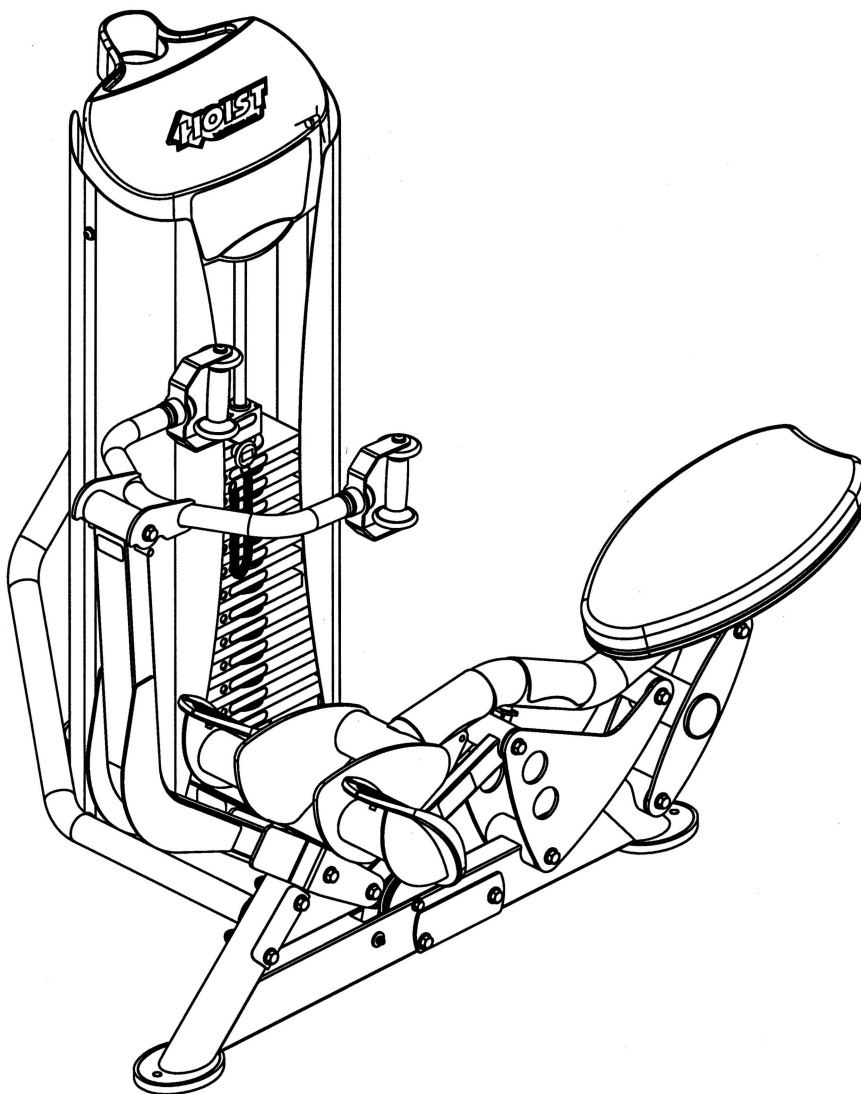


# OWNER'S MANUAL



## ROC-IT 203 SEATED MID-ROW



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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

**0306 - 003**

### **Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

# OWNER'S MANUAL

## CONTENTS

INSTRUCTIONS .....	02
FRAME ASSEMBLY .....	04
PRE-ASSEMBLY.....	11
DECAL PLACEMENT.....	13
DECAL REFERENCE.....	14
PART LIST.....	15
ABBREVIATIONS.....	18
BOLT SIZING CHART.....	19
WASHER SIZING CHART.....	21
GENERAL MAINTENANCE INFORMATION.....	23
MAINTENANCE SCHEDULE.....	25
WEIGHT TRAINING TIPS.....	27
WEIGHT RATIOS.....	28
EXERCISE LOG.....	29
LIMITED WARRANTY.....	30



# **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**

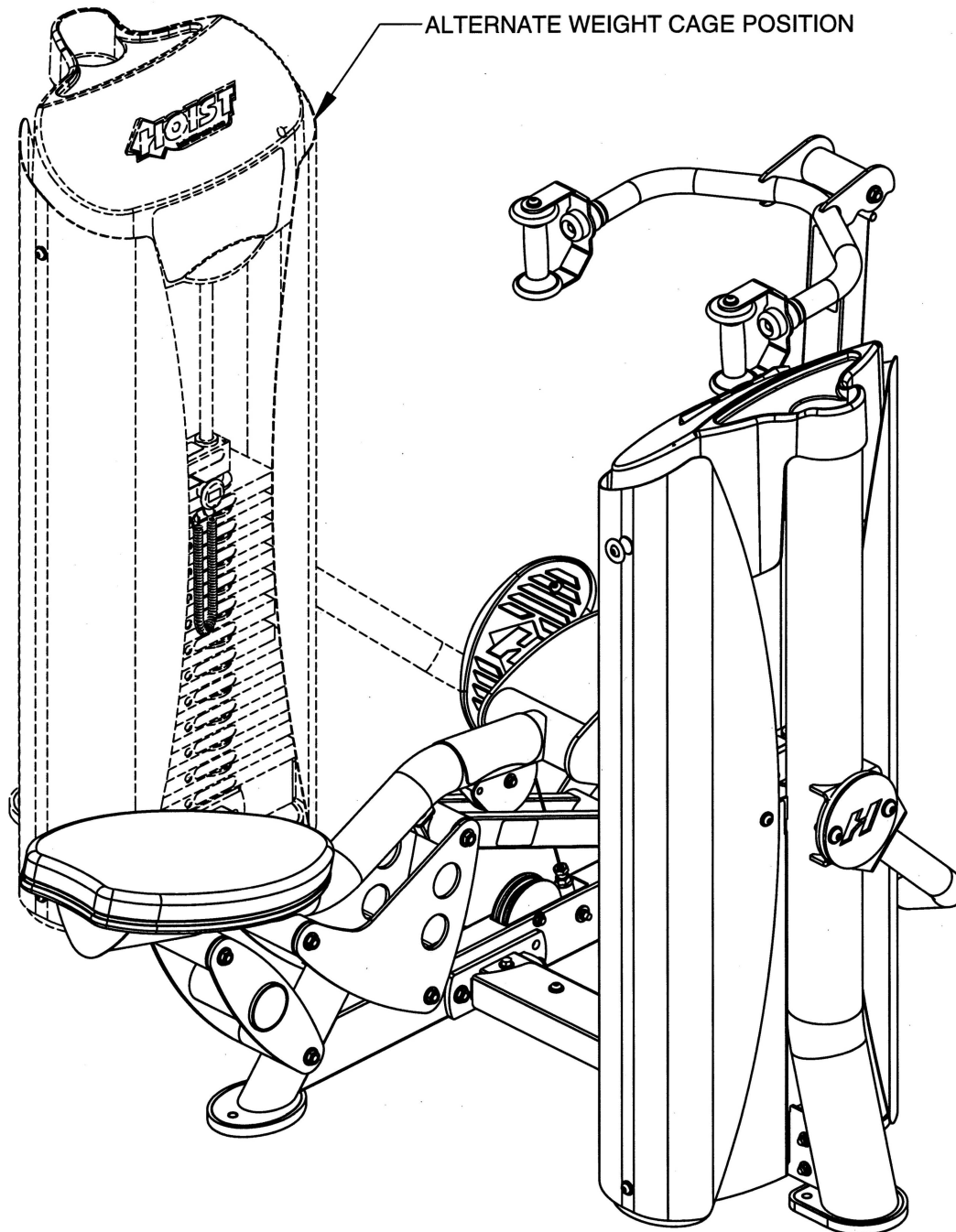
**Hex Key Wrench Set**

# **OWNER'S MANUAL**

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

# OWNER'S MANUAL

## FRAME ASSEMBLY



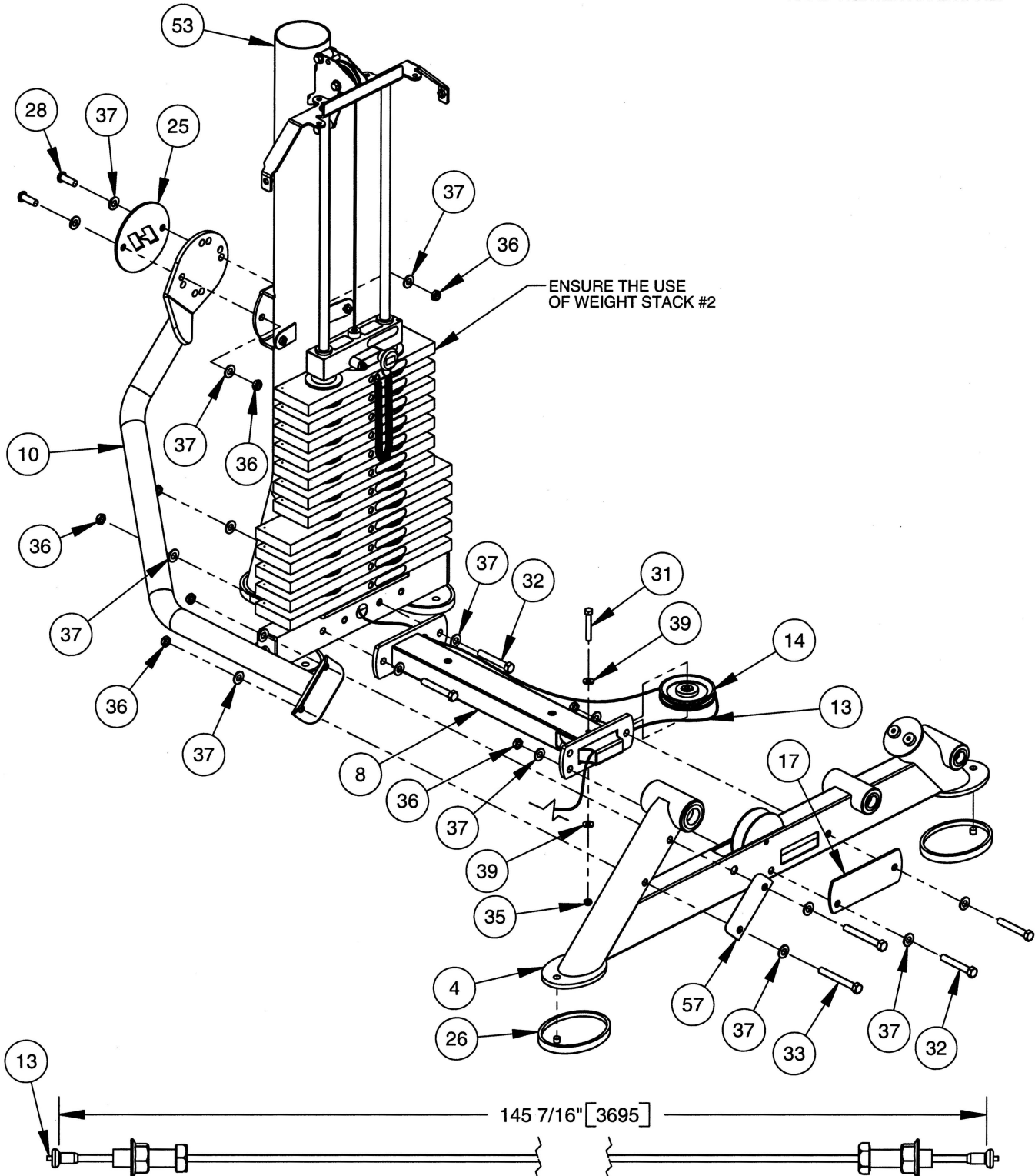
### ALTERNATE POSITION

THE ROC-IT WEIGHT CAGE IS DESIGNED TO BE INSTALLED ON EITHER THE LEFT OR RIGHT SIDE OF THE ROC-IT 203 IN ORDER TO ACCOMADATE THE USER.

# OWNER'S MANUAL

## FRAME ASSEMBLY \*ASSEMBLE WEIGHT CAGE FIRST\*

NOTES:  
- HAND TIGHTEN HARDWARE.

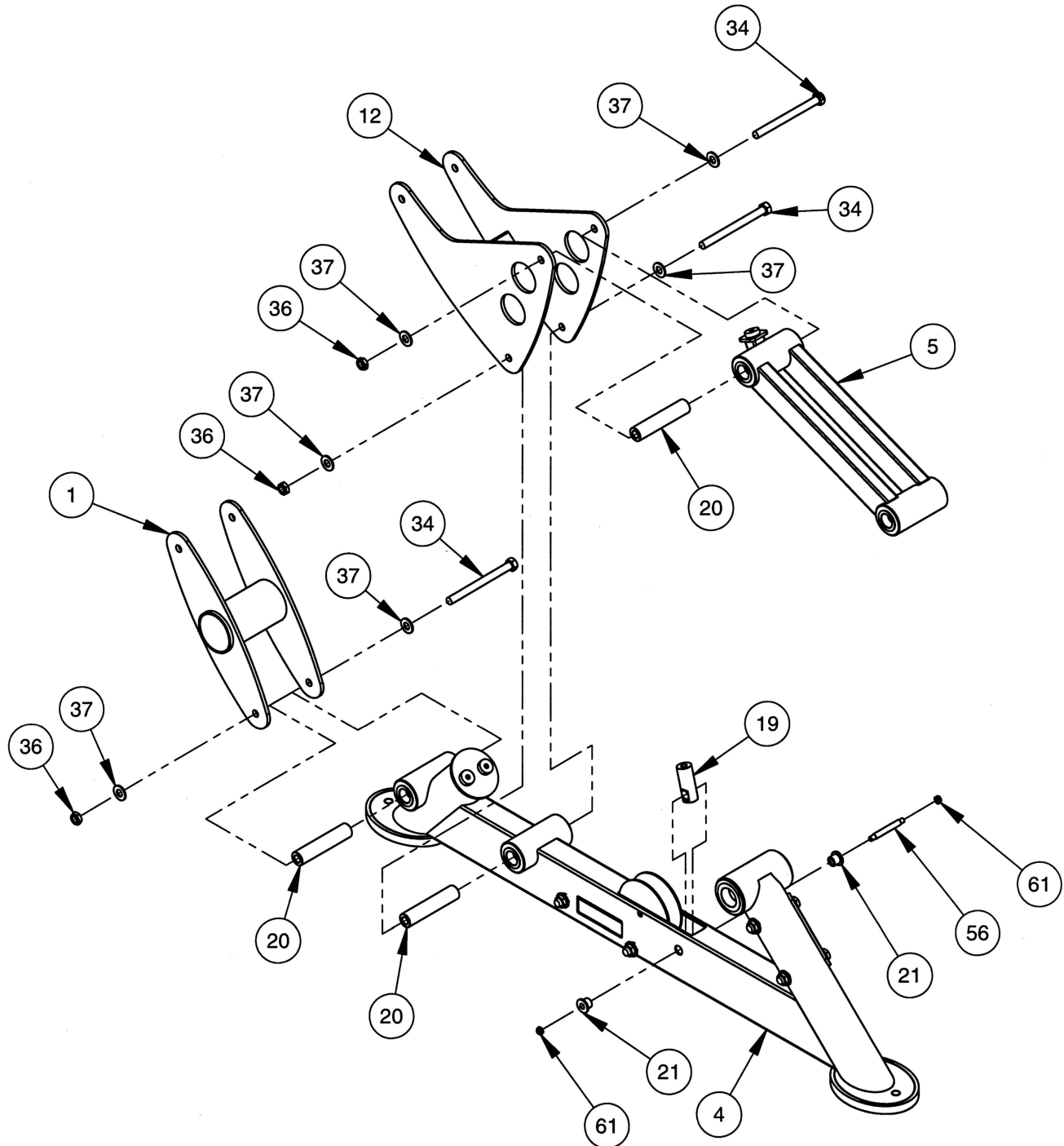


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTES:

- WRENCH TIGHTEN HARDWARE.
- LOOSEN NUTS (36) ENOUGH FOR REAR (1), FRONT (5), AND MID (12) LINK ASSEMBLIES TO PIVOT FREELY.
- SOME PARTS REMOVED FOR CLARITY.

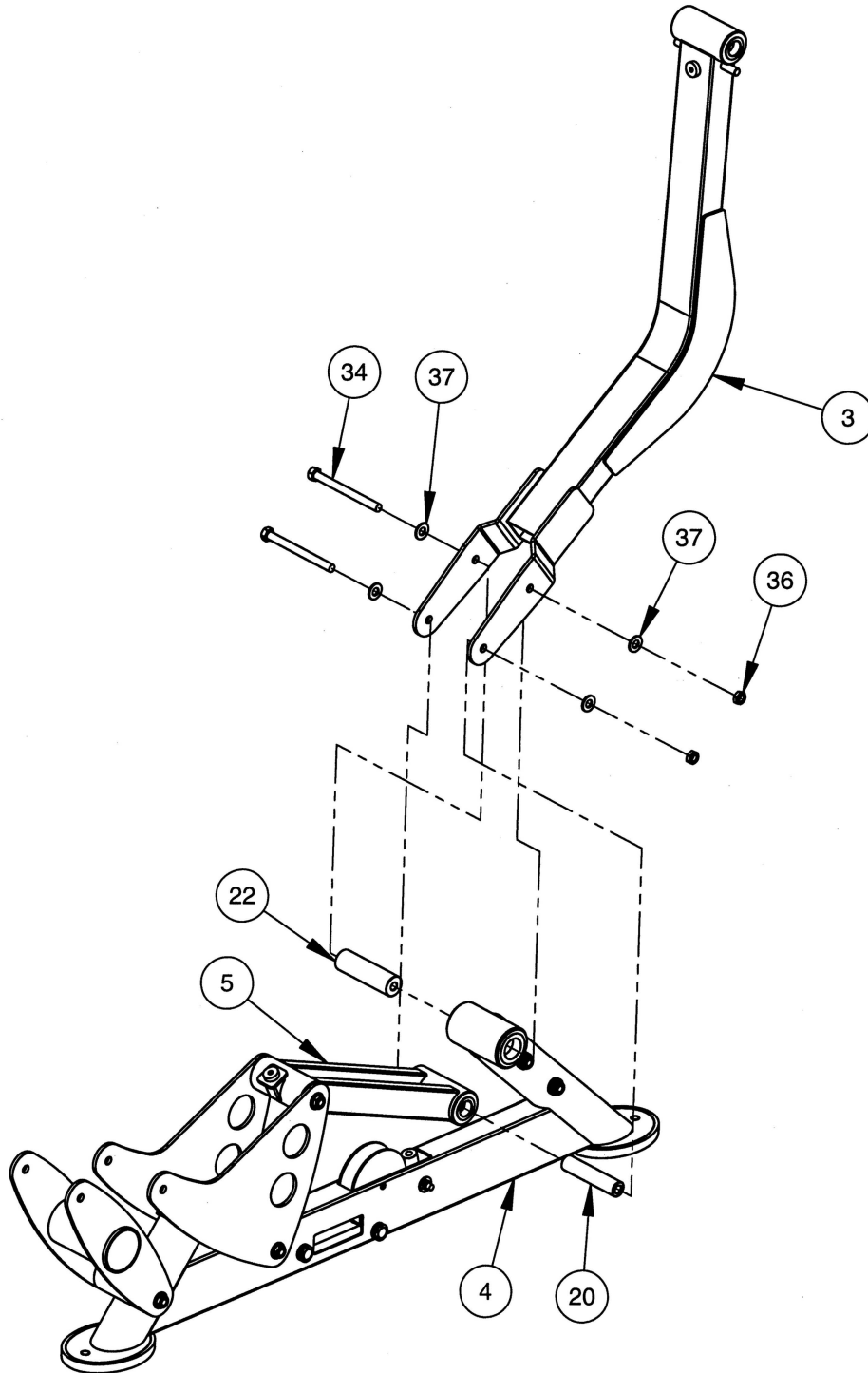


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTES:

- WRENCH TIGHTEN HARDWARE.
- LOOSEN NUTS (36) ENOUGH FOR PULL ARM (3) AND FRONT LINK (5) ASSEMBLIES TO PIVOT FREELY.
- SOME PARTS REMOVED FOR CLARITY.

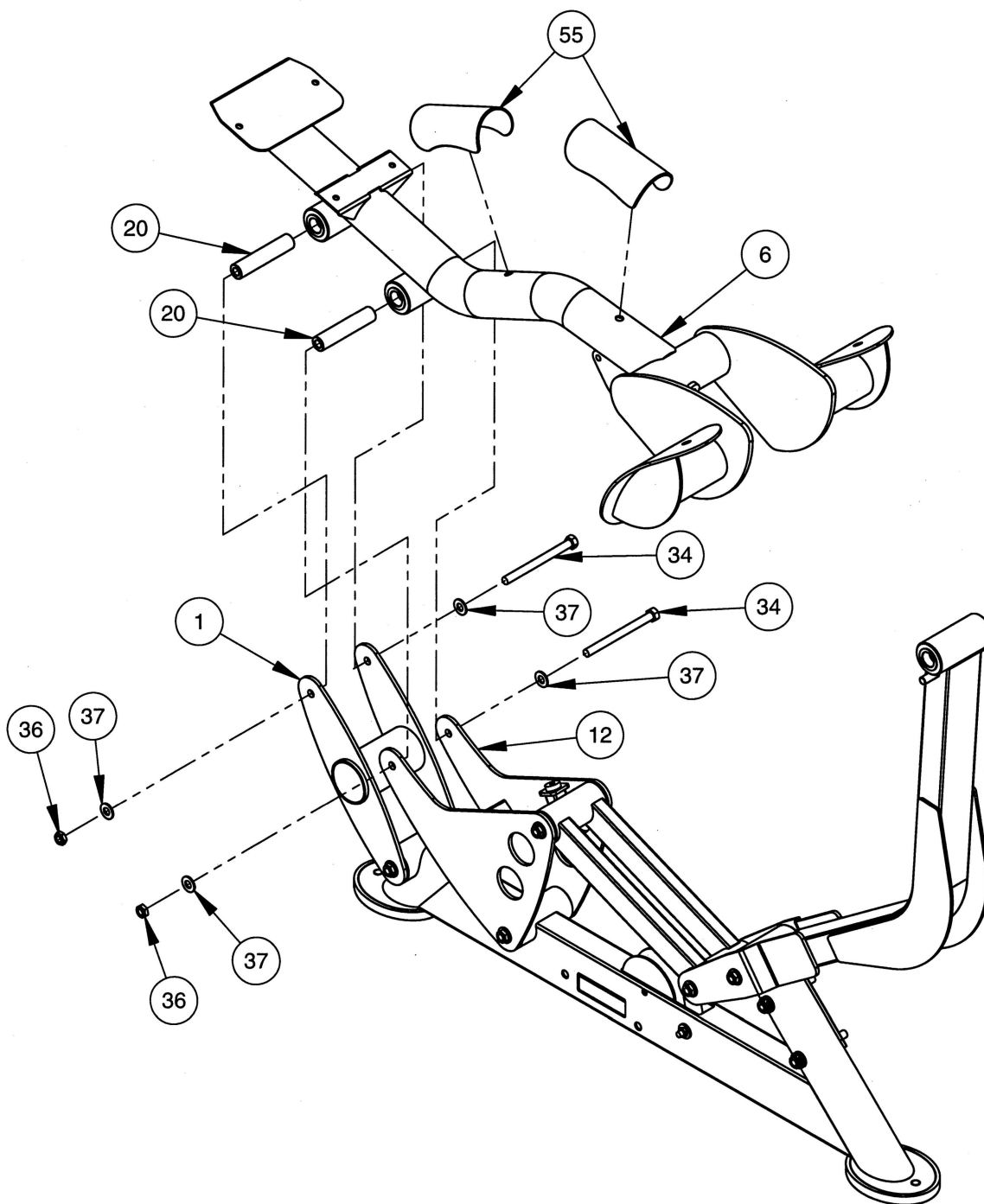


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTES:

- WRENCH TIGHTEN HARDWARE.
- LOOSEN NUTS (36) ENOUGH FOR USER SUPPORT FRAME ASSEMBLY (6) TO PIVOT FREELY.
- SOME PARTS REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTES:

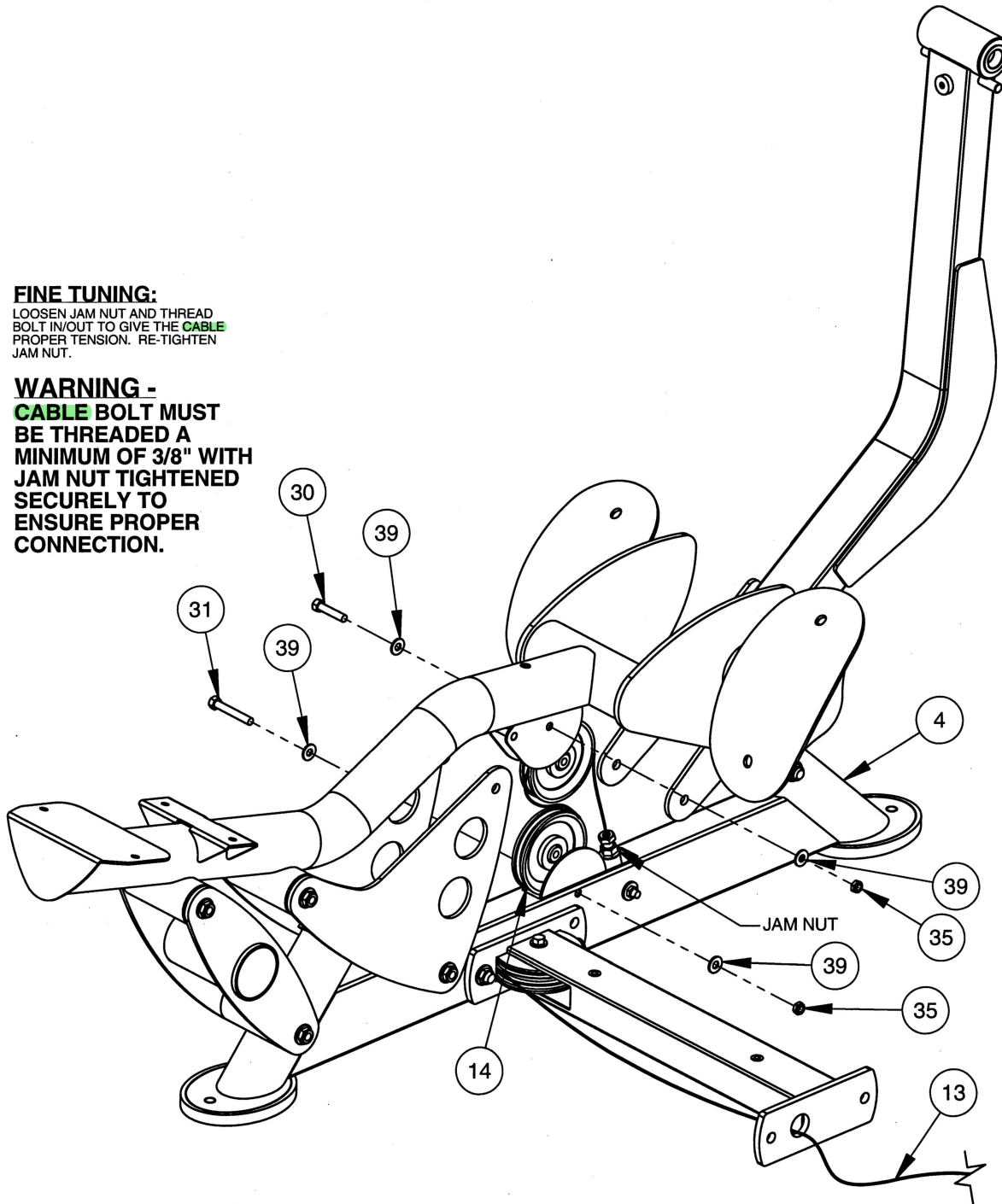
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.

### FINE TUNING:

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

### WARNING -

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



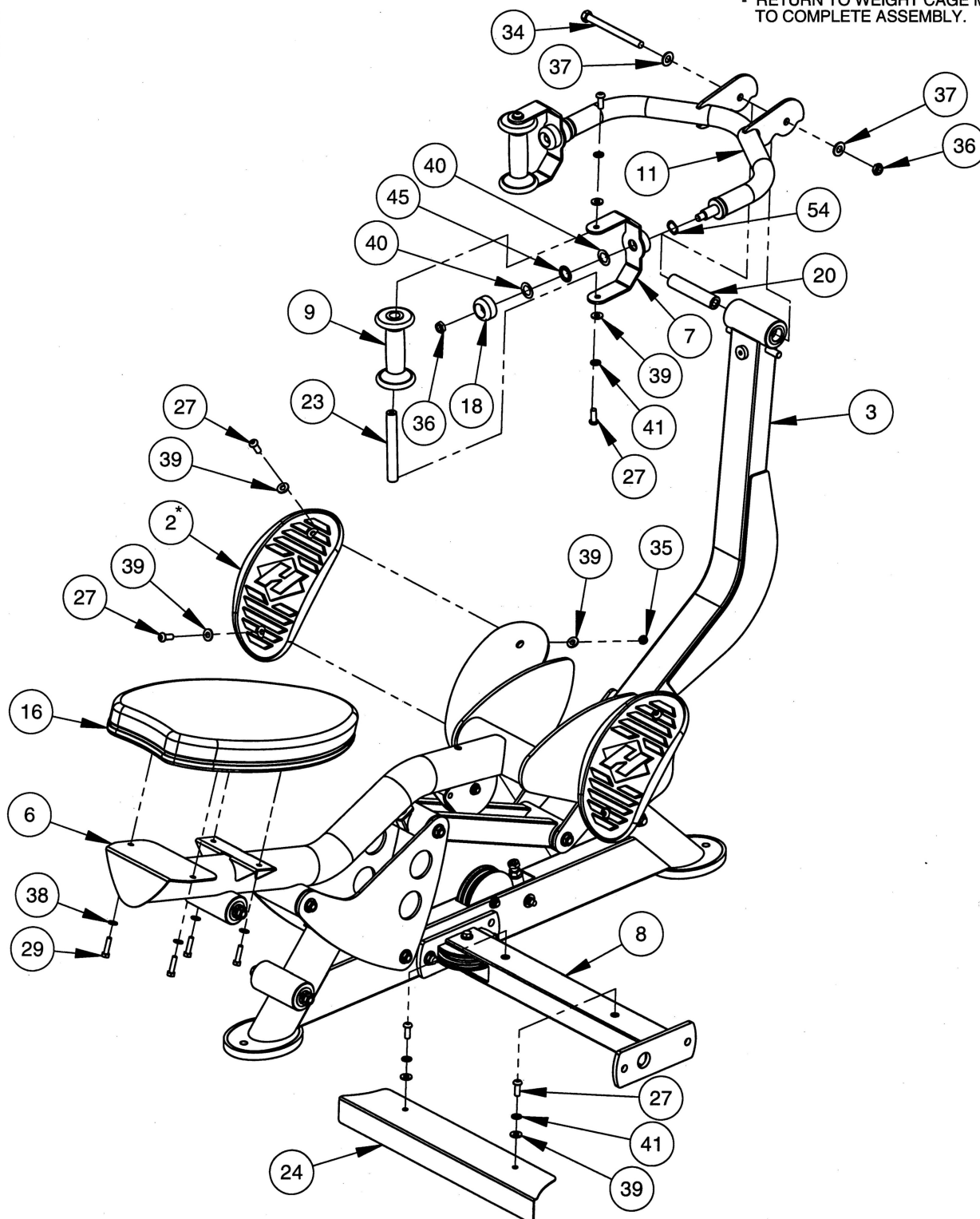


# OWNER'S MANUAL

## FRAME ASSEMBLY

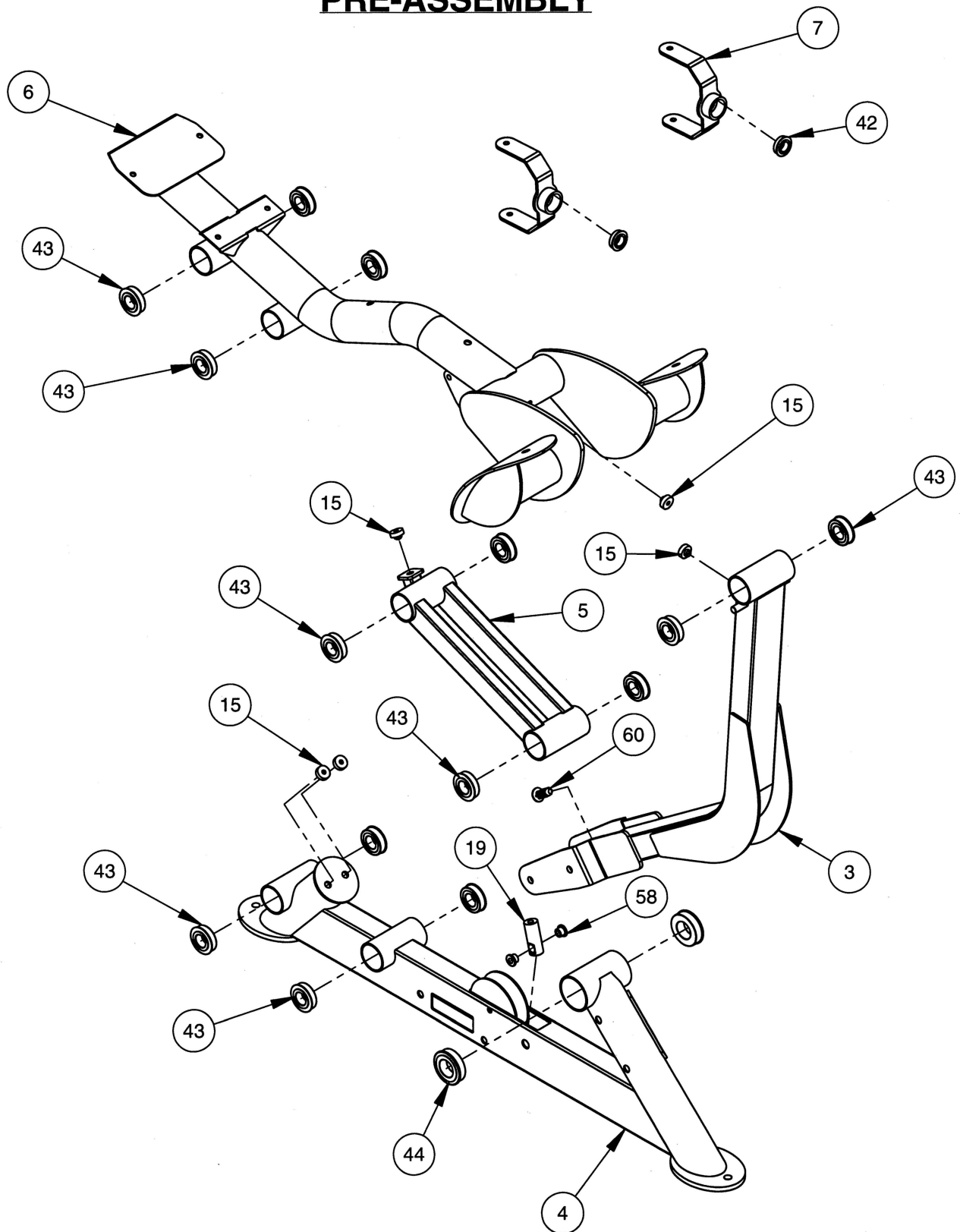
### NOTES:

- WRENCH TIGHTEN HARDWARE.
- \* - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS NOT SHOWN FOR CLARITY.
- RETURN TO WEIGHT CAGE MANUAL TO COMPLETE ASSEMBLY.



# OWNER'S MANUAL

## PRE-ASSEMBLY



# **OWNER'S MANUAL**

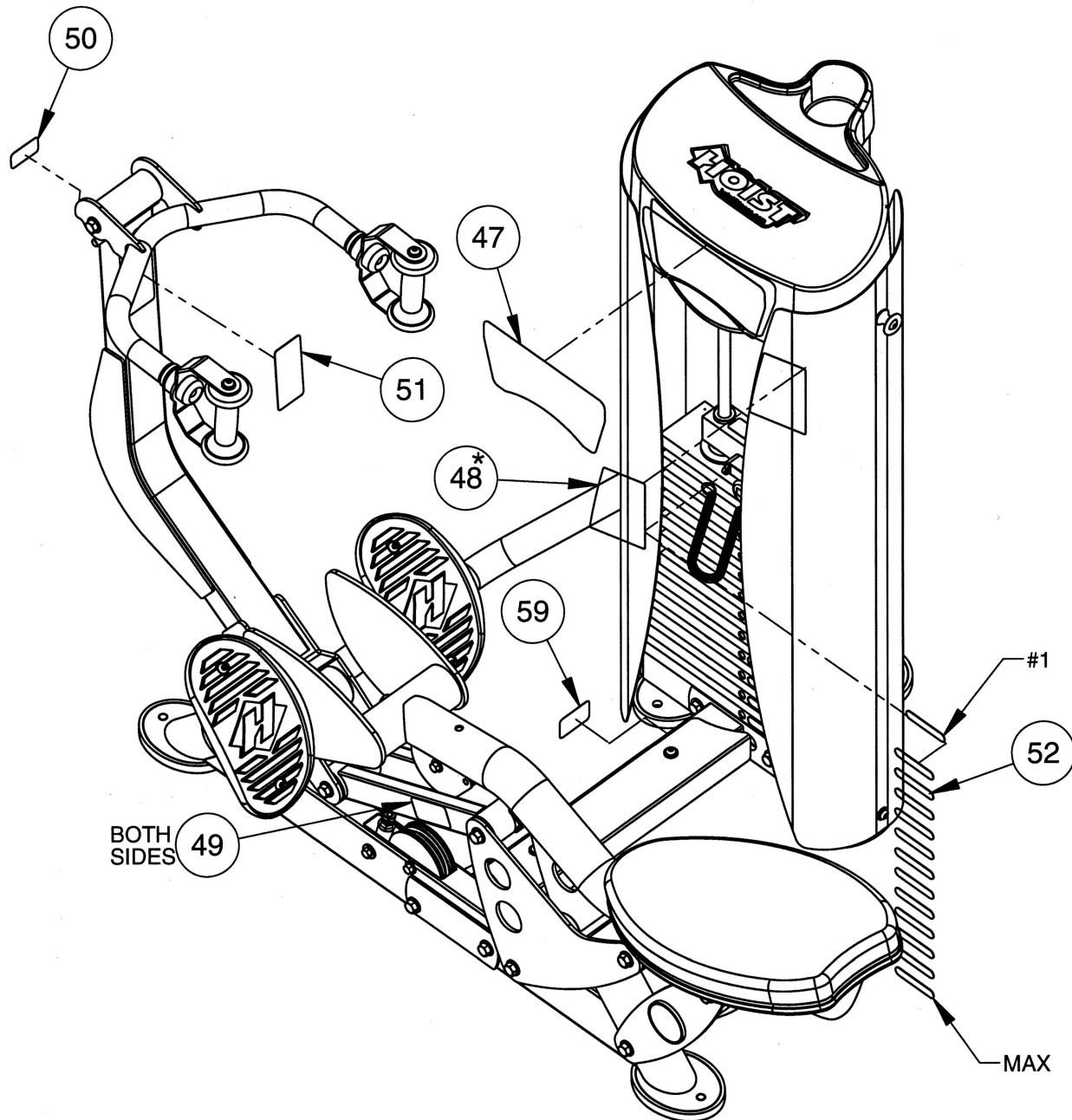
\*\*\*THIS PAGE WAS INTENTIONALLY LEFT BLANK.\*\*\*

# OWNER'S MANUAL

## DECAL PLACEMENT


### NOTES:

- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- \* - LOWER EDGE OF DECAL, LOCATED 37.5" FROM FLOOR, SO THAT UPPER EDGE OF DECAL ALIGNS WITH LOWER EDGE OF PLASTIC CAP.



# OWNER'S MANUAL

## DECAL REFERENCE



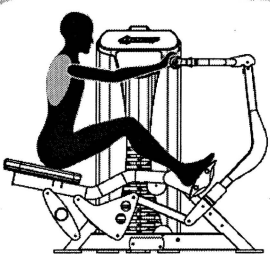
**ROC-IT™**  
RIDE ORIENTED CIRCUIT • INTERVAL TRAINING

### MID ROW

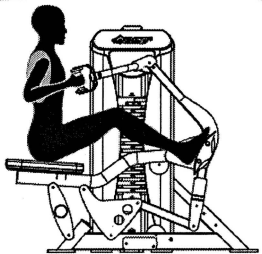
**CAUTION**

- 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.

**BACK**



**START**



**EXERCISE**


**INSTRUCTIONS**

- 1 Sit and grasp handles.
- 2 Place feet on footrests with knees bent.
- 3 Pull handles slowly towards your torso. **EXERCISE.**
- 4 Slowly return to the start position.

021-0013305

1	5	9
2	6	10
3	7	11
4	8	12
	MAX	

021-0003422

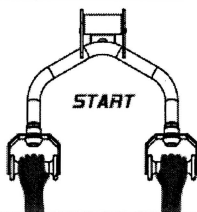


**1-800-548-5438**  
www.hoistfitness.com  
**SERIAL # 00-00-000000**

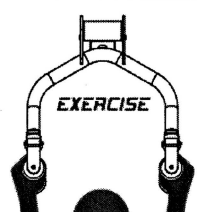
HOIST AND HOIST FITNESS ARE TRADEMARKS OF HOIST FITNESS, INC.

**SERIAL # DECAL**

**HAND MOVEMENT**



**START**



**EXERCISE**

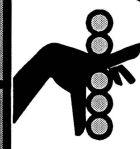
021-0003420

(kg)	DIP	(lbs)
16	1	36
21	2	47
26	3	58
31	4	69
36	5	80
41	6	91
46	7	102
51	8	113
58	9	128
65	10	143
72	11	158
78	12	173
85	MAX	188

021-0003410

**WARNING**

PINCH POINTS



021-0003114

**CAUTION**

MOVING PARTS

021-0003093



# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2396	REAR LINK ASSEMBLY	1
2	026-01X2402	FOOT PLATE ASSEMBLY	2
3	026-01X2457	PULL ARM ASSEMBLY	1
4	026-01X2464	BASE FRAME ASSEMBLY	1
5	026-01X2465	FRONT LINK ASSEMBLY	1
6	026-01X2466	USER SUPPORT FRAME ASSEMBLY	1
7	026-01X2469	GRIP ASSEMBLY	2
8	026-01X2581	CROSS MEMBER ASSEMBLY	1
9	026-01X2588	HAND GRIP	2
10	026-01X2604	CROSS BAR ASSEMBLY	1
11	026-01X2605	HANDLE BAR ASSEMBLY	1
12	026-01X2606	MID LINK ASSEMBLY	1
13	010-01C0353	<b>CABLE</b> ASSEMBLY ROC-IT 203 - 145 7/16" LG.	1
14	<b>018-0001003</b>	Ø4.50" <b>CABLE</b> PULLEY	3
15	<b>019-0001001</b>	PLUG BUMPER	5
16	022-01PD2056	SEAT PAD ASSEMBLY	1
17	026-01F0256	BACKING PLATE	1
18	<b>026-01M1097</b>	BEARING TRIM CAP	2
19	<b>026-01M1103</b>	THREADED <b>CABLE</b> ANCHOR	1
20	026-01M0660	SHAFT Ø 1.00" X 4.69" LG.	7
21	026-01M0760	HEAVY FLANGED SPACER .391" I.D. X .50" LG.	2
22	026-01M0920	SHAFT Ø 1.38" X 4.69" LG.	1
23	<b>026-01M1041</b>	SHAFT Ø .750" X 5.85" LG	2
24	026-01P2650	<b>CABLE</b> SHIELD	1
25	026-01P2653	'H' PLATE	1
26	<b>026-01PL2122</b>	OVAL-SHAPED RUBBER FOOT	2
27	<b>011-0101026</b>	3/8"-16UNC X 1.00" BHCS (WZ)	10
28	<b>011-0101047</b>	1/2"-13UNC X 1.50" BHCS (WZ)	2
29	<b>011-0107011</b>	5/16"-18UNC X 1.25" HHB (WZ)	4
30	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)	1
31	011-0107032	3/8"-16UNC X 2.50" HHB (WZ)	2
32	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
33	011-0101070	1/2"-13UNC X 4.00" HHB (WZ)	2
34	<b>011-0107036</b>	1/2"-13UNC X 5.75" HHB (WZ)	8
35	<b>012-0104008</b>	3/8"-16 UNC THIN NYLOCK NUT (WZ)	7
36	<b>012-0304011</b>	1/2"-13 UNC THIN NYLOCK NUT (WZ)	18
37	<b>013-0102003</b>	1/2" X 27mm SAE FLAT WASHER (WZ)	32
38	<b>013-0302008</b>	5/16" SAE FLAT WASHER (WZ)	4
39	<b>013-0402007</b>	3/8" X 22mm FLAT WASHER (WZ)	20
40	<b>014-0024004</b>	3/4" I.D. THRUST WASHER	4

# OWNER'S MANUAL

## PARTS LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
41	013-0102022	3/8" INTERNAL LOCK WASHER	6
42	014-0005001	.75" I.D. BEARING (SMALL)	2
43	014-0009007	1.00" I.D. FLANGED BALL BEARING	14
44	014-0012010	Ø 1.386" FLANGED BEARING	2
45	014-0024004	3/4" I.D. THRUST BEARING	2
46	014-0014002	3/8-16 FLUSH MOUNT INSERT	4
47	021-0013305	PLACARD ROC-IT-203 MID ROW	1
48	021-0003410	DECAL ROC-IT WEIGHT RATIO MID ROW	1
49	021-0003114	DECAL PINCH POINT 1.63" X 3.25" (HORIZONTAL)	2
50	021-0003093	DECAL MOVING PARTS (HORIZONTAL)	1
51	021-0003420	DECAL ROC-IT MID ROW HAND MOVEMENT	1
52	021-0003422	DECAL ROC-IT WEIGHT STACK (1-12)	1
53	ROC-IT WEIGHT CAGE	ROC-IT WEIGHT CAGE	1
54	013-0903008	.755" I.D. WAVE WASHER	2
55	026-01PL2179	PLASTIC SCUFF GUARD	2
56	026-01M1137	Ø 3/8" X 3 1/16" LG. CABLE ANCHOR SHAFT	1
57	026-01F0267	FLANGE	1
58	014-0101020	Ø .38" I.D. x .50" OILITE BUSHING	2
59	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
60	026-01PL2200	PINETREE PLUG	1
61	012-0102006	5/16"-18UNC THIN NYLOCK NUT (WZ)	2

# **OWNER'S MANUAL**

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



# **OWNER'S MANUAL**

## **ABBREVIATIONS**

**BZ = Black Zinc**

**WZ = White Zinc**

**HHB = Hex Head Bolt**

**FHCS = Flat Head Cap Screw**

**BHCS = Button Head Cap Screw**

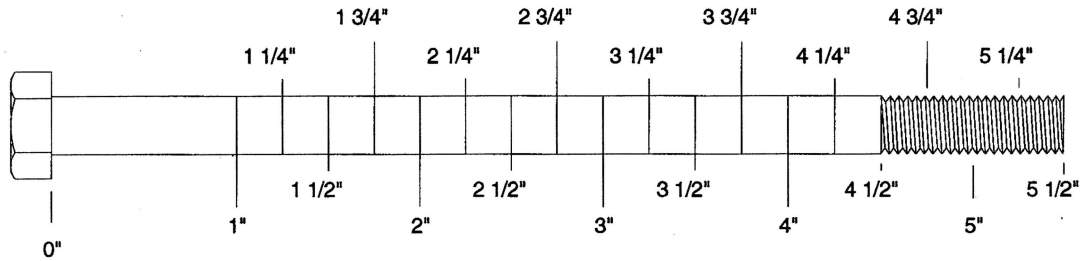
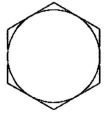
**SHCS = Socket Head Cap Screw**

**SHSS = Socket Head Shoulder Screw**

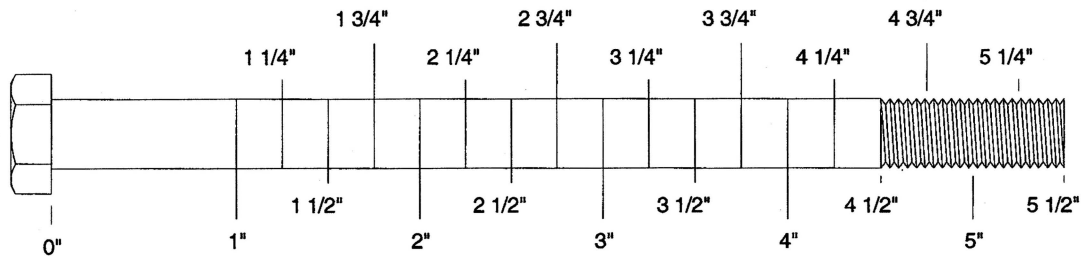
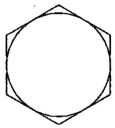
# OWNER'S MANUAL

## BOLT SIZING CHART

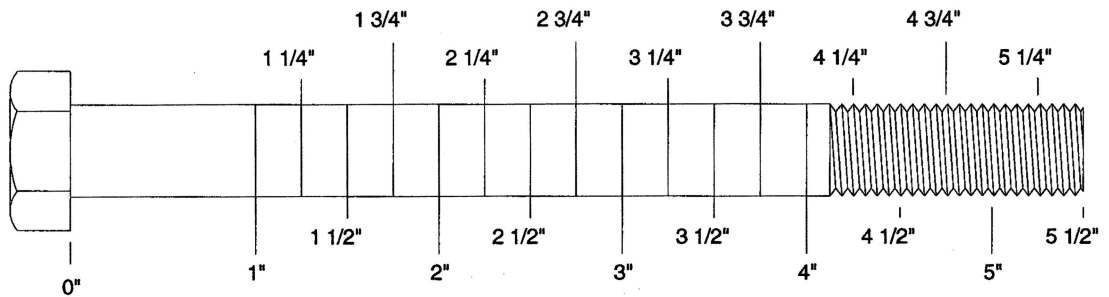
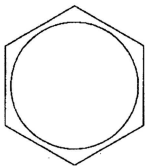
5/16" HHB



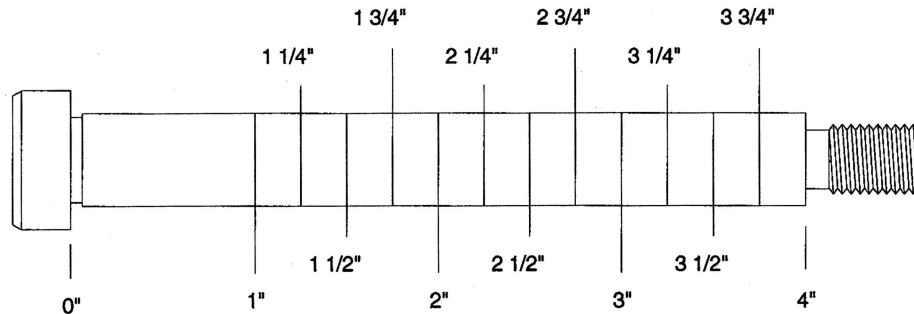
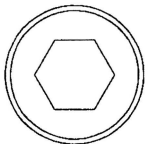
3/8" HHB



1/2" HHB

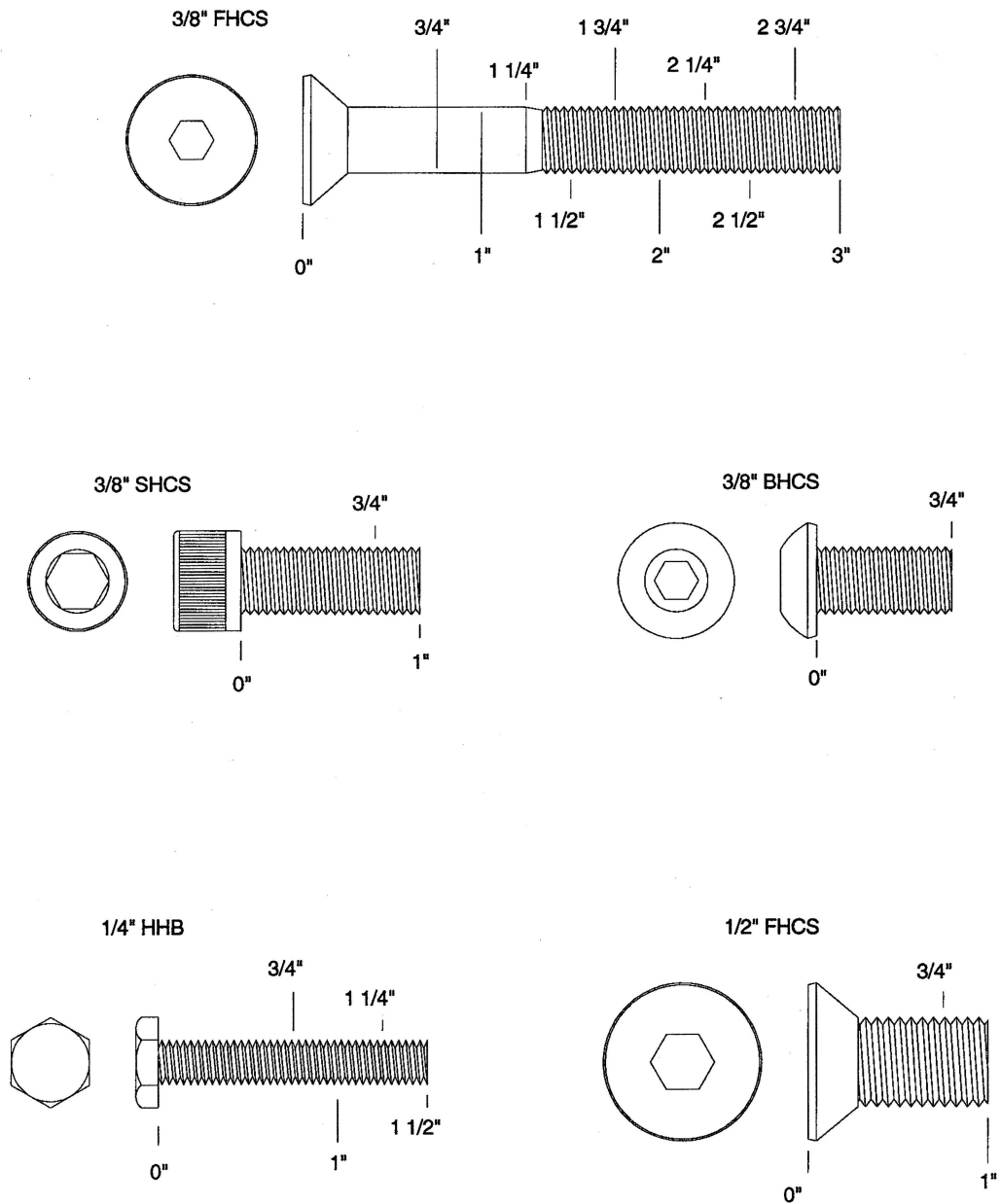


1/2" SHSS



# OWNER'S MANUAL

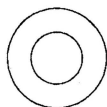
## BOLT SIZING CHART (CONTINUED)



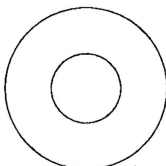
# OWNER'S MANUAL

## WASHER SIZING CHART

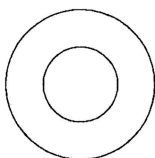
**013-0002003**  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



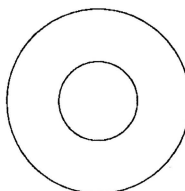
**013-0102004**  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



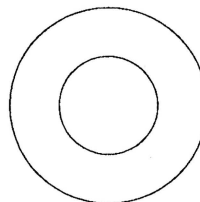
**013-0002004**  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



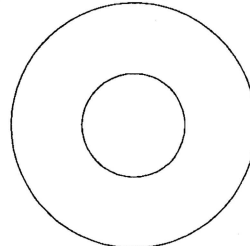
**013-0402005**  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



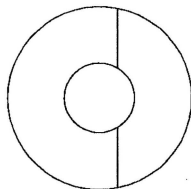
**013-0102003**  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



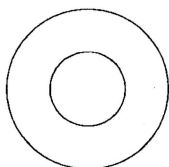
**013-0102026**  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



**013-0102028**  
3/8"  
CURVED WASHER



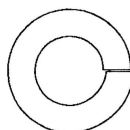
**013-0402007**  
3/8"  
FLAT WASHER  
22mm O.D.



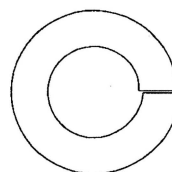
**013-0102019**  
1/4"  
LOCK WASHER



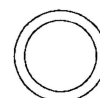
**013-0102020**  
3/8"  
LOCK WASHER



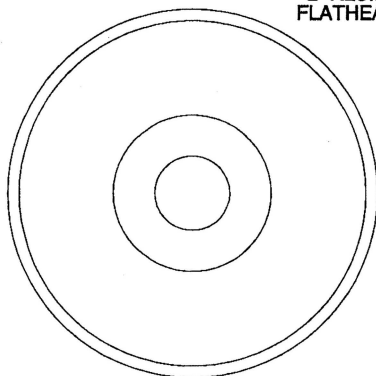
**013-0102018**  
1/2"  
LOCK WASHER



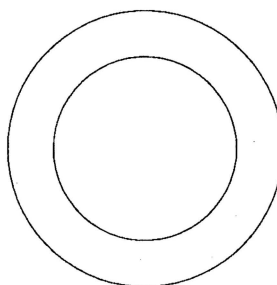
**014-0018001**  
1/2" LONG  
SPACER



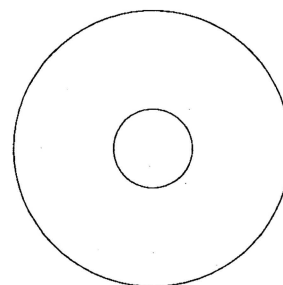
**026-01M0238**  
2" ALUMINUM  
FLATHEAD CAP



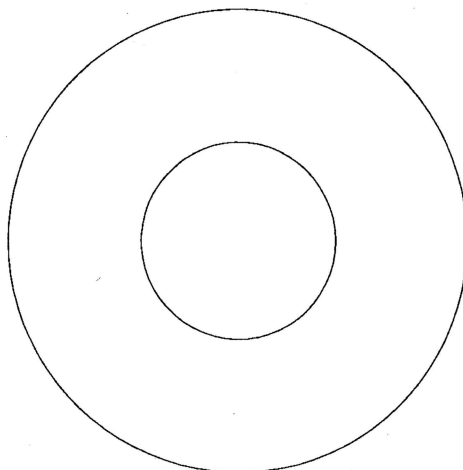
**016-0009003**  
1" SHIM WASHER



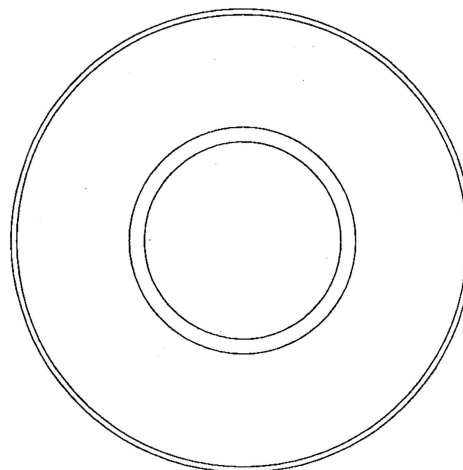
**013-0003002**  
3/8" FENDER WASHER



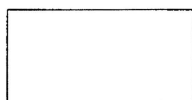
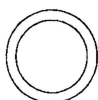
**013-0003004**  
1 1/16"  
FENDER WASHER



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



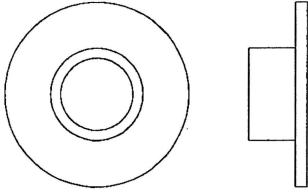
**014-0018002**  
1" LONG  
SPACER



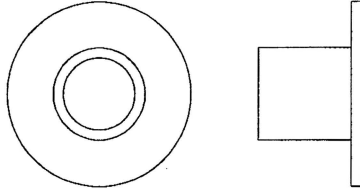
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

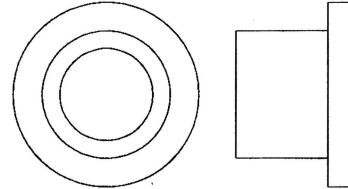
026-01M0211  
1/4" LONG  
FLANGED SPACER



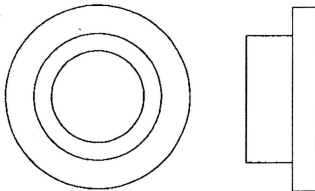
026-01M0198  
1/2" LONG  
FLANGED SPACER



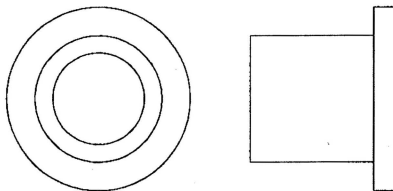
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



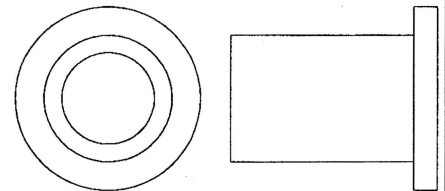
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



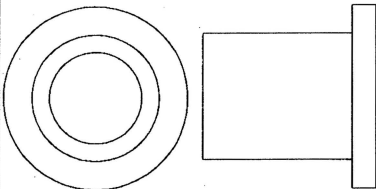
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



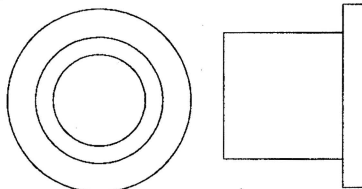
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



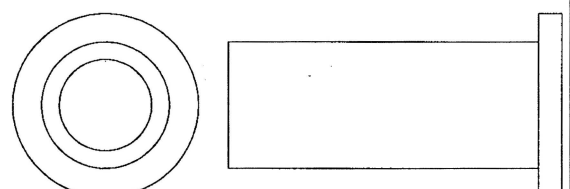
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



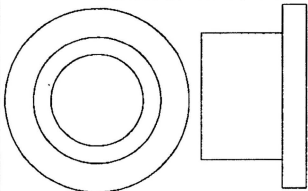
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



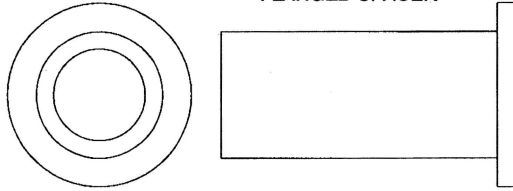
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



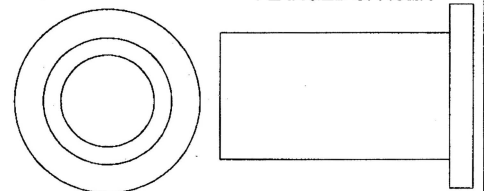
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



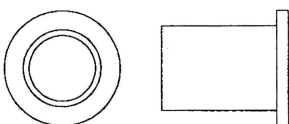
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



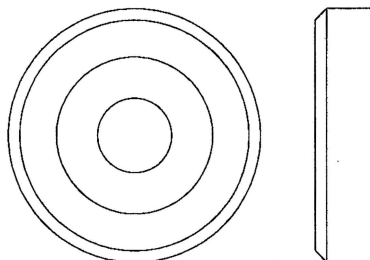
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



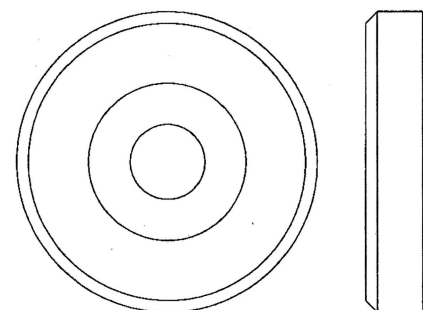
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNER'S MANUAL

## **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

## 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**

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

# **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 ROC-IT 203 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 ROC-IT 203 HOIST Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS

(kg)	MIDROW	(lbs)
31	1	68
35	2	77
39	3	85
43	4	94
47	5	103
51	6	111
54	7	120
58	8	128
63	9	139
68	10	150
73	11	161
78	12	172
83	MAX	183

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

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

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

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

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

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

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

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

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**