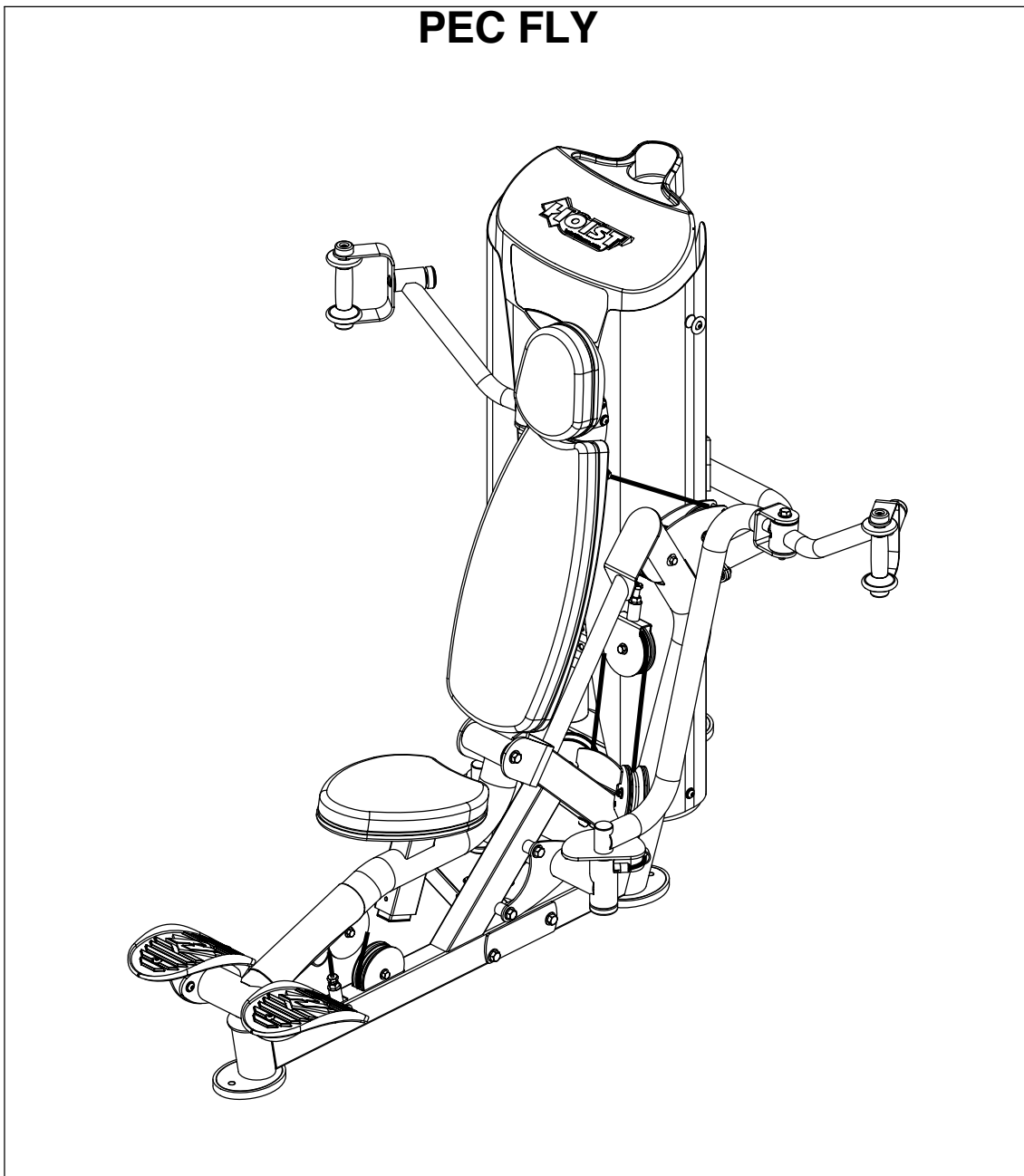


# OWNER'S MANUAL



## RS-1302 PEC FLY



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0108 - 000

### Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

# OWNER'S MANUAL

## CONTENTS

INSTRUCTIONS .....	02
ALTERNATE POSITION.....	04
FRAME ASSEMBLY .....	05
PRE-ASSEMBLY.....	30
DECAL PLACEMENT.....	31
DECAL REFERENCE.....	32
PART LIST.....	33
ABBREVIATIONS.....	36
BOLT SIZING CHART.....	37
WASHER SIZING CHART.....	39
MAINTENANCE SCHEDULE.....	41
GENERAL MAINTENANCE INFORMATION.....	42
WEIGHT TRAINING TIPS.....	43
WEIGHT RATIOS.....	44
EXERCISE LOG.....	45
LIMITED WARRANTY.....	46

# OWNER'S MANUAL

## INSTRUCTIONS

Before beginning assembly please take the time to read 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 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

**Ratchet Wrench**

**1/2", 9/16" and 3/4" Sockets**

**Adjustable Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

**Hex Key Wrench Set**

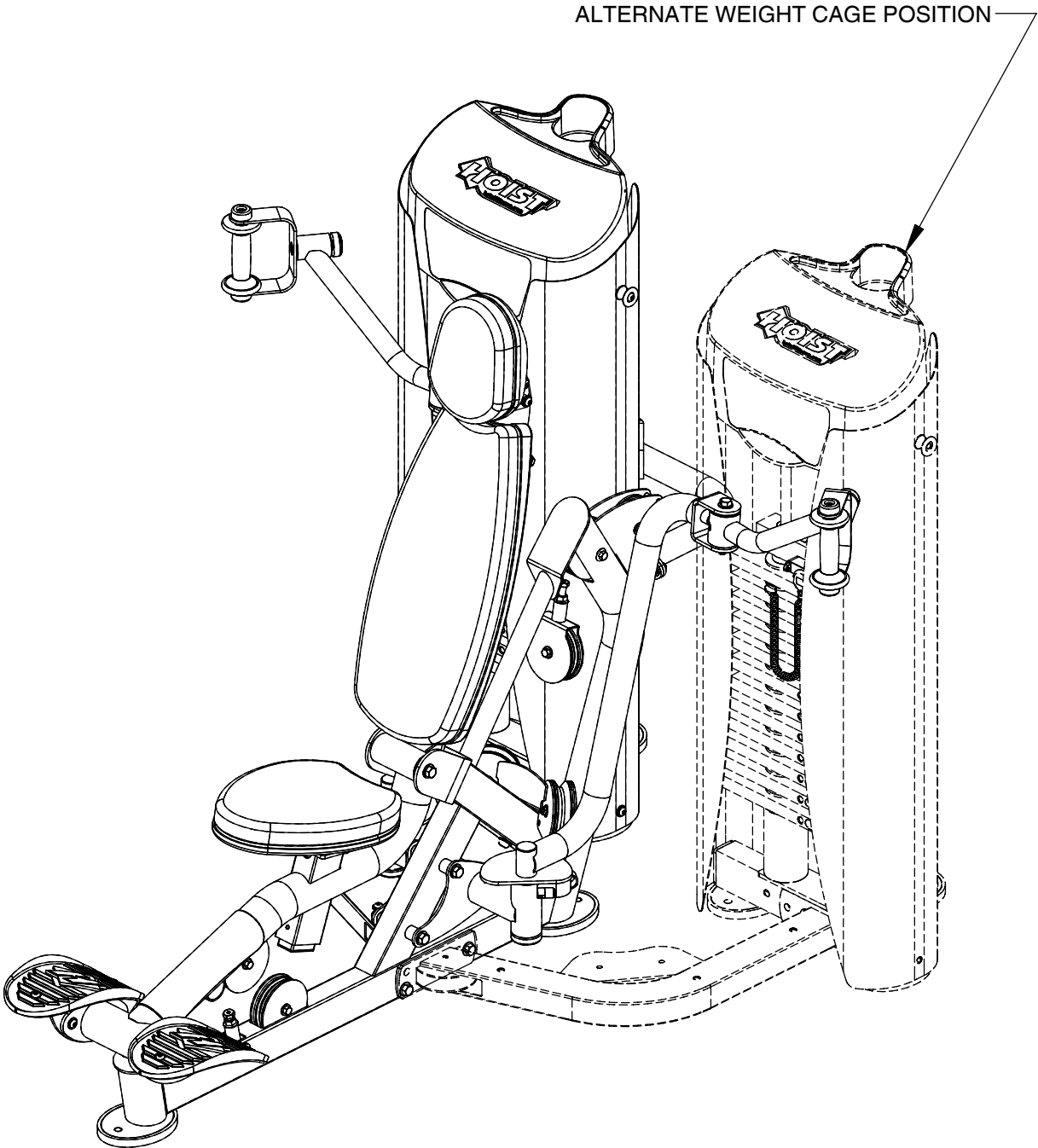
**Two People Required for Assembly**

# OWNER'S MANUAL

\*\*\*THIS PAGE WAS INTENTIONALLY LEFT BLANK\*\*\*

# OWNER'S MANUAL

## FRAME ASSEMBLY



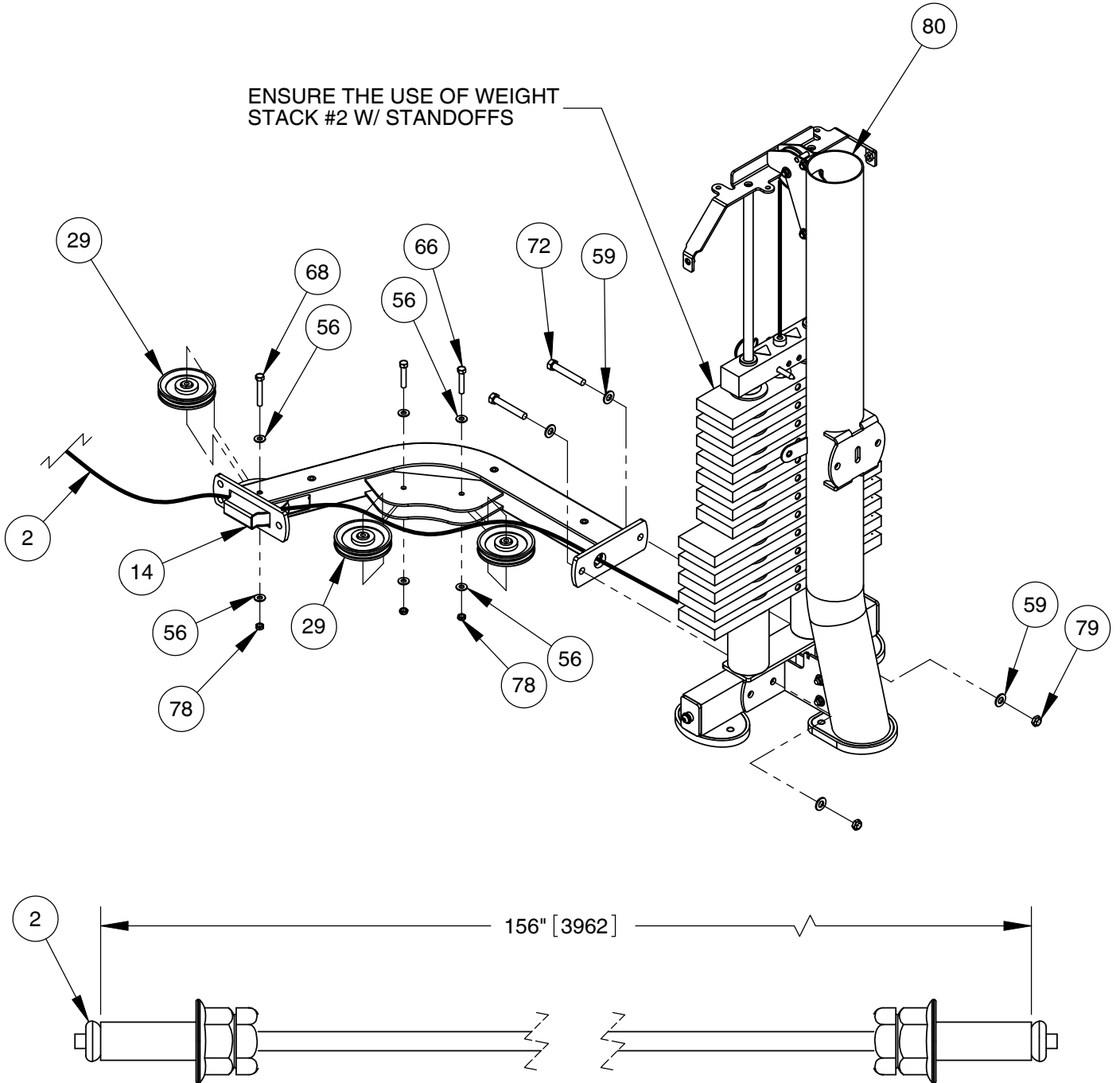
### **ALTERNATE POSITION**

THE ROC-IT WEIGHT CAGE IS DESIGNED TO BE INSTALLED ON EITHER LEFT OR RIGHT SIDE OF THE RS-1302 IN ORDER TO ACCOMODATE THE USER.

# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:  
- HAND TIGHTEN HARDWARE.  
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.



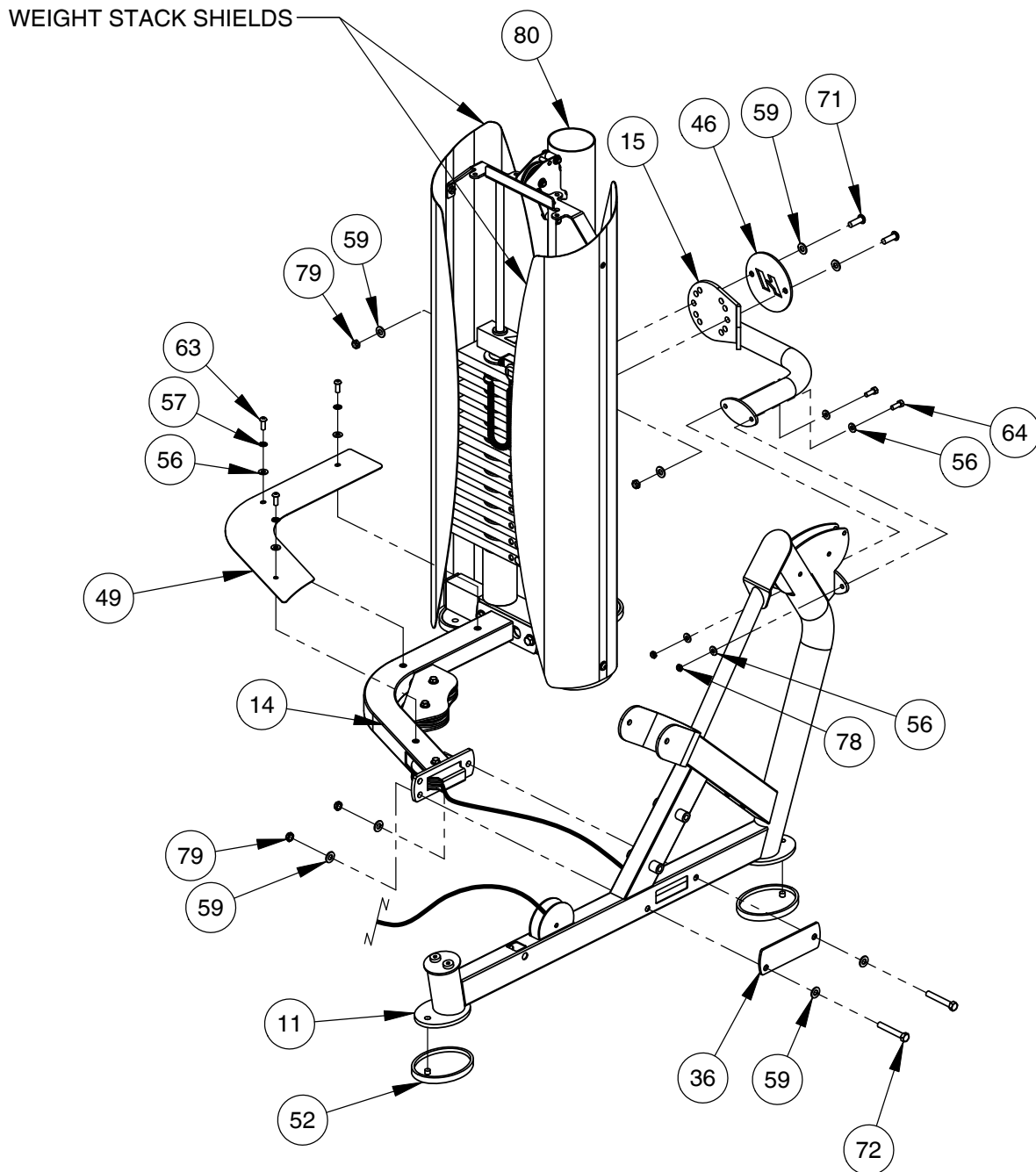
# OWNER'S MANUAL

## FRAME ASSEMBLY

# STOP.

NOTE:  
- HAND TIGHTEN HARDWARE.

INSTALL WEIGHT STACK SHIELDS BEFORE STARTING THIS STEP. REFER TO ROC-IT WEIGHT CAGE MANUAL FOR SPECIFIC INSTRUCTIONS ON SHIELD INSTALLATION.

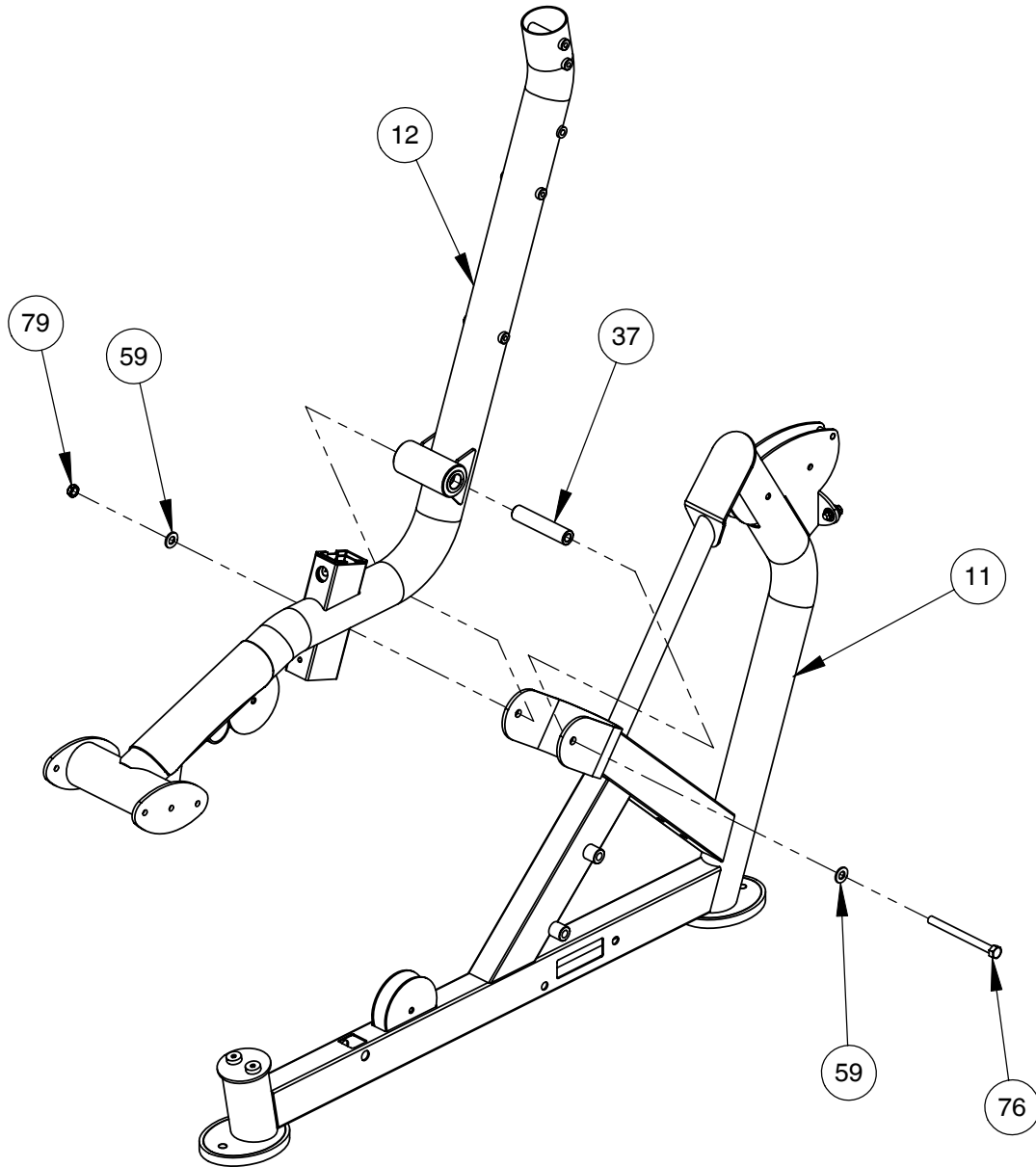


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (76) THEN LOOSEN NUT JUST ENOUGH FOR (12) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



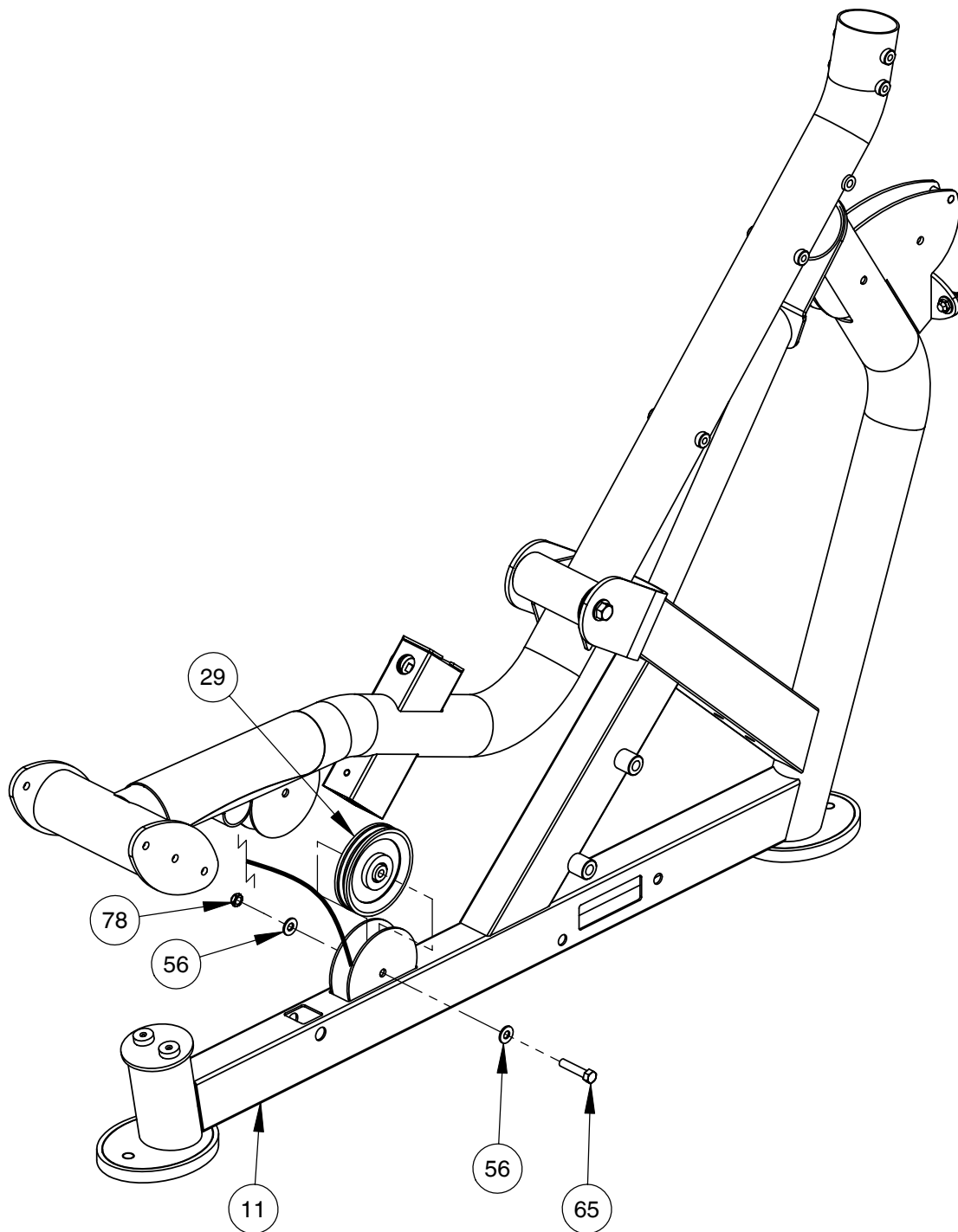


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### LIGHT CABLING OPTION

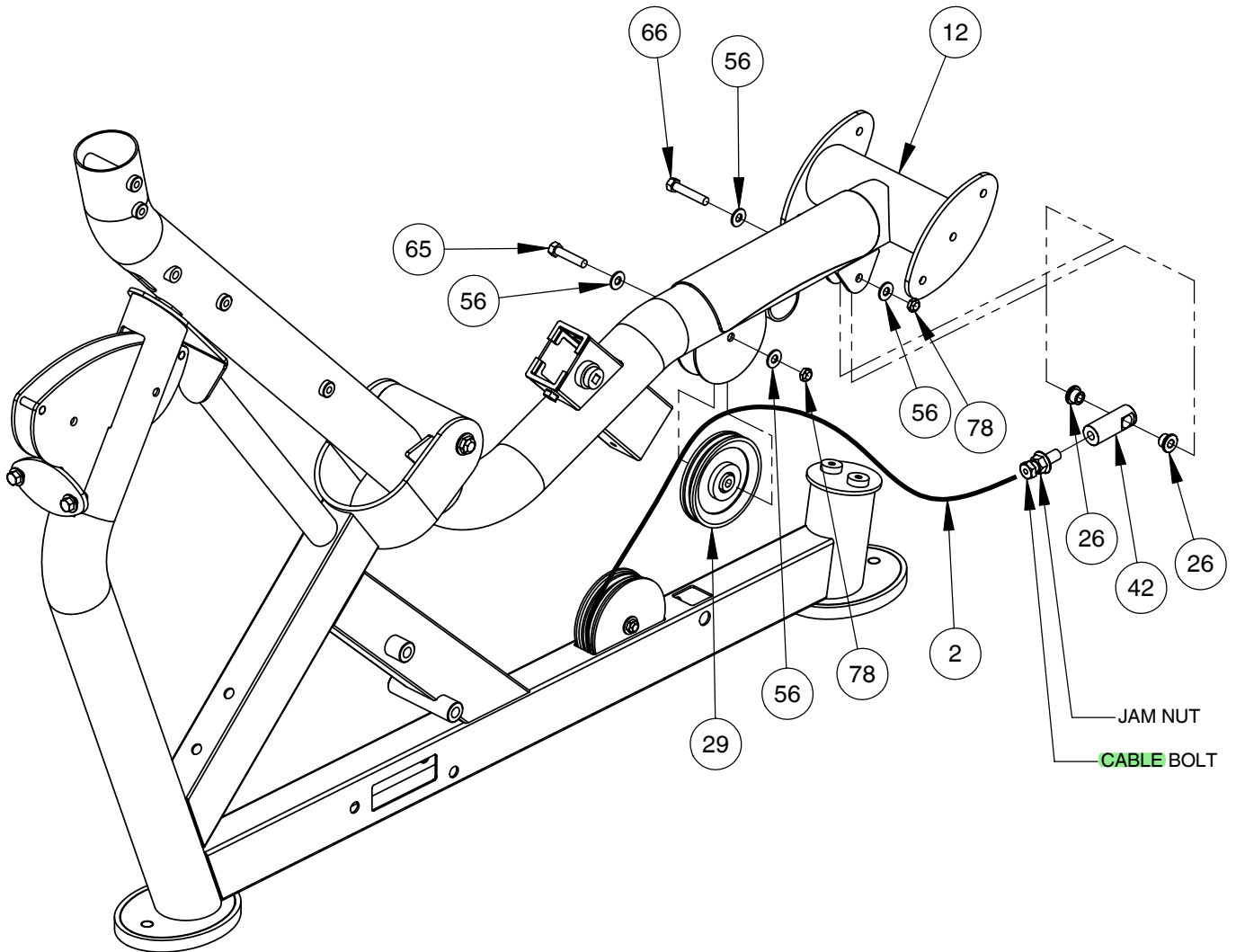
**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

#### NOTE:

- WRENCH TIGHTEN HARDWARE (66) THEN LOOSEN NUT JUST ENOUGH FOR (42) TO PIVOT FREELY.
- WRENCH TIGHTEN OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

#### FINE TUNING:

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

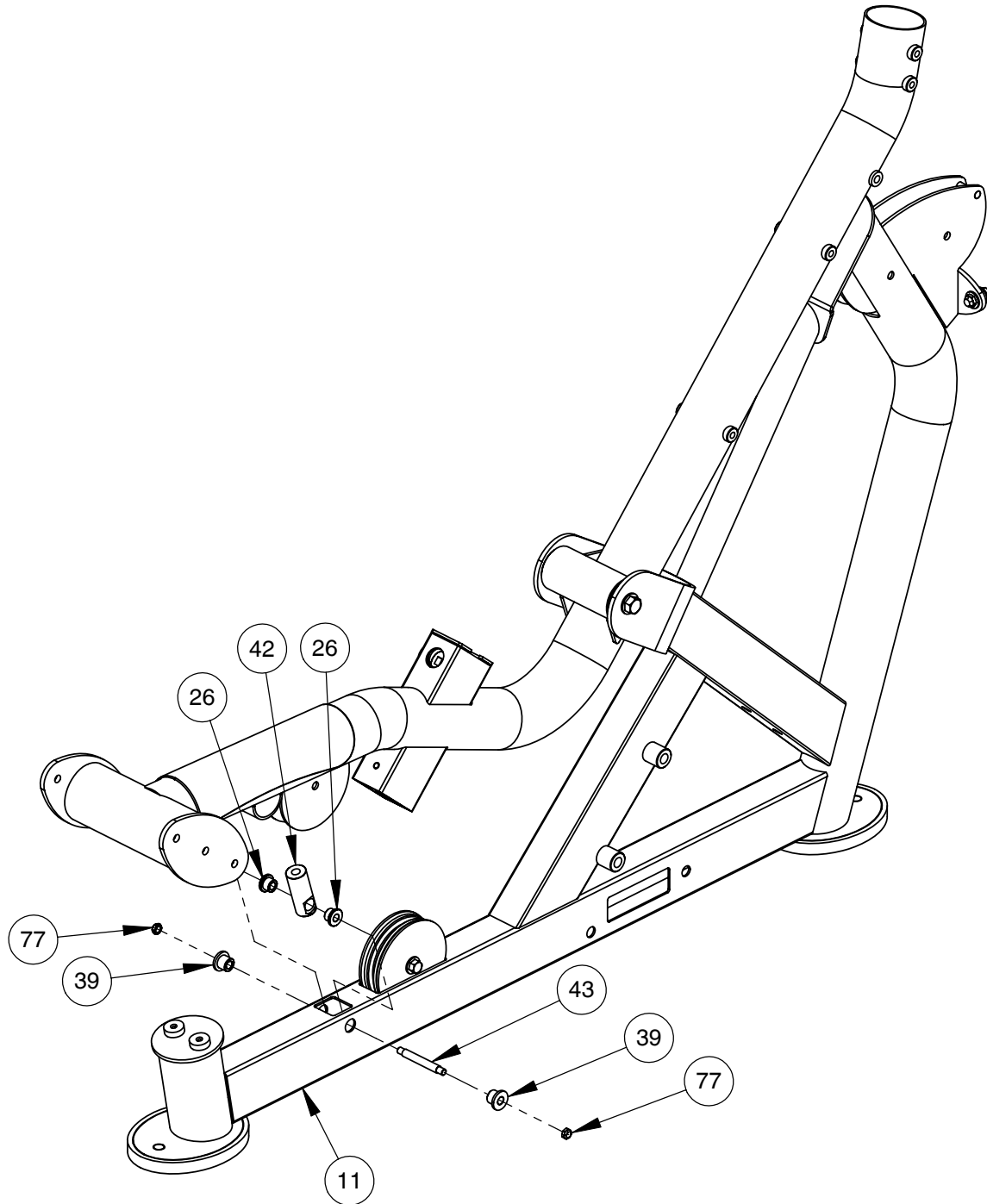


# OWNER'S MANUAL

## FRAME ASSEMBLY

HEAVY CABLING OPTION

- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### HEAVY CABLING OPTION

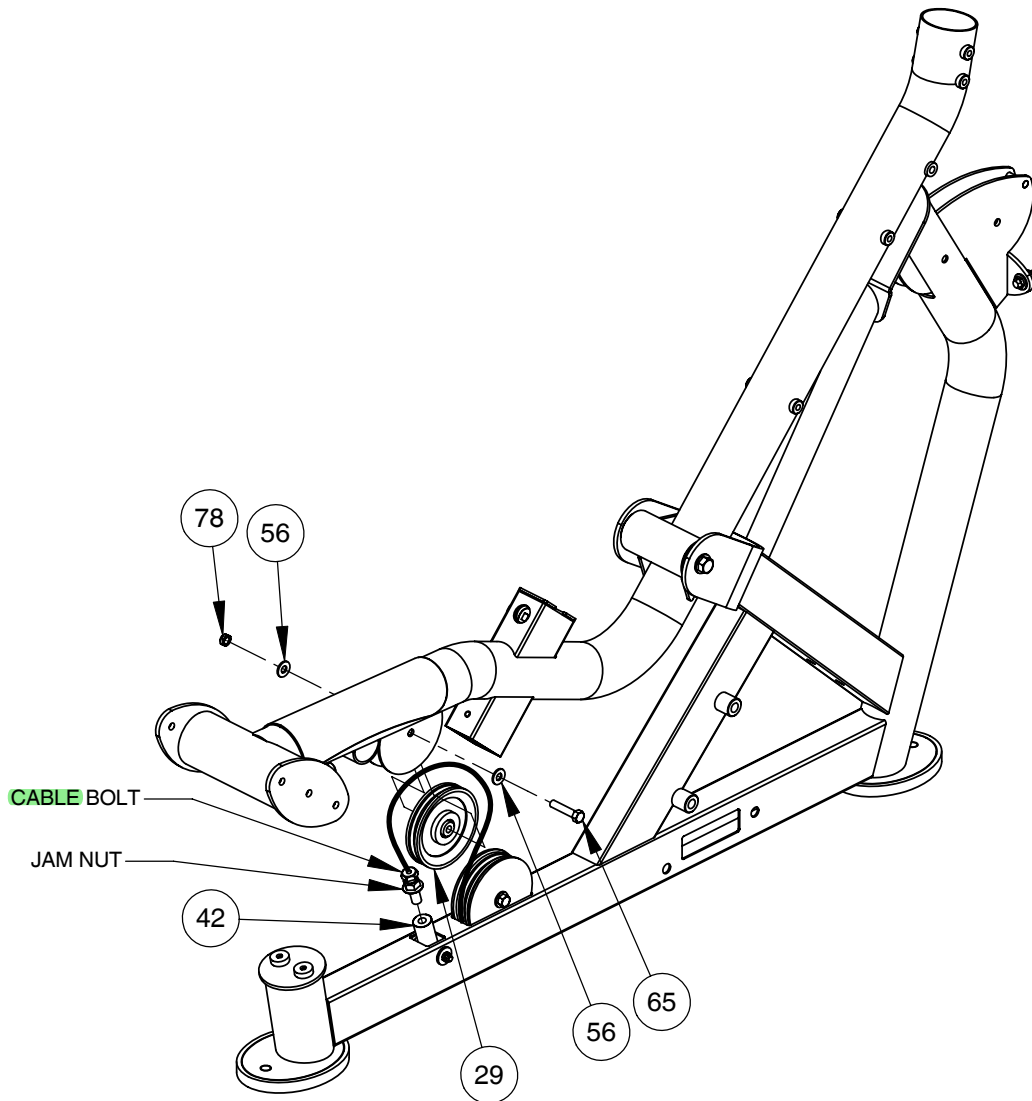
**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**FINE TUNING:**

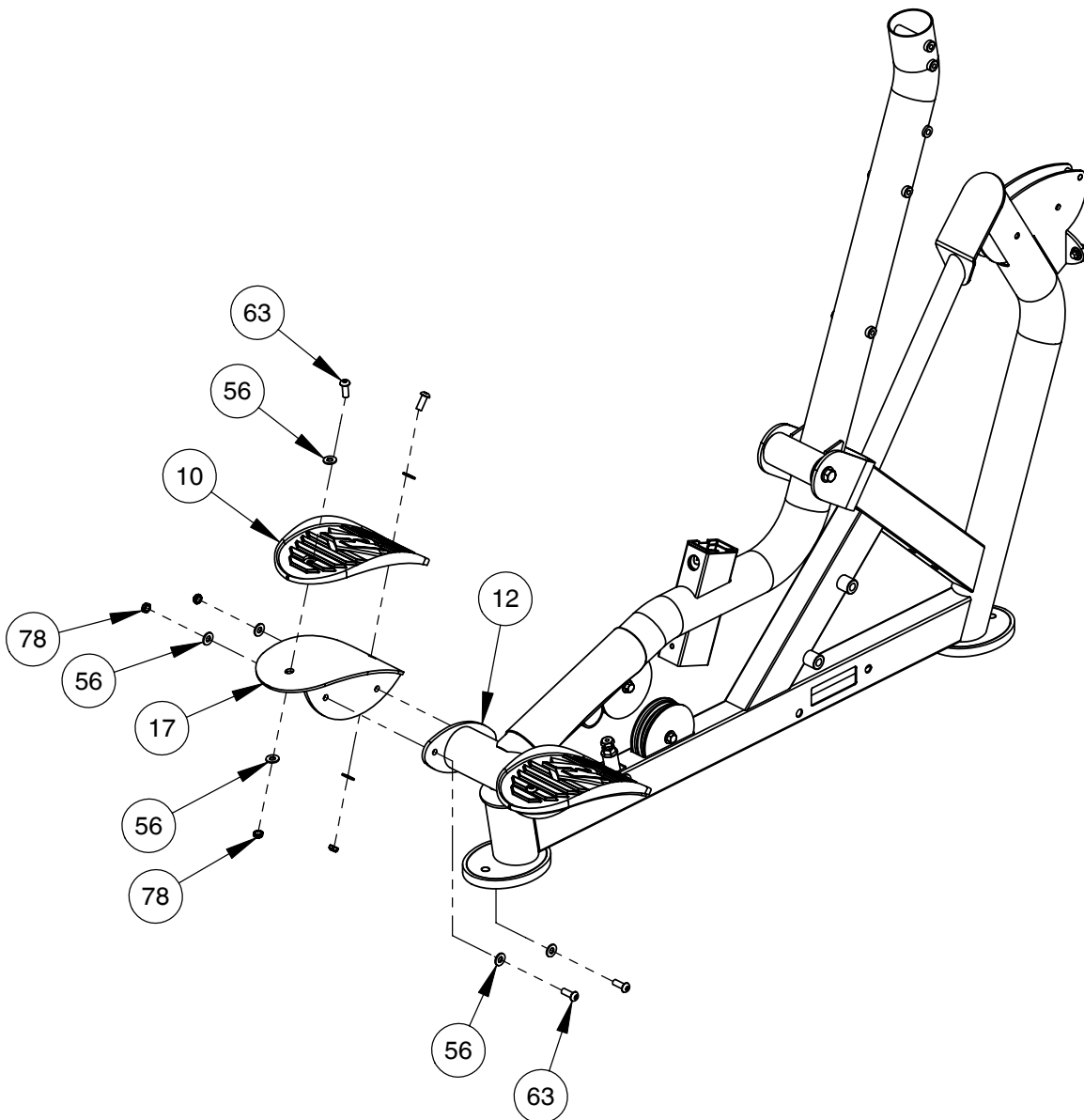
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.



# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - REPEAT STEPS FOR OPPOSITE SIDE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

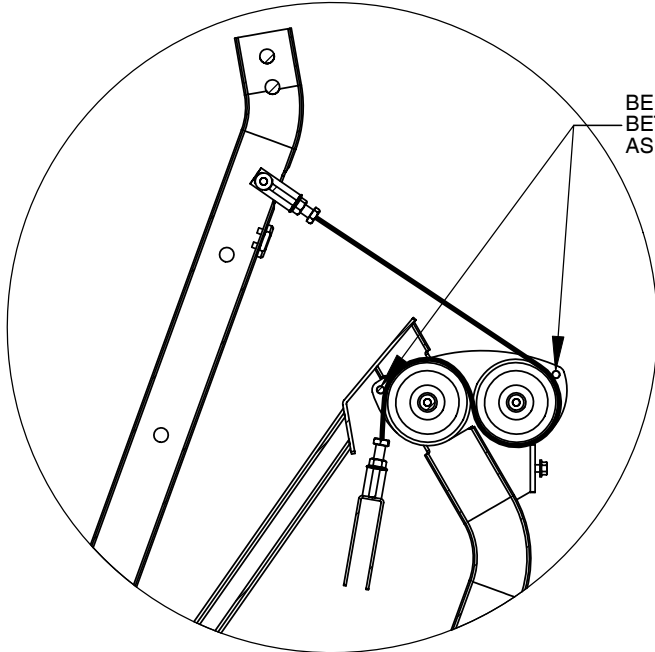


# OWNER'S MANUAL

## FRAME ASSEMBLY

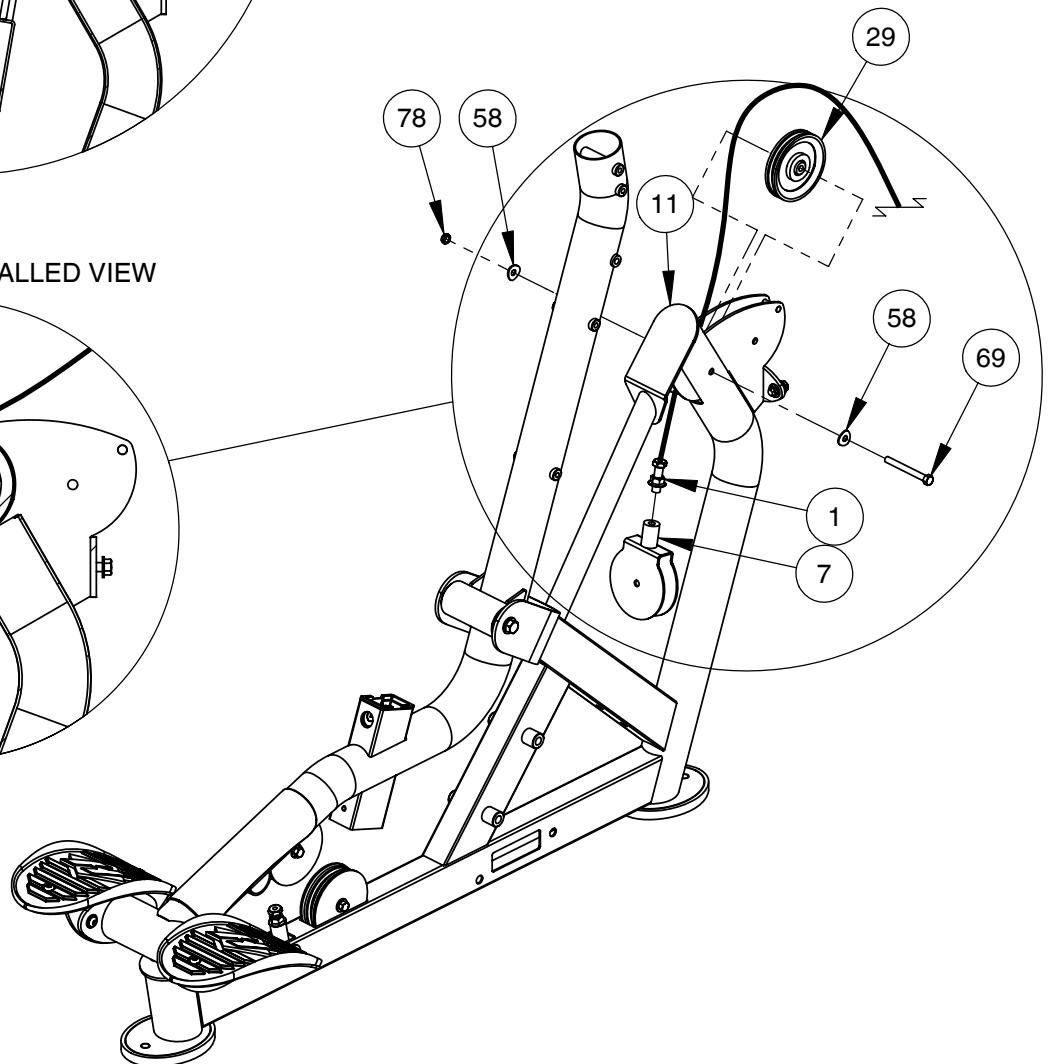
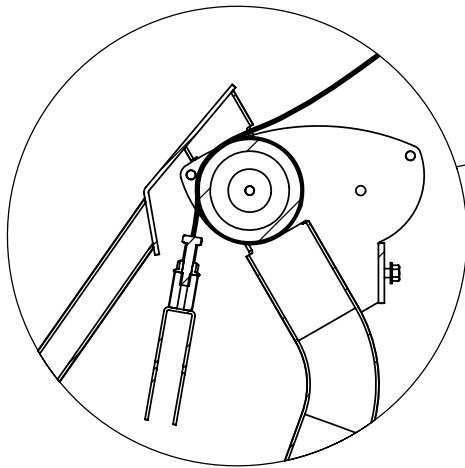
- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - INSTALL **CABLE** AND PULLEY AT THE SAME TIME.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CABLING PROFILE



BE SURE **CABLE** IS POSITIONED BETWEEN GUARD PINS AND PULLEYS AS SHOWN.

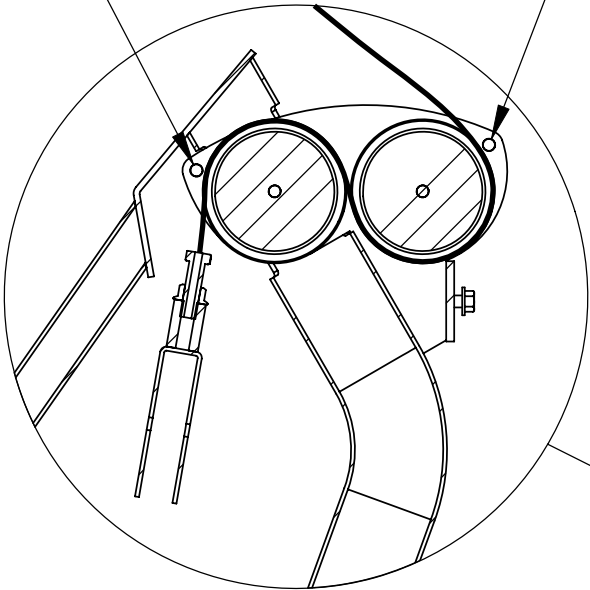
PROPERLY INSTALLED VIEW



# OWNER'S MANUAL

## FRAME ASSEMBLY

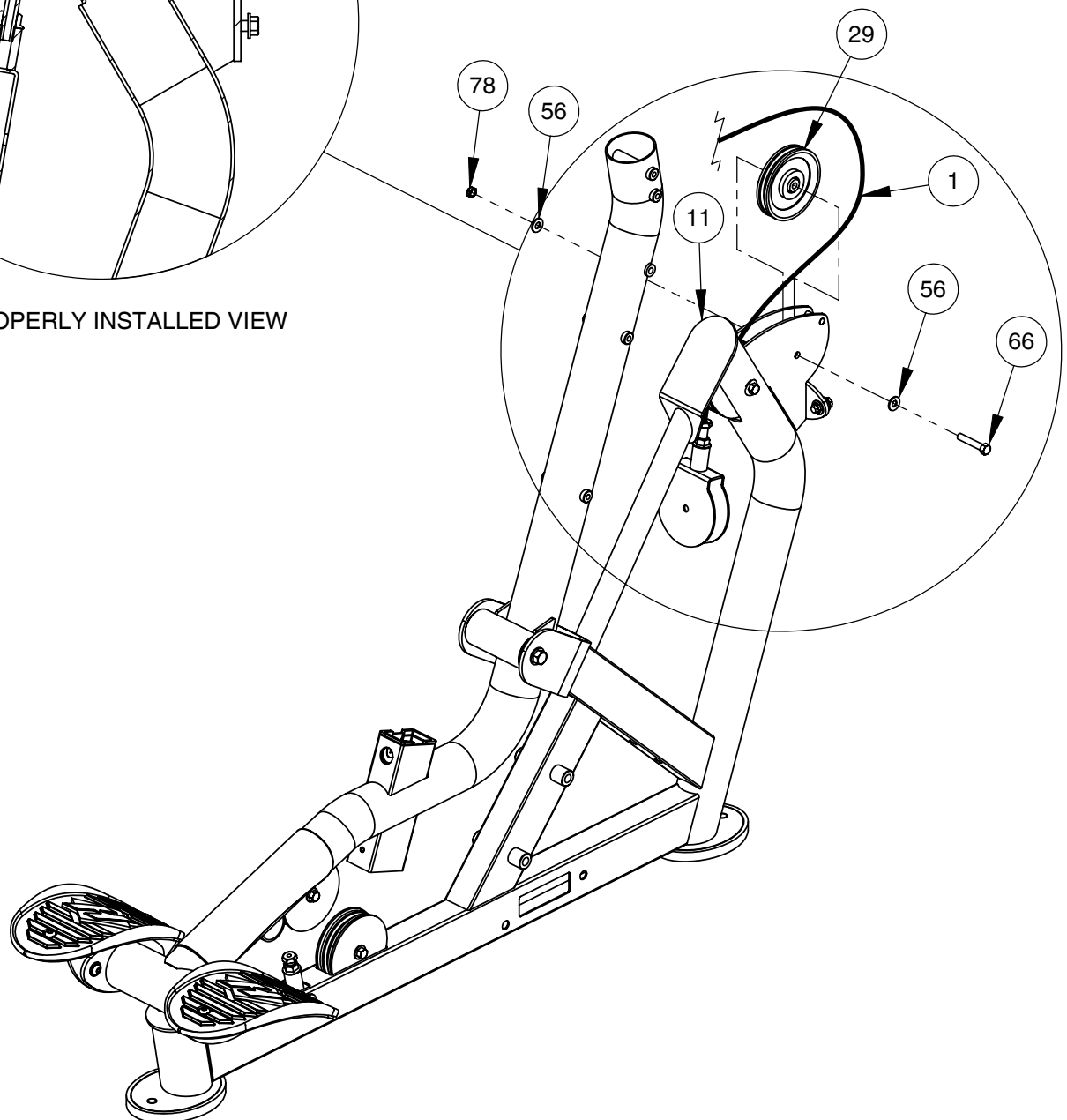
BE SURE **CABLE** IS POSITIONED BETWEEN GUARD PINS AND PULLEYS AS SHOWN.



PROPERLY INSTALLED VIEW

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL **CABLE** AND PULLEY AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

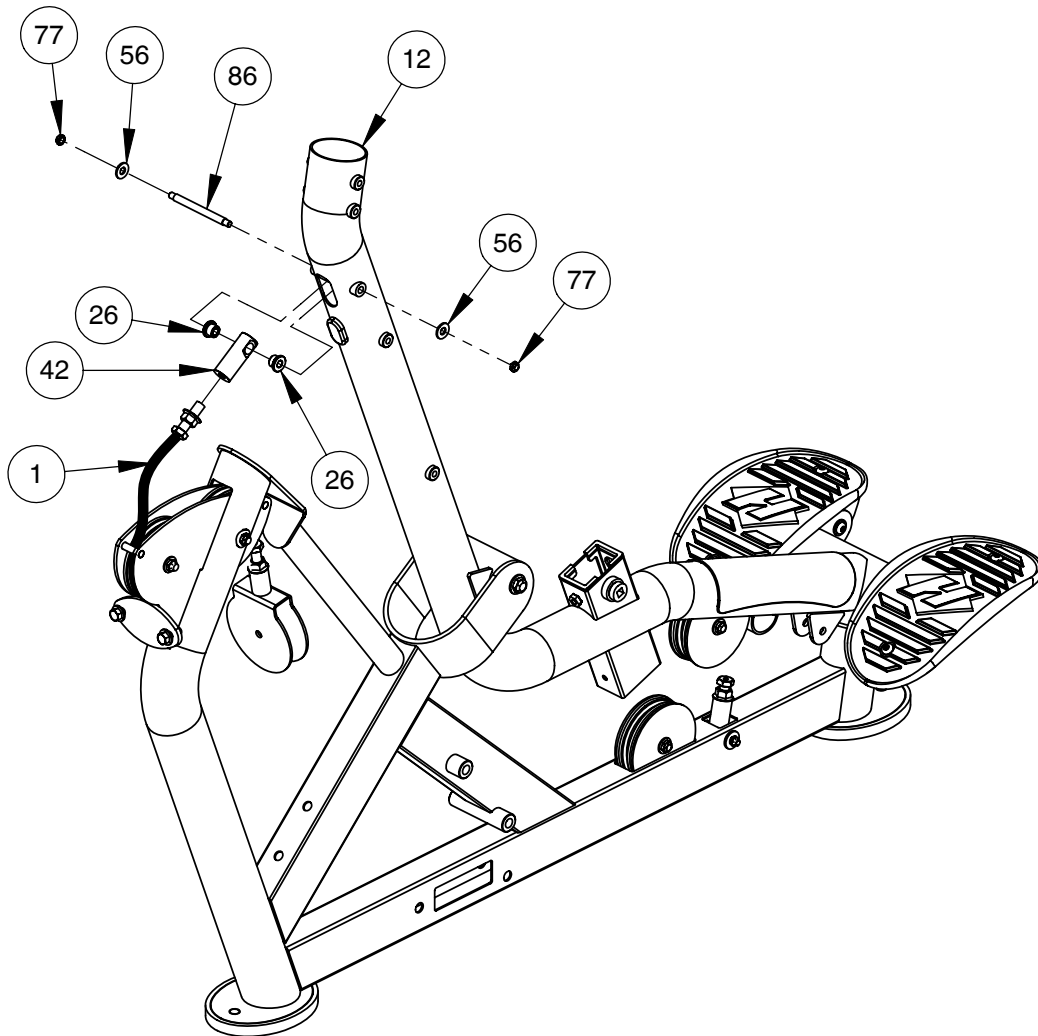
### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### FINE TUNING:

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

**WARNING - **CABLE** BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

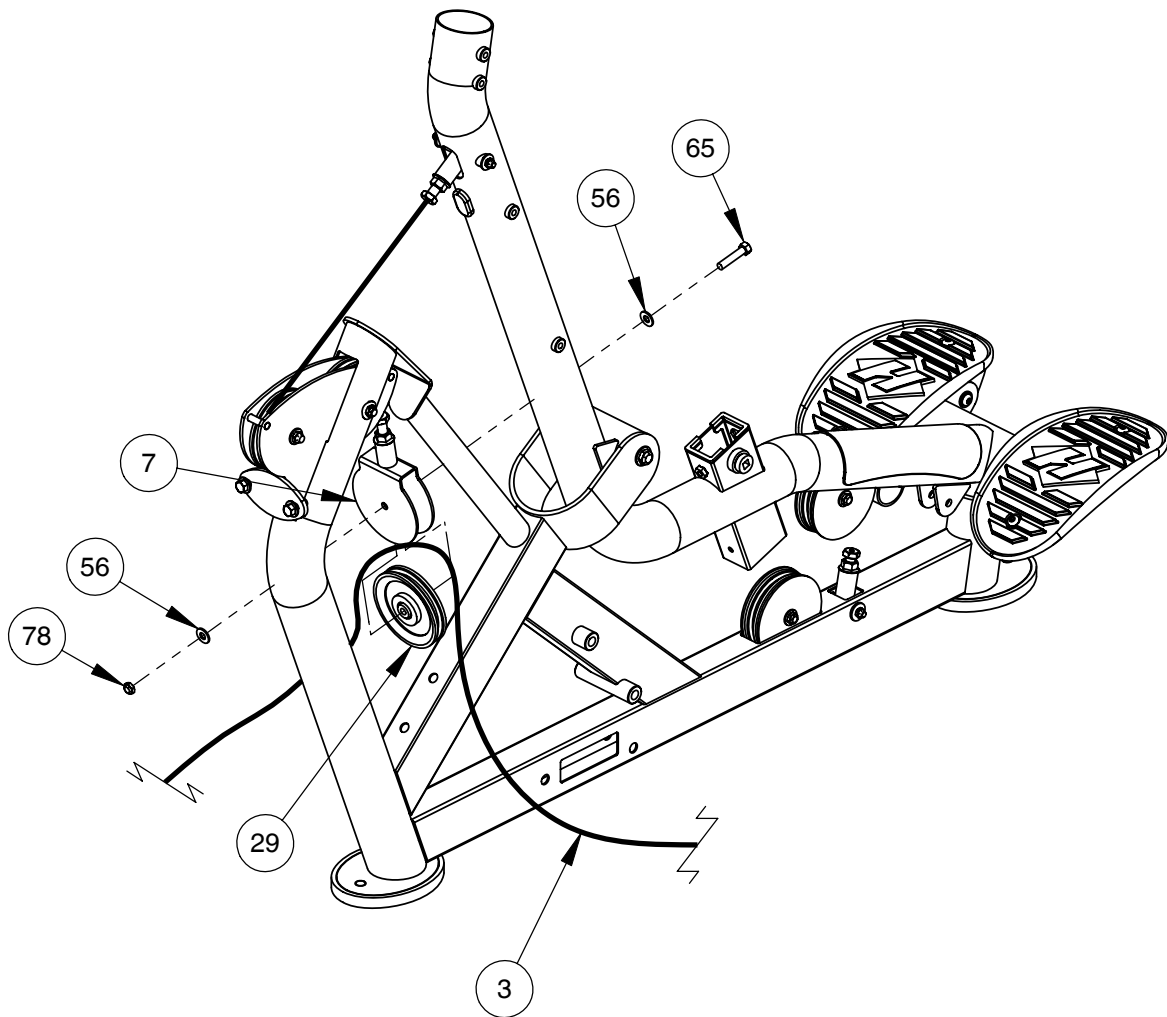




# OWNER'S MANUAL

## FRAME ASSEMBLY

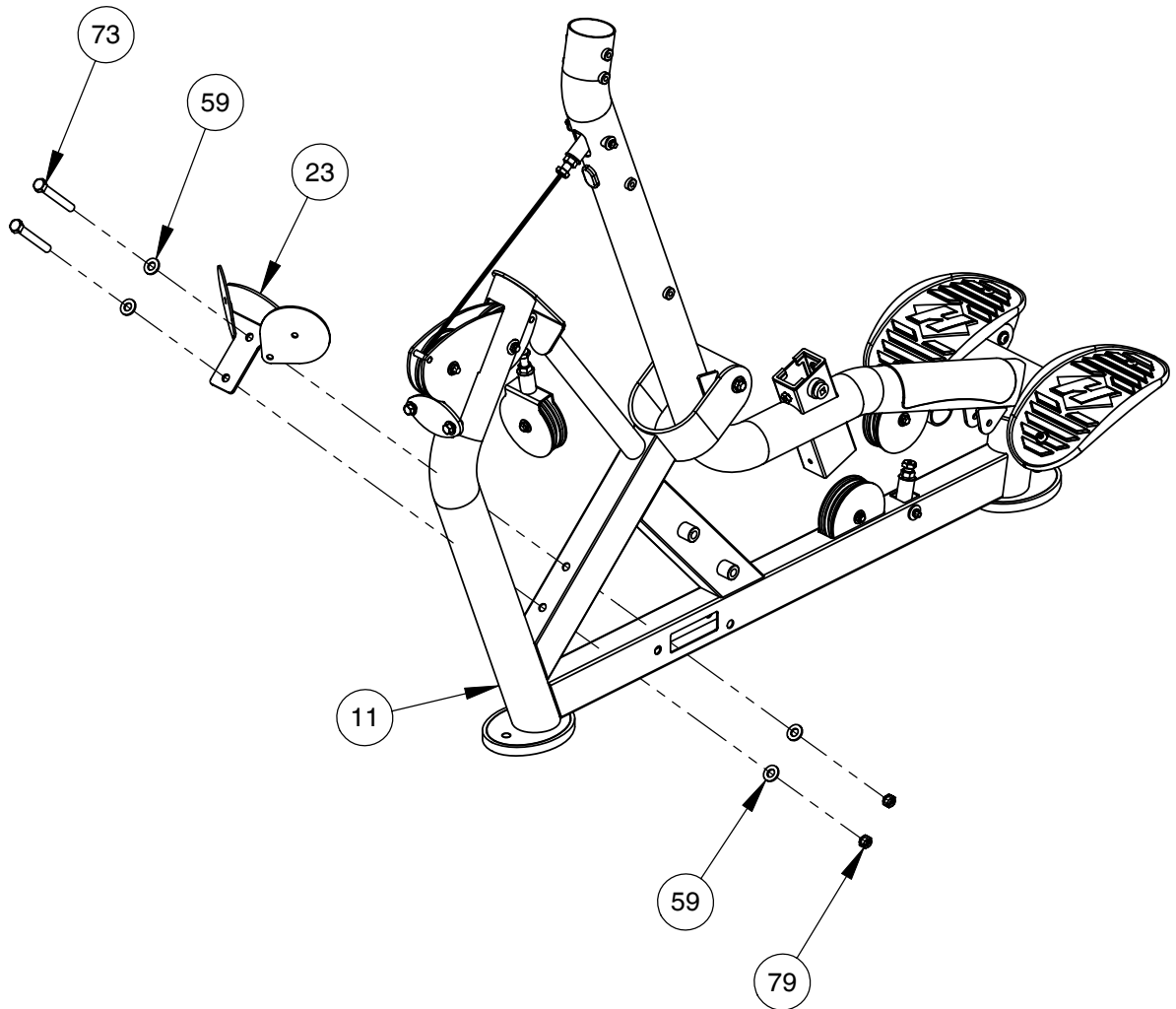
- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - REPEAT STEPS FOR OPPOSITE SIDE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

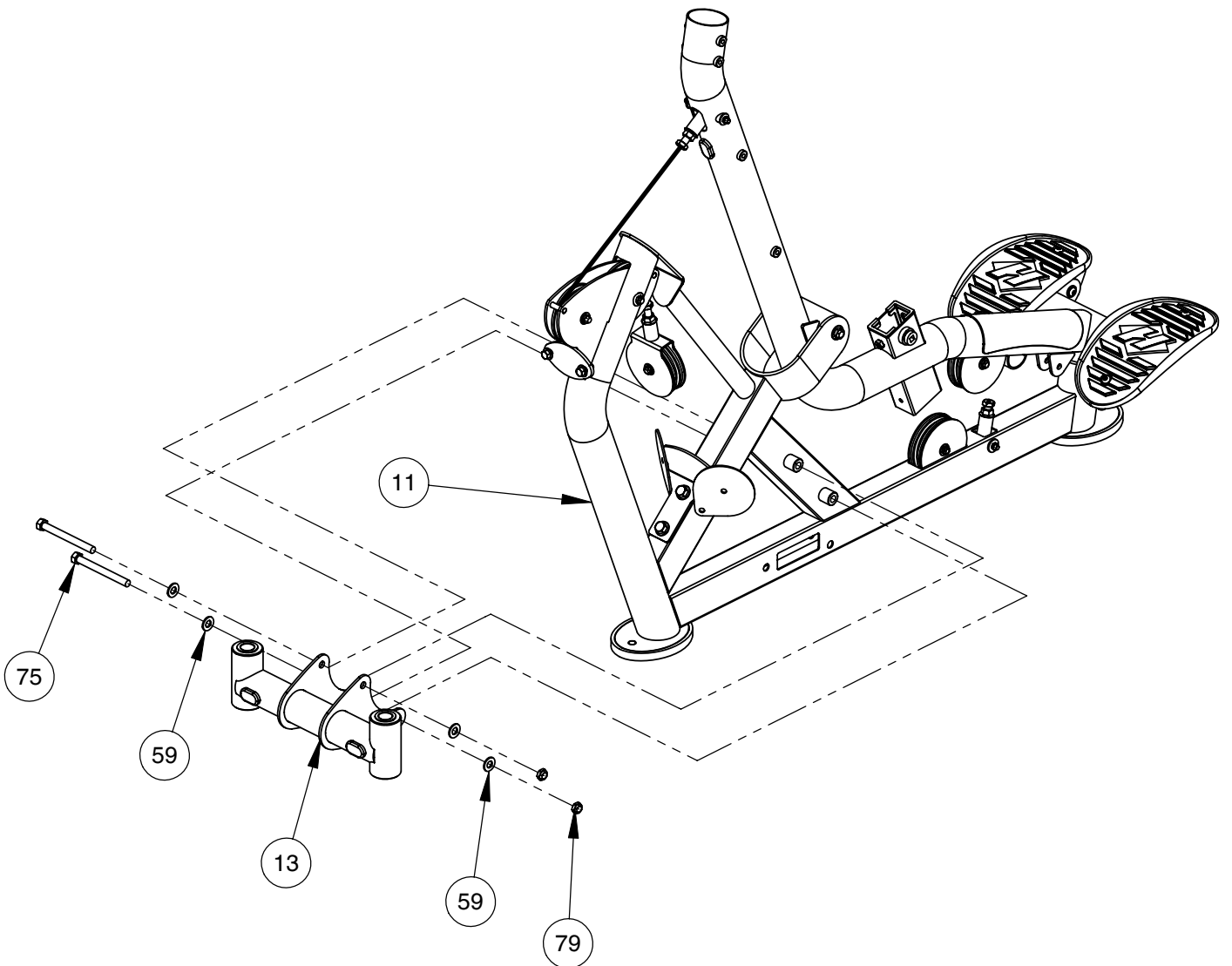
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

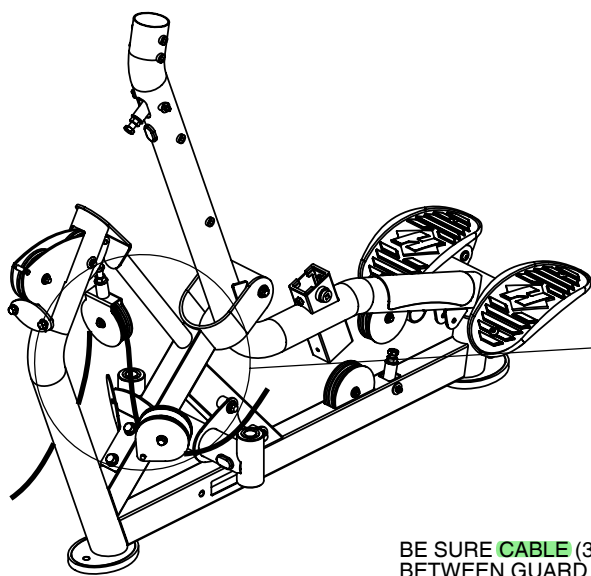
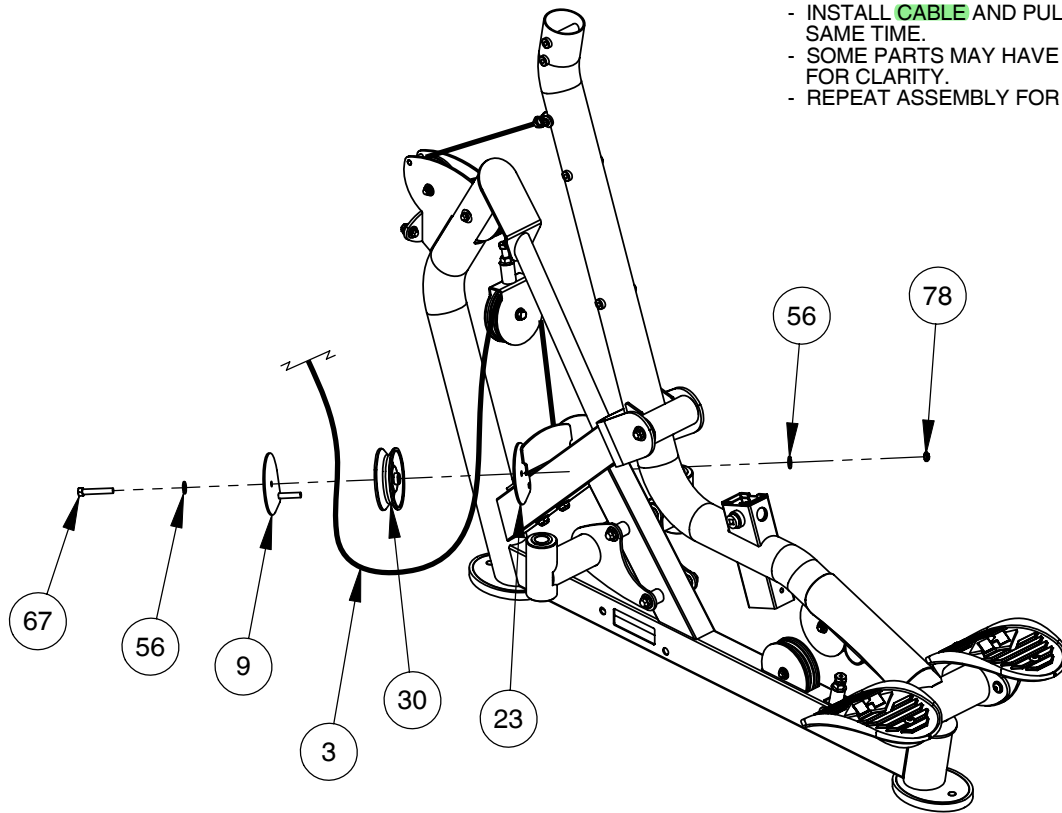


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



PULLEY

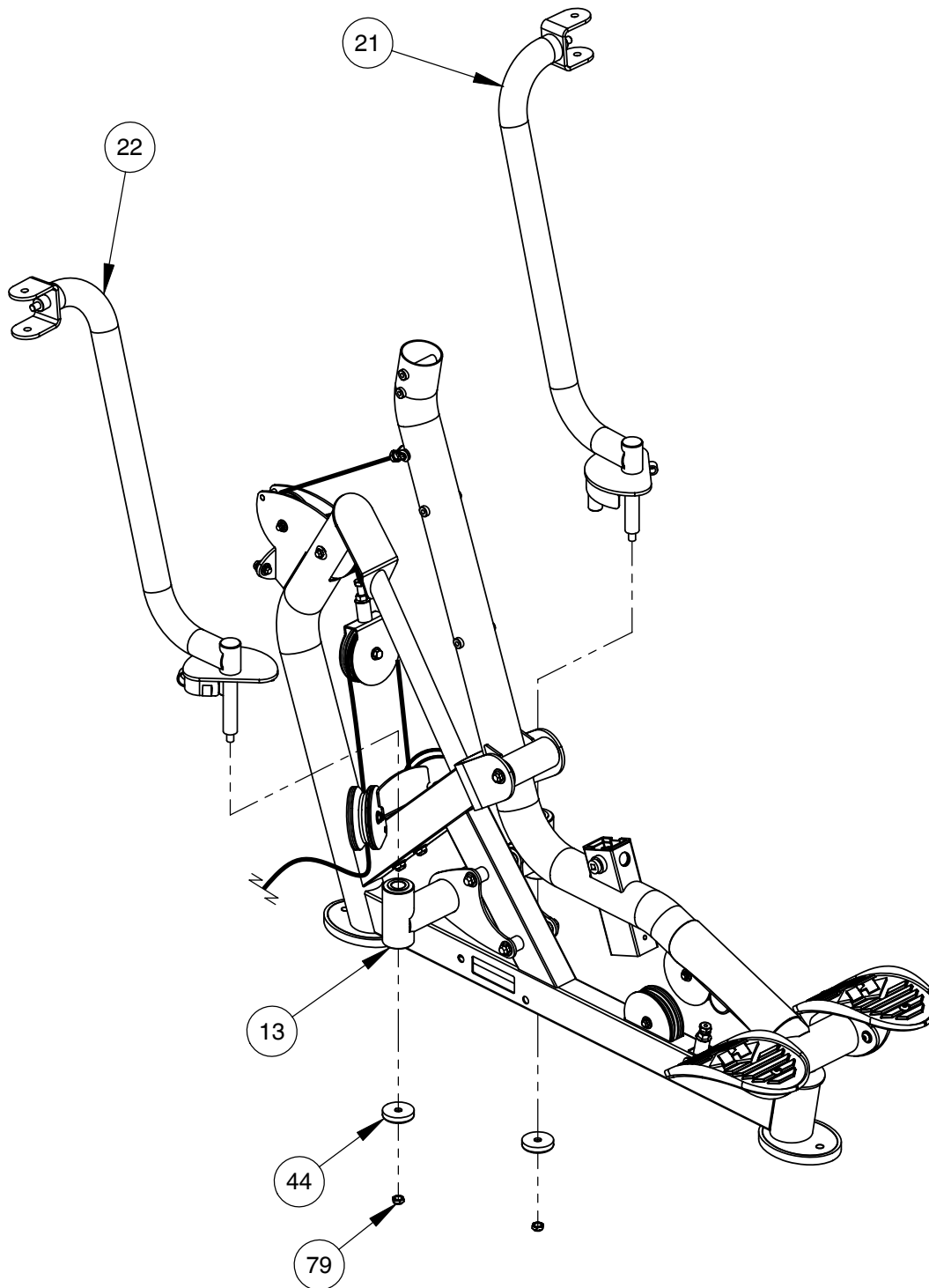
BE SURE **CABLE** (3) IS POSITIONED BETWEEN GUARD PIN AND PULLEY AS SHOWN.

GUARD PIN

# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

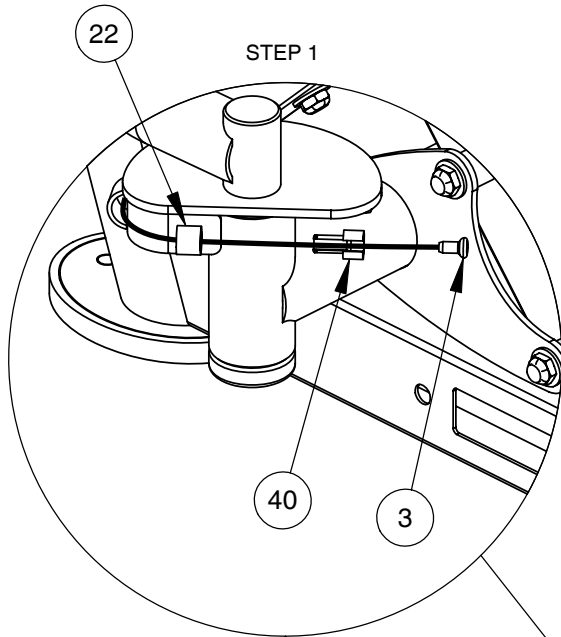


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

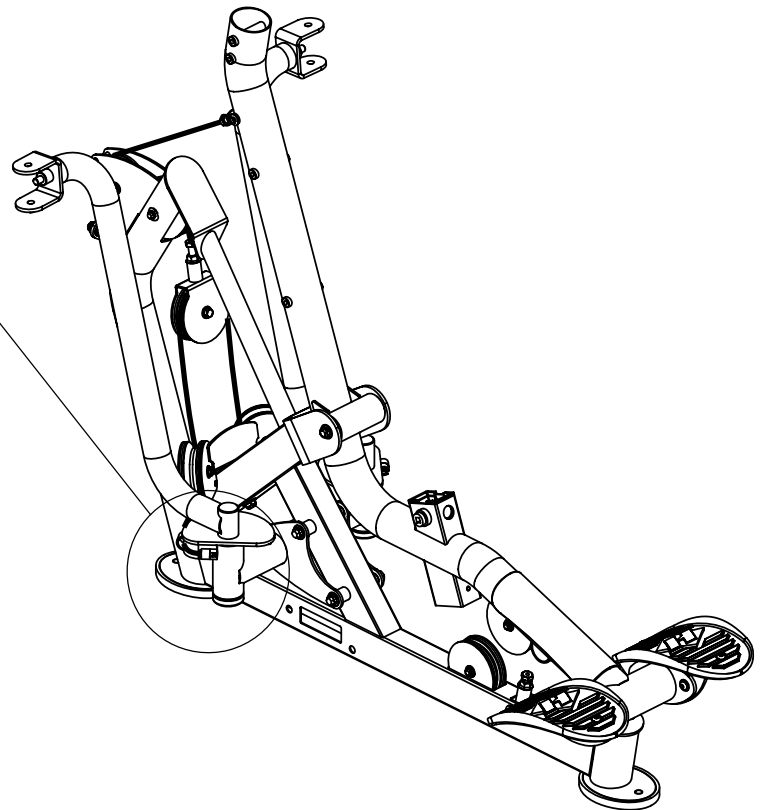
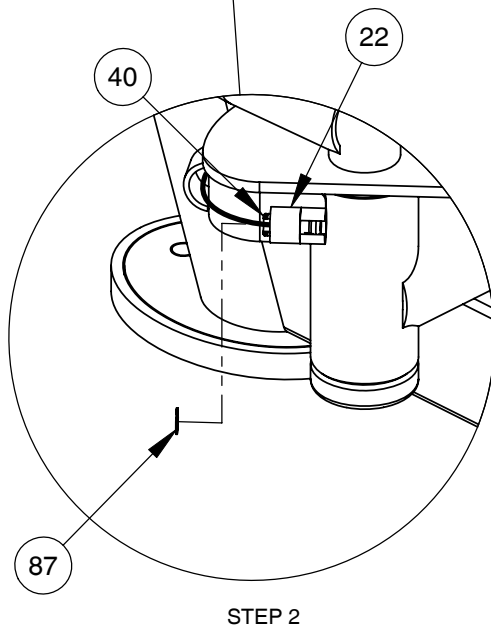


**STEP 1:**

- FEED **CABLE** (3) THROUGH ARM ASSEMBLY (22) AND THROUGH QUICK RELEASE (40), AS SHOWN.

**STEP 2:**

- FASTEN QUICK RELEASE THROUGH ARM ASSEMBLY (22) AND SECURE WITH CLIP (87).

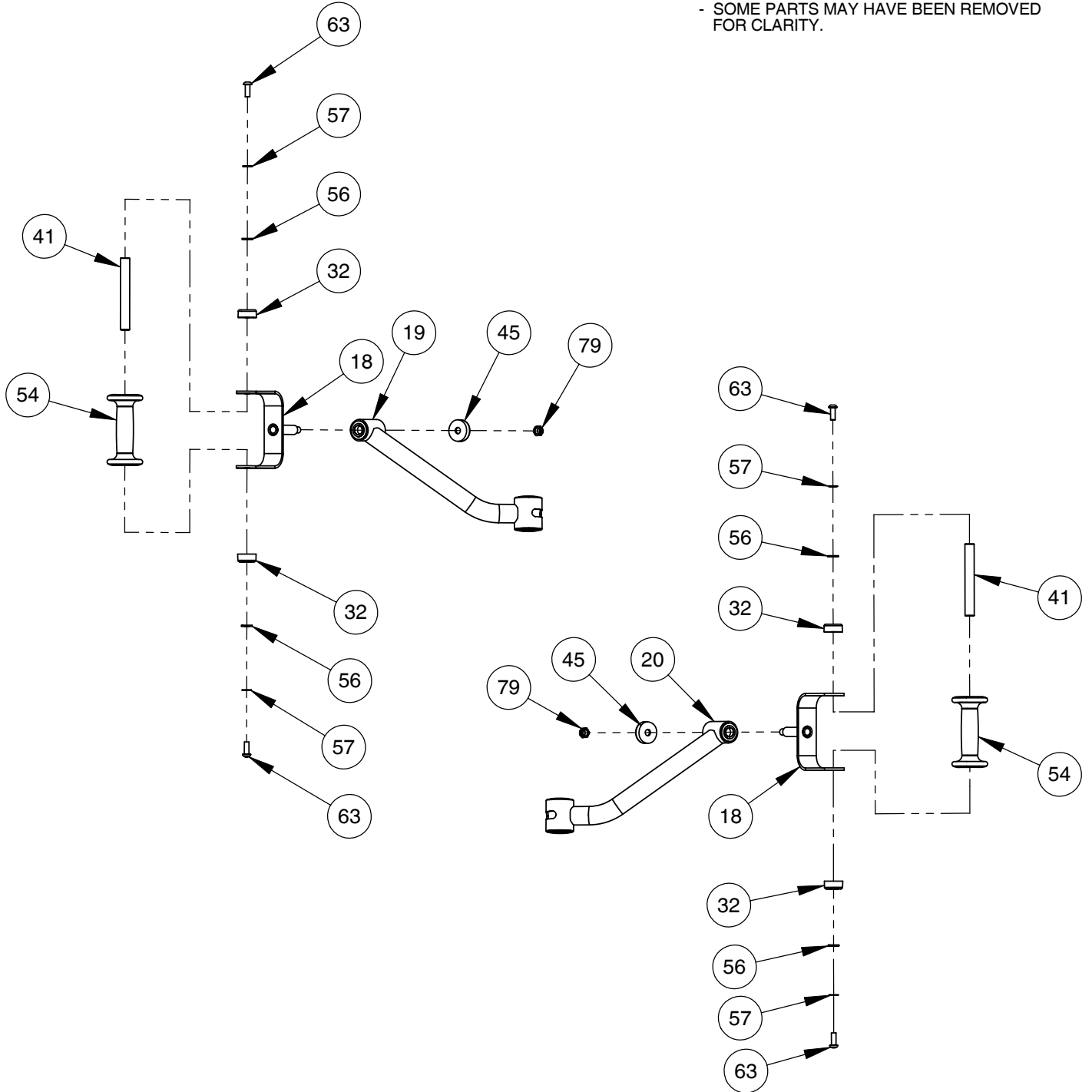


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE (79) THEN LOOSEN JUST ENOUGH FOR (18) TO ROTATE FREELY.
- WRENCH TIGHTEN ALL OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

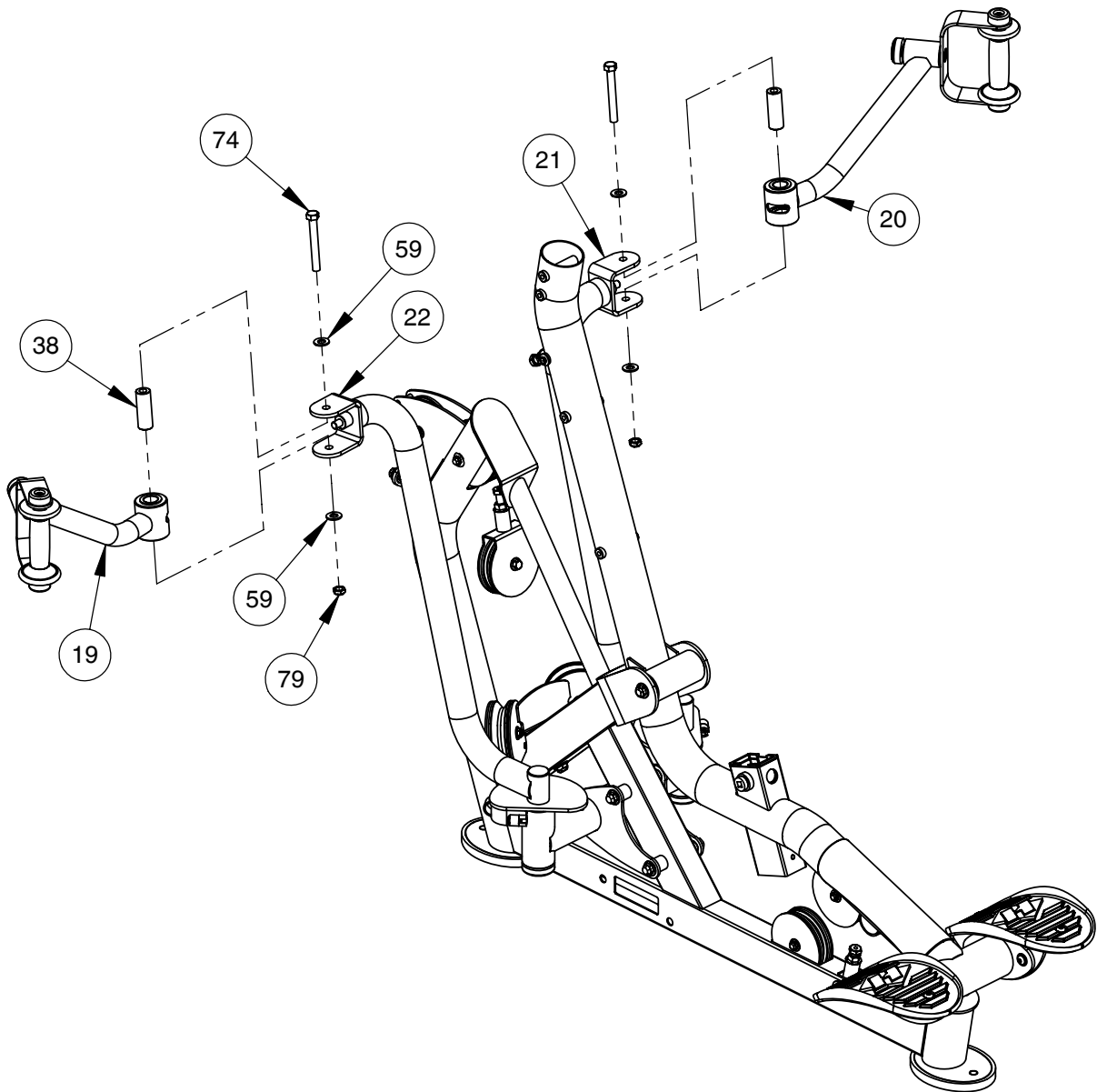


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

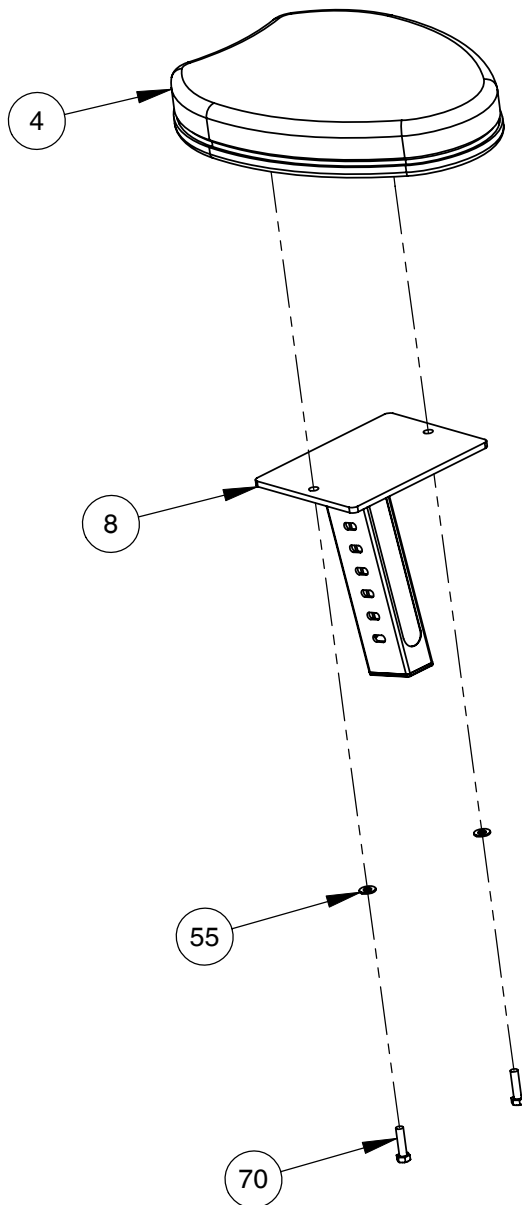




# OWNER'S MANUAL

## FRAME ASSEMBLY

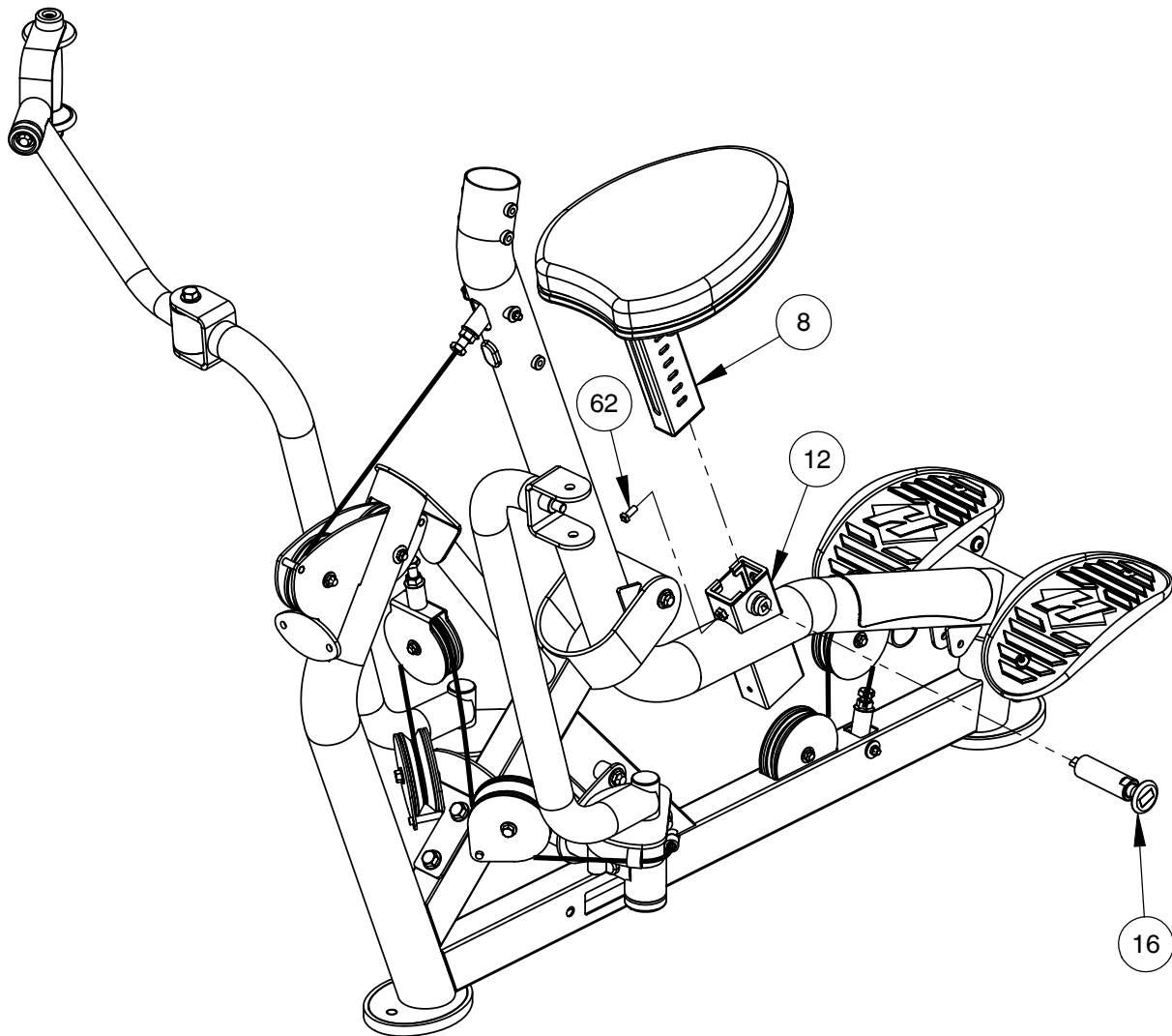
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

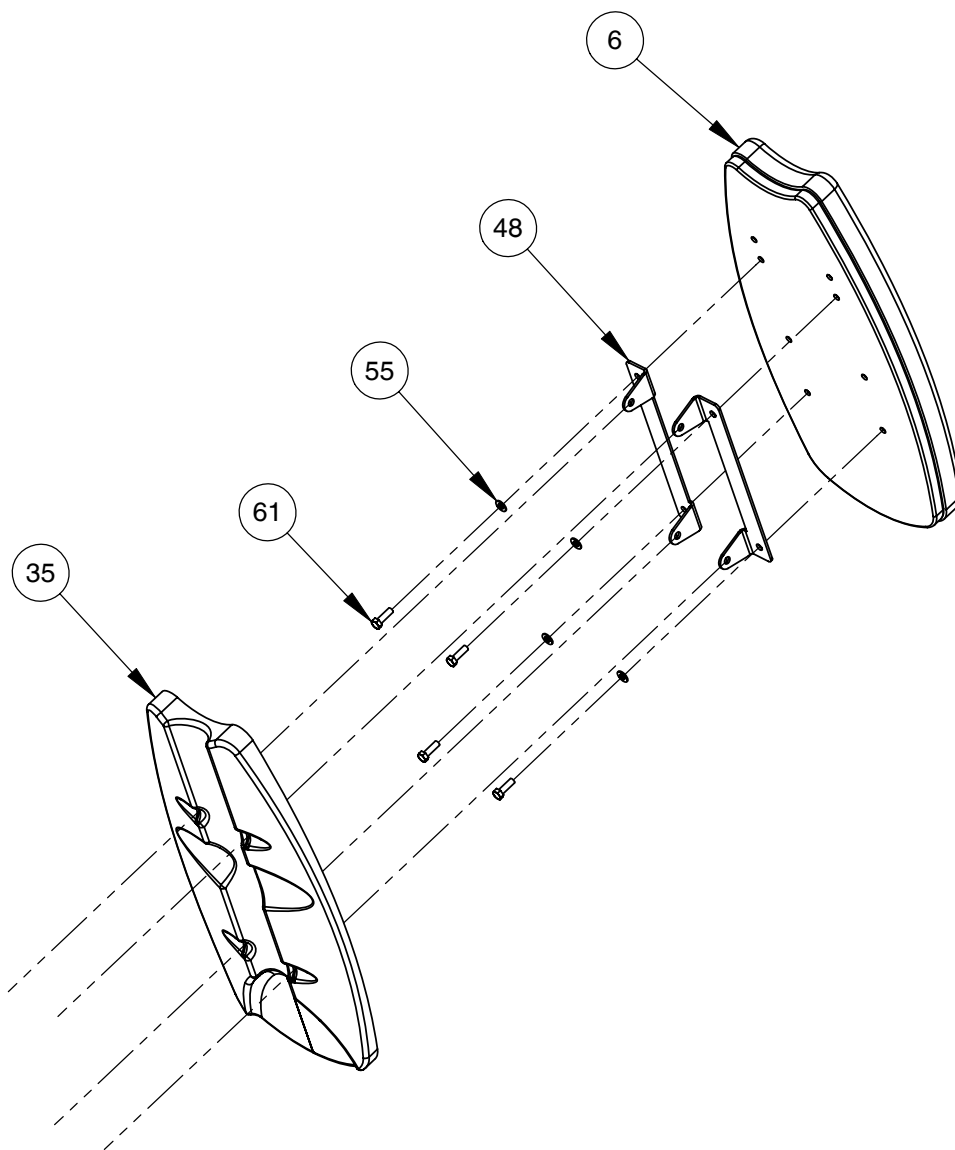
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

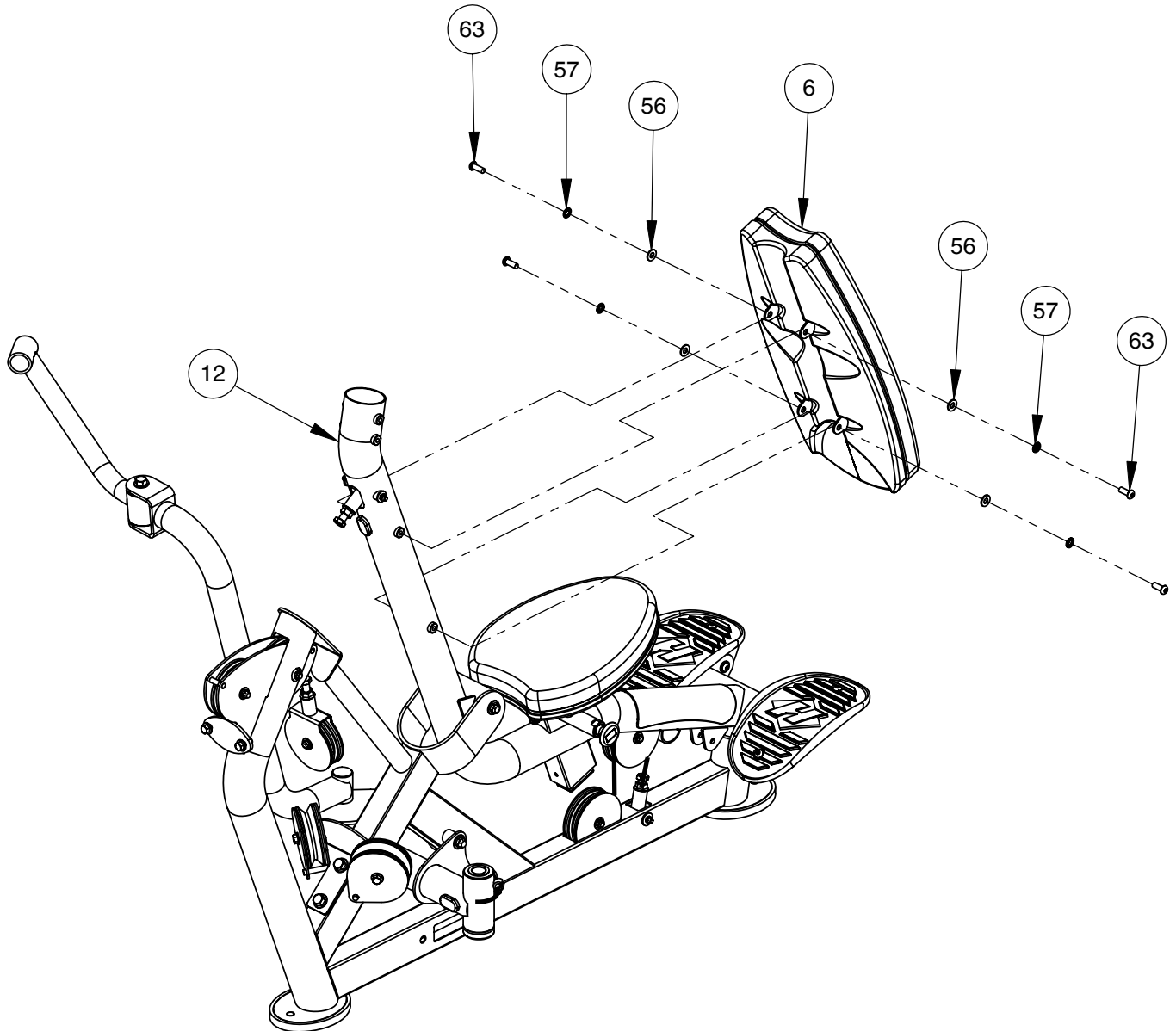
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

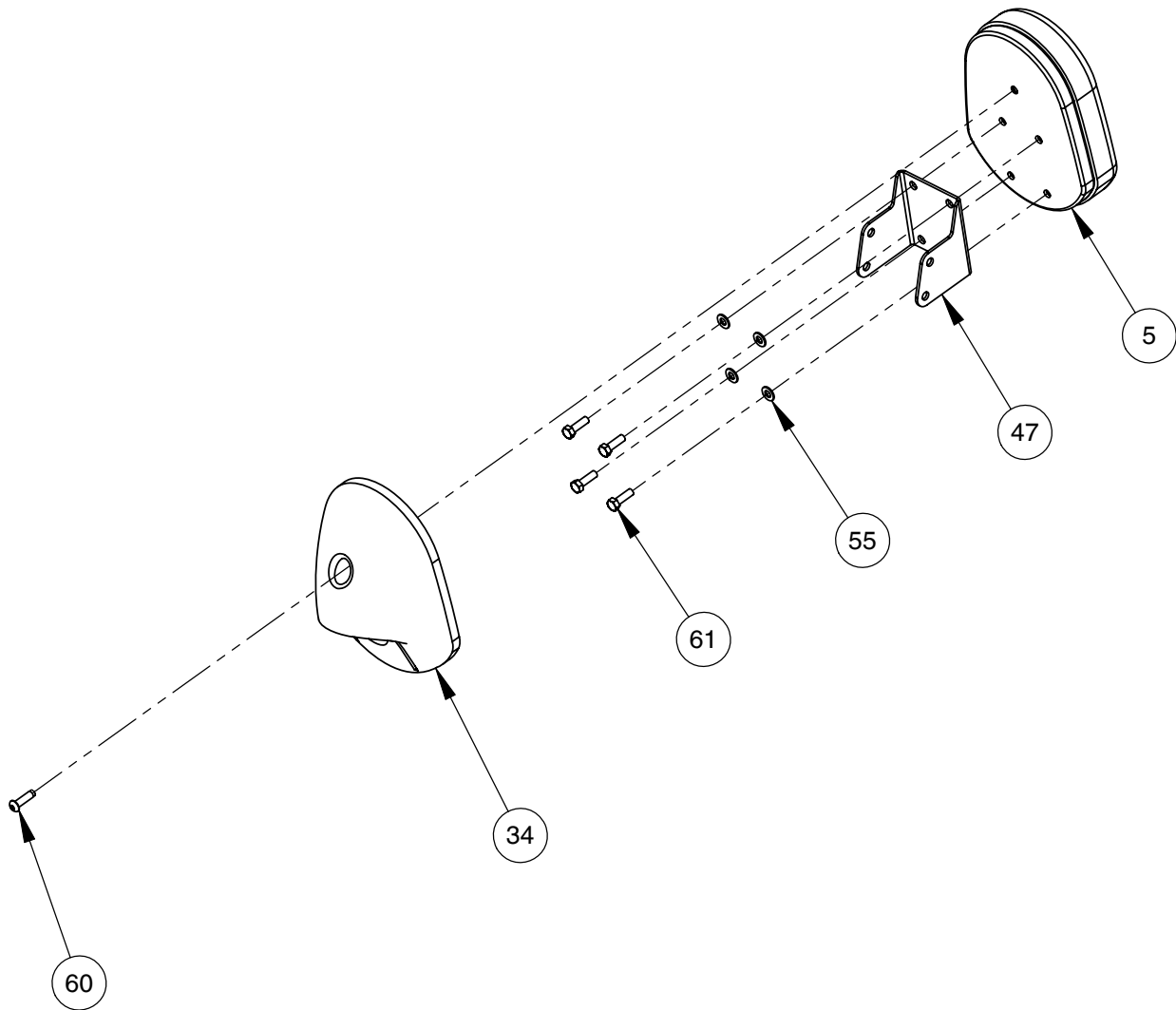
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

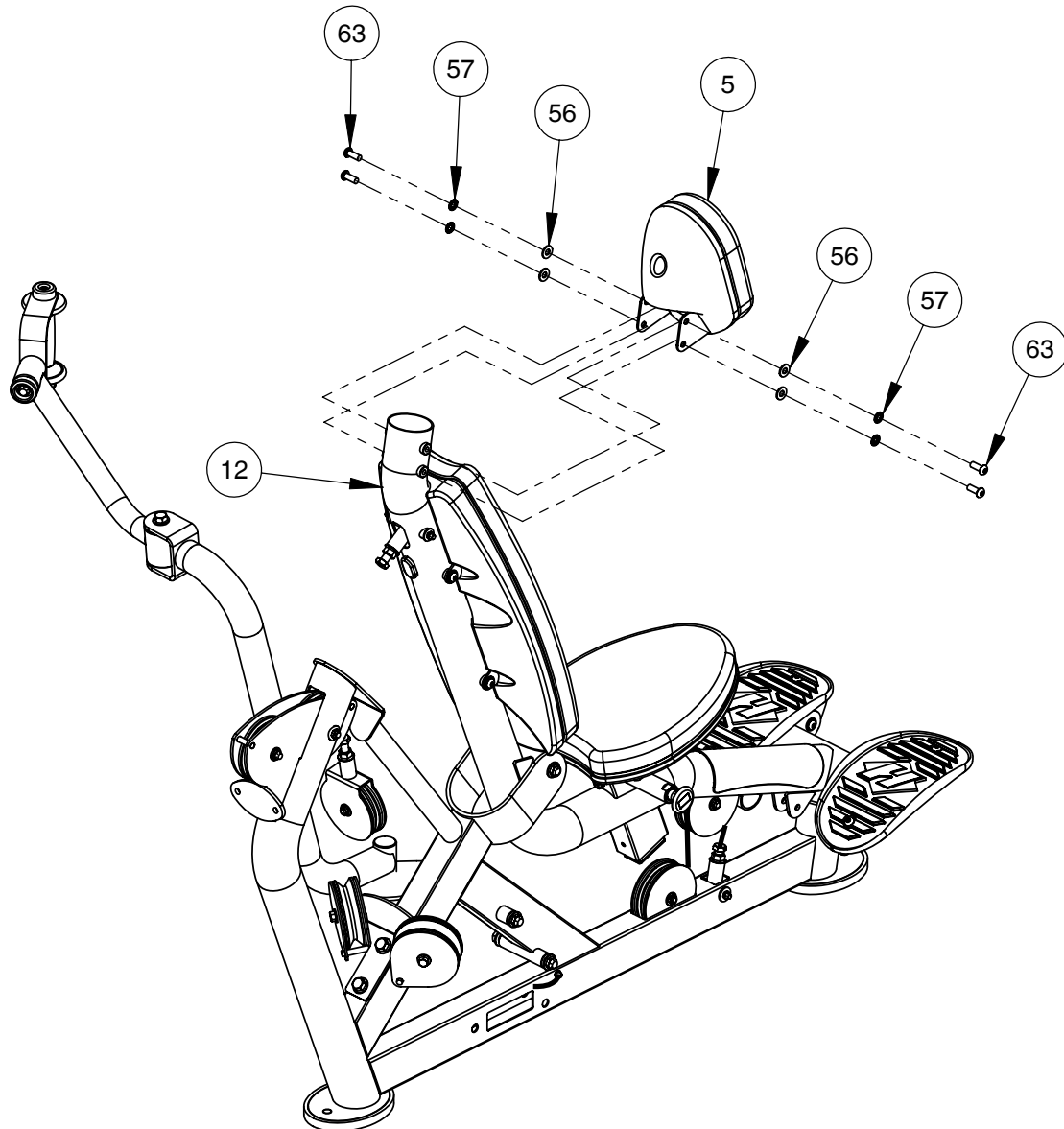
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

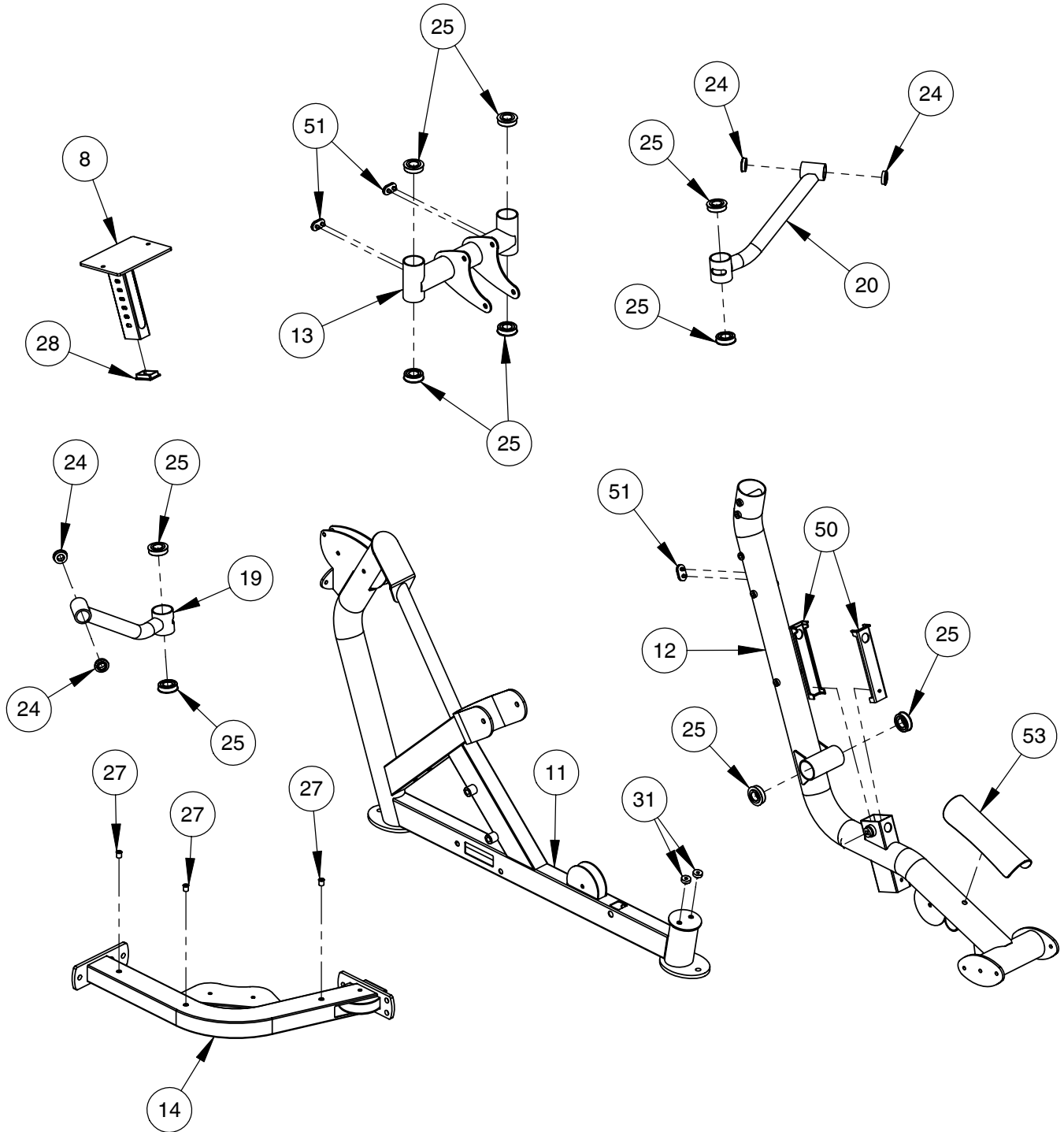


### \*IMPORTANT\*

NOW THAT THE RS-1302 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

## PRE-ASSEMBLY



# OWNER'S MANUAL

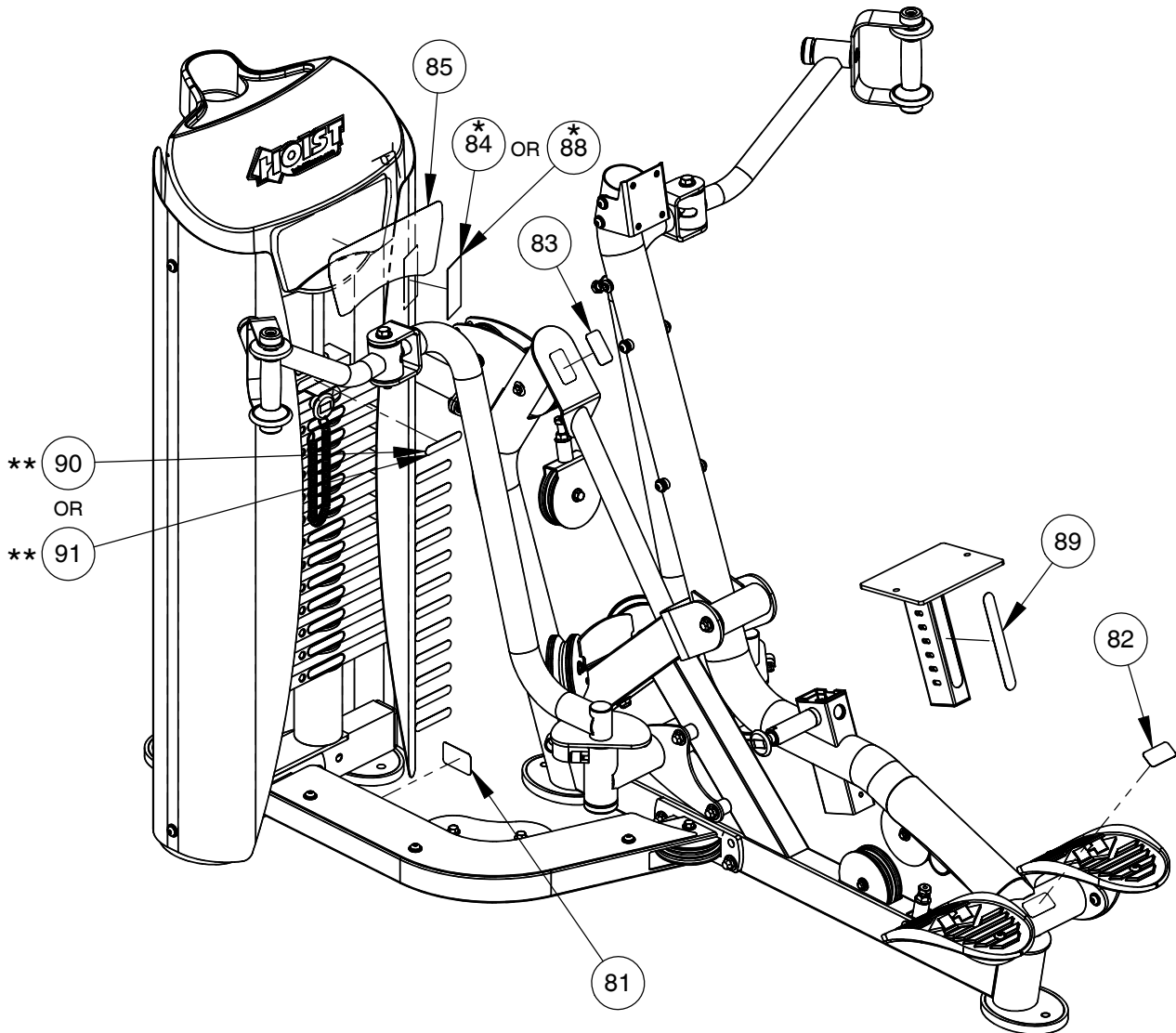
## FRAME ASSEMBLY

NOTE:

- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

\* FOR CIRCUIT STACK, USE ITEM #84.  
FOR COMPETITION STACK, USE ITEM #88.

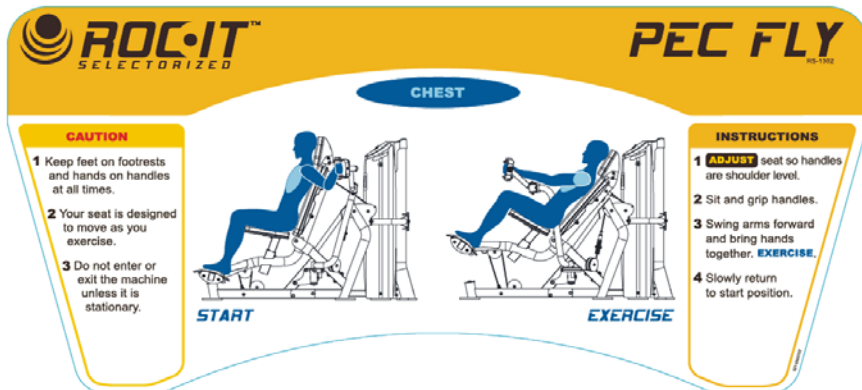
\*\* FOR CIRCUIT STACK, USE ITEM #90.  
FOR COMPETITION STACK, USE ITEM #91.





# OWNER'S MANUAL

## DECAL REFERENCE



021-0003322



021-0003093

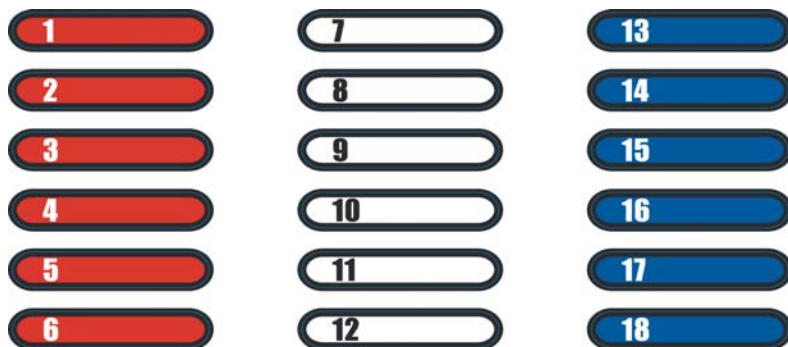
021-0003707



021-0003422

(kg)	RS-1302 PEC FLY COMPETITION - HEAVY CABLING	(lbs)
3	1	7
6	2	12
8	3	18
11	4	25
14	5	32
18	6	39
21	7	46
24	8	53
27	9	60
30	10	67
33	11	74
37	12	81
40	13	88
43	14	95
46	15	102
49	16	109
53	17	116
56	18	123

021-0003712



021-0003515

(kg)	RS-1302 PEC FLY CIRCUIT - HEAVY CABLING	(lbs)
3	1	7
6	2	12
8	3	18
10	4	23
13	5	28
15	6	33
18	7	39
20	8	44
23	9	51
26	10	58
29	11	65
33	12	72
36	MAX	79

021-0003713



021-0004032



SERIAL # DECAL

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0608	CABLE ASSEMBLY: PEC FLY FLOATING PULLEY 34.8431" LG.	1
2	010-01C0609	CABLE ASSEMBLY: PEC FLY WEIGHT STACK 156.00" LG.	1
3	010-01C0610	CABLE ASSEMBLY: PEC FLY CAM 57.05" LG.	1
4	022-01PD2054-A	SEAT PAD ASSEMBLY	1
5	022-01PD2055	UPHOLSTERED HEAD PAD	1
6	022-01PD2058	UPHOLSTERED BACK PAD	1
7	026-01X2359	ADJUSTABLE FLOATING PULLEY ASSEMBLY $\phi$ 4.50"	1
8	026-01X2387	SEAT PAD ASSEMBLY	1
9	026-01X2391	PULLEY GUARD ASSEMBLY $\phi$ 4.50"	2
10	026-01X2402	FOOT PLATE ASSEMBLY	2
11	026-01X5190	BASE FRAME ASSEMBLY	1
12	026-01X2775	MAIN ASSEMBLY	1
13	026-01X5191	ARM MOUNT ASSEMBLY	1
14	026-01X2840	CROSS MEMBER ASSEMBLY	1
15	026-01X2841	CROSS BAR ASSEMBLY	1
16	026-01X2849	RACHET PULL-PIN ASSEMBLY	1
17	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
18	026-01X3338	HANDLE YOKE ASSEMBLY	2
19	026-01X5131	HANDLE LINK ASSEMBLY (LEFT)	1
20	026-01X5132	HANDLE LINK ASSEMBLY (RIGHT)	1
21	026-01X5135	PEC ARM ASSEMBLY (RIGHT)	1
22	026-01X5136	PEC ARM ASSEMBLY (LEFT)	1
23	026-01X5137	PULLEY V-MOUNT ASSEMBLY $\phi$ 4.50"	1
24	014-0005001	BEARING: (SMALL) $\phi$ 1.37" O.D. X $\phi$ .75" I.D.	4
25	014-0009007	BEARING: FLANGE BEARING $\phi$ 2.00" O.D. X $\phi$ 1.00" I.D.	10
26	014-0101020	BUSHING: OILITE FLANGE $\phi$ .63" O.D. X $\phi$ .38" I.D. X .50" LG.	4
27	014-0104004	BUSHING: SLEEVE, BRONZE $\phi$ .52" O.D. X $\phi$ .31" I.D. X .59" LG.	3
28	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
29	018-0001003	CABLE PULLEY: $\phi$ 4.50"	8
30	018-0002012	WIDE GROOVE PULLEY $\phi$ 4.50"	2
31	019-0001001	PLUG BUMPER	2
32	019-0001003	BUMPER (BLACK) $\phi$ 1.50" O.D. X $\phi$ .75" I.D. X .63" LG.	4
34	022-01PD2055-5	PLASTIC HEAD PAD BACKING	1
35	022-01PD2058-5	PLASTIC BACK PAD BACKING	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01F0256	BACKING PLATE	1
37	026-01M0660	SHAFT: $\phi$ 1.00" O.D. X $\phi$ .52" I.D. X 4.69" LG.	1
38	026-01M0729	SHAFT: $\phi$ 1.00" O.D. X $\phi$ .52" I.D. X 2.78" LG.	2
39	026-01M0760	HEAVY FLANGED SPACER: $\phi$ .67" O.D. X $\phi$ .39" I.D. X .50" LG.	2
40	026-01M0836	QUICK RELEASE CABLE LOCK 1/4"	2
41	026-01M1041	SHAFT: $\phi$ .75" O.D. X 5.85" LG.	2
42	026-01M1103	THREADED CABLE ANCHOR $\phi$ 1.00" O.D X 2.50" LG.	2
43	026-01M1137	CABLE ANCHOR SHAFT $\phi$ .38"O.D. X 3.06" LG.	1
44	026-01M2320	END CAP: DOMED $\phi$ 2.25" O.D.	2
45	026-01M2322	END CAP DOMED $\phi$ 1.75" O.D.	2
46	026-01P2653	'H' PLATE	1
47	026-01P2920	HEAD BRACKET MOUNT	1
48	026-01P2925	PAD MOUNT BRACKET	2
49	026-01P3470	CABLE SHIELD	1
50	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
51	026-01PL2005	PLUG BUMPER (2 STEM)	3
52	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2
53	026-01PL2197	PLASTIC SCUFF GUARD 11.05" LG.	1
54	026-01PL2237	HAND GRIP	2
55	013-0302008	5/16" SAE FLAT WASHER (WZ)	10
56	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	57
57	013-0102022	3/8" INTERNAL LOCK WASHER	15
58	013-0102028	3/8" CURVED WASHER (WZ)	2
59	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	26
60	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	1
61	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
62	011-0311013	3/8"-16UNC X .75" SQUARE HEAD (WZ)	1
63	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	23
64	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	2
65	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	3
66	011-0407058	3/8"-16UNC X 2.00" HHB (WZ)	4
67	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)	2
68	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	1
69	011-0107051	3/8"-16UNC X 3.50" HHB (WZ)	1
70	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	2

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
72	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
73	011-0107050	1/2"-13UNC X 3.75" HHB (WZ)	2
74	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	2
75	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	2
76	011-0107036	1/2"-13UNC X 5.75" HHB (WZ)	1
77	012-0102006	5/16"-18UNC THICK NYLOCK NUT (WZ)	4
78	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	21
79	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	17
80	ROC-IT WEIGHT CAGE	ROC-IT WEIGHT CAGE	1
81	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
82	021-0003093	DECAL MOVING PARTS (HORIZONTAL)	1
83	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1
84	021-0003713	DECAL ROC-IT WEIGHT RATIO PEC FLY (CIRCUIT HEAVY)	1
85	021-0003707	PLACARD ROC-IT PEC-FLY	1
86	026-01M1155	CABLE ANCHOR SHAFT $\phi$ .38" X 4.35" LG.	1
87	014-0015019	7/16" EXTERNAL RETAINING RING	2
88	021-0003712	DECAL ROC-IT WEIGHT RATIO PEC FLY (COMPETITION HEAVY)	1
89	021-0004032	DECAL ADJUST 1-7 VERTICAL TXT.	1
90	021-0003422	DECAL ROC-IT WEIGHT STACK (1-12)	1
91	021-0003515	DECAL ROC-IT WEIGHT STACK (1-18)	1

# OWNER'S MANUAL

## **ABBREVIATIONS**

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

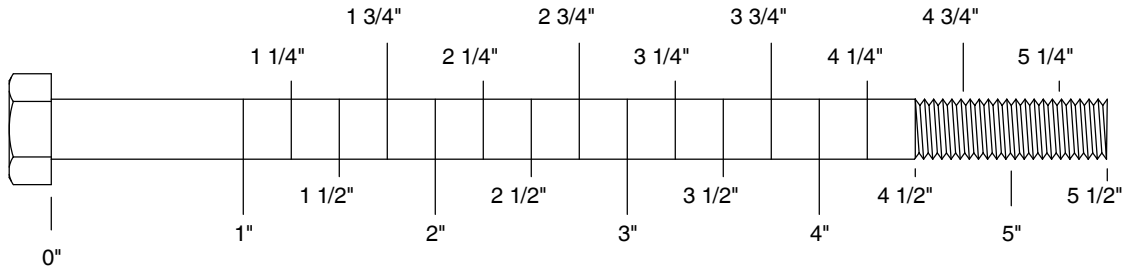
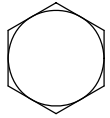
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

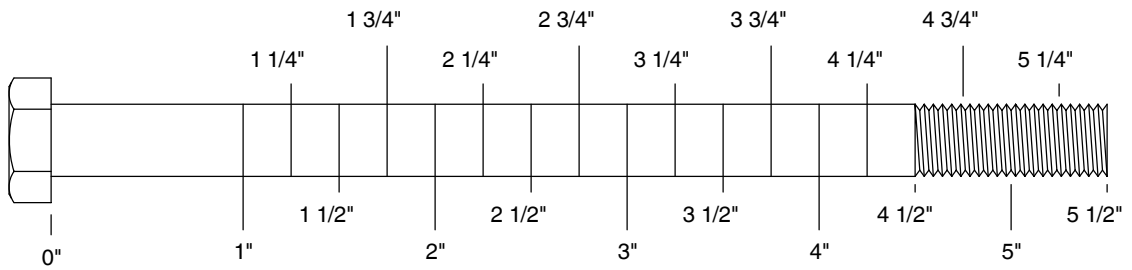
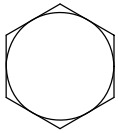
# OWNER'S MANUAL

## BOLT SIZING CHART

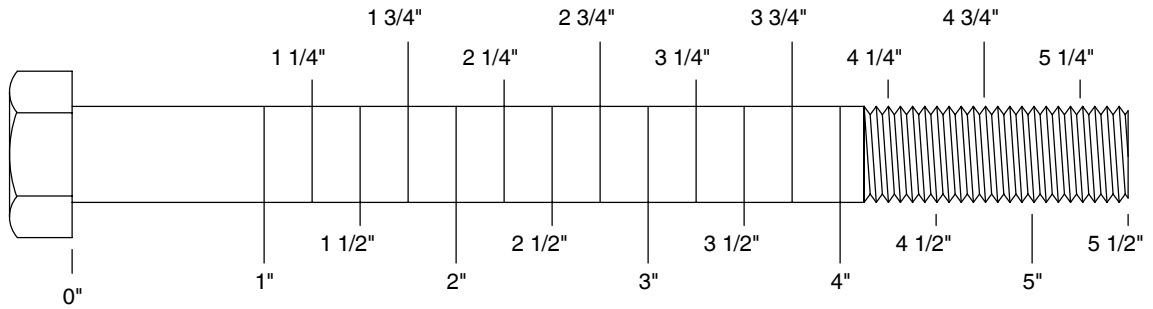
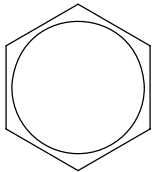
5/16" HHB



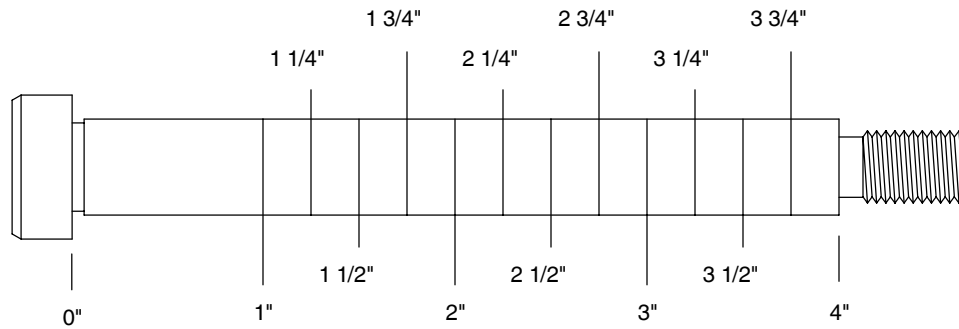
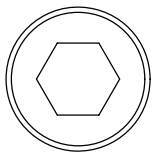
3/8" HHB



1/2" HHB

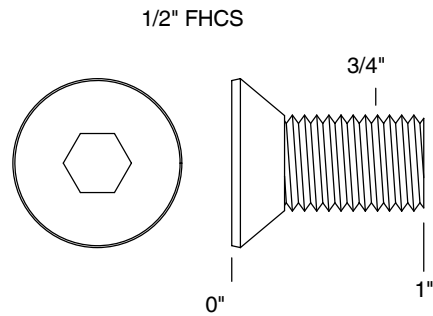
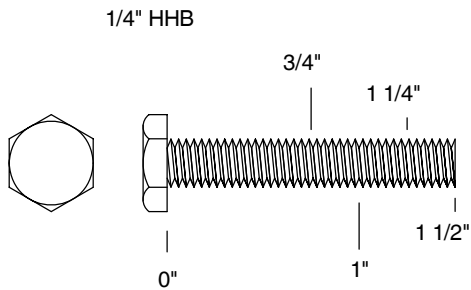
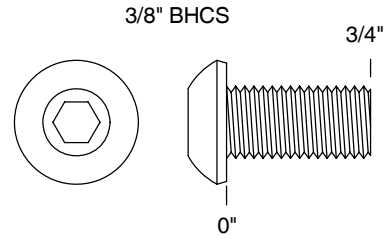
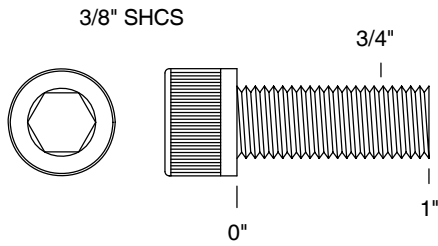
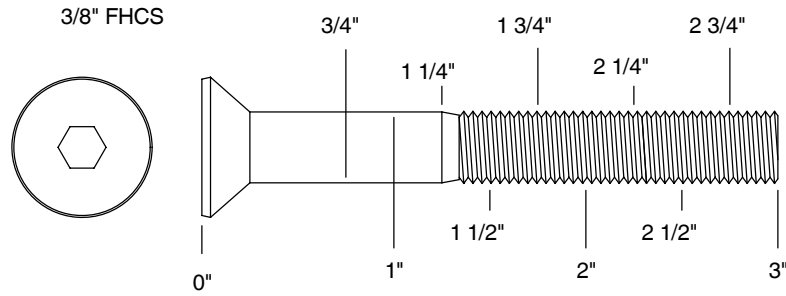


1/2" SHSS



# OWNER'S MANUAL

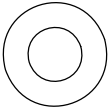
## BOLT SIZING CHART (CONTINUED)



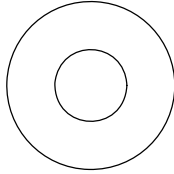
# OWNER'S MANUAL

## WASHER SIZING CHART

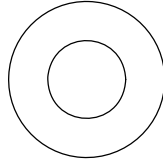
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



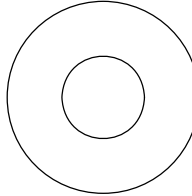
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



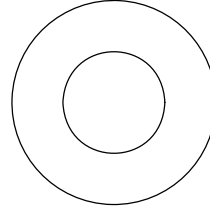
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



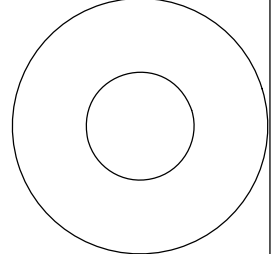
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



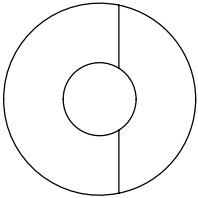
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



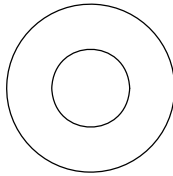
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



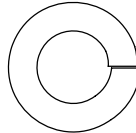
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



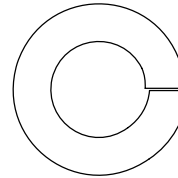
013-0102019  
1/4"  
LOCK WASHER



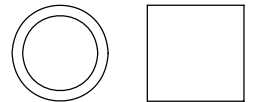
013-0102020  
3/8"  
LOCK WASHER



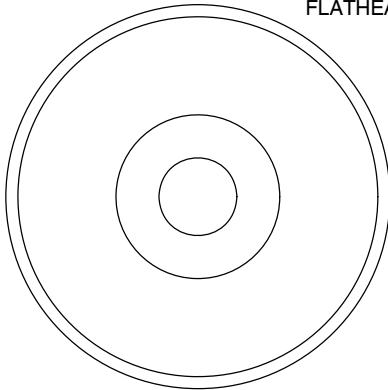
013-0102018  
1/2"  
LOCK WASHER



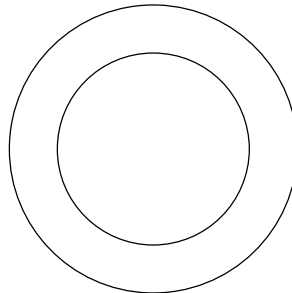
014-0018001  
1/2" LONG  
SPACER



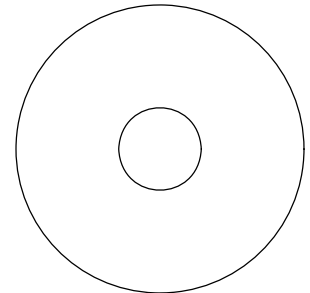
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



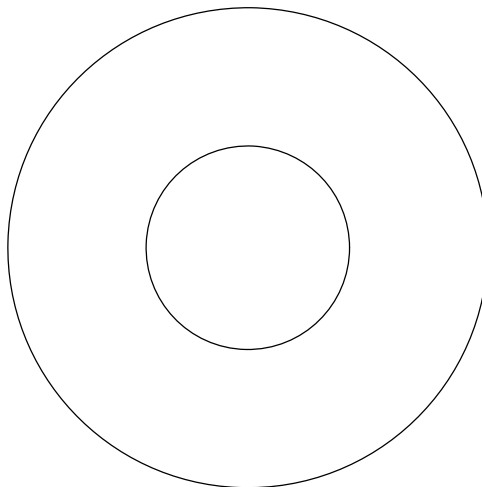
016-0009003  
1" SHIM WASHER



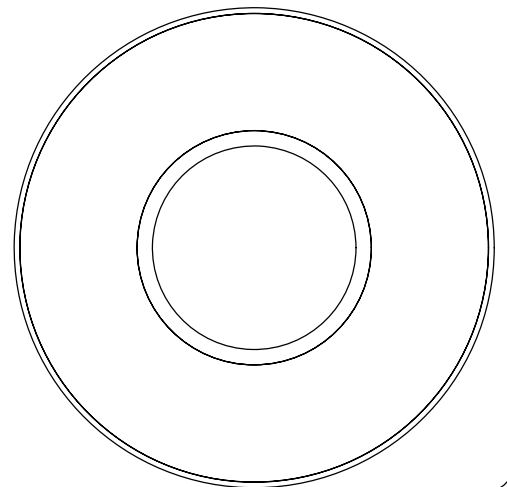
013-0003002  
3/8" FENDER WASHER



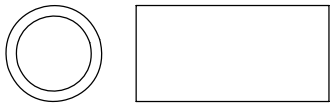
013-0003004  
1 1/16"  
FENDER WASHER



026-01PL151  
PLASTIC 1 1/16"  
FENDER WASHER



014-0018002  
1" LONG  
SPACER

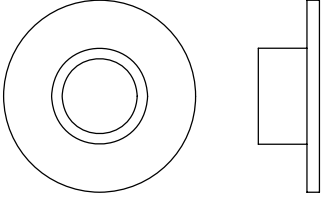




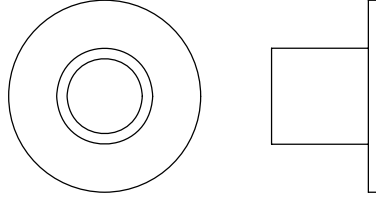
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

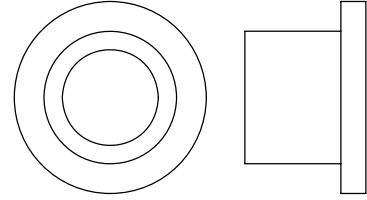
**026-01M0211**  
1/4" LONG  
FLANGED SPACER



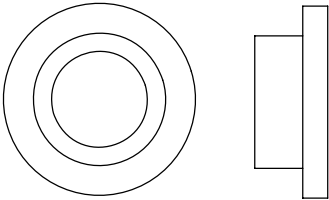
026-01M0198  
1/2" LONG  
FLANGED SPACER



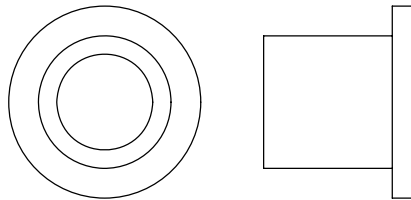
**026-01M0760**  
1/2" LONG HEAVY  
FLANGED SPACER



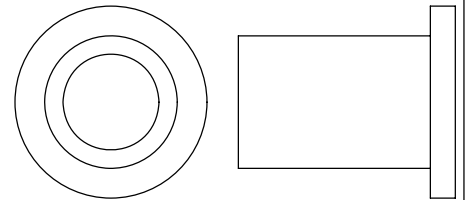
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



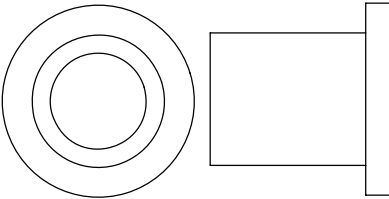
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



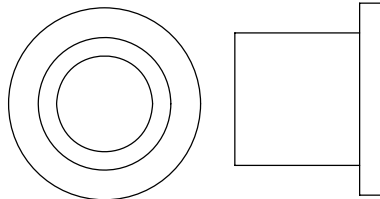
**026-01M0551**  
1" LONG HEAVY  
FLANGED SPACER



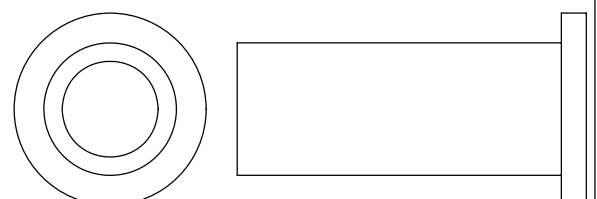
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



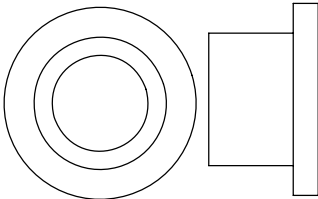
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



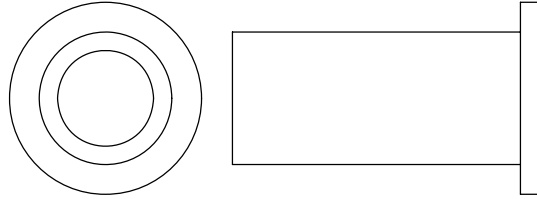
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



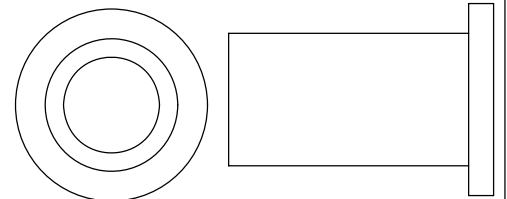
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



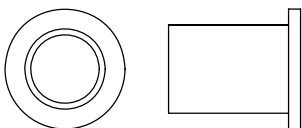
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



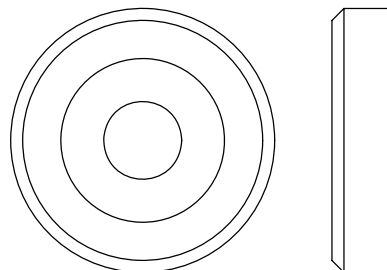
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



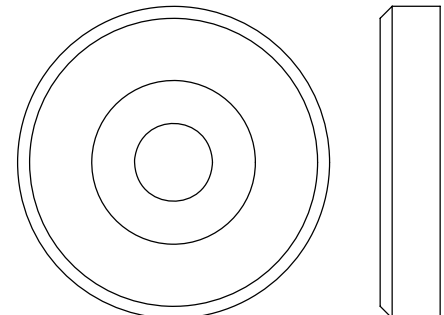
**026-01M0600**  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



**026-01M0239**  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S 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.*

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **GENERAL MAINTENANCE INFORMATION**

### **Links, Pull-Pins, Snap Hooks, 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.

### **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 have been replaced.

### **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, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods 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**

# OWNER'S MANUAL

## **WEIGHT TRAINING TIPS**

Use this manual to guide you through the basic exercises you can perform on your RS-1302 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your RS-1302 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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.

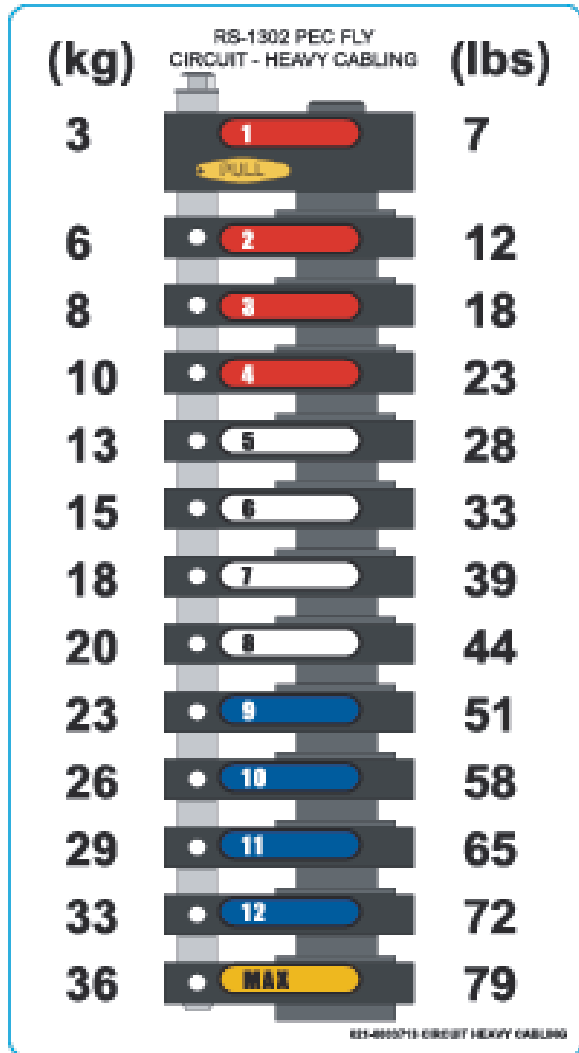
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

**Enjoy your RS-1302 HOIST® Fitness System!**

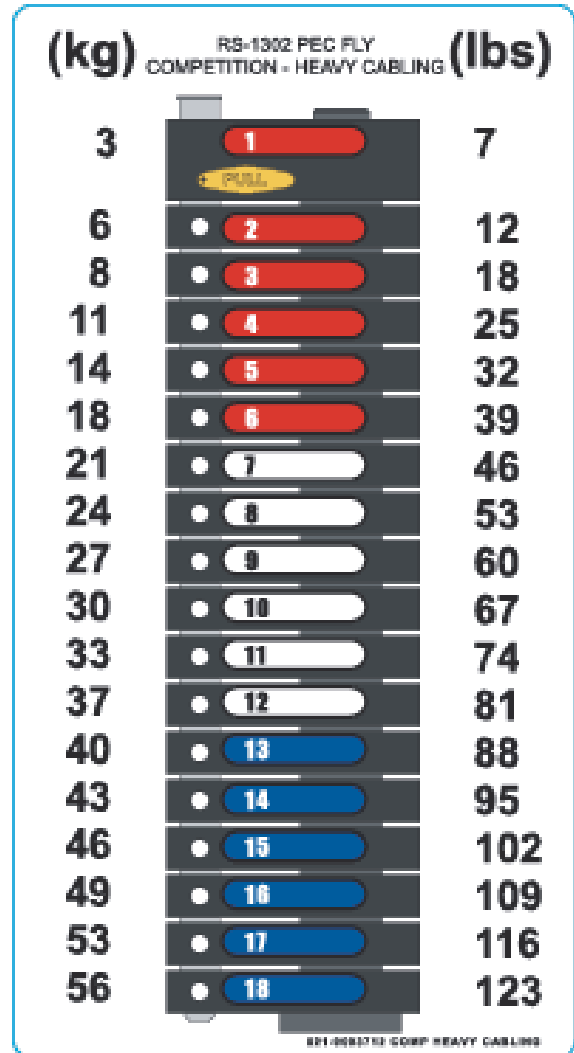
# OWNER'S MANUAL

## WEIGHT RATIOS

CIRCUIT STACK



COMPETITION STACK



The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.  
For Circuit Stack - Light Cabling and Competition Stack - Light Cabling decals, please contact your dealer.



# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **LIMITED LIFETIME WARRANTY**

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

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

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

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

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

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

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

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

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

### **WHAT IS NOT COVERED BY THIS WARRANTY**

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**