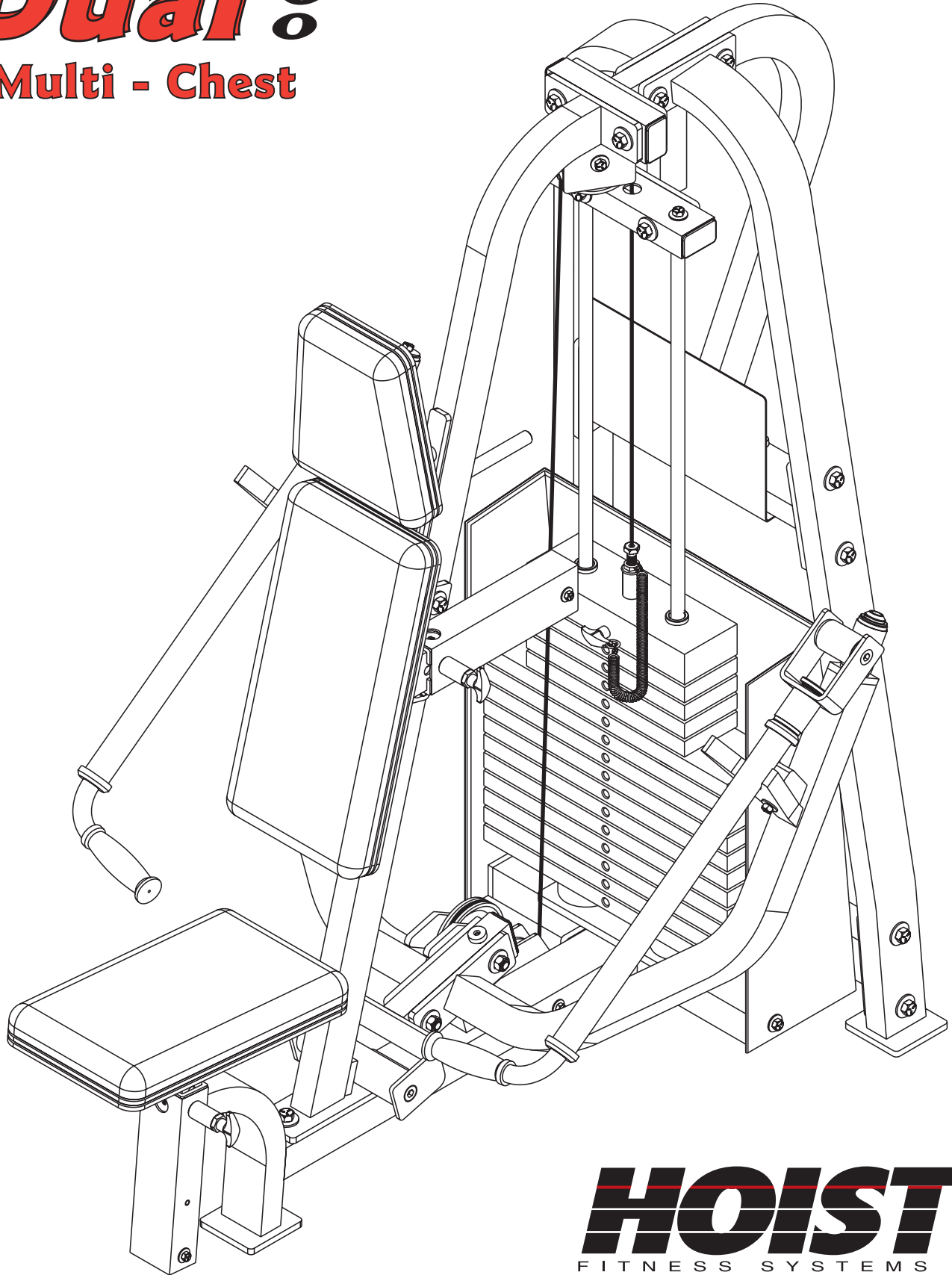


Dual³

Multi - Chest



HOIST[®]
FITNESS SYSTEMS

CATALOG NUMBER
0600-001

ASSEMBLY INSTRUCTIONS

D300

Multi-Chest

CONTENTS

<i>INSTRUCTIONS</i>	2
<i>FRAME ASSEMBLY</i>	3
<i>PARTS LISTING</i>	11
<i>HARDWARE LISTING</i>	13
<i>BOLT SIZING CHART</i>	14
<i>WASHER SIZING CHART</i>	15
<i>DECAL PLACEMENTS</i>	16
<i>WEIGHT RATIOS</i>	21
<i>WEIGHT TRAINING TIPS</i>	22
<i>WEIGHT TRAINING EXERCISE LOG</i>	23
<i>GENERAL MAINTENANCE INFORMATION</i>	24
<i>MAINTENANCE SCHEDULE</i>	26
<i>LIMITED WARRANTY</i>	27

D300

Multi-Chest

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.

T O O L S R E Q U I R E D

1/2" - 9/16 - 3/4" Combination Wrench

Hand Ratchet
With 2" Extension

5/16" Allen Wrench

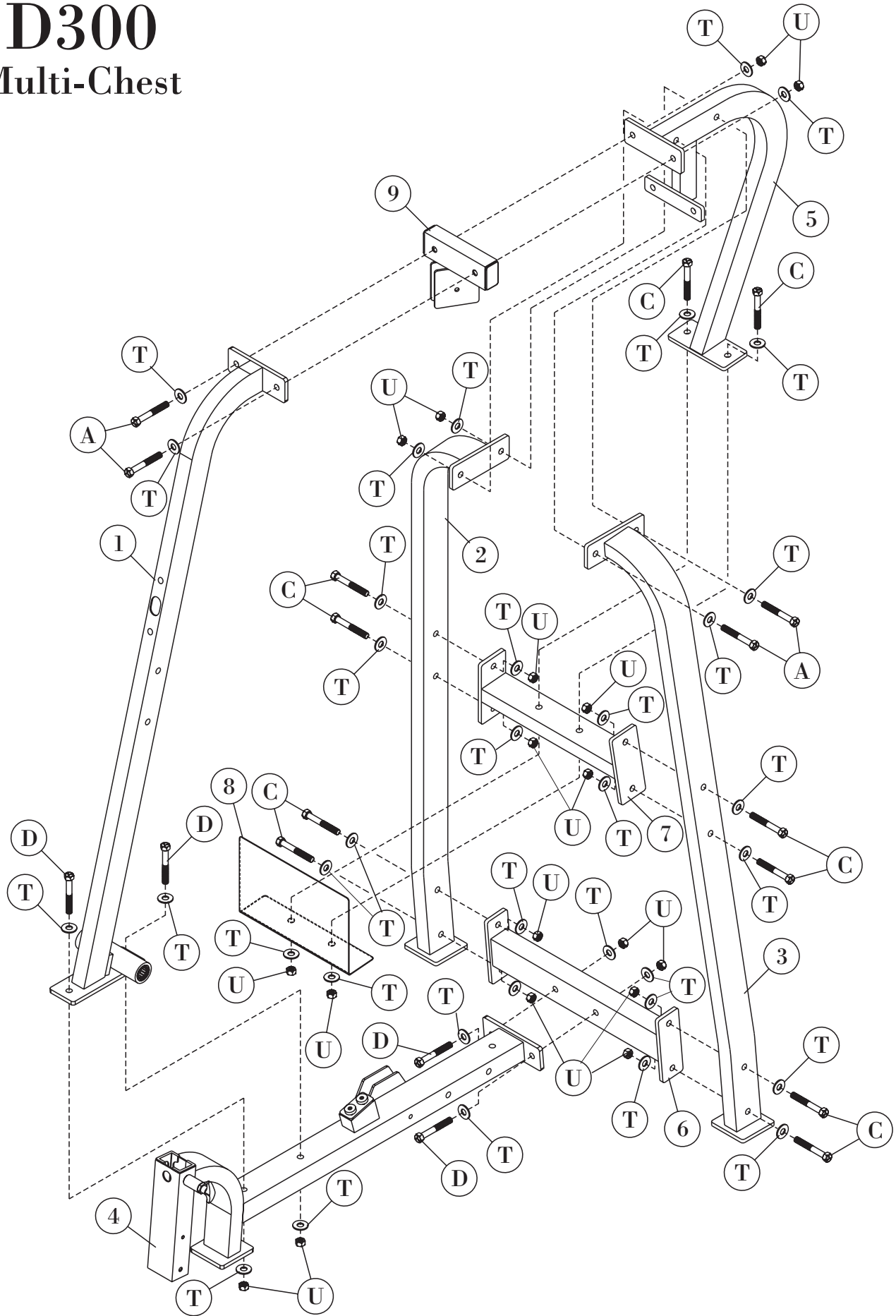
7/32" Allen Socket Drive

Utility Knife

Tape Measure

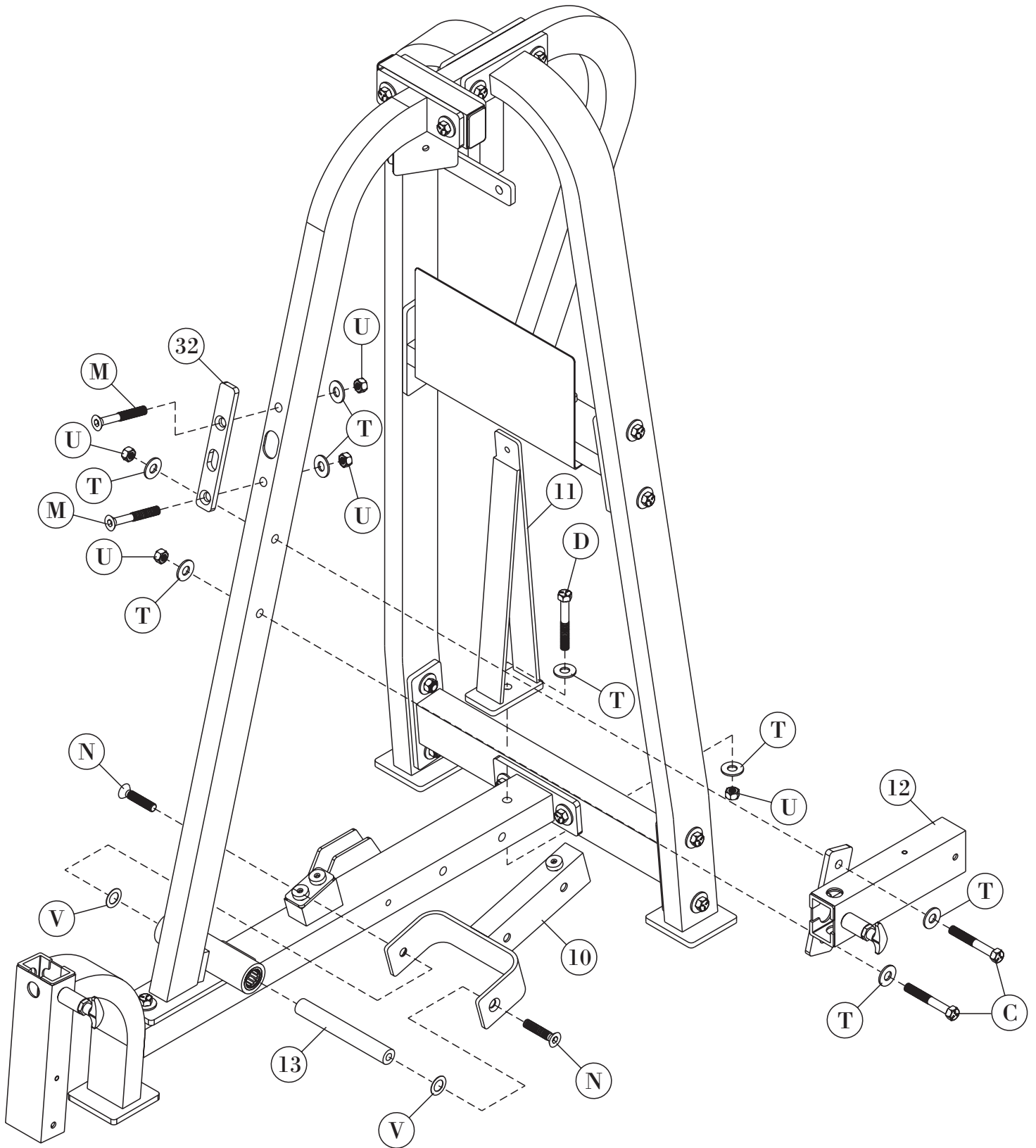
D300

Multi-Chest



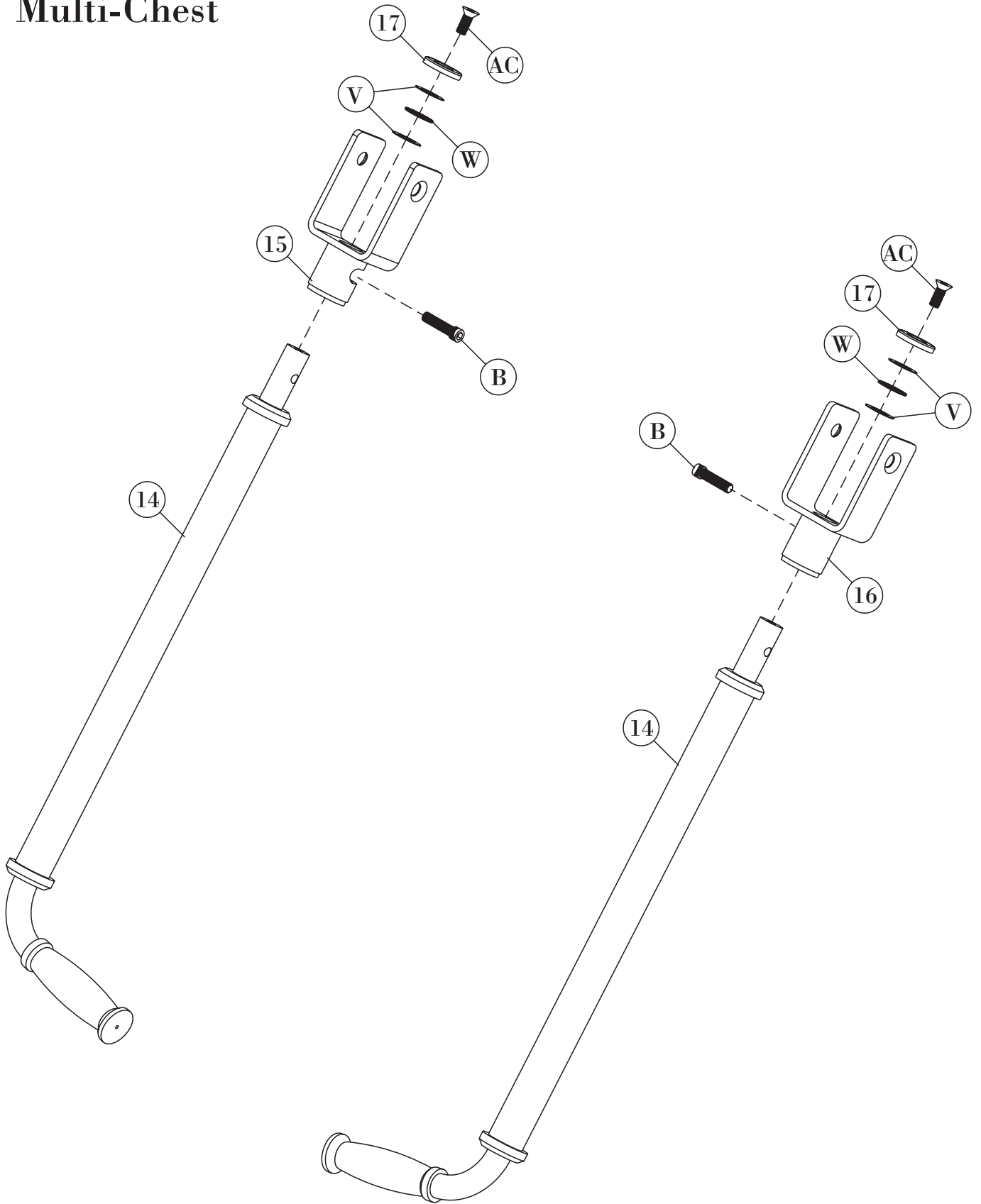
D300

Multi-Chest



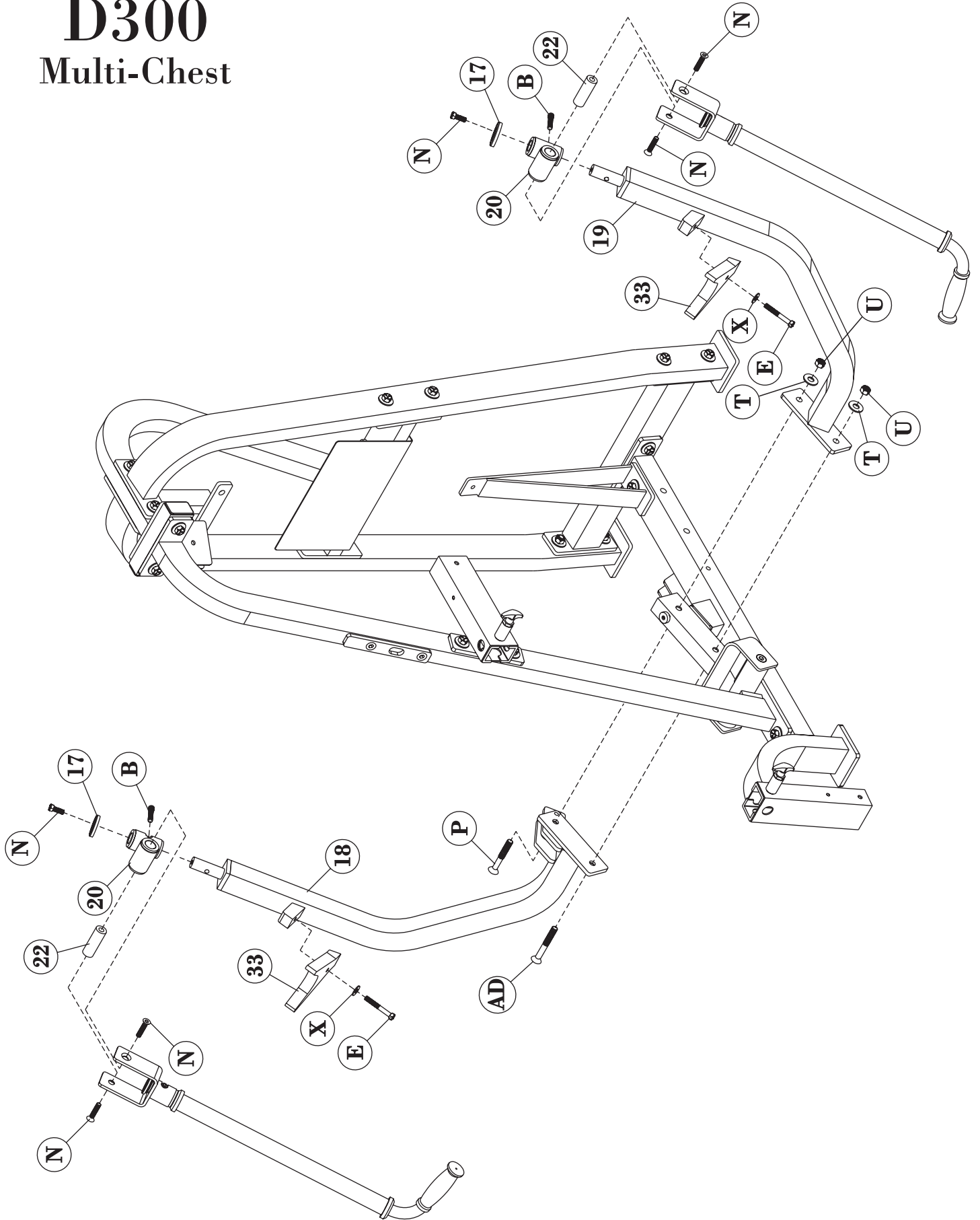
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Multi-Chest



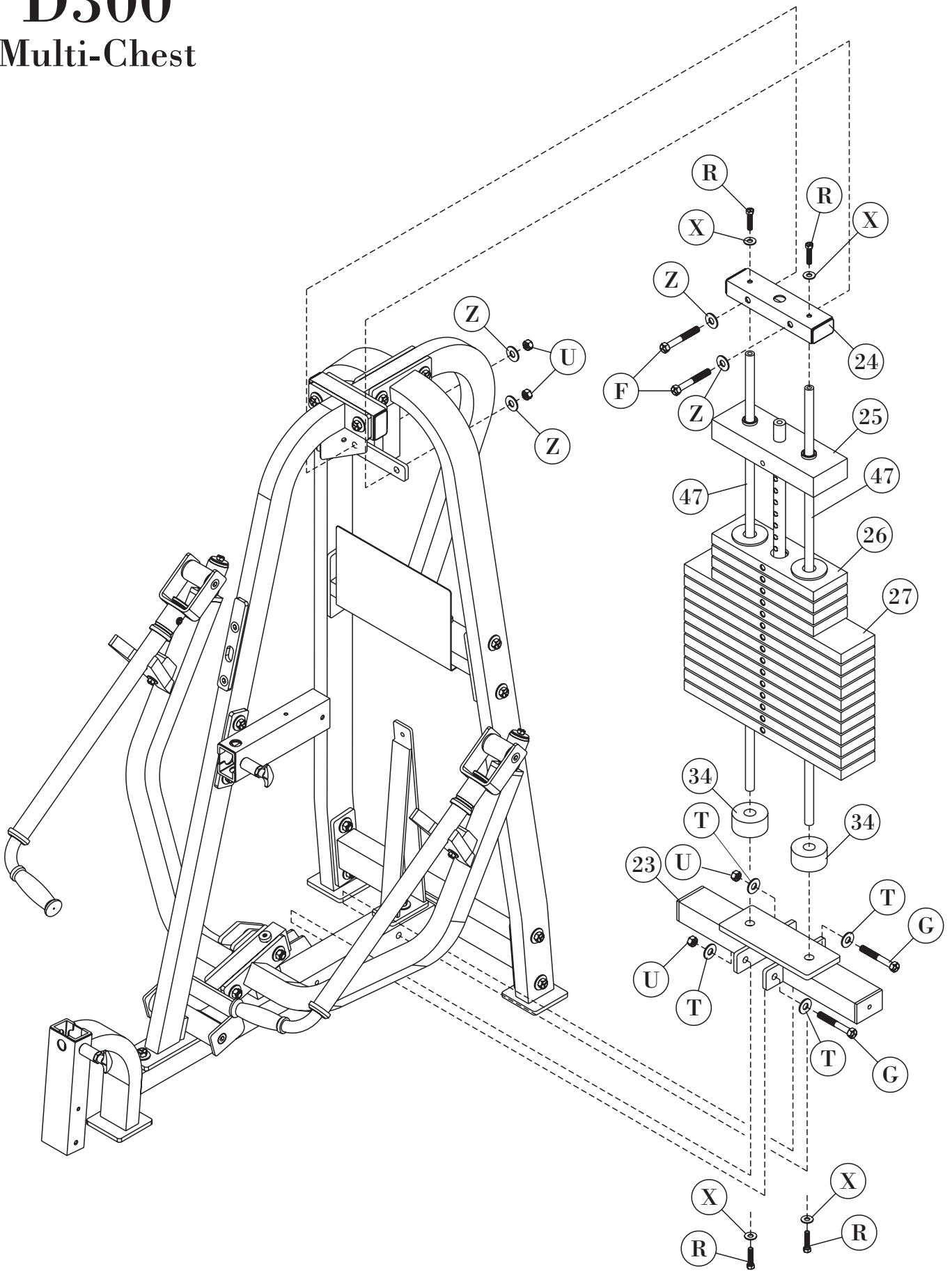
D300

Multi-Chest



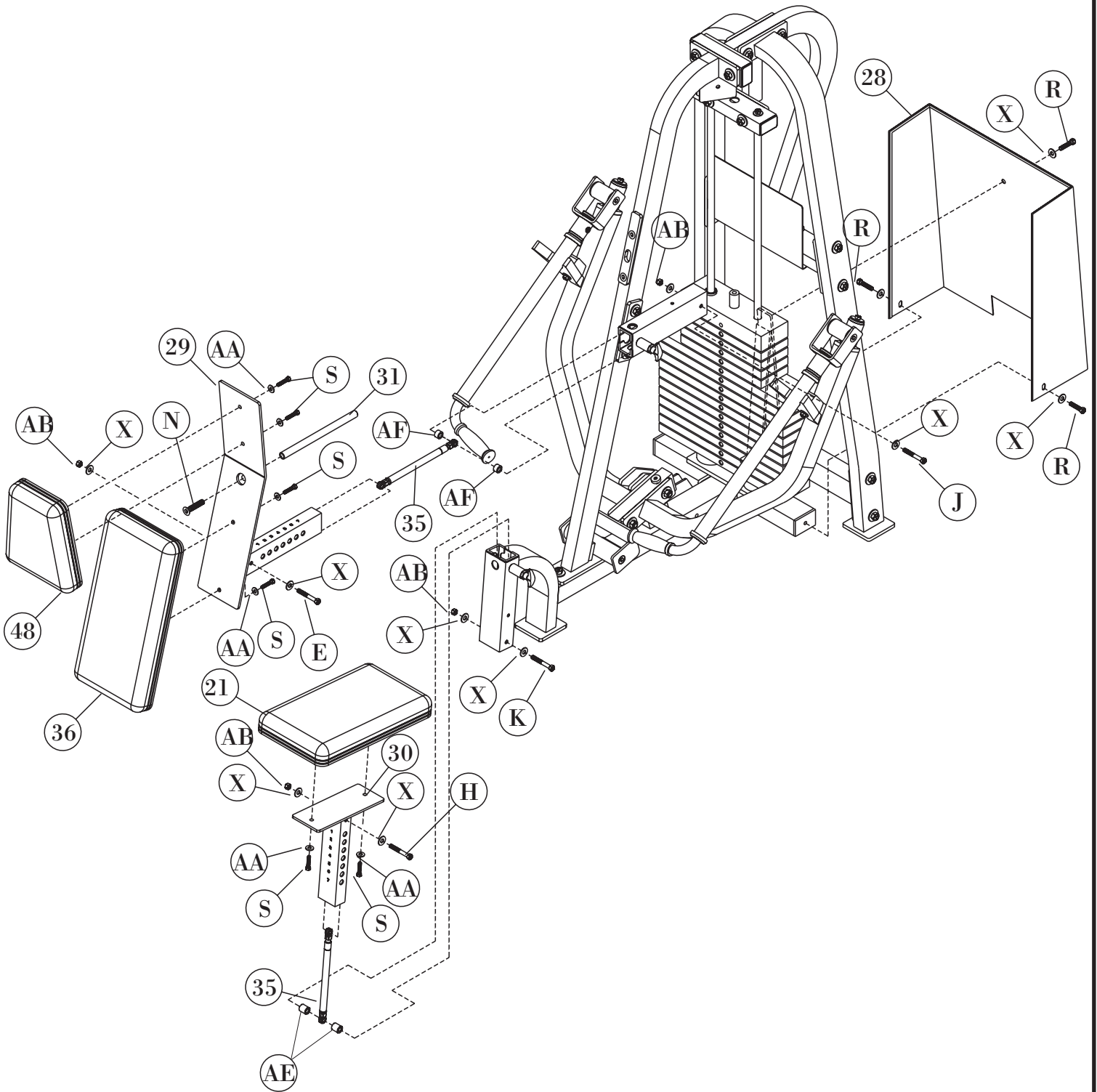
D300

Multi-Chest



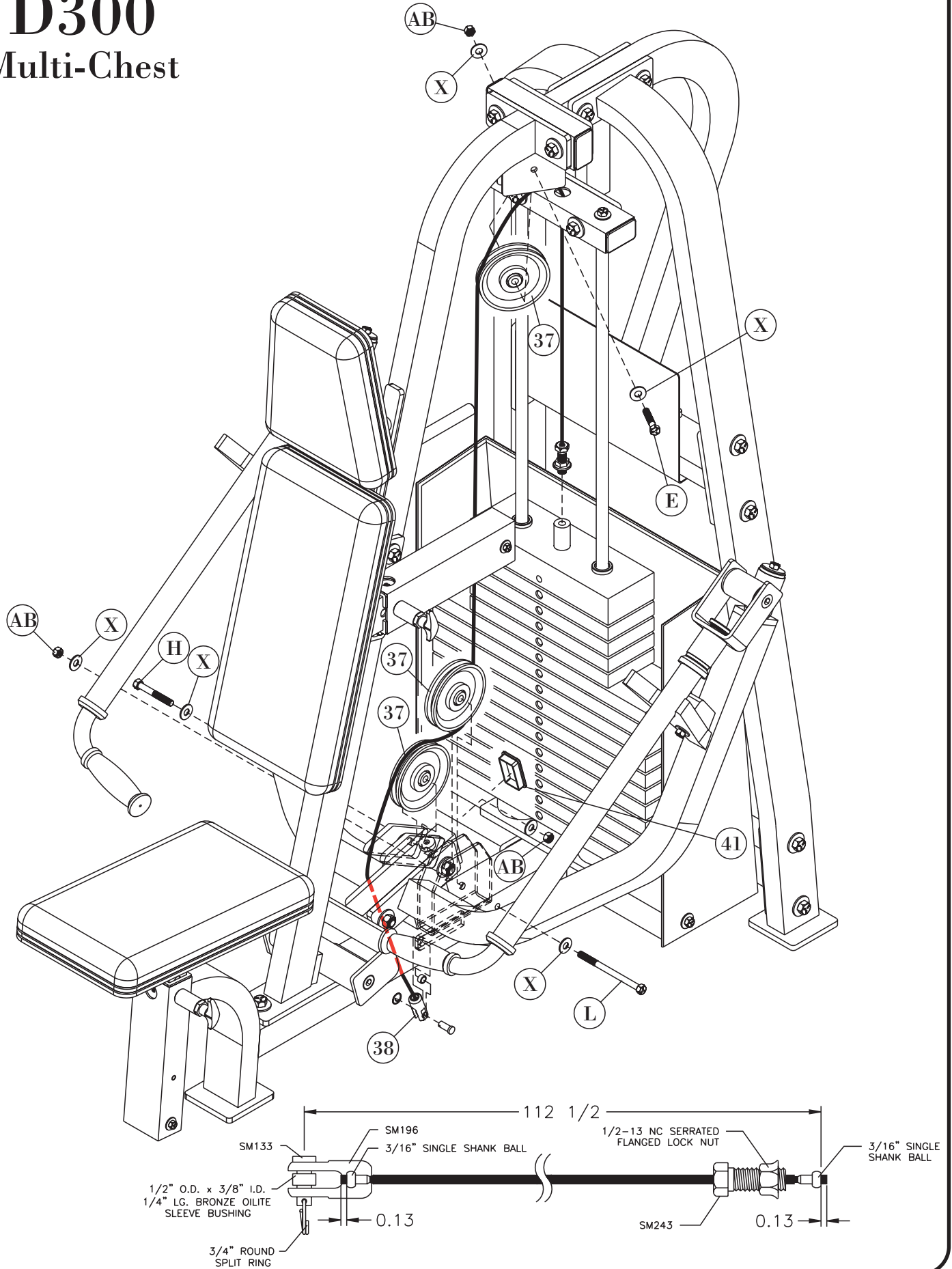
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Multi-Chest



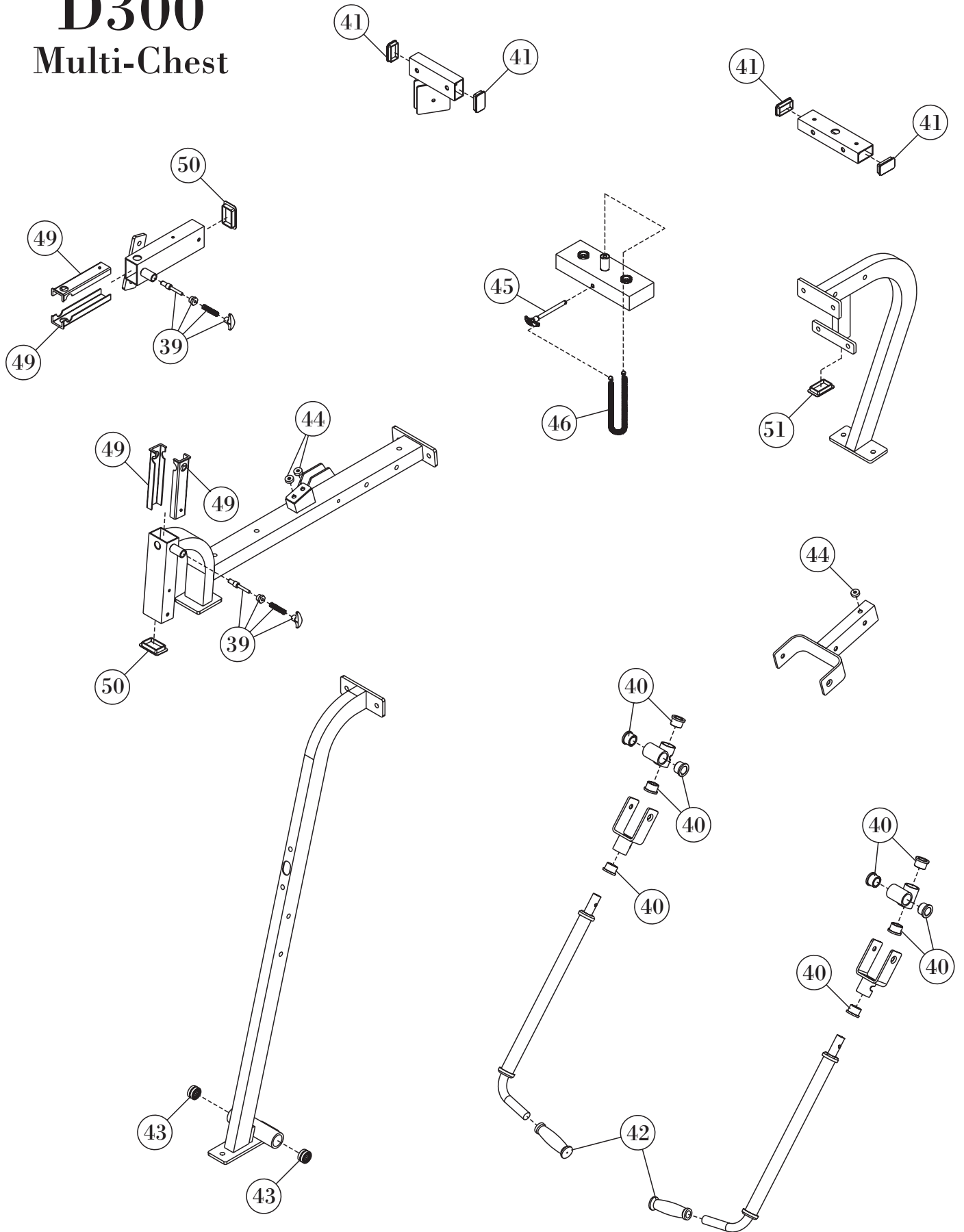
D300

Multi-Chest



D300

Multi-Chest



D300

PARTS LIST

Key No.	Qty.	Part Number	Description
1	1	35-SUB-D300-08	FRONT UPRIGHT
2	1	35-SUB-D300-21	REAR UPRIGHT, RIGHT SIDE
3	1	35-SUB-D300-20	REAR UPRIGHT, LEFT SIDE
4	1	35-SUB-D300-04	BASE TUBE ASSEMBLY
5	1	35-SUB-D300-01	TOP TUBE ASSEMBLY
6	1	35-SUB-D300-22	LOWER REAR CROSSMEMBER
7	1	35-SUB-D300-23	UPPER REAR CROSSMEMBER
8	1	26-STD-SP338	PLACARD MOUNT
9	1	35-SUB-D300-03	TOP PULLEY MOUNT
10	1	35-SUB-D300-11	ARM UNION ASSEMBLY
11	1	35-SUB-D300-07	REAR SHIELD ANCHOR
12	1	35-SUB-D300-09	BACK PAD ADJUSTER MOUNT
13	1	026-0100021	ARM AXLE
14	2	35-SUB-D300-15	HANDLE ASSEMBLY
15	1	35-SUB-D300-16	RIGHT HANDLE PIVOT ASSEMBLY
16	1	35-SUB-D300-17	LEFT HANDLE PIVOT ASSEMBLY
17	4	26-STD-SM239	3/8" FLATHEAD CAP x 1 5/8 DIA.
18	1	35-SUB-D300-14	ARM ASSEMBLY, RIGHT SIDE
19	1	35-SUB-D300-13	ARM ASSEMBLY, LEFT SIDE
20	2	35-SUB-D300-19	HANDLE ASSEMBLY AXLE PIVOT
21	1	26-STD-SU1017	10 x 17 PAD
22	2	026-01MD300-18	HANDLE ASSEMBLY AXLE
23	1	35-SUB-D300-06	BOTTOM GUIDE ROD MOUNT
24	1	35-SUB-D300-02	TOP GUIDE ROD MOUNT
25	1	26-STD-SWTOP-7	TOP PLATE AND STEM
26	4	26-STD-SW101	INTERMEDIATE 12 1/2 LBS.
27	11	26-STD-SW104	INTERMEDIATE 20 LBS.
28	1	26-STD-SSH148	SHIELD
29	1	35-SUB-D300-10	CHEST PAD ADJUSTER
30	1	35-SUB-D300-05	SEAT PAD ADJUSTER

D300

PARTS LIST

Key No.	Qty.	Part Number	Description
31	1	26-STD-SM250	ADJUSTER GUIDE SHAFT
32	1	26-STD-PLAS143	PLASTIC STOP
33	2	26-STD-PLAS139	PLASTIC HANDLE REST
34	2	19-WSB-1123	RUBBER WEIGHT STACK BUMPER
35	2	20-GSP-Y2505	GAS SPRING
36	1	26-STD-SU1020	10 x 20 PAD
37	3	18-PUL-412	4 1/2 PULLEY
38	1	26-STD-SC153	CABLE
39	2	26-STD-SM128	PULL PIN (SHORT)
40	10	14-TUR-1	TURCITE
41	5	16-CAP-112212	1 1/2 x 2 1/2 END CAP
42	2	19-GRP-78COMFORT	COMFORT GRIP
43	2	14-BRG-MR16N	BEARING
44	3	19-PAD-1	PLUG BUMPER
45	1	26-STD-SM134	WEIGHT STACK PIN
46	1	10-LRD-12	COIL SPRING
47	2	26-STD-SG116	GUIDE ROD
48	1	26-STD-SU1011T	10 x 11 TAPERED PAD
49	4	26-STD-PLAS125	EZ GLIDE SLEEVES
50	2	16-CAP-23	END CAP 2 x 3
51	1	16-CAP-12	END CAP 1 x 2

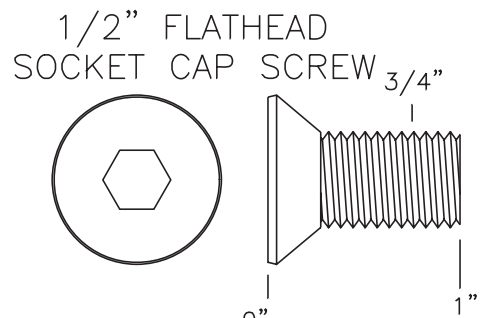
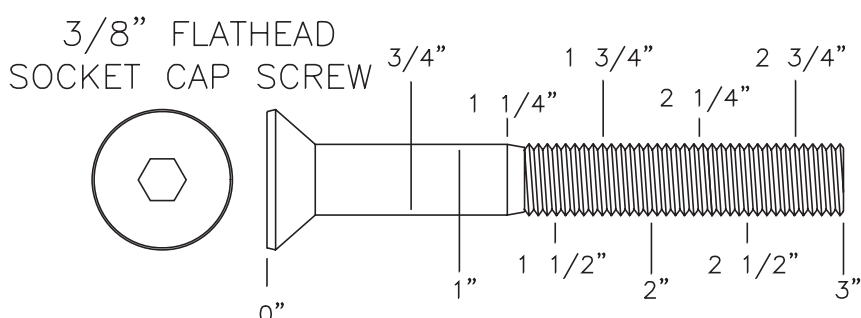
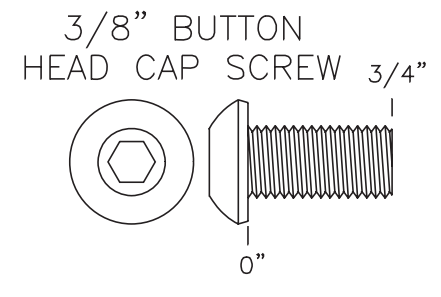
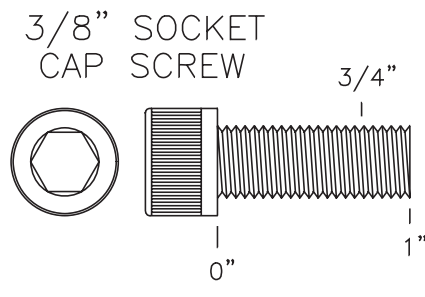
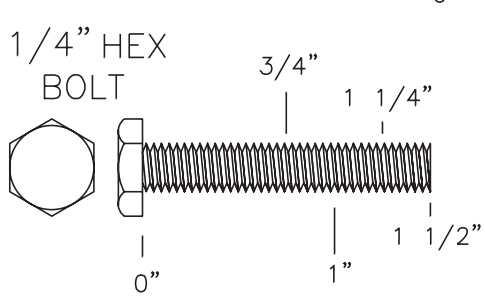
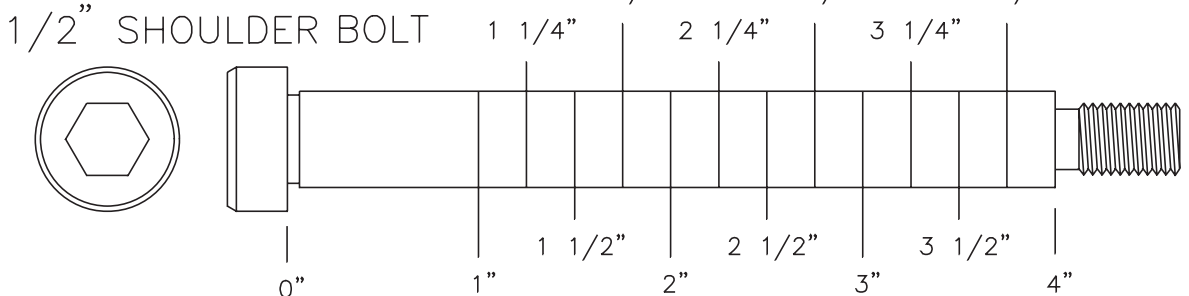
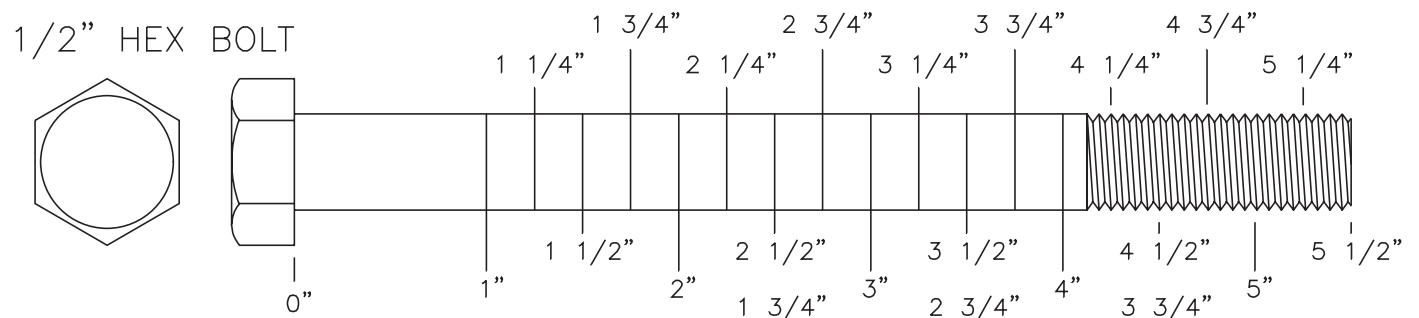
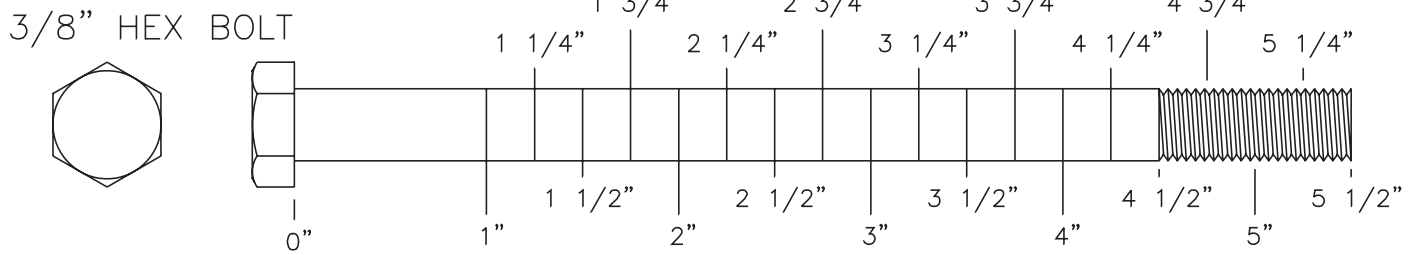
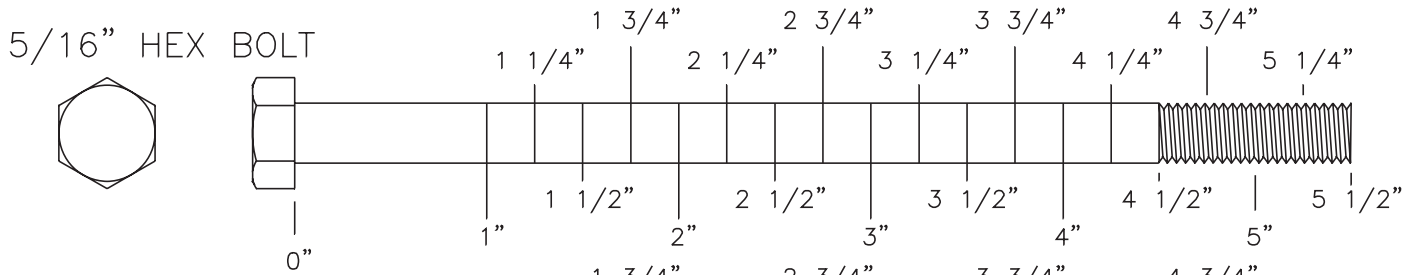
D300

HARDWARE LIST

Key No.	Qty.	Part Number	Description
A	4	11-HEX-123	1/2-13 x 3 HEX BOLT
B	4	11-SKT-381	3/8-16 x 1 SOCKET HEAD BOLT
C	12	11-HEX-12212	1/2-13 x 2 1/2 HEX BOLT
D	5	11-HEX-123	1/2-13 x 3 HEX BOLT
E	4	11-HEX-38(16)2	3/8-16 x 2 HEX BOLT
F	2	11-HEX-12312	1/2-13 x 3 1/2 HEX BOLT
G	2	11-HEX-12412	1/2-13 x 4 1/2 HEX BOLT
H	2	11-HEX-383	3/8-16 x 3 HEX BOLT
J	1	11-HEX-38(16)212	3/8-16 x 2 1/2 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	2	11-FLA-12314	1/2-13 x 3 1/4 FLAT HEAD BOLT
N	7	11-FLA-121	1/2-13 x 1 FLAT HEAD BOLT
P	1	11-FLA-123	1/2-13 x 3 FLAT HEAD BOLT
Q	2	11-NYL-38(16)1	3/8-16 x 1 NYLOCK PATCH BOLT
R	7	11-HEX-381	3/8-16 x 1 HEX BOLT
S	6	11-HEX-516(18)114F	5/16-18 x 1 1/4 HEX BOLT
T	50	13-FLT-12	1/2 FLAT WASHER
U	29	12-LOK-12T	1/2-13 THIN LOCK NUT
V	6	14-TBW-1	THRUST BEARING WASHER, 1"
W	2	14-BRG-THRUST1	THRUST BEARING, 1
X	23	13-FLT-38	3/8 FLAT WASHER
Y	2	13-FND-38112	3/8 FENDER WASHER
Z	4	13-FLT-12SAE	1/2 SAE FLAT WASHER
AA	6	13-FLT-516	5/16 FLAT WASHER
AB	7	12-LOK-38	3/8 LOCK NUT
AC	2	11-FLA-381	3/8-16 x 1 FLATHEAD BOLT
AD	1	11-FLA-12212	1/2-13 x 2 1/2 FLAT HEAD BOLT
AE	1	14-SPC-1(38)	DIA. 3/8 I.D. x 1 LG SPACER
AF	1	14-SPC-12(38)	DIA. 3/8 I.D. x 1/2 LG SPACER

D300

Multi-Chest BOLT SIZING CHART

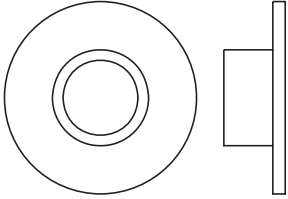


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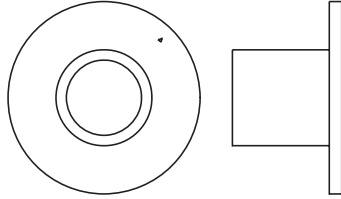
Multi-Chest

WASHER SIZING CHART

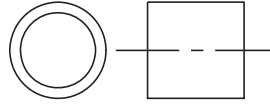
1/4" LONG FLANGED
PULLEY SPACER



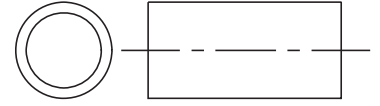
1/2" LONG FLANGED
PULLEY SPACER



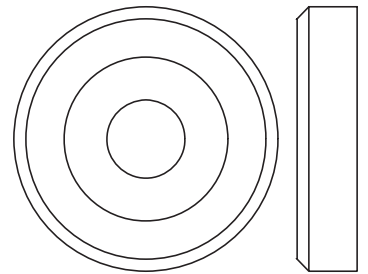
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



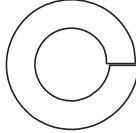
1 3/8" ALUMINUM
FLATHEAD CAP



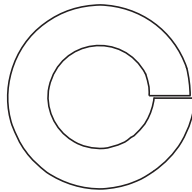
1/4" LOCK
WASHER



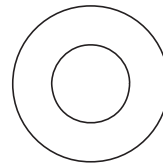
3/8" LOCK
WASHER



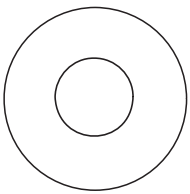
1/2" LOCK
WASHER



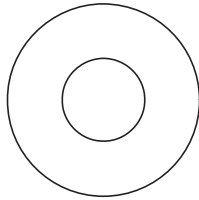
5/16" FLAT
WASHER



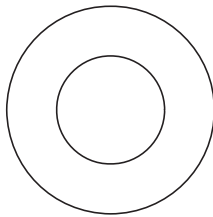
5/16" FLAT
WASHER
LARGE, USS, 25mm



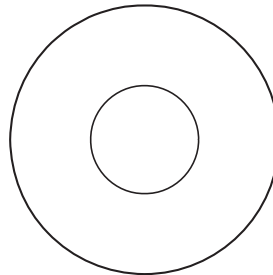
3/8" FLAT
WASHER



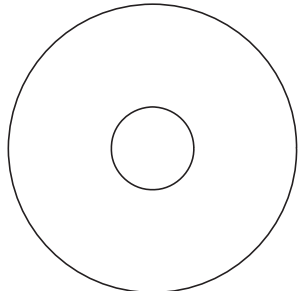
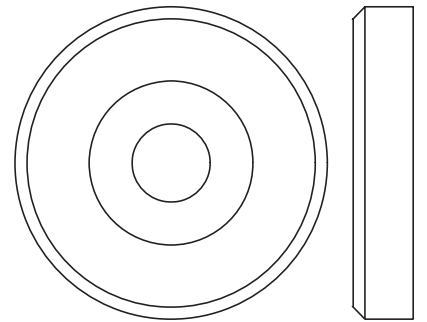
1/2" FLAT
WASHER
SMALL, SAE, 26mm



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

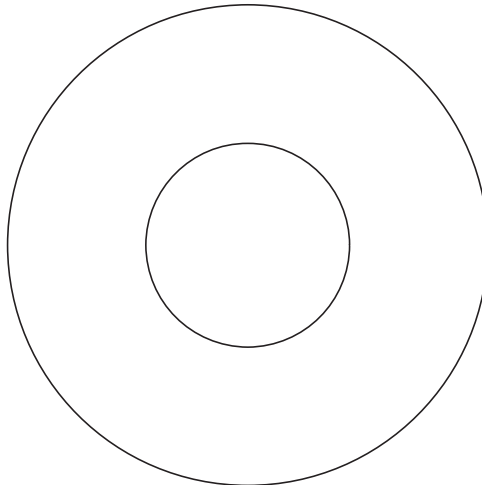


1 5/8" ALUMINUM
FLATHEAD CAP

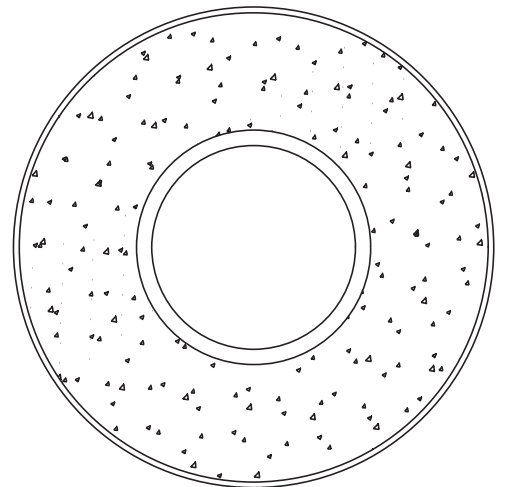


3/8" FENDER WASHER

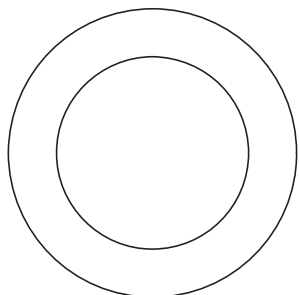
1 1/16" FENDER
WASHER



PLASTIC 1 1/16" FENDER
WASHER



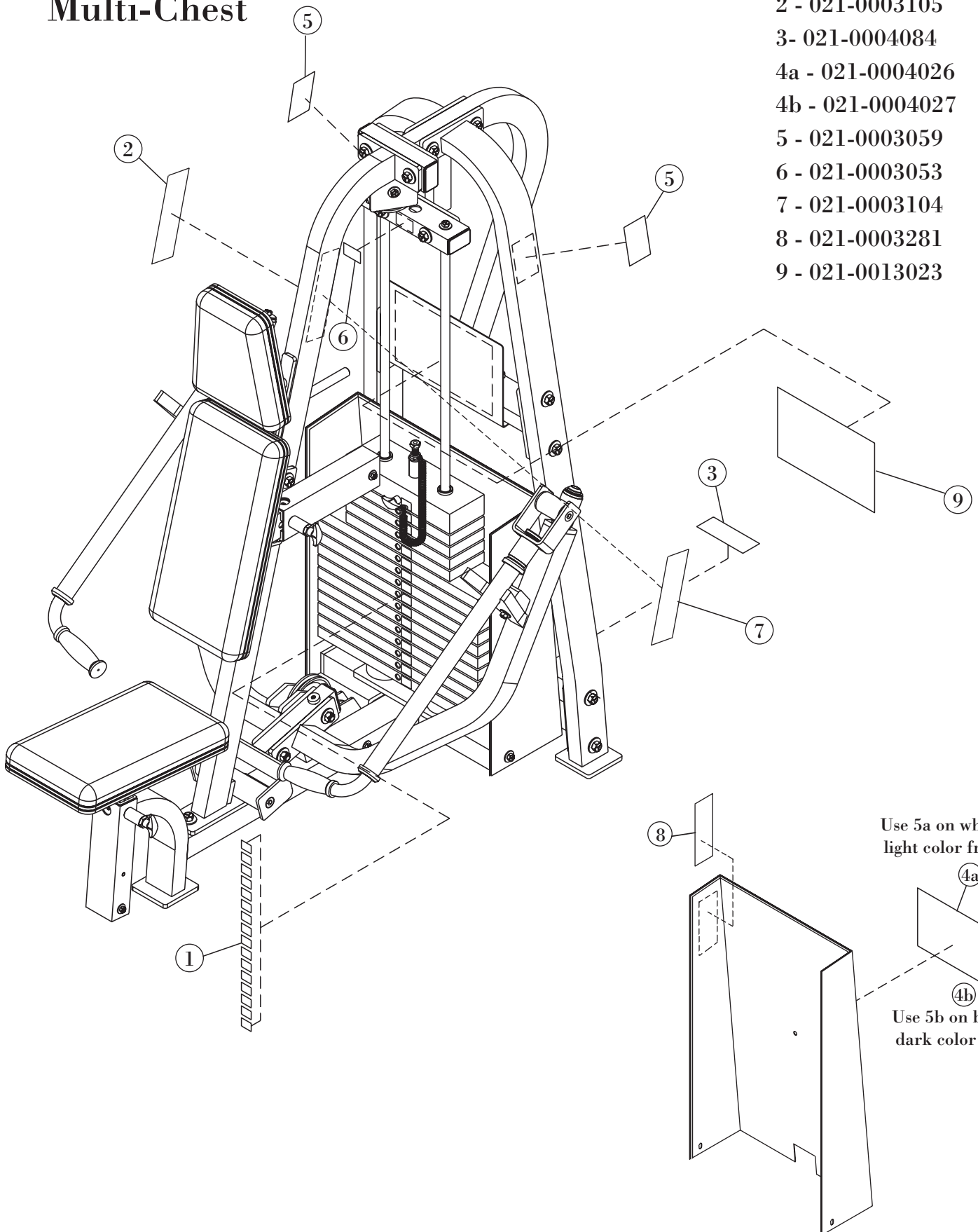
1" SHIM WASHER



D300 Multi-Chest

Decal Descriptions

- 1 - 021-0003011
- 2 - 021-0003105
- 3 - 021-0004084
- 4a - 021-0004026
- 4b - 021-0004027
- 5 - 021-0003059
- 6 - 021-0003053
- 7 - 021-0003104
- 8 - 021-0003281
- 9 - 021-0013023



D300 DECAL REFERENCE

Multi-Chest

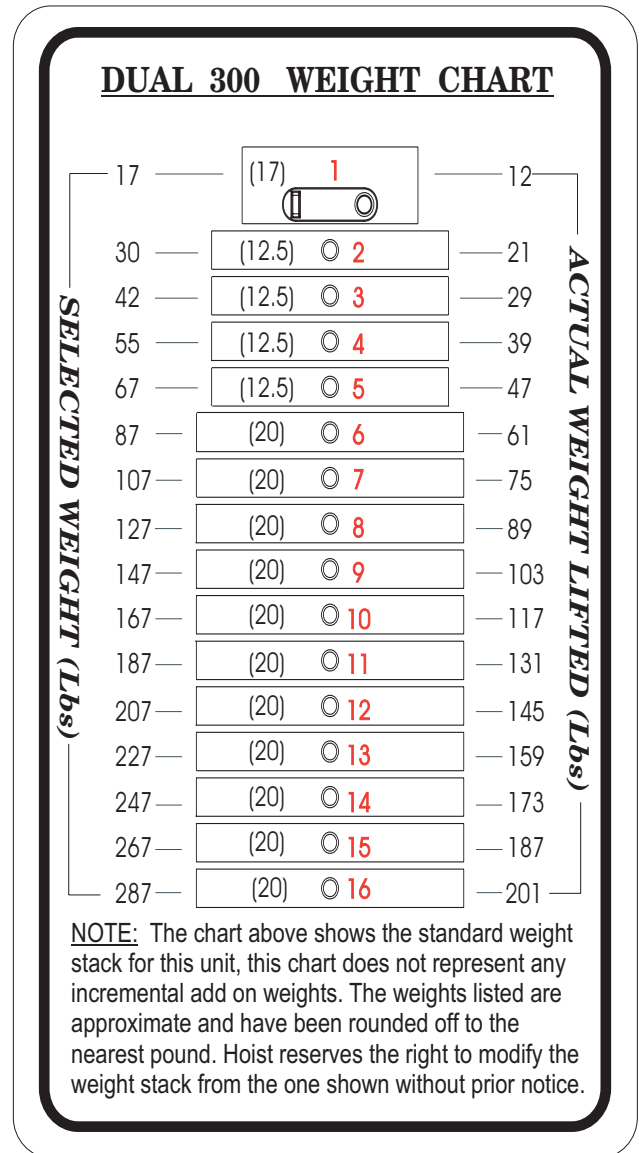
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

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 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
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 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
- 16



021-0003281

021-0003105

021-0003011

D300

Multi-Chest

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.

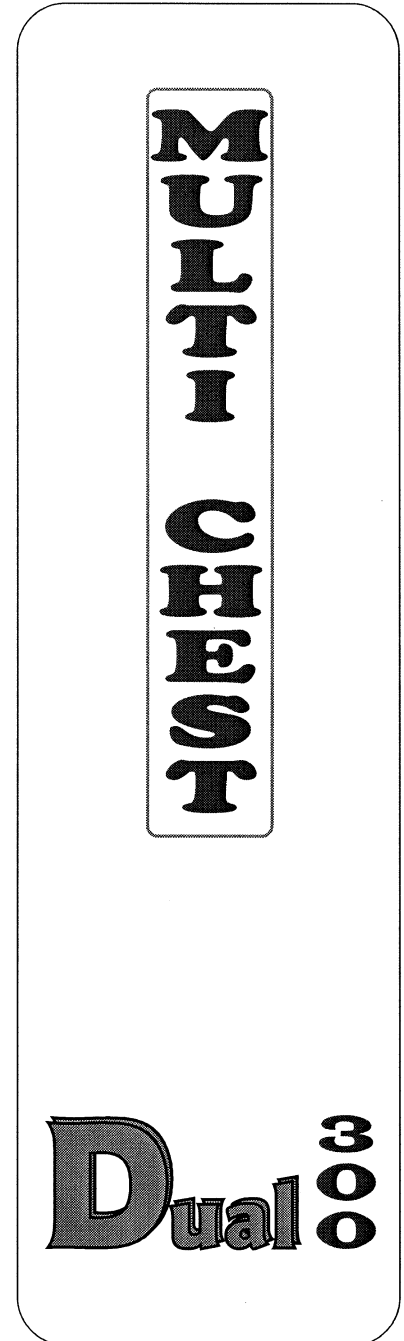


021-0003053



021-0004084

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



021-0003059

D300

Multi-Chest

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.

MULTI-CHEST

HOIST
FITNESS SOLUTIONS

Dual 300

MULTI-CHEST

Top View

Side View

Exercise Instructions

- 1 Adjust back pad for desired prestretch.
- 2 Lift handles from resting position and grip horizontally.
- 3 Press arms forward with a smooth controlled movement.
- 4 Hold contracted position briefly then slowly let arms return to starting position.
- 5 **VARIATIONS:** Press upwards for incline. Press wide to narrow for peak contraction.

PRIMARY:
Upper Chest
Middle Chest
Lower Chest

SECONDARY:
Shoulder
Tricep

Top View

Side View

Exercise Instructions

- 1 Adjust back pad for desired prestretch.
- 2 Lift handles from resting position and grip vertically.
- 3 Position arms outstretched to the body.
- 4 Rotate arms forward, bringing hands together in front of your chest.
- 5 Hold contracted position briefly then slowly let arms return to starting position.
- 6 **VARIATIONS:** Press upwards for incline. Press downwards for decline.

PRIMARY:
Lower Chest
Inner Chest

SECONDARY:
Shoulder

021-0013023

D300 Multi-Chest

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.



021-0004027



021-0004026

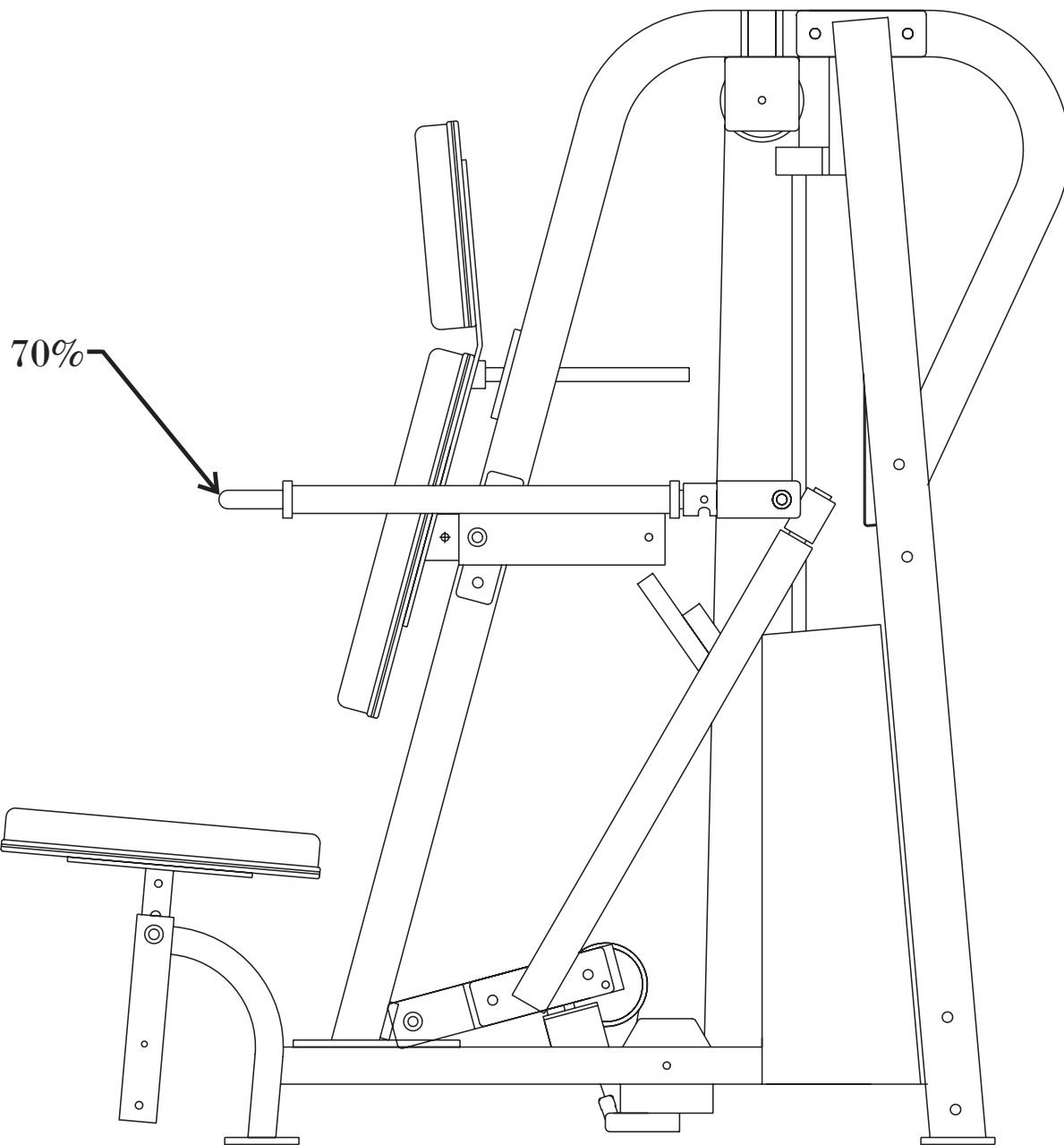
NOTICE	Daily	Weekly	Monthly	Months	Yearly
	COMMERCIAL MAINTENANCE				
	Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
	Clean; Upholstery	X			
	Inspect; Cables or Belts and their tension	X			
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All nuts 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

D300

Multi-Chest

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.

D300

Multi-Chest

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.

D300

Multi-Chest

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		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															
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			
Totals																																										

D300

Multi-Chest

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.

D300

Multi-Chest

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.

D300

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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.*

D300

Multi-Chest

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

Web Site - www.hoistfitness.com

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