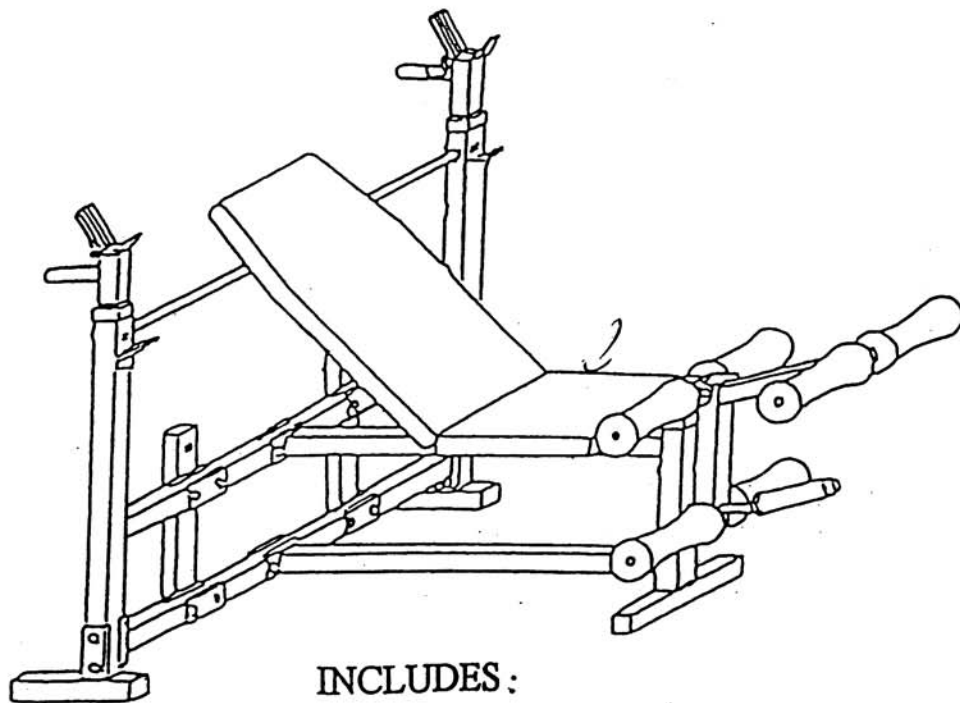




## STRENGTH TRAINER-2300

### OWNERS MANUAL

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#### INCLUDES :

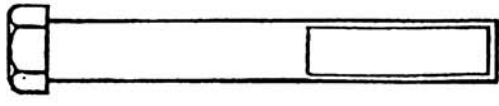
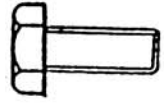
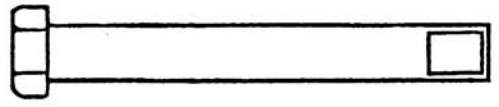
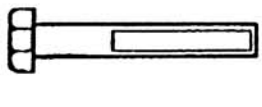
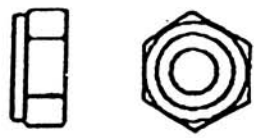

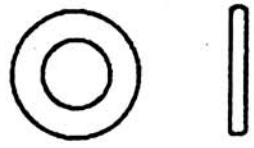
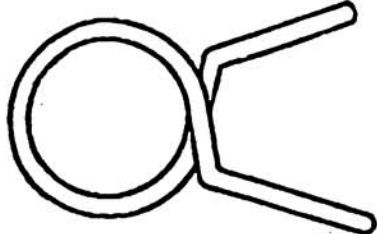
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SAFETY NOTICE  
HARDWARE IDENTIFIER  
ASSEMBLY INSTRUCTIONS  
EXPLODED DRAWING  
PARTS LIST  
WARRANTY  
ORDERING PARTS

**\*\*\*Please read all instructions carefully before using this product\*\*\***

# KEYS STRENGTH TRAINER-2300

## Hardware Identifier

<p>24</p>  <p>3/8" X 3" L BOLT 16 PCS</p>	<p>17</p>  <p>3/8" X 3/4" L BOLT 9 PCS</p>	
<p>38</p>  <p>3/8" X 3 1/4" L BOLT 1 PC</p>	<p>27</p>  <p>1/4" X 1 1/2" L BOLT 8 PCS</p>	
<p>26</p>  <p>3/8" Aircraft Nut 17 PCS</p>		<p>28</p>  <p>Ø1/2" X Ø1/4" 8 PCS</p>
<p>25</p>  <p>Ø1" X 3/8" Washer 43 PCS</p>		
<p>42</p>  <p>Spring clip 1pc</p>		

## STEP # 1

\*\*\*\*\*

A) Connect the upright beams (#1) & (#4) to the upper crossbrace (#2) using six 3/4" bolts (#17), and six 3/8" washers (#25).

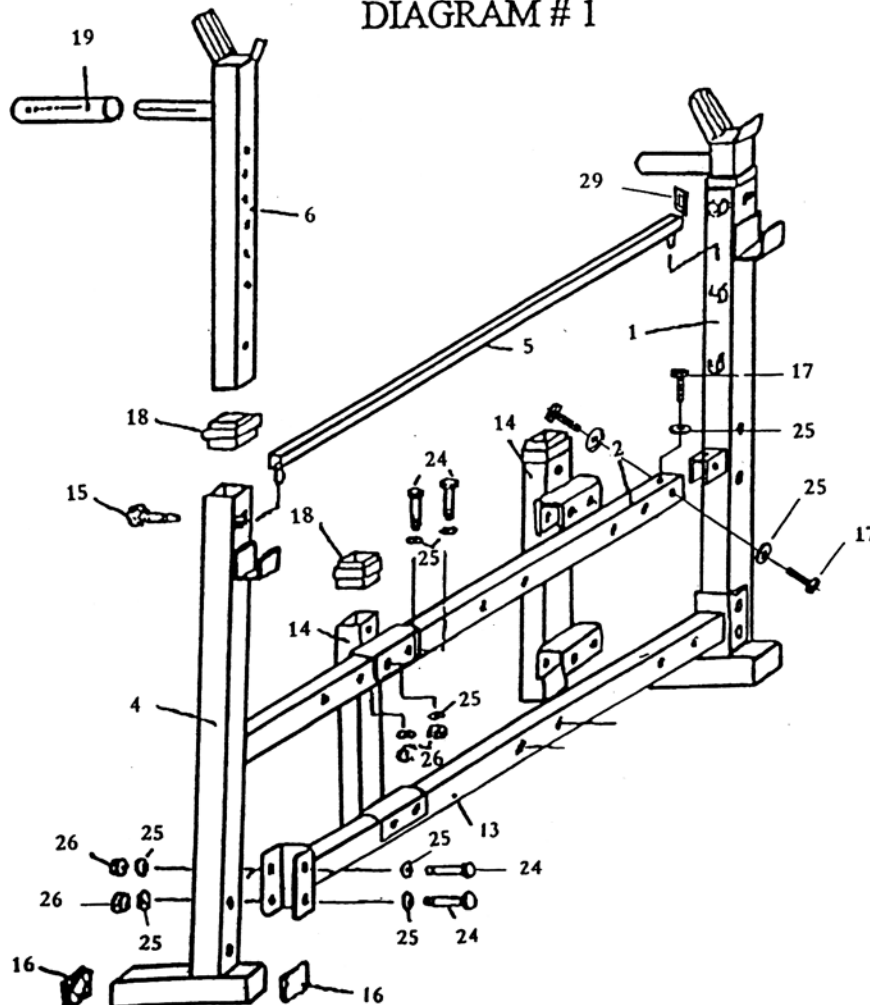
B) Attach the lower crossbrace (#13) to upright beams (#1) & (#4) with four 3" bolts (#24), eight 3/8" washers, and four 3/8" aircraft nuts (#26).

C) Align the dip stand holders (#14) with the upper and lower crossbraces (#2) & (#13). Secure with eight 3" bolts (#24), sixteen 3/8" washers (#25), and eight 3/8" aircraft nuts (#26).

D) Insert weight supports (#6) into upright beams (#1) & (#4) thru plastic bushing (#18), and secure using two 7/16" knob bolts (#15).

\* Make sure dip stand grip (#19), 2" square cap (#16) and 1" square cap are positioned correctly.

### DIAGRAM # 1



## STEP # 2

\*\*\*\*\*

A) Slide adjustable seat sleeve (#48) on adjustable seat brace (#47). Attach seat brace (#47) to mainframe (#3) using three 3/8"bolts (#17) and three washers (#25).

B) Insert the t-foot (#9) into bottom of tube on main frame (#3), and secure with lock pin (#32).

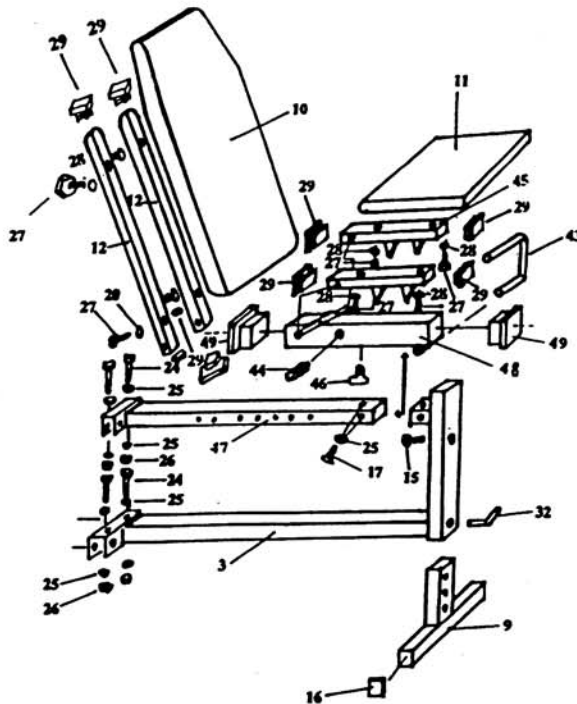
C) Connect assembled unit to crossbrace (#2) & (#13) using four 3" bolts (#24), eight 3/8" washers (#25) and four 3/8" nuts (#26)

D) Slice backrest supports (#12) to seat-rods, on adjustable seat sleeve (#48) Connect seat brackets (#45) to same seat rod on adjustable sleeve (#48).

Note: Backrest supports (#12) are placed to the inside of seat brackets (#45).

E) Using four 1/4"bolts (#27) and four 1/4" washers (#28), attach seat (#11) to seat brackets (#45). Secure backrest support frame (#12) to seat (#10).

F) Align pop pin (#44) with hole on seat adjustment sleeve (#48) and fasten. Screw thrust knob (#46) to stabilize. Seat adjustment bar (#43) will provide three positions when fastened to seat adjustment sleeve (#48).



## ASSEMBLY INSTRUCTIONS

### STEP # 3

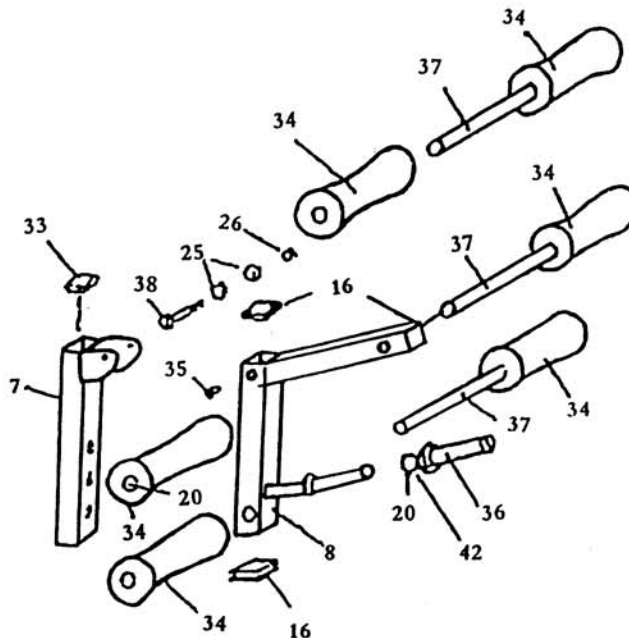
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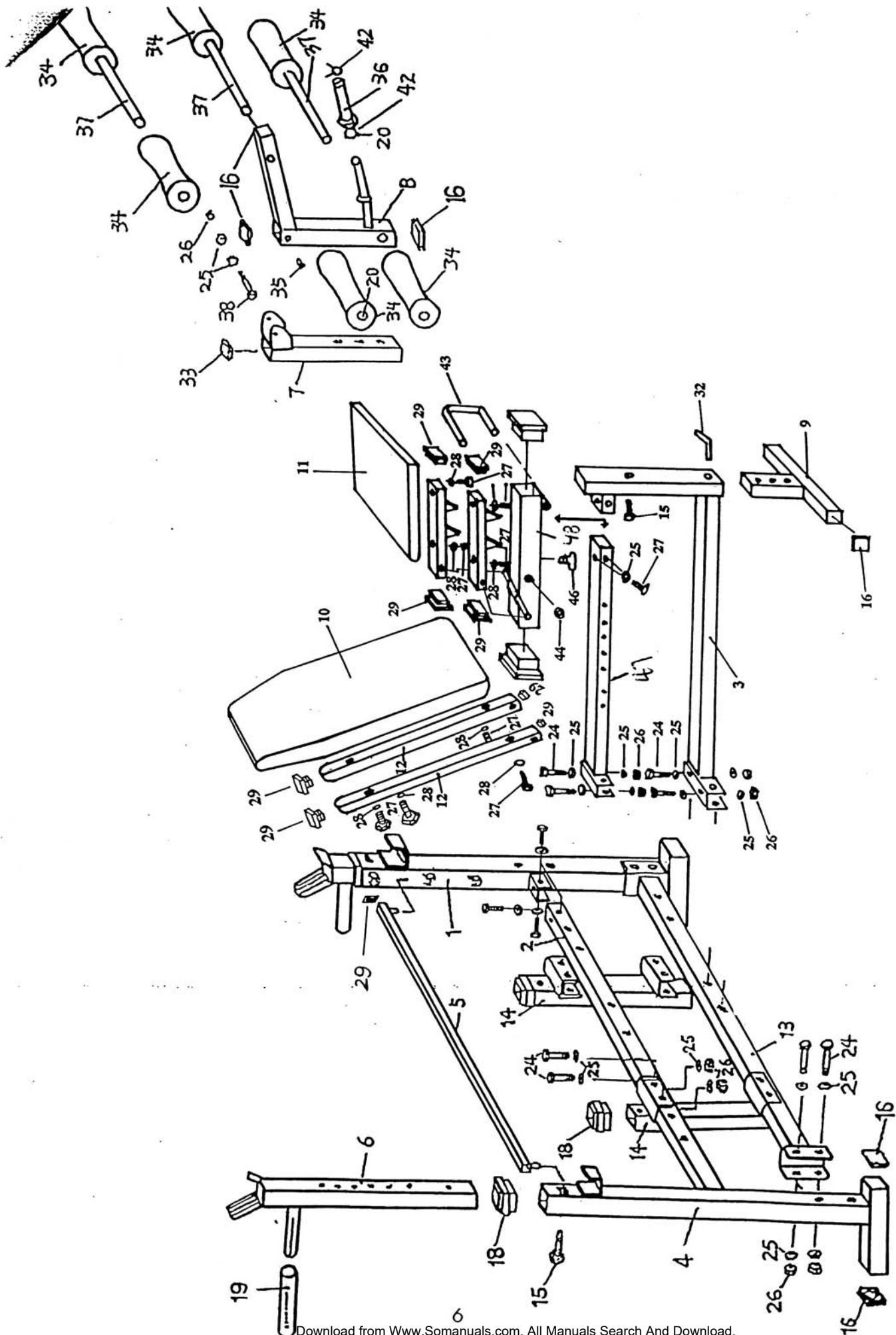
A) Insert leg developer holder (#7) into front opening of main frame (#3) and secure with knob bolt (#15).

B) Attach leg developer (#8) to bracket of leg developer holder (#7), and assemble using one 3" bolt (#24), two 3/8" washers (#25), and one 3/8" aircraft nut (#26).

C) Insert three metal tubes (#37) halfway thru holes on leg developer (#8) and leg developer holder (#7). Slide six foam rollers (#34) on all sides of metal tubes (#37). To accommodate this assembly use glass cleaner or hairspray to lubricate inside foam roller.

DIAGRAM # 3





pt. #	Description	Qty	Pt. #	Description	Qty
1.	Left Upright Beam	1	25.	Washer—1" & 3/8"	43
2.	Upper Cross Brace	1	26.	Air Craft Nut—3/8"	17
3.	Main Frame	1	27.	Bolt 1/4"×1 1/2" L	8
4.	Right Upright Beam	1	28.	Washer $\phi \frac{1}{2}$ " × $\phi \frac{1}{4}$ "	8
5.	Backres Adjustment Bar	1	29.	1" Square Cap	10
6.	Weight Support	2	30.	1" Angled Bumper Cal	1
7.	Leg Developer Holder	1	31.	Back Rest Holder	1
8.	Leg Developer	1	32.	Lodk Pin	1
9.	T—Foot	1	33.	1 3/4" Square Cap	1
10.	Back Rest Board	1	34.	Foam Roller	6
11.	Seat	1	35.	Steel Bushing	2
12.	Backrest Support Frame	2	36.	Olympic Sleeve	1
13.	Lower Cross Brace	1	37.	Metal Tube	3
14.	Dip Stand Holder	2	38.		0
15.	Knob Bolt	3	42.	Spring Clip	1
16.	2" Square Cap	9	43.	"V" Seat Adj Bar	1
17.	Bolt—3/8" x 3/4"	9	44.	Pop Pin	1
18.	3/4"×2" plastic Bushing	5	45.	Seat Brackets	2
19.	Dip Stand Grip	2	46.	Thrust Knob	1
20.	1" Round Cap	7	47.	Seat Adj. Brace	1
24.	Bolt 3/8"×3"L	17	48.	Seat Adj. Sleeve	1
			49.	2"×2 3/8" Plastic Bushing	2



#### WARRANTY

Keys Fitness Products warrants to the original consumer of product, exclusively, that if the original consumer is not satisfied with the product because it has been defectively manufactured with imperfect materials or workmanship, the original consumer may, within 90 days from the date of purchase return it to the manufacturer with proof of purchase and the manufacturer will replace the product.

The frame under normal use and service conditions is under warranty for a period of two years. The upholstery is under normal use and service conditions is under warranty for a period of 90 days.

#### 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, 1-800-683-1236. Remember, before using any exercise product, consult a physician.

Keys Fitness Products, L.P.  
P.O. Box 551239  
Dallas, Texas 75355-1239





### 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 over 35 years of age or suffer from heart respiratory problems.

Warm -up before any exercise programs with 8 minutes of aerobic-like activity followed by stretching from head to toe.

Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.

Wear comfortable shoes made of good support with non -slip soles.

Breathe naturally, never holding your breathe 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 3 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 on to the intermediate level.

**Intermediate:** Complete 2 sets of 8-12 reps. Once you can complete two sets of 12 reps consecutively, progress on to the advanced level.

**Advanced:** Complete 3 sets of 12 reps.

### DISCLAIMER:

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

**ST2300**

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COMMERCIAL USE.**

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WORKING WEIGHT.**

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**WARRANTY:  
FRAME 2YRS  
UPHOLSTERY 90DAYS**

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