

OWNER'S MANUAL

keysfitness.com

**Strength 1000
Trainer**

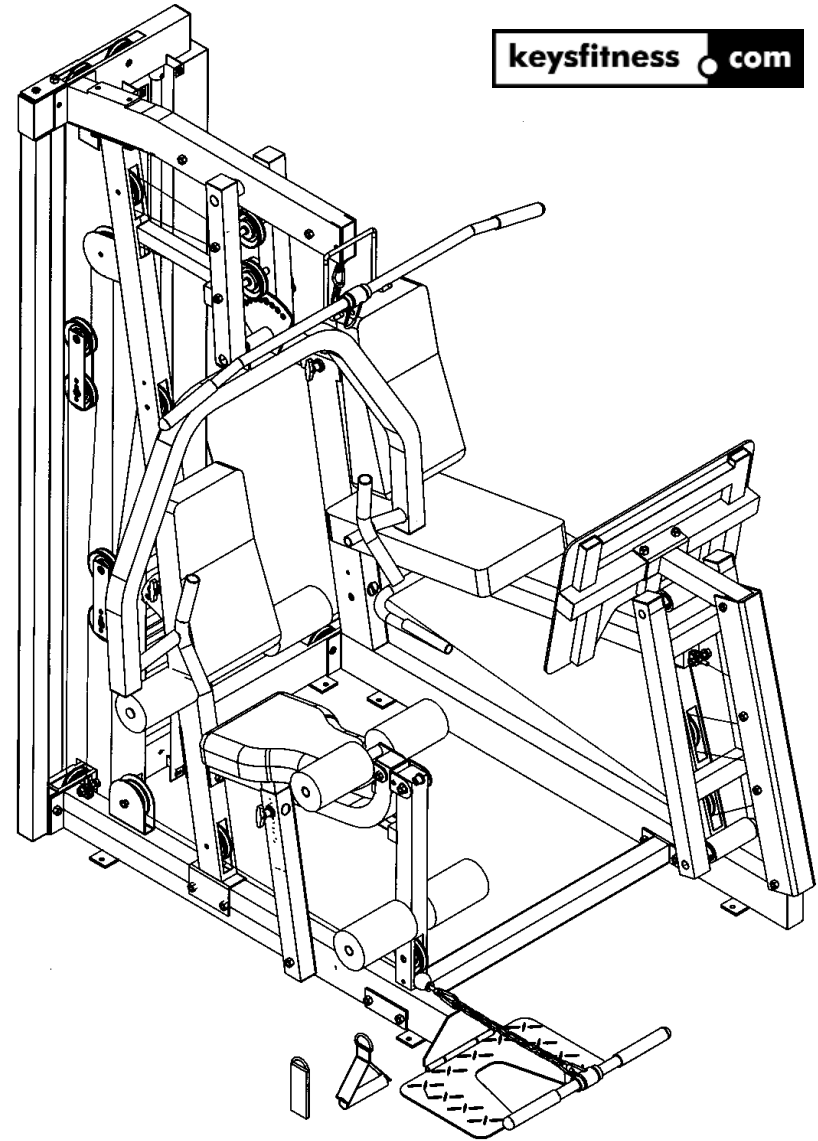
ST-1000
HOME GYM



Questions?

Call our toll free Keys Fitness Helpline

1-800-683-1236





THANK YOU for making this Strength Trainer unit a part of your exercise program. Keys Fitness and our Strength Trainer Series assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Helpline. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

STRENGTH TRAINER SERIES

MODEL: ST-1000

QUESTIONS?

CALL

1-800-683-1236

Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

- Product Series
- Model #
- Part Number
- Part Description

BEFORE YOU START

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

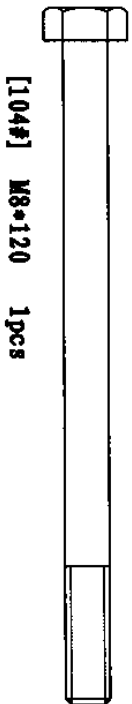
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

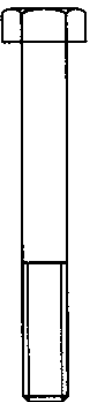
SAFETY PRECATIONS

- This Strength Trainer unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your Strength Trainer unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

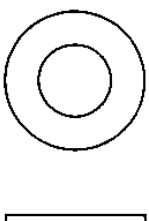
PARTS



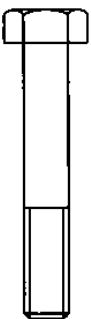
[104#] M8*120 1pcs



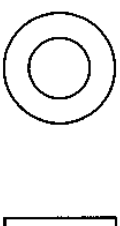
[101#] M8*65 2pcs



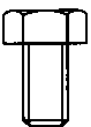
[111#] $\phi 24 \cdot \phi 13 \cdot 1.5$ 10pcs



[102#] M8*50 2pcs



[112#] $\phi 20 \cdot \phi 11 \cdot 2$ 101pcs



[103#] M8*15 1pcs



[107#] M8*15 8pcs



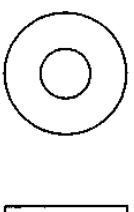
[113#] $\phi 16 \cdot \phi 9 \cdot 1.6$ 11pcs



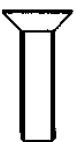
[108#] M8*10 8pcs



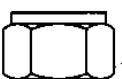
[109#] M8*15 4pcs



[114#] $\phi 22 \cdot \phi 9 \cdot 2$ 8pcs



[110#] M6*20 1pcs



[115#] M12 7pcs



[116#] M10 48pcs

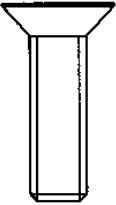


[117#] M8 5pcs

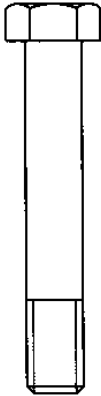


PARTS

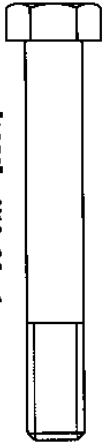
[106#] M12*35 1pcs



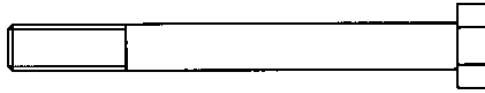
[127#] M12*75 2pcs



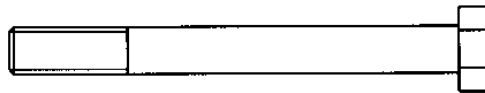
[105#] M12*85 1pcs



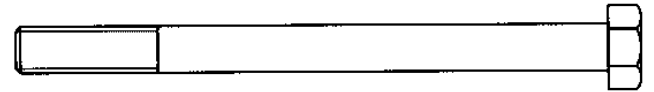
[91#] M10*95 2pcs



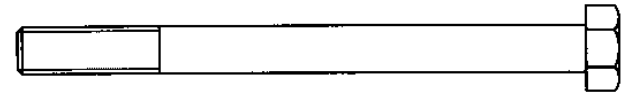
[92#] M10*85 3pcs



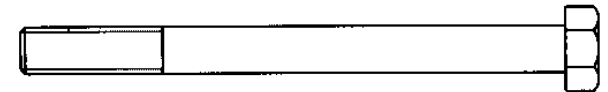
[88#] M10*125 3pcs



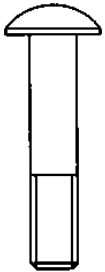
[89#] M10*120 1pcs



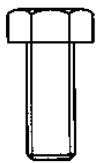
[90#] M10*115 1pcs



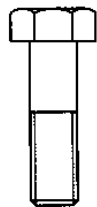
[123#] M10*50 2pcs



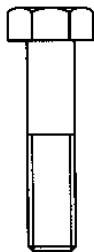
[100#] M10*25 2pcs



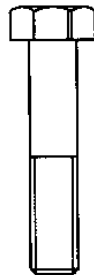
[99#] M10*35 2pcs



[98#] M10*45 6pcs



[97#] M10*50 2pcs



[96#] M10*65 2pcs



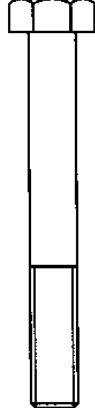
[95#] M10*70 12pcs



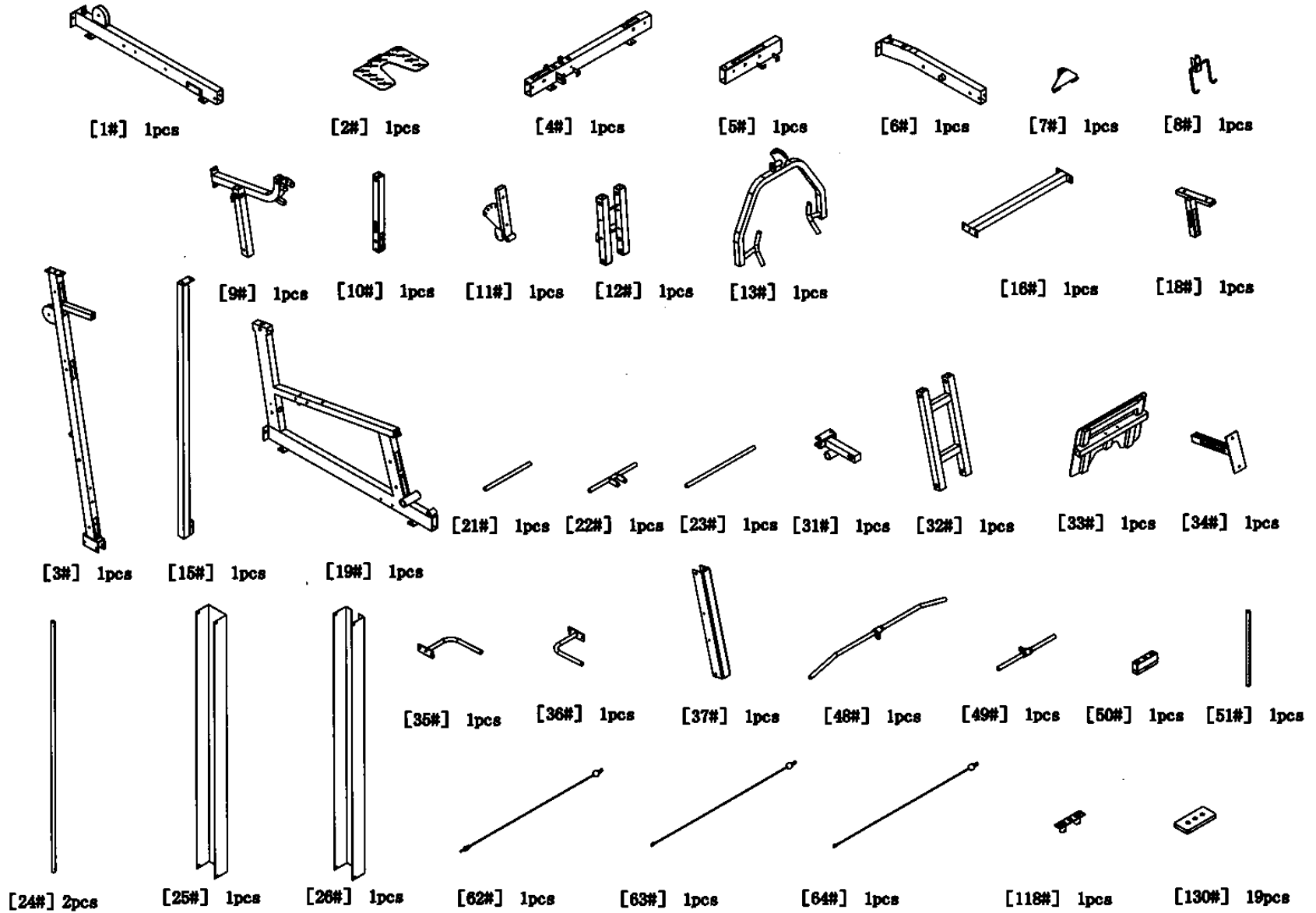
[94#] M10*75 14pcs



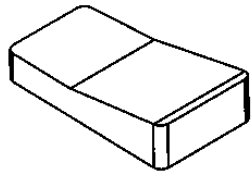
[93#] M10*80 1pcs



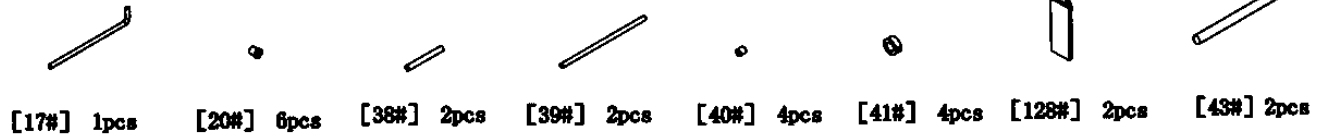
PARTS



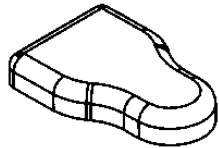
PARTS



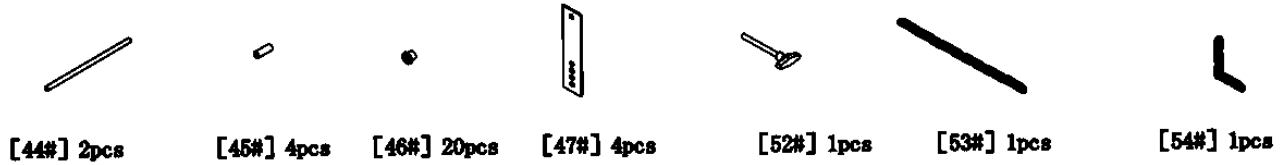
[27#] 1pcs



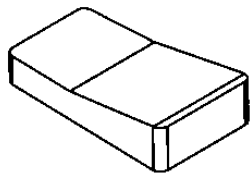
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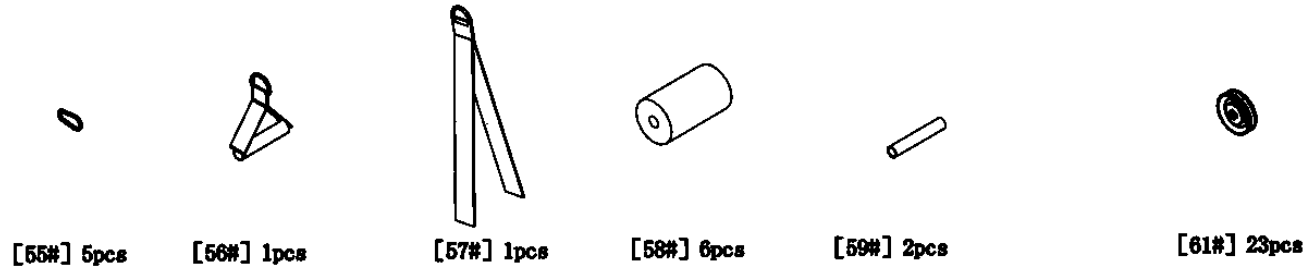
[28#] 1pcs



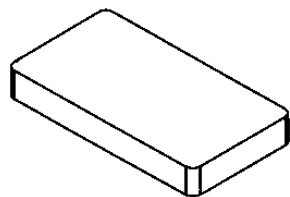
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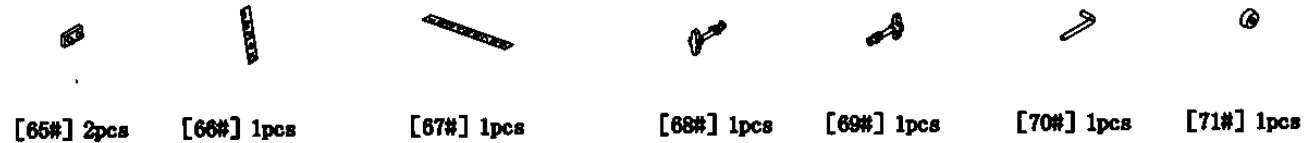
[29#] 1pcs



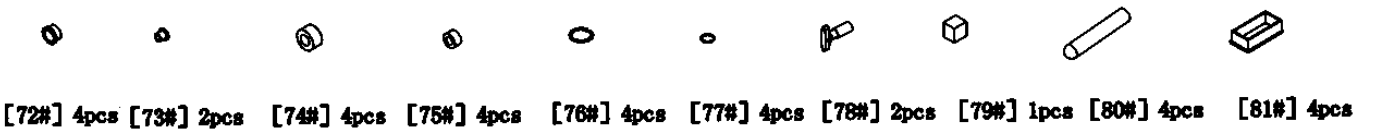
[55#] 5pcs [56#] 1pcs [57#] 1pcs [58#] 6pcs [59#] 2pcs [61#] 23pcs



[30#] 1pcs



[65#] 2pcs [66#] 1pcs [67#] 1pcs [68#] 1pcs [69#] 1pcs [70#] 1pcs [71#] 1pcs



[72#] 4pcs [73#] 2pcs [74#] 4pcs [75#] 4pcs [76#] 4pcs [77#] 4pcs [78#] 2pcs [79#] 1pcs [80#] 4pcs [81#] 4pcs



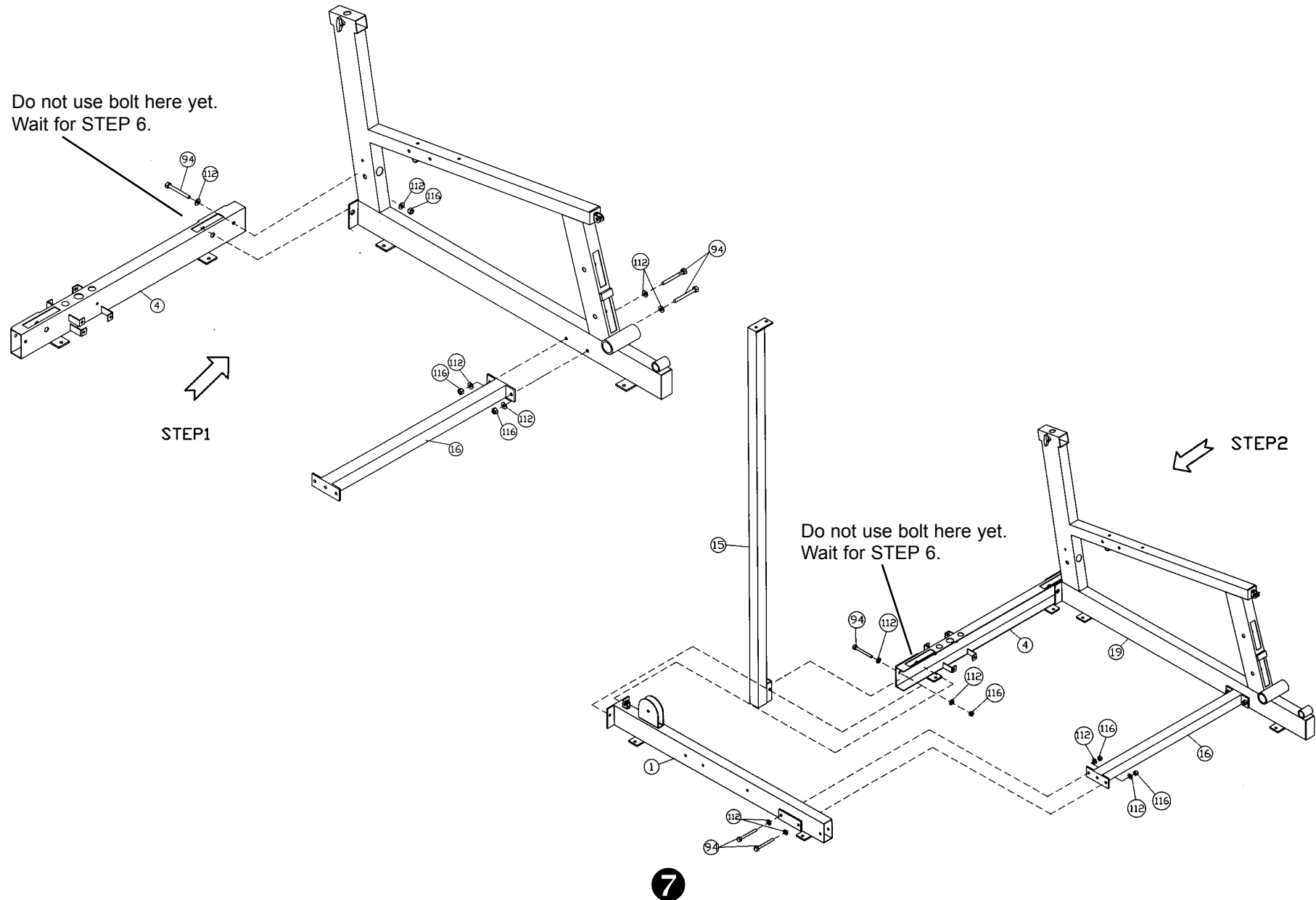
[82#] 8pcs [83#] 1pcs [84#] 2pcs [85#] 2pcs [86#] 4pcs [87#] 8pcs [129#] 4pcs [125#] 2pcs [126#] 5pcs

PARTS LIST

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Base Frame	1	46	Bushing	20	90	Bolt M10*115	1
2	Foot Plate	1	47	Double Pulley Bracket	4	91	Bolt M10*95	2
3	Main Upright	1	48	Lat Pull Bar	1	92	Bolt M10*85	3
4	Rear Cross Beam	1	49	Low Pull Bar	1	93	Bolt M10*80	1
5	Rear Top Beam	1	50	Weight Plate Assembly	1	94	Bolt M10*75	16
6	Main Top Beam	1	51	Selector Rod	1	95	Bolt M10*70	12
7	Foot Plate Bracket	1	52	Selector Pin	1	96	Bolt M10*65	2
8	Lat Pull Down Bar	1	53	Chain	1	97	Bolt M10*50	2
9	Seat Pad Support Receptacle	1	54	Chain	1	98	Bolt M10*45	6
10	Leg Extension Lever	1	55	Hook	5	99	Bolt M10*35	2
11	Back Pad Support	1	56	Nylon Handle	1	100	Bolt M10*25	2
12	Press Arm Support	1	57	Ab Strap	1	101	Bolt M8*65	2
13	Press Arm	1	58	Foam Roller	6	102	Bolt M8*50	2
15	Rear Upright	1	59	Foam Grip	2	103	Bolt M*15	1
16	Front Cross Link Beam	1	61	Pulley	23	104	Bolt M8*120	1
17	L-Pin (Long)	1	62	Cable	1	105	Bolt M12*85	1
18	Seat Pad Support	1	63	Cable	1	106	Phillip Screw M12*35	1
19	Leg Press Main Frame	1	64	Cable	1	107	Hex Screw M8*15	8
20	Bushing (Long)	6	65	Rubber Cushion	2	108	Hex Screw M8*10	8
21	Foam Tubing	1	66	Mark Sticker	1	109	Hex Screw M*15	4
22	Foam Tubing	1	67	Mark Sticker	1	110	Phillip Screw M6*20	1
23	Knee Hold Down Bar	1	68	Pull Pin (Long)	1	111	Washer 13*24*1.5	10
24	Guide Rod	2	69	Pull Pin	1	112	Washer 11*20*2	101
25	Weight Stack Cover	1	70	L-Pin	1	113	Washer 9*16*1.6	11
26	Weight Stack Cover	1	71	Nylon Stopper	1	114	Washer 22*9*2	8
27	Seat Pad (Main Frame)	1	72	Bronze Bushing	4	115	Nut M12	7
28	Back Pad (Main Frame)	1	73	Bushing	2	116	Nut M10	48
29	Back Pad (Leg Press)	1	74	Bushing	4	117	Nut M8	5
30	Seat Pad (Leg Press)	1	75	Bushing	4	118	Guide Rod Support	1
31	Foot Plate Support Connector	1	76	Spring Washer	4	119	Hex Screw	2
32	Foot Plate Support	1	77	Spring Washer	4	120	Allen Wrench	1
33	Foot Plate	1	78	Pull Pin	2	123	Allen Bolt M10x50	2
34	Back Pad Support	1	79	Rubber Cushion	1	125	Rubber Weight Bumper	2
35	Handle (Left)	1	80	Handle Grip	4	126	Square 50*25 Plug	5
36	Handle (Right)	1	81	End Cap 100*50	4	127	Bolt M12x75	2
37	U Beam	1	82	End Cap 50	8	128	Ankle Strap	1
38	Shaft	2	83	End Cap 45	1	129	Grip Foam 70x38x135	4
39	Shaft	2	84	End Cap 60*30	2	130	Weight Plate	19
41	Limiter	4	85	End Cap 50*25	7			
42	C Clamp	2	86	End Cap 50.8	4			
43	Shaft	2	87	End Cap 25	8			
44	Bolt	2	88	Bolt M10*125	3			
45	Sleeve	4	89	Bolt M10*120	1			

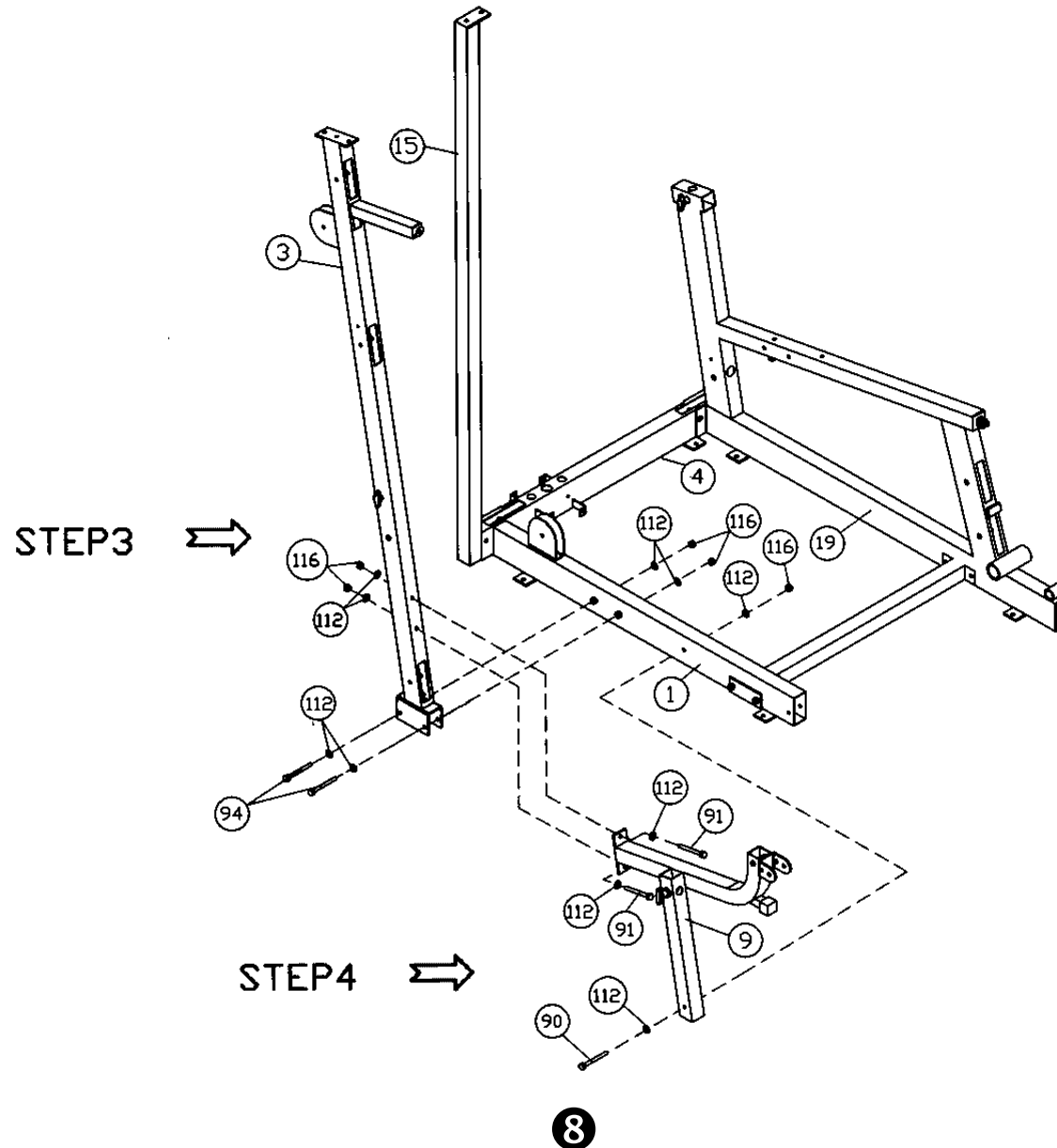
ASSEMBLY

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



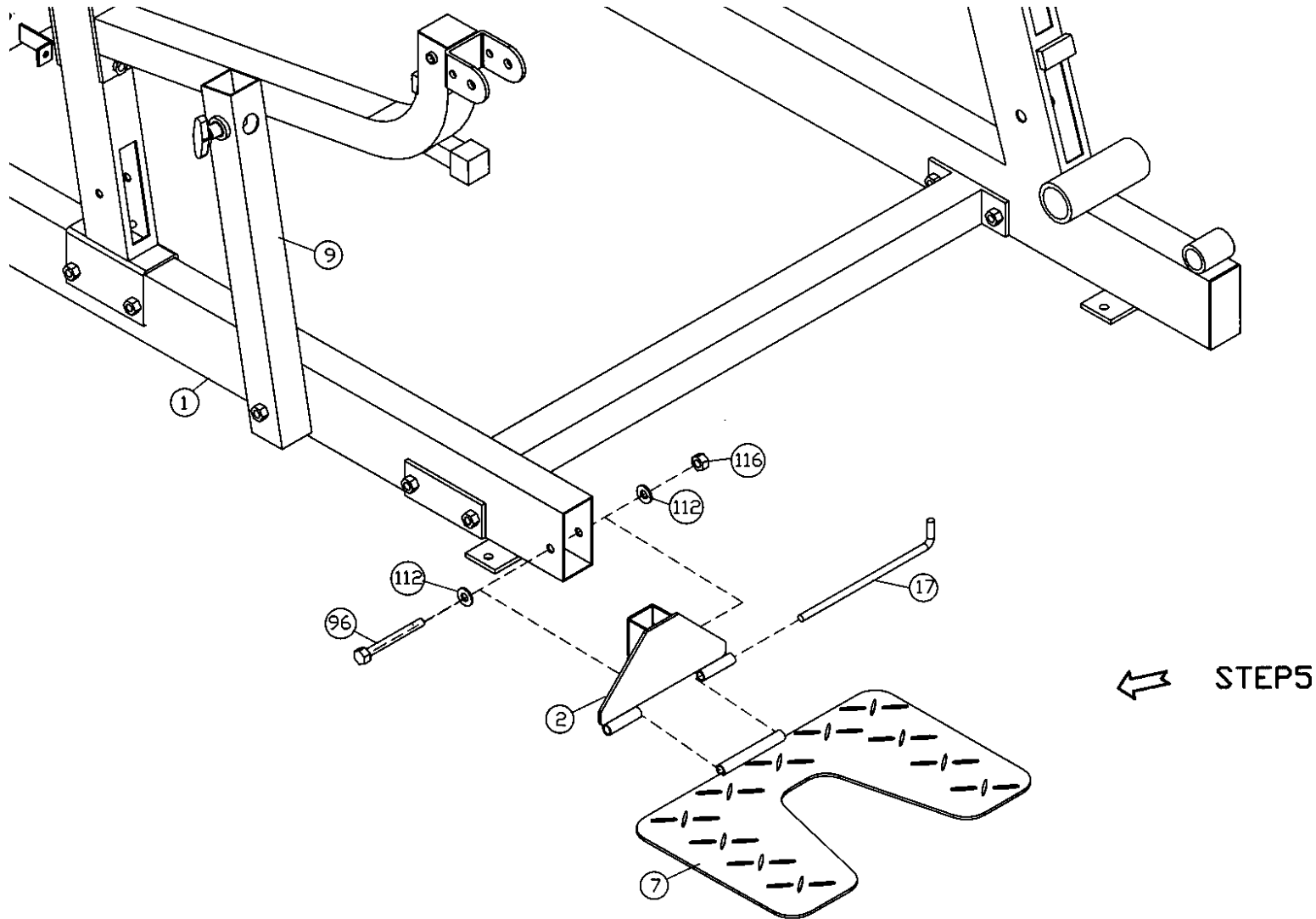
ASSEMBLY

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



ASSEMBLY

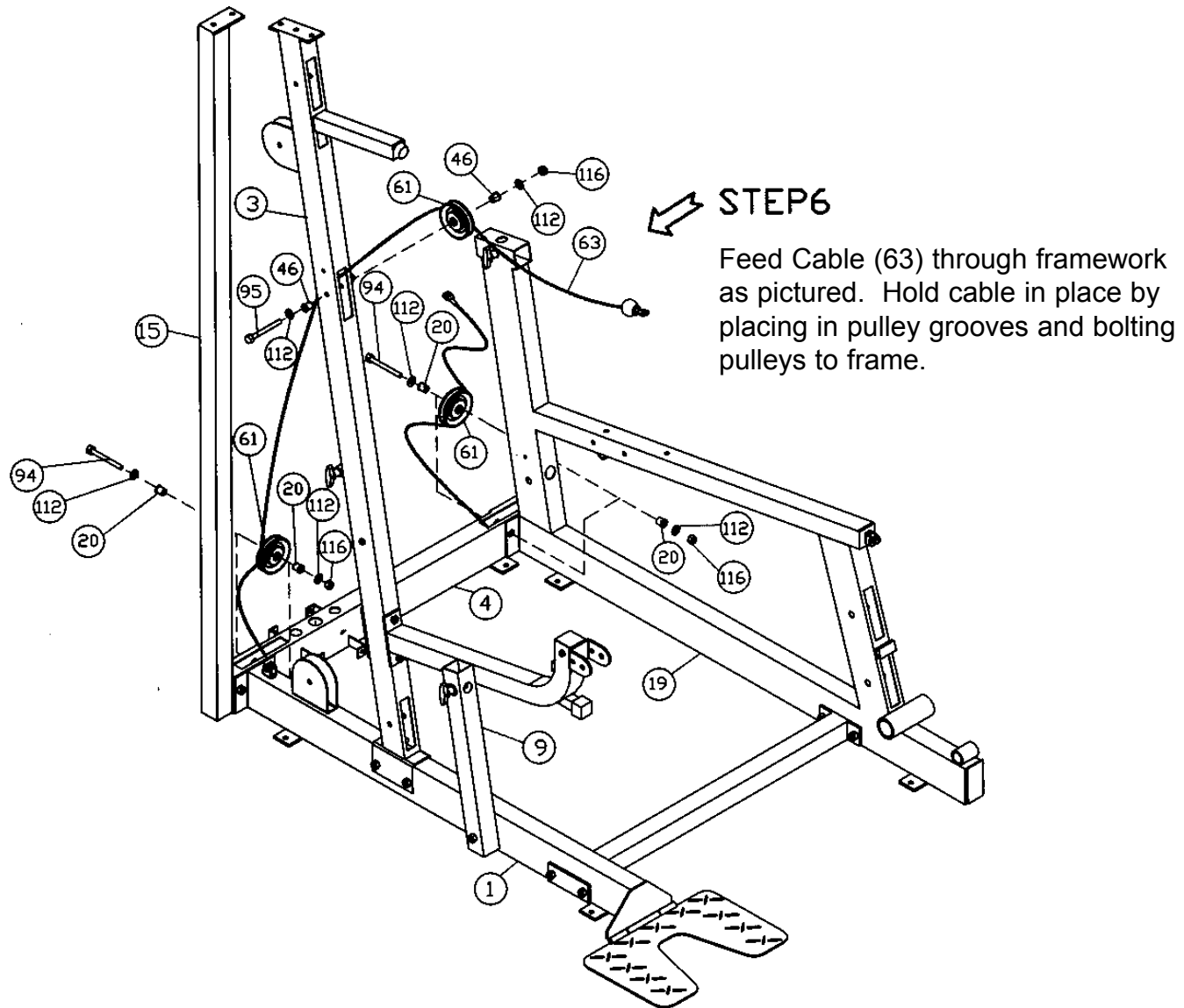
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



9

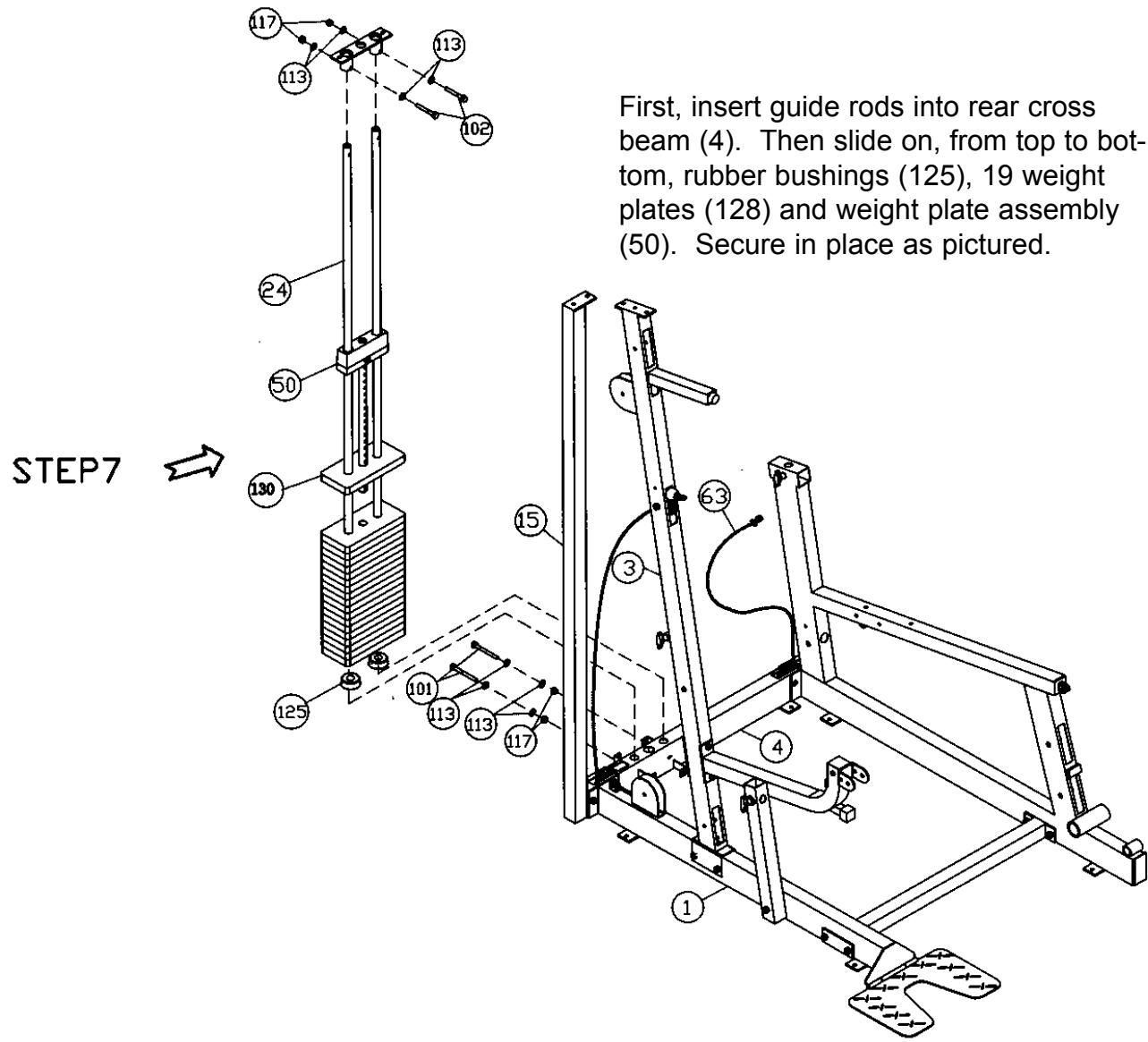
ASSEMBLY

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



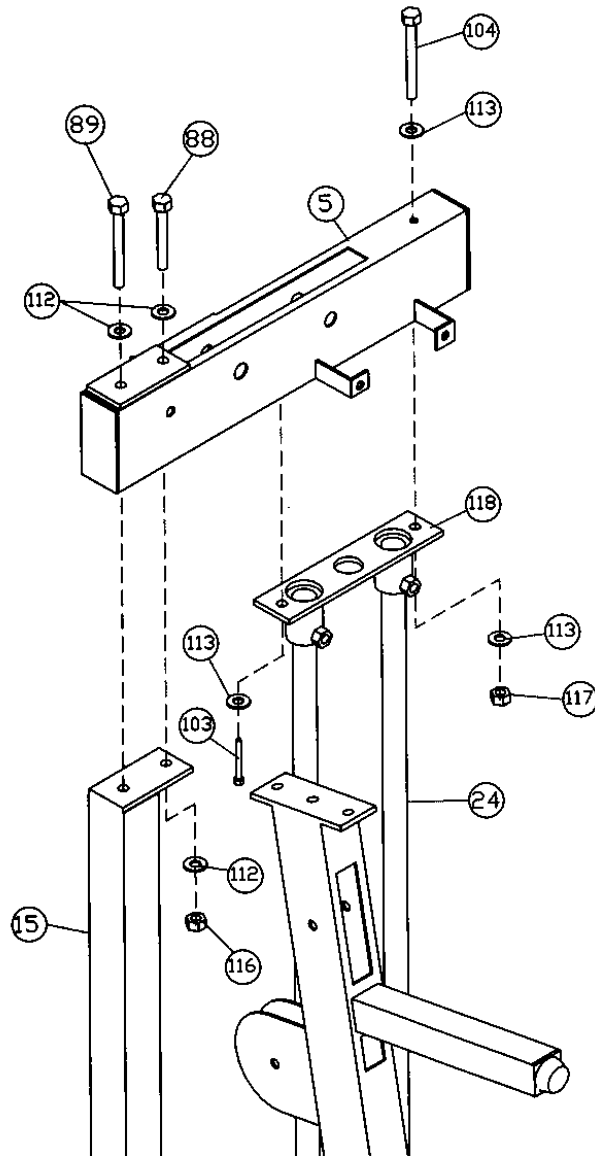
ASSEMBLY

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



ASSEMBLY

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

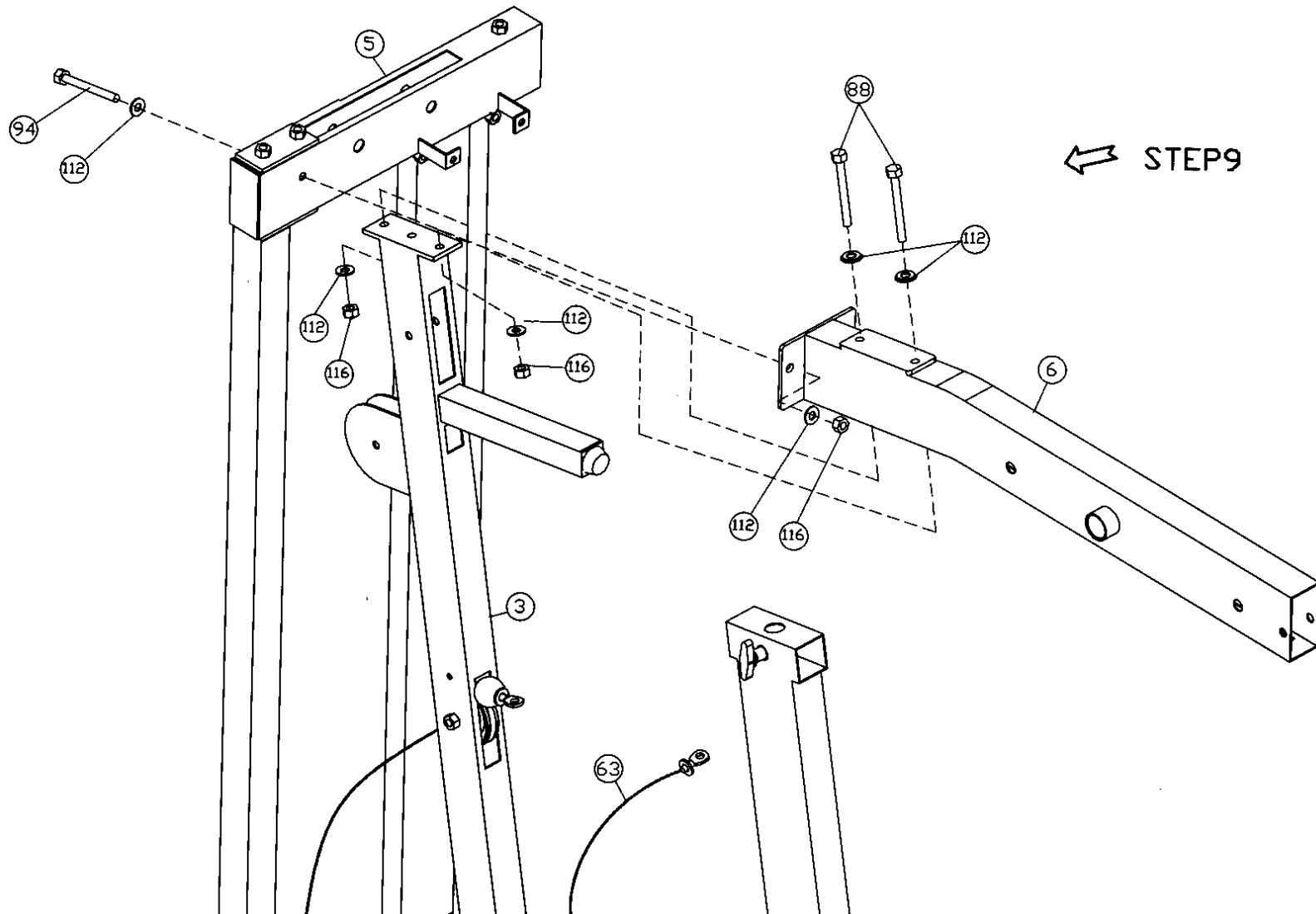


← STEP 8

12

ASSEMBLY

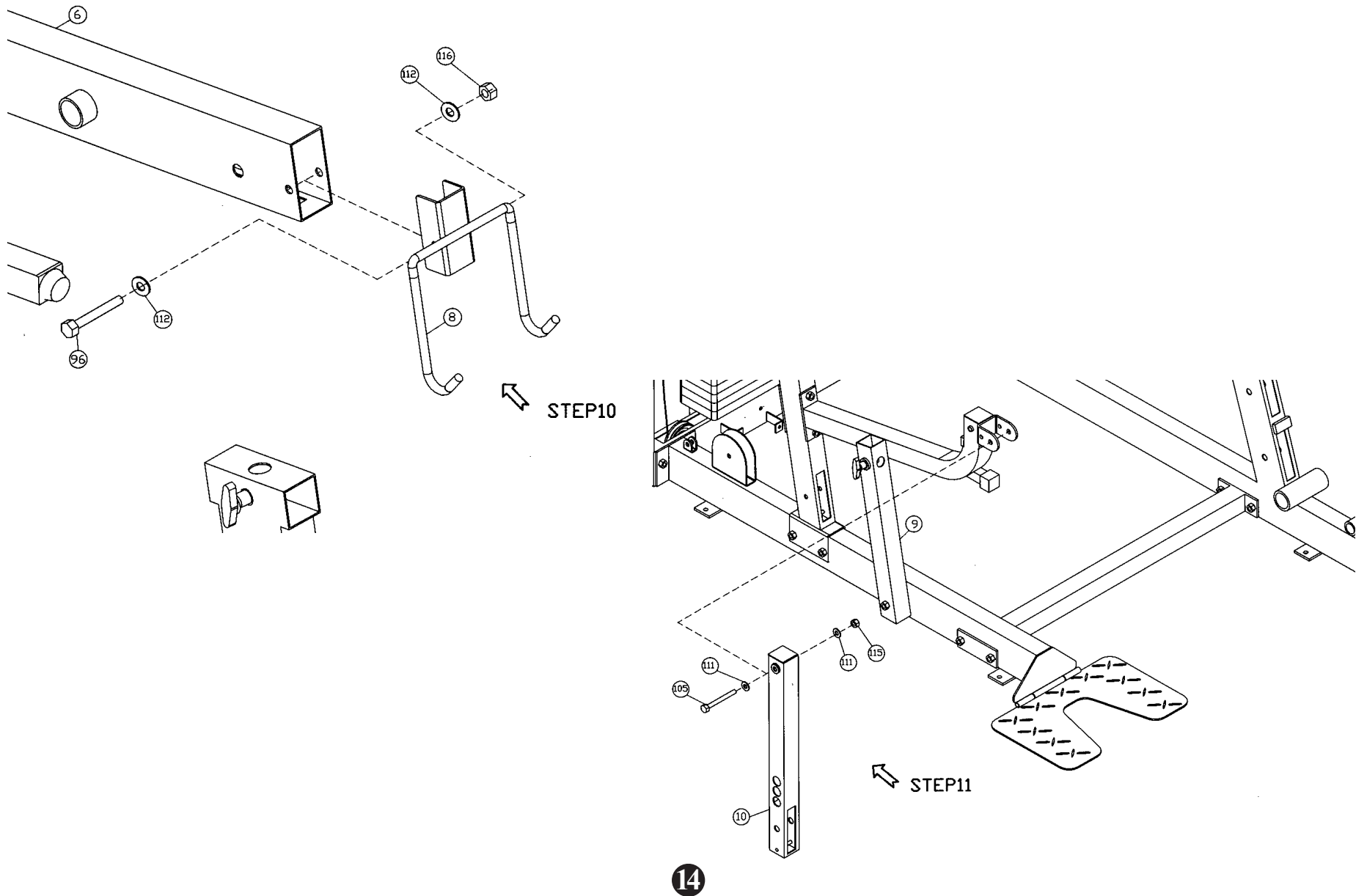
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



13

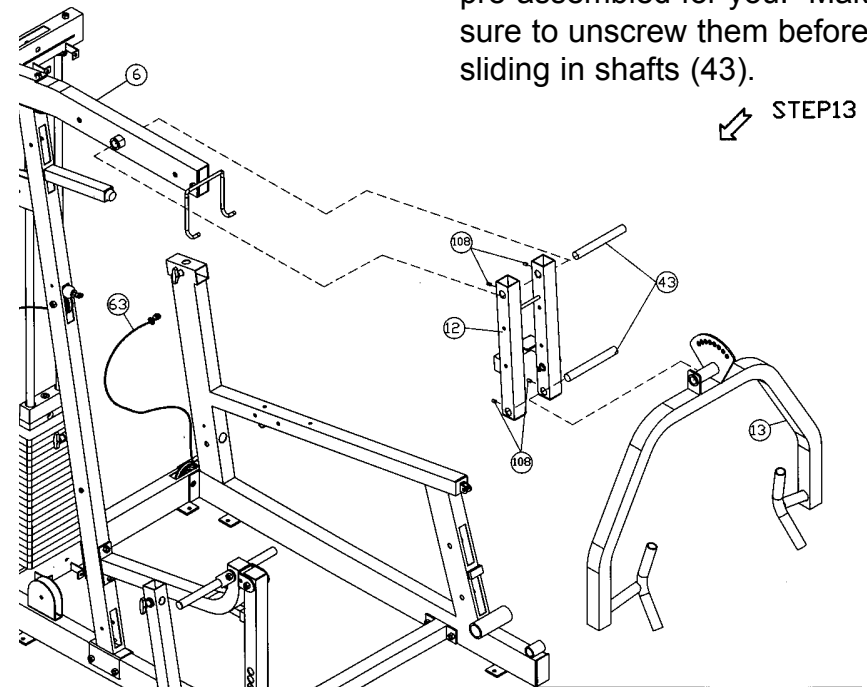
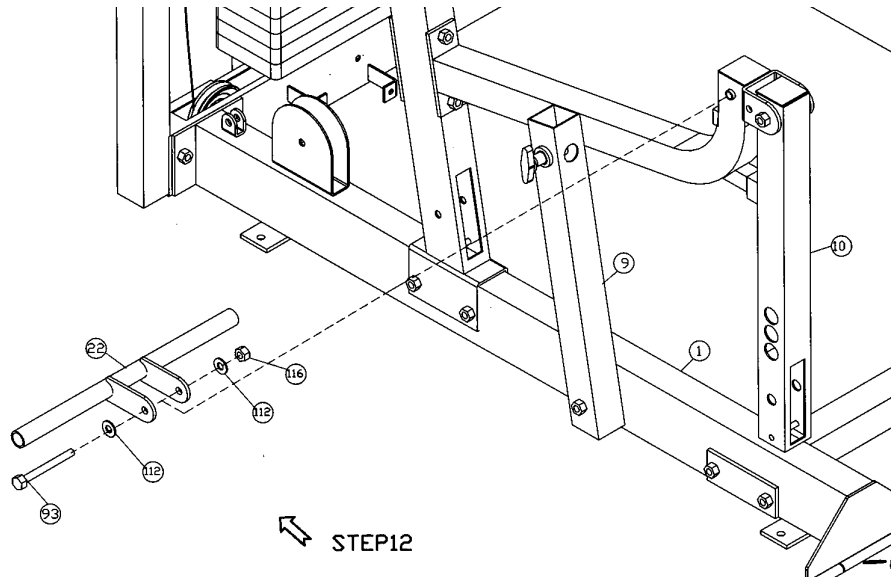
ASSEMBLY

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



ASSEMBLY

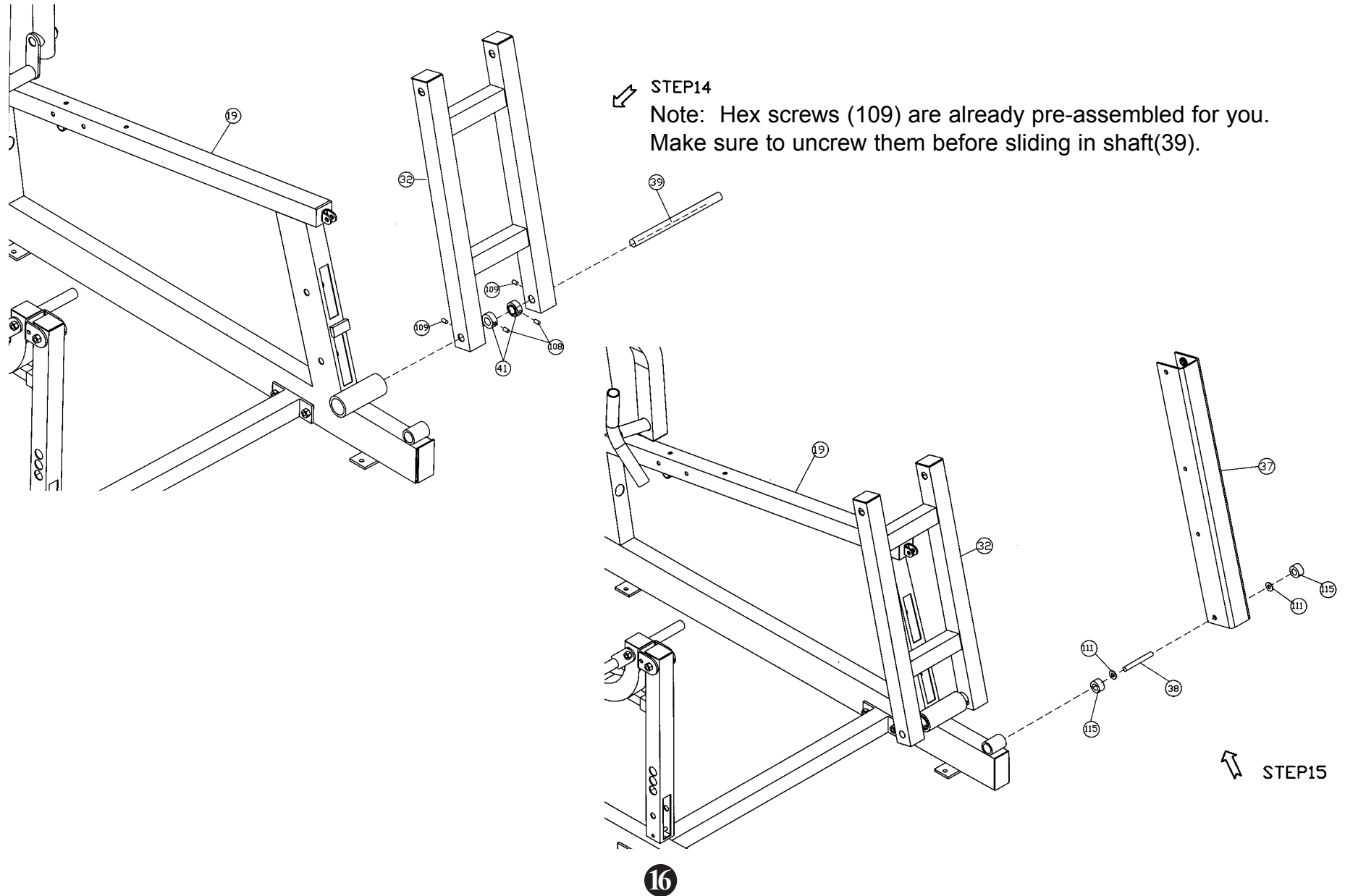
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



Hex Screws (109) are already pre-assembled for you. Make sure to unscrew them before sliding in shafts (43).

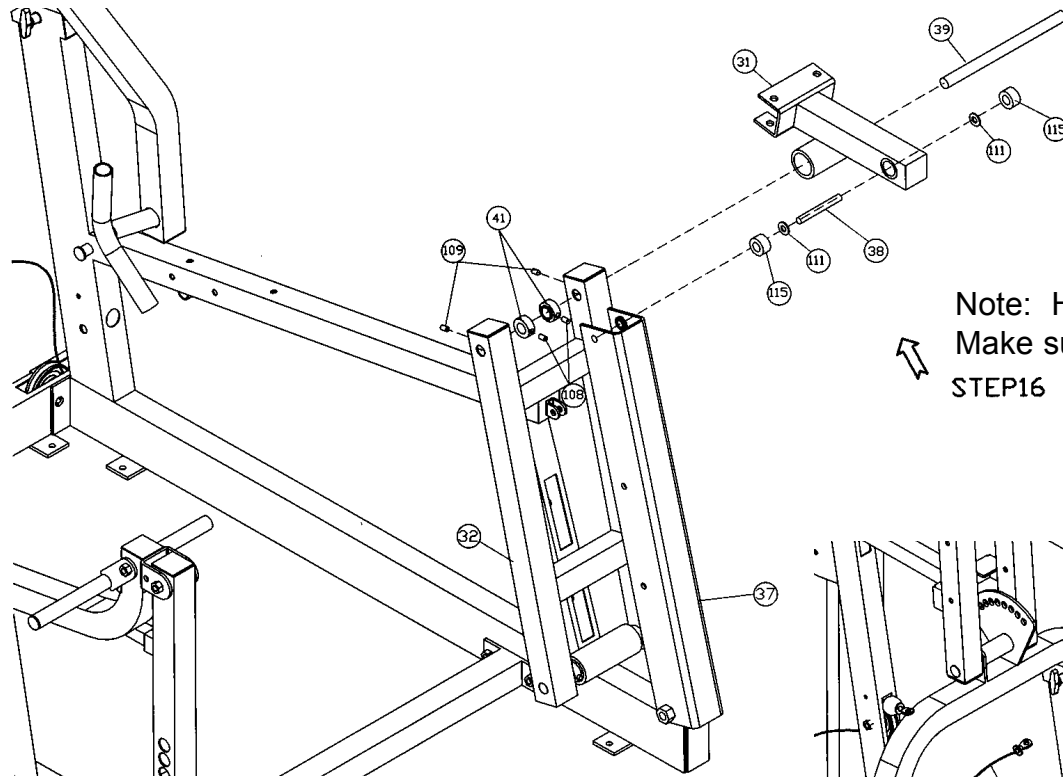
ASSEMBLY

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

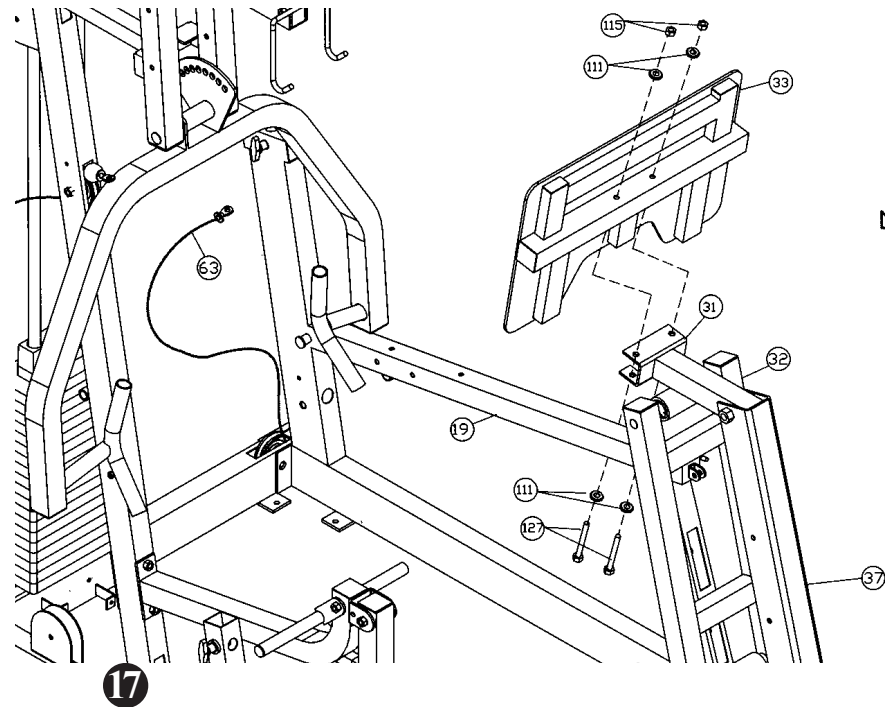


ASSEMBLY

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



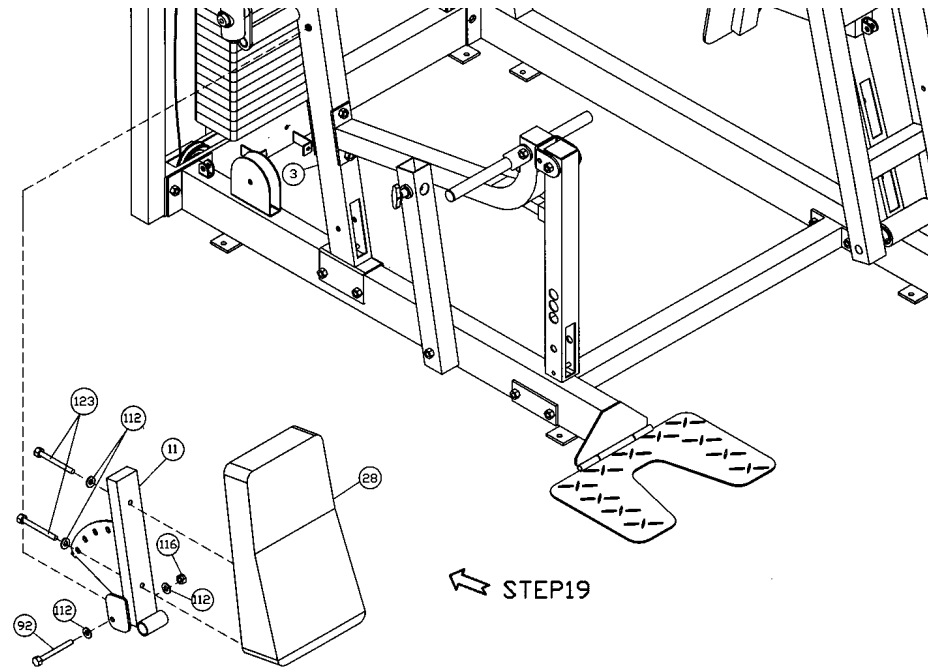
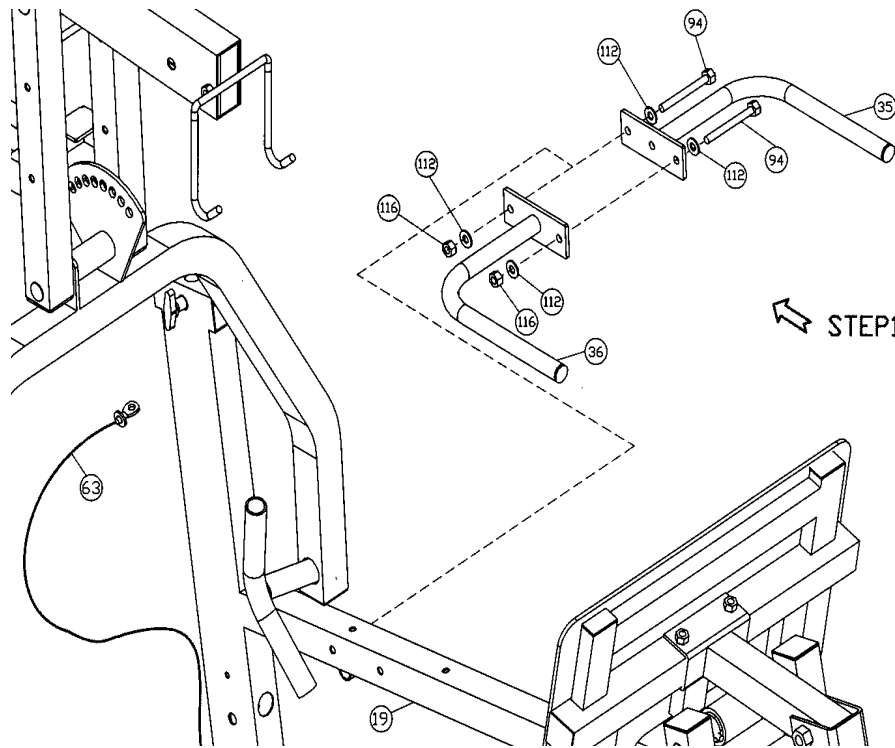
Note: Hex screws are already pre-assembled for you.
Make sure to unscrew them before sliding in shaft (39).
STEP16



STEP17

ASSEMBLY

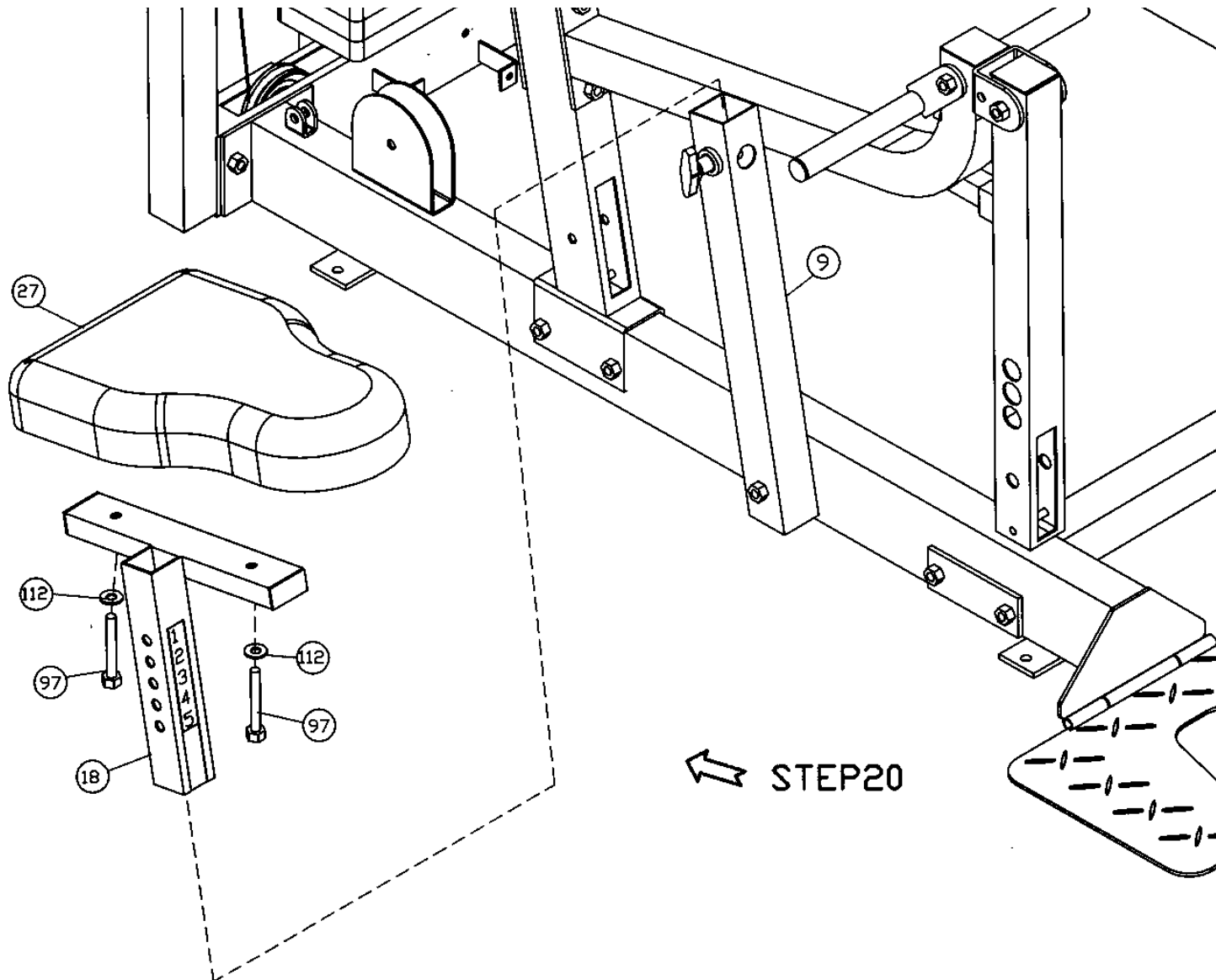
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



18

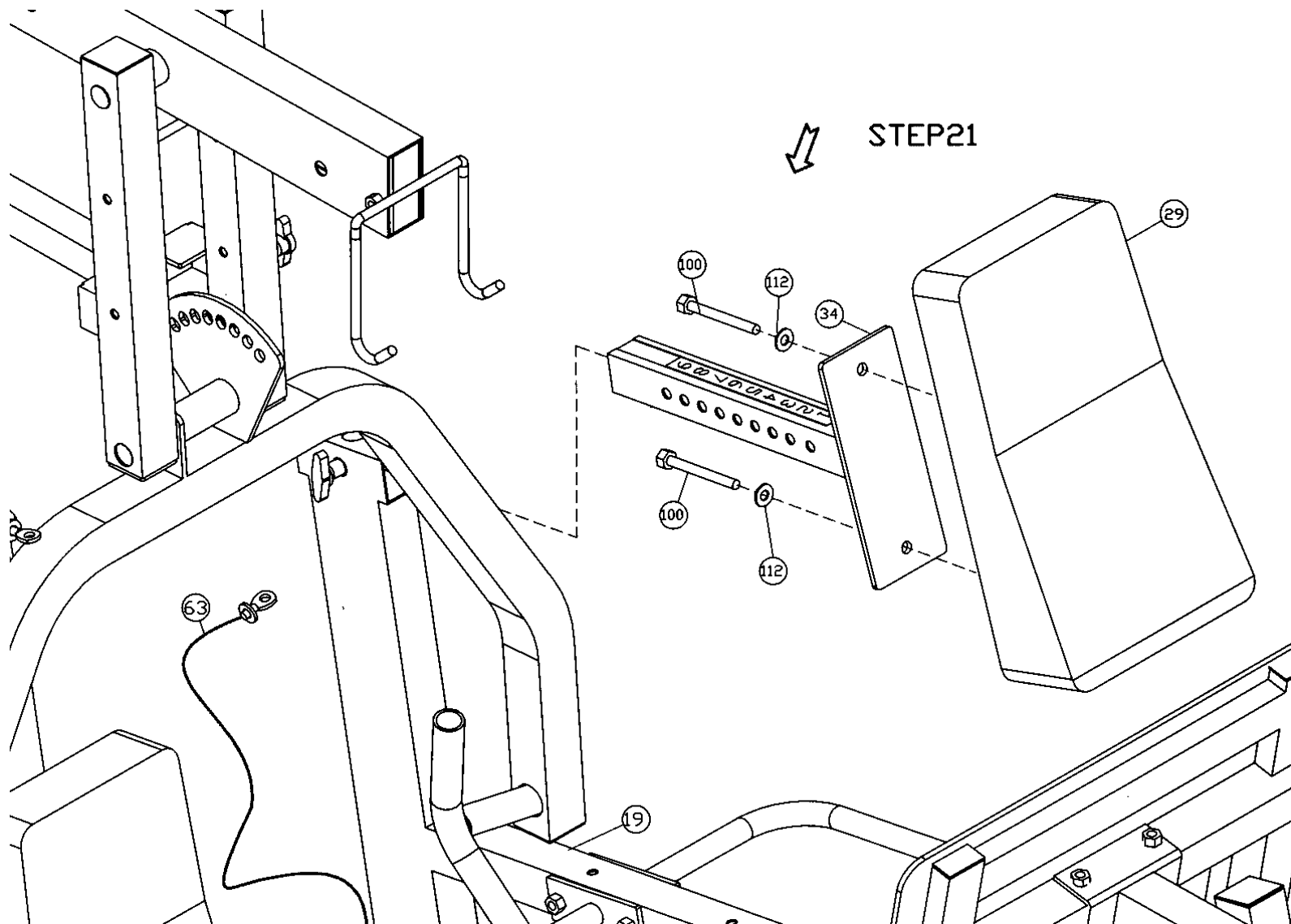
ASSEMBLY

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



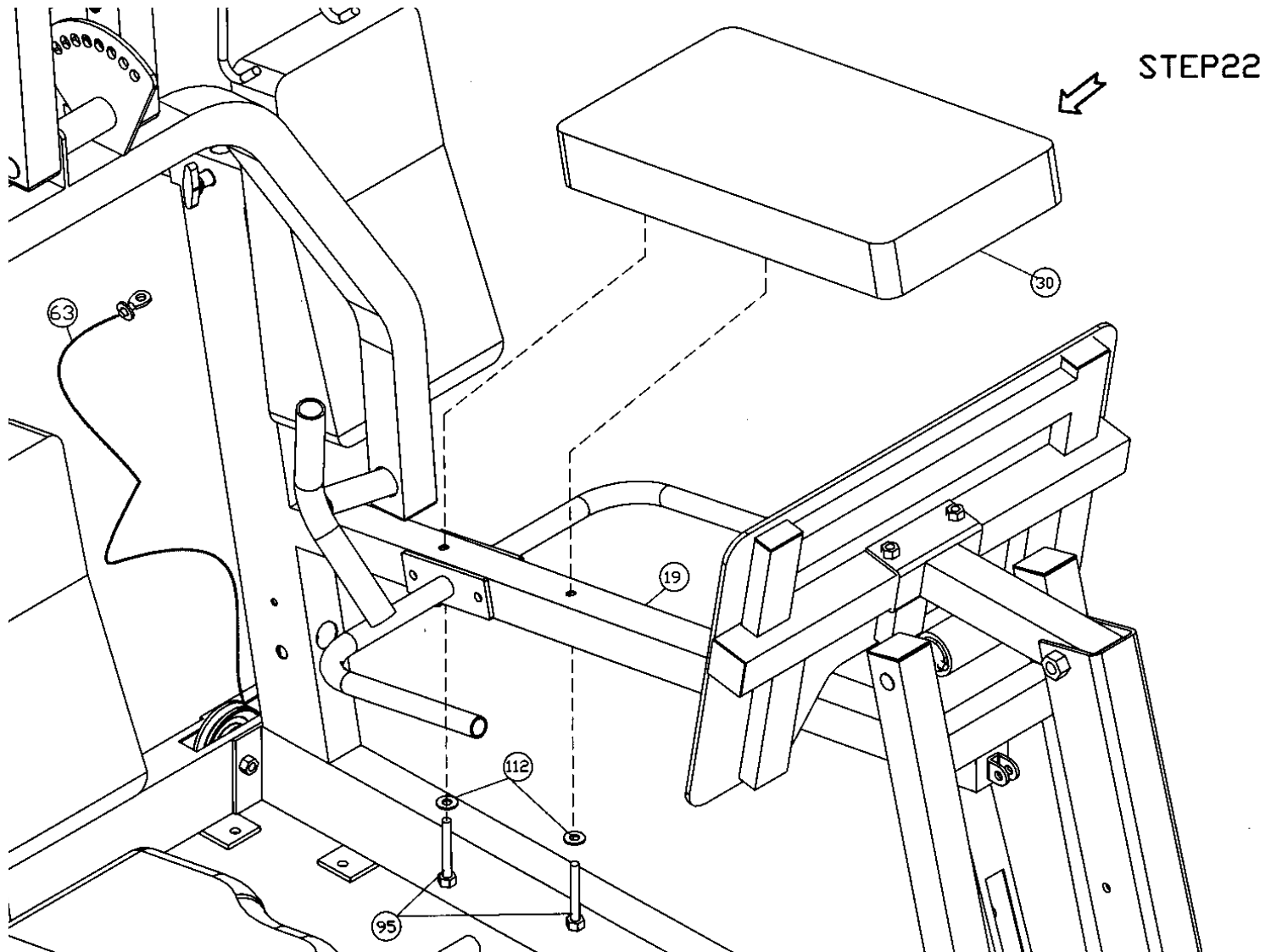
ASSEMBLY

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



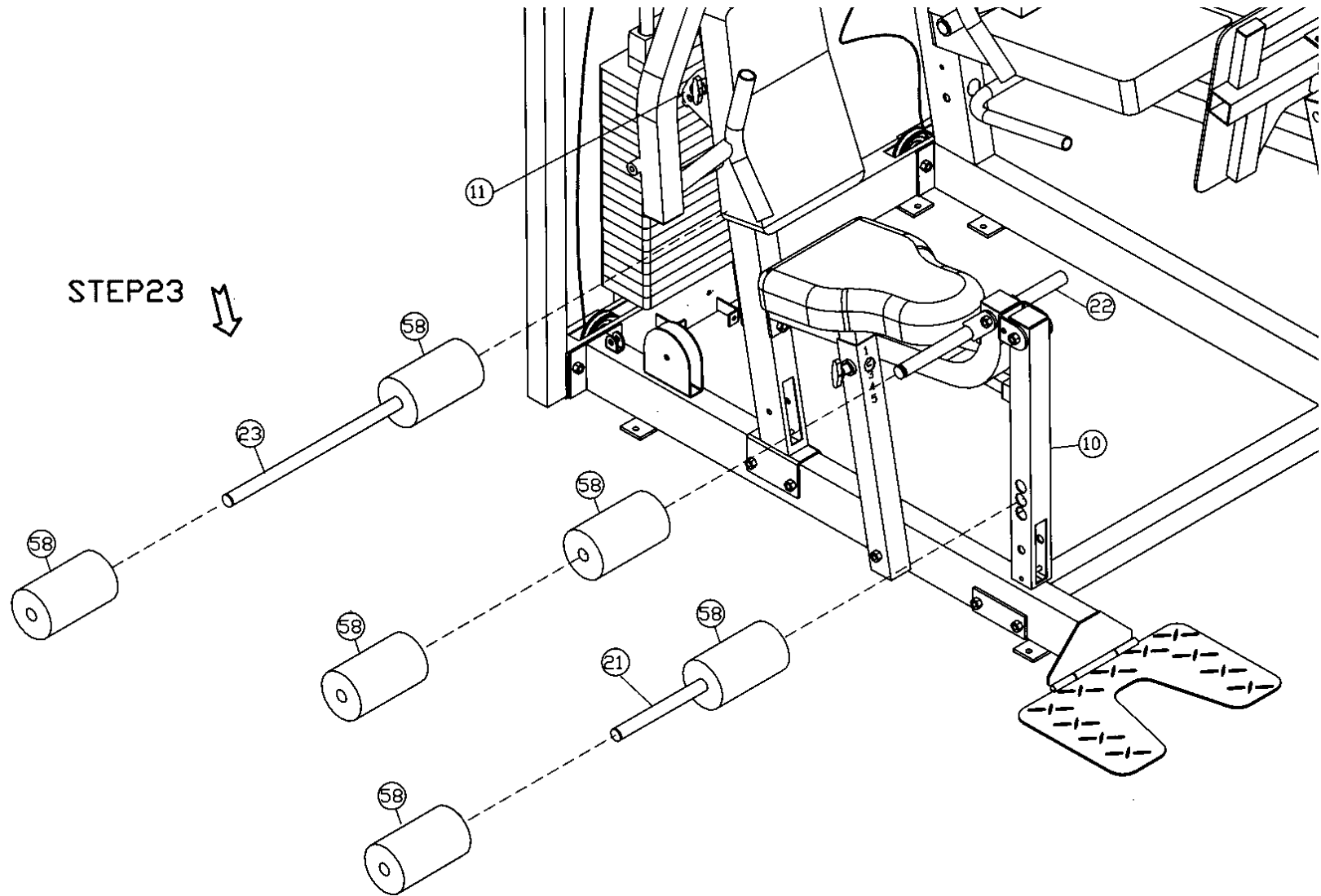
ASSEMBLY

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



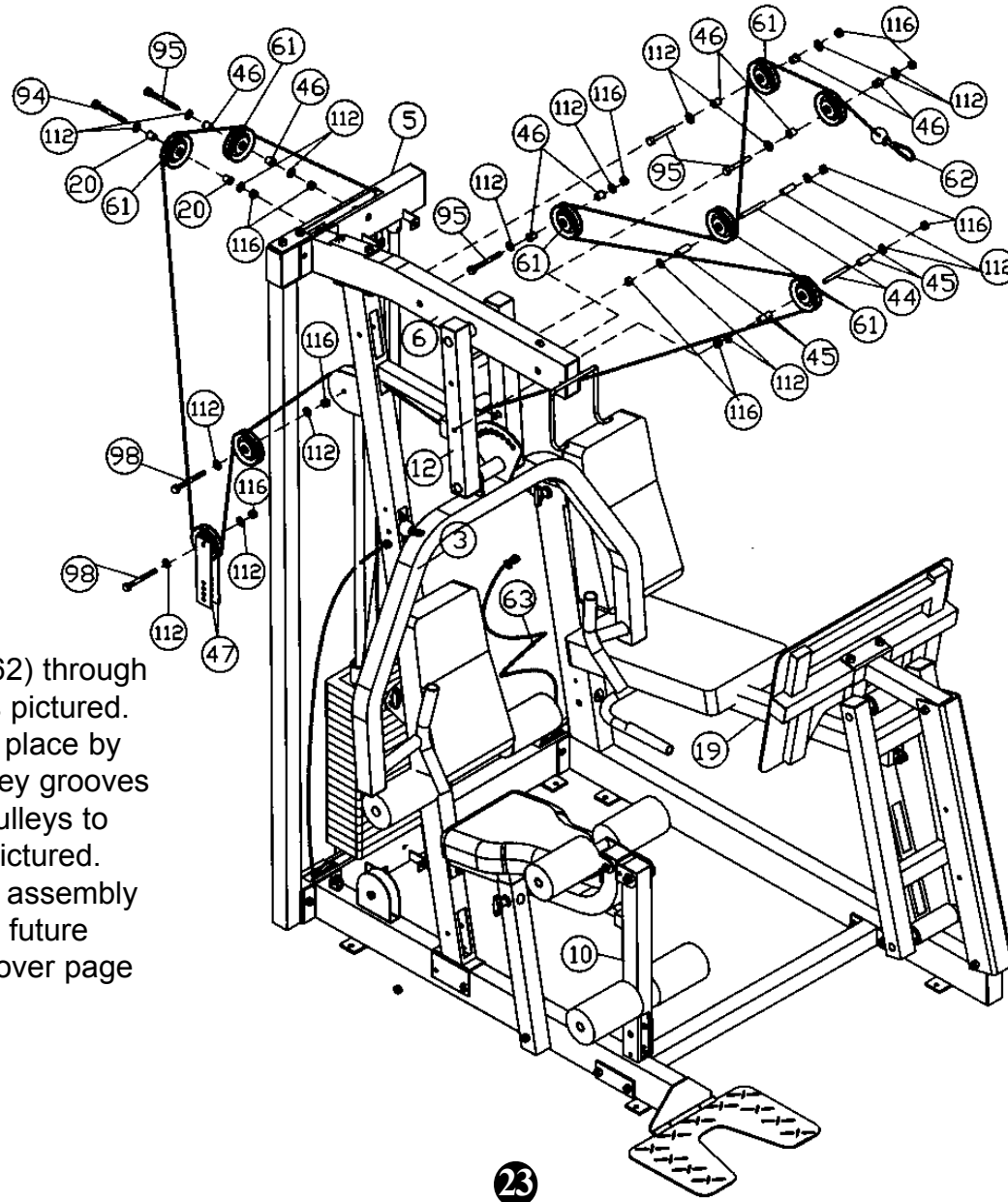
ASSEMBLY

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



ASSEMBLY

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



STEP 24

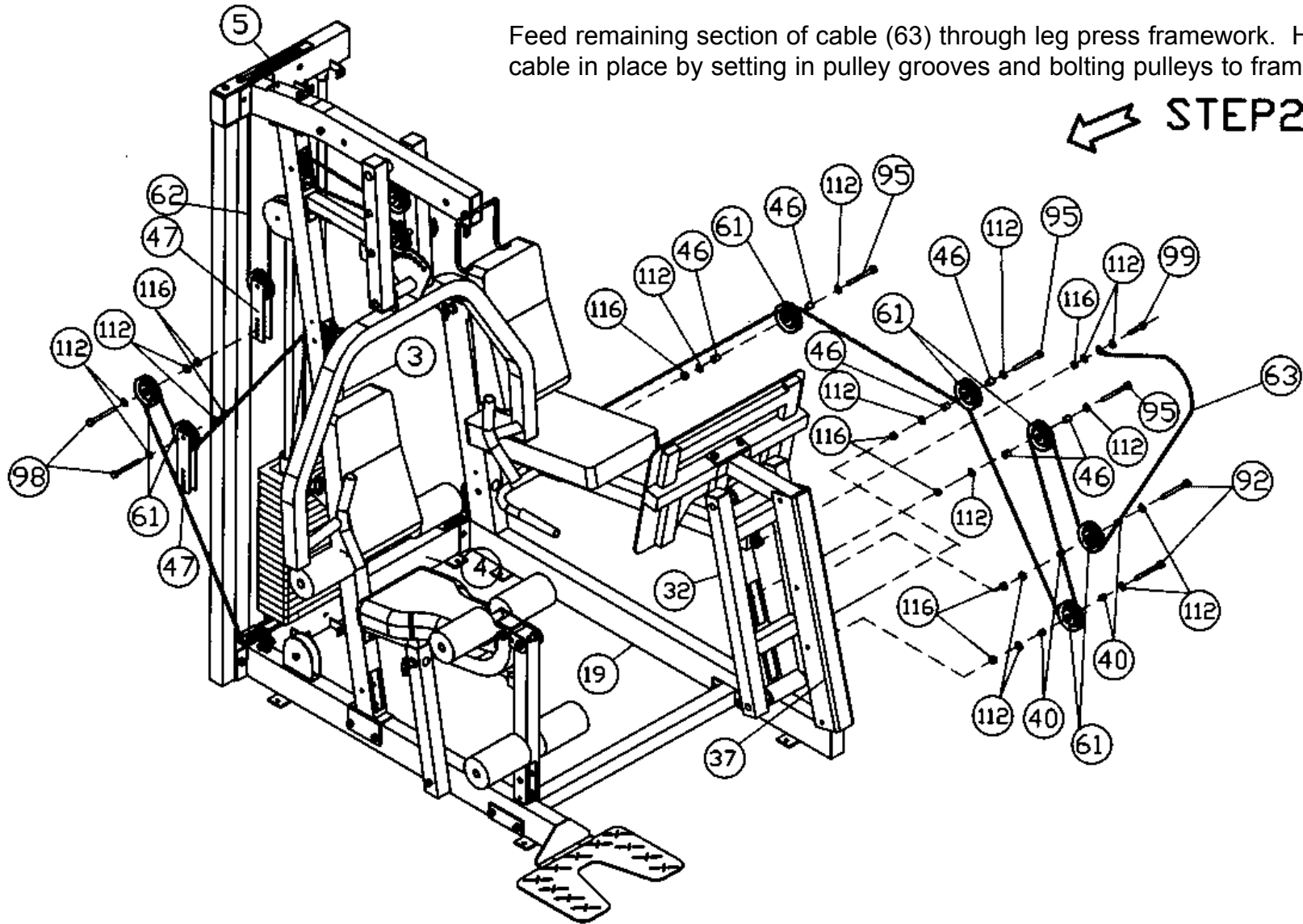
Feed cable (62) through framework as pictured. Hold cable in place by setting in pulley grooves and bolting pulleys to frame or as pictured. View finished assembly of this step in future steps or on cover page for guidance.

ASSEMBLY

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

Feed remaining section of cable (63) through leg press framework. Hold cable in place by setting in pulley grooves and bolting pulleys to frame.

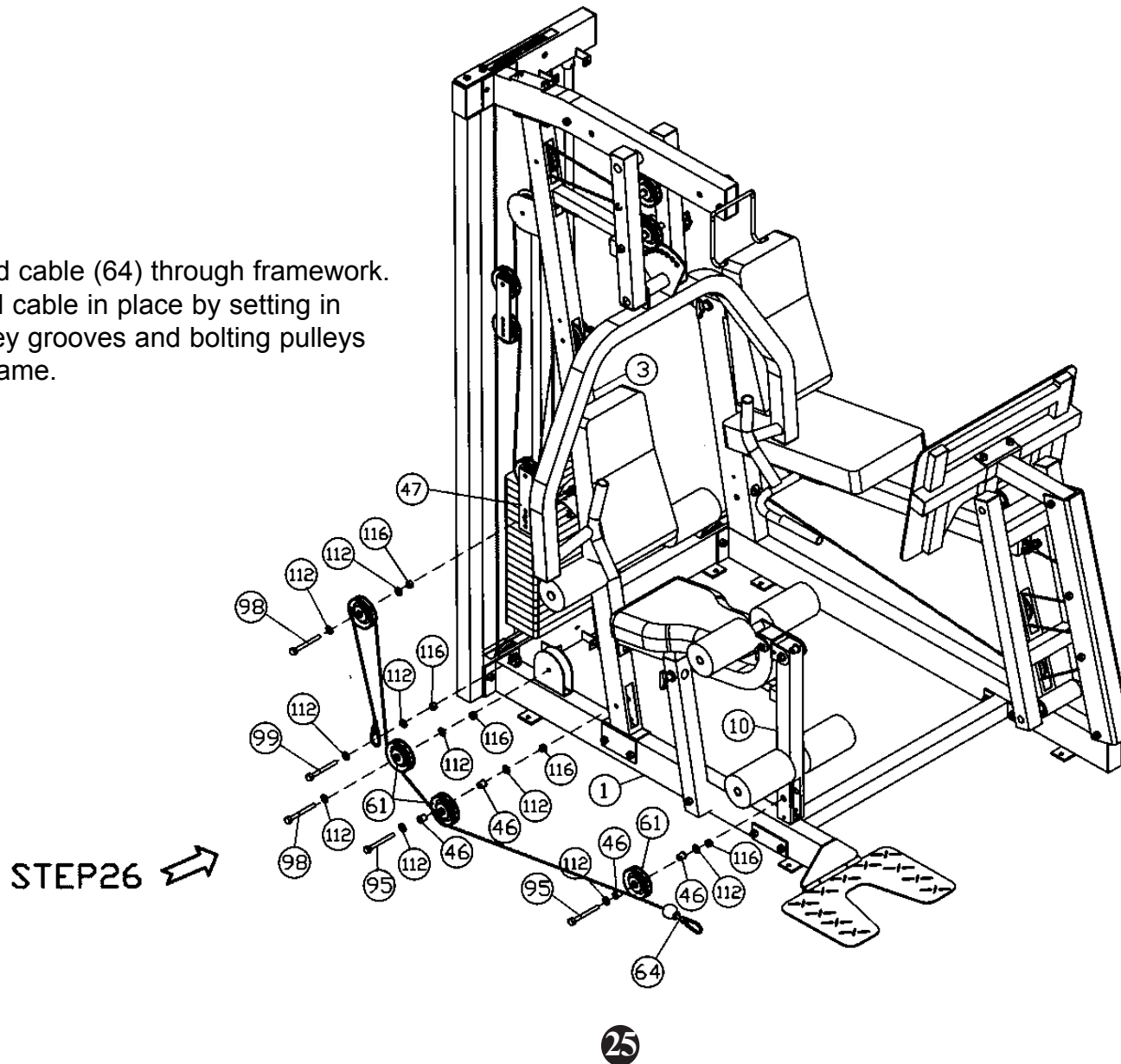
← **STEP 25**



ASSEMBLY

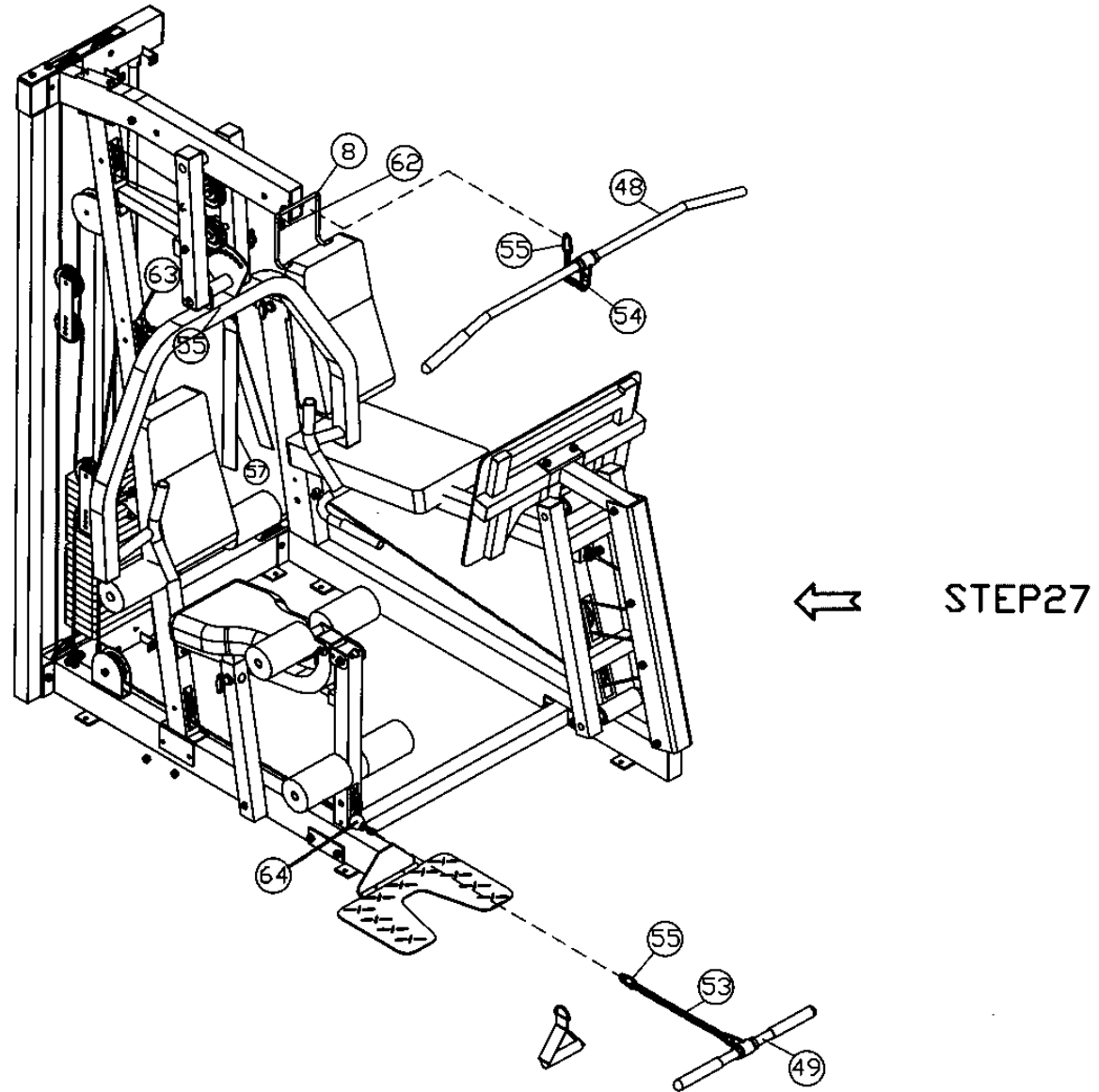
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Feed cable (64) through framework.
Hold cable in place by setting in
pulley grooves and bolting pulleys
to frame.



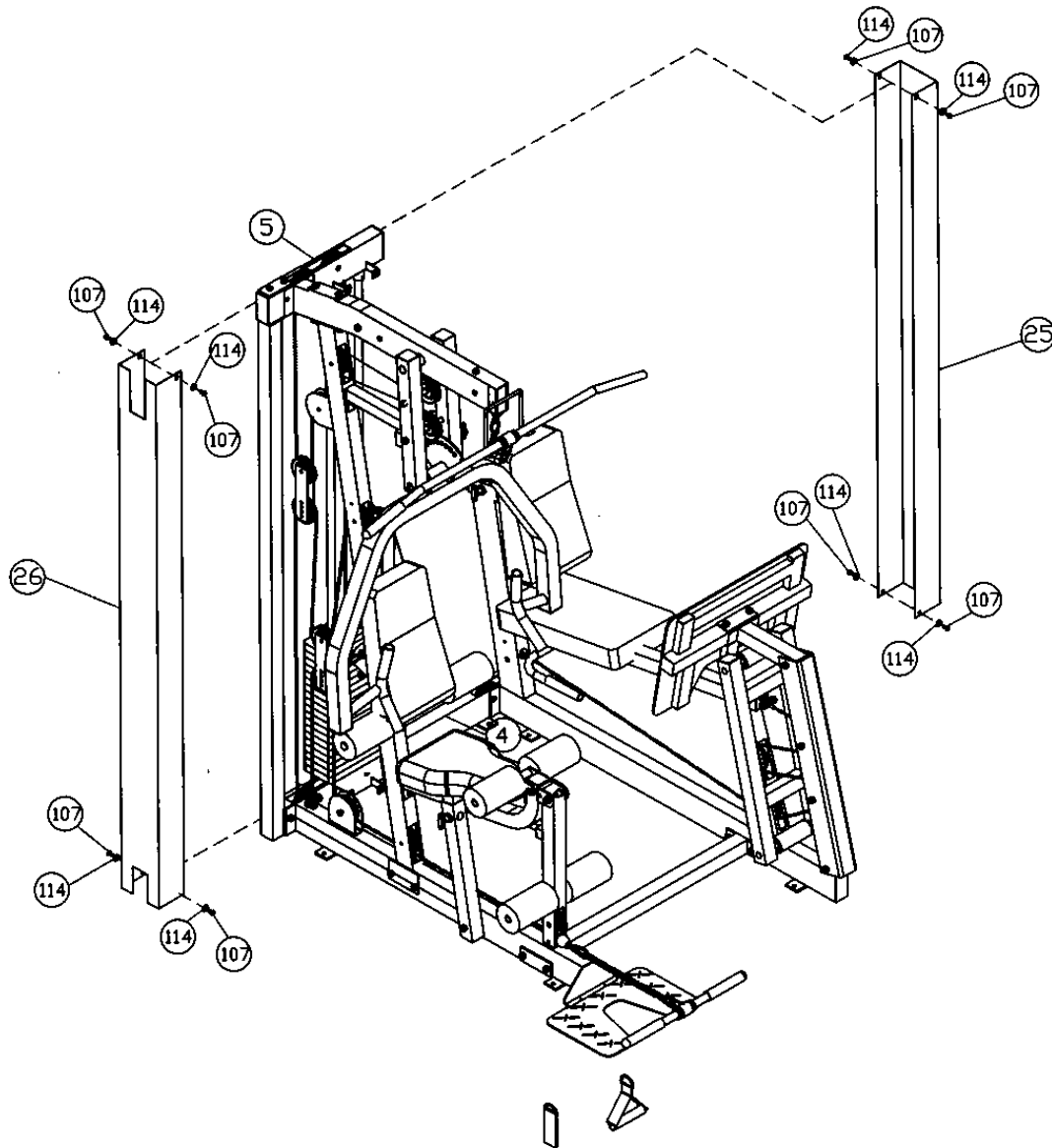
ASSEMBLY

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



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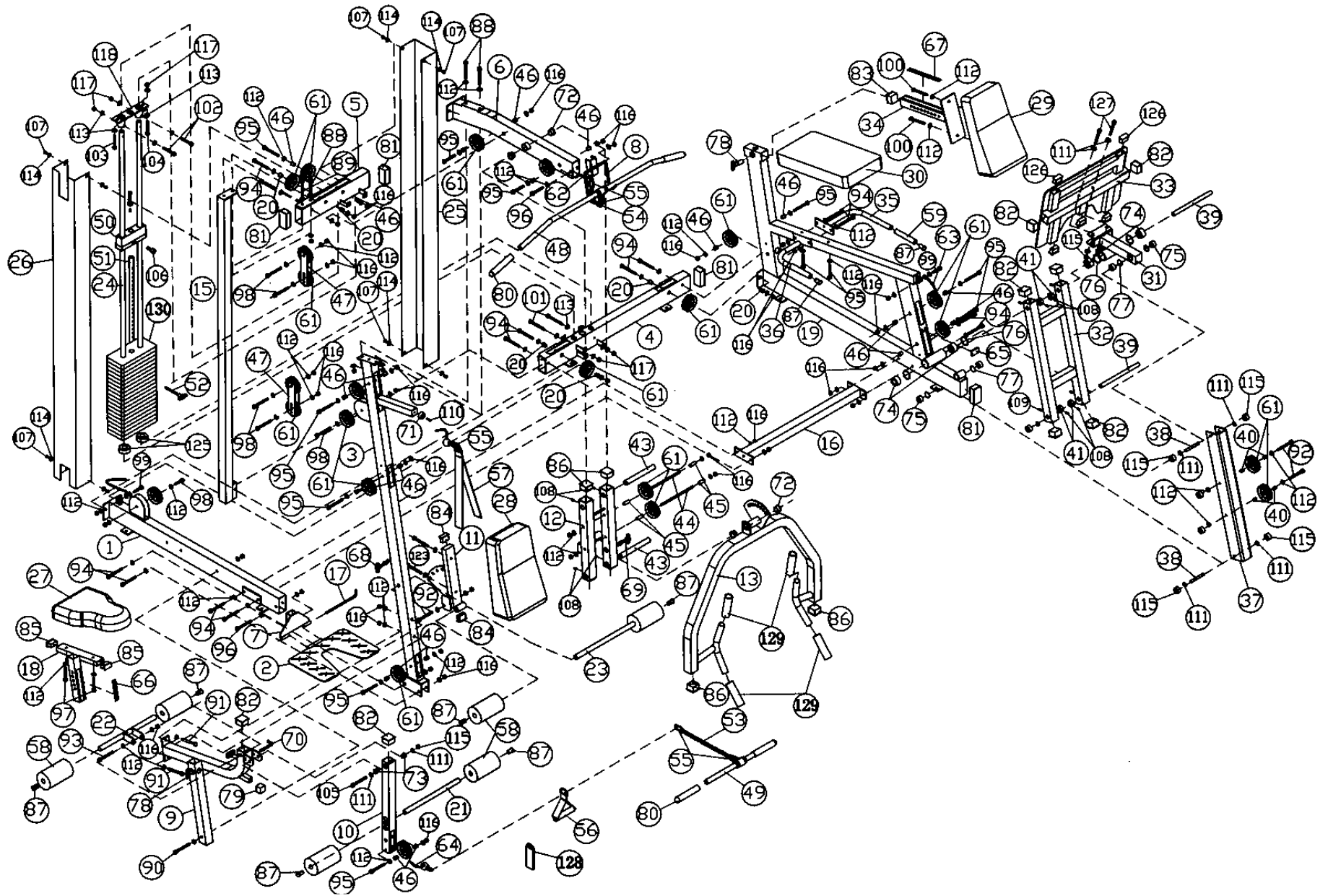


← STEP28

Before securing weight stack covers (25,26):

1. Make sure to lightly lube the guide rods with the supplied lubrication.
2. Place the weight stack plate numbers on the weight plates. Start at the bottom and work your way up. Sticker "10" should be placed on the weight plate guide rod assembly (50).

EXPLODED VIEW



KEYS FITNESS PRODUCTS, L.P. STRENGTH TRAINER SERIES LIFETIME WARRANTY



This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is lifetime of the original purchaser.

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