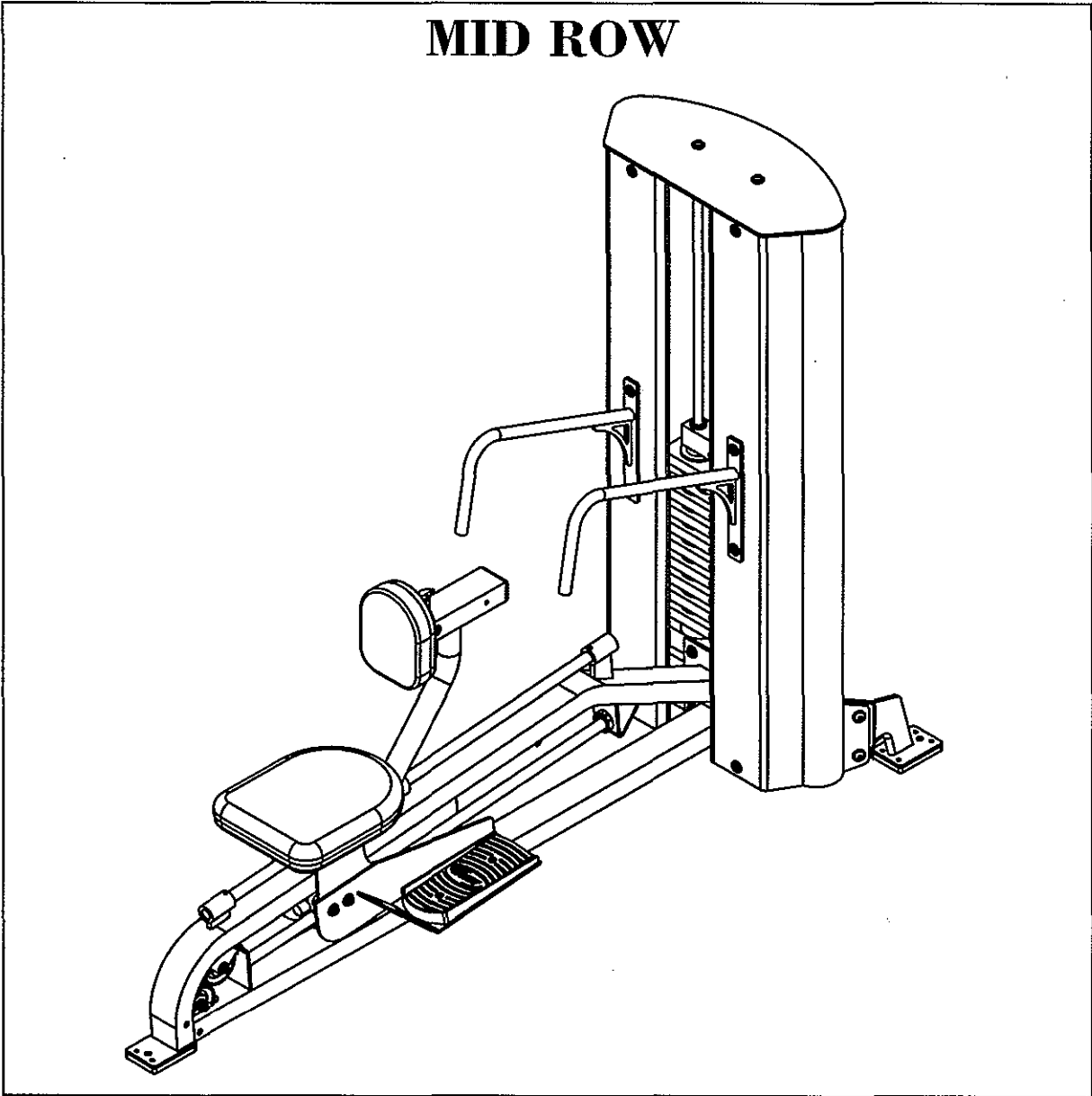


OWNERS MANUAL



KL2203

MID ROW



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.....	37
PART LISTING	39
HARDWARE LISTING	40
ABBREVIATION LISTING	41
BOLT SIZING CHART	42
WASHER SIZING CHART	44
SPACER SIZING CHART	45
WEIGHT TRAINING TIPS	47
WEIGHT TRAINING EXERCISE LOG	48
DECAL PLACEMENTS	49
MAINTENANCE SCHEDULE	54
GENERAL MAINTENANCE INFORMATION.....	55
LIMITED WARRANTY.....	57

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

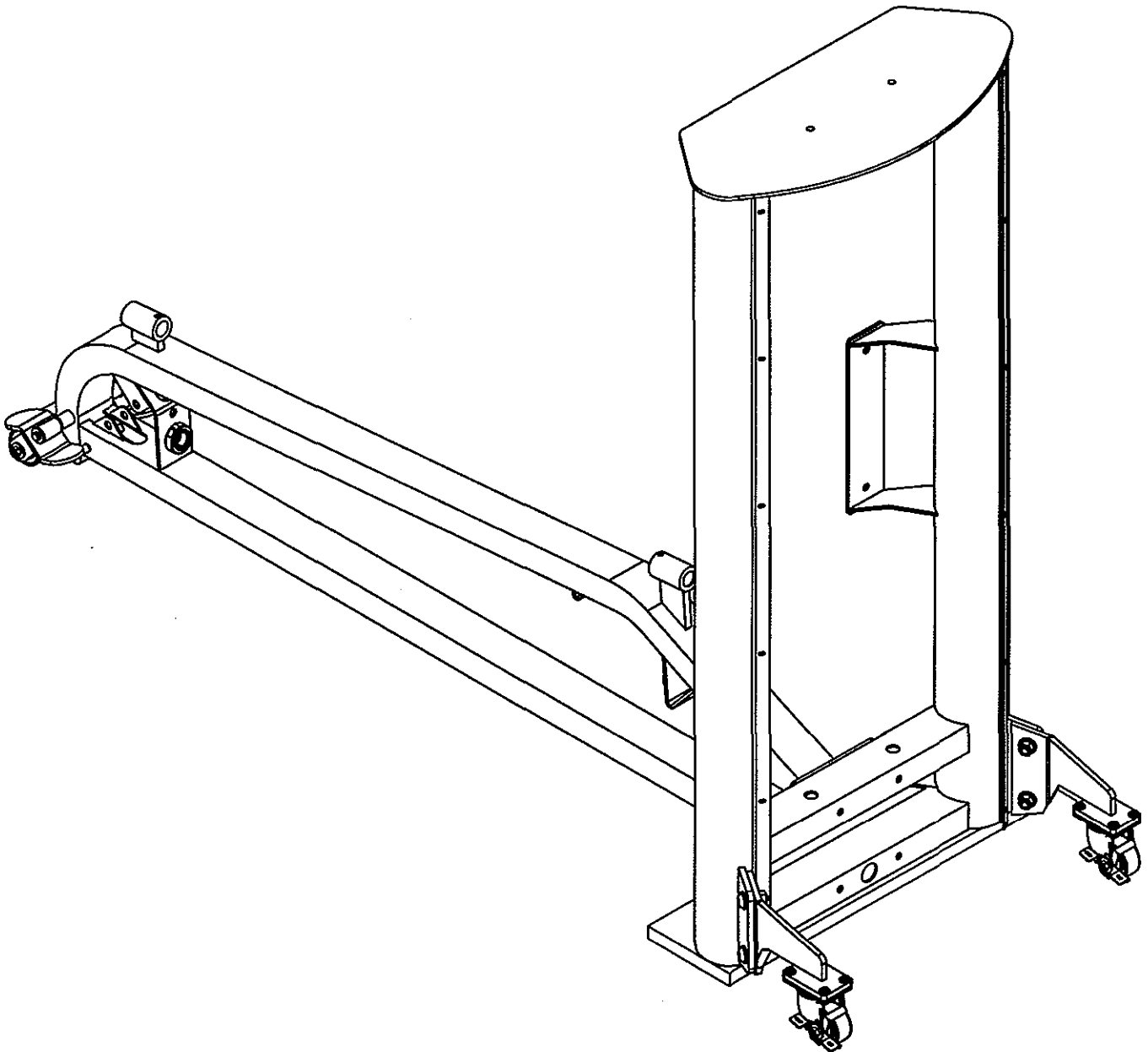
Snap Ring Pliers

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

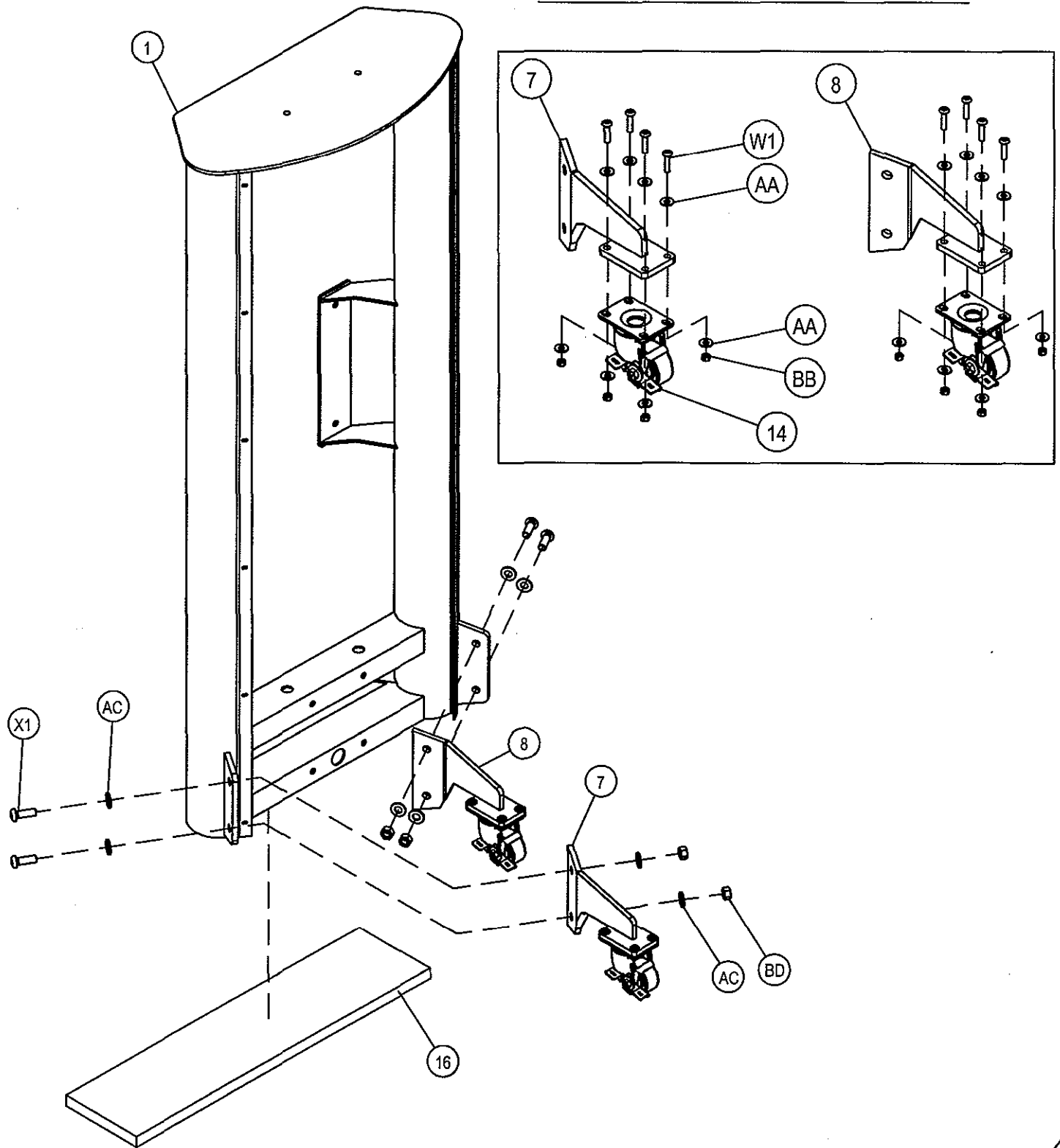
- 1 - Weight Cage Frame Assembly
- 7 - Right Leg Wheel Assembly
- 8 - Left Leg Wheel Assembly
- 14 - Swivel Wheel
- 16 - 0.75" x 7.00" x 25.00" Spacer

Hardware Descriptions

- X1 - 1/2"-13 x 1 1/4" BHB (WZ)
- W1 - 5/16"-18 x 7/8" 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

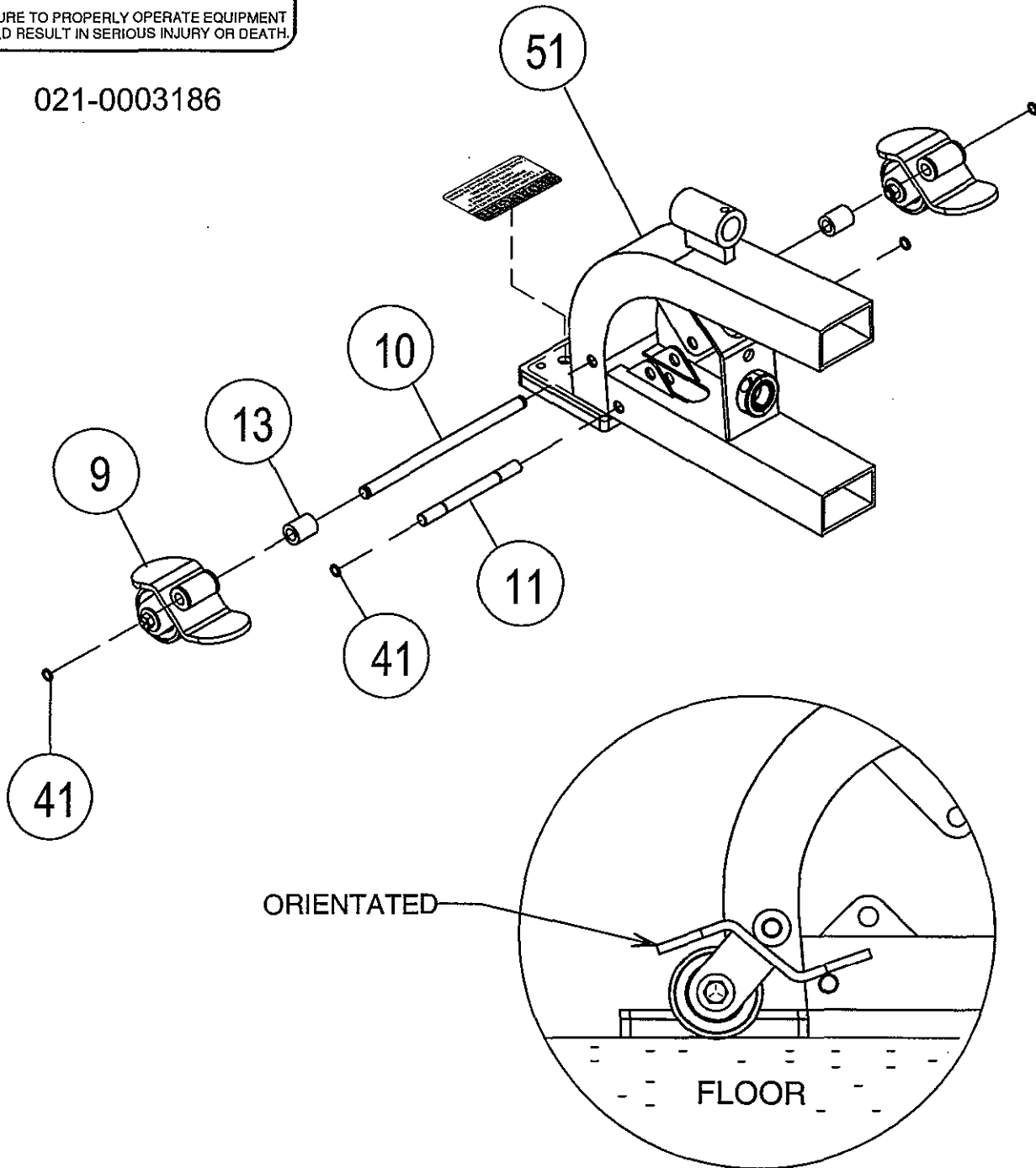
Hardware Descriptions

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⚠ DANGER
TO PREVENT MACHINE FROM ROLLING,
LOCK WEIGHT STACK WHEELS &
DISENGAGE FRONT WHEELS
PRIOR TO EXERCISE.
FAILURE TO PROPERLY OPERATE EQUIPMENT
COULD RESULT IN SERIOUS INJURY OR DEATH.

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.

021-0003186



OWNERS MANUAL

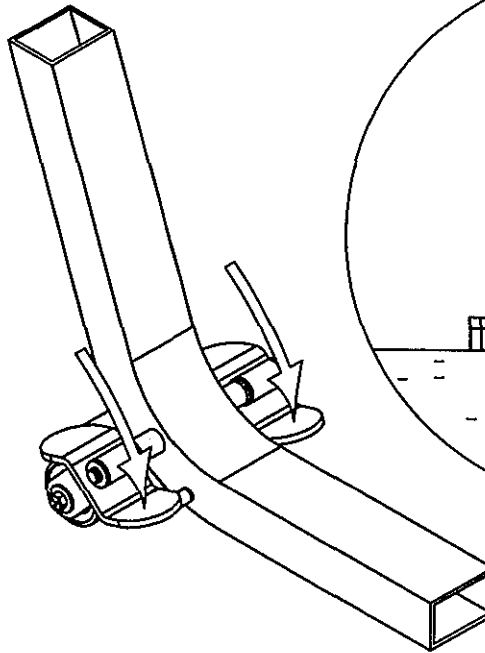
KL OPT-01 OPERATION

PARKED POSITION

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

Using foot;

Step down on top part of wheel rocker.

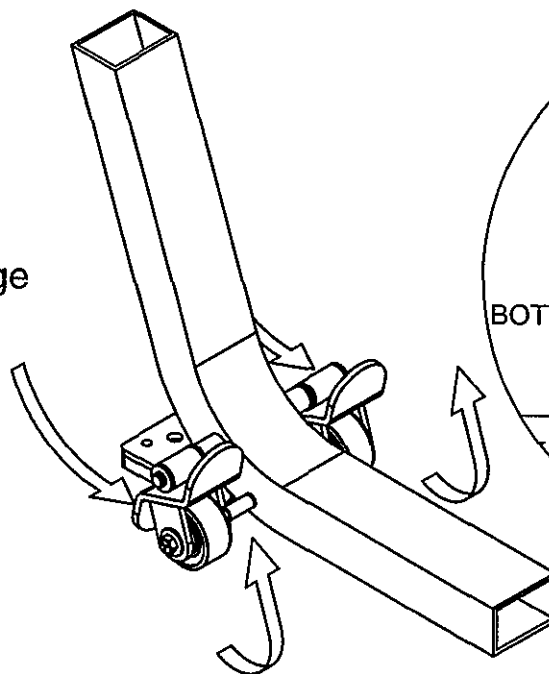


MOVE POSITION

To move machine engage wheels.

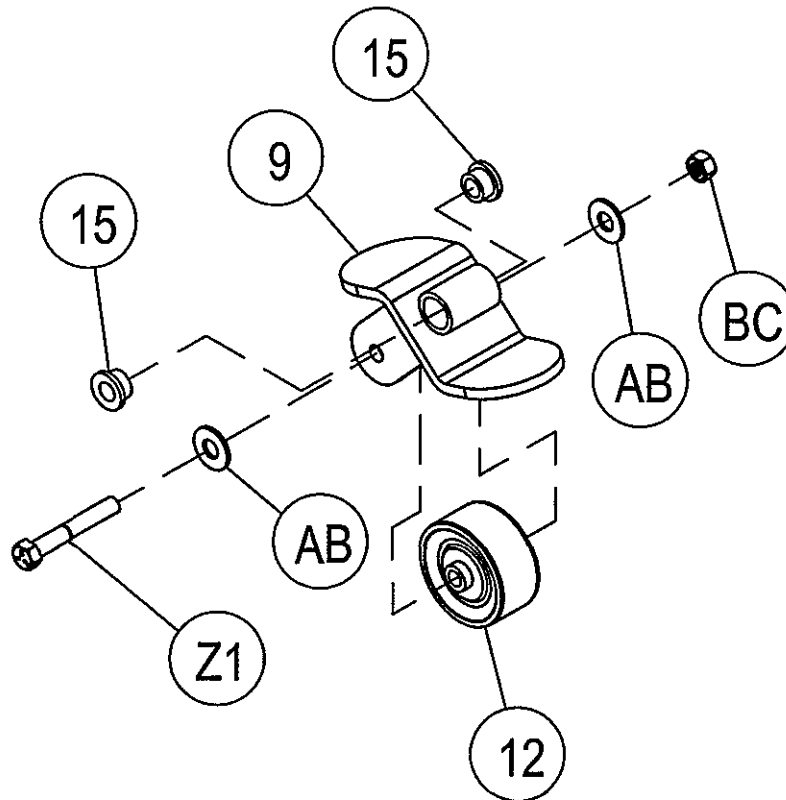
Using foot;

Step down on bottom part of wheel rocker.



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KL OP-01 PRE-ASSEMBLY



Part Descriptions

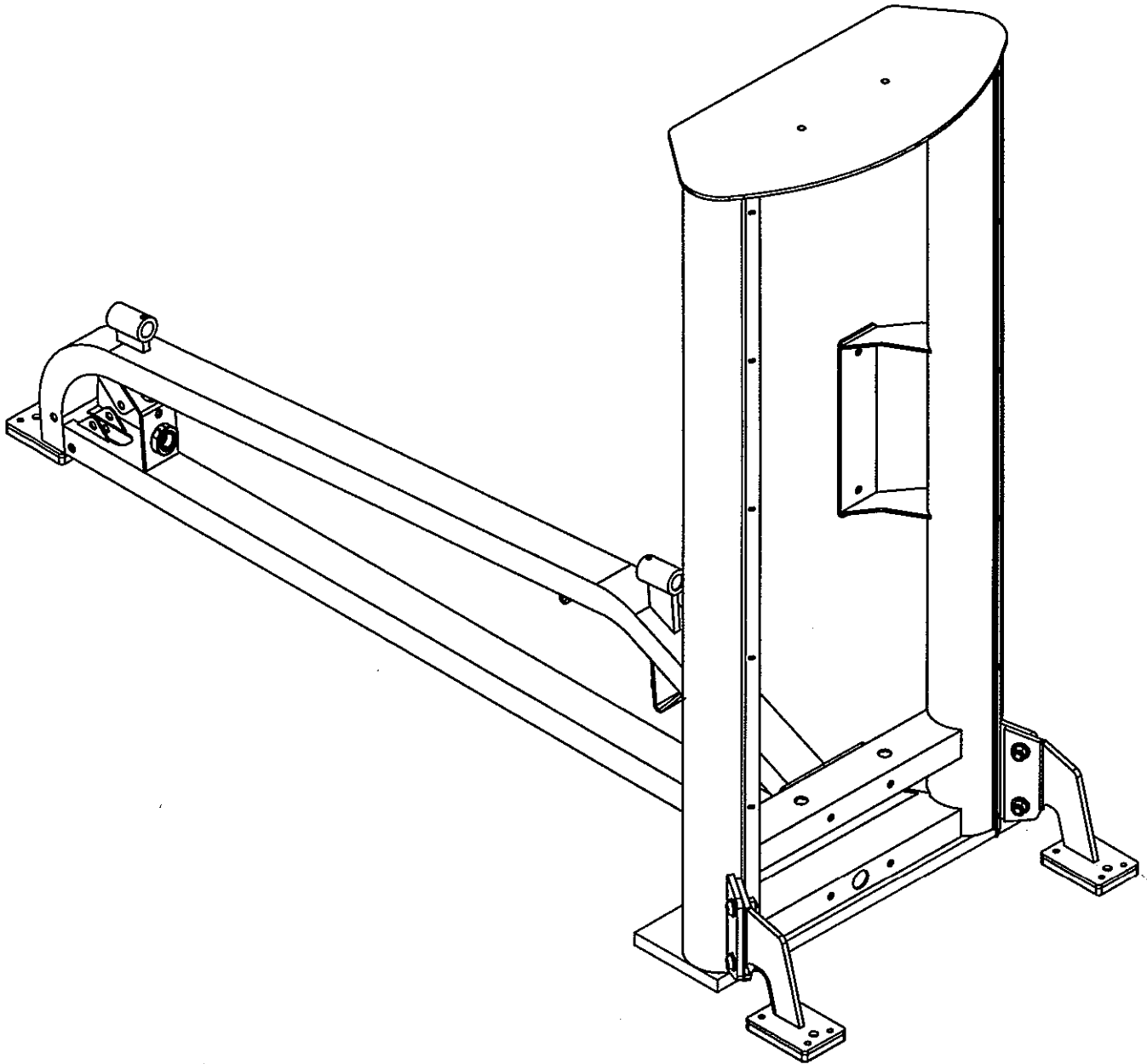
- 9 - Wheel Assembly
- 12 - Ø3" Polyurethane Wheel
- 15 - Ø0.50" I.D. Flange Oilite

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

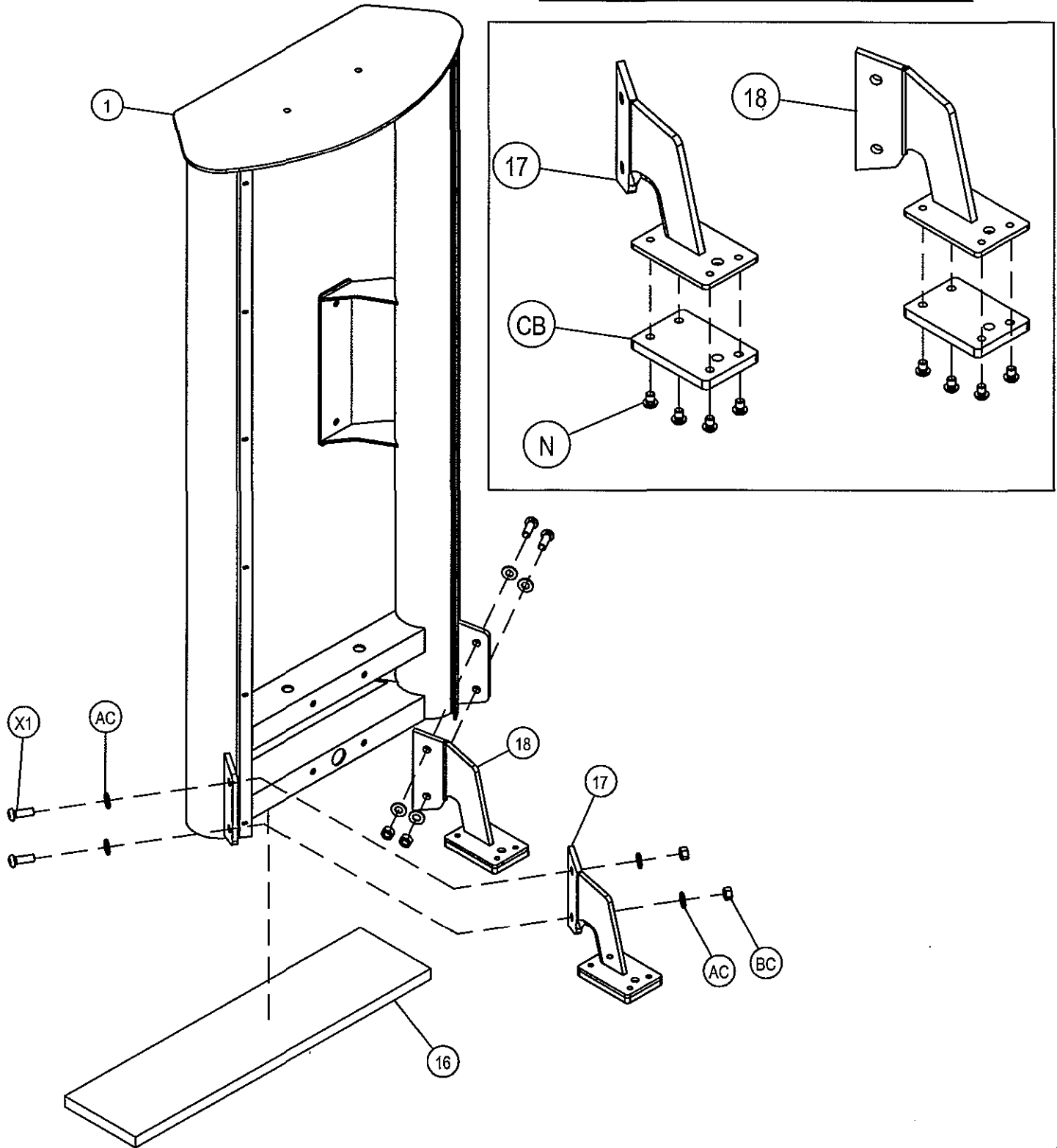
- 1 - Weight Cage Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 17 - Right Foot Assembly
- 18 - Left Foot Assembly

Hardware Descriptions

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

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KL OPT-02 ASSEMBLY



OWNERS MANUAL

KL OPT-01 ASSEMBLY PART/HARDWARE LISTING

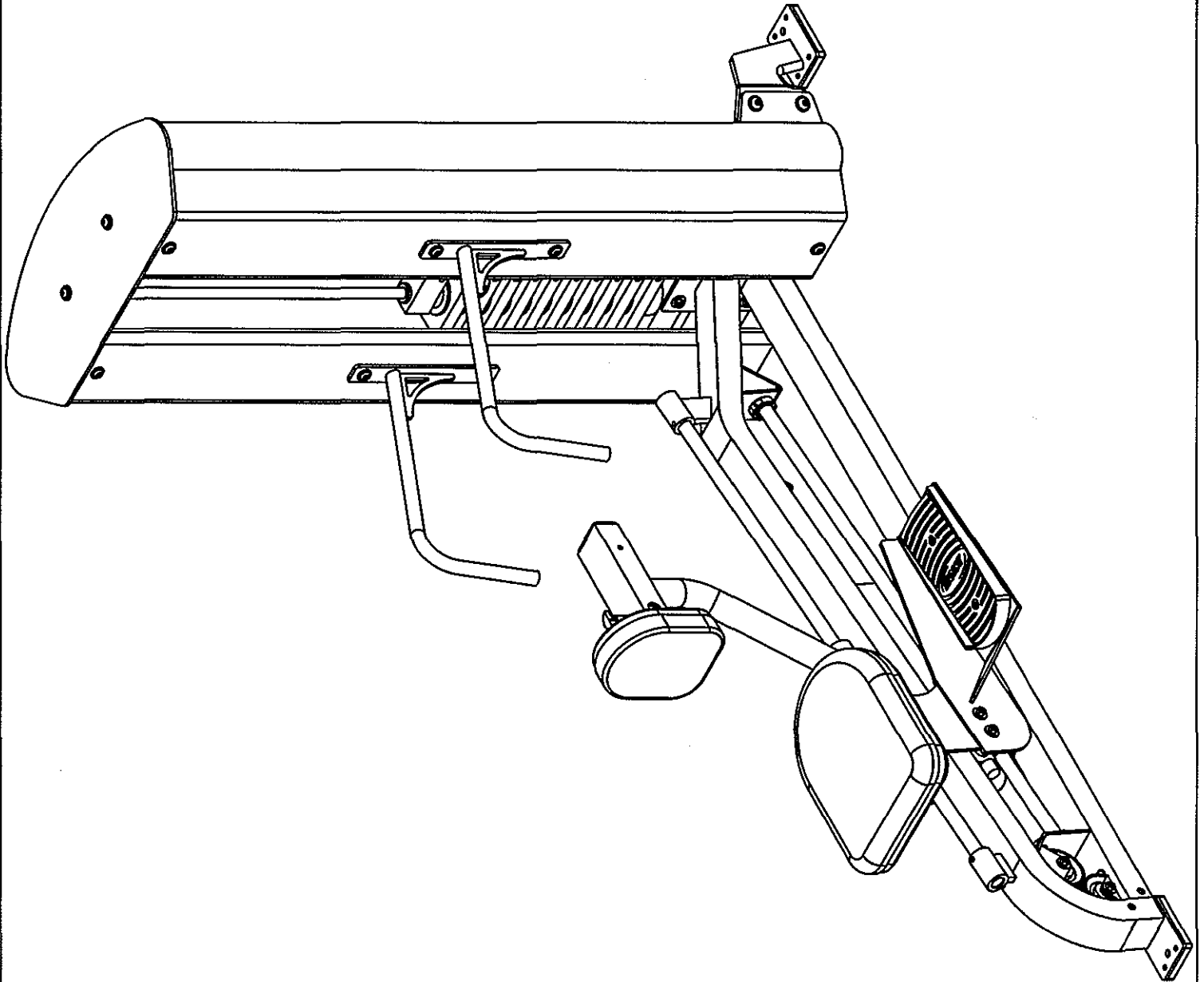
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
7	1	026-01X1254	Right Leg Wheel Assembly
8	1	026-01X1255	Left Leg Wheel Assembly
9	2	026-01X1235	Wheel Assembly
10	1	026-01M0673	Wheel Axle (long)
11	1	026-01M0674	Wheel Axle (short)
12	2	020-0014026	Ø3.00" Polyurethane Wheel
13	2	026-01M0672	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	026-01X1218	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
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
N	8	011-0201292	3/8-16 x 11.3mm BHS (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	SBR 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.

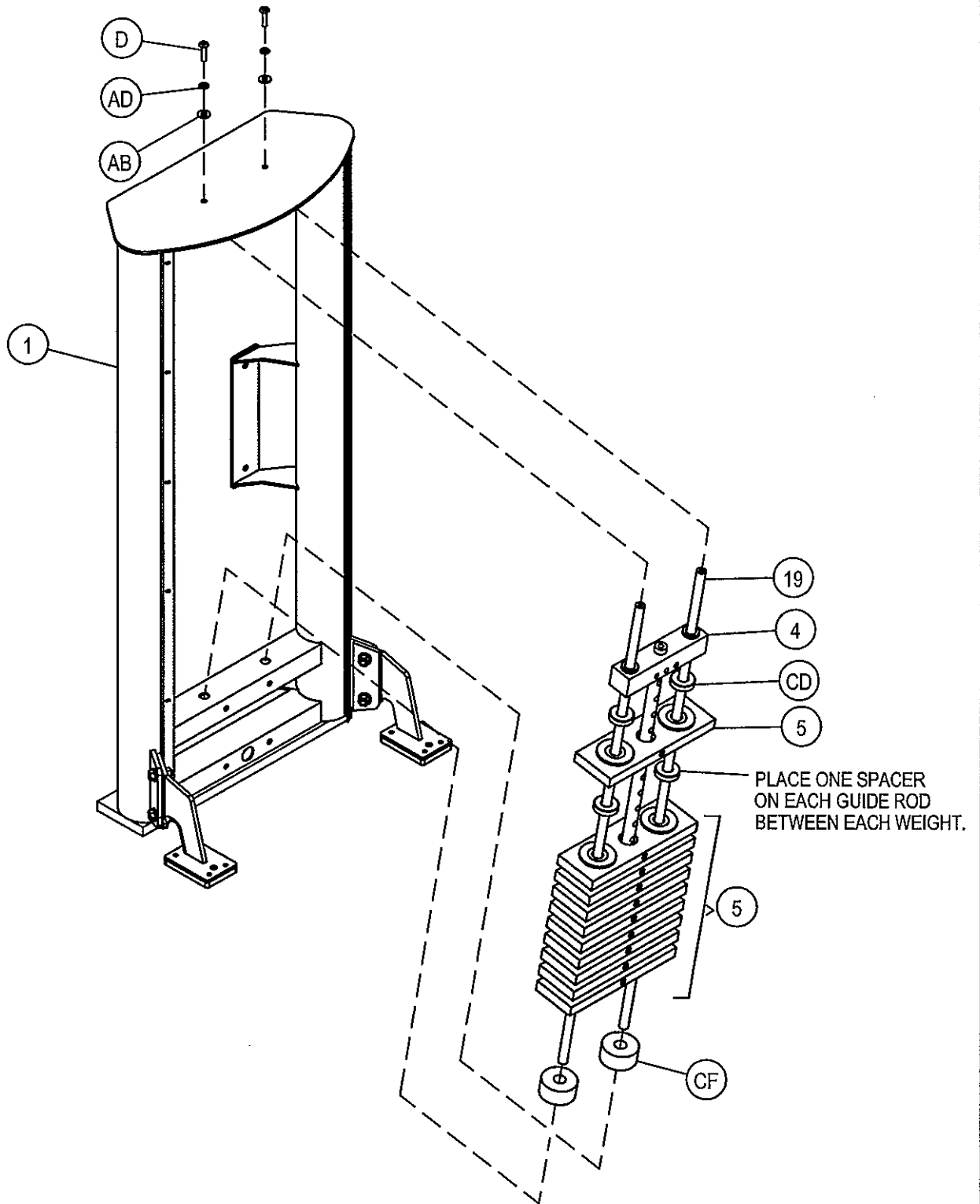
Part Descriptions

- 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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WARNING:

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

FINE TUNING

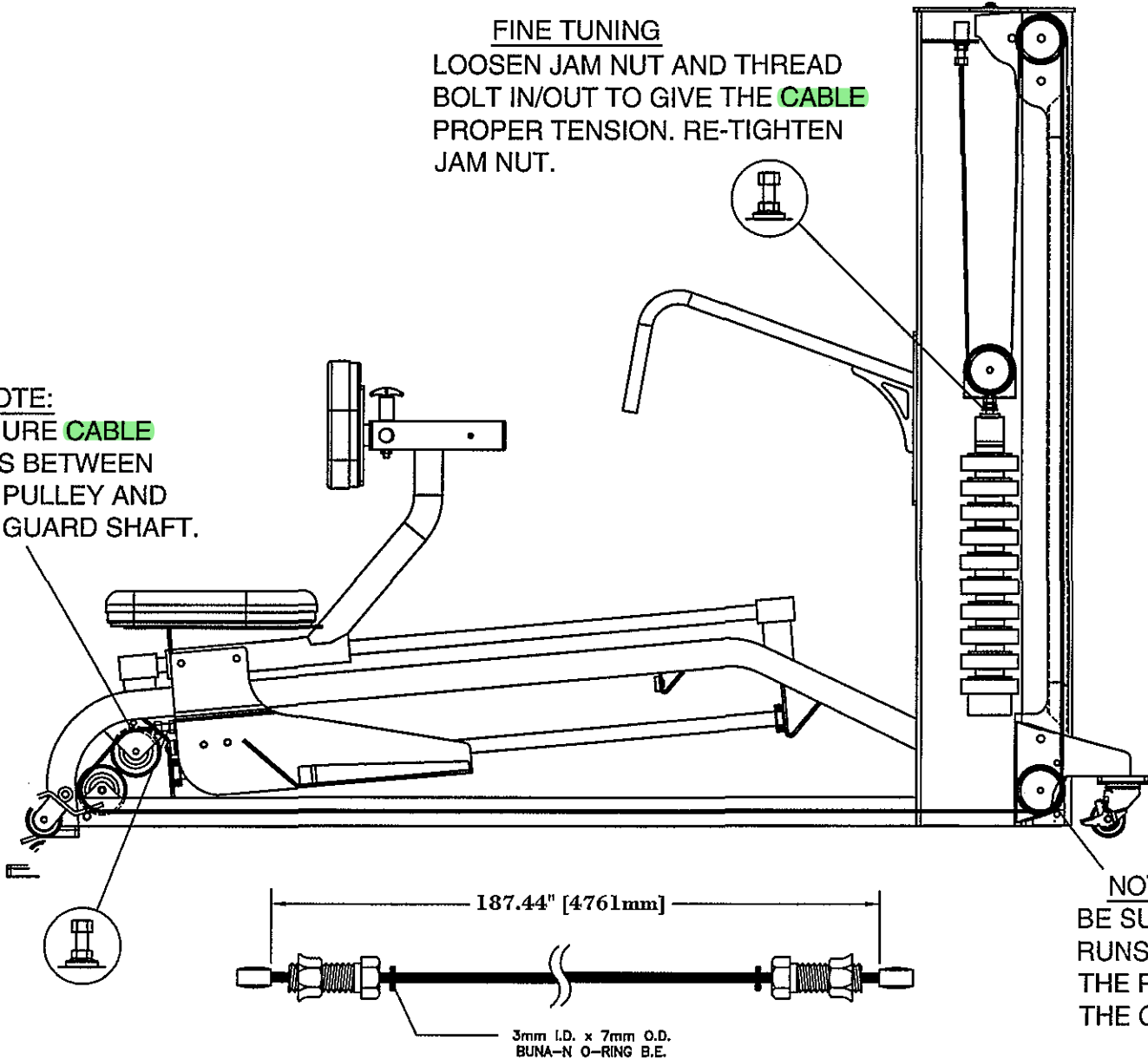
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE **CABLE** PROPER TENSION. RE-TIGHTEN JAM NUT.

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

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

CABLE ASSEMBLY

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MANUAL**



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Step 3b

FRAME/CABLE ASSEMBLY

Start assembly by attaching (CB) to the foot of (51) wrench tighten. Next insert (CA) into (2) from the top end of (2) and out the lower hole of the bottom plate on (2). Attach (CH)'s while installing **cable** (CA) making sure it is seated in the pulley groove. Continue (CA) through the hole in the bottom tube of (1) and into the bottom hole of the end plate on (51) and out through the pulley slot. Now bolt (51) and (2) to (1). Wrench tighten bolts. Next attach (43) to (20) and mount (CH) in (43) making sure the **cable** is seated in the pulley groove. Now attach one end of (CA) to (1) shown like the diagram. Note: Where (43) threads into (20) is a **cable** tensioning point, when adjusting **cable** (CA) tension, the pulley (CH) must first be removed.

Part Descriptions

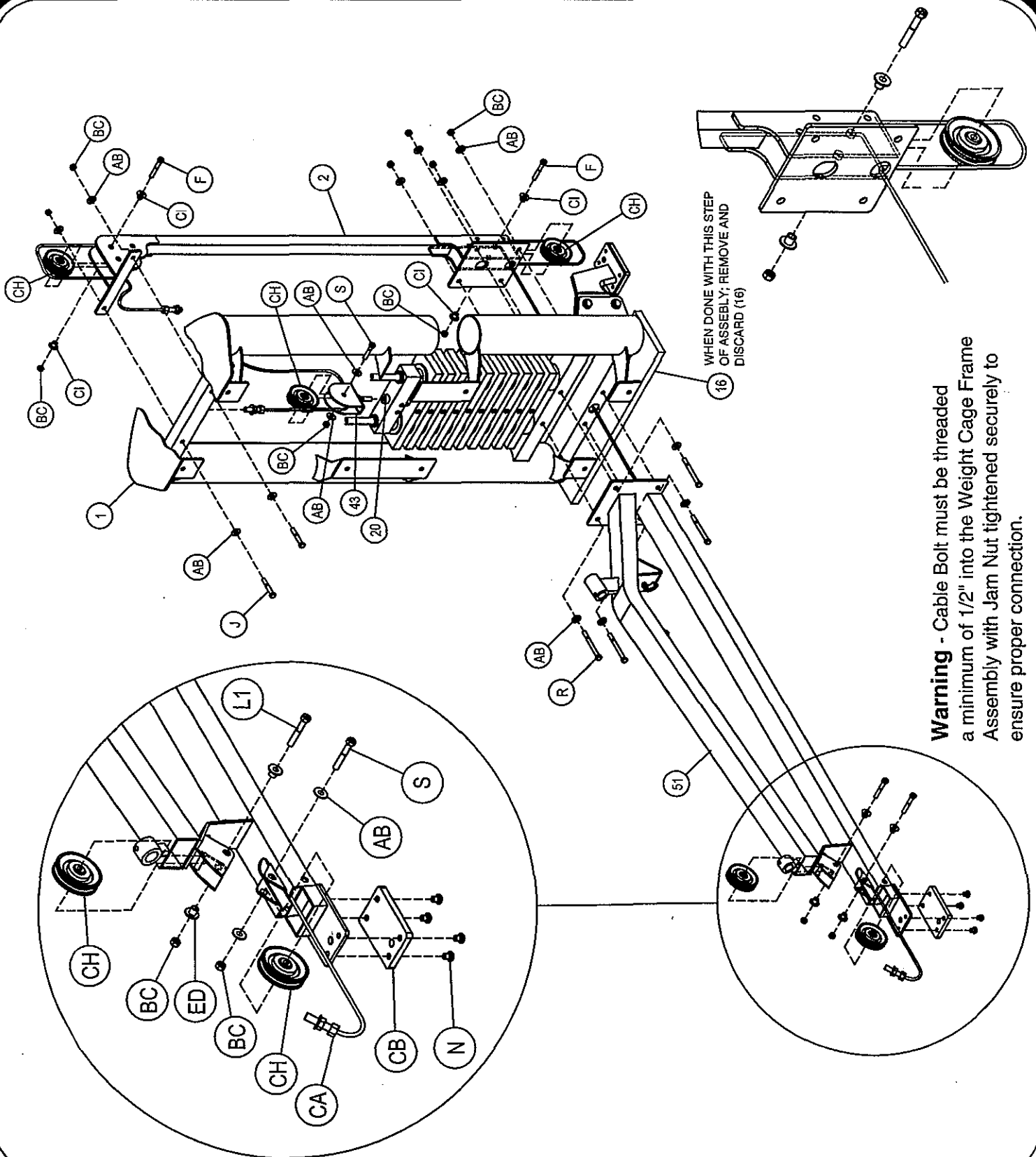
- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 20 - 11 Holes Stem
- 43 - **Cable** Anchore Adjustable
- 51 - Main Frame Assembly

Hardware Descriptions

- F - 3/8-16 x 2 1/2" HHB (WZ)
- J - 3/8-16 x 2 1/4" HHB (WZ)
- LI - 3/8-16 x 2" HHB (WZ)
- N - 3/8-16 x 1/2" BHB (WZ)
- R - 3/8-16 x 4" HHB (WZ)
- S - 3/8-16 x 1 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)
- CA - 187.44" lg. **Cable**
- CB - SBR Rubber Foot Pad
- CH - Ø3.50" Pulley
- CI - 1/2" Flanged Spacer
- ED - 3/8" Flanged Spacer

When finished with this step of assembly; remove and discard (16)

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WHEN DONE WITH THIS STEP
OF ASSEMBLY; REMOVE AND
DISCARD (16)

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 by placing a finger of light grease (lithium, super lube, etc.) into the inside of the bearings in (52). Using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease. Next, carefully line up the (29) to (52). **DO NOT** force (29) thru (52), as this will damage the linear bearing in (52). When properly aligned, (29) will slide easily thru the bearings. Next attach the (29) to (51) and connect (CA) to (52). Wrench tighten all bolts.

Part Descriptions

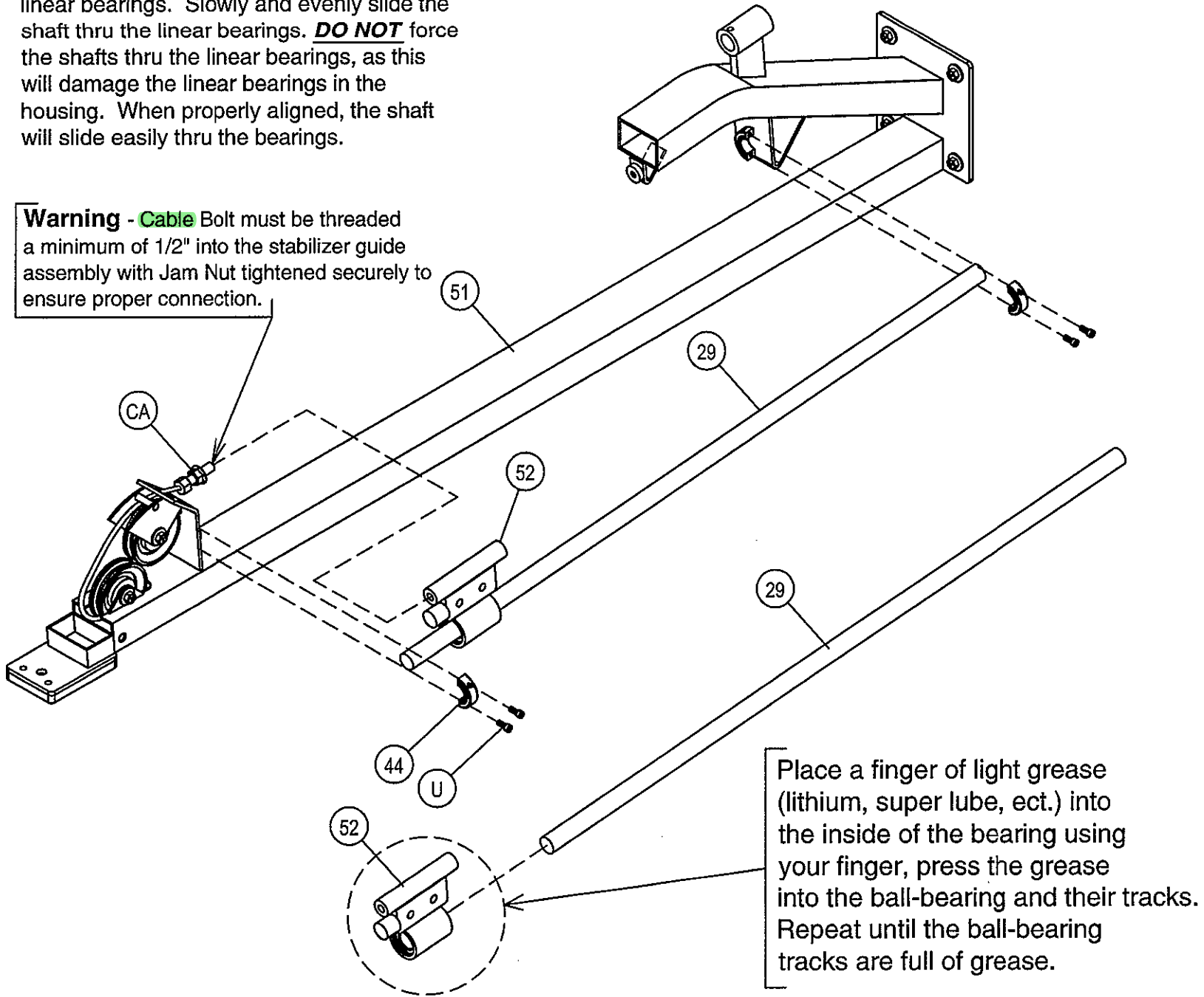
29 - Ø25mm x 43.15" Linear Shaft
44 - Ø25mm Split Collar
51 - Main Frame Assembly
52 - Stabilizer Guide Assembly

Hardware Descriptions

U - 1/4-20 x 3/4" SHS (BZ)
CA - 187.44" lg. **Cable**

NOTE: Carefully line up the shafts with the linear bearings. Slowly and evenly slide the shaft thru the linear bearings. ***DO NOT*** force the shafts thru the linear bearings, as this will damage the linear bearings in the housing. When properly aligned, the shaft will slide easily thru the bearings.

Warning - Cable Bolt must be threaded a minimum of 1/2" into the stabilizer guide assembly with Jam Nut tightened securely to ensure proper connection.



Place a finger of light grease (lithium, super lube, ect.) into the inside of the bearing using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease.

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Step 3d

FRAME ASSEMBLY

Start by ensuring the snap ring (W) inside (51) is on side closest to weight stack first. Place a finger of light grease (lithium, super lube, ect.) into the inside of the bearings (53). Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Next, insert (28) into (51) and leave a gap big enough for (53). Very carefully slide (53) onto (28). **DO NOT** force (28) through the linear bearings in (53) as this will damage them. When properly aligned, (28) will slide easily thru bearings. Continue inserting shaft (28) until it is properly engaged in both shaft mounts then install snap rings (W), and wrench tighten set screws (V).

Part Descriptions

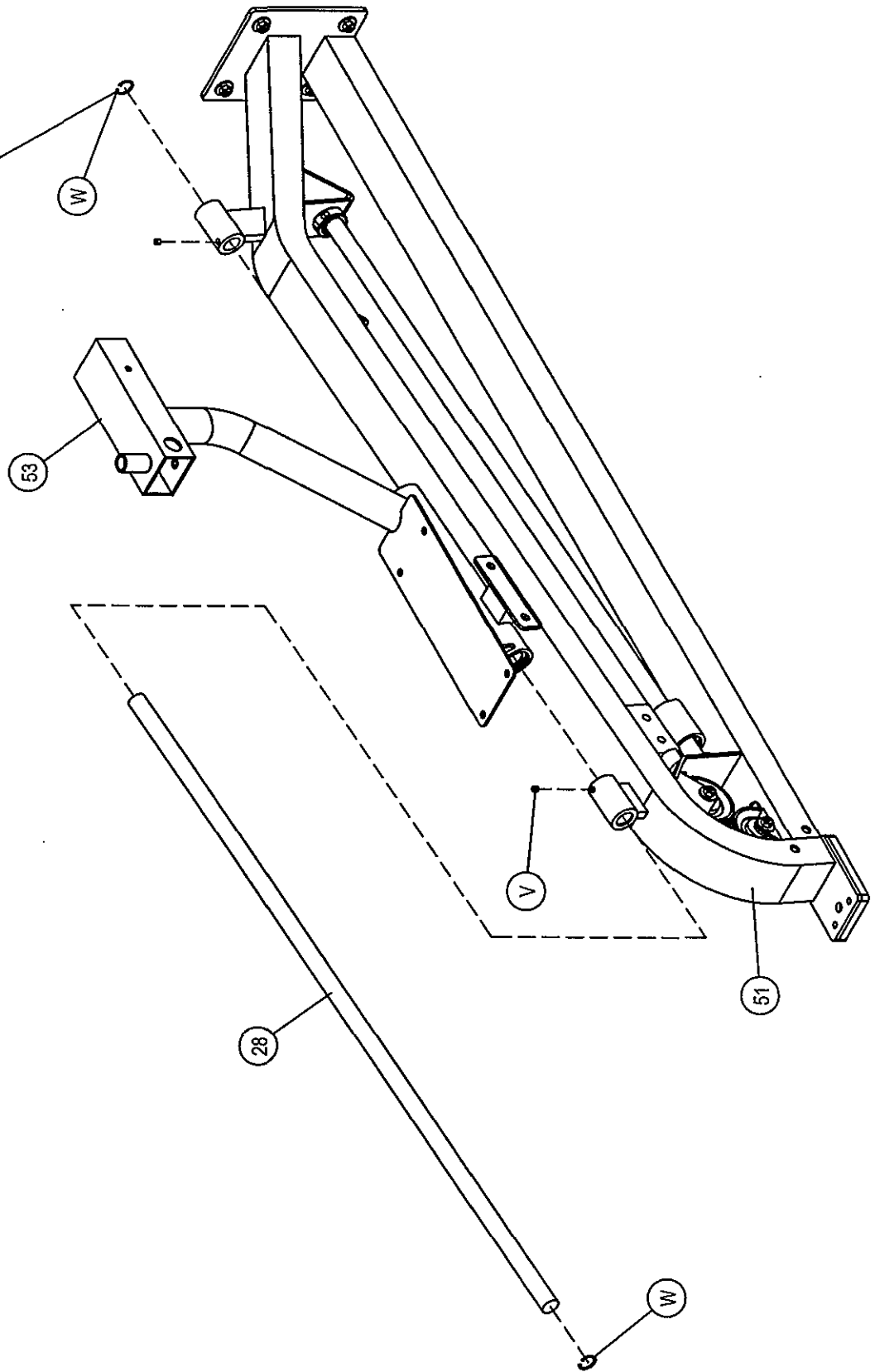
28 - Ø25mm x 47.69" Linear Shaft
51 - Main Frame Assembly
53 - Seat Frame Assembly

Hardware Descriptions

V - 5/16-18 UNC x 1/4" Set Screw
W - Snap Ring Ø27.9mm x 1.2mmT

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NOTE: Before installation,
insert one Snap Ring this side first.



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Step 3e

FRAME ASSEMBLY

Assemble (4) and (55) with spacers (42) to (52) and (53) as shown. Attach a (DS) to each side. Wrench tighten bolts.

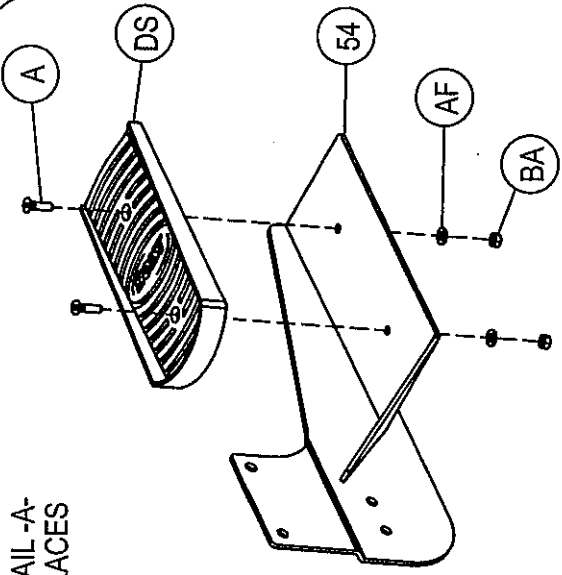
Part Descriptions

- 42 - Ø1.00" x 1.75" CRS Spacer
- 52 - Stabilizer Guide Assembly
- 53 - Seat Frame Assembly
- 54 - Right Foot Plate Assembly
- 55 - Left Foot Plate Assembly

Hardware Descriptions

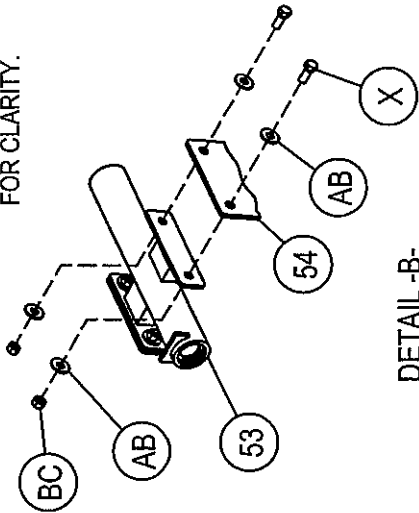
- A - 5/16-18 x 1 1/4" FHS (BZ)
- T - 3/8-16 x 5" HHB (WZ)
- X - 3/8-16 x 1.00" HHB (WZ)
- AF - 5/16" SAE Flat Washer (BZ)
- AB - 3/8" USS Flat Washer (WZ)
- BA - 5/16" Thin Lock Nut (BZ)
- BC - 3/8" Thin Lock Nut (WZ)
- DS - Molded Plastic Foot Plate

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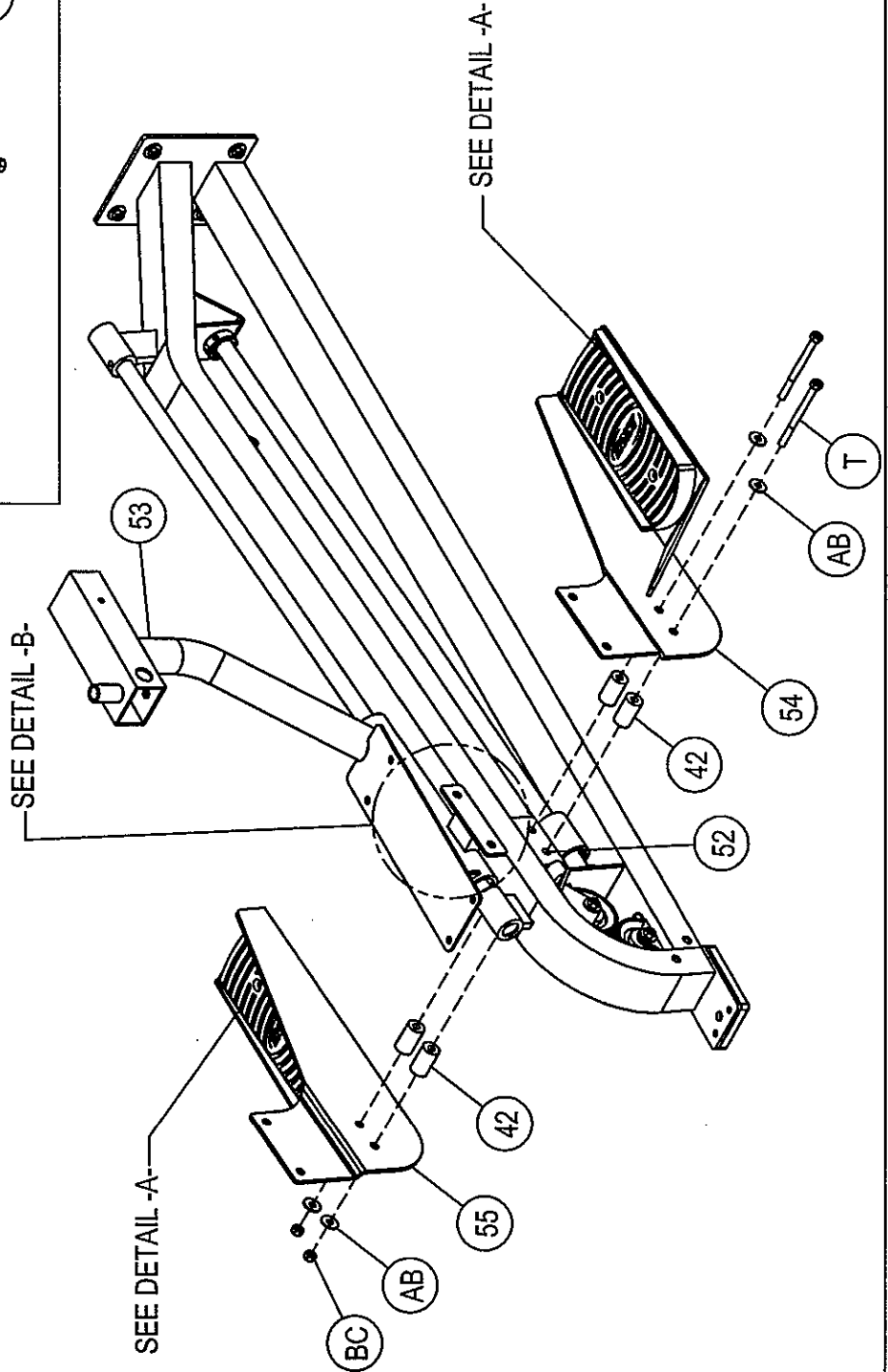


DETAIL -A-
2 PLACES

SHOWN ASSEMBLED
FOR CLARITY.



DETAIL -B-



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Step 3f

FRAME ASSEMBLY

Start by attaching (35) to (56). Insert (56) into (53) and align the slot in (56) to the welded nut on (53) and install (Y). Next, attach (34) to (53) and wrench tighten all bolts.

Part Descriptions

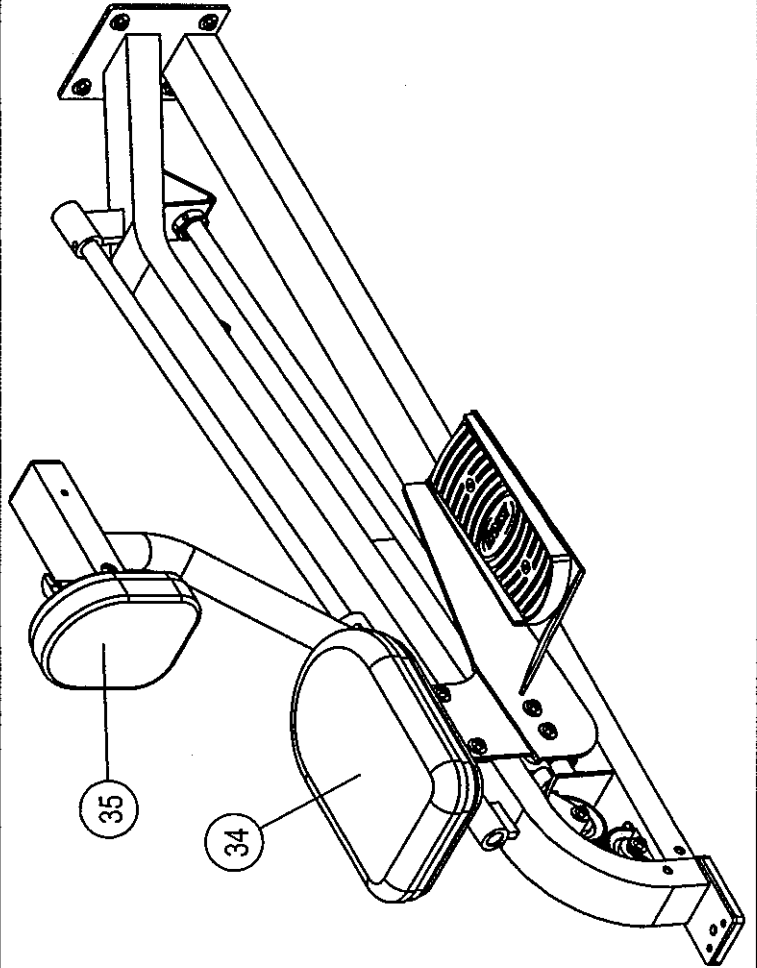
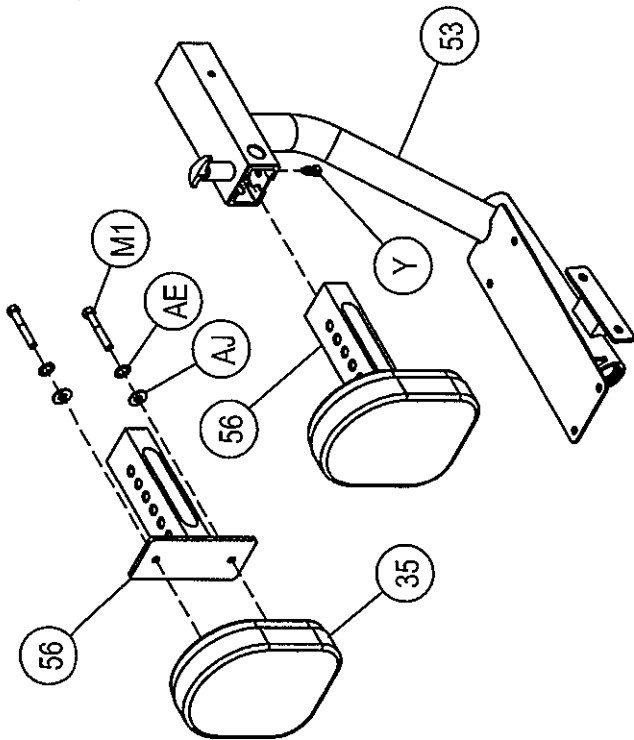
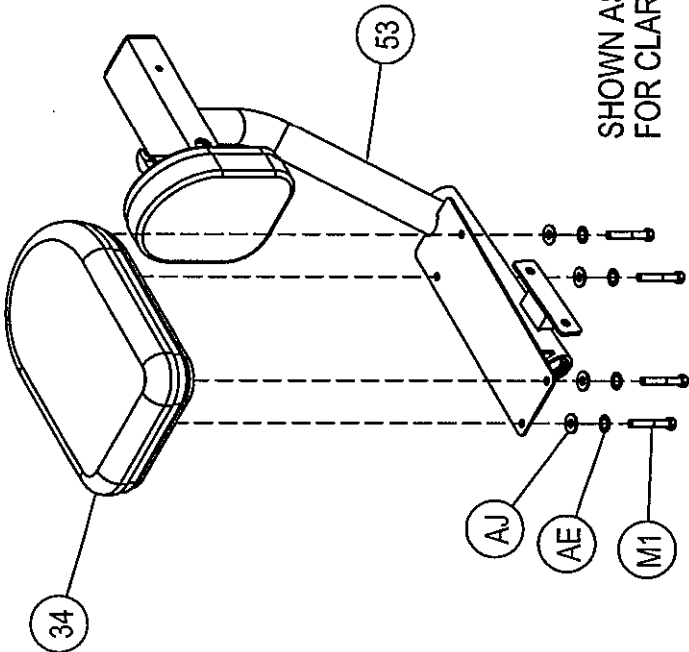
- 34 - Seat Pad Upholstery Assembly
- 35 - Chest Pad Upholstery Assembly
- 53 - Seat Frame Assembly
- 56 - Chrome Adjuster Assembly

Hardware Descriptions

- M1 - 5/16-18 x 1 1/4" HHB (WZ)
- Y - 3/8-16 x 3/4" Square Head Set Screw
- AJ - 5/16" USS Flat Washer (WZ)
- AE - 5/16" Lock Washer (WZ)

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SHOWN ASSEMBLED
FOR CLARITY.



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Step 3g SHIELD ASSEMBLY

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

Part Descriptions

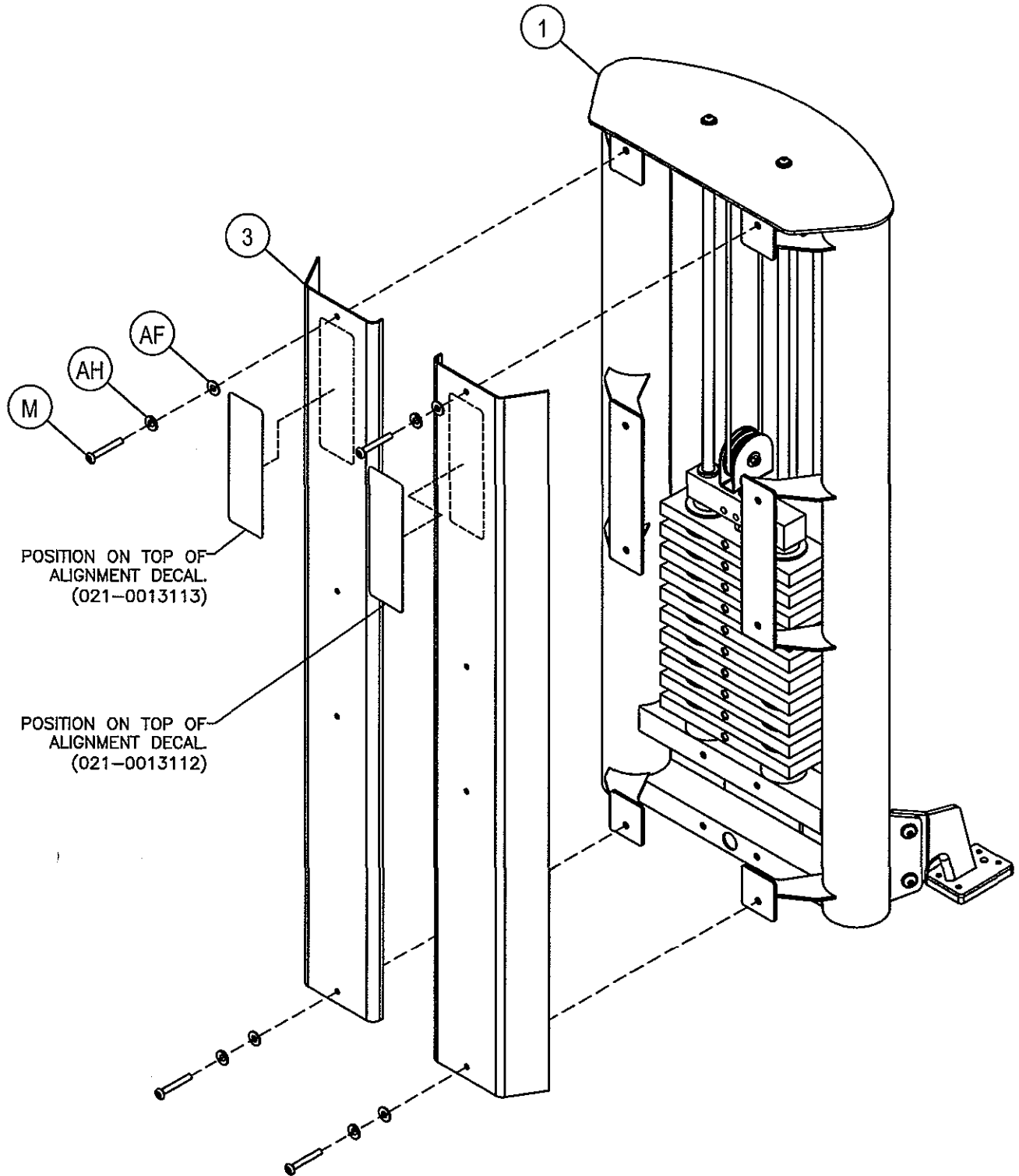
- 1 - Weight Cage Frame Assembly
- 3 - Front Shield Cover

Hardware Descriptions

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

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NOTE: INSTRUCTOR DECAL 021-0013112 AND EXERCISE DECAL 021-0013113 MUST BE APPLIED TO SHIELDS BEFORE USE.



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Step 2h FRAME ASSEMBLY

Attach (57)'s to (3)'s and wrench tighten bolts.

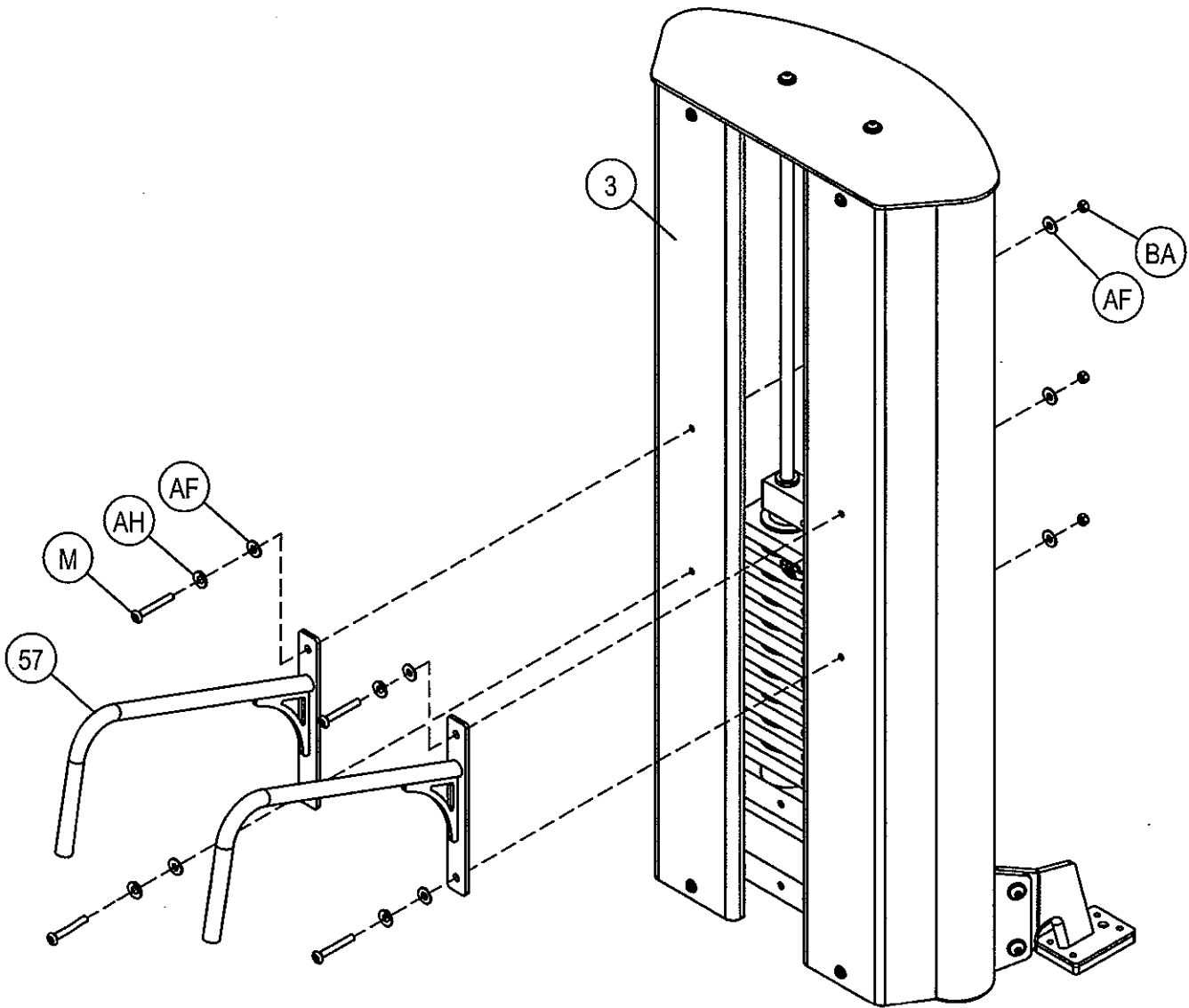
Part Descriptions

3 - Front Shield Cover
57 - Handle Assembly

Hardware Descriptions

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

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Step 3i

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 KL2203 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

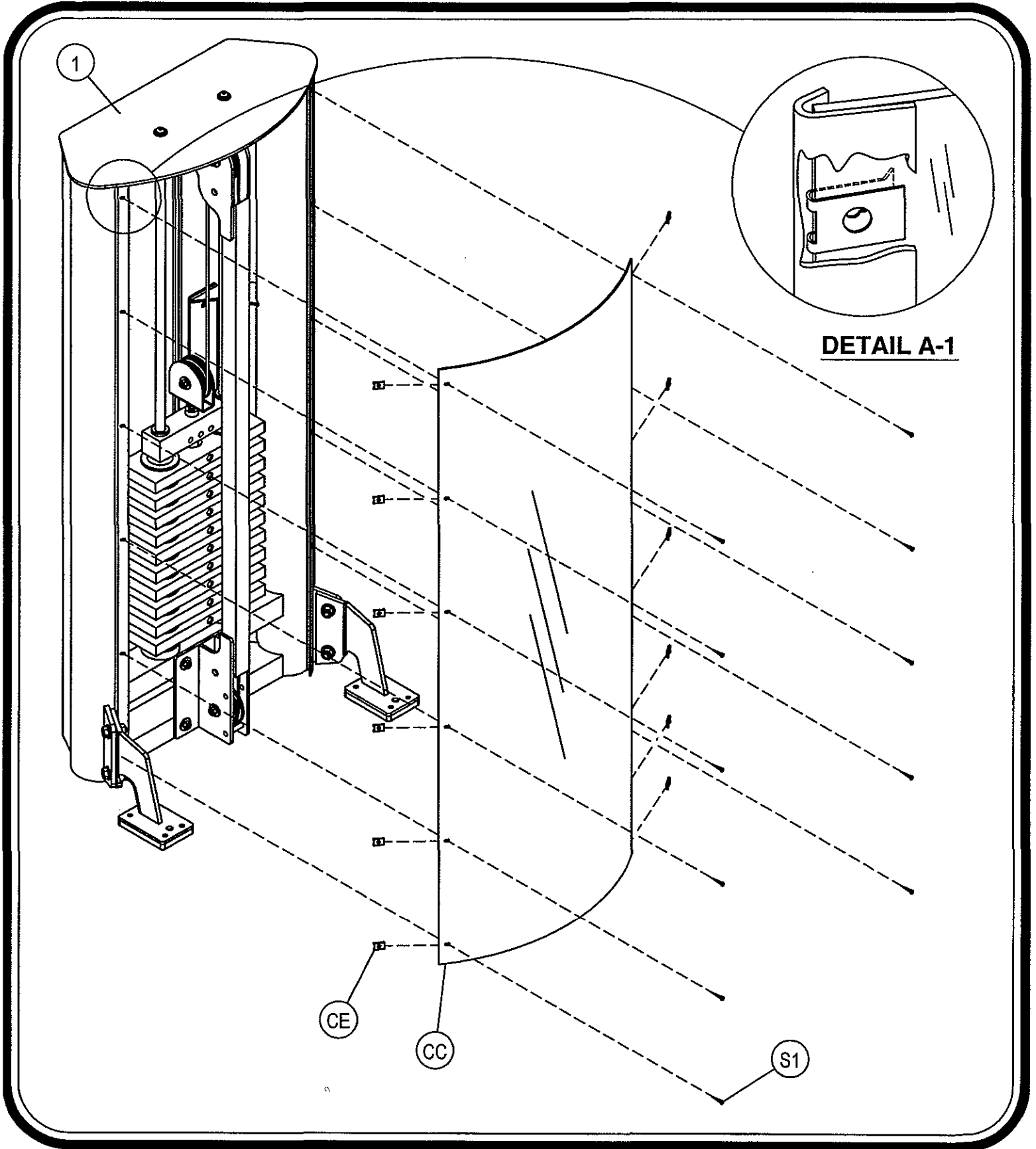
Hardware Descriptions

S1 - #8 x 5/8 Sheet Metal Screw

CC - Lexan Shield Cover

CE - .125 Panel U-Nut

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OWNERS MANUAL

PRE-ASSEMBLY

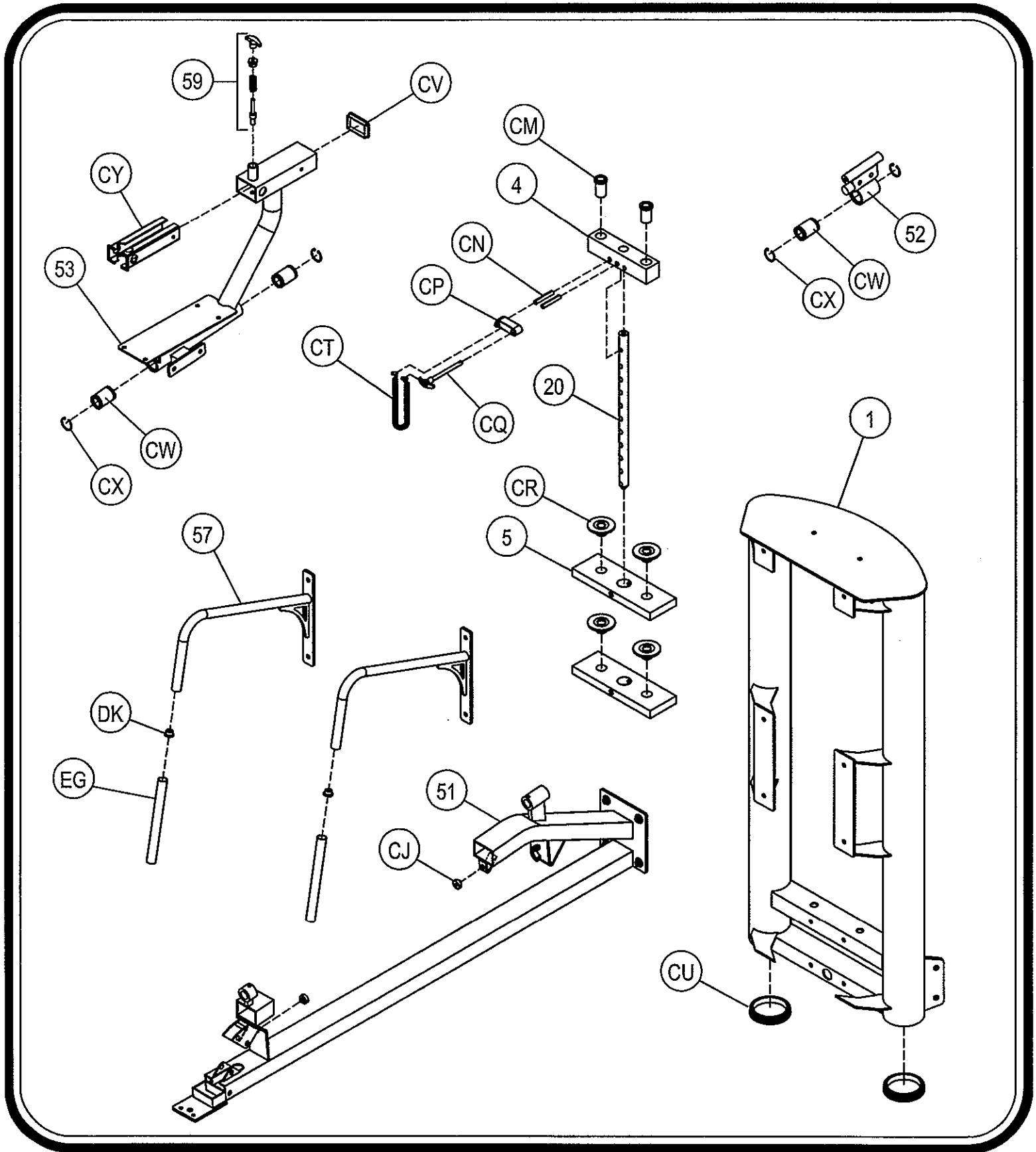
Part Descriptions

- 1 - Weight Cage Frame Assembly
- 4 - 8.25 lb. Top Weight
- 5 - 12.5 lb. Intermediate Weight
- 20 - 10 Holes Stem
- 51 - Main Frame Assembly
- 52 - Stabilizer Guide Assembly
- 53 - Seat Frame Assembly
- 57 - Handle Assembly
- 59 - 1/2" Short Pullpin (Hex Head)

Hardware Descriptions

- CJ - Plug Bumper
- 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
- CT - Lanyard Coil
- CU - Ø4 1/2 x .120 Hoist End Cap
- CV - 2" x 3" Horizontal "H" End Cap
- CW - 25mm Linear Bearing Super Self Aligning
- CX - Snap Ring Ø43.5mm x 1.75mmT
- CY - Seat Sleeve
- DK - Ø1.00" End Cap
- EG - Ø1.00" x 12.6" Closed End Grip

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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
28	1	026-01M0669	Ø25mm x 47.69" Linear Shaft
29	1	026-01M0670	Ø25mm x 43.15" Linear Shaft
34	1	022-01PD0088-A	Seat Pad Upholstery Assembly
35	1	022-01PD0089-A	Chest Pad Upholstery Assembly
42	4	026-01M0682	Ø1.00" x 1.75" CRS Spacer
43	1	026-01X1272	Cable Anchore Adjustable
44	2	026-01M0666	Ø25mm Split Collar
51	1	026-01X1218	Main Frame Assembly
52	1	026-01X1223	Stabilizer Guide Assembly
53	1	026-01X1221	Seat Frame Assembly
54	1	026-01X1227	Right Foot Plate Assembly
55	1	026-01X1228	Left Foot Plate Assembly
56	1	026-01X1222	Chrome Adjuster Assembly
57	2	026-01X1225	Handle Assembly
59	1	026-01X0185	1/2" Short Pullpin (Hex Head)

OWNERS MANUAL

HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
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	2	011-0107007	3/8-16 x 2 1/2" HHB (WZ)
J	2	011-0107026	3/8-16 x 2 1/4" HHB (WZ)
L1	1	011-0101072	3/8-16 x 2" HHB (WZ)
M	8	011-0201007	5/16-18 x 1 1/4" BHS (BZ)
M1	6	011-0407029	5/16-18 x 1 1/4" HHB (WZ)
N	4	011-0201292	3/8-16 x 11.3 Nyloc HHB (WZ)
R	4	011-0407025	3/8-16 x 4" HHB (WZ)
S	2	011-0407027	3/8-16 x 1 3/4" HHB (WZ)
S1	12	011-0201012	#8 x 5/8" Sheet Metal Screw
T	2	011-0107022	3/8-16 x 5" HHB (WZ)
U	4	014-0019002	1/4-20 x 3/4" SHS (BZ)
V	2	011-0311001	5/16-16 UNC x 1/4" Set Screw
W	2	014-0015015	Snap Ring, Internal, Ø27.9mm x 1.2mmT
X	4	011-0107007	3/8-16 x 1.00" HHB (WZ)
Y	1	011-0311013	3/8-16 x 3/4" Square Head Set Screw
AB	30	013-0402005	3/8" USS Flat Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
AE	6	013-0102021	5/16" Lock Washer (WZ)
AF	20	013-0302008	5/16" SAE Flat Washer (BZ)
AH	8	013-0206002	5/16" Internal Lock Washer (BZ)
AJ	6	013-0102004	5/16" USS Flat Washer (WZ)
BA	8	012-0004005	5/16" Thin Lock Nut (BZ)
BC	17	012-0104008	3/8" Thin Lock Nut (WZ)
CA	1	026-01C252T	187.44" lg. Cable
CB	1	026-01PL350	SBR 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
CH	5	26-STD-06-0024	Ø3.50" Pulley
CI	4	26-STD-08-0010	1/2" Flanged Spacer
CJ	2	019-0001001	Plug Bumper
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
CT	1	010-0008001	Lanyard Coil
CU	2	026-01PL349	Ø4 1/2" X .120 Hoist End Cap
CV	1	026-01PL192RH	2" x 3" Horizontal "H" End Cap
CW	3	014-0007007	25mm Linear Bearing Super Self Aligning
CX	4	014-0015016	Snap Ring, Internal, Ø43.5mm x 1.75mmT (snap ring)
CY	2	026-01PL125	Seat Sleeve
DK	2	016-0201006	Ø1.00" End Cap
DS	2	026-01PL343	Small Plastic Foot Plate
ED	2	026-01M0724	3/8" Flanged Spacer
EH	2	019-0002027	Ø1.00 x 12.6" Closed End Grip

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

BHB = Button Head Bolt

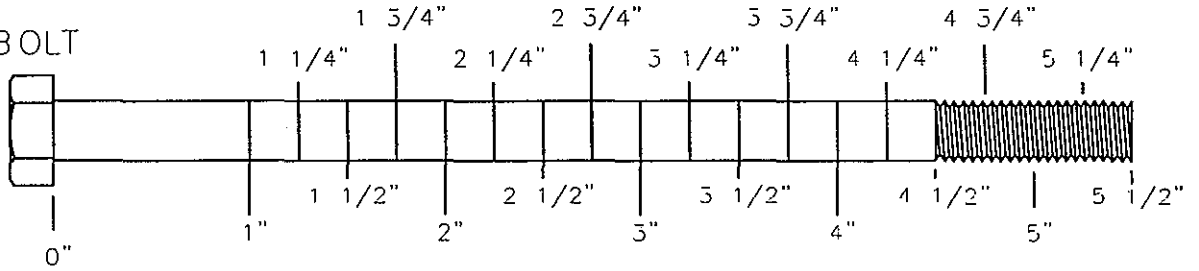
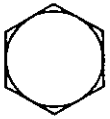
BHS = Button Head Screw

SHS = Socket Head Screw

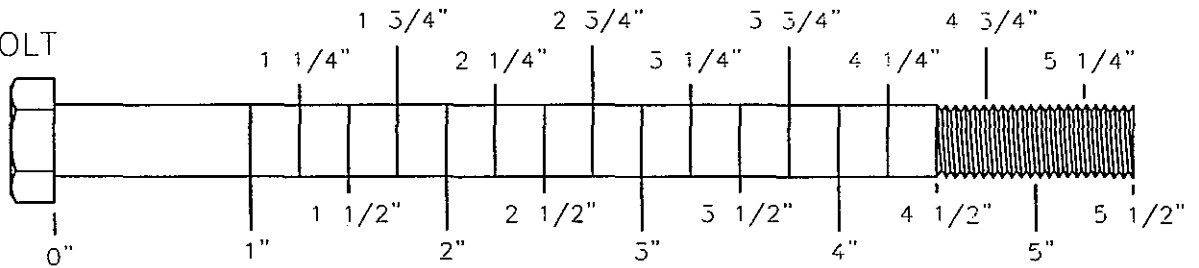
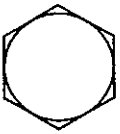
HHB = Hex Head Bolt

OWNERS MANUAL

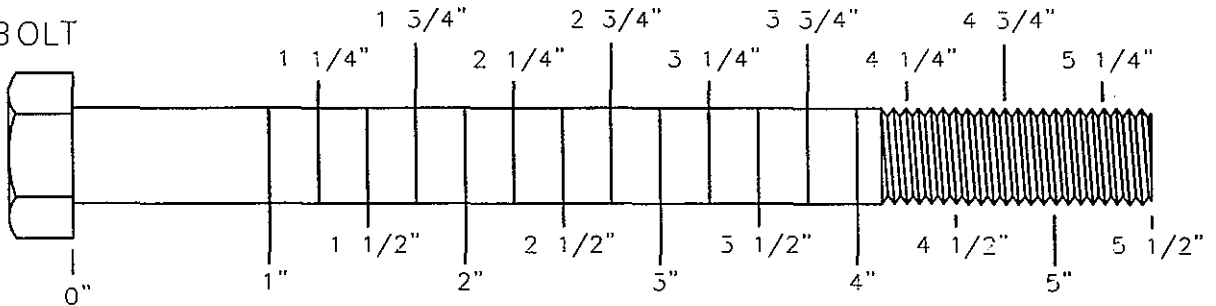
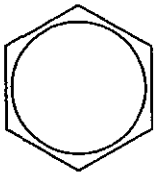
5/16" HEX BOLT



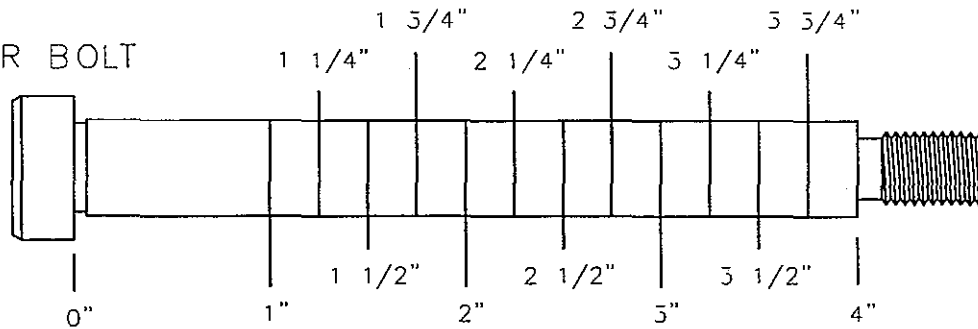
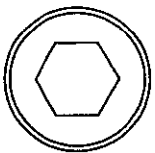
3/8" HEX BOLT



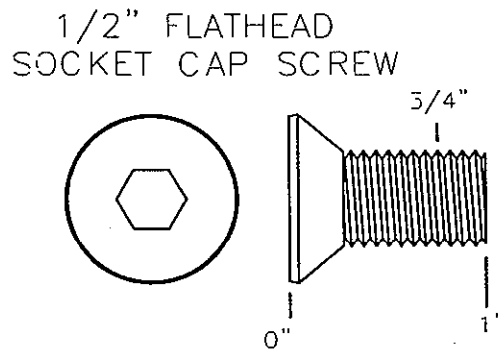
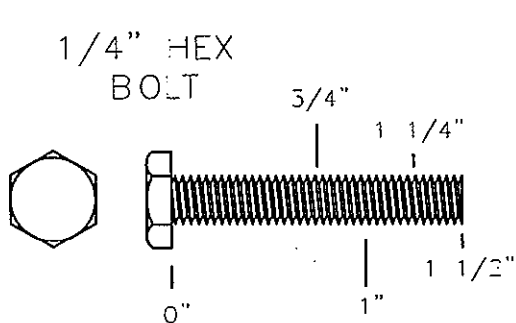
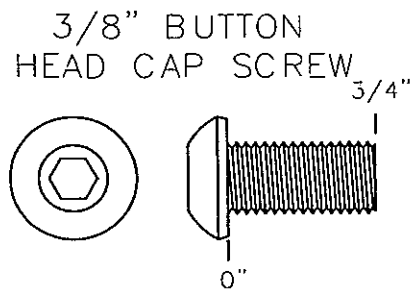
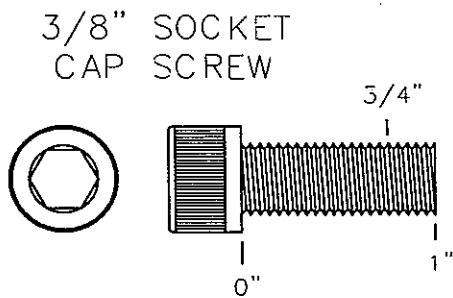
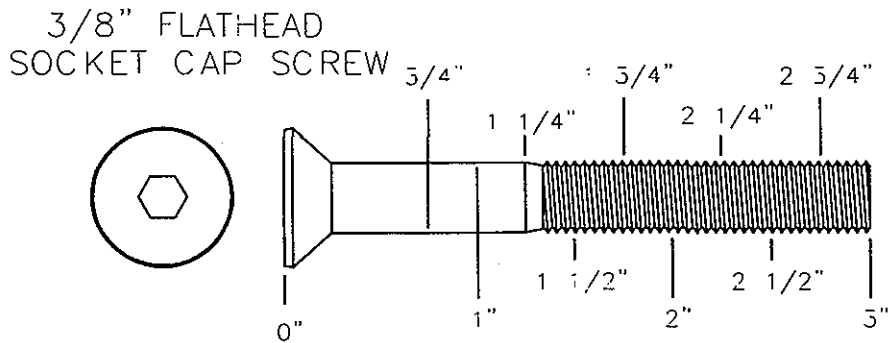
1/2" HEX BOLT



1/2" SHOULDER BOLT

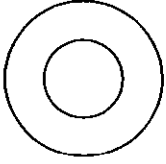


OWNERS MANUAL

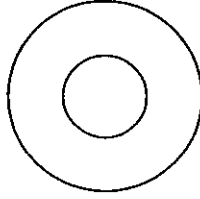


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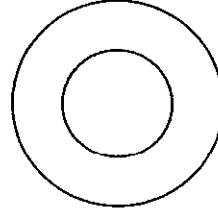
5/16"
FLAT WASHER
LARGE, USS, 25mm



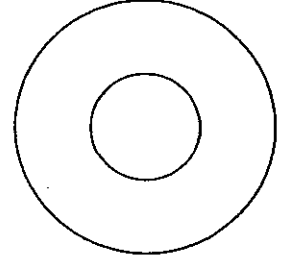
3/8"
FLAT
WASHER



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



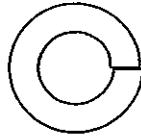
1/2"
FLAT WASHER
LARGE, USS, 34mm



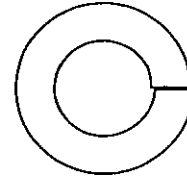
1/4"
LOCK WASHER



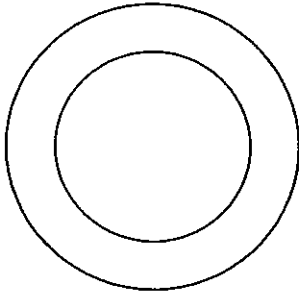
3/8"
LOCK WASHER



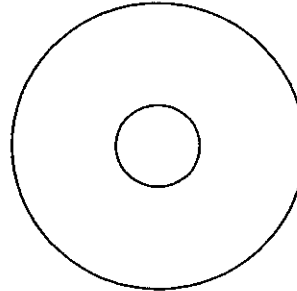
1/2"
LOCK WASHER



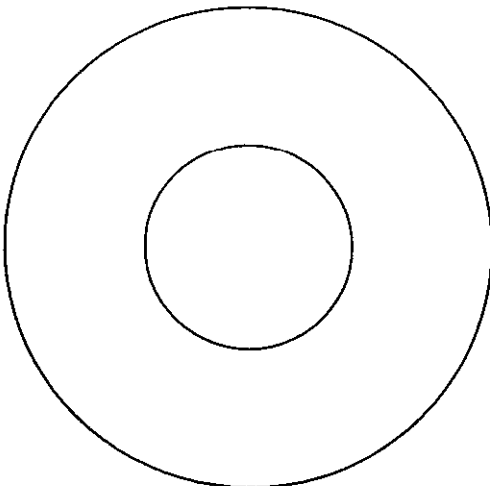
1" SHIM WASHER



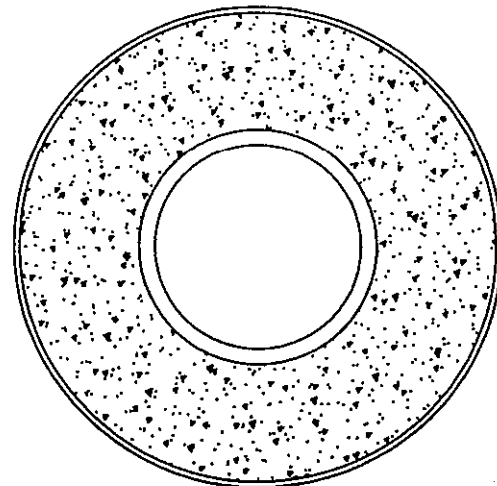
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

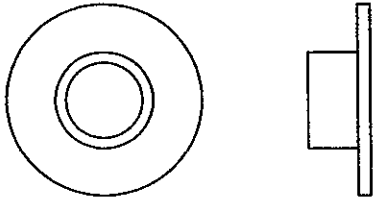


PLASTIC 1 1/16"
FENDER WASHER

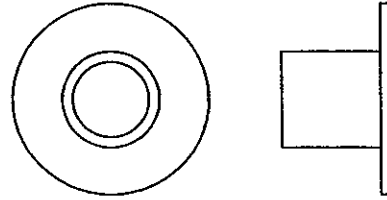


OWNERS MANUAL

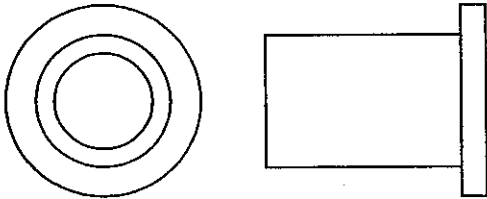
1/4" LONG
FLANGED SPACER



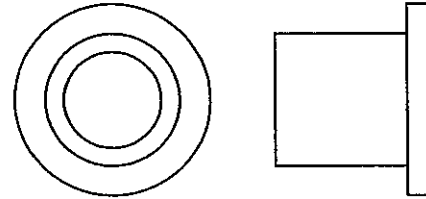
1/2" LONG
FLANGED SPACER



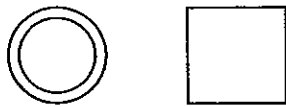
1/4" LONG HEAVY
FLANGED SPACER



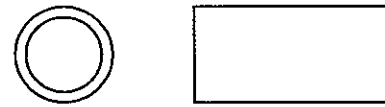
11/16" LONG HEAVY
FLANGED SPACER



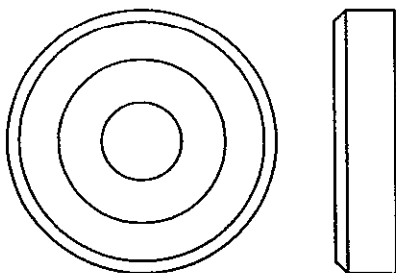
1/2" LONG
SPACER



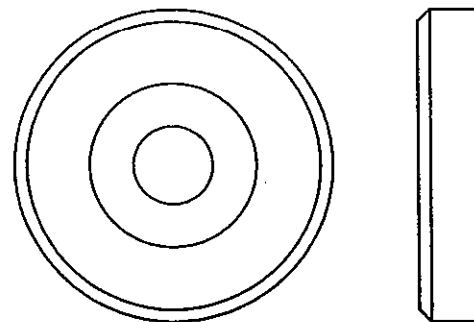
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP

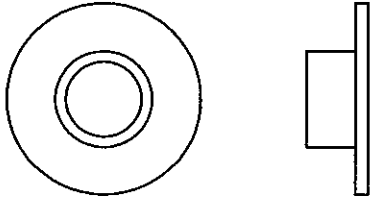


1 5/8" ALUMINUM
FLATHEAD CAP

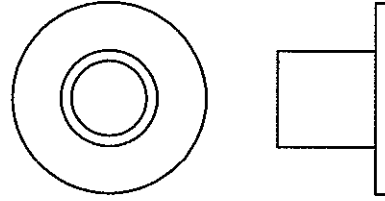


OWNERS MANUAL

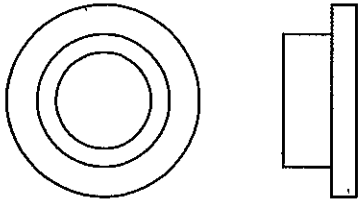
1/4" LONG
FLANGED SPACER



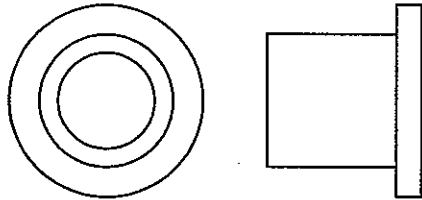
1/2" LONG
FLANGED SPACER



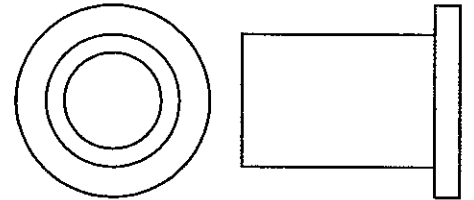
1/4" LONG HEAVY
FLANGED SPACER



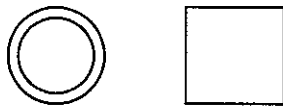
11/16" LONG HEAVY
FLANGED SPACER



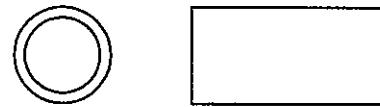
1" LONG HEAVY
FLANGED SPACER



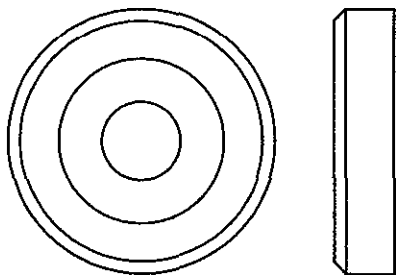
1/2" LONG
SPACER



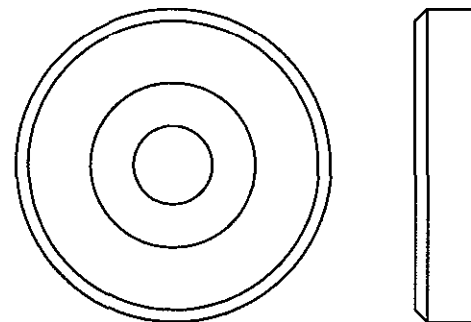
1" LONG
SPACER



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.

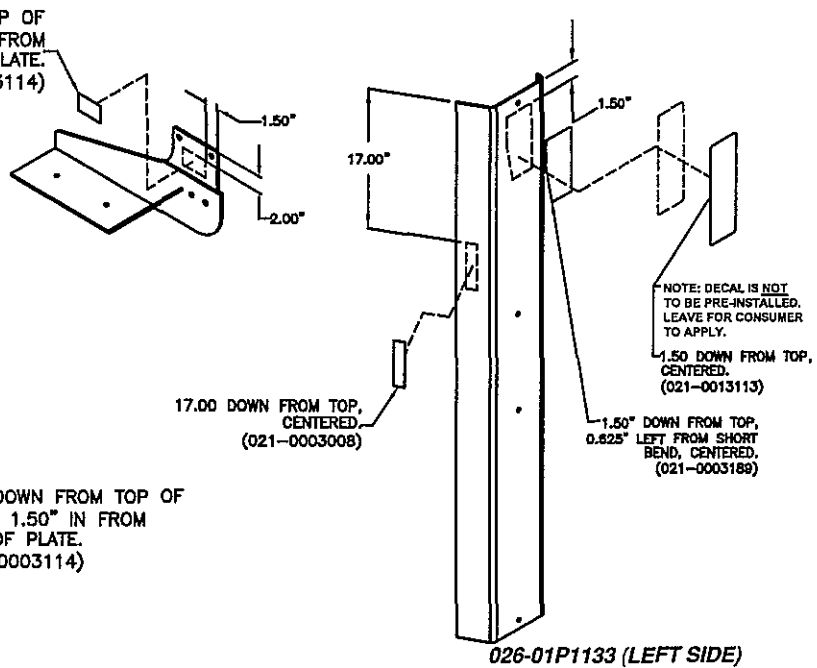
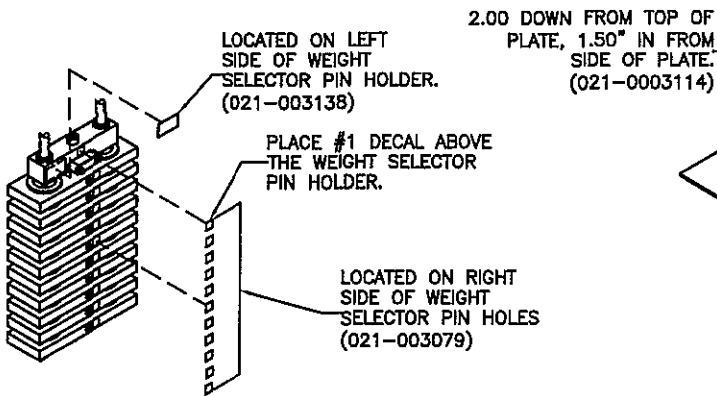
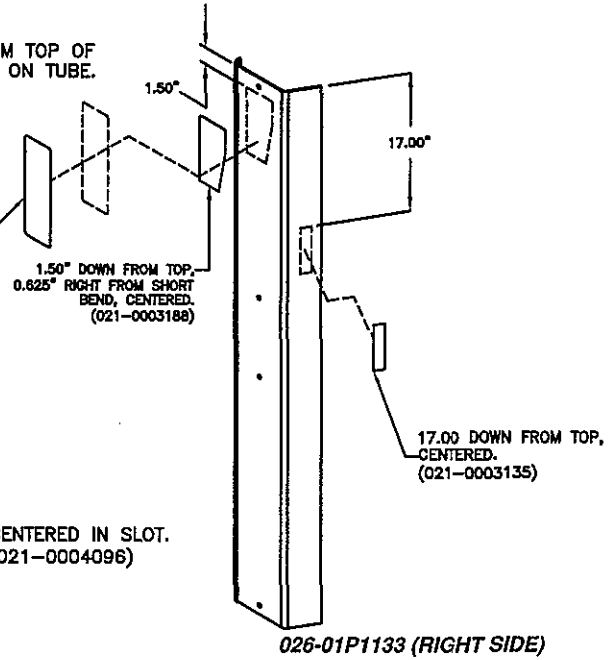
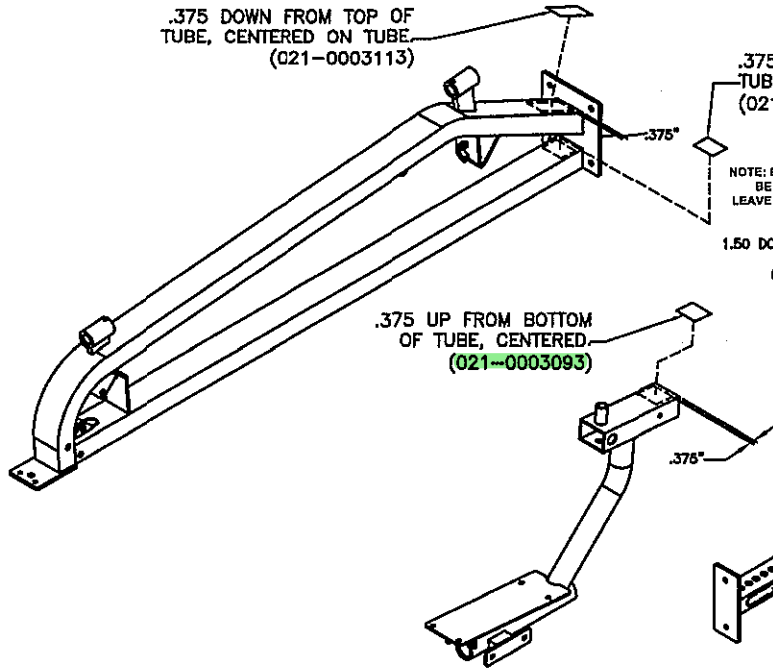
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

WEIGHT TRAINING EXERCISE LOG

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

Date																														
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W			
Totals																														



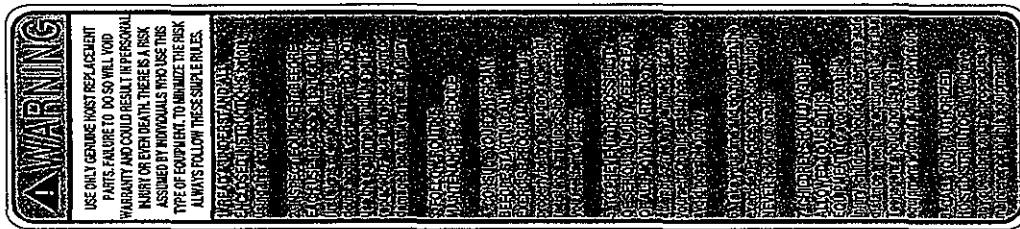


OWNERS MANUAL

DECAL REFERENCE

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

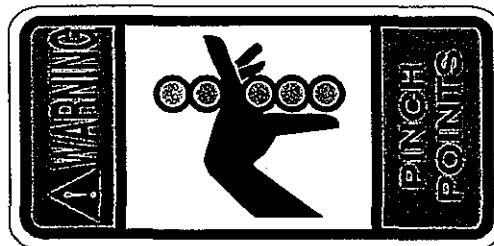
021-0003008



021-0003135



021-0003093



021-0003113

OWNERS MANUAL

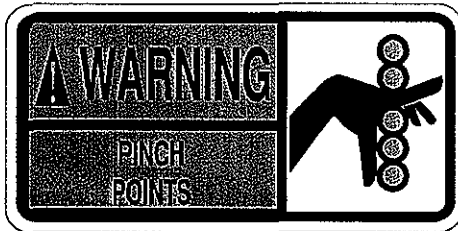
DECAL REFERENCE



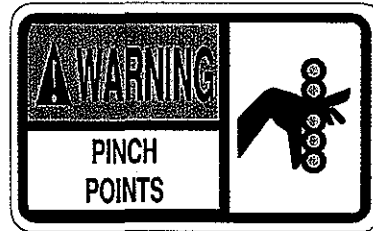
021-0003079

1 2 3 4 5 6

021-0004096



021-0003114



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 2203
MID ROW

INSTRUCTOR GUIDELINES

Primary Muscles Used:

Lats (upper back), Teres Major (base of scapula),
Biceps (front of upper arm).

Joint Action:

Elbow Flexion and Shoulder Extension.

Instructions:

Adjust the chest pad so that the exercise handles are slightly out of reach of the seated child. The child will sit on the seat with their feet on the footrests and chest against the chest pad. Rising up slightly, the child will reach forward and grasp the handles, then return to the seated position.

Exercise Action:

From the seated position the child will pull themselves forward, towards the handles, keeping their elbows close to their body. Return the seat to the starting position to repeat the exercise. Do not allow the child's chest to come off of the chest pad 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, OUT during the exertion, IN while returning the weight to the starting position.
BE CERTAIN THE CHILD DOES NOT HOLD THEIR BREATH DURING THE EXERCISE.

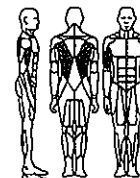
For more detailed instructions be sure to consult your owners manual.

HOIST
FITNESS SYSTEMS

021-0013112

KL 2203
MID ROW

EXERCISE GUIDELINES



Primary Muscles Used:

Lats, Teres Major, Biceps.

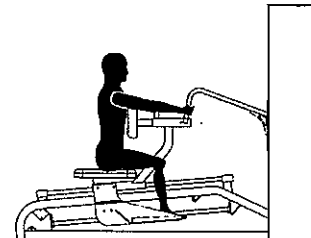
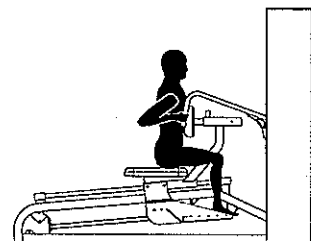
Instructions:

Position the chest pad to allow a full extension of the arms. Sit on the seat with feet on the foot pedals and the chest against the chest pad, reach forward and grasp the handles.

Action:

From the seated position pull the seat forward so that the elbows come close to the sides. Return to starting position under control.

Be certain to breathe properly.



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

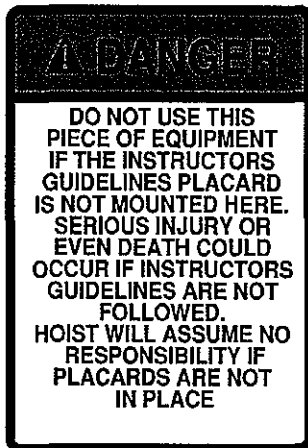
HOIST
FITNESS SYSTEMS

021-0013113

OWNERS MANUAL

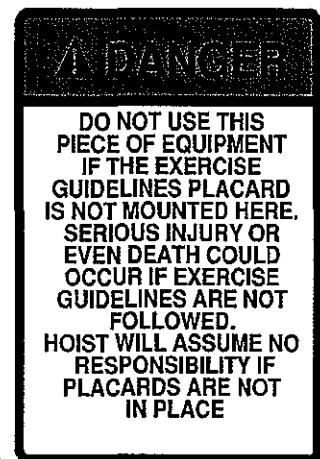
DECAL REFERENCE

← 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.

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San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS