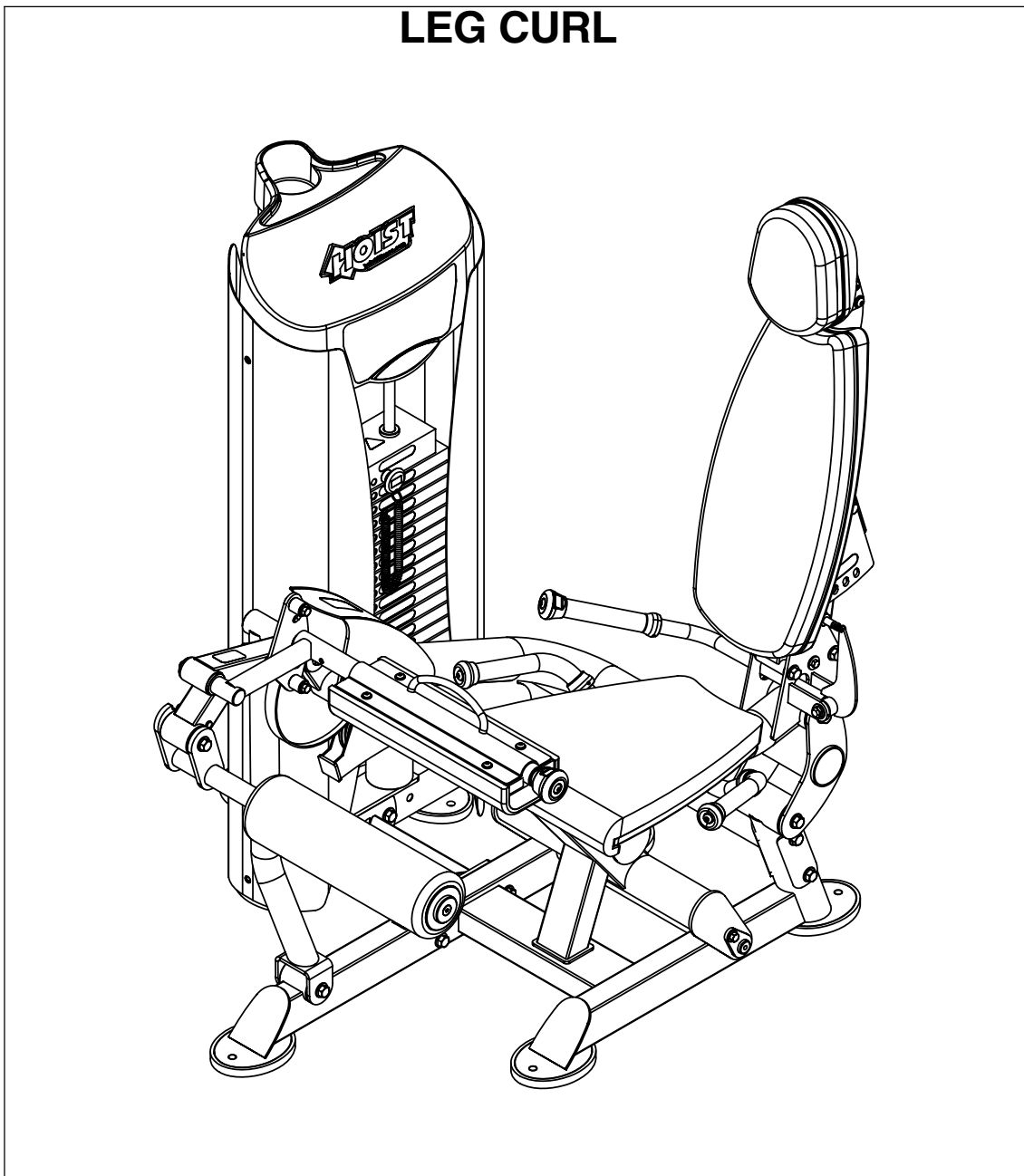


OWNER'S MANUAL

HOLIST

RS-1402 LEG CURL



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0406 - 017

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

OWNER'S MANUAL

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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

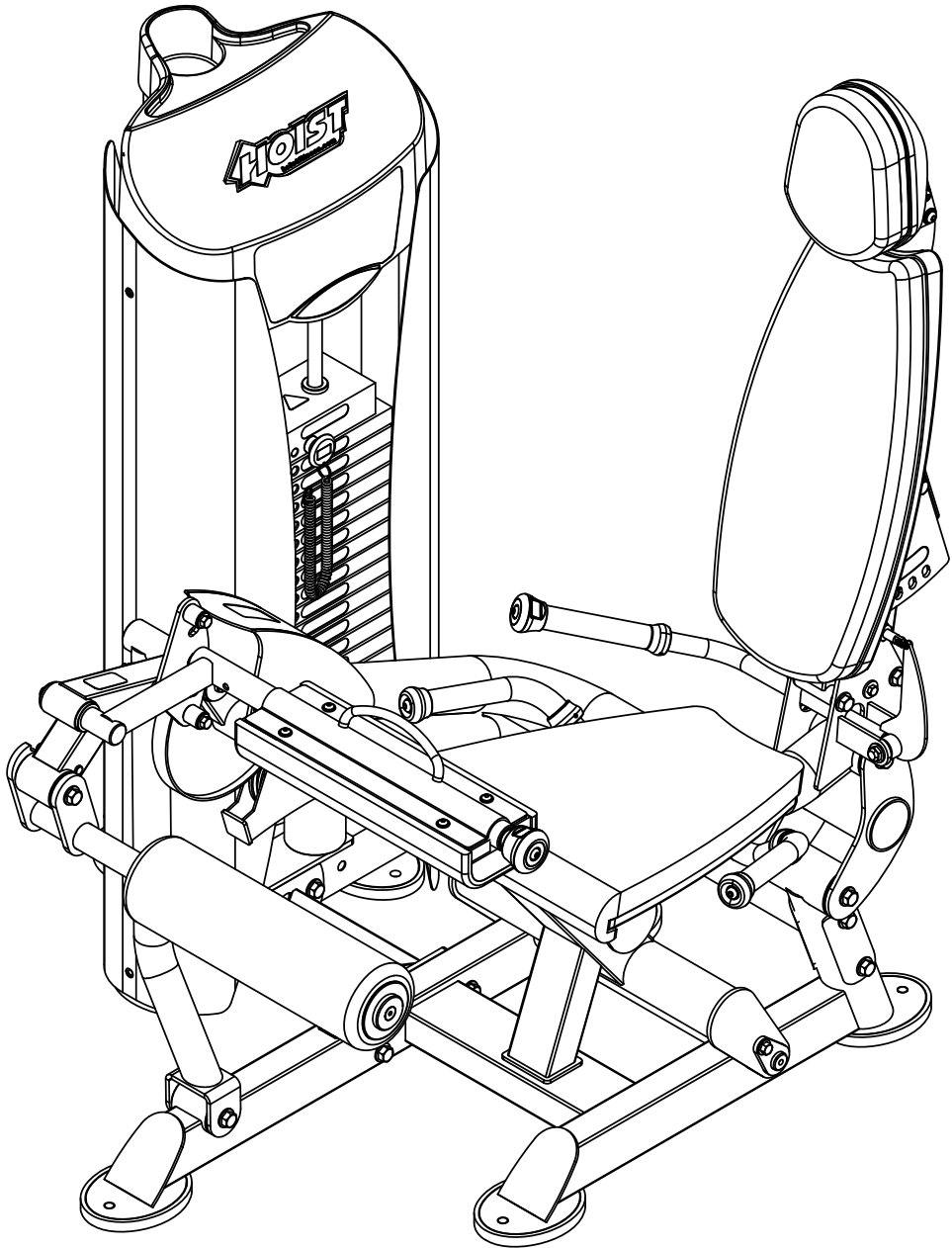
Hex Key Wrench Set

OWNER'S MANUAL

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OWNER'S MANUAL

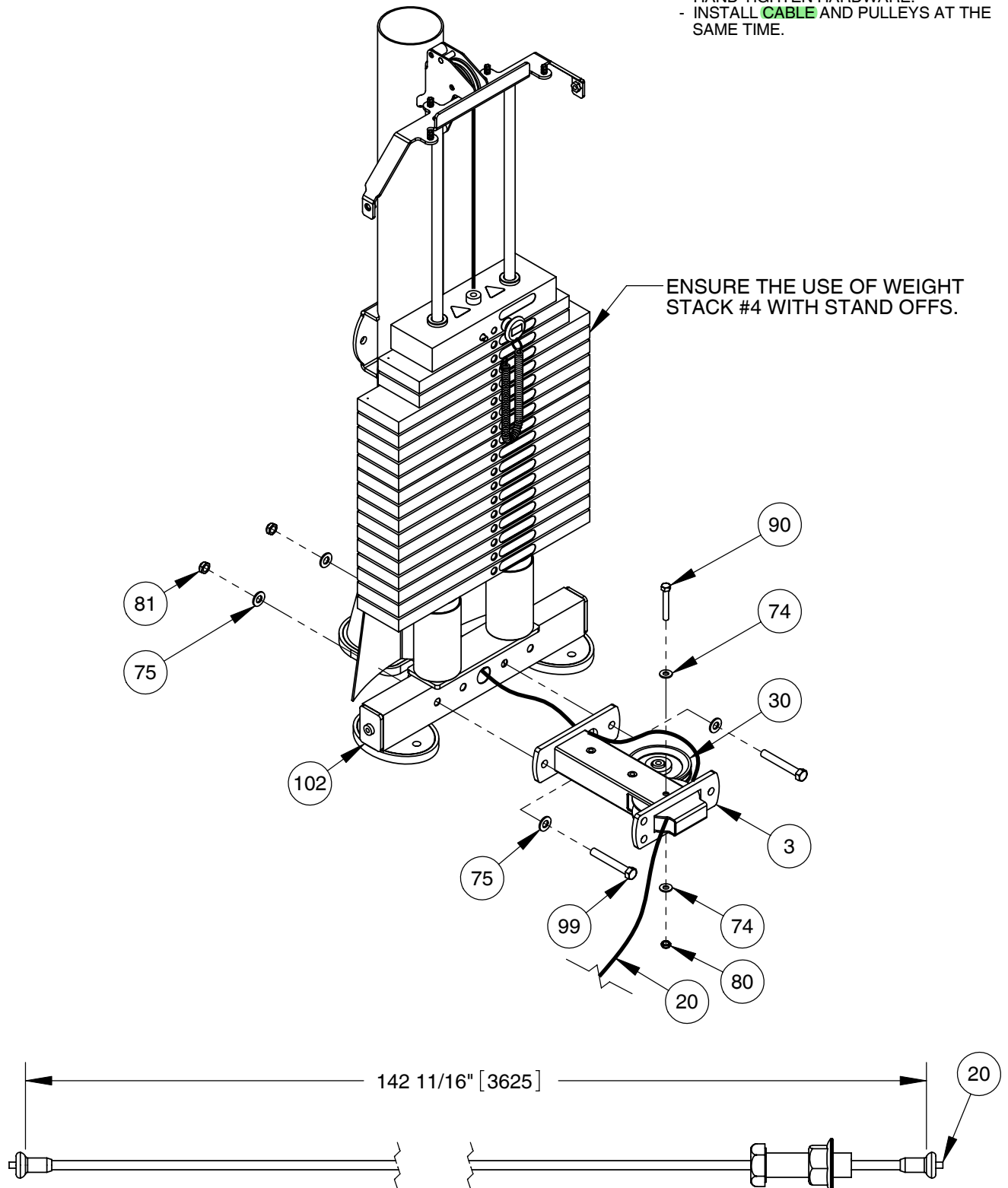
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY *ASSEMBLE WEIGHT CAGE FIRST*

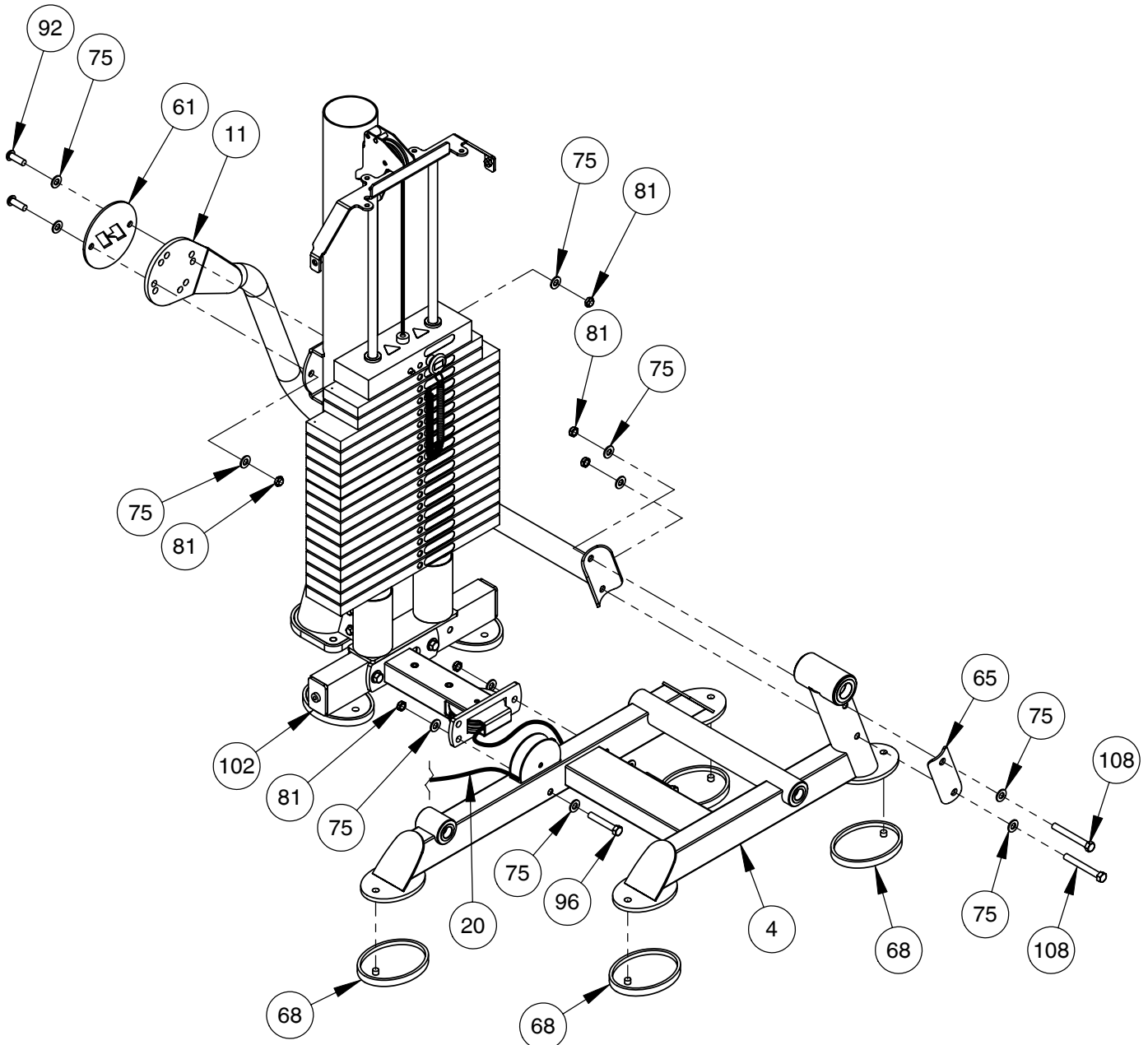
NOTE:
- HAND TIGHTEN HARDWARE.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.



OWNER'S MANUAL

FRAME ASSEMBLY

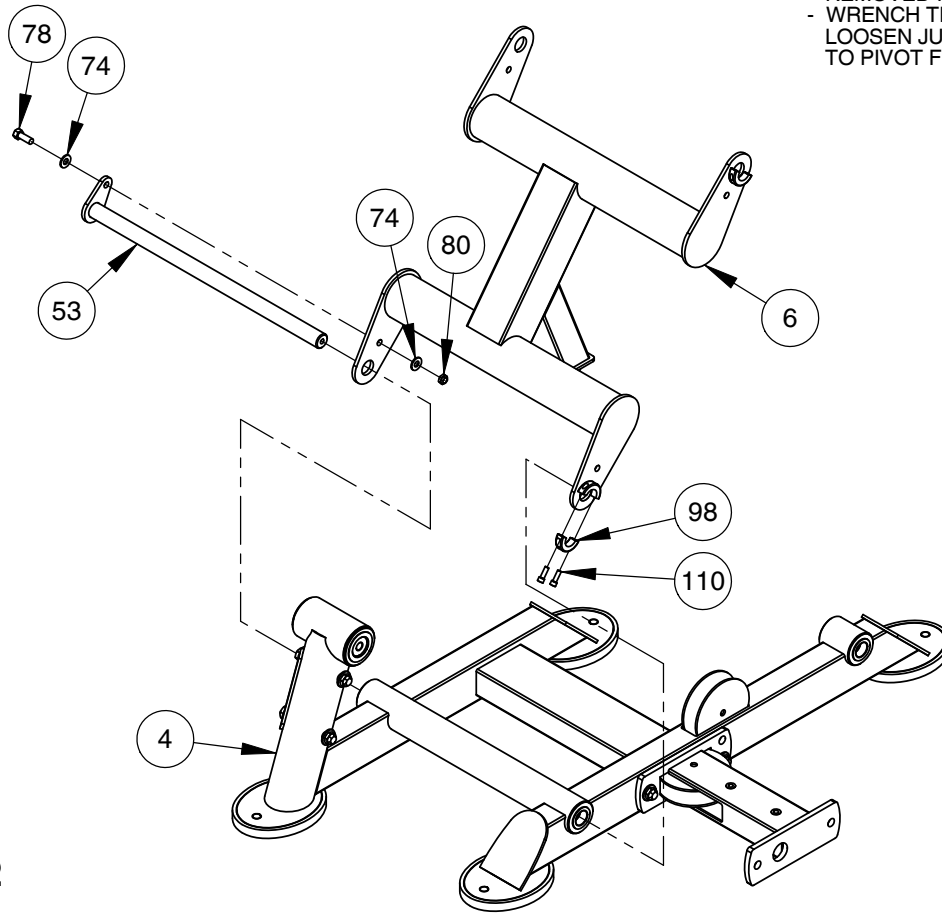
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL HARDWARE FROM
PREVIOUS STEPS.



OWNER'S MANUAL

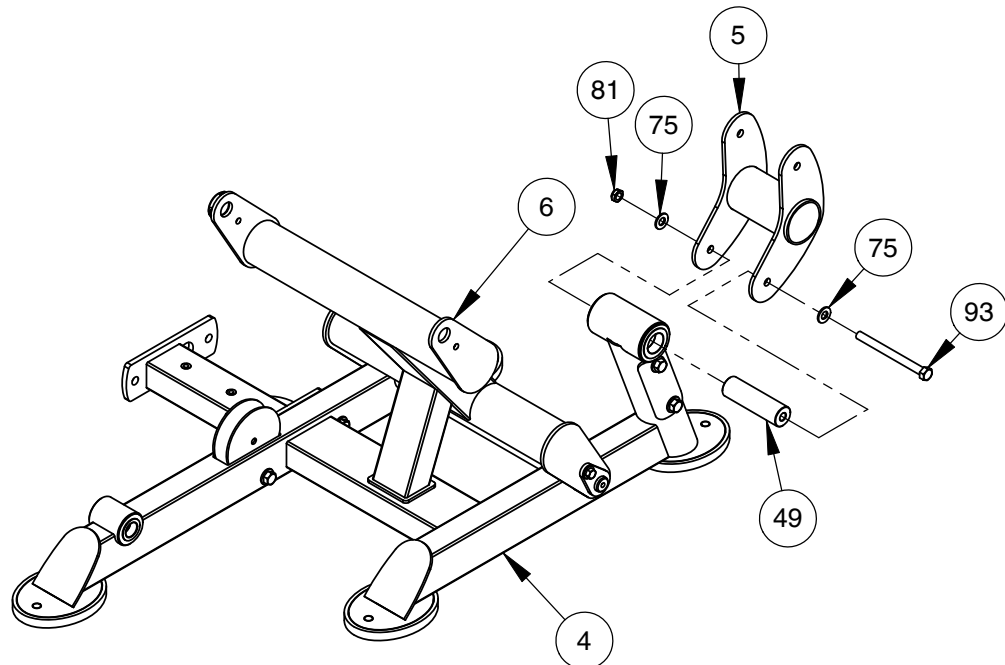
FRAME ASSEMBLY

STEP 1



NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (93) THEN LOOSEN JUST ENOUGH FOR (5) TO PIVOT FREELY.

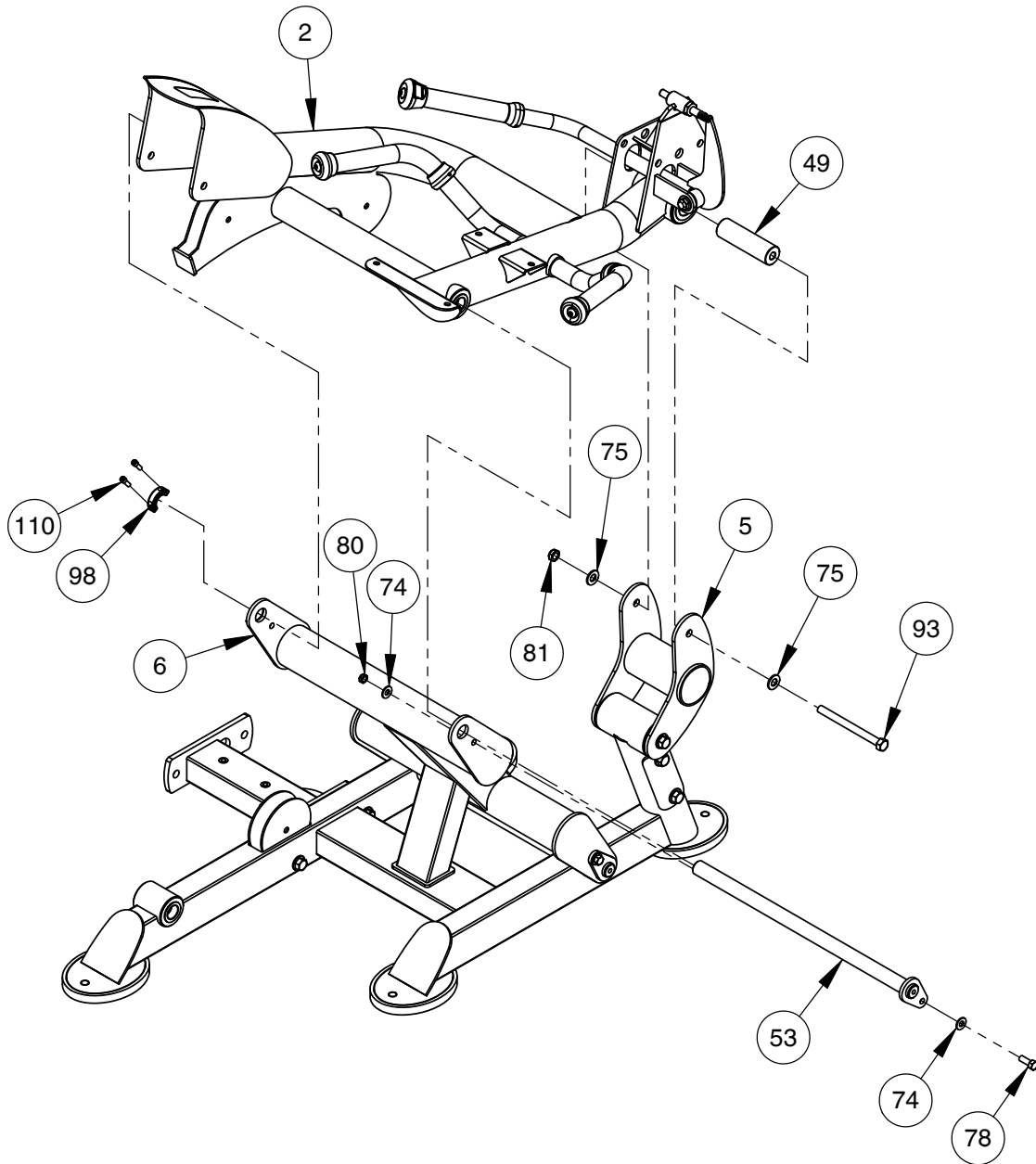
STEP 2



OWNER'S MANUAL

FRAME ASSEMBLY

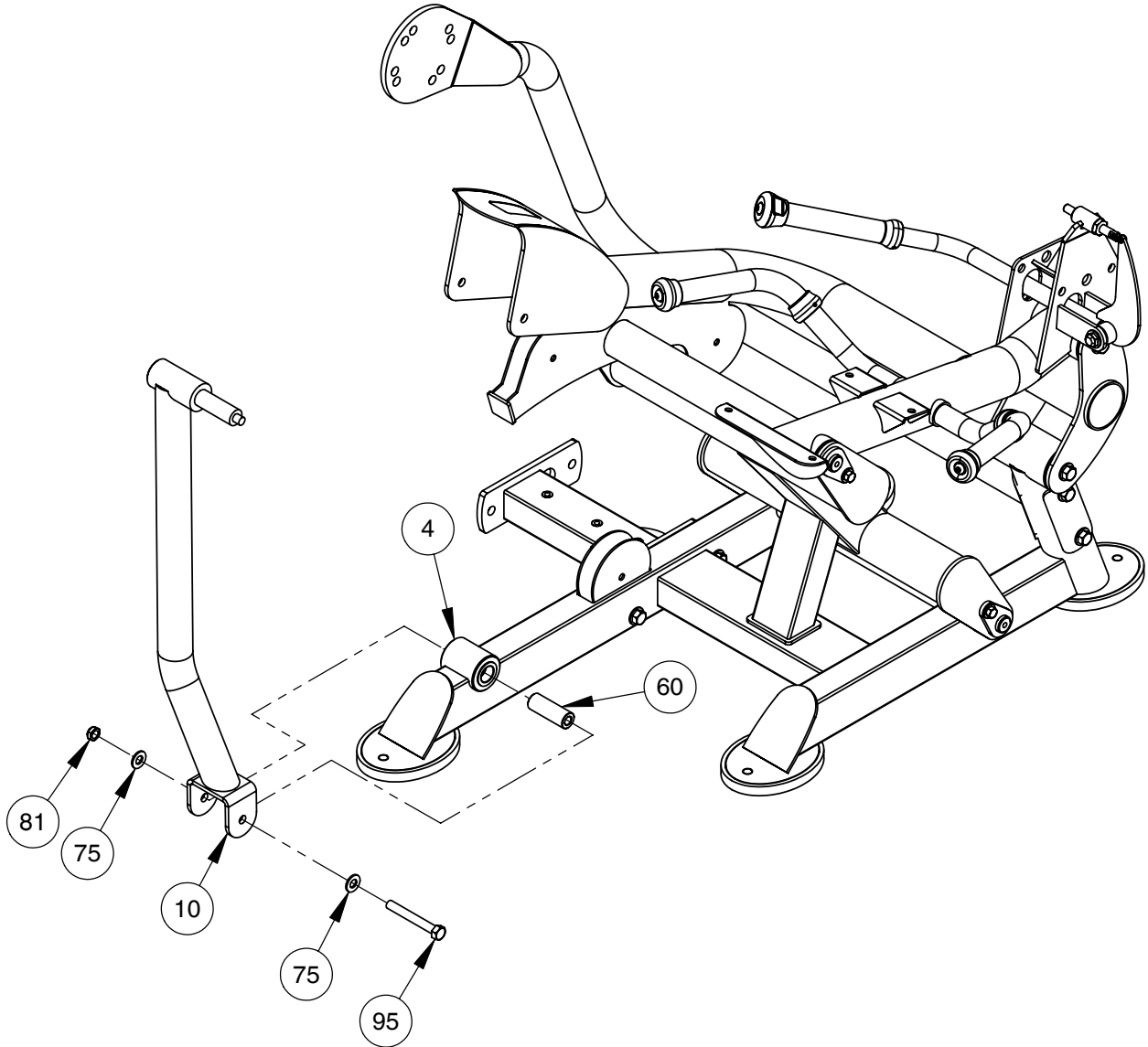
- NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (93) THEN
LOOSEN JUST ENOUGH FOR (2)
TO PIVOT FREELY.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (95) THEN LOOSEN NUT JUST ENOUGH FOR (10) TO PIVOT FREELY.

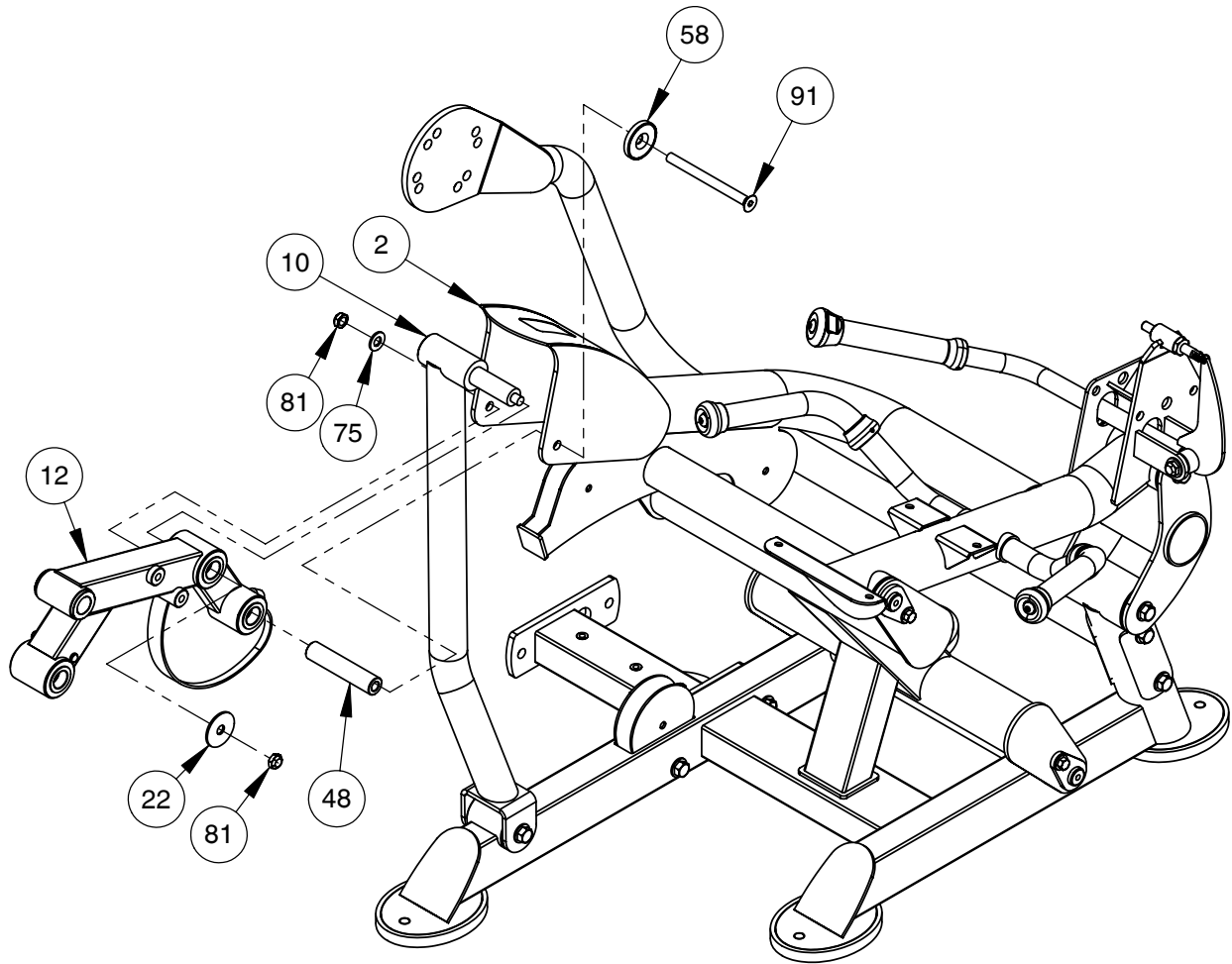


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

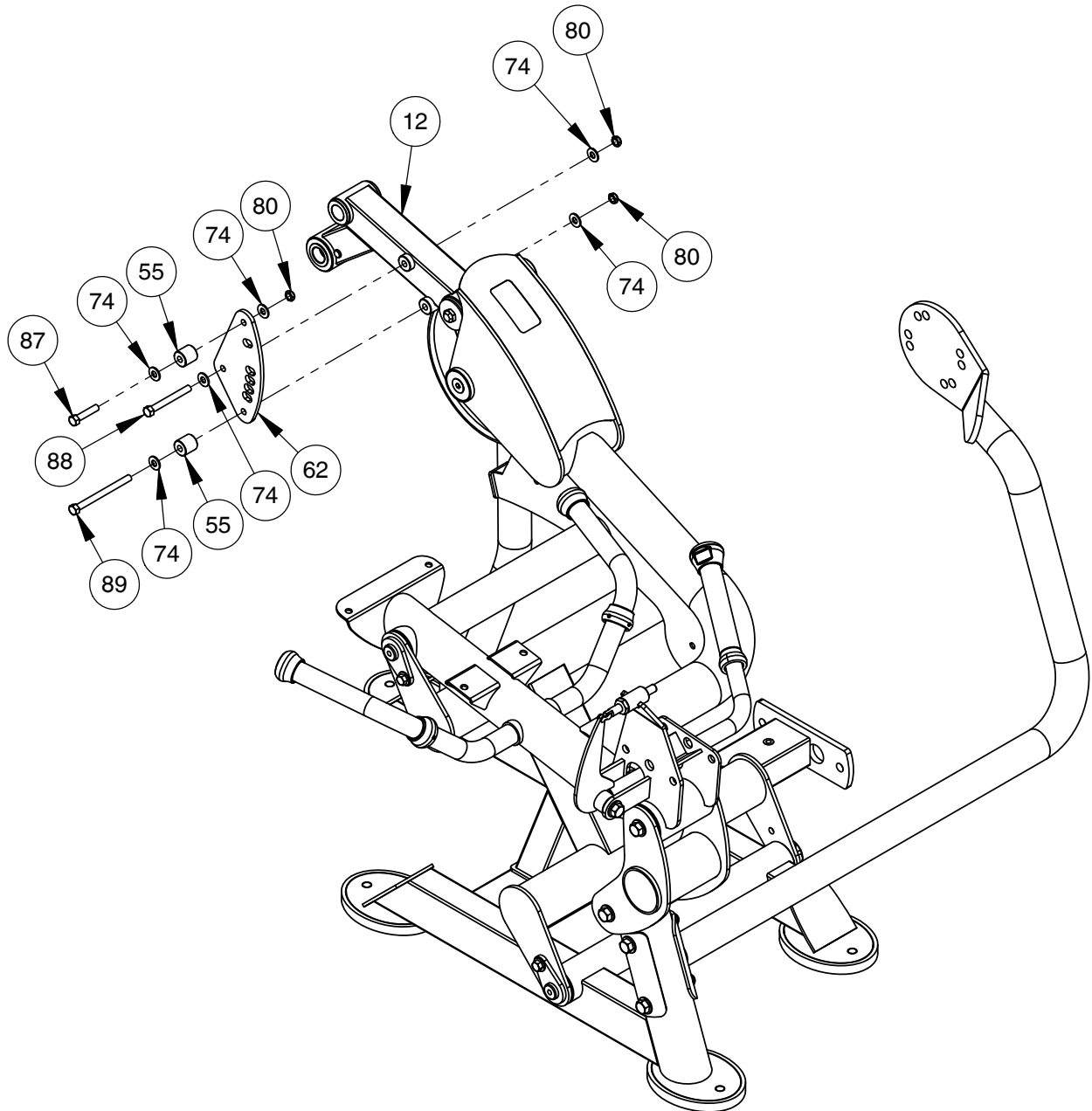
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (81 & 91) THEN LOOSEN NUT JUST ENOUGH FOR (2,10 AND 12) TO PIVOT FREELY.



OWNER'S MANUAL

FRAME ASSEMBLY

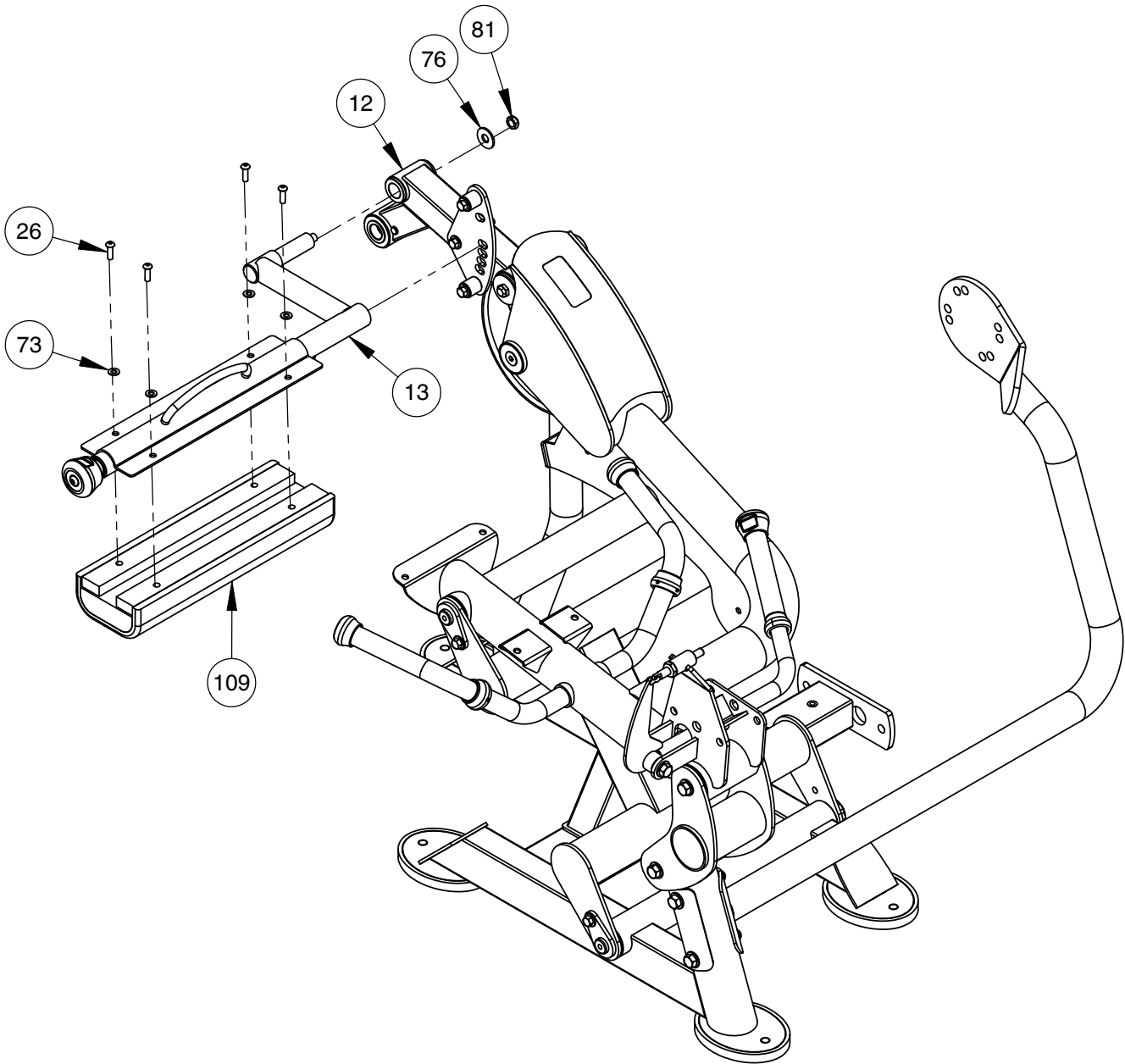
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE (81) THEN
LOOSEN JUST ENOUGH FOR (13)
TO PIVOT FREELY.

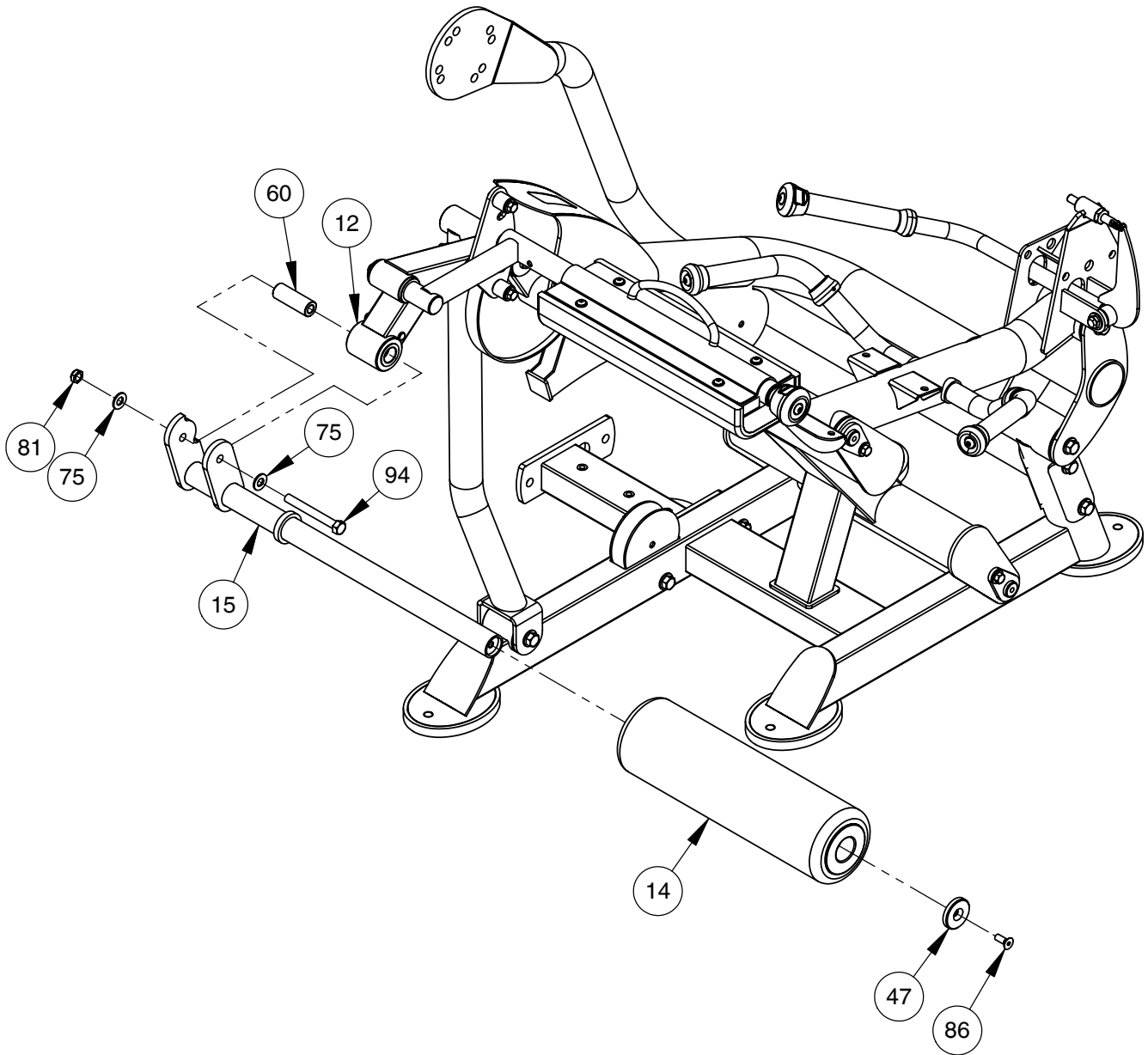


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (94) THEN LOOSEN NUT JUST ENOUGH FOR (15) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL OTHER HARDWARE.

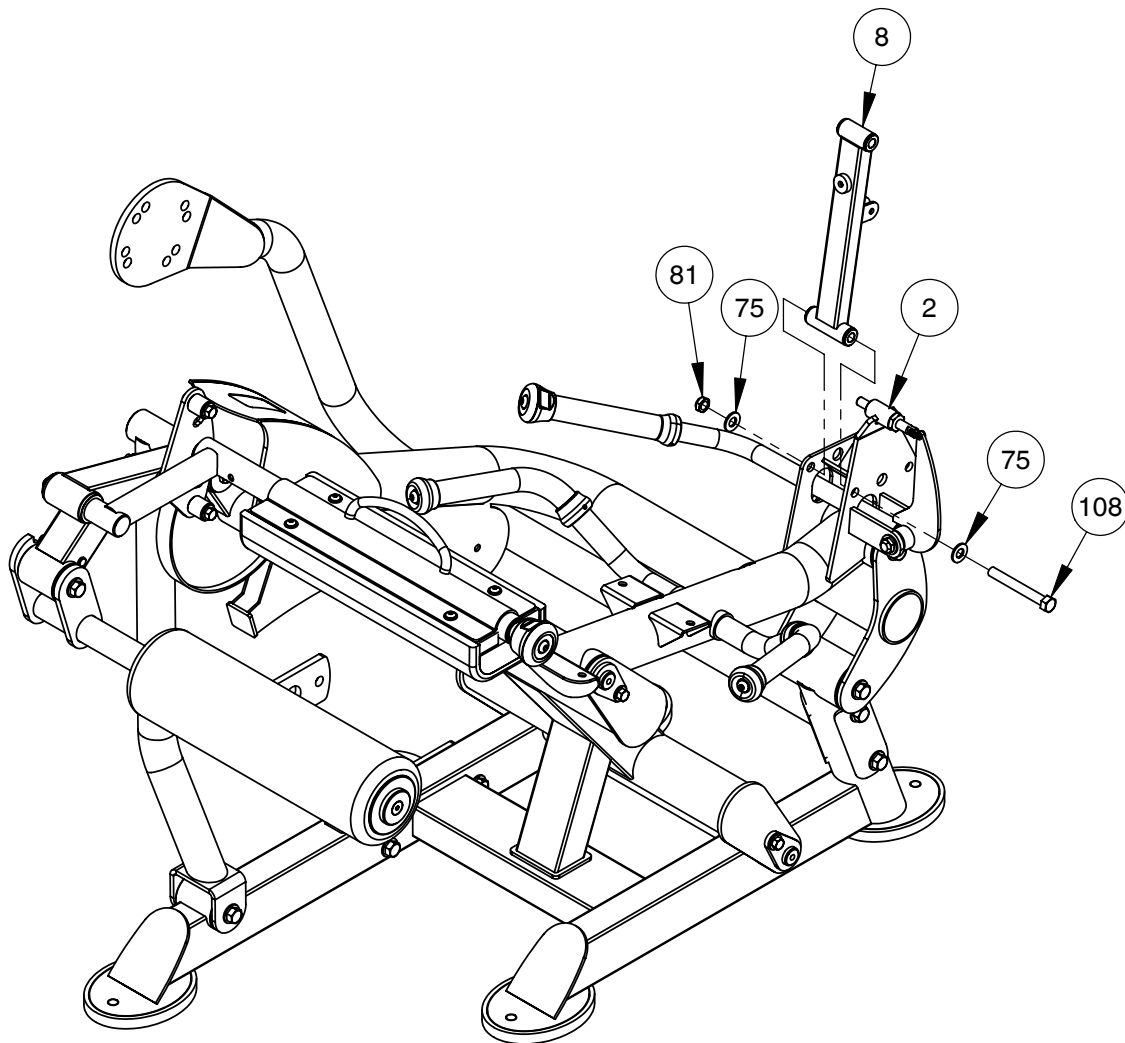


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (108) THEN LOOSEN NUT JUST ENOUGH FOR (8) TO PIVOT FREELY.

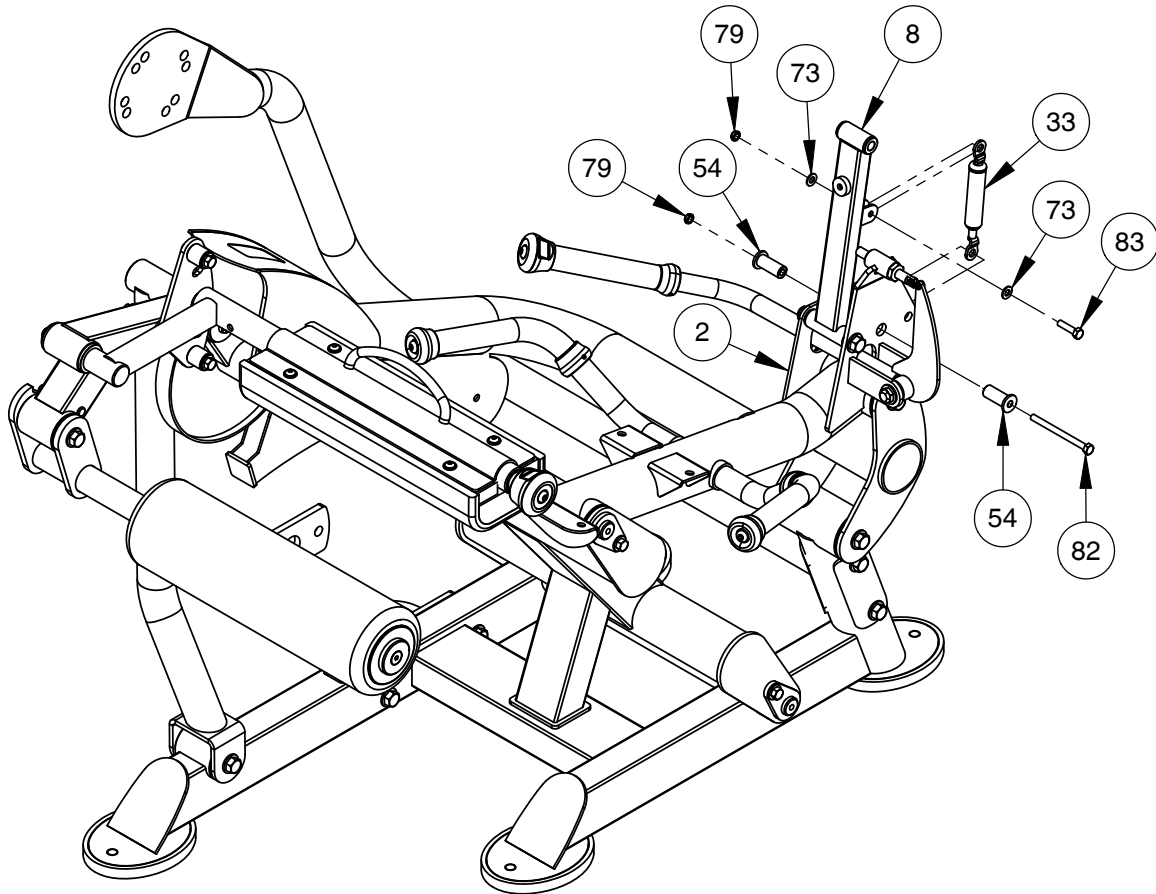


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (82, 83) THEN LOOSEN NUT JUST ENOUGH FOR (33, 8) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL OTHER HARDWARE.

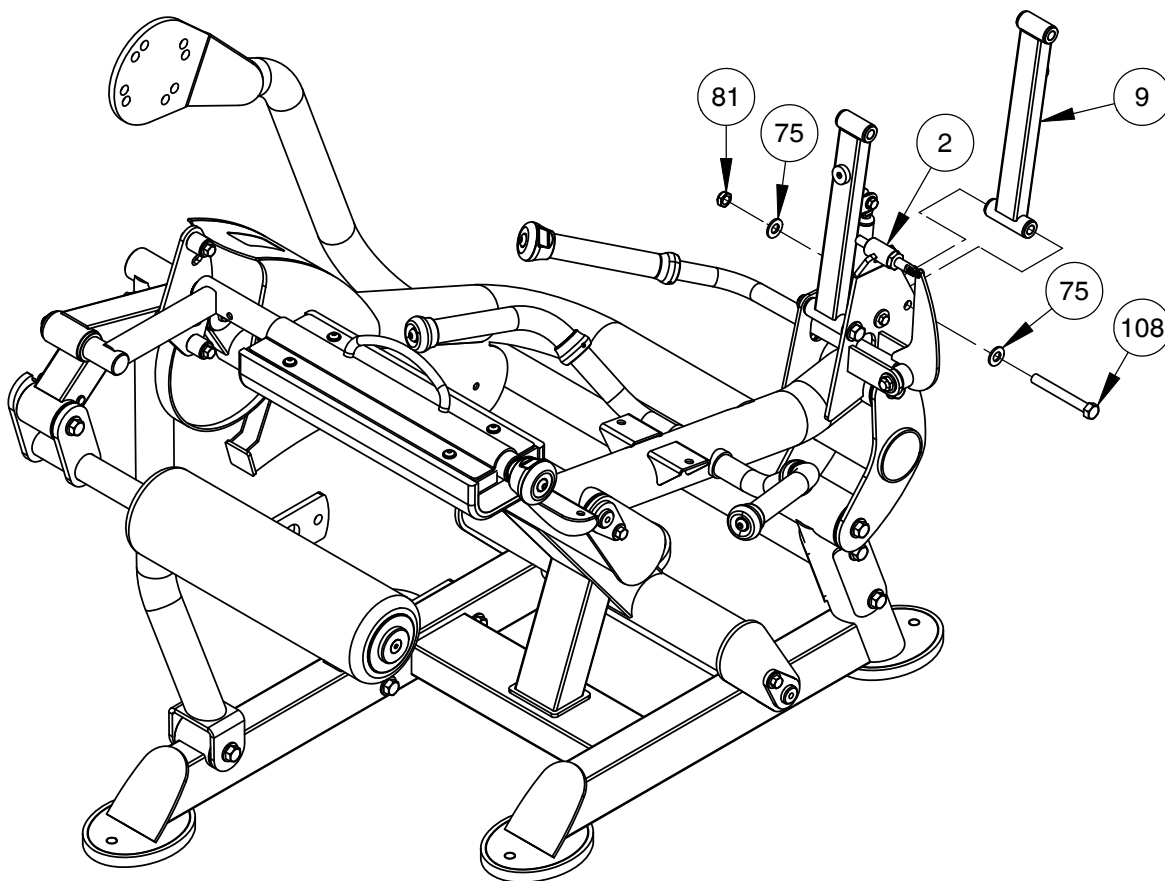


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

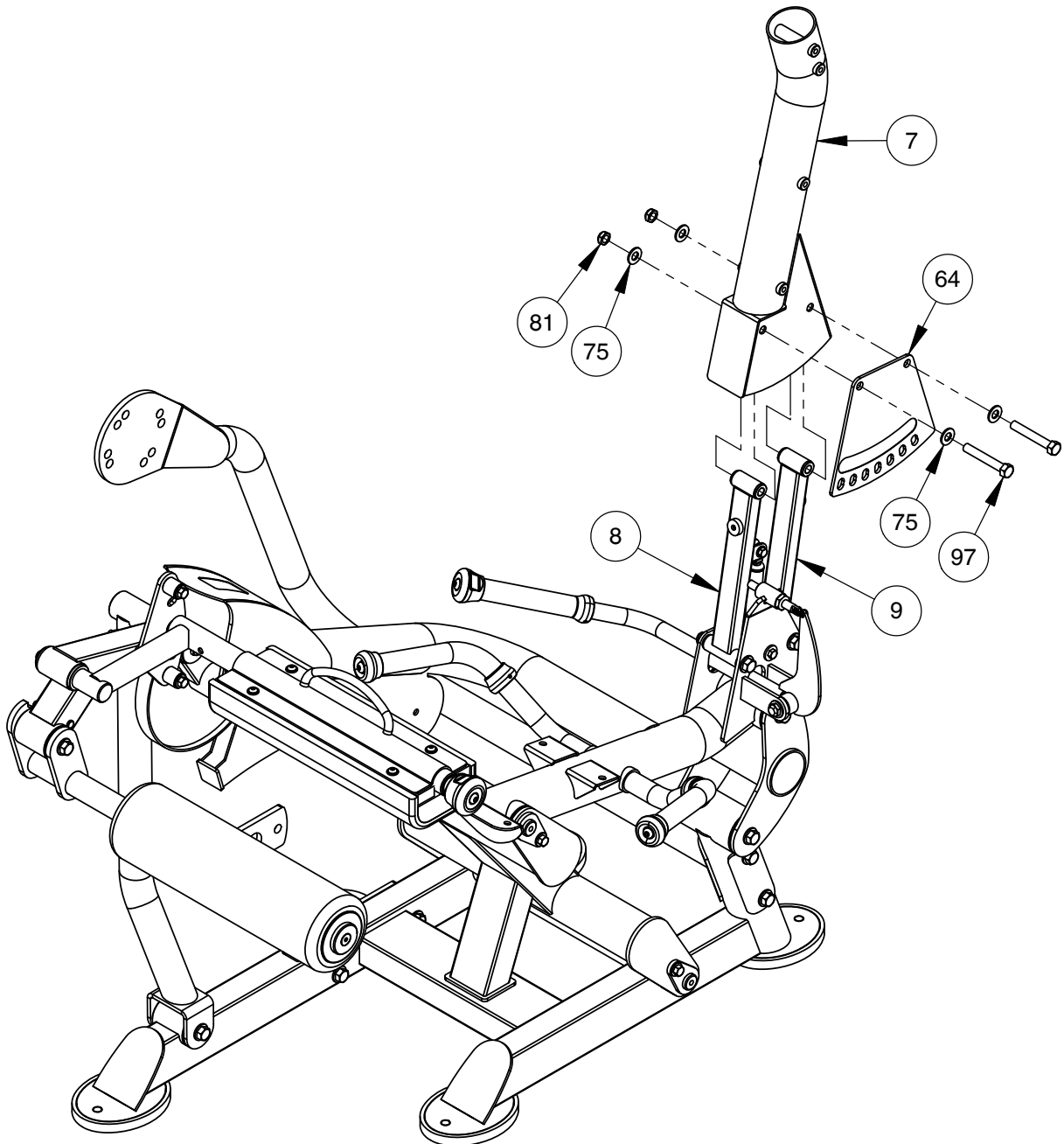
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE (108) THEN LOOSEN NUT JUST ENOUGH FOR (9) TO PIVOT FREELY.



OWNER'S MANUAL

FRAME ASSEMBLY

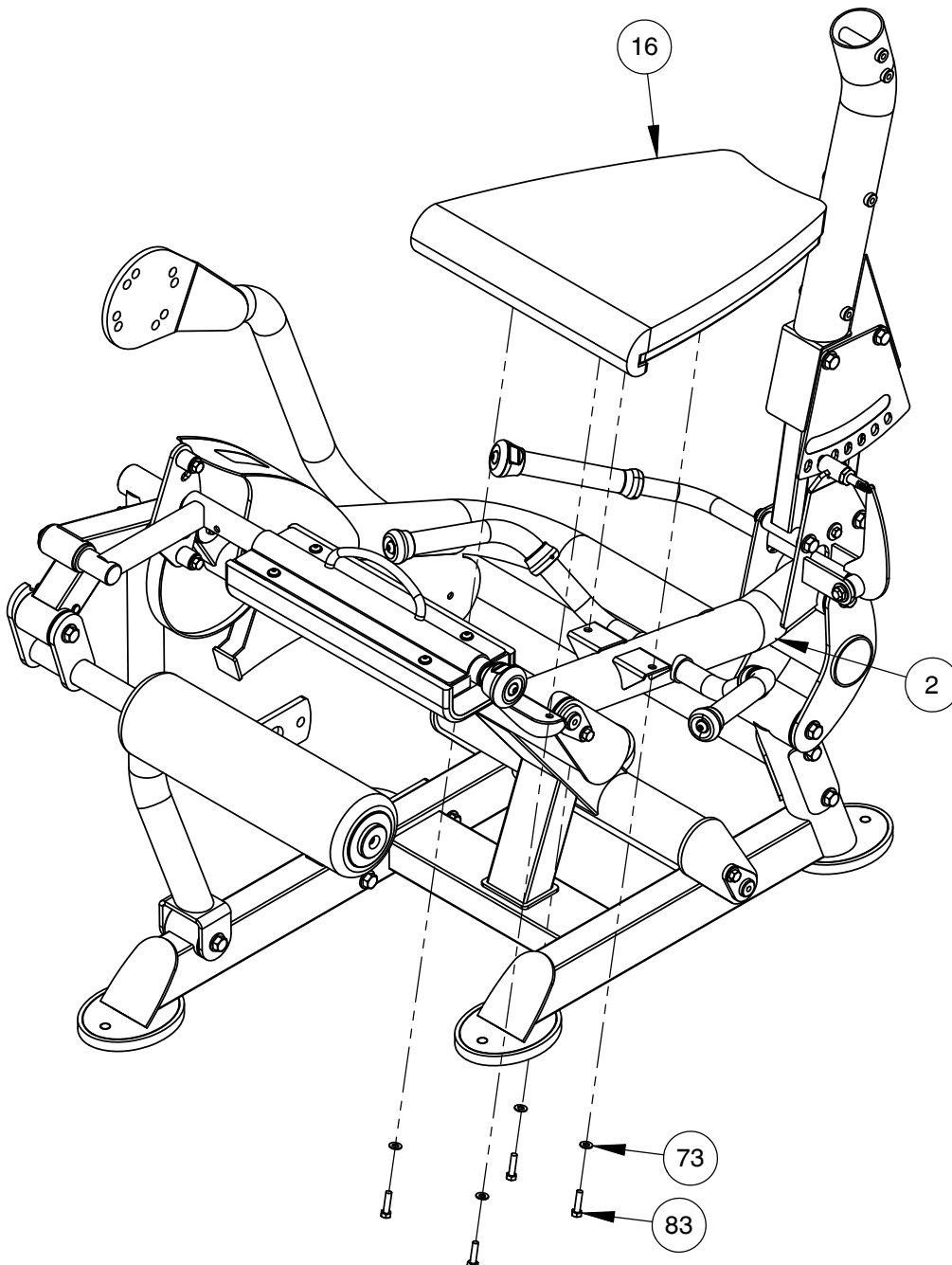
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

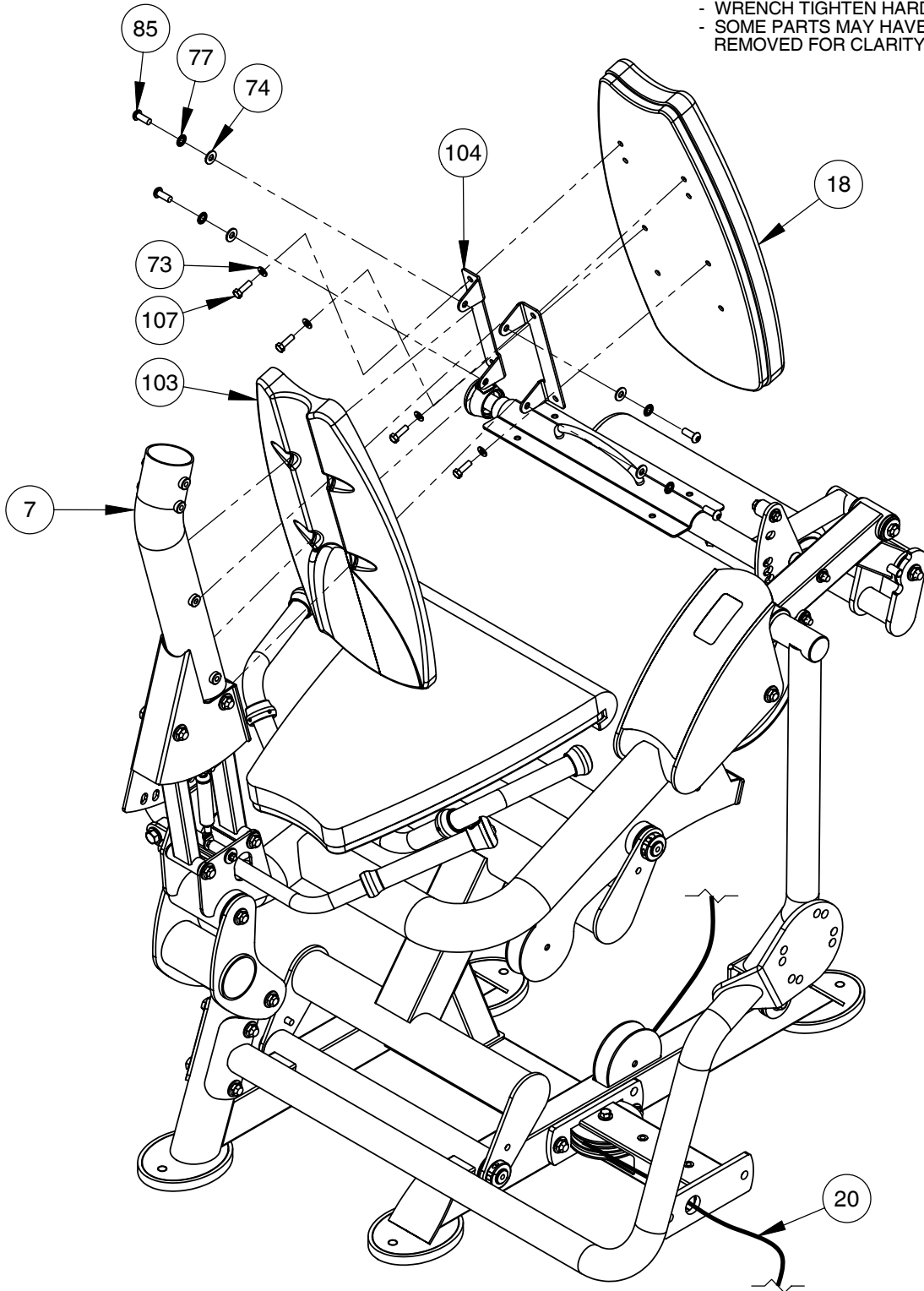
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

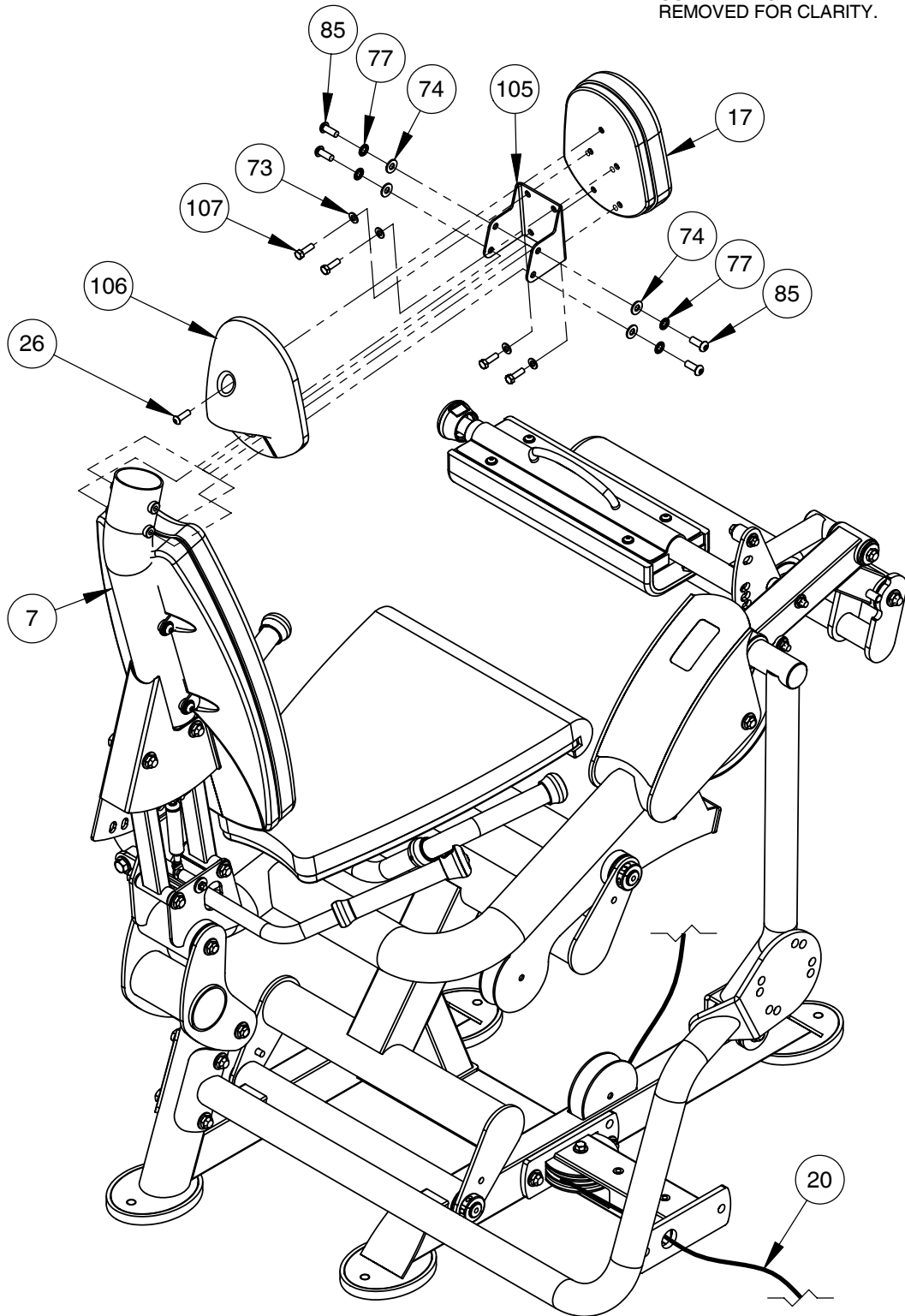
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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

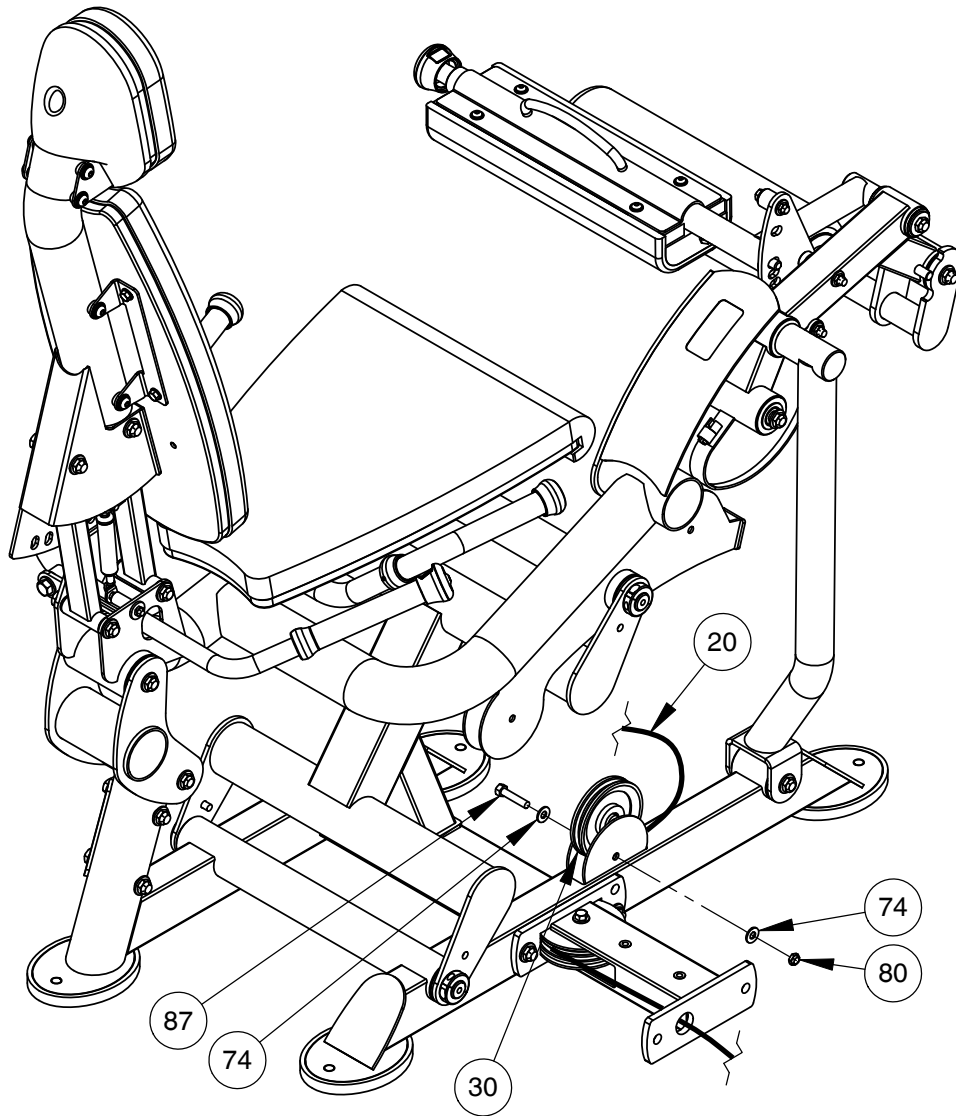


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

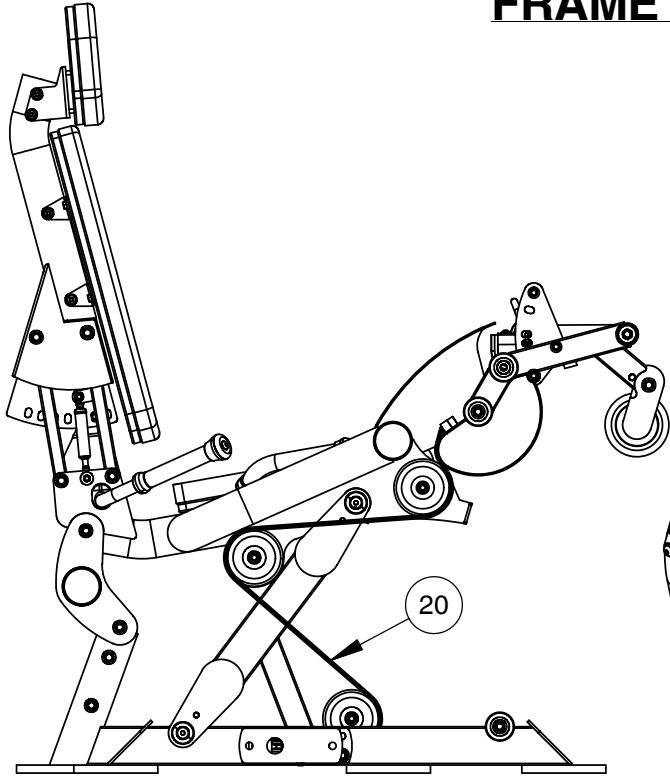


OWNER'S MANUAL

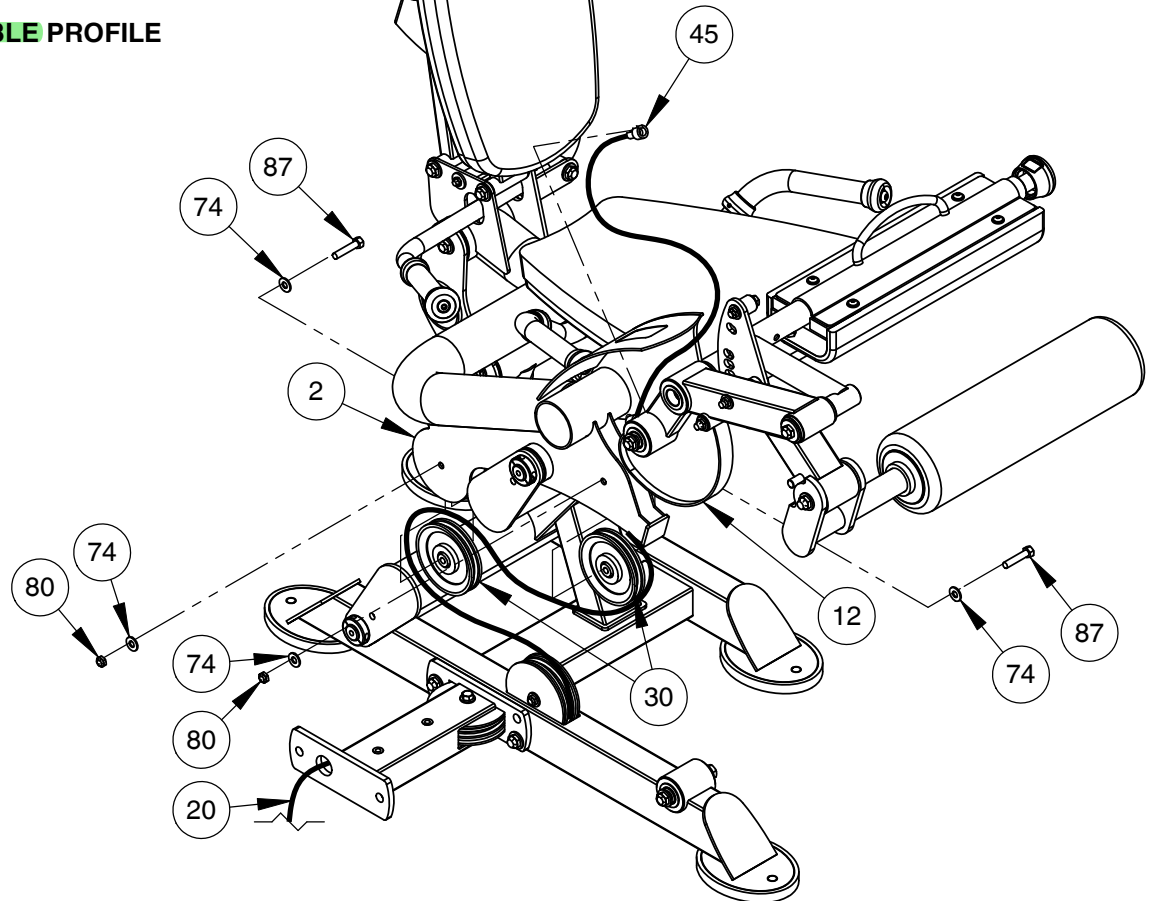
FRAME ASSEMBLY

NOTE:

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



CABLE PROFILE



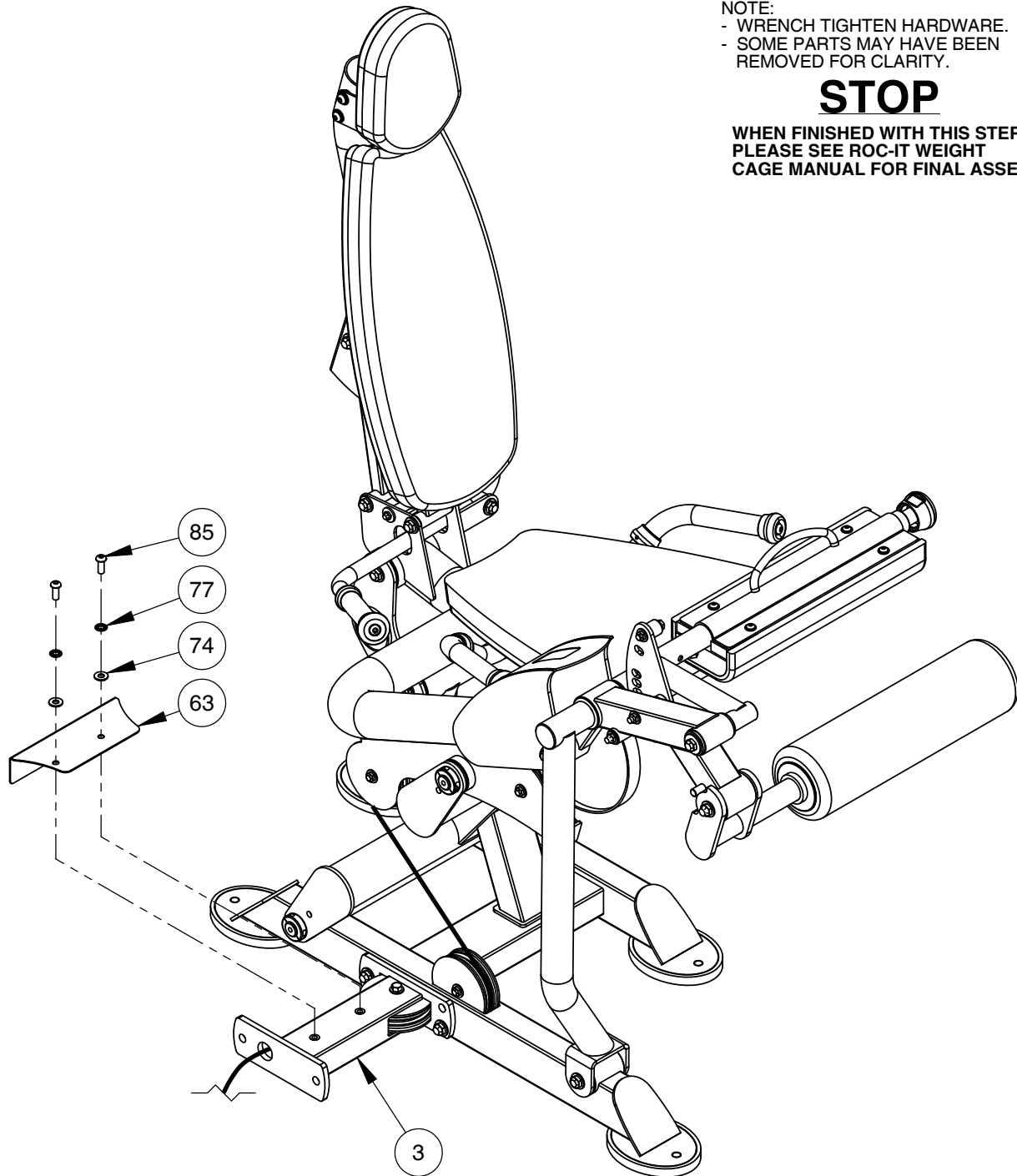
OWNER'S MANUAL

FRAME ASSEMBLY

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

STOP

WHEN FINISHED WITH THIS STEP
PLEASE SEE ROC-IT WEIGHT
CAGE MANUAL FOR FINAL ASSEMBLY.

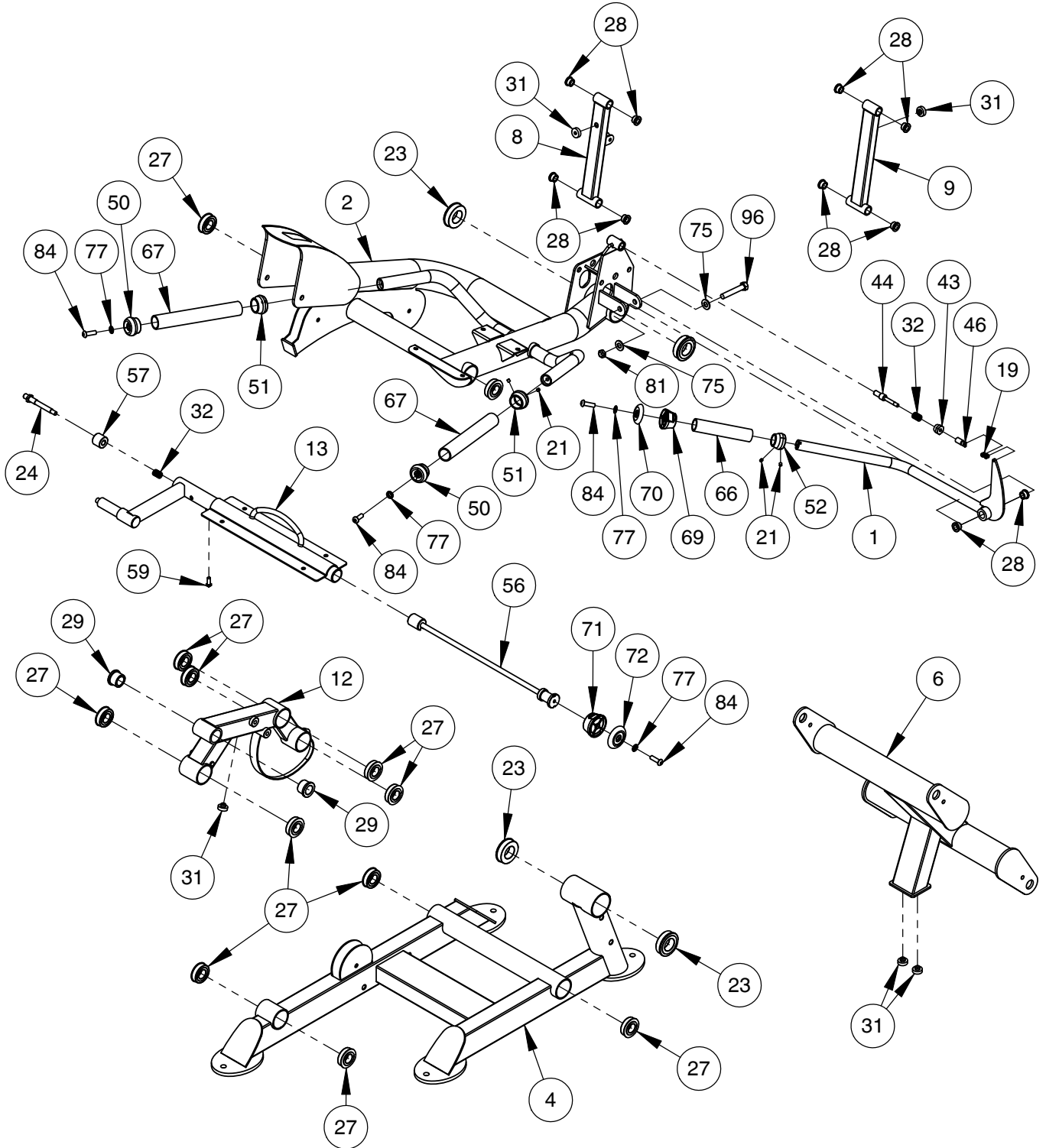


IMPORTANT

NOW THAT THE RS-1402 MACHINE IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. 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.

OWNER'S MANUAL

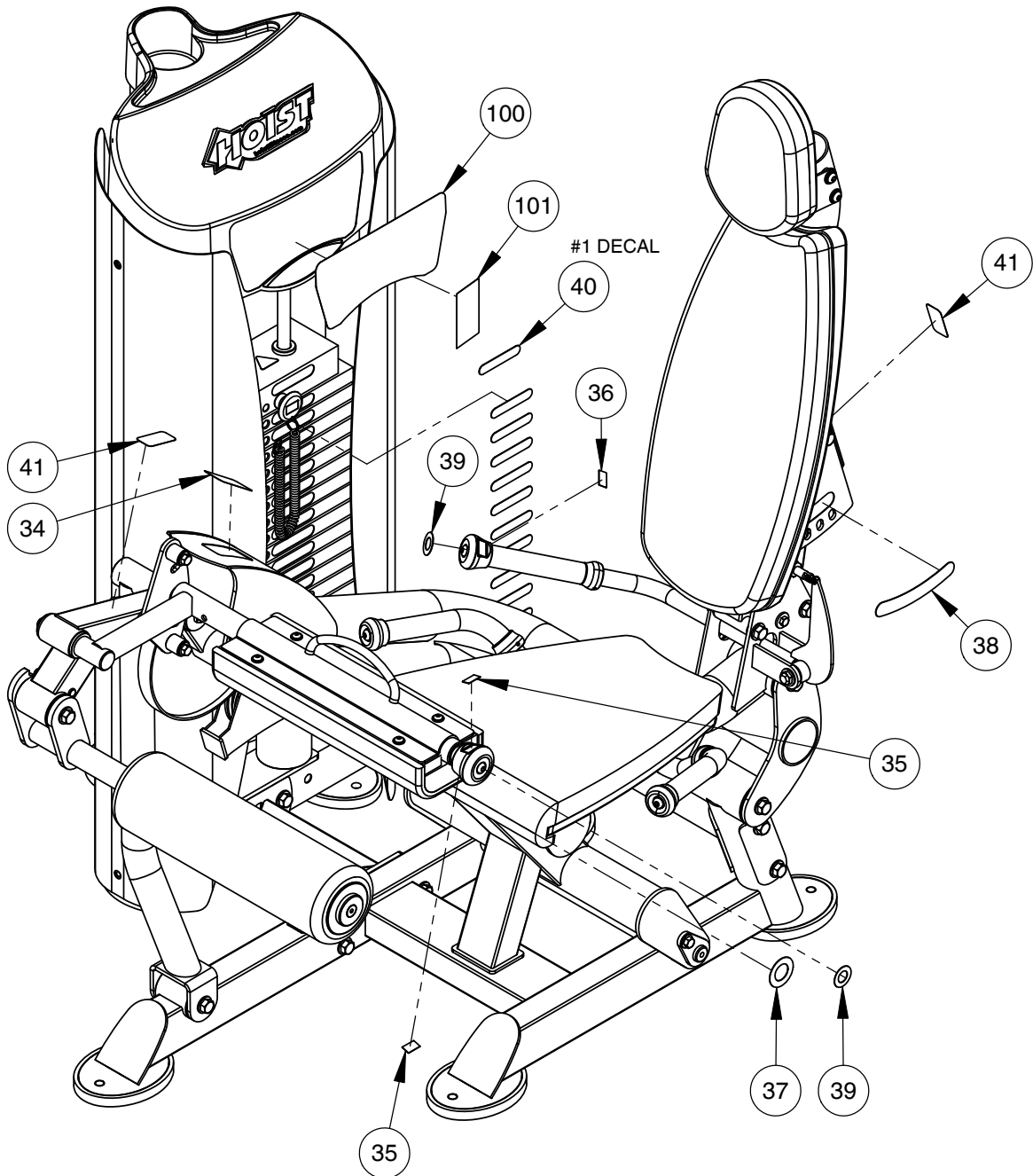
PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT

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



OWNER'S MANUAL

DECAL REFERENCE

LEG CURL

ROC IT 402

HAMSTRINGS

CAUTION

- 1 Your seat is designed to move as you exercise.
- 2 Keep feet on footrests and hands on handles at all times.
- 3 Do not enter or exit the machine unless it is stationary.

START

EXERCISE

INSTRUCTIONS

- 1 Sit and place legs over roller pad, align knees with **RED PIVOT POINT**.
- 2 **ADJUST** upper shin pad and backpad if necessary.
- 3 Grasp handles, pull legs down slowly. **EXERCISE**.
- 4 Slowly return to the start position.

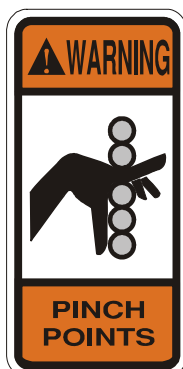
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021-0003422



021-0003543



021-0003113



021-0003418



021-0003427



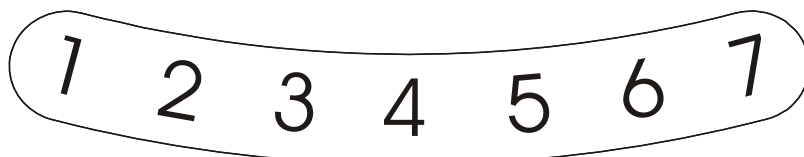
021-0003426



021-0003415

(kg)	LEG CURL	(lbs)
15		33
21		47
27		60
33		74
40		87
46		101
52		114
58		128
65		144
73		160
80		176
87		192
95		208

021-0003507



021-0003421

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	026-01X2513	ARM ADJUSTER ASSEMBLY	1
2	026-01X2526	MAIN FRAME ASSEMBLY	1
3	026-01X2487	CROSS MEMBER ASSEMBLY	1
4	026-01X2486	BASE ASSEMBLY	1
5	026-01X2490	REAR LINK ASSEMBLY	1
6	026-01X2497	FRONT PIVOT ASSEMBLY	1
7	026-01X2498	BACK SUPPORT ASSEMBLY	1
8	026-01X2500	BACK SUPPORT FRONT LINKAGE	1
9	026-01X2508	BACK SUPPORT REAR LINKAGE	1
10	026-01X2492	LINKAGE TUBE ASSEMBLY	1
11	026-01X2622	CROSS BAR ASSEMBLY	1
12	026-01X2641	CAM ASSEMBLY	1
13	026-01X2642	ROLLER PIVOT ASSEMBLY	1
14	022-01PDR001A	ROLLER PAD ASSEMBLY	1
15	026-01X2643	ROLLER BAR ASSEMBLY	1
16	022-01PD2074-A	SEATED PAD ASSEMBLY	1
17	022-01PD2055	UPHOLSTERED HEAD PAD	1
18	022-01PD2085-A	BACK PAD ASSEMBLY	1
19	020-0014018	MASTER LINK	1
20	010-01C0355	CABLE ASSEMBLY ROC-IT 402 - 142.70" LG.	1
21	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	6
22	013-0003012	Ø2.00" O.D. X Ø.53" I.D. CUSTOM WASHER	1
23	014-0012010	BEARING: FLANGED BEARING Ø2.50" O.D. X Ø1.39" I.D.	4
24	026-01M1132	PULL PIN SHAFT (WZ)	1
25	014-0014002	3/8-16 FLUSH MOUNT INSERT	2
26	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	5
27	014-0009007	BEARING: FLANGED BALL BEARING Ø2.00" O.D. X Ø1.00" I.D.	12
28	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	10
29	014-0101005	BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG.	2
30	018-0001003	CABLE PULLEY: Ø4.50"	4
31	019-0001001	PLUG BUMPER	5
32	020-0011009	SPRING	2
33	020-0006003	GAS SHOCK	1
34	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	1
35	021-0003426	DECAL PULL	2
36	021-0003415	DECAL PULL UP	1
37	021-0003418	DECAL PIVOT POINT (ROUND)	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
38	021-0003421	DECAL ROM 1-7	1
39	021-0003427	DECAL ADJUST	2
40	021-0003422	DECAL ROC-IT WEIGHT STACK (1-12)	1
41	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	2
43	026-01M0128-1	PULL PIN CAP	1
44	026-01M0128-3	PULL-PIN PLUNGER	1
45	026-01M0199	QUICK RELEASE CABLE LOCK Ø 1/4"	1
46	026-01M0209	PULL-PIN TO CHAIN LINK	1
47	026-01M0238	FLATHEAD CAP Ø2.00" ALUM.	1
48	026-01M0660	SHAFT: Ø 1.00" O.D. X Ø .52" I.D. X 4.69" LG.	1
49	026-01M0920	SHAFT: Ø 1.38" O.D. X Ø.52" I.D. X 4.69" LG.	2
50	026-01M0932	END CAP: ALUMINIUM Ø 1.25" ID	2
51	026-01M0933	ALUMINUM RING: Ø 1.25" ID	2
52	026-01M0936	ALUMINIUM RING: Ø 1.00" I.D.	1
53	026-01X3147	Ø 1.00" SHAFT ASSEMBLY	2
54	026-01M0971	HEAVY FLANGED SPACER: Ø.67" O.D. X Ø.34" I.D. X 1.56" LG.	2
55	026-01M1007	Ø 1.00" PLASTIC STOP	2
56	026-01X3112	SHAFT ASSEMBLY	1
57	026-01M1009	PLASTIC BUSHING	1
58	026-01M1043	FLATHEAD CAP Ø 2.00" ALUM. (WITH RECESS)	1
59	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
60	026-01M1087	SHAFT Ø 1.00" X 2.78" LG.	2
61	026-01P2653	'H' PLATE	1
62	026-01P2715	LEG ROM PLATE	1
63	026-01P2719	CABLE SHIELD	1
64	026-01P2619	ROM PLATE	1
65	026-01F0267	FLANGE	1
66	026-01PL0206-14	GRIP Ø 1.00" X 6.25" LG.	1
67	026-01PL0235-10	GRIP OPEN END Ø 1.19" X 10.00" LG.	2
68	026-01PL2122	OVAL-SHAPED RUBBER FOOT	4
69	026-01PL2154	PLASTIC KNOB: BASE Ø 1.00" ID	1
70	026-01PL2155	PLASTIC KNOB: CAP Ø 1.00" ID	1
71	026-01PL2158	PLASTIC KNOB: Ø 1.50" - BASE	1
72	026-01PL2159	PLASTIC KNOB: Ø 1.50" - CAP	1
73	013-0302008	5/16" SAE FLAT WASHER (WZ)	18
74	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	28
75	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	35

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
76	013-0102026	1/2" X 34mm USS FLAT WASHER (WZ)	1
77	013-0102022	3/8" INTERNAL LOCK WASHER	14
78	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	2
79	012-0102006	5/16"-18UNC THICK NYLOCK NUT (WZ)	2
80	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	9
81	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	20
82	011-0107028	5/16"-18UNC X 4.00" HHB (WZ)	1
83	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	5
84	011-0101034	3/8"-16UNC X 1.25" BHCS (WZ)	4
85	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	10
86	011-0002044	3/8"-16UNC X 1.00" FHCS (WZ) W/NYLON PATCH	1
87	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	4
88	011-0107020	3/8"-16UNC X 3.25" HHB (WZ)	1
89	011-0407031	3/8"-16UNC X 4.50" HHB (WZ)	1
90	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	1
91	011-0102048	1/2"-13UNC X 6.00" FHS (WZ)	1
92	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
93	011-0107036	1/2"-13UNC X 5.75" HHB (WZ)	2
94	011-0107038	1/2"-13UNC X 4.25" HHB (WZ)	1
95	011-0107056	1/2"-13UNC X 3.78" (96mm) HHB (WZ)	1
96	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	3
97	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	2
98	014-0019004-2	SPLIT COLLAR NON-THREADED HALF (WZ)	2
99	011-0407000	1/2"-13UNC X 3.50" HHB (WZ)	2
100	021-0013306	PLACARD ROC-IT-402 LEG CURL	1
101	021-0003507	DECAL ROC-IT WEIGHT RATIO LEG CURL (CIRCUIT)	1
102	ROC-IT WEIGHT CAGE	ROC-IT WEIGHT CAGE	1
103	022-01PD2085-5	PLASTIC BACKING	1
104	026-01P2929	BACK BRACKET MOUNT	2
105	026-01P2920	HEAD BRACKET MOUNT	1
106	022-01PD2055-5	PLASTIC HEAD PAD BACKING	1
107	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
108	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	4
109	022-01PD2080-A	UPHOLSTERY PAD	1
110	014-0019004-3	SCREW FOR 1.00 DIA SPLIT COLLAR (WZ)	4

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

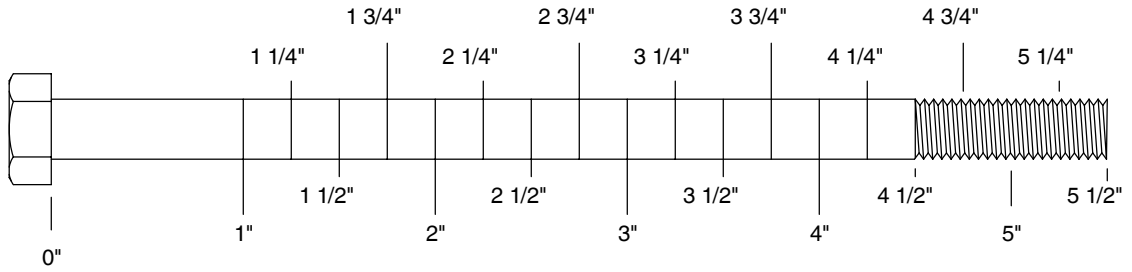
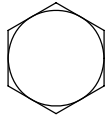
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

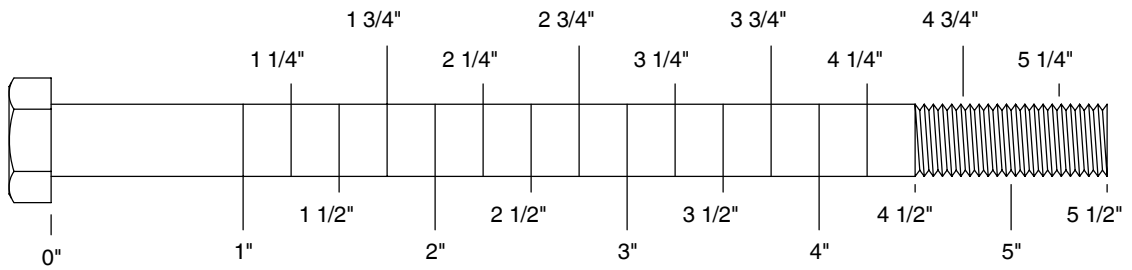
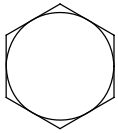
OWNER'S MANUAL

BOLT SIZING CHART

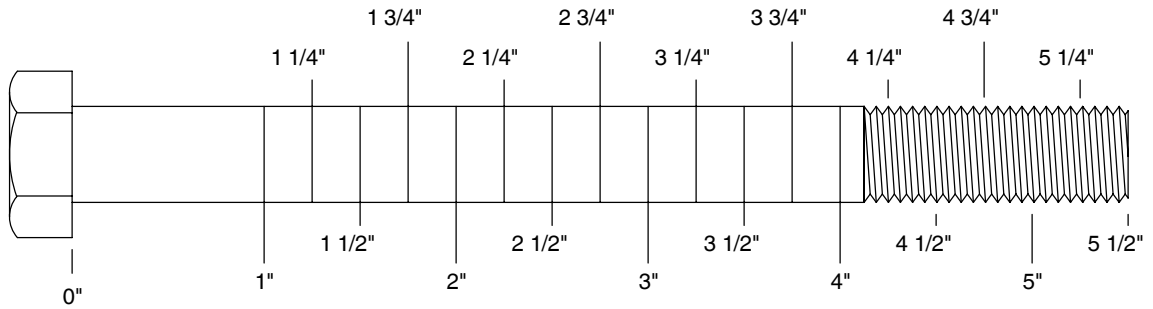
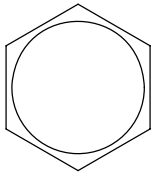
5/16" HHB



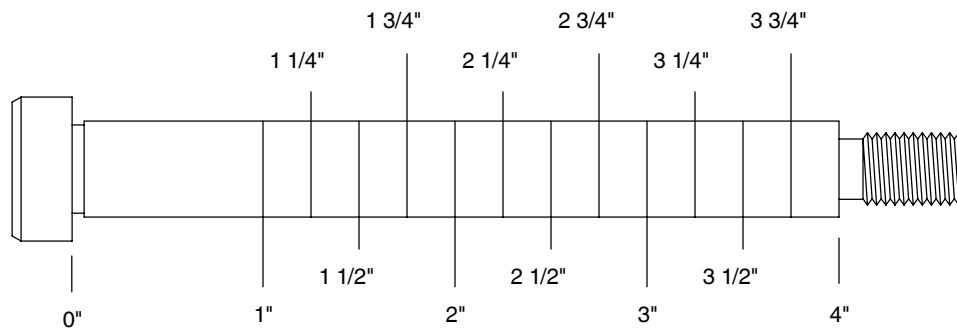
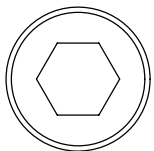
3/8" HHB



1/2" HHB

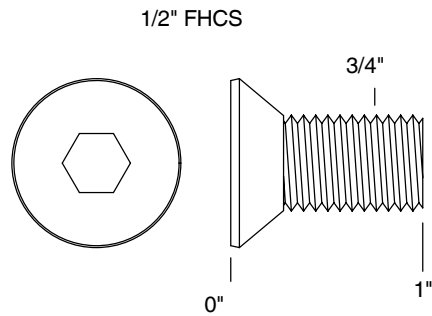
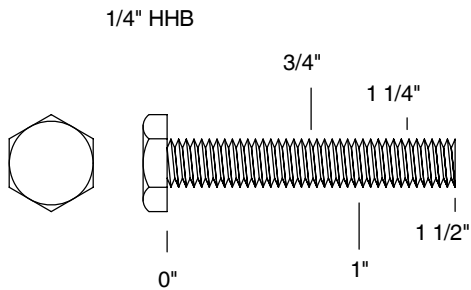
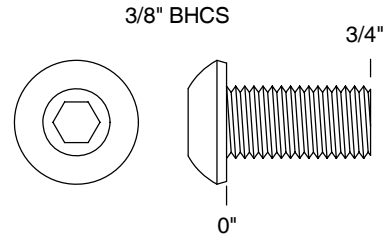
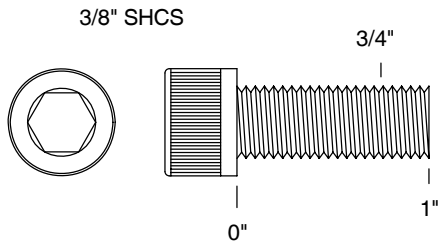
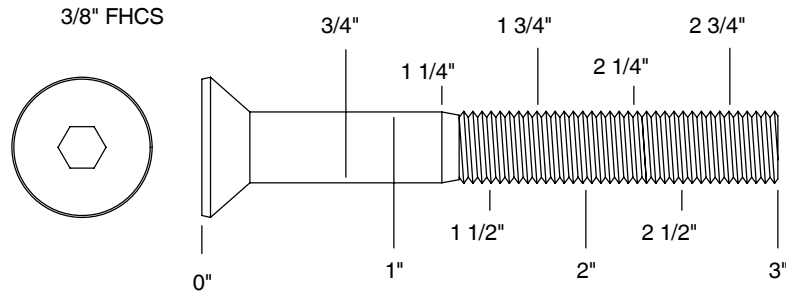


1/2" SHSS



OWNER'S MANUAL

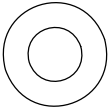
BOLT SIZING CHART (CONTINUED)



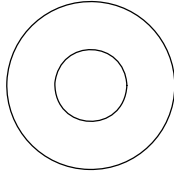
OWNER'S MANUAL

WASHER SIZING CHART

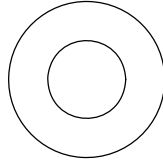
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



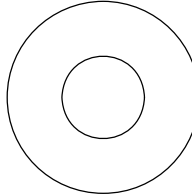
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



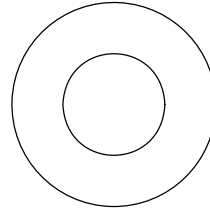
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



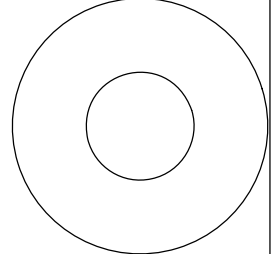
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



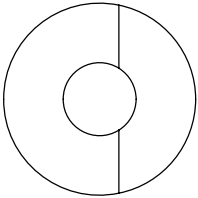
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



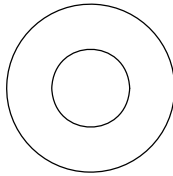
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



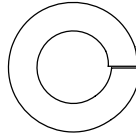
013-0402007
3/8"
FLAT WASHER
22mm O.D.



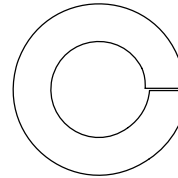
013-0102019
1/4"
LOCK WASHER



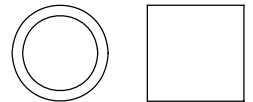
013-0102020
3/8"
LOCK WASHER



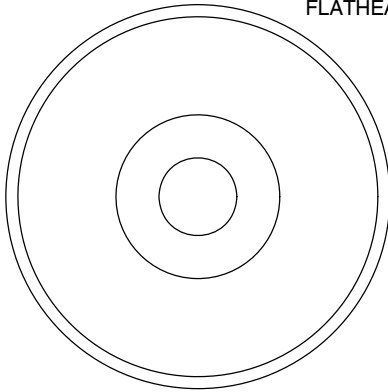
013-0102018
1/2"
LOCK WASHER



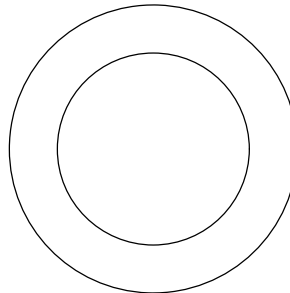
014-0018001
1/2" LONG
SPACER



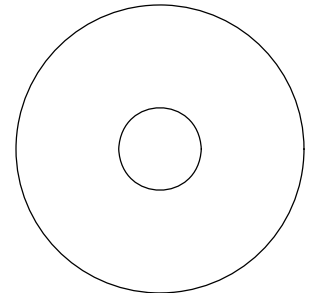
026-01M0238
2" ALUMINUM
FLATHEAD CAP



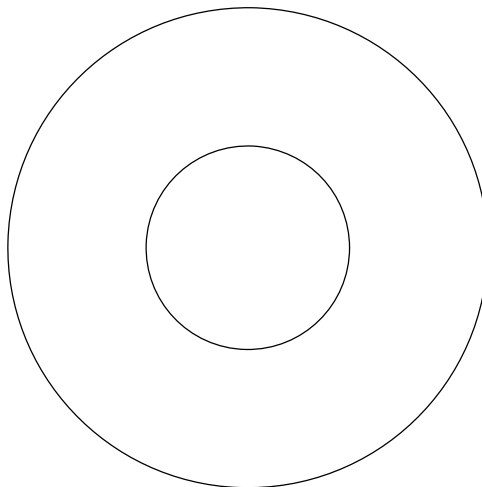
016-0009003
1" SHIM WASHER



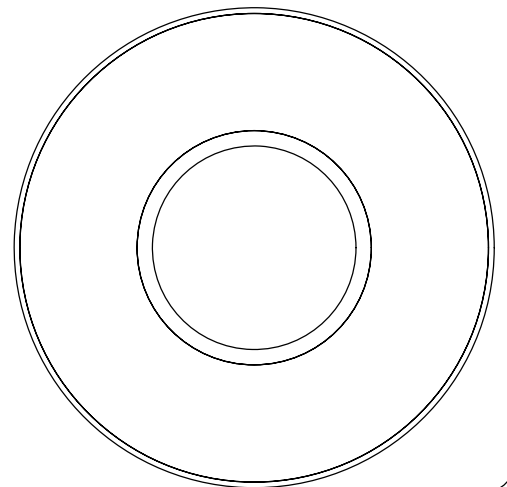
013-0003002
3/8" FENDER WASHER



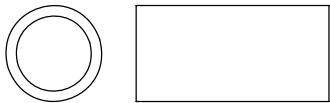
013-0003004
1 1/16"
FENDER WASHER



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



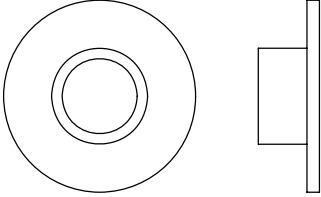
014-0018002
1" LONG
SPACER



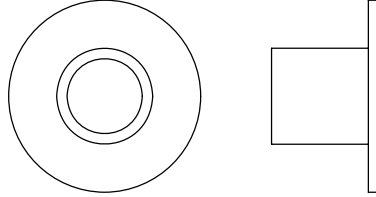
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

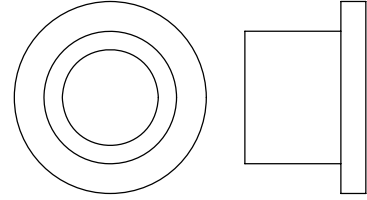
026-01M0211
1/4" LONG
FLANGED SPACER



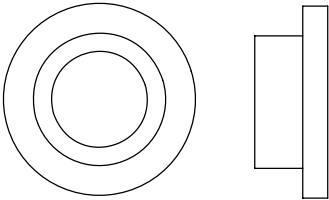
026-01M0198
1/2" LONG
FLANGED SPACER



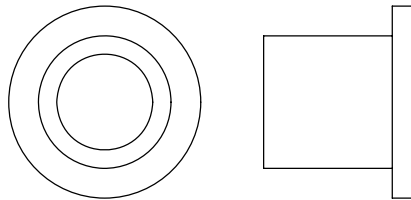
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



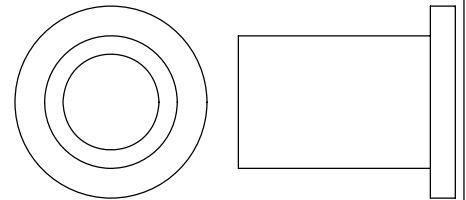
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



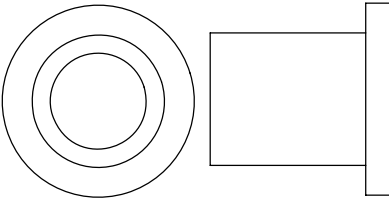
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



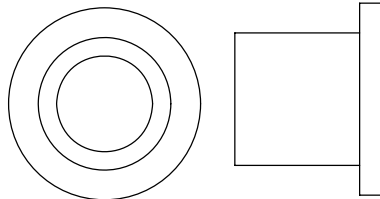
026-01M0551
1" LONG HEAVY
FLANGED SPACER



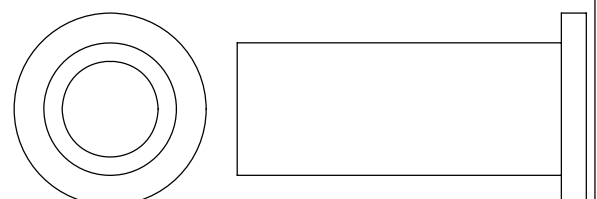
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



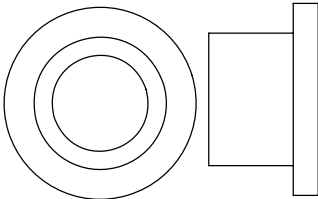
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



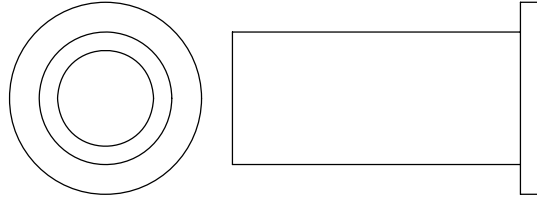
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



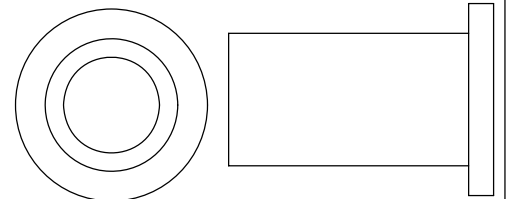
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



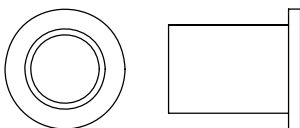
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



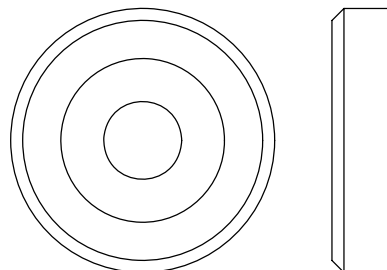
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



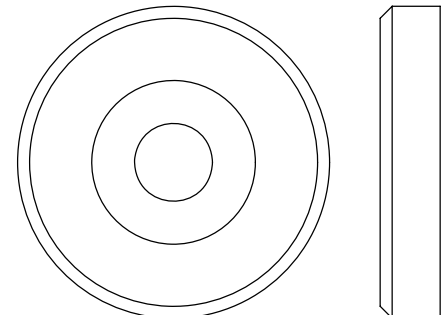
026-01M0600
.625" LONG
FLANGED SPACER



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.

OWNER'S 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, 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

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OWNER'S MANUAL

WEIGHT TRAINING TIPS

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-1402 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.











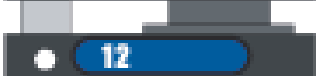


Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Enjoy your RS-1402 HOIST Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS

(kg)	LEG CURL	(lbs)
15		33
21		47
27		60
33		74
40		87
46		101
52		114
58		128
65		144
73		160
80		176
87		192
95		208

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

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
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

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