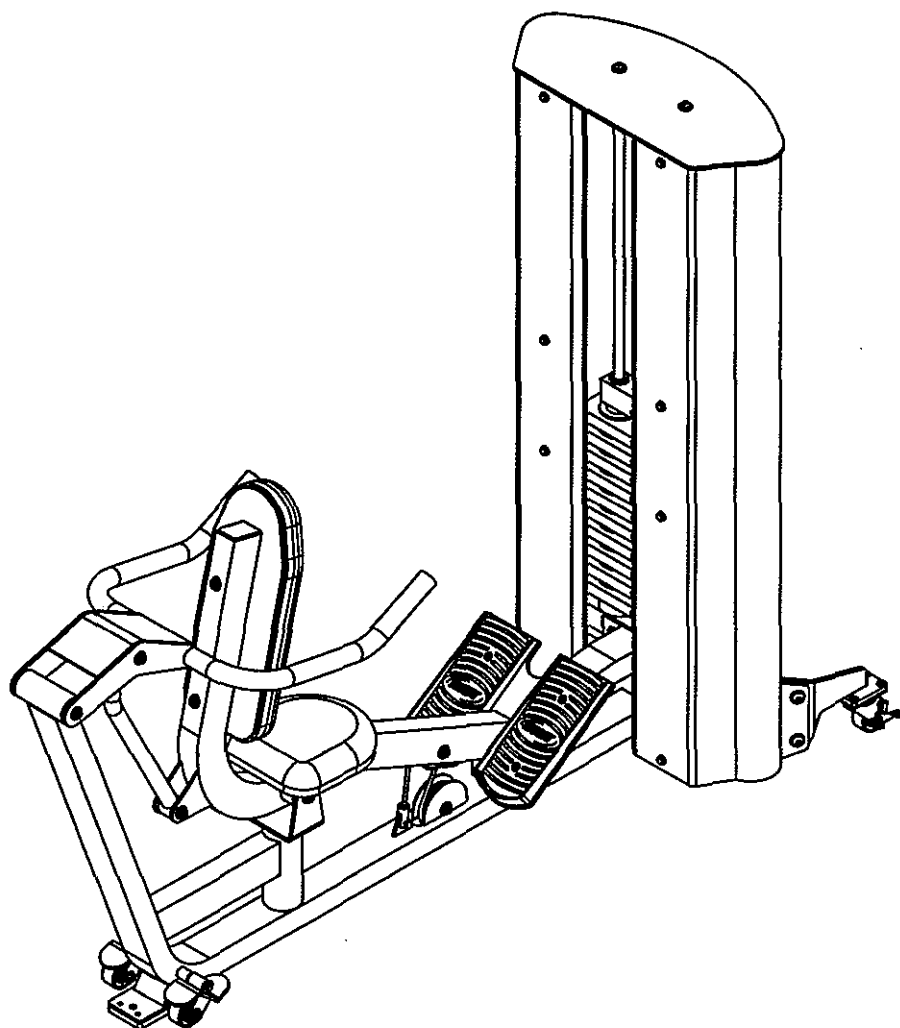


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KL2101

DIP



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

JANUARY, 2003

OWNERS MANUAL

CONTENTS

INSTRUCTIONS (Step 1).....	1
KL OPT-01 ASSEMBLY (Step 2)	4
KL OPT-01 OPERATION	10
KL OPT-01 PRE-ASSEMBLY	11
KL OPT-02 ASSEMBLY (Step 2)	12
KL OPT-01/02 PART/LISTING	15
FRAME ASSEMBLY (Step 3)	16
CABLE ASSEMBLY	20
PRE-ASSEMBLY.....	33
PART LISTING	35
HARDWARE LISTING	36
ABBREVIATION LISTING	37
BOLT SIZING CHART	38
WASHER SIZING CHART	40
SPACER SIZING CHART	41
WEIGHT TRAINING TIPS	43
WEIGHT TRAINING EXERCISE LOG	44
DECAL PLACEMENTS	45
MAINTENANCE SCHEDULE	50
GENERAL MAINTENANCE INFORMATION	51
LIMITED WARRANTY.....	53

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

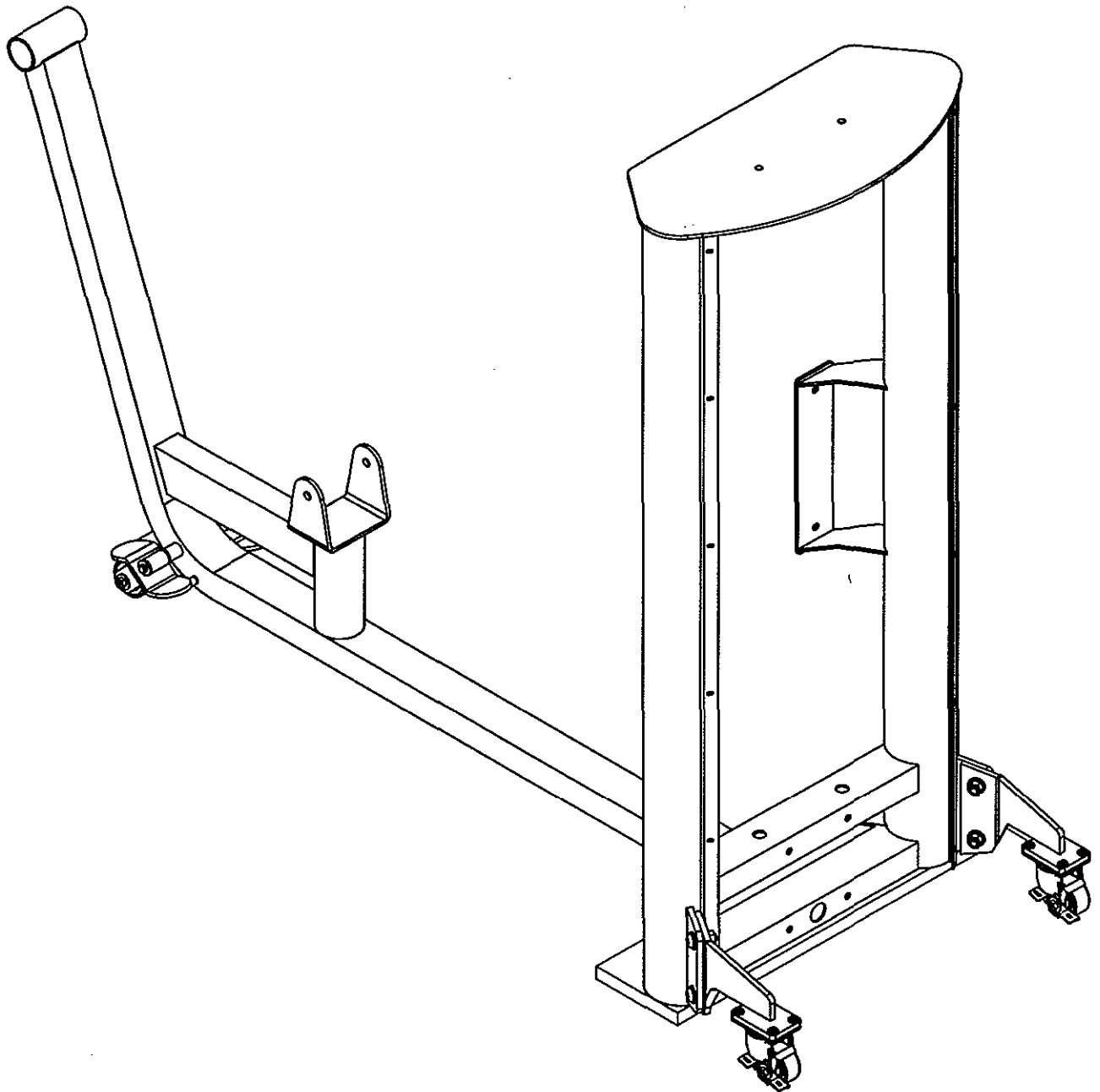
Crescent Wrench

Rubber mallet

Tape Measure

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KL OPT-01 ASSEMBLY



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Step 2a

KL OPT-01 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (14)'s to (7) and (8) wrench tighten. Now attach (7) and (8) to (1). Wrench tighten bolts.

Part Descriptions

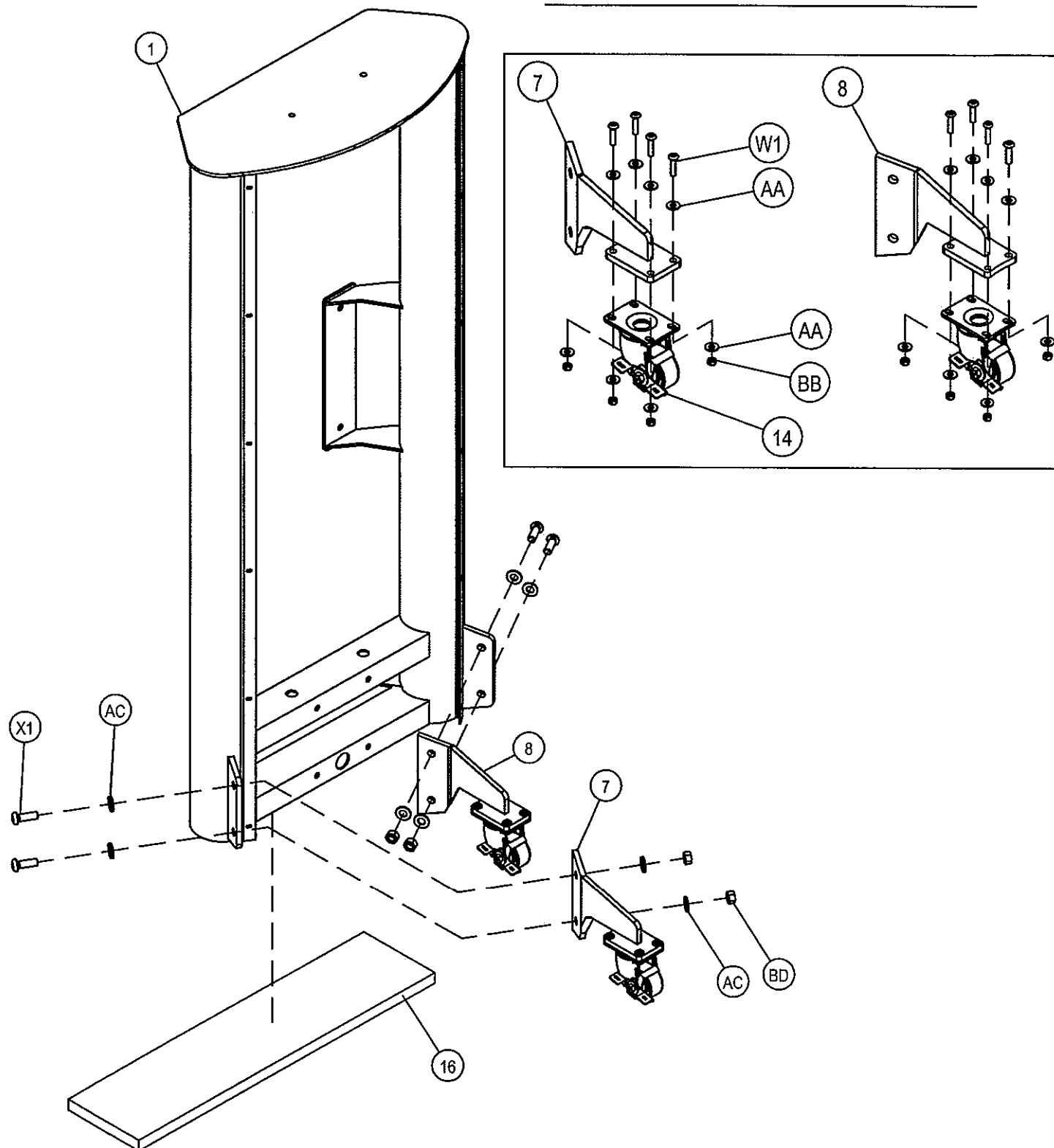
- 1 - Weight Cage Frame Assembly
- 7 - Right Leg Wheel Assembly
- 8 - Left Leg Wheel Assembly
- 14 - Swivel Wheel
- 16 - 0.75" x 7.00" x 25.00" Spacer

Hardware Descriptions

- W1 - 5/16"-18 x 7/8" BHB (WZ)
- X1 - 1/2"-13 x 1 1/4" BHB (WZ)
- AC - 1/2" SAE Flat Washer (WZ)
- AA - 5/16" SAE Flat Washer (WZ)
- BD - 1/2" Thin Lock Nut (WZ)
- BB - 5/16" Thin Lock Nut (WZ)

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KL OPT-01 ASSEMBLY



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Step 2b

KL OPT-01 ASSEMBLY

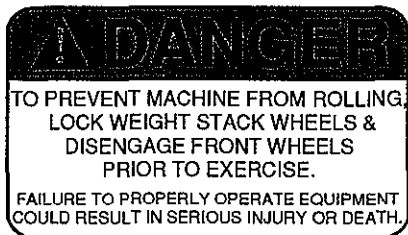
Start assembly by sliding (11) into (51) and secure it with (41)'s. Now slide (10) into (51). Before sliding (13)'s and (9)'s onto (10) make sure (9)'s are correctly orientated shown like the diagram. Once (13)'s and (9)'s are slid onto both sides of (10) secure it with (41)'s. Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

Part Descriptions

- 9 - Wheel Assembly
- 10 - Wheel Axel (long)
- 11 - Wheel Axel (short)
- 13 - Ø0.516" I.D. Spacer
- 41 - Ø0.50" C-CLIP
- 51 - Main Frame Assembly

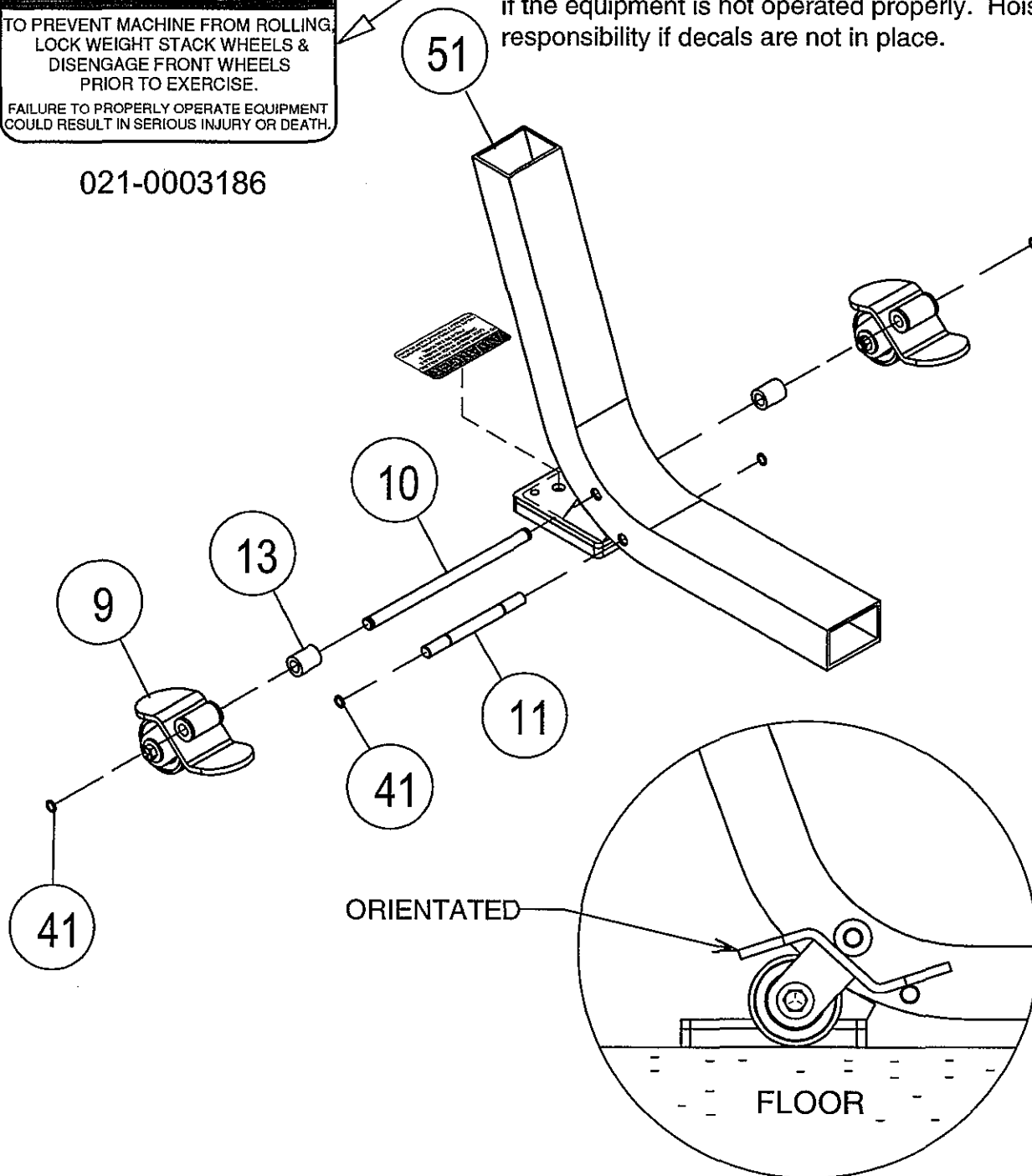
Hardware Descriptions

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021-0003186

Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.



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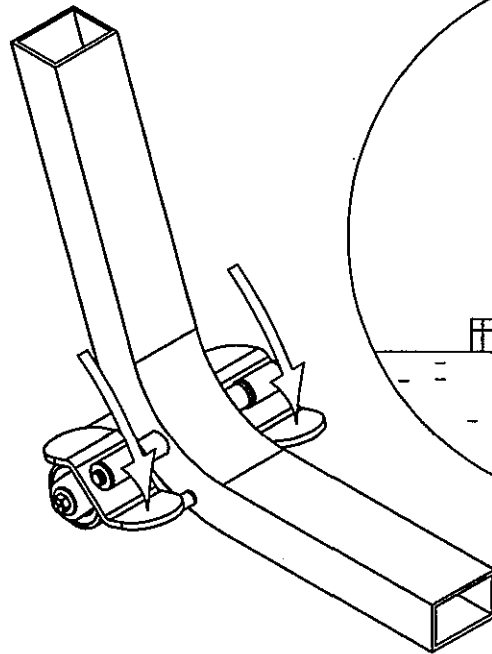
KL OPT-01 OPERATION

PARKED POSITION

To prevent machine from rolling, lock weight stack wheels prior to exercise.

Using foot;

Step down on top part of wheel rocker.

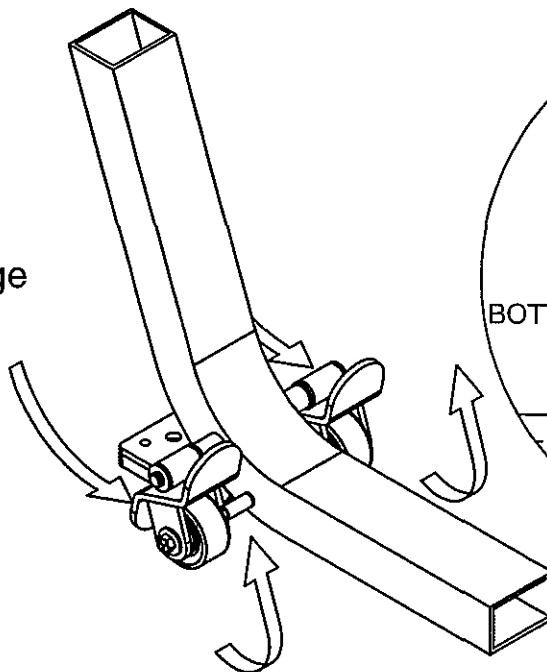


MOVE POSITION

To move machine engage wheels.

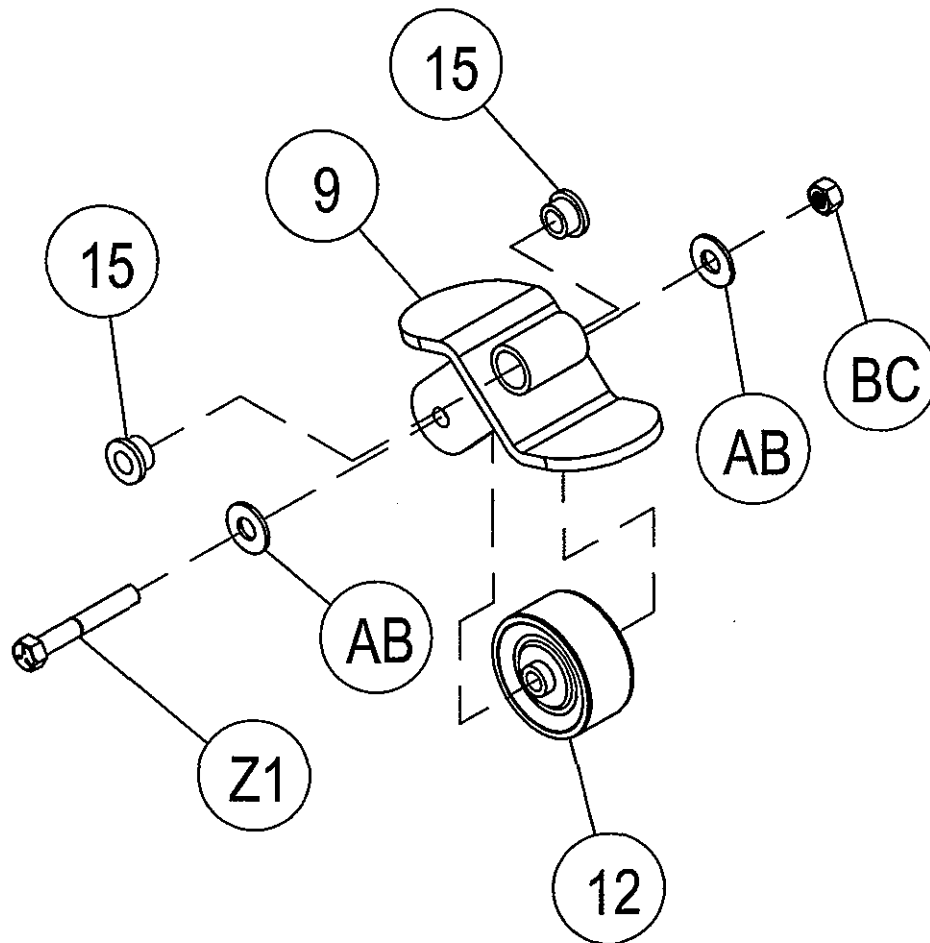
Using foot;

Step down on bottom part of wheel rocker.



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KL OP-01 PRE-ASSEMBLY



Part Descriptions

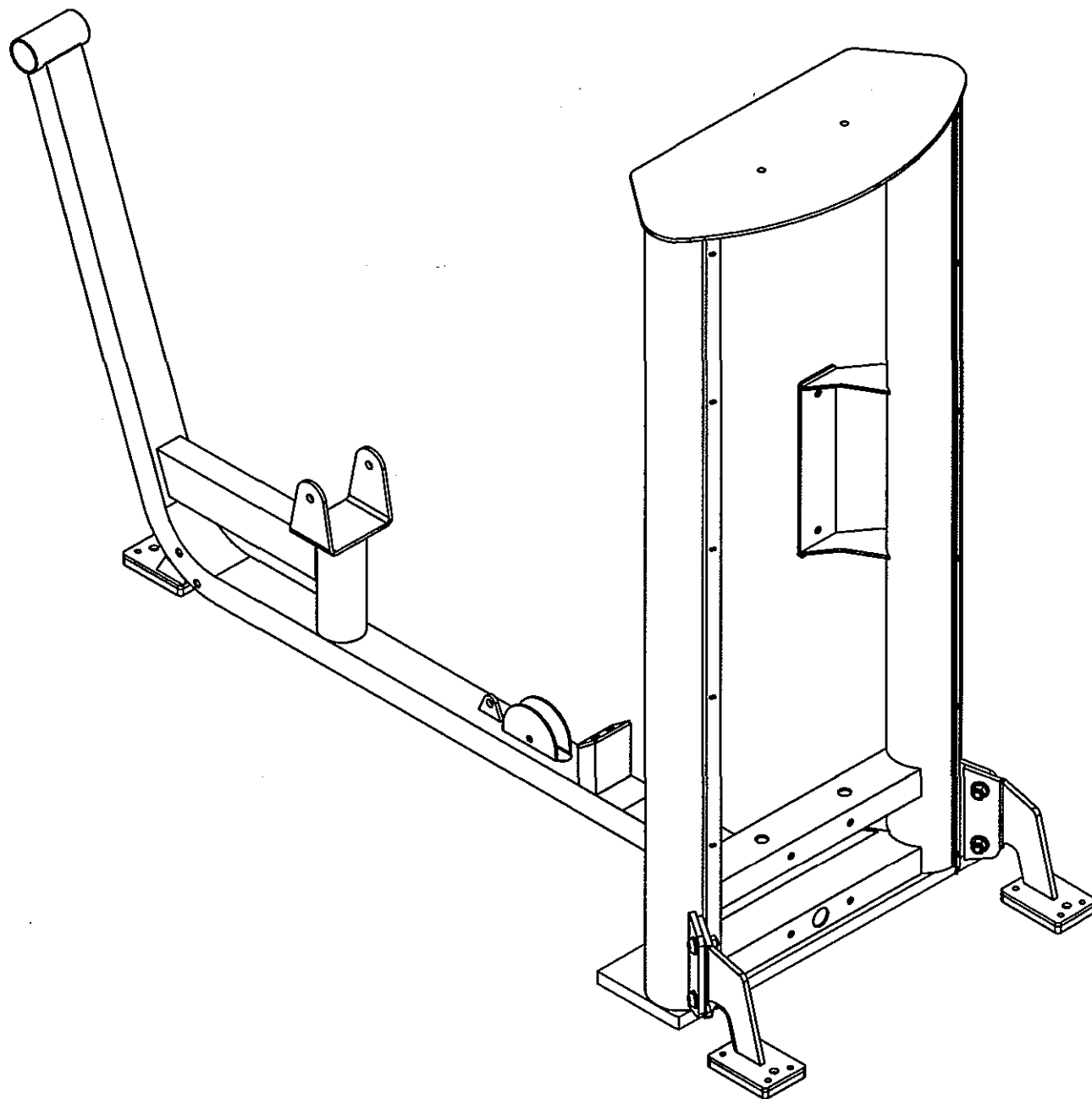
- 9 - Wheel Assembly
- 12 - Ø3.00" Polyurethane Wheel
- 15 - Ø0.50" I.D. Flange Oilite

Hardware Descriptions

- Z1 - 3/8"-16 x 2 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)

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KL OPT-02 ASSEMBLY



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Step 2a

KL OPT-02 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (CB)'s to (17) and (18) wrench tighten. Now attach (17) and (18) to (1). Wrench tighten bolts.

Part Descriptions

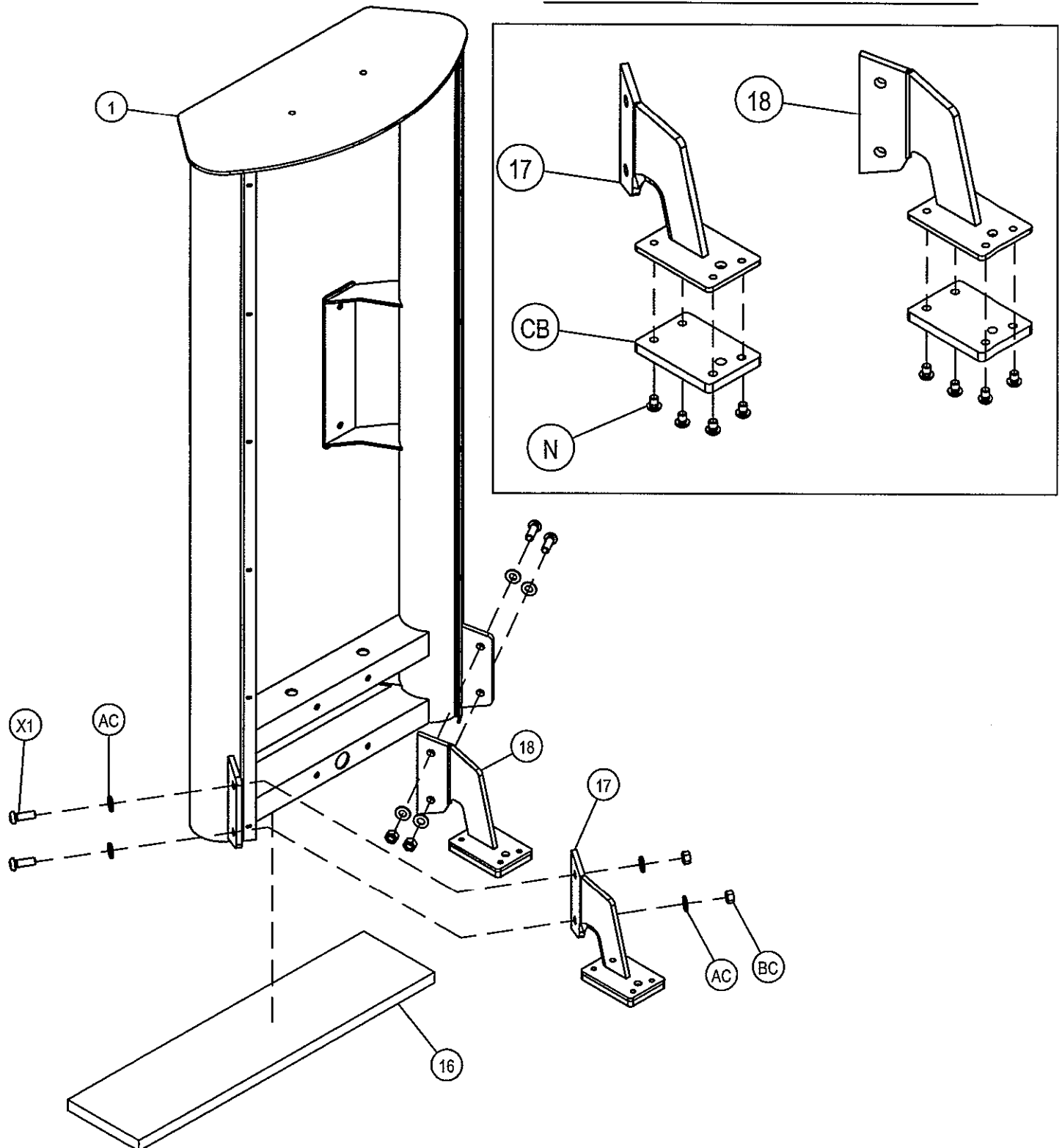
1 - Weight Cage Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
17 - Right Foot Assembly
18 - Left Foot Assembly

Hardware Descriptions

N - 3/8-16 x 11.3 BHB (WZ)
X1 - 1/2"-13 x 1 1/4" BHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BC - 1/2" Thin Lock Nut (WZ)
CB - Rubber Foot Pad

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KL OPT-02 ASSEMBLY



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KL OPT-01 ASSEMBLY PART/HARDWARE LISTING

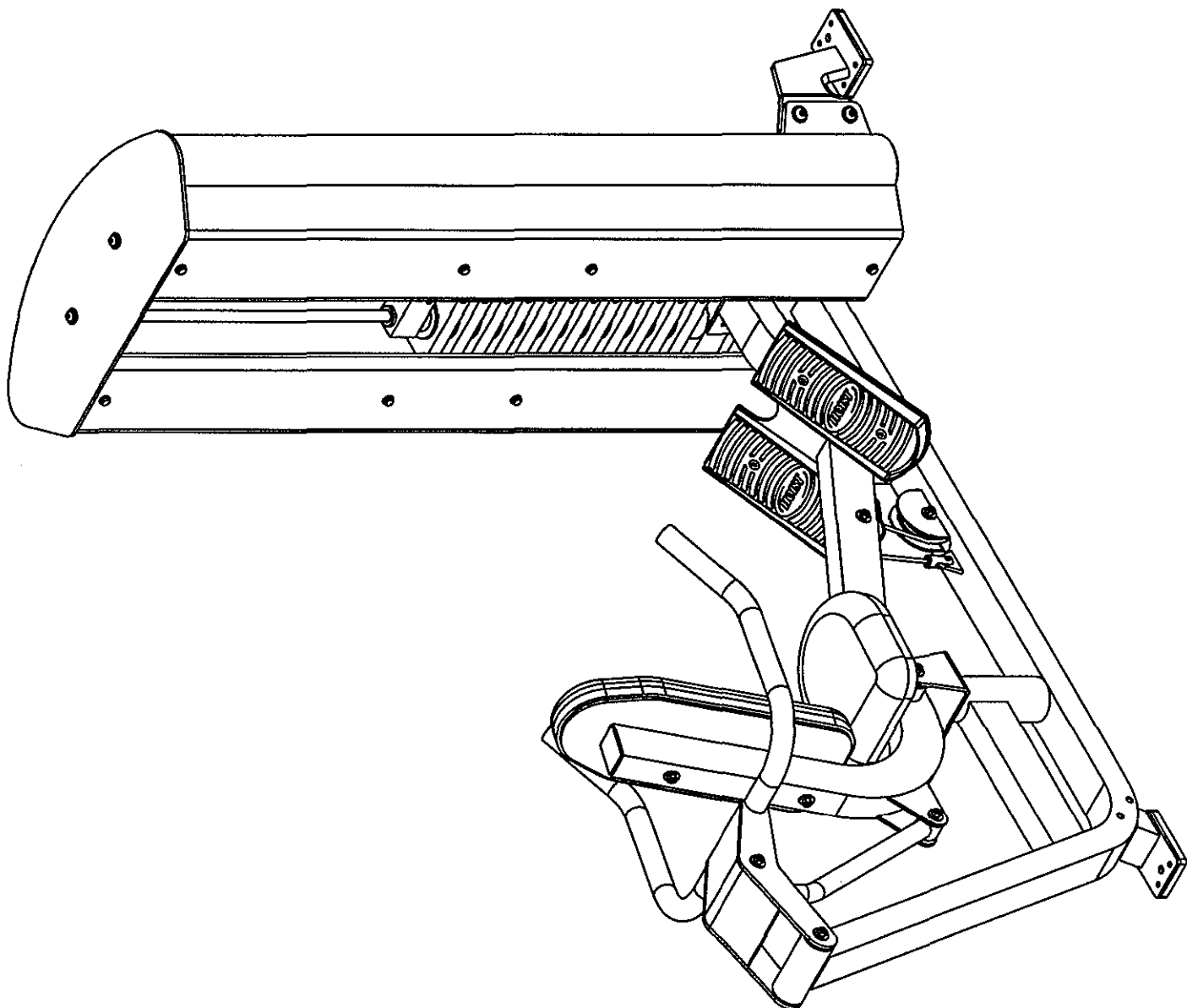
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
7	1	026-01X1254	Right Leg Wheel Assembly
8	1	026-01X1255	Left Leg Wheel Assembly
9	2	026-01X1235	Wheel Assembly
10	1	026-01M0673	Wheel Axle (long)
11	1	026-01M0674	Wheel Axle (short)
12	2	020-0014026	Ø3.00" Polyurethane Wheel
13	2	026-01M0672	Ø0.516" I.D. Spacer
14	2	020-0014025	Swivel Wheel
15	4	014-0101002	Ø0.50" I.D. Flange Oilite
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
41	4	014-0015014	Ø0.50" C-Clip
51	1	026-01X1203	Main Frame Assembly
W1	8	011-0301037	5/16"-18 x 7/8" BHB (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
Z1	2	011-0007050	3/8"-16 x 2 3/4" HHB (WZ)
AA	16	013-0002001	5/16" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BB	8	012-0102006	5/16" Thin Lock Nut (WZ)
BC	2	012-0104008	3/8" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)

KL OPT-02 ASSEMBLY PART/HARDWARE LISTING

16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
17	1	026-01X1256	Right Foot Assembly
18	1	026-01X1257	Left Foot Assembly
N	8	011-0201292	3/8"-16 x 11.3mm BHS (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
CB	2	026-01PL350	Rubber Foot Pad

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Step 3 FRAME ASSEMBLY



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Step 3a

FRAME ASSEMBLY

Start by sliding (19)'s through (CF)'s and slide them both into (1). Tilt both (19)'s forward enough to allow room to slide the weights on. Slide (5)'s and (CD)'s one after another onto both (19)'s. Now slide (4) onto both (19)'s. Angle both (19)'s vertical and secure to (1). Wrench tighten bolts.

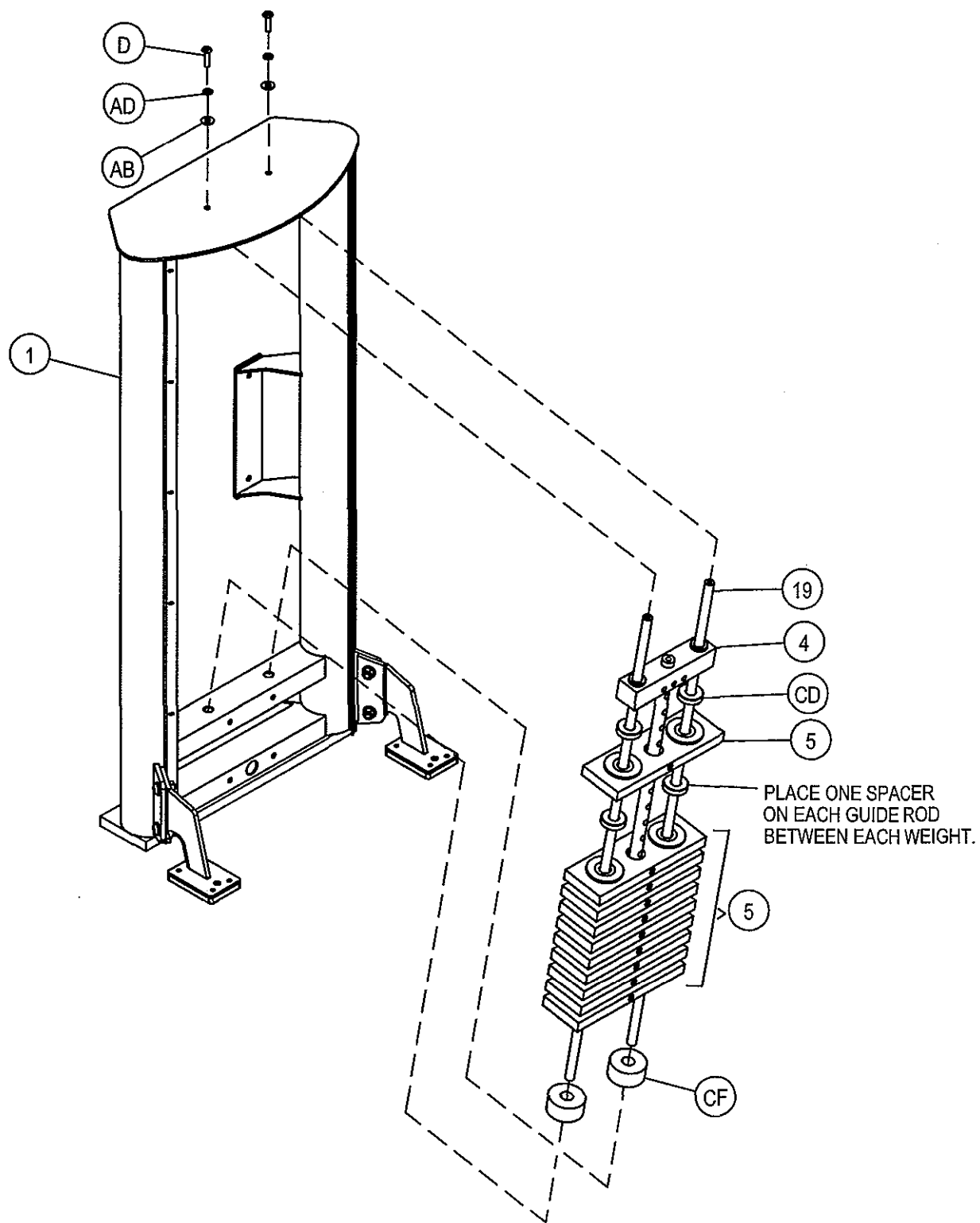
Part Descriptions

1 - Weight Cage Assembly
4 - 8.25 lb. Top Weight
5 - 12.50 lb. Intermediate Weight
19 - Ø0.75" x 51" Guide Rod

Hardware Descriptions

D - 3/8"-16 x 1" BHS (WZ)
AB - 3/8" USS Flat Washer (WZ)
AD - 3/8" Split Lock Washer (WZ)
CD - Weight Spacer
CF - Weight Stack Bumper

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CABLE ASSEMBLY

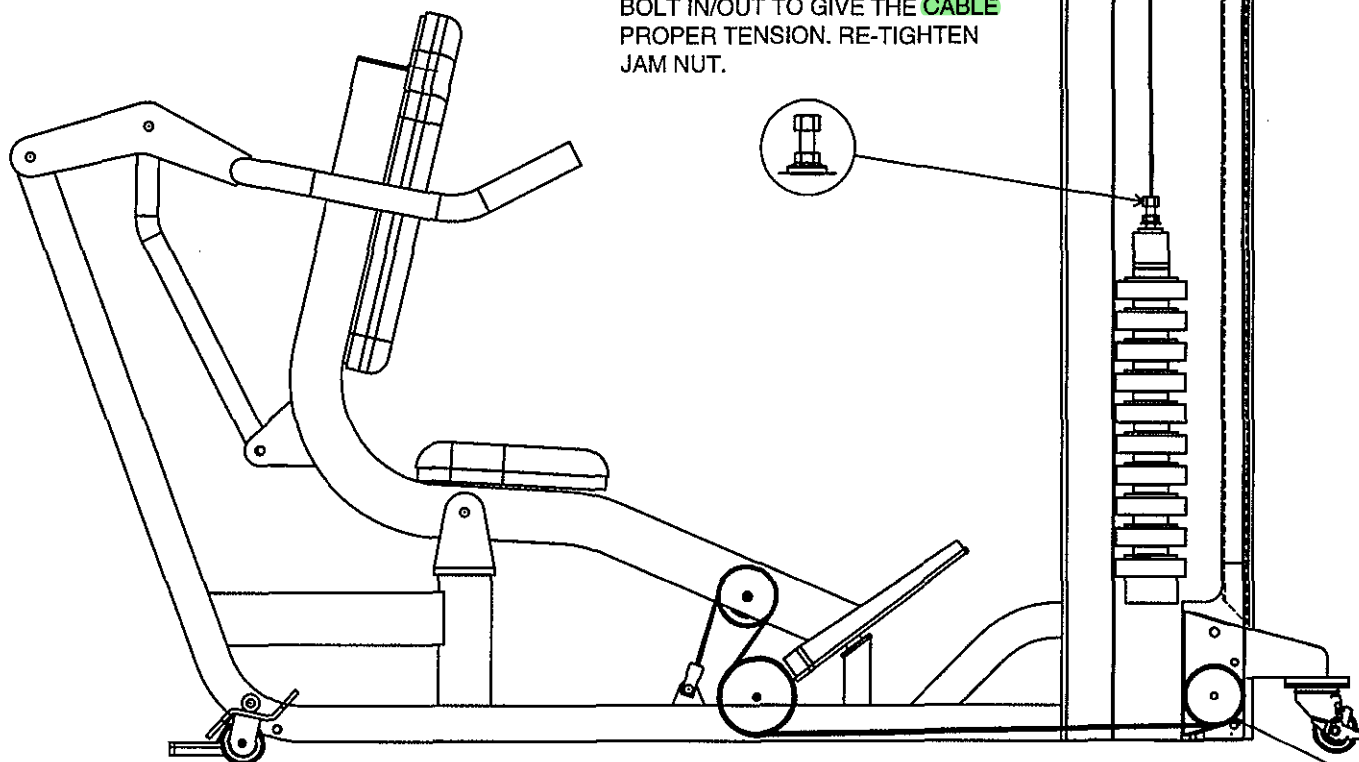
NOTE:

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

FINE TUNING

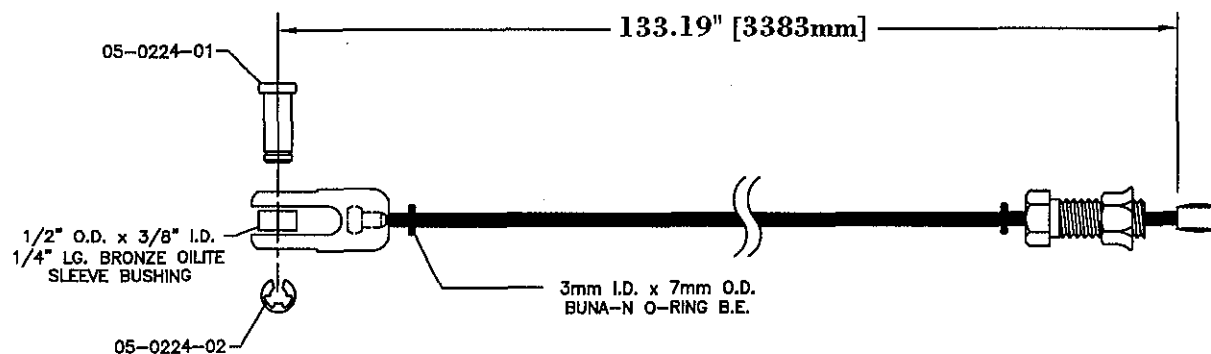
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE **CABLE** PROPER TENSION. RE-TIGHTEN JAM NUT.

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



NOTE:

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



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Step 3b

FRAME/CABLE ASSEMBLY

Start assembly by attaching (CB) to the foot of (51) and wrench tighten. Next insert (CA) into (2) from the top end of (2), out the bottom plate hole of (2). Attach (CH)'s while installing **cable** (CA). Continue (CA) through the hole in the bottom tube of (1), into the bottom hole of the plate on (51) and up through the pulley mount slot and attach (CG). Always be sure that **cable** (CA) is seated in the pulley groove when mounting any pulley. Next bolt (51) and (2) to (1).
Wrench Tighten bolts.

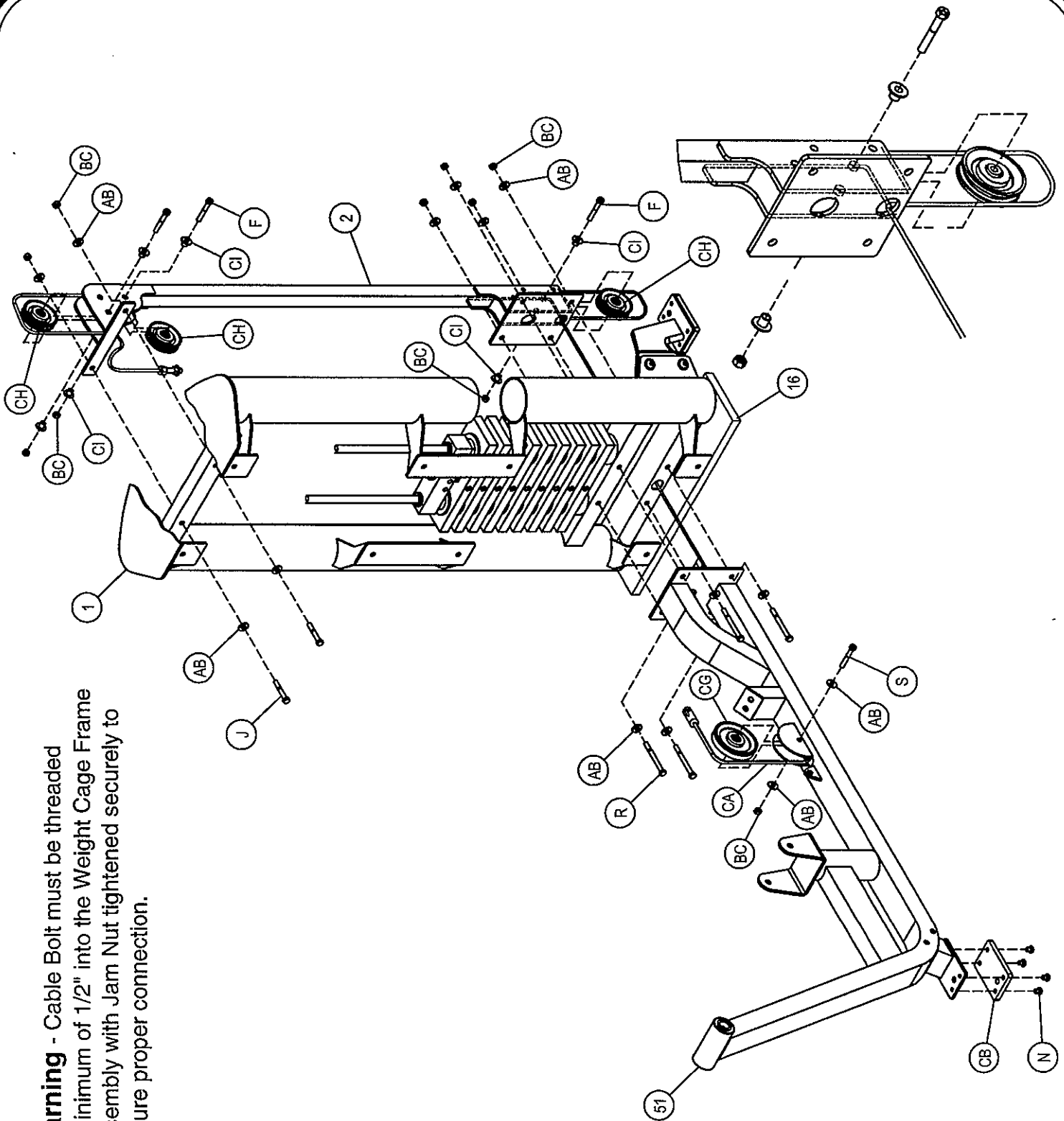
Part Descriptions

- 1 - Weight Cage Assembly
- 2 - Rear Supporter Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 51 - Main Frame Assembly

Hardware Descriptions

- S - 3/8"-16 x 1 3/4" HHB (WZ)
- R - 3/8"-16 x 4" HHB (WZ)
- F - 3/8"-16 x 2 1/2" HHB (WZ)
- N - 3/8"-16 x 11.3 Nyloc BHB (WZ)
- J - 3/8"-16 x 2 1/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)
- CA - 133.19" lg. **Cable**
- CB - Rubber Foot Pad
- CG - Ø4.50" Pulley
- CH - Ø3.50" Pulley
- CI - 1/2" Flange Spacer

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Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Cage Frame Assembly with Jam Nut tightened securely to ensure proper connection.

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Step 3c FRAME ASSEMBLY

Start assembly by sliding (21) into (52) and fasten (52) to (51). Wrench tighten bolt then back nut off enough so (52) pivots freely. Loop (CA) over (CH) then position (CH) in the slot of (52) and attach it. Always be sure that the **cable** (CA) is seated in the pulley groove when mounting any pulley. Next attach the clevis end of (CA) to (51) as shown in the **CABLE ROUTING** diagram box. Now attach the other end of (CA) to (20). For proper **cable** tension, loosen jam nut and thread bolt in and out. Next remove assembly spacer (16) under (1).

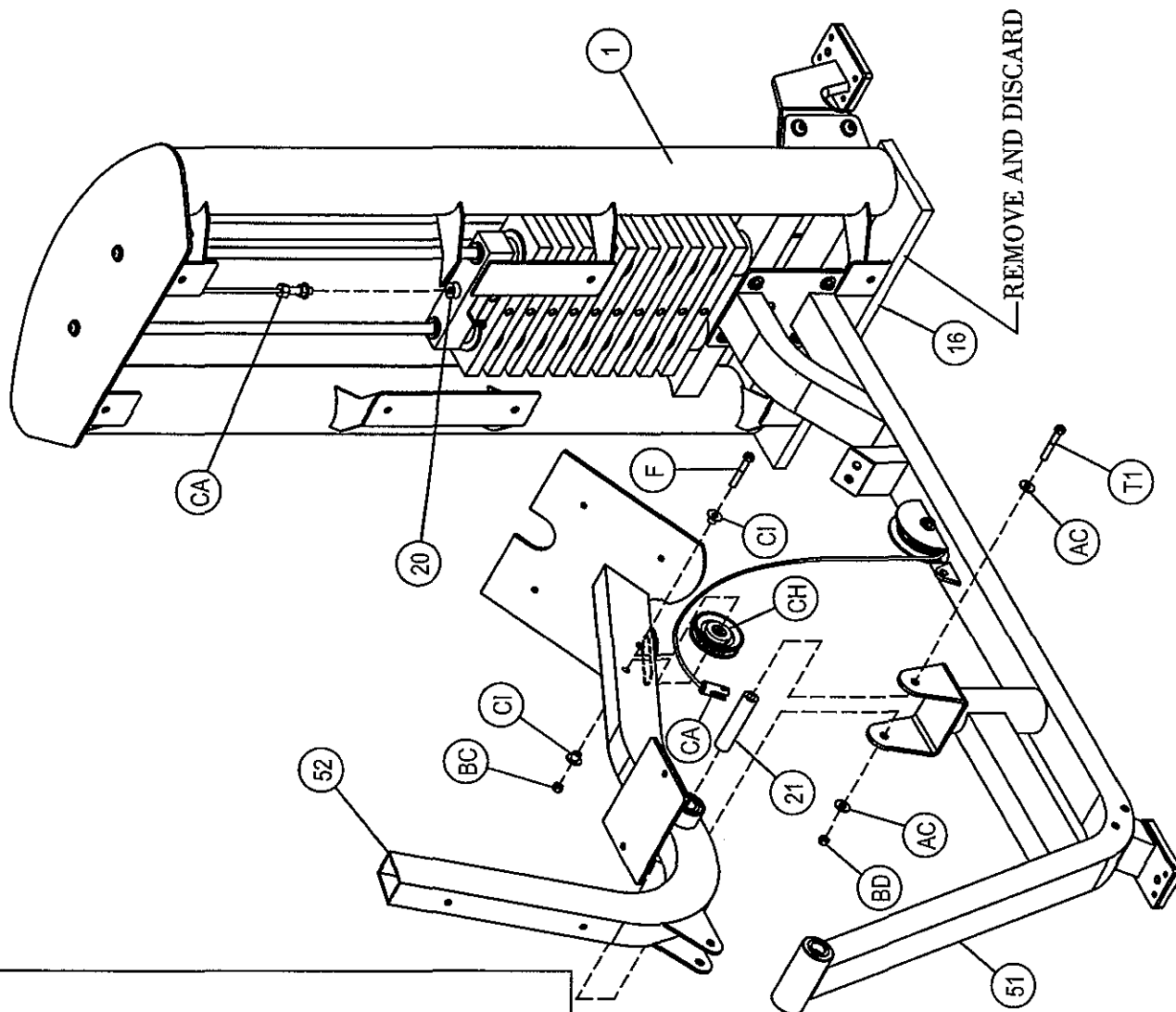
Part Descriptions

1 - Weight Cage Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
20 - 10 Holes Stem
21 - Ø1.00" x 4.692" Shaft
51 - Main Frame Assembly
52 - Seat Frame Assembly

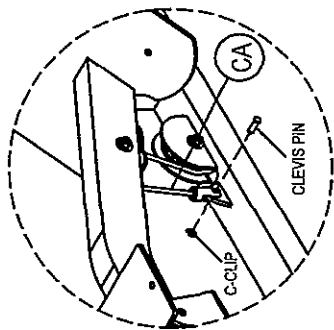
Hardware Descriptions

F - 3/8"-16 x 2 1/2" HHB (WZ)
T1 - 1/2"-13 x 5 3/4" HHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
BC - 3/8" Thin Lock Nut (WZ)
CA - 133.19" lg. **Cable**
CH - Ø3.50" Pulley
CI - 1/2" Flanged Spacer

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CABLE ROUTING



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Step 3d FRAME ASSEMBLY

Start assembly by sliding (22) into (54). Fasten (54) to (53). Wrench tighten bolt then back nut off enough so (54) pivots freely. Next slide (21) into (51) and mount (53) to (51). Wrench tighten bolt then back nut off enough so (53) pivots freely. Insert (23) into (54). Fasten (54) to (52). Wrench tighten bolt then back nut off enough so (52) pivots freely. Attach (DS)'s to (52) and Wrench tighten bolts.

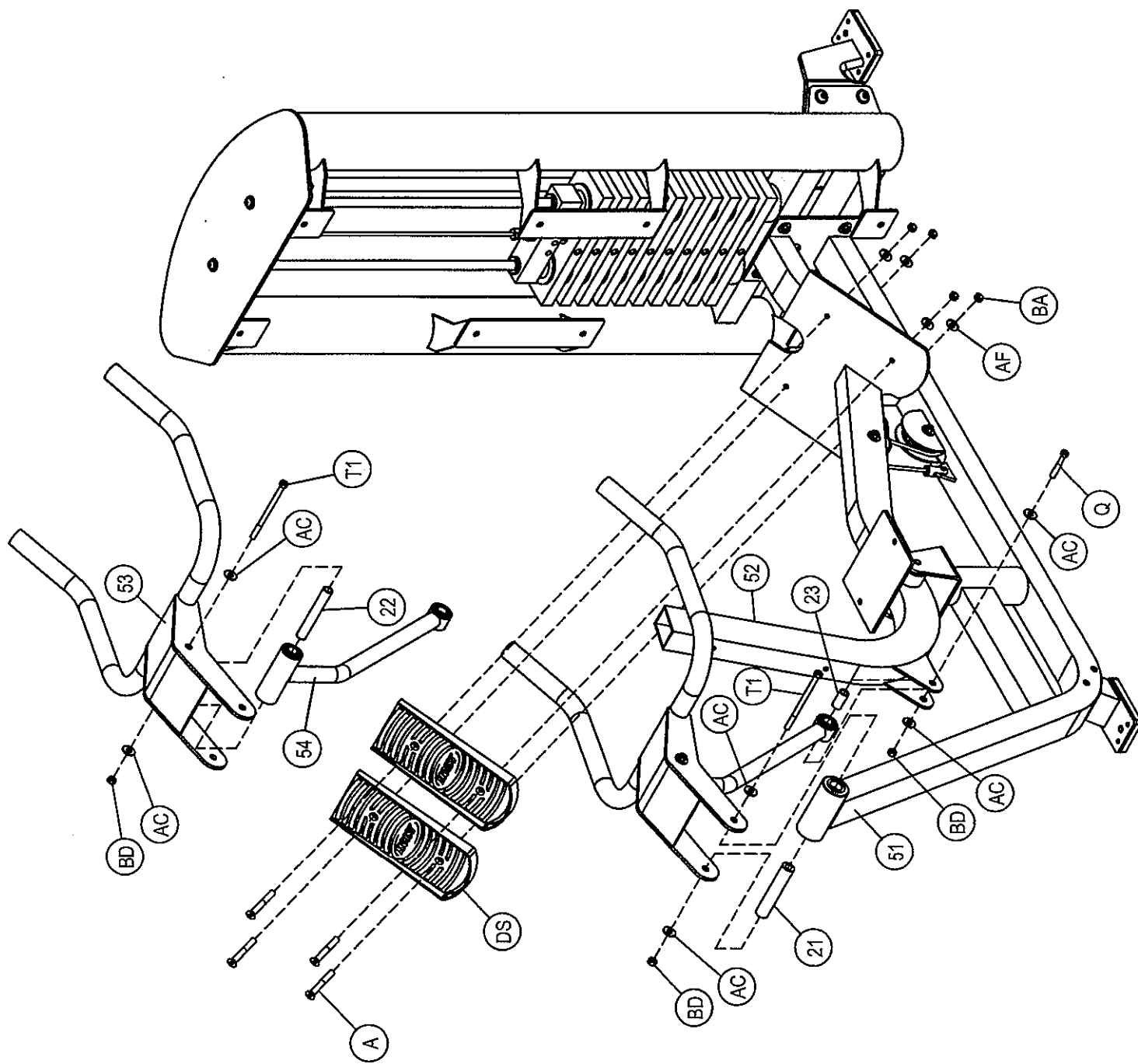
Part Descriptions

21 - Ø1.00" x 4.692" Shaft
22 - Ø0.75" x 4.734" Shaft
23 - Ø0.75" x 1.484" Shaft
51 - Main Frame Assembly
52 - Seat Frame Assembly
53 - Pressing Arm Assembly
54 - Linkage Assembly

Hardware Descriptions

A - 5/16"-18 x 1 1/4" FHS (BZ)
Q - 1/2"-13 x 2 1/2" HHB (WZ)
T1 - 1/2"-13 x 5 3/4" HHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
AF - 5/16" SAE Flat Washer (BZ)
BA - 5/16" Thin Lock Nut (BZ)
BD - 1/2" Thin Lock Nut (WZ)
DS - Small Plastic Foot Plate

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Step 3e FRAME ASSEMBLY

Secure (33) to the seating area of (52) and secure (32) to the back area of (52). Wrench tighten all bolts.

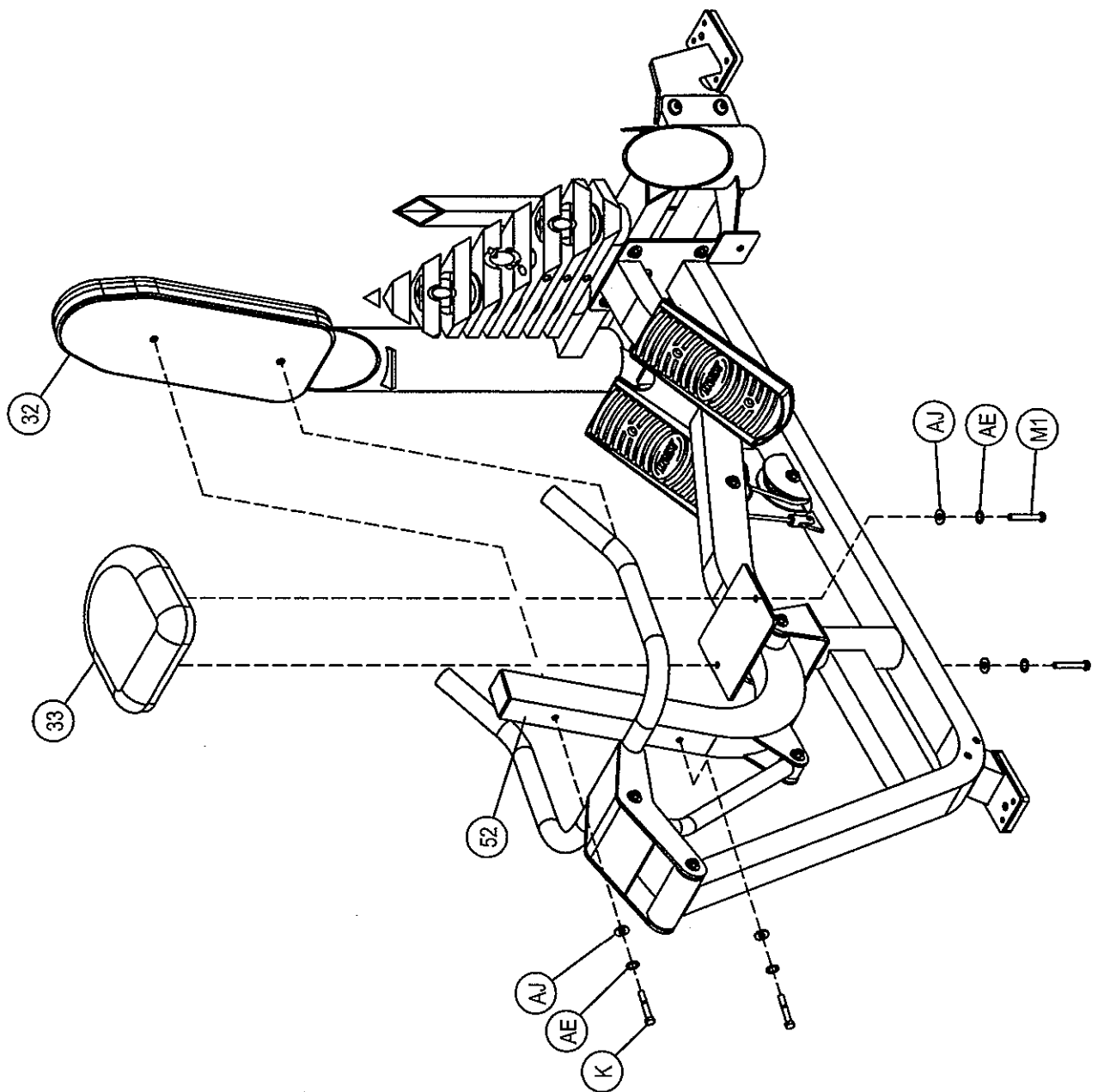
Part Descriptions

32 - Back Pad With Backing
33 - Seat Pad With Backing
52 - Seat Frame Assembly

Hardware Descriptions

K - 5/16"-18 x 4" HHB (WZ)
M1 - 5/16"-18 x 1 1/4" HHB (WZ)
AE - 5/16" Lock Washer (WZ)
AJ - 5/16" USS Flat Washer (WZ)

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Step 3f SHIELD ASSEMBLY

Secure (3)'s to (1). Wrench tighten bolts.

NOTE: only the 4 middle bolts use locknuts.

Part Descriptions

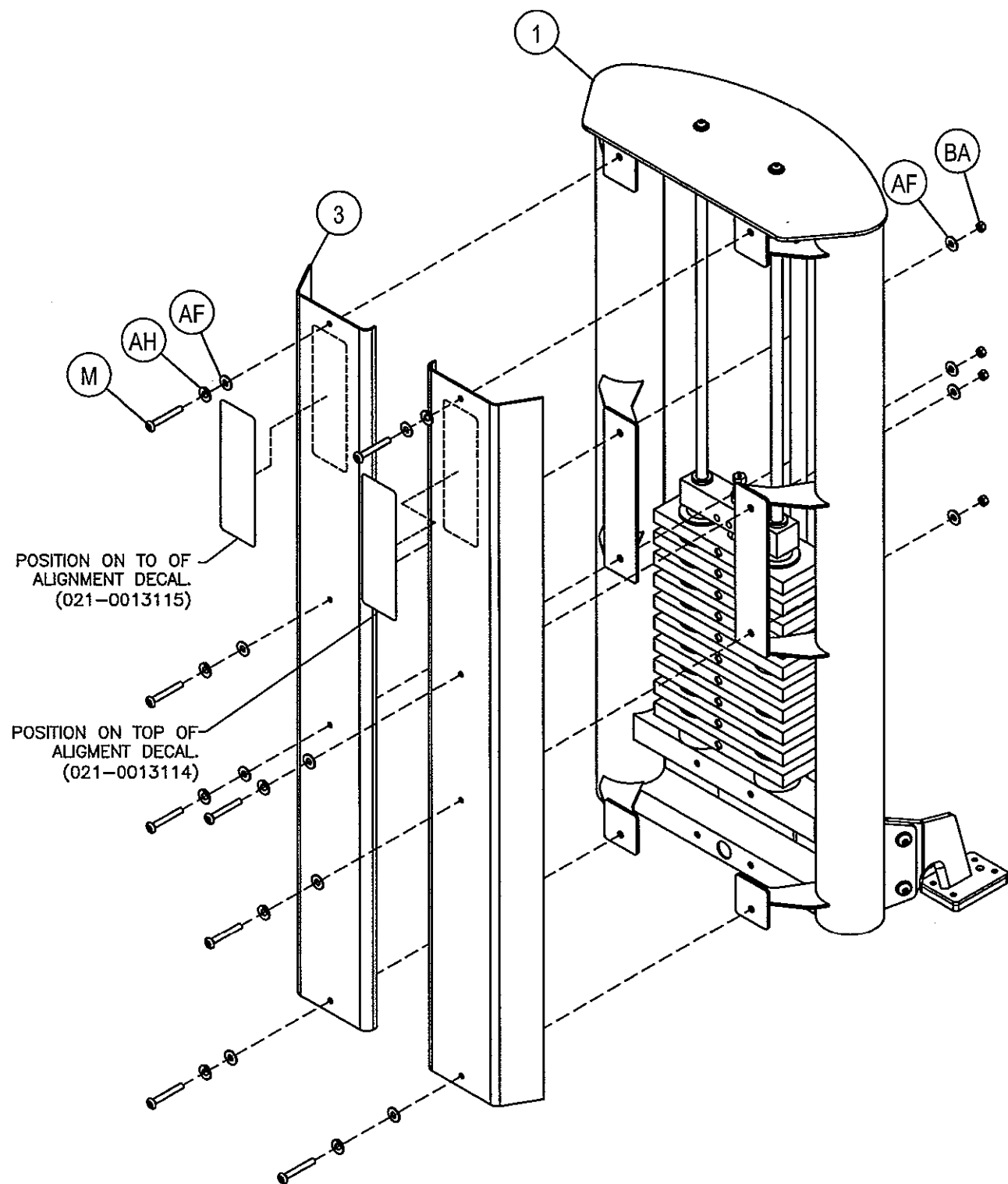
- 1 - Weight Frame Assembly
- 3 - Front Shield Cover

Hardware Descriptions

- M - 5/16"-18 x 1 1/4" BHS (BZ)
- AF - 5/16" SAE Flat Washer (BZ)
- AH - 5/16" Internal Tooth Lock Washer (BZ)
- BA - 5/16" Thin Lock Nut (BZ)

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NOTE: INSTRUCTOR DECAL 021-0013114 AND EXERCISE DECAL 021-0013115 MUST BE APPLIED TO SHIELDS BEFORE USE.



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Step 3g SHIELD ASSEMBLY

Attach and align all (CE) clips to holes in (CC) (if not previously installed). *NOTE: The clips (CE) have a lip on one side. This lip must be on weights stack side of (CC) as shown in DETAIL A-1.* Insert left side of (CC) into the left mounting rail on (1) (see DETAIL A-1). Secure with screw (S1). Next, wrap (CC) over (2) and while carefully arching a bow in (CC) slide the right side of (CC) into the right mounting rail on (1). Secure with screws (S1). In some cases, pressure may need to be applied behind clips (CE) to engage screws (S1).

IMPORTANT

Now that the KL2101 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 retighten bolts.

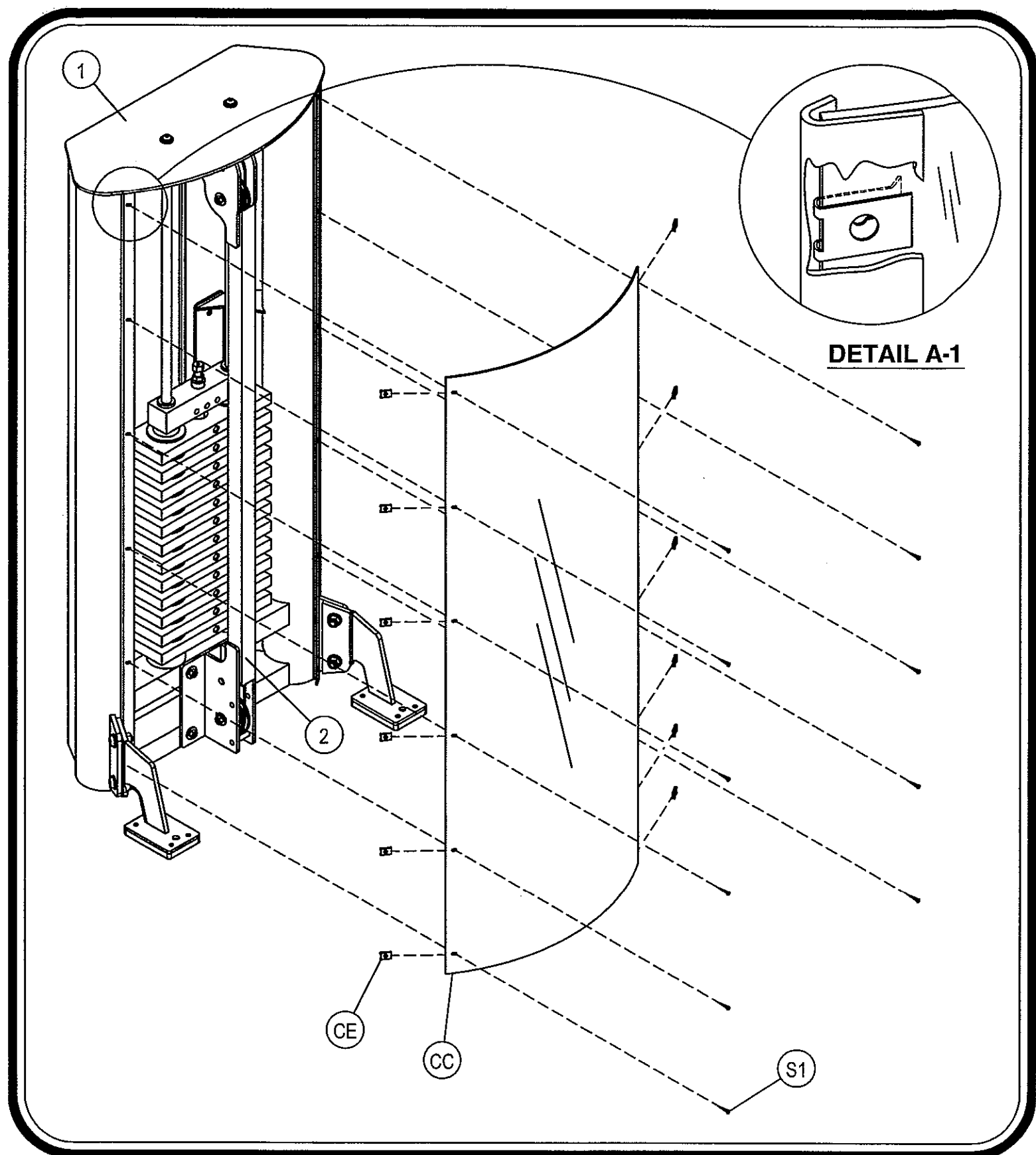
Part Descriptions

- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly

Hardware Descriptions

- S1 - #8 x 5/8 L Phil Sheet Metal Screw
- CC - Lexan Shield Cover
- CE - .125 Panel U-Nut

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PRE-ASSEMBLY

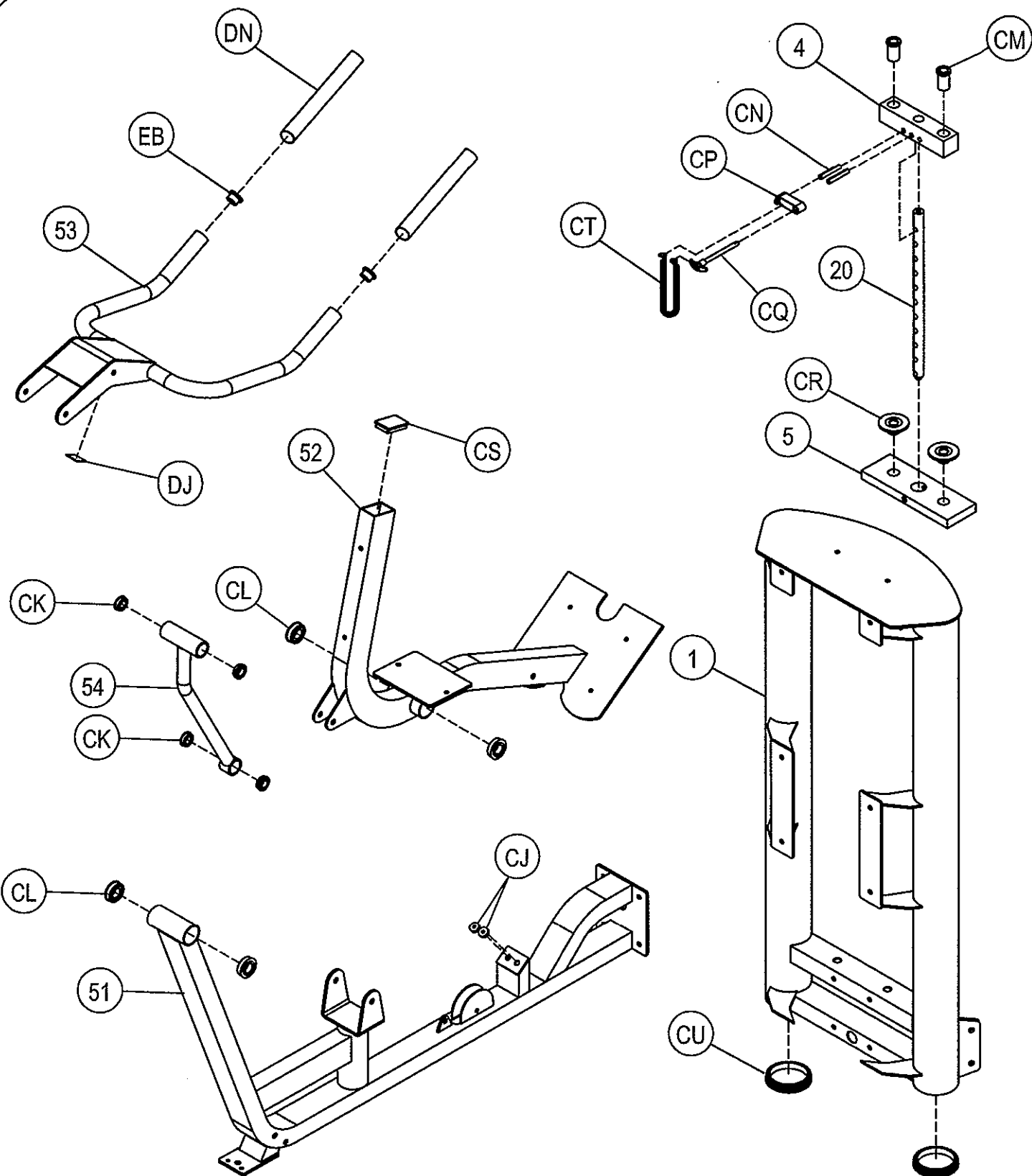
Part Descriptions

- 1 - Weight Cage Assembly
- 4 - 8.25 lb. Top Weight
- 5 - 12.5 lb. Intermediate Weight
- 20 - 11 Holes Stem
- 51 - Main Frame Assembly
- 52 - Seat Frame Assembly
- 53 - Pressing Arm Assembly
- 54 - Linkage Assembly

Hardware Descriptions

- CJ - Plug Bumper
- CK - Ø0.75" Flanged Bearing
- CL - Ø1.00" Flanged Bearing
- CM - Guide Rod Bushing
- CN - Ø7/16" x 2 3/4" Roll Pin
- CP - Lanyard/Selector Pin Stand Off
- CQ - Selector Pin
- CR - Intermediate Weight Bushing
- CS - 2" x 3" Vertical "H" End Cap
- CT - Lanyard Coil
- CU - 4 1/2" Hoist End Cap
- DJ - 1.50" x 1.50" x .0786" THK
P.E. Rubber Bumper Pad
- DN - Ø1.50" x 10" Closed End Rubber
Grip
- EB - Ø1 1/2" End Cap

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1238	Weight Cage Frame Assembly
2	1	026-01X1242	Rear Supporter Frame Assembly
3	2	026-01P1133	Front Shield Cover
4	1	026-1300034	8.25 lb. Top Weight
5	10	026-01W0101	12.50 lb. Intermediate Weight
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
19	2	026-01G0172	Ø0.75" x 51" Guide Rod
20	1	026-01W0151	11 Holes Stem
21	2	026-01M0660	Ø1.00" x 4.692" Shaft
22	1	026-01M0678	Ø0.75" x 4.734" Shaft
23	1	026-01M0662	Ø0.75" x 1.484" Shaft
32	1	022-01PD0084-A	Back/Backing Pad Upholstery Assembly
33	1	022-01PD0085-A	Seat Pad Upholstery Assembly
51	1	026-01X1203	Main Frame Assembly
52	1	026-01X1204	Seat Frame Assembly
53	1	026-01X1206	Pressing Arm Assembly
54	1	026-01X1207	Linkage Assembly

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HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Key#	Qty.	Part Number	Description
A	4	011-0002045	5/16-18 x 1 1/4" FHS (BZ)
D	2	011-0101026	3/8-16 x 1" HHB (WZ)
F	4	011-0107007	3/8-16 x 2 1/2" HHB (WZ)
J	2	011-0107026	3/8-16 x 2 1/4" HHB (WZ)
K	2	011-0107028	5/16-18 x 4" HHB (WZ)
M1	2	011-0107011	5/16-18 x 1 1/4" HHB (WZ)
M	8	011-0201007	5/16-18 x 1 1/4" BHS (BZ)
N	4	011-0201292	3/8-16 x 11.3 Nyloc HHB (WZ)
Q	1	011-0407018	1/2-13 x 2 1/2" HHB (WZ)
R	4	011-0407025	3/8-16 x 4" HHB (WZ)
S	1	011-0407027	3/8-16 x 1 3/4" HHB (WZ)
T1	3	011-0407028	1/2-13 x 5 3/4" HHB (WZ)
AB	16	013-0402005	3/8" USS Flat Washer (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
AE	4	013-0102021	5/16" Lock Washer (WZ)
AF	16	013-0202003	5/16" SAE Flat Washer (BZ)
AH	8	013-0206002	5/16" Internal Tooth Lock Washer (BZ)
AJ	4	013-0102004	5/16" USS Flat Washer (WZ)
BA	8	012-0004005	5/16" Thin Lock Nut (BZ)
BC	11	012-0104008	3/8" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
CA	1	026-01C257T	133.19" lg. Cable
CB	1	026-01PL350	Rubber Foot Pad
CC	1	026-01PL347	Lexan Shield Cover
CD	20	026-01PL348	Weight Spacer
CE	12	014-0014003	.125 Panel U-Nut
CF	2	26-STD-06-0253	Weight Stack Bumper
CG	1	018-0002012	Ø4.50" Pulley
CH	4	26-STD-06-0024	Ø3.50" Pulley
CI	8	26-STD-08-0010	1/2" Flanged Spacer
CJ	2	019-0001001	Plug Bumper
CK	4	014-0005001	Ø0.75 Flanged Bearing
CL	4	014-0009007	Ø1.00 Flanged Bearing
CM	2	026-01PL134	Guide Rod Bushing
CN	2	030-030310	Ø7/16" x 2 3/4" Roll Pin
CP	1	026-01PL291	Lanyard/Selector Pin Stand Off
CQ	1	026-01M0134	Selector Pin
CR	20	026-01W0122	Intermediate Weight Bushing
CS	1	026-01PL192RV	2" x 3" Vertical "H" End Cap
CT	1	010-0008001	Lanyard Coil
CU	2	026-01PL349	Large Round Hoist End Cap
DJ	1	019-0001007	1.50" x 1.50" x .0786" THK P.E. Rubber Bumper Pad
DN	2	019-0002004	Ø1.50" x 10" Closed End Rubber Grip
DS	2	026-01PL343	Small Plastic Foot Plate
EB	2	016-0201003	Ø1.50" End Cap
S1	12	011-0201012	#8 x 5/8 lg. Phil Sheet Metal Screw

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

BHB = Button Head Bolt

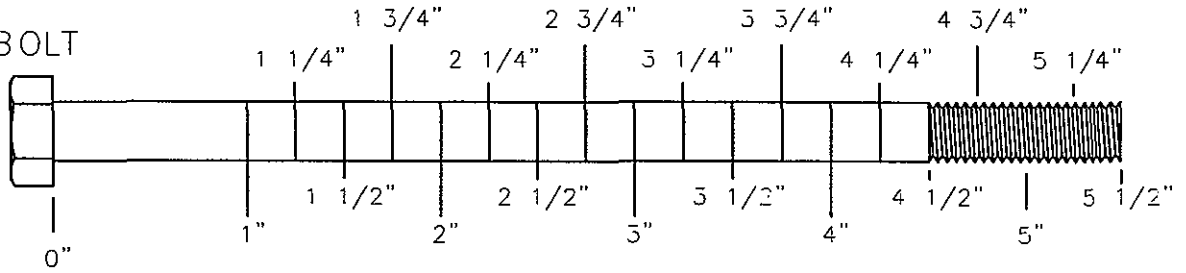
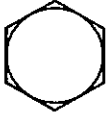
BHS = Button Head Screw

SHS = Socket Head Screw

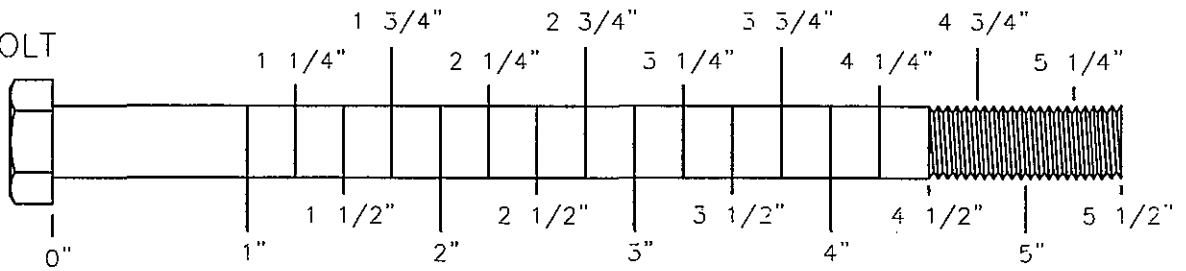
HHB = Hex Head Bolt

OWNERS MANUAL

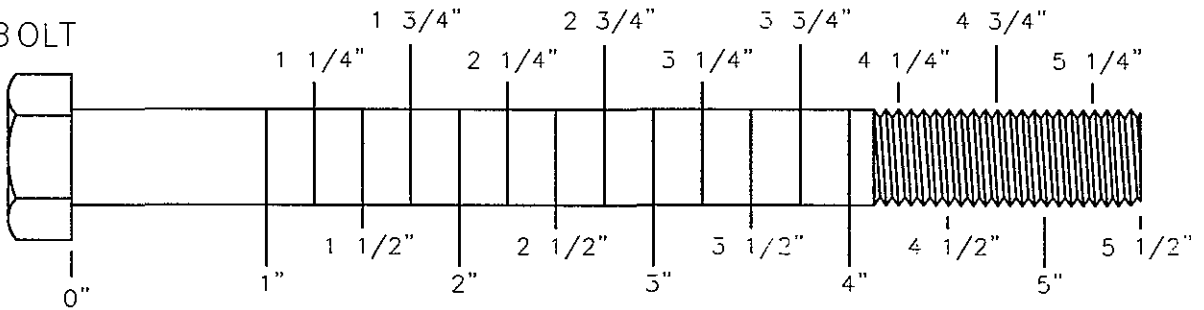
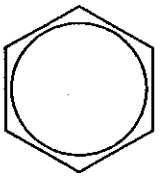
5/16" HEX BOLT



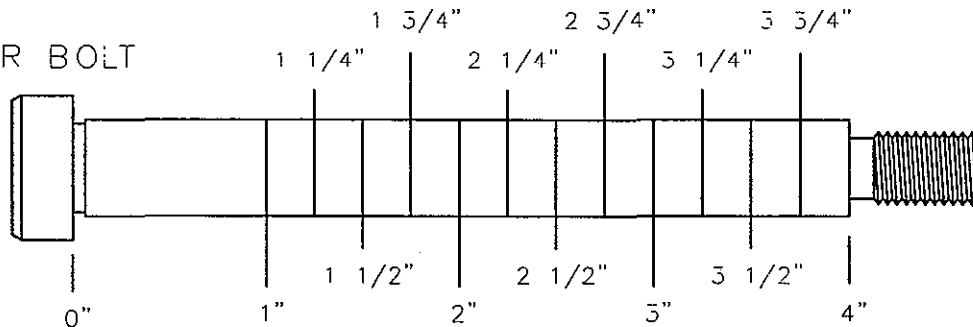
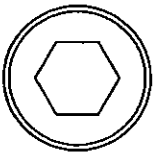
3/8" HEX BOLT



1/2" HEX BOLT

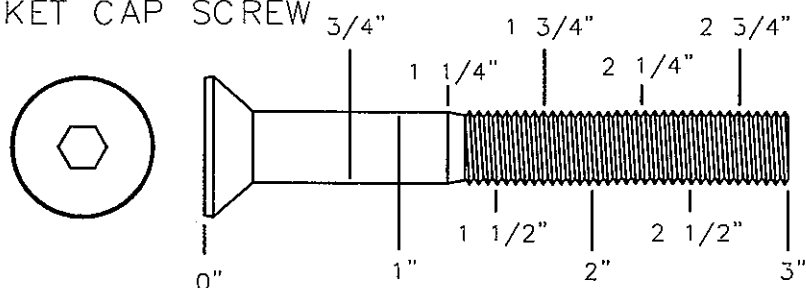


1/2" SHOULDER BOLT

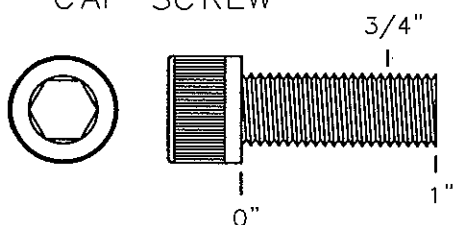


OWNERS MANUAL

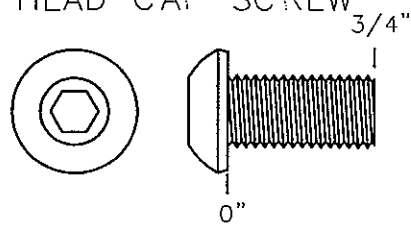
3/8" FLATHEAD
SOCKET CAP SCREW



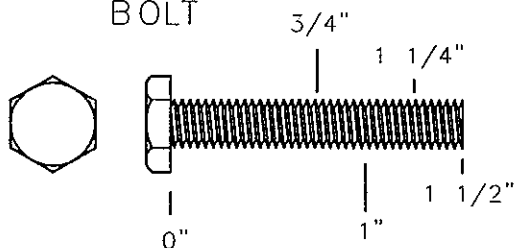
3/8" SOCKET
CAP SCREW



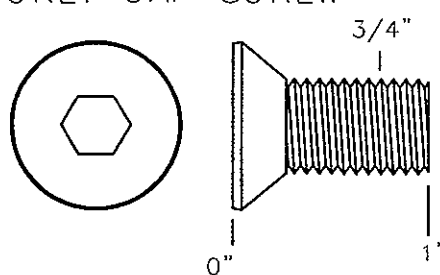
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

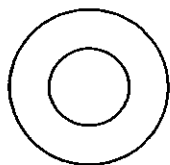


1/2" FLATHEAD
SOCKET CAP SCREW

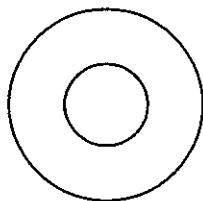


OWNERS MANUAL

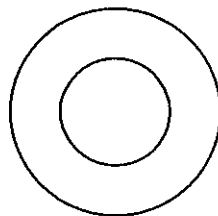
5/16"
FLAT WASHER
LARGE, USS, 25mm



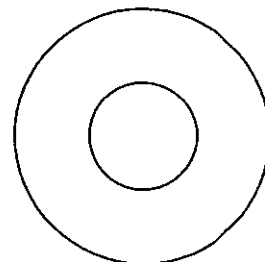
3/8"
FLAT
WASHER



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



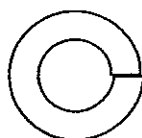
1/2"
FLAT WASHER
LARGE, USS, 34mm



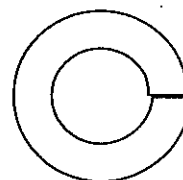
1/4"
LOCK WASHER



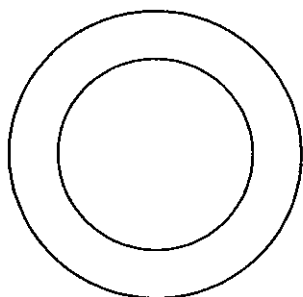
3/8"
LOCK WASHER



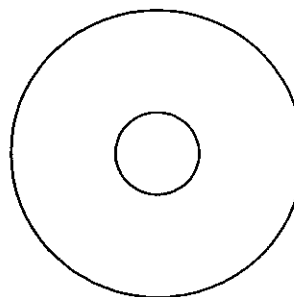
1/2"
LOCK WASHER



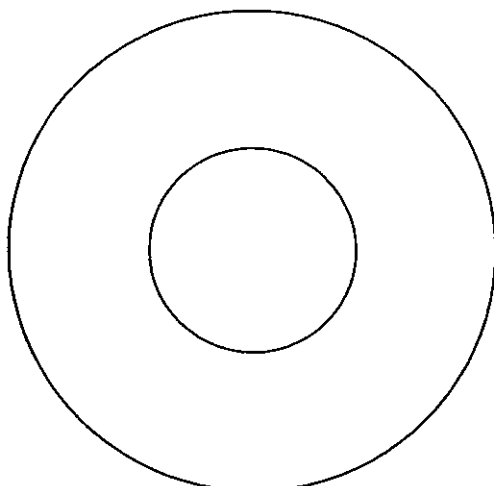
1" SHIM WASHER



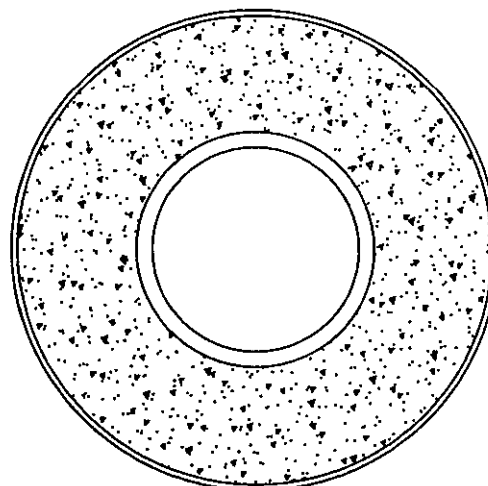
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

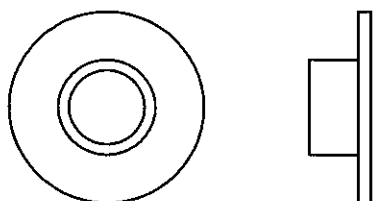


PLASTIC 1 1/16"
FENDER WASHER

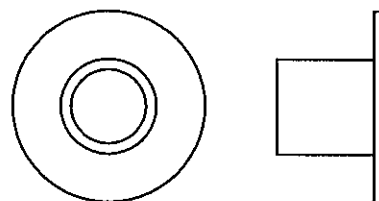


OWNERS MANUAL

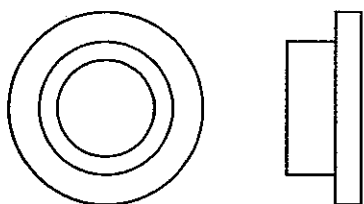
1/4" LONG
FLANGED SPACER



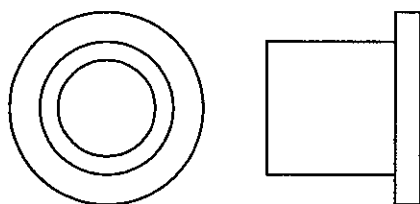
1/2" LONG
FLANGED SPACER



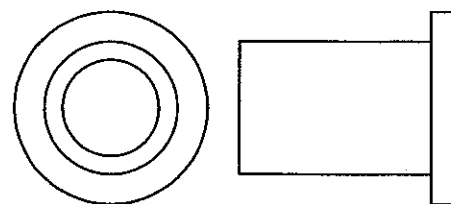
1/4" LONG HEAVY
FLANGED SPACER



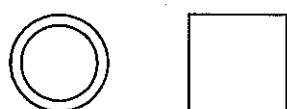
11/16" LONG HEAVY
FLANGED SPACER



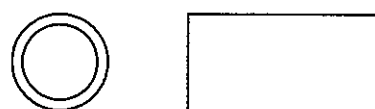
1" LONG HEAVY
FLANGED SPACER



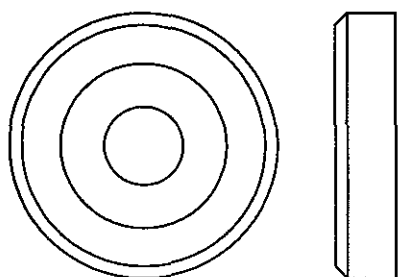
1/2" LONG
SPACER



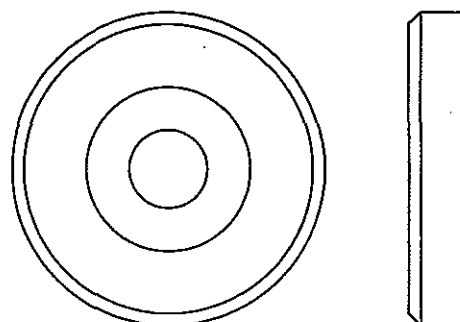
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT 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.

WEIGHT TRAINING EXERCISE LOG

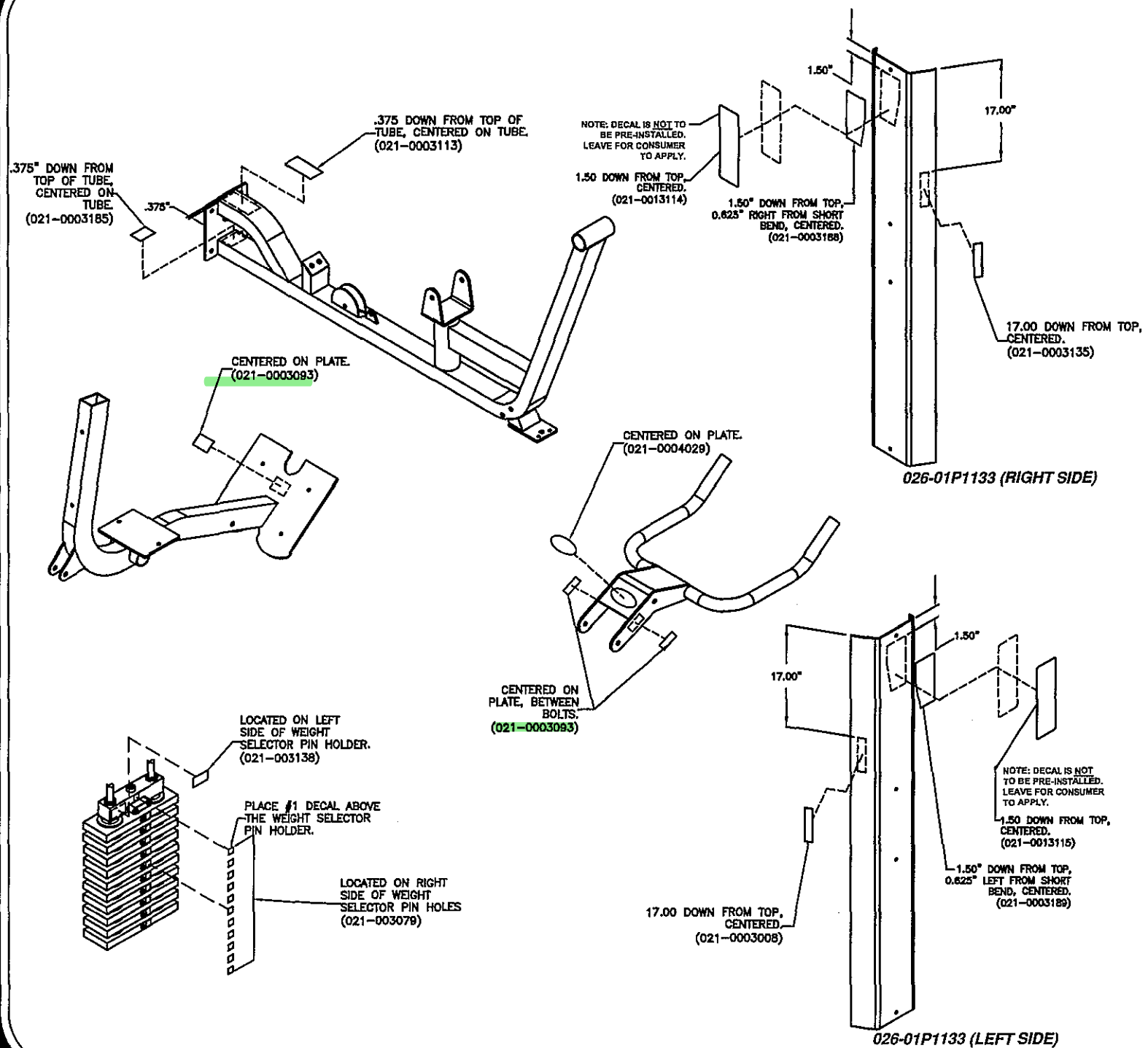
WEIGHT TRAINING EXERCISE LOG

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

[illegible]

OWNERS MANUAL

DECAL PLACEMENTS

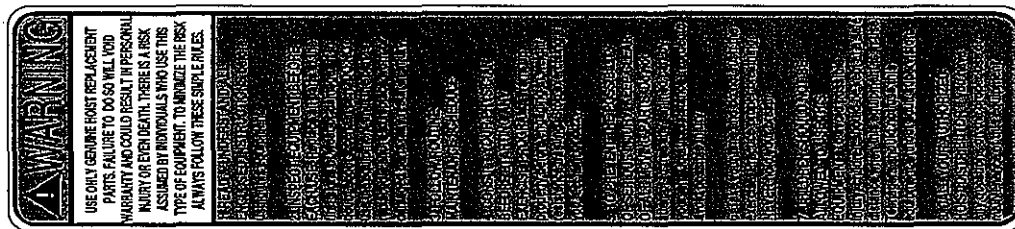


OWNERS MANUAL

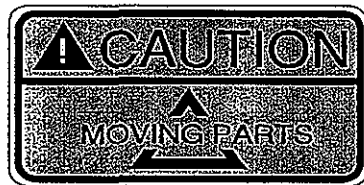
DECAL REFERENCE

NOTICE	COMMERCIAL MAINTENANCE	Frequency													
		Daily	Weekly	Monthly	Yearly										
	Inspect: Links, Pin 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, Turntable Bushings, Linear Bearing			X											
	Clean & Wax; All Glossy Finishes				X										
	Repack with Grease Linear Bearings				X										
	Replace; Cables, Belts and Connecting Parts.														X

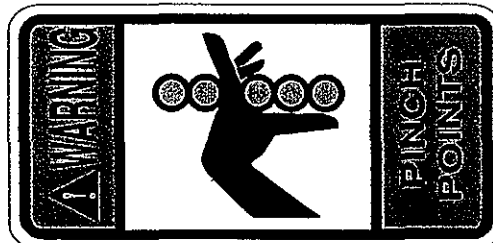
021-0003008



021-0003135



021-0003093



021-0003113

OWNERS MANUAL

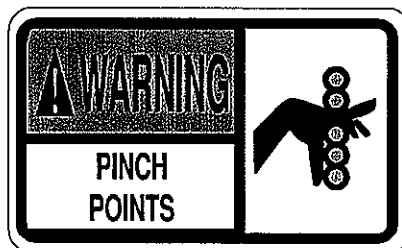
DECAL REFERENCE



021-0003079



021-0004029



021-0003138



021-0003185

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

OWNERS MANUAL

DECAL REFERENCE

KL 2101 SEATED DIP

INSTRUCTOR GUIDELINES

Primary Muscles Used:

Pectorals (Chest), Triceps (back of upper arms).

Joint Action:

Shoulder Adduction and Elbow Extension.

Instructions:

The child should stand in front of the seat, facing towards the weight stack and grasp the handles with an overhand grip, thumbs inward. From the standing position the child will sit in the seat, placing their feet on the footrests, while keeping their arms extended and pressing the handles down.

Exercise Action:

From the seated position the child will return the handles upwards to chest level, while keeping the elbows stationary along the sides of their body. The back pad will be leaning slightly forward to put the child in the proper position to begin the next exercise. Repeat the exercise motion by pressing the handles down until the arms are almost fully extended. You will note that the seat mechanism changes positions to allow ideal positioning for the user during the exercise movement.

Exercise movements should be slow and controlled. **AT NO TIME DURING THE EXERCISE MOVEMENT SHOULD THE CHILD LET GO OF THE EXERCISE HANDLES OR REMOVE THEIR FEET FROM THE FOOTRESTS.**

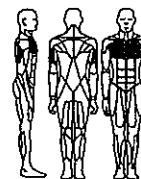
Instruct the child to breathe during each exercise; **IN** prior to beginning the exercise, **OUT** during the exertion, and **IN** while returning to the starting position. **BE CERTAIN THE CHILD DOES NOT HOLD THEIR BREATH DURING THE EXERCISE.**

For more detailed instructions be sure to consult your owners manual.



KL 2101 SEATED DIP

EXERCISE GUIDELINES



Primary Muscles Used:

Pectorals, Triceps.

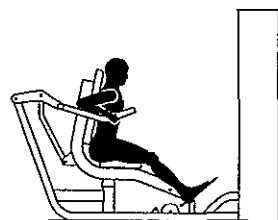
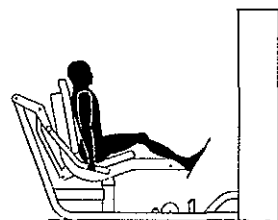
Instructions:

Stand in front of seat facing towards the weight stack and grasp the handles while standing. While keeping the arms straight sit down on the seat while pressing the handles down. Place feet on footplates.

Action:

From the seated position return the handles upwards to chest level. Press the handles downward until the arms are almost fully extended. Return control and repeat.

Be certain to breathe properly.



**Do not use this equipment without
an instructors supervision.**



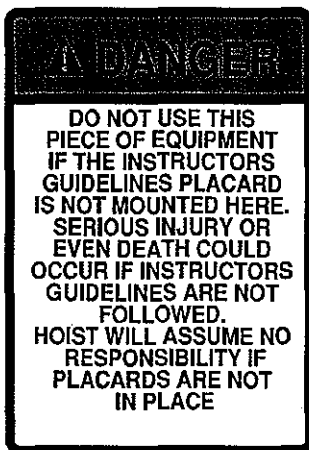
021-0013114

021-0013115

OWNERS MANUAL

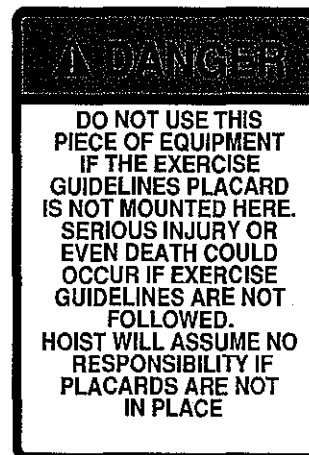
DECAL REFERENCE

TOP LEFT CORNER OF
INSTRUCTORS
GUIDELINES PLACARD
LINES UP HERE



021-0003188

TOP RIGHT CORNER OF
EXERCISE
GUIDELINES PLACARD
LINES UP HERE



021-0003189

OWNERS MANUAL

MAINTENANCE SCHEDULE

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

Your equipment comes with a commercial maintenance decal.

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

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

Upholstery:

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

Guide Rods:

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

Decals:

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

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Belts and Cables:

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

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached..*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

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

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or **cables** after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

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

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

WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

ALTERATION, 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