

# ALUMINUM AIR TRIM INSTALLATION

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## INTRODUCTION

KEISER CORPORATION has always taken pride in designing and engineering the highest quality equipment on the market. This means that you will receive years of low maintenance and minimal repairs from every one of our machines. Only the highest quality products have the KEISER name on them.

This manual was written with the customer in mind. It will assist you with the Aluminum Air Trim System Installation. Since we always find ways to improve our products, parts and machine designs are subject to change without notice. If you have any question, please call our service department at **(800) 888-7009**.

## WORD DEFINITIONS

### **SAFETY CAUTIONS and WARNINGS:**

We've put a number of safety cautions in this book. We use the word **Caution!** to tell you about things that could cause bodily injury to persons on or around the equipment if you were to ignore the following instructions and the word **Warning!** to ensure the proper installation of components and that the instructions are followed for the safety of the users and for maximum machine life or the warranty is void.

### **HINTS:**

We use the word **Note!** in this book to tell you about things that we recommend you doing or things to be aware of before performing the instructions. These notes were placed in the manual to aid you during a certain procedure.

### **Warning!**

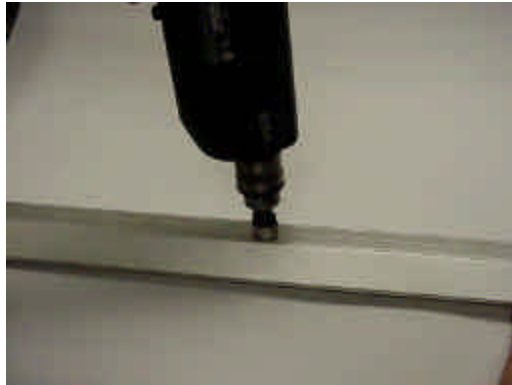
***Failure to follow the assembly or operation instructions as provided by this manual or any other instructions pertaining to the assembly and/or operation of KEISER equipment will result in voiding the warranty and could lead to serious injury.***

## ALUMINUM TRIM AIR SYSTEM INSTALLATION

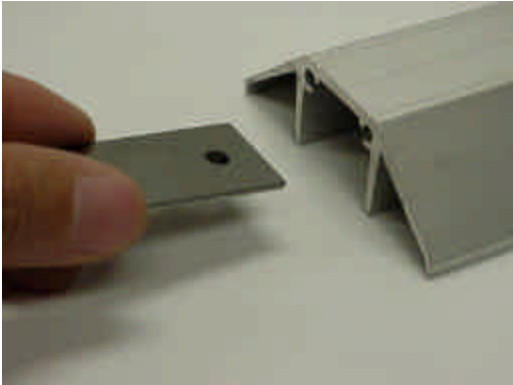
**Caution: Read all instructions before beginning.**

Tools needed: Hacksaw and miter box  
File  
Knife or scissors  
Tape measure  
Allen wrench (5/64 inch)  
Screwdriver (standard)  
Drill and drill bits (5/8 , or unibit, and 1/4 inch)  
Open end  
Crescent wrench  
Vice grip  
Hammer  
Double-sided tape (supplied)  
Rubber mallet  
Dry erase pen

1. In the exercise room, arrange equipment away from the wall. A good rule of thumb is to allow 3' between the center of one frame to the center of the next. Some machines (standing hip) may require additional space. Lay out the aluminum trim in the position it will be installed, (approximately 1/8" away from the wall) and position an outlet directly behind each machine.
2. If any piece of trim must be cut, it should be cut in the miter box. Clean up the rough edges with a file. Using a small knife, deburr the holes in the ends of the trim.
3. Drill a 5/8" hole for each outlet.



- Slide aluminum trim connector first into one side, leaving about 1/2 inch of the connector exposed. (see figures 1 & 2)



**figure 1**



**figure 2**

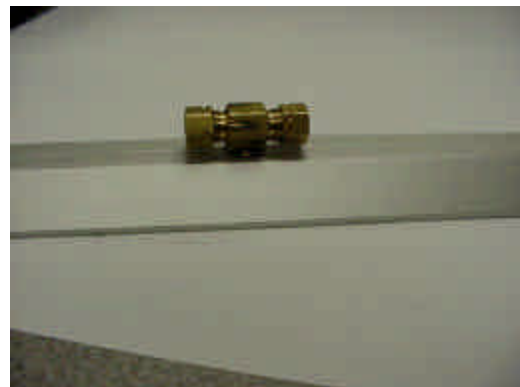
- Push the next trim together, sliding the connector in place and tightening both ends with the 5/64 inch Allen wrench. Complete as many as necessary.



- Remove the chrome-tapered nuts from the single outlets. Place the single outlets upside-down in the holes in the trim.



**Remove chrome nut**



**Place outlets upside-down in holes**

- Make sure that the plastic tubing is round (not flattened) and that the end is clean and flush (not at an angle). Slide the tubing into the compression nut. **Note: Once a compression nut is used, it cannot be used again.**

8. Push the plastic plug into the end of the last outlet and tighten the compression nut finger tight plus one full turn. Hold the outlet body with crescent wrench or vice grip, and tighten the compression nut with the 5/8 inch wrench.



9. Starting with the first outlet of the track, insert tubing into the inside portion of the outlet, and tighten the compression nut finger tight. Insert the tubing, and tighten the nut one full turn clockwise with the 5/8 wrench while pushing tubing into the outlet. Make sure tubing doesn't pull out.



10. Stretch the tubing to the next outlet and cut tubing at the end of the compression nut.



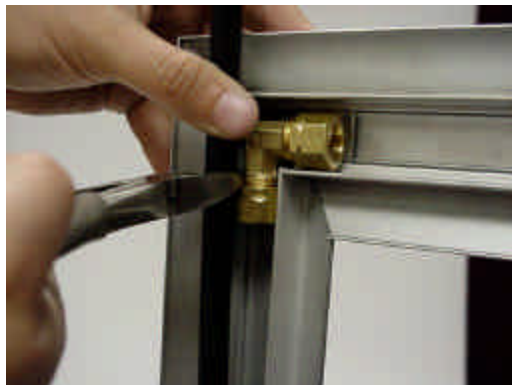
11. Make sure that the end is round, is clean cut, and flush (not at an angle).



12. Push tubing into the outlet and tighten one full turn. The tubing should be fairly tight between outlets. Complete as many as necessary.



13. If the system turns a corner, an elbow must be installed. Insert the connector halfway, and tighten with the elbow backward, so that you can measure the tubing. After you cut the tubing, turn the elbow trim over, so that the tubing is lying on top of the trim, and insert the tubing into the outlet and tighten with the 5/8 wrench, exactly like the other outlets.



## Installing the compressor

There are two ways to attach to the compressor. You can go directly to the compressor, or you can create a pigtail (created with materials supplied.)

1. To go directly to the compressor, unplug and discard the plugged nut. Attach the main airline by inserting the tubing using a **new** compression nut, and tightening. Run the airline to the exercise room, being careful not to kink it. Plug in the compressor briefly to blow the airline clean. **Note:** When penetrating a wall, tape the end of the line closed, to prevent debris from lodging in the airline.



2. If you choose to use the pigtail, make the pigtail by attaching a quick disconnect to each end of the ¼ inch tubing. Make sure the tubing is all the way on the barb by pushing it on with needle nose pliers. Plug the pigtail into the outlet on the compressor, then to the outlet on the track.



3. Attach to the main airline. Turn on the compressor and check all connections for leaks. If a leak is found, tightening the nut  $\frac{1}{4}$  turn may repair it. If this does not work, the nut and tubing may have to be replaced. Test all the female quick disconnects by plugging a machine into them.



4. Starting at the far end of the system, remove the outlet body and push it up through the holes in the trim (up from inside to outside). When all the outlets are in place, install the chrome nuts taper side up, and snug them down finger tight. Test with a machine's disconnect to make sure the latch engages.



**If you need to install a cut-in box, follow these steps:**

1. Measure 18" from the floor.
2. Drill a  $\frac{3}{4}$ " hole.
3. Center the cut-in box over the  $\frac{3}{4}$ " hole, and draw an outline around the outside of the box with a pen.
4. With a razor (not a jigsaw) cut out the outline of the box.
5. Gently tap the section with a mallet to remove it if necessary.

6. Insert the cut-out box, with the hole in the box at the bottom (toward the floor.)



7. Tape off the end of the airline, and run it through to the compressor.



**The system may be fastened to the floor using one of the following methods:  
anchor system, or double-sided tape**

**A) Anchor system**

1. Line up the track precisely. Drill a ¼ inch hole into the concrete (one anchor per end of track – two per track), insert plastic anchor, tap in flush with floor, and screw base into anchor. Bases should be placed under the joints between trim sections. When bases are laid out, snap track into place with a rubber mallet.





**B) Double-sided tape**

1. Cut the tape the exact length of the track. Place the tape on the floor where you are going to lay the track and press on the tape to get a good stick. Rip the end of the tape with your hands to create a jagged edge. This allows you to grab the blue plastic top layer and peel it off, pulling straight back away from the tape. Lay the track on top of the tape, and push down along the trim to make it stick.



# **KEISER®**

2470 S. Cherry Ave.  
Fresno, CA 93706  
1(800) 888-7009  
Fax: (559)256-8100  
e-mail: [info@keiser.com](mailto:info@keiser.com)  
[www.keiser.com](http://www.keiser.com)