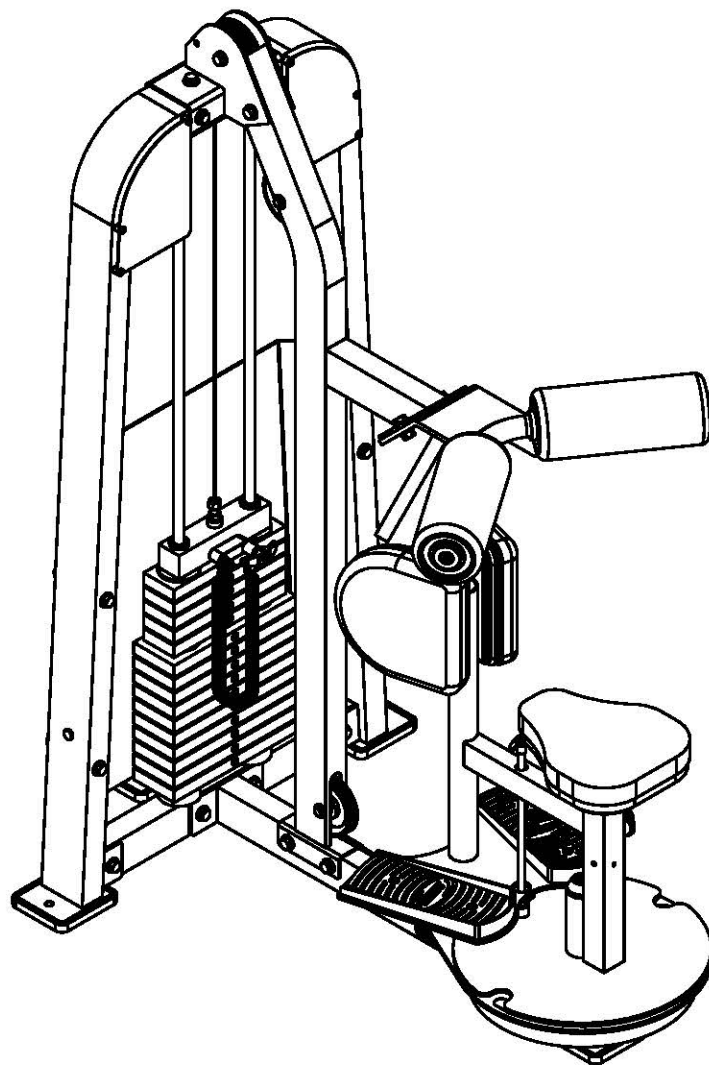


# OWNERS MANUAL



## HS1350 ROTARY TORSO



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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

**0303-004**

### Customer Service

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

# OWNERS MANUAL

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# **OWNERS MANUAL**

## **Step 1 INSTRUCTIONS**

**Before beginning assembly please take the time to read 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**

**Crescent Wrench**

**Rubber mallet**

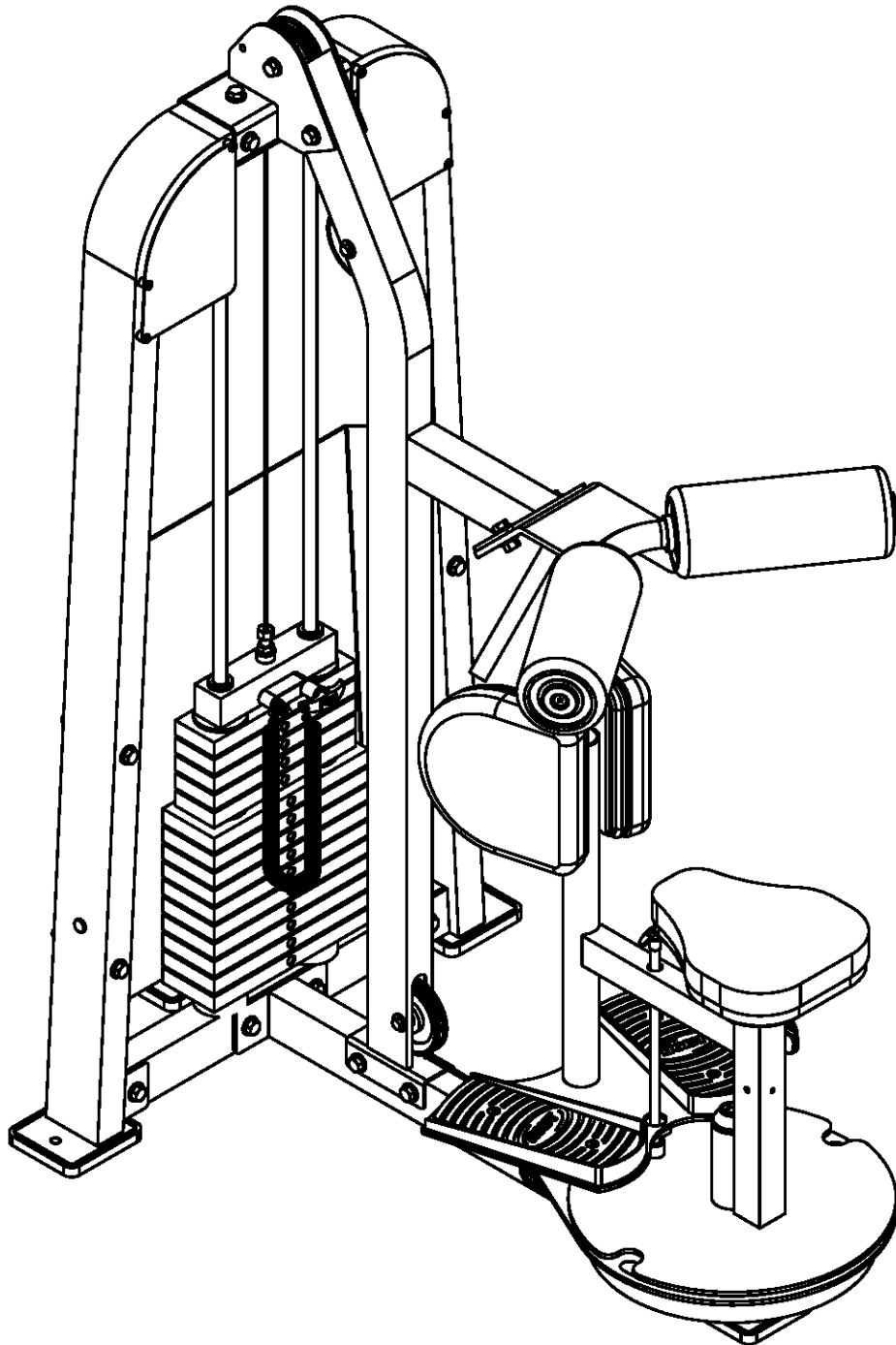
**Tape Measure**

# **OWNERS MANUAL**

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# OWNERS MANUAL

## Step 2 FRAME ASSEMBLY



# OWNERS MANUAL

## Step 2a FRAME ASSEMBLY

Start assembly by attaching both (1)'s to (4). Attach (3) to both (1)'s. Then attach (2) and (124) to (4). Hand Tighten bolts. Bolts will be Wrench Tighten later in assembly.

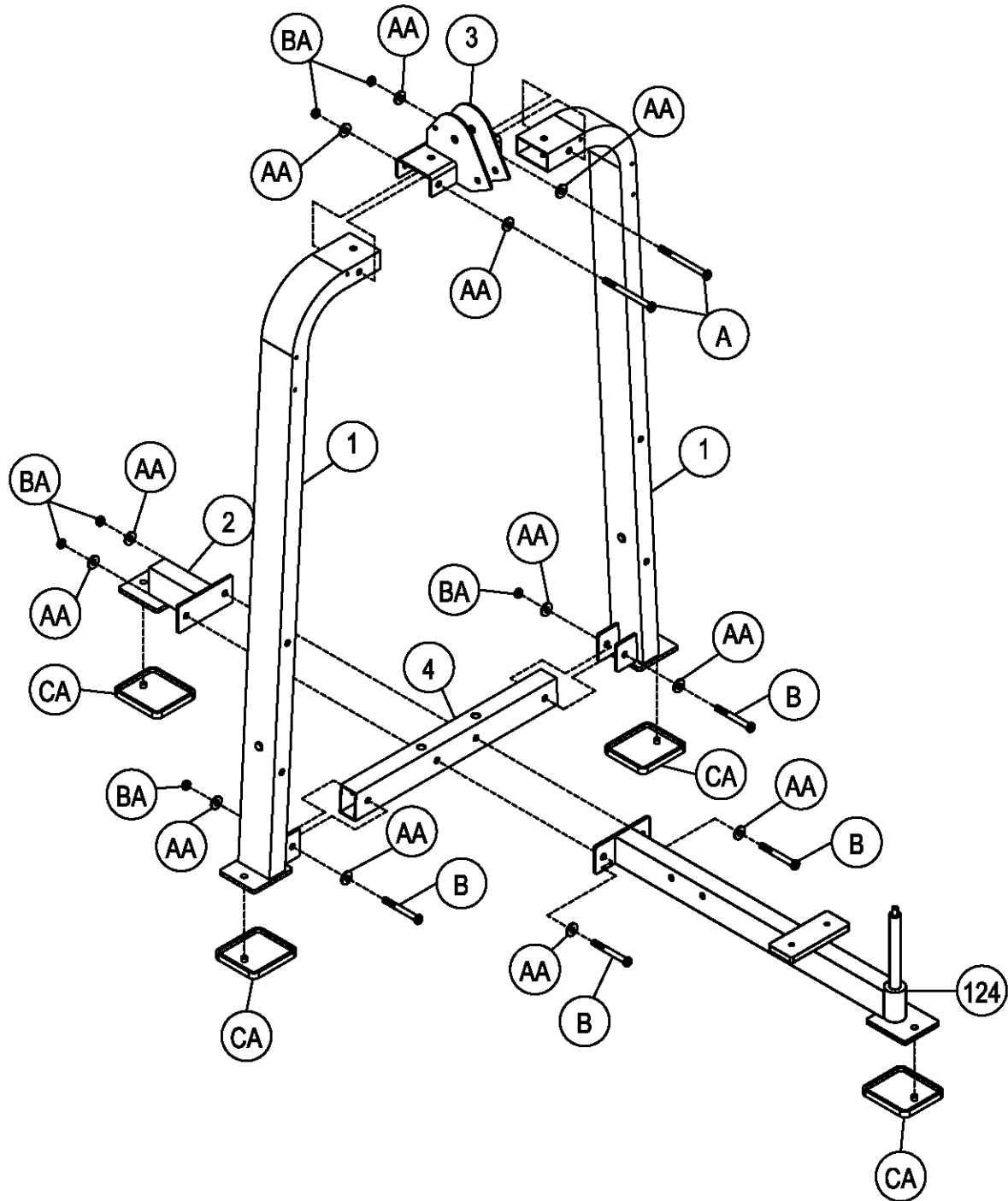
### Part Descriptions

1 - Weight Fram Upright  
2 - Rear Support Tie  
3 - Top Pulley Mount  
4 - Weight Stack Mount  
124 - Seat Support

### 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" Thin Nylok Washer  
CA - Rubber Foot Pad

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## Step 2b

### FRAME ASSEMBLY

Continue assembly by sliding (6) through (CC) and slide them both into (4). Tilt both (6)'s forward enough to allow room to slide the Weight Plates on. Slide all 10 (8)'s through both (6)'s followed by sliding all 5 (15)'s through both (6)'s. Now slide (7) through both (6)'s. Next slide (5) over both (6)'s. Angle both (6)'s vertical and secure (5) to both (1) and (3). Wrench Tighten all bolts on the machine at this point.

#### Part Descriptions

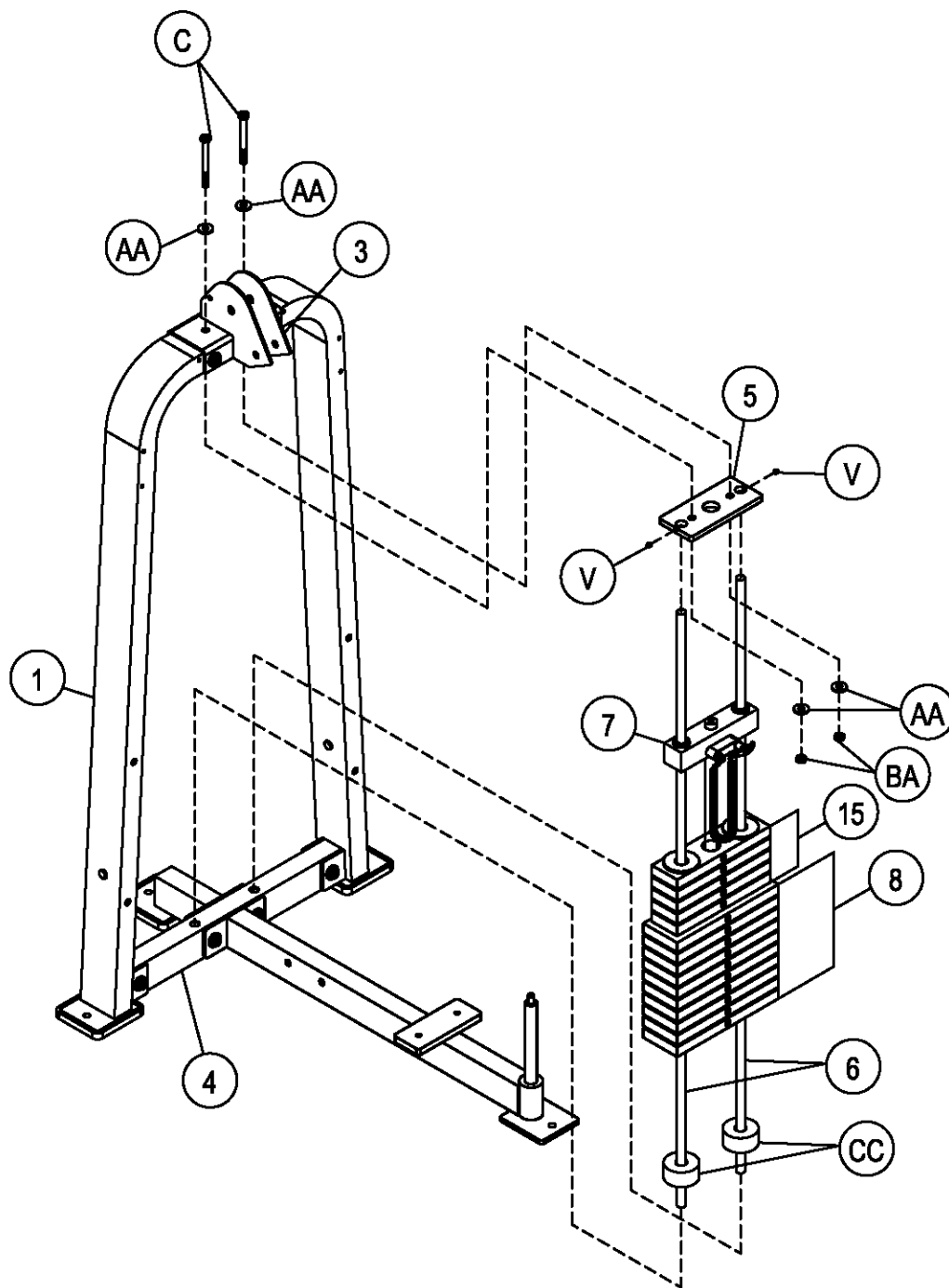
1 - Weight Frame Upright  
3 - Top Pulley Mount  
4 - Weight Stack Mount  
5 - Guide Rod Top Mount  
6 - Guide Rod  
7 - Top Weight  
8 - 12 1/2 lb Intermediate Plate  
15 - 8 lb Intermediate Plate

#### Hardware Descriptions

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



## HS1350 Assembly



# OWNERS MANUAL

## Step 2c FRAME ASSEMBLY

Continue assembly by attaching sliding (126) through the shaft of (124). Next attach the bottom part of (125) to (124) while attaching the top of (125) to part (3). Wrench Tighten bolts.

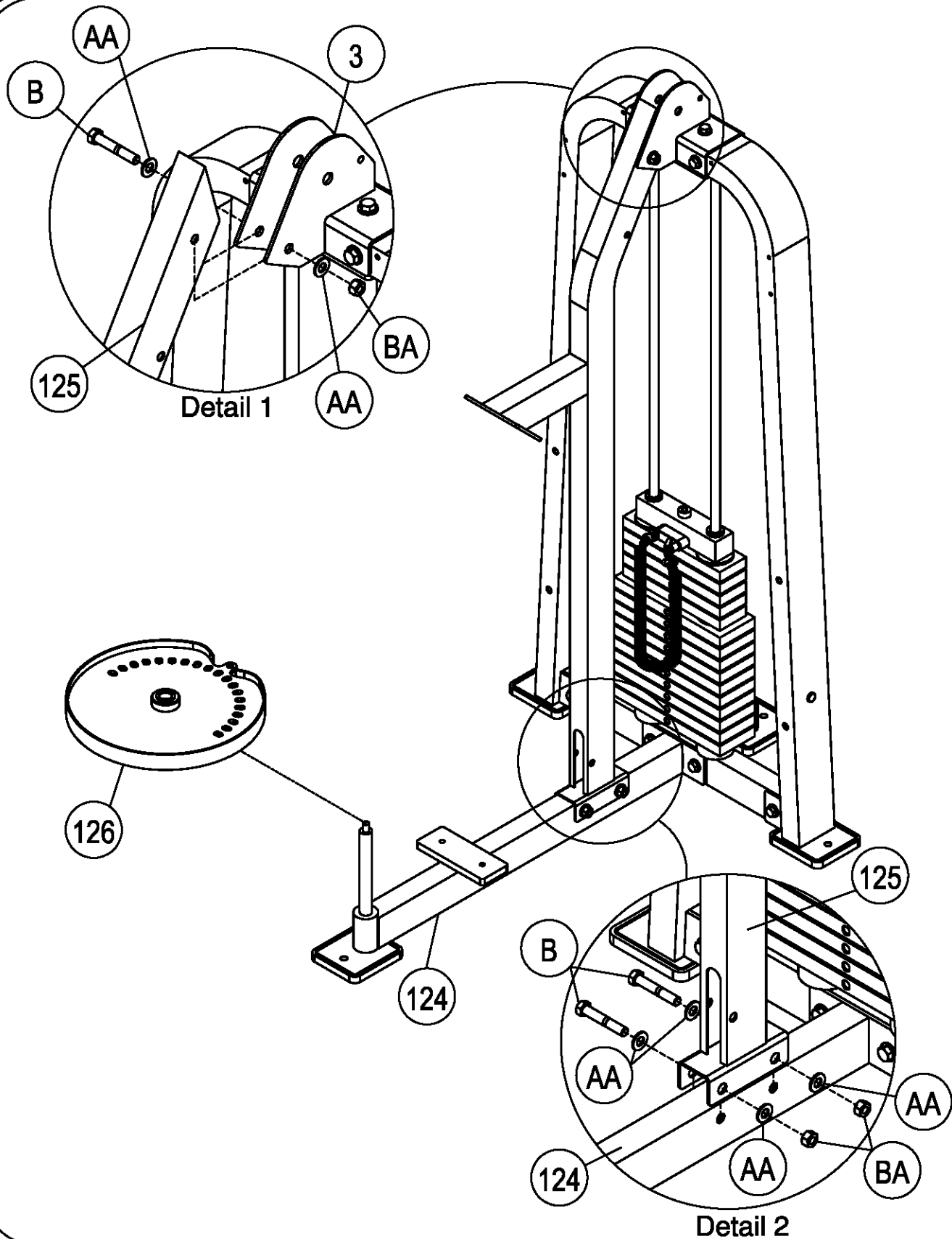
### Part Descriptions

**3 - Top Pulley Mount**  
**124 - Seat Support**  
**125 - Main Support**  
**126 - CAM**

### Hardware Descriptions

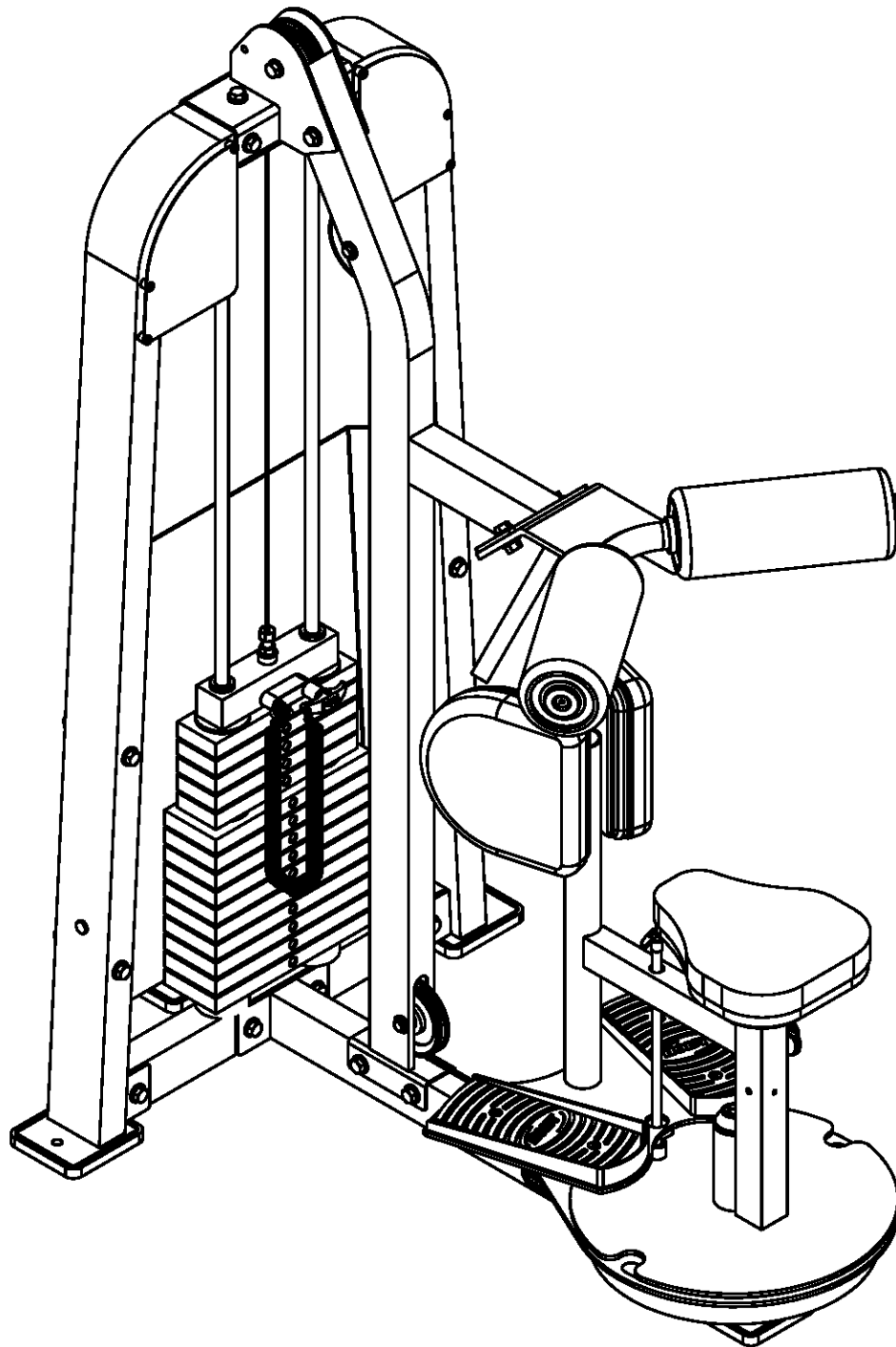
**B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)**  
**AA - 1/2" Flat Washer**  
**BA - 1/2" Thin Nylok Nut**

# OWNERS MANUAL



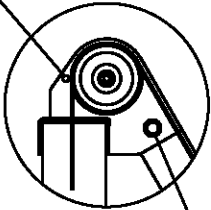
# OWNERS MANUAL

## CABLE ASSEMBLY



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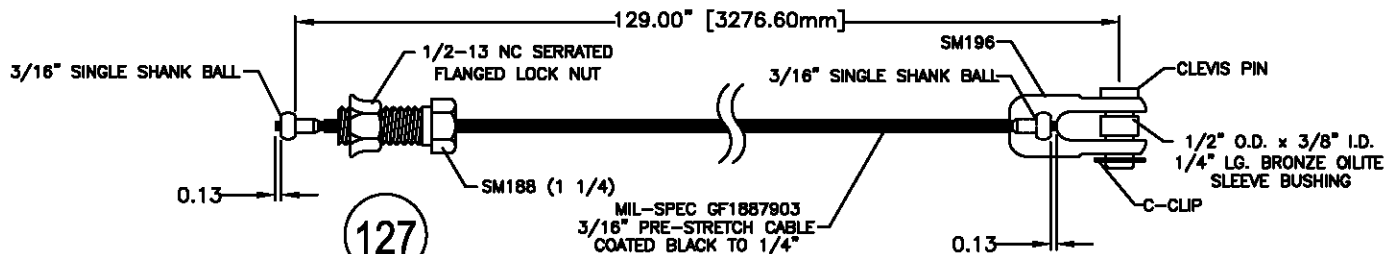
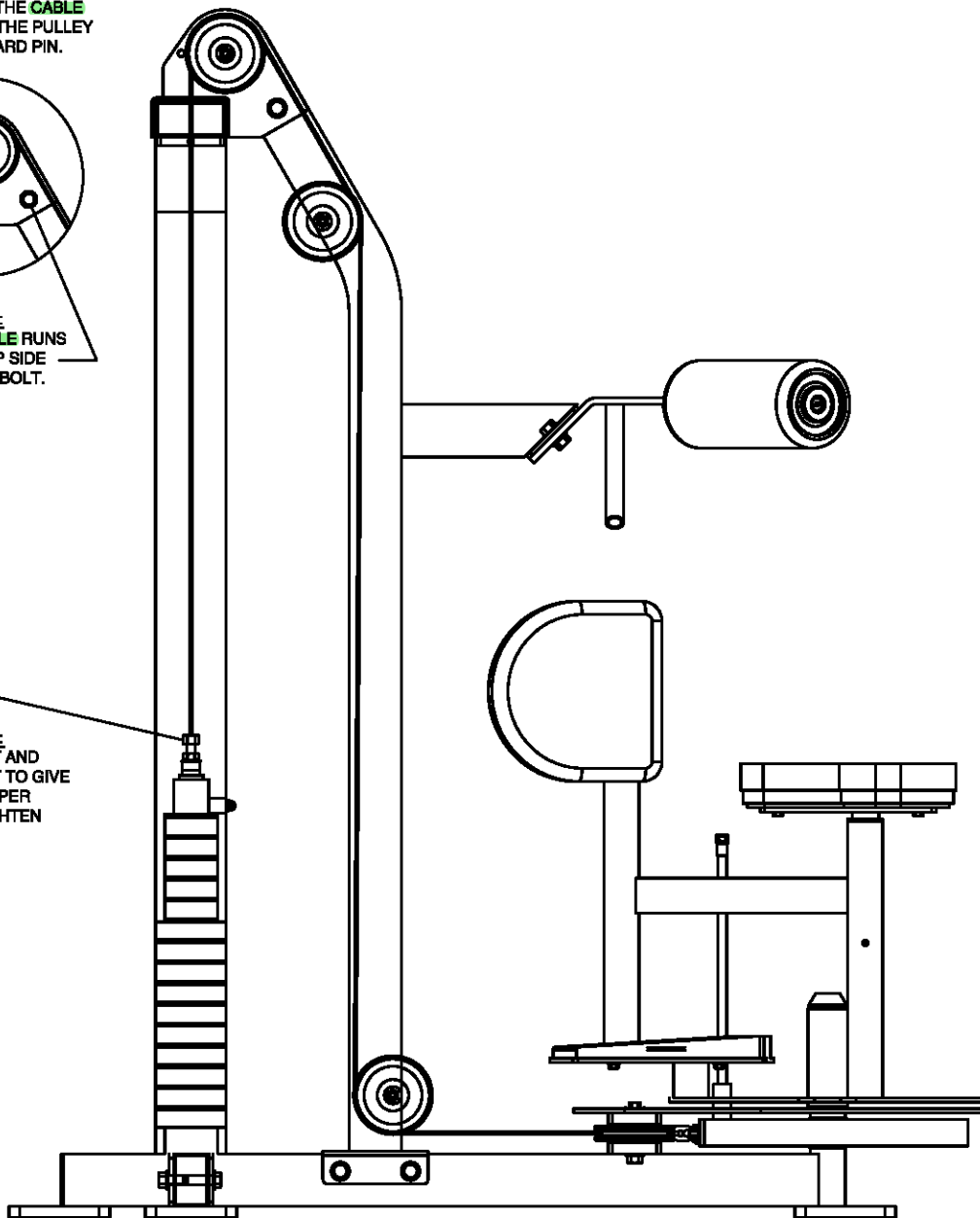
NOTE:  
BE SURE THAT THE **CABLE**  
RUNS BETWEEN THE PULLEY  
AND THE GUARD PIN.



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.



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## Step 2d FRAME ASSEMBLY

When assembling the pulleys and the **cable** it is important to install each pulley with the **cable** one at a time. Start by attaching (127) to the top weight and tighten. Next pull (127) up through (3) installing (CK) while guiding (127) over (CK). Next guide (127) through (125) and install (CK) while making sure that (127) runs on the inside of (CK). After Completing those two assemblies guide (127) down to the bottom of (125) and pull (127) out of the cut out. Install (CK) again making sure that (127) runs on the inside of (CK). Finally guide (127) and attach to (126). For detail of **cable** route see Page 12.

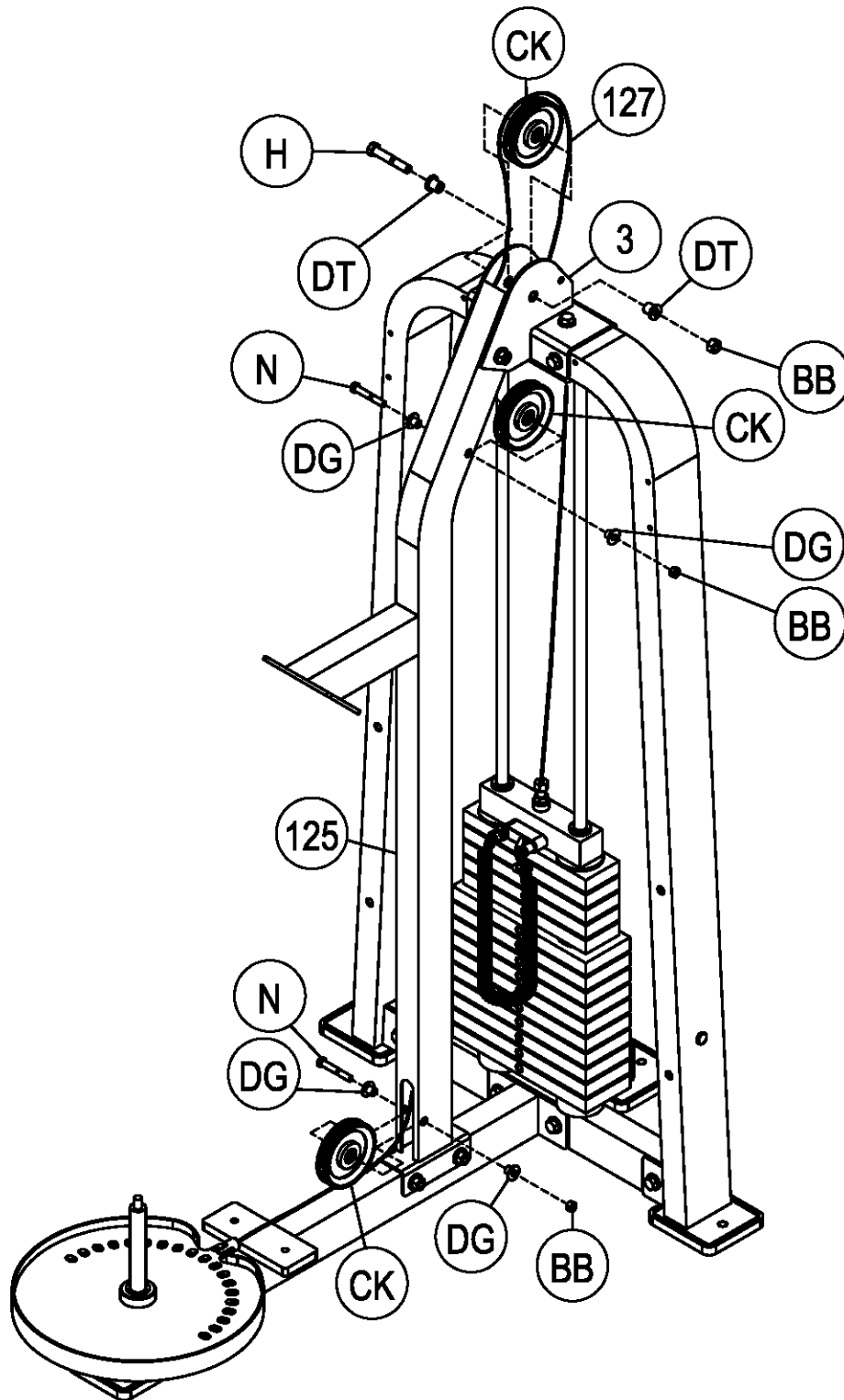
### Part Descriptions

3 - Upper Pulley Mount  
125 - Main Support  
126 - CAM  
127 - HS1350 Weight **Cable**

### Hardware Descriptions

H - 3/8-16UNC x 3" HHB (WZ)  
N - 3/8-16UNC x 2 1/2" HHB (WZ)  
BB - 3/8" Thin Nylok Nut  
CK - 4 1/2" Pulley Wheel  
DG - 1/2" Flanged Pulley Spacer  
DT - 11/16" Flanged Pulley Spacer

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## Step 2e PULLEY ASSEMBLY

Start by resting both (CK)'s on top of (124). Continue by sliding part (128) through the shaft of of part (124) and rest part (128) on top of (126). Besure that the holes of (128) are lined up with (CK)'s, and (124), then attach. Finish by attaching part (129) to part (125).  
Wench Tighten all bolts.

### Part Descriptions

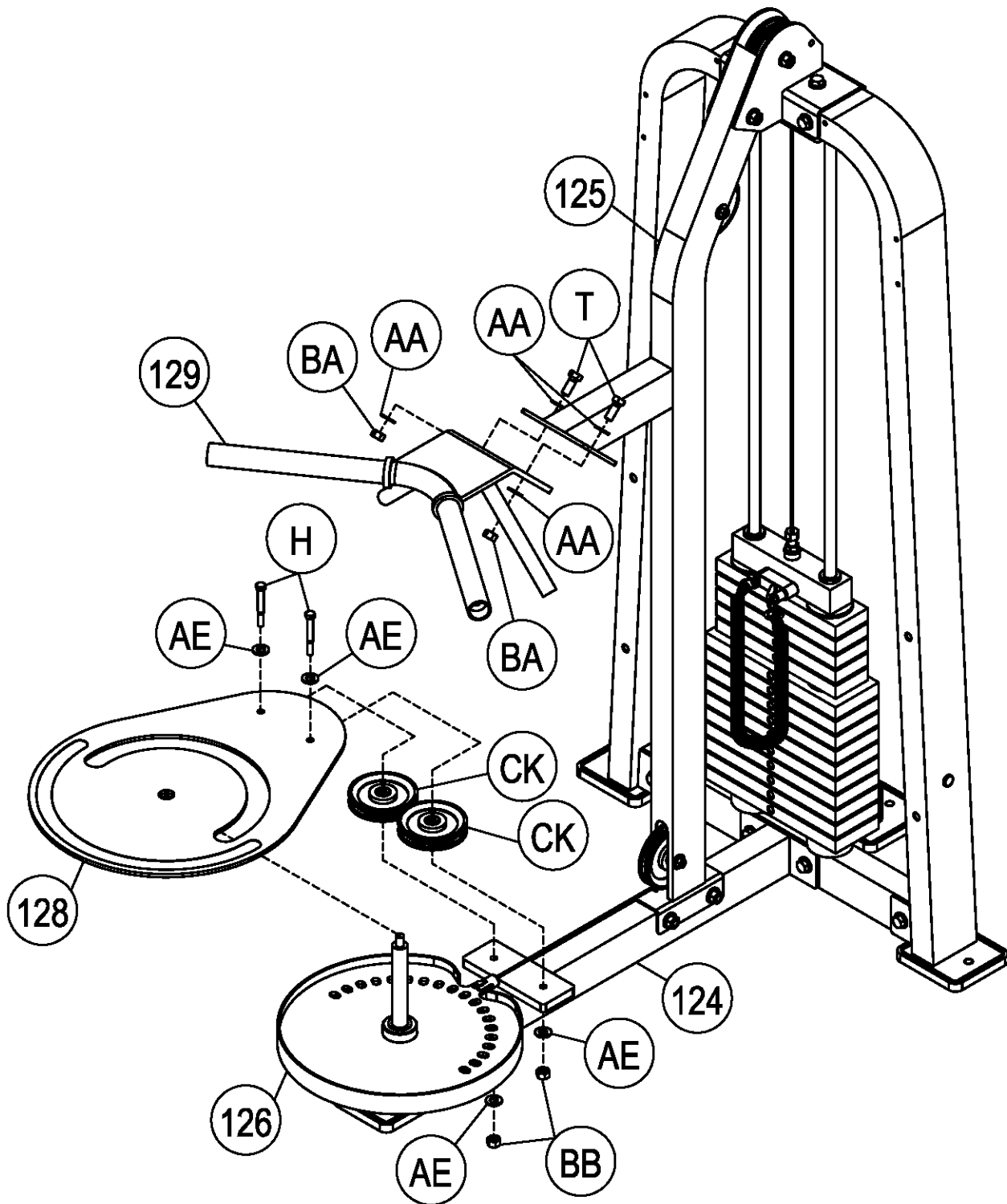
124 - Seat Support  
125 - Main Support  
126 - Cam  
128 - Range of Motion  
129 - Pad/Handle Mount

### Hardware Descriptions

H - 3/8"-16UNC x 3" HHB (WZ)  
T - 1/2"-12UNC x 1 1/4" HHB (WZ)  
AA - 1/2" Flat Washer  
AE - 3/8" Flat Washer  
BA - 1/2" Thin Nylok Nut  
BB - 3/8" Thin Nylok Nut  
CK - 4 1/2" Pulley Wheel



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## Step 2f FRAME ASSEMBLY

Start by attaching both (DN)'s to (130). Next attach (11) to (130). Slide (130) through the shaft of (124), and resting on top of (128) attach using (CE). Wench Tighten all bolts.

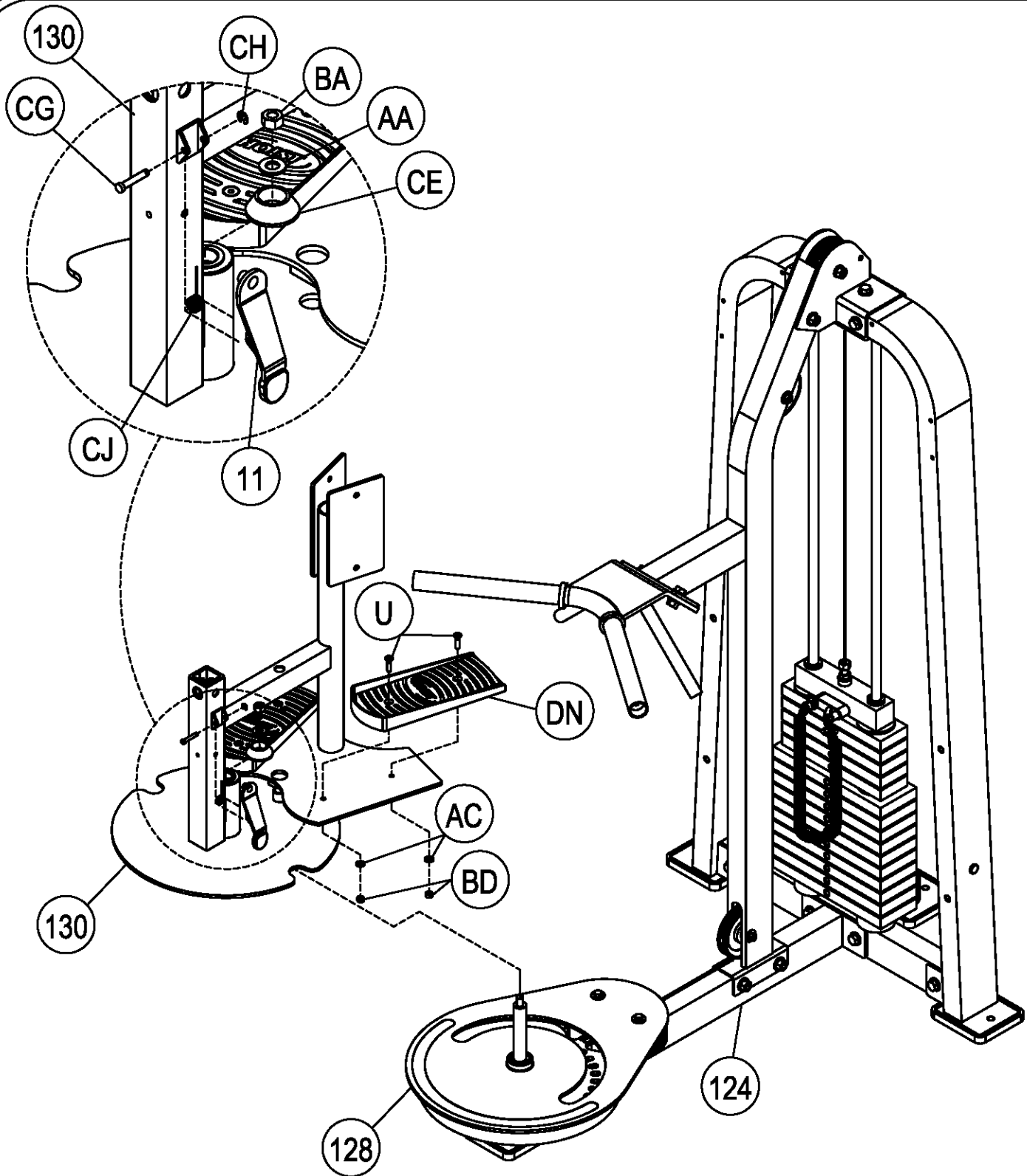
### Part Descriptions

11 - Seat Latch Assmebly  
124 - Seat Assmebly  
128 - Range Of Motion  
130 - Seat Swivel

### Hardware Descriptions

U - 5/16-18UNC x 1 1/4" FHS (WZ)  
AA - 1/2" Flat Washer  
AC - 5/16" Flat Washer  
BA - 1/2" Thin Nylok Nut  
BD - 5/16" Thin Nylok Nut  
CE - Alum. Bolt On Cap  
CG - Seat Adjuster Pin  
CH - Latch Spring  
CJ - C-Clip  
DN - Foot Plate

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## **Step 2g** **UPHOLSTERY ASSEMBLY**

**Continue assembly by attaching (131) to (130). Wench Tighten all bolts.**

### **Part Descriptions**

**130 - Seat Swivel**

**131 - Upholstery Knee Pad**

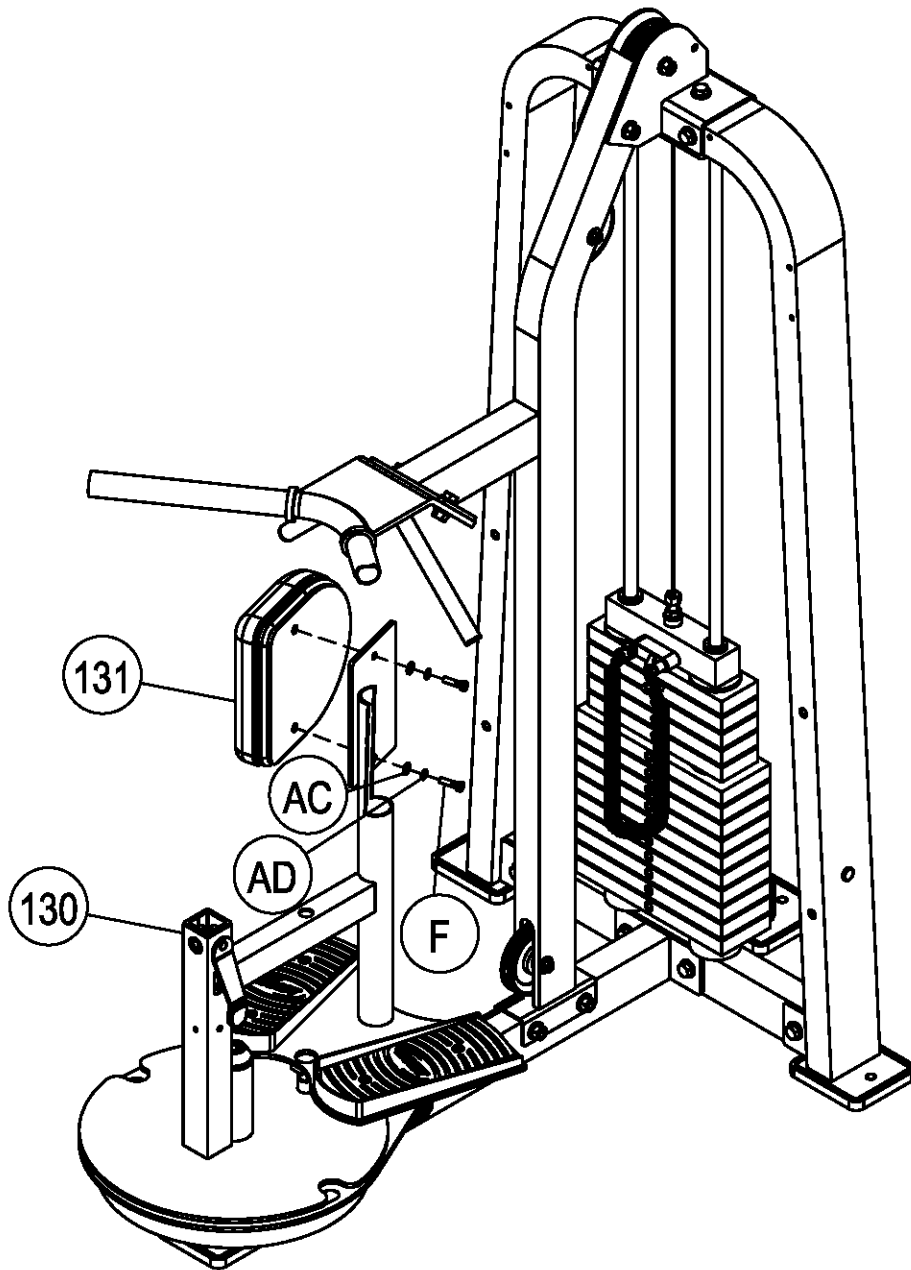
### **Hardware Descriptions**

**F - 5/16-18UNC x 1 1/4"**

**AC - 5/16" Flat Washer**

**AD - 5/16" Internaltooth Lock Washer**

# OWNERS MANUAL



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## Step 2h UPHOLSTERY ASSEMBLY

Continue by screwing (DO) into part (130). Next take (9) and attach to (133) then insert into (130). Next attach (132) to part (129), and secure.

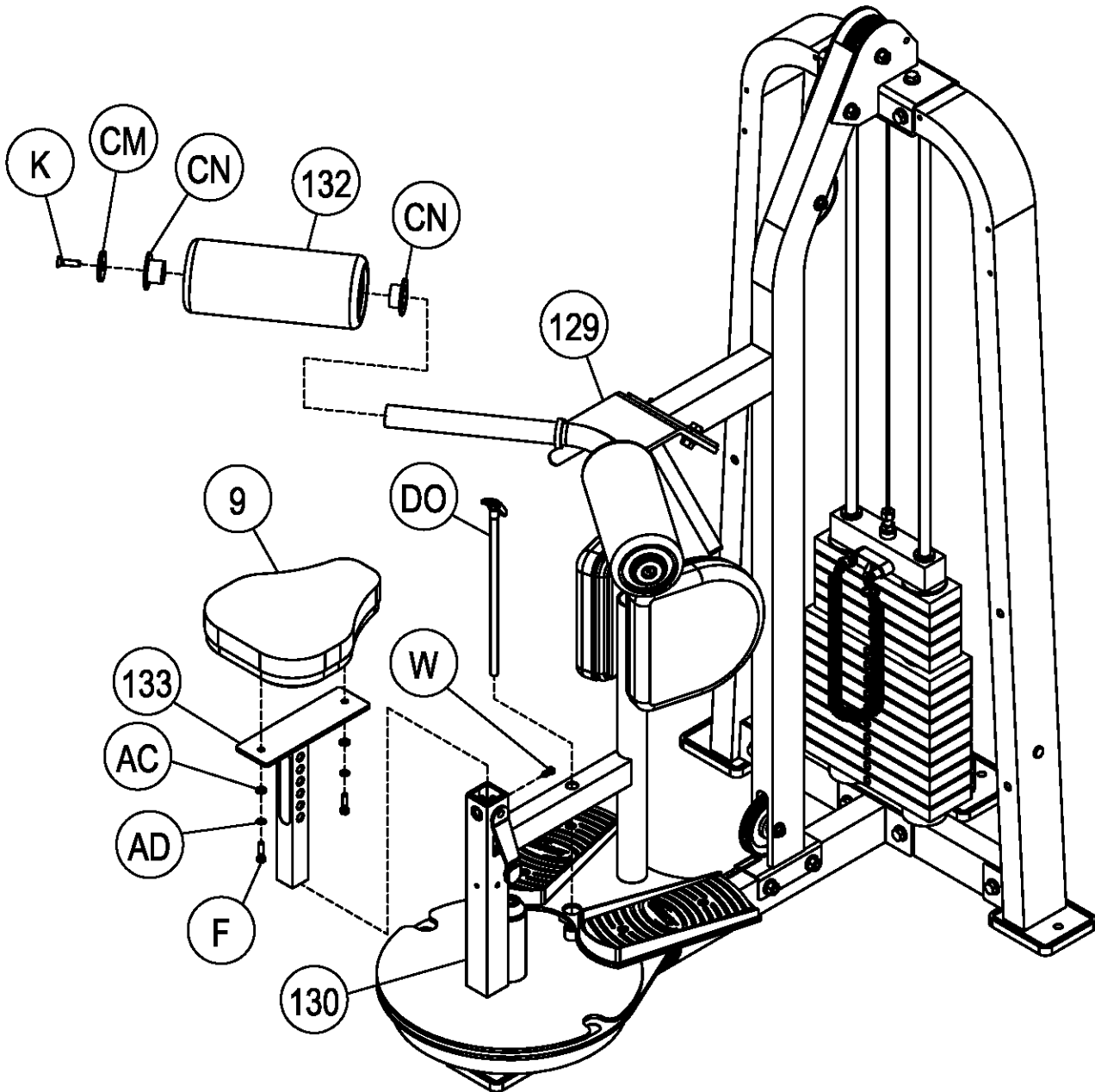
### Part Descriptions

9 - Upholstery Seat Pad  
129 - Pad/Handle Mount  
130 - Seat Swivel  
132 - Vacuum Formed Roller Pad  
133 - Seat Assembly

### Hardware Descriptions

F - 5/16"-18UNC x 1 1/4" HHB (WZ)  
K - 3/8"-16UNC x 1" FHB (WZ)  
W - 3/8"-16 x 3/4 Square Head Set Screw  
AC - 5/16" Flat Washer  
AD - 5/16" Internaltooth Lock Washer  
CM - Aluminum Cap (Flat Head)  
CN - Plastic Flanged Bushing  
DO - Pull Pin

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## Step 2i FINAL ASSEMBLY

Finish assembly by attaching (13) to both (1)'s. Then attach (DQ) to (1). Repeat assembly for (DR). Wrench Tighten bolts.

### \*IMPORTANT\*

Now that the HS1350 machine is completely assembled take time to assure that you 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 the bolts.

#### Part Descriptions

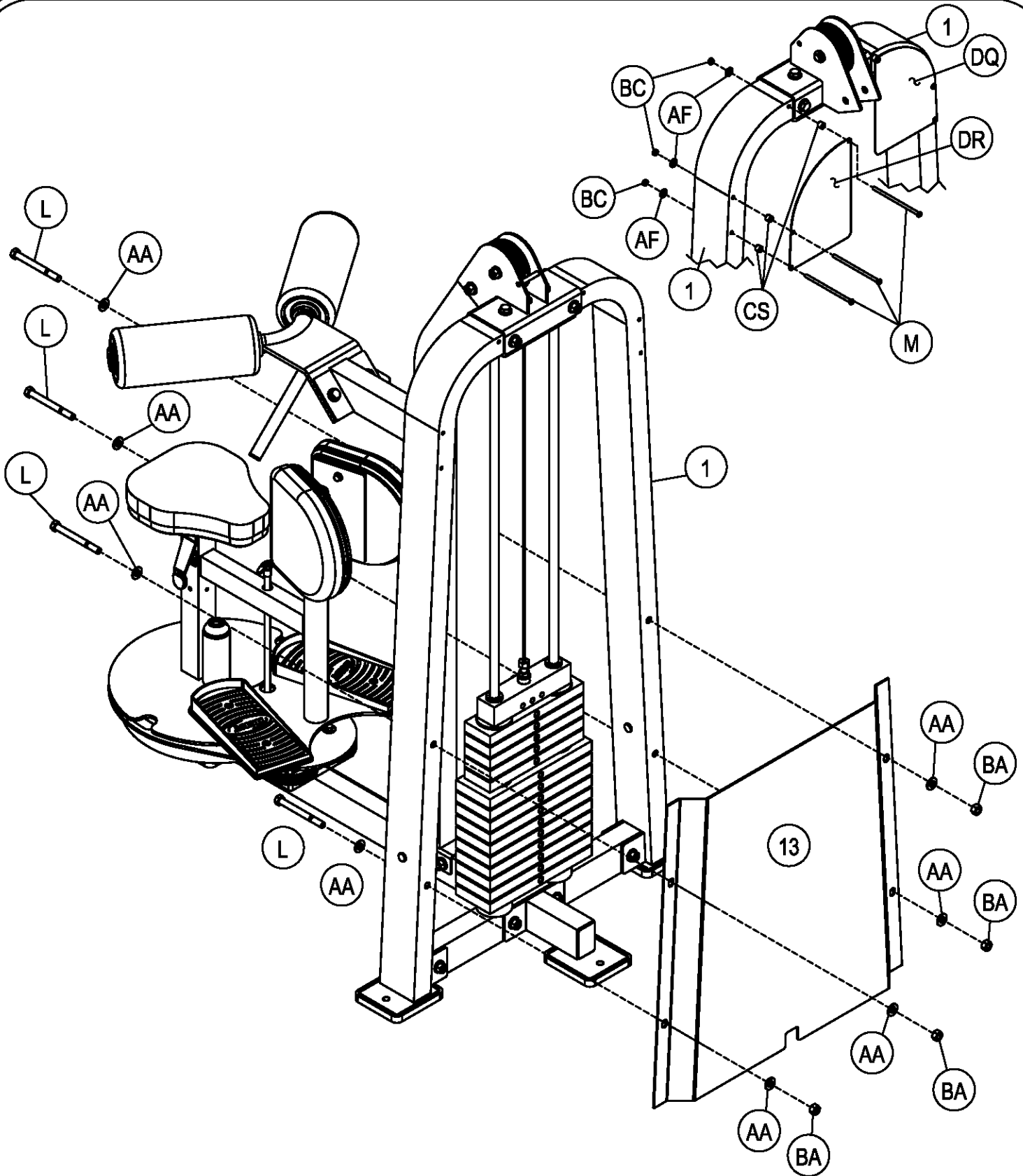
1 - Weight Frame Upright  
13 - Weight Frame Shield

#### Hardware Descriptions

L - 1/2"-13UNC x 4 1/2" HHB (WZ)  
M - 1/4"-20UNC x 5" BHB (WZ)  
AA - 1/2" Flat Washer  
AF - 1/4" Flat Washer  
BA - 1/2" Thin Nylok Nut  
BC - 1/4" Nylok Nut  
CS - .40 Lg. Spacer  
DQ - HS1350 Placard (Right)  
DR - HS1350 Placard (Left)



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## PRE-ASSEMBLY PARTS

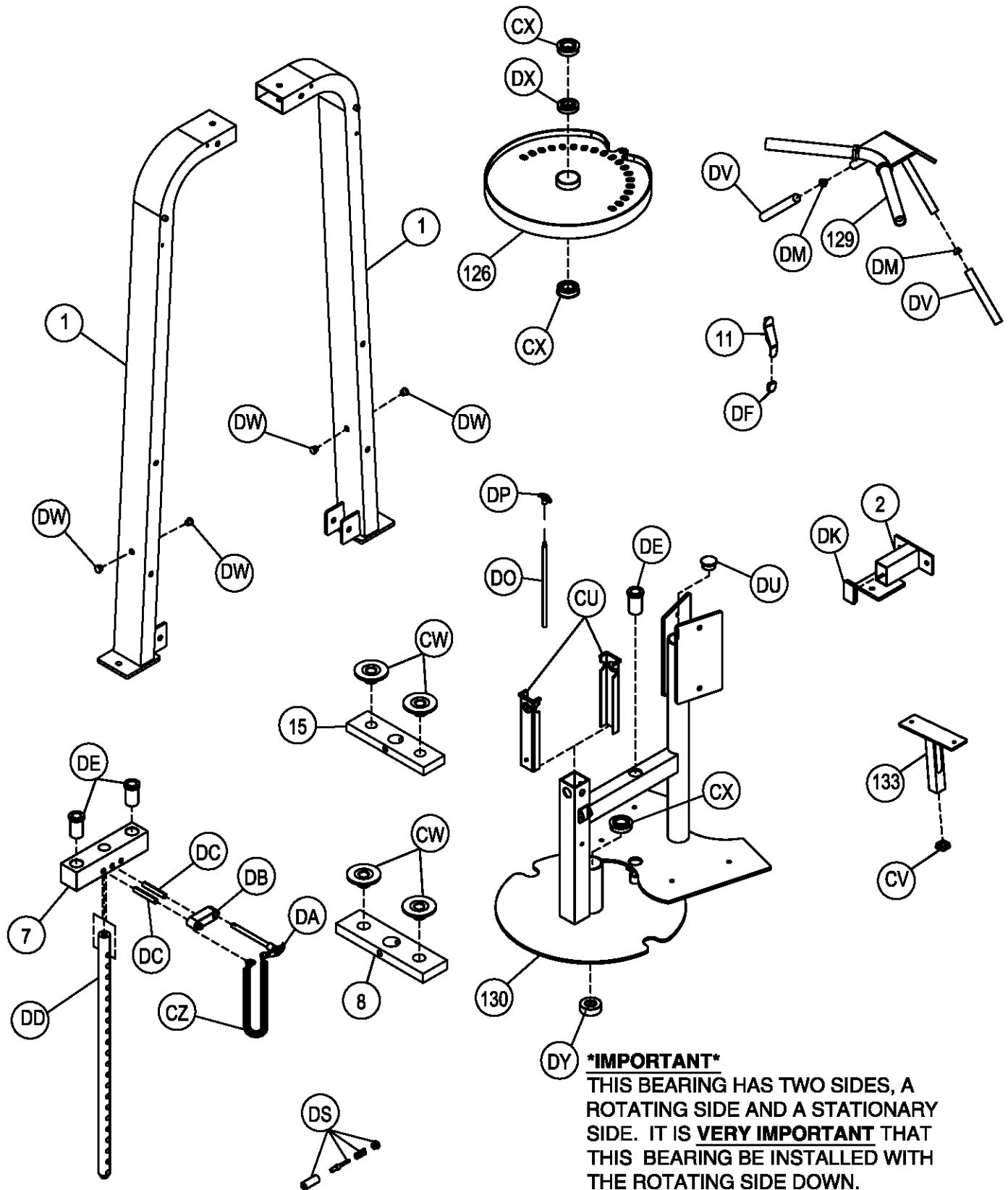
### Part Descriptions

**2 - Rear Tie**  
**7 - Top Weight Plate**  
**8 - 12 1/2 lb Weight Plate**  
**11 - Seat Latch Assembly**  
**15 - 8 1/4 Weight Plate**  
**126 - CAM**  
**129 - Pad/Handle Mount**  
**130 - Seat Swivel**  
**133 - Seat Assembly**

### Hardware Descriptions

**CU - EZ Guide Sleeves**  
**CV - 1 1/2" x 1 1/2" End Cap**  
**CW - Bushing**  
**CX - 1" Flanged Ball Bearing**  
**CZ - Lanyard Coil**  
**DA - Selector Pin**  
**DB - Lanyard/Selector Pin Stand Off**  
**DC - 7/16" x 2 3/4" Lg. Roll Pins**  
**DD - 16 Plate Selector Pin**  
**DE - Guide Rod Bushing**  
**DF - Rubber Thumb Latch**  
**DK - 2" x 3" Flat End Cap**  
**DM - Ø1" End Cap**  
**DO - Pull Rod**  
**DP - T-Handle**  
**DS - 1/2" Long Pull Pin**  
**DU - Ø2.00" End Cap**  
**DV - Ø1.00" x 6.30 LG Closed End Foam Grip**  
**DW - Plug**  
**DX - Bearing Spacer**  
**DY - 1.00" ID Thrust Bearing**

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## PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X0864	Weight Frame Upright
2	1	026-01X0817	Rear Support Tie
3	1	026-01X0859	Top Pulley Mount
4	1	026-01T0545	Weight Stack Support
5	1	026-01P0819	Guide Rod Top Mount
6	2	026-01G0159	Guide Rod
7	1	026-1300034	8 1/4 lb. Top Weight Plate
8	10	026-01SW101	12 1/2 lb. Intermediate Plate
9	1	022-01PD0042	Seat Pad Upholstery Assembly
11	1	026-01X0158	Seat Latch Assembly
13	1	026-1100089	Weight Stack Shield
15	5	026-01SW102	8 1/4 lb. Intermediate Plate
124	1	026-01X1298	Seat Support
125	1	026-01X1296	Main Support
126	1	026-01X1303	CAM
127	1	026-01C267T	HS1350 Weight Stack Cable
128	1	026-01X1302	Range Of Motion
129	1	026-01X1304	Pad/Handle Mount
130	1	026-01X1301	Seat Swivel
131	2	026-01PD096	Upholstery Knee Pad
132	2	022-STD-10-243	Vacuum Formed Roller Pad
133	1	026-01X1341	Seat Assembly

# OWNERS MANUAL

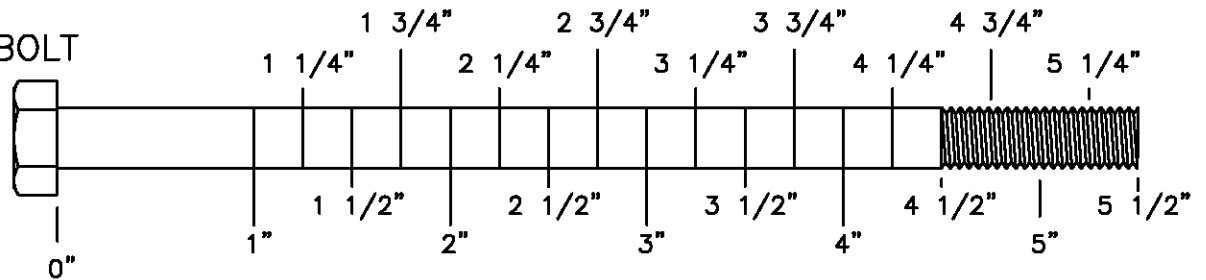
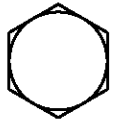
## HARDWARE LISTING

Key#	Qty.	Part Number	Description
A	2	011-0307061	1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
B	7	011-0407016	1/2"-13UNC x 3" Hex Head Bolt (WZ)
C	2	011-0101076	1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
F	6	011-0101062	5/16"-18UNC x 1 1/4" Hex Head Bolt (WZ)
H	3	011-0407026	3/8"-16UNC x 3" Hex Head Bolt (WZ)
K	2	011-0002042	3/8"-16UNC x 1" Flat Head Screw
L	4	011-0207030	1/2"-13UNC x 4 1/2" Hex Head Bolt
M	6	011-0101074	1/4"-20UNC x 5" Button Head Bolt
N	2	011-0107009	3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
T	2	011-0407038	1/2"-13UNC x 1 1/4" Hex Head Bolt (WZ)
U	4	011-0002045	5/16"-18UNC x 1 1/4" Flat Head Screw (WZ)
V	2	011-0311012	5/16"-18UNC x 5/16" Socket Set Screw (WZ)
W	1	011-0311013	3/8"-16 UNC x 3/4" Square Head Set Screw (WZ)
AA	35	013-0102003	1/2" Flat Washer
AC	10	013-0002001	5/16" Flat Washer
AD	6	013-0102021	5/16" Internal Tooth Lock Washer
AE	4	013-0002004	3/8" Flat Washer
AF	6	013-0002003	1/4" Flat Washer
BA	18	012-0304011	1/2"-13UNC Thin Nylok Nut
BB	5	012-0304008	3/8"-16UNC Thin Nylok Nut
BC	6	012-0104009	1/4"-20UNC Nylok Nut
BD	4	012-0102006	5/16"-18UNC Thin Nylok Nut
CA	4	026-01PL195	Rubber Foot Pad
CC	2	026-01PL201	Weight Stack Bumper
CE	1	026-01M0519	Alum. Bolt on Cap
CG	1	026-01M0309	Seat Adjuster Pin
CH	1	026-01M0503	Latch Spring
CJ	1	014-0015001	Seat Adjuster C-Clip
CK	5	026-STD-06-0025	4 1/2" Pulley Wheel
CM	2	026-STD-05-0454	Aluminum Cap (Flat Head)
CN	4	026-STD-06-481	Plastic Flanged Bushing
CS	6	026-01PL290	.40" Lg. Spacer
CU	2	026-01PL125	EZ Glide Sleeves
CV	1	016-0101008	1 1/2" x 1 1/2" End Cap
CW	30	026-01SW122	Bushing
CX	4	014-0009007	1" I.D. Flanged Ball Bearing
CZ	1	026-01PL291	Lanyard Coil
DA	1	026-01M0134	Selector Pin
DB	1	026-01PL291	lanyard/Selector Pin Stand Off
DC	2	030-0303010	7/16" x 2 3/4" Lg. Roll Pin
DD	1	026-01W111	16 Plate Selector Stem
DE	3	026-01PL134	Guide Rod Bushing
DF	1	026-01PL239	Rubber Thumb Latch
DG	4	026-01M0198	1/2" Flanged Pulley Spacer
DK	1	016-0101009	2" x 3" Flat End Cap
DM	2	016-0201006	Ø1" Plastic End Cap
DN	2	026-01PL343	Small Plastic Foot Plate
DO	1	026-01M0726	Pull Rod
DP	1	026-01PL138	T-Handle
DQ	1	021-0013132	HS1350 Placard (Right)
DR	1	021-0013133	HS1350 Placard (Left)
DS	1	026-01M0129	1/2" Long Pull Pin
DT	2	026-01M0532	11/16 Flanged Pulley Spacer
DU	2	016-0201017	Ø2.00" End Cap
DV	2	019-0002015	Ø1.00" x 6.30" LG Closed End Foam Grip
DW	4	26-STD-06-0329	Plug
DX	1	026-01M0878	Bearing Spacer
DY	1	014-0012011	1.00" ID Thrust Bearing

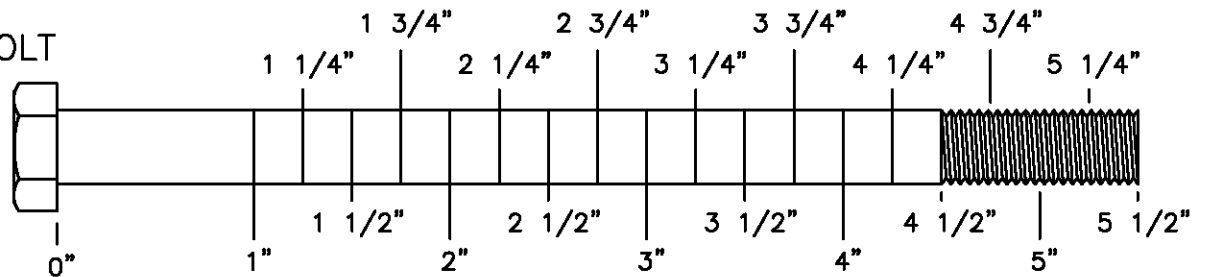
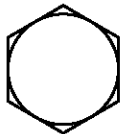
# OWNERS MANUAL

## BOLT SIZING CHART

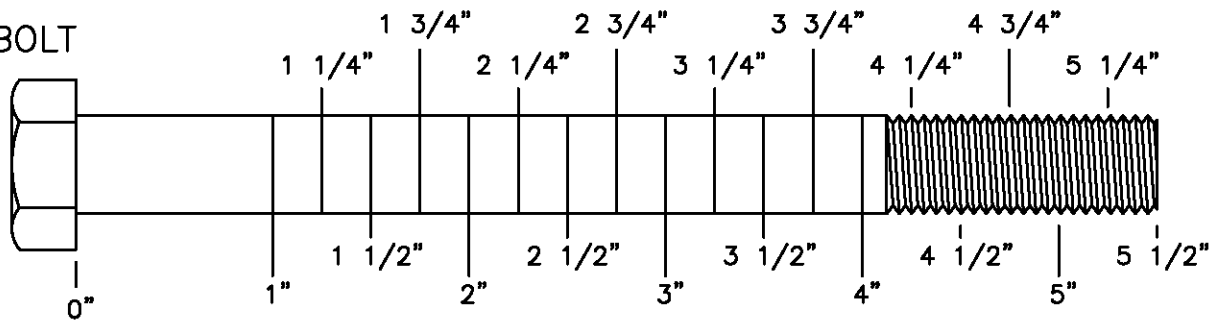
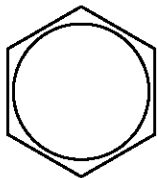
5/16" HEX BOLT



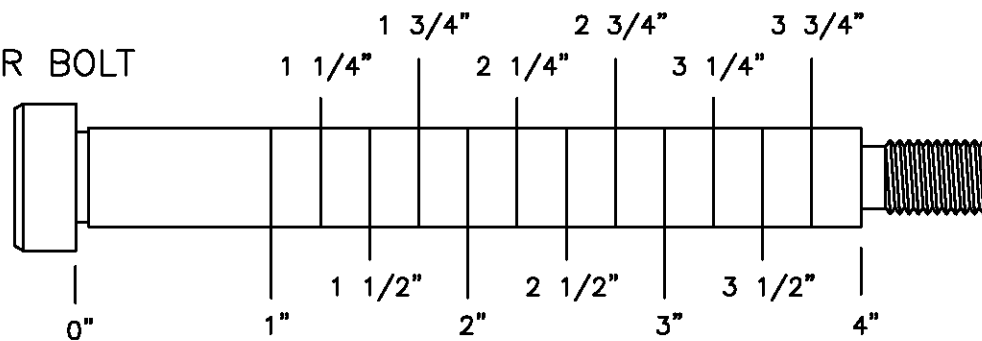
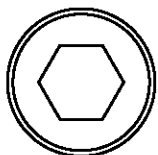
3/8" HEX BOLT



1/2" HEX BOLT



1/2" SHOULDER BOLT

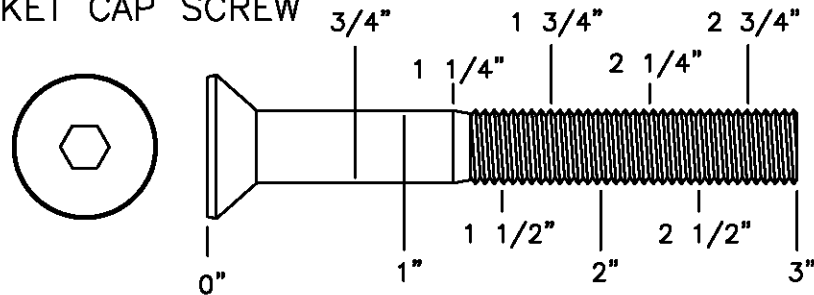


# OWNERS MANUAL

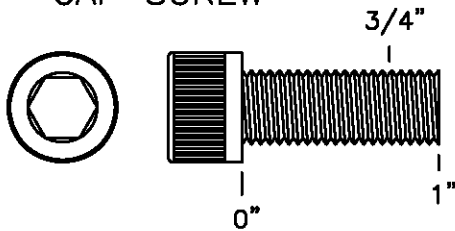
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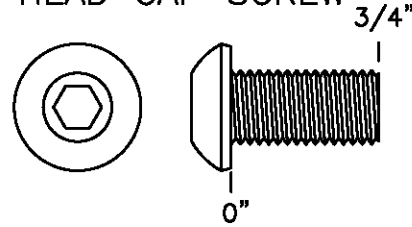
3/8" FLATHEAD  
SOCKET CAP SCREW



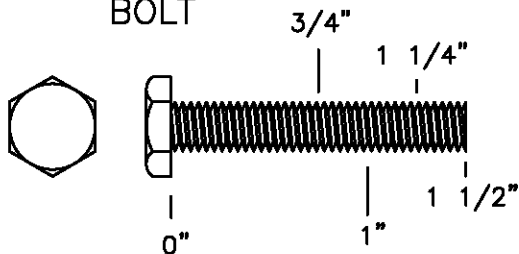
3/8" SOCKET  
CAP SCREW



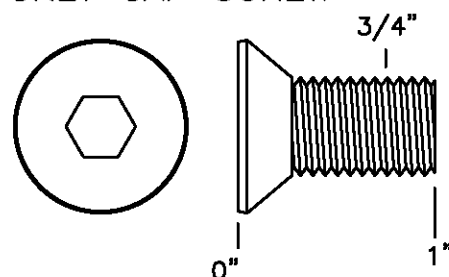
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT



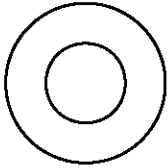
1/2" FLATHEAD  
SOCKET CAP SCREW



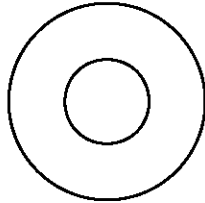
# OWNERS MANUAL

## WASHER SIZING CHART

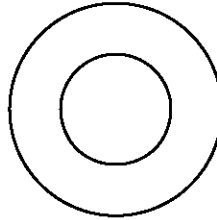
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



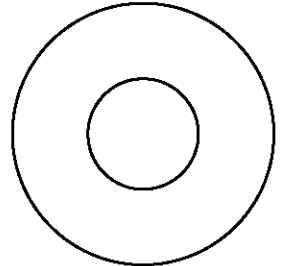
3/8"  
FLAT  
WASHER



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



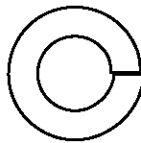
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



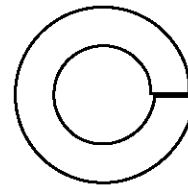
1/4"  
LOCK WASHER



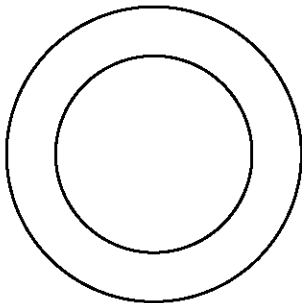
3/8"  
LOCK WASHER



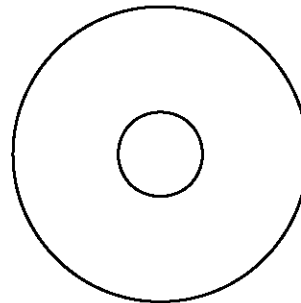
1/2"  
LOCK WASHER



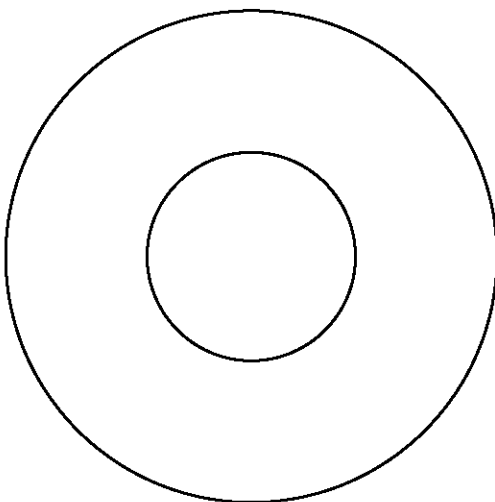
1" SHIM WASHER



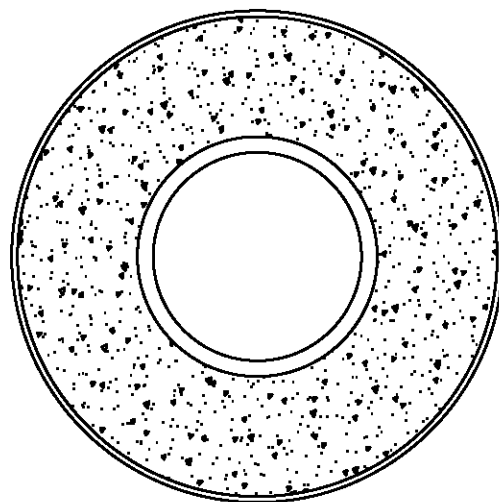
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER



PLASTIC 1 1/16"  
FENDER WASHER



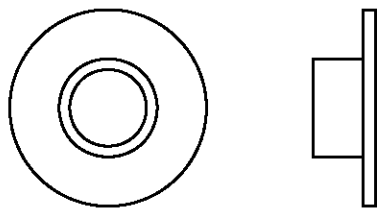


# OWNERS MANUAL

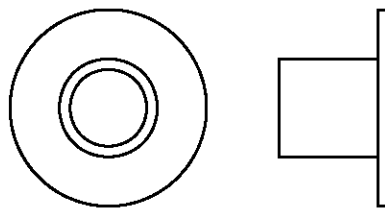
## WASHER SIZING CHART CONTINUED

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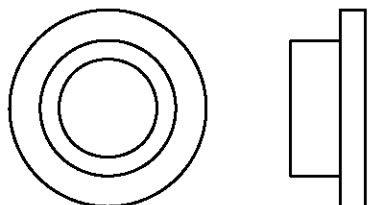
1/4" LONG  
FLANGED SPACER



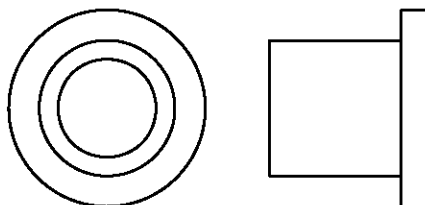
1/2" LONG  
FLANGED SPACER



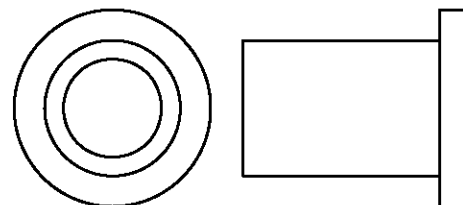
1/4" LONG HEAVY  
FLANGED SPACER



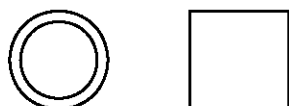
11/16" LONG HEAVY  
FLANGED SPACER



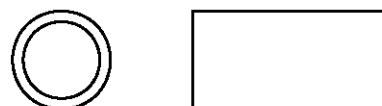
1" LONG HEAVY  
FLANGED SPACER



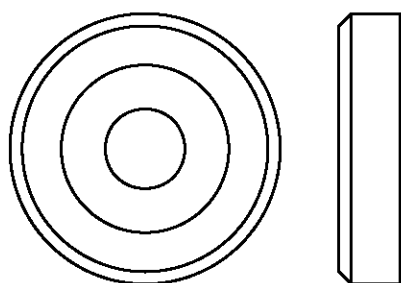
1/2" LONG  
SPACER



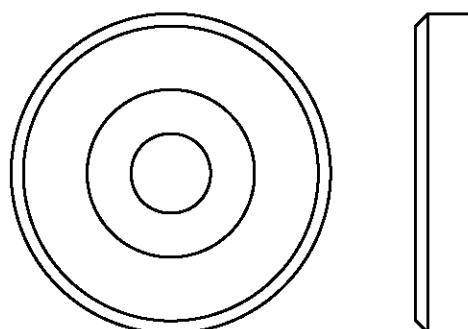
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP



1 5/8" ALUMINUM  
FLATHEAD CAP

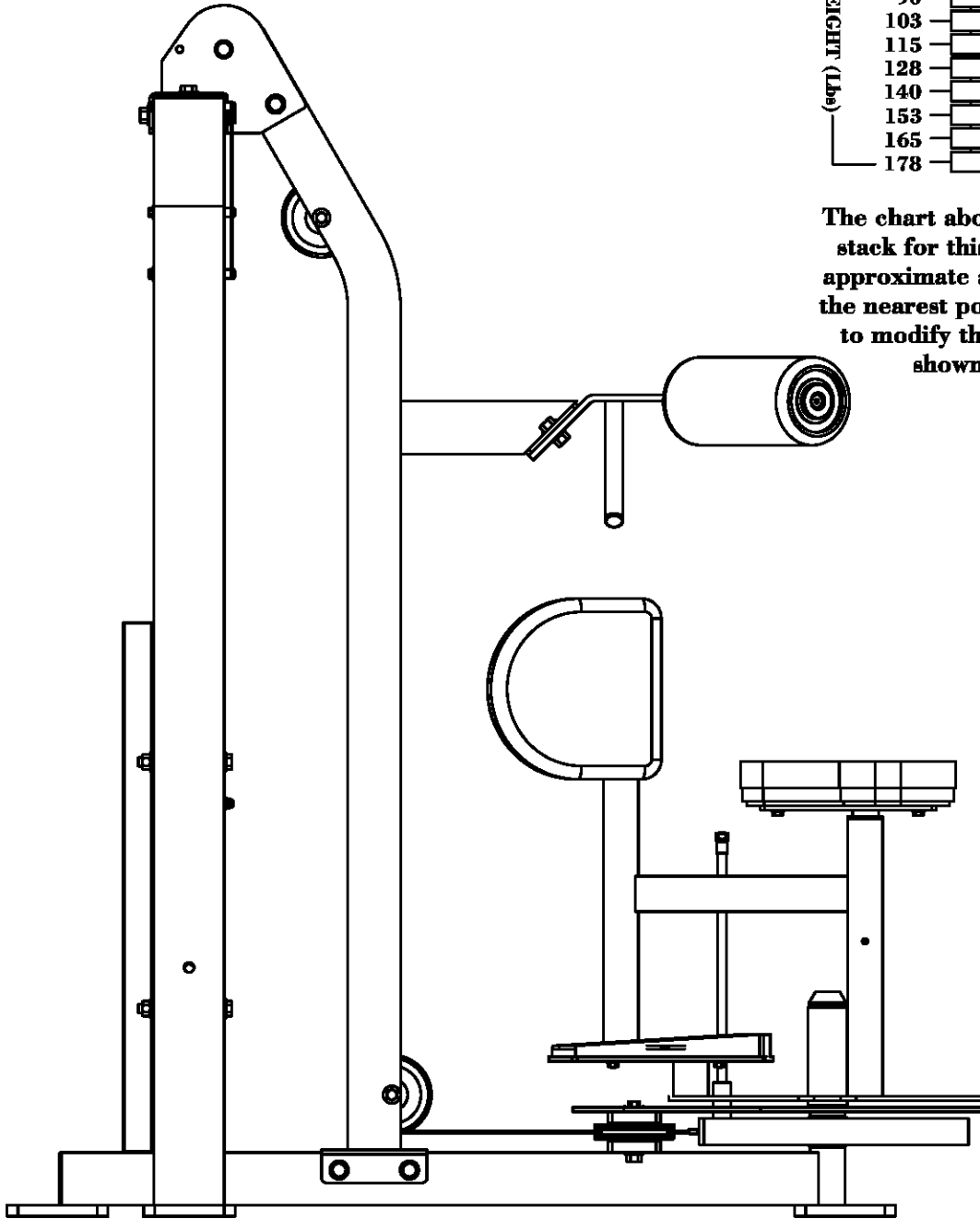


# OWNERS MANUAL

## WEIGHT CHART

SELECTED WEIGHT (Lbs)	12	(12)	1	7	ACTUAL WEIGHT LIFTED (Lbs) (BOTH ARMS)
	20	(12 1/2)	2	13	
	28	(12 1/2)	3	18	
	36	(12 1/2)	4	22	
	45	(12 1/2)	5	28	
	53	(12 1/2)	6	33	
	65	(12 1/2)	7	41	
	78	(12 1/2)	8	49	
	90	(12 1/2)	9	57	
	103	(12 1/2)	10	65	
	115	(12 1/2)	11	72	
	128	(12 1/2)	12	80	
	140	(12 1/2)	13	88	
	153	(12 1/2)	14	96	
	165	(12 1/2)	15	103	
	178	(12 1/2)	16	111	

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



# **OWNERS MANUAL**

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# OWNERS MANUAL

## DECAL REFERENCE

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

**1 2 3 4 5 6**

**021-0004064**



**1-800-548-5438**

**www.hoistfitness.com**

**SERIAL # 00-00-000000**



**SERIAL NUMBER DECAL**

**021-0003221**

### **! 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**

# OWNERS MANUAL

## DECAL REFERENCE

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

	Daily	Weekly	Monthly	6 Months	Yearly
COMMERCIAL MAINTENANCE					
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

## NOTICE

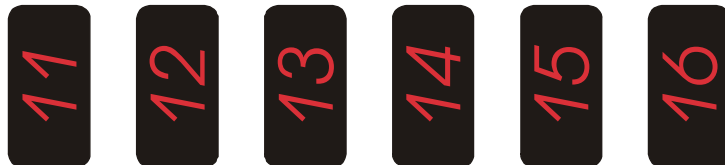
021-0003131



021-0003254



021-0003231



021-0003011

# OWNERS MANUAL

## DECAL PLACEMENTS

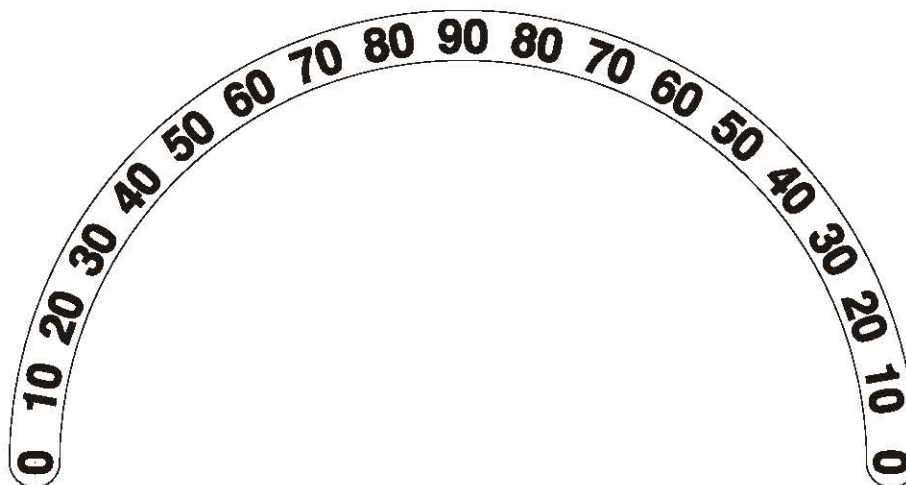
*These decals have been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*



021-0003334



021-0003138



021-0004102

# 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

## MAINTENANCE SCHEDULE

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

*Your equipment comes with a commercial maintenance decal.*

*For personal, in home use, please follow the home maintenance schedule listed above.*

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

### **Upholstery:**

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

### **Guide Rods:**

- \*Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

### **Nuts and Bolts:**

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

### **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 have 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 bolt 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.

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

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

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

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

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

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

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

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

### WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**