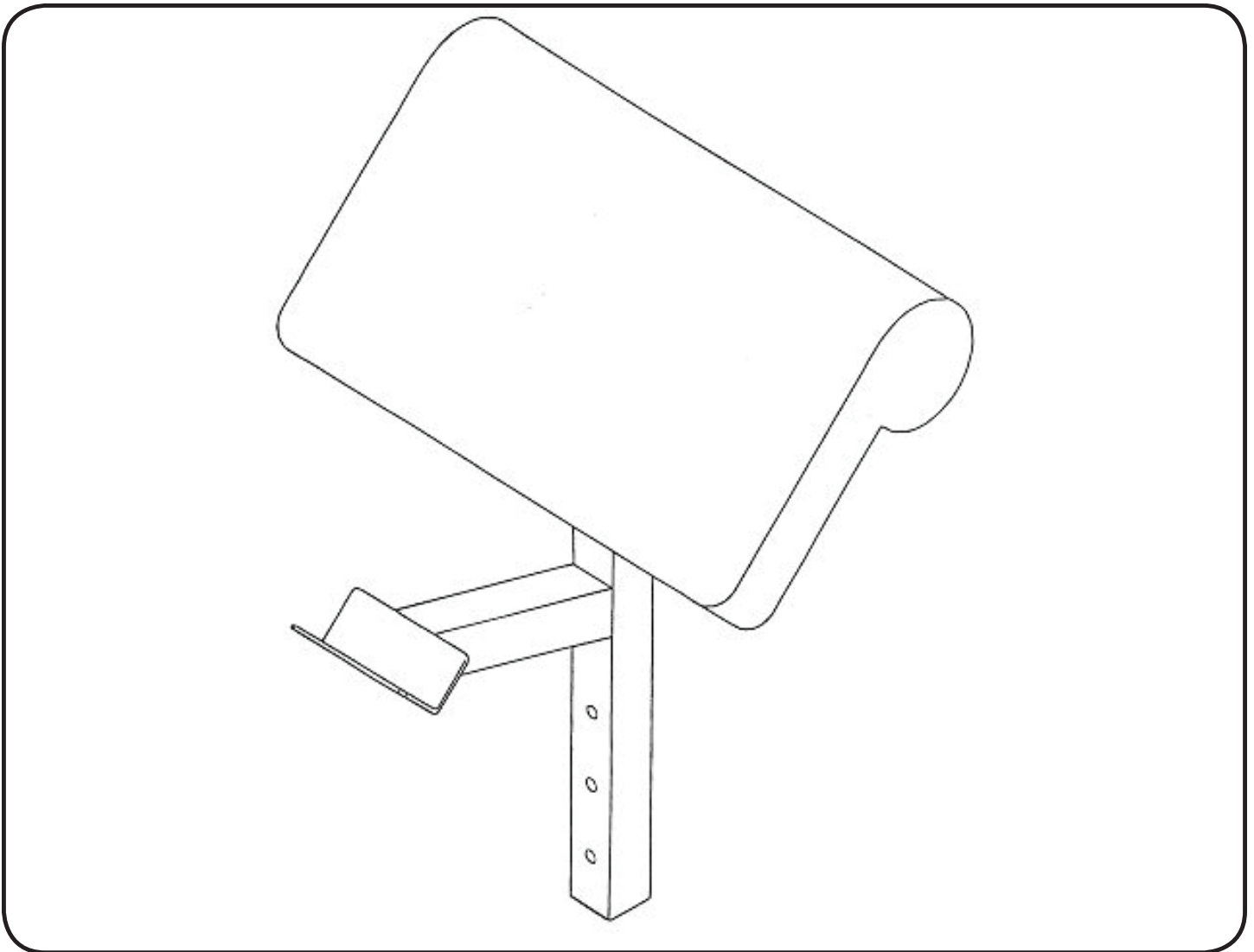




StrengthTrainer®

Owner's Manual

ST-ARM



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

215-00106
09/06 Rev B



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Important Safety Information



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

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

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 PRECAUTIONS

- 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.

Before You Get Started



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.

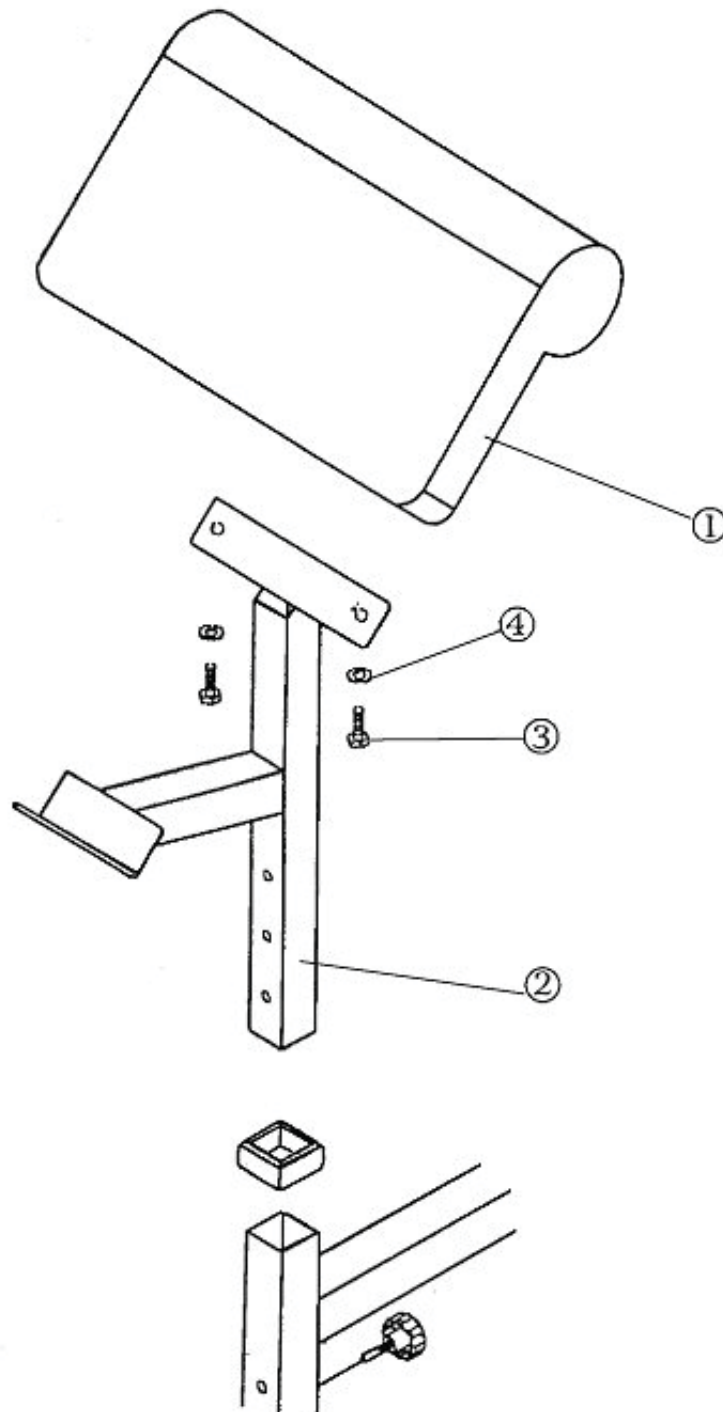
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Helpline. We have trained service technicians on site to take care of you, our valued customer.

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-ARM**

**QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time**



ST-ARM Parts List Rev A

Ref #	Part #	Description	Qty
1	228-00214	ARM PAD, ST-ARM (BLACK/GREY/LOGO)	1
2	223-00942	ARM POST TUBE, ST-ARM	1
3	202-00671	HEX BOLT, M10X15	2
4	202-00420	WASHER 10	2
#	215-00106	MANUAL ST-ARM	1

KEYS FITNESS PRODUCTS, L.P. STRENGTH TRAINER WARRANTY

Keys Fitness Products L.P. 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 L.P.

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.



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