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 Performance Trainer is ready for use.

NOTE: Upon end of life of your Performance Trainer contact Keiser Customer Support by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com for handling directions. Be sure to follow your local government guidelines for battery disposal/recycling.



WARNING: Install batteries correctly (+/-). Do not disassemble or dispose of batteries in fire. Check local government guidelines for battery disposal/recycling in your area. Battery leakage is extremely caustic and contact with bare skin should be avoided. Follow battery manufacturer's recommendations for care and use.

ANNUAL SERVICING

The following routine maintenance is recommended annually or at the time batteries are replaced:

- 1 Clean:
 - Wipe any accumulated dust on the interior and exterior of the Performance Trainer using a clean 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).

To open the Performance Trainer, remove the five Phillips Screws along the left side using a #3 Phillips screwdriver.

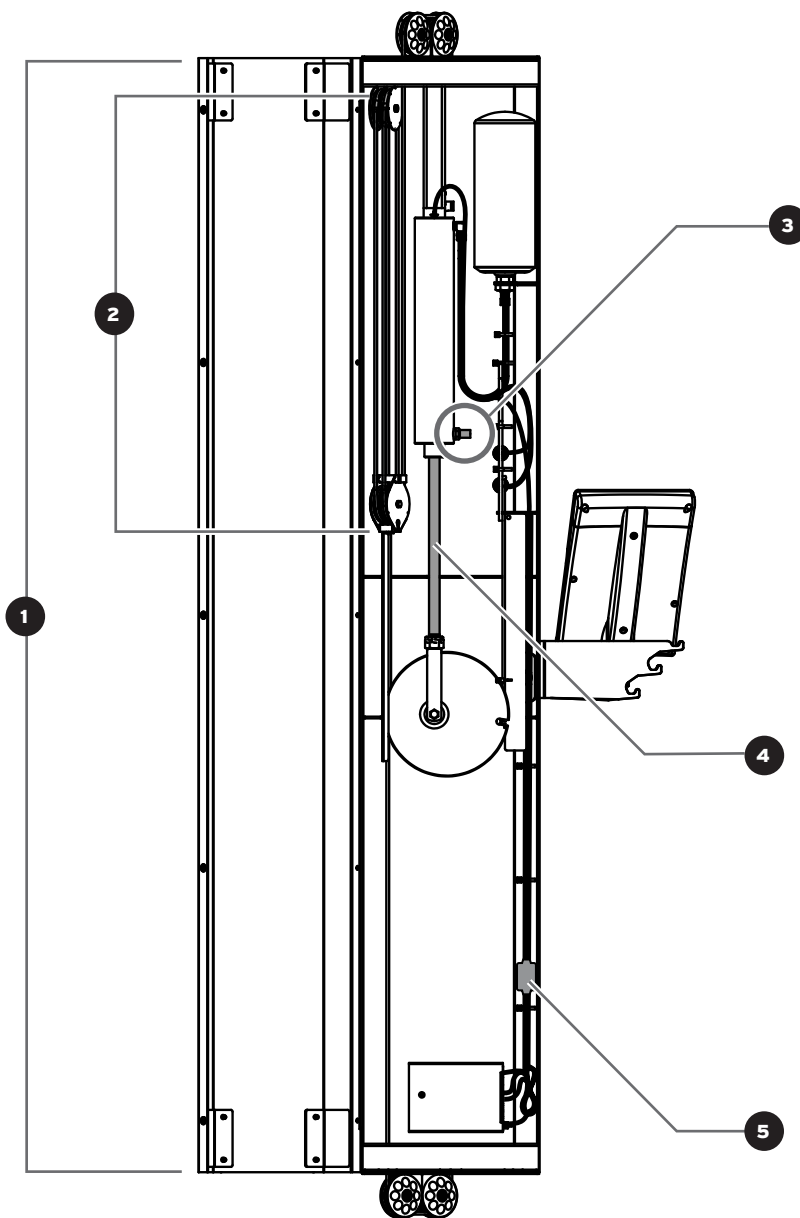


Figure 14. Annual Routine Maintenance

Contact Keiser Customer Support for replacement part(s) order, or for any matters regarding the safe operation of your Performance Trainer, by telephone at 1559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

REGULATORY AND COMPLIANCE NOTICES

REGULATORY NOTICE

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.

COMPLIANCE NOTICE

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

California Proposition 65 Warning: This product contains chemicals known in the State of California to cause cancer, birth defects, or other reproductive harm.

* MEGUIAR'S® is the registered trademark of Meguiar's, Inc.



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.

WARRANTY STATEMENT

For information about Keiser's product warranty and thereto related information, refer to keiser.com/support/warranty.

CUSTOMER SUPPORT

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

☎ 1 559 256 8000

@ service@keiser.com

🌐 keiser.com/support

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