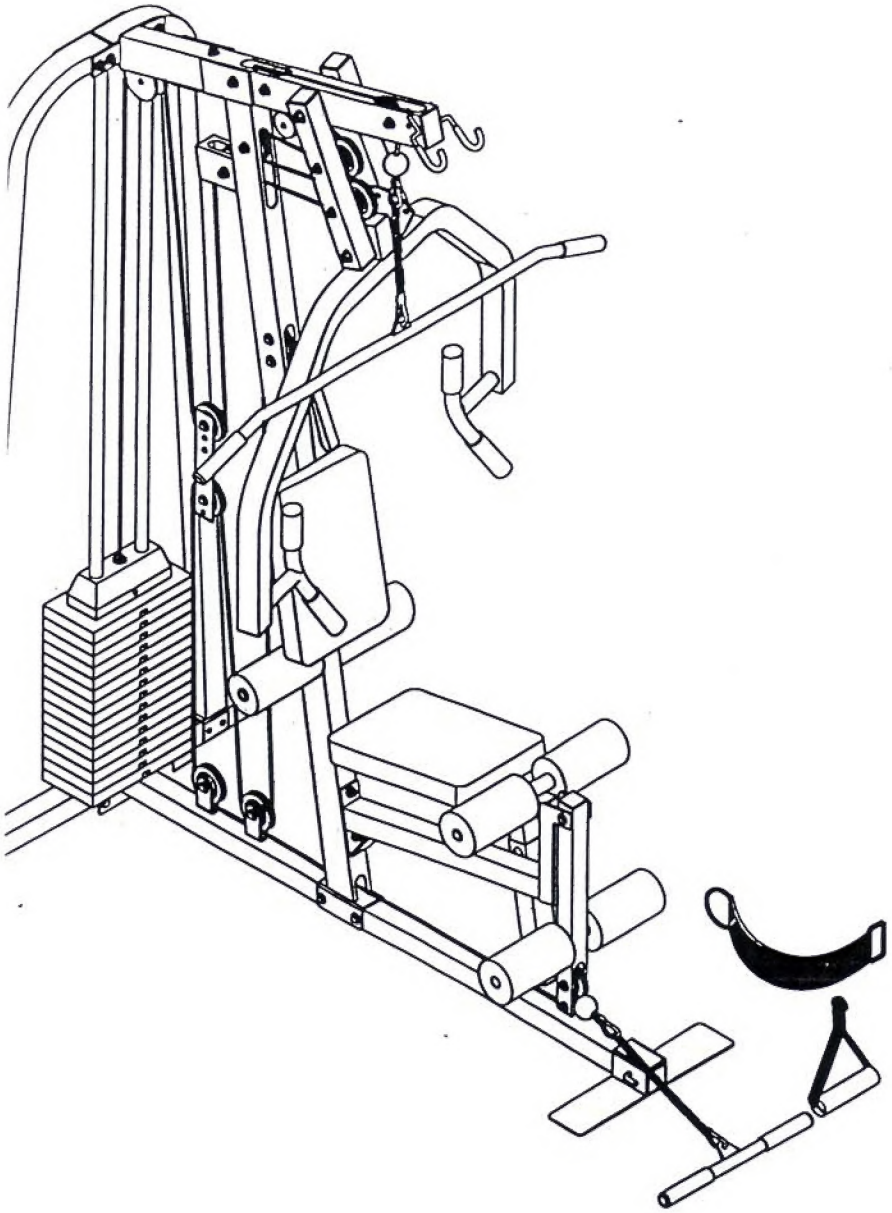
KEYS FITNESS

We meet all your fitness needs.

STRENGTH TRAINER 300



RNING: Before beginning this or any exercise program consult your physician. This is especially important for ons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before this product. KEYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

arranty applies only in the United States to products manufactured or distributed by Keys Fitness, Inc. under the Keys Fitness brand

tness warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys fitness or from orized Keys Fitness reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales showing the date of purchase of the product, is your proof of the date of purchase. This warranty extends only to you, the original er. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Warranty s VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the product.

in warranty service, you must return the product and/or the defective part to Keys Fitness in its original container (or equivalent). st pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You sent Keys Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery -of-purchase documents will be cause to void Warranty. This warranty covers only parts, not labor or receive charges for ion. This warranty does include wear and tear on all parts.

rranty does not extend to any Product not purchased from Keys Fitness or from an authorized Keys Fitness reseller. This warranty 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 manufactured or sold by Keys Fitness; (c) by modification of the Product; (d) as a result of service by anyone other than Keys or an authorized Keys Fitness warranty service provider. Should any product submitted for Warranty service be found to be e, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys Fitness receipt of payment table arrangement of payment.

T AS EXPRESSLY SET FORTH IN THE WARRANTY KEYS FITNESS MAKES NO OTHER WARRANTIES, EXPRESSED OR D INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. ITNESS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED NTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER KEYS S NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OF THE EXCLUSION OR TION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT TO YOU. This Warranty gives you express warranty applicable to Keys Fitness branded products. Keys Fitness neither assumes orizes anyone to assume for it any other express warranty.

returning a product you must call Keys Fitness at 1-888-340-0482 to obtain a Return zation Number. No returns will be accepted without the Return Authorization Number. l purchaser must pre-pay all freight charges on warranty claims. Keys Fitness will not accept Collect shipments or return shipments on freight collect basis.

You must fill outWarranty Registration Card completely, and return it to KEYS FITNESS nin 30 days of purchase for this warranty to be valid. Be sure to include a copy of your original receipt.

PLEASE FILL OUT THE FOLLOWING AND RETURN TO:
KEYS FITNESS PRODUCTS, L.P.
P.O. BOX 551239
DALLAS, TX 75355-1239

_____

_____

_____ STATE _____ ZIP _____

_____ (W) _____

IASED _____ STORE NAME _____

_____

CARD PURCHASE DATE

ORTANT SAFETY INFORMATION

RNING: Before beginning this or any exercise program consult your physician. This pecially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product.
EYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

nspect and tighten all parts each time you use the weight training system. Replace any worn parts by contacting your local dealer or KEYS FITNESS.

Keep your hands and other parts of your body away from moving parts other than designed handles.

Keep small children away from the weight system at all times.

When adjusting seat height make sure the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the seat post holes, the seat may slip during use causing serious injury.

5 Never release the press arm, butterfly, leg lever, bars or straps while weights are raised. The weights will fall causing injury to yourself or the weight system.

6 Check cables to ensure they remain on the pulleys as you use the weight system.

7 If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

8 DO NOT PUT MORE THAN 250 LBS. OF WEIGHT ON WEIGHT PLATE SYSTEM.

NLY TIGHTEN BOLT CONNECTIONS "FINGER TIGHT" UNTIL THE WEIGHT SYSTEM COMPLETELY ASSEMBLED UNLESS OTHER WISE TOLD TO DO SO IN INSTRUCTIONS.

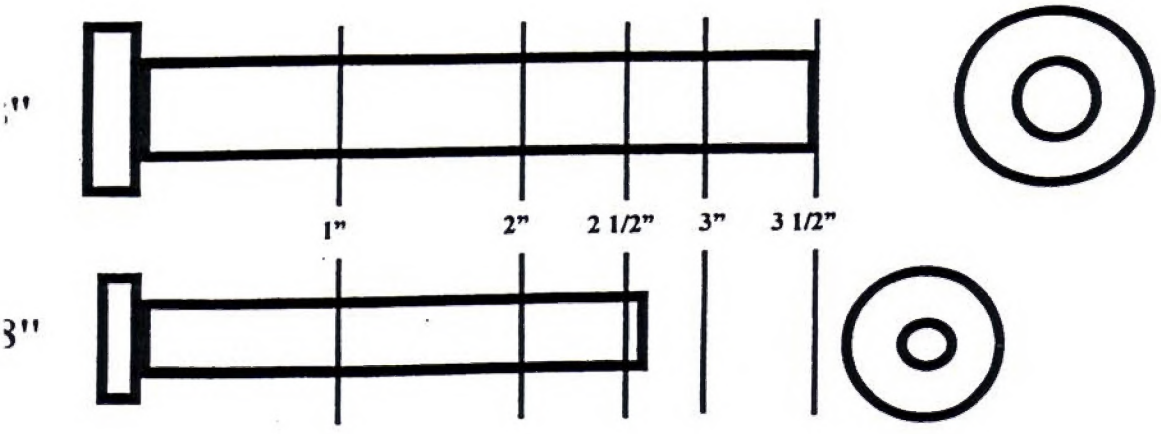
sembly requires two persons.

e following tools (not included) are required for assembly the Strength Trainer 300: two 8" adjustable enches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet, and a standard screwdriver.

ad each step in alphabetical order completely before proceeding. Do not skip ahead, it may result in s-assembly which may damage the weight system.

ace all parts of the ST 300 in a cleared area and remove the paccking material. Do not dispose of the cking materials until assembly is completely.

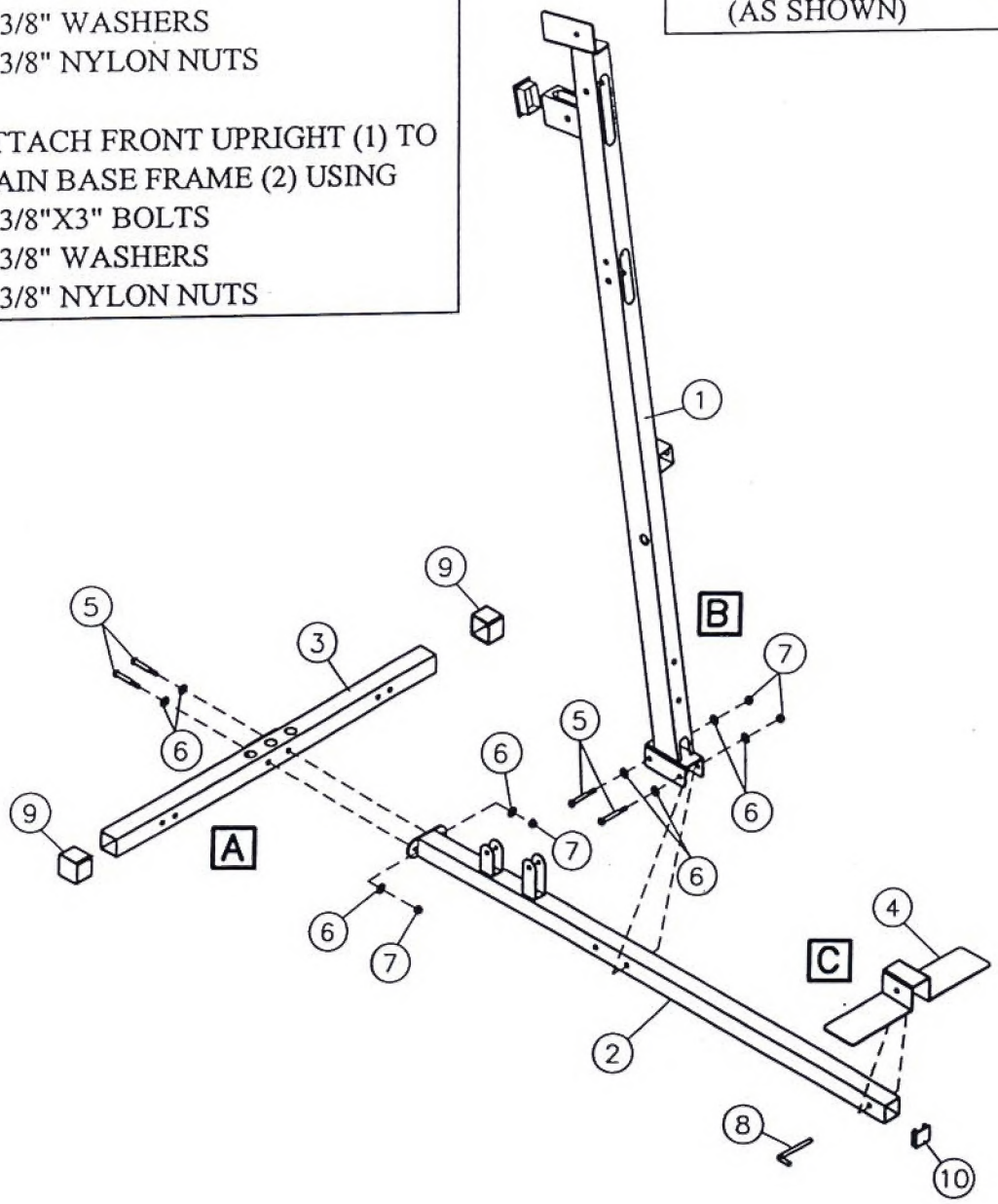
T AND WASHER GUIDE

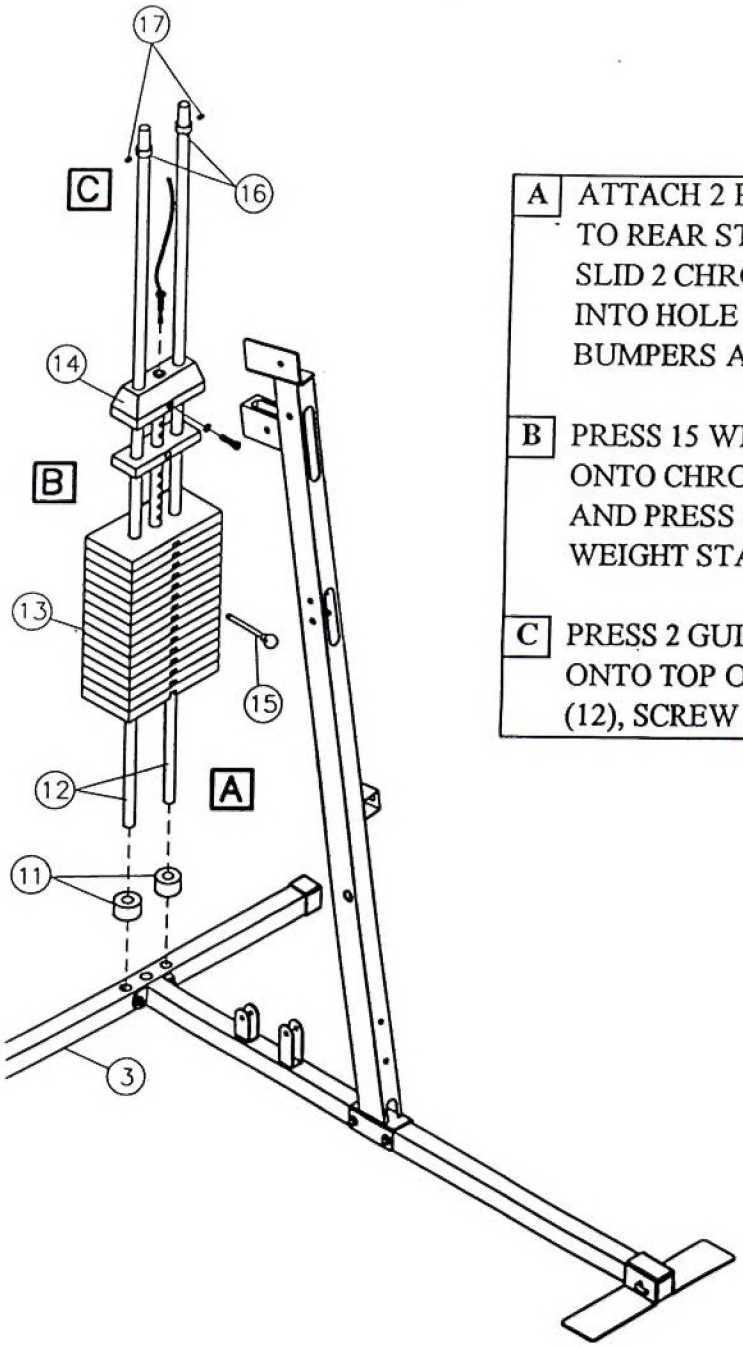


ATTACH MAIN BASE FRAME (2)
TO REAR STABILIZER (3) USING
2- 3/8"X3" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS

ATTACH FRONT UPRIGHT (1) TO
MAIN BASE FRAME (2) USING
2- 3/8"X3" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS

C ATTACH FOOT PLATE (4)
TO MAIN BASE FRAME (2)
AND INSERT "L" PIN (8)
(AS SHOWN)





A ATTACH 2 RUBBER BUMPERS (11) TO REAR STABILIZER (3) AND SLID 2 CHROMING TUBES (12) INTO HOLE OF THE RUBBER BUMPERS AND REAR STABILIZERS.

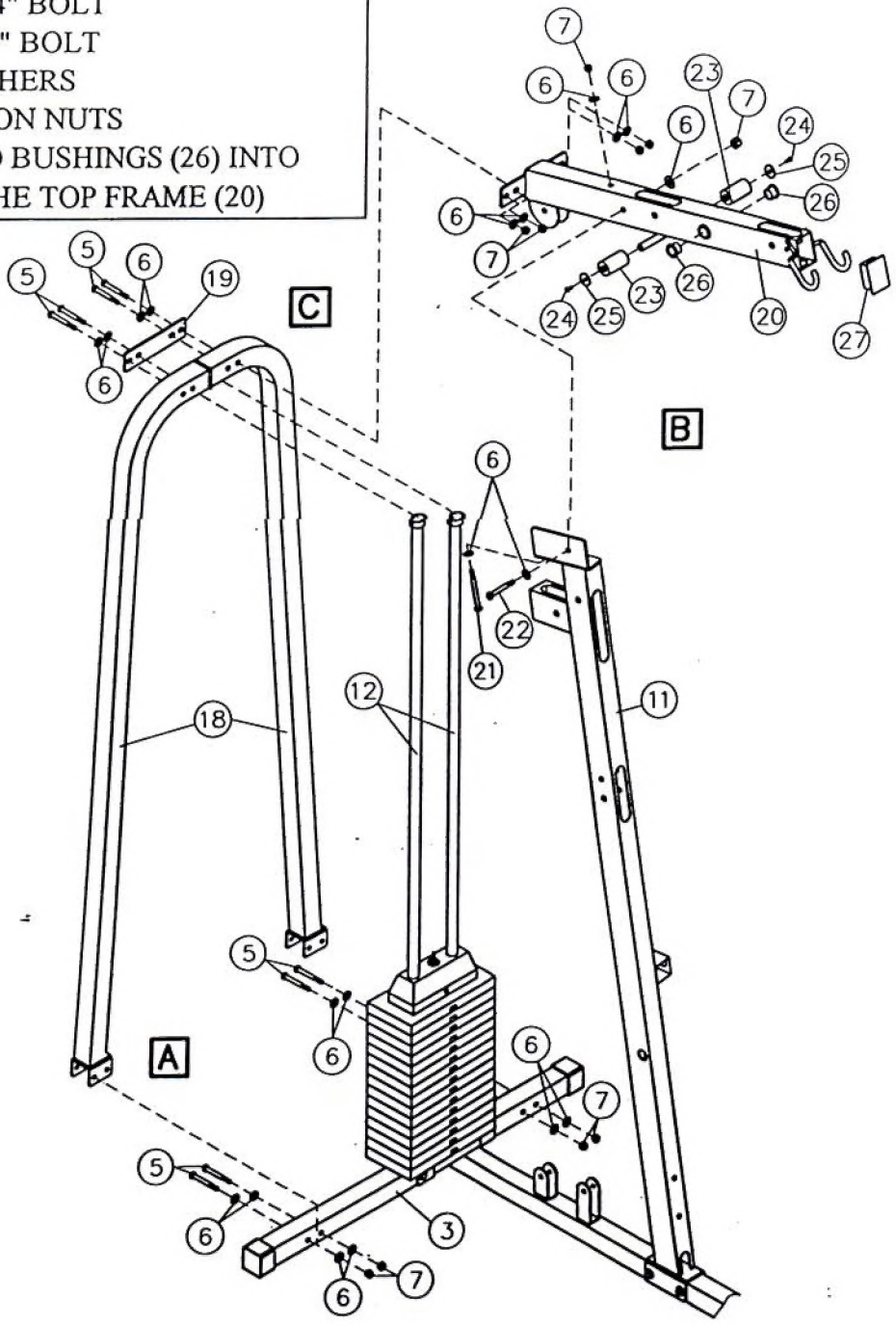
B PRESS 15 WEIGHT STACKS (13) ONTO CHROMING TUBES (12) AND PRESS GUIDE PIN (14) INTO WEIGHT STACKS

C PRESS 2 GUIDE STEEL SPACERS (16) ONTO TOP OF THE CHROMING TUBES (12), SCREW 2 - M6X6m/m BOLTS (17)

'ACH 2 REAR UPRIGHTS (18)
'O REAR STABILIZER (3) USING
8"X3" BOLTS
8" WASHERS
8" NYLON NUTS

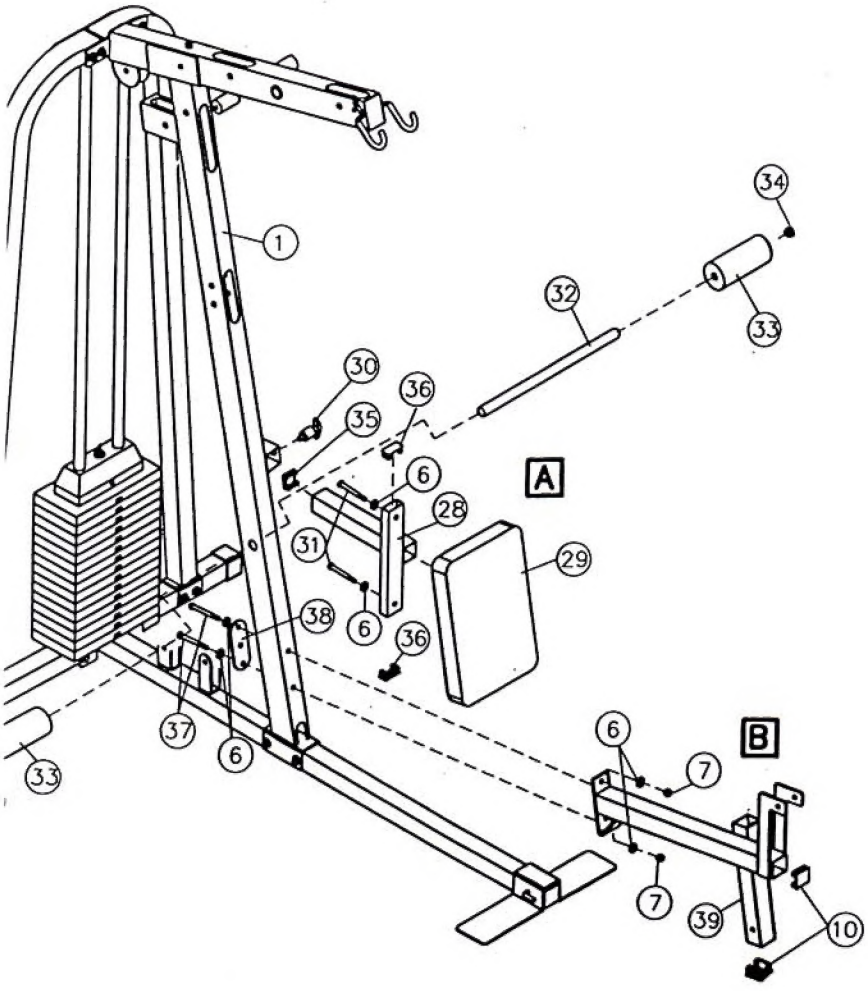
ERT 2 CHROME TUBES (12) INTO
HOLE OF THE REAR UPRIGHTS
AND ATTACH TOP FRAME (20)
'RONT UPRIGHT USING
3"X3 3/4" BOLT
3'X2 3/4" BOLT
3" WASHERS
3" NYLON NUTS
SS TWO BUSHINGS (26) INTO
E OF THE TOP FRAME (20)

C ATTACH END OF TOP FRAME (20)
TO REAR UPRIGHTS (18) USING
1- STEEL PLATE (19)
4- 3/8"X3" BOLTS
8- 3/8" WASHERS
4- 3/8" NYLON NUTS



A INSERT BACK SUPPORT (28) INTO BRACKET OF THE FRONT UPRIGHT (1) SCREW WITH SPRING KNOB (30)
ATTACH BACK PAD (29) TO BACK SUPPORT (28) USING
2- 3/8"X1 1/2" BOLTS
2- 3/8" WASHERS
INSERT PAD TUBE (32) TO HOLE OF THE FRONT UPRIGHT AND PRESS 2 FOAM ROLLERS (33) ONTO BOTH SIDE OF THE PAD TUBE (32)

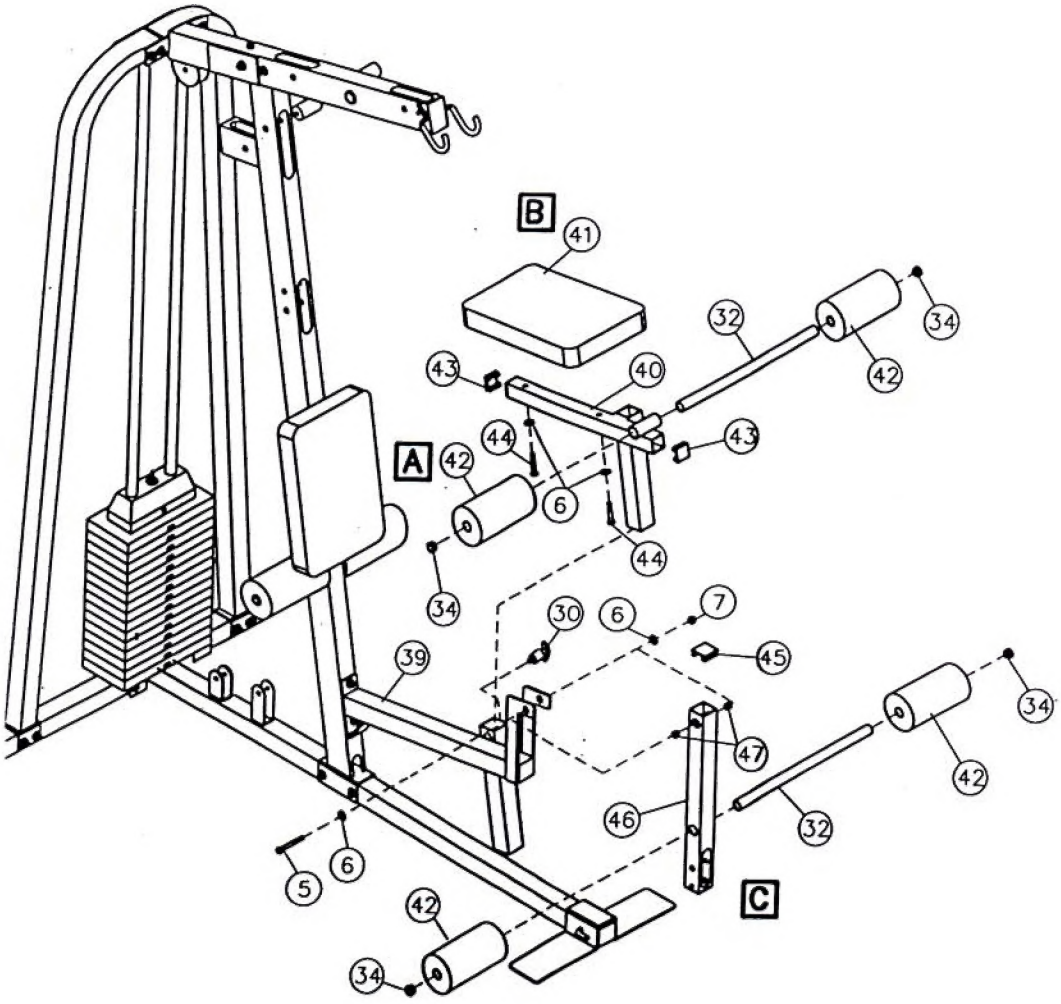
B ATTACH SEAT SUPPORT (39) TO FRONT UPRIGHT (1) USING
1- SMALL STEEL PLATE (38)
2- 3/8"X4" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS

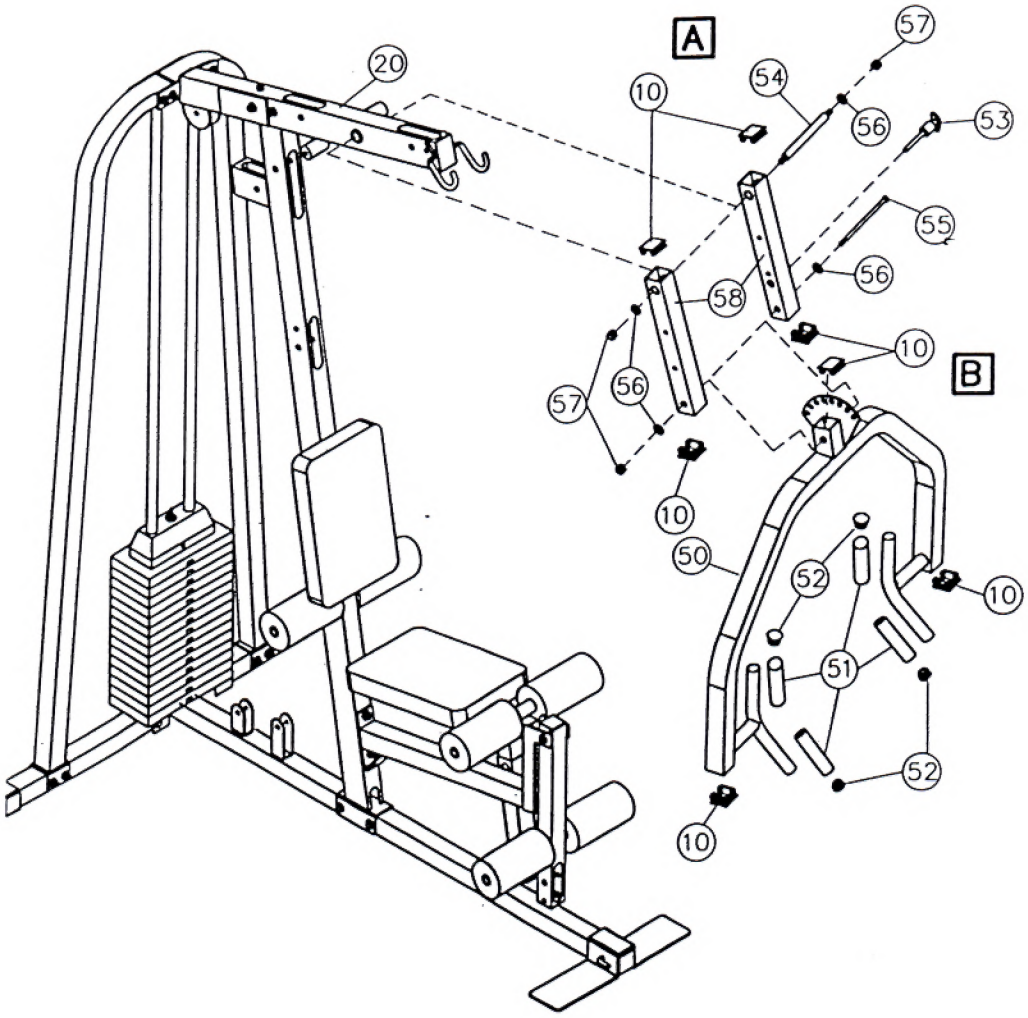


ATTACH SEAT BRACE (40) INTO SEAT SUPPORT (39) USING
1- SPRING KNOB (30)

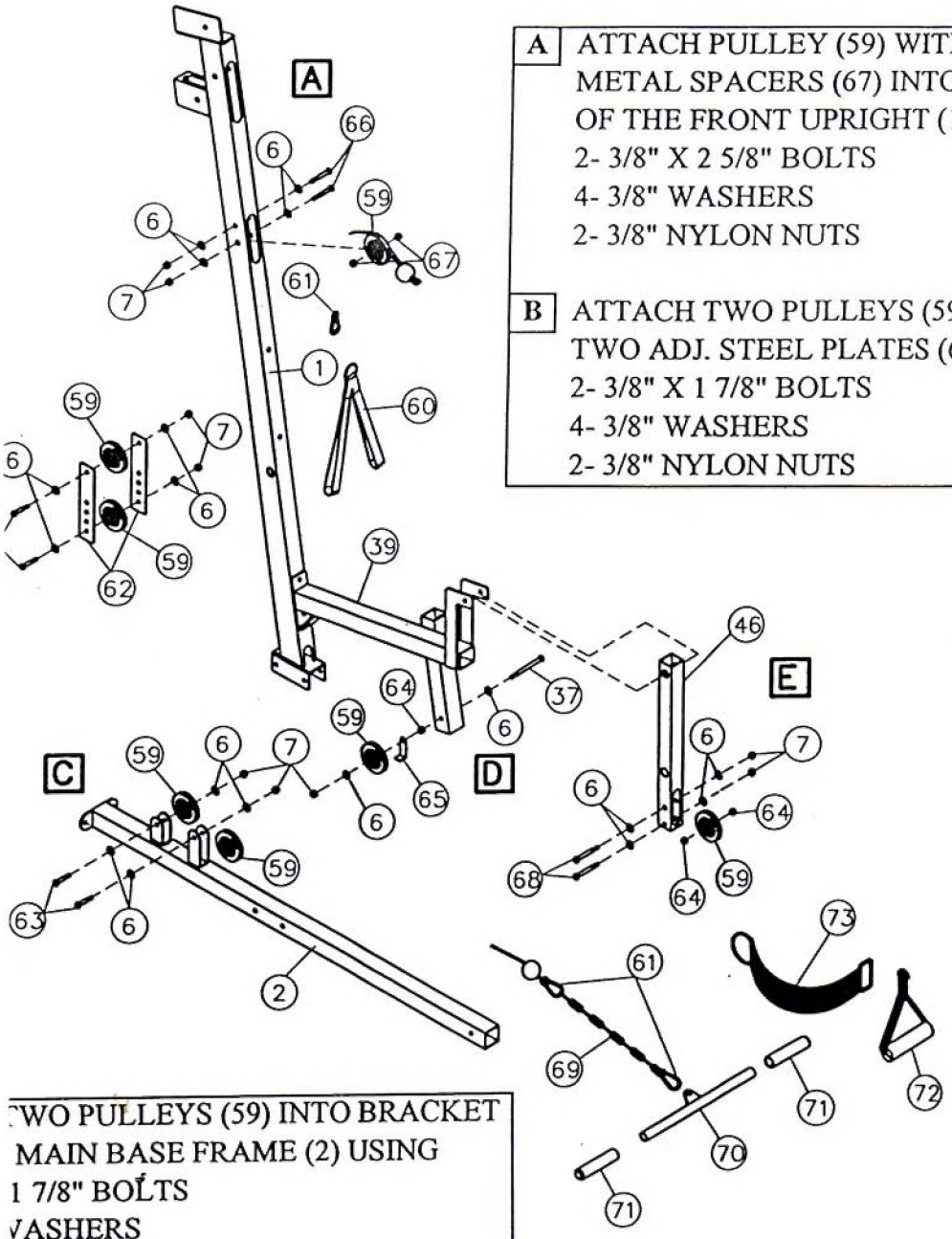
ATTACH SEAT PAD (41) TO SEAT BRACE (40) USING
2- 3/8"X2" BOLTS
2- 3/8" WASHERS
INSERT PAD TUBE (32) INTO BRACKET OF THE SEAT BRACE (40) AND PRESS TWO FOAM ROLLERS (42) ONTO BOTH SIDE OF THE PAD TUBE (32)

C ATTACH LEG EXTENSION TUBE (46) INTO BRACKET OF THE SEAT SUPPORT (39) USING
1- 3/8"X3" BOLT
2- 3/8" WASHERS
1- 3/8" NYLON NUT
INSERT PAD TUBE (32) INTO LEG EXTENSION TUBE (46) AND PRESS TWO FOAM ROLLERS (42) ONTO BOTH SIDE OF THE PAD TUBE (32)





A	ATTACH TWO PRESS SUPPORT TUBES (58) TO TOP FRAME (20) USING 1- PIVOT BOLT 1/2" X 19.15 X 210 (20) 2- 1/2" WASHERS 2- 1/2" NYLON NUTS
B	ATTACH TOP OF PRESS ARM (50) INTO PRESS SUPPORT TUBES (58) USING 1- 1/2"X7 1/2" BOLT 2- 1/2" WASHERS 1- 1/2" NYLON NUT SCREW ADJ. KNOB (53) TO PRESS SUPPORT TUBE (58) (AS SHOWN)



A ATTACH PULLEY (59) WITH TWO METAL SPACERS (67) INTO HOLE OF THE FRONT UPRIGHT (1) USING.
2- 3/8" X 2 5/8" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS

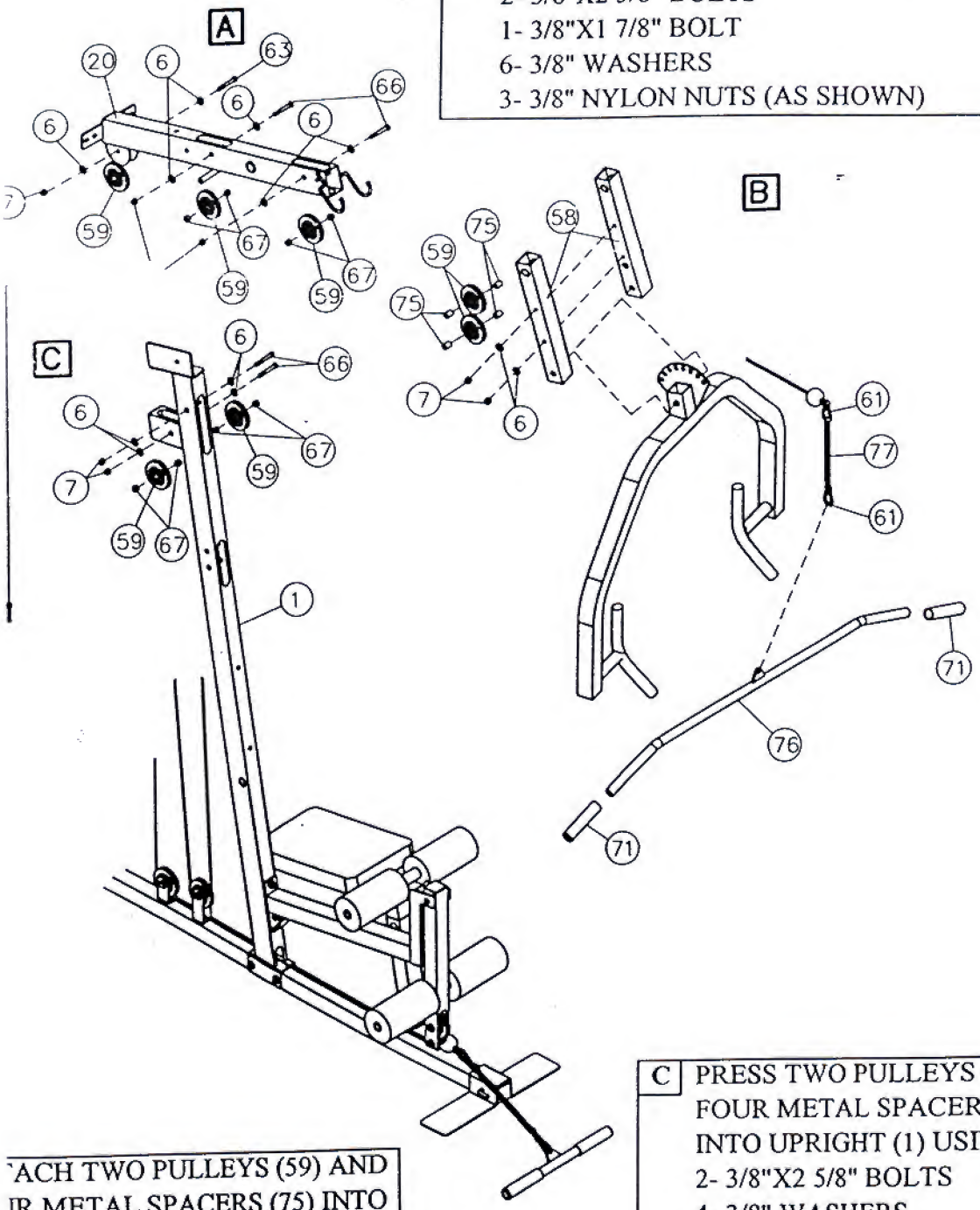
B ATTACH TWO PULLEYS (59) INTO TWO ADJ. STEEL PLATES (62) USING.
2- 3/8" X 1 7/8" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS

E PRESS PULLEY (59) WITH TWO METAL SPACERS (64) INTO HOLE OF THE LEG EXTENSION TUBE (46) USING,
2- 3/8"X2 3/8" BOLTS
4- 3/8' WASHERS
2- 3/8" NYLON NUTS

WO PULLEYS (59) INTO BRACKET
MAIN BASE FRAME (2) USING
1 7/8" BOLTS
ASHERS
YLON NUTS

H PULLEYS (59), ONE METAL
(64), ONE "L" SMALL PLATE
SEAT SUPPORT (39) USING
4" BOLT
ASHERS
YLON NUT

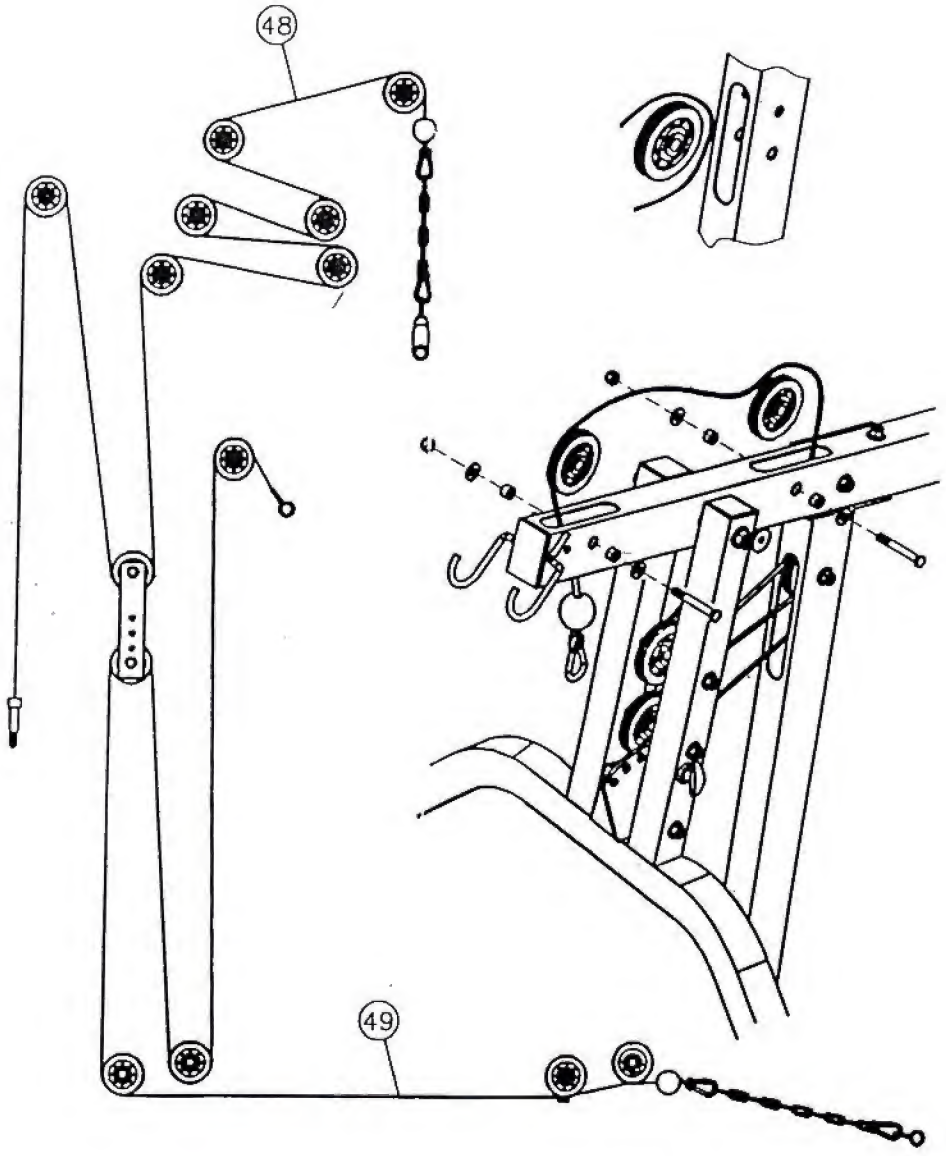
A ATTACH THREE PULLEYS (59) FOUR METAL SPACERS (67) TO TOP FRAME (20) USING
2- 3/8"X2 5/8" BOLTS
1- 3/8"X1 7/8" BOLT
6- 3/8" WASHERS
3- 3/8" NYLON NUTS (AS SHOWN)

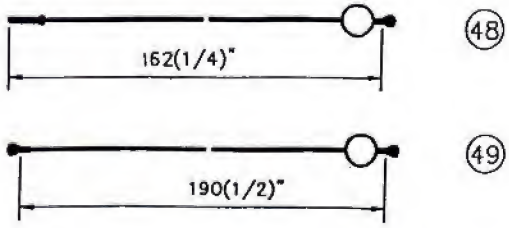


'ACH TWO PULLEYS (59) AND
)R METAL SPACERS (75) INTO
) PRESS SUPPORT TUBE (58)
NG,
'8"X7 1/4" BOLTS
'8" WASHERS
'8" NYLON NUTS

C PRESS TWO PULLEYS (59) AND FOUR METAL SPACERS (67) INTO UPRIGHT (1) USING
2- 3/8"X2 5/8" BOLTS
4- 3/8" WASHERS
2- 3/8" NYLON NUTS (AS SHOWN)

FIRMLY TIGHTEN EVERY BOLT AND NUT ON THE WEIGHT MACHINE!!


48
49

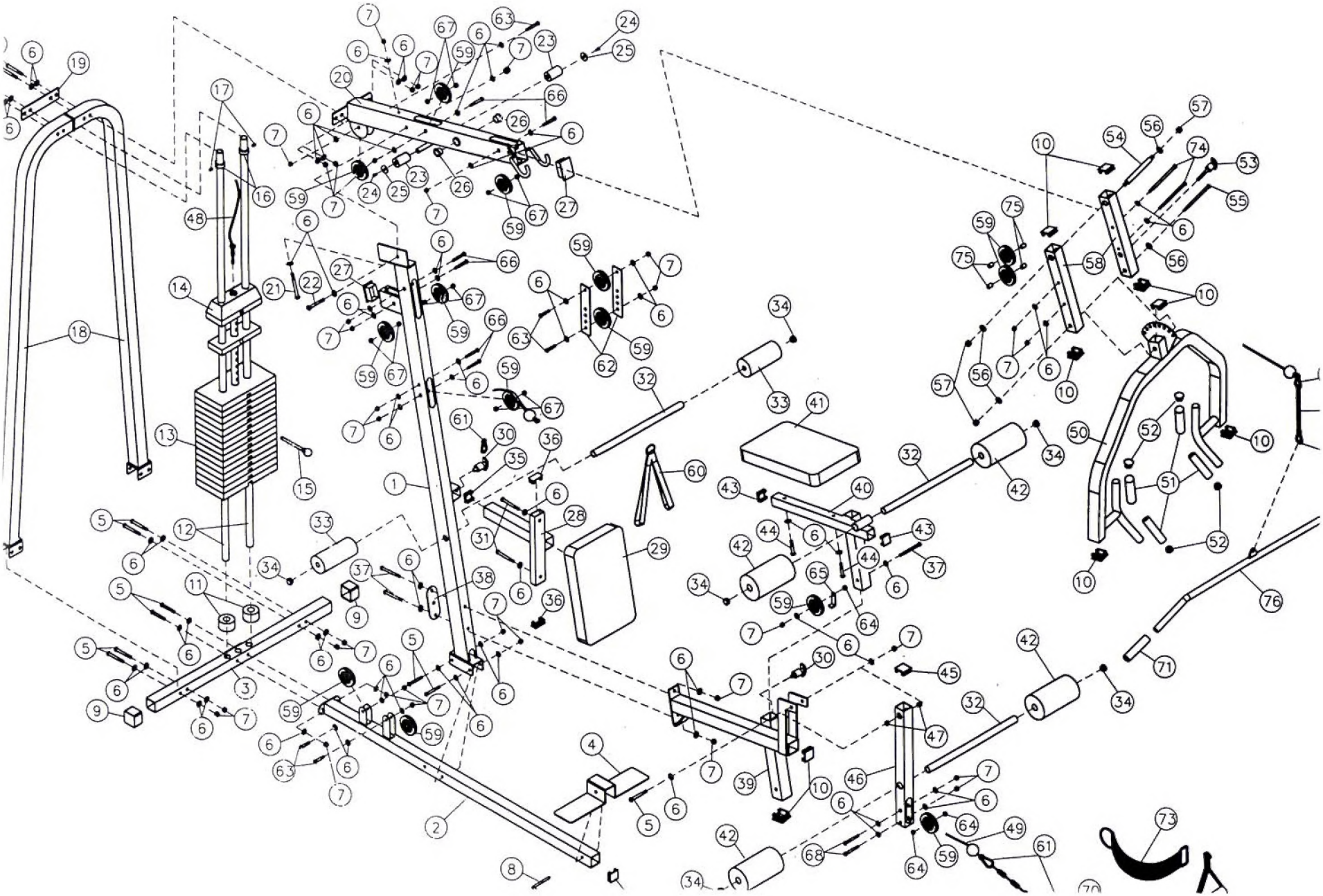

48
162(1/4)"
49
190(1/2)"

PARTS LIST

DIAGRAM#	PART NAME	SIZE	Q'TY
1	Front Upright		1
2	Main Base Frame		1
3	Rear Stabilizer		1
4	Foot Plate		1
5	Hex Head Bolt	3/8" x 3"	13
6	Washer	3/8"	70
7	Nylon Nut	3/8"	33
8	"L" Pin		1
9	End Cap	2" x 2"	2
10	End Plug	2" x 2"	10
11	Rubber Bumper		2
12	Chroming Tube		2
13	Weight Stack		15
14	Guide Pin		1
15	Selection Pin		1
16	Guide Steel Spacer		2
17	Bolt	M6 x 6m/m	2
18	Rear Upright		2
19	Steel Plate		1
20	Top Frame		1
21	Hex Head Bolt	3/8" x 3 3/4"	1
22	Hex Head Bolt	3/8" x 2 3/4"	1
23	Stop Rubber Bumper		2
24	Bolt	1/4" x 5/8"	2
25	Washer	1/4"	2
26	Bushing	31 x ϕ 25.4 x 19.3	2
27	End Plug	2" x 3"	2
28	Back Support		1
29	Back Pad		1
30	Spring Knob		2
31	Hex Head Bolt	3/8" x 1 1/2"	2
32	Pad Tube		3
33	Foam Roller	ϕ 3" x 190 m/m	2

PARTS LIST

DIAGRAM#	PART NAME		Q'TY
34	Hex Head Bolt	3/8" x 7 3/8"	2
35	Hex Head Bolt	3/8" x 2 3/8"	2
36	Hex Head Bolt	3/8" x 1 7/8"	4
37	Hex Head Bolt	3/8" x 3 3/4"	1
38	Washer	3/8" x 23 x t 2.0	78
39	Washer	1/2" x 28 x t 2.0	2
40	Nylon Nut	3/8"	37
41	Hex Head Bolt	5/16" x 2 1/2"	2
42	Screw Bolt	1/4" x 5/8"	2
43	Nylon Nut	1/2"	2
44	Nylon Nut	5/16"	2
45	Washer	5/16" x 19 x t 2.0	4
46	Eyeball Pin	3/8" x 52	2
47	"L" Pin	3/8" x 110	1
48	Locking Knob	3/8" x 1 5/8"	1
49	Spring Knob	M20 x 1.5 x 10	1
50	Brass Bushing	19.3 x 25.4 x 31 x 20	2
51	Pulley	90	14
52	long Handle Grip	29 x 35 x 140	2
53	Curve Handle Grip	29 x 35 x 480	2
54	Hand Grip	25.4 x 130	4
55	Foam Roller	22 x 75 x 190	2
56	Foam Roller	22 x 110 x 190	4
57	Round Plug	25.4	6
58	Square Plug	45 x 45	1
59	Square Plug	50 x 50	7
60	Plug	50 x 75	2
61	Round Plug	31.8	4
62	Square Plug	38 x 38	2
63	Square Cap	50 x 50	4
64	Metal Bushing	10 x 16 x 20 x13	2
65	Metal Bushing	8 x 12 x 20 x 12	4
66	Rubber Band	12.7 x 6.3 x 130	2

\RTS LIST

DIAGRAM#	PART NAME		Q'TY
67	Bumper	60 x 26 x 25	2
68	Safety Hook	7 x 70	5
69	Hex. Head, Bolt	3/8" x 2"	2
70	Bottom Cable	7 x 19	1
71	Top Cable	7 x 19	1
72	Weight Stack		15
73	Small Weight Stack		1
74	Guide Pin		1
75	Chain	10 Chains	1
76	Chain	6 Chains	1
77	Hand Strap		1
78	Leg Strap		1
79	Selection Pin	10 x 100	1
80	Hex. Head, Bolt	7/16" x 1 1/2"	1
81	Arc Washer	7/16" x 25 x t2.0	1
82	Shoulder Belt		1