



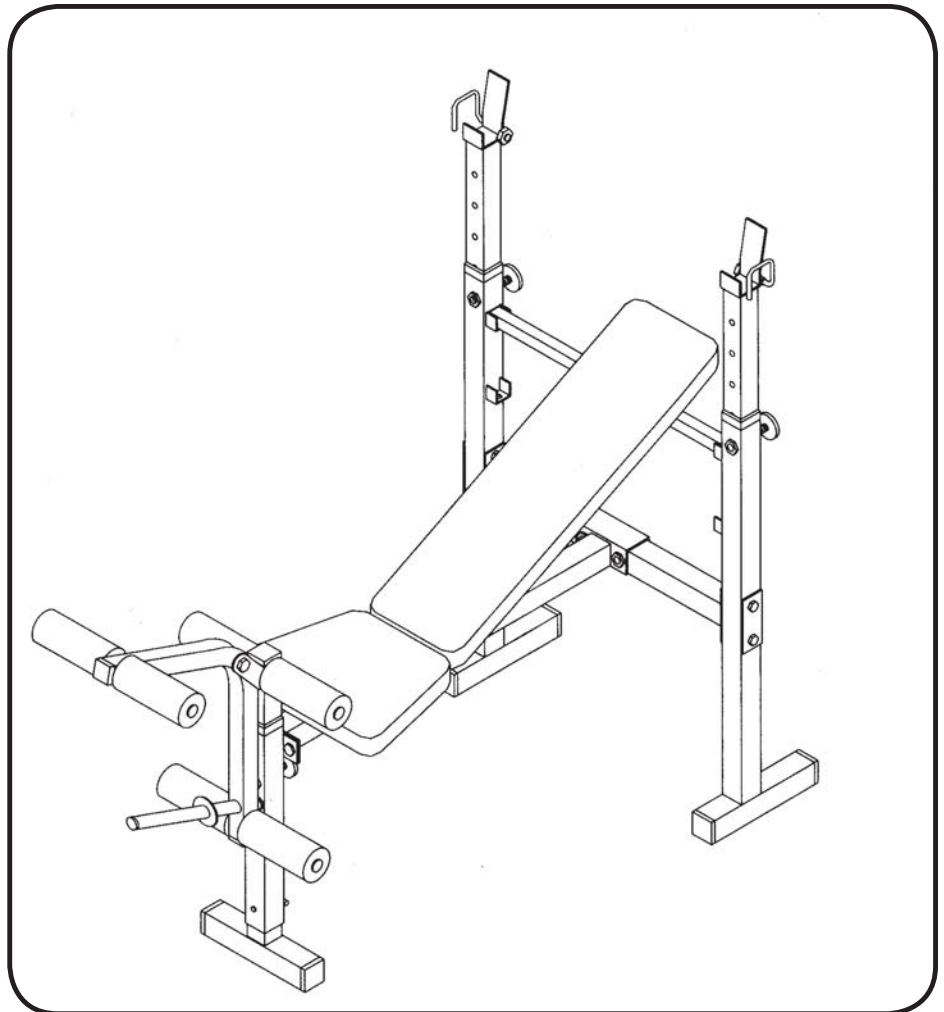
StrengthTrainer®

Owner's Manual

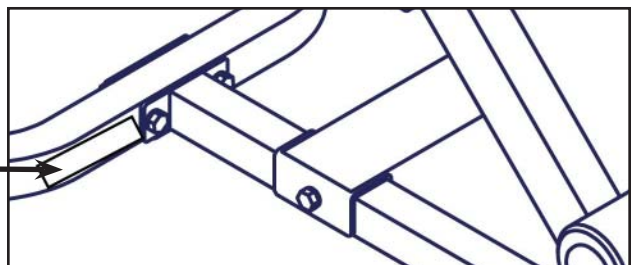
ST-NB

Questions?

Call Us Toll Free
Keys Fitness Helpline
1-888-340-0482



Model Name : ST-NB
Manufactured Date :
PO # :
Model Name Decal Location



215-00105
09/06 Rev A

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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) Is 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 is not responsible for the misuse of any of its products or for any injury sustained while using any Keys Fitness product. 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.

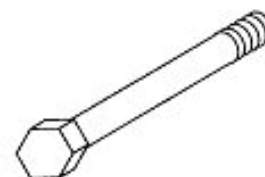
HARDWARE



28 5/16" (Qty: 2)



34 3/8" X 1" (Qty: 2)



32 3/8" X 2-7/8" (Qty: 1)



31 $\varnothing 6.5 \times \varnothing 13 \times 1.0$ t (Qty: 8)



36 3/8" X 11 t (Qty: 9)



33 3/8" X 3" (Qty: 6)



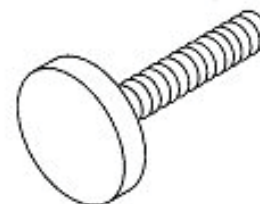
30 1/4" X 3/4" (Qty: 4)



29 1/4" X 1-1/2" (Qty: 4)

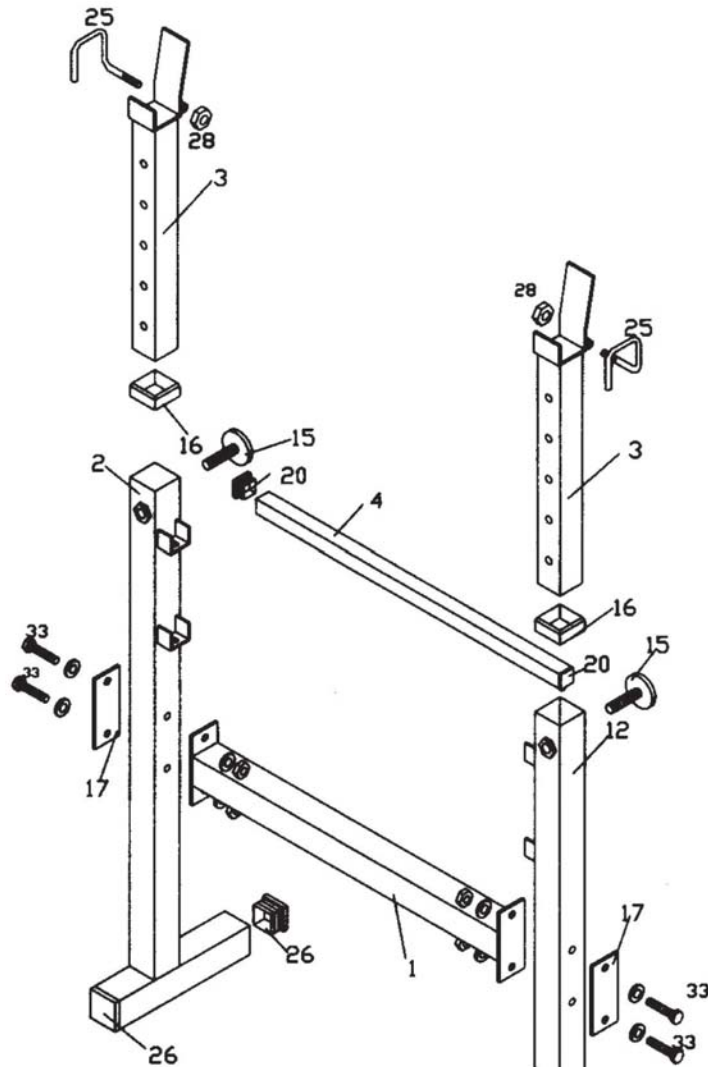


35 $\varnothing 10 \times \varnothing 25 \times 2.0$ t (Qty: 18)



15 7/16" X 57 (Qty: 3)

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



STEP 1

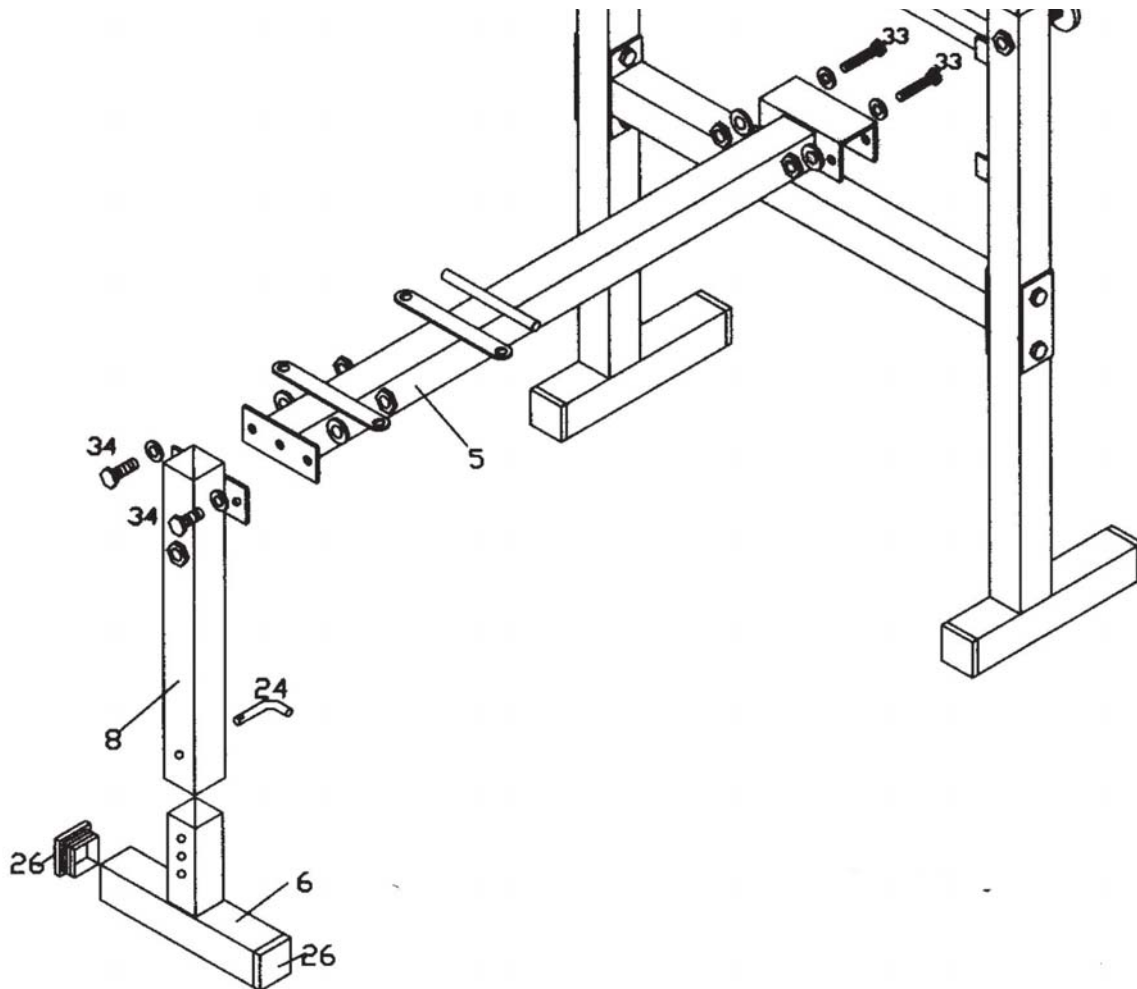
Connect the Uprights (#2) & (#12) to the Cross Bar (#01) using four Hex bolts M10X75 (#33) and eight D10 washers (#35), two Reinforcement and four M10 aircraft Nut (#36).

Insert the Crutch (#3) into the Uprights (#2)&(#12) through rect. Outer plug (#16), secure with two Knob Bolts (#15).

Attach Safety Hook (#25) to Crutch (#3) using Aircraft Nut (#28).

Place Backrest Adj. Bar (#4) Between Uprights (#2) and (#12).

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



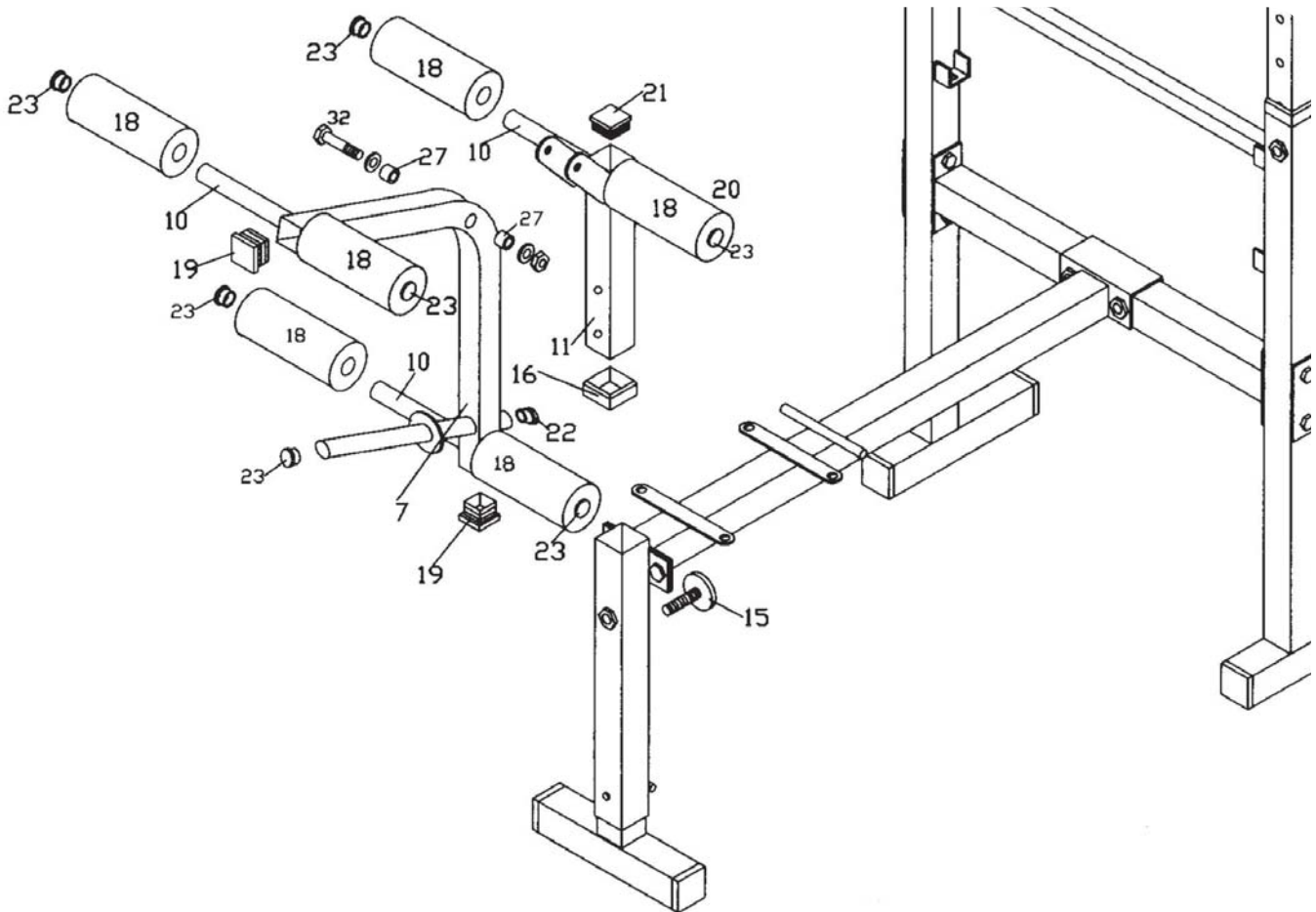
STEP 2

Attach the back of the Main Frame (#5) to the Cross Bar (#1) with two bolts M10X75 (#33), four D10 Washers (#35) and two M10 aircraft nuts (#36).

Insert the Front Base (#6) into the bottom of the Front Stand tube (#8), secure with a L-Shaped Lock Pin (#24).

Connect the Front Stand Tube (#8) to the Main Frame (#5) using two hex bolts M10X25 (#34), four D10 Washers (#35), and two M10 aircraft nuts (#36).

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



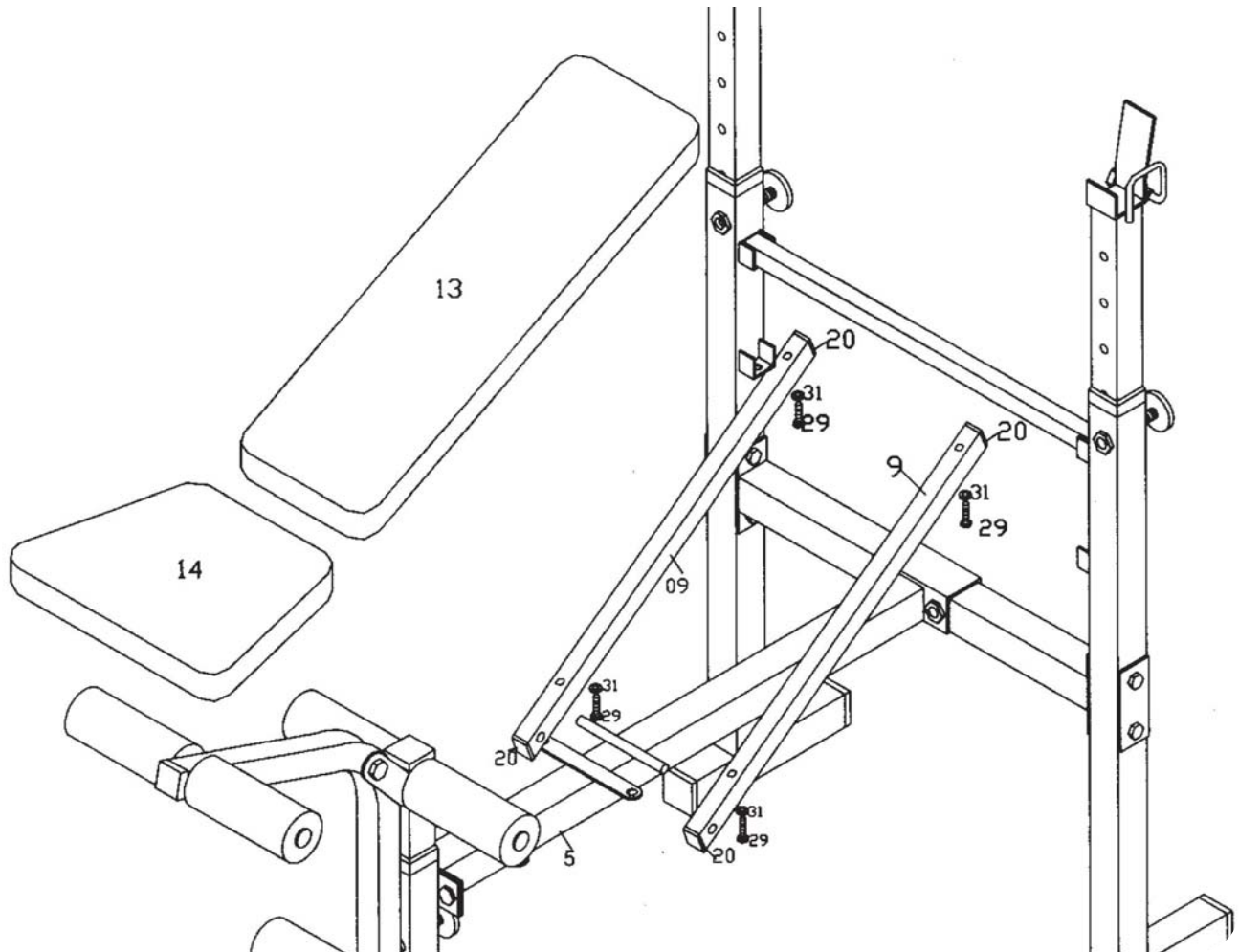
STEP 3

Install the Leg Developer (#7) to bracket of Leg Developer Holder (#11) using one M10X75 Bolt (#32), two D10 Washers (#35), and one M10 aircraft nut (#36),

Insert the Roller Foam Tube (#10) halfway into leg developer (#7). Push Roller Foams (#18) on each side of roller tube (#10) to complete leg develops assembly.

Insert the Leg Developer Holder (#11) into the opening top of the Front Stand Tube (#8) through rect. Outer Plug (#16) and secure with Knob Bolt (#15).

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



STEP 4

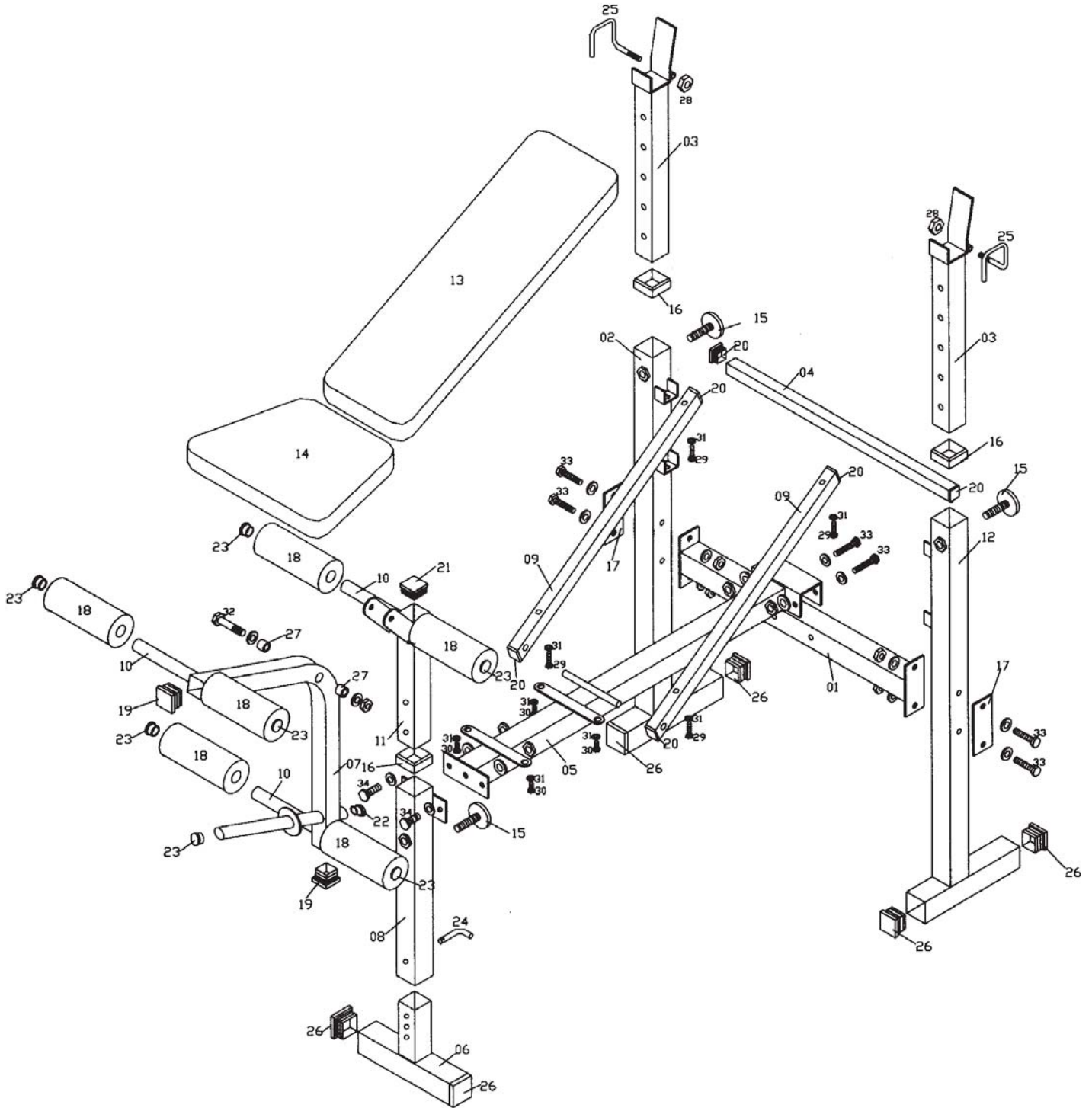
Attach the backrest support (#9) to the pivot on the Main Frame (#5)

Align Backrest Pad (#13) to backrest support (#9) and secure with four M6X40 Bolts (#29), and four D6.5 washers (#31).

Place the seat pad (#14) on bracket of the Main Frame (#5) and secure with four M6X15 Bolts (#30), and four D6.5 washers (#31). And adjust the height with the backrest ADJ. Bar (#04).

ST-NB Parts List Rev B

Ref #	Part #	Description	Qty
1	223-00790	CROSS BAR, M-NBB (SILVER)	1
2	223-00791	RIGHT UPRIGHT, M-NBB (SILVER)	1
3	223-00522	CRUTCH, M-NBB	2
4	219-00487	BACKREST ADJ BAR, ST-NBB (NEW GAUGE)	1
5	223-00792	MAIN FRAME, M-NBB (SILVER)	1
6	223-00793	FRONST BASE FRAME, M-NBB (SILVER)	1
7	223-00530	LEG DEVELOPER M-SBA	1
8	223-00794	FRONT STAND TUBE, M-NBB (SILVER)	1
9	223-00409	BACKREST SUPPORT, M-NBB	2
10	219-00295	ROLLER FOAM TUBE, M-NBB	3
11	219-00296	LEG DEVELOPER M-NBB	1
12	223-00795	LEFT UPRIGHT, M-NBB (SILVER)	1
13	228-00212	BACK PAD, ST-NBB (BLACK/GREY/LOGO)	1
14	228-00213	SEAT PAD, ST-NBB (GREY/BLACK/LOGO)	1
15	210-00042	KNOB BOLT 7/16" st2300, M-NB/NBB, M-OBA	3
16	206-00249	RECT. OUTER PLUG 50mm	3
17	219-00562	REINFORCEMENT PLATE	2
18	219-00339	ROLLER FOAM	8
19	206-00222	SQUARE INNER PLUG 38	6
20	206-00223	SQUARE INNER PLUG 25	6
21	202-00379	PLUG, SQUARE INNER, 45	1
22	206-00160	BUMPER	1
23	206-00228	ROUND PLUG, 25X1.5	17
24	210-00108	LOCK PIN M-NBB	1
25	219-00229	SAFETY HOOK M-SBA	1
26	202-00380	PLUG, SQUARE INNER, 50	6
27	202-00381	METAL BUSHING, M-NBB	6
28	202-00179	AIRCRAFT NUT M8	2
29	202-00173	HEX BOLT, M6*40	4
30	202-00174	HEX BOLT M615	4
31	202-00175	WASHER, D6.5	8
32	202-00177	HEX BOLT, (3/8*2 7/8) M10*75	1
33	202-00170	HEX BOLT, 10*75	6
34	202-00171	HEX, M10*25	2
35	202-00169	WASHER, DIA10 M-PR	22
36	202-00168	AIRCRAFT NUT, M10 M-PR	11



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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