



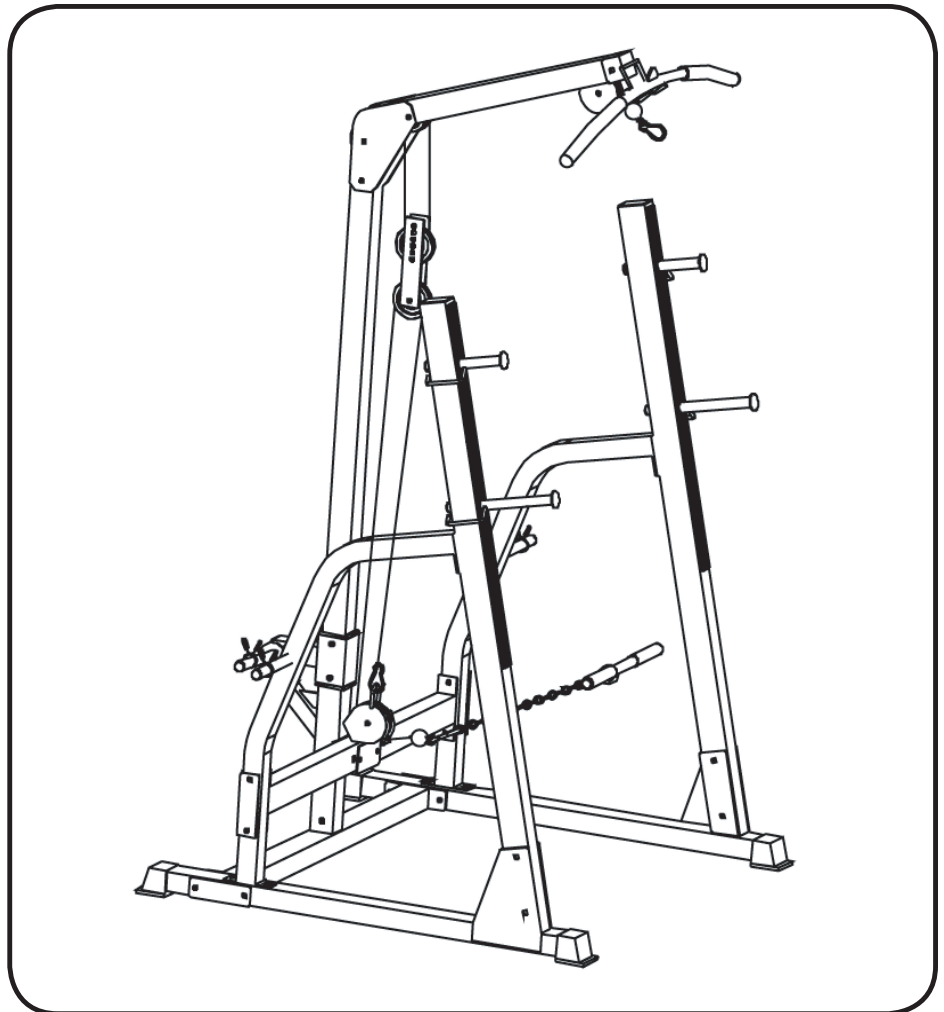
# StrengthTrainer®

## Owner's Manual

# ST-PR

Questions?

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

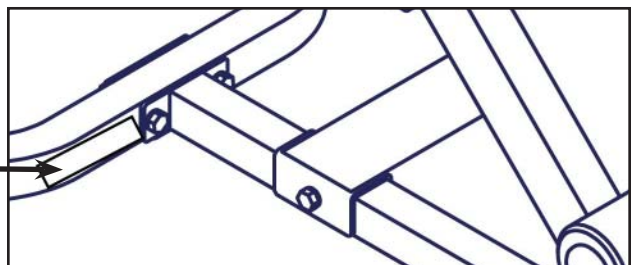


**Model Name : ST-PR**

**Manufactured Date :**

**PO # :**

*Model Name Decal Location*



215-00090  
08/06 Rev B

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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:**

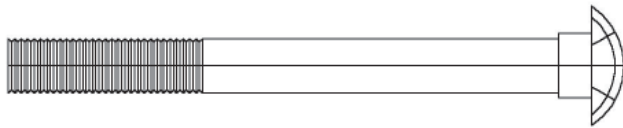
Keys Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any Keys Fitness product. The consumer uses any or all of Keys Fitness Products at their own risk.

## **BEFORE YOU BEGIN:**

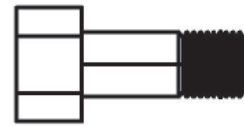
Before you begin assembly of your Keys Fitness product, please take a moment to review the hardware and parts list on the following pages. Each part has been illustrated and numbered for easy identification.

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.

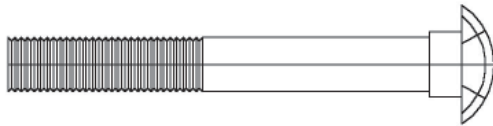
## Assembly Hardware



37: CARRIAGE BOLT M10X90X4PCS



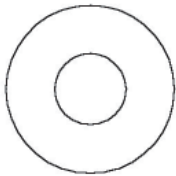
35: HEX BOLT M10X20X6PCS



36: CARRIAGE BOLT M10X70X14PCS



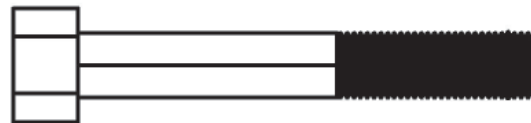
34: HEX BOLT M10X45X4PCS



39: WASHER D10XD25X1.5TX40PCS

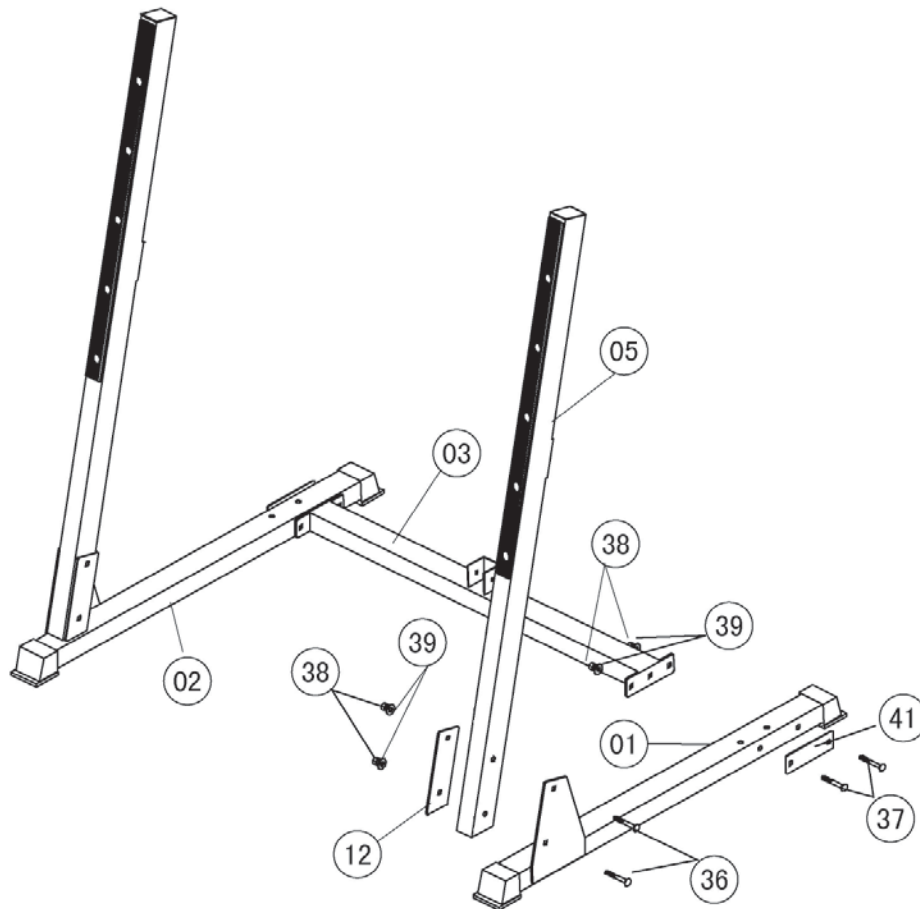


38: AIRCRAFT NUT M10X26PCS



43: HEX BOLT M10X80X4PCS

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

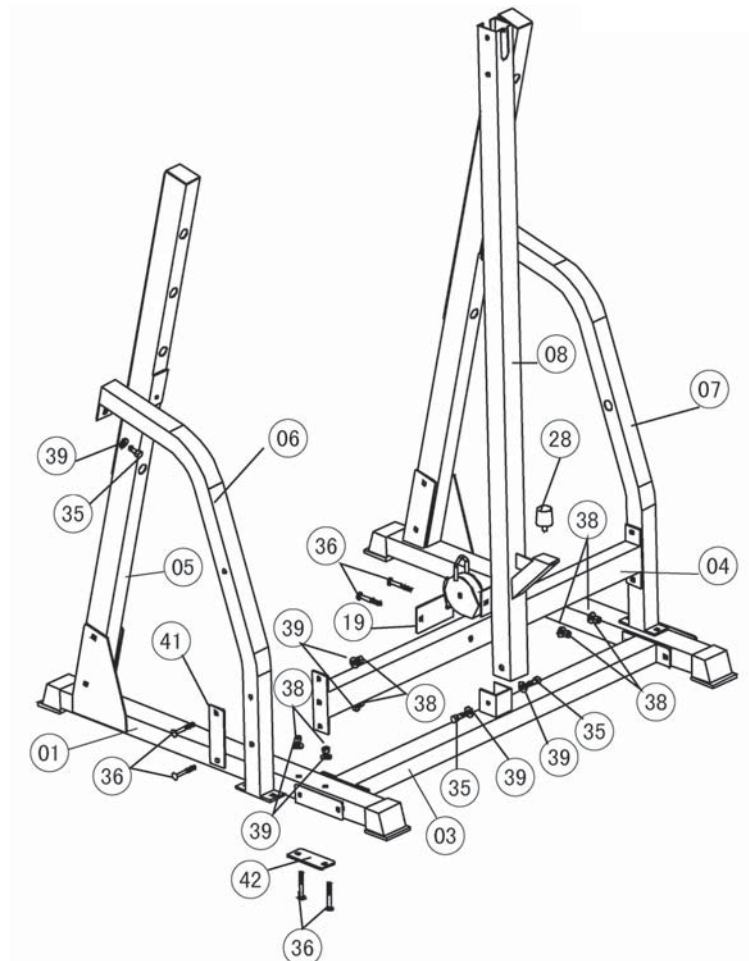


## STEP 1

Connect the Left and Right Stabilizer (#1) & (#2) by a Rear Stabilizer (#3). Align the holes and secure them with one 6 ¼" x 2" Bracket (#41), two M10 x 90 Carriage Bolts (#37), Washers Dia10 (#39), and M10 Aircraft Nuts (#38) at each end of the Rear Stabilizer.

Attach one Upright Beam (#5) to the Left Stabilizer (#1). Secure it with one 8 ½" x 2 ¾" Bracket (#12), two M10 x 70 Carriage Bolts (#36), Washers Dia10 (#39), and M10 Aircraft Nuts (#38). Repeat the same procedure to install the other Upright Beam to Right Stabilizer (#2).

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



## STEP 2

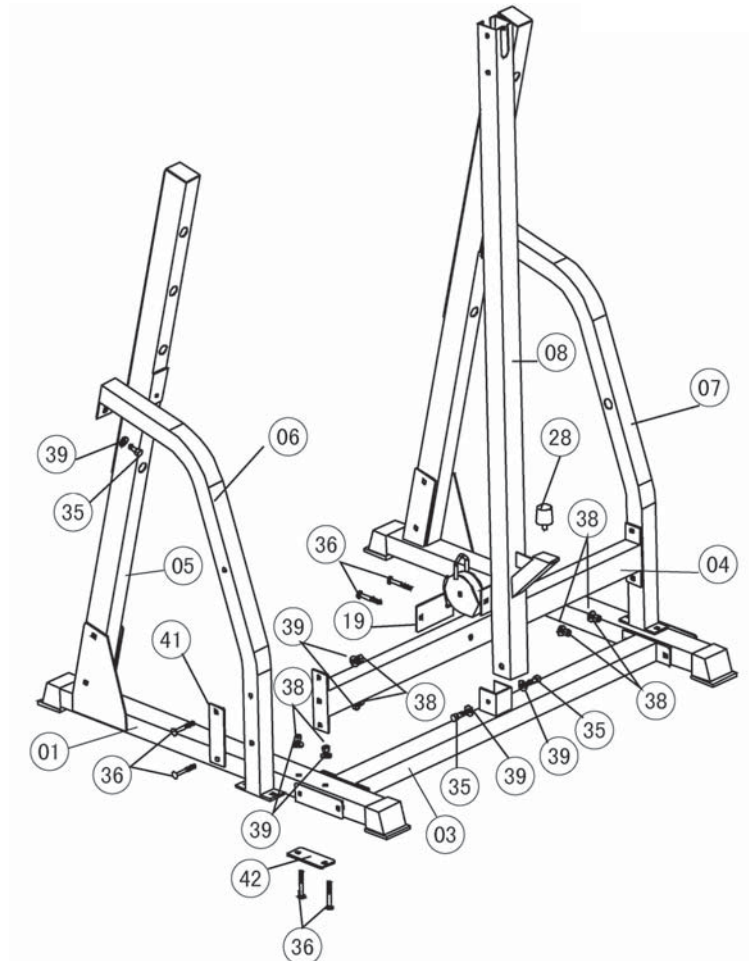
Attach the Left Support (#6) onto the Left Stabilizer (#1). Secure it with one 4 ¾" x 2" Bracket (#42), two M10 x 70 Carriage Bolts (#36), Washers Dia10 (#39), and M10 Aircraft Nuts (#38) from the bottom up.

Attach the front of the Left Support (#6) to the Left Upright Beam (#5). Secure it with one M10 x 20 Hex Bolt (#35) and Washer Dia10 (#39).

Repeat Step A & B above to install the Right Support (#7) on the right side.

Connect the Cross Brace (#4) in between the two Supports (#6) & (#7). Secure it with one 6 ¼" x 2" Bracket (#41), two M10 x 70 Carriage Bolts (#36), two Washers Dia10 (#39), and two M10 Aircraft Nuts (#38) on each end of the Cross Brace.

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

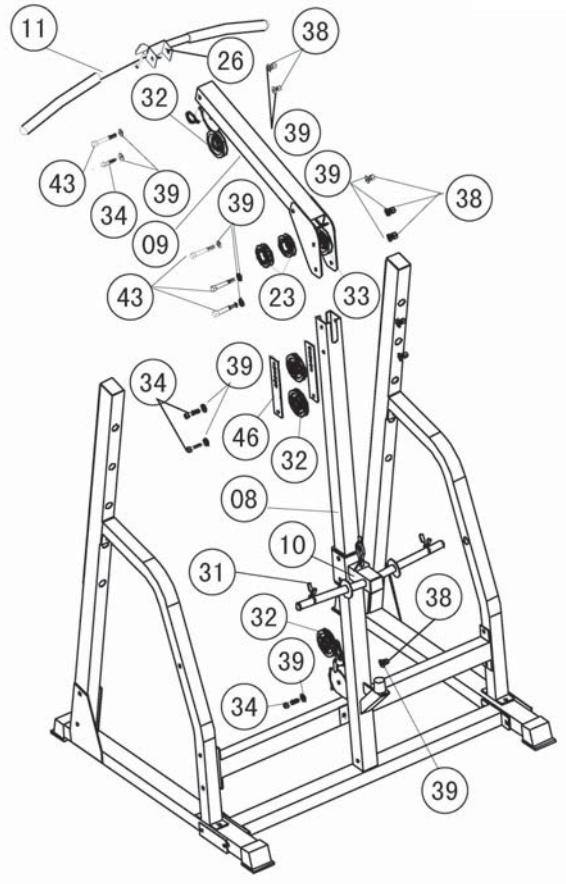


## STEP 2 Cont.

Attach the bottom of Vertical Frame (#8) to the bracket on the Rear Stabilizer (#3). Secure the Vertical Frame to the Rear Stabilizer with two M10 x 20 Hex Bolts (#35) and Washers Dia10 (#39). Secure the Vertical Frame (#8) to the Cross Brace (#4) with two M10 x 70 Carriage Bolts (#36), one 5 1/8" x 2 3/4" Bracket (#19), two Washers Dia10 (#39), and M10 Aircraft Nuts (#38).

Attach a Bumper (#28) onto the lower Vertical Frame (#8).

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



## STEP 3

Slide the Sliding Weight Holder (#10) onto the Vertical Frame (#8). Attach two Spring Clips 1" (#31) to the posts on the Sliding Weight Holder.

Insert the Upper Frame (#9) onto the top opening on the Vertical Frame (#8). Align the bottom hole on the top of the Vertical Frame. Secure it with one M10 x 80 Hex Bolts (#43) and two Washers Dia10 (#39).

Attach the Lat Bar Holder (#26) to the front of Upper Frame (#9). Secure it with one M10 x 80 Hex Bolts (#43), two Washers Dia10 (#39), and one M10 Aircraft Nut (#38).

Attach the Lat Bar (#11) to the Cable End with a Clip (#30).



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

## STEP 4

### Notice:

*The cable diagram below shows the proper routings of the 110" Lat Cable (#20), the 92" Low Row Cable (#16) for the cable assembly in Steps 4 Use the diagram to be sure that the two cables have been assembled correctly. If the cables have not been correctly routed, the Machine will not function properly and damage may occur.*

Draw the end, without the rubber ball, of the 110" Lat Cable (#20) to the open bracket at the front of the Upper Frame (#19). Install a Pulley (#32). Secure it with one M10 x45 Hex Bolt (#34), two Washers Dia10 (#39) and one M10 Nylon Nut (#38).

Draw the Cable along the Upper Frame towards the back of the machine to the first open bracket. Install two Pulleys (#23). Secure it with one M10 x80 Hex Bolt (#43), two Washers Dia10 (#39) and one M10 Nylon Nut (#38).

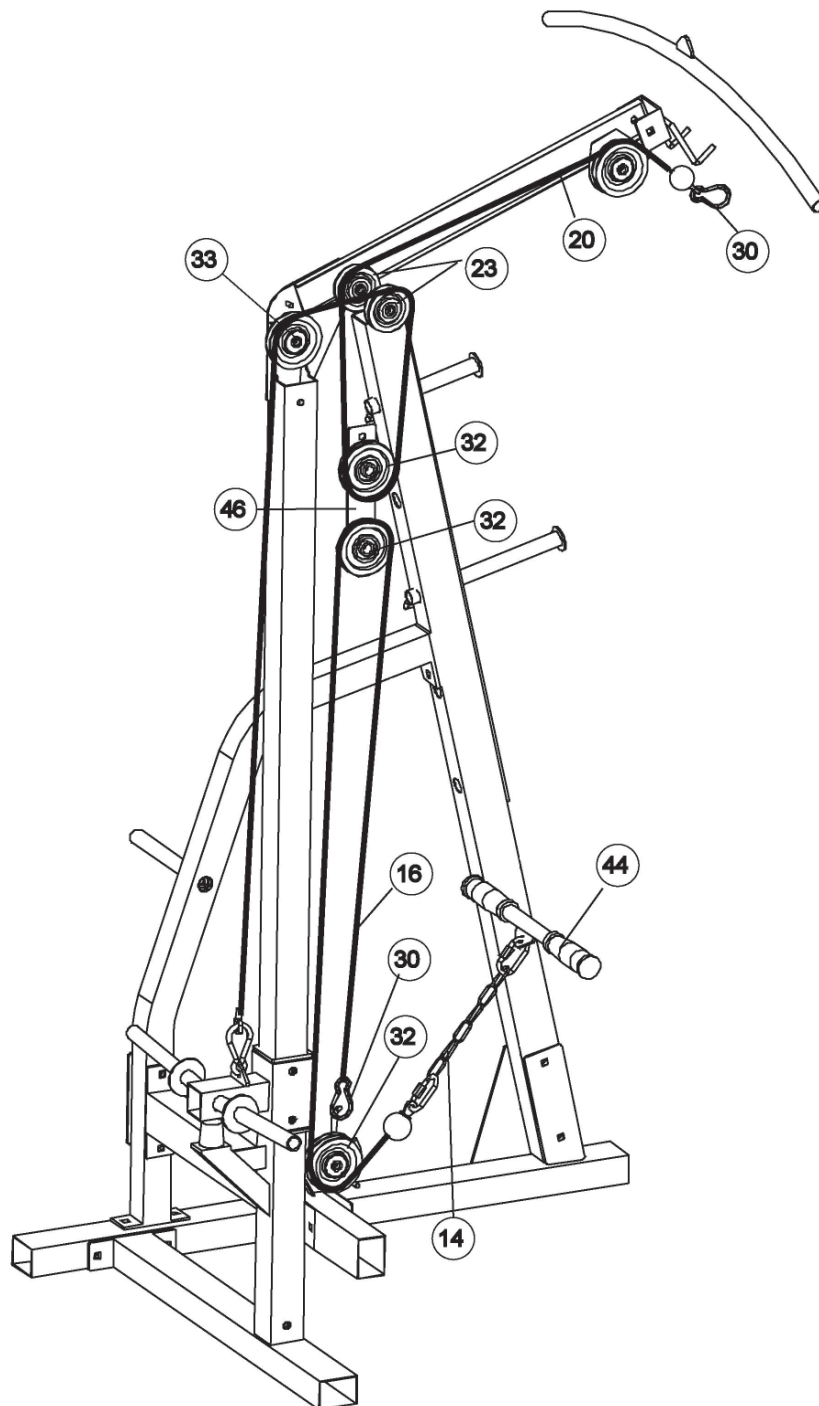
Pull the Cable over the top of the first Pulley (#23), Pull the Cable downward and attach a Pulley (#32) to it. Install the two Double Floating Pulley Brackets (#46) to the Pulley. Select any hole on the two Brackets for now. Secure them with one M10x45 Hex Bolt (#34), two Washers Dia10 (#39) and one M10 Nylon Nut (#38). After completing the installation, come back and adjust the tightness of the cable loop by selecting a different hole. Let the brackets hanging for now.

Draw the Cable upward to the second Pulley (#23). Thrill through above the Pulley (#32). Draw the Cable towards to the last bracket on the Upper Frame. Install a Pulley (#33). Secure it with one M10 x80 Hex Bolt (#43), two Washers Dia10 (#39) and one M10 Nylon Nut (#38). Draw the Cable around the Pulley then pull it down to the Slide Weight Holder (#10). Connect the Cable to the Holder and secure it with one Clip (#30).

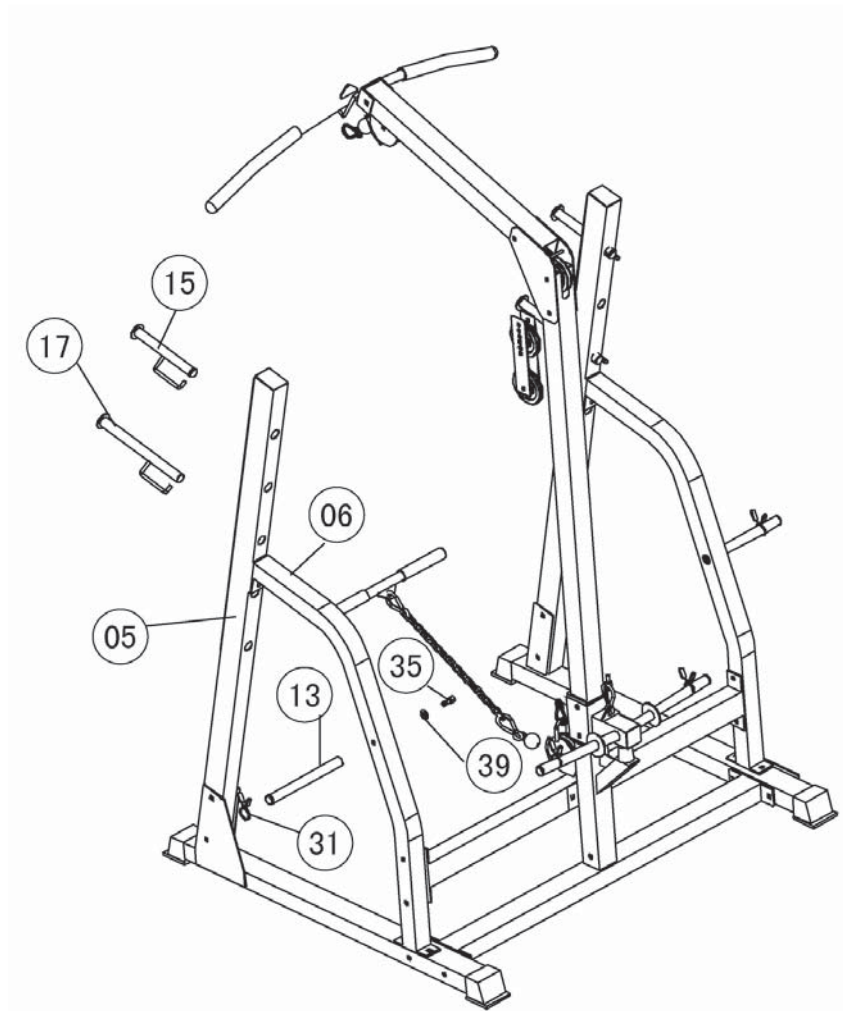
Draw the end, without the rubber ball, of the 92" Low Row Cable (#16) to the opening at the upper of the Cross Brace (#04). Install a Pulley (#32) to the opening. Secure it with one M10 x 45 Allen Bolt (#34), two Washers Dia10 (#39) and one M10 Nylon Nut (#38). Draw the Cable underneath around the Pulley then pull upward to the Double Floating Pulley Brackets (#46). Install a Pulley (#32). Secure it with one M10 x45 Allen Bolt (#34), two Washers Dia10 (#39) and one M10 Nylon Nut (#38). Pull the Cable around the Pulley then downward to the bracket on the the Cross Brace (#04). Secure it with one Clip (#30).

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

## STEP 4 Cont.



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



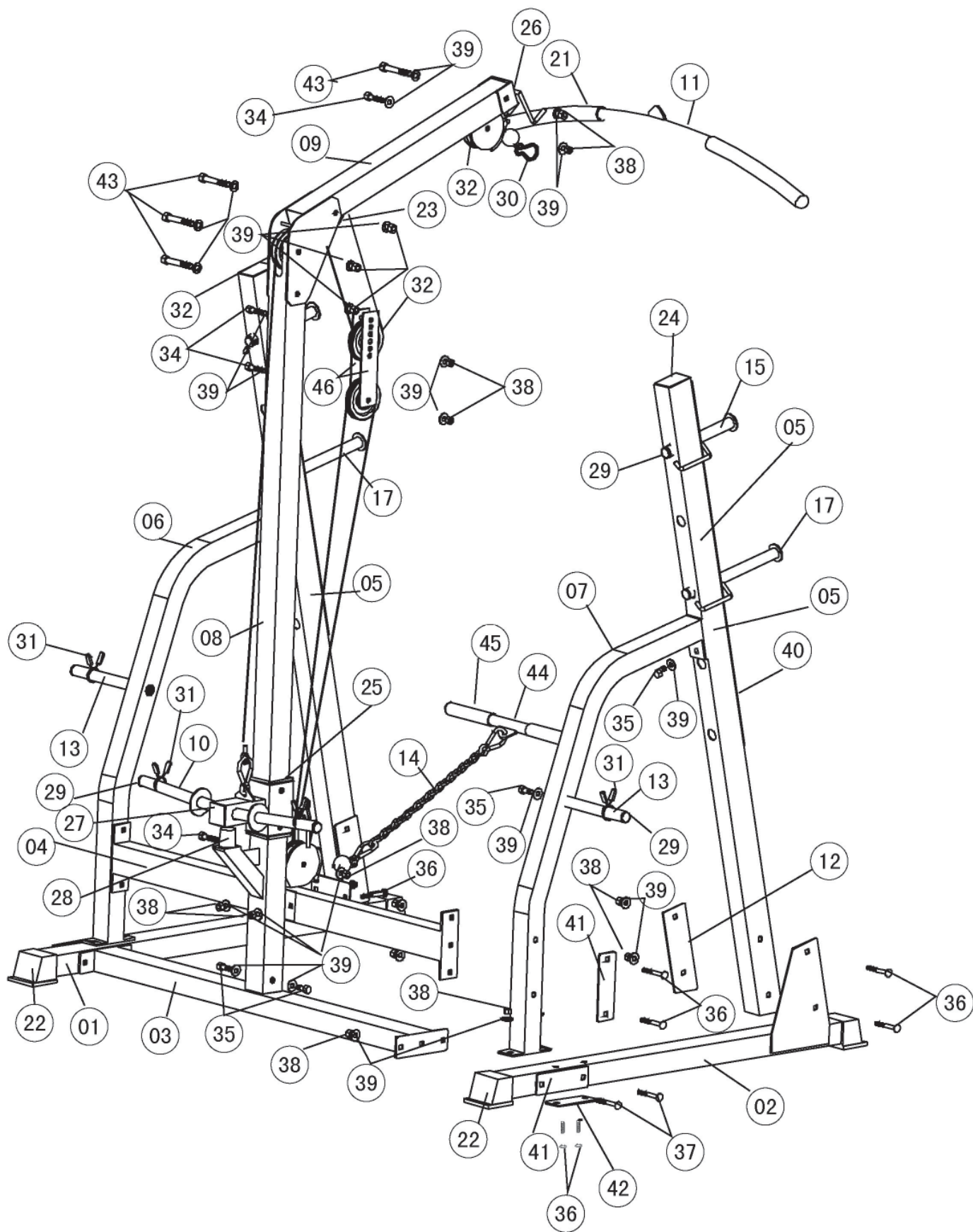
## STEP 5

Attach two Weight Plate Holders (#13) to the holes on the side of each Left and Right Supports (#6) & (#7). Secure each with a M10 x 20 Hex Bolt (#35) and Washer Dia10 (#39). Attach a Spring Clip 1" (#31) to each weight plate holder.

Insert the two Bar Catches (#15) into upper selected hole on the left and right Upright Beam. Insert the two Long Bar Catches (#17) into the bottom hole on the Left and Upright Beam.

## ST-PR Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00861	LEFT STABALIZER, ST-PR	1
2	223-00862	RIGHT STABALIZER, ST-PR	1
3	223-00863	REAR STABALIZER, ST-PR	1
4	223-00864	CROSS BRACE, ST-PR	1
5	223-00865	UPRIGHT BEAMS, ST-PR	2
6	223-00866	LEFT SUPPORT, ST-PR	1
7	223-00867	RIGHT SUPPORT, ST-PR	1
8	223-00868	VERTICAL FRAME, ST-PR	1
9	223-00869	UPPER FRAME, ST-PR	1
10	219-00340	SLIDING WEIGHT HOLDER, M-PR	1
11	223-00400	LAT BAR#11 M-PR/ST-PR	1
12	210-00168	BRACKET, 8 1/2" X 2 3/4" M-PR/ST-PR	2
13	219-00291	Weight Plate Holder M-PR/ST-PR	2
14	210-00101	CHAIN M-PR/ST-PR	1
15	223-00401	BAR CATCH#15 M-PR/ST-PR	2
16	229-00058	LOW ROW CABLE, M-PR/ST-PR	1
17	223-00402	LONG BAR CATCH#17 M-PR/ST-PR	2
18	206-00220	ROUND INNER PLUG, 25X2.5	2
19	210-00169	BRACKET, 5 1/8"X2 3/4" M-PR/ST-PR	1
20	229-00059	LAT CABLE#20 M-PR/ST-PR	1
21	206-00154	Lat Bar Grip M-PR/ST-PR	2
22	206-00155	Stabilizer End Cap M-PR/ST-PR	4
23	206-00156	Pulley D78X20 M-PR/ST-PR	2
24	206-00157	Square Inner Plug 2" x 2 3/4" M-PR	2
25	206-00158	Sliding Block sleeve M-PR/ST-PR	2
26	219-00292	LAT BAR HOLDER M-PR/ST-PR	1
27	206-00065	2" SQUARE PLUG	1
28	206-00160	BUMPER	1
29	206-00161	ROUND INNER PLUG, 25x2	1
30	210-00102	CLIP M-PR	4
31	210-00103	SPRING CLIP 1"	4
32	206-00162	PULLEY D100*24 M-PR/ST-PR	4
33	206-00163	Pulley D100X55 M-PR/ST-PR	1
34	202-00164	HEX BOLT, M10*45, M-PR/ST-PR	4
35	202-00296	HEX BOLT, M10X20	6
36	202-00166	CARRIAGE BOLT, M10*70, M-PR/ST-PR	14
37	202-00418	BOLT, M10X90	4
38	202-00168	AIRCRAFT NUT, M10 M-PR/ST-PR	26
39	202-00169	WASHER, DIA10 M-PR/ST-PR	40
40	210-00104	LONG BUMPER BRACKET M-PR/ST-PR	2
41	210-00105	BRACKET 6 1/4 * 2" M-PR/ST-PR	4
42	210-00106	BRACKET 4 3/4 * 2" M-PR/ST-PR	2
43	202-00163	HEX BOLT M10*80, M-PR/ST-PR	4
44	219-00293	LOW ROW BAR M-PR/ST-PR	1
45	206-00164	LOW ROW BAR GRIP M-PR/ST-PR	2
46	210-00107	DOUBLE PULLEY BRACKET M-PR/ST-PR	2
#	202-00376	BOLT PACK, M-PR/ST-PR	1
#	215-00090	MANUAL ST-PR	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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