



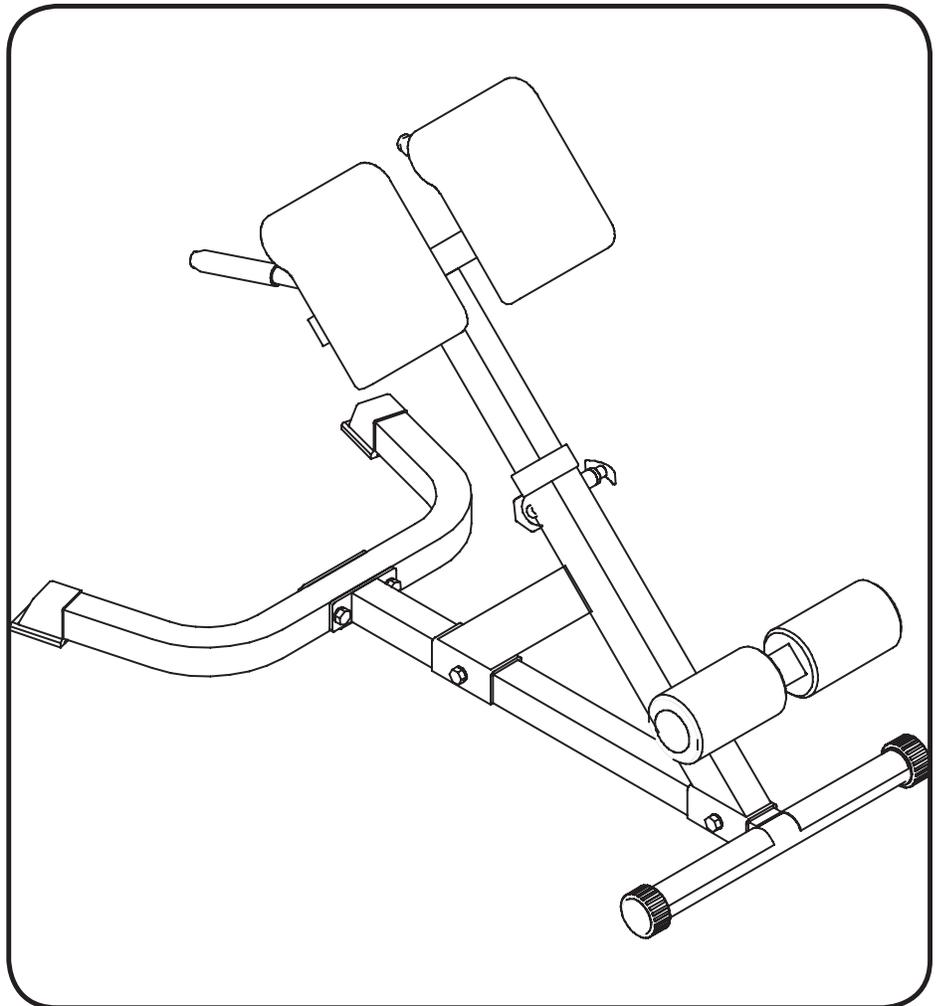
StrengthTrainer®

Owner's Manual

ST-45

Questions?

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



Model Name : ST-45

Manufactured Date :

PO # :

Model Name Decal Location

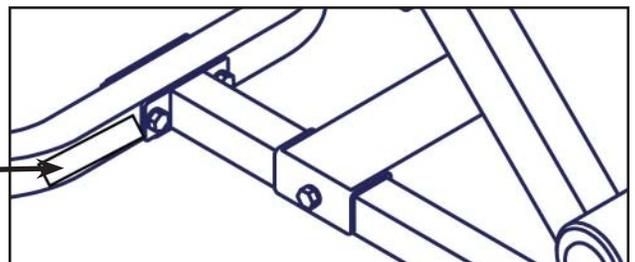


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Please read all instructions carefully before using this product.

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:

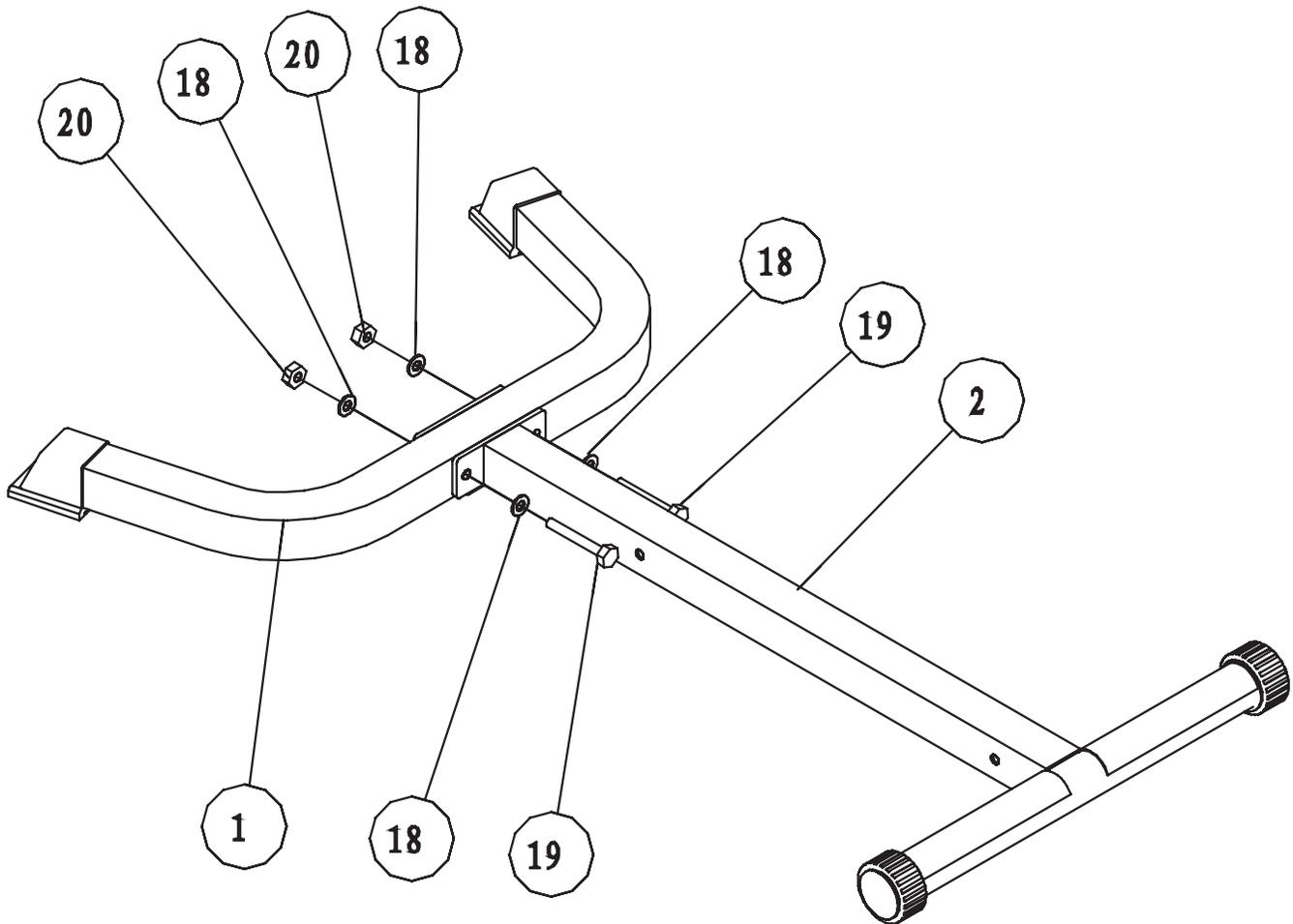
Keys Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any Keys Fitness product. The consumer uses any or all of Keys Fitness Products at their own risk.

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.

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

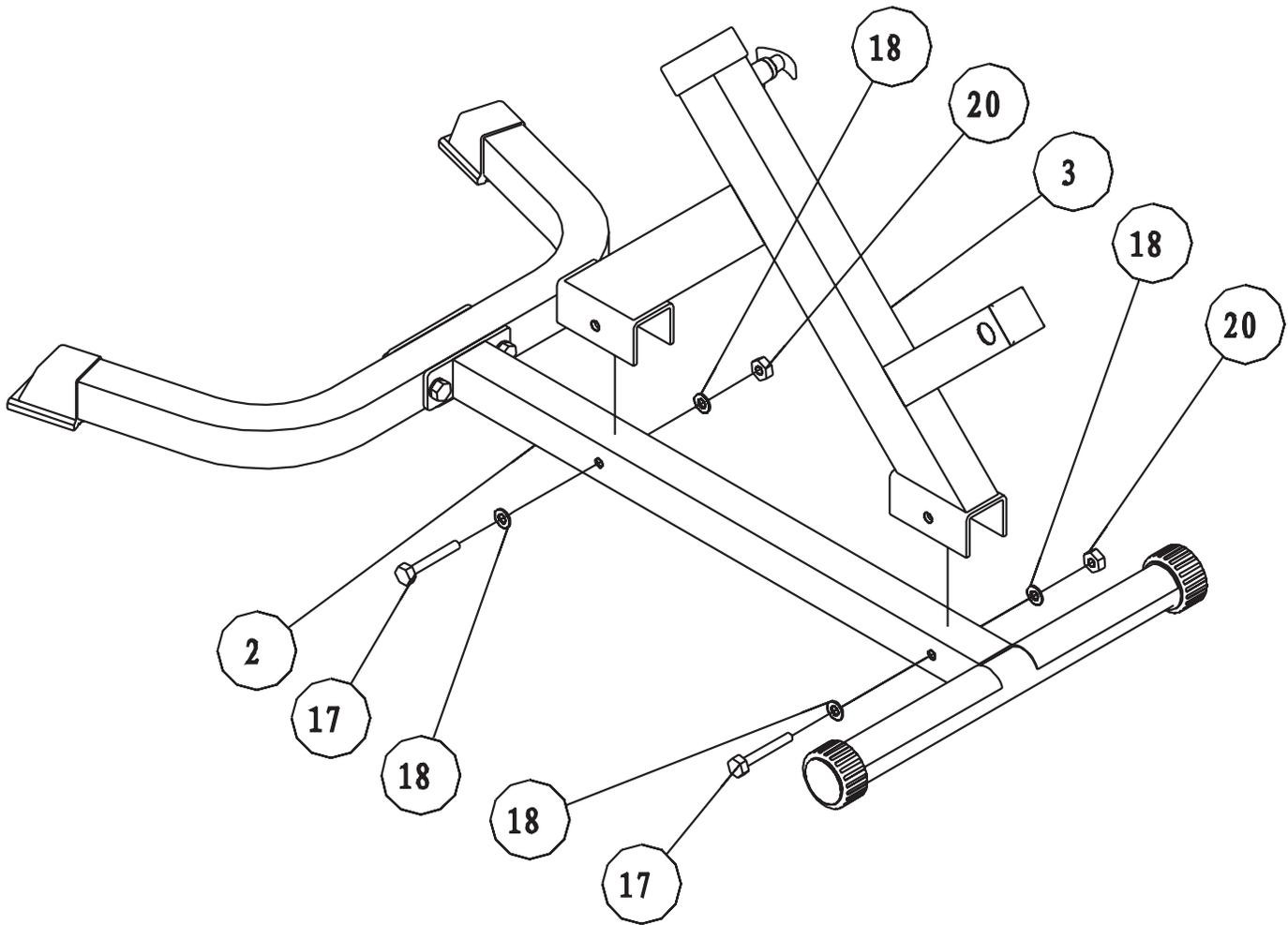


STEP 1

Connect Main Frame (2) to U Base Frame (1) by securing with Bolts (19), Washers (18) and Nylon Nuts (20).

Make sure that the Main Frame Safety Tape (23) is facing up when connecting to U Base Frame(1).

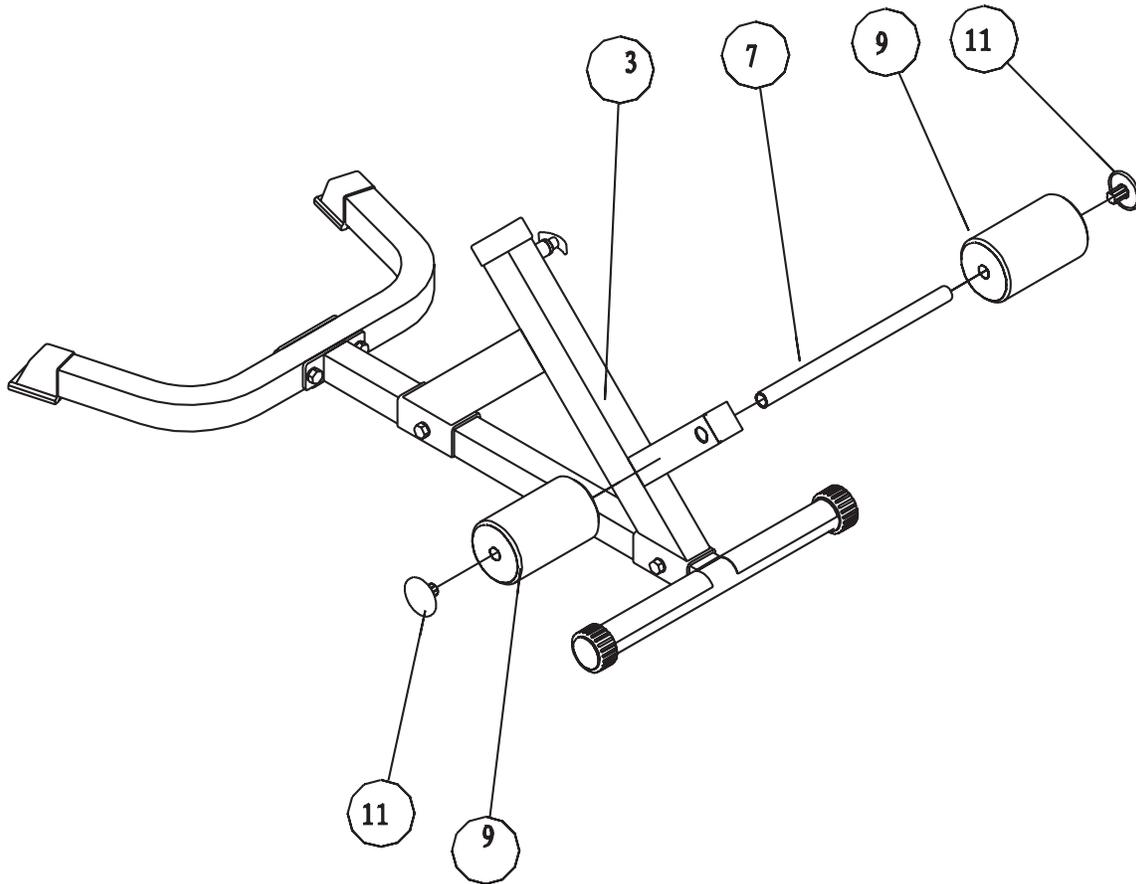
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 2

Slide Main Upright (3) down onto Main Frame (2) and secure with Bolts (17), Washers (18) and Nuts (20).

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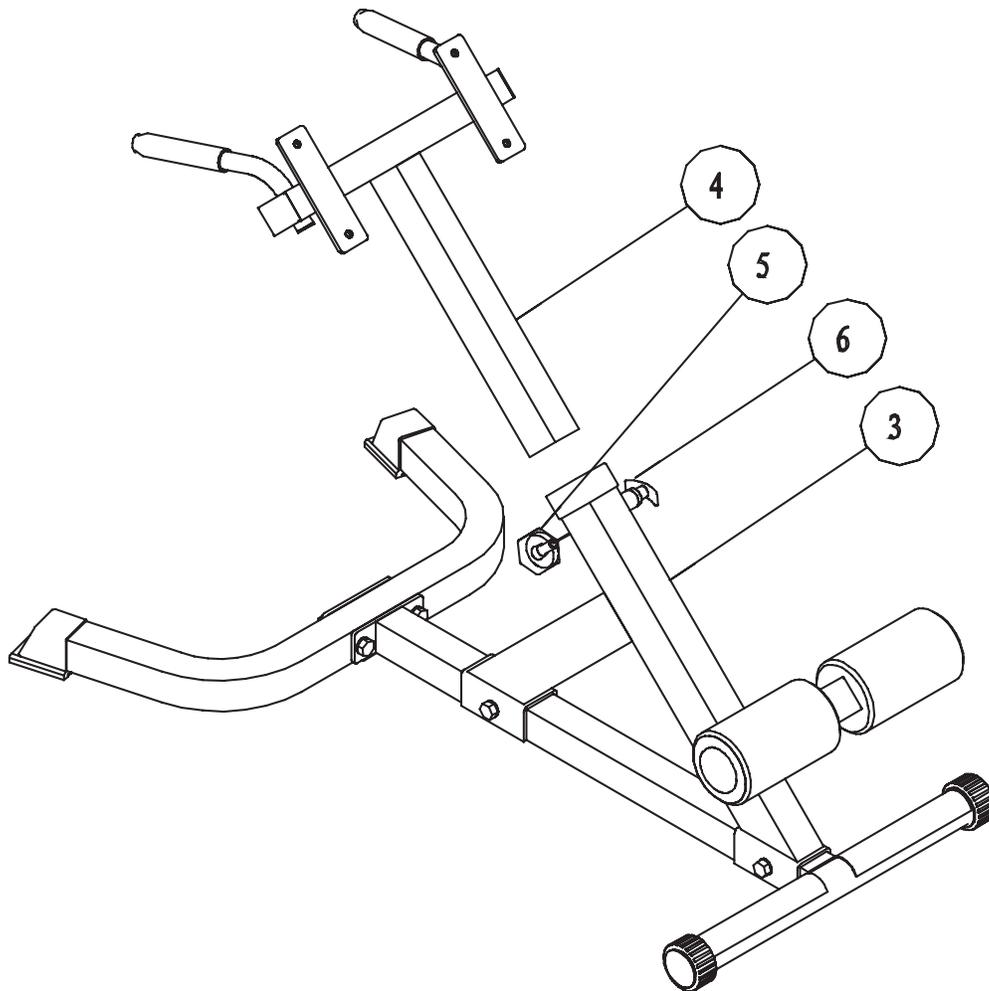


STEP 3

Slide Roller Pad Tube (7) into Main Upright (3). Place Upholstered Roller Pads (9) onto Roller Pad Tube (7) and secure with Roller Pad Tube Caps (11).

We recommend using a rubber hammer to place Roller Pad Tube Caps (11) onto Roller Pad Tube (7).

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



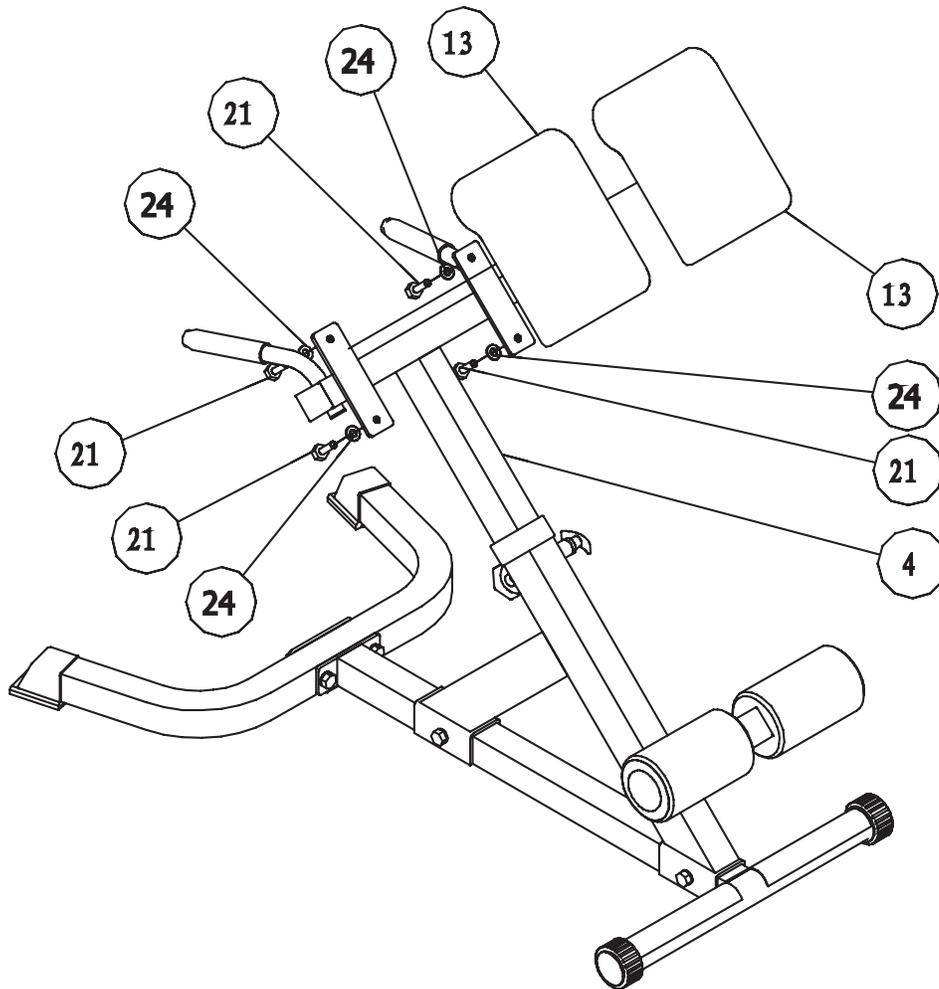
STEP 4

Screw Pop Pin (6) into Main Upright (3).

Slide Telescoping Pad Support (4) into Main Upright (3). Pull Pop Pin (6) in order to choose different settings in Telescoping Pad Support (4).

Once setting is selected, secure with Knob Bolt (5).

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

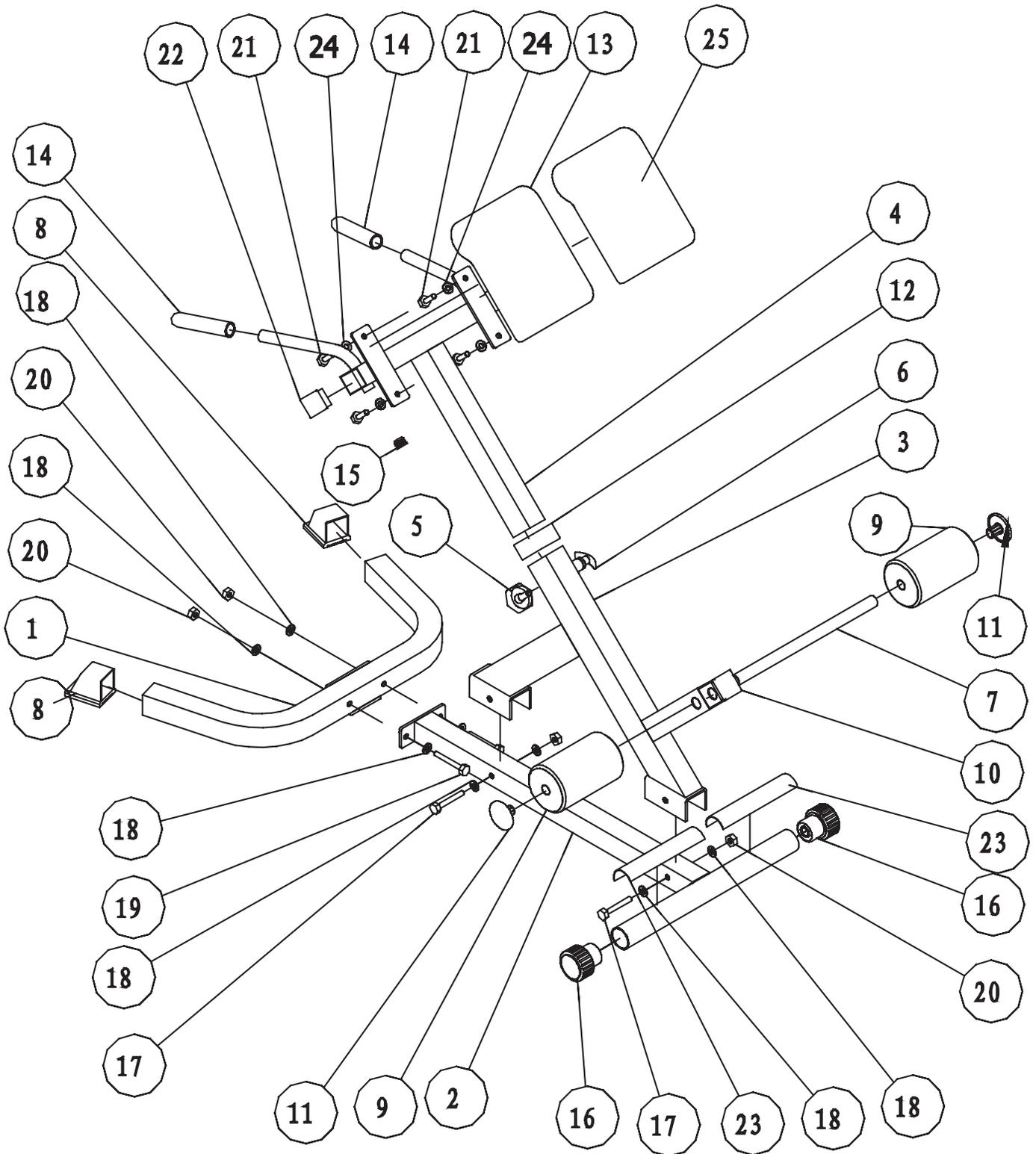


STEP 5

Secure Pads (13) to Telescoping Pad Support (4) with Bolts (21) and Washers (24).

ST-45 Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00702	U BASE FRAME, M-45	1
2	223-00703	MAIN FRAME, M-45	1
3	223-00704	MAIN UPRIGHT, M-45	1
4	223-00705	TELESCOPING PAD SUPPORT, M-45	1
5	210-00152	KNOB BOLT M12X25, M-45	1
6	210-00040	POP PIN	1
7	219-00343	ROLLER FOAM TUBE	1
8	206-00064	2" SQUARE END CAP	2
9	228-00094	FOAM ROLLER, AOLIN	2
10	206-00065	2" SQUARE PLUG	1
11	206-00288	PLUG 25, IRONMAN	2
12	206-00281	PLASTIC SLEEVE - 50.8x76.2 - 25	1
13	228-00195	PAD, ST-45/ST-RC	2
14	206-00287	GRIP, M-45	2
15	206-00285	PLUG, M-45	2
16	206-00282	END CAP W/WHEEL - 60	2
17	202-00177	HEX BOLT, (3/8*2 7/8) M10*75	2
18	202-00420	WASHER 10	8
19	202-00163	HEX BOLT M10*80, M-PR	2
20	202-00427	NYLON LOCKNUT M10	4
21	202-00416	BOLT M8*25	4
22	206-00286	PLUG 50X70	2
23	206-00364	SAFETY TAPE	2
24	202-00421	WASHER 8	4
#	202-00422	BOLT PACK, M-45	1
#	215-00074	MANUAL ST-45	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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