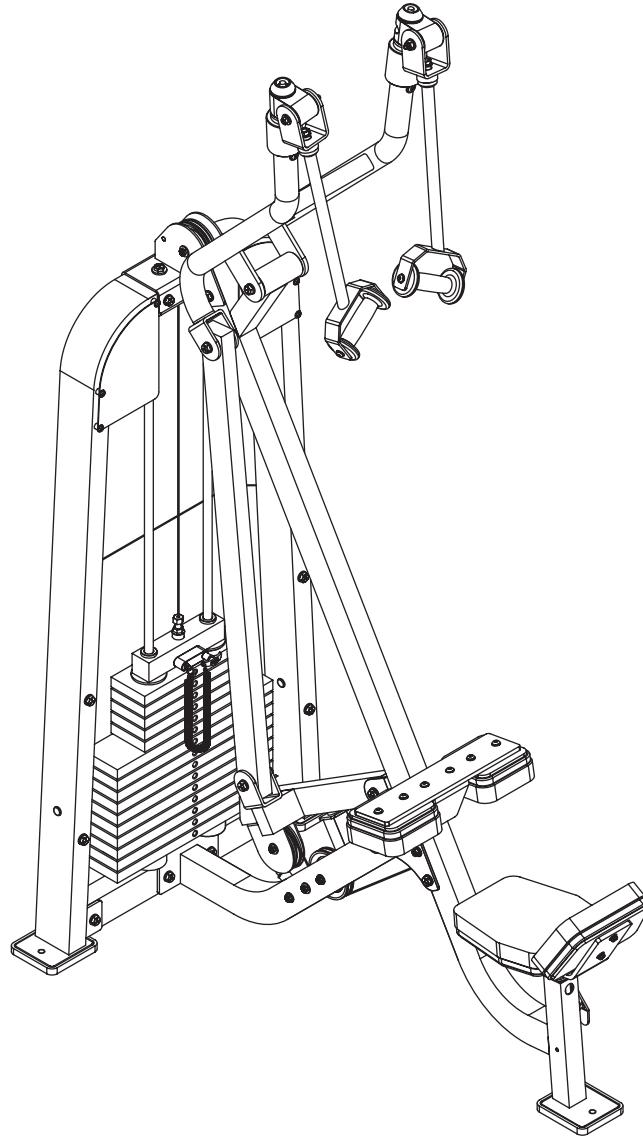


OWNERS MANUAL

HOIST

HD1700

LAT/HIGH ROW



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0102-003

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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Step 1 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

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

3/4" Open End Wrench

Crescent Wrench

Rubber Mallet

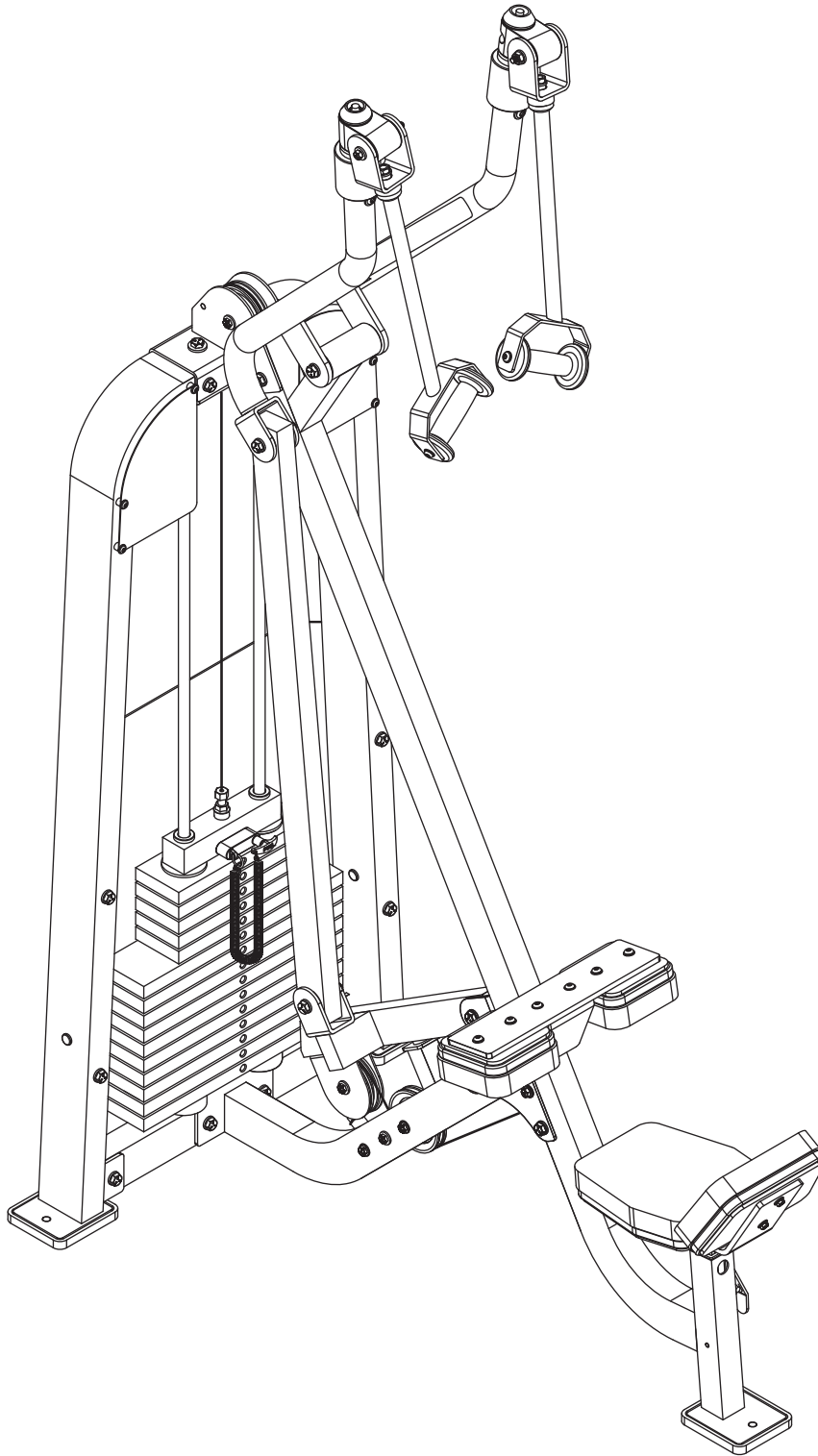
Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a

FRAME ASSEMBLY

Start assembly by attaching both (1)'s to (3). Attach (2) to the top of both (1)'s. Then attach (4) and (5) to (3). *Hand Tighten* bolts. They will be tighten in a later step.

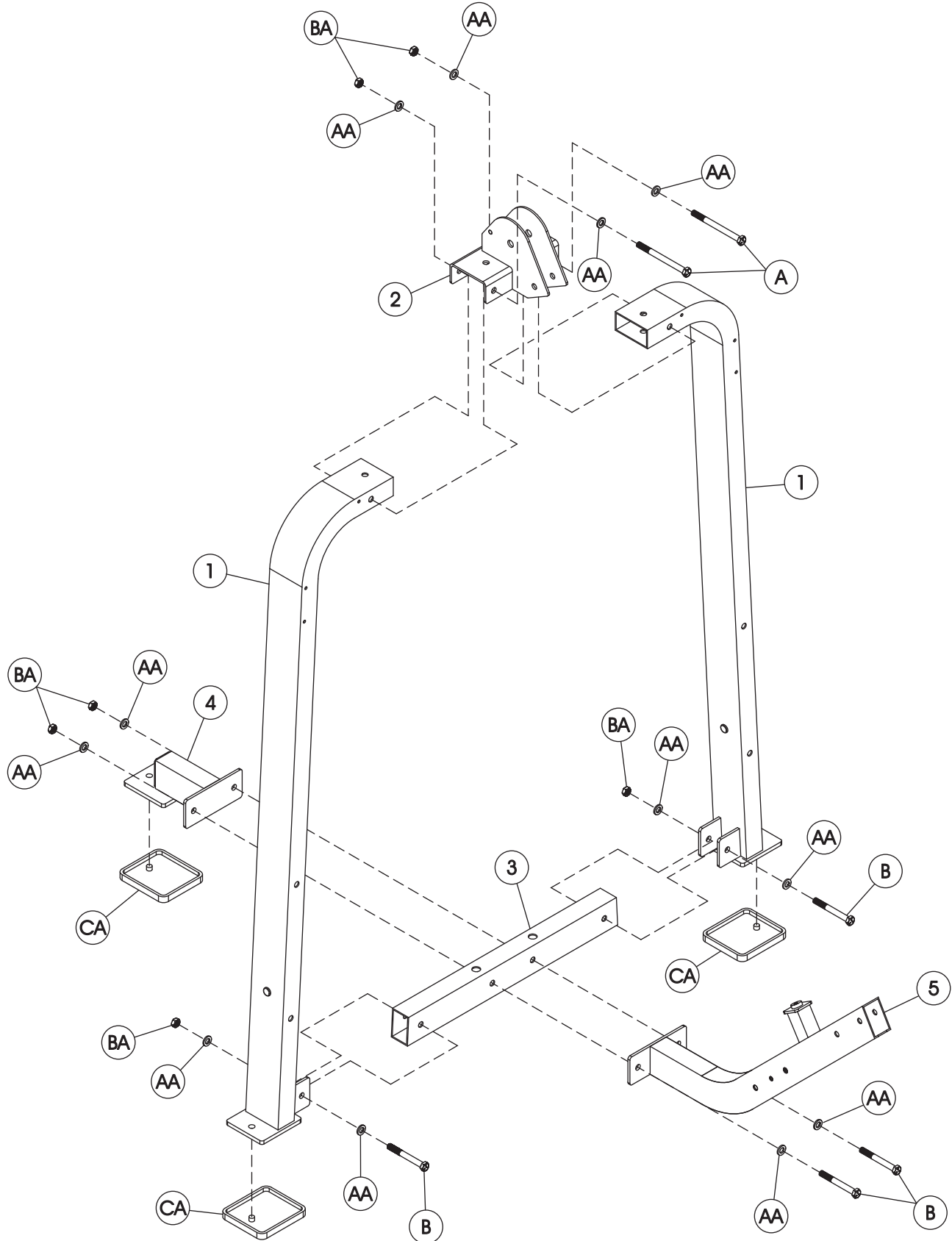
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Top Pulley Mount
- 3 - Weight Stack Mount
- 4 - Rear Tie
- 5 - Front Support

Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
- B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
- AA - 1/2" Washer
- BA - 1/2" Nylok Nut

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Step 2b

FRAME ASSEMBLY

Continue assembly by attaching both (7)'s to (6); ***NOTE:*** when securing both (7)'s, and (5) together, slide (CT) into the holes on (7) and (6) before securing with (B) to ensure proper alignment. (CT) acts as a spacer for a pulley which is installed in a later step.. Attach (6) to (2) and (5). Then insert (CS) into (8) and attach (8) to (6). ***Wrench Tighten*** all bolts. ***NOTE:*** If the Resistance Lever Arm (8) does not swing freely. Turn back the nut (BA) till the arm swings freely.

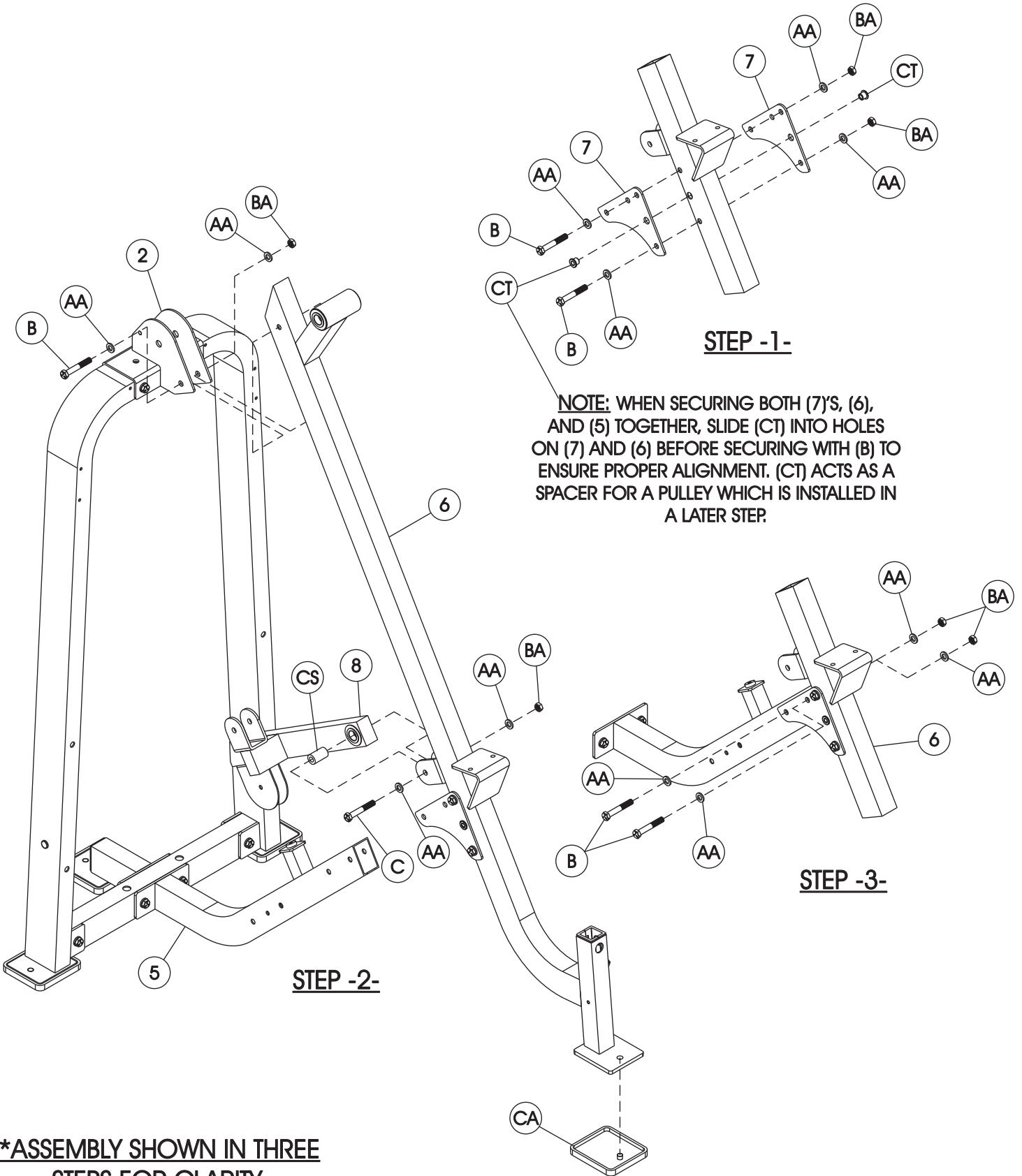
Part Descriptions

2 - Top Pulley Mount
5 - Front Support
6 - Front Upright
7 - Gusset Plate

Hardware Descriptions

B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
C - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
AA - 1/2" Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad
CS - 19mm dia. x 57.5mm lg. Axle
CT - 11/16" Flanged Spacer

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Step 2c

FRAME ASSEMBLY

Continue assembly by inserting (CE) into (6), then attach (10) to (CE). Wrench Tighten bolts. **NOTE:** Check to see that the Arm Assembly rotates freely. If not, turn back the nut on the bolt for the axle just enough so that the Arm Assembly rotates freely. Slide a (CF) onto each tube end of (10). Then install an (11) to each side capturing (CF) between (11) and Button Head Bolt (F). Wrench Tighten bolts. Slide a (12) onto each (11). See the Assembly Note for the correct rear slot positioning of (12). Install the range limiting bolt (F) through the slots in each (12). Wrench Tighten bolts. Attach (CG) to the top of each (12). Wrench Tighten the retaining nuts then turn the nuts back just enough so that each (12) rotates freely. Now insert both (CS)'s into (9), then attach to (10) at the top and to (8) at the bottom. **WARNING:** when attaching (9) to (10), take special precaution when handling the arm. If released, the front of (10) will swing up with a considerable amount of force, and could cause bodily injury. Wrench Tighten bolts. **NOTE:** Check to see that the Arm Assembly and the Weighted Connector rotates freely. If not, turn back the nut on the bolt for the axle just enough so that the Arm Assembly and Weighted Connector rotates freely.

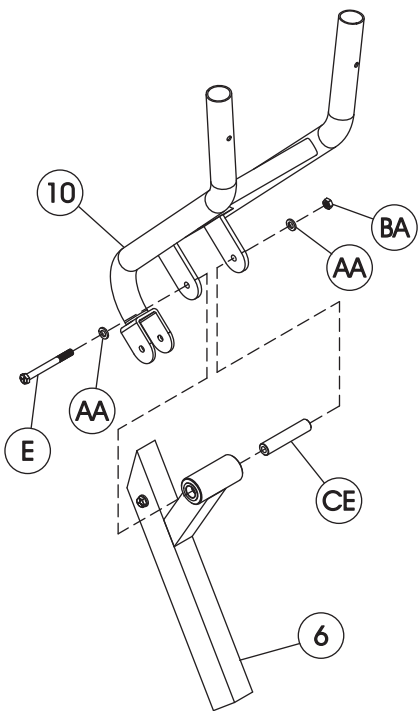
Part Descriptions

6 - Front Upright
8 - Resistance Lever Arm
9 - Weighted Connector
10 - Arm
11 - Handle Assembly
12 - Bearing Housing

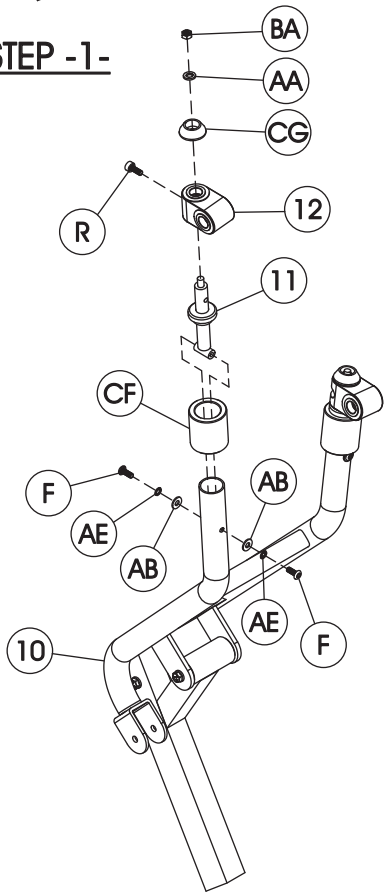
Hardware Descriptions

C - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
E - 1/2"-13UNC x 6" Hex Head Bolt (WZ)
F - 3/8"-16UNC x 3/4" Button Head Bolt (WZ)
R - 3/8"-16UNC x 1" Socket Head cap Screw
AA - 1/2" Washer
AB - 3/8" Washer
AE - 3/8" Lock Washer
BA - 1/2" Nylok Nut
CS - 19mm dia. x 57.5mm lg. Axle
CE - 25.4mm dia. x 120mm lg. Axle
CF - Rubber Sleeve
CG - Aluminum Bolt on Cap

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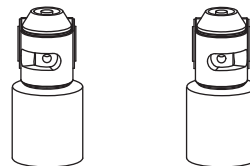
STEP -1-



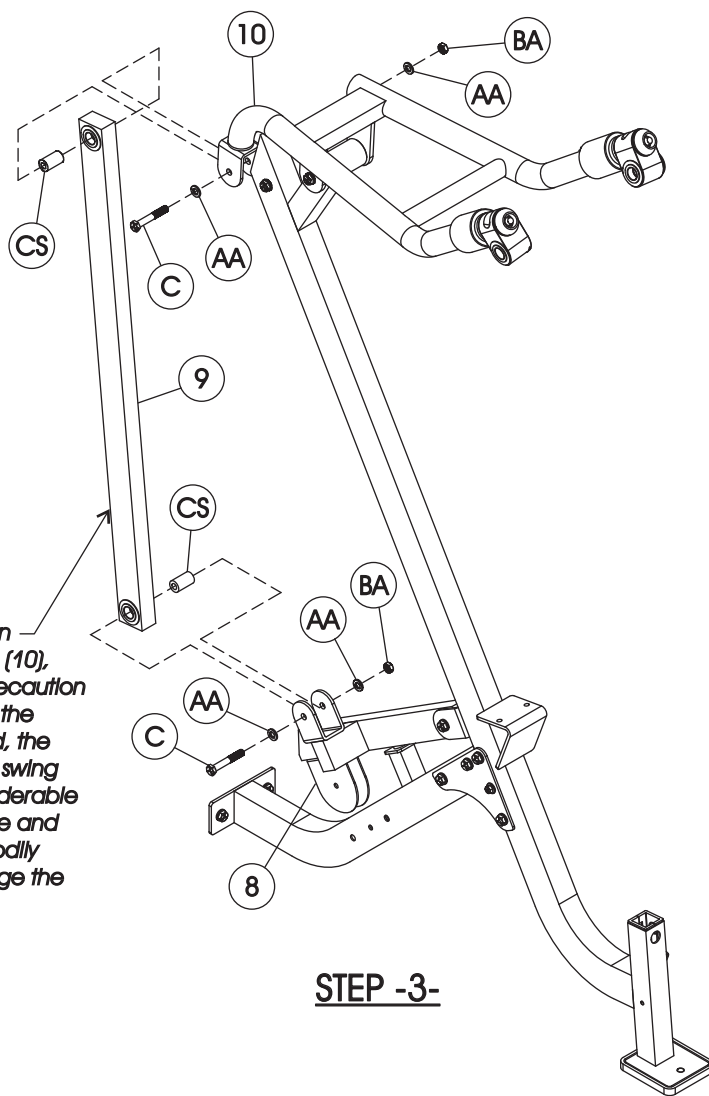
STEP -2-
NOTE: REPEAT ASSEMBLY ON
OPPOSITE SIDE.

ASSEMBLY NOTE:

This view is shown from the rear for clarity



This view shows the proper positioning of assembly 12. Notice how the slots in these assemblies are not centered with the part but have been rotated more to one side. Instead. The sides of the parts which contain more of the slot are positioned to the inside.



WARNING: when attaching (9) to (10), take special precaution when handling the arm. If released, the front of (10) will swing up with a considerable amount of force and could cause bodily injury, or damage the machine.

STEP -3-

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

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Step 2d

WEIGHT STACK ASSEMBLY

Continue assembly by attaching (14) and (CK) to (6). Now slide (15) through (CH) and slide them both into (3). Tilt both (15)'s forward enough to allow room to slide the Weight Plates on. Slide all 10 (22)'s and all 5 (23)'s onto both (15)'s. Now slide (24) onto both (15)'s. Slide (13) over both (15)'s. Angle both (15)'s vertical and secure (13) to both (1) and (2). Secure both (15)'s to (13) using set screw (U). Wrench Tighten bolts.

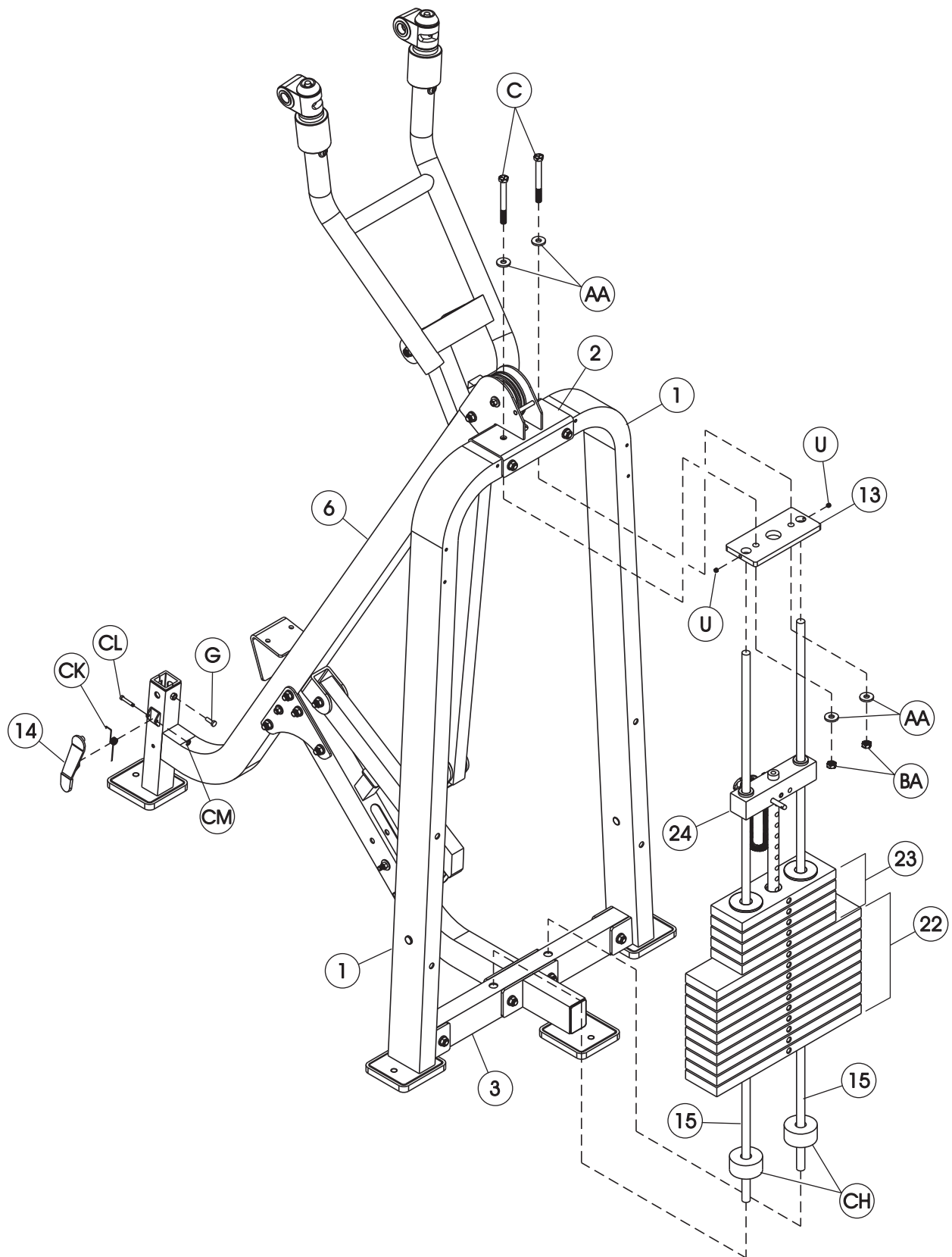
Part Descriptions

1 - Weight frame Upright
2 - Top Pulley Mount
3 - Weight Stack Mount
6 - Front Upright
13 - Guide Rod Top Mount
14 - Latch Assembly
15 - Guide Rod
22 - 20 lb. Intermediate Weight
23 - 12 1/2 lb. Intermediate Weight
24 - 8 1/4 lb. Top Plate

Hardware Descriptions

C - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
G - 3/8"-16UNC x 3/4" Square Head Set Screw
U - 5/16"-18UNC x 5/16"-Socket Set Screw
AA - 1/2" Washer
BA - 1/2" Nylok Nut
CH - Weight Stack Bumper
CK - Latch Spring
CL - Latch Pin
CM - C-Clip

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Step 2e

FRAME ASSEMBLY

Continue assembly by inserting (CP) into (CN). Then attach both to (27). Now attach (27) to (16). Insert (CB) into (12) and attach (16) to (12). ***Wrench Tighten*** bolts. ***NOTE:*** Check to see that the Handle Weldment and U-Bracket rotates freely. If not, turn back the nut on the bolt for the axle just enough so that the Handle Weldment and U-Bracket rotates freely.

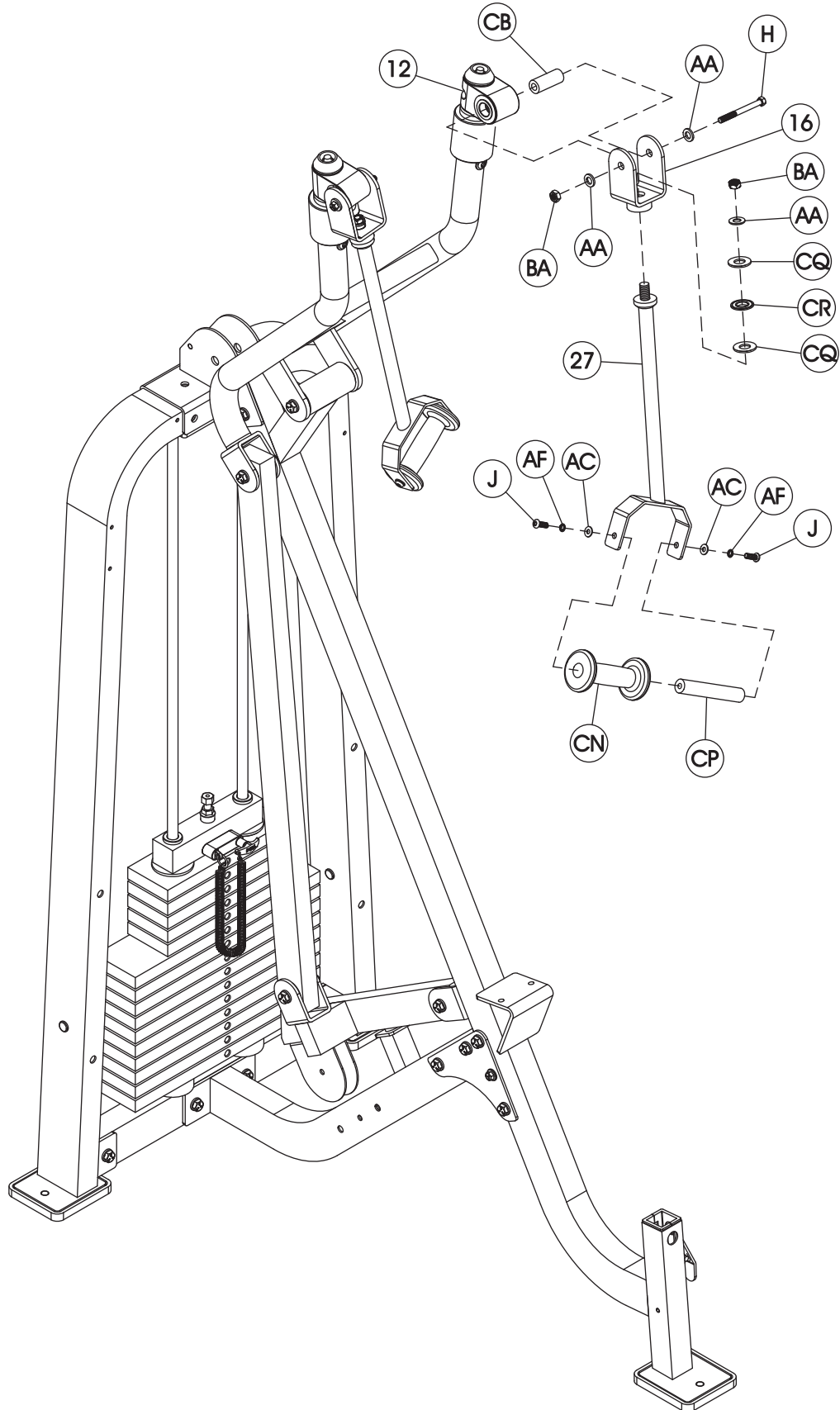
Part Descriptions

12 - Bearing Housing
16 - U-Bracket
27 - Handle Weldment

Hardware Descriptions

H - 1/2"-13UNC x 3 1/2" Hex Head Bolt (WZ)
J - 5/16"-18UNC x 1" Button Head Bolt (WZ)
AA - 1/2" Washer
AC - 5/16" Washer
AF - 5/16" Lock Washer
BA - 1/2" Nylok Nut
CB - 25.4mm dia. x 63mm lg. Axle
CN - Handle
CP - 25.4mm dia. x 148mm lg. Axle
CQ - 3/4" Thrust Washer
CR - 3/4" Thrust Bearing

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Step 2f

P U L L E Y A S S E M B L Y

The following page shows each pulleys location and the hardware used to install it. When installing each pulley, refer to the **Cable** Installation diagram on page 18 to ensure the **cable** is routed properly around each pulley and is on the correct side of any **cable** guard pins or bolts. *Wrench Tighten* all bolts.

Part Descriptions

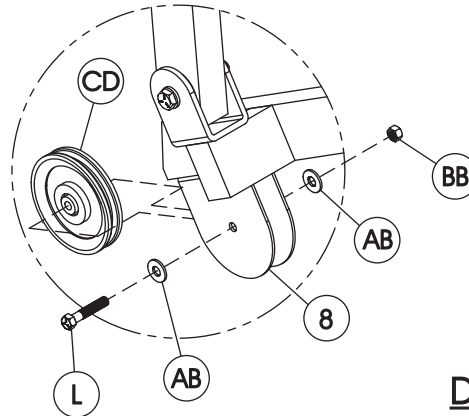
- 2 - Top Pulley Mount
- 5 - Front Support
- 8 - Resistance Lever Arm

Hardware Descriptions

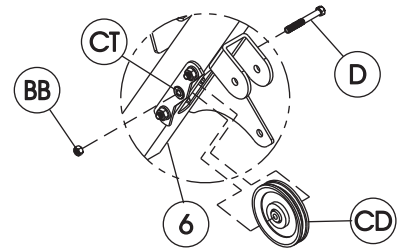
- D - 3/8"-16UNC x 3" Hex Head Bolt (WZ)
- K - 3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
- L - 3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
- AB - 3/8" Washer
- BB - 3/8" Nylok Nut
- CC - 1/2" Flanged spacer
- CD - 4 1/2" Pulley
- CT - 11/16" Flanged Spacer

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DETAIL -A-

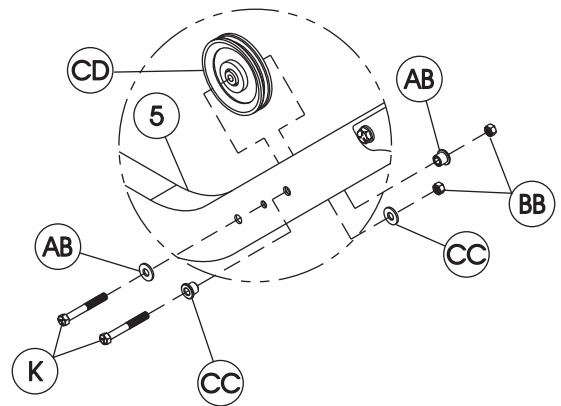


DETAIL -C-
ROTATED AND PLATE CUT
AWAY FOR CLARITY.



*SEE DETAIL -A- FOR
PULLEY ASSEMBLY.

DETAIL -B-



*SEE DETAIL -B- FOR
PULLEY ASSEMBLY.

*SEE DETAIL -C- FOR
PULLEY ASSEMBLY.

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Step 2g

CABLE INSTALLATIONS

Continue assembly by installing (25) to machine. **Cable** will be secured to (5) with (CU). See Detail -A- for installation. *Wrench Tighten* bolts. **NOTE:** check to see that the **Cable** Mount rotates freely. If not, turn back the nut on the bolt just enough so that the **Cable** Mount rotates freely.

Part Descriptions

5 - Front Support

25 - HD1700 Lat/Highrow **Cable**

Hardware Descriptions

K - 3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)

BB - 3/8" Nylok Nut

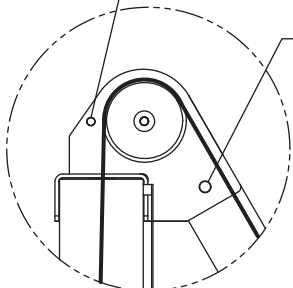
CC - 1/2" Flanged Spacer

CV - **Cable** Mount

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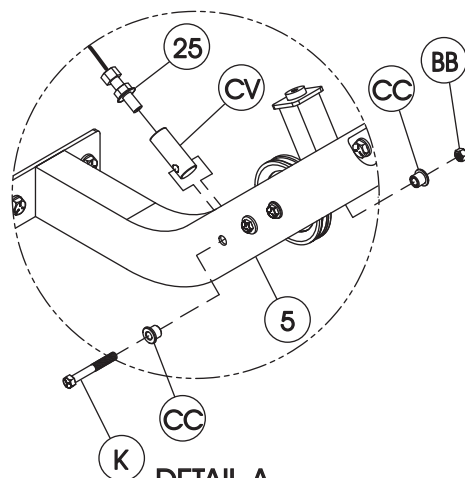
NOTE:

BE SURE **CABLE** RUNS BETWEEN THE PULLEY AND THE GUARD PIN.



NOTE:

BE SURE **CABLE** RUNS OVER TOP SIDE OF FRAME BOLT.



DETAIL A

NOTE: when securing (DH), Wrench Tighten bolts till snug, then back off 1/2 turn or until (DH) swings freely.

FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE **CABLE** PROPER TENSION. RE-TIGHTEN JAM NUT.



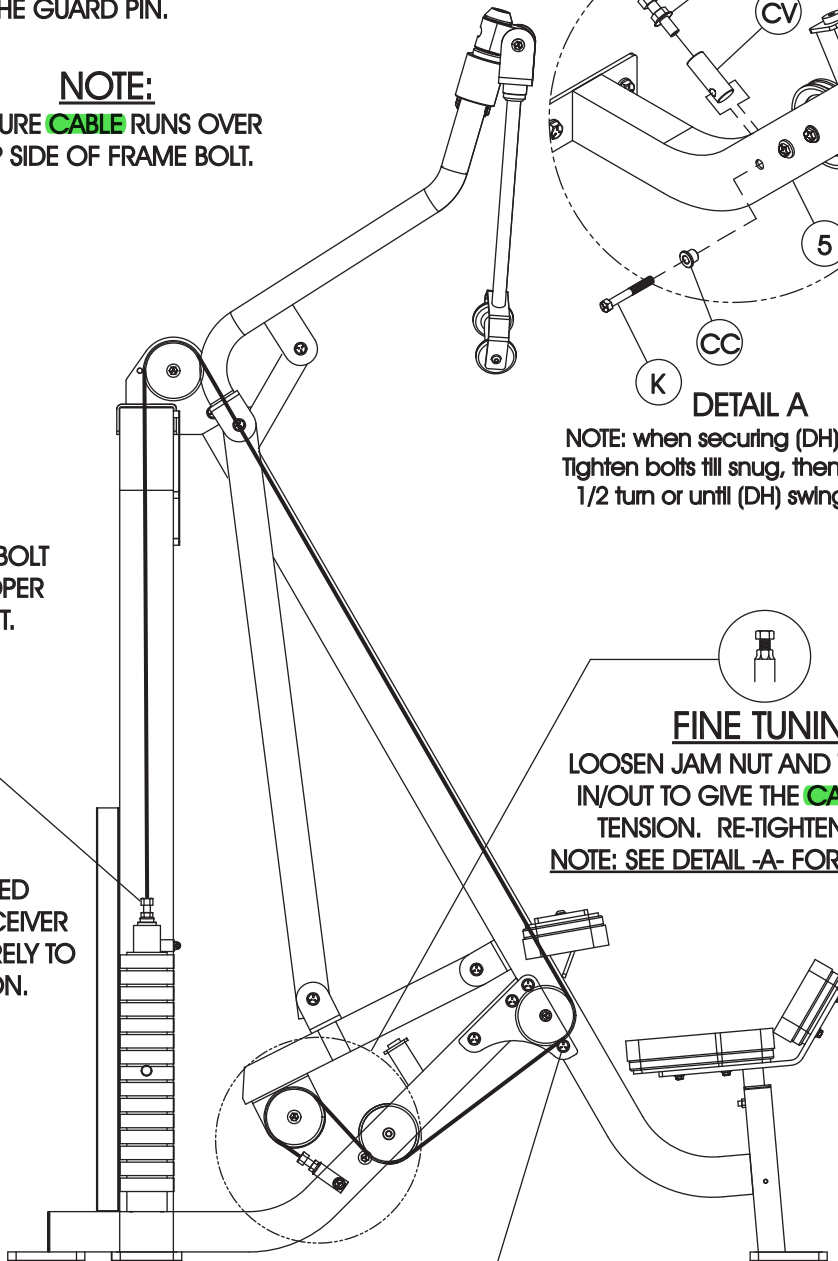
WARNING:

CABLE BOLT MUST BE THREADED A MINIMUM OF 1/2" INTO ITS RECEIVER WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.



FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE **CABLE** PROPER TENSION. RE-TIGHTEN JAM NUT. NOTE: SEE DETAIL -A- FOR INSTALLATION.



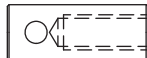
NOTE:

BE SURE **CABLE** RUNS BETWEEN PULLEY AND FRAME BOLT.

25

136 13/16" [3475mm]

CV



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Step 2h

UPHOLSTERY ASSEMBLY

Continue assembly by attaching (17) to (6). Then you will attach both (19)'s to (17). Now attach (20) and (21) to (18). Then slide (18) into (6). Wrench Tighten bolts.

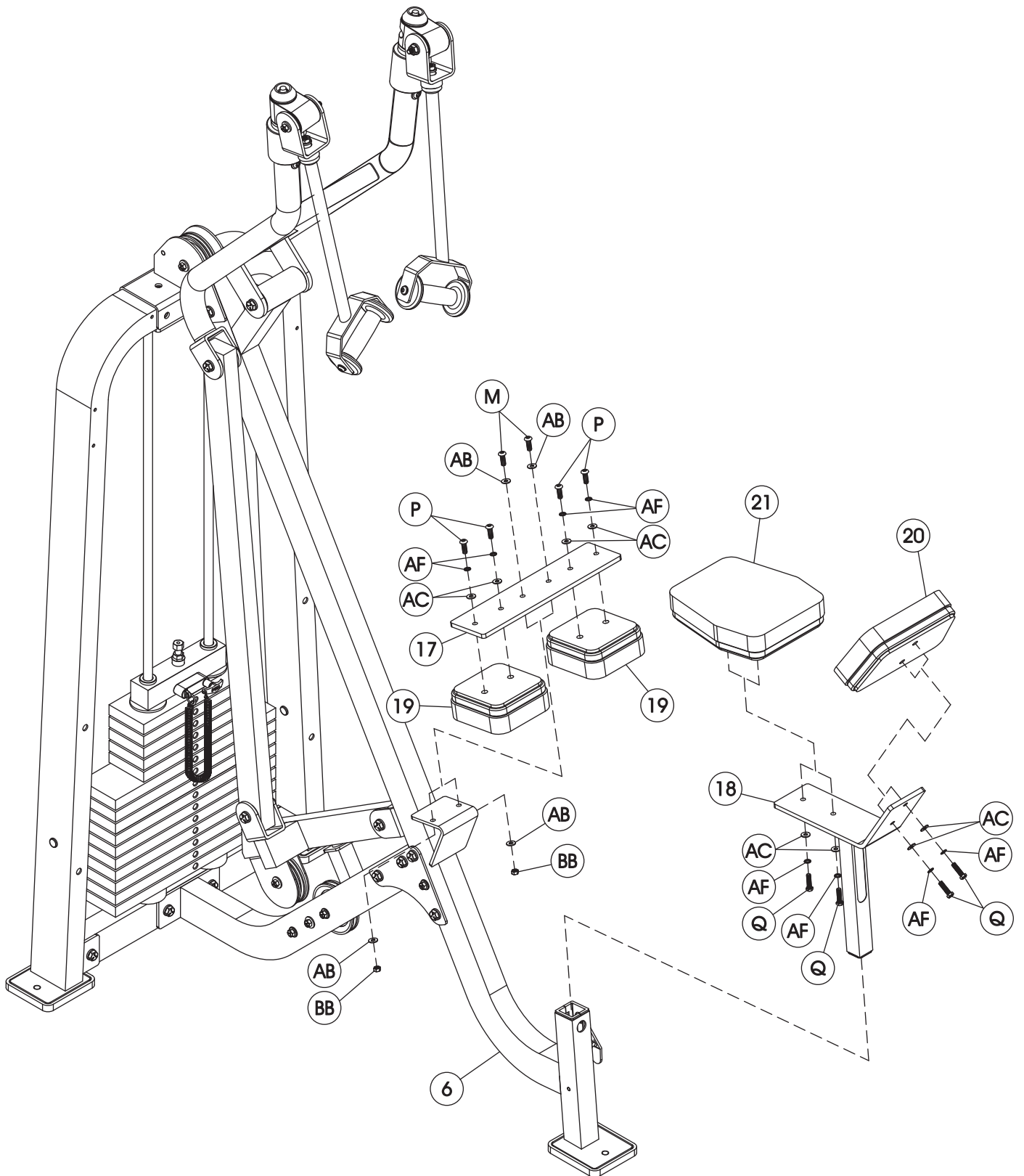
Part Descriptions

6 - Front Support
17 - Leg Pad Mount
18 - Seat Pad Mount
19 - Leg Upholstery
20 - Back Upholstery
21 - Seat Upholstery

Hardware Descriptions

M - 3/8"-16UNC x 1 1/4" Button Head Bolt (WZ)
P - 5/16"-18UNC x 1 1/2" Button Head Bolt (WZ)
Q - 5/16"-18UNC x 1 1/4" Button Head Bolt (WZ)
AB - 3/8" Washer
AC - 5/16" Washer
AF - 5/16" Lock Washer
BB - 3/8" Nylok Nut

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Step 2i

FRAME ASSEMBLY

Finish assembly by attaching (26) to both (1)'s. Then attach (CX) to (1). Repeat assembly for (CY). *Wrench Tighten* bolts.

IMPORTANT

Now that the Hd1700 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

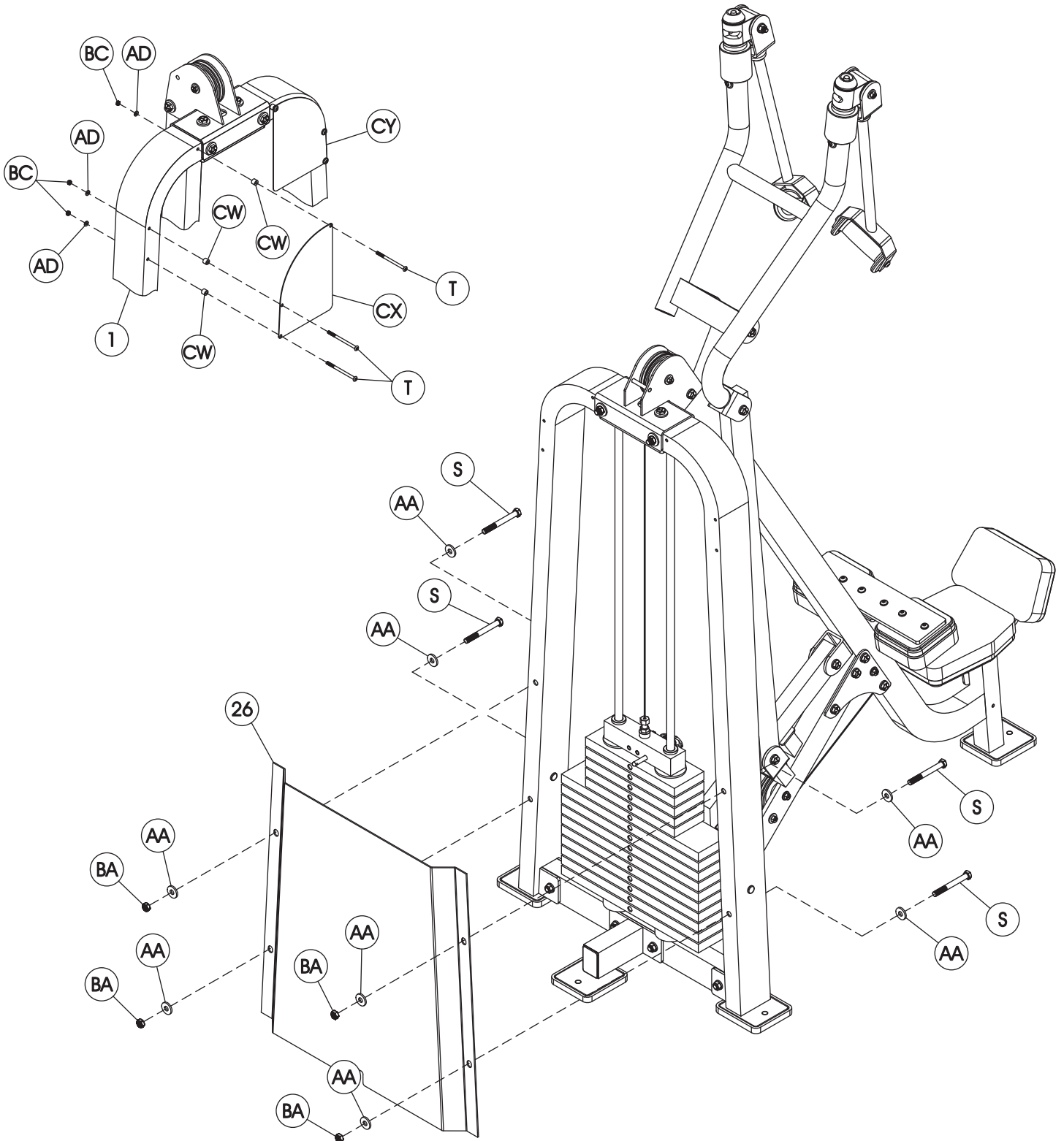
1 - Weight Frame Upright
26 - Shield

Hardware Descriptions

S - 1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ)
T - 1/4-20UNC x 5" Button Head Bolt (WZ)
AA - 1/2" Washer
AD - 1/4" Washer
BA - 1/2" Nylok Nut
BC - 1/4" Nylok Nut
CW - White Spacer
CX - HD1700 Placard (Left)
CY - HD1700 Placard (Right)

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*REPEAT PLACARD ASSEMBLY ON
OPPOSITE SIDE. ONE SIDE SHOWN
ASSEMBLED FOR CLARITY.



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Step 2j

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

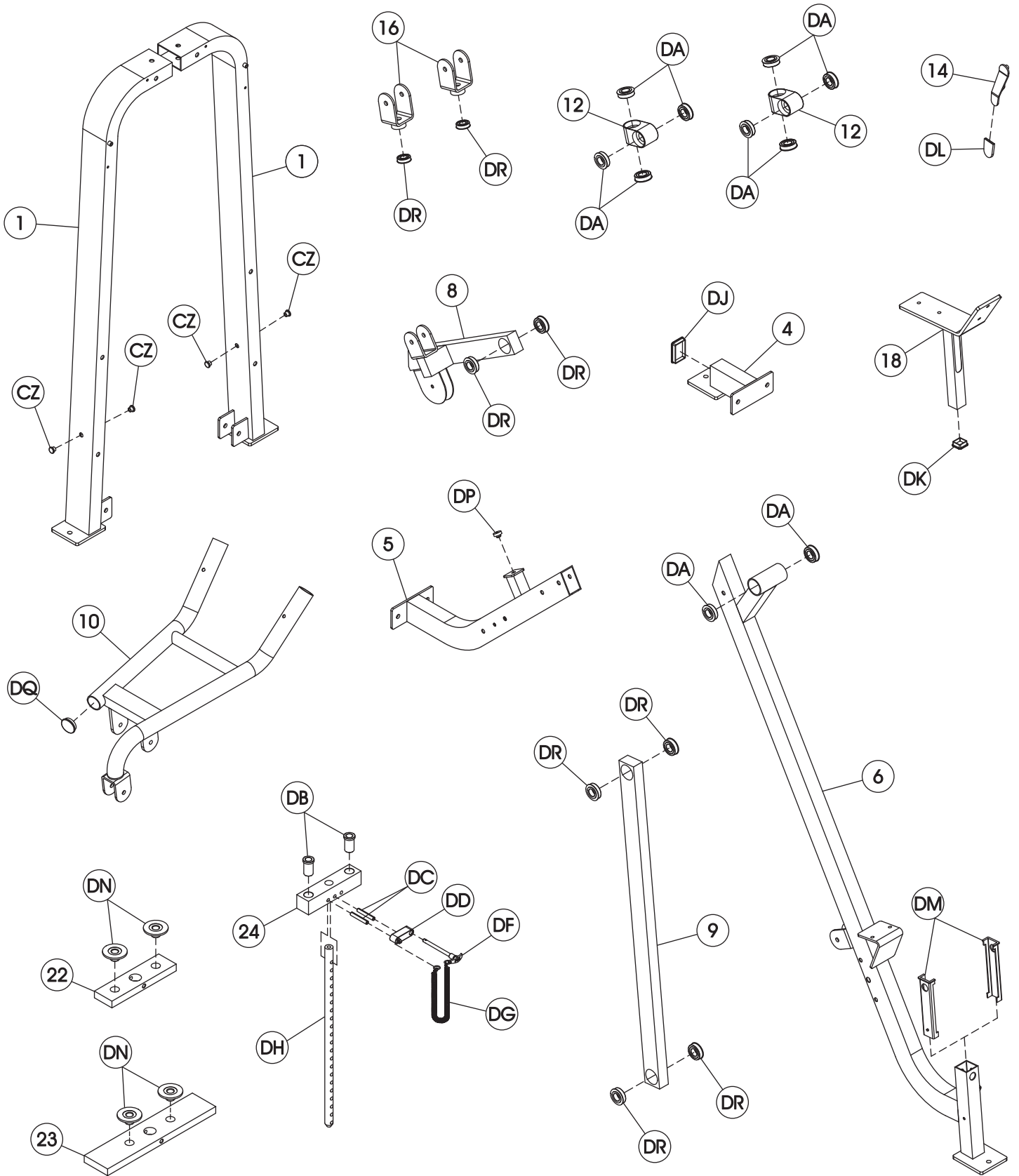
Part Descriptions

- 1 - Weight Frame Upright
- 4 - Rear Tie
- 5 - Front Support
- 6 - Front Upright
- 8 - Resistance Lever Arm
- 9 - Weighted Connector
- 10 - Arm
- 12 - Bearing Housing
- 14 - Latch Assembly
- 16 - U-Bracket
- 18 - Seat Pad Mount
- 22 - 12 1/2 lb. Intermediate Weight
- 23 - 20 lb. Intermediate Weight
- 24 - 8 1/4 lb. Top Plate

Hardware Descriptions

- CZ - Plug
- DA - 1" Flanged Ball Bearing
- DB - Guide Rod Bushing
- DC - 7/16" Roll Pin
- DF - Selector Pin
- DG - Lanyard Coil
- DH - 16 Plate Selector Stem
- DJ - 2" x 3" End Cap
- DK - 1 1/2" x 1 1/2" End Cap
- DL - Latch Thumb Pad
- DM - EZ Glide Sleeve
- DN - Bushing
- DP - Bumper
- DQ - 2" Dia. End Cap
- DR - 3/4" Flanged Bearing.

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PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X2109	Weight Frame Upright
2	1	026-01X0859	Top Pulley Mount
3	1	026-01T0545	Weight Stack Mount
4	1	026-01X0817	Rear Tie
5	1	026-01X0939	Front Support
6	1	026-01X0994	Front Upright
7	2	026-01P0947	Gusset Plate
8	1	026-01X0938	Resistance Lever Arm
9	1	026-01P0935	Weighted Connector
10	1	026-01X0931	Arm
11	2	026-01X0877	Handle Assembly
12	2	026-01M0521	Bearing Housing
13	1	026-01P0819	Guide Rod Top Mount
14	1	026-01X0158	Latch Assembly
15	2	026-01G0159	Guide Rod
16	2	026-01X0996	U-Bracket
17	2	026-01P0949	Leg Pad Mount
18	1	026-01X0929	Seat Pad Mount
19	1	022-01PD0049	Leg Upolstery
20	1	022-01PD0048	Back Upolstery
21	1	022-01PD0047	Seat Upolstery
22	10	26-STD-SW104	20 LB Intermediate Weight
23	5	26-STD-SW101	12 1/2 LB Intermediate Weight
24	1	026-1300034	8 1/4 LB Top Plate
25	1	026-01C248T	HD1700 Lat/High Row Cable
26	1	026-1100089	Shield
27	2	026-01X0997	Handle Weldment

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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	2		1/2"-13UNC x 4 3/4" Hex Bolt (WZ)
B	9	011-0101019	1/2"-13UNC x 3" Hex Bolt (WZ)
C	5		1/2"-13UNC x 3 1/4" Hex Bolt (WZ)
D	2		3/8"-16UNC x 3" Hex Bolt (WZ)
E	1		1/2"-13UNC x 6" Hex Bolt (WZ)
F	4	011-0101041	3/8"-16UNC x 3/4" Button Head (WZ)
G	1	26-STD-05-0234	3/8"-16UNC x 3/4" Square Head Set Screw
H	2	011-0407000	1/2"-13UNC x 3 1/2" Hex Bolt (WZ)
J	4		5/16"-18UNC x 1" Button Head (WZ)
K	3		3/8"-16UNC x 2 1/2" Hex Head (WZ)
L	1		3/8"-16UNC x 1 3/4" Hex Bolt (WZ)
M	2	011-0101034	3/8"-16UNC x 1 1/4" Button Head (WZ)
P	4	011-0101054	5/16"-18UNC x 1 1/2" Button Head (WZ)
Q	4	011-0101062	5/16"-18UNC x 1 1/4" Button Head (WZ)
R	2		3/8"-16UNC x 1" Socket Head Cap Screw
S	4		1/2"-13UNC x 4 1/2" Hex Bolt (WZ)
T	6		1/4"-20UNC x 5" Button Head (WZ)
U	2	011-0311012	5/16"-18UNC x 5/16" Socket Set Screw (WZ)
AA	50	013-0102003	1/2" Washer
AB	8	013-0002004	3/8" Washer
AC	12	013-0102004	5/16" Washer
AD	6	013-0002003	1/4" Washer
AE	4	013-0102016	3/8" Lock Washer
AF	12	013-0102017	5/16" Lock Washer
BA	27	012-0105005	1/2" Nylok Nut
BB	8	012-0004004	3/8" Nylok Nut
BC	6	012-0104009	1/4" Nylok Nut
CA	4	026-01PL195	Rubber Foot Pad
CB	2	26-STD-05-0280	25.4mm dia. x 63mm lg. Axle
CC	4	26-STD-08-0010	1/2" Flanged Spacer
CD	4	26-STD-06-0025	4 1/2" Pulley
CE	1	26-STD-05-0281	25.4mm dia. x 120mm lg. Axle
CF	2	026-01PL292	Rubber Sleeve
CG	2	026-01M0519	Aluminum Bolt on Cap
CH	2	26-STD-06-0253	Weight Stack Bumper

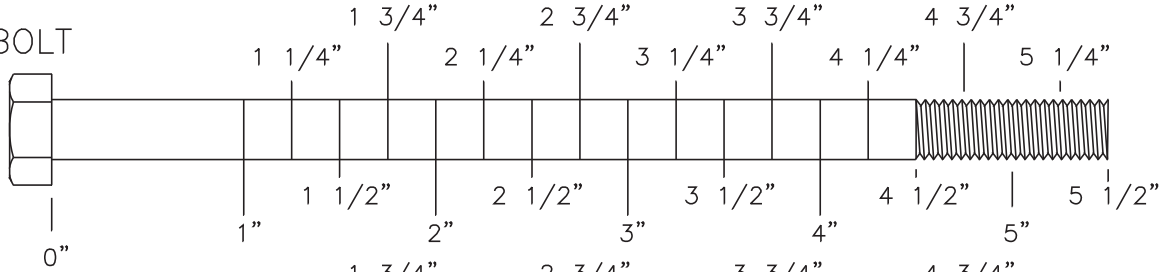
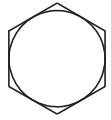
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H A R D W A R E L I S T I N G

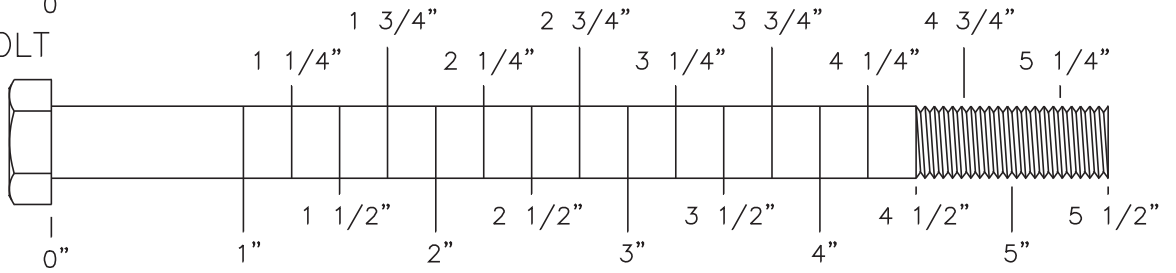
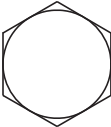
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
CK	1	026-01M0503	Latch Spring
CL	1	026-01M0309	Latch Pin
CM	1	014-0015001	C-Clip
CN	2	026-01PL200	Handle
CP	2	026-01M0572	25.4mm dia. x 148mm lg. Axle
CQ	4	014-0012002	3/4" Thrust Washer
CR	2	14-BRG-THRUST34	Thrust Bearing
CS	3	26-STD-05-0290	19mm dia. x 57.5mm lg. Axle
CT	4	026-01M0532	11/16" Flanged Spacer
CV	1	026-01M0586	Cable Mount
CW	6	26-STD-06-0326	White Spacer
CX	1	021-0013099	HD1700 Placard (Left)
CY	1	021-0013100	HD1700 Placard (Right)
CZ	8	26-STD-06-0329	Plug
DA	10	014-0009007	1" Flanged Ball Bearing
DB	2	026-01PL134	Guide Rod Bushing
DC	2		7/16" Roll Pin x 2 3/4" LG
DD	1	026-01PL291	Lanyard/Selector Pin Stand Off
DF	1	026-01M0134	Selector Pin
DG	1	010-0008001	Lanyard Coil
DH	1	026-01W0111	16 Plate Selector Stem
DJ	1	016-0101009	2" x 3" End Cap
DK	1	016-0101008	1 1/2" x 1 1/2" End Cap
DL	1	026-01PL239	Rubber Thumb Latch
DM	2	026-01PL125	Ez Guide Sleeve
DN	30	026-01W0122	Bushing
DP	1	26-STD-06-0311	Bumper - Dia. 25 x 10.5h
DQ	1	26-STD-06-0163	2" Dia End Cap
DR	8	014-0005001	3/4" Flanged Bearing

OWNERS M A N U A L BOLT SIZING CHART

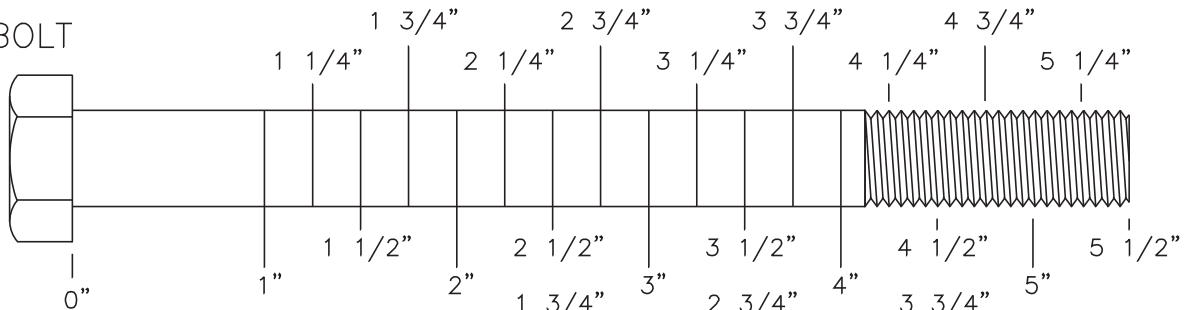
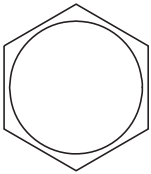
5/16" HEX BOLT



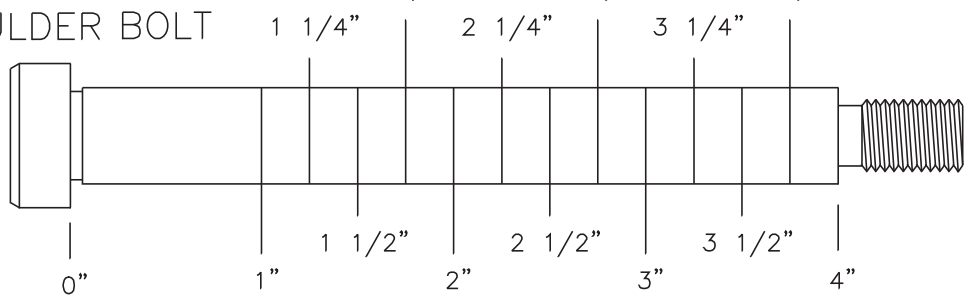
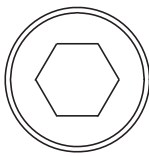
3/8" HEX BOLT



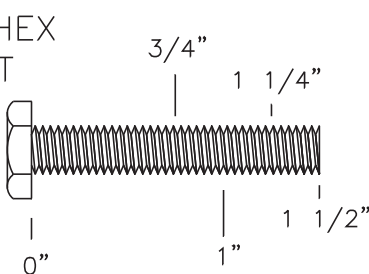
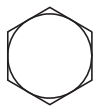
1/2" HEX BOLT



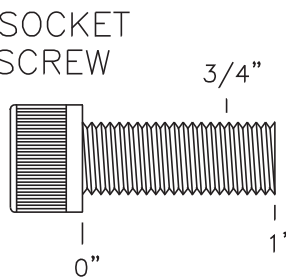
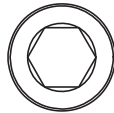
1/2" SHOULDER BOLT



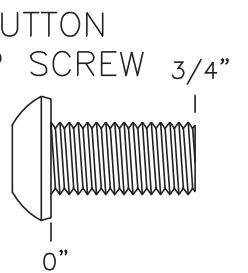
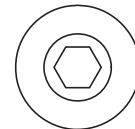
1/4" HEX BOLT



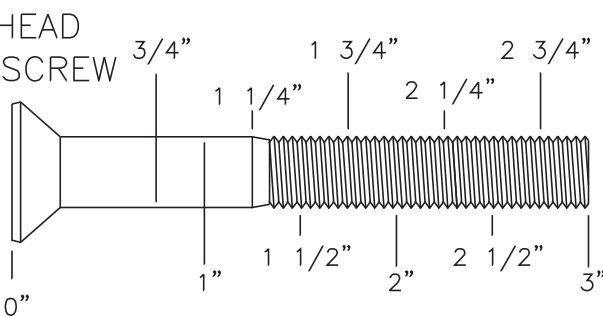
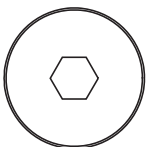
3/8" SOCKET CAP SCREW



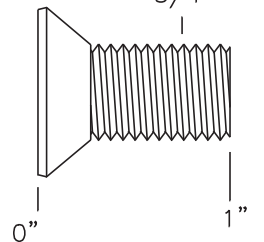
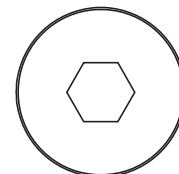
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



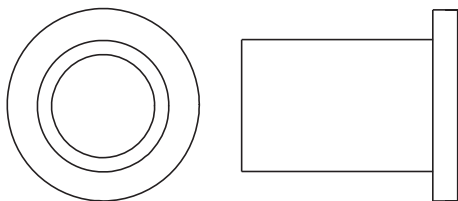
1/2" FLATHEAD SOCKET CAP SCREW



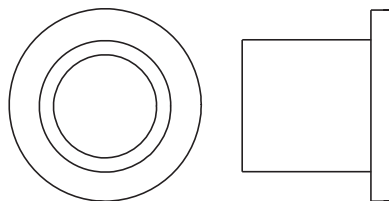
OWNERS M A N U A L

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

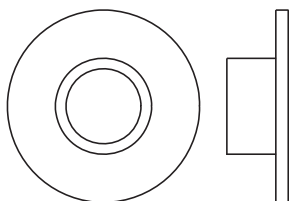
1" LONG HEAVY
FLANGED SPACER



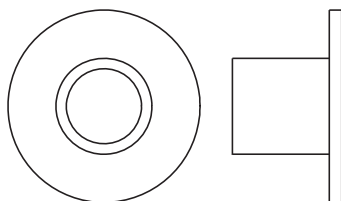
1 1/16" LONG HEAVY
FLANGED SPACER



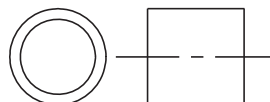
1/4" LONG FLANGED
SPACER



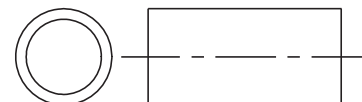
1/2" LONG FLANGED
SPACER



1/2" LONG
SPACER



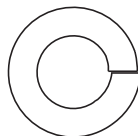
1" LONG
SPACER



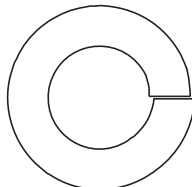
1/4"
LOCK
WASHER



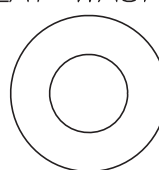
3/8"
LOCK
WASHER



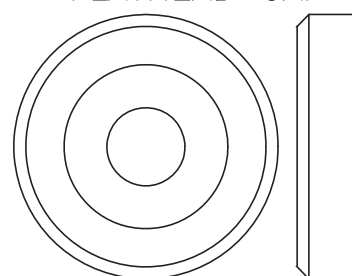
1/2"
LOCK WASHER



5/16"
FLAT WASHER



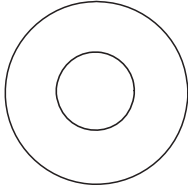
1 3/8" ALUMINUM
FLATHEAD CAP



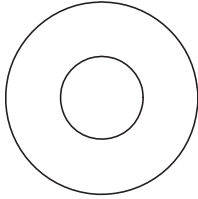
OWNERS M A N U A L

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

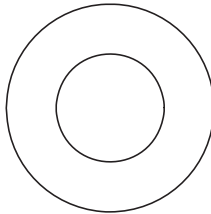
5/16"
FLAT WASHER
LARGE, USS, 25mm



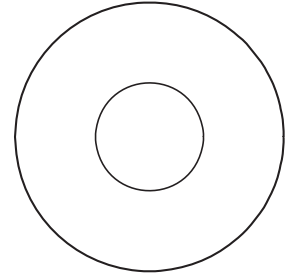
3/8"
FLAT
WASHER



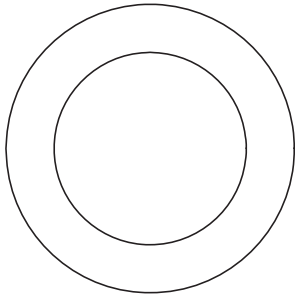
1/2"
FLAT WASHER
SMALL, SAE, 26mm



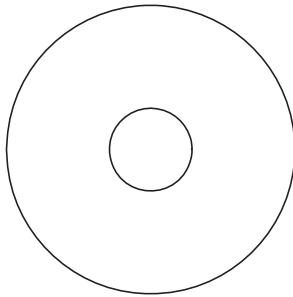
1/2"
FLAT WASHER
LARGE, USS, 34mm



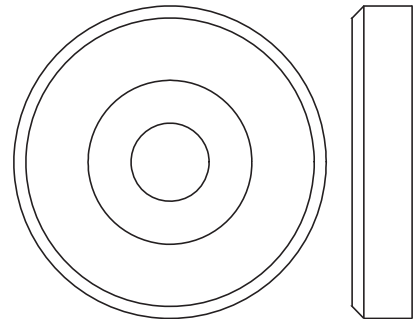
1" SHIM WASHER



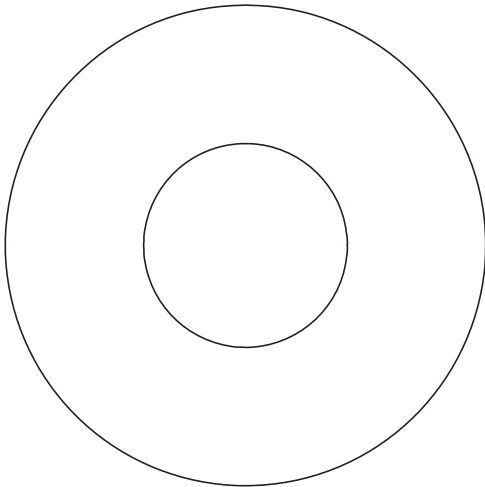
3/8" FENDER WASHER



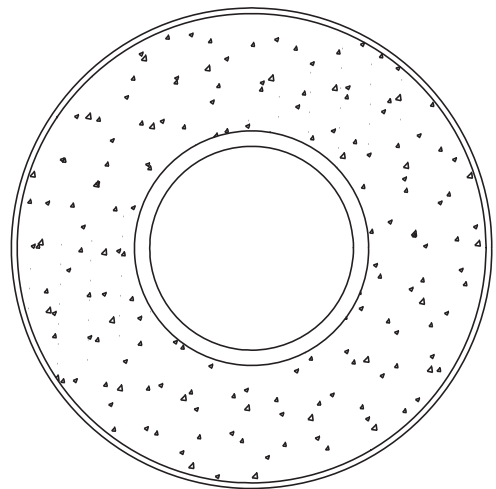
1 5/8" ALUMINUM
FLATHEAD CAP



1 1/16"
FENDER WASHER

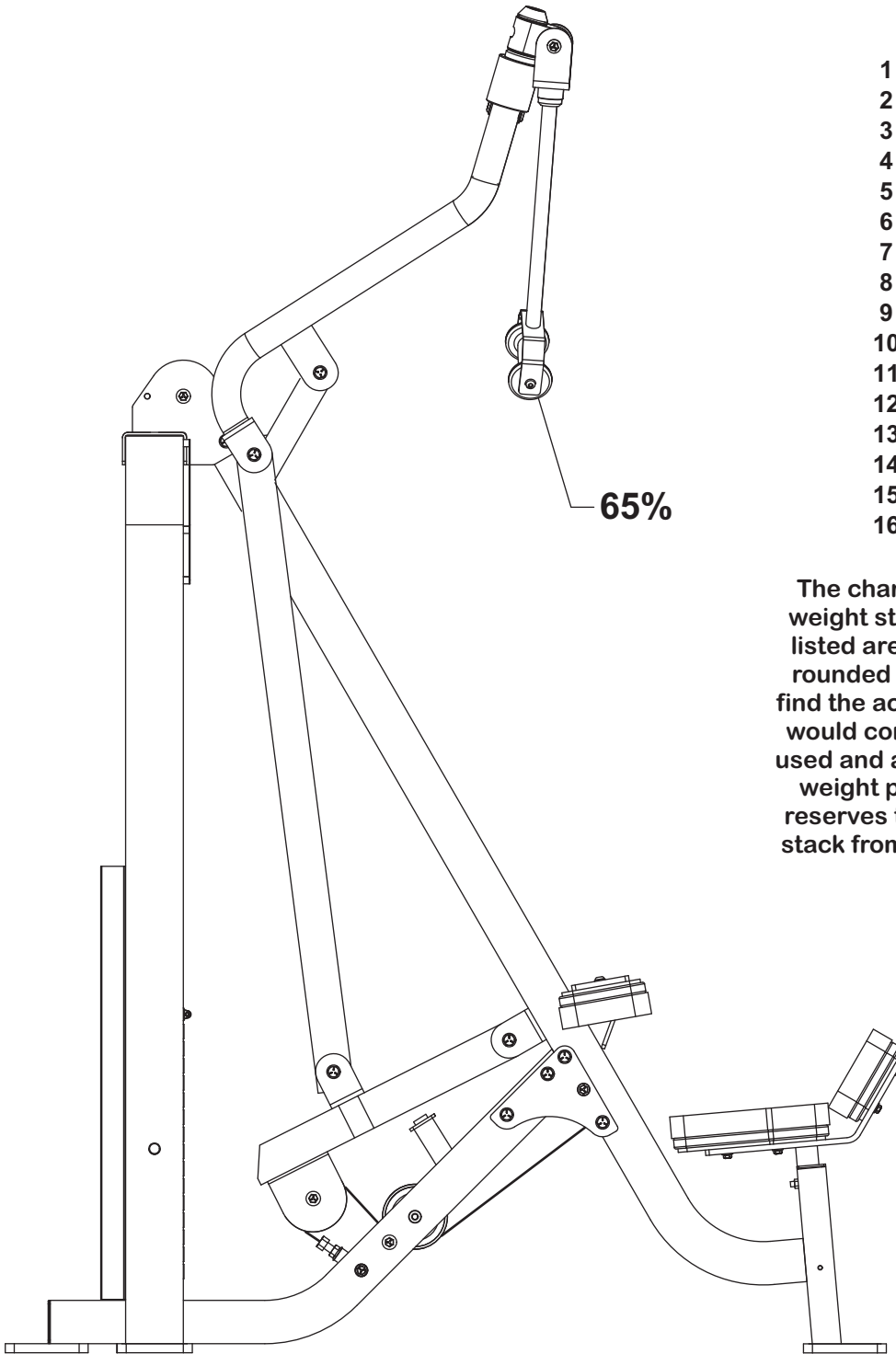


PLASTIC 1 1/16"
FENDER WASHER



OWNERS MANUAL

WEIGHT RATIOS



	100%	65%
1	12.00	8.00
2	25.00	16.00
3	37.00	24.00
4	50.00	32.00
5	62.00	40.00
6	75.00	48.00
7	95.00	61.00
8	115.00	74.00
9	135.00	87.00
10	155.00	100.00
11	175.00	113.00
12	195.00	126.00
13	215.00	139.00
14	235.00	152.00
15	255.00	165.00
16	275.00	178.00

The chart above 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.

OWNERS MANUAL

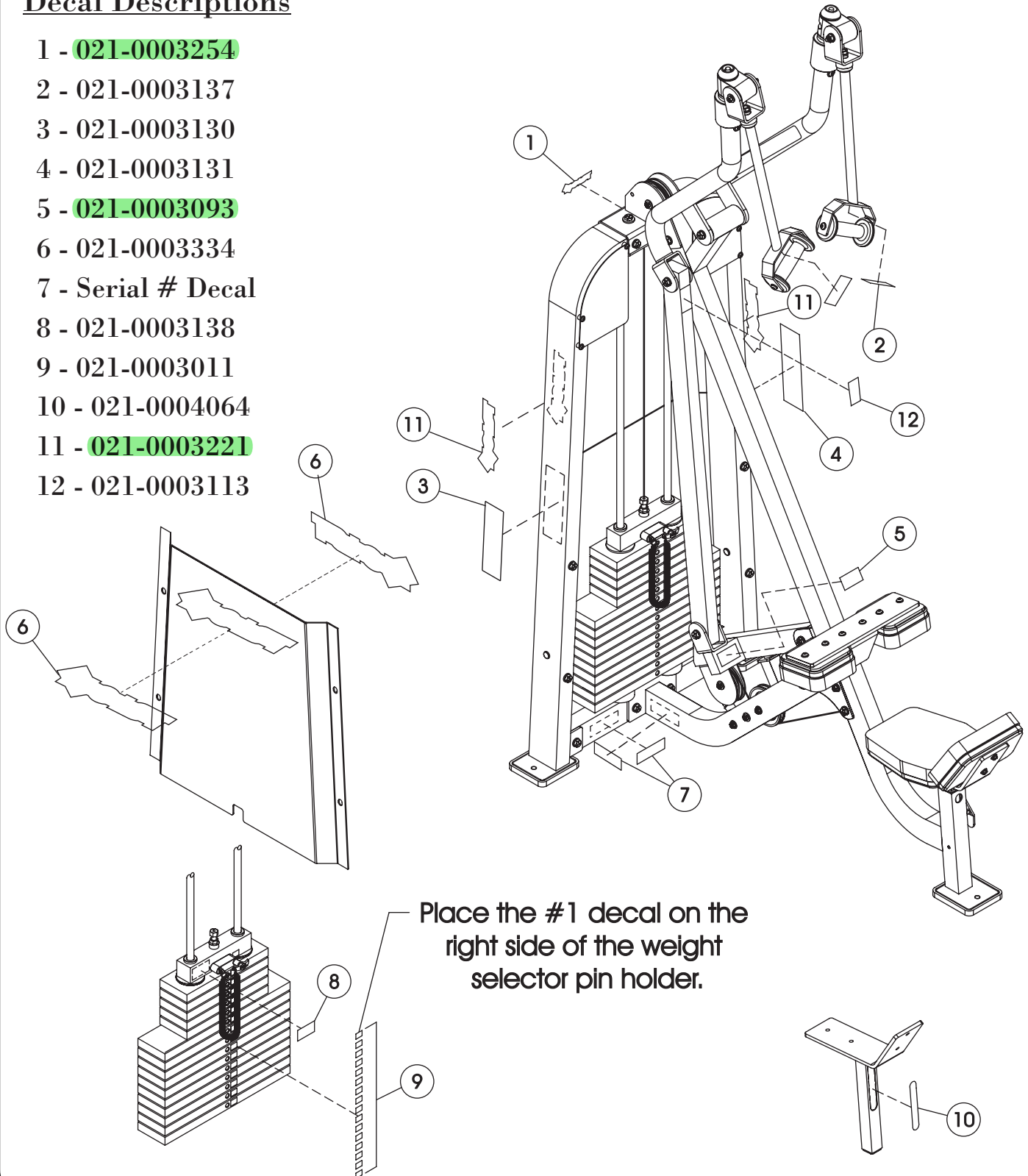


OWNERS MANUAL

DECAL PLACEMENT

Decal Descriptions

- 1 - 021-0003254
- 2 - 021-0003137
- 3 - 021-0003130
- 4 - 021-0003131
- 5 - 021-0003093
- 6 - 021-0003334
- 7 - Serial # Decal
- 8 - 021-0003138
- 9 - 021-0003011
- 10 - 021-0004064
- 11 - 021-0003221
- 12 - 021-0003113



OWNERS MANUAL

DECAL PLACEMENT

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



021-0003254



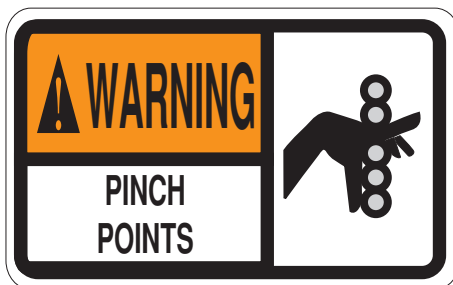
1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-000000



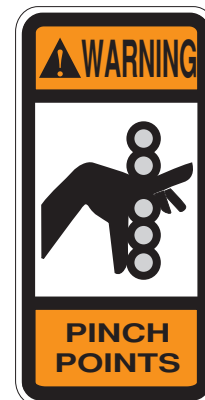
SERIAL # DECAL



021-0003221



021-0003138



021-0003113

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.

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 WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months	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 (Superlube)			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 | 11 |
| 2 | 12 |
| 3 | 13 |
| 4 | 14 |
| 5 | 15 |
| 6 | 16 |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

021-0003334

021-0003011

OWNERS M A N U A L

DECAL PLACEMENT

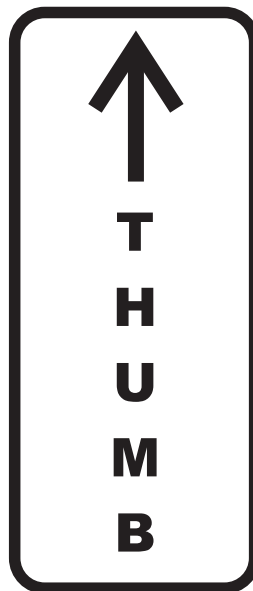
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

1 2 3 4 5 6

021-0004064



021-0003093



021-0003137

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 MANUAL



OWNERS M A N U A L

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 M A N U A L

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 M A N U A L

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
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