

OWNERS
MANUAL



CD2400

NEW CAM

REPLACEMENT INSTRUCTIONS

OWNERS MANUAL

CONTENT

INSTRUCTIONS	2
ORIGINAL EXERCISE CAM ASSEMBLY	4
NEW EXERCISE CAM ASSEMBLY	10
PART/HARDWARE LISTING	17

OWNERS MANUAL

Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists 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 lists. 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 manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Standard Allen Wrench Set
(2.5mm, 3/32" thru 5/16")

1/2", 9/16", Open End Wrench

Belt Tensioning Wrench
(Hoist Tool SM374)

Crescent Wrench

Rubber Mallet

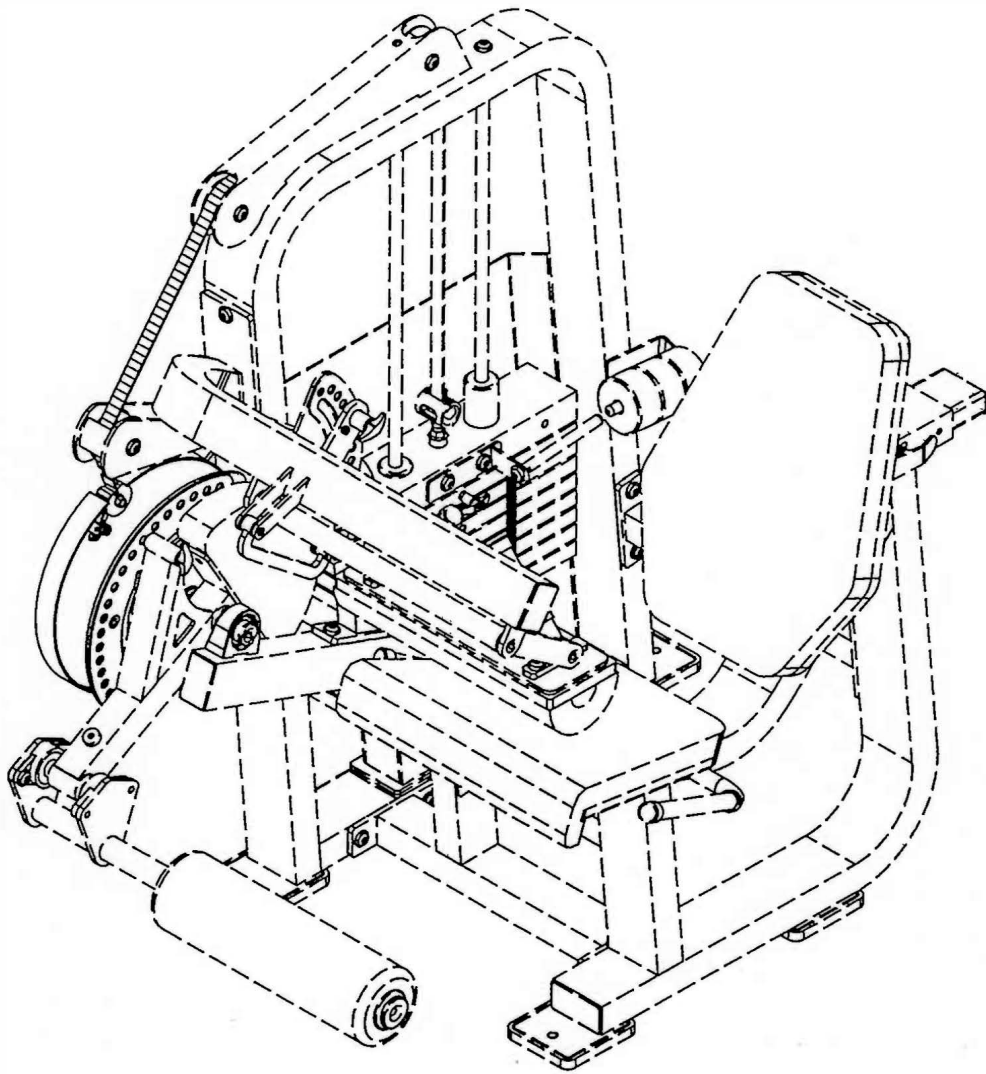
Tape Measure

OWNERS MANUAL



OWNERS MANUAL

ORIGINAL EXERCISE CAM ASSEMBLY



OWNERS MANUAL

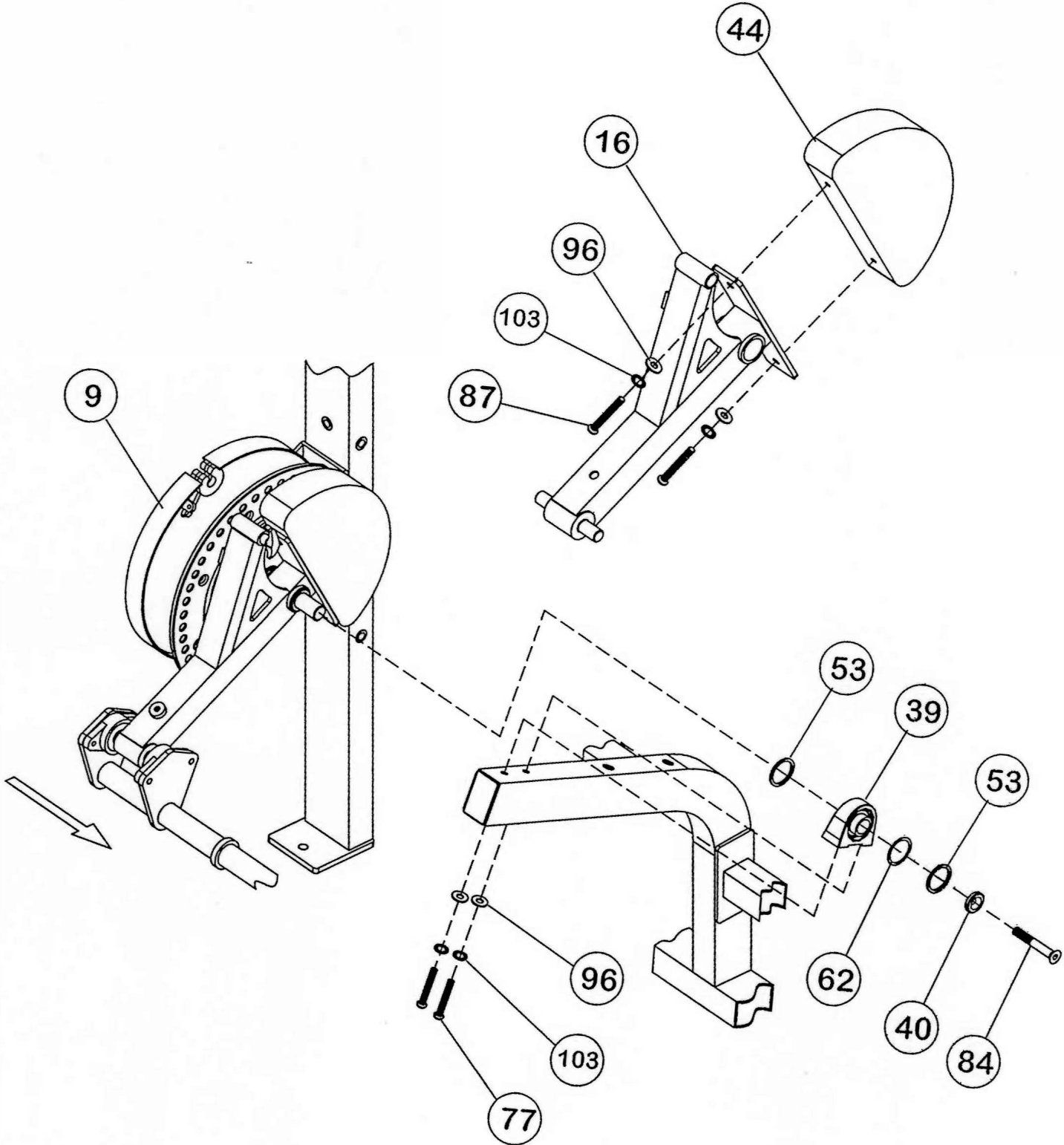
STEP 1a ORIGINAL CAM DISASSEMBLE

Start by removing the belt off from the cam. Next remove (44) from (16) and then remove (39). Once (44) and (39) are removed, slide (16) and (9) in the direction of the arrow for complete removal.

Part/Hardware Descriptions

- 9 - R.O.M/CAM ASSEMBLY
- 16 - EXTENSION ASSEMBLY
- 39 - PILLOW BLOCK BEARING
- 40 - FLAT HEAD CAP (RED)
- 44 - 42.5 LB. COUNTER BALANCE
- 53 - BLACK PLASTIC RING
- 62 - 1" ID x 8mm THK METAL SHIM WASHER
- 84 - 3/8"-16 x 1 1/2" FHS (WZ)
- 87 - 3/8"-16 x 1 3/4 BHS (WZ)

OWNERS MANUAL



OWNERS MANUAL

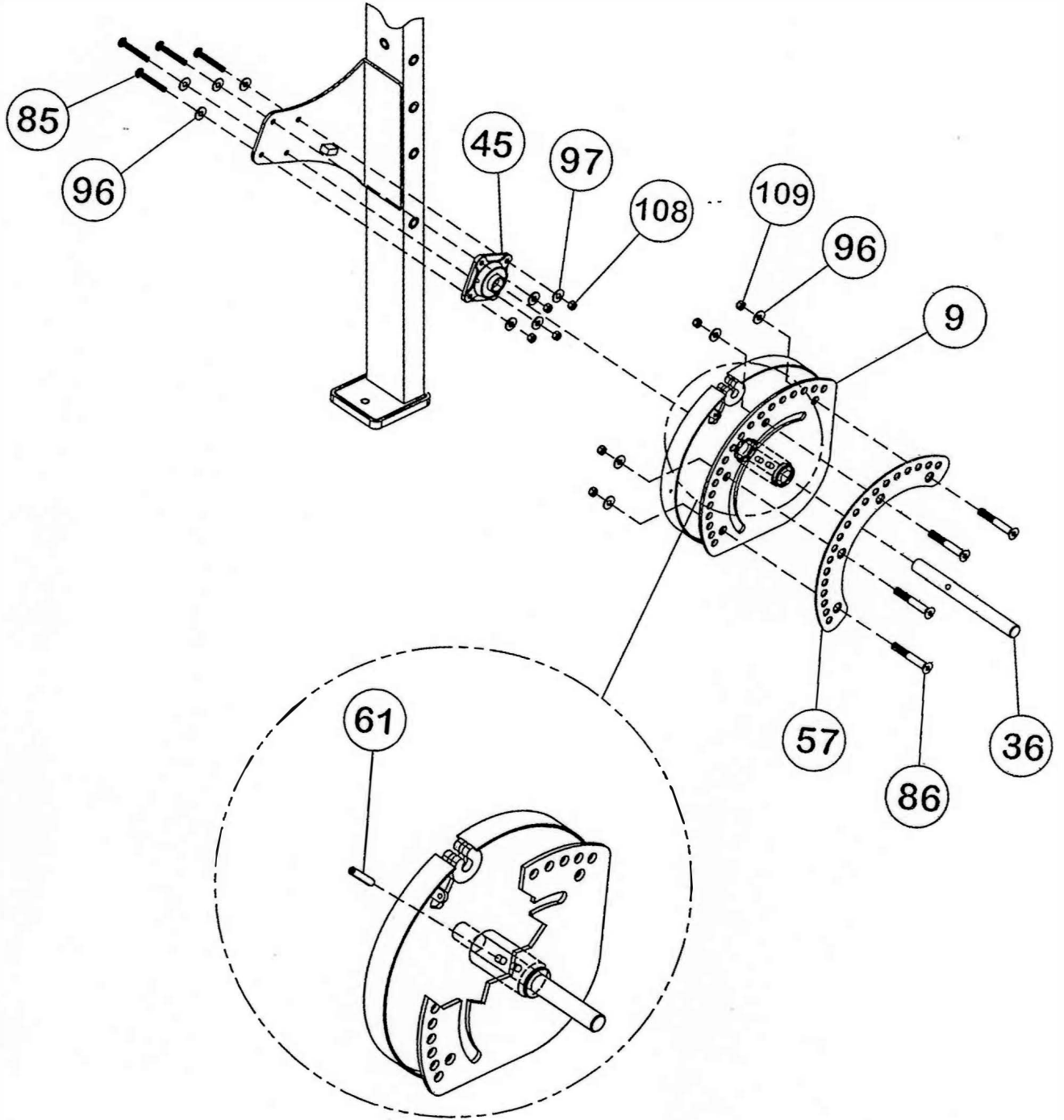
STEP 1b ORIGINAL CAM DISASSEMBLE

Start by removing (45) and (57). Once (45) and (57) are removed, slide (9) out and remove (61).

Part/Hardware Descriptions

- 9 - R.O.M/CAM ASSEMBLY
- 36 - Ø1" x 10 19/32" SHAFT
- 45 - FLANG BEARING
- 57 - RANGE ADJUSTER PLATE
- 61 - 3/8" x 2" ROLL PIN
- 85 - 3/8"-16 x 1 1/2" BHS (WZ)
- 86 - 3/8"-16 x 3/4" FLAT HEAD SCREW
- 96 - 3/8" SAE FLAT WASHER (WZ)
- 97 - 3/8" SAE FLAT WASHER (BZ)
- 108 - 3/8"-16 LOCK NUT (BZ)
- 109 - 3/8"-16 THIN LOCK NUT (WZ)

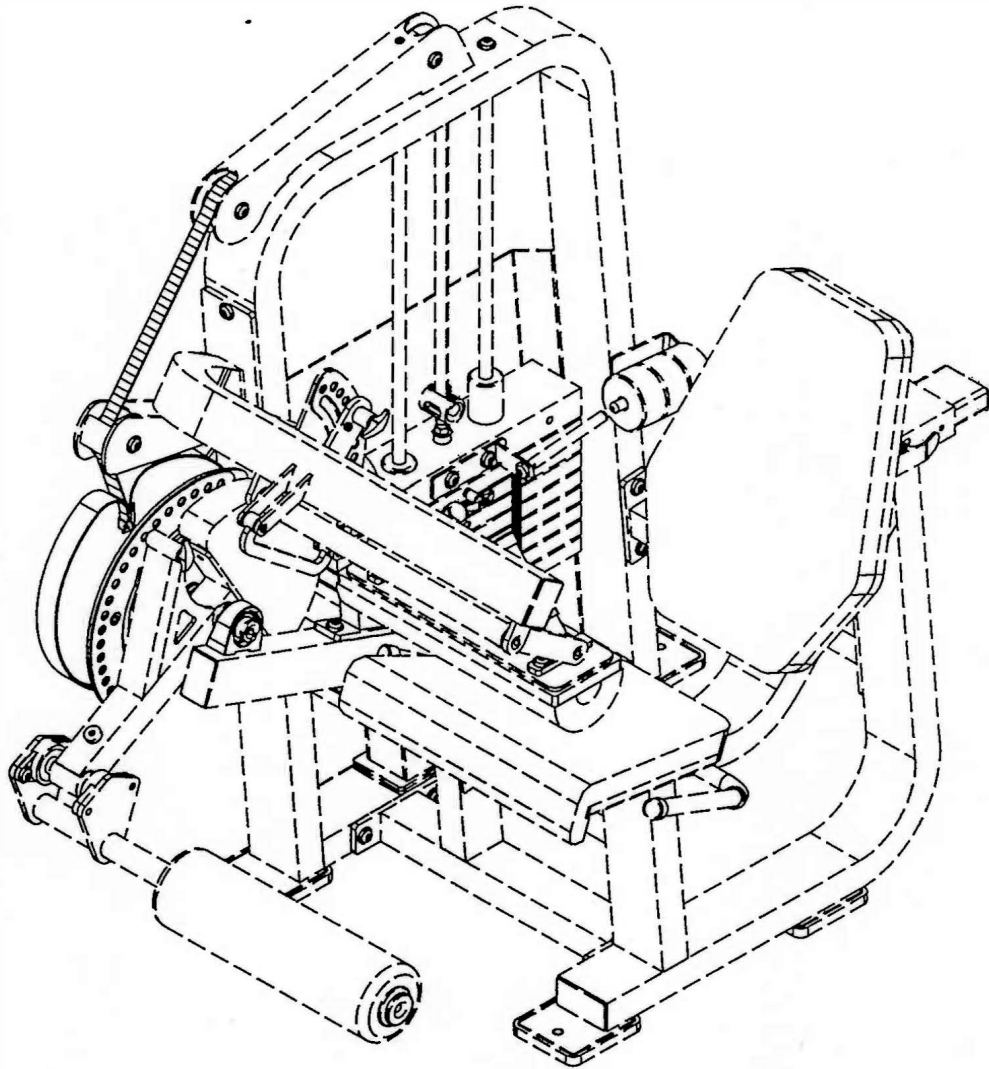
OWNERS MANUAL



OWNERS MANUAL

OWNERS MANUAL

NEW EXERCISE CAM ASSEMBLY



OWNERS MANUAL

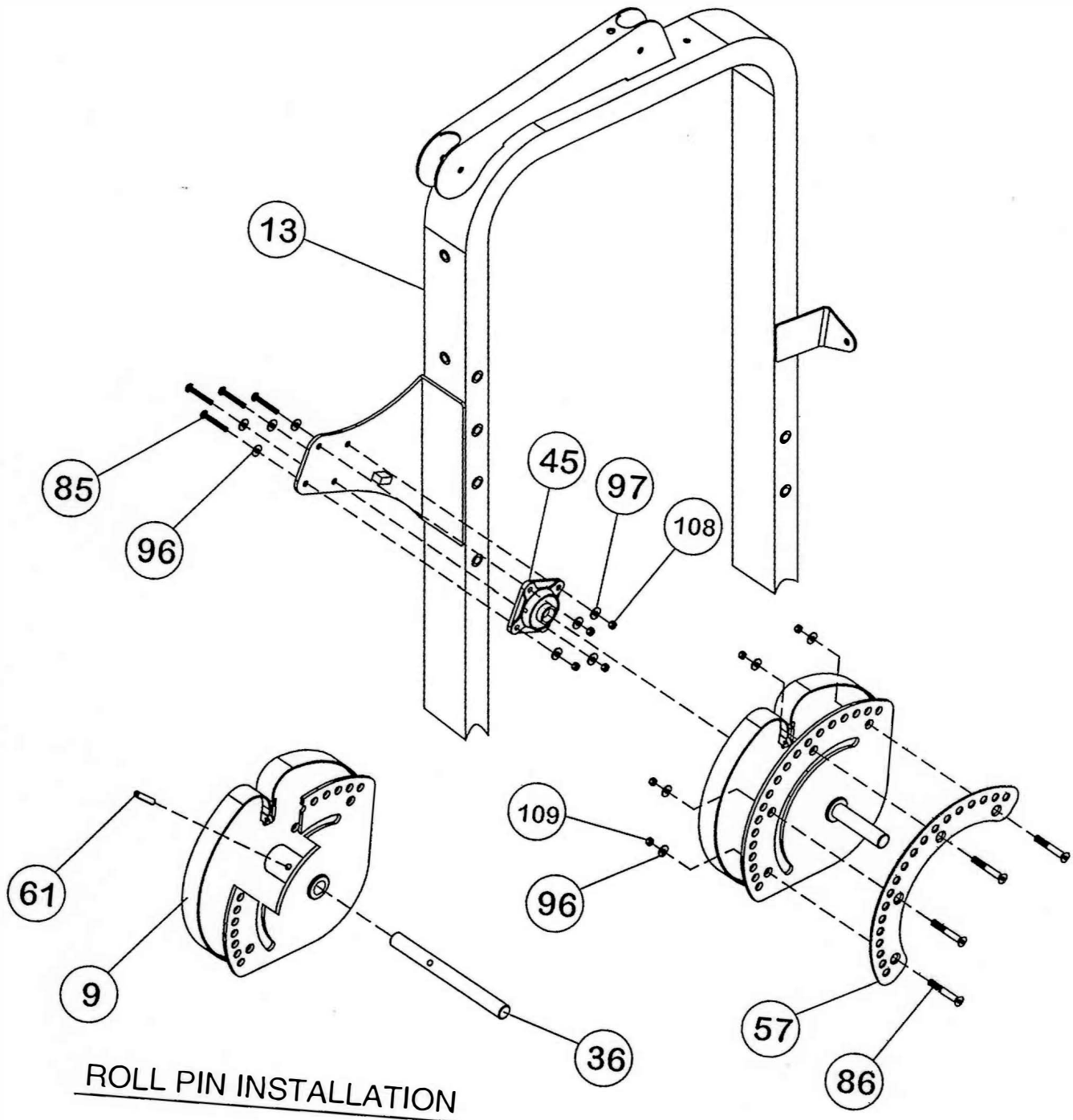
STEP 2a NEW CAM ASSEMBLY

Start by attaching (36) onto (9) and secure it with (61). Attach (57) to (9) and also attach (45) to (13). Next slide (9) onto (45). Wrench tighten bolts. Refer back to page 6 diagram for reversal installation of all previous removal parts.

Part/Hardware Descriptions

- 9 - R.O.M/CAM ASSEMBLY
- 13 - WEIGHT CAGE
- 36 - Ø1" 10 19/32" SHAFT
- 45 - FLANGE BEARING
- 57 - RANGE ADJUSTER PLATE
- 61 - 3/8" x 2" OPEN ROLL PIN
- 85 - 3/8"-16 1 1/2" BHS (WZ)
- 86 - 3/8"-16 x 3/4" FHS (WZ)
- 96 - 3/8" SAE FLAT WASHER (WZ)
- 97 - 3/8" SAE FLAT WASHER (BZ)
- 108 - 3/8"-16 LOCK NUT (BZ)
- 109 - 3/8"-16 (THIN) LOCK NUT (WZ)

OWNERS MANUAL

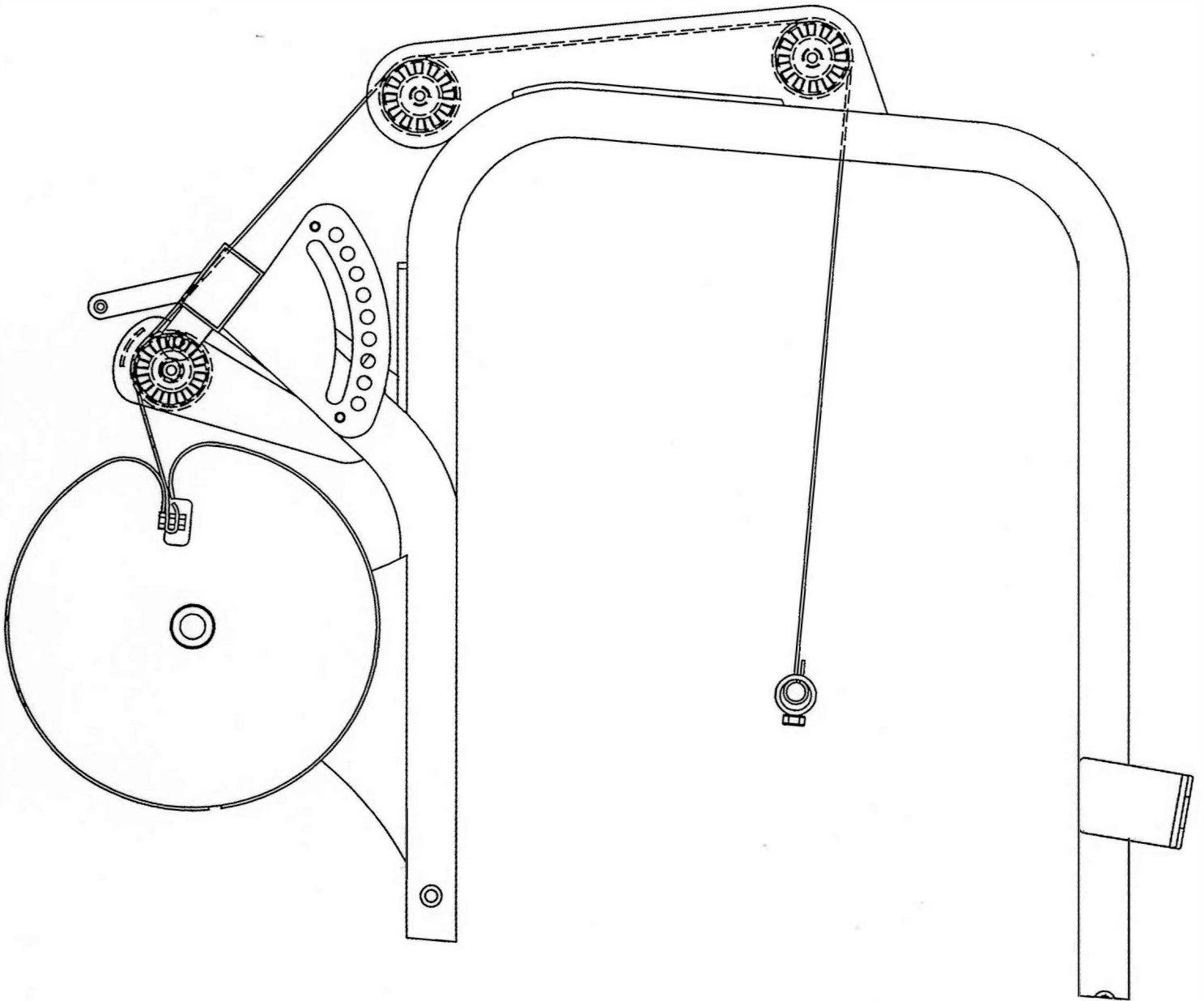


OWNERS MANUAL

STEP 2c BELT ASSEMBLY

The next page represents the belt pattern routing only.

OWNERS MANUAL



SIDE VIEW BELT ROUTING

OWNERS MANUAL

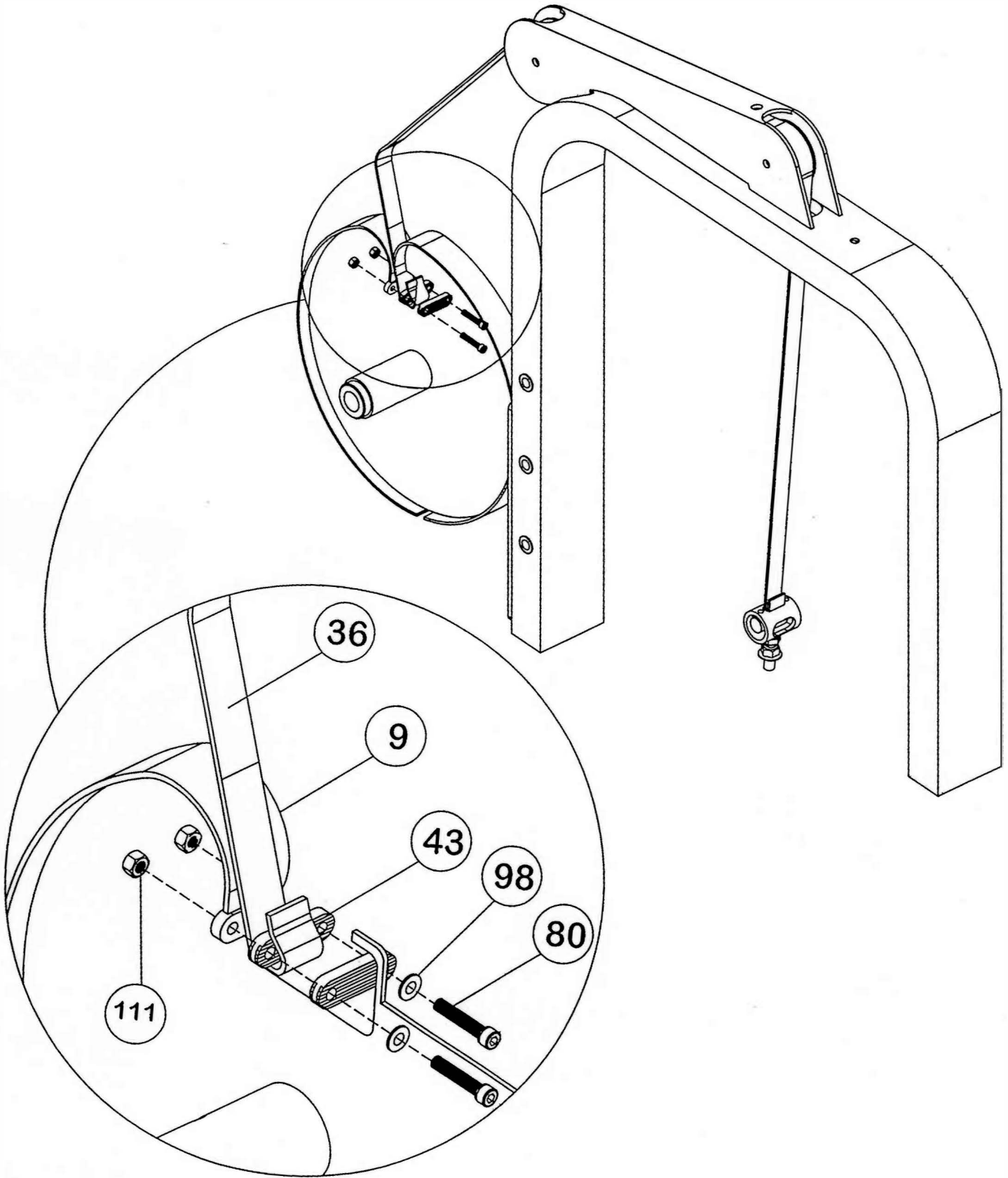
STEP 2c BELT ASSEMBLY

Start assembly by placing the the smooth side of (36) onto the pulleys. Loop (36) to (9) slot and secure with two (43)'s and hardware. Wrench tighten but do not exceed 60 inch lbs. of torque.

Part/Hardware Decriptions

- 9 - R.O.M/CAM ASSEMBLY
- 26 - 80" LG. KEVLAR BELT
- 43 - SERRATED CLAMP
- 80 - 1/4"-20 x 1 1/2" SOCKET HEAD SCREW
- 98 - 1/4" SAE FLAT WASHER (BZ)
- 111 - 1/4"-20 LOCK NUT (WZ)

OWNERS MANUAL



OWNERS MANUAL

PARTS/HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
9	1	026-01X0512	R.O.M/CAM ASSEMBLY
13	1	026-01X0639	WEIGHT CAGE
16	1	026-01X0644	EXTENSION ASSEMBLY
26	1	015-0002002	80" LG. KEVLAR BELT
36	1	026-01M0356	Ø1" x 10 19/32" SHAFT
39	1	014-0010007	PILLOW BLOCK BEARING
40	1	026-01M0240	FLAT HEAD CAP (RED)
43	2	026-01P0467	SERRATED CLAMP
44	1	026-01P0559	42 1/2 LBS. COUNTER BALANCE
45	1	014-0009004	FLANGE BEARING
53	2	026-01PL178	BLACK PLASTIC RING
57	1	026-01A0198	RANGE ADJUSTER PLATE
61	1	030-0303003	3/8" x 2" OPEN ROLL PIN
62	1	014-0024001	1" ID x 8mm METAL SHIM WASHER
80	2	011-0501002	1/4"-20 x 1 1/2" FHS (WZ)
84	1	011-0002033	3/8"-16 x 1 1/2" FHS (WZ)
85	4	011-0101027	3/8"-16 x 1 1/2" BHS (WZ)
86	4	011-0002032	3/8"-16 x 3/4" FHS (WZ)
87	2	011-0101061	3/8"-16 x 1 3/4" BHS (WZ)
96	8	013-0002004	3/8" SAE FLAT WASHER (WZ)
97	4	013-0202004	3/8" SAE FLAT WASHER (BZ)
98	2	013-0202002	1/4" -20 LOCK NUT (WZ)
108	4	012-0304004	3/8"-16 LOCK NUT (BZ)
109	4	012-0004004	3/8"-16 (THICK) LOCK NUT (WZ)
111	2	012-0104009	1/4"-20 LOCK NUT (WZ)

EXPLANATION OF ABBREVIATIONS

BHS = BUTTON HEAD SCREW

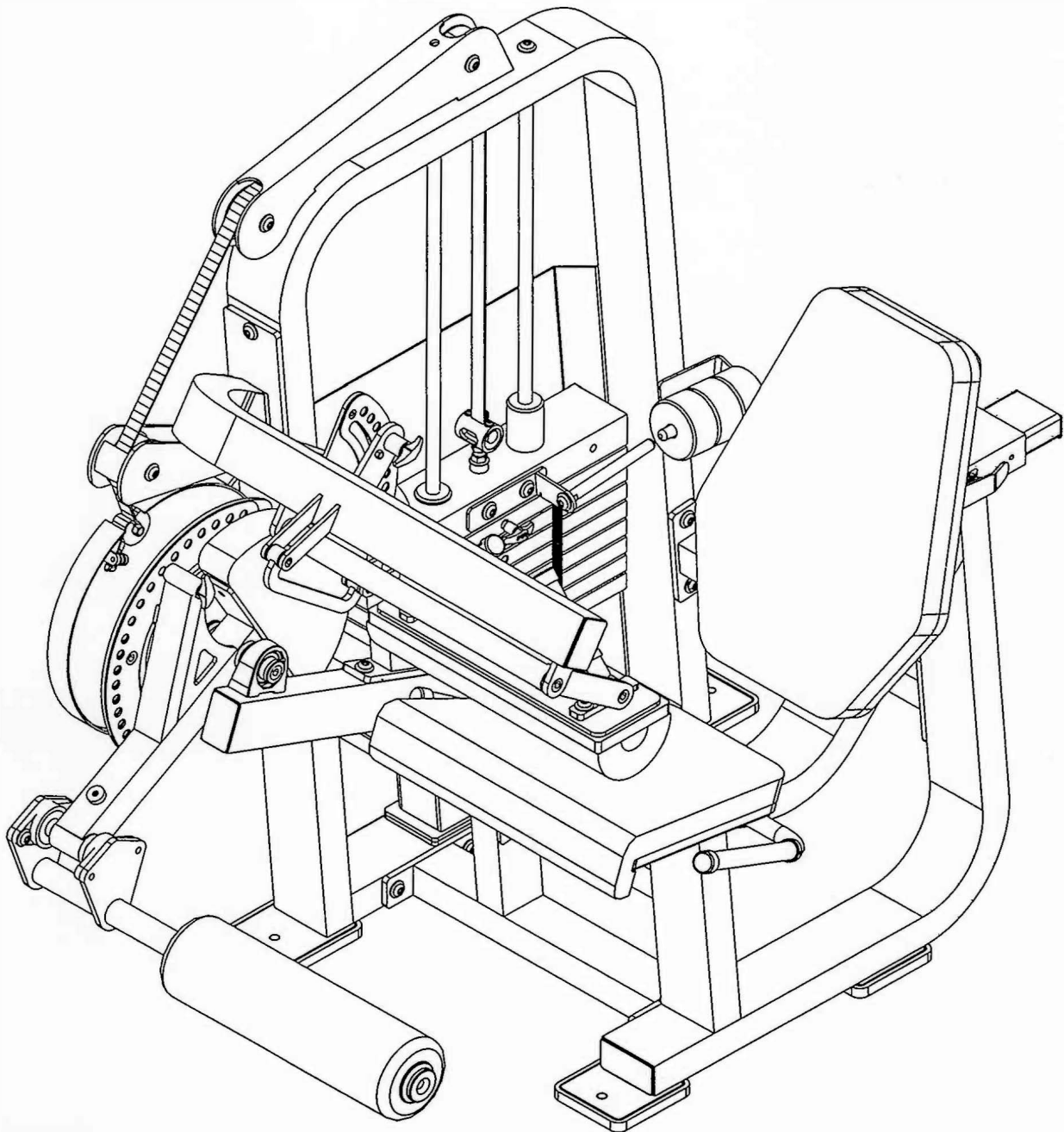
FHS = FLAT HEAD SCREW

BZ = BLACK ZINC

WZ = WHITE ZINC



CD-2400
LEG EXTENSION/LEG CURL

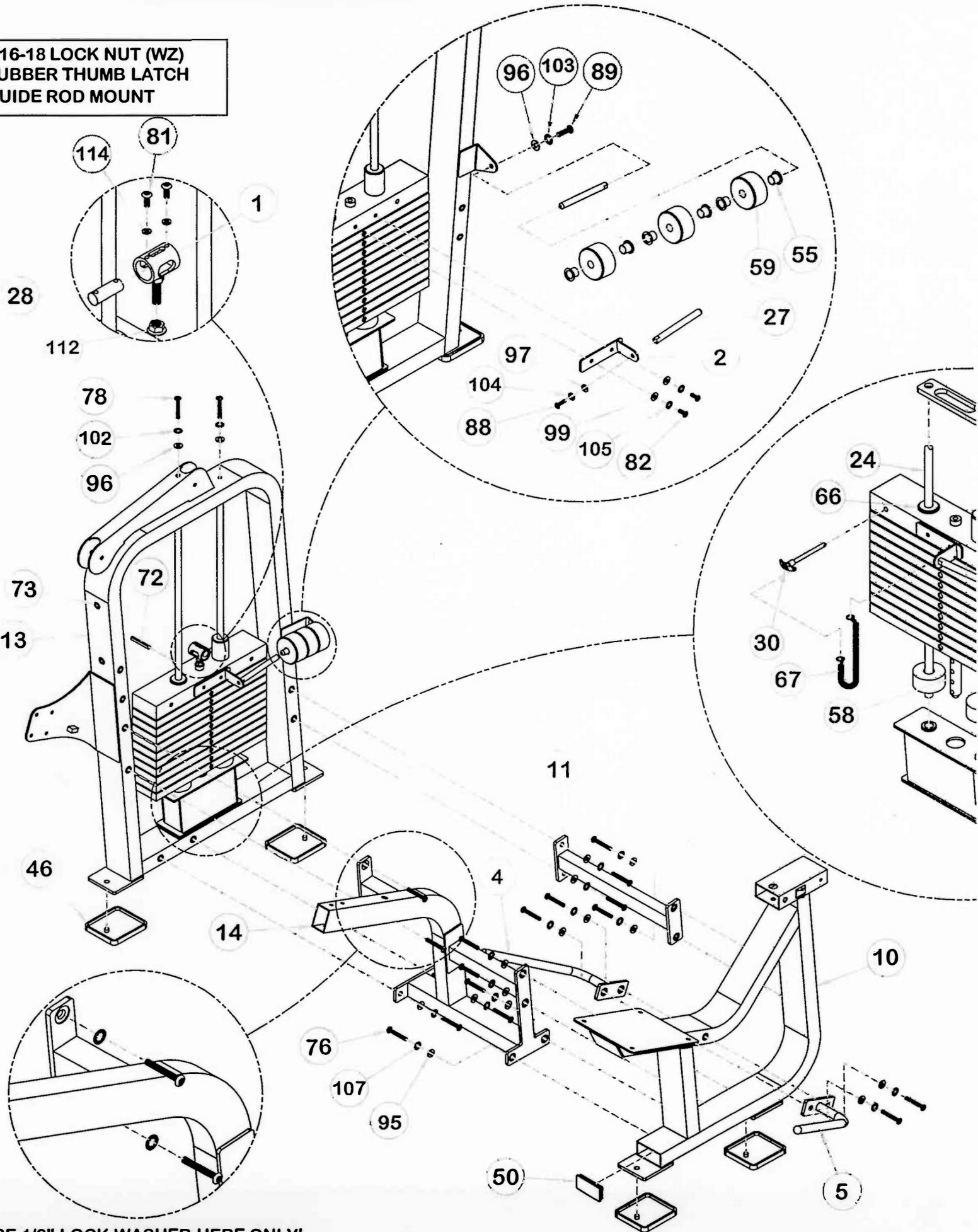


CD2400 LEG EXTENSION/CURL

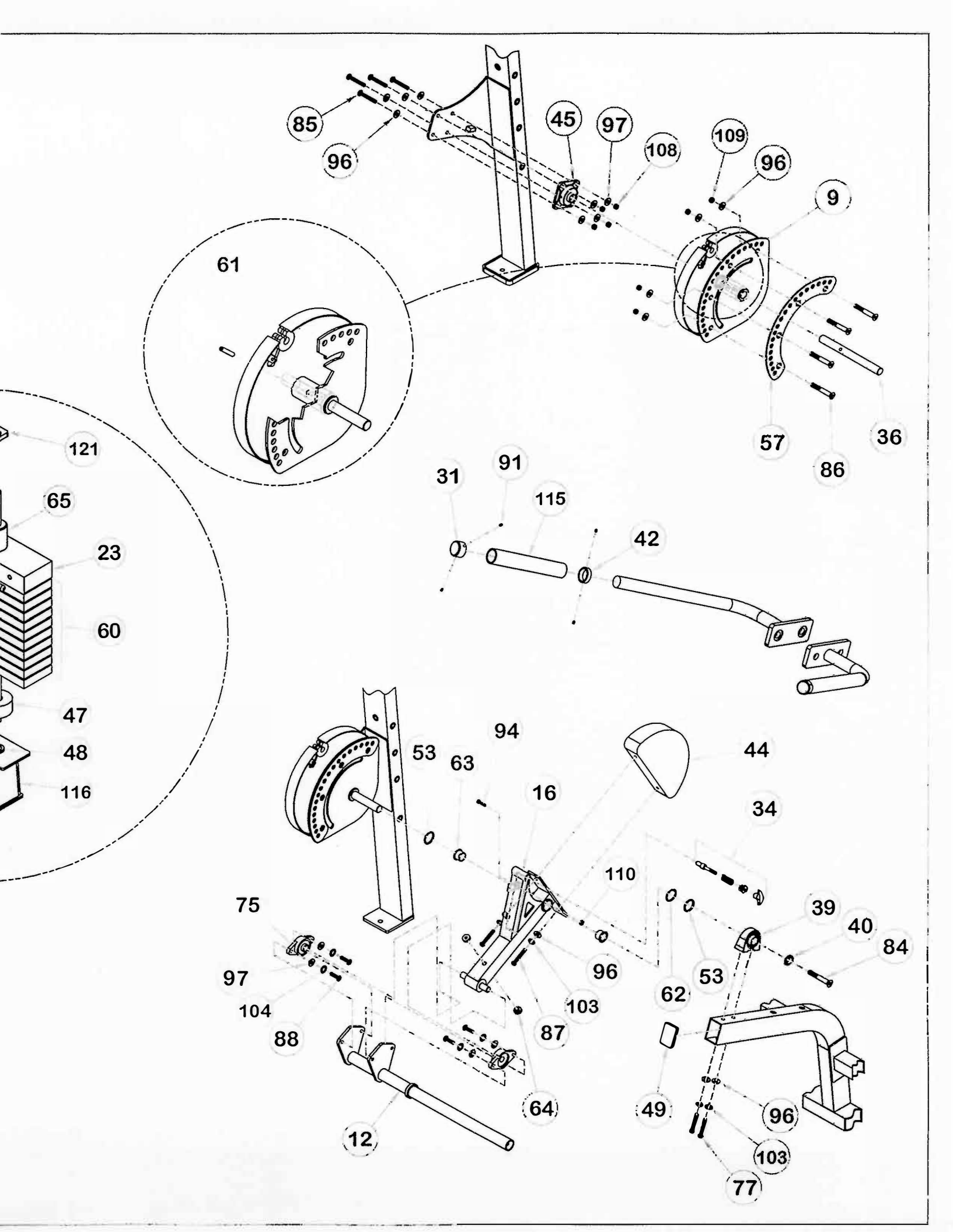
ITEM	QTY	PART NO.	DESCRIPTION
1	1	026-01X0145	BELT ANCHOR, ADJUSTABLE
2	1	026-01X0155	CENTER RH BRK (ADD ON)
3	1	026-01X0158	LATCH ASSEMBLY
4	1	026-01X0181	RIGHT HANDLE ASSEMBLY
5	1	026-01X0182	LEFT HANDLE ASSEMBLY
6	1	026-01X0183	HANDLE ASSEMBLY
7	1	026-01X0184	HOOK ASSEMBLY
8	1	026-01X0310	CHROME ASSEMBLY
9	1	026-01X0512	R.O.M/CAM ASSEMBLY
10	1	026-01X0634	SEATED FRAME ASSEMBLY
11	1	026-01X0636	REAR CROSS ASSEMBLY
12	1	026-01X0638	SHIN BAR ASSEMBLY
13	1	026-01X0639	WEIGHT CAGE
14	1	026-01X0641	MAIN CROSS ASSEMBLY
15	1	026-01X0643	HOLES SELECTOR ASSEMBLY
16	1	026-01X0644	EXTENSION ASSEMBLY
17	1	026-01X0744	UPPER MAIN CROSS ASSEMBLY
18	1	022-01PD0022	SEAT PAD ASSEMBLY
19	1	26-STD-SU1722	BACK PAD ASSEMBLY
20	1	26-STD-SU512171116	KNEE PAD ASSEMBLY
21	1	26-STD-SUB512171116	KNEE BACKING PAD
22	1	26-STD-SUR5517-1	ROLLER PAD
23	1	26-STD-SWTOP10	41 LB. STEEL TOP PLATE
24	2	026-01G0136	Ø3/4" x 46 3/4" GUIDE ROD
25	1	026-1100063	SHIELD
26	1	015-0002002	80" LG. BELT
27	2	026-01M0295	ADD ON ROD
28	1	026-01M0294	BELT RETAINER SHAFT
29	1	026-01M0309	SHAFT PIN
30	1	026-01M0134	SELECTOR PIN
31	4	026-01M323	ALUMINUM END CAP
32	1	026-01M0503	ADJUSTER SPRING
33	1	026-01X0185	SHORT PULLPIN
34	1	026-01X0186	LONG PULLPIN
35	1	026-01M0358	Ø3/4" x 18 11/16" SHAFT
36	1	026-01M0356	Ø1" x 10 19/32" SHAFT
37	1	026-01M0357	Ø3/4" x 20 3/8" SHAFT
38	2	026-01M0361	Ø1/2" x 1 3/32" SHAFT
39	1	014-0010007	PILLOW BLOCK BEARING
40	1	026-01M0240	FLAT HEAD CAP (RED)
41	1	026-01M0238	ALUMINUM CAP (FLAT HEAD)
42	4	026-01M0324	ALUMINUM RING
43	2	026-01P0467	SERRATED CLAMP
44	1	026-01P0559	42 1/2 LB. COUNTER BALANCE
45	1	014-0009004	FLANGE BEARING
46	4	026-01PL195	RUBBER FOOT PAD
47	2	026-01PL201	WEIGHT BUMPER
48	2	026-01PL134	GUIDE ROD BUSHING
49	2	026-01PL192RV	2" x 3" ENDCAP (VH)
50	1	026-01PL187RH	2" x 4" END CAP (HH)
51	2	026-01PL125	EZ GLIDE SLEEVE
52	2	026-01PL206-5	4.370" RUBBER GRIP
53	2	026-01PL178	BLACK PLASTIC RING
54	2	026-01PL144	PLASTIC FENDER WASHER
55	1	026-01PL210	ADD ON WEIGHT BUSHING
56	1	026-01A0190	RANGER ADJUSTER PLATE
57	1	026-01A0198	RANGE ADJUSTER PLATE
58	1	026-01W0111	STEM (16 HOLE)

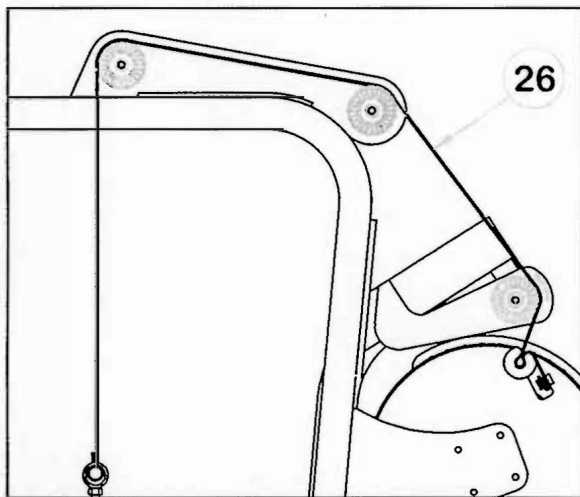
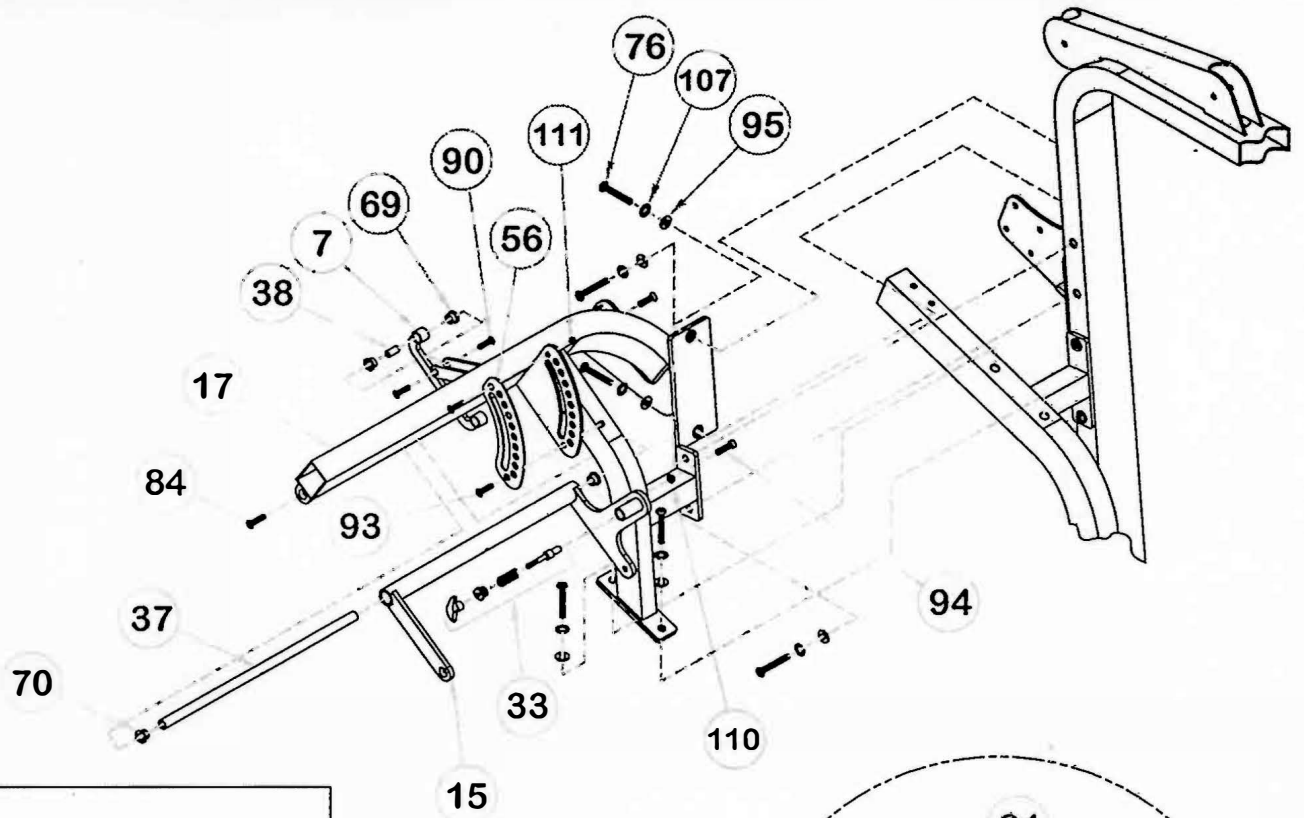
ITEM	QTY	PART NO.	DESCRIPTION			
59	3	26-STD-SWADD7	ADD ON WEIGHTS	119	1	012-0102006
60	10	26-STD-SW104	20 LB. INTERMEDIATE WEIGHT	120	1	012-0102006
61	1	030-0303003	3/8" x 2" OPEN ROLL PIN	121	1	026-01PL268
62	1	014-0024001	1"ID x 8mm THK METAL SHIM WASHER			
63	2	014-0101005	1 3/8" OD x 1"ID FLANGE OILITE			
64	2	019-0001001	BUMPER STOPPER			
65	1	014-0009005	TALL GUIDE BEARING			
66	1	014-0009006	SHORT GUIDE BEARING			
67	1	010-0008001	SELECTOR PIN LANYARD			
68	3	018-0002001	3 1/4" PULLEY			
69	4	014-0101003	3/4"ID OILITE			
70	4	014-0101004	1/2" ID OILITE			
71	1	026-01PL231	1 1/2" x 3 1/2" END CAP			
72	1	030-0303006	TOP WEIGHT ROLL PIN			
73	24	014-0014001	1/2" INSERT			
74	1	014-0015001	C-CLIP			
75	2	014-0008004	FLANGE BEARING			
76	24	011-0101047	1/2-13" x 1 1/2" BUTTON HEAD SCREW			
77	2	011-0101028	3/8-16" x 3 1/2" BUTTON HEAD SCREW			
78	2	011-0101016	3/8-16" x 2 3/4" BUTTON HEAD SCREW			
79	6	011-0101041	3/8-16" x 3/4" BUTTON HEAD SCREW			
80	2	011-0501002	1/4-20" x 1 1/2" SOCKET HEAD SCREW			
81	2	011-0301029	1/4-20" x 1" BUTTON HEAD SCREW			
82	2	011-0201006	5/16-18" x 1" BUTTON HEAD SCREW			
83	11	011-0101062	5/16-18" x 1 1/4" BUTTON HEAD SCREW			
84	6	011-0002033	3/8-16" x 1 1/2" FLAT HEAD SCREW			
85	4	011-0101027	3/8-16" x 1 1/2" BUTTON HEAD SCREW			
86	4	011-0002032	3/8-16" x 3/4" FLAT HEAD SCREW			
87	2	011-0101061	3/8-16" x 1 3/4" BUTTON HEAD SCREW			
88	5	011-0201003	3/8-16" x 1" BUTTON HEAD SCREW			
89	1	011-0101026	3/8-16" x 1" BUTTON HEAD SCREW			
90	4	011-0102003	1/4-20" x 1/2" FLAT HEAD SCREW			
91	16	11-SET-10(32)18	#10-32 SET SCREW			
92	1	011-0311013	3/8-16" x 3/4" SQUARE HEAD SET SCREW			
93	2	011-0102004	1/4-20" x 3/4" FLAT HEAD CAP SCREW			
94	2	011-0101063	3/8-16" x 1" SOCKET HEAD SCREW			
95	22	013-0102003	1/2" SAE FLAT WASHER			
96	18	013-0002004	3/8" SAE FLAT WASHER			
97	8	013-0202004	3/8" SAE FLAT WASHER			
98	2	013-0202002	1/4" SAE FLAT WASHER			
99	2	013-0202003	5/16" SAE FLAT WASHER			
100	13	013-0002001	5/16" SAE FLAT WASHER			
101	2	013-0002003	1/4" SAE FLAT WASHER			
102	2	013-0102020	3/8" SPLIT WASHER			
103	11	013-0102022	3/8" LOCK WASHER			
104	5	013-0206003	3/8" LOCK WASHER			
105	2	013-0206002	5/16" LOCK WASHER			
106	11	013-0102021	5/16" LOCK WASHER			
107	24	013-0302014	1/2" LOCK WASHER			
108	4	012-0304004	3/8-16 LOCK NUT			
109	4	012-0004004	3/8-16 (THICK) LOCK NUT			
110	2	012-0104008	3/8-16 (THIN) LOCK NUT			
111	4	012-0104009	1/4-20 LOCK NUT			
112	1	012-0202001	SERRATED HEX NUT			
113	1	26-STD-SUB1722	BACKING PAD			
114	2	013-0206001	1/4" LOCK WASHER			
115	2	026-01PL206-13	HAND GRIP 10.5" LONG			
116	1	026-01M0449	5/16 THREAD COVER			
117	1	026-01X0726	WEIGHT SPACER ASSEMBLY			
118	1	011-0101069	5/16-18 x 1 1/2 BUTTON HEAD SCREW (WZ)			

5/16-18 LOCK NUT (WZ)
 RUBBER THUMB LATCH
 GUIDE ROD MOUNT

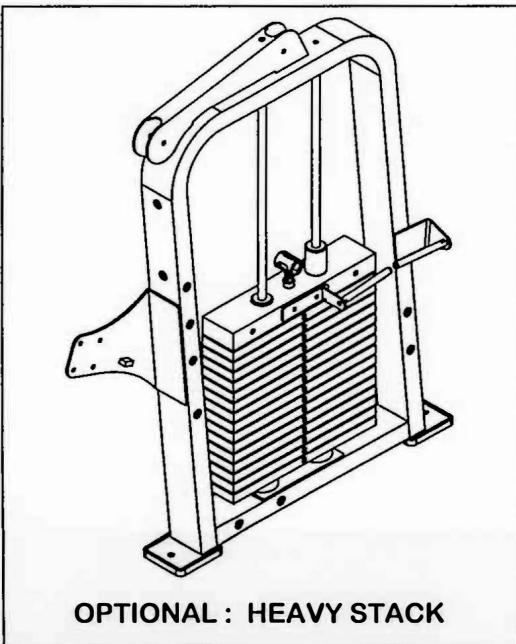
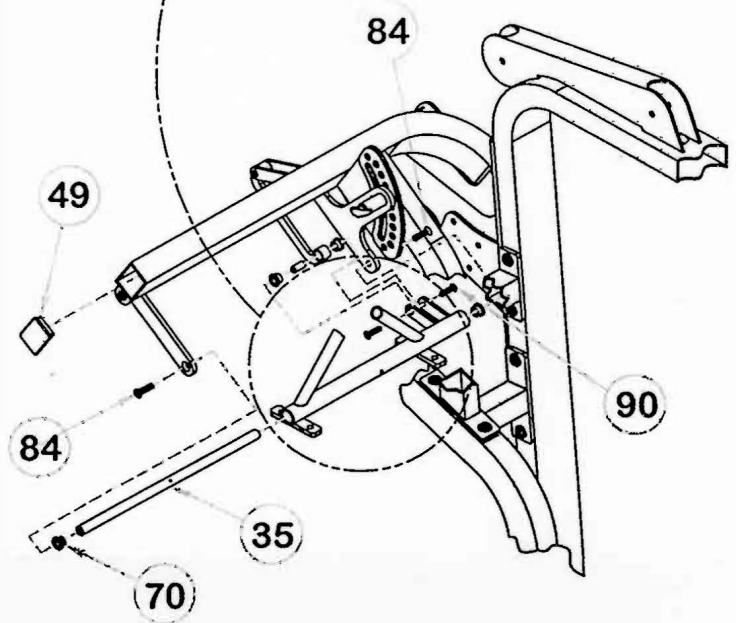
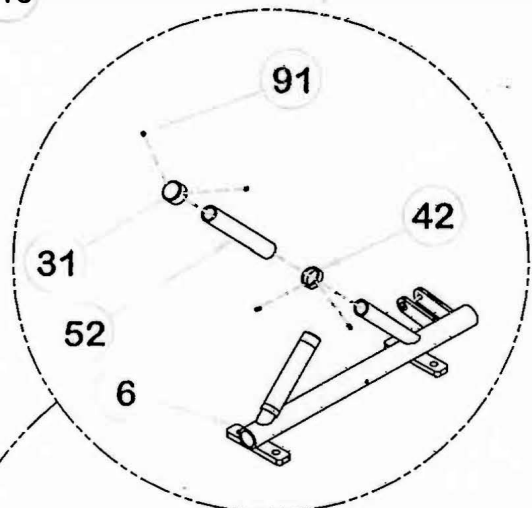


USE 1/2" LOCK WASHER HERE ONLY!

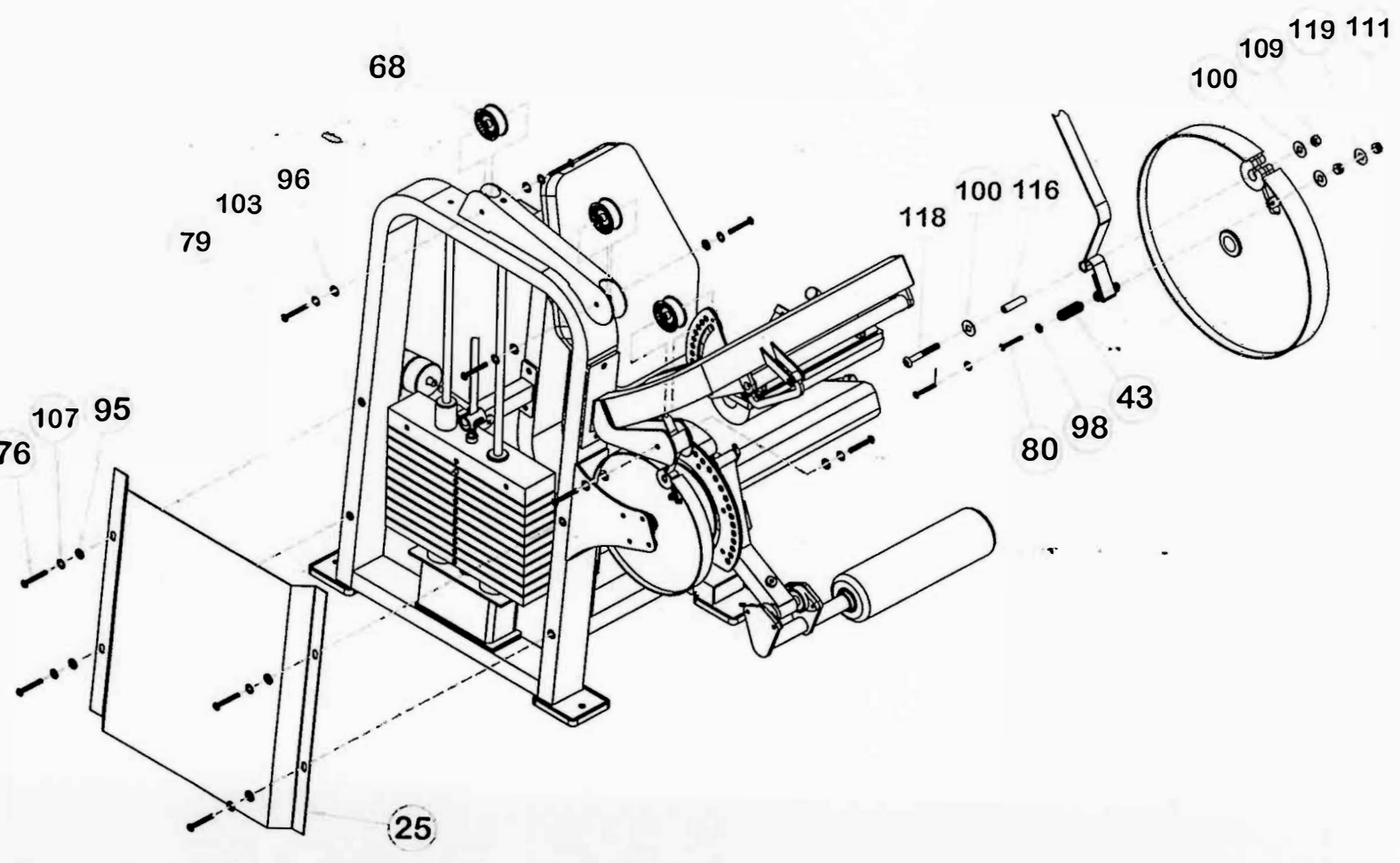
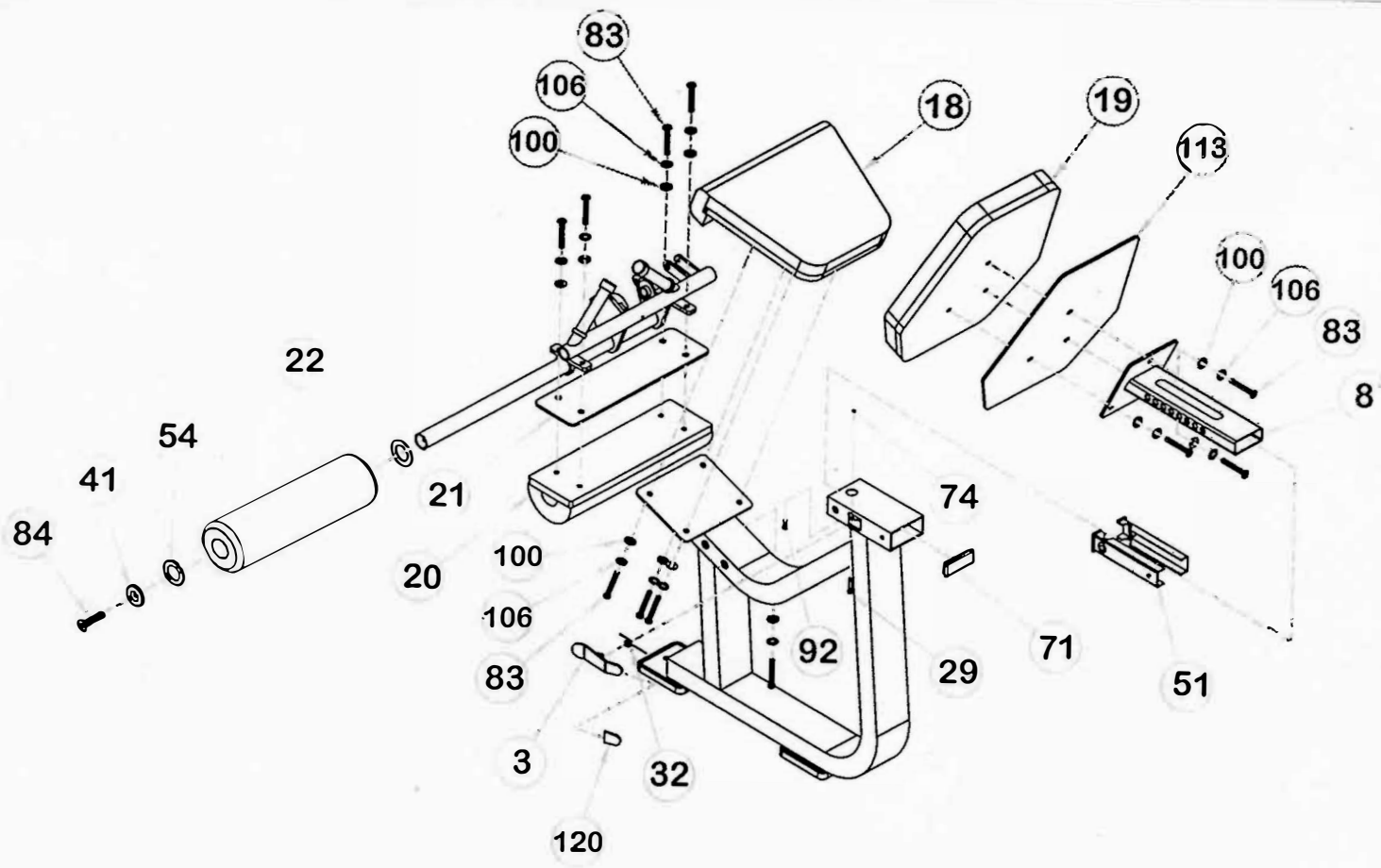




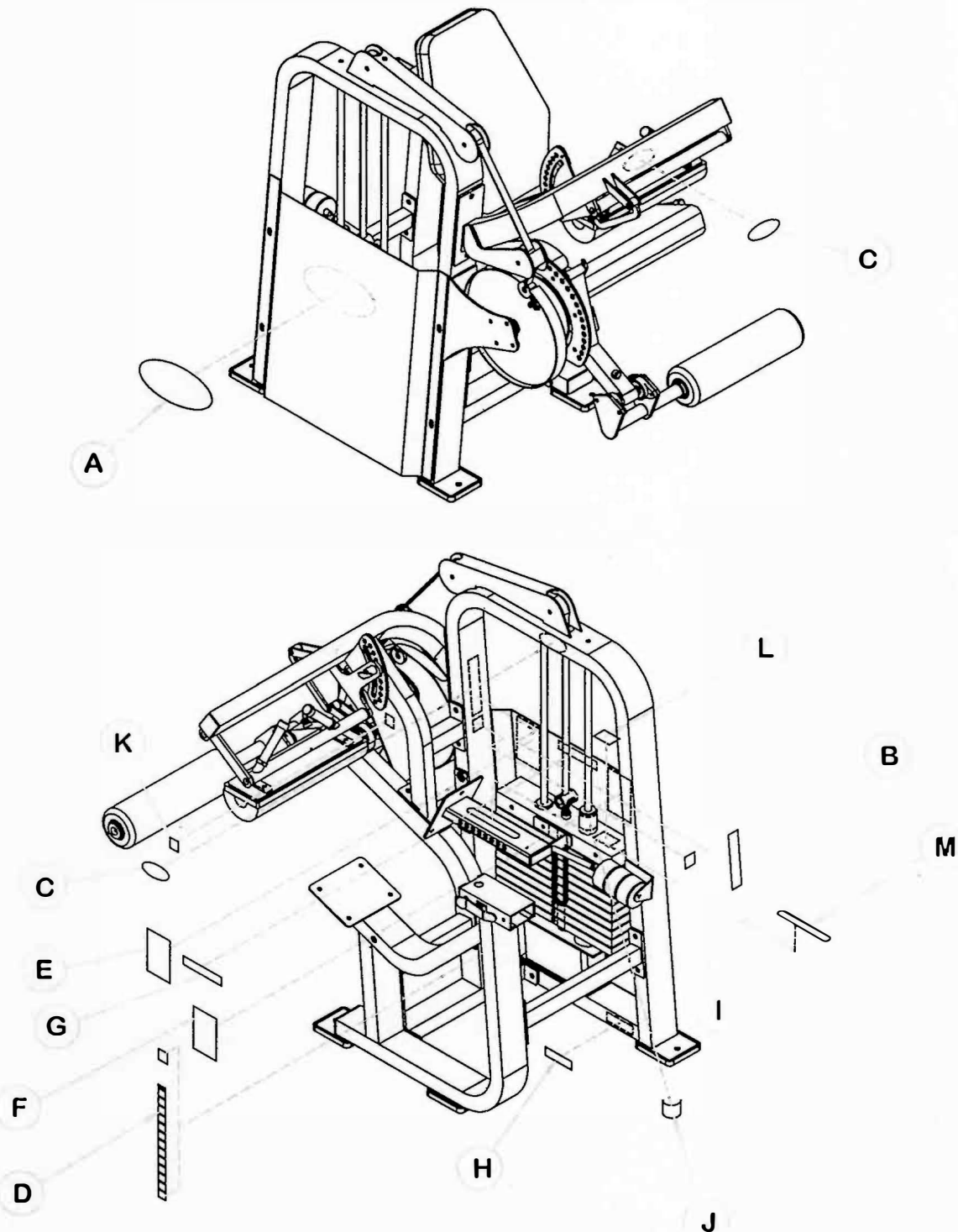
FOR BELT/CABLE ADJUSTMENT AND INSTALLATION SEE STANDARD MANUAL SECTION.



OPTIONAL : HEAVY STACK



DECAL PLACEMENTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. SHIELD DECAL.....	021-0004026	H. SERIAL # DECAL.....	021-0012004
B. ROUTINE MAINTENANCE DECAL.....	021-0003008	I. PATENT PENDING DECAL.....	021-0003090
C. FRAME HOIST LOGO.....	021-0004029	J. GUIDE BEARING DECAL.....	021-0003107
D. WEIGHT PLATE DECAL.....	021-0003011	K. CAUTION MOVING PART DECAL.....	021-0003093
E. EXERCISE INSTRUCTION PLACARD.....	021-0013085	L. PINCH POINT DECAL.....	021-0003113
F. EXERCISE INSTRUCTION PLACARD.....	021-0013088	M. CHROME # SELECTOR DECAL.....	021-0004024
G. WARNING DECAL.....	021-0003006		