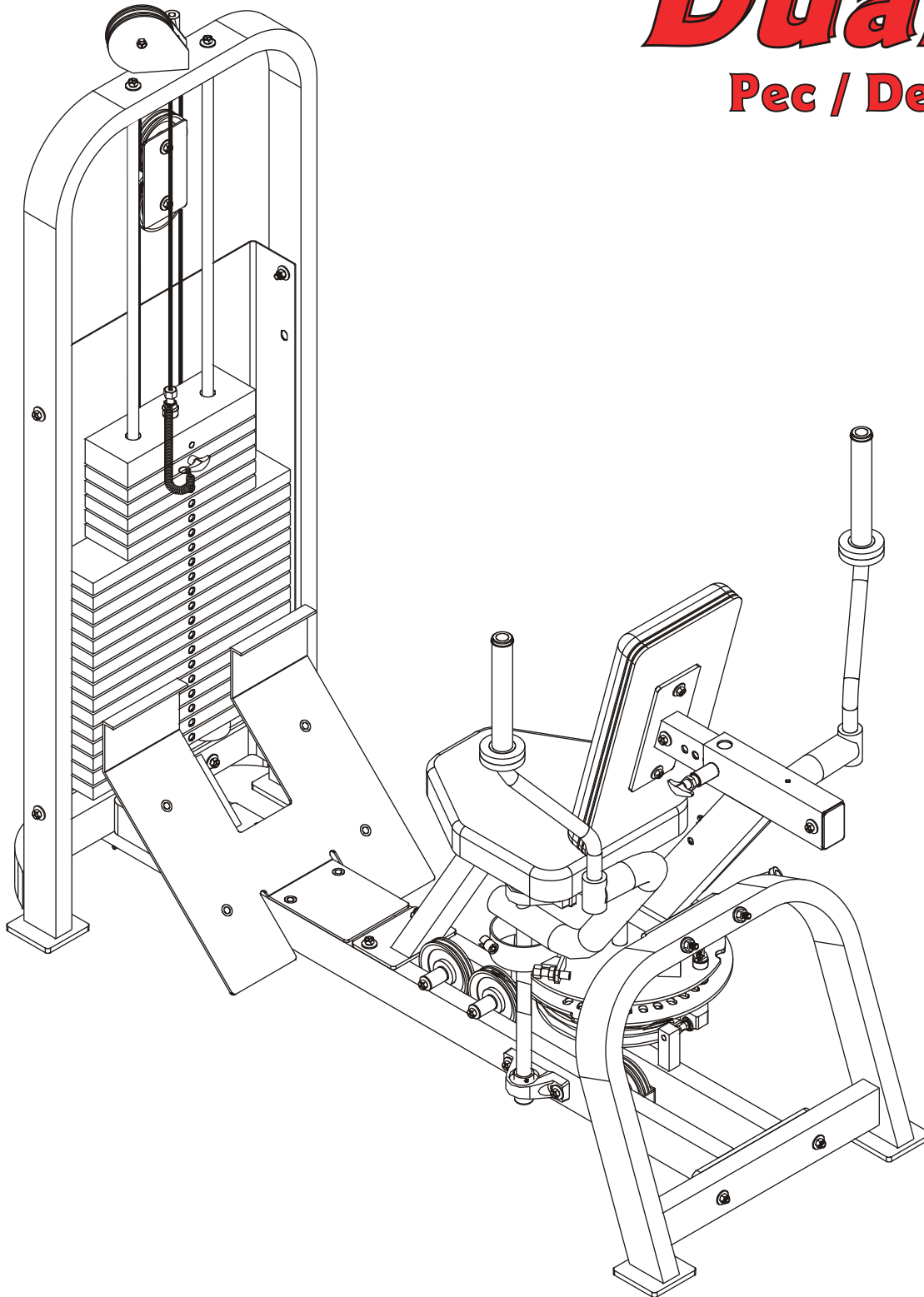


Dual ⁹009

Pec / Delt



HOLIST®
FITNESS SYSTEMS

ASSEMBLY INSTRUCTIONS

July '00

D900

Pec / Delt

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

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

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

TOOLS REQUIRED

3/4" Combination Wrench

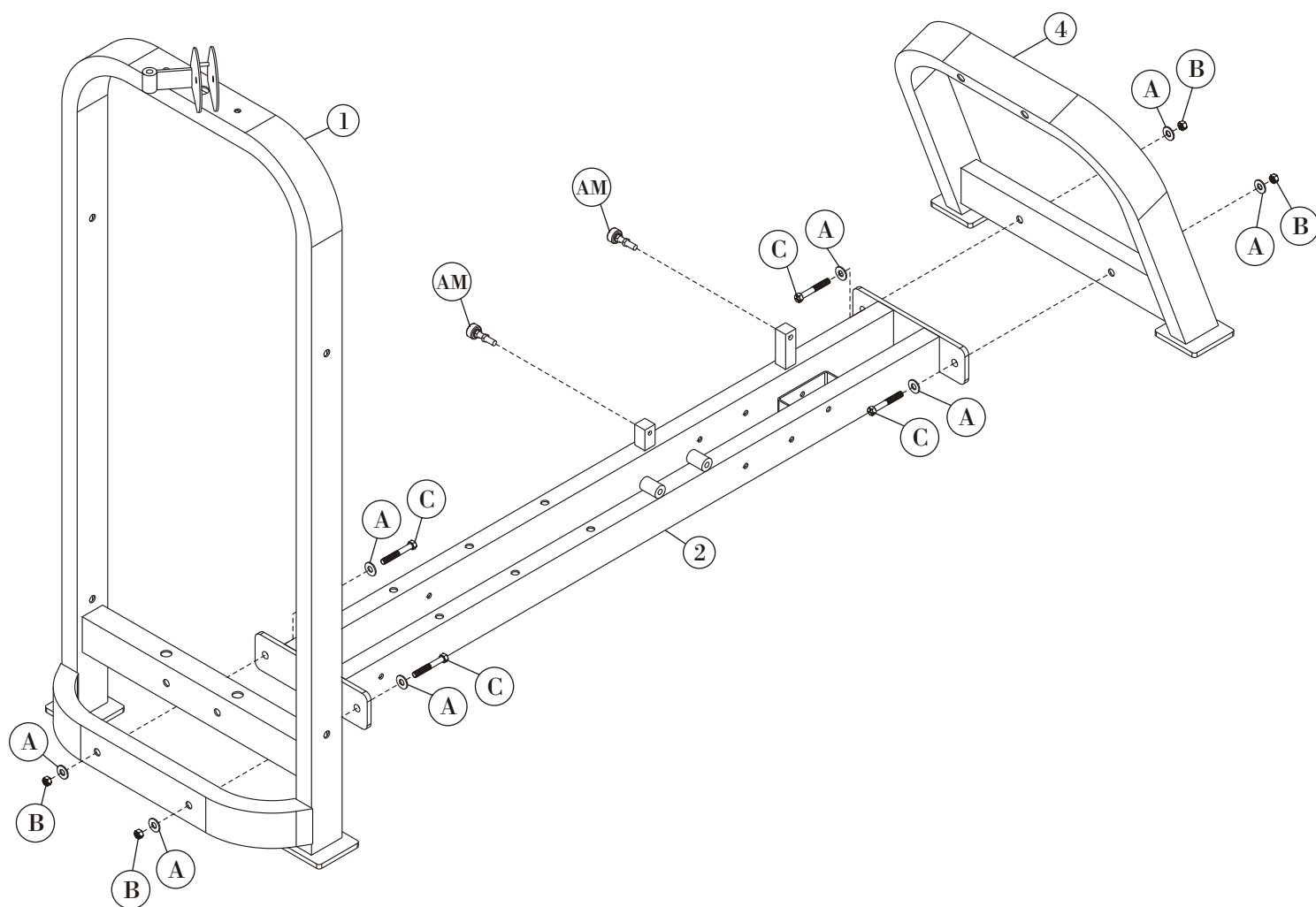
Hand Ratchet

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

1/2" Variable Speed Drill

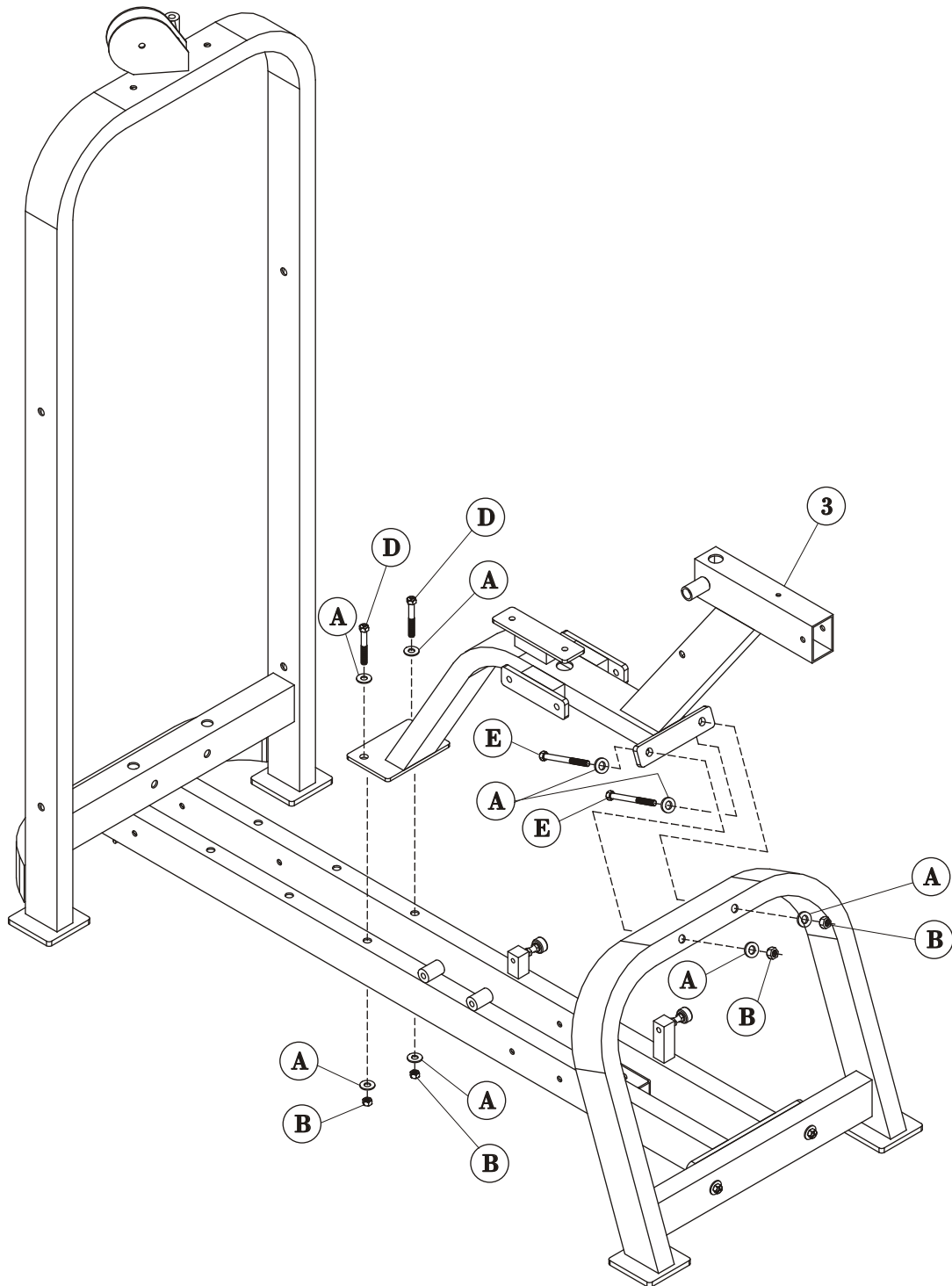
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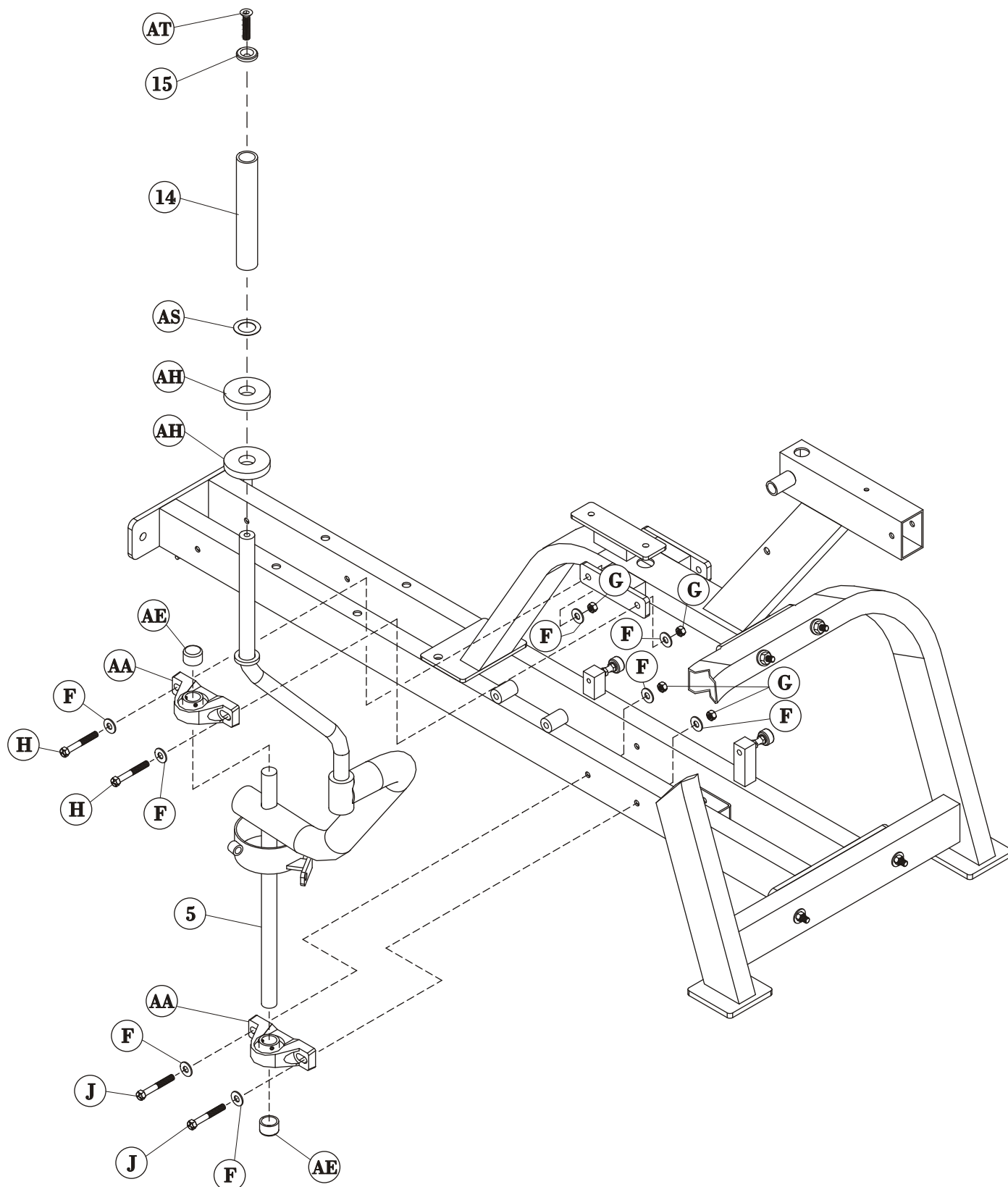
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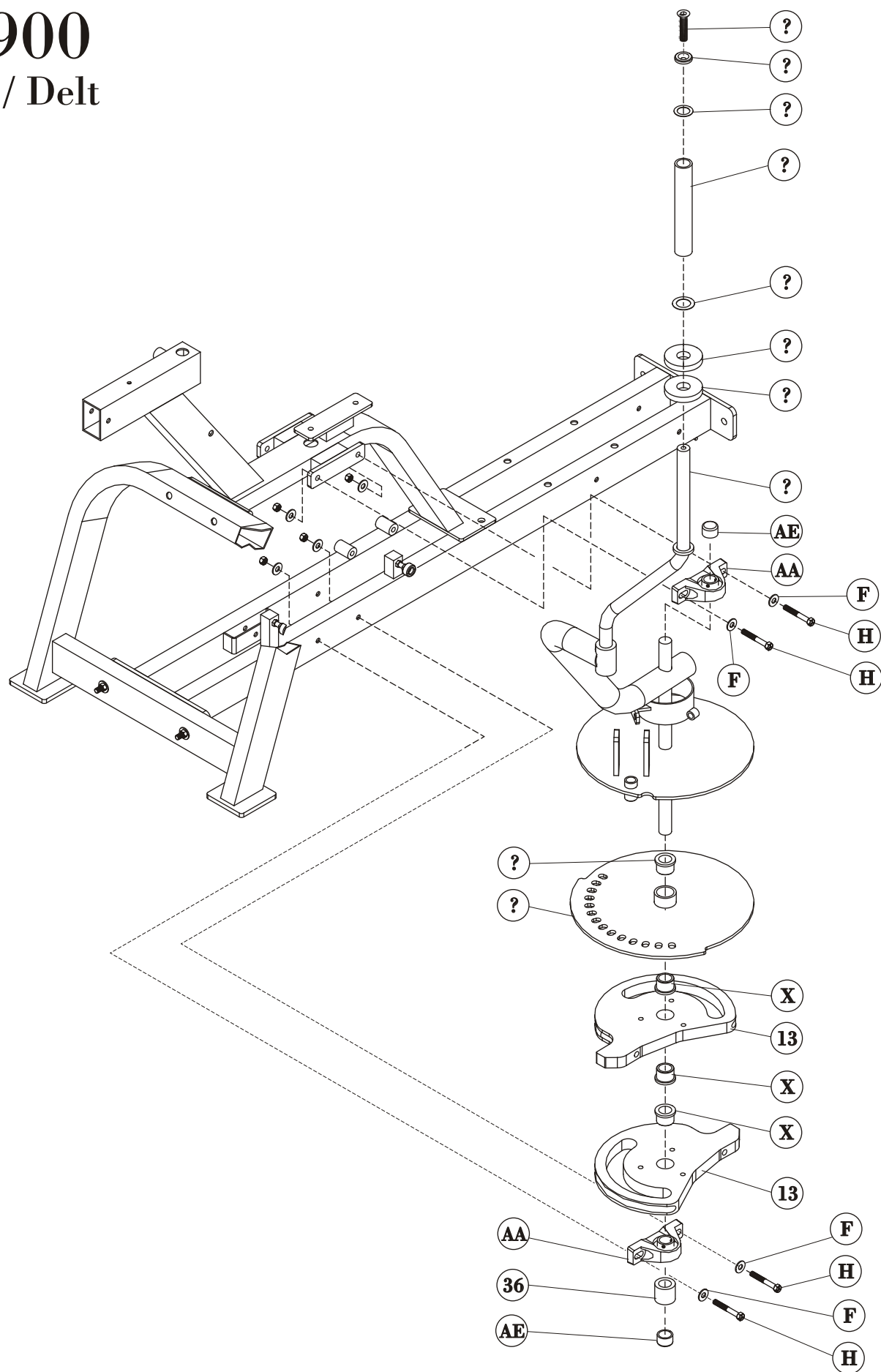
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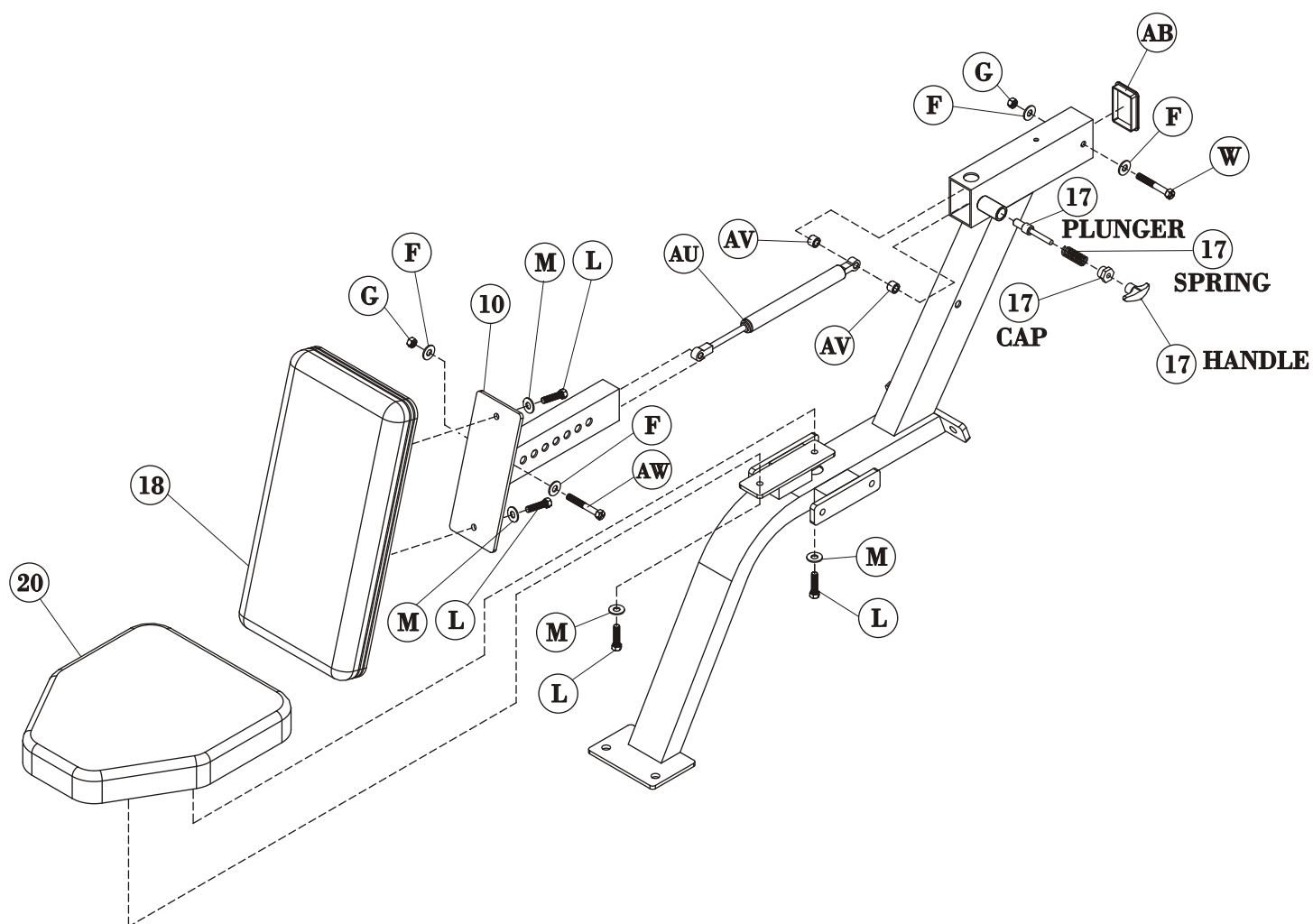
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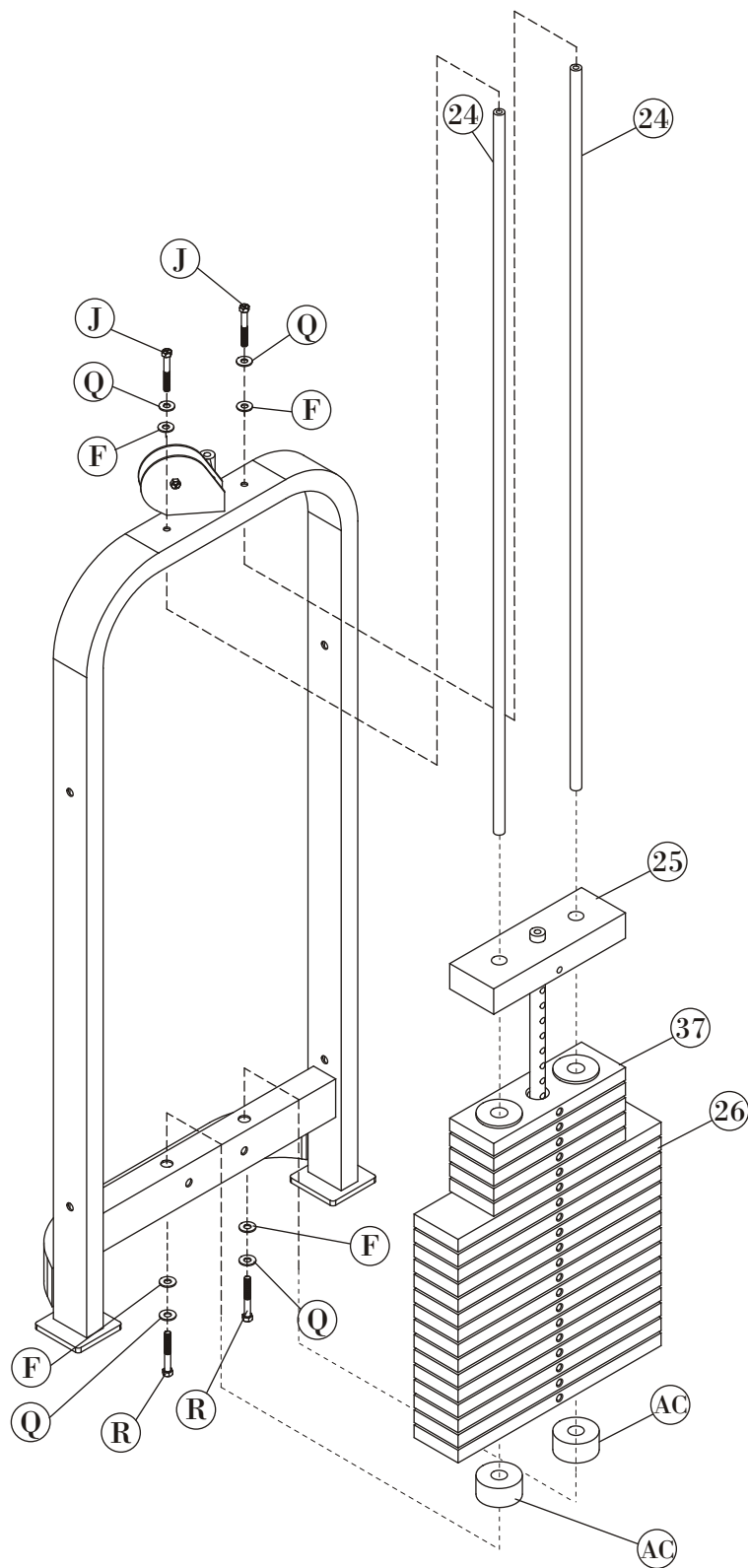
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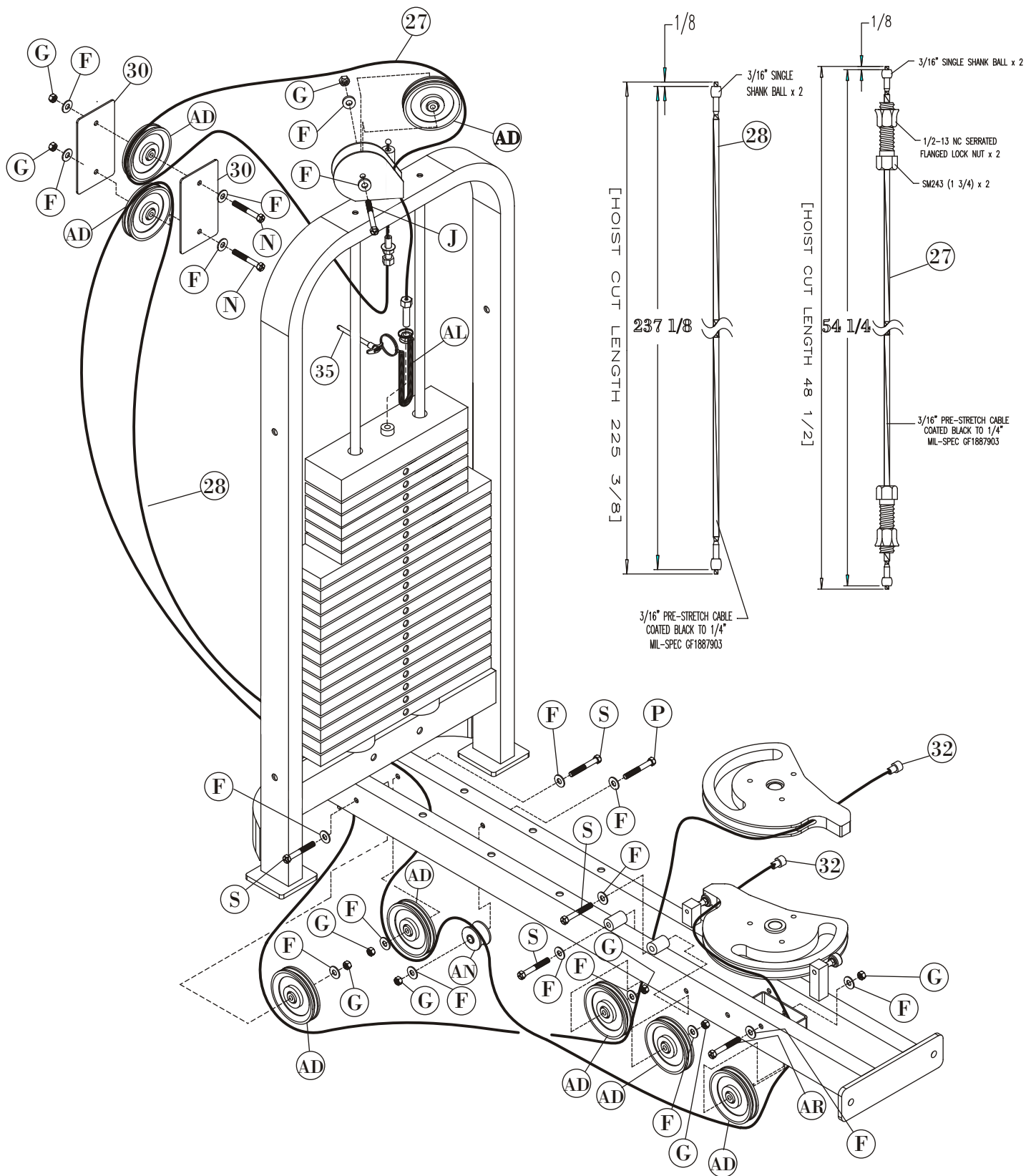
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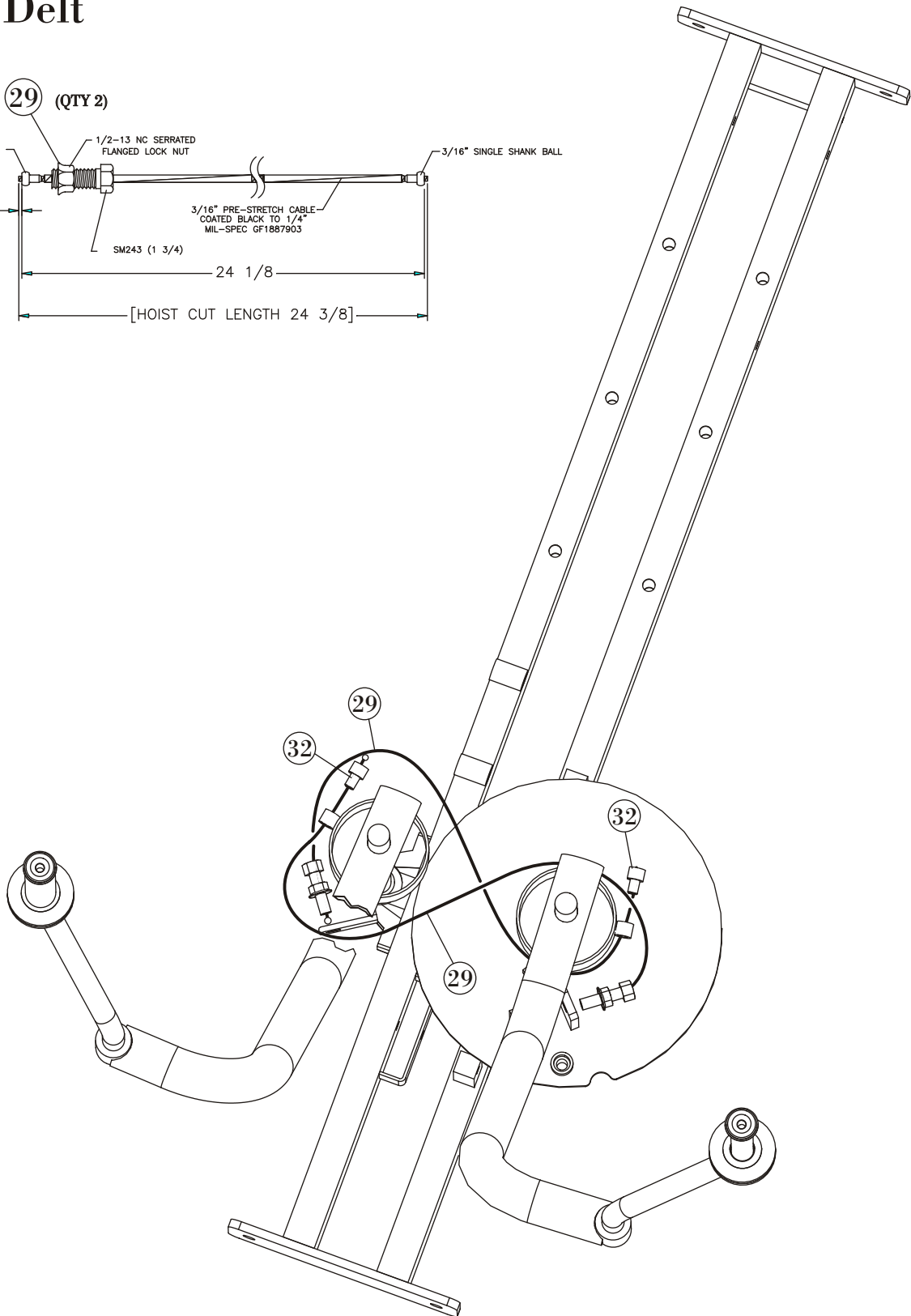
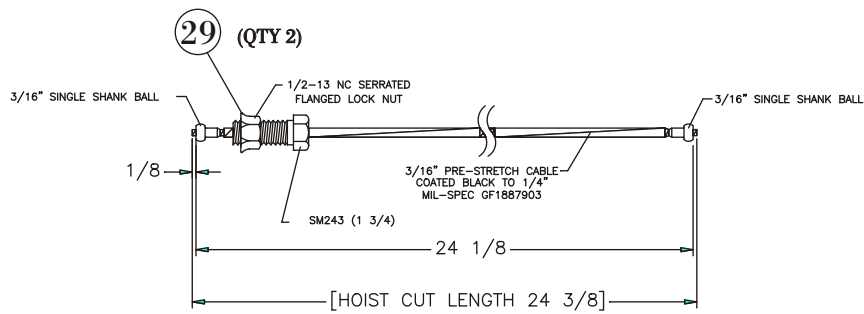
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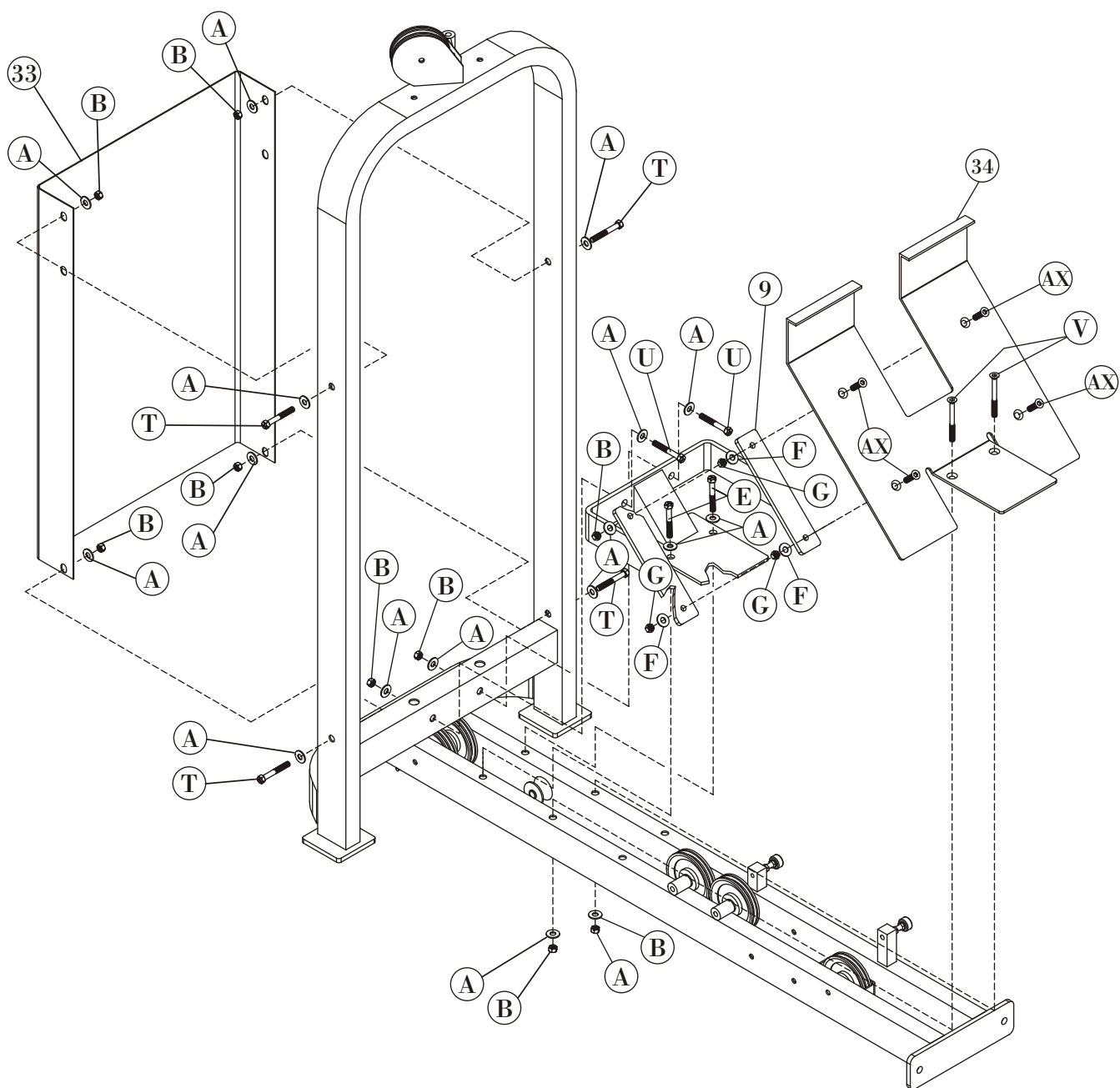
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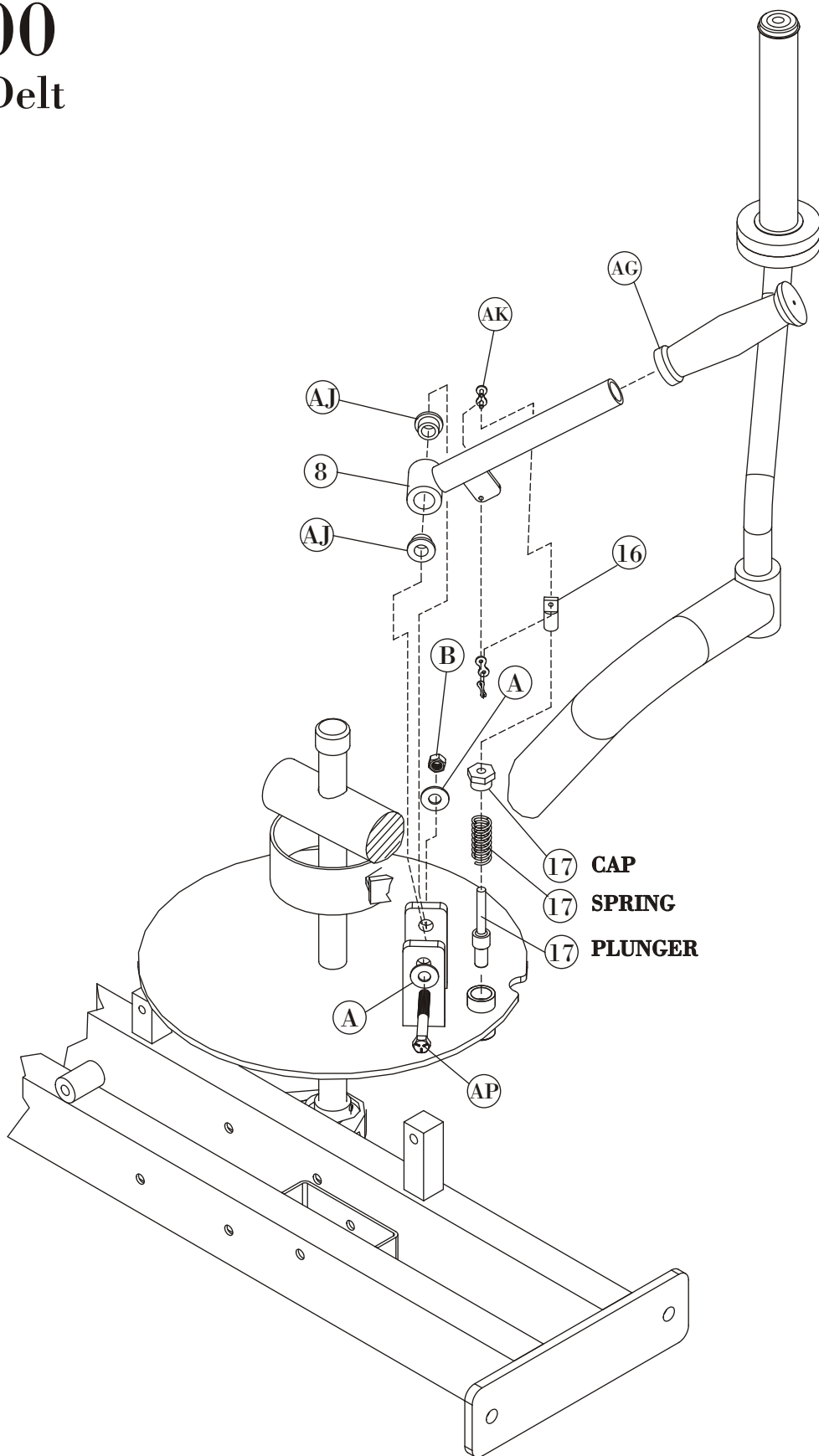


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HARDWARE LIST

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	34	13-FLT-12	1/2" Flat Washer
B	17	12-LOK-12	1/2" Lock Nut
C	4	11-HEX-12212	1/2"-13 x 2 1/2" Hex Bolt
D	4	11-HEX-12334	1/2"-13 x 3 3/4" Hex Bolt
E	4	11-HEX-124	1/2"-13 x 4" Hex Bolt
F	45	13-FLT-38	3/8" Flat Washer
G	19	12-LOK-38	3/8" Lock Nut
H	4	11-HEX-38112	3/8"-16 x 1 1/2" Hex Bolt
J	7	11-HEX-38(16)234	3/8"-16 x 2 3/4" Hex Bolt
L	4	11-HEX-516114	5/16"-18 x 1 1/4" Hex Bolt
M	4	13-FLT-516	5/16" Flat Washer
N	2	11-HEX-38334	3/8"-16 x 3 3/4" Hex Bolt
P	1	11-HEX-38312	3/8"-16 x 3 1/2" Hex Bolt
Q	4	13-LOK-38	3/8" Lock Washer
R	2	11-HEX-381	3/8"-16 x 1" Hex Bolt
S	4	11-HEX-383	3/8"-16 x 3" Hex Bolt
T	4	11-HEX-122	1/2"-13 x 2" Hex Bolt
U	2	11-HEX-123	1/2"-13 x 3 Hex Bolt
V	2	11-FLA-38334	3/8"-16 x 3 3/4" Flathead Bolt
W	1	11-HEX-38212	3/8"-16 x 2 1/2" Hex Bolt
X	4	14-TUR-1	1 3/8" O.D. x 1" I.D. Turcite Bushing, Non-Reamed
AA	4	14-BRG-RAD1PILP	Pillow Block Bearing
AB	1	16-CAP-23	2"x 3" End Cap
AC	2	19-WSB-1123	1 1/2" x 3" Weight Stack Bumper
AD	8	18-PUL-412	4 1/2" Pulley
AE	4	16-CAP-1	1" DIA I.D Vinyl Cap
AG	3	19-GRP-78COMFORT	Comfort Grip
AH	4	19-WSB-123	3" O.D x 1" I.D x 1/2" Bumper
AJ	2	14-OIL-12F	1/2" Oilite
AK	1	20-LNK-CONN43	Master Chain Link
AL	1	10-LRD-12	Weight Pin Coil
AM	2	20-GLD-381	Adjustable Stop
AN	1	20-CWL-38ID	3/8" Carriage Roller
AP	1	11-HEX-12314	1/2"-13-3 1/4" Hex Bolt
AR	1	11-HEX-38314	3/8 -16 x 3 1/4" Hex Bolt
AS	2	16-SHM-1112	1 1/2" Shim Washer
AT	2	11-FLS-381	3/8"-16 x 1" Flathead
AU	1	20-GSP-Y2505	Gas Shock Absorber
AV	2	14-SPC-12 (12)	1/2" LG Spacer Bushing
AW	1	11-HEX-382	3/8-16 x 2" Hex Bolt
AX	4	11-FLA-381	3/8"-16 x 1" Flathead Bolt

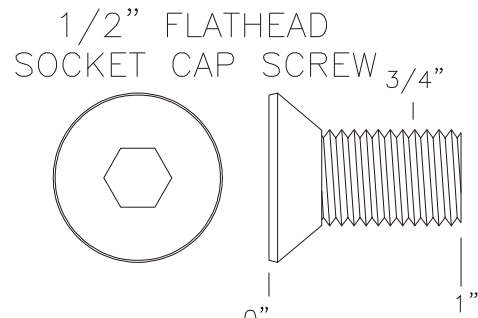
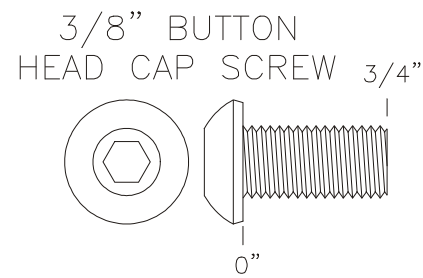
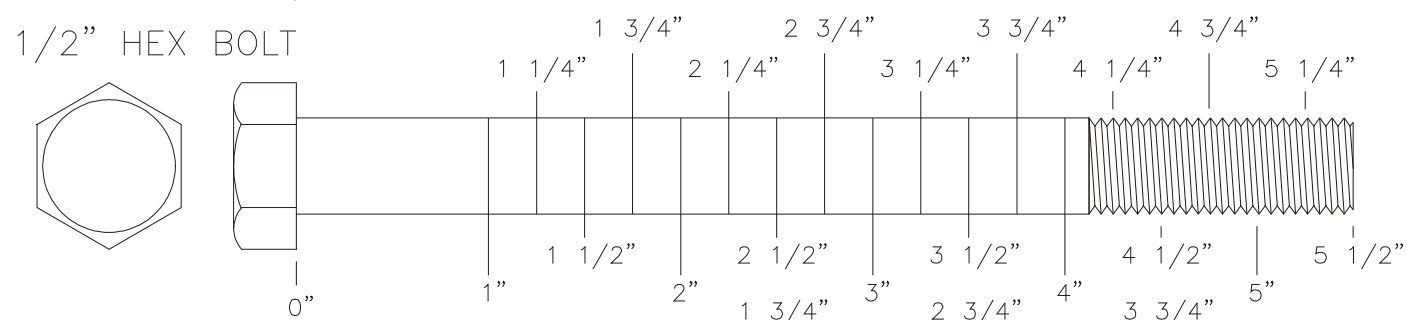
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PART LIST

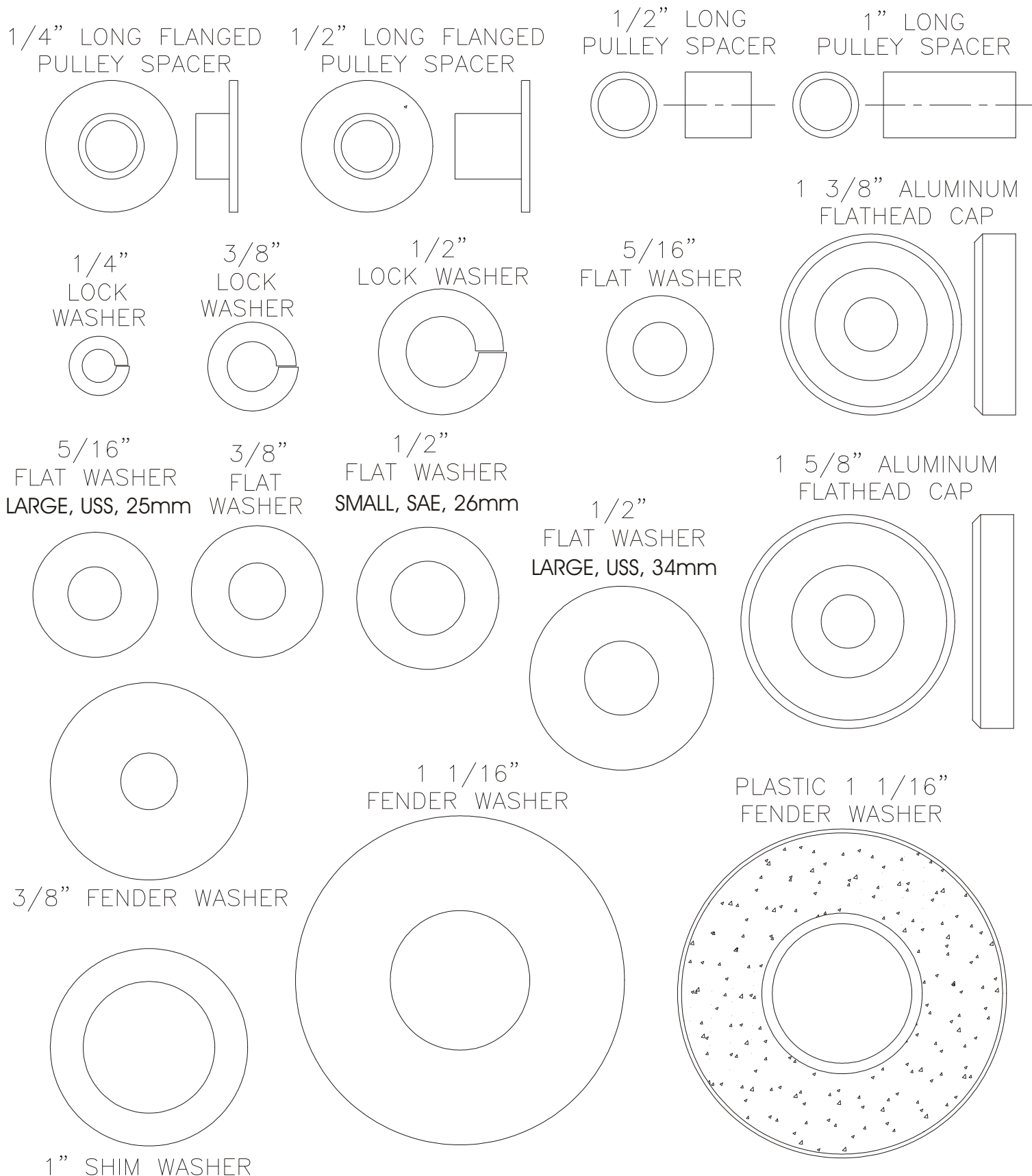
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	35-SUB-D900-01	Weight Cage
2	1	35-SUB-D800-02	Base Assembly
3	1	35-SUB-D900-03	Seat Assembly
4	1	35-SUB-D800-04	Rear Hoop
5	1	35-SUB-D900-05	Left Arm
6	1	35-SUB-D900-06	Right Arm
7	1	35-SUB-D900-07	Range Adjuster
8	1	35-SUB-D800-08	Adjuster Handle
9	1	35-SUB-D900-09	Brace
10	1	35-SUB-D900-10	Back Pad Adjuster
13	2	26-STD-SA134	1" PVC Cam
14	2	26-STD-PLAS128	Knurled Grip 8 1/2" LG
15	2	26-STD-SM240	3/8" Flathead Cap
16	1	26-STD-SM209	Pull-Pin to Chain Link Connector
17	2	26-STD-SM128	1/2" Short Pull Pin
18	1	26-STD-SU1020	10" x 20" Upholstery Back with SUB1020
20	1	26-STD-SU1416T	Pad
24	2	26-STD--SG129	Weight Guide Rods x 56 3/4"
25	1	26-STD--SWTOP-5	25LB Top Weight
26	15	26-STD--SW104	20LB Intermediate Weight
27	1	26-STD--SC191	Weight Stack Cable
28	1	26-STD--SC193	Cam Cable
29	2	26-STD--SC192	Arm to Arm Cable
30	2	26-STD--SP160	Double Floating Pulley Plate
32	4	26-STD--SM199	Cable Lock for 1/4"
33	1	26-STD--SSH147	Shield
34	1	26-STD--SP442	Foot Stabilizer Plate
35	1	26-STD-SM134	Weight Stack Pin
36	2	26-STD-SM279	Above Bearing Spacer
37	5	26-STD-SW101	12 1/2LB Intermediate Weight

BOLT SIZING CHART



D900

Pec / Delt WASHER SIZING CHART



Decal Descriptions

D900

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1a - 021-0004026

1b - 021-0004027

2 - 021-0011011

3 - 021-0011013

4 - 021-0013007

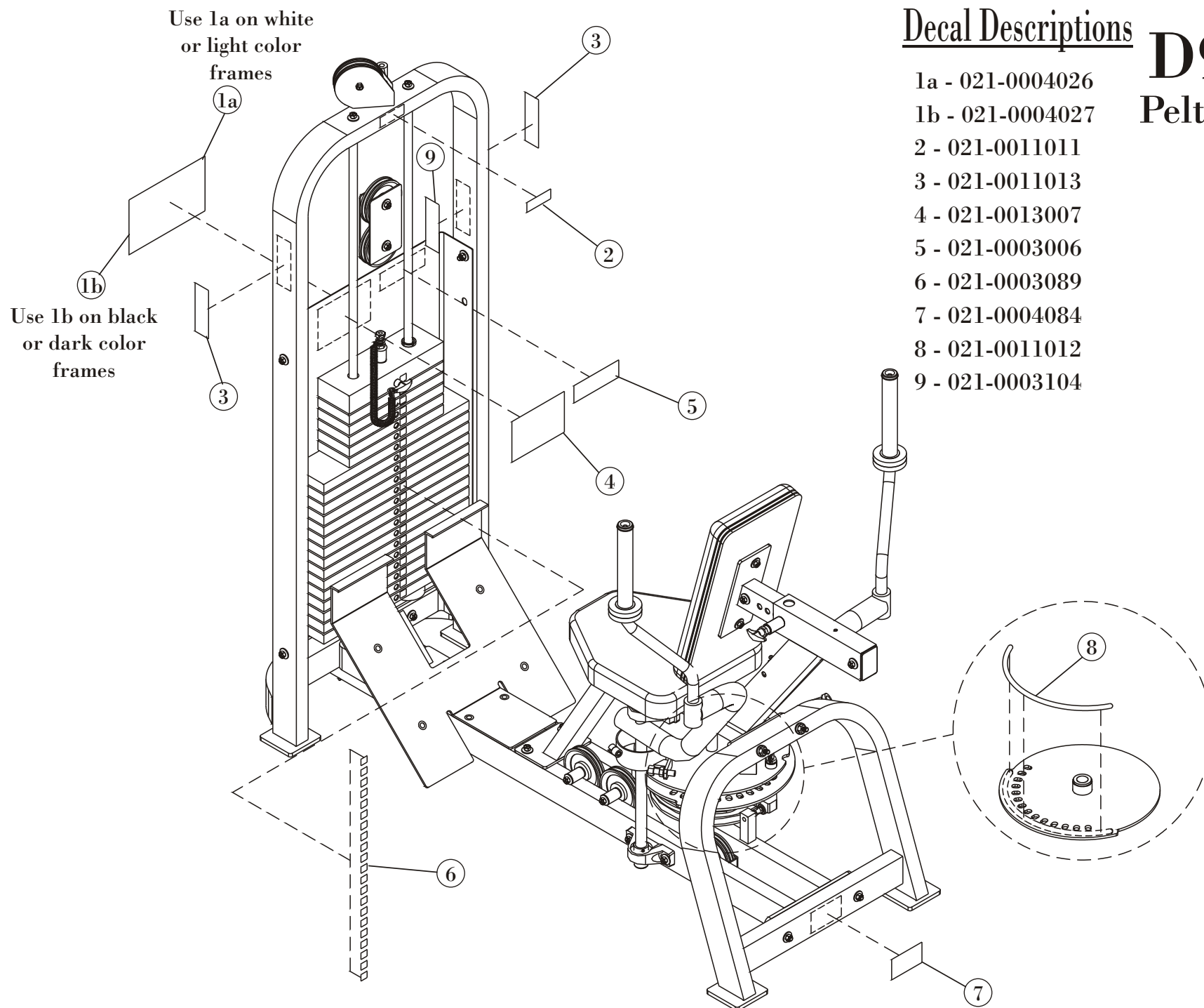
5 - 021-0003006

6 - 021-0003089

7 - 021-0004084

8 - 021-0011012

9 - 021-0003104

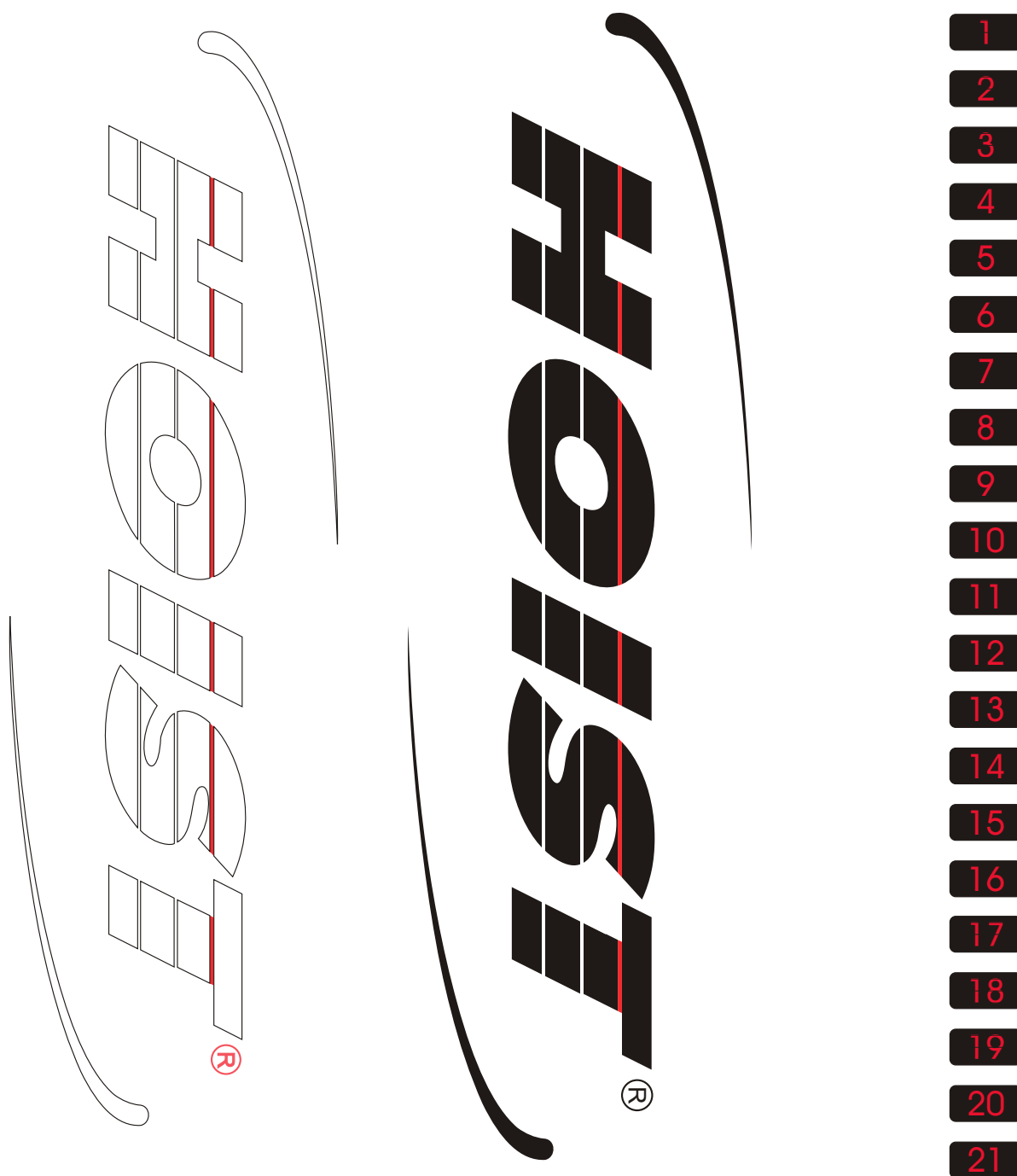


D900

Pelt / Delt

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

021-0003089

D900

Pelt / Delt

DECAL REFERENCE

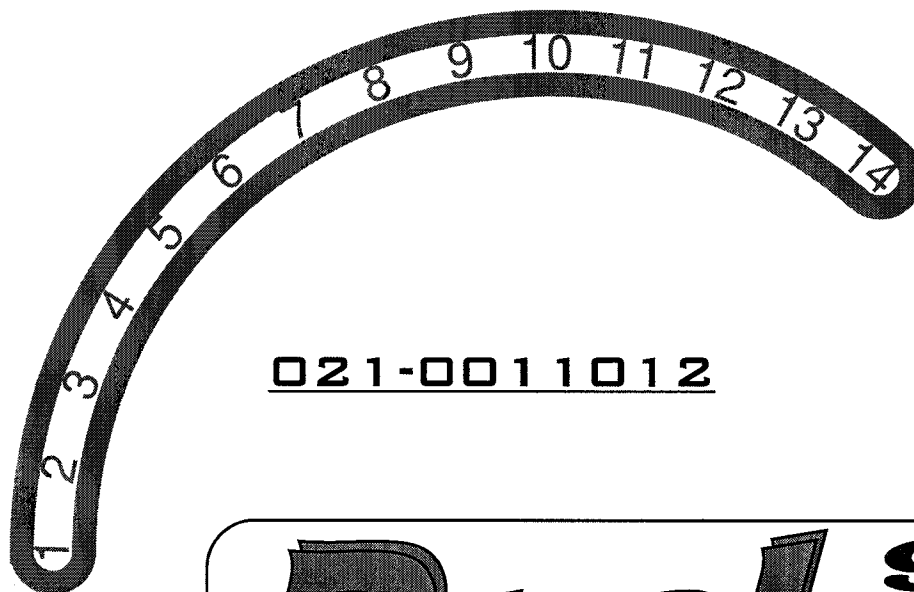
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

**P
E
C

F
L
Y**

**R
E
A
R

D
E
L
T**



021-0011012



021-0011011



021-0004084



021-0011013

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

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.

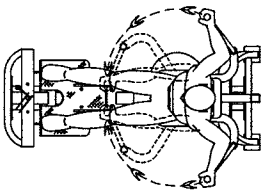
PEC FLY



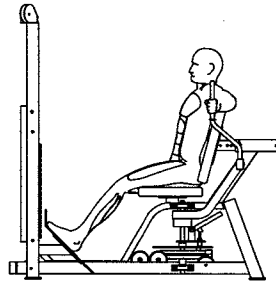
Dual 900

REAR DELT

Top View



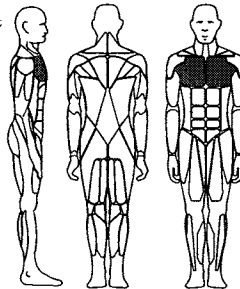
Side View



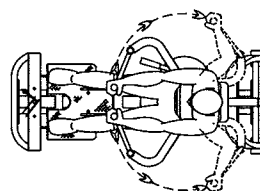
Exercise Instructions

- 1 Select desired weight.
- 2 Adjust back pad to desired position.
- 3 Lift the lever of the range adjuster and swing the arms outward to a comfortable beginning stretch position.
- 4 Position feet on footrest area.
- 5 Reach back, grasp the handles, then slowly swing the arm assemblies forward to full contraction.
- 6 Hold position momentarily before slowly returning to starting position.

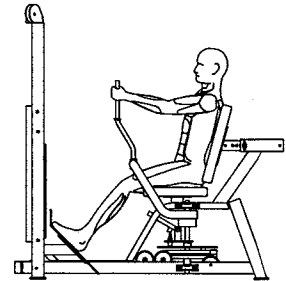
PRIMARY:
Lower/Inner Chest
Chest



Top View



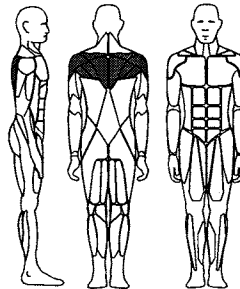
Side View



Exercise Instructions

- 1 Select desired weight.
- 2 Adjust back pad to desired position.
- 3 Lift the lever of the range adjuster and swing the arms inwards to desired starting position.
- 4 Position feet on footrest area.
- 5 Reach forward, grasp handles, then swing arms outward to full extension.
- 6 Hold position momentarily before slowly returning to starting position.

PRIMARY:
Rear Shoulder
Upper Back



021-0013007

WARNING

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

1. READ & UNDERSTAND ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first sign 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 pain or dizziness.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003006

NOTICE

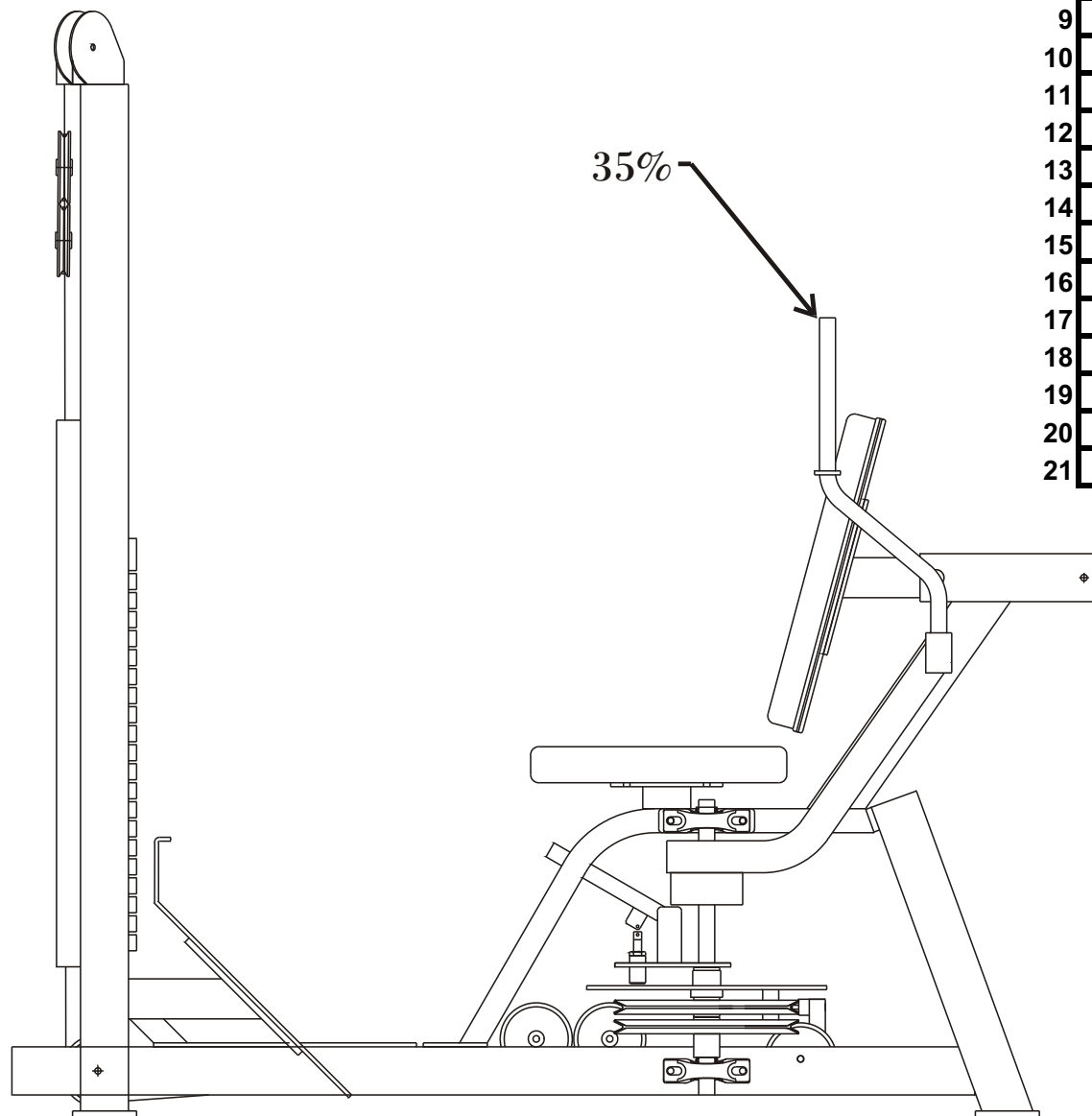
Yearly	Months	Monthly	Weekly	Daily	COMMERCIAL MAINTENANCE
				X	Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins
			X	X	Clean; Upholstery
			X	X	Inspect; Cables or Belts and their tension
			X	X	Inspect; Accessory Bars and Handles
			X	X	Inspect; All Decals
			X	X	Inspect; All nuts and Bolts Tighten if Needed.
			X	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
					Replace; Cables, Belts and Connecting Parts.

021-0003104

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W E I G H T R A T I O S



	100%	35%
1	25	8.75
2	37.5	13.13
3	50	17.5
4	62.5	21.88
5	75	26.25
6	87.5	30.63
7	107.5	37.63
8	127.5	44.63
9	147.5	51.63
10	167.5	58.63
11	187.5	65.63
12	207.5	72.63
13	227.5	79.63
14	247.5	86.63
15	267.5	93.63
16	287.5	100.6
17	307.5	107.6
18	327.5	114.6
19	347.5	121.6
20	367.5	128.6
21	387.5	135.6

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.

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.

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Weight Training Exercise Log

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

[illegible]

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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.

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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.

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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.*

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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.

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PLEASE KEEP THIS FOR YOUR RECORDS