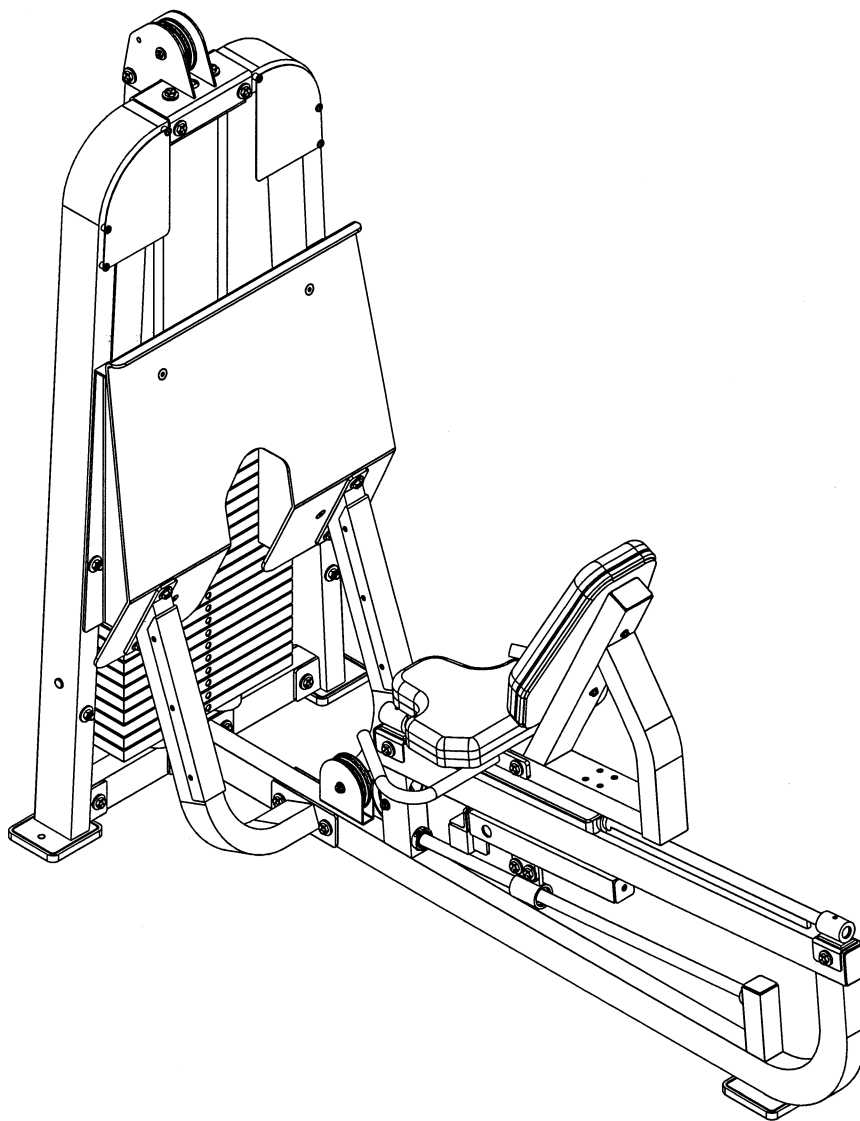


# OWNERS MANUAL



**HD1600**

## **LEG PRESS/TOE RAISES**



*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**

**March 2002**

# OWNERS

## MANUAL

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# OWNERS M A N U A L

## 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 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  
(9/16", 1/2")

3/4" Open End Wrench

Standard Allen Wrench set  
(5/64" thru 1/4")

Allen Wrench  
(M5)

Crescent Wrench

Rubber Mallet

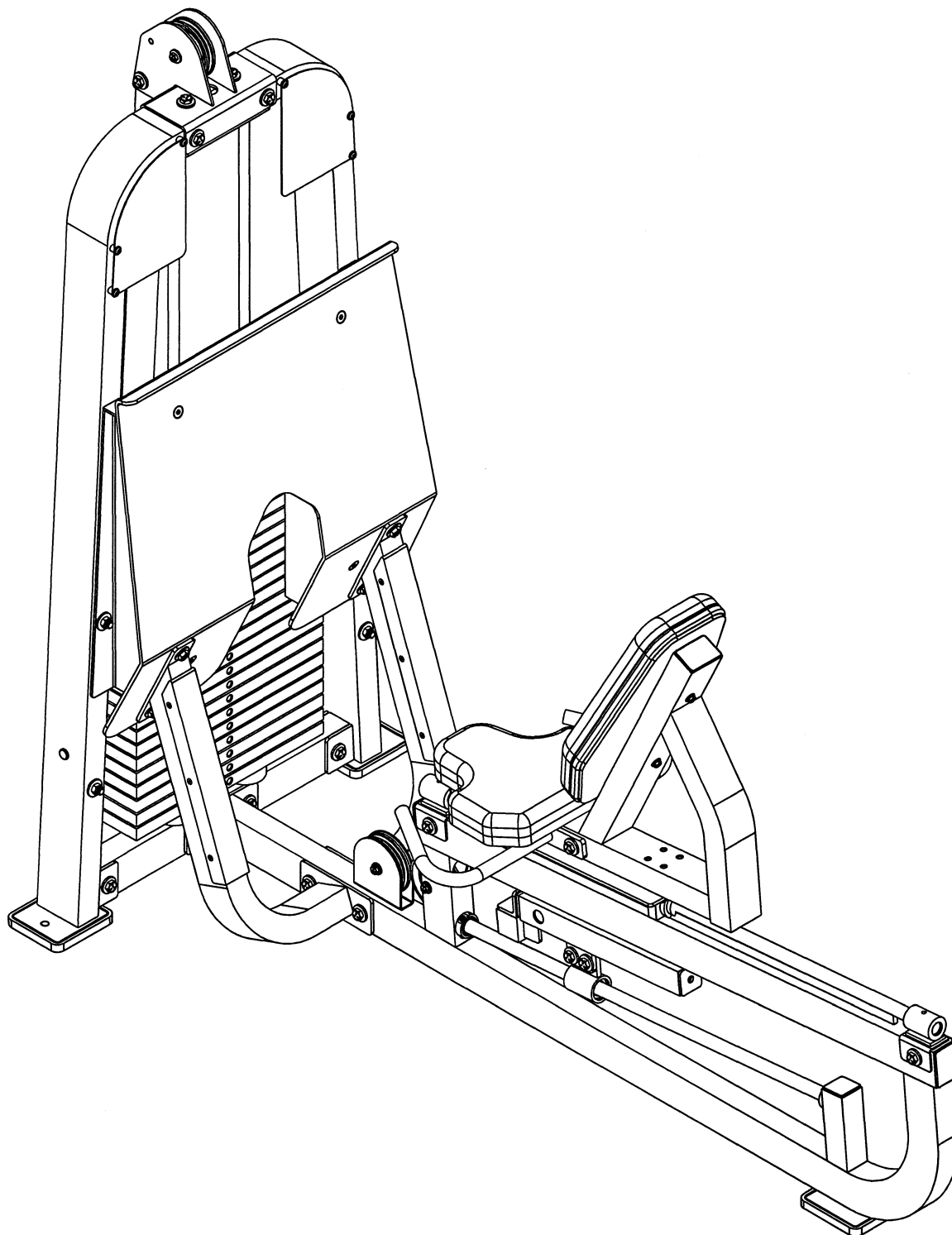
Tape Measure

# OWNERS

## MANUAL

# OWNERS MANUAL

## Step 2 FRAME ASSEMBLY



# OWNERS

## MANUAL

### Step 2a

#### FRAME ASSEMBLY

Start assembly by bolting both (1)'s, to (2). Then bolt (3) to the bottom of both (1)'s. Wrench Tighten bolts. Attach (4) to (3). Hand tighten bolts, they will be tightened at a later step.

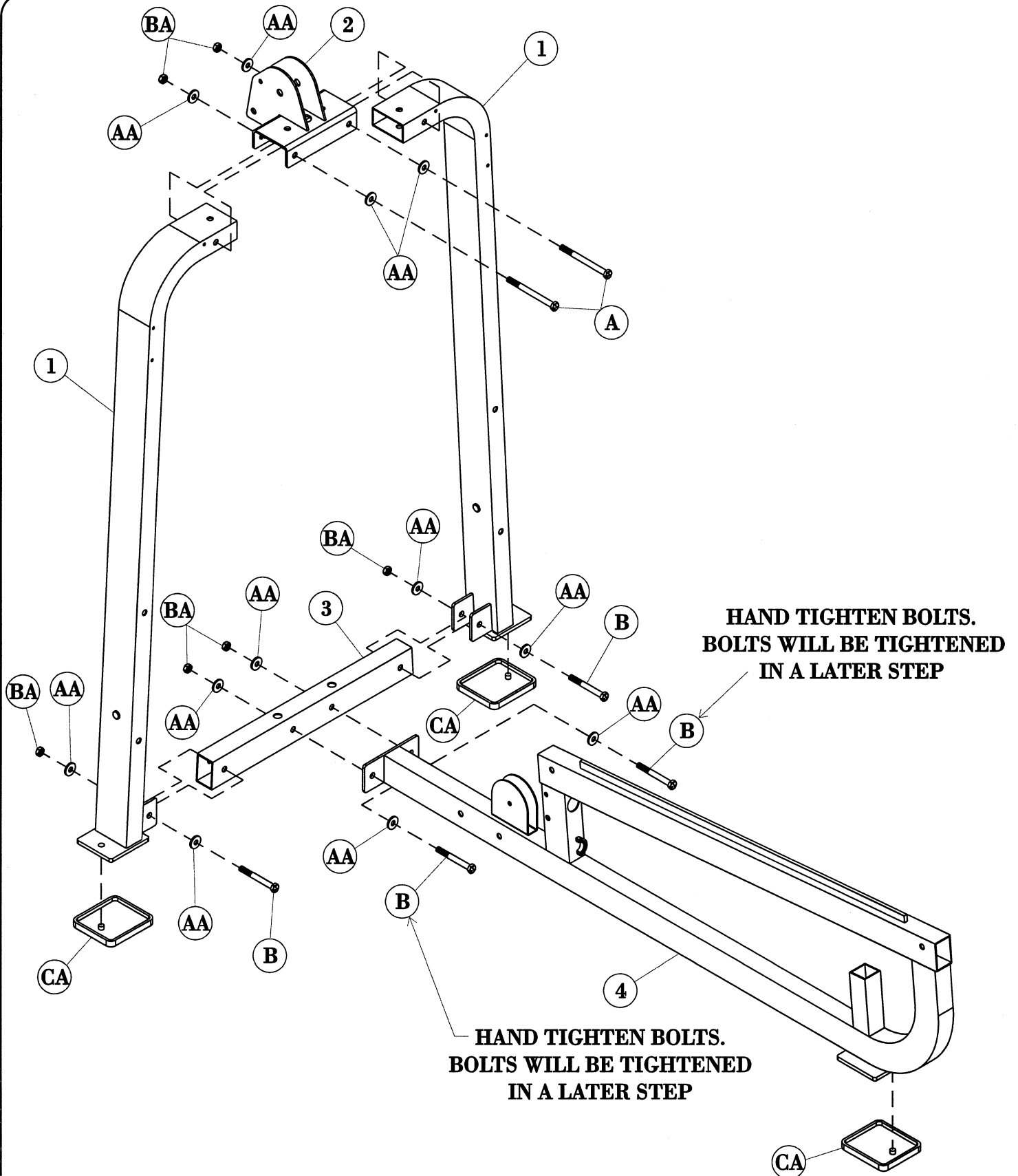
#### Part Descriptions

- 1 - Weight Frame Upright
- 2 - Weight Cage Top Mount
- 3 - Weight Stack Mount
- 4 - Main Frame

#### Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Bolt
- B - 1/2"-13UNC x 3" Hex Bolt
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

# OWNERS MANUAL



# OWNERS

## MANUAL

### Step 2b

#### FRAME ASSEMBLY

Start by attaching (5) to both (1)'s. *Hand tighten bolts*, they will be tightened at a later step. Next, attach (6) to (5), then, (7) and (8) to (6) and (4). *Wrench Tighten* all bolts.

#### Part Descriptions

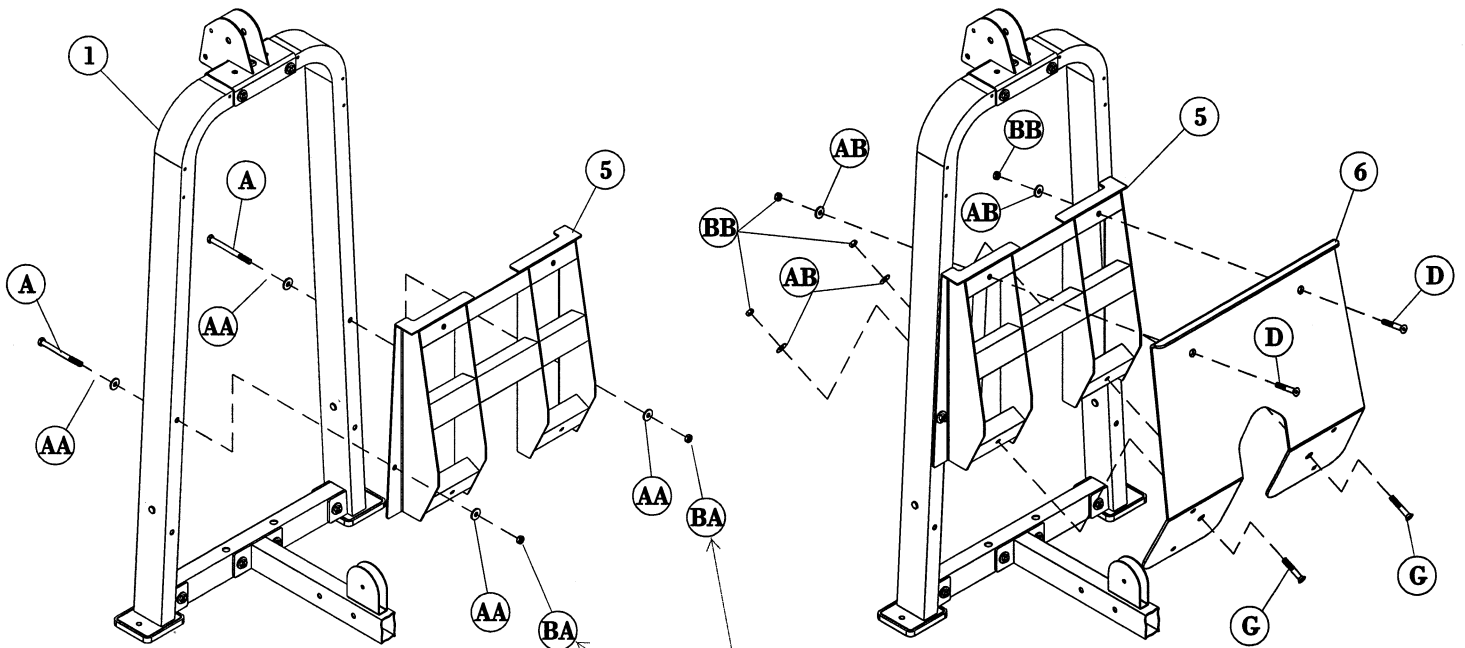
- 1 - Weight Frame Upright
- 4 - Main Frame
- 5 - Foot Plate Mount
- 6 - Foot Plate
- 7 - Left Support
- 8 - Right Support

#### Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Bolt
- B - 1/2"-13UNC x 3" Hex Bolt
- D - 3/8"-16UNC x 1" Flat Head Bolt
- F - 1/2"-13UNC x 1" Hex Bolt
- G - 3/8"-16UNC x 2 1/2" Flat Head Bolt
- X - #10-32UNF x 1/2" Long Flat Head Screw
- AA - 1/2" Flat Washer
- AB - 3/8" Flat Washer
- BA - 1/2" Nylok Nut
- BB - 3/8" Nylok Nut
- DP - Protection Cover



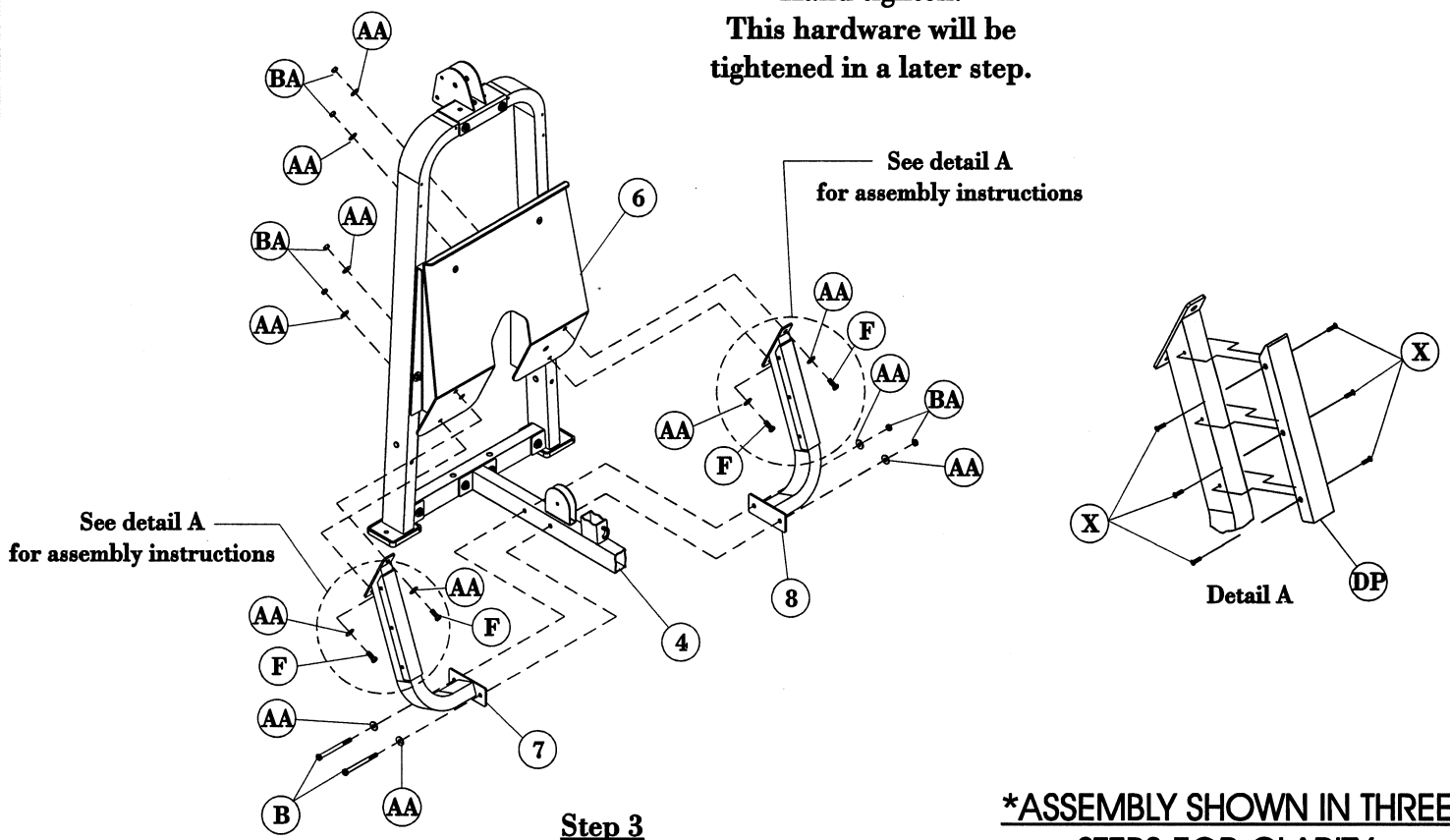
# OWNERS M A N U A L



**Step 1**

**Step 2**

**Hand tighten.**  
**This hardware will be**  
**tightened in a later step.**



**Step 3**

**\*ASSEMBLY SHOWN IN THREE**  
**STEPS FOR CLARITY.**

# OWNERS

## MANUAL

### Step 2c

#### FRAME ASSEMBLY

Start by sliding (9) through (CB) and slide them both into (3). Tilt both (9)'s forward enough to allow room to slide the weights on. Slide all 20 (10)'s on to both (9)'s. Now slide (11) onto both (9)'s. Slide (CG) on both (9)'s and angle both (9)'s vertical and secure (CG) to both (1)'s and (2). Attach the top of (12) to (2), and the bottom of (12) to (3). Secure both (9)'s to (CG) using set screw (Y). Wrench Tighten all bolts.

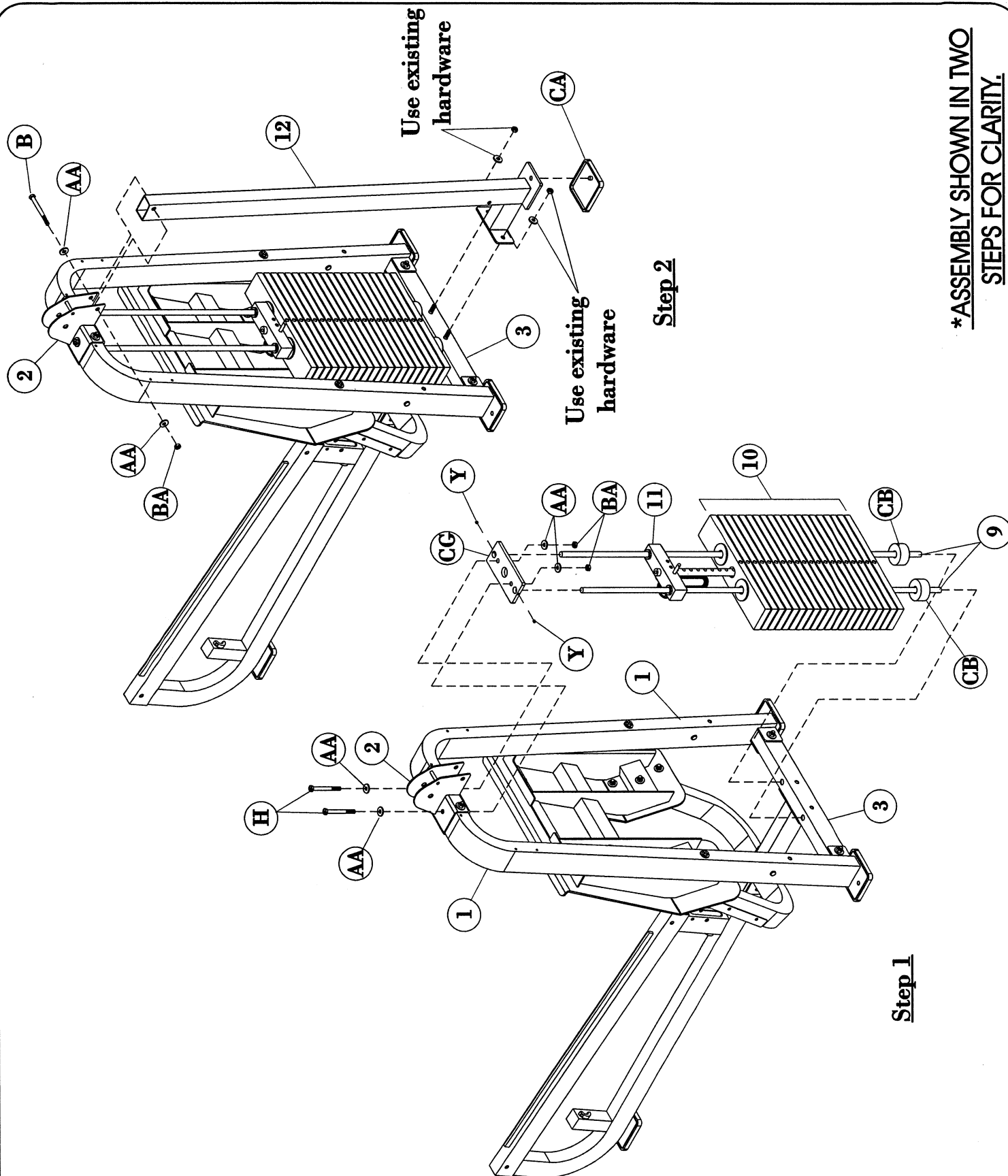
#### Part Descriptions

1 - Weight Frame Upright  
2 - Weight Cage Top Mount  
3 - Weight Stack Mount  
9 - Guide Rod  
10 - 20 LB Intermediate Plate  
11 - 8 ¼ LB Top Plate  
12 - Rear Upright

#### Hardware Descriptions

B - 1/2"-13UNC x 3" Hex Bolt  
H - 1/2"-13UNC x 3 1/4" Hex Bolt  
Y - 5/16"-18UNC x 5/16" Socket Set Screw (WZ)  
AA - 1/2" Flat Washer  
BA - 1/2" Nylok Nut  
CB - Weight Stack Bumper  
CG - Guide Rod Top Mount  
CA - Rubber Foot Pad

# OWNERS M A N U A L



# OWNERS

## MANUAL

### Step 2d

#### FRAME ASSEMBLY

Start by attaching (15) to (13). Insert the pin of (CD) into the housing in (13). Thread the cap in place and Wrench Tighten. Install Bolt (B) and Wrench Tighten bolt until snug then back off ½ turn or enough to make sure (15) swings freely. Next, place a finger of light grease (lithium, super lube, ect.) into the inside of the bearings on both (CC)'s. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Attach both (CC)'s to (13). Slide (14) into (13), and install retaining screw (J). Attach (16) and (17) to (13) Wrench Tighten all bolts.

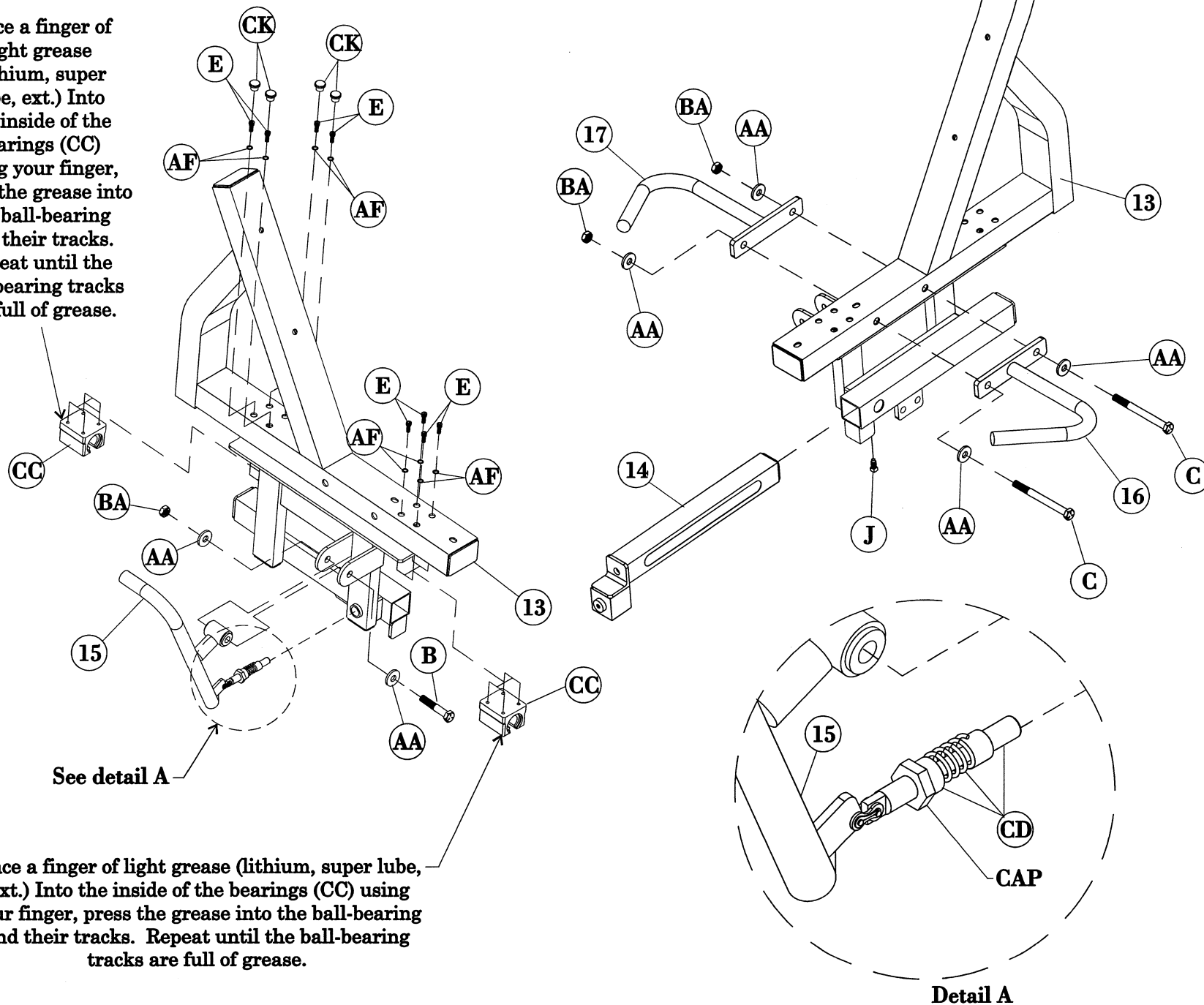
#### Part Descriptions

13 - Seat Assembly  
14 - Adjuster Tube  
15 - Actuator Handle  
16 - Left Handle  
17 - Right Handle

#### Hardware Descriptions

B - 1/2"-13UNC x 3" Hex Bolt  
C - 1/2"-13UNC x 4 1/4" Hex Bolt  
E - M6 x 20mm Socket Head Bolt  
J - 3/8"-16UNC x 3/4" Square Head Set Screw  
AA - 1/2" Flat Washer  
AF - 1/4" Lock Washer  
BA - 1/2" Nylok Nut  
CC - Housed Linear Bearing  
CD - 1/2" Short Pull Pin  
CK - Plug Dia. 14.3mm x 9mm H

Place a finger of light grease (lithium, super lube, ext.) Into the inside of the bearings (CC) using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease.



Place a finger of light grease (lithium, super lube, ext.) Into the inside of the bearings (CC) using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease.

# OWNERS

## MANUAL

### Step 2e

#### FRAME ASSEMBLY

Start by attaching (22) to the front of (4), and insure the C-Clip inside (22) is on side closest to weight stack. Next, attach (18) to (13). Place a finger of light grease (lithium, super lube, ect.) into the inside of the bearings in (19). Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Next, carefully line up the (20) to (19). DO NOT force (20) thru (19), as this will damage the linear bearing in (19). When properly aligned, (20) will slide easily thru the bearings. Repeat process for inserting (21) thru the linear bearings on (13). Wrench Tighten all bolts.

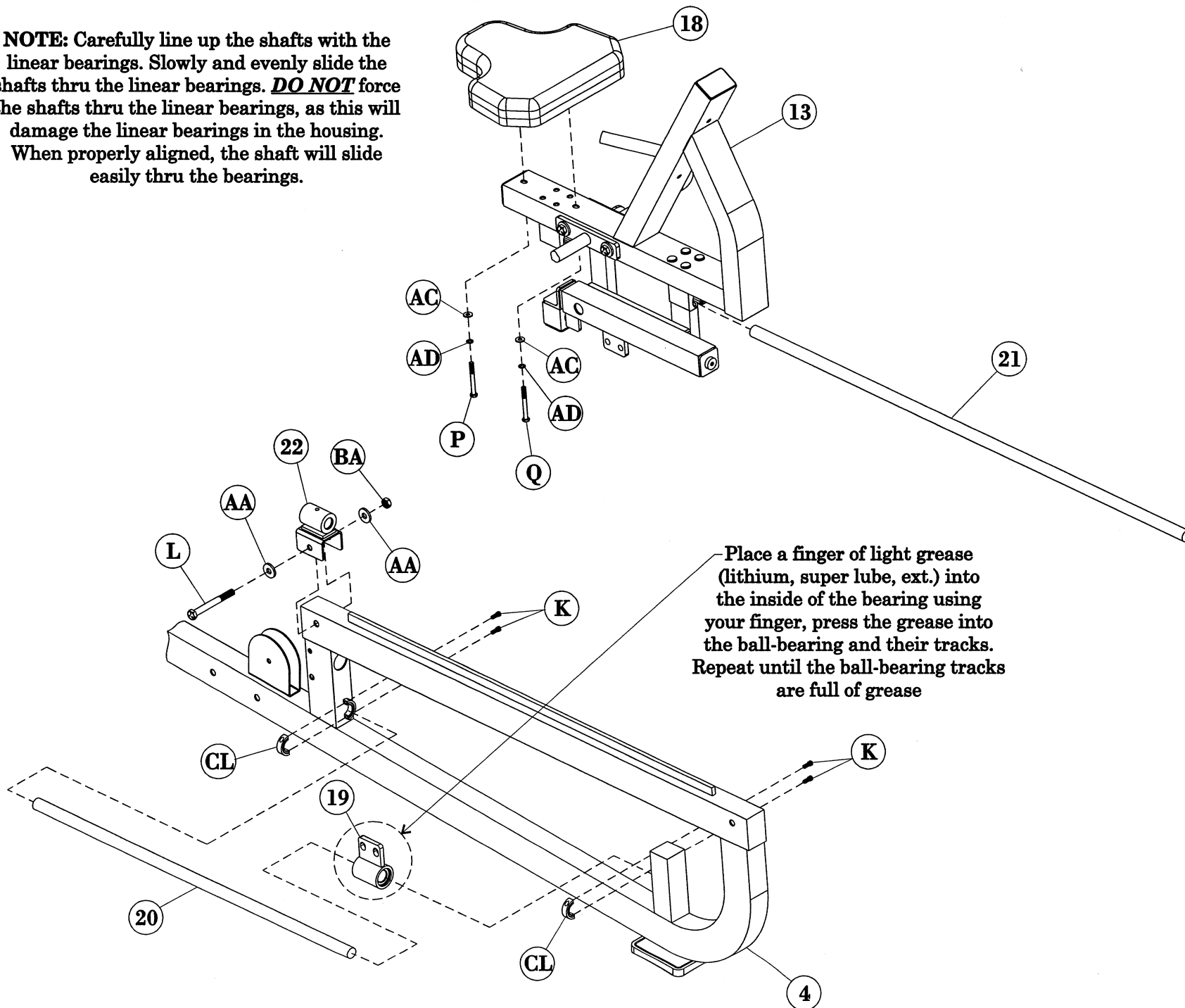
#### Part Descriptions

4 - Main Frame  
13 - Seat Assembly  
18 - Upholstery Assembly (Seat)  
19 - Guide Bearing Housing  
20 - Linear Shaft (36.375" LG)  
21 - Linear Shaft (50.00" LG)  
22 - Shaft Mount

#### Hardware Descriptions

K - 1/4"-20UNC x 3/4" Socket Head Screw  
L - 1/2"-13UNC x 2 3/4" Hex Bolt  
P - 5/16"-18UNC x 3" Hex Bolt  
Q - 5/16"-18UNC x 3 1/4" Hex Bolt  
AA - 1/2" Flat Washer  
AC - 5/16" Flat Washer  
AD - 5/16" Lock Washer  
BA - 1/2" Nylok Nut  
CL - Split Collar

**NOTE:** Carefully line up the shafts with the linear bearings. Slowly and evenly slide the shafts thru the linear bearings. **DO NOT** force the shafts thru the linear bearings, as this will damage the linear bearings in the housing. When properly aligned, the shaft will slide easily thru the bearings.



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## MANUAL

### Step 2f

#### FRAME ASSEMBLY

Start by sliding (21) in to the (22) that is mounted on the front of (4), then slide the rear mounted (22) onto (21) and then fasten to the rear of (4), insure the C-Clip in (22) is on the side of (22) that is facing away from the weight stack. Tighten set screw (N) to secure (21) to both (22)'s. Next, attach (19) to (13). Wrench Tighten all bolts.

#### Part Descriptions

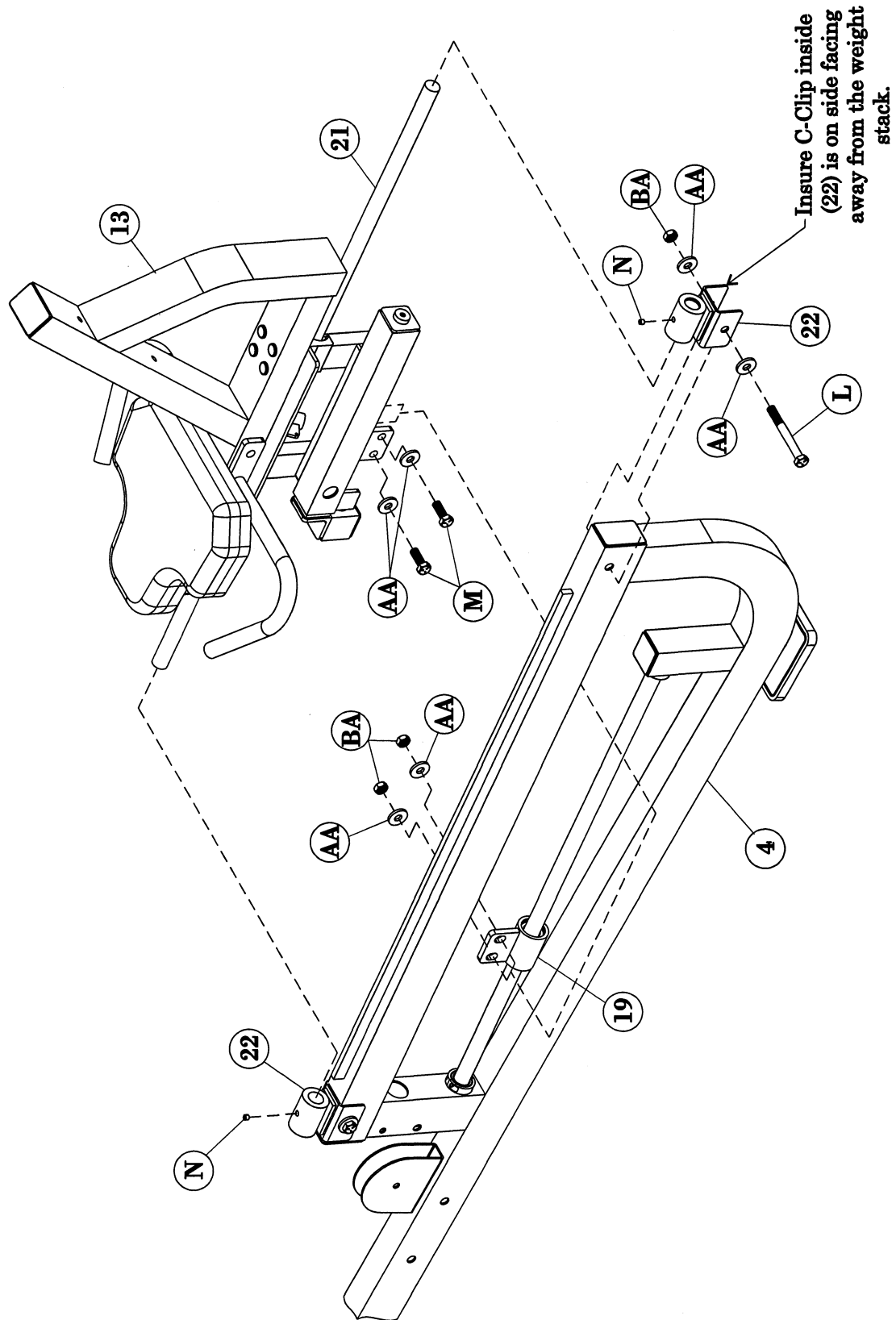
4 - Main Frame  
13 - Seat Assembly  
19 - Guide Bearing Housing  
21 - Linear Shaft (50.00" LG)  
22 - Shaft Mount

#### Hardware Descriptions

L - 1/2"-13UNC x 2 3/4" Hex Bolt  
M - 1/2"-13UNC x 1 1/4" Hex Bolt  
N - 3/8"-16UNC x 3/8" Set Screw  
AA - 1/2" Flat Washer  
BA - 1/2" Nylok Nut



# OWNERS M A N U A L



# OWNERS

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### Step 2g

#### FRAME ASSEMBLY

Secure (23) to (13). *Wrench Tighten* all bolts.

#### Part Descriptions

13 - Seat Assembly

23 - Upholstery Assembly (Backrest)

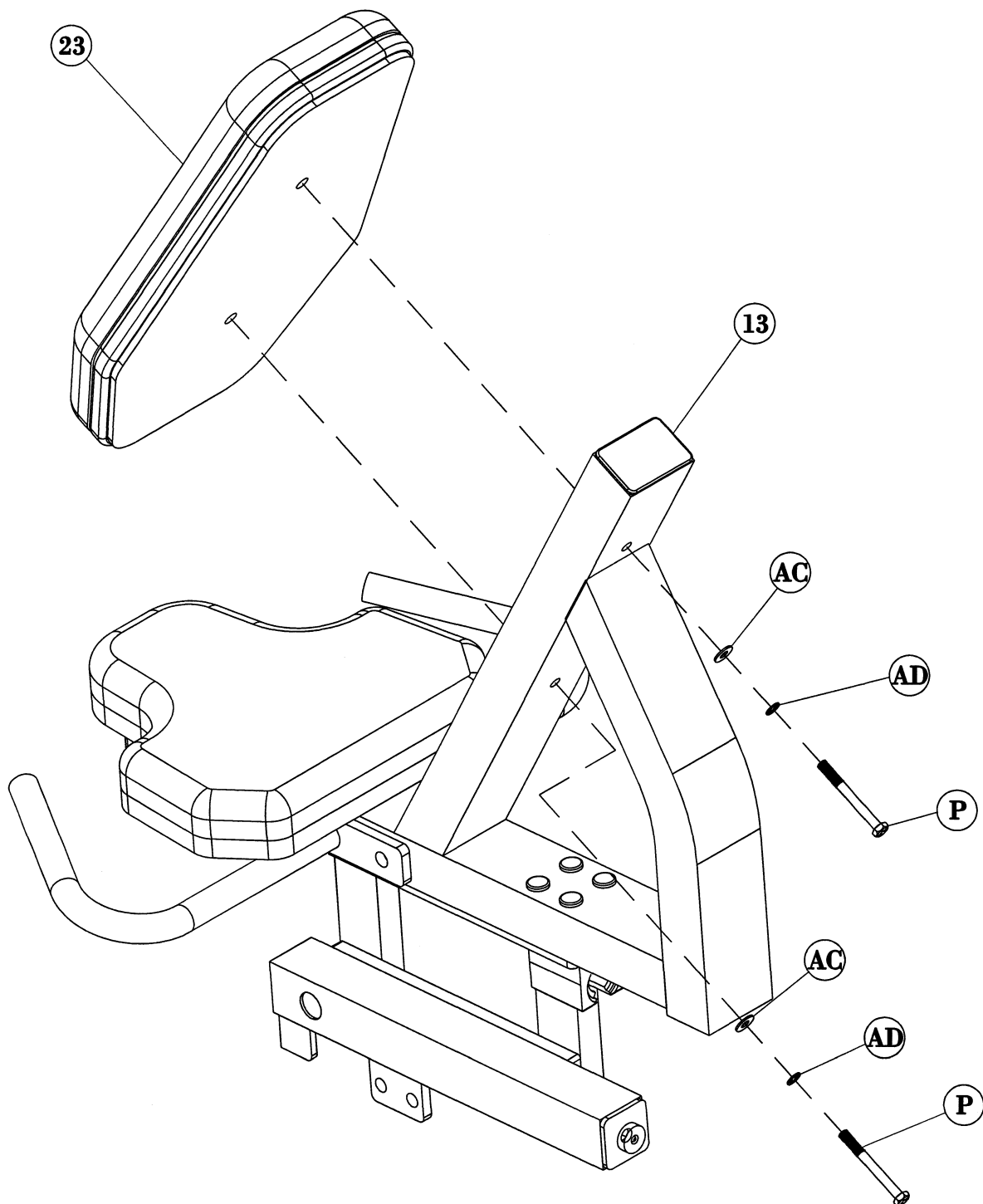
#### Hardware Descriptions

P - 5/16"-18UNC x 3" Hex Bolt

AC - 5/16" Flat Washer

AD - 5/16 Lock Washer

# OWNERS MANUAL



## Step 3 CABLE ASSEMBLY

### Hardware Descriptions

R - 3/8"-16 UNC x 2 1/2" Hex Bolt

S - 3/8"-16 UNC x 1 3/4" Hex Bolt

T - 3/8"-16 UNC x 3" Hex Bolt

AB - 3/8" Flat Washer

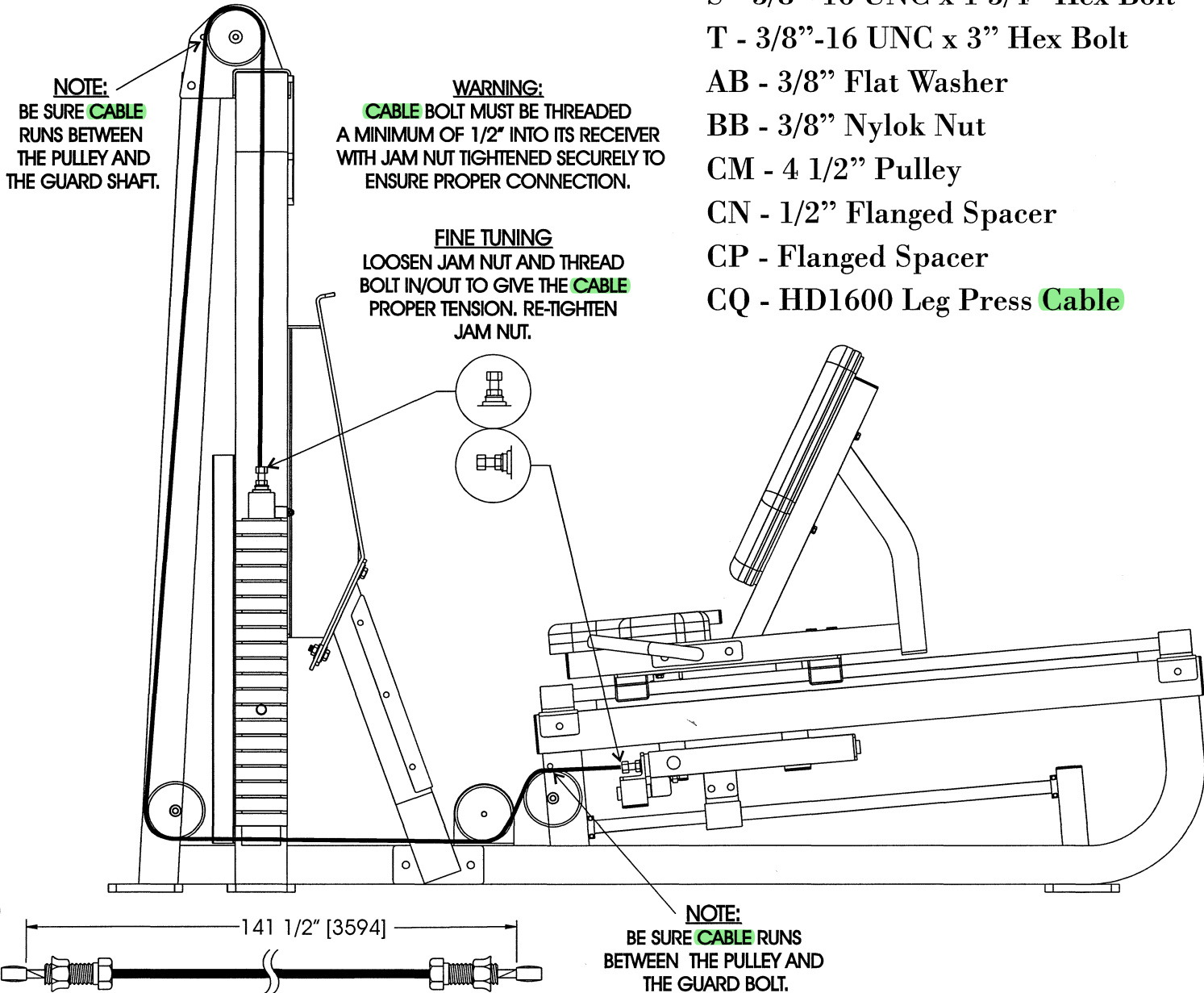
BB - 3/8" Nylok Nut

CM - 4 1/2" Pulley

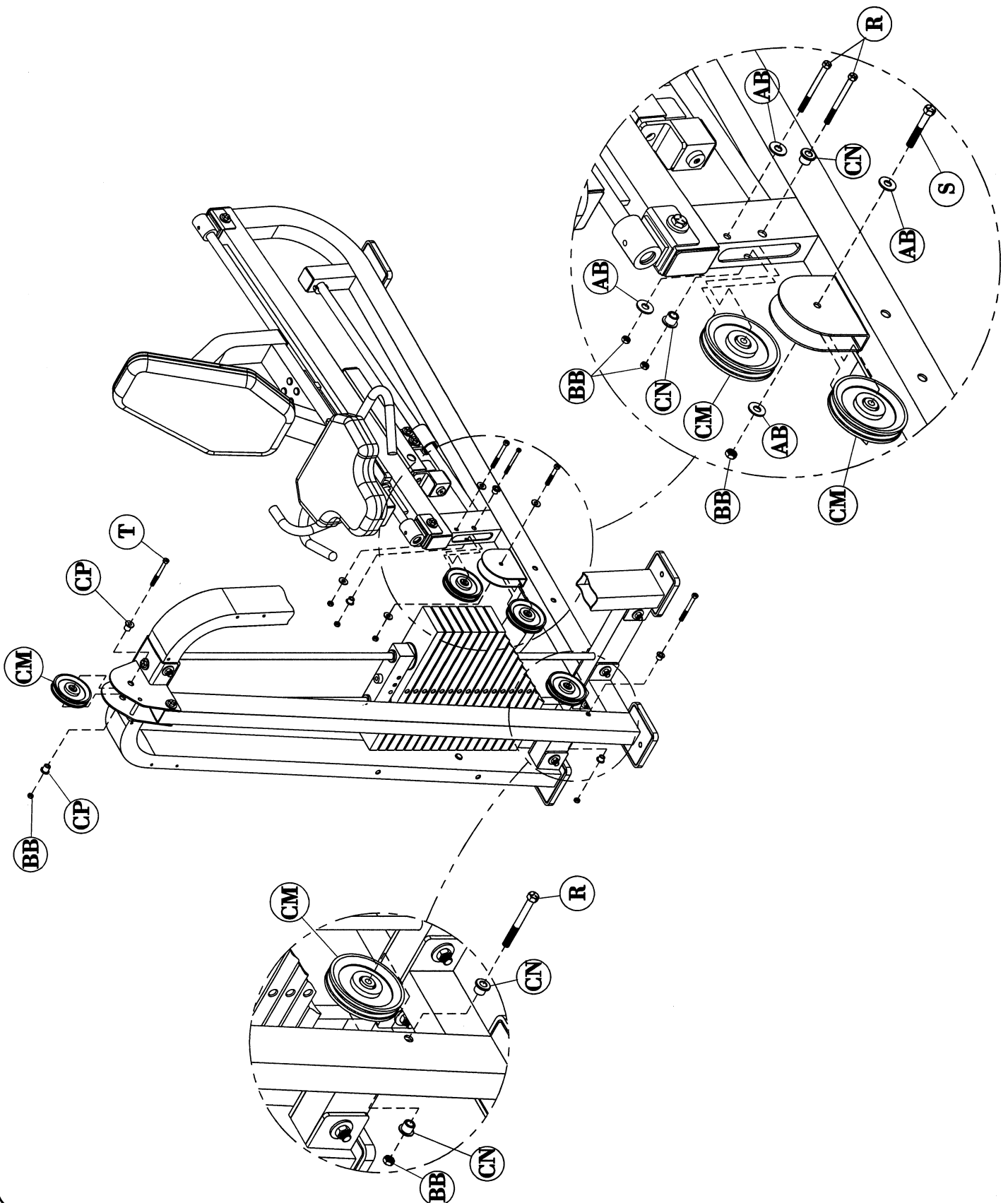
CN - 1/2" Flanged Spacer

CP - Flanged Spacer

CQ - HD1600 Leg Press Cable



# OWNERS MANUAL



# OWNERS M A N U A L

## Step 4

### SHIELD ASSEMBLY

Attach (26), (CR), and (CS) as shown. Wrench Tighten bolts.

### \*IMPORTANT\*

Now that the Hd1600 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the Guide Rods are perpendicular in both directions. If they are not perpendicular in both directions. It will be necessary to loosen some Frame hardware to re-align the Frame and re-tighten bolts.

#### Part Descriptions

26 - Frame Shield

#### Hardware Descriptions

W - 1/4"-24 UNF x 5" Button Head Bolt

V - 1/2"-13 UNC x 4 1/2" Hex Bolt

AA - 1/2" Flat Washer

AE - 1/4" Flat Washer

BA - 1/2" Nylok Nut

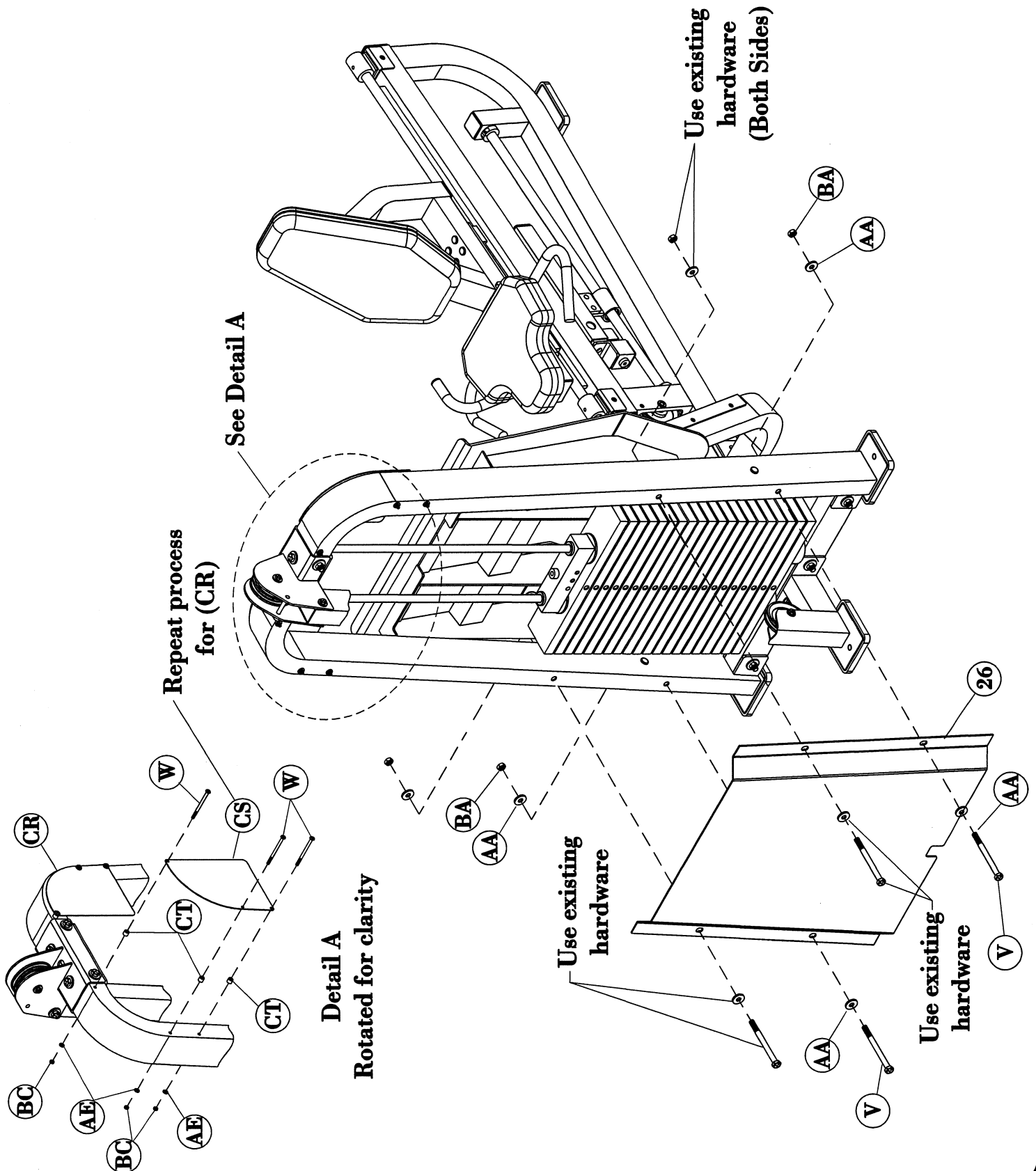
BC - 1/4" Nylok Nut

CR - Placard (Right)

CS - Placard (Left)

CT - Spacer

# OWNERS M A N U A L



# OWNERS

## MANUAL

### Step 5

#### P R E - A S S E M B L Y

#### Part Descriptions

1 - Weight Frame Upright  
4 - Main Frame  
10 - 20Lb Intermediate Weight  
11 - 8 ¼ lb Top Plate  
13 - Seat Assembly  
14 - Adjuster Tube  
15 - Actuator Handle  
16 - Left Handle  
17 - Right Handle  
19 - Guide Bearing Housing  
22 - Shaft Mount  
25 - 21 Plate Selector Stem

#### Hardware Descriptions

CH - 1/2" Short Pull Pin  
CE - Linear Bearing  
CH - Master Link  
CJ - Pull Pin to Chain Link Connector  
CK - Plug Dia. 14.3mm x 9mmH  
CV - Bushing  
CW - Round End Cap Dia. 1"  
CX - C-Clip Dia. 43mm x 1.75mmT  
CY - C-Clip Dia. 27.9mm x 1.2mmT  
CZ - Flanged Spacer  
DA - Bumper Dia. 25mm x 10.5mmH  
DB - End Cap 45mm x 45mm  
DC - End Cap 50mm x 50mm  
DD - Elliptical End Cap 50mm x 75mm  
DE - End Cap 50mm x 75mm  
DF - End Cap 25mm x 50mm  
DG - Foam Grip ID Dia. 25.4mm x 345mmL  
DH - Foam Grip ID Dia. 25.4mm x 205mmL  
DJ - Guide Rod Bushing  
DK - 7/16" Roll Pin x 2 3/4"L  
DL - Lanyard/Selector Pin Stand Off  
DM - Selector Pin  
DN - Lanyard Coil



This diagram illustrates the assembly of a mechanical device, likely a pump or a similar fluid-handling unit. The main components are labeled with numbers and letters:

- 1**: The main vertical shaft or frame.
- 2**: A curved component, possibly a valve or a guide.
- 3**: A small component, possibly a pin or a clip.
- 4**: A small component, possibly a pin or a clip.
- 5**: A small component, possibly a pin or a clip.
- 6**: A small component, possibly a pin or a clip.
- 7**: A small component, possibly a pin or a clip.
- 8**: A small component, possibly a pin or a clip.
- 9**: A small component, possibly a pin or a clip.
- 10**: A rectangular plate or cover.
- 11**: A small component, possibly a pin or a clip.
- 12**: A small component, possibly a pin or a clip.
- 13**: A small component, possibly a pin or a clip.
- 14**: A small component, possibly a pin or a clip.
- 15**: A small component, possibly a pin or a clip.
- 16**: A small component, possibly a pin or a clip.
- 17**: A small component, possibly a pin or a clip.
- 18**: A small component, possibly a pin or a clip.
- 19**: A small component, possibly a pin or a clip.
- 20**: A small component, possibly a pin or a clip.
- 21**: A small component, possibly a pin or a clip.
- 22**: A small component, possibly a pin or a clip.
- 23**: A small component, possibly a pin or a clip.
- 24**: A small component, possibly a pin or a clip.
- 25**: A small component, possibly a pin or a clip.
- 26**: A small component, possibly a pin or a clip.
- 27**: A small component, possibly a pin or a clip.
- 28**: A small component, possibly a pin or a clip.
- 29**: A small component, possibly a pin or a clip.
- 30**: A small component, possibly a pin or a clip.
- 31**: A small component, possibly a pin or a clip.
- 32**: A small component, possibly a pin or a clip.
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- 39**: A small component, possibly a pin or a clip.
- 40**: A small component, possibly a pin or a clip.
- 41**: A small component, possibly a pin or a clip.
- 42**: A small component, possibly a pin or a clip.
- 43**: A small component, possibly a pin or a clip.
- 44**: A small component, possibly a pin or a clip.
- 45**: A small component, possibly a pin or a clip.
- 46**: A small component, possibly a pin or a clip.
- 47**: A small component, possibly a pin or a clip.
- 48**: A small component, possibly a pin or a clip.
- 49**: A small component, possibly a pin or a clip.
- 50**: A small component, possibly a pin or a clip.
- 51**: A small component, possibly a pin or a clip.
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- 63**: A small component, possibly a pin or a clip.
- 64**: A small component, possibly a pin or a clip.
- 65**: A small component, possibly a pin or a clip.
- 66**: A small component, possibly a pin or a clip.
- 67**: A small component, possibly a pin or a clip.
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- 76**: A small component, possibly a pin or a clip.
- 77**: A small component, possibly a pin or a clip.
- 78**: A small component, possibly a pin or a clip.
- 79**: A small component, possibly a pin or a clip.
- 80**: A small component, possibly a pin or a clip.
- 81**: A small component, possibly a pin or a clip.
- 82**: A small component, possibly a pin or a clip.
- 83**: A small component, possibly a pin or a clip.
- 84**: A small component, possibly a pin or a clip.
- 85**: A small component, possibly a pin or a clip.
- 86**: A small component, possibly a pin or a clip.
- 87**: A small component, possibly a pin or a clip.
- 88**: A small component, possibly a pin or a clip.
- 89**: A small component, possibly a pin or a clip.
- 90**: A small component, possibly a pin or a clip.
- 91**: A small component, possibly a pin or a clip.
- 92**: A small component, possibly a pin or a clip.
- 93**: A small component, possibly a pin or a clip.
- 94**: A small component, possibly a pin or a clip.
- 95**: A small component, possibly a pin or a clip.
- 96**: A small component, possibly a pin or a clip.
- 97**: A small component, possibly a pin or a clip.
- 98**: A small component, possibly a pin or a clip.
- 99**: A small component, possibly a pin or a clip.
- 100**: A small component, possibly a pin or a clip.

The diagram also includes several callouts for specific parts:

- Cap**: A small component, possibly a cap or a cover.
- Pin**: A small component, possibly a pin or a clip.
- Spring**: A small component, possibly a spring or a coil.

The assembly is shown in a disassembled state, with parts labeled with letters (A through Z) and numbers (1 through 100) to identify each component. The diagram is a technical drawing, likely a patent or a manufacturing specification.

# OWNERS

## M A N U A L

### P A R T S L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	26-STD-04-0183	Weight Frame Upright
2	1	26-STD-04-1227	Weight Cage Top Mount
3	1	26-STD-01-1807	Weight Stack Mount
4	1	26-STD-04-1206	Main Frame
5	1	26-STD-04-1221	Foot Plate Mount
6	1	26-STD-10-0188	Foot Plate
7	1	026-01X0894	Left Support
8	1	026-01X0895	Right Support
9	2	26-STD-01-1808	Guide Rod
10	20	26-STD-SW104	20 LB Intermediate Plate
11	1	026-1300034	8 1/4 LB Top Plate
12	1	26-STD-04-1226	Rear Upright
13	1	26-STD-04-1218	Seat Assembly
14	1	26-STD-04-1222	Adjuster Tube
15	1	26-STD-04-1223	Actuator Handle
16	1	026-01X0902	Left Handle
17	1	026-01X0903	Right Handle
18	1	26-STD-07-0138-2	Upholstery Seat Assembly
19	1	26-STD-04-1224	Guide Bearing Housing
20	1	26-STD-01-1859	Linear Shaft (36.375" LG.)
21	1	26-STD-01-1860	Linear Shaft (50.00" LG.)
22	2	26-STD-04-1225	Shaft Mount
23	1	26-STD-07-0138-1	Upholstery Assembly
24	1	26-STD-10-0187	Shield
25	1	26-STD-SW110	21 Plate Selector Stem

# OWNERS M A N U A L

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

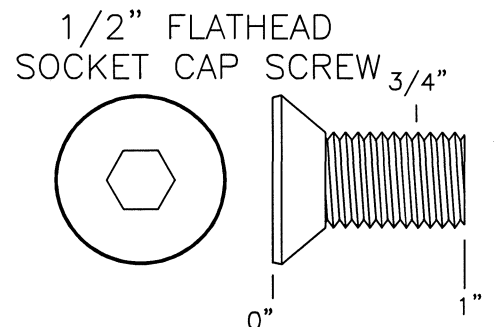
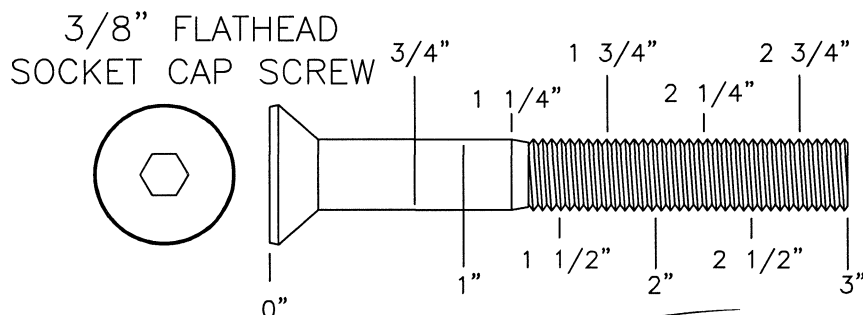
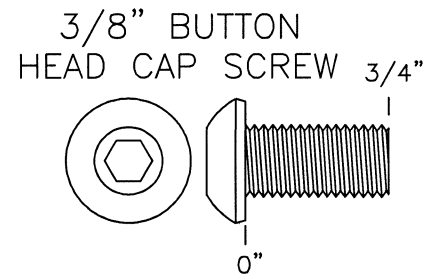
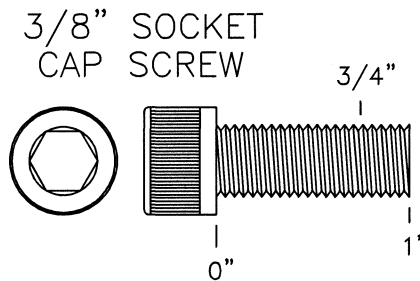
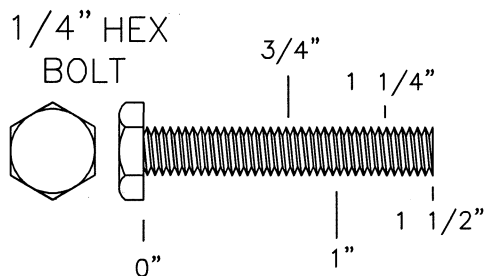
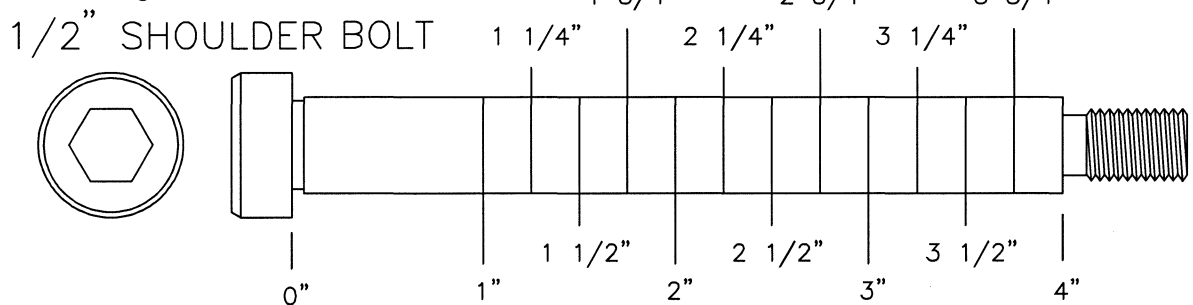
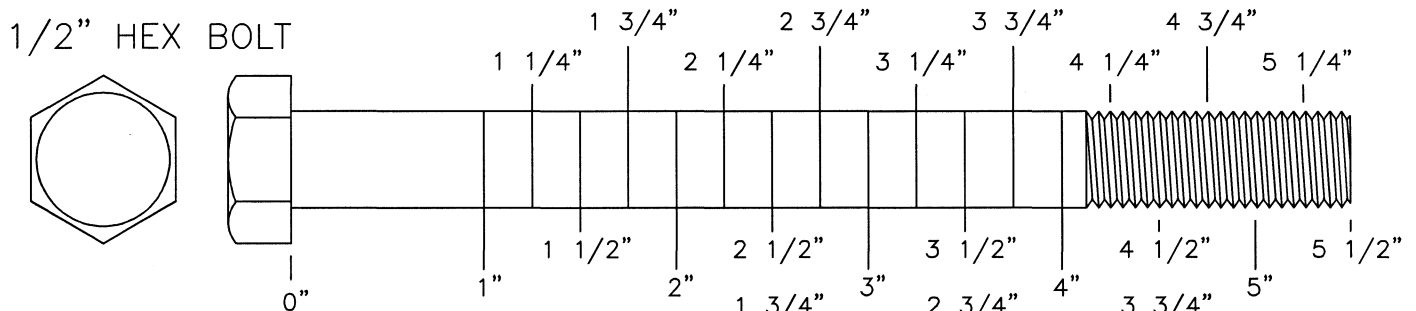
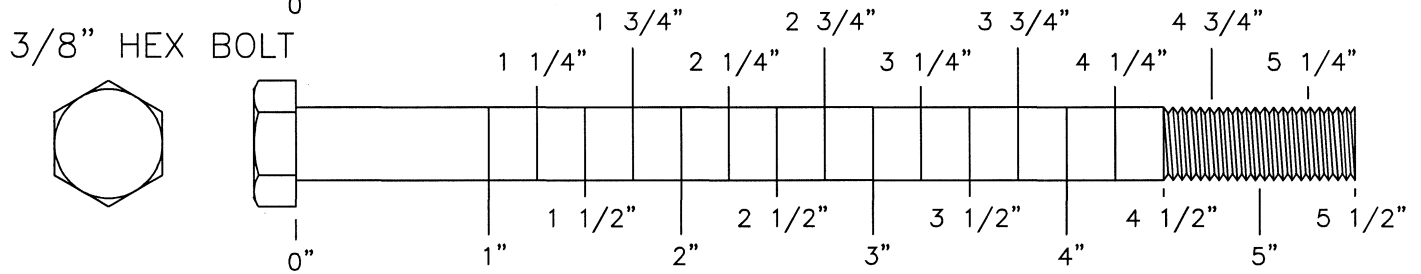
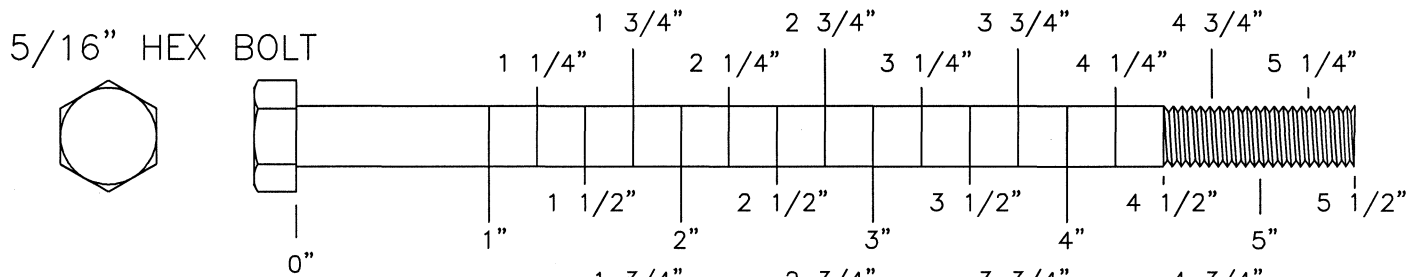
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	4		1/2"-13UNC x 4 3/4" Hex Bolt (WZ)
B	8	011-0101019	1/2"-13UNC x 3" Hex Bolt (WZ)
C	2		1/2"-13UNC x 4 1/4" Hex Bolt (WZ)
D	2	011-0002042	3/8"-16UNC x 1" Flat Head Bolt (WZ)
E	8		M6 x 20mm Socket Head Cap Screw (WZ)
F	4		1/2"-13UNC x 1" Hex Bolt (WZ)
G	2		3/8"-16UNC x 2 1/2" Flat Head Bolt (WZ)
H	2		1/2"-13UNC x 3 1/4" Hex Bolt (WZ)
J	1	26-STD-05-0234	3/8"-16UNC x 3/4"L Square Head Bolt (WZ)
K	4	014-0019002	1/4"-20UNC x 3/4" Socket Head Screw (WZ)
L	2		1/2"-13UNC x 2 3/4" Hex Bolt (WZ)
M	2		1/2"-13UNC x 1 1/4" Hex Bolt (WZ)
N	2	011-0311001	3/8"-16UNC x 3/8" Set Screw (BZ)
P	3		5/16"-18UNC x 3" Hex Bolt (WZ)
Q	1	011-0107010	5/16"-18UNC x 3 1/4" Hex Bolt (WZ)
R	3	011-0107009	3/8"-16UNC x 2 1/2" Hex Bolt (WZ)
S	1		3/8"-16UNC x 1 3/4" Hex Bolt (WZ)
T	1		3/8"-16UNC x 3" Hex Bolt (WZ)
V	2		1/2"-13UNC x 4 1/2" Hex Bolt (WZ)
W	6		1/4"-20UNC x 5" Button Head (WZ)
X	12		#10-32UNF x 1/2" Long Flat Head Screw(Self Tapping)
Y	2	011-0311012	5/16"-18UNC x 5/16" Socket Set Screw
AA	52	013-0102003	1/2" Washer
AB	8	013-0002004	3/8" Washer
AC	4	013-0002001	5/16" Washer
AD	4	013-0102021	5/16" Lock Washer
AE	6	013-0002003	1/4" Washer
AF	8	013-0006006	1/4" Spring Washer Dia. 10.3 x Dia 6.3 x 1.5T
BA	26	012-0304011	1/2" Nylok Nut
BB	9	012-0104008	3/8" Nylok Nut
BC	6	012-0104009	1/4" Nylok Nut

# OWNERS M A N U A L

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

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
CA	4	26-STD-06-0327	Rubber Foot Pad
CB	2	26-STD-06-0253	Weight Stack Bumper
CC	2		LMES25OPUU Housed Open Linear Bearing
CD	1	026-01M0128	1/2" Short Pull Pin
CE	1		LMES25UU x 59mmL Linear Bearing
CG	2	26-STD-02-1112	Guide Rod Top Mount
CH	1	20-LNK-CONN43	Master Link
CJ	1	026-01M0209	Pull Pin to Chain Link Connector
CK	8	26-STD-06-0329	Plug Dia. 14.3mm x 9mmH
CL	2	26-STD-05-0099	Split Collar
CM	4	26-STD-06-0025	4 1/2" Pulley
CN	4	26-STD-08-0010	1/2" Flanged Spacer
CP	2	26-STD-08-0067	Flanged Spacer
CQ	1	26-STD-03-0097	HD1600 Leg Press Cable
CR	1	021-0013097	HD1600 Placard (Right)
CS	1	021-0013098	HD1600 Placard (Left)
CT	6	26-STD-06-0326	White Spacer
CV	40	26-STD-SW122	Bushing
CW	2	26-STD-06-0066	Round End Cap Dia. 1"
CX	2		C-Clip Dia. 43.5mm x 1.75mmT
CY	2		C-Clip Dia. 27.9mm x 1.2mmT
CZ	2	26-STD-08-0061	Flanged Spacer
DA	3	26-STD-06-0311	Bumper Dia. 25mm x 10.5mmH
DB	1	26-STD-06-0074	End Cap 45mm x 45mm
DC	2	26-STD-06-0075	End Cap 50mm x 50mm
DD	1	26-STD-06-0193	Elliptical End Cap 50mm x 75mm
DE	4	26-STD-06-0108	End Cap 50mm x 75mm
DF	2	26-STD-06-0055	End Cap 25mm x 50mm
DG	2		Closed End Foam Grip ID 25.4 x 345mm (Black)
DH	1		Closed End Foam Grip ID 25.4 x 205mm (Red)
DJ	2	026-01PL134	Guide Rod Bushing
DK	2		7/16" Roll Pin x 2 3/4" LG
DL	1	026-01PL291	Lanyard/Selector Pin Stand Off
DM	1	026-01M0134	Selector Pin
DN	1	010-0008001	Lanyard Coil
DP	2	26-STD-900109	Protection Cover

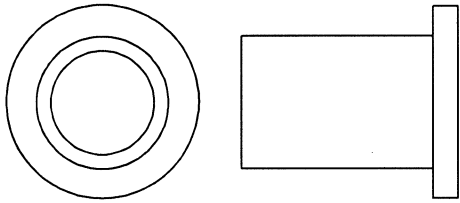
# OWNERS M A N U A L BOLT SIZING CHART



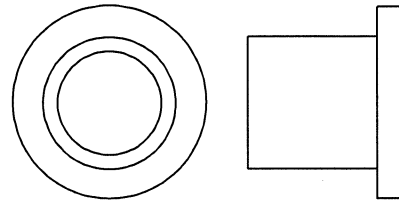
# OWNERS M A N U A L

## W A S H E R S I Z I N G C H A R T

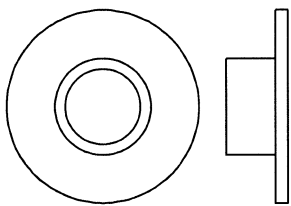
1" LONG HEAVY  
FLANGED SPACER



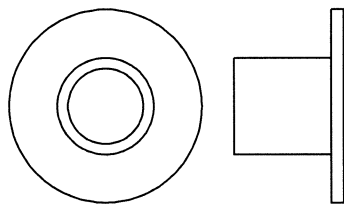
1 1/16" LONG HEAVY  
FLANGED SPACER



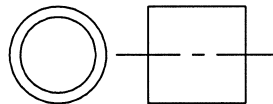
1/4" LONG FLANGED  
SPACER



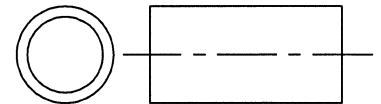
1/2" LONG FLANGED  
SPACER



1/2" LONG  
SPACER



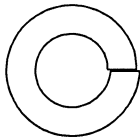
1" LONG  
SPACER



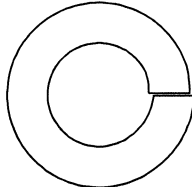
1/4"  
LOCK  
WASHER



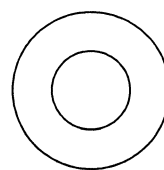
3/8"  
LOCK  
WASHER



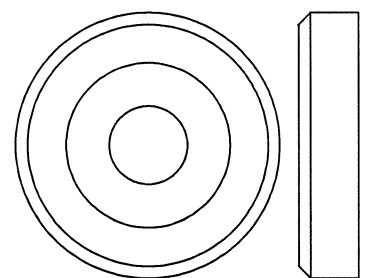
1/2"  
LOCK WASHER



5/16"  
FLAT WASHER



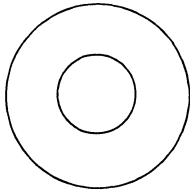
1 3/8" ALUMINUM  
FLATHEAD CAP



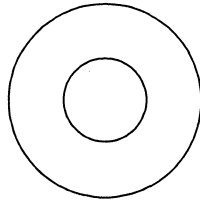
# OWNERS M A N U A L

## W A S H E R S I Z I N G C H A R T

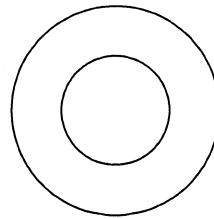
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



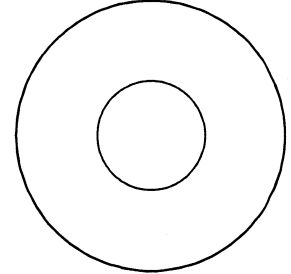
3/8"  
FLAT  
WASHER



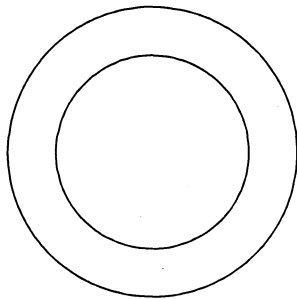
1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



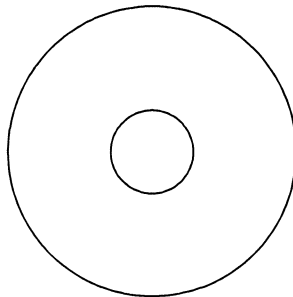
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



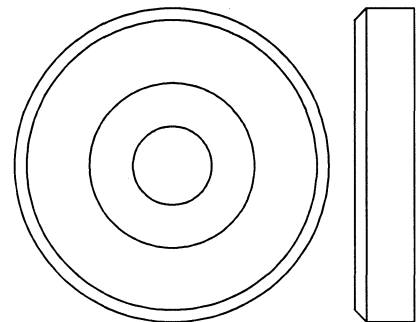
1" SHIM WASHER



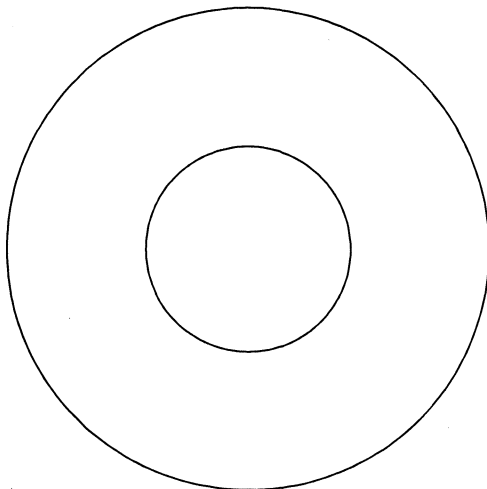
3/8" FENDER WASHER



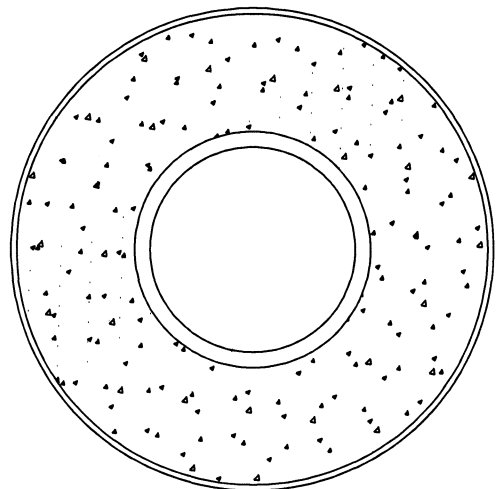
1 5/8" ALUMINUM  
FLATHEAD CAP



1 1/16"  
FENDER WASHER



PLASTIC 1 1/16"  
FENDER WASHER

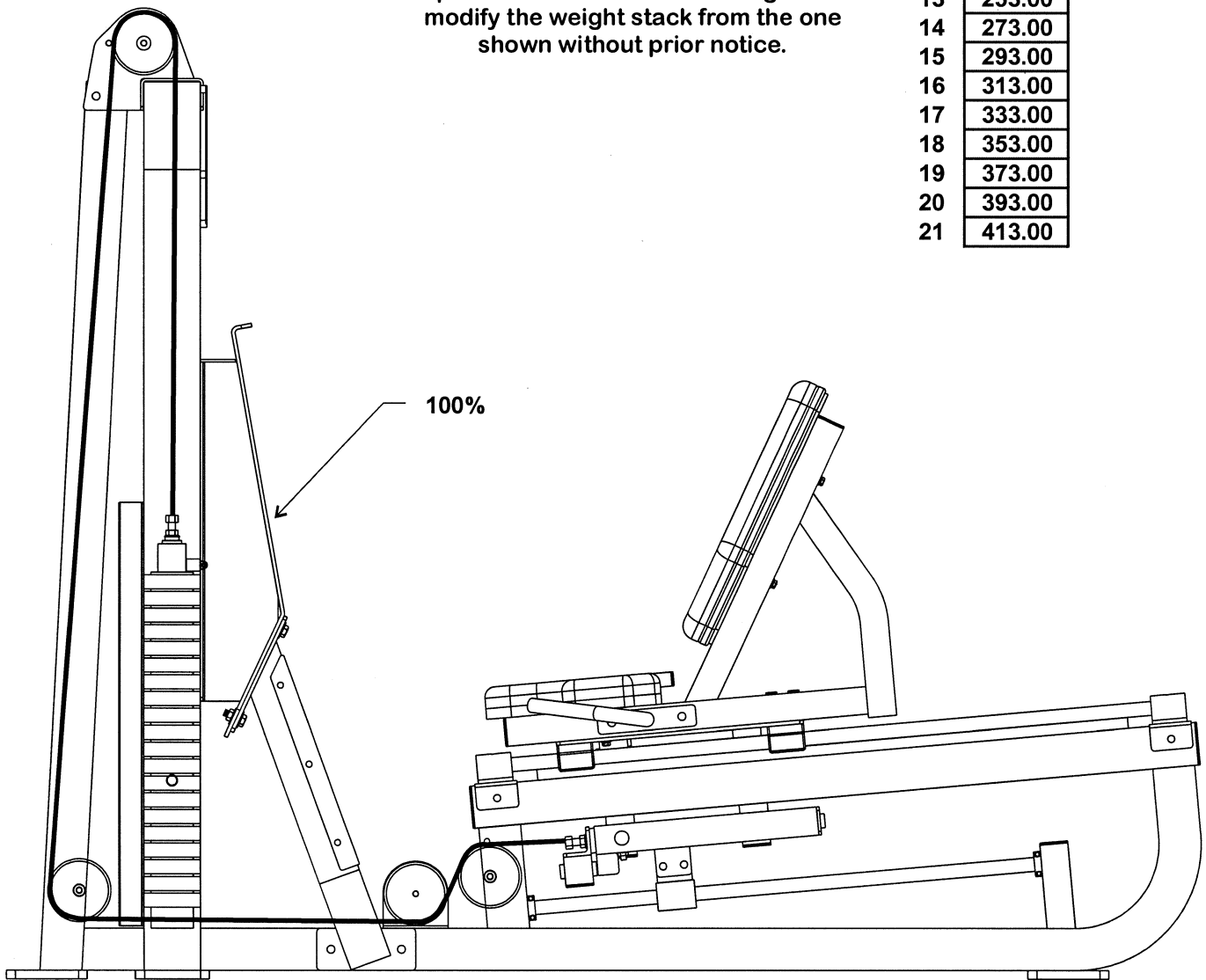


# OWNERS MANUAL

## WEIGHT RATIOS

The chart to the right 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.

	100%
1	13.00
2	33.00
3	53.00
4	73.00
5	93.00
6	113.00
7	133.00
8	153.00
9	173.00
10	193.00
11	213.00
12	233.00
13	253.00
14	273.00
15	293.00
16	313.00
17	333.00
18	353.00
19	373.00
20	393.00
21	413.00





# OWNERS MANUAL

## 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.

# OWNERS M A N U A L

**Weight Training Exercise Log**  
**S=Sets    R=Repetition per set    W=Weight used**

[illegible]

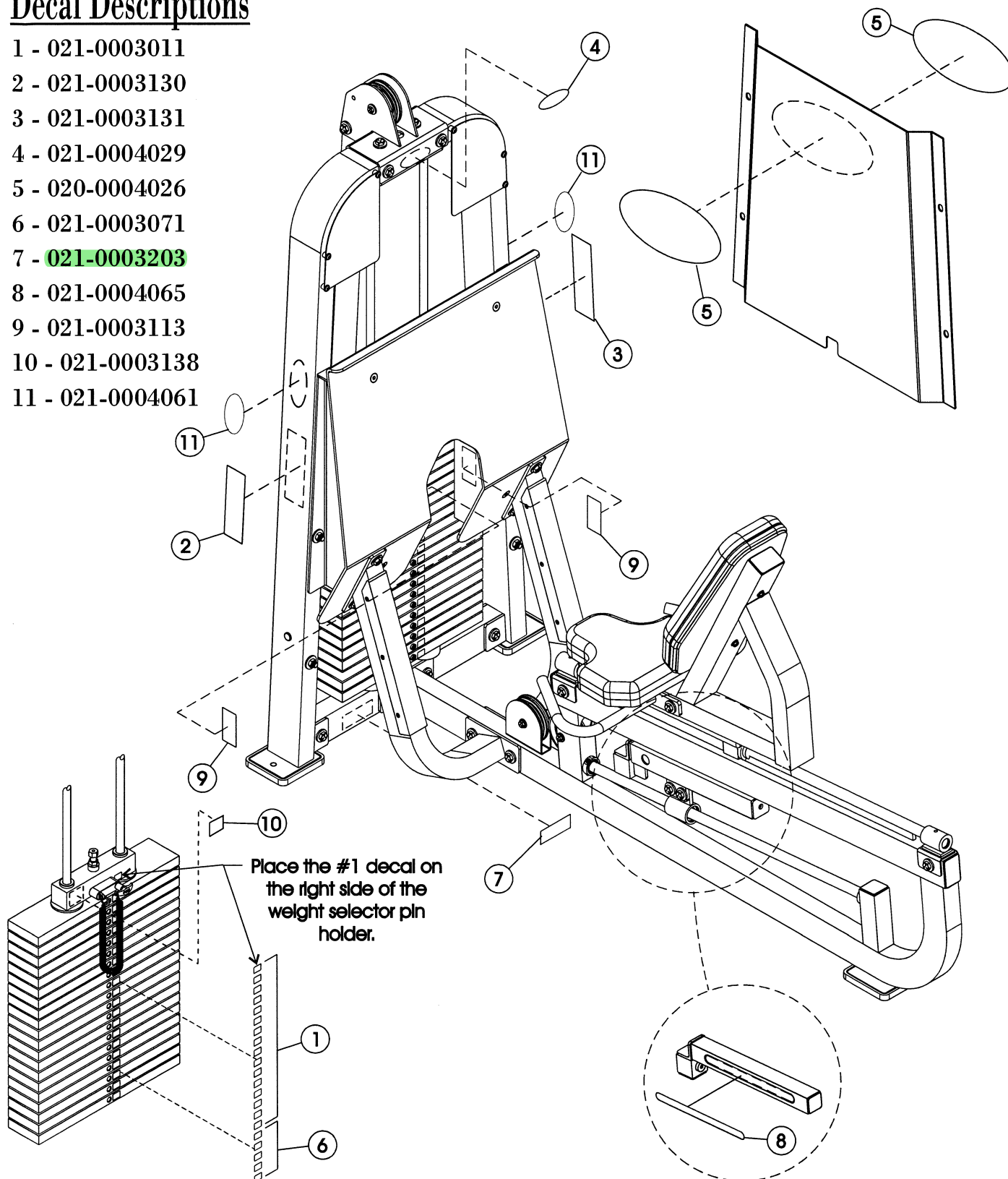
# OWNERS MANUAL

# OWNERS MANUAL

## DECAL PLACEMENT

### Decal Descriptions

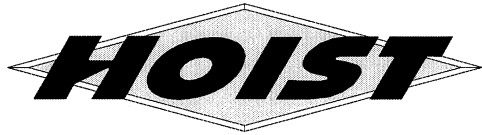
- 1 - 021-0003011
- 2 - 021-0003130
- 3 - 021-0003131
- 4 - 021-0004029
- 5 - 020-0004026
- 6 - 021-0003071
- 7 - **021-0003203**
- 8 - 021-0004065
- 9 - 021-0003113
- 10 - 021-0003138
- 11 - 021-0004061



# OWNERS M A N U A L

## DECAL PLACEMENT

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



**1-800-548-5438**

***www.hoistfitness.com***

**03-02-000000**

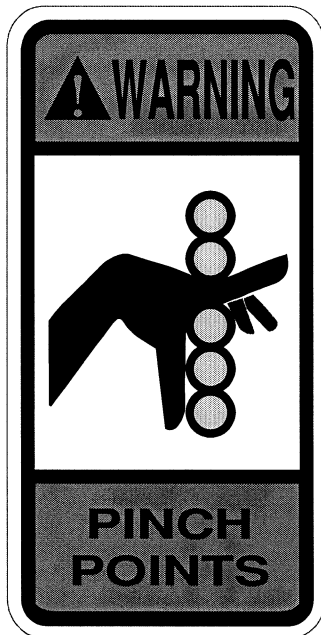


**021-0003203**

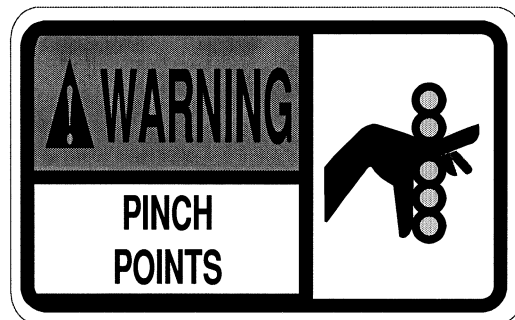
**021-0004061**



**021-0004029**



**021-0003113**



**021-0003138**

# OWNERS MANUAL

## DECAL PLACEMENT

*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.*

11 12 13 14 15 16

1 2 3 4 5 6 7 8 9 10

021-0003011

17 18 19 20 21

021-0003071

ROUTINE MAINTENANCE	Daily	Weekly	Monthly	Months 9	Yearly
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 (Supertube)			X		
Lubricate; Seat Sleeves, 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

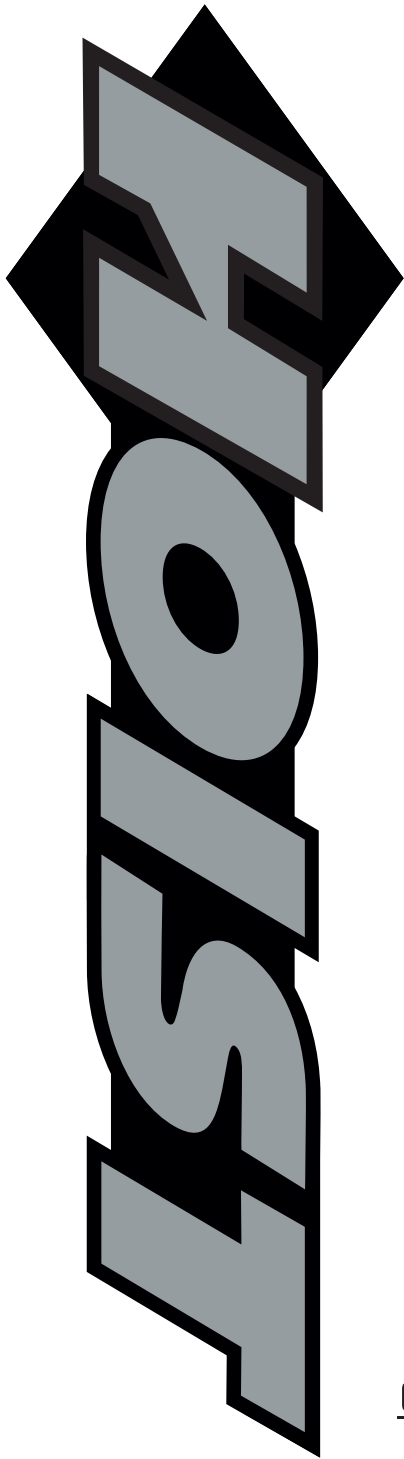
NOTICE

021-0003131



# OWNERS MANUAL


## DECAL PLACEMENT



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

021-0004065

021-0003221

**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

# 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 properly.*

#### **Anti-Skid Surfaces:**

- \* *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

#### **Cables:**

- \* *Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.*
- \* *Visually inspect the cable for fraying, cracking, peeling or discoloration.*
- \* *While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.*
- \* *Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.*

# OWNERS

## MANUAL

### Continued: GENERAL MAINTENANCE INFORMATION

#### **Cable Tension:**

- \* Referring to the Assembly/Owners Manual, check all **cable** bolts and attachments to be sure they are properly attached.
- \* Check slack in **cables** and readjust **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 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.

PLEASE KEEP THIS FOR YOUR RECORDS.

# OWNERS

## MANUAL

### 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.*

# 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.

**WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.**

**To complete Warranty Registration visit:**  
**[www.HOISTFITNESS.com](http://www.HOISTFITNESS.com)**  
**and click on the Warranty Registration link**

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 one year; 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 ten years; all malfunctions of electronic components, belts, **cables**, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

**PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.**

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

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.

**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.

Hoist Fitness Systems  
9990 Empire St. #130  
San Diego, CA. 92126  
(800)548-5438

**PLEASE KEEP THIS FOR YOUR RECORDS**