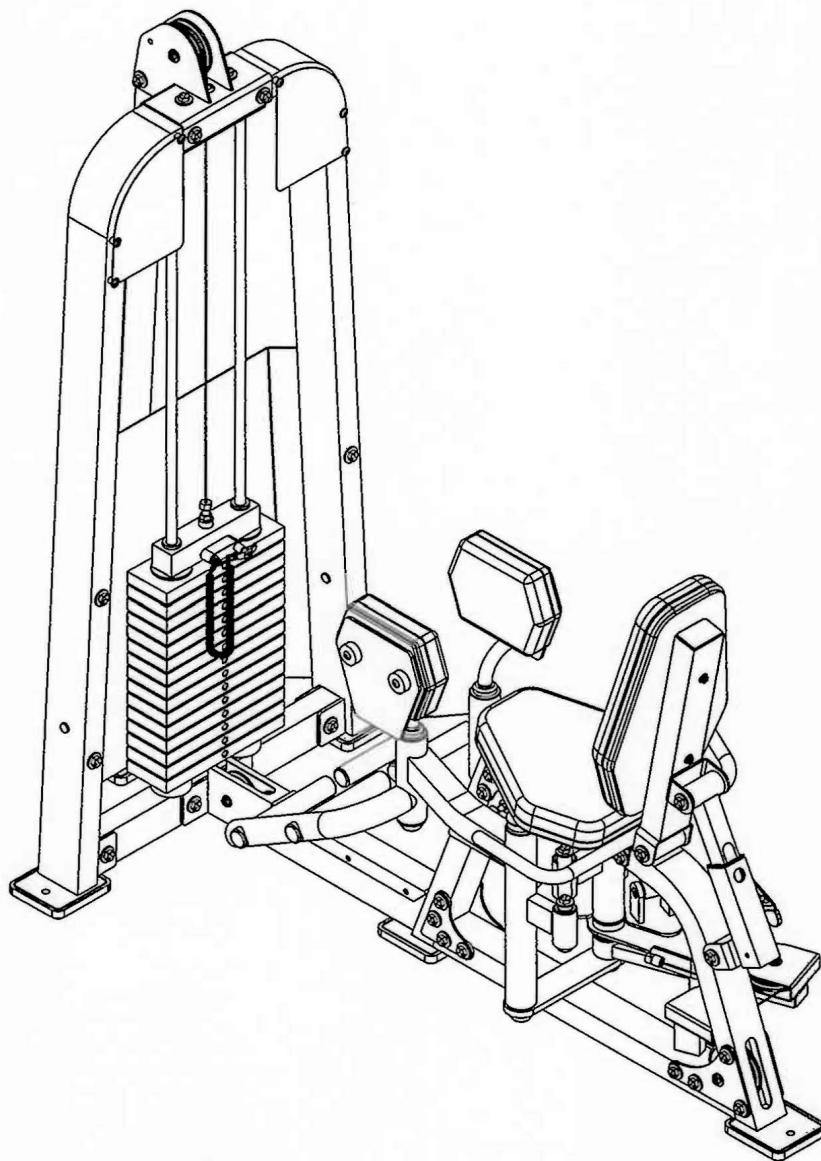


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HD1800 INNER/OUTER THIGH



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

Feb 2002

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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

Allen wrench Set

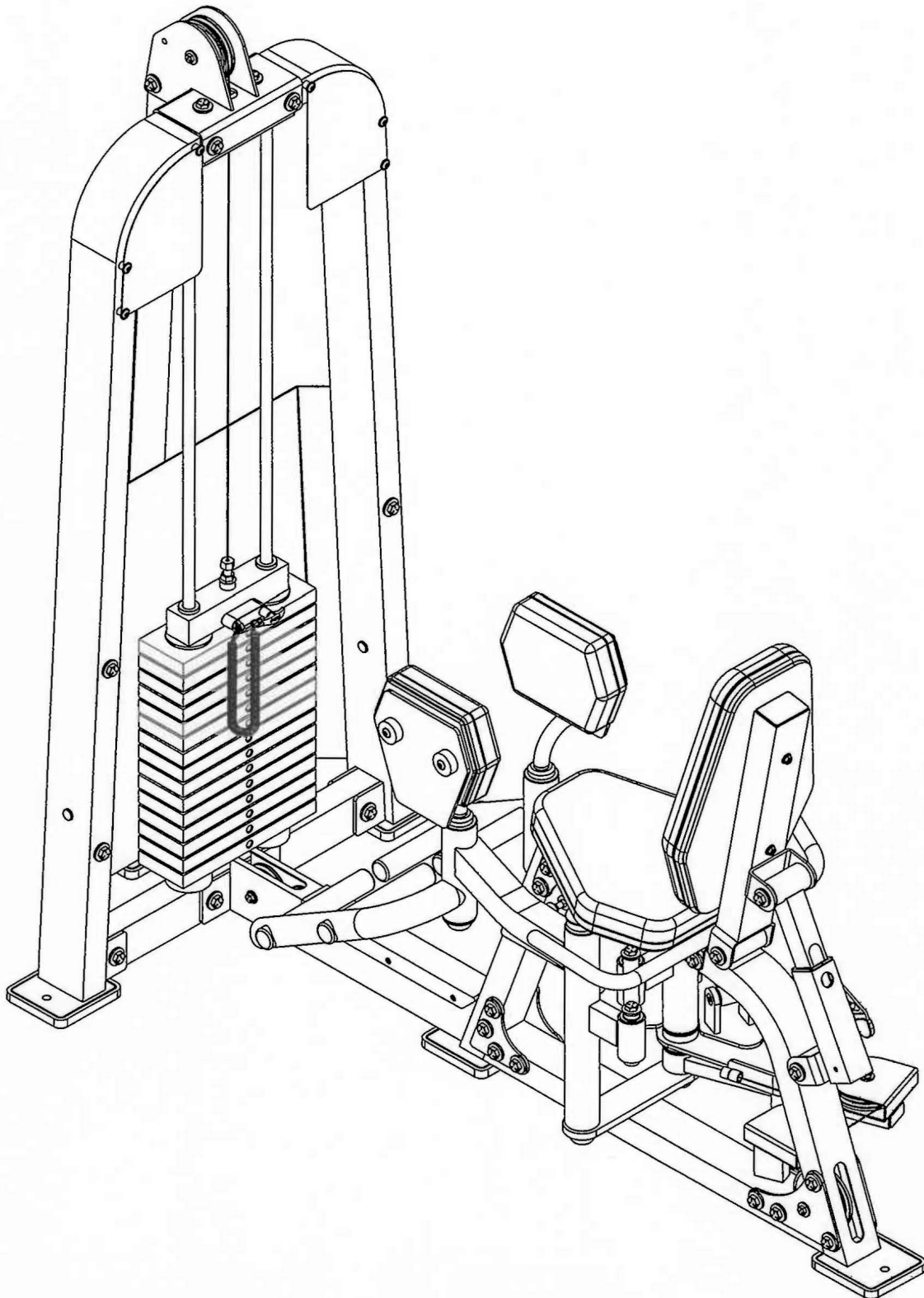
Crescent Wrench

Rubber Mallet

Tape Measure

Step 2

FRAME ASSEMBLY



Step 2a

FRAME ASSEMBLY

Start assembly by attaching the bottom of both (1)'s to (3), then the top of both (1)'s to (2). Wrench Tighten bolts.

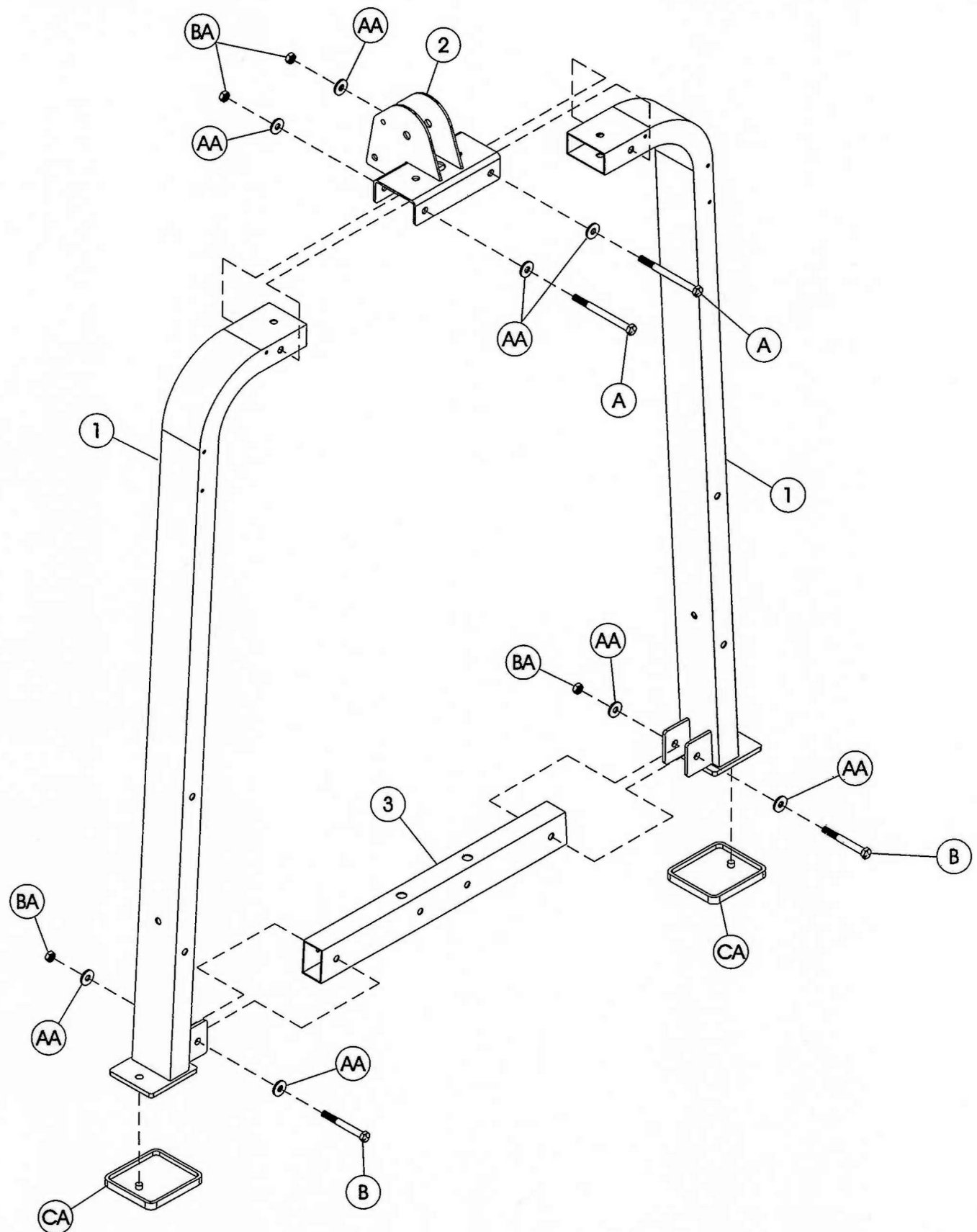
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Top Weight Mount
- 3 - Weight Stack Mount

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" Flat Washer
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

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Step 2b

FRAME ASSEMBLY

Attach (4) and the bottom of (5) to (3), then the top of (5) to 2.

Wrench Tighten bolts.

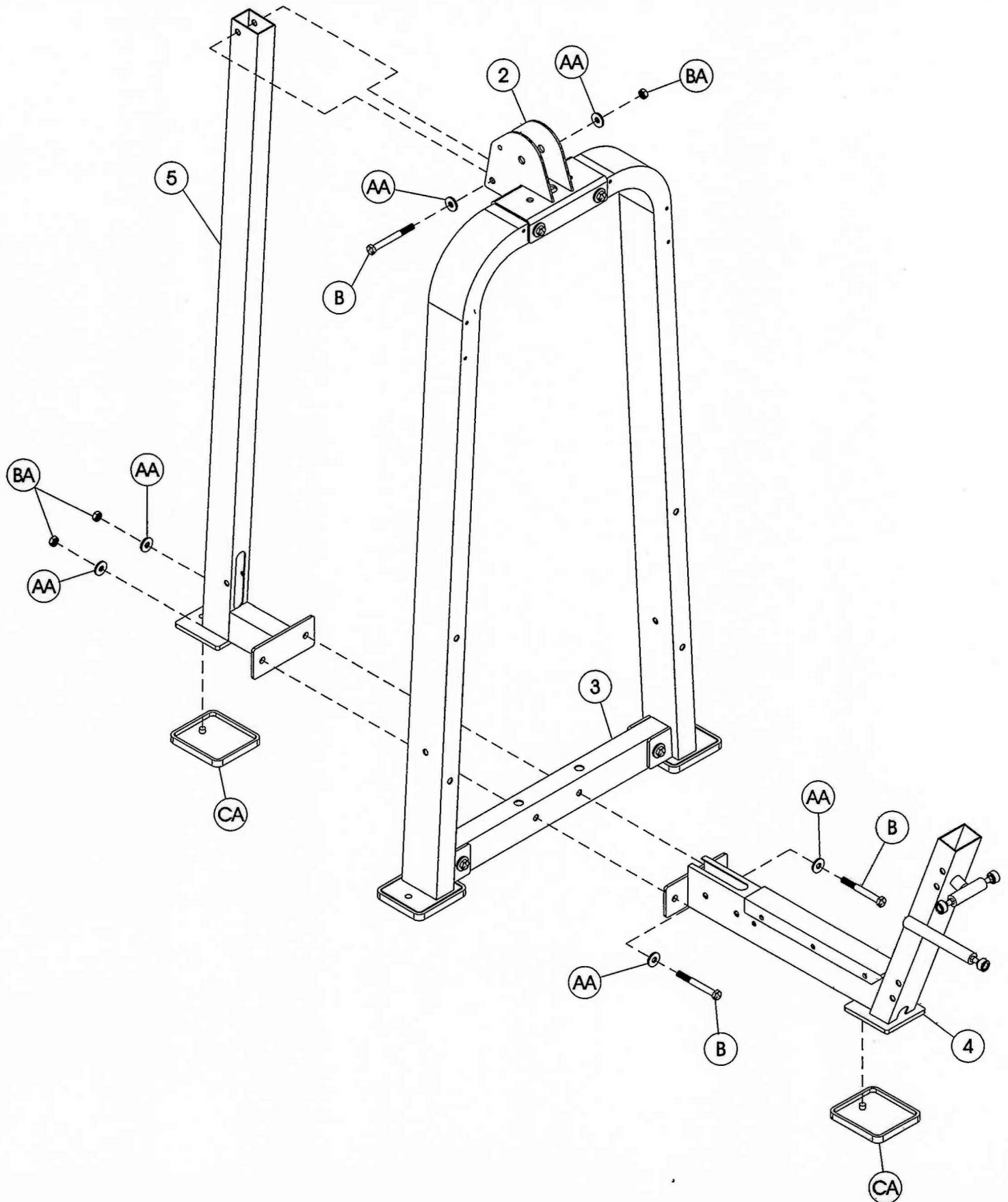
Part Descriptions

- 2 - Top Pulley Mount
- 3 - Weight Stack Mount
- 4 - Front Seat Frame
- 5 - Rear Upright

Hardware Descriptions

- B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

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Step 2c

FRAME ASSEMBLY

Continue assembly by first sliding the end of the HD1800 **Cable** (DT) with out the bolt up thru (2), down thru (5), out the bottom, and thru (4). Next slide (7) through (CC) and slide them both into (3). Tilt both (7)'s forward enough to allow room to slide the Weight Plates on. Slide all 15 (8)'s onto both (7)'s. Now slide (9) onto both (7)'s. Cap both (7)'s with (CD), and slide (CE) over both (CD)'s. Angle both (7)'s vertical and secure (CE) to both (2) and (1). *Wrench Tighten* all bolts.

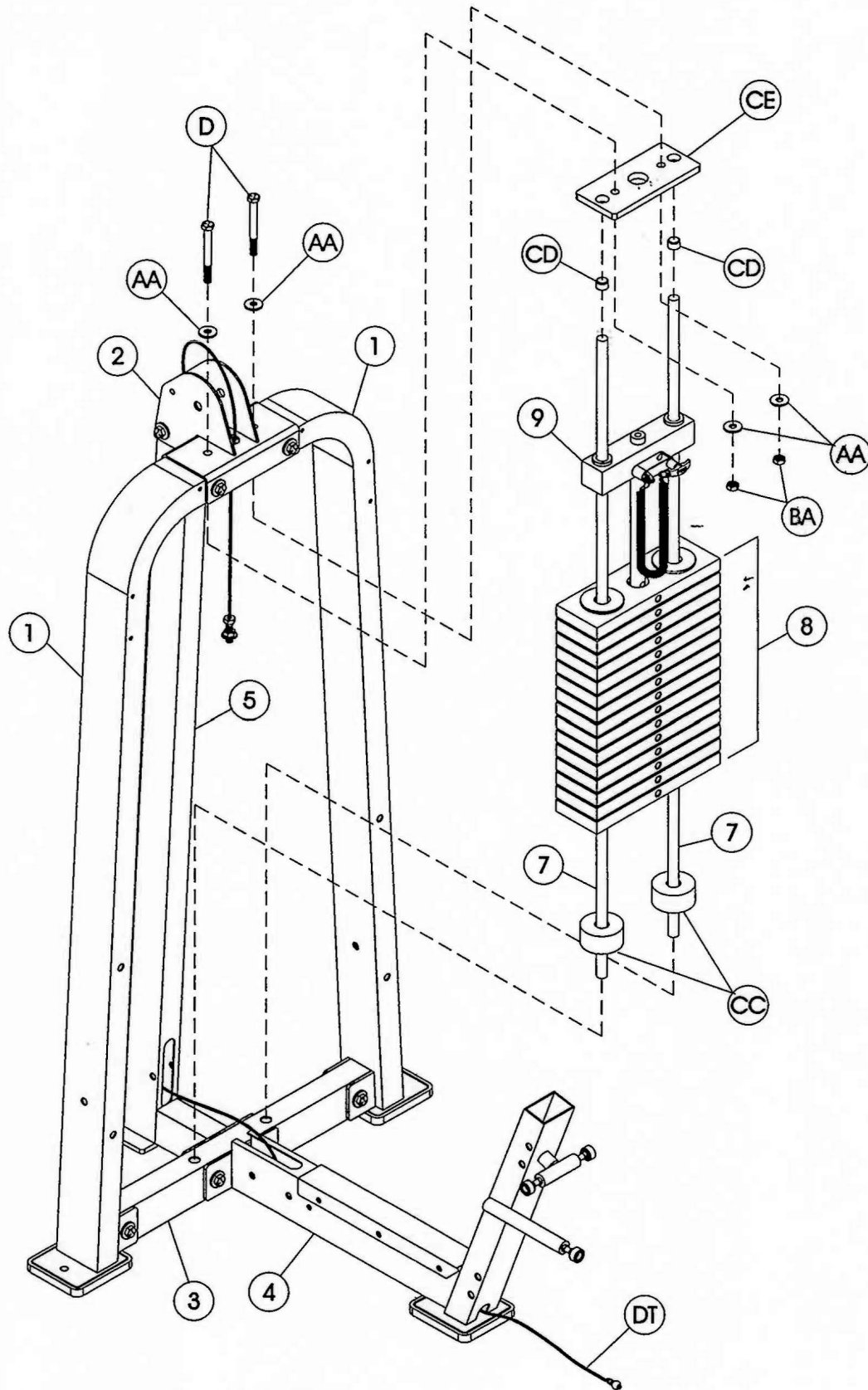
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Top Pulley Mount
- 3 - Weight Stack Mount
- 4 - Front Seat Frame
- 5 - Rear Upright
- 7 - Guide Rod
- 8 - 12 1/2 LB Intermediate Weight
- 9 - 8 1/4 LB Top Weight

Hardware Descriptions

- D - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CC - Weight Stack Bumper
- CD - Guide Rod Cap
- CE - Guide Rod Top Mount
- DT - HD1800 Inner/Outer Thigh **Cable**

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Step 2d

FRAME ASSEMBLY

Continue assembly by sliding (DT) thru 10. Slide one (14) into each of the holes on (10). *Hand Tighten* the bottom nuts, they will be wrench tightened in a later step. Next, slide (15) onto the (14) on the left side of the machine. Slide (16), (17), and (18) onto (14) on the right side of the machine. NOTE: when sliding (17) down on top of (16), ensure the bumper stop on (17) is in between (16) and (10), and that (16) comes to rest against the bumper stop on (10).

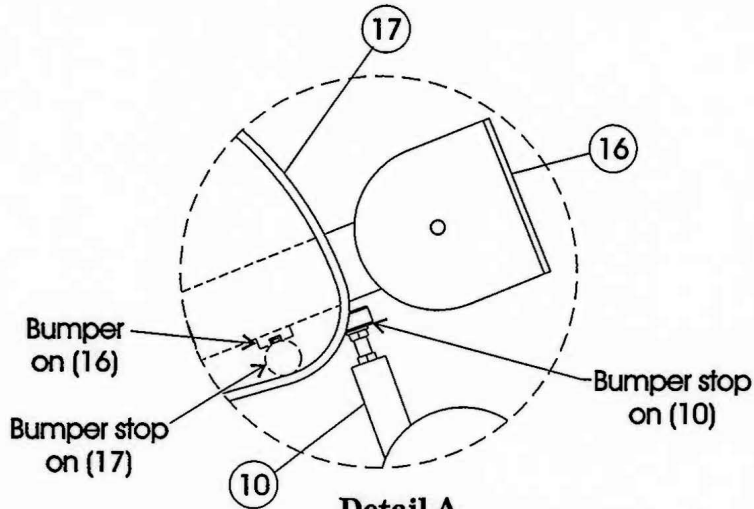
Part Descriptions

10 - Seat Frame Base
14 - Threaded Rod
15 - Left Movement Arm
16 - Resistance Arm
17 - Cam
18 - Right Movement Arm

Hardware Descriptions

AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Aluminum Bolt-On Cap
DT - HD1800 Inner/Outer **Cable**

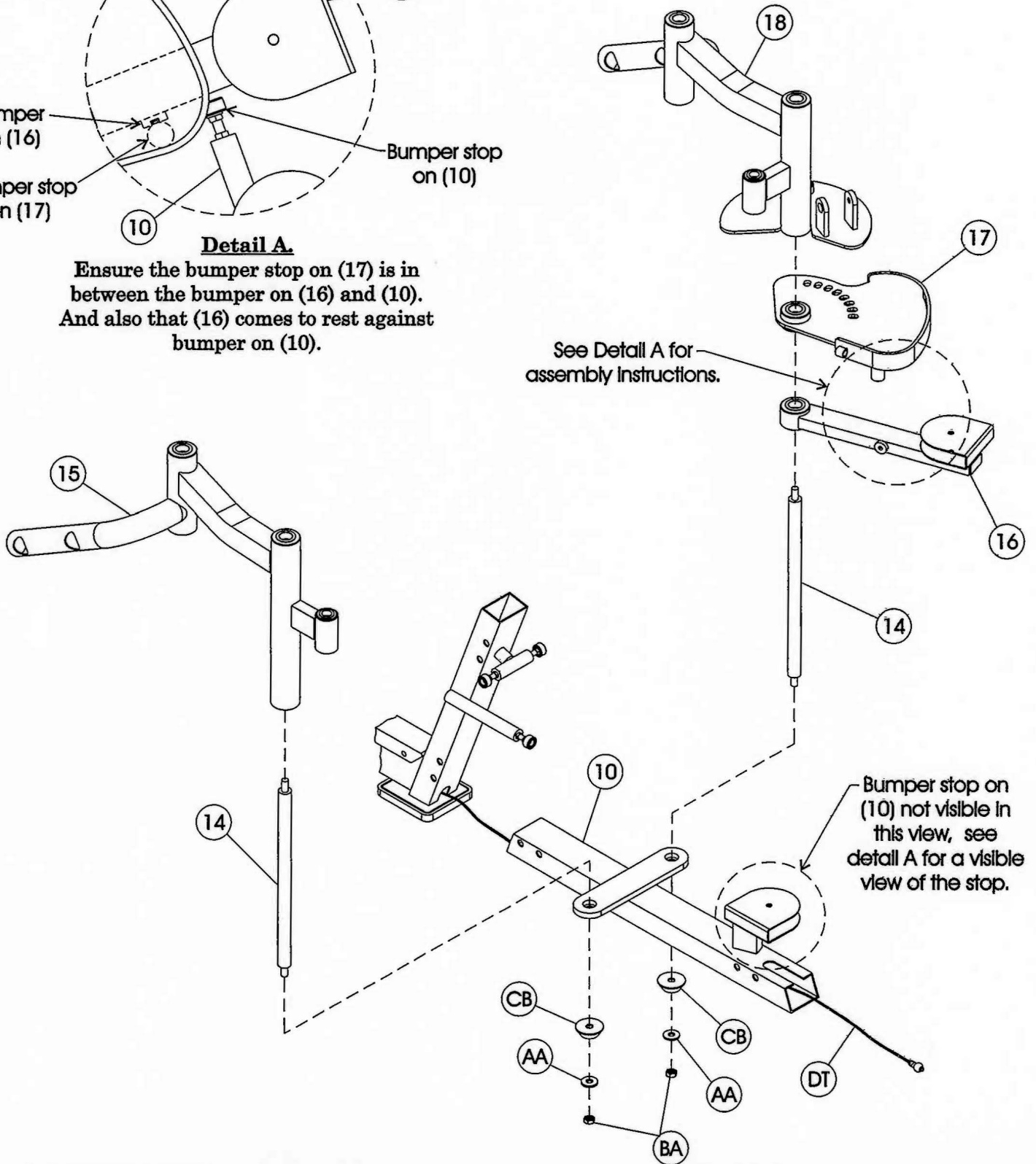
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Detail A.

Ensure the bumper stop on (17) is in between the bumper on (16) and (10). And also that (16) comes to rest against bumper on (10).

See Detail A for assembly instructions.



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Step 2e

FRAME ASSEMBLY

Continue assembly by sliding (DT) thru the slot in (6). Next, slide the holes on the top of (6) onto both (14)'s and secure. Then attach (6) and (10) with two (13)'s. Hand Tighten bolts, they will wrench tightened in the next step.

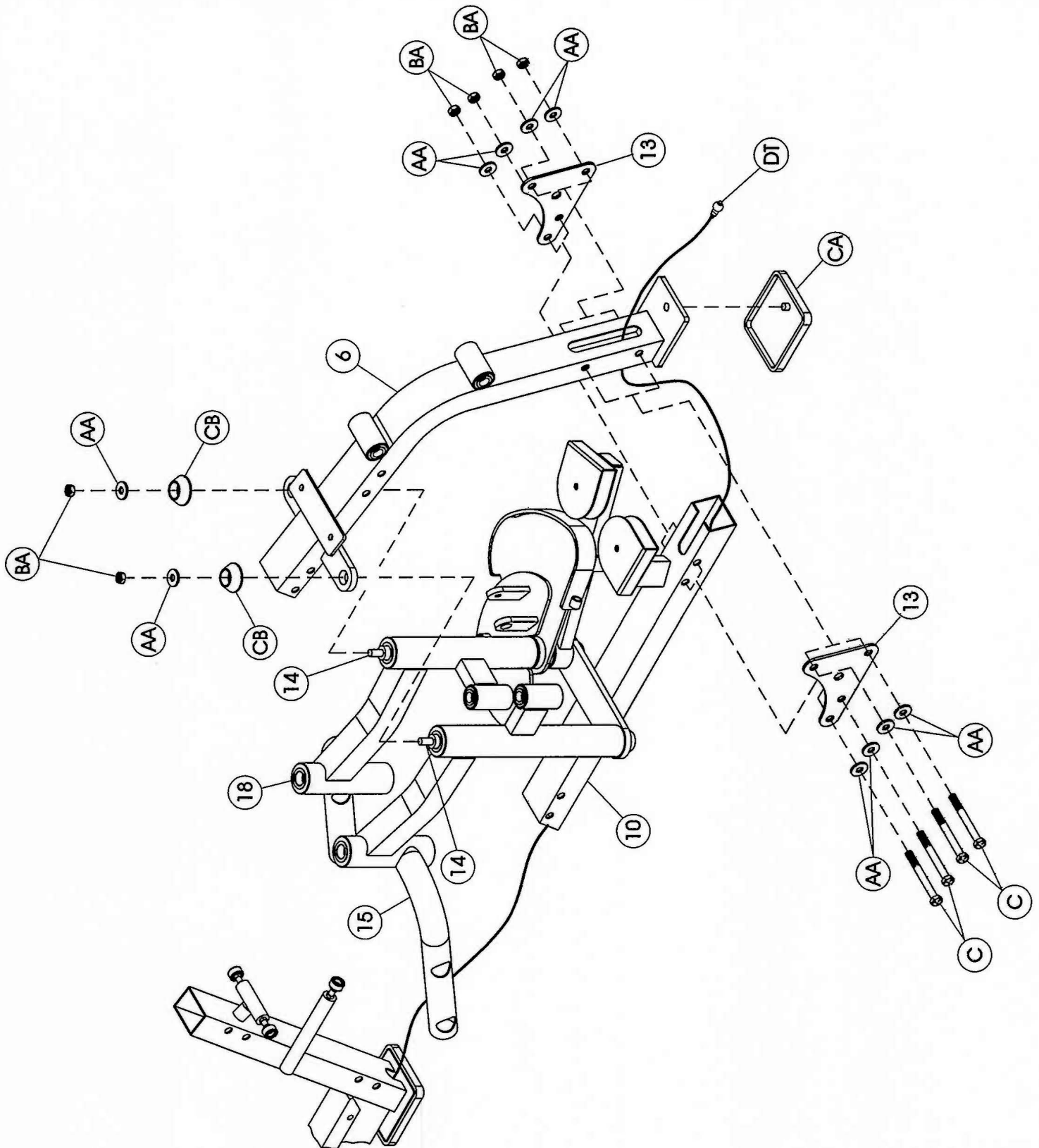
Part Descriptions

6 - Rear Seat Frame
10 - Seat Frame Base
13 - Gusset Plate
14 - Threaded Rod
15 - Left Movement Arm
18 - Right Movement Arm

Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Screw (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad
CB - Aluminum Bolt on Cap
DT - Hd1800 Inner/Outer Thigh **Cable**

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Step 2f

FRAME ASSEMBLY

Continue assembly by attaching (10) to (4) with two (11)'s. Then attach (6) to (4) with two (12)'s. Wrench Tighten bolts **NOTE: Wrench Tighten** the four nuts holding (15) and (18) to both (6) and (10) then turn the nuts back just enough so that each component rotates freely.

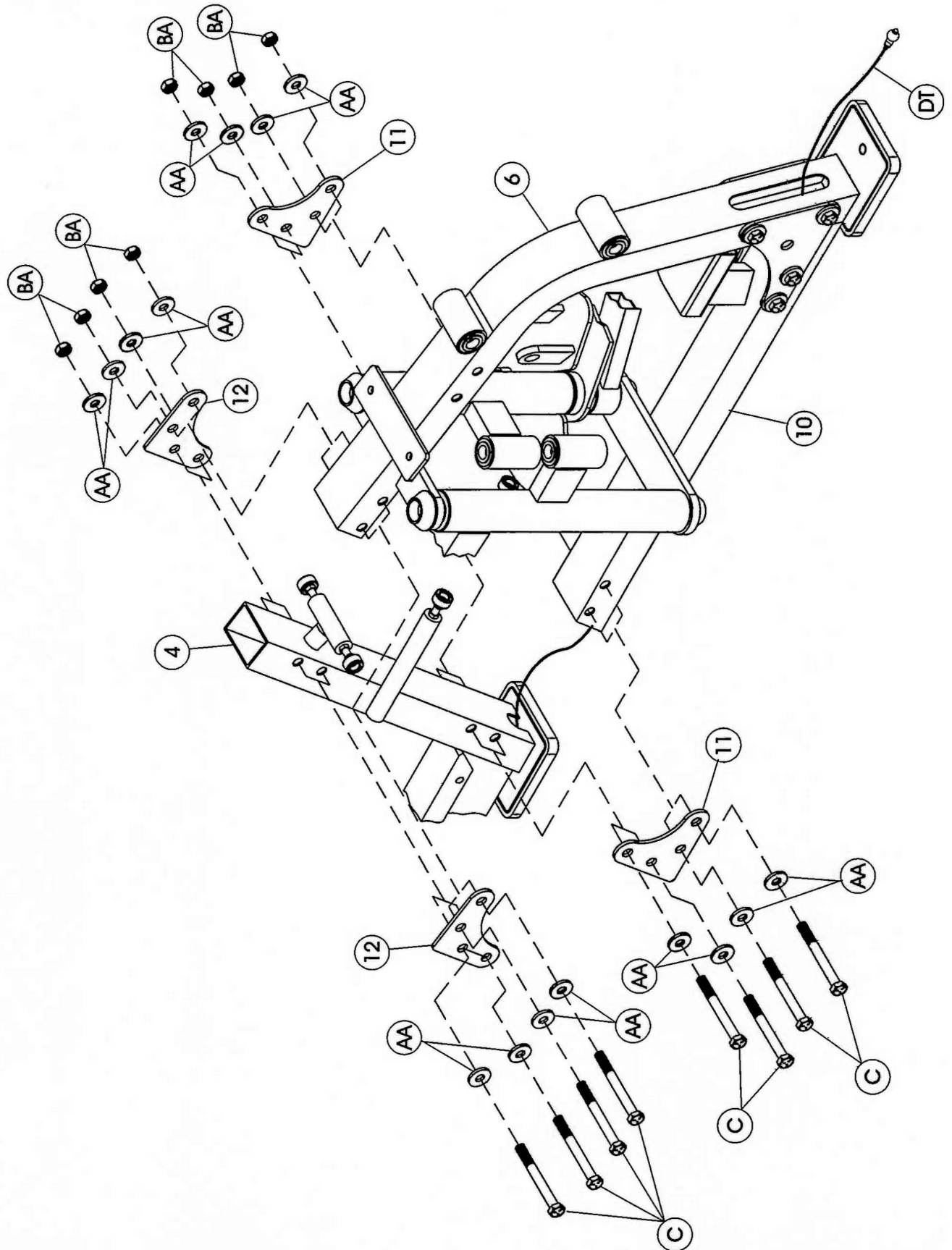
Part Descriptions

4 - Front Seat Frame
6 - Rear Seat Frame
10 - Seat Frame Base
11 - Gusset Plate
12 - Gusset Plate

Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Screw (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
DT - Hd1800 Inner/Outer Thigh **Cable**

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Step 2g

FRAME ASSEMBLY

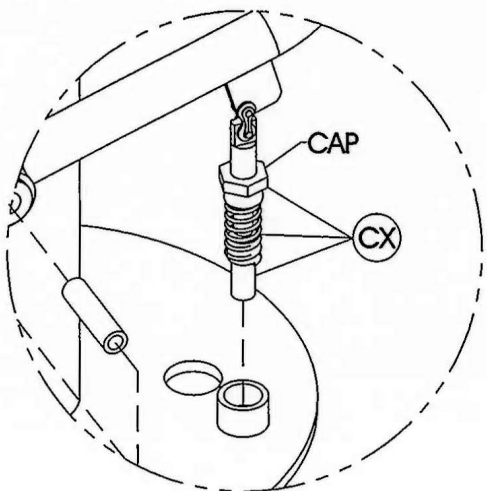
Continue assembly by attaching (31) to (18). Insert (CX) into the housing in (18), thread Cap in place. Attach two (32)'s to (18), and two (32)'s to (15). *Wrench Tighten* all bolts.

Part Descriptions

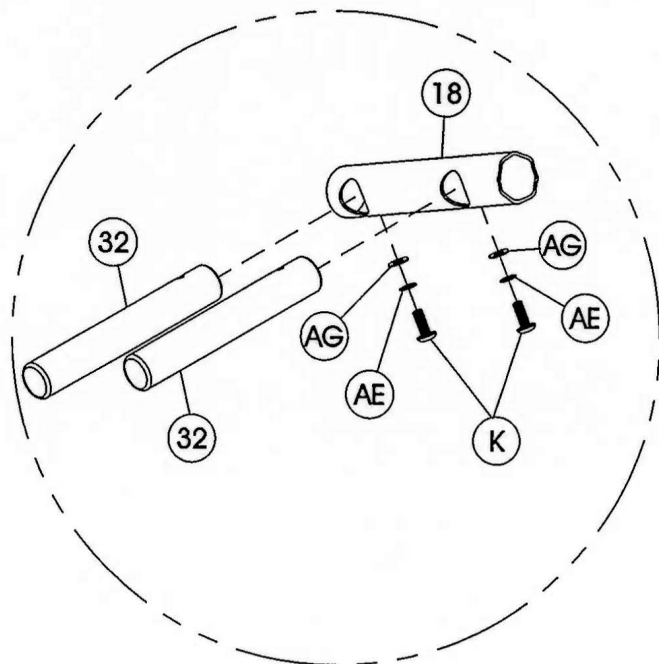
15 - Left Movement Arm
18 - Right Movement Arm
30 - 1/2" Dia. x 1.938" lg Axle
31 - Adjuster Lever
32 - Foot Rest Rod

Hardware Descriptions

J - 3/8"-16UNC x 1" Flat Head Cap Screw
K - 3/8"-16UNC x 1" Button Head Bolt (WZ)
AE - 3/8" Lock Washer
AG - Dia. 20mm x Dia. 10.1mm x 1.0mm T

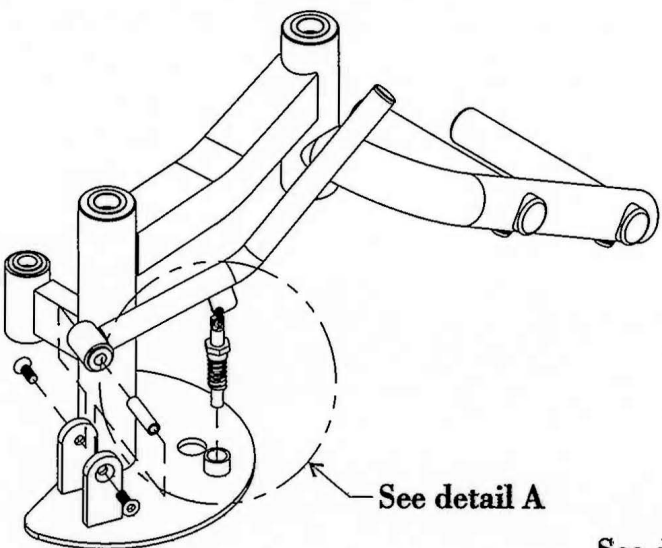


Detail -A-

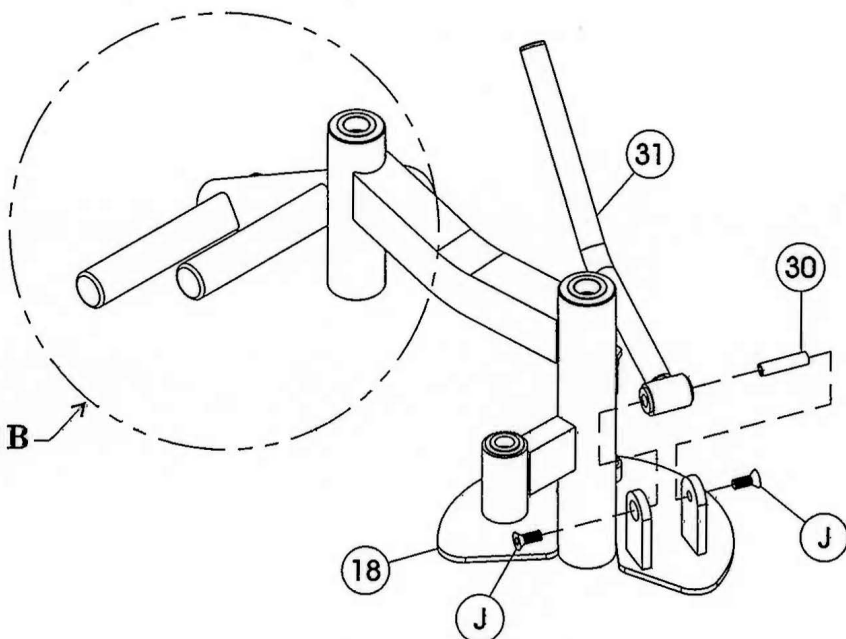


Detail -B-

**Repeat step on
Left Movement Arm (15)**



See detail B



Step 2h

FRAME ASSEMBLY

Continue assembly by attaching two (23)'s to (15) and (18). Attach one (19) to (15) and another (19) to (18). Wrench Tighten all nuts and bolts then turn the nuts back just enough so that all pivots rotate freely.

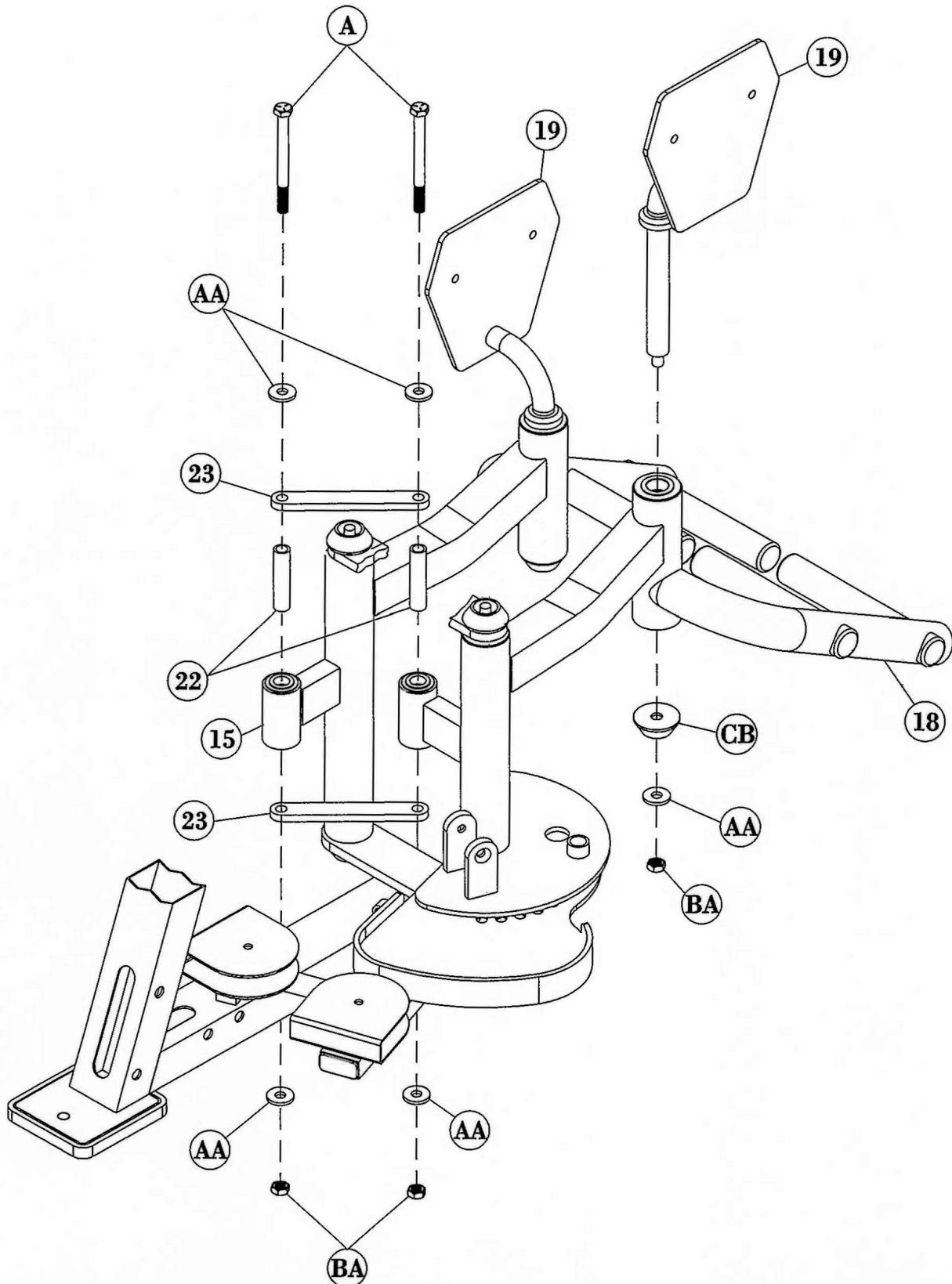
Part Descriptions

15 - Left Movement Arm
18 - Right Movement Arm
19 - Swivel Pad Mount
22 - .75 Dia. x 3.30 LG Axle
23 - Arm to Arm Link

Hardware Descriptions

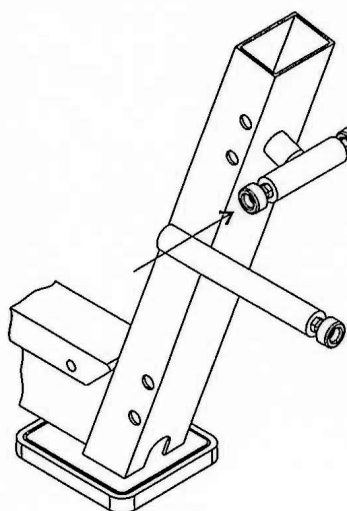
A - 1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Aluminum Bolt on Cap

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Step 2i

LEG ADJUSTMENT



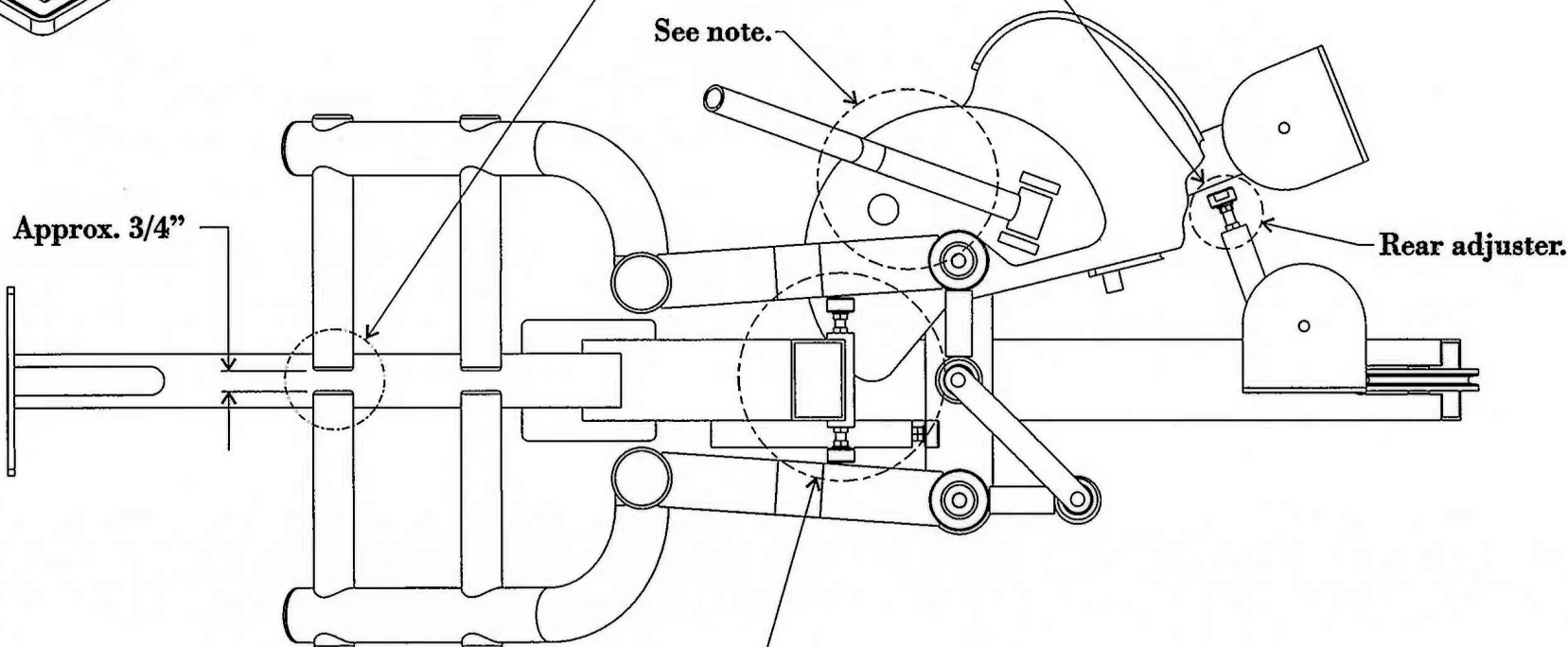
Step 1

Adjust stops in as far as possible. They will be adjusted again in step 3.

Step 2

Adjust this adjustable bumper until foot rests are approx. 3/4" apart.

See note.



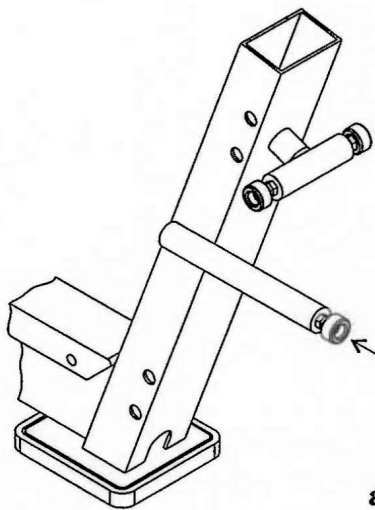
Step 3

Once the rear bumper is adjusted to where the legs are approx. 3/4" apart, adjust the two side bumpers till they are just shy of coming in contact with the legs.

NOTE: After Adjusting stops, ensure the pull pin easily engages into setting #1. Once confirmed that all stops are properly adjusted, lock in place by tightening each stops jam nuts.

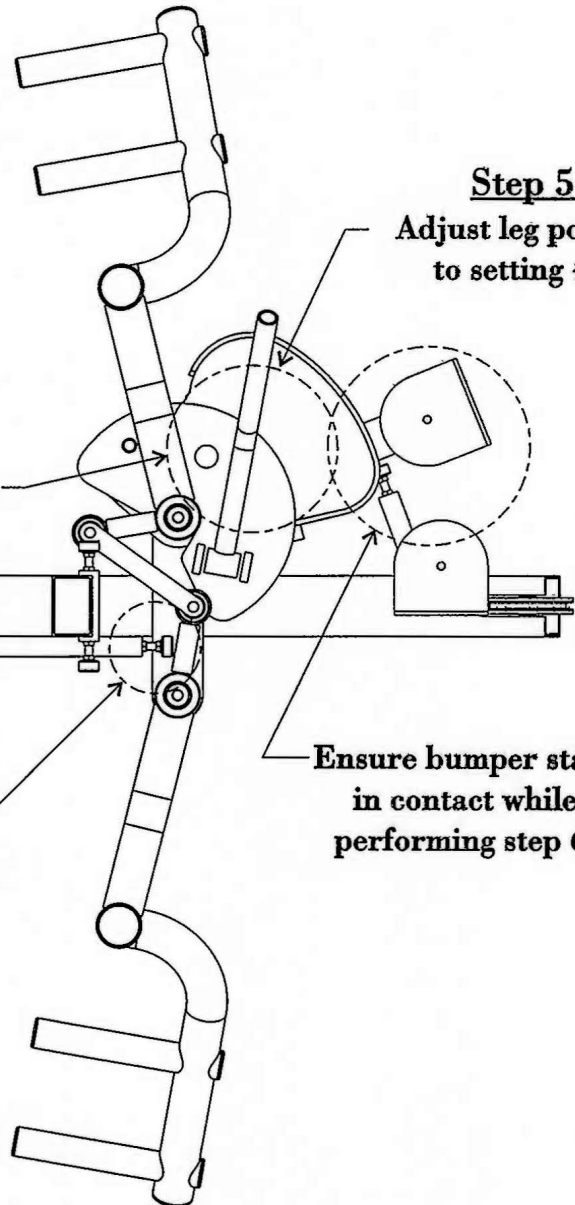
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Step 2i (cont.) LEG ADJUSTMENT



Step 4

Adjust stop in as far as possible. It will be adjusted again in a step 6.



Step 5

Adjust leg position to setting #8.

See note.

Step 6

Once the leg position is locked into setting #8, adjust the bumper till it is just shy of contact.

Ensure bumper stays in contact while performing step 6.

NOTE: After Adjusting stops, ensure the pull pin easily engages into setting #8. Once confirmed that all stops are properly adjusted, lock in place by tightening each stops jam nuts.

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Step 2j

FRAME ASSEMBLY

Continue assembly by attaching (25) to (6). *Wrench Tighten* all bolts. Attach (20) to (6). *Wrench Tighten* the bolt holding (20) to (6) then turn the nuts back just enough so that (20) rotates freely.

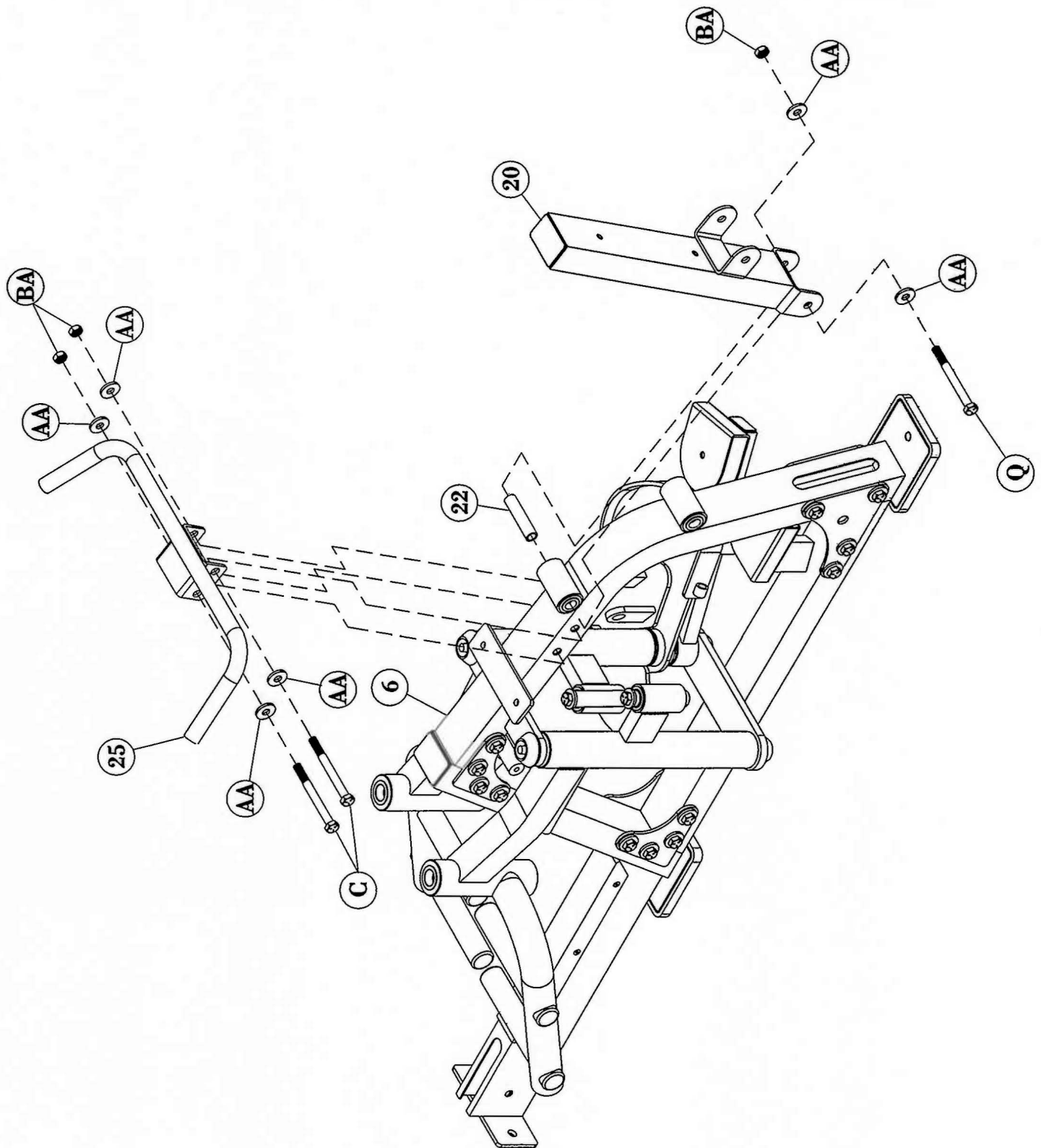
Part Descriptions

6 - Rear Seat Frame
20 - Pivotal Pad Mount
22 - .75 Dia. x 3.30 LG Axle
25 - Handle Assembly

Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Bolt (WZ)
Q - 1/2"-13UNC x 4 1/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut

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Step 2k

FRAME ASSEMBLY

Continue assembly by attaching (21) to (6). Insert (26) into (21), then attach (26) to (20). *Wrench Tighten* bolts then turn the nuts back just enough so that each pivot rotates freely.

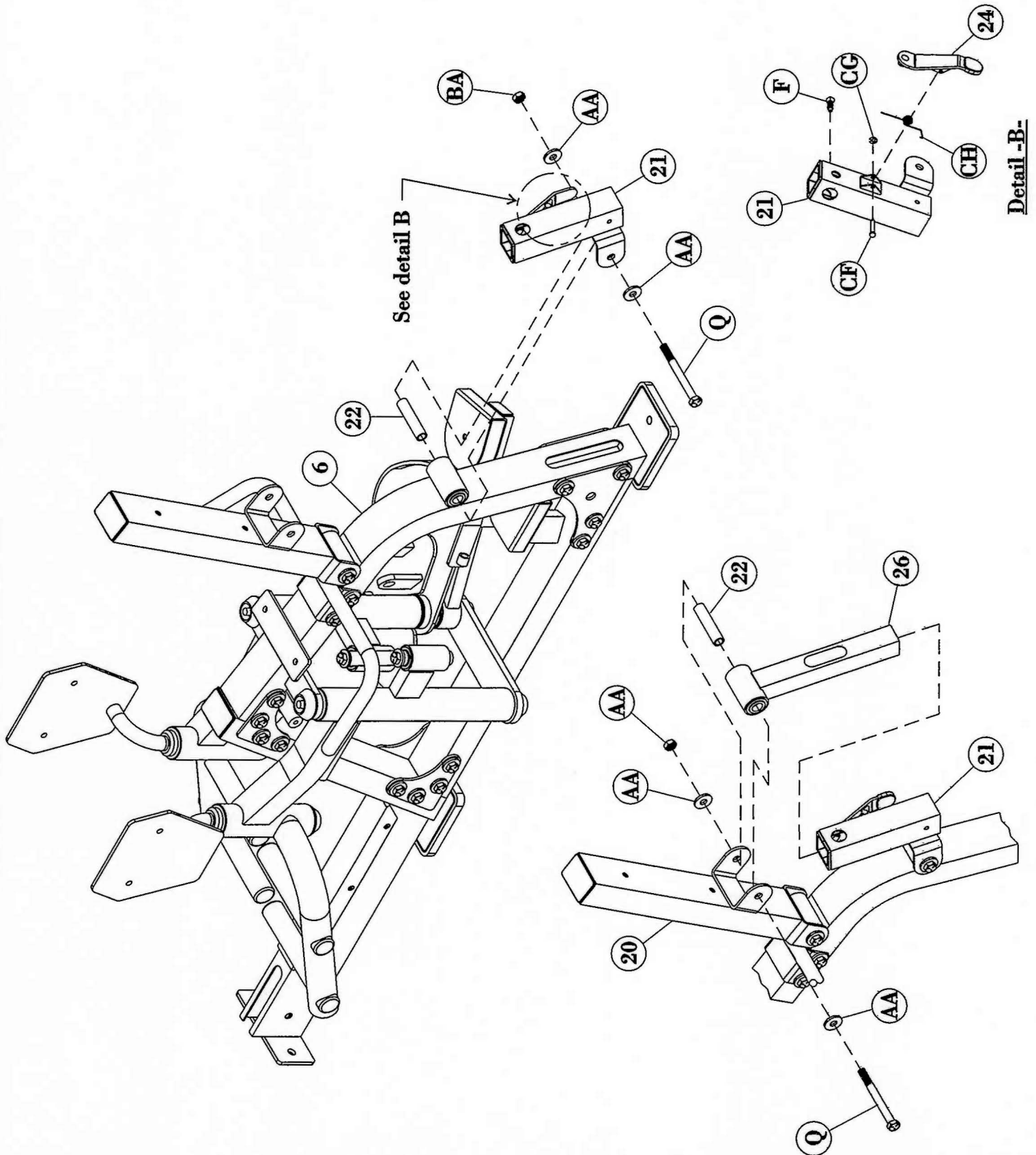
Part Descriptions

6 - Rear Seat Frame
20 - Pivotal Pad Mount
21 - Adjuster Receiver
22 - .75 Dia. x 3.30 LG Shaft
24 - Latch Assembly
26 - Back Rest Adjuster

Hardware Descriptions

F - 3/8"-16UNC x 3/4" Square Head Set Screw
Q - 1/2"-13UNC x 4 1/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CF - Latch Pin
CG - C-Clip
CH - Latch Spring

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Step 21

FRAME ASSEMBLY

Continue assembly by attaching the Upholstered Pads (27), (28), and both (29)'s as shown. Wrench Tighten all bolts.

Part Descriptions

Hardware Descriptions

19 - Swivel Pad Mount

G - 5/16"-18UNC x 1 1/4" Button Head Bolt (WZ)

20 - Pivotal Pad Mount

H - 5/16"-18UNC x 3" Hex Head Bolt (WZ)

27 - Upholstery

T - 5/16"- 18UNC x 1 1/2" Button Head Bolt (WZ)

28 - Upholstery

AC - 5/16" Flat Washer

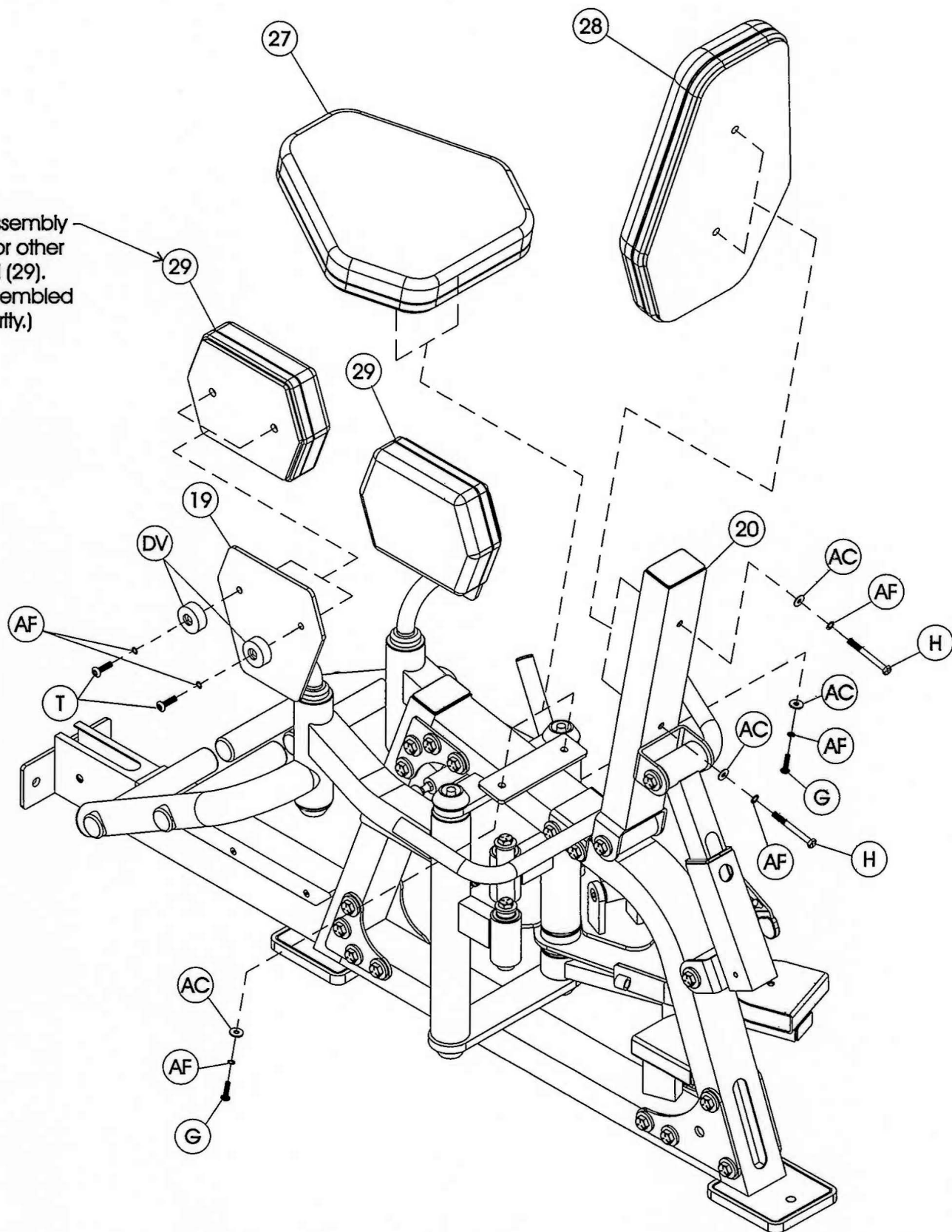
29 - Upholstery

AF - 5/16" Lock Washer

DV - Bumper Dia. 37.7mm x Dia. 8.00mm x 15.5mm H

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Repeat assembly
process for other
leg pad (29).
(Shown assembled
for clarity.)



Step 2m

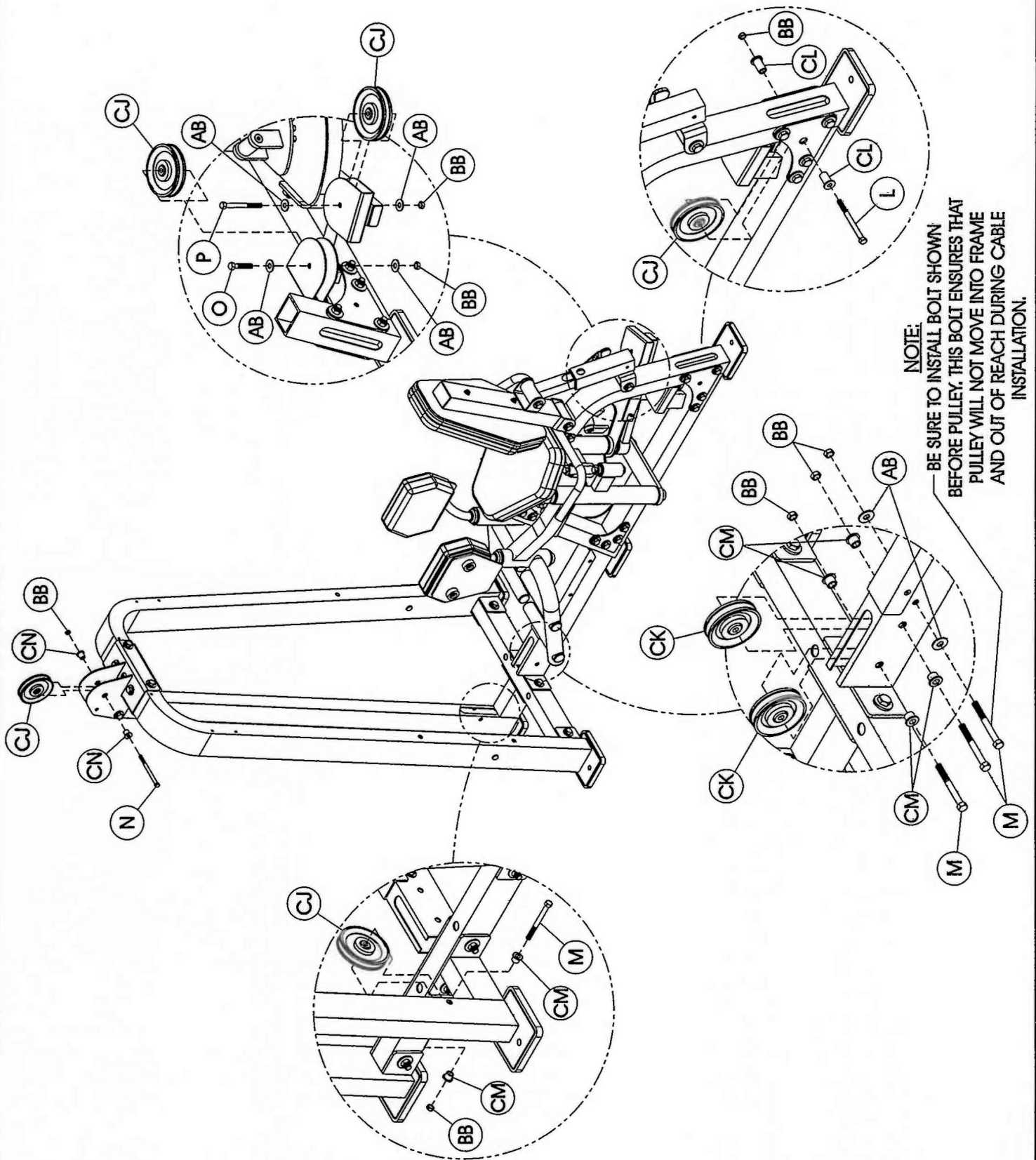
FRAME ASSEMBLY

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 32 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.

Hardware Descriptions

- L - 3/8"-16UNC x 4" Hex Head Bolt (WZ)
- M - 3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
- N - 3/8"-16UNC x 3" Hex Head Bolt (WZ)
- O - 3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
- P - 3/8"-16UNC x 3 1/4" Hex Head Bolt (WZ)
- AB - 3/8" Flat Washer
- BB - 3/8" Nylok Nut
- CJ - 4 1/2" Pulley
- CK - 3 1/2" Pulley
- CL - 1 3/16" Heavy Flanged Spacer
- CM - 1/2" Flanged Spacer
- CN - 11/16" Flanged Spacer

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Step 4

SHIELD ASSEMBLY

Continue assembly by attaching the shield (33) and the two placards (CO) and (CP) as shown. *Wrench Tighten* all bolts.

Part Descriptions

Hardware Descriptions

33 - Shield

E - 1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ)

R - 1/4"-20UNC x 5" Button Head Bolt (WZ)

AA - 1/2" Flat Washer

AD - 1/4" Flat Washer

BA - 1/2" Nylok Nut

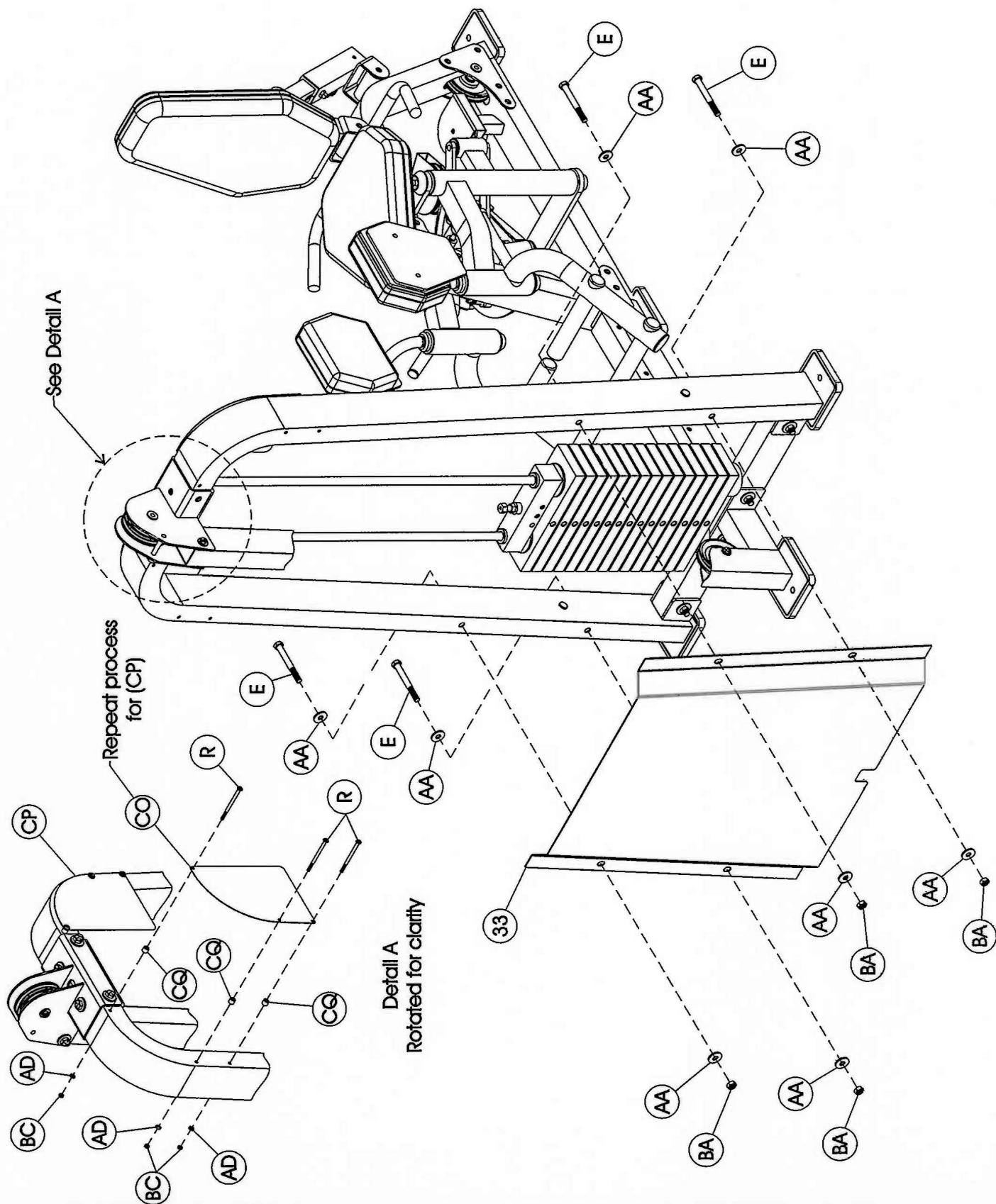
BC - 1/4" Nylok Nut

CO - HD1800 Placard (Left)

CP - HD1800 Placard (Right)

CQ - White Spacer

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I M P O R T A N T N O T I C E

Now that the HD1800 Inner/Outer Thigh 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.

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Step 5

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

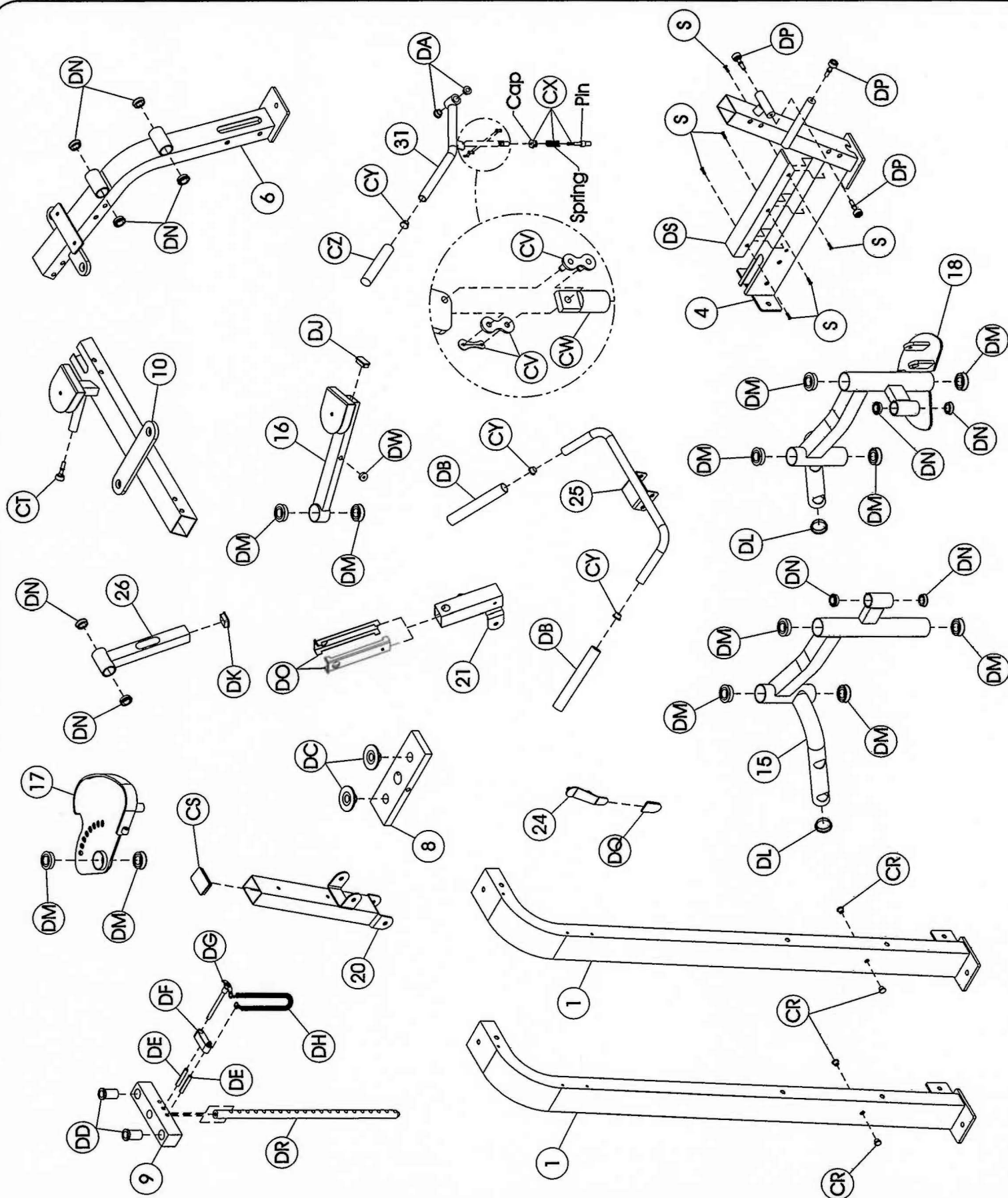
Part Descriptions

1 - Weight Frame Upright
4 - Front Seat Frame
6 - Rear Seat Frame
8 - 12 1/2 Lb Intermediate Weight
9 - 8 1/4 Lb Top Weight
10 - Seat Frame Base
15 - Left Movement Arm
16 - Resistance Arm
17 - Cam
18 - Right Movement Arm
20 - Pivotal Pad Mount
21 - Adjuster Receiver
24 - Latch Assembly
25 - Handle Assembly
26 - Back Rest Adjuster
31 - Adjuster Lever

Hardware Descriptions

S - #10-32 x 1/2" L Flathead Self Tapping Screw (BZ)
CR - Plug
CS - Elliptical End Cap
CT - Adjustable Bumper
CV - Master Link
CW - Pull Pin to Chain Link Connector
CX - 1/2" Short Pull Pin
CY - Round End Cap 1" Dia.
CZ - Closed End Foam Grip (Red)
DA - Flanged Spacer
DB - Closed End Foam Grip (Black)
DC - Bushing
DD - Guide Rod Bushing
DE - 7/16" Roll Pin
DF - Lanyard/Selector Pin Stand Off
DG - Selector Pin
DH - Lanyard Coil
DJ - End Cap 25mm x 50mm
DK - 1 1/2" x 1 1/2" End Cap
DL - 2" Dia. End Cap
DM - 1" Flanged Ball Bearing
DN - 3/4" Flanged Bearing
DO - Ez Guide Sleeve
DP - Adjustable Stop
DQ - Latch Thumb Pad
DR - 16 Plate Selector Stem
DS - Protection Cover
DW - Plug Bumper

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P A R T L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X0864	Weight Frame Upright
2	1	026-01X0866	Top Pulley Mount
3	1	026-01T0545	Weight Stack Mount
4	1	026-01X0955	Front Seat Frame
5	1	026-01X0865	Rear Upright
6	1	026-01X0957	Rear Seat Frame
7	2	026-01G0159	Guide Rod
8	15	26-STD-SW101	12 1/2 LB Intermediate Weight
9	1	026-1300034	8 1/4 LB Top Plate
10	1	026-01X0956	Seat Frame Base
11	2	026-01P0919	Gusset Plate
12	2	026-01P0918	Gusset Plate
13	2	026-01P0956	Gusset Plate
14	2	026-01M0561	Threaded Rod
15	1	026-01X0960	Left Movement Arm
16	1	026-01X0963	Resistance Arm
17	1	026-01X0962	Cam
18	1	026-01X0959	Right Movement Arm
19	2	026-01X0961	Swivel Pad Mount
20	1	026-011007	Pivotal Pad Mount
21	1	026-01X1008	Adjuster Receiver
22	5	026-01M0576	.75 Dia. x 3.30 LG Axle
23	2	026-01P0923	Arm to Arm Link
24	1	026-01X0158	Latch Assembly
25	1	026-01X0995	Handle Assembly
26	1	026-01X1009	Back Rest Adjuster
27	1	022-01PD0050	Seat Upolstery
28	1	022-01PD0040	Back Upolstery
29	2	022-01PD0051	Leg Upolstery
30	1	026-01M0386	1/2" Dia. CRS x 1.938 LG
31	1	026-01X0964	Adjuster Lever
32	4	026-01M0565	Foot Rest Rod
33	1	026-1100089	Shield

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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	4		1/2"-13UNC x 4 3/4" Hex Bolt (WZ)
B	5	011-0101019	1/2"-13UNC x 3" Hex Bolt (WZ)
C	14		1/2"-13UNC x 4" Hex Bolt (WZ)
D	2		1/2"-13UNC x 3 1/4" Hex Bolt (WZ)
E	4		1/2"-13UNC x 4 1/2" Hex Bolt (WZ)
F	1	26-STD-05-0234	3/8"-16UNC x 3/4" Square Head Set Screw
G	2	011-0101062	5/16"-18UNC x 1 1/4" Button Head (WZ)
H	2		5/16"-18UNC x 3" Hex Head (WZ)
J	2		3/8"-16UNC x 1" Flat Head Cap Screw (WZ)
K	4		3/8"-16UNC x 1" Button Head Bolt (WZ)
L	1		3/8"-16UNC x 4" Hex Bolt (WZ)
M	4		3/8"-16UNC x 2 1/2" Hex Head (WZ)
N	1		3/8"-16UNC x 3" Hex Head (WZ)
O	1		3/8"-16UNC x 1 3/4" Hex Head (WZ)
P	1		3/8"-16UNC x 3 1/4" Hex Head (WZ)
Q	3		1/2"-13UNC x 4 1/4" Hex Bolt (WZ)
R	6		1/4"-20UNC x 5" Button Head (WZ)
S	6		#10-32 x 1/2"L Flathead Self Tapping Screw (BZ)
T	4		5/16"-18UNC x 1 1/2" Button Head (WZ)
AA	70	013-0102003	1/2" Washer
AB	6	013-0002004	3/8" Washer
AC	4	013-0102004	5/16" Washer
AD	6	013-0002003	1/4" Washer
AE	4	013-0102016	3/8" Lock Washer
AF	8	013-0102017	5/16" Lock Washer
AG	4		Dia. 20mm x Dia. 10.1mm x 1.0mm T
BA	38	012-0105005	1/2" Nylok Nut
BB	8	012-0004004	3/8" Nylok Nut
BC	6	012-0104009	1/4" Nylok Nut

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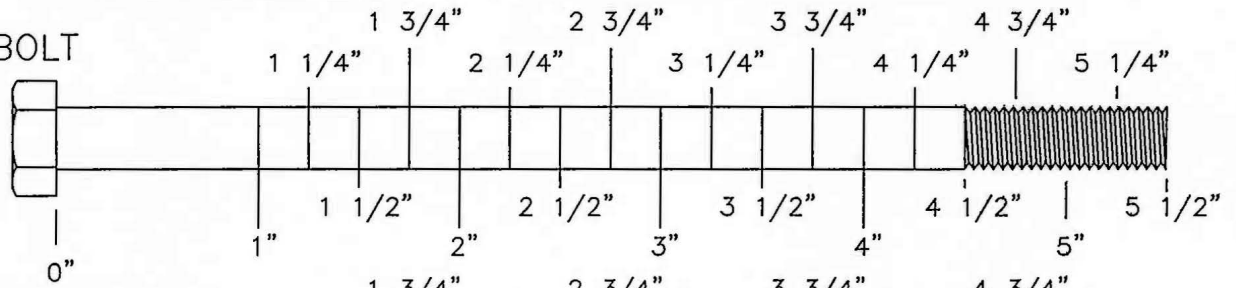
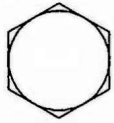
M A N U A L

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

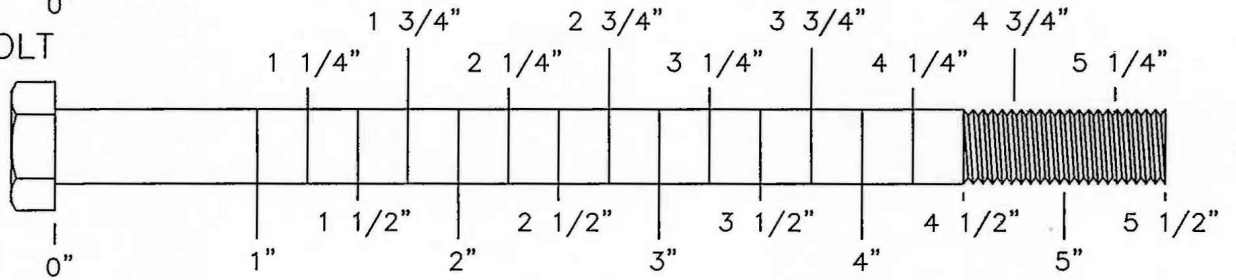
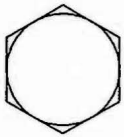
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
CA	5	26-STD-06-0327	Rubber Foot Pad
CB	6	026-01M0519	Aluminum Bolt on Cap
CC	2	26-STD-06-0253	Weight Stack Bumper
CD	2	26-STD-06-0328	Guide Rod Cap
CE	1	26-STD-02-1112	Guide Rod Top Mount
CF	1	026-01M0309	Latch Pin
CG	1	014-0015001	C-Clip
CH	1	026-01M0503	Latch Spring
CJ	5	26-STD-06-0025	4 1/2" Pulley
CK	2	26-STD-06-0024	3 1/2" Pulley
CL	2	026-01M0577	1 3/16" Heavy Flanged Spacer
CM	6	26-STD-08-0010	1/2" Flanged Spacer
CN	2	026-01M0532	11/16" Flanged Spacer
CO	1	021-0013102	HD1800 Placard (Left)
CP	1	021-0013101	HD1800 Placard (Right)
CQ	6	26-STD-06-0326	White Spacer
CR	4	26-STD-06-0329	Plug
CS	1	26-STD-06-0193	Elliptical End Cap 50mm x 75mm
CT	1	26-STD-05-0035	Adjustable Bumper Dia. 29.5mm x 11mm H
CV	1	20LNK-CONN43	Master Link
CW	1	026-01M0209	Pull Pin to Chain Link Connector
CX	1	026-01M0128	1/2" Short Pull Pin
CY	3	26-STD-06-0066	Round End Cap 1" Dia.
CZ	1		Closed End Foam Grip ID. 25.4mm x 205mm (Red)
DA	2	26-STD-08-0061	Flanged Spacer
DB	2		Closed End Foam Grip ID. 25.4mm x 230mm (Black)
DC	30	026-01W0122	Bushing
DD	2	026-01PL134	Guide Rod Bushing
DE	2		7/16" Roll Pin x 2 3/4" LG
DF	1	026-01PL291	Lanyard/Selector Pin Stand Off
DG	1	026-01M0134	Selector Pin
DH	1	010-0008001	Lanyard Coil
DJ	1	26-STD-06-0055	End Cap 25mm x 50mm
DK	1	016-0101008	1 1/2" x 1 1/2" End Cap
DL	2	26-STD-06-0163	2" Dia. End Cap
DM	12	014-0009007	1" Flanged Ball Bearing
DN	10	014-0005001	3/4" Flanged Bearing
DO	2	026-01PL125	Ez Guide Sleeve
DP	3	26-STD-05-0035	Adjustable Bumper Dia. 23mm x 21.5mm H
DQ	1	026-01PL239	Latch Thumb Pad
DR	1	026-01W0111	16 Plate Selector Stem
DS	1	26-STD-900109	Protection Cover
DT	1	010-01C249T	HD1800 Inner/Outer Thight Cable
DV	4	26-STD-06-0334	Bumper Dia. 37.7mm x Dia 8.0mm x 15.5 H
DW	1		Plug Bumper
DX	1	026-01M0199	Quick Release Cable Lock

OWNERS MANUAL BOLT SIZING CHART

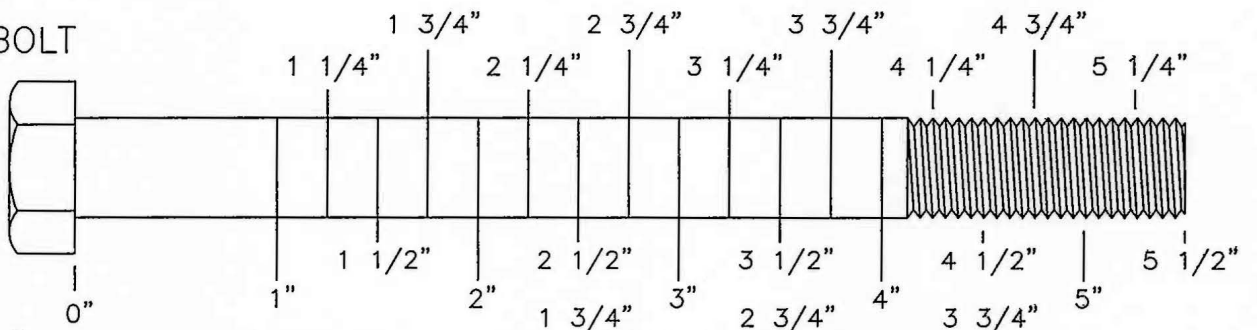
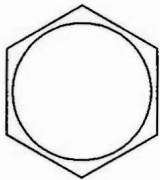
5/16" HEX BOLT



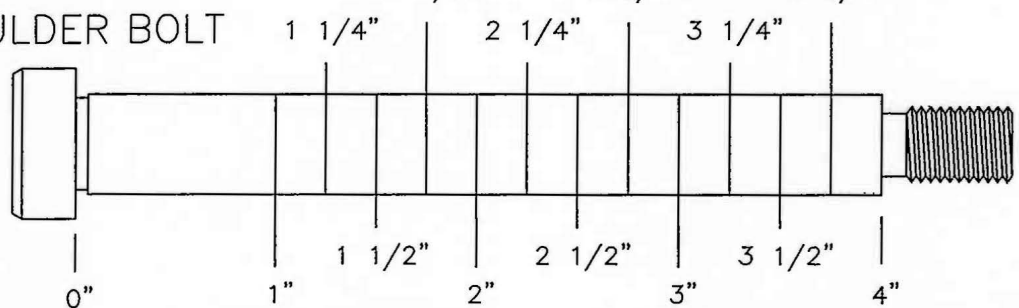
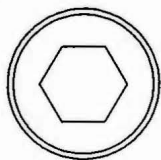
3/8" HEX BOLT



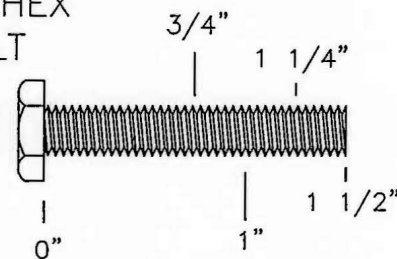
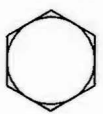
1/2" HEX BOLT



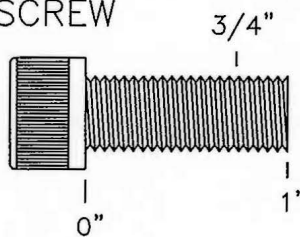
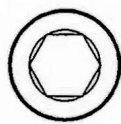
1/2" SHOULDER BOLT



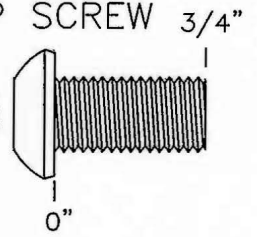
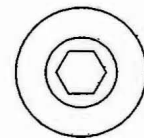
1/4" HEX BOLT



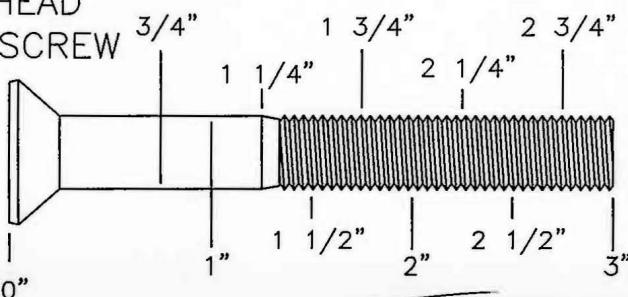
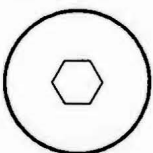
3/8" SOCKET CAP SCREW



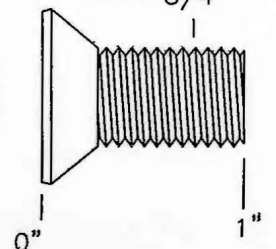
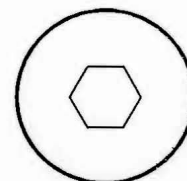
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



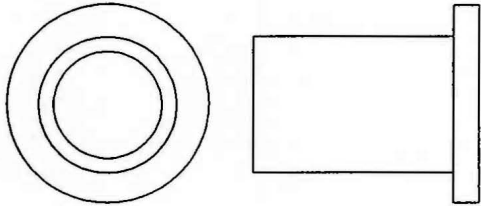
1/2" FLATHEAD SOCKET CAP SCREW



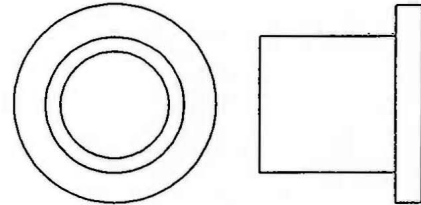
OWNERS M A N U A L

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

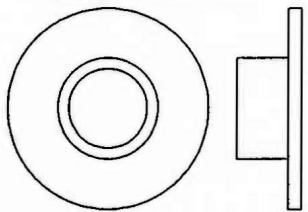
1" LONG HEAVY
FLANGED SPACER



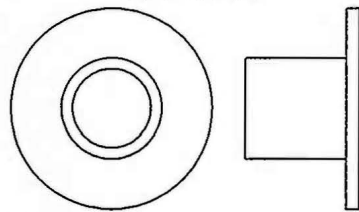
1 1/16" LONG HEAVY
FLANGED SPACER



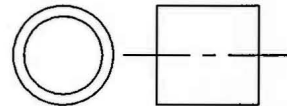
1/4" LONG FLANGED
SPACER



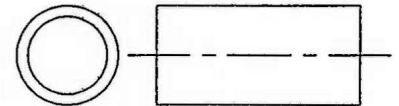
1/2" LONG FLANGED
SPACER



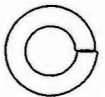
1/2" LONG
SPACER



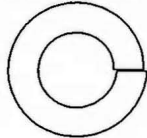
1" LONG
SPACER



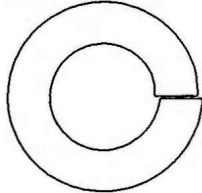
1/4"
LOCK
WASHER



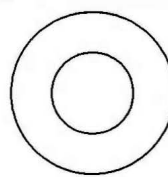
3/8"
LOCK
WASHER



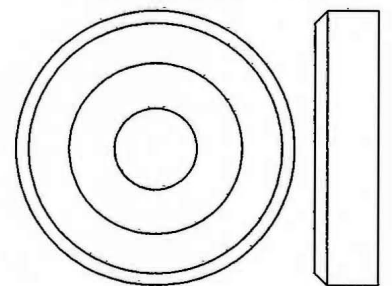
1/2"
LOCK WASHER



5/16"
FLAT WASHER



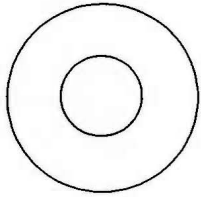
1 3/8" ALUMINUM
FLATHEAD CAP



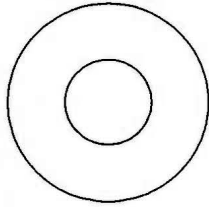
OWNERS M A N U A L

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

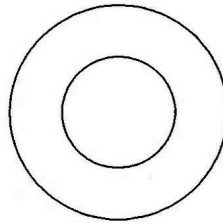
5/16"
FLAT WASHER
LARGE, USS, 25mm



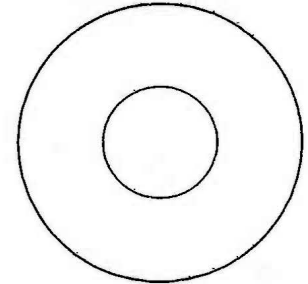
3/8"
FLAT
WASHER



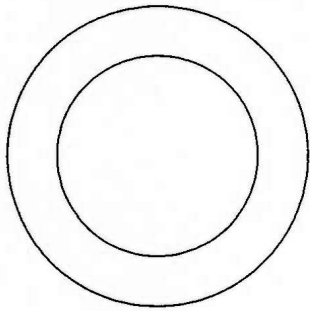
1/2"
FLAT WASHER
SMALL, SAE, 26mm



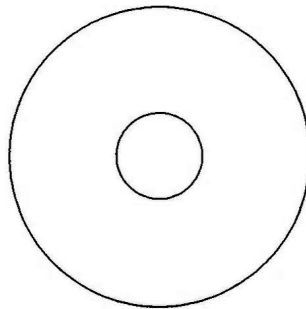
1/2"
FLAT WASHER
LARGE, USS, 34mm



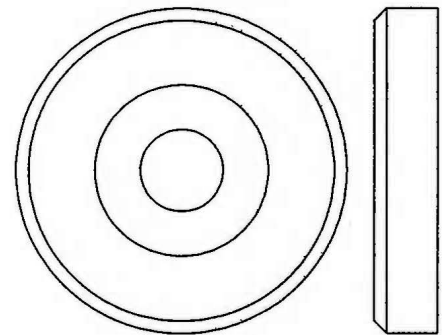
1" SHIM WASHER



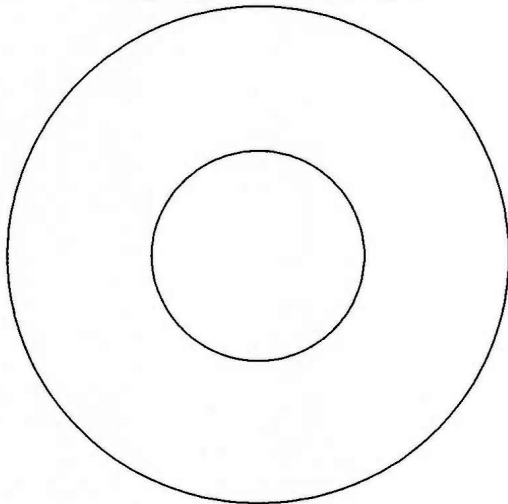
3/8" FENDER WASHER



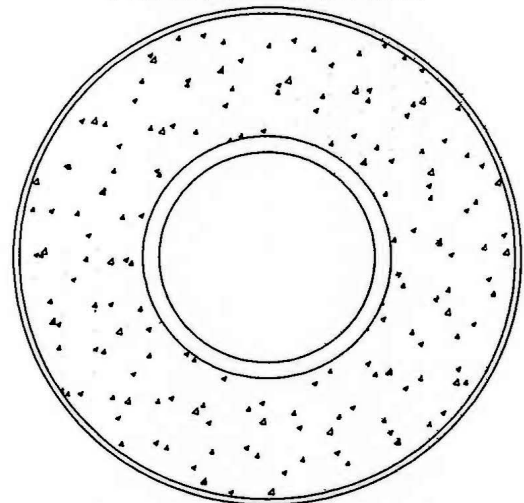
1 5/8" ALUMINUM
FLATHEAD CAP



1 1/16'
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER

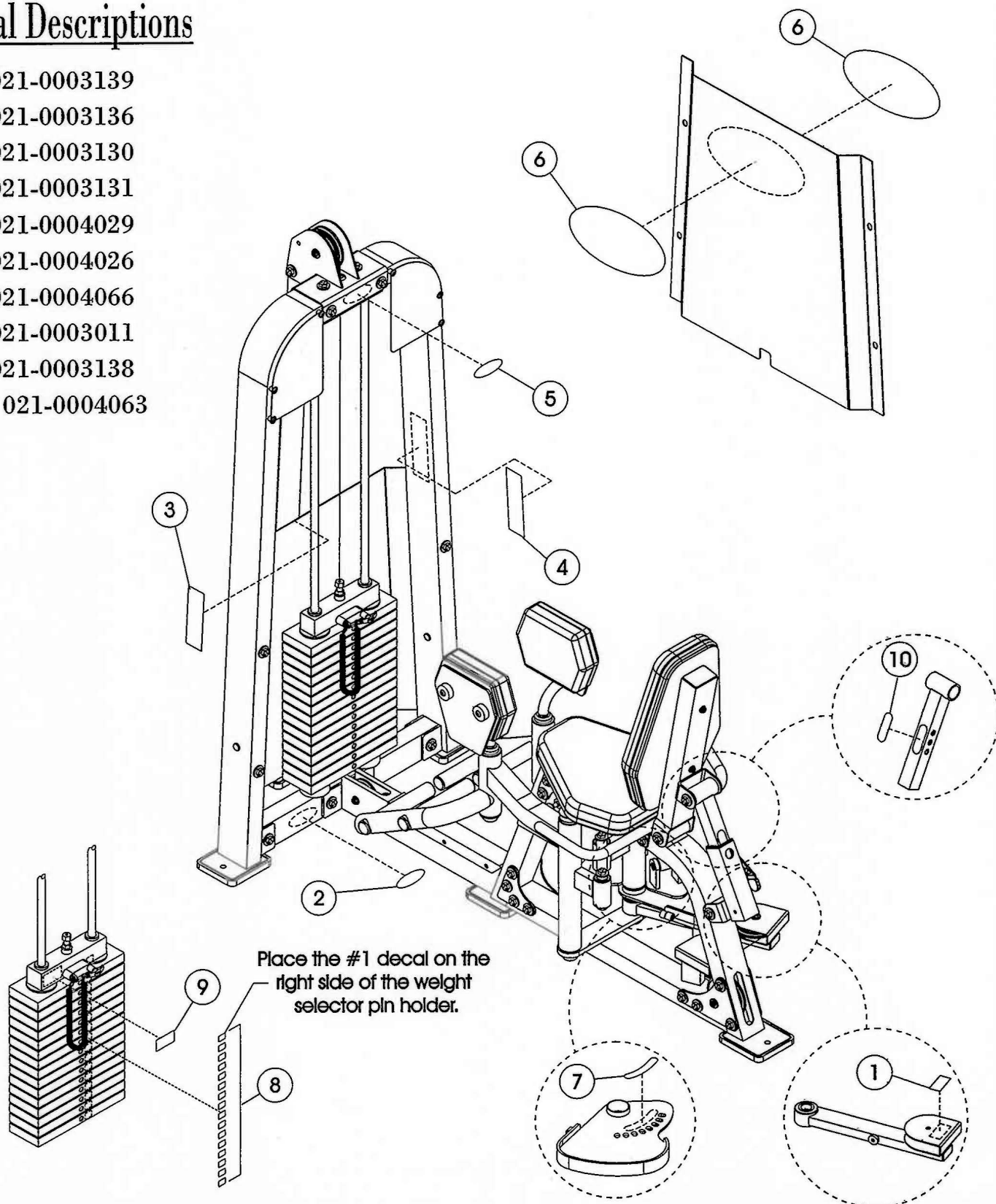


OWNERS M A N U A L

DECAL PLACEMENT

Decal Descriptions

- 1 - 021-0003139
- 2 - 021-0003136
- 3 - 021-0003130
- 4 - 021-0003131
- 5 - 021-0004029
- 6 - 021-0004026
- 7 - 021-0004066
- 8 - 021-0003011
- 9 - 021-0003138
- 10 - 021-0004063



OWNERS M A N U A L

DECAL PLACEMENT

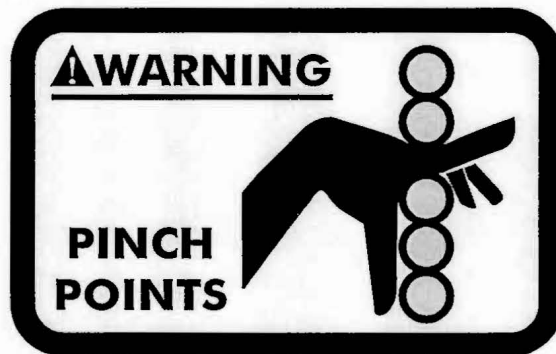
SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.



021-0003136



021-0004029

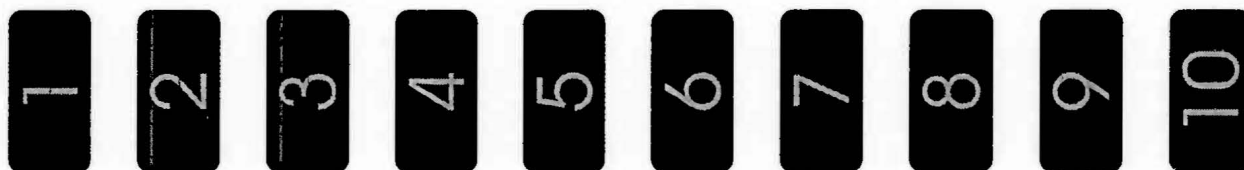
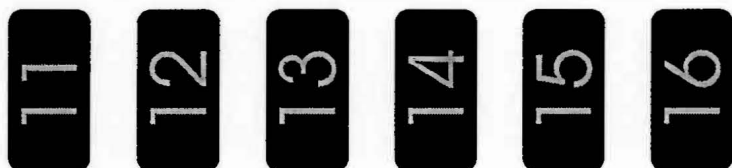


021-0003138

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.



021-0003011

**LICENSED
UNDER PATENT
#5,885,193**

021-0003139



021-0004063

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. 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. 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.

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

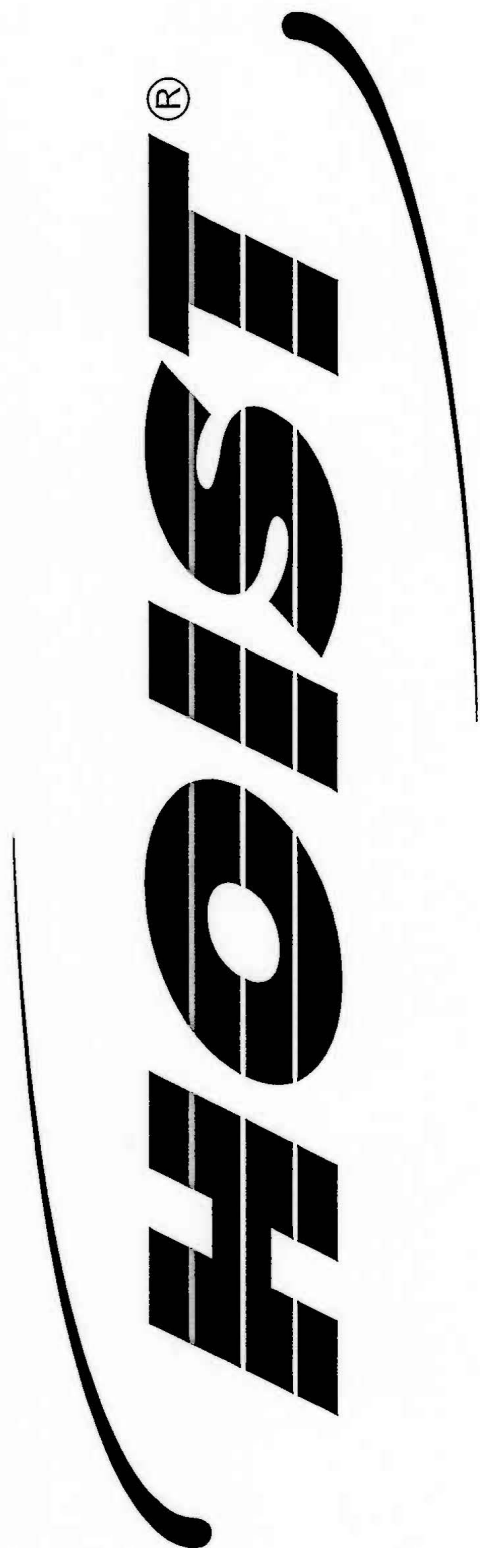
ROUTINE MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten 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

021-0003130

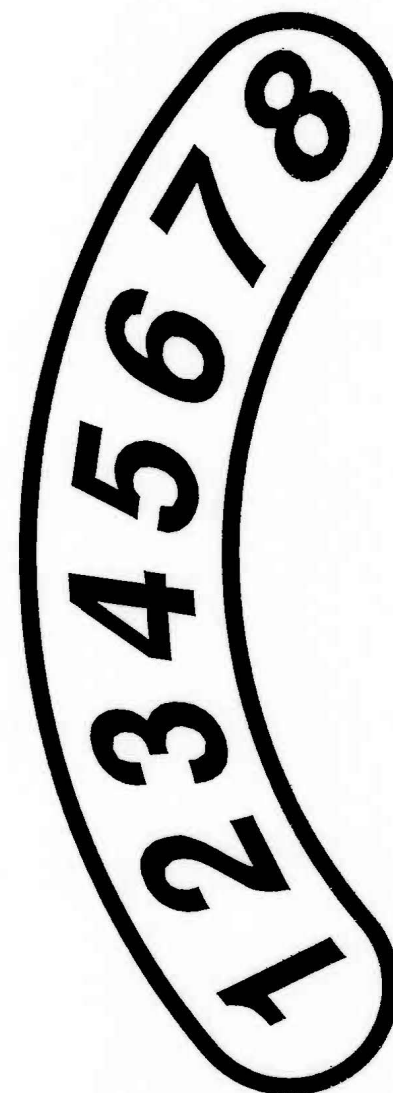
021-0003131

OWNERS MANUAL

DECAL PLACEMENT



021-0004026



021-0004066

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.

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

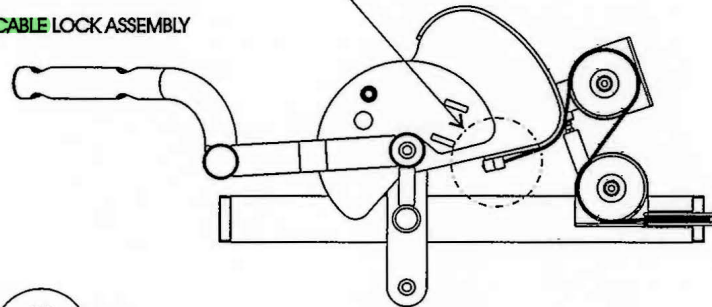
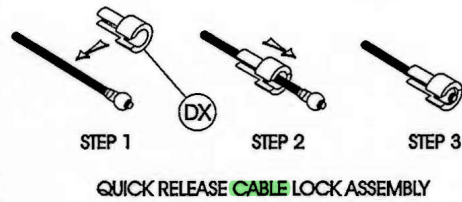
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OWNERS MANUAL

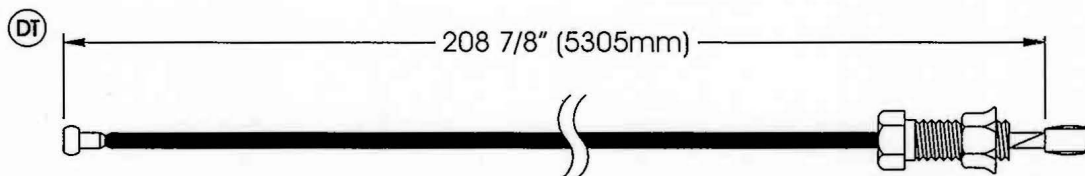
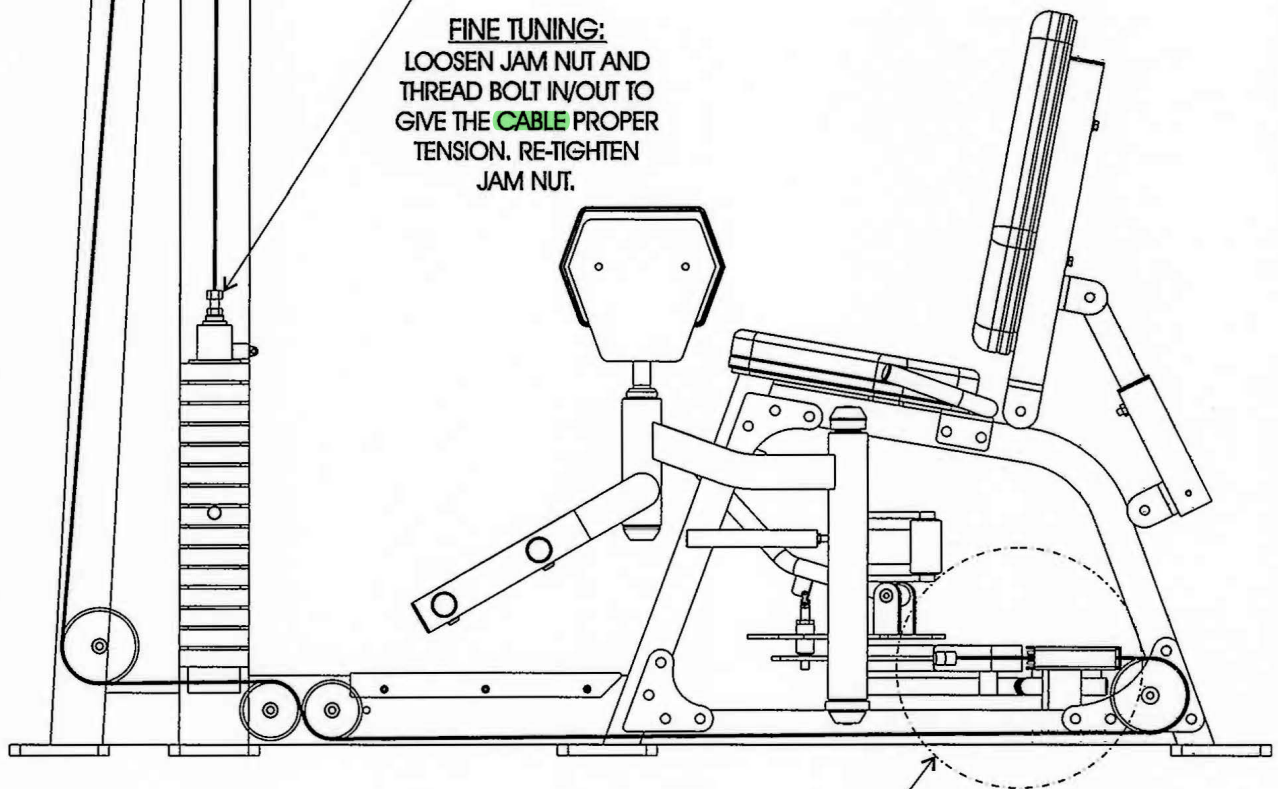
Step 3

CABLE INSTALLATION

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



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

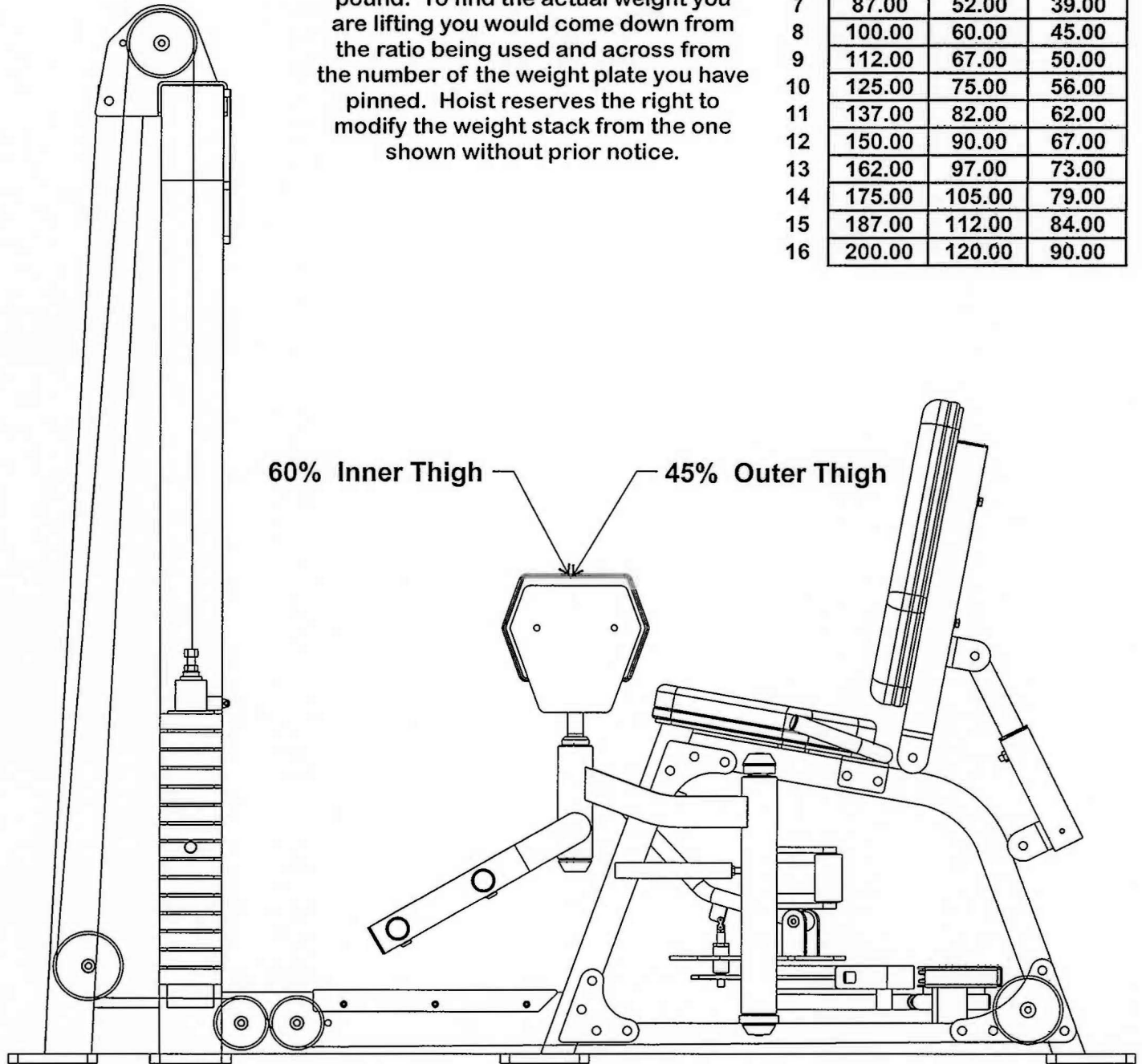


OWNERS M A N U A L

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

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%	60%	45%
1	12.00	7.00	5.00
2	25.00	15.00	11.00
3	38.00	22.00	17.00
4	50.00	30.00	22.00
5	62.00	37.00	28.00
6	75.00	45.00	34.00
7	87.00	52.00	39.00
8	100.00	60.00	45.00
9	112.00	67.00	50.00
10	125.00	75.00	56.00
11	137.00	82.00	62.00
12	150.00	90.00	67.00
13	162.00	97.00	73.00
14	175.00	105.00	79.00
15	187.00	112.00	84.00
16	200.00	120.00	90.00



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.*

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

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: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or **cables** that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

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, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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

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PLEASE KEEP THIS FOR YOUR RECORDS.