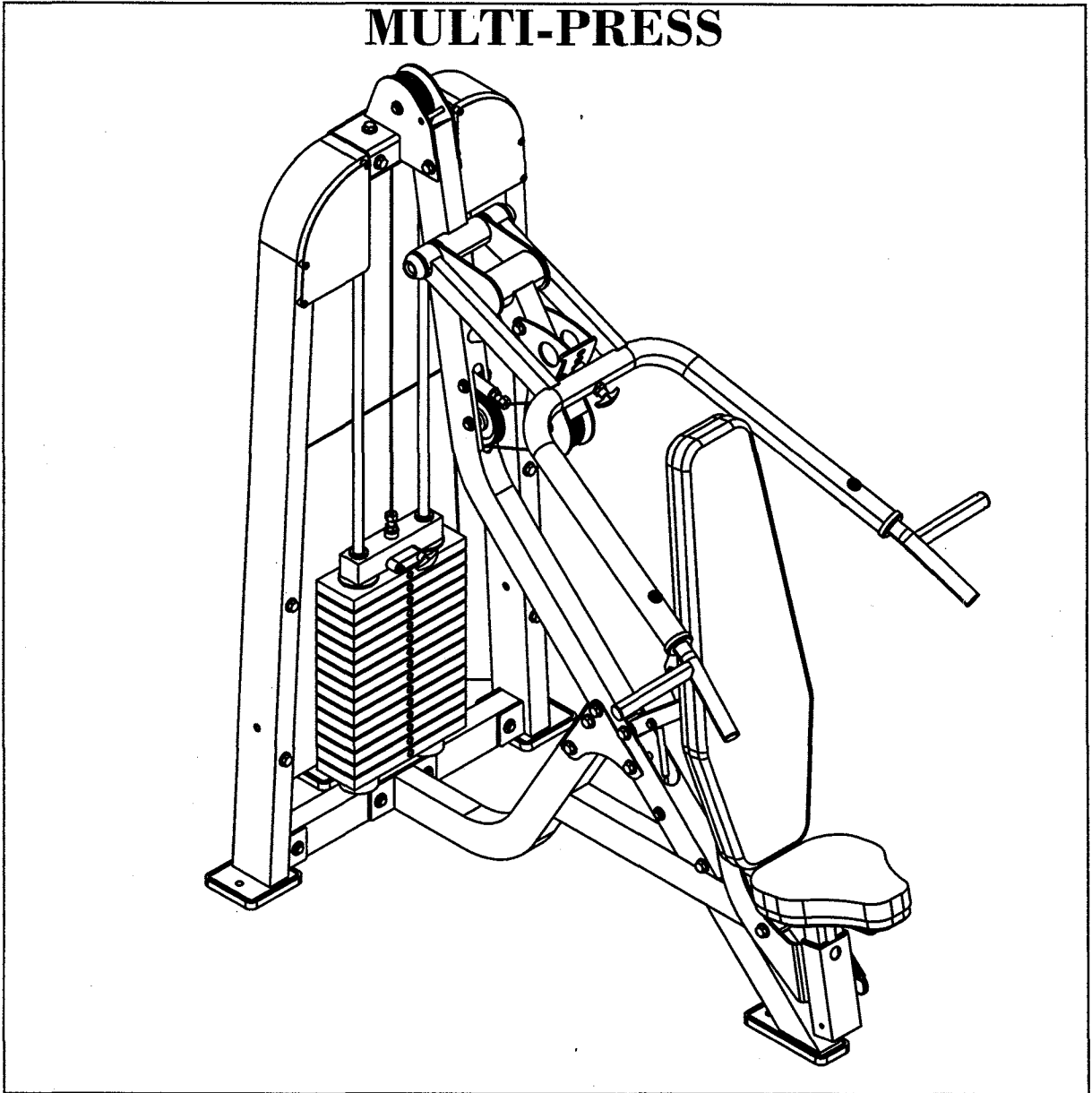


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HD1500 MULTI-PRESS



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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

JULY, 2003

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Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the 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 the 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

Socket Wrench

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

3/4" Open end Wrench

Crescent Wrench

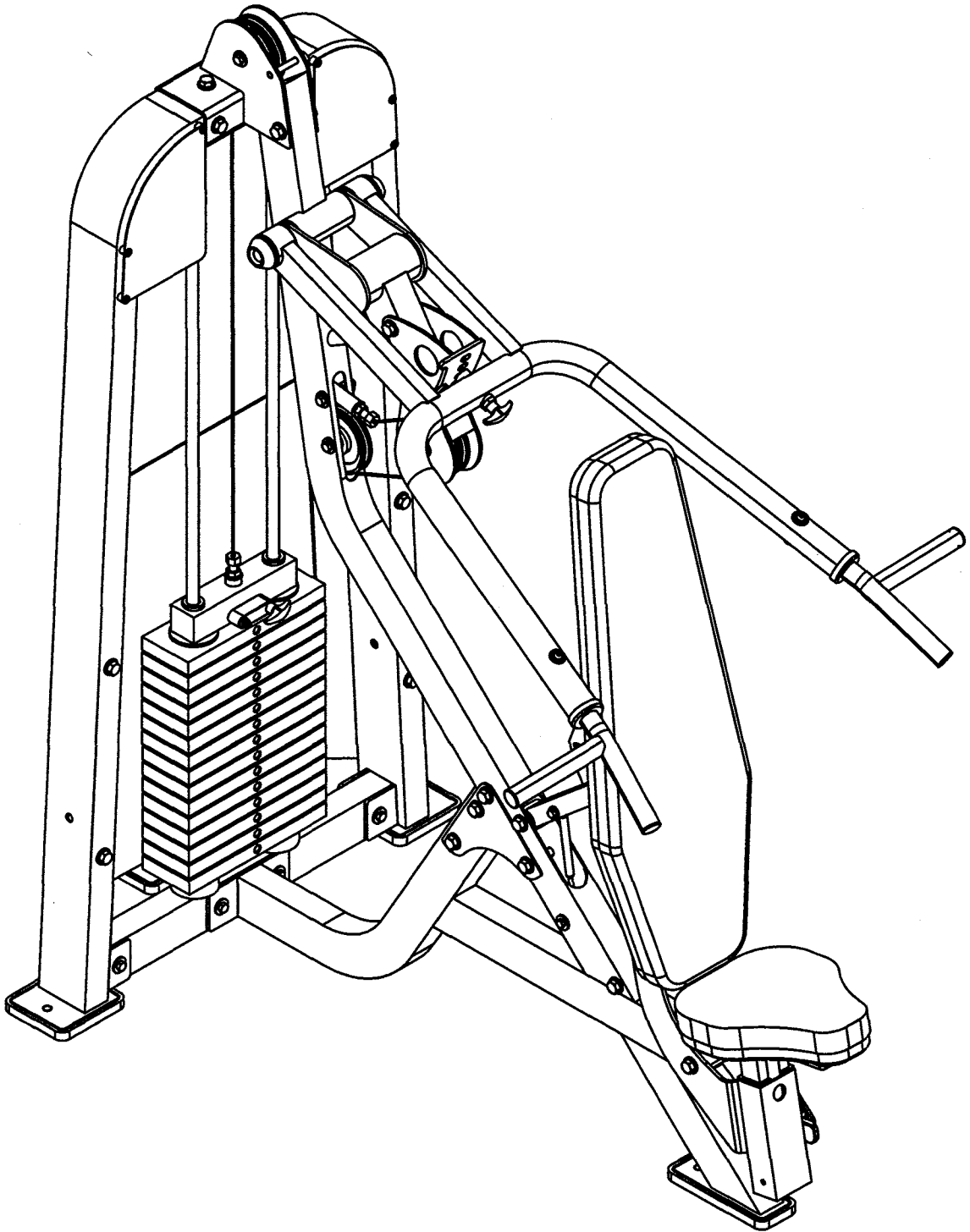
Rubber mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by bolting both (1)'s to (2). Then attach (3) and (4) to (2). Wrench Tighten bolts. Lift machine up and position (CA) and (CB).

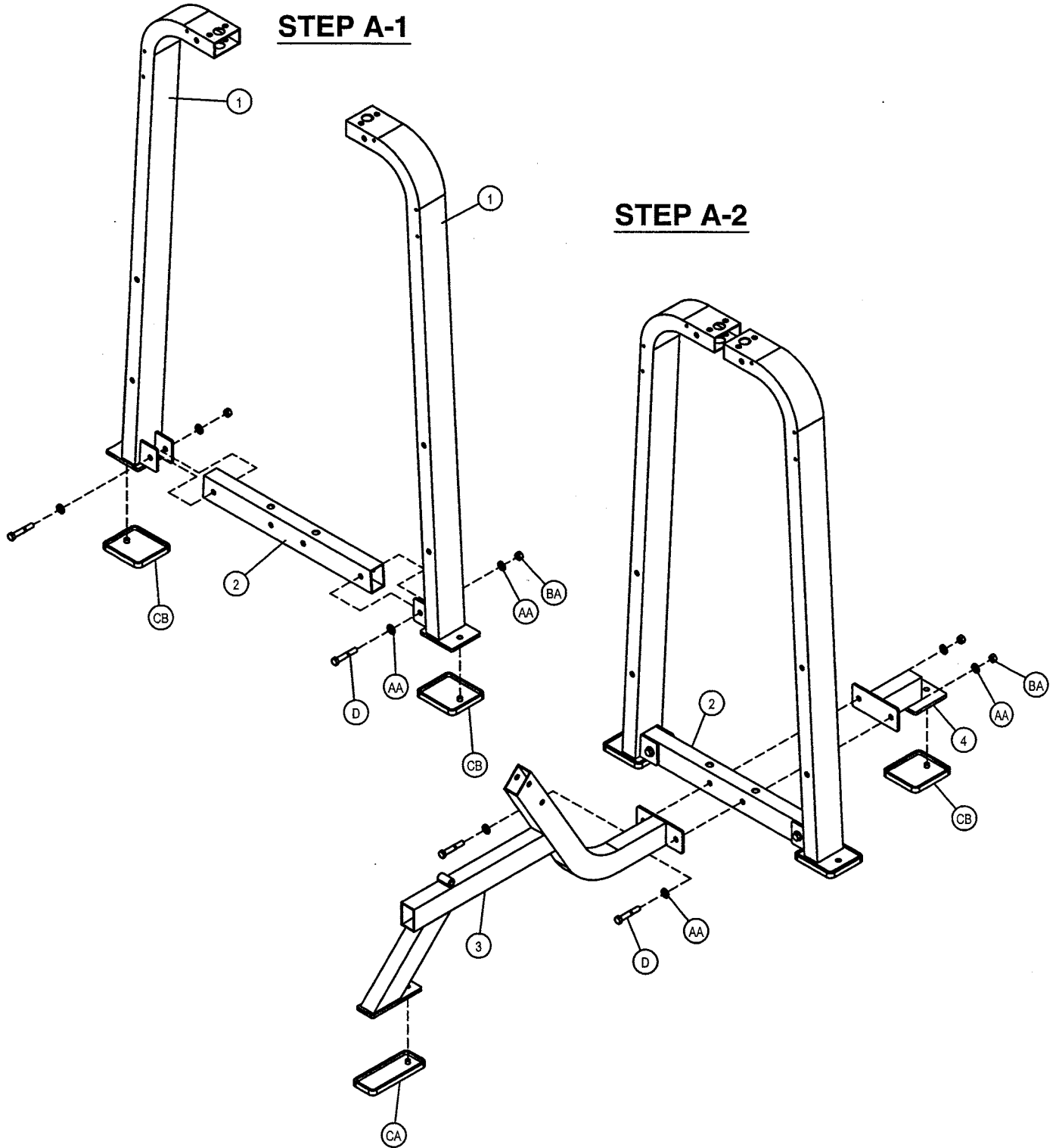
Part Descriptions

- 1 - Frame Upright
- 2 - Lower Frame Cross-Member
- 3 - Lower Frame Assembly
- 4 - Rear Tie

Hardware Descriptions

- D - 3/8-16UNC x 3" HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut (WZ)
- CA - Narrow Rubber Foot Plate
- CB - Rubber Foot Plate

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Step 2b

FRAME ASSEMBLY

Start by sliding both (8)'s through both (CC)'s and slide (8)'s into (2). Tilt both (28)'s forward enough to allow room to slide the weights on. Next Slide all (7)'s, (9)/(10), and (6) onto both (8)'s. Tilt (28)'s back to vertical position. At the same time slide (6) up and attach (1), (5) and (6) as shown in detail A-1. Wrench tighten bolts.

Part Descriptions

- 1 - Frame Upright
- 2 - Lower Frame Cross-Member
- 5 - Upper Frame Bracket
- 6 - Guide Rod Top Plate
- 7 - 12 1/2lb. Intermediate Weight Plate
- 8 - Ø.75" x 60.69" Guide Rod
- 9 - 21 Hole Weight Stem
- 10 - 8 1/4lb Top Plate

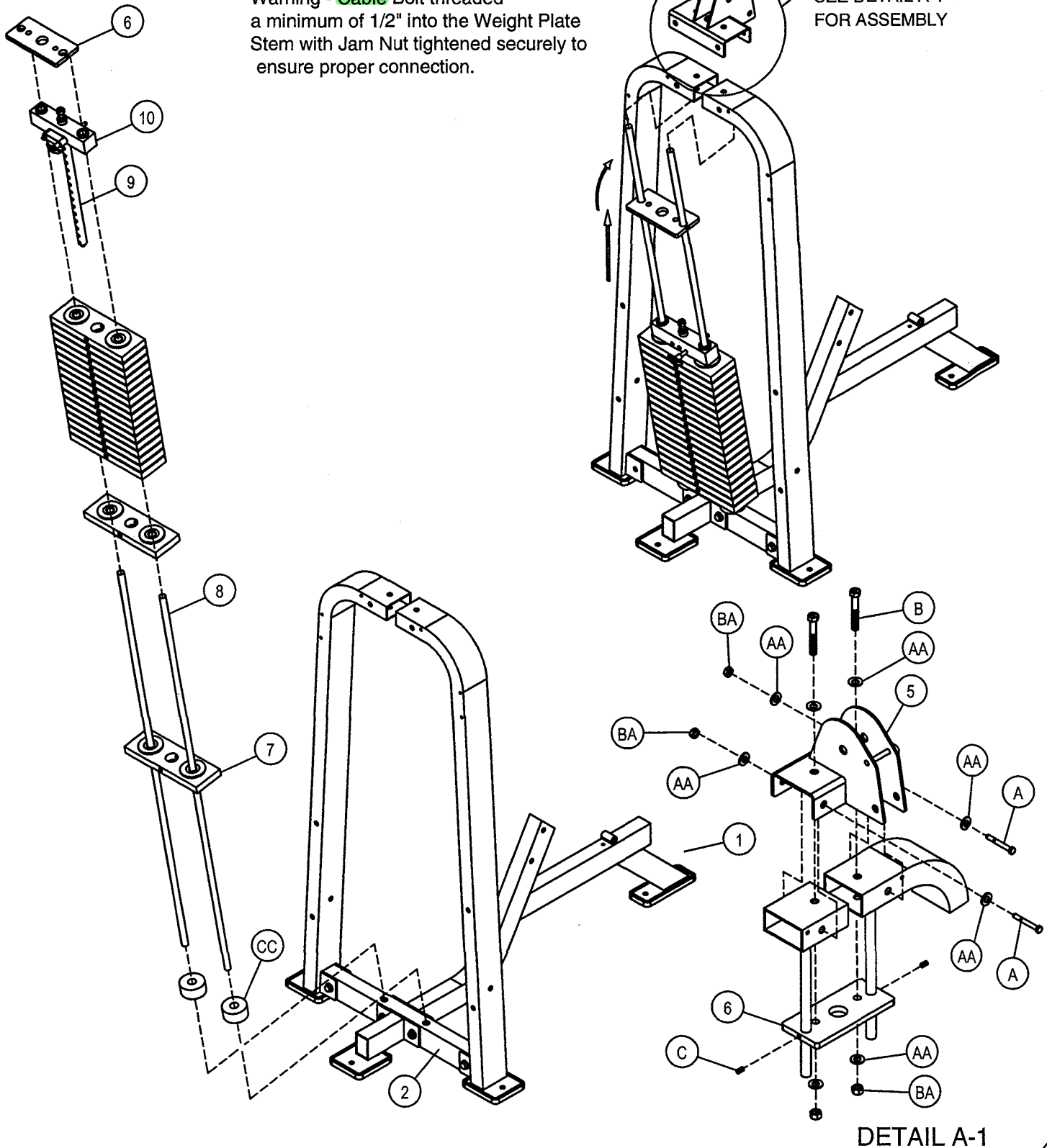
Hardware Descriptions

- A - 1/2-13UNC x 4 3/4" HHB (WZ)
- B - 1/2-13UNC x 3 1/4" HHB (WZ)
- C - 5/16-18 x 5/16 Socket Set Screw (BZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut (WZ)
- CC - Weight Stack Bumper

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Warning - **Cable Bolt** threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

SEE DETAIL A-1
FOR ASSEMBLY



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Step 2c FRAME ASSEMBLY

Start by aligning and securing (12) with both (5) and (3). Next attach and secure both (11)'s to each side of (12) and (3). Wrench tighten bolts.

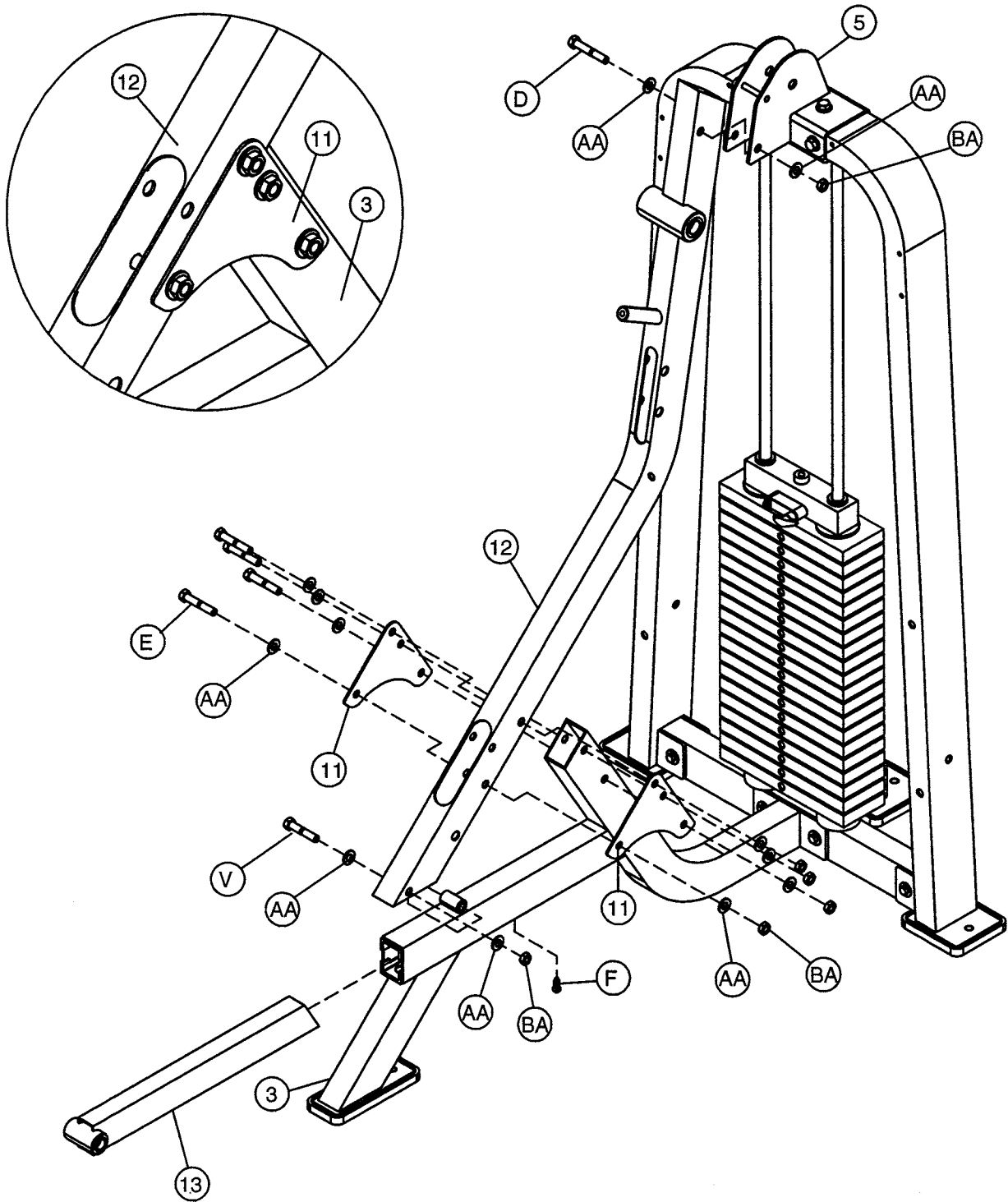
Part Descriptions

- 3 - Lower Frame Assembly
- 5 - Upper Frame Bracket
- 11 - Guesset Plate
- 12 - Middle Upright
- 13 - Slide Tube Assembly

Hardware Descriptions

- D - 1/2-13UNC x 3 HHB (WZ)
- E - 1/2-13UNC x 2 3/4 HHB (WZ)
- F - 3/8-16UNC x 3/4 SHB (BZ)
- V - 1/2-13UNC x 2 1/2 HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 12-13UNC Thin Nylok Nut (WZ)

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Step 2d

FRAME ASSEMBLY

Start by attaching (CF) to (14). Next slide (15) into bottom tube of (14), and attach (14) to (12). Finish by attaching (CF) to (12).
Wrench tighten bolts.

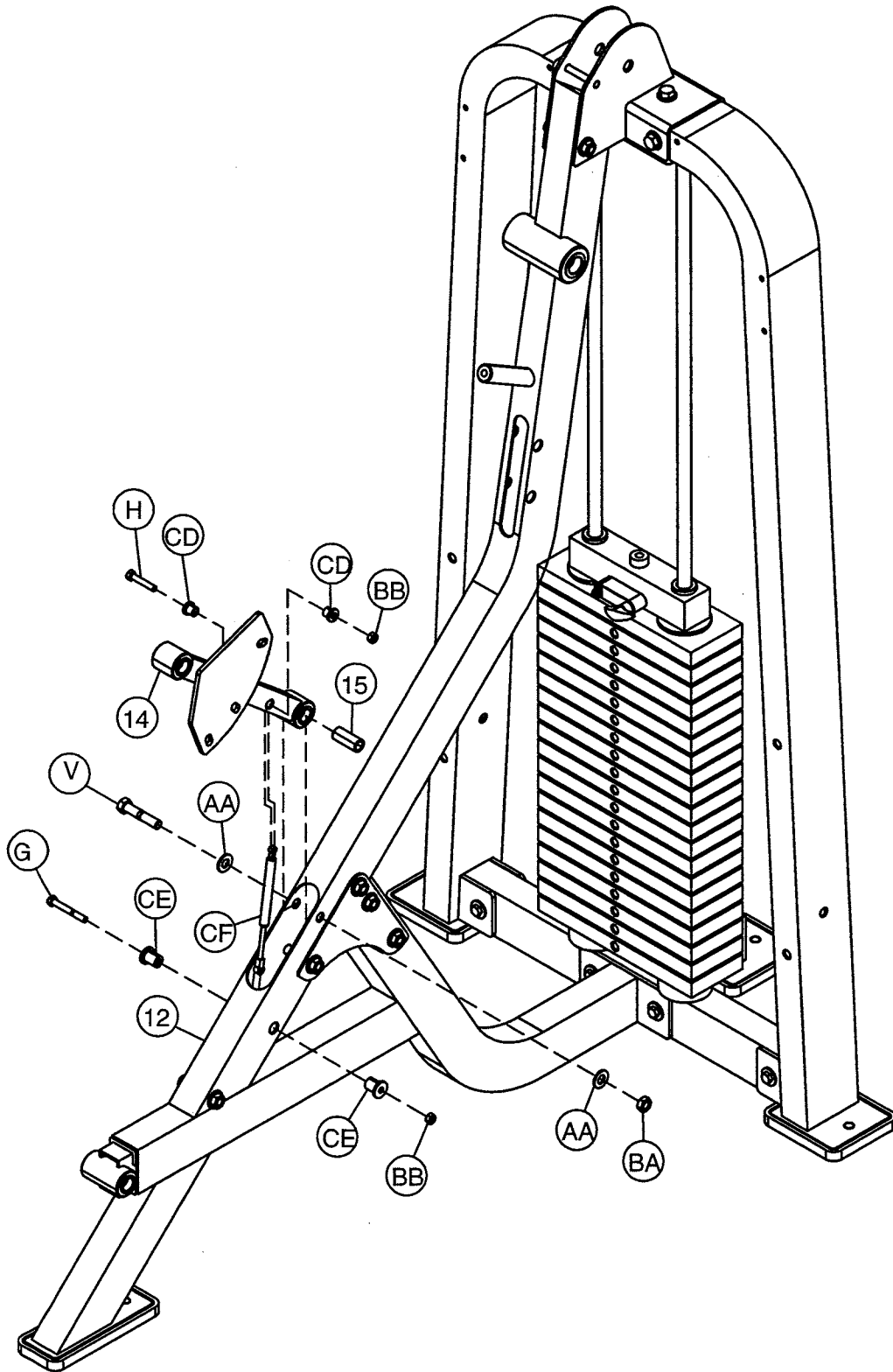
Part Descriptions

- 12 - Middle Upright
- 14 - Back Pad Adjuster
- 15 - Ø.75" x 1.70" lg Axle

Hardware Descriptions

- G - 5/16-18UNC x 2 1/2" HHB (WZ)
- H - 5/16-18UNC x 1 3/4" HHB (WZ)
- V - 1/2-13UNC x 2 1/2" HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut
- BB - 5/16-18UNC Thin Nylok Nut
- CD - .44" Flanged Spacer
- CE - .81" Flanged Spacer
- CF - Gas Shock

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Step 2e

FRAME ASSEMBLY

Start by attaching (16) to (17) as shown in Step E-1. Slide (20) into (12), and both (19)'s into (18). Align (16) and (18) and attach both to (12) as shown in Step E-2. Wrench tighten bolts, then back nut off one half turn or until (18) pivots freely.

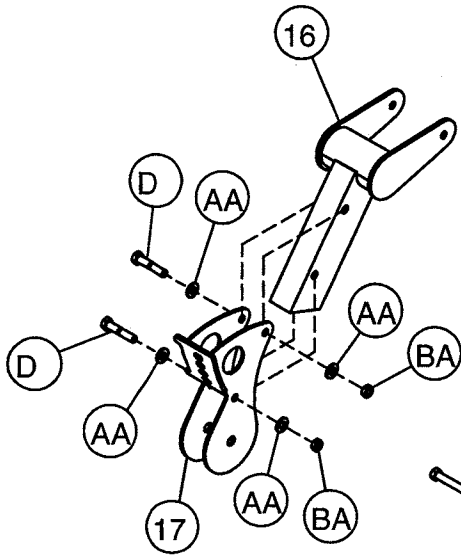
Part Descriptions

- 12 - Middle Upright
- 16 - Range Of Motion Mount
- 17 - Press Arm Range Of Motion
- 18 - Press Arm
- 19 - Ø1.00 x 1.88" lg Shaft
- 20 - Ø1.00 x 4.69" lg Shaft

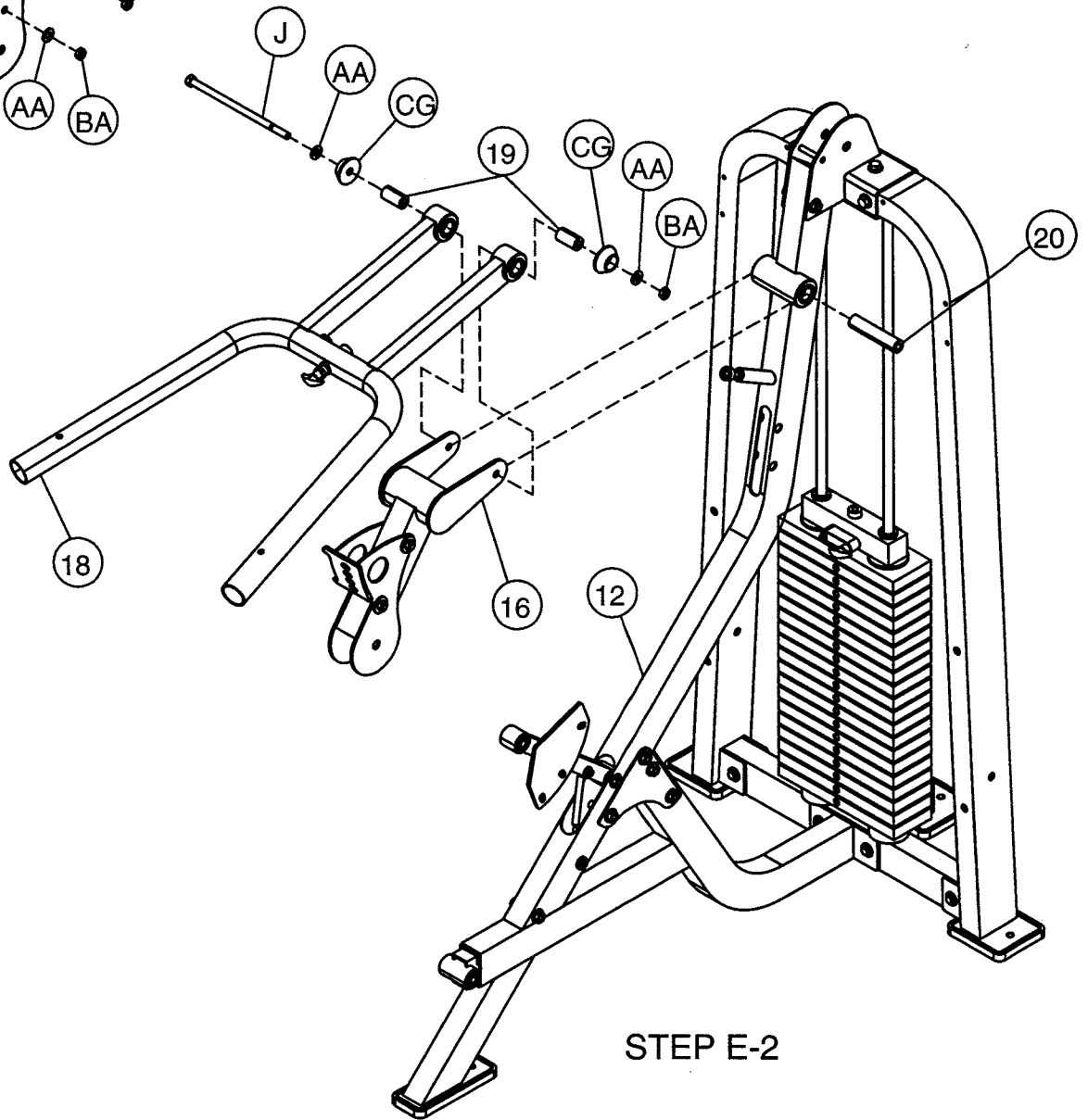
Hardware Descriptions

- D - 1/2-13UNC x 3" HHB (WZ)
- J - 1/2-13UNC x 9 3/4" HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut
- CG - Aluminum Bolt On Cap

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STEP E-1



STEP E-2

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Step 2f

FRAME ASSEMBLY

Start by inserting (22) into (13) and inserting (15) into (14). Next attach (21) to both (14) and (13). *Wrench tighten bolts*, then back both nuts off one half turn or until (21) pivots freely.

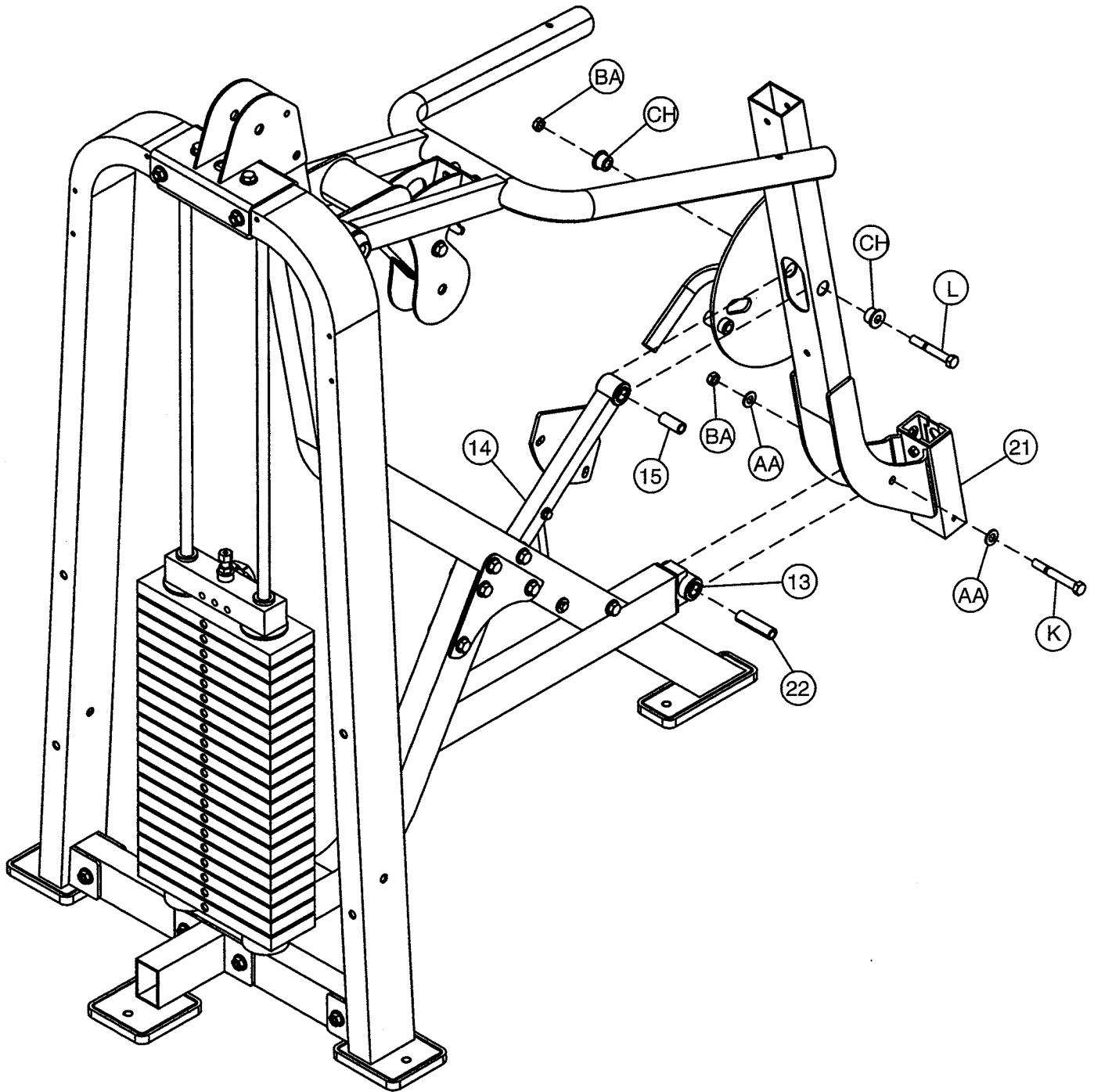
Part Descriptions

- 13 - Slide Tube
- 14 - Back Pad Adjuster
- 15 - Ø.75" x 1.70" lg Axle
- 21 - Seat Assembly Mount
- 22 - Ø.75" x 2.94" lg Axle

Hardware Descriptions

- K - 1/2-13UNC x 4" HHB (WZ)
- L - 1/2-13UNC x 3 3/4" HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut (WZ)
- CH - .65" Flanged Spacer

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Step 2g FRAME ASSEMBLY

Start by inserting (24) into (18) and secure. Repeat with (25) on the other side of (18). Wrench tighten bolts.

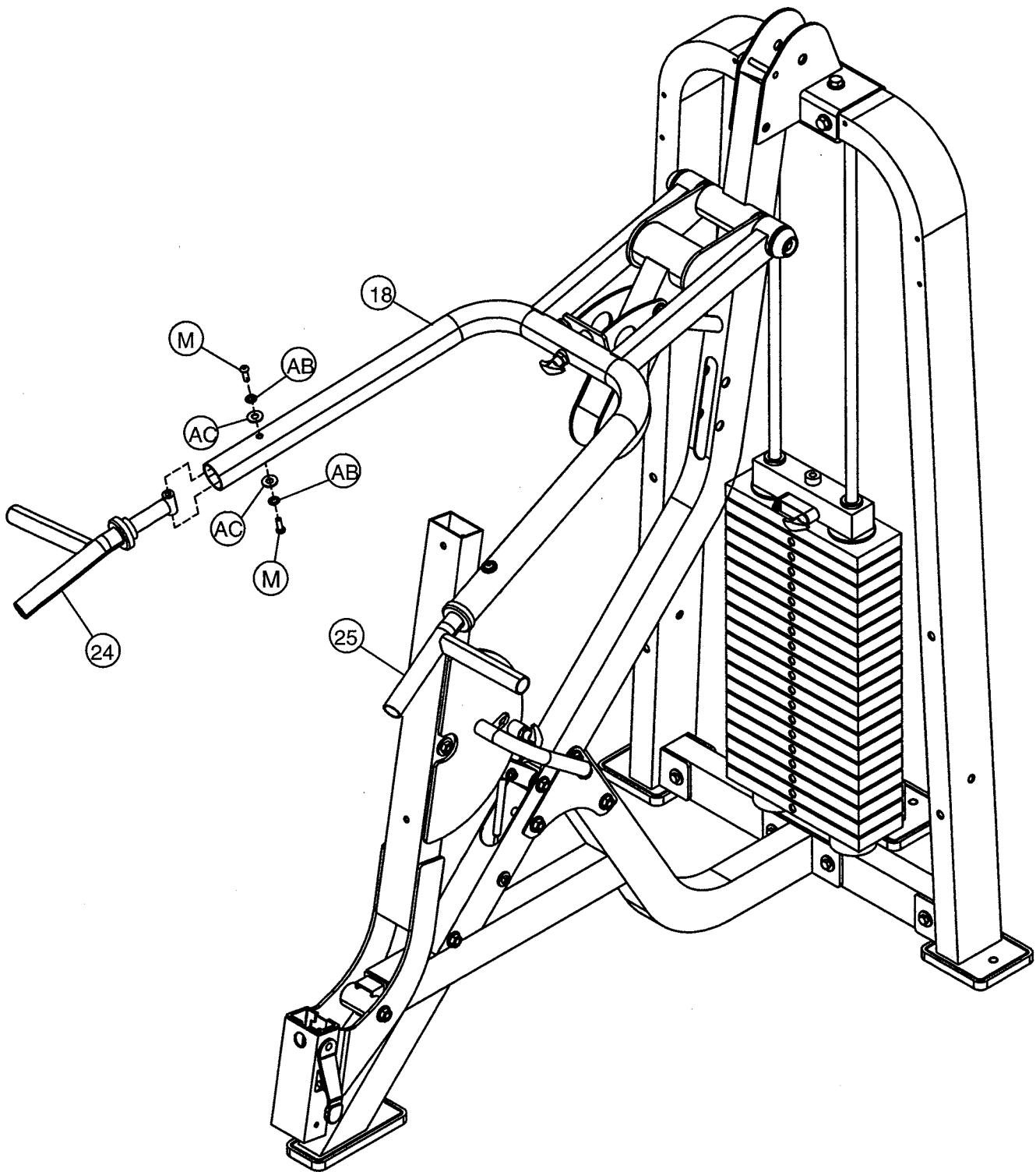
Part Descriptions

- 18 - Press Arm
- 24 - Left Handle
- 25 - Right Handle

Hardware Descriptions

- M - 3/8-16UNC x 3/4" BHB (WZ)
- AB - 3/8-16 Internal Tooth Lock Washer
- AC - 3/8 USS Flat Washer (WZ)

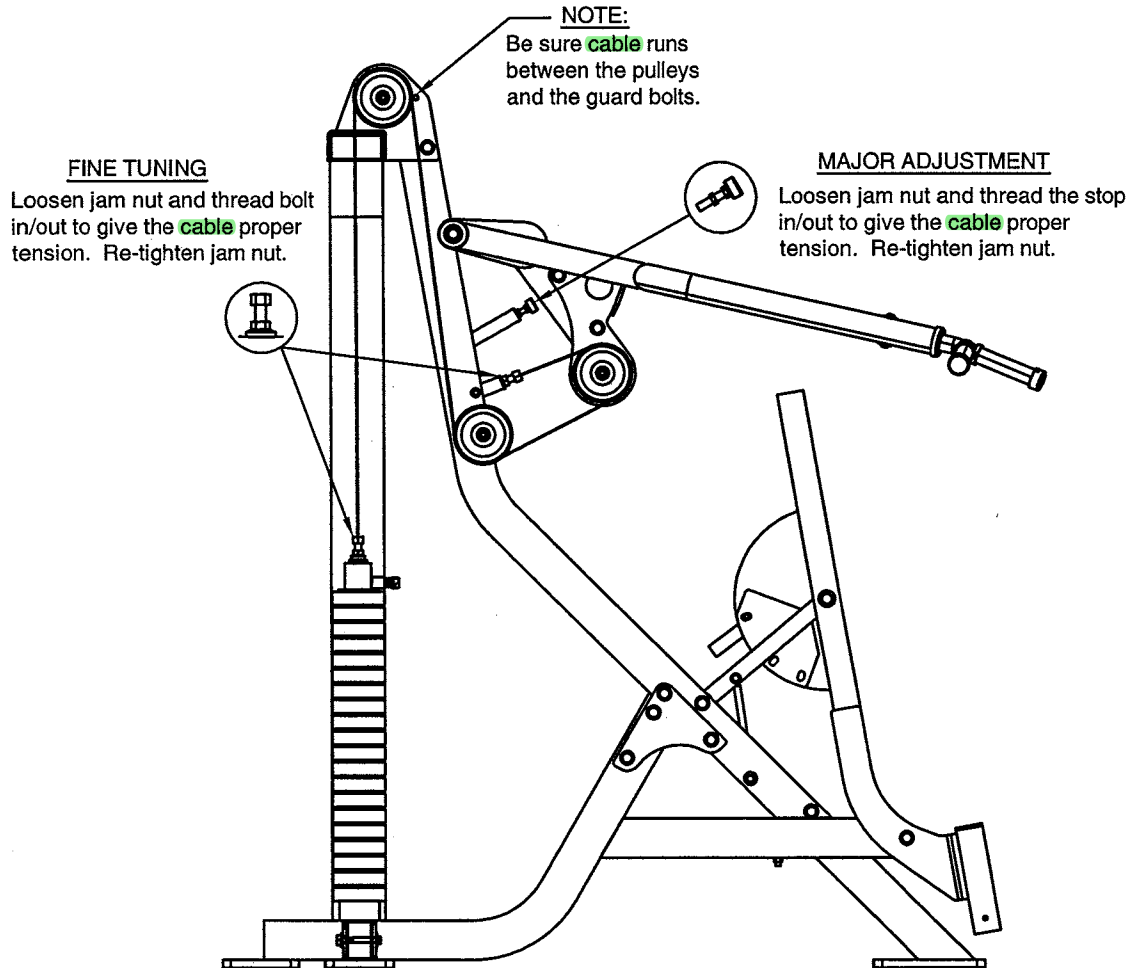
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Step 2g

CABLE #1 INSTALLATION

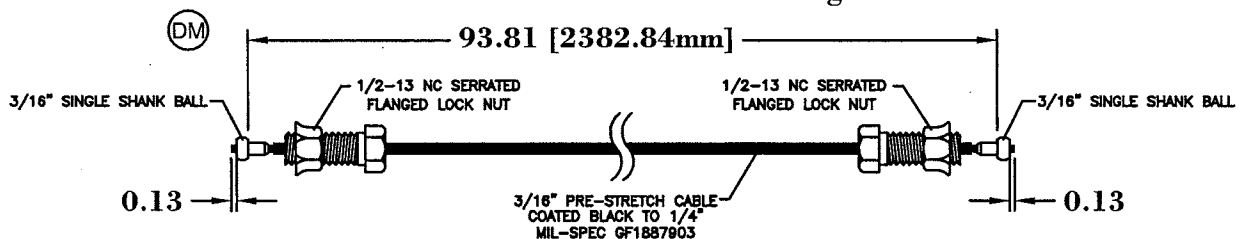


Part Descriptions

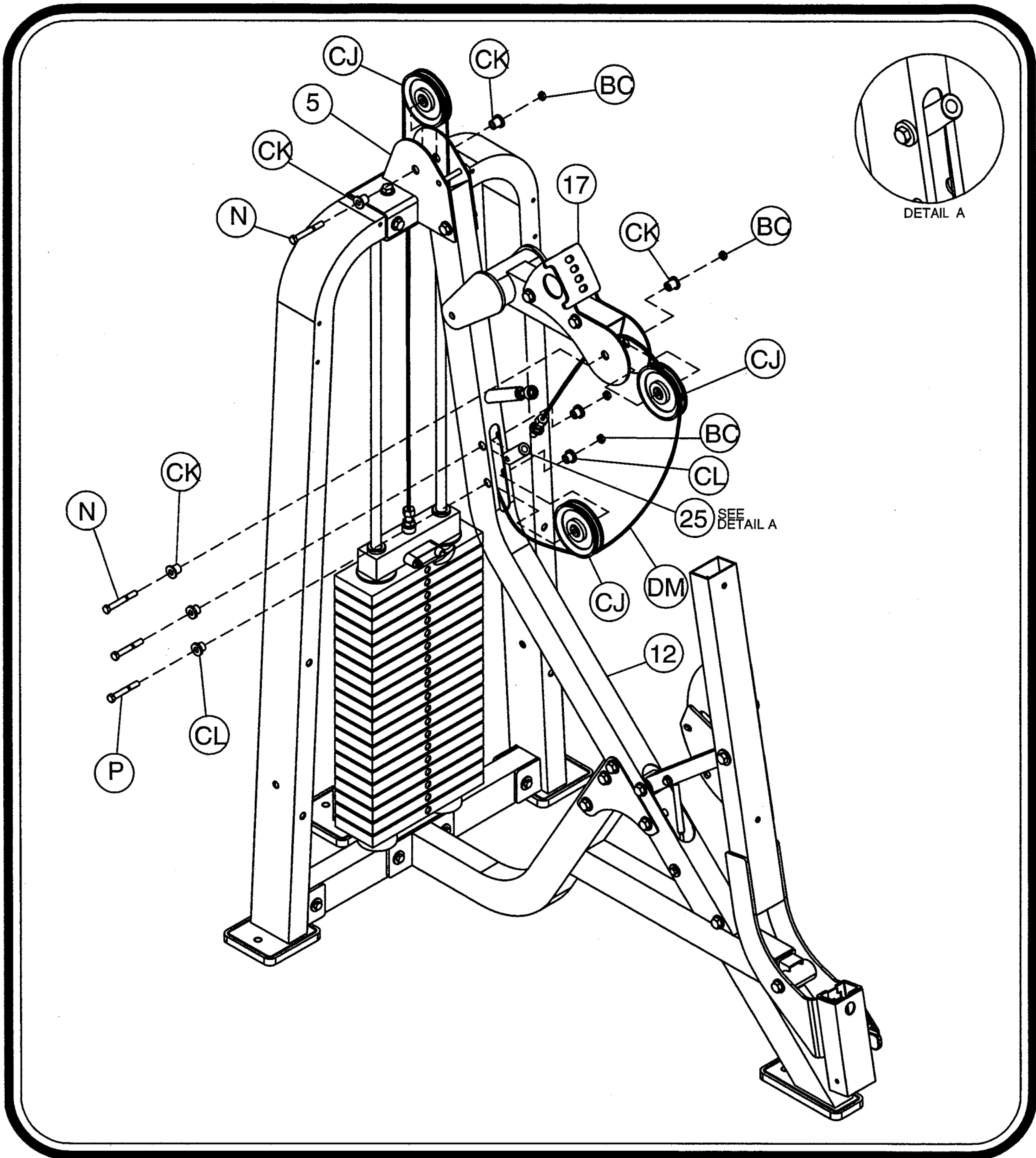
- 5 - Upper Frame Bracket
- 12 - Middle Upright
- 17 - Press Arm Range Of Motion
- 25 - **Cable** Adapter

Hardware Descriptions

- N - 3/8-16UNC x 3" HHB (WZ)
- P - 3/8-16UNC x 2 1/2" HHB (WZ)
- BC - 3/8-16UNC Thin Nylok Nut (WZ)
- CJ - 4 1/2" **Cable** Pulley
- CK - 1 1/16" Flanged Pulley Spacer
- CL - 1/2" Flanged Pulley Spacer
- DM - Weight Stack **Cable**



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Step 2i

FRAME ASSEMBLY

Start by attaching (27) to both (1)'s. Next attach (28) to (26) and insert into (21). Next attach (29) to (21). Finish by attaching (CN) and (CO) to the respective (1). Wrench tighten bolts.

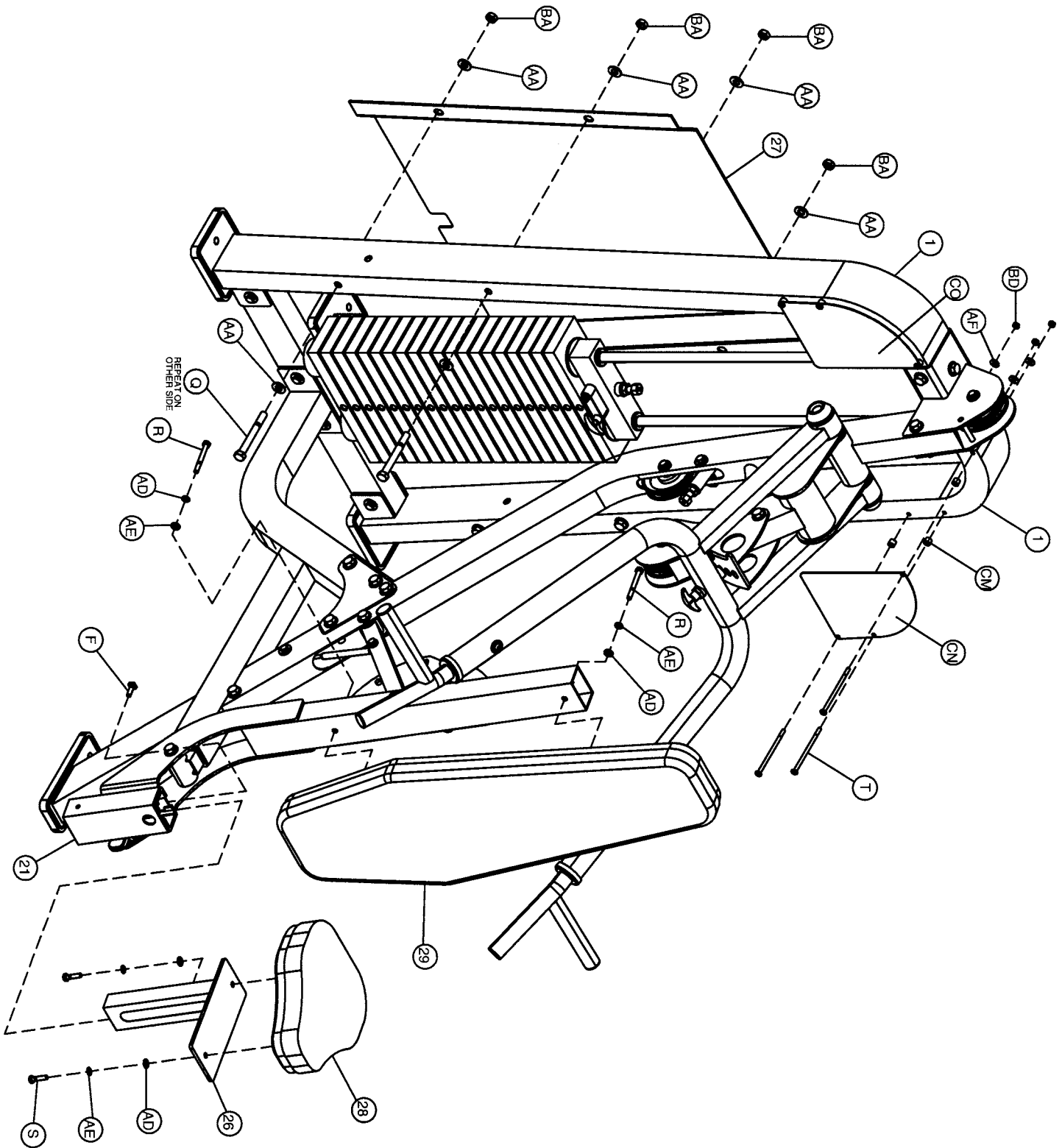
Part Descriptions

- 1 - Frame Upright
- 21 - Seat Assembly Mount
- 26 - Seat Mount
- 27 - Weight Sheild
- 28 - Seat Pad
- 29 - Back Pad

Hardware Descriptions

- F - 3/8-16UNC x 3/4" Square Head Bolt (BZ)
- Q - 1/2-12UNC x 4 1/2" HHB (WZ)
- R - 5/16-18UNC x 3" HHB (WZ)
- S - 5/16-18UNC x 1 1/4" HHB (WZ)
- T - 1/4-20UNC x 5" BBH (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AD - 5/16" USS Flat Washer (WZ)
- AE - 5/16" Internal Tooth Lock Washer
- AF - 1/4" USS Flat Washer (WZ)
- BA - 1/2-UNC Thin Nylok Nut (WZ)
- BD - 1/4-20UNC Thin Nylok Nut (WZ)
- CM - Plastic Spacer
- CN - Right Placard
- CO - Left Placard

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PRE-ASSEMBLY

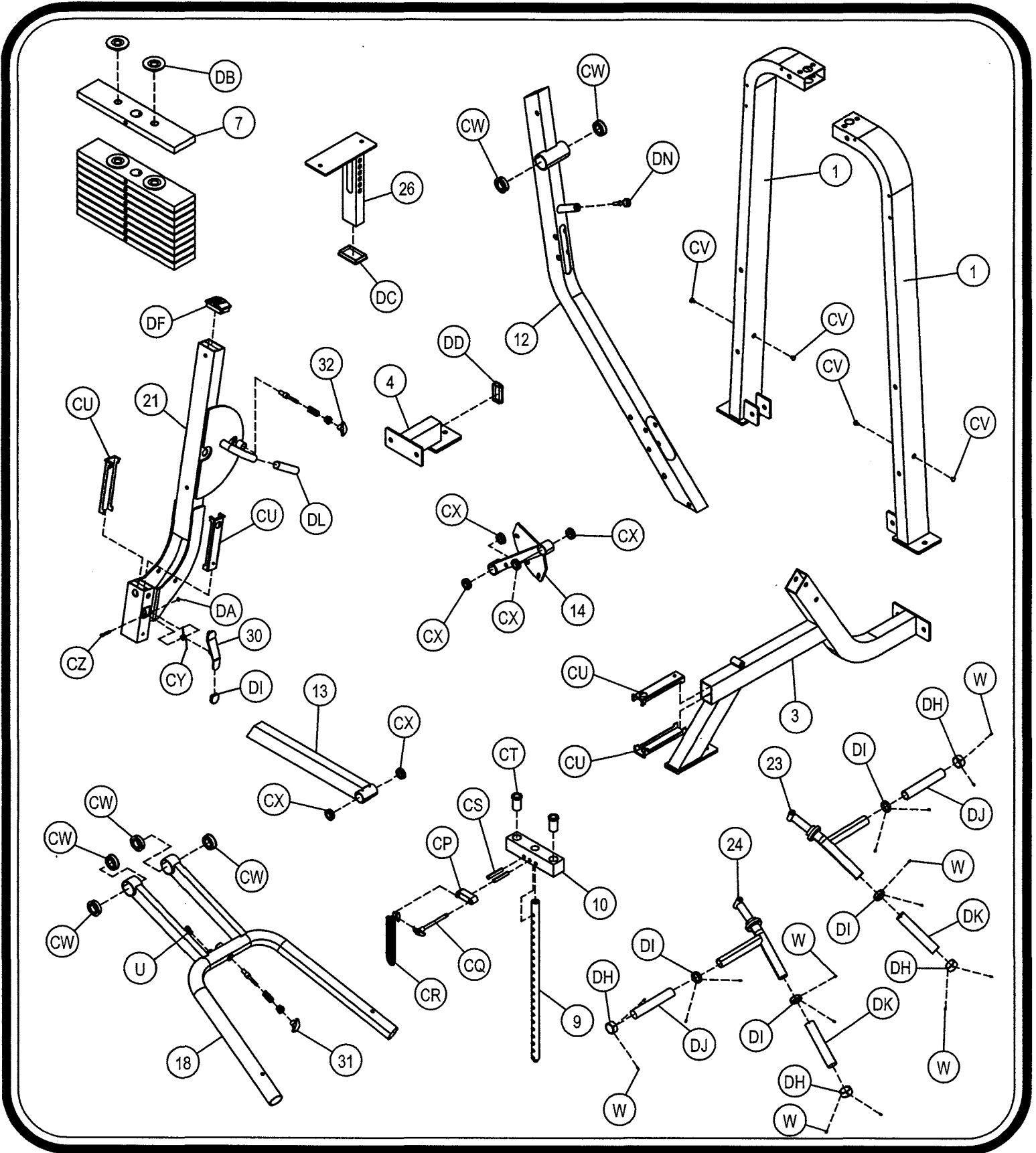
Part Descriptions

- 1 - Frame Upright
- 3 - Lower Frame Assembly
- 4 - Rear Tie
- 7 - 12 1/2lb Intermediate Weight Plate
- 9 - Weight Stack Stem
- 10 - 8 1/4lb Top Plate
- 12 - Middle Upright
- 13 - Slide Tube Assembly
- 14 - Back Pad Adjuster
- 18 - Press Arm
- 21 - Seat Assembly Mount
- 23 - Right Handle
- 24 - Left Handle
- 26 - Seat Assembly
- 30 - Seat Latch
- 31 - 1/2" Long Pull Pin (Hardened)
- 32 - 1/2" Short Pull Pin

Hardware Descriptions

- U - 3/8-16UNC x 3/4" SHB (WZ)
- W - 10-32 x 1/8" Set Screw
- CP - Lanyard/Selector Pin Stand Off
- CQ - Selector Pin
- CR - lanyard Coil
- CS - Ø7/16 x 2 3/4" Roll Pin
- CT - Guide Rod Bushing
- CU - Glide Sleeve
- CV - Plug
- CW- 1" Flanged Ball Bearing
- CX - .75" Flanged Ball Bearing
- CY - Latch Spring
- CZ - Latch Pin
- DA - C-Clip
- DB - Weight Stack Bushing
- DC - 1 1/2" x 2 1/2" End Cap
- DD - 2" x 3" End Cap
- DF - 2" x 3" Bullnose End Cap (H)
- DG - Rubber Thumb Latch
- DH - Ø1.55" x .75" Aluminum Cap
- DI - Ø1.55" x .375" Aluminum Ring
- DJ - Ø1.188 I.D. x 4.625 Grip
- DK - Ø1.188 I.D. x 5.625 Grip
- DL - 1.00" x 5.00" Closed End Grip
- DN - Adjustable Stop

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X0864	FRAME UPRIGHT
2	1	026-01T0545	LOWER FRAME CROSS-MEMBER
3	1	026-01X1454	LOWER FRAME ASSEMBLY
4	1	026-01X0817	REAR TIE
5	1	026-01X0866	UPPER FRAME BRACKET
6	1	026-01P0819	GUIDE ROD TOP PLATE
7	20	026-01SW101	12 1/2LB INTERMEDIATE WEIGHT PLATE
8	2	026-01G0159	Ø.75" x 60.69" GUIDE ROD
9	1	026-01G0109	WEIGHT STEM
10	1	026-1300034	8 1/4LB TOP PLATE
11	2	026-01P0796	GUESSET PLATE
12	1	026-01X1455	MIDDLE UPRIGHT
13	1	026-01X1467	SLIDE TUBE ASSEMBLY
14	1	026-01X1460	BACK PAD ADUSTER
15	2	026-01M0786	Ø.75" x 1.70" LG AXLE
16	1	026-01X1461	ROM MOUNT
17	1	026-01X1466	PRESS ARM RANGE OF MOTION
18	1	026-01X1456	PRESS ARM
19	2	026-01M0785	Ø1.00" x 1.88" LG SHAFT
20	1	026-01M0784	Ø1.00" x 4.69" LG SHAFT
21	1	026-01X1459	SEAT ASSEMBLY MOUNT
22	1	026-01M0787	Ø.75" x 2.94" LG SHAFT
23	1	026-01X1458	RIGHT HANDLE
24	1	026-01X1457	LEFT HANDLE
25	1	026-01M0586	CABLE ADAPTER
26	1	026-01X1464	SEAT MOUNT
27	1	026-1100089	WIEGHT SHEILD
28	1	026-01PD0042A	SEAT PAD
29	1	026-01PD0111A	BACK PAD
30	1	026-01X0158	SEAT LATCH
31	1	026-01X1488	1/2" LONG PULL PIN (HARDENED)
32	1	026-01X0185	1/2" SHORT PULL PIN

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HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	2	011-0407055	1/2-13UNC x 4 3/4" HHB (WZ)
B	2	011-0407036	1/2-13UNC x 3 1/4" HHB (WZ)
C	2	011-0311012	5/16-18UNC x 5/16 Socket Set Screw (BZ)
D	7	011-0407016	1/2-13UNC x 3" HHB (WZ)
E	4	011-0407024	1/2-13UNC x 2 3/4" HHB (WZ)
F	2	011-0311013	3/8-16UNC x 3/4" Square Head Bolt (BZ)
G	1	011-0407041	5/16-18UNC x 2 1/2" HHB (WZ)
H	1	011-0407056	5/16-18UNC x 1 3/4" HHB (WZ)
J	1	011-0407065	1/2-13UNC x 9 3/4" HHB (WZ)
K	1	011-0407047	1/2-13UNC x 4" HHB (WZ)
L	1	011-0407019	1/2-13UNC x 3 3/4" HHB (WZ)
M	4	011-0101041	3/8-16UNC x 3/4" BHB (WZ)
N	2	011-0407026	3/8-16UNC x 3" HHB (WZ)
P	2	011-0007048	3/8-16UNC x 2 1/2" HHB (WZ)
Q	4	011-0207030	1/2-13UNC x 4 1/2" HHB (WZ)
R	2	011-0407030	5/16-18UNC x 3" HHB (WZ)
S	2	011-0407053	5/16-18UNC x 1 1/4" HHB (WZ)
T	6	011-0101074	1/4-20UNC x 5" BHB (WZ)
U	1	011-0101005	3/8-16UNC x 3/4" SHB (WZ)
V	2	011-0407018	1/2-13UNC x 2 1/2 HHB (WZ)
W	8	011-0311005	10-32 x 1/8" Set Screw
AA	46	013-0102003	1/2" SAE Flat Washer (WZ)
AB	4	013-0102022	3/8" Internal Tooth Lock Washer
AC	4	013-0002004	3/8" USS Flat Washer (WZ)
AD	4	013-0002001	5/16" USS Flat Washer (WZ)
AE	4	013-0102021	5/16" Lock Washer (WZ)
AF	6	013-0002003	1/4" USS Flat Washer (WZ)
BA	24	012-0304011	1/2-13UNC Nylok Nut (WZ)
BB	2	012-0102006	5/16-18UNC Nylok Nut (WZ)
BC	4	012-0104008	3/8-16UNC Nylok Nut (WZ)
BD	6	012-0104009	1/4-20UNC Nylok Nut (WZ)
CA	1	026-01PL296	Narrow Rubber Foot Plate
CB	3	026-01PL195	Rubber Foot Plate
CC	2	019-0001005	Weight Stack Bumper
CD	2	026-01M0789	.44" Flanged Spacer
CE	2	026-01M0788	.81" Flanged Spacer
CF	1	020-0006003	Gas Shock
CG	2	026-01M0519	Aluminum Cap
CH	2	026-01M0780	.65" Flanged Spacer
CJ	3	018-0001003	4 1/2" Cable Pulley
CK	4	026-01M0532	11/16" Flanged Pulley Spacer
CL	4	026-01M0760	1/2" Flanged Pulley Spacer
CM	6	026-01PL290	Plastic Spacer
CN	1	021-0013145	Right Placard
CO	1	021-0013144	Left Placard
CP	1	026-01PL291	Lanyard/Selector Pin Stand off
CQ	1	026-01M0134	Selector Pin
CR	1	010-0008001	Lanyard Coil
CS	2	030-030310	Ø7/16" x 2 3/4" Roll Pin
CT	2	026-01PL134	Guide Rod Bushing
CU	4	026-01PL125	Glide Sleeve
CV	4	026-STD-06-03029	Plug
CW	6	014-0009007	Ø1.00" Flanged Ball Bearing
CX	6	014-0005001	Ø0.75" Flanged Ball Bearing
CY	1	026-01M0503	Latch Spring
CZ	1	026-01M0309	Latch Pin
DA	1	014-0015001	C-Clip
DB	40	026-01W0122	Intermediate Weight Bushing
DC	1	016-0001003	1 1/2" x 2 1/2" End Cap
DD	1	016-0201015	2" x 3" End Cap
DF	1	026-01PL192RH	2" x 3" End Cap Horizontal
DG	1	026-01PL239	Rubber Thumb Latch
DH	4	026-01M0391	Ø1.55" x .75 Aluminum Cap
DI	4	026-01M0392	Ø1.55" x .375 Aluminum Ring
DJ	2	026-01PL235-21	Ø1.188 I.D. x 4.625 Grip
DK	2	026-01PL235-22	Ø1.188 I.D. x 5.625 Grip
DL	1	06-0042	Ø1.00 x 5.00" Closed End Grip
DM	1	026-01SC278	Weight Stack Cable
DN	1	05-017	Adjustable Stop

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

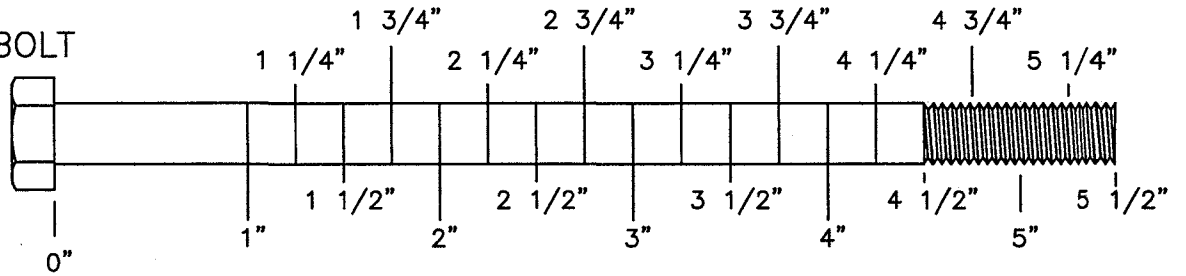
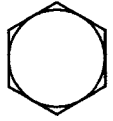
BHS = Button Head Screw

SHS = Socket Head Screw

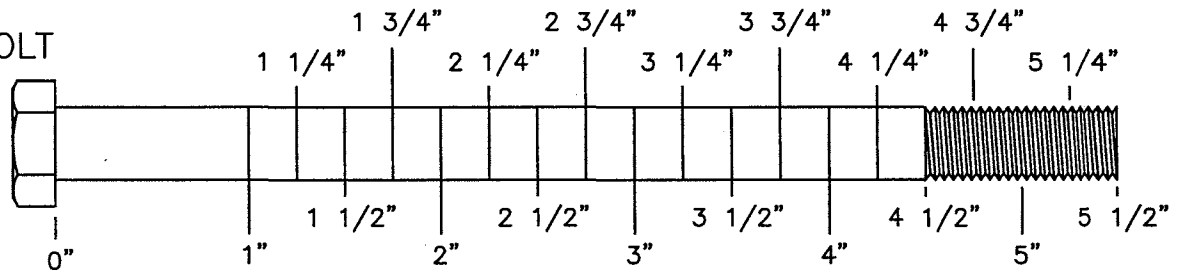
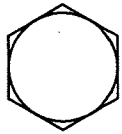
HHB = Hex Head Bolt

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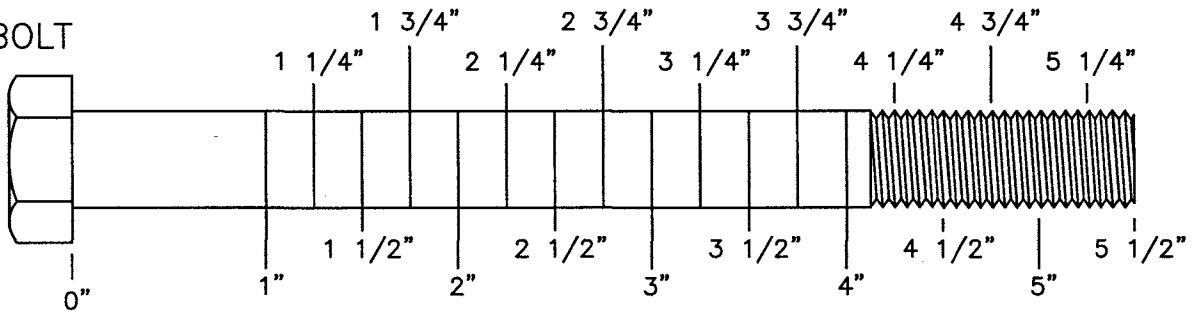
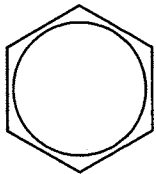
5/16" HEX BOLT



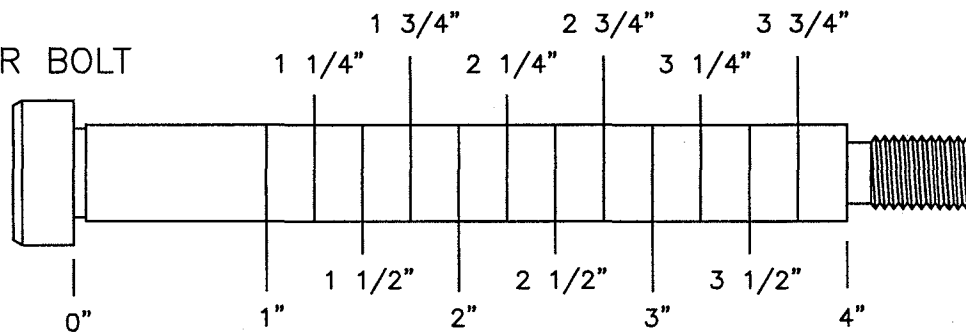
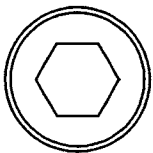
3/8" HEX BOLT



1/2" HEX BOLT

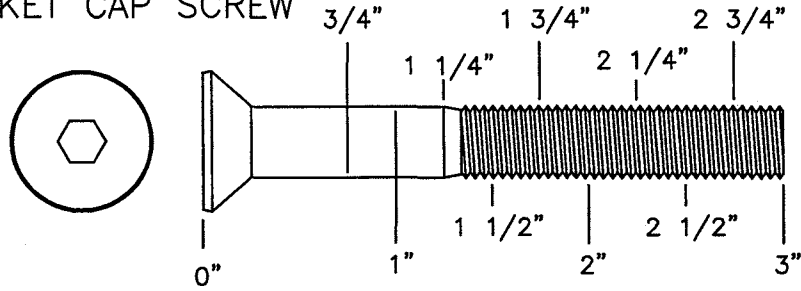


1/2" SHOULDER BOLT

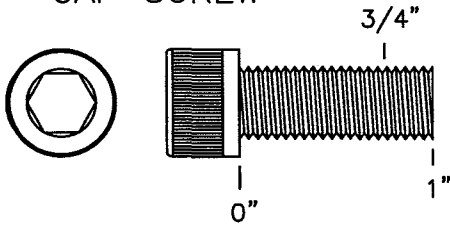


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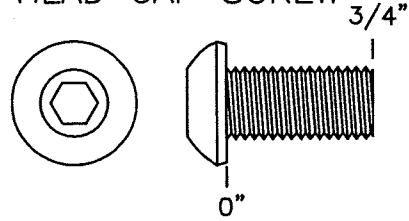
3/8" FLATHEAD
SOCKET CAP SCREW



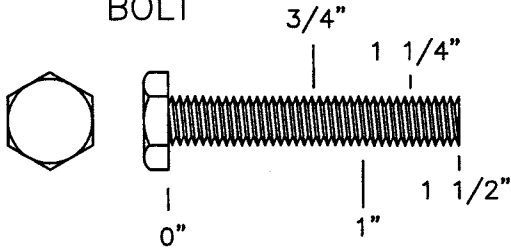
3/8" SOCKET
CAP SCREW



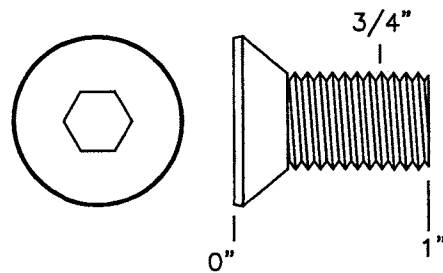
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

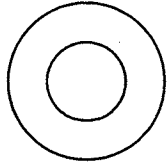


1/2" FLATHEAD
SOCKET CAP SCREW

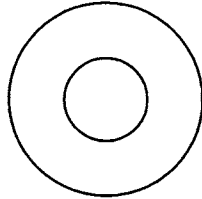


OWNERS MANUAL

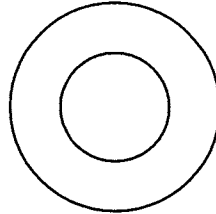
5/16"
FLAT WASHER
LARGE, USS, 25mm



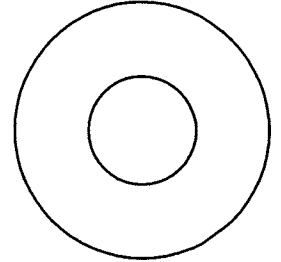
3/8"
FLAT
WASHER



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



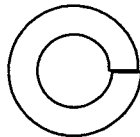
1/2"
FLAT WASHER
LARGE, USS, 34mm



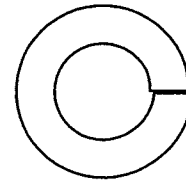
1/4"
LOCK WASHER



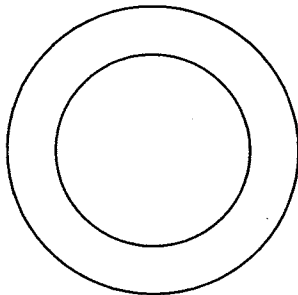
3/8"
LOCK WASHER



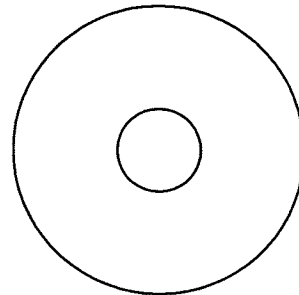
1/2"
LOCK WASHER



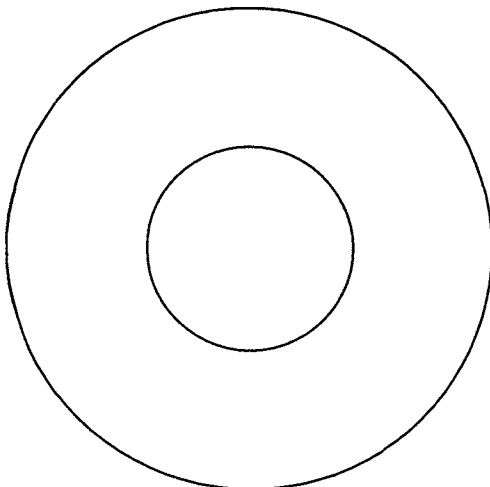
1" SHIM WASHER



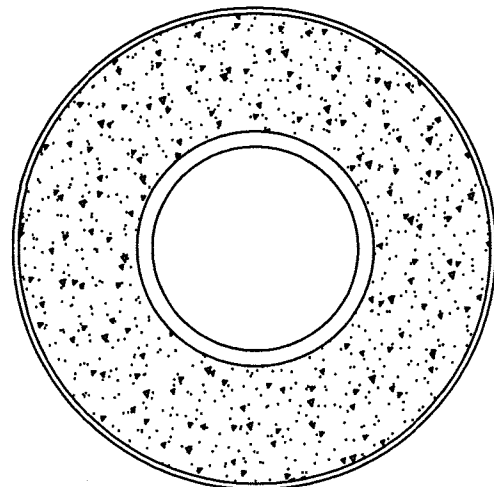
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

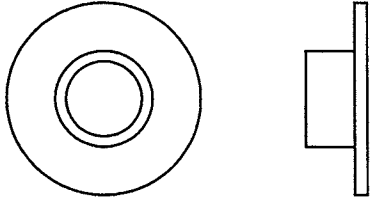


PLASTIC 1 1/16"
FENDER WASHER

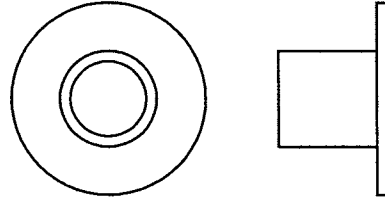


OWNERS MANUAL

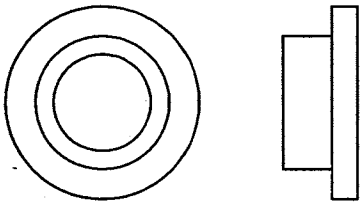
1/4" LONG
FLANGED SPACER



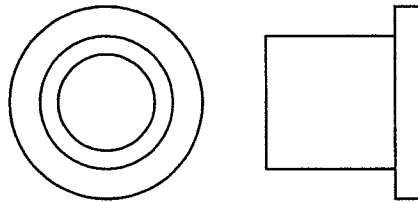
1/2" LONG
FLANGED SPACER



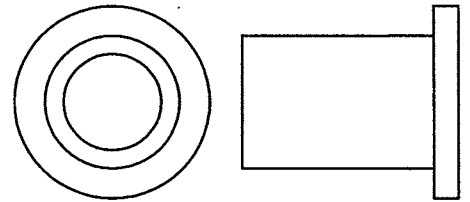
1/4" LONG HEAVY
FLANGED SPACER



11/16" LONG HEAVY
FLANGED SPACER



1" LONG HEAVY
FLANGED SPACER



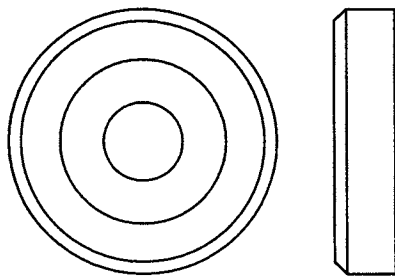
1/2" LONG
SPACER



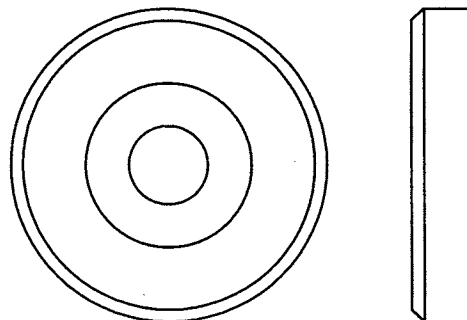
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP

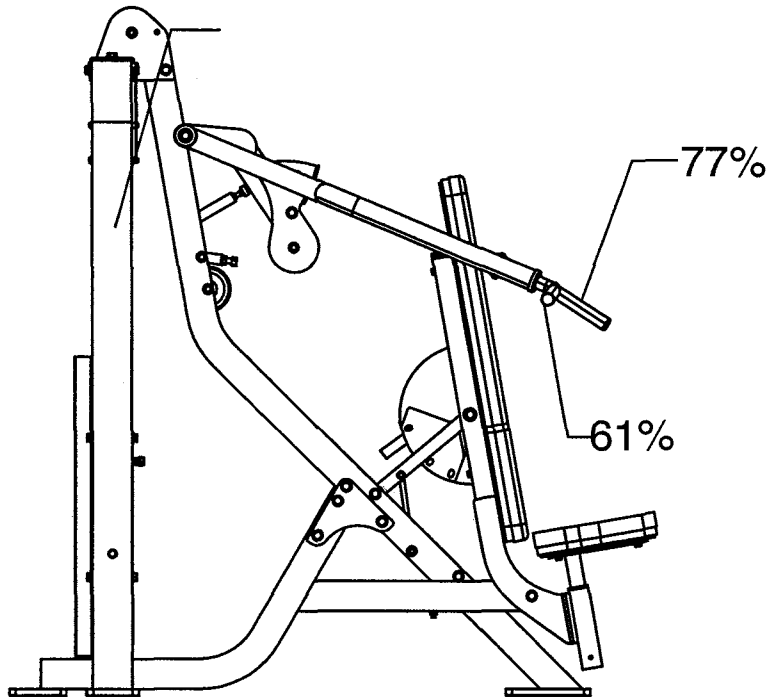


1 5/8" ALUMINUM
FLATHEAD CAP



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WEIGHT RATIOS



	Neutral Grips	Horizontal Grips
13	(13) 1	8
26	(12 1/2) 2	17
38	12 1/2 3	25
51	(12 1/2) 4	33
63	(12 1/2) 5	41
76	(12 1/2) 6	49
88	(12 1/2) 7	57
101	(12 1/2) 8	66
113	(12 1/2) 9	73
126	(12 1/2) 10	82
138	(12 1/2) 11	90
151	(12 1/2) 12	98
163	(12 1/2) 13	106
176	(12 1/2) 14	114
188	(12 1/2) 15	122
201	(12 1/2) 16	131
213	(12 1/2) 17	138
226	(12 1/2) 18	147
238	(12 1/2) 19	155
251	(12 1/2) 20	163
263	(12 1/2) 21	171

Selected Weight (lbs) | Actual Weight Lifted (lbs) | Actual Weight Lifted (lbs)

The above chart shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. 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. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

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WEIGHT TRAINING TIPS

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.

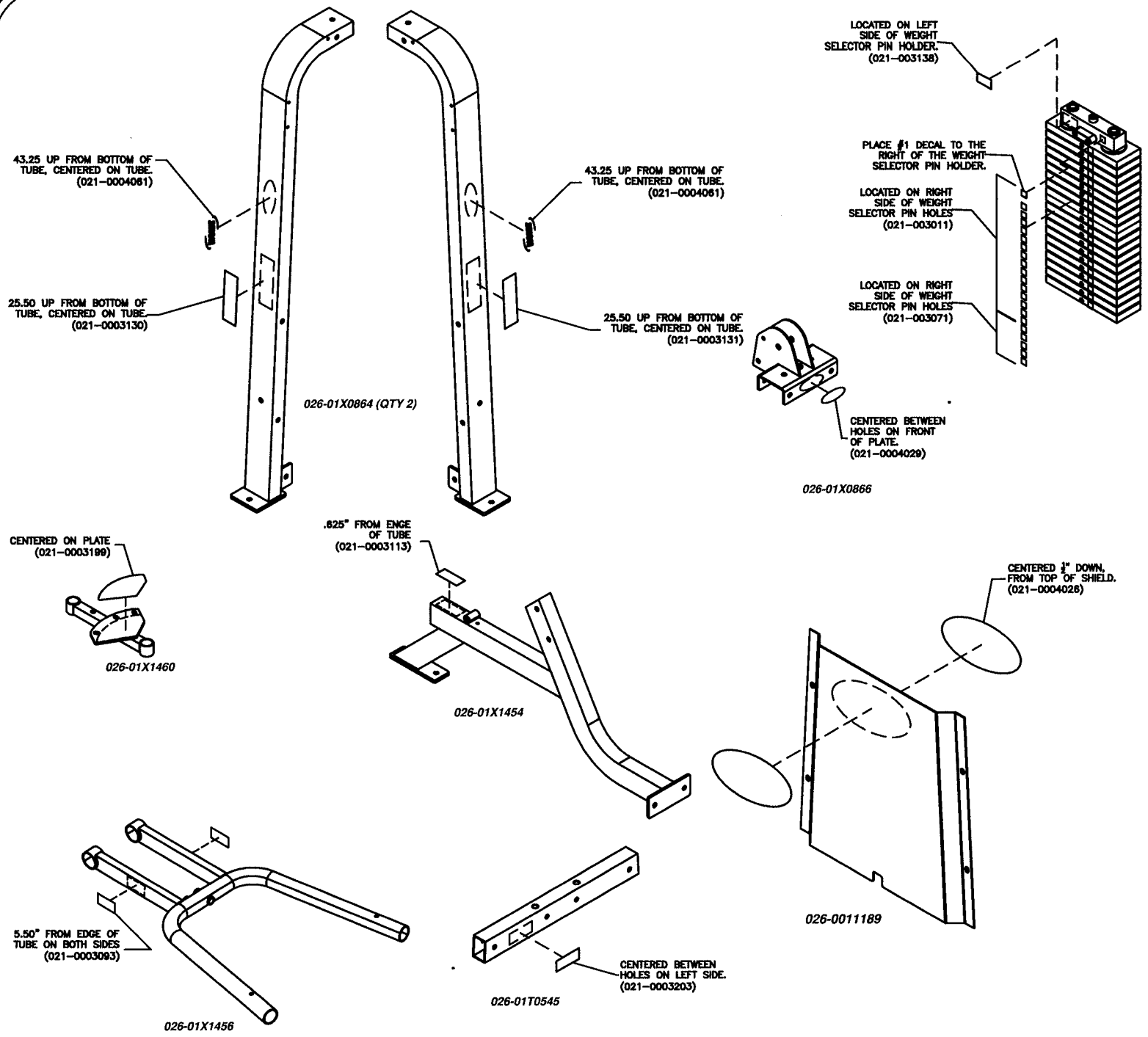
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

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DECAL PLACEMENTS



OWNERS MANUAL

DECAL REFERENCE



1-800-548-5438
www.hoistfitness.com
03-02-000000

021-0003203

HOIST®

021-0004029

HOIST®

021-0004061

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 HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months or	Yearly
Inspect; Links, Pull Pins, Soap 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 Steeves, Turcite Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

NOTICE

021-0003131

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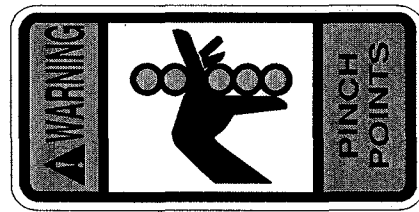
DECAL REFERENCE

HOIST[®]

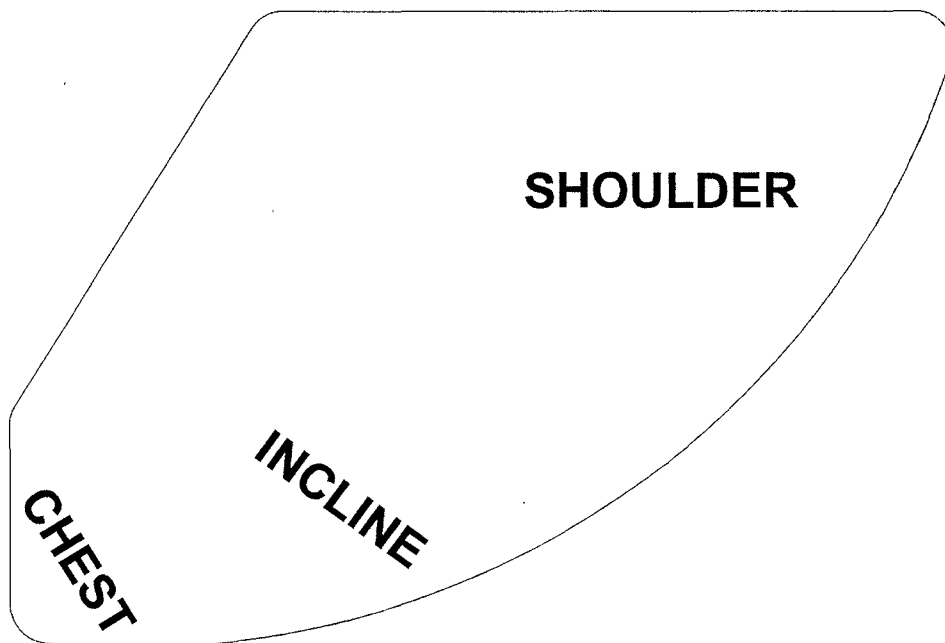
021-0004026



021-0003093



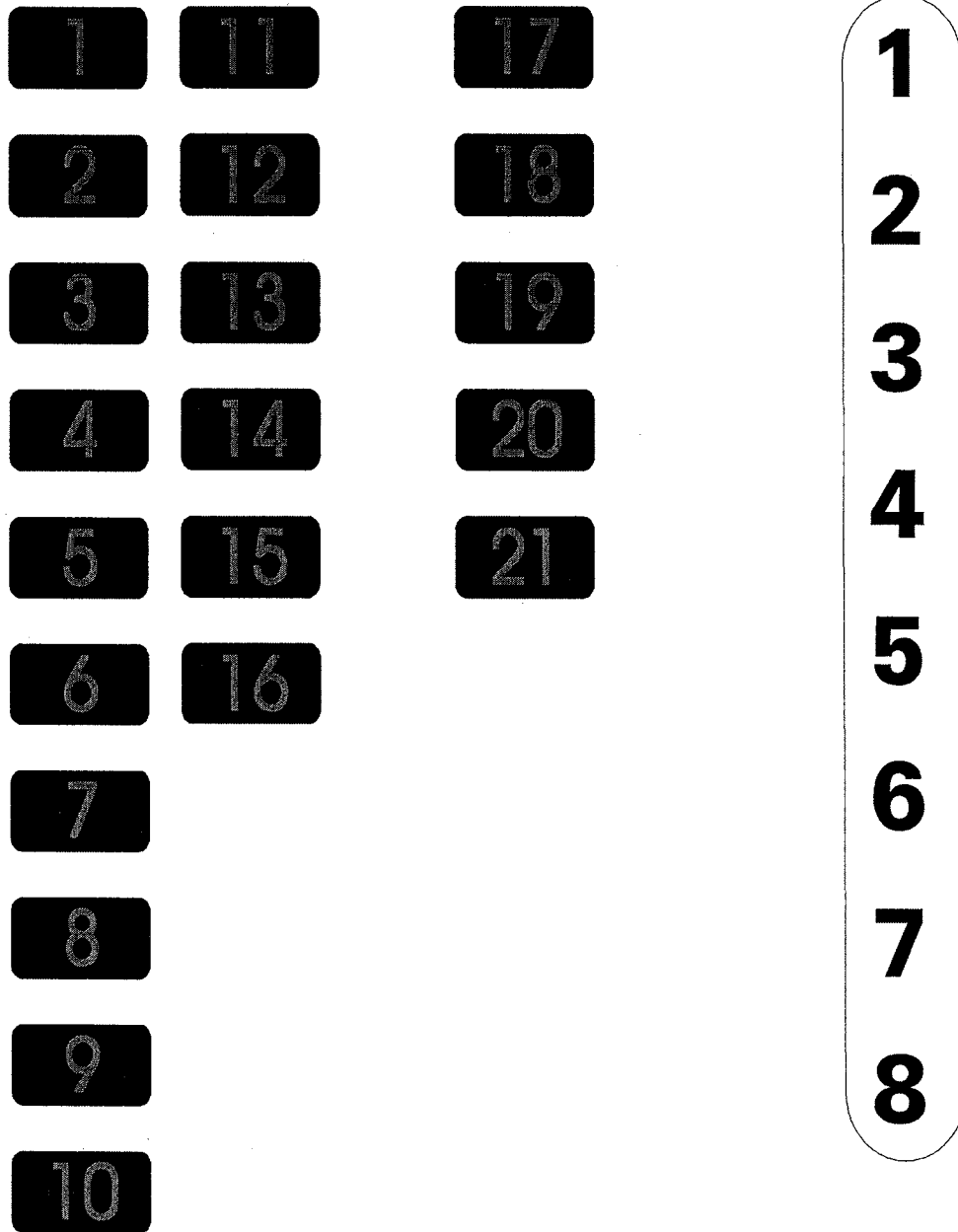
021-0003113



021-0003199

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DECAL REFERENCE



021-0003011

021-0003071

021-0004024

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY																	
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.*

OWNERS MANUAL

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 dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

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 has been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

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, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the 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.*

PLEASE KEEP THIS FOR YOUR RECORDS

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:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; 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 one year; all malfunctions of electronic components, belts, **cables**, or 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 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.

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