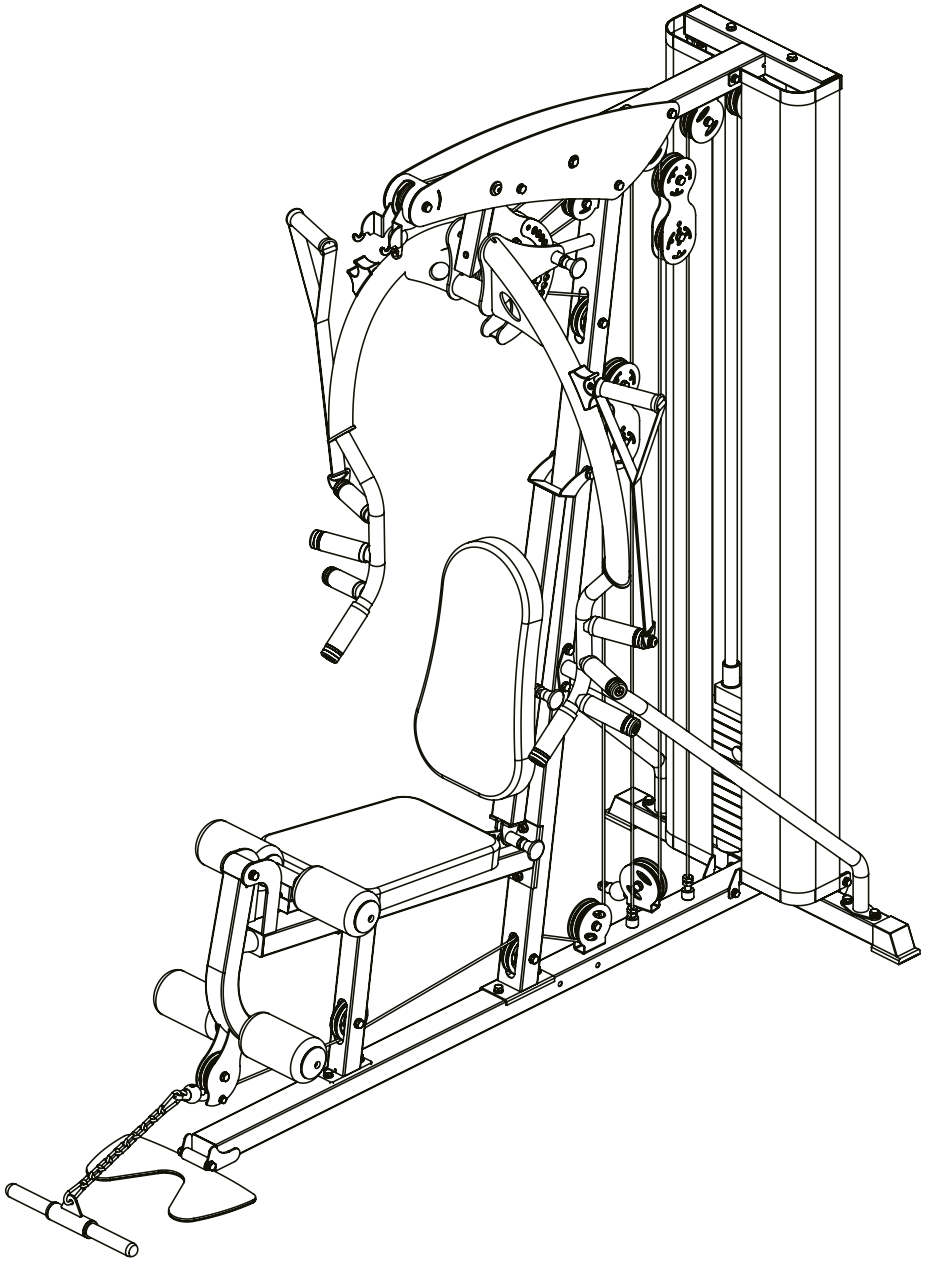
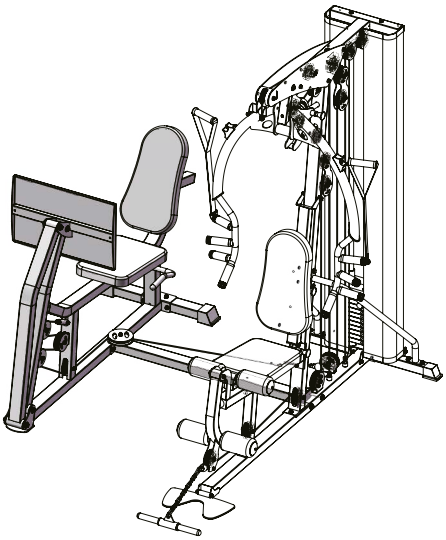
KETTLER

ASSEMBLY AND OPERATING INSTRUCTIONS





max. 150 kg

~ 150 Min.

215 kg

L 189 | W 94 | H 210

FSKMG1050100.01.01
FSKMG1050150.01.01

Art. No. K-MG1050-100
Art. No. K-MG1050-150

KINETIC F3

Content

1 GENERAL INFORMATION 8

1.1 Technical Data: F3 8
1.2 Technical Data: F3 Leg Press 8
1.3 Personal Safety 10
1.4 Set-Up Place 11

2 ASSEMBLY 12

2.1 General Instructions 12
2.2 Scope of Delivery: F3 13
2.3 Scope of Delivery: F3 Leg Press 23
2.4 Assembly: F3 27
2.5 Assembly: F3 Leg Press 45

3 WORKOUT TIPS 51

3.1 General Instructions 51
3.1.1 Training clothes 51
3.1.2 Warming up and stretching 51
3.1.3 Medication 52
3.1.4 Used muscle groups 52
3.1.5 Exercise frequency 52
3.2 Workout journal 54

4 STORAGE AND TRANSPORT 55

4.1 General Instructions 55

5 TROUBLESHOOTING, CARE AND MAINTENANCE 56

5.1 General Instructions 56
5.2 Faults and Fault Diagnosis 56
5.3 Maintenance and Inspection Calendar 57

6 DISPOSAL 57

7 RECOMMENDED ACCESSORIES 58

8 ORDERING SPARE PARTS 59

8.1 Serial Number and Model Name 59
8.2 Parts List: F3 60
8.3 Parts List: F3 Leg Press 61
8.4 Exploded Drawing: F3 Leg Press 64

8.5 Exploded Drawing: F3 65

9 WARRANTY 66

10 CONTACT 68

Dear customer,
Thank you for choosing a Kettler fitness device. Kettler Sport represents tradition, durability, and quality like no other home fitness brand. Classic home trainers such as the Golf have accompanied users for decades. At the same time, Kettler stands for innovation and continuously develops thoughtful solutions, particularly in usability and training comfort. Kettler Sport provides everything you need for successful training at home: cardio and strength equipment, as well as a wide range of fitness accessories.

Further information can be found at www.fitshop.com/kettler.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel

No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer

Since December 19, 2024, the trademark rights to © Kettler for fitness equipment in the EU, EFTA, and Turkey are held by Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.
Class B: medium accuracy.
Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.
These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.
These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**
This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**
This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**
This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data: F3

Weight and dimensions	
Item weight (gross, including packaging)	Box 1: 77.5 kg
	Box 2: 50 kg
	Box 3: 38 kg
Product weight (net, excluding packaging)	215 kg
Packaging dimensions (L x W x H)	215 cm x 53 cm x 235 cm
	204 cm x 69 cm x 235 cm
	126 cm x 99 cm x 28.5
Dimensions (L x W x H)	189 cm x 94 cm x 210 cm
Weight block	
Weight of the weight block	60 kg
Number of weight plates	13
Maximum Load	
Maximum user weight	150 kg
Cable specifications	
Number of cables	3
Transmission ratio	2:1
Other information	
Use class	H

1.2 Technical Data: F3 Leg Press

Weight and dimensions	
Item weight (gross, including packaging)	67 kg
Product weight (net, excluding packaging)	60 kg
Packaging dimensions (L x W x H)	186 cm x 78 cm x 34
Dimensions (L x W x H)	183 cm x 147 cm x 118 cm
Maximum Load	
Maximum user weight	150 kg

Cable specifications	
Number of cables	1
Transmission ratio	1:2
Other information	
Use class	H

1.3 Personal Safety

⚠ **DANGER**

+ Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
+ Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
+ The owner must communicate all warnings and instructions to the user.

⚠ **WARNING**

+ This equipment may not be used by children under the age of 14.
+ Children should not be allowed unsupervised access to the equipment.
+ Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
+ The equipment is strictly for use by one person at a time.
+ Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
+ Always start each workout with a light warm-up and end with a cool-down phase.
+ Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

⚠ **CAUTION**

+ If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
+ Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
+ Be aware that if adjustment devices are left protruding, they may impede the user's movement.
+ The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.
+ The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **ATTENTION**

+ Do not insert any objects of any kind into the openings of the device.

1.4 Set-Up Place

⚠ **WARNING**

+ Do not place the equipment in main corridors or escape routes.

⚠ **CAUTION**

+ Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
+ The set-up and mounting surface of the equipment should be flat, loadable and solid.
+ If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

► **ATTENTION**

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
+ For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions

⚠ **DANGER**

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

⚠ **WARNING**

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

⚠ **CAUTION**

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

► **ATTENTION**

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

ⓘ **NOTICE**

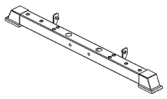
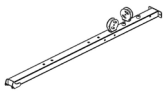
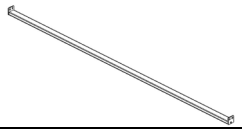
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

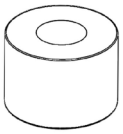
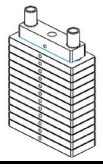
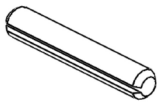
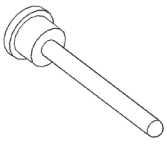
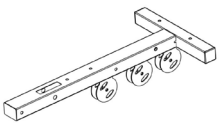
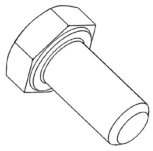
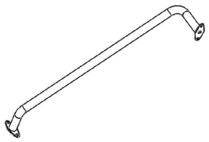
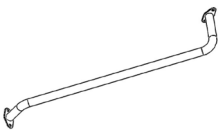
2.2 Scope of Delivery: F3

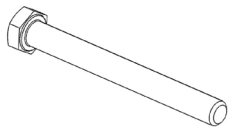
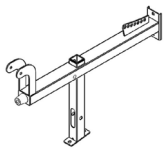
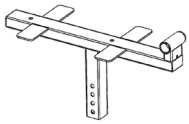
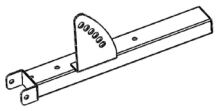
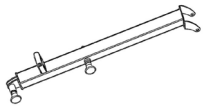
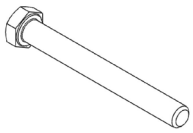
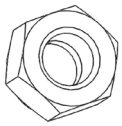
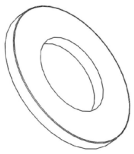
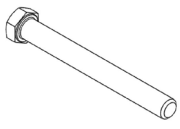
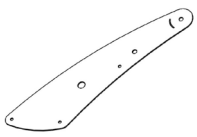
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

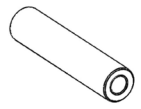
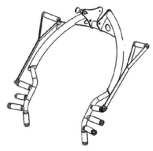
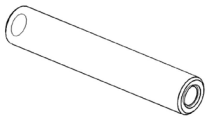
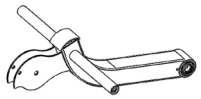
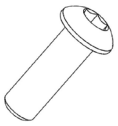
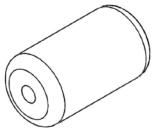
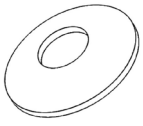
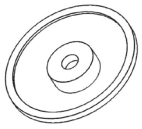
⚠ **CAUTION**
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

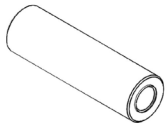
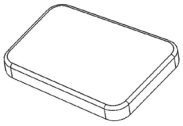
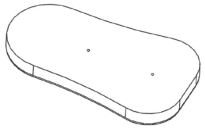
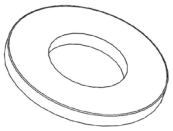
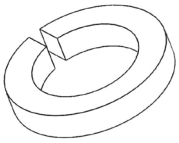
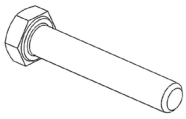
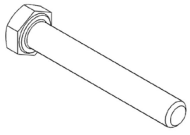
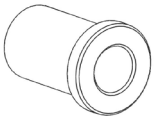
ⓘ **NOTICE**
Required tools: Wrench

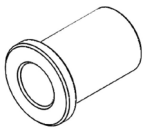
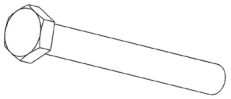
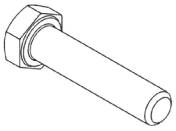
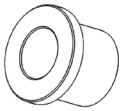
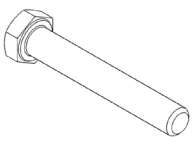
NO.	Part Name	Specification	QTY	Picture
1	2011 Rear Column Assembly	Assembly Part	1	
2	2011 Bottom Beam Square Tube Assembly	Assembly Part	1	
3	M10×70 Hex Head Bolt	M10×70	6	
4	M10 Lock Nut	M10	25	
5	φ10 Large Flat Washer (GB Standard)	φ30*φ10*3	10	
6	Φ10 Flat Washer (GB Standard)	φ10	54	
7	2011 Rear Support Weldment	Weldment	2	
8	φ10 Spring Washer	φ10	22	
9	M10×25 Hex Head Bolt	M10×25	20	
10	1985 Stainless Steel Guide Rod Assembly	Assembly Part	2	

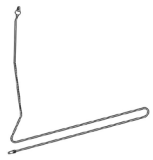
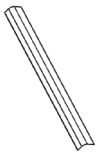
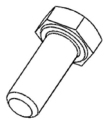
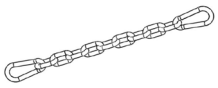
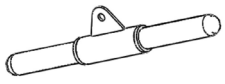
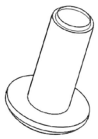
NO.	Part Name	Specification	QTY	Picture
11	60-27 Shock Absorber Pad	φ60×φ27×42	2	
12	3058 Cast Iron Weight Stack 60KG	60kg	1	
13	3058 Lifting Rod 60KG	φ25	1	
14	10×60 Straight Groove Elastic Cylindrical Pin	10×60	1	
15	φ10×100 Magnetic Pull Pin - Cordless	φ10×100	1	
16	2011 Main Vertical Pipe Assembly	Assembly Part	1	
17	2011 Chest Press Upper Crossbeam Assembly	Assembly Part	1	
18	M10×20 Hex Head Bolt (Thin Head)	M10×20	2	
19	2011 Right Diagonal Support Weldment	Weldment	1	
20	2011 Left Diagonal Support Weldment	Weldment	1	

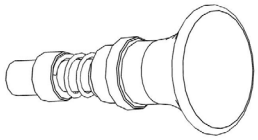
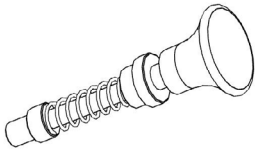
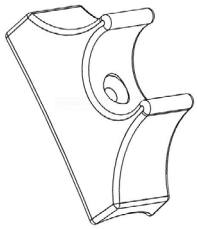
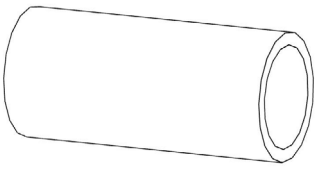
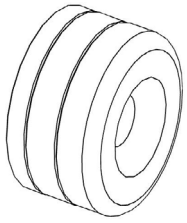
NO.	Part Name	Specification	QTY	Picture
21	M10×95 Hex Head Bolt	M10×95	6	
22	2008 Seat Tube Weldment Assembly	Assembly Part	1	
23	179 Seat Adjustment Frame Assembly	Assembly Part	1	
24	2008 Back Pad Fixed Tube Assembly	Assembly Part	1	
25	2008 Back Pad Inclined Tube Assembly	Assembly Part	1	
26	M10×90 Hex Head Bolt	M10×90	2	
27	M12 Lock Nut	M12	1	
28	φ12 Flat Washer	φ12	2	
29	M12×110 Hex Head Bolt	M12×110	1	
30	2011 Upper Beam Decorative Plate	T4	2	

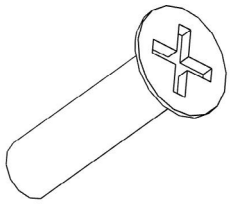
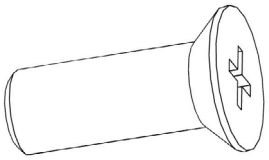
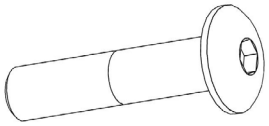
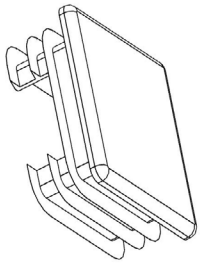
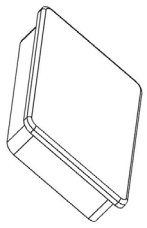
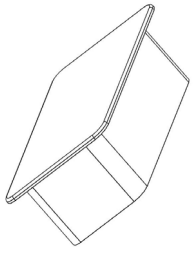
NO.	Part Name	Specification	QTY	Picture
31	φ17X77-M10 Internal Thread Shaft	φ17*77	1	
32	2011 Front Push Frame Weldment Assembly	Assembly Part	1	
33	2011 Lat Pull Decorative Tube Assembly	Assembly Part	1	
34	2010 Front Push Arm Weldment Assembly	Assembly Part	1	
35	φ17X97-M10 Internal Thread Shaft	φ17*97	1	
36	177 Foot Hook Bend Tube Weldment Assembly	Assembly Part	1	
37	M8X25 Hex Socket Pan Head Screw	M8×25	4	
38	175 Foam (Leather Covered)	φ25×φ100×175	4	
39	Foam Inner Cover (Chrome Plated)	φ70×φ27×12	4	
40	Foam Outer Cover (Chrome Plated)	φ70×φ9×14	4	

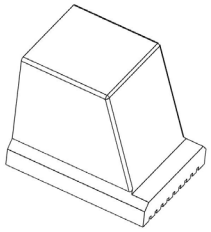
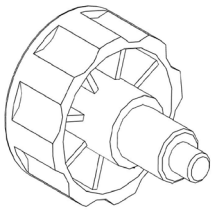
NO.	Part Name	Specification	QTY	Picture
41	450 Foam Tube Assembly	Assembly Part	1	
42	φ17X57-M10 Internal Thread Shaft	φ17*57	1	
43	179 Seat Cushion	450*335*50	1	
44	179 Back Cushion	550*310*50	1	
45	φ8 Flat Washer	φ8	14	
46	φ8 Spring Washer	φ8	12	
47	M8×45 Hex Head Bolt	M8×45	3	
48	M8×55 Hex Head Bolt	M8×55	2	
49	Powder Metallurgy Bushing	φ20×φ 16×10.2×28.5	2	
50	φ75 Pulley	φ75	2	

NO.	Part Name	Specification	QTY	Picture
51	2011 Lat Pull Steel Wire Rope	Assembly Part	1	
52	φ20×φ16×φ10.5×25.5 Powder Bushing	φ20×φ16×φ 10.5×25.5	6	
53	M10×85 Hex Head Bolt	M10×85	3	
54	92 Pulley (Powder Bushing)	φ92	10	
55	M10×45 Hex Head Bolt	M10×45	7	
56	Movable Pulley Frame Assembly	Assembly Part	2	
57	2011 Leg Press Connecting Steel Wire Rope	Assembly Part	1	
58	φ20×φ16×φ10.5×15 Powder Bushing	φ20×φ16×φ10.5×15	2	
59	M10×65 Hex Head Bolt	M10×65	1	
60	M8 Lock Nut	M8	1	

NO.	Part Name	Specification	QTY	Picture
61	2011 Row Steel Wire Rope	Assembly Part	1	
62	2011 Shield Fixing Plate	T3	2	
63	2011 Lower Left Shield Fixing Plate	T3	1	
64	2011 Lower Right Shield Fixing Plate	T3	1	
65	2011 Shield	1935	2	
66	M8×20 Hex Head Bolt	M8×20	8	
67	2002 Foot Pedal Weldment Assembly	Assembly Part	1	
68	Chain + Hoist Hook	Assembly Part	1	
69	Lower Pull Rod Weldment Assembly	Assembly Part	1	
70	M10X25 Hex Socket Pan Head Screw	M10×25	2	

NO.	Part Name	Specification	QTY	Picture
71	2010 Hand Pull Strap	Assembly Part	2	
72	φ20×M20×40 Umbrella Head Quick Release Pin - Black	φ20×M20×40	2	
73	φ20×M20×75 Umbrella Head Quick Release Pin - Black	φ20×M20×75	1	
74	Handle Clamp Sleeve	Assembly Part	2	
75	179 Foam Handle Grip	Assembly Part	8	
76	32 Handle Outer Retaining Ring	Assembly Part	6	

NO.	Part Name	Specification	QTY	Picture
77	M6×75 Cross-head Screw	M6×75	2	
78	M10×25 Cross-head Screw	M10×25	6	
79	M10X50 Hex Socket Pan Head Screw	M10×50	2	
80	50 Square Tube End Cap	50×50×T1.2	2	
81	40×60 Square Tube End Cap	40×60	1	
82	30×50 Square Tube End Cap	30×50	3	

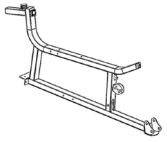
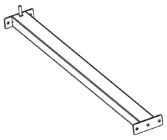
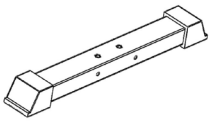
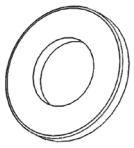
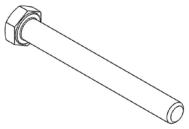
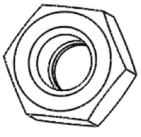
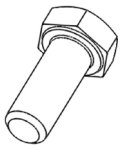
NO.	Part Name	Specification	QTY	Picture
83	50 Rubber Foot Cap	Assembly Part	2	
84	M18×22×φ10 plum flower pull pin	Assembly Part	1	

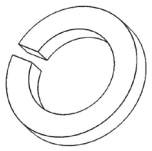
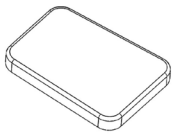
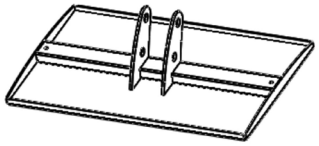
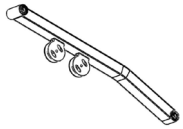
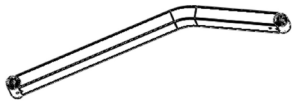
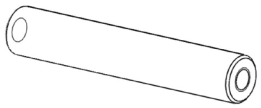
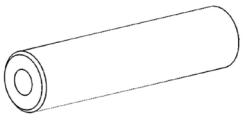
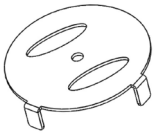
2.3 Scope of Delivery: F3 Leg Press

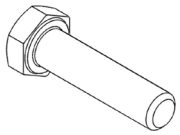
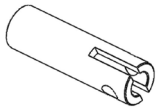
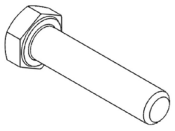
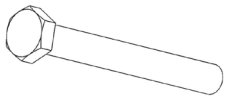
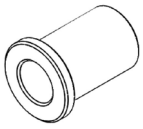
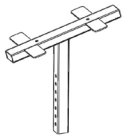
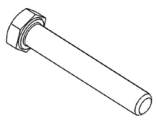
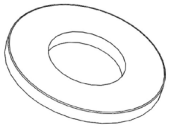
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

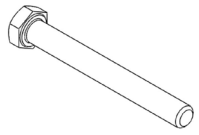
⚠ **CAUTION**
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

ⓘ **NOTICE**
Required tools: Wrench

NO.	Part Name	Specification	QTY	Picture
1	2011-2 Main Floor-Mounted Tube Assembly	Assembly Part	1	
2	2011-2 Bottom Beam Square Tube Weldment	Weldment	1	
3	2011-2 Rear Floor-Mounted Tube Assembly	Assembly Part	1	
4	φ10 Flat Washer (GB Standard)	φ10	21	
5	M10×90 Hex Head Bolt	M10×90	8	
6	Φ10 Large Flat Washer (GB Standard)	φ30*φ10*3	14	
7	M10 Lock Nut	M10	14	
8	M10×25 Hex Head Bolt	M10×25	10	

9	φ10 Spring Washer	φ10	10	
10	179 Cushion	450*335*50	1	
11	2010-2 Foot Pedal Weldment	Weldment	1	
12	2010-2 Leg Press Outer Bend Tube Assembly	Assembly Part	1	
13	2010-2 Leg Press Bend Tube Assembly	Assembly Part	1	
14	φ20X114.5 Internal Thread Shaft	φ20X114.5	2	
15	φ20X84.5 Internal Thread Shaft	φ20X84.5	2	
16	92 Pulley (Powder Bushing)	φ92	4	
17	Hoist Hook	Standard Part	1	
18	127 Pulley Cover	T3	1	
19	2010-2 Steel Wire Rope	Assembly Part	1	

20	127 Pulley	φ127	1	
NO.	Part Name	Specification	QTY	Picture
21	M10×40 Hex Head Bolt	M10×40	1	
22	179B Steel Wire Rope Adjusting Sleeve	φ25*85	1	
23	M10×45 Hex Head Bolt	M10×45	3	
24	M10×85 Hex Head Bolt	M10×85	1	
25	φ20×φ16×φ10.2×25.5 Powder Bushing	φ20×φ16×φ 10.5×25.5	2	
26	2010-2 Back Pad Adjustment Frame Assembly	Assembly Part	1	
27	179 Back Pad	550*310*50	1	
28	M8×50 Hex Head Bolt	M8×50	2	
29	φ8 Flat Washer	φ8	4	

30	M8×70 Hex Head Bolt	M8×70	2	
31	6011 Front Handlebar Left-side Assembly	Assembly Part	1	
32	6011 Front Handlebar Right-side Assembly	Assembly Part	1	

2.4 Assembly: F3

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

ⓘ **NOTICE**

+ First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
+ Do not tighten the screws and bolts with excessive force as they could be damaged.
+ If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

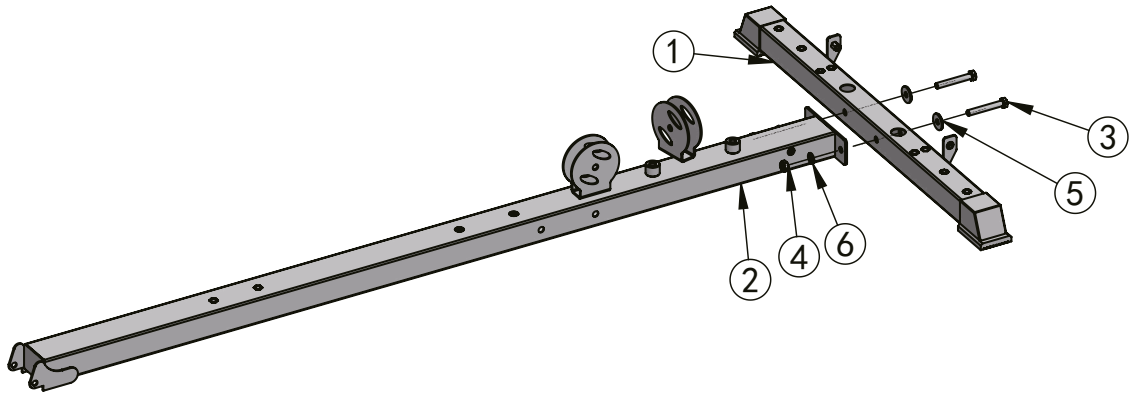
Step 1: Assemble the Base Frame

Tool: Wrench

ⓘ **NOTICE**

Do not fully tighten the bolts yet.

1. Attach the Rear Column Assembly (1) to the Bottom Beam Square Tube Assembly (2) using two Hex Head Bolts (3), two Large Flat Washers (5), two Flat Washers (6) and two Lock Nuts (4).

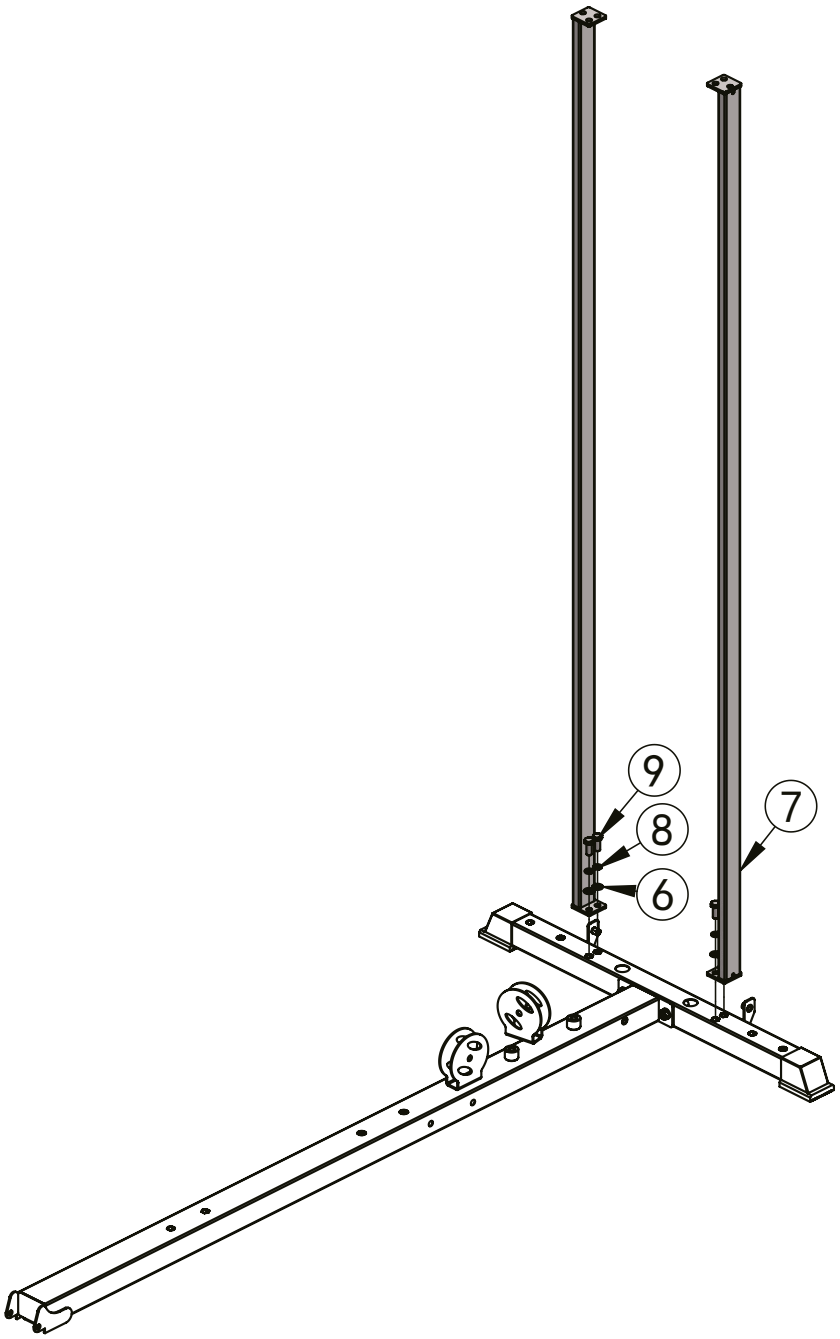


Step 2: Install the Rear Supports

Tool: Wrench

NOTICE
Do not fully tighten the bolts yet.

1. Attach the Rear Support Weldments (7) to the Rear Column Assembly (1) using two Hex Head Bolts (9), two Spring Washers (8) and two Flat Washers (6) on each side.

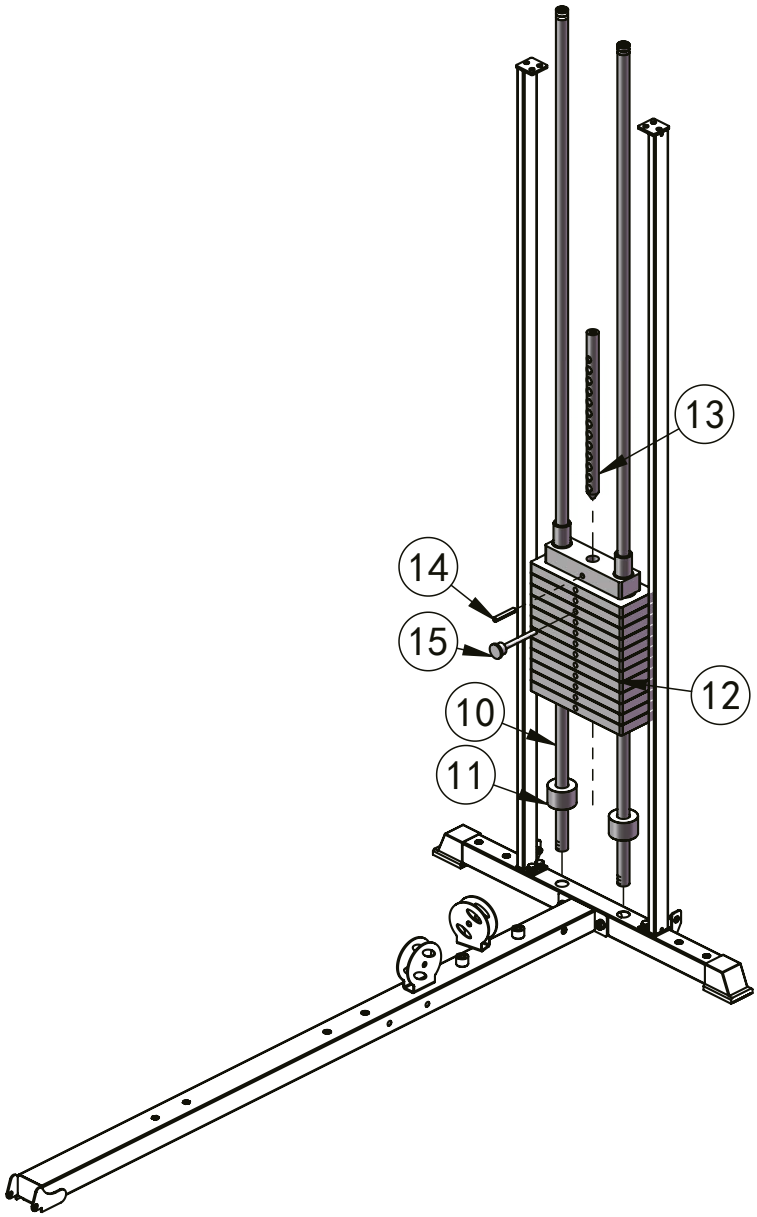


Step 3: Install the Weight Stack

1. Insert the Stainless Steel Guide Rod Assemblies (10) into the Rear Column Assembly (1).
2. Slide the Shock Absorber Pads (11) onto the Stainless Steel Guide Rod Assemblies (10).

⚠ **CAUTION**
Place the weight plates onto the guide rods one by one.

3. Slide the Cast Iron Weight Stack (12) onto the Stainless Steel Guide Rod Assemblies (10).
4. Insert the Lifting Rod (13) into the Cast Iron Weight Stack (12).
5. Secure the Lifting Rod (13) to the Cast Iron Weight Stack (12) with one Elastic Cylindrical Pin (14).
6. Insert the Magnetic Pull Pin - Cordless (15) into the Cast Iron Weight Stack (12).

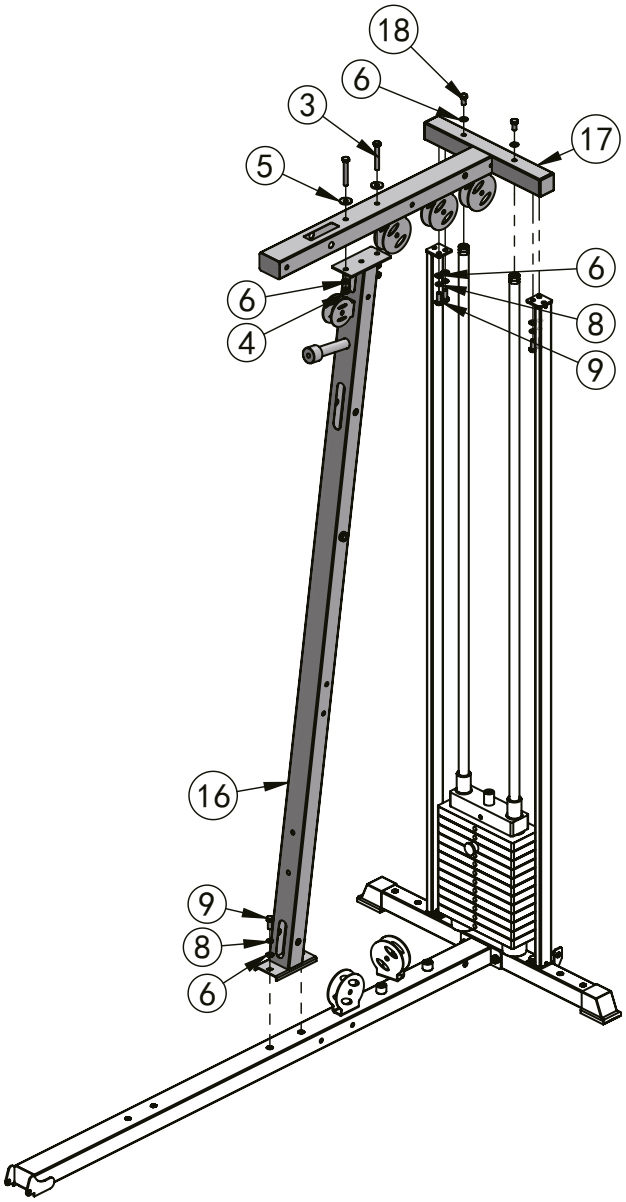


Step 4: Install the Upper Frame

Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Attach the Main Vertical Pipe Assembly (16) to the Bottom Beam Square Tube Assembly (2) using two Hex Head Bolts (9), two Spring Washers (8) and two Flat Washers (6).
2. Attach the Chest Press Upper Crossbeam Assembly (17) to the Main Vertical Pipe Assembly (16) using two Hex Head Bolts (3), two Large Flat Washers (5), two Flat Washers (6) and two Lock Nuts (4).
3. Secure the Stainless Steel Guide Rod Assemblies (10) to the Chest Press Upper Crossbeam Assembly (17) using two Hex Head Bolts (18) and one Flat Washer (6).
4. Attach the Chest Press Upper Crossbeam Assembly (17) to the Rear Support Weldments (7) using two Hex Head Bolts (9), two Spring Washers (8) and two Flat Washers (6) on each side.

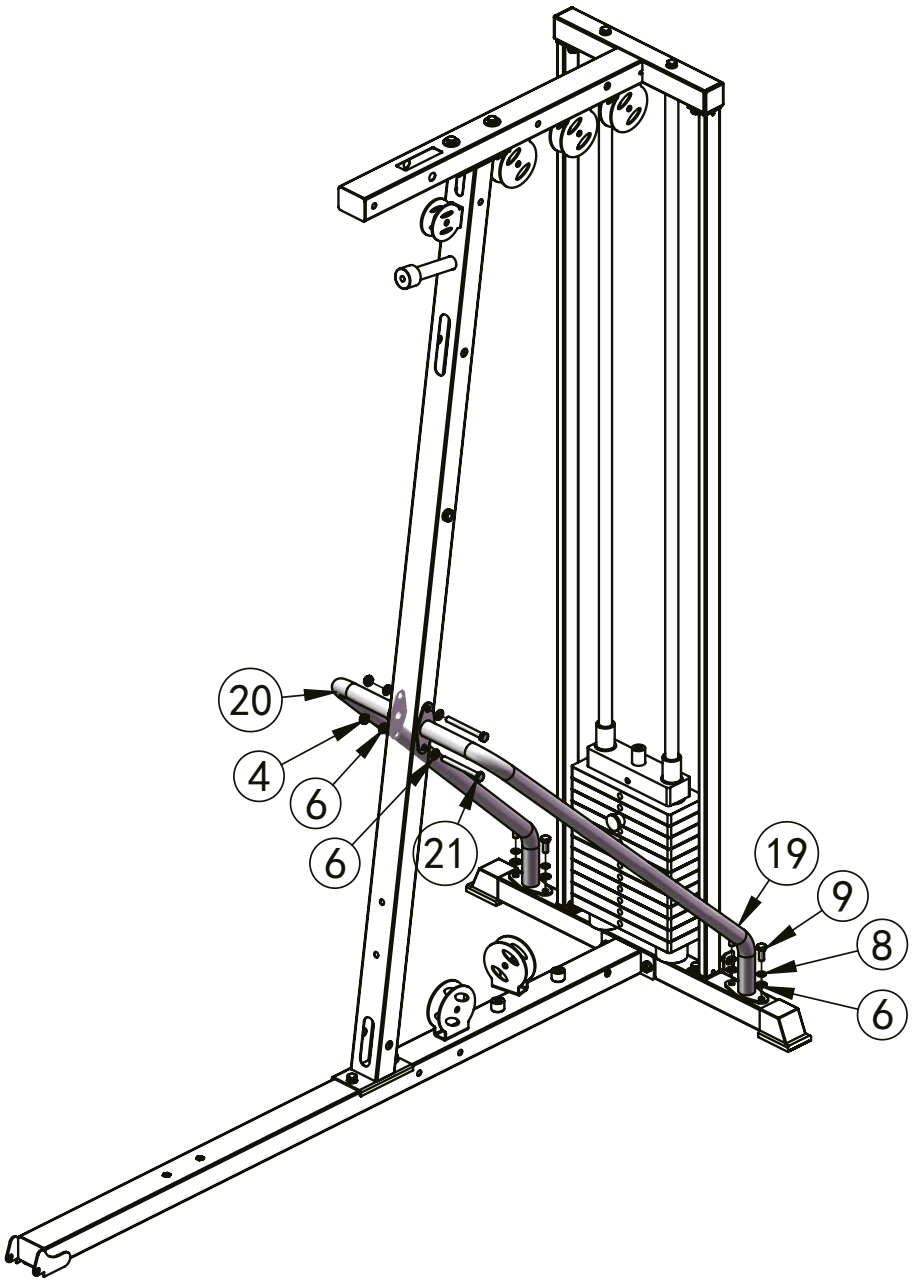


Step 5: Install the Diagonal Support

Tool: Wrench

NOTICE
Do not fully tighten the bolts yet.

1. Attach the Right Diagonal Support Weldment (19) to the Rear Column Assembly (1) using two Hex Head Bolts (9), two Spring Washers (8) and two Flat Washers (6).
2. Repeat the procedure for the Left Diagonal Support Weldment (20).
3. Secure the Right Diagonal Support Weldment (19) to the Main Vertical Pipe Assembly (16) using two Hex Head Bolts (21) and two Flat Washers (6).
4. Fasten both Diagonal Support Weldments (19, 20) with two Flat Washers (6) and two Lock Nuts (4).

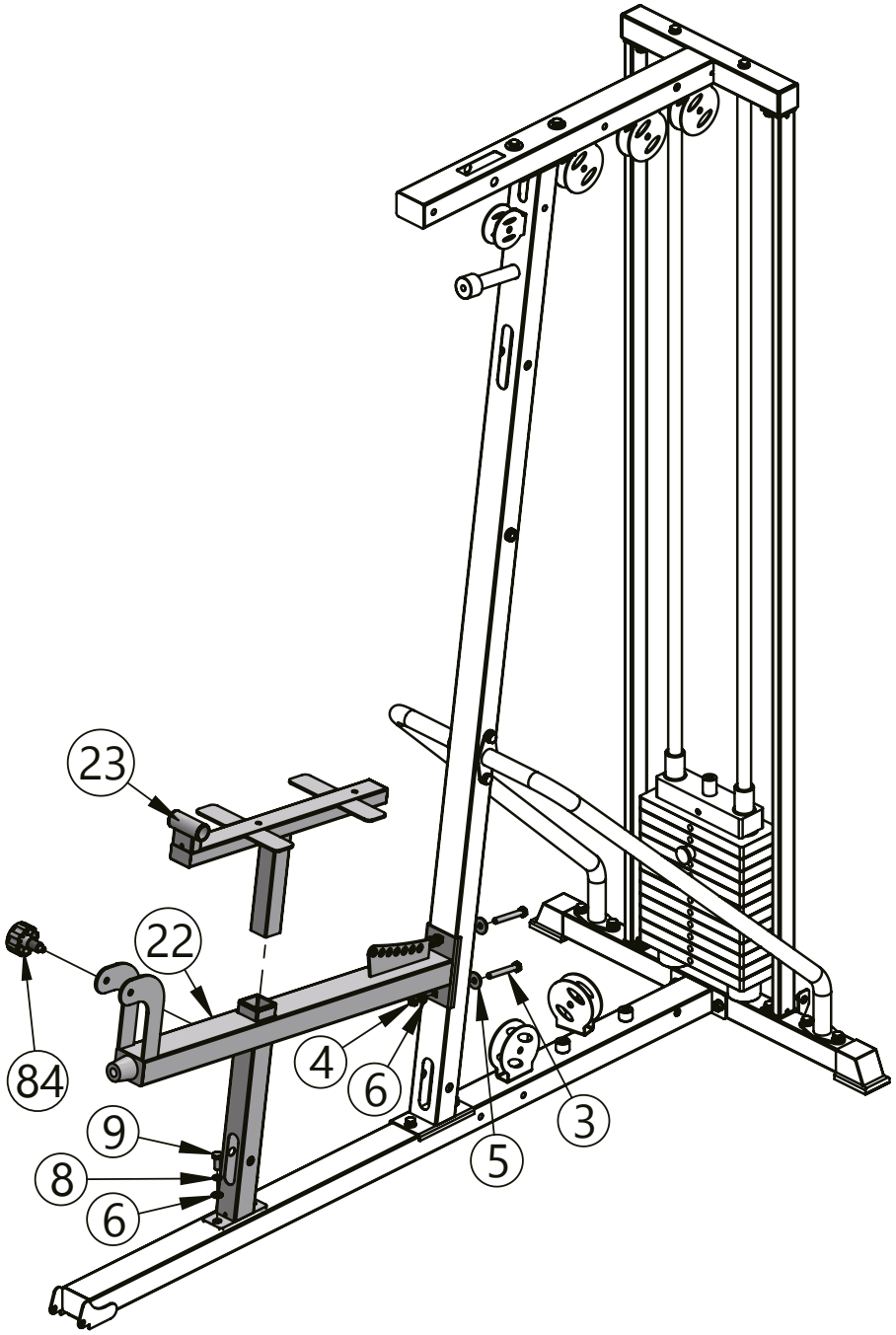


Step 6: Install the Seat Frame

Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Attach the Seat Tube Weldment Assembly (22) to the Bottom Beam Square Tube Assembly (2) using two Hex Head Bolts (9), two Spring Washers (8) and two Flat Washers (6).
2. Attach the Seat Tube Weldment Assembly (22) to the Main Vertical Pipe Assembly (16) using two Hex Head Bolts (3), two Large Flat Washers (5), two Flat Washers (6) and two Lock Nuts (4).
3. Insert the Seat Adjustment Frame Assembly (23) into the Seat Tube Weldment Assembly (22).



Step 7: Install the Backrest Frame

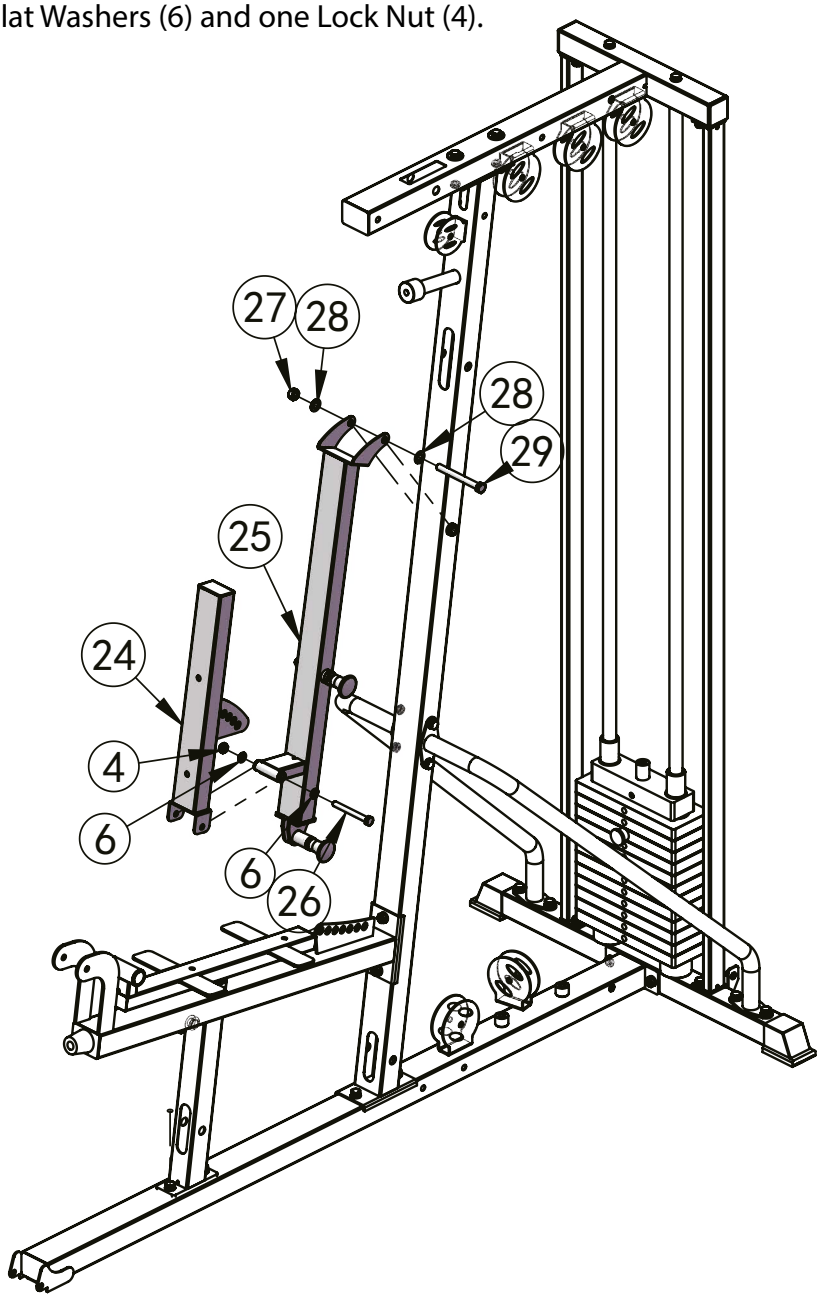
Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Attach the Back Pad Inclined Tube Assembly (25) to the Main Vertical Pipe Assembly (16) using one Hex Head Bolt (29), two Flat Washers (28) and one Lock Nut (27).

► **CAUTION**
Make sure that the magnetic pull pin - cordless sits firmly.

2. Secure the adjusted position of the Back Pad Inclined Tube Assembly (25) to the Seat Tube Weldment Assembly (22) with the Magnetic Pull Pin - Cordless (15).
3. Attach the Back Pad Fixed Tube Assembly (24) to the Back Pad Inclined Tube Assembly (25) using one Hex Head Bolt (26), two Flat Washers (6) and one Lock Nut (4).



Step 8: Install the Chest Press Frame

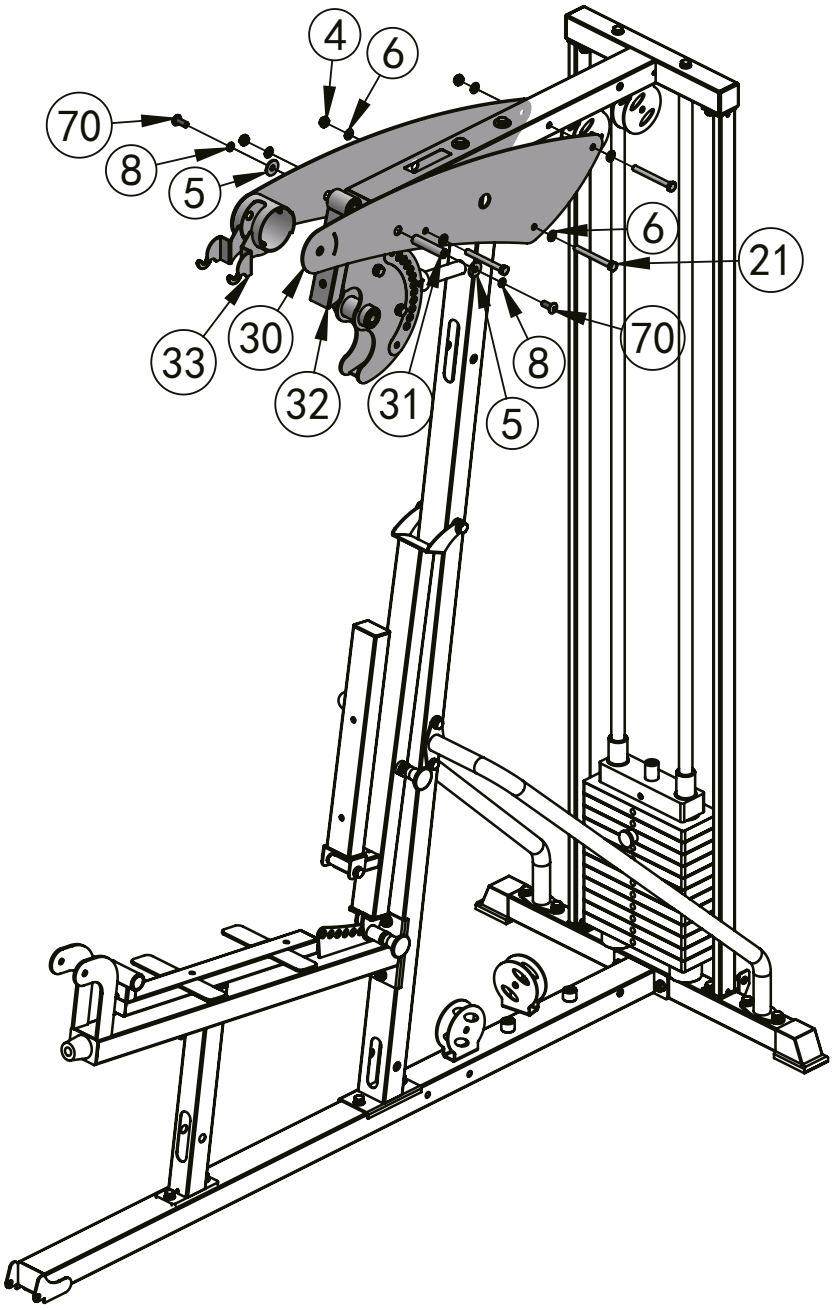
Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Secure the Upper Beam Decorative Plate (30) to the Chest Press Upper Crossbeam Assembly (17) using three Hex Head Bolts (21) and three Flat Washers (6).

ⓘ **NOTICE**
Perform the following steps simultaneously.

2. Position the Front Push Frame Weldment Assembly (32) on the Upper Beam Decorative Plate (30).
3. Attach the Lat Pull Decorative Tube Assembly (33) to the Chest Press Upper Crossbeam Assembly (17) and to the Upper Beam Decorative Plate (30) using three Flat Washers (6) and three Lock Nuts (4).
4. Secure the Front Push Frame Weldment Assembly (32) to the Lat Pull Decorative Tube Assembly (33) and the Upper Beam Decorative Plate (30) using two Hex Socket Pan Head Screws (70), one Internal Thread Shaft (31), two Spring Washers (8) and two Large Flat Washers (5).



Step 9: Install the Chest Press

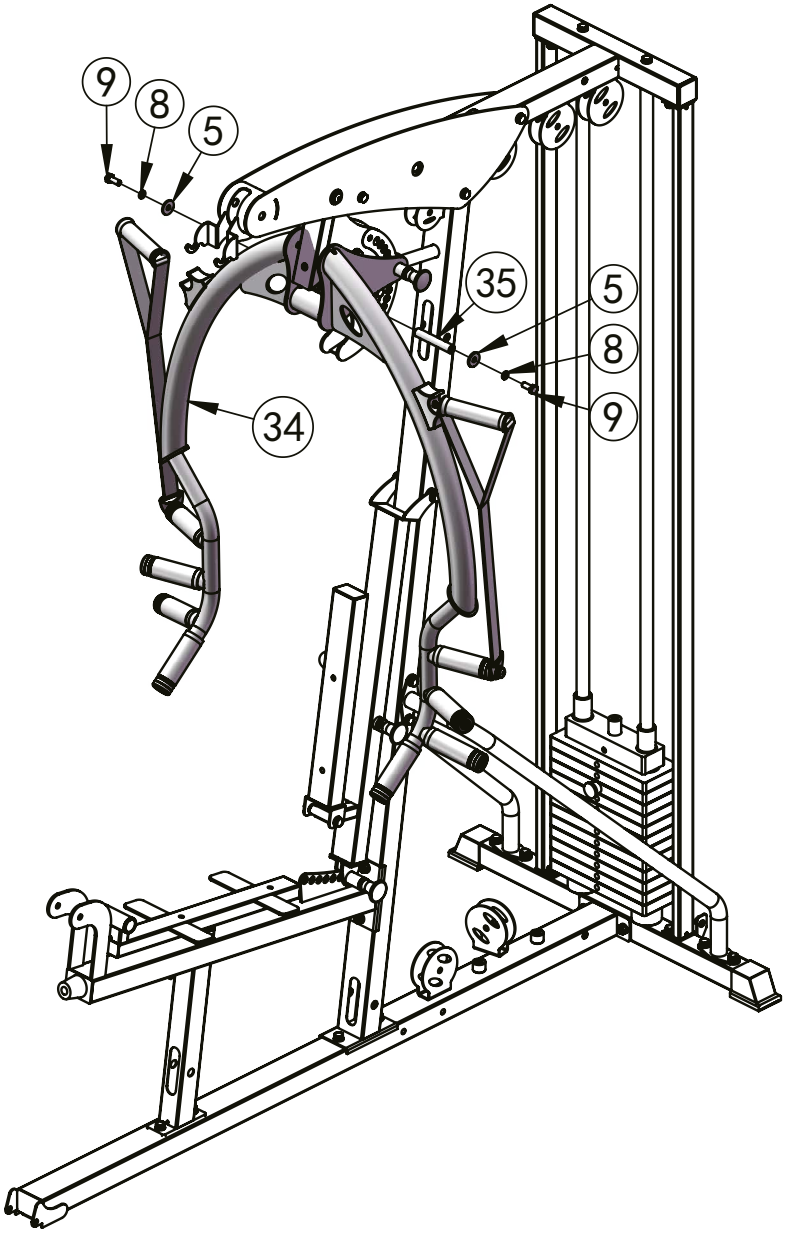
Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Attach the Front Push Arm Weldment Assembly (34) to the Front Push Frame Weldment Assembly (32) using two Hex Head Bolts (9), two Spring Washers (8), two Large Flat Washers (5) and one Internal Thread Shaft (35).

► **CAUTION**
Make sure that the magnetic pull pin - cordless sits firmly.

2. Secure the adjusted position of the Front Push Arm Weldment Assembly (34) with the Umbrella Head Quick Release Pin (72).

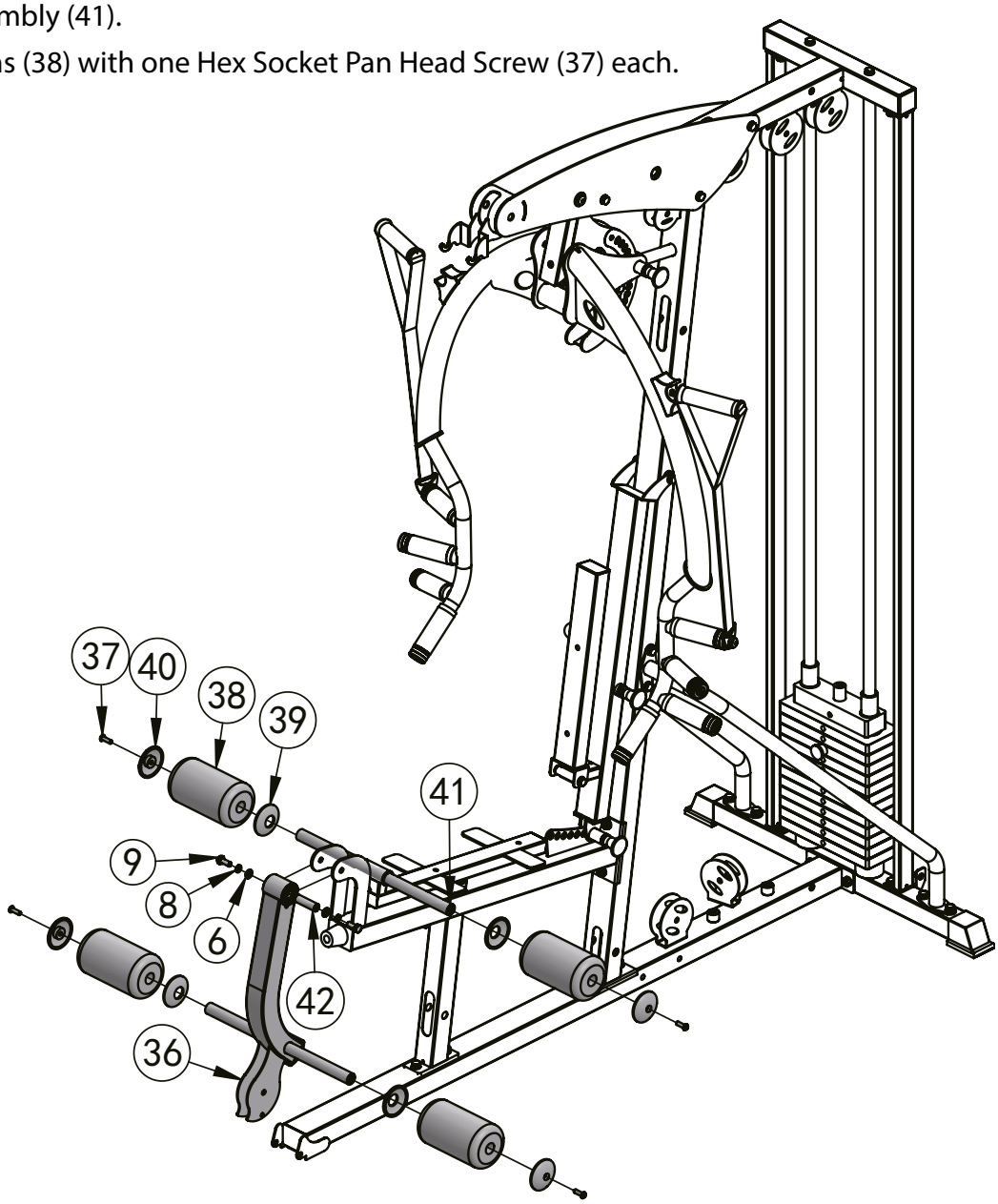


Step 10: Install the Leg Developer

Tool: Wrench

ⓘ **NOTICE**
Do not fully tighten the bolts yet.

1. Attach the Foot Hook Bend Tube Weldment Assembly (36) to the Seat Tube Weldment Assembly (22) using two Hex Head Bolts (9), two Spring Washers (8), two Flat Washers (6) and one Internal Thread Shaft (42).
2. Slide two Foam Inner Covers (39), two Foams (38) and two Foam Outer Covers (40) onto the holder of the Foot Hook Bend Tube Weldment Assembly (36).
3. Secure the Foams (38) with one Hex Socket Pan Head Screw (37) each.
4. Insert the Foam Tube Assembly (41) into the holder of the Seat Tube Weldment Assembly (22).
5. Slide two Foam Inner Covers (39), two Foams (38) and two Foam Outer Covers (40) onto the Foam Tube Assembly (41).
6. Secure the Foams (38) with one Hex Socket Pan Head Screw (37) each.

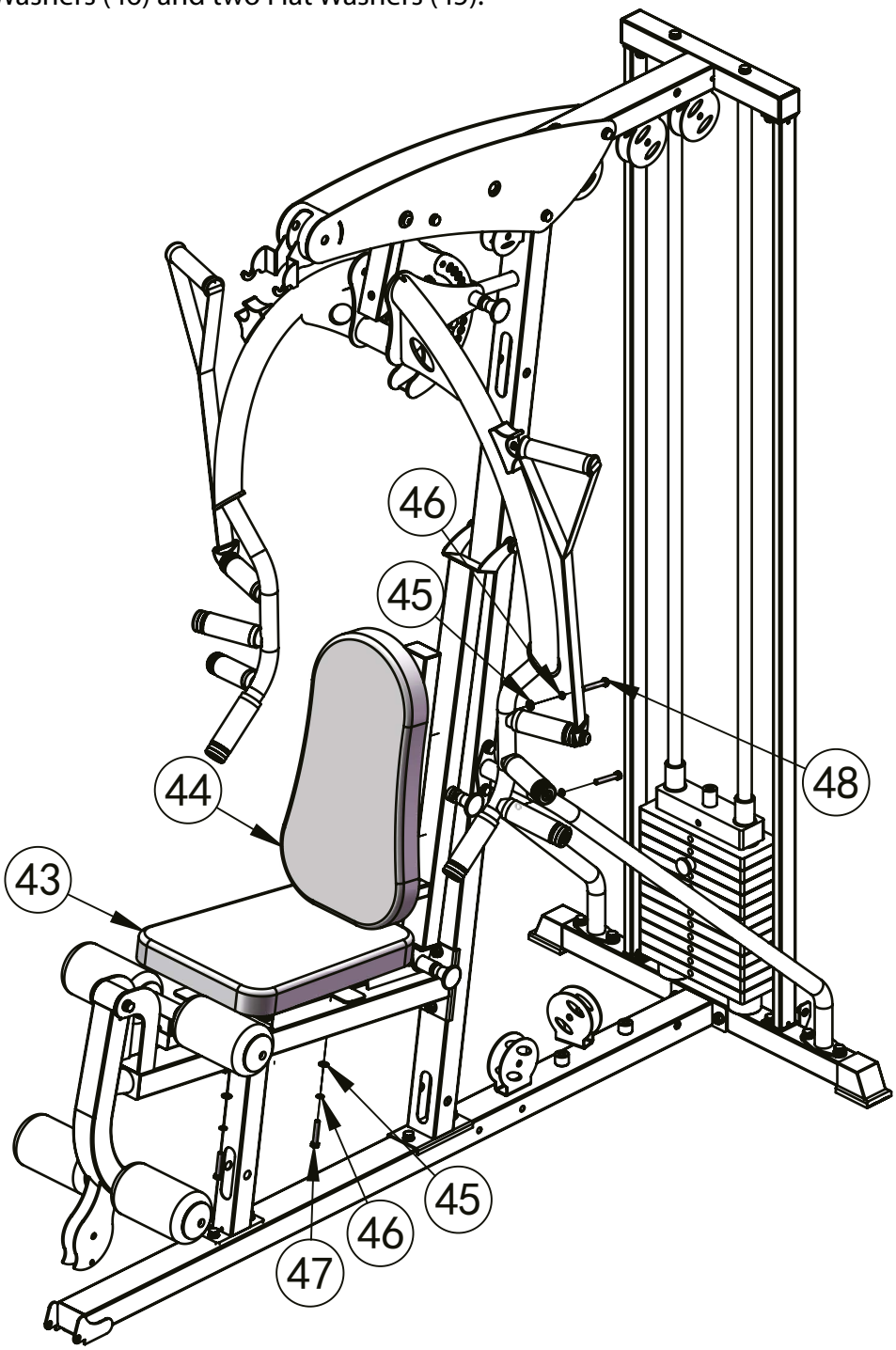


Step 11: Attach the Cushions

Tool: Wrench

NOTICE
Do not fully tighten the bolts yet.

1. Attach the Seat Cushion (43) to the Seat Tube Weldment Assembly (22) using two Hex Head Bolts (47), two Spring Washers (46) and two Flat Washers (45).
2. Attach the Back Cushion (44) to the Back Pad Fixed Tube Assembly (24) using two Hex Head Bolts (48), two Spring Washers (46) and two Flat Washers (45).



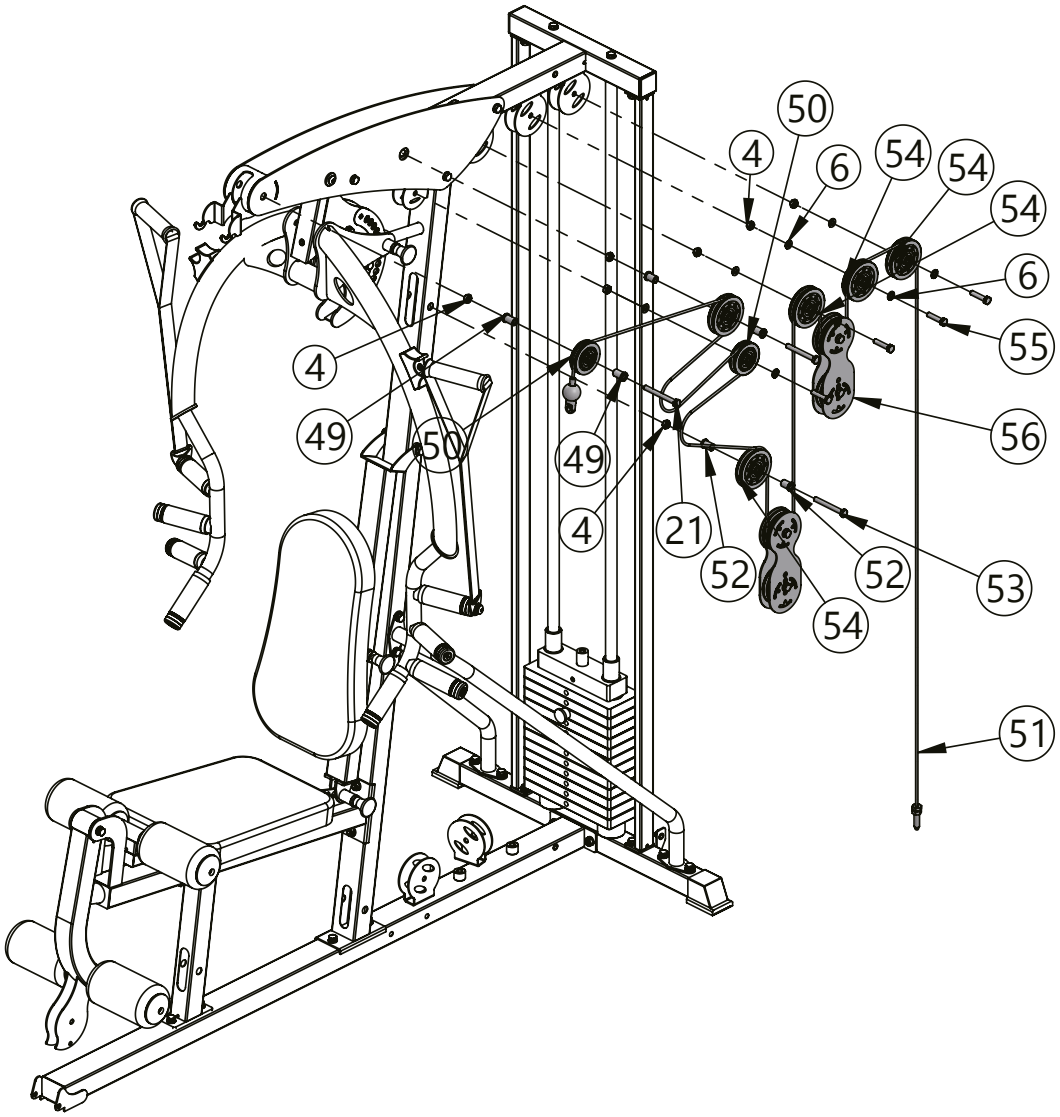
Step 12: Install the Cable 1

Tool: Wrench

ⓘ **NOTICE**

+ Install the cable and pulleys simultaneously.
+ Do not fully tighten the bolts yet.
+ To improve readability in the following steps, the cable (51) will no longer be numbered.

1. Route the end of the Lat Pull Steel Wire Rope (51) over the Pulley (50) at the Upper Beam Decorative Plate (30) and the Lat Pull Decorative Tube Assembly (33).
2. Secure the Pulley (50) using two Powder Metallurgy Bushings (49), one Hex Head Bolt (21) and one Lock Nut (4).
3. Route the cable over the Pulley (50) at the Chest Press Upper Crossbeam Assembly (17).
4. Secure the Pulley (50) using two Powder Metallurgy Bushings (49), one Hex Head Bolt (21) and one Lock Nut (4).
5. Route the cable over the Pulleys (50) at the Front Push Frame Weldment Assembly (32).
6. Route the cable over the Pulley (54) at the Main Vertical Pipe Assembly (16).
7. Secure the Pulley (54) using two Powder Bushings (52), one Hex Head Bolt (53) and one Lock Nut (4).
8. Route the cable over the Movable Pulley Frame Assembly (56).
9. With sufficient slack, route the cable over the Pulley (54) at the Chest Press Upper Crossbeam Assembly (17).
10. Secure the Pulley (54) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
11. Route the cable over the Movable Pulley Frame Assembly (56).
12. With sufficient slack, route the cable over the Pulley (54) at the Chest Press Upper Crossbeam Assembly (17).
13. Route the cable over the Movable Pulley Frame Assembly (56).
14. Secure the Pulley (54) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
15. Route the cable over the Pulley (54) at the Chest Press Upper Crossbeam Assembly (17).
16. Secure the Pulley (54) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
17. Attach the end of the cable to the lifting rod (13).


50
4
6
54
54
54
6
55
56
4
49
50
49
4
21
52
52
53
54
51

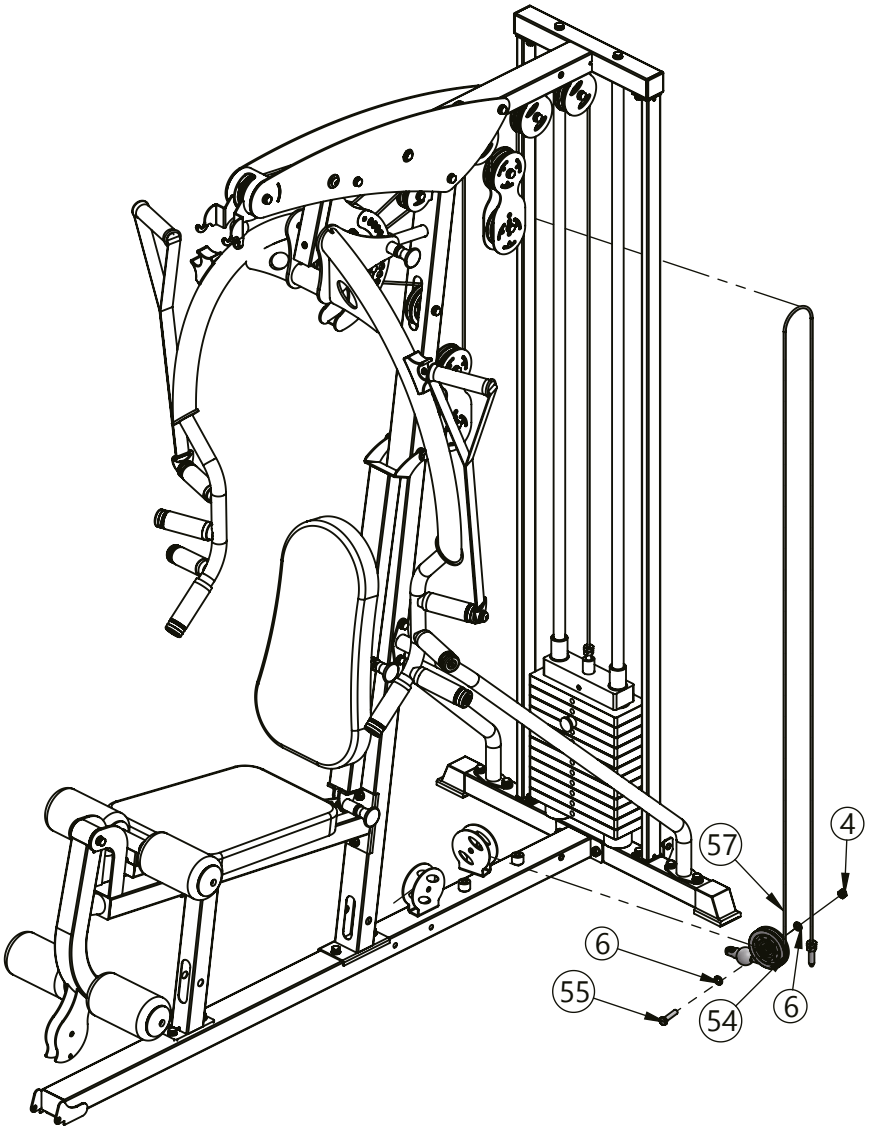
Step 13: Install the Cable 2

Tool: Wrench

ⓘ **HINWEIS**

+ Install the cable and pulleys simultaneously.
+ Do not fully tighten the bolts yet.
+ To improve readability in the following steps, the cable (57) will no longer be numbered.

1. Route the end of the Leg Press Connecting Steel Wire Rope (57) over the Pulley (54) at the Bottom Beam Square Tube Assembly (2).
2. Secure the Pulley (54) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
3. Route the cable over the Movable Pulley Frame Assembly (56).
4. Attach the end of the cable to the Bottom Beam Square Tube Assembly (2).



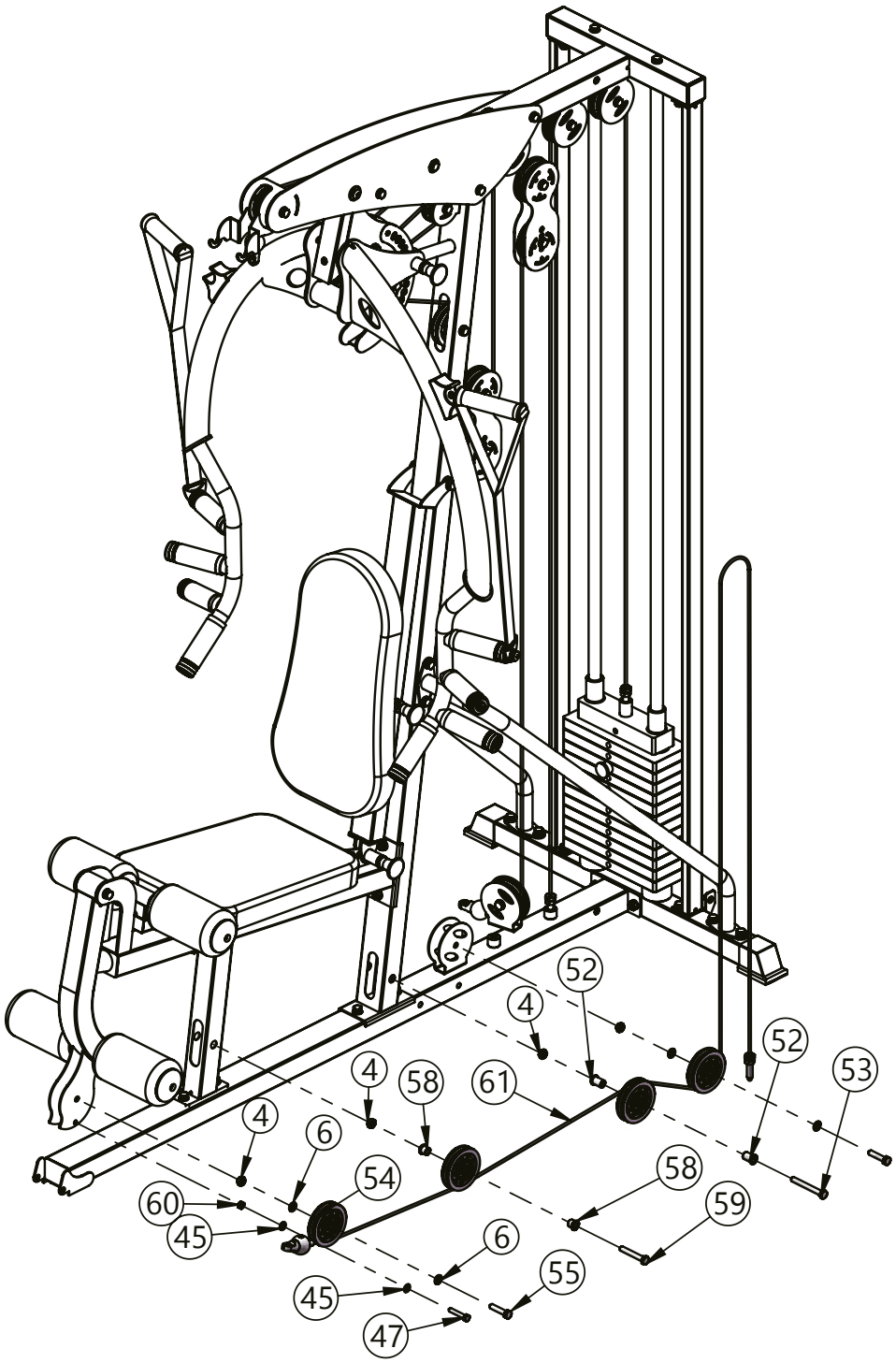
Step 14: Install the Cable 3

Tool: Wrench

ⓘ **HINWEIS**

+ Install the cable and pulleys simultaneously.
+ Do not fully tighten the bolts yet.
+ To improve readability in the following steps, the cable (61) will no longer be numbered.

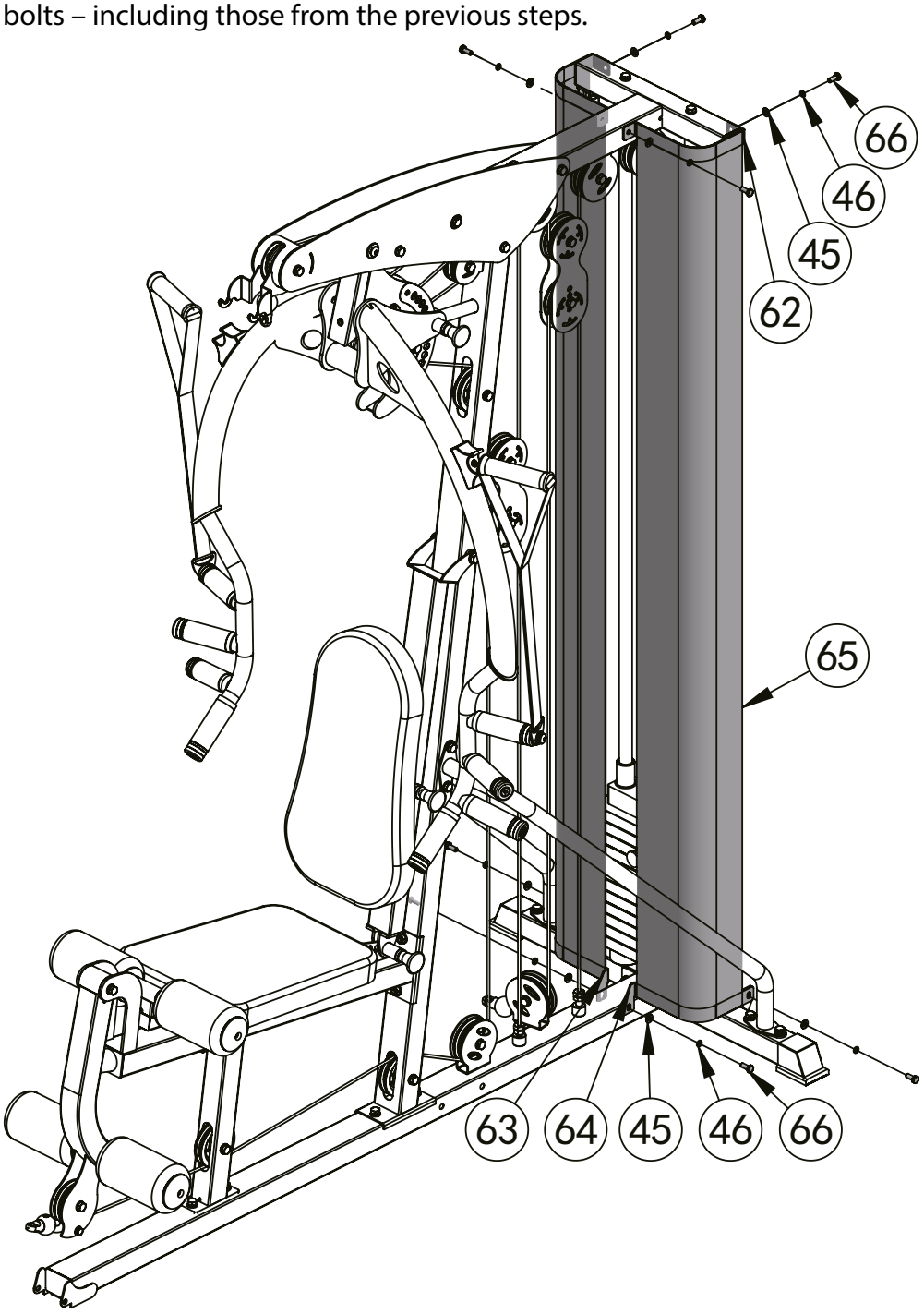
1. Route the end of the Row Steel Wire Rope (61) over the Pulley (54) at the Foot Hook Bend Tube Weldment Assembly (36).
2. Secure the Pulley (54) to the Foot Hook Bend Tube Weldment Assembly (36) using one Hex Head Bolt (47), two Flat Washers (45) and one Lock Nut (60).
3. Secure the Pulley (54) to the Foot Hook Bend Tube Weldment Assembly (36) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
4. Route the cable over the Pulley (54) at the Seat Tube Weldment Assembly (22).
5. Secure the Pulley (54) using one Hex Head Bolt (59), two Powder Bushings (58) and one Lock Nut (4).
6. Route the cable over the Pulley (54) at the Main Vertical Pipe Assembly (16).
7. Secure the Pulley (54) using one Hex Head Bolt (53), two Powder Bushings (52) and one Lock Nut (4).
8. Route the cable over the Pulley (54) at the Bottom Beam Square Tube Assembly (2).
9. Secure the Pulley (54) using one Hex Head Bolt (55), two Flat Washers (6) and one Lock Nut (4).
10. Route the cable over the Movable Pulley Frame Assembly (56).
11. Attach the end of the cable to the Bottom Beam Square Tube Assembly (2).


52
4
52
53
4
58
61
4
6
54
58
60
59
45
6
55
45
47

Step 15: Attach the Shields

Tool: Wrench

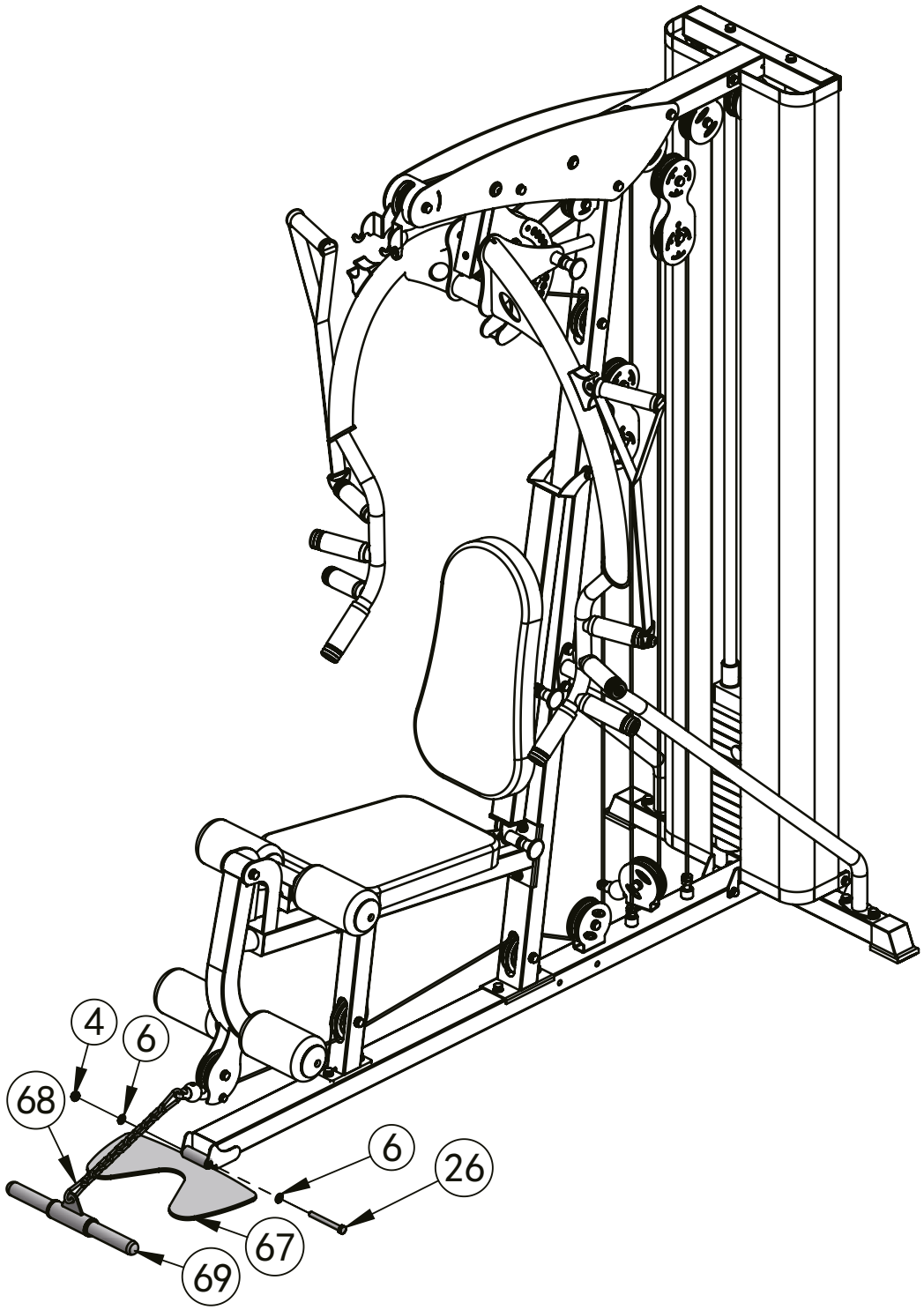
1. Attach the Shields (65) to the Bottom Beam Square Tube Assembly (2) using two Hex Head Bolts (66), two Spring Washers (46), two Flat Washers (45) and two Lower Right Shield Fixing Plates (64).
2. Attach the Shields (65) to the Chest Press Upper Crossbeam Assembly (17) and to the Rear Column Assembly (1) using a total of six Hex Head Bolts (66), six Spring Washers (46) and six Flat Washers (45).
3. Fully tighten all bolts – including those from the previous steps.



Step 16: Attach the Foot Pedal

1. Attach the Foot Pedal Weldment Assembly (67) to the Bottom Beam Square Tube Assembly (2) using one Hex Head Bolt (26), two Flat Washers (6) and one Lock Nut (4).
2. Attach the Lower Pull Rod Weldment Assembly (69) and the Chain + Hoist Hook (68) to the cable of the Foot Hook Bend Tube Weldment Assembly (36).

→ ***The machine is now fully assembled.***

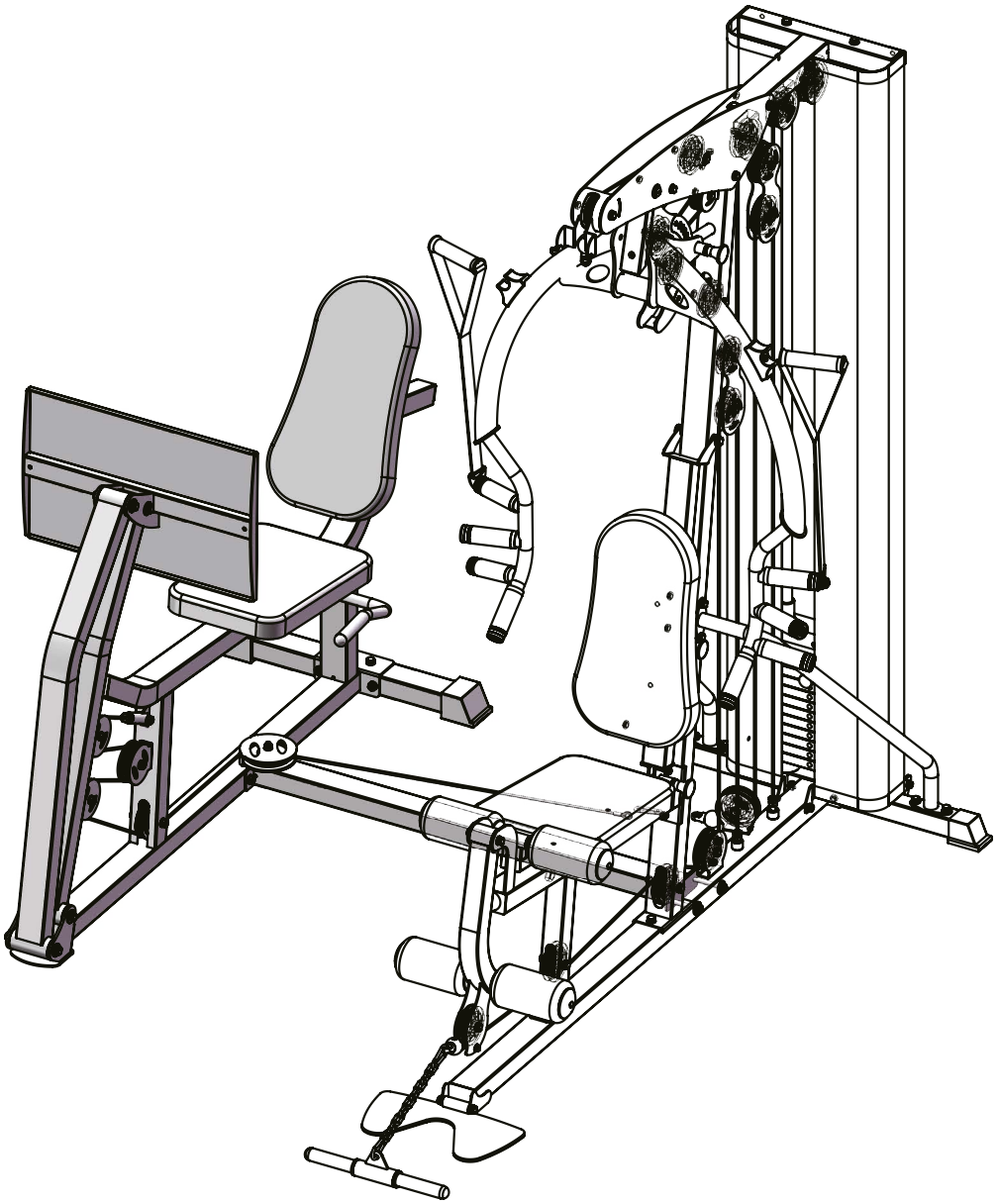


2.5 Assembly: F3 Leg Press

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

ⓘ **NOTICE**

+ First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
+ Do not tighten the screws and bolts with excessive force as they could be damaged.
+ If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

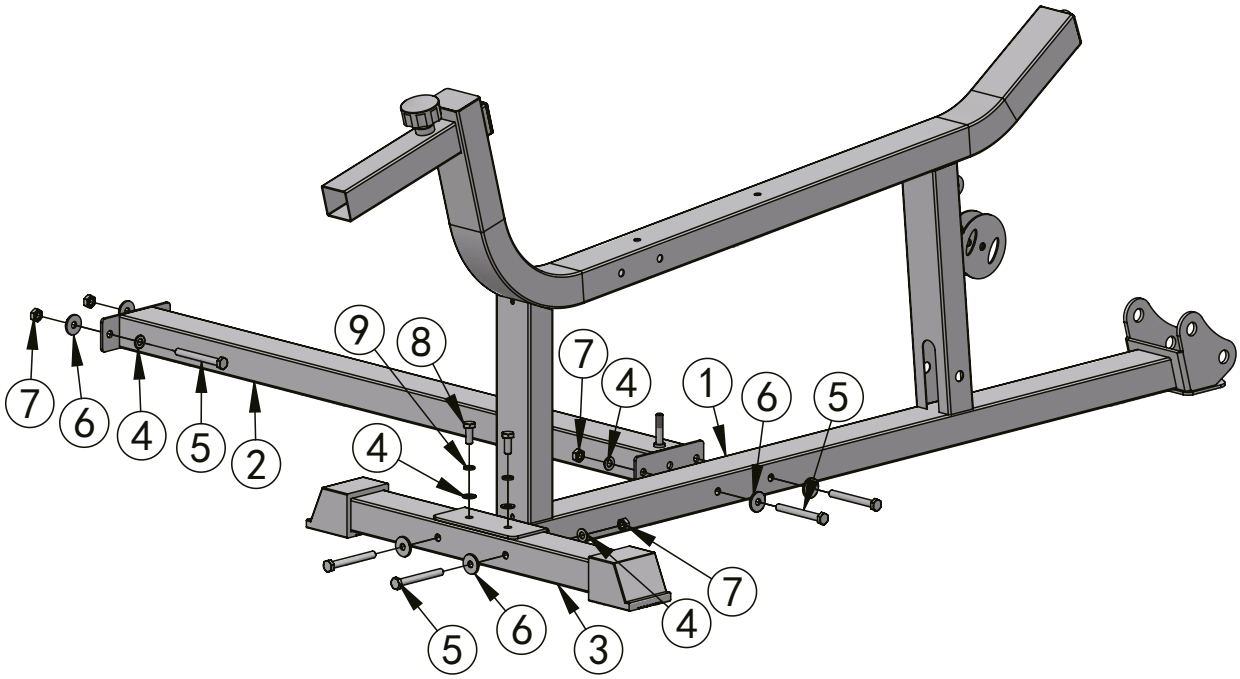


Step 1: Assembling the Base Frame

ⓘ **NOTICE**
Do not fully tighten the bolts and nuts yet.

Tool: Wrench

1. Attach the leg press base frame (2) to the Main Frame **(Kinetic F3: 2**) using two bolts (5), two washers (6), two washers (4), and two nuts (7).
2. Attach the leg press base frame (2) to the leg press bottom beam square tube weldment (1) using two bolts (5), two washers (6), two washers (4), and two nuts (7).
3. Attach the leg press foot (3) to the leg press bottom beam square tube weldment (1) using two bolts (8), two washers (9), two washers (4), and two nuts (7).
4. Attach the leg press foot (3) to the leg press bottom beam square tube weldment (1) using two bolts (5), two washers (6), two washers (4), and two nuts (7).

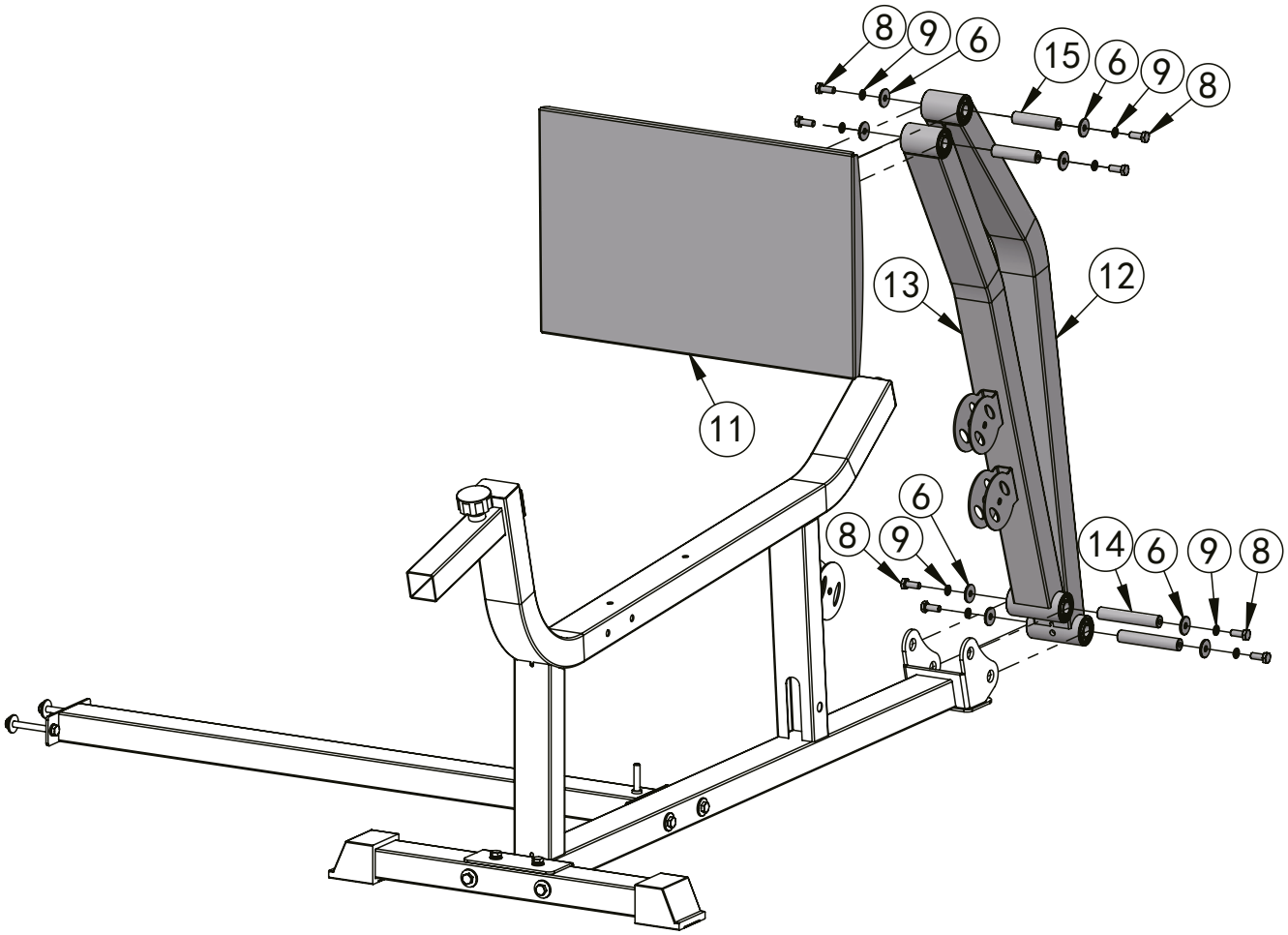


Step 2: Assembling the Leg Press

NOTICE
Do not fully tighten the bolts and nuts yet.

Tool: Wrench

1. Attach the front and rear leg press bend tube assemblies (13, 12) to the bottom beam square tube weldment (1) using one shaft (14), two washers (6), two washers (9), and two bolts (8) each.
2. Attach the foot pedal weldment (11) to the front and rear leg press bend tube assemblies (13, 12) using one shaft (15), two washers (6), two washers (9), and two bolts (8) each.



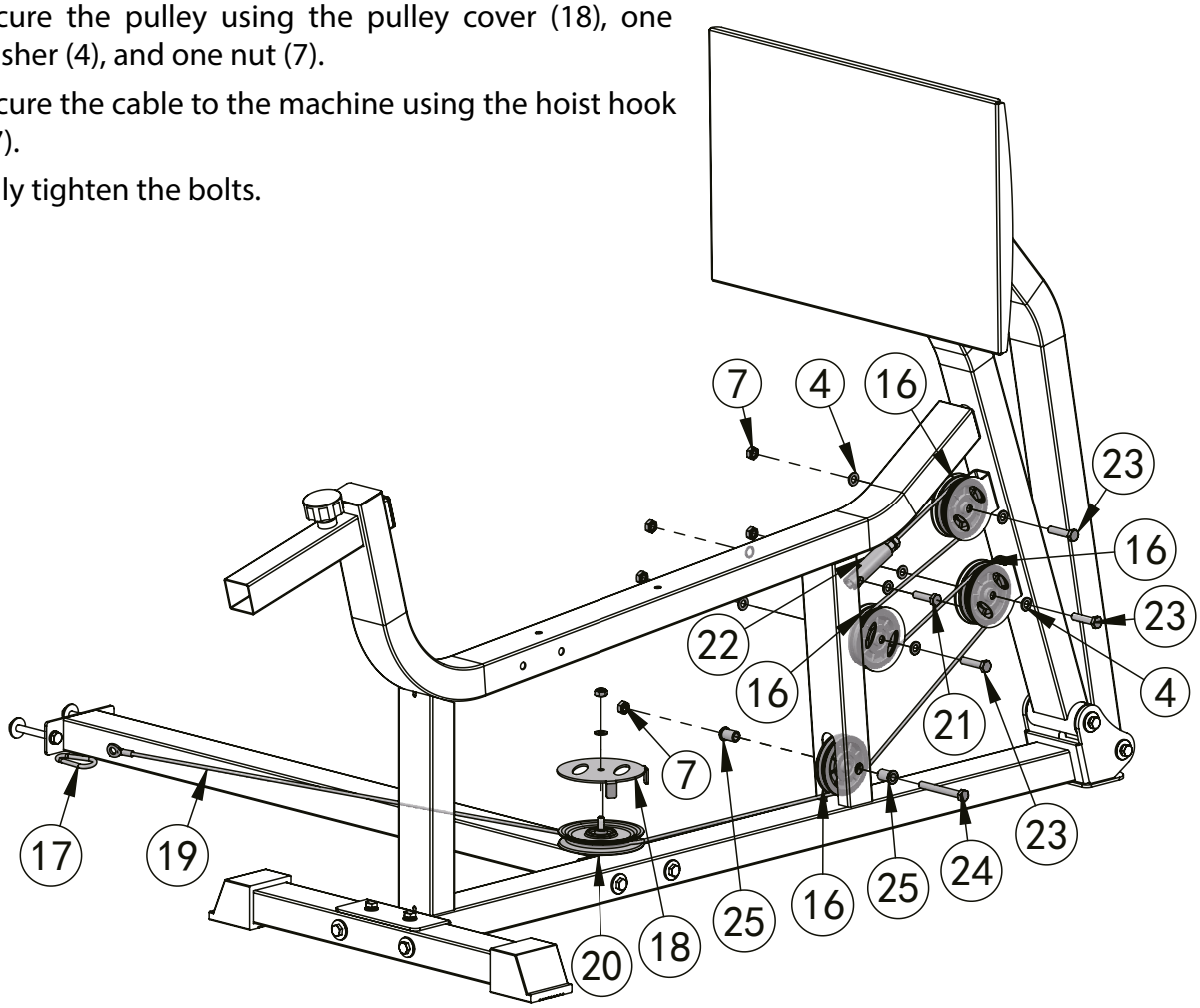
Step 3: Installing the Cable

NOTICE

+ Install the cable and the pulleys simultaneously.
+ To improve readability, the cable (19) and the pulleys (16) will no longer be numbered in the following steps.

Tool: Wrench

1. Attach the steel wire rope (19) to the bottom beam square tube weldment (1) using the steel wire rope adjusting sleeve (22), one bolt (21), two washers (4), and one nut (7).
2. Guide the cable over the pulley on the front leg press bend tube assembly (13).
3. Secure the pulley using one bolt (23), two washers (4), and one nut (7).
4. Guide the cable over the pulley on the bottom beam square tube weldment (1).
5. Secure the pulley using one bolt (23), two washers (4), and one nut (7).
6. Guide the cable over the pulley on the front leg press bend tube assembly (13).
7. Secure the pulley using one bolt (23), two washers (4), and one nut (7).
8. Guide the cable over the pulley on the bottom beam square tube weldment (1).
9. Secure the pulley using two bushings (25), one bolt (24), and one nut (7).
10. Guide the cable over the pulley (20).
11. Secure the pulley using the pulley cover (18), one washer (4), and one nut (7).
12. Secure the cable to the machine using the hoist hook (17).
13. Fully tighten the bolts.



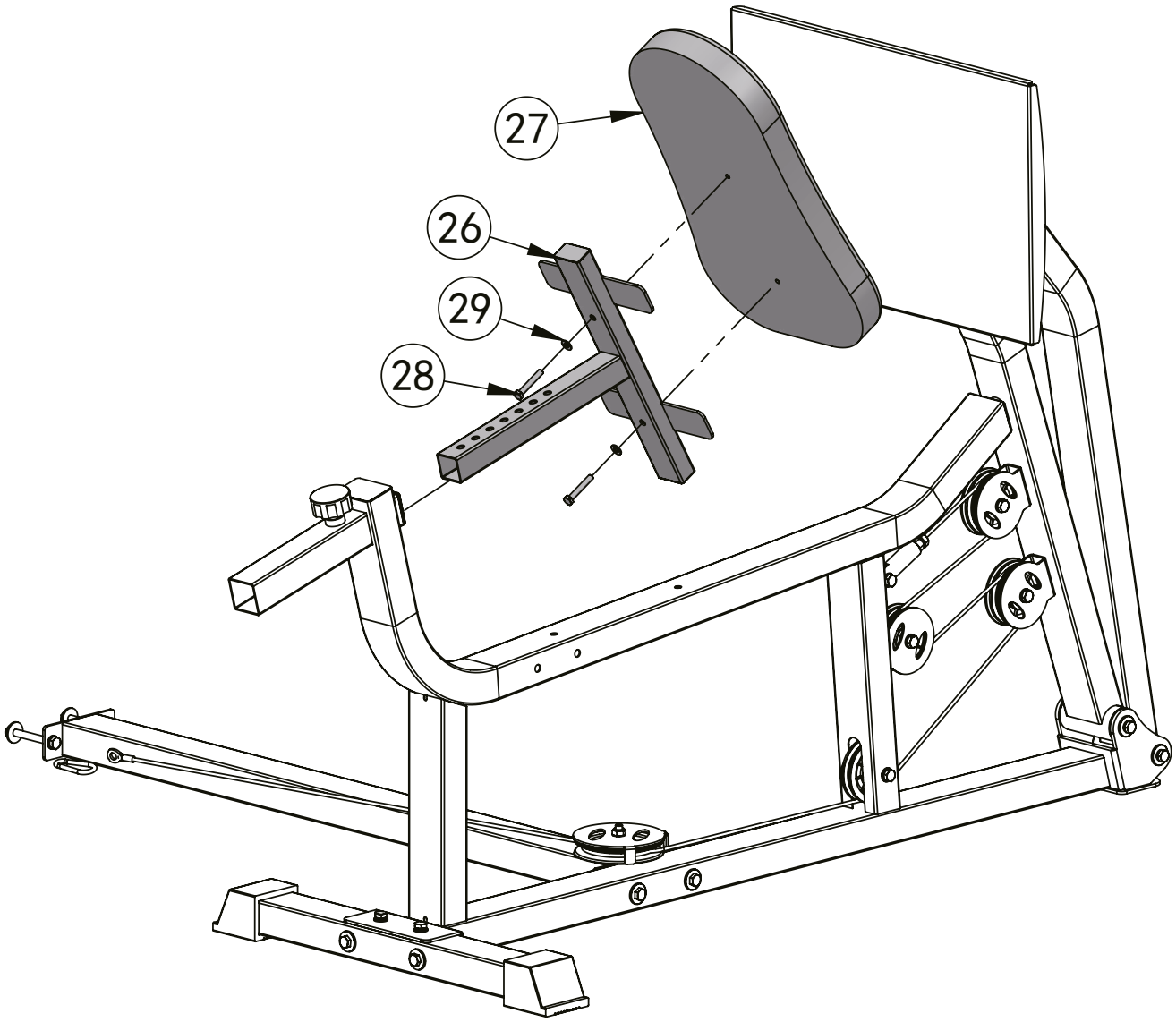
Step 4: Installing the Back Pad

Tool: Wrench

1. Attach the back pad (27) to the back pad adjustment frame assembly (26) using two bolts (28) and two washers (29).

► **CAUTION**
Make sure that the magnetic pull pin - cordless sits firmly.

2. Secure the back pad adjustment frame assembly (26) to the bottom beam square tube weldment (1).
3. Fully tighten the bolts.



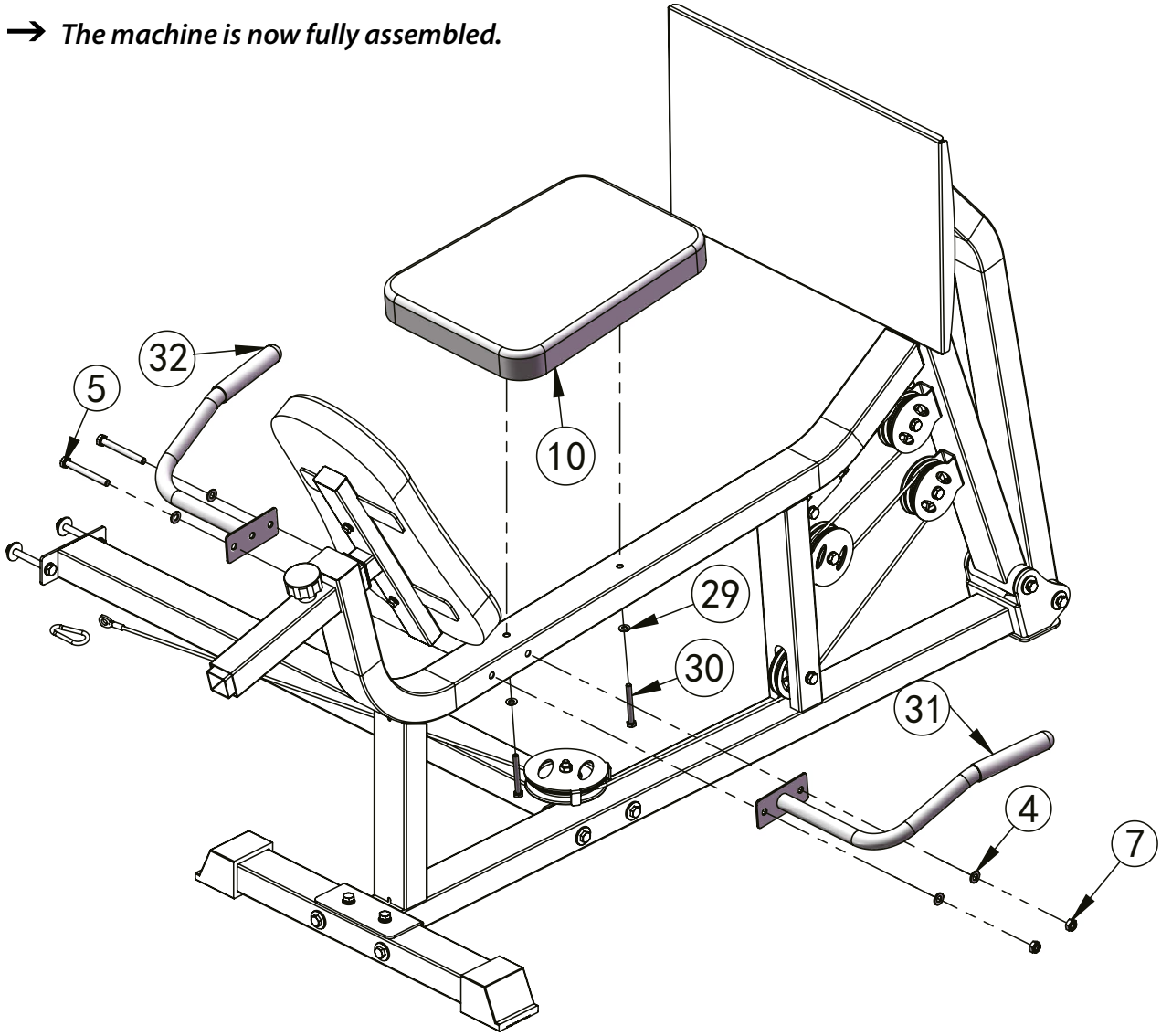
Step 5: Installing the Pad and Handlebars

ⓘ **NOTICE**
After assembly, it is recommended to test the machine using a low weight. This helps prevent damage in case of incorrect assembly.

Tool: Wrench

1. Attach the cushion (10) to the bottom beam square tube weldment (1) using two bolts (30) and two washers (29).
2. Attach the front handlebar right-side assembly (32) and front handlebar left-side assembly (31) to the bottom beam square tube weldment (1) using two bolts (5), four washers (4), and two nuts (7).
3. Fully tighten all bolts – including those from the previous steps.

→ ***The machine is now fully assembled.***



3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.
End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

3.1.1 Training clothes

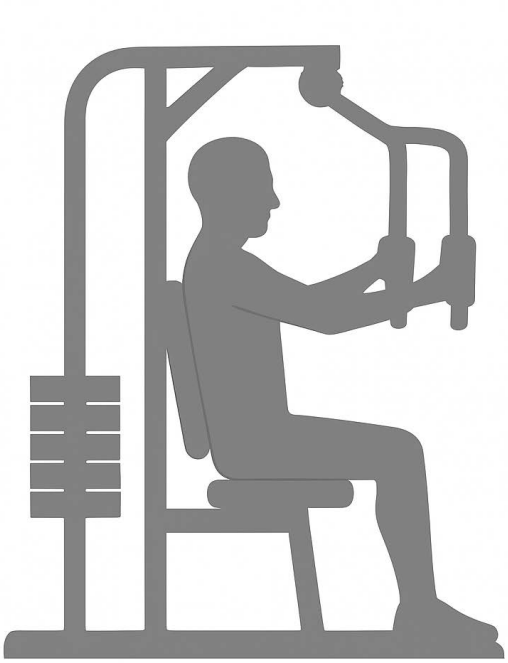
During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



⚠ **CAUTION**
Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.1.4 Used muscle groups

This training uses the following muscle groups:

+ Gluteal muscle
+ Leg muscles
+ Arm muscles
+ Pectoral muscles
+ Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

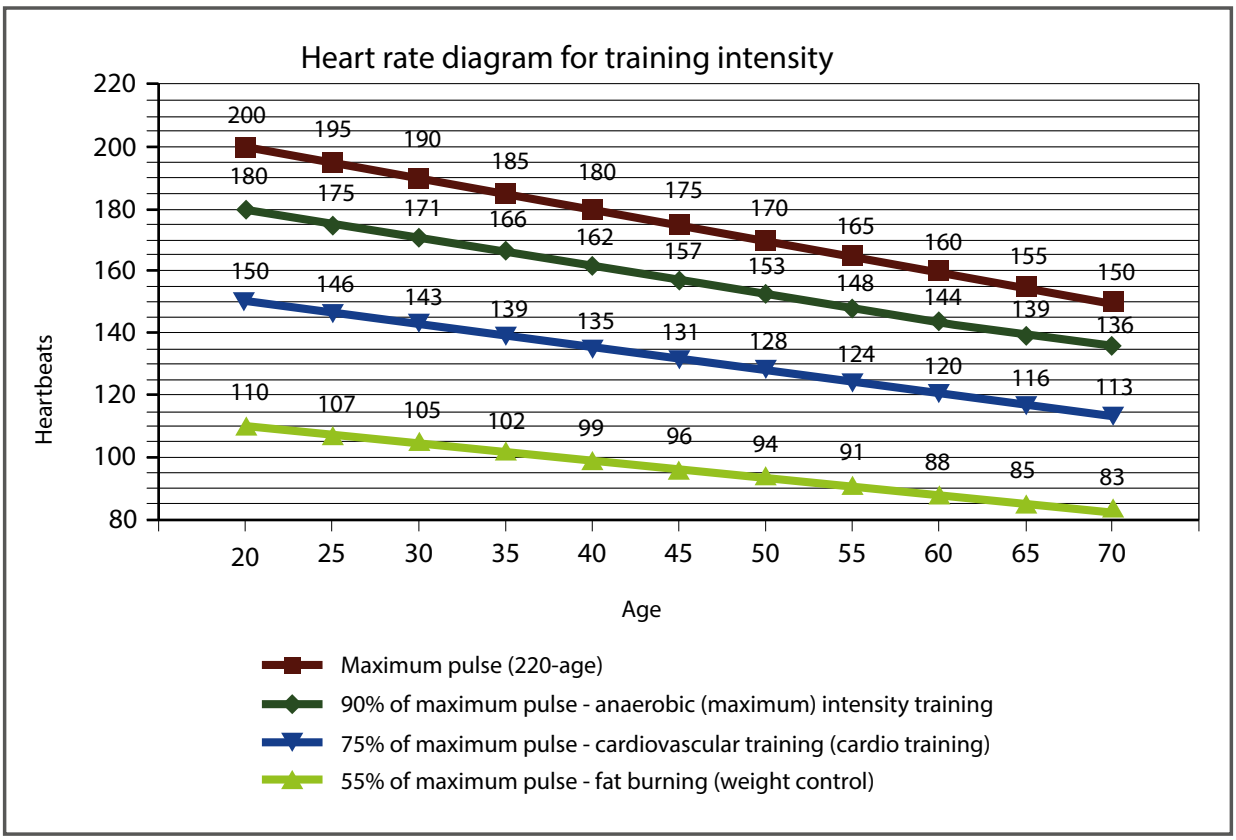
Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:
For a 45-year-old man, the maximum heart rate is 175 (220 - 45 = 175).

+ The fat burning target zone (55%) is at approximately 96 beats/min. = (220 - age) x 0.55.
+ The cardio target zone (75%) is at approximately 131 beats/min. = (220 - age) x 0.75.
+ The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



3.2 Workout journal

				kg				

(Copy template)

Date

Distance

Time (min.)

Resistance level

Training weight

Ø Pulse

Calories burnt

I feel ...

Body weight

4.1 General Instructions

⚠ **WARNING**

+ The storage location should be chosen so that improper use by third parties or children can be prevented.
+ If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

► **ATTENTION**

+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.1 General Instructions

⚠ **WARNING**

+ Do not make any improper changes to the equipment.

⚠ **CAUTION**

+ Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► **ATTENTION**

+ In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
Legend: C = clean; I = inspect			

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights**, **handles**, **foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



triceps rope

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter of this operating manual.

ⓘ **NOTICE**
The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Kettler / multi gym

Model Name:

Kinetic F3
Kinetic F3 Leg Press

Article Number:

K-MG1050-100
K-MG1050-150

8.2 Parts List: F3

No.	Name	Specification	Qty.
1	2011-2 Main Floor-Mounted Tube Assembly	Assembly Part	1
2	2011-2 Bottom Beam Square Tube Weldment	Weldment	1
3	2011-2 Rear Floor-Mounted Tube Assembly	Assembly Part	1
4	φ10 Flat Washer (GB Standard)	φ10	21
5	M10×90 Hex Head Bolt	M10×90	8
6	Φ10 Large Flat Washer (GB Standard)	φ30*φ10*3	14
7	M10 Lock Nut	M10	14
8	M10×25 Hex Head Bolt	M10×25	10
9	φ10 Spring Washer	φ10	10
10	179 Cushion	450*335*50	1
11	2010-2 Foot Pedal Weldment	Weldment	1
12	2010-2 Leg Press Outer Bend Tube Assembly	Assembly Part	1
13	2010-2 Leg Press Bend Tube Assembly	Assembly Part	1
14	φ20X114.5 Internal Thread Shaft	φ20X114.5	2
15	φ20X84.5 Internal Thread Shaft	φ20X84.5	2
16	92 Pulley (Powder Bushing)	φ92	4
17	Hoist Hook	Standard Part	1
18	127 Pulley Cover	T3	1
19	2010-2 Steel Wire Rope	Assembly Part	1
20	127 Pulley	φ127	1
21	M10×40 Hex Head Bolt	M10×40	1
22	179B Steel Wire Rope Adjusting Sleeve	φ25*85	1
23	M10×45 Hex Head Bolt	M10×45	3
24	M10×85 Hex Head Bolt	M10×85	1
25	φ20×φ16×φ10.2×25.5 Powder Bushing	φ20×φ16×φ	2
26	2010-2 Back Pad Adjustment Frame Assembly	Assembly Part	1
27	179 Back Pad	550*310*50	1
28	M8×50 Hex Head Bolt	M8×50	2
29	φ8 Flat Washer	φ8	4
30	M8×70 Hex Head Bolt	M8×70	2
31	6011 Front Handlebar Left-side Assembly	Assembly Part	1
32	6011 Front Handlebar Right-side Assembly	Assembly Part	1

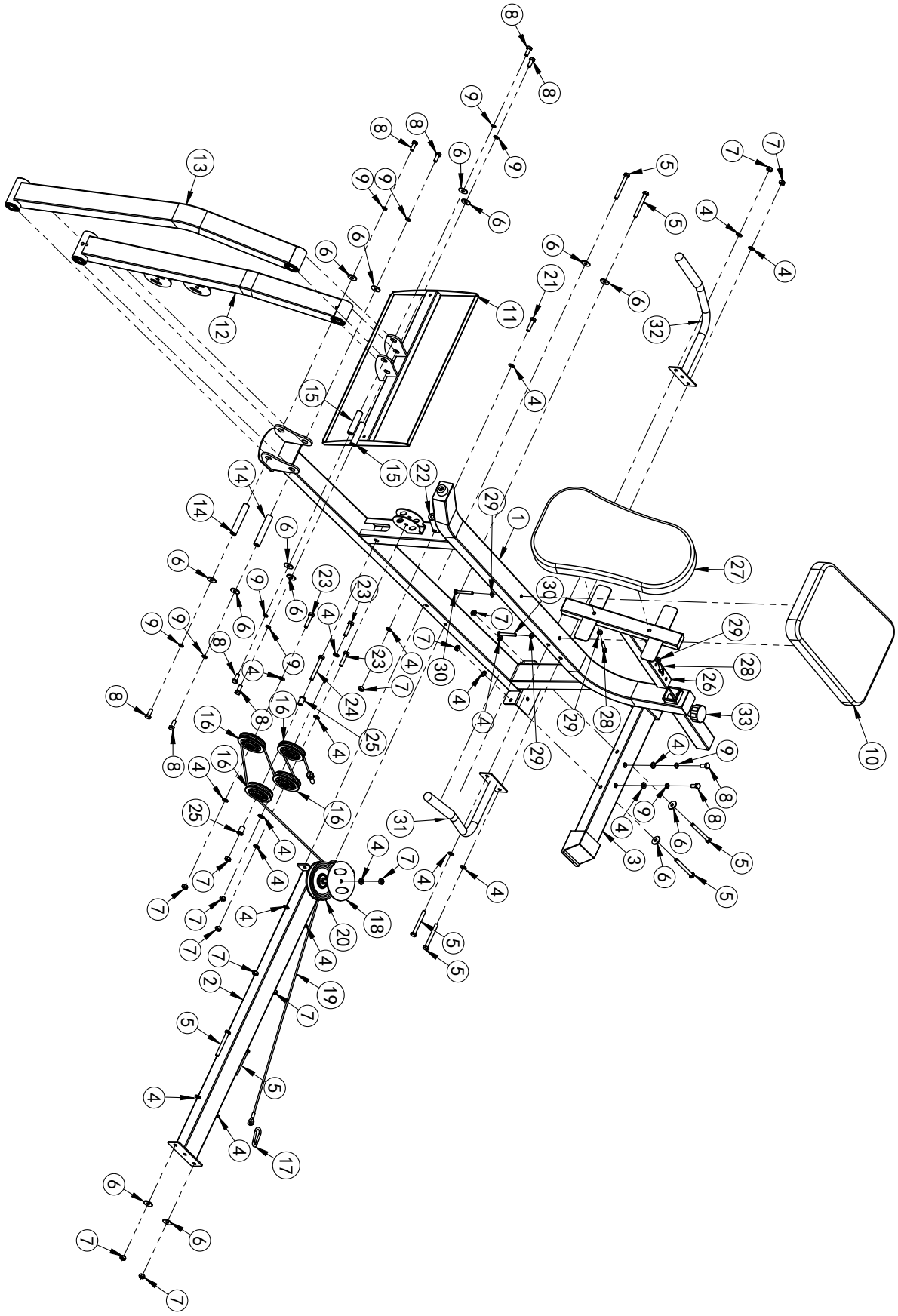
8.3 Parts List: F3 Leg Press

No.	Name	Qty.
1	2011 Rear Column Assembly	1
2	2011 Bottom Beam Square Tube Assembly	1
3	M10×70 Hex Head Bolt	6
4	M10 Lock Nut	25
5	φ10 Large Flat Washer (GB Standard) φ30*φ10*3	10
6	Φ10 Flat Washer (GB Standard)	54
7	2011 Rear Support Weldment	2
8	φ10 Spring Washer	22
9	M10×25 Hex Head Bolt	20
10	1985 Stainless Steel Guide Rod Assembly	2
11	60-27 Shock Absorber Pad φ60×φ27×42	2
12	3058 Cast Iron Weight Stack 60KG	1
13	3058 Lifting Rod 60KG φ25	1
14	10×60 Straight Groove Elastic Cylindrical Pin	1
15	φ10×100 Magnetic Pull Pin - Cordless	1
16	2011 Main Vertical Pipe Assembly	1
17	2011 Chest Press Upper Crossbeam Assembly	1
18	M10×20 Hex Head Bolt (Thin Head)	2
19	2011 Right Diagonal Support Weldment	1
20	2011 Left Diagonal Support Weldment	1
21	M10×95 Hex Head Bolt	6
22	2008 Seat Tube Weldment Assembly	1
23	179 Seat Adjustment Frame Assembly	1
24	2008 Back Pad Fixed Tube Assembly	1
25	2008 Back Pad Inclined Tube Assembly	1
26	M10×90 Hex Head Bolt	2
27	M12 Lock Nut	1
28	φ12 Flat Washer	2
29	M12×110 Hex Head Bolt	1
30	2011 Upper Beam Decorative Plate	2
31	φ17X77-M10 Internal Thread Shaft	1
32	2011 Front Push Frame Weldment Assembly	1

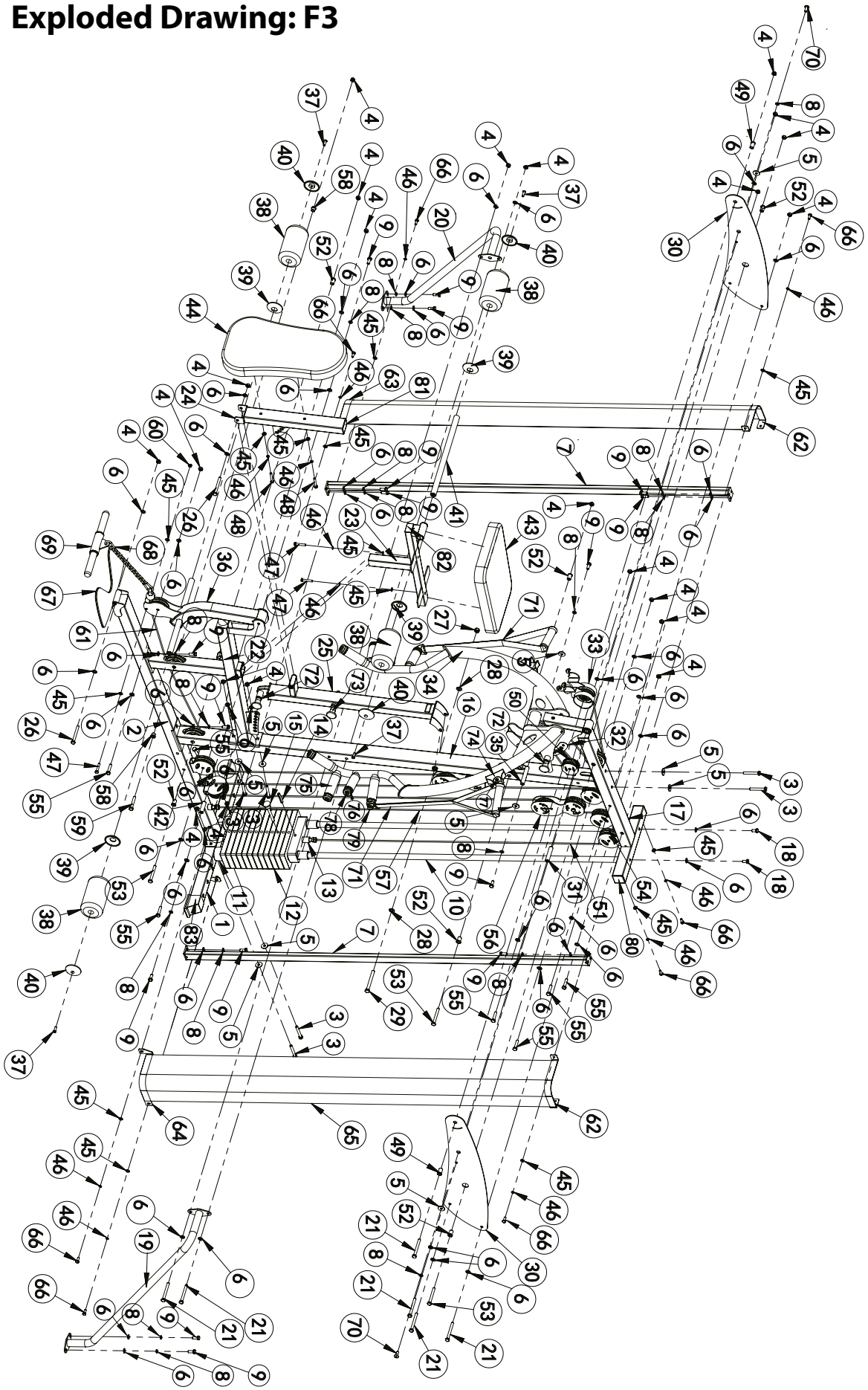
33	2011 Lat Pull Decorative Tube Assembly	1
34	2010 Front Push Arm Weldment Assembly	1
35	φ17X97-M10 Internal Thread Shaft	1
36	177 Foot Hook Bend Tube Weldment Assembly	1
37	M8X25 Hex Socket Pan Head Screw	4
38	175 Foam (Leather Covered) φ25×φ100×175	4
39	Foam Inner Cover (Chrome Plated) φ70×φ27×12	4
40	Foam Outer Cover (Chrome Plated) φ70×φ9×14	4
41	450 Foam Tube Assembly	1
42	φ17X57-M10 Internal Thread Shaft	1
43	179 Seat Cushion 450*335*50	1
44	179 Back Cushion 550*310*50	1
45	φ8 Flat Washer	14
46	φ8 Spring Washer	12
47	M8×45 Hex Head Bolt	3
48	M8×55 Hex Head Bolt	2
49	Powder Metallurgy Bushing φ20×φ 16×10.2×28.5	2
50	φ75 Pulley	2
51	2011 Lat Pull Steel Wire Rope	1
52	φ20×φ16×φ10.5×25.5 Powder Bushing	6
53	M10×85 Hex Head Bolt	3
54	92 Pulley (Powder Bushing)	10
55	M10×45 Hex Head Bolt	7
56	Movable Pulley Frame Assembly	2
57	2011 Leg Press Connecting Steel Wire Rope	1
58	φ20×φ16×φ10.5×15 Powder Bushing	2
59	M10×65 Hex Head Bolt	1
60	M8 Lock Nut	1
61	2011 Row Steel Wire Rope	1
62	2011 Shield Fixing Plate	2
63	2011 Lower Left Shield Fixing Plate	1
64	2011 Lower Right Shield Fixing Plate	1
65	2011 Shield	2
66	M8×20 Hex Head Bolt	8

67	2002 Foot Pedal Weldment Assembly	1
68	Chain + Hoist Hook	1
69	Lower Pull Rod Weldment Assembly	1
70	M10X25 Hex Socket Pan Head Screw	2
71	2010 Hand Pull Strap	2
72	φ20×M20×40 Umbrella Head Quick Release Pin - Black	2
73	φ20×M20×75 Umbrella Head Quick Release Pin - Black	1
74	Handle Clamp Sleeve	2
75	179 Foam Handle Grip	8
76	32 Handle Outer Retaining Ring	6
77	M6×75 Cross-head Screw	2
78	M10×25 Cross-head Screw	6
79	M10X50 Hex Socket Pan Head Screw	2
80	50 Square Tube End Cap 50×50×T1.2	2
81	40×60 Square Tube End Cap	1
82	30×50 Square Tube End Cap	3
83	50 Rubber Foot Cap	2

8.4 Exploded Drawing: F3 Leg Press



8.5 Exploded Drawing: F3



9 WARRANTY

Products from Kettler® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions
Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee
The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period
The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs
According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

+ Home use: solely for private use in private households up to 3 hours per day
+ Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
+ Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service
Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions
For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

+ misuse or improper handling
+ environmental influences (moisture, heat, electrical surge, dust, etc.)
+ failure to follow the current safety measures for the equipment
+ failure to follow the operating instructions
+ use of force (e. g. hitting, kicking, falling)
+ interventions which were not carried out by one of our authorized service centres
+ unauthorised repair attempts

Proof of Purchase and Serial Number
Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication
Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

10 CONTACT

DE

TECHNIK

+49 4621 4210-900
+49 4621 4210-698
technik@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

0800 20 20277 (kostenlos)
04621 4210 - 0
info@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statita

DK

TEKNIK OG SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Åbningstider kan findes på hjemmesiden:
https://stg.fit/statit7

UK

CUSTOMER CARE

+44 141 737 2249 or
+44 141 876 3972
customercare@fitshop.co.uk
You can find the opening hours on our homepage:
https://stg.fit/statitd

FR

TECHNIQUE & SERVICE

+33 (0) 189 530984
+49 4621 42 10 933
info@fitshop.fr
Vous trouverez les heures d'ouverture sur notre site Internet:
https://stg.fit/statit4

BE

TECHNIQUE & SERVICE

02 732 46 77
+49 4621 4210 933
info@fitshop.be
Vous trouverez les heures d'ouverture sur notre site Internet:
https://stg.fit/statit8

ES

TECNOLOGÍA Y SERVICIOS

911 238 029
info@fitshop.es
Consulta nuestro horario de apertura en la página web:
https://stg.fit/statit5

NL

TECHNISCHE DIENST & SERVICE

+31 172 619961
service@fitshop.nl
De openingstijden vindt u op onze homepage:
https://stg.fit/statit3

INT

TECHNICAL SUPPORT & SERVICE

+49 4621 4210-944
service-int@fitshop.de
You can find the opening hours on our homepage:
https://stg.fit/statita

PL

DZIAŁ TECHNICZNY I SERWIS

22 307 43 21
+49 4621 42 10-948
info@fitshop.pl
Godziny otwarcia można znaleźć na stronie głównej:
https://stg.fit/statit6

AT

TECHNIK & SERVICE

0800 20 20277 (Freecall)
+49 4621 42 10-0
info@fitshop.at
Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statitb

CH

TECHNIK & SERVICE

0800 202 027
+49 4621 42 10-0
info@fitshop.ch
Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statit9

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

KETTLER

WEBSHOP AND SOCIAL MEDIA

Since 2024 Kettler sports equipment is part of the Fitshop brand family, Europe's largest specialist retailer for home fitness equipment. Kettler equipment such as treadmills, cross trainers, and rowing machines have always played an important role in Fitshop's more than 40-year history. Kettler stands for the highest product quality, reliability, and tradition. Kettler sports equipment helps you lead an active and healthy life. They make exercise fun for young and old. As part of the Fitshop Group, Kettler Sport remains true to these values.

Visit us also on our social media platforms or our online shop!

FIT SHOP	www.fitshop.com/kettler www.kettlersport.com
	www.facebook.com/fitshopgroup/
	www.instagram.com/fitshopgroup/
	www.linkedin.com/company/fitshop-gmbh
	www.stg.fit/YouTube_DE

Kettler is part of the Fitshop Group.

Notes

KETTLER

KINETIC F3