

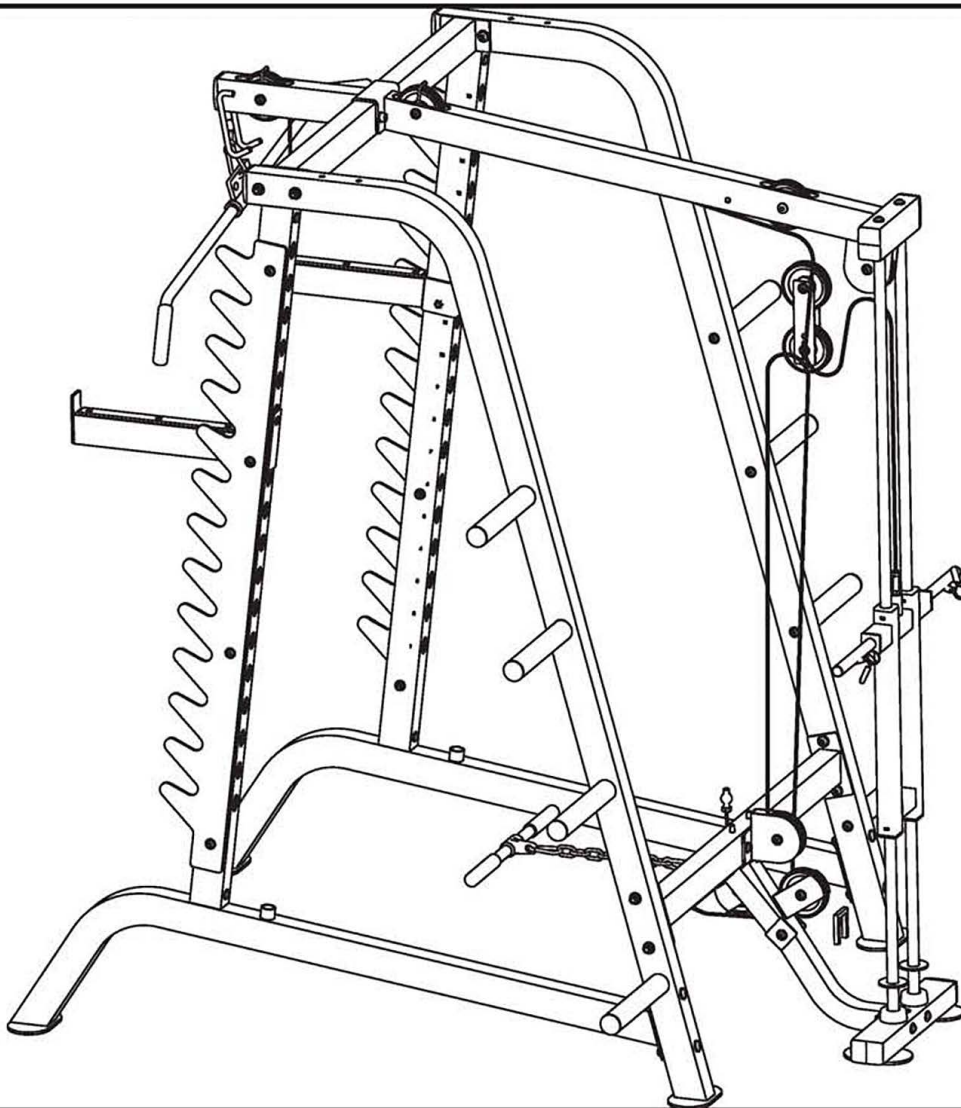


HUDSON STEEL

Owner's Manual

H-PCL

HALF CAGE LAT ATTACHMENT



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

215-00099
10/06 Rev A



Table of Contents

Important Safety Information	3
Before You Start	4
Assembly	5-9
Parts List	10
Exploded View	11



Important Safety Information



This manual will guide you through the assembly process.



KeysFitness

THANK YOU for making this unit a part of your exercise program. Keys Fitness assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Helpline. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

KEYS FITNESS SERIES

MODEL: KF-HCL

QUESTIONS?

CALL

1-888-340-0482

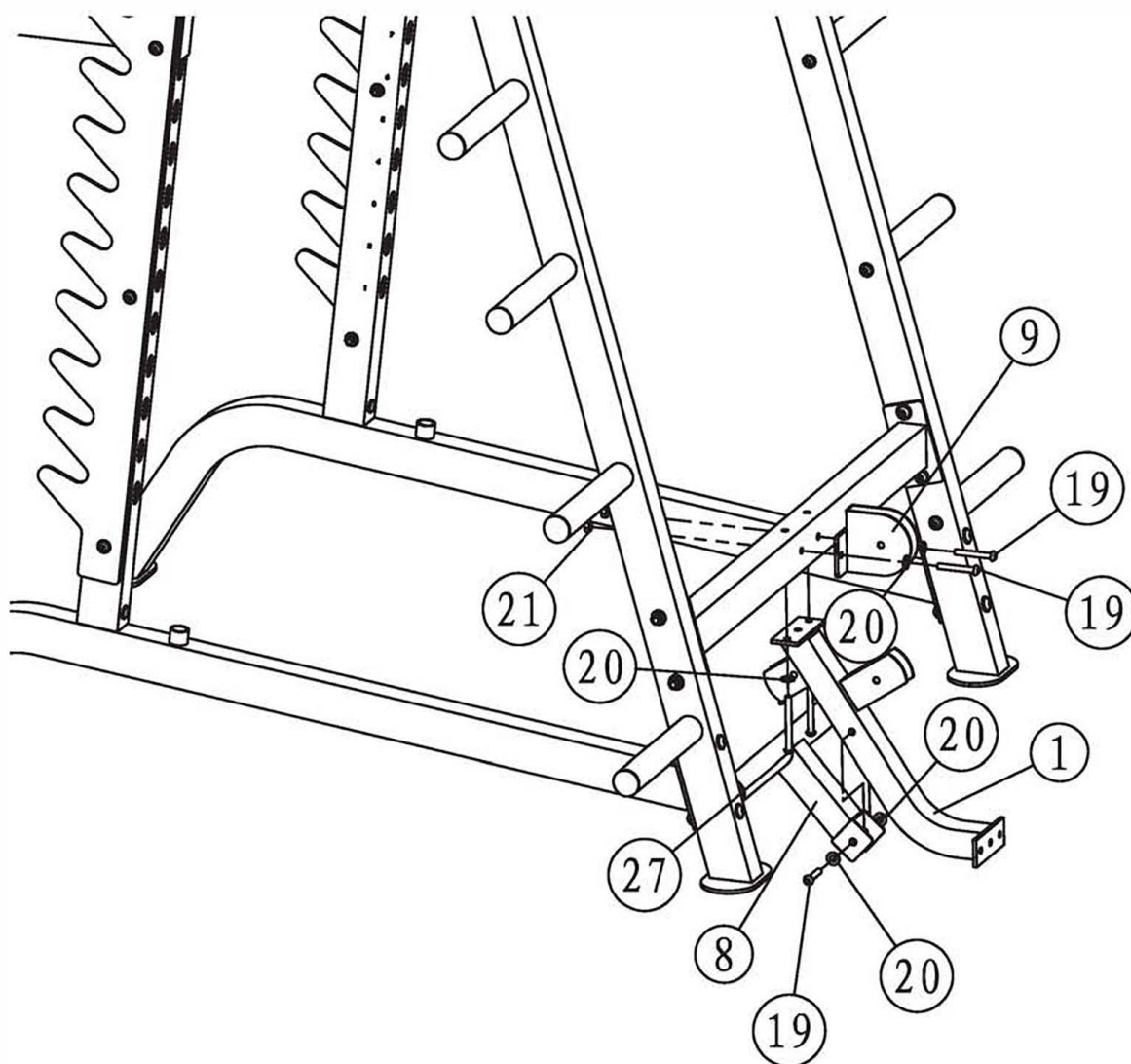
Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



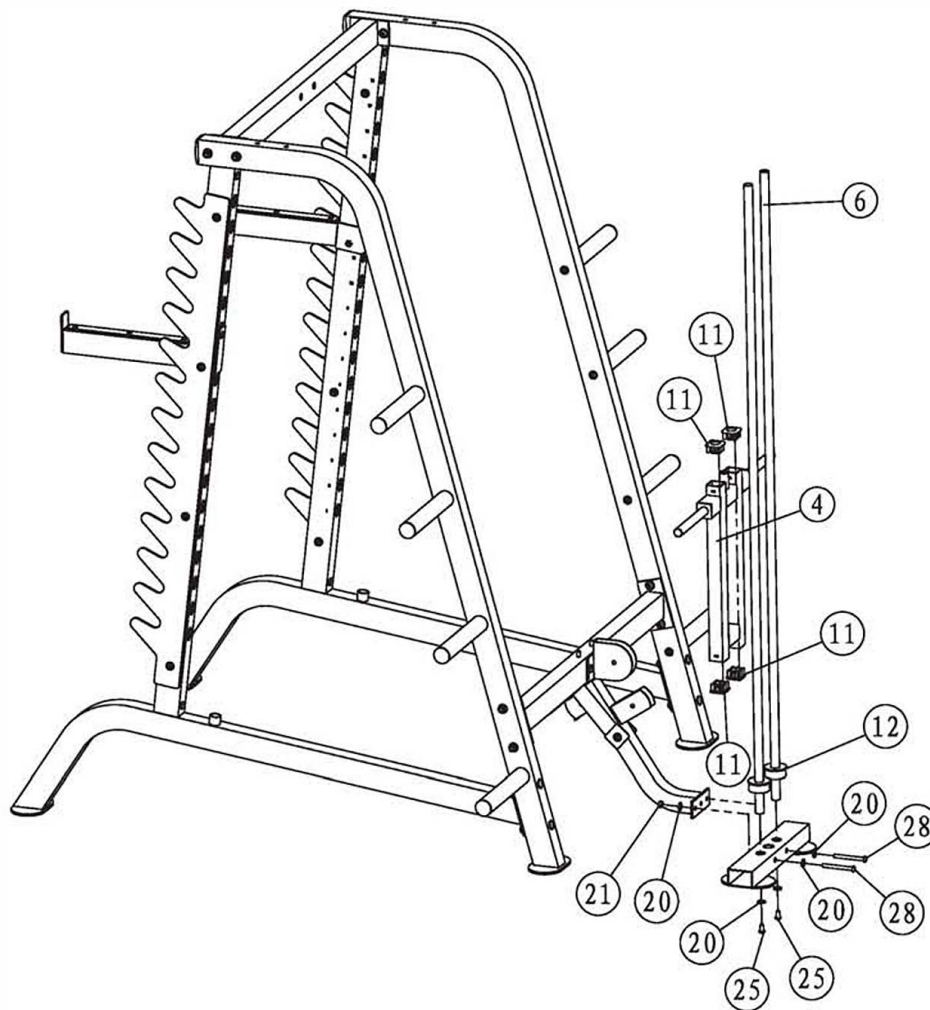
STEP 1

Connect Lower Support (1), Footbrace (8) and Pulley Bracket (9) to Half Cage using:

3	x	(19) Bolt M10x70
8	x	(20) Washer 10
5	x	(21) Nylon Lock Nut M10
2	x	(27) Bolt M10x95

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 2

Assemble weight carriage structure using:

- | | | | |
|---|---|------|---------------------------|
| 2 | x | (6) | Guide Rod |
| 1 | x | (4) | Slide Weight Support |
| 4 | x | (11) | Plastic Sleeve |
| 2 | x | (12) | Bumper for Weight |
| 1 | x | (2) | Weight Base (Not Labeled) |
| 2 | x | (20) | Washer 10 |
| 2 | x | (25) | Bolt M10x20 |

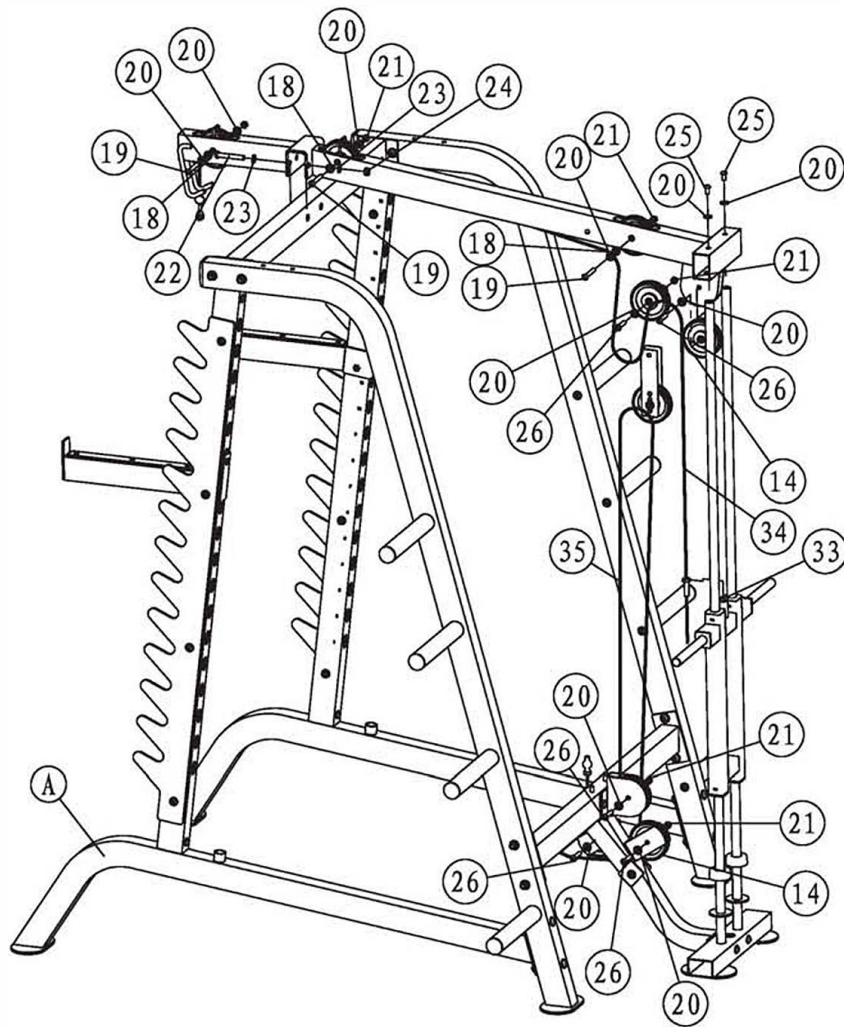
Note: Bolts (25) will need to be tightened before moving to **STEP 3.**

Secure Weight Base (2) to Half Cage using:

- | | | | | | | | |
|---|---|------|---------------|---|---|------|----------------|
| 1 | x | (2) | Lower Support | 2 | x | (21) | Nylon Lock Nut |
| 2 | x | (28) | Bolt M10x95 | 4 | x | (20) | Washer 10 |

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 3

Connect Top Frame (4) to Half Cage and Guide Rods (7) using:

- | | |
|-----------------------------|----------------------|
| 2 x (22) Bolt M12x80 | 2 x (25) Bolt M10x20 |
| 4 x (23) Washer M10 | 2 x (20) Washer 10 |
| 2 x (24) Nylon Lock Nut M12 | |

Place High Pulley Cable (34) into positions using:

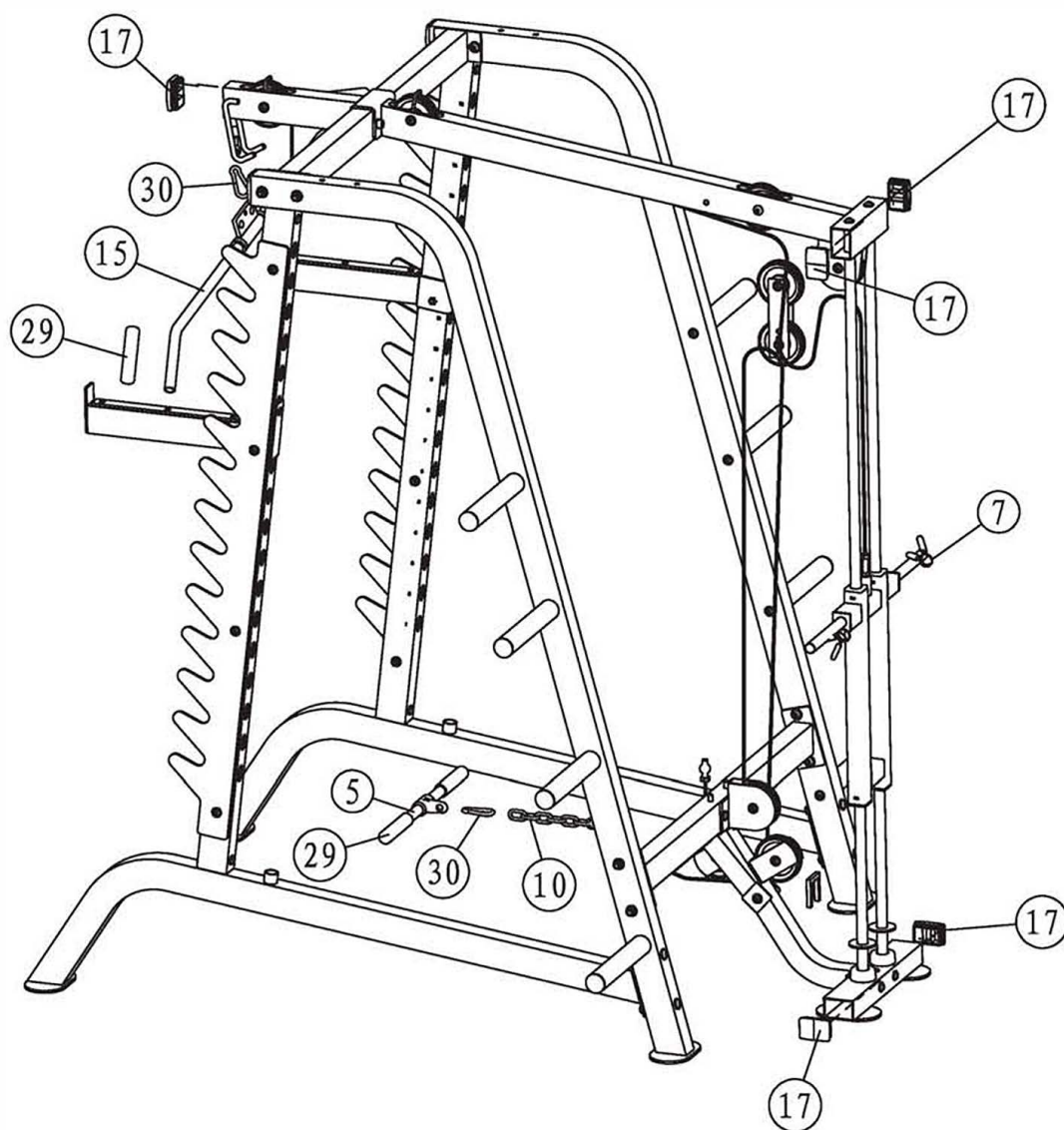
- | | |
|----------------------------|---------------------------|
| 5 x (14) Big Pulley | 4 x (21) Nylon Lock Nut |
| 6 x (18) Big Pulley Spacer | 2 x (26) Bolt M10x50 |
| 10 x (20) Washer 10 | 2 x (13) Plate for Pulley |
| 3 x (19) Bolt M10x70 | |

Place Low Pulley Cable (35) into positions using:

- | | |
|-------------------------|-------------------------|
| 4 x (14) Big Pulley | 4 x (21) Nylon Lock Nut |
| 1 x (18) Pulley Bracket | 2 x (19) Bolt M10x70 |
| 4 x (26) Bolt M10x50 | 8 x (20) Washer 10 |

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

Connect all attachments using:

- 2 x (30) Pear Hook
- 1 x (15) Long Bar
- 1 x (8) Footbrace
- 1 x (32) U Pin
- 1 x (10) Chain
- 1 x (5) Short Bar
- 5 x (17) Plug

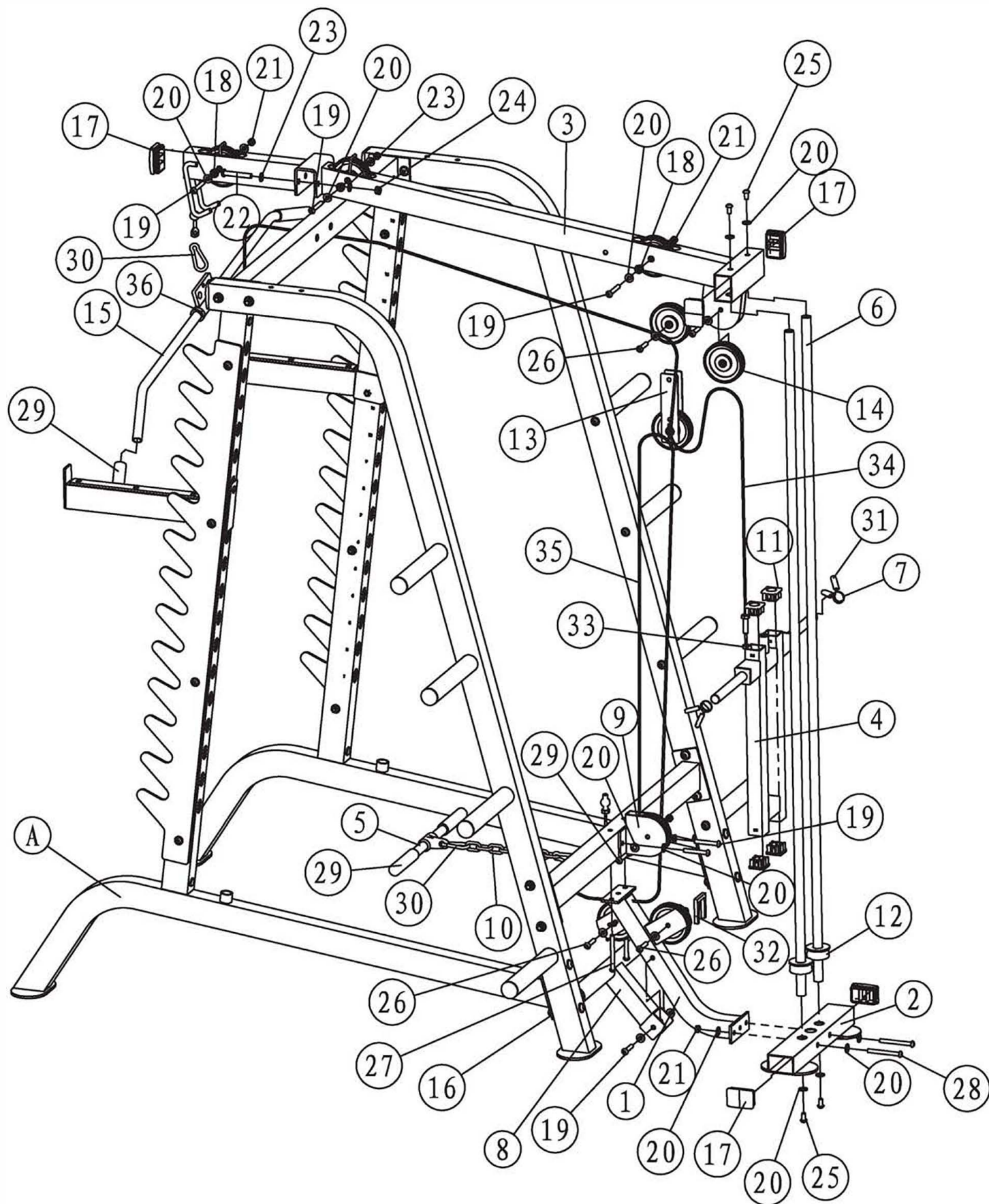


Parts List

KF-HCL Parts List Rev B

Ref #	Part #	Description	Qty
A	KF-HC-REF	*****Reference Only*****	1
1	223-00922	LOWER SUPPORT, H-HCL	1
2	223-00923	WEIGHT BASE, H-HCL	1
3	223-00924	TOP FRAME, H-HCL	1
4	223-00055	SLIDE WEIGHT SUPPORT	1
5	223-00092	LAT BAR H-GYM	1
6	223-00056	GUIDE ROD H-HCL	2
7	210-00123	SPRING CLIP	2
8	219-00366	FOOT BRACE, H-HCL	1
9	219-00012	PULLEY BRACKET H-HCL	1
10	229-00111	CHAIN, H-HCL	1
11	206-00188	PLASTIC SLEEVE, 44.5X25	4
12	206-00026	WEIGHT BUMPER	2
13	219-00006	PULLEY PLATE,	2
14	223-00228	BIG PULLEY 4.5"	9
15	223-00099	SHORT BAR	1
16	206-00016	ROUND PLUG 48	2
17	206-00394	PLUG, 50.8X76.2 HSERIES	5
18	202-00385	BIG PULLEY SPACER, H-HCL	6
19	202-00650	ALLEN BOLT, M10X70	5
20	202-00223	WASHER, 11X23X2	34
21	202-00091	NYLON NUT, M10	15
22	202-00651	ALLEN BOLT, M12X80	2
23	202-00222	WASHER, 13X26X2 H FI #32	4
24	202-00092	NYLON NUT, M12	2
25	202-00644	ALLEN BOLT, M10X20	4
26	202-00125	ALLEN BOLT M10*50	6
27	202-00652	ALLEN BOLT, M10X100	2
28	202-00653	ALLEN BOLT, M10X95	2
29	206-00103	LAT BAR GRIP - H	4
30	210-00032	PEAR HOOK	3
31	219-00326	SPRING COLLAR PLASTIC GRIPS	4
32	210-00146	U PIN, KPS-HCL, H-LEGA, H-OB	1
33	202-00048	JAM NUT 1/2"	1
33	202-00048	JAM NUT 1/2"	1
34	229-00014	HIGH PULLEY CABLE H-HCL	1
35	229-00013	LOW PULLEY CABLE H-HCL	1

Exploded View





HUDSONSTEELCO.COM