



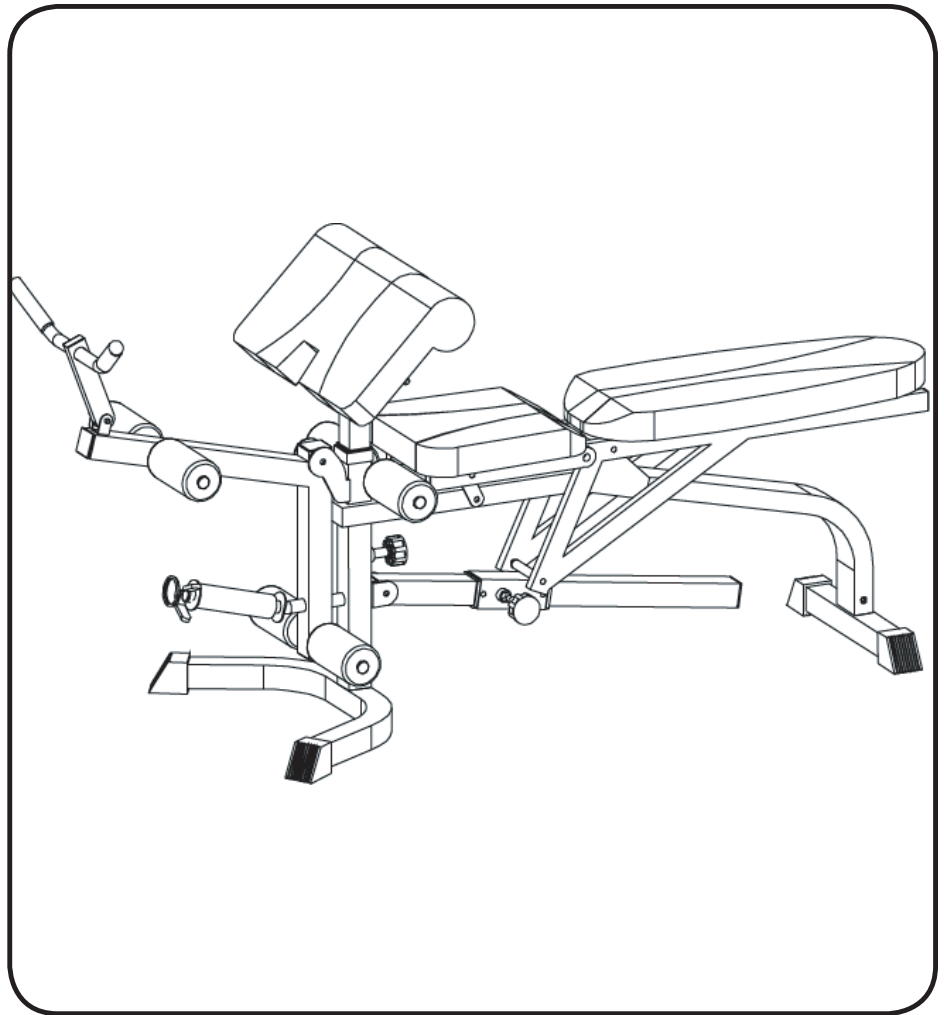
StrengthTrainer®

Owner's Manual

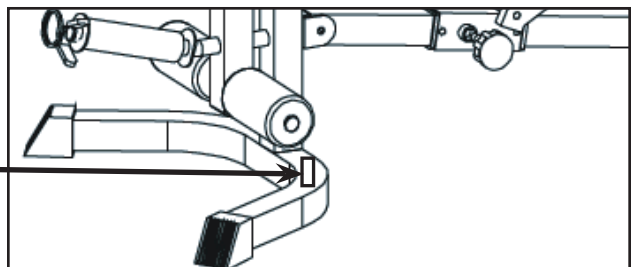
ST-DFIDL

Questions?

Call Us Toll Free
Keys Fitness Helpline
1-888-340-0482



Model Name : ST-DFIDL
Manufactured Date :
PO # :
Model Name Decal Location



215-00081
08/06 Rev A

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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:

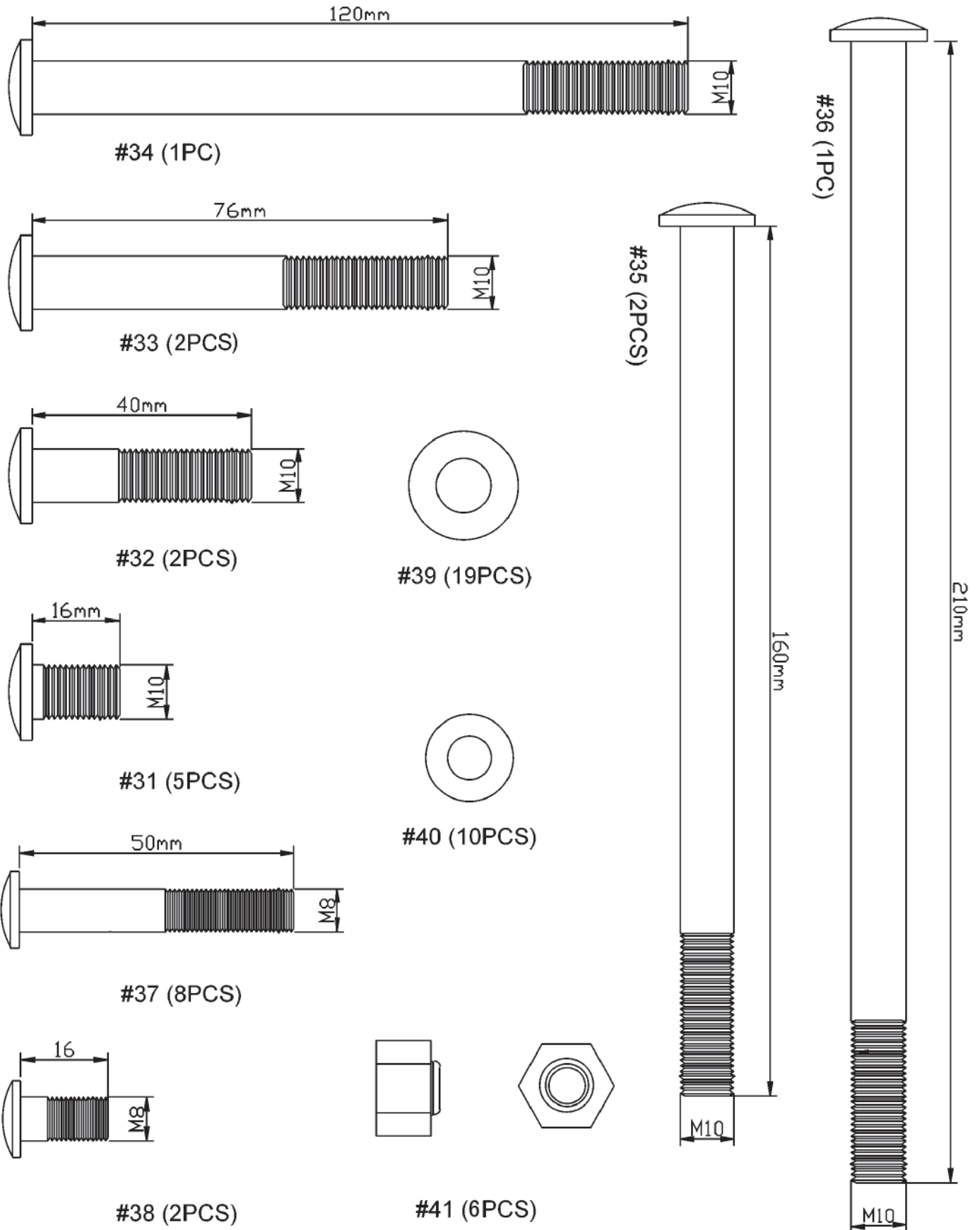
Keys Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any Keys Fitness product. The consumer uses any or all of Keys Fitness Products at their own risk.

BEFORE YOU BEGIN:

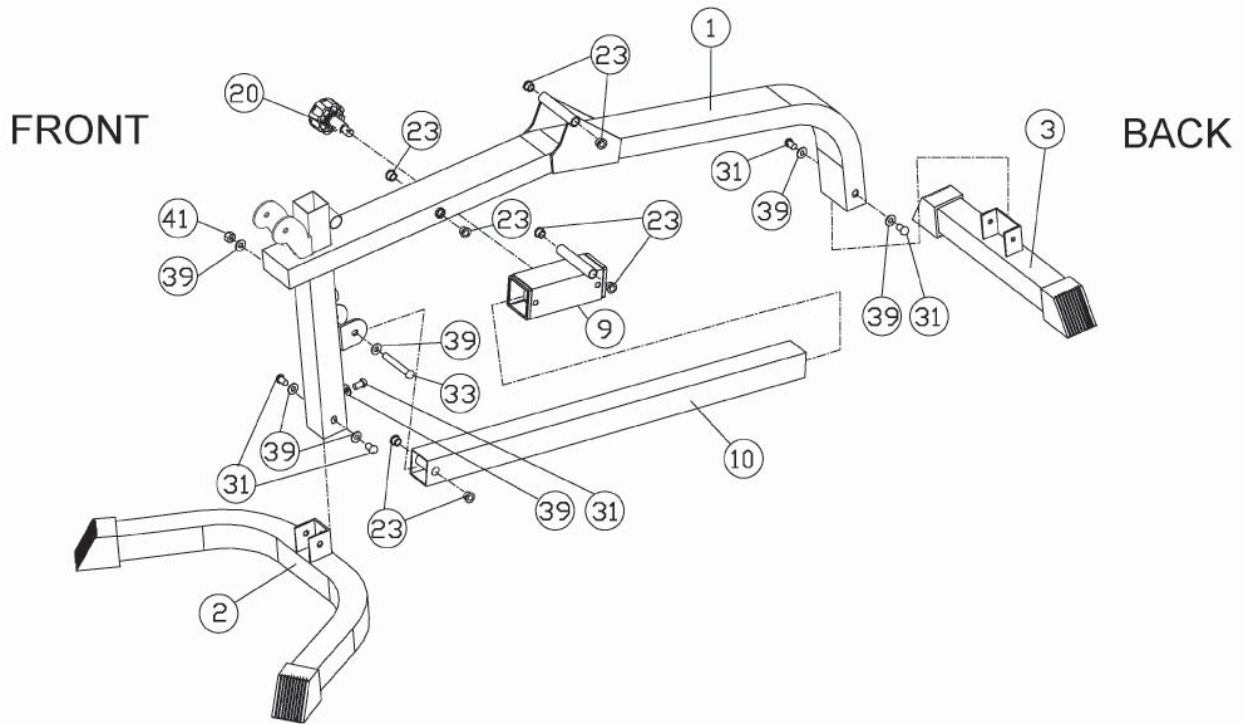
Before you begin assembly of your Keys Fitness product, please take a moment to review the hardware and parts list on the following pages. Each part has been illustrated and numbered for easy identification.

Check this list against the contents of your package to make sure you have all required parts. If any parts are missing, please do not return this product to the store. Contact our service department immediately at **1-888-340-0482** and we will rush you any parts you may require.

Assembly Hardware



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



STEP 1

Attach the Main Frame (#1) to the Front Stabilizer (#2). Align the holes and secure it with three M10×5/8" Allen Bolts (#31) and three 3/4" Washers (#39).

Attach the Main Frame (#1) to the Rear Stabilizer (#3). Align the holes and secure it with two M10×5/8" Allen Bolts (#31) and two 3/4" Washers (#39).

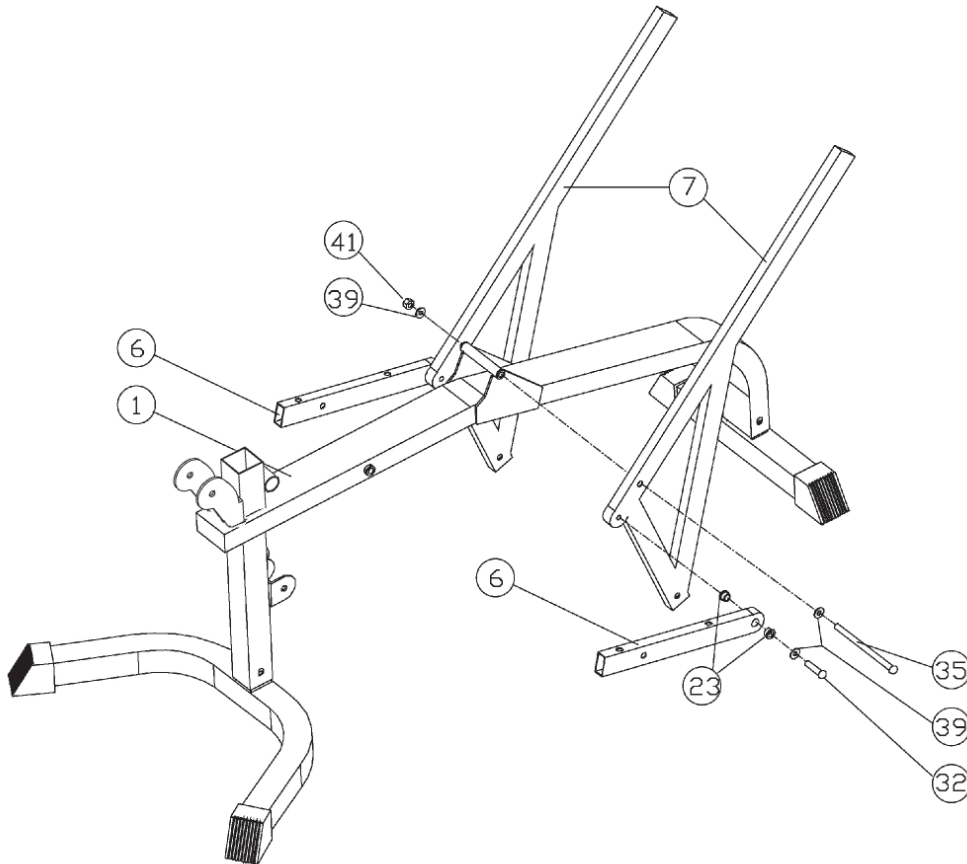
Slide the Sliding Block (#9) onto the Incline Adjustment Bar (#10). Align the holes then thread in a Knob Lock (#20) to hold the Sliding Block in position.

Push two Bushings (#23) into the Incline Adjustment Bar (#10). Then attach the Bar to the front bracket on the Main Frame (#1). Secure it with one M10×3" Allen Bolt (#33), two 3/4" Washers (#39) and one M10 Nylon Nut (#41).

Attach two Bushings (#23) to the side of Main Frame (#1). Attach two Bushings (#23) to the pivot on top of the Main Frame (#1). Attach two Bushings (#23) to the pivot on the Sliding Block (#9).

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DIAGRAM 2



STEP 2

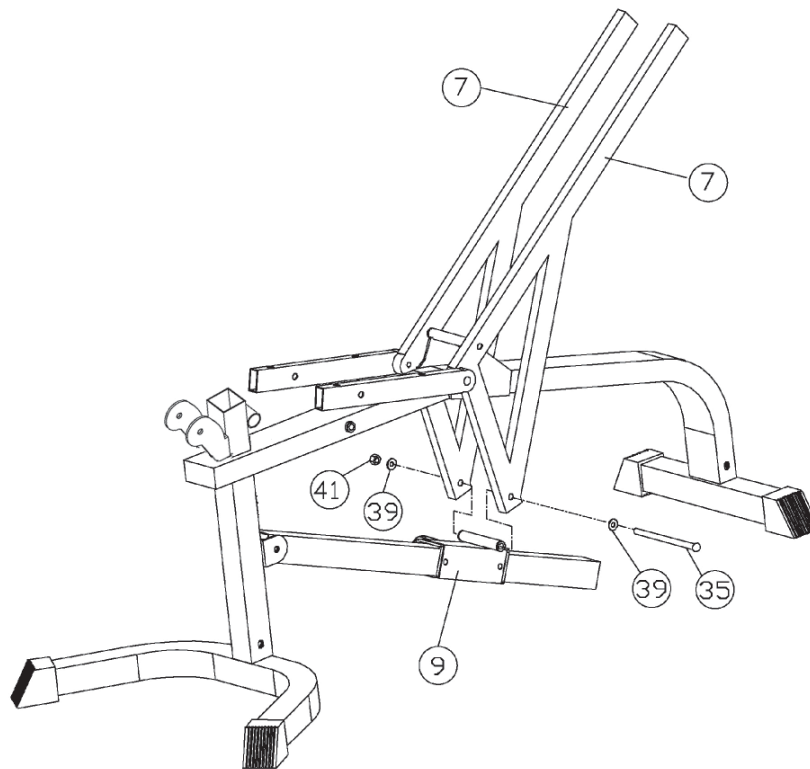
Attach two Bushings (#23) to each Seat Support Frames (#6).

Attach one Backrest Support (#7) to the Seat Support Frame (#6). Align the holes and secure them with one M10×1 5/8" Allen Bolt (#32) and one 3/4" Washer (#39). (Repeat the same procedure to install the other side.

Attach the two Backrest Supports (#7) to the pivot on the Main Frame (#1). Align the holes and secure them with one M10×6 1/4" Allen Bolt (#35), two 3/4" Washers (#39) and one M10 Nylon Nut (#41).

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DIAGRAM 3

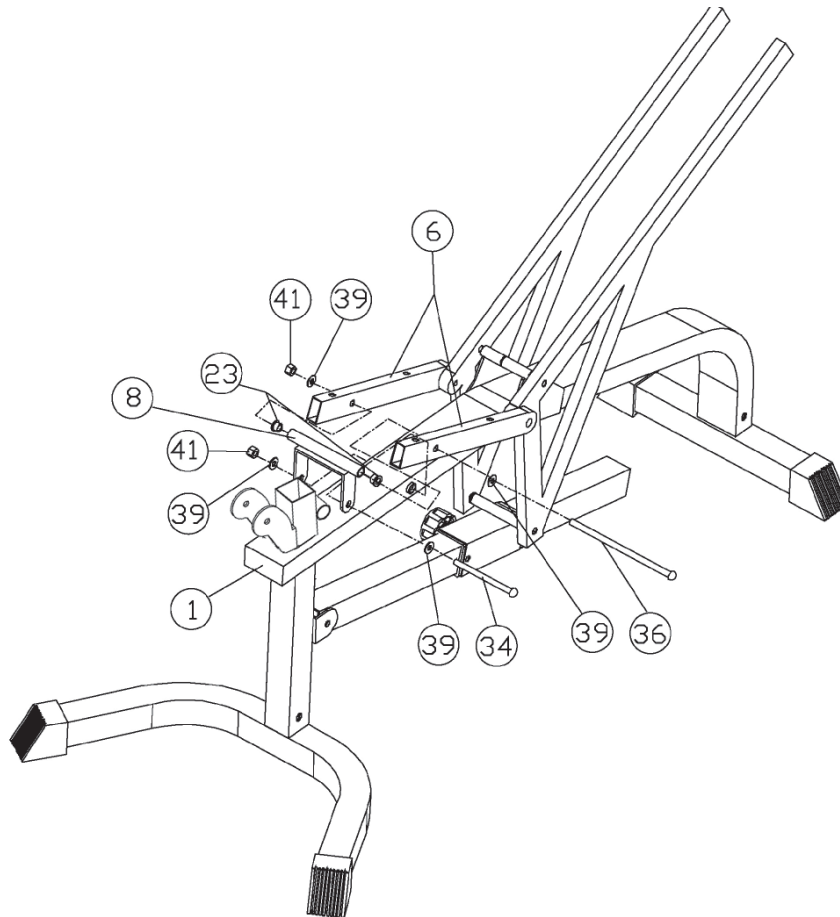


STEP 3

Align the holes on the two Backrest Supports (#7) to the pivot on the Sliding Block (#9). Secure them with one M10×6 1/4" Allen Bolt (#35), two 3/4" Washers (#39) and one M10 Nylon Nut (#41).

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DIAGRAM 4



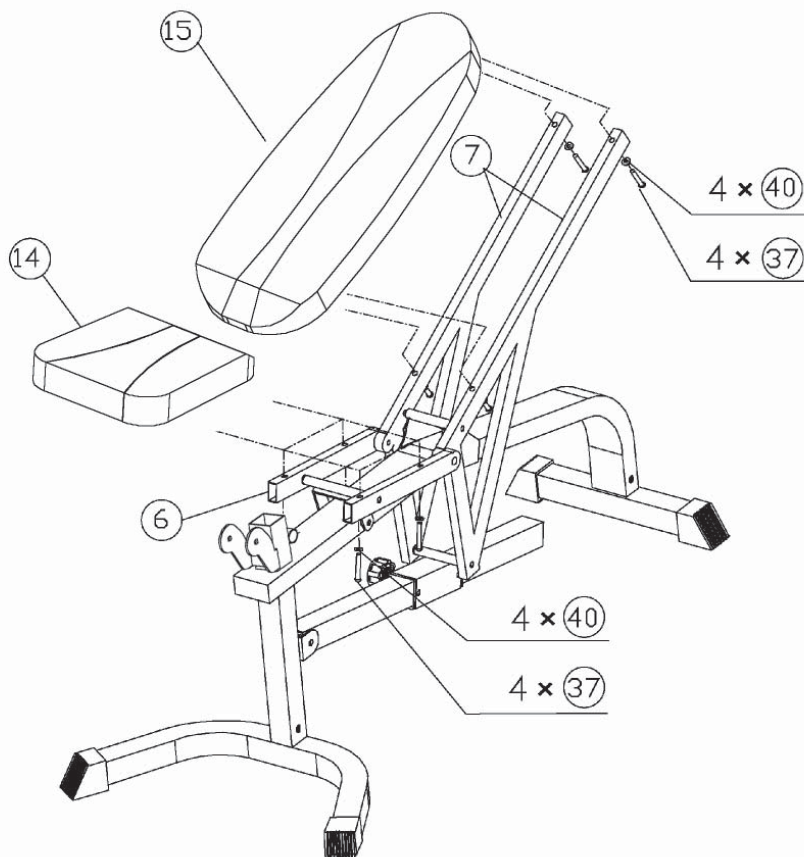
STEP 4

Attach the Seat Incline Support Bracket (#8) to the Main Frame (#1). Secure it with one M10×4 3/4" Allen Bolt (#34), two 3/4" Washers (#39) and one M10 Nylon Nut (#41). Do not over tighten the nut and bolt. The Bracket needs to be able to swivel. Attach two bushings (#23) to the pivot on the Seat Incline Support Bracket (#8).

Attach the Seat Support Frames (#6) to the pivot of the Seat Incline Support Bracket (#8). Align the holes and secure them with one M10×8 1/4" Allen Bolt (#36), two 3/4" Washers (#39) and one M10 Nylon Nut (#41).

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

DIAGRAM 5



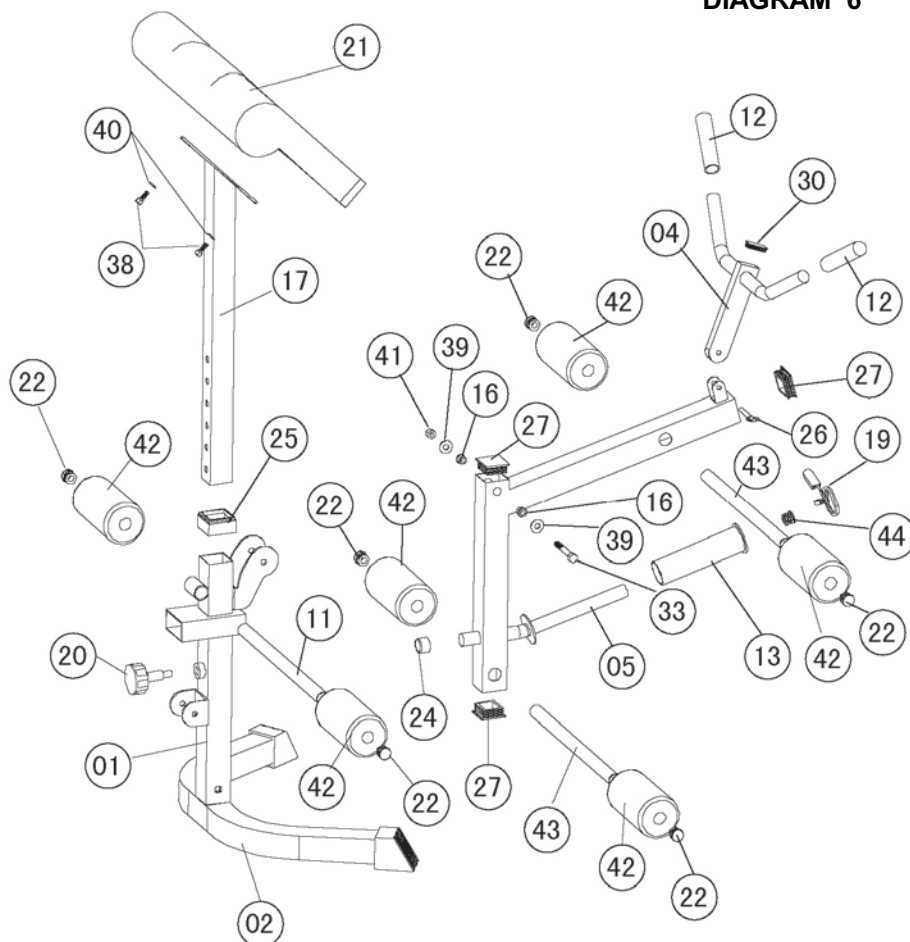
STEP 5

Place the Seat Pad (#14) onto the Seat Support Frames (#6). Align the holes and secure it with four M8x2" Allen Bolts (#37) and four 5/8" Washers (#40).

Place the Backrest Board (#15) onto the Backrest Supports (#7). Align the holes and secure it with four M8x2" Allen Bolts (#37) and four 5/8" Washers (#40).

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

DIAGRAM 6



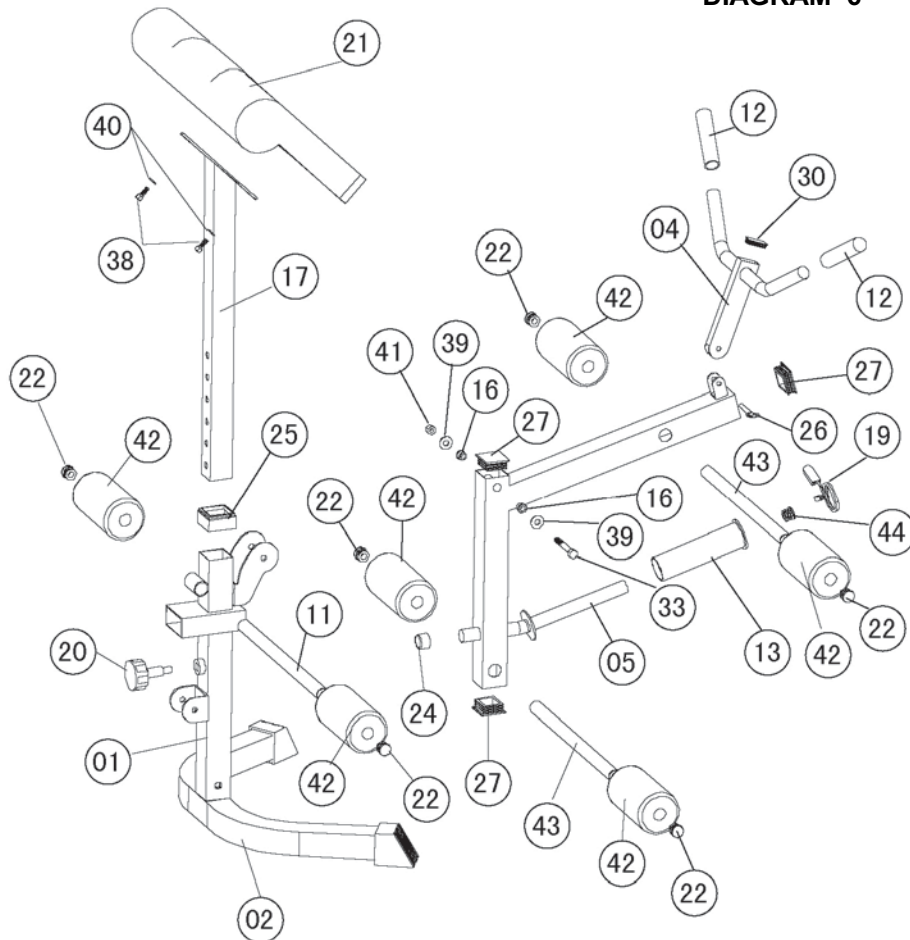
STEP 6

Insert the Arm Curl Stand (#17) into the top opening in front of the Seat. Secure it with a Knob Lock (#20) underneath the Seat. Attach the Arm Curl Pad (#21) to the Arm Curl Stand (#17). Secure it with two M8×5/8" Allen Bolts (#38) and two 5/8" Washers (#40).

Attach the Leg Developer (#5) to the bracket of the Main Frame (#1). Secure it with an M10 Nylon Nut (#41), two 3/4" Washers (#39) and two M10×3" Allen Bolts (#33). Insert the Olympic Sleeve (#13) onto the weight post of the Leg Developer. Attach the 1" Spring Clip (#19) to the post. NOTE: When using the bench at a decline position to do Ab exercises, place at least 30lbs of weights on the leg developer to hold it down.

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

DIAGRAM 6

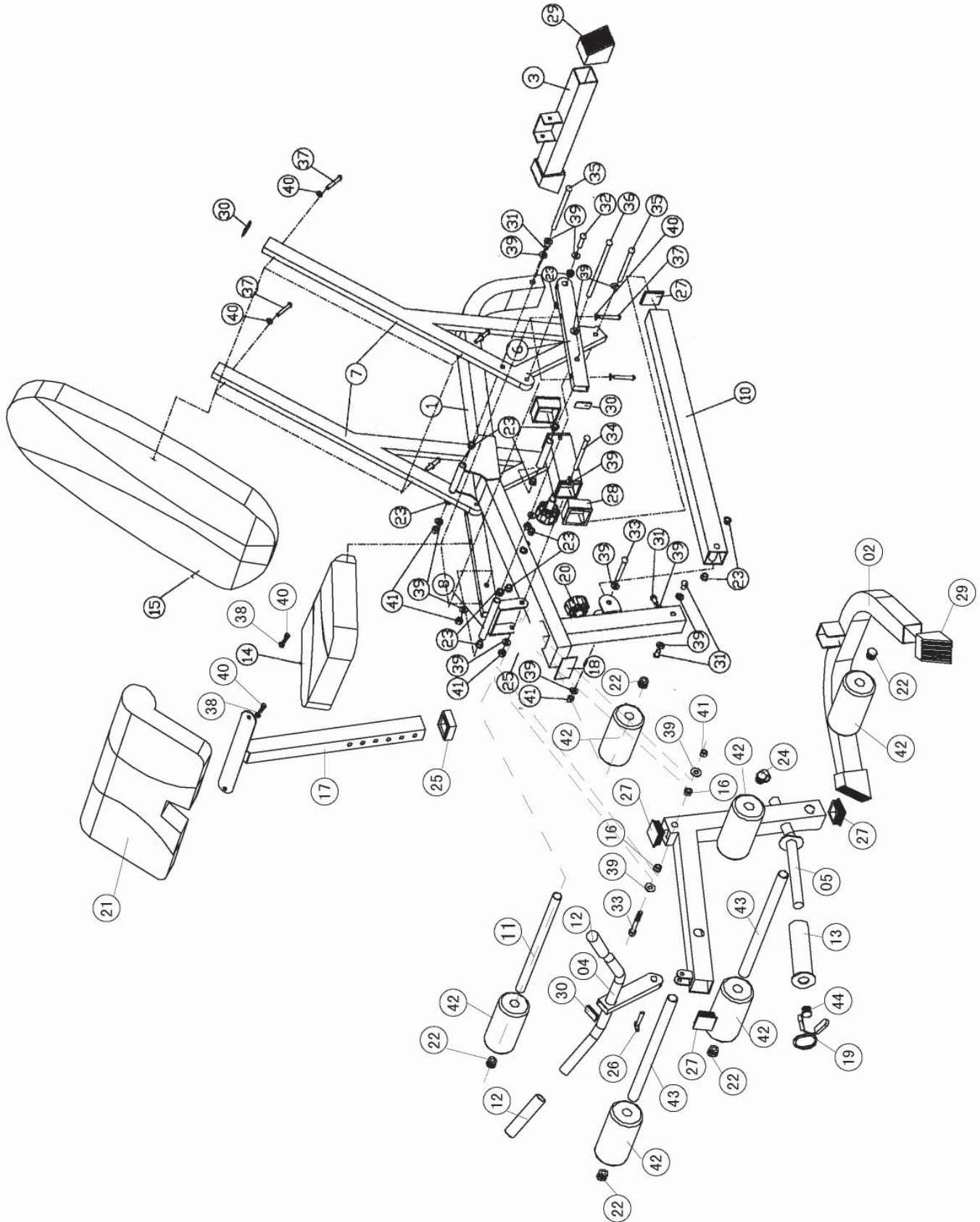


STEP 6 cont.

Insert one 17" Long Foam Roll Tube (#11) halfway through the holes on front of the Main Frame (#1). Insert two 16" Foam Roll Tubes (#43) halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#42) onto the Tubes from both sides. Plug six Foam Roll End Caps (#22) to the ends.

ST-DFIDL Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00801	MAIN FRAME, M-FIDL (SILVER)	1
2	223-00802	U SHAPED BASE, M-FIDL (SILVER)	1
3	219-00299	REAR STABILIZER#3 M-FIDL (NEW STYLE)	1
4	219-00300	ARM CURL HANDLE M-FIDL	1
5	223-00833	LEG DEVELOPER, ST-OBA2/ST-DFIDL	1
6	219-00301	SEAT SUPPORT FRAME#6 M-FIDL (SILVER)	2
7	223-00416	BACKREST SUPPORT, ST-DFIDL	2
8	210-00109	SLIDING INCLINE SUPPORT BRACKET ST-DFIDL	1
9	210-00110	SLIDING BLOCK,ST-DFIDL	1
10	223-00417	INCLINE ADJUSTMENT BAR M-FIDL (SILVER)	1
11	219-00302	LONG FOAM ROLL TUBE (17") M-FIDL/ST-DFIDL	1
12	206-00170	HANDLE GRIP, M-FIDL/ST-FIDL/ST-DFIDL	1
13	210-00111	OLYMPIC SLEEVE, M-FIDL/ST-FIDL/ST-DFIDL	1
14	228-00171	SEAT PAD, ST-DFIDL	1
15	228-00172	BACKREST PAD, ST-DFIDL	1
16	202-00183	LEG DEVELOPER BUSHING	2
17	223-00800	ARM CURL STAND, M-FIDL (SILVER)	1
18	206-00171	RUBBER PAD 1 1/2*3 #18 M-FIDL/ ST-DFIDL	1
19	210-00103	SPRING CLIP 1"	1
20	210-00112	KNOB LOCK, ST-DFIDL	2
21	228-00173	ARM CURL PAD, ST-FIDL	1
22	206-00172	FOAM ROLL END CAP, ST-DFIDL	6
23	202-00184	BUSHING, ST-DFIDL	14
24	206-00173	END CAP 1" DIAMETER, ST-DFIDL	1
25	206-00235	SQUARE SLEEVE 50	1
26	210-00038	RING HEAD LOCK PIN ST-OBA/ST-FIDL/M-FIDL	1
27	202-00596	1 3/4" END PLUG,ST-DFIDL	4
28	206-00174	2 1/4 plastic sleeve	2
29	206-00370	STABILIZER CAP, ST-DFIDL	4
30	206-00371	END CAP, 1 1/2"	7
31	202-00185	BOLT ALLEN M10*16, ST-DFIDL	5
32	202-00186	BOLT ALLEN M10*40, ST-DFIDL	2
33	202-00187	BOLT ALLEN M10*76, ST-DFIDL	2
34	202-00188	BOLT ALLEN M10*120, ST-DFIDL	1
35	202-00189	BOLT ALLEN M10*160, ST-DFIDL	2
36	202-00190	BOLT ALLEN M10*210, ST-DFIDL	1
37	202-00191	BOLT ALLEN M8*50, ST-DFIDL	8
38	202-00192	BOLT ALLEN M8*16, ST-DFIDL	2
39	202-00193	WASHER 3/4, ST-DFIDL	19
40	202-00602	WASHER, 5/8"	10
41	202-00091	NYLON NUT, M10	6
42	228-00094	FOAM ROLLER, AOLIN	6
43	219-00303	FOAM TUBE(16"), ST-DFIDL	2
44	206-00372	INNER PLUG, 1"	1
#	202-00063	BOLT PACK M-FIDL	1
#	215-00081	MANUAL ST-DFIDL	1



KEYS FITNESS PRODUCTS, L.P.... STRENGTH TRAINER WARRANTY

Keys Fitness Products L.P. warrants this product for a period of 90 days on parts and lifetime on the frame from the original date of purchase. This warranty covers the product from defects in materials and workmanship for the original purchaser. Using this product for commercial purposes, products damaged by misuse, abuse, or from shipping, moving and storage will void this warranty.

Replacement parts are available from Keys Fitness Products L.P.

To contact us for customer service or replacement parts, call 1-888-340-0482.

CUSTOMER SERVICE

If you have any questions regarding this or any Keys Fitness product, or if we may be of assistance in any way, please do not hesitate to call our toll free number 1-888-340-0482.



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