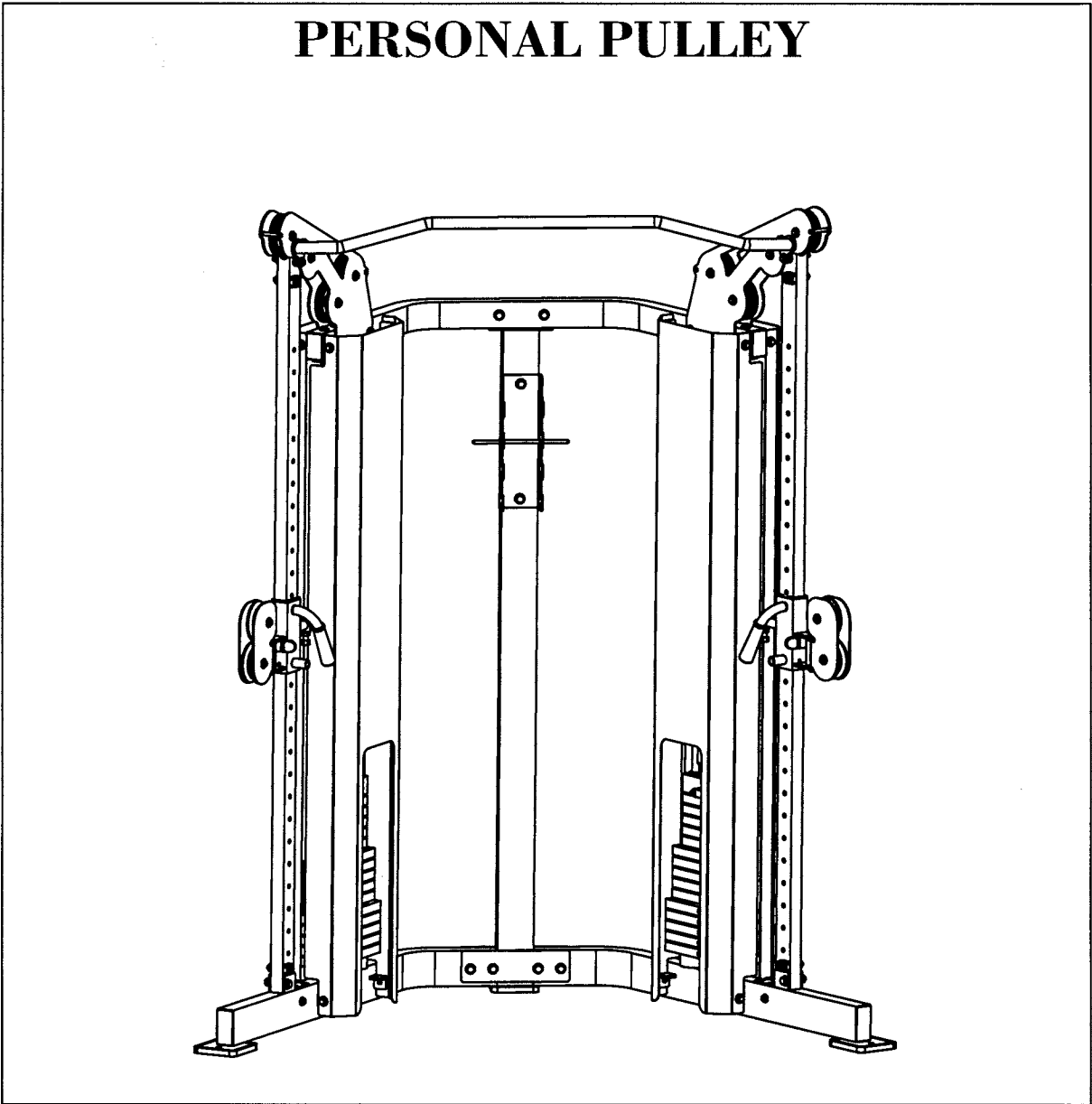


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HD1900

PERSONAL PULLEY



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

APRIL, '03

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Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

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

3/4" Open end Wrench

Crescent Wrench

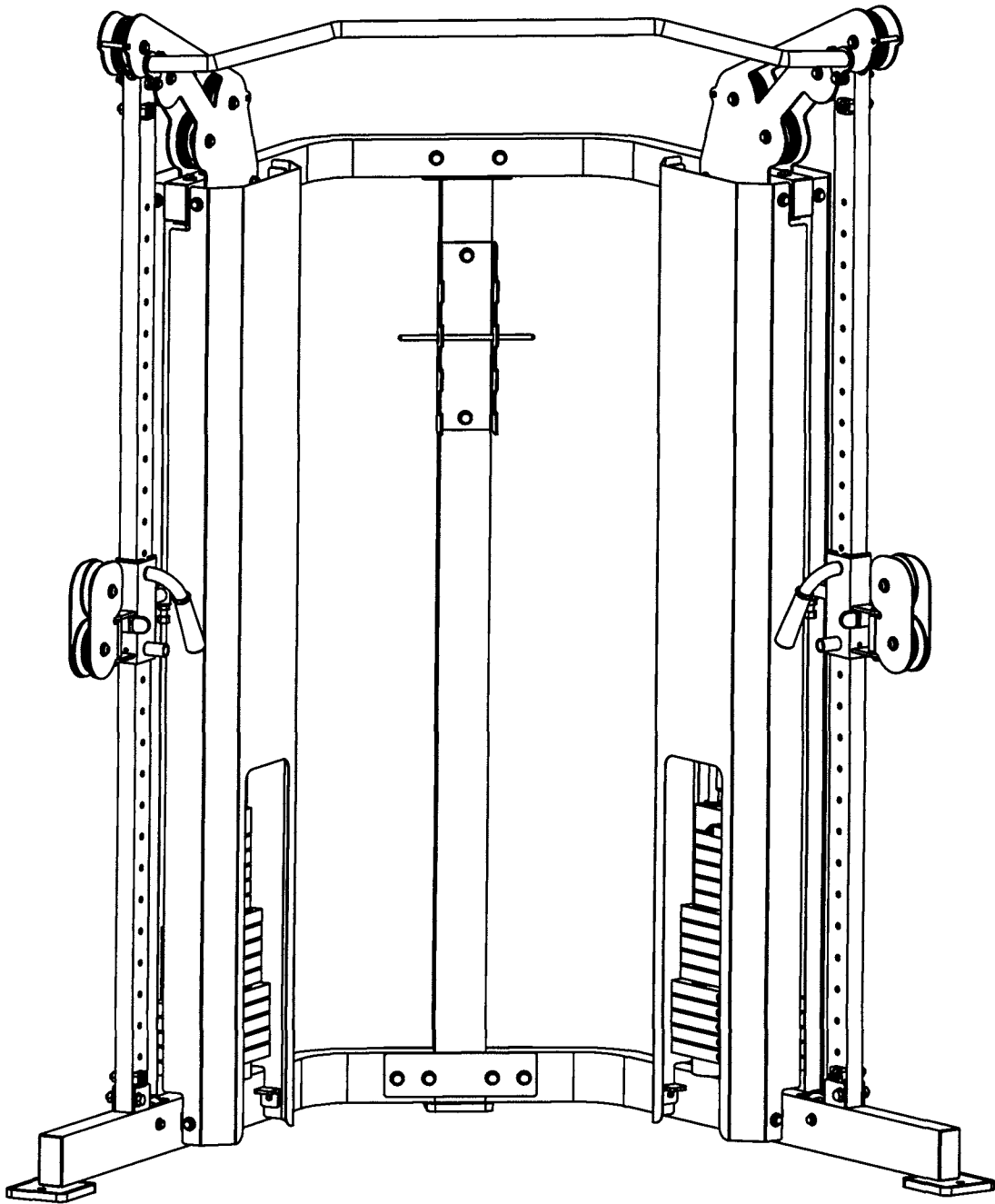
Rubber mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by attaching (1), and (2) to (3) and (4). Next attach (5) to the top of (3). Wrench Tighten all bolts.

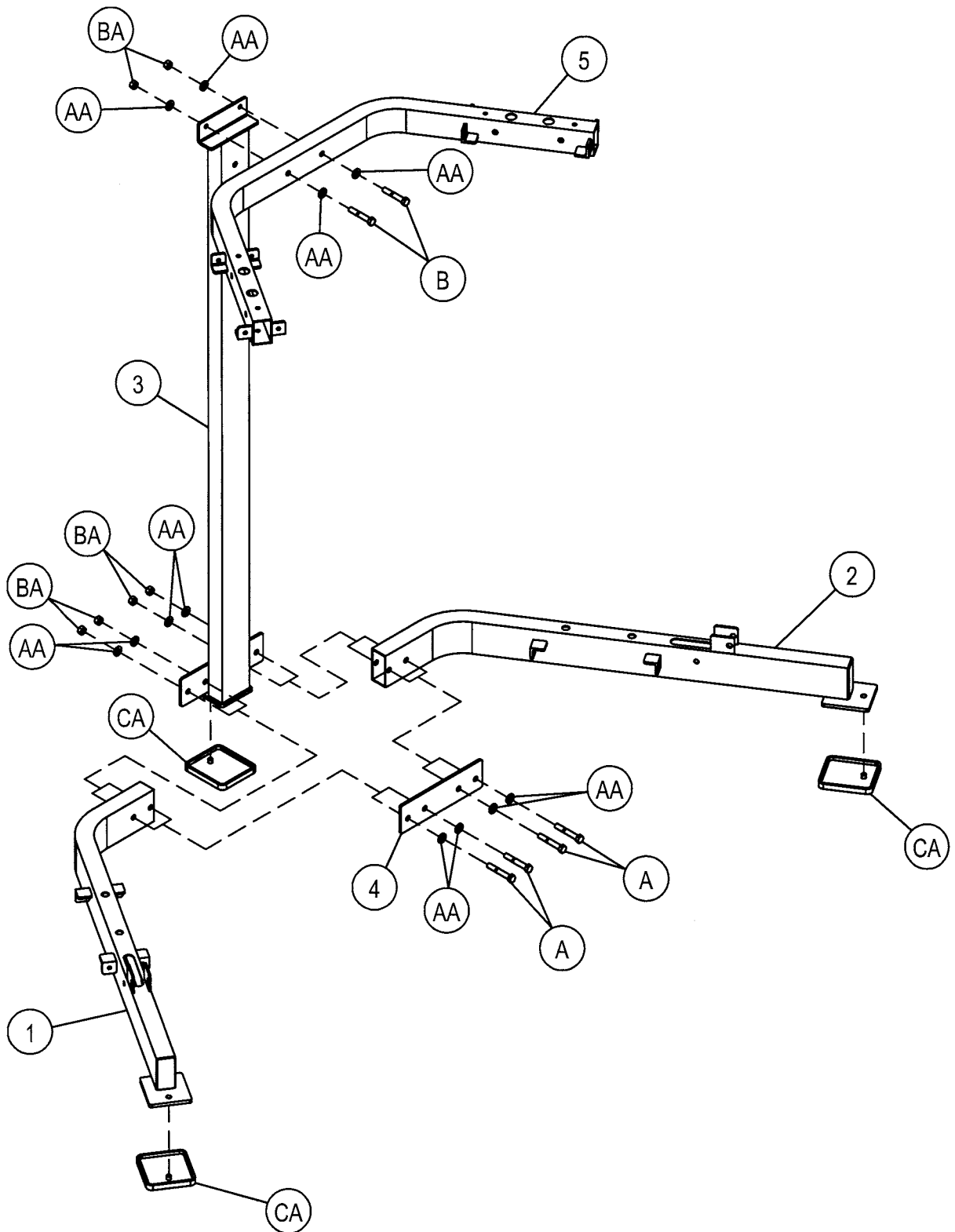
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 3 - Back Bone
- 4 - 12.00 x 3.50 x .25 Plate
- 5 - Top Frame Mount

Hardware Descriptions

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

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Step 2b FRAME ASSEMBLY

Continue assembly by sliding (6) thru (CB), and slide them both into (2). Tilt both (6)'s forward enough to allow room to slide the weight plates on. Slide five (7)'s, five (8)'s, and five (9)'s onto both (6)'s. Now slide (10) onto both (6)'s. Slide (11) over both (6)'s. Angle both (6)'s vertical and secure (11) to (5). Secure both (6)'s to (11) using set screw (M). Wrench Tighten all bolts.

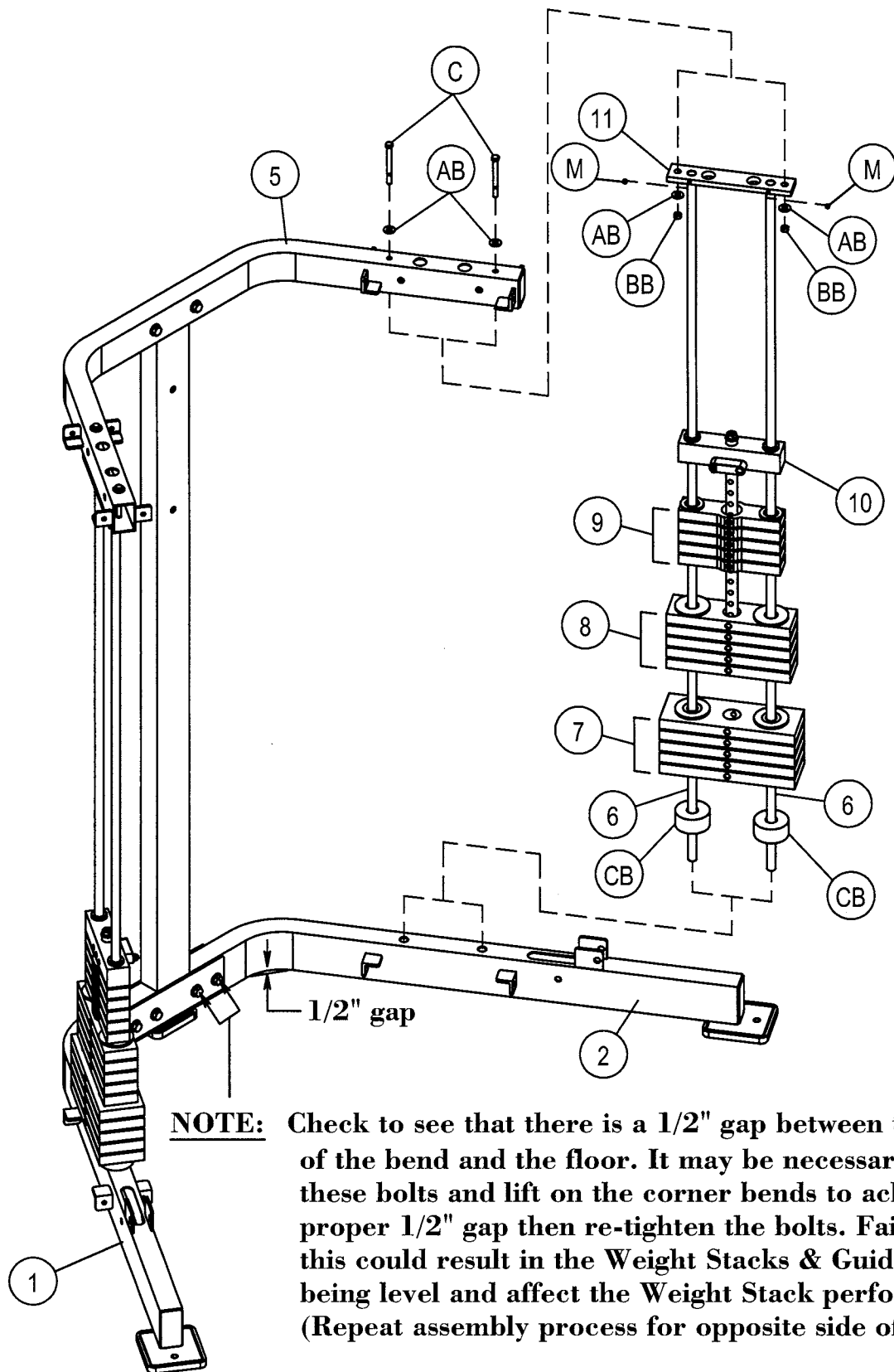
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 5 - Top Frame Mount
- 6 - Guide Rod
- 7 - 12 1/2 LB Intermediate weight plate
- 8 - 8 1/4 Lb. Intermediate Weight Plate
- 9 - 4 Lb Intermediate Weight Plate
- 10 - 8 1/4 Lb Top Weight Plate
- 11 - Guide Rod Top Mount

Hardware Descriptions

- C - 3/8"-16UNC x 4" Hex Bolt
- M - 5/16"-18UNCx 5/16" Set Screw
- AB - 3/8" Flat Washer
- BB - 3/8" Nylock Nut
- CB - Weight Stack Bumper

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Step 2c

FRAME ASSEMBLY

Continue assembly by attaching (12) to (5). Next attach (16) to (14), and slide (14) onto (13). Next attach one (CE) to the top of (13) and one (CE) to the bottom. Attach (13) to (2) and slide the top of (13) into (12). Repeat assembly procedures for opposite side using parts (18) and (23). Continue the assembly on the next page.

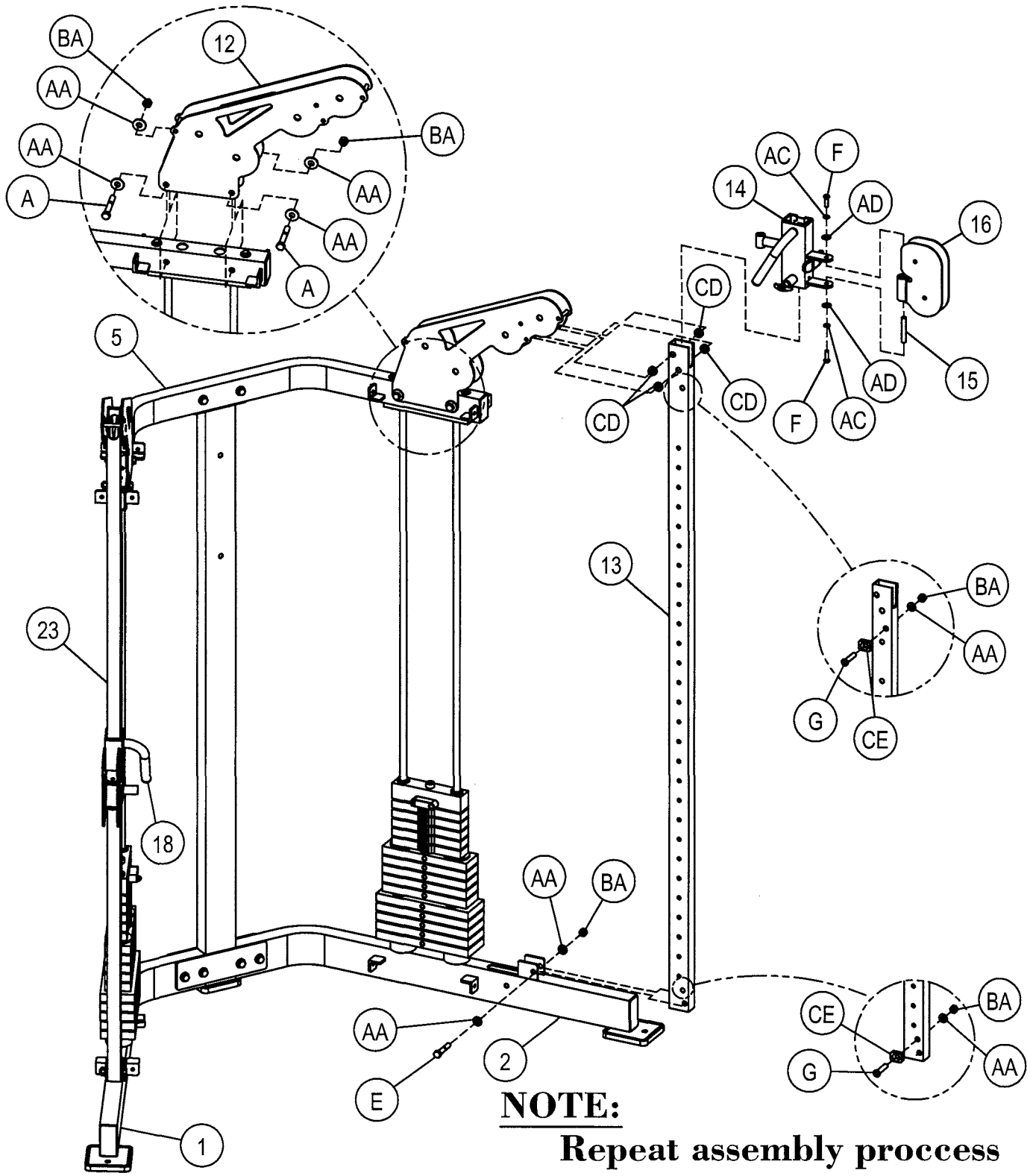
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 5 - Top Frame Mount
- 12 - Top Pulley Housing
- 13 - Slider Tube, Left Side
- 14 - Swivel Adjuster (right)
- 15 - Shaft
- 16 - Swivel Pulley Housing
- 18 - Swivel Adjuster (Left)
- 23 - Slide Tube, Right Side

Hardware Descriptions

- A - 1/2"-13UNC x 3" Hex Bolt
- E - 1/2"-13UNC x 2 1/2" Hex Bolt
- F - 3/8"-16UNC x 1" Button Head Bolt
- G - 1/2"-13UNC x 2 1/2" Flat Head Bolt
- AA - 1/2" Flat Washer
- AC - 3/8" Lock Washer
- AD - 3/8" Flat Washer (Thin)
- BA - 1/2" Nylock Nut
- CD - 1/4" Spacer
- CE - Plastic Block

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Step 2d FRAME ASSEMBLY

Continue assembly by attaching both sides of (26) to (12)'s. Wrench tighten bolts.

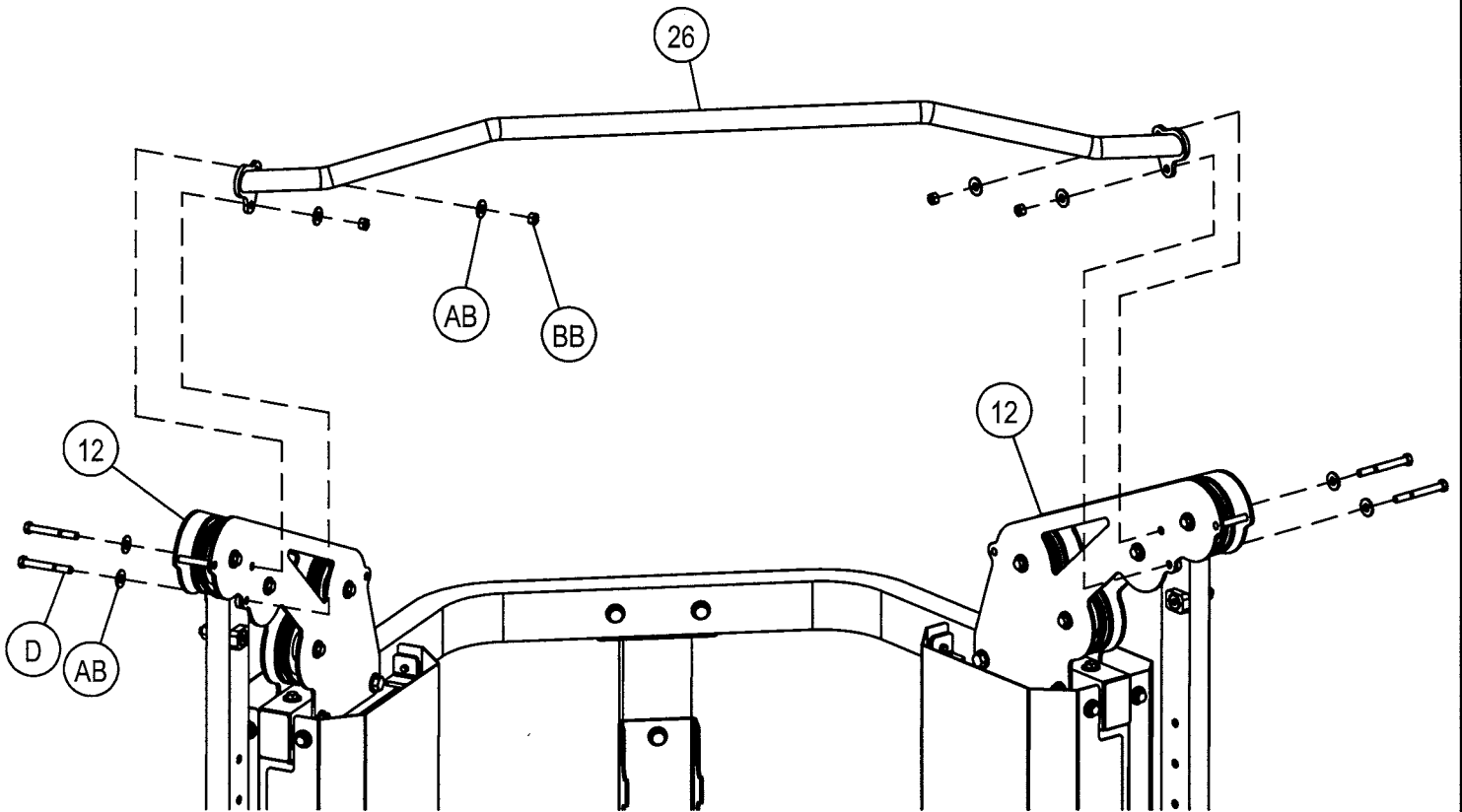
Part Descriptions

12 - Top Pulley Housing
26 - Chin-Up Bar Assembly

Hardware Descriptions

D - 3/8" x 3" Hex Bolt
AB - 3/8" Flat Washer
BB - 3/8" Nylock Nut

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Step 3

CABLE ASSEMBLY

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

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

Part Descriptions

- 1 - Adjustable Cable Anchor
- 12 - Top Pulley Housing
- 24 - Cable Swivel End Body

Hardware Descriptions

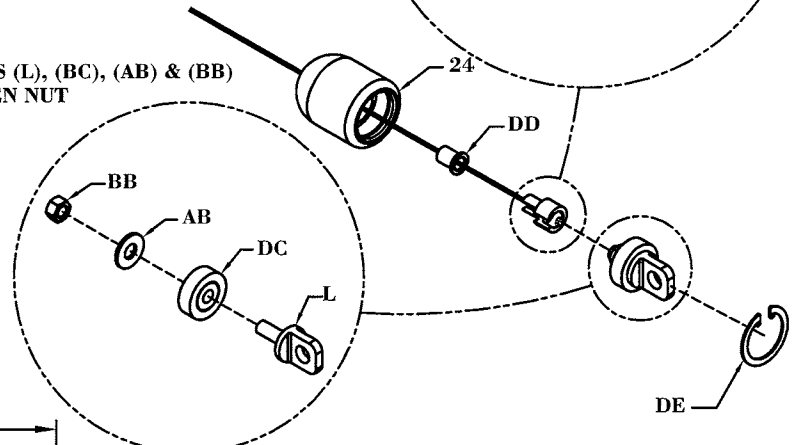
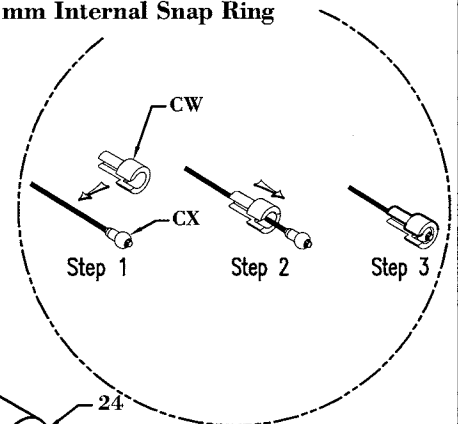
- D - 3/8"-16UNC x 3" Hex Bolt
- H - 3/8"-16UNC x 2 1/4" Hex Bolt
- I - 3/8"-16UNC x 1 3/4" Hex Bolt
- J - 3/8"-16UNC x 2 1/2" Hex Bolt
- L - Cable Swivel End Eyelet
- AB - 3/8" Flat Washer
- AC - 3/8" Lock Washer
- AD - 3/8" Flat Washer (Thin)
- BB - 3/8" Nylock Nut
- CF - 4 1/2" Pulley
- CG - 11/16" Flanged Pulley Spacer
- CH - 4 1/2" Pulley (1 1/2" Wide)
- CI - 1/2" Flanged Spacer
- CV - 1/2" Jam Nut
- CX - Cable
- DC - Bearing
- DD - Cable Swivel End Reducer
- DE - 35mm Internal Snap Ring

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

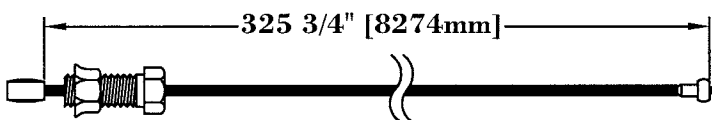
SEE BELOW FOR
ASSEMBLY INSTRUCTIONS.

FINE TUNING:
LOOSEN LOWER JAM NUT AND
THREAD BOLT IN/OUT TO GIVE
THE CABLE PROPER TENSION.
RE-TIGHTEN LOWER JAM NUT.
ONCE CABLE HAS PROPER
TENSION. INSURE (17) IS PARARELL
TO THE WEIGHT STACK, AND
TIGHTEN UPPER JAM NUT.

STEP 1
ASSEMBLE PARTS (L), (BC), (AB) & (BB)
WRENCH TIGHTEN NUT



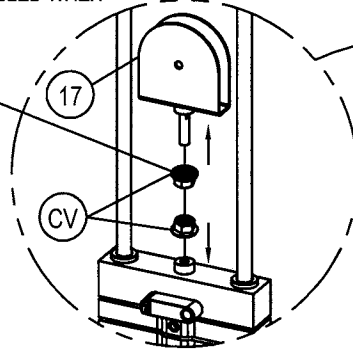
STEP 2
INSERT (DD) INTO BOTTOM OF (24)
SLIDE (CX) THRU (24), (DD), AND SNAP INTO (CW)
INSERT (L), (DC), (AB), (BB), ASSEMBLY AND SEAT BEARING
INSTALL SNAP RING (DE)



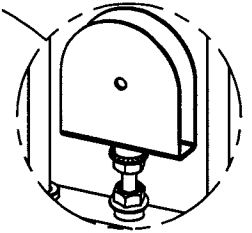
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NOTE: THE **CABLE** ROUTING WAS NOT SHOWN IN THE DETAIL VIEWS ON THIS PAGE FOR CLARITY, BUT THE **CABLE** DOES REQUIRE TO BE ASSEMBLED WHEN PULLEYS ARE ASSEMBLED.

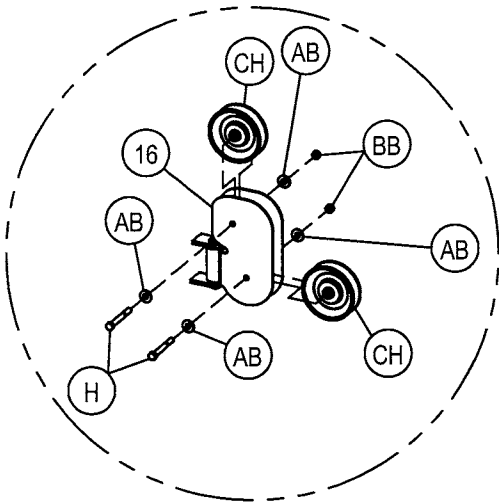
TO PREVENT **CABLE FROM TWISTING:**
ONCE THE **CABLE** HAS THE PROPER TENSION, AND THE LOWER JAM NUT HAS BEEN RE-TIGHTENED. INSURE (17) IS PARARELL TO THE WEIGHT STACK, AND TIGHTEN UPPER JAM NUT.



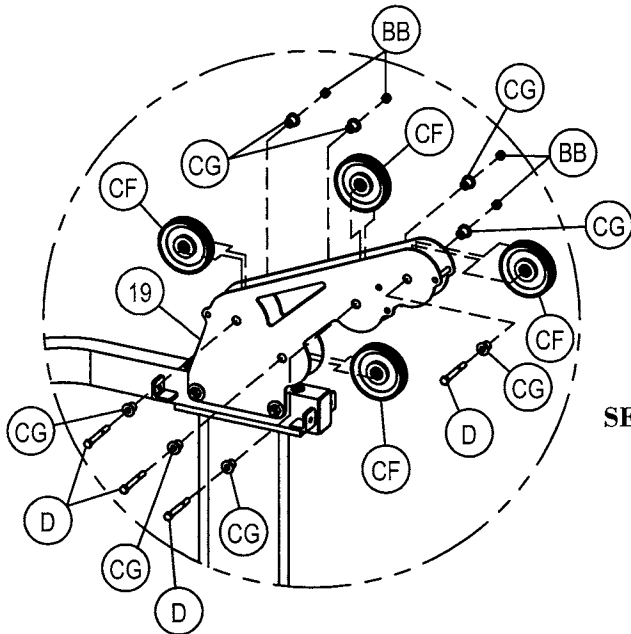
DETAIL -C-



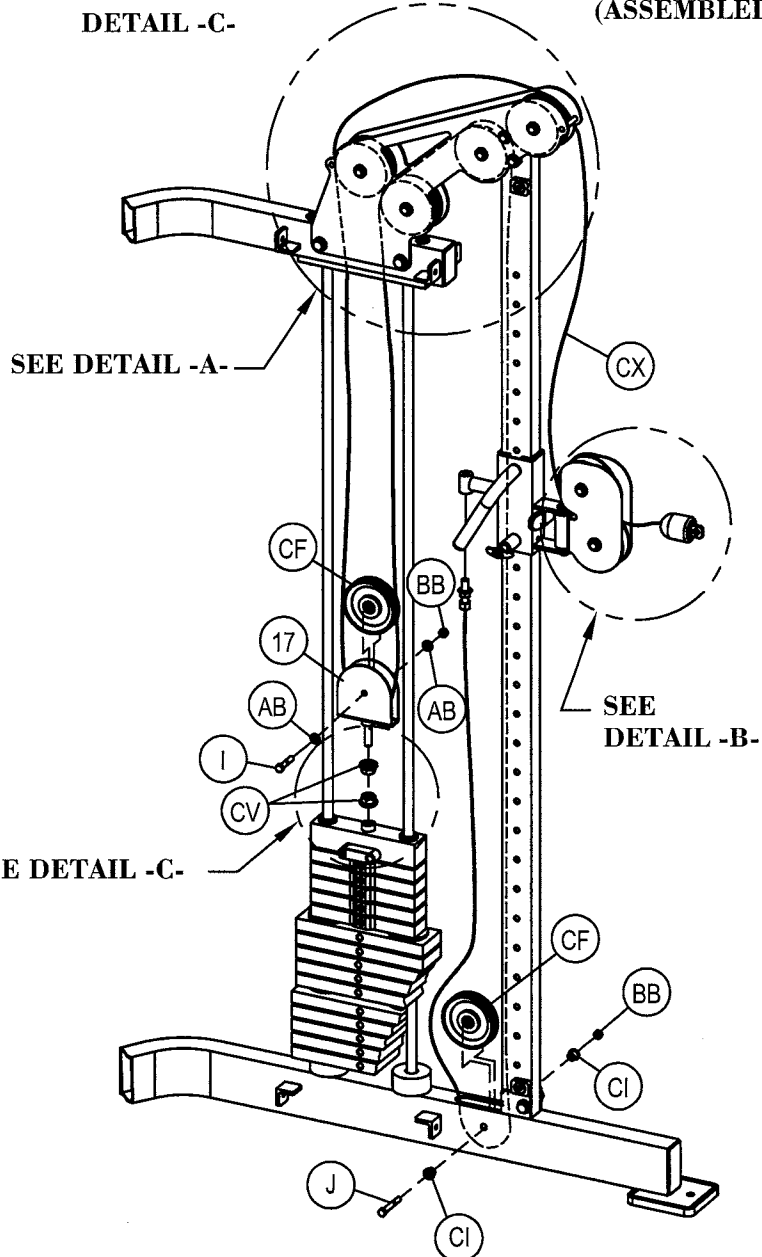
DETAIL -C-
(ASSEMBLED)



DETAIL -B-



DETAIL -A-



NOTE:

Repeat assembly process for opposite side of machine.

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Step 4a SHIELD ASSEMBLY

Start by bolting (19) to (3). Next, bolt (20) to (2) and (5) and Wrench Tighten bolts.

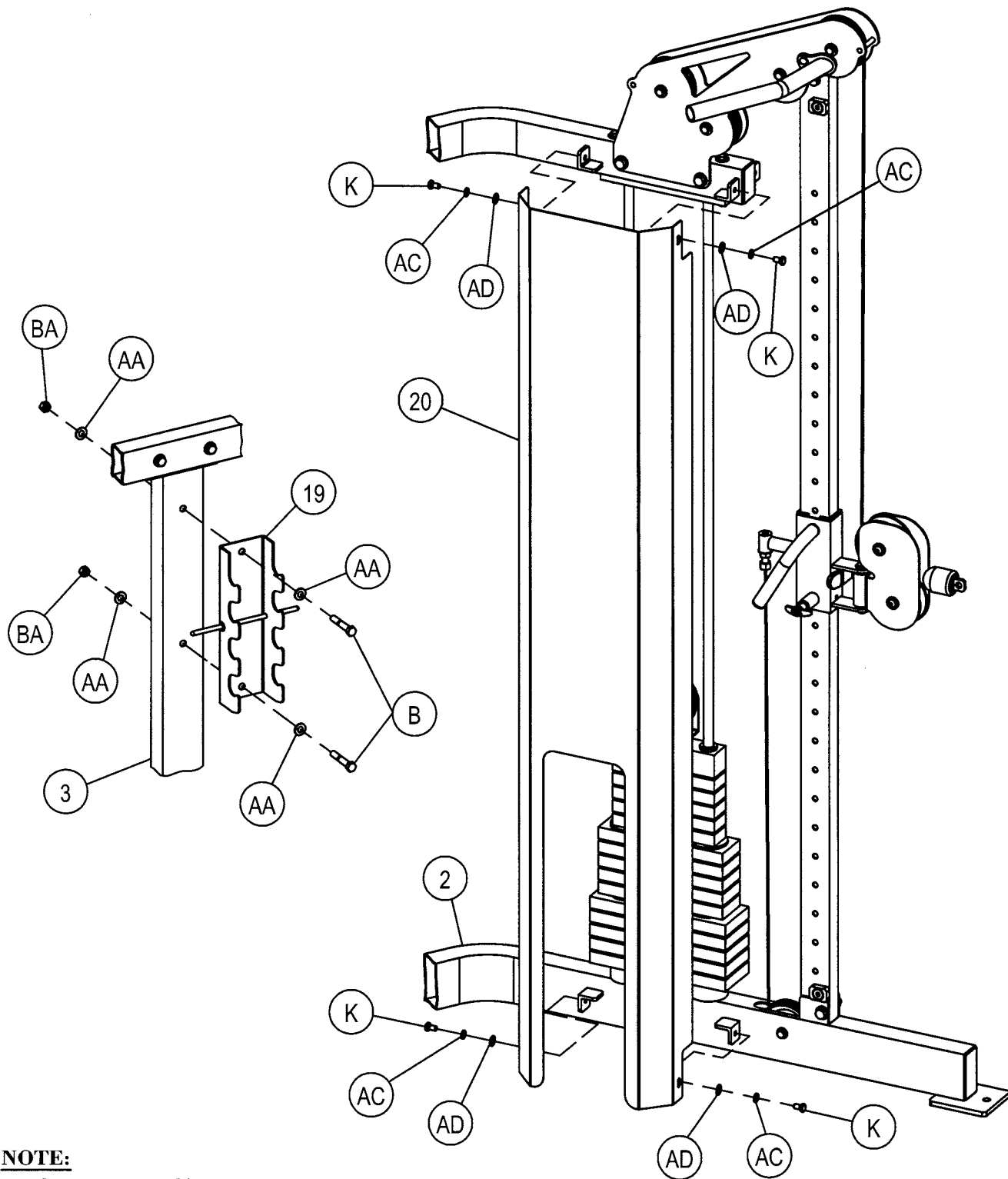
Part Descriptions

2 - Lower Right Frame Mount
5 - Top Frame Mount
19 - Accessory Rack
20 - Front Guard Shield

Hardware Descriptions

B - 1/2" -13UNC x 2 3/4" Hex Bolt
K - 3/8" -16UNC x 3/4" Hex Bolt
AA - 1/2" Washer
AC - 3/8" Lock Washer
AD - 3/8" Flat Washer (Thin)
BA - 1/2" Nylock Nut

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NOTE:

Repeat assembly process
for opposite side of machine.

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Step 4b SHIELD ASSEMBLY

Start by bolting (21) to (2) and (5) and Wrench Tighten bolts.

IMPORTANT NOTICE

Now that the HD1900 Personal Pulley 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, it will be necessary to loosen some frame hardware to re-align the frame and re-tighten bolts.

Part Descriptions

2 - Lower Right Frame Mount
5 - Top Frame Mount
21 - Rear Guard Shield

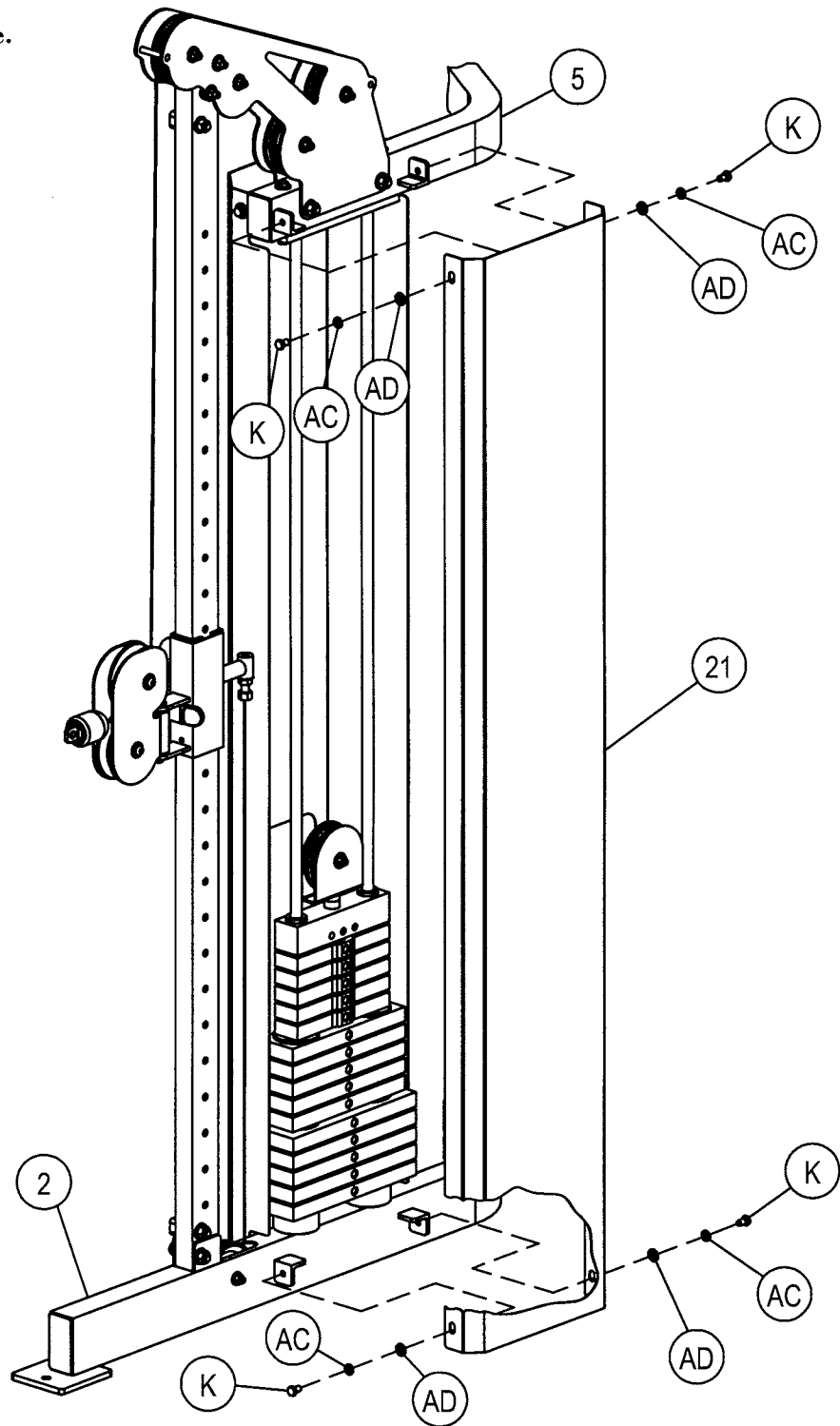
Hardware Descriptions

K - 3/8" -16UNC x 3/4" Hex Bolt
AC - 3/8" Lock Washer
AD - 3/8" Flat Washer (Thin)

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NOTE:

Repeat assembly process
for opposite side of machine.



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PRE-ASSEMBLY

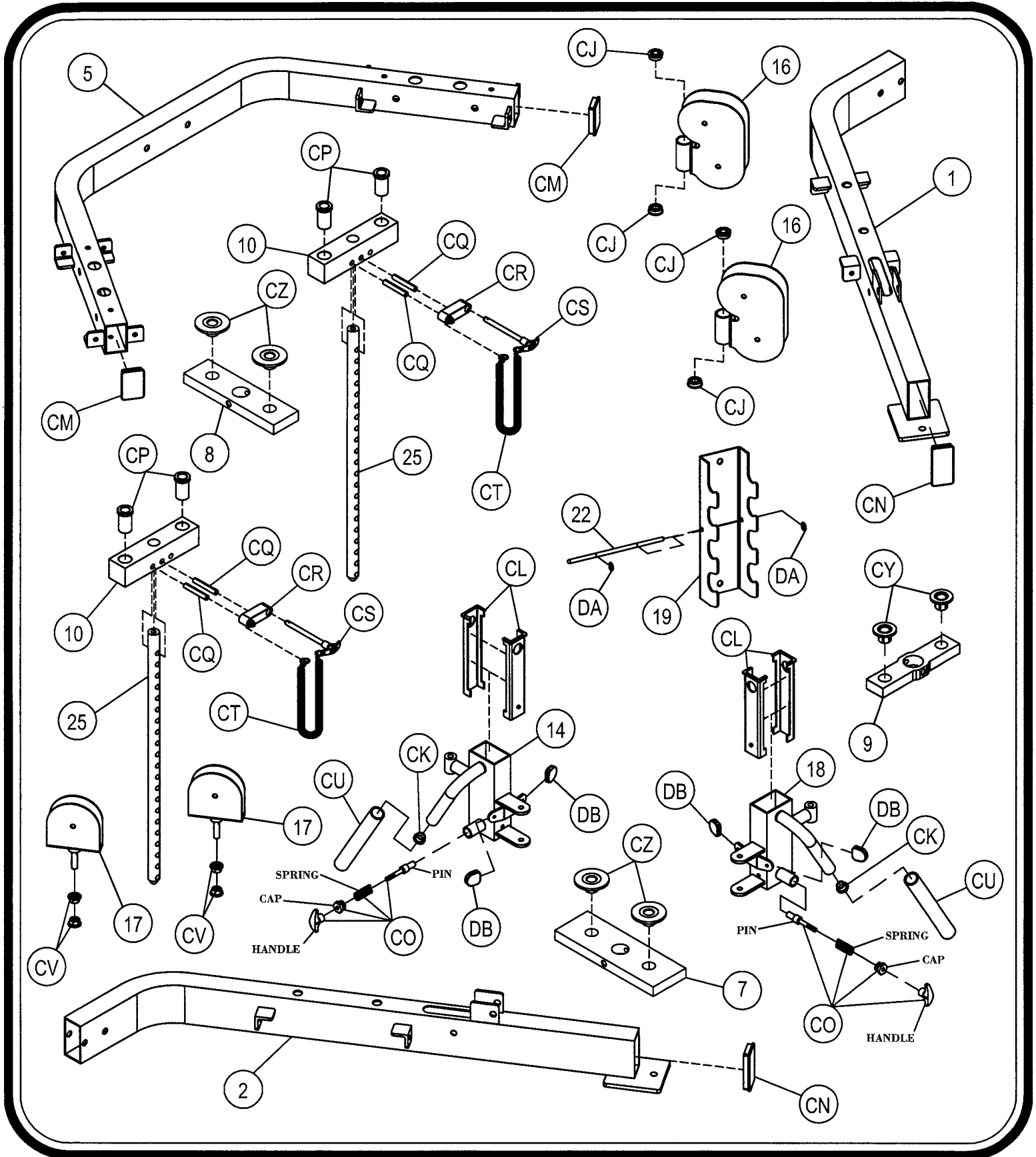
Part Descriptions

- 1 - Lower Left Frame Mount
- 2 - Lower Right Frame Mount
- 5 - Top Frame Mount
- 7 - 12 1/2 Lb. Intermediate Plate
- 8 - 8 1/4 Lb. Intermediate Plate
- 9 - 4 Lb. Intermediate Plate
- 10 - 8 1/4 Lb. Top Weight
- 14 - Swivel Adjuster Detail (Right)
- 17 - Adjustable **Cable** Anchor
- 18 - Swivel Adjuster Detail (Left)
- 19 - Accessory Rack
- 22 - Stainless Steel Peg
- 25 - 16 Plate Selector Pin

Hardware Descriptions

- CJ - 1/2" Flanged Ball Bearing
- CK - Round End Cap 1" Dia.
- CL - Ez Guide Sleeve
- CM - Elliptical 2" x 3" End Cap
- CN - 2" x 4" End Cap
- CO - 1/2" Short Tapered Pull Pin
- CP - Guide Rod Bushing
- CQ - 7/16" Roll Pin
- CR - Lanyard/Selector Pin Stand Off
- CS - Selector Pin
- CT - Lanyard Coil
- CU - Closed End Foam Grip
- CV - 1/2" Jam nut
- CY - Weight Plate Bushing
- CZ - Weight Plate Bushing
- DA - 3/8" External Snap Ring
- DB - Plastic Bumper

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1113	LOWER LEFT FRAME
2	1	026-01X1091	LOWER RIGHT FRAME
3	1	026-01X1089	BACK BONE
4	1	026-01P1037	12.00 x 3.50 x .25 PLATE
5	1	026-01X1092	TOP FRAME MOUNT
6	4	026-01G0168	GUIDE ROD Ø3/4" x 73 5/16" LG.
7	10	026-01W0101	12 1/2 Lb INTERMEDIATE PLATE
8	10	026-01W0102	8 1/4 Lb INTERMEDIATE PLATE
9	10	026-01W0114	4 Lb INTERMEDIATE PLATE
10	2	026-1300034	8 1/4 Lb TOP WEIGHT
11	2	026-01P1015	GUIDE ROD TOP MOUNT
12	2	026-01X1090	TOP PULLEY HOUSING
13	1	026-01T0945L	SLIDER TUBE, LEFT
14	1	026-01X1050	SWIVEL ADJUSTER DETAIL (LEFT)
15	2	026-01M0588	SHAFT
16	2	026-01X1071	SWIVEL PULLEY HOUSING
17	2	026-01X0926	ADJUSTABLE CABLE ANCHOR
18	1	026-01X1069	SWIVEL ADJUSTER DETAIL (RIGHT)
19	1	026-01PL335	ACCESSORY RACK
20	2	026-1100201	FRONT SHIELD
21	2	026-1100200	REAR SHIELD
22	1	026-01M0612	STAINLESS STEEL PEG
23	1	026-01T0945R	SLIDER TUBE, RIGHT
24	2	026-01PL311	CABLE SWIVEL END BODY
25	2	010-0510001	16 PLATE SELECTOR STEM
26	1	026-01X1356	CHIN-UP BAR ASSEMBLY

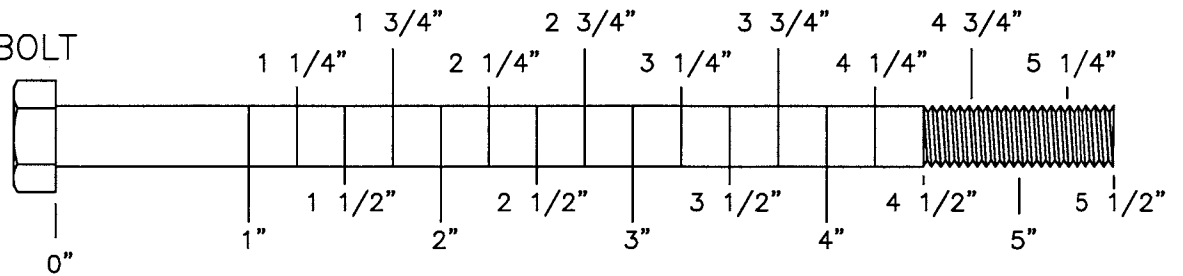
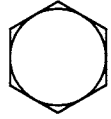
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HARDWARE LISTING

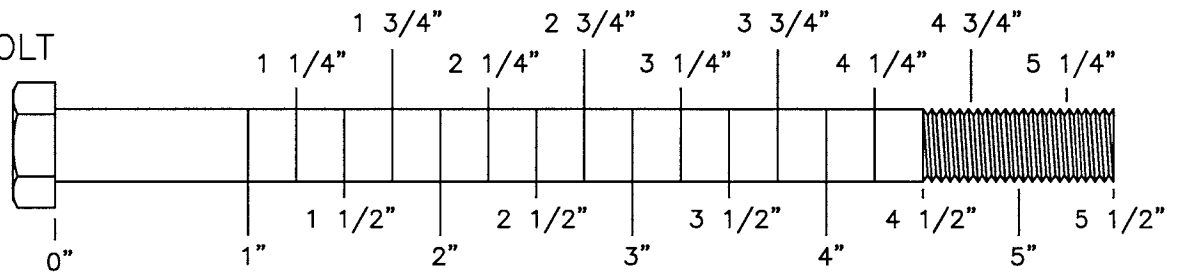
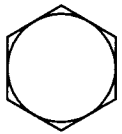
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	8	011-0407016	1/2"-13UNC x 3" HEX HEAD BOLT (WZ)
B	4	011-0407024	1/2"-13UNC x 2 3/4" HEX HEAD BOLT (WZ)
C	4	011-0407025	3/8"-16UNC x 4" HEX HEAD BOLT (WZ)
D	12	011-0407026	3/8"-16UNC x 3" HEX HEAD BOLT (WZ)
E	2	011-0407018	1/2"-13UNC x 2 1/2" HEX HEAD BOLT (WZ)
F	4	011-0101026	3/8"-16UNC x 1" BHCS (WZ)
G	4	011-0002046	1/2"-13UNC x 2 1/2" FHCS (WZ)
H	4	011-0008001	3/8"-16UNC x 2 1/4" HEX HEAD BOLT (WZ)
I	2	011-0407027	3/8"-16UNC x 1 3/4" HEX HEAD BOLT (WZ)
J	2	011-0107009	3/8"-16UNC x 2 1/2" HEX HEAD BOLT (WZ)
K	16	011-0007035	3/8"-16UNC x 3/4" HEX HEAD BOLT (WZ)
L	2	026-01M0599	CABLE SWIVEL END EYELET
M	4	011-0311012	5/16"-18UNC x 5/16" SOCKET SET SCREW (WZ)
AA	32	013-0102003	1/2" WASHER (WZ)
AB	30	013-0002004	3/8" WASHER (WZ)
AC	20	013-0102016	3/8" SPLIT WASHER (WZ)
AD	20		3/8" SMALL WASHER Ø20mm x Ø10.1mm x 1.0mm T
BA	18	012-0105005	1/2" NYLOK NUT (WZ)
BB	26	012-0004004	3/8" NYLOK NUT (WZ)
CA	3	026-01PL195	RUBBER FOOT PAD
CB	4	26-STD-06-0253	WEIGHT STACK BUMPER
CD	8	026-01M0598	1/4" SPACER
CE	4	026-01PL221	PLASTIC BLOCK
CF	12	26-STD-06-0025	4 1/2" PULLEY
CG	16	026-01M0532	1 1/16" FLANGED PULLEY SPACER
CH	4	018-0002012	4 1/2" PULLEY (WIDE GROOVE AND UNTAPPED)
CI	4	26-STD-08-0010	1/2" FLANGED SPACER
CJ	4	014-0003003	1/2" ID FLANGED BALL BEARING
CK	2	26-STD-06-0066	ROUND END CAP 1" DIA.
CL	4	026-01PL1251	EZ GLIDE SLEEVE
CM	2	026-01PL192RV	ELLIPTICAL 2" x 3" END CAP
CN	2	016-0201016	2" x 4" END CAP
CO	2	026-01M0631	1/2" SHORT TAPERED PULL PIN
CP	4	026-01PL134	GUIDE ROD BUSHING
CQ	4	030-0303010	7/16" ROLL PIN x 2 3/4" LG
CR	2	026-01PL291	LANYARD/SELECTOR PIN STANDOFF
CS	2	026-01X0791	SELECTOR PIN
CT	2	010-0008001	LANYARD COIL
CU	2	019-0002015	CLOSE END FOAM GRIP 1" DIA. x 6" LG
CV	4	26-STD-06-0274	1/2" JAM NUT
CW	1	026-01M0200	QUICK RELEASE CABLE LOCK
CX	2	010-01C250T	HD1900 CABLE
CY	10	026-01PL331	WEIGHT PLATE BUSHING
CZ	20	026-01W0122	WEIGHT PLATE BUSHING
DA	2	014-0015009	3/8" EXTERNAL SNAP RING
DB	4	026-01PL239-B	PLASTIC BUMPER
DC	2	014-0012007	#7300MB BEARING
DD	2	026-01M0600	CABLE SWIVEL END REDUCER
DE	2	014-0015013	35mm INTERNAL SNAP RING

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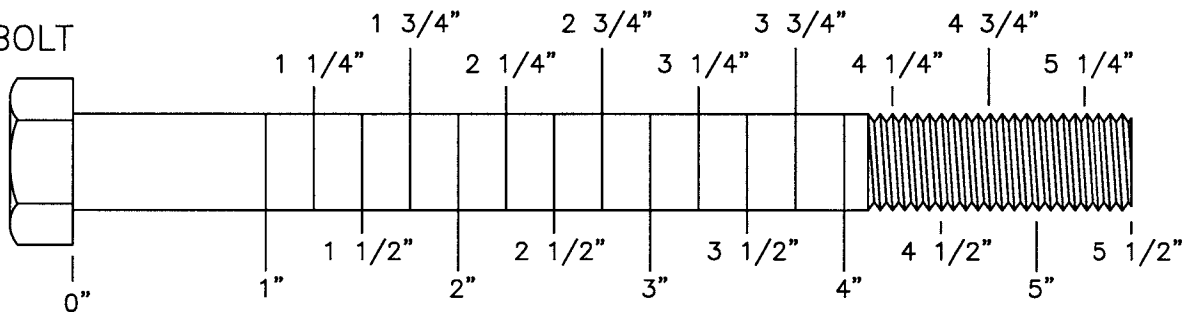
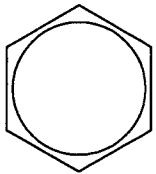
5/16" HEX BOLT



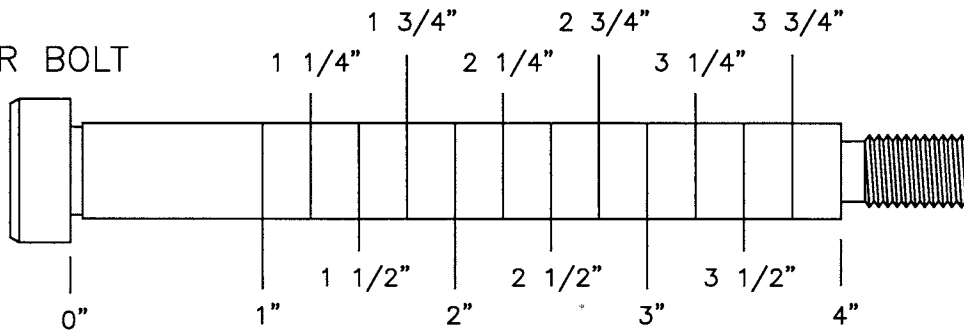
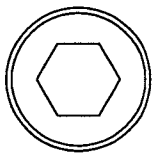
3/8" HEX BOLT



1/2" HEX BOLT

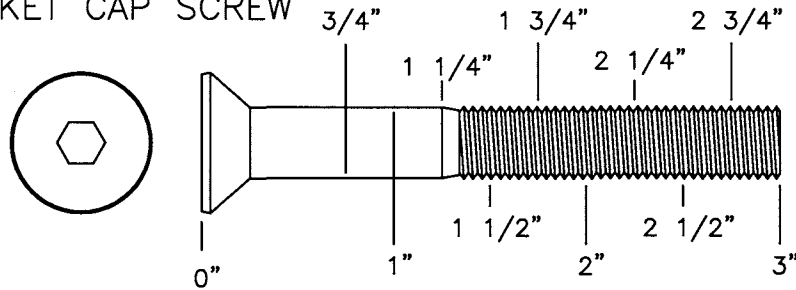


1/2" SHOULDER BOLT

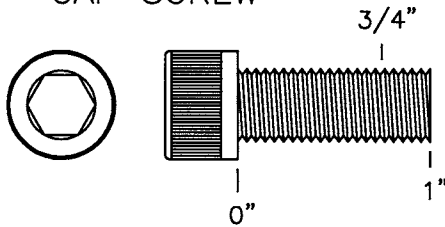


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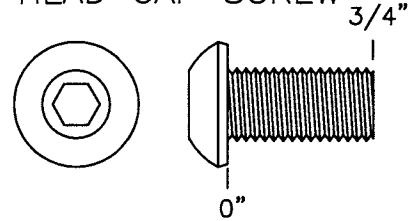
3/8" FLATHEAD
SOCKET CAP SCREW



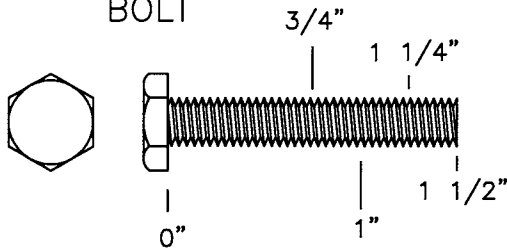
3/8" SOCKET
CAP SCREW



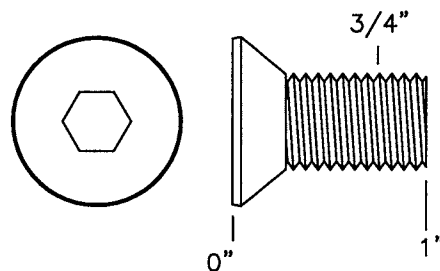
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

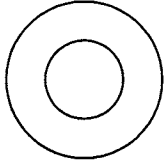


1/2" FLATHEAD
SOCKET CAP SCREW

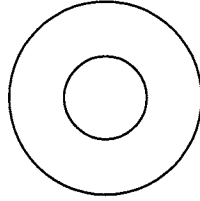


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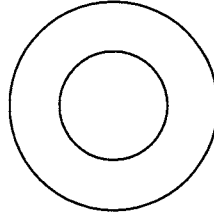
5/16"
FLAT WASHER
LARGE, USS, 25mm



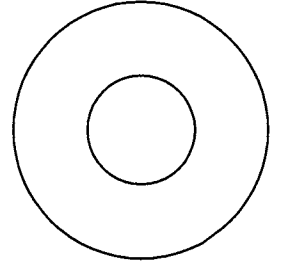
3/8"
FLAT
WASHER



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



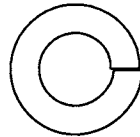
1/2"
FLAT WASHER
LARGE, USS, 34mm



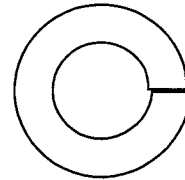
1/4"
LOCK WASHER



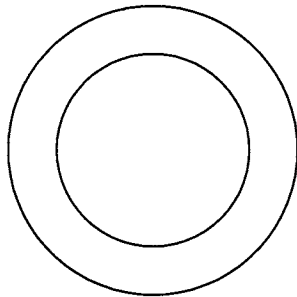
3/8"
LOCK WASHER



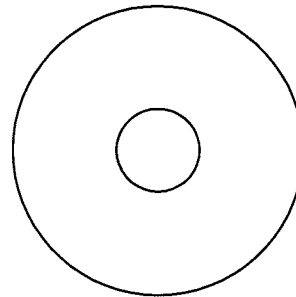
1/2"
LOCK WASHER



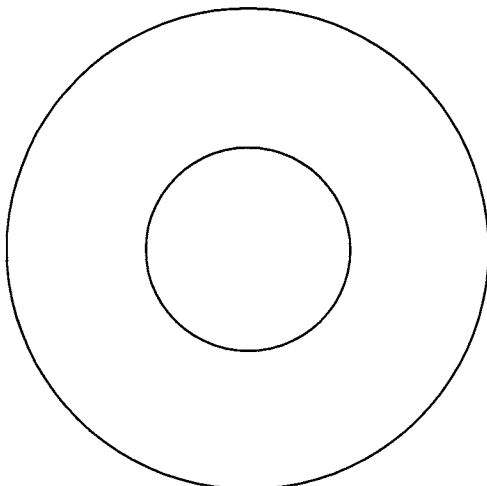
1" SHIM WASHER



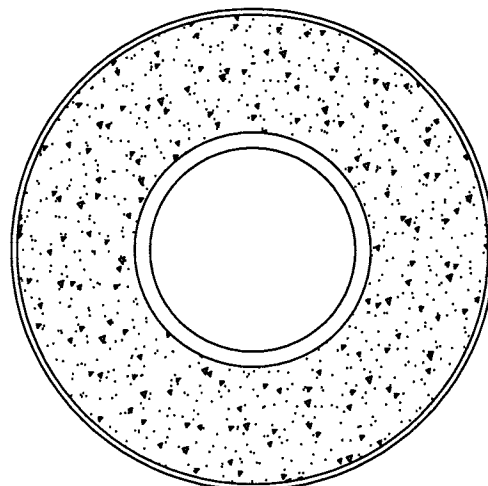
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

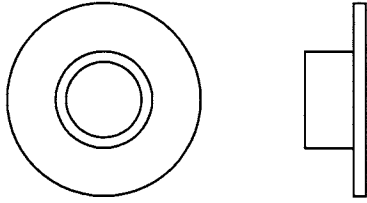


PLASTIC 1 1/16"
FENDER WASHER

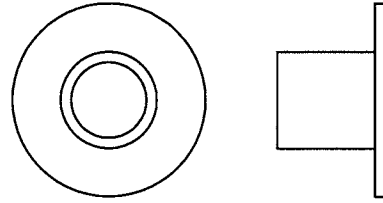


OWNERS MANUAL

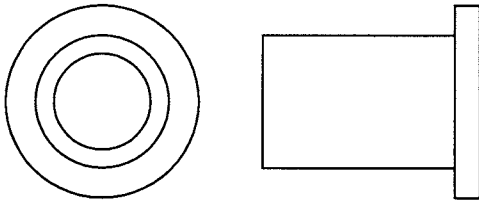
1/4" LONG
FLANGED SPACER



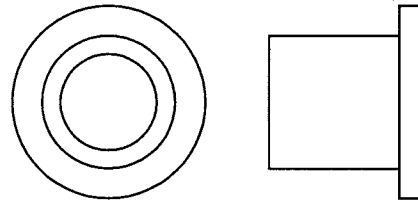
1/2" LONG
FLANGED SPACER



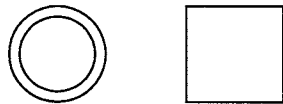
1/4" LONG HEAVY
FLANGED SPACER



11/16" LONG HEAVY
FLANGED SPACER



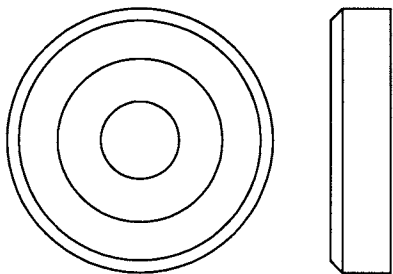
1/2" LONG
SPACER



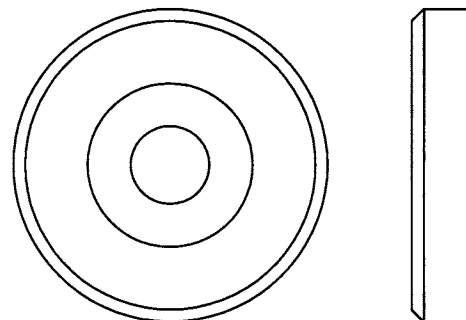
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



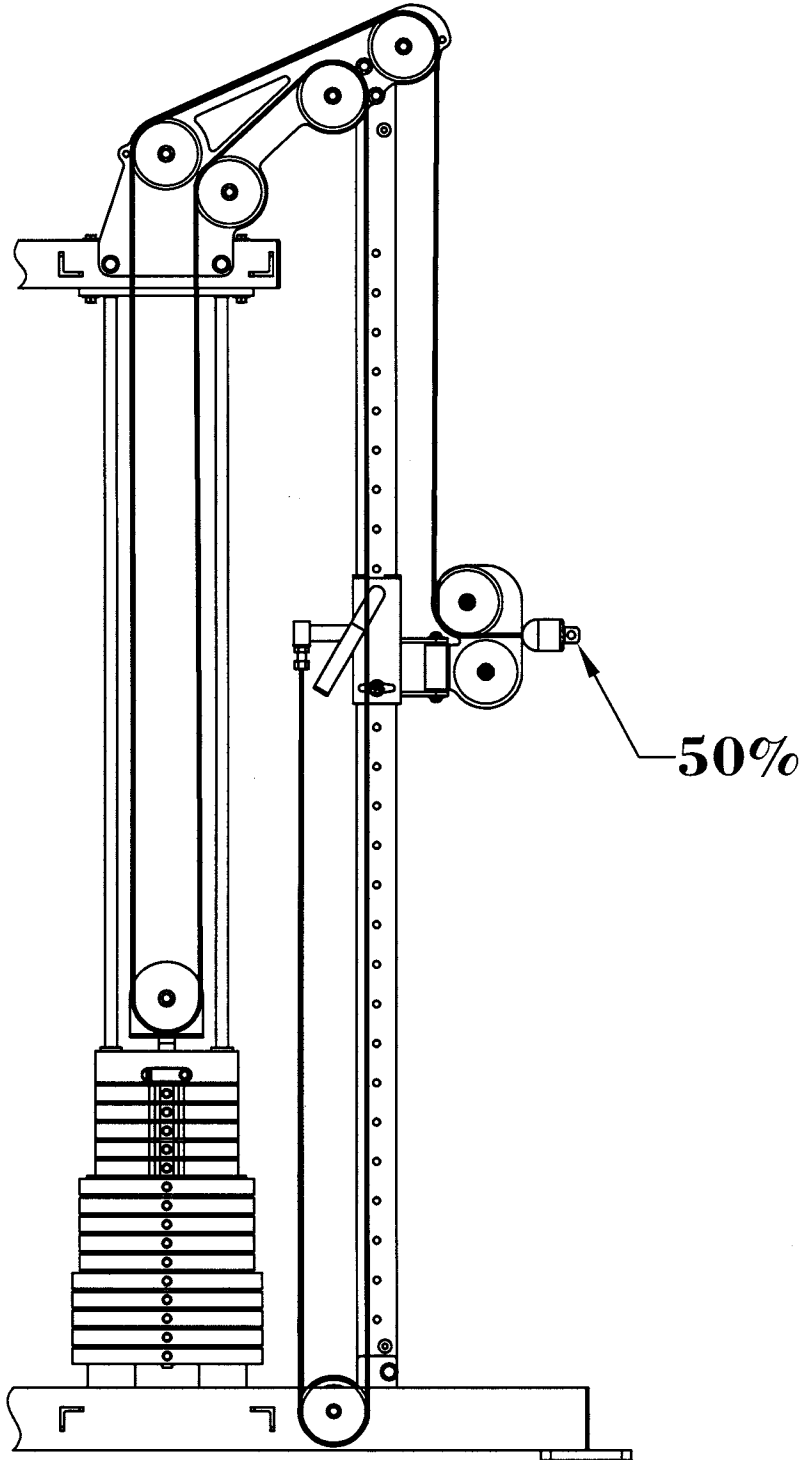
1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

OWNERS MANUAL

WEIGHT RATIOS



	100%	50%
1	12	6
2	16	8
3	20	10
4	24	12
5	28	14
6	32	16
7	40	20
8	48	24
9	56	28
10	64	32
11	72	36
12	85	43
13	97	49
14	110	55
15	122	61
16	135	68

OWNERS MANUAL

OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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

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

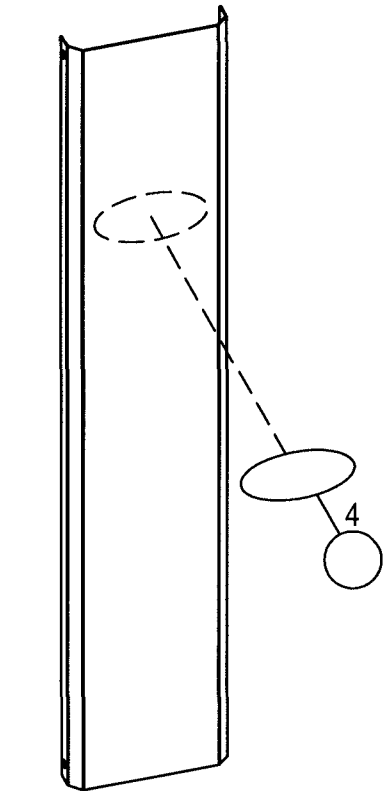
OWNERS MANUAL

Decal Descriptions

- 1 - 021-0003136
- 2 - 021-0003131
- 3 - 021-0003130
- 4 - 021-0004090
- 5 - 021-0013106
- 6 - 021-0013107
- 7 - 021-0003113
- 8 - 021-0003114
- 9 - 021-0003138

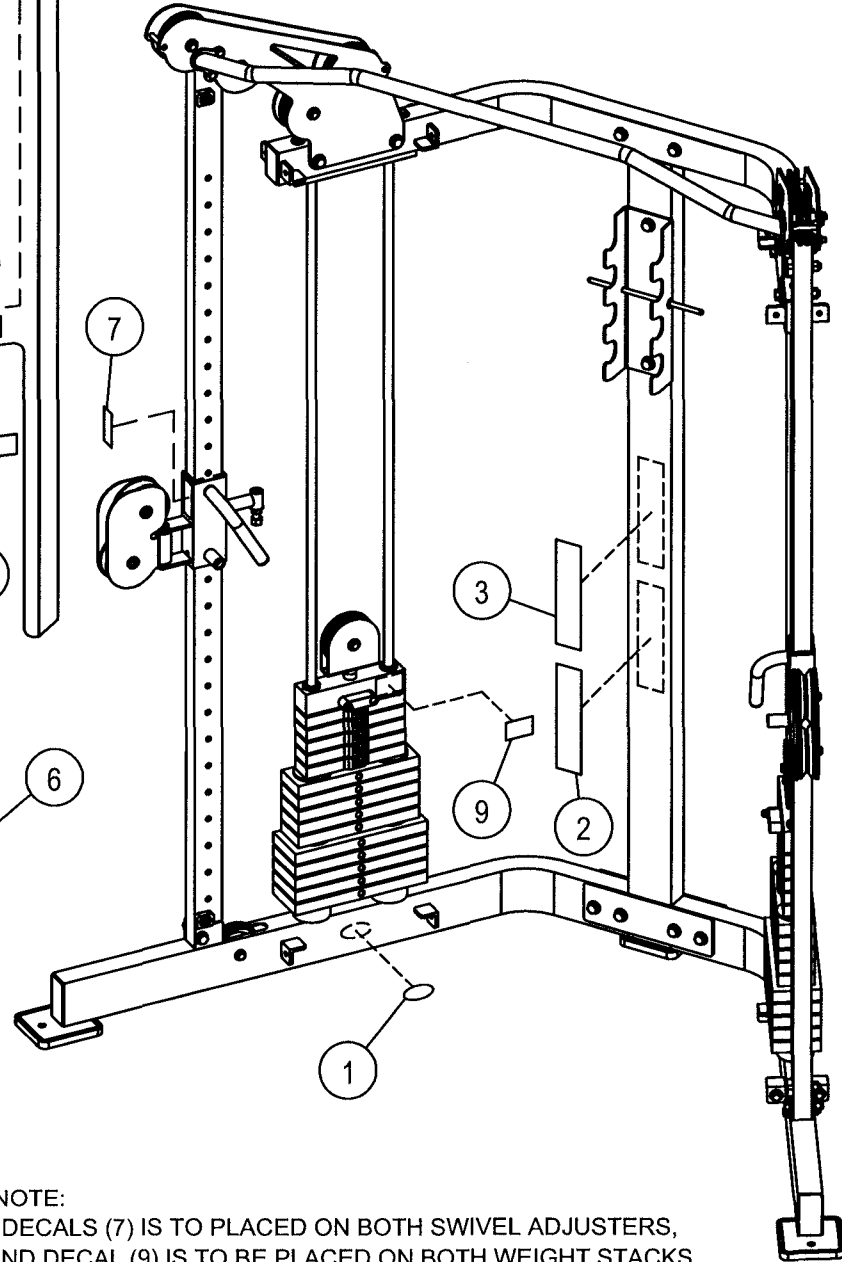
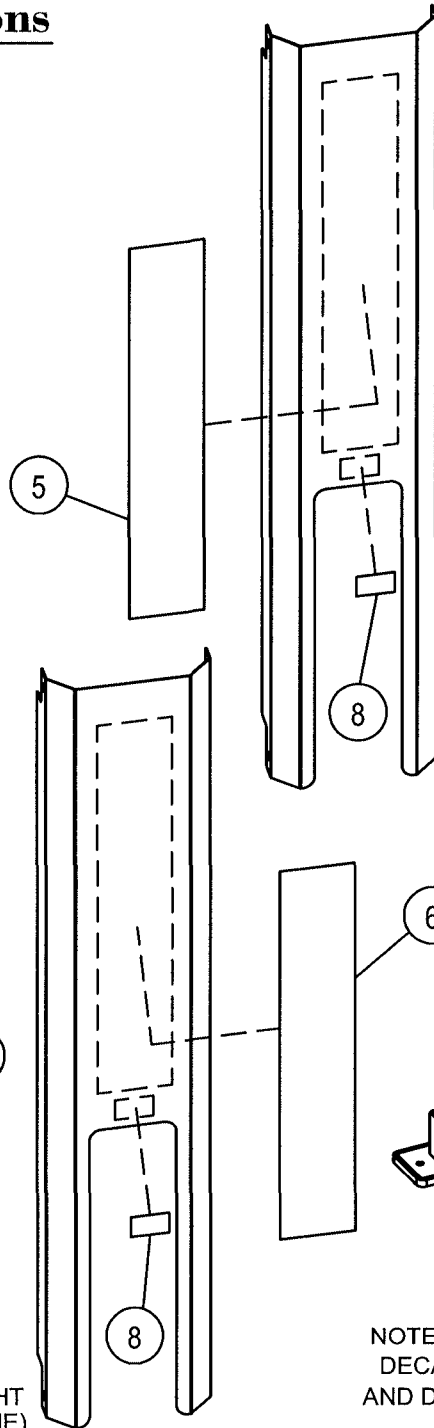
(SHIELD ON LEFT SIDE OF MACHINE)

DECAL PLACEMENTS



PLACE DECAL ON BOTH REAR SHIELDS

(SHIELD ON RIGHT SIDE OF MACHINE)

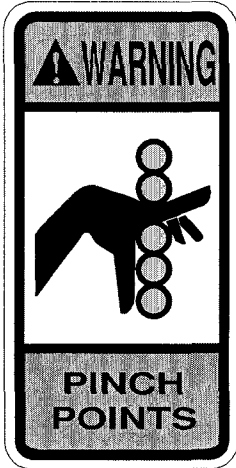


NOTE:
DECALS (7) IS TO PLACED ON BOTH SWIVEL ADJUSTERS,
AND DECAL (9) IS TO BE PLACED ON BOTH WEIGHT STACKS.

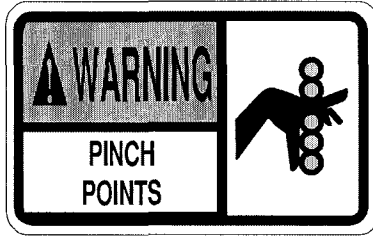
OWNERS MANUAL

DECAL PLACEMENTS

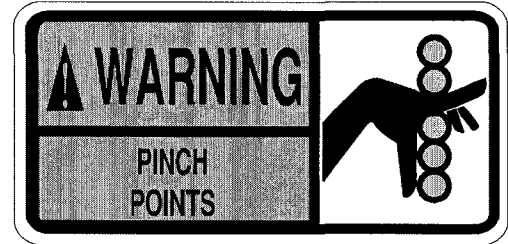
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003113



021-0003138



021-0003114

	Daily	Weekly	Monthly	Yearly
ROUTINE MAINTENANCE				
Inspect: Links, Pull Pins, Stop Locks, Servels, Weight Stack Pin	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 (Superthbe)			X	
Lubricate: Seat Sleeves, Turntable Bushings, Linear Bearings			X	
Clean and Wax: All Glossy Finishes				X
Remove with Grease: Linear Bearings				X
Replace: Cables, Belts and Connecting Parts				X

NOTICE

021-0003131

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

DECAL PLACEMENTS

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.



021-0003136



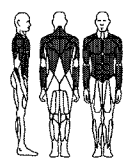
021-0004090

OWNERS MANUAL

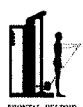
DECAL PLACEMENTS

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.


HD1900




Upper Body Exercises




FRONTAL DELTOID




LATERAL DELTOID




LAT PULLDOWN




TRICEPS EXTENSION




UPRIGHT ROW




BICEP CURL




BENT OVER ROW




TRICEPS PUSHDOWN




CHEST PRESS



REAR DELTOID



STANDING SHOULDER PRESS



PECTORAL FLY

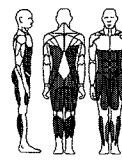
WEIGHT CHART

HEIGHT (IN)	WEIGHT (LBS)	HEIGHT (CM)	WEIGHT (KGS)
52	100	132	45
54	110	137	50
56	120	142	54
58	130	147	59
60	140	152	63
62	150	157	68
64	160	163	72
66	170	168	77
68	180	173	81
70	190	178	86
72	200	183	90
74	210	188	95
76	220	193	100
78	230	198	104
80	240	203	109
82	250	208	113
84	260	213	118
86	270	218	122
88	280	223	127
90	290	228	131
92	300	233	136
94	310	238	140
96	320	243	145

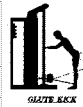
HOIST

021-0013106


HD1900




Lower Body Exercises




GLUTE KICK




BACK SQUAT




GOBLET SQUAT




TOE PRESS




STANDING LEG CURL




DEAD LIFT




OUTER THIGH




INNER THIGH




TORSO ROTATION



GOOD MORNING



LUNGE



SIDE BEND

WEIGHT CHART

HEIGHT (IN)	WEIGHT (LBS)	HEIGHT (CM)	WEIGHT (KGS)
52	100	132	45
54	110	137	50
56	120	142	54
58	130	147	59
60	140	152	63
62	150	157	68
64	160	163	72
66	170	168	77
68	180	173	81
70	190	178	86
72	200	183	90
74	210	188	95
76	220	193	100
78	230	198	104
80	240	203	109
82	250	208	113
84	260	213	118
86	270	218	122
88	280	223	127
90	290	228	131
92	300	233	136
94	310	238	140
96	320	243	145

HOIST

021-0013107

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

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

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

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

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached..*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

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

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

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY																	
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY																		
Clean; Upholstery	DAILY	WEEKLY																		
Inspect; Cables or Belts and their tension	DAILY	WEEKLY																		
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS																		
Inspect; All Decals	WEEKLY	3 MONTHS																		
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS																		
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS																		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS																		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS																		
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY																		
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY																		
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS																		

Your equipment comes with a commercial maintenance decal.

For personal, in home use, please follow the home maintenance schedule listed above.

OWNERS MANUAL

HOIST FITNESS SYSTEMS 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:

COMERCIAL USE; All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or **cables** after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

HOME USE; All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, **cables**, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (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
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS