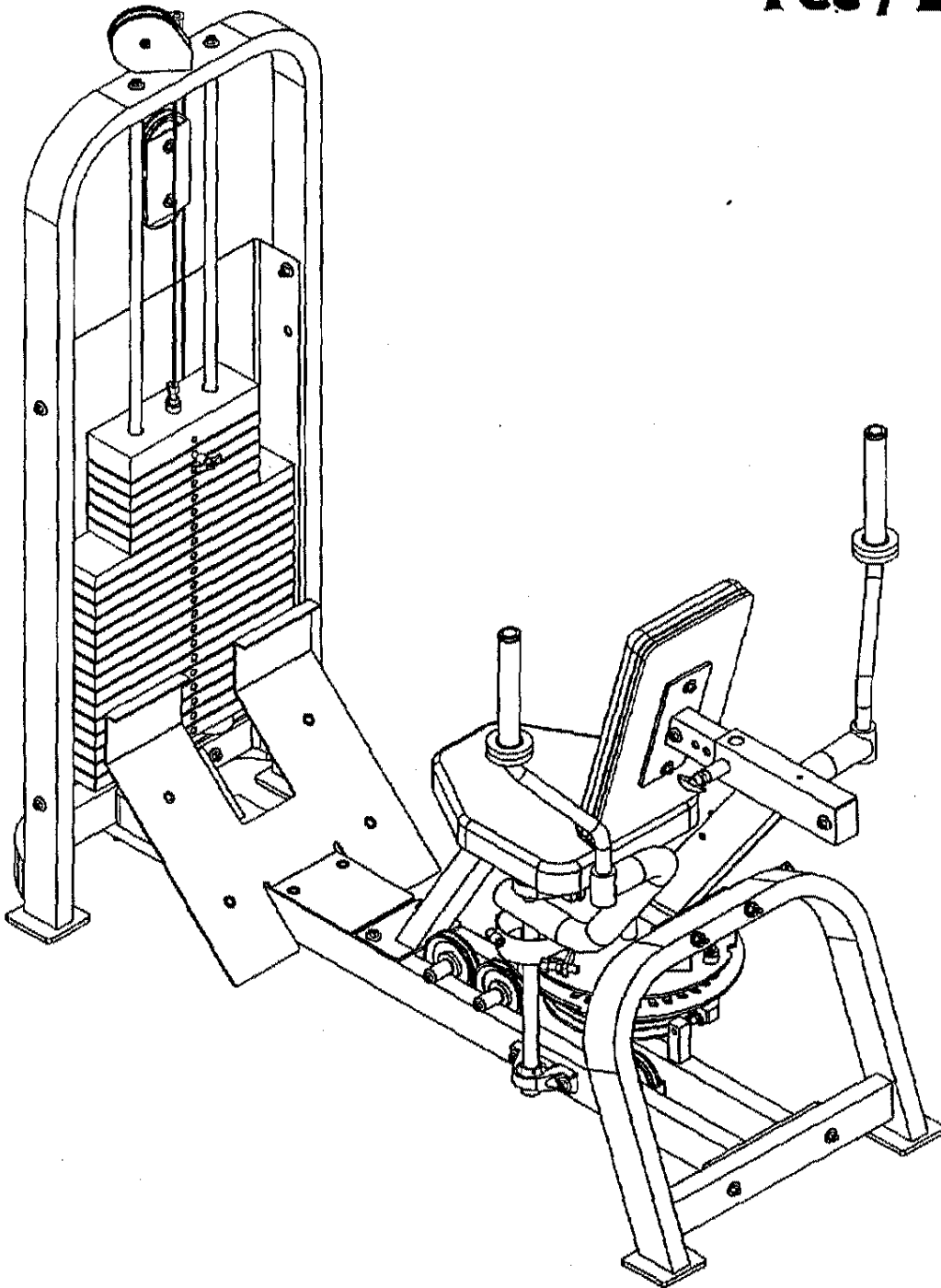


# Dual

## Pec / Delt



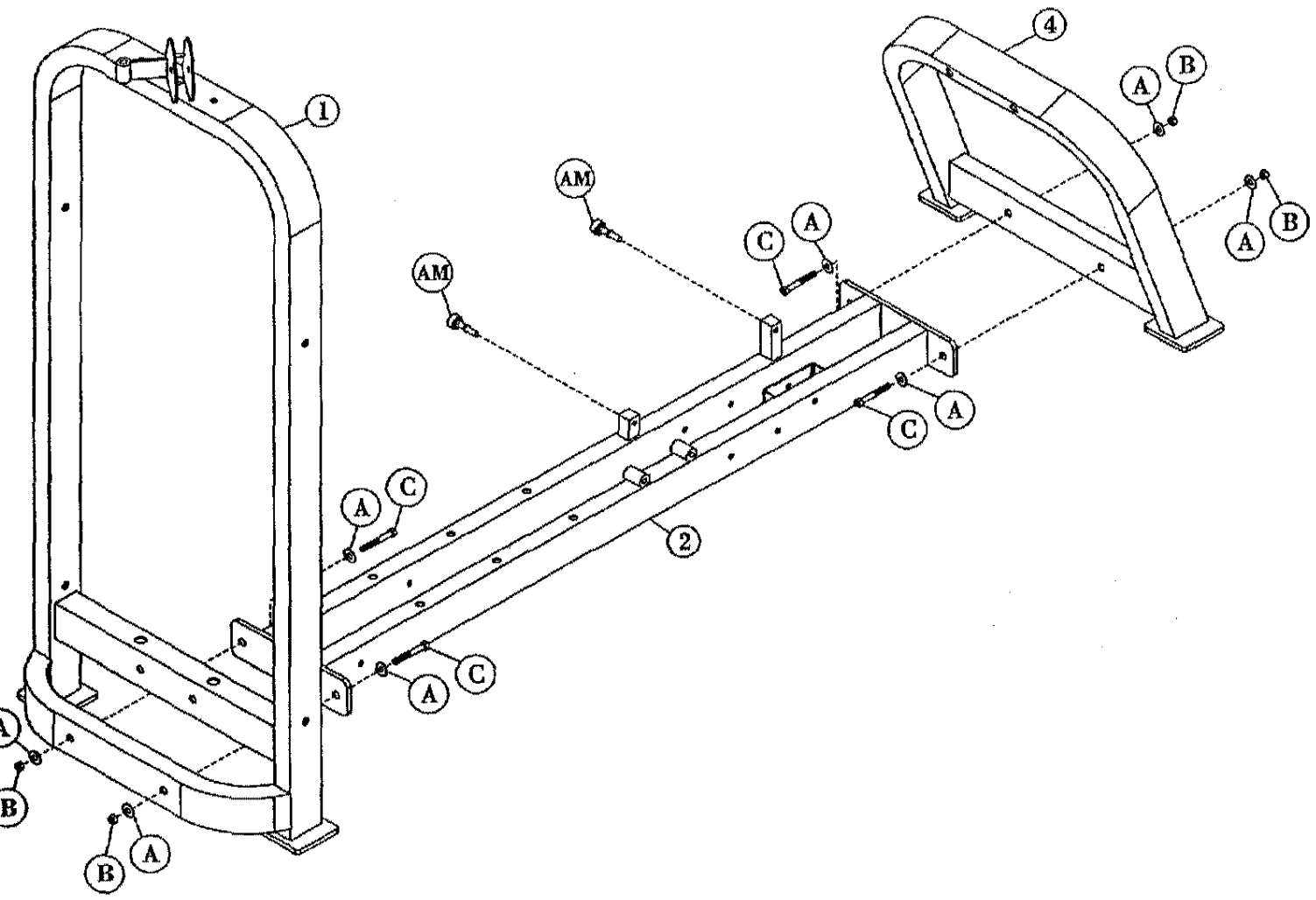
**HOIST**<sup>®</sup>  
FITNESS SYSTEMS

ASSEMBLY INSTRUCTIONS

July '98

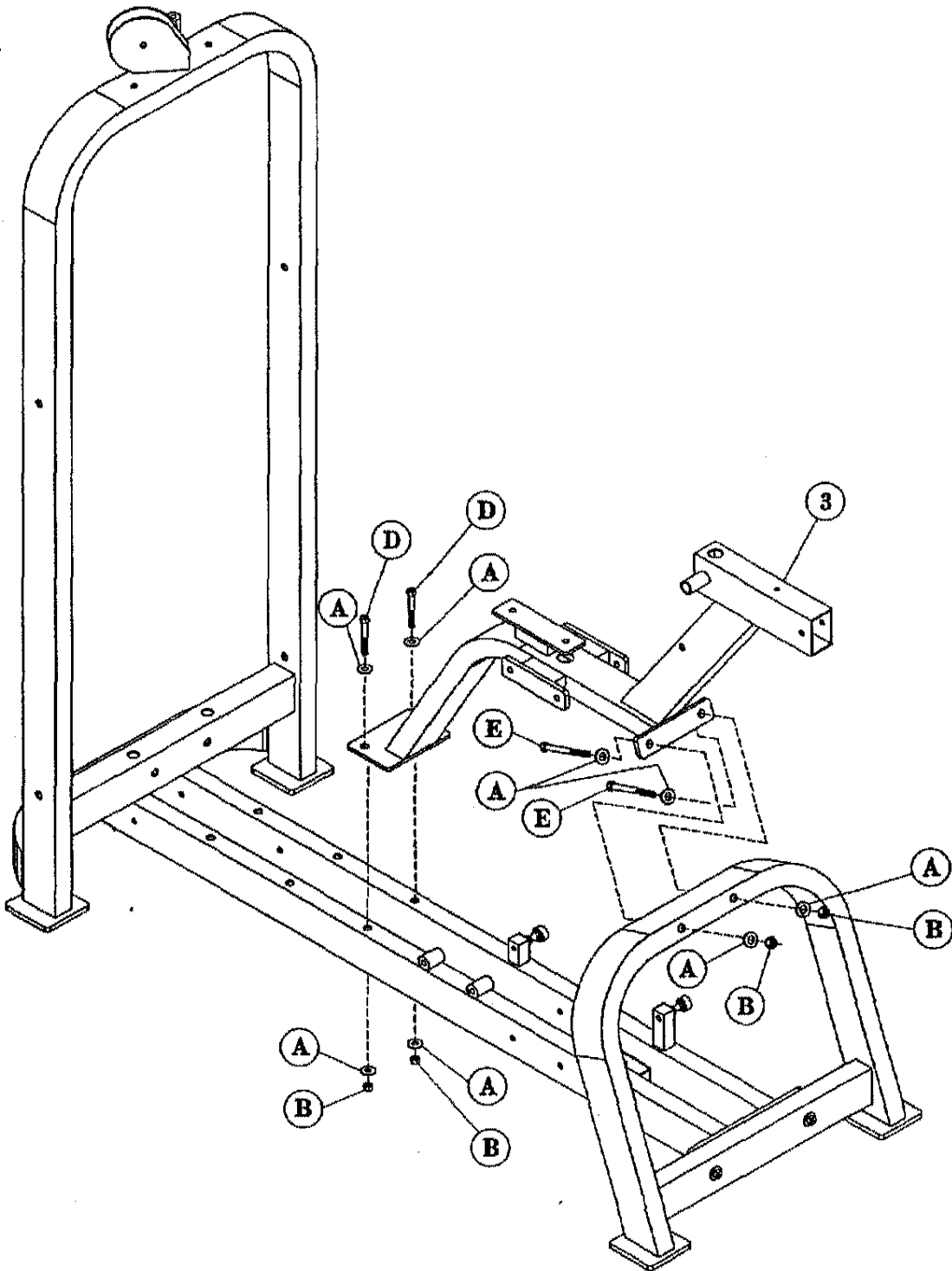
# D900

Rec / Delt



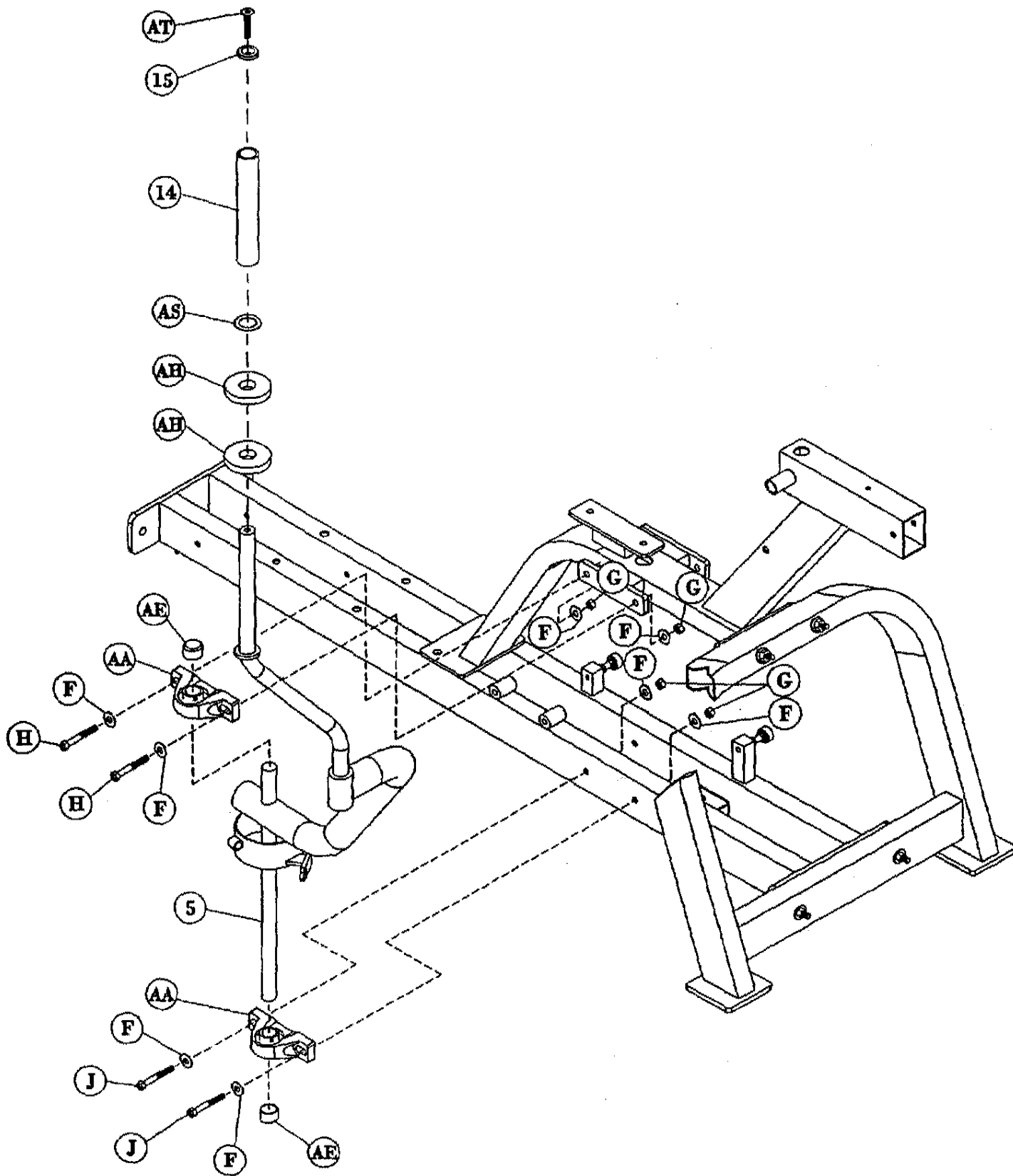
# D900

Belt / Delt



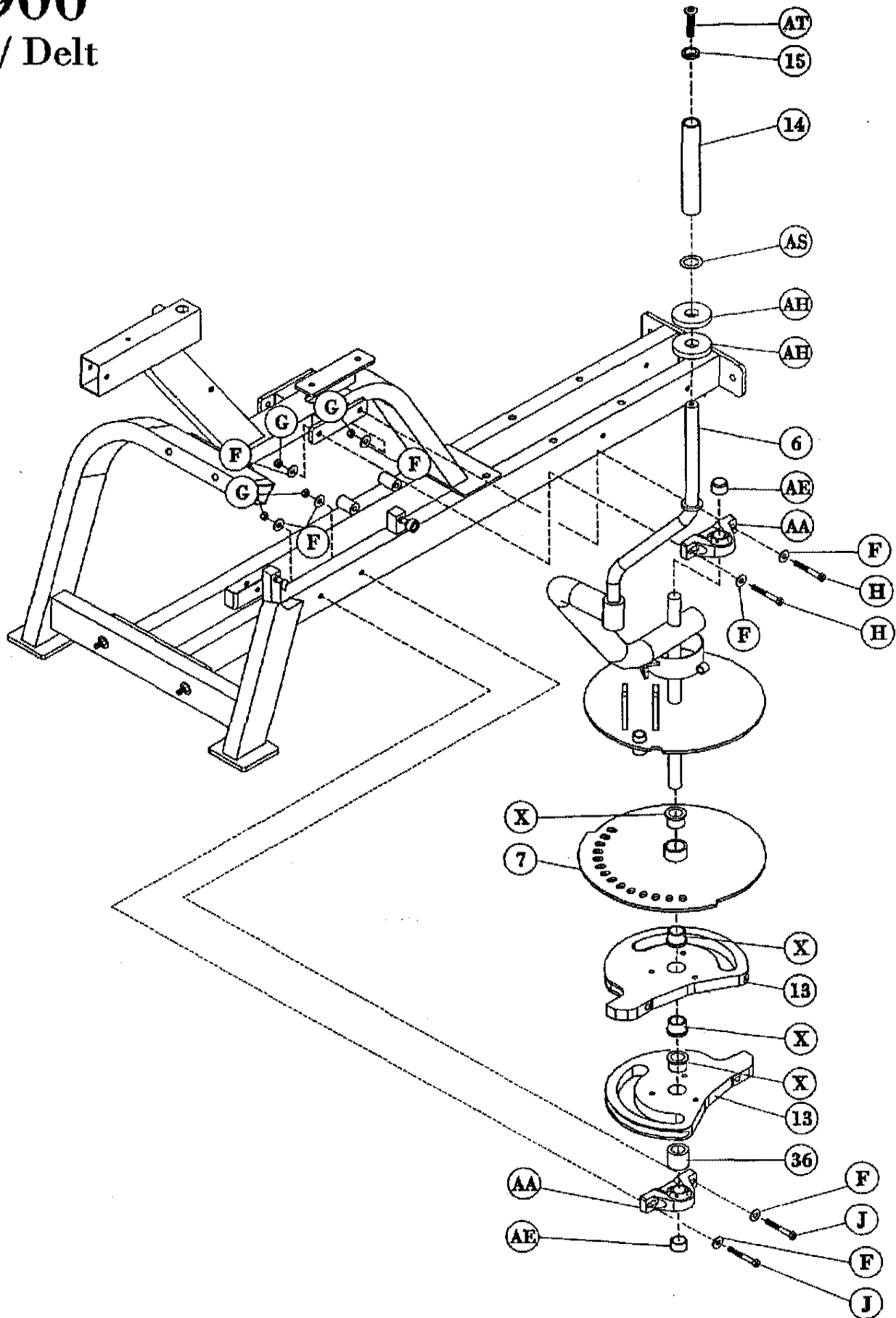
# D900

elt / Delt



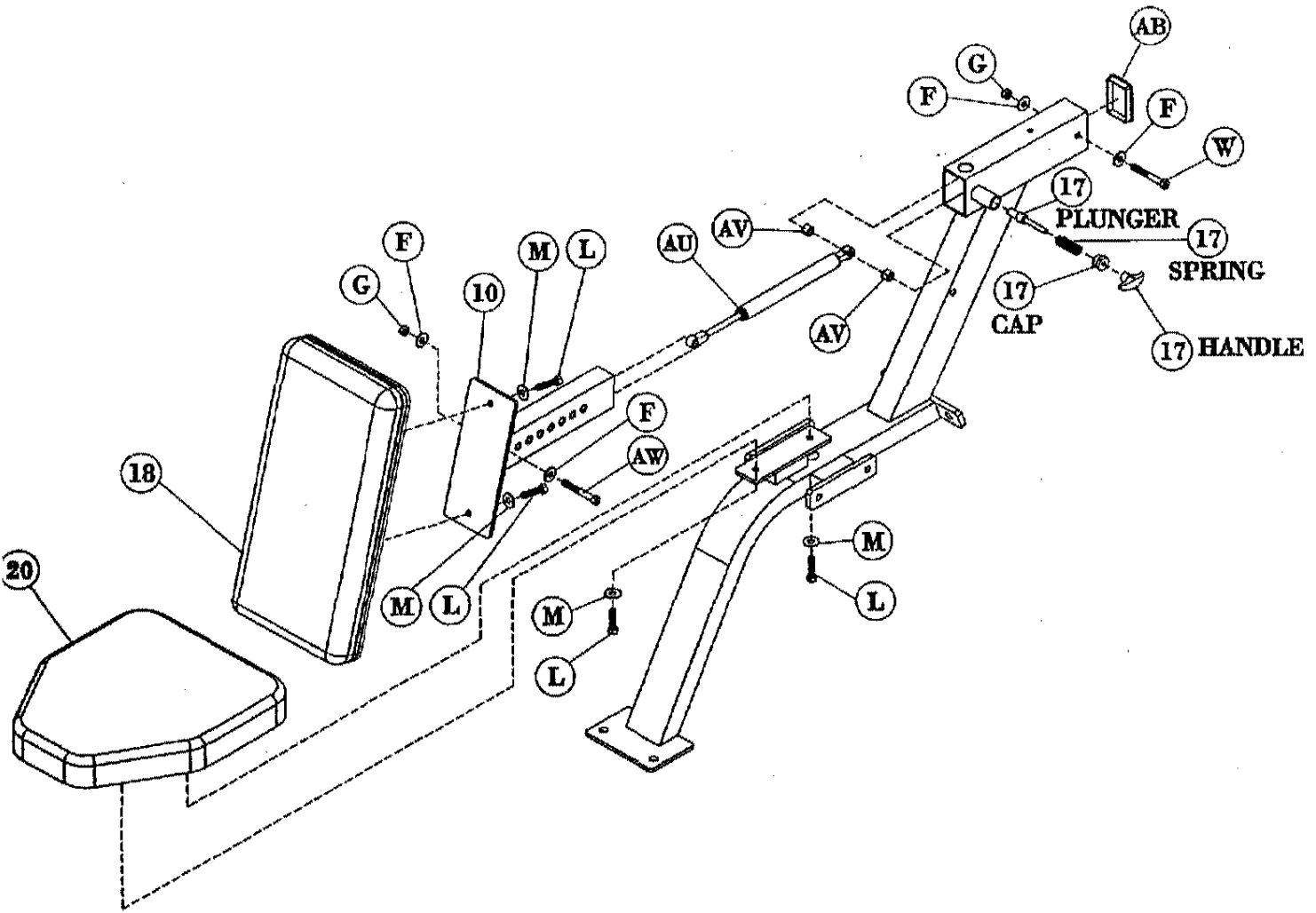
# D900

Pelt / Delt



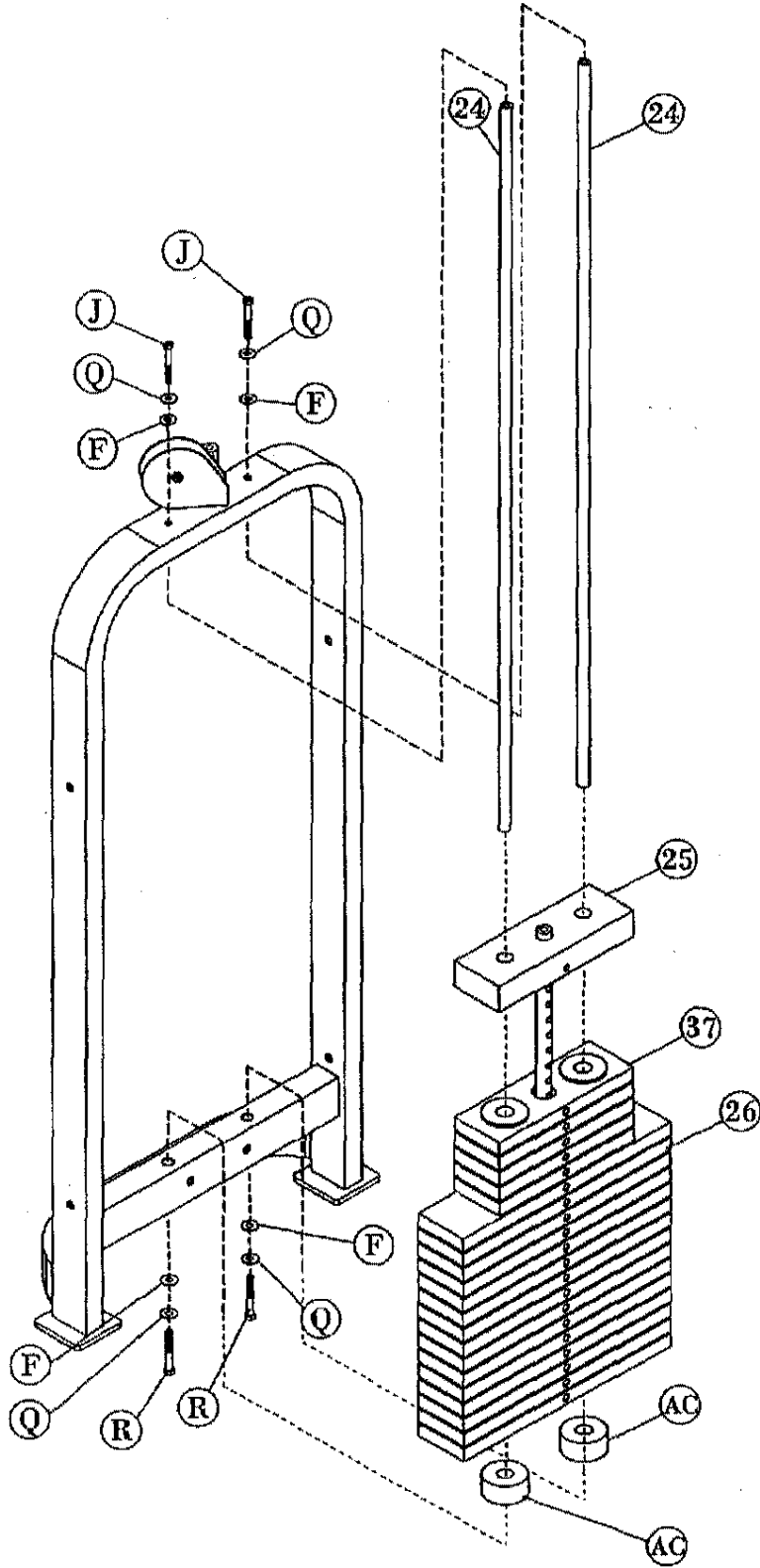
# D900

elt / Delt

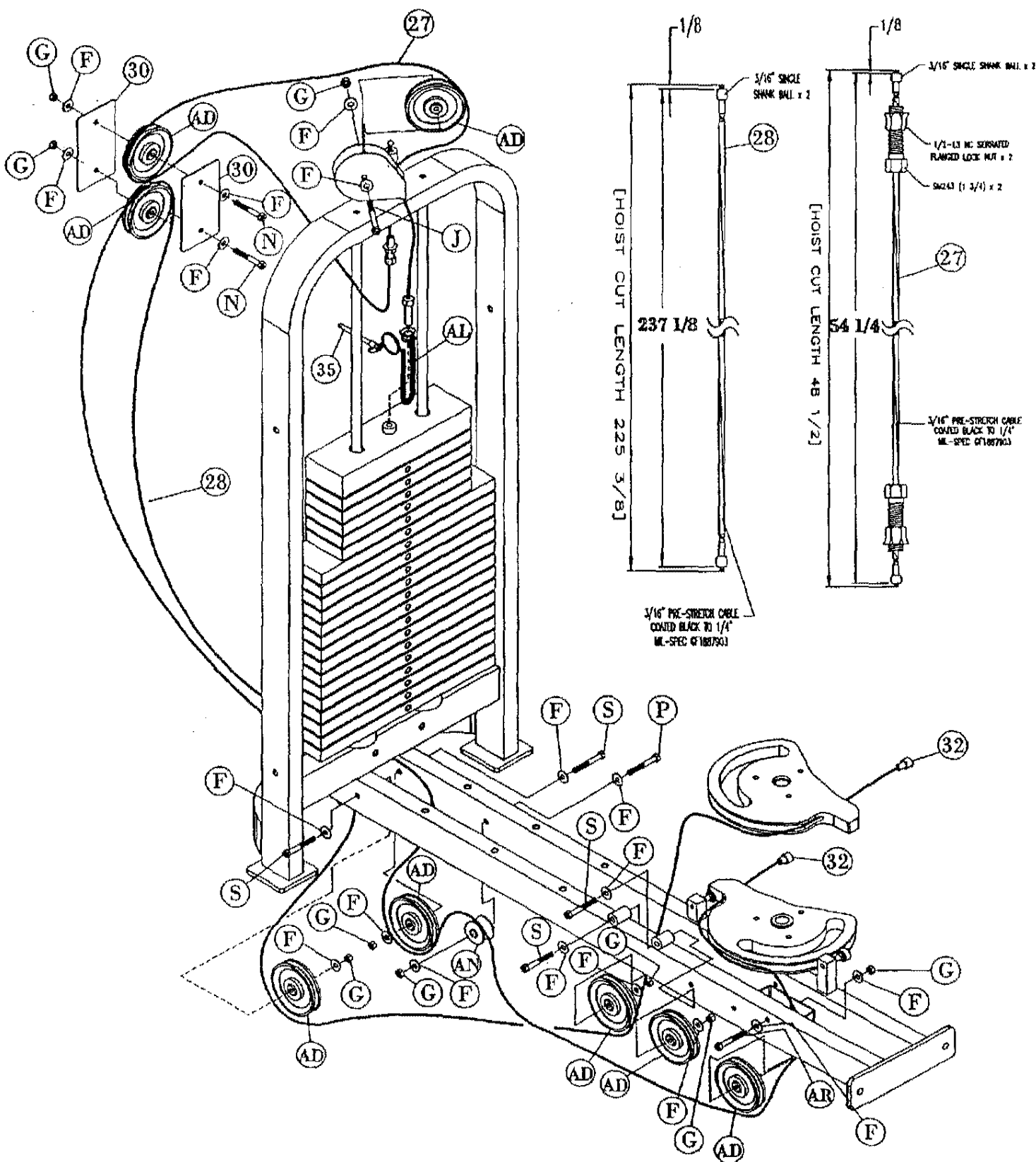


# D900

## Pec / Delt

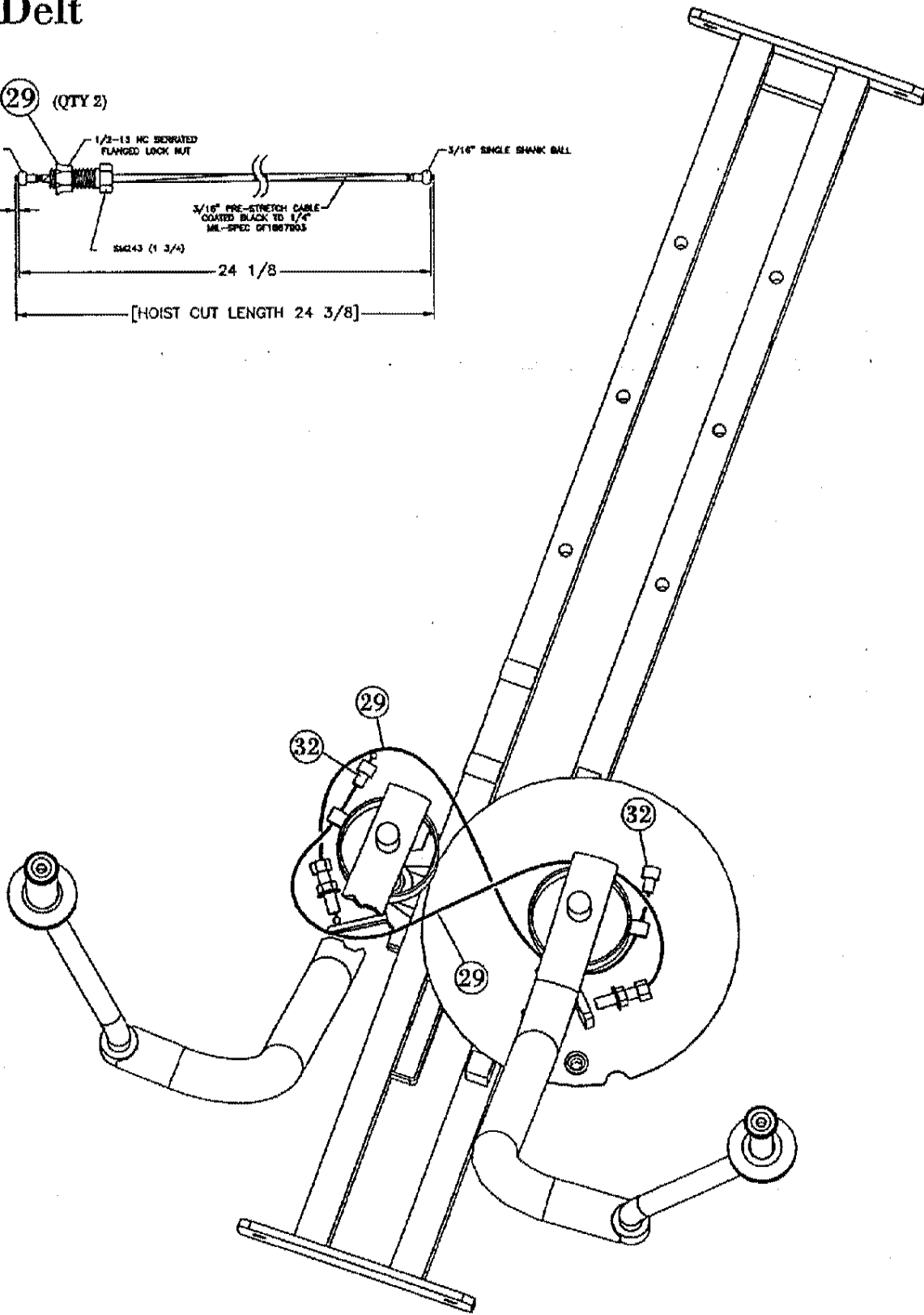
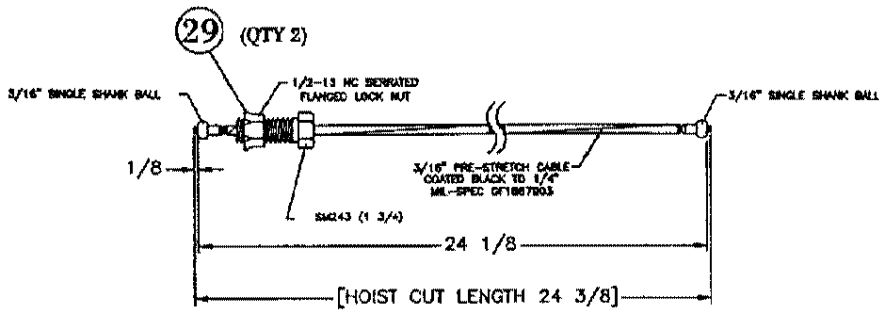


# D900 Pec / Delt



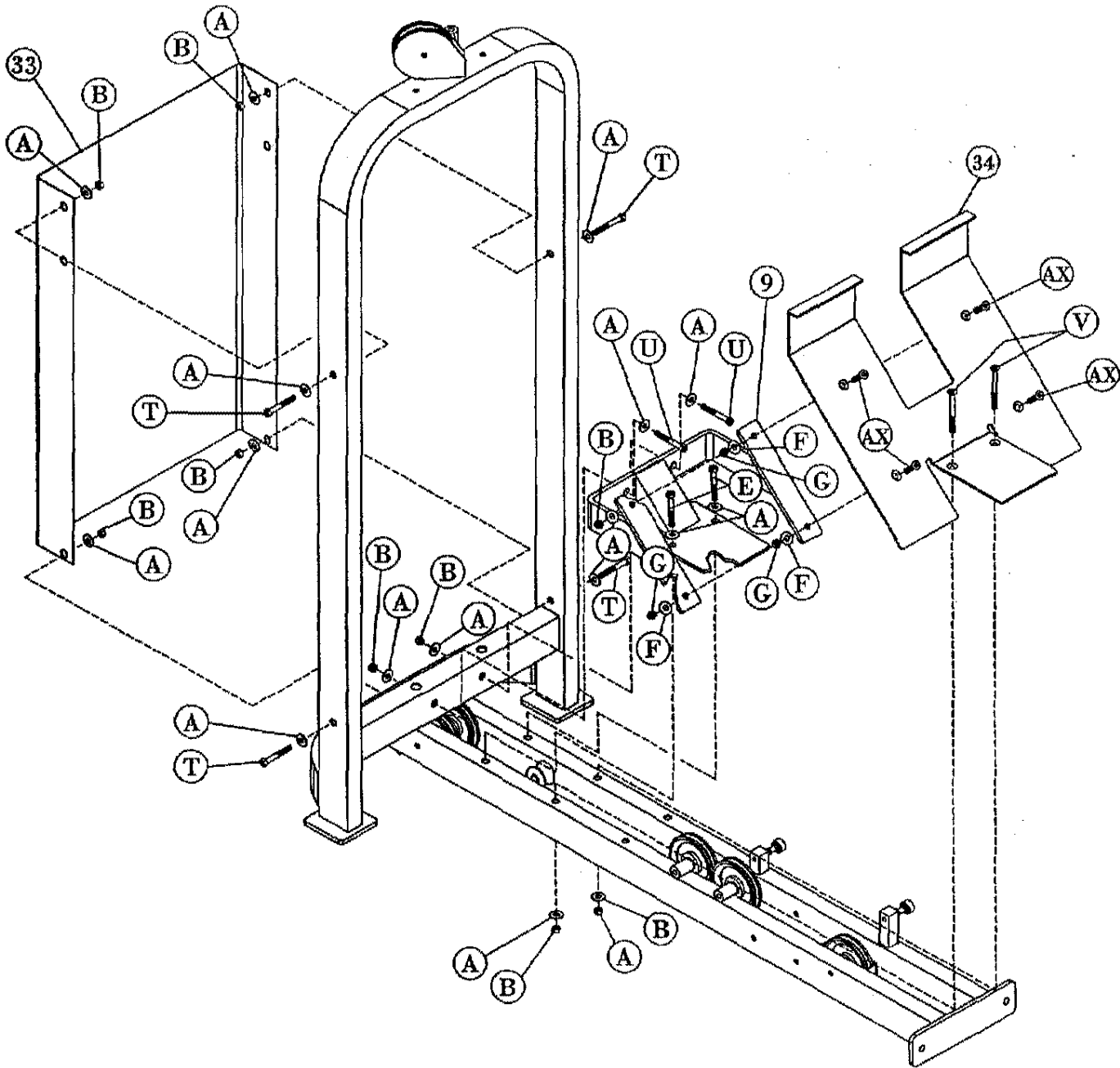


# D900 Pec / Delt



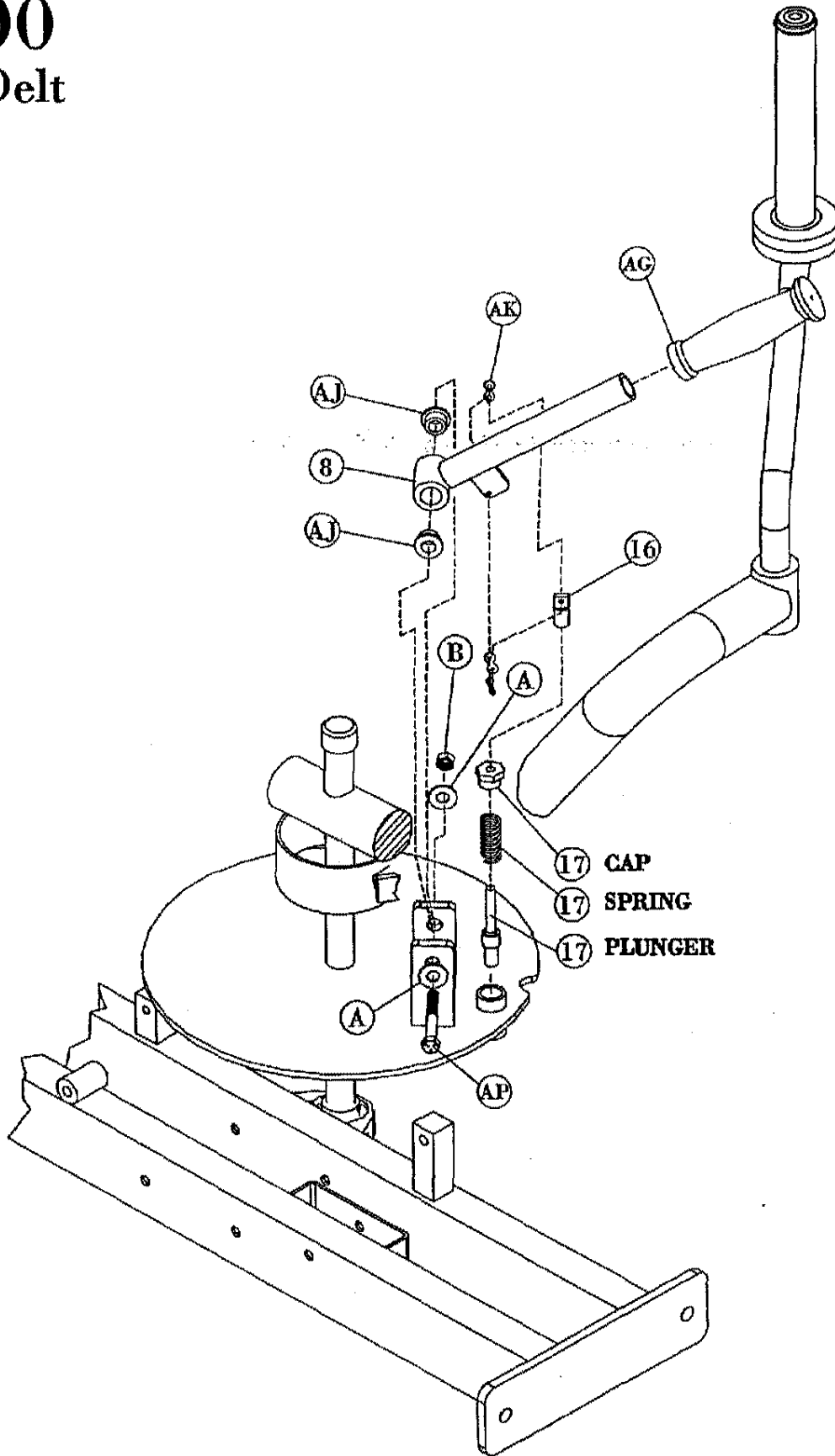
# D900

## Pec / Delt



# D900

Pec / Delt



# D900

## Pec / Delt

### 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

# D900

## Pec / Delt

### 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 <b>Cable</b>
28	1	26-STD--SC193	Cam <b>Cable</b>
29	2	26-STD--SC192	Arm to Arm <b>Cable</b>
30	2	26-STD--SP160	Double Floating Pulley Plate
32	4	<b>26-STD--SM199</b>	<b>Cable</b> Lock for 1/4"
33	1	26-STD--SSH147	Sheild
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