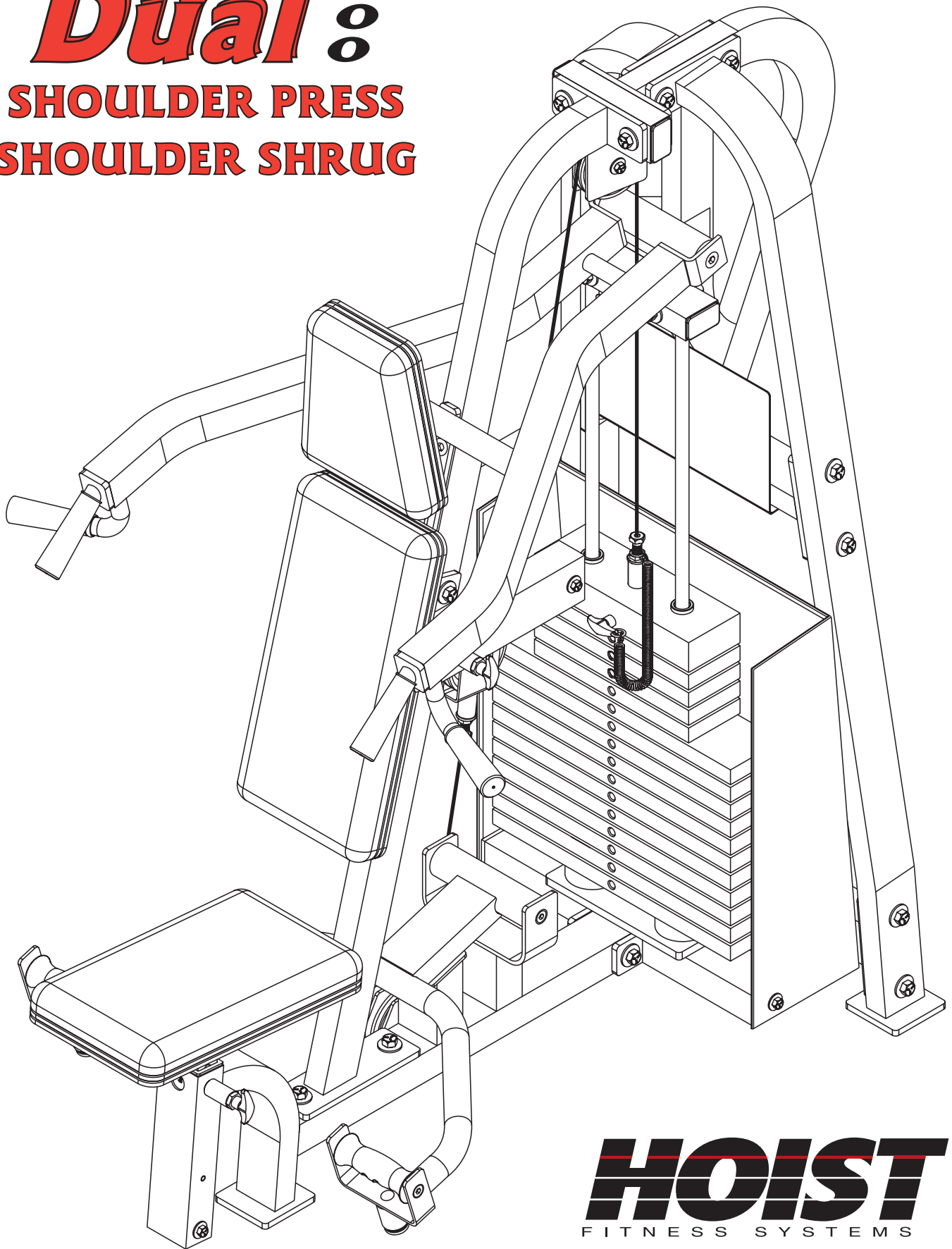


Dual 500

SHOULDER PRESS
SHOULDER SHRUG



HOIST[®]
FITNESS SYSTEMS

ASSEMBLY INSTRUCTIONS

July '00

D500

Shoulder Press
Shoulder Shrug

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D500

Shoulder Press

Shoulder Shrug

I N S T R U C T I O N S

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

3/4" Combination/Crescent Wrench

Hand Ratchet

Rubber Mallet

Standard Allen Set

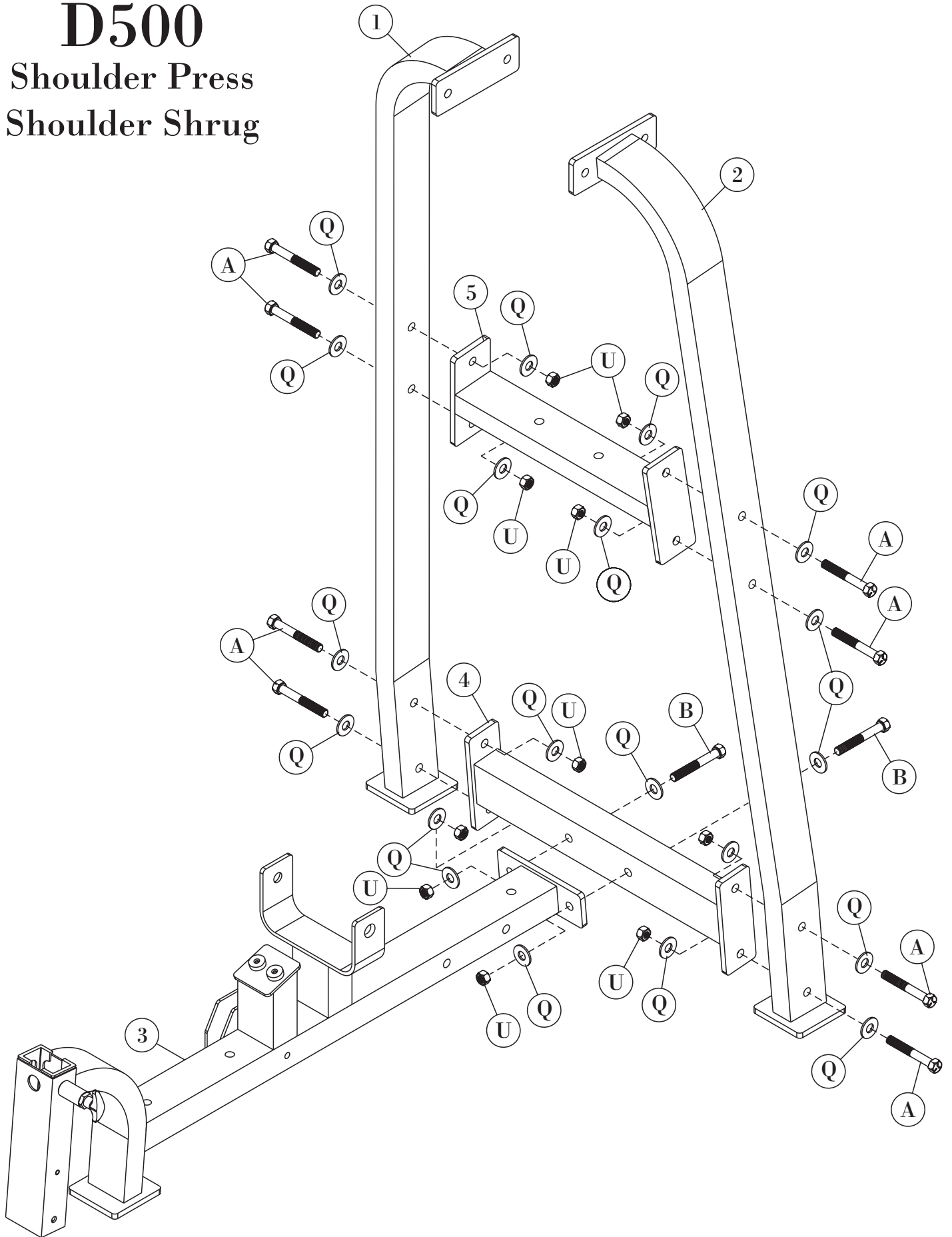
9/16" - 3/4" - 1/2"
Sockets

1/2" Variable Speed Drill

D500

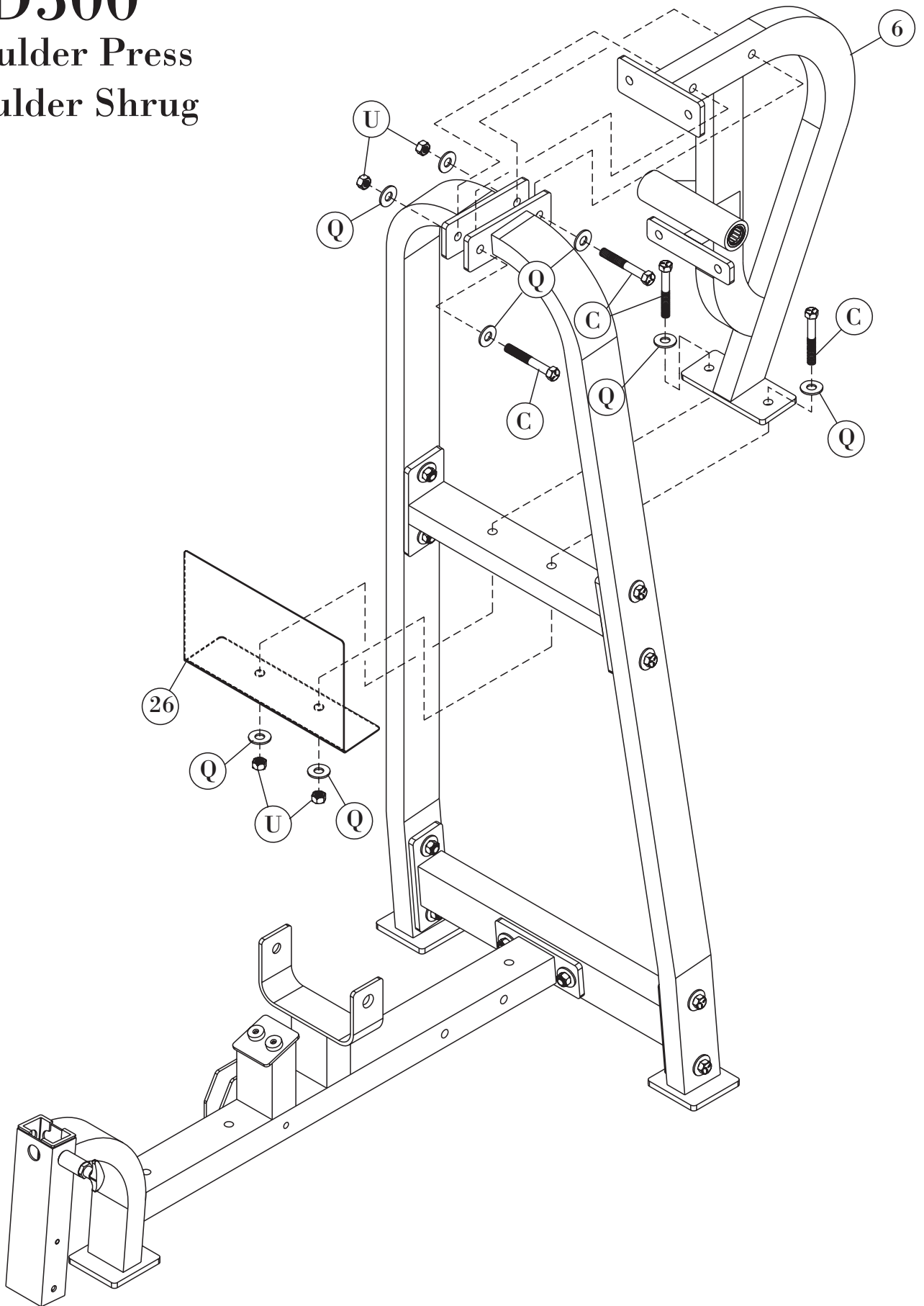
Shoulder Press

Shoulder Shrug



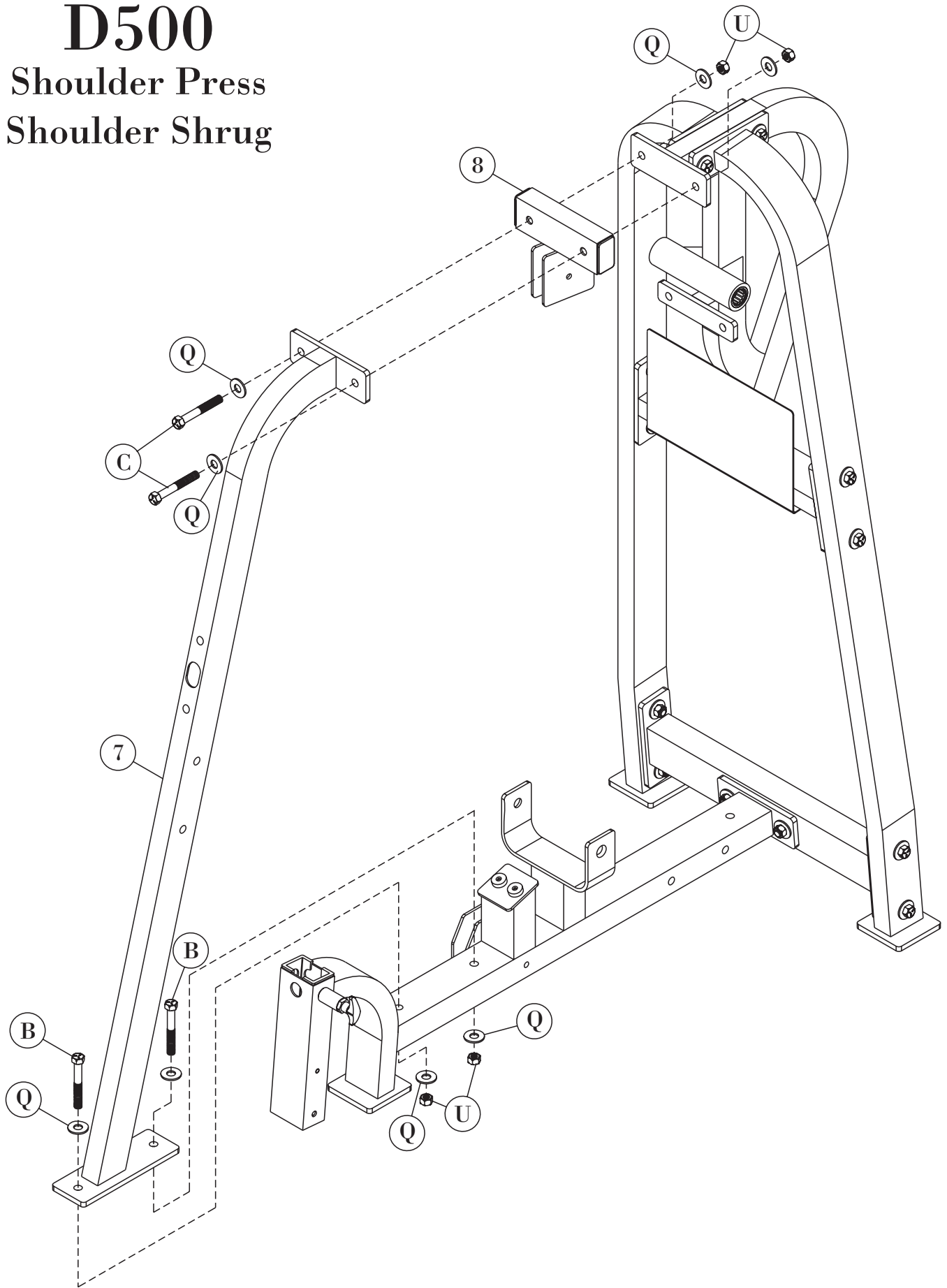
D500

Shoulder Press Shoulder Shrug



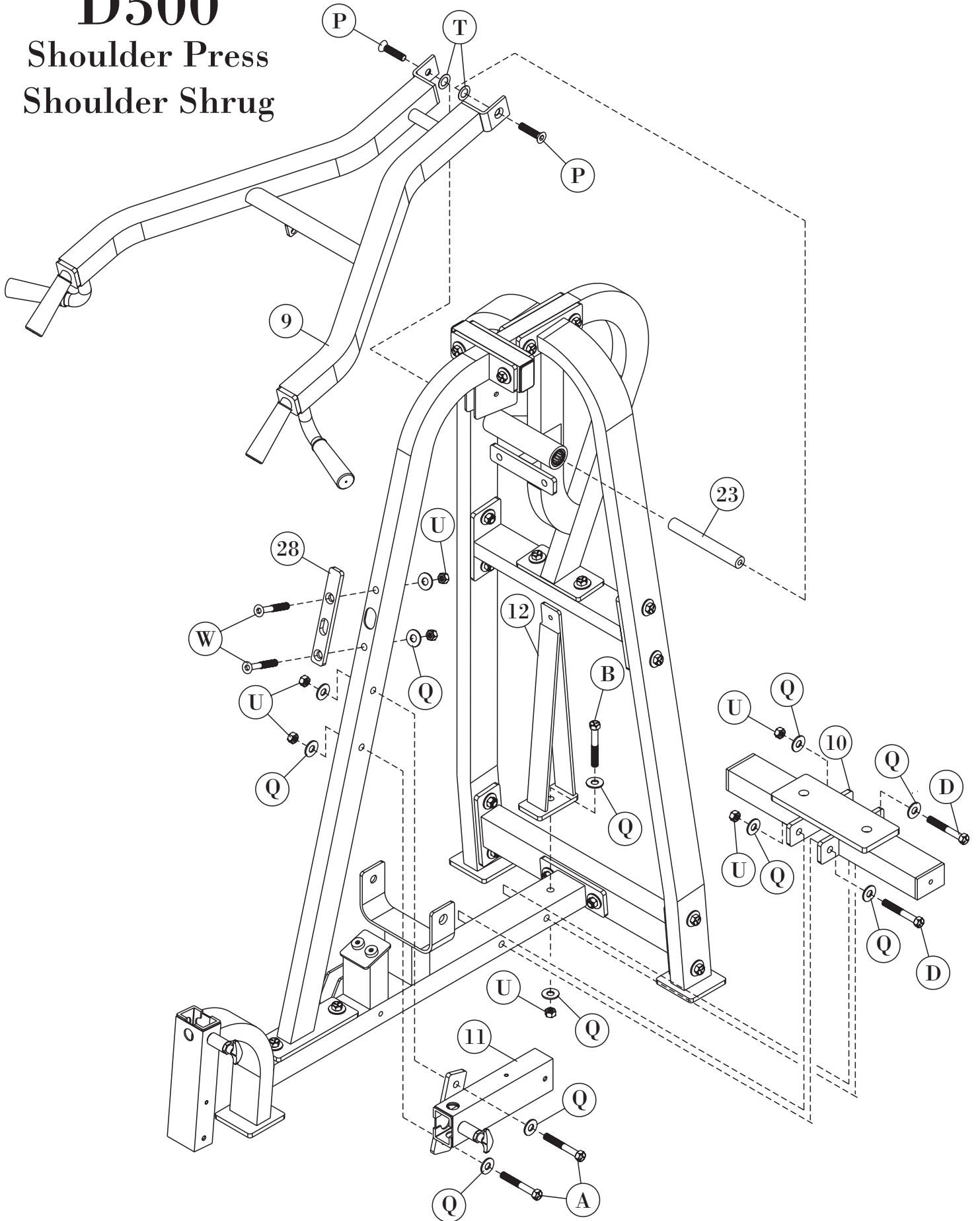
D500

Shoulder Press
Shoulder Shrug



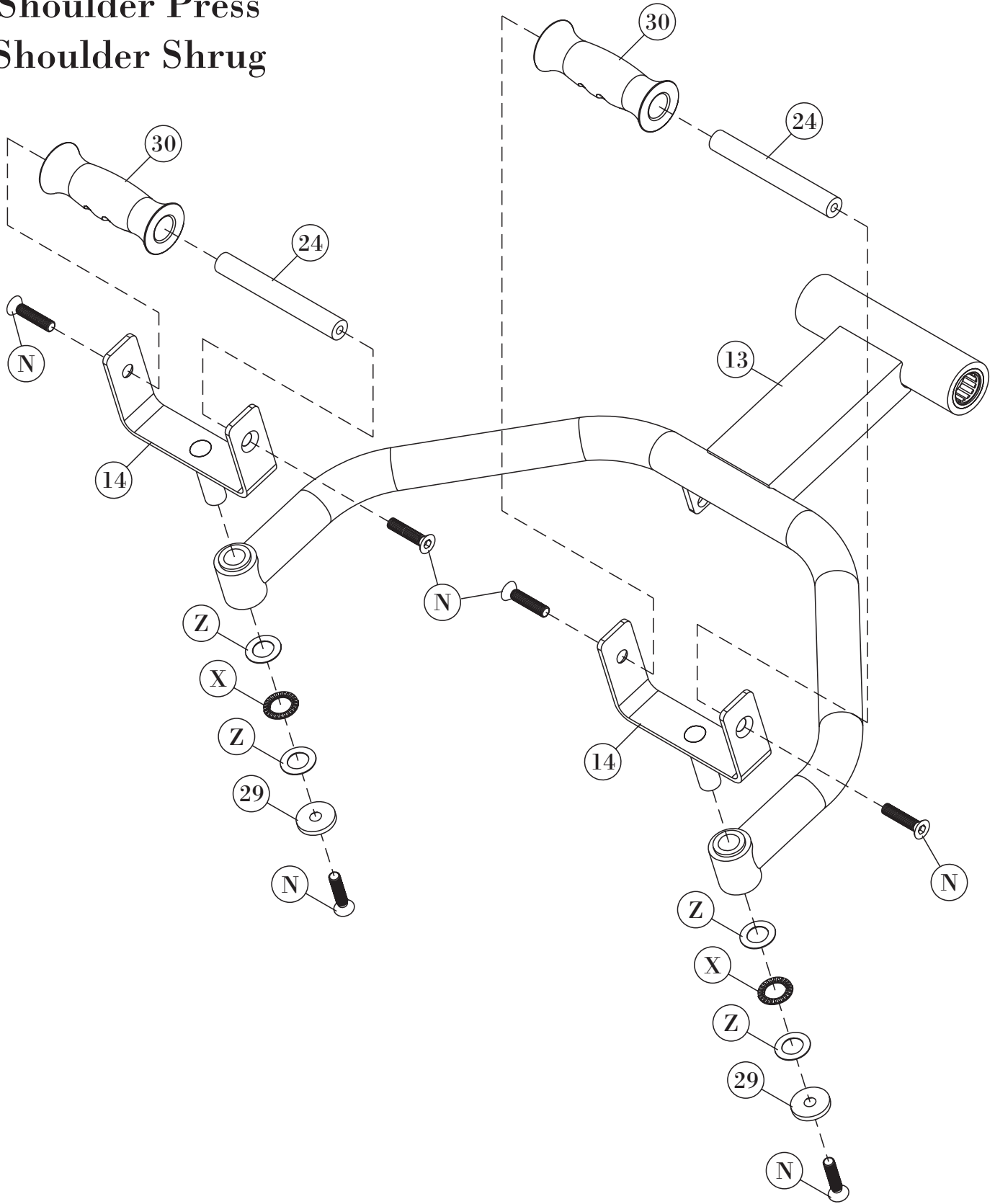
D500

Shoulder Press Shoulder Shrug



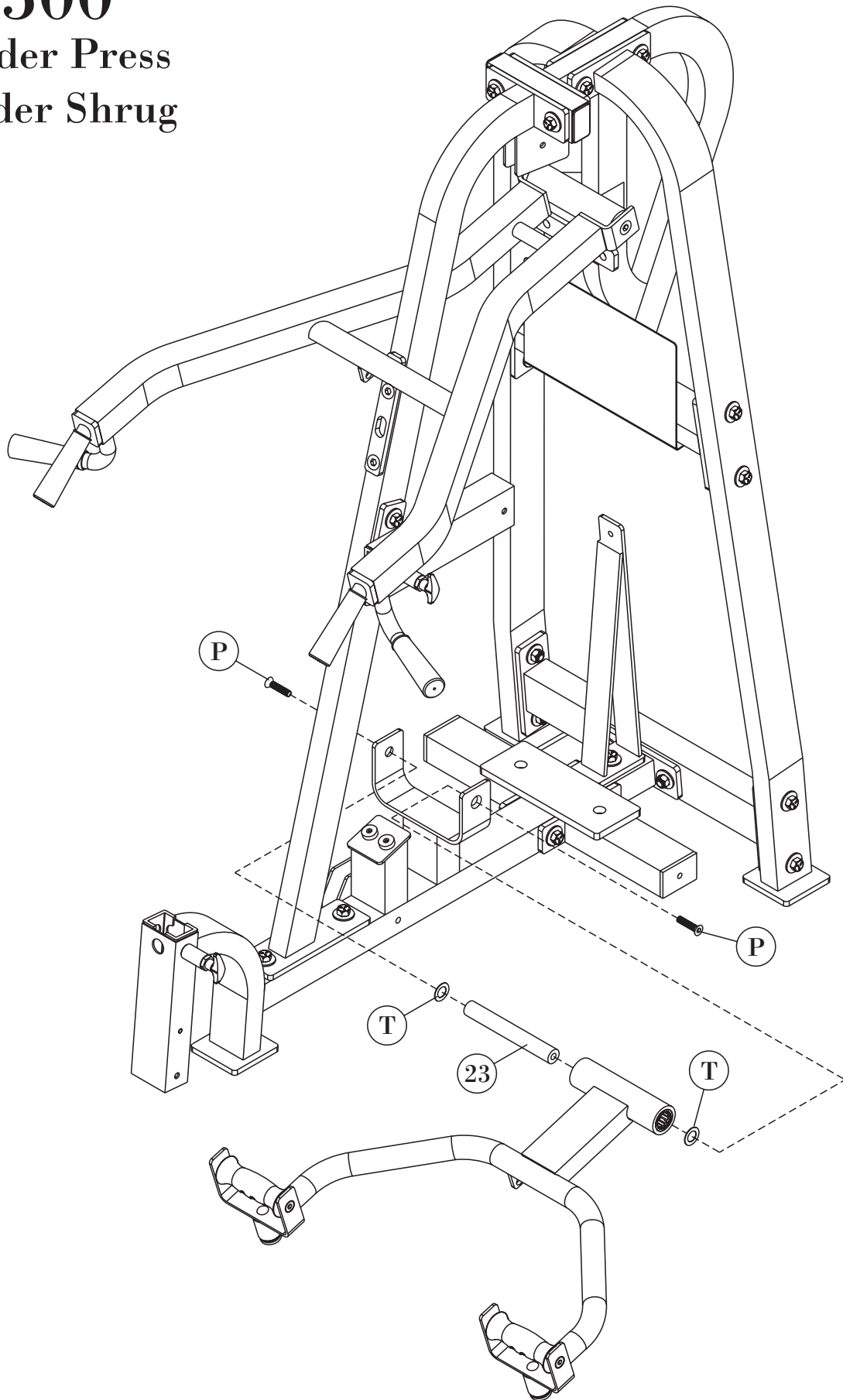
D500

Shoulder Press Shoulder Shrug



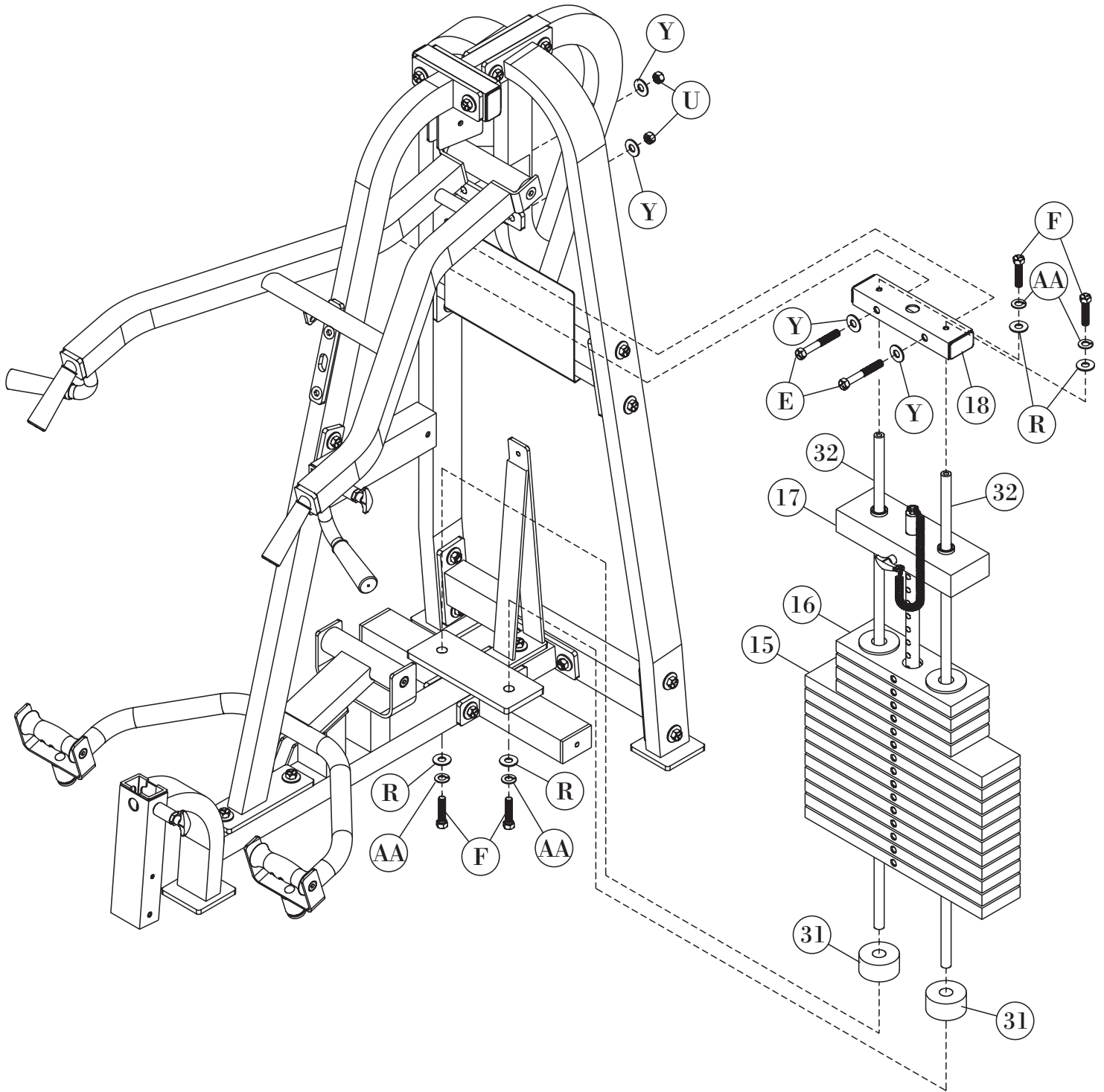
D500

Shoulder Press Shoulder Shrug



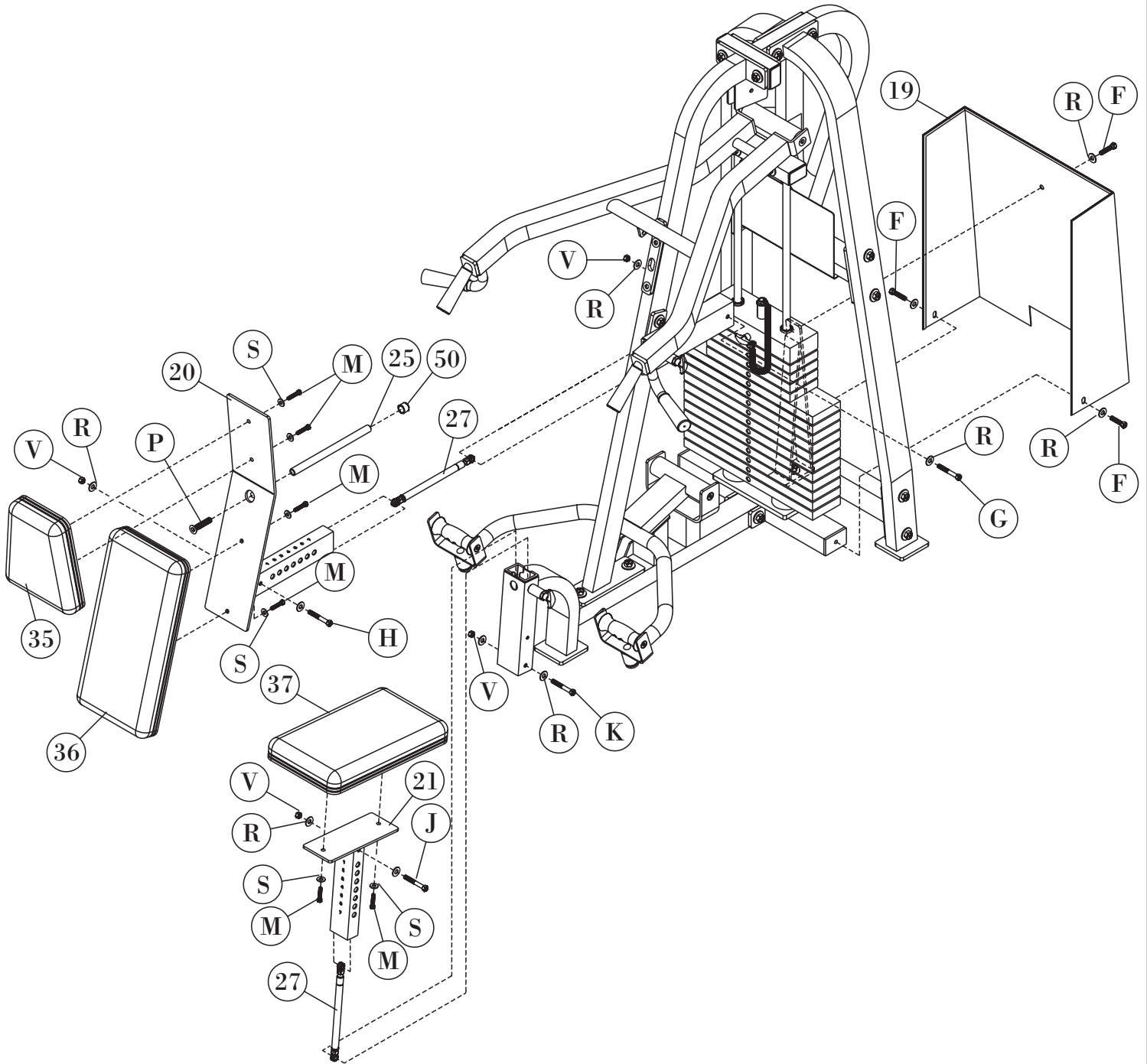
D500

Shoulder Press Shoulder Shrug



D500

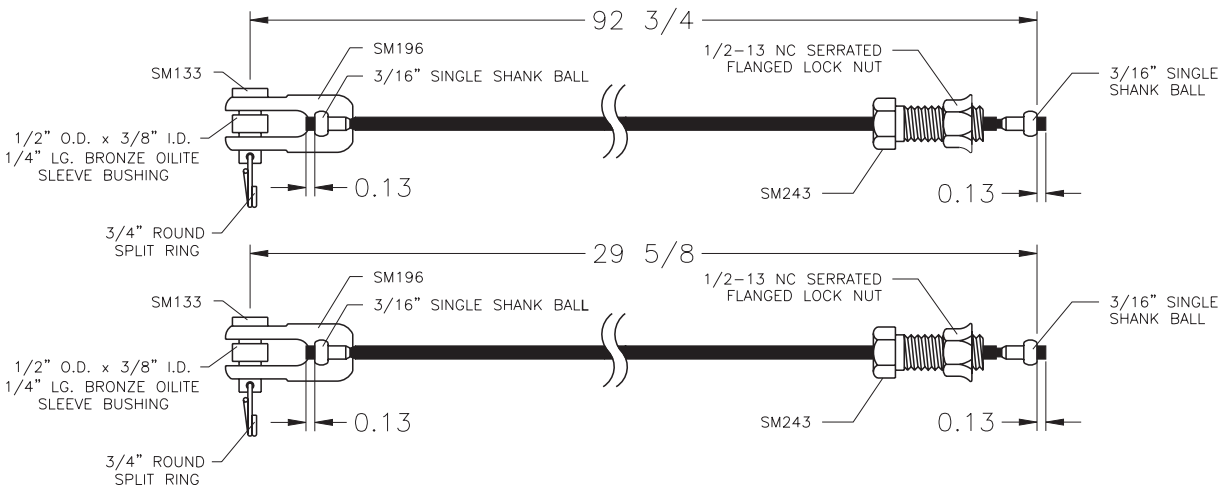
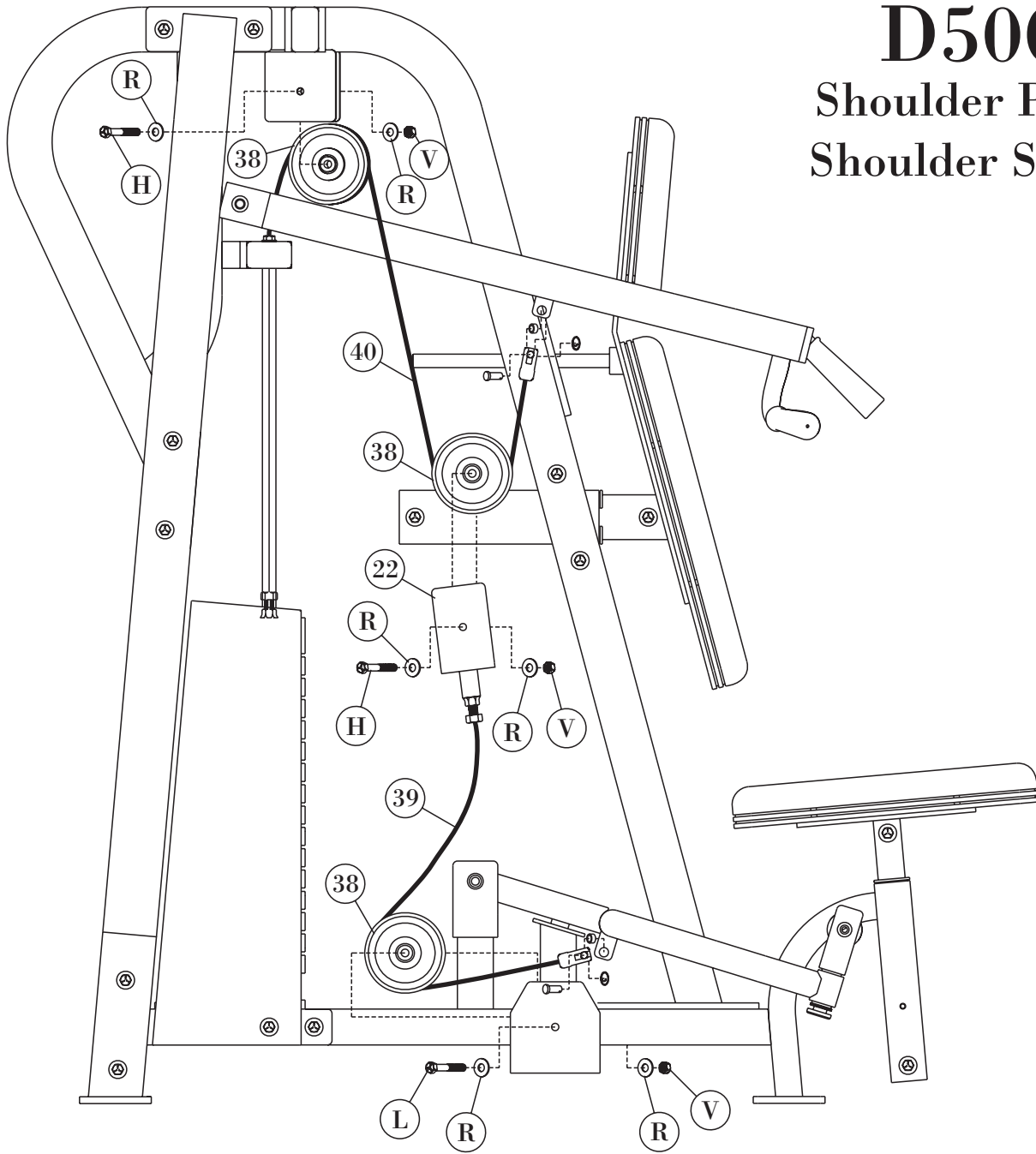
Shoulder Press Shoulder Shrug



D500

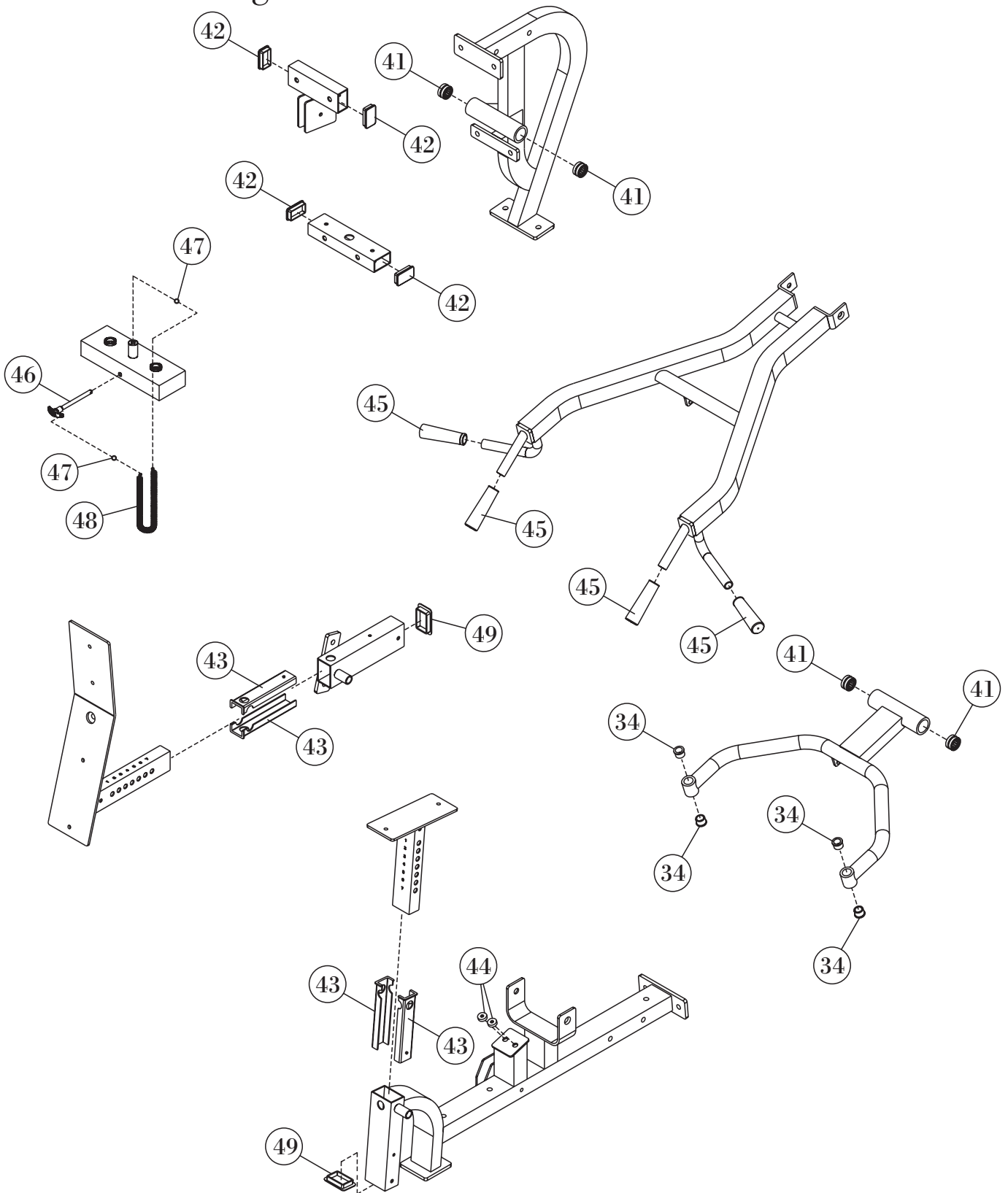
Shoulder Press

Shoulder Shrug



D500

Shoulder Press Shoulder Shrug



D500

PARTS LIST

Key No.	Qty.	Part Number	Description
1	1	35-SUB-D500-13	REAR UPRIGHT : RIGHT SIDE
2	1	35-SUB-D500-14	REAR UPRIGHT : LEFT SIDE
3	1	35-SUB-D500-04	BASE TUBE ASSEMBLY
4	1	35-SUB-D500-15	LOWER REAR CROSSMEMBER
5	1	35-SUB-D500-16	UPPER REAR CROSSMEMBER
6	1	35-SUB-D500-01	TOP TUBE ASSEMBLY
7	1	35-SUB-D500-08	FRONT UPRIGHT
8	1	35-SUB-D500-03	TOP PULLEY MOUNT
9	1	35-SUB-D500-11	PRESS ARM ASSEMBLY
10	1	35-SUB-D500-06	BOTTOM GUIDE ROD MOUNT
11	1	35-SUB-D500-09	BACK PAD ADJUSTER MOUNT
12	1	35-SUB-D500-07	REAR SHIELD ANCHOR
13	1	35-SUB-D500-17	SHRUG ARM ASSEMBLY
14	2	35-SUB-D100-18	SHRUG HANDLE ASSEMBLY
15	11	26-STD-SW104	20 LB. INTERMEDIATE WEIGHT
16	4	26-STD-SW101	12 LB. INTERMEDIATE WEIGHT
17	1	26-STD-SWTOP-5	2" x 4" x 12" TOP PLATE W/16 PIN STEM
18	1	35-SUB-D500-02	TOP GUIDE ROD MOUNT
19	1	26-STD-SSH148	SHIELD
20	1	35-SUB-D500-10	BACK PAD ADJUSTER
21	1	35-SUB-D500-05	SEAT PAD ADJUSTER
22	1	26-STD-SX133	4 1/2" FLOATING PULLEY BRACKET
23	2	026-0100021	SHRUG / SHOULDER AXLE
24	2	26-STD-SM252	SHRUG HANDLE AXLE
25	1	26-STD-SM250	ADJUSTER GUIDE SHAFT
26	1	26-STD-SP338	PLACARD MOUNT
27	1	20-GSP-Y3029	GAS SPRING
28	1	26-STD-PLAS143	.375" x 1.5" x 6 1/2" DELRIN
29	2	26-STD-SM240	3/8" FLATHEAD CAP, 1 3/8
30	2	26-STD-PLAS145	GRIP W/FINGERS

D500

PARTS LIST

Key No.	Qty.	Part Number	Description
31	2	19-WSB-1123	RUBBER WEIGHT STACK BUMPER
32	2	26-STD-SG117	GUIDE ROD : 44 1/2"
33	1	26-STD-PLAS142	PULL PIN HOLDER
34	4	14-OIL-34F	3/4" I.D. x 1" O.D. FLANGED OILITE
35	1	26-SDT-SU1011T	10 x 11 TAPERED PAD
36	1	26-STD-SU1020	10 x 20 PAD
37	1	26-STD-SU1017	10 x 17 PAD
38	3	18-PUL-412	4 1/2 PULLEY
39	1	10-SCA-SC2958	SHRUG CABLE
40	1	10-SCA-SC9234	SHOULDER CABLE
41	4	14-BRG-MR16N	BEARING
42	4	16-CAP-112212	1 1/2 x 2 1/2 END CAP
43	4	26-STD-PLAS125	E-Z GLIDE SLEEVE
44	2	19-PLG-1	RUBBER BUMPER PAD
45	4	19-GRP-78COMFORT	COMFORT GRIP
46	1	26-STD-SM134	WEIGHT STACK PIN
47	2	15-RNG-58	SPLIT RING
48	1	10-LRD-12	COIL SPRING
49	2	16-CAP-23	END CAP 2 x 3
50	1	16-GRP-34	3/4 DIA. END CAP

D500

HARDWARE LIST

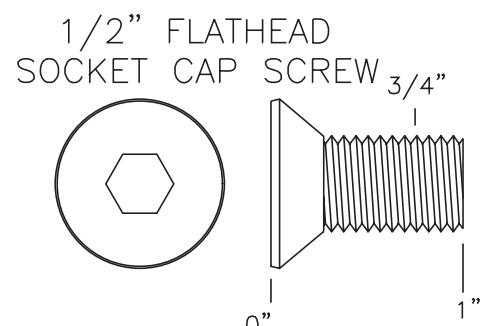
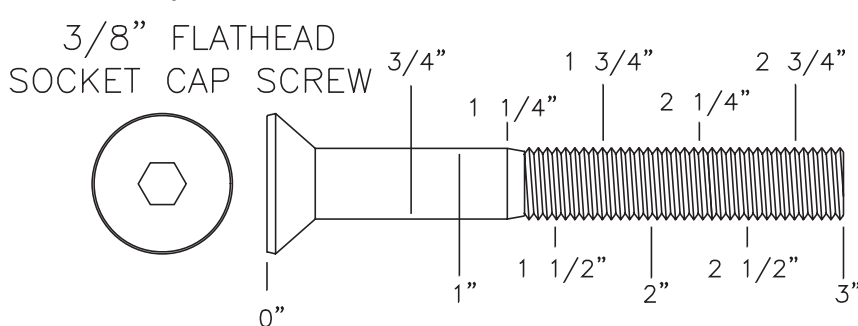
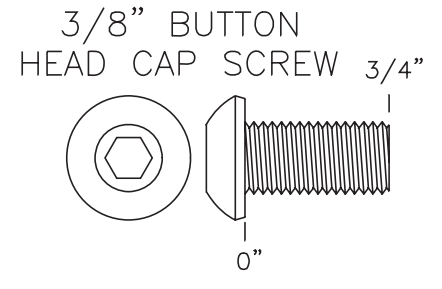
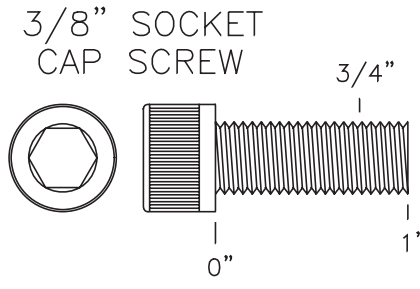
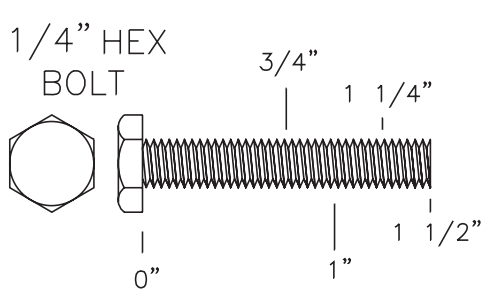
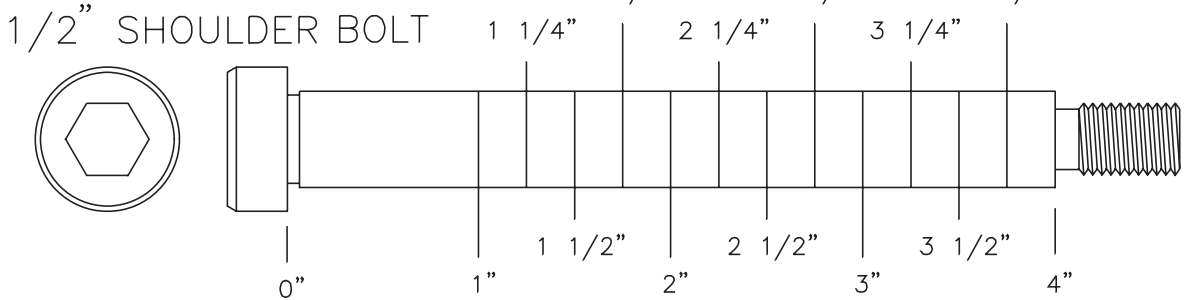
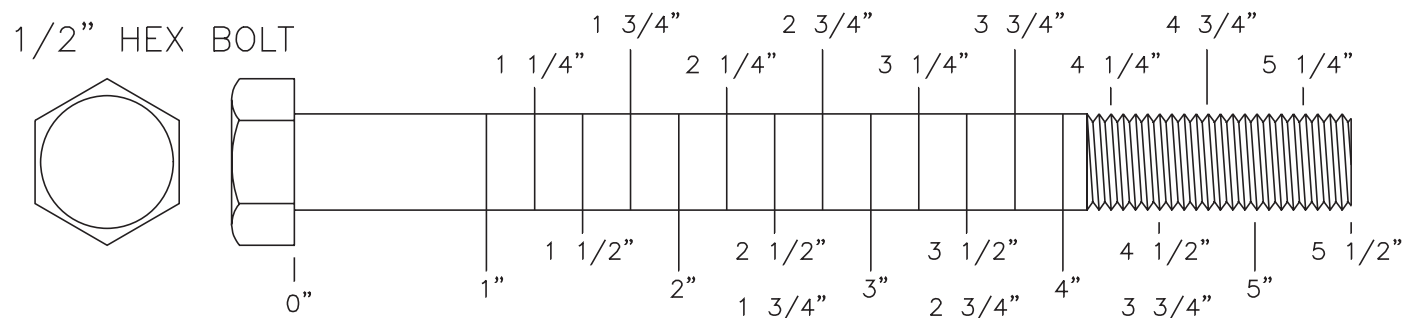
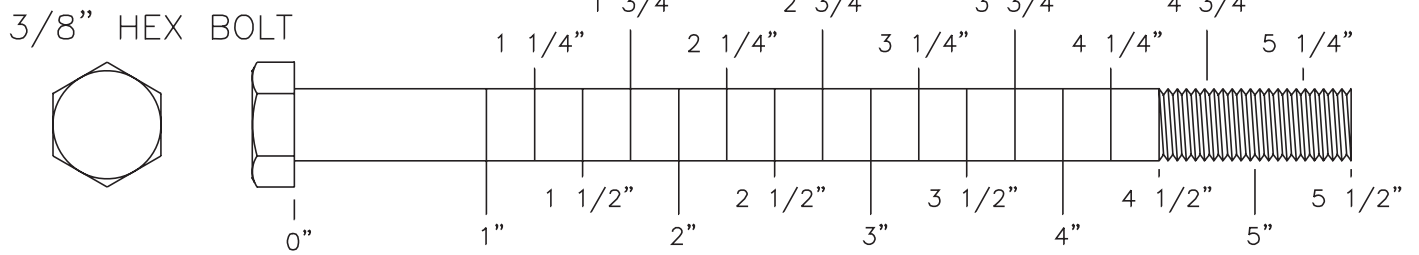
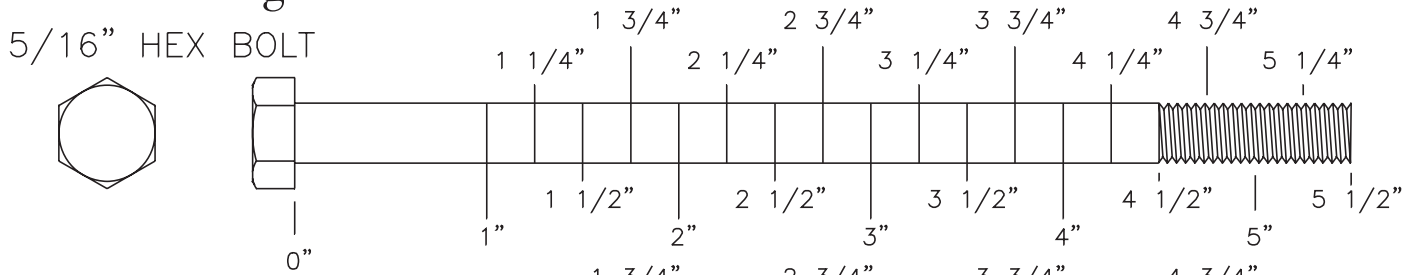
Key No.	Qty.	Part Number	Description
A	10	11-HEX-12212	1/2-13 x 2 1/2 HEX BOLT
B	5	11-HEX-123	1/2-13 x 3 HEX BOLT
C	6	11-HEX-12234	1/2-13 x 2 3/4 HEX BOLT
D	2	11-HEX-12414	1/2-13 x 4 1/4 HEX BOLT
E	2	11-HEX-12(13)312	1/2-13 x 3 1/2 HEX BOLT
F	7	11-HEX-38(16)1	3/8-16 x 1 HEX BOLT
G	1	11-HEX-38(16)212	3/8-16 x 2 1/2 HEX BOLT
H	1	11-HEX-38(16)2	3/8-16 x 2 HEX BOLT
J	1	11-HEX-383	3/8-16 x 3 HEX BOLT
K	1	11-HEX-38312	3/8-16 x 3 1/2 HEX BOLT
L	1	11-HEX-385	3/8-16 x 5 HEX BOLT
M	6	11-HEX-516(18)114	5/16-18 x 1 1/4 HEX BOLT FULLY THREAD
N	6	11-FLA-381	3/8-16 x 1 FLATHEAD BOLT
P	5	11-FLA-121	1/2-13 x 1 FLATHEAD BOLT
Q	48	13-FLT-12	1/2 WASHER
R	21	13-FLT-38	3/8 WASHER
S	6	13-FLT-516	5/16 WASHER
T	4	14-TBW-1	THRUST WASHER, 1
U	27	12-LOK-12T	1/2-13 THIN LOCK NUT
V	7	12-LOK-38	3/8-16 THIN LOCK NUT
W	2	11-FLA-12314	1/2-13 x 3 1/4 FLATHEAD BOLT
X	2	14-BRG-THRUST34	THRUST BEARING
Y	4	13-FLT-12SAE	1/2" SAE FLAT WASHER
Z	4	14-TBW-34	THRUST WASHER, 3/4
AA	4	13-LOK-38	3/8 SPLIT LOCK WASHER

D500

Shoulder Press

Shoulder Shrug

BOLT SIZING CHART



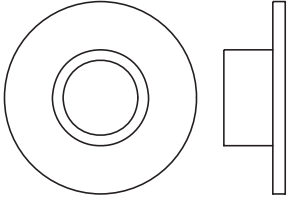
D500

Shoulder Press

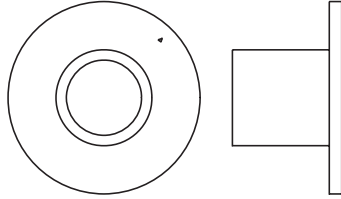
Shoulder Shrug

W A S H E R S I Z I N G C H A R T

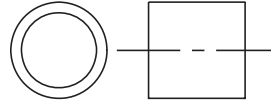
1/4" LONG FLANGED
PULLEY SPACER



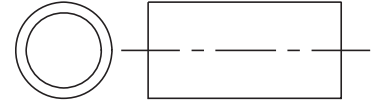
1/2" LONG FLANGED
PULLEY SPACER



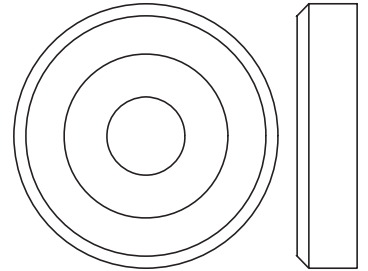
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



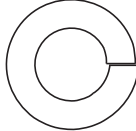
1 3/8" ALUMINUM
FLATHEAD CAP



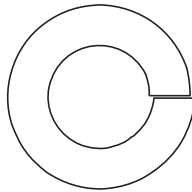
1/4" LOCK
WASHER



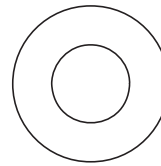
3/8" LOCK
WASHER



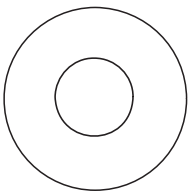
1/2" LOCK
WASHER



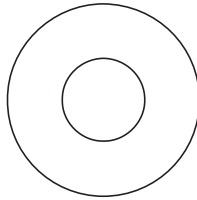
5/16" FLAT
WASHER



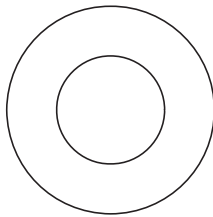
5/16" FLAT
WASHER
LARGE, USS, 25mm



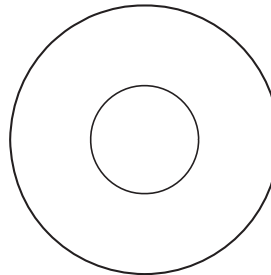
3/8" FLAT
WASHER



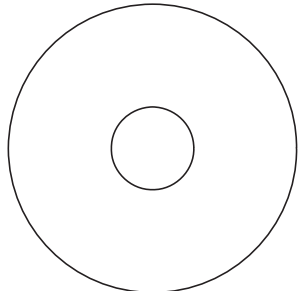
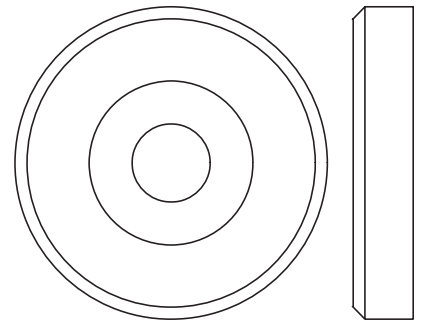
1/2" FLAT
WASHER
SMALL, SAE, 26mm



1/2" FLAT
WASHER
LARGE, USS, 34mm

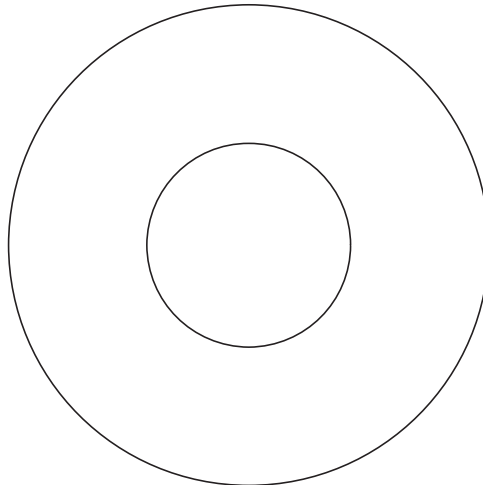


1 5/8" ALUMINUM
FLATHEAD CAP

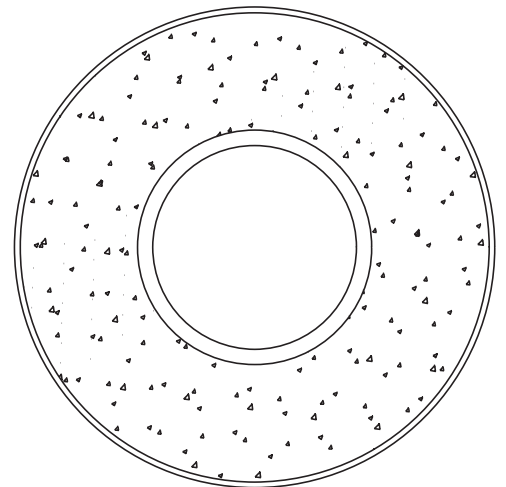


3/8" FENDER
WASHER

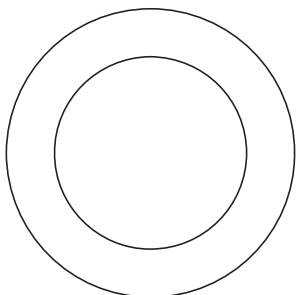
1 1/16" FENDER
WASHER



PLASTIC 1 1/16"
FENDER WASHER



1" SHIM
WASHER

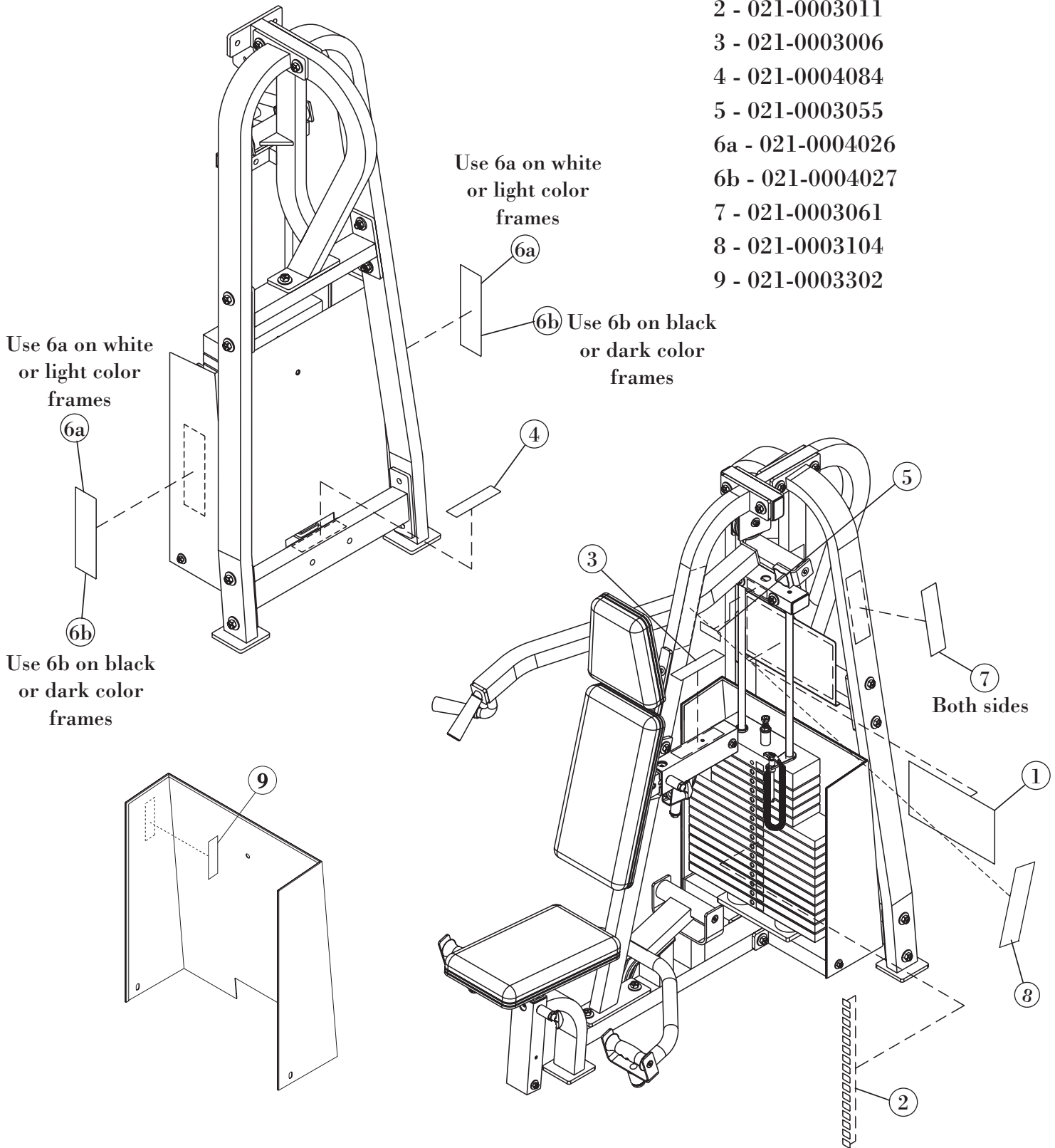


D500

Shoulder Press Shoulder Shrug

Decal Descriptions

- 1 - 021-0013025
- 2 - 021-0003011
- 3 - 021-0003006
- 4 - 021-0004084
- 5 - 021-0003055
- 6a - 021-0004026
- 6b - 021-0004027
- 7 - 021-0003061
- 8 - 021-0003104
- 9 - 021-0003302

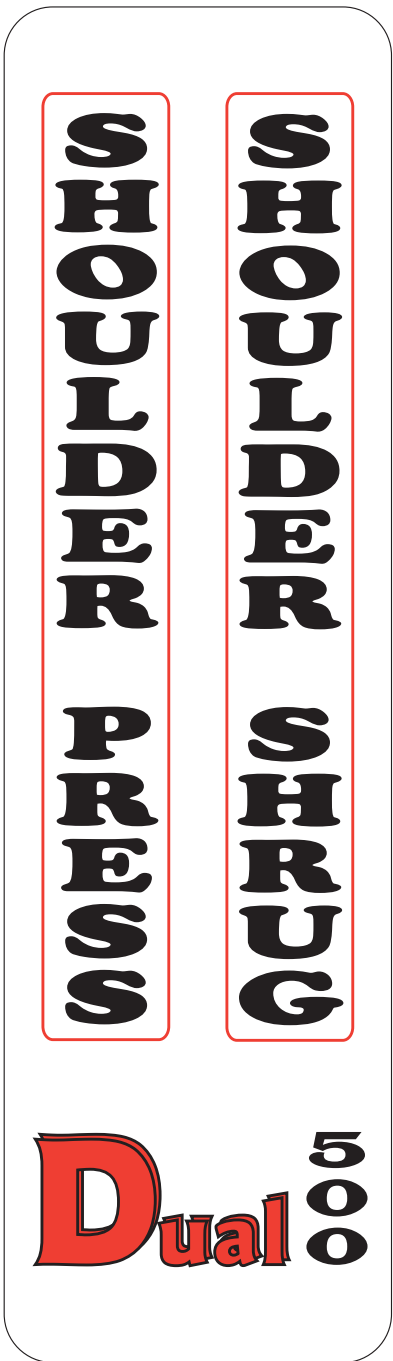


D500

Shoulder Press
Shoulder Shrug

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003061

021-0003006

021-0003011

WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

D500

DECAL REFERENCE

Shoulder Press

Shoulder Shrug

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003055

021-0004084

SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.

D500 DECAL REFERENCE

Shoulder Press *This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

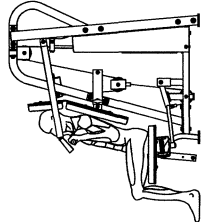
Shoulder Shrug

SHOULDER PRESS

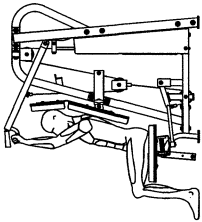
Dual 500

SHOULDER SHRUG

Start / End Position




Midpoint Position



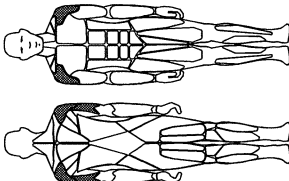
Exercise Instructions

- 1 Select the desired weight.
- 2 Adjust seat for desired prestretch (lower for tall people, higher for shorter people.)
- 3 Adjust back pad.
- 4 Press handles upward with a slow controlled motion.
- 5 Slowly return to starting position.
- 6 **VARIATIONS:** Adjust back pad forward for behind the neck shoulder press. Alter hand grip position.

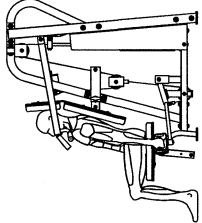
PRIMARY:
Deltoids



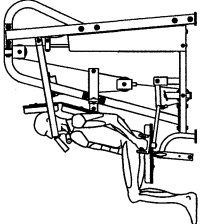
SECONDARY:
Tricep



Start / End Position




Midpoint Position



Exercise Instructions

- 1 Select the desired weight.
- 2 Adjust seat height for desired prestretch.
- 3 Adjust back pad.
- 4 Grip shrug handles with palms facing in.
- 5 Rotate shoulders up and back in a smooth, controlled motion.
- 6 Slowly return to starting position.
- 7 **VARIATIONS:** Rotate hands to various positions.

PRIMARY:
Deltoids
Trapezius



021-0013025

DUAL 500 WEIGHT CHART

Shoulder Press		Shrug	
29	(29) 1	15	25
41	(12.5) 2	21	35
54	(12.5) 3	27	46
66	(12.5) 4	33	56
78	(12.5) 5	39	66
98	(20) 6	49	83
118	(20) 7	59	100
138	(20) 8	69	117
158	(20) 9	79	134
178	(20) 10	89	151
198	(20) 11	99	168
218	(20) 12	109	185
238	(20) 13	119	202
258	(20) 14	129	219
278	(20) 15	139	236
298	(20) 16	149	253

NOTE: The chart above shows the standard weight stack for this unit, this chart does not represent any incremental add on weights. The weights listed are approximate and have been rounded off to

021-0003302

D500 DECAL REFERENCE

Shoulder Press *This decal has been attached to this piece of equipment to provide information regarding operation, safety and*
 Shoulder Shrug *maintenance. Before use, take the time to read these decals.*



021-0004027



021-0004026

NOTICE	COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months	Yearly	
		Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
		Clean; Upholstery	X				
		Inspect; Cables or Belts and their tension	X				
		Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X					
Inspect; All nuts and Bolts Tighten if Needed.		X					
Inspect; Anti-Skid Surfaces		X					
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X				
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X				
Clean & Wax; All Glossy Finishes				X			
Repack with Grease Linear Bearings				X			
Replace; Cables, Belts and Connecting Parts.					X		

021-0003104

D500

Shoulder Press

Shoulder Shrug

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

D500

Shoulder Press
Shoulder Shrug

Weight Training Exercise Log

S=Sets R=Repetition per set W=Weight used

Date	S		R		W		S		R		W		S		R		W		S		R		W		S		R		W													
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W

Totals

D500

Shoulder Press Shoulder Shrug

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Guide Rods:

- * Wipe clean with a clean, dust free rag.
- * If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.
- * DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.

Decals:

- * Inspect and familiarized yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Belts and Cables:

- * Hoist uses only high quality belts, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

D500

Shoulder Press

Shoulder Shrug

Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

- * Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.
- * Check slack in belts or cables and readjust tension if needed.

Seat Sleeves & Oilites:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and oilites with a silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

PLEASE KEEP THIS FOR YOUR RECORDS.

D500

Shoulder Press
Shoulder Shrug

MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>							
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY								
Clean; Upholstery	DAILY	WEEKLY								
Inspect; Cables or Belts and their tension	DAILY	WEEKLY								
Inspect; Accessory Bars and Handles	WEEKLY	3 MONTHS								
Inspect; All Decals	WEEKLY	3 MONTHS								
Inspect; All Nuts and Bolts, Tighten if Needed	WEEKLY	3 MONTHS								
Inspect; Anti-Skid Surfaces	WEEKLY	3 MONTHS								
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS								
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS								
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY								
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY								
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS								

*Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.*

D500

Shoulder Press

Shoulder Shrug

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts or **cables** that occur after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

IN HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts or **cables**, and upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
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San Diego, Calif. 92126
(800)548-5438

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PLEASE KEEP THIS FOR YOUR RECORDS