

CardioMax™

700r

Owner's Manual CardioMax 700r Recumbent

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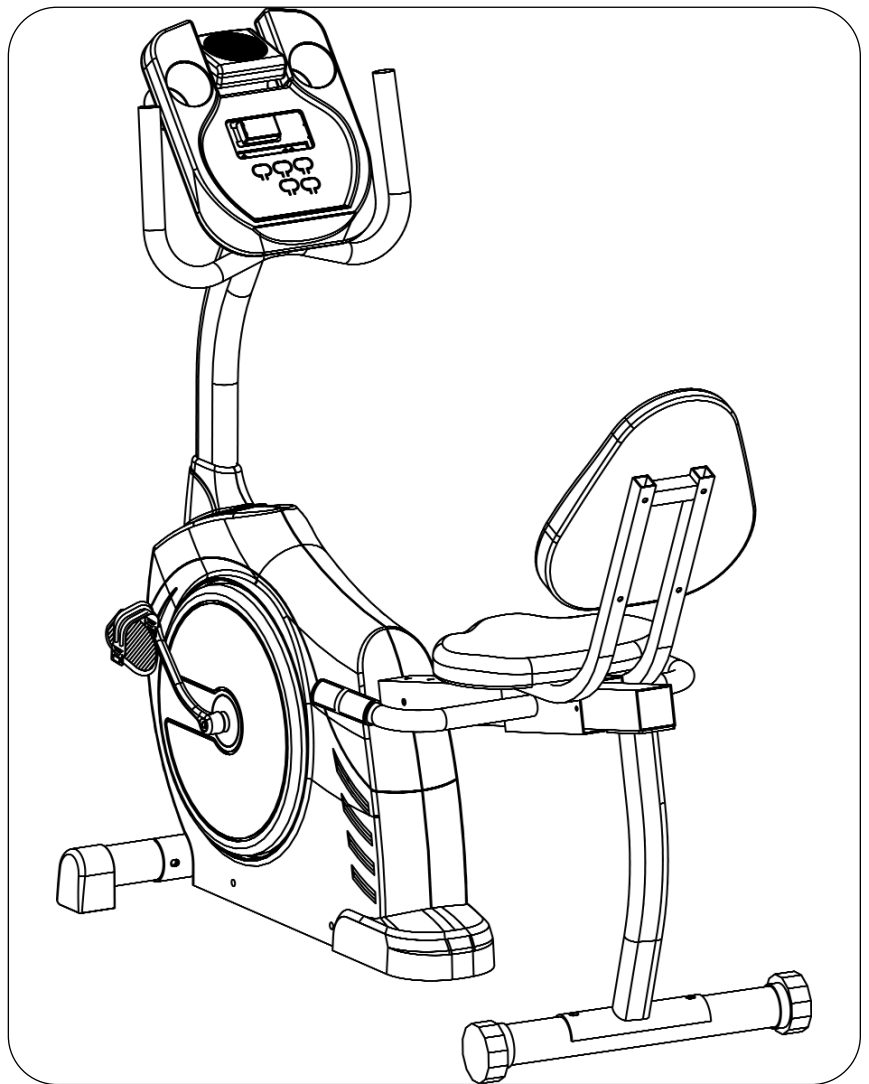


Table of Contents

Important Safety Information	3
Before You Start	4
Assembly	5-10
Exploded View	11
Parts List	12
Program Profiles	13
Programs and Operations	14
Console Buttons	15
Monitoring Your Heart Rate	16
Target Heart Rate Zone	17
Warm Up Exercises	18
Moving Instructions	19
Warranty	20

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions **before** operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **275** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Keep the power cord away from the rollers and do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **CardioMax 700u Upright!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

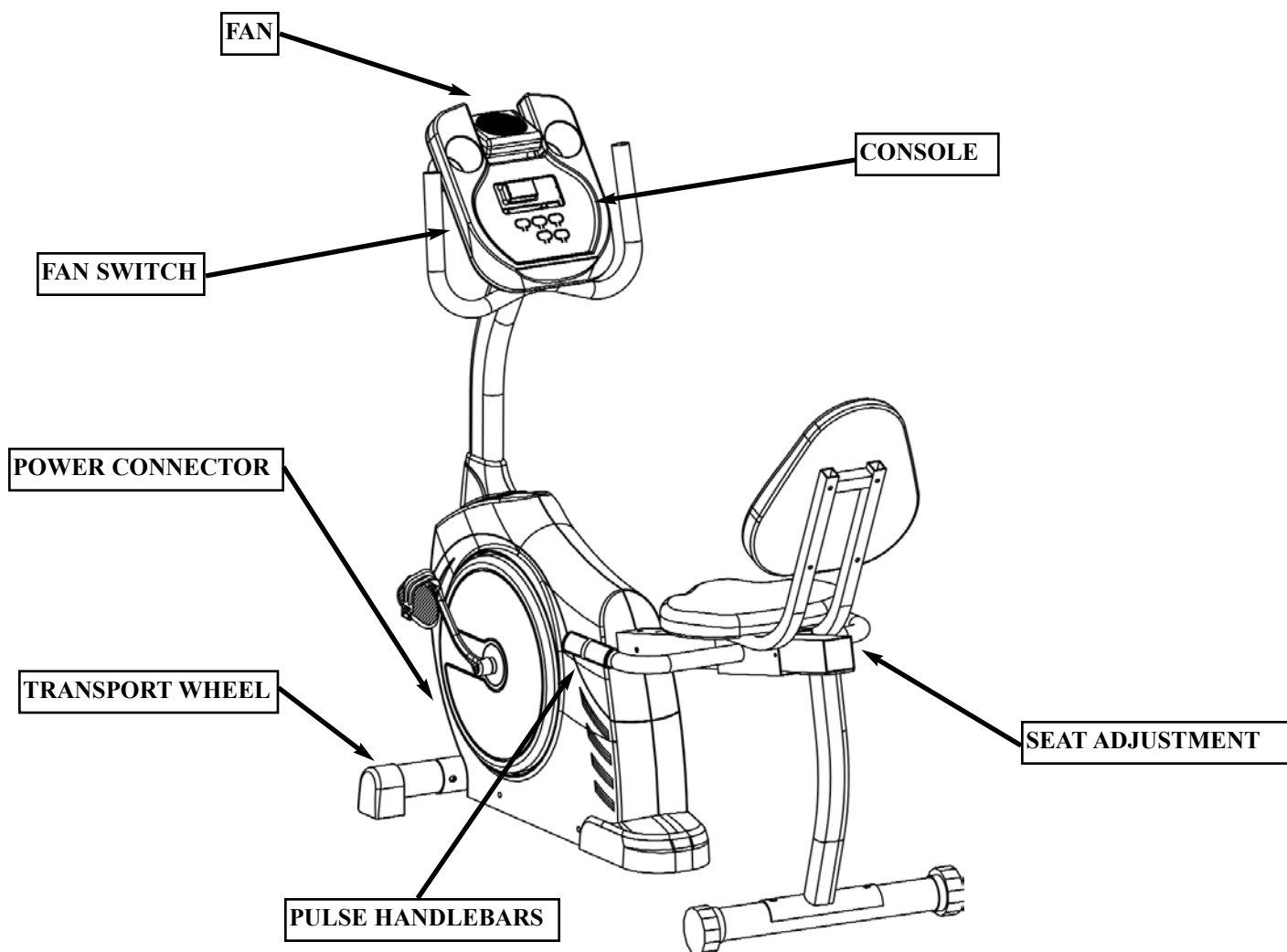
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly

Assembly Parts

CONSOLE(36)



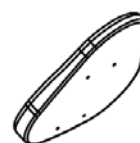
SEAT(45)



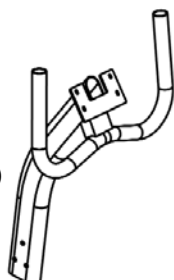
RAIL TUBE(13)



BACKREST(44)



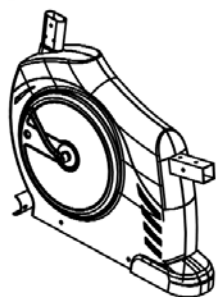
UPRIGHT TUBE(35)



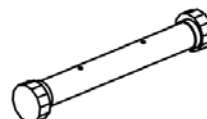
SEAT CARRIAGE(40)



MAIN FRAME(1)



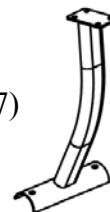
REAR STABILIZER(15)



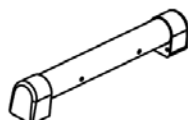
PEDALS(33&34)



REAR SUPPORT TUBE(47)



FRONT STABILIZER(20)

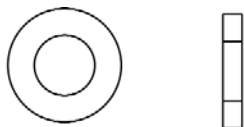


CONSOLE TUBE COVER(83)



Assembly

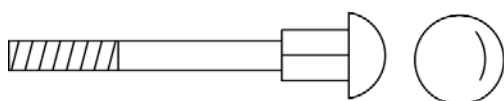
Assembly Accessories



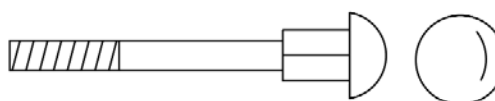
8*19mm Washer(10)-14



M8*15mm Screw(12) - 14



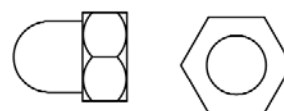
M8*70mm Carriage Bolt(76) - 2



M8*85mm Carriage Bolt(17) - 2



M8*85mm Carriage Bolt(17) - 2



M8 Cap Nut(19) - 4



M6*40mm Hex Head Screw(48) - 8



6*13mm Washer (49)-8



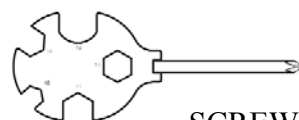
Iron Plate(51) - 1



M4*8mm Screw(51) - 4



ALLEN WENCH



SCREW DRIVER

Assembly

INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling the product. If you need assistance please go to our website at www.keysfitness.com or call 1 888-340-0482.

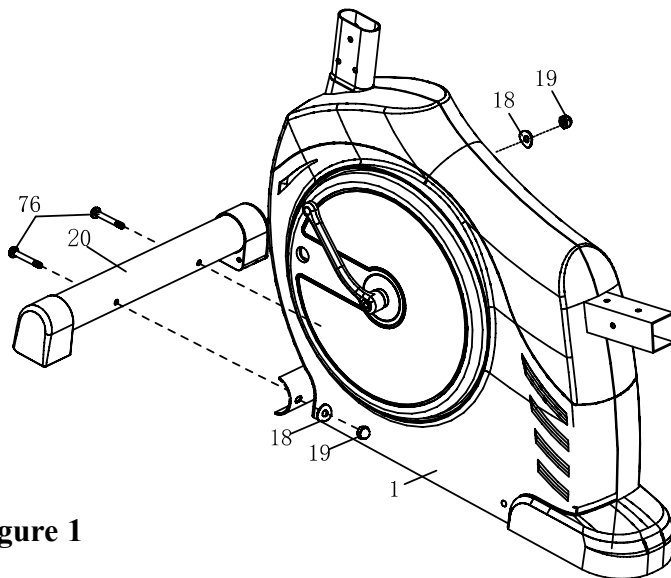


Figure 1

1. Attach the *Front Stabilizer*(20) to the *Main Frame*(1) with two *Carriage Bolts*(76), two *Arc Washers*(18), and two *Cap Nuts*(19).

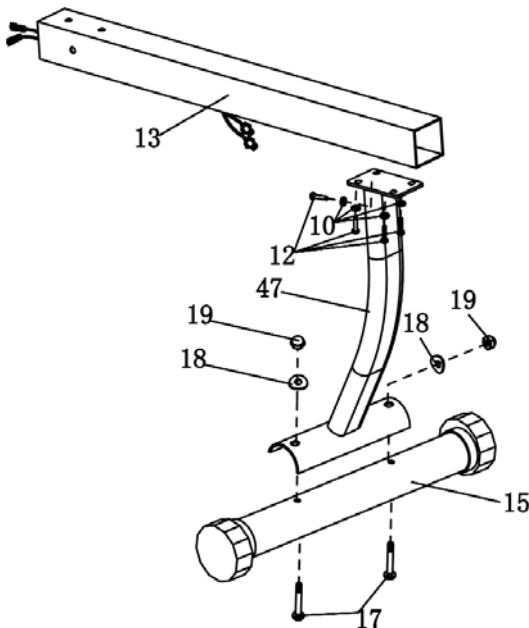
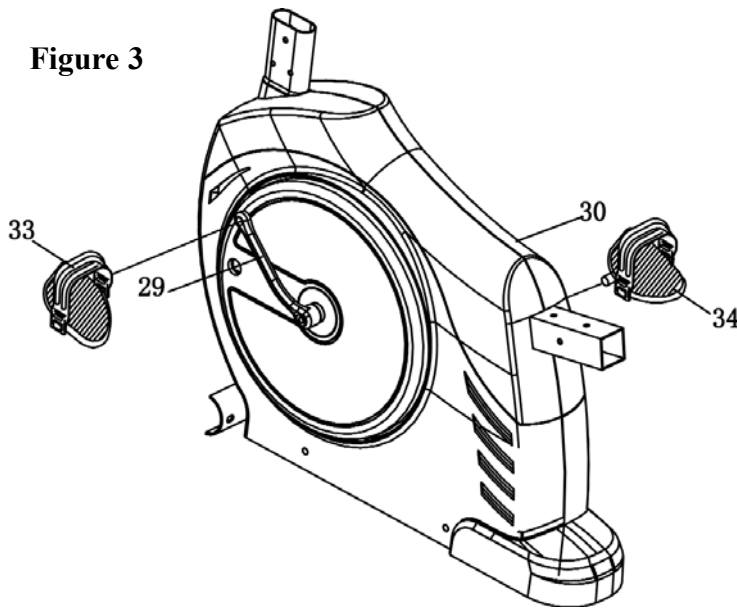


Figure 2

2. First, attach the *Rear Stabilizer*(15) to the *Rear Support Tube*(47) with two *Carriage Bolts*(17), two *Arc Washers*(18), and two *Cap Nuts*(19). Connect the *Rail Tube*(13) with the *Rear Support Tube*(47) with four *Screws*(12) and four *Washers*(10).

Assembly

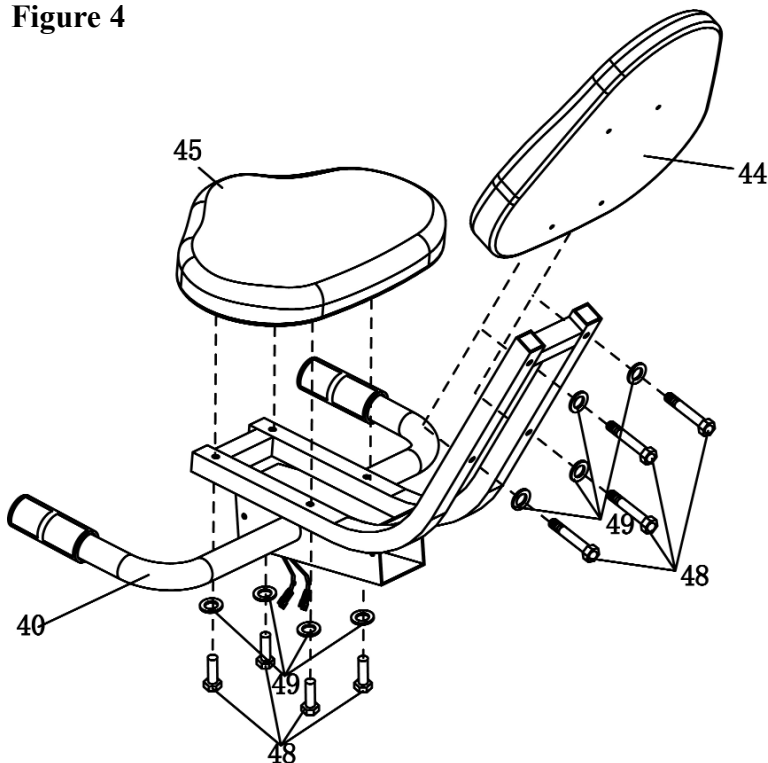
Figure 3



3. First, thread the *Right Pedal*(34) into the *Right Crank Arm*(30). Tighten the pedal securely using the wrench that has been provided. Next, find the Pedal Strap marked “R” and snap one of the 3 hole ends onto the inside of the pedal then snap the other 3 holed end onto the outside of the pedal. Repeat step to install the *Left Pedal*(33) into *Left Crank*(29).

Note: *The Left Pedal(33) is reverse threaded. You will turn the pedal counter clock-wise to thread it into the Left Crank Arm(29).*

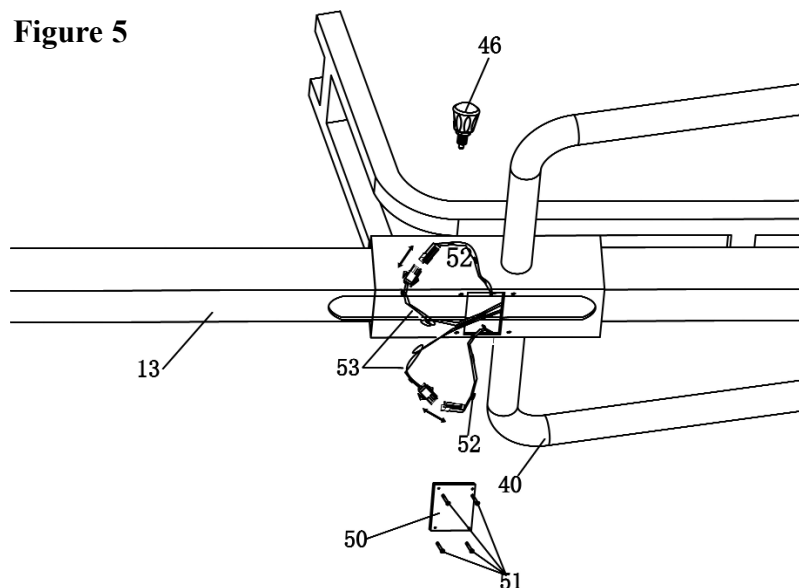
Figure 4



4. Install *Back Cushion*(44) onto the *Seat Frame*(40) with four *Hex Head Screws*(48) and four *Washers*(49). Next, install *Seat*(45) onto the *Seat Frame*(40) using four *Hex Head Screws*(48) and four *Washers*(49).

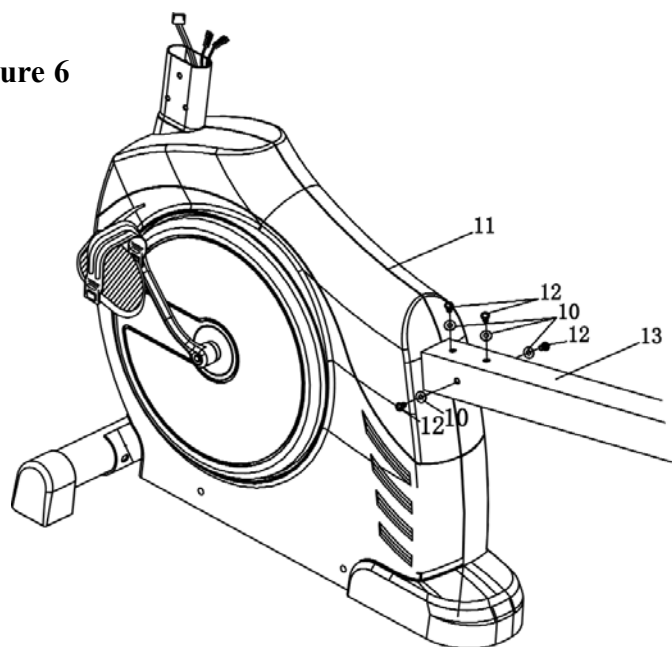
Assembly

Figure 5



5. First, *Seat Frame*(40) onto the *Rail Tube*(13), pull the *Pulse Wires*(52) in the *Seat Frame*(40) and *Pulse Wires*(53) in the *Rail Tube*(13) out of the square on the bottom of the *Seat Frame*(40). Next, connect the *Pulse Wires*(52) to *Pulse Wires*(53) as shown in Figure 5. After the pulse wires are connected place them inside the square in the bottom of the *Seat Frame*(40). Secure the iron plate with four *Screws*(51). Last, adjust the *Seat Frame*(40) at the desired position and fix it with the *Locking Knob*(46).

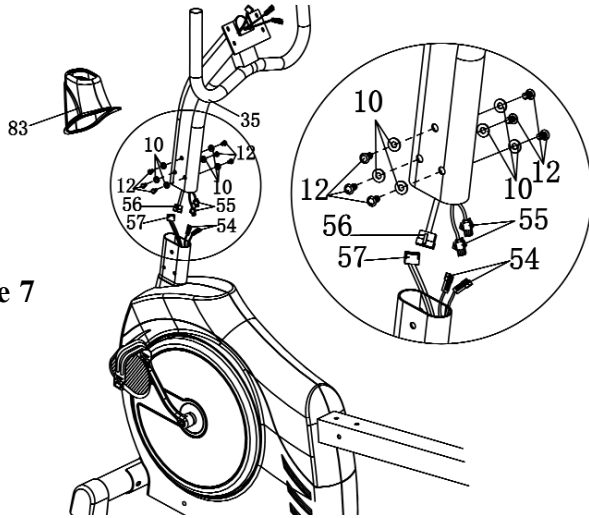
Figure 6



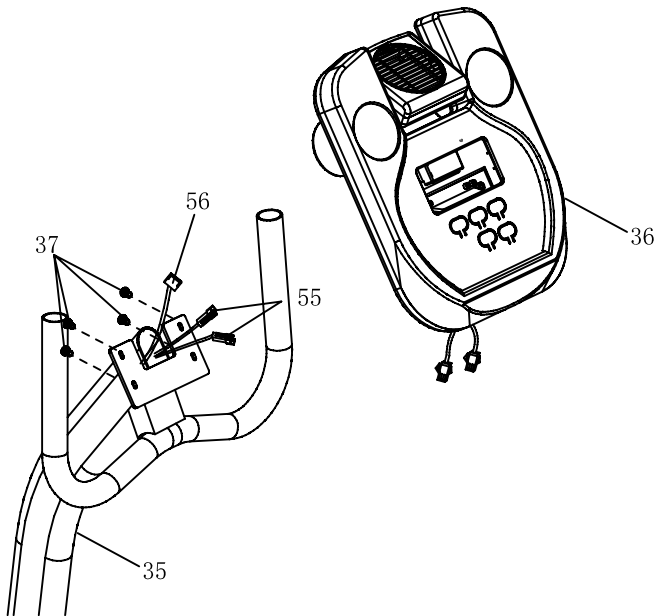
6. Place the *Rail Tube*(13) on to the *Main Frame*(1) and secure in place with four *Screws*(12) and four *Washers*(10).

Assembly

Figure 7



7. First, insert the *Console Tube Cover*(83) onto the *Console Tube*(35). Next, connect the *Upper Electronic Wire*(56) and the *Lower Electronic Wire*(57). Connect the *Pulse Wires*(54) to *Pulse Wires*(55). Last slide the *Console Tube*(35) onto the *Main Frame*(1) and secure in place using three *Washers*(18) and three *Screws*(12).

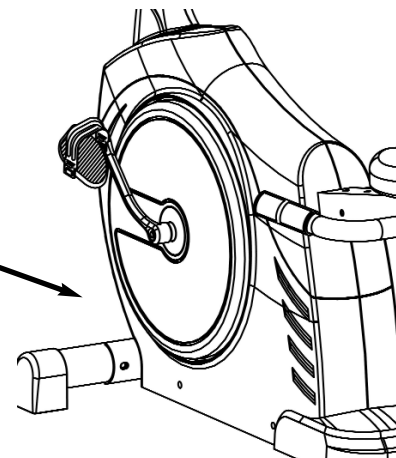


8. Plug the *Upper Electronic Wire*(56) into the back of the *Console*(36). Then, plug the *Pulse Wires*(55) with the pulse wires coming from the *Console*(36). After the wires are connected slide the *Console*(36) onto the *Console Tube*(35) and fix in place with four *Screws*(37).

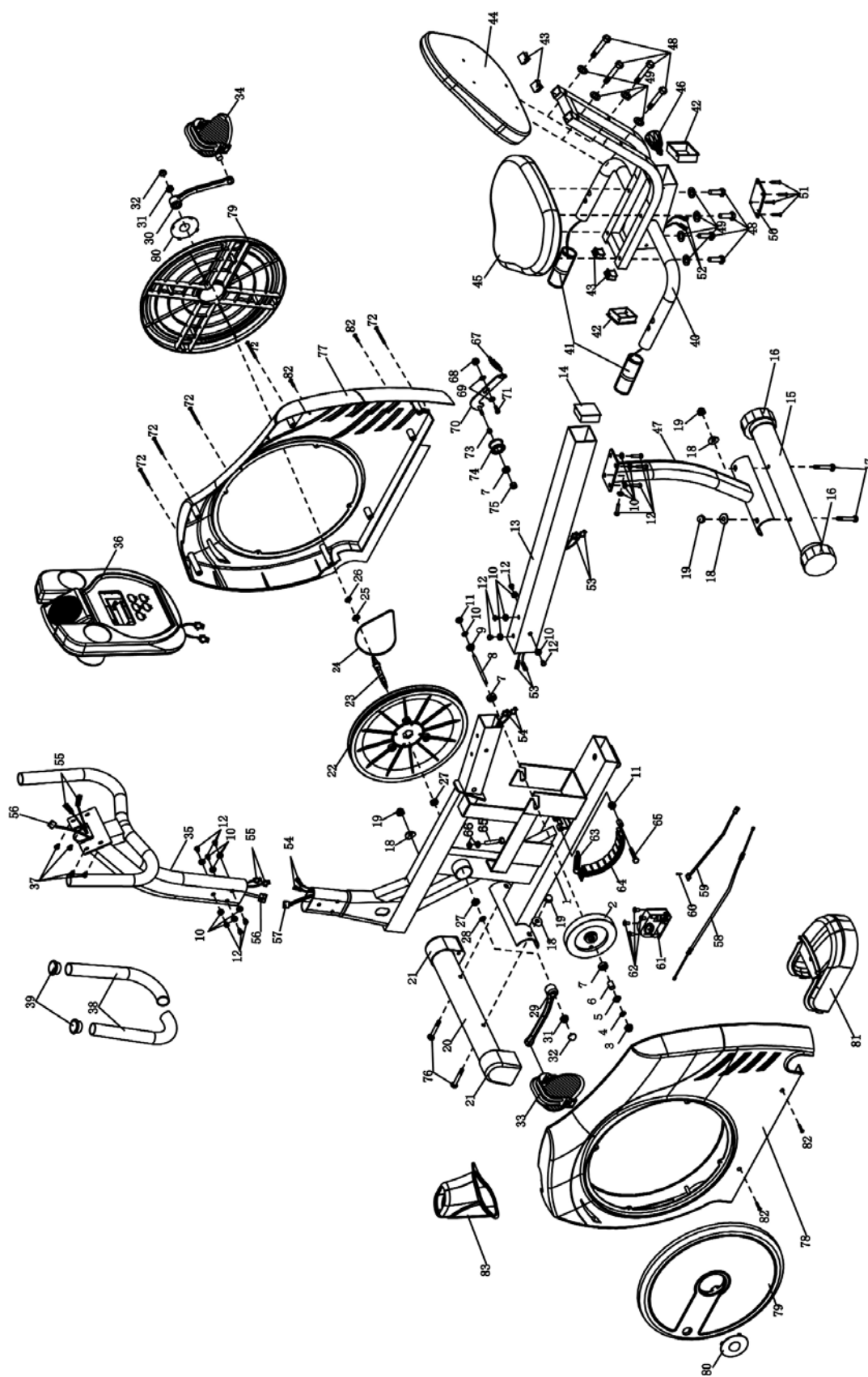
Note: The four Screws(37) will already be installed in the back of the Console(36) when you remove it from the box.

Congratulations: You have completed the assembly of your new CardioMax 700r Recumbent bike.

INSERT THE AC ADAPTER INTO FRONT LOWER RIGHT HAND SIDE OF BIKE.



Exploded View



Parts List

CM700r RECUMBENT PARTS LIST

REF #	DESCRIPTION	QTY	REF #	DESCRIPTION	QTY
1	MAIN FRAME	1	43	SQUARE TUBE CAP	4
2	FLYWHEEL	1	44	BACK CUSHION	1
3	NUT 3/8"	1	45	SEAT	1
4	WASHER 10*19*1.5mm	1	46	ADJUSTMENT KNOB	1
5	BC NUT 3/8"	1	47	REAR SUPPORTING TUBE	1
6	SPACER FOR FLYWHEEL	1	48	HEX HEAD BOLT M6*40mm	8
7	BEARING 6000ZZ	3	49	WASHER 6*13*1.0mm	8
8	AXLE FOR FLYWHEEL	1	50	PULSE PLATE	1
9	GREASED BEARING	1	51	SCREW	4
10	WASHER 8*19*1.5mm	15	52	SENSOR WIRE	2
11	NYLOCK NUT M8	2	53	PULSE WIRE 1	2
12	SCREW M8*15mm	14	54	PULSE WIRE 2	2
13	MOVING TUBE	1	55	PULSE WIRE 3	2
14	REAR SUPPORTING TUBE	1	56	UPPER ELECTRONIC WIRE	1
15	REAR STABILIZER	1	57	LOWER ELECTRONIC WIRE	1
16	END CAP	2	58	MOTOR WIRE	1
17	CARRIAGE BOLT M8*85mm	2	59	SENSOR WIRE	1
18	ARC WASHER 8*19*1.5mm	4	60	SCREW M4*11mm	1
19	CAP NUT M8	4	61	MOTOR	1
20	FRONT STABILIZER	1	62	SCREW M4*12mm	4
21	WHEEL CAP	2	63	ARC SPRING	1
22	PULLEY	1	64	ARC PLATE	1
23	AXLE FOR PULLEY	1	65	HEX HEAD BOLT M8*60mm	2
24	BELT 490 J6	1	66	BOLT M8	2
25	OUTSIDE BEARING COLLAR	1	67	IDLER SPRING	1
26	BIG WASHER	1	68	NYLOCK NUT 3/8"	1
27	BEARING 6004ZZ	2	69	WASHER 10*26*2.0mm	2
28	C CLIP	1	70	IDLER PLATE	1
29	LEFT CRANK	1	71	HEX HEAD BOLT 3/8	1
30	RIGHT CRANK	1	72	SCREW M4*30mm	5
31	BOLT M10	2	73	SPACER FOR IDLER WHEEL	1
32	CRANK CAP	2	74	IDLER WHEEL	1
33	LEFT PEDAL	1	75	NYLOCK NUT M10	1
34	RIGHT PEDAL	1	76	CARRIAGE BOLT M8*70mm	2
35	CONSOLE TUBE	1	77	RIGHT COVER	1
36	CONSOLE	1	78	LEFT COVER	1
37	SCREW	4	79	ROUND COVER	2
38	FOAM GRIP	2	80	OVAL COVER	2
39	HANDLEBAR CAP	2	81	REAR COVER	1
40	SEAT FRAME	1	82	SCREW M4*16mm	4
41	HAND PULSE	2	83	CONSOLE TUBE COVER	1
42	TUBE CAP	2			

Program Profiles

Programs:

Manual Program

Press the button "PROG" to enter the manual P1 profile. The workload level will be shown on the display. You can have full control of changing workload level by press "+" or "-" key and pedaling the Fitness Equipment at the same time.

Programs

These are total five profiles (P2 to P5) for selection. Each press of the button "PROG", the display will show the profile you select. Please see the profile charts on the page 4 .

These profiles allow users to have full control of changing workload level by pressing "+" or "-" key and pedaling the Fitness Equipment at the same time.

Heart Function

There are five different heart functions (P7 to P11) can be selected by end users as below :

Press the button "PROG" to advance to the Heart Function. The symbol "?" will appear and the percentage of maximum heart rate will be shown on the bottom of the display. You can select which percentage of maximum heart rate on your age you would like to be as following :

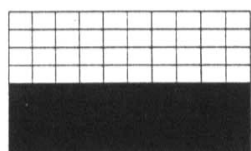
P750% Maximum Heart Rate

P860% Maximum Heart Rate

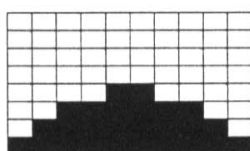
P975% Maximum Heart Rate

P1085% Maximum Heart Rate

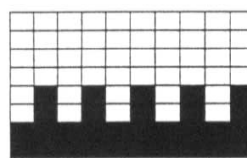
P1195% Maximum Heart Rate



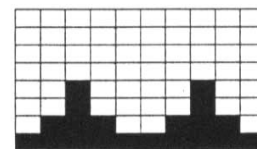
P1



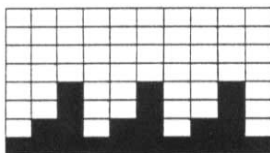
P2



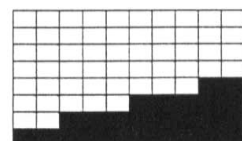
P3



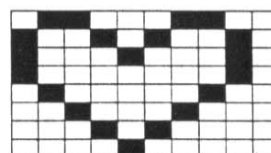
P4



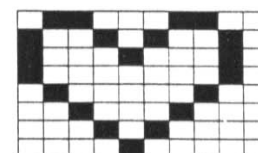
P5



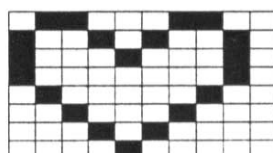
P6



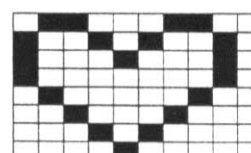
P7 MAX 50%



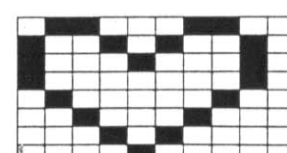
P8 MAX 60%



P9 MAX 75%



P10 MAX 85%



P11 MAX 95%

Programs and Operation

FUNCTIONS:

1. Programming TIME:

You can set your exercise time from 0 to 99 minutes by pressing the "SELECT" key to the time function and use "+" key to increase or "-" key to decrease your desired time. Each press of the "+" key will advance time by one minute (hold the "+" or "-" key for rapid continuous increment or decrement.) If you do not wish to enter in a set time leave it at zero.

2. Programming DISTANCE:

Depress "SELECT" key to advance to the distance function, then use "+" or "-" key to enter your desired target trip distance. Each press of the "+" or "-" key will increase or decrease distance by 0.5Km or Mile (hold the key for rapid continuous). If you do not wish to set a total distance leave it at zero.

3. Programming CALORIES:

Depress "SELECT" key to advance to the calories windows, then use "+" or "-" key to enter your desired calories burned, each press of "+" or "-" key will increase or decrease calories by 10 Kcal. If you do not wish to enter total calories leave it at zero.

4: Programming HIGH AND LOW PULSE RATE LIMIT:

Depress "SELECT" key to advance to the pulse function, then use "+" or "-" key to enter your desired high and low pulse rate limit. Each press of "+" or "-" key will advance 5 pulse rate. If your pulse rate is above the high pulse limit you programmed, the computer will generate a tone to warn you to stop exercise. In contrast, if your pulse rate is lower than your desired low pulse rate limit, the buzzer will also beep to remind you to continue your exercise.

5: Programming AGE:

Depress "SELECT" key to advance to the age is shown on the display. Press "+" or "-" key to input your age for heart function using. Note: Age function is only used on programs P7-P11.

Console Buttons

KEYS:

SELECT Key:

Use select key into the setting mode, and cycle through the functions as below :

To select the different speed scale, depress and hold the button of "Select" for two seconds. The speed scale will flash. Press the button "+" or "-" to select it.

+ Key :

Depress this key to increase the values of the setting mode, or increase the level of the workload.

-/ RESET Key:

Depress this key to decrease the value of the setting mode, or decrease the level of the workload. If you hold down this key for 3 seconds, all values except the pulse limit and age will be returned to zero simultaneously.

PROGRAM Key:

Depress this key to select the exercise programs from P1 to P11.

Kcal/Watt Key:

Depress this key to change the unit of consumption from Watt to Calorie or from Calorie to Watt.

Note:

The "Time" functions will become count-up timer, when the programming exercise time count down to 0:00 at which time the timer will count up from 0:00 and a beeper will sound for 3 seconds, so do the function "Trip" and "Calories"

Changing KM/H to MPH:

1. Choose Program One
2. Push Select and hold Select until screen clears and RPM - KM/H or MPH will be flashing
3. Use Plus (+) button to change the setting
4. Let console resume program

Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$

$\text{MHR} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHR} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

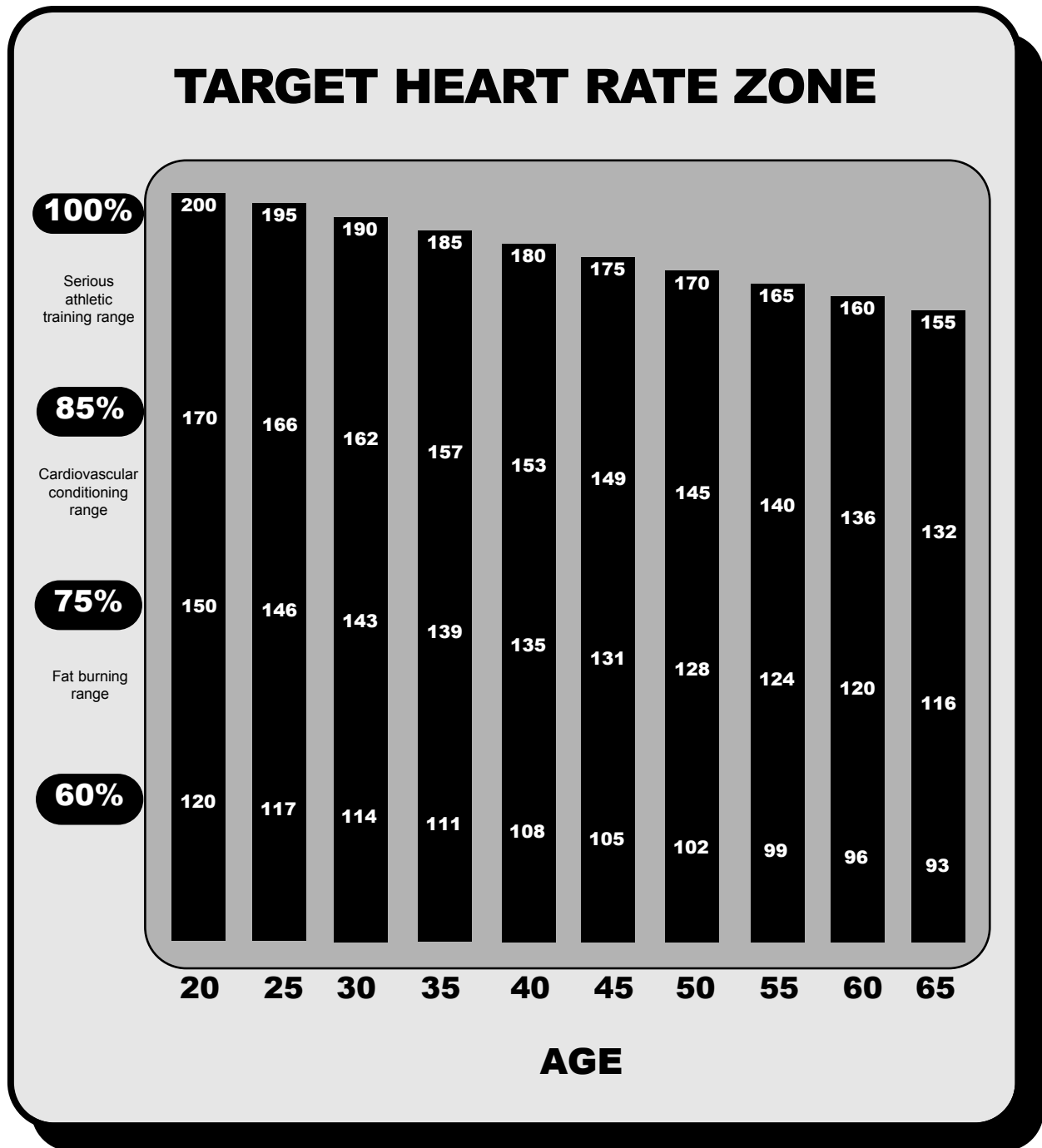
$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$

$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table for additional calculations.

Target Heart Rate Zone



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



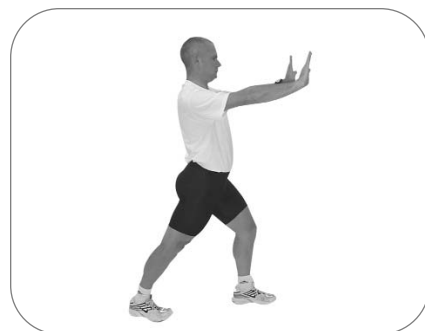
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



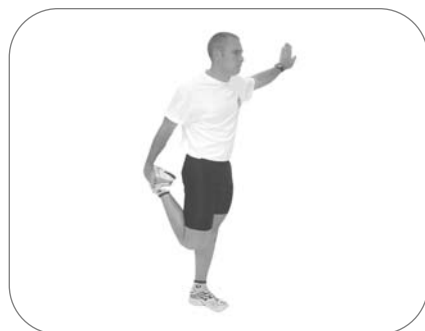
CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Moving Instructions

CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2.



Figure 1



Figure 2

Warranty Information

***CM700r Recumbent is designed and distributed by KEYS FITNESS PRODUCTS, LP – LIMITED WARRANTY
PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.***

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP (“Keys”) under the KEYS brand name. The warranty period on the CM700r to the original purchaser is (Lifetime) on the frame, (1) year parts.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the unit is assembled/installed by a Keys Fitness authorized dealer/technician unless otherwise authorized by Keys Fitness in writing (if anyone other than a Keys Fitness authorized dealer/technician assembles a Keys Fitness unit the warranty will be void unless accompanied by written authorization by Keys Fitness).

During the warranty period Keys will at no additional charge, repair or replace (at Keys’ option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys.

Keys reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Keys authorized service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys’ receipt of payment or acceptable arrangements for payment.

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