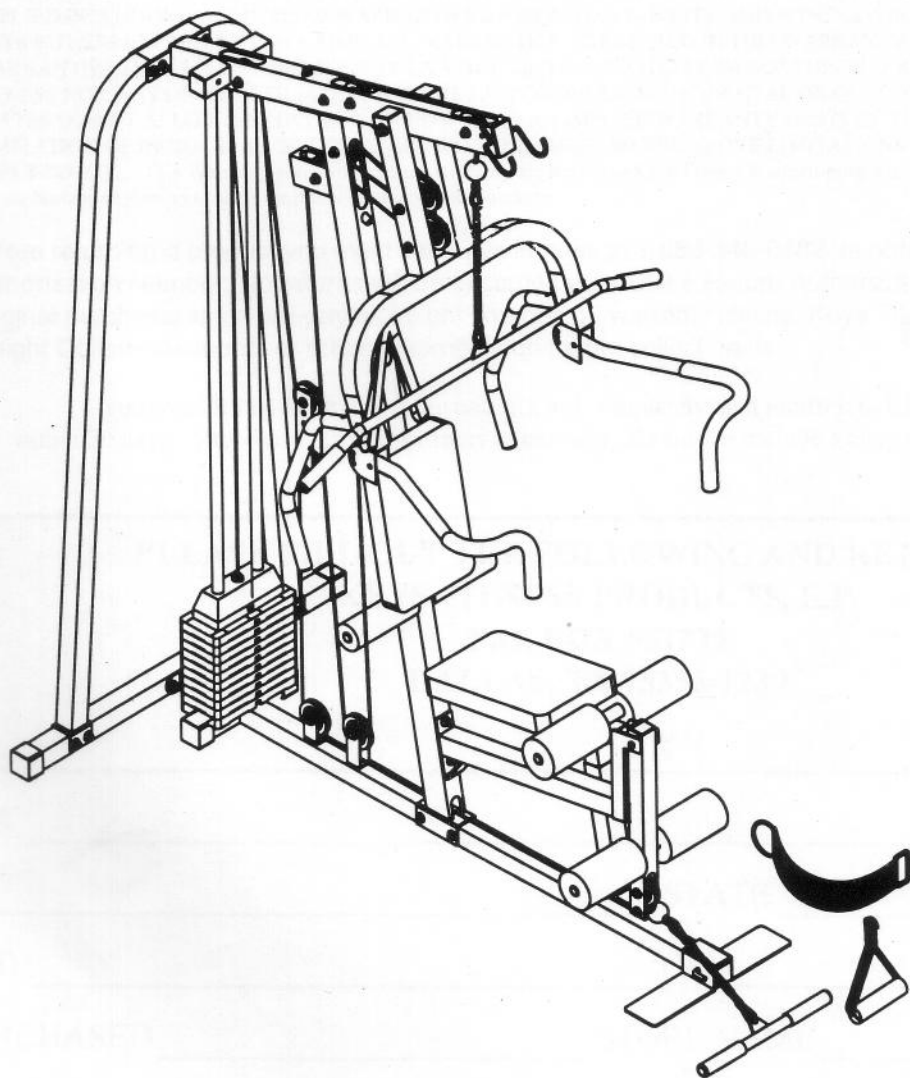




We meet all your fitness needs.



# STRENGTH TRAINER 250

**WARNING: Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product. KEYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

This Warranty applies only in the United States to products manufactured or distributed by Keys Fitness, Inc. under the Keys Fitness brand name.

Keys Fitness warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys fitness or from an authorized Keys Fitness reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the product.

To obtain warranty service, you must return the product and/or the defective part to Keys Fitness in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Keys Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void Warranty. This warranty covers only parts, not labor or receive charges for installation. This warranty does include wear and tear on all parts.

This Warranty does not extend to any Product not purchased from Keys Fitness or from an authorized Keys Fitness reseller. This warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys Fitness; (c) by modification of the Product; (d) as a result of service by anyone other than Keys Fitness, or an authorized Keys Fitness warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys Fitness receipt of payment or acceptable arrangement of payment.

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Before returning a product you must call Keys Fitness at 1-888-340-0482 to obtain a Return Authorization Number. No returns will be accepted without the Return Authorization Number. Original purchaser must pre-pay all freight charges on warranty claims. Keys Fitness will not accept Freight Collect shipments or return shipments on freight collect basis.

You must fill out Warranty Registration Card completely, and return it to KEYS FITNESS within 30 days of purchase for this warranty to be valid. Be sure to include a copy of your original receipt.

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## IMPORTANT SAFETY INFORMATION

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product.

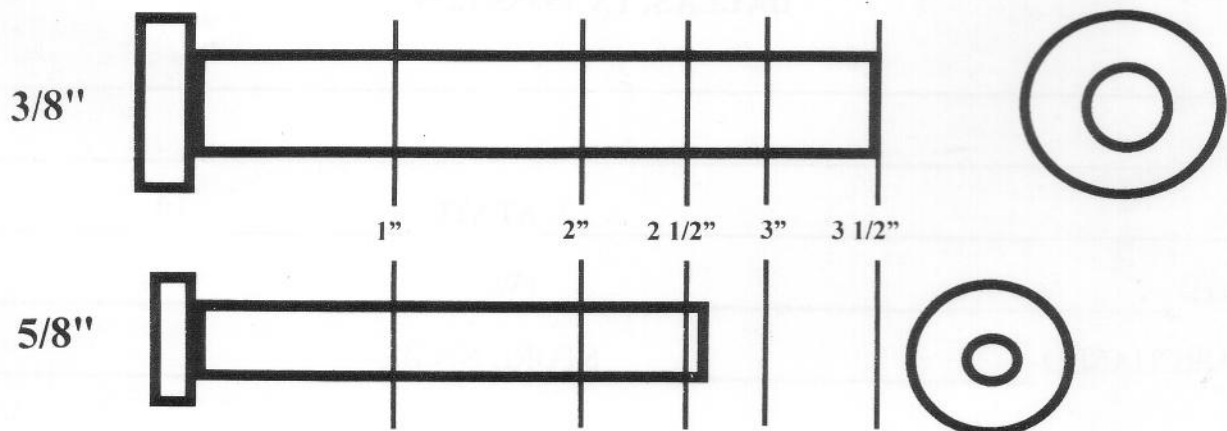
**KEYS FITNESS** assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- 1 Inspect and tighten all parts each time you use the weight training system. Replace any worn parts by contacting your local dealer or KEYS FITNESS.
- 2 Keep your hands and other parts of your body away from moving parts other than designed handles.
- 3 Keep small children away from the weight system at all times.
- 4 When adjusting seat height make sure the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the seat post holes, the seat may slip during use causing serious injury.
- 5 Never release the press arm, butterfly, leg lever, bars or straps while weights are raised. The weights will fall causing injury to yourself or the weight system.
- 6 Check cables to ensure they remain on the pulleys as you use the weight system.
- 7 If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

• **ONLY TIGHTEN BOLT CONNECTIONS "FINGER TIGHT" UNTIL THE WEIGHT SYSTEM IS COMPLETELY ASSEMBLED UNLESS OTHERWISE TOLD TO DO SO IN INSTRUCTIONS.**

- Assembly requires two persons.
- The following tools (not included) are required for assembly the Strength Trainer 250: two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet, and a standard screwdriver.
- Read each step in alphabetical order completely before proceeding. Do not skip ahead, it may result in mis-assembly which may damage the weight system.
- Place all parts of the ST 250 in a cleared area and remove the packing material. Do not dispose of the Packing materials until assembly is completely.

## BOLT AND WASHER GUIDE



# PARTS LIST

DIAGRAM#	PART NAME		Q'TY
1	Main Base Frame		1
2	Rear Stabilizer		1
3	Rear Upright		2
4	Foot Plate		1
5	Front Upright		1
6	Flat Plate	t3.0 x 50 x 130	2
7	Top Frame		1
8	Seat Support		1
9	Seat Brace		1
10	Leg Extension Tube		1
11	Press Arm		1
12	Rear Bar		2
13	Press Bar		2
14	Bracket of Press Arm		2
15	Chroming Tube		2
16	Flat Plate	t3.0 x 50 x 200	1
17	Adj. Plate	t3.0 x 235 x 50	2
18	Seat / Back Cushion	t12 x 395 x 250	2
19	Pad Tube	25.4 x t1.5 x 440	3
20	Lat Bar	25.4 x t2.0 x 1150	1
21	Curl Bar	25.4 x t2.0 x 400	1
22	Metal Spacer	15.8 x 10 x 20	4
23	Metal Spacer	12.7 x t1.5 x 12	12
24	Metal Spacer	12.7 x t1.5 x 9.5	3
25	Selecting Rod	25.4 x 475	1
26	Pivot Bolt	1/2" x 19.1 x 210	1
27	Cable Resistance Plate	t3.0 x 20 x 84	1
28	Pad Tube		0
29	Hex Head, Bolt	3/8" x 2 5/8	7
30	Hex Head, Bolt	3/8" x 2 3/4"	5
31	Hex Head, Bolt	3/8" x 3"	13
32	Hex Head, Bolt	3/8" x 3 1/2"	2
33	Hex Head, Bolt	3/8" x 4"	3

# PARTS LIST

DIAGRAM#	PART NAME		Q'TY
34	Hex Head Bolt	3/8" x 7 3/8"	2
35	Hex Head Bolt	3/8" x 2 3/8"	2
36	Hex Head Bolt	3/8" x 1 7/8"	4
37	Hex Head Bolt	3/8" x 3 3/4"	1
38	Washer	3/8" x 23 x t 2.0	78
39	Washer	1/2" x 28 x t 2.0	2
40	Nylon Nut	3/8"	37
41	Hex Head Bolt	5/16" x 2 1/2"	2
42	Screw Bolt	1/4" x 5/8"	2
43	Nylon Nut	1/2"	2
44	Nylon Nut	5/16"	2
45	Washer	5/16" x 19 x t 2.0	4
46	Eyeball Pin	3/8" x 52	2
47	"L" Pin	3/8" x 110	1
48	Locking Knob	3/8" x 1 5/8"	1
49	Spring Knob	M20 x 1.5 x 10	1
50	Brass Bushing	19.3 x 25.4 x 31 x 20	2
51	Pulley	90	14
52	long Handle Grip	29 x 35 x 140	2
53	Curve Handle Grip	29 x 35 x 480	2
54	Hand Grip	25.4 x 130	4
55	Foam Roller	22 x 75 x 190	2
56	Foam Roller	22 x 110 x 190	4
57	Round Plug	25.4	6
58	Square Plug	45 x 45	1
59	Square Plug	50 x 50	7
60	Plug	50 x 75	2
61	Round Plug	31.8	4
62	Square Plug	38 x 38	2
63	Square Cap	50 x 50	4
64	Metal Bushing	10 x 16 x 20 x13	2
65	Metal Bushing	8 x 12 x 20 x 12	4
66	Rubber Band	12.7 x 6.3 x 130	2

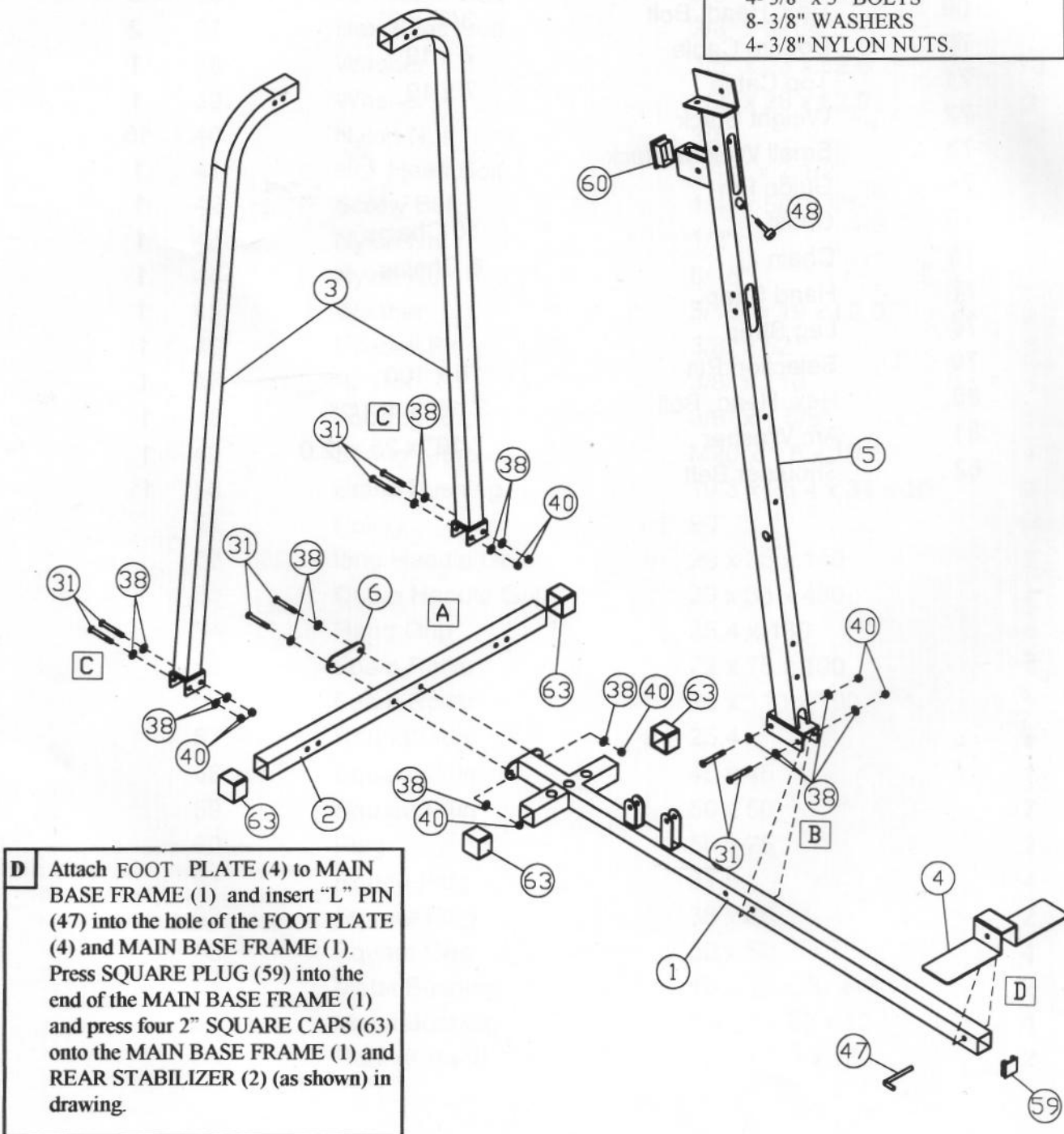
# PARTS LIST

DIAGRAM#	PART NAME		Q'TY
67	Bumper	60 x 26 x 25	2
68	Safety Hook	7 x 70	5
69	Hex. Head, Bolt	3/8" x 2"	2
70	Bottom Cable	7 x 19	1
71	Top Cable	7 x 19	1
72	Weight Stack		15
73	Small Weight Stack		1
74	Guide Pin		1
75	Chain	10 Chains	1
76	Chain	6 Chains	1
77	Hand Strap		1
78	Leg Strap		1
79	Selection Pin	10 x 100	1
80	Hex. Head, Bolt	7/16" x 1 1/2"	1
81	Arc Washer	7/16" x 25 x t2.0	1
82	Shoulder Belt		1

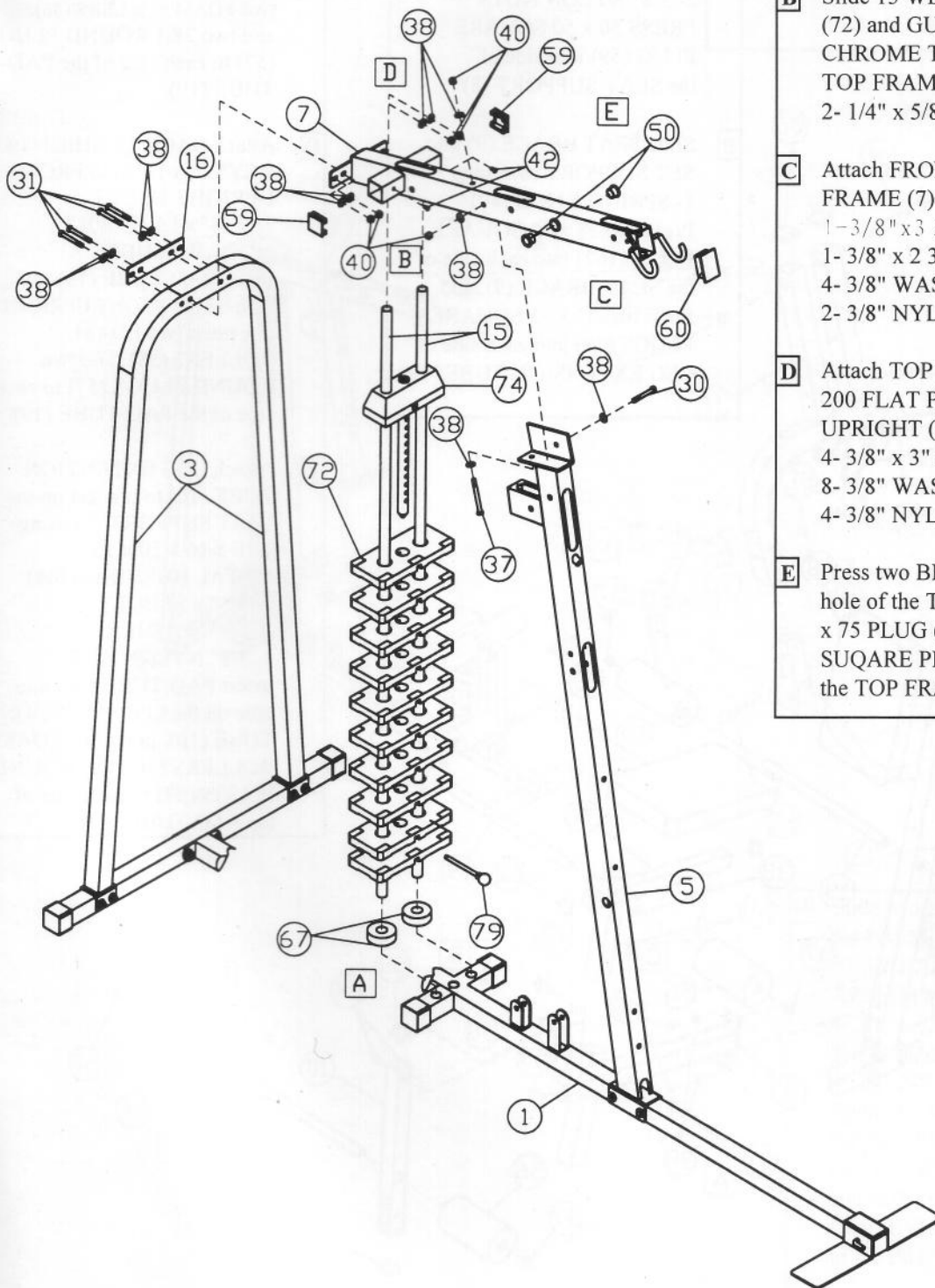
**A** Attach MAIN BASE FRAME (1) and FLAT PLATE (3.0 x 50 x 50) (6) to REAR STABILIZER (2) using,  
 2- 3/8" x 3" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS  
 Tighten BOLTS firmly.

**B** Attach FRONT UPRIGHT (5) to MAIN BASE FRAME (1) using,  
 2- 3/8" x 3" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS.  
 AND SCREW THE RUBBER STOP BUMPER (48) into the thread of the FRONT UPRIGHT (5) (as shown) in drawing.

**C** Attach one REAR UPRIGHT (3) to each side to REAR STABILIZER (2) USING,  
 4- 3/8" x 3" BOLTS  
 8- 3/8" WASHERS  
 4- 3/8" NYLON NUTS.



# WEIGHT STACK ASSEMBLY



- A** Slide one ROUND BUMPER (67) onto each CHROME TUBE (15). Insert two CHROME TUBES (15) into hole of the MAIN BASE FRAME (1).
- B** Slide 15 WEIGHT STACK PLATES (72) and GUIDE PIN (74) onto CHROME TUBE (15) into hole of the TOP FRAME (7) and screw tight using 2- 1/4" x 5/8" SCREW BOLT.
- C** Attach FRONT UPRIGHT (5) to TOP FRAME (7) using:  
 1- 3/8" x 3 3/4" BOLT  
 1- 3/8" x 2 3/4" BOLT  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUT.
- D** Attach TOP FRAME (7) and 3 x 50 x 200 FLAT PLATE (16) to REAR UPRIGHT (3) using,  
 4- 3/8" x 3" BOLT  
 8- 3/8" WASHERS  
 4- 3/8" NYLON NUT.
- E** Press two BRASS BUSHINGS (50) into hole of the TOP FRAME (7). Press 50 x 75 PLUG (60), and two 50 x 50 SQUARE PLUGS (59) into each end of the TOP FRAME (7) (as shown).



# SEAT SUPPORT ASSEMBLY

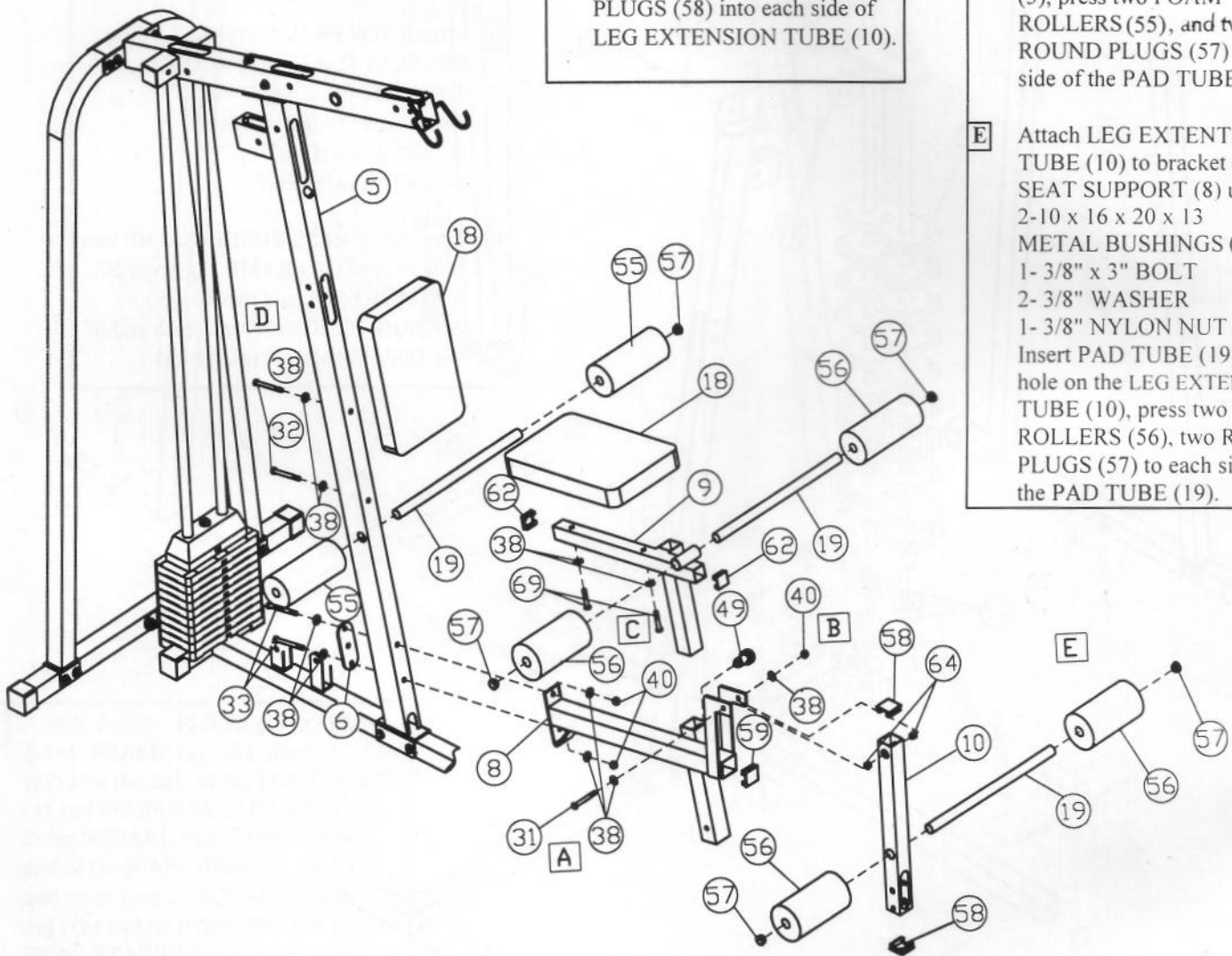
**A** Attach SEAT SUPPORT (8) and FLAT PLATE (6) to FRONT UPRIGHT (5) using,  
 2- 3/8" x 4" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS  
 PRESS 50 x 50 SQUARE PLUG (59) into side of the SEAT SUPPORT (8)

**B** Slide SEAT BRACE (9) into SET SUPPORT (8) using,  
 1- SPRING KNOB (49)  
 Press two 38 x 38 SQUARE PLUGS (62) into each side of the SEAT BRACE (9), and Press two 45 x 45 SQUARE PLUGS (58) into each side of LEG EXTENSION TUBE (10).

**C** Attach SEAT CUSHION (18) to SEAT BRACE (9) using,  
 2- 3/8" x 2" BOLTS  
 2- 3/8" WASHERS  
 Insert PAD TUBE (19) into top of the SEAT BRACE (9), press two FOAM ROLLERS (56), and two 38.1 ROUND PLUG (57) to each side of the PAD TUBE (19).

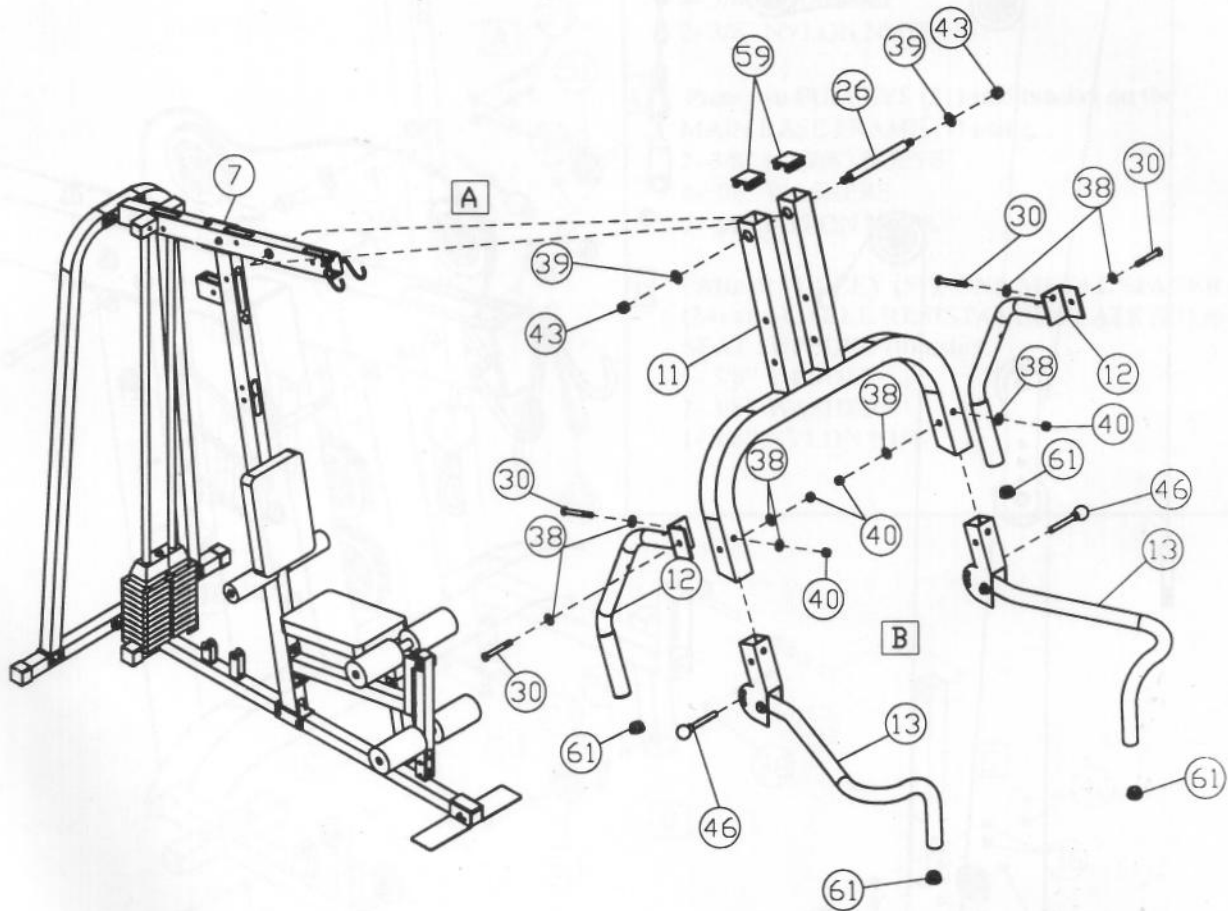
**D** Attach BACK CUSHION (w/ KEYS logo) (18) to FRONT UPRIGHT USING,  
 2- 3/8" x 3 1/2" BOLTS  
 2- 3/8" WASHERS  
 Insert PAD TUBE (19) into hole on the FRONT UPRIGHT (5), press two FOAM ROLLERS (55), and two ROUND PLUGS (57) to each side of the PAD TUBE (19).

**E** Attach LEG EXTENSION TUBE (10) to bracket on the SEAT SUPPORT (8) using,  
 2- 10 x 16 x 20 x 13 METAL BUSHINGS (64)  
 1- 3/8" x 3" BOLT  
 2- 3/8" WASHER  
 1- 3/8" NYLON NUT  
 Insert PAD TUBE (19) into hole on the LEG EXTENSION TUBE (10), press two FOAM ROLLERS (56), two ROUND PLUGS (57) to each side of the PAD TUBE (19).

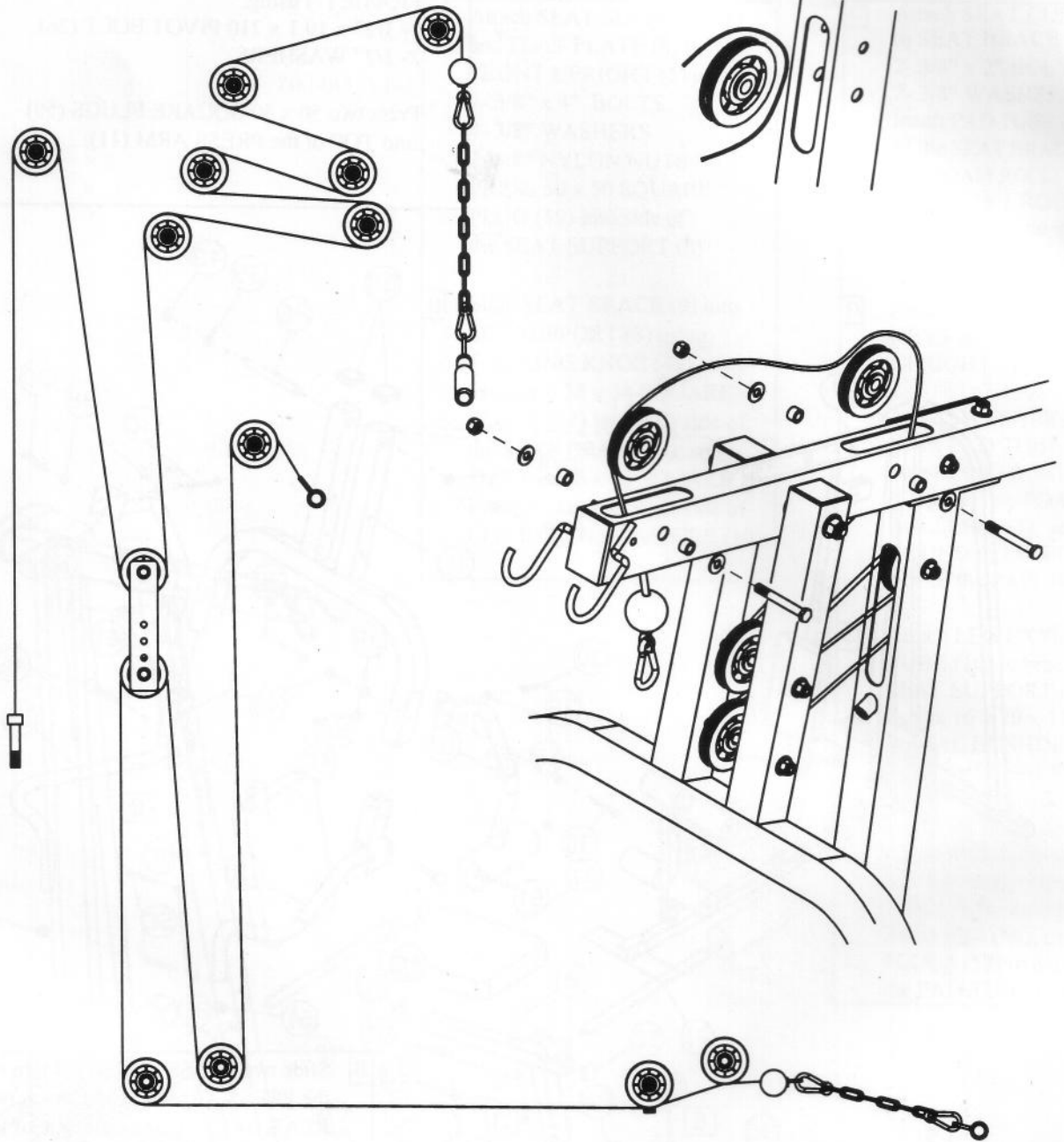


# PRESS ARM ASSEMBLY

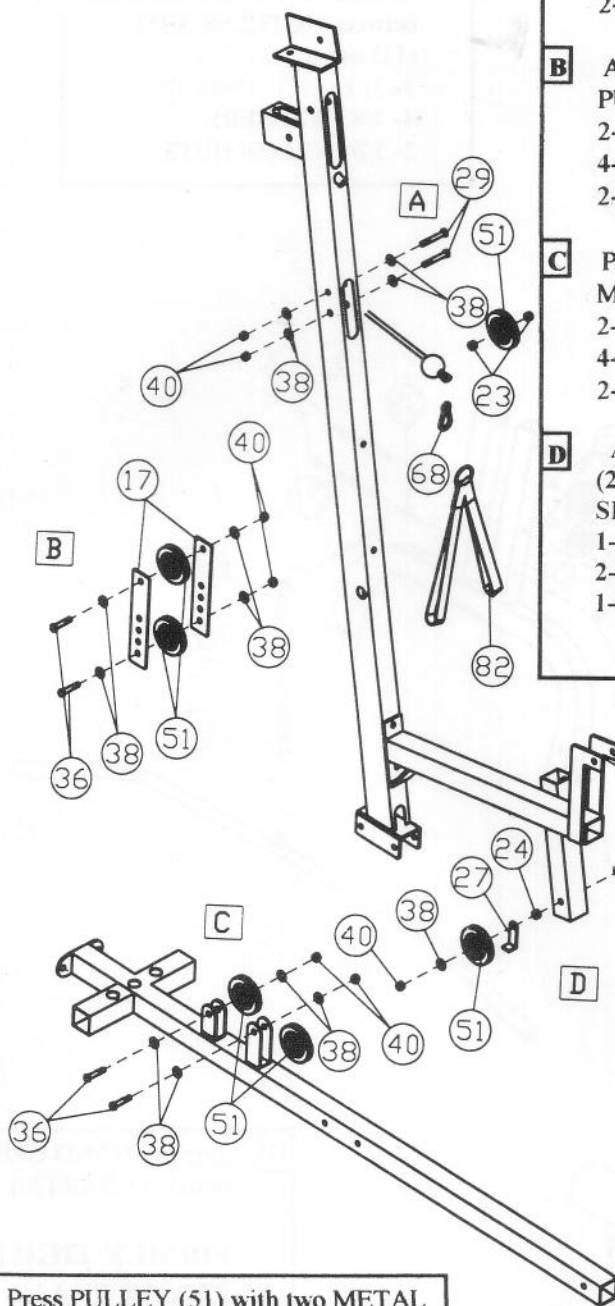
- A** Attach PRESS ARM (11) to TOP FRAME (7) using,  
1- 1/2" x 19.1 x 210 PIVOT BOLT (26)  
2- 1/2" WASHERS  
2- 1/2" NYLON NUT  
Press two 50 x 50 SQUARE PLUGS (59)  
into TOP of the PRESS ARM (11).



- B** Slide two PRESS BARS (13) into end of the PRESS ARM (11) and attach two REAR BARS (12) to each side of PRESS ARM (11) using,  
4- 3/8" x 2 3/4" BOLTS  
8- 3/8" WASHERS  
4- 3/8" NYLON NUTS.  
Press two 3/8" ROUND PLUGS (61) into the end of the PRESS BAR (13) and Press two 3/8" ROUND PLUGS (61) into the end of the two REAR BAR (12).  
Insert EYEBALL PIN (46) into bracket of the PRESS BAR (13).

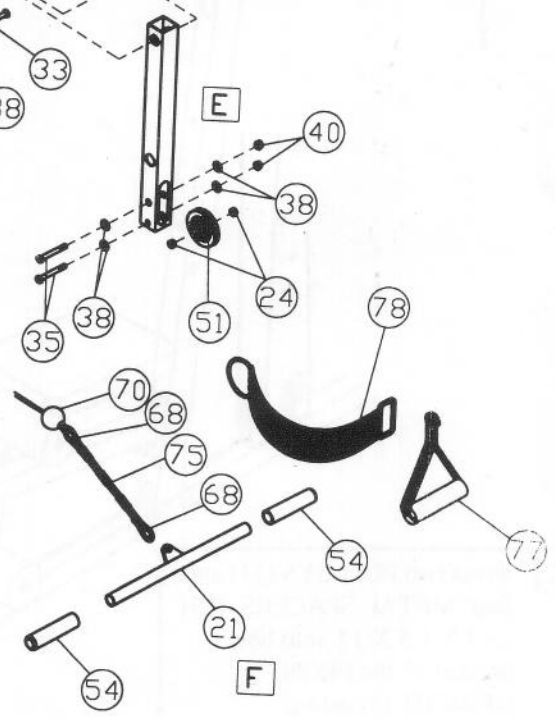


# PULLEY ASSEMBLY



- A** Place PULLEY (51) with two METAL SPACERS (23) into hole on the FRONT UPRIGHT (5) using, 2- 3/8" x 2 5/8" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS.
- B** Attach two ADJUSTING PLATES (17) with two PULLEYS (51) in the middle (as shown) using, 2- 3/8" x 1 7/8" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS.
- C** Press two PULLEYS (51) into bracket on the MAIN BASE FRAME (1) using, 2- 3/8" x 1 7/8" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS.
- D** Attach PULLEY (51), ONE METAL SPACER (24) and CABLE RESISTANCE PLATE (27) to SEAT SUPPORT (8) using, 1- 3/8" x 4 BOLT  
2- 3/8" WASHERS  
1- 3/8" NYLON NUT

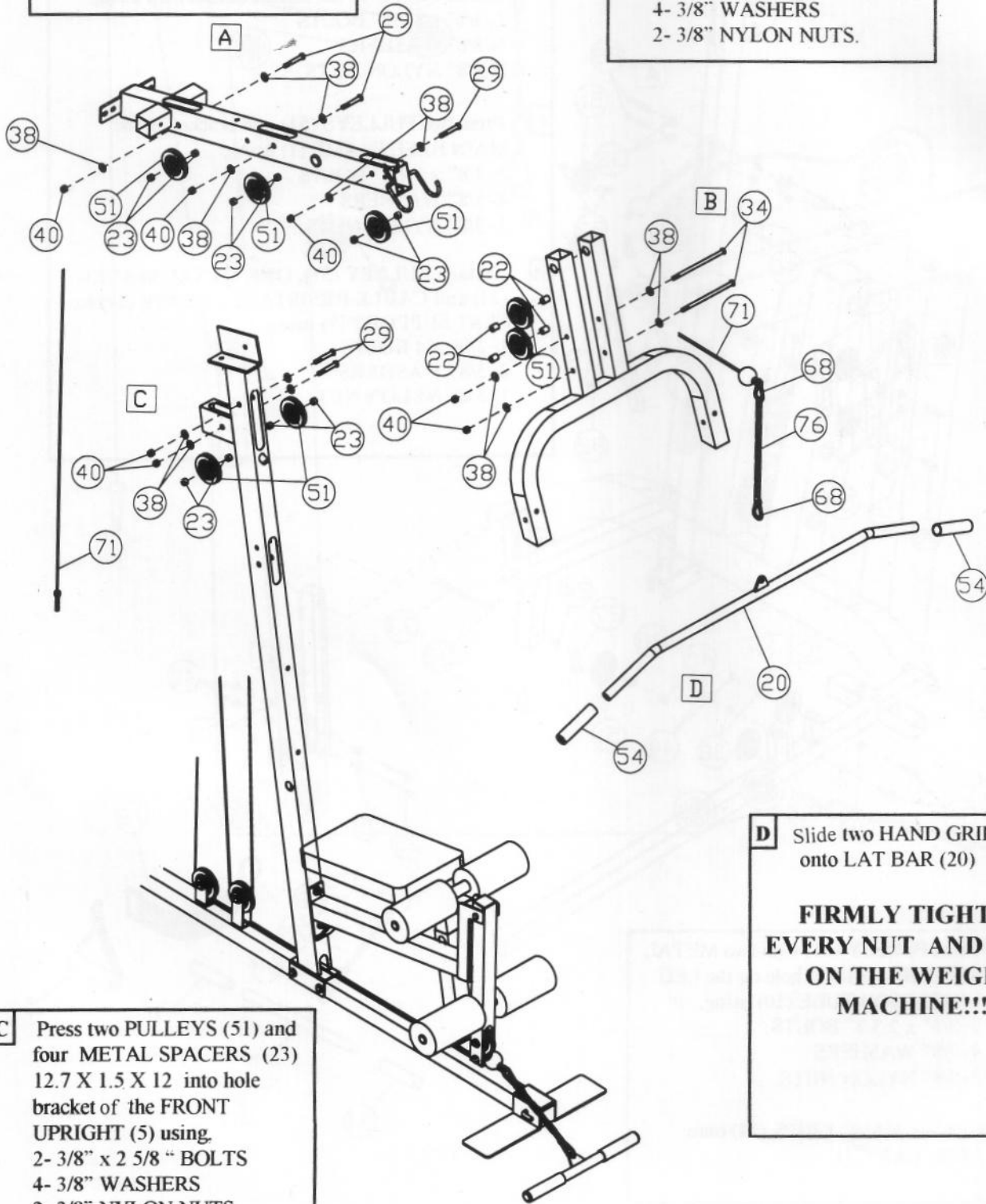
- E** Press PULLEY (51) with two METAL SPACERS (24) into hole on the LEG EXTENTION TUBE (10) using, 2- 3/8" x 2 3/8" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS.
- F** Slide two HAND GRIPS (54) onto CURL BAR (21)



# PULLEY ASSEMBLY

**A** Press three PULLEYS (51) and six 12.7 X 11.5 X 12 METAL SPACERS (23) into hole on the TOP FRAME (7) using:  
 3- 3/8" x 2 5/8" BOLTS  
 6- 3/8" WASHERS  
 3- 3/8" NYLON NUTS.

**B** Press two PULLEYS (51) and four 15.8 X 10 X 20 METAL SPACERS (22) into the space between the PRESS ARM (11) using:  
 2- 3/8" x 7 3/8" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS.



**D** Slide two HAND GRIPS (54) onto LAT BAR (20)

**FIRMLY TIGHTEN EVERY NUT AND BOLT ON THE WEIGHT MACHINE!!!**

**C** Press two PULLEYS (51) and four METAL SPACERS (23) 12.7 X 1.5 X 12 into hole bracket of the FRONT UPRIGHT (5) using:  
 2- 3/8" x 2 5/8" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS.

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