

RS-1601 ADDENDUM

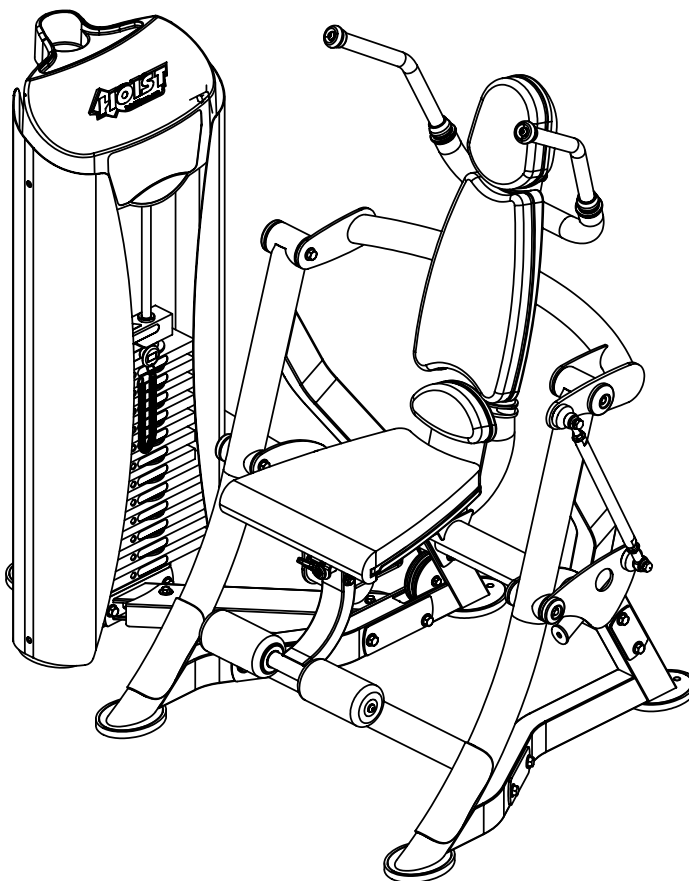


RS-1601

OWNER'S MANUAL
ADDENDUM

READ THIS FIRST!

THE FOLLOWING PAGES WILL SUPERCEDE THE
EXISTING PAGES IN THE RS-1601 MANUAL
CATALOG NUMBR 0607-003



MARCH, 2008

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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

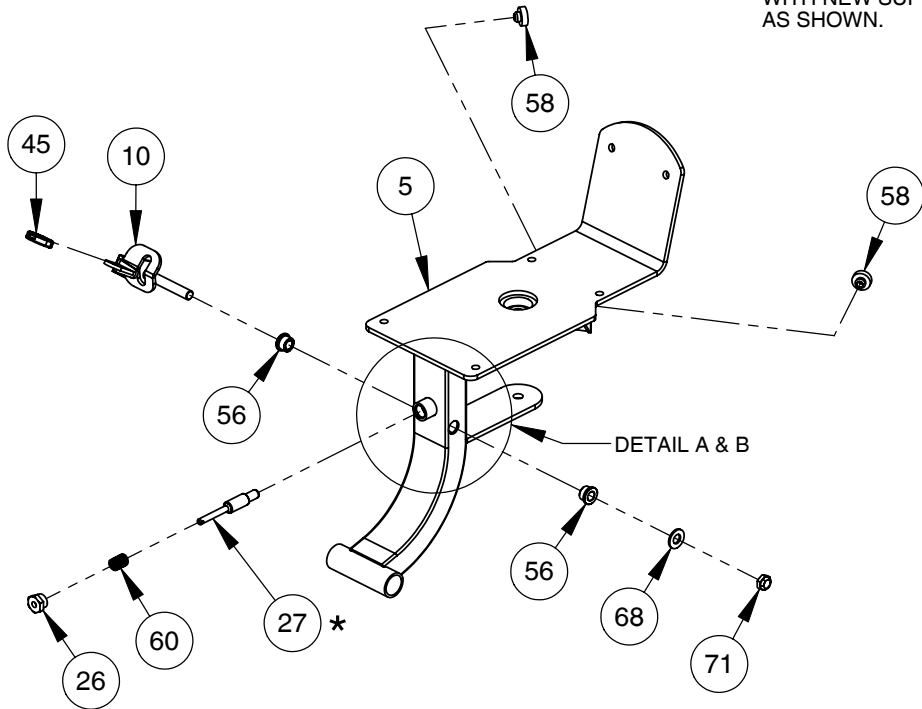
OWNER'S MANUAL

FRAME ASSEMBLY

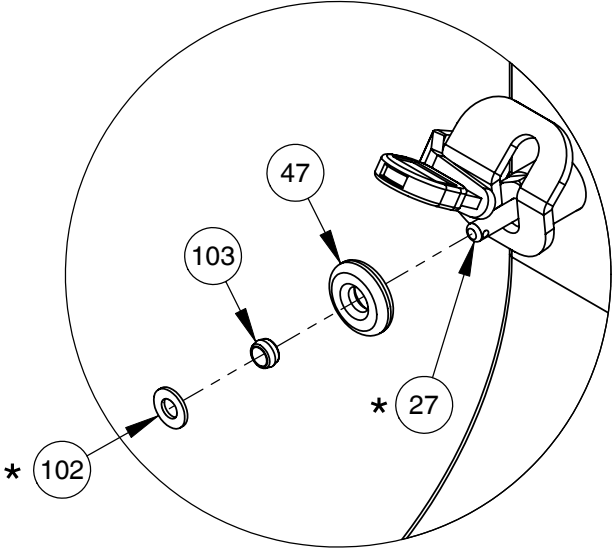
STEP 1:

NOTES:

★ REPLACE OLD COMPONENTS
WITH NEW SUPPLIED COMPONENTS
AS SHOWN.

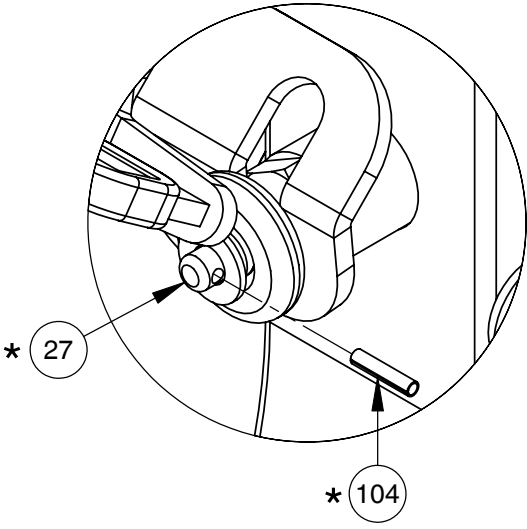


STEP 2:



DETAIL A
SCALE 1 : 3

STEP 3:



DETAIL B
SCALE 1 : 1.5

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	010-01C0500T	RS-1601 CABLE ASSEMBLY 135.25" LG.	1
2	026-01X0139	ROLLER BAR ASSEMBLY 17.69" LG.	1
3	026-01X3014	LEFT SIDE ASSEMBLY	1
4	026-01X3015	RIGHT SIDE ASSEMBLY	1
5	026-01X3016	SEAT MOUNT ASSEMBLY	1
6	026-01X3017	BENT CROSS BAR ASSEMBLY	1
7	026-01X3018	BACK PAD MOUNT	1
8	026-01X3020	STRAIGHT CROSS BAR ASSEMBLY	1
9	026-01X3021	ANGLED CROSS BAR ASSEMBLY	1
10	026-01X3022	SWITCH LEVER ASSEMBLY	1
11	026-01X3024	LOWER PIVOTING ASSEMBLY	1
12	026-01X3174	CROSS MEMBER ASSEMBLY	1
13	026-01X3182	LATCH	1
14	022-01PD2079-A	SEAT PAD ASSEMBLY	1
15	022-01PD2073-A	HEAD PAD ASSEMBLY	1
16	022-01PD2081-A	BACK PAD ASSEMBLY	1
17	022-01PD2082-A	HIP PAD ASSEMBLY	1
18	022-01PD2073-5	HEAD PAD PLASTIC BACKING	1
20	022-01PD2081-5	BACK PAD PLASTIC BACKING	1
21	022-01PD2082-5	HIP PAD PLASTIC BACKING	1
22	022-01PDR017	ROLLER PAD ϕ 3.75" X 7.00" LG.	2
23	026-01F0256	BACKING PLATE	1
24	026-01F0289	FLANGE	1
25	026-01F0307	FLANGE: 2 HOLES 6.25" X 2.50"	2
26	026-01M0128-1	PULL PIN CAP	1
27	026-01M2591-3	PULL-PIN PLUNGER, PINNED	1
28	026-01M0836	QUICK RELEASE CABLE LOCK 1/4"	1
29	026-01M0660	SHAFT ϕ 1.00" O.D. X ϕ .52" I.D. X 4.69" LG.	1
30	026-01M0760	HEAVY FLANGED SPACER: ϕ .67" O.D. X ϕ .39" I.D. X .50" LG.	2
31	026-01M0932	END CAP: ALUMINIUM ϕ 1.25" ID	2
32	026-01M0933	ALUMINUM RING: ϕ 1.25" ID	2
33	026-01M1156	BEARING HOUSING: ϕ 2.50" O.D.	1
34	026-01M2202	SHAFT: ϕ 1.38" X 3.77" LG.	2
35	026-01M2208	SHAFT: ϕ 1.00" X 3.75" LG	2
36	026-01M2222	TIE ROD: ϕ 1.00" X 14.25" L.G.	1
37	026-01M2312	END CAP: DOMED ϕ 2.75" O.D.	2
38	026-01M2320	END CAP: DOMED ϕ 2.25" O.D.	2

OWNER'S MANUAL

PART LIST CONTINUED

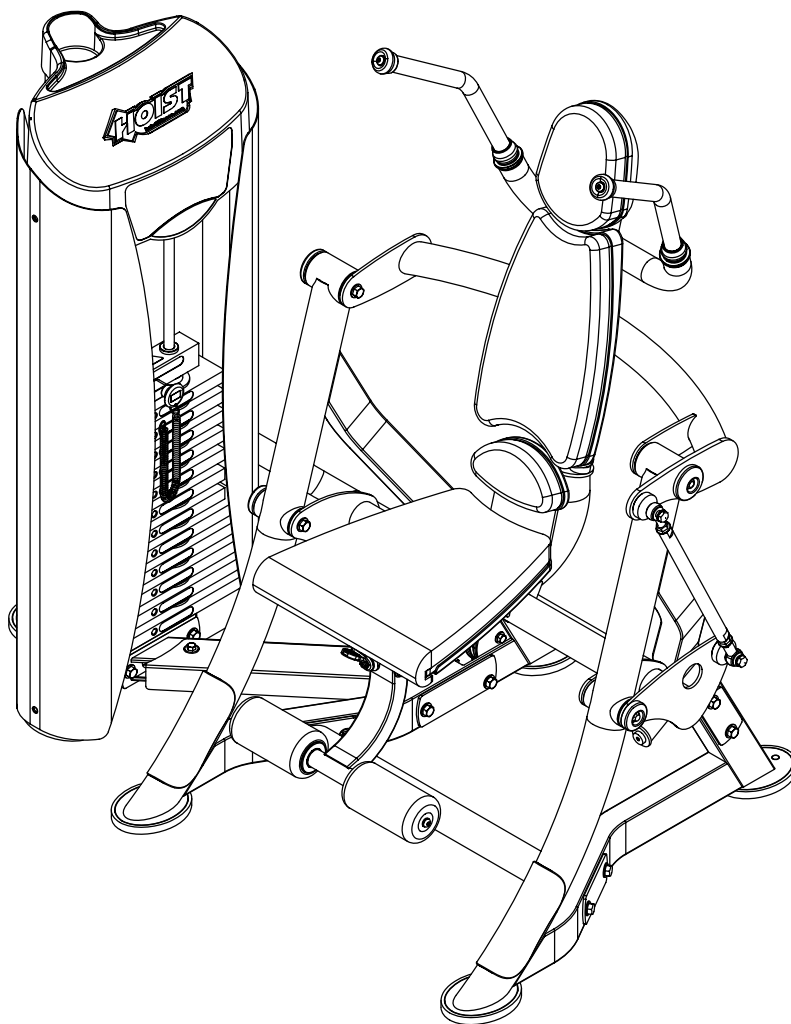
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
78	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	2
79	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
80	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	8
81	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
82	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	2
83	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	2
84	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
85	011-0307060	1/2"-13UNC X 6.00" HHB (WZ)	1
86	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	4
87	021-0003221	DECAL HOIST 2.50" X 9.13"	2
88	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
89	021-0003405	DECAL ROX	1
90	021-0003560	DECAL LEVER ADJUST 2.00" X 4.00" (VERTICAL)	1
91	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
92	021-0003583	DECAL -LIFT	1
93	021-0003607	DECAL ROC-IT-WEIGHT RATIO AB (CIRCUIT)	1
94	021-0013312	PLACARD: ROC-IT AB	1
95	021-0003422	DECAL ROC-IT WEIGHT STACK (1-12)	1
96	012-0102012	1/2"-20 FLANGED NUT (WZ)	1
97	014-0015019	7/16" EXTERNAL RETAINING RING	1
98	013-0302014	1/2" INTERNAL LOCK WASHER	2
99	014-0011001	NYLINER BUSHING: Ø 1.09" O.D. X Ø 1.00" I.D X 1.13" LG.	2
100	012-0105008	1/2"-13 ACORN NUT (WZ)	2
101	021-0003635	DECAL ROC-IT-WEIGHT RATIO AB (COMPETITION)	1
102	013-0402010	5/16" SAE FLAT WASHER (SS)	1
103	026-01M2580	COMPRESSION RING, 3/8"	1
104	030-0303017	ROLL PIN .125" DIA. X .625" LG.	1

OWNER'S MANUAL



RS-1601 ROC-IT SELECTORIZED AB



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0607 - 005

Customer Service

(800) 548-5438

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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

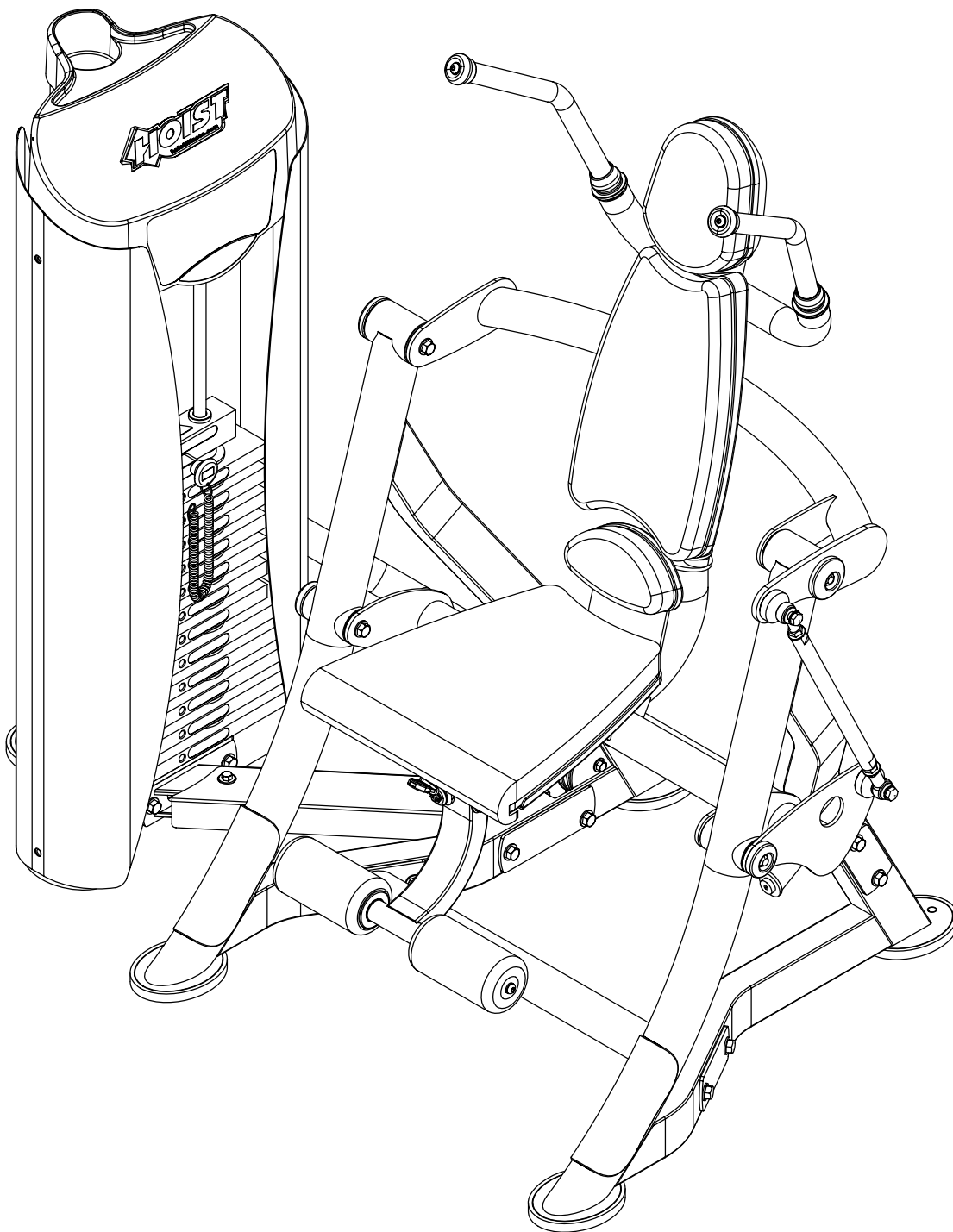
Hex Key Wrench Set

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OWNER'S MANUAL

FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY *ASSEMBLE WEIGHT CAGE FIRST*

NOTE:

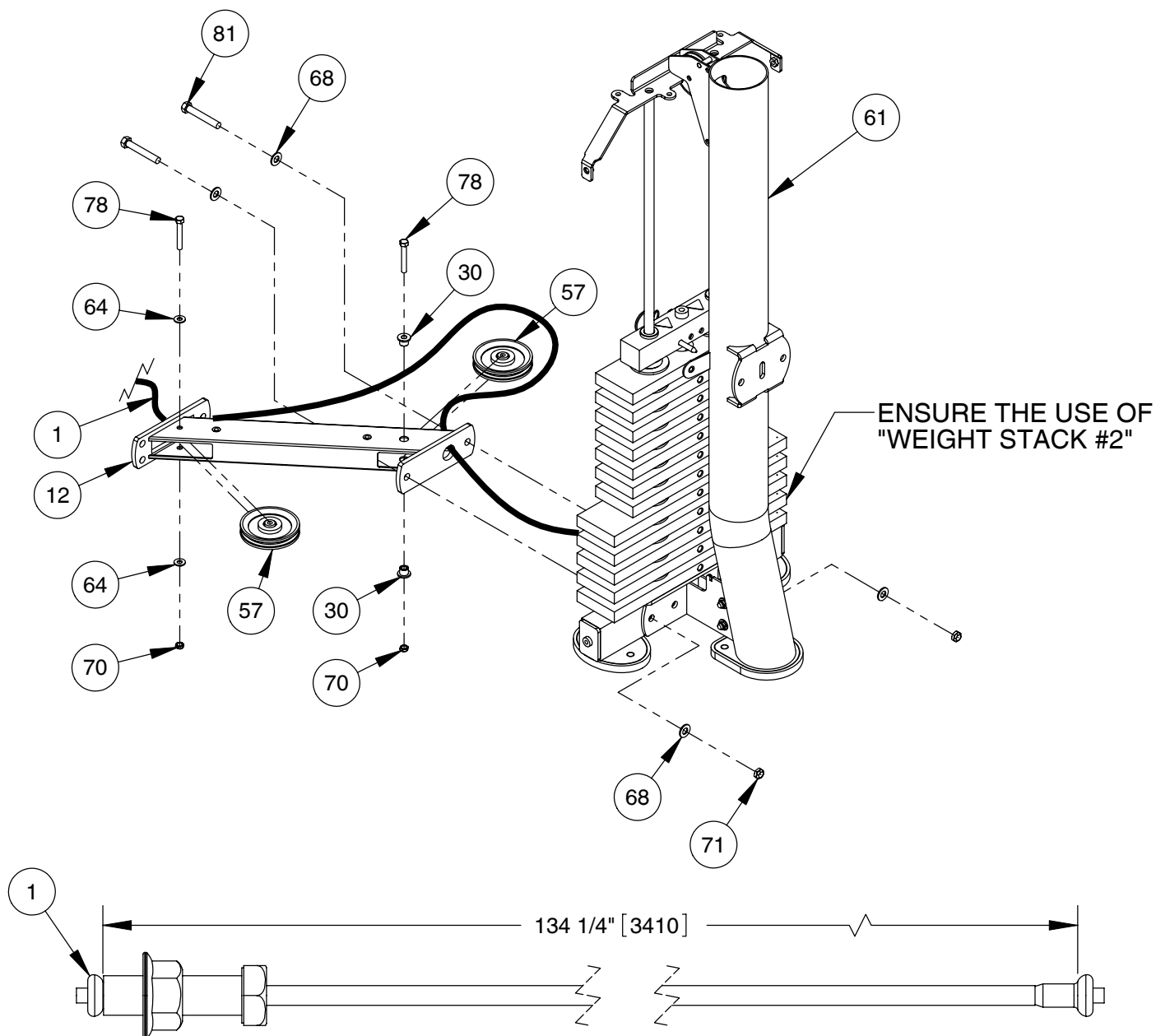
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE (78).
- HAND TIGHTEN ALL OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

* FOR COMPETITION WEIGHT STACK:
BE SURE TO USE THESE PARTS UNDERNEATH
THE WEIGHT STACK.

026-01PL2176 THICK SPACER "QTY"-2

019-0001006 THICK RUBBER DONUT "QTY"-2

PLEASE REFER TO WEIGHT CAGE MANUAL FOR
FURTHER DETAILS.

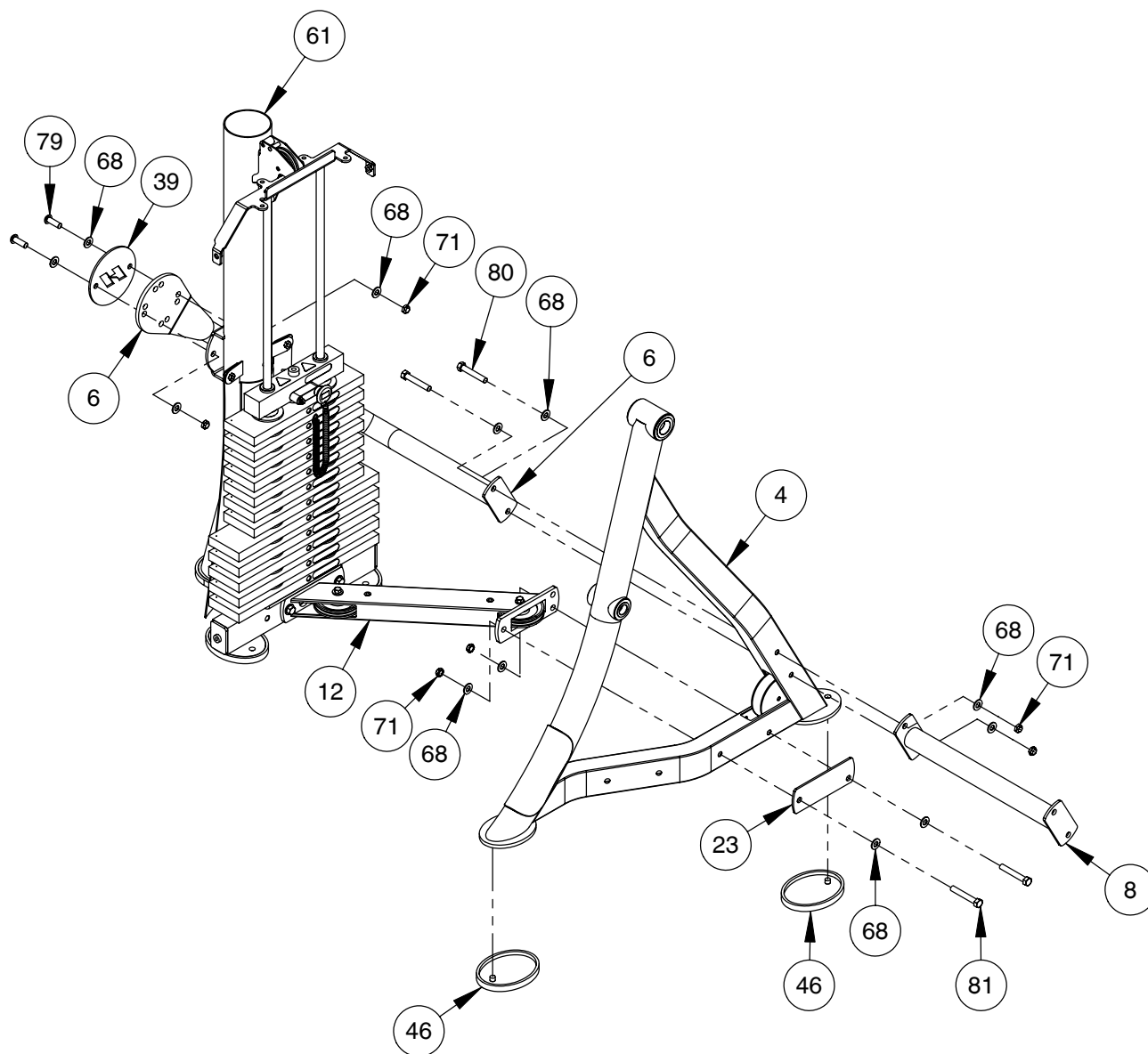


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

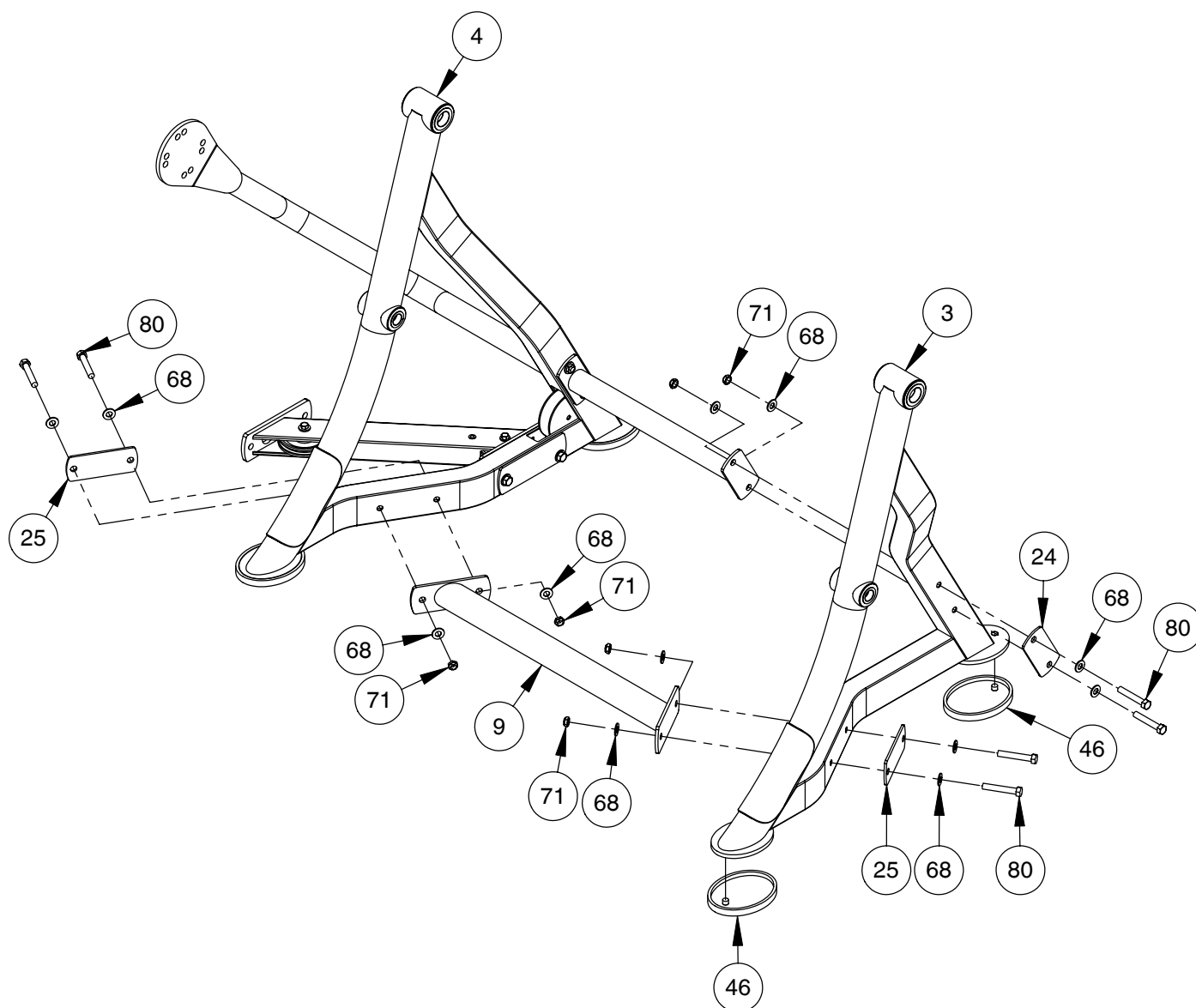
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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

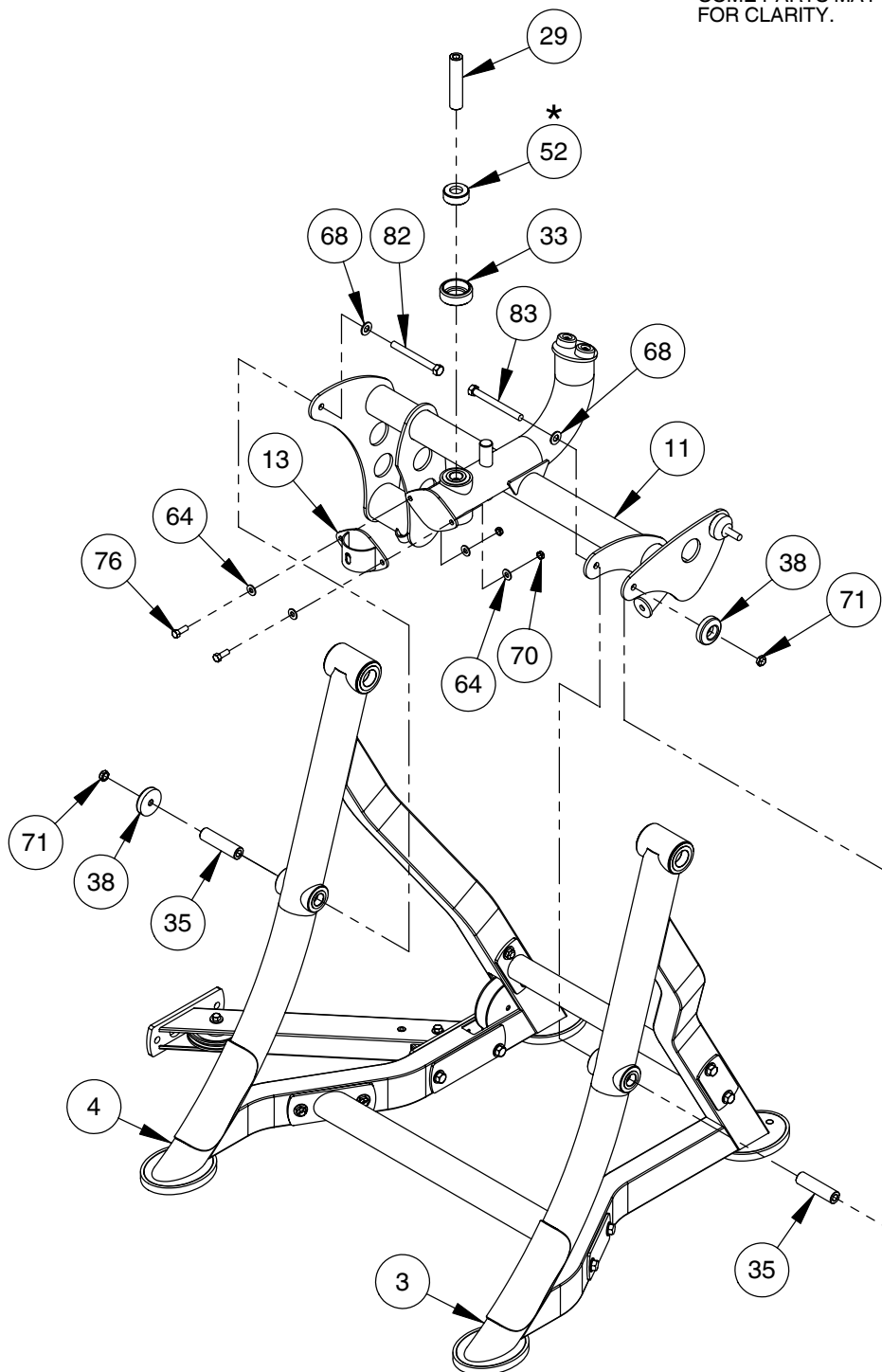


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (82 & 83) THEN LOOSEN (71) JUST ENOUGH FOR (11) TO PIVOT FREELY.
- * APPLY SUPERLUBE TO BOTH SIDES OF BEARING (52).
- HAND TIGHTEN ALL OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



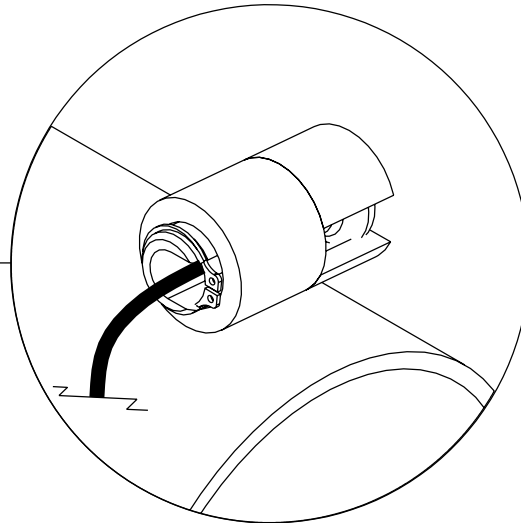
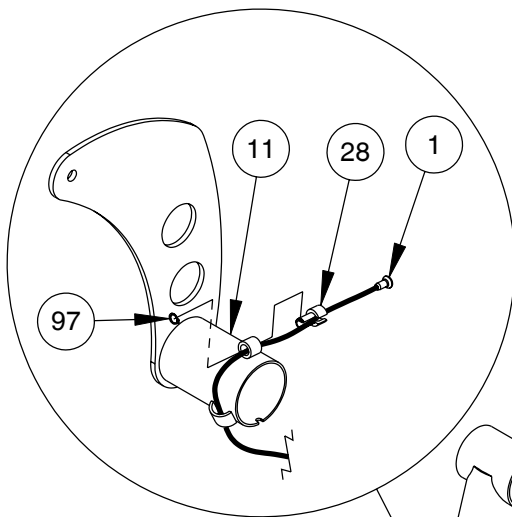
OWNER'S MANUAL

FRAME ASSEMBLY

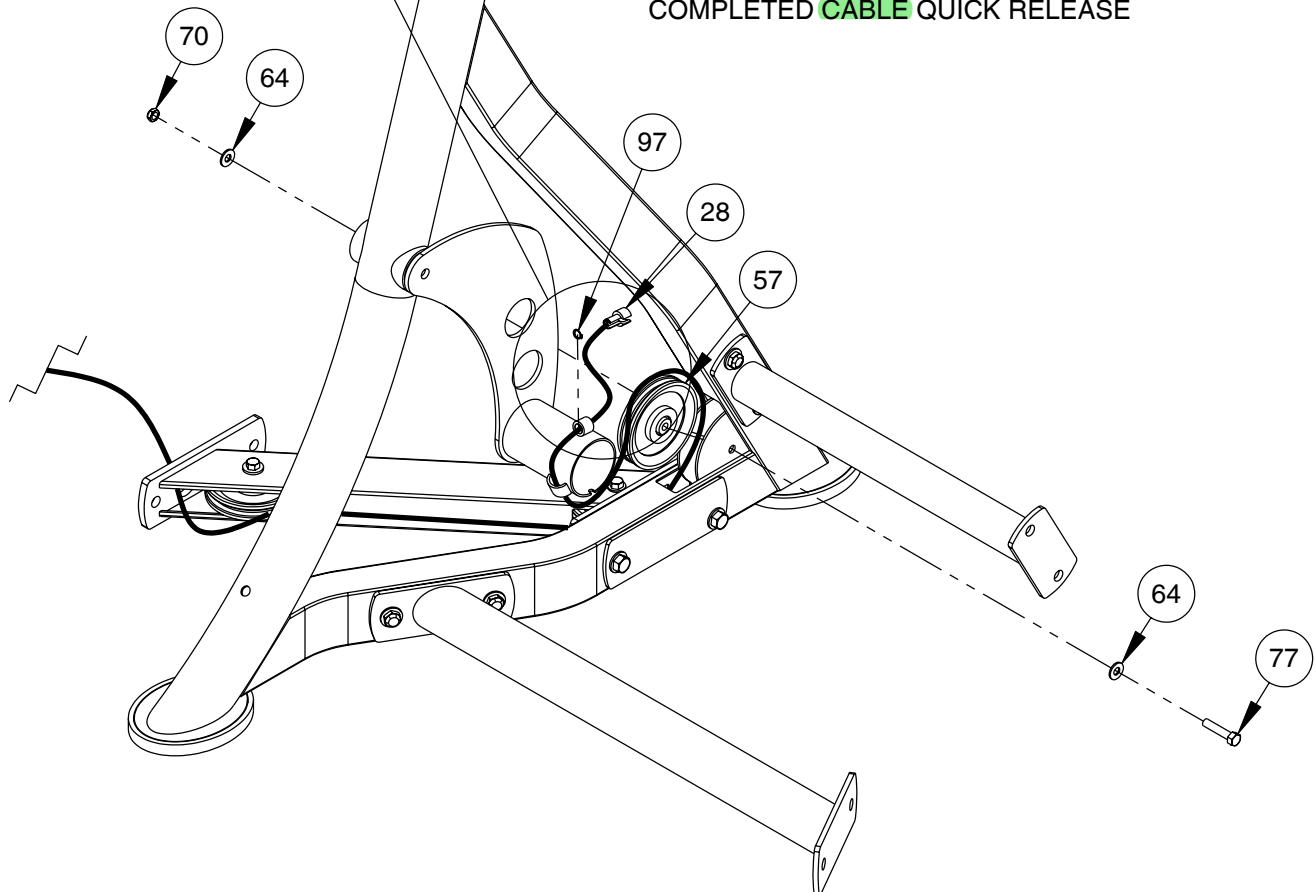
NOTE:

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

DETAIL VIEW
CABLE QUICK RELEASE ASSEMBLY



DETAIL VIEW
COMPLETED **CABLE** QUICK RELEASE



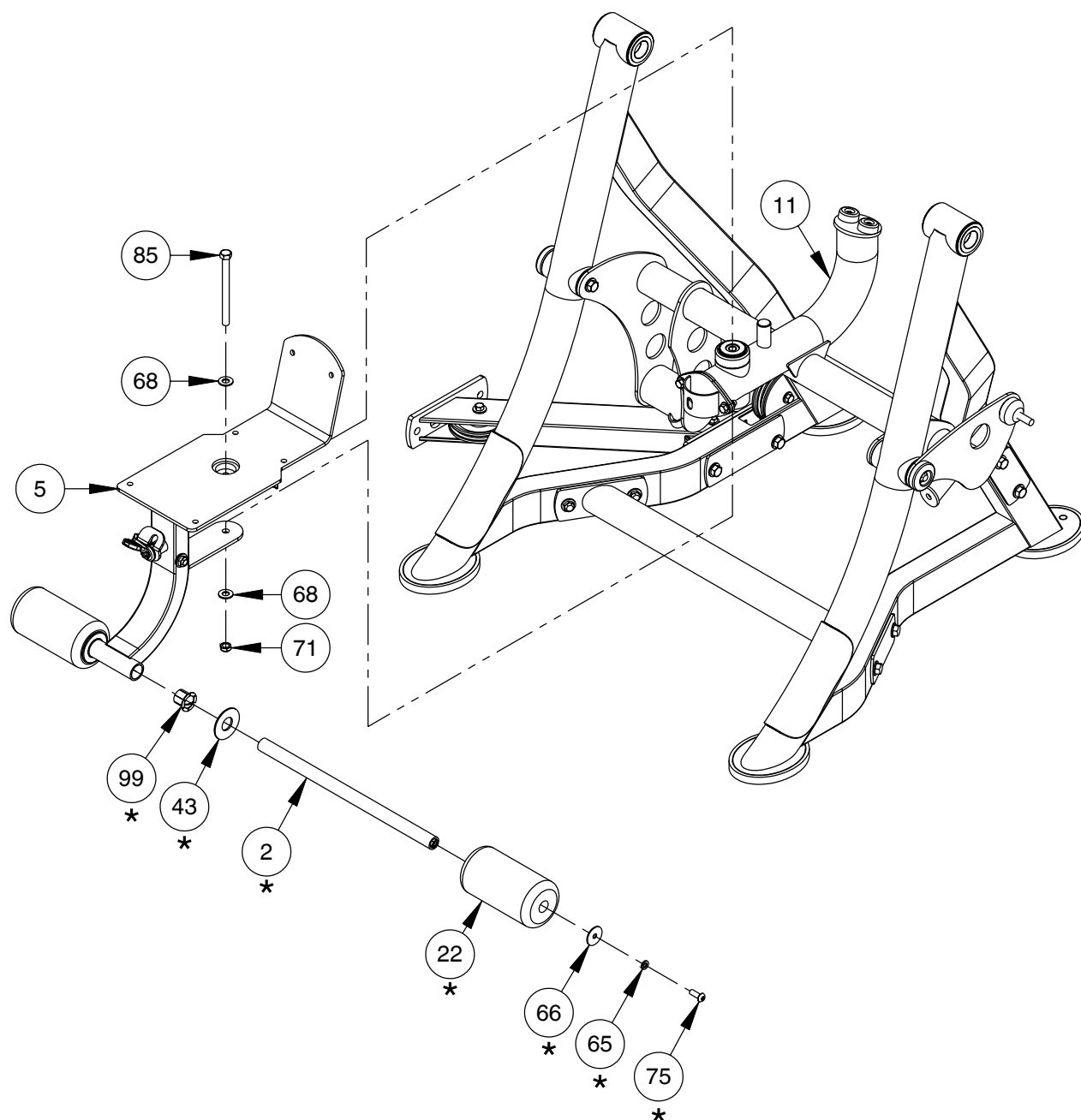
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (85) THEN
LOOSEN (71) JUST ENOUGH FOR (5)
TO PIVOT FREELY.

* REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- HAND TIGHTEN ALL OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED
FOR CLARITY.

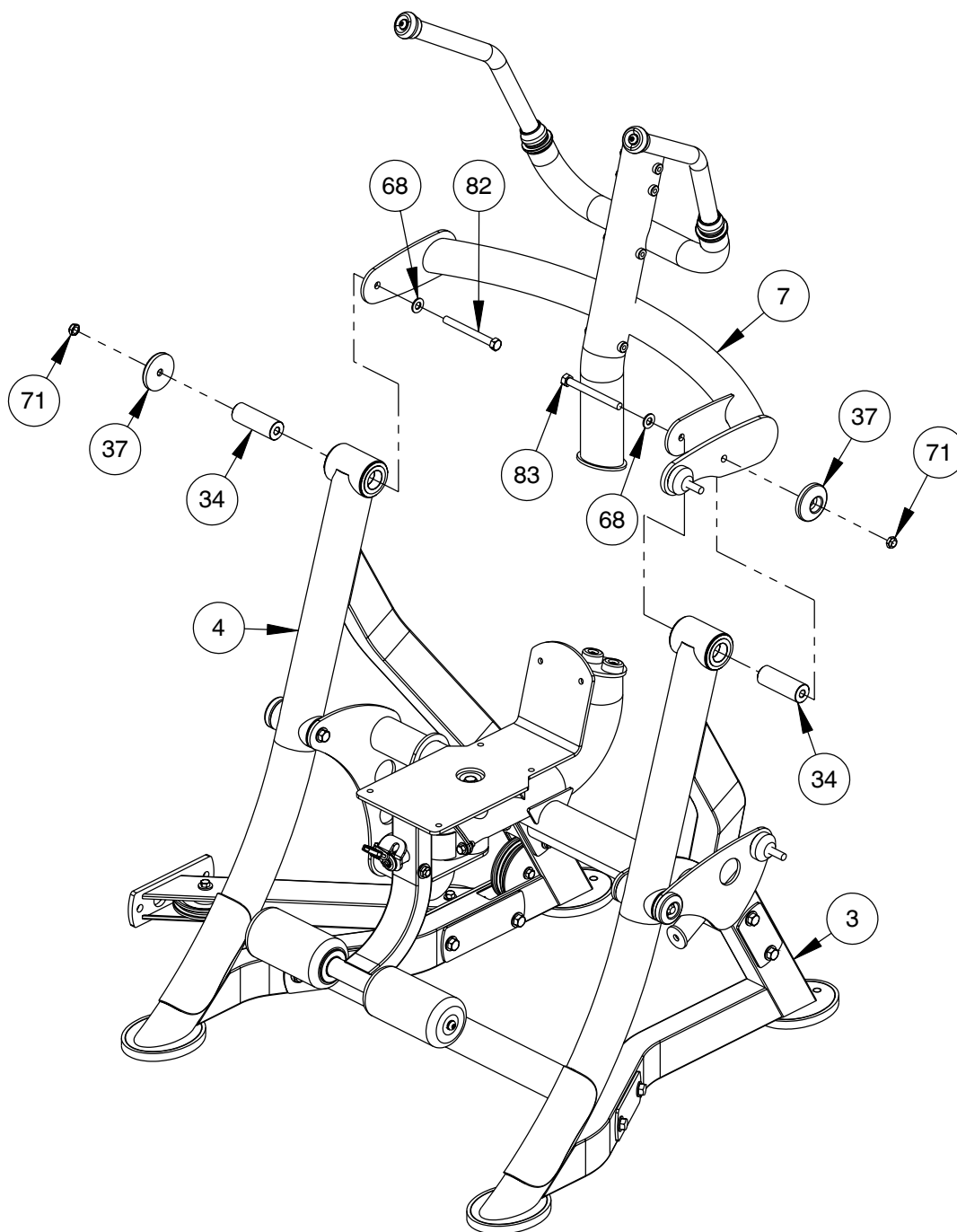


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (82 & 83) THEN LOOSEN (71) ENOUGH FOR (7) TO PIVOT FREELY.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

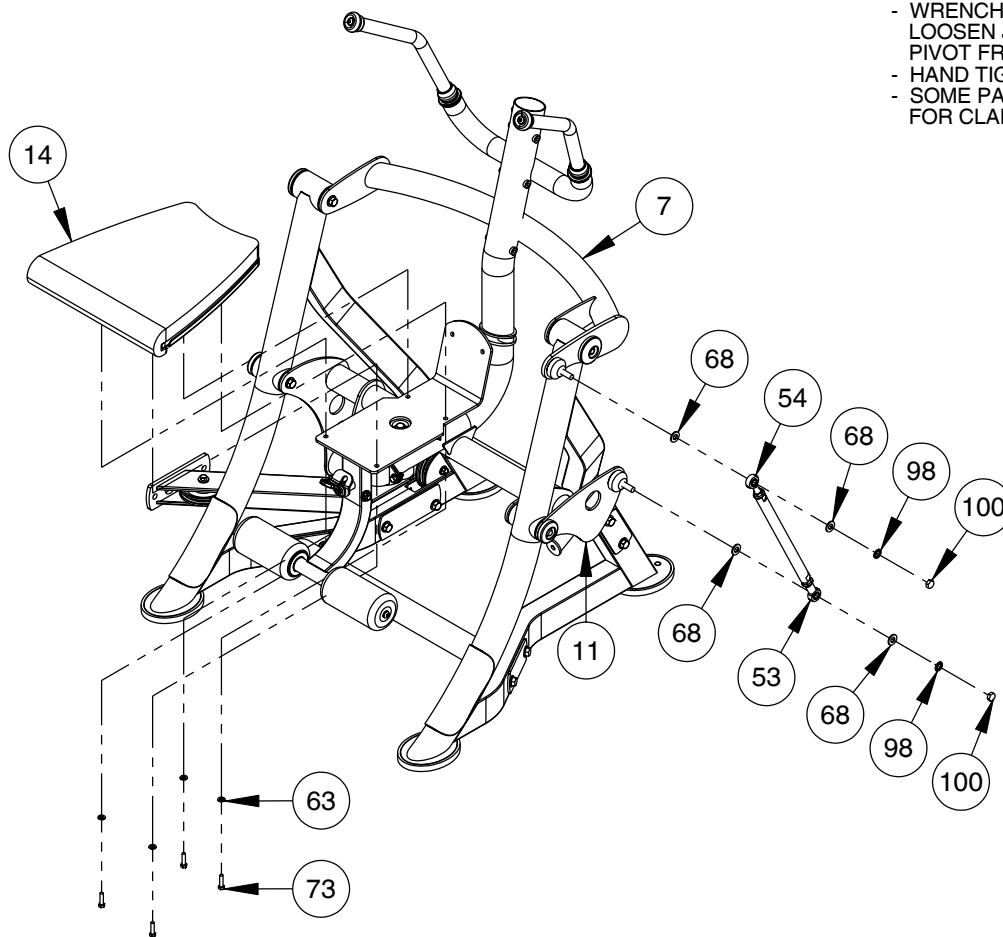


OWNER'S MANUAL

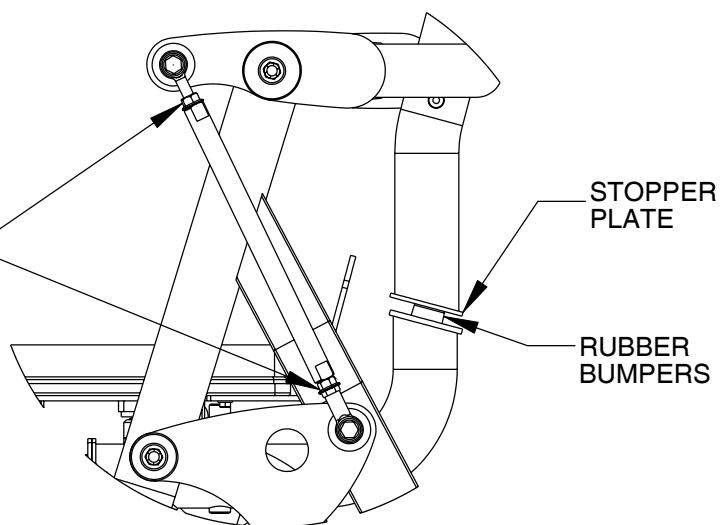
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN NUT (100) THEN LOOSEN JUST ENOUGH FOR (53 & 54) TO PIVOT FREELY.
- HAND TIGHTEN ALL OTHER HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



MAJOR ADJUSTMENT
TIGHTEN/LOOSEN JAM NUTS
SO THAT RUBBER BUMPERS
MAKE CONTACT WITH
STOPPER PLATE.

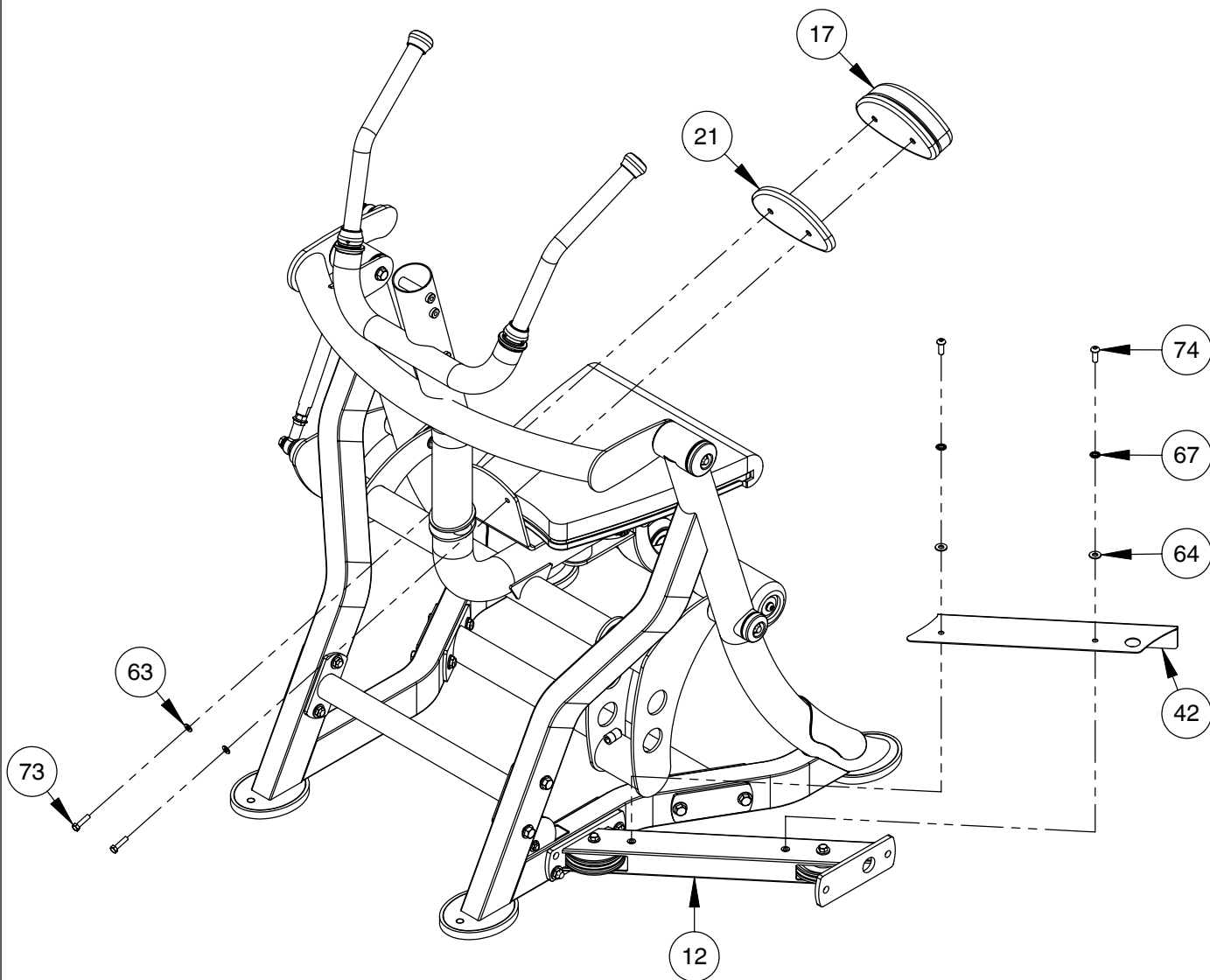


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

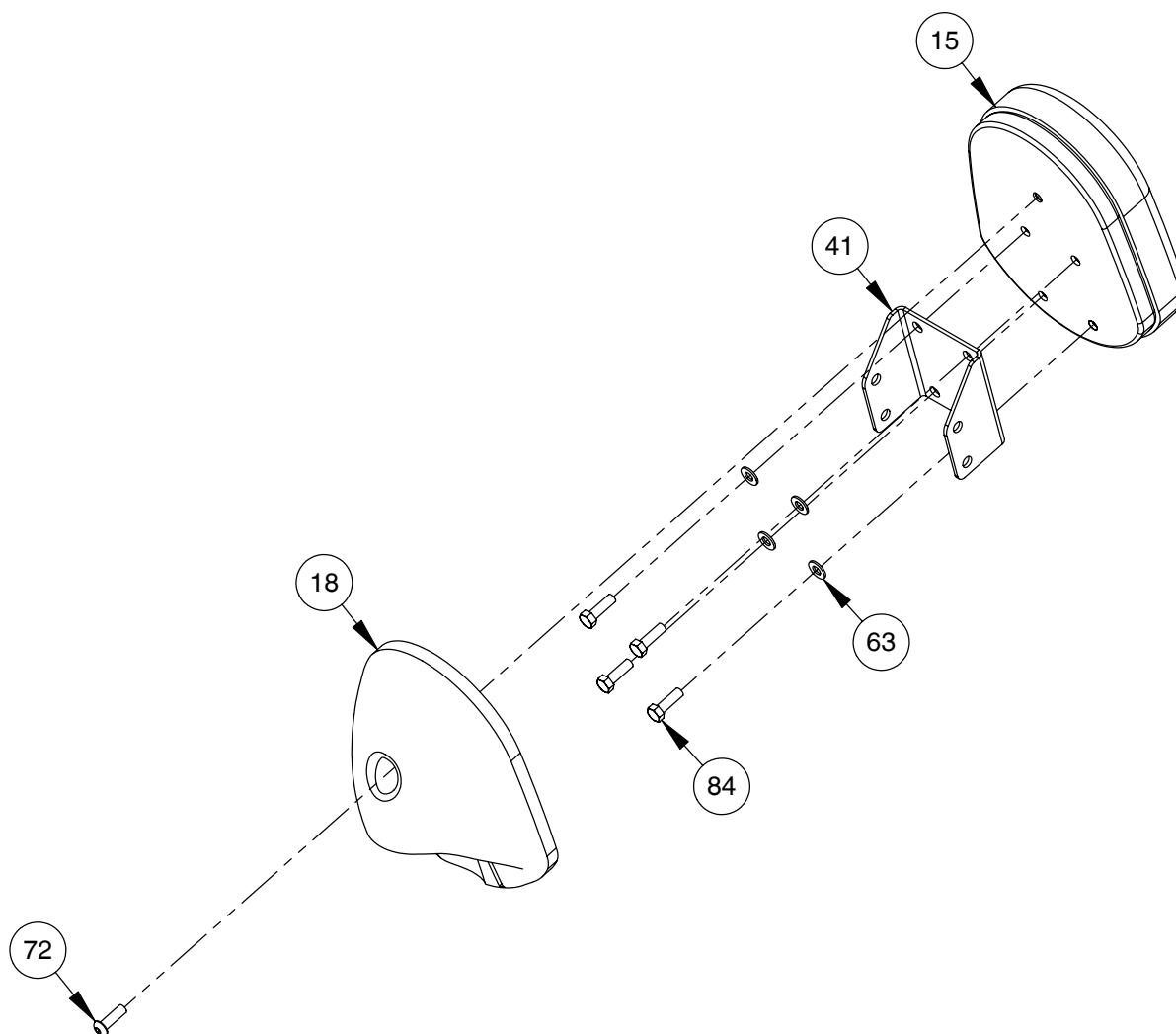


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

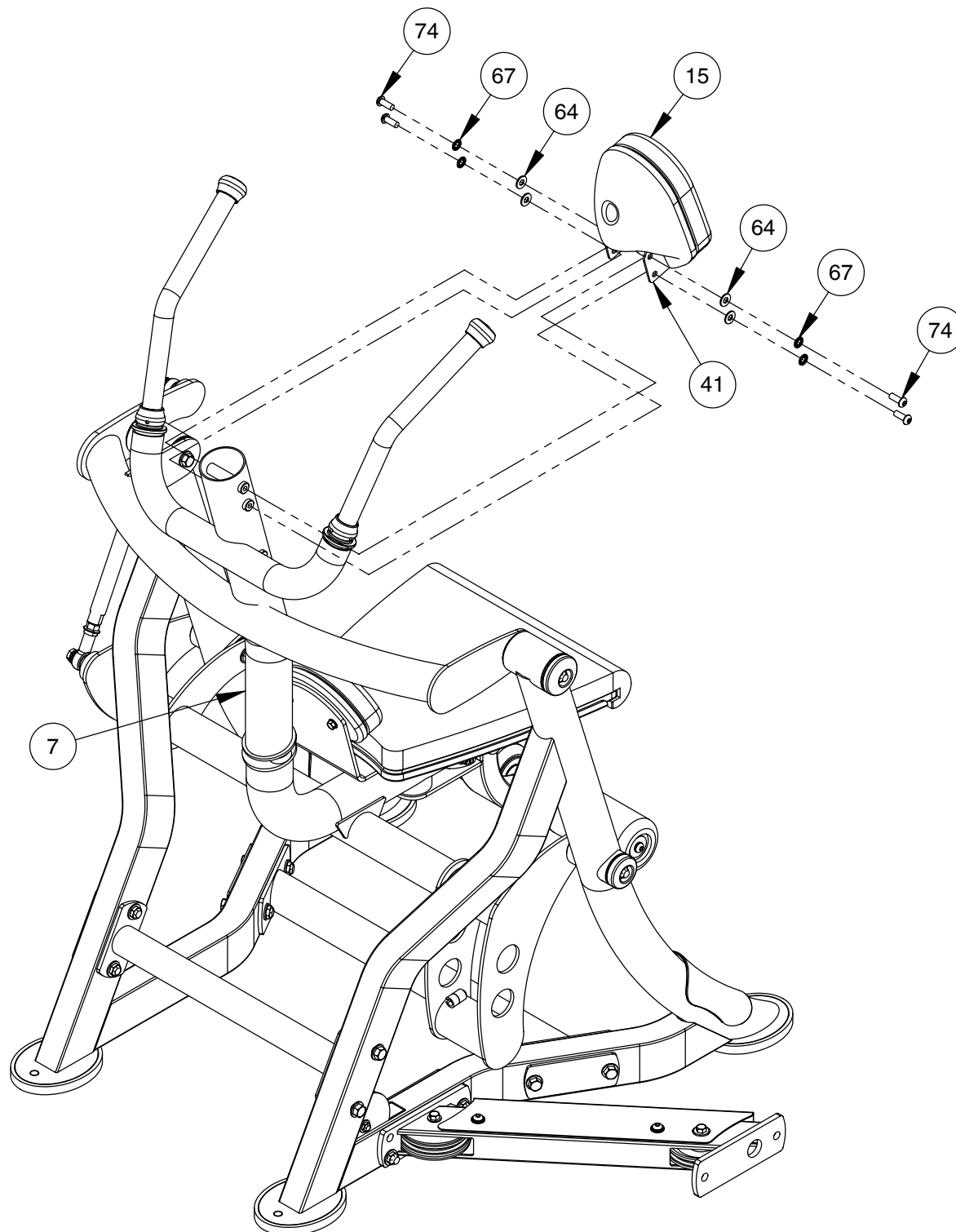
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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



OWNER'S MANUAL

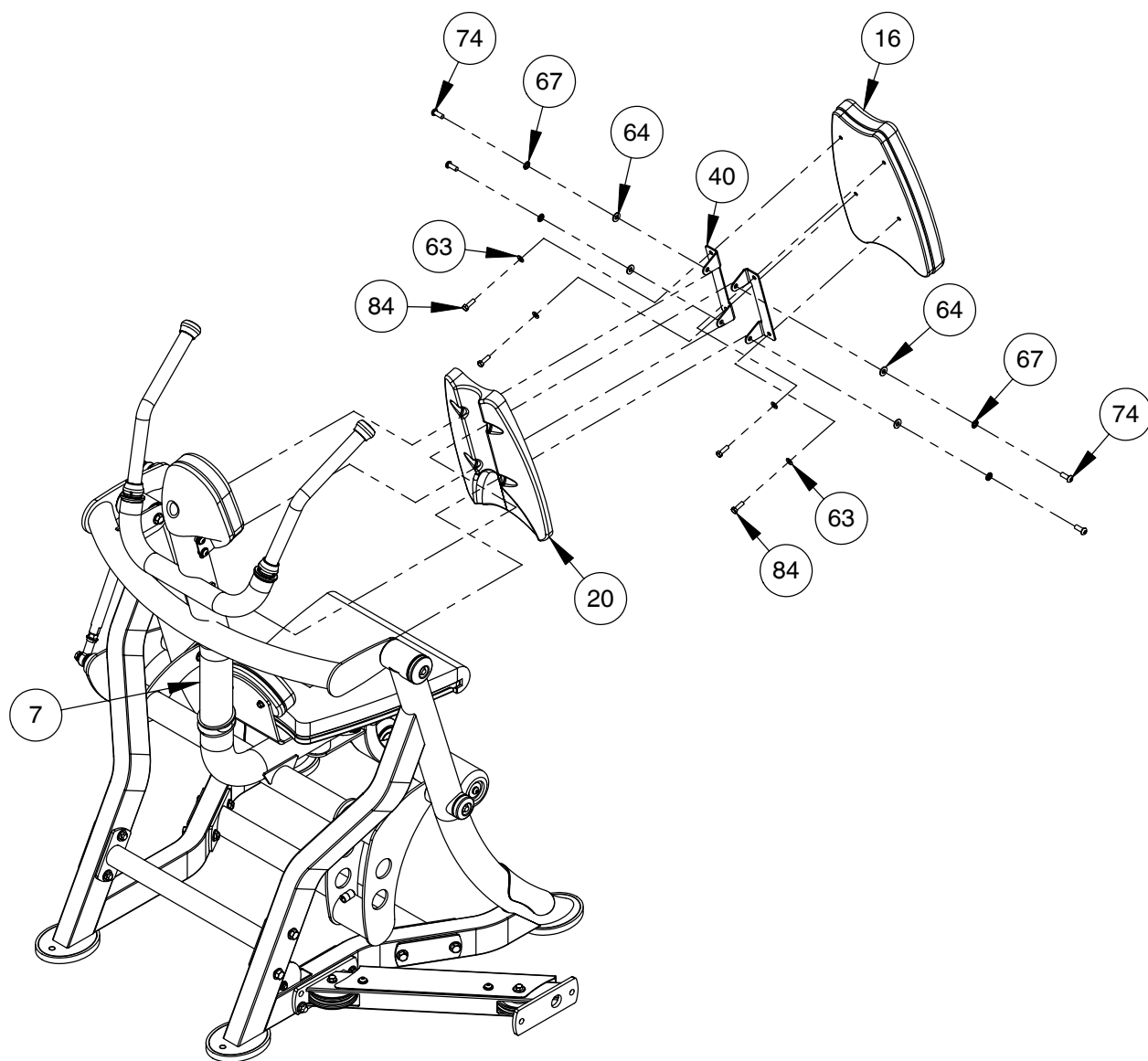
FRAME ASSEMBLY

NOTE:

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

STOP

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

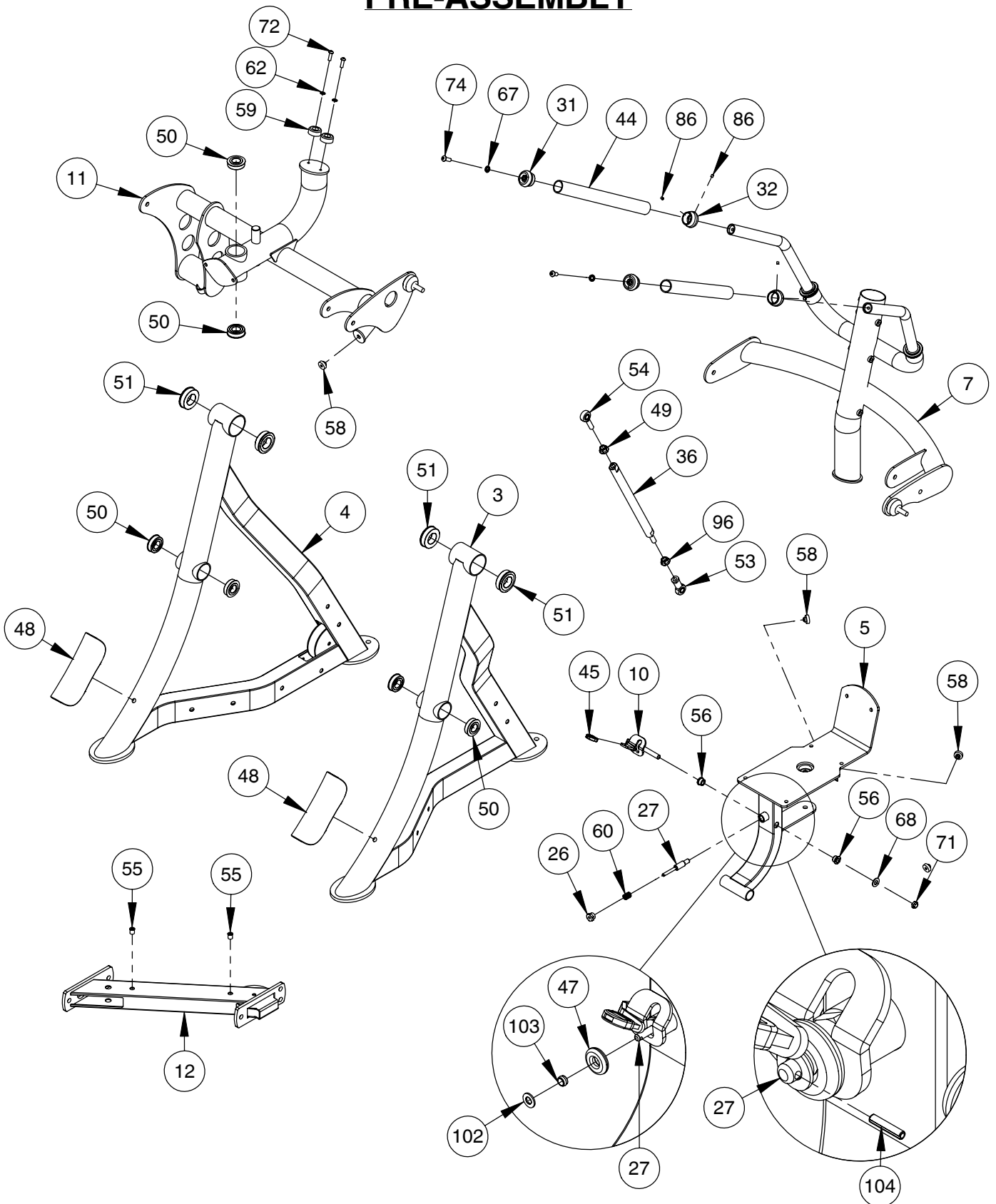


IMPORTANT

NOW THAT THE RS-1601 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.

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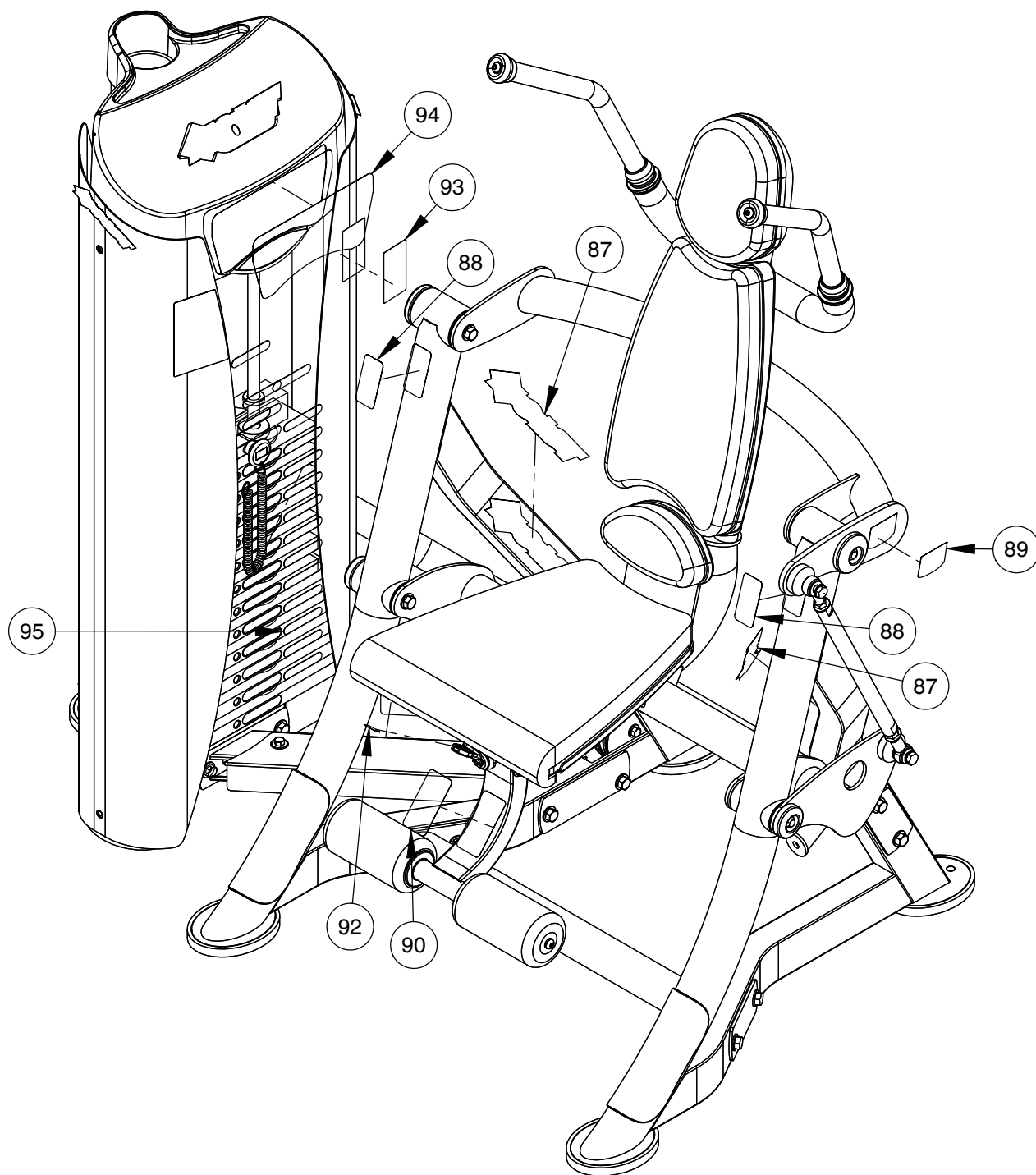
PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT

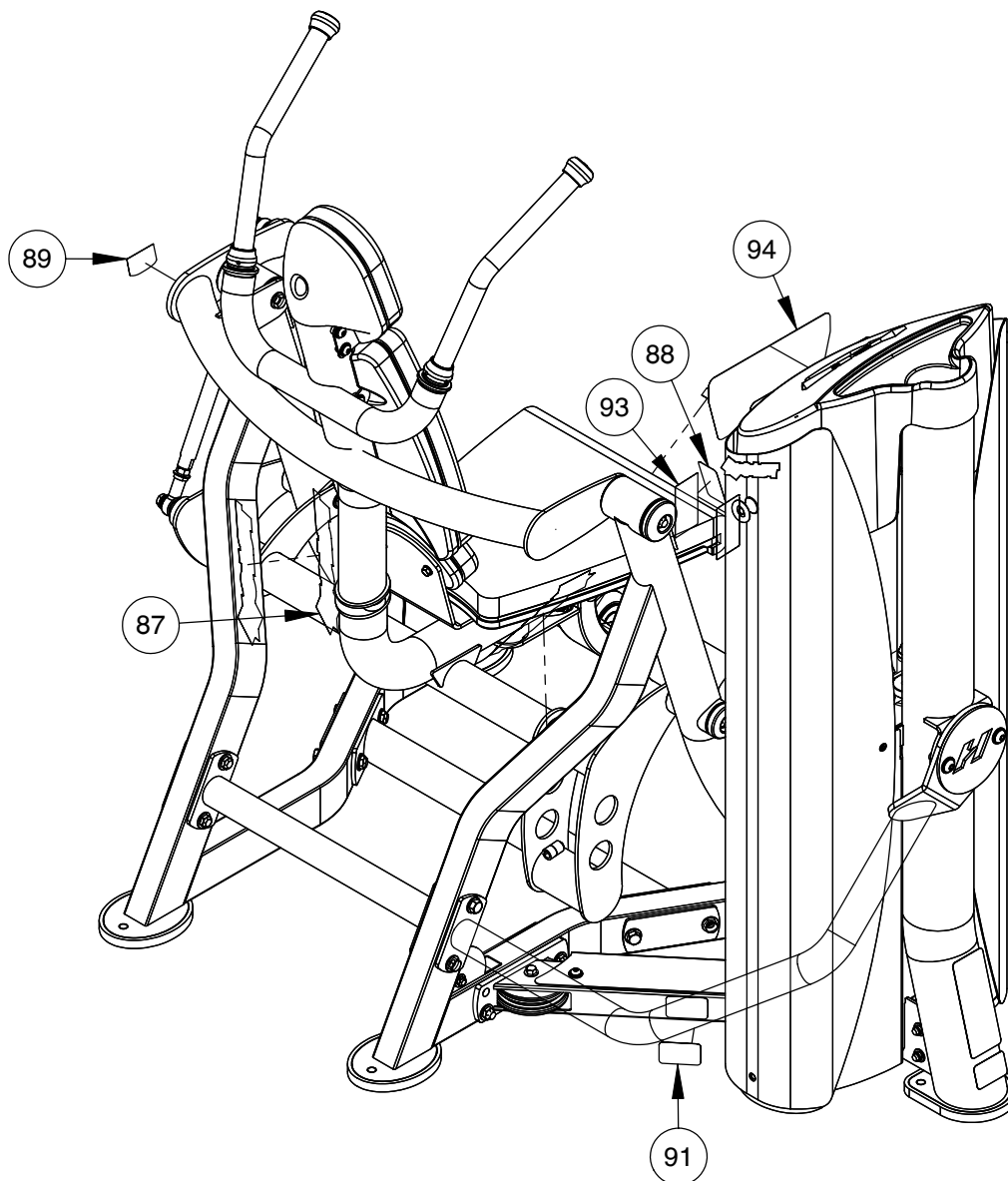
NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.



OWNER'S MANUAL

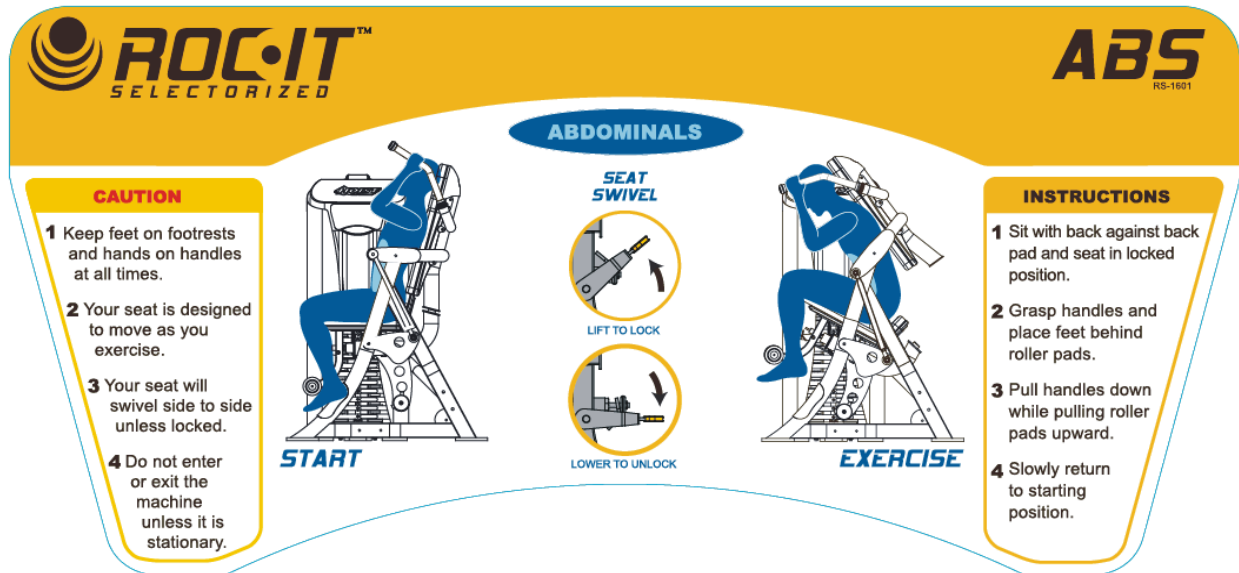
DECAL PLACEMENT CONTINUED

NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.



OWNER'S MANUAL

DECAL REFERENCE



021-0013312



021-0003422



021-0003113

OWNER'S MANUAL

DECAL REFERENCE CONTINUED



021-0003221

CIRCUIT
STACK

(kg)	RS-1601 ABS CIRCUIT	(lbs)
18	1	39
19	2	42
21	3	45
22	4	49
24	5	52
25	6	55
27	7	59
28	8	62
30	9	66
32	10	70
34	11	74
35	12	78
37	MAX	82

021-0003607

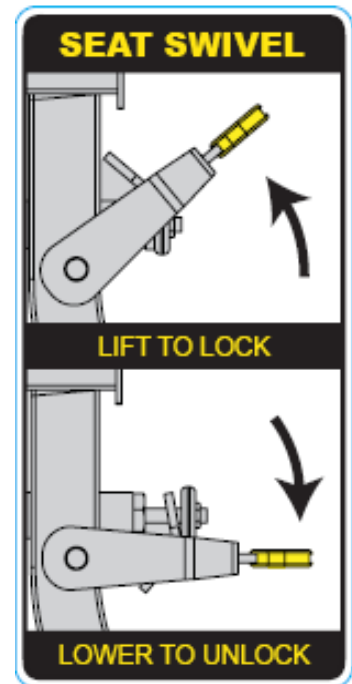
COMPETITION
STACK

(kg)	RS-1601 ABS COMPETITION	(lbs)
11	1	25
15	2	32
18	3	40
23	4	50
27	5	60
32	6	70
36	7	80
41	8	90
45	9	100
50	10	110
54	11	120
59	12	130
64	13	140
68	14	150
73	15	160
77	16	170
82	17	180
86	18	190

021-0003635



021-0003583



021-0003560



SERIAL # DECAL



021-0003405

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OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0500T	RS-1601 CABLE ASSEMBLY 135.25" LG.	1
2	026-01X0139	ROLLER BAR ASSEMBLY 17.69" LG.	1
3	026-01X3014	LEFT SIDE ASSEMBLY	1
4	026-01X3015	RIGHT SIDE ASSEMBLY	1
5	026-01X3016	SEAT MOUNT ASSEMBLY	1
6	026-01X3017	BENT CROSS BAR ASSEMBLY	1
7	026-01X3018	BACK PAD MOUNT	1
8	026-01X3020	STRAIGHT CROSS BAR ASSEMBLY	1
9	026-01X3021	ANGLED CROSS BAR ASSEMBLY	1
10	026-01X3022	SWITCH LEVER ASSEMBLY	1
11	026-01X3024	LOWER PIVOTING ASSEMBLY	1
12	026-01X3174	CROSS MEMBER ASSEMBLY	1
13	026-01X3182	LATCH	1
14	022-01PD2079-A	SEAT PAD ASSEMBLY	1
15	022-01PD2073-A	HEAD PAD ASSEMBLY	1
16	022-01PD2081-A	BACK PAD ASSEMBLY	1
17	022-01PD2082-A	HIP PAD ASSEMBLY	1
18	022-01PD2073-5	HEAD PAD PLASTIC BACKING	1
20	022-01PD2081-5	BACK PAD PLASTIC BACKING	1
21	022-01PD2082-5	HIP PAD PLASTIC BACKING	1
22	022-01PDR017	ROLLER PAD ϕ 3.75" X 7.00" LG.	2
23	026-01F0256	BACKING PLATE	1
24	026-01F0289	FLANGE	1
25	026-01F0307	FLANGE: 2 HOLES 6.25" X 2.50"	2
26	026-01M0128-1	PULL PIN CAP	1
27	026-01M2591-3	PULL-PIN PLUNGER, PINNED	1
28	026-01M0836	QUICK RELEASE CABLE LOCK 1/4"	1
29	026-01M0660	SHAFT ϕ 1.00" O.D. X ϕ .52" I.D. X 4.69" LG.	1
30	026-01M0760	HEAVY FLANGED SPACER: ϕ .67" O.D. X ϕ .39" I.D. X .50" LG.	2
31	026-01M0932	END CAP: ALUMINIUM ϕ 1.25" ID	2
32	026-01M0933	ALUMINUM RING: ϕ 1.25" ID	2
33	026-01M1156	BEARING HOUSING: ϕ 2.50" O.D.	1
34	026-01M2202	SHAFT: ϕ 1.38" X 3.77" LG.	2
35	026-01M2208	SHAFT: ϕ 1.00" X 3.75" LG	2
36	026-01M2222	TIE ROD: ϕ 1.00" X 14.25" L.G.	1
37	026-01M2312	END CAP: DOMED ϕ 2.75" O.D.	2
38	026-01M2320	END CAP: DOMED ϕ 2.25" O.D.	2
39	026-01P2653	'H' PLATE	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
40	026-01P2929	BACK BRACKET MOUNT	2
41	026-01P2907	HEAD BRACKET MOUNT	1
42	026-01P3392	CABLE SHIELD	1
43	026-01PL0151	PLASTIC WASHER Ø2.50"	2
44	026-01PL0235-27	GRIP: Ø1.19" OPEN END FOAM GRIP	2
45	026-01PL0239	THUMB LATCH	1
46	026-01PL2122	OVAL-SHAPED RUBBER FOOT	4
47	026-01PL2194	PLASTIC DISK - BLACK	1
48	026-01PL2224	SCUFF GUARD (CURVED) 8.63" LG.	2
49	012-0102015	1/2"-20 FLANGED NUT (WZ)-LH	1
50	014-0009007	BEARING: FLANGED Ø2.00" O.D. X Ø1.00" I.D.	6
51	014-0012010	BEARING: FLANGED BEARING Ø2.50" O.D. X Ø1.39" I.D.	4
52	014-0012011	BEARING: BALL THRUST BEARING	1
53	014-0013001	1/2-20 FEMALE ROD END	1
54	014-0013003	1/2-20 LH, MALE ROD END	1
55	014-0014002	3/8-16 FLUSH MOUNT INSERT	2
56	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	2
57	018-0001003	CABLE PULLEY: Ø4.50"	3
58	019-0001001	PLUG BUMPER	3
59	019-0001003	BUMPER, Ø1.50" X .625" T	2
60	020-0011009	SPRING	1
61	ROC-IT WEIGHT CAGE	ROC-IT WEIGHT CAGE	1
62	013-0102021	5/16" SPLIT WASHER (WZ)	2
63	013-0302008	5/16" SAE FLAT WASHER (WZ)	14
64	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	18
65	013-0102020	3/8" SPLIT LOCK WASHER (BZ)	2
66	013-0303003	3/8" FENDER WASHER (BZ)	2
67	013-0102022	3/8" INTERNAL LOCK WASHER	12
68	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	39
70	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	5
71	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	20
72	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	3
73	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	6
74	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	12
75	011-0201003	3/8"-16UNC X 1.00" BHCS (BZ)	2
76	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	2
77	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	1
78	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	2
79	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
80	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	8

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
81	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
82	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	2
83	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	2
84	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
85	011-0307060	1/2"-13UNC X 6.00" HHB (WZ)	1
86	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	4
87	021-0003221	DECAL HOIST 2.50" X 9.13"	2
88	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
89	021-0003405	DECAL ROX	1
90	021-0003560	DECAL LEVER ADJUST 2.00" X 4.00" (VERTICAL)	1
91	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
92	021-0003583	DECAL -LIFT	1
93	021-0003607	DECAL ROC-IT-WEIGHT RATIO AB (CIRCUIT)	1
94	021-0013312	PLACARD: ROC-IT AB	1
95	021-0003422	DECAL ROC-IT WEIGHT STACK (1-12)	1
96	012-0102012	1/2"-20 FLANGED NUT (WZ)	1
97	014-0015019	7/16" EXTERNAL RETAINING RING	1
98	013-0302014	1/2" INTERNAL LOCK WASHER	2
99	014-0011001	NYLINER BUSHING: Ø 1.09" O.D. X Ø 1.00" I.D X 1.13" LG.	2
100	012-0105008	1/2"-13 ACORN NUT (WZ)	2
101	021-0003635	DECAL ROC-IT-WEIGHT RATIO AB (COMPETITION)	1
102	013-0402010	5/16" SAE FLAT WASHER (SS)	1
103	026-01M2580	COMPRESSION RING, 3/8"	1
104	030-0303017	ROLL PIN .125" DIA. X .625" LG.	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

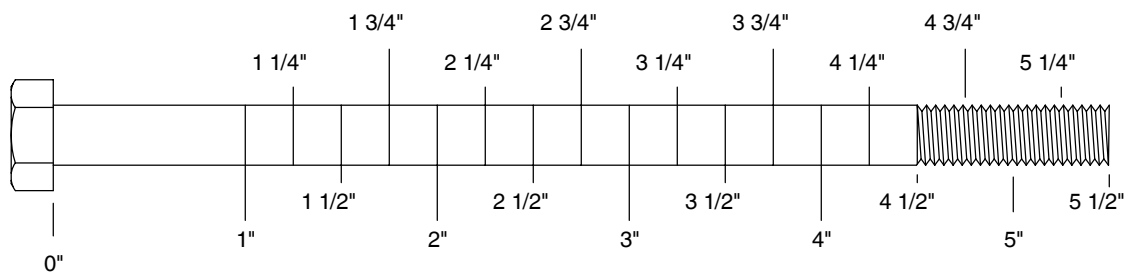
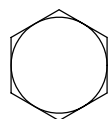
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

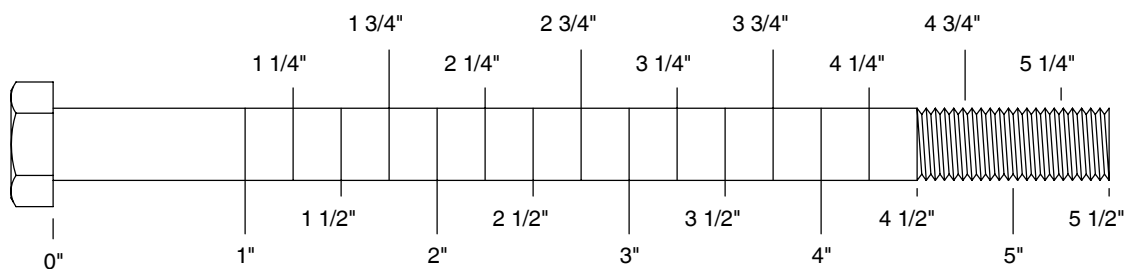
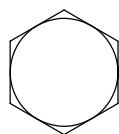
OWNER'S MANUAL

BOLT SIZING CHART

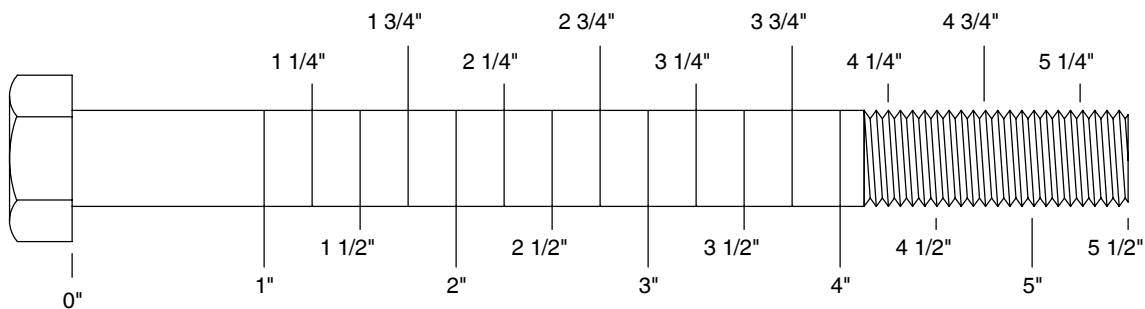
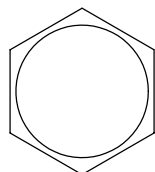
5/16" HHB



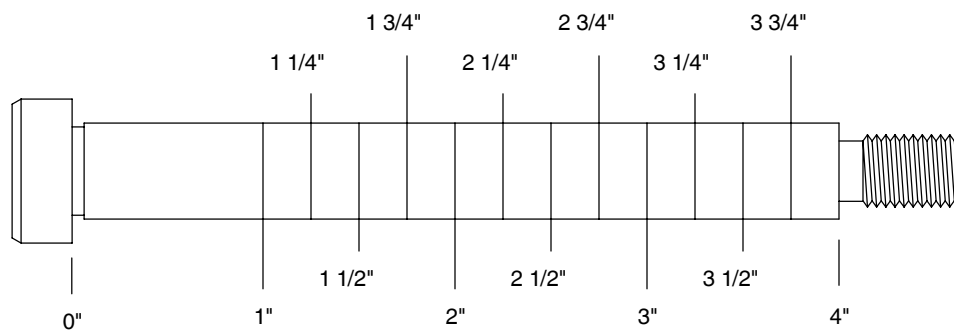
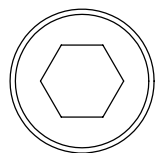
3/8" HHB



1/2" HHB

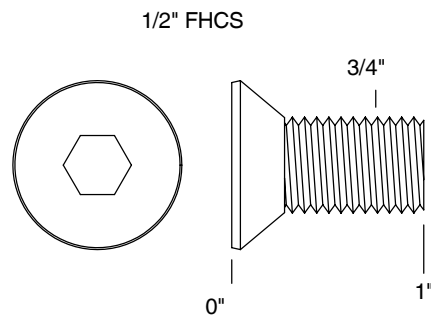
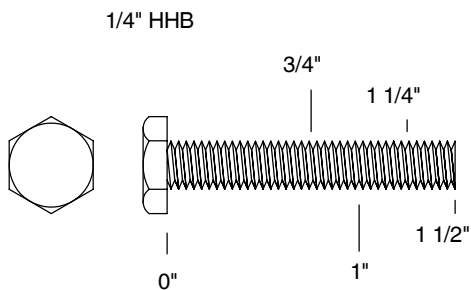
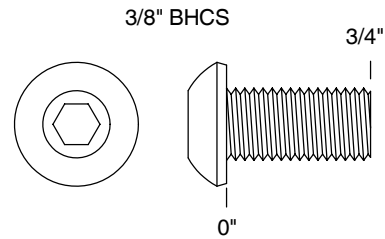
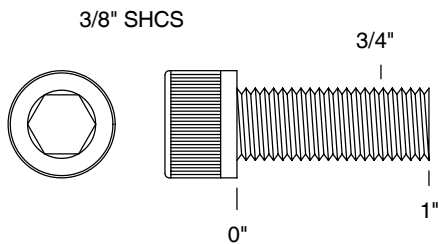
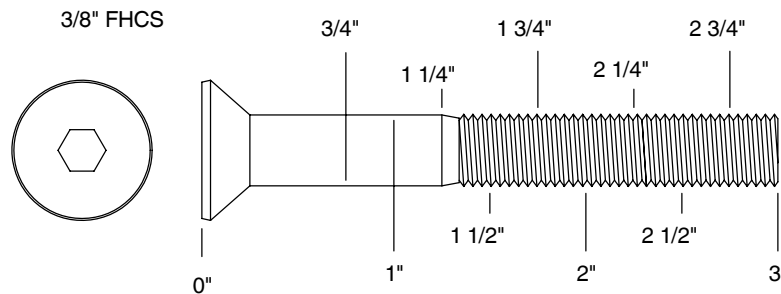


1/2" SHSS



OWNER'S MANUAL

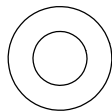
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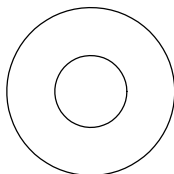
OWNER'S MANUAL

WASHER SIZING CHART

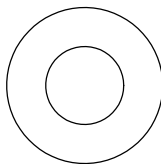
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



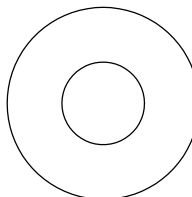
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



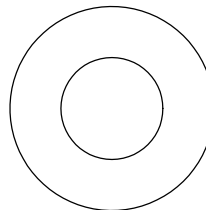
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



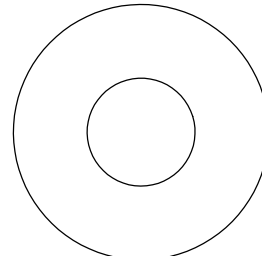
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3/8"
FLAT WASHER
LARGE, USS, 25mm



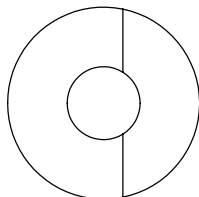
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



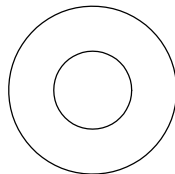
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



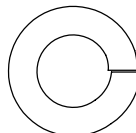
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3/8"
FLAT WASHER
22mm O.D.



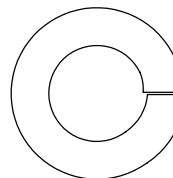
013-0102019
1/4"
LOCK WASHER



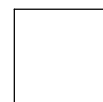
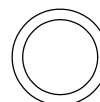
013-0102020
3/8"
LOCK WASHER



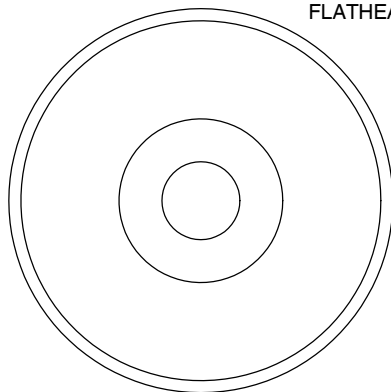
013-0102018
1/2"
LOCK WASHER



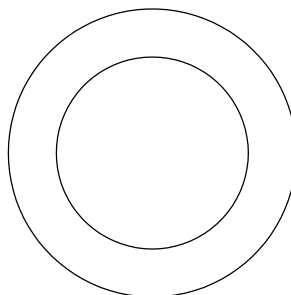
014-0018001
1/2" LONG
SPACER



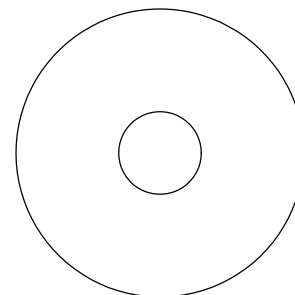
026-01M0238
2" ALUMINUM
FLATHEAD CAP



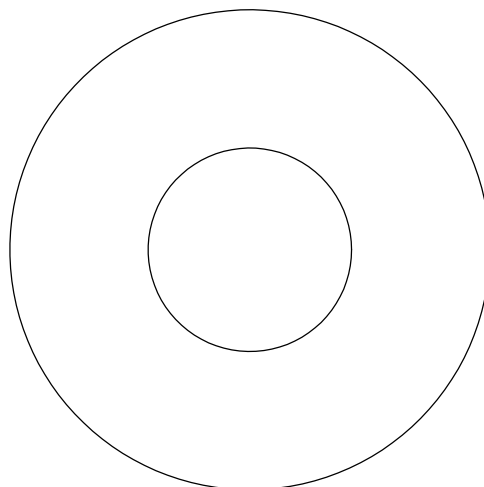
016-0009003
1" SHIM WASHER



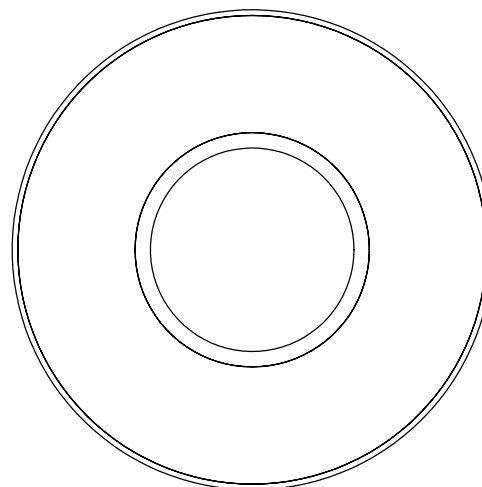
013-0003002
3/8" FENDER WASHER



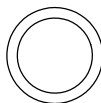
013-0003004
1 1/16"
FENDER WASHER



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



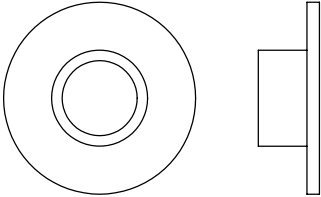
014-0018002
1" LONG
SPACER



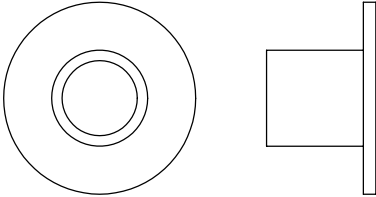
OWNER'S MANUAL

WASHER SIZING CHART
(CONTINUED)

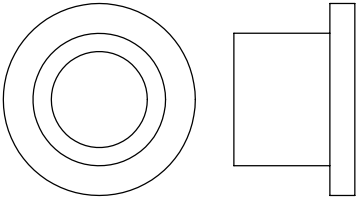
026-01M0211
1/4" LONG
FLANGED SPACER



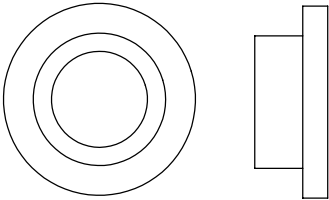
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1/2" LONG
FLANGED SPACER



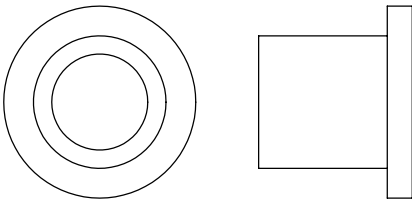
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



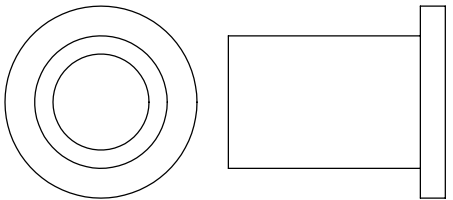
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



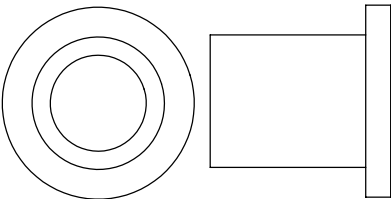
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11/16" LONG HEAVY
FLANGED SPACER



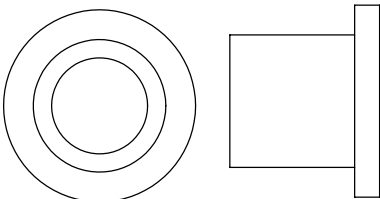
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1" LONG HEAVY
FLANGED SPACER



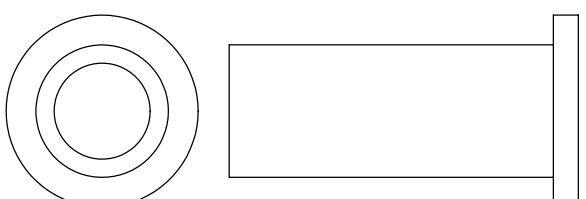
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



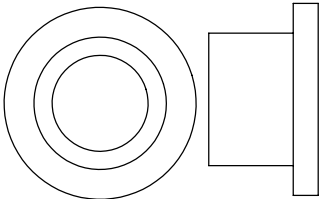
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



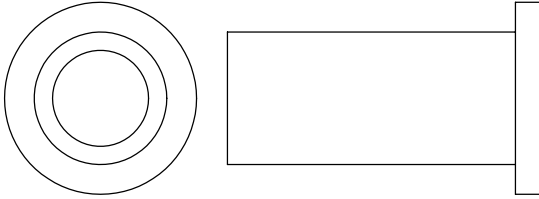
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



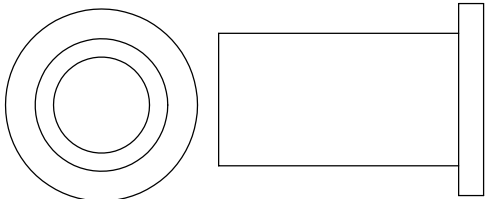
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.44" LONG HEAVY
FLANGED SPACER



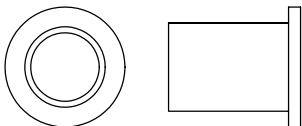
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1 1/2" LONG HEAVY
FLANGED SPACER



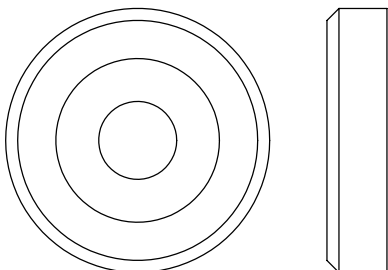
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



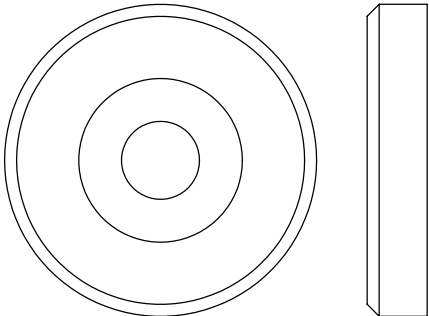
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNER'S MANUAL

MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>									
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

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-1601 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.

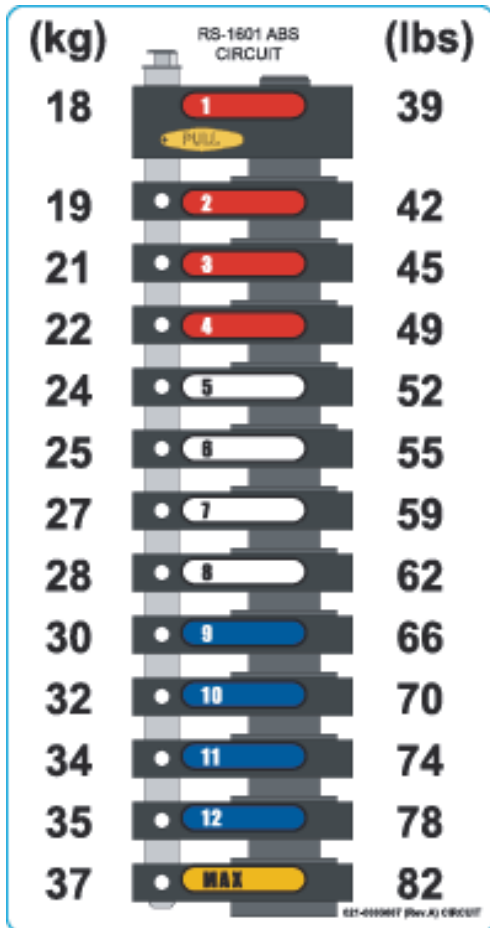
To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Enjoy your RS-1601 HOIST® Fitness System!

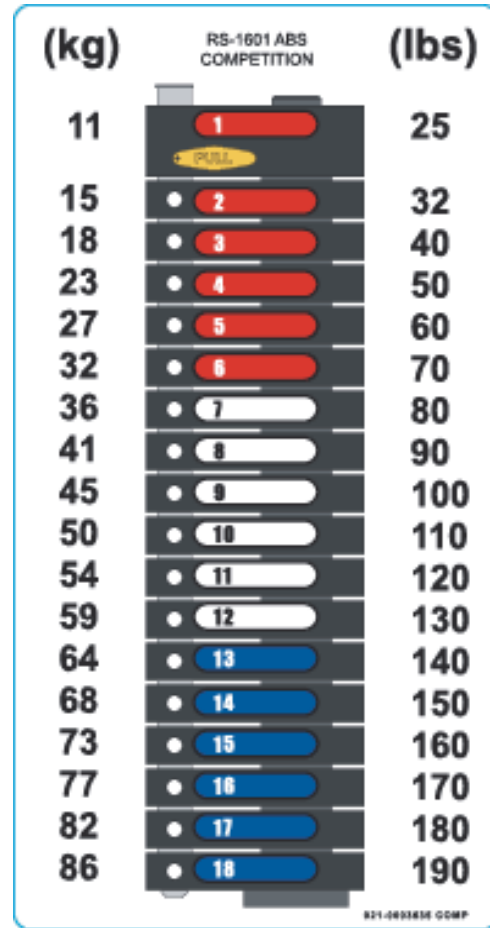
OWNER'S MANUAL

WEIGHT RATIOS

CIRCUIT STACK



COMPETITION STACK



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

WEIGHT TRAINING EXERCISE LOG

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

[illegible]

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

PLEASE KEEP THIS FOR YOUR RECORDS