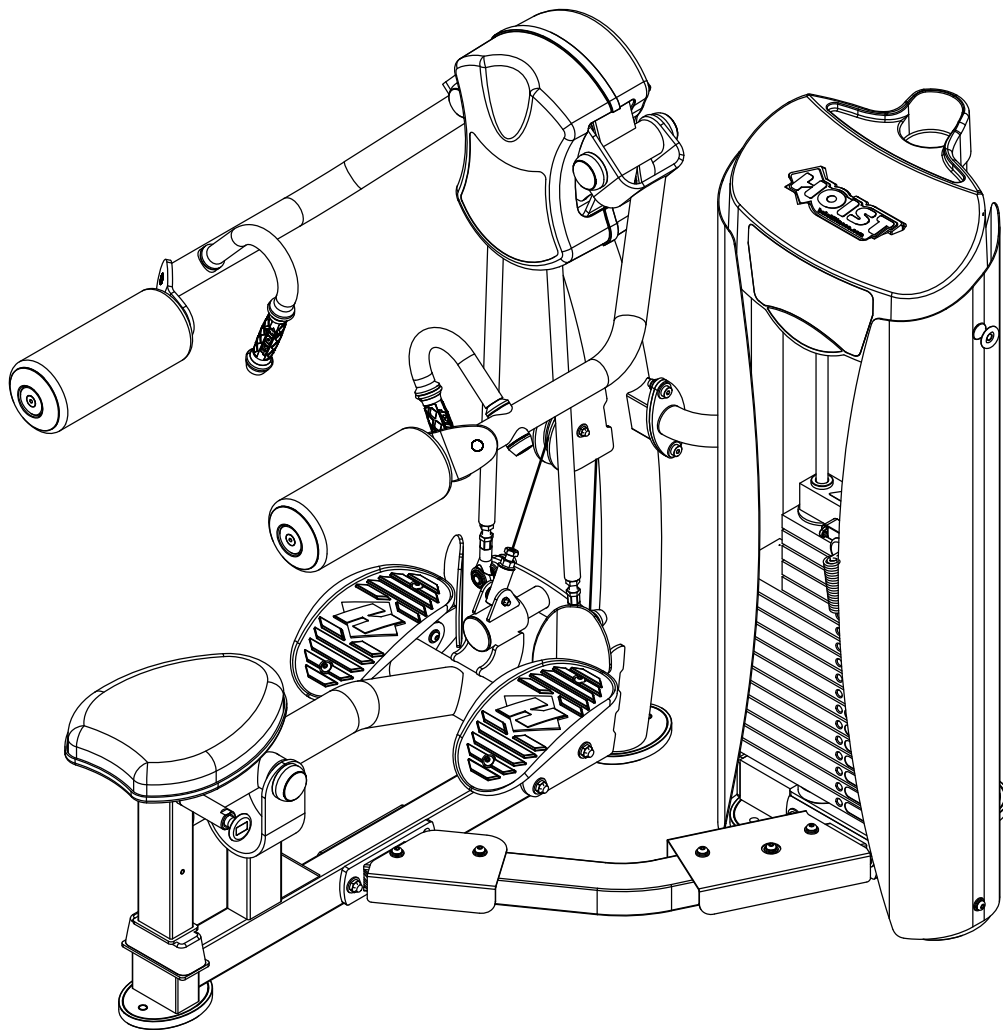


OWNER'S MANUAL



RS-1502 LATERAL DELTOID



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

RECORD SERIAL NUMBER HERE

MACHINE CODE

A05

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



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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

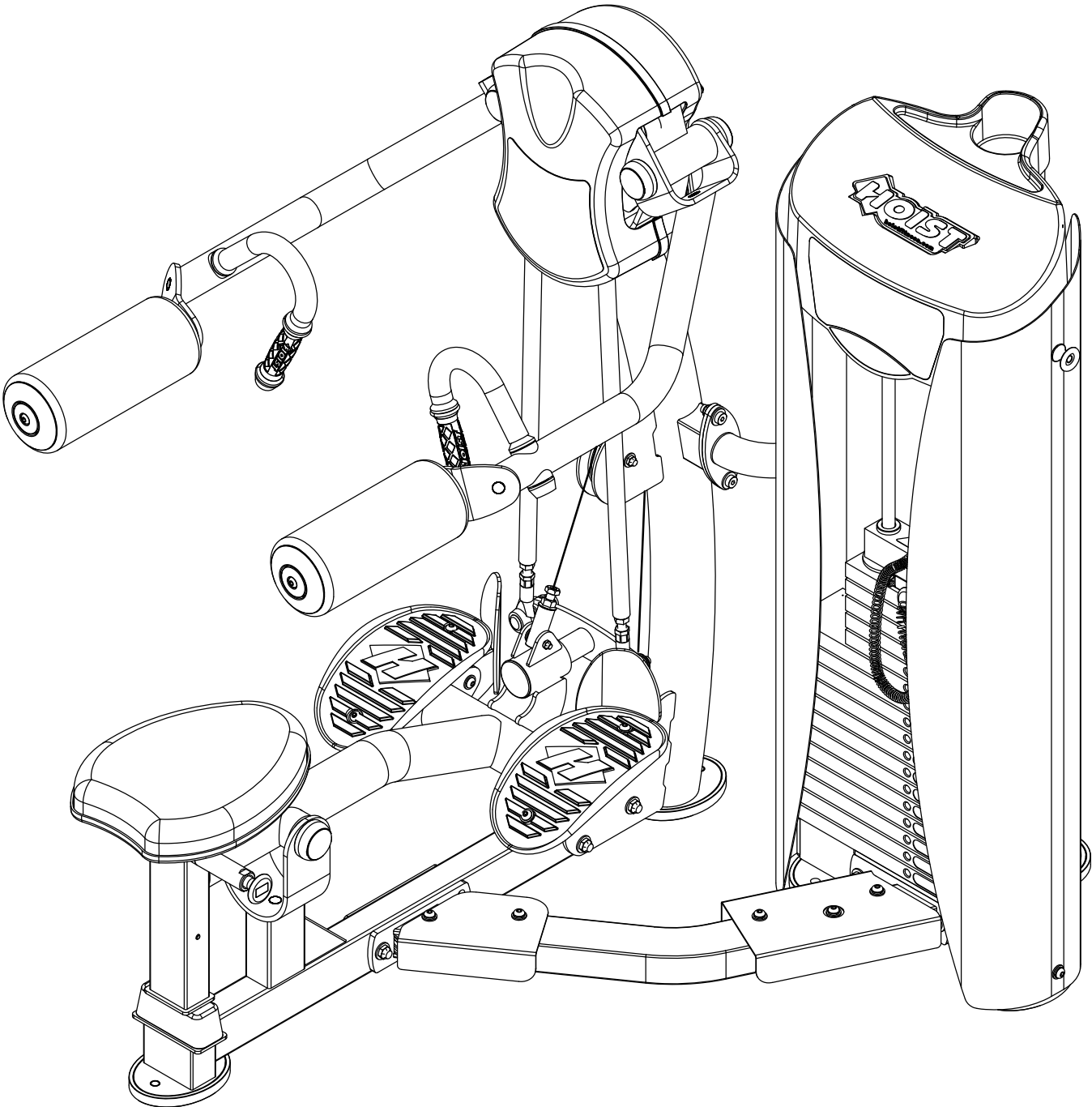
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

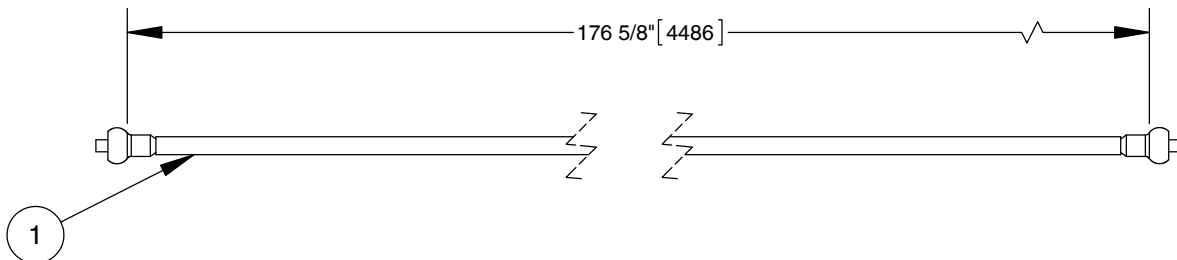
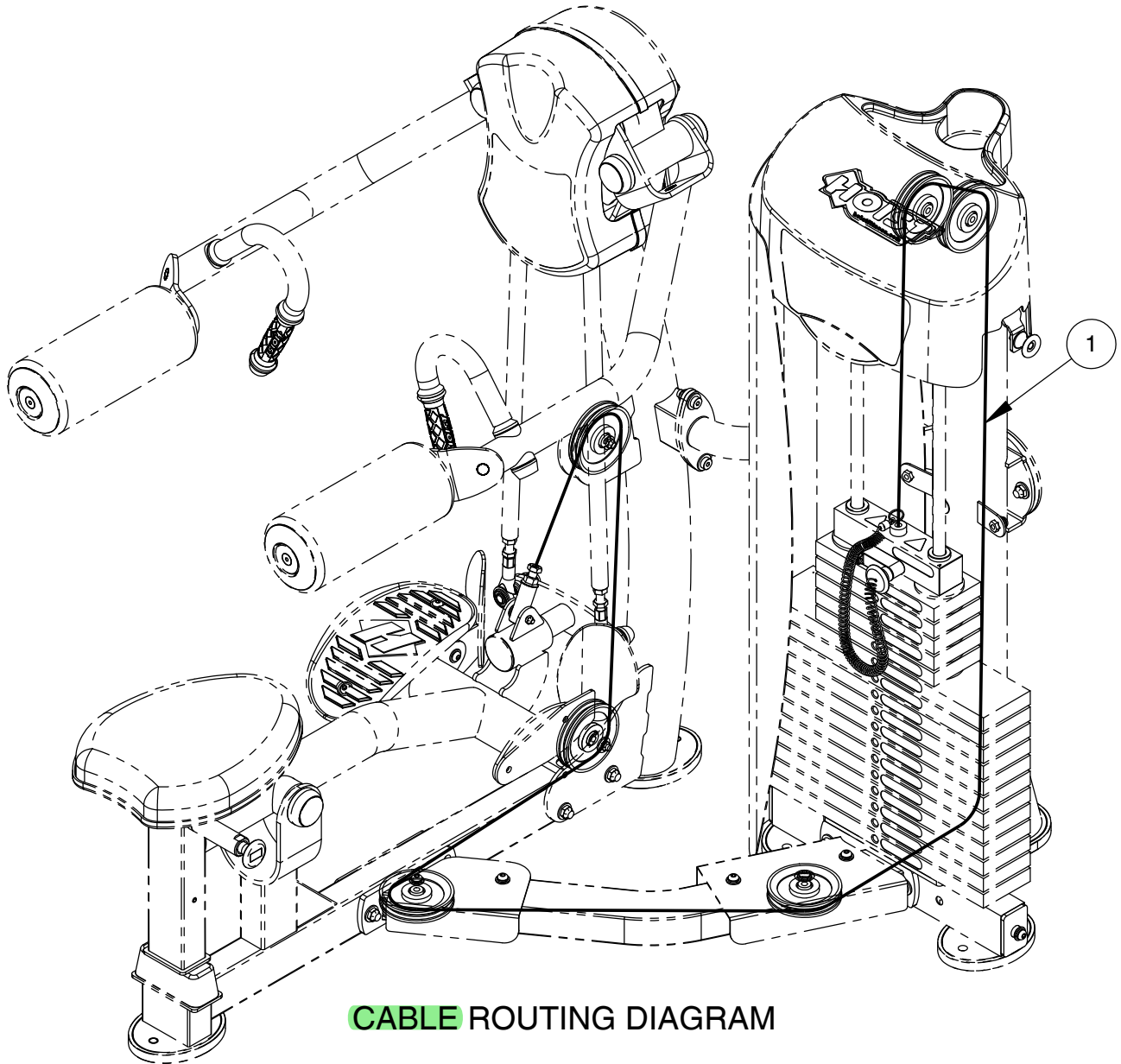


OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

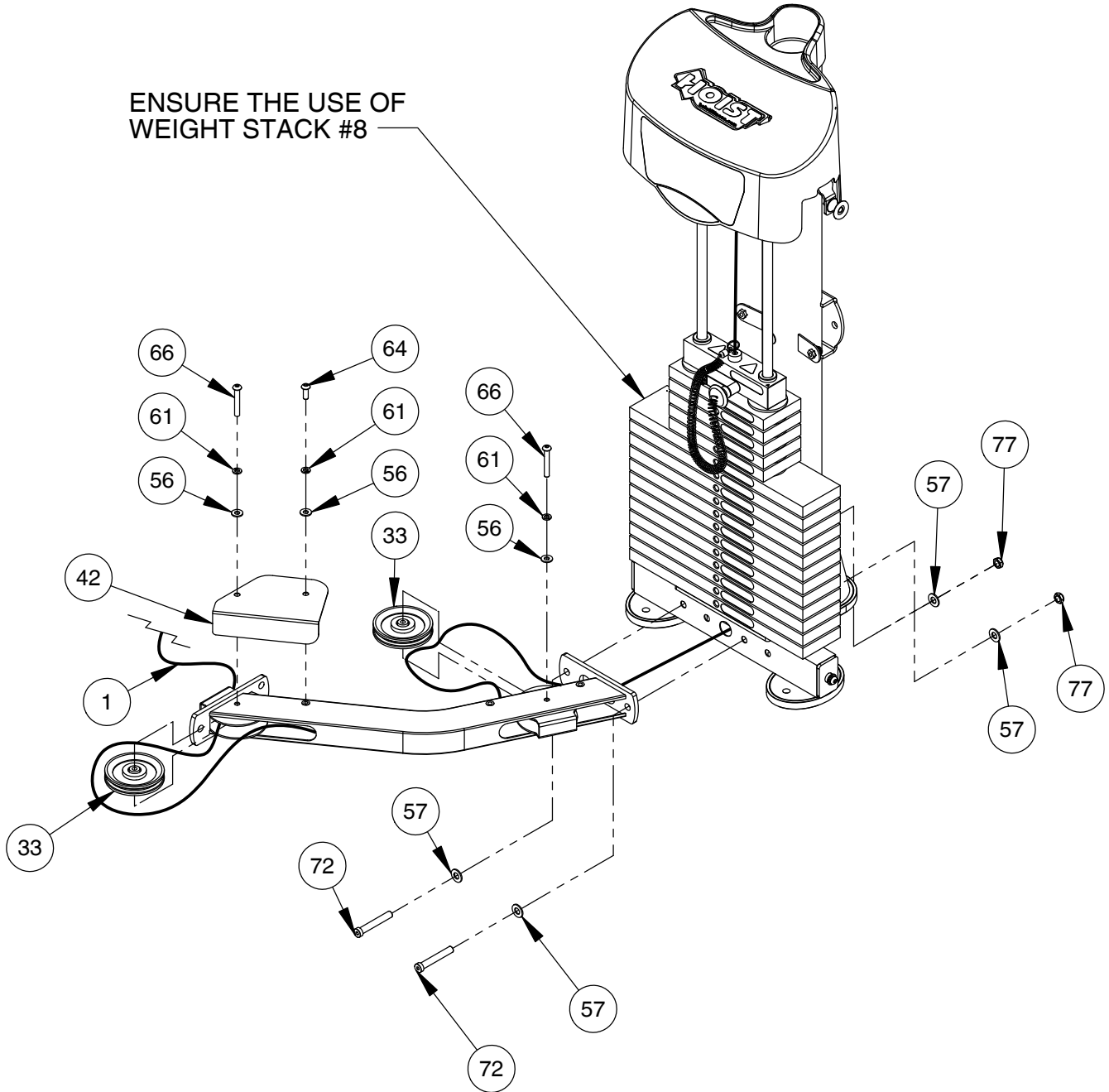


OWNER'S MANUAL

FRAME ASSEMBLY *ASSEMBLE WEIGHT CAGE FIRST*

- NOTE:
- WRENCH TIGHTEN HARDWARE (66).
 - HAND TIGHTEN ALL OTHER HARDWARE.
 - INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

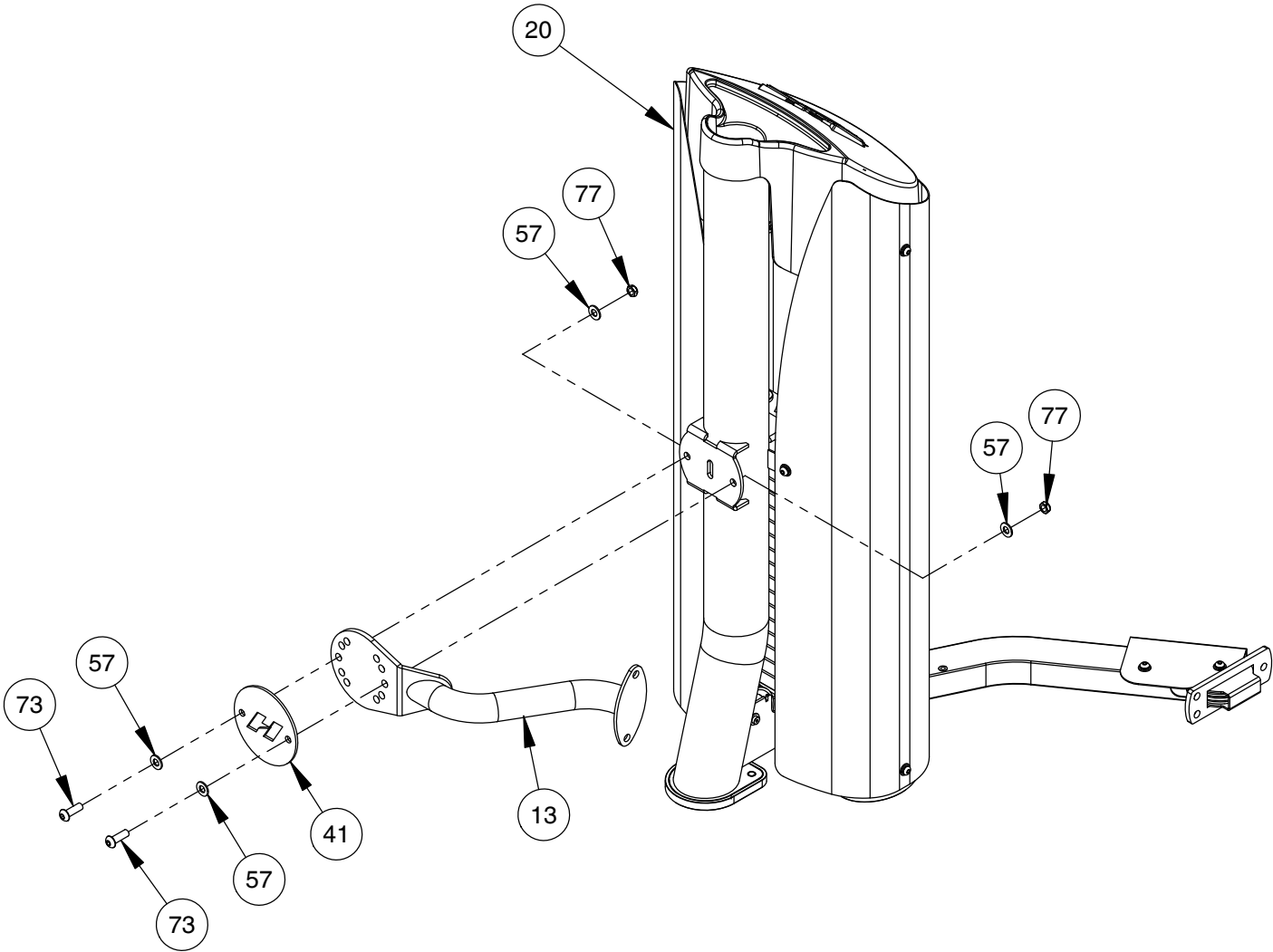
ENSURE THE USE OF
WEIGHT STACK #8



OWNER'S MANUAL

FRAME ASSEMBLY

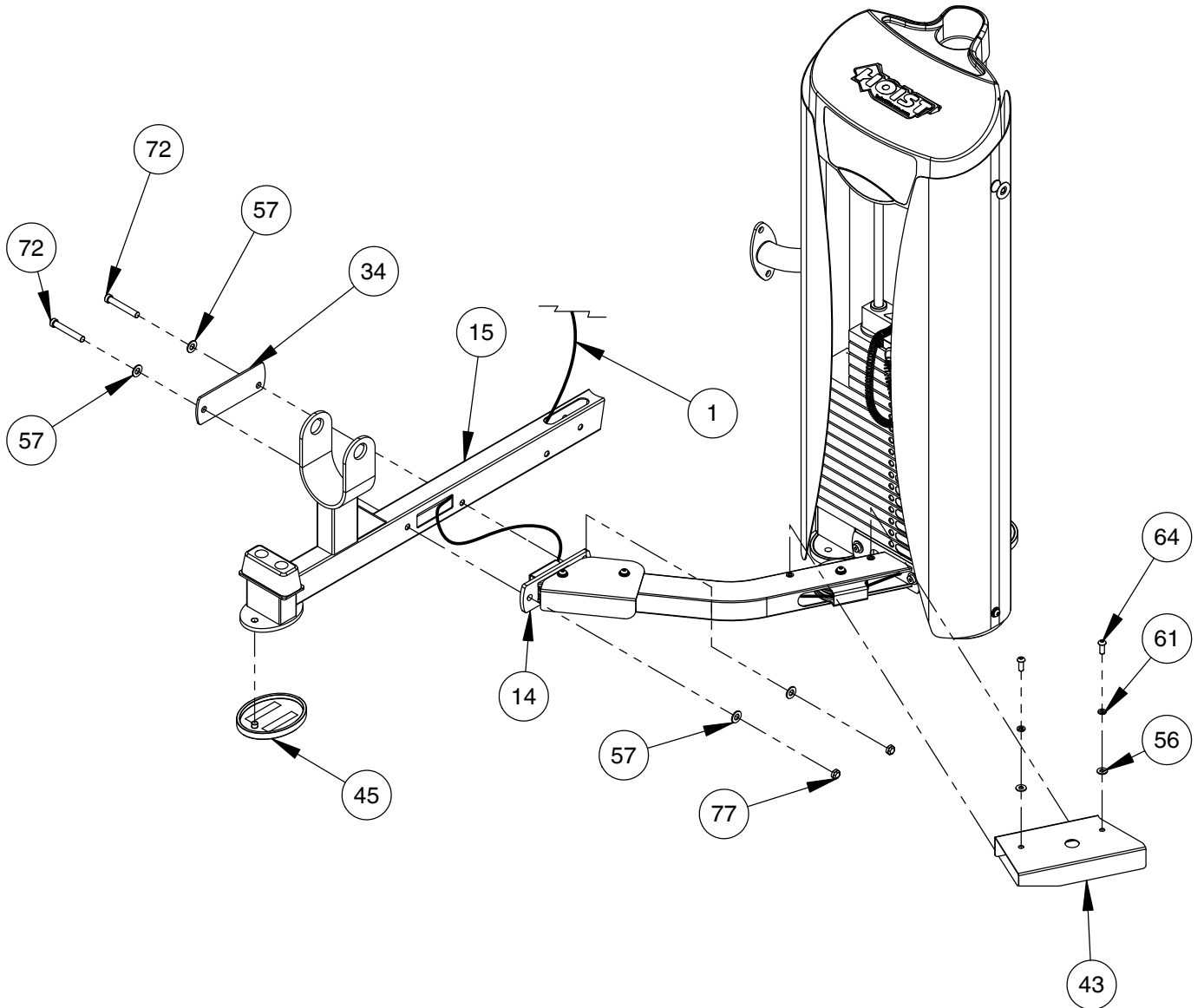
NOTE:
- HAND TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

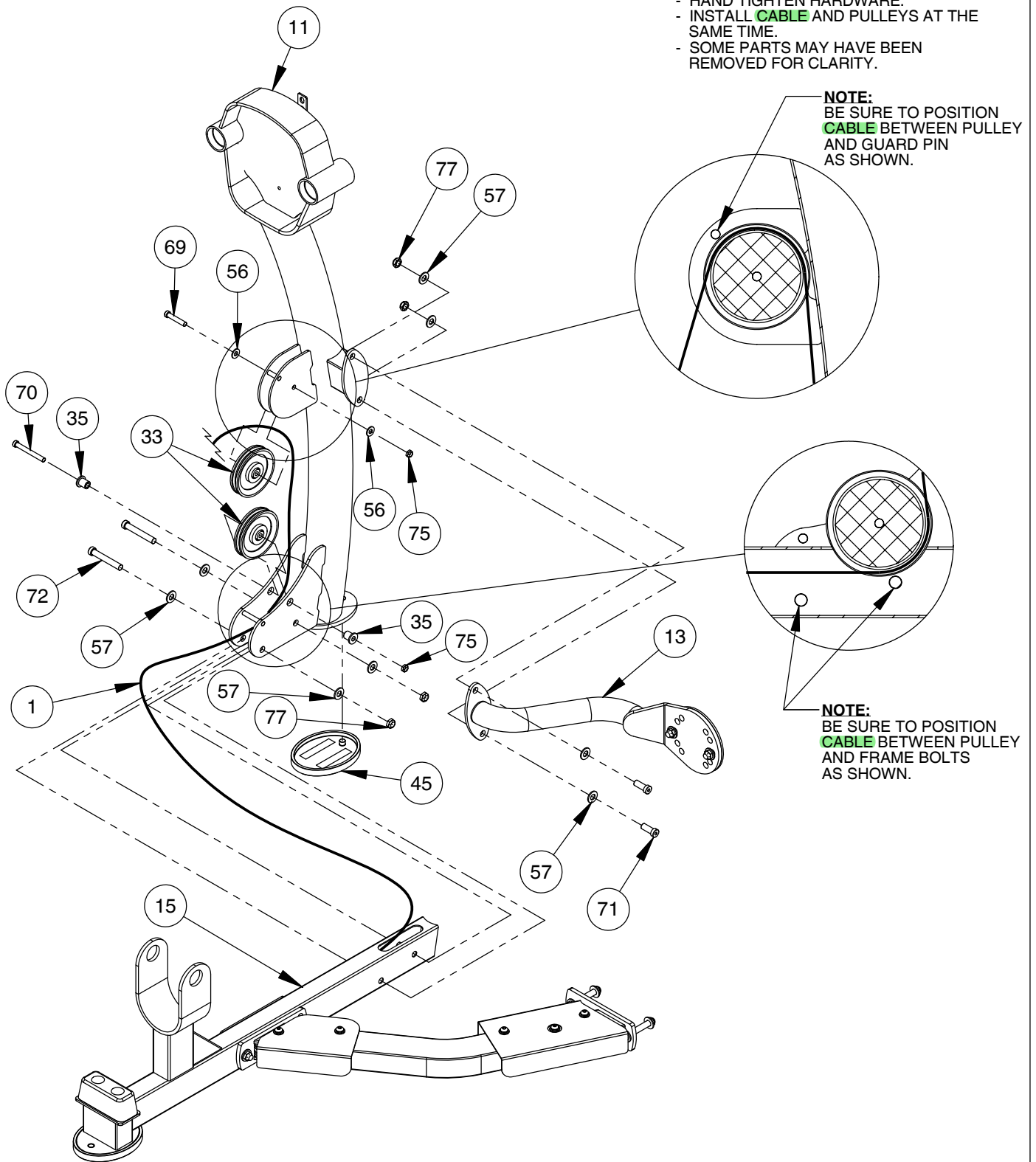


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



NOTE:

BE SURE TO POSITION **CABLE** BETWEEN PULLEY AND GUARD PIN AS SHOWN.

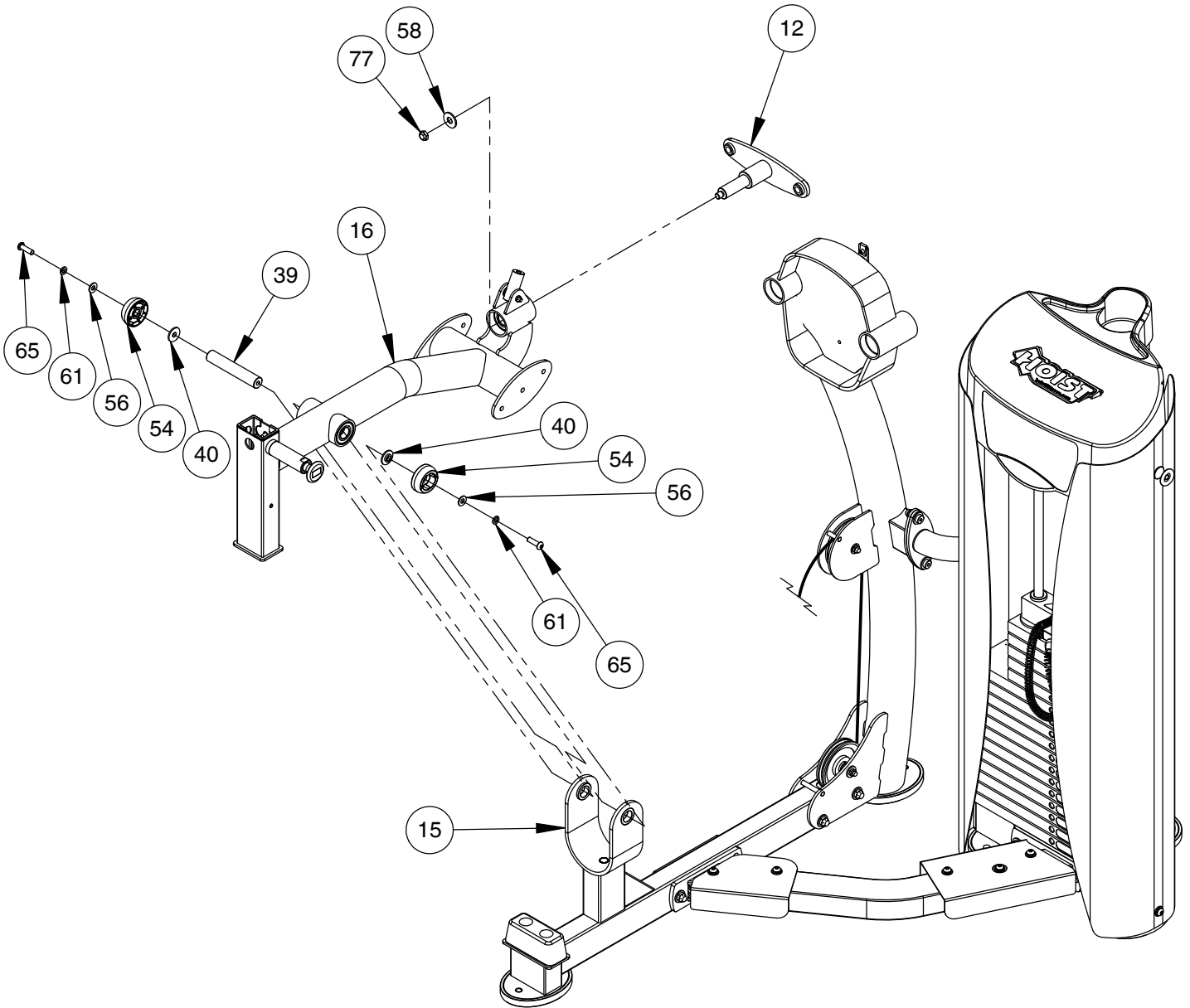
NOTE:

BE SURE TO POSITION **CABLE** BETWEEN PULLEY AND FRAME BOLTS AS SHOWN.

OWNER'S MANUAL

FRAME ASSEMBLY

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

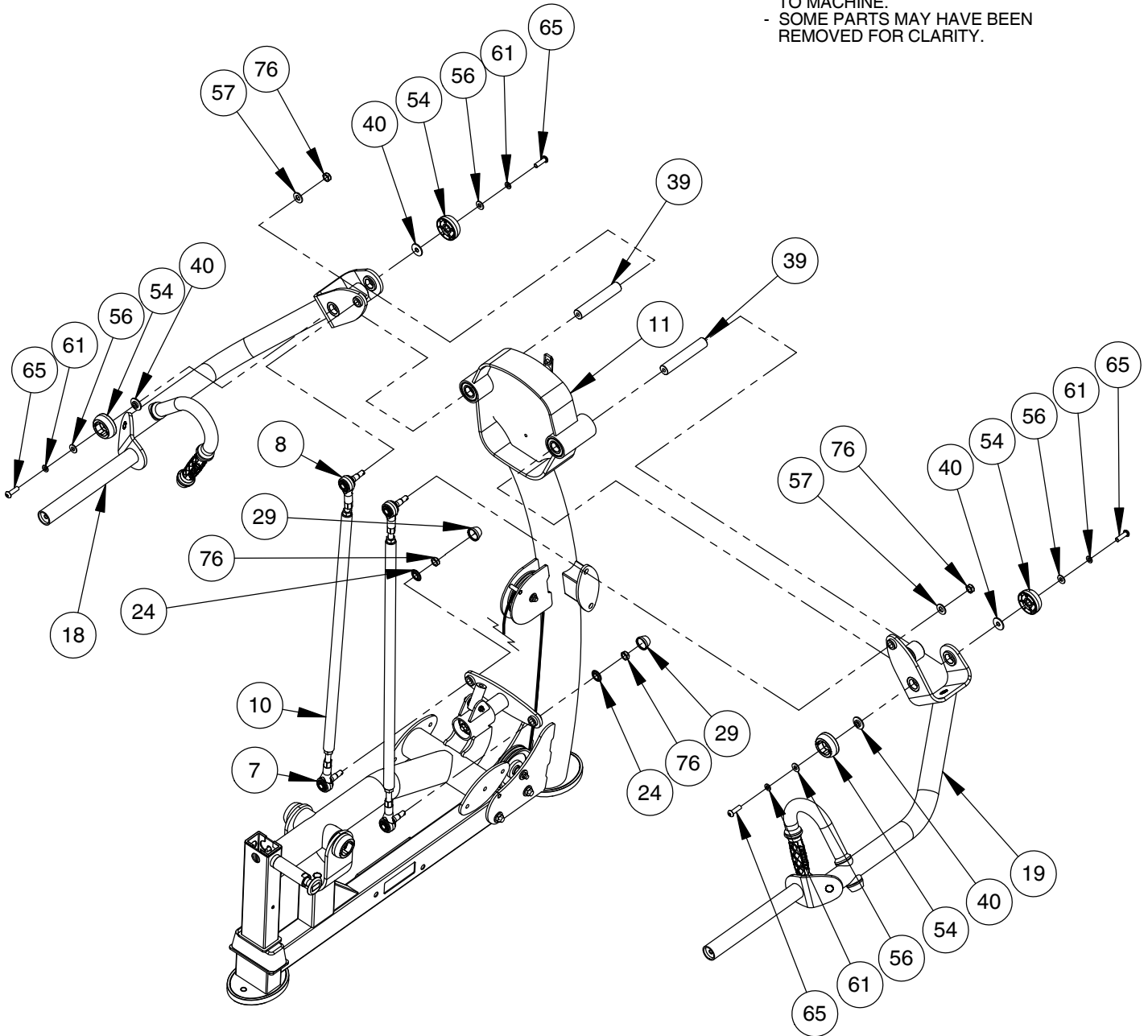


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- TIGHTEN TOP OF TIE ROD (10) TO ARM (19) (18) BEFORE ATTACHING ARM TO MACHINE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

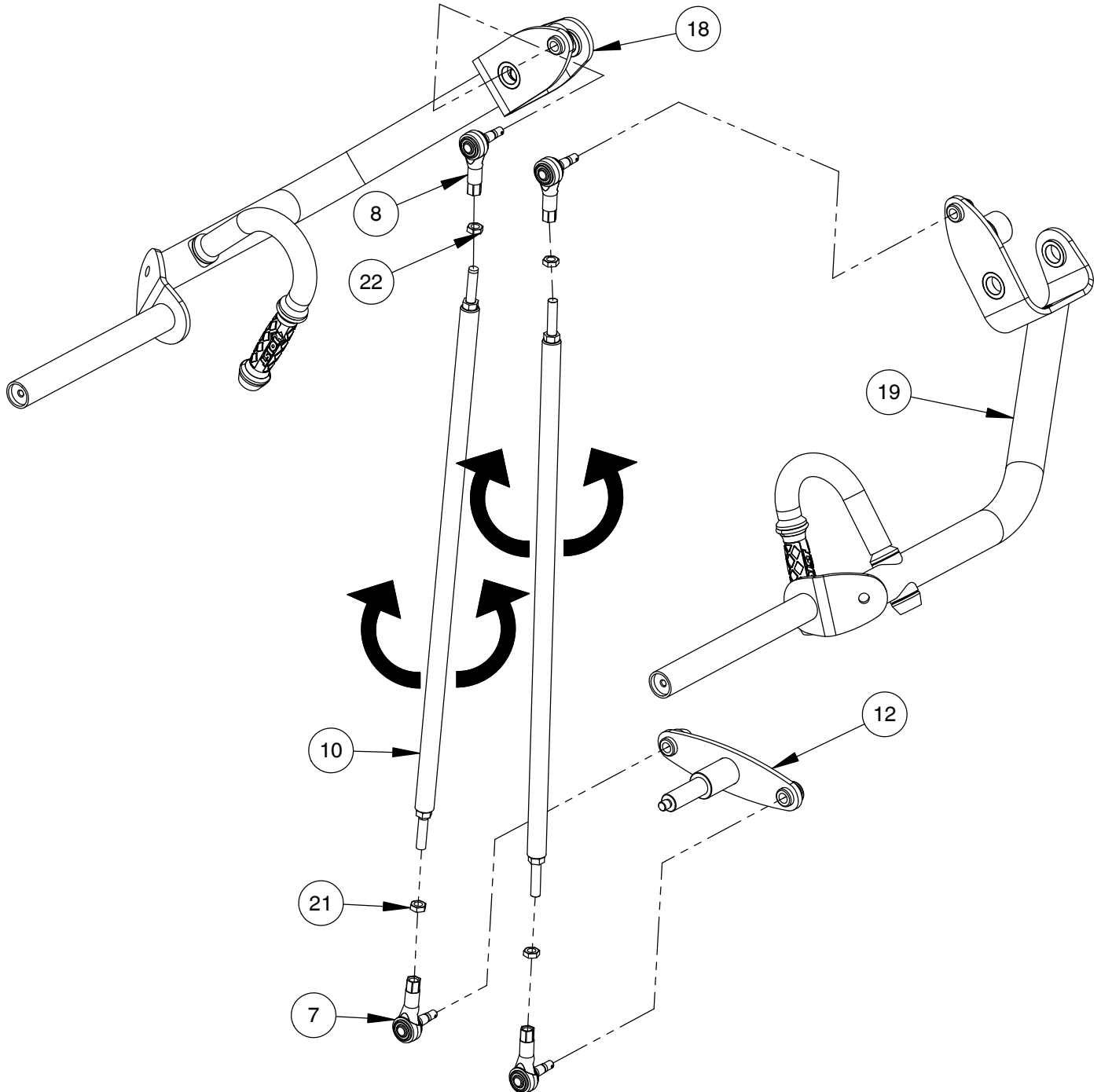
FRAME ASSEMBLY

TIE-ROD ADJUSTMENT

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

IMPORTANT

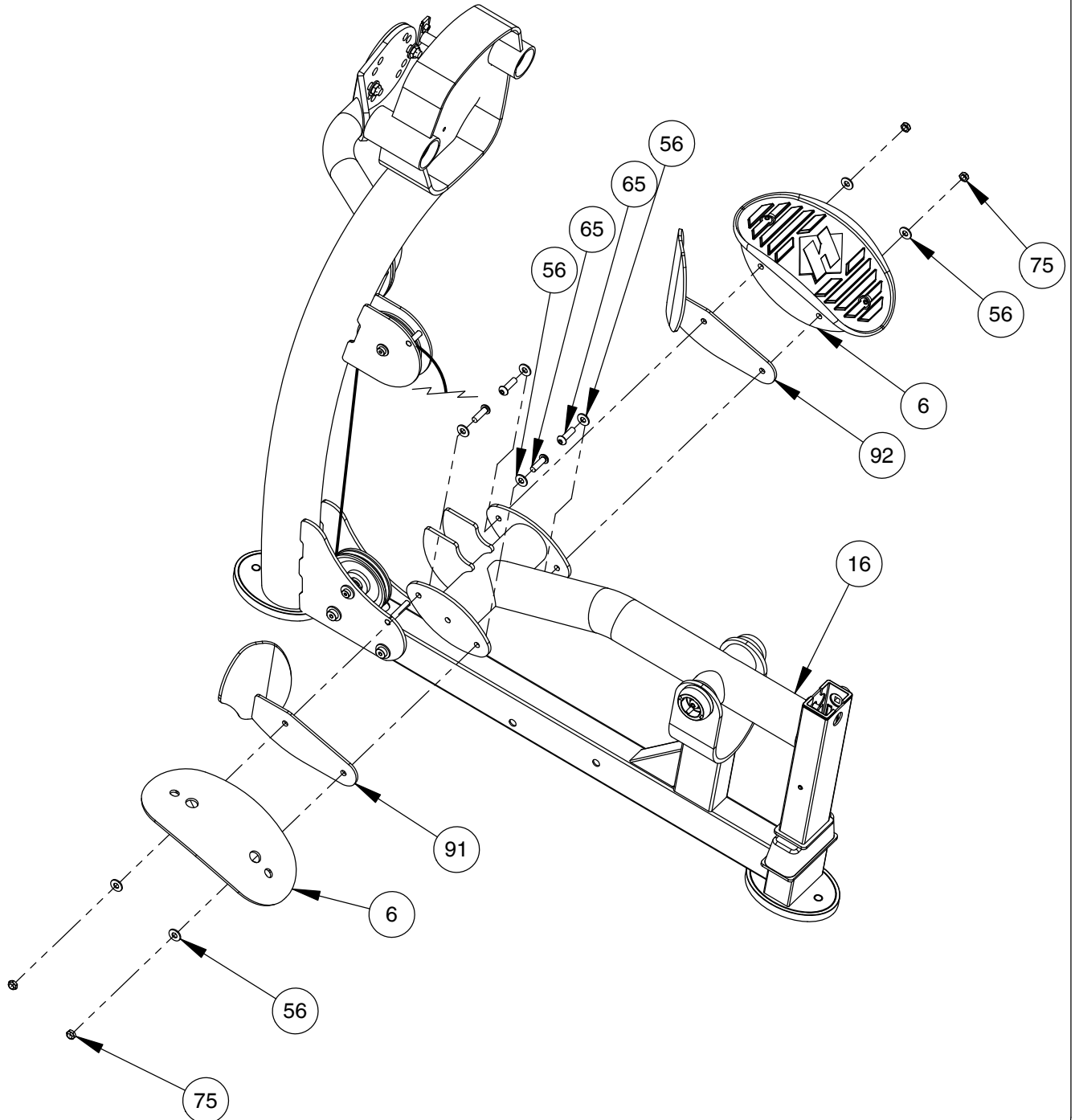
IT MAY BE NECESSARY TO ADJUST THE HEIGHT
OF TIE RODS (10) BY LOOSENING OR TIGHTENING
TIE RODS FOR PROPER INSTALLATION INTO
PRESS ARMS (18)(19).



OWNER'S MANUAL

FRAME ASSEMBLY

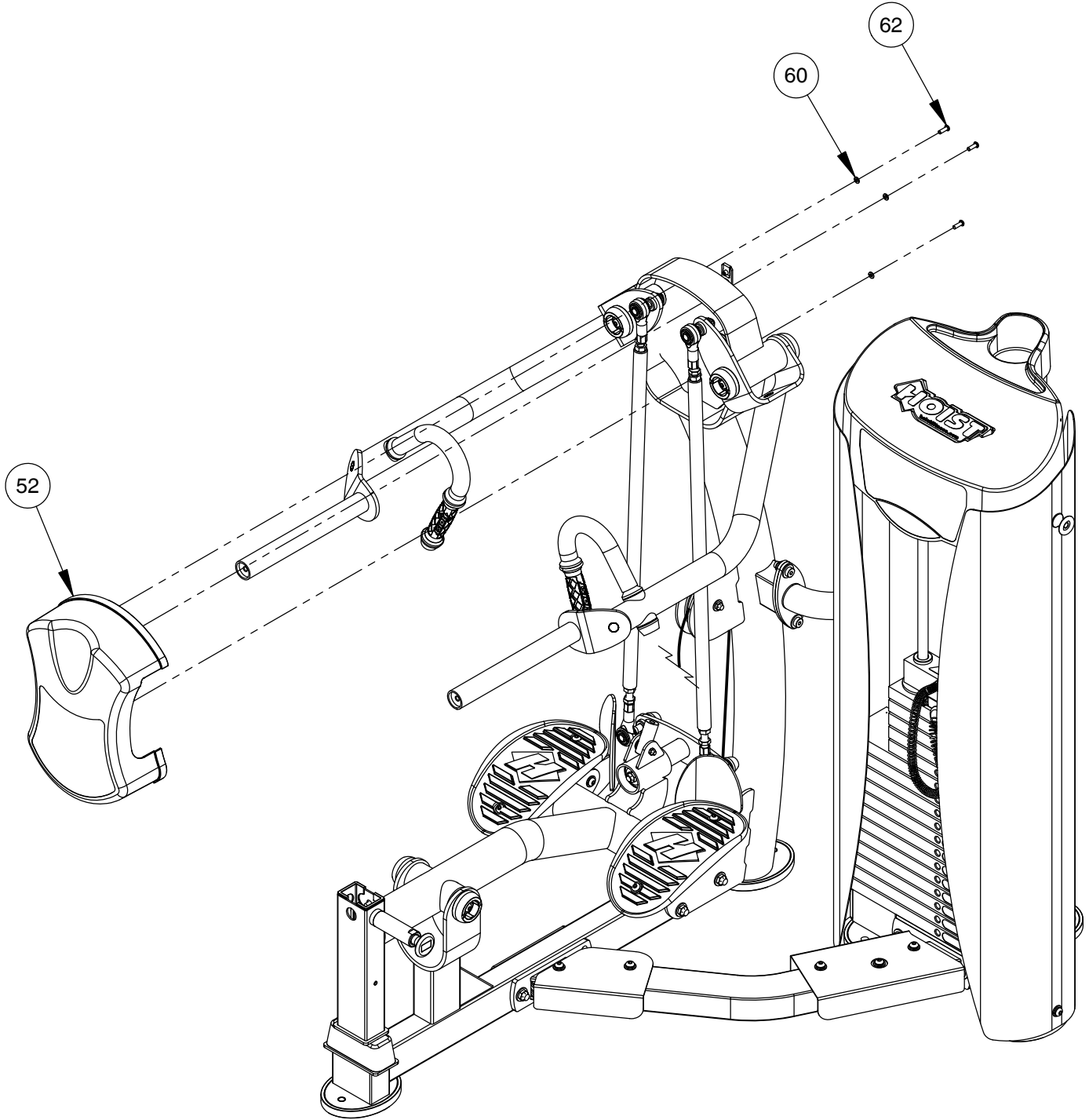
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.

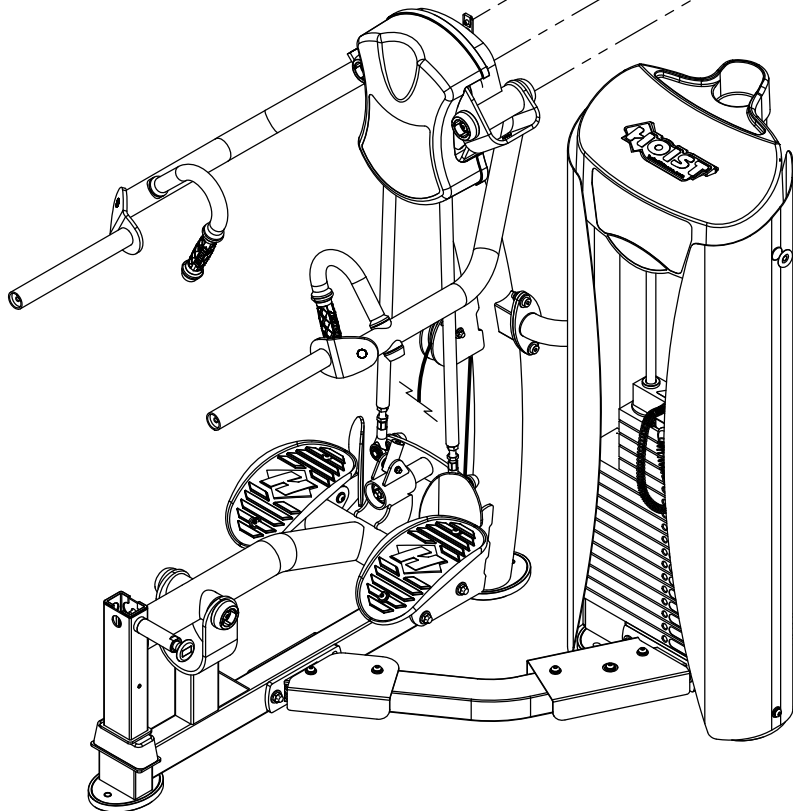
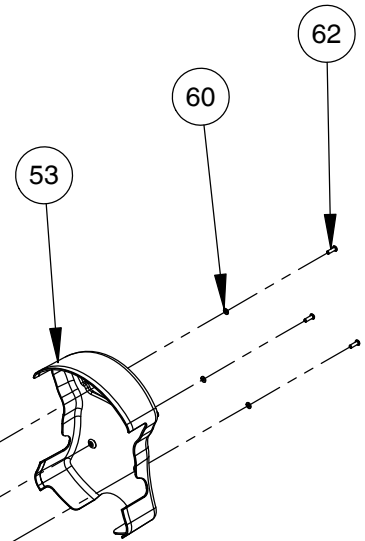
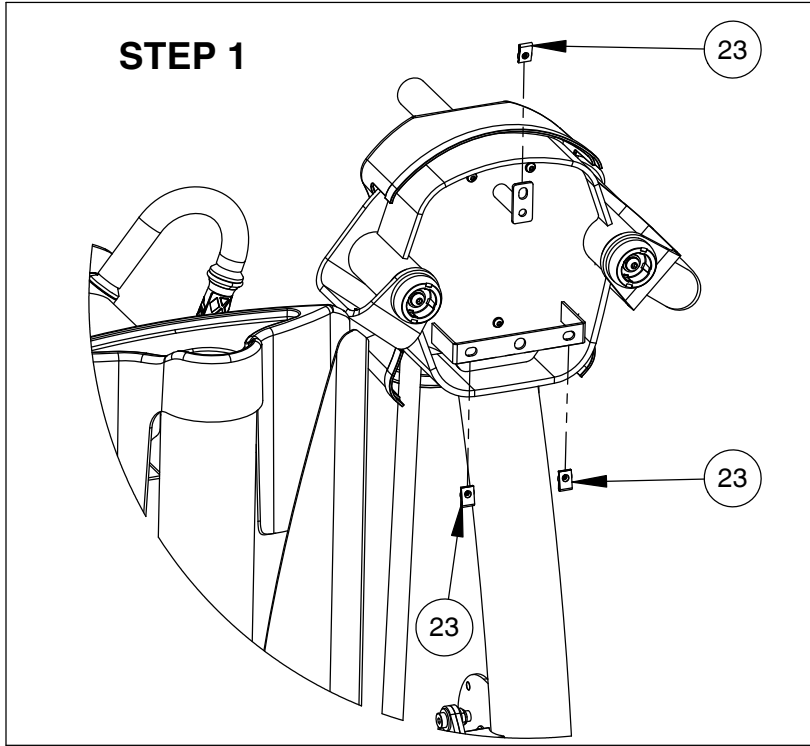


OWNER'S MANUAL

FRAME ASSEMBLY

STEP 1

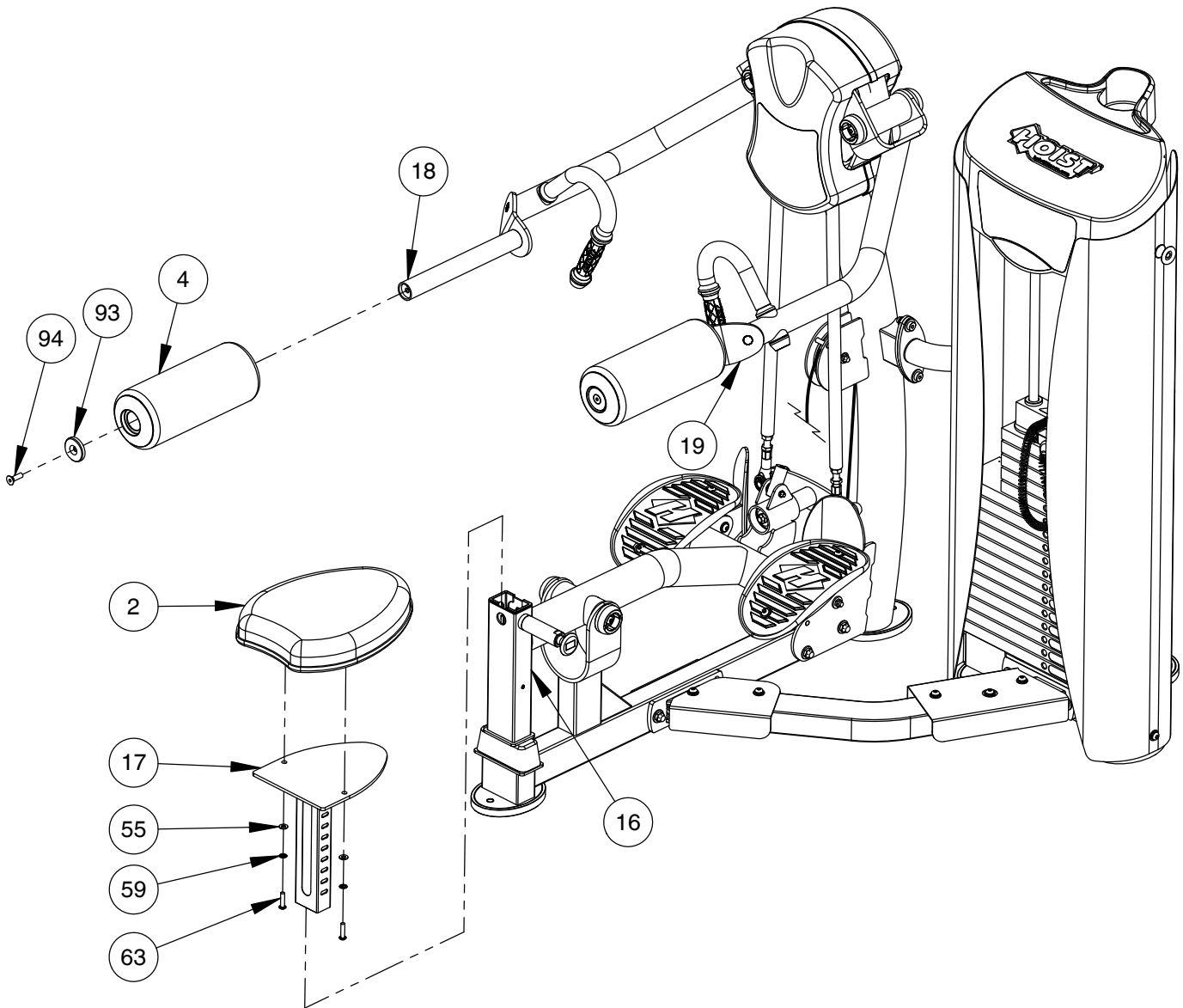
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

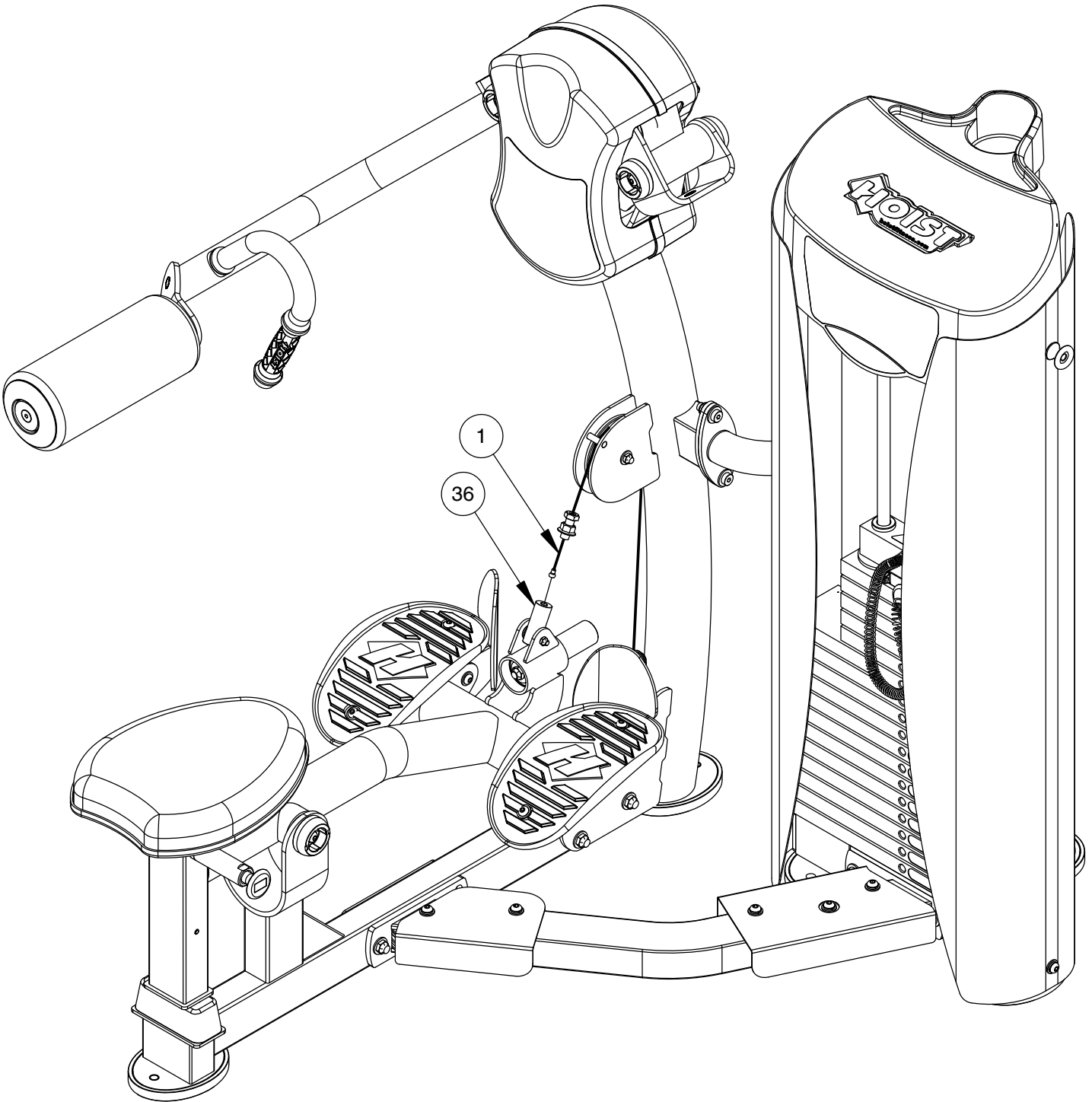
- NOTE:
- WRENCH TIGHTEN HARDWARE.
 - REPEAT ASSEMBLY FOR OPPOSITE SIDE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

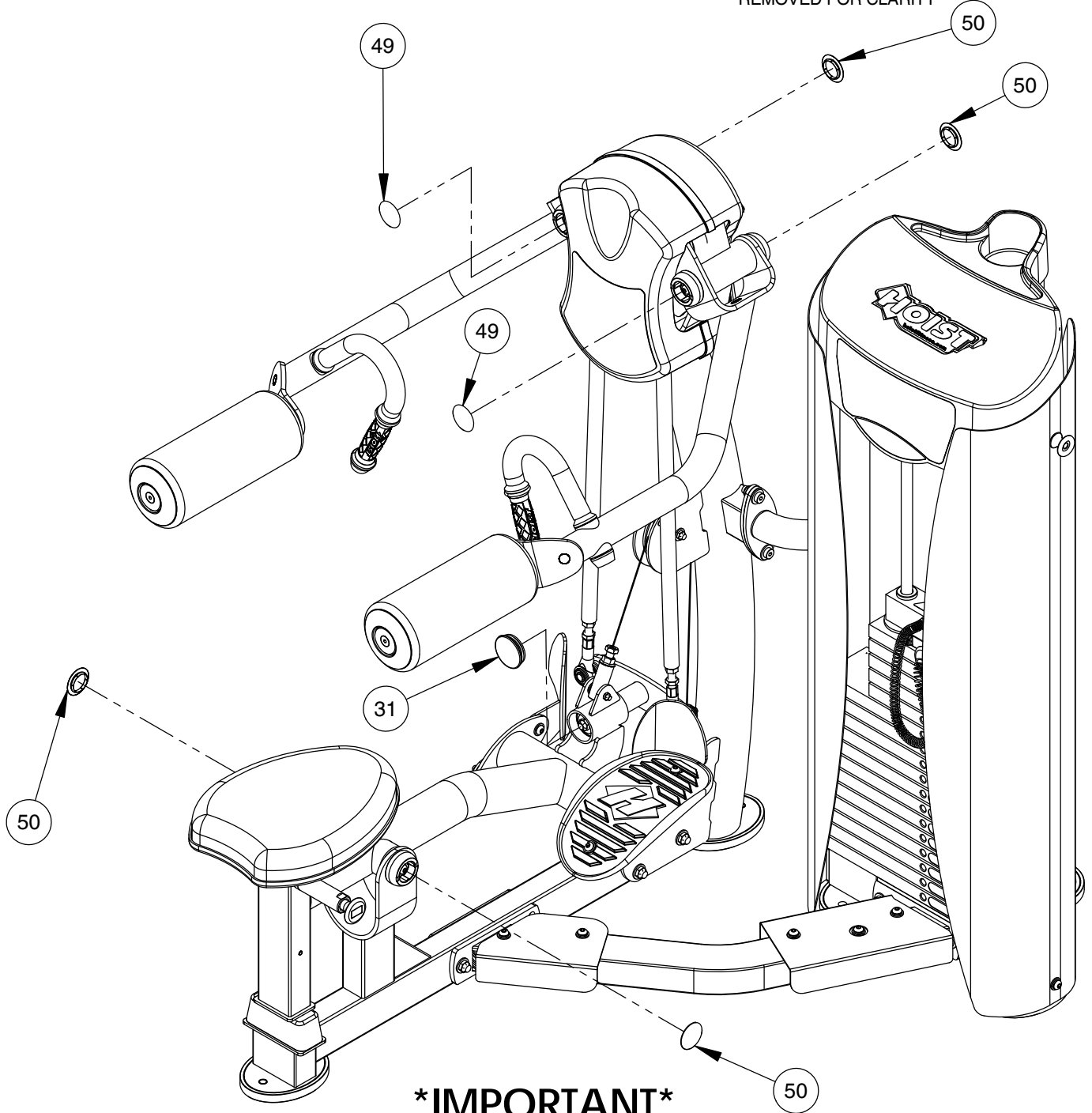
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN ALL PREVIOUSLY
HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



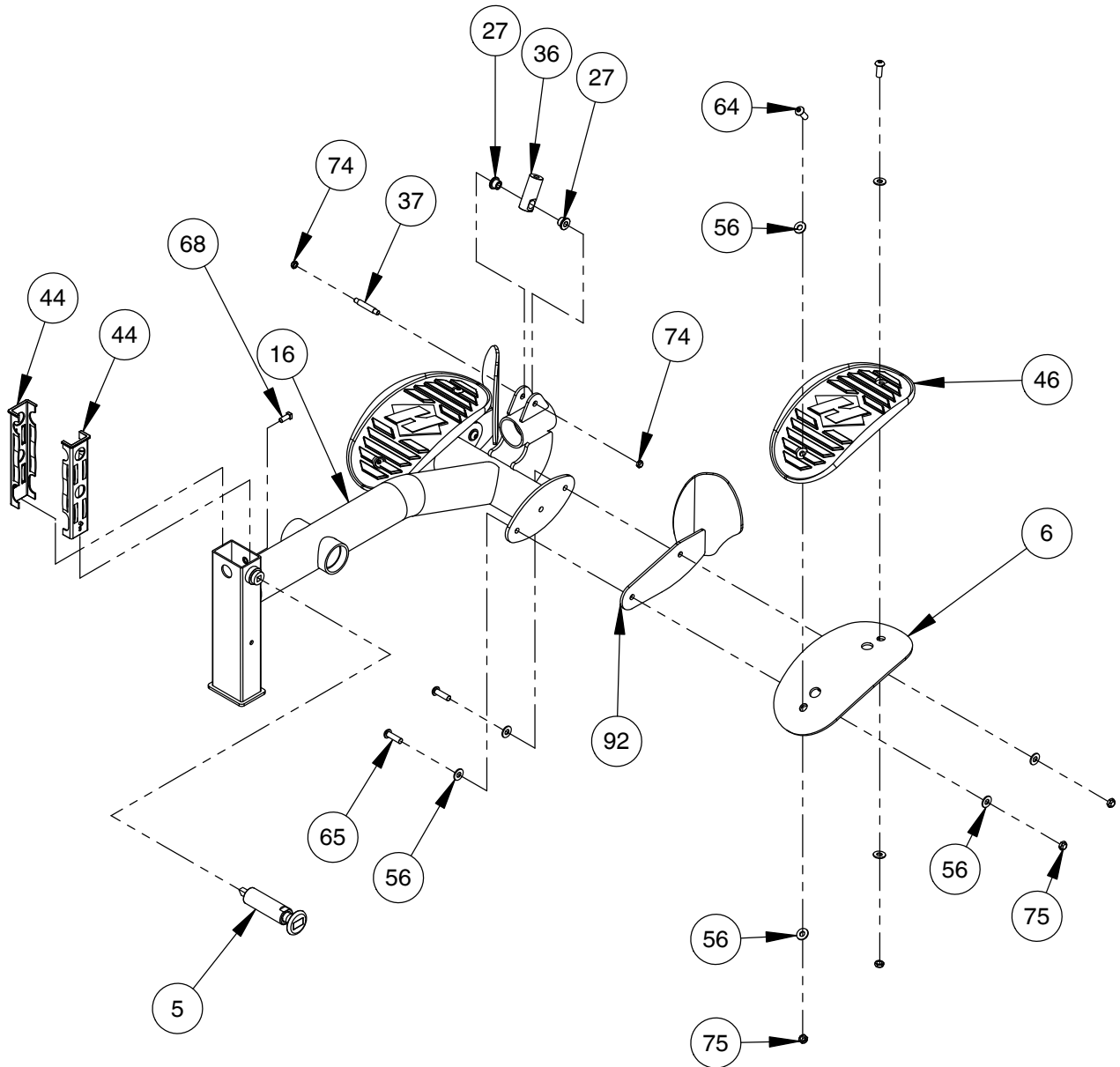
IMPORTANT

NOW THAT THE RS-1502 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

PRE-ASSEMBLY

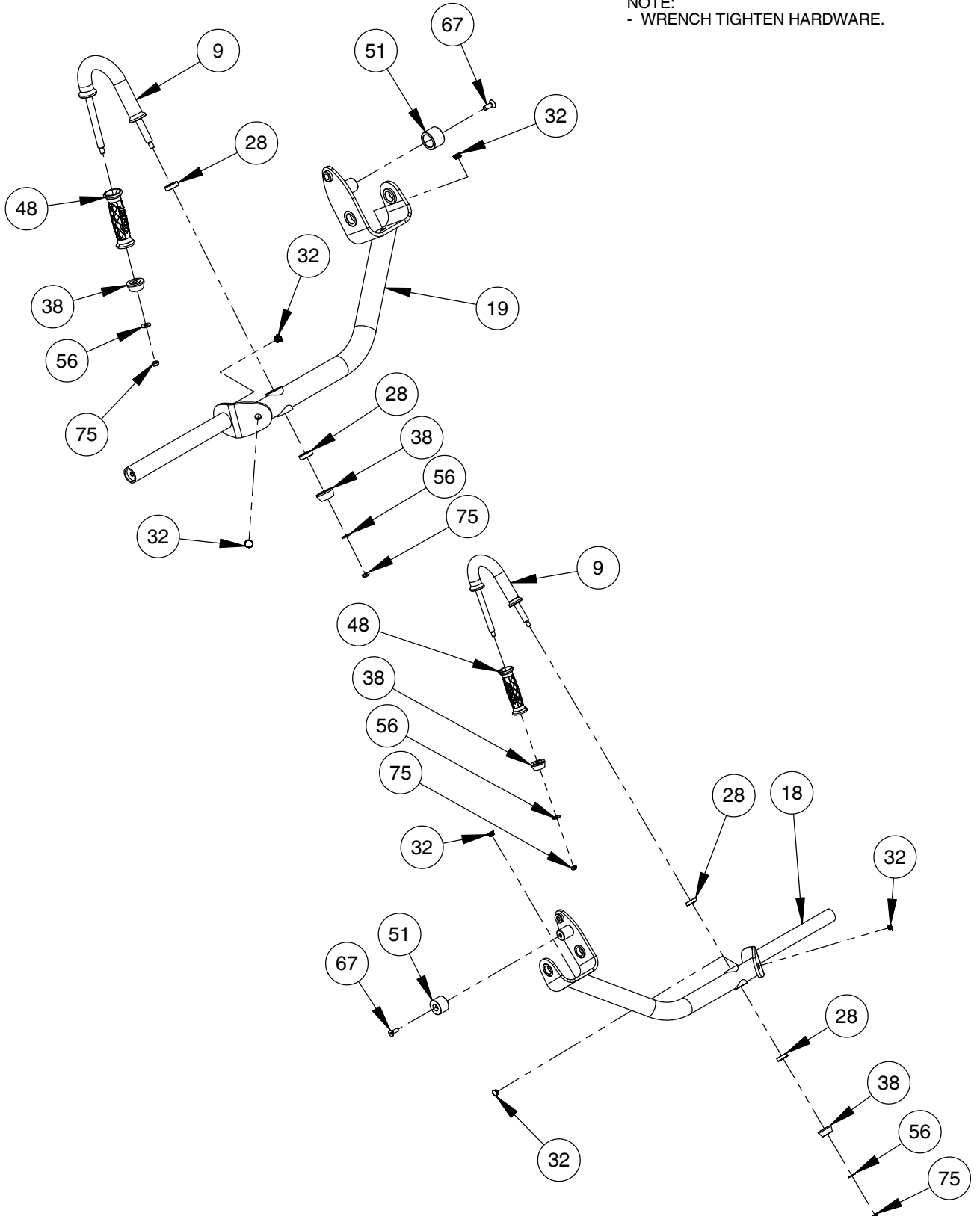
NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE OF FOOT PLATE.



OWNER'S MANUAL

PRE-ASSEMBLY

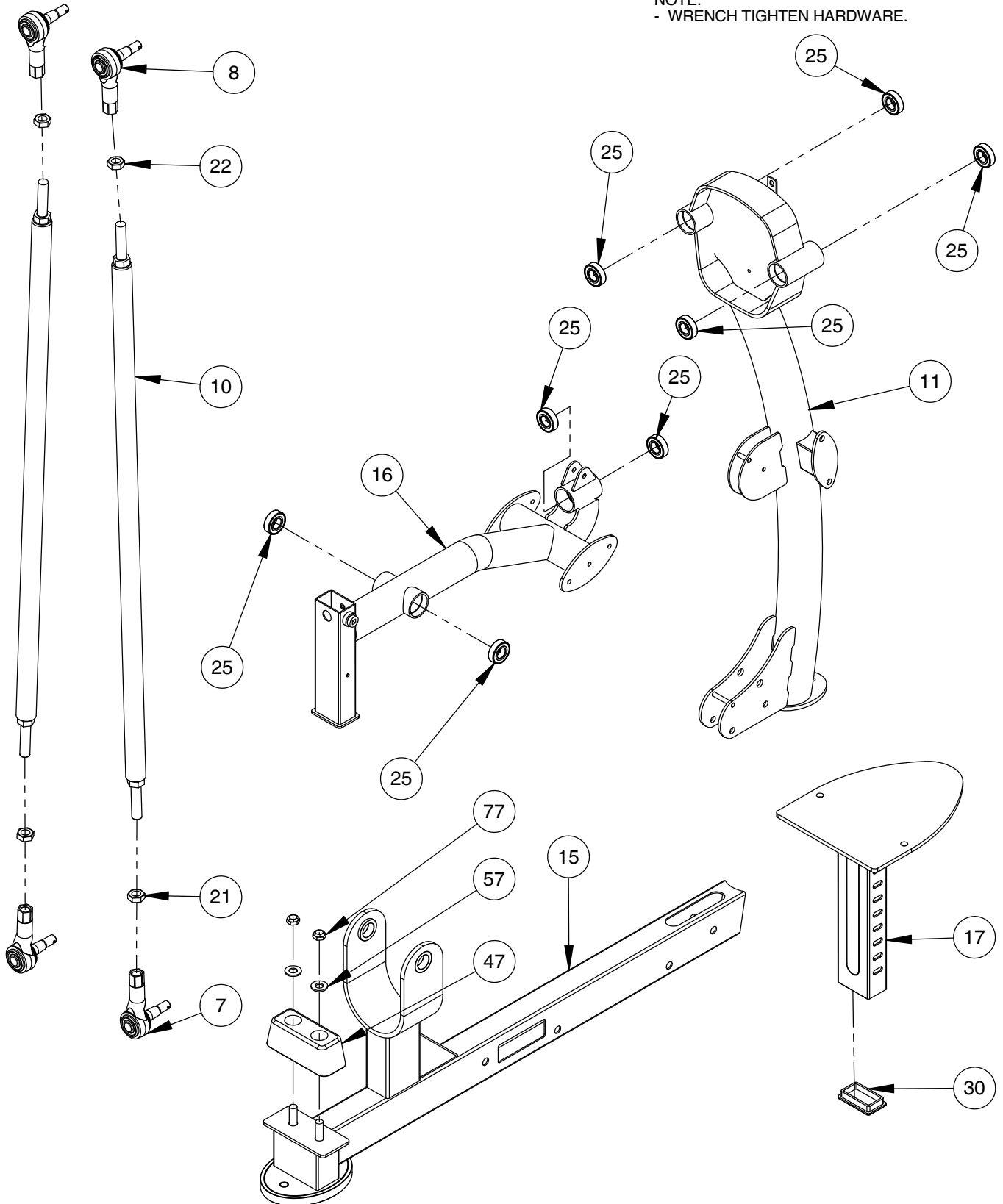
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

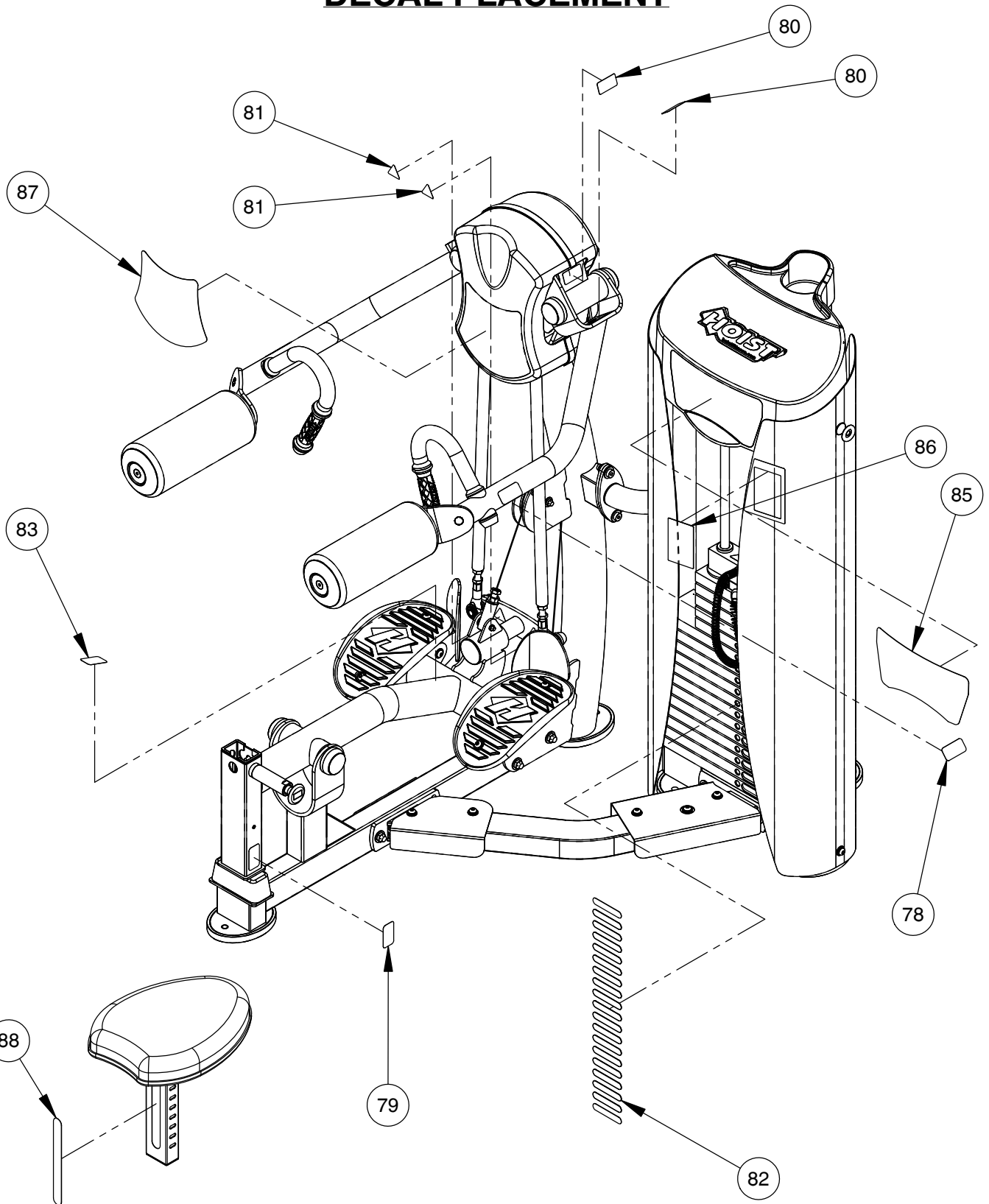
PRE-ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



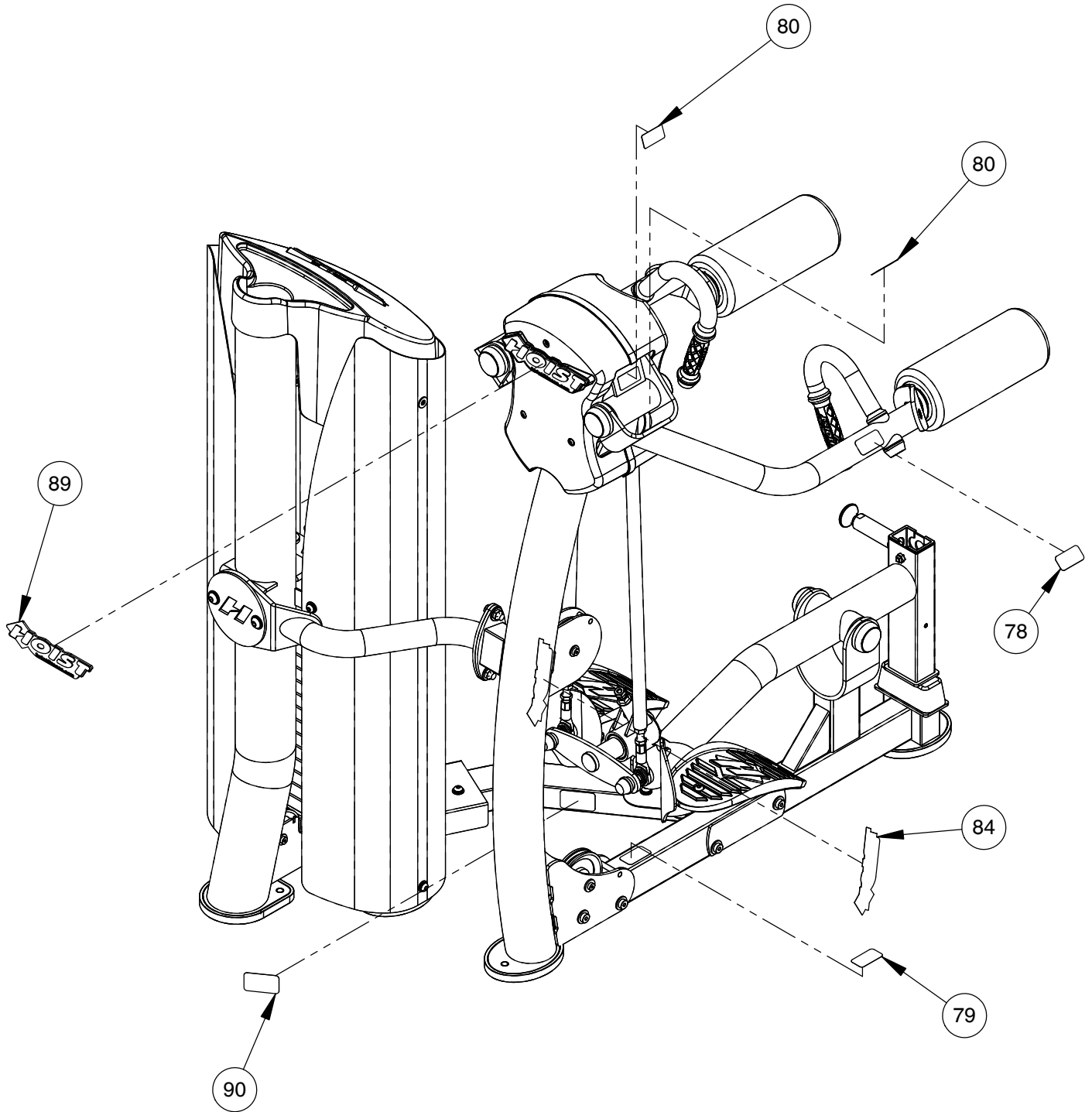
OWNER'S MANUAL

DECAL PLACEMENT



OWNER'S MANUAL

DECAL PLACEMENT



OWNER'S MANUAL

DECAL REFERENCE



021-0003093



021-0003543



021-0003322



021-0003341



021-0003627



1-800-548-5438

www.hoistfitness.com

SERIAL # 00-00-A-000000



SERIAL # DECAL

8 LBS / 4 KGS

118 LBS / 54 KGS

278 LBS / 126 KGS

18 LBS / 8 KGS

138 LBS / 63 KGS

298 LBS / 135 KGS

28 LBS / 13 KGS

158 LBS / 72 KGS

38 LBS / 17 KGS

178 LBS / 81 KGS

48 LBS / 22 KGS

198 LBS / 90 KGS

58 LBS / 26 KGS

218 LBS / 99 KGS

78 LBS / 35 KGS

238 LBS / 108 KGS

98 LBS / 44 KGS

258 LBS / 117 KGS

021-0003939

OWNER'S MANUAL

DECAL REFERENCE



021-0003876

TO VISIT THE HOIST® MOBILE APPLICATION, SCAN THE QR CODE* BELOW WITH YOUR SMARTPHONE'S CAMERA.

THE APPLICATION PROVIDES A SHORT VIDEO, ALONG WITH ANSWERS TO:

- HOW DO I USE THIS MACHINE?
- WHY DOES THE MACHINE MOVE?
- WHERE IS HOIST ON THE WEB?

SCAN HERE:

* USING YOUR SMARTPHONE VISIT WWW.HOISTFITNESS.COM/SCAN TO DOWNLOAD A FREE QR CODE SCANNER.

20-00374-93-1961

021-0003874



021-0003512

LATERAL RAISE

SHOULDERS

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 **ADJUST** seat so shoulders are aligned with pivot points.
- 2 Sit with feet on footrests.
- 3 Grasp handles; rotate arms upward until they are parallel to the floor.
- 4 Slowly return to the start position.

021-0003873

1
2
3
4
5
6
7
8
9

021-0003878

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0661	RS-1502 CABLE ASSEMBLY	1
2	022-01PD2054-A	SEAT PAD ASSEMBLY	1
3	022-01PD2054-5	SEAT PAD PLASTIC BACKING	1
4	022-01PD2347	PAD,12.5" ROLLER	2
5	026-01X2849	RACHET PULL-PIN ASSEMBLY	1
6	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
7	026-01X3724	TIE-ROD END LEFT HANDED	2
8	026-01X3725	TIE-ROD END RIGHT HANDED ASSEMBLY	2
9	026-01X5772	HANDLE ASSEMBLY	2
10	026-01X5799	DRIVE LINK	2
11	026-01X5801	UPRIGHT FRAME	1
12	026-01X5802	LINK SWIVEL	1
13	026-01X5809	CROSS BAR ASSEMBLY	1
14	026-01X5810	CROSS MEMBER ASSEMBLY	1
15	026-01X5811	BASE FRAME ASSEMBLY	1
16	026-01X5812	USER SUPPORT FRAME	1
17	026-01X5817	SEAT ADJUSTER ASSEMBLY	1
18	026-01X5847	PRESS ARM -1	1
19	026-01X5848	PRESS ARM -2	1
20	ROC-IT WEIGHT CAGE - A2	ROC-IT WEIGHT CAGE	1
21	012-0105007	1/2-20 JAMNUT RH	2
22	012-0105012	1/2-20 JAMNUT LH	2
23	012-0609006	1/4-20 No-Slip Clip-On Nut	3
24	013-0001003	.50" CAP WASHER	2
25	014-0012014	BEARING: FLANGELESS - 25mm I.D.	8
26	014-0014002	3/8-16 FLUSH MOUNT INSERT	3
27	014-0101020	BUSHING: OILITE FLANGED Ø.63" O.D. X Ø.38" I.D. X .50" LG.	2
28	014-0012023	6002-2RS 15mm FLANGELESS BEARING	4
29	016-0003001	.50" CAP WASHER CAP	2
30	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
31	016-0201052	Ø2.375" END CAP (DOMED)	1
32	016-0203005-B	Ø".56" PLASTIC PLUG	6
33	018-0001003	CABLE PULLEY: Ø4.50"	4
34	026-01F0256	BACKING PLATE	1
35	026-01M0825	HEAVY FLANGED SPACER: Ø .391" I.D. X .750" LG.	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01M1103	THREADED CABLE ANCHOR Ø1.00" O.D X 2.50" LG.	1
37	026-01M1136	SHAFT CABLE ANCHOR Ø.375" X 1.53" LG.	1
38	026-01M2861	Ø1.6250" ALUMINUM END CAP	4
39	026-01M2987	PIVOT SHAFT	3
40	026-01M3112	FINISHED CAP WASHER	6
41	026-01P2653	'H' PLATE	1
42	026-01P5524	CABLE SHIELD	1
43	026-01P5526	CABLE SHIELD	1
44	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
45	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2
46	026-01PL2124	FOOTPLATE, MOLDED	2
47	026-01PL2246	DUAL HOLE BUMPER 2.08" THICK	1
48	026-01PL2292	RUBBER OVER-MOLDED HANDLE	2
49	026-01PL2371-R	FINISH COVER, RED	2
50	026-01PL2371	3.75" ROLLER PAD END CAP	4
51	026-01PL2373	STOP REST	2
52	026-01PL2389	RS-1502 LINK COVER - FRONT	1
53	026-01PL2390	RS-1502 LINK COVER - BACK	1
54	026-01PL2553	FINISH CAP BODY, Ø2.3750"	6
55	013-1002010	5/16" SAE FLAT WASHER (Ni)	2
56	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	33
57	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	24
58	013-1002004	1/2" X 34mm USS FLAT WASHER (Ni)	1
59	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	2
60	013-1006001	1/4" SPLIT LOCK WASHER (Ni)	6
61	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	11
62	011-0701076	1/4"-20UNC X .75" BHCS (Ni)	6
63	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	2
64	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	7
65	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	10
66	011-0701026	3/8"-16UNC X 2.50" BHCS (Ni)	2
67	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	2
68	011-0704001	3/8-16UNC X .75" SQUARE HEAD (Ni)	1
69	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	1
70	011-0116151	3/8"-16UNC X 3.25" LOW HEAD SHCS (Ni)	1

OWNER'S MANUAL

PART LIST CONTINUED

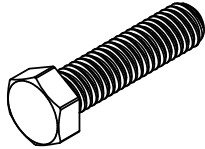
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	011-0116108	1/2"-13UNC X 1.25" LOW HEAD SHCS (Ni)	2
72	011-0116116	1/2"-13UNC X 3.25" LOW HEAD SHCS (Ni)	6
73	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	2
74	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	2
75	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	14
76	012-0504003	12mm x 1.25mm THIN NYLOCK NUT (Ni)	4
77	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	13
78	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	2
79	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	2
80	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	4
81	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	2
82	021-0003939	DECAL: RS WEIGHT STACK #8	1
83	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	1
84	021-0003627	DECAL HOIST 2.07" X 7.75"	1
85	021-0003873	DECAL LATERAL RAISE	1
86	021-0003874	ROC-IT QR DECAL LATERAL RAISE	1
87	021-0003876	DECAL LATERAL DELTOID INDEPENDENT ARMS	1
88	021-0003878	DECAL SEAT POST 9 POSITION	1
89	021-0018022	DECAL HOISTFITNESS.COM LOGO	1
90	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
91	026-01X5968	FOOT GUARD, LEFT	1
92	026-01X5969	FOOT GUARD, RIGHT	1
93	026-01M0238	FLATHEAD CAP Ø2.00" ALUM.	2
94	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	2

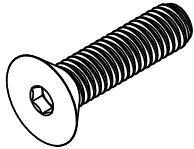
OWNER'S MANUAL

ABBREVIATIONS

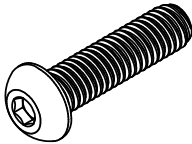
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



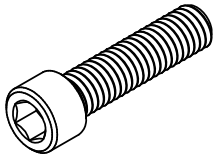
HHB = Hex Head Bolt



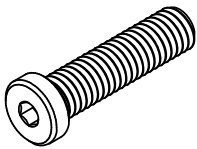
FHCS = Flat Head Cap Screw



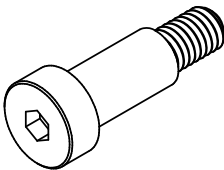
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



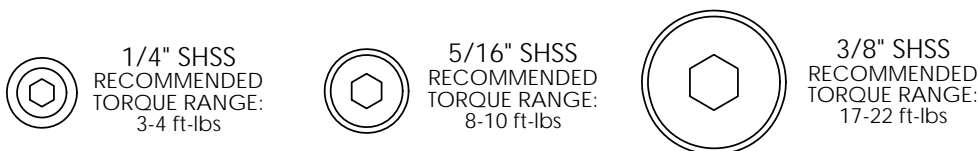
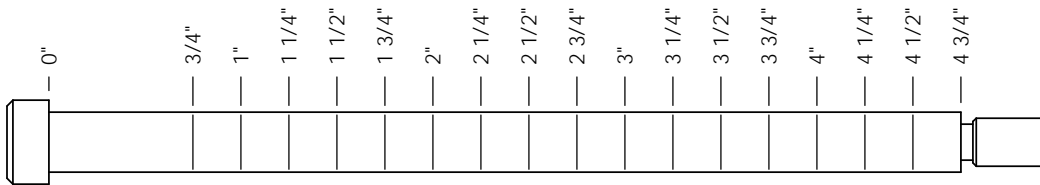
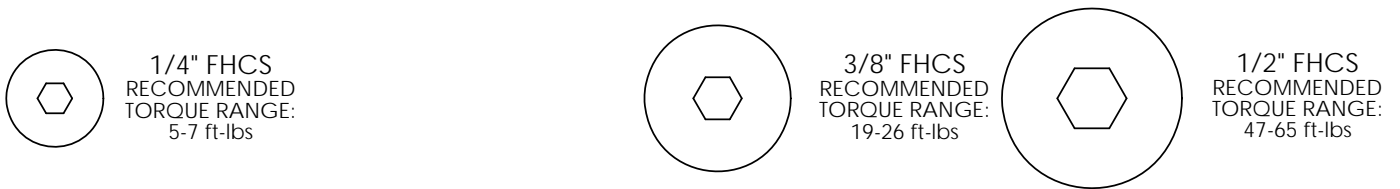
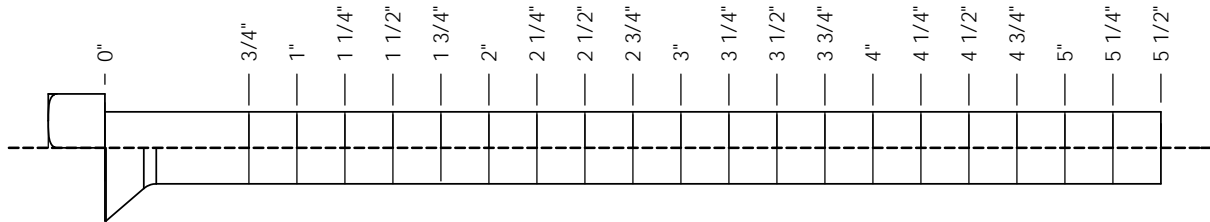
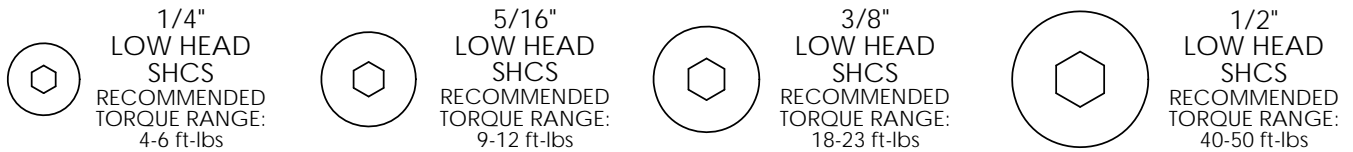
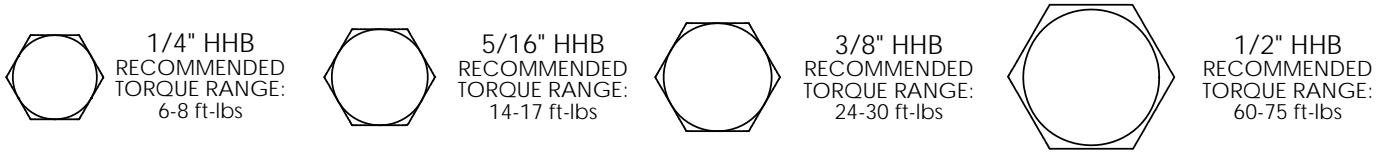
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

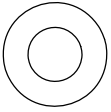
BOLT SIZING CHART



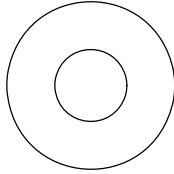
OWNER'S MANUAL

WASHER SIZING CHART

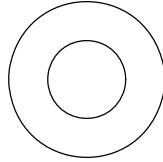
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



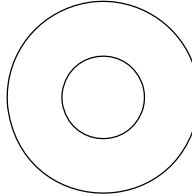
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



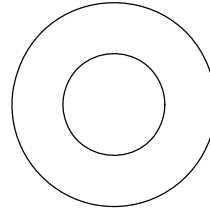
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



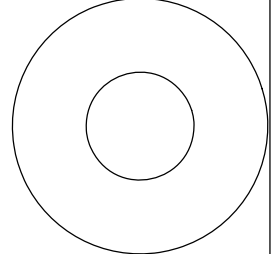
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



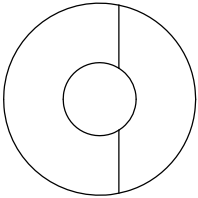
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



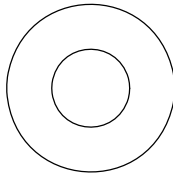
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



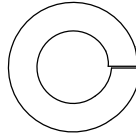
013-0402007
3/8"
FLAT WASHER
22mm O.D.



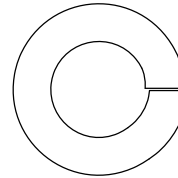
013-0102019
1/4"
LOCK WASHER



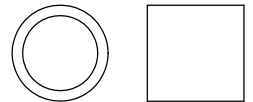
013-0102020
3/8"
LOCK WASHER



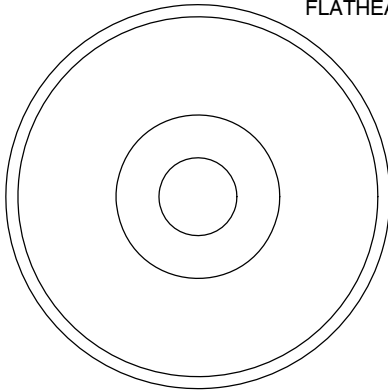
013-0102018
1/2"
LOCK WASHER



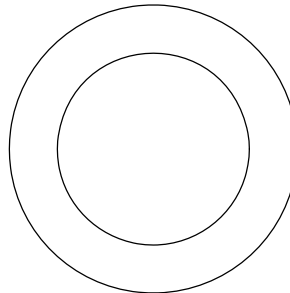
014-0018001
1/2" LONG
SPACER



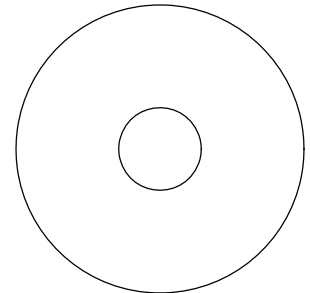
026-01M0238
2" ALUMINUM
FLATHEAD CAP



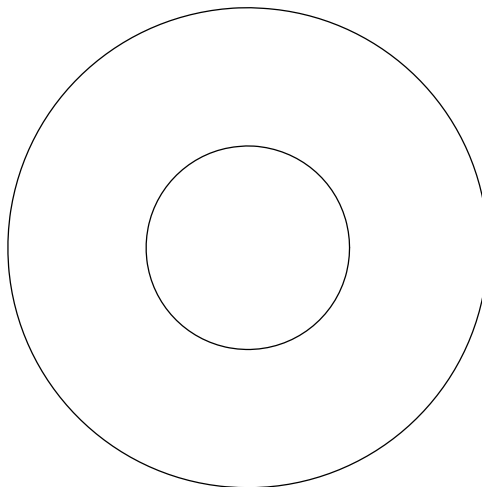
016-0009003
1" SHIM WASHER



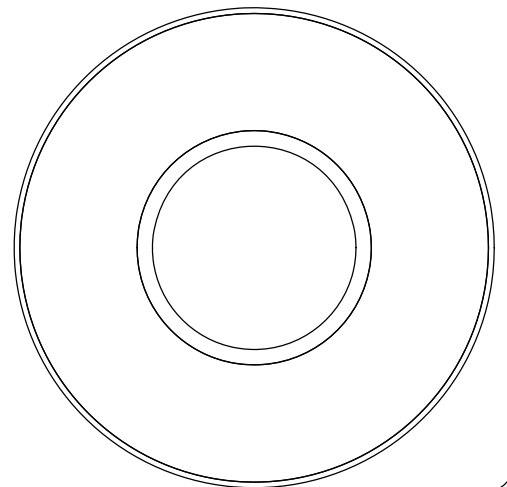
013-0003002
3/8" FENDER WASHER



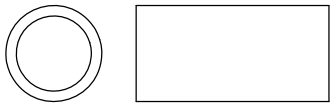
013-0003004
1 1/16"
FENDER WASHER



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



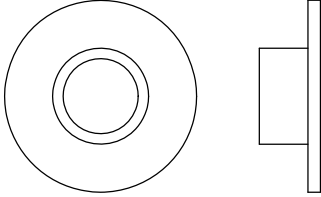
014-0018002
1" LONG
SPACER



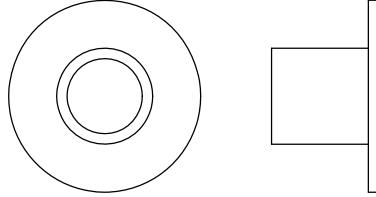
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

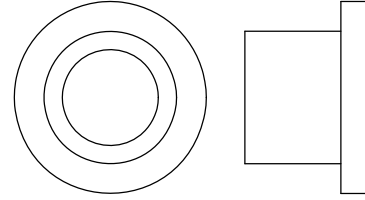
026-01M0211
1/4" LONG
FLANGED SPACER



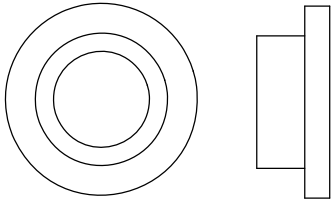
026-01M0198
1/2" LONG
FLANGED SPACER



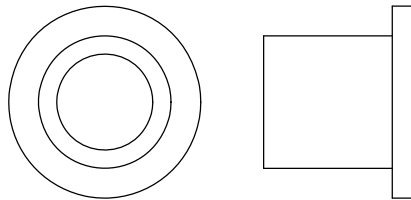
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



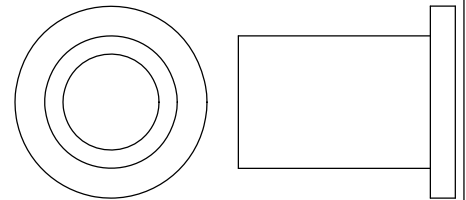
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



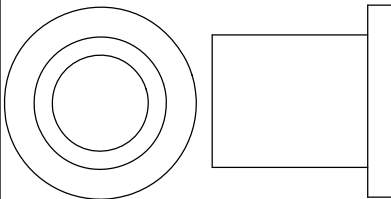
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



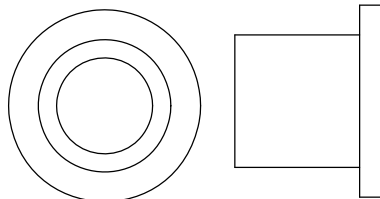
026-01M0551
1" LONG HEAVY
FLANGED SPACER



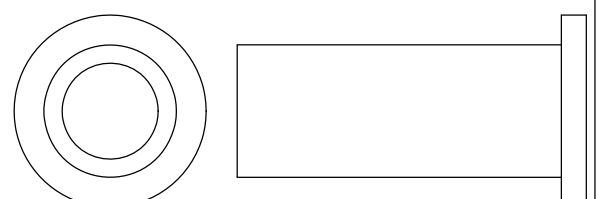
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



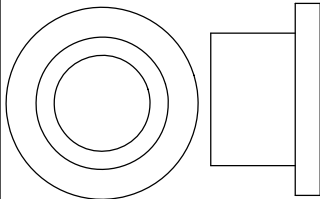
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



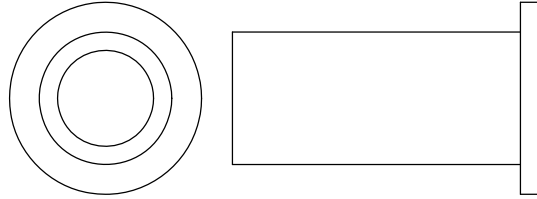
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



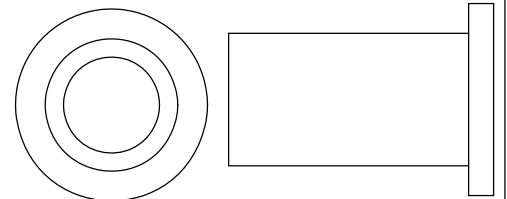
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



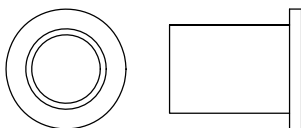
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



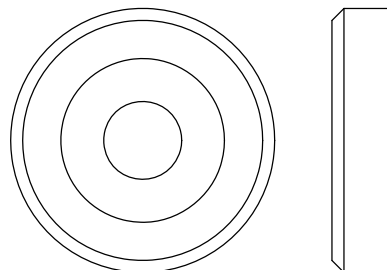
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



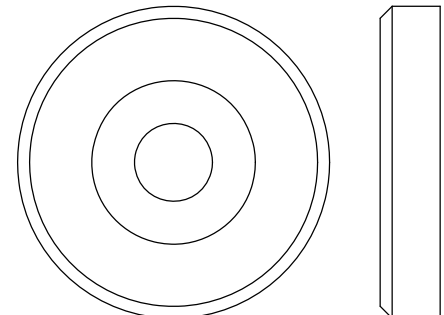
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNER'S MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT 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.*

Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.

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-1502 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-1502 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-1502 HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

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

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

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, and coatings that occur up to one year; all malfunctions of belts, or **cables** up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or **cables** up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, **cables**, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to 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.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

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
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS