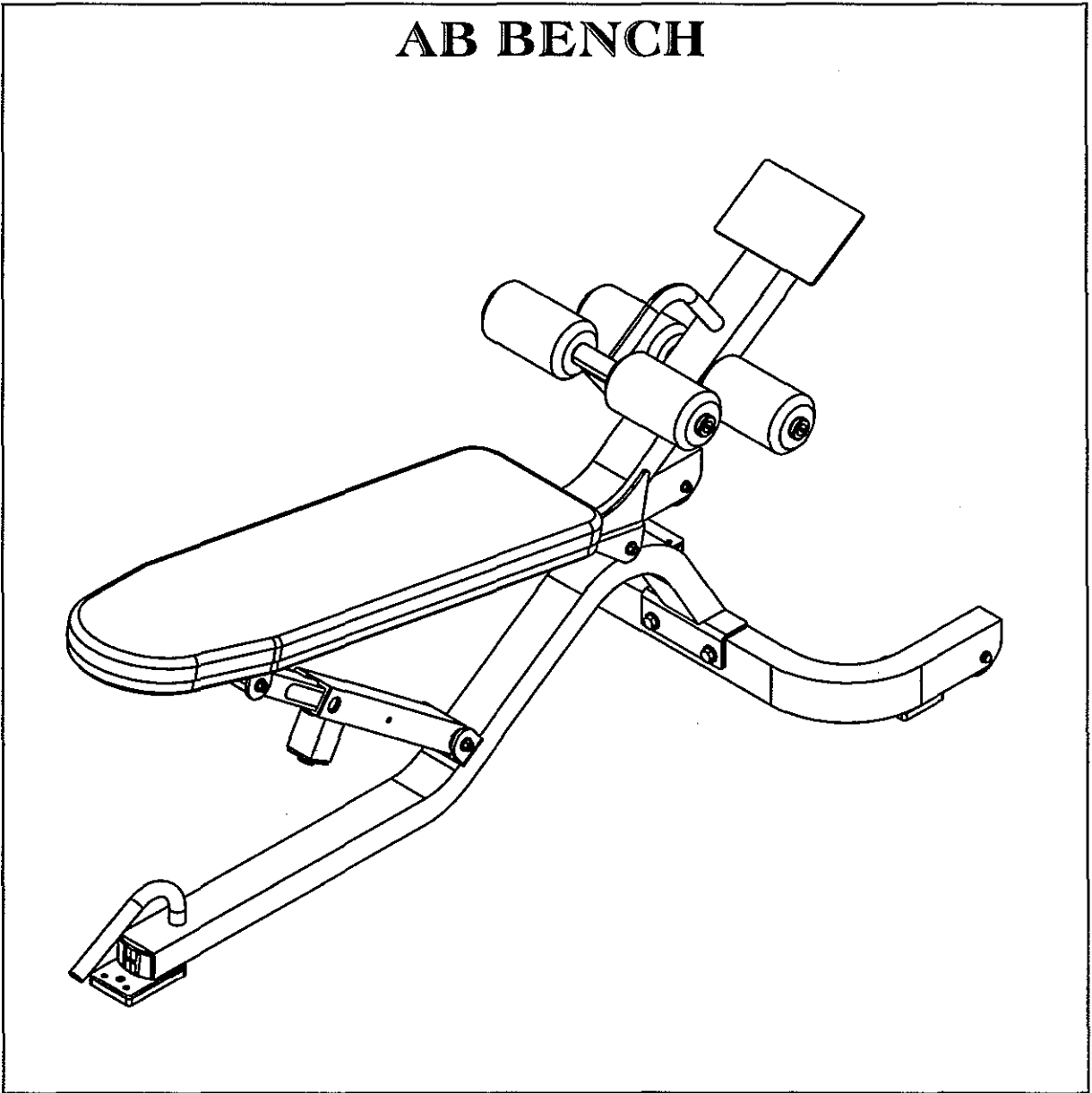


OWNERS MANUAL



KL2261 AB BENCH



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

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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

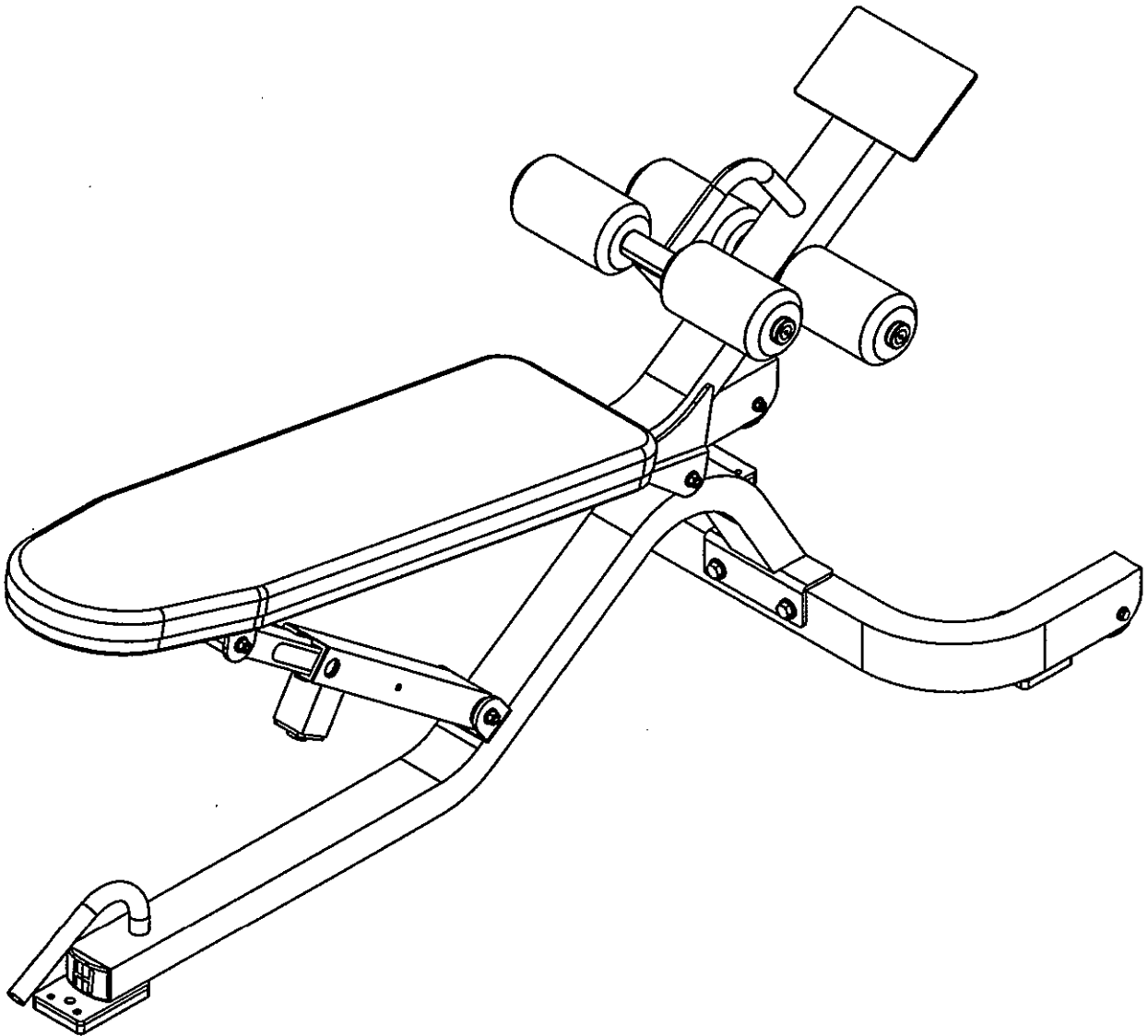
Crescent Wrench

Rubber mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by attaching (CB)'s to (51) and (52), wrench tighten. Next attach (DA)'s to (52) and wrench tighten then back off nut enough so wheels spin freely. Lastly attach (51) to (52) and wrench tighten.

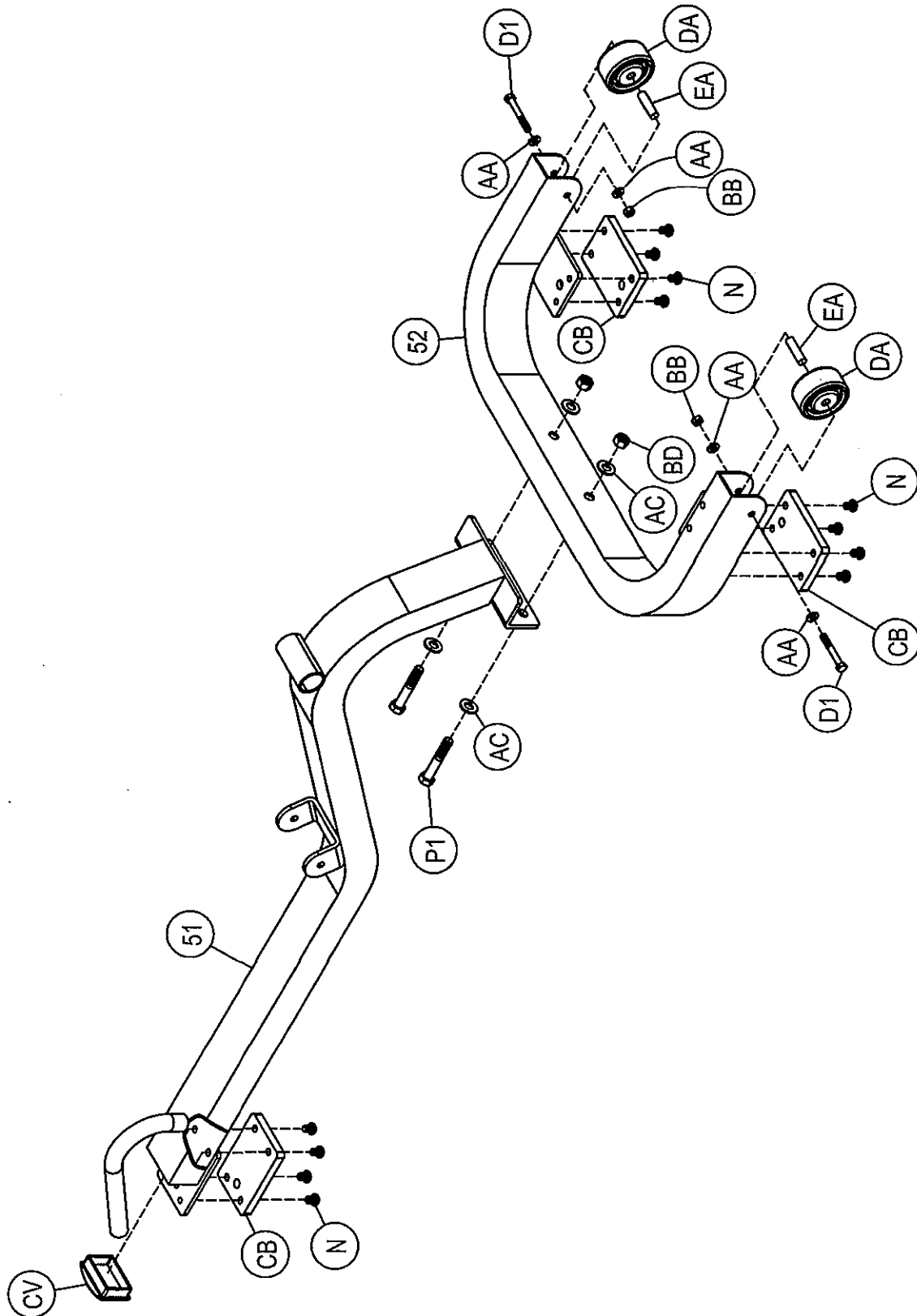
Part Descriptions

51 - REAR BASE
52 - FRONT BASE

Hardware Descriptions

N - 3/8"-16 x 11.3mm BHS (WZ)
AA - 5/16" SAE FLAT WASHER
AC - 1/2" SAE FLAT WASHER
BB - 5/16" THIN LOCK NUT
CB - SBR RUBBER FOOT PAD
CV - 2x3 HORIZONTAL "H" END CAP
D1 - 5/16"-18 x 2 1/2" HHB (WZ)
DA - WHEEL
P1 - 1/2"-13 x 2 3/4" HHB (WZ)
EA - 9.5mm O.D. x 8mm ID x 43.5mm L
WHEEL AXLE

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Step 2a

FRAME ASSEMBLY

Start assembly by attaching (53) to (51). Wrench tighten then back nut off enough so (53) pivots freely. Insert (56)'s into (53) and push on (in order) (DF), (DG), (DF), (DE) and secure with (E1). Repeat three more times. Attach (54) to (51) and wrench tighten then back off nut enough so (54) pivots freely. Insert (55) into (54). Match the slot in (55) up with the welded nut on the (54) and install (Y) into the welded nut, wrench tighten. This will keep (55) from coming out of (54). Next attach (55) to (53) and wrench tighten then back off enough so (55) pivots freely.

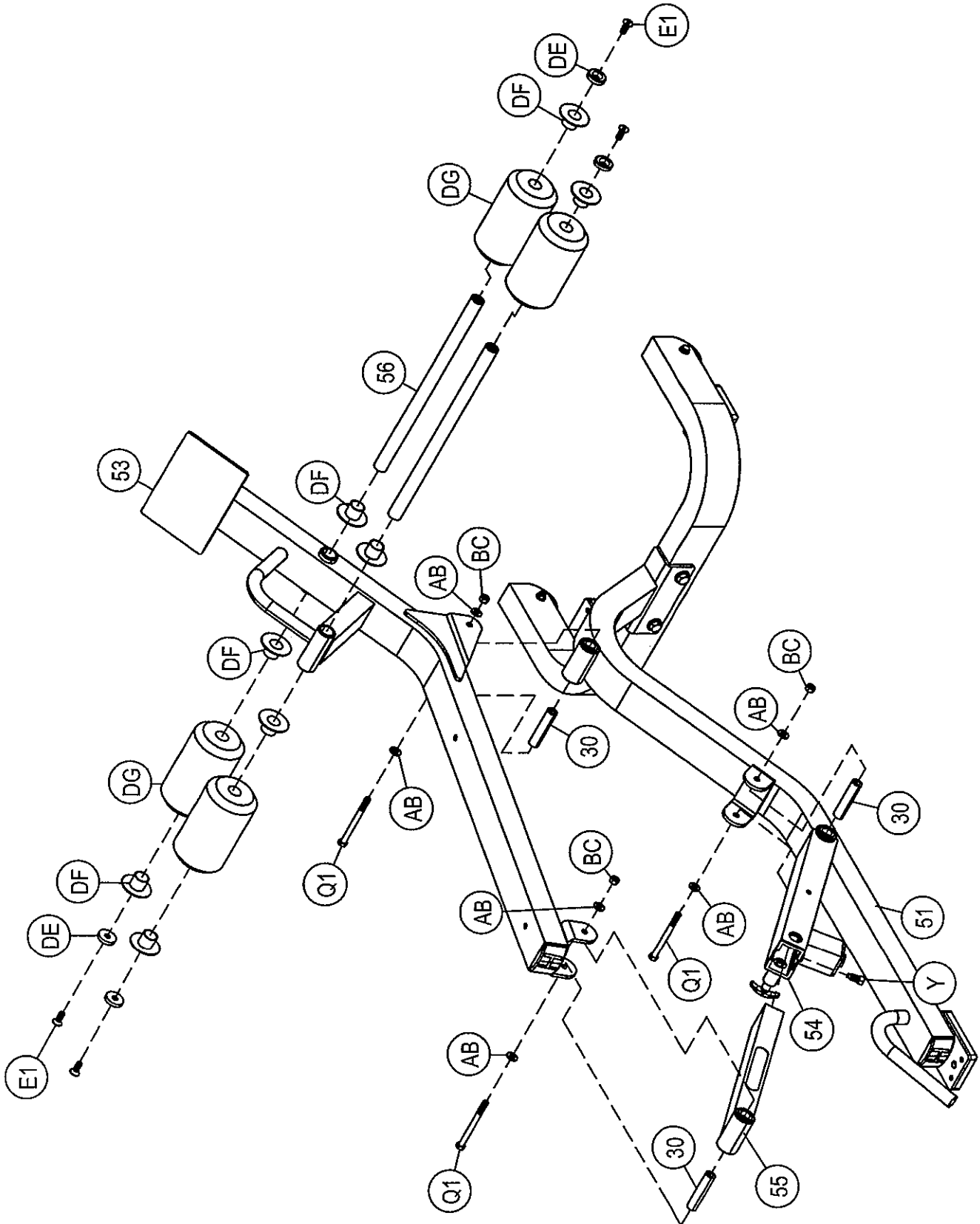
Part Descriptions

30 - .75" DIA. X 3.42" AXLE
51 - REAR BASE
53 - WELDMENT ASSEMBLY
54 - LOWER SEAT ASSEMBLY
55 - CHROME ADJUSTER ASSY.
56 - ROLLER BAR

Hardware Descriptions

Y - 3/8"-16 x 3/4" SQ. HD SET SCREW
E1 - 3/8"-16 x 1" FHS (WZ)
Q1 - 3/8"-16 x 4 1/2" HHB (WZ)
AB - 3/8" USS FLAT WASHER (WZ)
BC - 3/8" THIN LOCK NUT (WZ)
DE - 3/8" FLATHEAD CAP
DF - ROLLER PAD BUSHING
DG - FOAM ROLLER PAD

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Step 2a FRAME ASSEMBLY

Attach (45) to (53). Wrench tighten bolts.

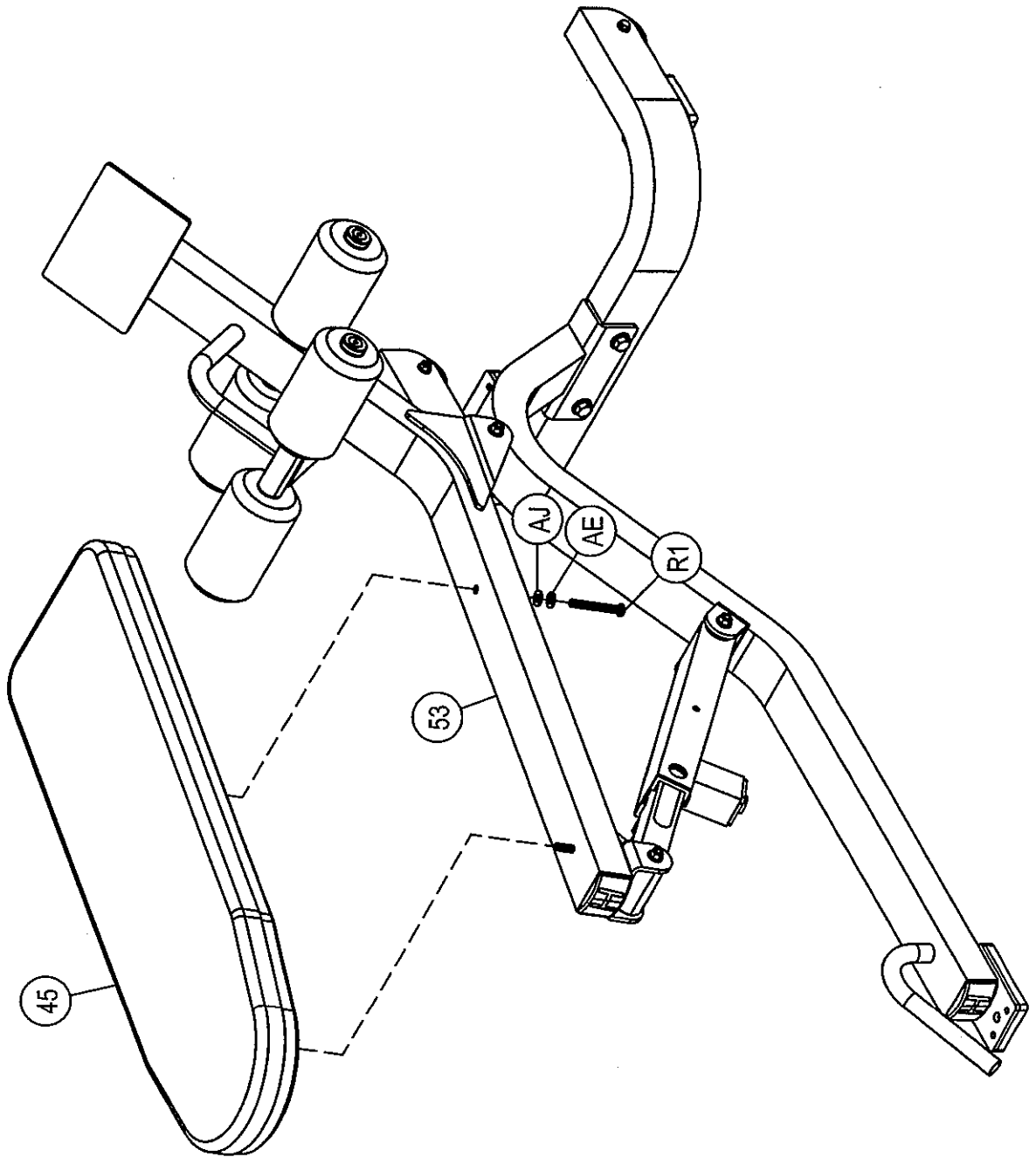
Part Descriptions

45 - SEAT PAD ASSEMBLY
53 - WELDMENT ASSEMBLY

Hardware Descriptions

AE - 5/16" SPLIT WASHER (WZ)
AJ - 5/16"-16 USS FLAT WASHER (WZ)
R1 - 5/16"-18 x 3" HHS (WZ)

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PRE-ASSEMBLY

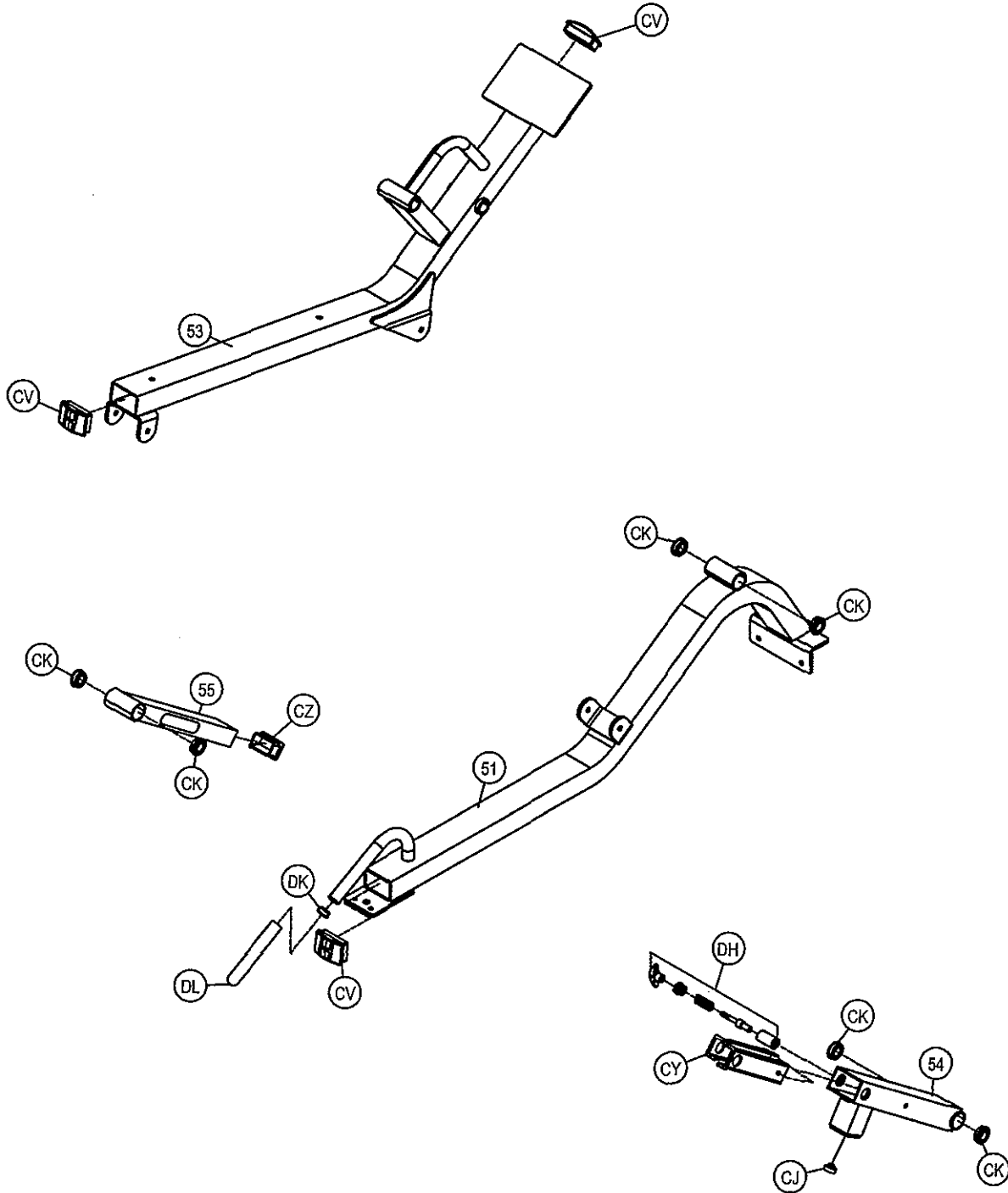
Part Descriptions

51 - REAR BASE
53 - WELDMENT ASSEMBLY
54 - LOWER SEAT ADJUSTER
55 - CHROME SEAT ADJUSTER

Hardware Descriptions

CJ - PLUG BUMPER
CK - 3/4" I.D. BEARING (SMALL)
CV - 2x3 HORIZONTAL "H" END CAP
CY - EZ GLIDE SLEEVE
CZ - 1 1/2" x 2 1/2" x .120 END CAP
DH - SHORT PULL PIN
DK - Ø1" x .120 END CAP
DL - Ø1.00 X 6" CLOSED END
RUBBER GRIP

OWNERS MANUAL



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PARTS LISTING

<u>KEY</u>	<u>QTY.</u>	<u>PART#'s</u>	<u>DESCRIPTION</u>
30	3	026-01M0657	.75" DIA. x 3.42" AXLE
45	1	022-01PD0086	SEAT PAD UPHOLSTERY ASSEMBLY
51	1	026-01X1210	REAR BASE
52	1	026-01X1209	FRONT BASE
53	1	026-01X1208	WELDMENT ASSEMBLY
54	1	026-01X1212	LOWER SEAT ASSEMBLY
55	1	026-01X1214	CHROME SEAT ADJUSTER
56	2	026-01X0139	ROLLER BAR

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HARDWARE LISTING

<u>KEY</u>	<u>QTY.</u>	<u>PART#'s</u>	<u>DESCRIPTION</u>
N	12	011-0201292	3/8"-16 x11.3mm BHS (WZ)
Y	1	011-0311013	3/8"-16 x 3/4" SQ. HD. SET SCREW
AA	4	013-0002001	5/16" SAE FLAT WASHER (WZ)
AB	6	013-0402005	3/8" USS FLAT WASHER (WZ)
AC	4	013-0102003	1/2" SAE FLAT WASHER (WZ)
AE	2	013-0102021	5/16" LOCK WASHER (WZ)
AJ	2	013-0102004	5/16" USS FLAT WASHER (WZ)
BB	2	012-0102006	5/16" THIN LOCK NUT (WZ)
BC	3	012-0104008	3/8" THIN LOCK NUT (WZ)
BD	2	012-0304011	1/2" THIN LOCK NUT (WZ)
CB	3	026-01PL350	SBR RUBBER FOOT PAD
CJ	1	019-0001001	PLUG BUMPER
CK	6	014-0005001	.75" I.D. BEARING (SMALL)
CV	3	026-01PL192RH	2x3 HORIZONTAL "H" END CAP
CY	2	026-01PL125T	EZ GLIDE SLEEVE
CZ	1	016-0001003	1 1/2" x 2 1/2" x .120 END CAP
DA	2	020-0013001	WHEEL
DE	4	026-01X0240	3/8" FLATHEAD CAP
DF	8	26-STD-06-0254	ROLLER PAD BUSHING
DG	4	022-01PDR003	FOAM ROLLER Ø4" x 7" LG
DH	1	026-01M0128	SHORT PULL PIN
DK	1	016-0201006	Ø1" x .120 END CAP
DL	1	019-0002015	Ø1.00" x 6" LG CLOSED END GRIP
D1	2	011-0107032	5/16"-18 x 2 1/2" HHB (WZ)
EA	2	26-STD-05-0332	9.5mm O.D. x 8mm I.D. x 43.5mmL WHEEL AXLE
E1	4	011-0002042	3/8"-16 x 1 FHS (WZ)
P1	2	011-0407024	1/2"-13 x 2 3/4" BHS (WZ)
R1	2	011-0407030	5/16"-18 x 3 HHB (WZ)
Q1	3	011-0107031	3/8"-16 x 4 1/2" HHB (WZ)

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

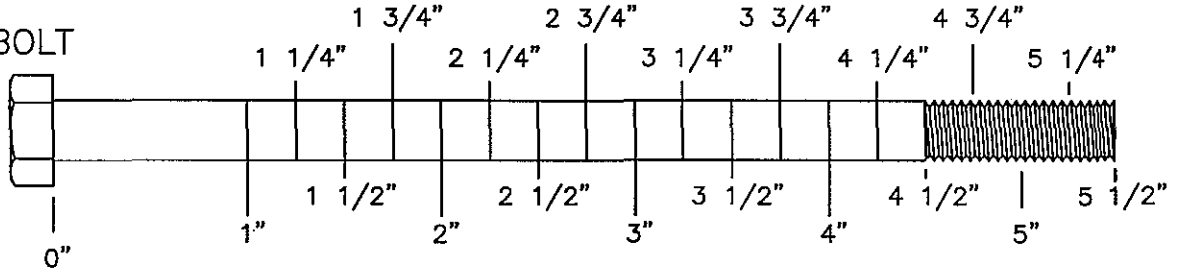
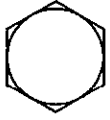
BHS = Button Head Screw

SHS = Socket Head Screw

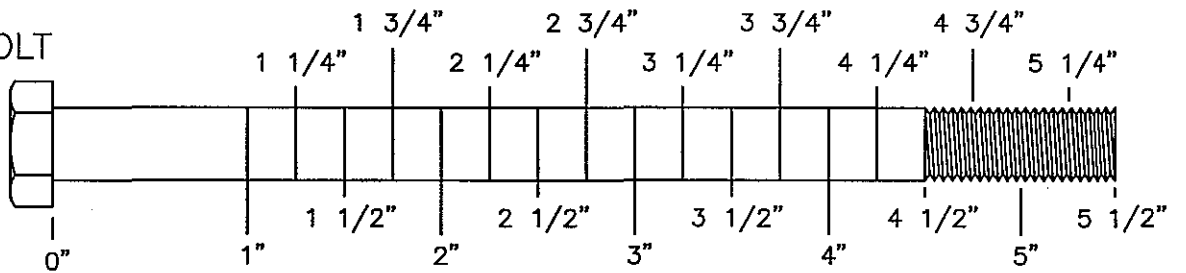
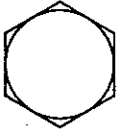
HHB = Hex Head Bolt

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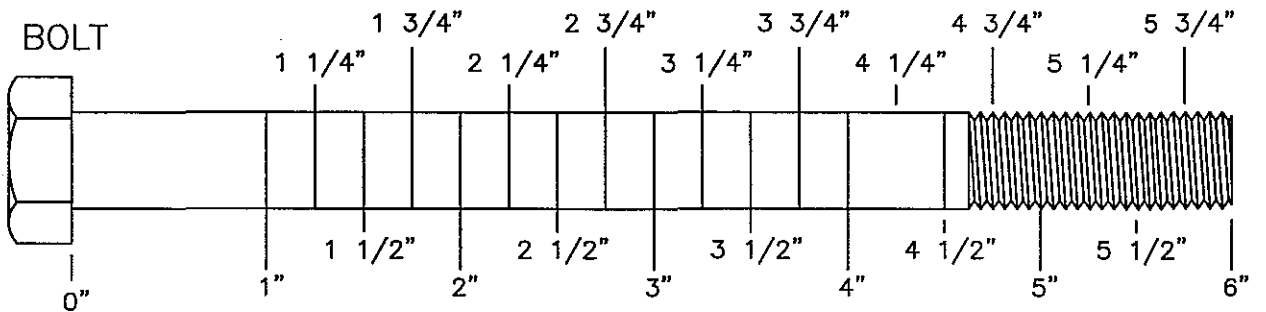
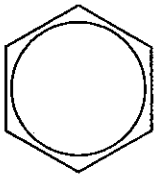
5/16" HEX BOLT



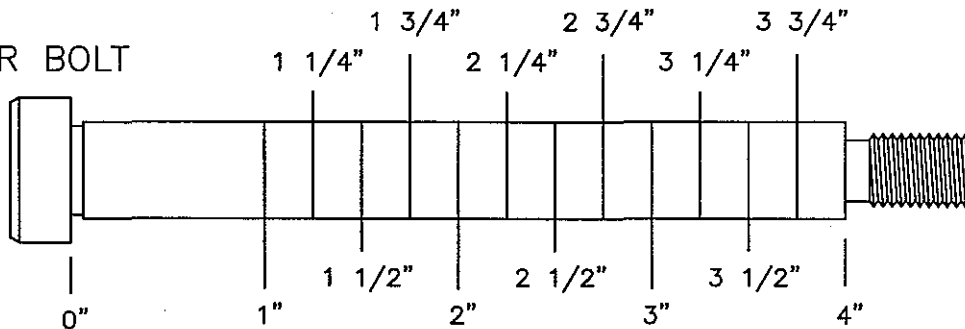
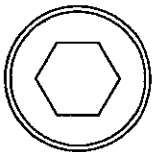
3/8" HEX BOLT



1/2" HEX BOLT

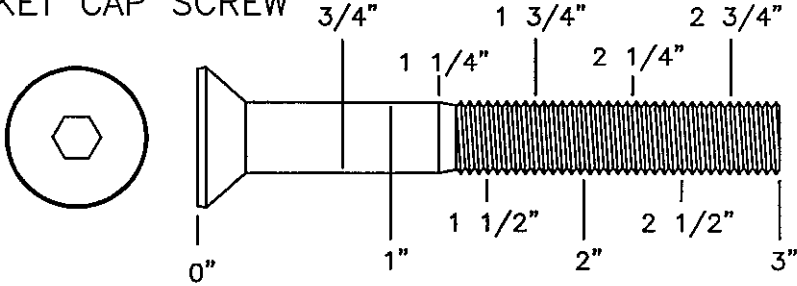


1/2" SHOULDER BOLT

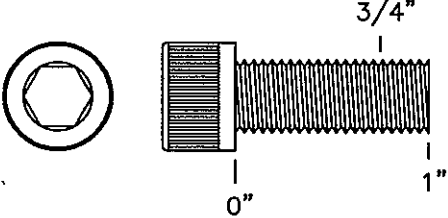


OWNERS MANUAL

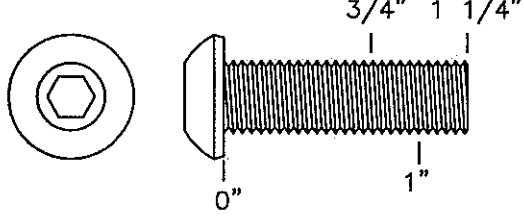
3/8" FLATHEAD
SOCKET CAP SCREW



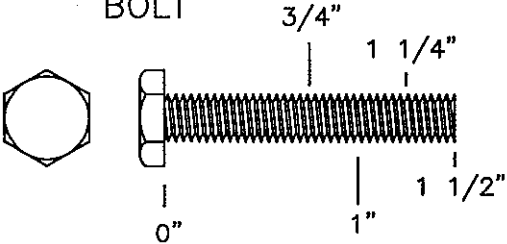
3/8" SOCKET
CAP SCREW



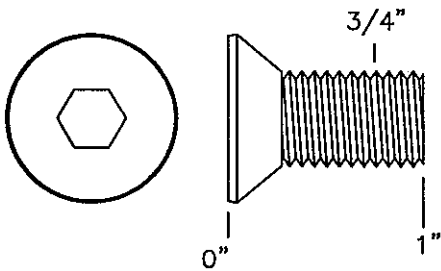
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

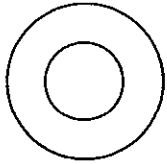


1/2" FLATHEAD
SOCKET CAP SCREW

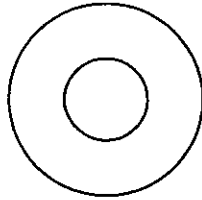


OWNERS MANUAL

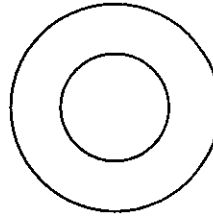
5/16"
FLAT WASHER
LARGE, USS, 25mm



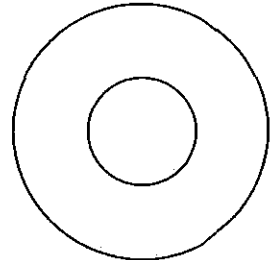
3/8"
FLAT
WASHER



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



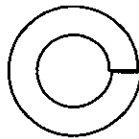
1/2"
FLAT WASHER
LARGE, USS, 34mm



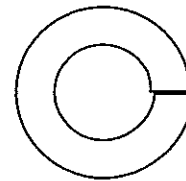
1/4"
LOCK WASHER



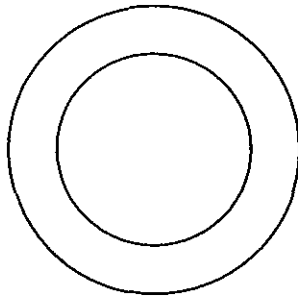
3/8"
LOCK WASHER



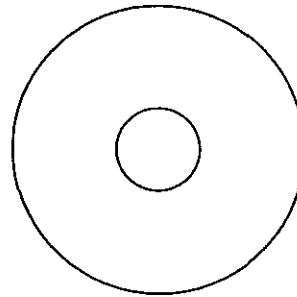
1/2"
LOCK WASHER



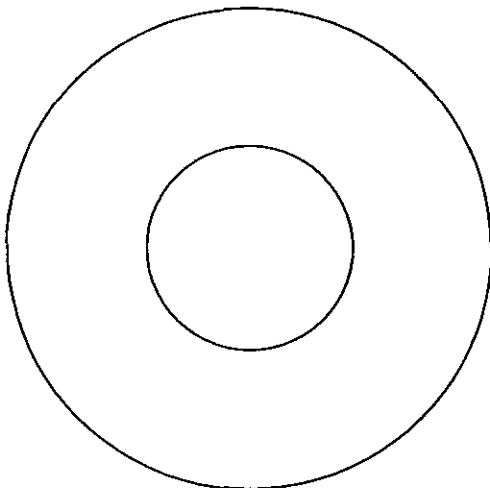
1" SHIM WASHER



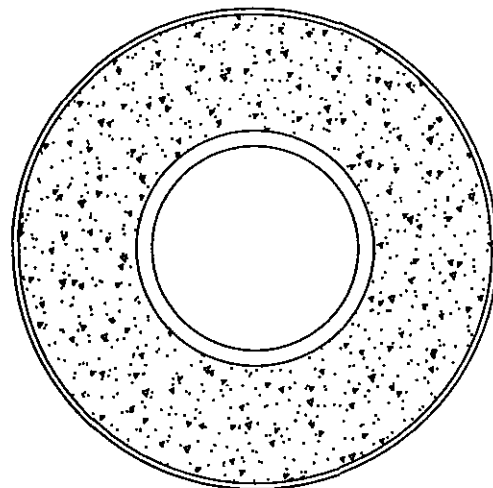
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

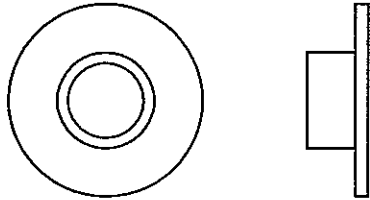


PLASTIC 1 1/16"
FENDER WASHER

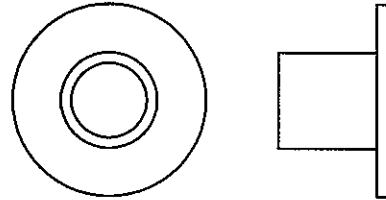


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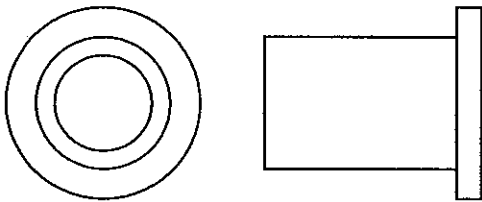
1/4" LONG
FLANGED SPACER



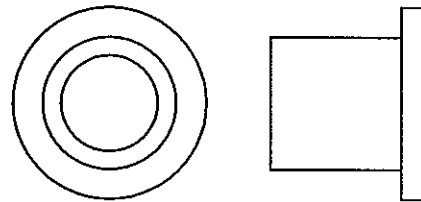
1/2" LONG
FLANGED SPACER



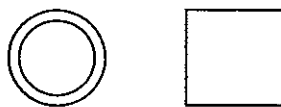
1/4" LONG HEAVY
FLANGED SPACER



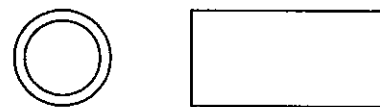
11/16" LONG HEAVY
FLANGED SPACER



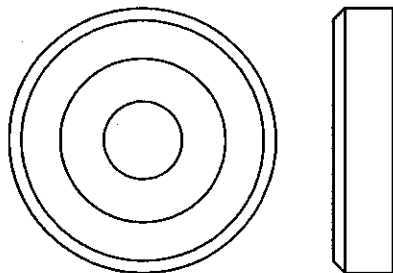
1/2" LONG
SPACER



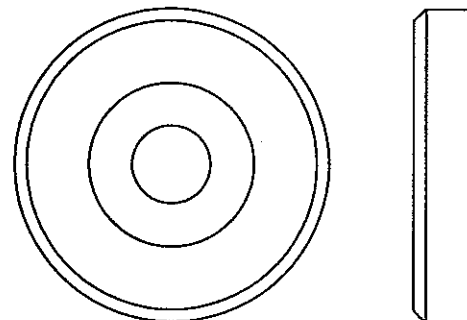
1" LONG
SPACER



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.

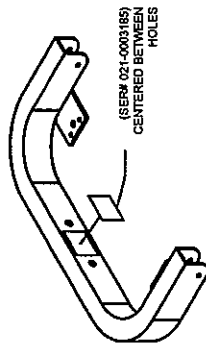
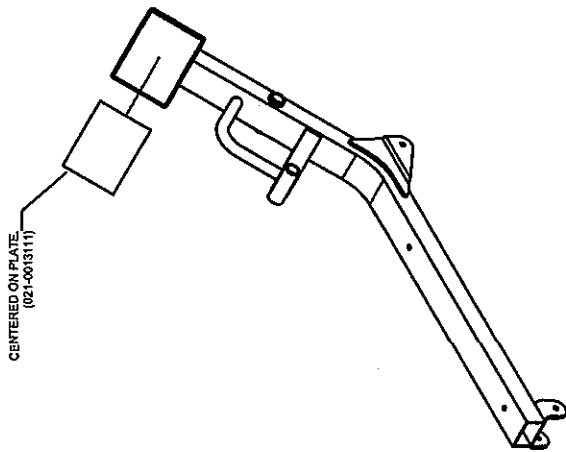
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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.

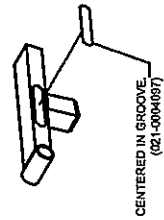
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

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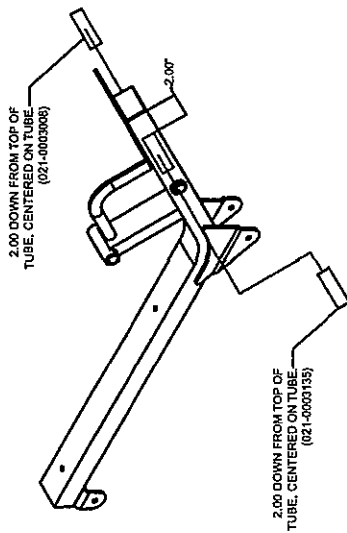
DECAL PLACEMENTS



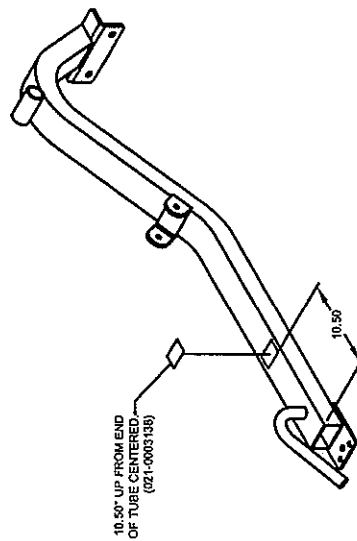
026-01X1209



026-01X1214



026-01X1208



026-01X1210

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DECAL REFERENCE

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Full 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 Bearing			X		
Clean & Wax; All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts.					X

021-0003008

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 AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using the equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Check for loose or damaged parts. Do not use damaged parts. Do not use the equipment until the parts are replaced. Follow the repair or damaged parts list (if applicable).

3. FOLLOW THE MAINTENANCE SCHEDULE.

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before starting. Do not exercise if you are injured or if you are taking medication. Stop exercising if you feel dizziness.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to fix any damaged part by yourself. Do not attempt to disassemble the equipment.

6. Take your time and do not rush the exercise. Practice proper form. NEVER hold your breath.

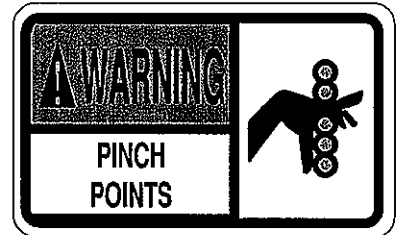
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept a safe distance away from the equipment at all times. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions or need parts for maintenance of this equipment.

021-0003135

1050510

021-0004097



021-0003138



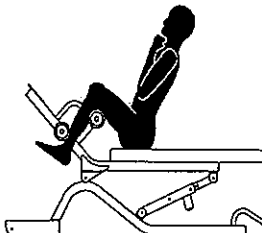

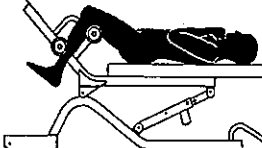
021-0003185

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

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DECAL REFERENCE

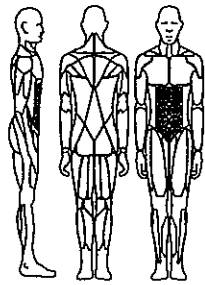
Start / End Position **KL2261** *Midpoint Position*
AB CRUNCH



Exercise Instructions

- 1** Position the bench in a incline (sit down) flat or decline (sit up). Mount the bench to lay flat with the knees over the rollers and feet under rollers.
- 2** With the arms crossed (medium difficulty) on the chest curl up in a sit up motion. Move chin to the chest and curl chest to hips. Return to start position and repeat. Arms overhead provides the easiest position and hands to the side of the head the most difficult hand arm position.
- 3** Be certain to breathe properly.

PRIMARY:
Stomach Area



021-0013111

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 readjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

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

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

Linear Bearings:

**Referring to the Owners Manual carefully disassemble 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