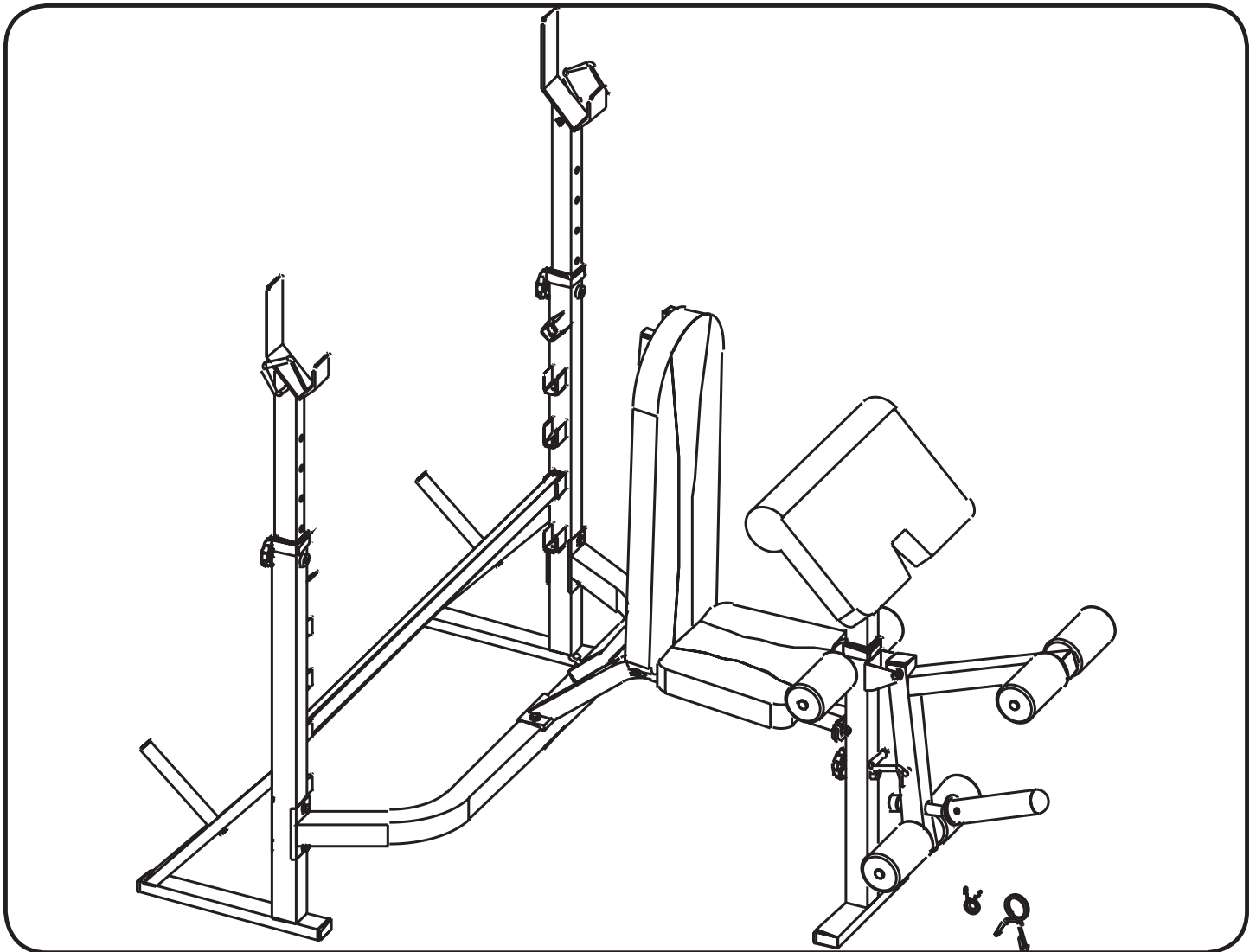




StrengthTrainer®

Owner's Manual

ST-OBA2



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

215-00080
08/06 Rev C



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Important Safety Information



Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

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

SAFETY INFORMATION WARNING!

Before using this 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.

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

SAFETY PRECAUTIONS

- This Strength Trainer unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your Strength Trainer unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

Before You Get Started



THANK YOU for making this Strength Trainer unit a part of your exercise program. Keys Fitness and our Strength Trainer Series assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Help line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

STRENGTH TRAINER SERIES

MODEL: ST-OBA2

QUESTIONS?

CALL

1-888-340-0482

Monday-Friday

8:30-5:30 Central Time

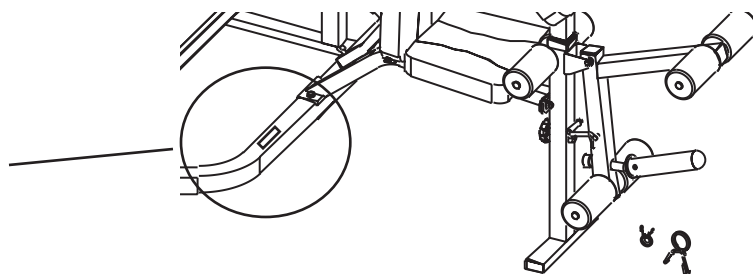
When calling please have the following product information available:

Model Name :

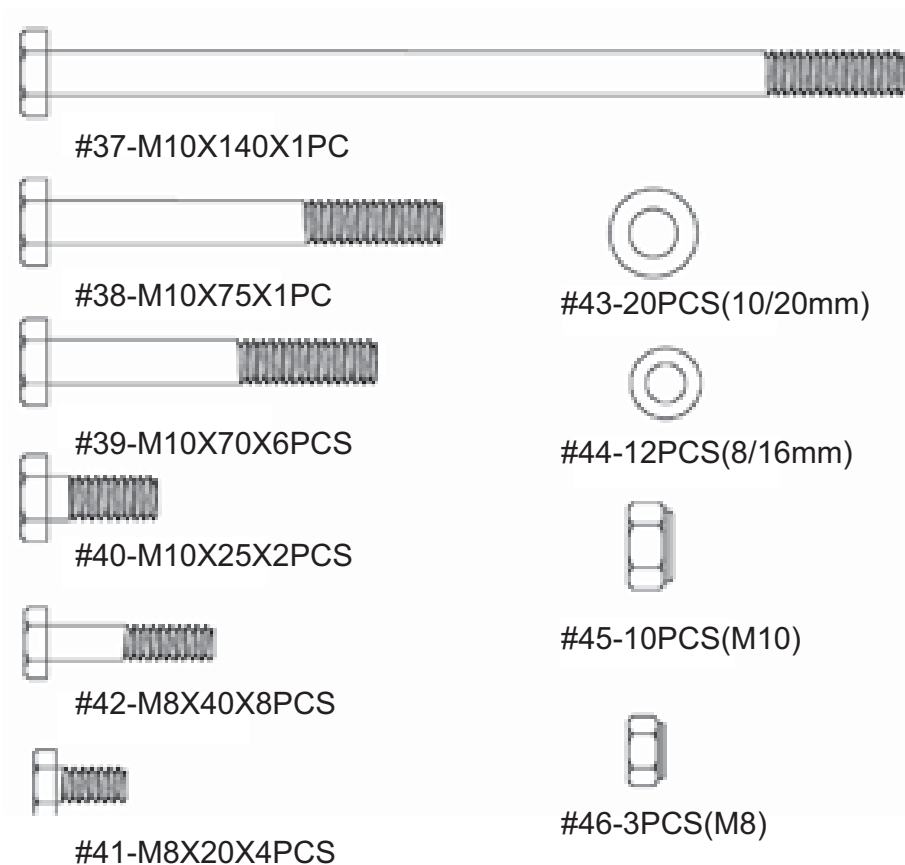
Manufactured Date :

PO # :

Model Name Decal Location

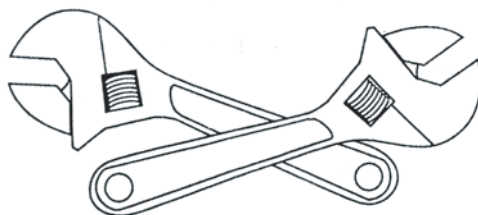


Assembly Hardware

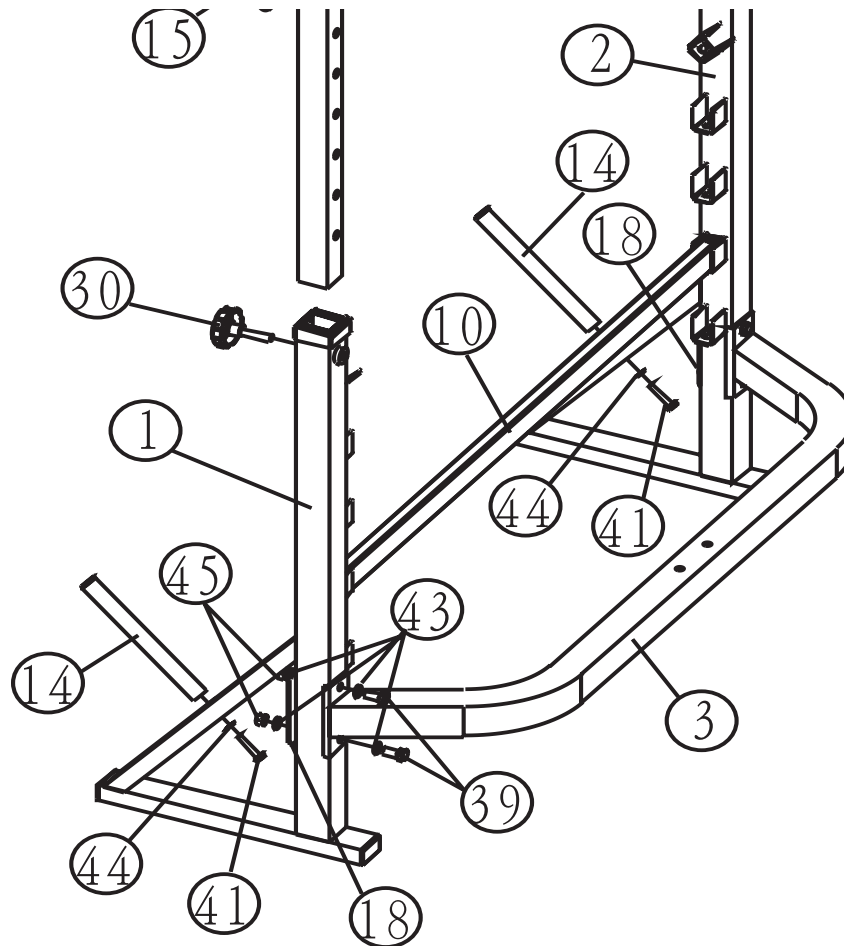


Tools Required

You will need two adjustable wrenches for assembly or M10 and M8 wrenches.



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



STEP 1:

Place the left (#1) and right (#2) uprights on the floor as illustrated. The brackets welded down the side of each upright should be to the inside and facing each other.

Attach each end of the cross bar (#3) to the front of each upright with two bolts M10x90 (#39), four washers 10 (#15) and two nylon nuts M10 (#10). Install a rectangular reinforcement plate (#18) behind each upright during this assembly.

Place the backrest adjustment bar (#10) between the uprights so that the short pin at each end of the backrest adjustment bar is seated into the hole in a bracket.

Push a weight storage tube (#14) into the hole in the angled brace behind each upright and secure from below with one bolt M8x20 (#41) and one washer 8 (#44).

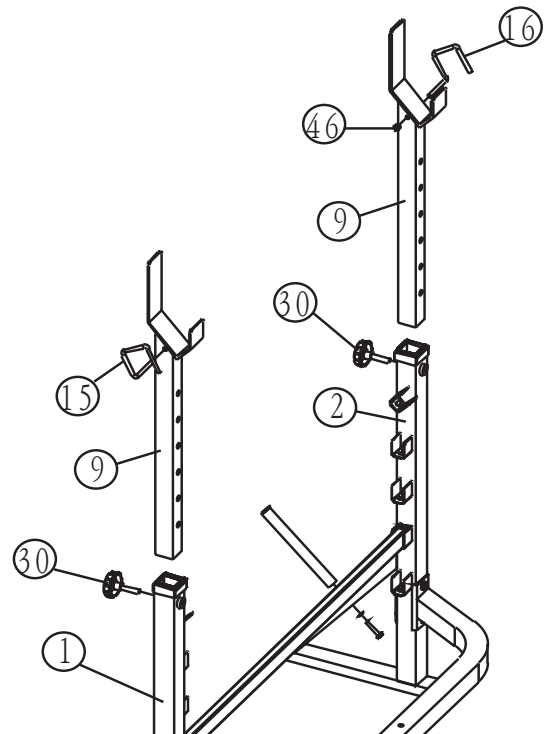
Assembly

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

STEP 2:

Push each crutch (#9) down into the top of each upright so that the longer bar catch at the top of each crutch is to the rear of the bench. Secure and adjust each crutch inside each upright using a long knob bolt M12x80mm (#30) installed from the rear of each upright.

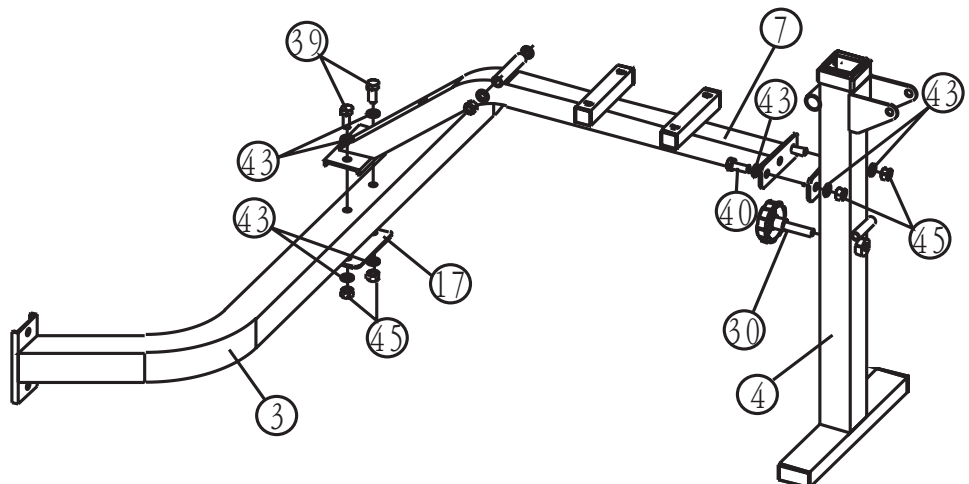
Push the threaded end of each safety hook (#15#16) through the small welded tube at the top rear of each crutch as illustrated. Secure each safety hook with one nylon nut M8 (#46)



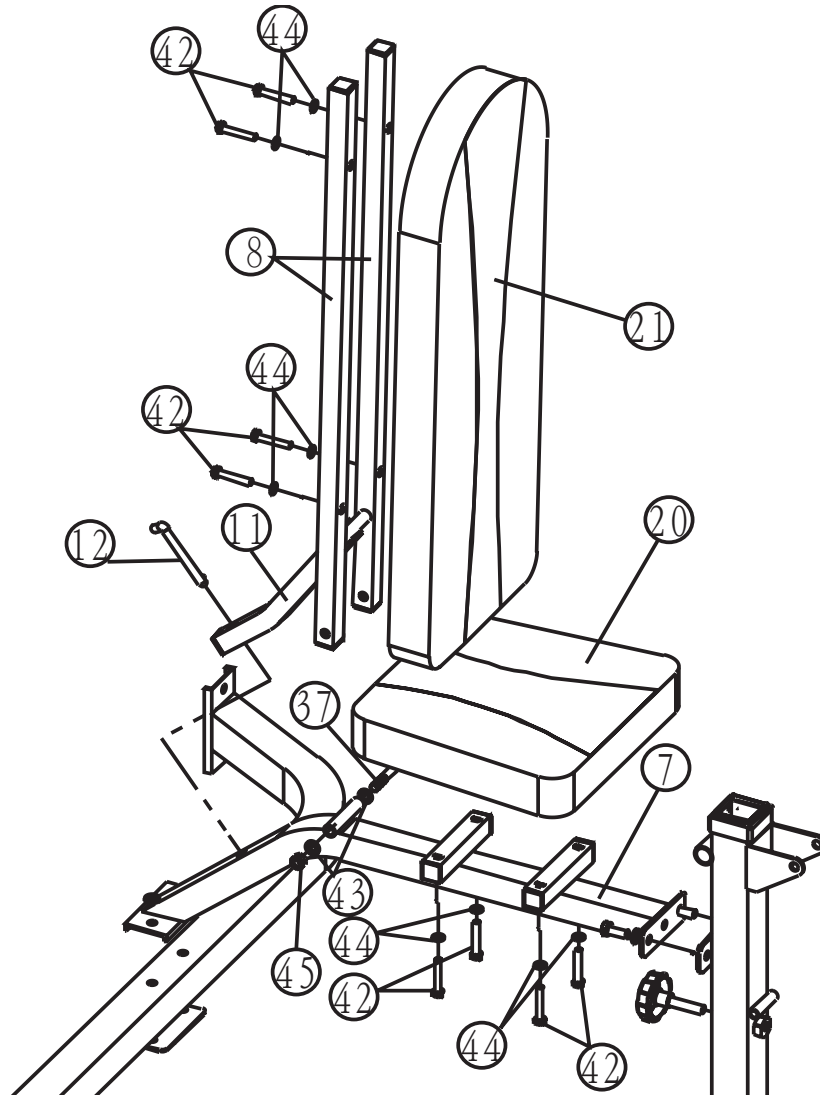
STEP 3:

Attach the front base (#4) to the mainframe (#7) with two bolts M10x25 (#40), four washers 10 (#43) and two nylon nuts M10 (#45).

Attach the mainframe/front base assembly to the center of the cross bar (#3) using two bolts M10x75 (#38), four washers 10 (#43) and two nylon nuts M10 (#45). Install the oval reinforcement plate (#17) on the underside of the cross bar during this assembly.



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



STEP 4:

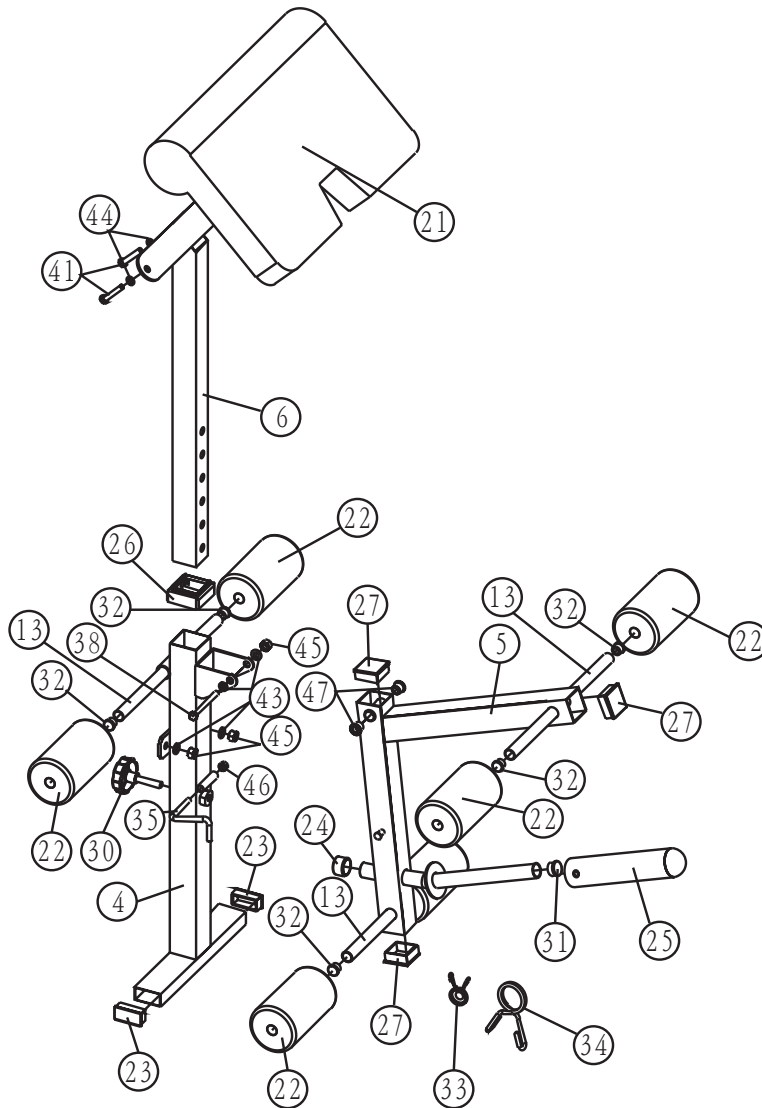
Attach the backrest tubes (#8) to the small welded tube across the top of the mainframe (#7). Push the backrest fixed bar (#16) into the hole of the backrest tubes as illustrated. Push a bolt M10x140 (#37) with a washer 10 (#43) through the hole of the backrest tube and then through the small welded tube across the top of the mainframe. Continue to push the bolt through the side hole of the other backrest tube, through the hole nearest the end of the other seat tube, then out the other side. Secure with one washer 10 (#43) and one nylon nut M10 (#10).

Attach the backrest pad (#21) to the backrest tubes using four bolts M8x40 (#42) and four washers 10 (#43). The backrest pad can be put into an upright, military position by pushing the long lock pin (#12) through the hole in the mainframe and resting the bottom of the backrest tubes against the back of the pin.

Attach the seat pad (#20) with the wider end to the rear, to the top of the seat tubes using four bolts M8X40 (#42) and four washers 10 (#43).

Assembly

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



STEP 5:

Attach the leg developer (#5) between the brackets on the front of the front base (#4) with one bolt M10X75 (#38), two washers 10 (#43) and a nylon M10 (#45) nut.

Push a roller tube (#13) through the upper and lower holes in the leg developer and through the tube welded to the back of the front base. Push a foam roll onto each side of each tube.

Push the threaded end of the leg developer safety hook (#35) through the small welded tube across the front of the front base secure with one small nylon nut M8 (#46).

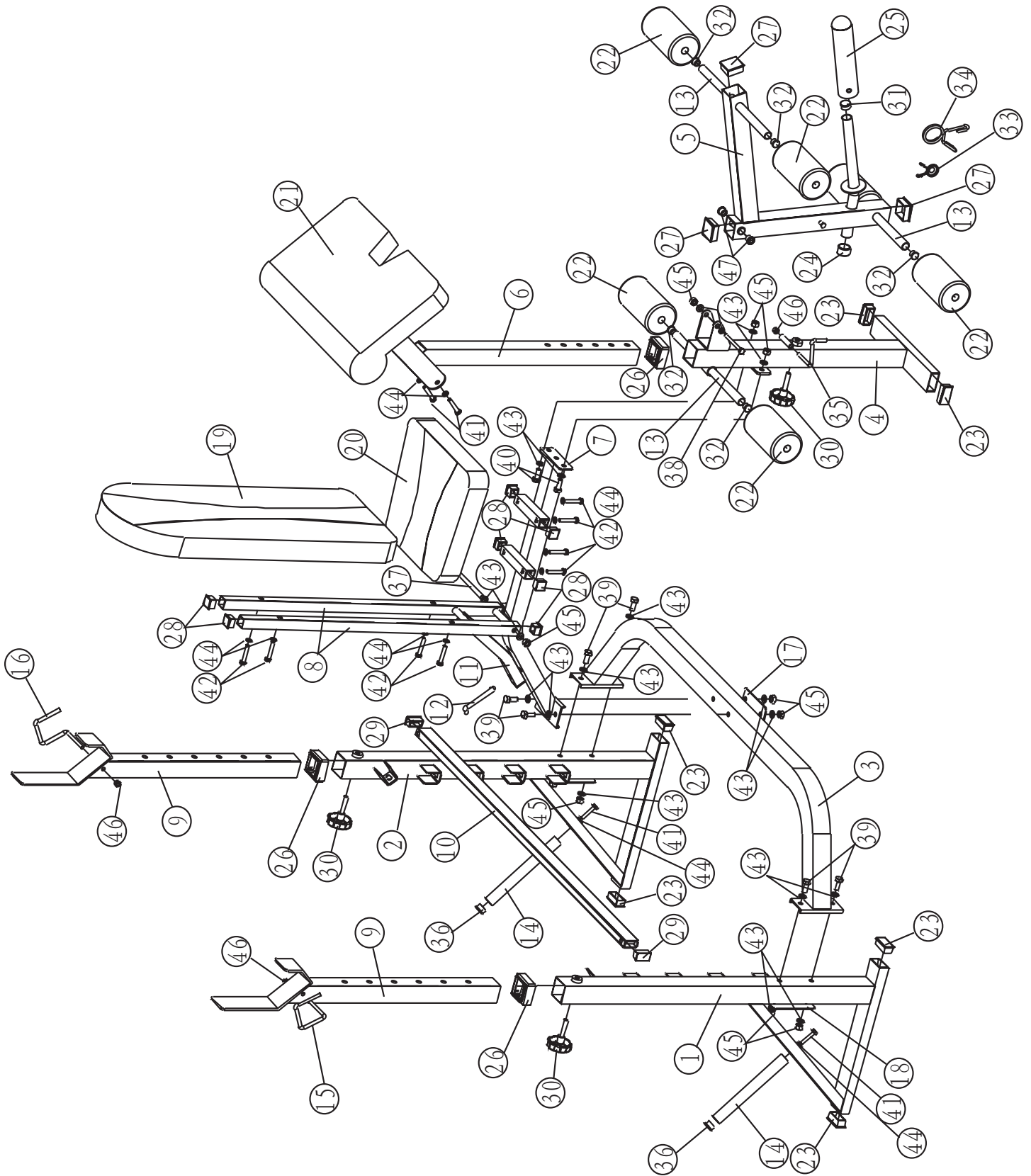
Attach the arm curl pad to the arm curl post (#6) with two bolts M8x20 (#41) and two washers 8 (#44). Push the arm curl post down into the top of the front base, adjust and secure with one small knot bolt M12x60mm (#30) installed from behind the front base.

Congratulations!!! You have completed assembly of your ST-OBA2.

ST-OBA2 Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00829	UPRIGHT, LEFT ST-OBA2	1
2	223-00830	UPRIGHT, RIGHT ST-OBA2	1
3	223-00831	CROSS BAR, ST-OBA2	1
4	223-00832	FRONT BASE, ST-OBA2	1
5	223-00833	LEG DEVELOPER, ST-OBA2	1
6	223-00834	ARM CURL OIST, ST-OBA2	1
7	223-00835	MAIN FRAME, ST-OBA2	1
8	223-00836	BACKREST TUBE, ST-OBA2	2
9	223-00837	CRUTCH, ST-OBA2	2
10	210-00173	BACKREST ADJUSTMENT BAR, ST-OBA2	1
11	210-00174	BACKREST FIXED BAR, ST-OBA2	1
12	210-00047	LONG LOCK PIN ST-OBA/ST-OBA2	1
13	219-00477	ROLLER FOAM TUBE, ST-OBA2	3
14	219-00474	WEIGHT STORAGE, ST-OBA2	2
15	210-00165	LEFT SAFETY HOOK, ST-OBA/ST-OBA2	1
16	210-00166	RIGHT SAFETY HOOK, ST-OBA/ST-OBA2	1
17	219-00475	OVAL REINFORCEMENT PLATE, ST-OBA2	1
18	219-00476	RECTANGULAR PLATE, ST-OBA2	2
19	228-00168	SEAT PAD, ST-OBA2	1
20	228-00169	BACKREST PAD, ST-OBA2	1
21	228-00170	ARM CURL PAD, ST-OBA2	1
22	219-00114	ROLLER FOAM ST-OBA/ST-OBA2	6
23	206-00348	SQUARE PLUG, 25X50MM	6
24	206-00350	ROUND CAP 1", M-OB/M-OBA/ST-OBA	1
25	219-00109	OLYMPIC ADAPTER ST-OBA/ST-OBA2	1
26	206-00249	RECT. OUTER PLUG 50	1
27	206-00069	SQUARE INNER PLUG, 44MM	3
28	206-00223	SQUARE INNER PLUG 25	9
29	206-00244	SQUARE INNER PLUG, 20X40	2
30	210-00135	KNOB BOLT, M12X60	3
31	202-00630	ROUND OUTER CAP, 25MM	1
32	202-00631	ROUND OUTER CAP, 19MM	6
33	219-00478	SPRING COLLAR, 25	1
34	219-00479	SPRING COLLAR, 48	1
35	210-00053	LEG DEV SAFETY HOOK	1
36	202-00630	ROUND OUTER CAP, 25MM	2
37	202-00106	BOLT M10*140	1
38	202-00081	BOLT, M10*75	1
39	202-00083	BOLT, M10*70	6
40	202-00088	BOLT, M10*25	2
41	223-00830	UPRIGHT, RIGHT ST-OBA2	4
42	202-00291	BOLT, M8X40	8
43	202-00312	WASHER, 10/20	20
44	202-00313	WASHER 8/16	12
45	202-00091	NYLON NUT, M10	10
46	202-00268	NUT M8	3
47	202-00632	METAL BUSHING, ST-OBA2	2
#	215-00080	MANUAL ST-OBA2	1

Exploded View



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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