

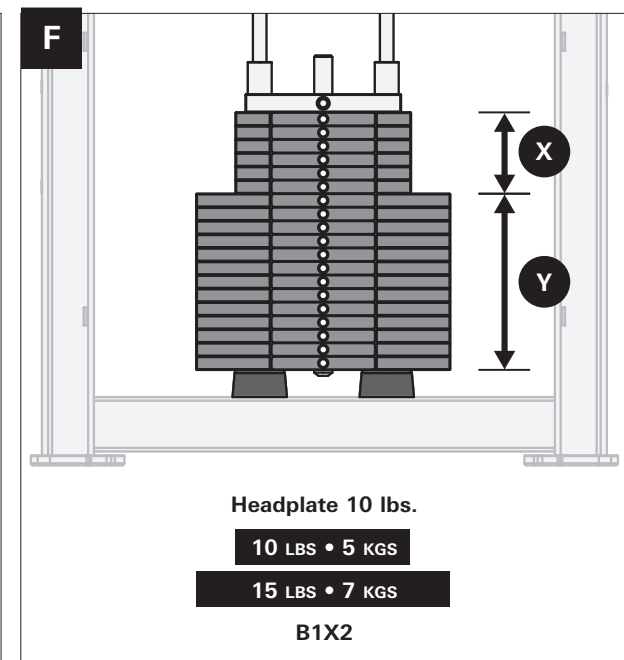
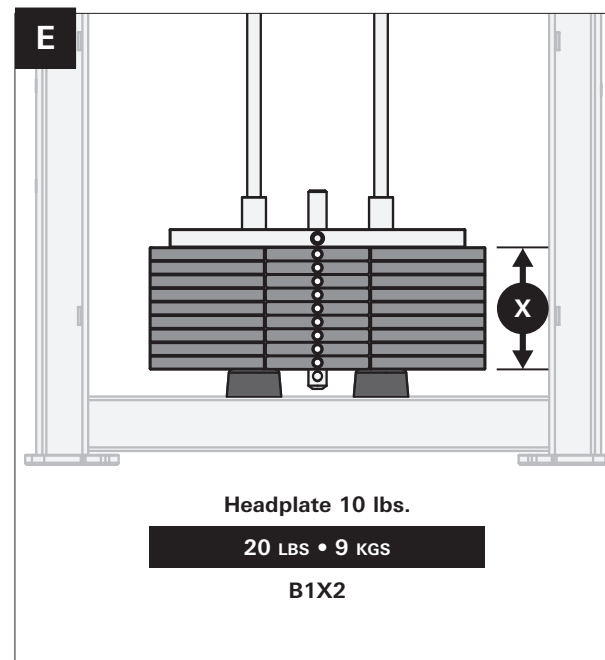
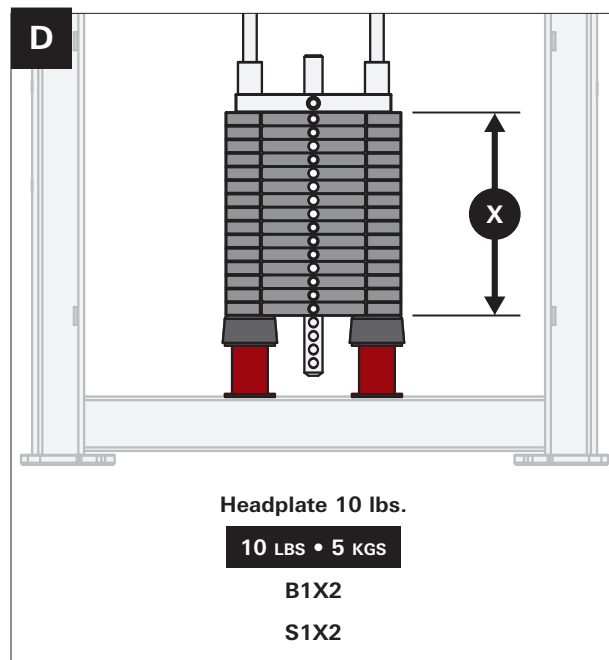
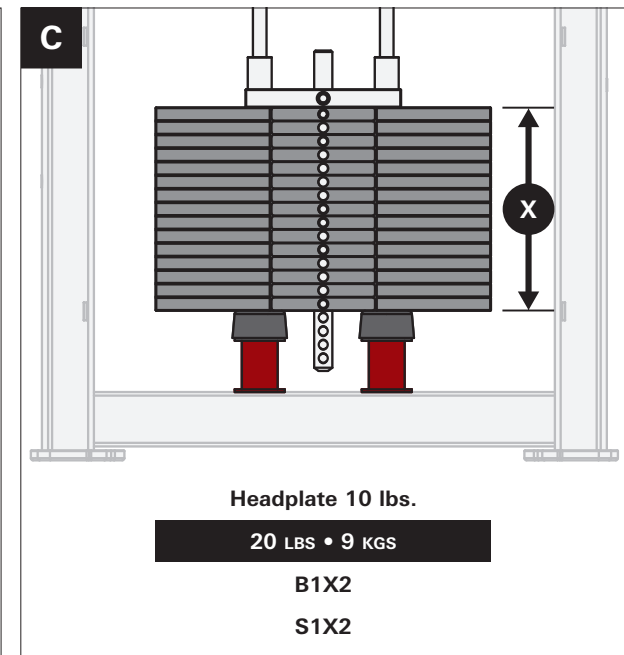
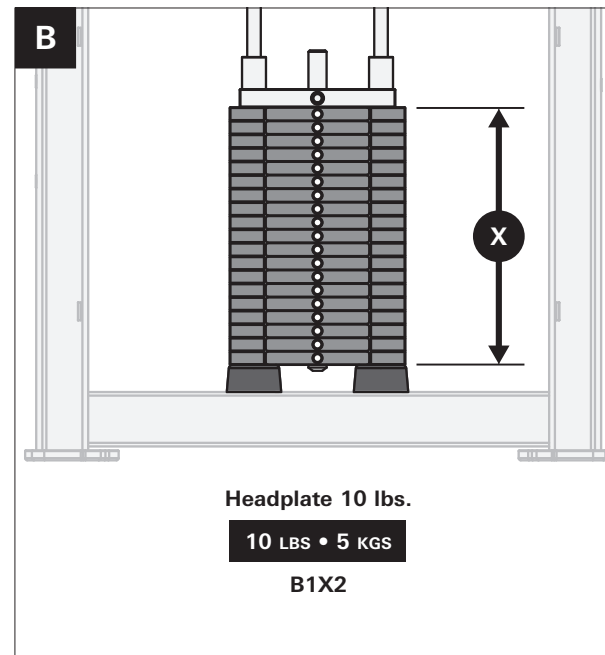
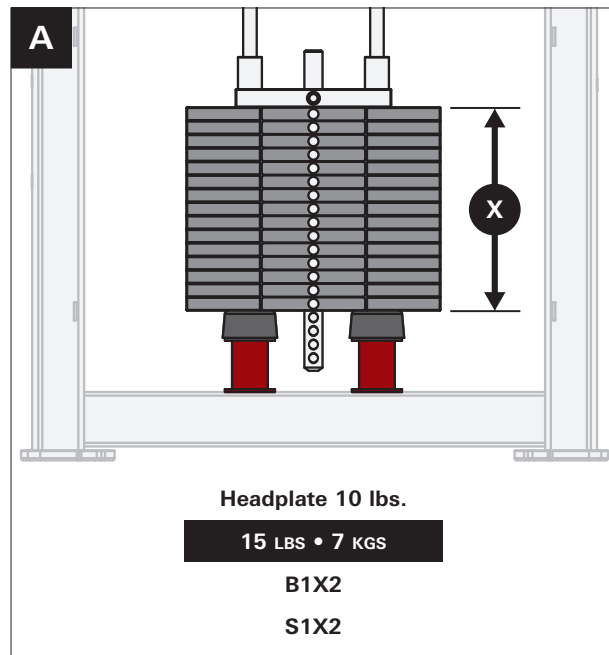


KEYSTONE SELECTORIZED **WEIGHT STACK OWNER GUIDE**



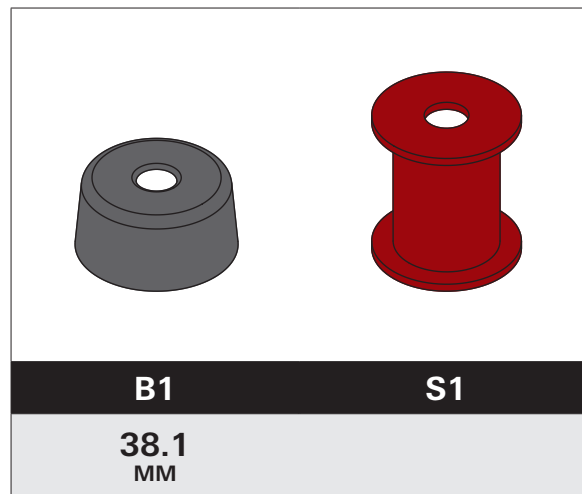


CONFIGURATIONS





BUMPERS



STACK DECALS

D1	D2	D3
	lbs 10 4.5 kg	
	lbs 20 9 kg	
	lbs 30 14 kg	
	lbs 40 18 kg	
	lbs 50 23 kg	
	lbs 60 27 kg	
	lbs 70 32 kg	
	lbs 80 36 kg	
	lbs 90 41 kg	
	lbs 100 45 kg	
	lbs 110 50 kg	
	lbs 120 54 kg	
	lbs 130 59 kg	
	lbs 140 64 kg	
	lbs 150 68 kg	
	lbs 160 73 kg	
	lbs 170 77 kg	
	lbs 180 82 kg	
	lbs 190 86 kg	
	lbs 200 91 kg	
lbs 10 4.5 kg		lbs 10 4.5 kg
lbs 25 11 kg		lbs 30 14 kg
lbs 40 18 kg		lbs 50 23 kg
lbs 55 25 kg		lbs 70 32 kg
lbs 70 32 kg		lbs 90 41 kg
lbs 85 39 kg		lbs 110 50 kg
lbs 100 45 kg		lbs 130 59 kg
lbs 115 52 kg		lbs 150 68 kg
lbs 130 59 kg		lbs 170 77 kg
lbs 145 66 kg		lbs 190 86 kg
lbs 160 73 kg		lbs 210 95 kg
lbs 175 79 kg		lbs 230 104 kg
lbs 190 86 kg		lbs 250 113 kg
lbs 205 93 kg		lbs 270 122 kg
lbs 220 100 kg		lbs 290 131 kg
lbs 235 107 kg		lbs 310 140 kg



STACK DECALS

D4	D5	D6	D7	D8
lbs 104.5 kg lbs 209 kg lbs 3014 kg lbs 4018 kg lbs 5023 kg lbs 6027 kg lbs 7032 kg lbs 8036 kg lbs 9041 kg lbs 10045 kg lbs 11050 kg lbs 12054 kg lbs 13059 kg lbs 14064 kg lbs 15068 kg lbs 16073 kg	lbs 104.5 kg lbs 3014 kg lbs 5023 kg lbs 7032 kg lbs 9041 kg lbs 11050 kg lbs 13059 kg lbs 15068 kg lbs 17077 kg lbs 19086 kg	lbs 104.5 kg lbs 209 kg lbs 3014 kg lbs 4018 kg lbs 5023 kg lbs 6027 kg lbs 7032 kg lbs 8036 kg lbs 9041 kg lbs 10045 kg lbs 11050 kg lbs 12054 kg lbs 13059 kg lbs 14064 kg lbs 15068 kg lbs 16073 kg lbs 17077 kg lbs 18082 kg	lbs 104.5 kg lbs 2511 kg lbs 4018 kg lbs 5525 kg lbs 7032 kg lbs 8539 kg lbs 10045 kg lbs 11552 kg lbs 13059 kg lbs 14566 kg lbs 16073 kg lbs 17579 kg lbs 19086 kg lbs 20593 kg	lbs 3014 kg



CONFIGURATIONS

MACHINE	CONFIGURATION	BUMPERS	SPACERS	DECALS	WEIGHT PLATES	CARTON NAME	TOTAL LABELED WEIGHT	
							LBS	KG
V-KEY-SL-13 CONVERGING CHEST PRESS	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-23 CONVERGING SHOULDER PRESS	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-33 DIVERGING LAT PULLDOWN	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-34 DIVERGING SEATED ROW	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-40 BICEPS CURL	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-42 TRICEPS PRESS	B	B1	N/A	D6	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	180	82
V-KEY-SL-52 BACK EXTENSION	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-53 ABDOMINAL	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-55 ROTARY TORSO	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-701 LEG PRESS / CALF PRESS	C	B1	S1	D3+D8	X= 15 X 20 LBS. + HEADPLATE	V-KEY-SL-WS-310	310	140
V-KEY-SL-71 LEG EXTENSION	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-72 SEATED LEG CURL	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-78 GLUTE TRAINER	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-131 MULTI-PRESS	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-221 PEC FLY / REAR DELT	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-331 LAT PULLDOWN / SEATED ROW	E	B1	N/A	D5	X= 9 X 20 LBS. + SPECIAL HEADPLATE	V-KEY-SL-WS-190	190	86
V-KEY-SL-531 AB / LOW BACK	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-601 CIN / DIP ASSIST	F	B1	N/A	D7	X= 6 X 10 LBS. Y= 13 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-265	205	93
V-KEY-SL-711 LEG EXT / LEG CURL	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE"	V-KEY-SL-WS-235	235	107
V-KEY-SL-741 HIP ABDUCTOR / ADDUCTOR	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73



ASSEMBLY

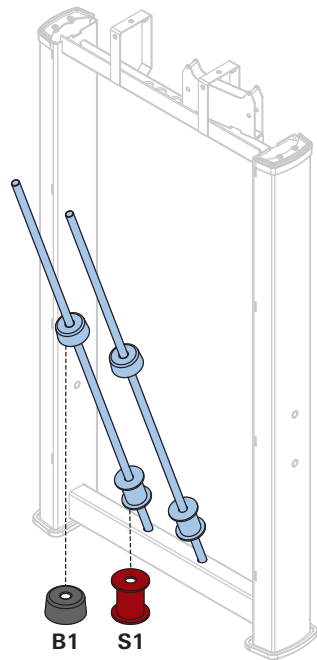
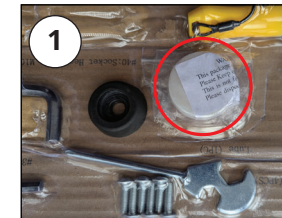
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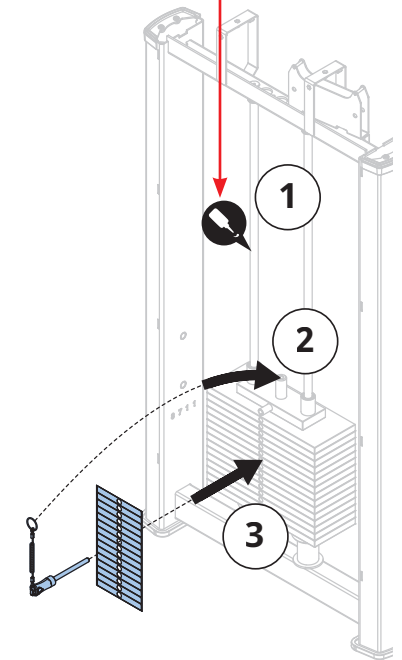
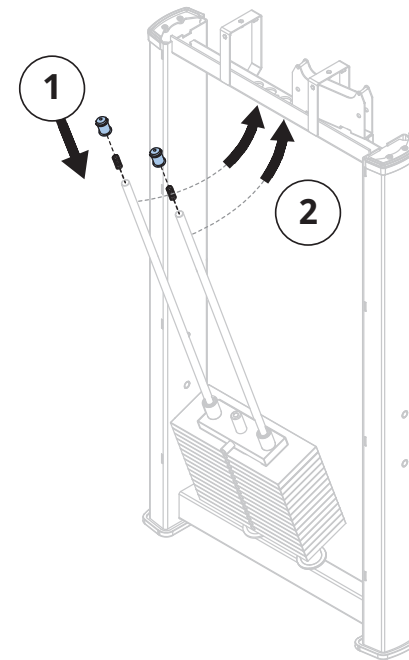
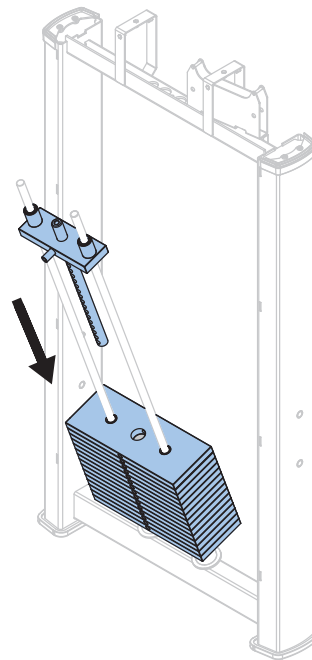
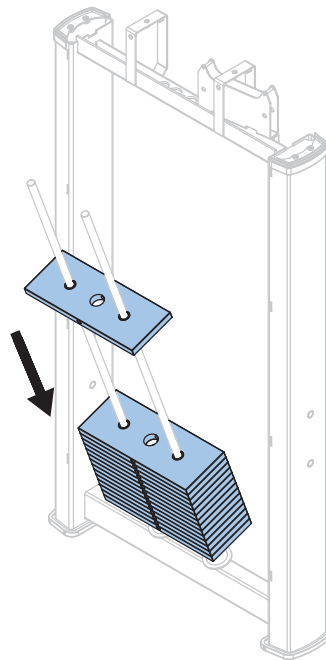
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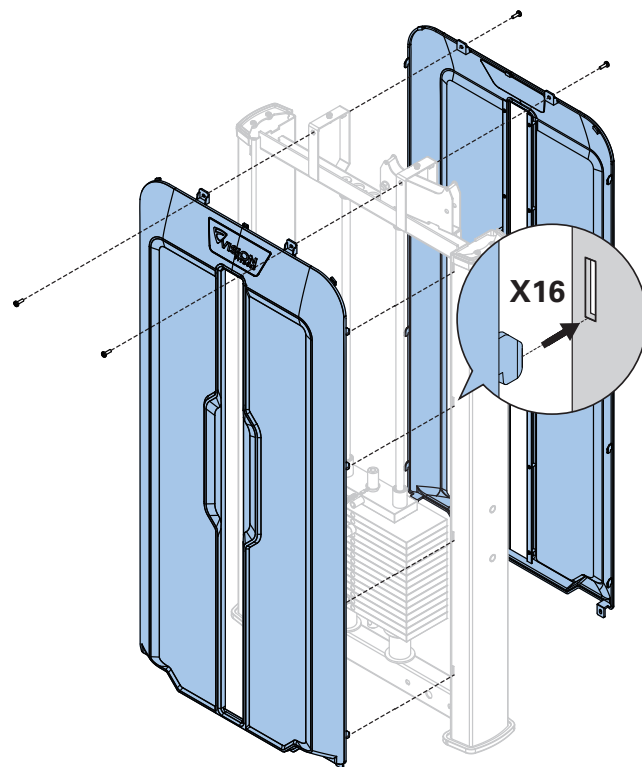
SEE CONFIGURATION



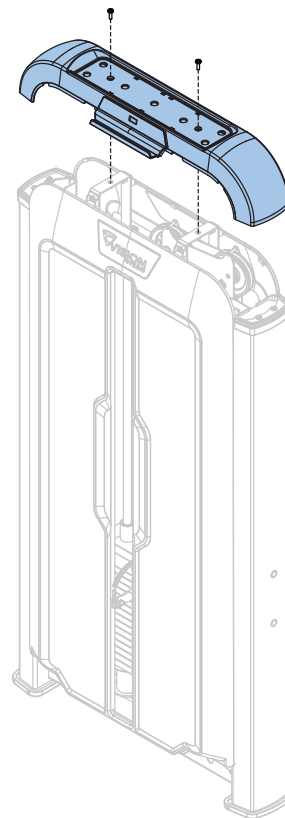


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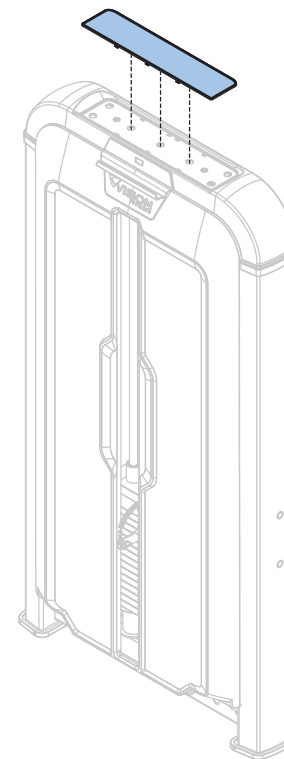
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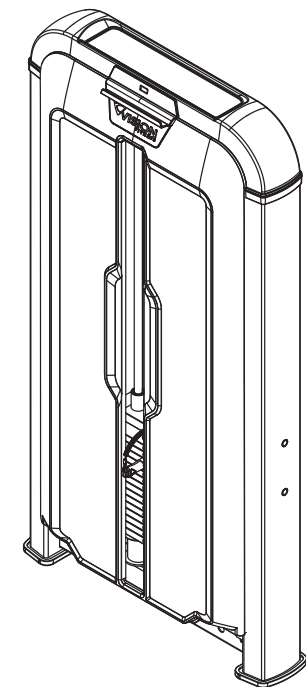
7



8



ASSEMBLY COMPLETE



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**KEYSTONE SELECTORIZED WEIGHT STACK OWNER GUIDE**

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