

# **Owner's Manual** International Bench

**Customer Service** (888) 340-0482



4009 Distribution Drive Suite 250 Garland, TX 75041

www.keysfitness.com



SERIAL TAG IS LOCATED ON THE FRAME Model Name: <u>ST-IB</u> Date of Purchase: \_\_\_\_\_ Serial Number:



215-00219 08/07 Rev A

Important Safety Information	3
<b>Assembly</b> Getting Started Hardware Identifier	<b>4</b> 4 5
Assembly Steps	6
<b>Adjustments</b> Seat Adjustments Backrest Adjustment	<b>16</b> 16 16
Attachments Curl Bar Olympic Plate Adapter Arm Curl Post Weight Rests and Safety Spotters	<b>17</b> 17 17 18 18
Warm Up Exercises	19
Parts List	22
Exploded Views	23
Warranty	25





### Please read all instructions carefully before using this product.

### SAFETY TIPS

Consult with your physician before engaging in any vigorous exercise. Know your heart rate and/or pulse as well as your physician-recommended heart rate training zone. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are 35 years of age or older or suffer from heart respiratory problems.

- Warm-up before any exercise program with 8 minutes of aerobic-like activity followed by stretching from head to toe.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes made with good support and non-slip soles.
- Breathe naturally, never holding your breath during an exercise.
- Perform exercises consistently with proper technique and pass through a full range of motion.
- Increase resistance by adding heavier weights. Decrease resistance by using lighter weights.
- Always use a spotter for safety.
- Avoid over-training. You should be able to carry on a conversation while exercising.
- After an exercise session. Cool down with slow stretching, cycling or walking.

#### **EXERCISE DEFINITIONS:**

**Sets**: A set is one complete routine of exercises. Complete 1-3 sets for each exercise. **Repetitions**: (referred to as reps) Is the number of times you perform an exercise in a row. We recommend beginning with 6 reps and increasing up to 12 reps as indicated below. **Novice**: Start with one set of 8-12 reps. Once you can complete the entire set of 12 reps consecutively, progress to the intermediate level.

**Intermediate**: Complete 2 sets of 8-12 reps once you can complete two sets of 12 reps consecutively, progress to the advanced level.

Advanced: Complete 3 sets of 12 reps

### **DISCLAIMER:**

Keys Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any Keys Fitness product. The consumer uses any or all of Keys Fitness products at their own risk.

## AWARNING!

1) The max user weight limit for this unit is 300 pounds.

2) The max total weight limit for this unit is 600 pounds (user weight + lifting weight).



**Thank you** for purchasing the Strength Trainer International Bench! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take the time to perform stretching exercises, provided in this manual, to help avoid injury.

**Getting Started** - The Strength Trainer International Bench will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts or hardware, please call Keys Fitness at 1-888-340-0482. Tools have been provided to assist with product assembly. Keys Fitness recommends for two people to assemble the unit. As you assemble the bench, make sure all parts are oriented as shown in the drawings.

The included hex key, grease packet, and the following tools (not included) are recommended for assembly.





### **Hardware Identifier**

See the drawings below to identify the hardware used in the assembly. The number in parentheses is the reference number of the part.

**Note:** Some hardware may be pre-installed in some parts.





#### Step 1

Insert four M10X60mm carriage bolts (29) up through the bottom of the right stabilizer (2). Attach the right upright (4) to the right stabilizer (2) with indicated carriage bolts and nylon locknuts (58).

Repeat to complete the assembly of the left stabilizer (1) and left upright (3).

**Note:** Make sure the recessed areas around the holes on stabilizers are on the bottom.



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



### Step 2

Attach the crossbar (5) to the right upright (4) using two M10X120mm bolts (14), an upright plate (15), and two M10 nylon locknuts (58).

Repeat to complete the assembly for the left upright (not shown).



#### Step 3

Attach the right rear support (7) to the right stabilizer (2) using the indicated M10X60mm carriage bolts (29), two washers (43), and two M10 nylon locknuts (58).

Secure the right rear support (7) to the right upright (4) using two M10X65mm bolts (30), two M10 washers (43), and two M10 nylon locknuts (58).

Repeat to complete the assembly for the left side (not shown).







#### Step 4

Attach the front leg (12) to the front stabilizer (11) with two M10X95mm bolts (64) and two M10 nylon locknuts (58).



#### Step 5

Position the frame (8) so that the hexagonal holes are on the bottom. Attach the frame (8) to the crossbar (5) using three M10X70mm bolts (33), two M10 washers (43), and three M10 nylon locknuts (58).







#### Step 6

Tighten the "T"-handle (45) into the seat carriage (42). Pull the "T"-handle (45) out as far as it will go and slide the seat carriage (42) onto the frame (8).

Attach the front leg (12) to the frame (8) using two M8X60mm bolts (59), two M8X65mm bolts (46), six M8 washers (50), and four M8 nylon locknuts (49).



#### Step 7

Set the pins on the adjustment tube (9) into a set of brackets located on the left and right uprights (3 & 4).



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



### Step 8

Attach the tether on the seat adjustment pin (40) to the seat frame (10) using an M4X16mm screw (57).

Attach the seat pad (21) to the seat frame (10) with four M6X20mm screws (41).



#### Step 9

Attach the backrest pad (22) to the two backrest frames (17) with four M6X40mm screws (48) and four M6 washers (54).

Note: Do not fully tighten the screws yet.







## Step 10

Apply a small amount of grease (included) to an M10X145mm bolt (53). Attach the seat frame (10) and the backrest frames (17) to the seat carriage (42) using the M10X145mm bolt (53), two M10 washers (43), and an M10 nylon locknut (58).

**Note: 1)** The seat pad (21) has been removed from the drawing to clarify the installation to the seat carriage (42). **2)** Do not overtighten the nylon locknut, the seat and backrest frames must pivot easily.

Insert the seat adjustment pin (40) through the seat frame (10) and tube located on the seat carriage (42).



Tighten the four M6X40mm screws (48) that were installed in Step 9.

### Step 11

Attach the weight tube (19) to the leg lever (18) using an M8X70mm bolt (71), two M8 washers (50), a 17mmX9mm spacer (61), and a M8 nylon locknut (49).

Place the 25mm round outer cap (62) onto the end of the weight tube (19).



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



#### Step 12

Apply grease to the barrel of the M10X70mm bolt set (55). Next, attach the leg lever (18) to the front leg (12) and secure using the bolt set (55). Make sure the barrel of the bolt set (55) is inserted through both sides of the bracket on the front leg (12).

Note: Do not overtighten the bolt set; the leg lever must pivot easily.



#### Step 13

Insert a pad tube (24) into either hole on the front leg (12). Slide a foam pad (23) onto each end of the pad tube (24).

Insert a pad tube (24) into a hole on the leg lever (18). Slide a foam pad (23) onto each end of the pad tube (24). Press a pad cap (68) into each end of the tube.

**Note:** It is recommend you use a rubber mallet to gently hammer the caps into place. Repeat for other pad tube (24).







#### Step 14

Insert a weight rest (39) into the right upright (4) and secure by engaging the locking bar around the upright.

Insert a safety spotter (27) into the right upright (4) and secure by engaging the locking bar around the upright. Repeat for left side.



#### Step 15

Attach the curl pad (20) to the curl post (13) using two M6X20mm screws (41).



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



## Step 16

Attach a curl bumper (66) to curl bar (31) using a M4X16mm screw (57).

Attach the curl bar (31) to the leg lever (18) and secure with the curl bar pin (28). Next, attach the tether on the curl bar pin (28) to the leg lever (18) using a M4X16mm screw (57).



### Step 17

Tighten all hardware from the previous steps using the appropriate tools.



## **CONGRATULATIONS!**

You have completed assembly of your Strength Trainer International Bench.



16

## Adjustments

#### Seat Adjustments

0

8

**Figure A** 

To move the seat (21), loosen the "T"-handle (45) and pull it out as far as it will go. Slide the seat carriage (42) to the desired position and release the "T"-handle (45) back into the bench frame (8). Retighten the "T"-handle (45). See Figure A

To adjust the angle of the seat (21), remove the seat adjustment pin (40). Insert the pin into the other hole on the seat frame (10) and the tube on the seat carriage (42). See Figure B.

(

0

Ø

21

**Figure B** 

42

10

40

Backrest Adjustment

42

45

21

First, move the seat pad to the desired position (see the Seat Pad Adjustment section). Next, move the adjustment tube (9) to the desired height. Make sure the pins on the adjustment tube are inserted into the brackets on the left and right uprights (3 & 4). Finally, rest the backrest on the adjustment tube.







#### **Curl Bar Attachment**

Attach the curl bar (31) to the leg lever (18) and secure by inserting the curl bar pin (28). **Note:** You will need to remove the curl bar when using the leg extension.



#### **Olympic Plate Adapter**

To use olympic weights, press the 48mm round inner cap (38) into the olympic adapter (47). Secure the olympic adapter (47) to the weight tube (19) using M8X10mm set screw (60). Make sure the set screw (60) is on the bottom of the adapter. Secure the weight plates with included large spring clip (not shown).



#### WARNING! Do not place more than 150 pounds on the weight tube. Secure the weights with spring clips.

## Attachments



#### Arm Curl Post

Remove the 64mm square inner cap (69) from front leg (12). Insert the curl post (13) into the front leg (12) and align the holes. Secure the curl post (13) with the curl post knob (56). **Note:** Make sure that the knob is fully tightened.

When performing exercises that do not require the curl pad (20), remove the curl post (13) and store it on the storage tube on the right stabilizer (2). Reinsert the 64mm (69) square inner cap into the front leg.



#### Weight Rests and Safety Spotters

To use a barbell (not included) with the weight bench, first move the weight rests (39) and safety spotters (27) to the correct height for the exercise to be performed. Engage the locking bars around the left and right uprights.

**Note:** The weight rests (39) and safety spotters (27) can be inserted onto the other side of the left and right uprights for squat exercises.



### WARNING!

Do not place more than 300 pounds (including barbell) on the weight rests or safety spotters.

#### WARNING!

Always place both weight rests (39) and safety spotters (27) at the same height. Make sure the locking bars are securely wrapped around the uprights before setting a barbell on them.

#### and hold for five seconds. Repeat five times on each side.

**Cervical Side Bends** 

Tilt your head gently toward

shoulders level and your face

pointed straight ahead. Hold

for five seconds, then tilt your

head toward the other shoulder

one shoulder, keeping your

19

## Warm Up Exercises

#### EXERCISE GUIDELINES

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

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.

Prone on Elbows Lie on your stomach with

your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.

Supline Lumbar Rotation Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.

Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.

Shoulder Circles In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.





#### Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold far five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Reneat the combination 10 times









## Warm Up Exercises



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



#### Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



#### Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



## Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



**One-Arm Pectoralis Stretch** Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

## Warm Up Exercises



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



#### Call Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and you left knee over your anide. Hold for 20 seconds; repeat three to five times with each leq.



Standing Quadriceps Stretch Achilles Stretch Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each lea.

## **Parts List**



REF #         PARTS #         DESCRIPTION         QTY           1         223-01233         LEFT STABILIZER, ST-IB         1           2         223-01230         LEFT TABILIZER, ST-IB         1           4         223-01230         LEFT UPRIGHT, ST-IB         1           5         223-01234         CROSSBAR, ST-IB         1           6         223-01234         CROSSBAR, ST-IB         1           7         223-01224         RCMSTRAME, ST-IB         1           7         223-01225         REMME, ST-IB         1           10         223-01222         FRONT STABILIZER         1           11         223-01225         ARM CURL POST, IST-IB         1           12         223-01224         FRONT LEG, ST-IB         1           13         223-01225         ARM CURL POST, IST-IB         2           14         202-00172         HER BOLT, M10*120         4           15         219-00626         UPRIGHT COVER, ST-IB         1           16         219-00628         UEGHT TURE, ST-IB         1           17         223-01223         EGA CORE, ST-IB         1           12         228-00265         FACKREST FRAME, ST-IB         1		ST	-IB PARTS LIST REV. A	
1         223-0123         LEFT STABLILZER, ST-IB         1           3         223-01230         LEFT UPRIGHT, ST-IB         1           4         223-01234         CROSSBAR, ST-IB         1           5         223-01234         CROSSBAR, ST-IB         1           6         223-01231         LEFT REAR SUPPORT, ST-IB         1           7         223-01223         FRAME, ST-IB         1           7         223-01223         FRAME, ST-IB         1           7         223-01224         FRONT STABLILZER         1           10         223-01224         FRONT STABLILZER         1           11         223-01224         FRONT STABLILZER         1           12         223-01224         FRONT STABLILZER         1           13         223-01224         FRONT STABLILZER         1           14         202-00127         HEX BOLT, M10*120         4           15         219-00627         UPRIGHT CARE, ST-IB         1           16         219-00628         WEIGHT TUBE, ST-IB         1           16         223-01224         FRONT LEG, ST-IB         1           17         223-01225         CART, FS-IB         1           1	REF #			ΟΤΥ
3         223-01223         ICHT UPRIGHT, ST-IB         1           4         223-01224         CROSSBAR, ST-IB         1           6         223-01221         LEFT REAR SUPPORT, ST-IB         1           7         223-01223         FRAME, ST-IB         1           7         223-01223         FRAME, ST-IB         1           7         223-01223         FRAME, ST-IB         1           7         223-01224         FRONT STABILIZER         1           10         223-01224         FRONT STABILIZER         1           11         223-01224         FRONT STABILIZER         1           12         223-01227         HEX MCURL POST, ST-IB         1           13         223-01227         HEX MCURL POST, ST-IB         1           14         202-00127         HEX BOLT, M10*120         4           15         219-00628         UPRIGHT CVER, ST-IB         1           16         219-00627         UPRIGHT CVER, ST-IB         1           17         223-01227         BACKREST, ST-IB         1           16         229-00258         BACT, ST-IB         1           17         228-00264         EACKREST, ST-IB         1 <td< td=""><td>1</td><td></td><td>LEFT STABILIZER, ST-IB</td><td>1</td></td<>	1		LEFT STABILIZER, ST-IB	1
4         223-01223         CROSSBAR, ST-IB         1           6         223-01231         LEFT REAR SUPPORT, ST-IB         1           7         223-01223         REAME, ST-IB         1           8         223-01223         FRAME, ST-IB         1           9         219-00636         ADJUSTMENT TUBE, ST-IB         1           10         223-01222         FRONT EG, ST-IB         1           11         223-01222         FRONT STABILIZER         1           12         223-01224         FRONT EG, ST-IB         1           14         202-00172         HEX BOLT, MI'0*120         4           15         219-00627         UPRIGHT COVER, ST-IB         2           16         219-00622         UPRIGHT COVER, ST-IB         1           17         223-01228         LEG LEVER, ST-IB         1           18         223-01225         BACREST, ST-IB         1           12         228-00265         BACREST, ST-IB         1           12         228-00265         BACREST, ST-IB         1           12         228-00265         FACREST, ST-IB         1           12         228-00265         FACRERST, ST-IB         1           1				
5         223-01234         CROSSBAR, ST-İB         1           6         223-01226         RIGHT REAR SUPPORT, ST-IB         1           7         223-01223         FRAME, ST-IB         1           9         219-00636         ADJUSTMENT TUBE, ST-IB         1           10         223-01221         SEAT FRAME, ST-IB         1           11         223-01224         FRONT STABILIZER         1           12         223-01224         FRONT STABILIZER         1           13         223-01224         FRONT STABILIZER         1           14         202-00172         HEX BOLT, M10*120         4           15         219-00622         UPRIGHT COVER, ST-IB         2           16         219-00622         UPRIGHT COVER, ST-IB         1           17         223-01224         EG LEVER, ST-IB         1           18         223-0123         EG LE LEVER, ST-IB         1           19         219-00625         PAD TUBE, ST-IB         1           228-00265         FOAM PAD, ST-IB         2         2           219-00631         SAPETY SPOTTER, ST-IB         2         2           219-00632         Curl RAP, ST-IB         1         2 <t< td=""><td></td><td></td><td></td><td></td></t<>				
6       223-01226       RIGHT REAR SUPPORT, ST-IB       1         7       223-01223       FRAME, ST-IB       1         9       219-00636       ADJUSTMENT TUBE, ST-IB       1         10       223-01221       SEAT FRAME, ST-IB       1         11       223-01221       FRONT STABILIZER       1         12       223-01225       ARM CURL POST, ST-IB       1         13       223-01225       ARM CURL POST, ST-IB       1         14       202-00172       HEX BOLT, MIO*120       4         15       219-00622       UPRIGHT COVER, ST-IB       2         16       219-00624       UPRIGHT COVER, ST-IB       1         17       223-01228       LEG LEVER, ST-IB       1         18       223-00265       BACKREST, ST-IB       1         11       228-00265       BACKREST, ST-IB       1         12       228-00265       BACKREST, ST-IB       2         12       228-00265       BACKREST, ST-IB       2         12       228-00265       BACM RAST-IB       2         12       228-00265       BACKREST, ST-IB       1         12       228-00265       BACM RAST-IB       2         12 </td <td></td> <td></td> <td></td> <td></td>				
8         223-01223         FRAME, ST-IB         1           9         219-00636         ADJUSTMENT TUBE, ST-IB         1           10         223-01221         FRONT STABILIZER         1           11         223-01224         FRONT LGG, ST-IB         1           12         223-01225         ARM CURL POST, ST-IB         1           14         202-00172         HEX BOLT, MIO*120         4           15         219-00626         UPRIGHT COVER, ST-IB         2           16         219-00627         UPRIGHT COVER, ST-IB         1           19         219-00628         WEIGHT TUBE, ST-IB         1           11         223-01227         BACKREST, ST-IB         1           12         228-00265         BACKREST, ST-IB         1           12         228-00265         BACKREST, ST-IB         1           22         228-00265         BACKREST, ST-IB         2           228-00265         BACKREST, ST-IB         1         2           228-00265         BACKREST, ST-IB         2         2           202-00775         IPM ROUND INNER CAP, ST-IB         2           219-00631         SAFETY SPOTTER, ST-IB         1           220-00772		223-01231		
9         219-00636         ADJUSTMENT TUBE, ST-IB         1           10         223-01221         SEAT FRAME, ST-IB         1           11         223-01224         FRONT LEG, ST-IB         1           12         223-01224         FRONT LEG, ST-IB         1           13         223-01224         FRONT LEG, ST-IB         1           14         202-00172         HEX BOLT, M10*120         4           15         219-00627         UPRIGHT LATE, ST-IB         2           16         219-00628         UERIGHT TUBE, ST-IB         1           10         228-00261         CURL PAD, ST-IB         1           11         228-00262         SEAT, ST-IB         1           12         228-00263         FOAM PAD, ST-IB         6           12         228-00263         FOAM PAD, ST-IB         2           12         228-00263         SACRETS, ST-IB         1           12         228-00263         CURL PAD, ST-IB         2           13         223-01232         CURL BAR, ST-IB         2           14         202-00776         ID N 60M CAROAGE BOLT, ST-IB         1           15         202-00773         SIMM A 40MM INNER CAP, ST-IB         1 </td <td></td> <td></td> <td></td> <td></td>				
10       223-01221       SEAT FRAME, ST-IE       1         11       223-01224       FRONT STABILIZER       1         12       223-01224       FRONT LEG, ST-IB       1         13       223-01224       FRONT LEG, ST-IB       1         14       202-00172       HEX BOLT, MIO*120       4         15       219-00626       UPRIGHT COVER, ST-IB       2         16       219-00627       UPRIGHT COVER, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         11       228-00261       CURL PAD, ST-IB       1         12       228-00265       BACKREST, ST-IB       1         12       228-00265       FOAM PAD, ST-IB       1         12       228-00265       PAD TUBE, ST-IB       2         12       228-00276       INO x 60MM CARROAGE BOLT, ST-IB       2         13       202-00776       MIO x 60MM CARROAGE BOLT, ST-IB       1         14       202-00777       STMM SQUARE INNER CAP, ST-IB       1				
11       223-01222       FRONT STABILIZER       1         12       223-01225       ARM CURL POST, ST-IB       1         13       223-01225       ARM CURL POST, ST-IB       1         14       202-00172       HEX BOLT, M10*120       4         15       219-00627       UPRIGHT PLATE, ST-IB       2         16       219-00628       UERIGHT TURE, ST-IB       1         17       223-01228       BACKREST FRAME, ST-IB       1         18       223-01228       BACKREST FRAME, ST-IB       1         10       228-00261       SACKREST, ST-IB       1         12       228-00263       FOAM PAD, ST-IB       3         228-00263       FOAM PAD, ST-IB       2       2         228-00263       SACKREST, ST-IB       1       2         228-00265       BACT, MIOND INNER CAP, ST-IB       2       2         20100705       19M ROUND INNER CAP, ST-IB       2       2         219-00631       SACHETY SPOTTER, ST-IB       1       2         229-00774       SOM A AGOMAGE BOLT, ST-IB       1       2         230-00279       SOM X AGOMA INNER CAP, ST-IB       2       2         200-00770       SOM X AGOMA INNER CAP, ST-IB			•	
13       223-0122       ARM CURL POST, ST-IB       1         14       202-00172       HEX BOLT, M10*120       4         15       219-00627       UPRIGHT PLATE, ST-IB       2         16       219-00627       UPRIGHT COVER, ST-IB       2         17       223-01227       BACKREST FRAME, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         228-00261       CURL PAD, ST-IB       1       1         228-00263       FOAM PAD, ST-IB       6         228-00253       FOAM PAD, ST-IB       3         228-00263       FOAM PAD, ST-IB       2         228-00253       FOAM PAD, ST-IB       2         228-00254       SACETY SPOTTER, ST-IB       2         219-00631       SAPETY SPOTTER, ST-IB       2         229-00775       19MM ROUND INNER CAP, ST-IB       2         230-00732       SAMM CARROAGE BOLT, ST-IB       1         230-00732       SOMM A AOMM INNER CAP, ST-IB       2         231       220-00778       AOMM CARROAGE BOLT, ST-IB       2         33       202-00778       SOMM X NOMM INNER CAP, ST-IB       3         34       202-00778       SOMM X NOMM INNER CAP, ST-IB       1 <td>11</td> <td>223-01222</td> <td>FRONT STABILIZER</td> <td>1</td>	11	223-01222	FRONT STABILIZER	1
14       202-00172       HEX BOLT, M10*120       4         15       219-00626       UPRIGHT PLATE, ST-IB       2         16       219-00627       UPRIGHT COVER, ST-IB       1         17       223-01228       LEG LEVER, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         11       228-00261       CURL PAD, ST-IB       1         12       228-00265       FOAM PAD, ST-IB       6         24       219-00625       FOAM PAD, ST-IB       6         24       219-00631       SQLARE BUSHING, ST-IB       2         26       206-00511       SQLARE BUSHING, ST-IB       1         27       219-00632       Curl Bar Pin, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         29       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       1         202-00773       ZDMM X 40MM INNER CAP, ST-IB       1       1         219-00632       CURL BAR, ST-IB       1       1         202-00773       ZDMM SQUARE INNER CAP, ST-IB       1       1         219-00633       WEIGHT REST, ST-IB       1       1         220-00774       SOMM X 100MM INNER CAP, ST-IB <t< td=""><td></td><td></td><td>,</td><td></td></t<>			,	
15       219-00626       UPRIGHT PLATE, ST-IB       2         16       219-00627       UPRIGHT COVER, ST-IB       2         17       223-01227       BACKREST FRAME, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         19       219-00626       SEAT, ST-IB       1         228-00265       BACKREST, ST-IB       1         228-00265       PAD TUBE, ST-IB       3         228-00265       PAD TUBE, ST-IB       3         228-00265       SACKREST, ST-IB       1         23       228-00265       SACKREST, ST-IB       2         24       219-00632       SPDTTUBE, ST-IB       2         25       202-00775       19MM ROUND INNER CAP, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       1         219-00632       CURI BAR, ST-IB       1       1         223-01232       CURL BAR, ST-IB       1       1         23       202-00775       SMM YAOMM INNER CAP, ST-IB       2         33       202-00777       SMM SQUARE INNER CAP, ST-IB       1         34       202-00778       ZSMM X SOMM INNER CAP, ST-IB       2         35       202-00779       <				
16       219-00627       UPRIGHT COVER, ST-IB       2         17       223-01228       LEG LEVER, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         10       228-00261       CURL PAD, ST-IB       1         12       228-00262       SEAT, ST-IB       1         12       228-00263       FOAM PAD, ST-IB       6         24       219-00625       PAD TUBE, ST-IB       3         25       202-00775       SQUARE BUSHING, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00631       SAFETY SPOTTER, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         202-00775       SDUT, MIOX65       4       3         30       202-00773       ZSMM X 40MM INNER CAP, ST-IB       2         33       202-00774       SOMM SQUARE INNER CAP, ST-IB       3         34       202-00775       ZSMM SQUARE INNER CAP, ST-IB       1         35       202-00774       SOMM NONE CAP, ST-IB       2         36       202-00774       SOMM NONE CAP, ST-IB       1         37       202-00778       ZSMM KOUND INNER CAP, ST-IB <td></td> <td></td> <td></td> <td></td>				
18       223-01228       LEG LEVER, ST-IB       1         19       219-00628       WEIGHT TUBE, ST-IB       1         21       228-00261       CIRL PAD, ST-IB       1         22       228-00262       SEAT, ST-IB       1         22       228-00265       BACKREST, ST-IB       1         22       228-00265       PAD TUBE, ST-IB       6         24       219-00625       PAD TUBE, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00631       SAFETY SPOTTER, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       1         30       202-00773       ZBMM X 40MM INNER CAP, ST-IB       1         31       223-01232       CURL BAR, ST-IB       1       2         32       020-00773       ZBMM SQUARE INNER CAP, ST-IB       1       2         33       202-00771       SDMM SQUARE INNER CAP, ST-IB       1       2         36       202-00774       SOMM X 100M INNER CAP, ST-IB       1       1         37       202-00775       SMM ROUND INNER CAP, ST-IB       1       1			· · · · · · · · · · · · · · · · · · ·	2
19       219-00628       WEIGHT TUBE, ST-IB       1         20       228-00261       CURL PAD, ST-IB       1         21       228-00265       BACKREST, ST-IB       1         22       228-00265       BACKREST, ST-IB       1         23       228-00265       PAD TUBE, ST-IB       6         24       219-00625       PAD TUBE, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00631       SAFETY SPOTTER, ST-IB       1         202-00776       MI0 x 60MM CARROAGE BOLT, ST-IB       3         30       202-00773       SDMM x 40MM INNER CAP, ST-IB       3         31       223-01232       CURL BAR, ST-IB       1       3         32       202-00773       ZSMM x 40MM INNER CAP, ST-IB       3       3         33       202-00774       SOMM x 100MM INNER CAP, ST-IB       3       3         34       202-00774       SOMM x 100MM INNER CAP, ST-IB       1         35       202-00778       MSWASQUARE INNER CAP, ST-IB       1         36       202-00778       MSWEMTREST, ST-IB       1         37       202-00779       48MM ROUND INNER CAP, ST-IB       1         3			· ·	
20       228-00261       CURL PAD, ST-IB       1         21       228-00265       BACKREST, ST-IB       1         22       228-00265       BACKREST, ST-IB       1         23       228-00265       FOAM PAD, ST-IB       6         24       219-00632       FPAD TUBE, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00632       Curl Bar Pin, ST-IB       1         202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       3         30       202-00775       SDMT, M10X50       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00773       ZSMM X0MM INNER CAP, ST-IB       2         33       202-00774       ZSMM Square INNER CAP, ST-IB       2         34       202-00777       SMM Square INNER CAP, ST-IB       1         35       202-00778       ZSMM Square INNER CAP, ST-IB       1         36       202-00777       48MM ROUND INNER CAP, ST-IB       1         37       202-00778       48MM ROUND INNER CAP, ST-IB       1         38       202-00778       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST			•	
21       228-00265       SACKREST, ST-IB       1         22       228-00265       FOAM PAD, ST-IB       6         24       219-00625       PAD TUBE, ST-IB       3         25       202-00775       19MM ROUND INNER CAP, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00632       Curl Bar Pin, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         29       022-00776       M10 x 60MM CARROAGE BOLT, ST-IB       3         30       202-00773       25MM x 40MM INNER CAP, ST-IB       1         31       223-01232       CURL BAR, ST-IB       1       3         32       202-00773       25MM x 40MM INNER CAP, ST-IB       3       3         33       202-00778       25MM x S0MM INNER CAP, ST-IB       3       3         34       202-00778       25MM x 100MM INNER CAP, ST-IB       1         35       202-00778       25MM X 20MM SCREW, ST-IB       1         36       202-00779       48MM ROUND INNER CAP, ST-IB       1         37       202-00781       M10 WASHER, ST-IB       1         36       202-00786       SEAT ADJUSTMENT PIN, ST-IB       1			•	
22       228-00265       BACKREST, ST-IB       1         23       228-00263       FOAM PAD, ST-IB       6         24       219-00625       PAD TUBE, ST-IB       3         25       202-00775       19MM ROUND INNER CAP, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00632       Curl Bar Pin, ST-IB       1         28       219-00632       Curl Bar, ST-IB       1         29       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       2         30       202-00773       ZSMM × 40MM INNER CAP, ST-IB       2         31       202-00777       S7MM SQUARE INNER CAP, ST-IB       2         32       202-00777       S7MM SQUARE INNER CAP, ST-IB       2         33       202-00777       SMM x 100MM INNER CAP, ST-IB       2         34       202-00778       ASMM x100MD INNER CAP, ST-IB       1         37       202-00777       ASMM X0UND INNER CAP, ST-IB       1         38       202-00777       ASMM X0UND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       1         40				
24       219-00625       PAD TUBE, ST-IB       3         25       202-00775       19MM ROUND INNER CAP, ST-IB       2         26       206-00511       SAFETY SPOTTER, ST-IB       2         27       219-00631       SAFETY SPOTTER, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         29       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       8         30       202-00425       BOLT, M10x65       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00773       25MM x 40MM INNER CAP, ST-IB       2         33       202-00774       SMM Square INNER CAP, ST-IB       2         34       202-00774       SMM Square INNER CAP, ST-IB       1         35       202-00774       SMM NOUND INNER CAP, ST-IB       1         36       202-00774       SMM ROUND INNER CAP, ST-IB       1         37       202-00781       MID WASHER, ST-IB       1         38       202-00781       MID WASHER, ST-IB       1         41       202-00781       MID WASHER, ST-IB       1         42       202-00785       M6X 20MM SCREW, ST-IB       1         43       202-00785		228-00265		
25       202-00775       19MM ROUND INNER CAP, ST-IB       2         26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00631       SAFETY SPOTTER, ST-IB       1         29       202-00425       BOLT, M10×65       4         30       202-00425       BOLT, M10×65       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00473       25MM × 40MM INNER CAP, ST-IB       2         33       202-00773       25MM × 40MM INNER CAP, ST-IB       3         34       202-00774       SVMM SQUARE INNER CAP, ST-IB       4         35       202-00774       SOMM × 100MM INNER CAP, ST-IB       4         36       202-00774       SOMM × 100MM INNER CAP, ST-IB       1         37       202-00774       SOMM × 100MM INNER CAP, ST-IB       1         38       202-00774       SOMM × 100MM INNER CAP, ST-IB       1         39       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00781       M10 WASHER, ST-IB       1         42       28-00264       SEAT CARIAGE, ST-IB       1         44 <td></td> <td></td> <td>,</td> <td></td>			,	
26       206-00511       SQUARE BUSHING, ST-IB       2         27       219-00632       Curl Bar Pin, ST-IB       1         28       219-00632       Curl Bar Pin, ST-IB       1         29       202-00425       BOLT, M10x65       4         30       202-00425       BOLT, M10x65       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00294       HEX BOLT, M10X70       3         34       202-00773       25MM X-00MM INNER CAP, ST-IB       2         35       202-00779       5MM SQUARE INNER CAP, ST-IB       2         36       202-00774       50MM X-100M INNER CAP, ST-IB       6         37       202-00774       50MM X-100M INNER CAP, ST-IB       1         37       202-00774       50M X-100M INNER CAP, ST-IB       1         38       202-00778       SEAT ADJUSTMENT PIN, ST-IB       1         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00781       M10 WASHER, ST-IB       1         42       228-00264       SEAT CARRIAGE, ST-IB       1         44       202-00784       M6x40MM SCREW, ST-IB       1         45       202-00784				3
27       219-00631       SAFETY SPOTTER, ST-IB       2         28       219-00632       Curl Bar Pin, ST-IB       1         29       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       8         30       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       1         31       223-01232       CURL BAR, ST-IB       1         32       202-00773       ZSMM x 40MM INNER CAP, ST-IB       2         33       202-00774       SOMM SQUARE INNER CAP, ST-IB       3         34       202-00777       STMM SQUARE INNER CAP, ST-IB       1         35       202-00778       SSMM SQUARE INNER CAP, ST-IB       1         36       202-00774       SOMM X OLVM INNER CAP, ST-IB       1         37       202-00774       SOMM NOLVD INNER CAP, ST-IB       1         38       202-00774       SOMM SCREW, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       1         41       202-00784       MAXUND INNER CAP, ST-IB       1         41       202-00781       MIO WASHER, ST-IB       1         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00785       MIOWND INNER CAP, ST-IB       1 <t< td=""><td></td><td></td><td></td><td></td></t<>				
29       202-00776       M10 x 60MM CARROAGE BOLT, ST-IB       8         30       202-00425       BOLT, M10X65       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00773       25MM x 40MM INNER CAP, ST-IB       2         33       202-00777       57MM SQUARE INNER CAP, ST-IB       3         34       202-00771       25MM x 50MM INNER CAP, ST-IB       2         35       202-00774       50MM X 100MM INNER CAP, ST-IB       6         36       202-00774       50MM X 100MM INNER CAP, ST-IB       1         37       202-00774       50MM X 100MM INNER CAP, ST-IB       1         38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       1         41       202-00781       M10 WASHER, ST-IB       1         42       228-00264       SEAT ADJUSTMENT PIN, ST-IB       1         43       202-00783       POP PIN, ST-IB       1         44       202-00783       POP PIN, ST-IB       1         45       202-00783       POP PIN, ST-IB       1         46       202-00785       M8 WASHER, ST-IB       1         47       219-006				2
30       202-00425       BOLT, M10X65       4         31       223-01232       CURL BAR, ST-IB       1         32       202-00294       HEX BOLT, M10X70       3         34       202-00775       25MM x 40MM INNER CAP, ST-IB       3         35       202-00778       25MM SQUARE INNER CAP, ST-IB       2         36       202-00774       50MM Square INNER CAP, ST-IB       4         37       202-00774       50MM x 100MM INNER CAP, ST-IB       6         38       202-00774       50MM x 100MM INNER CAP, ST-IB       1         39       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         40       219-00630       SEAT CARRIAGE, ST-IB       1         41       202-00781       M10 WASHER, ST-IB       1         42       228-00264       SEAT CARRIAGE, ST-IB       1         44       202-00781       M10 WASHER, ST-IB       1         44       202-00786       25MM ROUND INNER CAP, ST-IB       1         45       202-00783       POP PIN, ST-IB       1         46       202-00786       YAMM SCREW, ST-IB       1         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         49       202-00785		219-00632		
31       223-01232       CURL BAR, ST-IB       1         32       202-00773       25MM × 40MM INNER CAP, ST-IB       2         33       202-00294       HEX BOLT, M10X70       3         34       202-00771       57MM SQUARE INNER CAP, ST-IB       3         35       202-00791       25MM SQUare INNER CAP, ST-IB       4         37       202-00774       50MM x 100M INNER CAP, ST-IB       6         38       202-00779       48MM ROUND INNER CAP, ST-IB       6         39       219-00630       WEIGHT REST, ST-IB       1         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       1         44       202-00783       POP PIN, ST-IB       1         45       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       1         49       202-00785       M8 WASHER, ST-IB       1         50       202-00785 <td< td=""><td></td><td></td><td>•</td><td></td></td<>			•	
32       202-00773       25MM x 40MM INNER CAP, ST-IB       2         33       202-00791       25MM x 50MM INNER CAP, ST-IB       3         34       202-00771       25MM x 50MM INNER CAP, ST-IB       2         36       202-00778       25MM Square INNER CAP, ST-IB       4         37       202-00774       50MM x 100MM INNER CAP, ST-IB       6         38       202-00774       50MM x 100MM INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       1         30       202-00780       M6X200M SCREW, ST-IB       6         41       202-00780       M6X200M SCREW, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       1         44       202-00783       POP PIN, ST-IB       1         45       202-00784       M6x40MM SCREW, ST-IB       1         46       202-00784       M6x40MM SCREW, ST-IB       1         49       202-00784       M6x40MM SCREW, ST-IB       1         50       202-00785       M8 WASHER, ST-IB       1         51       210-00625       SMALL SPRING CLIP, ST-IB       1         52       202-00				
33       202-00294       HEX BOLT, M10X70       3         34       202-00777       57MM SQUARE INNER CAP, ST-IB       2         35       202-00778       25MM square INNER CAP, ST-IB       4         37       202-00774       50MM x 100MM INNER CAP, ST-IB       6         38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         40       219-00630       SEAT CARRIAGE, ST-IB       6         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       2         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00785       M8 WASHER, ST-IB       1         49       202-00485       NYLON NUT M8, AOLIN       5         50       202-00787       M10X145MM BOLT, ST-IB       1         51       210-00625				
35       202-00791       25MM x 50MM INNER CAP, ST-IB       4         36       202-00778       25MM Square INNER CAP, ST-IB       4         37       202-00779       48MM ROUND INNER CAP, ST-IB       1         38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       2         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       1         45       202-00787       PO PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00785       M8 WASHER, ST-IB       4         49       202-00785       M8 WASHER, ST-IB       1         50       202-00785       M8 WASHER, ST-IB       1         51       210-00625       LARGE SPRING CLIP, ST-IB       1         52       202-00787       <		202-00294	HEX BOLT, M10X70	3
36       202-00778       25MM Square INNER CAP, ST-IB       4         37       202-00774       50MM x 100MM INNER CAP, ST-IB       1         38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       2         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       MI0 WASHER, ST-IB       4         44       202-00782       POP PIN, ST-IB       1         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       1         49       202-00785       N8 WASHER, ST-IB       8         50       202-00785       MS WASHER, ST-IB       1         51       210-00625       LARGE SPRING CLIP, ST-IB       1         52       20-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 × 70MM				3
37       202-00774       50MM x 100MM INNER CAP, ST-IB       1         38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       2         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       ZMM ROUND INNER CAP, ST-IB       2         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       202-00788       M10 x 145MM BOLT, ST-IB       1         53       202-00788       M10 x 70MM BOLT Set, ST-IB       1         54       202-00789       M4 x 16MM SCREW, ST-IB       1         55       202-00780				
38       202-00779       48MM ROUND INNER CAP, ST-IB       1         39       219-00633       WEIGHT REST, ST-IB       2         40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       2         45       202-00786       25MM ROUND ROUND ROLP, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00485       NYLON NUT M8, AOLIN       5         50       202-00787       M10x145MM BOLT, ST-IB       1         51       210-00626       LARGE SPRING CLIP, ST-IB       1         52       202-00445       WASHER M6, IRONMAN       4         55       202-00788       M10 x 70MM BOLT, ST-IB       1         54       202-00790 <t< td=""><td></td><td></td><td></td><td></td></t<>				
40       219-00630       SEAT ADJUSTMENT PIN, ST-IB       1         41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       2         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       NYLON NUT M8, AOLIN       5         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00789       M4 x 16MM SCREW, ST-IB       1         56       202-00790       M8 x 60MM BOLT, ST-IB       1         57       202-00790       M8				1
41       202-00780       M6X20MM SCREW, ST-IB       6         42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       2         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       M8 WASHER, ST-IB       8         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00626       SMALL SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00780       M4 x 16MM SCREW, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00790       M8 x 60MM BOLT, ST-IB				
42       228-00264       SEAT CARRIAGE, ST-IB       1         43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       2         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       M8 WASHER, ST-IB       8         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00780       M4 x 16MM SCREW, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00790       M8 x 60MM BOLT, ST-IB       1         58       202-00790       M8 x 10MM Set SCREW, ST-IB				
43       202-00781       M10 WASHER, ST-IB       4         44       202-00786       25MM ROUND INNER CAP, ST-IB       1         45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       NYLON NUT M8, AOLIN       5         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       202-00787       M10x145MM BOLT, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00788       M10 x 70MM BOLT, ST-IB       1         58       202-00263       NYLON LOCKNUT M10       22         58       202-00790       M8 x 60MM BOLT, ST-IB       1         60       202-00792       I7MM x 9MM Spacer			•	
45       202-00783       POP PIN, ST-IB       1         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       M8 WASHER, ST-IB       8         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00780       M8 x 10MM Set SCREW, ST-IB       1         57       202-00782       M8 x 10MM Set SCREW, ST-IB       1         58       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00793       M0				
46       202-00181       HEX BOLTS M8*65       2         46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00785       NR WASHER, ST-IB       8         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       202-00787       M10x145MM BOLT, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00445       WASHER M6, IRONMAN       4         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00798       M4 x 16MM SCREW, ST-IB       1         58       202-00263       NYLON LOCKNUT M10       22         58       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       I7MM x 9MM Spacer, ST-IB       1         61       202-00792       I7MM x 9MM Spacer, ST-IB       1         62       202-00794       50MM SQUARE INNER CAP,				
46       202-00181       HEX BOLTS M8*65       2         47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00485       NYLON NUT M8, AOLIN       5         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       202-00787       M10x145MM BOLT, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00780       M8 x 10MM SCREW, ST-IB       1         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       50MM SQUARE INNER CAP, ST-IB       1         63       202-00793			,	
47       219-00629       OLYMPIC ADAPTOR, ST-IB       1         48       202-00784       M6x40MM SCREW, ST-IB       4         49       202-00485       NYLON NUT M8, AOLIN       5         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10 x 70MM BOLT Set, ST-IB       1         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00780       M4 x 16MM SCREW, ST-IB       13         58       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       50MM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-0079				
49       202-00485       NYLON NUT M8, AOLIN       5         50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00788       M10x145MM BOLT, ST-IB       1         56       210-00624       KNOB, ST-IB       1         56       210-00624       KNOB, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00763       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       1         60       202-00792       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       M8 x 10MM Set SCREW, ST-IB       1         62       202-00792       M8 x 10MM Set SCREW, ST-IB       1         63       202-00794       SOMM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00634       BUMPER, S				
50       202-00785       M8 WASHER, ST-IB       8         51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00745       WASHER M6, IRONMAN       4         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       I7MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       SOMM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROU				
51       210-00626       SMALL SPRING CLIP, ST-IB       1         52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00445       WASHER M6, IRONMAN       4         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       1         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       SOMM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00793       BUSHING, ST-IB       2         65       219-00635       BUSHING, ST-IB       1         64       202-00793       32MM ROUND INNER CAP, ST-IB       1         67       202-00793				
52       210-00625       LARGE SPRING CLIP, ST-IB       1         53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00445       WASHER M6, IRONMAN       4         55       202-00788       M10x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         59       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       1         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       SOMM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00793       BUSHING, ST-IB       2         65       219-00635       BUSHING, ST-IB       1         64       202-00793       32MM ROUND INNER CAP, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510 <t< td=""><td>50 51</td><td></td><td></td><td></td></t<>	50 51			
53       202-00787       M10x145MM BOLT, ST-IB       1         54       202-00445       WASHER M6, IRONMAN       4         55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00763       NYLON LOCKNUT M10       22         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       I7MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       50MM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM I				
55       202-00788       M10 x 70MM BOLT Set, ST-IB       1         56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         58       202-00790       M8 x 60MM BOLT, ST-IB       2         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       17MM x 9MM Spacer, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       50MM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290	53	202-00787	M10x145MM BOLT, ST-IB	
56       210-00624       KNOB, ST-IB       1         57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00792       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00794       SOMM SQUARE INNER CAP, ST-IB       1         63       202-00795       M10 x 95MM BOLT, ST-IB       2         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00797       64MM Square INNER CAP, ST-IB       4         70       202-00796       SOMM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1 <td></td> <td></td> <td></td> <td></td>				
57       202-00789       M4 x 16MM SCREW, ST-IB       13         58       202-00263       NYLON LOCKNUT M10       22         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00782       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00630       ROUND OUTER CAP, 25MM       1         63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
58       202-00263       NYLON LOCKNUT M10       22         58       202-00263       NYLON LOCKNUT M10       22         59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00782       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00630       ROUND OUTER CAP, 25MM       1         63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       202-00793       32MM ROUND INNER CAP, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00797       64MM Square INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
59       202-00790       M8 x 60MM BOLT, ST-IB       2         60       202-00782       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00630       ROUND OUTER CAP, 25MM       1         63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       1         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
60       202-00782       M8 x 10MM Set SCREW, ST-IB       1         61       202-00792       17MM x 9MM Spacer, ST-IB       1         62       202-00630       ROUND OUTER CAP, 25MM       1         63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       6         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
61202-0079217MM x 9MM Spacer, ST-IB162202-00630ROUND OUTER CAP, 25MM163202-0079450MM SQUARE INNER CAP, ST-IB164202-00795M10 x 95MM BOLT, ST-IB265219-00635BUSHING, ST-IB266219-00634BUMPER, ST-IB167202-0079332MM ROUND INNER CAP, ST-IB668206-00510PAD CAP, ST-IB469202-0079650MM x 75MM INNER CAP, ST-IB170202-0079650MM x 75MM INNER CAP, ST-IB271202-00290BOLT, M8X70172215-00219OWNER'S MANUAL, ST-IB1				
62       202-00630       ROUND OUTER CAP, 25MM       1         63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       6         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
63       202-00794       50MM SQUARE INNER CAP, ST-IB       1         64       202-00795       M10 x 95MM BOLT, ST-IB       2         65       219-00635       BUSHING, ST-IB       2         66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       6         68       206-00510       PAD CAP, ST-IB       4         69       202-00796       50MM x 75MM INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
65219-00635BUSHING, ST-IB266219-00634BUMPER, ST-IB167202-0079332MM ROUND INNER CAP, ST-IB668206-00510PAD CAP, ST-IB469202-0079764MM Square INNER CAP, ST-IB170202-0079650MM x 75MM INNER CAP, ST-IB271202-00290BOLT, M8X70172215-00219OWNER'S MANUAL, ST-IB1	63	202-00794	50MM SQUARE INNER CAP, ST-IB	
66       219-00634       BUMPER, ST-IB       1         67       202-00793       32MM ROUND INNER CAP, ST-IB       6         68       206-00510       PAD CAP, ST-IB       4         69       202-00797       64MM Square INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
67       202-00793       32MM ROUND INNER CAP, ST-IB       6         68       206-00510       PAD CAP, ST-IB       4         69       202-00797       64MM Square INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
68       206-00510       PAD CAP, ST-IB       4         69       202-00797       64MM Square INNER CAP, ST-IB       1         70       202-00796       50MM x 75MM INNER CAP, ST-IB       2         71       202-00290       BOLT, M8X70       1         72       215-00219       OWNER'S MANUAL, ST-IB       1				
69         202-00797         64MM Square INNER CAP, ST-IB         1           70         202-00796         50MM x 75MM INNER CAP, ST-IB         2           71         202-00290         BOLT, M8X70         1           72         215-00219         OWNER'S MANUAL, ST-IB         1			PAD CAP, ST-IB	4
71202-00290BOLT, M8X70172215-00219OWNER'S MANUAL, ST-IB1			64MM Square INNER CAP, ST-IB	
72 215-00219 OWNER'S MANUAL, ST-IB 1				
			22	=

22





23

# StrengthTrainer<sup>-</sup>





#### Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

#### Frame: Lifetime Parts: 90 days Missing/Cosmetic Parts: 30 Days

#### Limited Warrantv

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at initial startup, under normal use, and during the applicable warranty period, unless otherwise determined by Keys.

This warranty <u>excludes</u> expendable parts if primary cause for warranty claim is wear. Expendable parts pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

#### **Exclusive Remedies**

During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required past the warranty period listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

#### **Replacements and Returns**

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys.

#### **Conditions and Restrictions**

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) \*\*\*failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

\*Parts is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

\*\*Lifetime of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR WARMANTIES OF MERCHAINABILT AND FILMESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO KEYS-BRANDED PRODUCTS. KEYS NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.








## Customer Service

(888) 340-0482

Keys Fitness Products 4009 Distribution Drive Suite 250 Garland, TX 75041