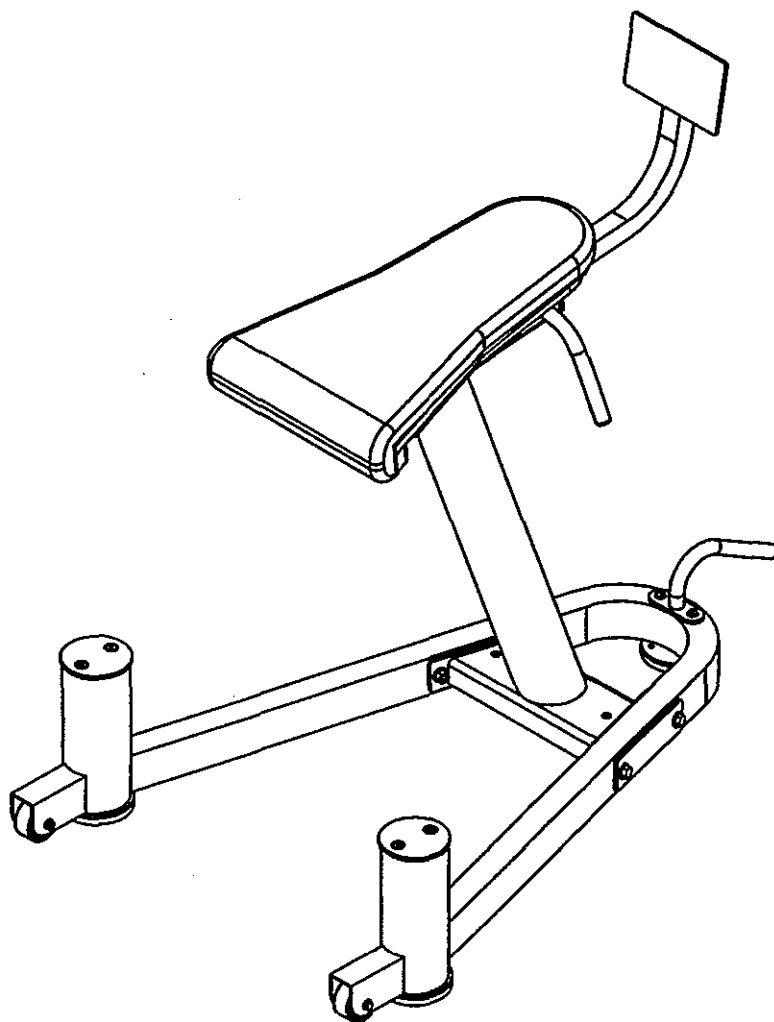


OWNERS MANUAL



KL2662

BACK/HIP EXTENSION



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

MARCH, 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

Allen Wrench Set

3/4" Open end Wrench

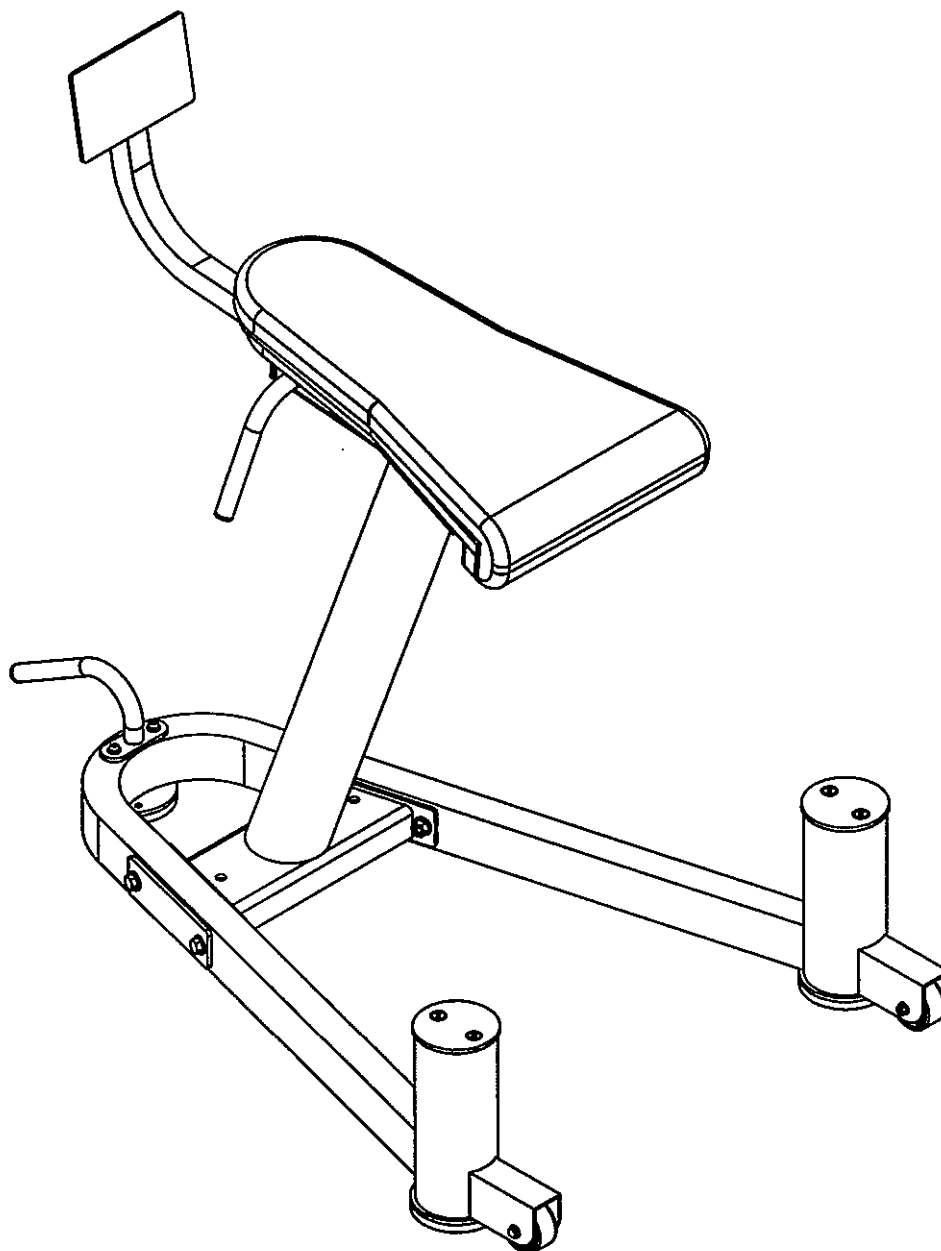
Crescent Wrench

Rubber mallet

Tape Measure

OWNERS MANUAL

Step 2 FRAME ASSEMBLY



OWNERS MANUAL

Step 2a FRAME ASSEMBLY

Start assembly by attaching two (DC)'s and three (DB)'s to (51).
Next attach two (DA)'s to (51).

Part Descriptions

51 - Base Assembly

Hardware Descriptions

N - 3/8"-16 x 11.3mm Button Head Screw (WZ)

AA - 5/16" Flat Washer (WZ)

BB - 5/16" Thin Lock Nut

D1 - 5/16"-18 X 2 1/2" Hex Bolt (WZ)

DA - Wheel

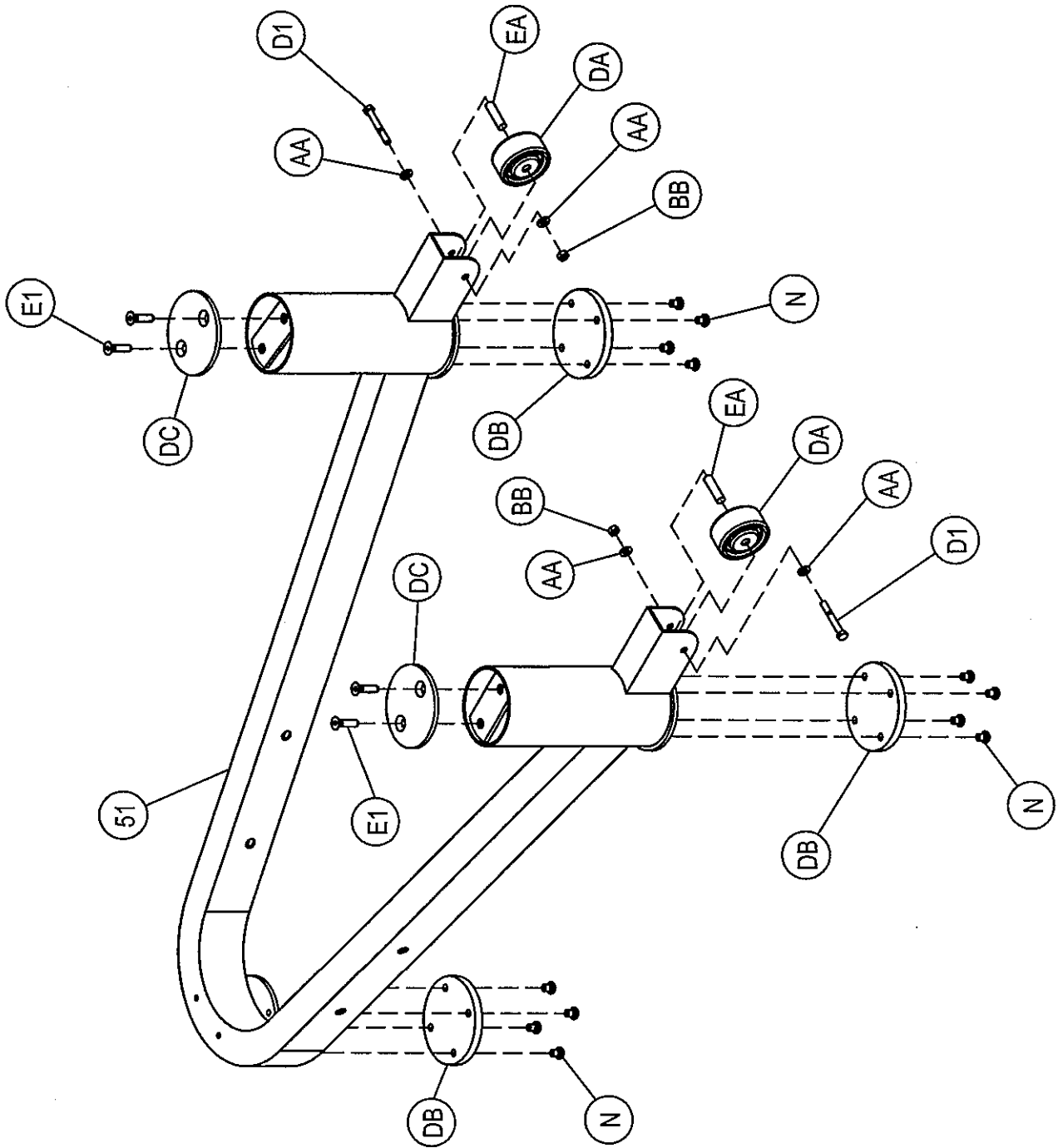
DB - SBR Rubber Foot Pad

DC - Ø4.75 Diamond Plate

E1 - 3/8"-16 x 1" Flat Head Screw (WZ)

EA - 9.5mm OD x 8mm ID x 43.5mm L Axle

OWNERS MANUAL



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Step 2b FRAME ASSEMBLY

Attach (52) to (51), and (55) to (51).

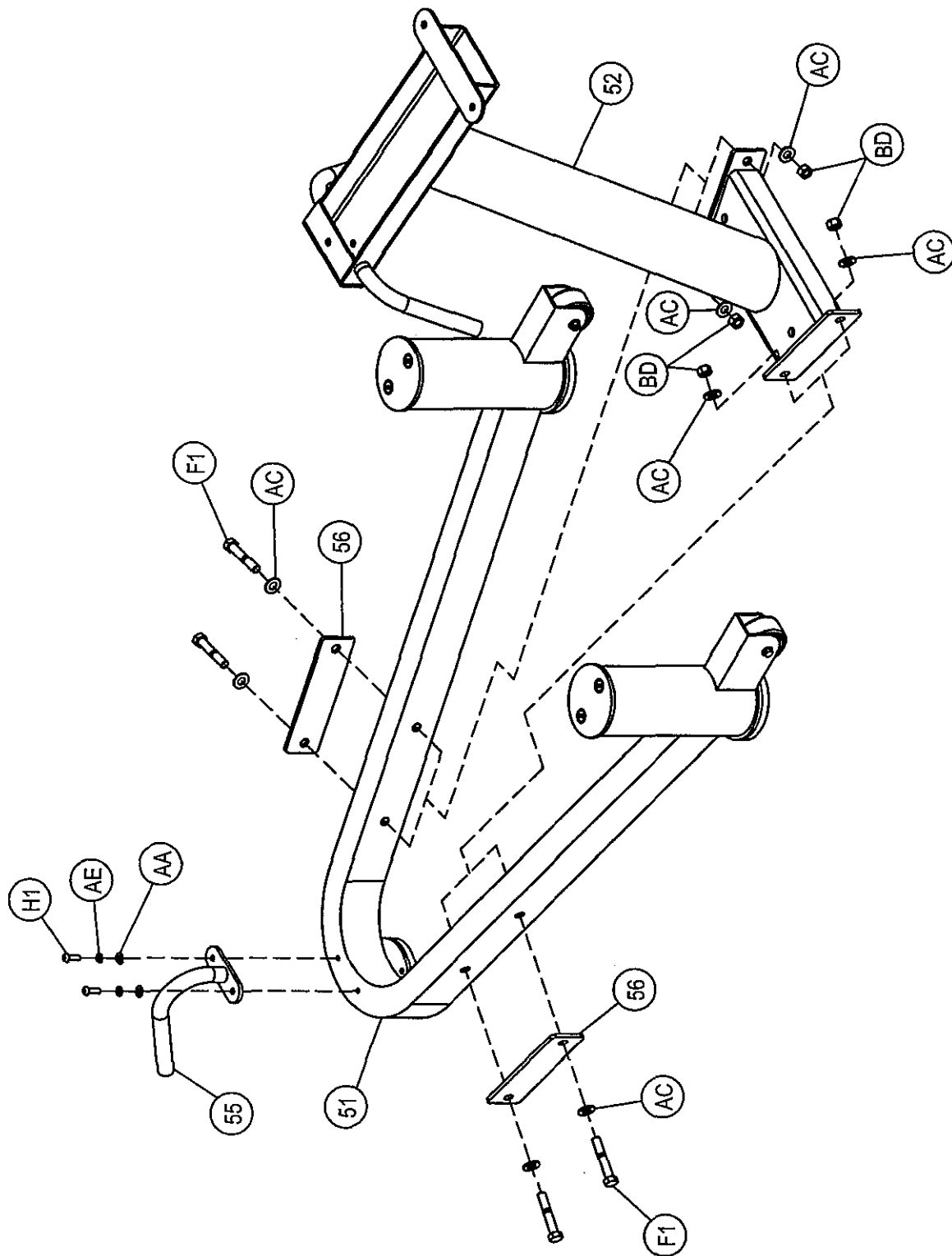
Part Descriptions

51 - Base Assembly
52 - Column Base Assembly
55 - Handle Assembly
56 - .25 x 2.00 x 8.50 HRS Flat Bar

Hardware Descriptions

AA - 5/16" Flat Washer
AC - 1/2" Flat Washer
AE - 5/16" Lock Washer
BD - 1/2" Thin Lock Nut
H1 - 5/16"-18 x 1" Button Head Bolt (WZ)
F1 - 1/2"-13 x 3" Hex Head Bolt (WZ)

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Step 2c FRAME ASSEMBLY

Attach (53) to (52).

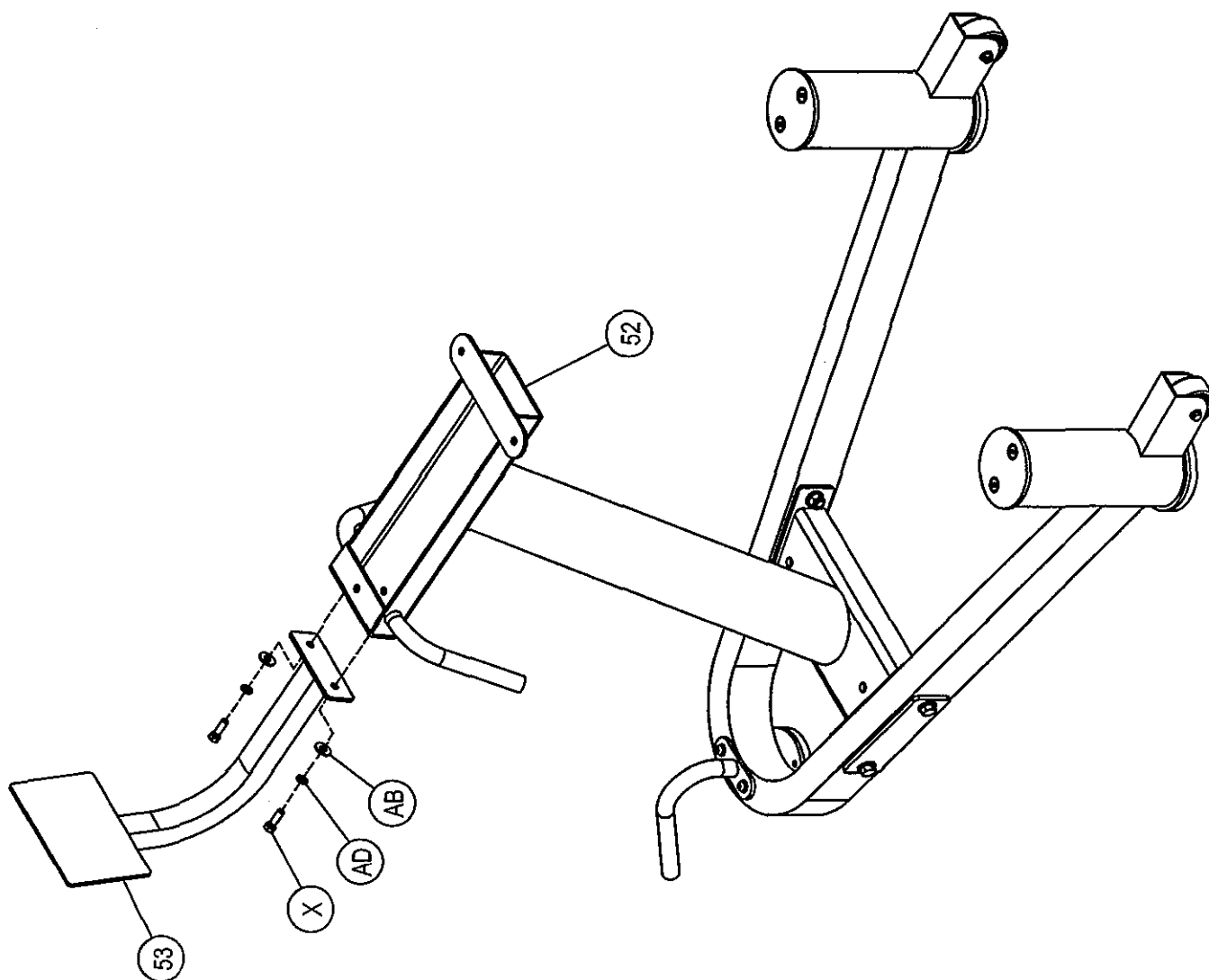
Part Descriptions

52 - Column Base Assembly
53 - Placard Assembly

Hardware Descriptions

AB - 3/8" USS Flat Washer
X - 3/8"-16 UNC x 1" Hex Bolt (WZ)
AD - 3/8" Split Washer

OWNERS MANUAL



OWNERS MANUAL

Step 2d FRAME ASSEMBLY

Attach Upholstery (54) to (52).

Part Descriptions

52 - Column Base Assembly

54 - Upholstery

Hardware Descriptions

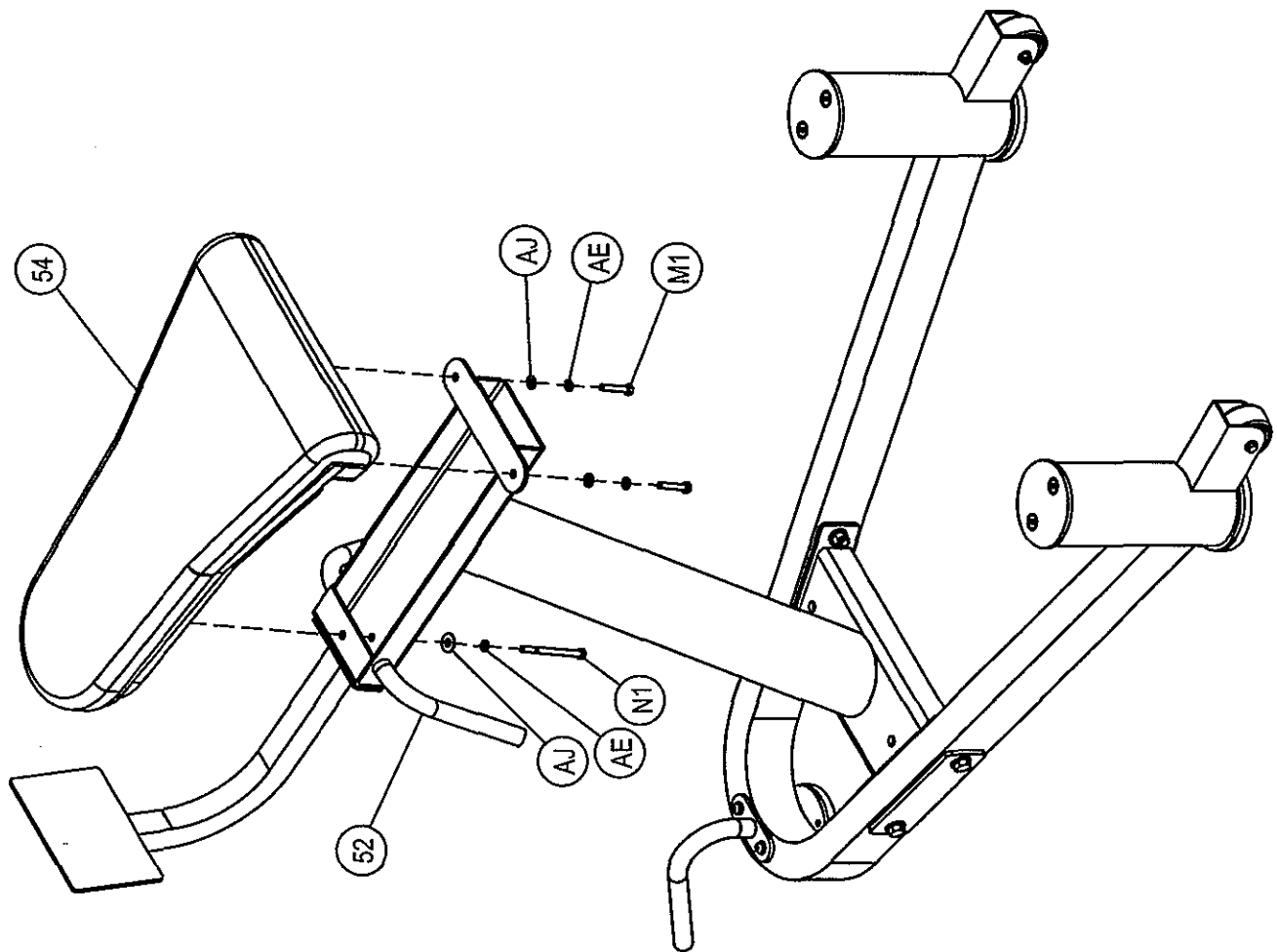
AE - 5/16" Lock Washer

AJ - 5/16" USS Flat Washer

M1 - 5/16"-18 UNC x 1 1/4" Hex Bolt (WZ)

N1 - 5/16"-18 UNC x 3 1/4" Hex Bolt (WZ)

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Step 3a PRE - ASSEMBLY

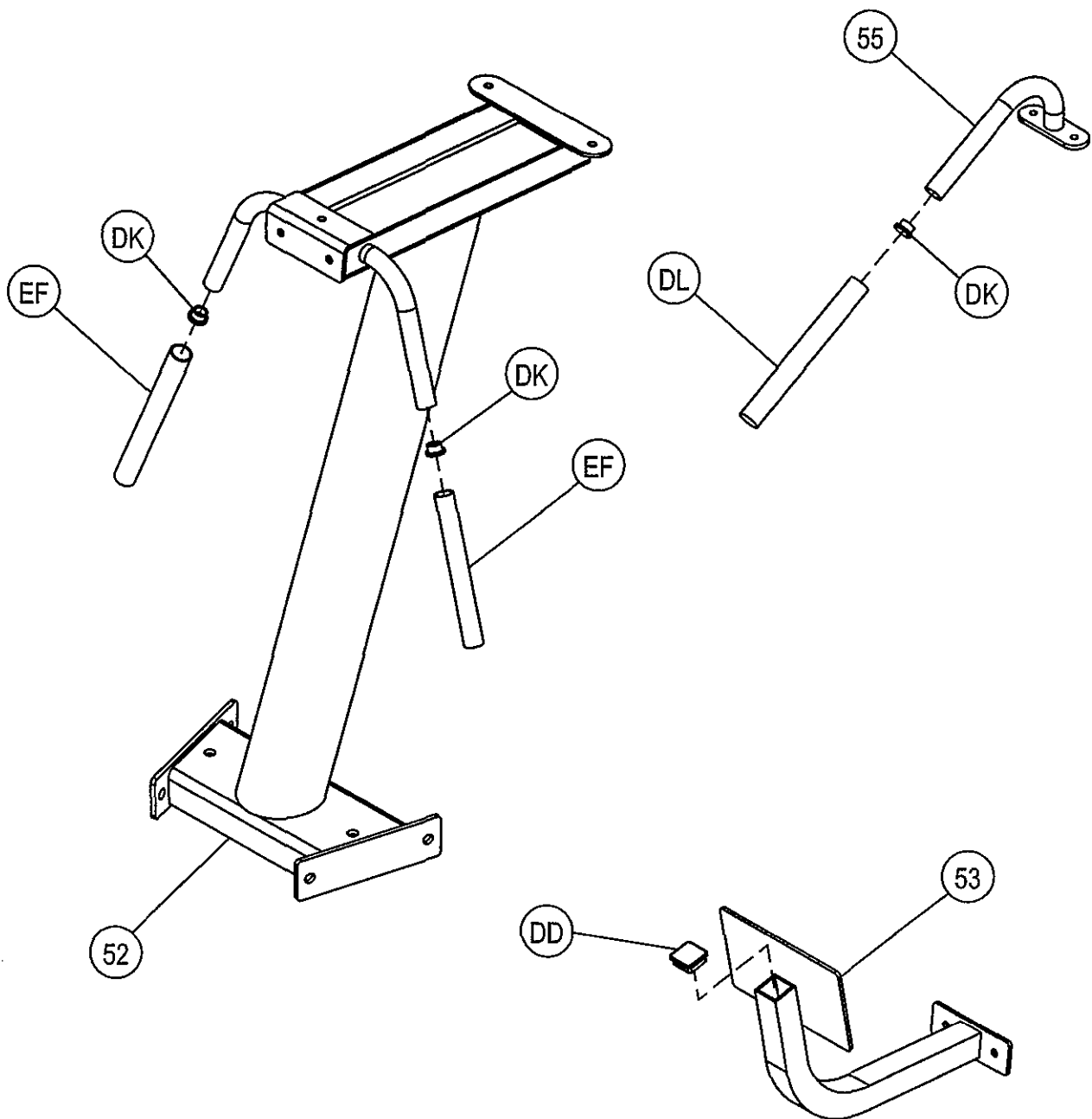
Part Descriptions

52 - Column Base Assembly
53 - Placard Assembly
55 - Handle Assembly

Hardware Descriptions

DD - 1 1/2" x 1 1/2" End Cap
DL - Ø1.00 x 6.00" Closed
Rubber Foam Grip
DK - Ø1.00 End Cap
EF - Ø1.00 x 8.07" Closed
Rubber Foam Grip

OWNERS MANUAL



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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
51	1	026-01X1211	BASE ASSEMBLY
52	1	026-01X1216	COLUMN BASE ASSEMBLY
53	1	026-01X1219	PLACARD ASSEMBLY
54	1	022-01PD0087	UPHOLSTERY ASSEMBLY
55	1	026-01X1294	HANDLE ASSEMBLY
56	2	026-01F0240	.25" x 2.00" x 8.50 HRS Flat Bar

OWNERS MANUAL

HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
X	2	011-00107007	3/8"-16 UNC x 1" HHB (WZ)
D1	2	011-0107032	5/16"-18 UNC x 2 1/2" HHB (WZ)
E1	4	011-0002042	3/8"-16 UNC x 1" FHS (WZ)
H1	2	011-0101011	5/16"-18 UNC x 1" BHS (WZ)
N	12	011-0201292	3/8"-16 UNC x 11.3mm BHS (WZ)
M1	2	011-0107011	5/16"-18 UNC x 1 1/4" HHB (WZ)
N1	1	011-0107023	5/16"-18 UNC x 3 1/4" HHB (WZ)
F1	4	011-0407016	1/2"-13 UNC x 3" HHB (WZ)
AA	6	013-0002001	5/16" SAE Flat Washer (WZ)
AB	2	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 Washer (WZ)
AE	5	013-0102021	5/16" Lock Washer (WZ)
AJ	3	013-0102004	5/16" USS Flat Washer (WZ)
BB	2	012-0102006	5/16" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
DA	2	020-0013001	Wheel
DB	3	026-01PL351	SBR Rubber Foot Pad
DC	2	026-01P1241	Ø4.75" Diamond Plate
DD	1	016-0201004	1 1/2" x 1 1/2" End Cap
DK	3	016-0201006	Ø1.00 End Cap
DL	1	019-0002015	Ø1.00" x 6.00" Closed End Foam Grip
EA	2	026-STD-05-0332	Wheel Axle Ø9.5 x Ø8 x 43.5L
EF	2	019-0002025	Ø1.00" x 8.07" Closed End Foam Grip

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

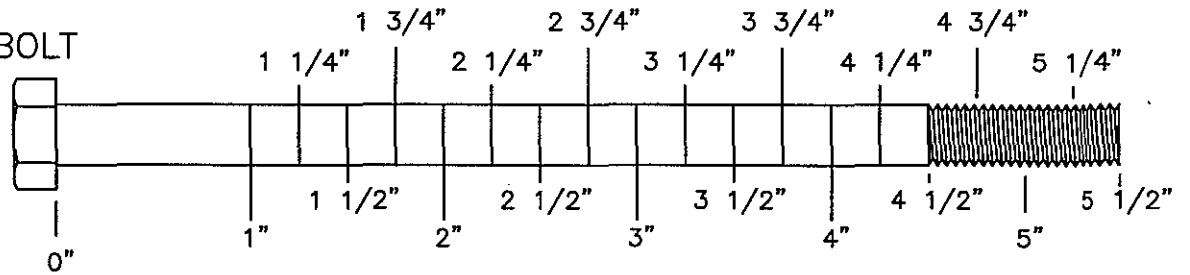
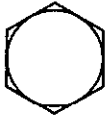
BHS = Button Head Screw

SHS = Socket Head Screw

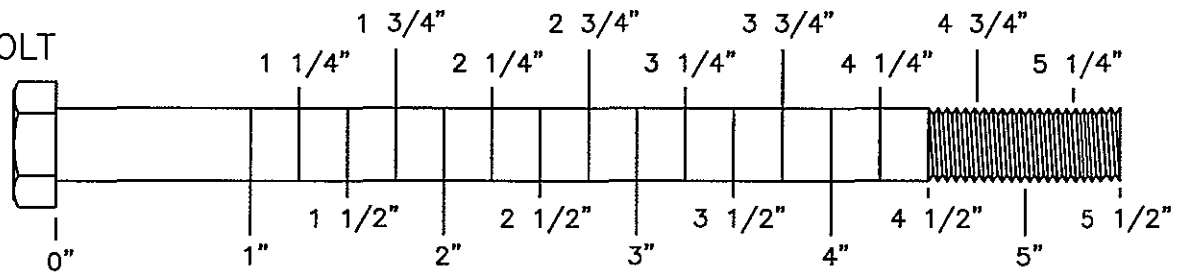
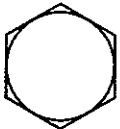
HHB = Hex Head Bolt

OWNERS MANUAL

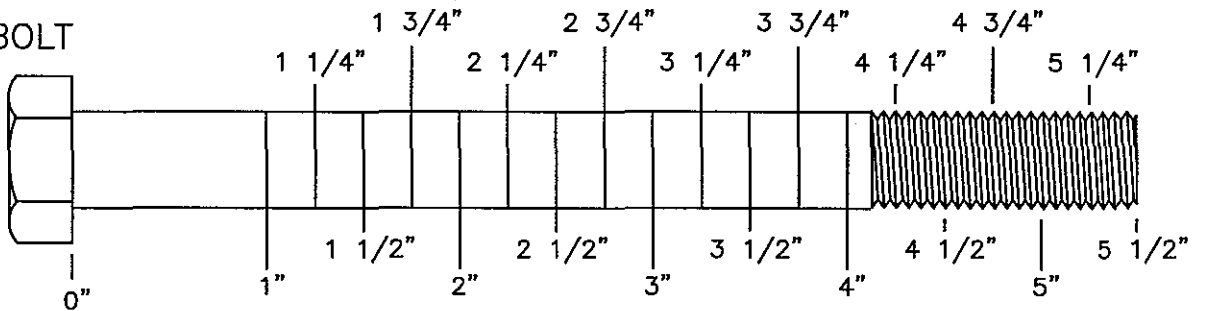
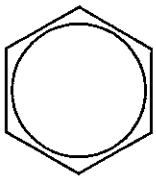
5/16" HEX BOLT



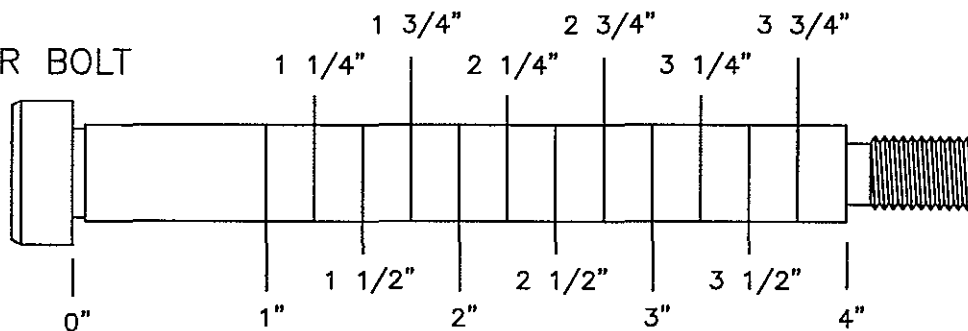
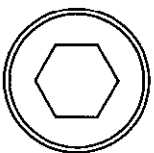
3/8" HEX BOLT



1/2" HEX BOLT

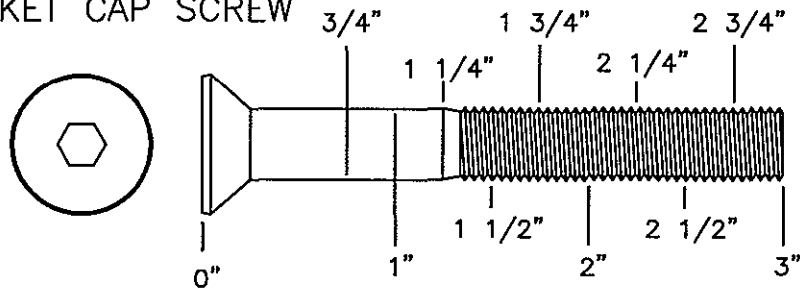


1/2" SHOULDER BOLT

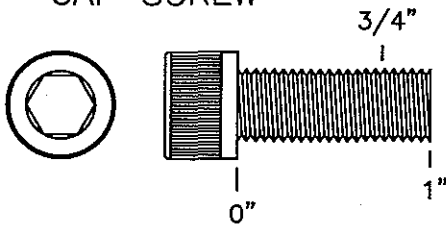


OWNERS MANUAL

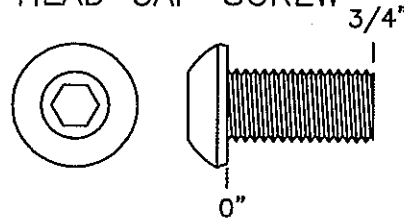
3/8" FLATHEAD
SOCKET CAP SCREW



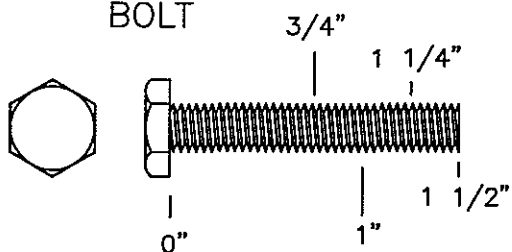
3/8" SOCKET
CAP SCREW



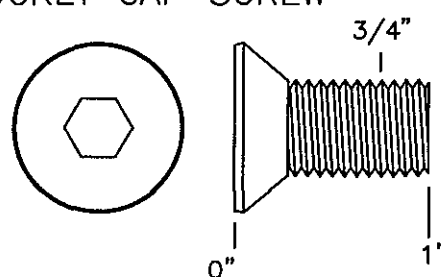
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

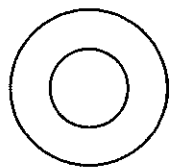


1/2" FLATHEAD
SOCKET CAP SCREW

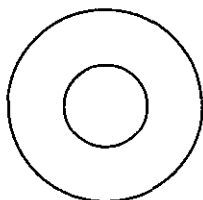


OWNERS MANUAL

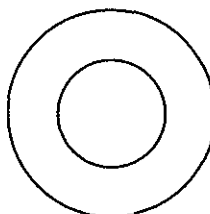
5/16"
FLAT WASHER
LARGE, USS, 25mm



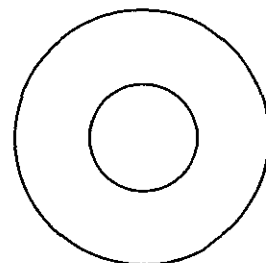
3/8"
FLAT
WASHER



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



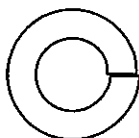
1/2"
FLAT WASHER
LARGE, USS, 34mm



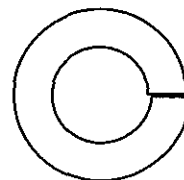
1/4"
LOCK WASHER



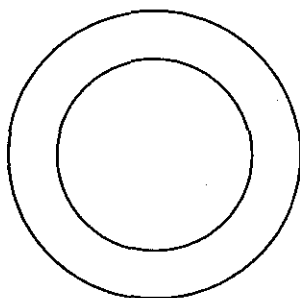
3/8"
LOCK WASHER



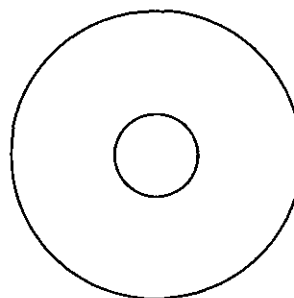
1/2"
LOCK WASHER



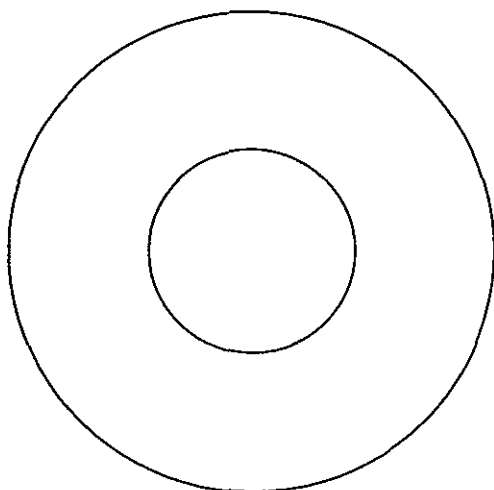
1" SHIM WASHER



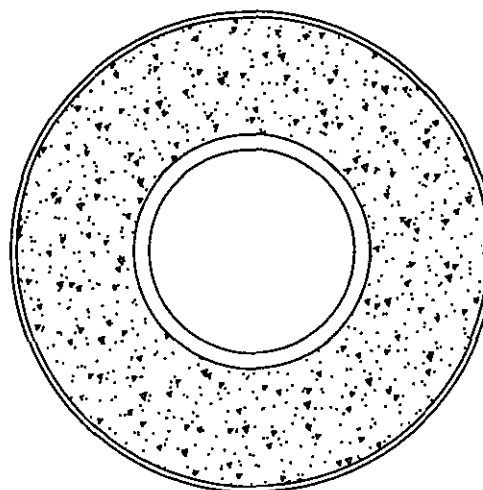
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

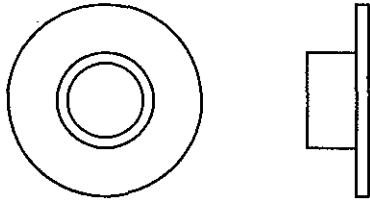


PLASTIC 1 1/16"
FENDER WASHER

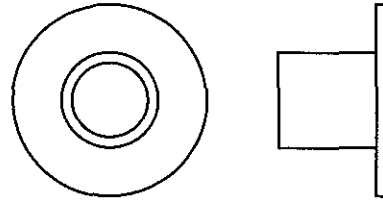


OWNERS MANUAL

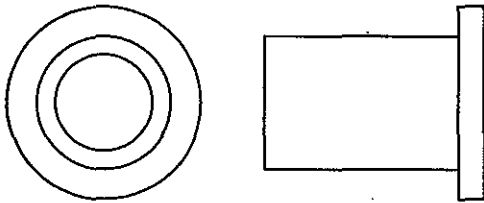
1/4" LONG
FLANGED SPACER



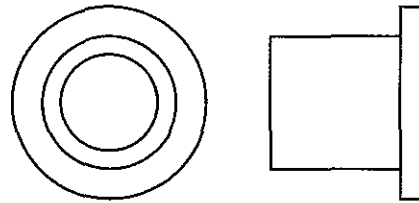
1/2" LONG
FLANGED SPACER



1/4" LONG HEAVY
FLANGED SPACER



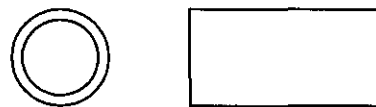
11/16" LONG HEAVY
FLANGED SPACER



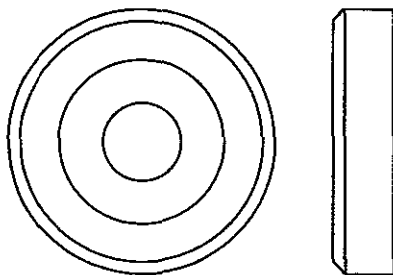
1/2" LONG
SPACER



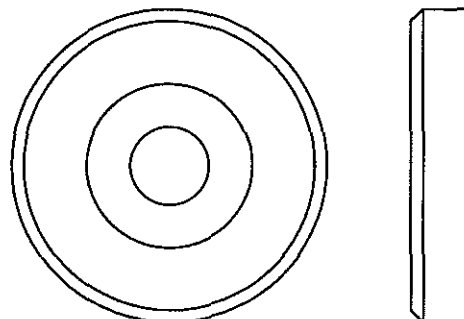
1" LONG
SPACER



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.

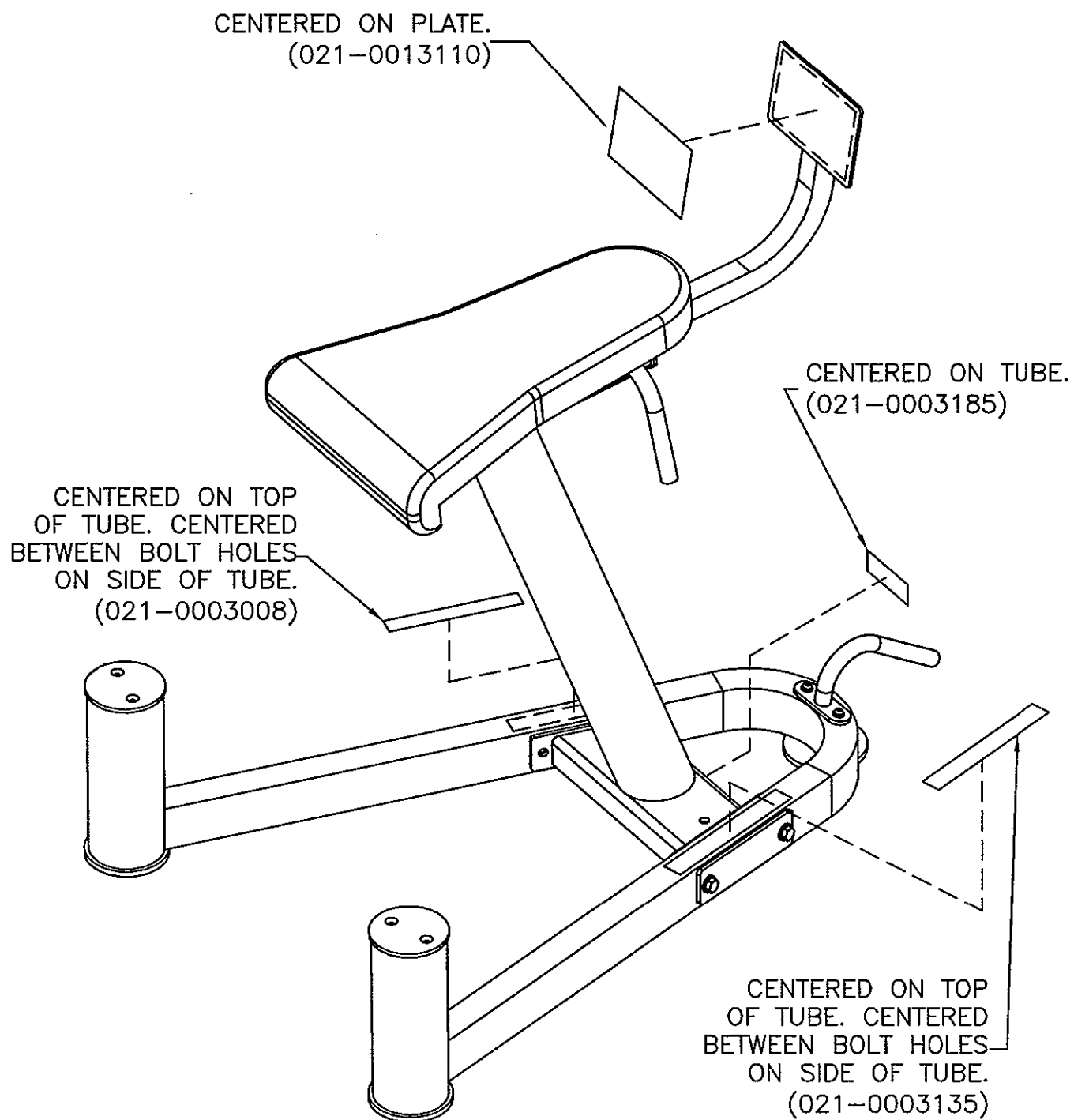
S = Sets R = Repetition per set W = Weight used

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

[illegible]

OWNERS MANUAL

DECAL PLACEMENTS



OWNERS MANUAL

DECAL REFERENCE

	NOTICE				
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months or Yearly	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x				
Clean; Upholstery	x				
Inspect; Cables or Belts and their tension	x				
Inspect; Accessory Bars and Handles		x			
Inspect; All Decals		x			
Inspect; All nuts and Bolts Tighten if Needed.		x			
Inspect; Anti-Skid Surfaces		x			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			x		
Lubricate; Seat Sleeves, Turcite Bushings, Linear 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 this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. REMOVE ALL parts that are damaged or not working. If in doubt about the condition of any part, DO NOT USE THE EQUIPMENT until the parts are replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warmup properly before engaging in weight training. Stop exercising if you become dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT attempt to force any part to move. If you do, obtain assistance immediately to avoid possible injury.

6. Before you use the machine, do a health check. Practice proper breathing. NEVER hold your breath.

7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. If you have a child, child should be at least 14 years old. When using equipment, always use proper technique. Do not use equipment when you are tired or under the influence of alcohol or drugs.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR for any questions or for parts or maintenance on this equipment.

021-0003135

Start/End Position

Midpoint Position

KL2662
BACK/HIP
EXTENSION

HOIST
FITNESS SYSTEMS

Exercise Instructions

- 1 Step up and lay on the pad while grasping the handles with your hips on the edge of the pad and legs hanging toward the floor. Look at the ceiling.
- 2 Lift or extend one or both legs back until parallel to the floor under control. Return to the start position, don't swing your legs. Try to keep legs together when moving both legs.
- 3 Be certain to breathe properly.

PRIMARY:
Buttocks & Low back

021-0013110

HOIST
FITNESS SYSTEMS

1-800-548-5438
www.hoistfitness.com
02KL-00000

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

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.

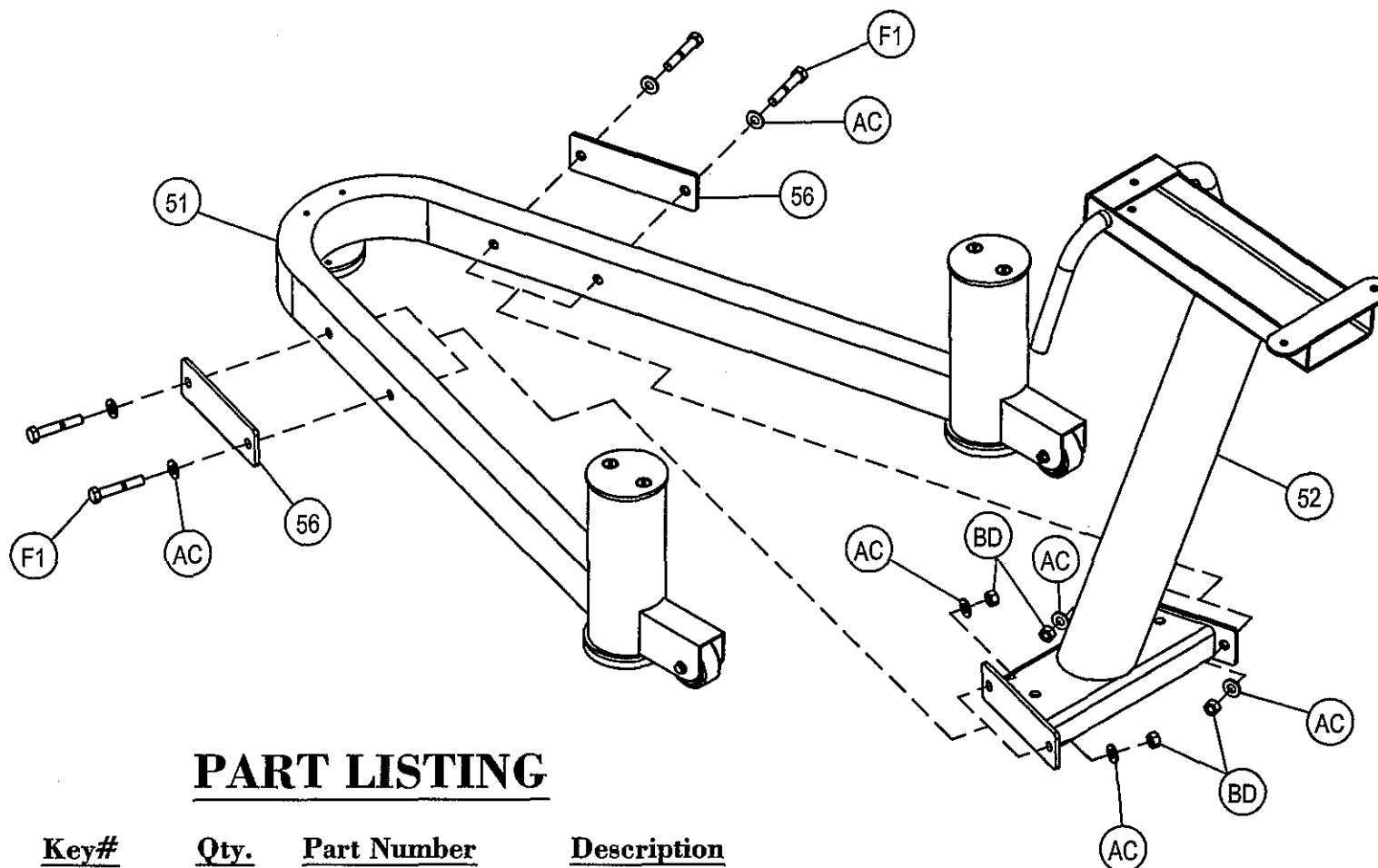
ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, 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



PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
51	1	026-01X1211	BASE ASSEMBLY
52	1	026-01X1216	COLUMN BASE ASSEMBLY
56	2	026-01F0240	.25 x 2.00 x 8.50 HRS FLAT BAR

HARDWAR LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
F1	4	011-0407016	1/2"-13UNC x 3" HHB (WZ)
AC	8	013-0102003	1/2" SAE FLAT WASHER (WZ)
BD	4	012-0304011	1/2" THIN LOCK NUT (WZ)