



StrengthTrainer®

ST-IB

Owner's Manual

International

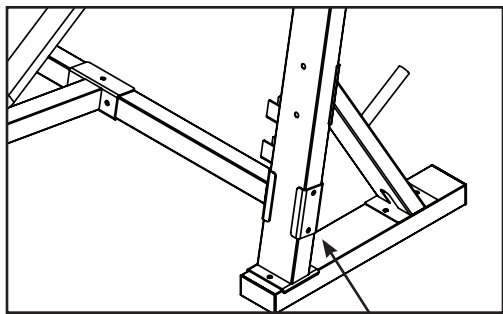
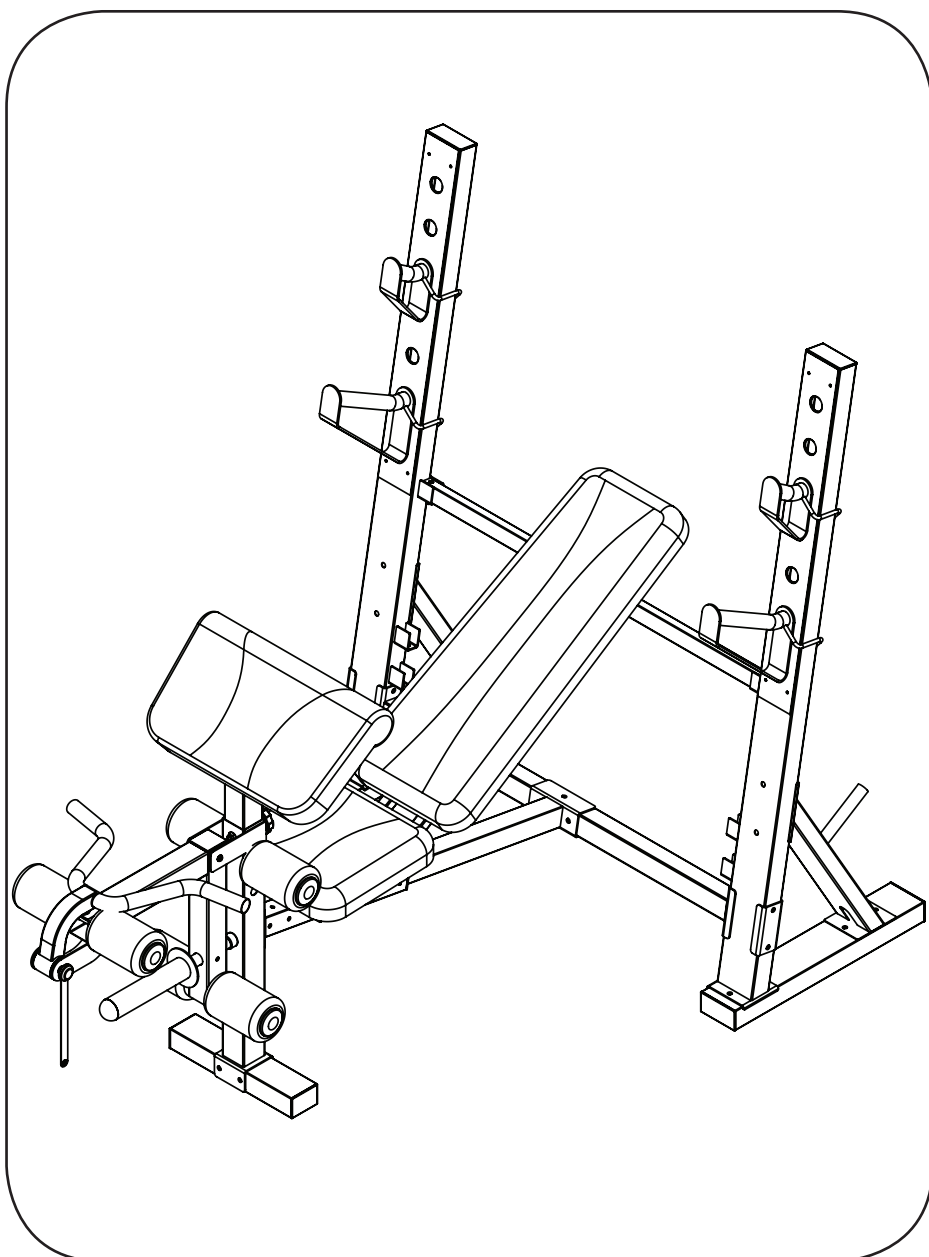
Bench

Customer Service
(888) 340-0482



4009 Distribution Drive
Suite 250
Garland, TX 75041

www.keysfitness.com



SERIAL TAG IS LOCATED ON THE FRAME

Model Name: ST-IB

Date of Purchase: _____

Serial Number: _____

215-00219
08/07 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.

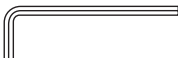

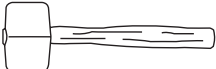


⚠️WARNING!

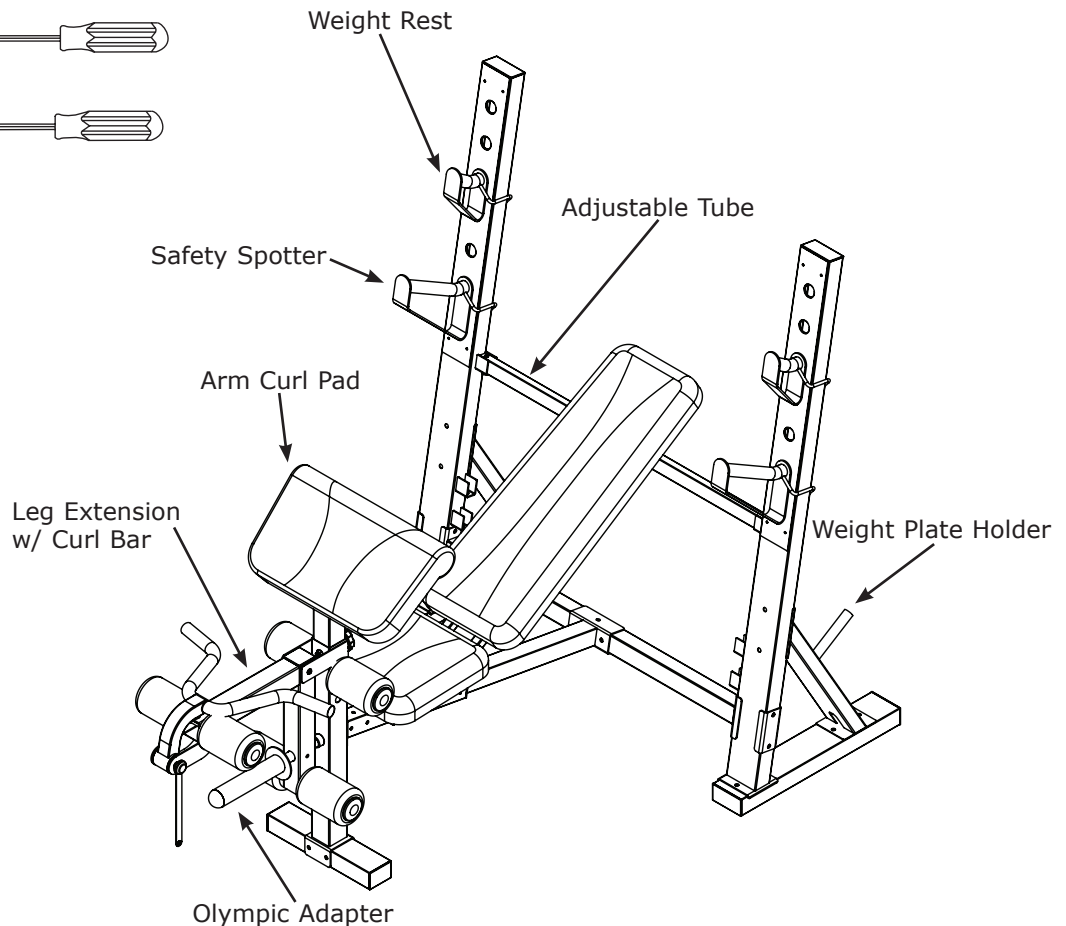
- 1) The max user weight limit for this unit is 300 pounds.
- 2) The max total weight limit for this unit is 600 pounds (user weight + lifting weight).

Thank you for purchasing the Strength Trainer International Bench! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take the time to perform stretching exercises, provided in this manual, to help avoid injury.

Getting Started - The Strength Trainer International Bench will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts or hardware, please call Keys Fitness at 1-888-340-0482. Tools have been provided to assist with product assembly. Keys Fitness recommends for two people to assemble the unit. As you assemble the bench, make sure all parts are oriented as shown in the drawings.

The included hex key, grease packet, and the following tools (not included) are recommended for assembly.

- Hex Key (Included) 
- Two Adjustable Wrenches 
- Rubber Mallet 
- Flat Head Screwdriver 
- Phillips Head Screwdriver 



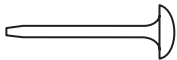
Hardware Identifier

See the drawings below to identify the hardware used in the assembly. The number in parentheses is the reference number of the part.

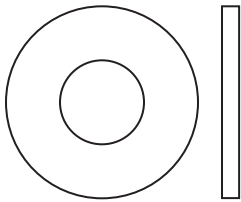
Note: Some hardware may be pre-installed in some parts.



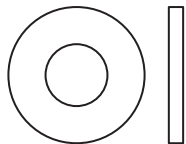
M8 x 10mm
Set Screw (60)



M4 x 16mm
Screw (57)



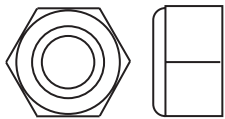
M10 Washer (43)



M8 Washer (50)



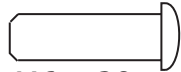
M6 Washer (54)



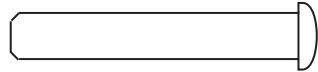
M10 Nylon Locknut (58)



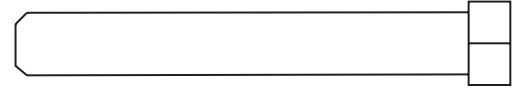
M8 Nylon Locknut (49)



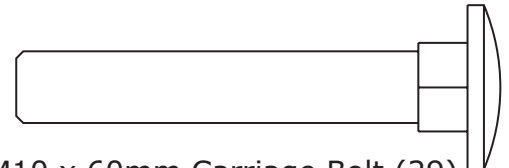
M6 x 20mm
Screw (41)



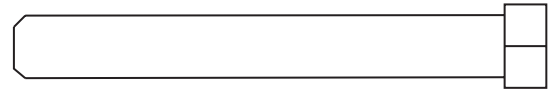
M6 x 40mm Screw (48)



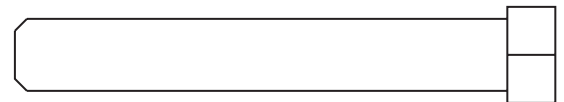
M8 x 60mm Bolt (59)



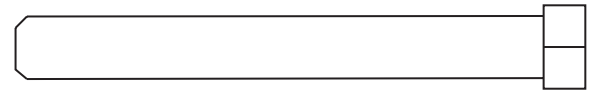
M10 x 60mm Carriage Bolt (29)



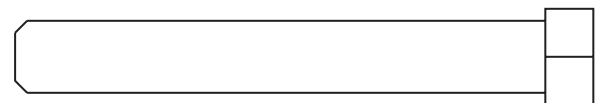
M8 x 65mm Bolt (46)



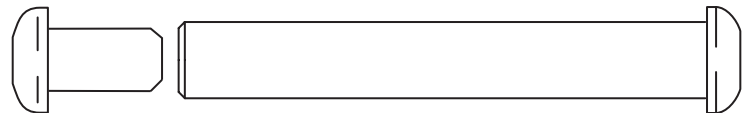
M10 x 65mm Bolt (30)



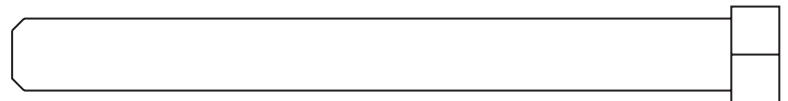
M8 x 70mm Bolt (71)



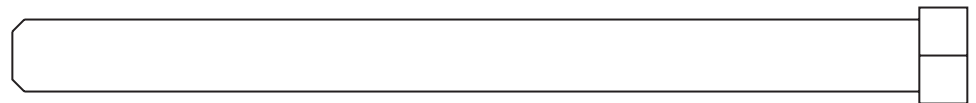
M10 x 70mm Bolt (33)



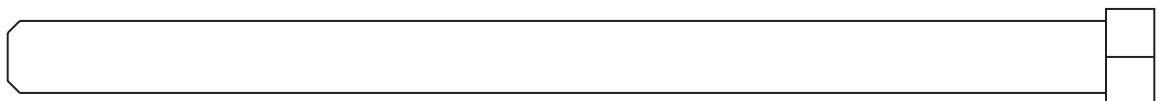
M10 x 70mm Bolt Set (55)



M10 x 95mm Bolt (64)



M10 x 120mm Bolt (14)



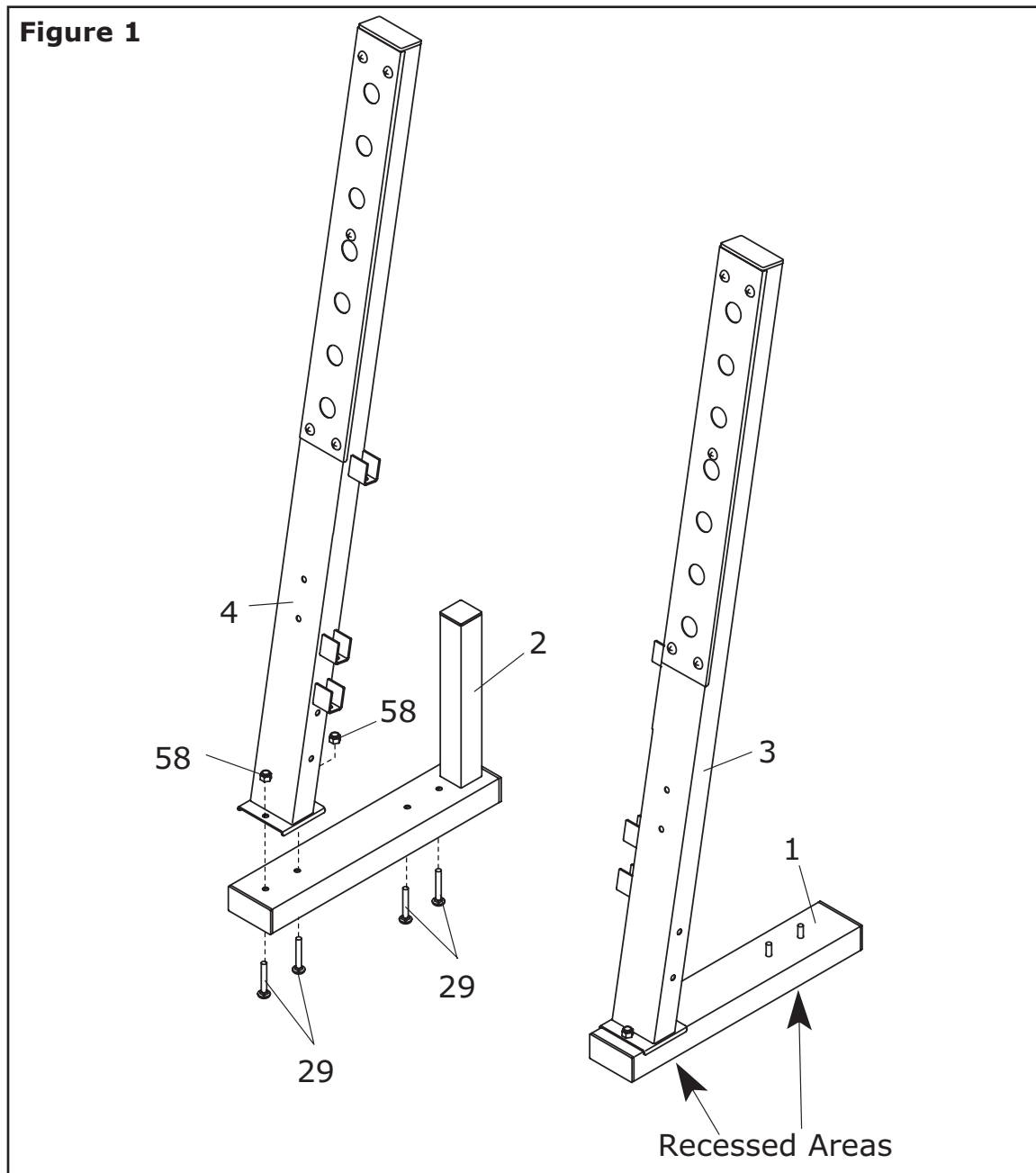
M10 x 145mm Bolt (53)

Step 1

Insert four M10X60mm carriage bolts (29) up through the bottom of the right stabilizer (2). Attach the right upright (4) to the right stabilizer (2) with indicated carriage bolts and nylon locknuts (58).

Repeat to complete the assembly of the left stabilizer (1) and left upright (3).

Note: Make sure the recessed areas around the holes on stabilizers are on the bottom.

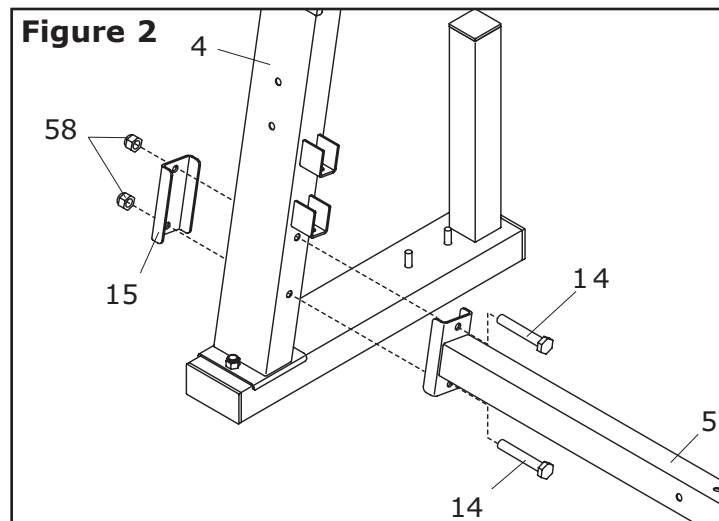


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 2

Attach the crossbar (5) to the right upright (4) using two M10X120mm bolts (14), an upright plate (15), and two M10 nylon locknuts (58).

Repeat to complete the assembly for the left upright (not shown).

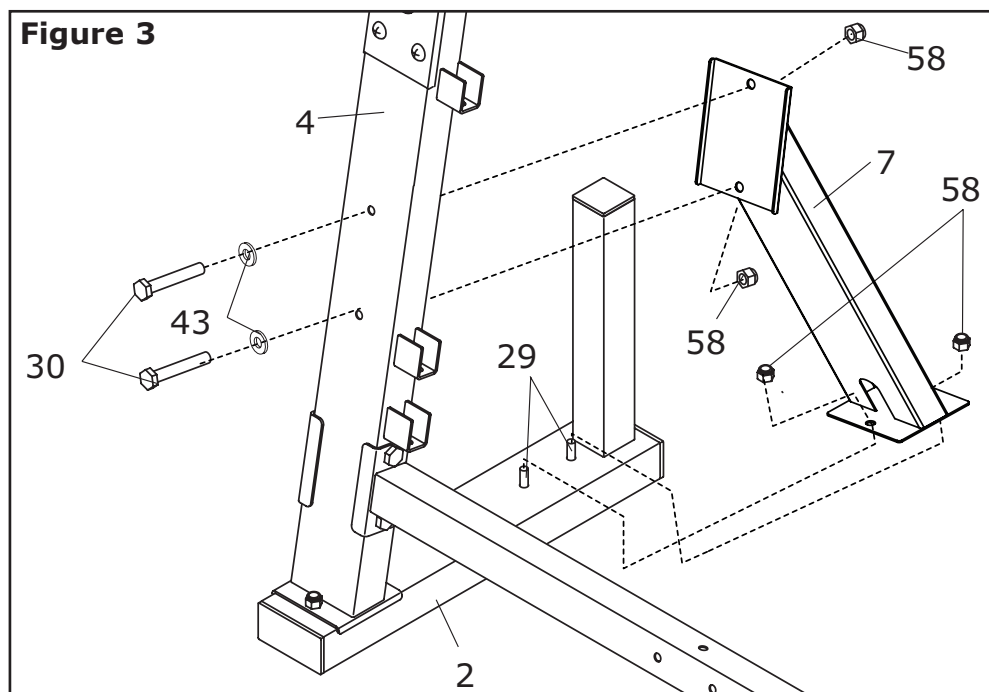


Step 3

Attach the right rear support (7) to the right stabilizer (2) using the indicated M10X60mm carriage bolts (29), two washers (43), and two M10 nylon locknuts (58).

Secure the right rear support (7) to the right upright (4) using two M10X65mm bolts (30), two M10 washers (43), and two M10 nylon locknuts (58).

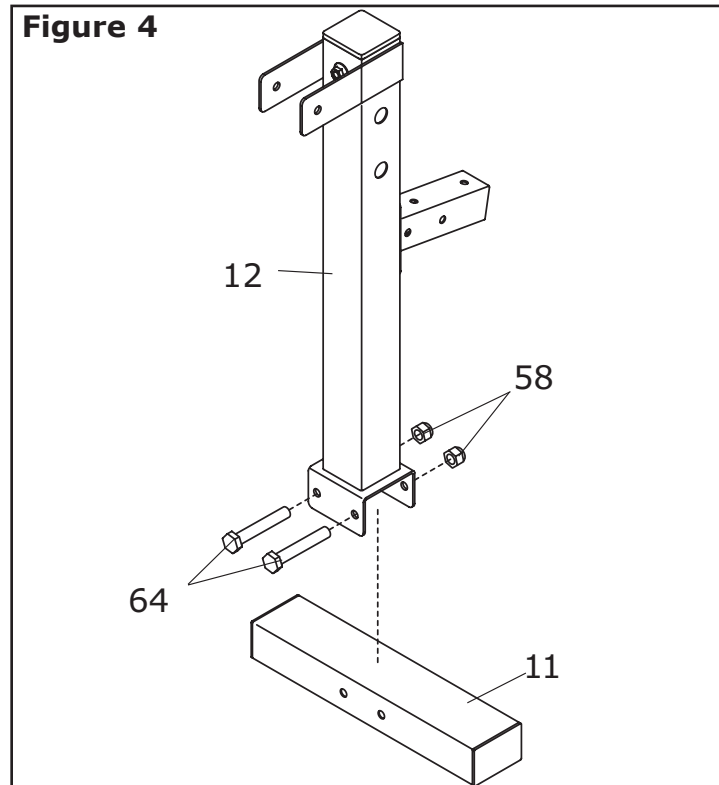
Repeat to complete the assembly for the left side (not shown).



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

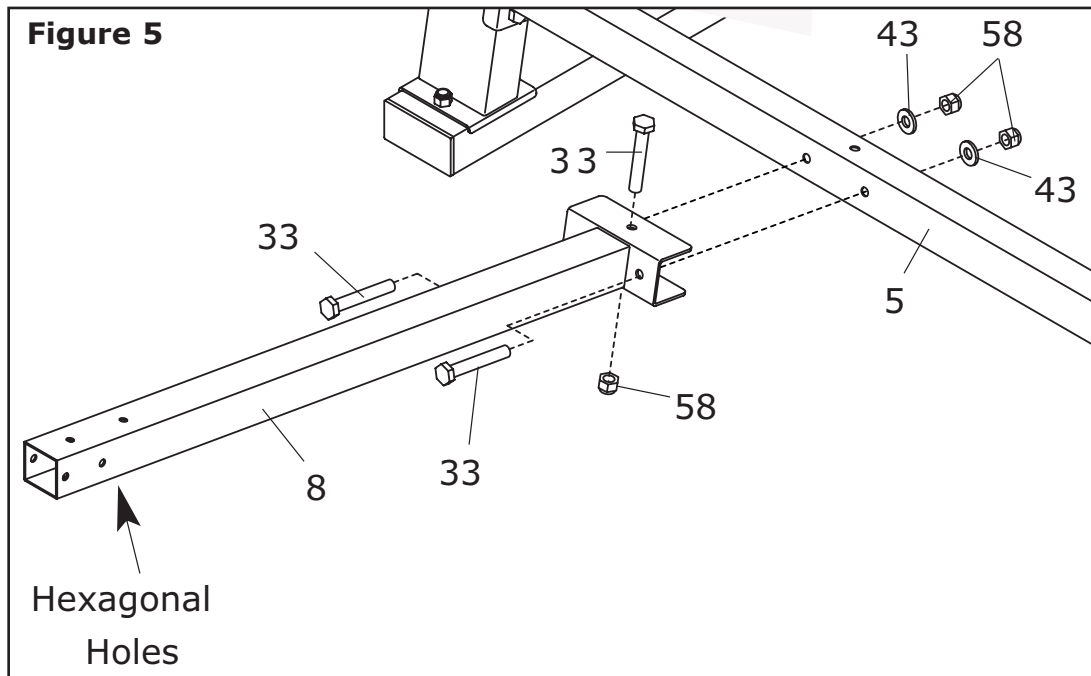
Step 4

Attach the front leg (12) to the front stabilizer (11) with two M10X95mm bolts (64) and two M10 nylon locknuts (58).



Step 5

Position the frame (8) so that the hexagonal holes are on the bottom. Attach the frame (8) to the crossbar (5) using three M10X70mm bolts (33), two M10 washers (43), and three M10 nylon locknuts (58).

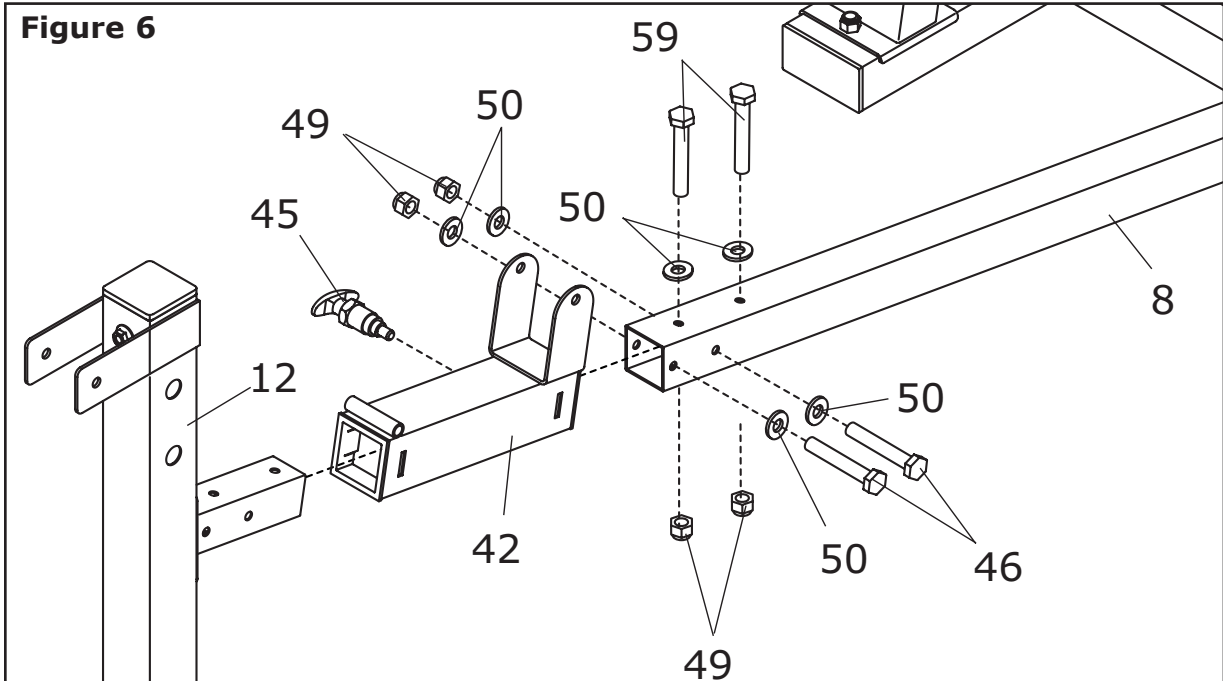


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 6

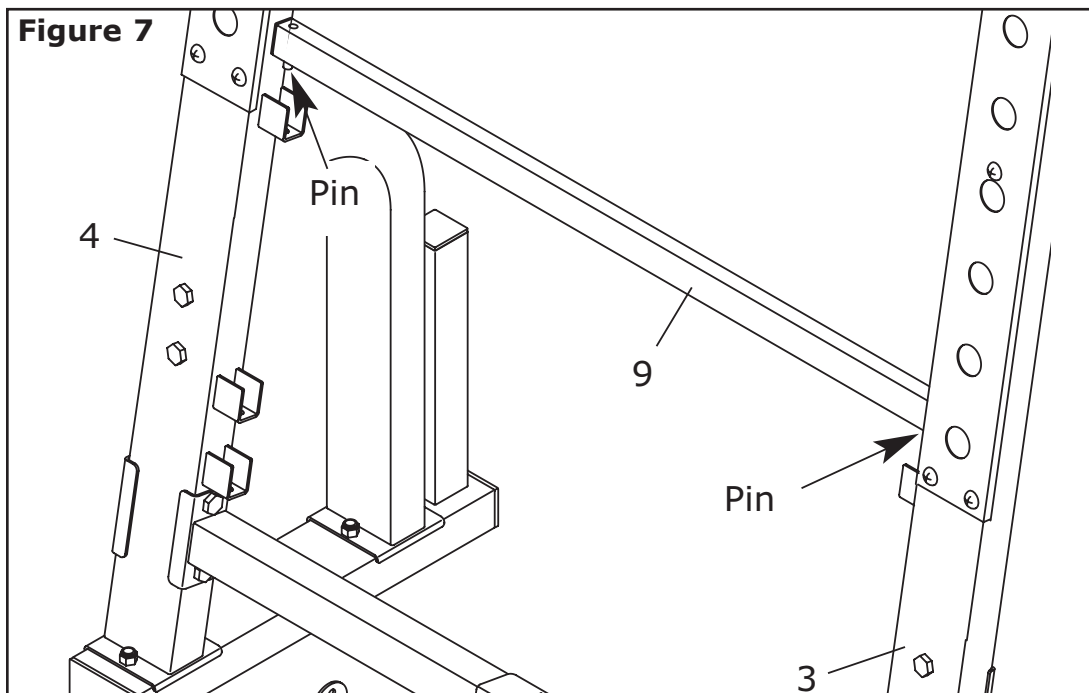
Tighten the "T"-handle (45) into the seat carriage (42). Pull the "T"-handle (45) out as far as it will go and slide the seat carriage (42) onto the frame (8).

Attach the front leg (12) to the frame (8) using two M8X60mm bolts (59), two M8X65mm bolts (46), six M8 washers (50), and four M8 nylon locknuts (49).



Step 7

Set the pins on the adjustment tube (9) into a set of brackets located on the left and right uprights (3 & 4).

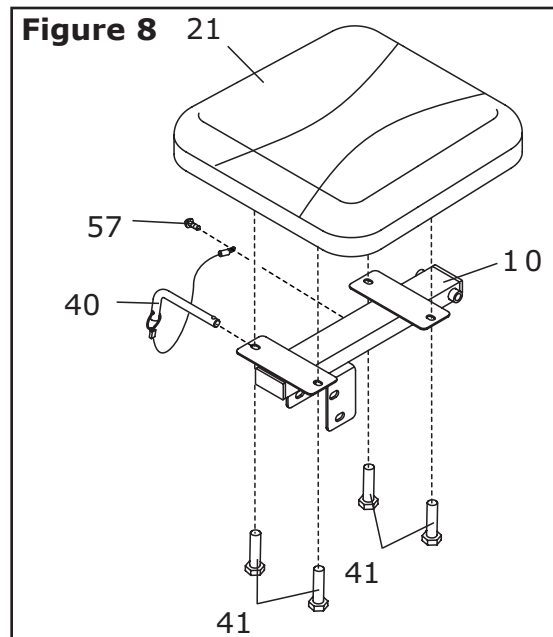


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 8

Attach the tether on the seat adjustment pin (40) to the seat frame (10) using an M4X16mm screw (57).

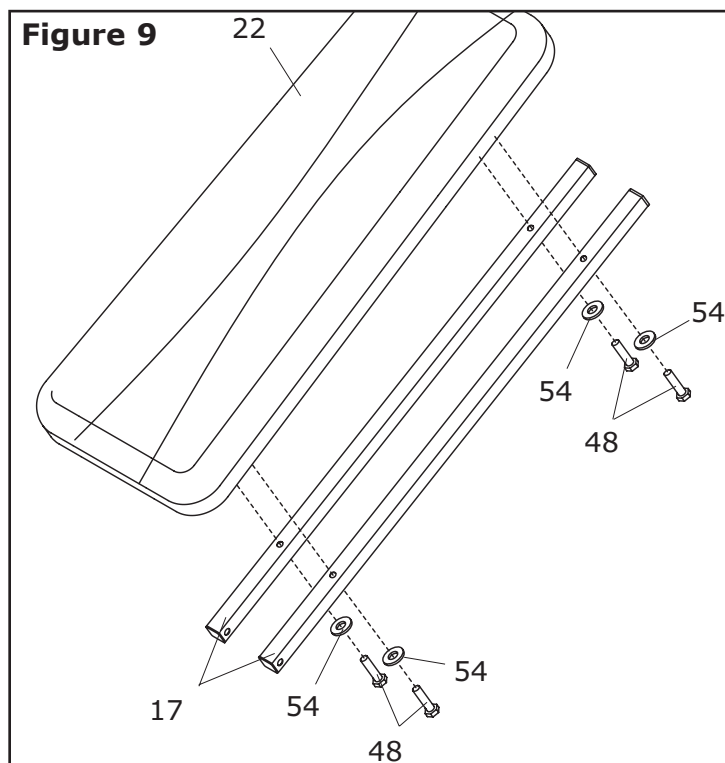
Attach the seat pad (21) to the seat frame (10) with four M6X20mm screws (41).



Step 9

Attach the backrest pad (22) to the two backrest frames (17) with four M6X40mm screws (48) and four M6 washers (54).

Note: Do not fully tighten the screws yet.



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

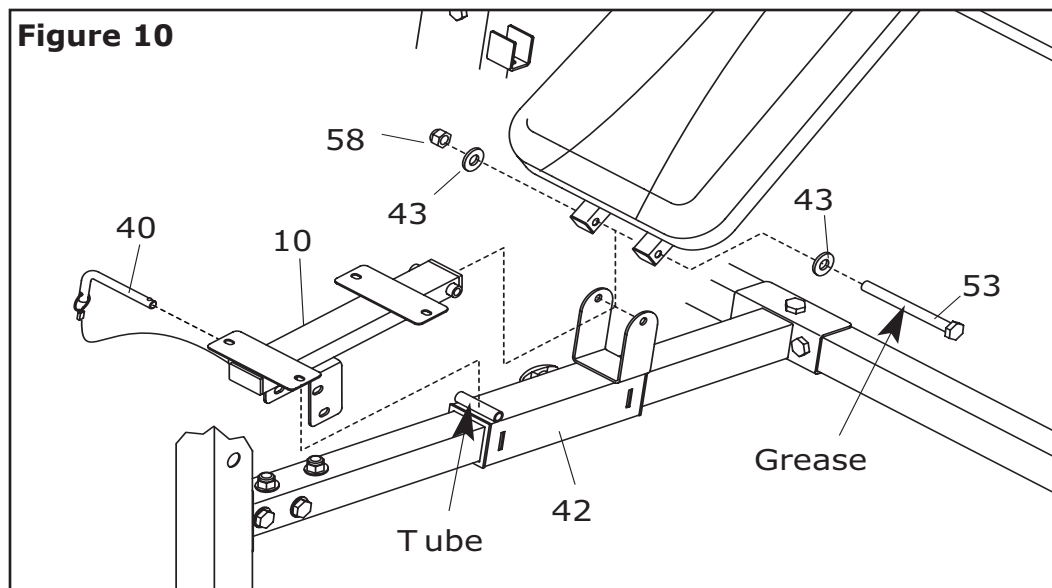
Step 10

Apply a small amount of grease (included) to an M10X145mm bolt (53). Attach the seat frame (10) and the backrest frames (17) to the seat carriage (42) using the M10X145mm bolt (53), two M10 washers (43), and an M10 nylon locknut (58).

Note: 1) The seat pad (21) has been removed from the drawing to clarify the installation to the seat carriage (42). **2)** Do not overtighten the nylon locknut, the seat and backrest frames must pivot easily.

Insert the seat adjustment pin (40) through the seat frame (10) and tube located on the seat carriage (42).

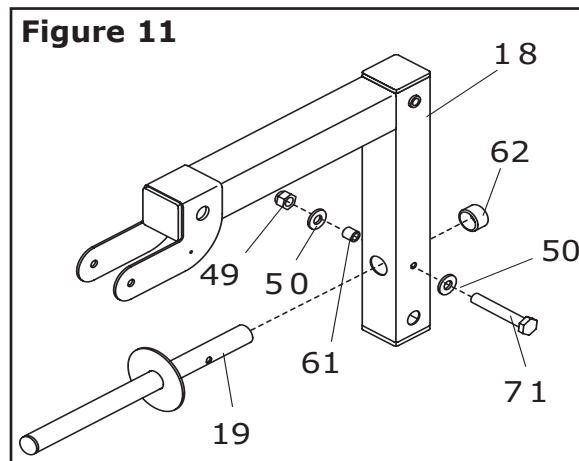
Tighten the four M6X40mm screws (48) that were installed in Step 9.



Step 11

Attach the weight tube (19) to the leg lever (18) using an M8X70mm bolt (71), two M8 washers (50), a 17mmX9mm spacer (61), and a M8 nylon locknut (49).

Place the 25mm round outer cap (62) onto the end of the weight tube (19).

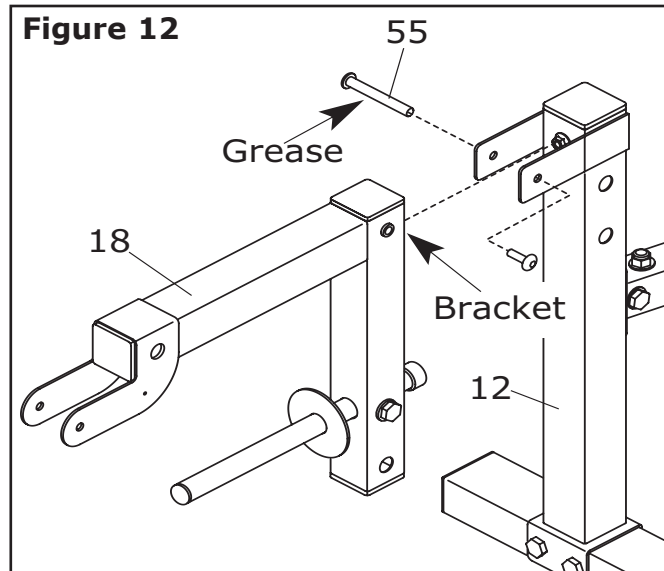


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 12

Apply grease to the barrel of the M10X70mm bolt set (55). Next, attach the leg lever (18) to the front leg (12) and secure using the bolt set (55). Make sure the barrel of the bolt set (55) is inserted through both sides of the bracket on the front leg (12).

Note: Do not overtighten the bolt set; the leg lever must pivot easily.

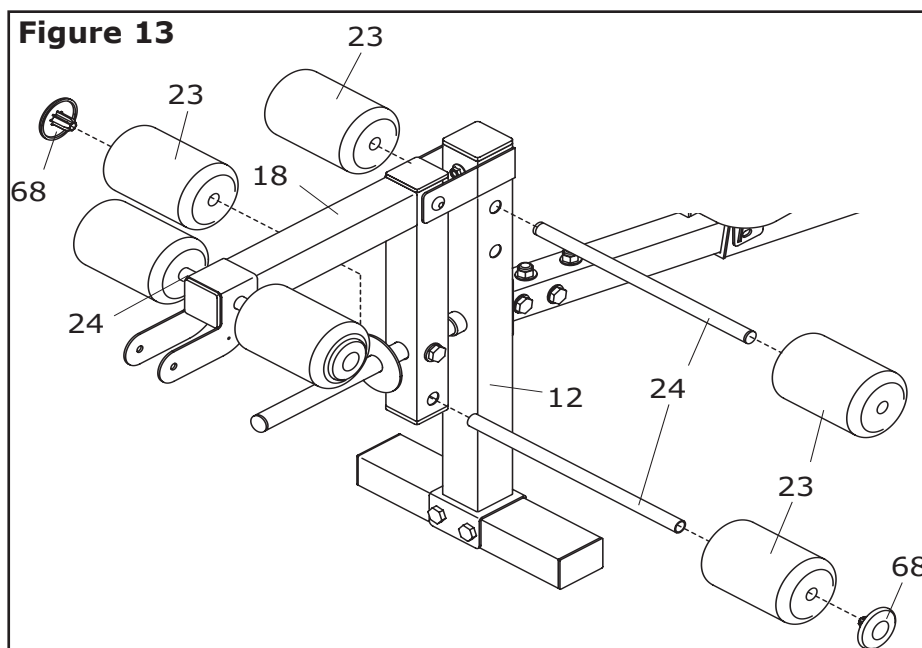


Step 13

Insert a pad tube (24) into either hole on the front leg (12). Slide a foam pad (23) onto each end of the pad tube (24).

Insert a pad tube (24) into a hole on the leg lever (18). Slide a foam pad (23) onto each end of the pad tube (24). Press a pad cap (68) into each end of the tube.

Note: It is recommend you use a rubber mallet to gently hammer the caps into place. Repeat for other pad tube (24).

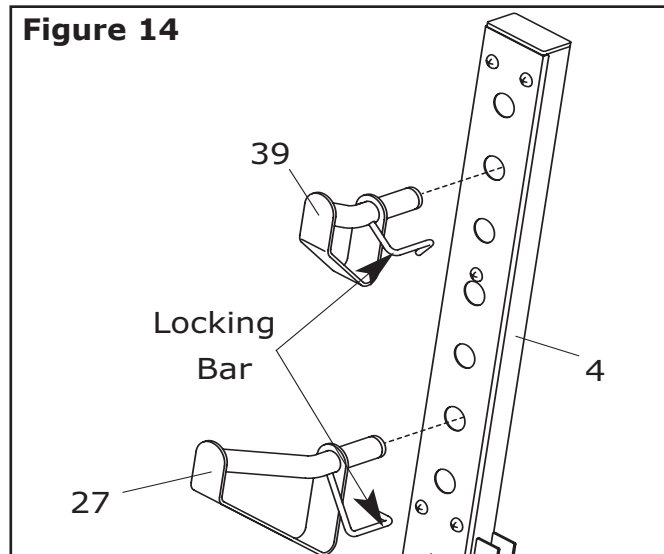


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 14

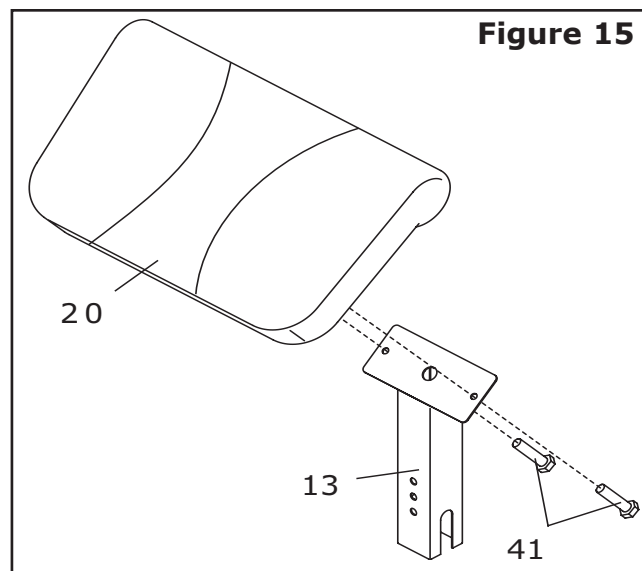
Insert a weight rest (39) into the right upright (4) and secure by engaging the locking bar around the upright.

Insert a safety spotter (27) into the right upright (4) and secure by engaging the locking bar around the upright.
Repeat for left side.



Step 15

Attach the curl pad (20) to the curl post (13) using two M6X20mm screws (41).

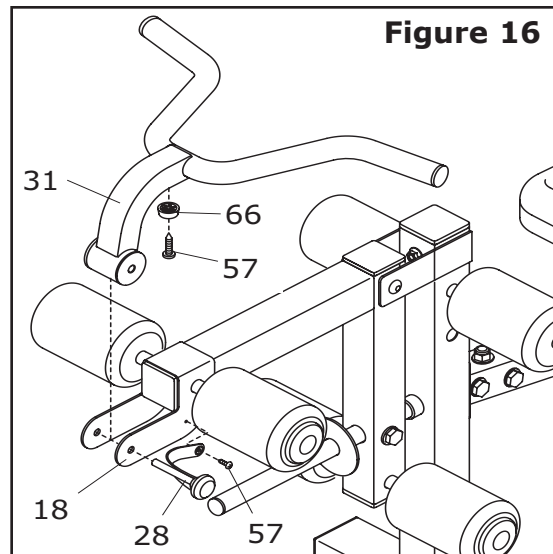


NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Step 16

Attach a curl bumper (66) to curl bar (31) using a M4X16mm screw (57).

Attach the curl bar (31) to the leg lever (18) and secure with the curl bar pin (28). Next, attach the tether on the curl bar pin (28) to the leg lever (18) using a M4X16mm screw (57).

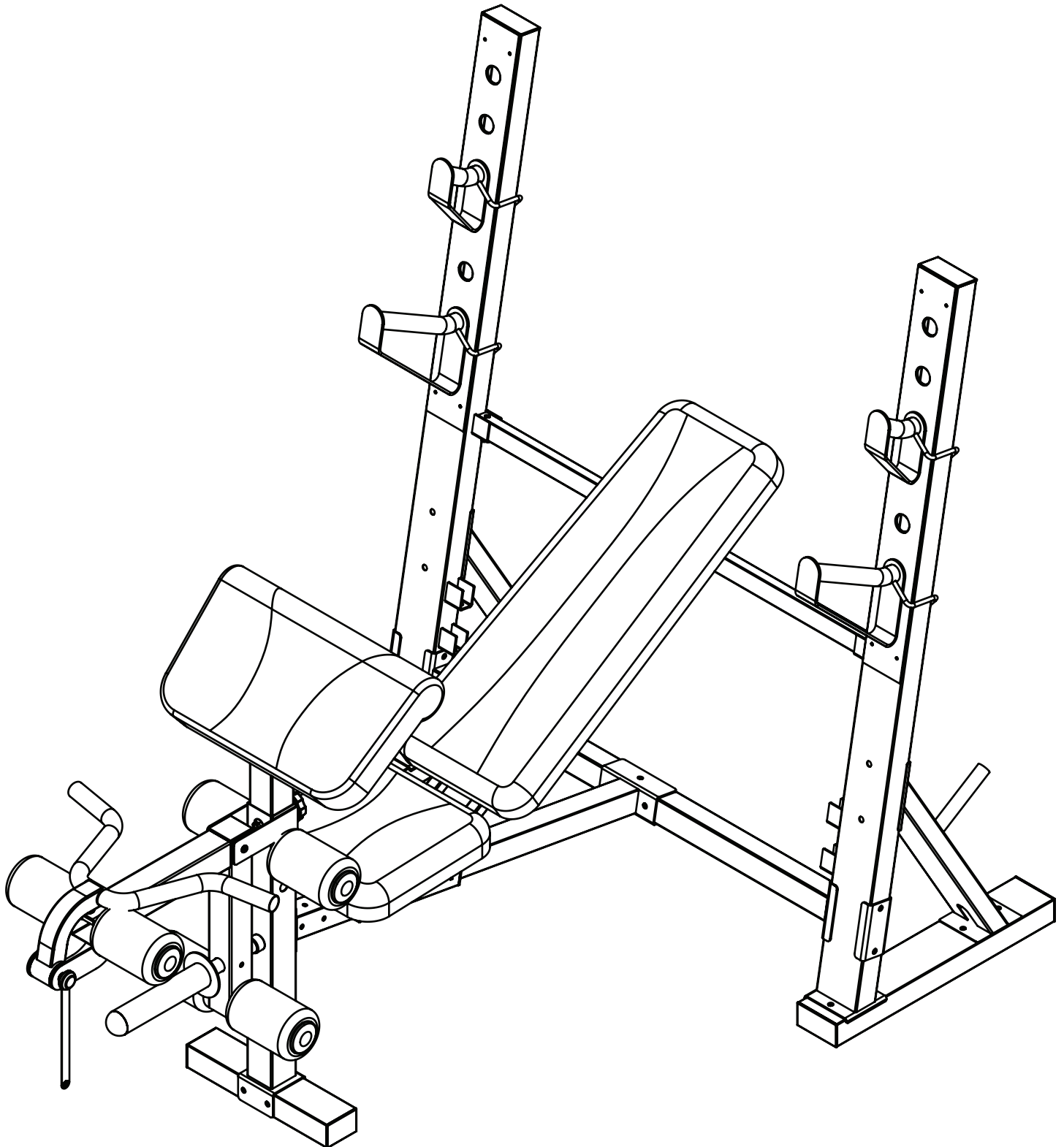


Step 17

Tighten all hardware from the previous steps using the appropriate tools.

CONGRATULATIONS!

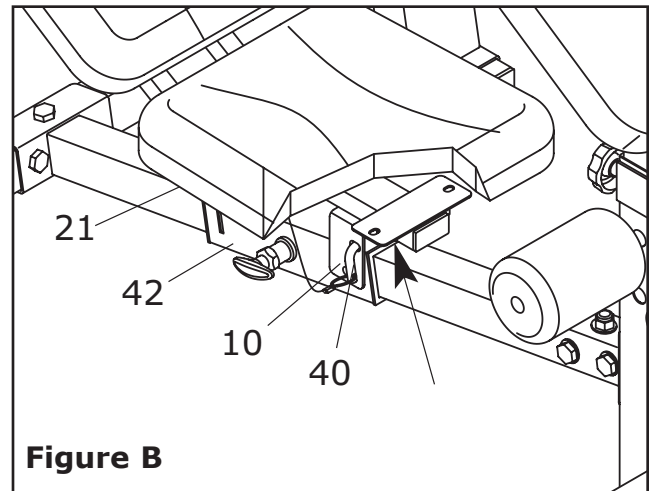
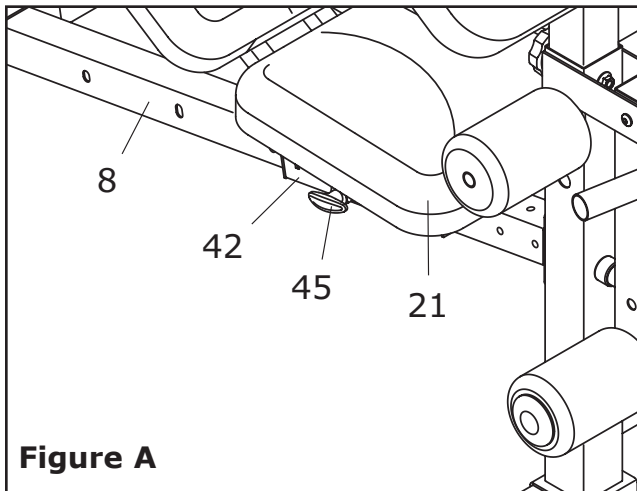
You have completed assembly of your Strength Trainer International Bench.



Seat Adjustments

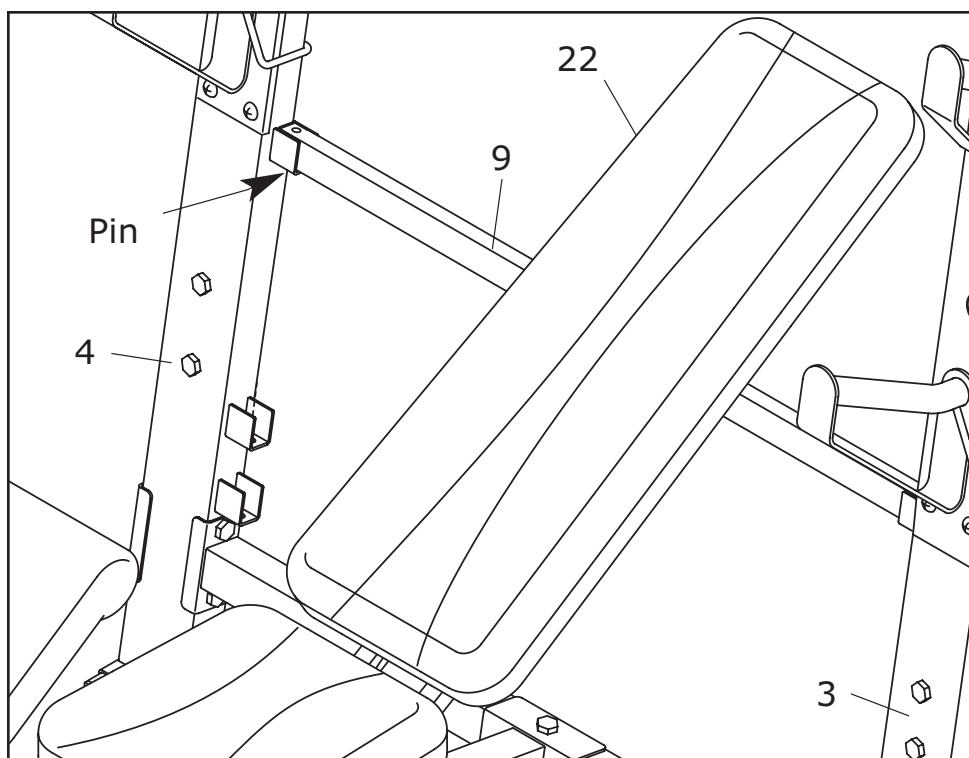
To move the seat (21), loosen the "T"-handle (45) and pull it out as far as it will go. Slide the seat carriage (42) to the desired position and release the "T"-handle (45) back into the bench frame (8). Retighten the "T"-handle (45). See Figure A

To adjust the angle of the seat (21), remove the seat adjustment pin (40). Insert the pin into the other hole on the seat frame (10) and the tube on the seat carriage (42). See Figure B.



Backrest Adjustment

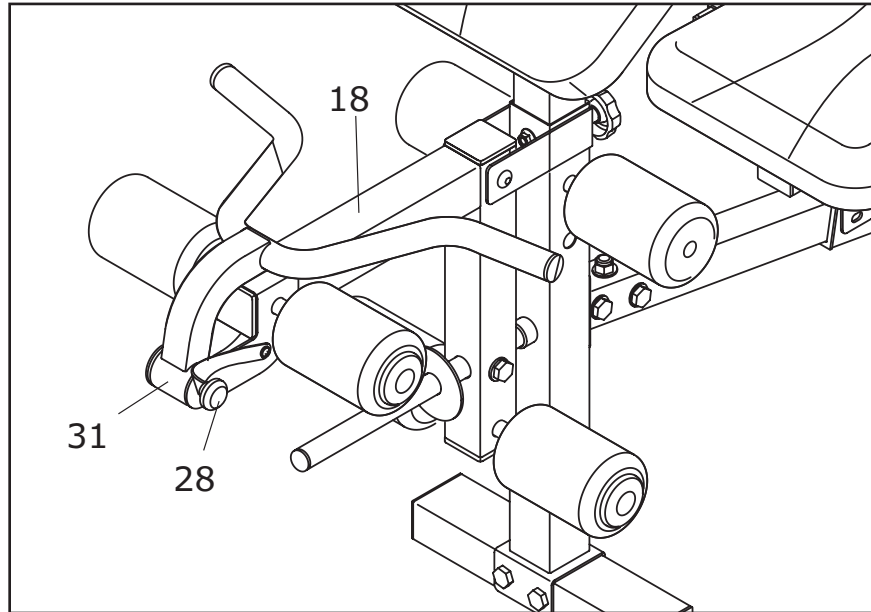
First, move the seat pad to the desired position (see the Seat Pad Adjustment section). Next, move the adjustment tube (9) to the desired height. Make sure the pins on the adjustment tube are inserted into the brackets on the left and right uprights (3 & 4). Finally, rest the backrest on the adjustment tube.



Curl Bar Attachment

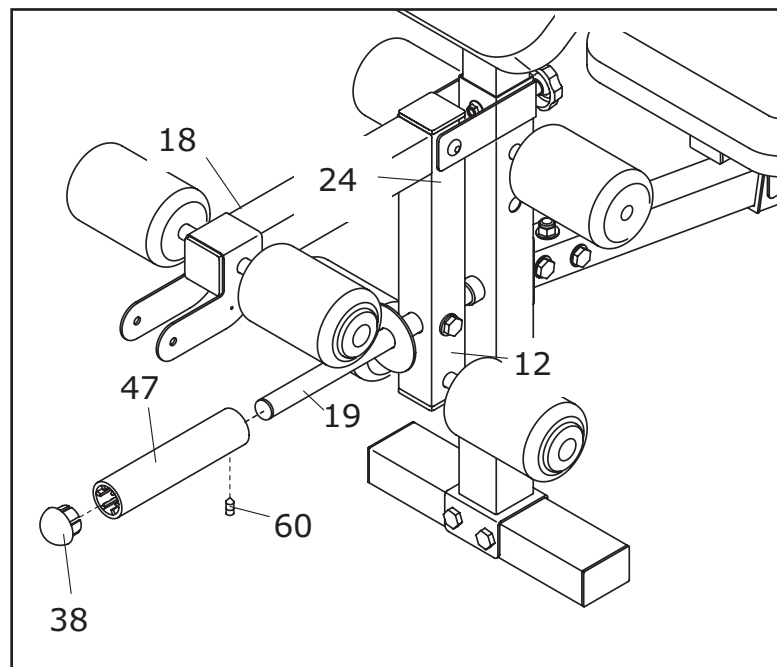
Attach the curl bar (31) to the leg lever (18) and secure by inserting the curl bar pin (28).

Note: You will need to remove the curl bar when using the leg extension.



Olympic Plate Adapter

To use olympic weights, press the 48mm round inner cap (38) into the olympic adapter (47). Secure the olympic adapter (47) to the weight tube (19) using M8X10mm set screw (60). Make sure the set screw (60) is on the bottom of the adapter. Secure the weight plates with included large spring clip (not shown).



⚠ WARNING!

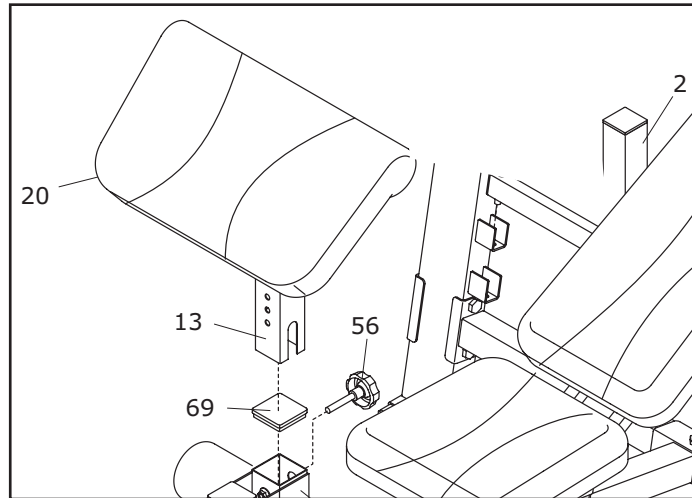
Do not place more than 150 pounds on the weight tube. Secure the weights with spring clips.

Arm Curl Post

Remove the 64mm square inner cap (69) from front leg (12). Insert the curl post (13) into the front leg (12) and align the holes. Secure the curl post (13) with the curl post knob (56).

Note: Make sure that the knob is fully tightened.

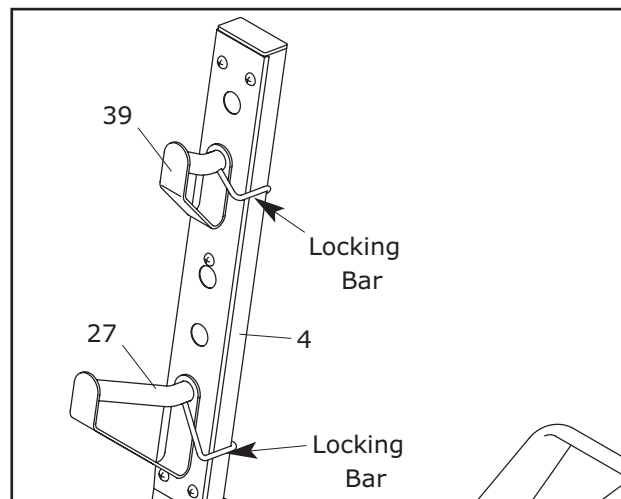
When performing exercises that do not require the curl pad (20), remove the curl post (13) and store it on the storage tube on the right stabilizer (2). Reinsert the 64mm (69) square inner cap into the front leg.



Weight Rests and Safety Spotters

To use a barbell (not included) with the weight bench, first move the weight rests (39) and safety spotters (27) to the correct height for the exercise to be performed. Engage the locking bars around the left and right uprights.

Note: The weight rests (39) and safety spotters (27) can be inserted onto the other side of the left and right uprights for squat exercises.



⚠ WARNING!

Do not place more than 300 pounds (including barbell) on the weight rests or safety spotters.

⚠ WARNING!

Always place both weight rests (39) and safety spotters (27) at the same height. Make sure the locking bars are securely wrapped around the uprights before setting a barbell on them.

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supine Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



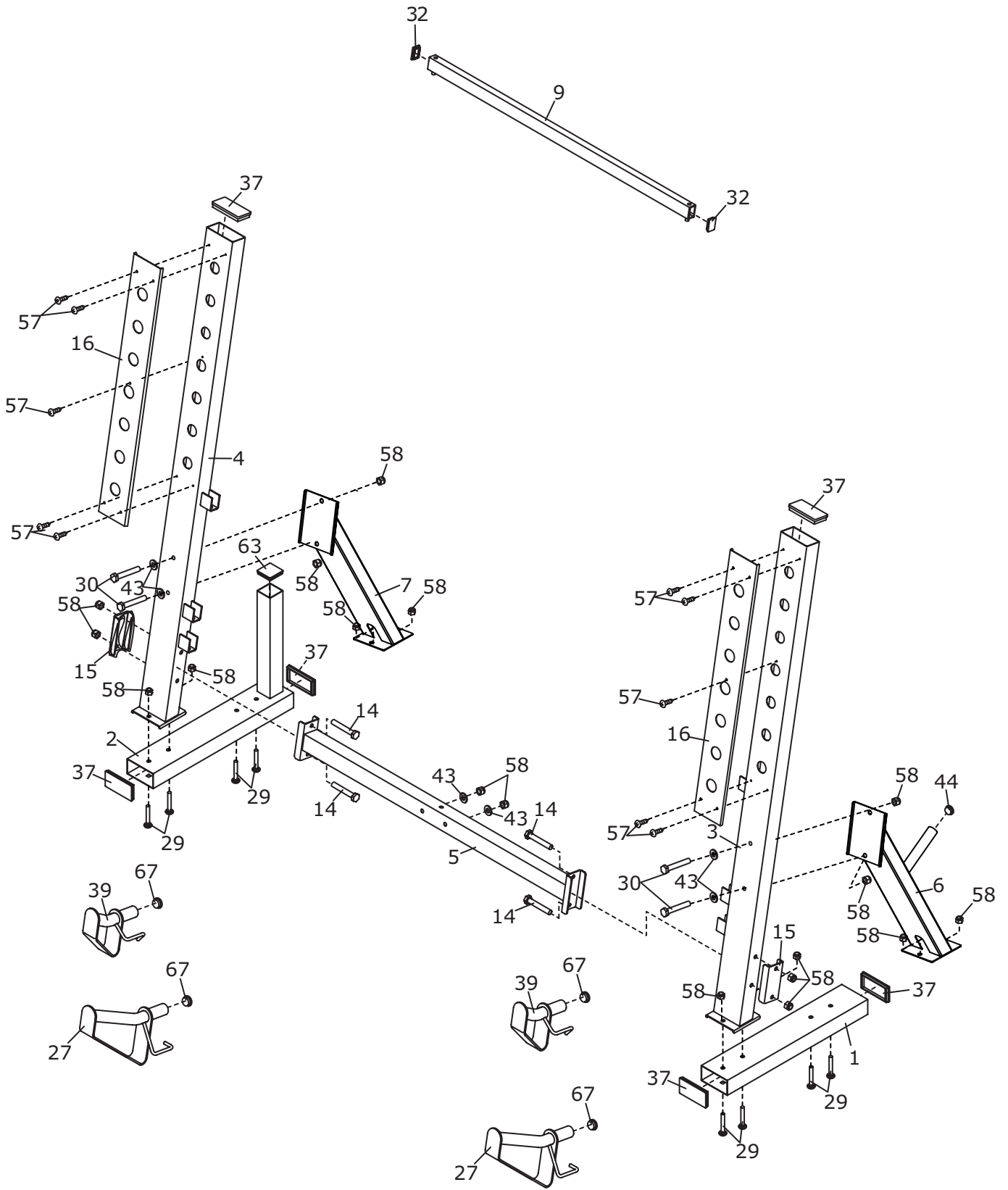
Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

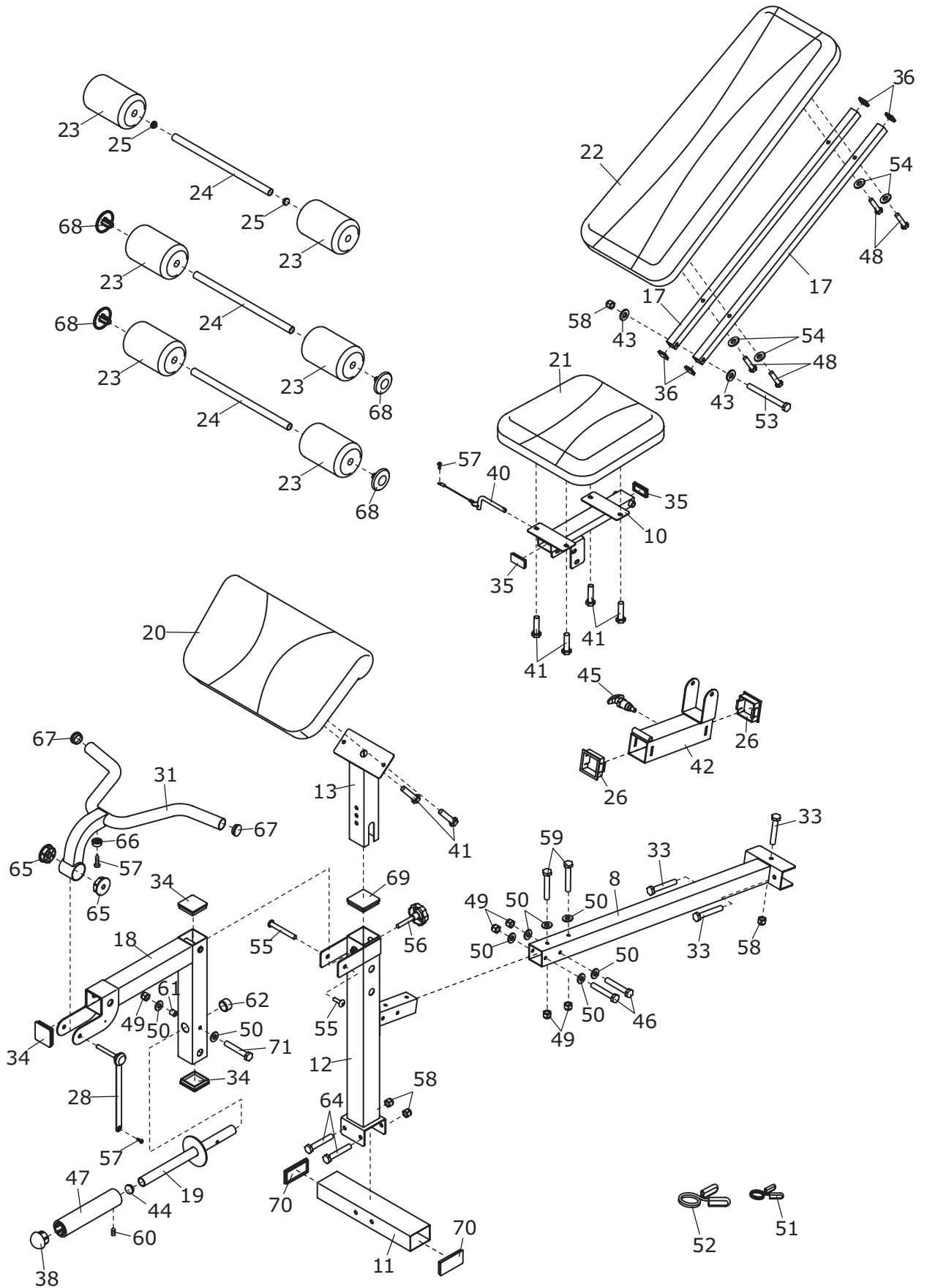
ST-IB PARTS LIST REV. A

REF #	PARTS #	DESCRIPTION	QTY
1	223-01233	LEFT STABILIZER, ST-IB	1
2	223-01220	RIGHT STABILIZER, ST-IB	1
3	223-01230	LEFT UPRIGHT, ST-IB	1
4	223-01229	RIGHT UPRIGHT, ST-IB	1
5	223-01234	CROSSBAR, ST-IB	1
6	223-01231	LEFT REAR SUPPORT, ST-IB	1
7	223-01226	RIGHT REAR SUPPORT, ST-IB	1
8	223-01223	FRAME, ST-IB	1
9	219-00636	ADJUSTMENT TUBE, ST-IB	1
10	223-01221	SEAT FRAME, ST-IB	1
11	223-01222	FRONT STABILIZER	1
12	223-01224	FRONT LEG, ST-IB	1
13	223-01225	ARM CURL POST, ST-IB	1
14	202-00172	HEX BOLT, M10*120	4
15	219-00626	UPRIGHT PLATE, ST-IB	2
16	219-00627	UPRIGHT COVER, ST-IB	2
17	223-01227	BACKREST FRAME, ST-IB	2
18	223-01228	LEG LEVER, ST-IB	1
19	219-00628	WEIGHT TUBE, ST-IB	1
20	228-00261	CURL PAD, ST-IB	1
21	228-00262	SEAT, ST-IB	1
22	228-00265	BACKREST, ST-IB	1
23	228-00263	FOAM PAD, ST-IB	6
24	219-00625	PAD TUBE, ST-IB	3
25	202-00775	19MM ROUND INNER CAP, ST-IB	2
26	206-00511	SQUARE BUSHING, ST-IB	2
27	219-00631	SAFETY SPOTTER, ST-IB	2
28	219-00632	Curl Bar Pin, ST-IB	1
29	202-00776	M10 x 60MM CARROAGE BOLT, ST-IB	8
30	202-00425	BOLT, M10X65	4
31	223-01232	CURL BAR, ST-IB	1
32	202-00773	25MM x 40MM INNER CAP, ST-IB	2
33	202-00294	HEX BOLT, M10X70	3
34	202-00777	57MM SQUARE INNER CAP, ST-IB	3
35	202-00791	25MM x 50MM INNER CAP, ST-IB	2
36	202-00778	25MM Square INNER CAP, ST-IB	4
37	202-00774	50MM x 100MM INNER CAP, ST-IB	6
38	202-00779	48MM ROUND INNER CAP, ST-IB	1
39	219-00633	WEIGHT REST, ST-IB	2
40	219-00630	SEAT ADJUSTMENT PIN, ST-IB	1
41	202-00780	M6X20MM SCREW, ST-IB	6
42	228-00264	SEAT CARRIAGE, ST-IB	1
43	202-00781	M10 WASHER, ST-IB	4
44	202-00786	25MM ROUND INNER CAP, ST-IB	2
45	202-00783	POP PIN, ST-IB	1
46	202-00181	HEX BOLTS M8*65	2
46	202-00181	HEX BOLTS M8*65	2
47	219-00629	OLYMPIC ADAPTOR, ST-IB	1
48	202-00784	M6x40MM SCREW, ST-IB	4
49	202-00485	NYLON NUT M8, AOLIN	5
50	202-00785	M8 WASHER, ST-IB	8
51	210-00626	SMALL SPRING CLIP, ST-IB	1
52	210-00625	LARGE SPRING CLIP, ST-IB	1
53	202-00787	M10x145MM BOLT, ST-IB	1
54	202-00445	WASHER M6, IRONMAN	4
55	202-00788	M10 x 70MM BOLT Set, ST-IB	1
56	210-00624	KNOB, ST-IB	1
57	202-00789	M4 x 16MM SCREW, ST-IB	13
58	202-00263	NYLON LOCKNUT M10	22
58	202-00263	NYLON LOCKNUT M10	22
59	202-00790	M8 x 60MM BOLT, ST-IB	2
60	202-00782	M8 x 10MM Set SCREW, ST-IB	1
61	202-00792	17MM x 9MM Spacer, ST-IB	1
62	202-00630	ROUND OUTER CAP, 25MM	1
63	202-00794	50MM SQUARE INNER CAP, ST-IB	1
64	202-00795	M10 x 95MM BOLT, ST-IB	2
65	219-00635	BUSHING, ST-IB	2
66	219-00634	BUMPER, ST-IB	1
67	202-00793	32MM ROUND INNER CAP, ST-IB	6
68	206-00510	PAD CAP, ST-IB	4
69	202-00797	64MM Square INNER CAP, ST-IB	1
70	202-00796	50MM x 75MM INNER CAP, ST-IB	2
71	202-00290	BOLT, M8X70	1
72	215-00219	OWNER'S MANUAL, ST-IB	1

Exploded View



Exploded View



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime Parts: 90 days Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Keys.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

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