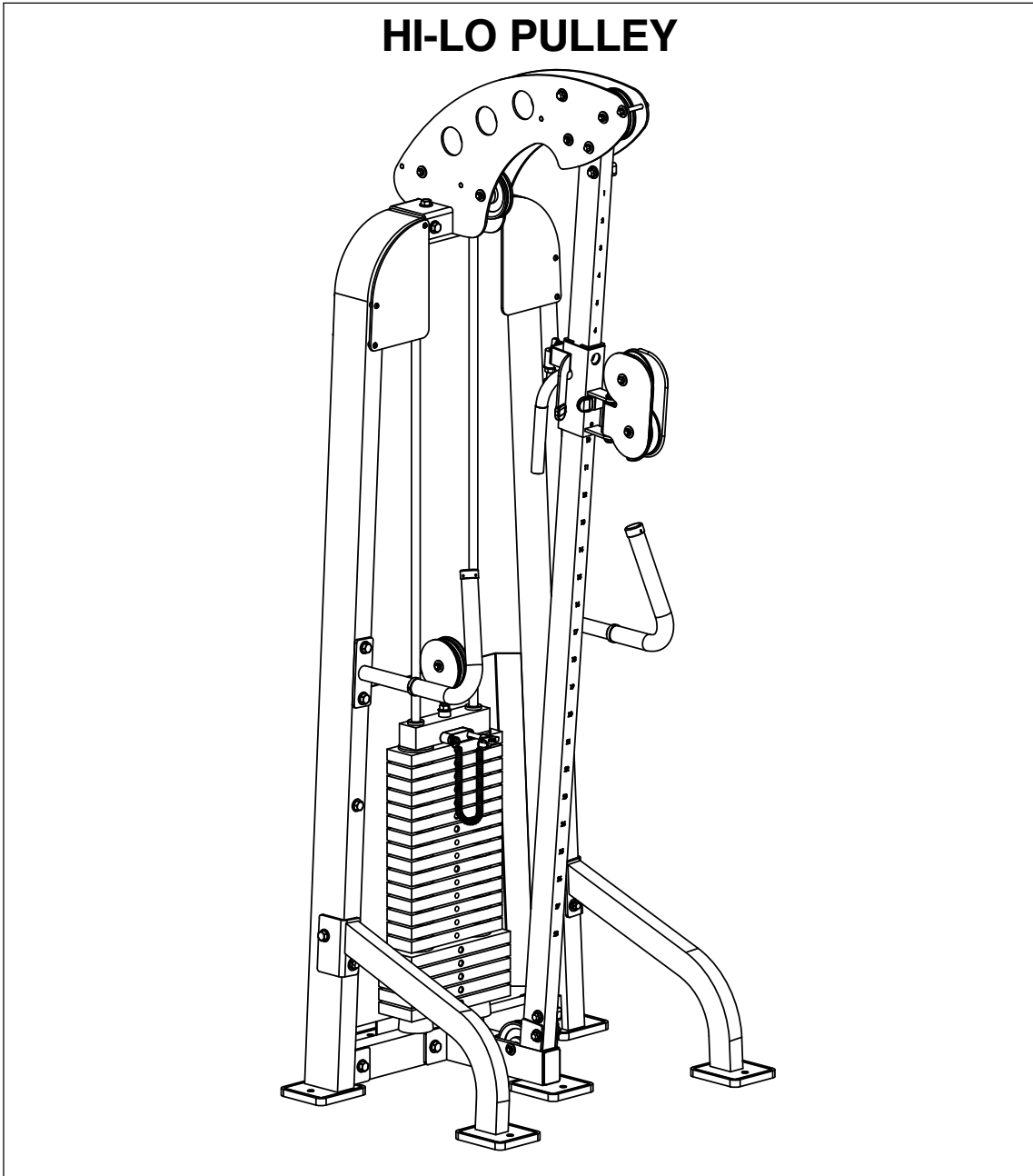


# OWNERS MANUAL

# HOIST

**HS1175**

**HI-LO PULLEY**



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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

0504 - 004

**Customer Service**

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

# OWNERS MANUAL

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# **OWNERS MANUAL**

## **Step 1 INSTRUCTIONS**

Before beginning assembly please take the time to read 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 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**

**Crescent Wrench**

**Rubber Mallet**

**Tape Measure**

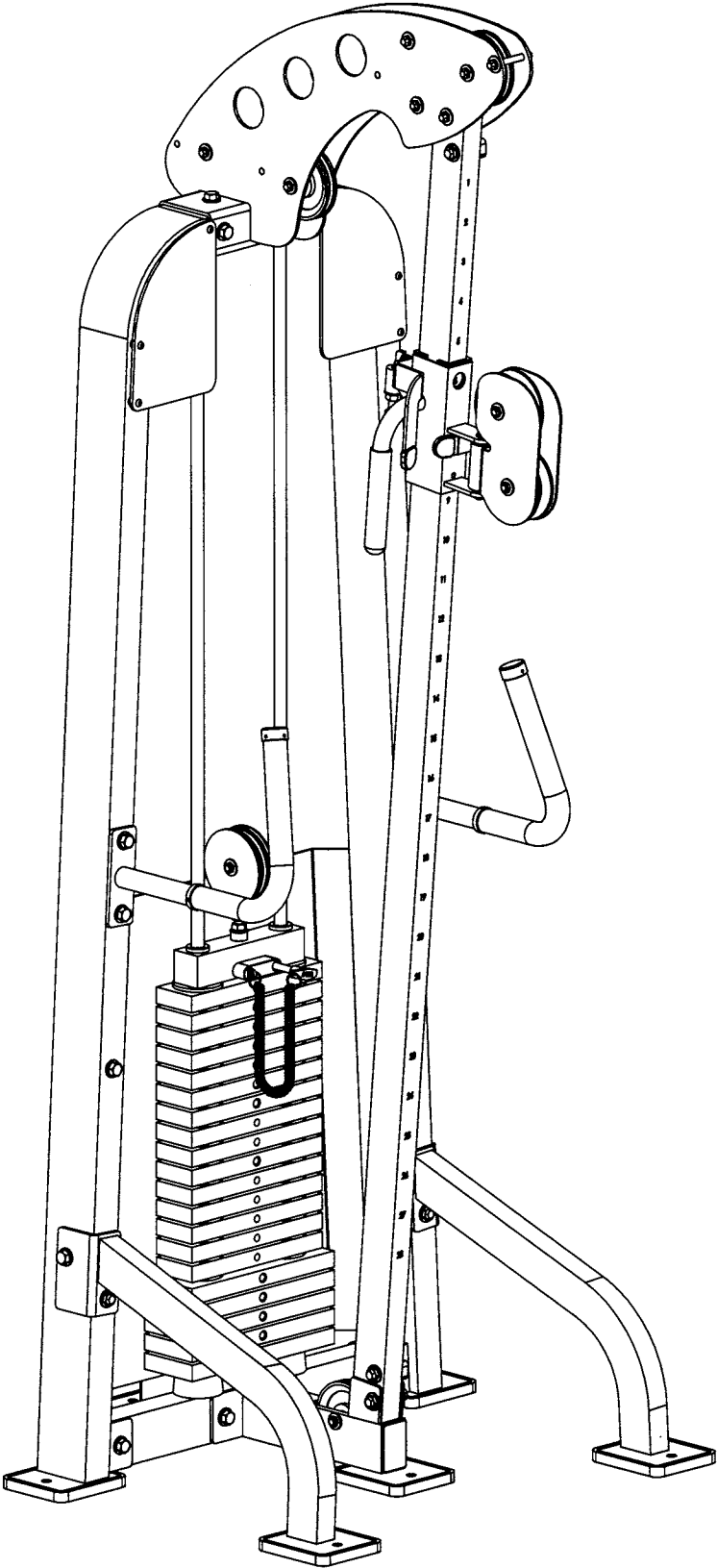
**Level**

**Allen Wrench Set**

# OWNERS MANUAL



# OWNERS MANUAL

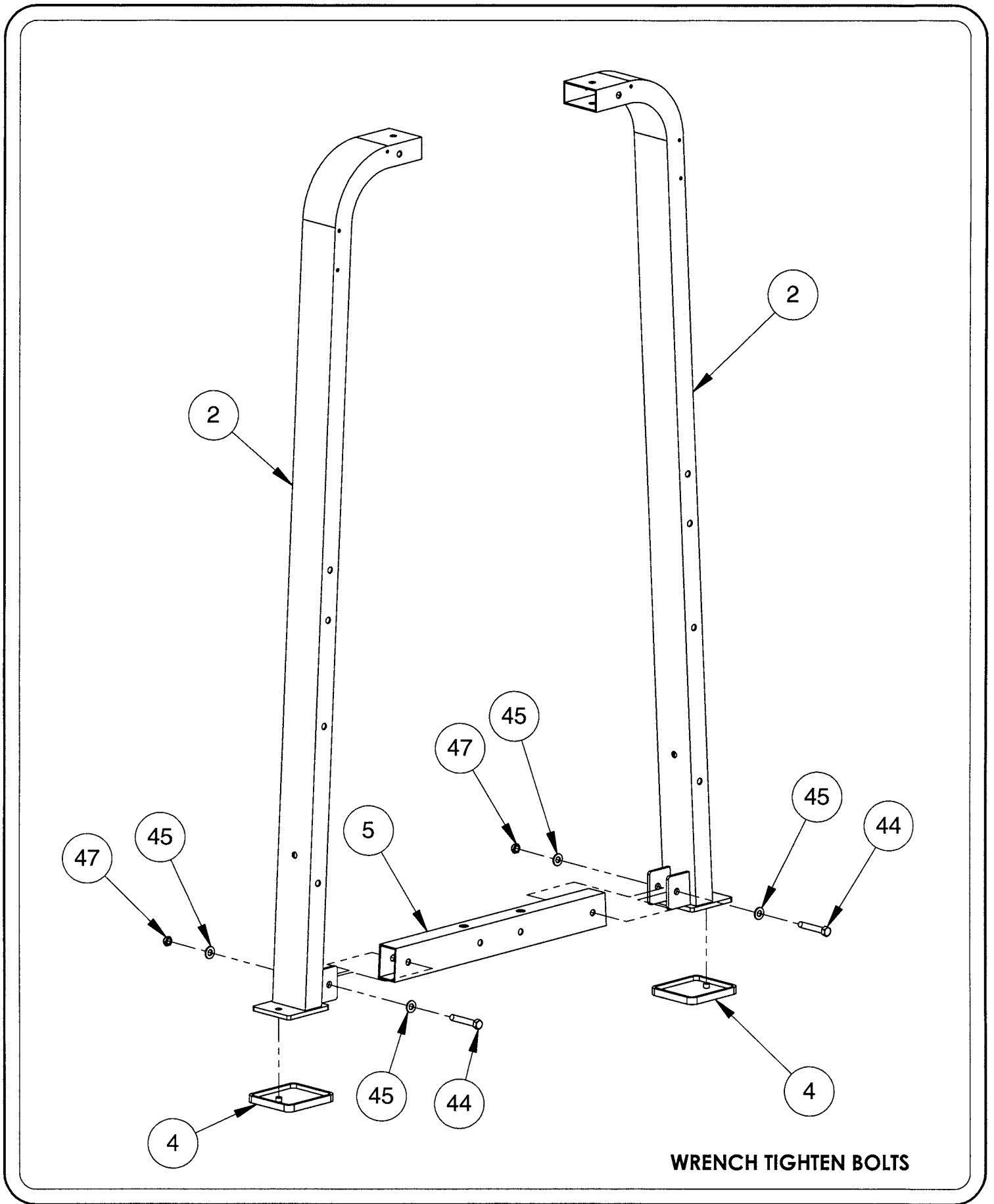


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2a

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X1487	FRAME UPRIGHT
4	026-01PL0195	RUBBER FOOT PLATE
5	026-01T0545	WEIGHT STACK MOUNT
44	011-0107030	1/2"-13UNC X 3.00" HHB (WZ)
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)

# OWNERS MANUAL



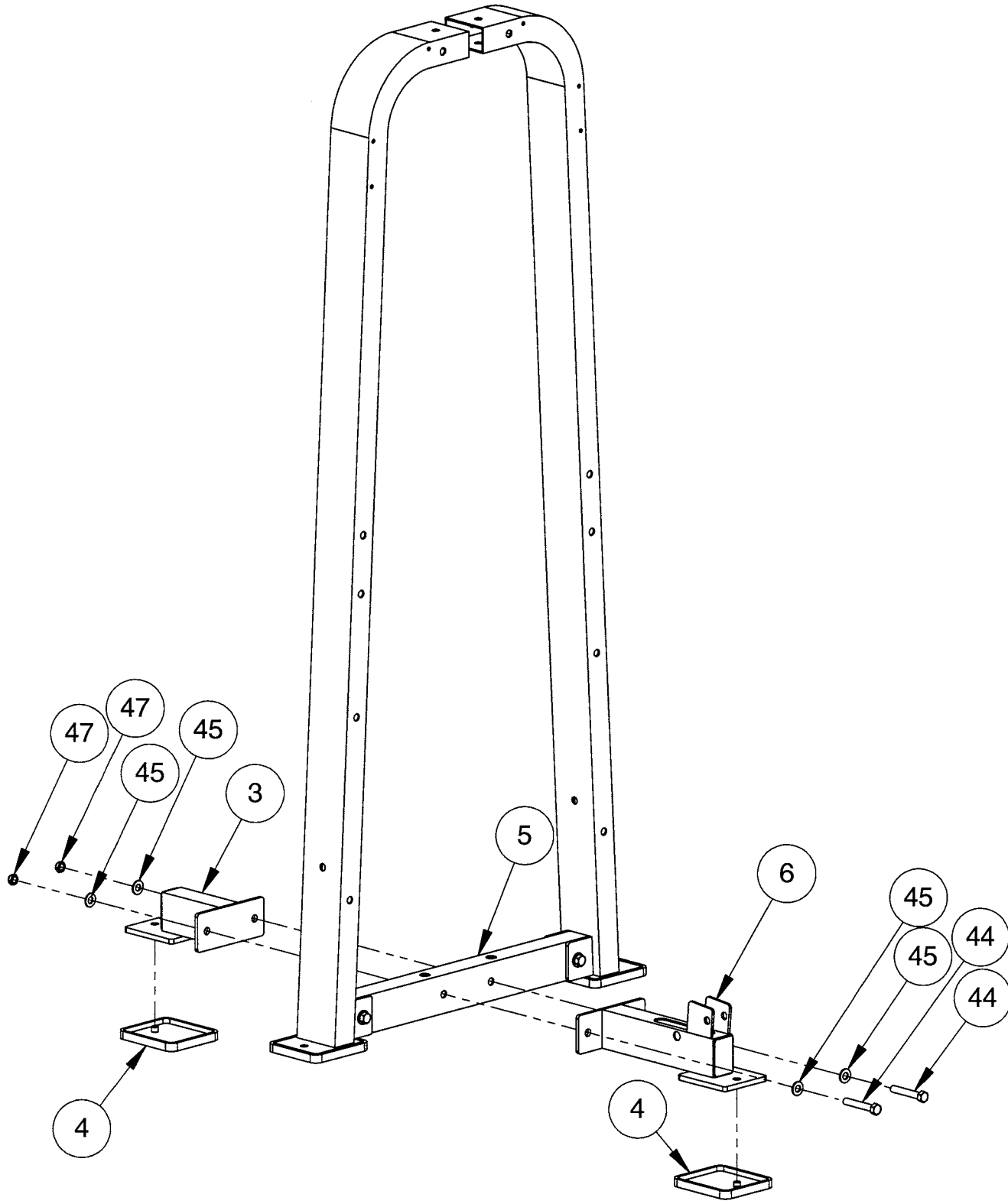
# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2b

ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X0817	REAR TIE
4	026-01PL0195	RUBBER FOOT PLATE
5	026-01T0545	WEIGHT STACK MOUNT
6	026-01X2032	FRONT FRAME MOUNT
44	011-0107030	1/2"-13UNC X 3.00" HHB (WZ)
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)



# OWNERS MANUAL



WRENCH TIGHTEN BOLTS

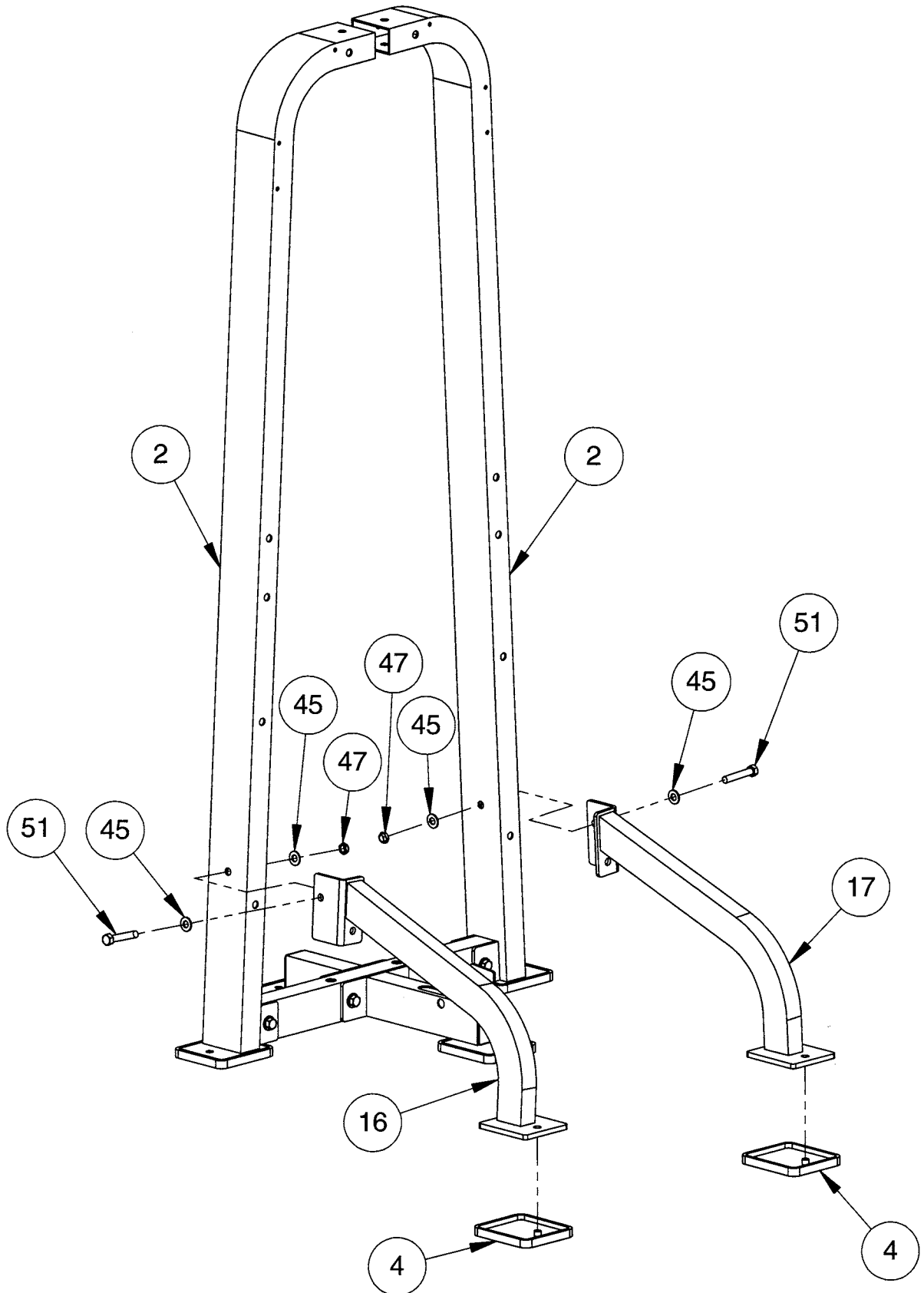


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2c

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X1487	FRAME UPRIGHT
4	026-01PL0195	RUBBER FOOT PLATE
16	026-01X0867	LEFT SIDE SUPPORT
17	026-01X0868	RIGHT SIDE SUPPORT
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
51	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)

# OWNERS MANUAL



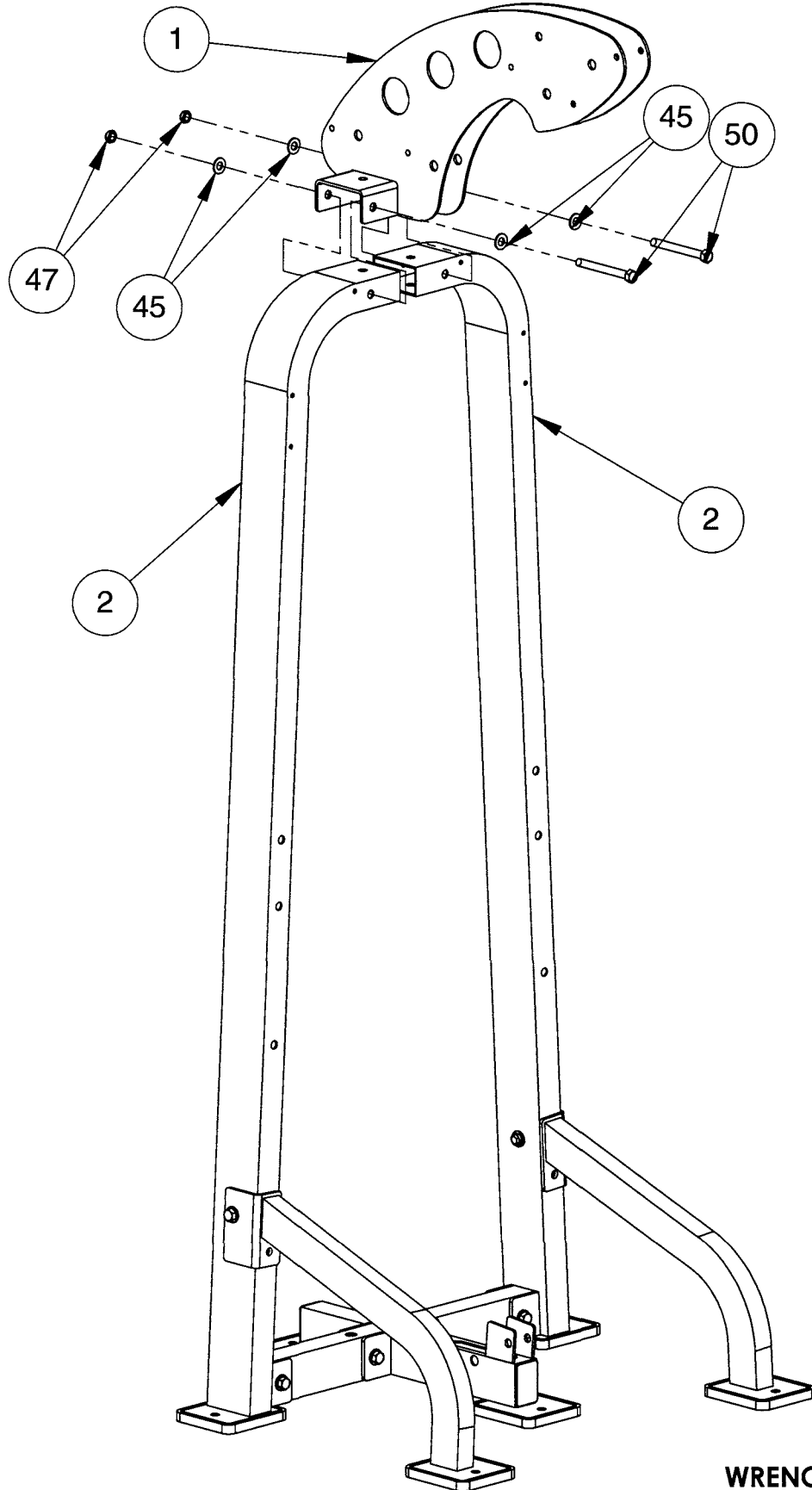
WRENCH TIGHTEN BOLTS

# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2d

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2029	TOP FRAME ASSEMBLY
2	026-01X1487	FRAME UPRIGHT
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
50	011-0407014	1/2"-13UNC X 5.00" HHB (WZ)

# OWNERS MANUAL

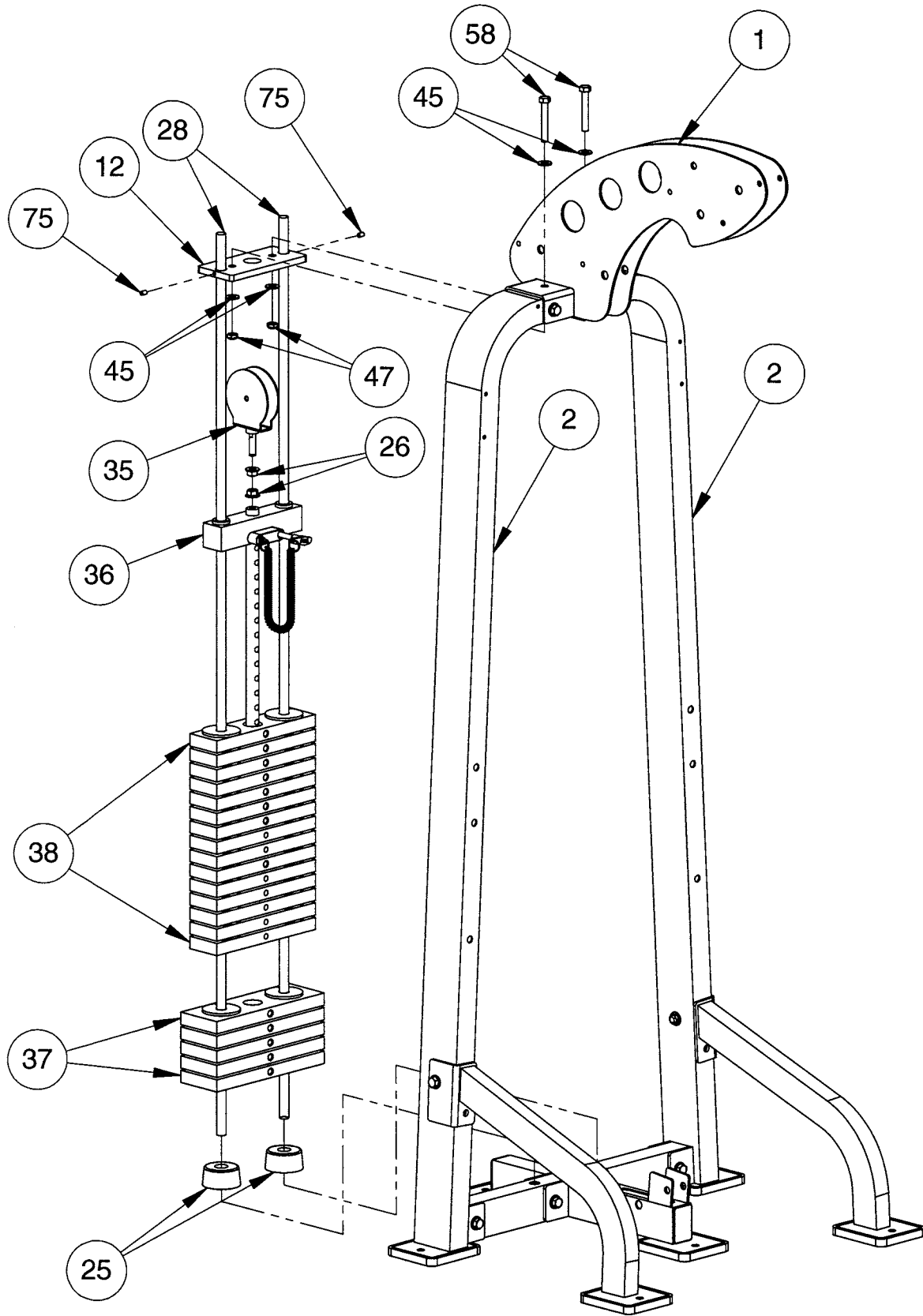


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2e

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2029	TOP FRAME ASSEMBLY
2	026-01X1487	FRAME UPRIGHT
12	026-01P0819	GUIDE ROD TOP PLATE
25	019-0001005	WEIGHT STACK BUMPER
26	012-0202001	1/2"-13 FLANGED NUT
28	026-01G0178	GUIDE ROD
35	026-01X2026	ADJUSTABLE PULLEY MOUNT
36	026-1300034	8.25 LB TOP WEIGHT PLATE
37	026-01W0101	12.50 LB INTERMEDIATE WEIGHT PLATE
38	026-01W0102	8.25 LB INTERMEDIATE WEIGHT PLATE
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
58	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)
75	011-0311009	5/16"-18UNC X 5/16" SHS (BZ)

# OWNERS MANUAL



WRENCH TIGHTEN BOLTS

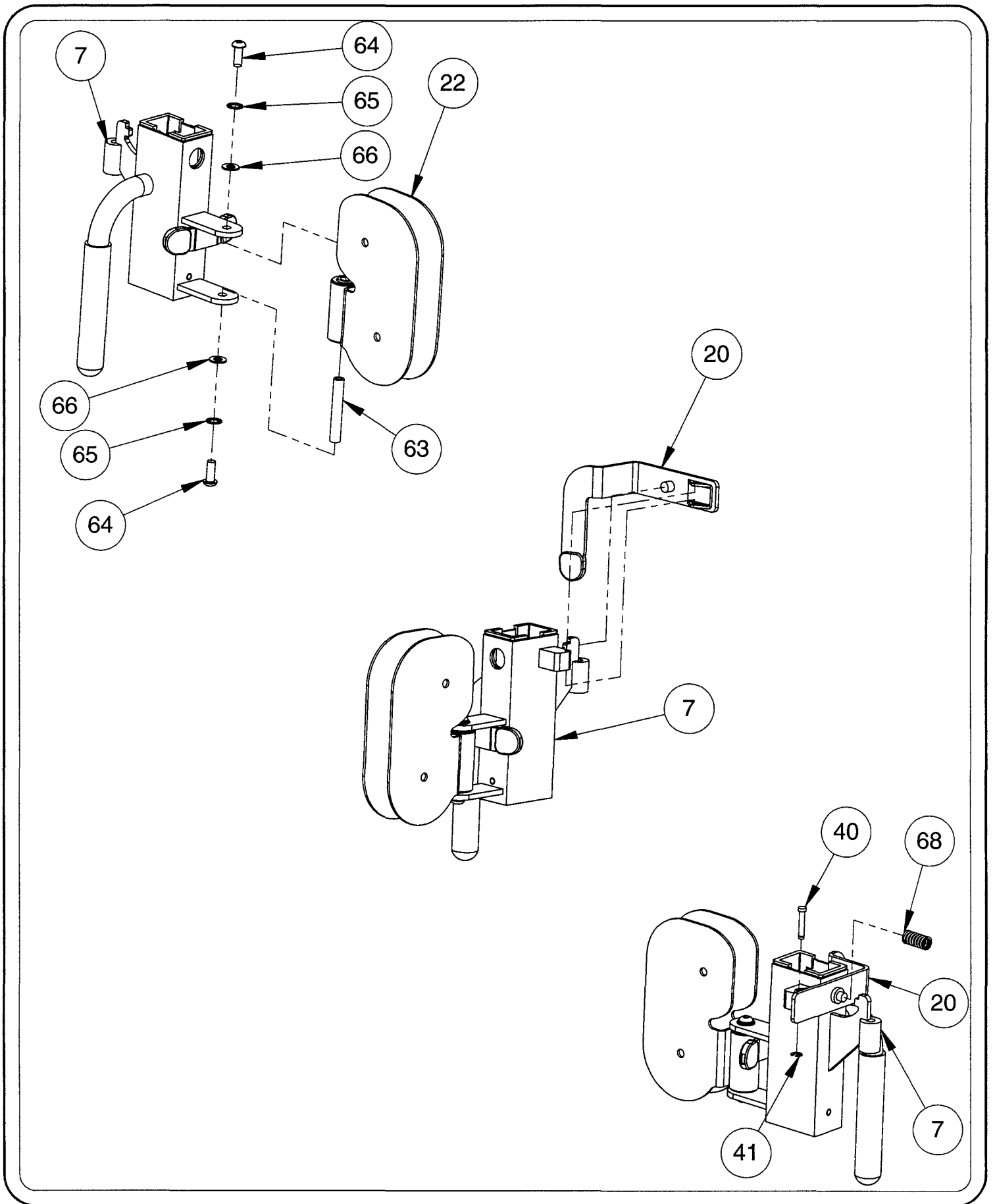
# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2f

ITEM NO.	PART NUMBER	DESCRIPTION
7	026-01X2033	SLIDE ASSEMBLY
11	026-01PL239	THUMB LATCH
20	026-01X2034	THUMB LATCH RELEASE
22	026-01X1071	SWIVEL PULLEY HOUSING
40	026-01M0309	LATCH PIN
41	014-0015001	.25" C-CLIP
63	026-01M0588	PIVOT SHAFT .50" DIA X 3.107" LG.
64	011-0101026	3/8"-16UNC X 1.00" BHB (WZ)
65	013-0102022	3/8" INTERNAL LOCK WASHER
66	013-0002004	3/8" X 21mm SAE FLAT WASHER (WZ)
68	020-0011010	CENTURY SPRING 3894



# OWNERS MANUAL

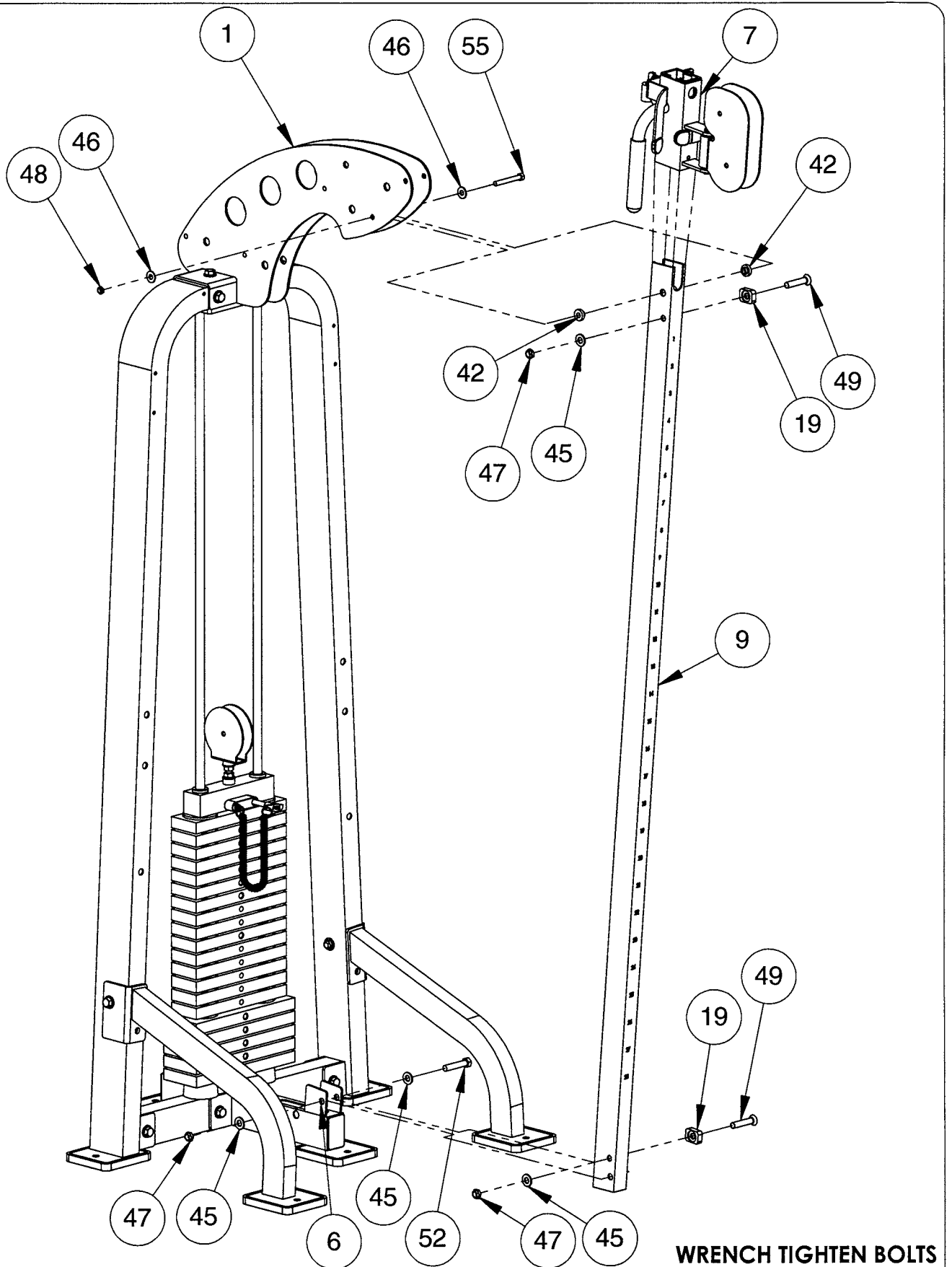


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2g

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2029	TOP FRAME ASSEMBLY
6	026-01X2032	FRONT FRAME MOUNT
7	026-01X2033	SLIDE ASSEMBLY
9	026-01T2041	PULLEY MOUNT ADJUSTER TUBE
19	026-01PL221	PLASTIC LIMITER
42	026-01M0598	.25" FLANGED SPACER
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
46	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
48	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
49	011-0002046	1/2"-13UNC X 2.50" FHB (WZ)
52	011-0407018	1/2"-13UNC X 2.50" HHB (WZ)
55	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)

# OWNERS MANUAL

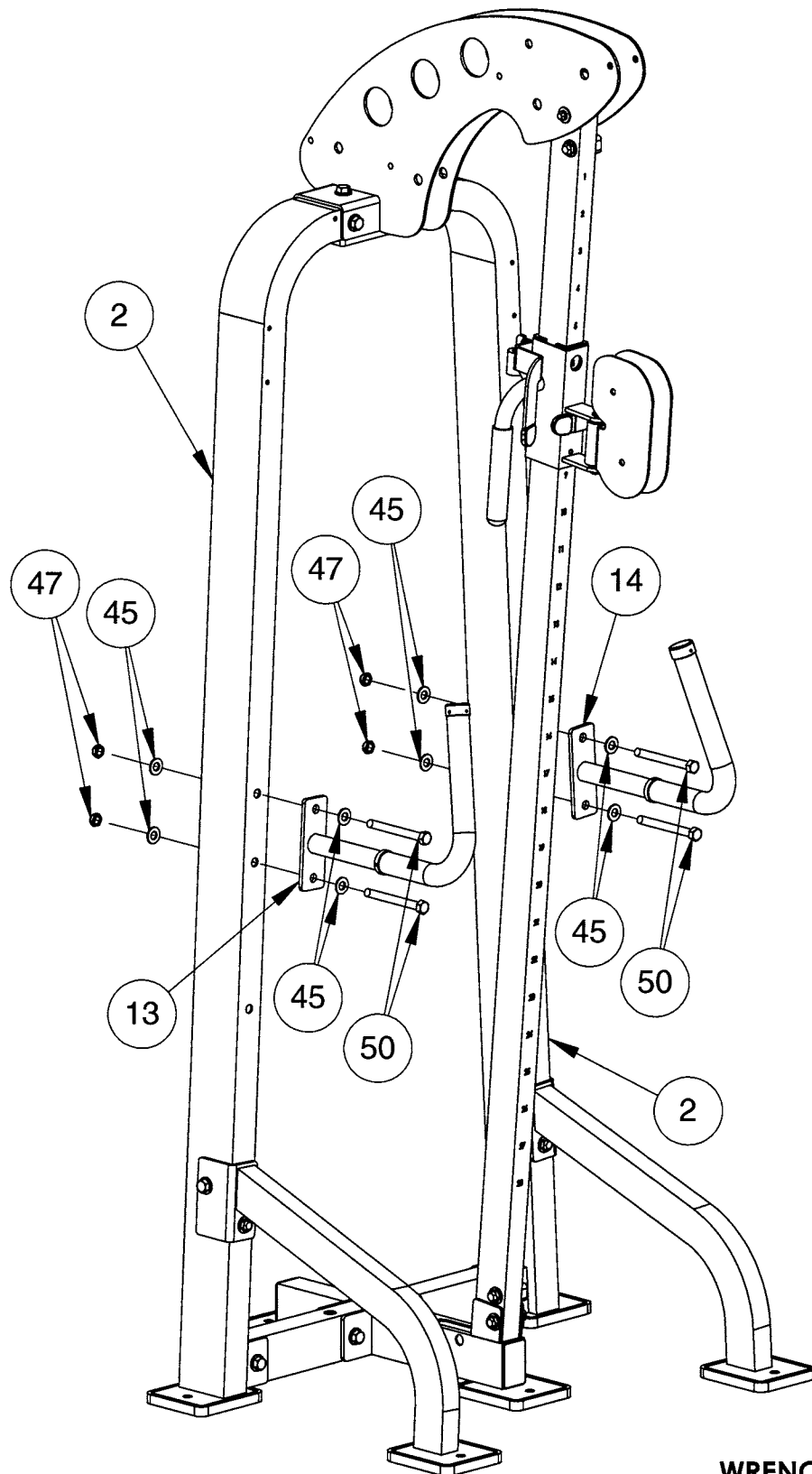


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2h

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X1487	FRAME UPRIGHT
13	026-01X2031	LEFT HANDLE
14	026-01X2035	RIGHT HANDLE
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
50	011-0407014	1/2"-13UNC X 5.00" HHB (WZ)

# OWNERS MANUAL



WRENCH TIGHTEN BOLTS

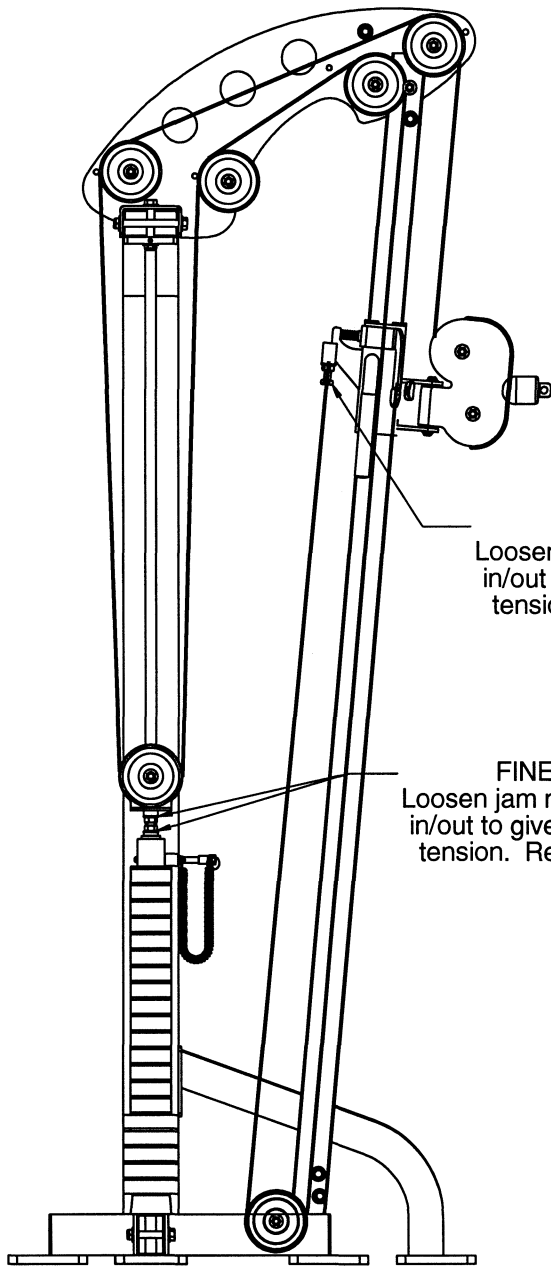
# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2i

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2029	TOP FRAME ASSEMBLY
6	026-01X2032	FRONT FRAME MOUNT
15	018-0001003	4.50" DIA. CABLE PULLEY
21	026-01M0760	.50" LG. FLANGED PULLEY SPACER
22	026-01X1071	SWIVEL PULLEY HOUSING
24	018-0002012	4.50" WIDE GROOVE PULLEY
35	026-01X2026	ADJUSTABLE PULLEY MOUNT
46	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
48	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
54	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)
55	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)
56	011-0107032	3/8"-16UNC X 2.50" HHB (WZ)
57	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
59	026-01M0532	.69" HEAVY FLANGED SPACER
76	026-01SC299T	HS1175 WEIGHT STACK CABLE
77	026-01M0200	QUICK RELEASE CABLE LOCK
78	026-01PL311	CABLE SWIVEL END BODY
79	014-0012007	#7300MB BEARING
80	026-01M0599	CABLE SWIVEL END EYELET
81	014-0015013	35mm INTERNAL SNAP RING

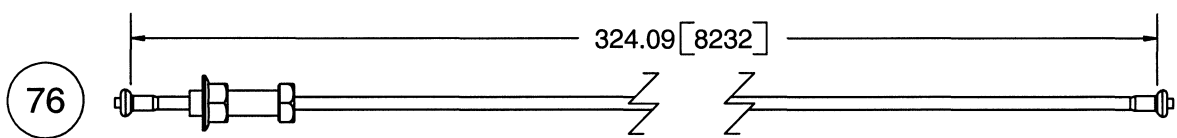
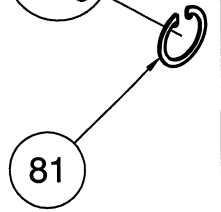
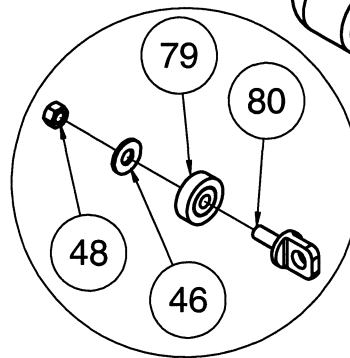
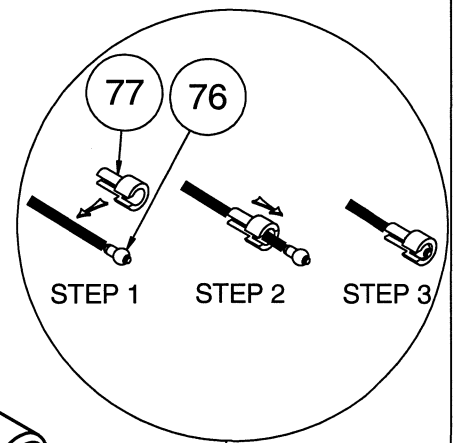
# OWNERS MANUAL

**WARNING-** Cable bolt must be threaded a minimum of 1/2" into the cable anchor with Jam Nut tightened securely to ensure proper connection.

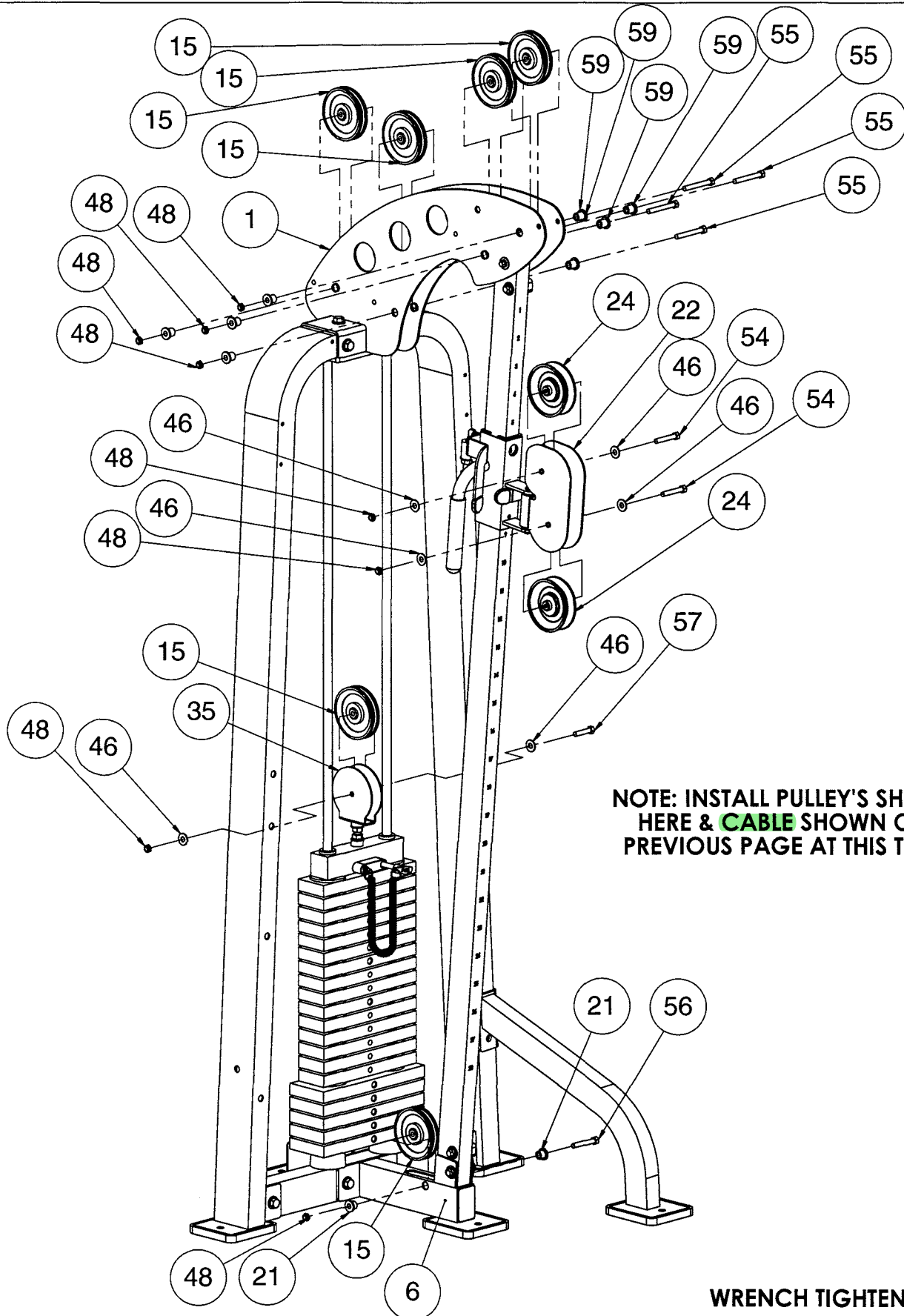


**FINE TUNING**  
Loosen jam nut and thread bolt in/out to give the cable proper tension. Re-tighten jam nut.

**FINE TUNING:**  
Loosen jam nut and thread bolt in/out to give the cable proper tension. Re-tighten jam nut.



# OWNERS MANUAL





# OWNERS MANUAL

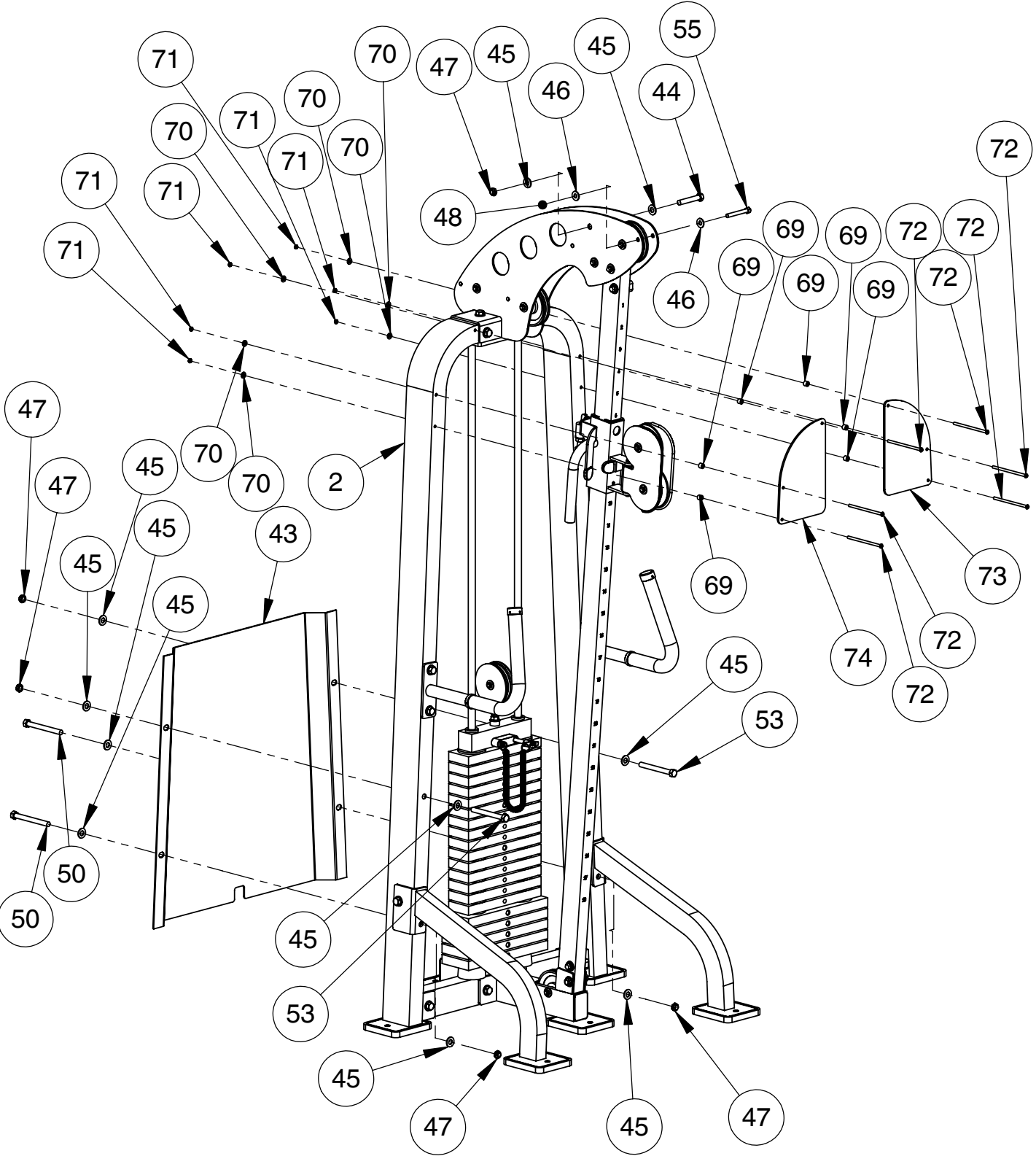


# OWNERS MANUAL

## FRAME ASSEMBLY STEP 2j

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X1487	FRAME UPRIGHT
43	026-1100189	FRAME SHIELD
44	011-0107030	1/2"-13UNC X 3.00" HHB (WZ)
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
46	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
48	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
50	011-0407014	1/2"-13UNC X 5.00" HHB (WZ)
53	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)
55	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)
69	026-01PL0290	WHITE SPACER
70	013-0002003	1/4" X 13mm SAE FLAT WASHER (WZ)
71	012-0104009	1/4"-20UNC THIN NYLOCK NUT (WZ)
72	011-0101074	1/4"-20UNC X 5.00" BHCB (WZ)
73	021-0013185	HS1175 PLACARD
74	021-0013184	HS1175 PLACARD

# OWNERS MANUAL

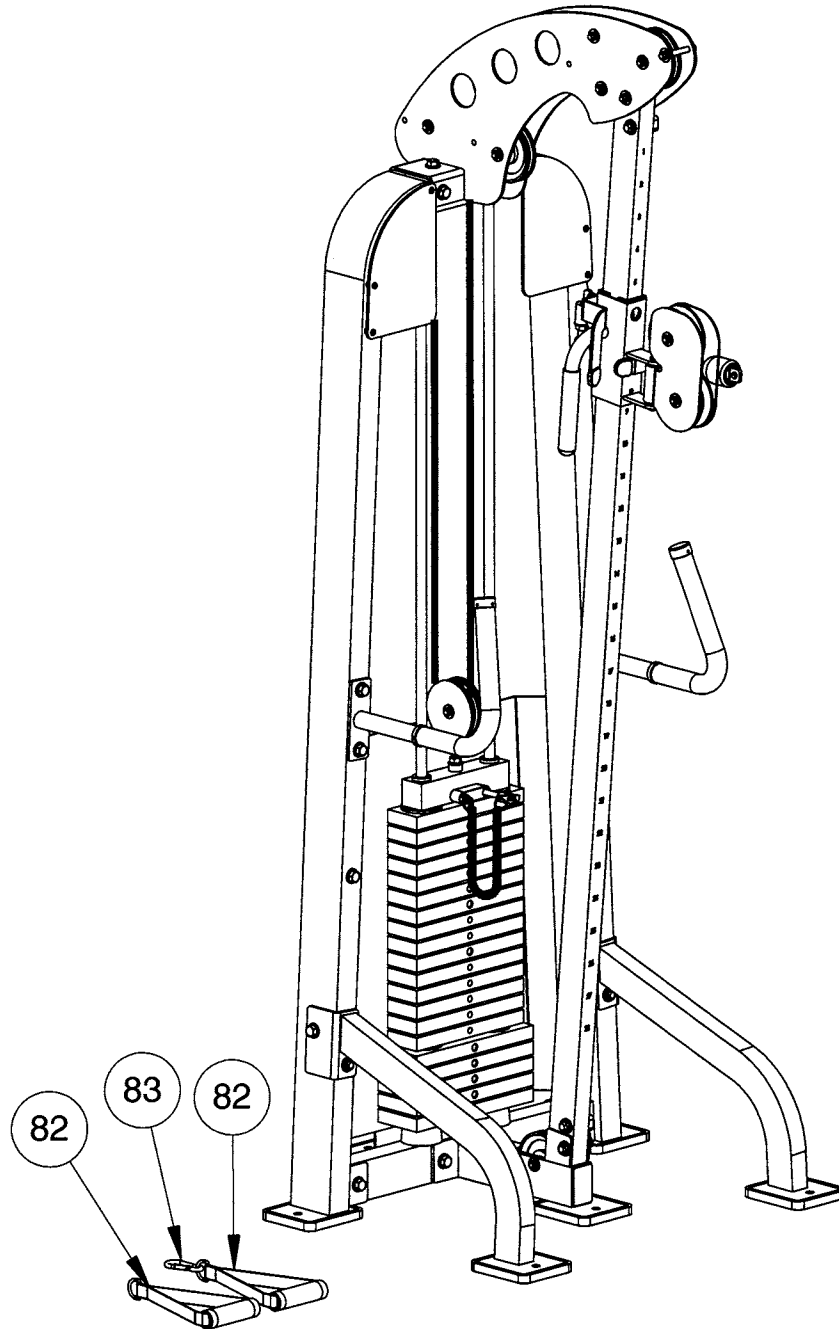


WRENCH TIGHTEN BOLTS



# OWNERS MANUAL

## ACCESSORIES ASSEMBLY STEP 3



ITEM NO.	PART NUMBER	DESCRIPTION	QTY
82	022-0008032	STRAP HANDLE	2
83	020-0010002	SNAP LINK	1

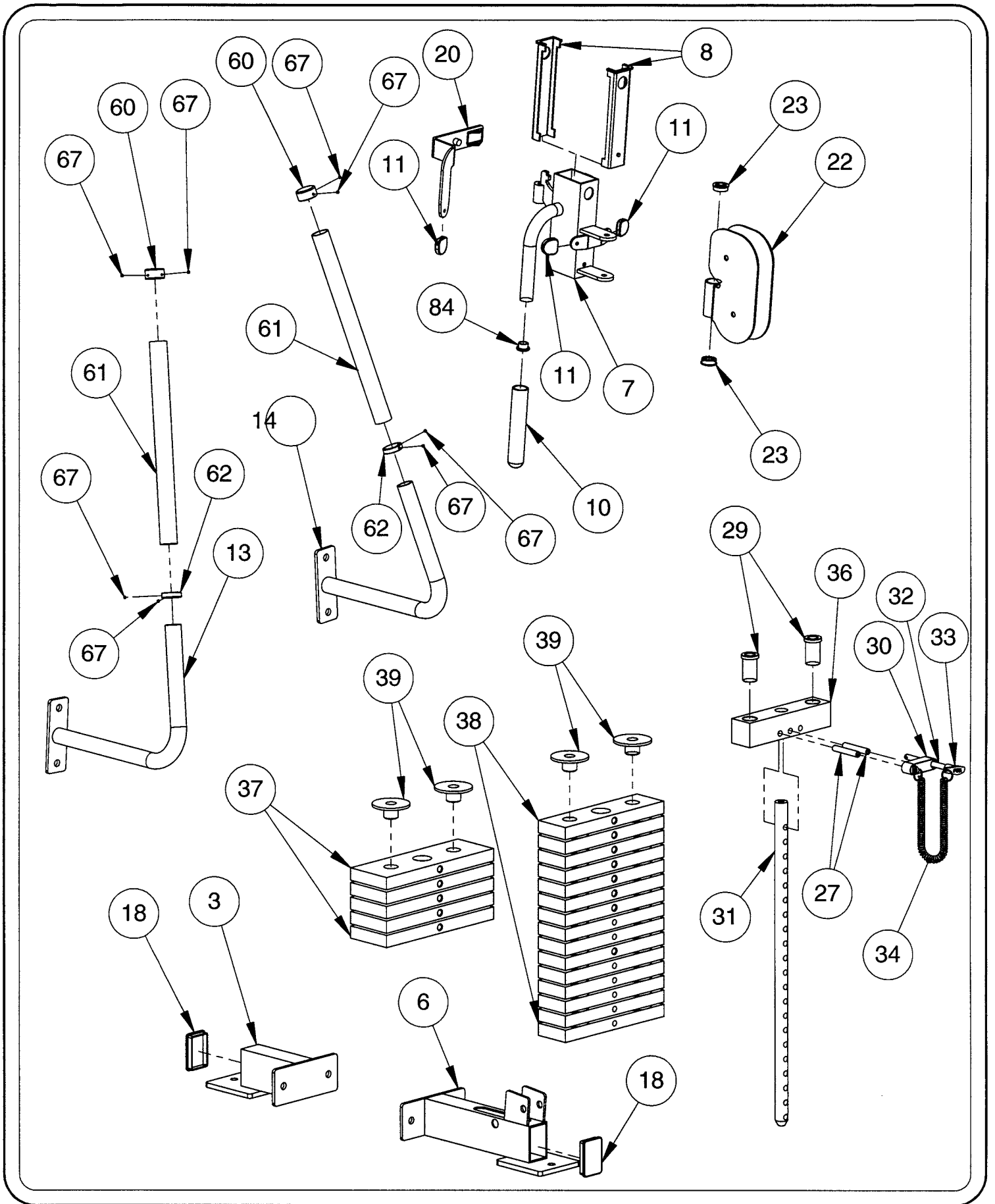
# OWNERS MANUAL

# OWNERS MANUAL

## PRE-ASSEMBLY STEP 4

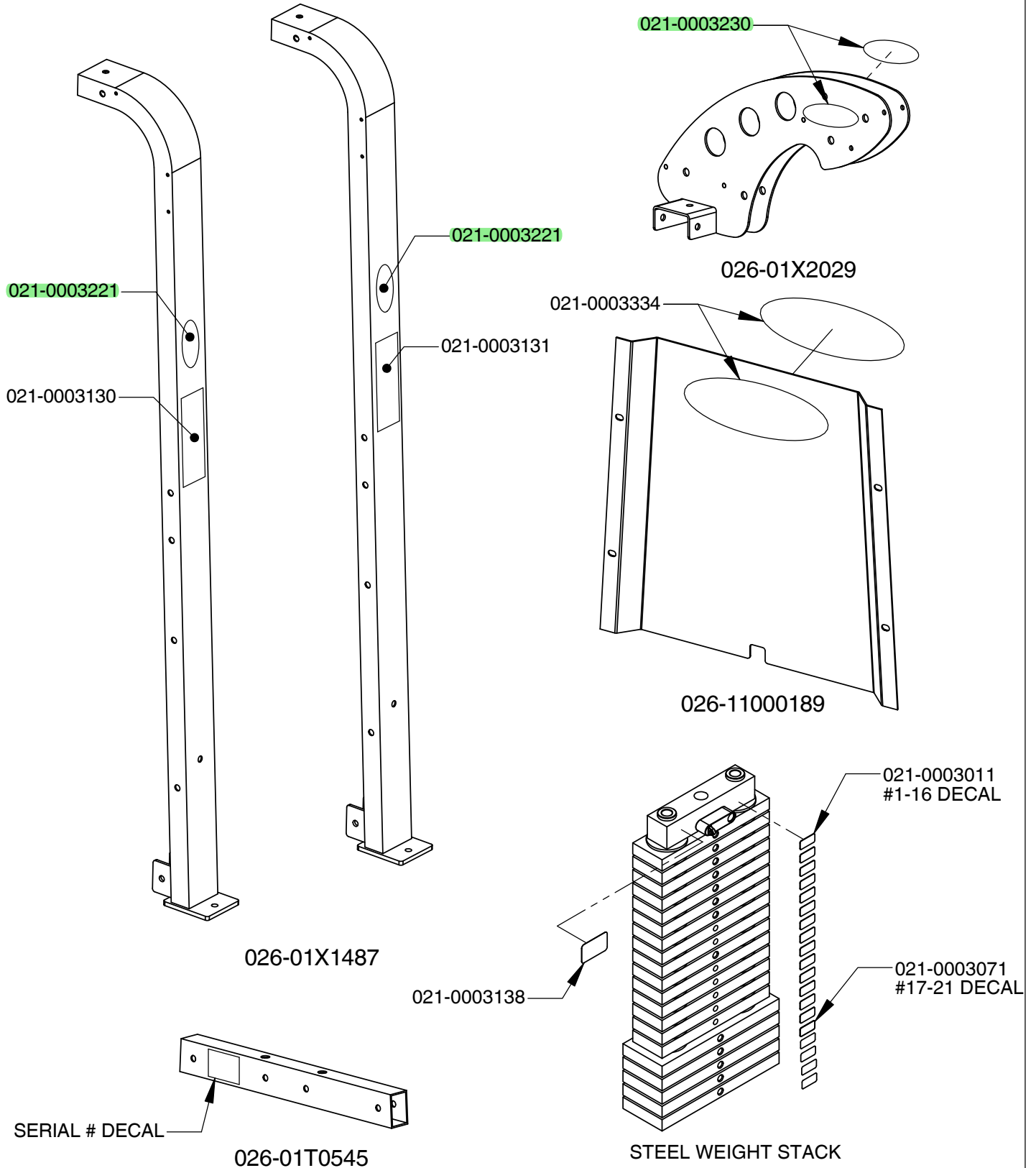
ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X0817	REAR TIE
6	026-01X2032	FRONT FRAME MOUNT
7	026-01X2033	SLIDE ASSEMBLY
8	026-01PL0125	EZ GLIDE SLEEVE
10	019-0002015	1.00" DIA X 6.00" FOAM GRIP
11	026-01PL239	THUMB LATCH
13	026-01X2031	LEFT HANDLE
14	026-01X2035	RIGHT HANDLE
18	016-0201015	2.00" X 3.00" END CAP
20	026-01X2034	THUMB LATCH RELEASE
22	026-01X1071	SWIVEL PULLEY HOUSING
23	014-0003003	.50" FLANGED BALL BEARING
27	030-0303010	.4375" X 2.75" ROLL PIN
29	026-01PL0134	GUIDE ROD BUSHING
30	026-01PL291	LANYARD/SELECTOR PIN STAND OFF
31	026-01W0110	21 HOLE WEIGHT STEM
32	026-01M0134	SELECTOR PIN
33	026-01PL0141	T-HANDLE W/ HOLE
34	010-0008001	LANYARD COIL
36	026-1300034	8.25 LB TOP WEIGHT PLATE
37	026-01W0101	12.50 LB INTERMEDIATE WEIGHT PLATE
38	026-01W0102	8.25 LB INTERMEDIATE WEIGHT PLATE
39	026-01W0122	WEIGHT PLATE BUSHING
60	026-01M0391	1.55" DIA X .75" LG ALUMINUM END CAP
61	026-01PL235-01	1.425" OD X 1.188" ID OPEN END GRIP
62	026-01M0392	1.55" DIA X .375" LG ALUMINUM RING
67	011-0311005	10-32 X 1/8" SET SCREW
84	016-0201007	1.00" DIA. ROUND END CAP

# OWNERS MANUAL



# OWNERS MANUAL

## DECAL PLACEMENT





# OWNERS MANUAL



021-0003334



021-0003138



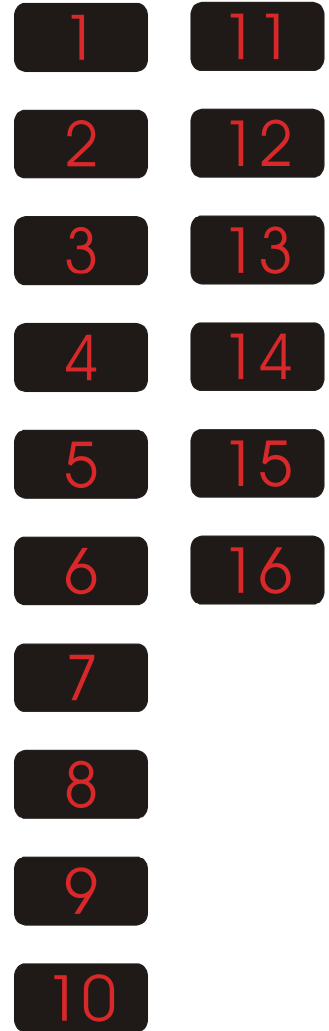
021-0003230



021-0003071

**1-800-548-5438**  
[www.hoistfitness.com](http://www.hoistfitness.com)  
**SERIAL # 00-00-000000**

SERIAL # DECAL



021-0003011

Yearly	Monthly	Weekly	Daily	COMMERCIAL MAINTENANCE
			X	Inspect; Lanes, Pull Pins, Spring Loaded Straps, Weight Stack Pins
			X	Clean; Upholstery
			X	Inspect; Cables or Belts and their tension
		X		Inspect; Accessory Bars and Handles
		X		Inspect; All Details
		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; Sprockets, Turbine Bushings, Linear Bearings
	X			Clean and Wax; All Glossy Finishes
	X			Repack with Grease; Linear Bearings
				Replace; Cables, Belts and Connecting Parts

## 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 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



# OWNERS MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	026-01X2029	TOP FRAME ASSEMBLY	1
2	026-01X1487	FRAME UPRIGHT	2
3	026-01X0817	REAR TIE ASSEMBLY	1
4	026-01PL0195	RUBBER FOOT PAD	6
5	026-01T0545	WEIGHT STACK MOUNT	1
6	026-01X2032	FRONT FRAME MOUNT	1
7	026-01X2033	SLIDE ASSEMBLY	1
8	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
9	026-01T2041	PULLEY MOUNT ADJUSTER TUBE	1
10	019-0002015	1.00" DIA. X 6.00" LG. CLOSED END GRIP	1
11	026-01PL0239-R	THUMB LATCH - RED	3
12	026-01P0819	GUIDE ROD TOP PLATE	1
13	026-01X2031	LEFT HANDLE	1
14	026-01X2035	RIGHT HANDLE	1
15	018-0001003	4.50" DIA. CABLE PULLEY	6
16	026-01X0867	LEFT SIDE SUPPORT	1
17	026-01X0868	RIGHT SIDE SUPPORT	1
18	016-0201015	END CAP-F 2.00" X 3.00" (BLACK)	2
19	026-01PL0221	PLASTIC LIMITER	2
20	026-01X2034	THUMB LATCH RELEASE	1
21	026-01M0760	HEAVY FLANGED SPACER .391" I.D. X .50" LG.	2
22	026-01X1071	SWIVEL PULLEY HOUSING	1
23	014-0003003	.50" FLANGED BALL BEARING	2
24	018-0002012	Ø 4.50" WIDE GROOVE PULLEY	2
25	019-0001005	WEIGHT STACK BUMPER	2
26	012-0202001	1/2"-13 FLANGED NUT (WZ)	2
27	030-0303010	ROLL PIN .438" DIA. X 2.75" LG.	2
28	026-01G0178	GUIDE ROD	2
29	026-01PL0134	GUIDE ROD BUSHING	2
30	026-01PL0291	LANYARD/SELECTOR PIN STAND OFF	1

# OWNERS MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
31	026-01W0110	21 HOLE WEIGHT STEM	1
32	026-01M0134	SELECTOR PIN	1
33	026-01PL0141	T-HANDLE W/ HOLE	1
34	010-0008001	LANYARD COIL	1
35	026-01X2026	ADJUSTABLE PULLEY MOUNT	1
36	026-1300034	8.25 LB TOP WEIGHT PLATE	1
37	026-01W0101	12.50 LB STEEL WEIGHT PLATE	5
38	026-01W0102	8.25 LB INTERMEDIATE WEIGHT PLATE	15
39	026-01W0122	WEIGHT PLATE BUSHING	40
40	026-01M0309	LATCH PIN	1
41	014-0015001	.25" C-CLIP	1
42	026-01M0598	.25" FLANGED SPACER	2
43	026-1100189	FRAME SHIELD	1
44	011-0107030	1/2"-13UNC X 3.00" HHB (WZ)	5
45	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	42
46	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)	11
47	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)	22
48	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)	11
49	011-0002046	1/2"-13UNC X 2.50" FHB (WZ)	2
50	011-0407014	1/2"-13UNC X 5.00" HHB (WZ)	8
51	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)	2
52	011-0407018	1/2"-13UNC X 2.50" HHB (WZ)	1
53	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	2
54	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)	2
55	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)	6
56	011-0107032	3/8"-16UNC X 2.50" HHB (WZ)	1
57	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)	1
58	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	2
59	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER	8
60	026-01M0391	END CAP $\phi$ 1.25" ALUM.	2

# OWNERS MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
61	026-01pl0235-01	1.425" OD X 1.188" ID OPEN END GRIP	2
62	026-01M0392	RING $\phi$ 1.25" ALUM.	2
63	026-01M0588	PIVOT SHAFT .50" DIA X 3.107" LG.	1
64	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	2
65	013-0102022	3/8" INTERNAL LOCK WASHER	2
66	013-0002004	3/8" X 21mm SAE FLAT WASHER (WZ)	2
67	011-0311005	10-32 X 1/8" SET SCREW	8
68	020-0011010	CENTURY SPRING 3894	1
69	026-01PL0290	WHITE SPACER	6
70	013-0002003	1/4" X 13mm SAE FLAT WASHER (WZ)	6
71	012-0104009	1/4"-20UNC THIN NYLOCK NUT (WZ)	6
72	011-0101074	1/4"-20UNC X 5.00" BHCB (WZ)	6
73	021-0013185	HS1175 PLACARD	1
74	021-0013184	HS1175 PLACARD	1
75	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	2
76	010-01C0299T	HS1175 WEIGHT STACK <b>CABLE</b>	1
77	026-01M0200	QUICK RELEASE <b>CABLE</b> LOCK	1
78	026-01PL0311	<b>CABLE</b> SWIVEL END BODY	1
79	014-0012007	#7300MB BEARING	1
80	026-01M0599	<b>CABLE</b> SWIVEL END EYELET	1
81	014-0015013	35mm INTERNAL SNAP RING	1
82	022-0008032	STRAP HANDLE	2
83	020-0010002	SNAP LINK	1
84	016-0201007	END CAP $\phi$ 1.00" (BLACK)	1

**ABBREVIATION LISTING**

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

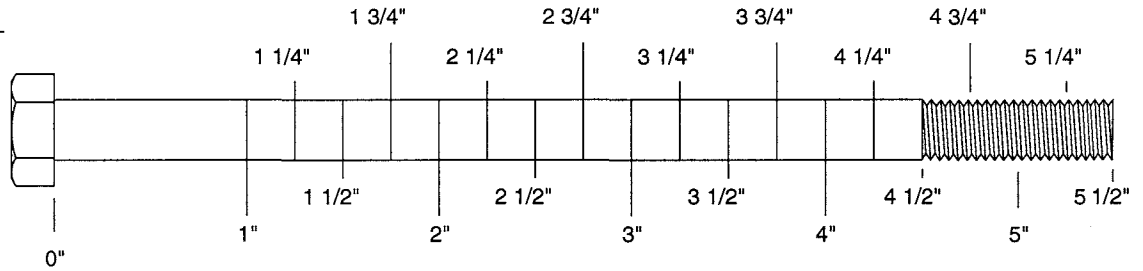
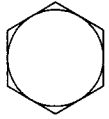
BHS = Button Head Screw

SHS = Socket Head Screw

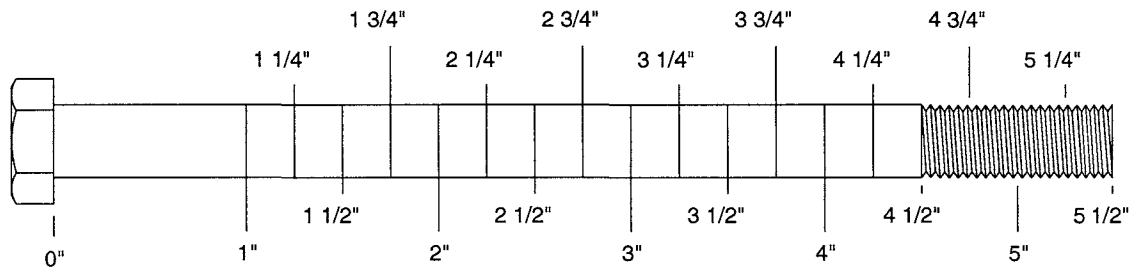
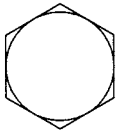
HHB = Hex Head Bolt

# OWNERS MANUAL

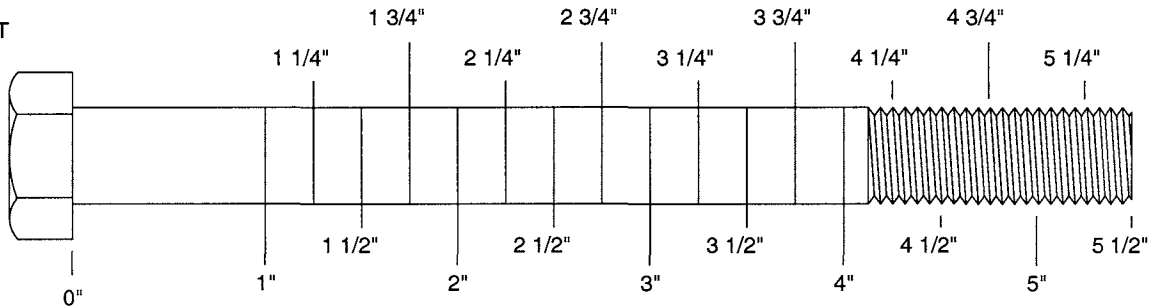
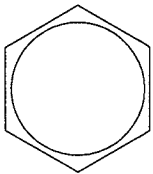
5/16" HEX BOLT



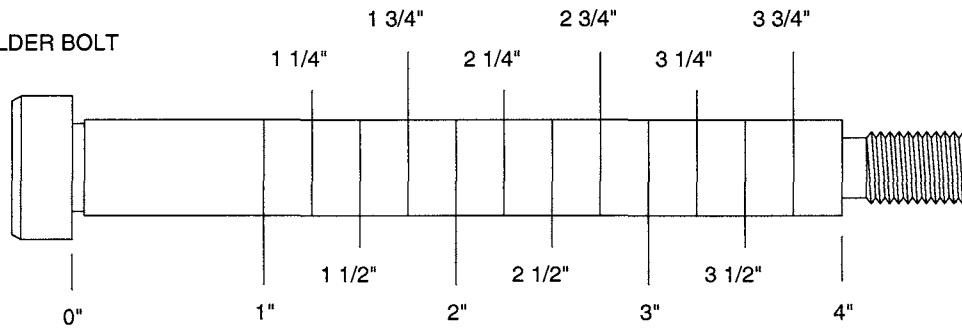
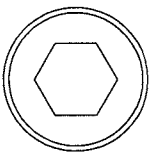
3/8" HEX BOLT



1/2" HEX BOLT

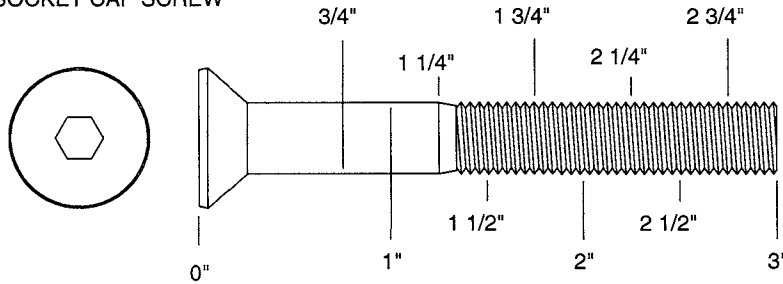


1/2" SHOULDER BOLT

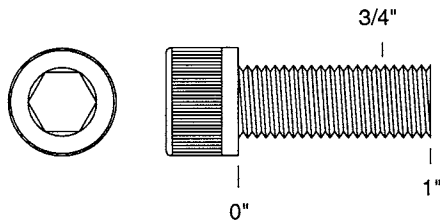


# OWNERS MANUAL

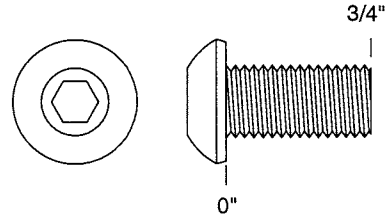
3/8" FLATHEAD  
SOCKET CAP SCREW



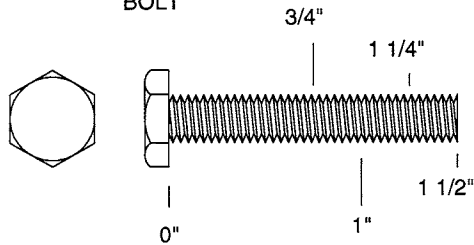
3/8" SOCKET  
CAP SCREW



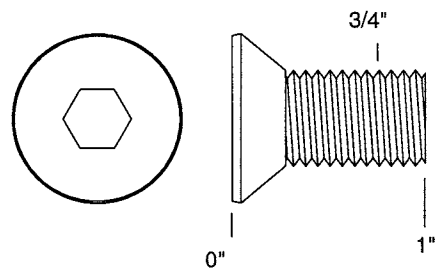
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT

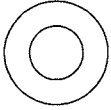


1/2" FLATHEAD  
SOCKET CAP SCREW

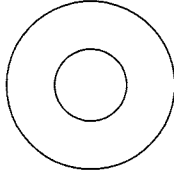


# OWNERS MANUAL

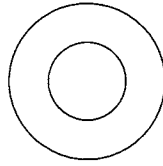
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



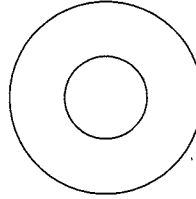
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



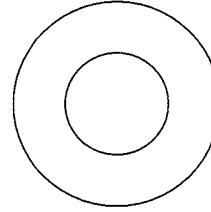
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



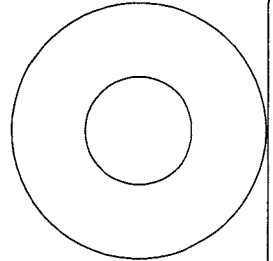
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



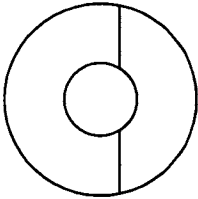
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



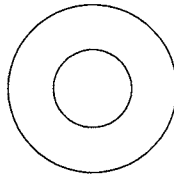
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



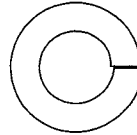
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



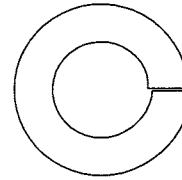
013-0102019  
1/4"  
LOCK WASHER



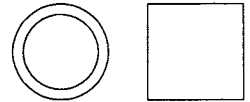
013-0102020  
3/8"  
LOCK WASHER



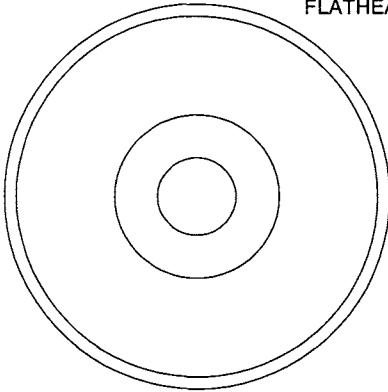
013-0102018  
1/2"  
LOCK WASHER



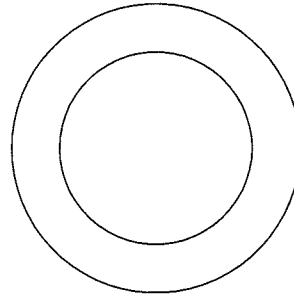
014-0018001  
1/2" LONG  
SPACER



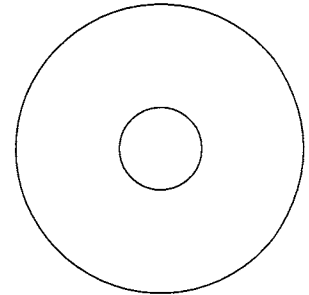
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



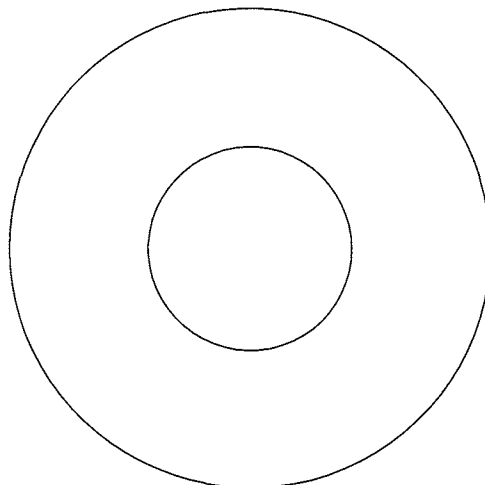
016-0009003  
1" SHIM WASHER



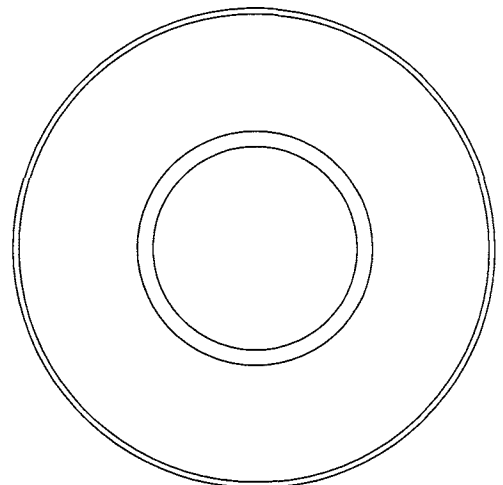
013-0003002  
3/8" FENDER WASHER



013-0003004  
1 1/16"  
FENDER WASHER



026-01PL151  
PLASTIC 1 1/16"  
FENDER WASHER



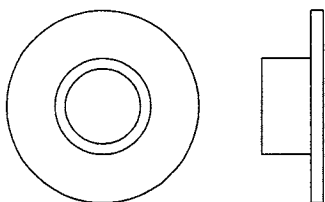
014-0018002  
1" LONG  
SPACER



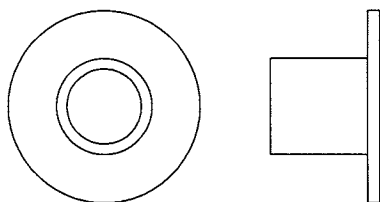


# OWNERS MANUAL

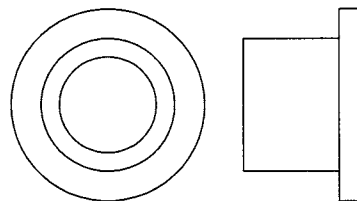
026-01M0211  
1/4" LONG  
FLANGED SPACER



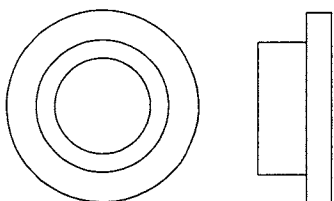
026-01M0198  
1/2" LONG  
FLANGED SPACER



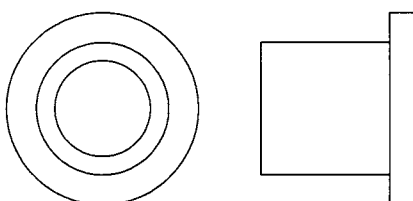
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



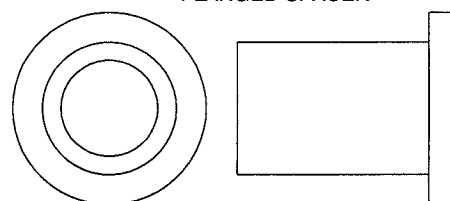
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



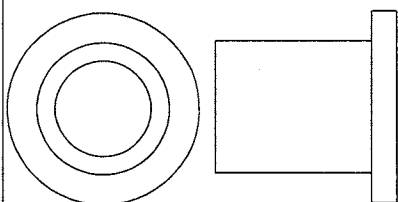
026-01M0532  
1 1/16" LONG HEAVY  
FLANGED SPACER



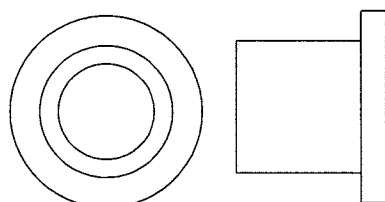
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



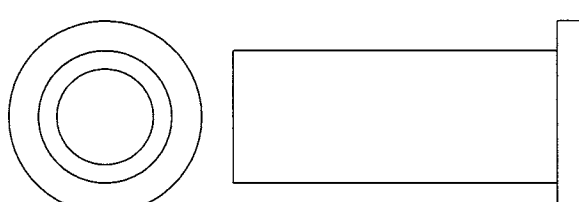
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



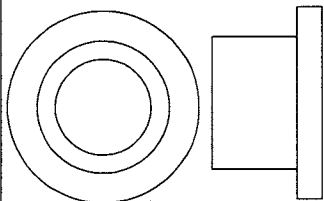
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



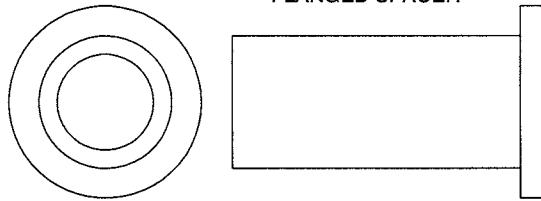
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



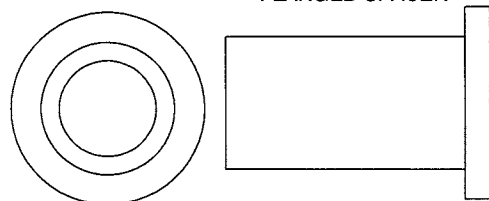
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



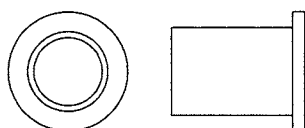
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



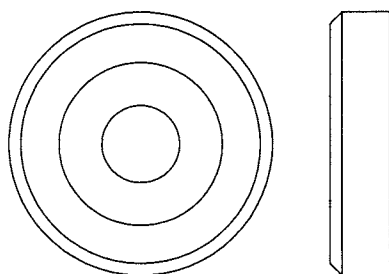
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



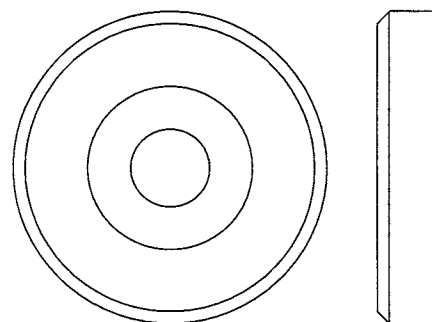
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNERS MANUAL

## MAINTENANCE SCHEDULE

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

*Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.*

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

### Upholstery:

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

### 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, Guide Rods:

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

\*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### Linear Bearings:

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

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNERS MANUAL



# OWNERS MANUAL

## WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your HS1175 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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.

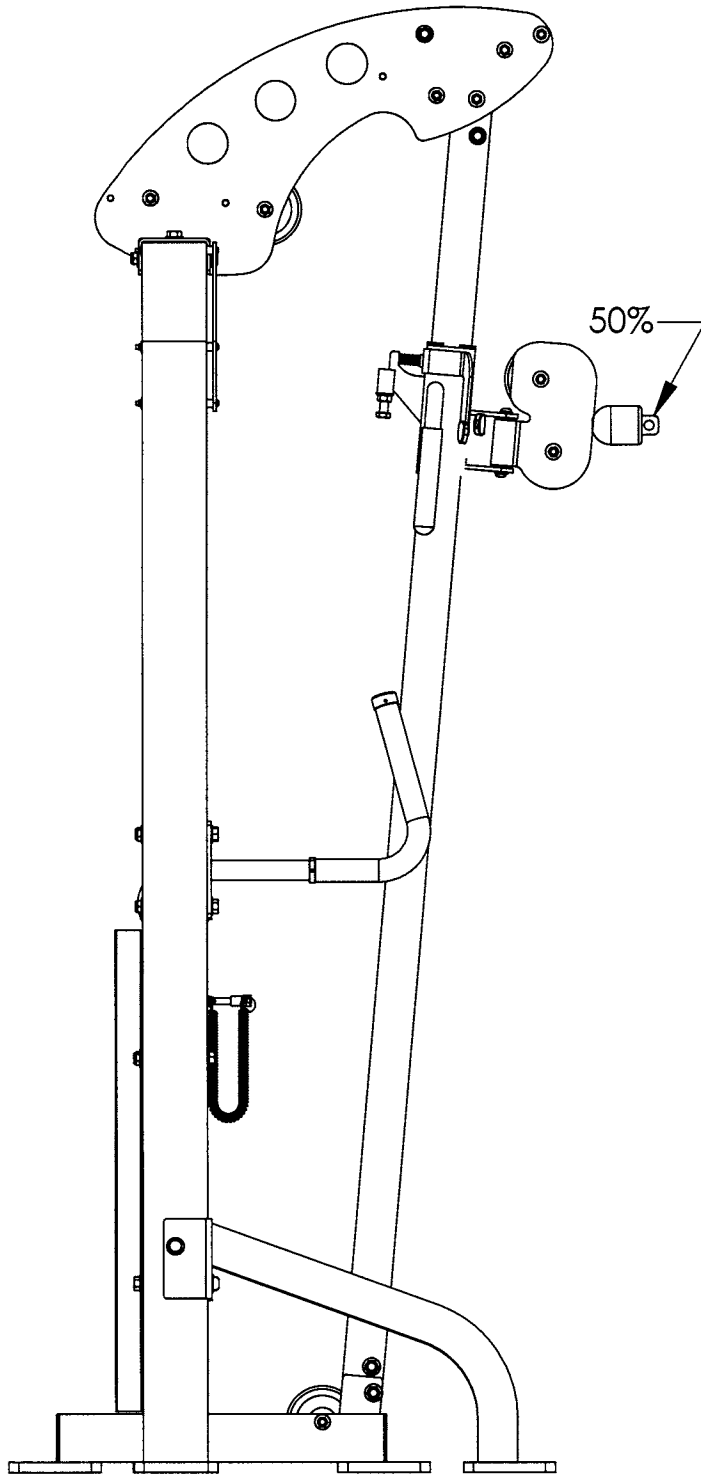
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Use this manual to guide you through the basic exercises you can perform on your HS1175 machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

**Enjoy your HS1175 HOIST Fitness System!**

# OWNERS MANUAL

## WEIGHT RATIOS



NUMBER OF PLATES	100%	50%
1	13	7
2	22	11
3	30	15
4	39	20
5	47	24
6	56	28
7	64	32
8	71	37
9	81	41
10	90	45
11	98	49
12	107	54
13	115	58
14	124	62
15	132	66
16	141	71
17	153	77
18	166	83
19	178	89
20	191	96
21	203	102

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





# OWNERS MANUAL

## **HOIST FITNESS SYSTEMS** **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

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

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

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

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

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

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

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

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

### **WHAT IS NOT COVERED BY THIS WARRANTY**

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

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

**WARRANTY IS NOT TRANSFERABLE.** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

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

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

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