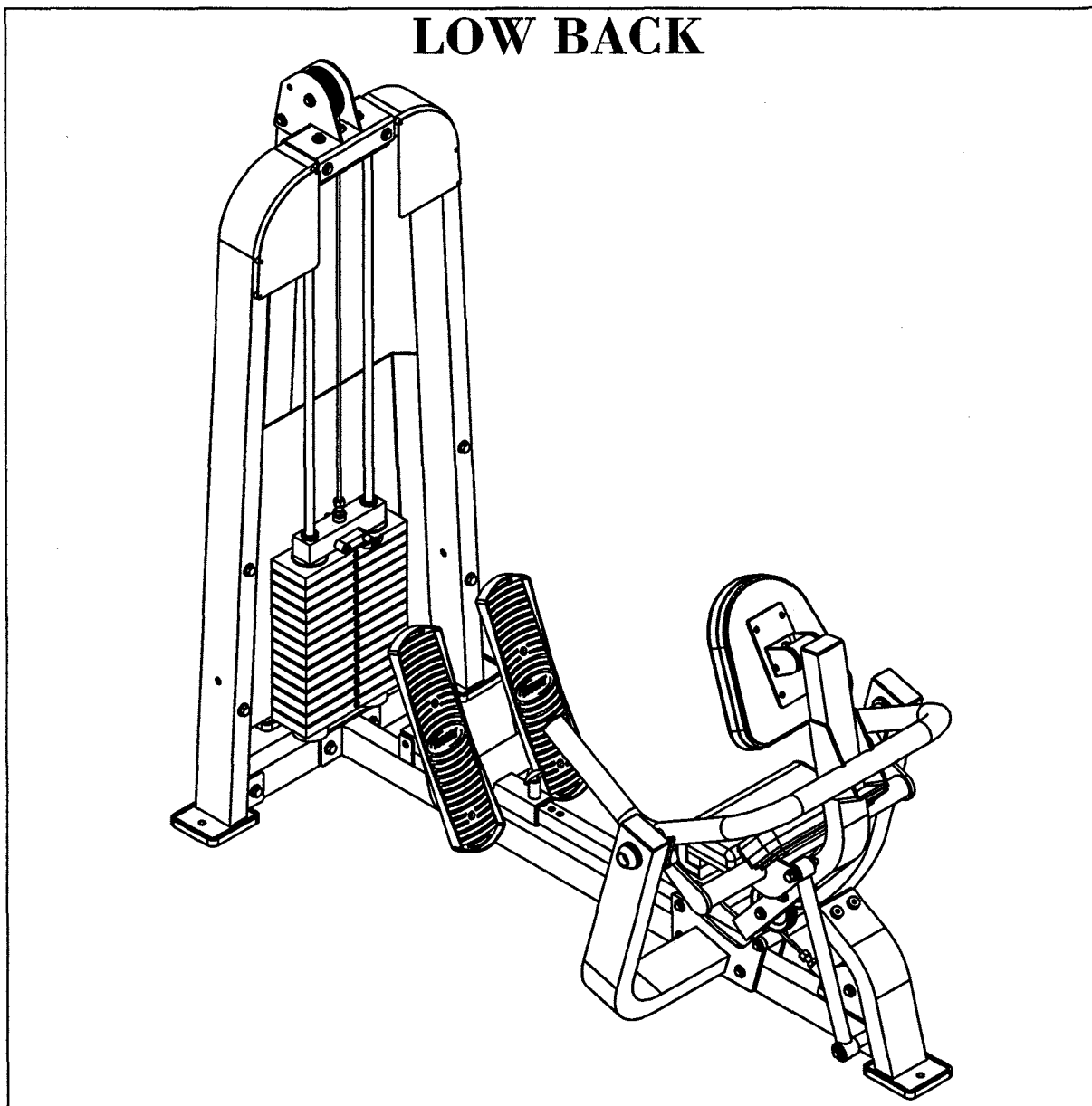


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HS1225 LOW BACK



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

August, 2003

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CONTENTS

INSTRUCTIONS (Step 1).....	2
FRAME ASSEMBLY (Step 2)	4
PRE-ASSEMBLY	23
PART LISTING.....	25
HARDWARE LISTING	26
ABBREVIATION LISTING.....	27
BOLT SIZING CHART.....	28
WASHER SIZING CHART	30
WEIGHT RATIOS.....	32
WEIGHT TRAINING TIPS.....	34
WEIGHT TRAINING LOG	36
DECAL PLACEMENTS.....	38
MAINTENANCE SCHEDULE.....	42
GENERAL MAINTENANCE INFORMATION.....	43
LIMITED WARRANTY	45

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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

9/16" and 3/4" Sockets

Crescent Wrench

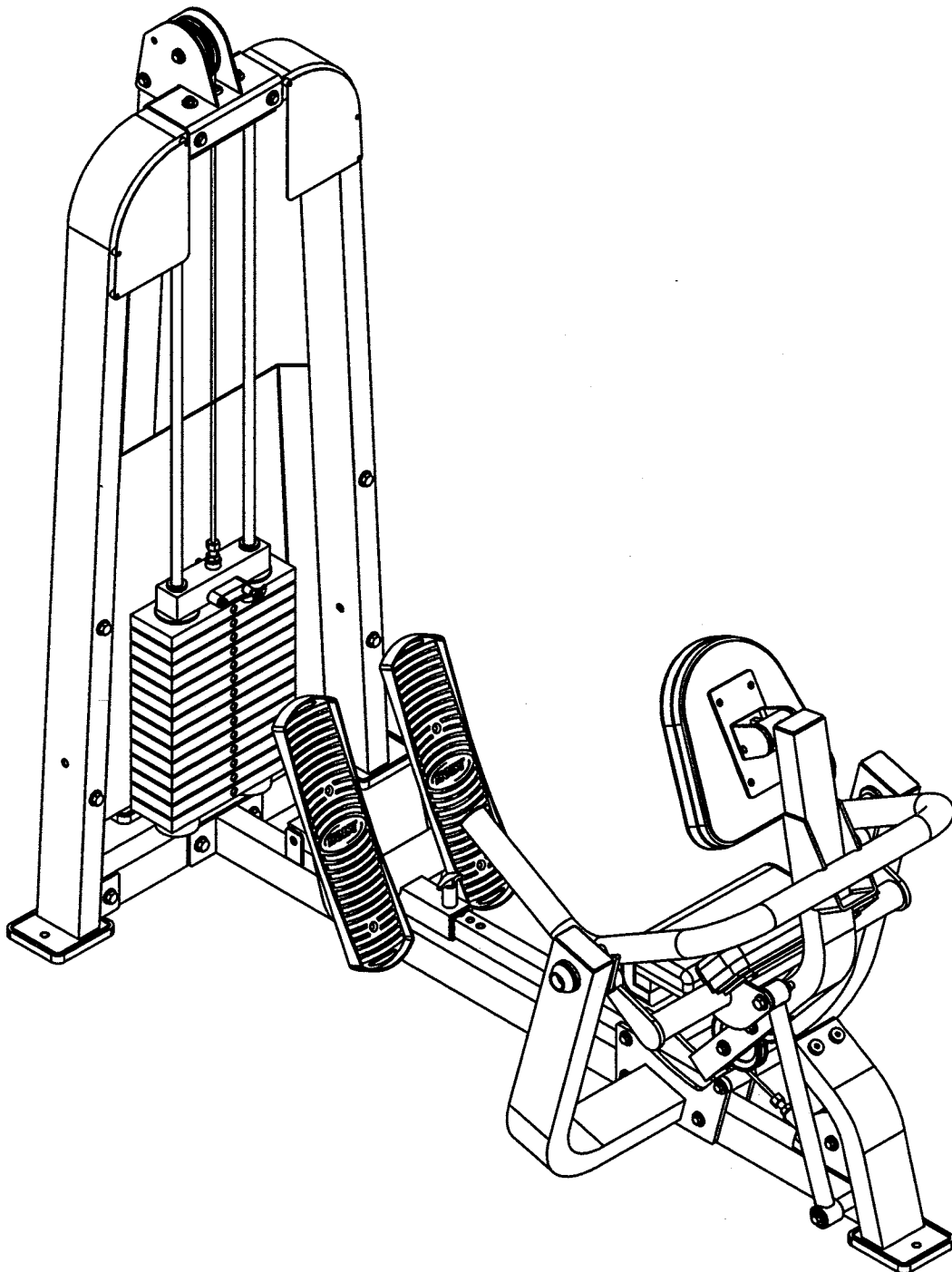
Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a

FRAME ASSEMBLY

In step a-1 start assembly by bolting (22)'s to (23). Wrench tighten bolts. In step a-2, bolt (3) and (6) to (23). Wrench tighten bolts. Lift machine up to position (CA)'s.

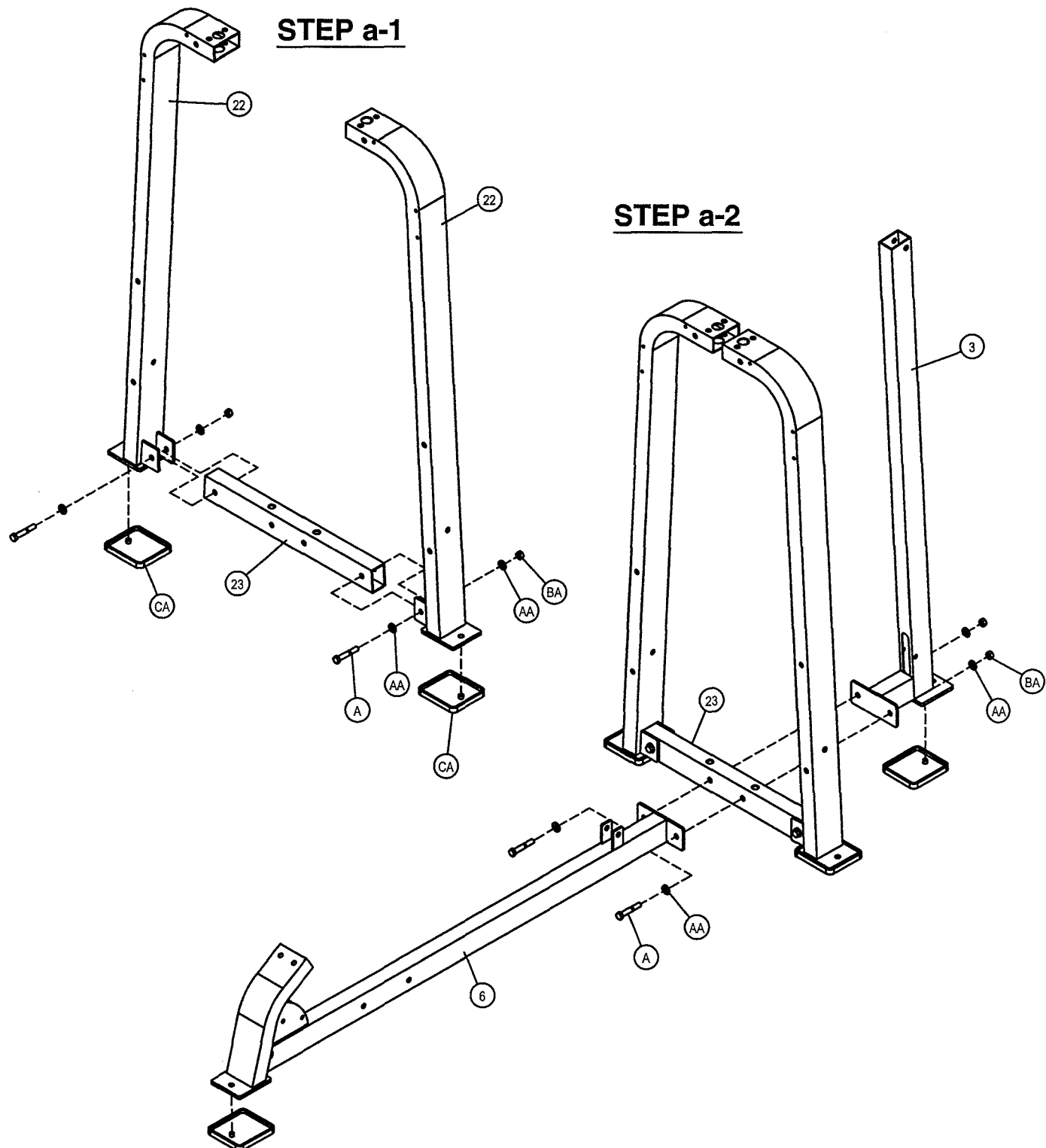
Part Descriptions

3 - Rear Upright Assembly
6 - Main Base Assembly
22 - Weight frame Upright
23 - Cross Brace Assembly

Hardware Descriptions

A - 1/2-13UNC x 3" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
CA - Rubber Foot Plate

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Step 2b FRAME ASSEMBLY

Start by sliding both (28)'s through both (CB)'s and slide (28)'s into (23). Tilt both (28)'s forward enough to allow room to slide the weights on. Next Slide all (27)'s, (25)/(26), and (21) onto both (28)'s. Tilt (28)'s back to vertical position. At the same time slide (21) up and attach (2) to (22)'s as shown in detail A-1. Wrench tighten bolts.

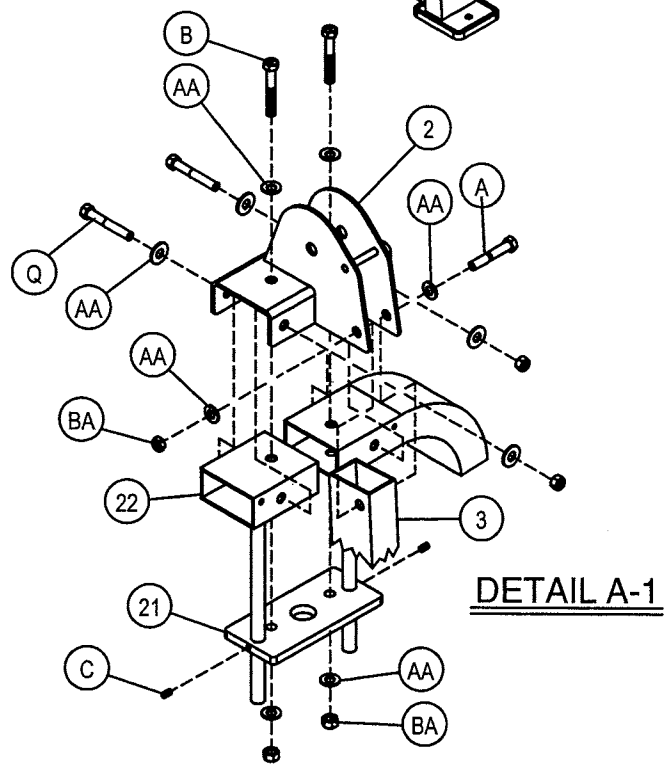
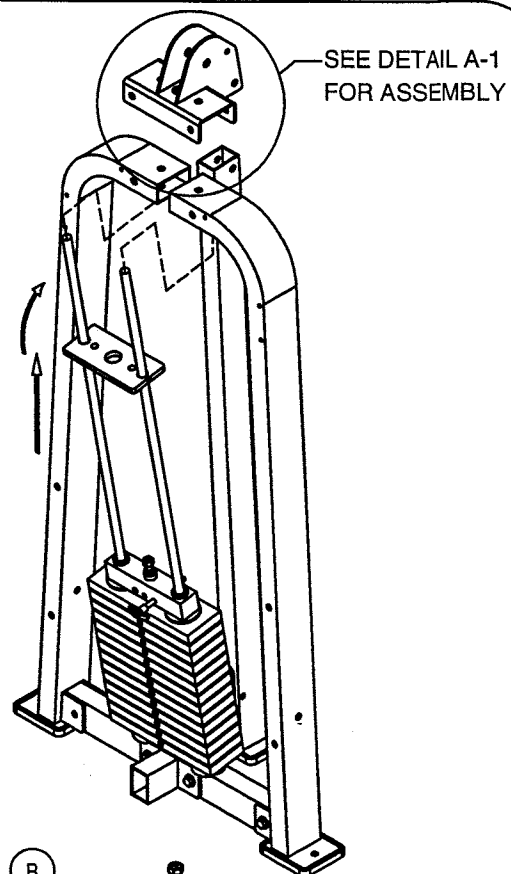
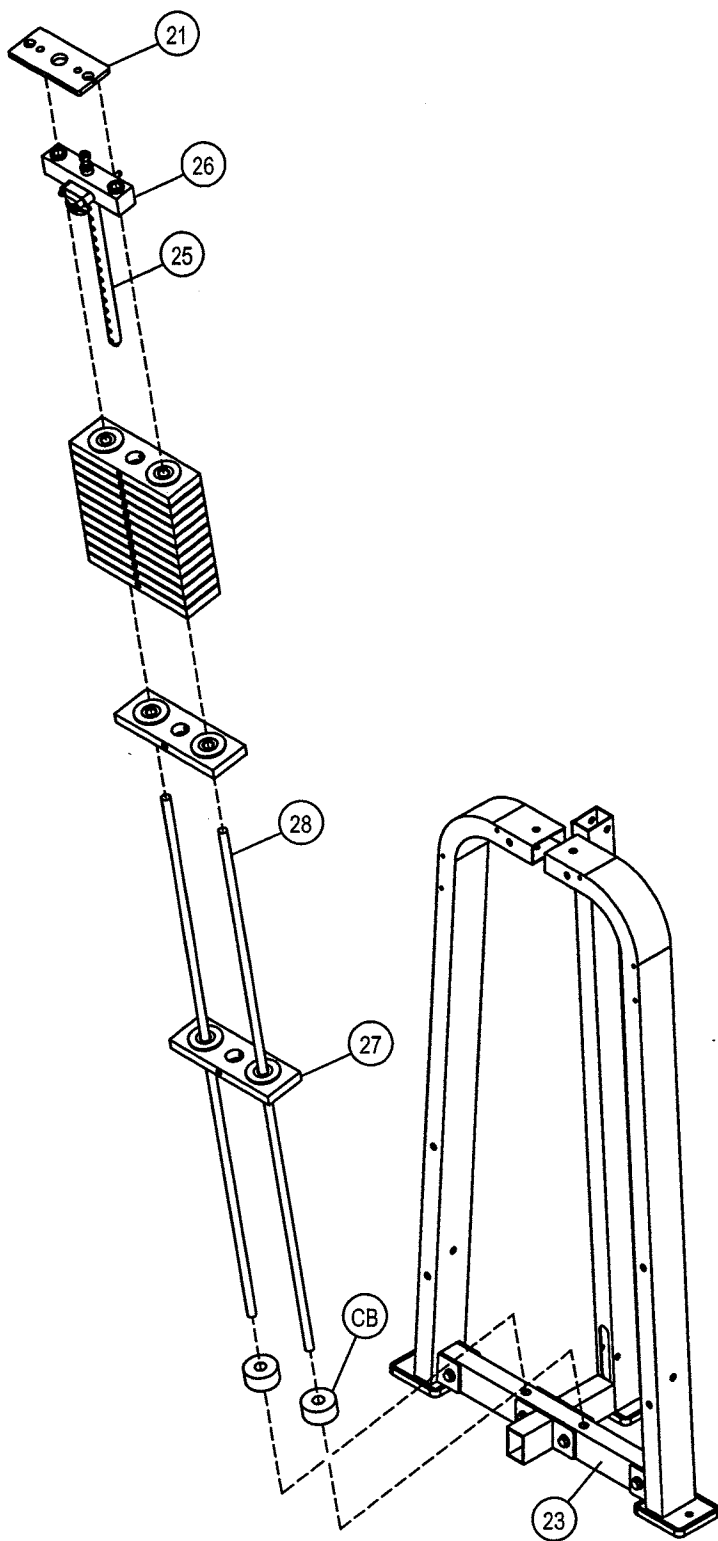
Part Descriptions

- 2 - Top Weight Mount Assembly
- 3 - Rear Upright Assembly
- 21 - Guide Rod Top Mount
- 23 - Cross Brace Assembly
- 25 - 16 Hole Weight Stem
- 26 - 8.25 lbs. Top Weight
- 27 - 12.50 lbs. Intermediate Weight Plate
- 28 - Ø0.75" x 60.69" Guide Rod

Hardware Descriptions

- A - 1/2-13UNC x 3" HHB (WZ)
- B - 1/2-13UNC x 3 1/4" HHB (WZ)
- C - 5/16-18 x 5 1/6 Socket Set Screw (BZ)
- Q - 1/2-13UNC x 4 3/4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)

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Step 2c

FRAME ASSEMBLY

In step b-1, start by attaching (8) to (12). Wrench tighten bolts.
In step b-2, slide (18)'s into both sides of (9) and attach (9) to (12) as shown. Wrench tighten bolts then back nut off enough so (9) pivots freely.

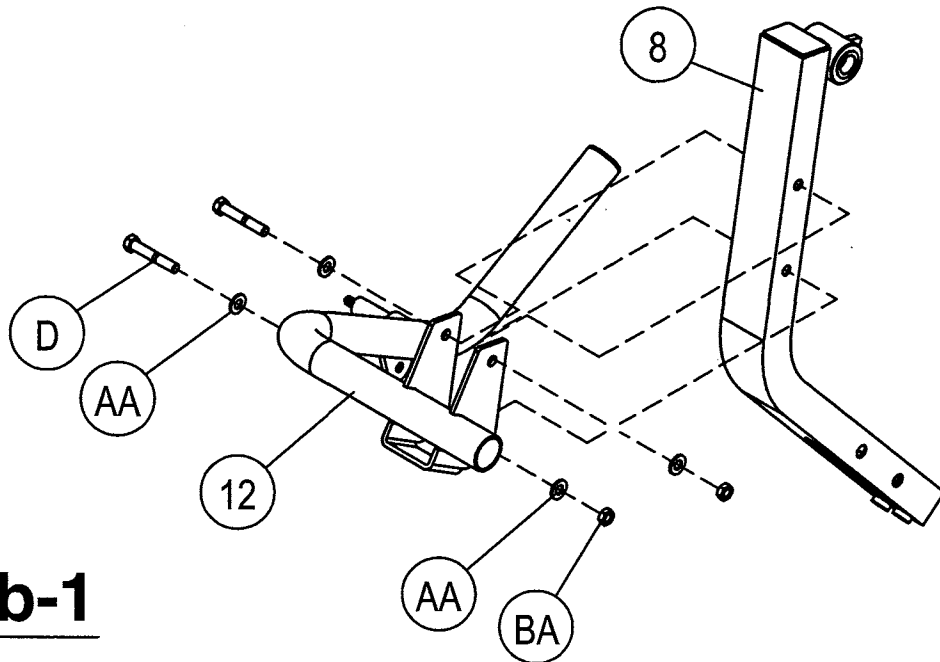
Part Descriptions

8 - Upright Back Assembly
9 - Seat Assembly
12 - Movement Arm Assembly
18 - Ø0.75" x 1.20" CRS

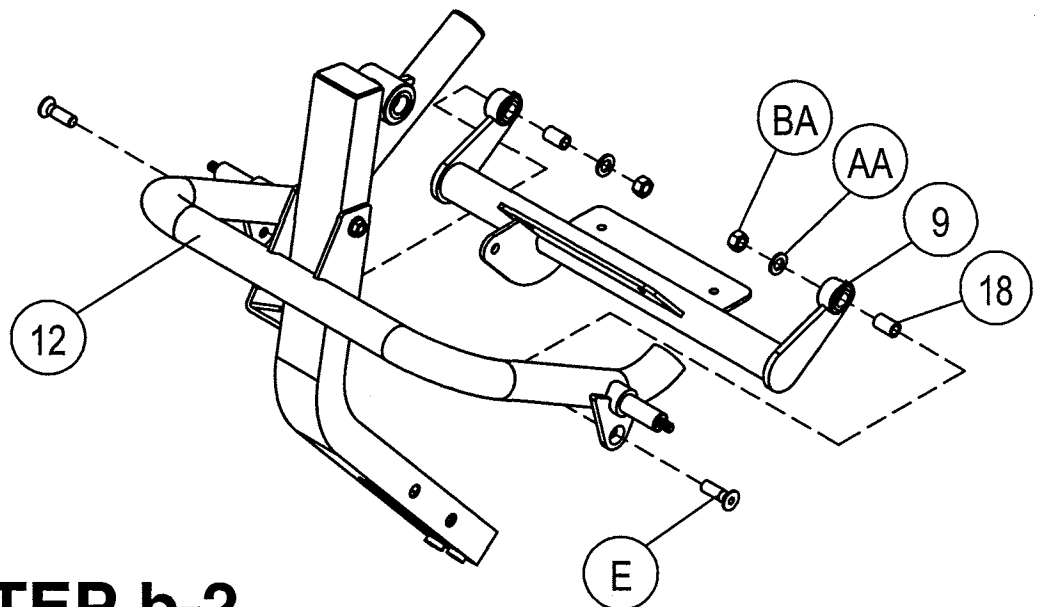
Hardware Descriptions

D - 1/2-13UNC x 4" HHB (WZ)
E - 1/2-13UNC x 2" FHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)

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STEP b-1



STEP b-2

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Step 2d FRAME ASSEMBLY

Start assembly by attaching (4), (5), and (12) at the same time.
Wrench tighten bolts. Next attach (16) in between (4) and (5).
Wrench tighten bolt. Make sure (12) bottom bumpers are aligned to (16) when (12) pivots to a stop.

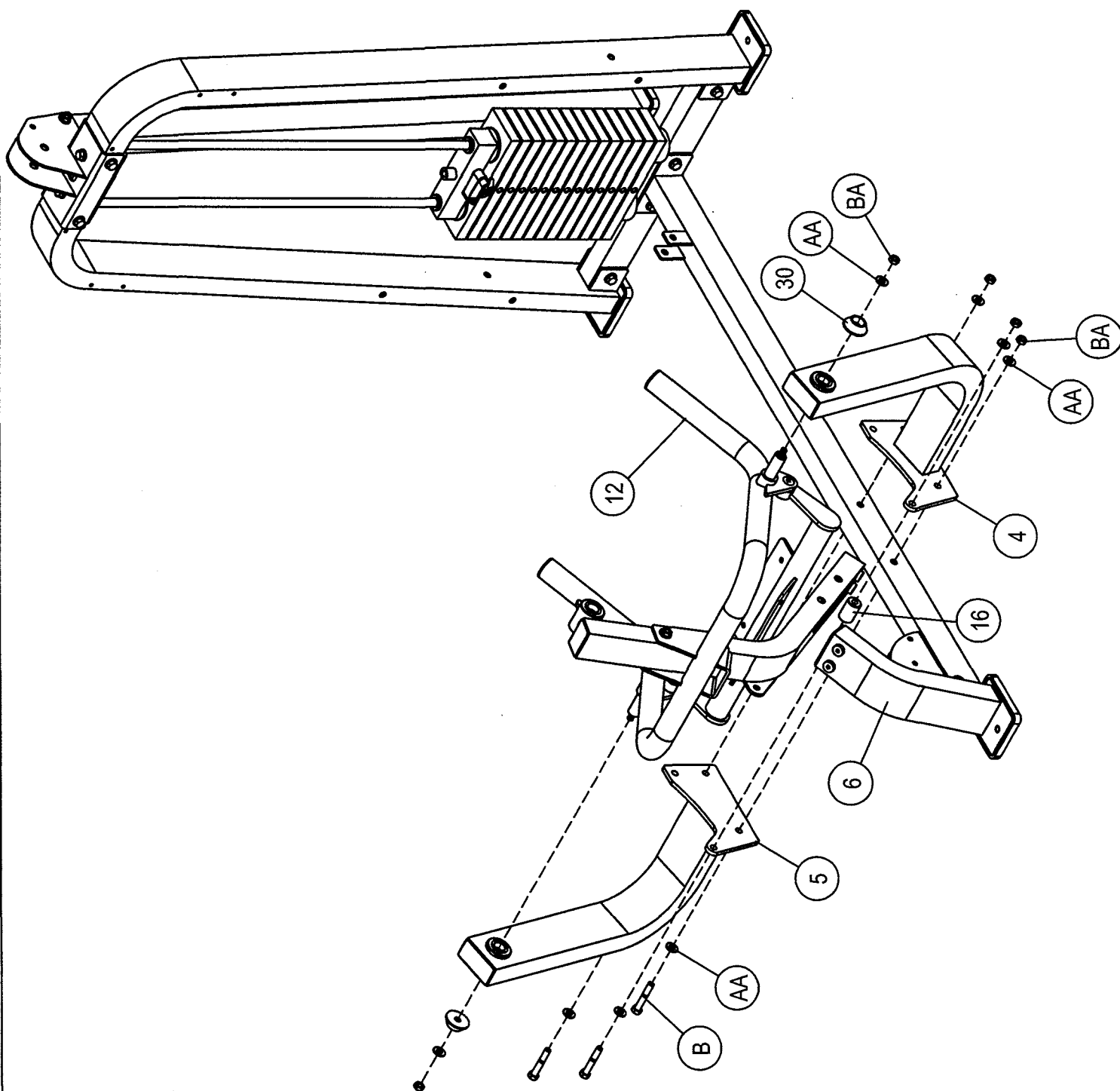
Part Descriptions

4 - Right Upright Assembly
5 - Left Upright Assembly
6 - Main Base Assembly
12 - Movement Arm Assembly
16 - Ø1.25" x 2.00" CRS
30 - Aluminum Bolt on Cap

Hardware Descriptions

B - 1/2-13UNC x 3 1/4" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)

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Step 2e FRAME ASSEMBLY

Start assembly by sliding (17)'s into both ends of (10). Next attach (10) to (6) and (9). Wrench tighten bolts then back nut off so (8) and (10) pivots freely. Next slide (19) into (9) and attach (11) to (8). Wrench tighten bolts then back nut off so (11) pivots freely.

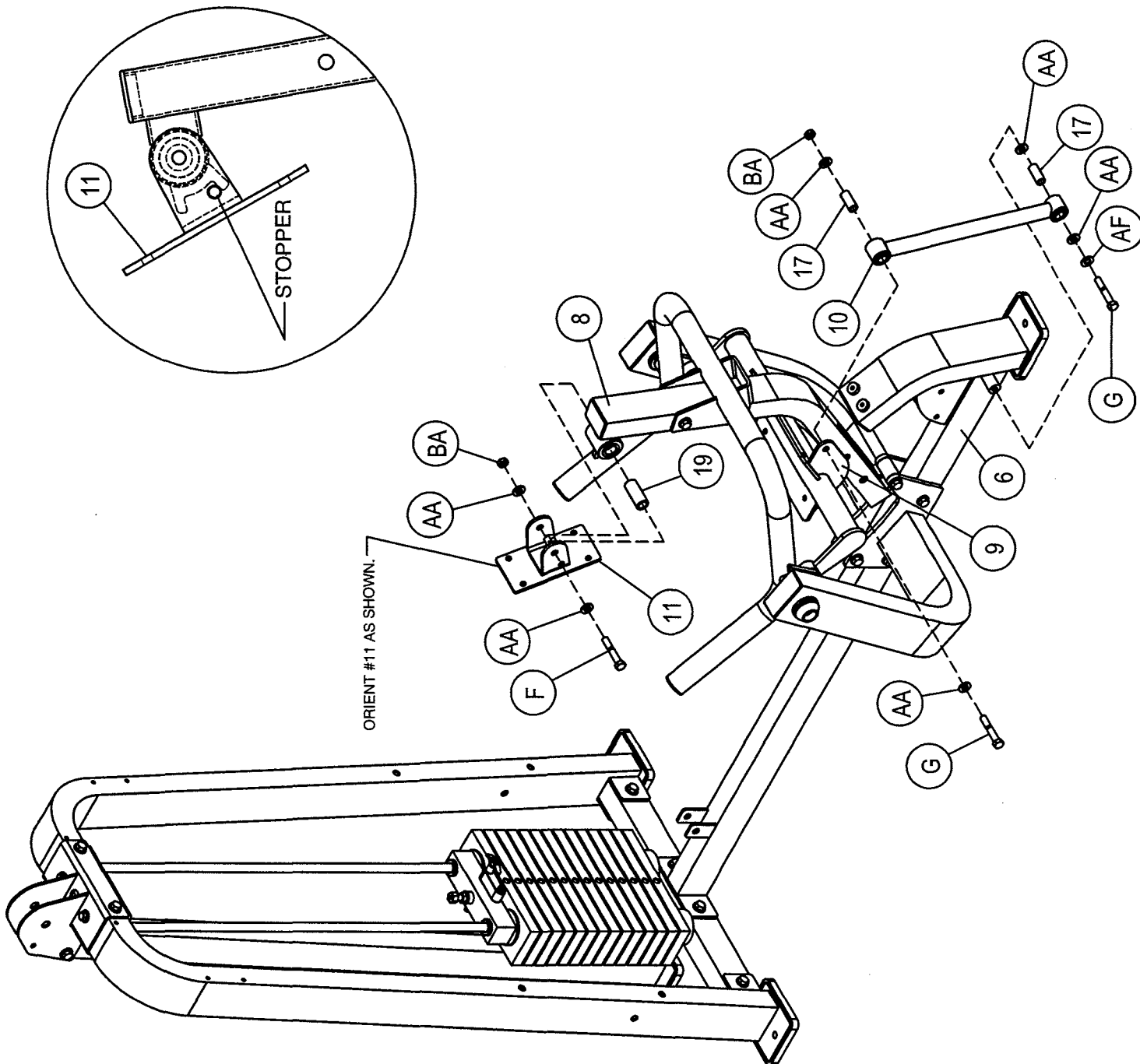
Part Descriptions

6 - Main Base Assembly
8 - Upright Back Assembly
9 - Seat Assembly
11 - Back Upholstery Mount Assy.
17 - Ø0.75" x 1.75" CRS
30 - Aluminum Bolt on Cap

Hardware Descriptions

F - 1/2-13UNC x 3 3/4" HHB (WZ)
G - 1/2-13UNC x 2 1/2" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
AF - 1/2" Split Washer (WZ)

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Step 2f FRAME ASSEMBLY

Start assembly by attaching both (CC)'s to (7). Wrench tighten bolts.
Next slide (7) onto (20) and attach (20) to (6) as shown. Wrench
tighten bolts.

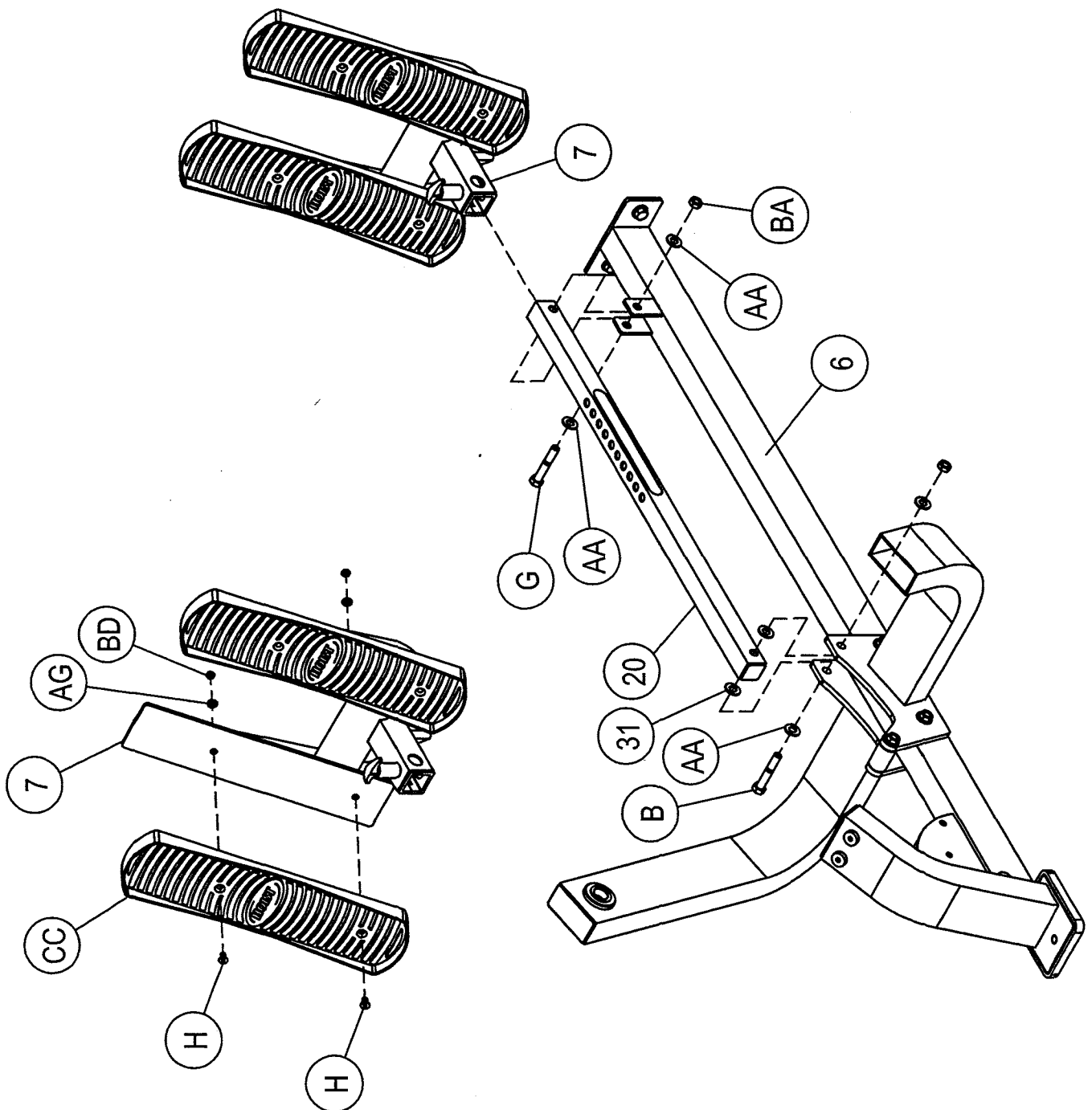
Part Descriptions

- 6 - Main Base Assembly
- 7 - Foot Mount Assembly
- 20 - Chrome Adjuster
- 31 - 0.25" x Ø.56" I.D. Aluminum Spacer

Hardware Descriptions

- B - 1/2-13UNC x 3 1/4" HHB (WZ)
- G - 1/2-13UNC x 2 1/2" HHB (WZ)
- H - 5/16-18UNC x 1 1/4" FHB (BZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AG - 5/16" SAE Flat Washer (BZ)
- BA - 1/2" Nylok Nut (WZ)
- BD - 5/16" Nylok Nut (BZ)
- CC - Large Plastic Footplate

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Step 2g

CABLE ASSEMBLY

Part Descriptions

- 2 - Top Weight Mount Assy.
- 6 - Main Base Assembly
- 8 - Upright Back Assembly
- 29 - **Cable** Adaptor

Hardware Descriptions

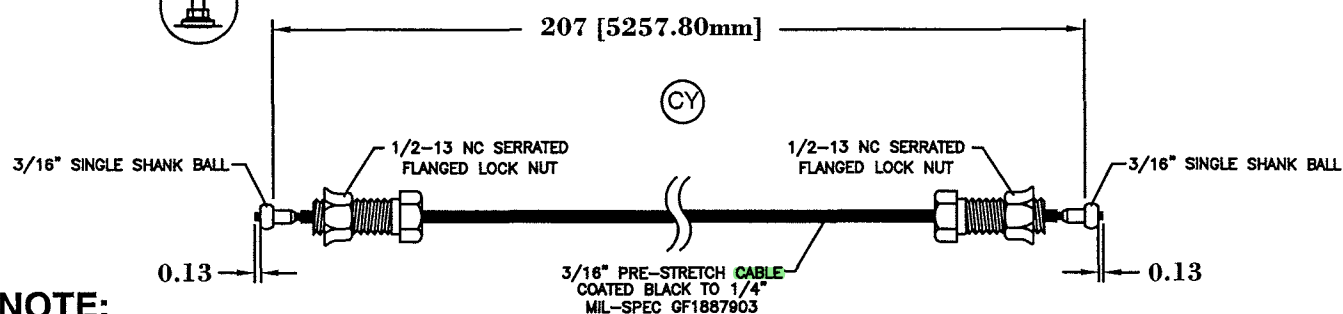
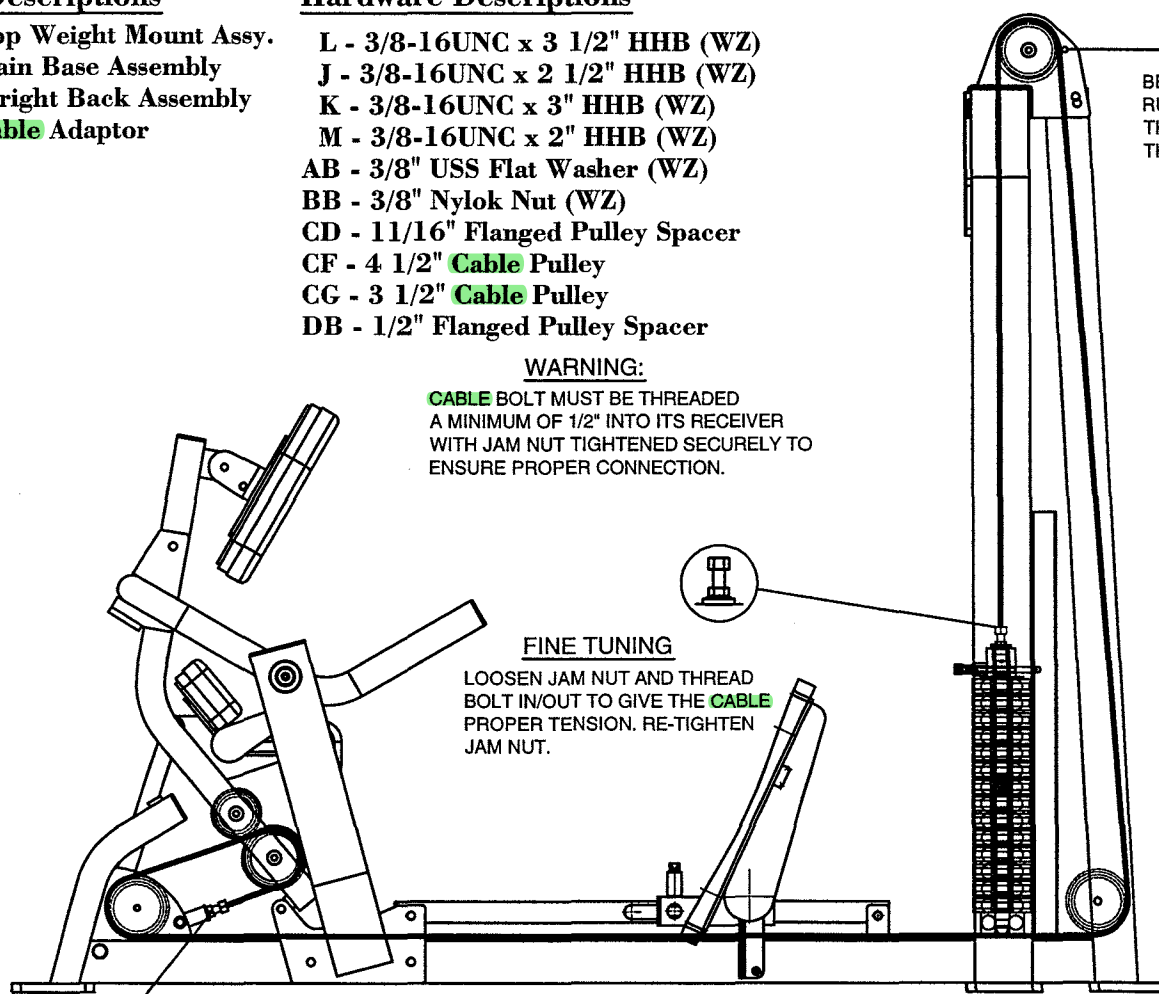
- L - 3/8-16UNC x 3 1/2" HHB (WZ)
- J - 3/8-16UNC x 2 1/2" HHB (WZ)
- K - 3/8-16UNC x 3" HHB (WZ)
- M - 3/8-16UNC x 2" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BB - 3/8" Nylok Nut (WZ)
- CD - 11/16" Flanged Pulley Spacer
- CF - 4 1/2" **Cable** Pulley
- CG - 3 1/2" **Cable** Pulley
- DB - 1/2" Flanged Pulley Spacer

WARNING:

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

NOTE:

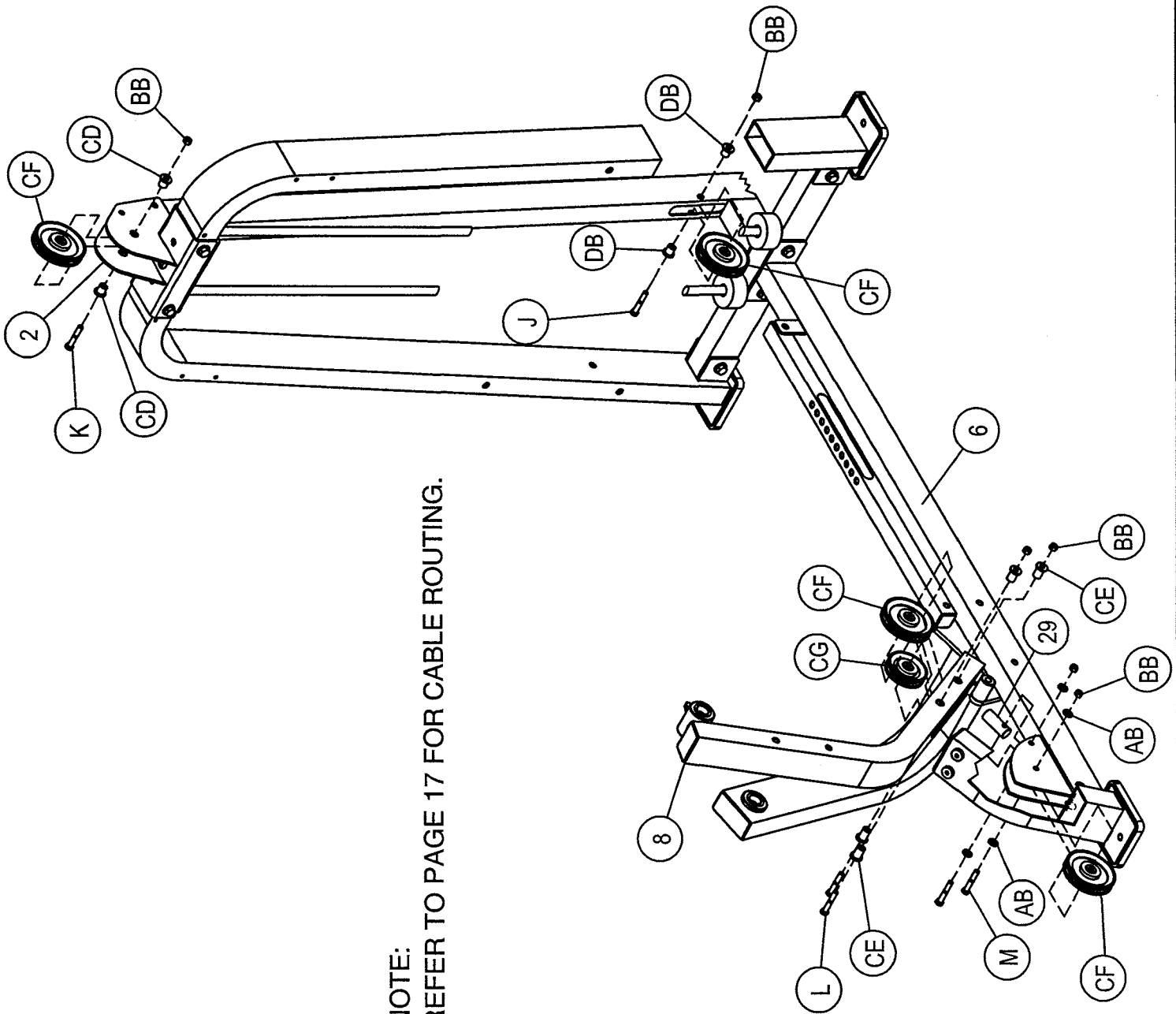
BE SURE **CABLE** RUNS BETWEEN THE PULLEY AND THE GUARD SHAFT.



NOTE:

INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.

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NOTE:
REFER TO PAGE 17 FOR CABLE ROUTING.

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Step 2h FRAME ASSEMBLY

Start assembly by attaching (14) and (15) to (9). Wrench tighten bolts. Next attach (11) to (13) and wrench tighten bolts.

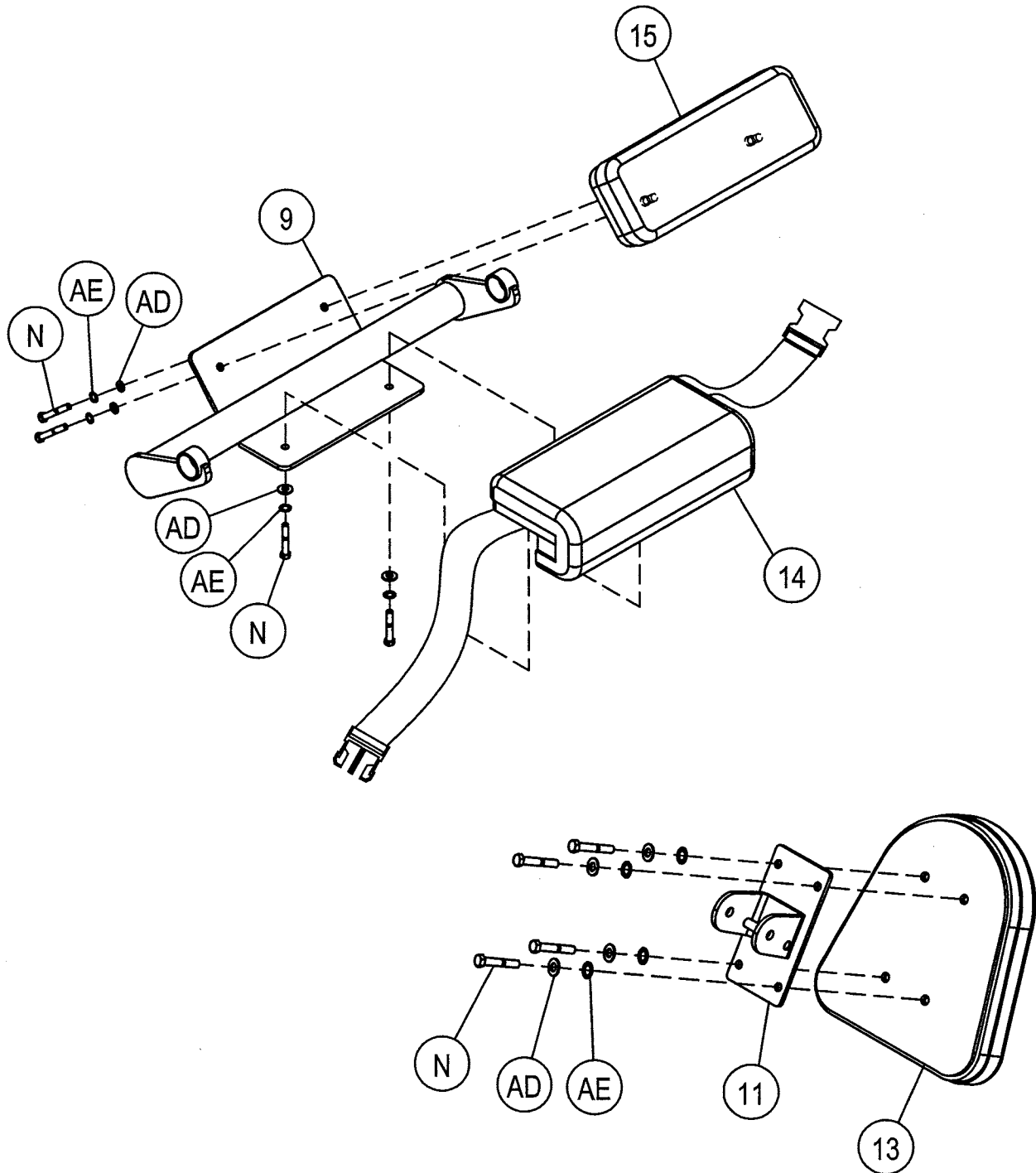
Part Descriptions

- 9 - Seat Assembly
- 11 - Back Upholstery Mount Assy.
- 13 - Back Pad Assembly
- 14 - Seat Pad Assembly

Hardware Descriptions

- N - 5/16-18UNC x 1 1/4" HHB (WZ)
- AD - 5/16" USS Flat Washer (WZ)
- AE - 5/16" Lock Washer (WZ)

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Step 2i FRAME ASSEMBLY

Attach (24), (CH), and (CI) to (22)'s as shown. Wrench tighten bolts.

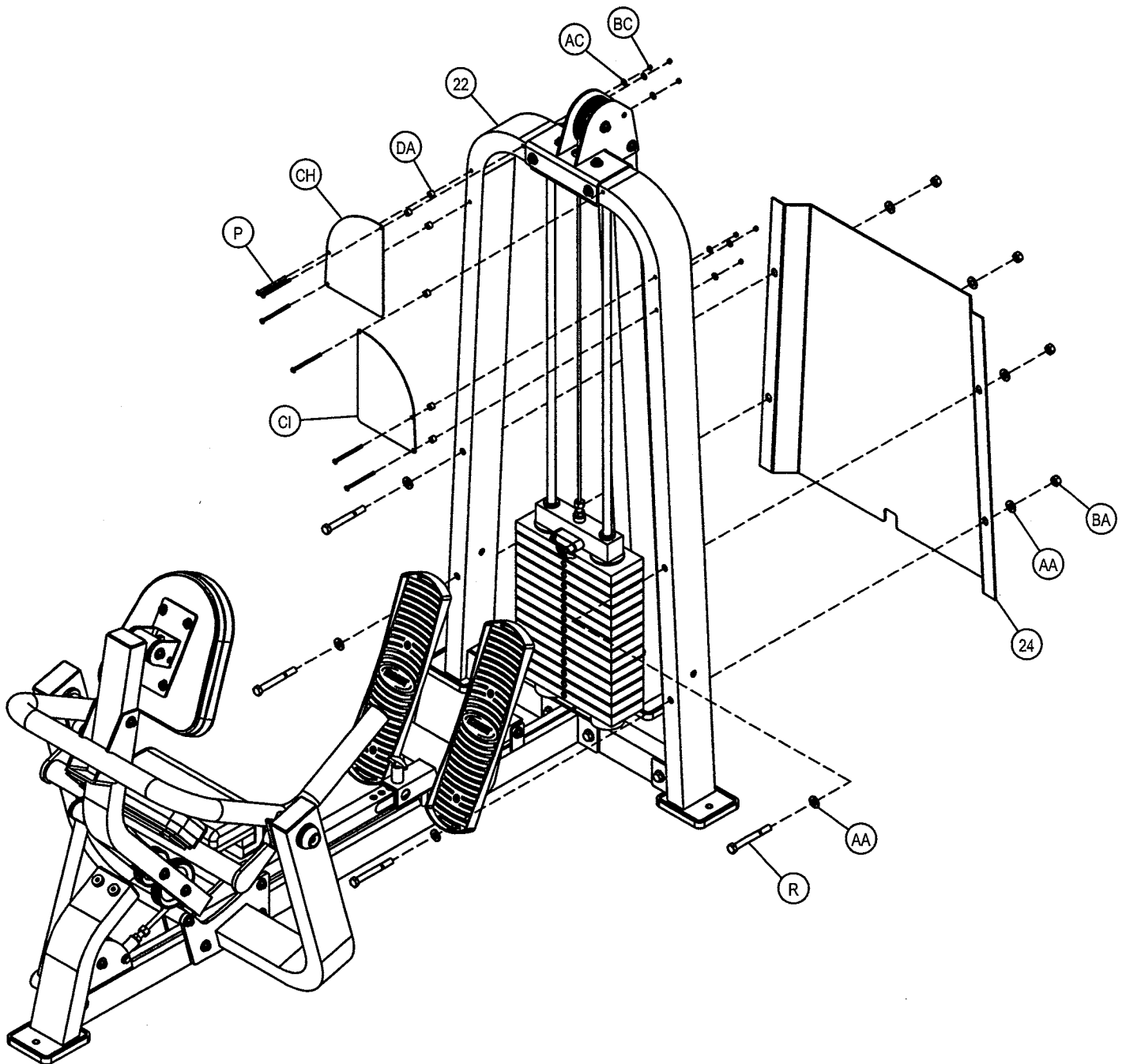
Part Descriptions

22 - Weight Frame Upright
24 - (SSH189) Shield

Hardware Descriptions

P - 1/4-20UNC x 5" BHB (WZ)
R - 1/2-13UNC x 4 1/2" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
AC - 1/4" USS Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
BC - 1/4" Nylok Nut (WZ)
CH - Left Placard
CI - Right Placard
DA - Spacer

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PRE-ASSEMBLY

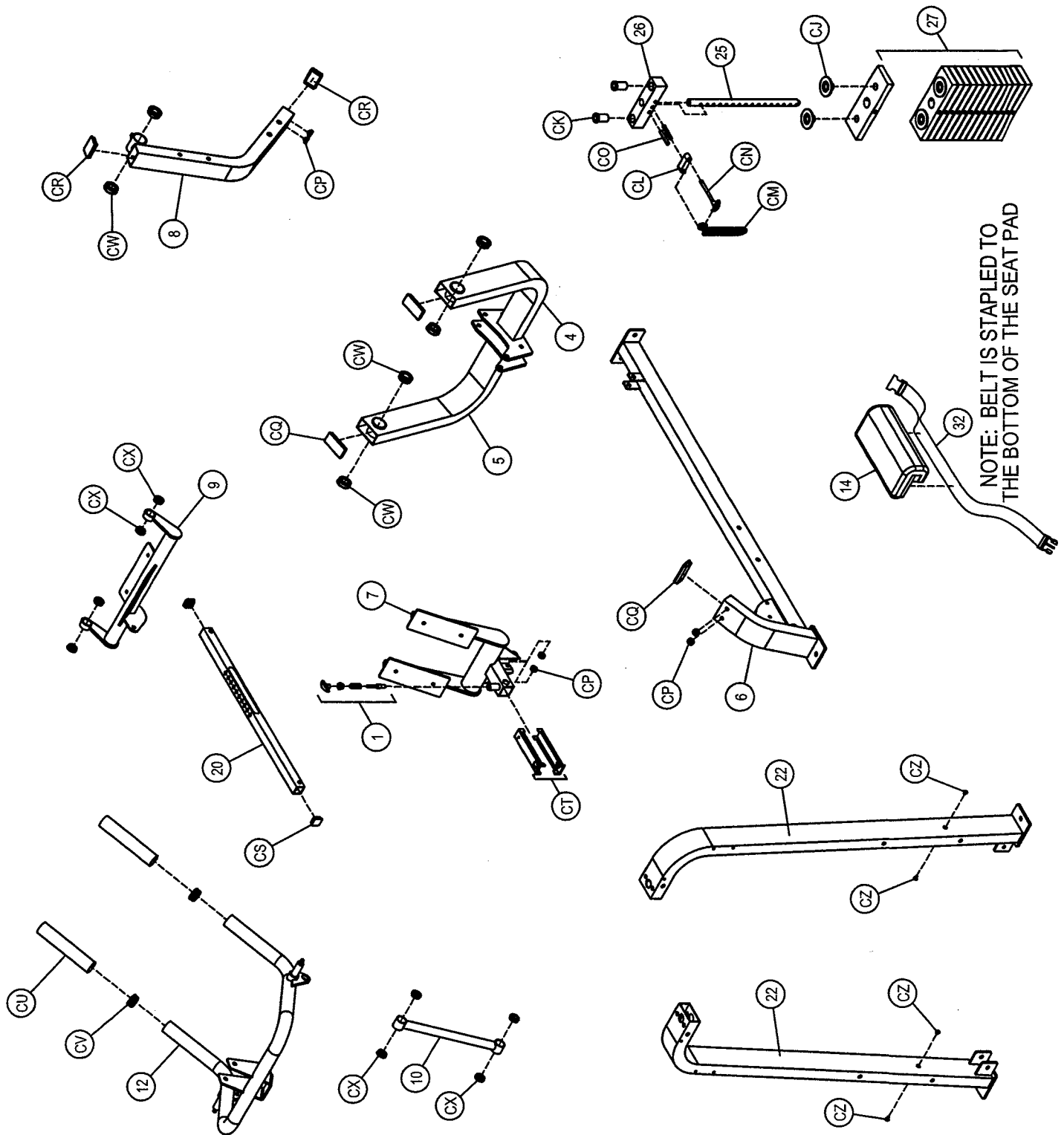
Part Descriptions

- 1 - 1/2" Short Pullpin (Hex Head) Assy.
- 4 - Right Upright Assembly
- 5 - Left Upright Assembly
- 6 - Main Assembly
- 7 - Foot Mount Assembly
- 8 - Upright Back Assembly
- 9 - Seat Assembly
- 10 - Linkage Assembly
- 12 - Movement Arm Assembly
- 14 - Seat Pad Assembly
- 20 - Chrome Adjuster
- 22 - Weight Frame Upright
- 25 - 16 Hole Weight Stem
- 26 - 8.25lbs. Top Weight
- 32 - Seat Belt

Hardware Descriptions

- CJ - Intermediate Weight Bushing
- CK - Guide Rod Bushing
- CL - Lanyard/Selector Pin Stand Off
- CM - Lanyard Coil
- CN - Selector Pin
- CO - Ø7/16" x 2 3/4" Roll Pin
- CP - Plug Bumper
- CQ - 2" x 4" Flat End Cap
- CR - 2" x 3" Elliptical End Cap
- CS - 1 1/2" x 1 1/2" End Cap
- CT - Glide Sleeve
- CU - Ø1.96" I.D. x 8.00" lg. Closed End Grip
- CV - Ø2.00" End Cap
- CW - Ø1.00" Flanged Ball Bearing
- CX - Ø0.75" Flanged Ball Bearing

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0185	1/2" Short Pullpin (Hex Head) Assy.
2	1	026-01X0866	Top Weight Mount Assembly
3	1	026-01X0865	Rear Upright Assembly
4	1	026-01X1444	Right Upright Assembly
5	1	026-01X1445	Left Upright Assembly
6	1	026-01X1446	Main Base Assembly
7	1	026-01X1447	Foot Mount Assembly
8	1	026-01X1448	Upright Back Assembly
9	1	026-01X1449	Seat Assembly
10	1	026-01X1450	Linkage Assembly
11	1	026-01X1451	Back Upholstery Mount Assy.
12	1	026-01X1452	Movement Arm Assembly
13	1	022-01PD0108-A	Back Pad Assembly
14	1	022-01PD0109	Seat Pad Assembly
15	1	022-01PD0110	Low Back Seat Pad Assy.
16	2	026-01M0779	Ø1.25" x 2.00" CRS
17	1	026-01M0772	Ø0.75" x 1.75" CRS
18	2	026-01M0773	Ø0.75" x 1.20" CRS
19	1	026-01M0729	Ø1.00" x 2.78" lg.
20	1	026-01T1451	Chrome Adjuster
21	1	026-01P0819	Guide Rod Top Mount
22	2	026-01X0864	Weight Frame Upright
23	1	026-01T0545	Cross Brace Assembly
24	1	020-1100089	(SSH189) Shield
25	1	026-01W0111	16 Hole Weight Stem
26	1	026-1300034	8.25 lbs. Top Weight
27	15	026-01W0101	12.50 lbs. Intermediate Weight Plate
28	2	026-01G0159	Ø0.75" x 60.69" Guide Rod
29	1	026-01M0586	Cable Adaptor
30	2	026-01M0519	Aluminum Bolt on Cap
31	2	026-01M0781	.25" x Ø.56" I.D. Aluminum Spacer
32	1	026-01X1601	Seat Belt Assembly

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HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Key#	Qty.	Part Number	Description
A	1	011-0407016	1/2-13UNC x 3" HHB (WZ)
B	6	011-0407036	1/2-13UNC x 3 1/4" HHB (WZ)
C	2	011-0311012	5/16-18UNC x 5/16 Socket Set Screw (WZ)
D	2	011-0101070	1/2-13UNC x 4" HHB (WZ)
E	2	011-0102025	1/2-13UNC x 2" FHB (WZ)
F	1	011-0407019	1/2-13UNC x 3 3/4" HHB (WZ)
G	3	011-0407018	1/2-13UNC x 2 1/2" HHB (WZ)
H	4	011-0303010	5/16-18UNC x 1 1/4" FHB (BZ)
J	1	011-0107009	3/8-16UNC x 2 1/2" HHB (WZ)
K	1	011-0407026	3/8-16UNC x 3" HHB (WZ)
L	2	011-0107051	3/8-16UNC x 3 1/2" HHB (WZ)
M	2	011-0107052	3/8-16UNC x 2" HHB (WZ)
N	8	011-0407029	5/16-18UNC x 1 1/4" HHB (WZ)
P	7	011-0101074	1/4-20UNC x 5" BHB (WZ)
Q	2	011-0107042	1/2-13UNC x 4 3/4" HHB (WZ)
R	4	011-0207030	1/2-13UNC x 4 1/2" HHB (WZ)
AA	49	013-0102003	1/2" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	6	013-0006006	1/4" USS Flat Washer (WZ)
AD	8	013-0102004	5/16" USS Flat Washer (WZ)
AE	8	013-0102021	5/16" Internal Tooth Lock Washer (WZ)
AF	1	013-0102018	1/2" Split Washer (WZ)
AG	4	013-0202003	5/16 SAE Flat Washer (BZ)
BA	26	012-0304011	1/2" Nylok Nut (WZ)
BB	6	012-0104008	3/8" Nylok Nut (WZ)
BC	6	012-0104009	1/4" Nylok Nut (WZ)
BD	4	012-0004005	5/16" Nylok Nut (BZ)
CA	4	026-01PL195	Rubber Foot Plate
CB	2	019-0001005	Weight Stack Bumper
CC	2	026-01PL344	Large Plastic Foot Plate
CD	2	026-01M0532	11/16" Flanged Pulley Spacer
CE	4	026-01M0551	1" Flanged Pulley Spacer
CF	4	018-0001003	4 1/2" Cable Pulley
CG	1	018-0001002	3 1/2" Cable Pulley
CH	1	021-0013140	Left Placard
CI	1	021-0013141	Right Placard
CJ	30	026-01W0122	Intermediate Weight Bushing
CK	2	026-01PL134	Guide Rod Bushing
CL	1	026-01PL291	Lanyard/Selector Pin Stand off
CM	1	010-0008001	Lanyard Coil
CN	1	026-01M0134	Selector Pin
CO	2	030-030310	Ø7/16" x 2 3/4" Roll Pin
CP	6	019-0001001	Plug Bumper
CQ	2	06-0192	2" x 4" Flat End Cap
CR	2	06-0193	2" x 3" Elliptical End Cap
CS	2	016-0001001	1 1/2" x 1 1/2" End Cap
CT	2	026-01PL125	Glide Sleeve
CU	2	026-01PL372	Ø1.96" I.D. x 8.00" lg. Closed End Grip
CV	2	016-0201017	Ø2.00" End Cap
CW	6	014-0009007	Ø1.00" Flanged Ball Bearing
CX	8	014-0005001	Ø0.75" Flanged Ball Bearing
CY	1	026-01SC277T	207" lg. Cable
CZ	4	26-STD-06-0329	Plug
DA	6	026-01PL290	Spacer
DB	2	026-01M760	1/2" Flanged Pulley Spacer

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

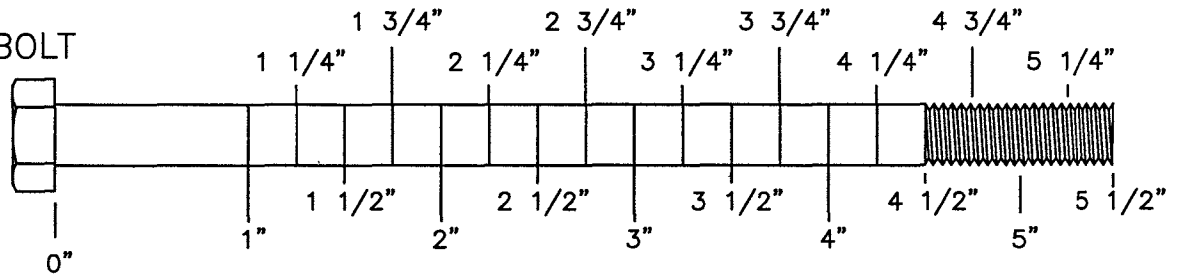
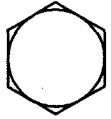
BHS = Button Head Screw

SHS = Socket Head Screw

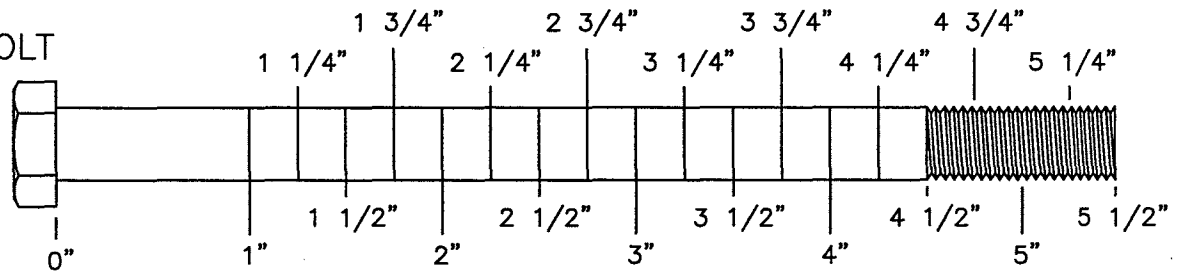
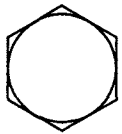
HHB = Hex Head Bolt

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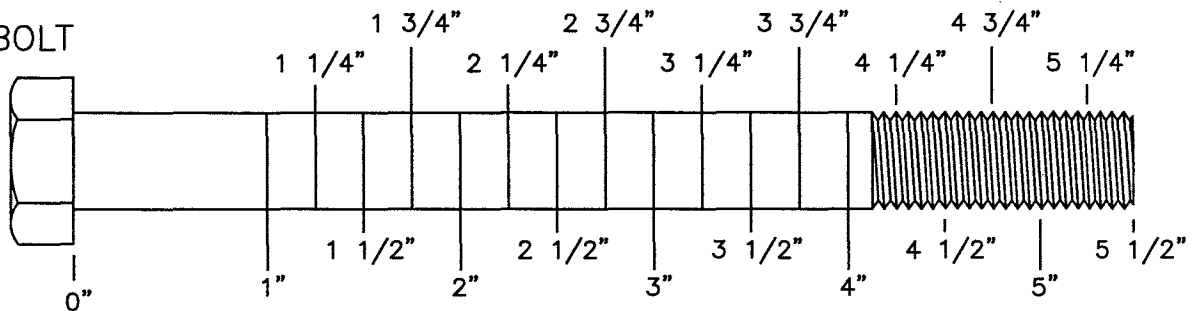
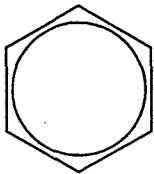
5/16" HEX BOLT



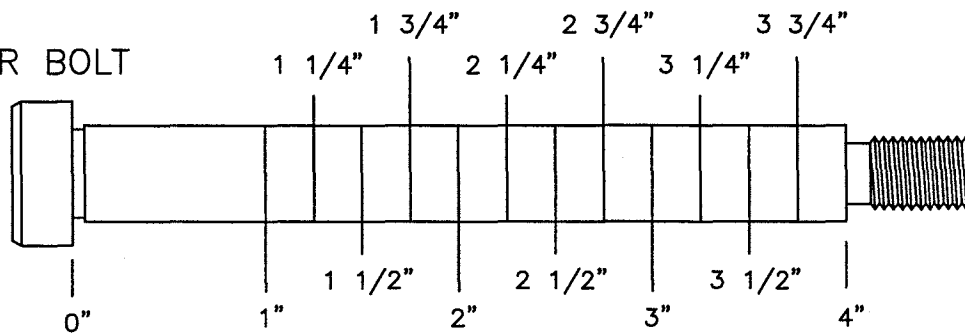
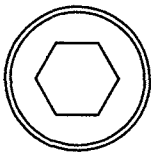
3/8" HEX BOLT



1/2" HEX BOLT

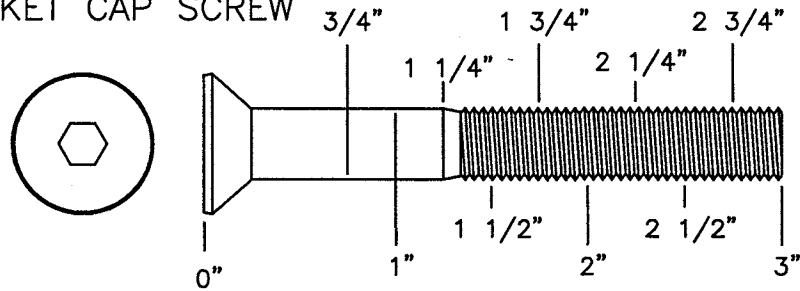


1/2" SHOULDER BOLT

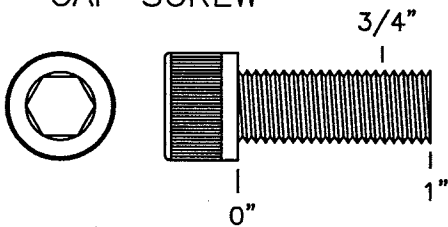


OWNERS MANUAL

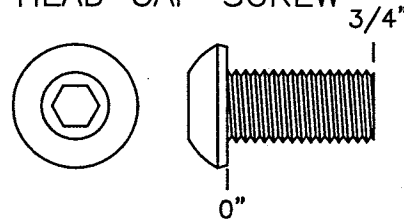
3/8" FLATHEAD
SOCKET CAP SCREW



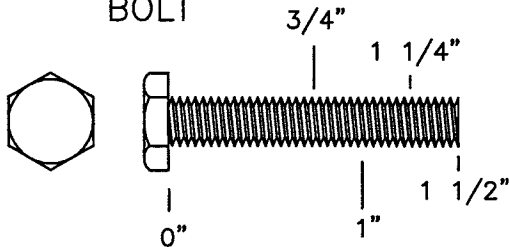
3/8" SOCKET
CAP SCREW



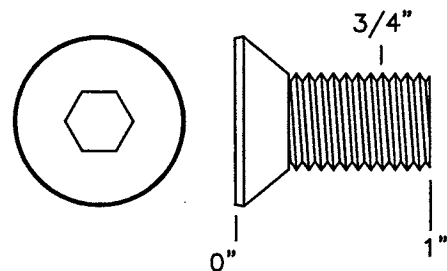
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

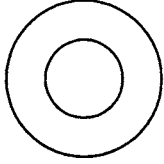


1/2" FLATHEAD
SOCKET CAP SCREW

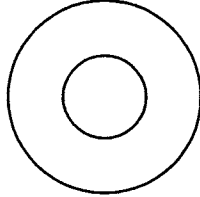


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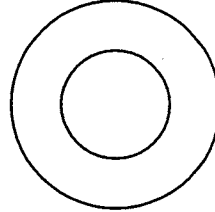
5/16"
FLAT WASHER
LARGE, USS, 25mm



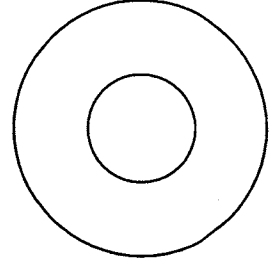
3/8"
FLAT
WASHER



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



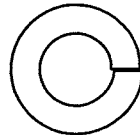
1/2"
FLAT WASHER
LARGE, USS, 34mm



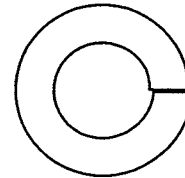
1/4"
LOCK WASHER



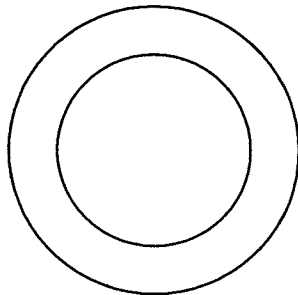
3/8"
LOCK WASHER



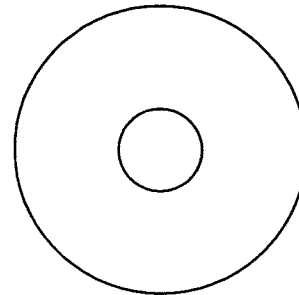
1/2"
LOCK WASHER



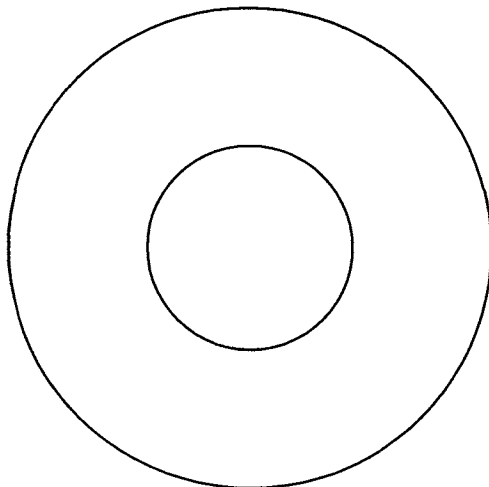
1" SHIM WASHER



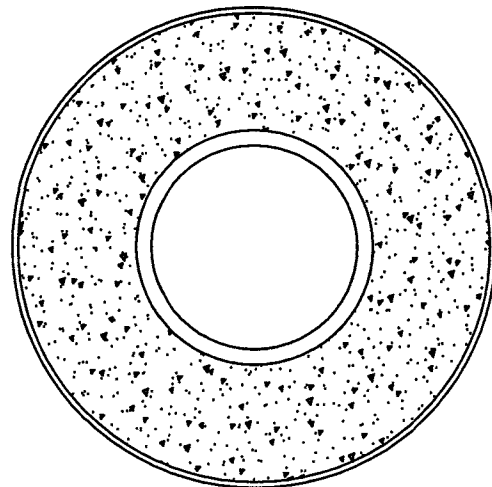
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

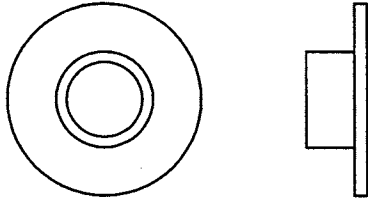


PLASTIC 1 1/16"
FENDER WASHER

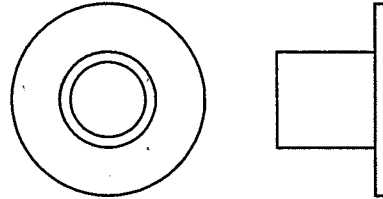


OWNERS MANUAL

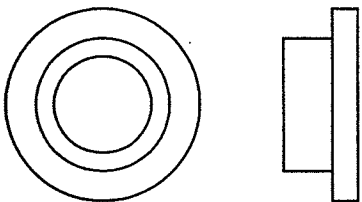
1/4" LONG
FLANGED SPACER



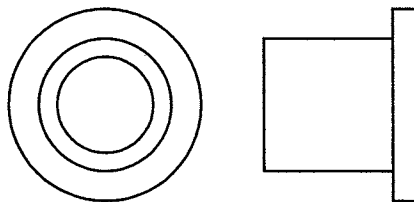
1/2" LONG
FLANGED SPACER



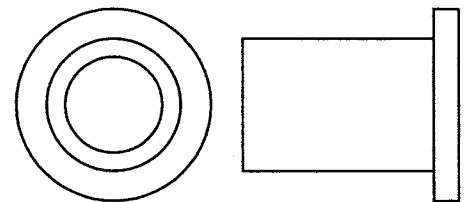
1/4" LONG HEAVY
FLANGED SPACER



11/16" LONG HEAVY
FLANGED SPACER



1" LONG HEAVY
FLANGED SPACER



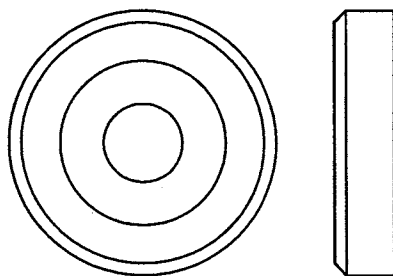
1/2" LONG
SPACER



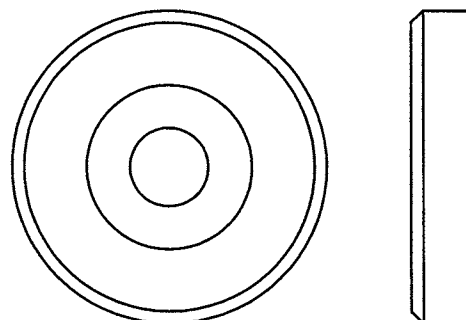
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP

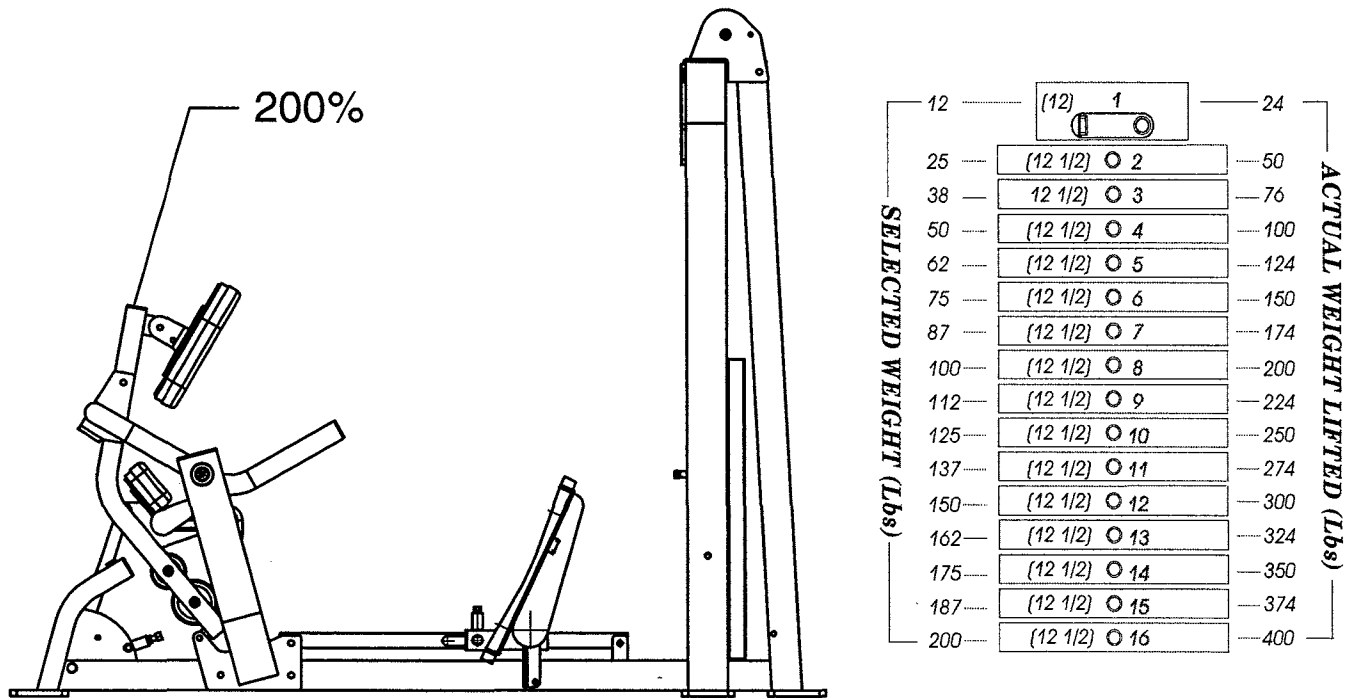


1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT RATIOS



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. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

OWNERS MANUAL

OWNERS MANUAL

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.

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WEIGHT TRAINING EXERCISE LOG

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

[illegible]

OWNERS MANUAL

43.25 UP FROM BOTTOM OF
TUBE, CENTERED ON TUBE.
(021-0004061)

25.50 UP FROM BOTTOM OF
TUBE, CENTERED ON TUBE.
(021-0003130)

2.00 FROM TOP OF
TUBE, CENTERED ON TUBE.
(021-0003093)

2.50 FROM TOP OF
TUBE, CENTERED ON TUBE.
(021-0003114)

026-01X0854 (QTY 2)

026-01X1448

026-01X1446

026-01T1451

CENTERED
(021-0004109)

43.25 UP FROM BOTTOM OF
TUBE, CENTERED ON TUBE.
(021-0004061)

25.50 UP FROM BOTTOM OF
TUBE, CENTERED ON TUBE.
(021-0003131)

026-01T0545

CENTERED BETWEEN
HOLES ON LEFT SIDE.
(021-0003203)

LOCATED ON LEFT
SIDE OF WEIGHT
SELECTOR PIN HOLDER.
(021-0003138)

PLACE #1 DECAL TO THE
RIGHT OF THE WEIGHT
SELECTOR PIN HOLDER.

LOCATED ON RIGHT
SIDE OF WEIGHT
SELECTOR PIN HOLES
(021-0003011)

CENTERED BETWEEN
HOLES ON FRONT
OF PLATE.
(021-0004029)

026-01X0866

CENTERED 1/2" DOWN,
FROM TOP OF SHIELD.
(021-0004028)

026-0011189

DECAL PLACEMENTS

OWNERS MANUAL

OWNERS MANUAL

DECAL REFERENCE



021-0004061



021-0003093



021-0003203

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 after the eight (8) year of service. If it looks about to fail, stop. DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before working at weight resistance training. Stop exercising if you feel faint or dizzy.
5. DO NOT PREVENT THE POSSIBILITY OF SERIOUS INJURY. KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to fix any damaged part or perform repairs unless you are a qualified technician.
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 THE EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when the equipment is in use. Take care around and use the equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions or need any assistance with the equipment.

021-0003130

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Hooks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Bolts 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, Turbine Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Bolts and Connecting Pins					X

021-0003131

NOTICE

OWNERS MANUAL

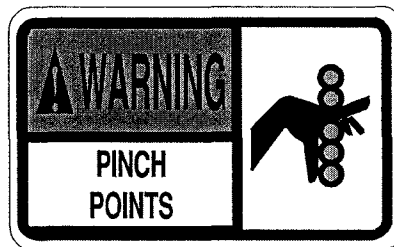
DECAL REFERENCE



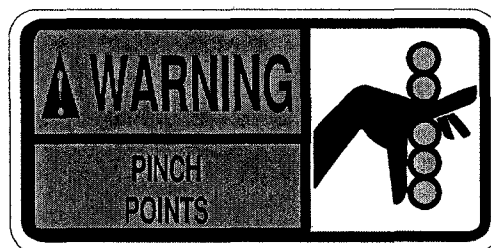
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021-0004029



021-0003138



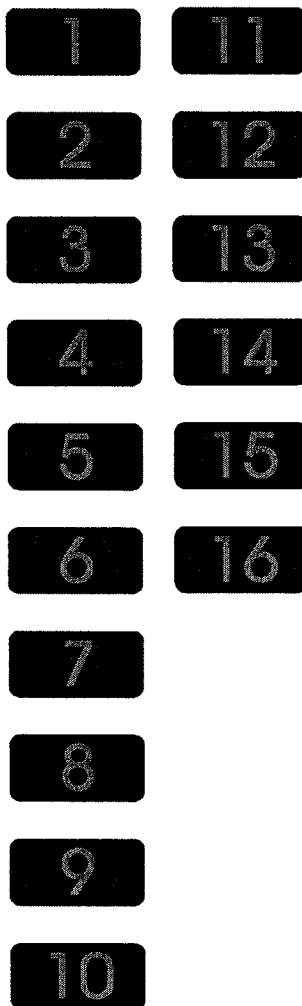
021-0003114

OWNERS MANUAL

DECAL REFERENCE

1 2 3 4 5 6 7 8 9 10

021-0004109



021-0003011

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.*

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 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

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:

COMMERCIAL 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 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.

ALTERATION, NEGLECT, 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