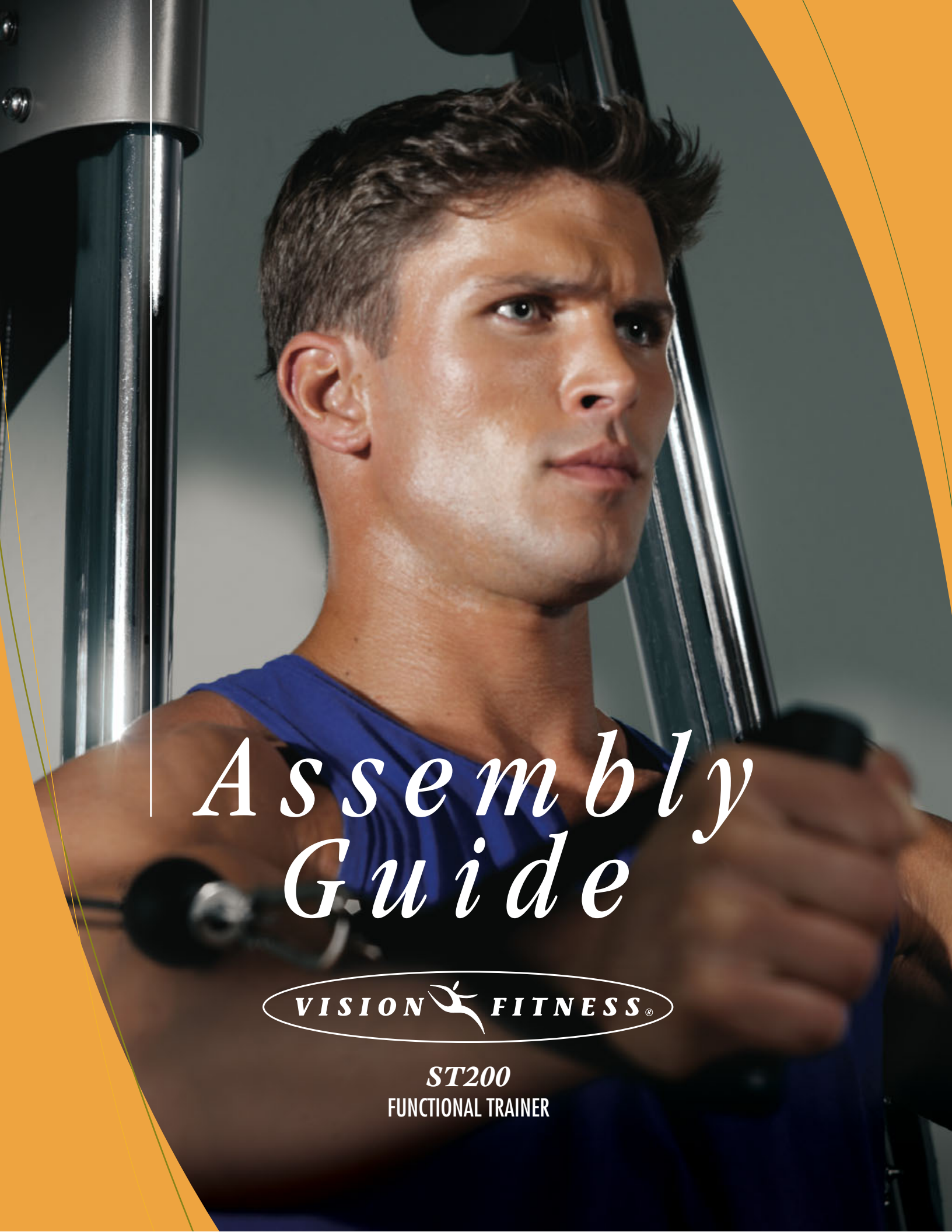


A man with short brown hair and a focused expression is shown from the chest up, working out on a piece of gym equipment. He is wearing a blue tank top. The background is a plain, light-colored wall. The image is framed by orange diagonal shapes on the left and right sides.

Assembly Guide



ST200
FUNCTIONAL TRAINER

Assembly Guide

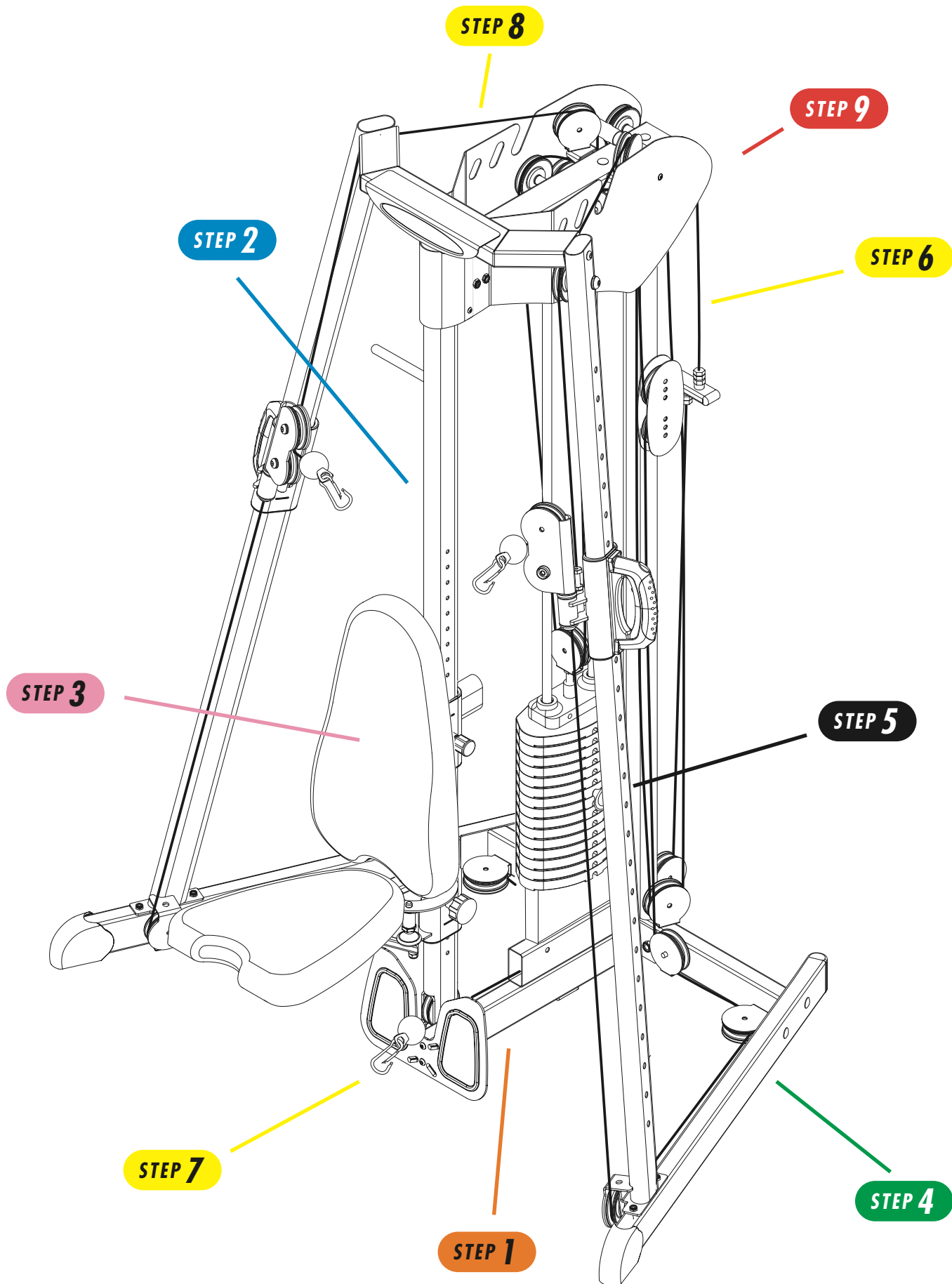
ST200 FUNCTIONAL TRAINER

To avoid possible damage to this Functional Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Functional Trainer serial number located on the back of the rear floor support (1a), and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Functional Trainer.

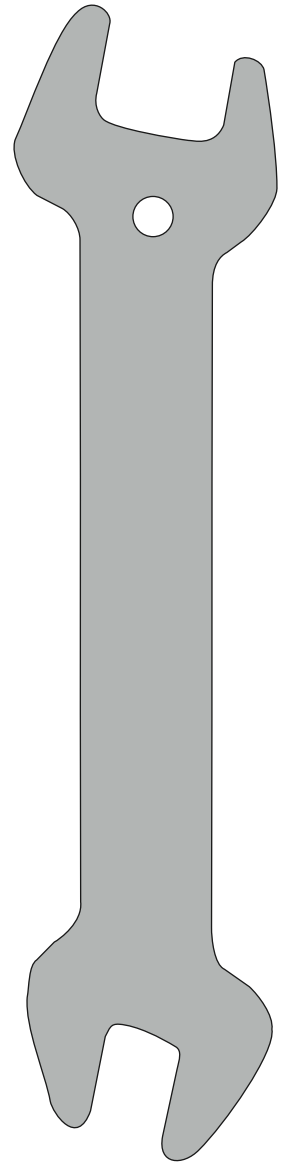
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

NOTE: It is recommended that you apply grease to the threads of each screw as you assemble your Functional Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

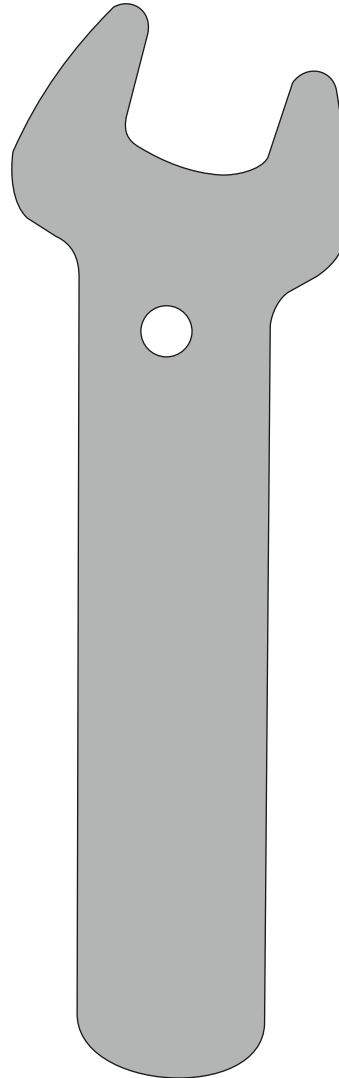


TOOLS & PARTS INCLUDED

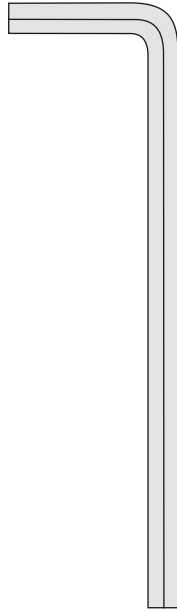
10mm/17mm Wrench



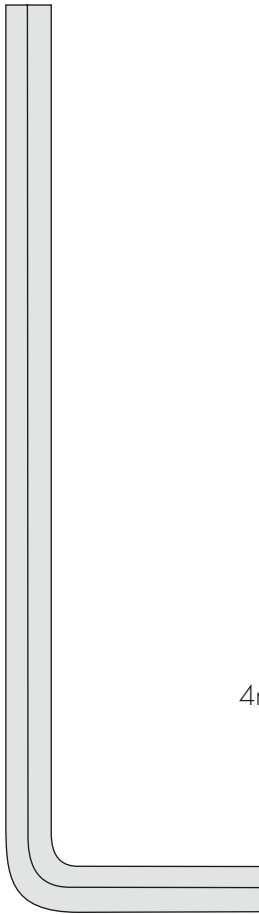
19mm Wrench



4mm L-Shaped Wrench



6mm L-Shaped Wrench

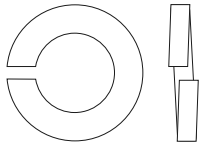


PARTS BOX

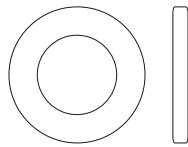
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

HARDWARE INCLUDED

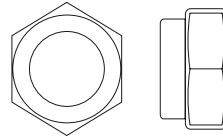
ORANGE BAG



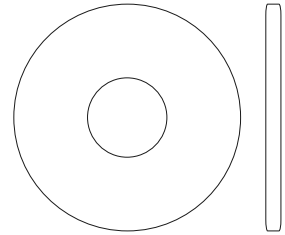
SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 4



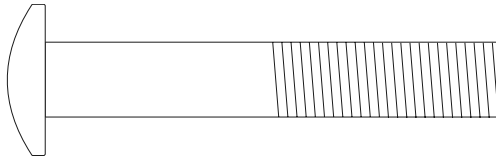
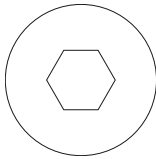
10.5 x 18 x 2T
Flat Washer
Quantity: 8



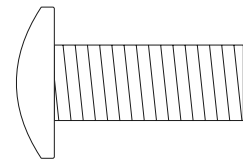
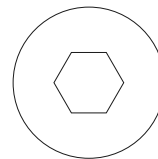
M10 x 1.5P Nut
Quantity: 6



10.5 x 30 x 2T
Flat Washer
Quantity: 4

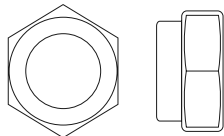


M10 x 1.5P x 60L Bolt
Quantity: 4

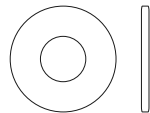


M10 x 1.5P x 25L Bolt
Quantity: 2

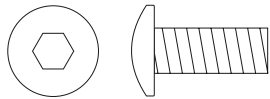
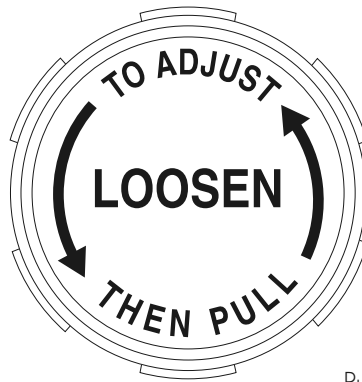
BLUE BAG



M10 x 1.5P Nut
Quantity: 2



6.4 x 14 x 1T
Flat Washer
Quantity: 2

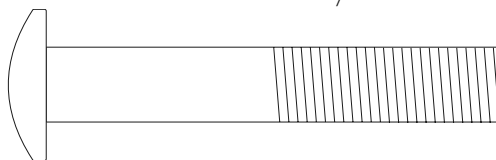
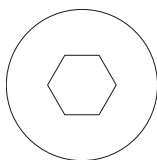
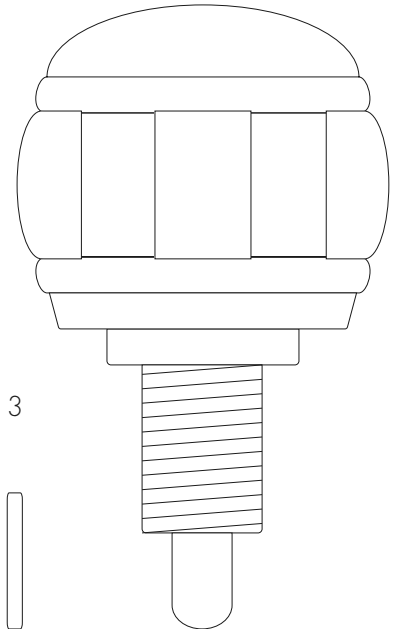


M6 x 1P x 15L Bolt
Quantity: 2

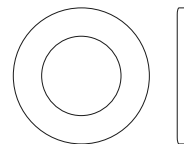


SW6.1 x 12.2 x 1.5T
Spring Washer
Quantity: 2

Pull Pin
Quantity: 3



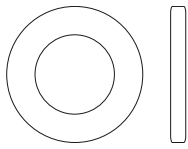
M10 x 1.5P x 60L Bolt
Quantity: 2



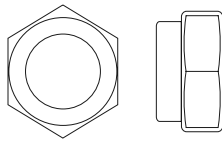
10.5 x 18 x 2T
Flat Washer
Quantity: 4

HARDWARE INCLUDED

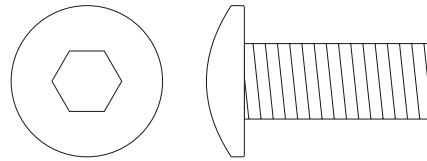
PINK BAG



10.5 x 18 x 2T
Flat Washer
Quantity: 2



M10 x 1.5P Nut
Quantity: 2

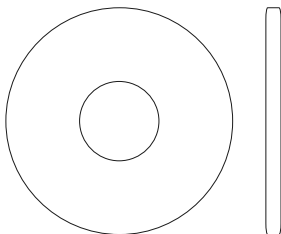


M10 x 1.5P x 25L Bolt
Quantity: 8

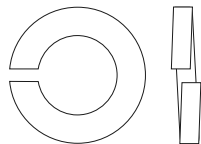


M10 x 1.5P x 60L Bolt
Quantity: 2

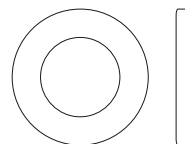
GREEN BAG



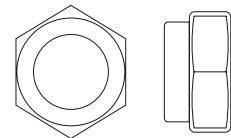
10 x 30 x 2T
Flat Washer
Quantity: 2



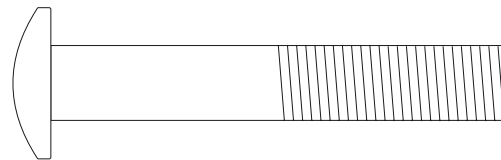
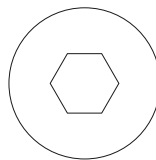
SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 6



10.5 x 18 x 2T
Flat Washer
Quantity: 4



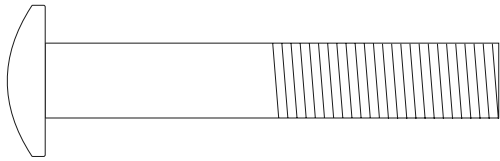
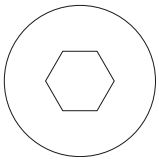
M10 x 1.5P Nut
Quantity: 4



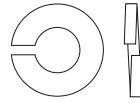
M10 x 1.5P x 60L Bolt
Quantity: 2

HARDWARE INCLUDED

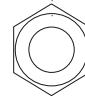
BLACK BAG



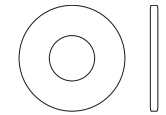
M10 x 1.5P x 60L Bolt
Quantity: 2



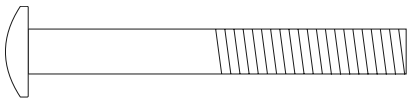
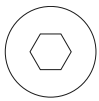
SW6.1 x 12.2 x 1.5T
Spring Washer
Quantity: 2



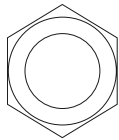
M6 x 1P Nut
Quantity: 2



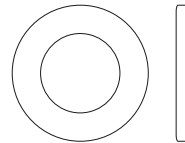
6.4 x 14 x 1T
Flat Washer
Quantity: 2



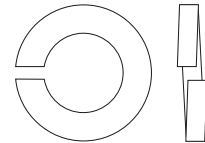
M6 x 1P x 50L Bolt
Quantity: 2



M10 x 1.5P Nut
Quantity: 4

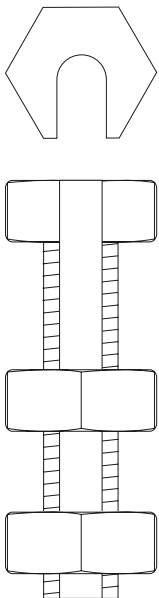


10.5 x 18 x 2T
Flat Washer
Quantity: 6

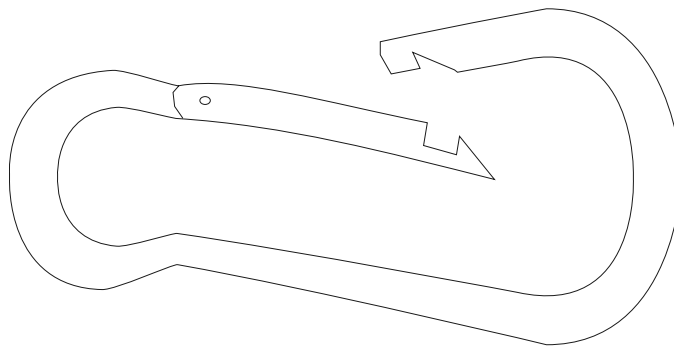


SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 2

YELLOW BAG



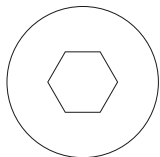
M12 Slotted Bolt
Quantity: 3



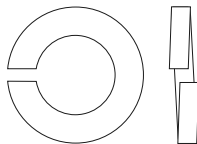
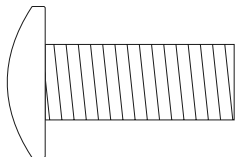
Karabiner
Quantity: 5

HARDWARE INCLUDED

RED BAG



M10 x 1.5P x 25L Bolt
Quantity: 10

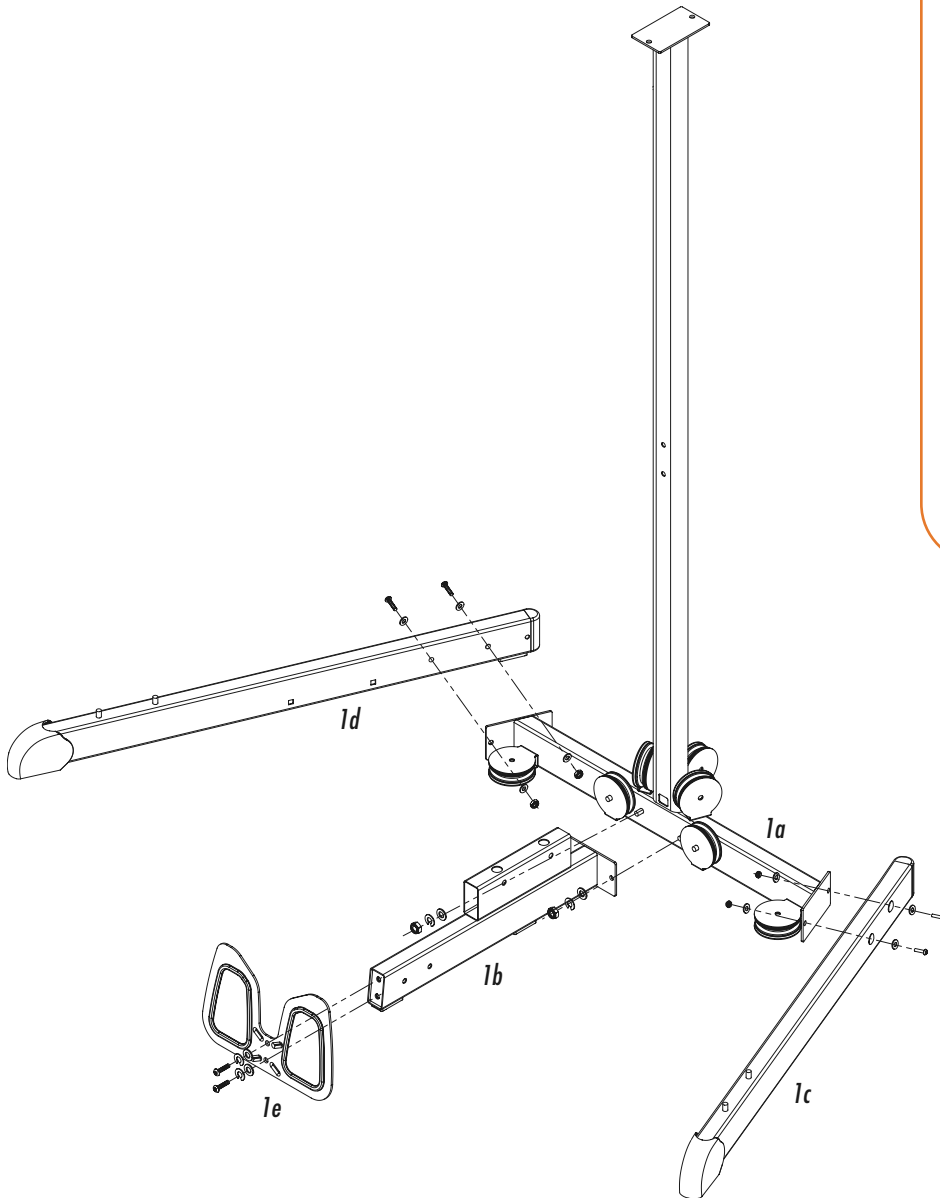


SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 10

STEP 1**ORANGE BAG**

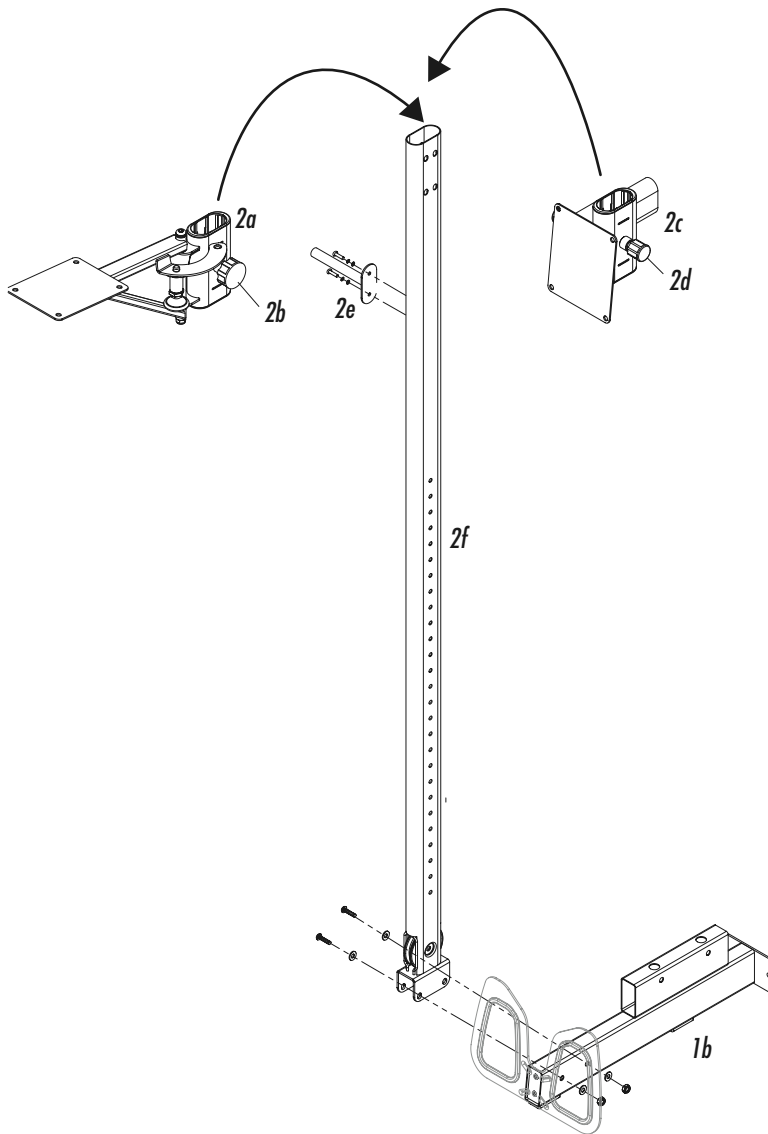
- Lay the back side of the rear vertical upright (1a) down onto the floor. The threaded bolt ends will be pointing up. Place the center floor support (1b) over the threaded ends. Attach a flat (10.5x18x2T) and spring (SW10.2x18.4x2.5T) washer and nut (M10x1.5P) to each end. Tip upright. Tighten fasteners using a 17mm wrench and a 6mm L-shaped wrench.

- Slide the right floor support (1c) up to the rear vertical support and attach with two bolts (M10x1.5Px60L), two flat (10.5x30x2T) washers (outside of tube), two flat (10.5x18x2T) washers, and two nuts (M10x1.5P). Repeat the process with the left floor support (1d). Tighten with a 17mm wrench and a 6mm L-shaped wrench. Attach the foot plate (1e) to the front surface of 1b with two flat (10.5x18x2T) & spring (SW10.2x18.4x2.5T) washers, and two bolts (M10x1.5Px25L). Tighten bolts with a 6mm L-shaped wrench.



STEP 2

BLUE BAG



- Thread pull pins partially onto 2a (Qty. 1) and 2c (Qty. 2).

- Lay the front center vertical (2f) on the floor. Slide the seat support structure (2a) over the open end of 2f. **NOTE: You must pull the pull pin out (2b) and hold it when sliding over 2f.** Release and engage the pull pin in one of the lower holes of 2f.

- Slide the seatback support structure (2c) over the open end of 2f. **NOTE: You must pull the pull pin (2d) out and hold, while sliding over 2f.** Release and engage the pull pin in one of the upper holes of 2f.

- Attach the exercise card post (2e) to the appropriate holes of 2f with two spring (SW6.1x12.2x1.5T) and flat (6.4x14x1T) washers, and two bolts (M6x1Px15L). Tighten the bolts using a 4mm L-shaped wrench.

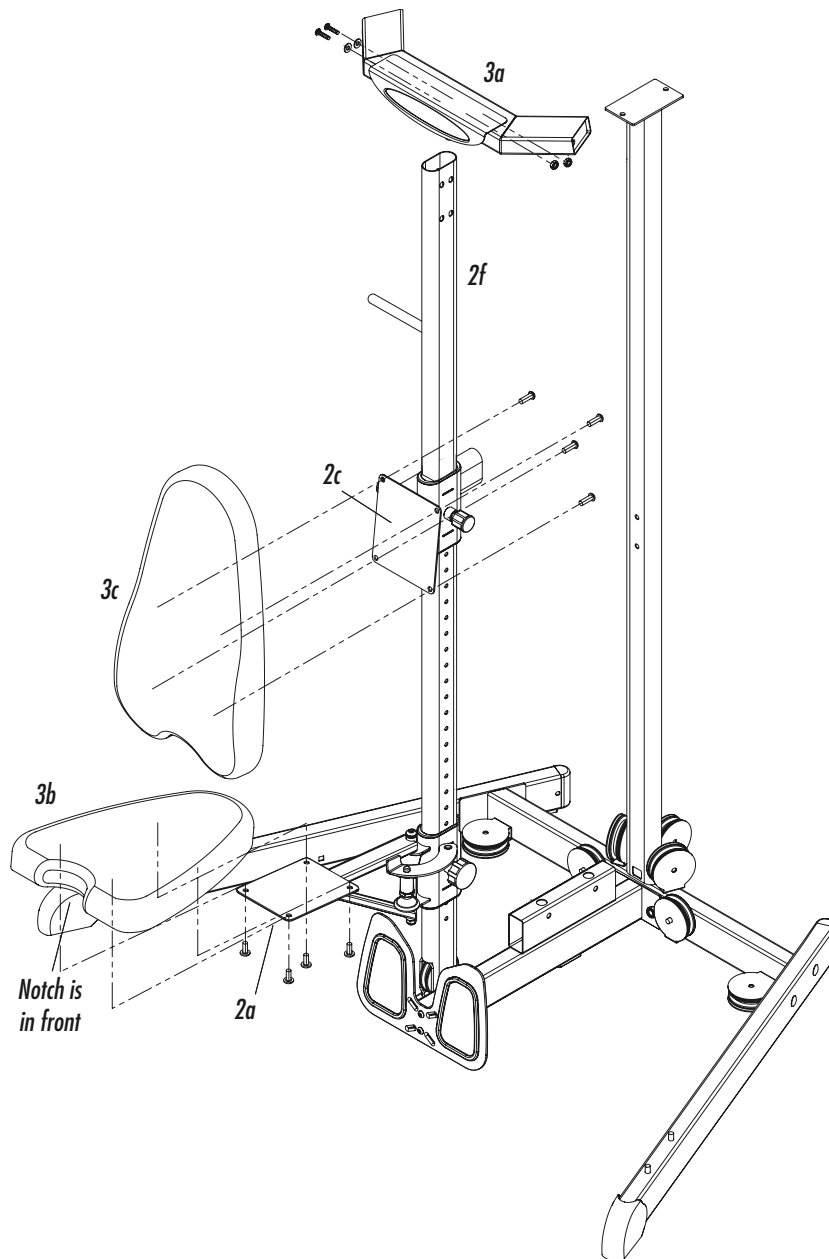
- Place 2f on top of 1b. Slip a flat (10.5x18x2T) washer over each bolt (M10x1.5Px60L) and slide through the left side. Attach a flat (10.5x18x2T) washer and a nut (M10x1.5P) to each bolt on the right side. Tighten using a 6mm L-shaped wrench and a 17mm wrench.

STEP 3

PINK BAG

- Place the top front structure (3a) on top of 2f and attach with two bolts (M10x1.5Px60L), two flat (10.5x18x2T) washers, and two nuts (M10x1.5P). Tighten fasteners with a 6mm L-shaped wrench and a 17mm wrench.

- Attach the seat (3b) up through the bottom of 2a with four bolts (M10x1.5Px25L). Attach the seatback (3c) through 2c with four bolts (M10x1.5Px25L). Tighten with a 6mm L-shaped wrench.

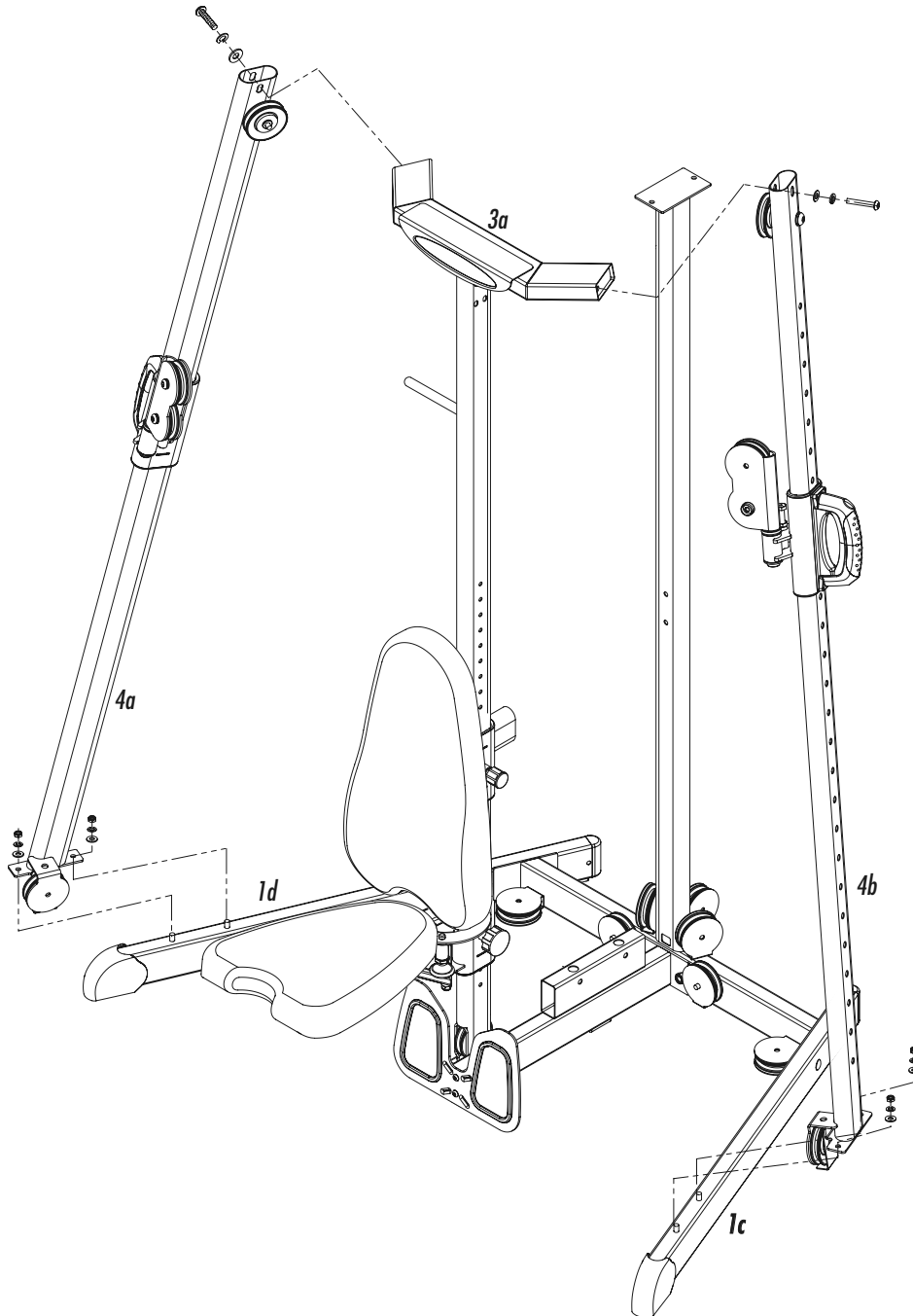


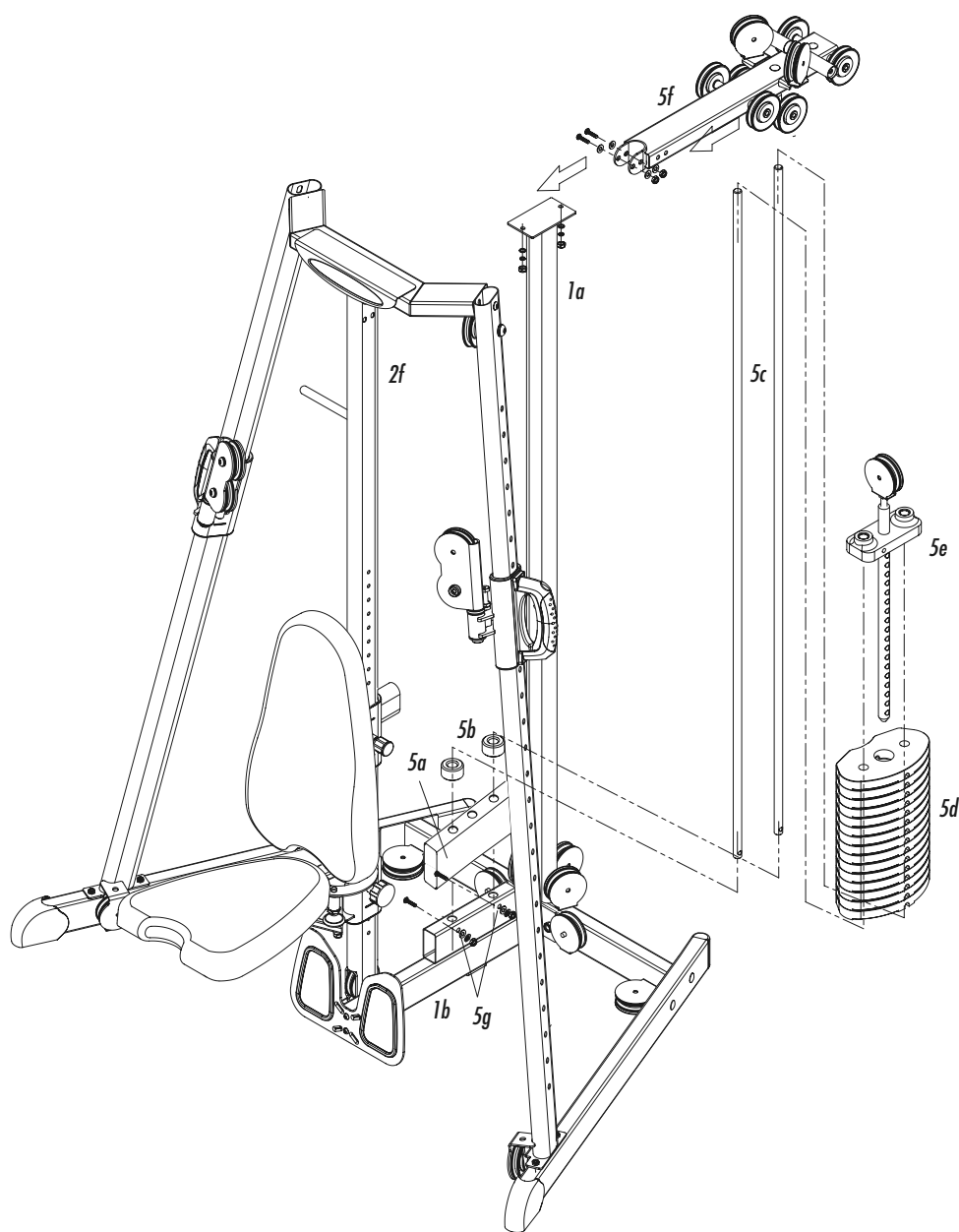
STEP 4

GREEN BAG

- Place the bottom of the left oval upright (4a) onto the protruding bolts of 1d.

NOTE: Make sure the 27 holes of 4a are on the outside. Mate the hole in the top of 4a with the top hole of 3a. Attach and tighten one flat (10x30x2T) & spring (SW10.2x18.4x2.5T) washer and one bolt (M10x1.5Px60L). Tighten with a 6mm L-shaped wrench. Place one flat (10.5x18x2T) & one spring (SW10.2x18.4x2.5T) washer, and one nut (M10x1.5P) on both bolts protruding from 1d. Tighten with a 17mm wrench. Repeat the process with the right oval upright (4b).



STEP 5**BLACK BAG**

• If you are adding 15 weight plates to the base unit, proceed as follows. If you are adding 20 weight plates, the steel tube spacer (5a) will not be used.

• Place two rubber weight plate bumpers (5b) over the 0.75" holes of 5a. Place 5a over the holes of 1b. With the horizontal holes at the bottom, place the two guide rods (5c) over and through the rubber weight plate bumpers and steel tube spacers. Slide into the holes of 1b until they rest at the bottom of 1b. Let the guide rods tilt out to the right. Slide each of the 15 weight plates (5d) (or 20 if you purchased the 5 additional plates) over both guide rods on top of one another. The diagram shows the weight plates oriented to the left. This may be beneficial if you are left handed. You can orient them to the right, if so desired. The pin can access the weight plate holes from either side. Slide the header weight plate (5e) over both guide rods and down on top of the stack. Position the pulley bracket of 5e like the photo to the left. Tighten the locking nut with a 19mm wrench.

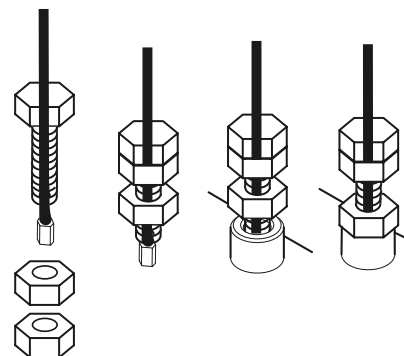
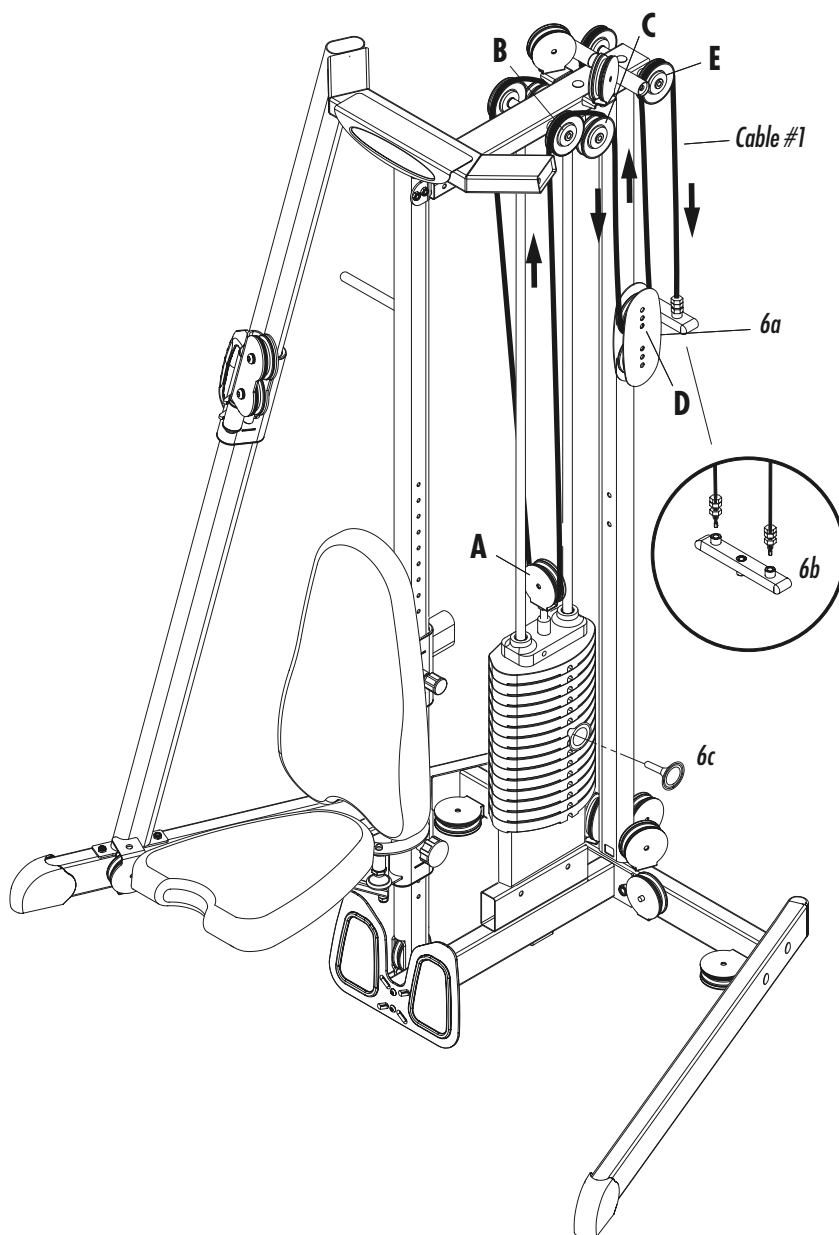
• Mate the front of the top pulley structure (5f) with the holes in 2f. The rear of 5f will rest on the plate attached to 1a. Attach the front joint with two bolts (M10x1.5Px60L), four flat (10.5x18x2T) and two nuts (M10x1.5P), using a 6mm L-shaped wrench and a 17mm wrench. Attach the rear joint bolts (already welded on), with two flat (10.5x18x2T) and two spring (SW10.2x18.4x2.5T) washers, and two nuts (M10x1.5P). Use a 17mm wrench and a 6mm L-shaped wrench.

• Kneel down on the floor on the left side of the weight stack. Place your right hand on the rear guide rod (5b), above the weight stack and lift the rod into the hole of 5f.

• Looking into the hole (5g), rotate the guide rod until the hole lines up with the hole in 1b. Insert a bolt (M6x1Px50L) and a flat (6.4x14x1T) and spring (SW6.1x12.2x1.5T) washer into the hole and attach a nut (M6x1P) on the opposite side. Repeat the process with the other guide rod. Tighten the bolts with a 10mm wrench and a 4mm L-shaped wrench.

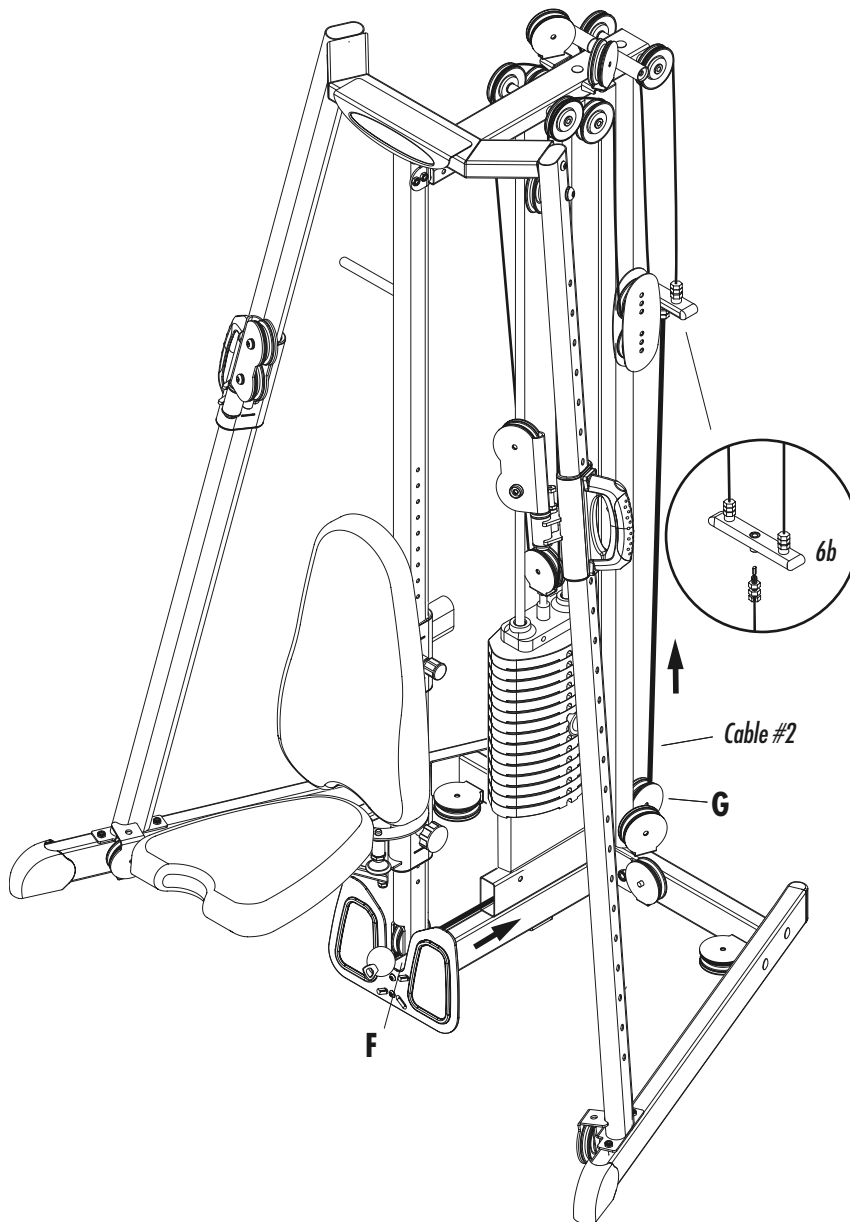
STEP 6**YELLOW BAG**

Wrap one end of cable #1 around pulley A. On the right side of the unit, place it through pulleys B, C, D of 6a, and E. Remove the nuts from 2 slotted bolts (M12) (see diagram below). With the threads pointing down on the slotted bolt (M12), slide the end of cable #1 through it. Reattach the nuts on the slotted bolt. Attach it to one side of the rear termination bracket (6b) with a 19mm wrench. Repeat on the left side. Thread each bolt attached to 6b evenly, on each side. The slotted bolt must have a minimum of 0.5" of thread engagement in the rear termination bracket (6b). Insert the weight selector pin (6c) anywhere in the weight stack. Finish by tightening down the upper locking nut to the bolt head on each side and the lower locking nut against the surface of 6b. *Failure to do so may result in improper machine function or serious injury!*



STEP 7**YELLOW BAG**

If assembling just the base unit (**ST200**), proceed as follows. If assembling with the leg press (**ST250**), refer to Step 5 of the leg press assembly guide. Slide the small steel end of cable #2 through pulleys F and G. Remove the nuts from the slotted bolt (M12). Slide the cable through the slotted bolt (M12). Reattach the nuts to the slotted bolt. With the threads pointing up, turn the bolt clockwise into the lower end of 6b with a 19mm wrench, until the cable is taught. Finish by tightening the upper locking nut to the surface of 6b and the lower locking nut to the bolt head.



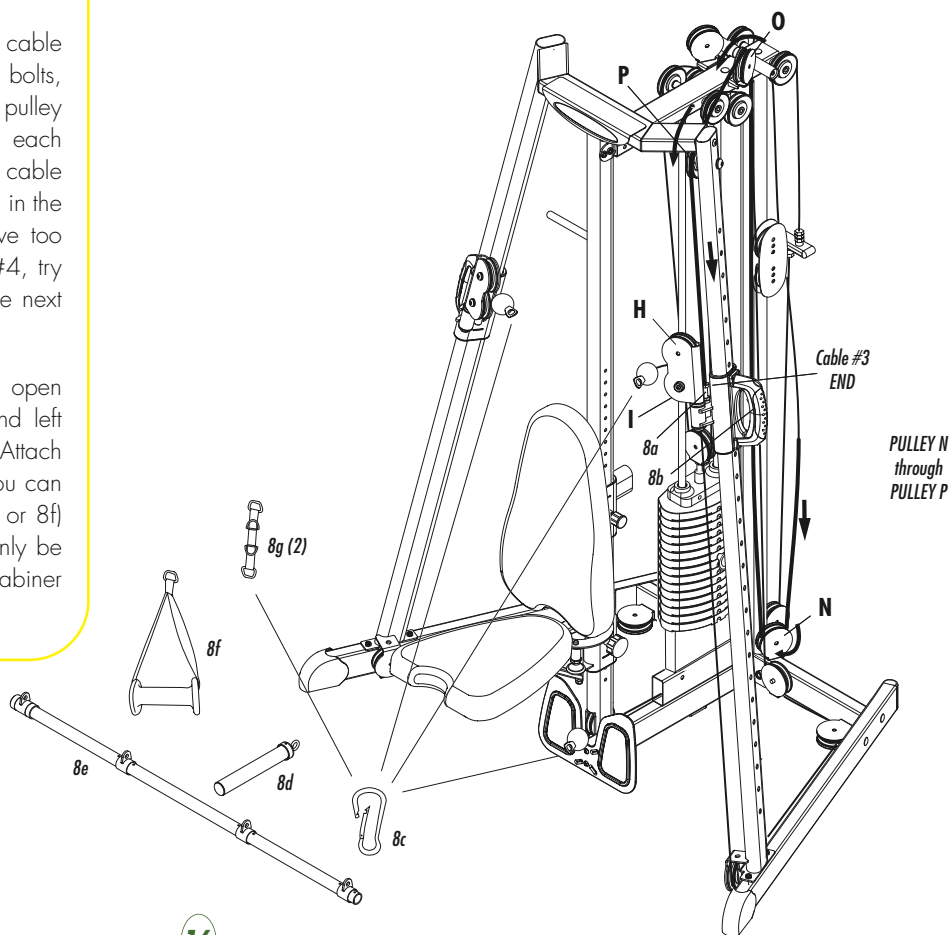
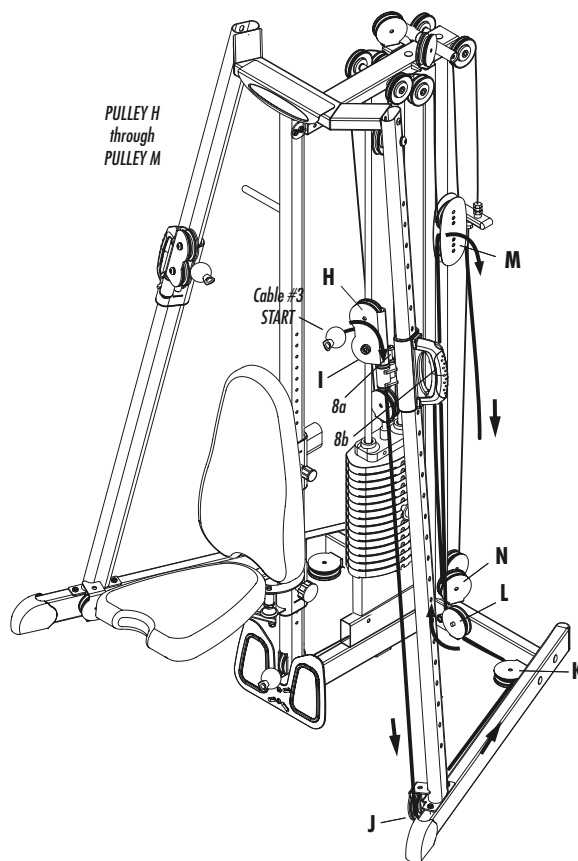
STEP 8

YELLOW BAG

- Remove the slotted bolts (8a) located on the inside of the right and left handles of uprights 4a & 4b. Remove the nuts from the bolts. Slide the small steel end of cable #3 through pulleys H & I. Continue through pulleys J thru P. Slide the cable through the slotted bolt so that the end protrudes out the bottom of the bolt. Thread the nut back on the slotted bolt. Thread the bolt back into the structure on the side of the sliding handle (8b). Tighten the bolt with a 19mm wrench. The bolt should be threaded just enough that the user can insert the weight selector pin fairly easily. **NOTE:** If the bolt is over tightened you may not be able to insert the weight selector pin. If it is under tightened there may be too much play, when you pull on the cable. **WARNING:** There must be a minimum of 0.5" of thread engagement; if not the bolt may pull out of 6b. FAILURE TO COMPLY WITH THIS COULD RESULT IN SERIOUS INJURY! Repeat this process for the opposite side with cable #4. Tighten the locking nut of the slotted bolts on both sides.

- If there is still too much slack in the cable system after threading all slotted bolts, follow this procedure: the floating pulley bracket (6a) has three holes for each pulley. If there is too much slack in cable #1, try placing pulley D (either side) in the next lowest hole of 6a. If you have too much slack in either cable #3 or #4, try placing pulley M (either side) in the next highest hole.

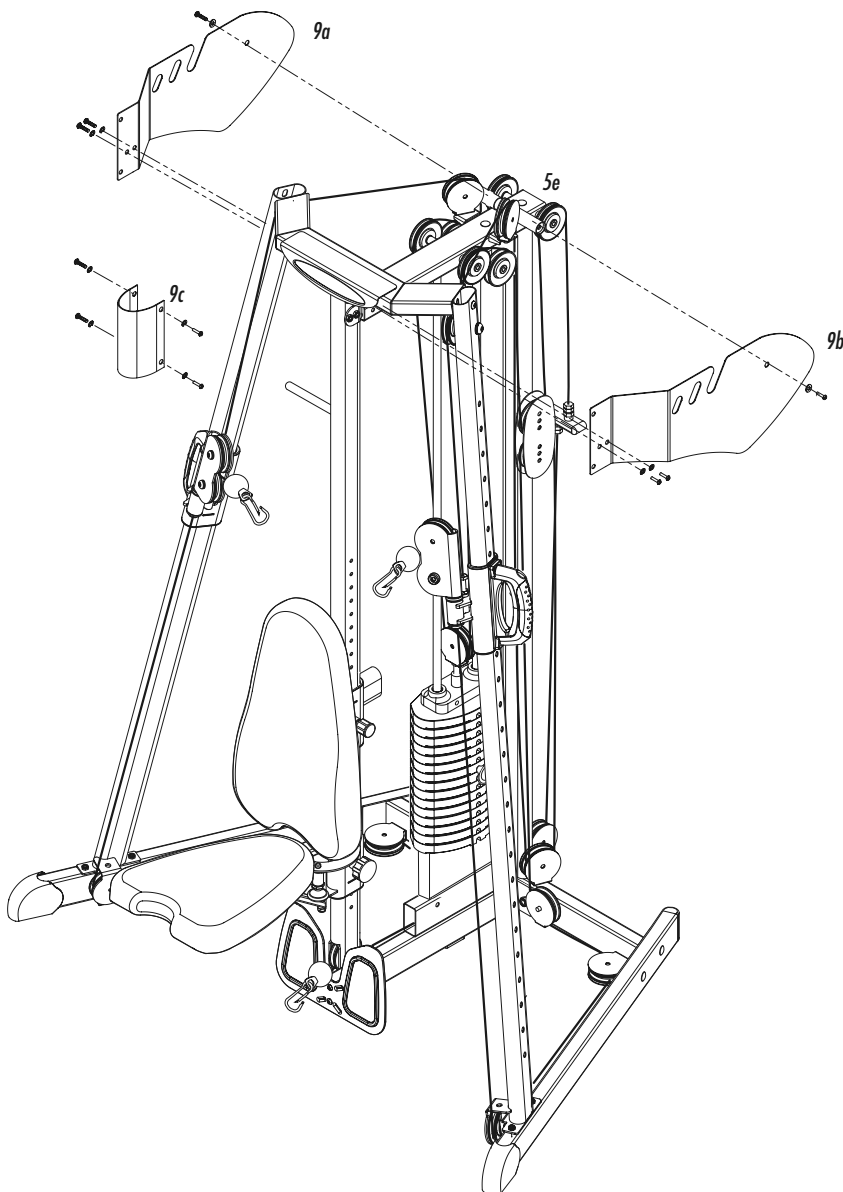
- Attach 3 karabiners (8c) to the open ends of the cables at 8b (right and left sides) and at the front of pulley F. Attach the other two to one end of 8g. You can attach any of the handles (8d, 8e, or 8f) to the karabiners at 8b. You will only be able to attach (8d or 8f) to the karabiner at the front of pulley F.



STEP 9**RED BAG**

- Place the rear hole of the left decorative cover (9a) over the threaded post on the left side of structure 5e. Loosely attach a spring (SW10.2x18.4x2.5T) washer and a bolt (M10x1.5Px25L). Thread two bolts (M10x1.5Px25L) and two spring (SW10.2x18.4x2.5T) washers into the two front holes. Tighten all bolts with a 6mm L-shaped wrench. Repeat on the right side.

- Attach the front decorative cover (9c) over the front surfaces of the side decorative covers with four bolts and four spring (SW10.2x18.4x2.5T) washers. Tighten with a 6mm L-shaped wrench.



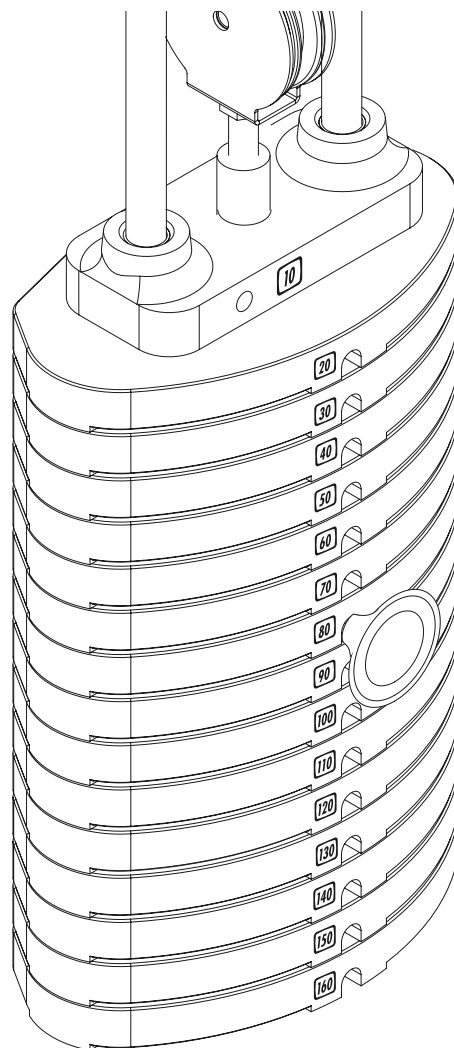
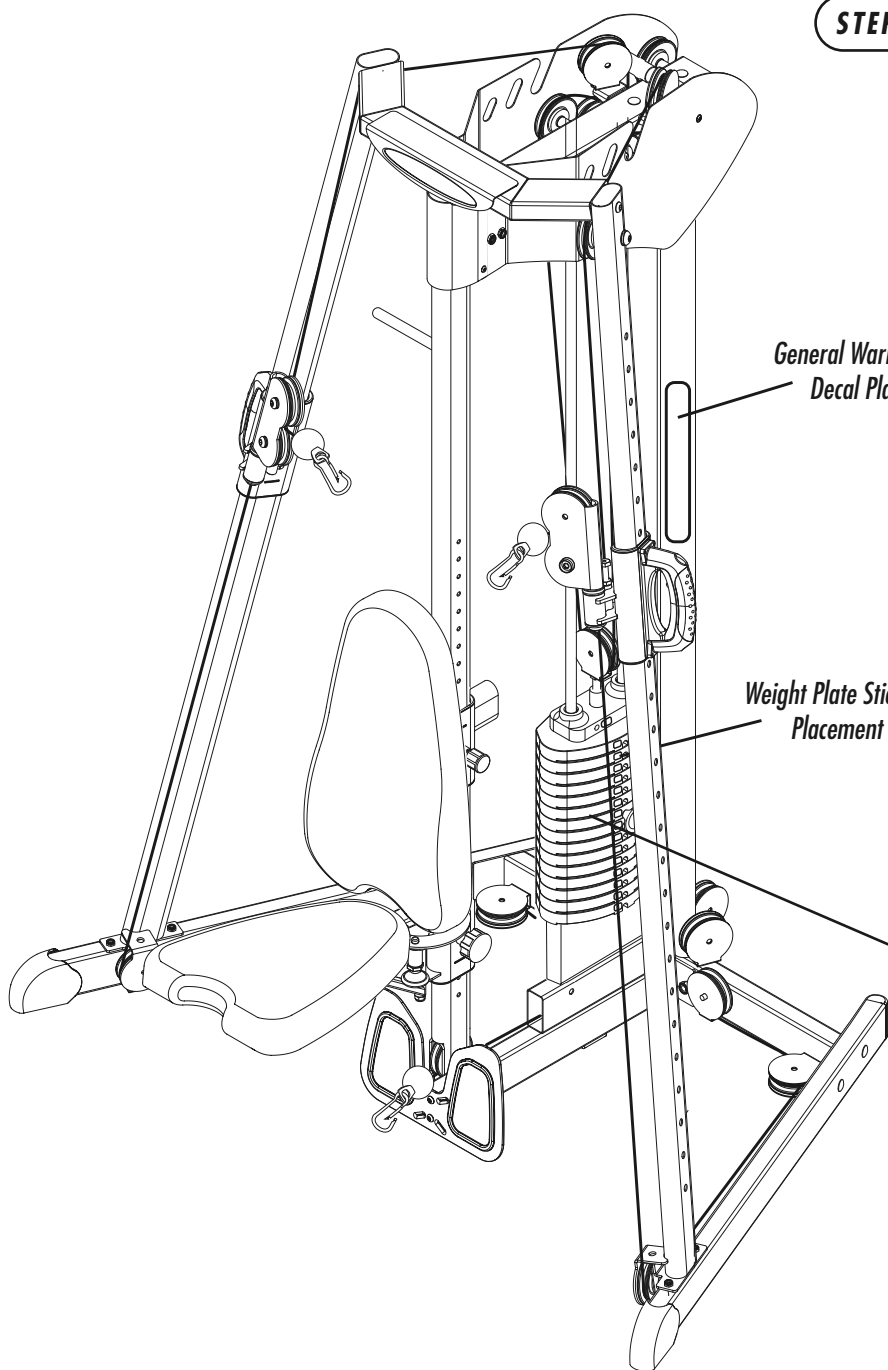
STEP 10

DECALS

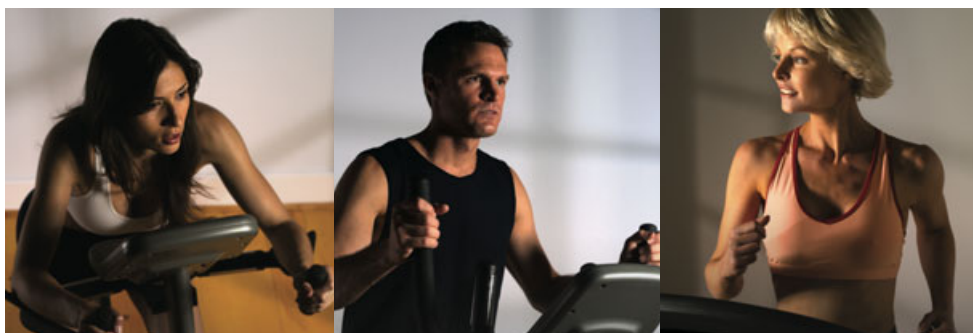
- Attach the decals according to the diagram below.

*General Warning/Safety
Decal Placement*

*Weight Plate Sticker
Placement*



*it all
starts
with a
v i s i o n*



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