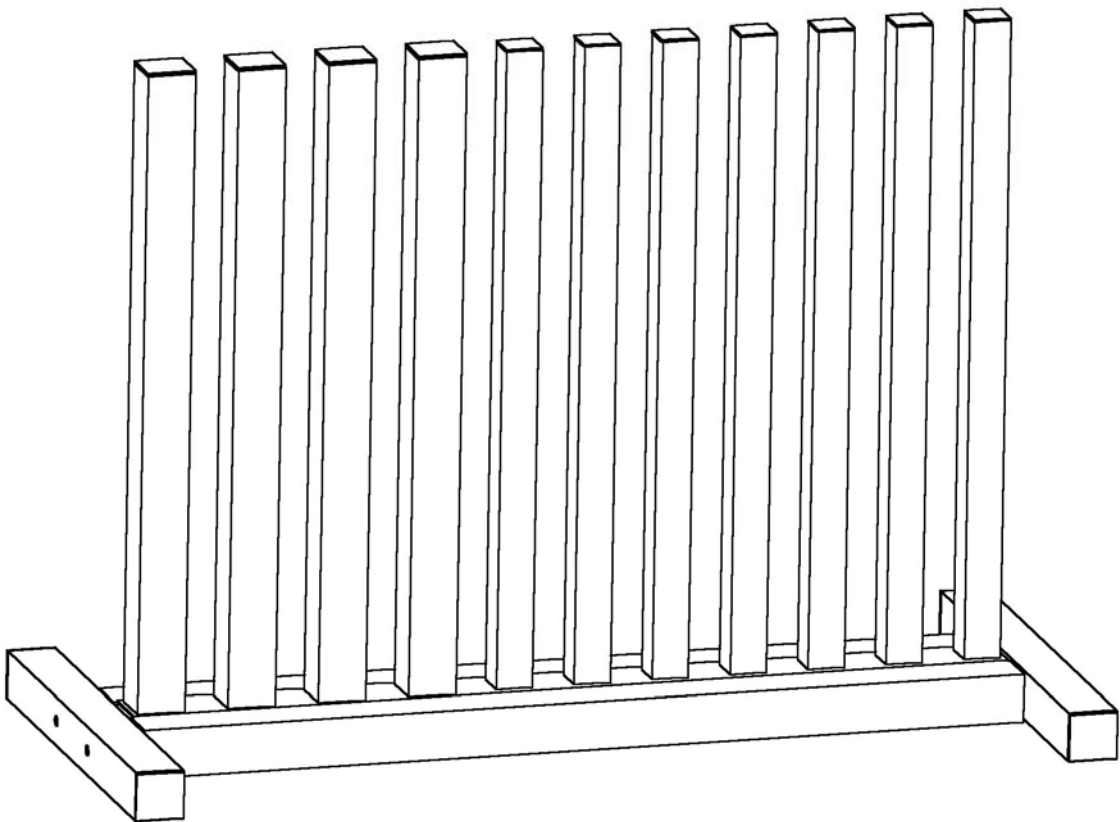


Strength SERIES Trainer

STDFR/B

NEOPRENE DUMBBELL RACK OWNERS MANUAL



INCLUDES:



keysfitness.com

SAFETY NOTICE
EXPLODED DRAWING
PARTS LIST
WARRANTY
ORDERING PARTS

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:

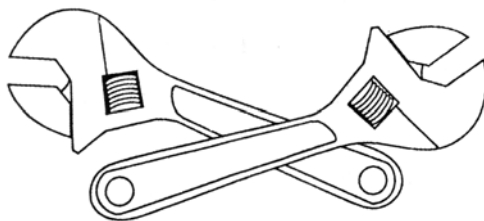
Keys Fitness Products is not responsible for the misuse of any Keys Fitness Products nor for any injury sustained while using any Keys Fitness Products. The consumer uses any or all of Keys Fitness Products at their own risk.

BEFORE YOU BEGIN

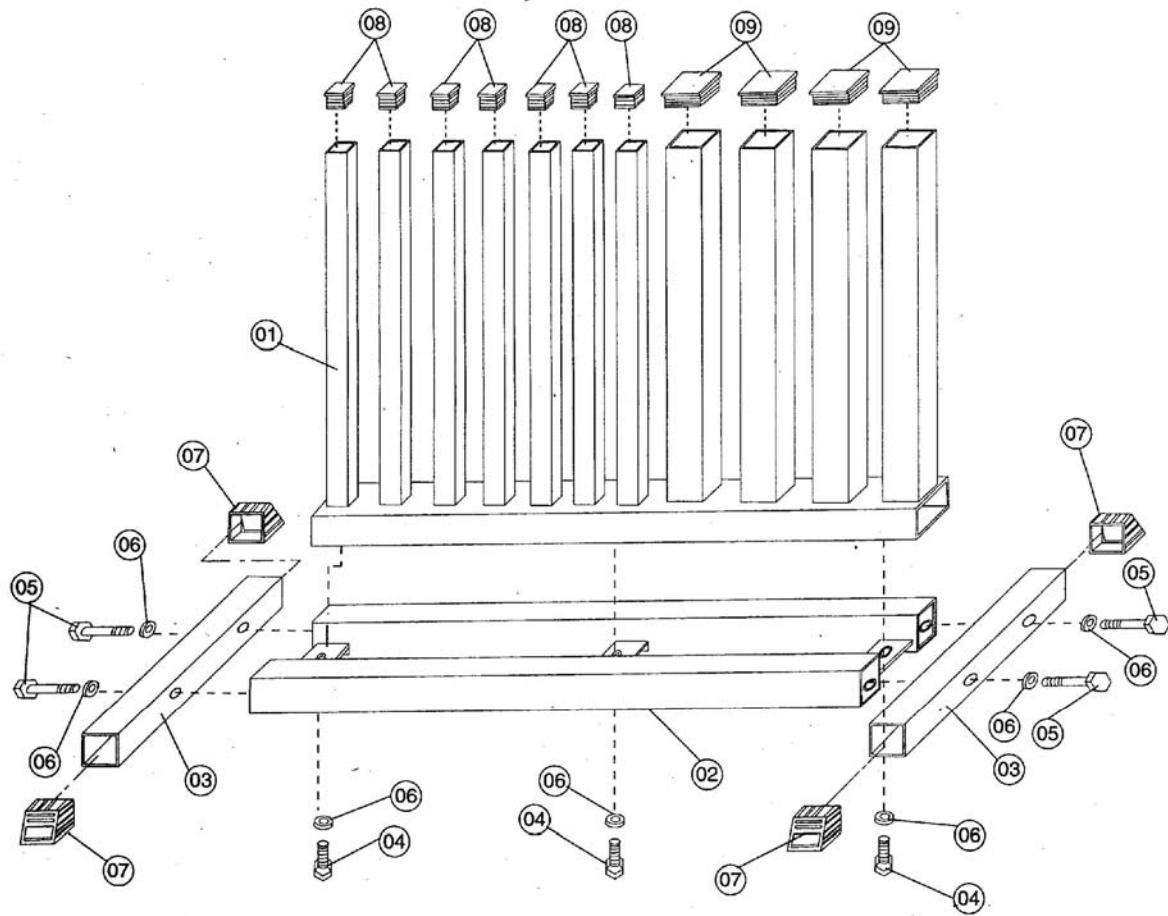
Before you begin assembly of your keys fitness product, please take a moment to review the hardware and parts list on the following pages. Each part has been illustrated and numbered for easy identification. Check this list against the contents of your package to make sure you have all required parts. 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



EXPLODED DRAWING



PARTS LIST

Part no.	Description	Qty.	Remarks
01	Dumbbell Holder	1	
02	Base	1	
03	Foot	2	
04	Hex Bolt M10X20	3	
05	Hex Bolt M10X65	4	
06	Washer D10	7	
07	Outer Cap Sq.50	4	
08	Inner Plug Sq.45	7	
09	Inner Plug Sq.50	4	



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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keysfitness.com

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