

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

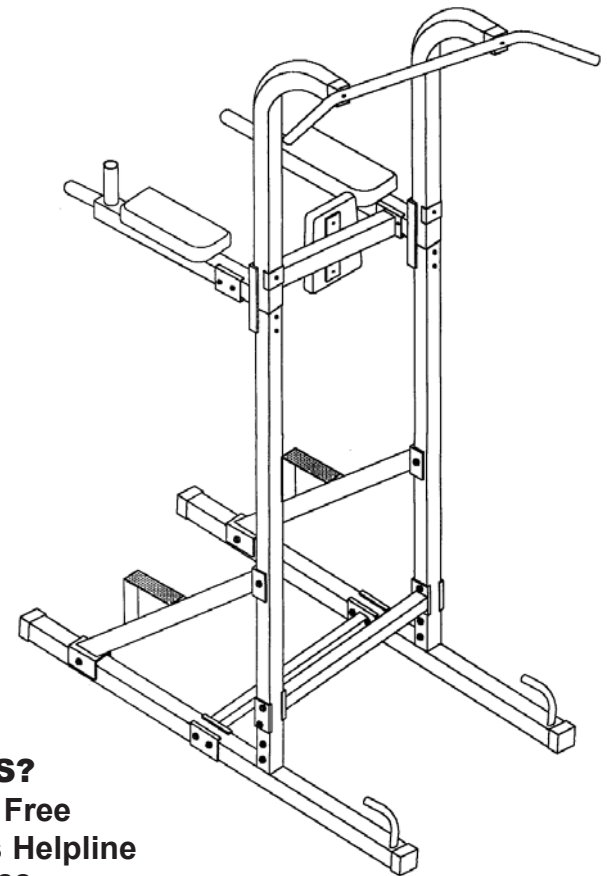


**Keys Fitness Products, L.P.**  
**4009 Distribution Dr.**  
**Suite 250**  
**Garland, Texas 75041**



**Power Tower**

## **OWNER'S MANUAL**



### **QUESTIONS?**

**Call Our Toll Free**  
**Keys Fitness Helpline**  
**1-888-340-0482**

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

### **CAUTION!**

**Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.**



**Keys Fitness is committed to quality products that demonstrate our commitment to excellence!**

## **Strength Trainer Series Model: Power Tower**

### **Questions?**

**Please call if:**

- you need assistance about operating your exercise unit
- parts are missing
- parts become worn or need to be replaced

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

**When requesting information please have the following available:**

- The Name
- The Model
- The Part Number
- The Description

## **KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY**

**PRODUCT:** STRENGTH TRAINER POWER TOWER  
**HOME USE WARRANTY:** Frame: 1 YEAR  
Parts: 90 DAYS

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys 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 purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys 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 this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited 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; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:  
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

## Before You Start

Thank you for purchasing a Keys Strength Trainer Unit! This quality product you have chosen was designed to meet your needs for strength training exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

## Important Safety Information WARNING!

- 1) Before using this exercise 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.
- 2) To reduce the risk of possible injuries to the user, it is important to review this manual and the following precautions before operation.

## Safety Precautions and Tips

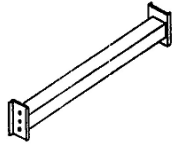
It is the owner's responsibility to ensure that all users of this exercise unit have read the Owner's Manual and are familiar with warnings and safety precautions.

- This strength training unit has a user maximum capacity of 250 lbs pounds.
- It should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water.
- Wear comfortable, good-quality walking or exercise shoes and appropriate clothing. Do not use this exercise unit with bare feet, sandals, socks or stockings!
- Always examine your strength training unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise unit.
- Service to your Keys strength training unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

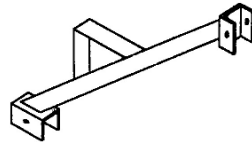
## Assembly Accessories



Upright Support (No.3)



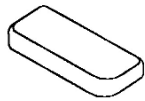
Support (No.15)



Angle Support (No.7)



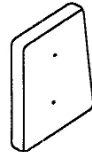
Small Support Plate (No.25)



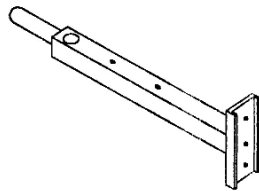
Arm Pad (No.10)



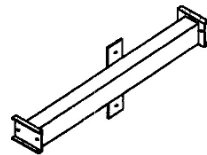
Support Plate (No.13)



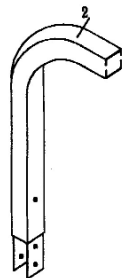
Padded Back Support (No.9)



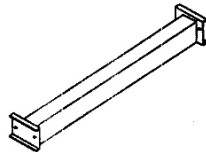
Handle Arm (No.4)



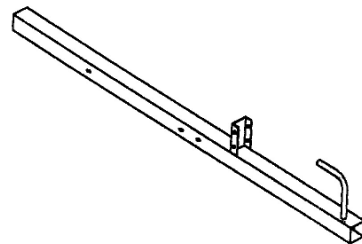
Support (No.6)



Support (No.2)



Support (No.34)



Base Legs (No.5)

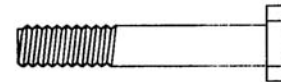
## Assembly Accessories



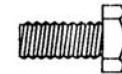
(No.21) Bolt 3/8" x 40 (2 ea)



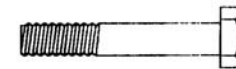
(No.22) Bolt 3/8" x 15 (18 ea)



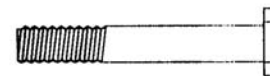
(No.23) Bolt 3/8" x 70 (14 ea)



(No.24) Bolt M8 x 15 (2 ea)



(No.26) Bolt M8 x 60 (4 ea)



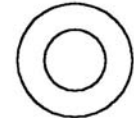
(No.27) Bolt M8 x 70 (4 ea)



(No.29) 3/8" Locknut (14 ea)



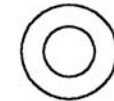
(No.30) M8 Locknut (4 ea)



(No.31) Washer (46 ea)



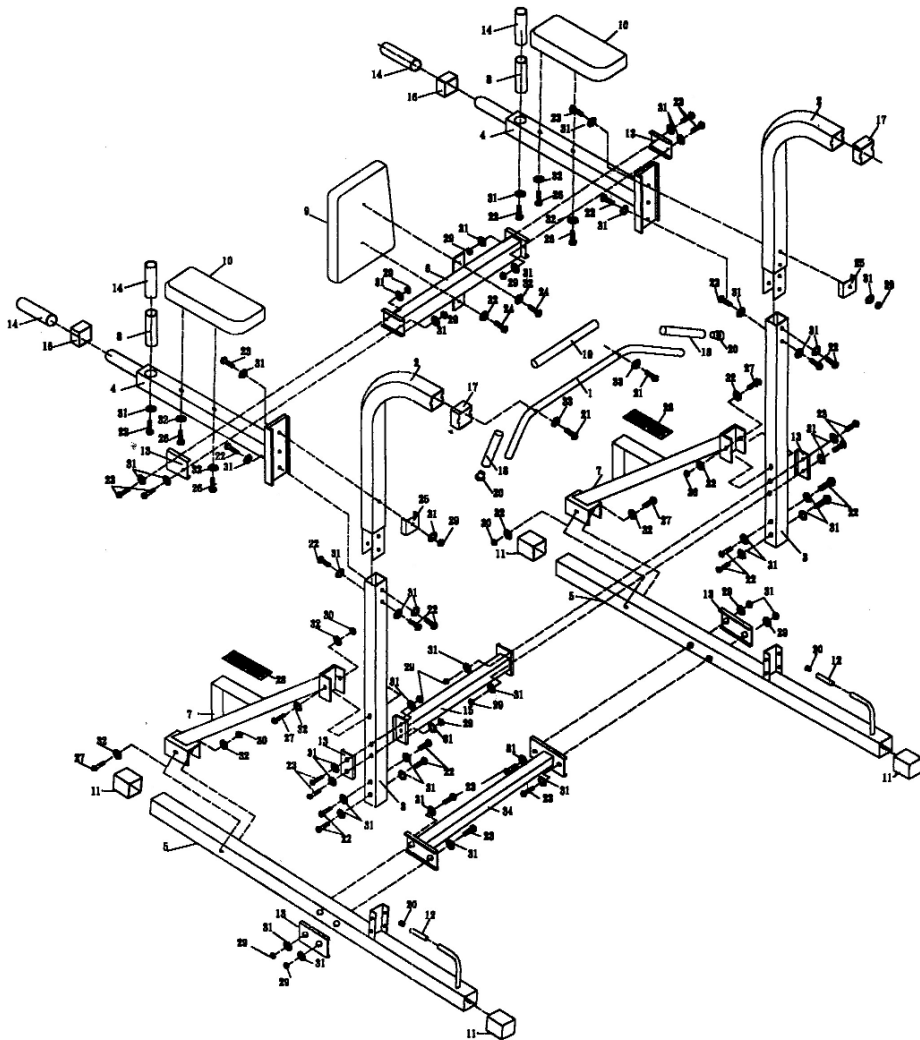
(No.32) Washer (14 ea)



(No.33) Arc Washer (2 ea)



## Exploded View



6

## STPT Parts List

Part NO.	Item
1	LAT BAR
2	UPRIGHT SUPPORT FOR LAT
3	UPRIGHT SUPPORT FOR DIP
4	INSIDE BEARING COLLAR
5	DIP HANDLE ARM
6	BASE LEGS
7	VKR CROSS SUPPORT
8	ANGLE SUPPORT
9	PADDED BACK SUPPORT
10	ARM PAD
11	RUBBER ENDCAP FOR 55MM SQUARE
12	FOAM PADDING 22ID X 32OD X 140
13	U SUPPORT PLATE
14	RUBBER HAND GRIP (32MM ID HOLE)
15	CENTER CROSS SUPPORT
16	DIP HANDLE BUSHING (32MM ID HOLE)
17	RUBBER CAP FOR LAT UPRIGHT
18	FOAM PADDING 22 ID X 32 OD X 240
19	FOAM PADDING 22 ID X 32 OD X 445
20	END CAP 25MM DIA (1")
21	BOLT 3/8" X 40
22	BOLT 3/8" X 15
23	HEX HEAD BOLT 3/8" X 70
24	BOLT M8 X 15 (9/16")
25	SMALL SUPPORT PLATE
26	BOLT M8 X 60 (2-3/4)
27	BOLT M8 X 70 (2-3/4)
28	NON-SLIP RUBBER PAD
29	NYLOCK NUT 3/8"
30	LOCKNUT FOR M8 BOLT
31	WASHER 10 X 26 X 2.0
32	WASHER 22MM DIA FOR M8 BOLT
33	CURVED WASHER FOR M10 BOLT
34	LOW CROSS SUPPORT

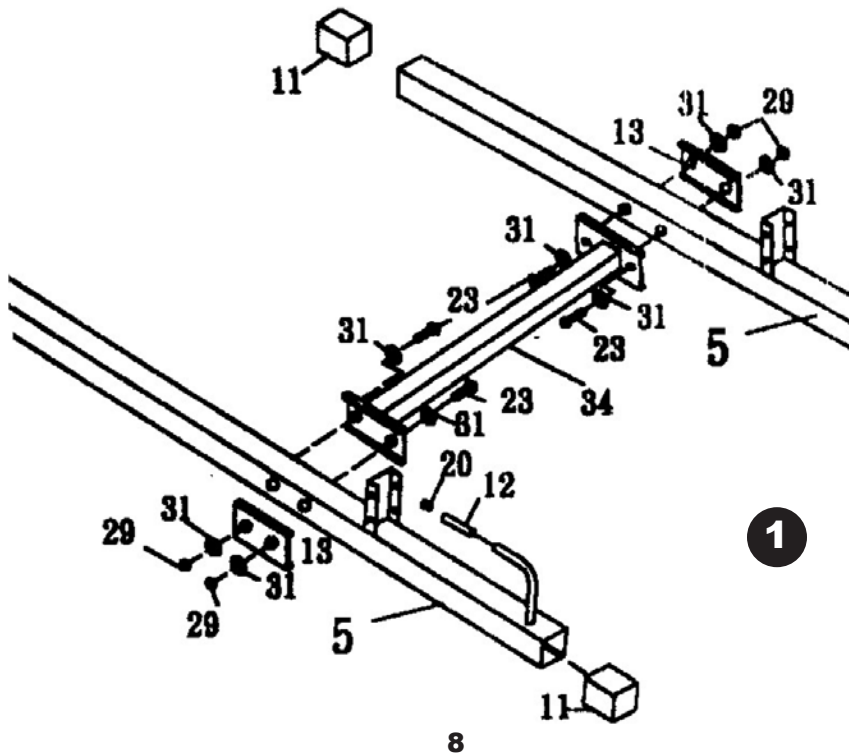
7

## Assembly of Power Tower

REMOVE ALL SECURITY TAPE AND WRAPPING  
BEFORE BEGINNING.

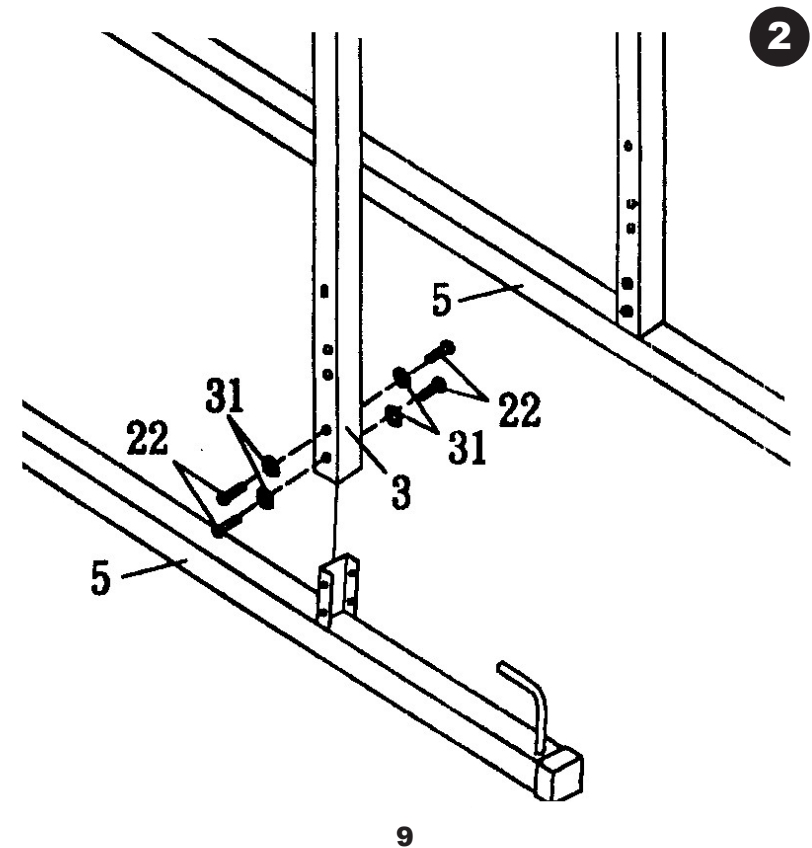
### 1. Hand tighten bolts. Do not use wrenches at this time.

- Slide rubber endcaps (11) onto each end of both base legs (5).
- Slide foam padding onto each push-up bar.
- Connect low cross support (34) to each base leg with two support plates (13).



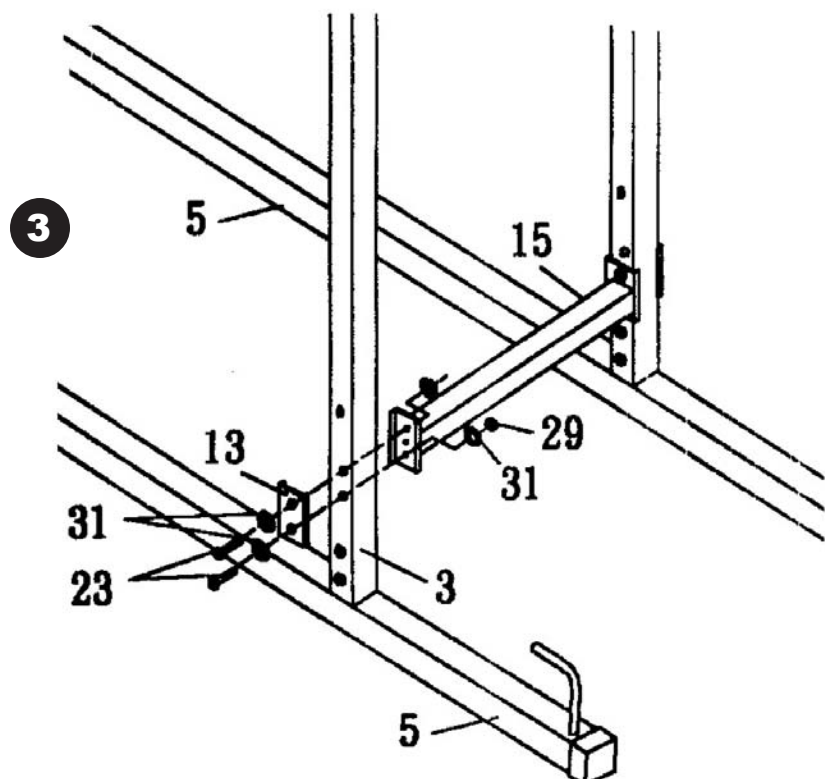
### 2. Hand tighten bolts. Do not use wrenches at this time.

- Connect each upright support (3) to each base leg (5).



**3. Hand tighten bolts. Do not use wrenches at this time.**

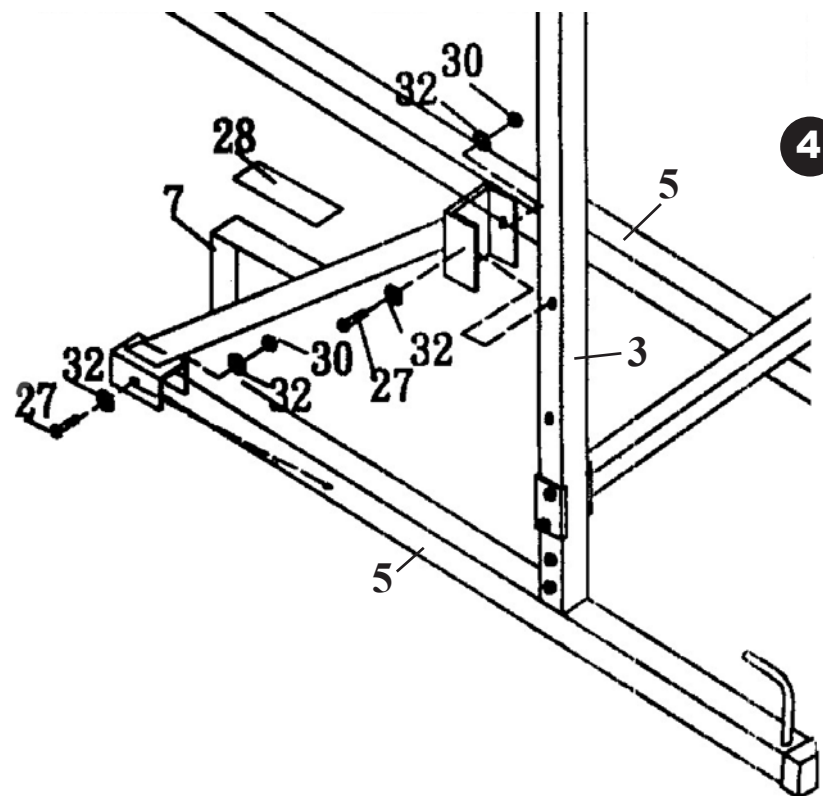
- Connect center cross support (15) to each upright support (3) with two support plates (13).



10

**4. Hand tighten bolts. Do not use wrenches at this time.**

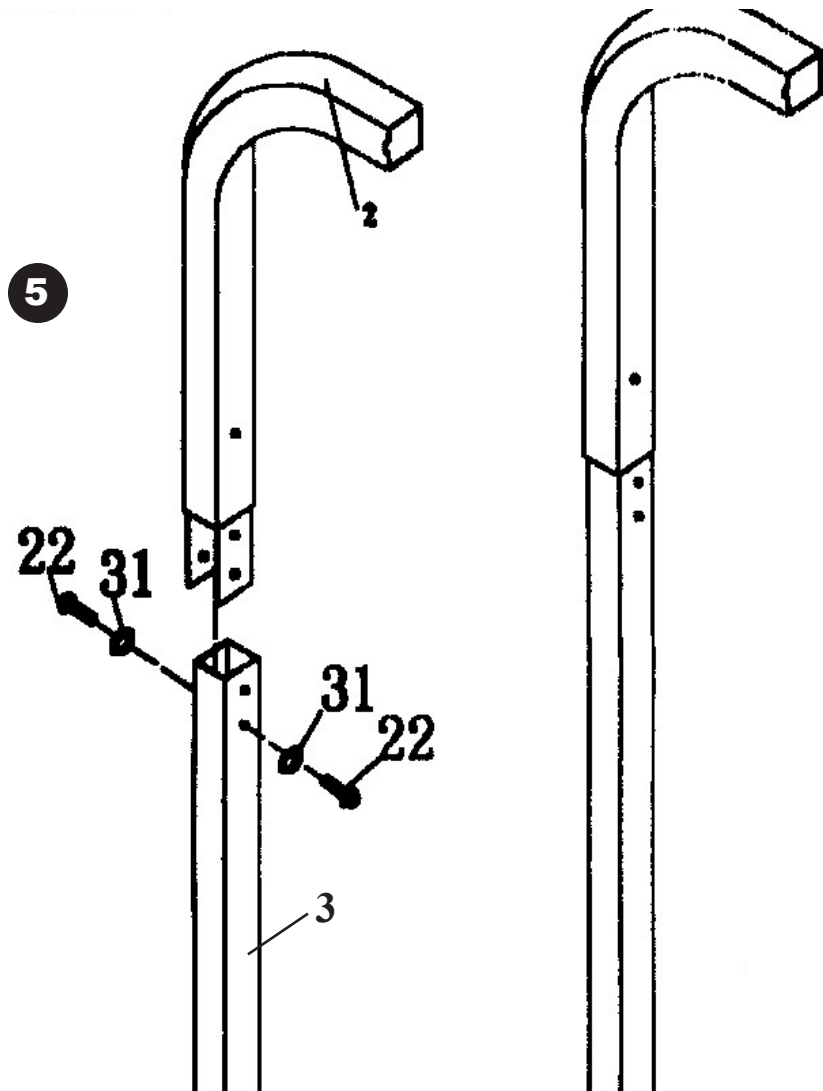
- Connect both angle supports (7) to each base legs (5) and upright supports (3). Make sure nonslip rubber pad (28) on each angle support is facing up.



11

**5. Hand tighten bolts. Do not use wrenches at this time.**

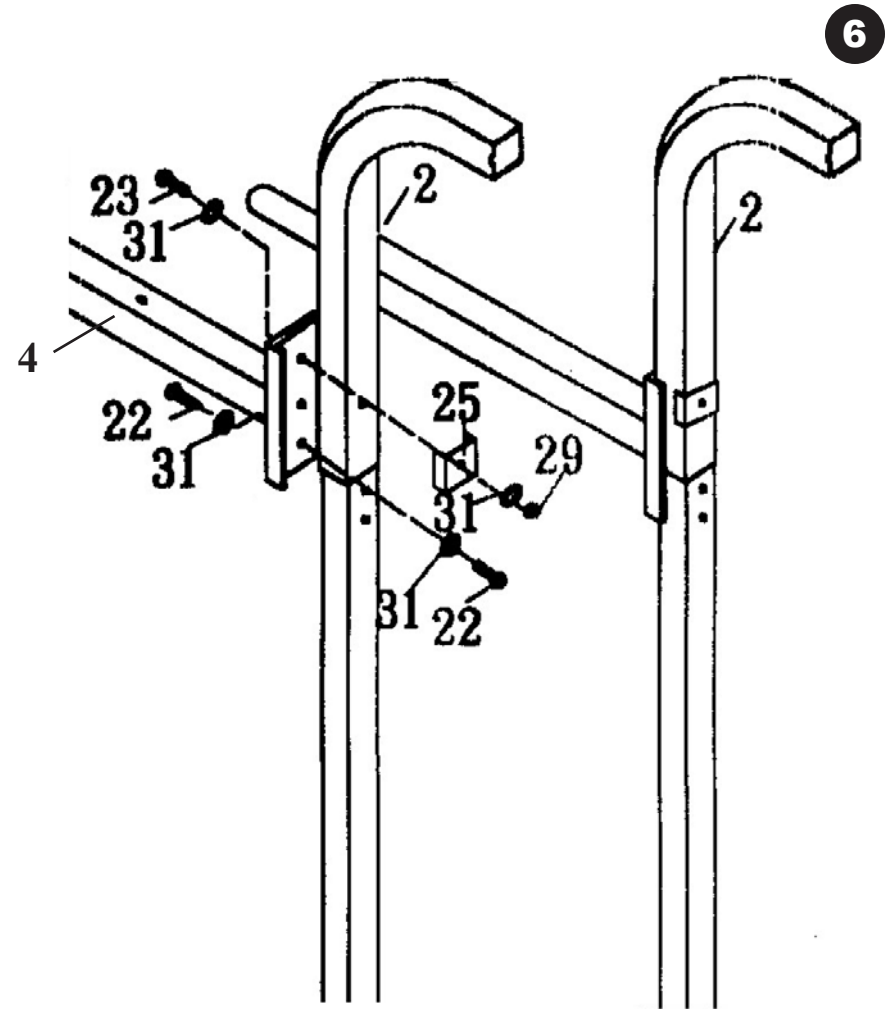
- Slide upright supports (2) onto each upright support (3) and connect.



12

**6. Hand tighten bolts. Do not use wrenches at this time.**

- Connect dip handle arms (4) to upright supports with small support plates (25).

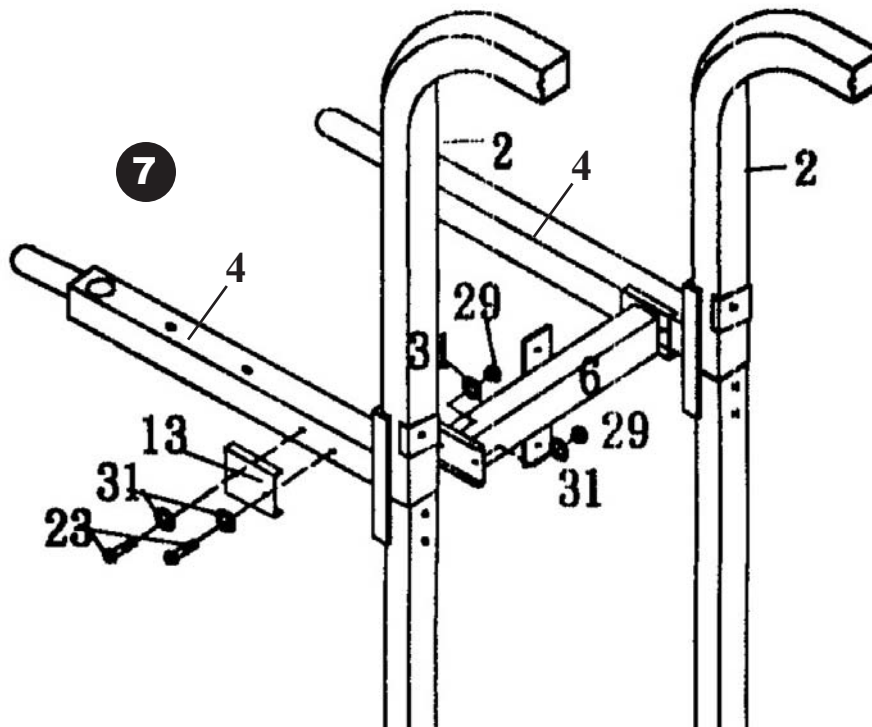


13



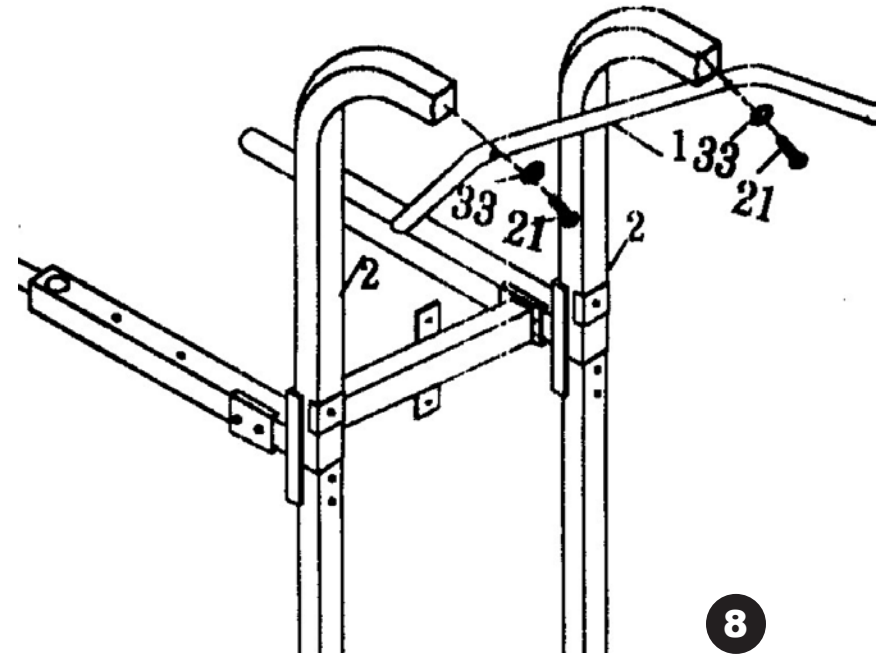
**7. Hand tighten bolts. Do not use wrenches at this time.**

- Connect support (6) to each dip handle arm (4) with support plates (13).



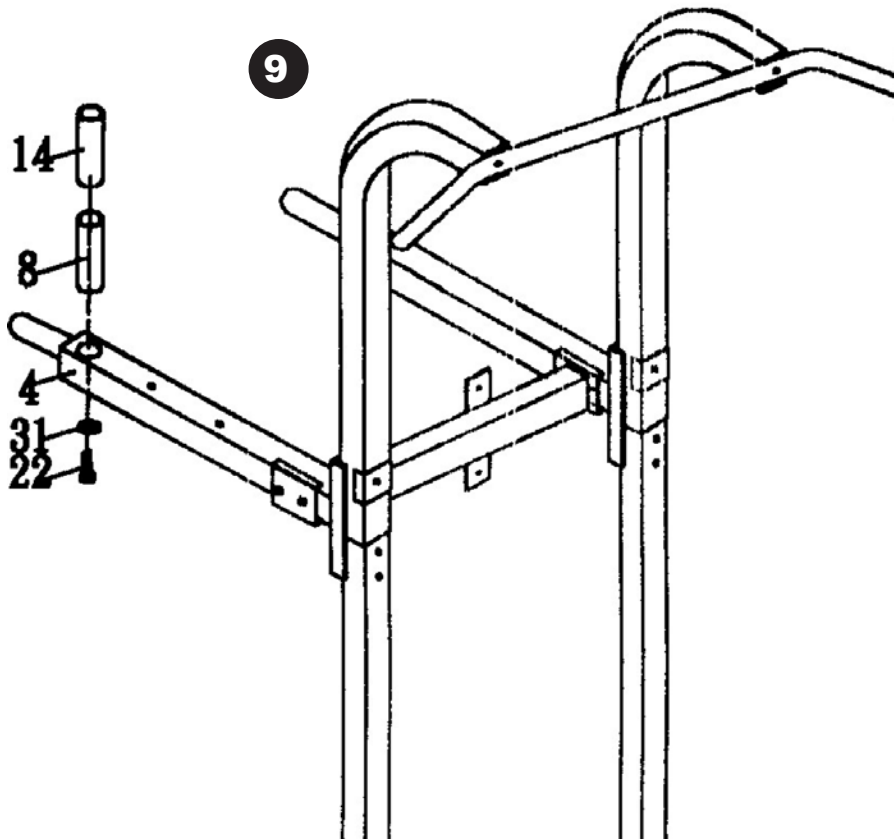
**8. NOW FIRMLY TIGHTEN ALL BOLTS USED IN STEPS 1-8.**

- Connect lat bar (1) into the supports (2).



**9. Tighten bolts firmly.**

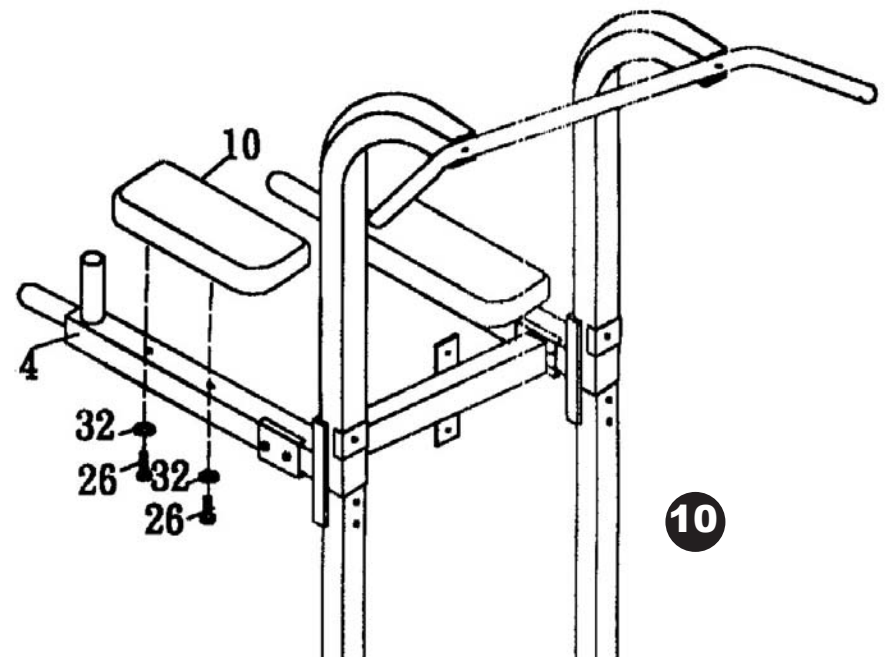
- Connect handles (8) into each dip handle arm (4).



16

**10. Tighten bolts firmly.**

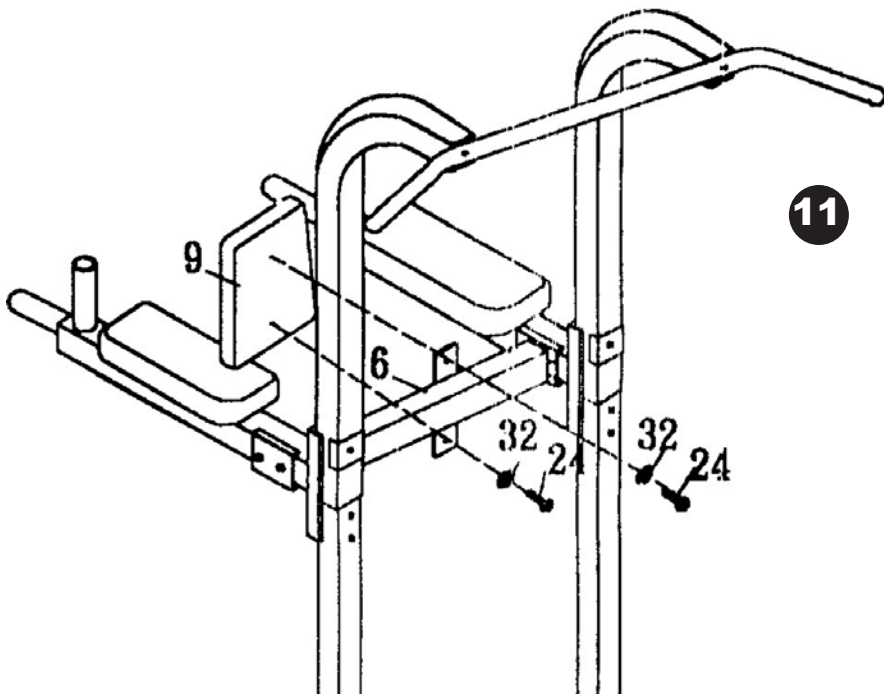
- Connect arm pads (10) to the dip handle arms (4).



17

## 11. Tighten bolts firmly.

- Connect padded back support (9) to the bracket on the cross support (6).



## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>