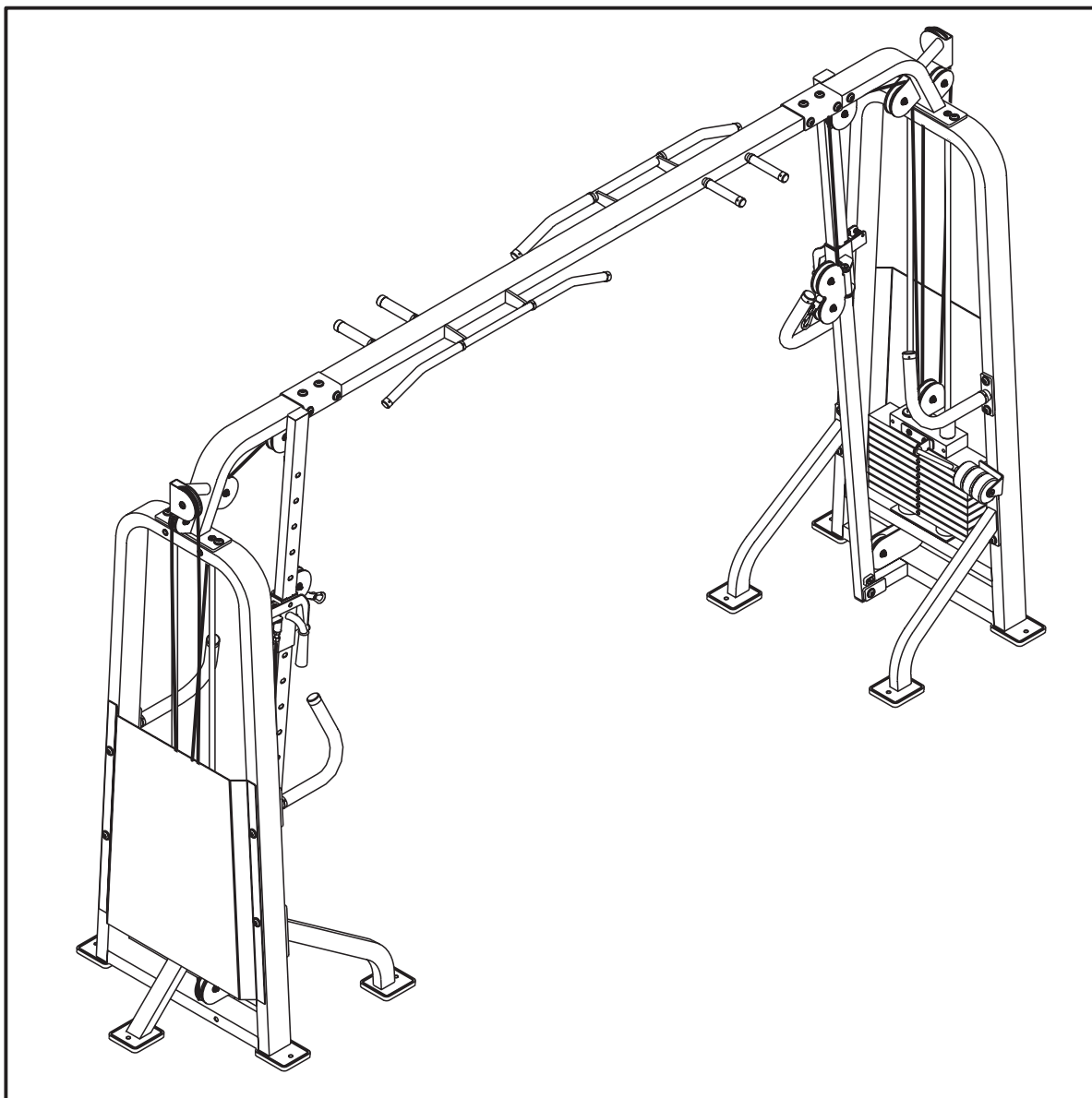


OWNERS MANUAL



CL2063



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

June 2000

ASSEMBLY

INSTRUCTIONS

CONTENTS

<i>INSTRUCTIONS (Step 1)</i>	<i>2</i>
<i>FRAME ASSEMBLY (Step 2)</i>	<i>4</i>
<i>PRE-ASSEMBLED PARTS (Step 3)</i>	<i>9</i>
<i>PARTS LISTING</i>	<i>11</i>
<i>HARDWARE LISTING</i>	<i>12</i>
<i>BOLT SIZING CHART</i>	<i>13</i>
<i>WASHER SIZING CHART</i>	<i>14</i>
<i>WEIGHT RATIOS</i>	<i>15</i>
<i>WEIGHT TRAINING TIPS</i>	<i>16</i>
<i>WEIGHT TRAINING EXERCISE LOG</i>	<i>17</i>
<i>LIMITED WARRANTY</i>	<i>19</i>

ASSEMBLY

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

Step 1

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

Standard Allen Wrench Set
(3/32" - 5/16")

Crescent Wrenches

Rubber Mallet

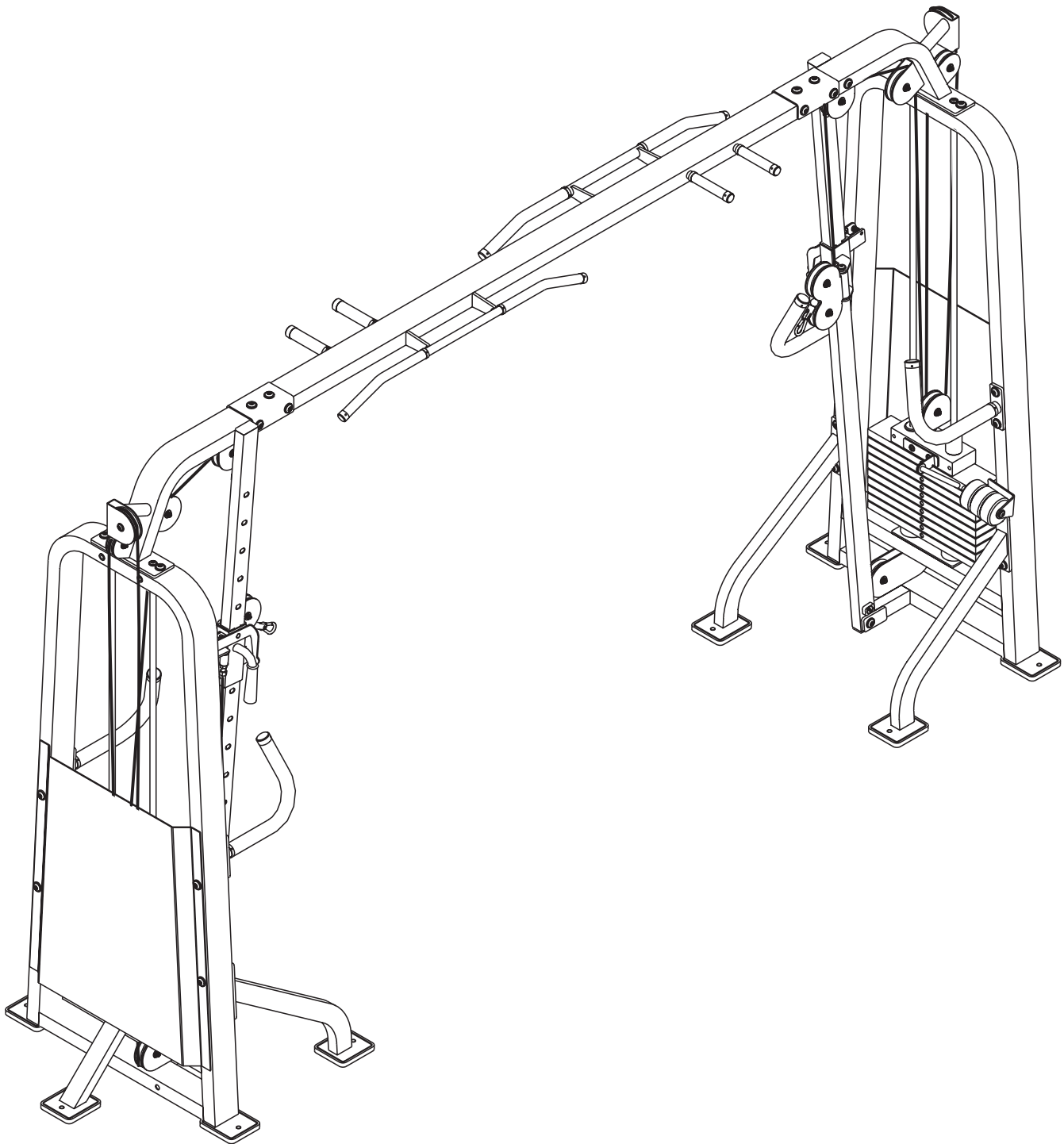
Tape Measure

ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step attach (2) to (1, and (4). Wrench tighten bolts.

Part Descriptions

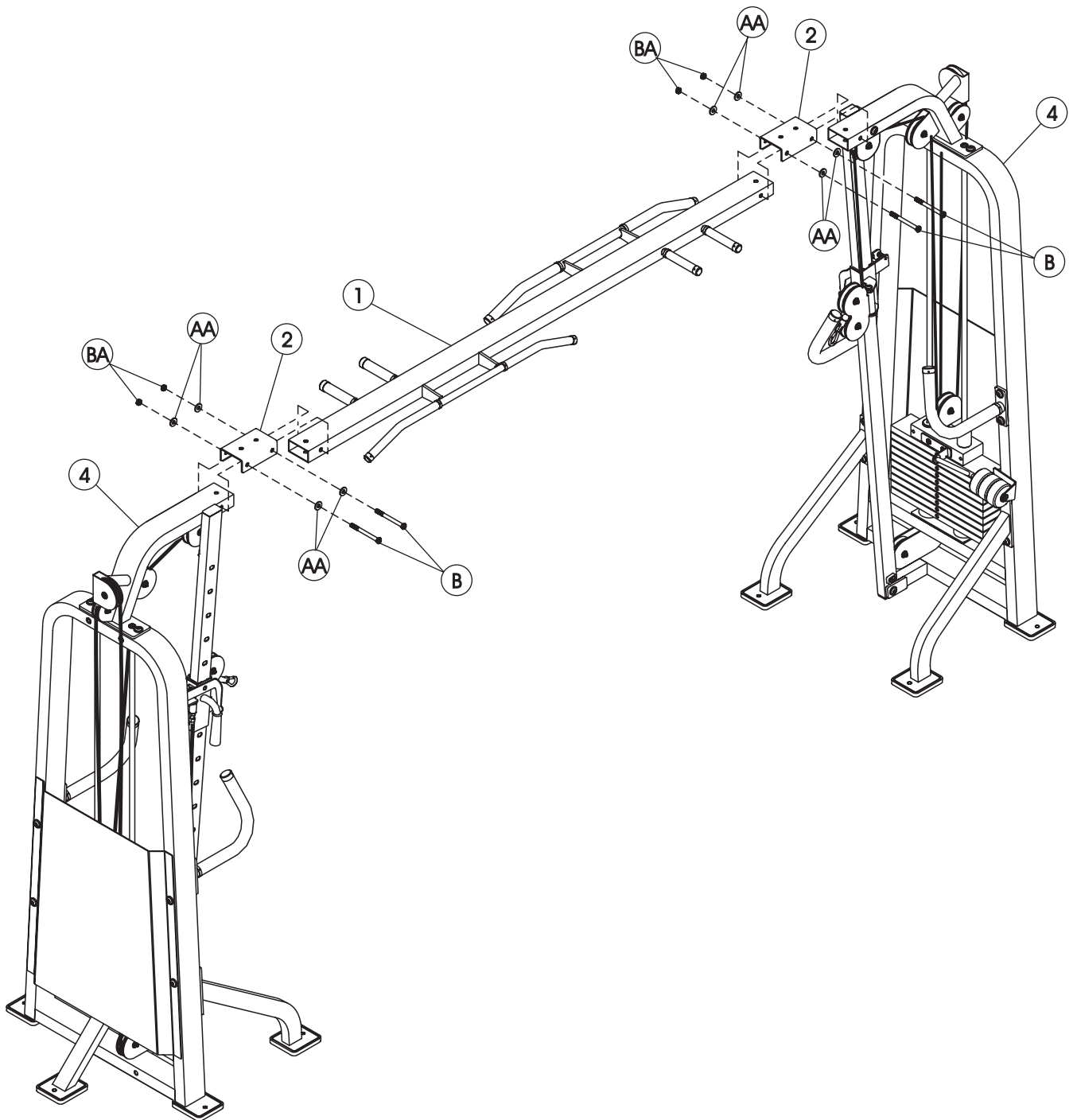
1 - Crossover Top Mount Assembly
2 - Mount Bracket
4 - CL2061

Hardware Descriptions

B - 1/2"-13 x 5" Hex Head Screw (White Zinc)
AA - 1/2" Flat Washer (White Zinc)
BA - 1/2" Lock Nut (White Zinc)

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step attach (3) to the under side of (1), and (4). Wrench tighten bolts.

Part Descriptions

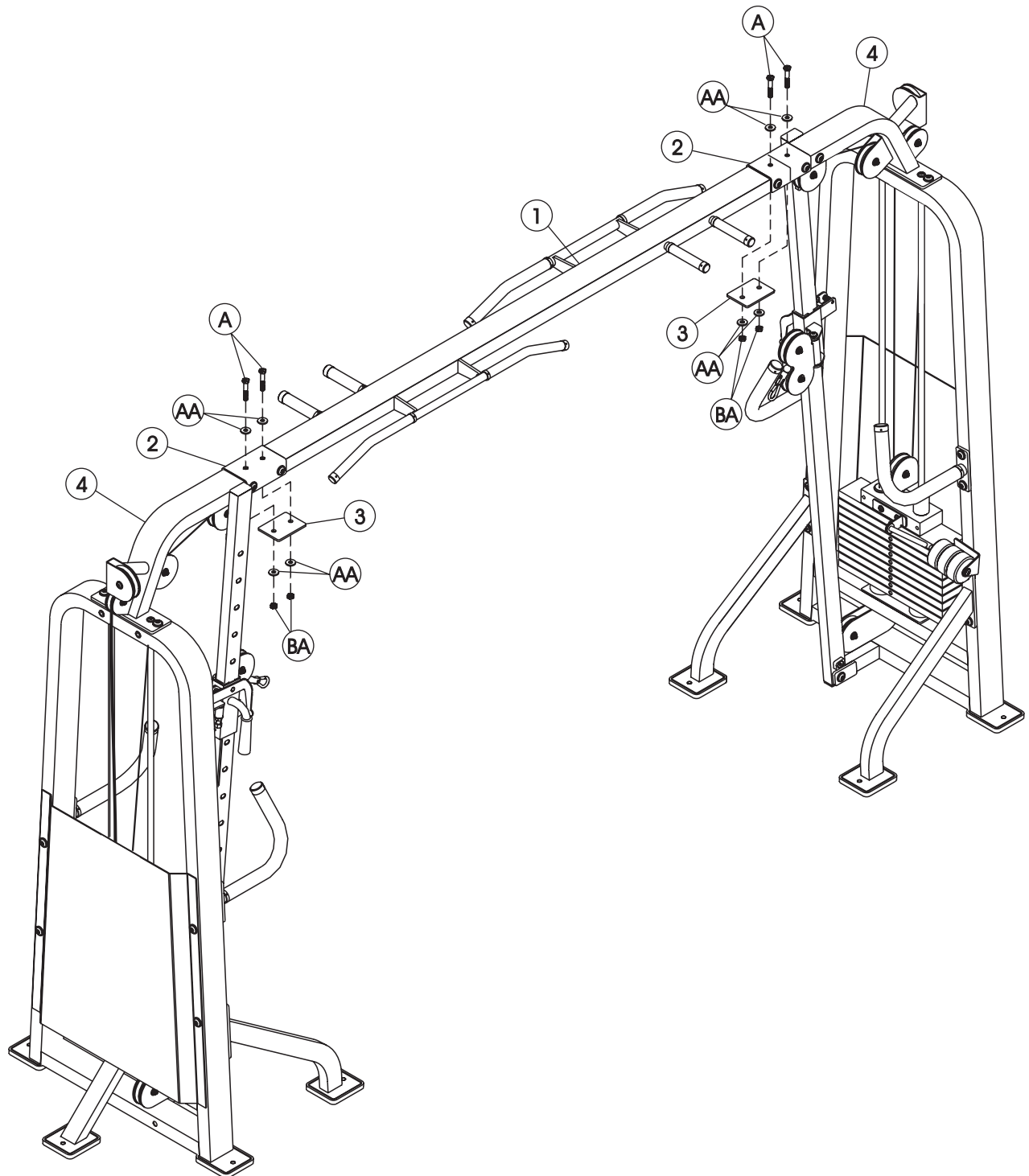
1 - Crossover Top Mount Assembly
3 - Mount Plate
4 - CL2061

Hardware Descriptions

A - 1/2"-13 x 3" Button Head Screw (White Zinc)
AA - 1/2" Flat Washer (White Zinc)
BA - 1/2" Lock Nut (White Zinc)

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 3

PRE-ASSEMBLED PARTS

This step shows the installation of rubber grips CC & CD along with finishing rings CB and caps CA. Wrench tighten.

Part Descriptions

1 - Crossover Top Mount Assembly

Hardware Descriptions

C - 10-32 x 1/8" Set Screw

CA - 1 1/4" Dia x 3/4" Aluminum Cap

CB - 1 1/4" Dia x 3/8" Aluminum Ring

CC - 1.175"OD x .9375" ID x 5.50" LG Grip

CD - 1.175"OD x .9375" ID x 17.75 LG Grip

CF - 1 1/2" Dia. x 3/4" Aluminum Cap

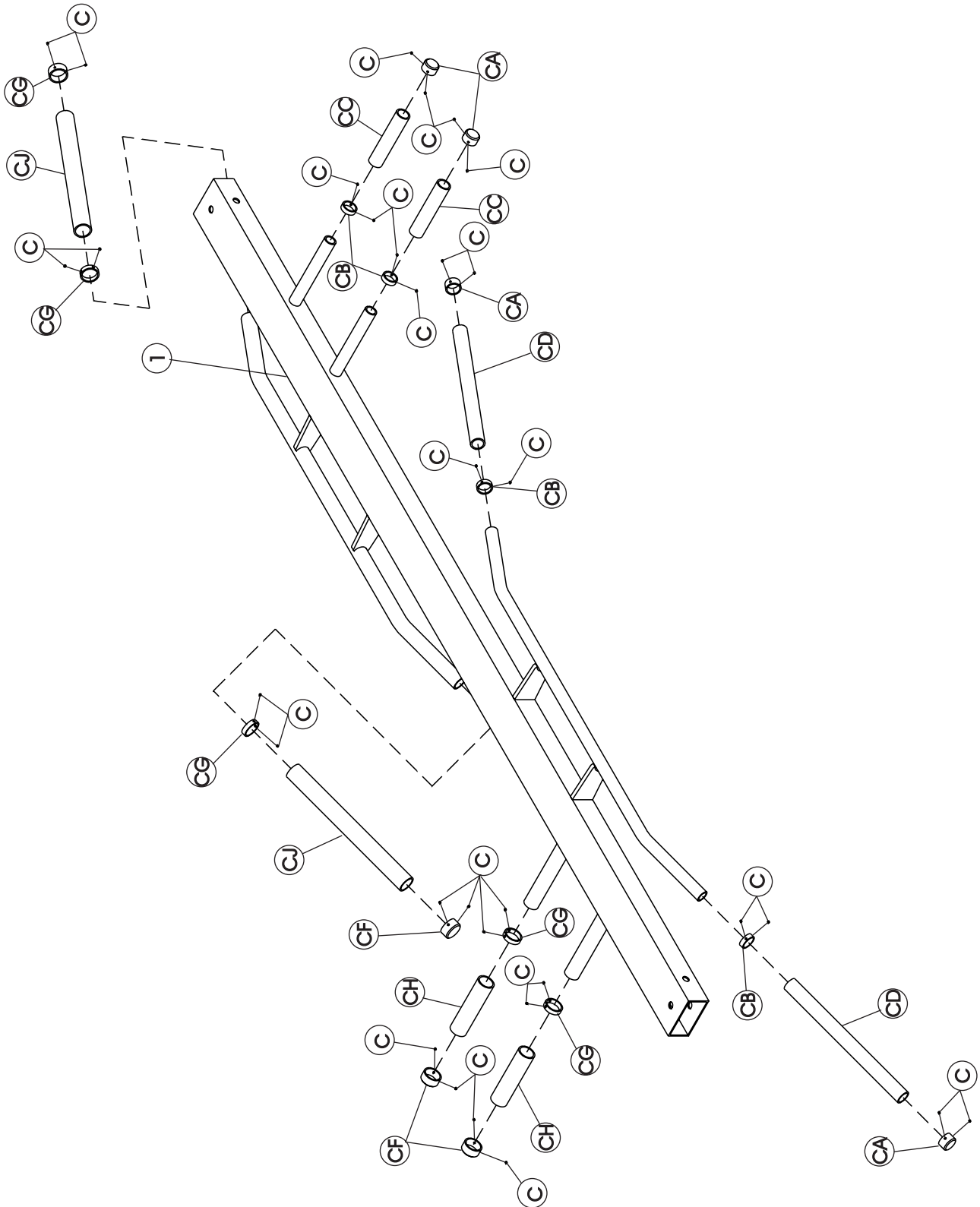
CG - 1 1/2" Dia. x 3/8" Aluminum Ring

CH - 1.425" OD x 1.188 ID x 5.50 LG Grip

CJ - 1.425" OD x 1.188 ID x 13.75" LG Grip

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

C A T A L O G

P A R T L I S T I N G

Key #	Qty	Part Number	Description
1	1	26-STD-SX656	CROSSOVER TOP MOUNT ASSEMBLY
2	2	26-STD-SP568	MOUNT BRACKET
3	2	26-STD-SP569	MOUNT PLATE
4	2	CL2061	HI-LO PULLEY MACHINE

ASSEMBLY

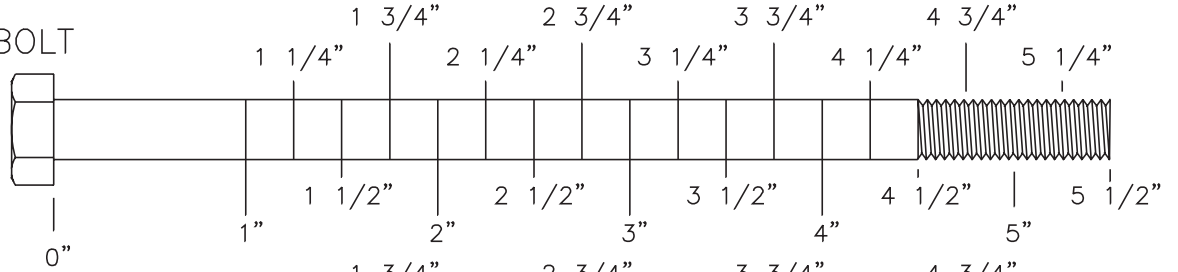
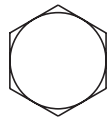
C A T A L O G

H A R D W A R E L I S T I N G

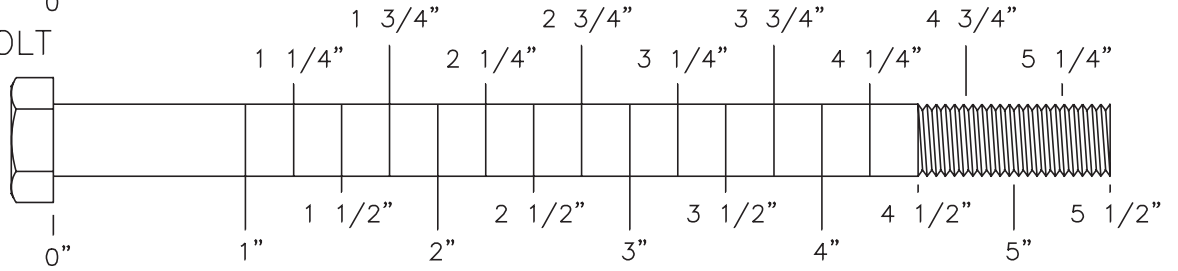
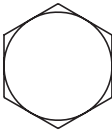
Key #	Qty	Part Number	Description
A	4	11-BTN-123WZ	1/2"-13 x 3" BUTTON HEAD
B	4	11-HEX-125WZ	1/2"-13 x 5" HEX HEAD
C	32	11-SET-10(32)18	10-32 x 1/8" SET SCREW
AA	16	13-FLT-12SAEWZ	1/2" FLAT WASHER
BA	8	12-LOK-12WZ	1/2" LOCK NUT
CA	4	26-STD-SM323	1 1/4" DIA x 3/4" ALUMINUM CAP
CB	4	26-STD-SM324	1 1/4" DIA x 3/8" ALUMINUM RING
CC	2	26-STD-PLAS206-9	1.175" OD x .9375 x 5.5" LG GRIP
CD	2	26-STD-PLAS206-16	1.175" OD x .9375 x 13.75" LG GRIP
CF	4	26-STD-SM391	1 1/2" Dia x 3/4" ALUMINUM CAP
CG	4	26-STD-SM392	1 1/2" DIA x 3/8" ALUMINUM RING
CH	2	26-STD-PLAS235-4	1.425" OD x 1.188" ID x 5.50 LG GRIP
CJ	2	26-STD-PLAS235-6	1.425" OD x 1.188" ID x 13.75 LG GRIP

OWNERS MANUAL BOLT SIZING CHART

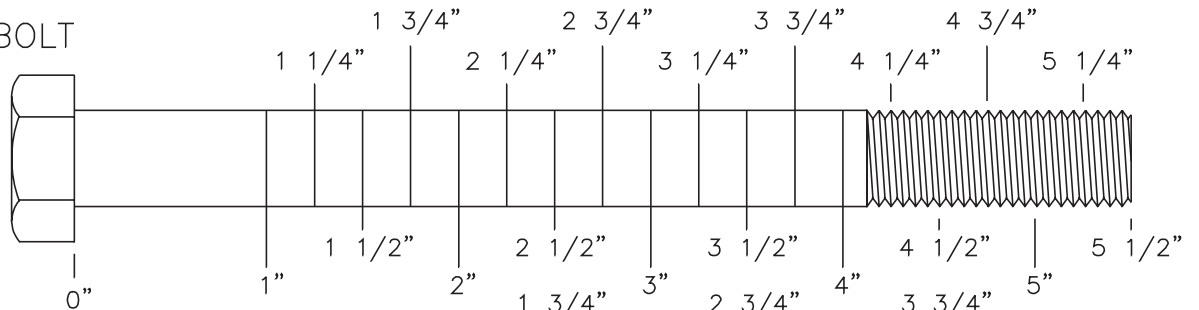
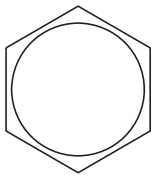
5/16" HEX BOLT



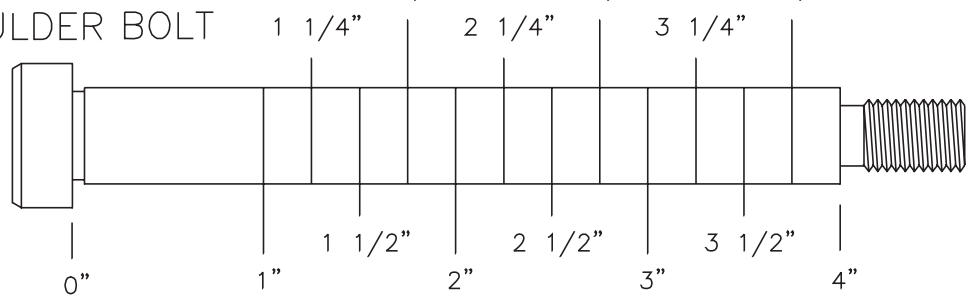
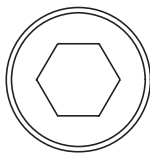
3/8" HEX BOLT



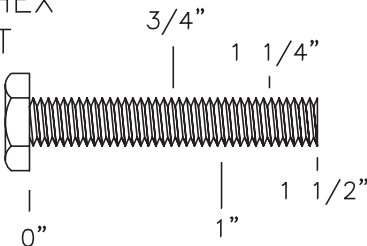
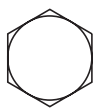
1/2" HEX BOLT



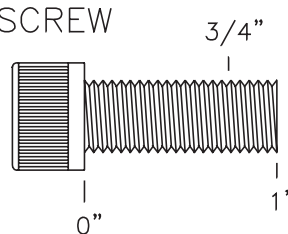
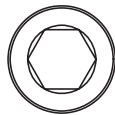
1/2" SHOULDER BOLT



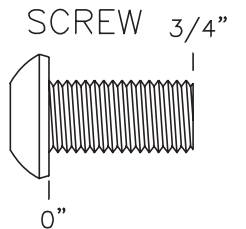
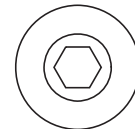
1/4" HEX BOLT



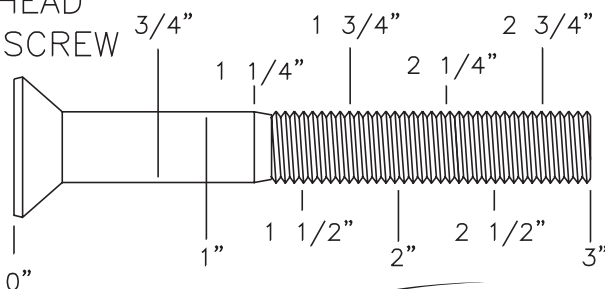
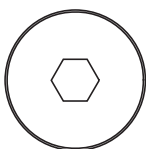
3/8" SOCKET CAP SCREW



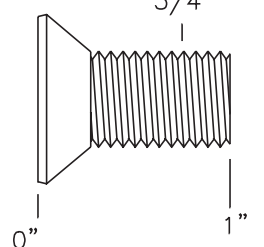
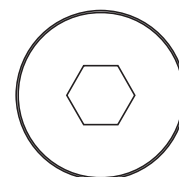
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



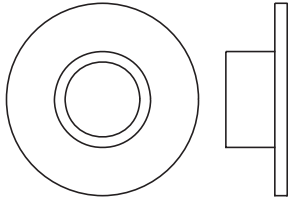
1/2" FLATHEAD SOCKET CAP SCREW



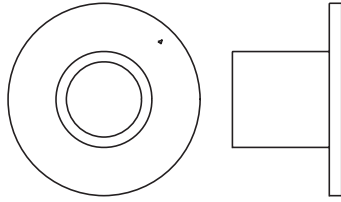
OWNERS M A N U A L

WASHER SIZING CHART

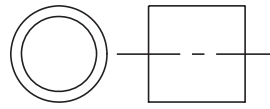
1/4" LONG FLANGED
PULLEY SPACER



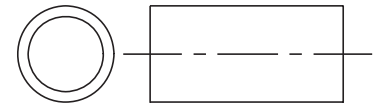
1/2" LONG FLANGED
PULLEY SPACER



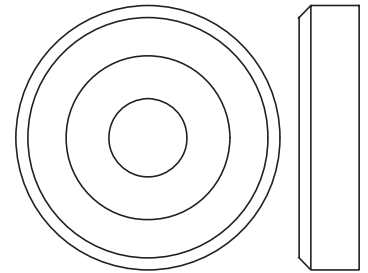
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



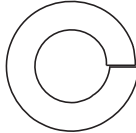
1 3/8" ALUMINUM
FLATHEAD CAP



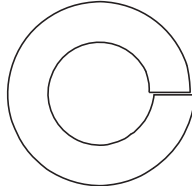
1/4"
LOCK
WASHER



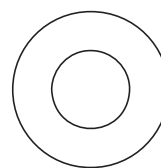
3/8"
LOCK
WASHER



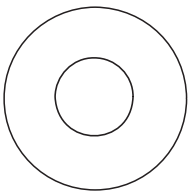
1/2"
LOCK WASHER



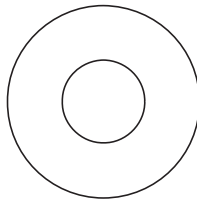
5/16"
FLAT WASHER



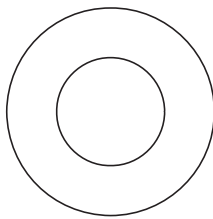
5/16"
FLAT WASHER
LARGE, USS, 25mm



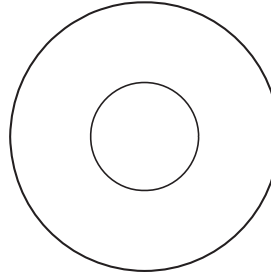
3/8"
FLAT
WASHER



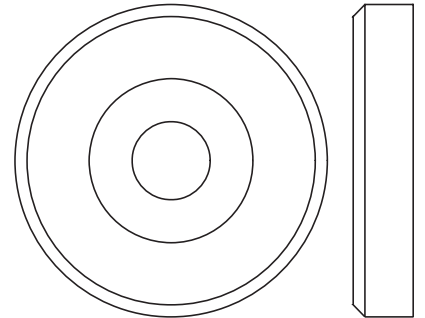
1/2"
FLAT WASHER
SMALL, SAE, 26mm



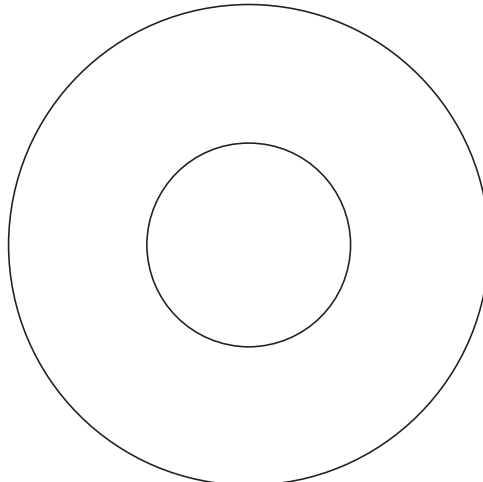
1/2"
FLAT WASHER
LARGE, USS, 34mm



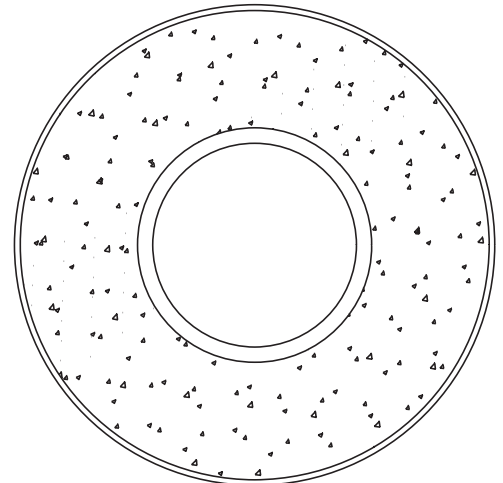
1 5/8" ALUMINUM
FLATHEAD CAP



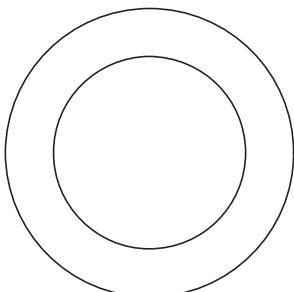
1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER



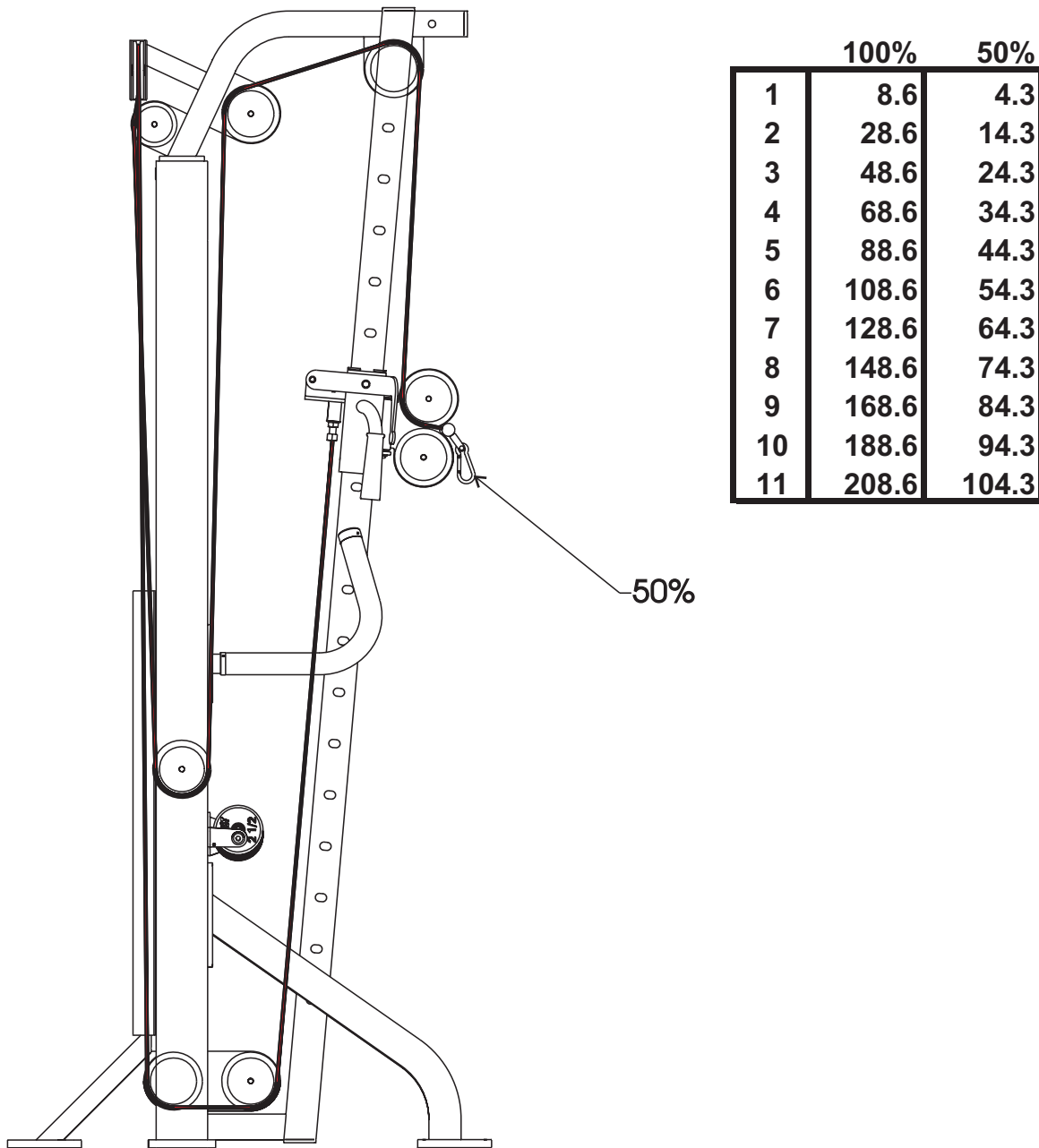
3/8" FENDER WASHER



1" SHIM WASHER

OWNERS MANUAL

WEIGHT RATIOS



The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

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.

Weight Training Exercise Log

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

[illegible]

OWNERS 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.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 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.

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, express, 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
9990 Empire St., #130
San Diego, Calif., 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS.