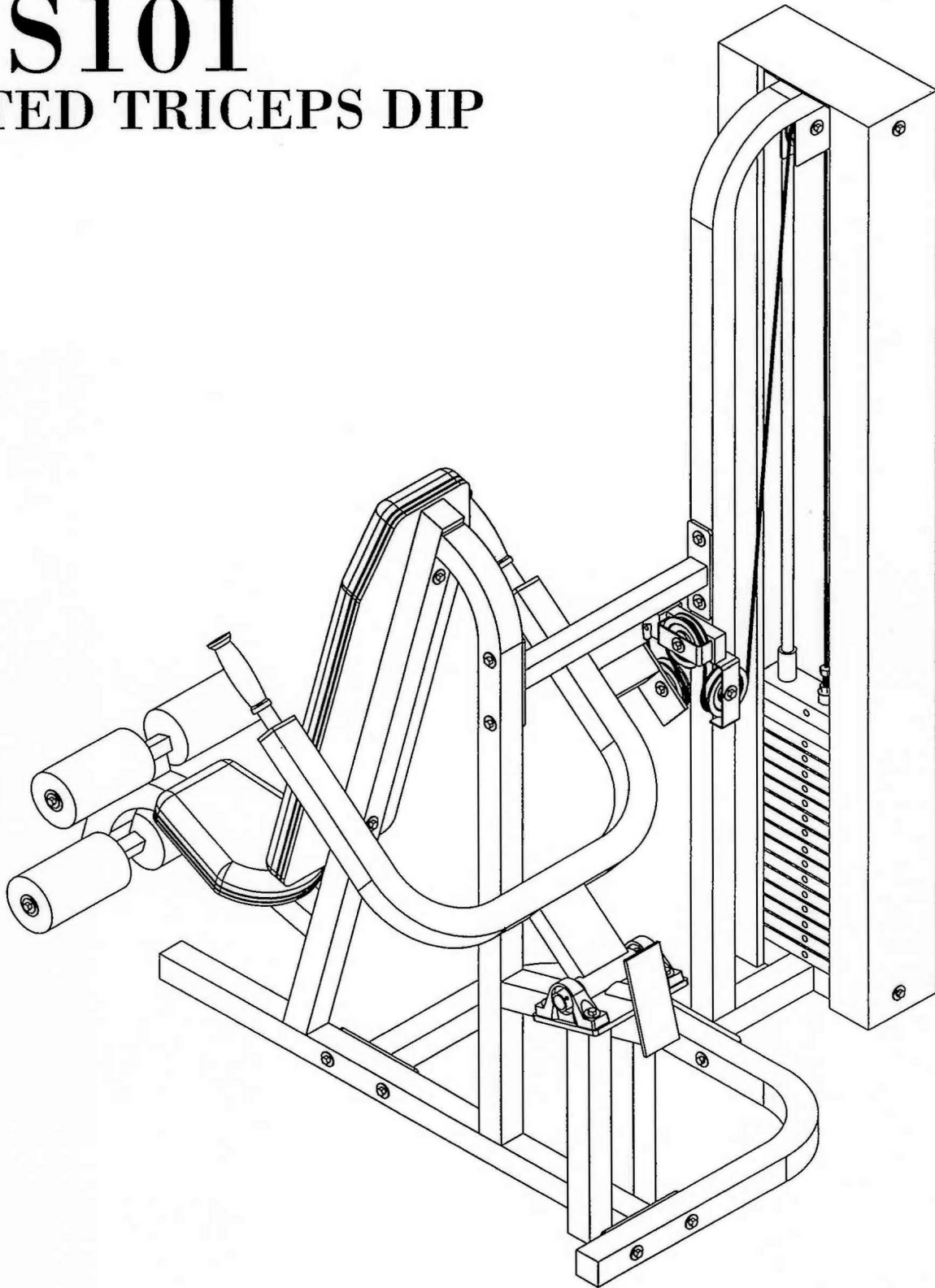


HOIST[®]
FITNESS SYSTEMS

S101

SEATED TRICEPS DIP

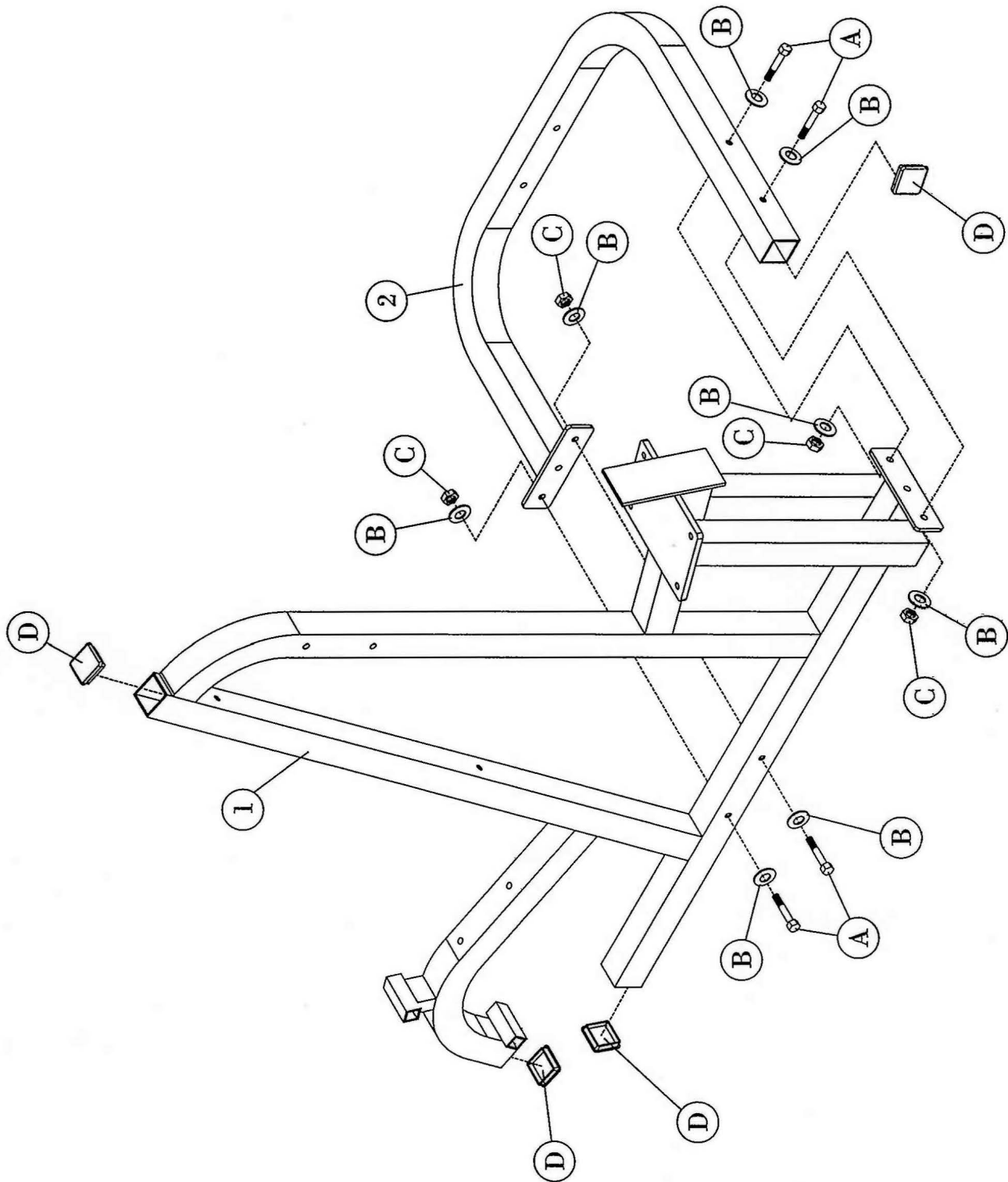


CUSTOMER CATALOG

October '95

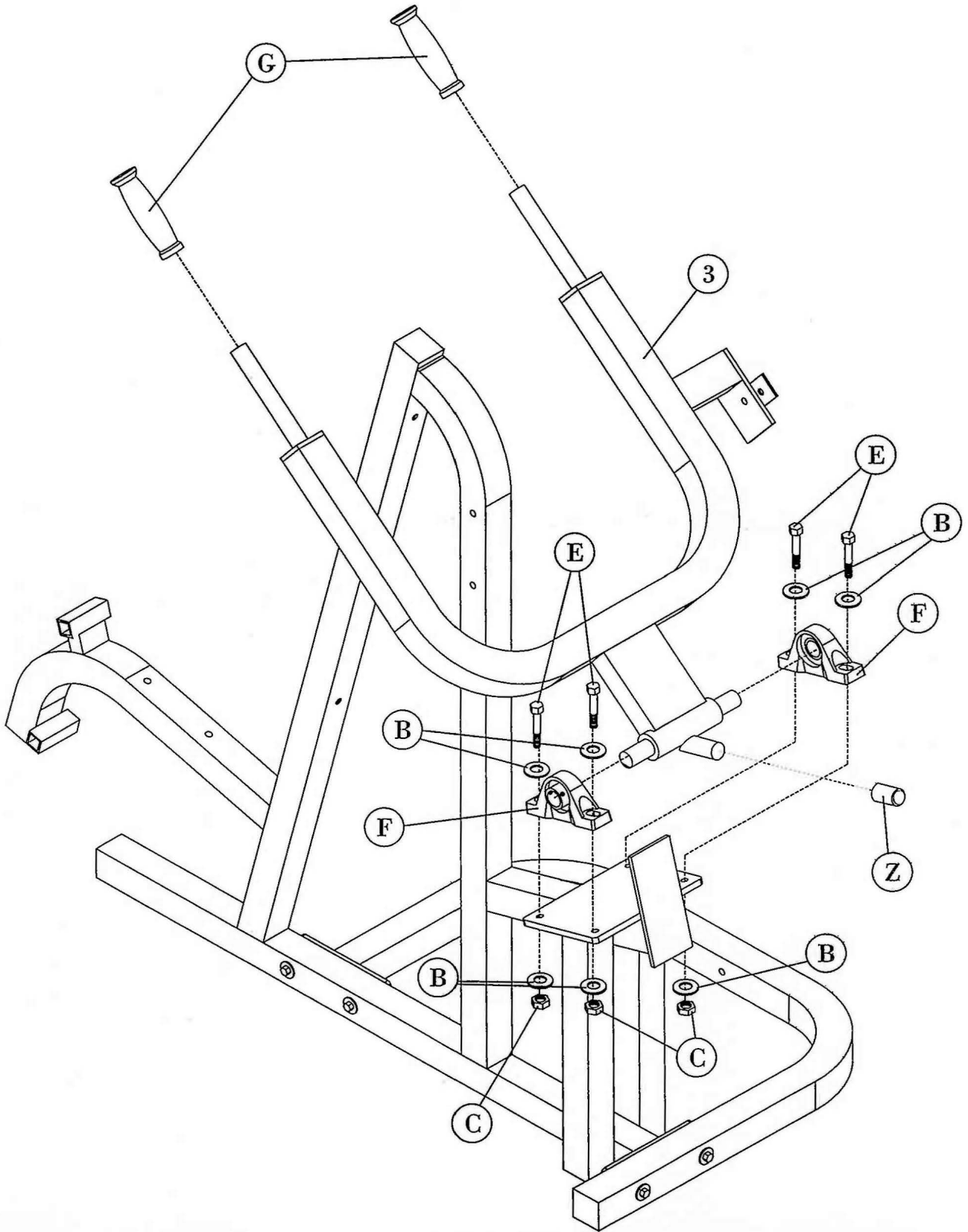
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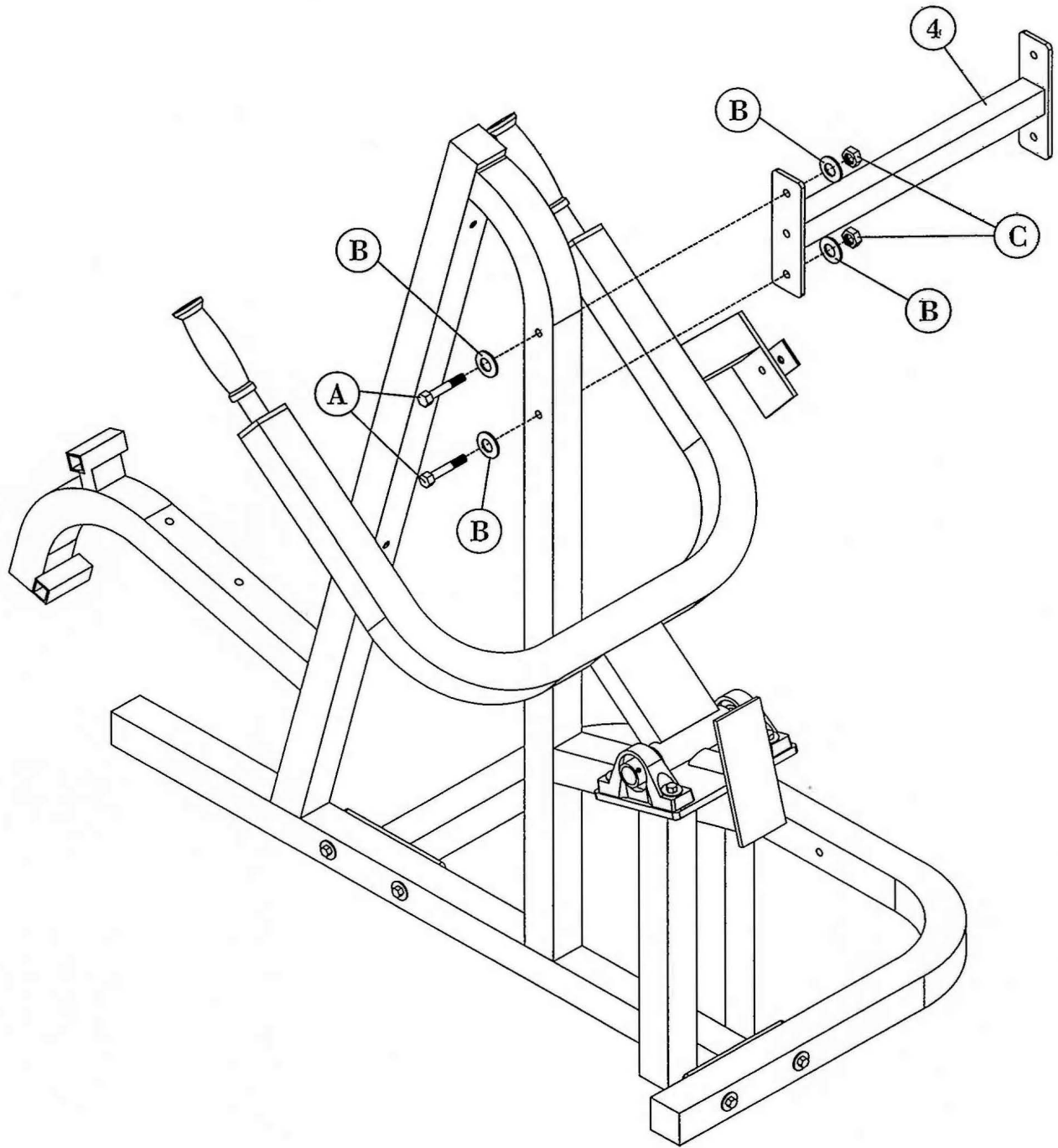
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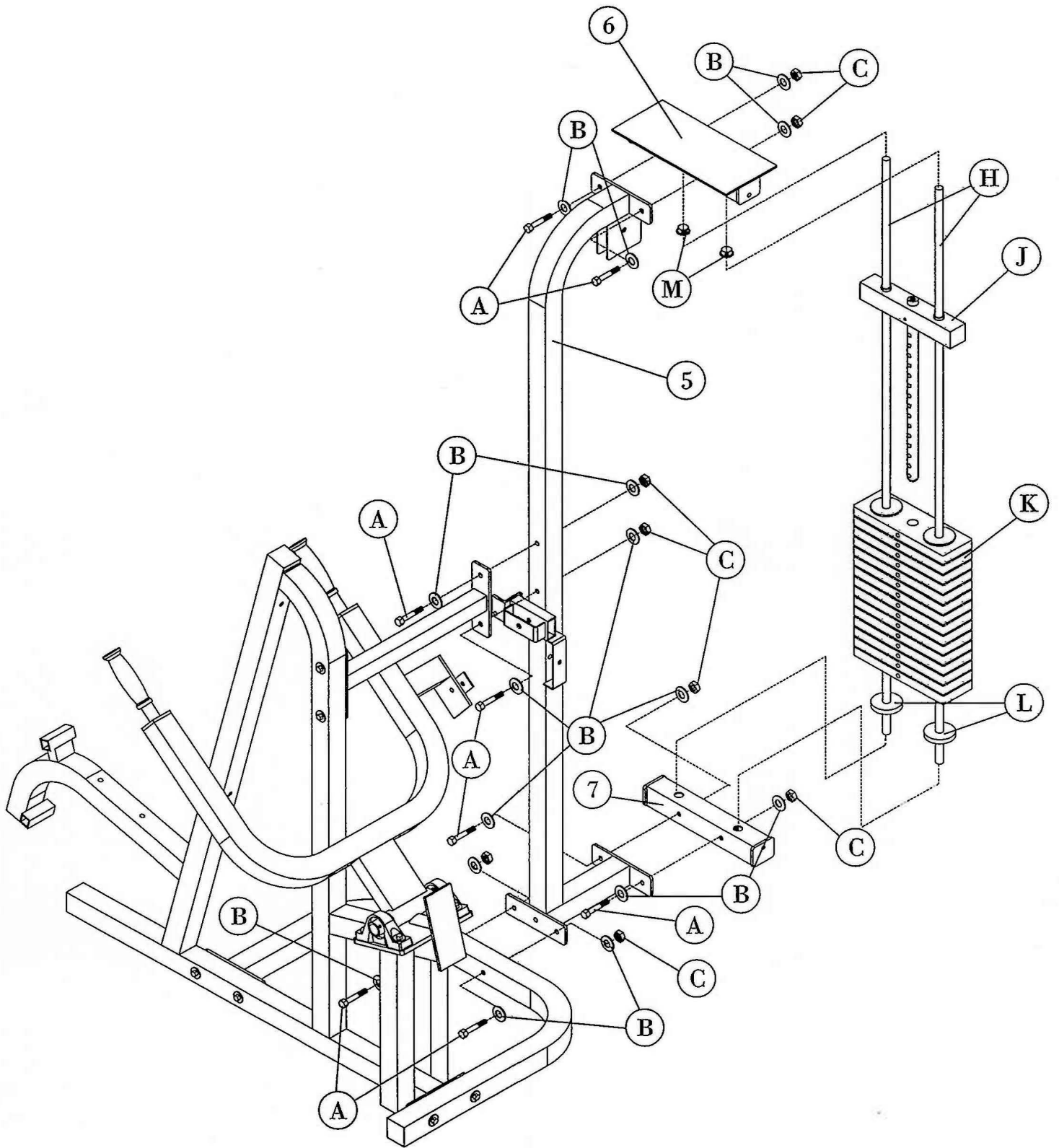
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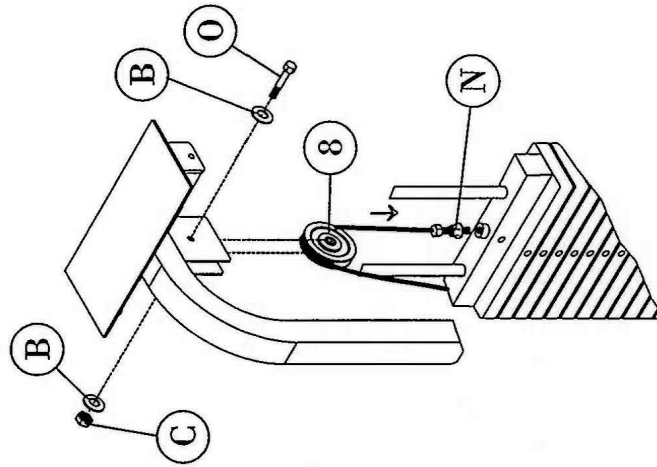
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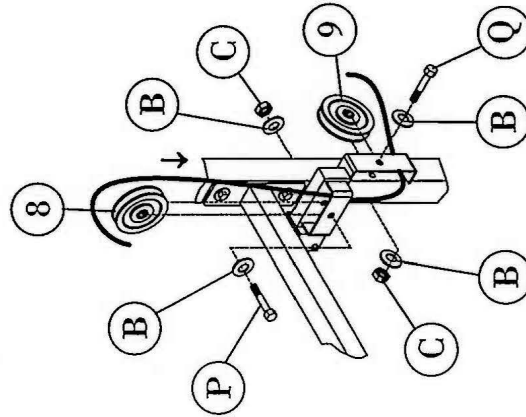


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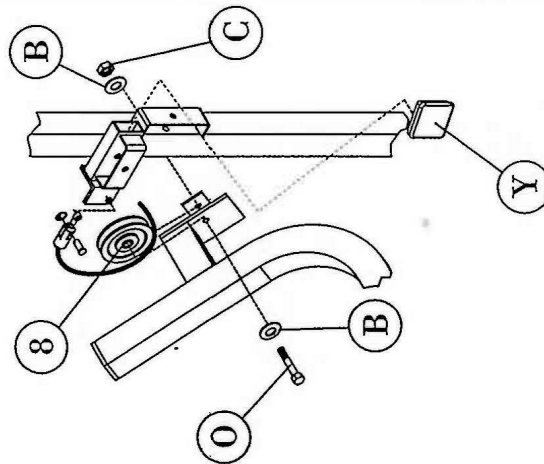
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STEP 3



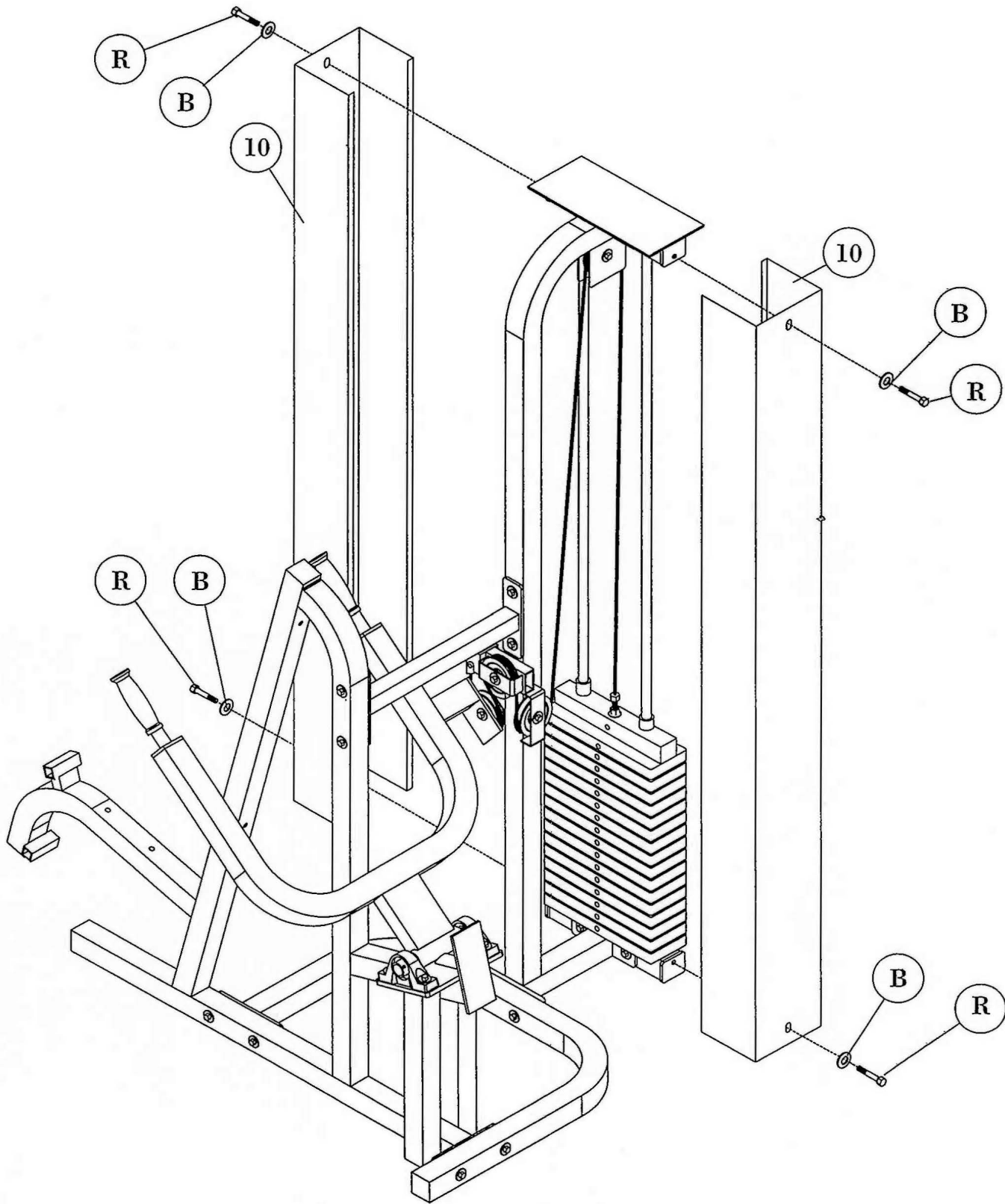
STEP 2



STEP 1

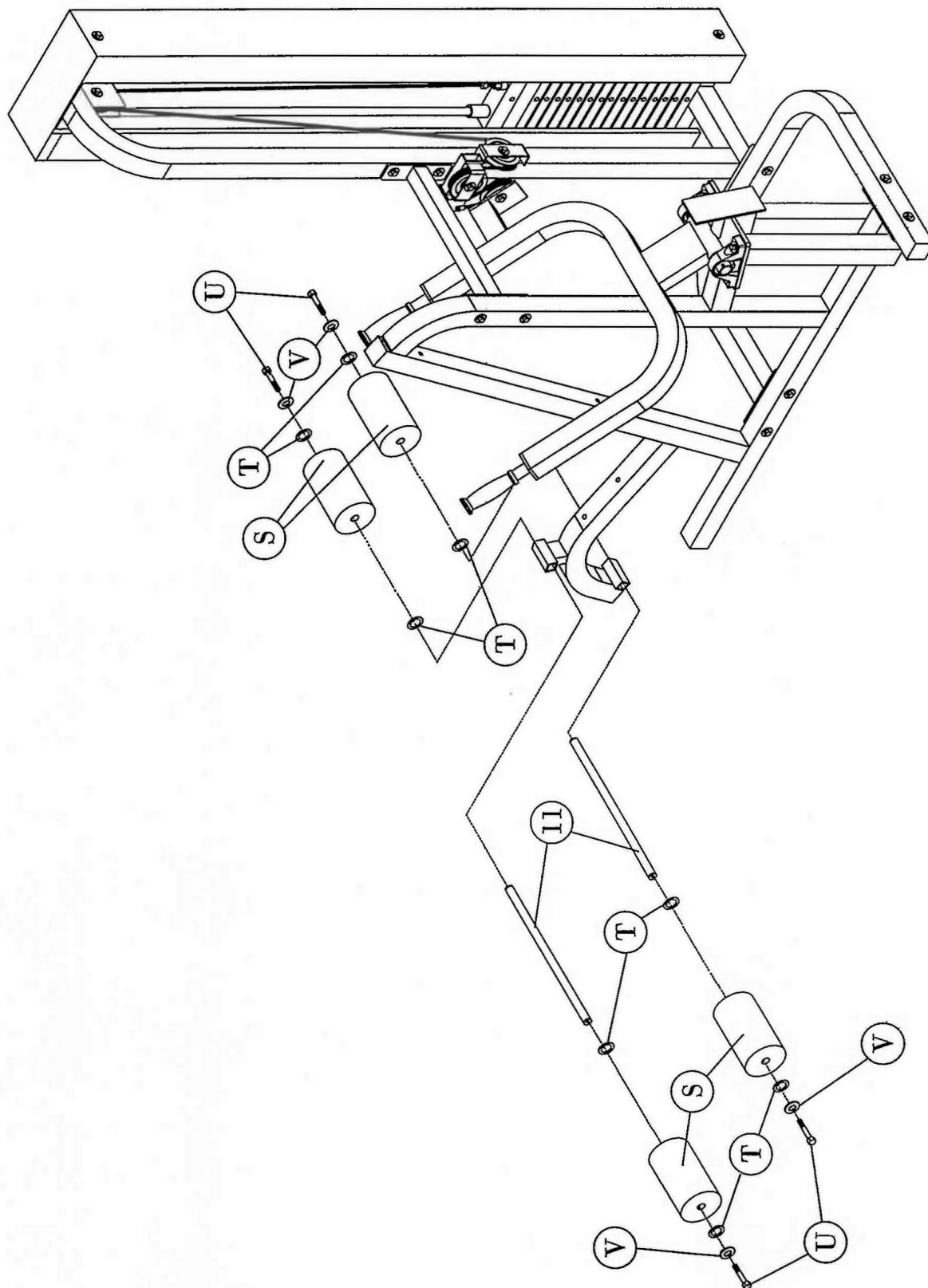
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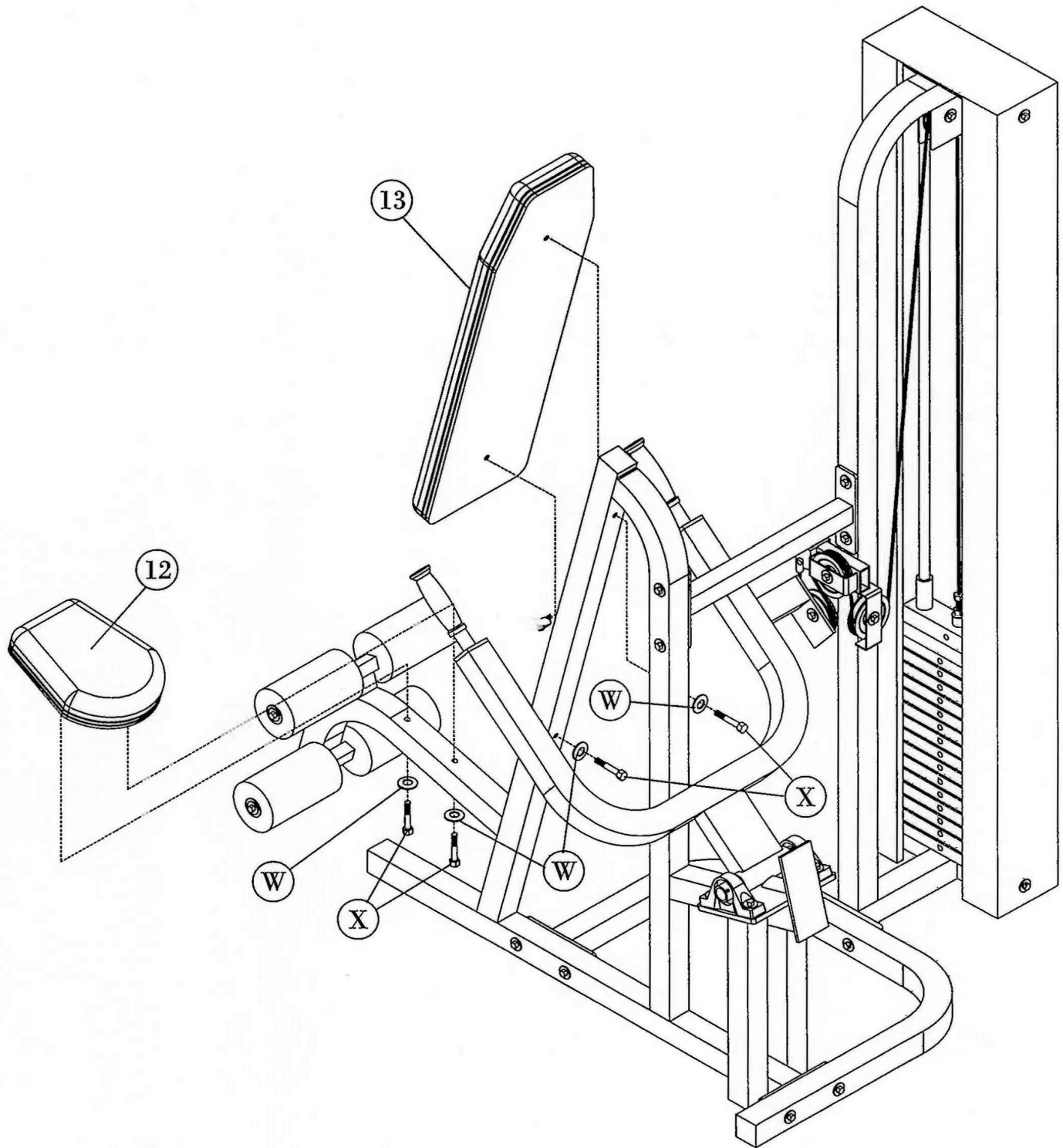
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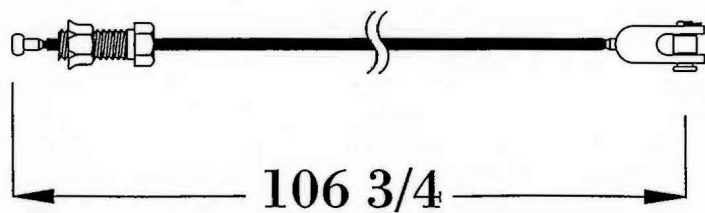
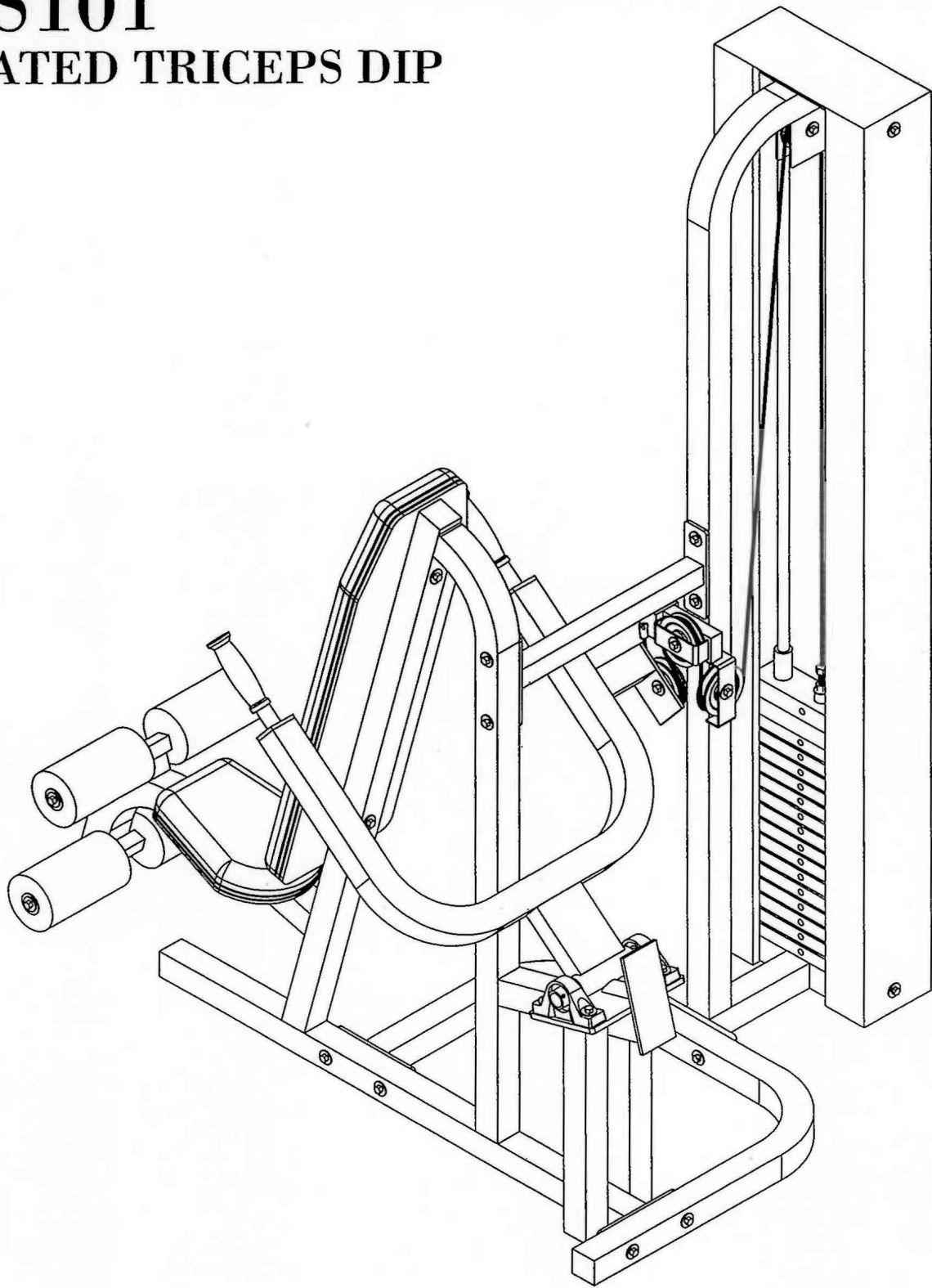
S101

SEATED TRICEP DIP



S101

SEATED TRICEPS DIP



S101

HARDWARE LIST

Key No.	Qty.	Part Number	Description
A	14	11-HEX-38234	3/8 X 2 3/4 HEX BOLT
B	48	13-FLT-38	3/8 USS FLAT WASHER
C	22	12-LOK-38	3/8 CENTER LOCK HEX NUT
D	04	16-CAP-22	2" X 2" END CAP
E	04	11-HEX-38112	3/8 X 1 1/2 HEX BOLT
F	02	14-BRG-RAD1PILP	PILLOW BLOCK BEARING
G	02	19-GRP-78COMFORT	COMFORT GRIP
H	02	26-STD-SG111	71 3/4" GUIDE ROD
J	01	26-STD-SW-TOP1	8 1/4 lb. TOP PLATE W/STEM
K	20	26-STD-W101	12 1/2 lb. INTERMEDIATE PLATE
L	02	19-WSB-12	1/2" RUBBER DONUT
M	02	14-BSH-GRD-34	3/4" GUIDE ROD SNAP BUSHING
N	01	11-CBL-18LC	WEIGHT STACK BOLT
O	02	11-HEX-382	3/8 X 2 HEX BOLT
P	01	11-HEX-38514	3/8 X 5 1/4 HEX BOLT
Q	01	11-HEX-38334	3/8 X 3 3/4 HEX BOLT
R	04	11-HEX-38(16)1	3/8 X 1 HEX BOLT
S	04	17-RLR-7	4" X 7" ROLLER PAD
T	08	16-SHM-1112	PLASTIC SHIM WASHER
U	04	11-HEX-14(20)1	1/4 X 1 HEX BOLT
V	04	13-FLT-14	1/4 USS FLAT WASHER
W	04	13-FLT-516	5/16 USS FLAT WASHER
X	04	11-HEX-5163	5/16 X 3 HEX BOLT
Y	01	16-CAP-12	1" X 2" END CAP
Z	01		1" X 1 1/2" LONG RUBBER HOSE

S101

PARTS LIST

Key No.	Qty.	Part Number	Description
1	01	61-S101012	SEAT ASSEMBLY
2	01	61-S10108	BASE FRAME
3	01	61-S10106	ARM ASSEMBLY
4	01	61-S10103	CROSS MEMBER
5	01	61-S101022	WEIGHT CAGE
6	01	61-S10104	WEIGHT STACK TOP
7	01	61-S10105	WEIGHT STACK BOTTOM
8	03	18-PUL-312	3 1/2" PULLEY
9	01	18-PUL-412	4 1/2" PULLEY
10	02	26-STD-SSH119	71 3/4" SHIELD
11	02	61-S10107	ROLLER MOUNT
12	01	26-STD-SU911	9" X 11" SEAT
13	01	26-STD-SU1034	10" X 34" TAPERED BACK PAD