



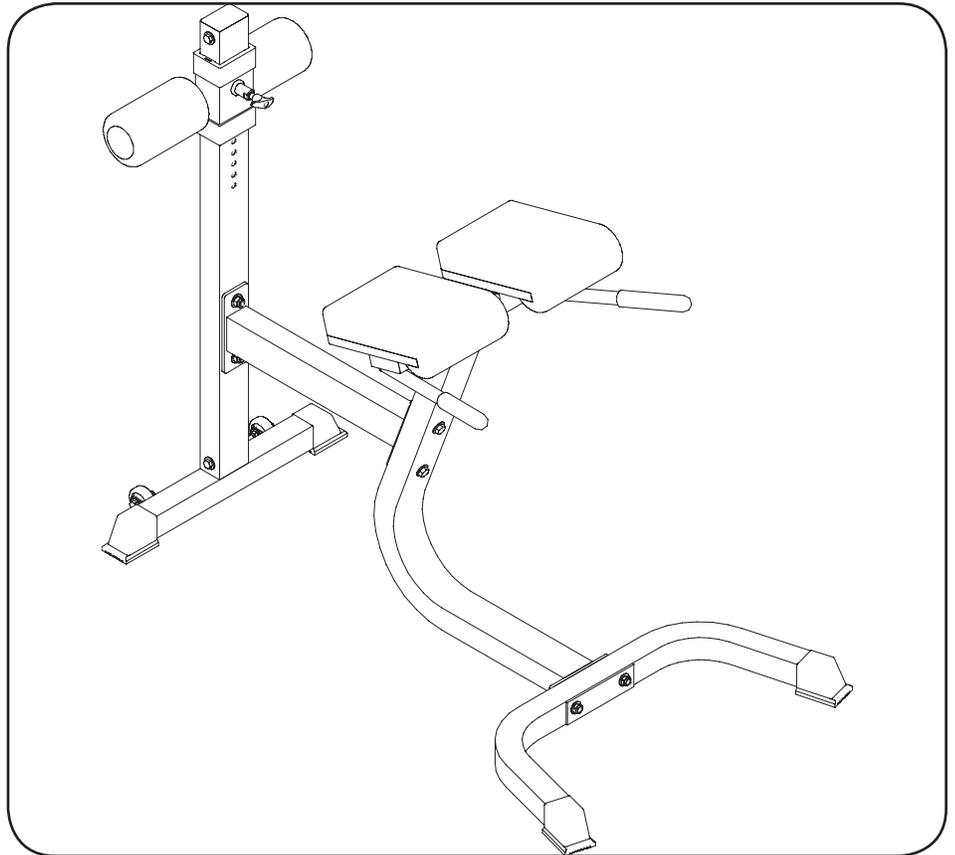
# StrengthTrainer®

## ST-RC

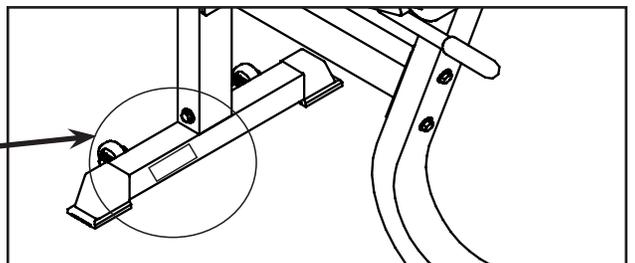
### FLAT BENCH W/ RACK Owner's Manual

Questions?

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



**Model Name :ST-FBR**  
**Manufactured Date :**  
**PO # :**  
*Model Name Decal Location*



215-00091  
08/06 Rev B

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# Safety Information



**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

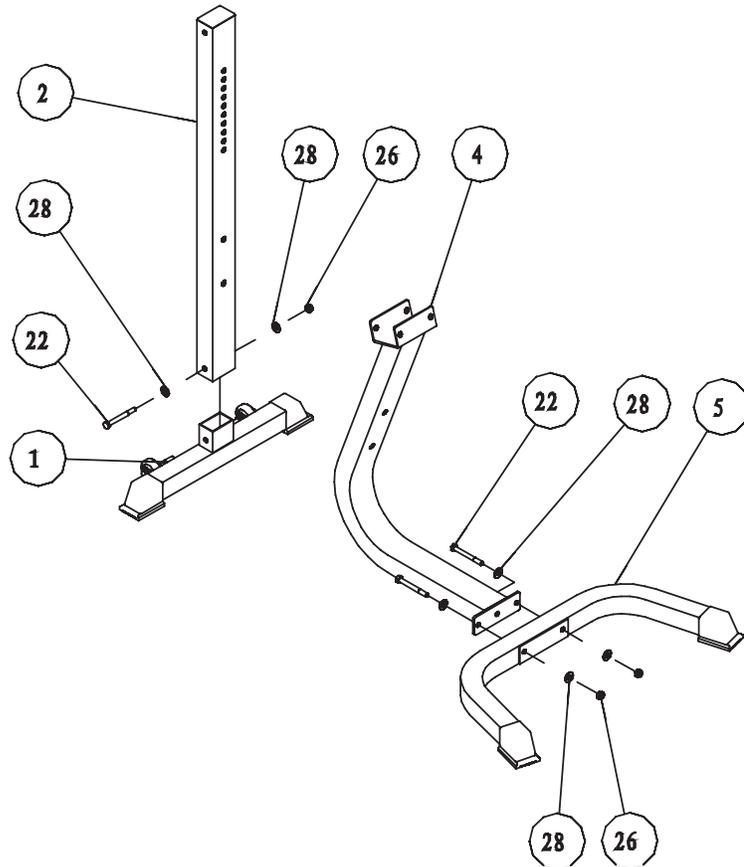
Unpack all parts and place them in a clear area. Be sure to remove all packing material.

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

## STEP 1:

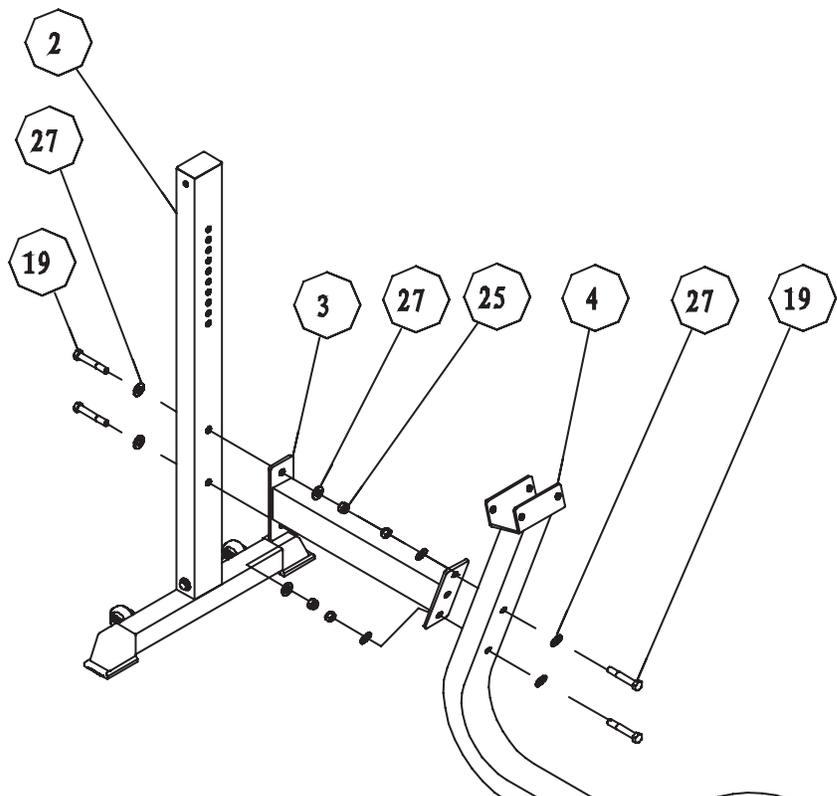
Attach Rear Upright (2) to Rear Base Frame (1) using Bolt (22), two Washers (28) and Nylon Lock Nut (26).

Connect the Front Upright (4) to the U Base Frame (5) using two Bolts (22), four Washers (28) and two Nylon Lock Nuts (26).



## STEP 2:

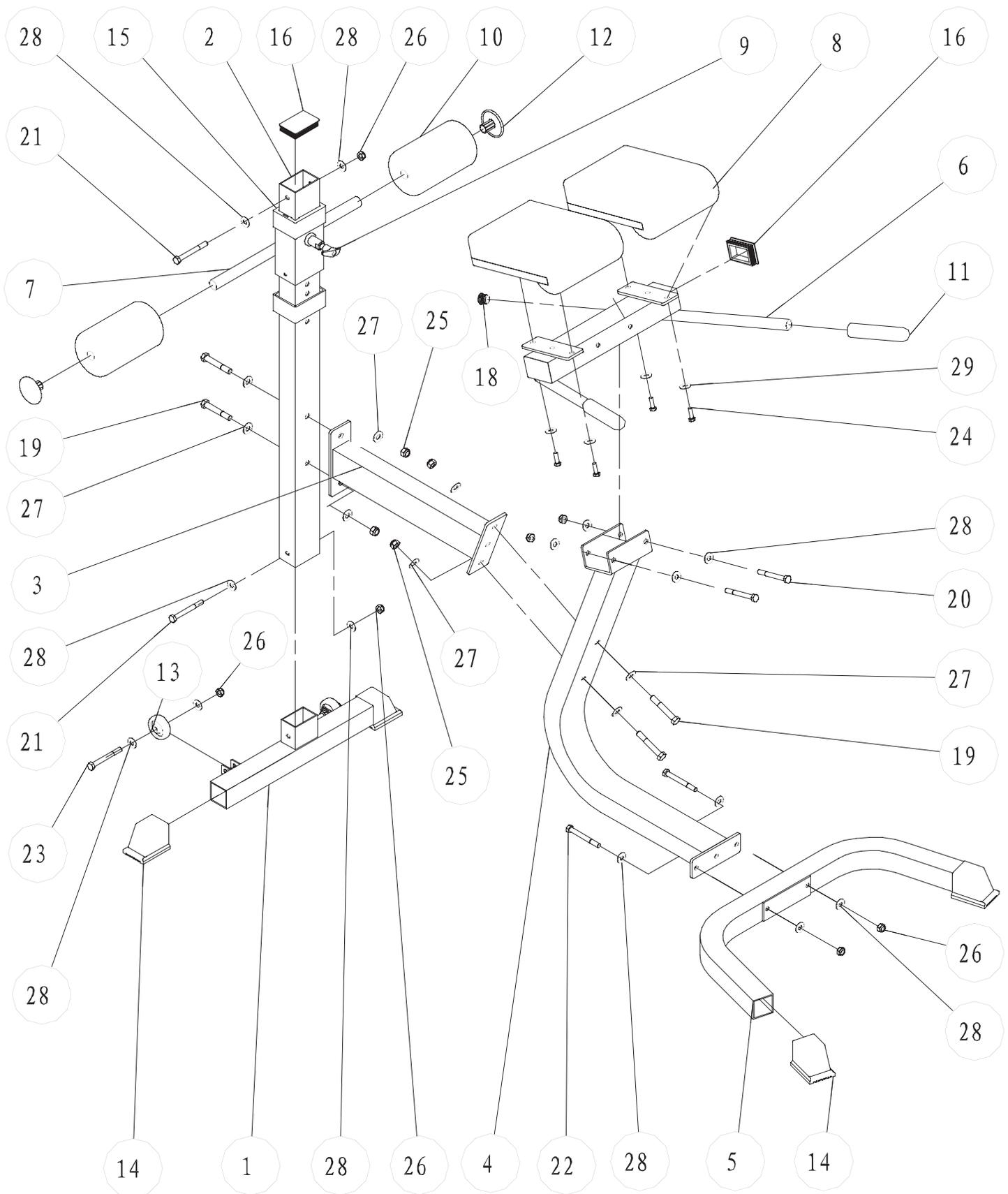
Attach Cross Frame (3) to Rear Upright (2) and Front Upright (4) using four Bolts (19), eight Washers (27) and four Nylon Lock Nuts (25).



## ST-RC Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00719	REAR BASE FRAME, M-RC	1
2	223-00720	REAR UPRIGHT, M-RC	1
3	223-00721	CROSS FRAME, M-RC	1
4	223-00722	FRONT UPRIGHT, M-RC	1
5	223-00723	U-BASE TUBE, M-RC	1
6	223-00724	PAD SUPPORT, M-RC	2
7	223-00725	SLIDING CARRIAGE, M-RC	1
8	228-00195	PAD, ST-45/ST-RC	2
9	210-00040	POP PIN, IRONMAN	1
10	228-00094	FOAM ROLLER, AOLIN	2
11	206-00333	GRIP, M-RC	2
12	206-00288	PLUG 25	2
13	206-00075	WHEEL M-DFIDL	2
14	206-00335	END CAP, M-RC	4
15	206-00327	PLASTIC SLEEVE, 63.5X88.9-50.8X76.2	2
16	202-00414	PLUG 50.8X76.2	3
17	206-00334	PLASTIC PAD, M-RC	1
18	202-00440	ROUND PLUG 25	2
19	202-00441	BOLT, M12X75	4
20	202-00437	BOLT M10*100	2
21	202-00418	BOLT, M10X90	2
22	202-00294	HEX BOLT, M10X70	2
23	202-00163	HEX BOLT M10*80, M-PR	2
24	202-00416	BOLT M8*25	4
25	202-00428	NYLON LOCKNUT M12	4
26	202-00427	NYLON LOCKNUT M10	8
27	202-00417	WASHER, 12	8
28	202-00420	WASHER 10	16
29	202-00421	WASHER 8	4
#	202-00633	BOLT PACK, ST-RC	1
#	215-00083	MANUAL ST-RC	1

# Exploded View



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## **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.



**Keys Fitness Products, L.P.**  
**4009 Distribution Drive, Suite 250**  
**Garland, Texas 75041**  
**Customer Service: 1-888-340-0482**