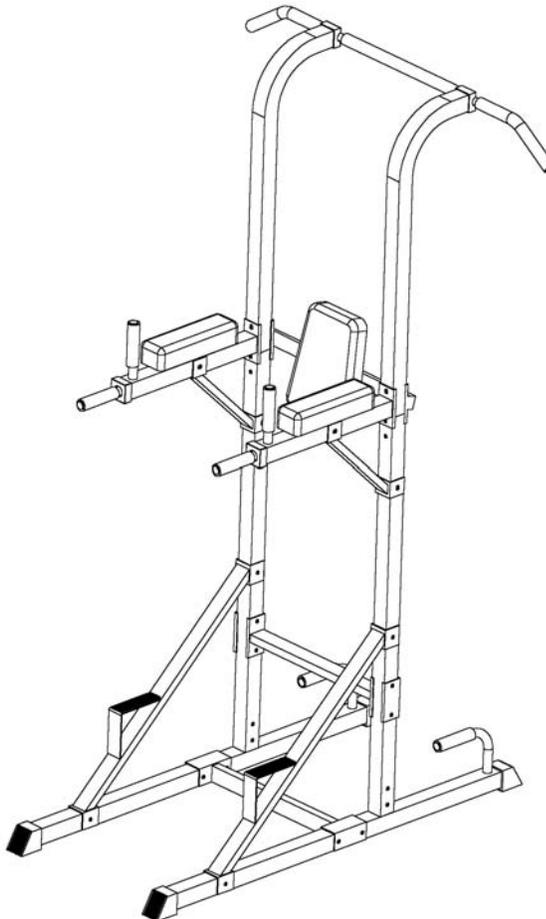


# Strength SERIES Trainer

## ST-PT POWER TOWER OWNERS MANUAL



**INCLUDES:**  
SAFETY NOTICE  
ASSEMBLY INSTRUCTIONS  
EXPLODED DRAWING  
PARTS LIST  
WARRANTY  
ORDERING PARTS



keysfitness.com

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) are 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:**

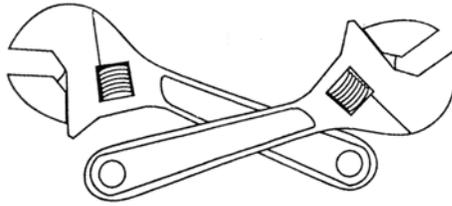
Keys Fitness Products is not responsible for the misuse of any Keys Fitness Products nor for any injury sustained while using any Keys Fitness Products. The consumer uses any or all of Keys Fitness Products at their own risk.

## **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.

## TOOLS REQUIRED

You will need two adjustable wrenches for assembly

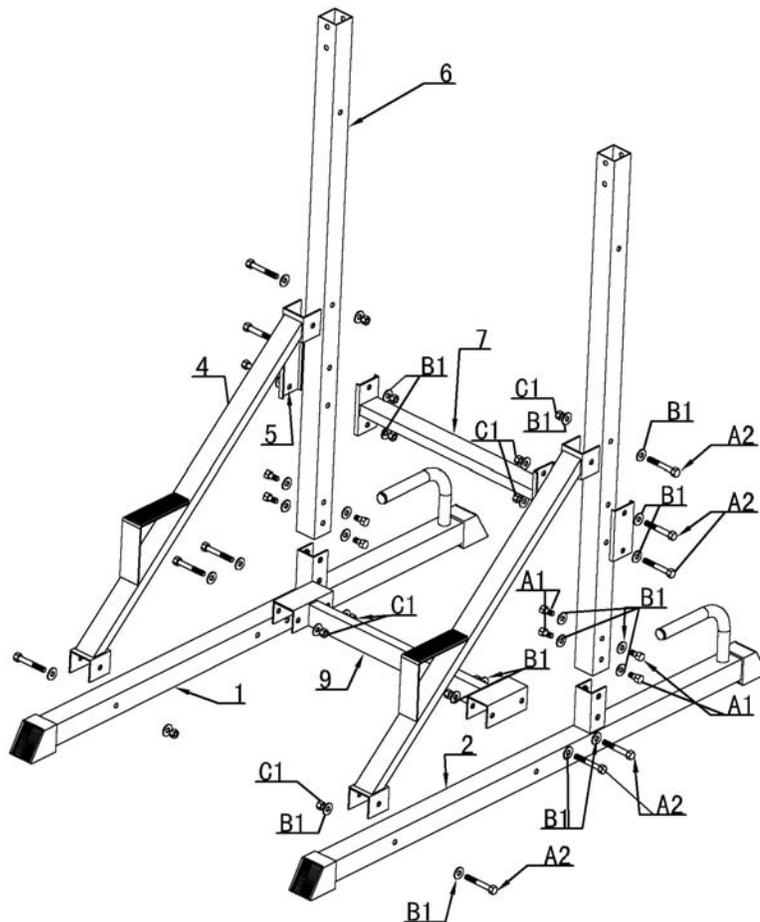


## ASSEMBLY INSTRUCTIONS

Place all parts in a clear area and remove the packing materials.

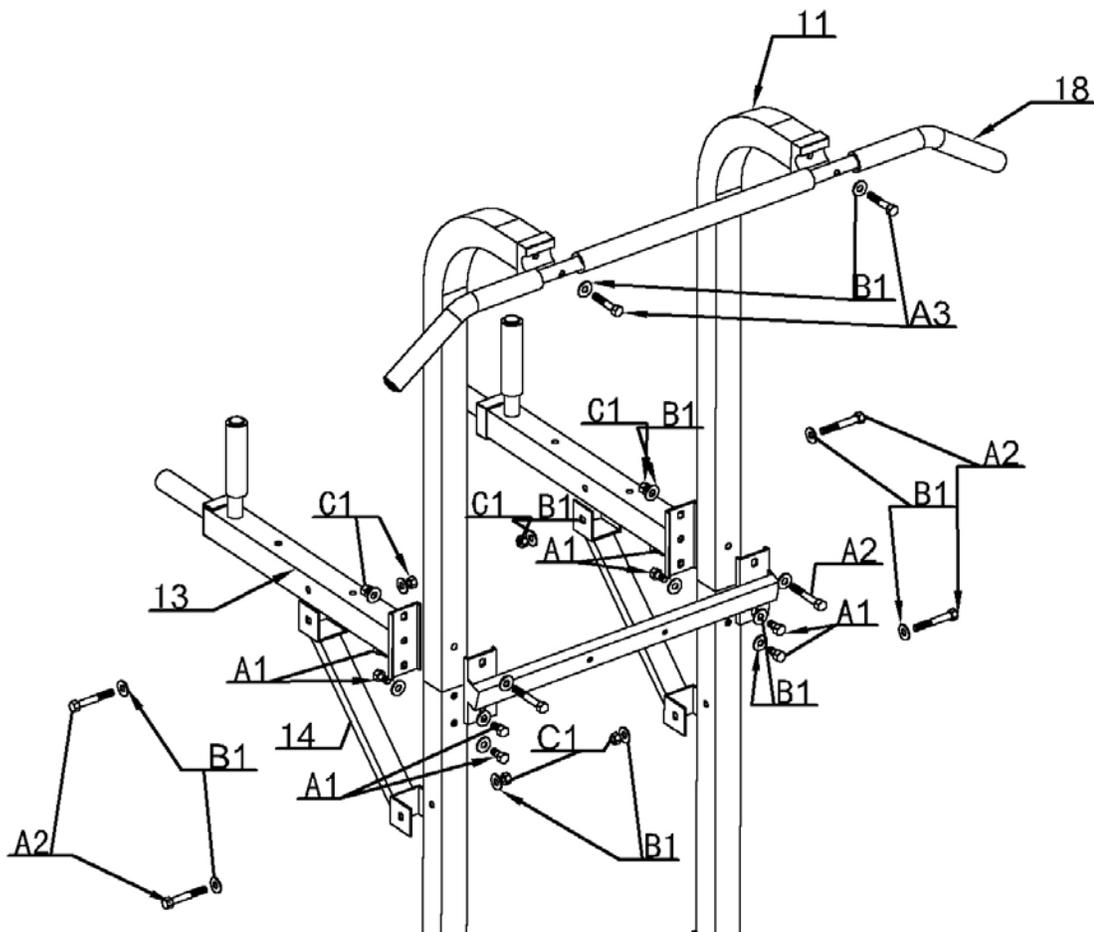
### Step 1

1. Place the Left and Right Base (No. 1 & 2) parallel, insert two  $\varnothing 25$  Short Foam Grips (No. 3) into each of the push up handle of the Base. Connect the Bottom Brace (No 9) to the Left and Right base (No. 1 & 2), secure them by four M10x70 Bolts (No.A2), eight  $\varnothing 10$  Washer (No.B1) and four M10 Aircraft Nuts (No.C1).
2. Insert two Lower Upright Tubes (No. 6) into the Left and Right Base (No. 1 & 2), secure them by eight M10 x 20 Bolts (No. A1) and eight  $\varnothing 10$  Washer (No. B1).
3. Connect the Lower Cross Brace (No. 7) and the two U-shape Brackets (No. 5) to the Lower Upright Tubes (No. 6), secure them by four M10 x 70 Bolts (No. A2), eight  $\varnothing 10$  Washer (No. B1) and four M10 Aircraft Nuts (No. C1).
4. Insert the Lower Support Bars (No. 4) between the Base (No. 1 & 2) and the Lower Upright Tubes (No. 6), secure them by four M10 x 70 Bolts (No. A2), eight  $\varnothing 10$  Washer (No. B1) and four M10 Aircraft Nuts (No. C1).



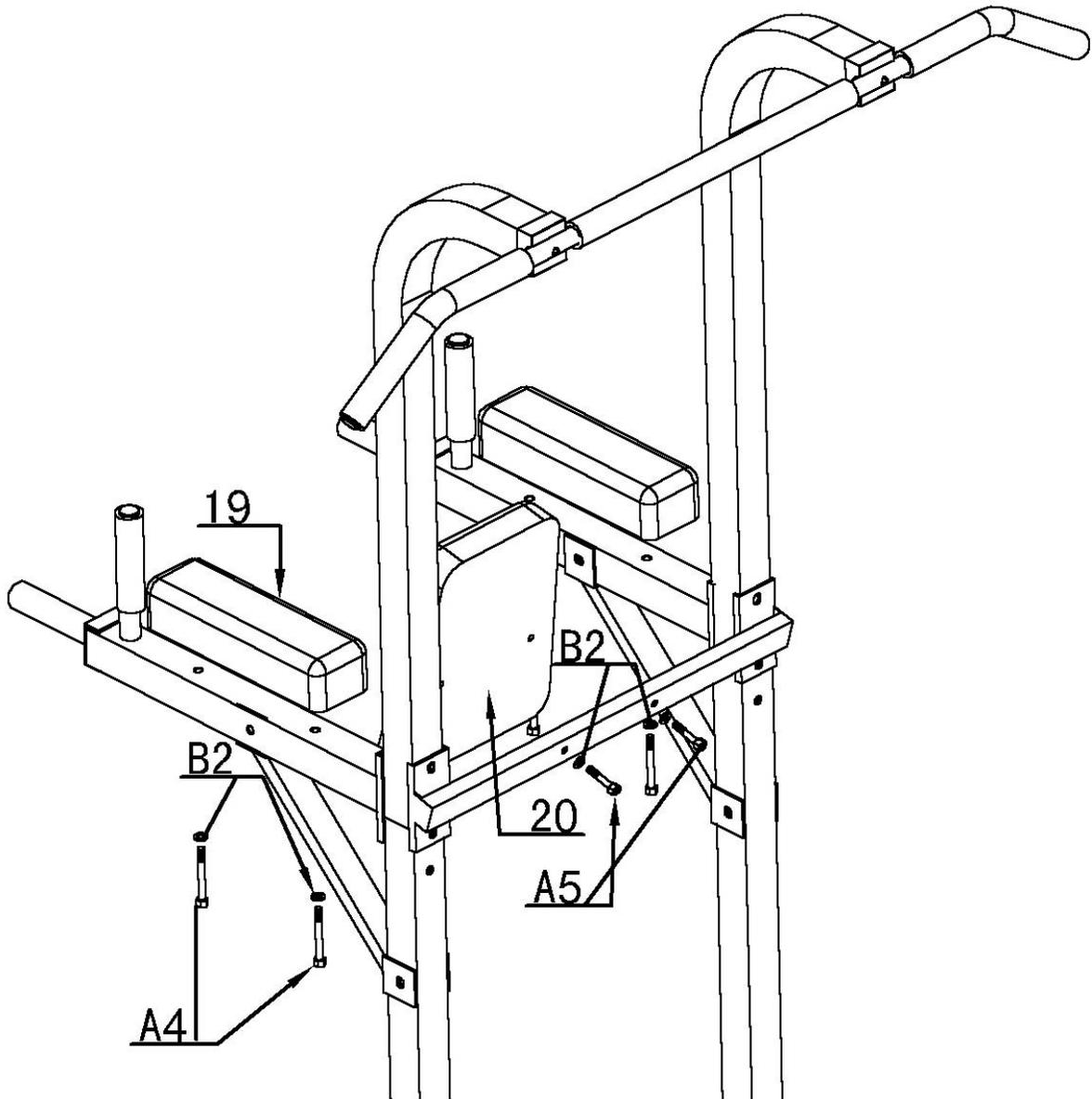
## Step 2

1. Insert one  $\varnothing$  25 Long Foam Grip (No. 16) onto the middle of the Pull-up Bar (No. 18), then insert the  $\varnothing$  25 mid Foam Grips (No. 15) onto each ends of the Pull-up Bar (No. 18). slide the Connective Heads (No.17) onto both ends of Upper Upright Tube (No. 11),
2. Connect the Pull-up Bar (No. 18) to the both ends of Upper Upright Tube (No. 11), secure them with two M10 x 55 Bolts (No. A3) and two  $\varnothing$ 10 Washers (No. B1).
3. Connect two Upper Upright Tubes (No. 11) to the Lower Upright Tubes (No. 6), secure them with four M10 x 20 Bolts (No.A1) and four  $\varnothing$ 10 Washers (No. B1).
4. Insert four  $\varnothing$  25 Short Foam Grips (No. 3) into each handle of the two Extend Arms (No. 13).
5. Attach the two Extend Arms (No. 13) through the joints of Upper and Lower Upright Tubes (No. 11 & No. 6) to the Upper Cross Brace (No. 12), secure them with four M10 x20 Bolts (No. A1), two M10x70 Bolts (No.A2), eight  $\varnothing$ 10 Washers (No. B1) and two M10 Aircraft Nuts (No. C1).
6. Connect the two Upper Support Bars (No. 14) to both the Extend Arms (No. 13) and Lower Upright Tubes (No. 6), secure them by four M10 x 70 Bolts (No. A2), eight  $\varnothing$ 10 Washers (No. B1) and four M10 Aircraft Nuts (No. C1).

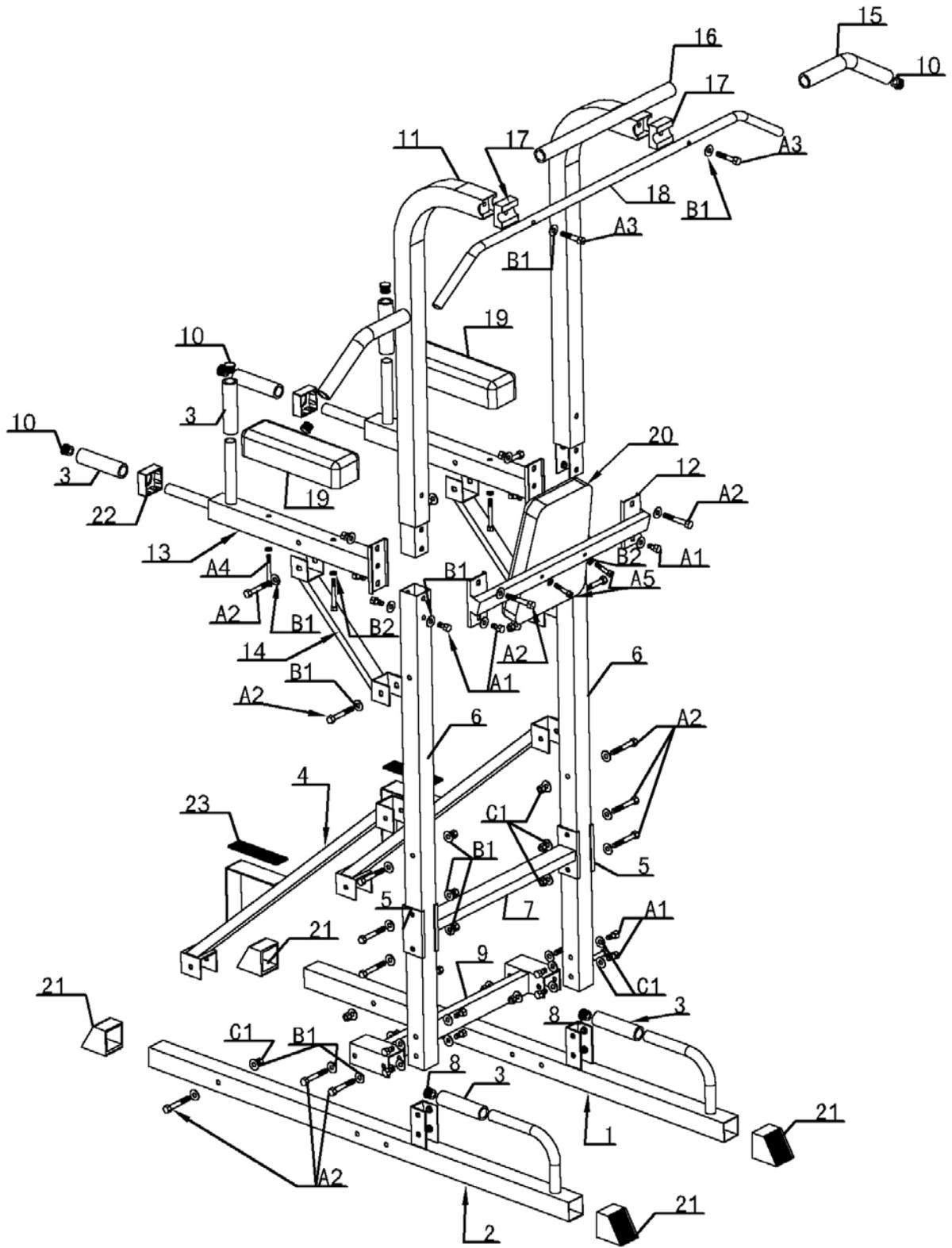


### Step 3

1. Attach the two Armrests (No. 19) to each of the Extend Arm (No. 13), secure them by four M8 x 70 Bolts (No. A4) and four Ø10 Washers (No. B2).
2. Attach the Backrest Board (No. 20) to the Upper Cross Brace (No. 12), secure it by two M8 x 40 Bolts (No. A5) and two Ø10 Washers (No. B2).



# EXPLODED DRAWING



## PARTS LIST

<b>Part no.</b>	<b>Description</b>	<b>Qty.</b>	<b>Remarks</b>
1	Left Base	1	
2	Right Base	1	
3	Ø 25 Short Foam Grip	6	Pre-assembled
4	Lower Support Bar	2	
5	U-shape Bracket	2	
6	Lower Upright Tube	2	
7	Lower Cross Brace	1	
8	1"Round Plug D25X1.5	2	Pre-assembled
9	Bottom Cross Brace	1	
10	1"Round Plug D25X2	6	Pre-assembled
11	Upper Upright Tube	2	
12	Upper Cross Brace	1	
13	Extend Arm	2	
14	Upper Support Bar	2	
15	Ø 25 Mid Foam Grip	2	Pre-assembled
16	Ø 25 Long Foam Grip	1	Pre-assembled
17	Connective Head	2	Pre-assembled
18	Pull-up Bar	1	
19	Armrest	2	
20	Backrest Board	1	
21	End Cap	4	Pre-assembled
22	2" Sq Sleeve	2	Pre-assembled
23	Protective Cover	2	Pre-assembled
A1	M10 x 20 Bolt	16	
A2	M10 x 70 Bolt	18	
A3	M10 x 55 Bolt	2	
A4	M8 x 70 Bolt	4	
A5	M8 x 40 Bolt	2	
B1	Ø 10 Washer	54	
B2	Ø 8 Washer	6	
C1	M10 Aircraft Nut	18	



## **WARRANTY**

Keys Fitness Products LP 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 LP. 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.

Remember, before using any exercise product, consult a physician.

**Keys Fitness Products, LP**

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