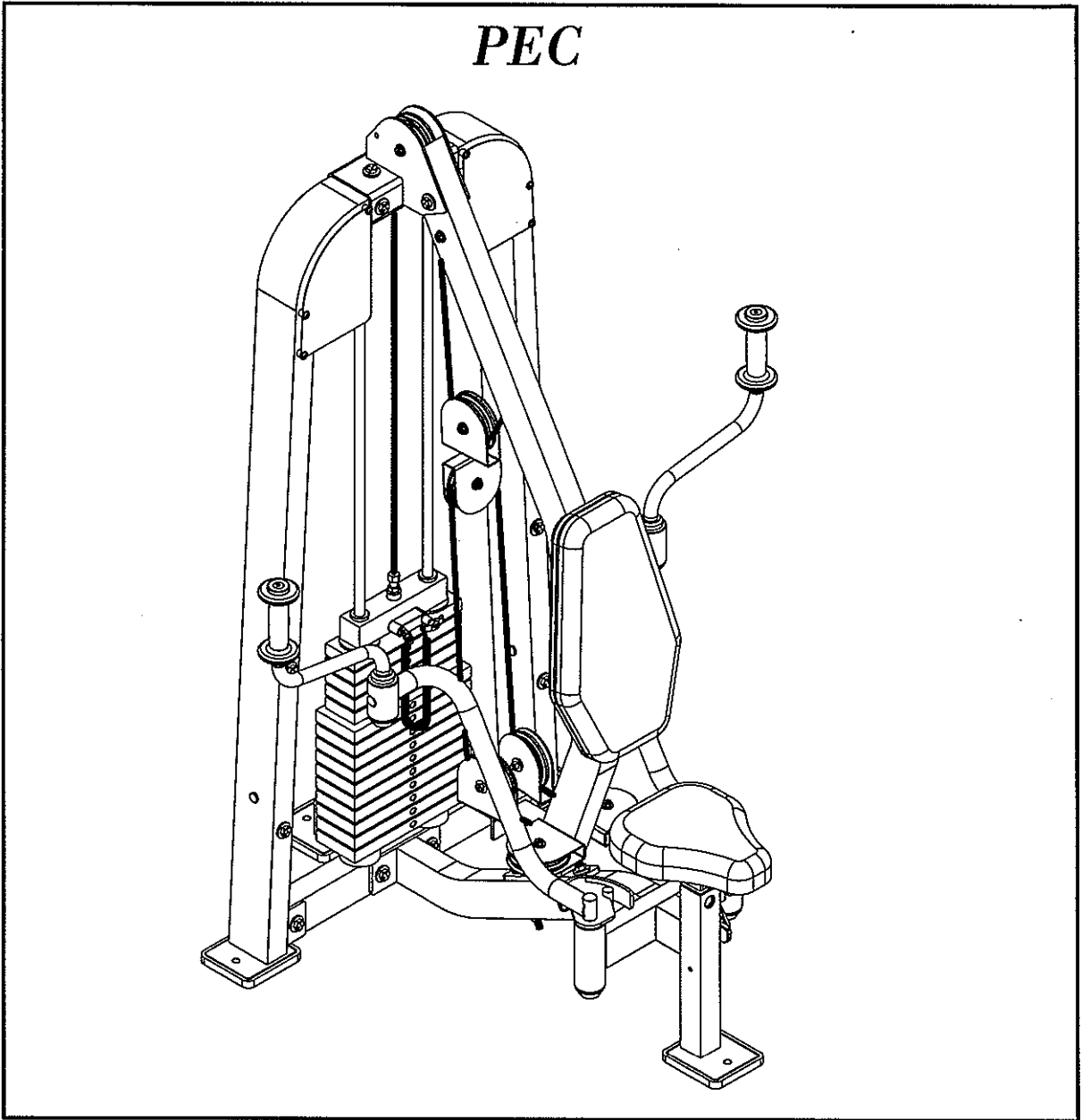


# OWNERS MANUAL



HS 1325

PEC



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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

APRIL 2002

# OWNERS M A N U A L

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# OWNERS M A N U A L

## 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

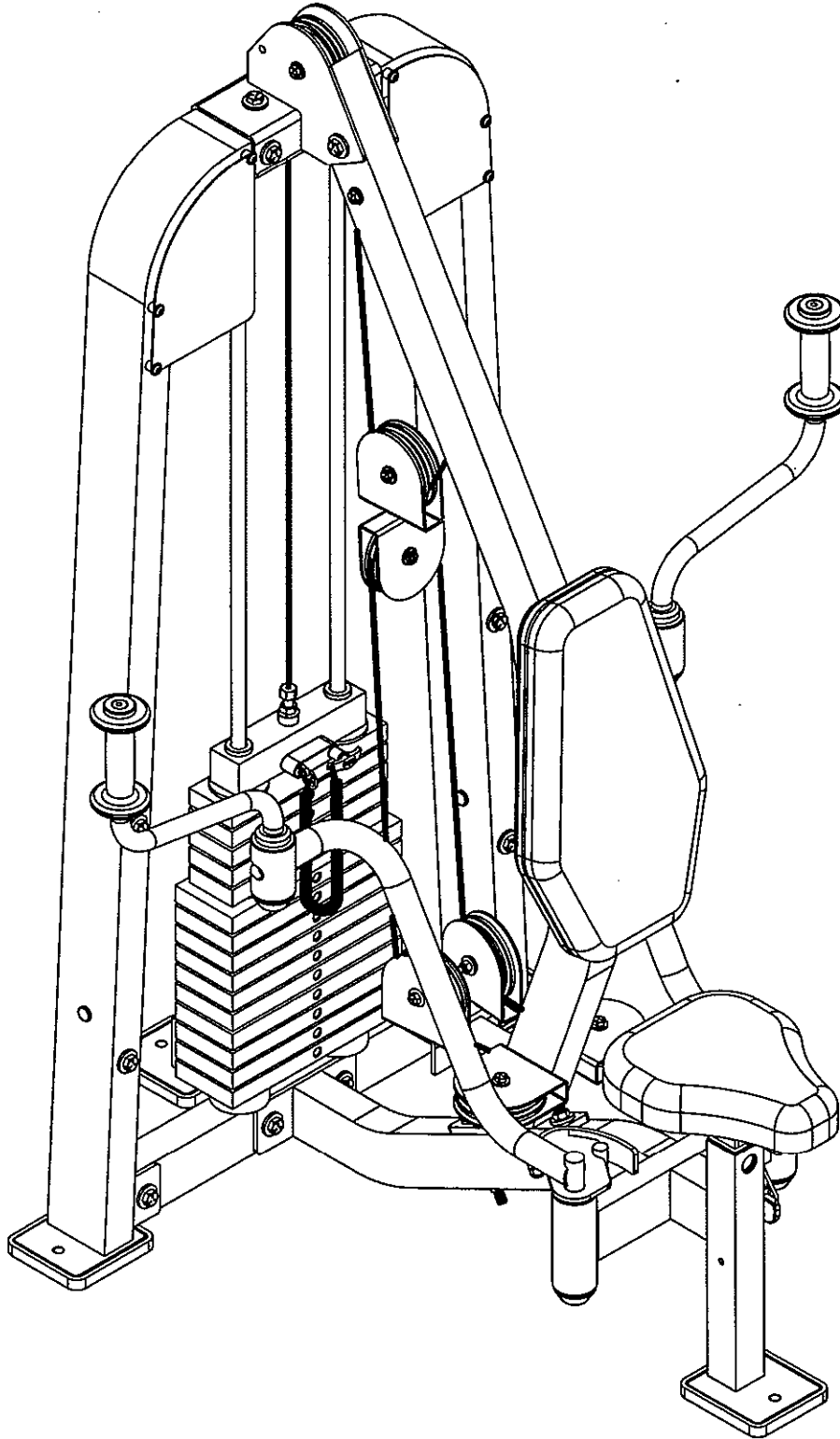
Tape Measure

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## Step 2 FRAME ASSEMBLY



# OWNERS M A N U A L

## 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.

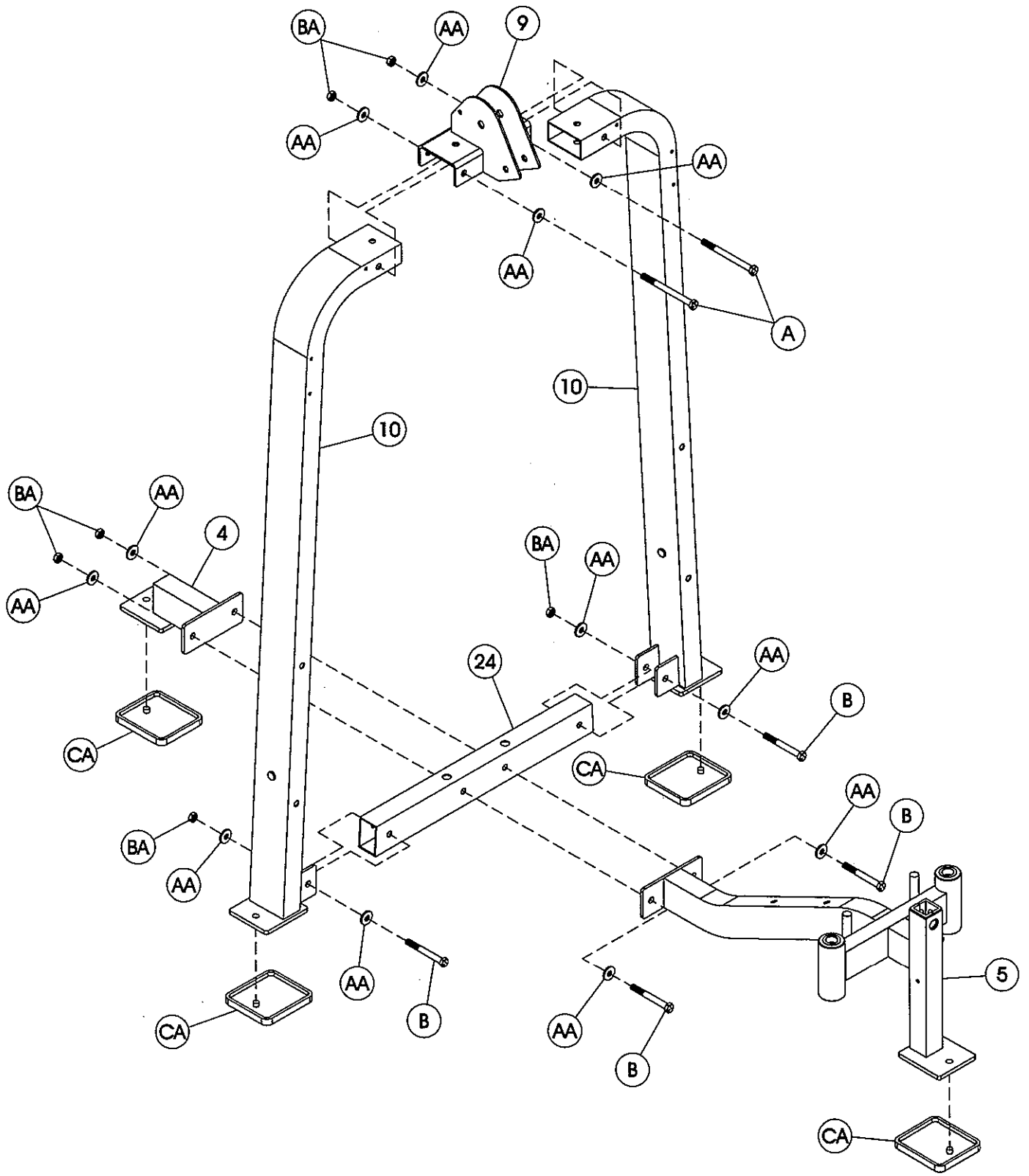
#### Part Descriptions

4 - Rear Tie  
5 - Pec Front  
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" Flat Washer  
BA - 1/2" Nylok Nut  
CA - Rubber Foot Pad

# OWNERS MANUAL



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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. Cap both (19)'s with (CB), and slide (23) over both (19)'s. Angle both (19)'s vertical and secure (23) to both (9) and (10). *Wrench Tighten* all bolts on the machine at this point.

#### Part Descriptions

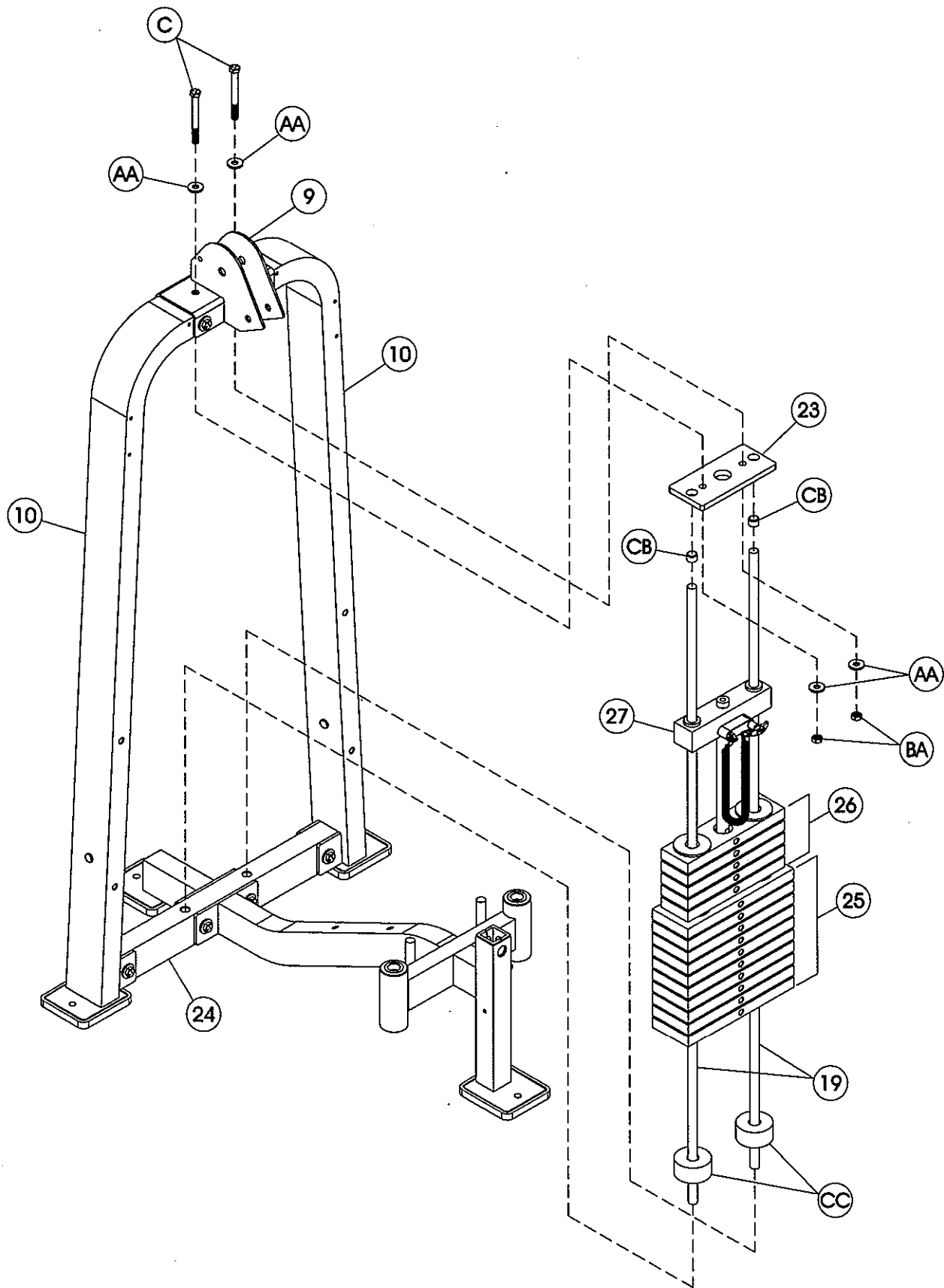
9 - Top Pulley Mount  
10 - Weight Frame Upright  
19 - Guide Rod  
23 - Guide Rod Top Mount  
24 - Weight Stack Mount  
25 - 12 1/2 lb. Intermediate Plate  
26 - 8 1/4 lb. Intermediate Plate  
27 - 8 1/4 lb. Top Weight

#### Hardware Descriptions

C - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)  
AA - 1/2" Flat Washer  
BA - 1/2" Nylok Nut  
CB - Guide Rod Cap  
CC - Weight Stack Bumper



# OWNERS M A N U A L



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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.

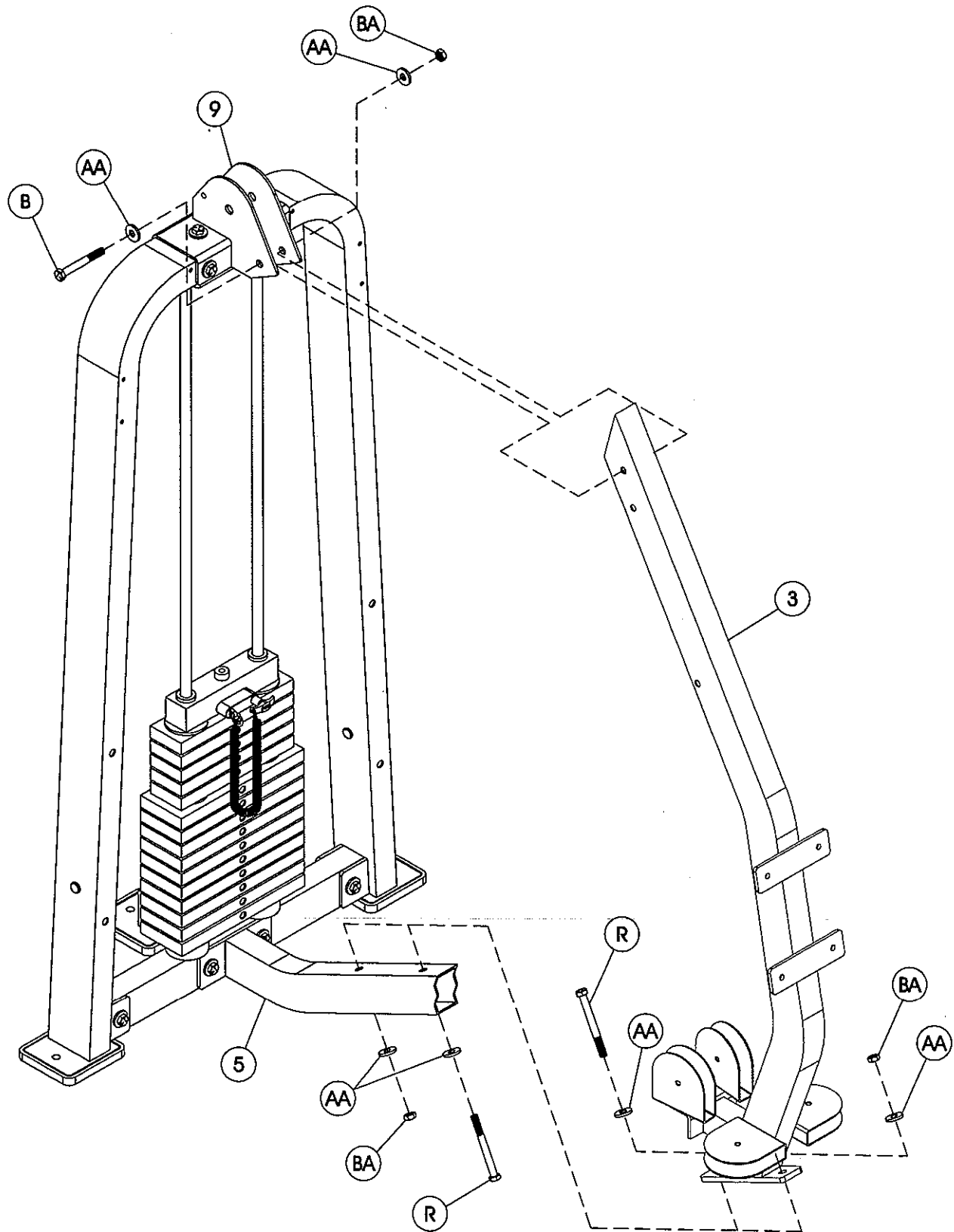
#### Part Descriptions

- 3 - Pec Upright
- 5 - Pec Front
- 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" Flat Washer
- BA - 1/2" Nylok Nut

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## Step 2d

### FRAME ASSEMBLY

Continue assembly by inserting (8) into (5). Insert (6) into (8). Align the tapped hole in (6) to the slot in (8) with (6) positioned to the outside then install Cap Screw (F). Cap both with (22). Wrench Tighten the retaining nuts then turn the nuts back just enough so that each component rotates freely. Then insert (CD) onto (6). Cap with (20). Wrench Tighten bolts. NOTE: Repeat assembly for (7) on right side.

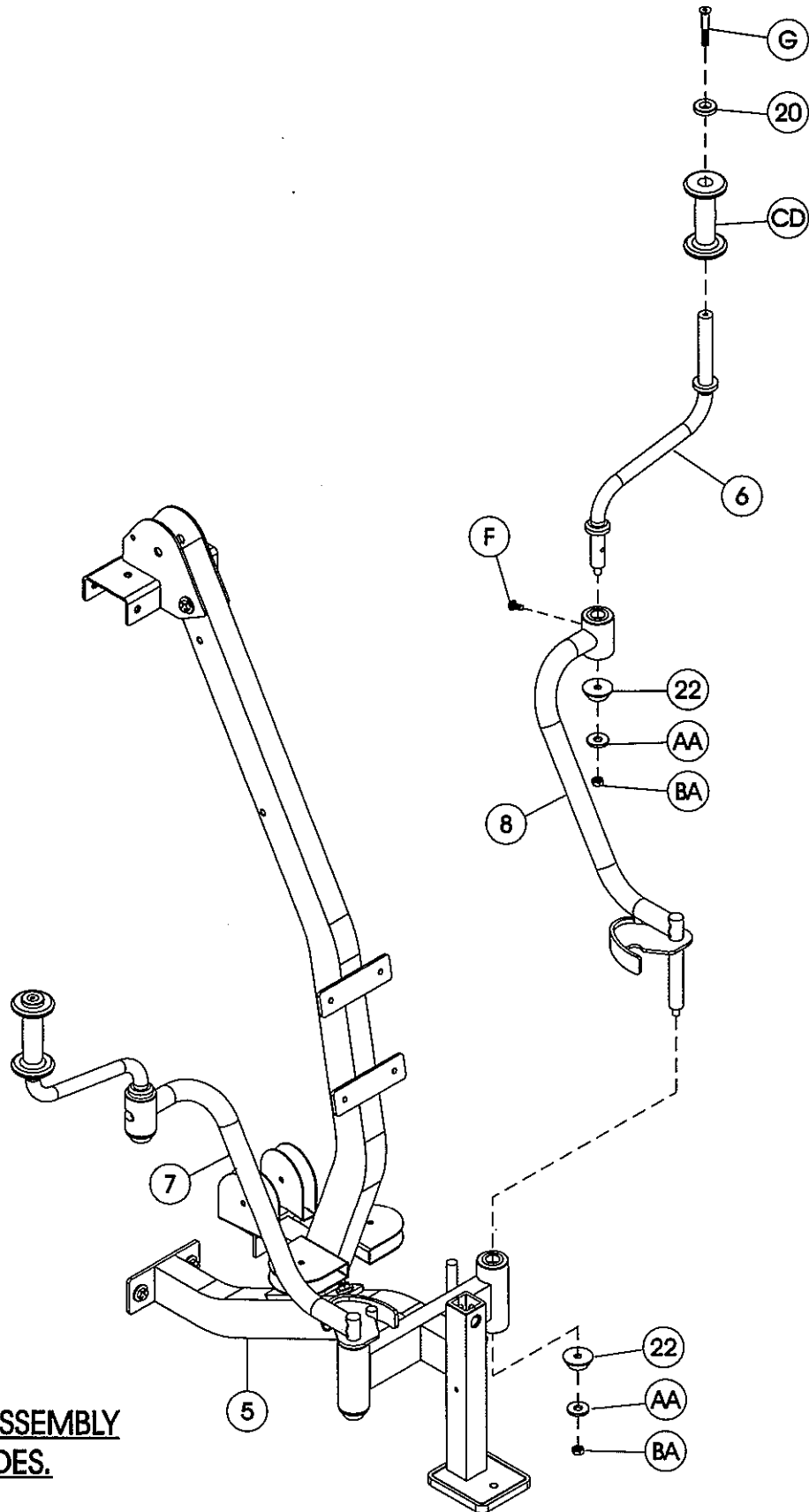
#### Part Descriptions

5 - Pec Front  
6 - Pec Handle  
7 - Pec Arm Assembly (Right)  
8 - Pec Arm Assembly (Left)  
20 - Flathead Cap  
22 - Aluminum Bolt on Cap

#### Hardware Descriptions

F - 3/8"-16UNC x 1" Socket Head Cap Screw (WZ)  
G - 3/8"-16UNC x 1" Flat Head Socket Screw (WZ)  
AA - 1/2" Flat Washer  
BA - 1/2" Nylok Nut  
CD - Handle

# OWNERS M A N U A L



\*NOTE: REPEAT ASSEMBLY  
ON BOTH SIDES.

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## Step 2e

### PULLEY ASSEMBLY

This shows the assembly of Pulleys (CE) and (DG) into (3), (9), and (11). They will be installed with the **Cable** in the following pages then Wrench Tighten bolts.

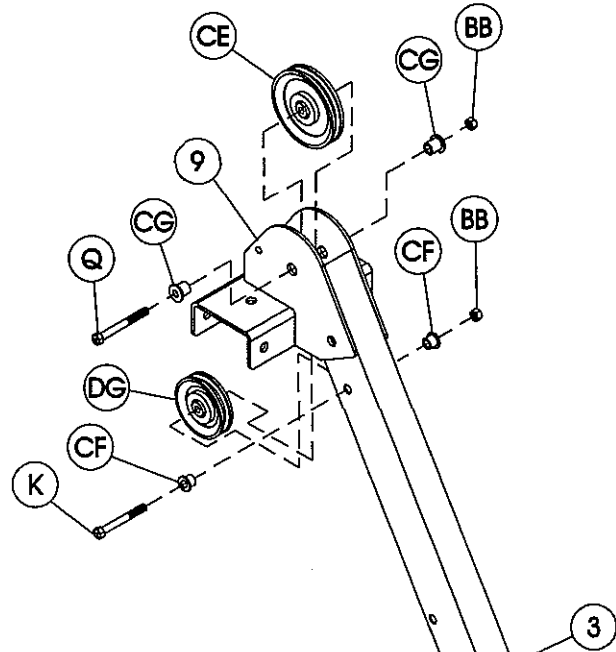
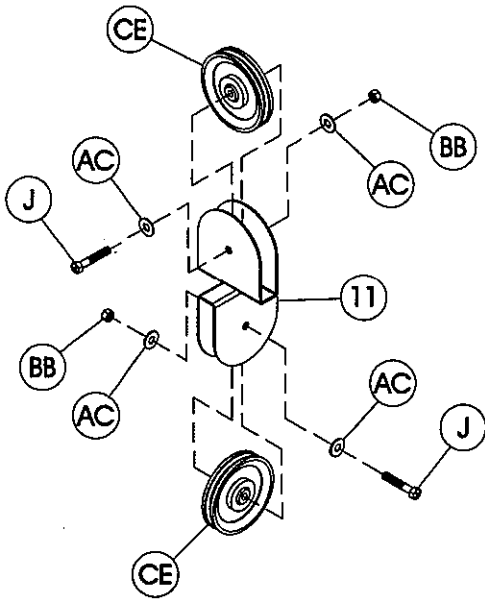
#### Part Descriptions

- 3 - Pec Upright
- 9 - Top Pulley Mount
- 11 - Offset Floating Pulley Assy.

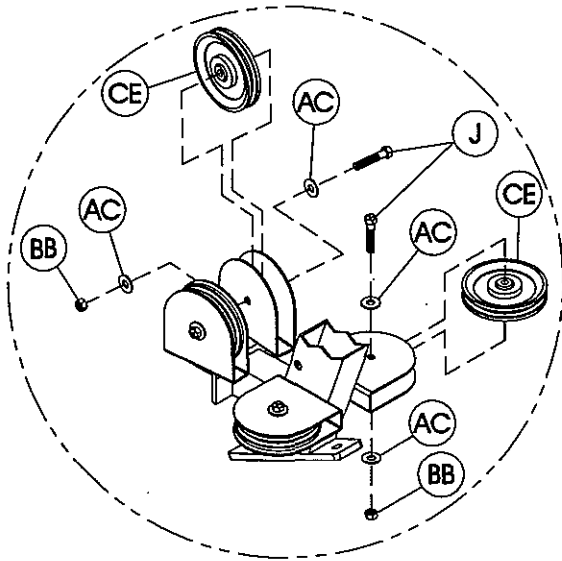
#### Hardware Descriptions

- 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)
- AC - 3/8" Flat Washer
- BB - 3/8" Nylok Nut
- CE - 4 1/2" Pulley
- CF - 1/2" Flanged Spacer
- CG - 11/16" Flanged Spacer
- DG - 3 1/2" Pulley

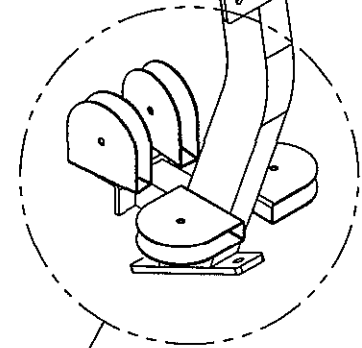
# OWNERS M A N U A L



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



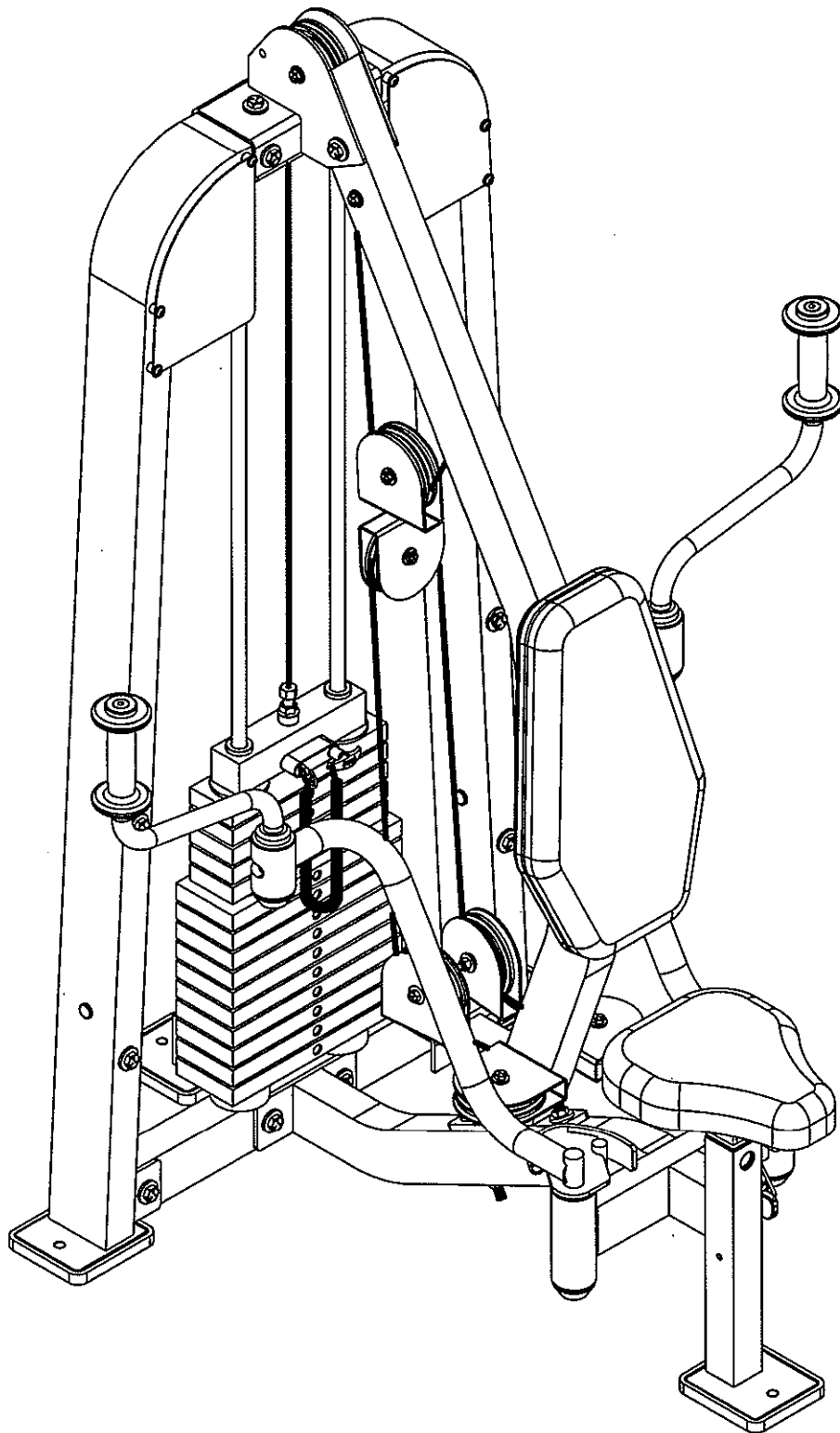
**DETAIL -A-**



**SEE DETAIL -A-**

# OWNERS MANUAL

## Step 3 **CABLE** INSTALLATION



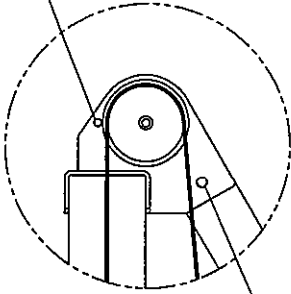


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## Step 3a

### CABLE # 1 ASSEMBLY

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



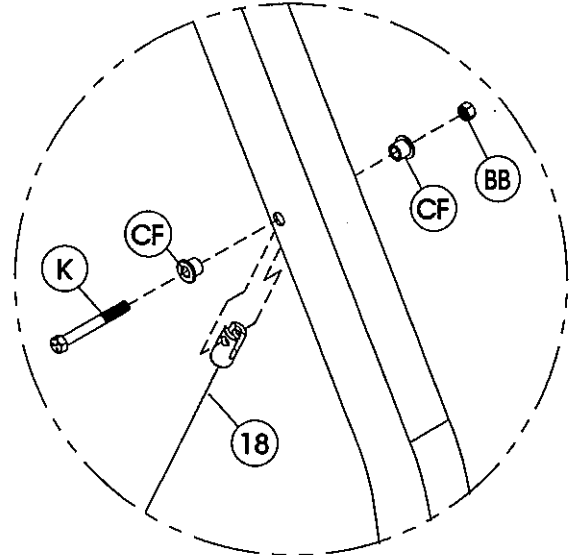
**NOTE:**  
BE SURE **CABLE** RUNS  
UNDER TOP SIDE  
OF FRAME BOLT.



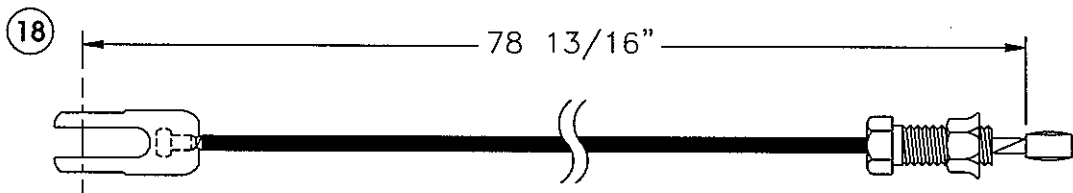
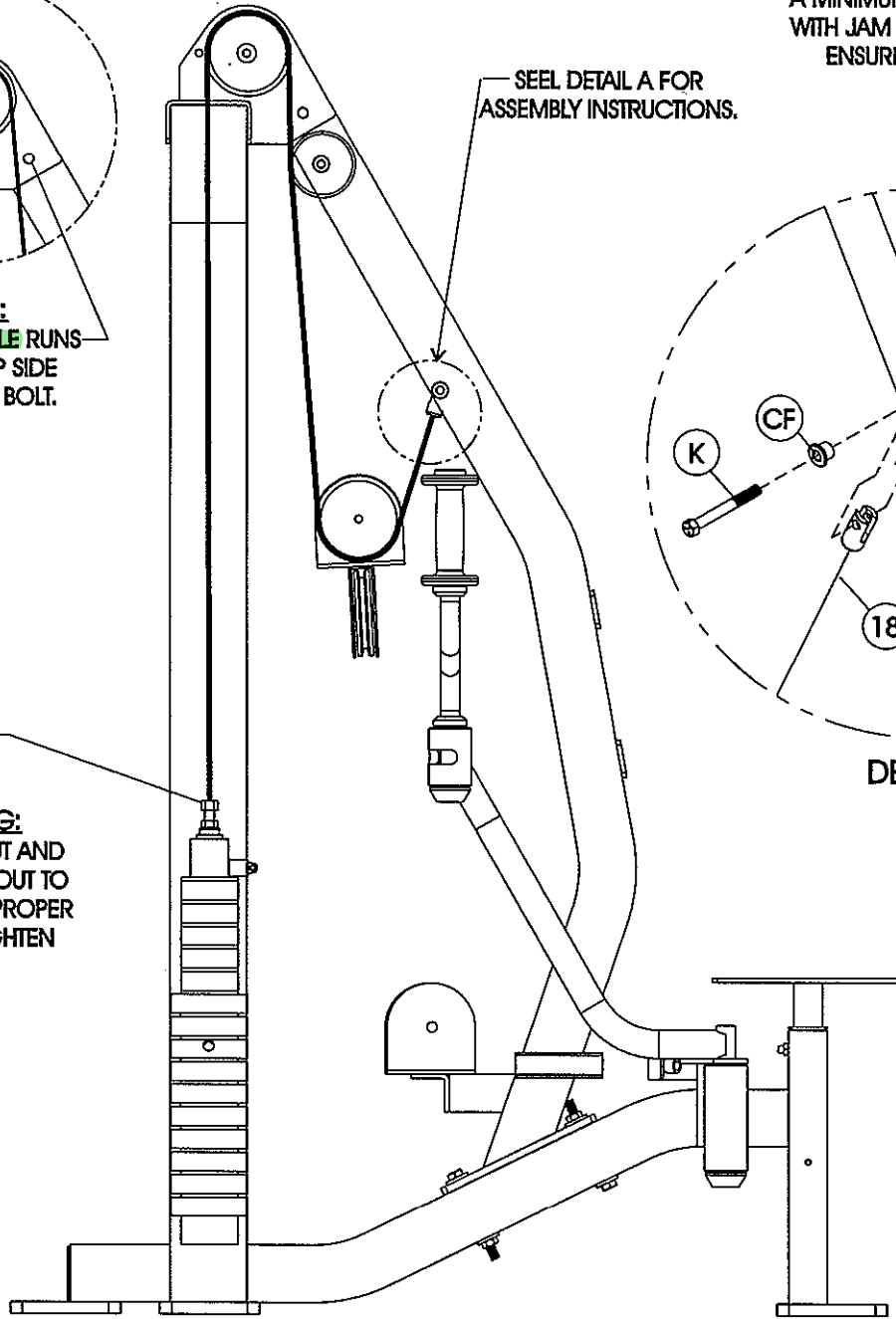
**FINE TUNING:**  
LOOSEN JAM NUT AND  
THREAD BOLT IN/OUT TO  
GIVE THE **CABLE** PROPER  
TENSION. RE-TIGHTEN  
JAM NUT.

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

SEEL DETAIL A FOR  
ASSEMBLY INSTRUCTIONS.



DETAIL A

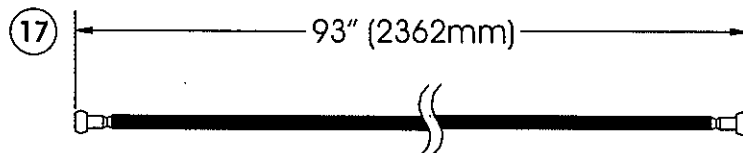
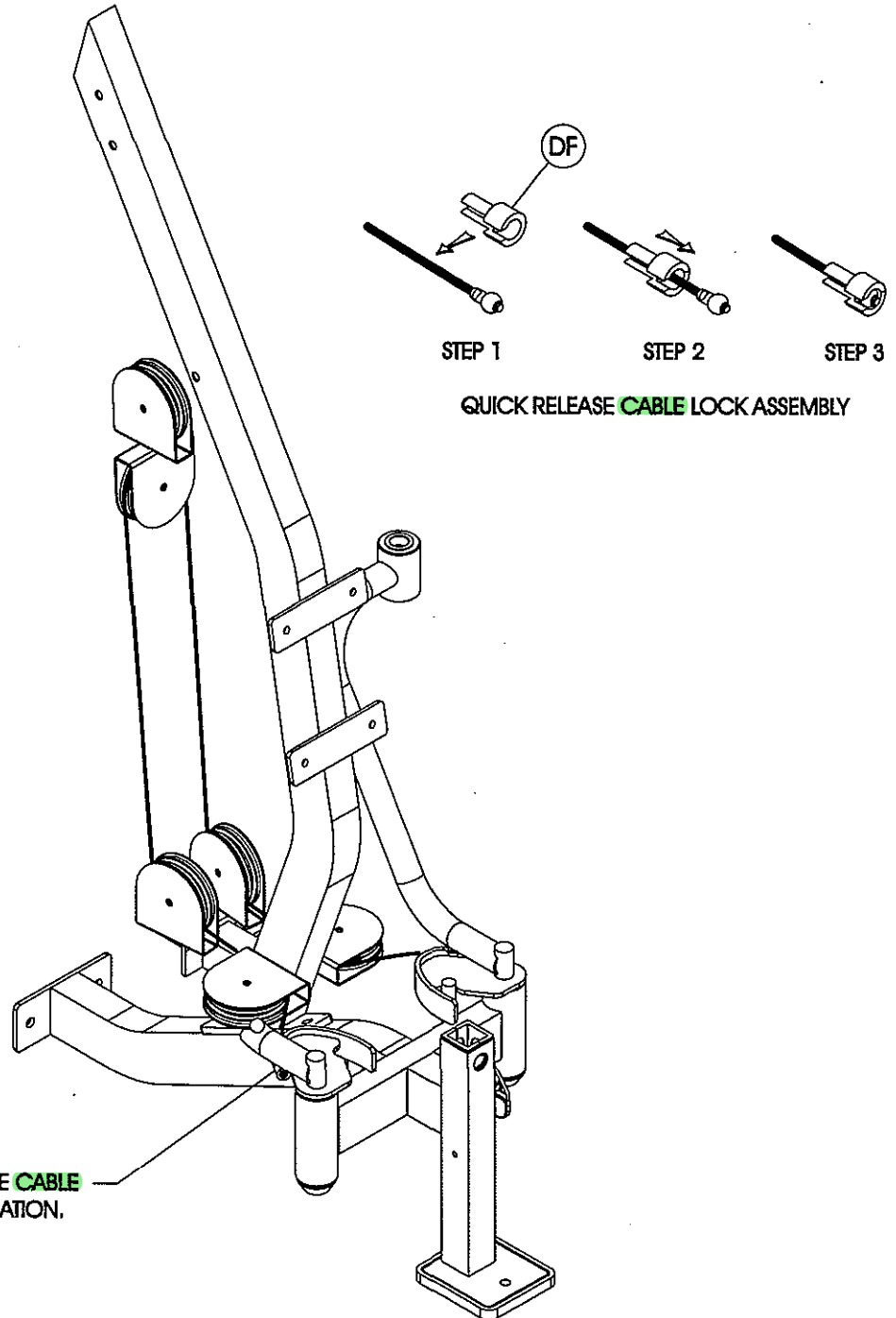


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# OWNERS MANUAL

## Step 3b

### **CABLE # 2 ASSEMBLY**



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## Step 4

### UPHOLSTERY ASSEMBLY

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

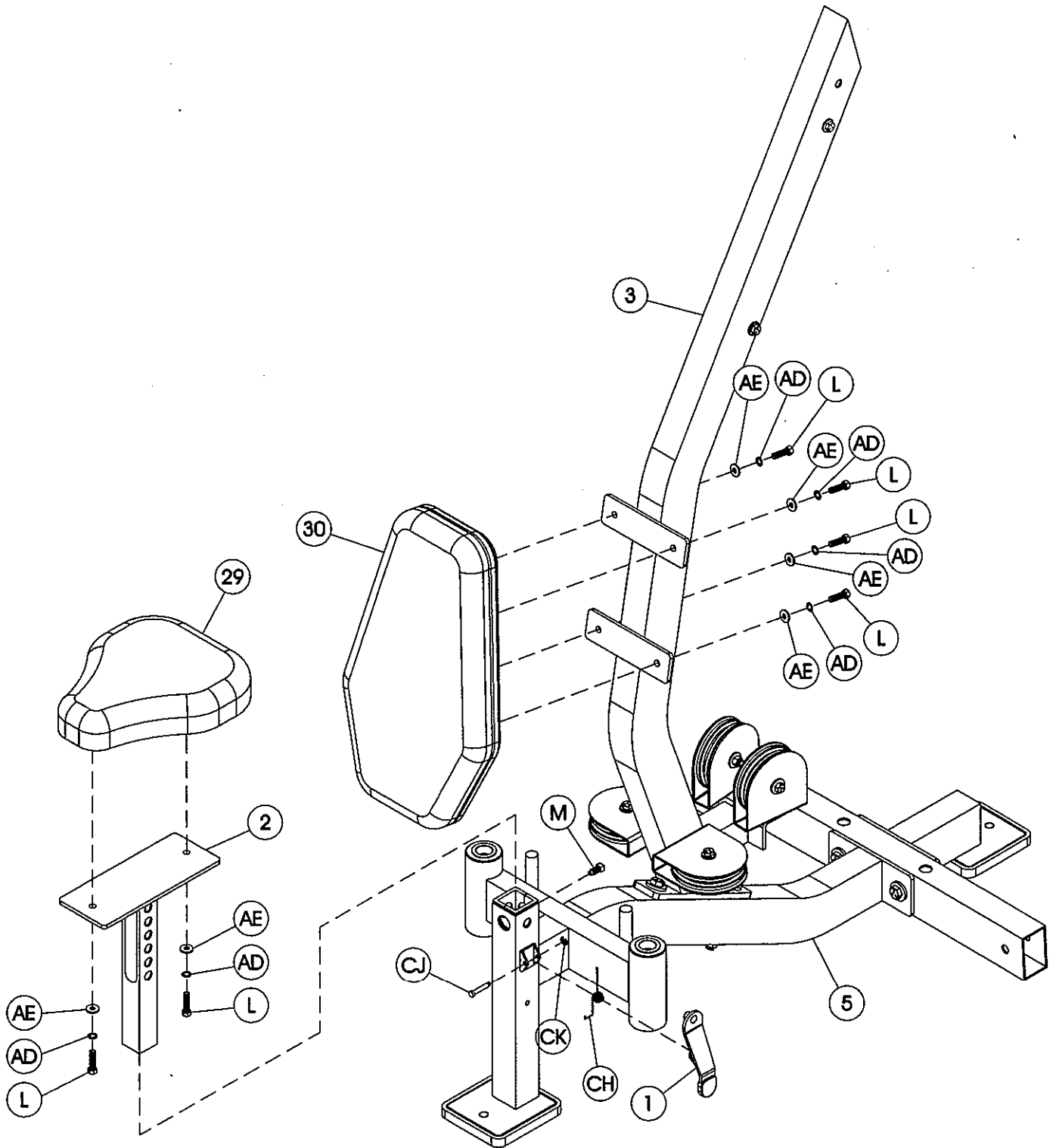
#### Part Descriptions

2 - Seat Adjuster  
3 - Pec Upright  
5 - Pec Front  
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" Flat Washer  
CH - Latch Spring  
CJ - Latch Pin  
CK - C-Clip

# OWNERS MANUAL



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## Step 5

### SHIELD ASSEMBLY

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

AF - 1/4" Flat Washer

BA - 1/2" Nylok Nut

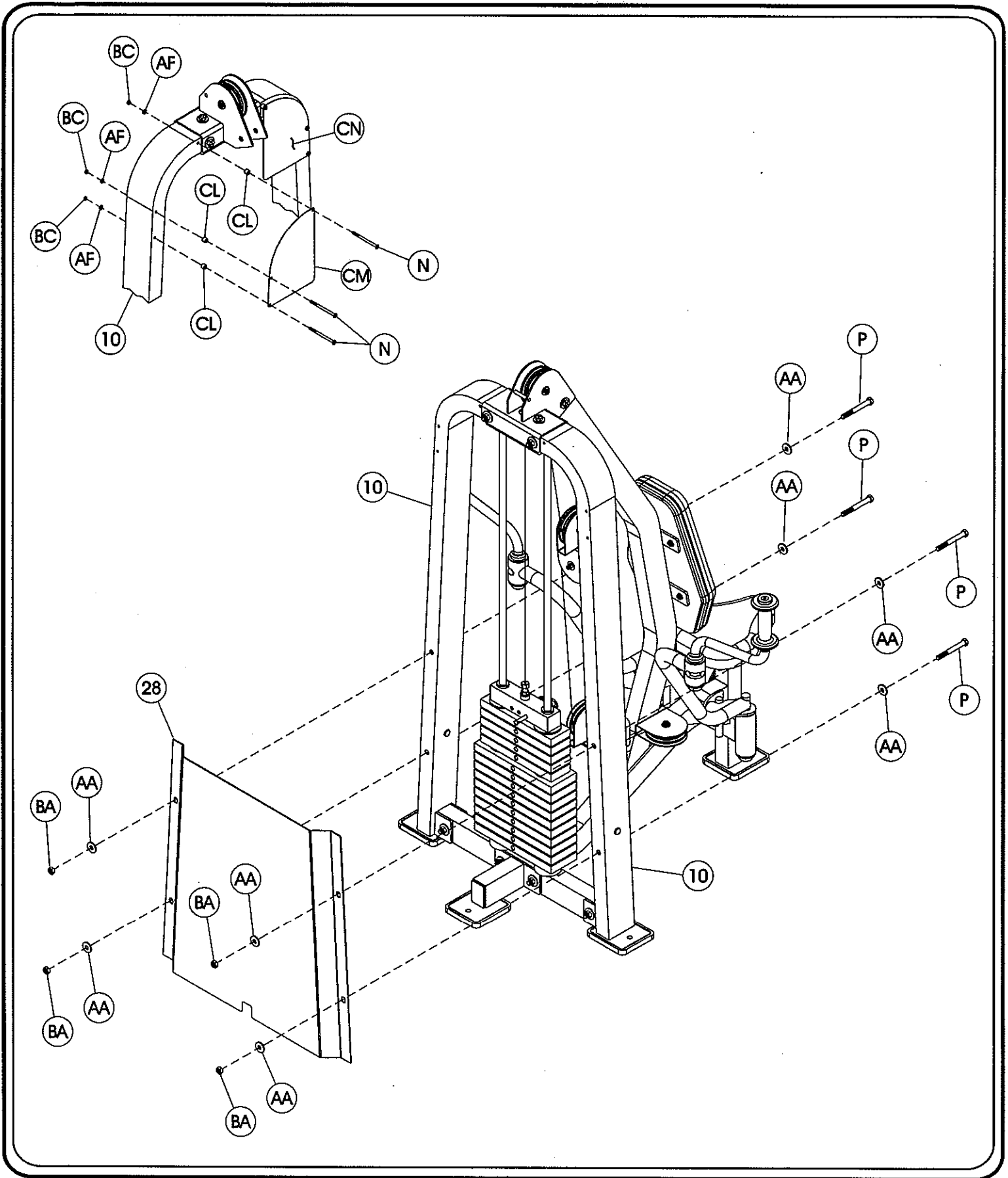
BC - 1/4" Nylok Nut

CL - .40"lg. Spacer

CM - HS1325 Placard (Right)

CN - HS1325 Placard (Left)

# OWNERS M A N U A L



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# OWNERS M A N U A L

## I M P O R T A N T N O T I C E

Now that the HS1325 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.

# OWNERS M A N U A L

## Step 6

### PRE-ASSEMBLY PARTS

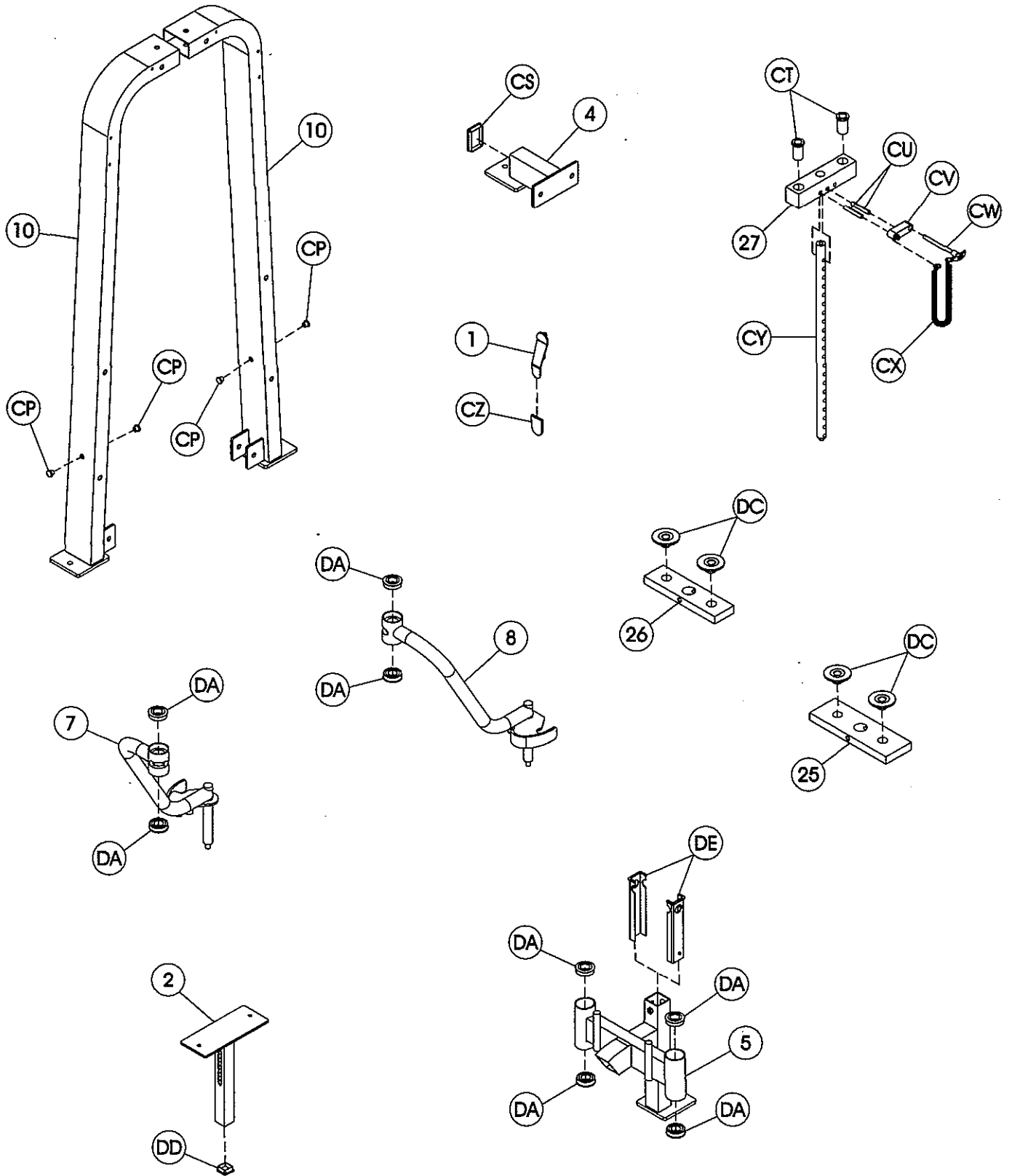
#### Part Descriptions

- 1 - Latch Assembly
- 2 - Seat Adjuster
- 5 - Pec Front
- 7 - Pec Arm Assembly (Right)
- 8 - Pec Arm assembly (Left)
- 10 - Weight Frame Upright
- 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
- 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 - 21 Plate Selector Stem
- CZ - Rubber Thumb Latch
- DA - 1" Flanged Ball Bearing
- DC - Bushing
- DD - 1 1/2" x 1 1/2" End Cap
- DE - EZ Glide Sleeves.

# OWNERS MANUAL



# OWNERS M A N U A L

## PART LISTING

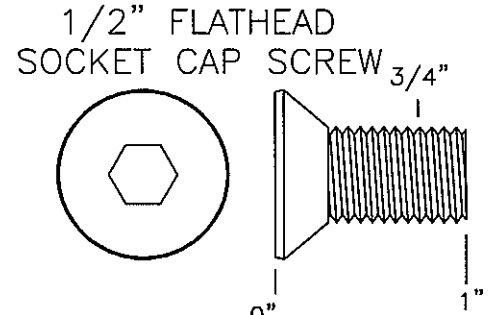
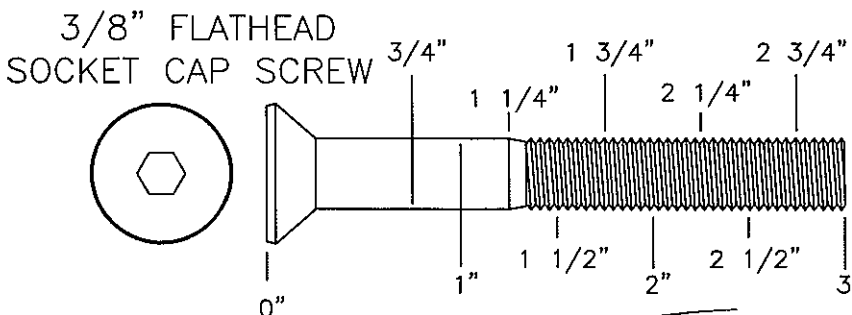
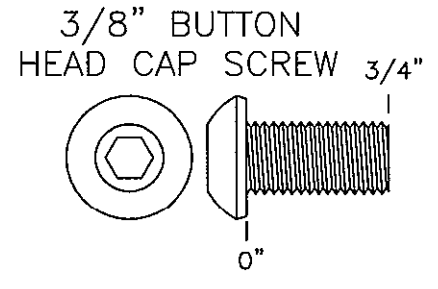
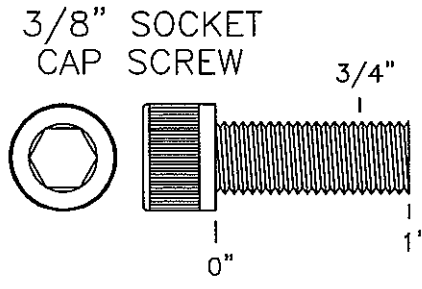
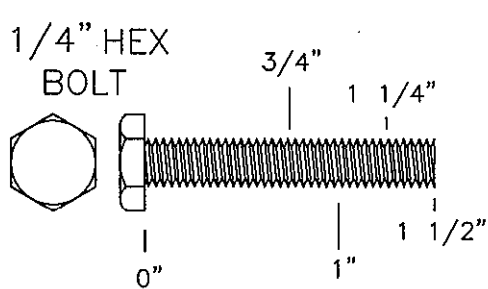
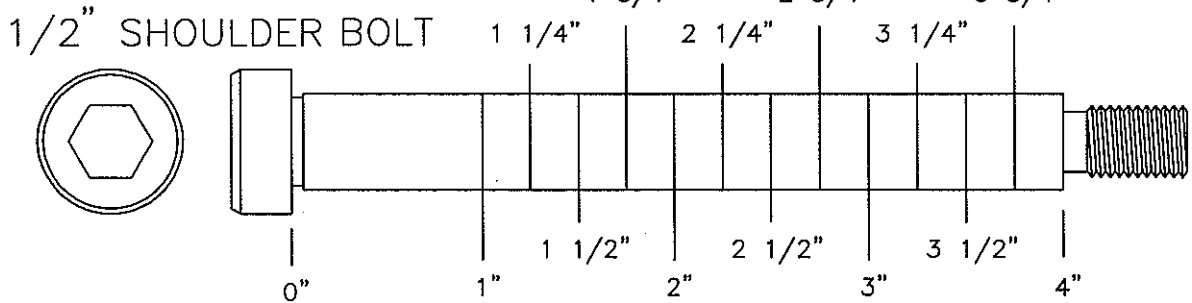
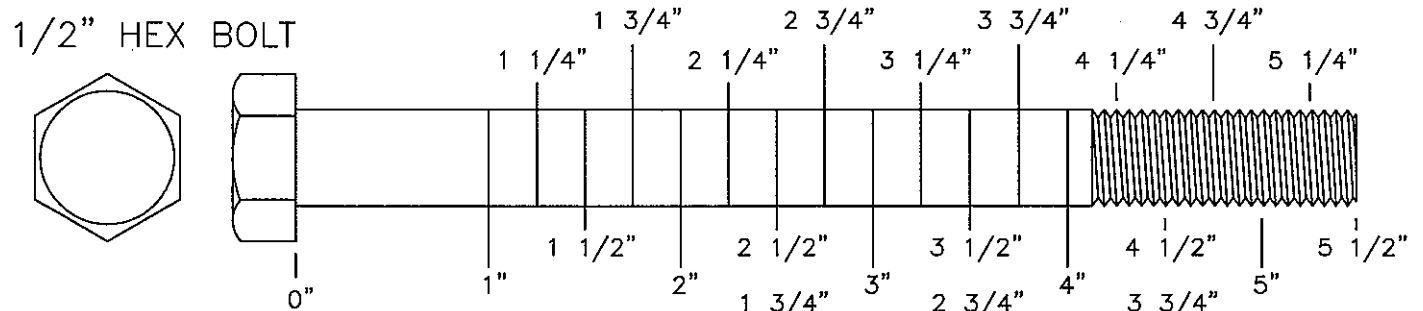
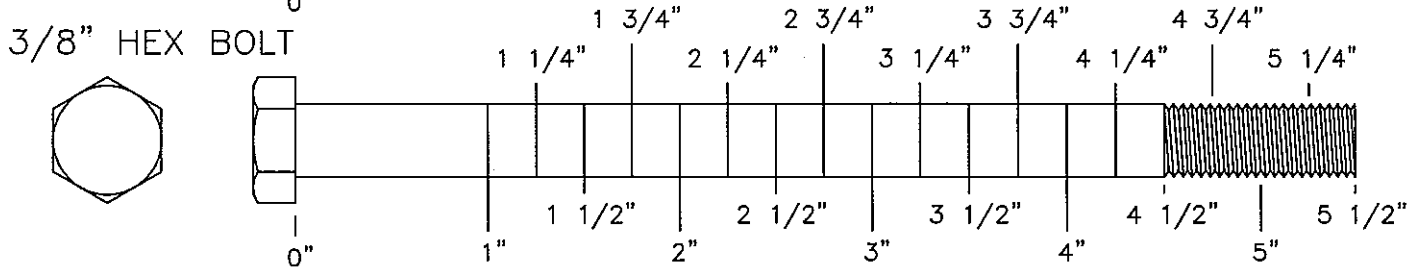
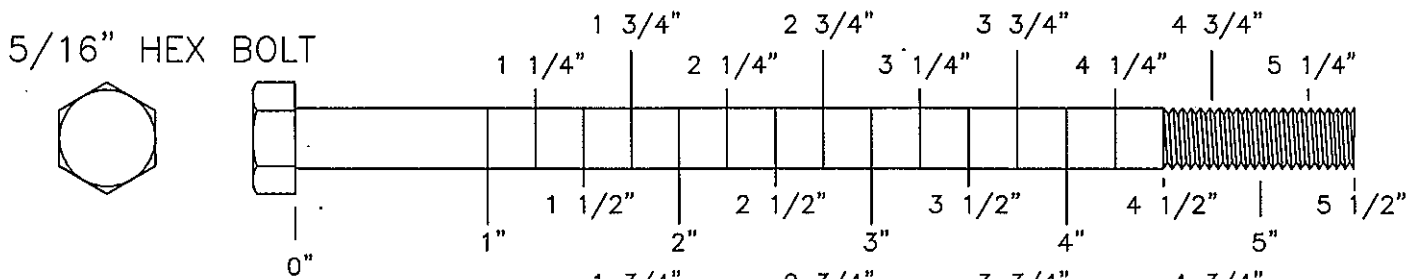
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0158	Latch Assembly
2	1	026-01X0806	Seat Adjuster
3	1	026-01X0811	Pec Upright
4	1	026-01X0817	Rear Tie
5	1	026-01X0820	Pec Front
6	2	026-01X0853	Pec Handle
7	1	026-01X0854	Pec Arm Assembly (Right)
8	1	026-01X0856	Pec Arm Assembly (Left)
9	1	026-01X0859	Top Pulley Mount
10	2	026-01X0864	Weight Frame Upright
11	1	026-01X0892	Offset Floating Pulley Assembly
17	1	010-01C241T	HD1300 Pec Fly Cable #2
18	1		Cable #1
19	2	026-01G0159	Guide Rod
20	2	026-01M0239	Flathead Cap
22	4	026-01M0519	Aluminum Bolt on Cap
23	1	026-01P0819	Guide Rod top Mount
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

# OWNERS M A N U A L

## 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		1/2"-13UNC x 3" Hex Head Bolt (WZ)
C	2		1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
F	2		3/8"-16UNC x 1" Socket Head Cap Screw (WZ)
G	2		3/8"-16UNC x 1" Flat Head Socket Screw (WZ)
J	6		3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
K	2		3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
L	6		5/16"-18UNC x 1 1/4" Hex Head Bolt (WZ)
M	1	011-0311013	Square Head Set Screw
N	6		1/4"-24UNF x 5" Button Head Screw (WZ)
P	4		1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ)
Q	1		3/8"-16UNC x 3" Hex Head Bolt (WZ)
R	2		1/2"-13UNC x 4" Hex Head Bolt (WZ)
AA	34	013-0102003	1/2" Flat washer
AC	8	013-0002004	3/8" Flat Washer
AD	6	013-0102021	5/16" Internal Tooth Lock Washer
AE	6	013-0002001	5/16" Flat Washer
AF	6	013-0002003	1/4" Flat Washer
BA	20	012-0105005	1/2" Nylok Nut
BB	9	012-0004004	3/8" Nylok Nut
BC	6	012-0104009	1/4" Nylok Nut
CA	4	026-01PL195	Rubber Foot Pad
CB	2	016-0207001	Guide Rod Cap
CC	2	26-STD-06-0253	Weight Stack Bumper
CD	2	026-01PL200	Handle
CE	7	26-STD-06-0025	4 1/2" Pulley
CF	4	26-STD-08-0010	1/2" Flanged Spacer
CG	2	026-01M0532	11/16" 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	021-0013103	HS1325 Placard (Left)
CN	1	021-0013104	HS1325 Placard (Right)
CP	4	26-STD-06-0329	Plug
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	026-01W0110	21 Plate Selector Stem
CZ	1	026-01PL239	Rubber Thumb Latch
DA	8	014-0009007	1" Flanged Ball Bearing
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
DF	2	026-01M0199	Quick Release Cable Lock
DG	1	26-STD-06-0024	3 1/2" Pulley

# OWNERS MANUAL BOLT SIZING CHART

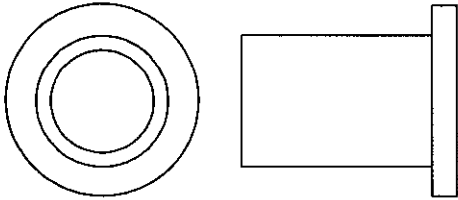


# OWNERS M A N U A L

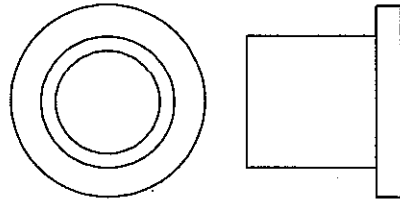
# OWNERS M A N U A L

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

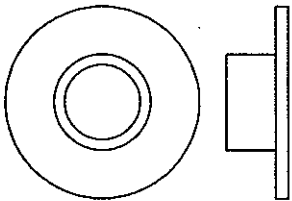
1" LONG HEAVY  
FLANGED SPACER



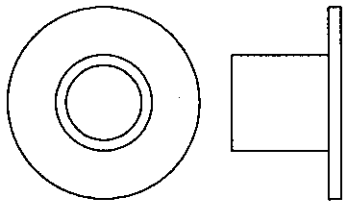
1 1/16" LONG HEAVY  
FLANGED SPACER



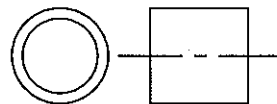
1/4" LONG FLANGED  
SPACER



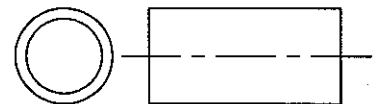
1/2" LONG FLANGED  
SPACER



1/2" LONG  
SPACER



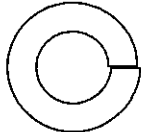
1" LONG  
SPACER



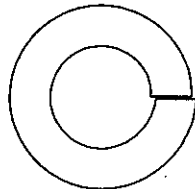
1/4"  
LOCK  
WASHER



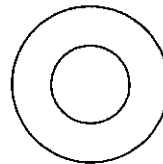
3/8"  
LOCK  
WASHER



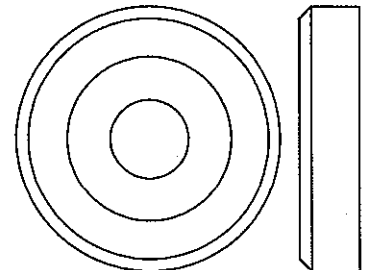
1/2"  
LOCK WASHER



5/16"  
FLAT WASHER



1 3/8" ALUMINUM  
FLATHEAD CAP

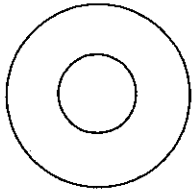




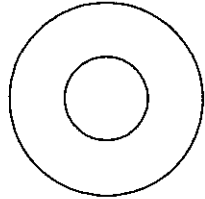
# OWNERS M A N U A L

## WASHER SIZING CHART

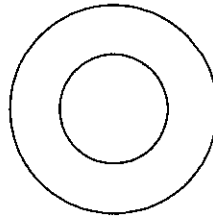
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



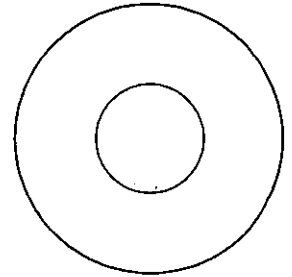
3/8"  
FLAT  
WASHER



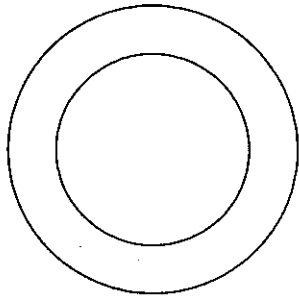
1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



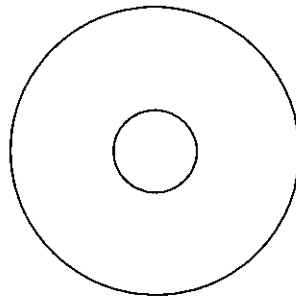
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



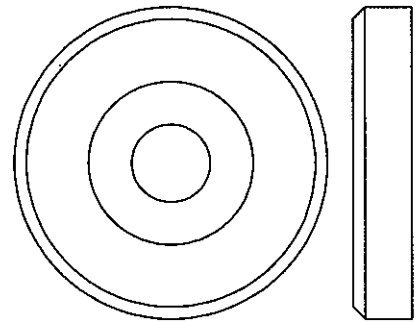
1" SHIM WASHER



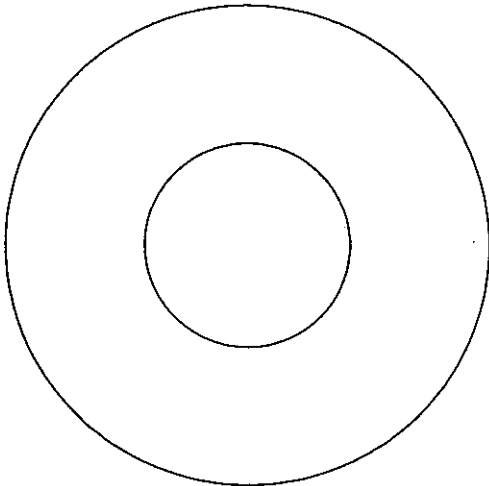
3/8" FENDER WASHER



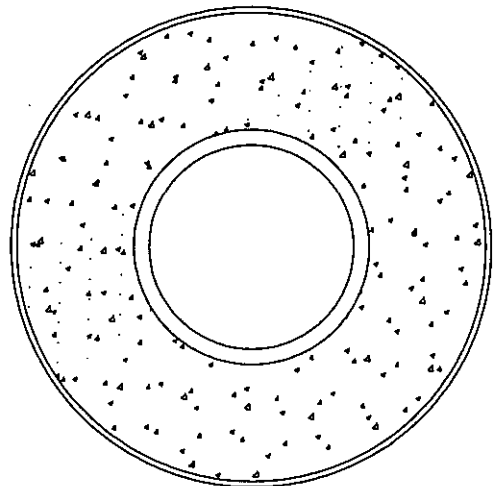
1 5/8" ALUMINUM  
FLATHEAD CAP



1 1/16"  
FENDER WASHER



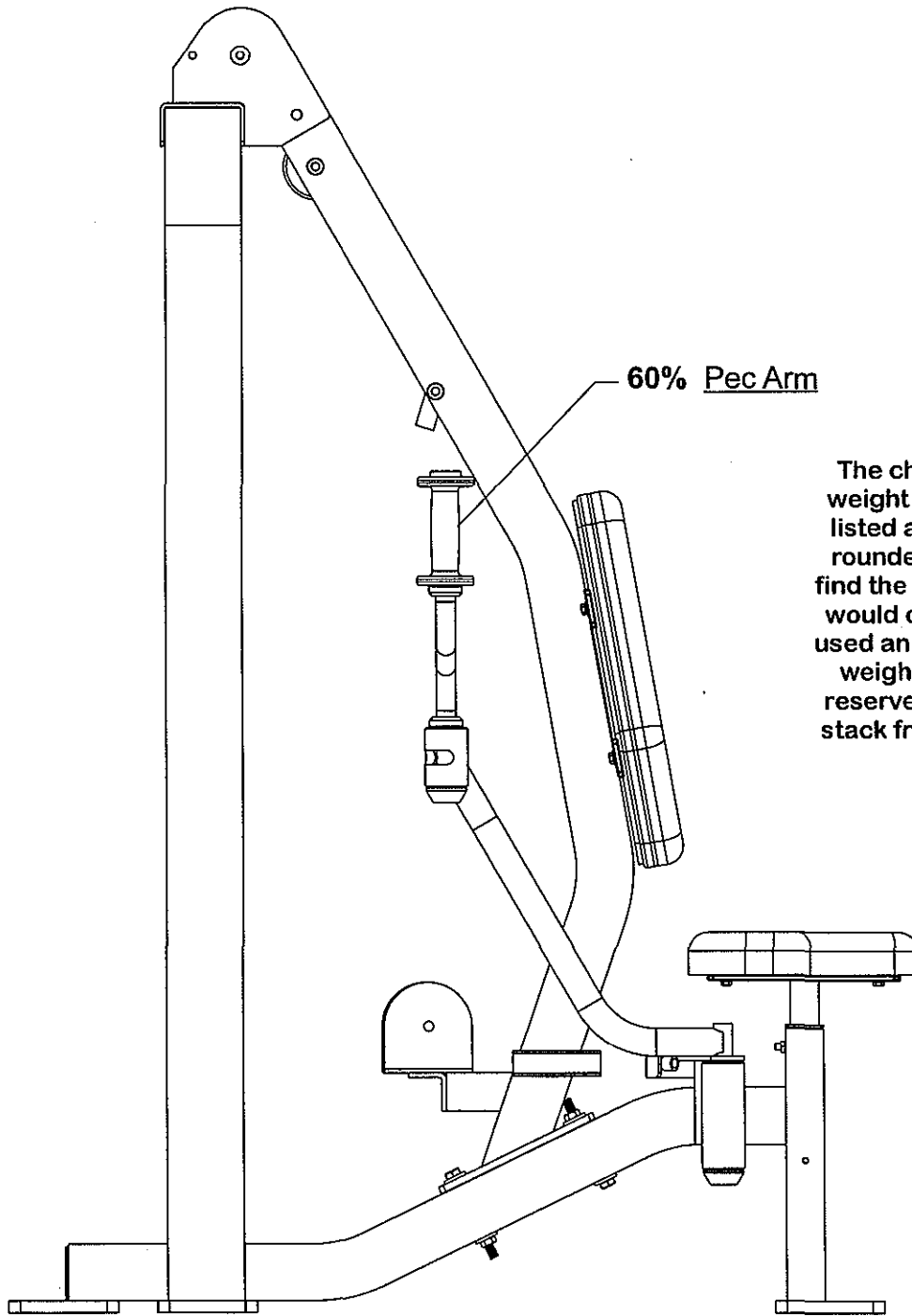
PLASTIC 1 1/16"  
FENDER WASHER



# OWNERS MANUAL

## WEIGHT RATIOS

	100%	60%
1	12.00	7.00
2	20.00	12.00
3	28.00	17.00
4	36.00	22.00
5	45.00	27.00
6	53.00	32.00
7	65.00	39.00
8	78.00	47.00
9	90.00	54.00
10	102.00	77.00
11	115.00	69.00
12	128.00	77.00
13	140.00	84.00
14	153.00	92.00
15	165.00	99.00
16	178.00	107.00



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.

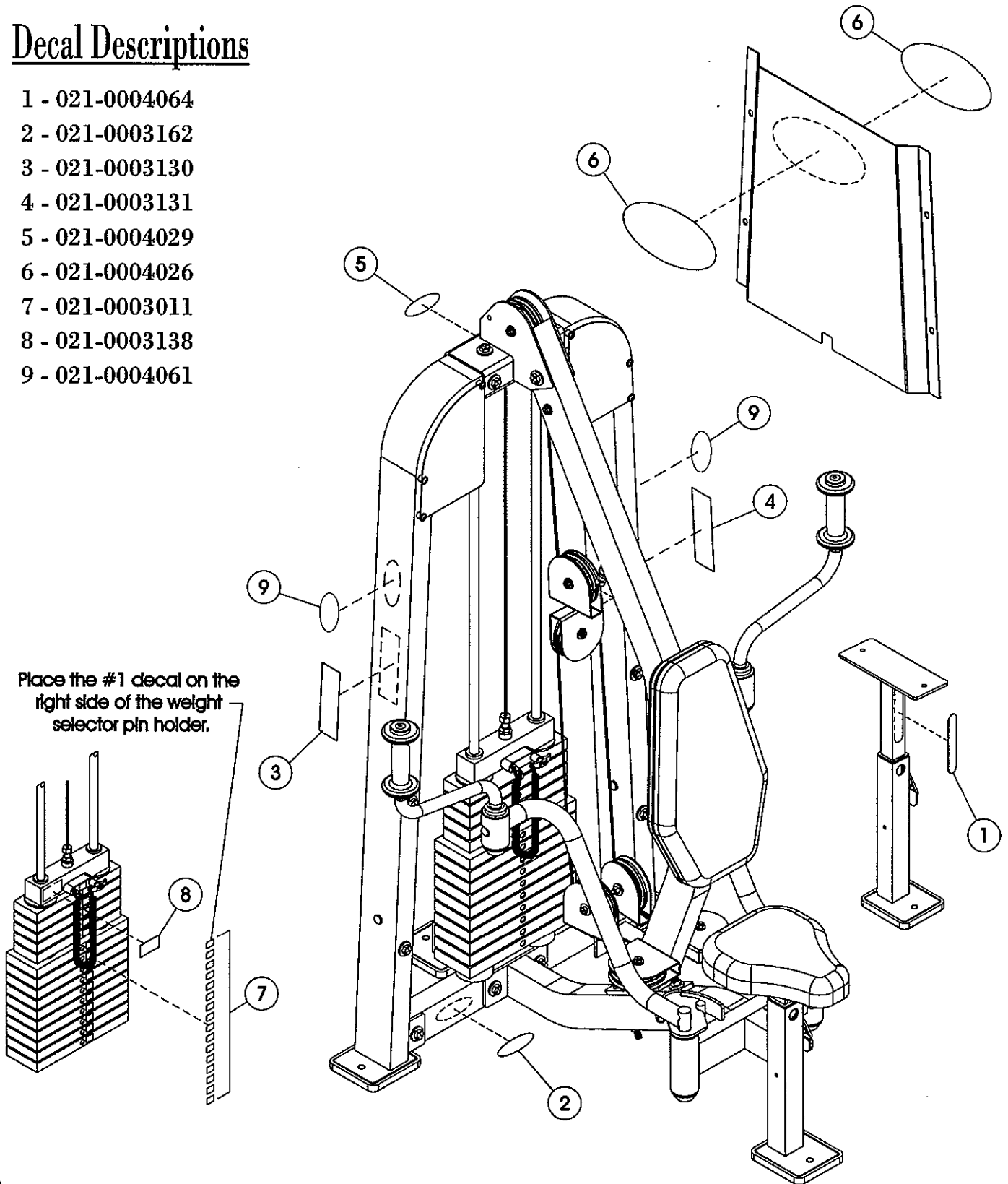
# OWNERS M A N U A L

# OWNERS MANUAL

## DECAL PLACEMENT

### Decal Descriptions

- 1 - 021-0004064
- 2 - 021-0003162
- 3 - 021-0003130
- 4 - 021-0003131
- 5 - 021-0004029
- 6 - 021-0004026
- 7 - 021-0003011
- 8 - 021-0003138
- 9 - 021-0004061



# OWNERS M A N U A L

## DECAL PLACEMENT

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



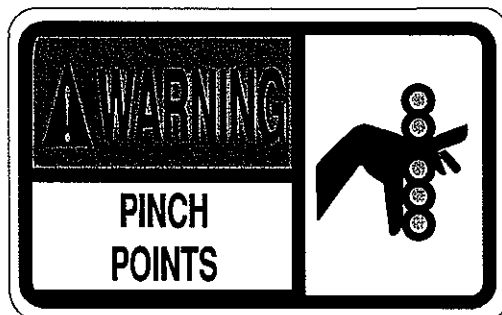
021-0003162



021-0004029



021-0004061

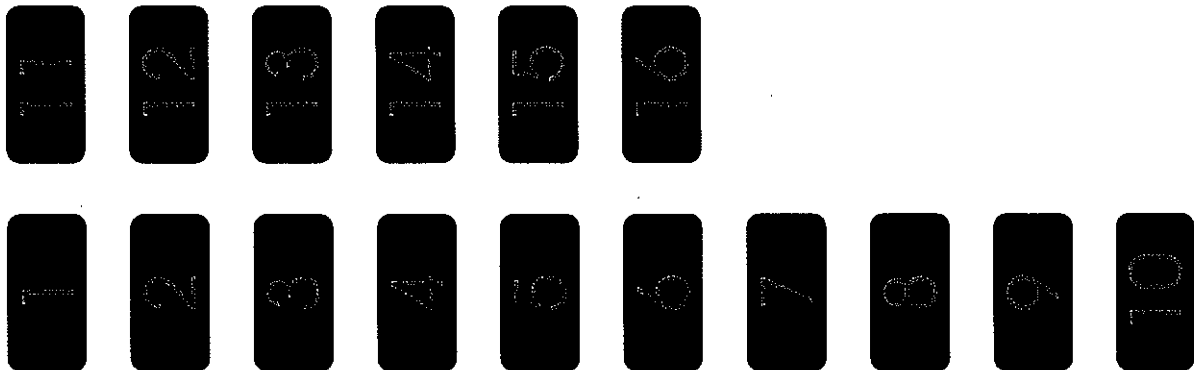


021-0003138

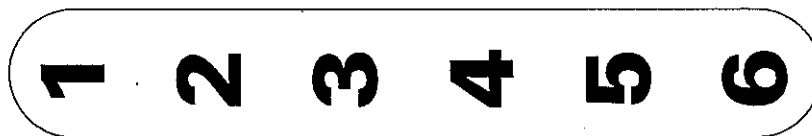
# OWNERS M A N U A L

## 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



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 with the *integrity of wear or damage.* If in doubt about a certain part, **DO NOT** use the equipment until the parts are 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 high resistance training. Stop exercising if you experience dizziness.
5. **TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP AWAY OF ALL MOVING PARTS.** Do not attempt to fix any jammed or faulty yourself. Only a technician should avoid possible injury.
6. **Take your time and do not rush the exercise.** Please do not overexert. **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 used. To make a child 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.**

NOTICE

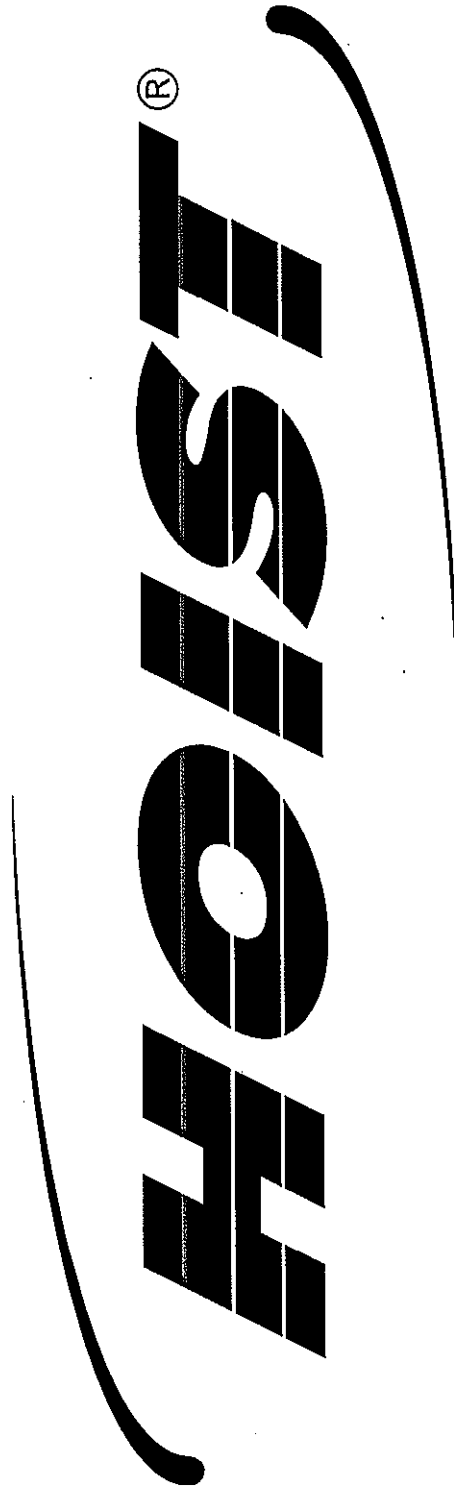
<i>COMMERCIAL MAINTENANCE</i>	Daily	Weekly	Monthly	Months <sup>6</sup>	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All 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

**021-0003130**

**021-0003131**

**OWNERS**  
M A N U A L

DECAL PLACEMENT



021-0004026



**OWNERS**  
**M A N U A L**



# OWNERS M A N U A L

## 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

# 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 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 Aircraft Quality **Cable** which meets or exceeds military specifications. Although our **cables** are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all **cables** be replaced yearly.
- \* 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

### **Cable Tension:**

\* Referring to the Assembly/Owners Manual, check all **cable** bolts and attachments to be sure they are properly attached.

\* Check slack in **cables** and readjust **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 Assembly/ 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 M A N U A L

## 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 M A N U A L

## 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** 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.

**IN HOME USE:** All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts or **cables**, and 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

**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](http://www.hoistfitness.com)

**PLEASE KEEP THIS FOR YOUR RECORDS**