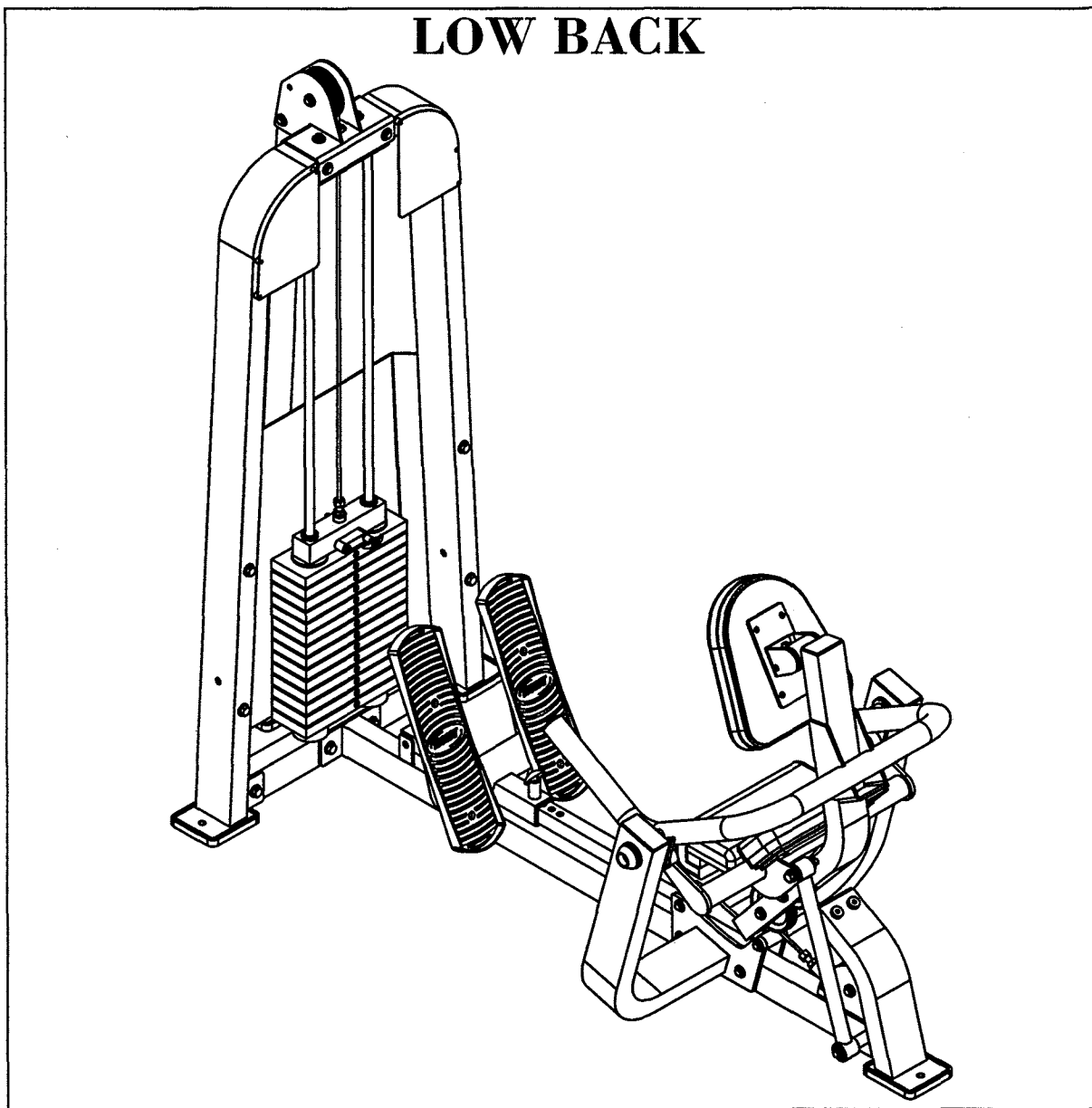


# OWNERS MANUAL



## 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

# OWNERS MANUAL

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# OWNERS MANUAL

## 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

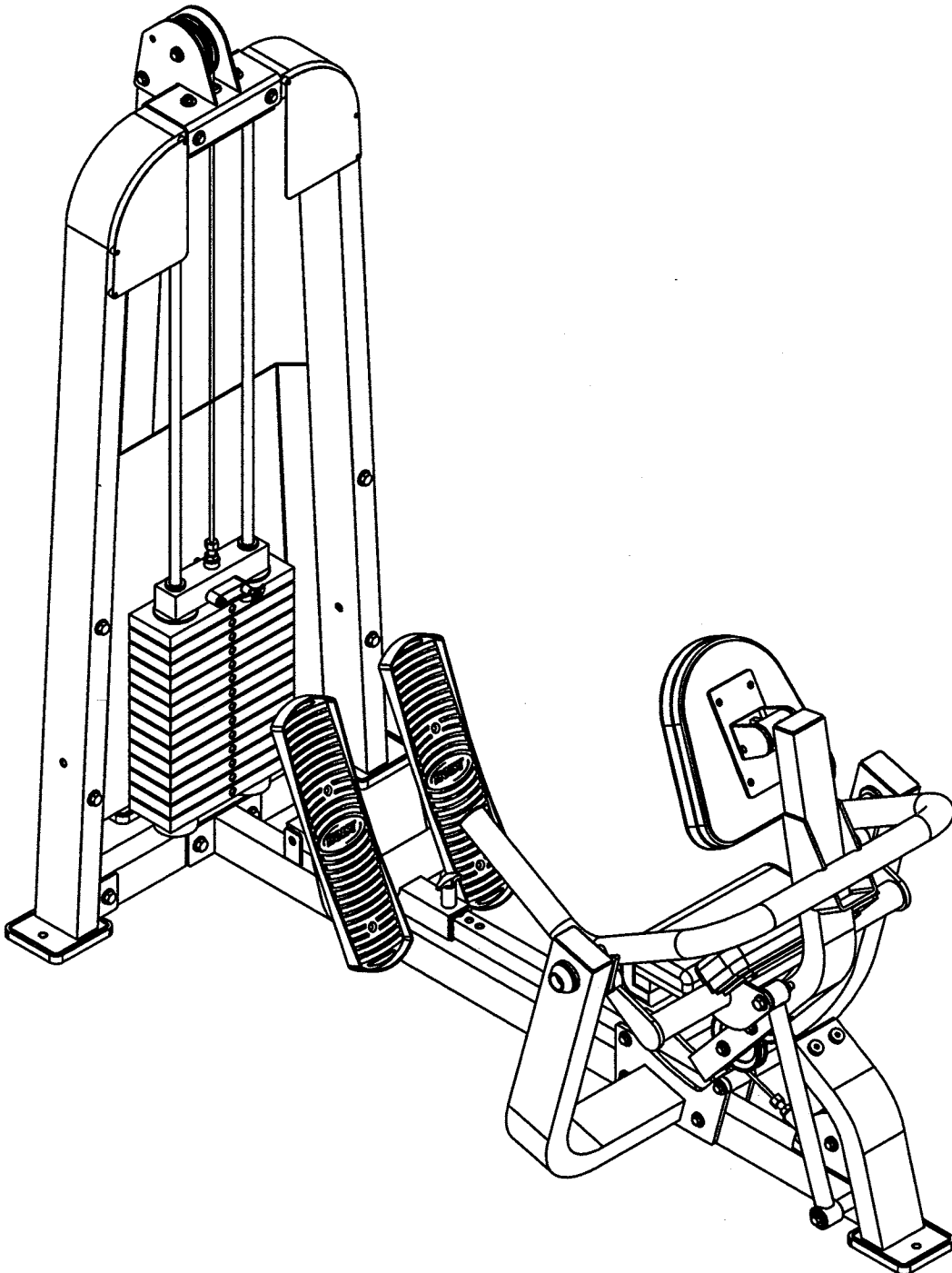
Rubber Mallet

Tape Measure

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# OWNERS MANUAL

## 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

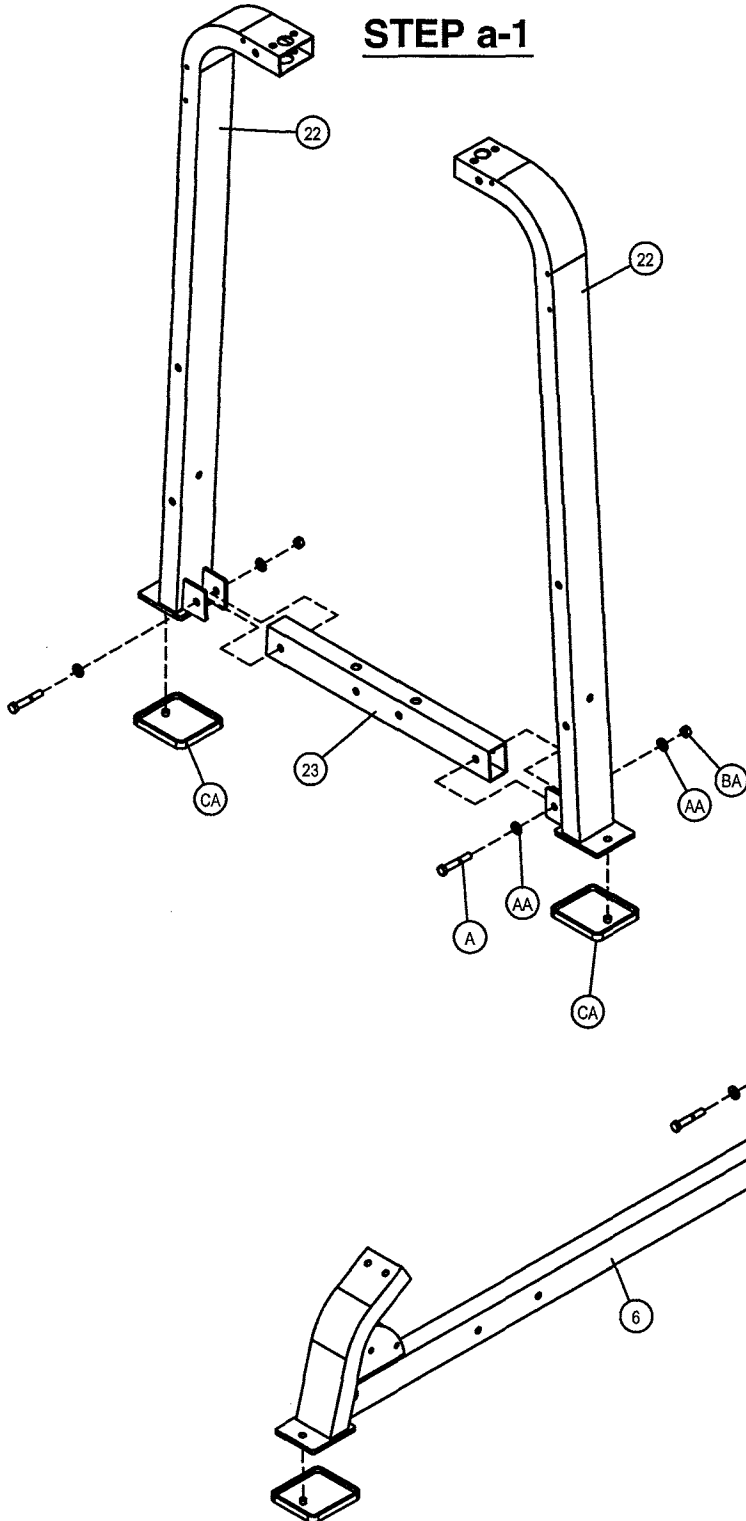
- 3 - Rear Upright Assembly
- 6 - Main Base Assembly
- 22 - Weight frame Upright
- 23 - Cross Brace Assembly

#### Hardware Descriptions

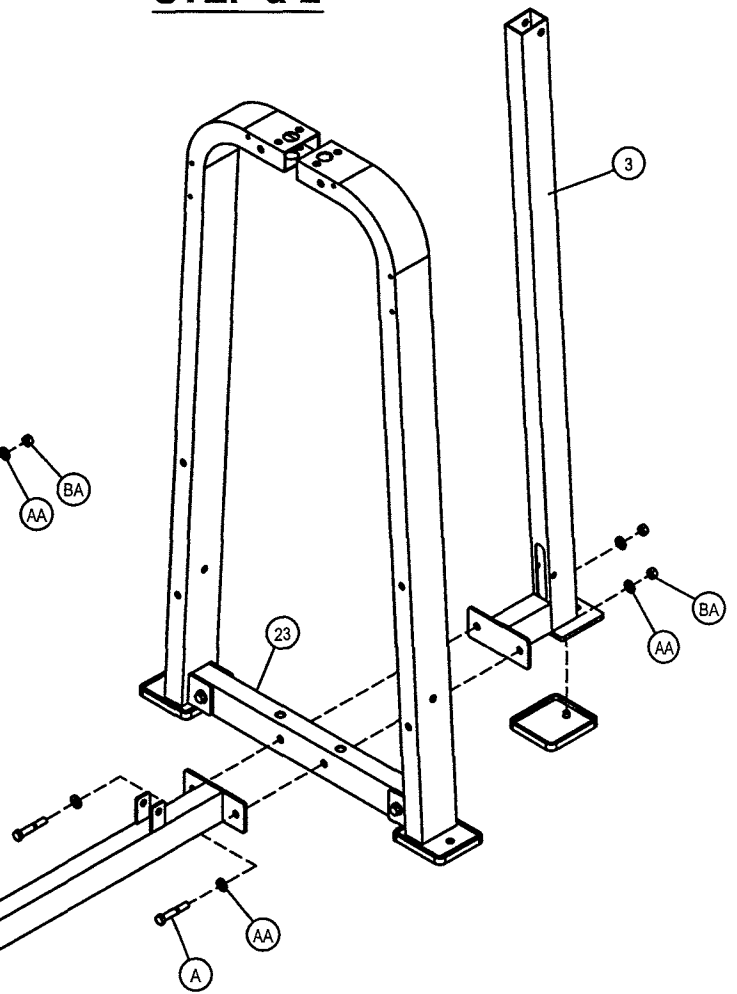
- A - 1/2-13UNC x 3" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)
- CA - Rubber Foot Plate

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## STEP a-1



## STEP a-2



# OWNERS MANUAL

## 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

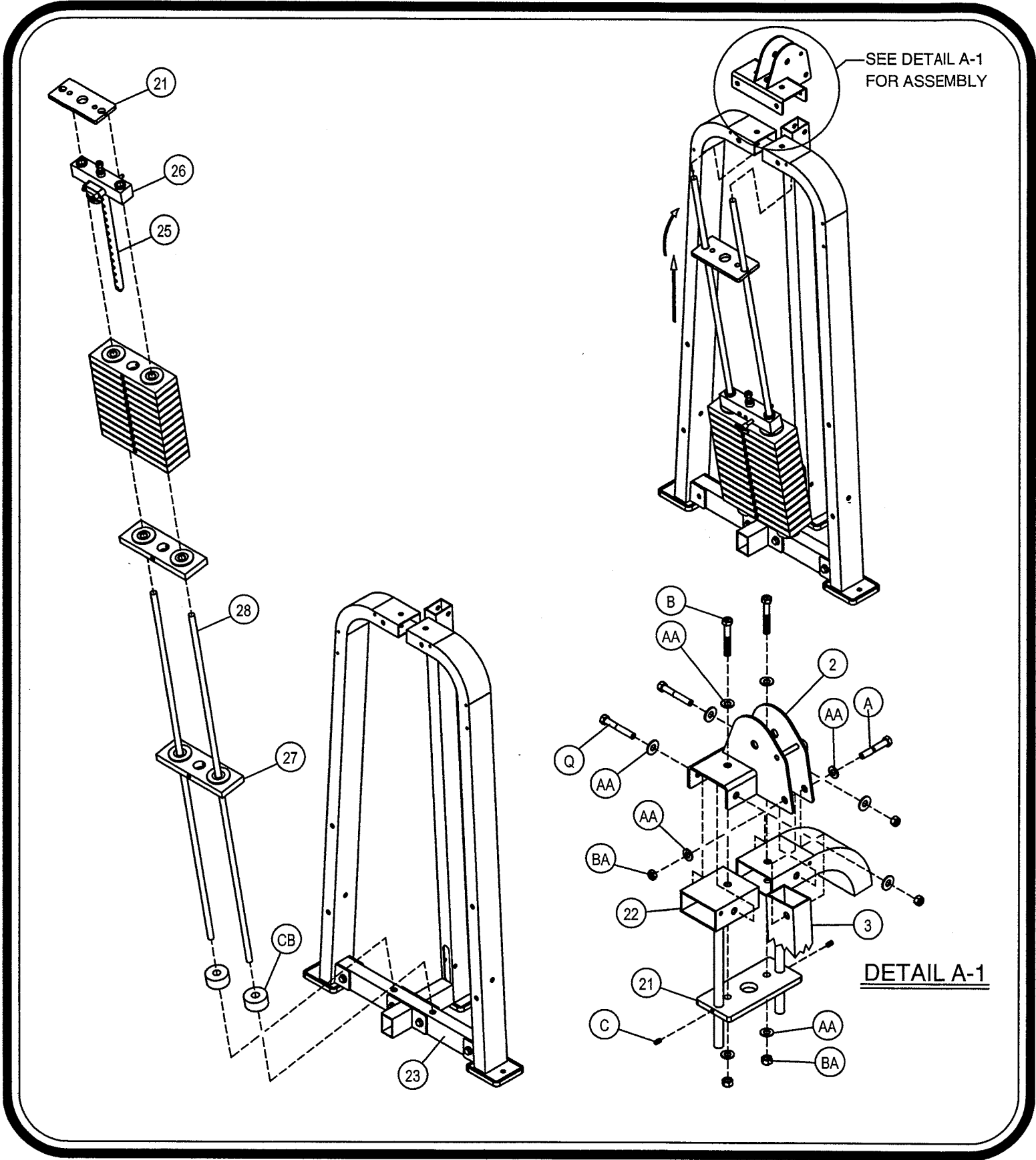
- 2 - Top Weight Mount Assembly
- 3 - Rear Upright Assembly
- 21 - Guide Rod Top Mount
- 23 - Cross Brace Assembly
- 25 - 16 Hole Weight Stem
- 26 - 8.25 lbs. Top Weight
- 27 - 12.50 lbs. Intermediate Weight Plate
- 28 - Ø0.75" x 60.69" Guide Rod

#### 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.

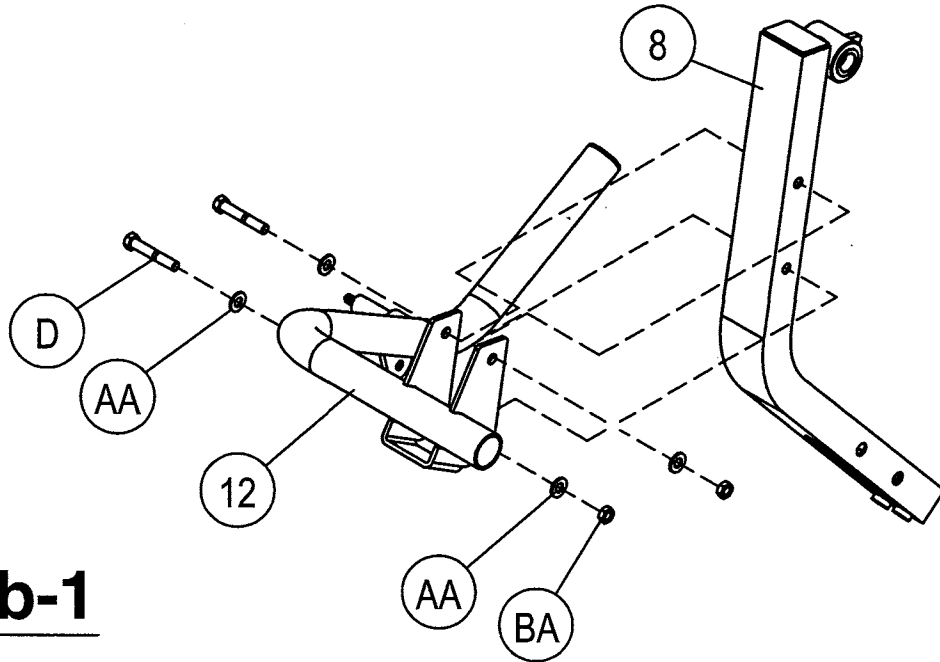
#### Part Descriptions

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

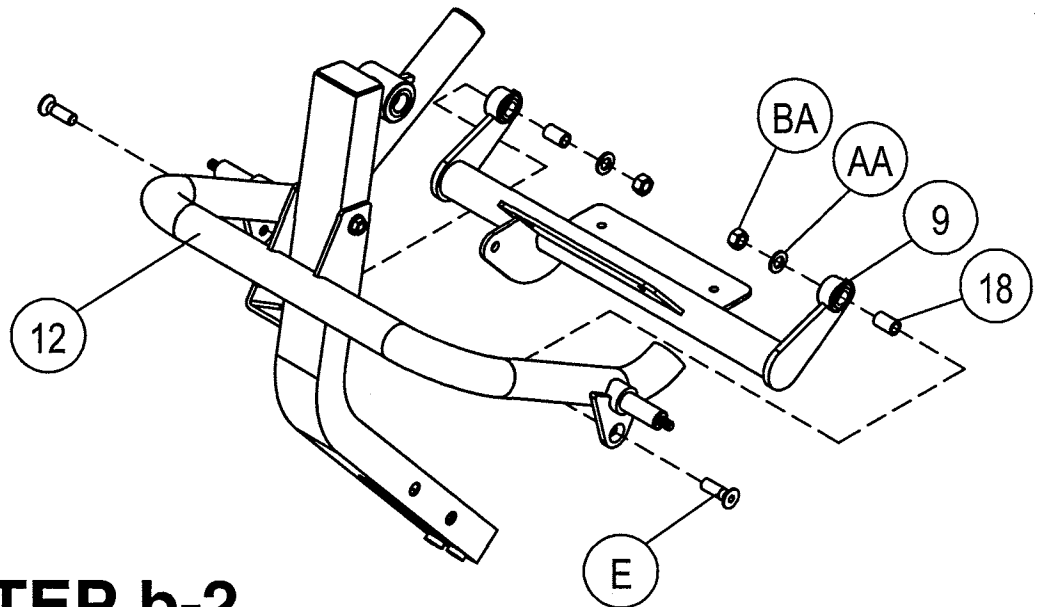
#### Hardware Descriptions

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.

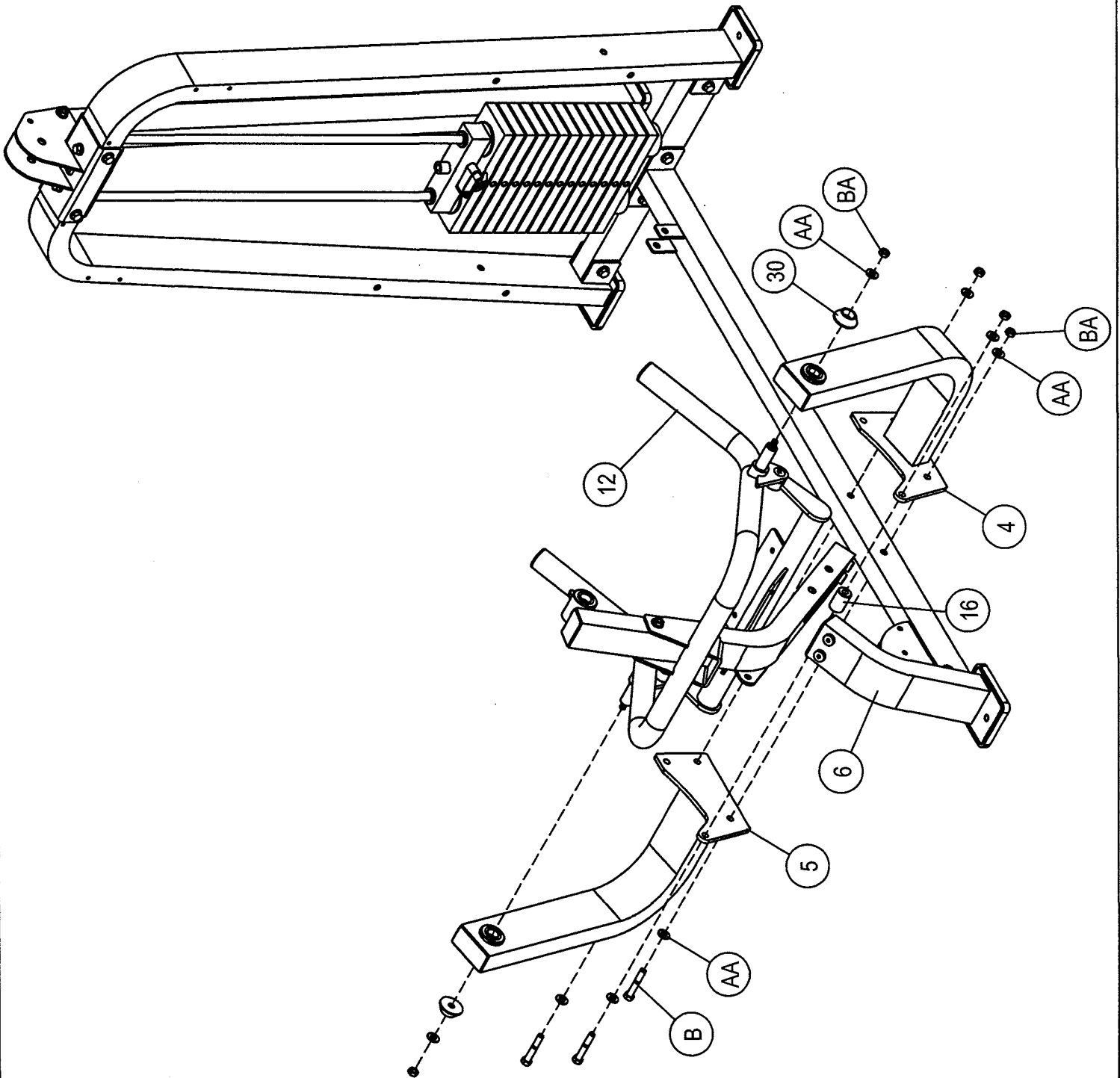
### Part Descriptions

- 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.

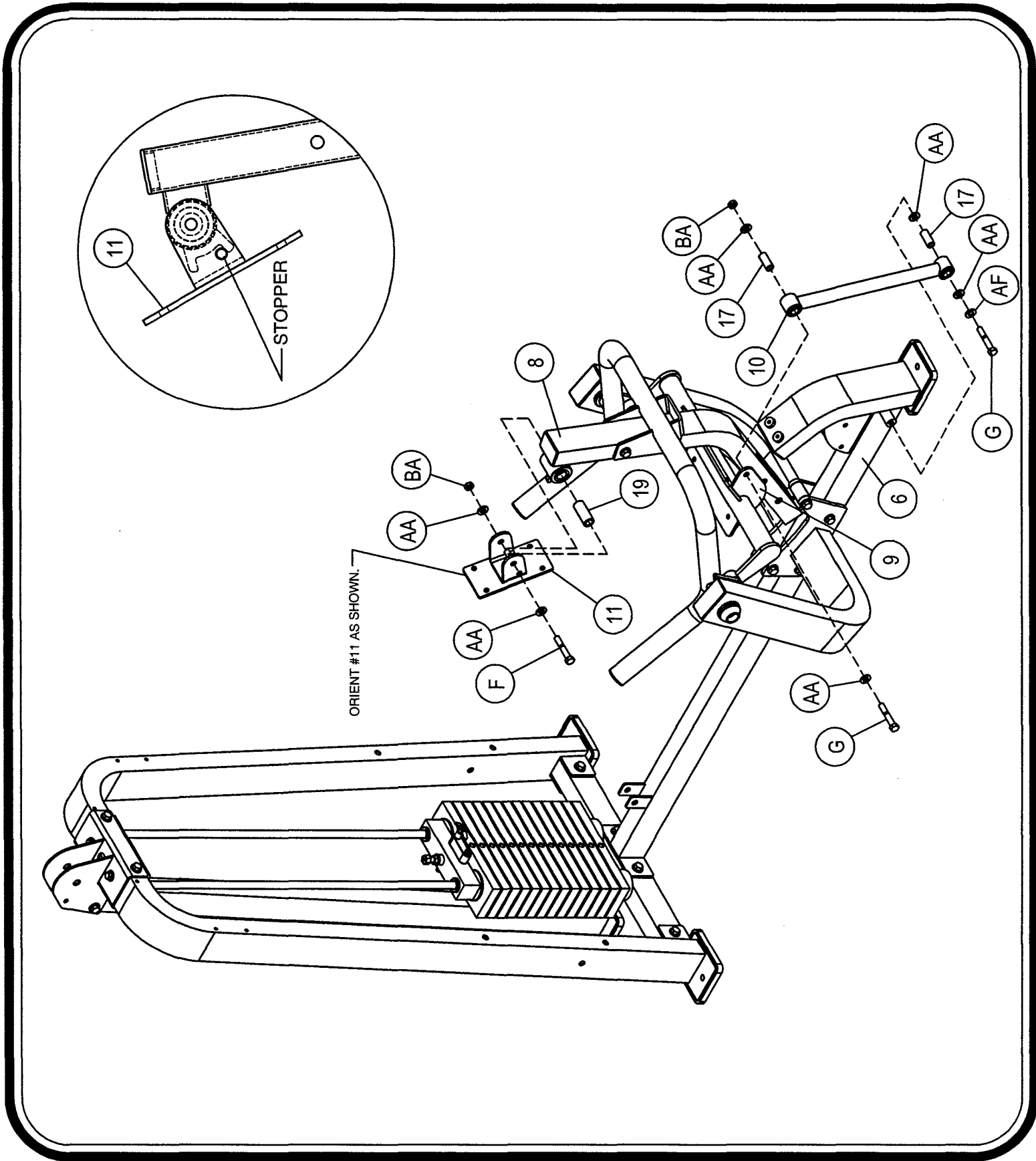
#### Part Descriptions

- 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

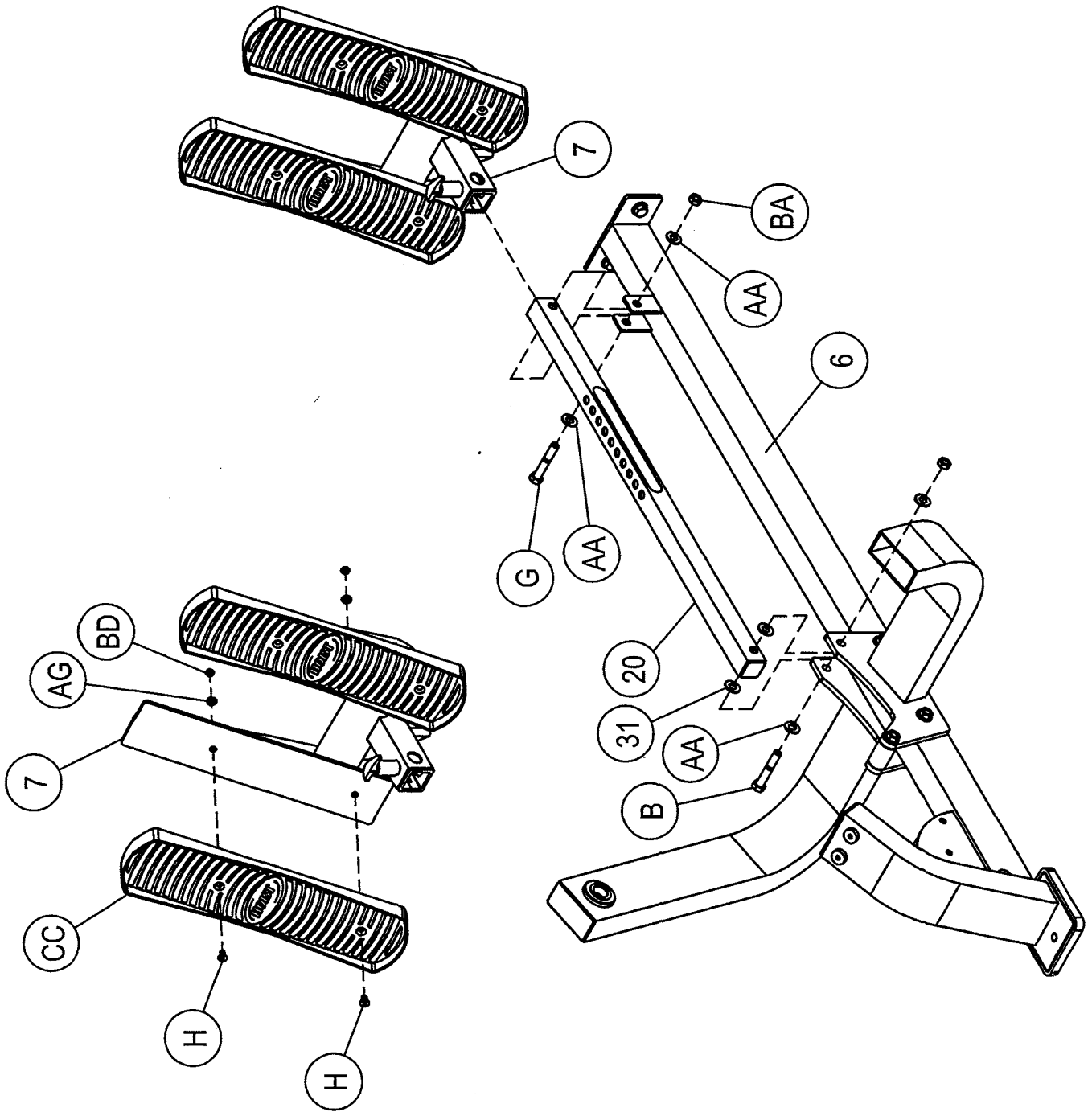
- 6 - Main Base Assembly
- 7 - Foot Mount Assembly
- 20 - Chrome Adjuster
- 31 - 0.25" x Ø.56" I.D. Aluminum Spacer

#### 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:

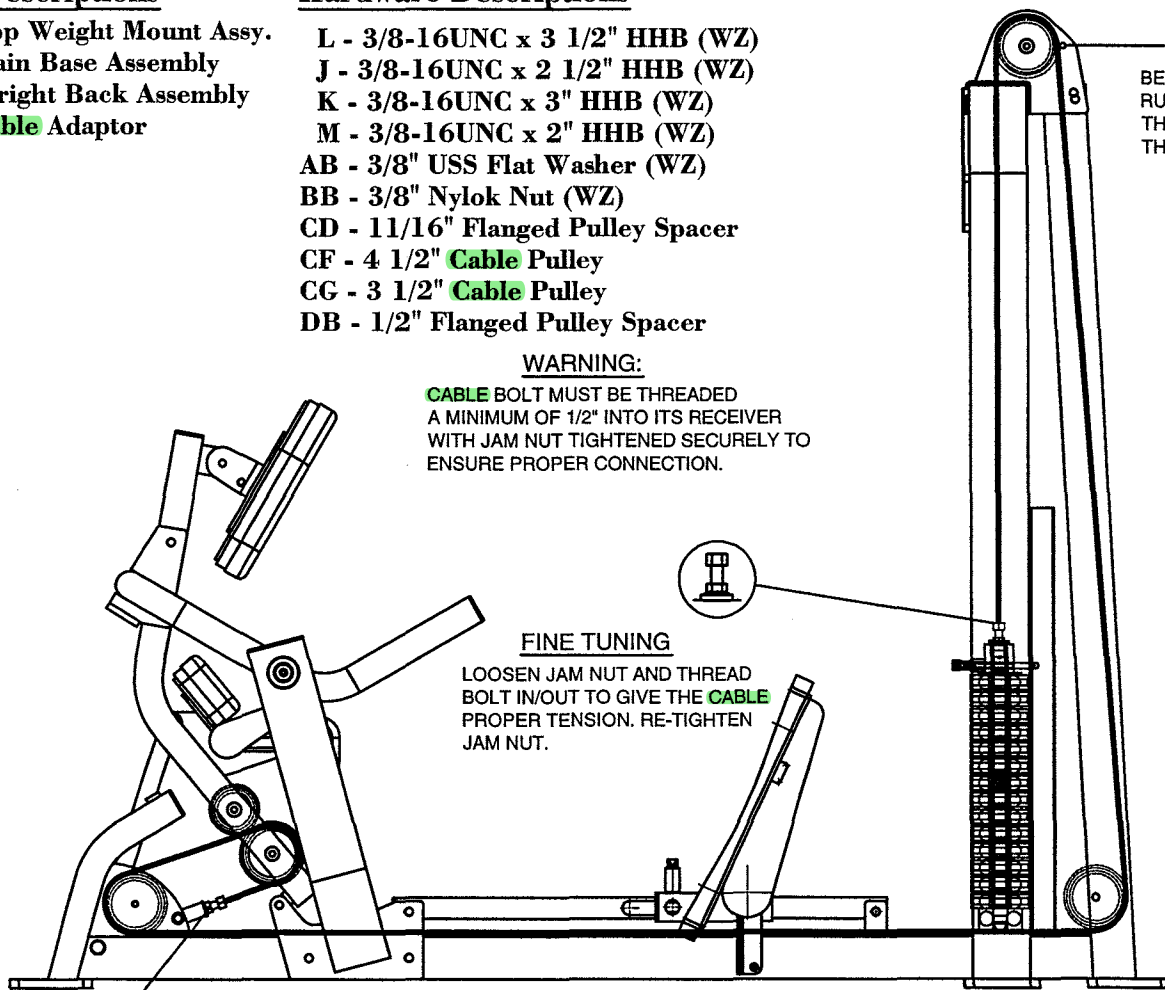
**CABLE** BOLT MUST BE THREADED A MINIMUM OF 1/2" INTO ITS RECEIVER WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

#### FINE TUNING

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

#### NOTE:

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



207 [5257.80mm]

(CY)

3/16" SINGLE SHANK BALL

1/2-13 NC SERRATED  
FLANGED LOCK NUT

1/2-13 NC SERRATED  
FLANGED LOCK NUT

3/16" SINGLE SHANK BALL

0.13

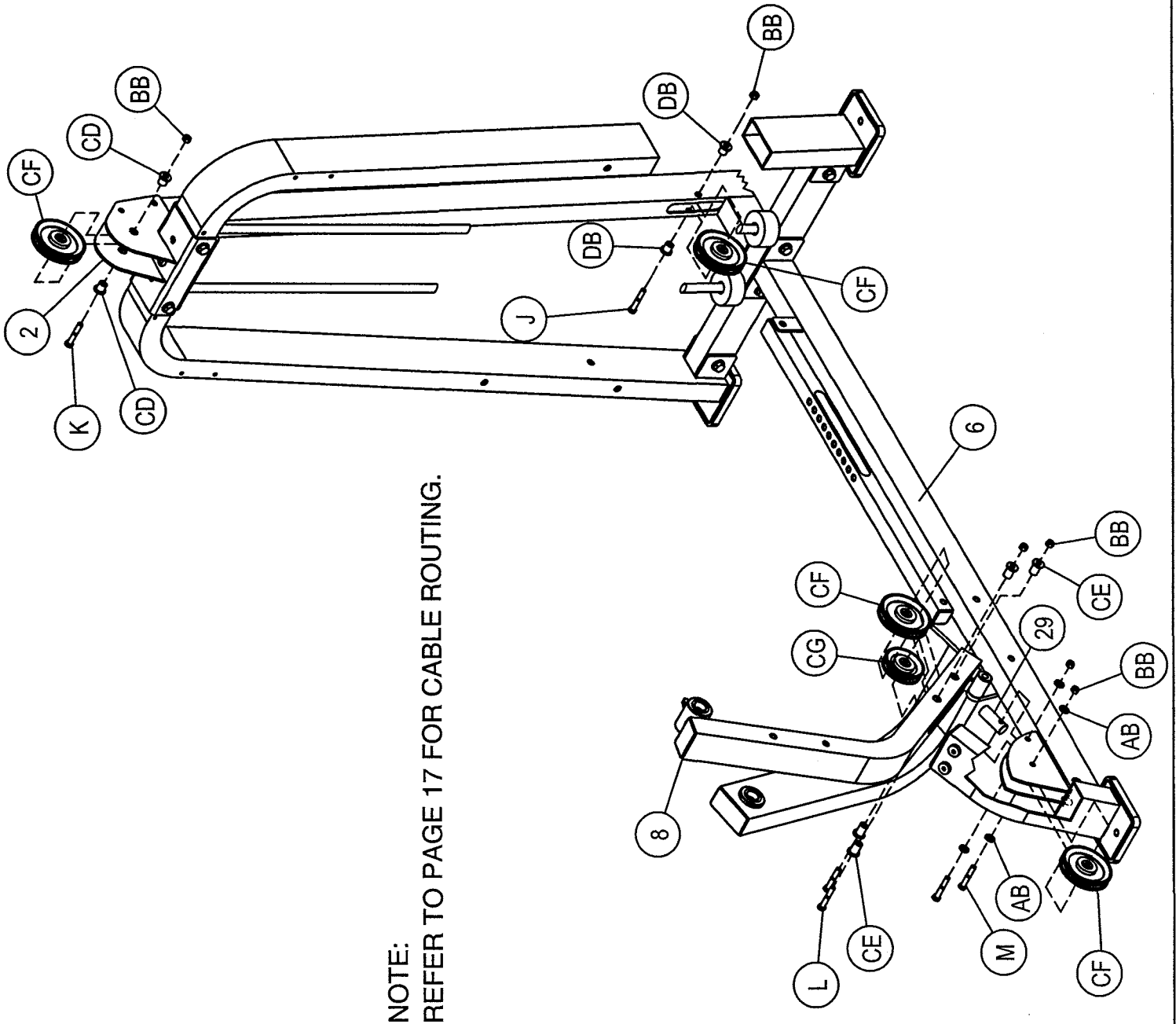
3/16" PRE-STRETCH **CABLE**  
COATED BLACK TO 1/4"  
MIL-SPEC GF1887903

0.13

#### 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.

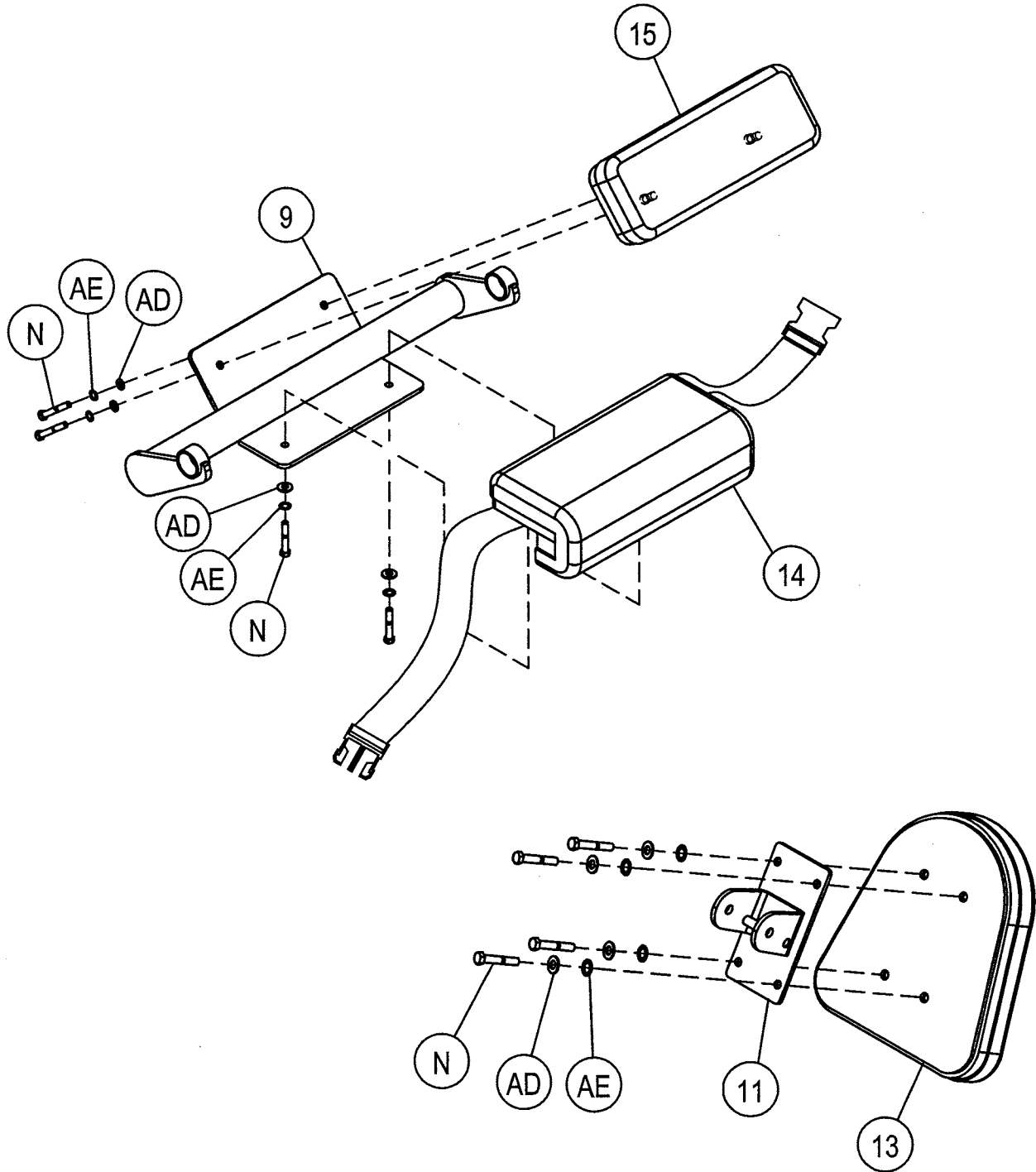
### Part Descriptions

- 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.

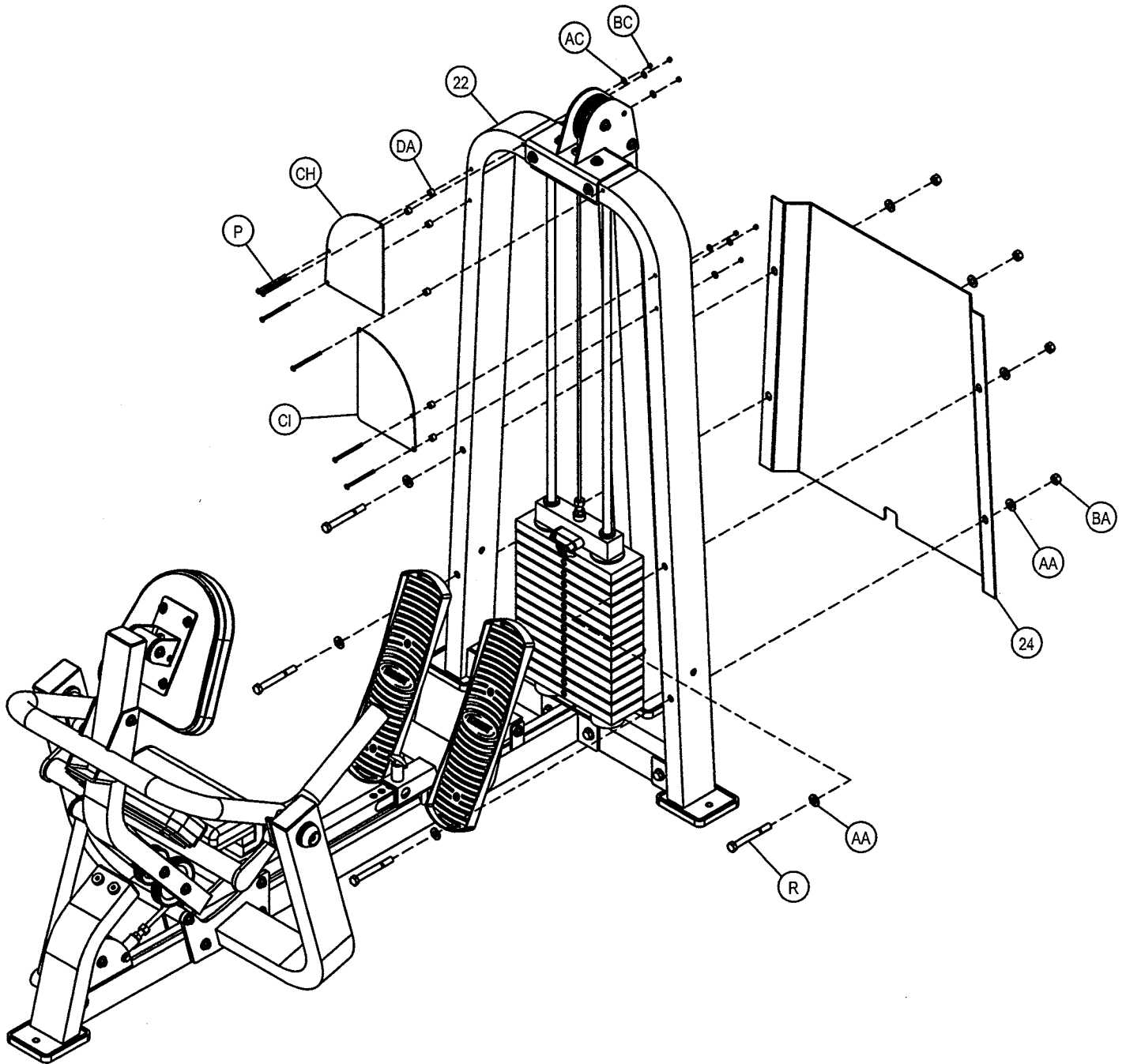
### Part Descriptions

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

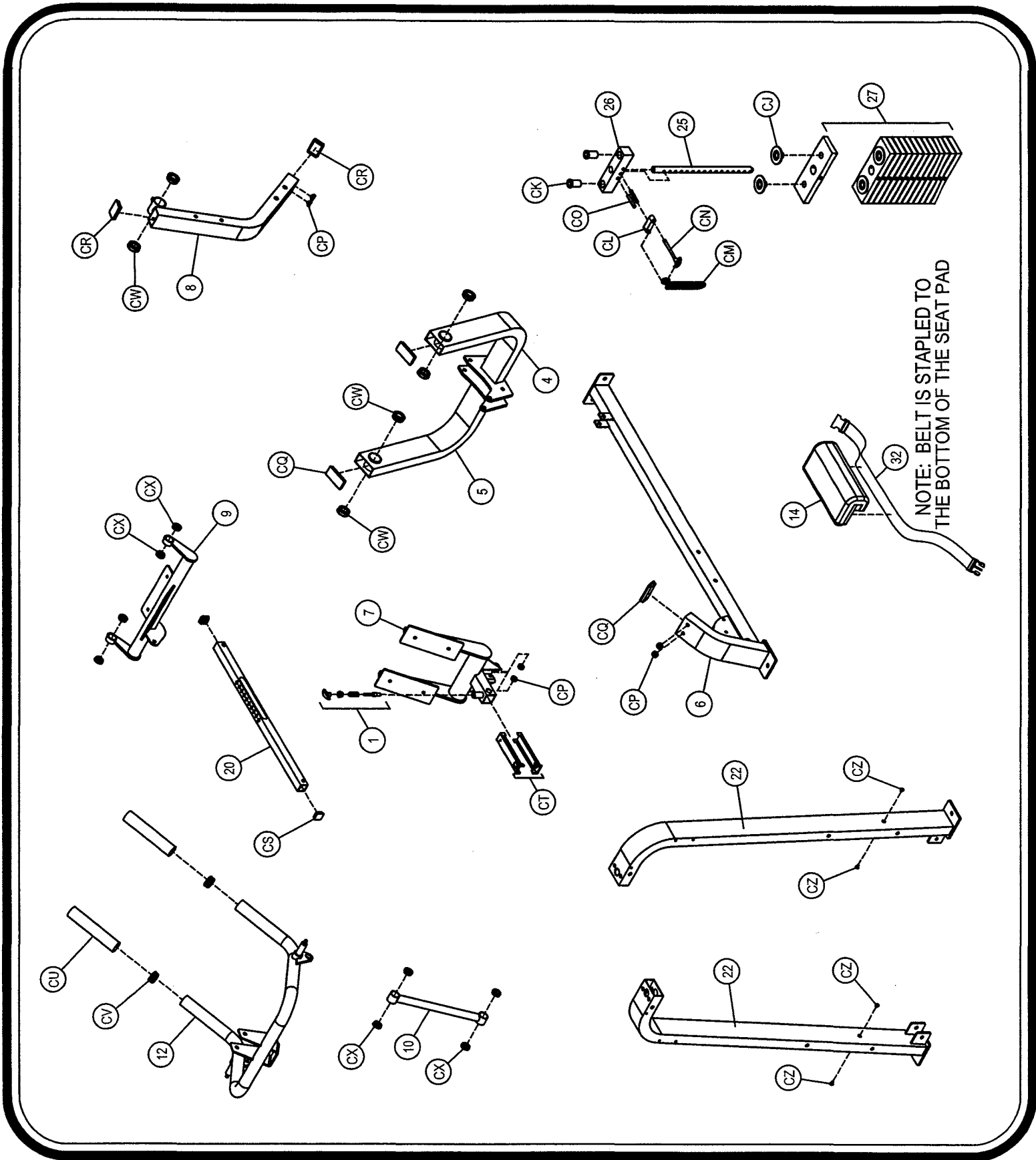
- 1 - 1/2" Short Pullpin (Hex Head) Assy.
- 4 - Right Upright Assembly
- 5 - Left Upright Assembly
- 6 - Main Assembly
- 7 - Foot Mount Assembly
- 8 - Upright Back Assembly
- 9 - Seat Assembly
- 10 - Linkage Assembly
- 12 - Movement Arm Assembly
- 14 - Seat Pad Assembly
- 20 - Chrome Adjuster
- 22 - 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

# OWNERS MANUAL

## HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
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	1 1/16" 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

# OWNERS MANUAL

## ABBREVIATION LISTING

**BZ = Black Zinc**

**WZ = White Zinc**

**FHS = Flat Head Screw**

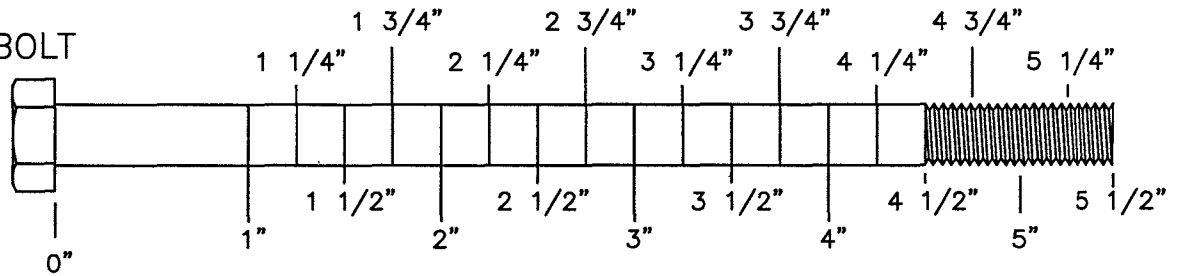
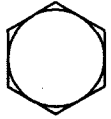
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

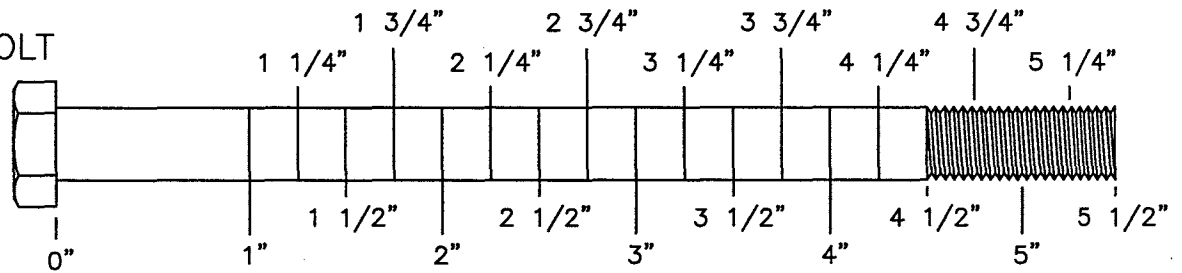
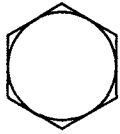
**HHB = Hex Head Bolt**

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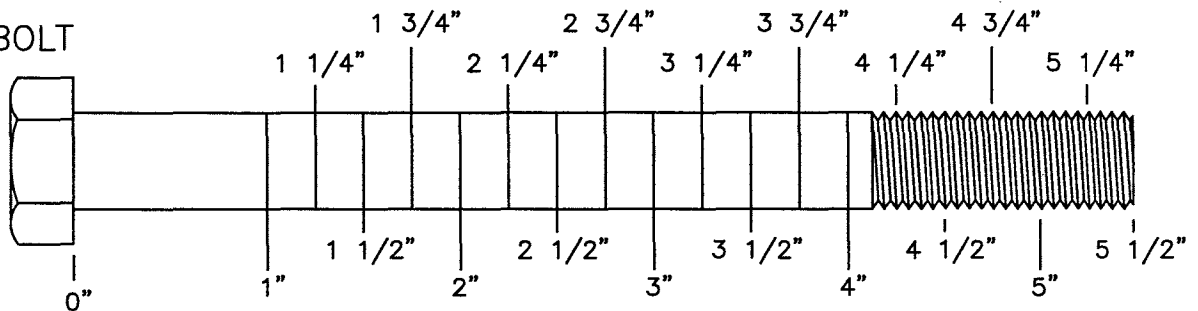
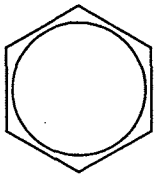
5/16" HEX BOLT



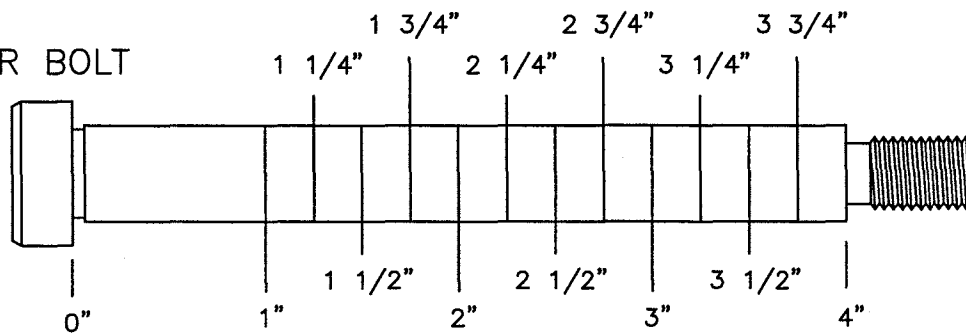
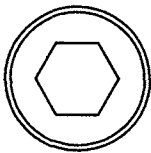
3/8" HEX BOLT



1/2" HEX BOLT

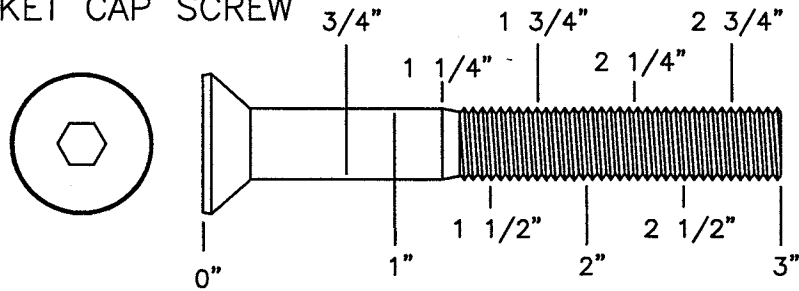


1/2" SHOULDER BOLT

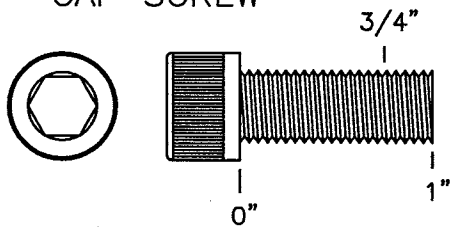


# OWNERS MANUAL

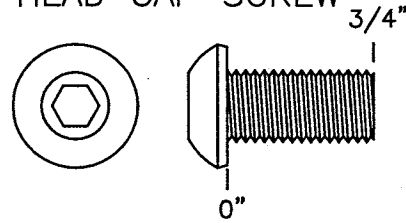
3/8" FLATHEAD  
SOCKET CAP SCREW



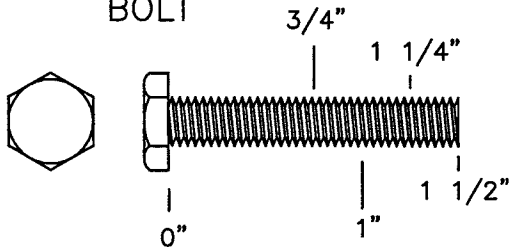
3/8" SOCKET  
CAP SCREW



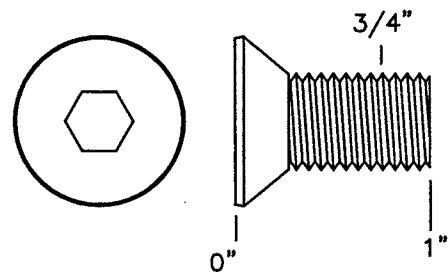
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT

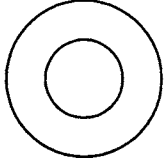


1/2" FLATHEAD  
SOCKET CAP SCREW

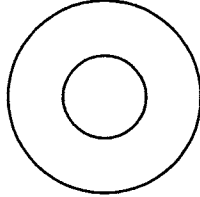


# OWNERS MANUAL

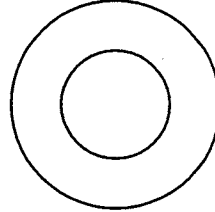
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



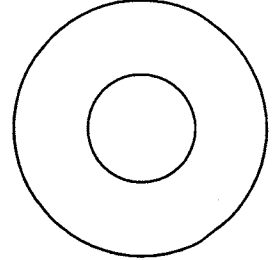
3/8"  
FLAT  
WASHER



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



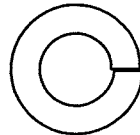
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



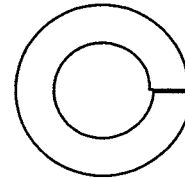
1/4"  
LOCK WASHER



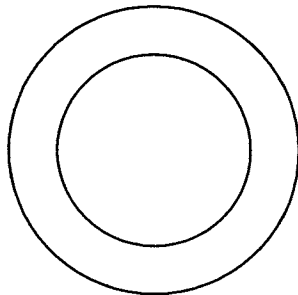
3/8"  
LOCK WASHER



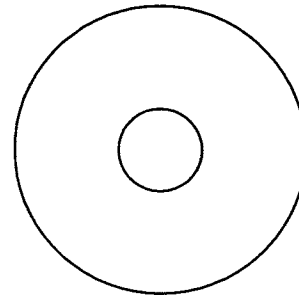
1/2"  
LOCK WASHER



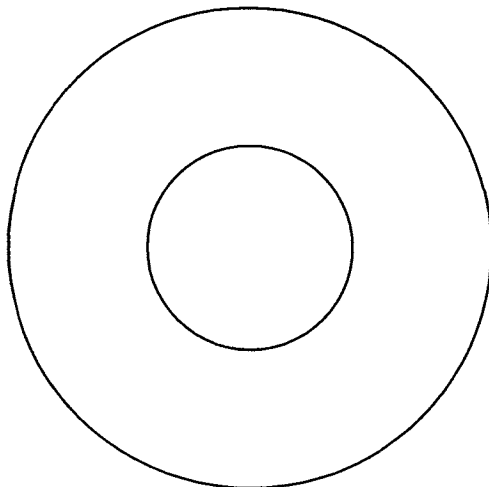
1" SHIM WASHER



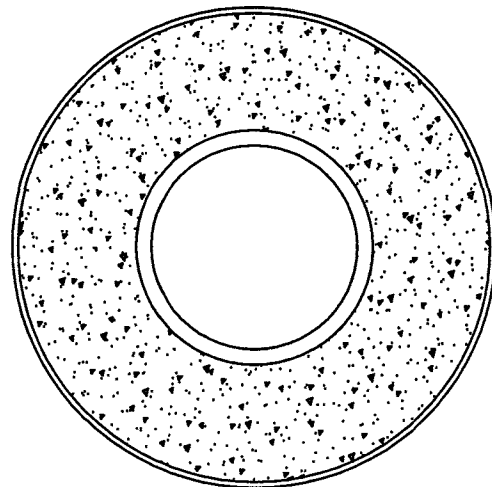
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER

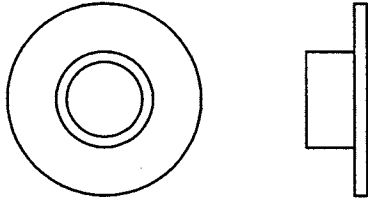


PLASTIC 1 1/16"  
FENDER WASHER

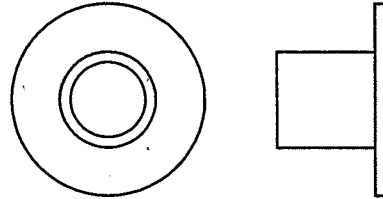


# OWNERS MANUAL

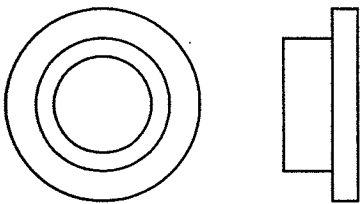
1/4" LONG  
FLANGED SPACER



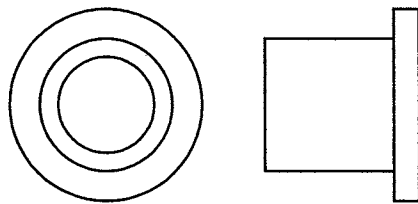
1/2" LONG  
FLANGED SPACER



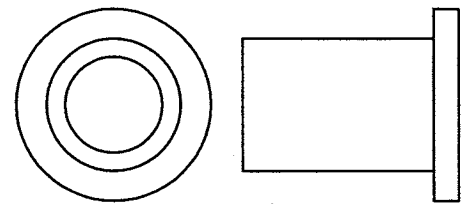
1/4" LONG HEAVY  
FLANGED SPACER



11/16" LONG HEAVY  
FLANGED SPACER



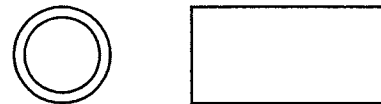
1" LONG HEAVY  
FLANGED SPACER



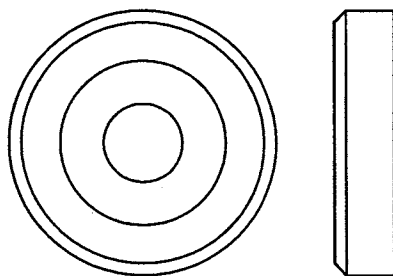
1/2" LONG  
SPACER



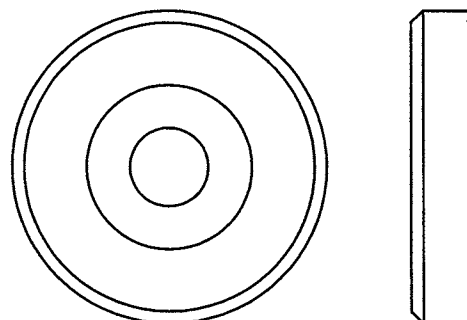
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP



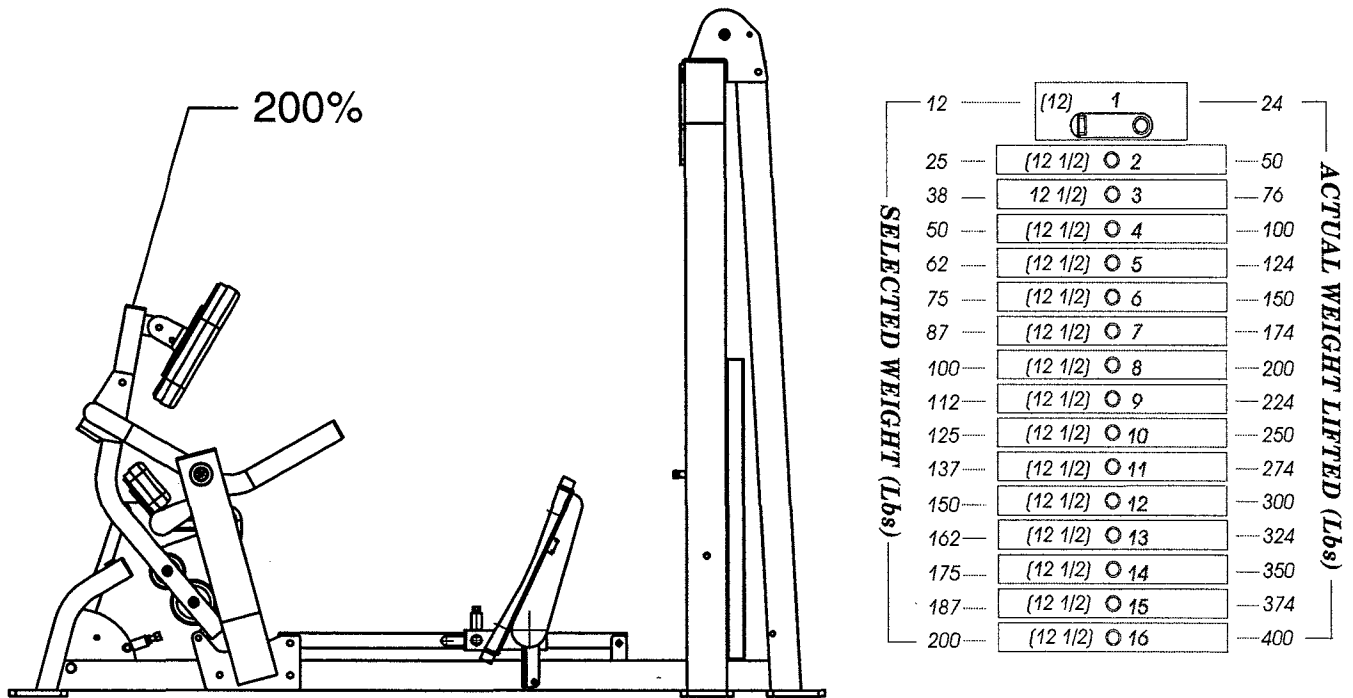
1 5/8" ALUMINUM  
FLATHEAD CAP





# 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.

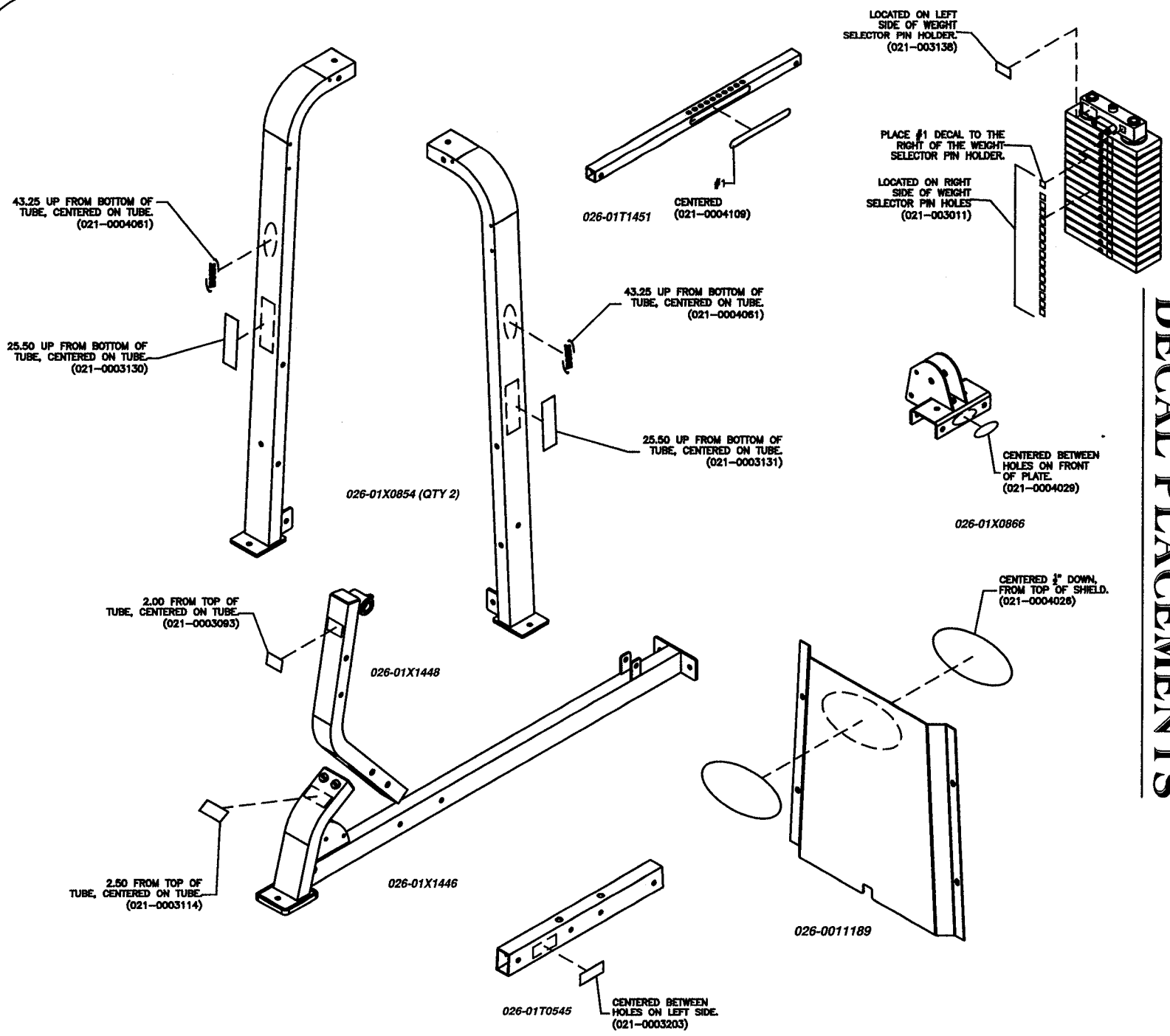
# OWNERS MANUAL

## WEIGHT TRAINING EXERCISE LOG

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

Date																																	
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W			
<b>Totals</b>																																	

# OWNERS MANUAL



DECAL PLACEMENTS

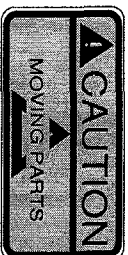
OWNERS MANUAL

# 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. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 2. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 3. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 4. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 5. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 6. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 7. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 8. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 9. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.
- 10. ALWAYS USE THE ORIGINAL EQUIPMENT PARTS.

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 Slides, Trolley Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Bolts and Connecting Parts					X

021-0003131

**NOTICE**



OWNERS  
MANUAL

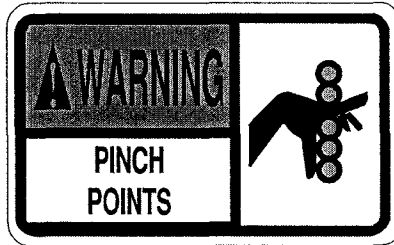
DECAL REFERENCE



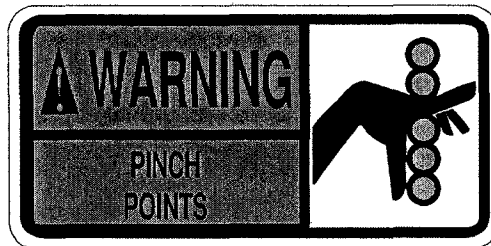
021-0004026



021-0004029



021-0003138



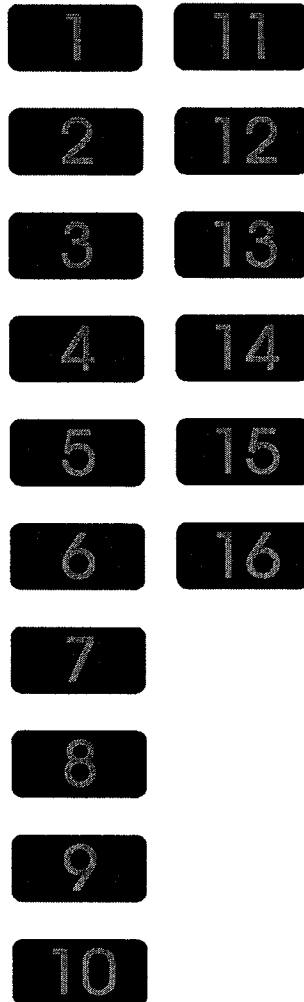
021-0003114

# 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; <b>Cables</b> 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; <b>Cables</b> , 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, 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](http://www.hoistfitness.com)

**PLEASE KEEP THIS FOR YOUR RECORDS**