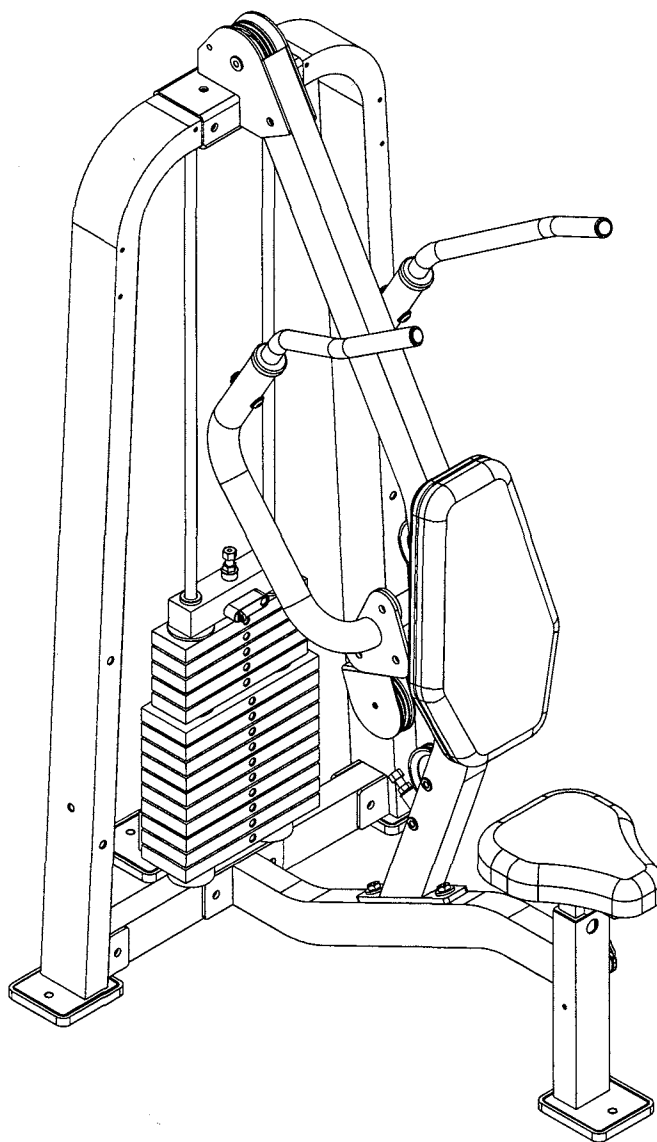


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HS1310

AB



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

July 2003

OWNERS M A N U A L

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Step 1

INSTRUCTIONS

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

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

TOOLS REQUIRED

Socket Wrench

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

3/4" Open End Wrench

Allen wrench Set

Crescent Wrench

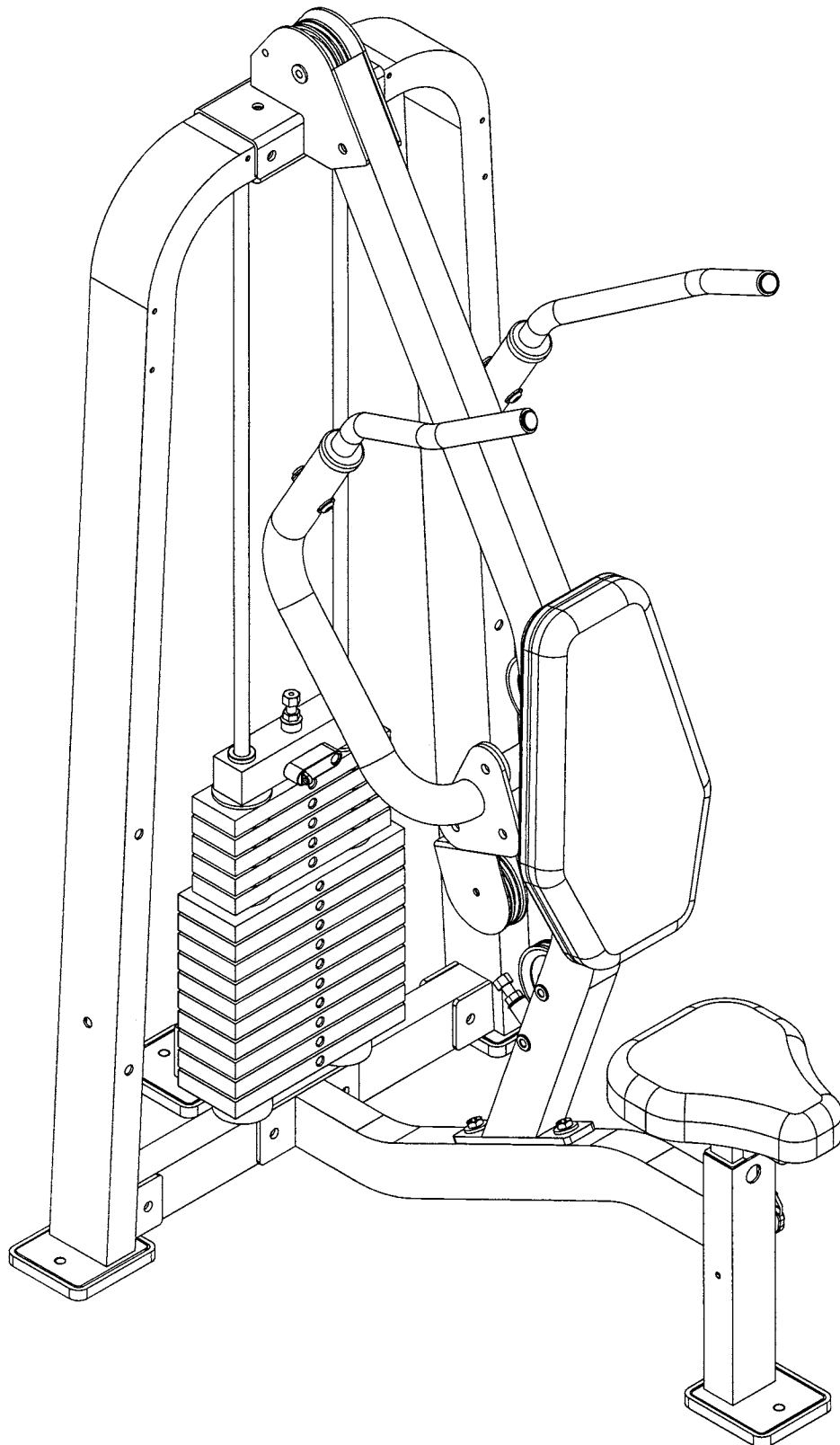
Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a

FRAME ASSEMBLY

Start assembly by attaching both (10)'s to (24). Attach (9) to both (10)'s. Then attached (4) and (5) to (24). Hand Tighten bolts. Bolts will be Wrench Tighten later in the assembly.

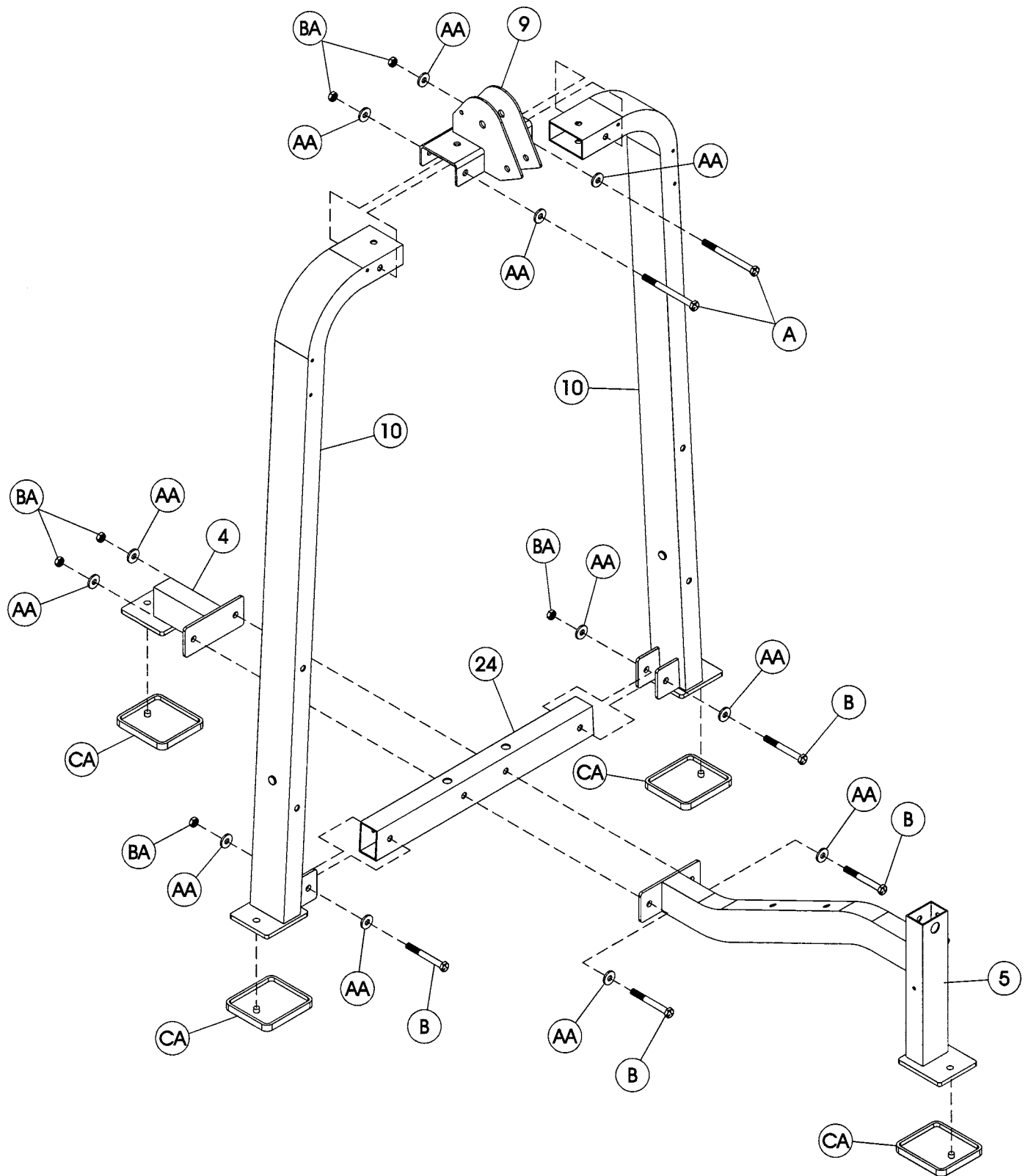
Part Descriptions

4 - Rear Tie
5 - Base Assembly
9 - Top Pulley Mount
10 - Weight Frame Upright
24 - Weight Stack Mount

Hardware Descriptions

A - 1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
AA - 1/2" SAE Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad

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Step 2b

FRAME ASSEMBLY

Continue assembly by sliding (19) through (CC) and slide them both into (24). Tilt both (19)'s forward enough to allow room to slide the Weight Plates on. Slide all 10 (25)'s and all 5 (26)'s onto both (19)'s. Now slide (27) onto both (19)'s. Slide (23) over both (19)'s. Angle both (19)'s vertical and secure (23) to both (9) and (10). Secure both (19)'s to (23) using set screw (S). Wrench Tighten all bolts on the machine at this point.

Part Descriptions

9 - Top Pulley Mount
10 - Weight Frame Upright
19 - Guide Rod
23 - Guide Rod Top Mount
24 - Weight Stack Mount
25 - 12 1/2 lb. Intermediate Plate
26 - 8 1/4 lb. Intermediate Plate
27 - 8 1/4 lb. Top Weight

Hardware Descriptions

C - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
S - 5/16"-18UNC x 5/16" Socket Set Screw (WZ)
AA - 1/2" SAE Flat Washer
BA - 1/2" Nylok Nut
CC - Weight Stack Bumper

This diagram illustrates the assembly of a mechanical device, likely a pump or a valve actuator. The main components are shown in an exploded view, with dashed lines indicating their relative positions and assembly paths. The parts are labeled with numbers and letters:

- 9**: A curved arm or lever.
- 10**: A vertical support or guide.
- 24**: A base plate or mounting bracket.
- 23**: A small rectangular plate or bracket.
- 27**: A vertical rod or shaft.
- 26**: A stack of horizontal plates or a piston assembly.
- 25**: A vertical support or guide.
- 19**: A vertical rod or shaft.
- CC**: A small cylindrical component, possibly a pin or a bush.
- AA**: A small circular component, possibly a washer or a seal.
- BA**: A small circular component, possibly a washer or a seal.
- S**: A small circular component, possibly a washer or a seal.
- C**: A small cylindrical component, possibly a pin or a bush.

The diagram shows the assembly of the main body (9, 10, 24) and the internal mechanism (23, 27, 26, 25, 19, CC, AA, BA, S). The internal mechanism is shown in a cross-sectional view, revealing the internal components and their arrangement.

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Step 2c

FRAME ASSEMBLY

Continue assembly by attaching the top of (3) to (9) and the bottom of (3) to (5). Wrench Tighten bolts.

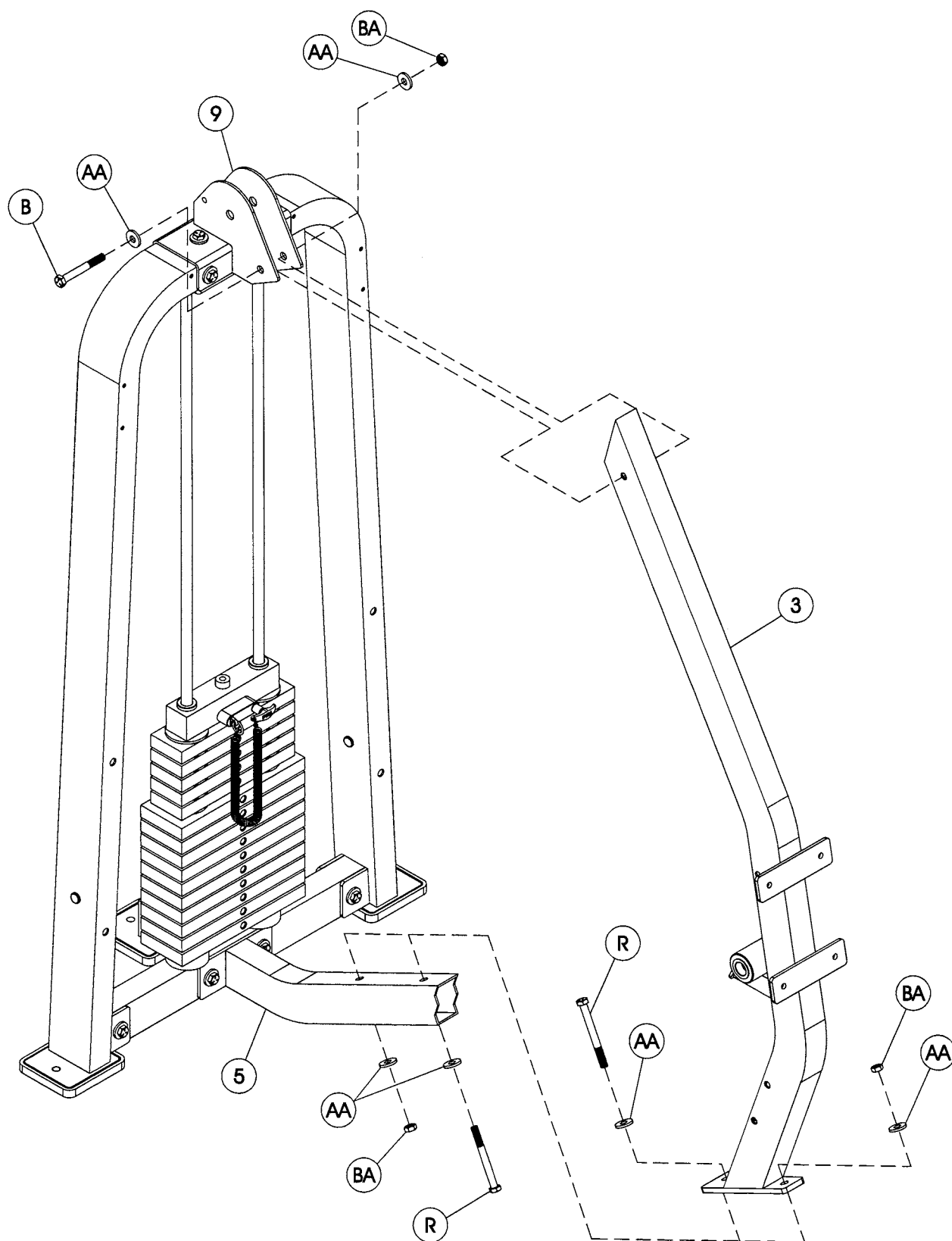
Part Descriptions

3 - Middle Upright
5 - Base Assembly
9 - Top Pulley Mount

Hardware Descriptions

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

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Step 2d

FRAME ASSEMBLY

Continue assembly by attaching (14) to (12), and (13) to (15). Slide (21) into (3). Then attach (12) and (15) to (16) and (21). Wrench Tighten bolts. NOTE: If the Arm Assembly does not swing freely. Turn back the bolt for the Axle enough so that the Arm Assembly can swing freely.

Part Descriptions

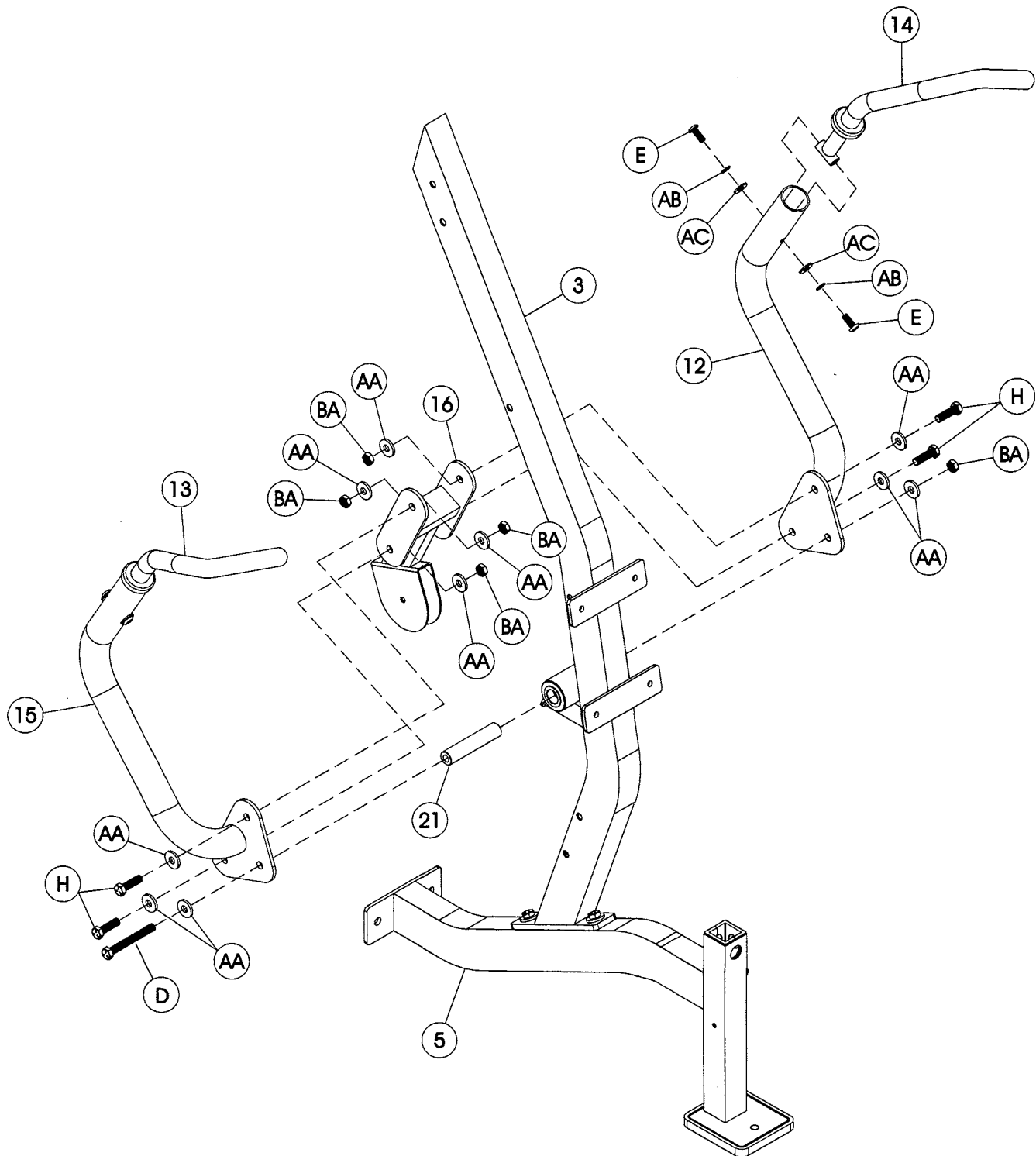
3 - Middle Upright
5 - Base Assembly
12 - Arm Assembly (Left)
13 - Handle Assembly (Right)
14 - Handle Assembly (Left)
15 - Arm Assembly (Right)
16 - Arm to Arm Tie
21 - 1"Dia. x 4 3/4"lg. Axle

Hardware Descriptions

D - 1/2"-13UNC x 5 3/4" Hex Head Bolt (WZ)
E - 3/8"-16UNC x 3/4" Button Head Bolt (WZ)
H - 1/2"-13UNC x 1" Hex Head Bolt (WZ)
AA - 1/2" USS Flat Washer
AB - 3/8" Internal Tooth Lock Washer
AC - SAE 3/8" Flat Washer
BA - 1/2" Nylok Nut

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***NOTE: REPEAT ASSEMBLY
ON BOTH SIDES.**



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Step 2f

P U L L E Y A S S E M B L Y

The following page shows each pulleys location and the hardware used to install it. When installing each pulley, refer to the **Cable** Installation diagram on page 16 to ensure the **cable** is routed properly around each pulley and is on the correct side of any **cable** guard pins or bolts. *Wrench Tighten* all bolts.

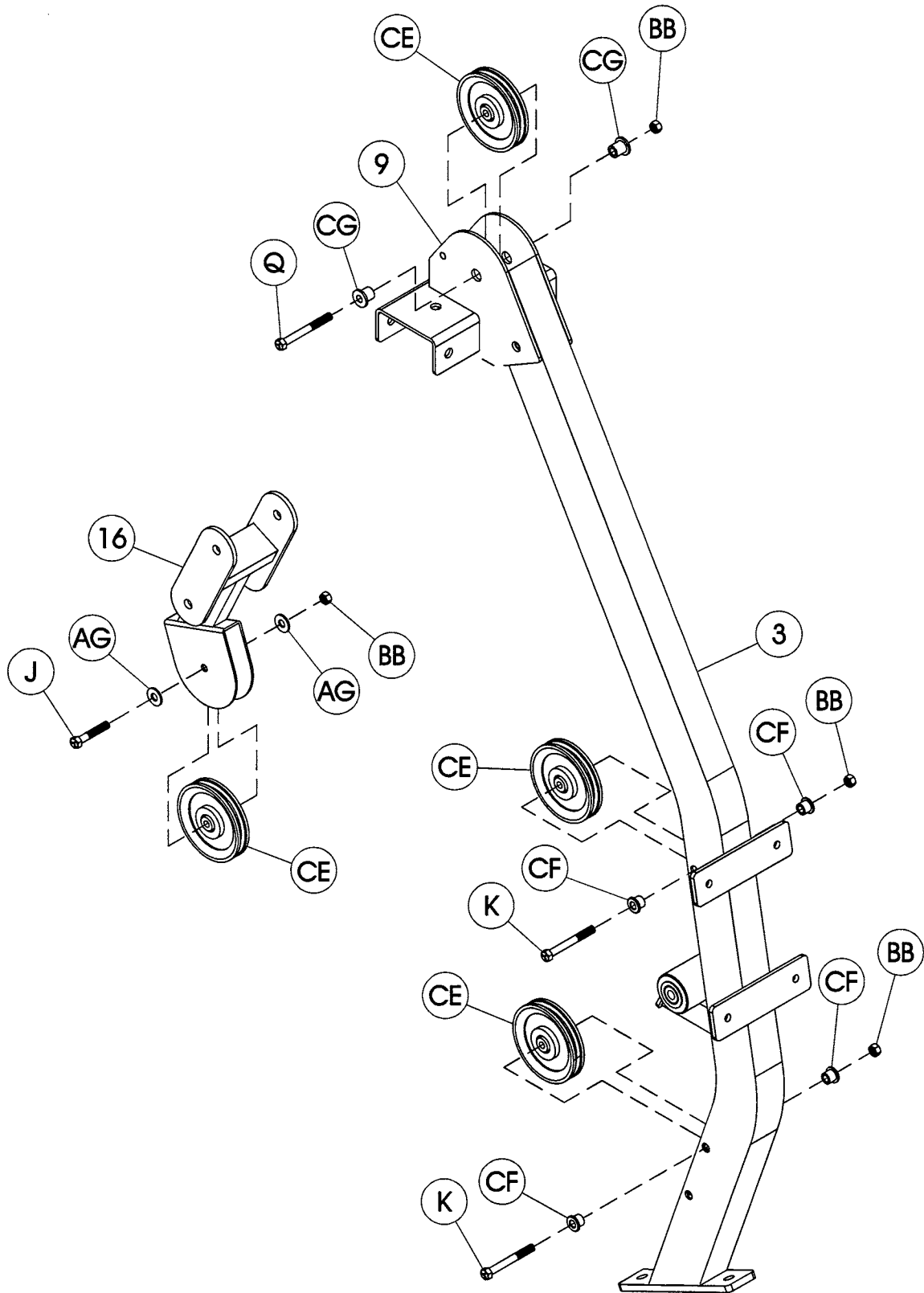
Part Descriptions

3 - Middle Upright
9 - Top Pulley Mount
16 - Arm to Arm Tie

Hardware Descriptions

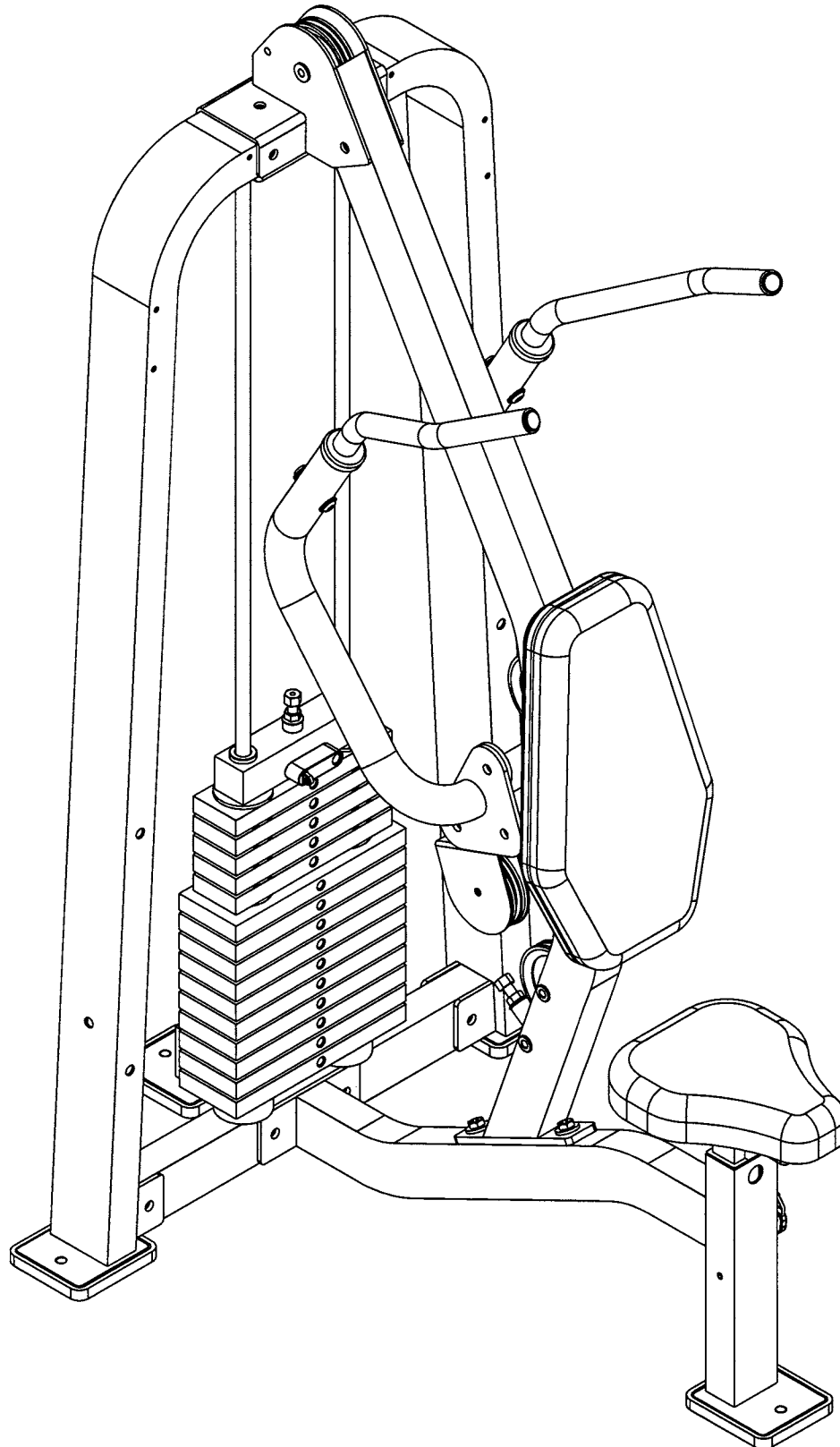
J - 3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
K - 3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
Q - 3/8"-16UNC x 3" Hex Head Bolt (WZ)
AG - 3/8" USS Flat Washer
BB - 3/8" Nylok Nut
CE - 4 1/2" Pulley
CF - 1/2" Flanged Spacer
CG - 11/16" Flanged Space

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CABLE INSTALLATION



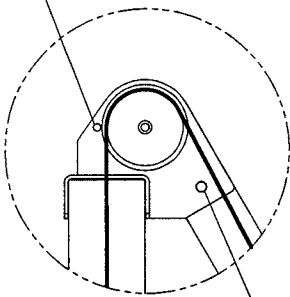
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Step 2g

CABLE # 1 ASSEMBLY

NOTE:

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



NOTE:

BE SURE **CABLE** RUNS UNDER TOP SIDE OF FRAME BOLT.

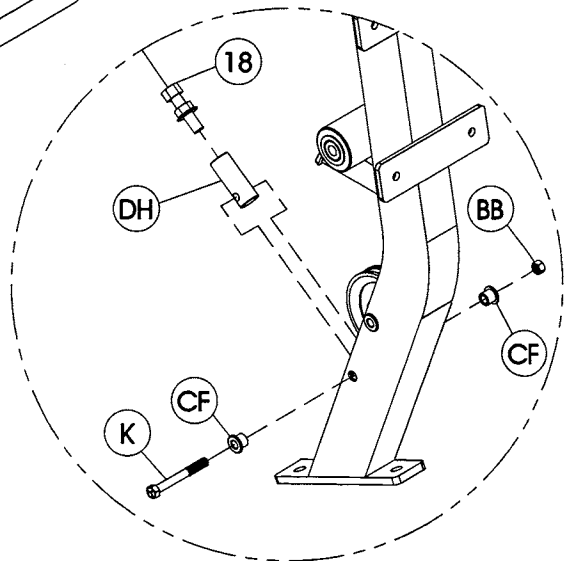


FINE TUNING:

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

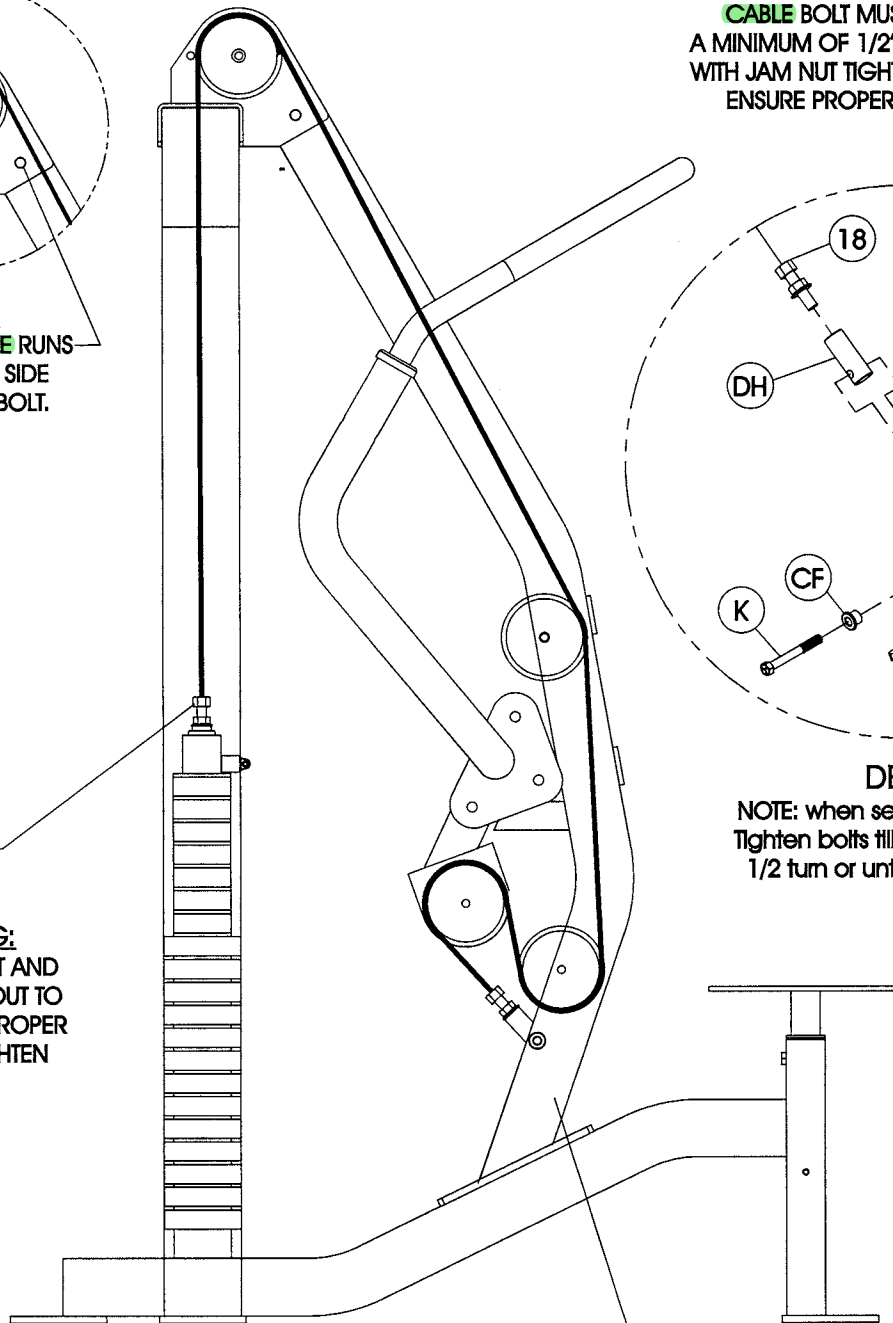
WARNING:

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

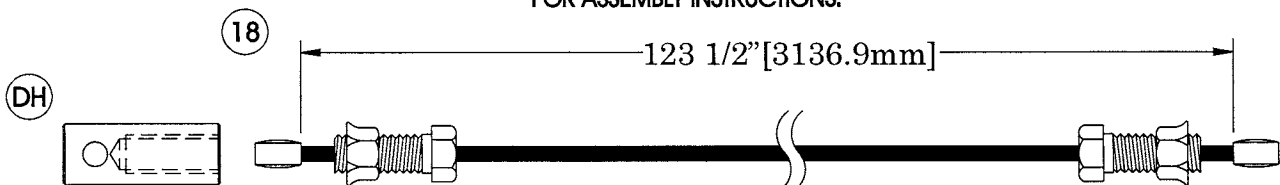


DETAIL A

NOTE: when securing (DH), Wrench Tighten bolts till snug, then back off 1/2 turn or until (DH) swings freely.



SEE DETAIL A FOR ASSEMBLY INSTRUCTIONS.



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Step 2j

UPHOLSTERY ASSEMBLY

Continue assembly by attaching (30) to (3). Attach (29) to (2), then slide (2) into (5). *Wrench Tighten* bolts.

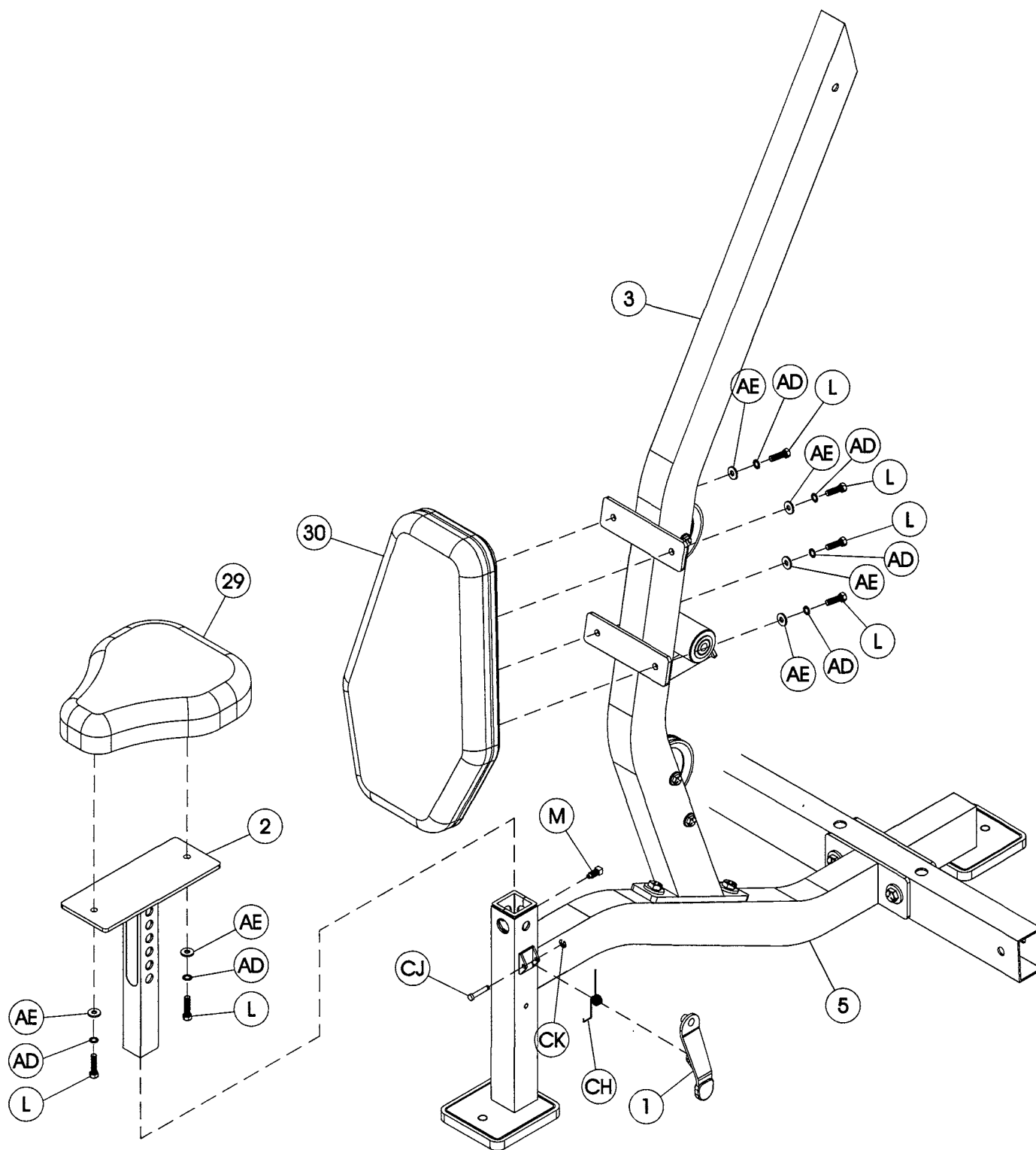
Part Descriptions

2 - Seat Adjuster
3 - Middle Upright
5 - Base Assembly
29 - Seat Assembly
30 - Back Pad Assembly

Hardware Descriptions

L - 5/16"-18UNC x 1 1/4" Hex Head Bolt (WZ)
M - Square Head Set Screw
AD - 5/16" Internal Tooth Lock Washer
AE - 5/16" USS Flat Washer
CH - Latch Spring
CJ - Latch Pin
CK - C-Clip

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Step 2k

FRAME ASSEMBLY

Finish assembly by attaching (28) to both (10)'s. Then attach (CM) to (10). Repeat assembly for (CN). *Wrench Tighten* bolts.

IMPORTANT

Now that the HS1310 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the Guide Rods are perpendicular in both directions. If they are not perpendicular in both directions. It will be necessary to loosen some Frame hardware to re-align the Frame and re-tighten bolts.

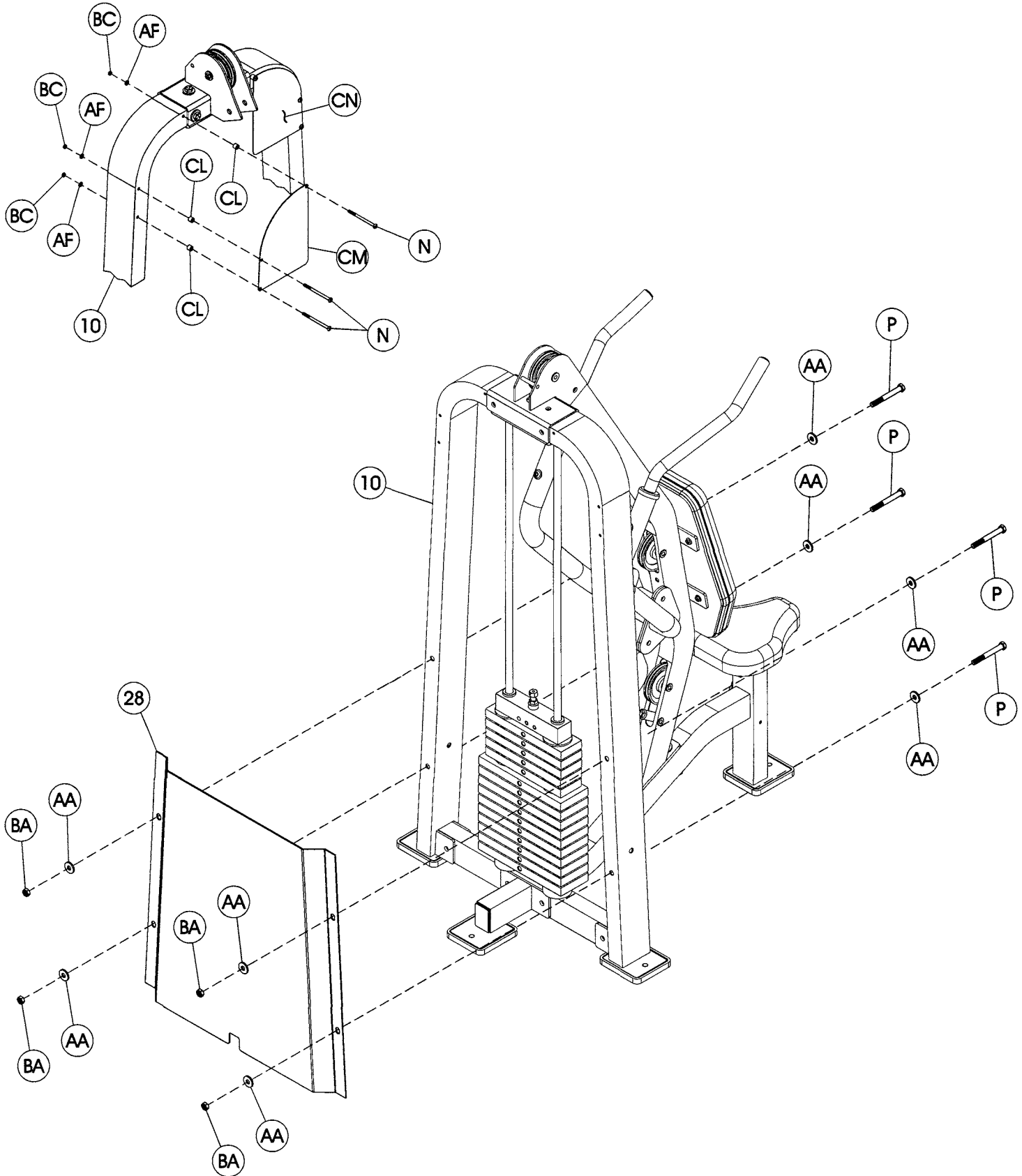
Part Descriptions

10 - Weight Frame Upright
28 - Weight Stack Shield

Hardware Descriptions

N - 1/4"-24UNF x 5" Button Head Screw (WZ)
P - 1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ)
AA - 1/2" SAE Flat Washer
AF - 1/4" SAE Flat Washer
BA - 1/2" Nylok Nut
BC - 1/4" Nylok Nut
CL - .40"lg. Spacer
CM - HS1310 Placard (Right)
CN - HS1310 Placard (Left)

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Step 21

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

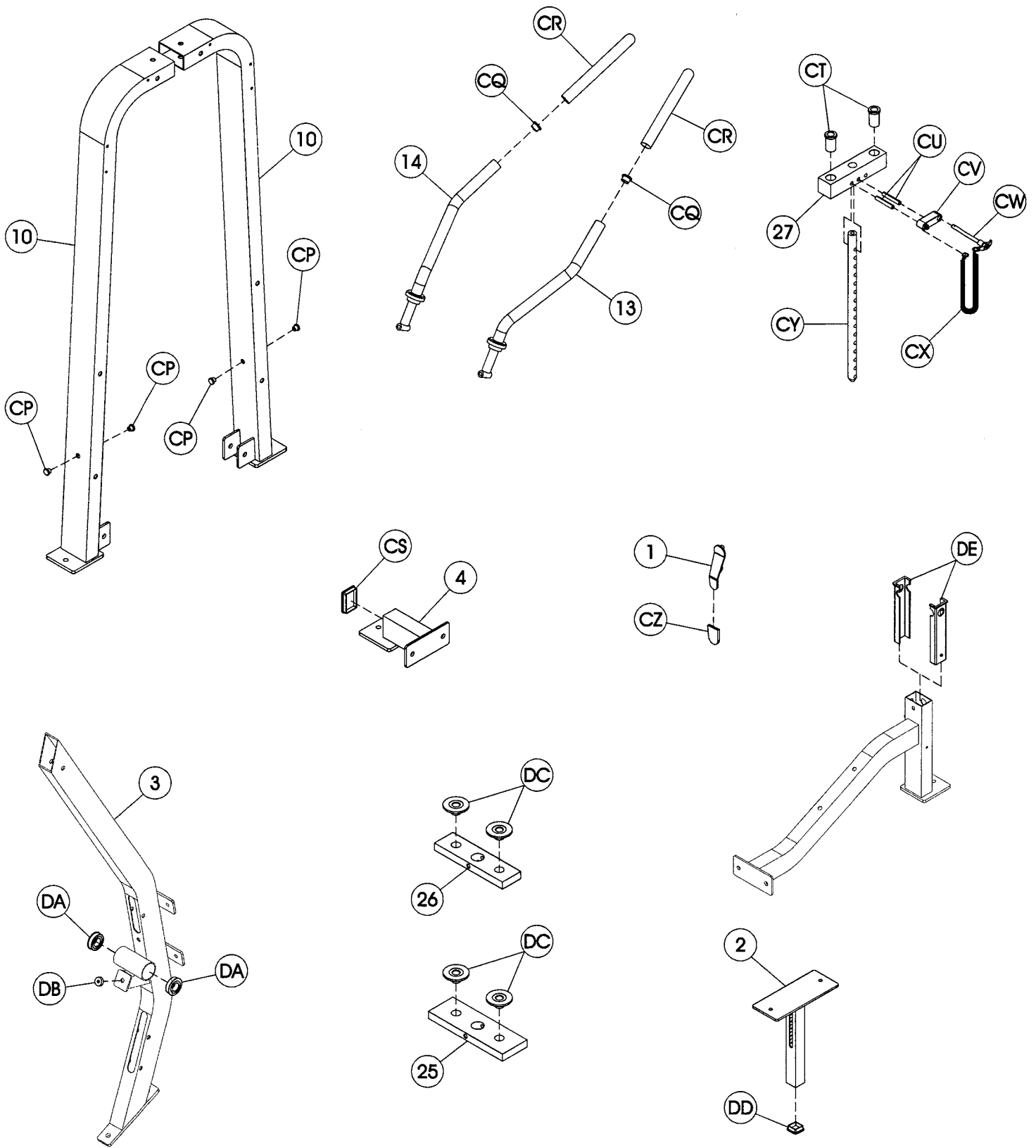
Part Descriptions

1 - Latch Assembly
2 - Seat Adjuster
3 - Middle Upright
5 - Base Assembly
10 - Weight Frame Upright
13 - Handle Assembly (Right)
14 - Handle Assembly (Left)
25 - 12 1/2 lb. Intermediate Plate
26 - 8 1/4 lb. Intermediate Plate
27 - 8 1/4 lb. Top Weight

Hardware Descriptions

CP - Plug
CQ - 1 1/4" Dia. End Cap
CR - Closed End Black Foam Grip
CS - 2" x 3" End Cap
CT - Guide Rod Bushing
CU - 7/16" Dia. x 2 3/4" lg. Roll Pin
CV - Lanyard/Selector Pin Standoff
CW - Selector Pin
CX - Lanyard Coil
CY - 16 Plate Selector Stem
CZ - Rubber Thumb Latch
DA - 1" Flanged Ball Bearing
DB - Plug Bumper
DC - Bushing
DD - 1 1/2" x 2 1/2" End Cap
DE - EZ Glide Sleeves.

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PART LISTING

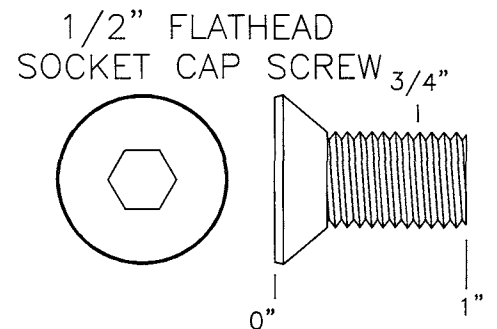
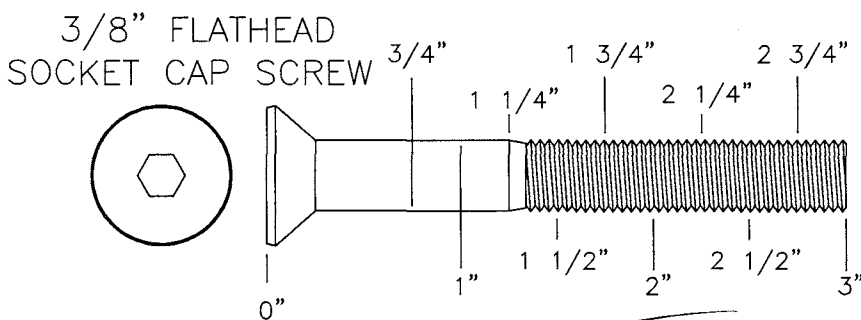
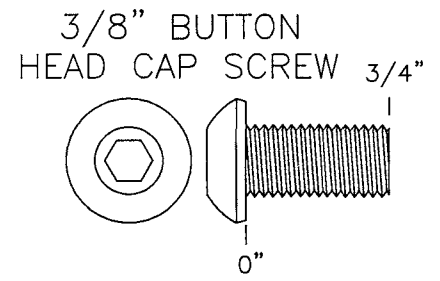
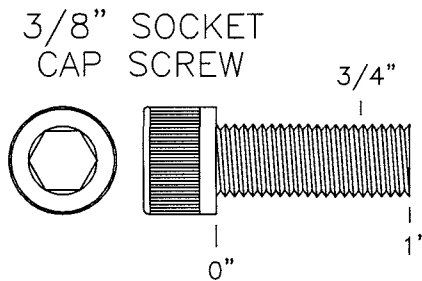
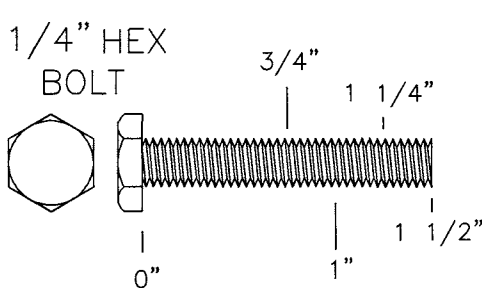
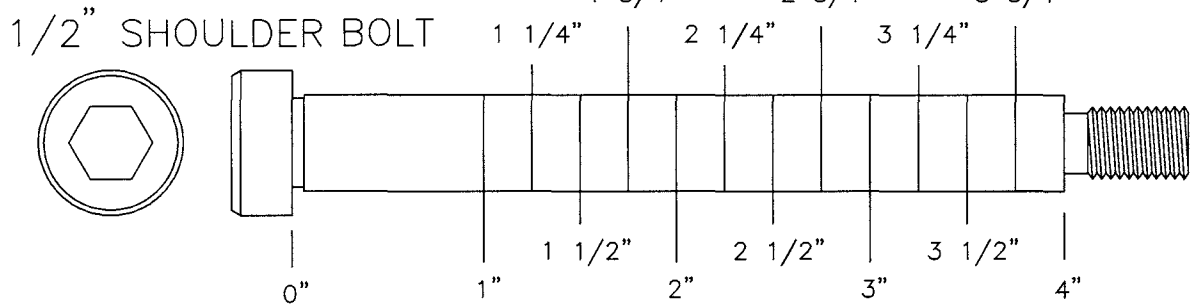
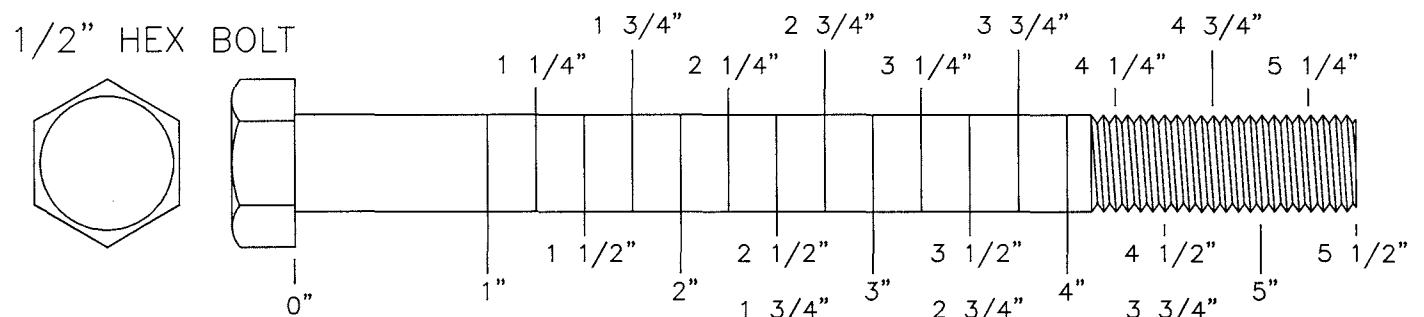
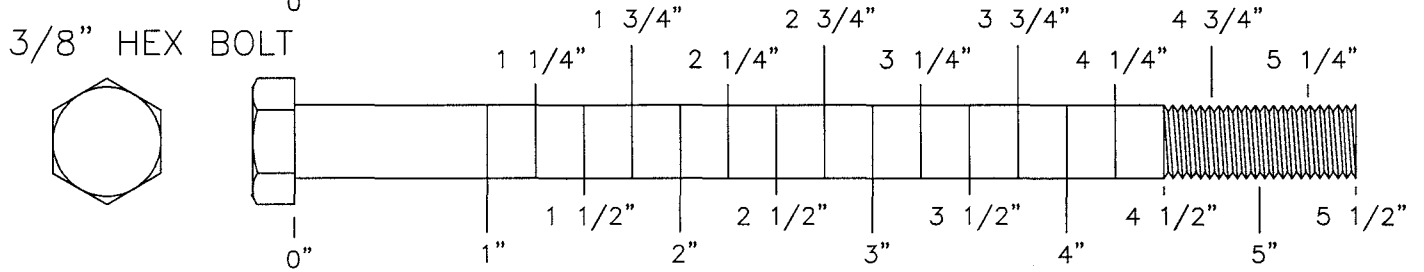
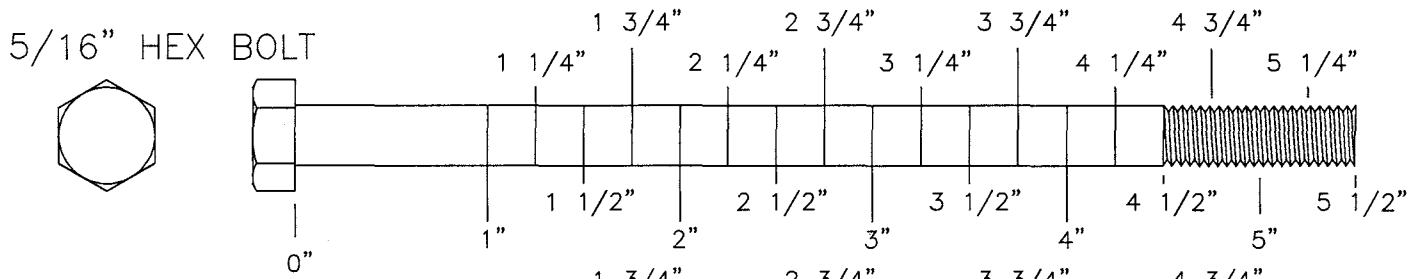
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0158	Latch Assembly
2	1	026-01X1476	Seat Adjuster
3	1	026-01X1473	Middle Upright
4	1	026-01X0817	Rear Tie
5	1	026-01X1475	Base Assembly
9	1	026-01X0859	Top Pulley Mount
10	2	026-01X0864	Weight Frame Upright
12	1	026-01X0993	Arm Assembly (Left)
13	1	026-01X1002	Handle Assembly (Right)
14	1	026-01X1003	Handle Assembly (Left)
15	1	026-01X1004	Arm Assembly (Right)
16	1	026-01X1005	Arm to Arm Tie
18	1	010-01C242T	HS1310 Abdominal Cable #1
19	2	026-01G0159	Guide Rod
21	1	026-01M0489	1" Dia. X 4 3/4" lg. Axle
24	1	026-01T0545	Weight Stack Mount
25	10	26-STD-SW101	12 1/2 lb. Intermediate Plate
26	5	26-STD-SW102	8 1/4 lb. Intermediate Plate
27	1	026-1300034	8 1/4 lb. Top Weight
28	1	026-1100089	Weight Stack Shield
29	1	022-01PD0042	Seat Assembly
30	1	022-01PD0046	Back Pad Assembly

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

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	2	011-0307061	1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
B	5	011-0407016	1/2"-13UNC x 3" Hex Head Bolt (WZ)
C	2	011-0407036	1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
D	1	011-0407042	1/2"-13UNC x 5 3/4" Hex Head Bolt (WZ)
E	4	011-0101026	3/8"-16 x 3/4" Button Head Bolt (WZ)
H	4	011-0407042	1/2"-13UNC x 1" Hex Head Bolt (WZ)
J	1	011-0407020	3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
K	3	011-0007048	3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
L	6	011-0107011	5/16"-18UNC x 1 1/4" Hex Head Bolt (WZ)
M	1	011-0311013	Square Head Set Screw
N	6	011-0101074	1/4"-20UNC x 5" Button Head Screw (WZ)
P	4	011-0207030	1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ)
Q	1	011-0107047	3/8"-16UNC x 3" Hex Head Bolt (WZ)
R	2	011-0407023	1/2"-13UNC x 4" Hex Head Bolt (WZ)
S	2	011-0311012	5/16"-18UNC x 5/16" Socket Set Screw (WZ)
AA	40	013-0102003	1/2" SAE Flat washer
AB	4	013-0102022	3/8" Internal Tooth Lock Washer
AC	4	013-0002004	3/8" SAE Flat Washer
AD	6	013-0102021	5/16" Internal Tooth Lock Washer
AE	6	013-0002001	5/16" USS Flat Washer
AF	6	013-0002003	1/4" SAE Flat Washer
AG	2	013-0402005	3/8" USS Flat Washer
BA	20	012-0105005	1/2" Nylok Nut
BB	5	012-0004004	3/8" Nylok Nut
BC	6	012-0104009	1/4" Nylok Nut
CA	4	026-01PL195	Rubber Foot Pad
CC	2	26-STD-06-0253	Weight Stack Bumper
CE	4	26-STD-06-0025	4 1/2" Pulley
CF	6	26-STD-08-0010	1/2" Flanged Spacer
CG	2	026-01M0532	1 1/16" Flanged Spacer
CH	1	026-01M0503	Latch Spring
CJ	1	026-01M0309	Latch Pin
CK	1	014-0015001	C-Clip
CL	6	026-01PL290	.40" lg. Spacer
CM	1	021-0013181	HD1310 Placard (Right)
CN	1	021-0013180	HD1310 Placard (Left)
CP	4	26-STD-06-0329	Plug
CQ	2		1 1/4" Dia. End Cap
CR	2	019-0002014	Closed End Black Foam Grip
CS	1	016-0101009	2" x 3" End Cap
CT	2	026-01PL134	Guide Rod Bushing
CU	2		7/16" x 2 3/4" lg. Roll Pin
CV	1	026-01PL291	Lanyard/Selector Pin Stand Off
CW	1	026-01M0134	Selector Pin
CX	1	010-0008001	Lanyard Coil
CY	1	026-01W0111	16 Plate Selector Stem
CZ	1	026-01PL239	Rubber Thumb Latch
DA	2	014-0009007	1" Flanged Ball Bearing
DB	1	06-0311	Plug Bumper
DC	40	26-STD-SW122	Bushing
DD	1	016-0101008	1 1/2" x 1 1/2" End Cap
DE	2	026-01PL125	EZ Glide Sleeves
DH	1	026-01M0586	Dia. 1.00 x 2.50 CRS (Cable Mount)

OWNERS M A N U A L BOLT SIZING CHART

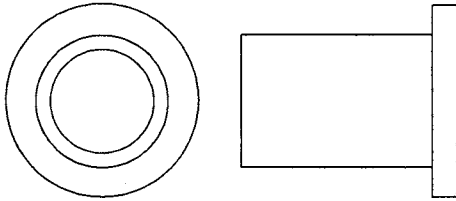


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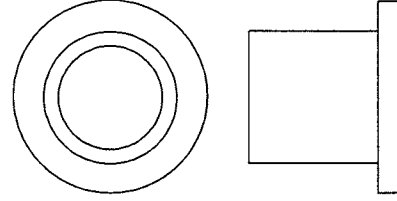
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W A S H E R S I Z I N G C H A R T

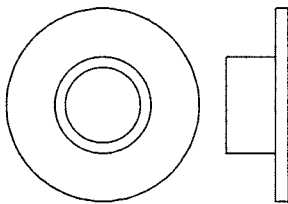
1" LONG HEAVY
FLANGED SPACER



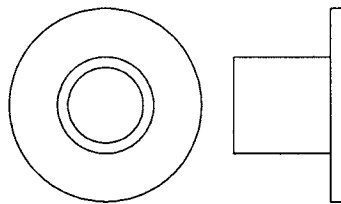
1 1/16" LONG HEAVY
FLANGED SPACER



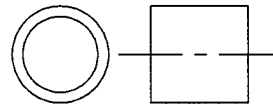
1/4" LONG FLANGED
SPACER



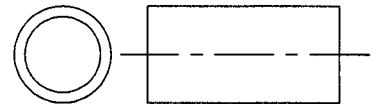
1/2" LONG FLANGED
SPACER



1/2" LONG
SPACER



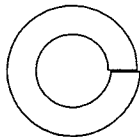
1" LONG
SPACER



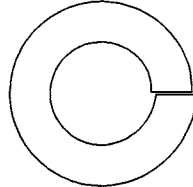
1/4"
LOCK
WASHER



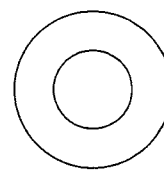
3/8"
LOCK
WASHER



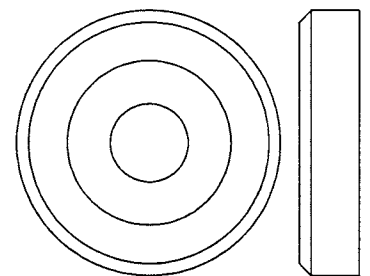
1/2"
LOCK WASHER



5/16"
FLAT WASHER



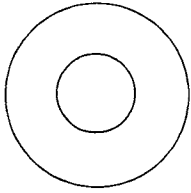
1 3/8" ALUMINUM
FLATHEAD CAP



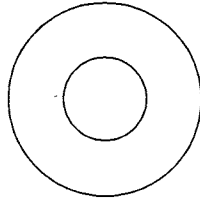
OWNERS M A N U A L

WASHER SIZING CHART

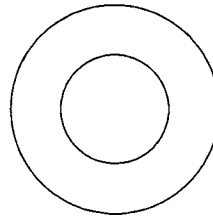
5/16"
FLAT WASHER
LARGE, USS, 25mm



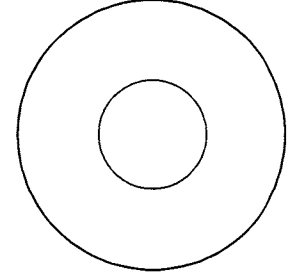
3/8"
FLAT
WASHER



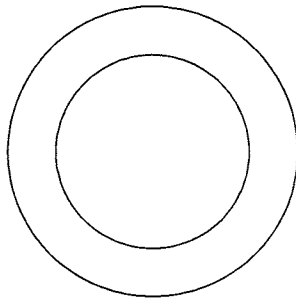
1/2"
FLAT WASHER
SMALL, SAE, 26mm



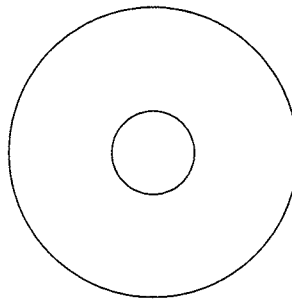
1/2"
FLAT WASHER
LARGE, USS, 34mm



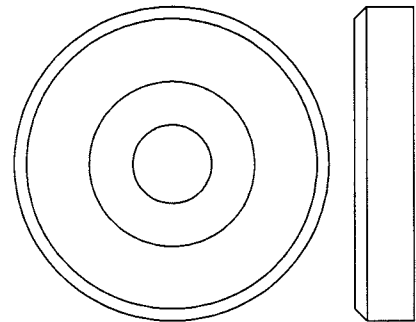
1" SHIM WASHER



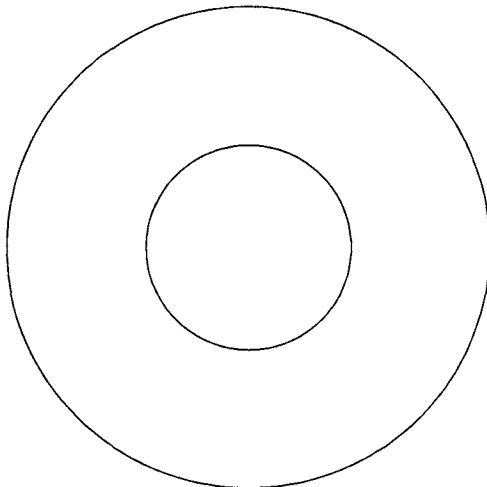
3/8" FENDER WASHER



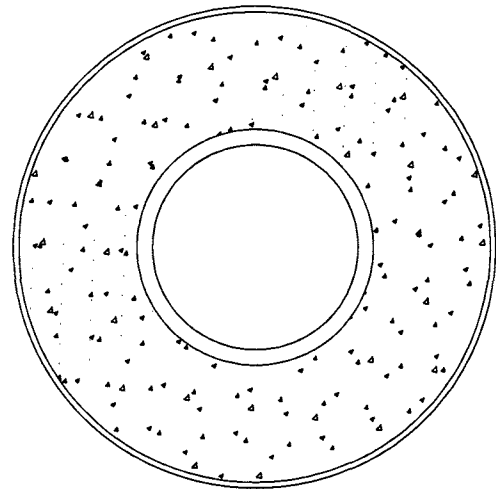
1 5/8" ALUMINUM
FLATHEAD CAP



1 1/16"
FENDER WASHER

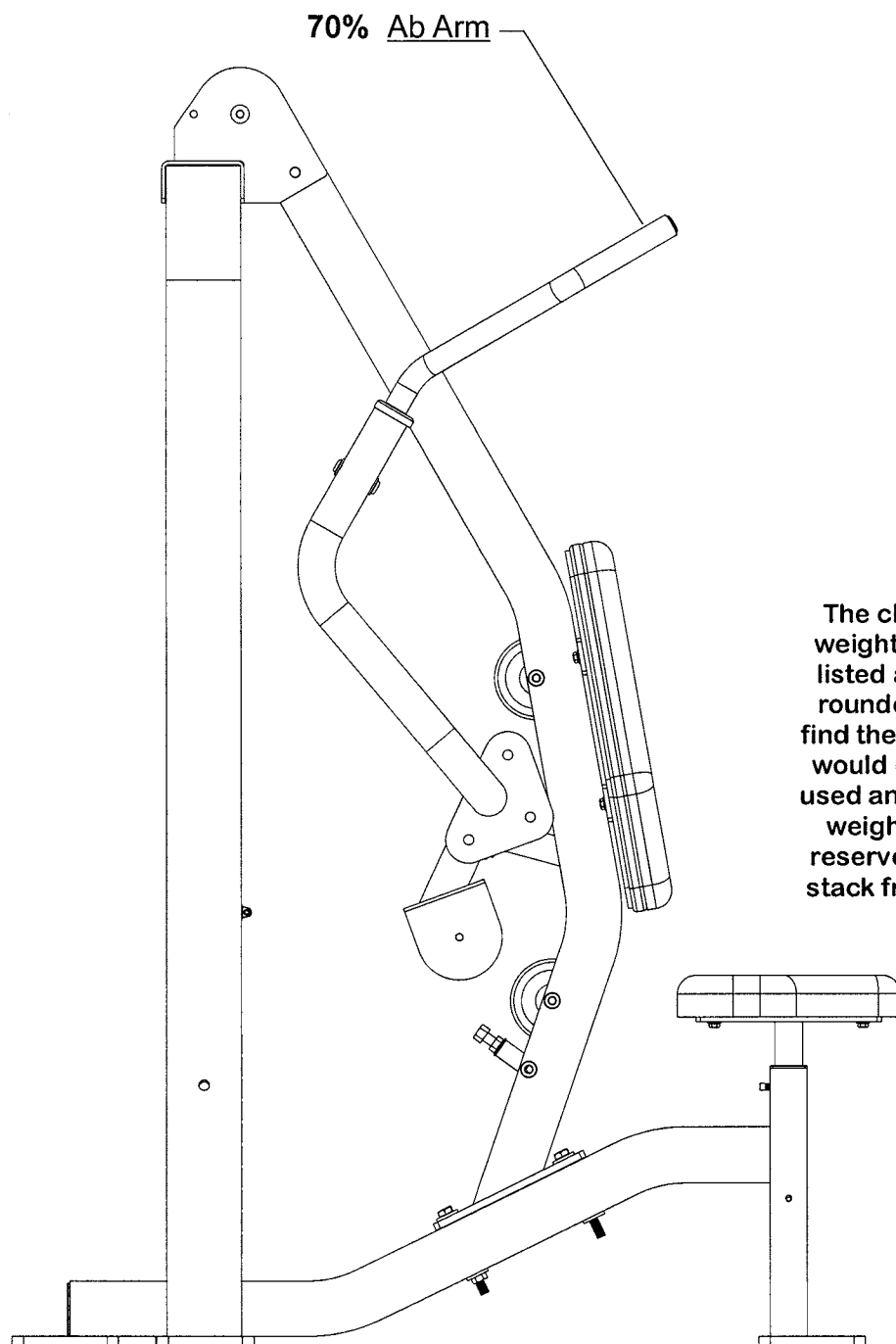


PLASTIC 1 1/16"
FENDER WASHER



OWNERS M A N U A L

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



	100%	70%
1	12.00	8.00
2	20.00	14.00
3	28.00	20.00
4	36.00	25.00
5	45.00	31.00
6	53.00	37.00
7	66.00	46.00
8	78.00	54.00
9	90.00	63.00
10	103.00	72.00
11	115.00	81.00
12	128.00	89.00
13	140.00	98.00
14	153.00	107.00
15	165.00	116.00
16	178.00	124.00

The chart above 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.

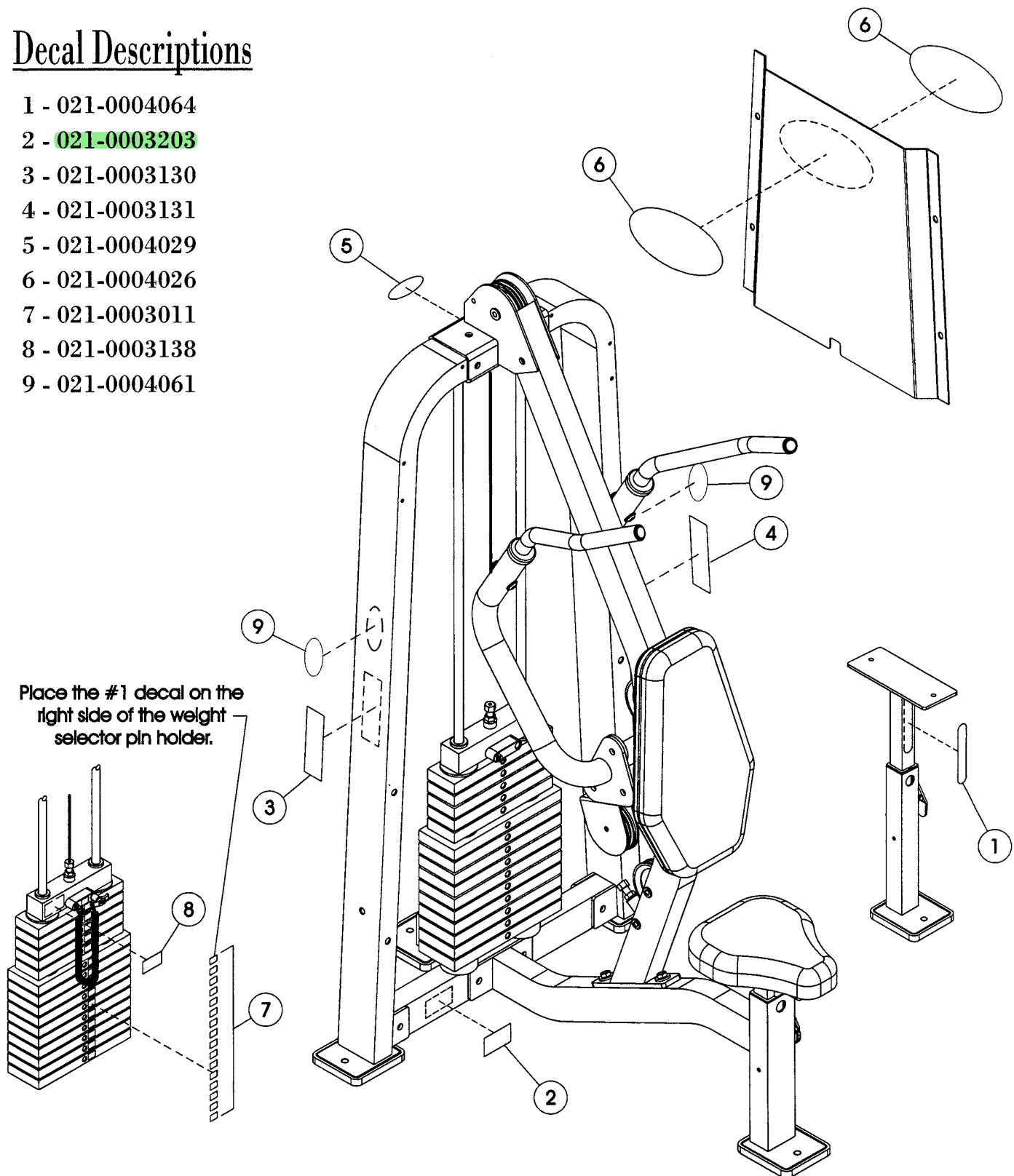
OWNERS M A N U A L

OWNERS M A N U A L

DECAL PLACEMENT

Decal Descriptions

- 1 - 021-0004064
- 2 - **021-0003203**
- 3 - 021-0003130
- 4 - 021-0003131
- 5 - 021-0004029
- 6 - 021-0004026
- 7 - 021-0003011
- 8 - 021-0003138
- 9 - 021-0004061



OWNERS MANUAL

DECAL PLACEMENT

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



1-800-548-5438

www.hoistfitness.com

03-02-000000

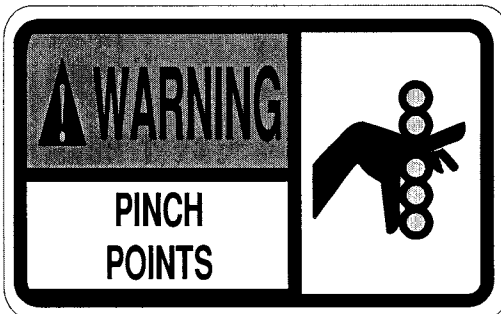
021-0003203



021-0004029



021-0004061

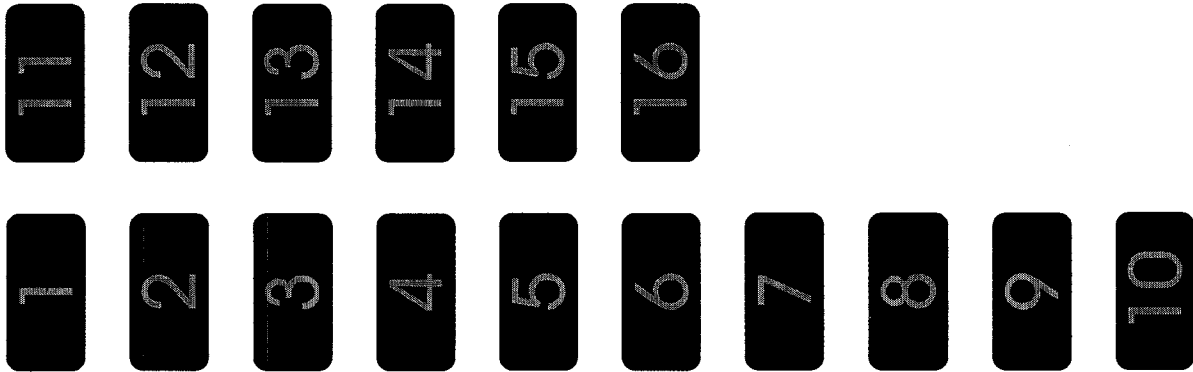


021-0003138

OWNERS M A N U A L

DECAL PLACEMENT

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



021-0003011


1 2 3 4 5 6

021-0004064

OWNERS MANUAL

DECAL PLACEMENT

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


WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

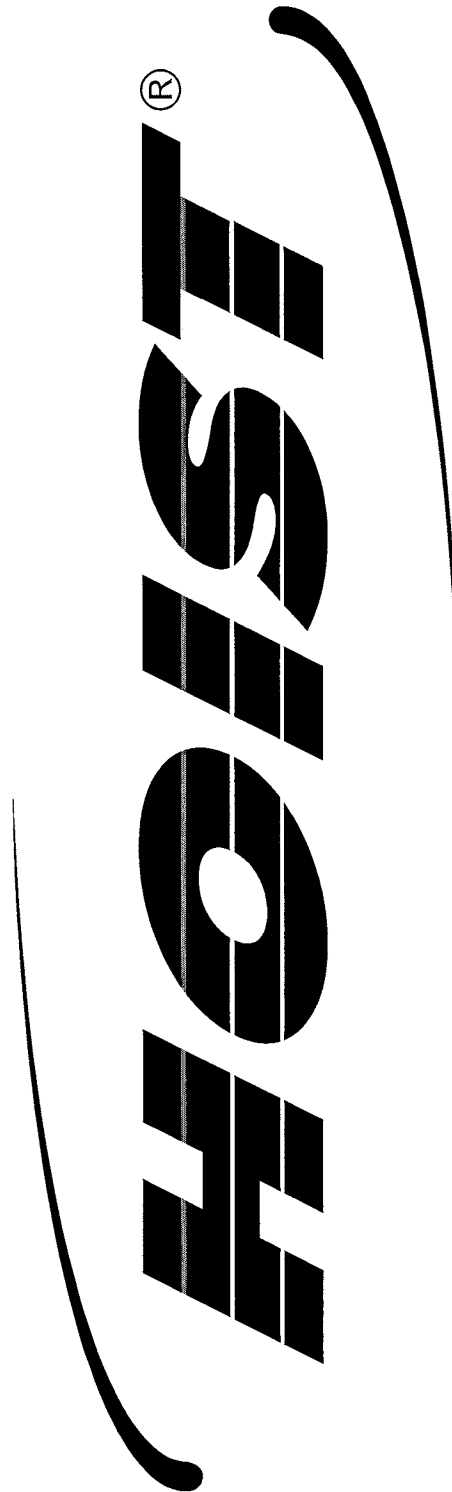
021-0003130

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

021-0003131

OWNERS MANUAL

DECAL PLACEMENT



021-0004026

OWNERS MANUAL

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

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

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

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

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

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

Weight Training Exercise Log

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

[illegible]

OWNERS MANUAL

MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>							
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 Surfaces	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.*

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Cables:

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

OWNERS M A N U A L

Continued: GENERAL MAINTENANCE INFORMATION

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 readjust 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

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

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts or **cables**, and 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.

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

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

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

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

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

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

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS

