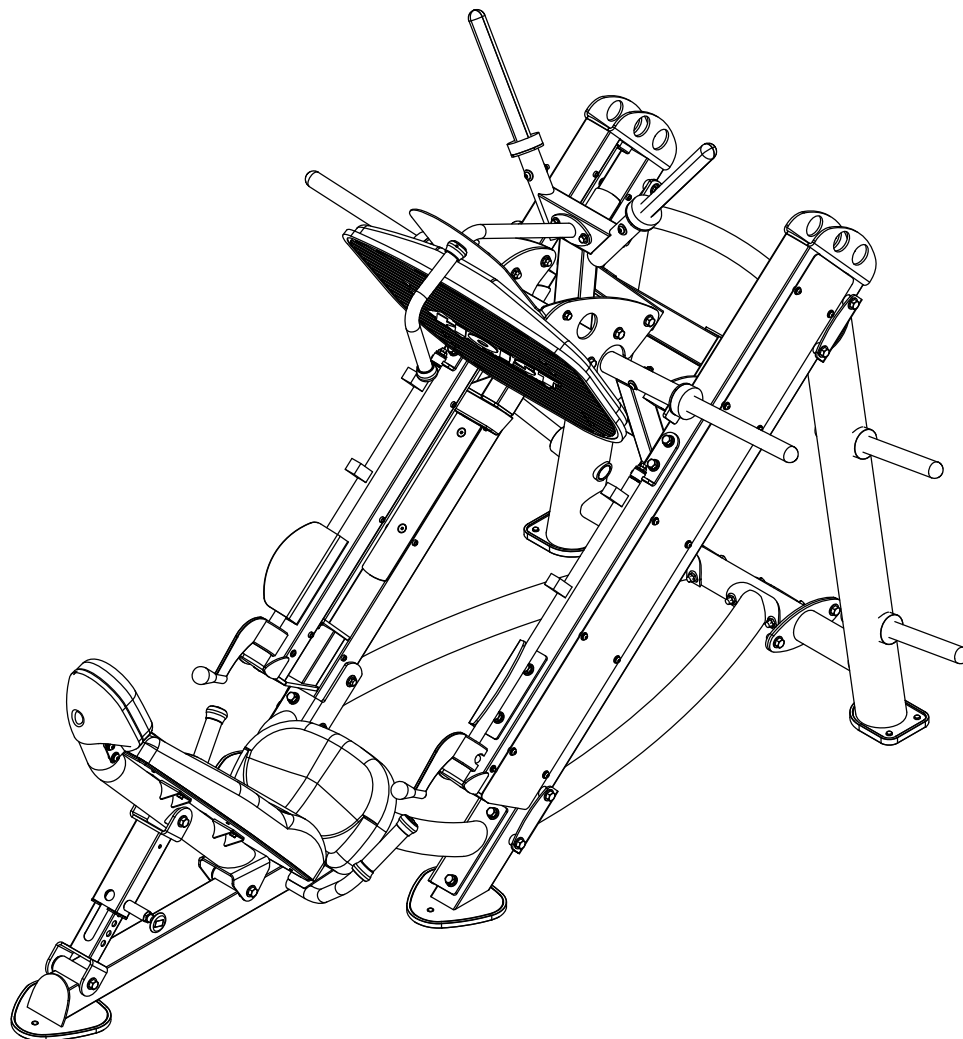


OWNER'S MANUAL



CF-3355

ANGLED LEG PRESS



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

Note: Both Serial Number and Model Number are Required when Ordering Parts
RECORD SERIAL NUMBER HERE

MACHINE CODE

A05

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



www.facebook.com/hoistfitness

OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read 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 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

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

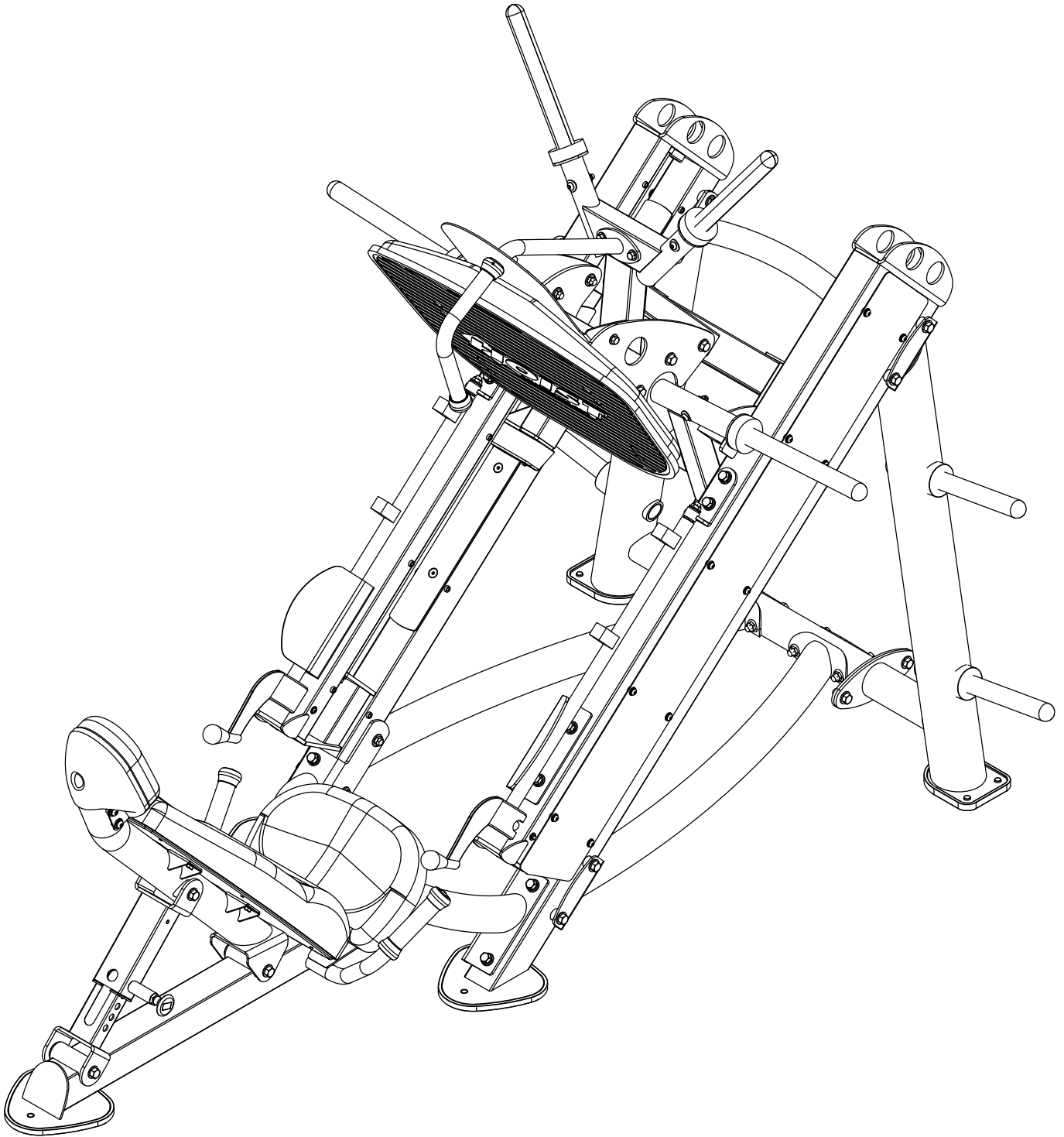
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

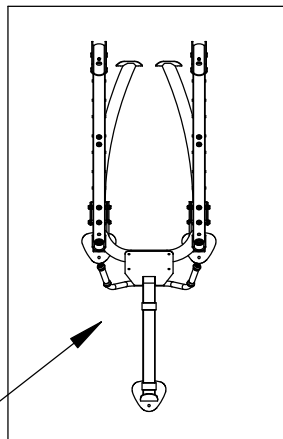
WARNING!

BE SURE TO ALWAYS SUPPORT SIDE FRAME (8) THROUGH THE FOLLOWING STEPS
UNTIL ASSEMBLY IS SECURED ON PAGE 11.
FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

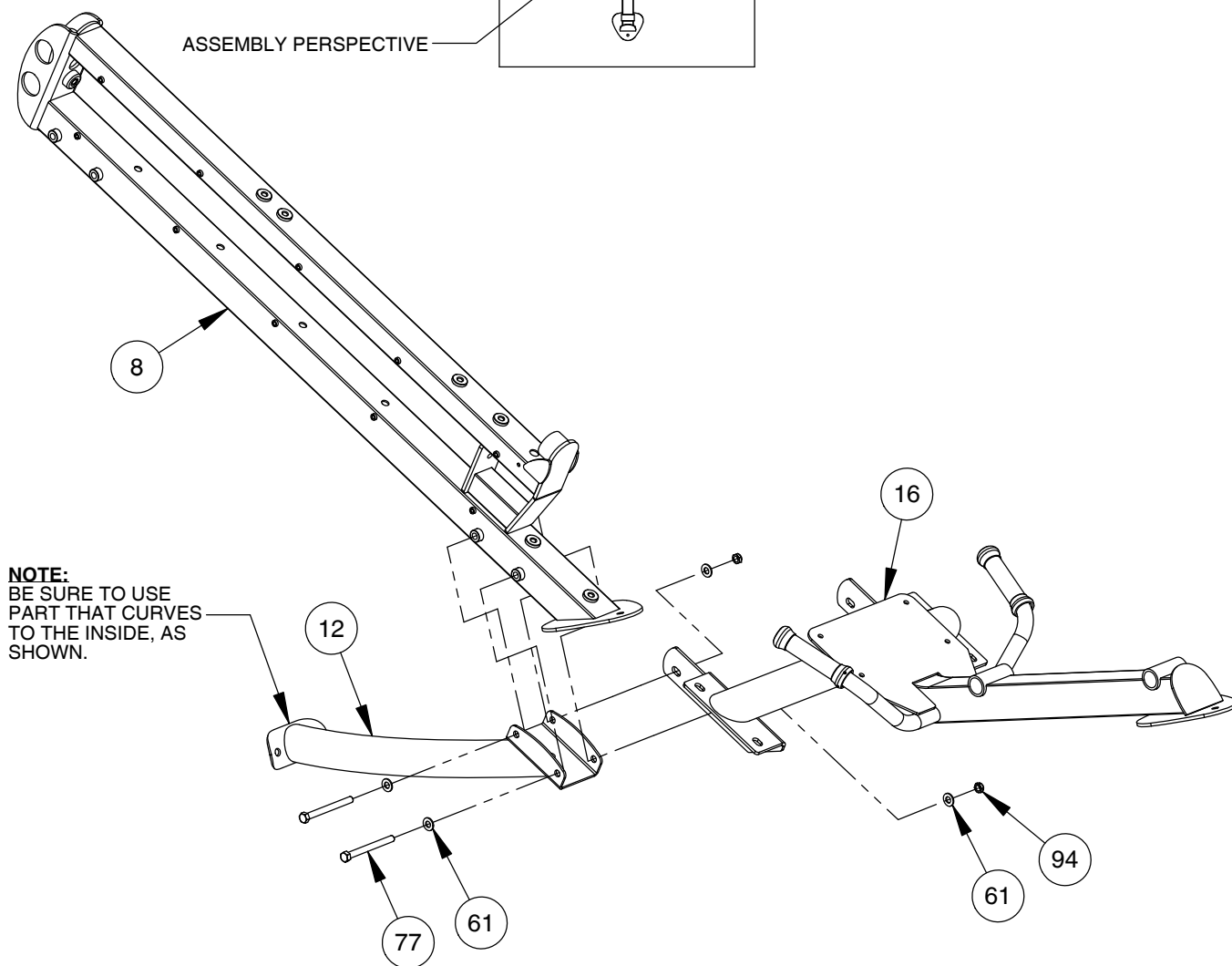
NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

OVERHEAD VIEW



ASSEMBLY PERSPECTIVE



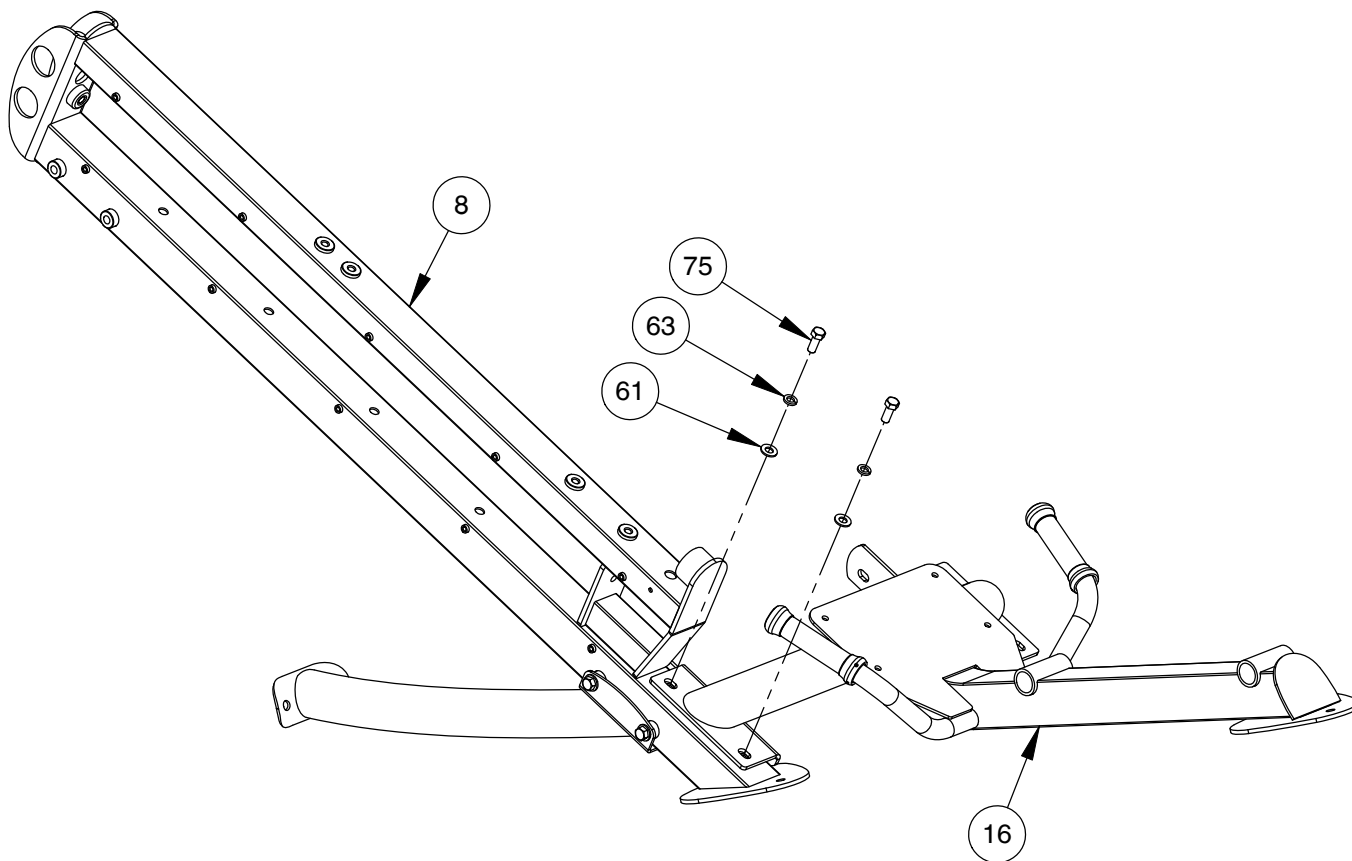
OWNER'S MANUAL

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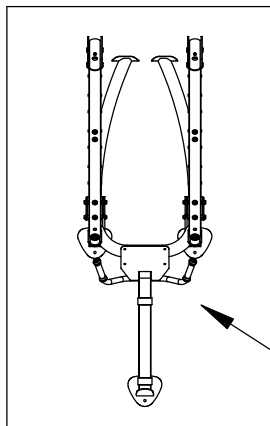
OWNER'S MANUAL

FRAME ASSEMBLY

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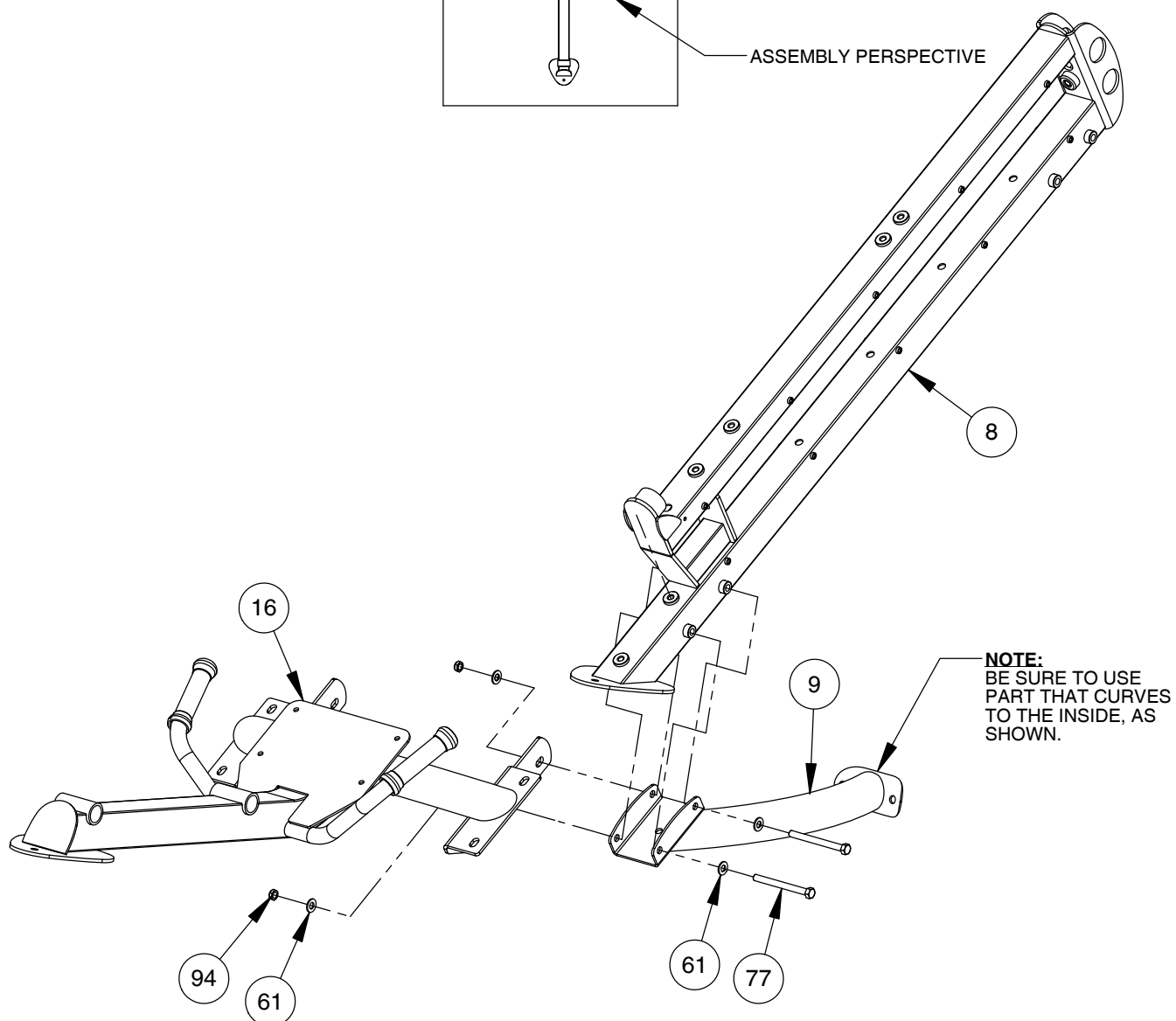
OVERHEAD VIEW



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ASSEMBLY PERSPECTIVE



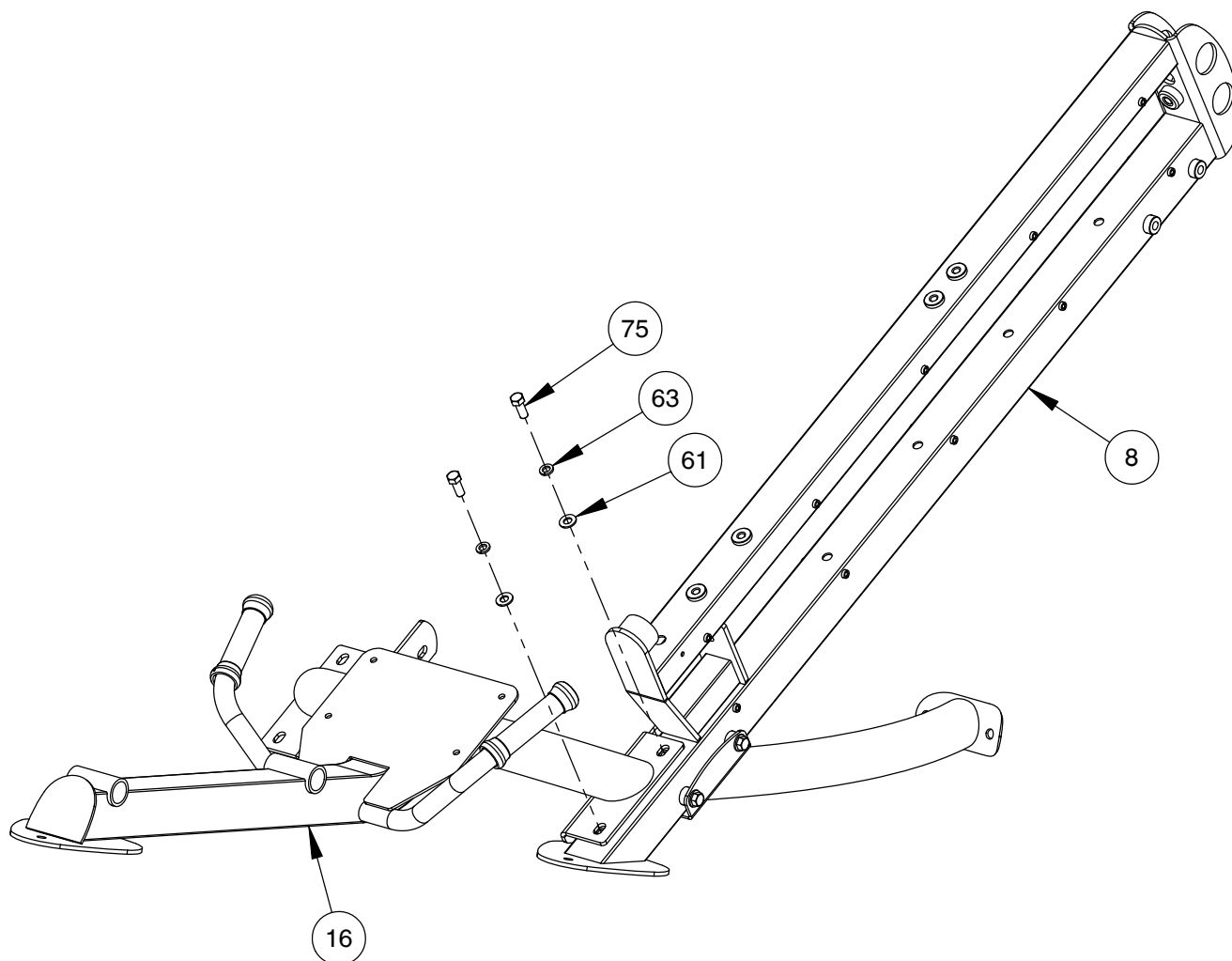
OWNER'S MANUAL

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OWNER'S MANUAL

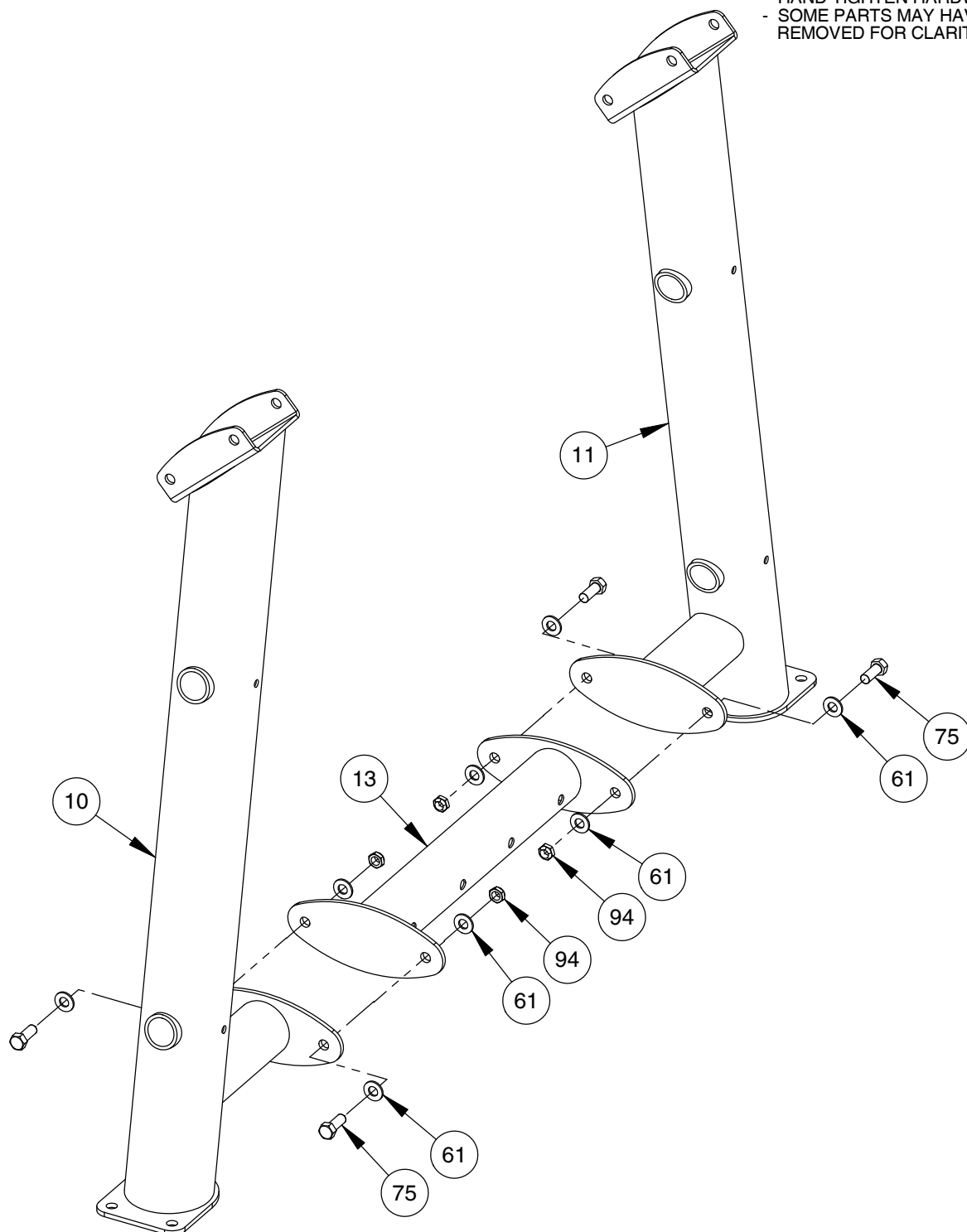
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OWNER'S MANUAL

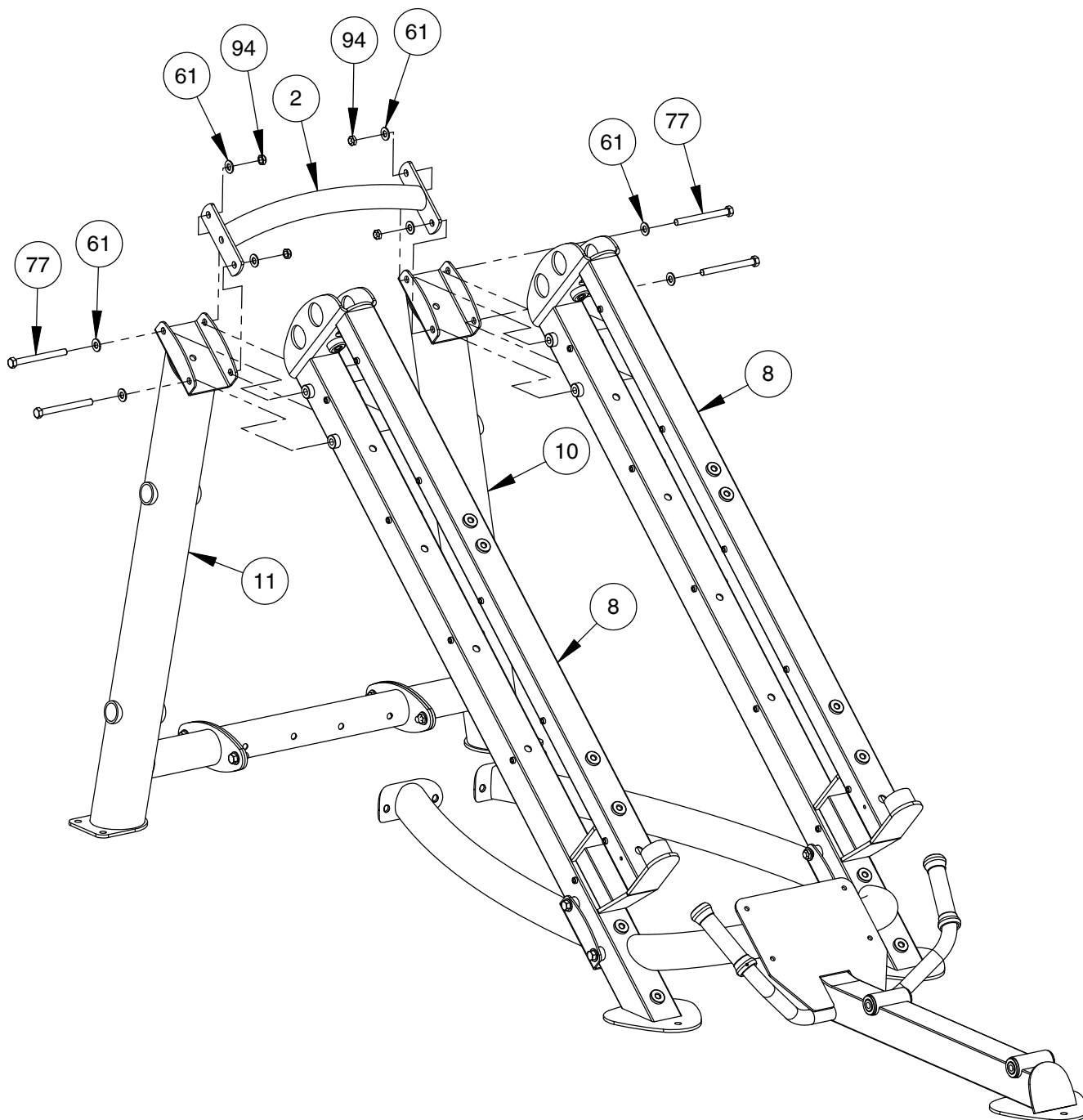
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OWNER'S MANUAL

FRAME ASSEMBLY

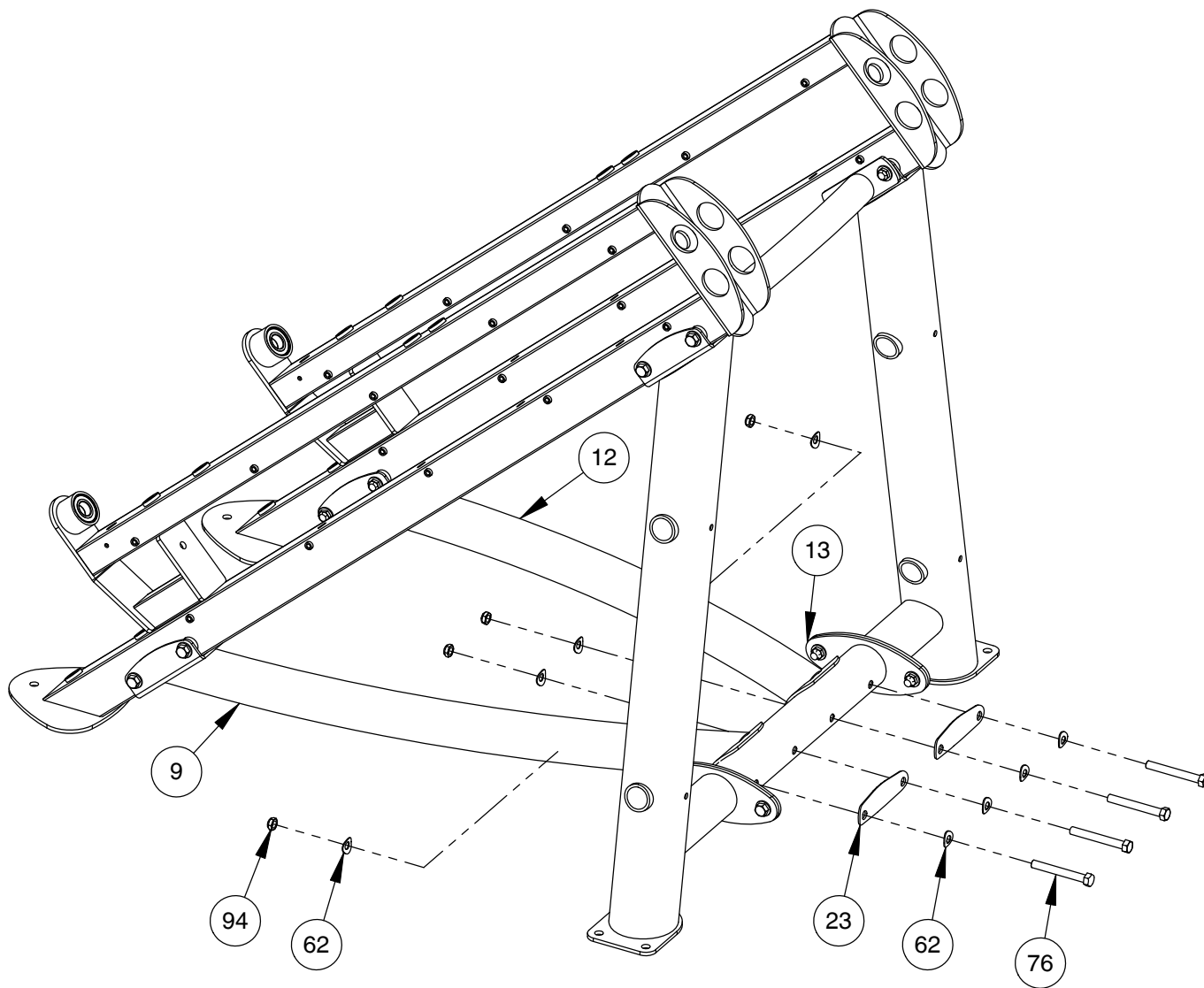
WARNING!

BE SURE TO ALWAYS SUPPORT BOTH SIDE FRAMES (8) THROUGH THE FOLLOWING STEPS UNTIL ASSEMBLY IS SECURED ON THIS PAGE.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:

- NOTE:
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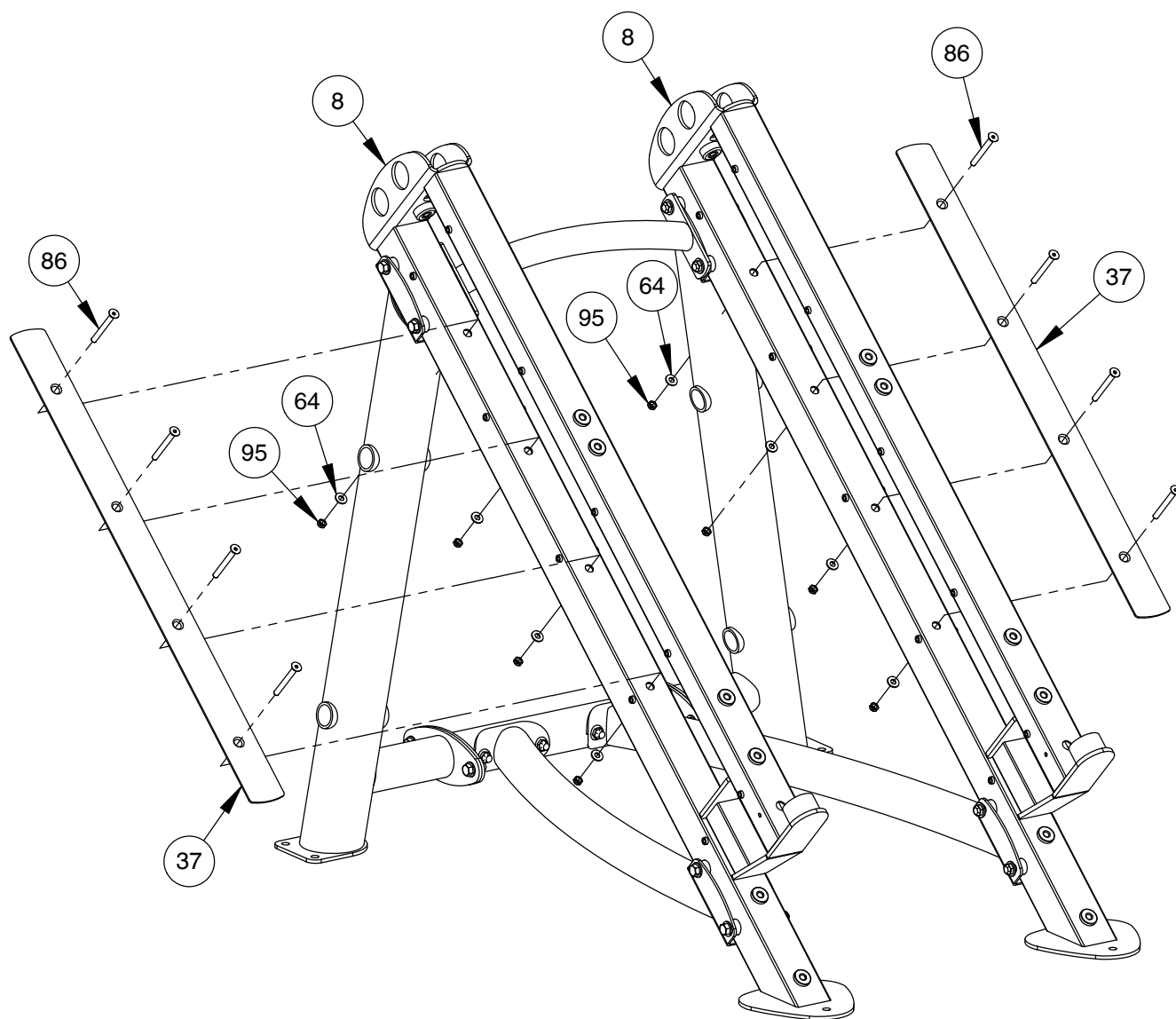


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

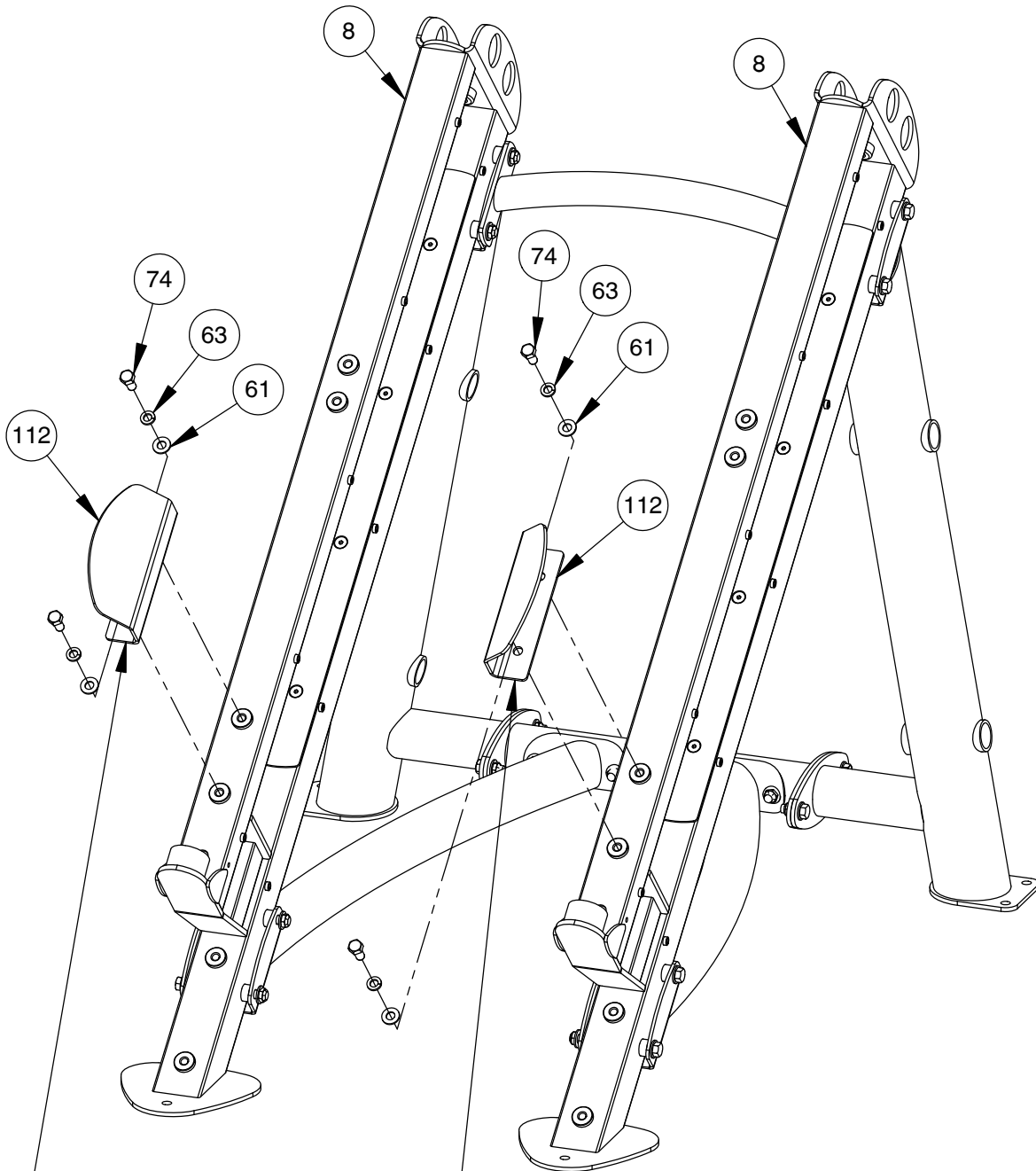
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
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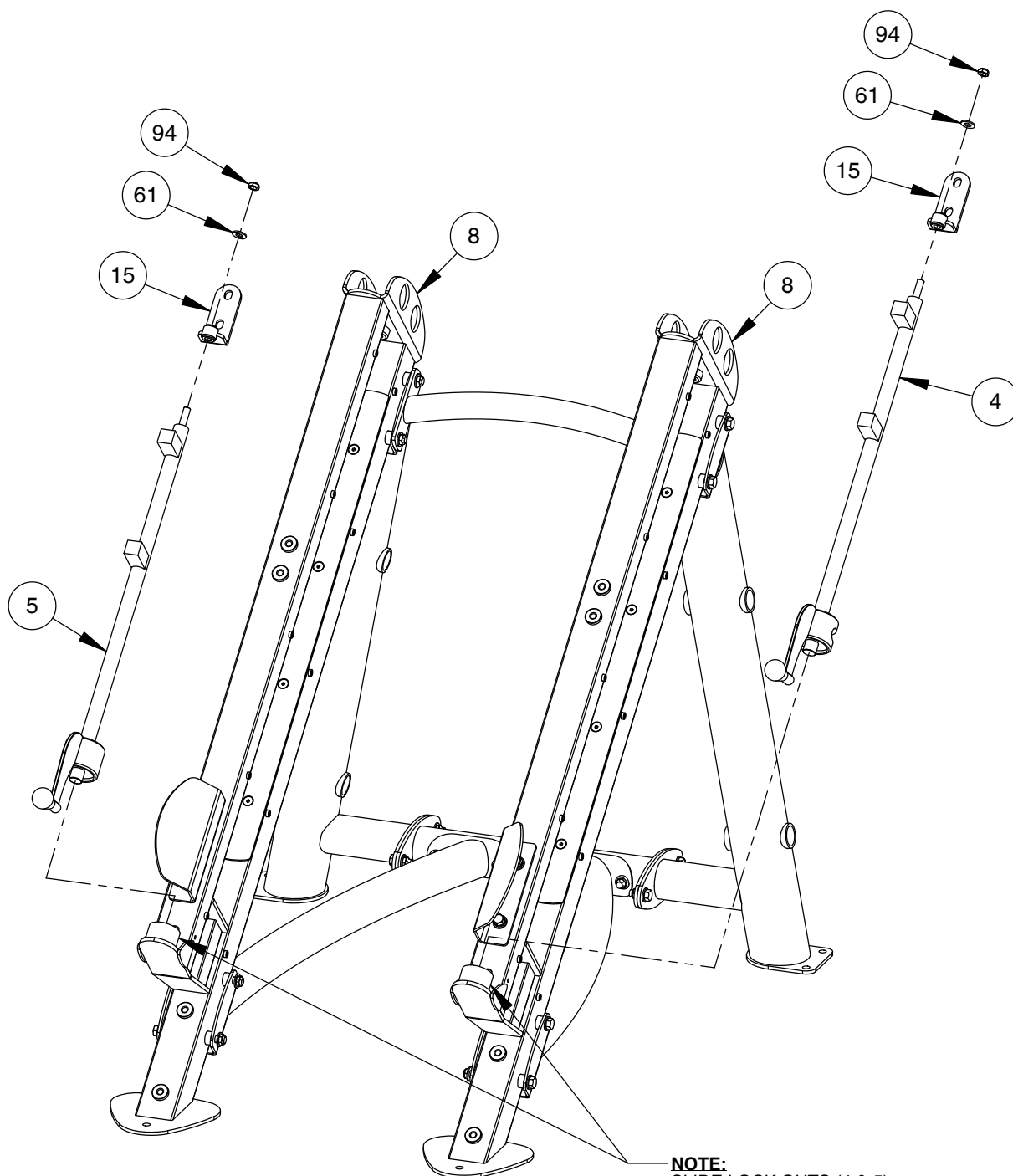


NOTE:
BE SURE TO INSTALL DECAL
PLATES (112) SO THE DECALS
ON THEM ARE DISPLAYED UPRIGHT.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
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REMOVED FOR CLARITY.



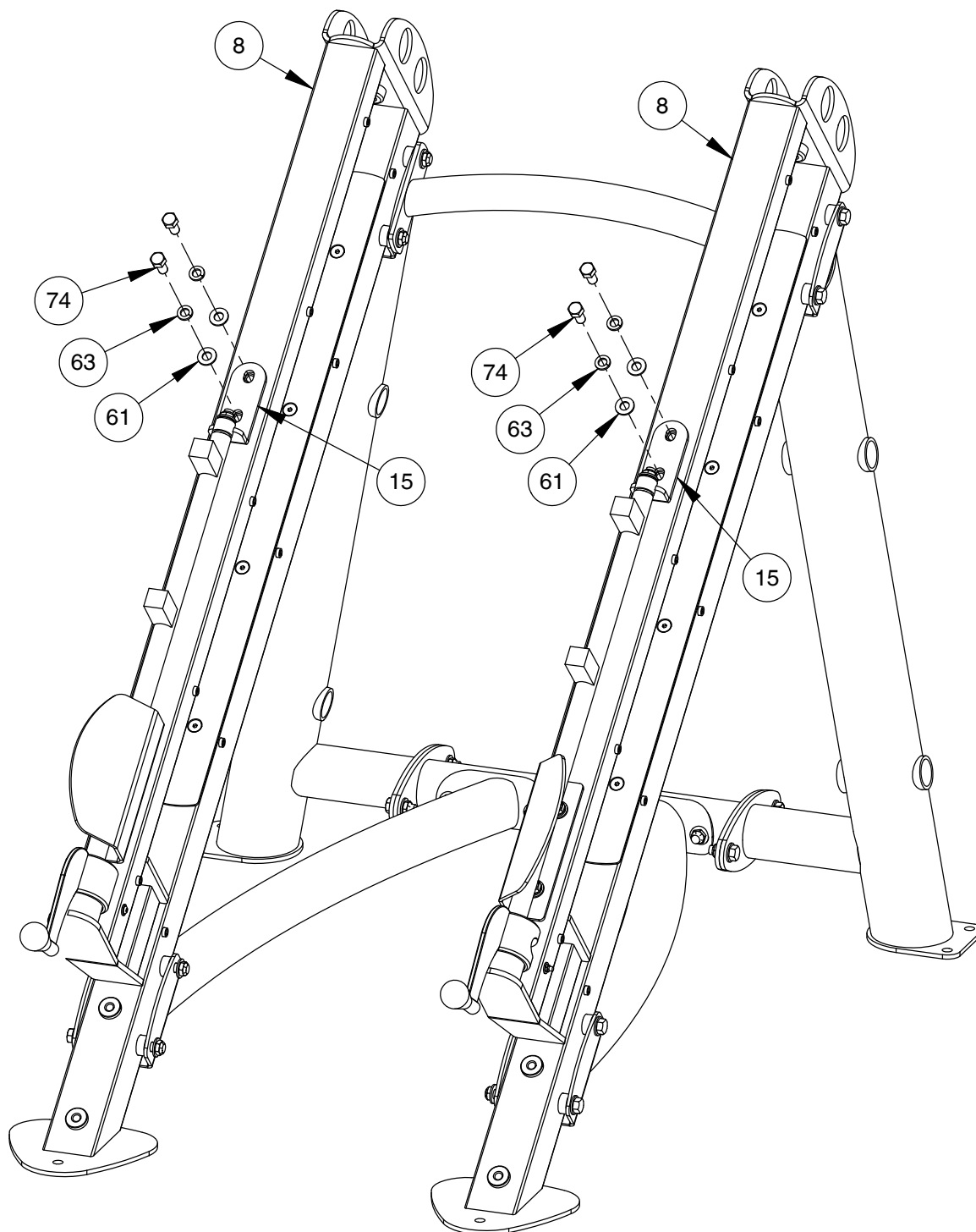
NOTE:
SLIDE LOCK OUTS (4 & 5)
INTO RETAINING TUBES
IN BASE OF UPRIGHTS (8),
AS SHOWN.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN HAND TIGHTENED HARDWARE FROM PREVIOUS STEP.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

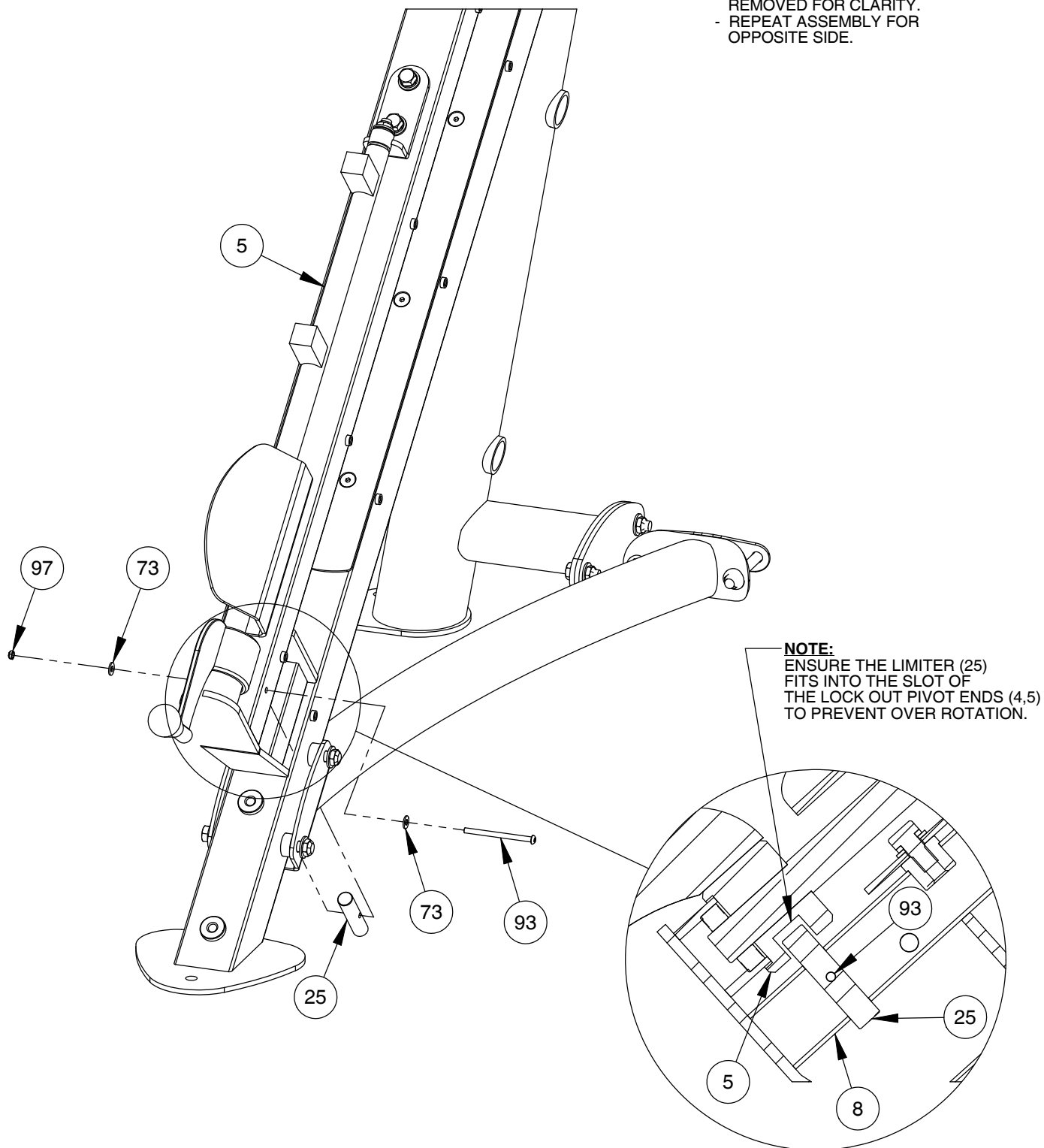


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

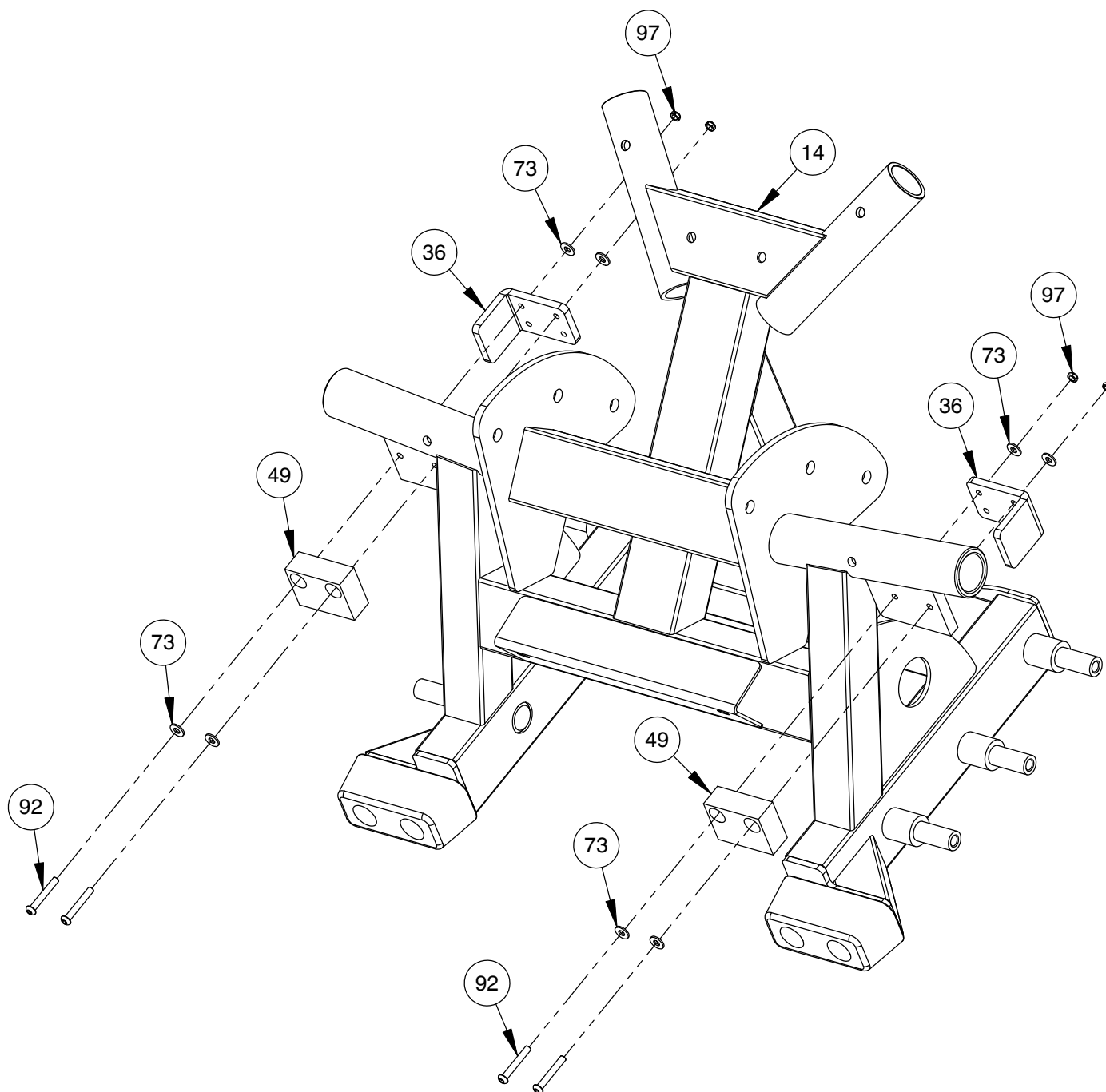


PROPERLY INSTALLED SECTION VIEW

OWNER'S MANUAL

FRAME ASSEMBLY

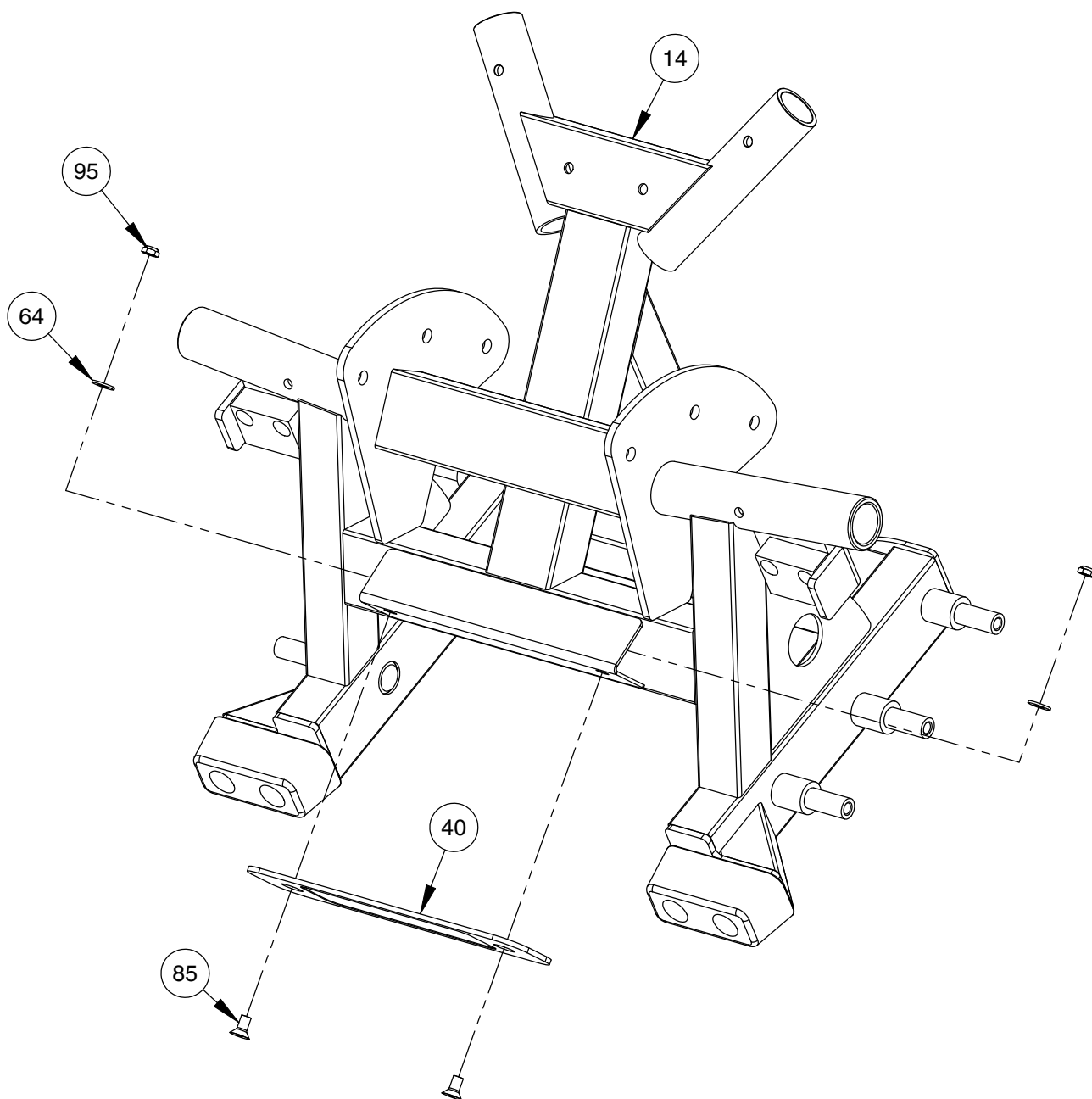
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

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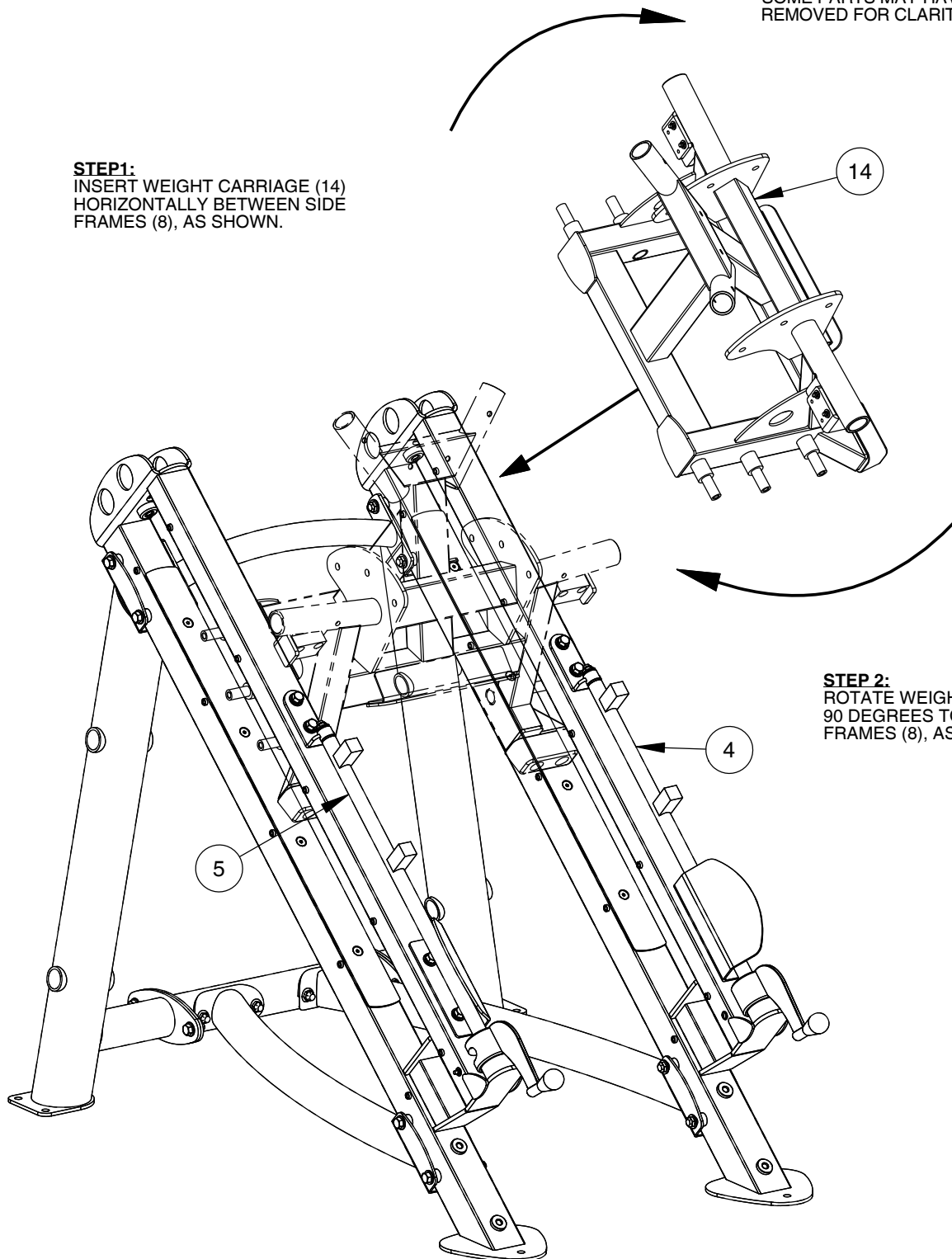
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- ENSURE LOCK OUTS (4 & 5) ARE IN UPRIGHT POSITION BEFORE INSTALLING WEIGHT CARRIAGE (14).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1:
INSERT WEIGHT CARRIAGE (14)
HORIZONTALLY BETWEEN SIDE
FRAMES (8), AS SHOWN.



STEP 2:
ROTATE WEIGHT CARRIAGE (14)
90 DEGREES TO FIT INTO SIDE
FRAMES (8), AS SHOWN.

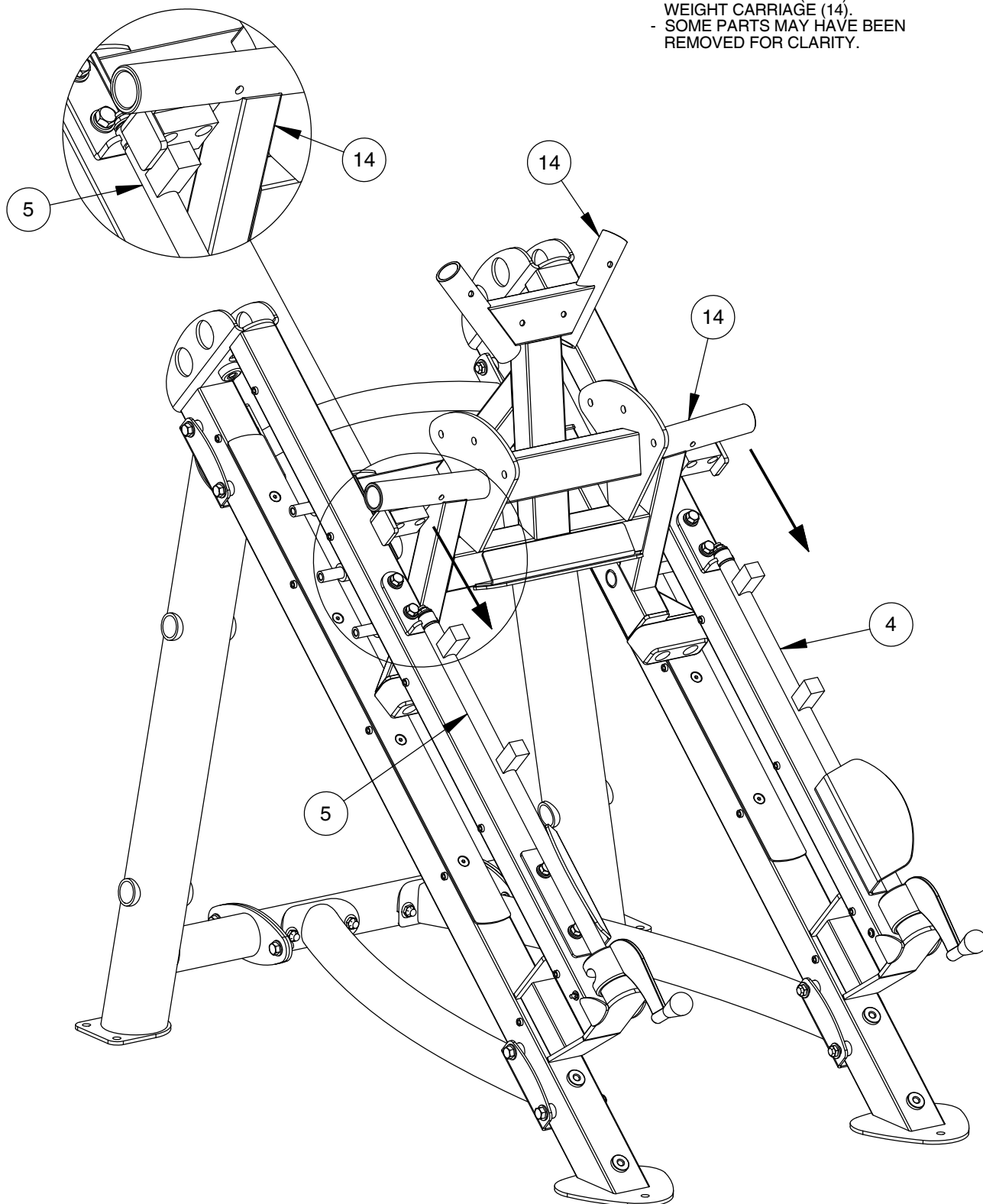
OWNER'S MANUAL

FRAME ASSEMBLY

PROPERLY INSTALLED VIEW

NOTE:

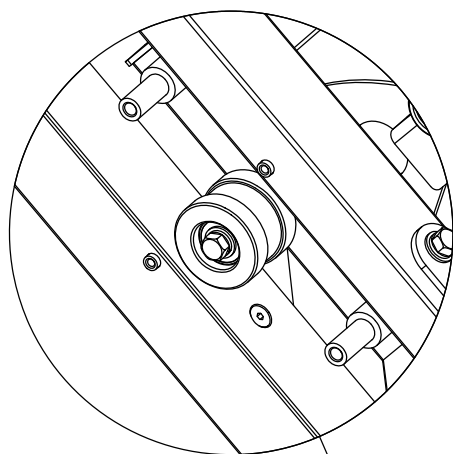
- USE LOCK OUTS (4 & 5) TO STABILIZE WEIGHT CARRIAGE (14).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

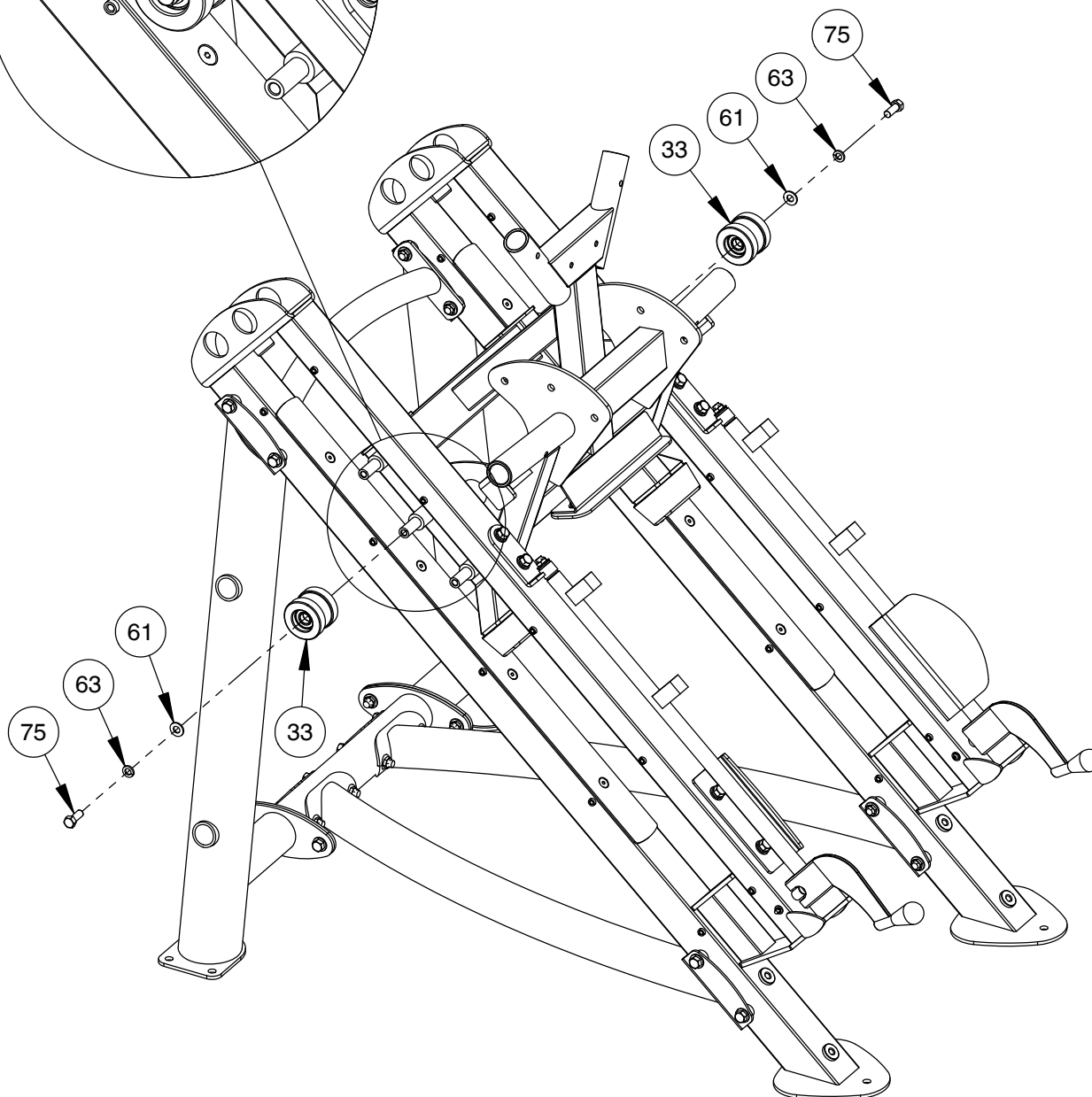
FRAME ASSEMBLY

PROPERLY INSTALLED VIEW



NOTE:

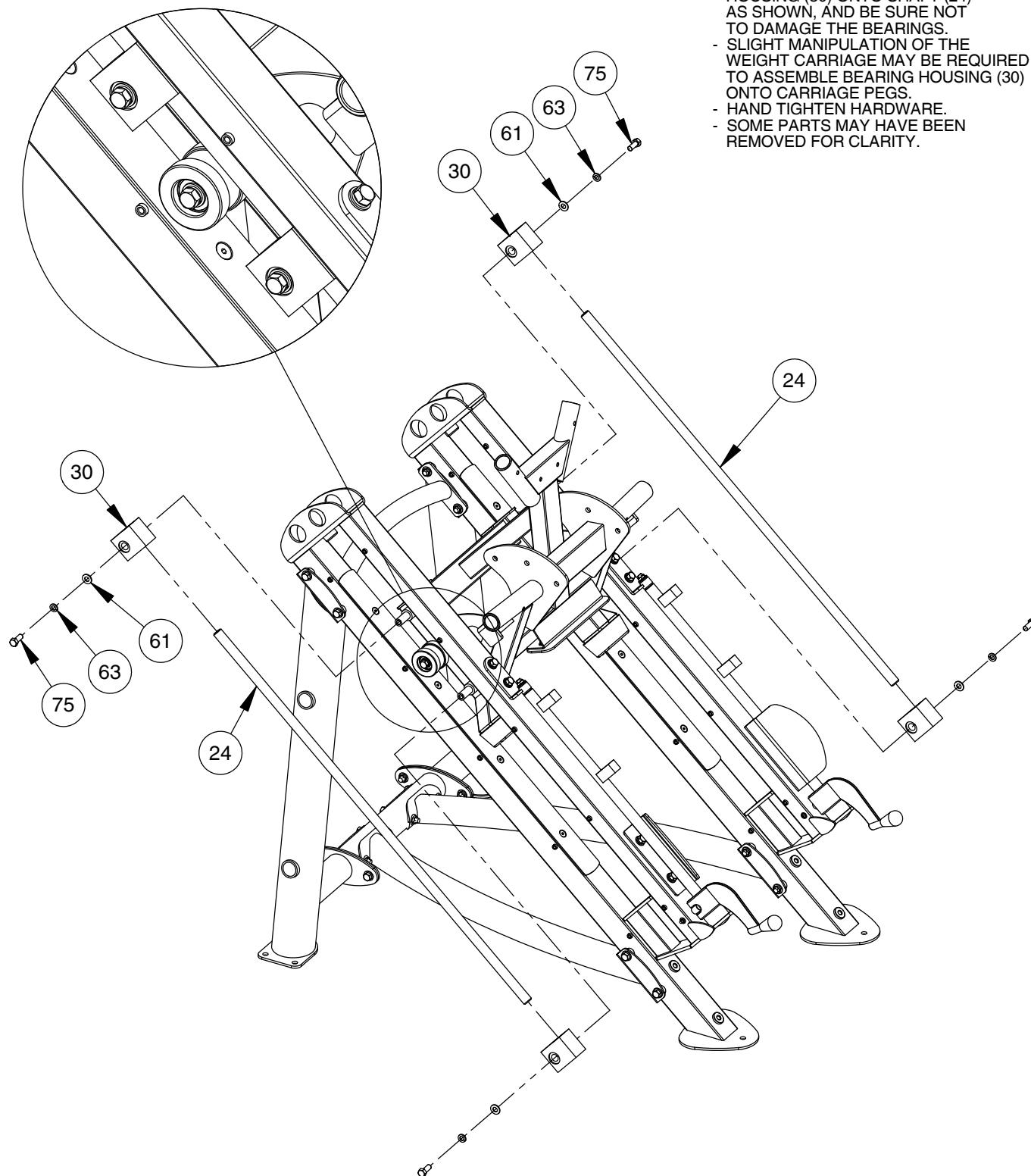
- SLIGHT MANIPULATION OF THE WEIGHT CARRIAGE MAY BE REQUIRED TO ASSEMBLE ROLLERS (33) ONTO CARRIAGE PEGS.
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

PROPERLY INSTALLED VIEW



NOTE:

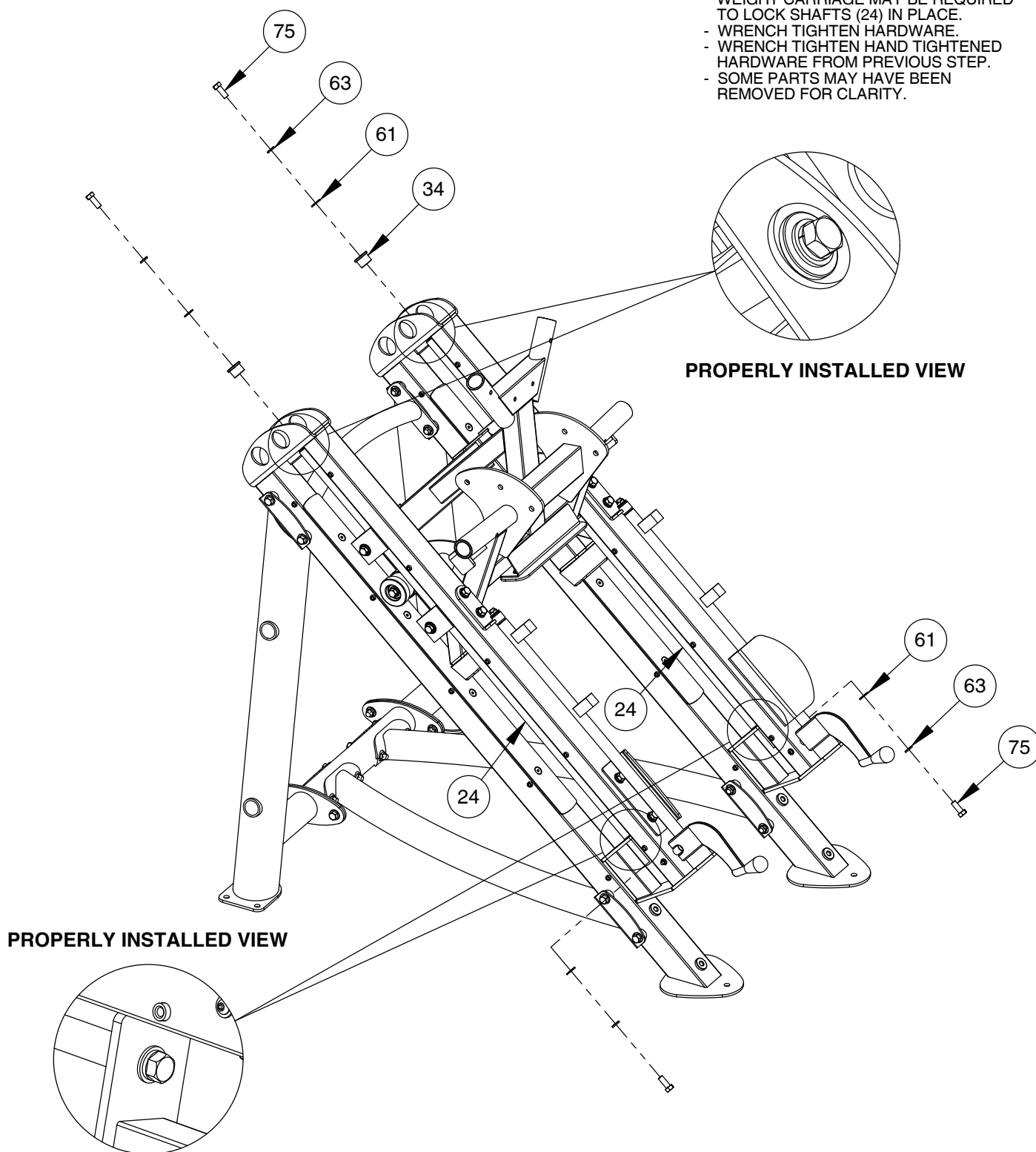
- CAREFULLY INSTALL BEARING HOUSING (30) ONTO SHAFT (24) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.
- SLIGHT MANIPULATION OF THE WEIGHT CARRIAGE MAY BE REQUIRED TO ASSEMBLE BEARING HOUSING (30) ONTO CARRIAGE PEGS.
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SLIGHT MANIPULATION OF THE WEIGHT CARRIAGE MAY BE REQUIRED TO LOCK SHAFTS (24) IN PLACE.
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN HAND TIGHTENED HARDWARE FROM PREVIOUS STEP.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

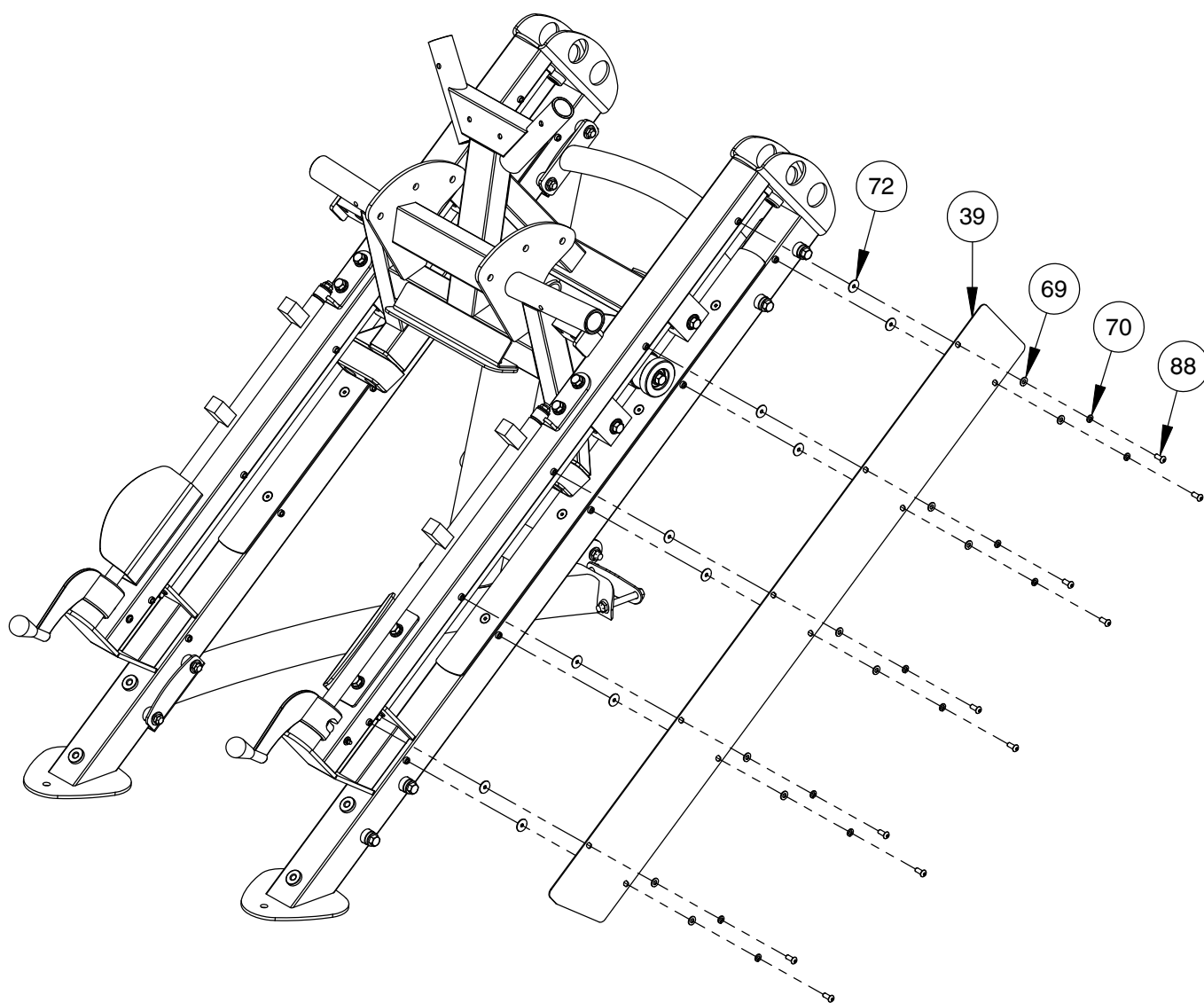


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

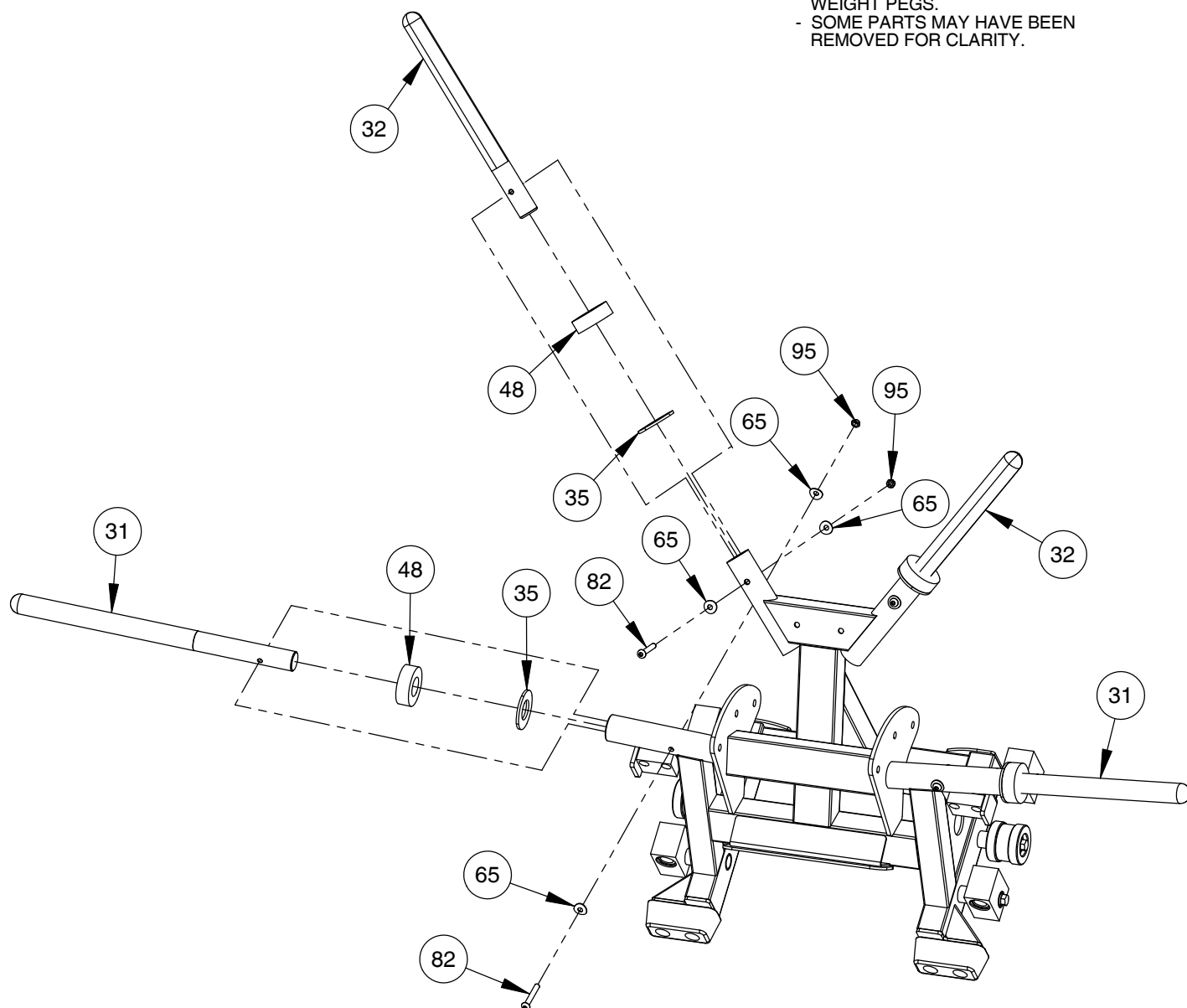


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

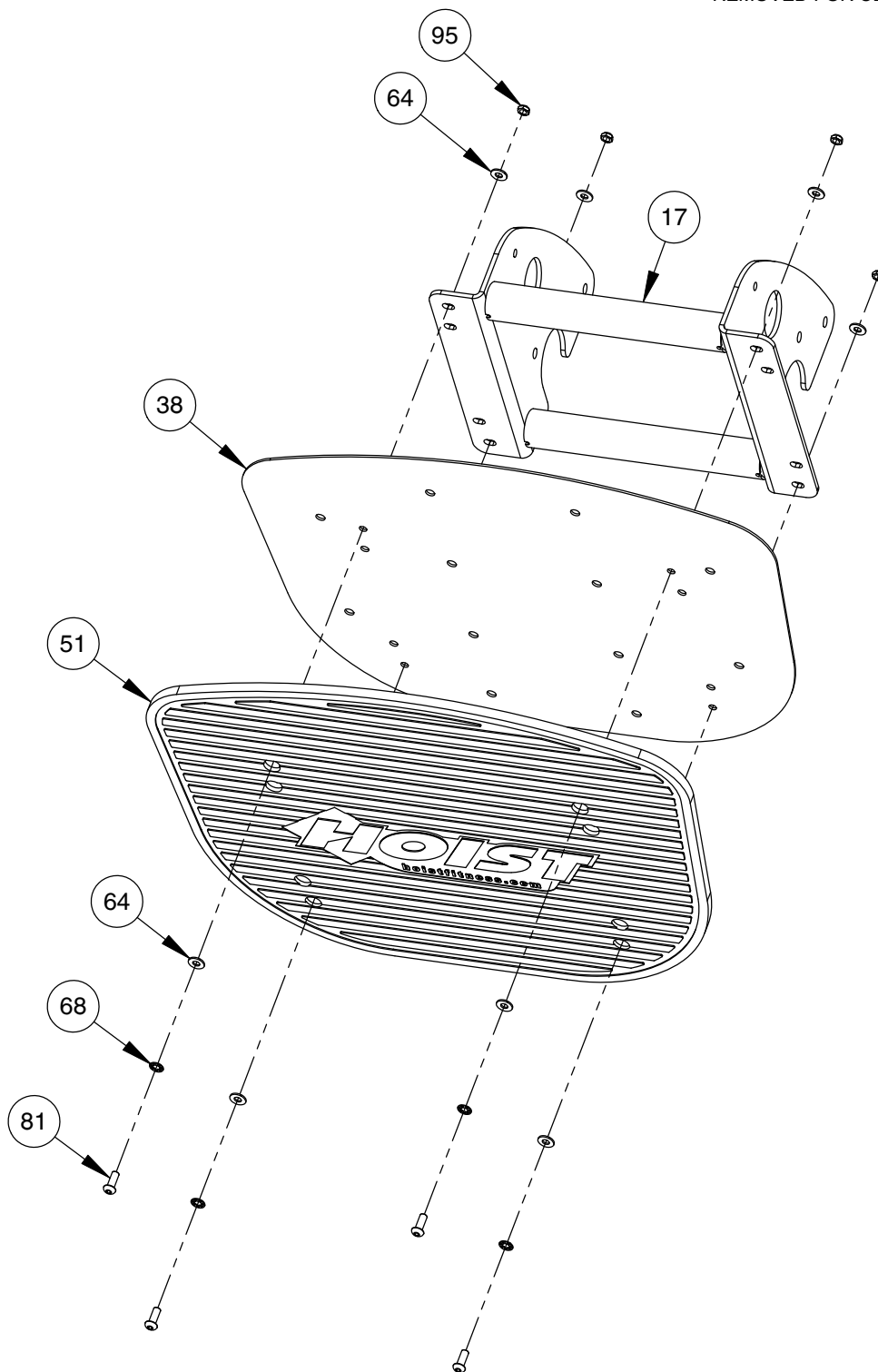
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR ALL OTHER WEIGHT PEGS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

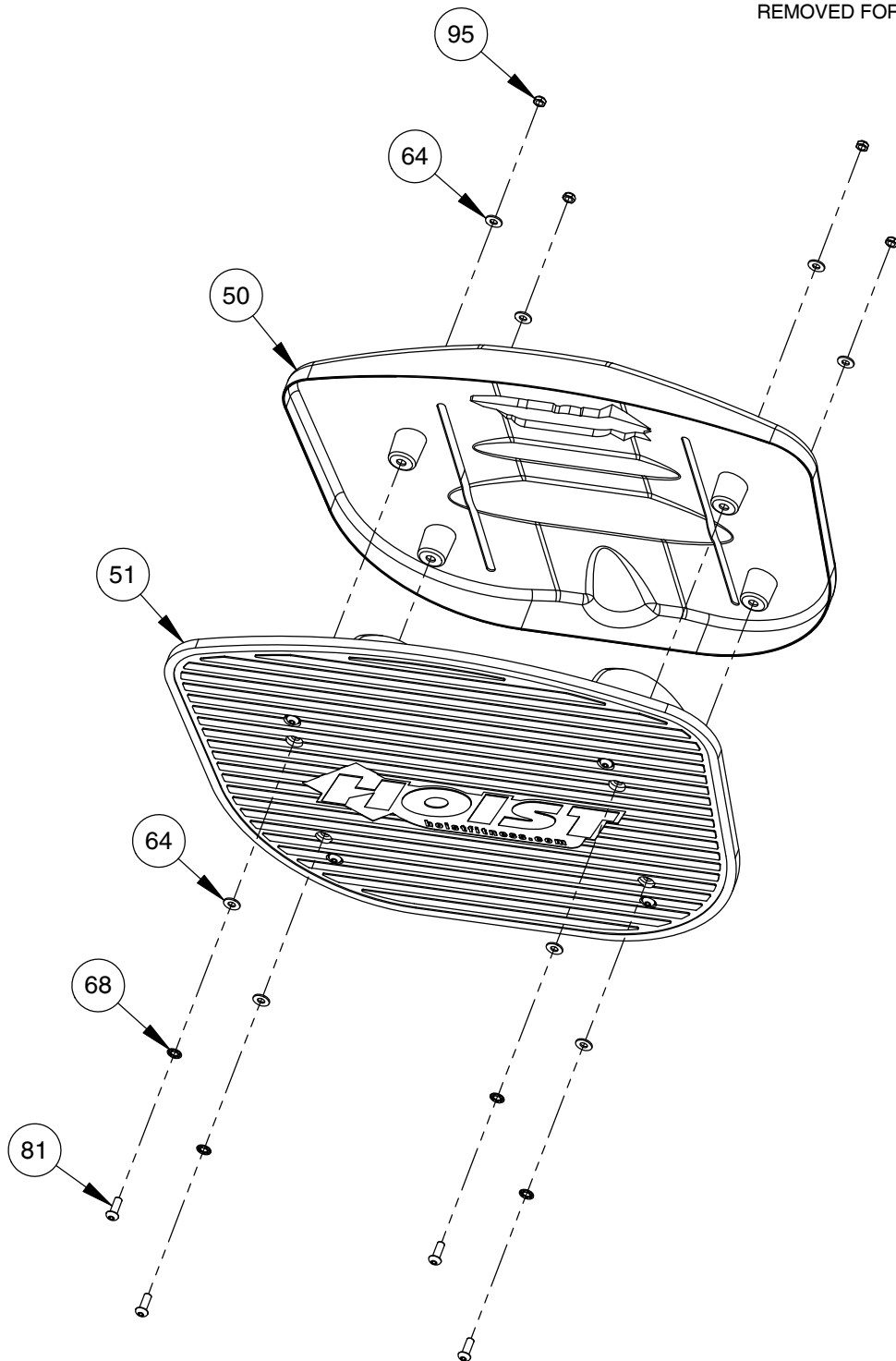
NOTE:
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OWNER'S MANUAL

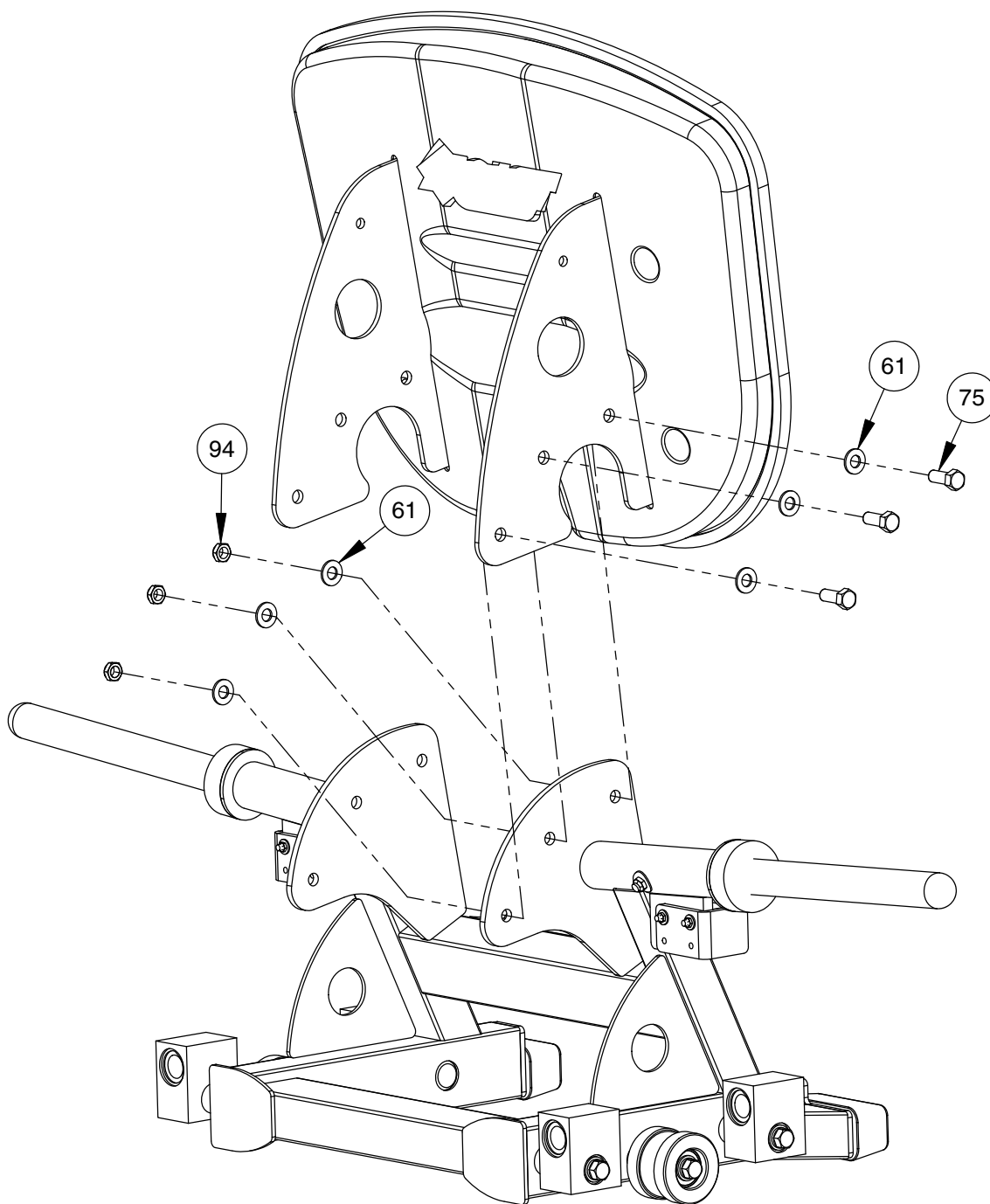
FRAME ASSEMBLY

NOTE:
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FRAME ASSEMBLY

NOTE:
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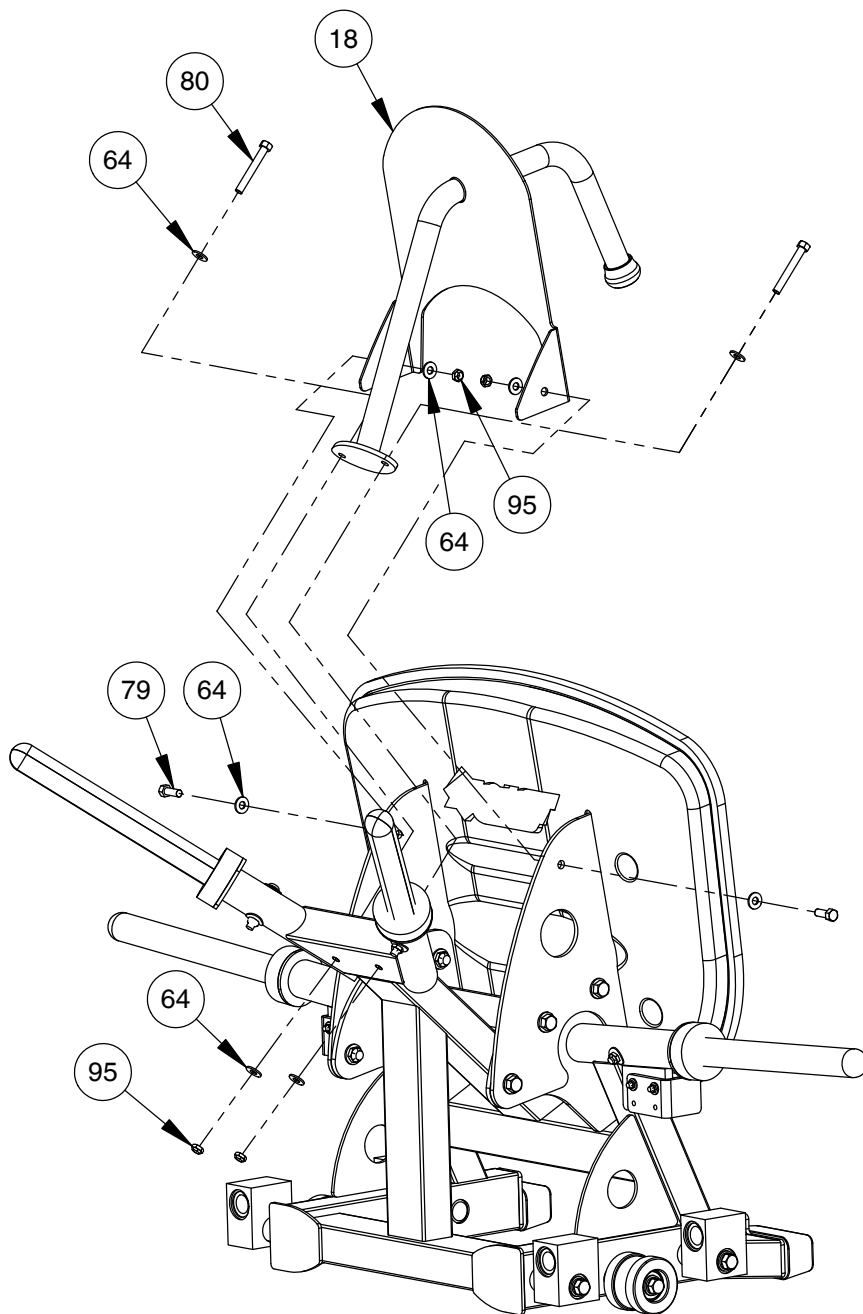


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

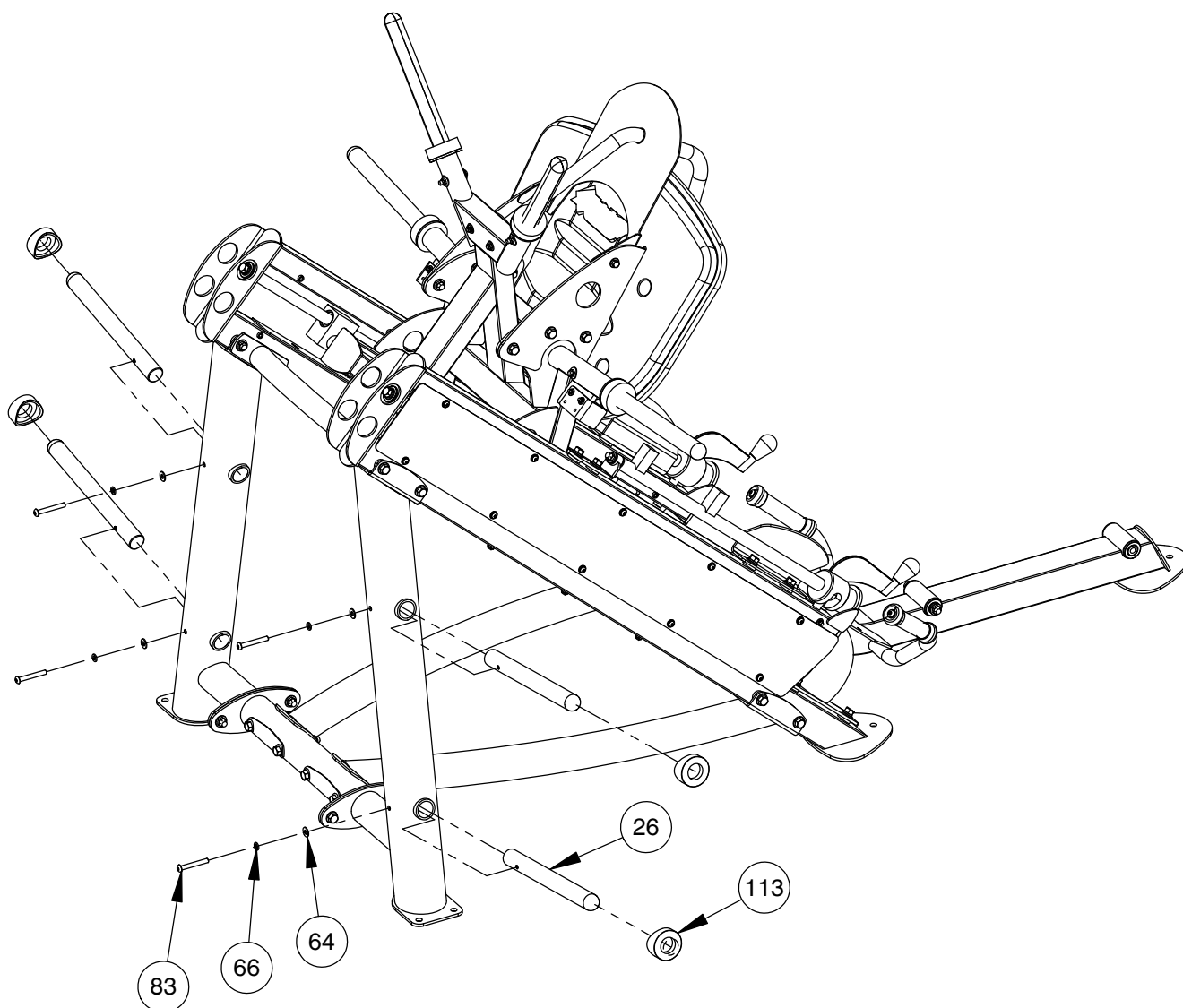
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OWNER'S MANUAL

FRAME ASSEMBLY

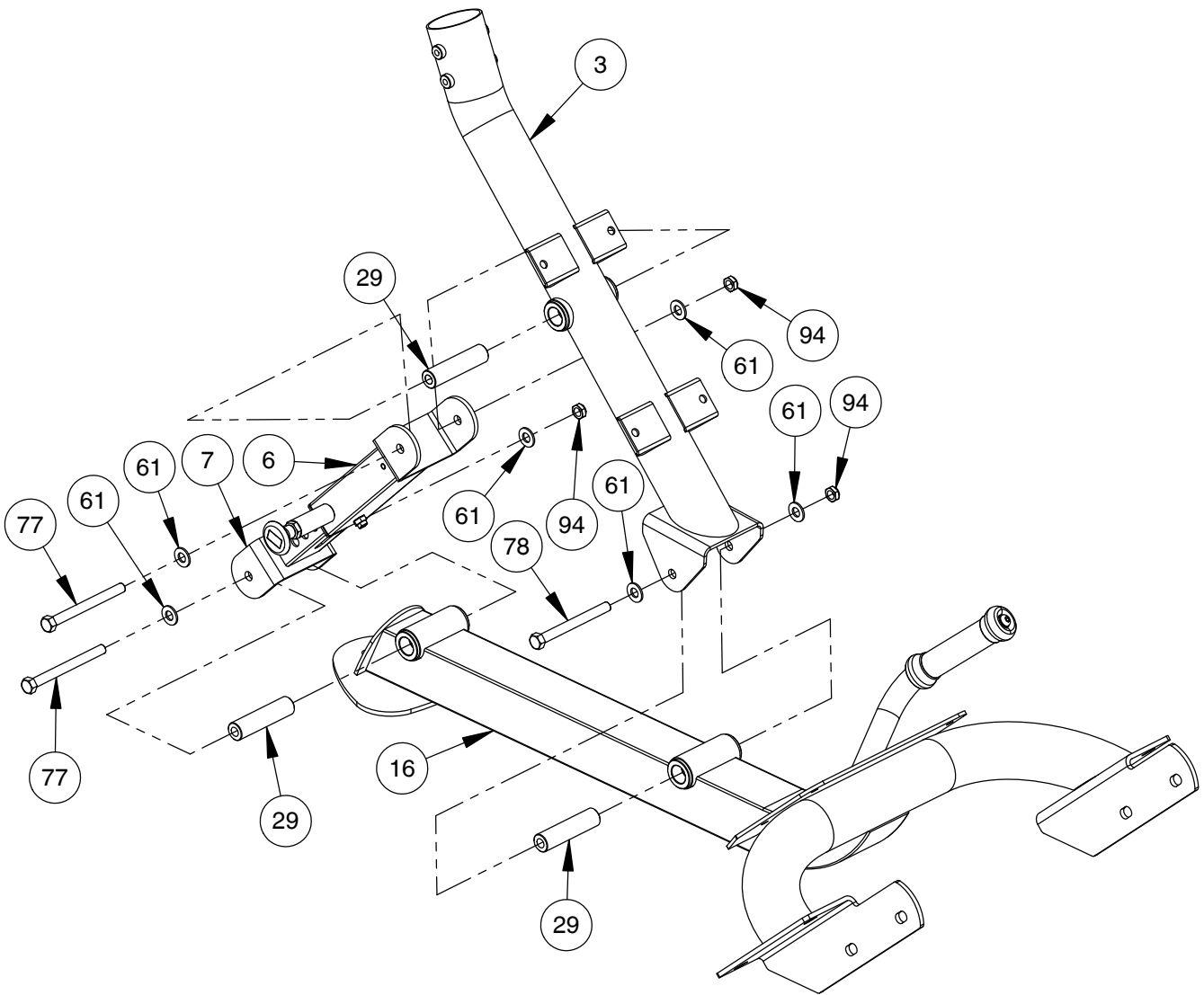
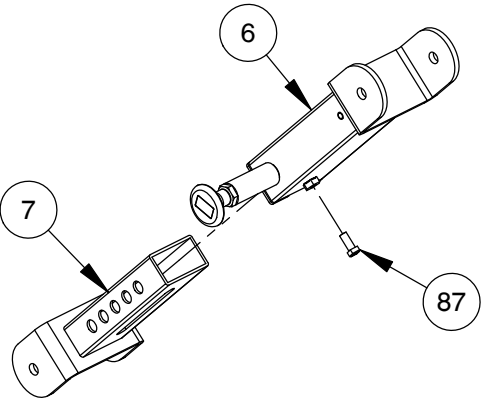
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OWNER'S MANUAL

FRAME ASSEMBLY

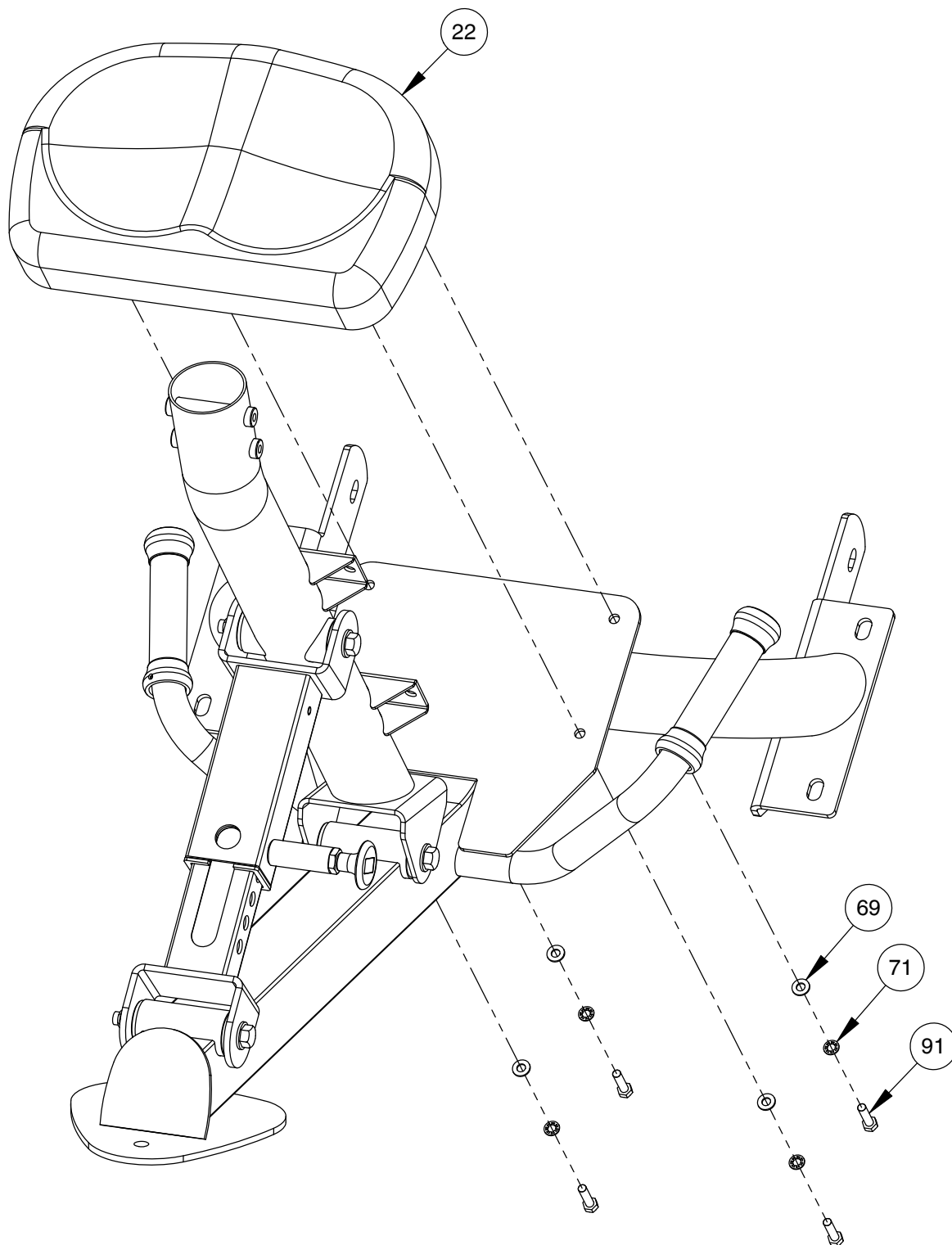
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OWNER'S MANUAL

FRAME ASSEMBLY

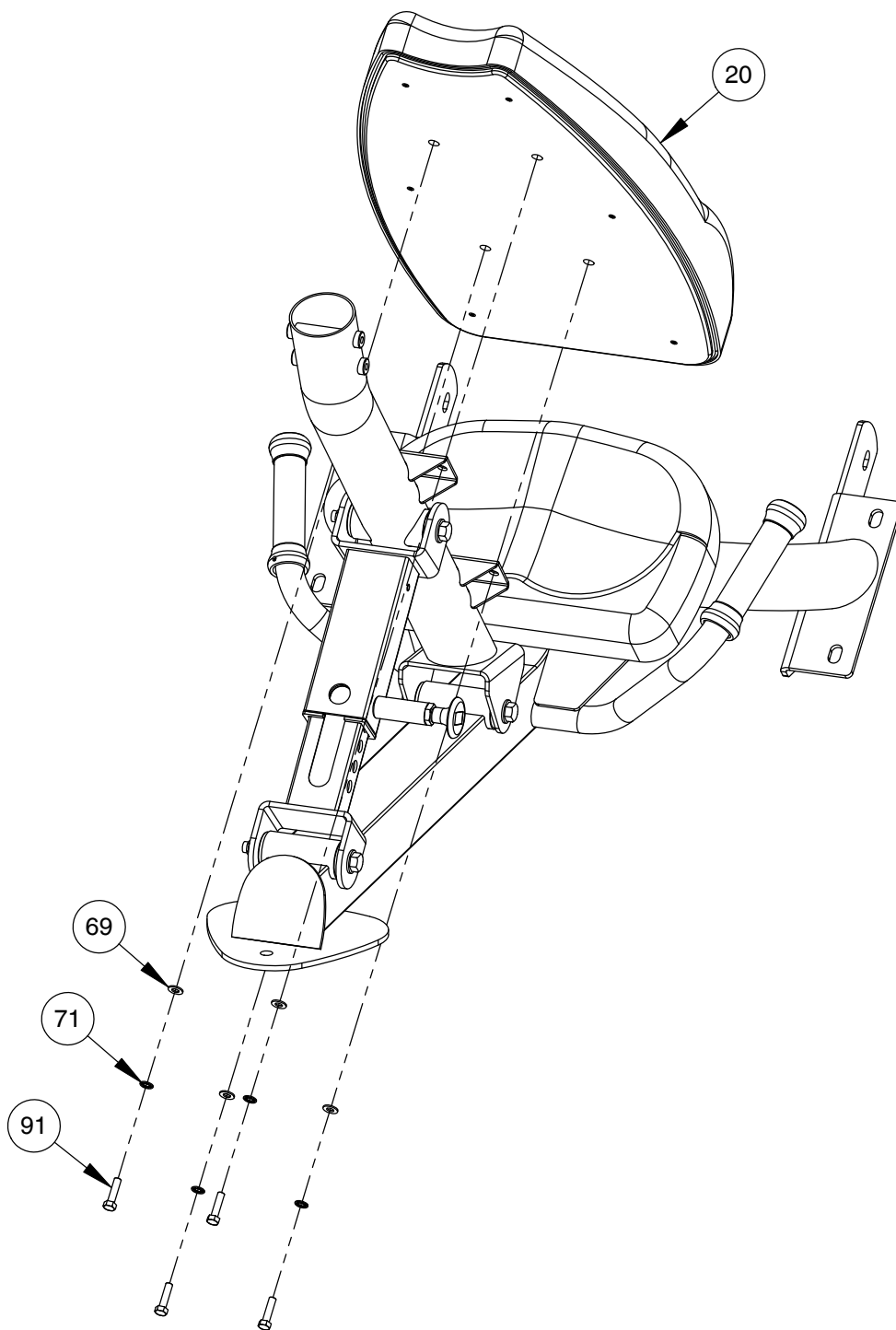
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OWNER'S MANUAL

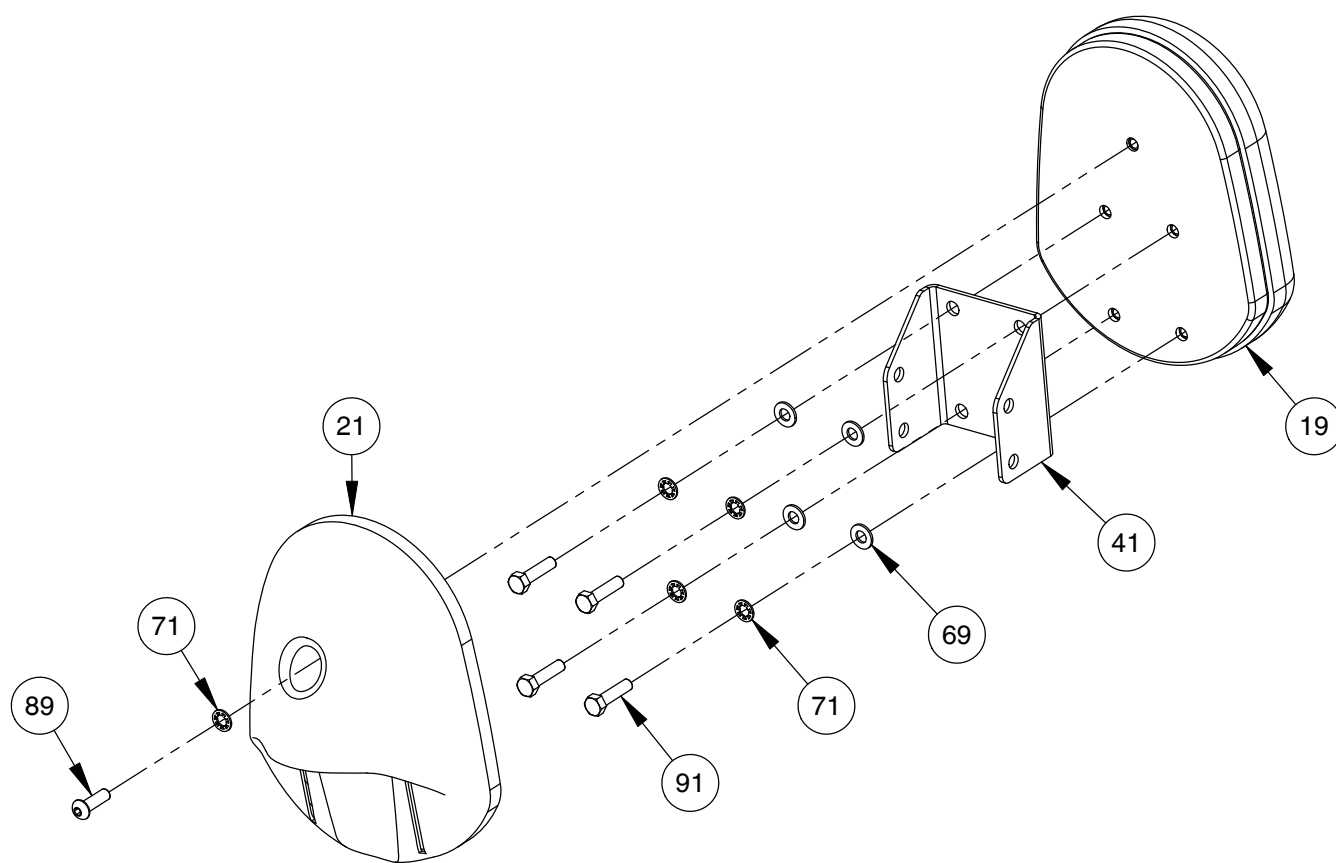
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FRAME ASSEMBLY

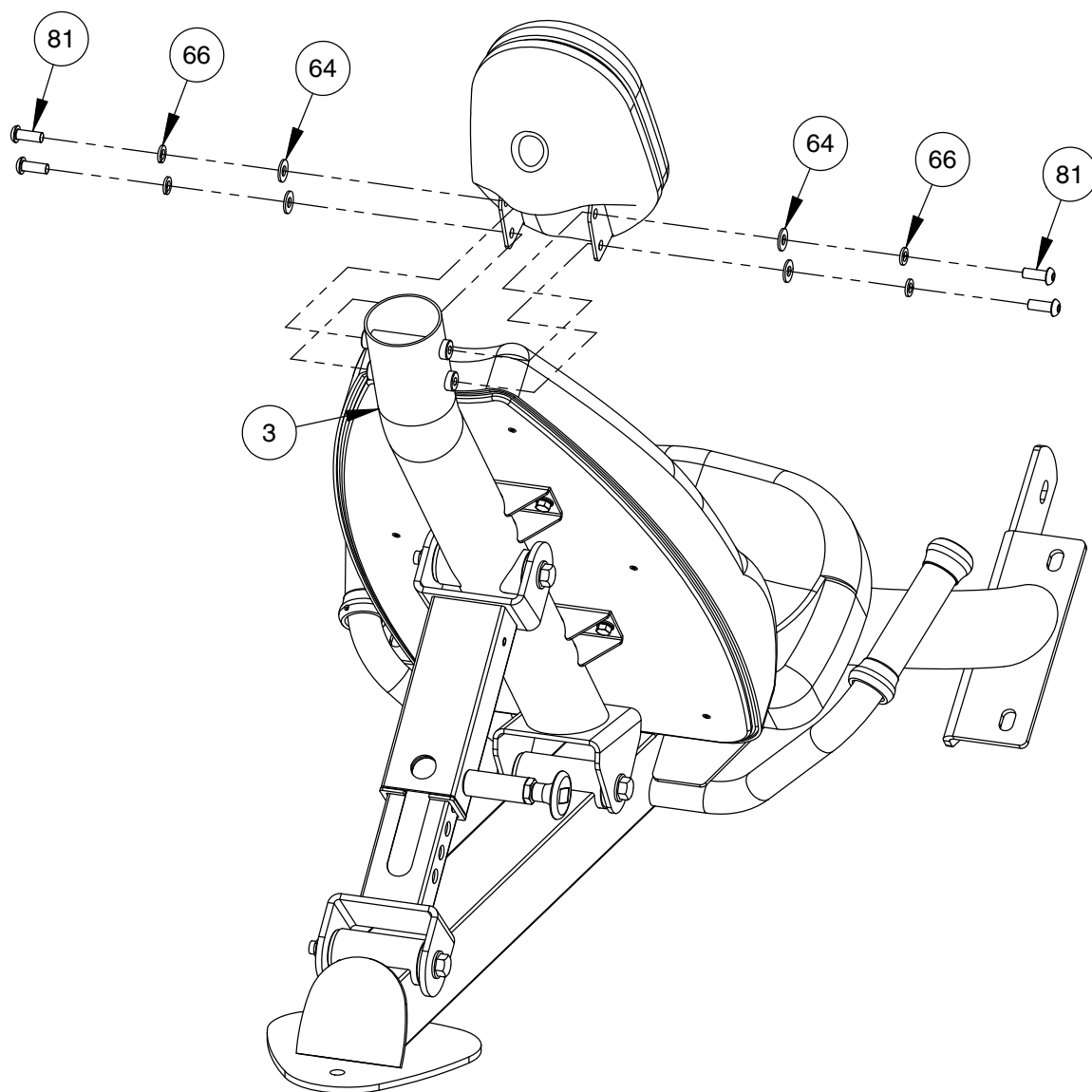
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OWNER'S MANUAL

FRAME ASSEMBLY

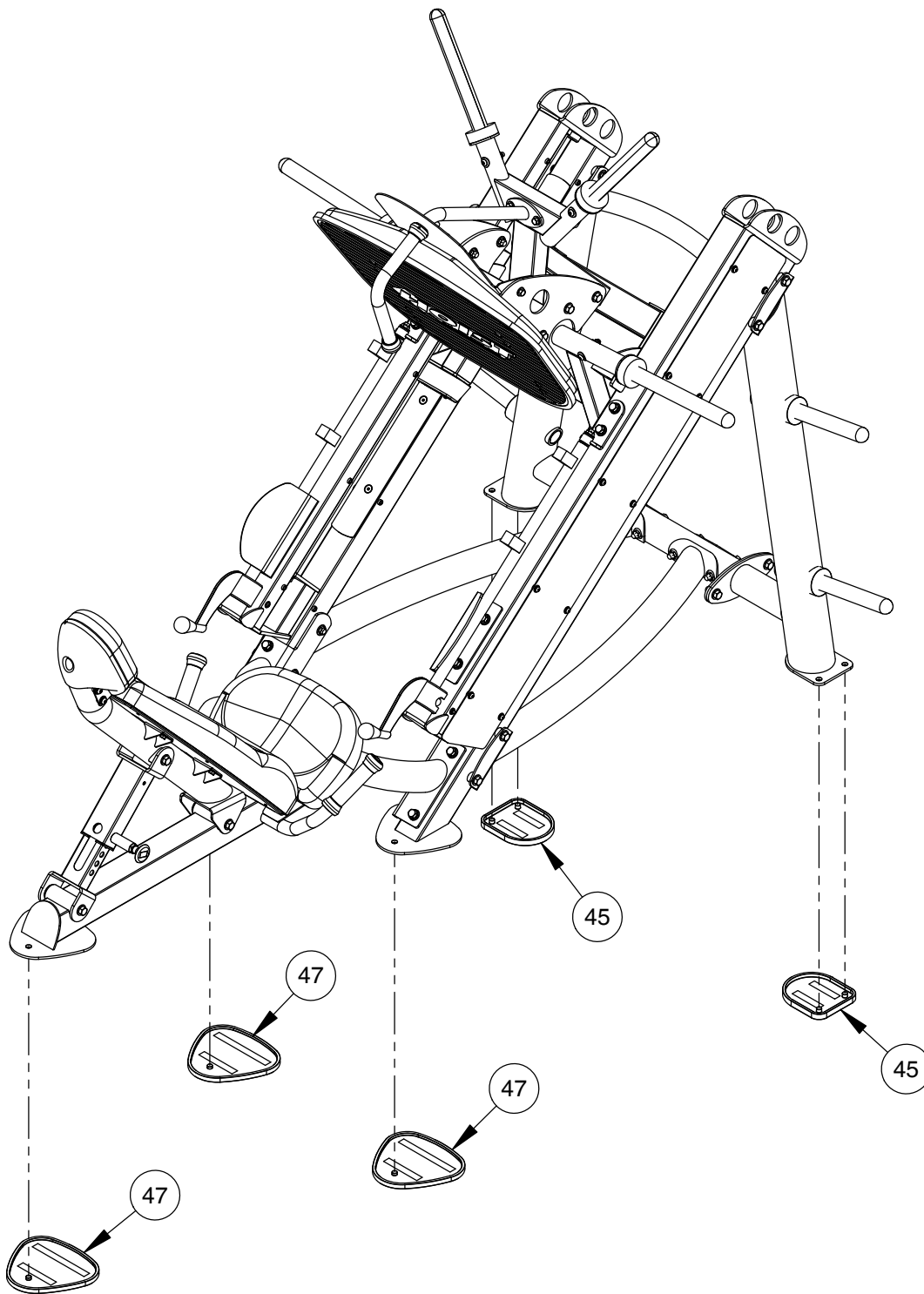
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OWNER'S MANUAL

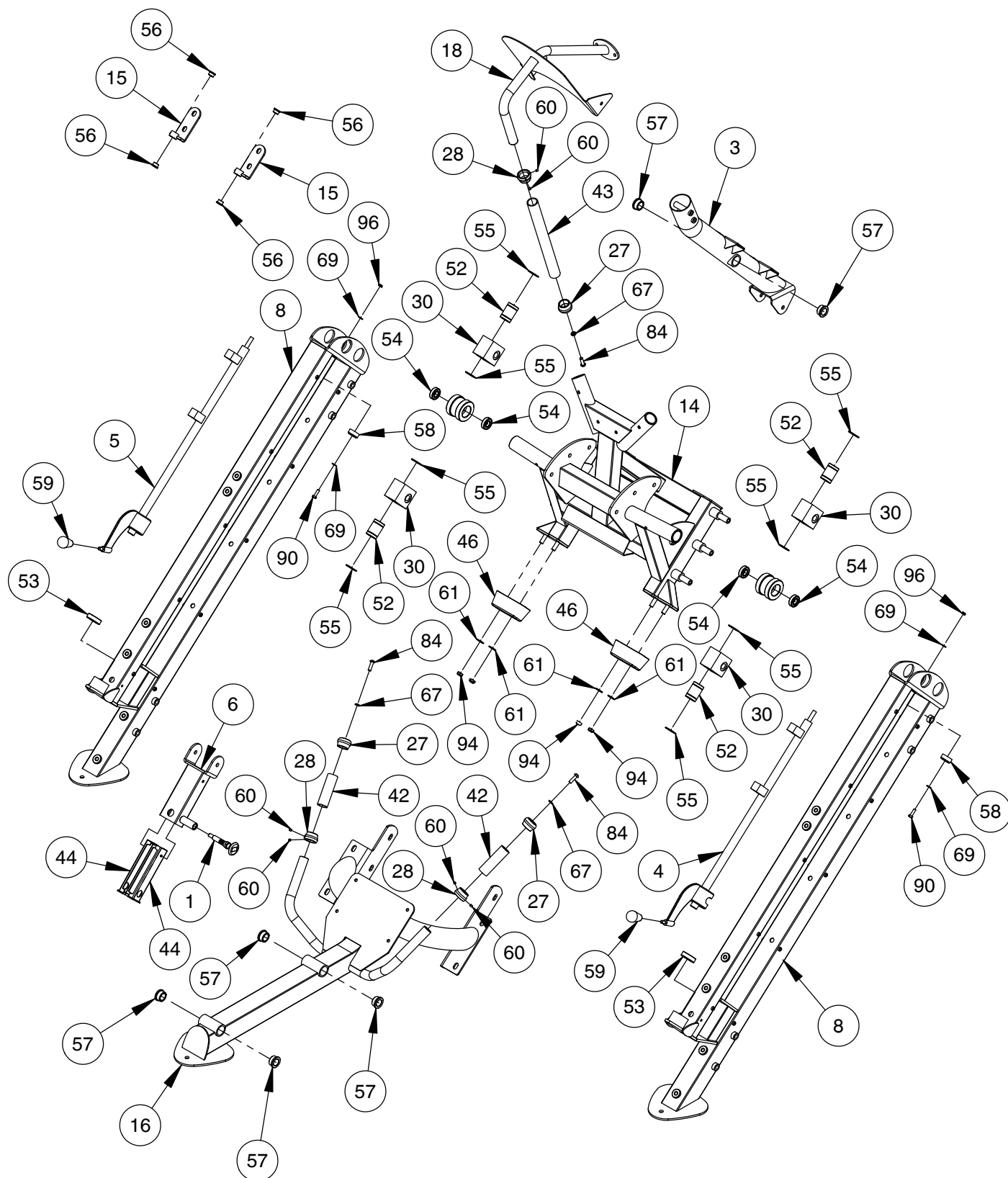
FRAME ASSEMBLY

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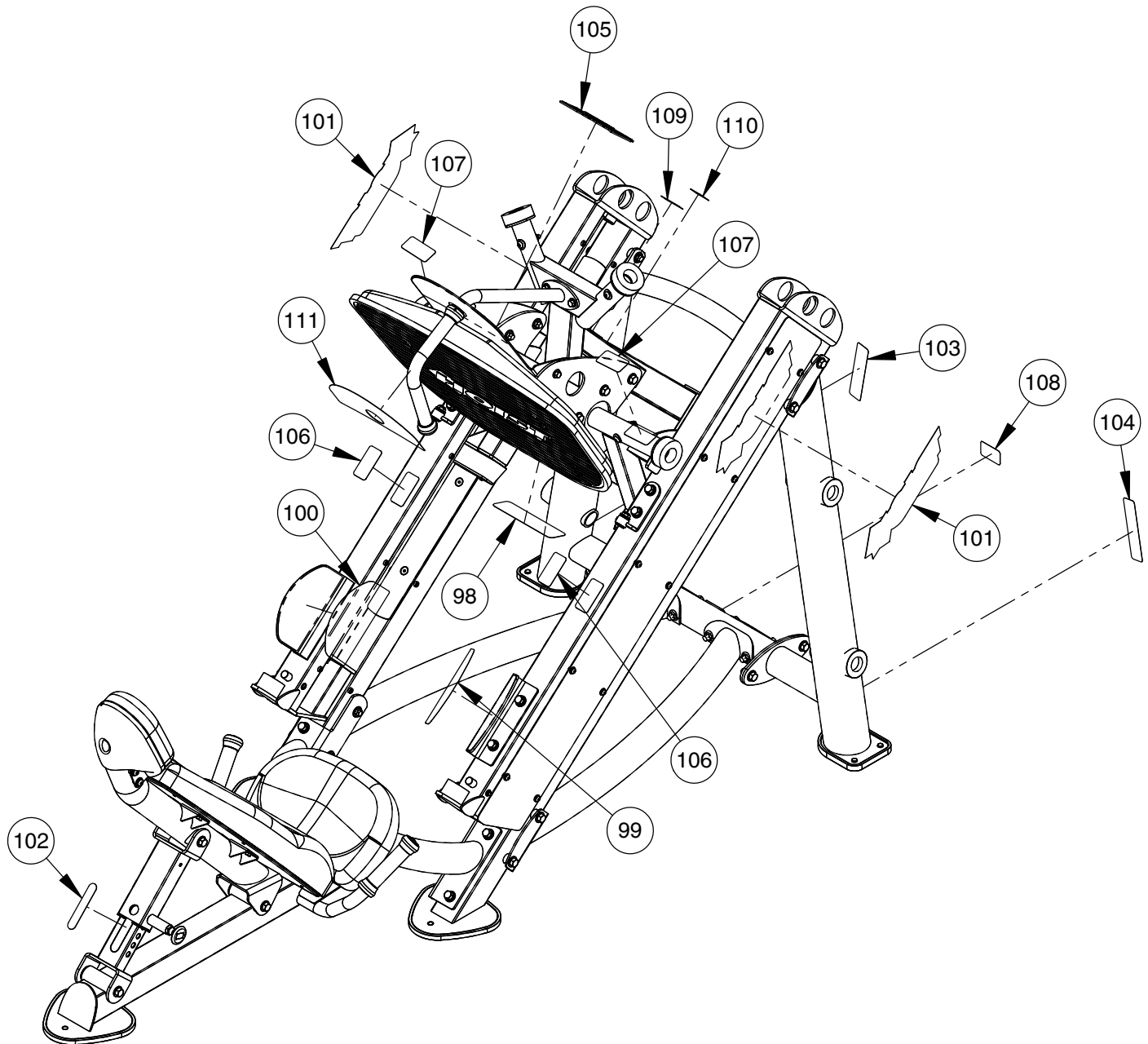
OWNER'S MANUAL

PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT



OWNER'S MANUAL

DECAL REFERENCE

WARNING

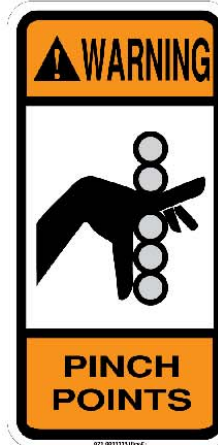
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL 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. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135

NOTICE				
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	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

021-0003008



021-0003113



021-0003229



021-0003114



021-0003093

1
2
3
4
5

021-0003544

HOIST
hoistfitness.com

1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-A-000000

SERIAL # DECAL



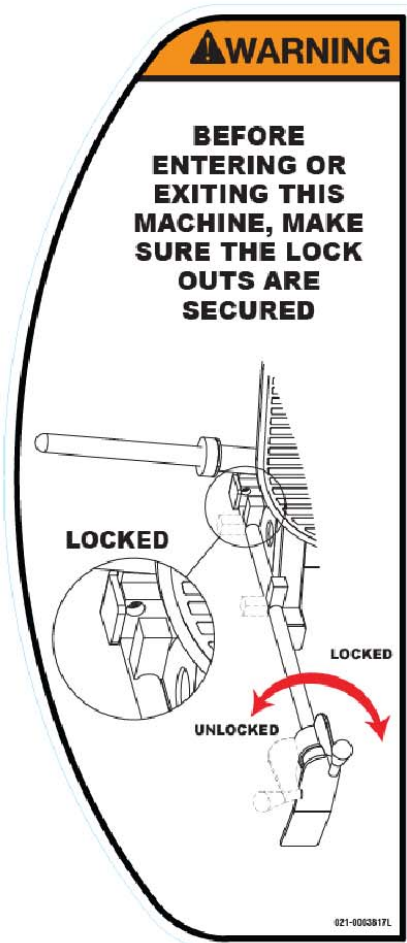
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021-0003816

OWNER'S MANUAL

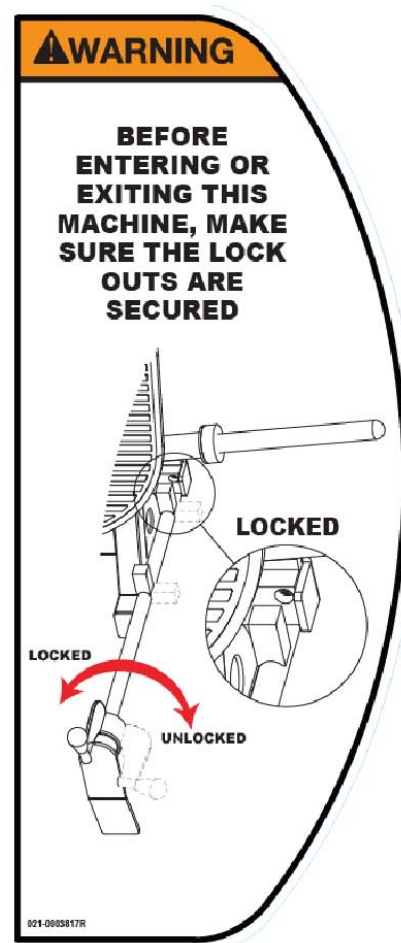
DECAL REFERENCE



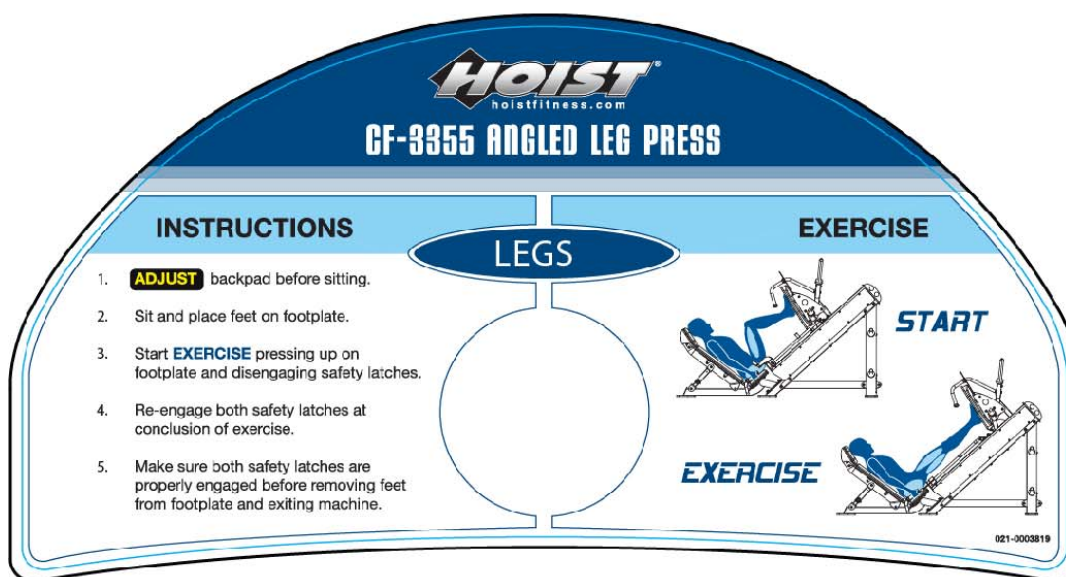
021-0003817



021-0018022



021-0003818



021-0003819

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X1488	1/2" LONG PULL-PIN (HARDENED) ASSEMBLY	1
2	026-01X5566	UPPER CROSSMEMBER	1
3	026-01X5567	BACK PAD MOUNT	1
4	026-01X5570	LOCK OUT -1	1
5	026-01X5571	LOCK OUT -2	1
6	026-01X5576	ADJUSTER - 1	1
7	026-01X5577	ADJUSTER-2	1
8	026-01X5615	SIDE FRAME	2
9	026-01X5616	FRONT TO REAR TIE - 1	1
10	026-01X5617	REAR UPRIGHT RIGHT-1	1
11	026-01X5618	REAR UPRIGHT RIGHT-2	1
12	026-01X5619	FRONT TO REAR TIE - 2	1
13	026-01X5620	LOWER CROSSMEMBER	1
14	026-01X5621	WEIGHT CARRIAGE	1
15	026-01X5622	LOCK OUT MOUNT, TOP	2
16	026-01X5623	SEAT FRAME	1
17	026-01X5625	FOOTPLATE MOUNT	1
18	026-01X5669	EXIT HANDLE	1
19	022-01PD2055	UPHOLSTERED HEAD PAD	1
20	022-01PD2336-A-M	BACK PAD ASSEMBLY	1
21	022-01PD2073-5	HEAD PAD PLASTIC BACKING	1
22	022-01PD2335-A-M	SEAT PAD ASSEMBLY	1
23	026-01F0300	FLNG-B, .188" X Ø3.00" X 6.25" LG.	2
24	026-01G0409	LINEAR ROD 49.88" LG.	2
25	026-01M2792	SHAFT - LIMITER	2
26	026-01M1185	WEIGHT HORN SHAFT 15.00"LG.	4
27	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	3
28	026-01M0933	ALUMINUM RING: Ø1.25" ID	3
29	026-01M2764	SHAFT Ø 1.00" X 3.94", BORED	3
30	026-01M2765	25MM BRNG HOUSING	4
31	026-01M2786	WEIGHT PEG 22.50" LG.	2
32	026-01M2787	WEIGHT PEG 17.50" LG.	2
33	026-01M2790	ROLLER	2
34	026-01M2809	FLANGED SHAFT CAP	2
35	026-01P5261	WASHER Ø 3.00" OD X Ø 1.53" ID X .188" T	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01P5262	LIMITER	2
37	026-01P5185	SURFACE PLATE	2
38	026-01P5280	FOOTPLATE	1
39	026-01P5288	SHIELD 7.13" X 56.75"	2
40	026-01P5290	FOOTPLATE. 3.25" X 13.00"	1
41	026-01P2907	HEAD BRACKET MOUNT	1
42	026-01PL0235-16	GRIP OPEN END ϕ 1.188" X 4.50"	2
43	026-01PL0235-27	GRIP OPEN END ϕ 1.188" X 15.00" LG.	1
44	026-01PL0125-125	E-Z GLIDE PLASTIC SLEEVE	2
45	026-01PL2131	D-SHAPED RUBBER FOOT	2
46	026-01PL2246	DUAL HOLE BUMPER 2.05" THICK	2
47	026-01PL2319	RUBBER FOOT 8.41" X 9.13"	3
48	026-01PL0264	WEIGHT HORN RUBBER DONUT	4
49	026-01PL2336	STOP PLATE	2
50	026-01PL2341	FOOTPLATE	1
51	026-01PL2340	RUBBER FOOTPLATE COVER	1
52	014-0007007	BEARING ϕ 25mm (LINEAR) (WON)	4
53	014-0012014	BEARING: FLANGELESS - 25mm I.D.	2
54	014-0012015	BEARING: FLANGELESS ϕ 1.65" O.D. X ϕ .79" I.D. X .47" WIDE	4
55	014-0015005	SNAP RING: ϕ 40mm INTERNAL	8
56	014-0101002	BUSHING: OILITE FLANGED ϕ .75" O.D X ϕ .50" I.D X .38" LG.	4
57	014-0101017	BUSHING: OILITE FLANGED ϕ 1.03" ID X ϕ 1.38" OD X .75" LG.	6
58	019-0001003	BUMPER ϕ 1.50" X .625" T	2
59	020-0007004	KNOB - OVAL	2
60	011-0411001	SET SCREW: 1/4"-28 X .25" LG. (SS)	6
61	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	70
62	013-0202007	1/2" CURVED WASHER (WZ)	8
63	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	22
64	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	42
65	013-0102028	3/8" CURVED WASHER (WZ)	8
66	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	8
67	013-0402011	3/8" SPLIT LOCK WASHER (SS)	3
68	013-0102022	3/8" INTERNAL LOCK WASHER (WZ)	8
69	013-0302008	5/16" SAE FLAT WASHER (WZ)	36
70	013-0102021	5/16" SPLIT LOCK WASHER (WZ)	20

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	13
72	026-01PL2352	WASHER, FLAT .313" ID X .750" OD X .059" T, NYLON (BLACK)	20
73	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	12
74	011-0407042	1/2"-13UNC X 1.00" HHB (WZ)	8
75	011-0407038	1/2"-13UNC X 1.25" HHB (WZ)	24
76	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	4
77	011-0102030	1/2"-13UNC X 5.25" HHB (WZ)	10
78	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	1
79	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	2
80	011-0007050	3/8"-16UNC X 2.75" HHB (WZ)	2
81	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	12
82	011-0101049	3/8"-16UNC X 2.50" BHCS (WZ)	4
83	011-0101016	3/8"-16UNC X 2.75" BHCS (WZ)	4
84	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	3
85	011-0002032	3/8"-16UNC X .75" FHCS (WZ)	2
86	011-0102059	3/8"-16UNC X 3.50" FHCS (WZ)	8
87	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
88	011-0101080	5/16"-18UNC X .75" BHCS (WZ)	20
89	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	1
90	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	2
91	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	12
92	011-0101024	1/4"-20UNC X 1.75" BHCB (WZ)	4
93	011-0101124	1/4"-20UNC x 3.50" BHCB (WZ)	2
94	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	31
95	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	26
96	012-0102006	5/16"-18UNC THIN NYLOCK NUT (WZ)	2
97	012-0104009	1/4"-20 UNC THIN NYLOCK NUT (WZ)	6
98	021-0003816	DECAL DANGER - DO NOT STEP	1
99	021-0003818	DECAL CF-3355 LOCK OUT RIGHT	1
100	021-0003817	DECAL CF-3355 LOCK OUT LEFT	1
101	021-0003334	DECAL HOIST 3.88" X 14.45"	2
102	021-0003544	DECAL ADJUST 1-5 VERTICAL TXT.	1
103	021-0003135	DECAL WARNING 1.50" X 6.69"	1
104	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
105	021-0018022	DECAL HOISTFITNESS.COM LOGO	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
106	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
107	021-0003114	DECAL PINCH POINT 1.63" X 3.25" (HORIZONTAL)	2
108	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
109	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
110	021-0003229	DECAL 1000 LB. WEIGHT RATING 1.63" X 1.63"	1
111	021-0003819	CF-3355 EXERCISE PLACARD	1
112	026-01P5346	DECAL PLATE	2
113	026-01PL2313	WEIGHT HORN RUBBER DONUT W/ 3.750 COPE	4

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

SS = Stainless Steel

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

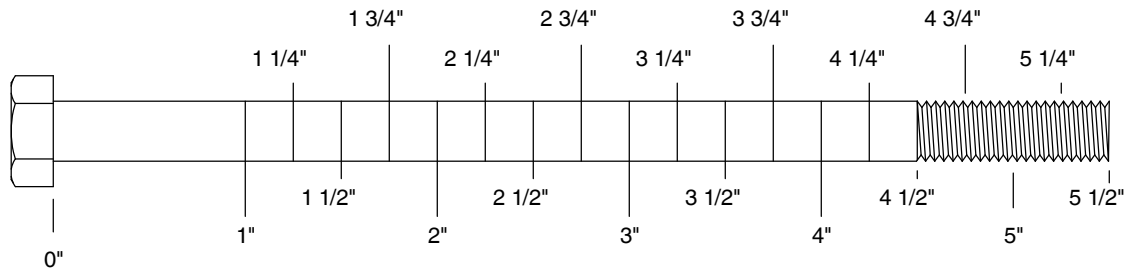
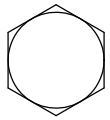
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

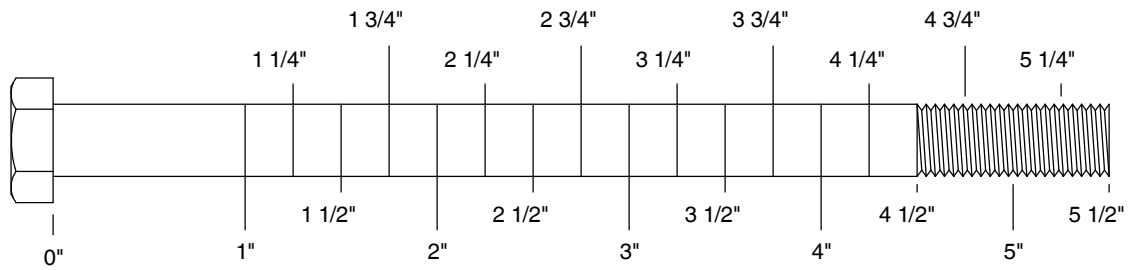
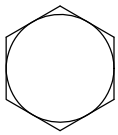
OWNER'S MANUAL

BOLT SIZING CHART

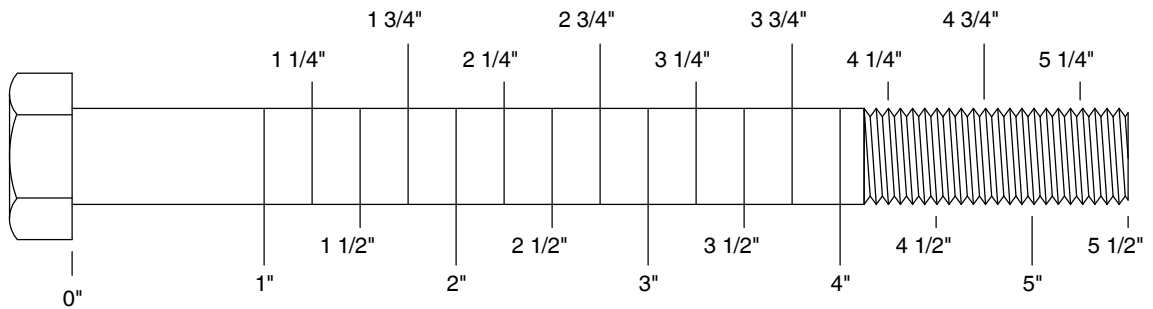
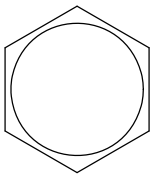
5/16" HHB



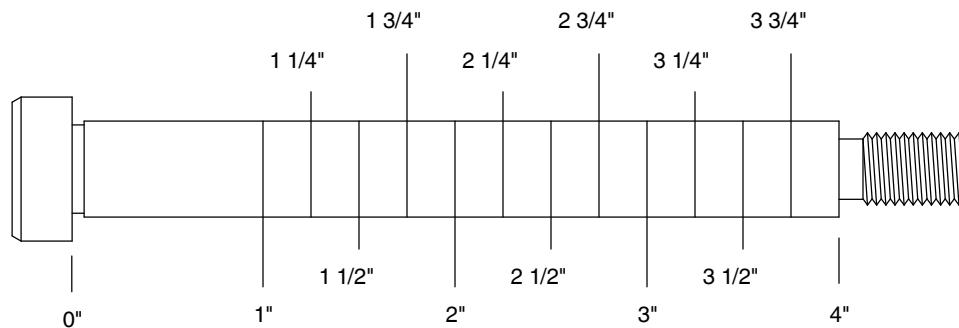
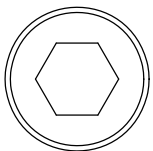
3/8" HHB



1/2" HHB

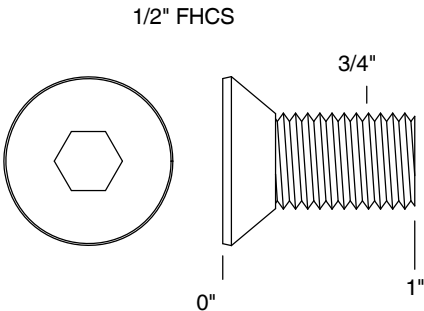
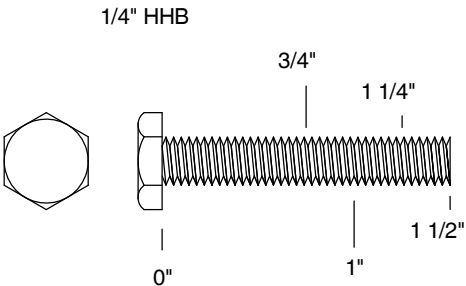
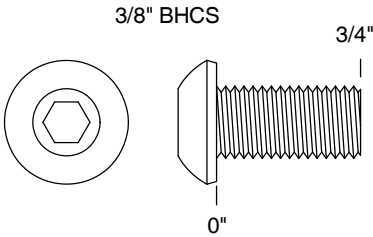
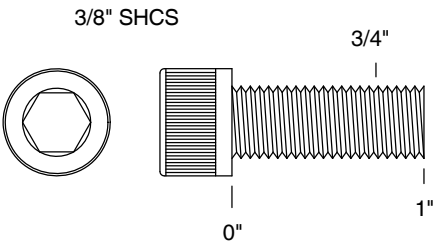
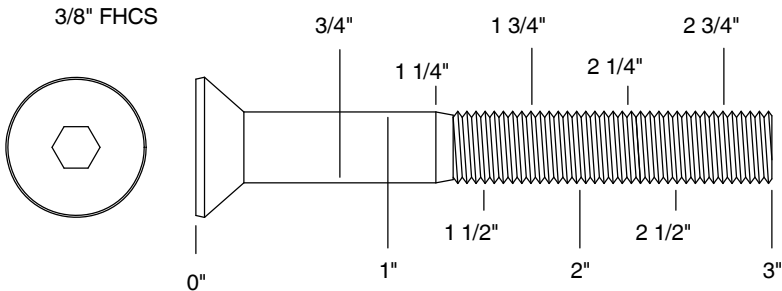


1/2" SHSS



OWNER'S MANUAL

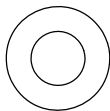
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(CONTINUED)



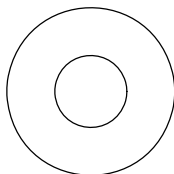
OWNER'S MANUAL

WASHER SIZING CHART

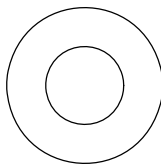
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



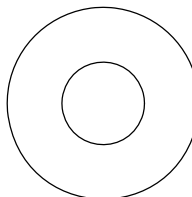
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



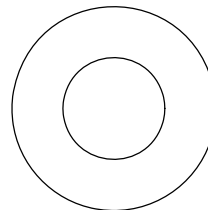
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



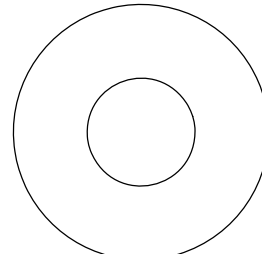
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



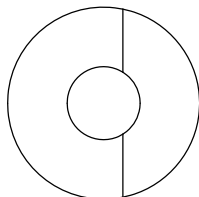
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



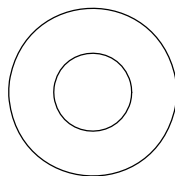
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



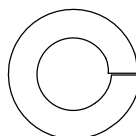
013-0402007
3/8"
FLAT WASHER
22mm O.D.



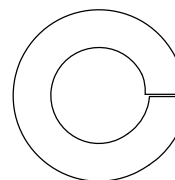
013-0102019
1/4"
LOCK WASHER



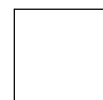
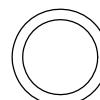
013-0102020
3/8"
LOCK WASHER



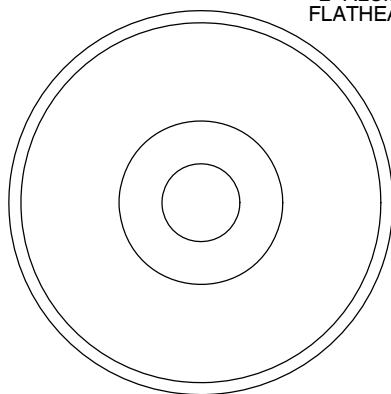
013-0102018
1/2"
LOCK WASHER



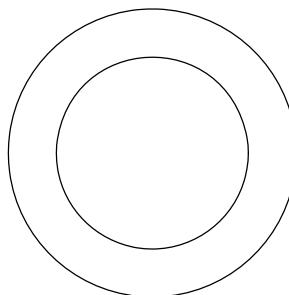
014-0018001
1/2" LONG
SPACER



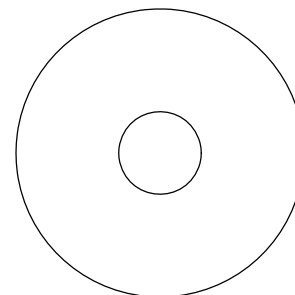
026-01M0238
2" ALUMINUM
FLATHEAD CAP



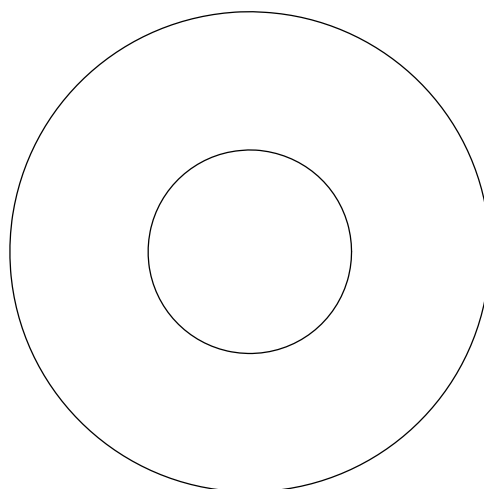
016-0009003
1" SHIM WASHER



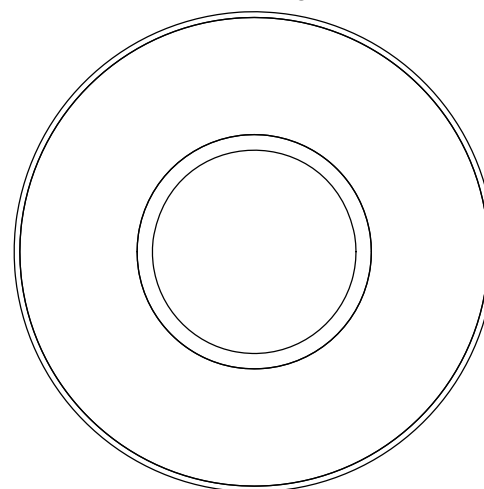
013-0003002
3/8" FENDER WASHER



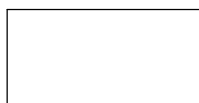
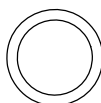
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



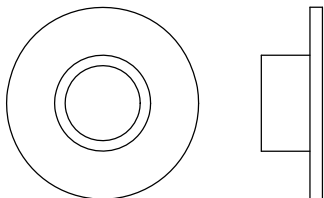
014-0018002
1" LONG
SPACER



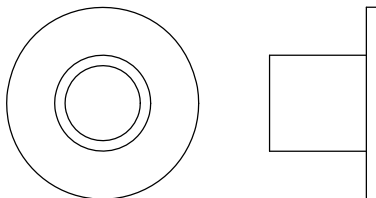
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

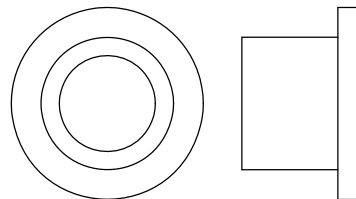
026-01M0211
1/4" LONG
FLANGED SPACER



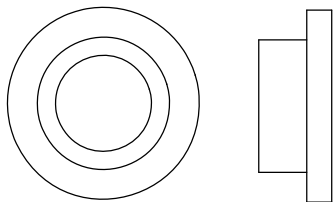
026-01M0198
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FLANGED SPACER



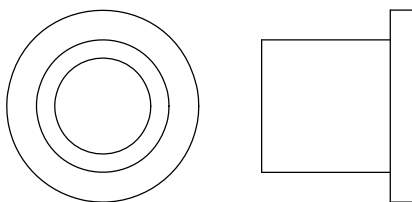
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



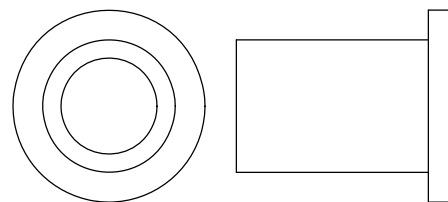
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



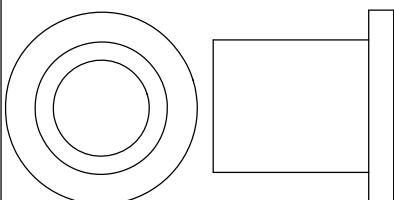
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



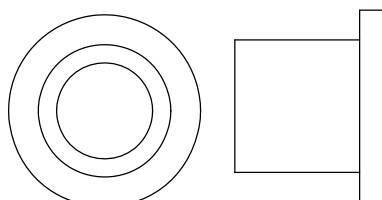
026-01M0551
1" LONG HEAVY
FLANGED SPACER



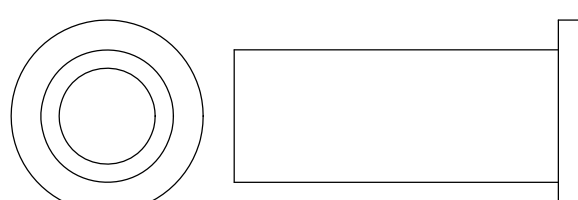
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



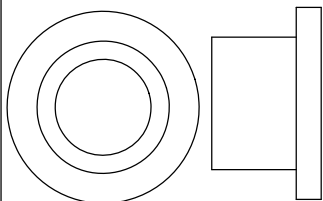
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



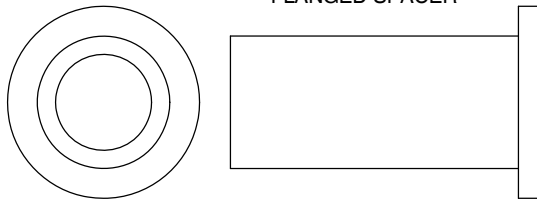
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



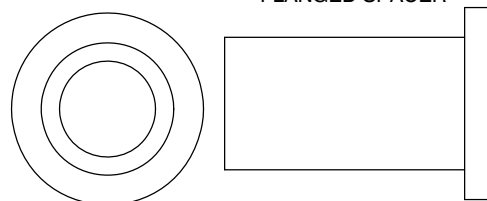
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



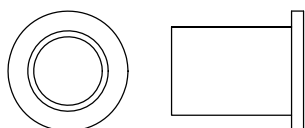
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



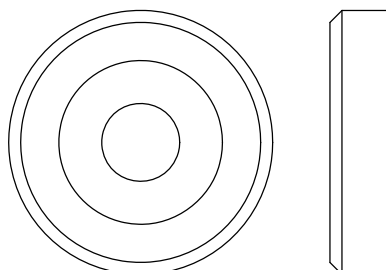
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



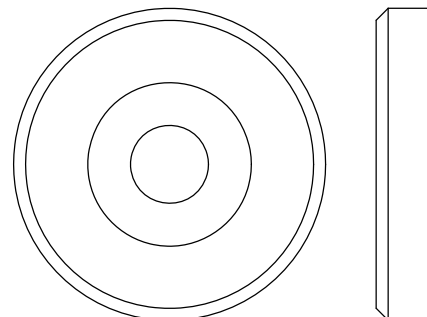
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

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 Surface	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.*

OWNER'S MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, 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.

Decals:

- *Inspect and familiarize 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 proper.

Anti-Skid Surfaces:

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

Belts and Cables:

- *Hoist uses only high quality belt, 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.

Belt and Cable Tension:

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

Seat Sleeves, Guide Rods:

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

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble 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.

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your CF-3355 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your CF-3355 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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.

Enjoy your CF-3355 HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

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

[illegible]

OWNER'S MANUAL

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.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

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 one year; all malfunctions of electronic components, belts, or **cables** 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.

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

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

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 damages.

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 five (5) year warranties 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.

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.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS