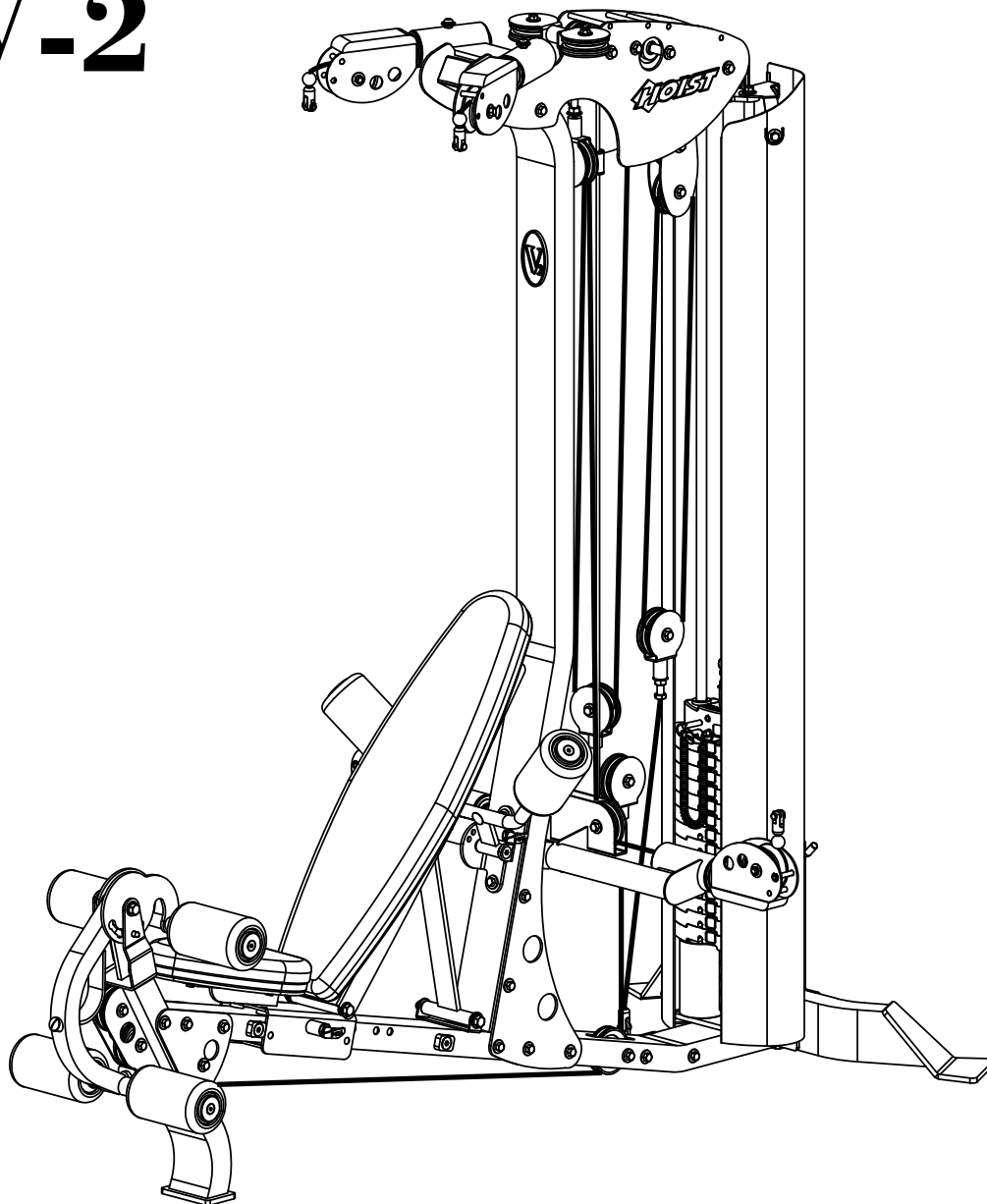


OWNERS MANUAL



V-2



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0804 - 003

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

OWNERS MANUAL

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OWNERS 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

Socket Wrench

1/2", 9/16" and 3/4" Sockets

Crescent Wrench

Rubber Mallet

Tape Measure

Level

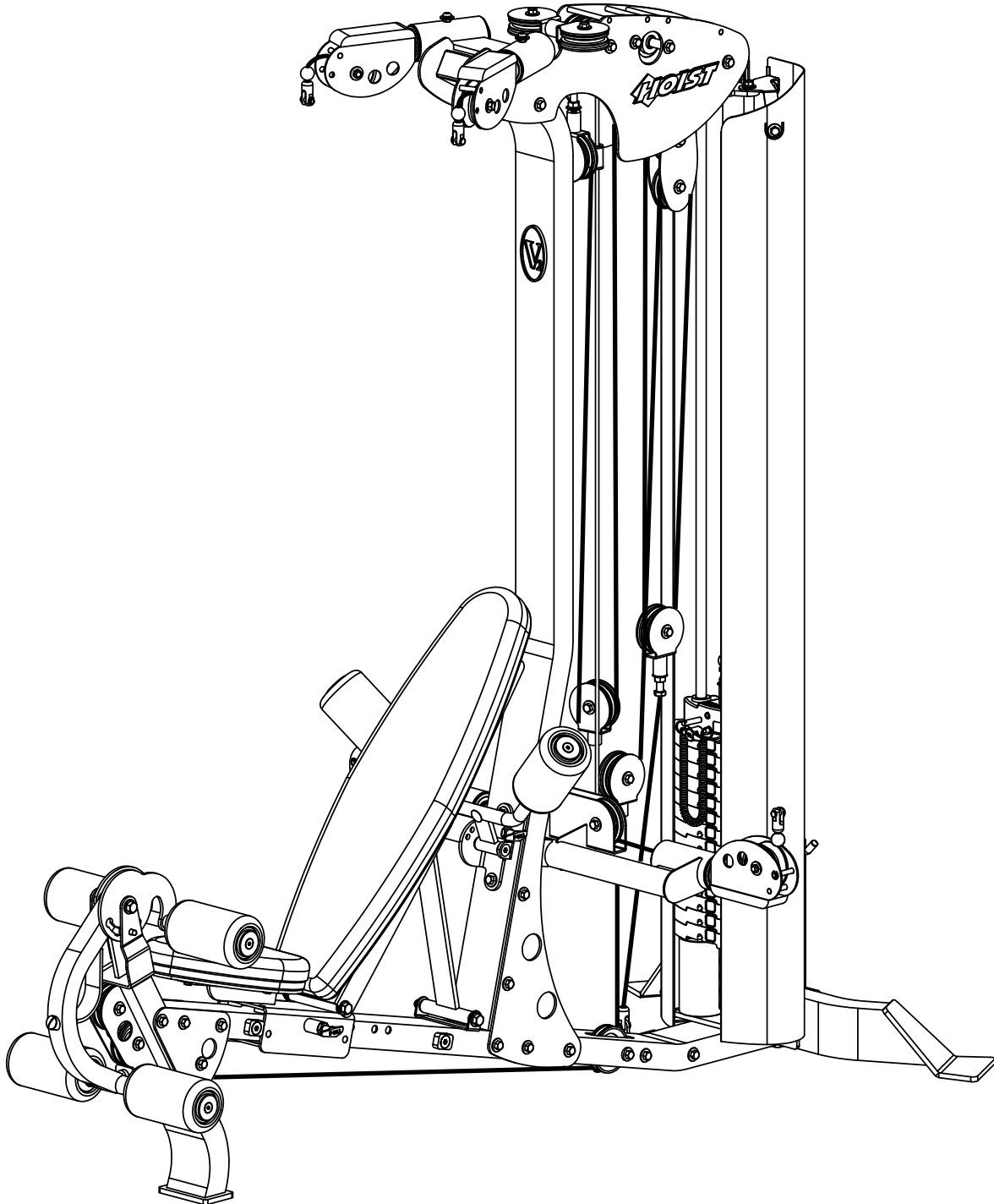
Allen Wrench Set

OWNERS MANUAL



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FRAME ASSEMBLY



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FRAME ASSEMBLY **STEP 1**

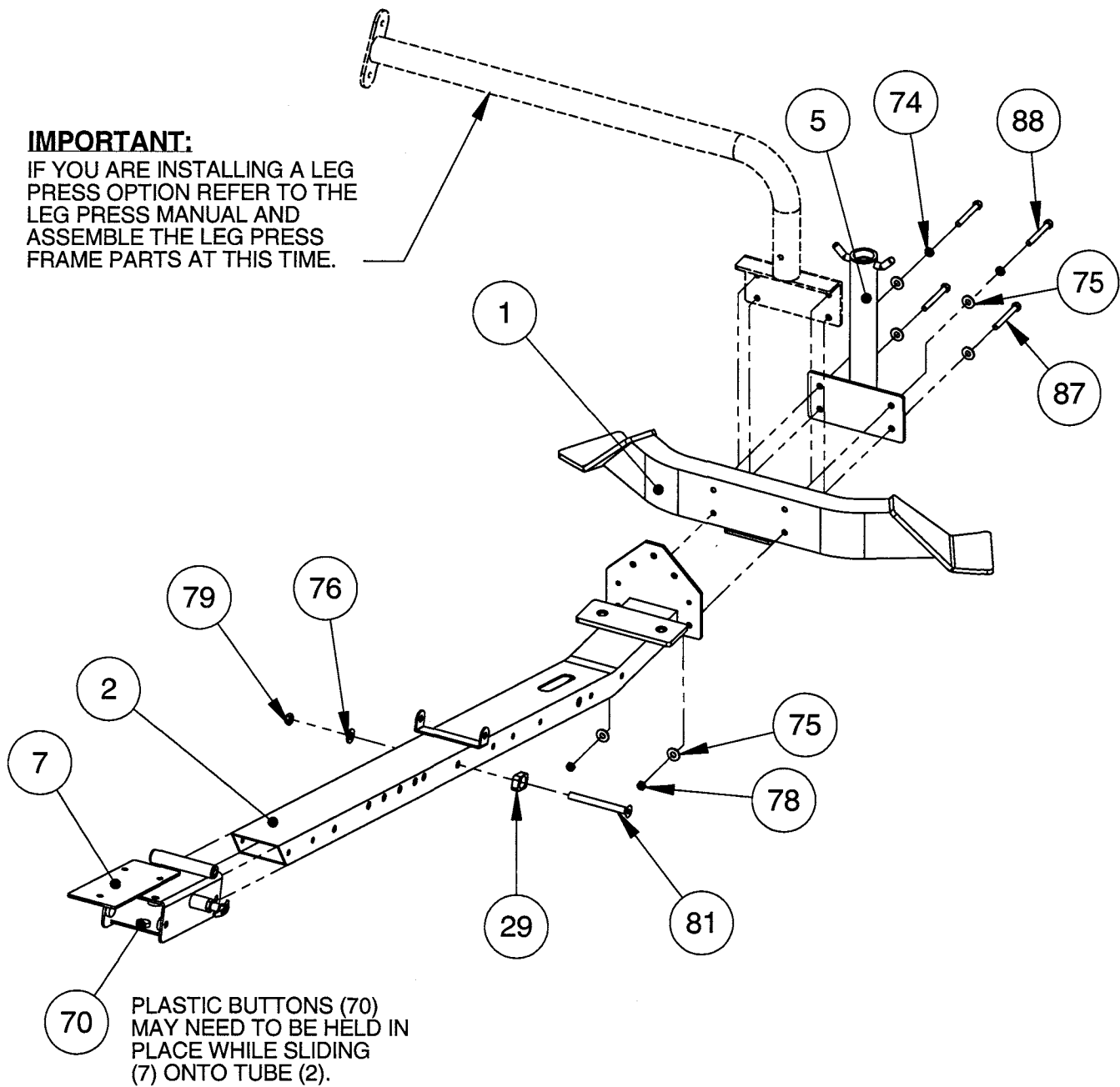
ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X1419	FRAME BASE
2	026-01X2010	BASE ASSEMBLY
5	026-01X1453	ACCESSORY RACK
7	026-01X1628	SEAT PAD ADJUSTER
29	026-01PL0221	PLASTIC LIMITER
70	026-01PL0364	PLASTIC BUTTON
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
81	011-0102029	1/2"-13UNC X 5.00" FHS (WZ)
87	011-0407059	3/8"-16UNC X 3.25" HHB (WZ)
88	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)

OWNERS MANUAL

NOTE:
- HAND TIGHTEN BOLTS AND SCREWS.

IMPORTANT:

IF YOU ARE INSTALLING A LEG
PRESS OPTION REFER TO THE
LEG PRESS MANUAL AND
ASSEMBLE THE LEG PRESS
FRAME PARTS AT THIS TIME.



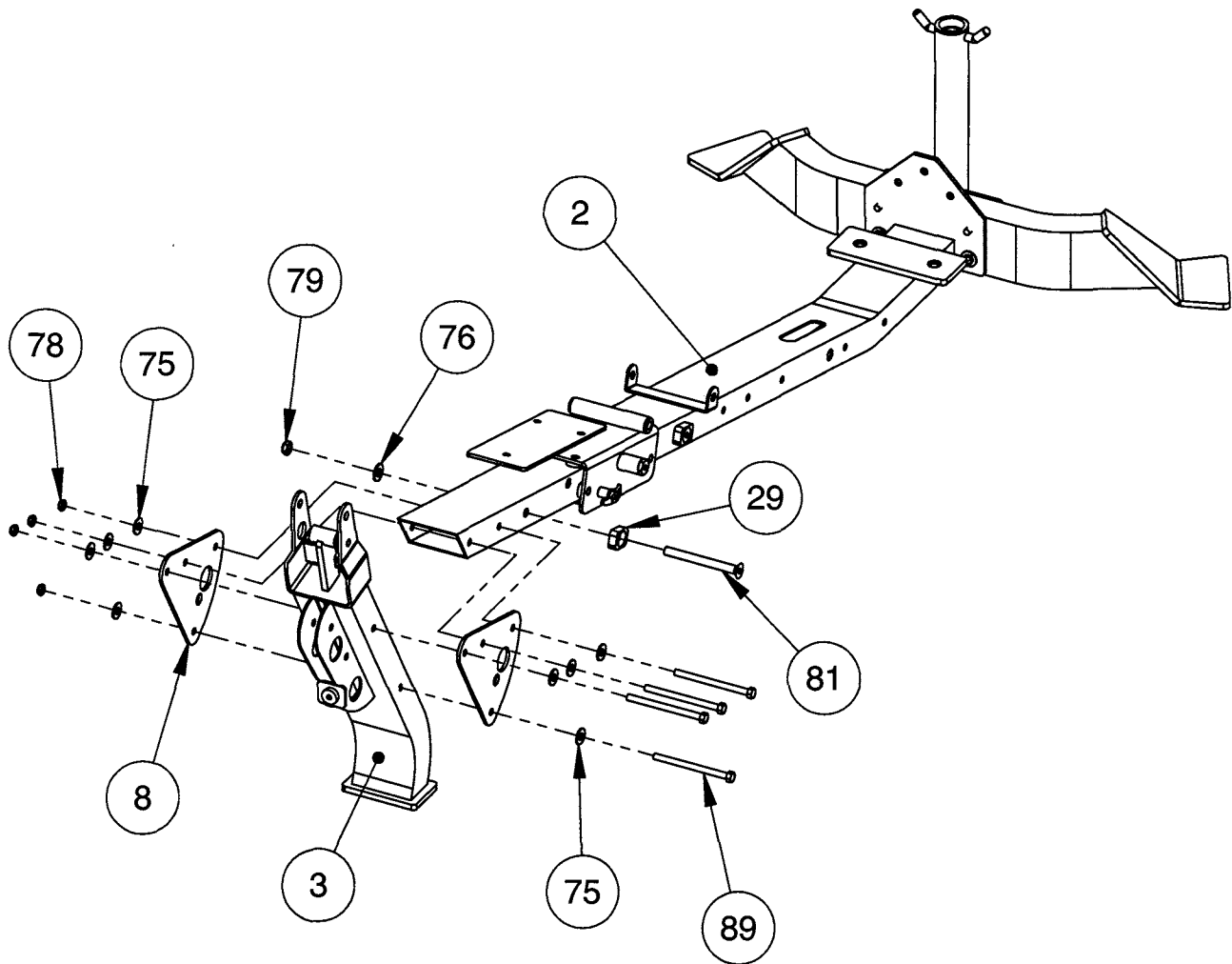
OWNERS MANUAL

FRAME ASSEMBLY **STEP 2**

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
3	026-01X2011	FRONT FRAME SUPPORT
8	026-01P2013	GUSSET PLATE
29	026-01PL0221	PLASTIC LIMITER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
81	011-0102029	1/2"-13UNC X 5.00" FHS (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)

OWNERS MANUAL

NOTE:
- HAND TIGHTEN BOLTS AND SCREW.



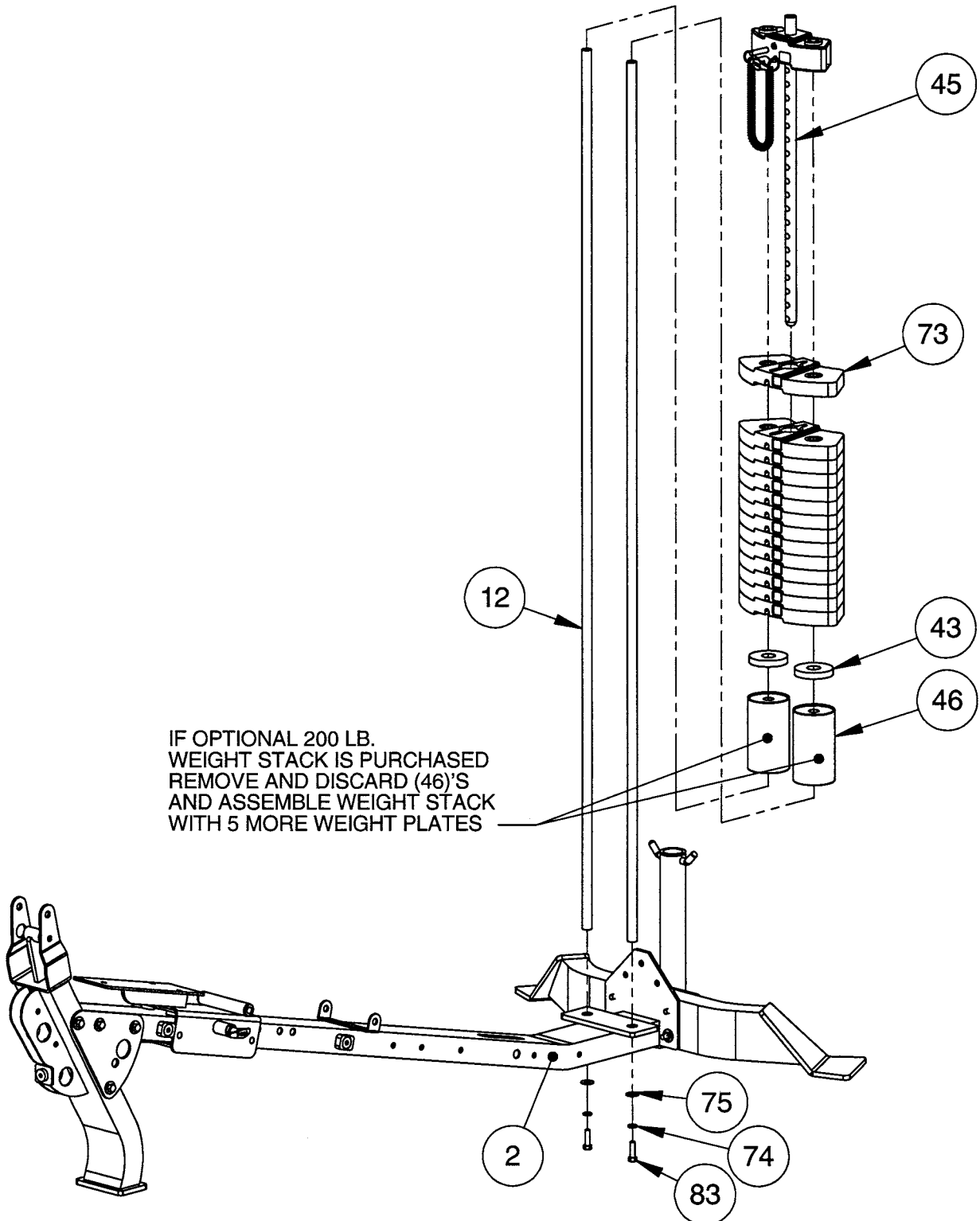
OWNERS MANUAL

FRAME ASSEMBLY **STEP 3**

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
12	026-01G0177	Ø.75" CRS X 71.44" LG GUIDE ROD
43	019-0001006	Ø3.00" X .50" THICK RUBBER DONUT BLACK
45	026-01W0139	21 HOLE STEM
46	026-01PL0369	WEIGHT STAND OFF
73	026-01W0142	10 LBS. INTERMEDIATE RADIAL LOC WEIGHT PLATE
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
83	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)

OWNERS MANUAL

NOTE:
- HAND TIGHTEN BOLTS.



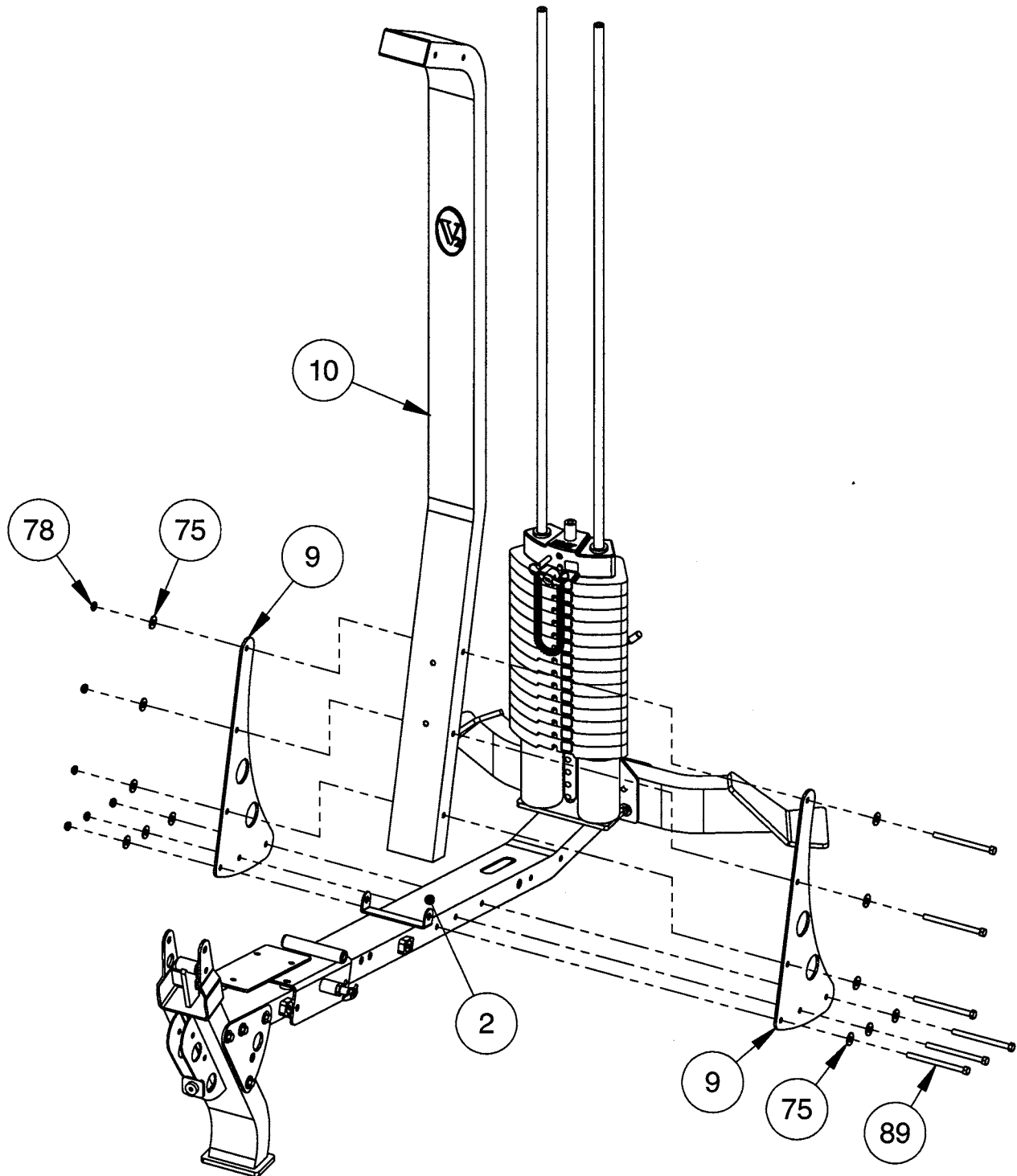
OWNERS MANUAL

FRAME ASSEMBLY **STEP 4**

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
9	026-01P2012	GUSSET PLATE
10	026-01T2010	FRAME UPRIGHT
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)

OWNERS MANUAL

NOTE:
- HAND TIGHTEN BOLTS.

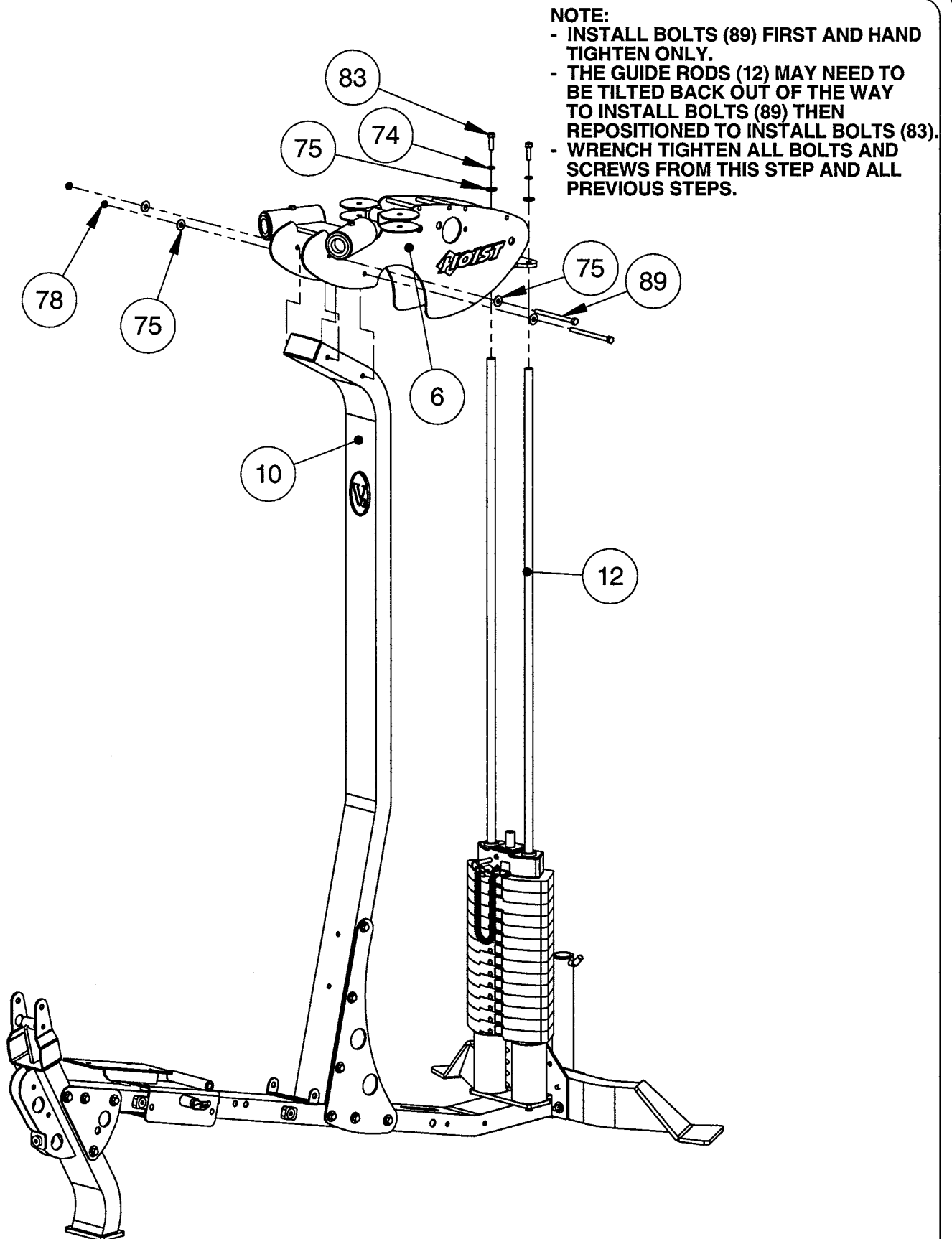


OWNERS MANUAL

FRAME ASSEMBLY **STEP 5**

ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
10	026-01T2010	FRAME UPRIGHT
12	026-01G0177	Ø.75" CRS X 71.44" LG GUIDE ROD
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
83	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)

OWNERS MANUAL



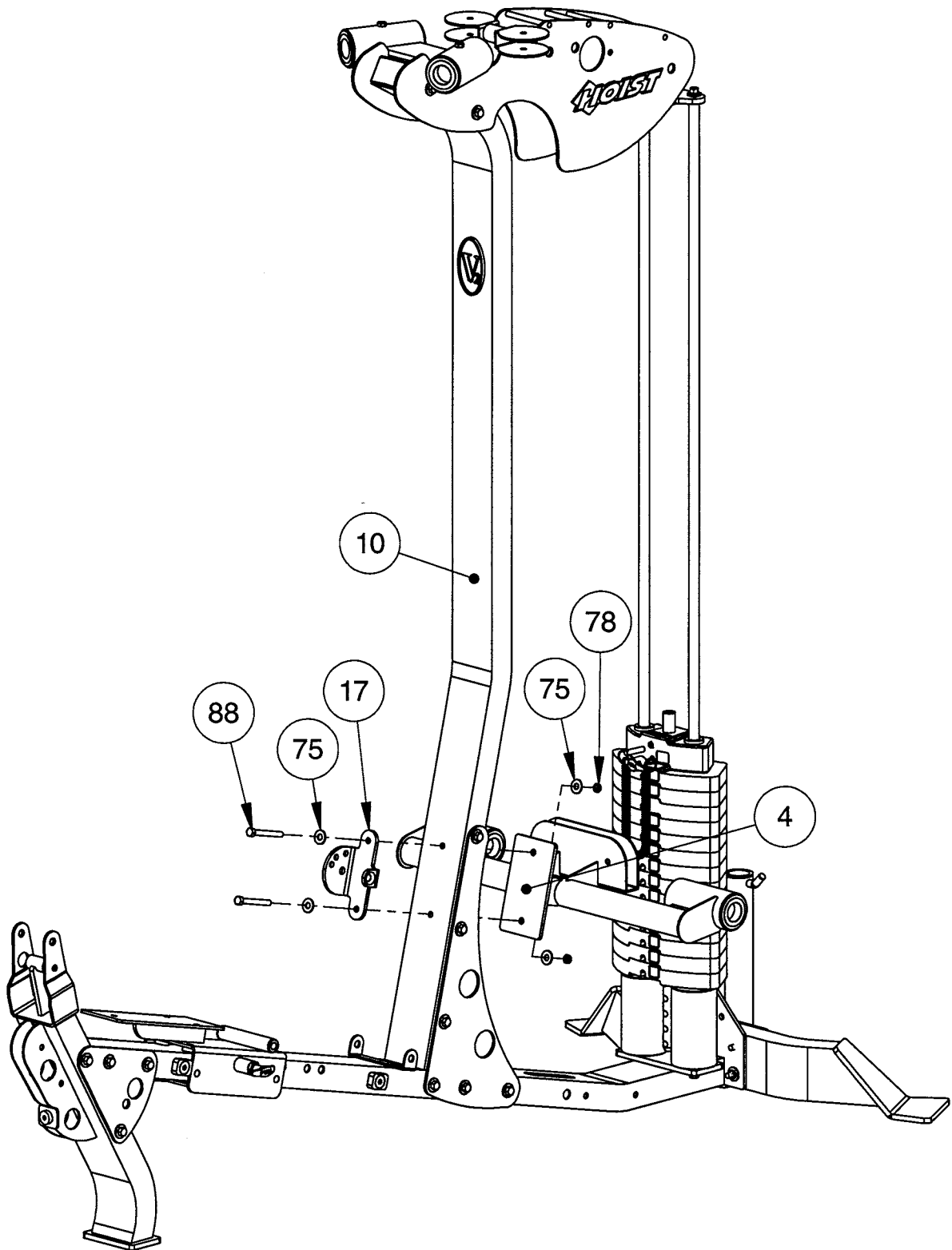
OWNERS MANUAL

FRAME ASSEMBLY **STEP 6**

ITEM NO.	PART NUMBER	DESCRIPTION
4	026-01X2025	LOWER SWIVEL MOUNT
10	026-01T2010	FRAME UPRIGHT
17	026-01P1680	ROM
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
88	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLTS.



OWNERS MANUAL

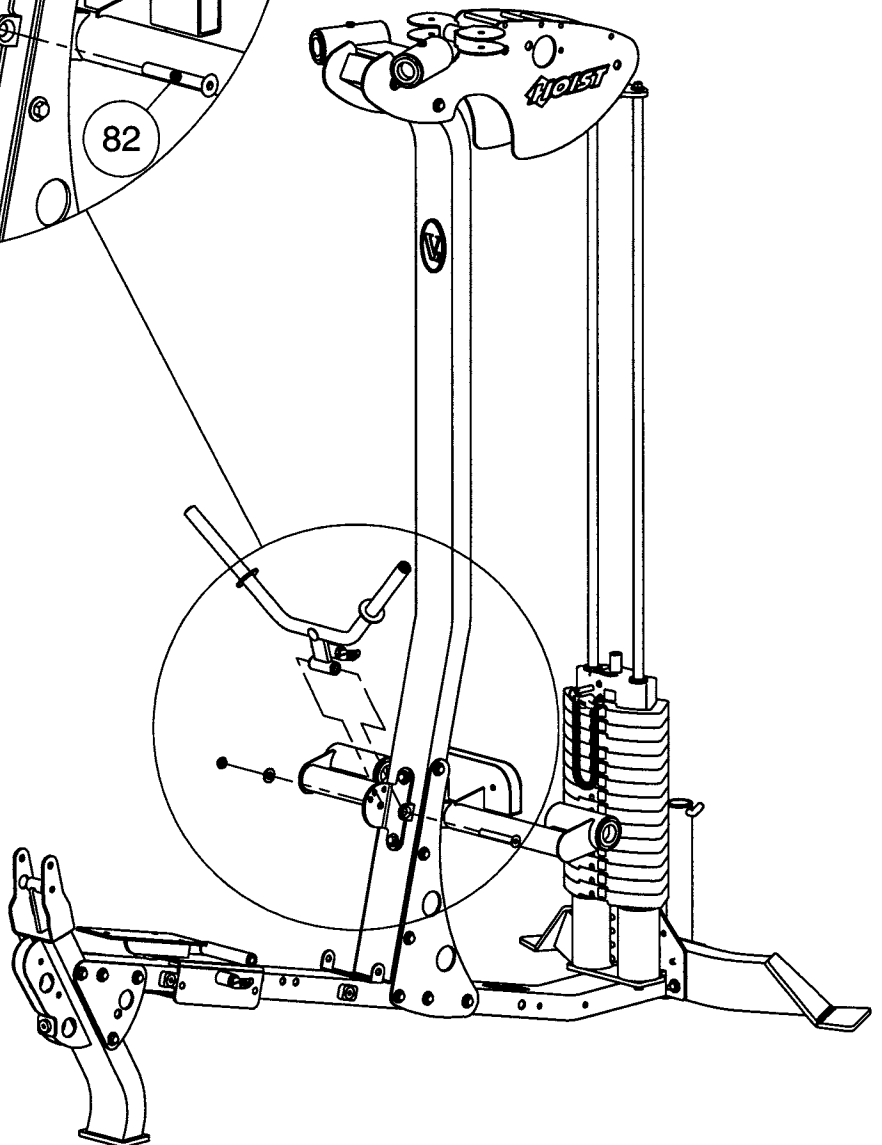
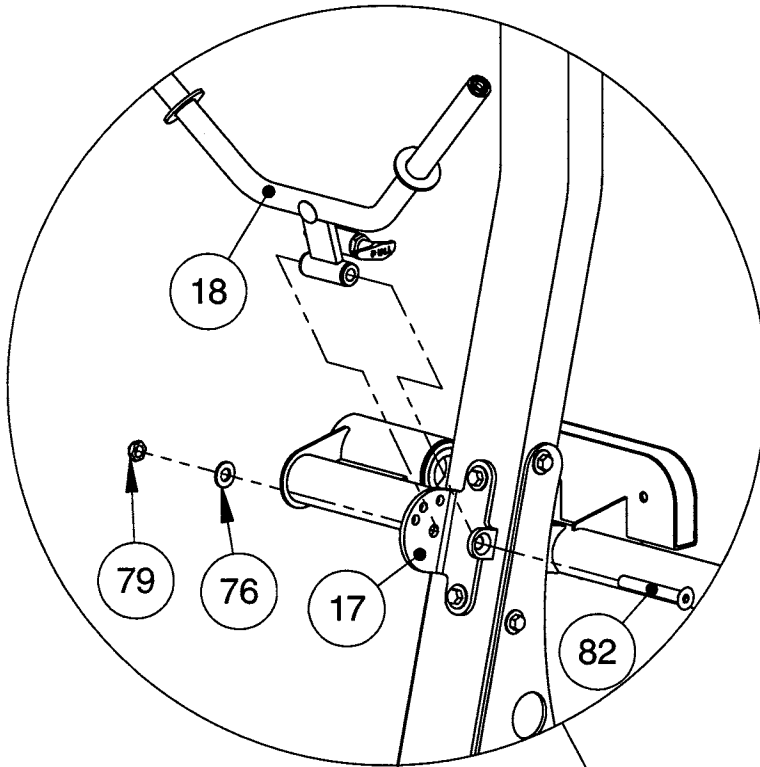
FRAME ASSEMBLY **STEP 7**

ITEM NO.	PART NUMBER	DESCRIPTION
17	026-01P1680	ROM
18	026-01X1629	ROLLER PAD MOUNT
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
82	011-0102028	1/2"-13UNC X 3.75" FHS (WZ)

OWNERS MANUAL

NOTE:

- WRENCH TIGHTEN SCREW (82) THEN LOOSEN NUT JUST ENOUGH FOR (18) TO PIVOT FREELY.



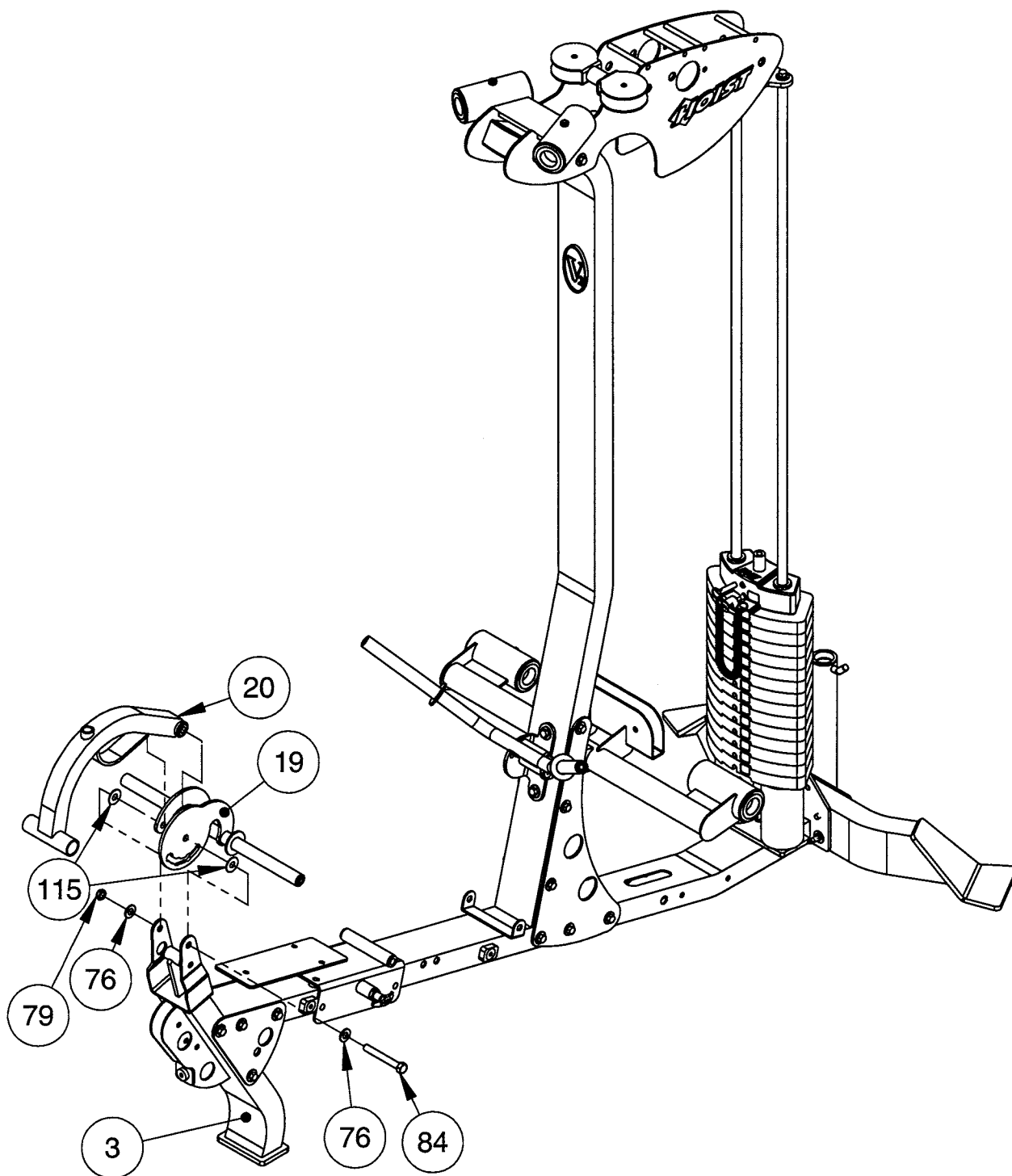
OWNERS MANUAL

FRAME ASSEMBLY **STEP 8**

ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X2011	FRONT FRAME SUPPORT
19	026-01X1626	ROLLER MOUNT W/ ROM
20	026-01X2028	LEG EXTENSION ARM
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
84	011-0107056	1/2"-13UNC X 3.78" (96mm) HHB (WZ)
115	013-0102006	1/2" FLAT NYLON WASHER

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLT (84) THEN
LOOSEN NUT JUST ENOUGH FOR
(19) & (20) TO PIVOT FREELY.



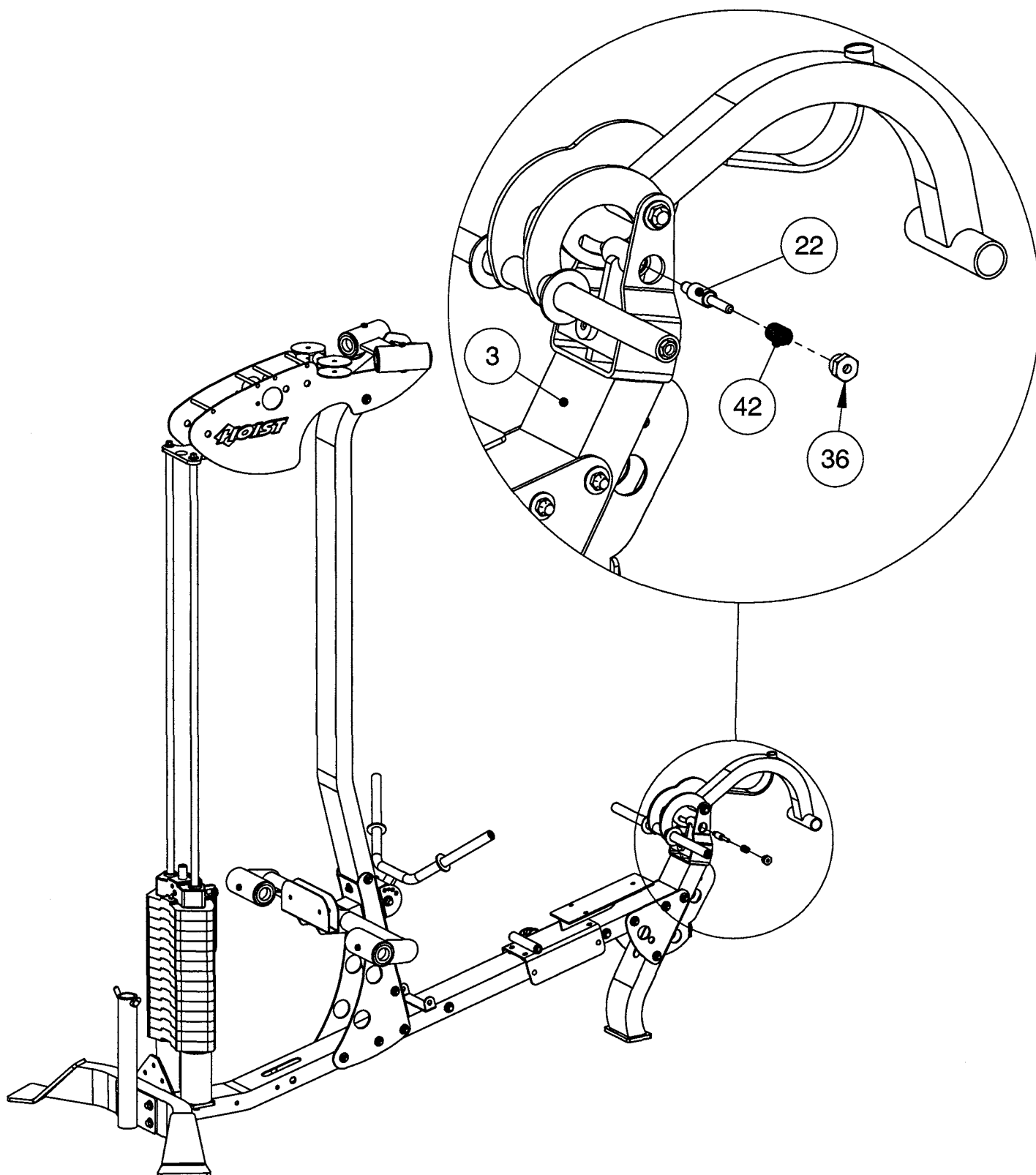
OWNERS MANUAL

FRAME ASSEMBLY STEP 9

ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X2011	FRONT FRAME SUPPORT
22	026-01M0849	PUSH PIN PLUNGER
36	026-01M0128-1	PULL PIN CAP
42	020-0011009	SPRING

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN CAP



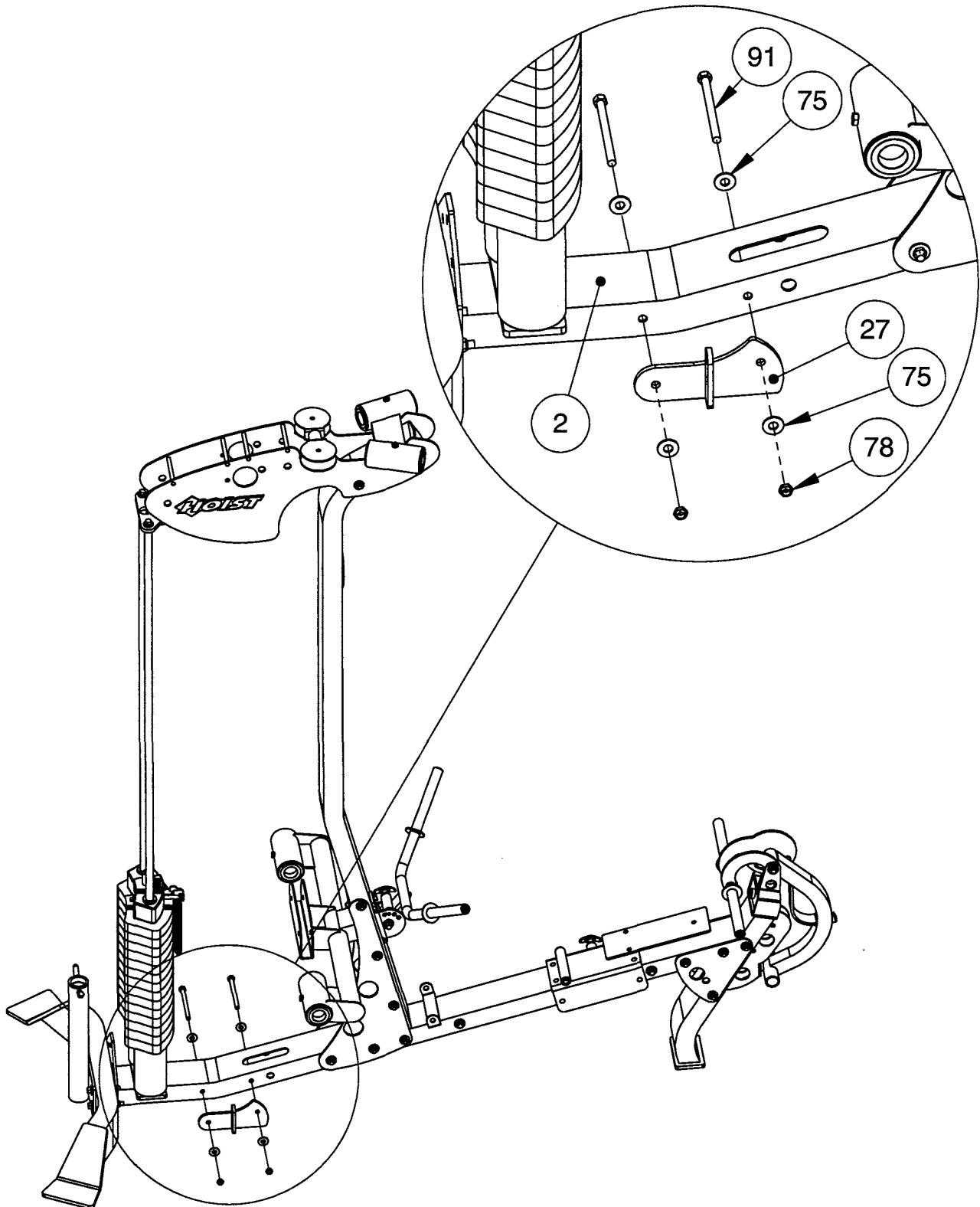
OWNERS MANUAL

FRAME ASSEMBLY **STEP 10**

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
27	026-01X1552	TABBED CABLE ANCHOR
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
91	011-0107049	3/8"-16UNC X 4.75" HHB (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLTS.



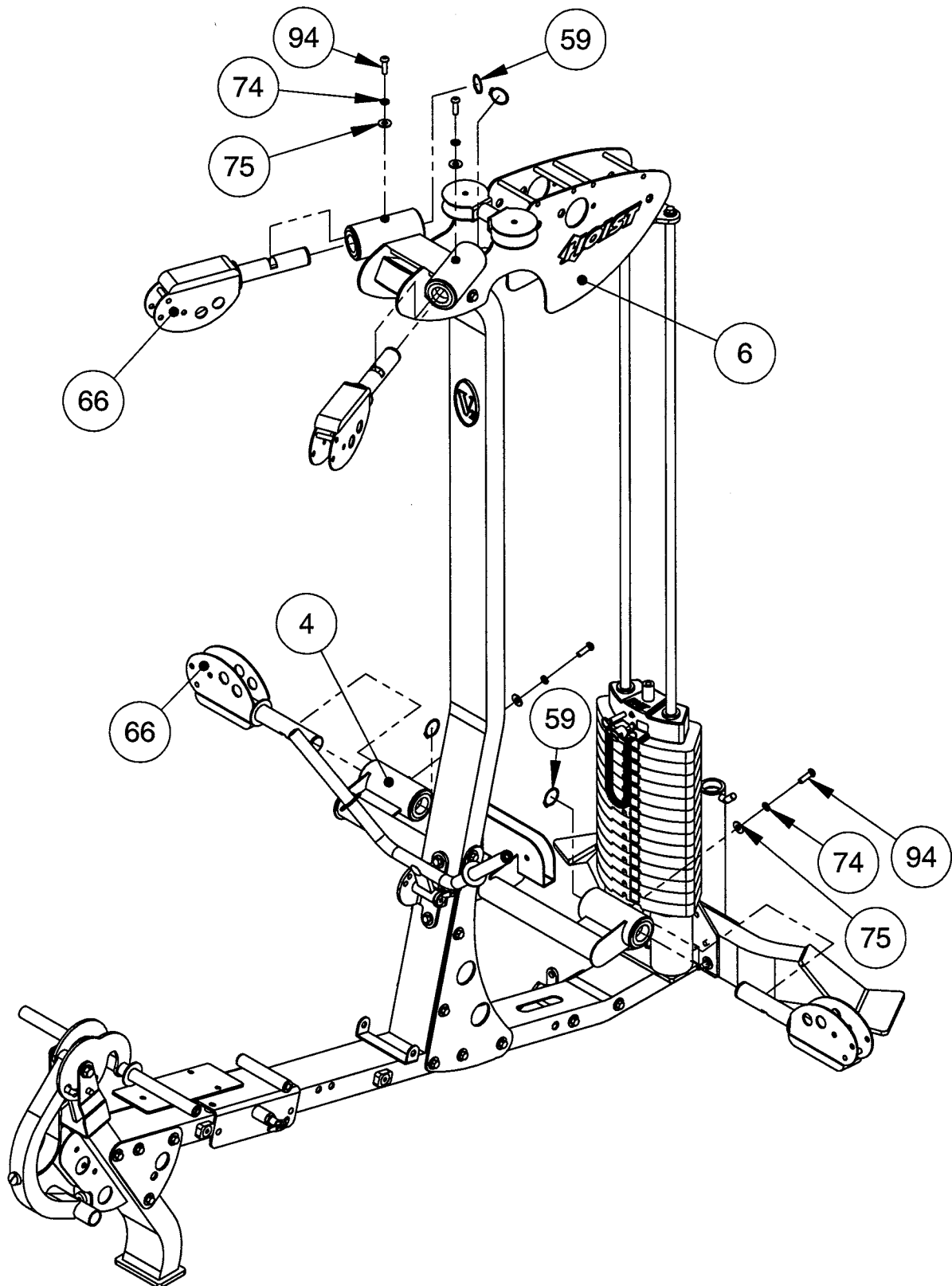
OWNERS MANUAL

FRAME ASSEMBLY **STEP 11**

ITEM NO.	PART NUMBER	DESCRIPTION
4	026-01X2025	LOWER SWIVEL MOUNT
6	026-01X2017	TOP FRAME MOUNT
59	014-0015023	1.38" DIA. EXTERNAL SNAP RING
66	026-01X2027	PULLEY SWIVEL
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
94	011-0107037	3/8"-16UNC X .125" BHCS (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN SCREWS.



OWNERS MANUAL

CABLE INSTALLATION STEP 12 CABLE #1 INSTALLATION

NOTE:

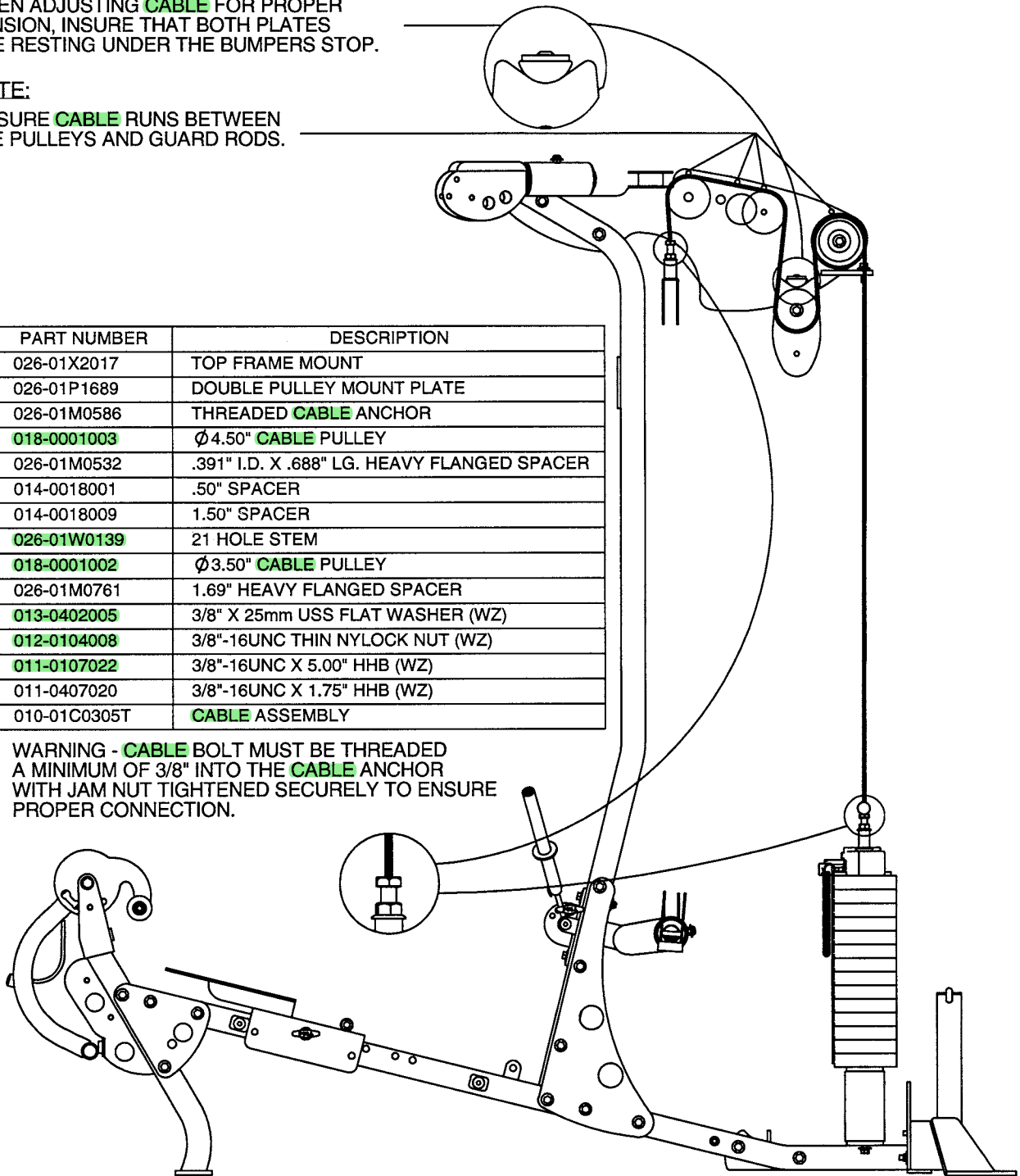
WHEN ADJUSTING CABLE FOR PROPER TENSION, INSURE THAT BOTH PLATES ARE RESTING UNDER THE BUMPERS STOP.

NOTE:

BE SURE CABLE RUNS BETWEEN THE PULLEYS AND GUARD RODS.

ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
23	026-01P1689	DOUBLE PULLEY MOUNT PLATE
24	026-01M0586	THREADED CABLE ANCHOR
30	018-0001003	Ø4.50" CABLE PULLEY
31	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER
33	014-0018001	.50" SPACER
34	014-0018009	1.50" SPACER
45	026-01W0139	21 HOLE STEM
62	018-0001002	Ø3.50" CABLE PULLEY
67	026-01M0761	1.69" HEAVY FLANGED SPACER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
97	010-01C0305T	CABLE ASSEMBLY

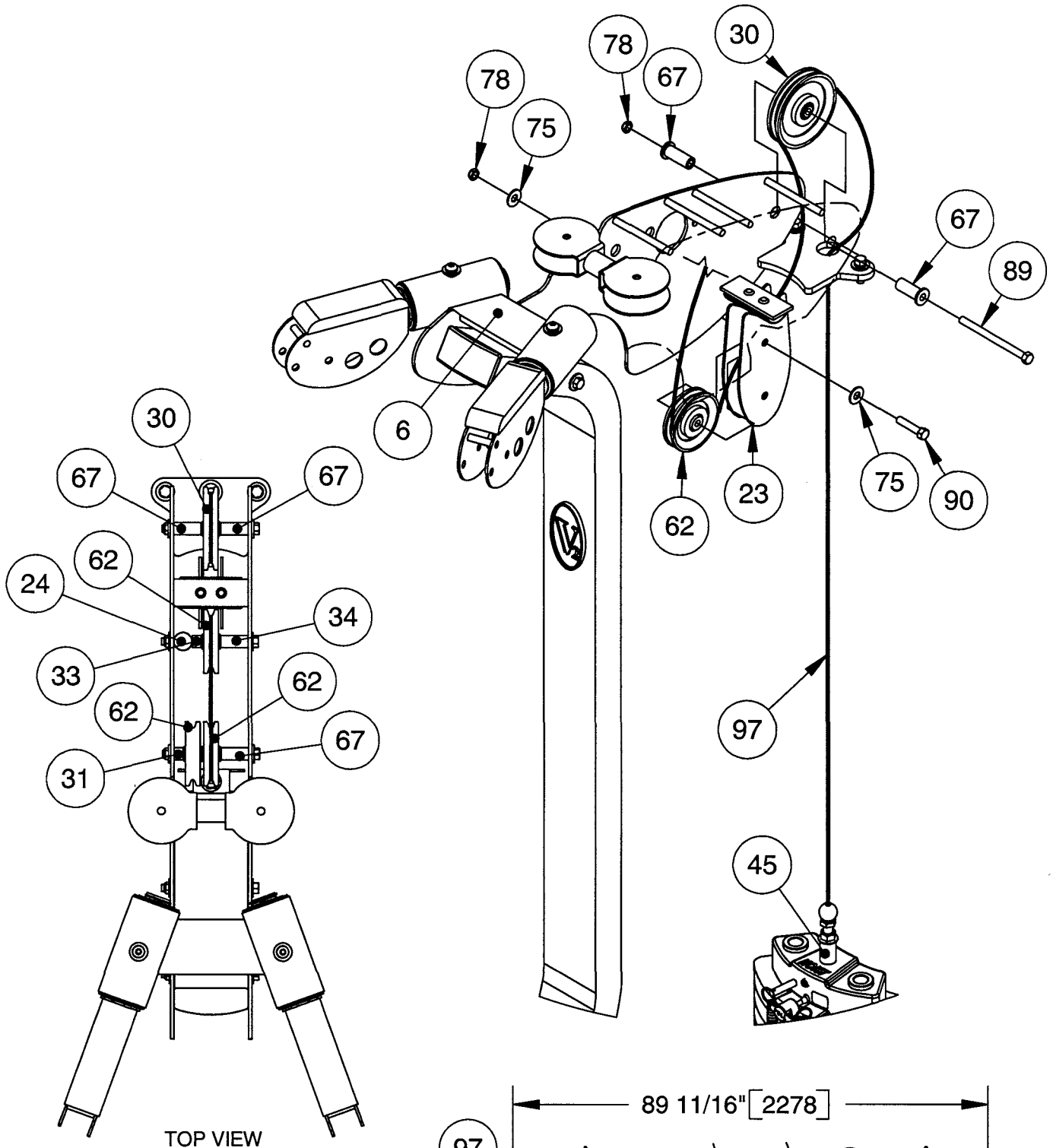
WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" INTO THE CABLE ANCHOR WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.



OWNERS MANUAL

NOTE:

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



TOP VIEW

OWNERS MANUAL

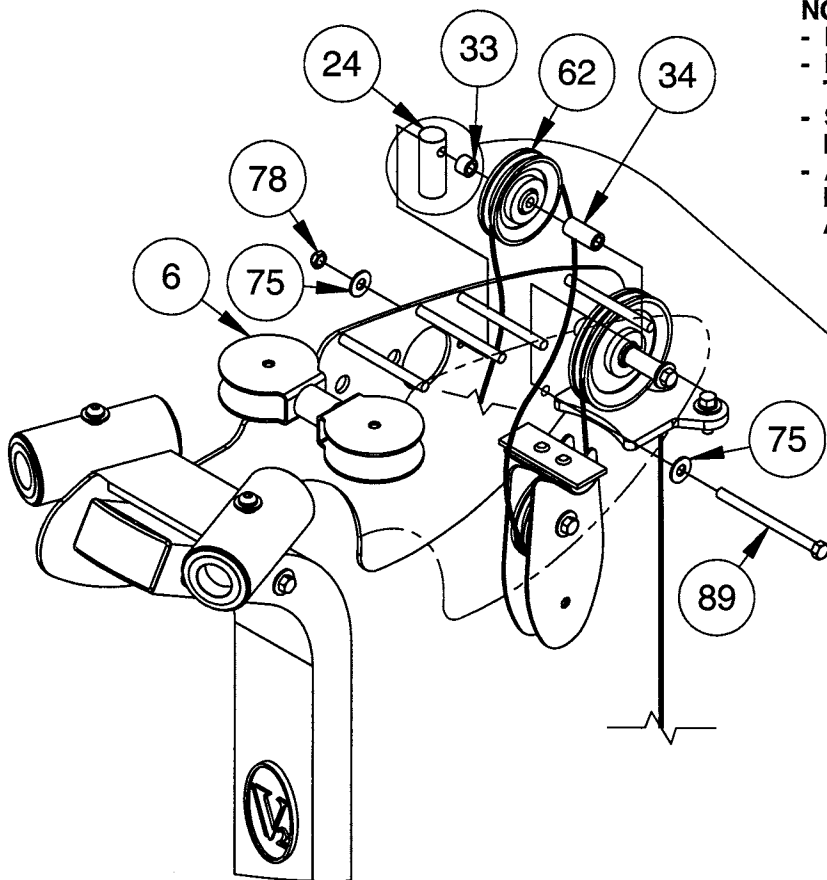
CABLE INSTALLATION

STEP 13

CABLE #1 INSTALLATION CONTINUED

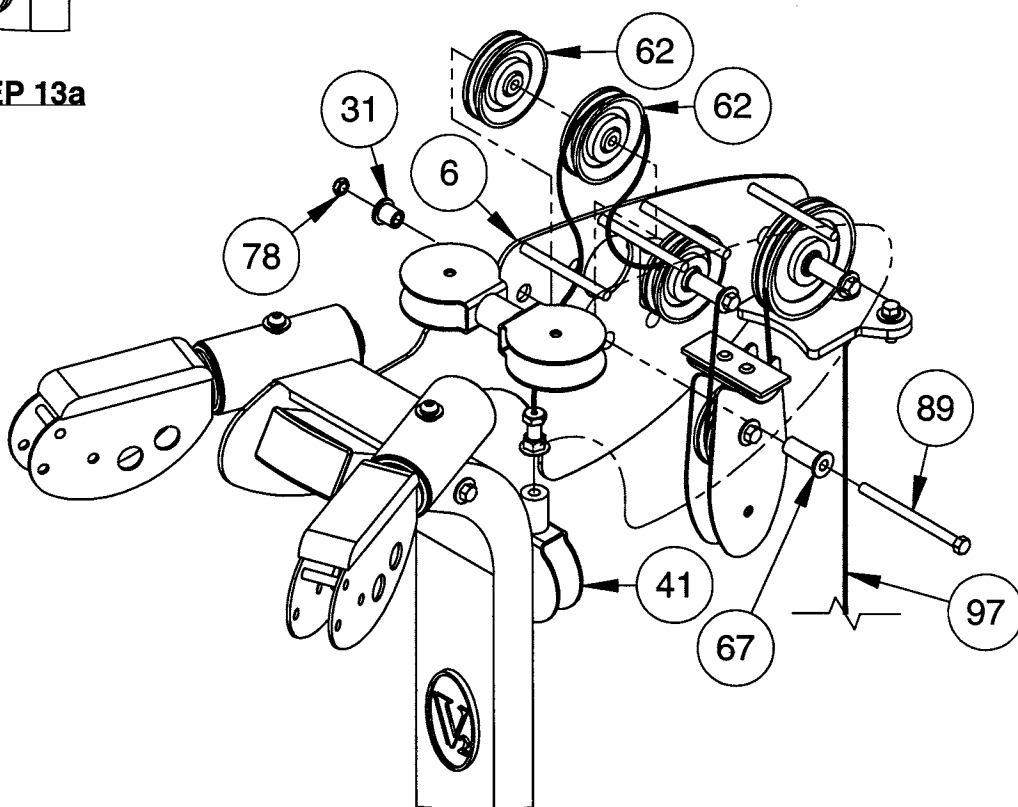
ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
24	026-01M0586	THREADED CABLE ANCHOR
31	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER
33	014-0018001	.50" SPACER
34	014-0018009	1.50" SPACER
41	026-01X1414	ADJ. FLOATING PULLEY HOUSING
62	018-0001002	Ø 3.50" CABLE PULLEY
67	026-01M0761	1.69" HEAVY FLANGED SPACER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
97	010-01C0305T	CABLE ASSEMBLY
99	010-01C0301T	CABLE ASSEMBLY

OWNERS MANUAL



STEP 13a

- NOTE:**
- HAND TIGHTEN BOLTS & NUTS.
 - INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
 - ATTACH BOLT END OF **CABLE** (99) IN THIS STEP. THE **CABLE** WILL BE ASSEMBLED ON PAGE 37.



STEP 13b

OWNERS MANUAL

CABLE INSTALLATION

STEP 14

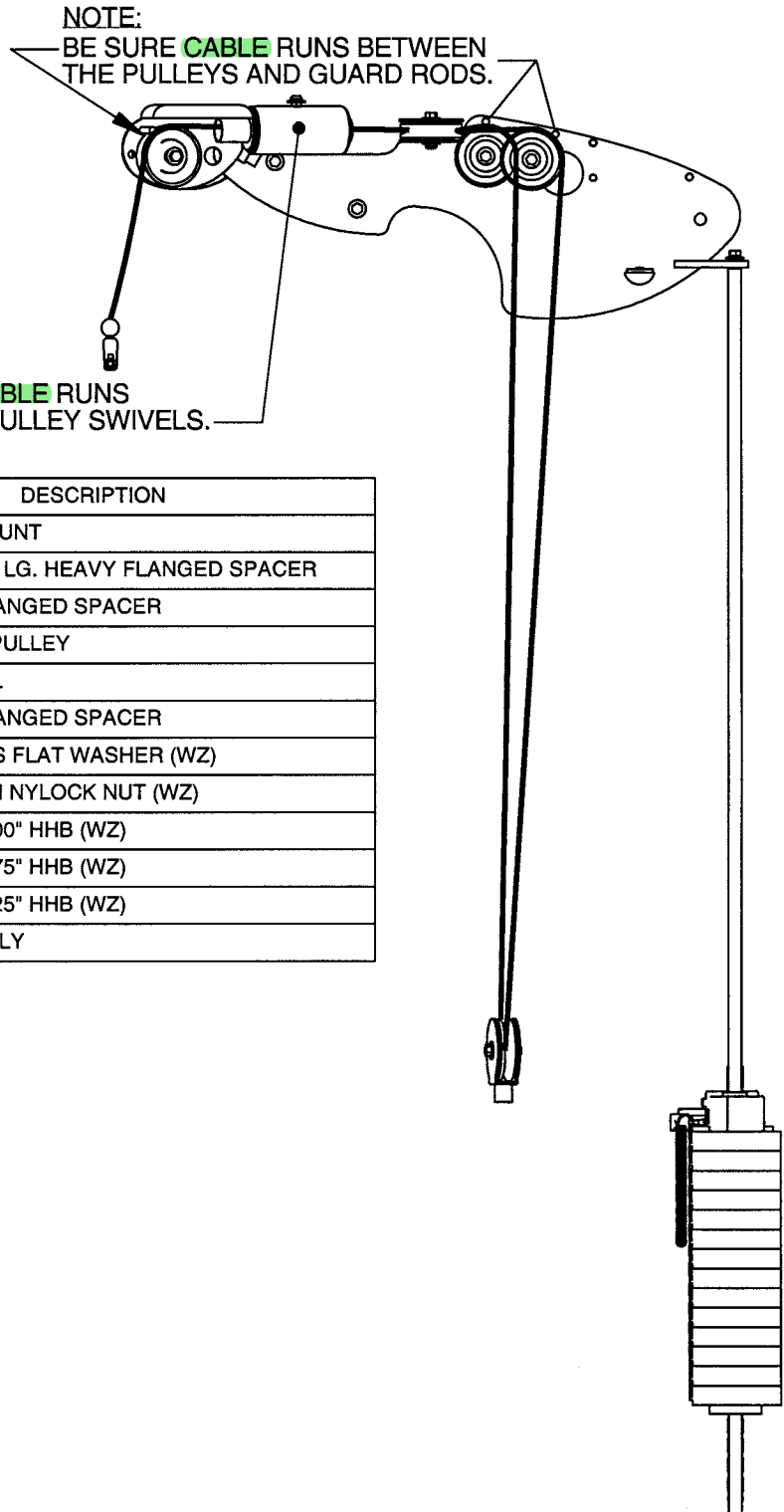
CABLE #2 INSTALLATION

NOTE:

BE SURE CABLE RUNS BETWEEN
THE PULLEYS AND GUARD RODS.

BE SURE CABLE RUNS
THROUGH PULLEY SWIVELS.

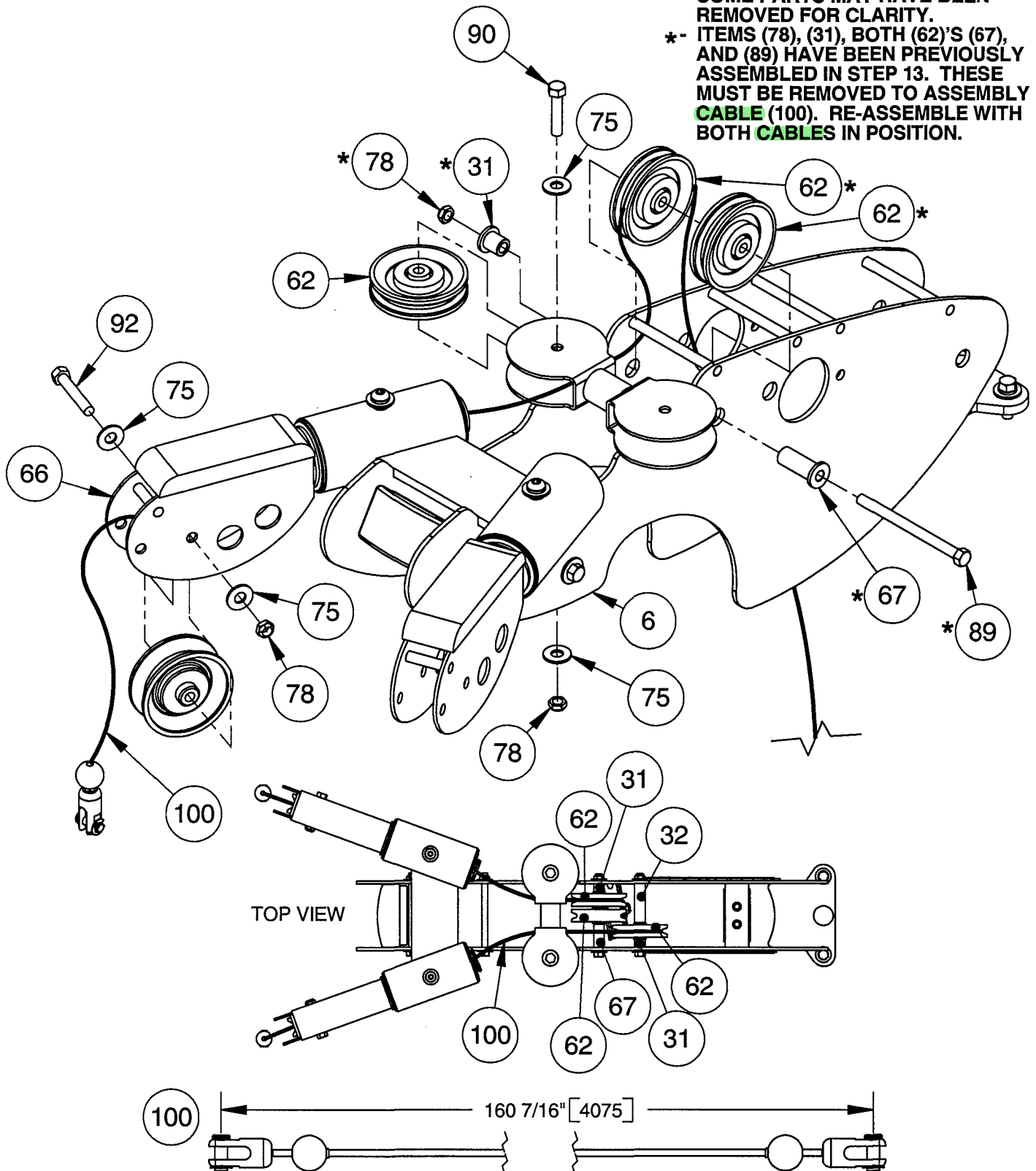
ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
31	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER
32	026-01M2015	2.69" HEAVY FLANGED SPACER
62	018-0001002	Ø3.50" CABLE PULLEY
66	026-01X2027	PULLEY SWIVEL
67	026-01M0761	1.69" HEAVY FLANGED SPACER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
92	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)
100	010-01C0300T	CABLE ASSEMBLY



OWNERS MANUAL

NOTE:

- HAND TIGHTEN BOLTS.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- *- ITEMS (78), (31), BOTH (62)'S (67), AND (89) HAVE BEEN PREVIOUSLY ASSEMBLED IN STEP 13. THESE MUST BE REMOVED TO ASSEMBLY **CABLE** (100). RE-ASSEMBLE WITH BOTH **CABLES** IN POSITION.



OWNERS MANUAL

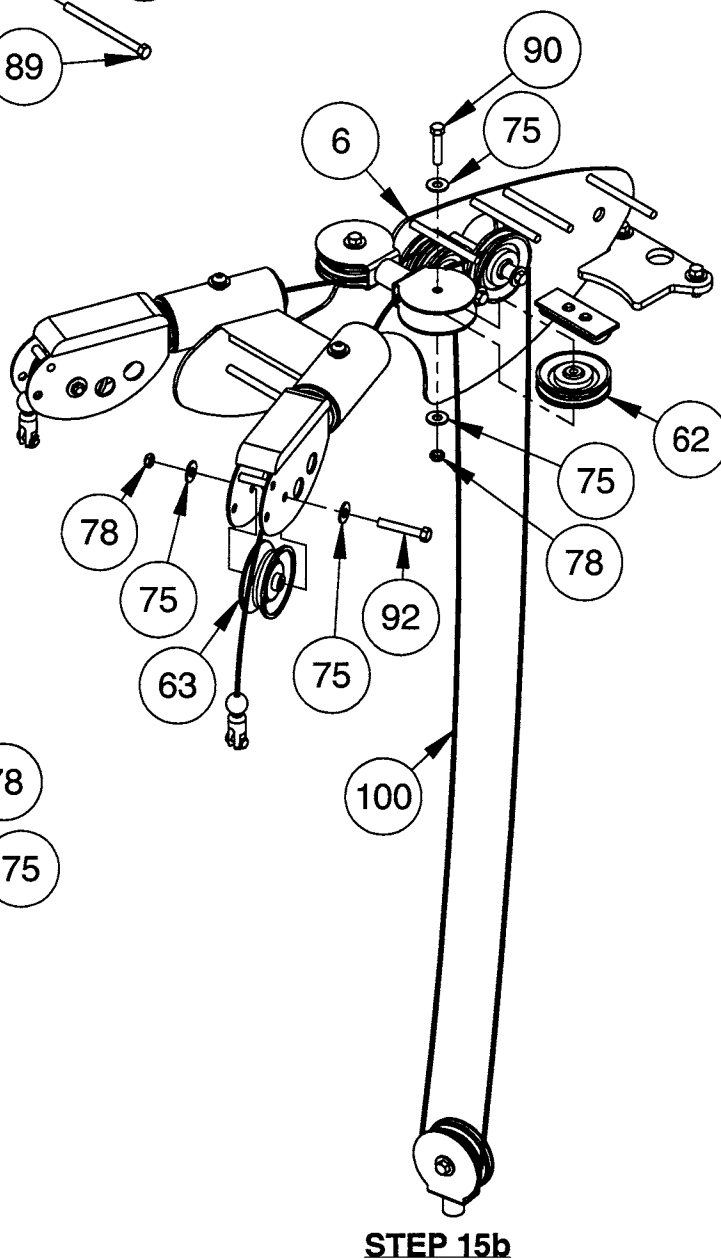
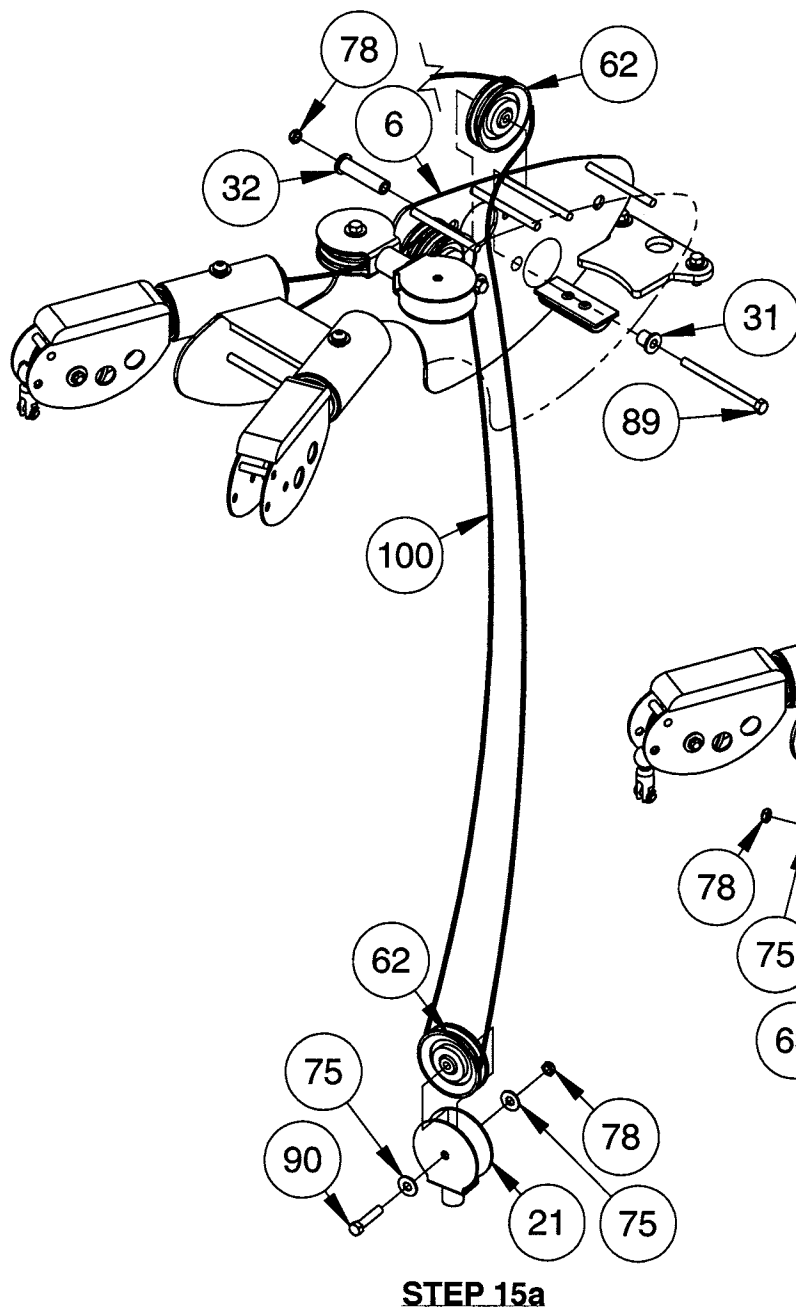
CABLE INSTALLATION STEP 15 **CABLE** #2 INSTALLATION CONTINUED

ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
21	026-01X1630	FLOATING PULLEY
31	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER
32	026-01M2015	2.69" HEAVY FLANGED SPACER
62	018-0001002	Ø 3.50" CABLE PULLEY
63	018-0002008	3.50" DIA. WIDE GROOVE PULLEY
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
92	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)
100	010-01C0300T	CABLE ASSEMBLY

OWNERS MANUAL

NOTE:

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

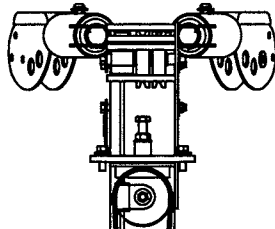


OWNERS MANUAL

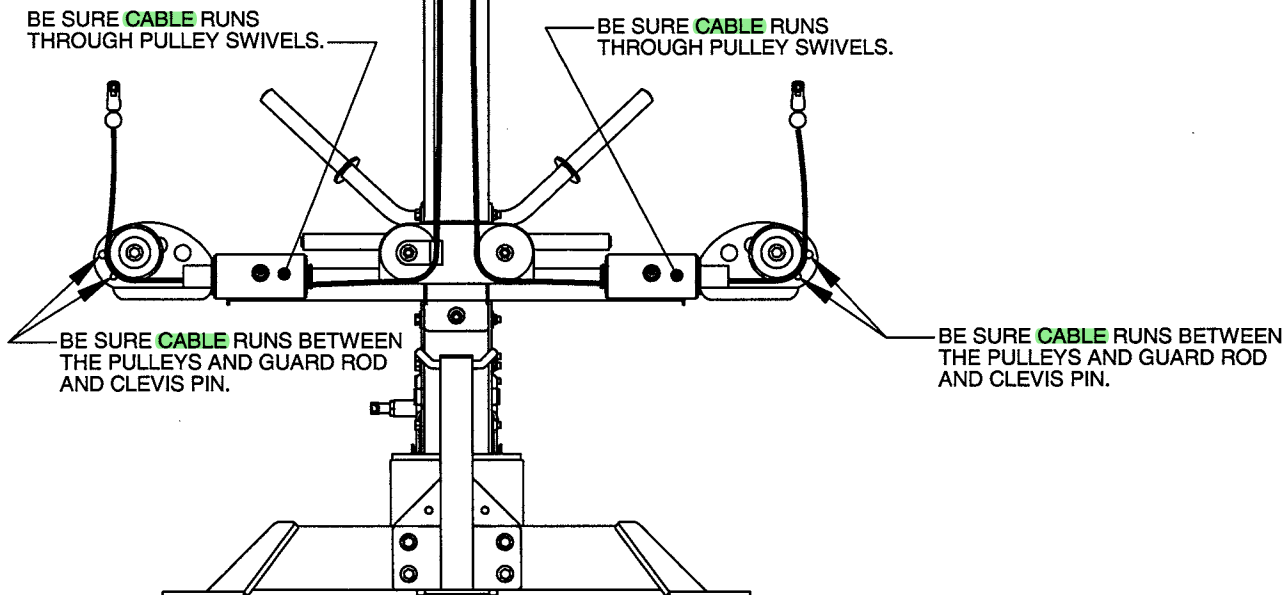
CABLE INSTALLATION

STEP 16

CABLE #3 INSTALLATION



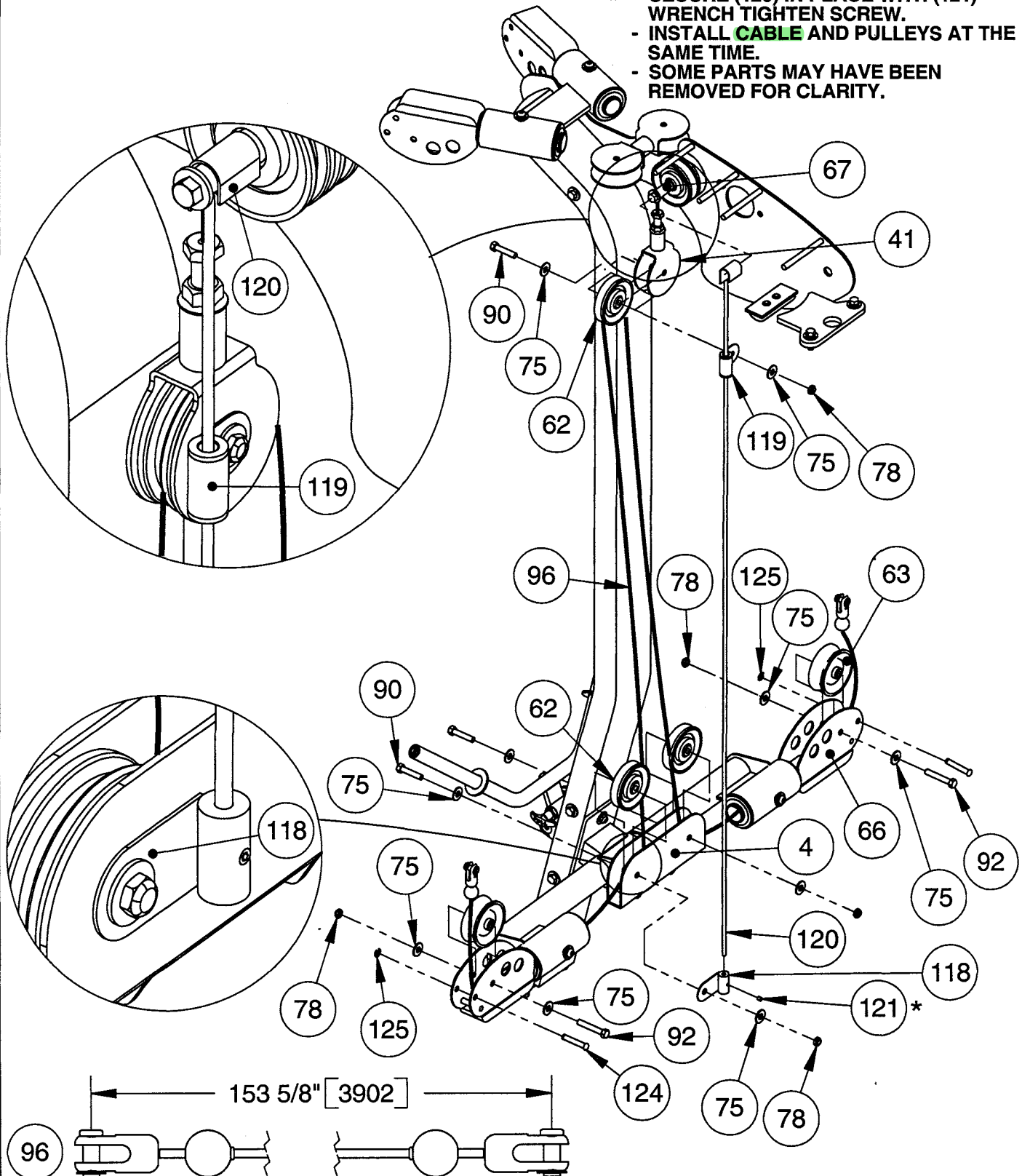
ITEM NO.	PART NUMBER	DESCRIPTION
4	026-01X2025	LOWER SWIVEL MOUNT
41	026-01X1414	ADJ. FLOATING PULLEY HOUSING
62	018-0001002	Ø3.50" CABLE PULLEY
63	018-0002008	3.50" DIA. WIDE GROOVE PULLEY
66	026-01X2027	PULLEY SWIVEL
67	026-01M0761	1.69" HEAVY FLANGED SPACER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
92	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)
96	010-01C0304T	CABLE ASSEMBLY
118	026-01X2096	LOWER SWIVEL MOUNT PLATE
119	026-01X2097	FLOATING PULLEY GUIDE ROD PLATE
120	026-01X2095	ANTI-TWIST GUIDE ROD
121	011-03011019	SET SCREW: 1/4"-20 X 1/4" (BZ)
124	026-01M0910	.375" CLEVIS PIN
125	014-0015009	.375" C-CLIP



OWNERS MANUAL

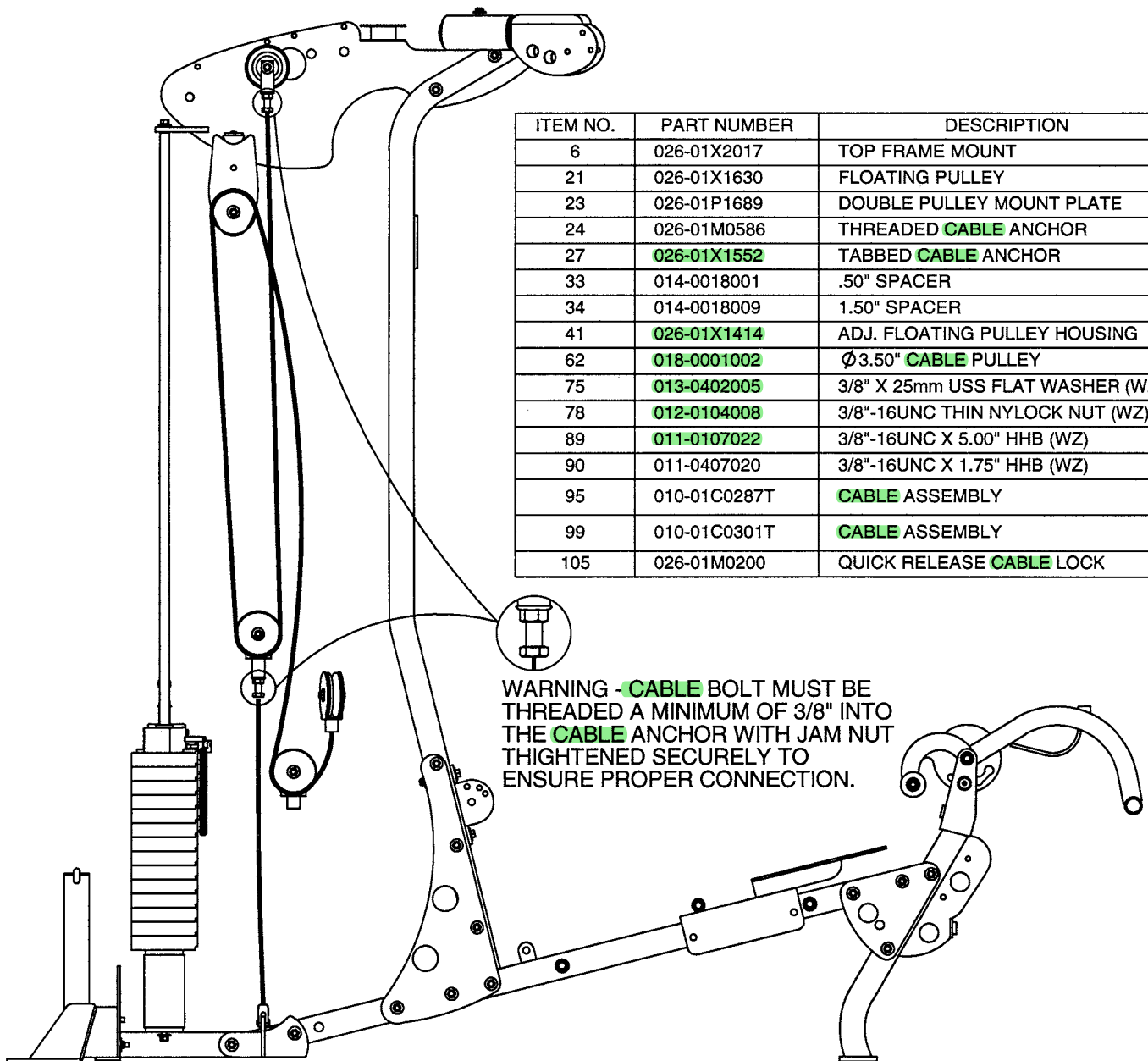
NOTE:

- HAND TIGHTEN BOLTS.
- HOOK (119) ONTO (120) BEFORE ATTACHING BOLTS (NOTE ORIENTATION).
- * - SECURE (120) IN PLACE WITH (121) WRENCH TIGHTEN SCREW.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNERS MANUAL

CABLE INSTALLATION STEP 17 **CABLE** #4 & #5 INSTALLATION



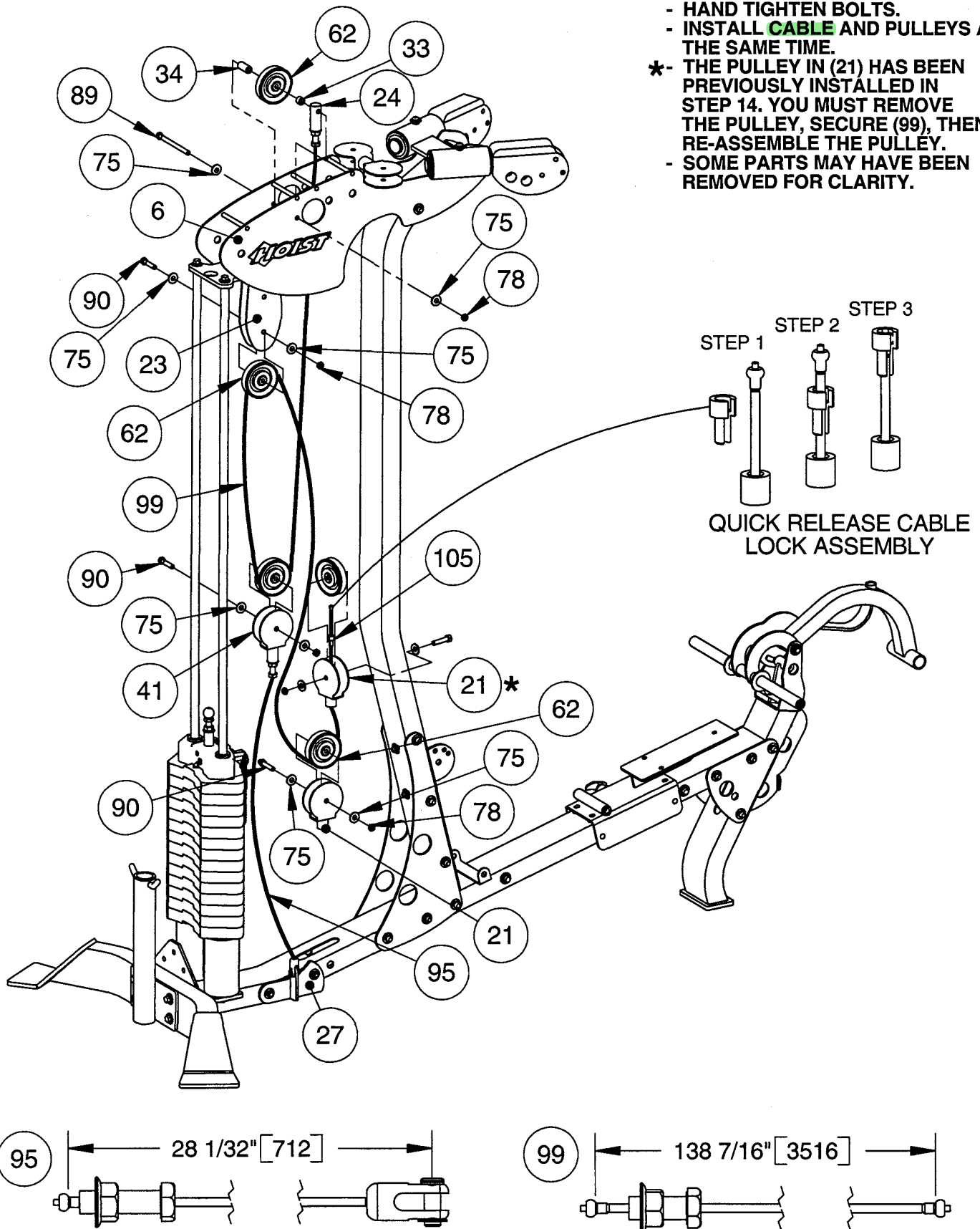
ITEM NO.	PART NUMBER	DESCRIPTION
6	026-01X2017	TOP FRAME MOUNT
21	026-01X1630	FLOATING PULLEY
23	026-01P1689	DOUBLE PULLEY MOUNT PLATE
24	026-01M0586	THREADED CABLE ANCHOR
27	026-01X1552	TABBED CABLE ANCHOR
33	014-0018001	.50" SPACER
34	014-0018009	1.50" SPACER
41	026-01X1414	ADJ. FLOATING PULLEY HOUSING
62	018-0001002	Ø3.50" CABLE PULLEY
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
95	010-01C0287T	CABLE ASSEMBLY
99	010-01C0301T	CABLE ASSEMBLY
105	026-01M0200	QUICK RELEASE CABLE LOCK

OWNERS MANUAL

NOTE:

- HAND TIGHTEN BOLTS.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.

- *- THE PULLEY IN (21) HAS BEEN PREVIOUSLY INSTALLED IN STEP 14. YOU MUST REMOVE THE PULLEY, SECURE (99), THEN RE-ASSEMBLE THE PULLEY.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

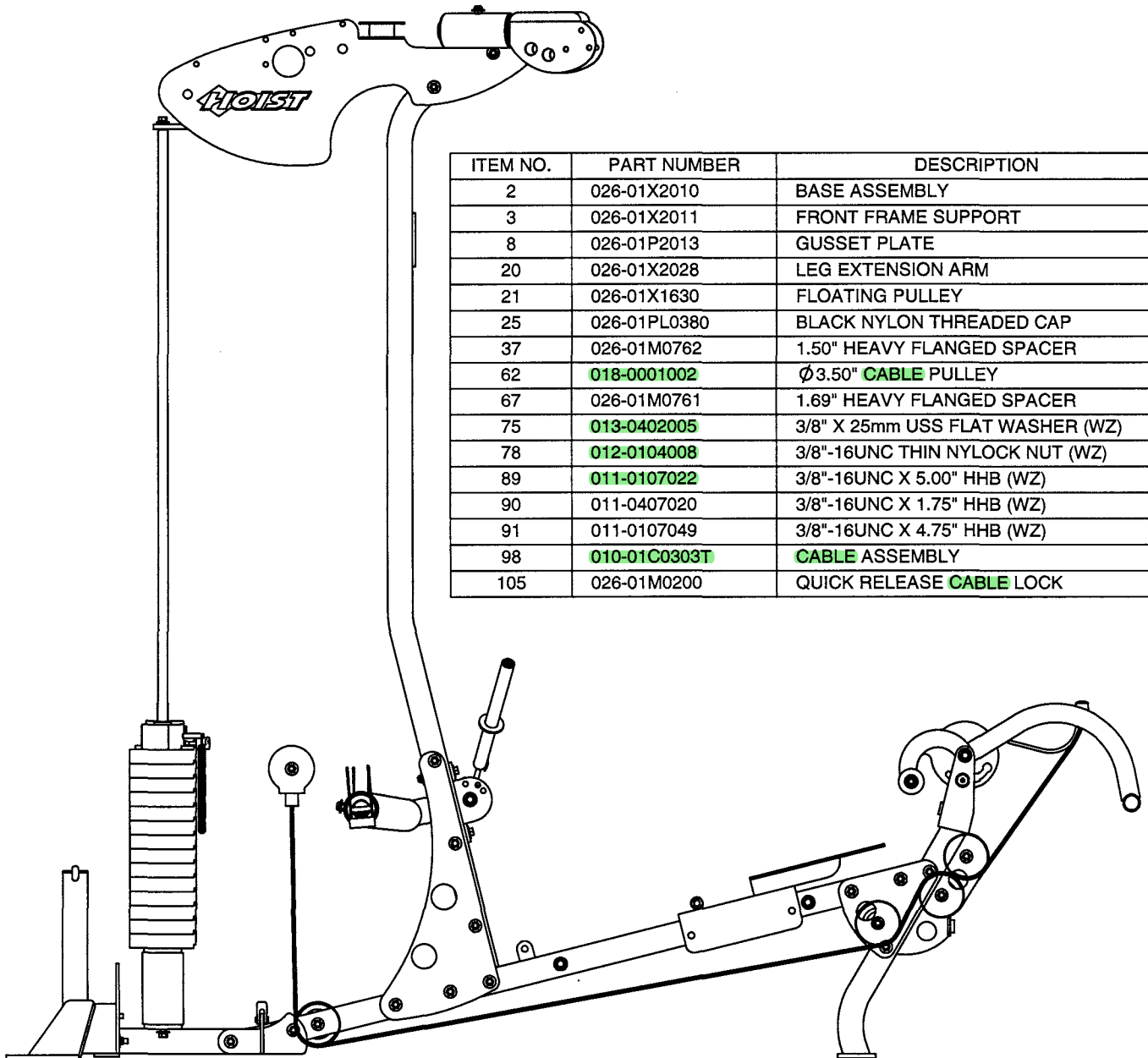


OWNERS MANUAL

CABLE INSTALLATION

STEP 18

CABLE #6 INSTALLATION

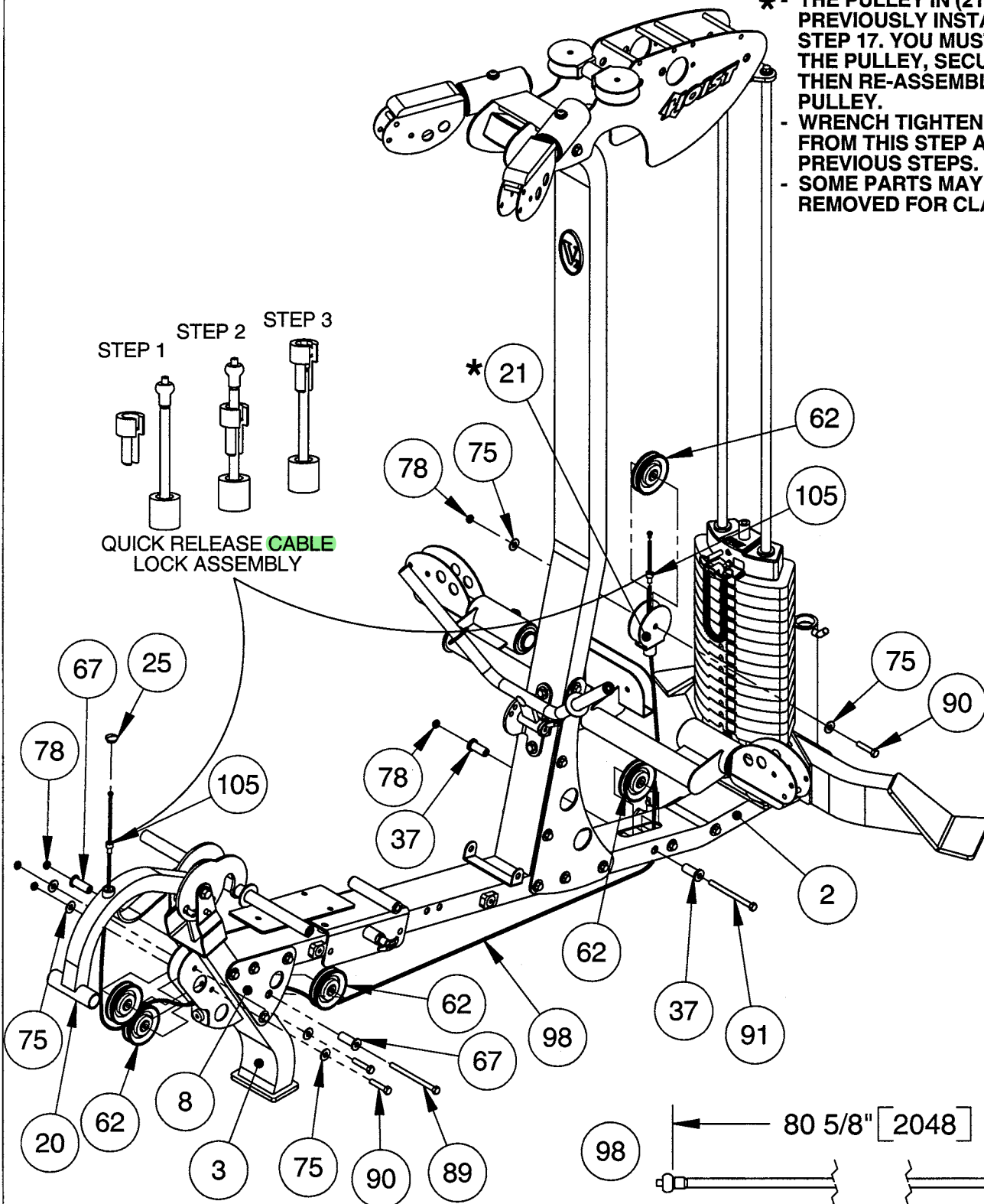


ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
3	026-01X2011	FRONT FRAME SUPPORT
8	026-01P2013	GUSSET PLATE
20	026-01X2028	LEG EXTENSION ARM
21	026-01X1630	FLOATING PULLEY
25	026-01PL0380	BLACK NYLON THREADED CAP
37	026-01M0762	1.50" HEAVY FLANGED SPACER
62	018-0001002	Ø3.50" CABLE PULLEY
67	026-01M0761	1.69" HEAVY FLANGED SPACER
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)
91	011-0107049	3/8"-16UNC X 4.75" HHB (WZ)
98	010-01C0303T	CABLE ASSEMBLY
105	026-01M0200	QUICK RELEASE CABLE LOCK

OWNERS MANUAL

NOTE:

- HAND TIGHTEN BOLTS AT FIRST.
- INSTALL **CABLE** AND PULLEYS AT THE SAME TIME.
- * - THE PULLEY IN (21) HAS BEEN PREVIOUSLY INSTALLED IN STEP 17. YOU MUST REMOVE THE PULLEY, SECURE (98), THEN RE-ASSEMBLE THE PULLEY.
- WRENCH TIGHTEN ALL BOLTS FROM THIS STEP AND ALL PREVIOUS STEPS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



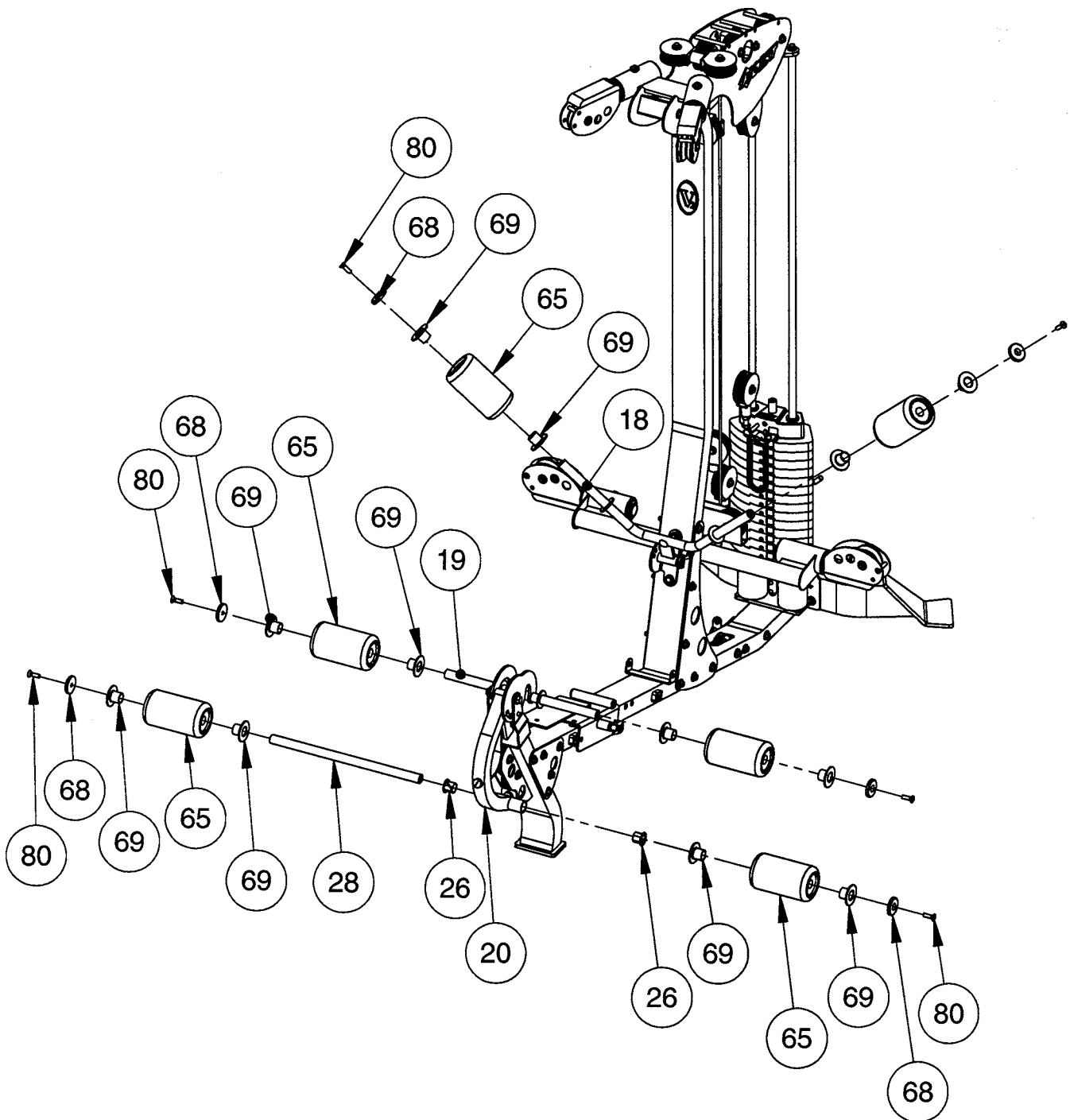
OWNERS MANUAL

FRAME ASSEMBLY STEP 19

ITEM NO.	PART NUMBER	DESCRIPTION
18	026-01X1629	ROLLER PAD MOUNT
19	026-01X1626	ROLLER MOUNT W/ ROM
20	026-01X2028	LEG EXTENSION ARM
26	014-0011001	ROLLER BAR SLEEVE
28	026-01X1425	ROLLER MOUNT
65	022-01PDR008	ROLLER PAD ϕ 4.00" X 7.00" LG.
68	026-01M0238	FLATHEAD CAP ϕ 2.00" ALUM.
69	26-STD-06-0481	ROLLER PAD BUSHING
80	011-0002033	3/8"-16UNC X 1.25" FHCS (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN SCREWS.



OWNERS MANUAL

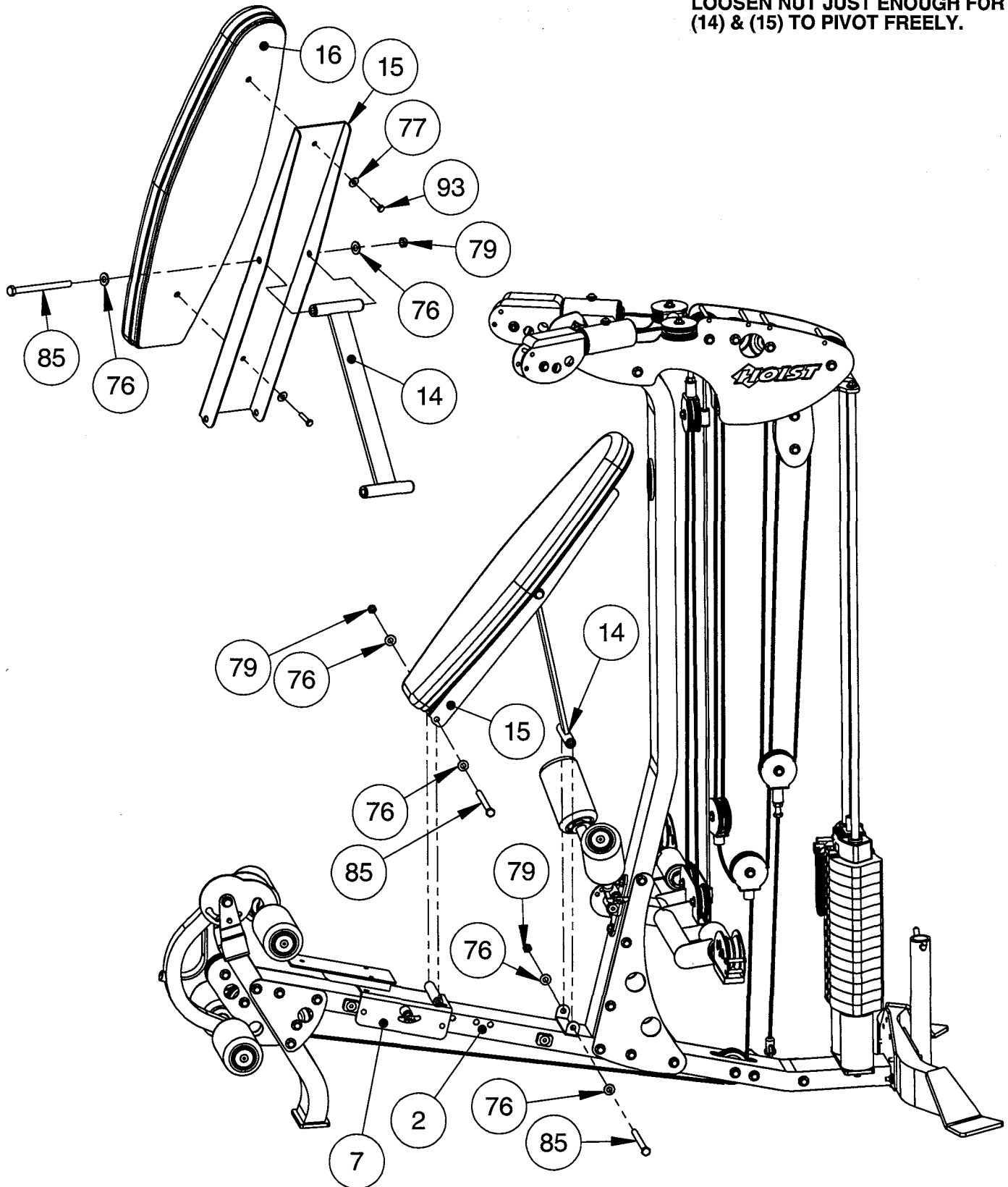
FRAME ASSEMBLY **STEP 20**

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2010	BASE ASSEMBLY
7	026-01X1628	SEAT PAD ADJUSTER
14	026-01X1627	PAD SUPPORT
15	026-01P1669	BACK PAD ADJUSTER
16	022-01PD0123_A	UPHOLSETRED PAD ASSEMBLY
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
77	013-0102004	5/16" X 22mm USS FLAT WASHER (WZ)
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
85	011-0107035	1/2"-13UNC X 6.25" HHB (WZ)
93	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)

OWNERS MANUAL

NOTE:

- WRENCH TIGHTEN BOLTS (85) THEN LOOSEN NUT JUST ENOUGH FOR (14) & (15) TO PIVOT FREELY.



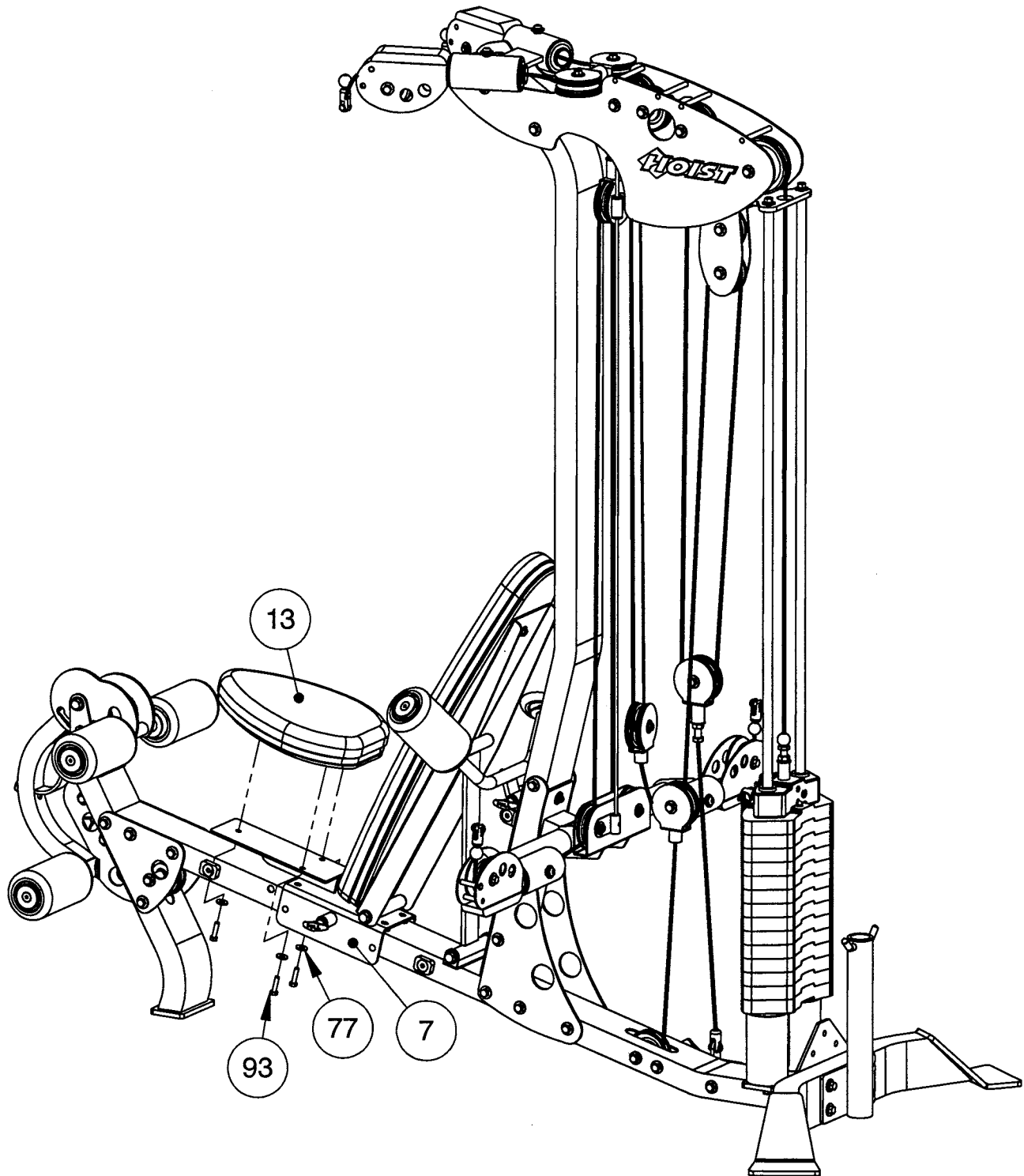
OWNERS MANUAL

FRAME ASSEMBLY **STEP 21**

ITEM NO.	PART NUMBER	DESCRIPTION
7	026-01X1628	SEAT PAD ADJUSTER
13	022-01PD0124_A	UPHOLSETRED PAD ASSEMBLY
77	013-0102004	5/16" X 22mm USS FLAT WASHER (WZ)
93	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLTS.

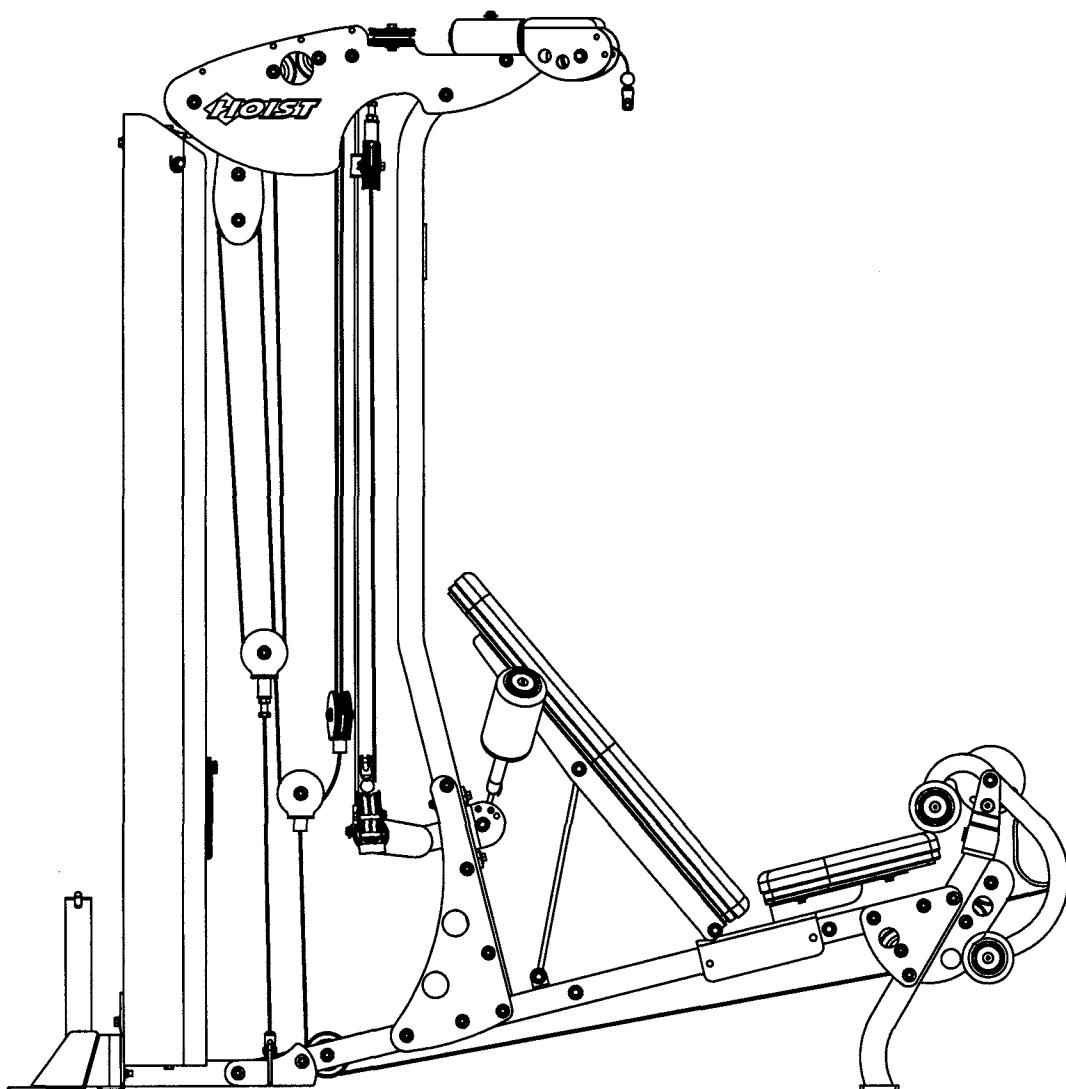


OWNERS MANUAL

SHIELD ASSEMBLY **STEP 22**

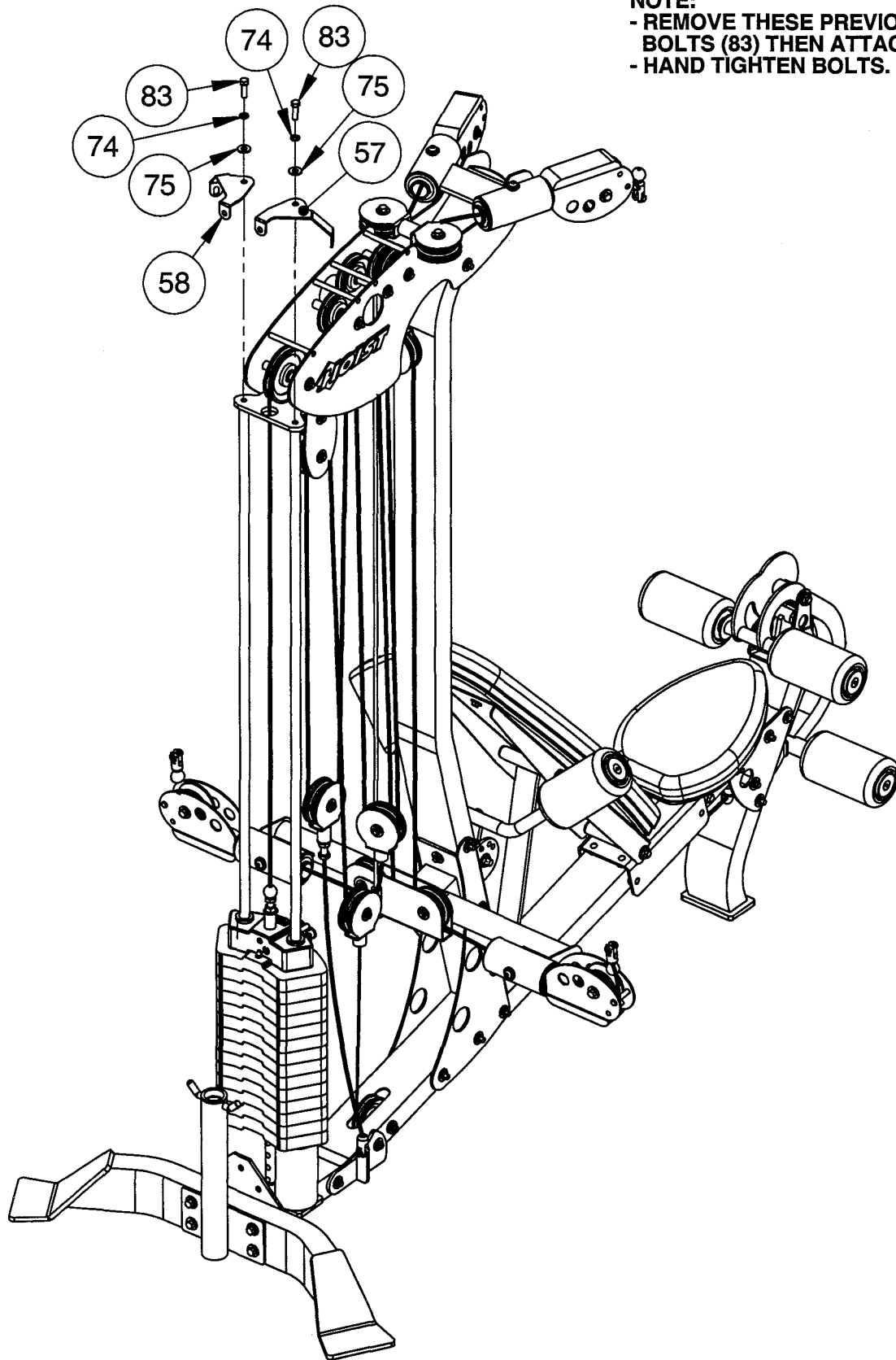
NOTE: IF SHIELDS ARE TO BE INSTALLED ON YOUR V-UNIT,
USE THE ASSEMBLY INSTRUCTIONS ON THE FOLLOWING PAGES.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
55	026-01X1442	SHIELD ASSEMBLY - RIGHT	1
56	026-01X1443	SHEILD ASSEMBLY - LEFT	1
57	026-01P1450	SHIELD MOUNT BRACKET - LEFT	1
58	026-01P1451	SHIELD MOUNT BRACKET - RIGHT	1
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	2
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)	10
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)	4
86	011-0007035	3/8"-16UNC X .75" HHB (WZ)	6



OWNERS MANUAL

NOTE:
- REMOVE THESE PREVIOUSLY INSTALLED
BOLTS (83) THEN ATTACH (57) AND (58).
- HAND TIGHTEN BOLTS.



OWNERS MANUAL

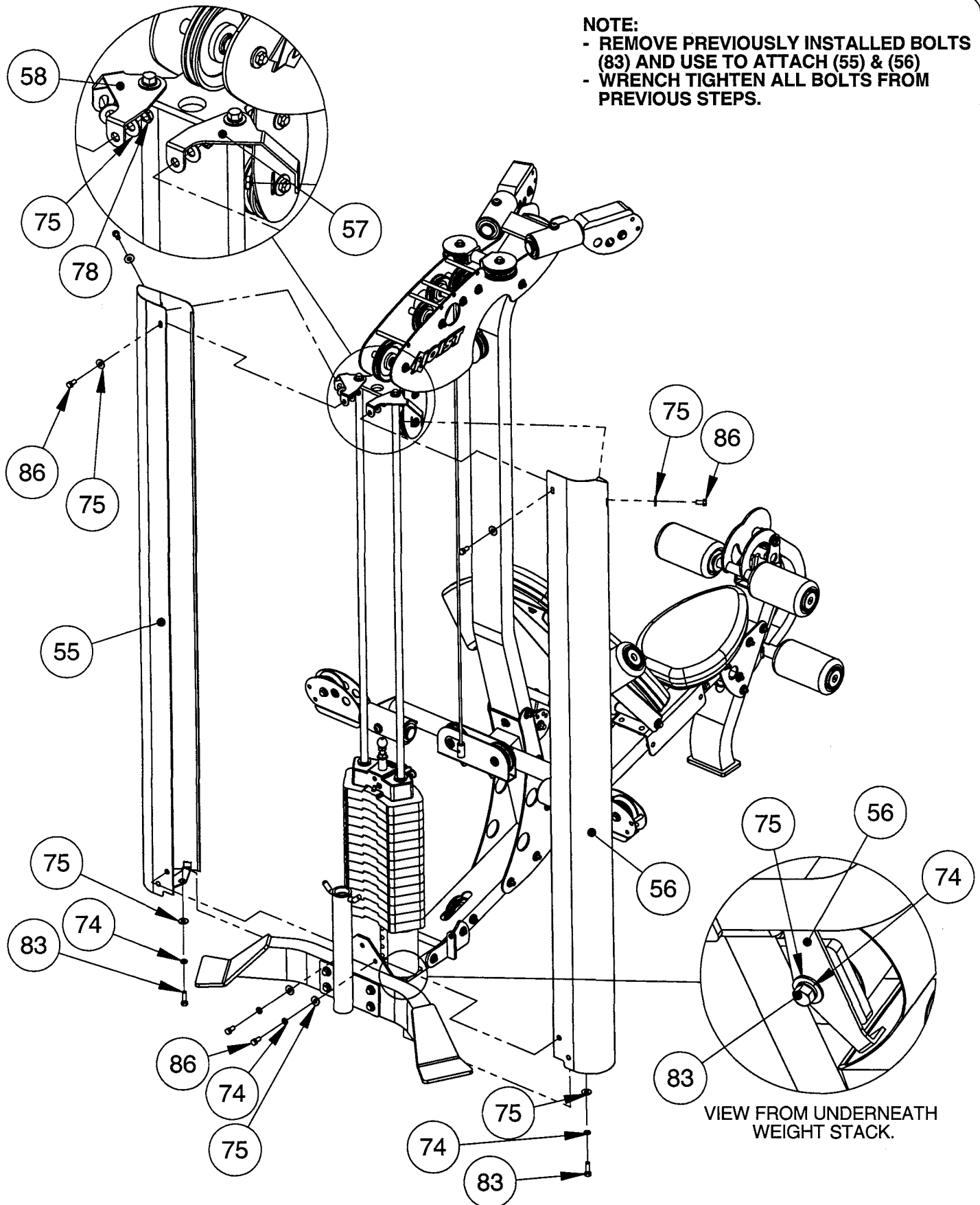
SHIELD ASSEMBLY STEP 23

ITEM NO.	PART NUMBER	DESCRIPTION
55	026-01X1442	SHIELD ASSEMBLY - RIGHT
56	026-01X1443	SHEILD ASSEMBLY - LEFT
57	026-01P1450	SHIELD MOUNT BRACKET - LEFT
58	026-01P1451	SHIELD MOUNT BRACKET - RIGHT
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
86	011-0007035	3/8"-16UNC X .75" HHB (WZ)

OWNERS MANUAL

NOTE:

- REMOVE PREVIOUSLY INSTALLED BOLTS (83) AND USE TO ATTACH (55) & (56)
- WRENCH TIGHTEN ALL BOLTS FROM PREVIOUS STEPS.



OWNERS MANUAL

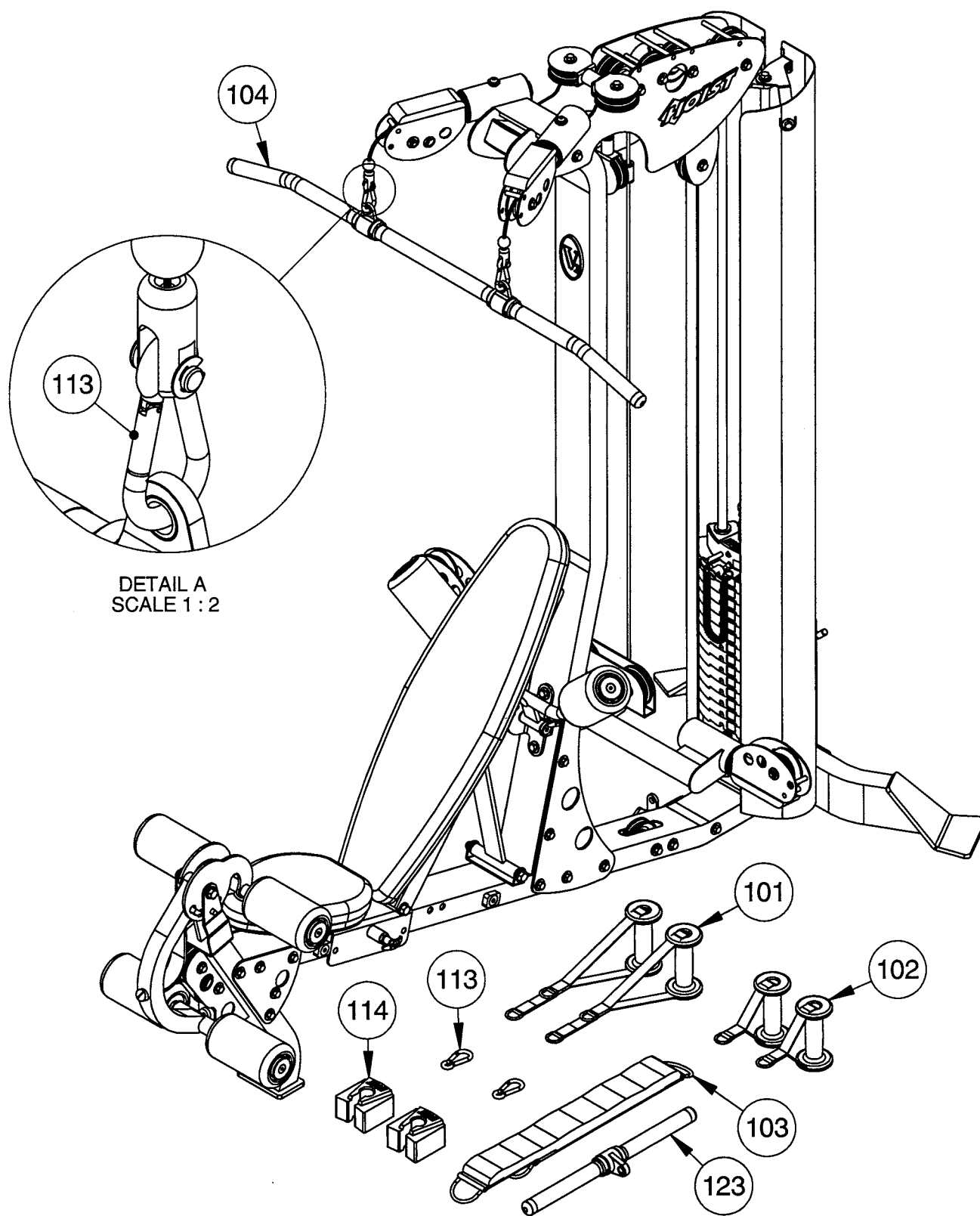
ACCESSORIES

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
101	026-01X1632	STRAP HANDLE WITH (2) D-RINGS (LOWER)	2
102	026-01X1633	STRAP HANDLE WITH (1) D-RINGS (UPPER)	2
103	026-01X1635	FLEECE KNEE STRAP WITH (3) D-RINGS	1
104	026-01X2040	LAT BAR WITH 2 EYELETS	1
113	020-0010002	SNAP LINK	4
114	026-01WADD-02	2 1/2 LB. ADD-ON WEIGHT (RADIAL CAST WT.)	2
123	026-01X1118	ALUMINUM CURL BAR	1

MISCELLANEOUS ITEMS

PART NUMBER	DESCRIPTION	QTY.
021-0003159	ALERT WALL POSTER	1
023-0511006	SUPER LUBE	1
	EXERCISE CHART	1
	ACCENT TOUCH UP PAINT	1
	BASE TOUCH UP PAINT	1

OWNERS MANUAL

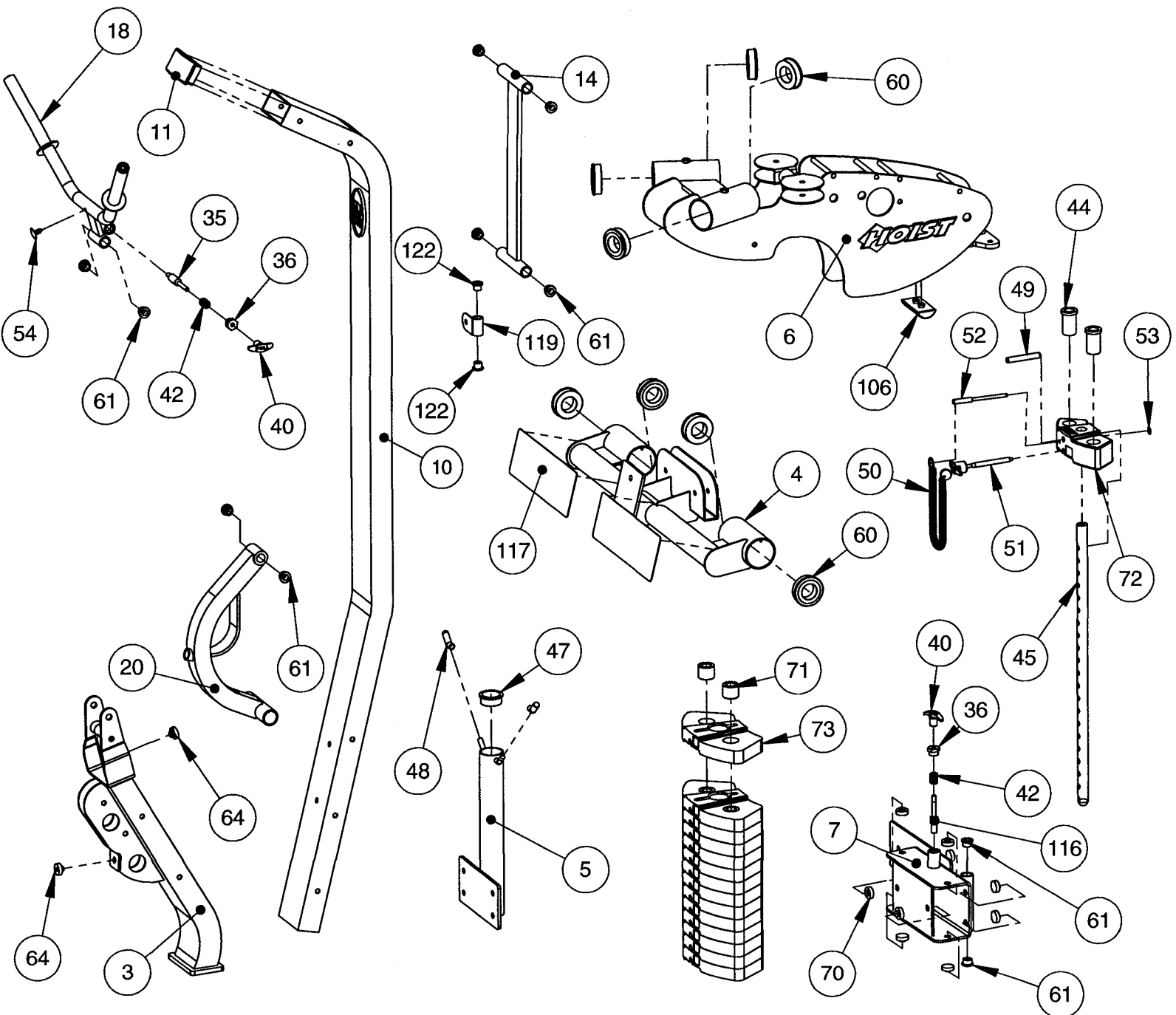


OWNERS MANUAL

PRE-ASSEMBLY

ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X2011	FRONT FRAME SUPPORT
4	026-01X2025	LOWER SWIVEL MOUNT
5	026-01X1453	ACCESSORY RACK
6	026-01X2017	TOP FRAME MOUNT
7	026-01X1628	SEAT PAD ADJUSTER
10	026-01T2010	FRAME UPRIGHT
11	026-STD-06-0192	2.00" X 4.00" BULLNOSE END CAP (BLACK)
14	026-01X1627	PAD SUPPORT
18	026-01X1629	ROLLER PAD MOUNT
20	026-01X2028	LEG EXTENSION ARM
35	026-01M0428-3	LONG TAPERED ROD PULLPIN
36	026-01M0128-1	PULL PIN CAP
40	026-01PL0138	T- HANDLE
42	020-0011009	SPRING
44	026-01PL0134	GUIDE ROD BUSHING
45	026-01W0139	21 HOLE STEM
47	026-01PL0371	DELTRIN BUSHING
48	016-0002007	3/8" DIA. x 1.60" VINYL SLEEVE
49	030-0303006	Ø7/16" X 3.00" LG. ROLL PIN
50	010-0008001	LANYARD COIL
51	026-01X2039	RADIAL CAST WT.SELECTOR PIN
52	010-0008002	LANYARD PIN
53	014-0015001	.25" C-CLIP
54	016-0203003	PINETREE PLUG
60	014-0012010	1.39" DIA. FLANGED BEARING
61	014-0101002	OILITE FLANGED
64	019-0001001	PLUG BUMPER
70	026-01PL0364	PLASTIC BUTTON
71	026-01PL0269	CAST WEIGHT BUSHING
72	026-01WTOP9	RADIAL TOP WEIGHT
73	026-01W0142	10 LBS. INTERMEDIATE RADIAL LOC WEIGHT PLATE
106	026-01PL0381	BUMPER, HALF ROUND, DUAL STEM
116	026-01M0128-3	PULL-PIN PLUNGER
117	020-0005015	4" WIDE 3M MEDIUM RESILIENT TREADS (BLACK)
119	026-01X2097	FLOATING PULLEY GUIDE ROD PLATE
122	026-01PL2008	PLASTIC GUIDE ROD BUSHING

PRE-ASSEMBLY



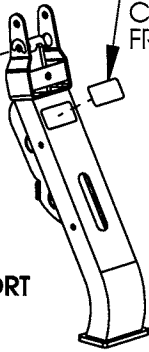
OWNERS MANUAL

DECAL PLACEMENT

(021-0003232)
CONCENTRIC TO HOLE,
0.13" FROM EDGE TO
I.D. OF DECAL.

(021-0003114)
CENTERED, 0.31" DOWN
FROM TOP OF TUBE.

**026-01X2011
FRONT FRAME SUPPORT**

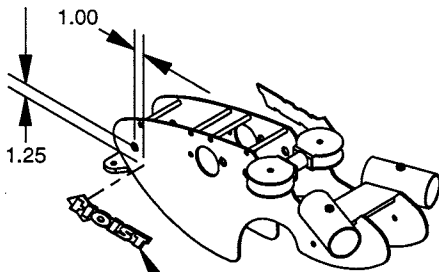


1.00

1.25

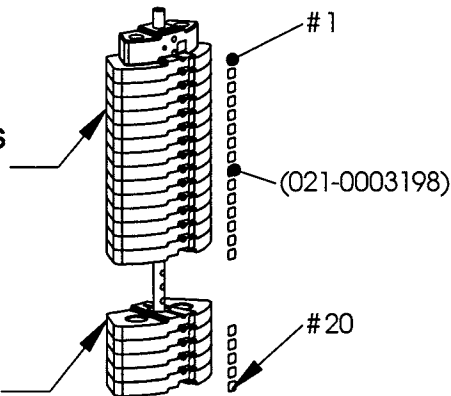
**026-0X2017
TOP FRAME MOUNT**

(021-0018019)
HOIST ALUMINUM
LOGO DECAL (BOTH SIDES)



**STANDARD 150 LB
W / RADIAL WEIGHT PLATES
026-01W0142**

**OPTIONAL 200 LB
W / RADIAL WEIGHT PLATES
026-01W0142**



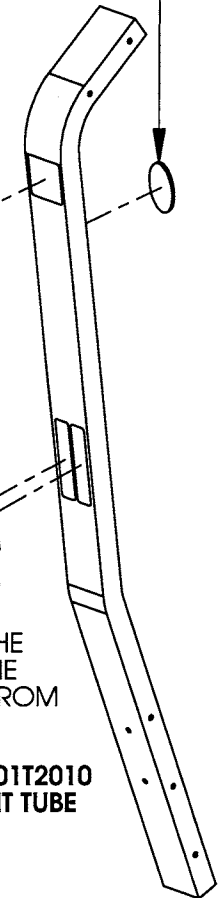
(021-0018009)
56.20" FROM THE BOTTOM
OF THE TUBE, 0.75" IN
FROM SIDE

(021-0003234)
66.17" FROM THE
BOTTOM OF THE
TUBE, 0.25" IN
FROM SIDE

(021-0003135)
37.00" FROM THE
BOTTOM OF THE
TUBE, 0.38" IN
FROM SIDE

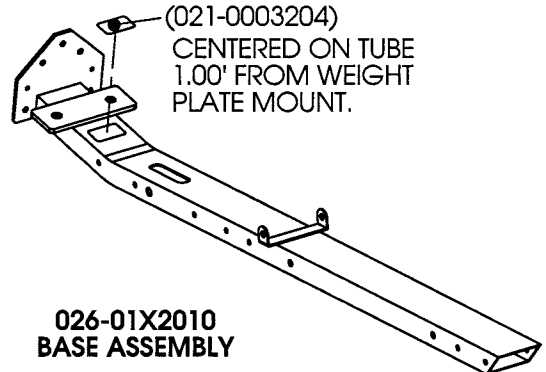
(021-0003008)
37.00" FROM THE
BOTTOM OF THE
TUBE, 0.38" IN FROM
SIDE

**026-01T2010
BENT TUBE**



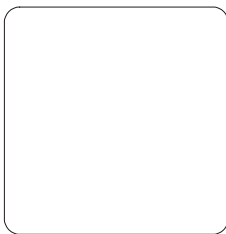
(021-0003204)
CENTERED ON TUBE
1.00' FROM WEIGHT
PLATE MOUNT.

**026-01X2010
BASE ASSEMBLY**

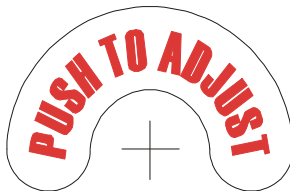


OWNERS MANUAL

DECAL PLACEMENT



021-0003234



021-0003232



021-0003204

- | | |
|----|----|
| 1 | 11 |
| 2 | 12 |
| 3 | 13 |
| 4 | 14 |
| 5 | 15 |
| 6 | 16 |
| 7 | 17 |
| 8 | 18 |
| 9 | 19 |
| 10 | 20 |

021-0003198



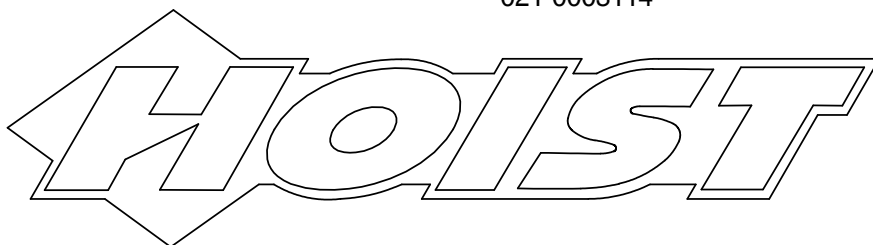
021-0003135

NOTICE	COMMERCIAL MAINTENANCE	Frequency				Frequency				Frequency			
		Daily	Weekly	Monthly	Yearly	Daily	Weekly	Monthly	Yearly	Daily	Weekly	Monthly	Yearly
	Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x											
	Clean: Upholstery		x										
	Inspect: Cables or Belts and their tension		x										
	Inspect: Accessory Bars and Handles					x							
	Inspect: All Decals					x							
	Inspect: All nuts and Bolts Tighten if Needed.					x							
	Inspect: Anti-Skid Surfaces					x							
	Clean & Lubricate: Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)							x					
	Lubricate: Seat Sleeves, Turbine Bushings, Linear Bearing							x					
	Clean & Wax: All Glossy Finishes									x			
	Repack with Grease: Linear Bearings									x			
	Replace: Cables, Belts and Connecting Parts.												x

021-0003008



021-0003114



021-0018019



021-0018009

OWNERS MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X1419	FRAME BASE	1
2	026-01X2010	BASE ASSEMBLY	1
3	026-01X2011	FRONT FRAME SUPPORT	1
4	026-01X2025	LOWER SWIVEL MOUNT	1
5	026-01X1453	ACCESSORY RACK	1
6	026-01X2017	TOP FRAME MOUNT	1
7	026-01X1628	SEAT PAD ADJUSTER	1
8	026-01P2013	GUSSET PLATE	2
9	026-01P2012	GUSSET PLATE	2
10	026-01T2010	FRAME UPRIGHT	1
11	026-STD-06-0192	2.00" X 4.00" BULLNOSE END CAP (BLACK)	1
12	026-01G0177	Ø .75" CRS X 71.44" LG GUIDE ROD	2
13	022-01PD0124_A	UPHOLSETRED PAD ASSEMBLY	1
14	026-01X1627	PAD SUPPORT	1
15	026-01P1669	BACK PAD ADJUSTER	1
16	022-01PD0123_A	UPHOLSETRED PAD ASSEMBLY	1
17	026-01P1680	ROM	1
18	026-01X1629	ROLLER PAD MOUNT	1
19	026-01X1626	ROLLER MOUNT W/ ROM	1
20	026-01X2028	LEG EXTENSION ARM	1
21	026-01X1630	FLOATING PULLEY	2
22	026-01M0849	PUSH PIN PLUNGER	1
23	026-01P1689	DOUBLE PULLEY MOUNT PLATE	2
24	026-01M0586	THREADED CABLE ANCHOR	1
25	026-01PL0380	BLACK NYLON THREADED CAP	1
26	014-0011001	ROLLER BAR SLEEVE	2
27	026-01X1552	TABBED CABLE ANCHOR	1
28	026-01X1425	ROLLER MOUNT	1
29	026-01PL0221	PLASTIC LIMITER	2
30	018-0001003	Ø 4.50" CABLE PULLEY	1
31	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER	2
32	026-01M2015	2.69" HEAVY FLANGED SPACER	1
33	014-0018001	.50" SPACER	1
34	014-0018009	1.50" SPACER	1
35	026-01M0428-3	LONG TAPERED ROD PULLPIN	1
36	026-01M0128-1	PULL PIN CAP	3
37	026-01M0762	1.50" HEAVY FLANGED SPACER	2
38	021-0018009	V2 EMBLEM	1
39	021-0018019	HOIST EMBLEM	2
40	026-01PL0138	T- HANDLE	2
41	026-01X1414	ADJ. FLOATING PULLEY HOUSING	2
42	020-0011009	SPRING	3

OWNERS MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
43	019-0001006	Ø 3.00" X .50" THICK RUBBER DONUT BLACK	2
44	026-01PL0134	GUIDE ROD BUSHING	2
45	026-01W0139	21 HOLE STEM	1
46	026-01PL0369	WEIGHT STAND OFF	2
47	026-01PL0371	DELRIN BUSHING	1
48	016-0002007	3/8" DIA. x 1.60" VINYL SLEEVE	2
49	030-0303006	Ø 7/16" X 3.00" LG. ROLL PIN	1
50	010-0008001	LANYARD COIL	1
51	026-01X2039	RADIAL CAST WT.SELECTOR PIN	1
52	010-0008002	LANYARD PIN	1
53	014-0015001	.25" C-CLIP	1
54	016-0203003	PINETREE PLUG	1
59	014-0015023	1.38" DIA. EXTERNAL SNAP RING	4
60	014-0012010	1.39" DIA. FLANGED BEARING	8
61	014-0101002	OILITE FLANGED	10
62	018-0001002	Ø 3.50" CABLE PULLEY	18
63	018-0002008	3.50" DIA. WIDE GROOVE PULLEY	4
64	019-0001001	PLUG BUMPER	2
65	022-01PDR008	ROLLER PAD Ø 4.00" X 7.00" LG.	6
66	026-01X2027	PULLEY SWIVEL	4
67	026-01M0761	1.69" HEAVY FLANGED SPACER	5
68	026-01M0238	FLATHEAD CAP Ø 2.00" ALUM.	6
69	26-STD-06-0481	ROLLER PAD BUSHING	12
70	026-01PL0364	PLASTIC BUTTON	10
71	026-01PL0269	CAST WEIGHT BUSHING	28
72	026-01WTOP9	RADIAL TOP WEIGHT	1
73	026-01W0142	10 LBS. INTERMEDIATE RADIAL LOC WEIGHT PLATE	14
74	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	10
75	013-0402005	3/8" X 25mm USS FLAT WASHER (WZ)	80
76	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	11
77	013-0102004	5/16" X 22mm USS FLAT WASHER (WZ)	5
78	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)	40
79	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)	7
80	011-0002033	3/8"-16UNC X 1.25" FHCS (WZ)	6
81	011-0102029	1/2"-13UNC X 5.00" FHS (WZ)	2
82	011-0102028	1/2"-13UNC X 3.75" FHS (WZ)	1
83	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	4
84	011-0107056	1/2"-13UNC X 3.78" (96mm) HHB (WZ)	1
85	011-0107035	1/2"-13UNC X 6.25" HHB (WZ)	3
87	011-0407059	3/8"-16UNC X 3.25" HHB (WZ)	2
88	011-0107047	3/8"-16UNC X 3.00" HHB (WZ)	4
89	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)	17

OWNERS MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
90	011-0407020	3/8"-16UNC X 1.75" HHB (WZ)	12
91	011-0107049	3/8"-16UNC X 4.75" HHB (WZ)	3
92	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)	4
93	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	5
94	011-0107037	3/8"-16UNC X .1.25" BHCS (WZ)	4
95	010-01C0287T	CABLE ASSEMBLY	1
96	010-01C0304T	CABLE ASSEMBLY	1
97	010-01C0305T	CABLE ASSEMBLY	1
98	010-01C0303T	CABLE ASSEMBLY	1
99	010-01C0301T	CABLE ASSEMBLY	1
100	010-01C0300T	CABLE ASSEMBLY	1
101	026-01X1632	STRAP HANDLE WITH (2) D-RINGS (LOWER)	2
102	026-01X1633	STRAP HANDLE WITH (1) D-RINGS (UPPER)	2
103	026-01X1635	FLEECE KNEE STRAP WITH (3) D-RINGS	1
104	026-01X2040	LAT BAR WITH 2 EYELETS	1
105	026-01M0200	QUICK RELEASE CABLE LOCK	3
106	026-01PL0381	BUMPER, HALF ROUND, DUAL STEM	1
107	015-0001001	.125" CABLE SHANK BALL	3
108	012-0202001	1/2"-13 FLANGED NUT (WZ)	4
109	026-01M0186	1/2-13 UNC X 1.25 HHB	4
110	026-01M0231	1.00" DIA. NYLON BALL	5
111	026-01M0212	LARGE CLEVIS (WZ)	5
112	026-01M0133	.375" CLEVIS PIN (WZ)	5
113	020-0010002	SNAP LINK	4
114	026-01WADD-02	2 1/2 LB. ADD-ON WEIGHT (RADIAL CAST WT.)	2
115	013-0102006	1/2" FLAT NYLON WASHER	2
116	026-01M0128-3	PULL-PIN PLUNGER	1
117	020-0005015	4" WIDE 3M MEDIUM RESILIENT TREADS (BLACK)	2
118	026-01X2096	LOWER SWIVEL MOUNT PLATE	1
119	026-01X2097	FLOATING PULLEY GUIDE ROD PLATE	1
120	026-01X2095	ANTI-TWIST GUIDE ROD	1
121	011-03011019	SET SCREW: 1/4"-20 X 1/4" (BZ)	1
122	026-01PL2008	PLASTIC GUIDE ROD BUSHING	2
123	026-01X1118	ALUMINUM CURL BAR	1
124	026-01M0910	.375" CLEVIS PIN	2
125	014-0015009	.375" C-CLIP	2

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

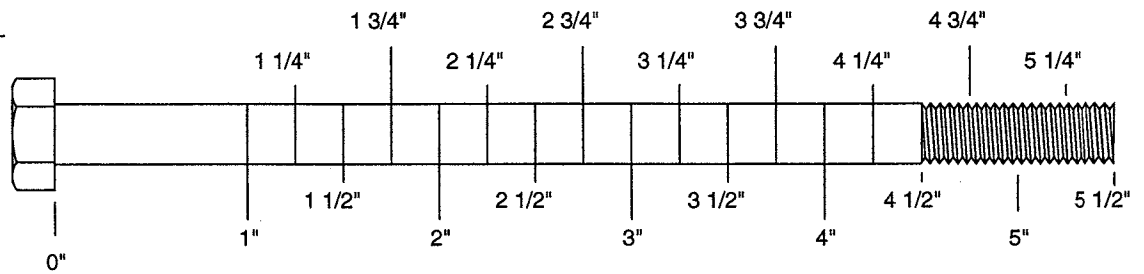
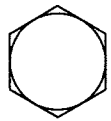
BHS = Button Head Screw

SHS = Socket Head Screw

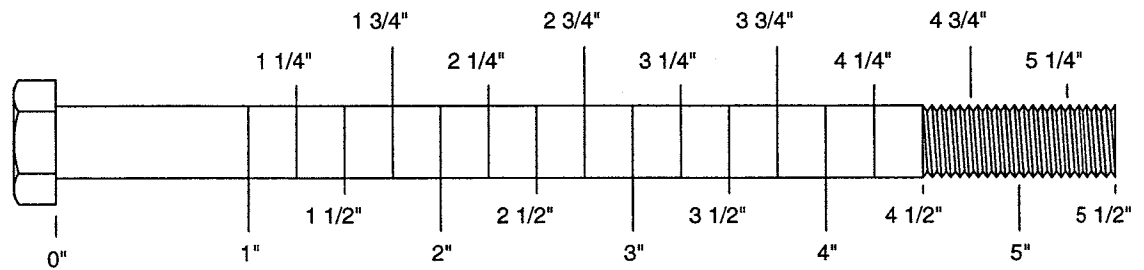
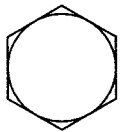
HHB = Hex Head Bolt

OWNERS MANUAL

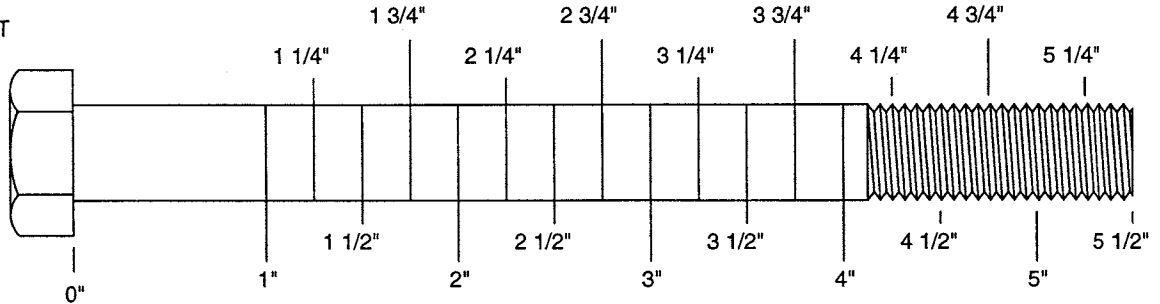
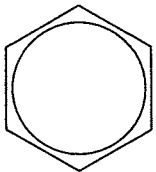
5/16" HEX BOLT



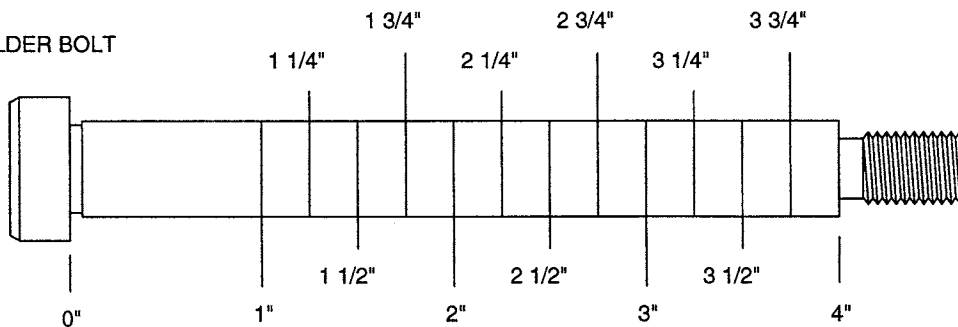
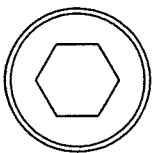
3/8" HEX BOLT



1/2" HEX BOLT

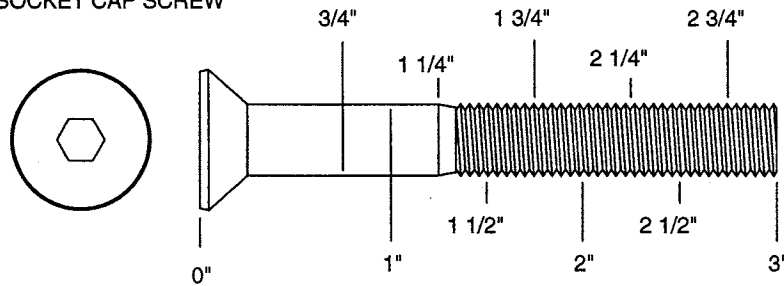


1/2" SHOULDER BOLT

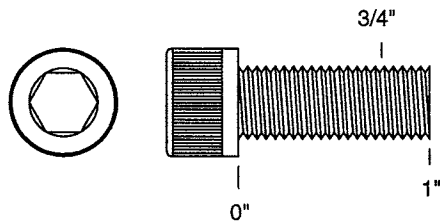


OWNERS MANUAL

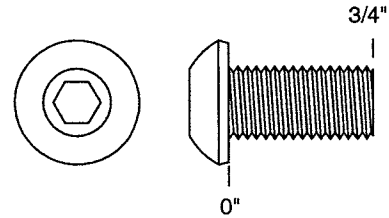
3/8" FLATHEAD
SOCKET CAP SCREW



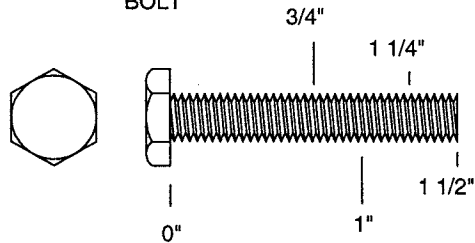
3/8" SOCKET
CAP SCREW



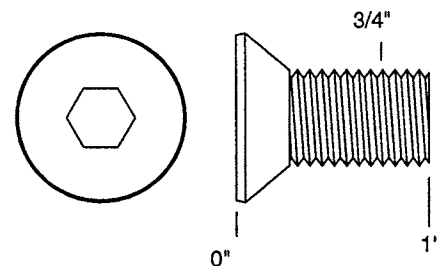
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

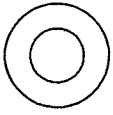


1/2" FLATHEAD
SOCKET CAP SCREW

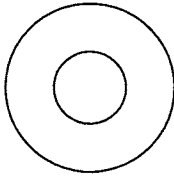


OWNERS MANUAL

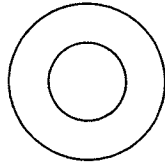
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



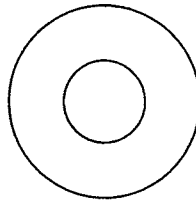
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



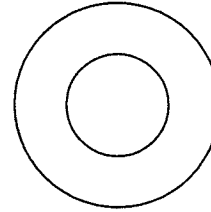
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3/8"
FLAT WASHER
SMALL, SAE, 21mm



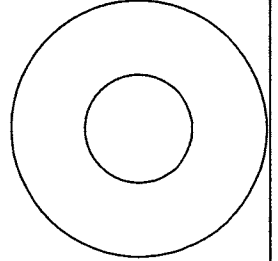
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



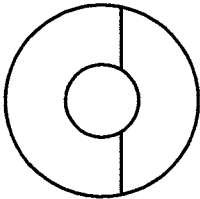
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FLAT WASHER
SMALL, SAE, 27mm



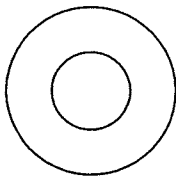
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



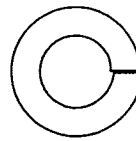
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3/8"
FLAT WASHER
22mm O.D.



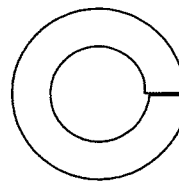
013-0102019
1/4"
LOCK WASHER



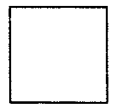
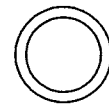
013-0102020
3/8"
LOCK WASHER



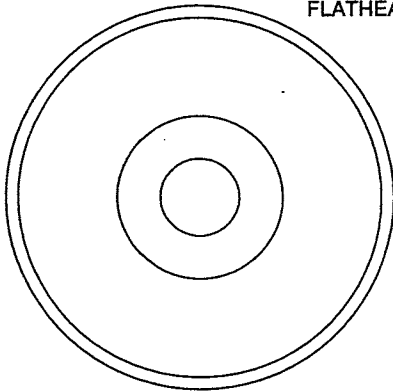
013-0102018
1/2"
LOCK WASHER



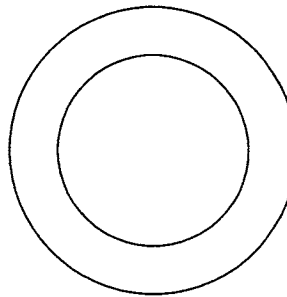
014-0018001
1/2" LONG
SPACER



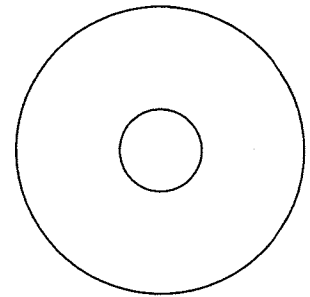
026-01M0238
2" ALUMINUM
FLATHEAD CAP



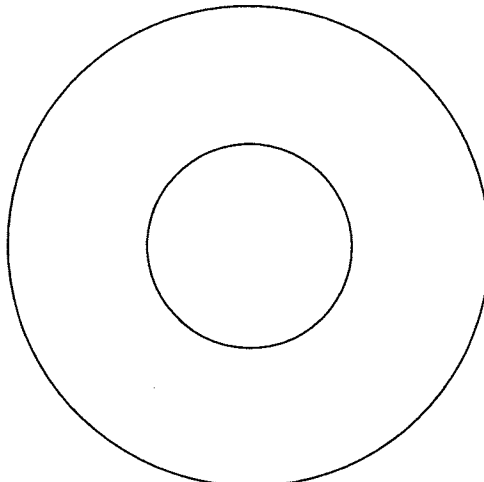
016-0009003
1" SHIM WASHER



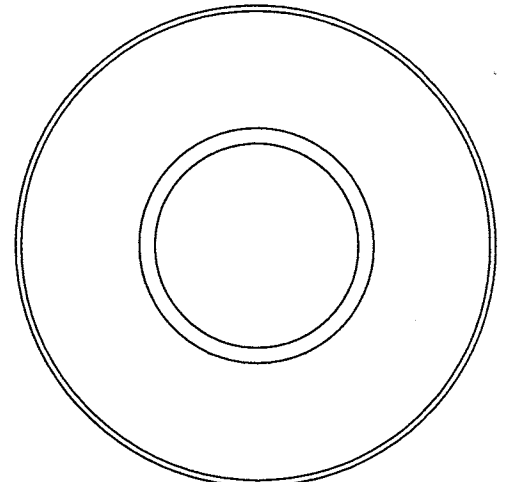
013-0003002
3/8" FENDER WASHER



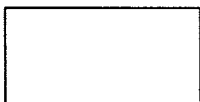
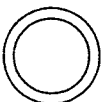
013-0003004
1 1/16"
FENDER WASHER



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

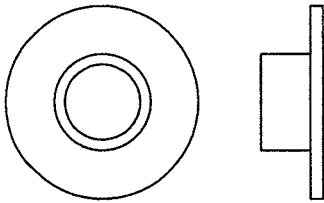


014-0018002
1" LONG
SPACER

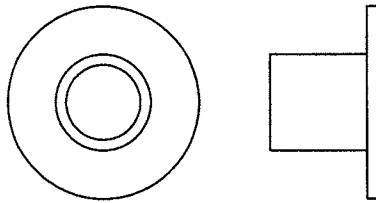


OWNERS MANUAL

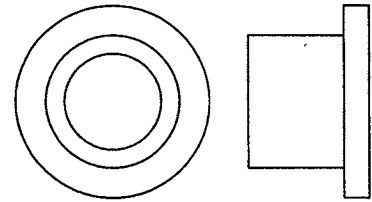
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1/4" LONG
FLANGED SPACER



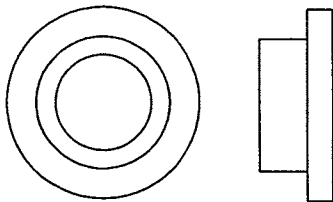
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FLANGED SPACER



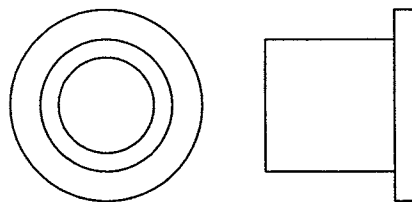
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FLANGED SPACER



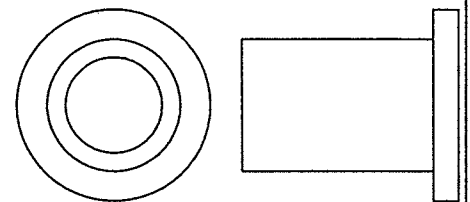
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FLANGED SPACER



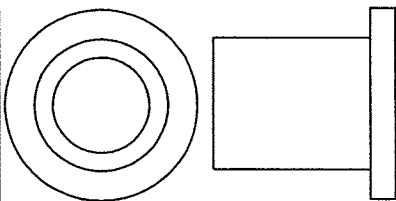
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11/16" LONG HEAVY
FLANGED SPACER



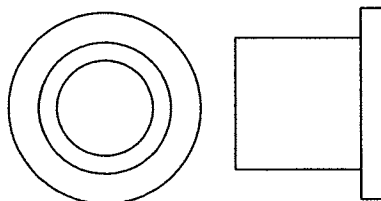
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1" LONG HEAVY
FLANGED SPACER



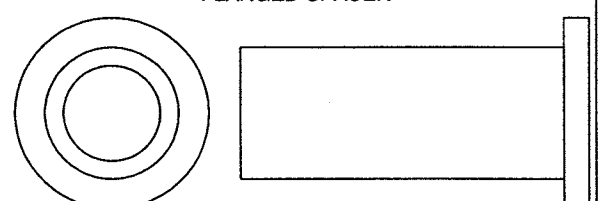
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.81" LONG HEAVY
FLANGED SPACER



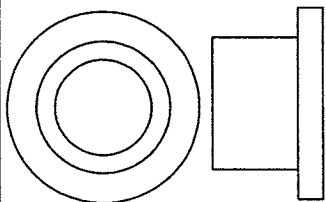
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FLANGED SPACER



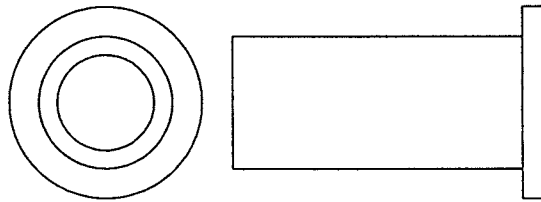
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1 11/16" LONG HEAVY
FLANGED SPACER



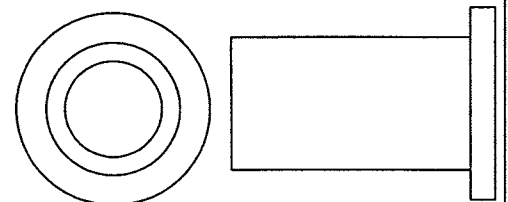
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FLANGED SPACER



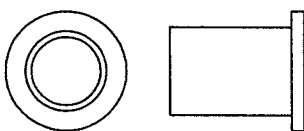
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



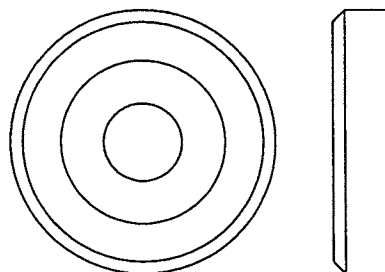
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



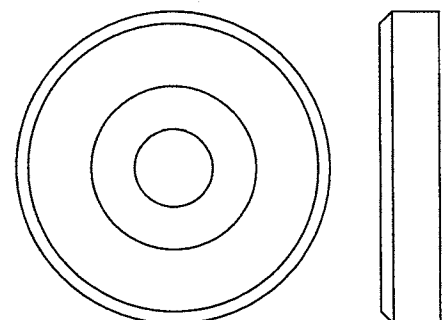
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNERS 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.*

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, 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 properly.

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.

OWNERS 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 dis-assemble 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

OWNERS MANUAL



OWNERS 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 V-2 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.

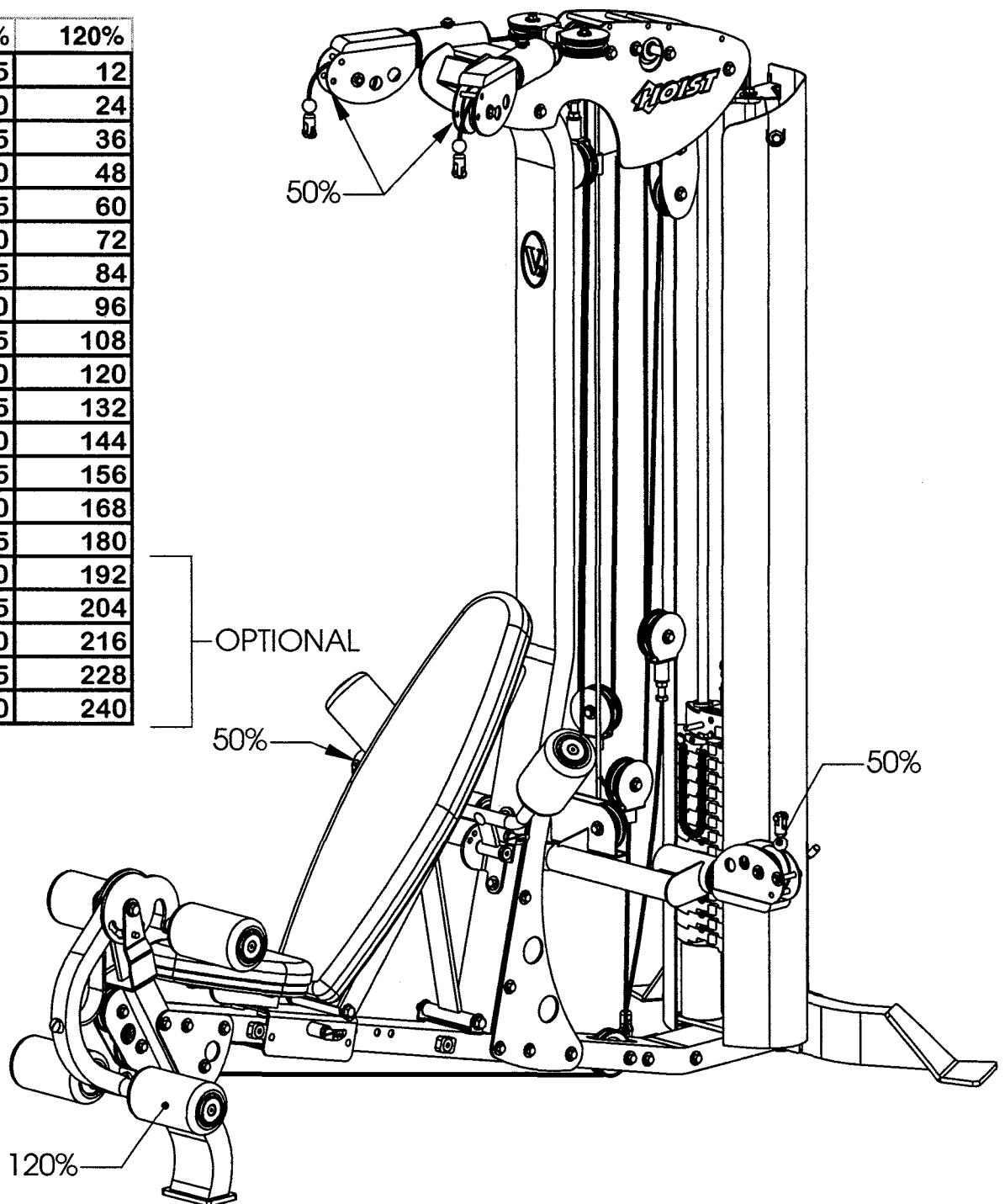
Use this manual to guide you through the basic exercises you can perform on your V-2 machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Enjoy your V-2 HOIST Fitness System!

OWNERS MANUAL

WEIGHT RATIOS

	50%	120%
1	5	12
2	10	24
3	15	36
4	20	48
5	25	60
6	30	72
7	35	84
8	40	96
9	45	108
10	50	120
11	55	132
12	60	144
13	65	156
14	70	168
15	75	180
16	80	192
17	85	204
18	90	216
19	95	228
20	100	240



The above chart shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. HOIST reserves the right to modify the weight stack from the one shown without prior notice.

WORKOUT VARIATIONS

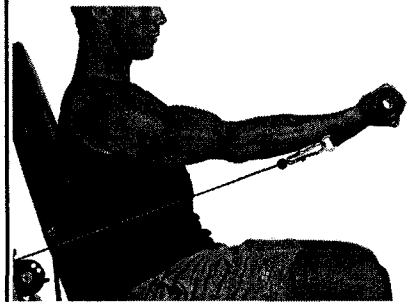
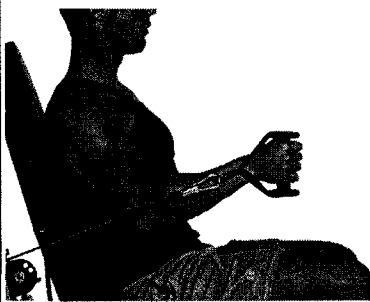
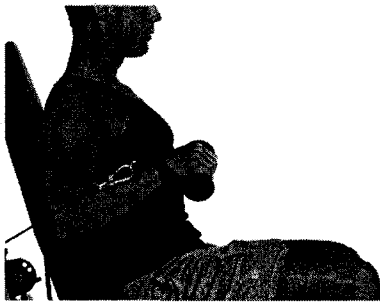
The V2's versatile design allows you to customize your workout to fit your needs. Enhance your routine by performing an exercise using a different hand position or movement pattern. By varying the way you perform an exercise, you will work your muscles differently.

HAND GRIPS		
		
OVERHAND GRIP	NEUTRAL GRIP	UNDERHAND GRIP
Thumbs point inward, towards each other, in the starting position.	Thumbs are parallel, pointing in the same direction, in the starting position.	Thumbs point outward, away from each other, in the starting position.

OWNERS MANUAL

WORKOUT VARIATIONS

HAND ROTATIONS



PRONATION:

Rotating your hand with your thumb turning inward during the exercise.

SUPINATION:

Rotating your hand with your thumb turning outward during the exercise.

ARM MOVEMENTS



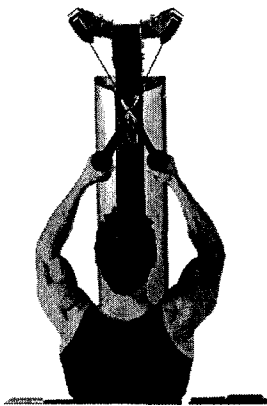
ALTERNATING

ALTERNATING:

Complete movement, from start to finish, using one arm at a time.

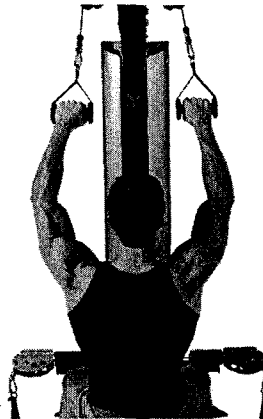
RECIPROCATING:

Continuous position switching back and forth, one arm in the start position and the other.



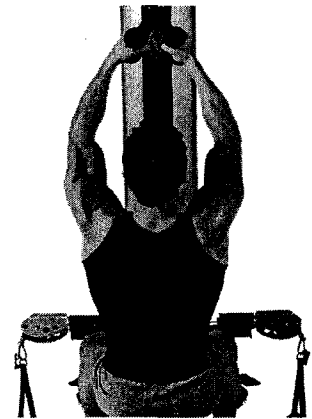
CROSS

Start with **cables** crossed. Begin motion with narrow starting position and complete motion with wide finish position.



STRAIGHT

Traditional pull down. Hands start and finish at approximately the same distance apart.



NARROW

Converging:

Hand position starts wide and finishes narrow.

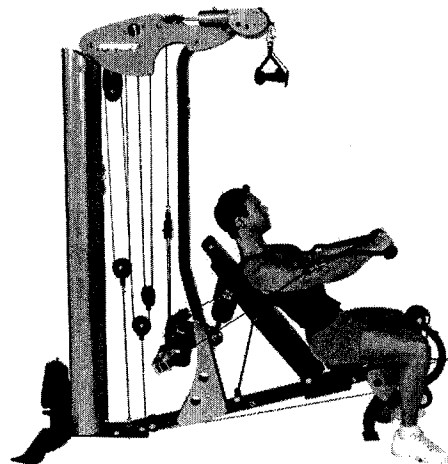
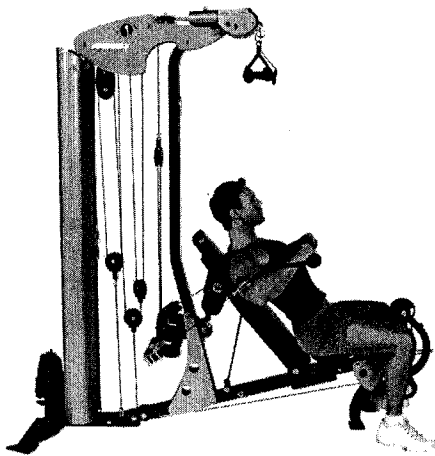
Diverging:

Hand position starts narrow and finishes wide.

OWNERS MANUAL

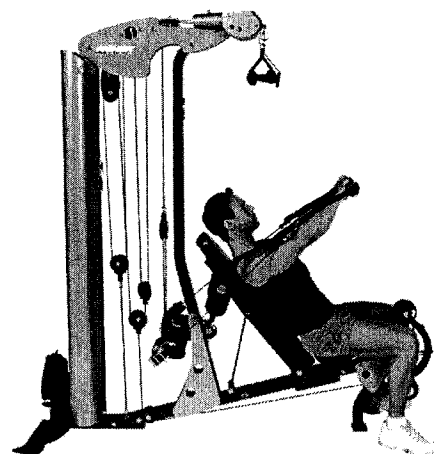
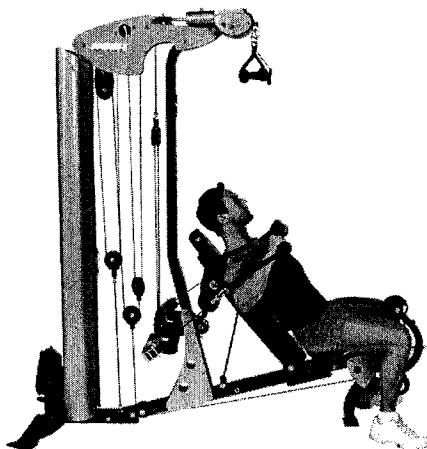
EXERCISE DESCRIPTION

DECLINE PRESS



1. Adjust the seat all the way forward, and lean back against the back pad. With an overhand grip, bring the lower strap handles to a chest level starting position.
2. Press the handles straight forward until your arms are fully extended in front of you and level with your lower chest. Slowly return to the starting position.

VERTICAL BENCH PRESS

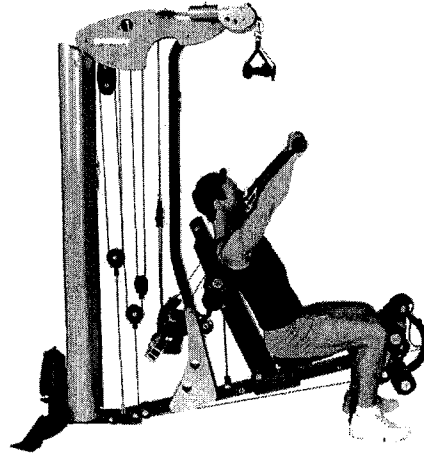
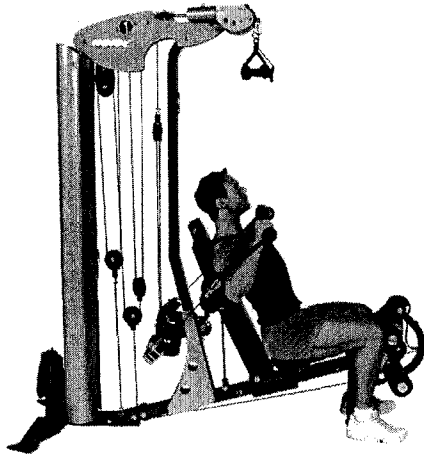


1. Adjust the seat all the way forward, and lean back against the back pad. With an overhand grip, bring the lower strap handles to a chest level starting position.
2. Press the handles forward at a slight upward angle until your arms are fully extended in front of you and level with your chin. Slowly return to the starting position.

OWNERS MANUAL

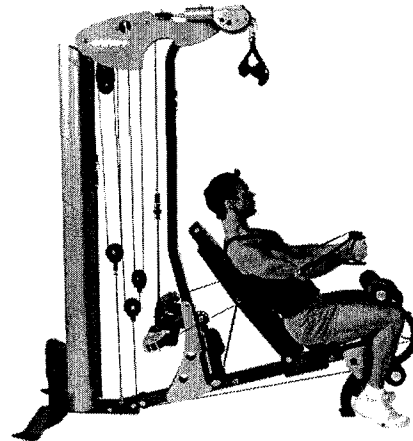
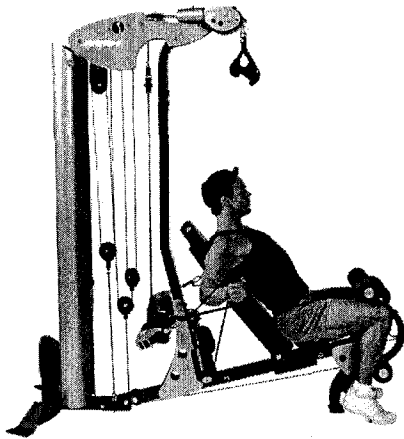
EXERCISE DESCRIPTION

INCLINE PRESS



1. Adjust the seat to a mid position, and lean back against the back pad. With an overhand grip, bring the lower strap handles to a chest level starting position.
2. Press the handles forward at a steep upward angle until your arms are fully extended in front of you and level with your eyes. Slowly return to the starting position.

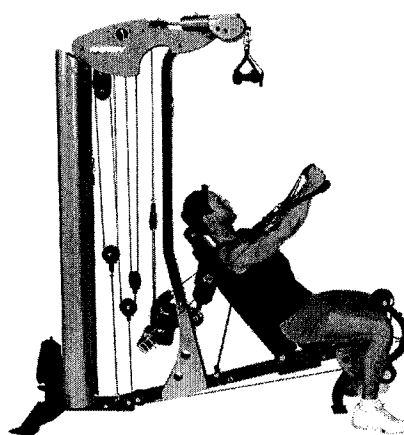
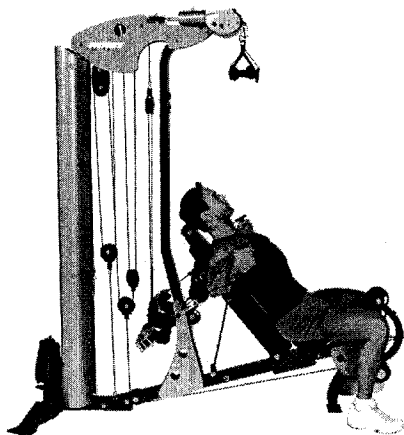
DECLINE FLY



1. Adjust the seat all the way forward, and lean back against the back pad. Grip the lower strap handles and bring them to a chest level starting position.
2. Turn the handles to a neutral grip position with your arms at chest level. Extend them out to the sides with a slight bend in your elbows.
3. Rotate your arms straight forward, pivoting from your shoulders. Finish by bringing your hands together out in front of you and level with your lower chest. Slowly return to the starting position.

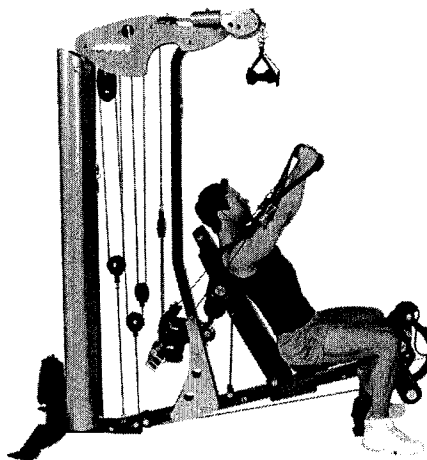
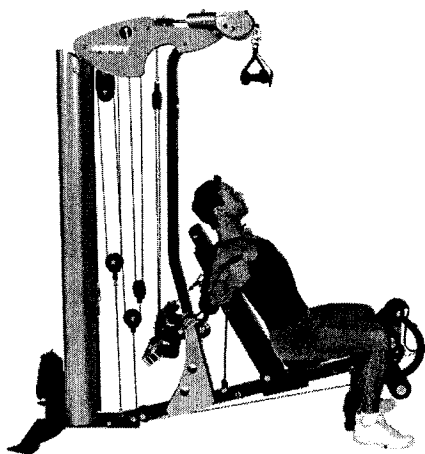
EXERCISE DESCRIPTION

PECTORAL FLY



1. Adjust the seat all the way forward, and lean back against the back pad. Grip the lower strap handles and bring them to a chest level starting position.
2. Turn the handles to a neutral position with your arms at chest level. Extend the handles out to the sides with a slight bend in your elbows.
3. Rotate your arms forward at a slight upward angle, pivoting from your shoulders. Finish by bringing your hands together out in front of you and level with your chin. Slowly return to the starting position.

INCLINE FLY

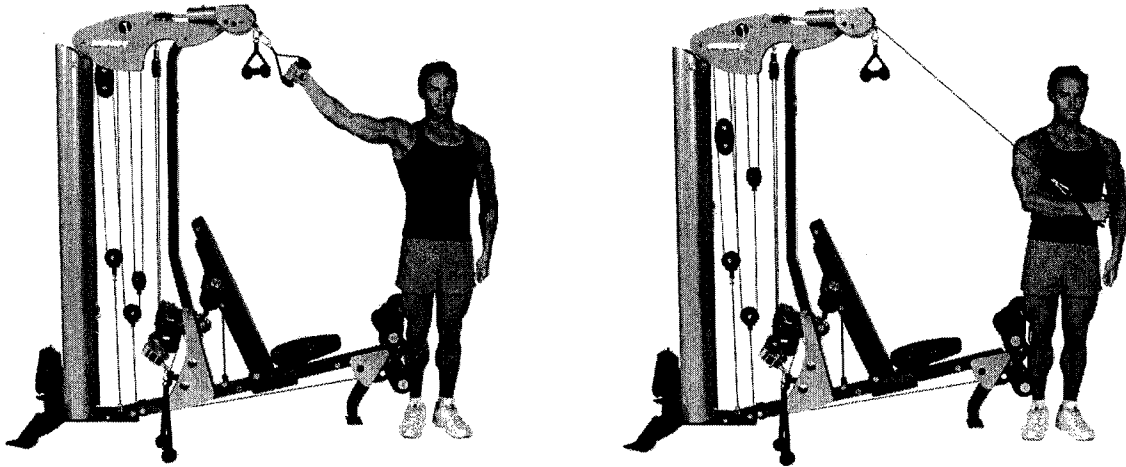


1. Adjust the seat to a mid position, and lean back against the back pad. Grip the lower strap handles and bring them to a chest level starting position.
2. Turn the handles to a neutral grip position with your arms at chest level. Extend the handles out to the sides with a slight bend in your elbows.
3. Rotate your arms forward at a steep upward angle, pivoting from your shoulders. Finish by bringing your hands together out in front of you and level with your eyes. slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION

PECTORAL CROSSOVER

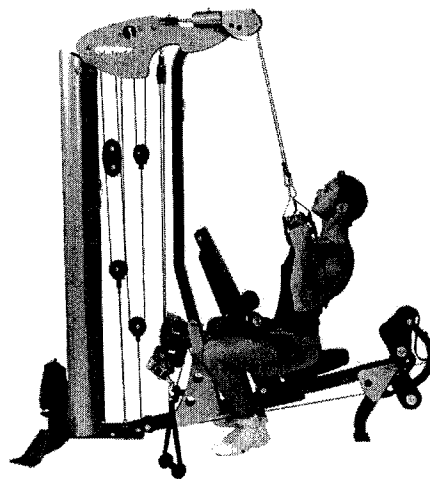
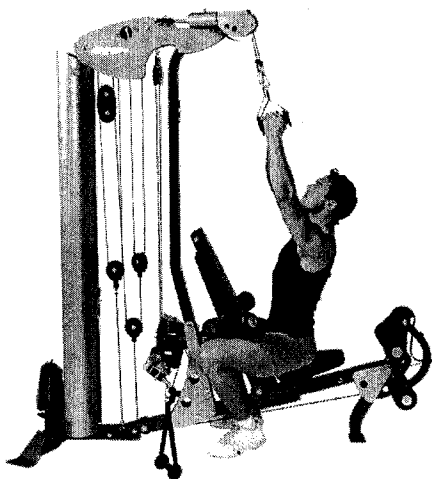


1. Stand sideways to the machine, and grip one of the upper strap handles in a neutral position with the hand closest to the machine.
2. Arc your arm forward and across your body, pivoting from your shoulder. Keep a slight bend in your elbow. Slowly return to the starting position.

OWNERS MANUAL

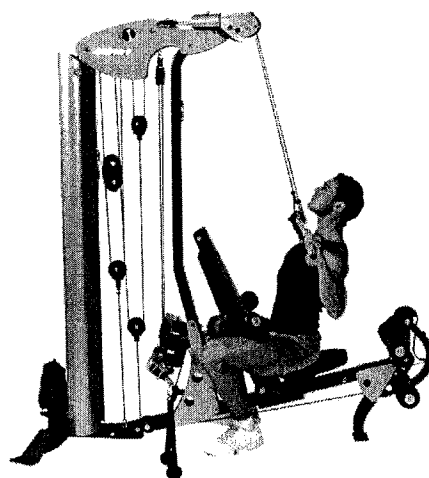
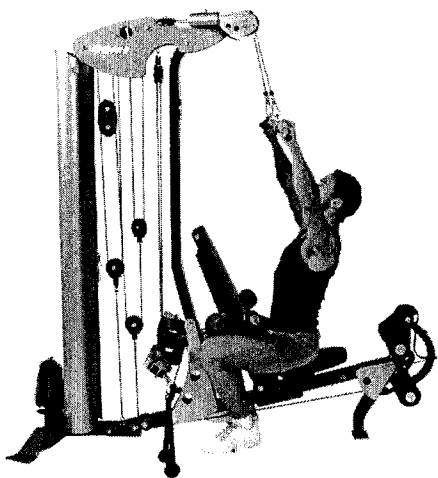
EXERCISE DESCRIPTION

DIVERGING LAT PULLDOWN



1. Adjust the seat all the way rearward. Sit facing the machine with your knees locked under the lat hold down roller pads; adjust the pads if necessary.
2. Grip the upper strap handles in a neutral position, with your hands approximately 6" apart.
3. Pull the handles down slowly in a diverging (narrow to wide) motion. Finish at chest level with your hand slightly wider than your shoulders. Slowly return to the starting position.

WIDE GRIP LAT PULLDOWN

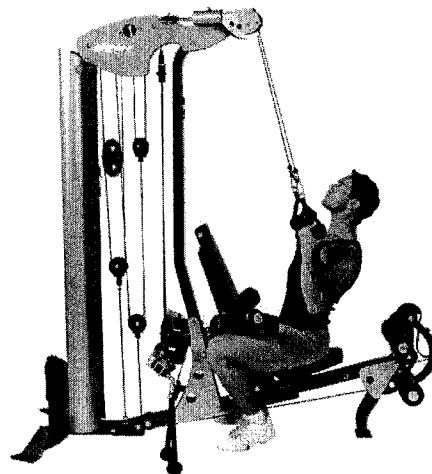
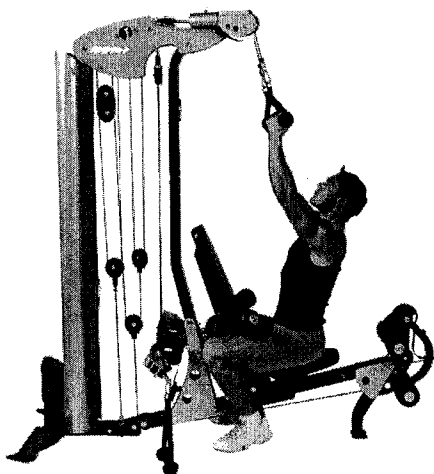


1. Adjust the seat all the way rearward. Attach the lat bar to the upper pulleys. Sit facing the machine with your knees locked under the lat hold down roller pads; adjust the pads if necessary.
2. Grip the bar with your hands in a overhand position, slightly wider than your shoulders.
3. Lean back slightly, and pull the bar down slowly until it touches your upper chest area. Slowly return to the starting position.

OWNERS MANUAL

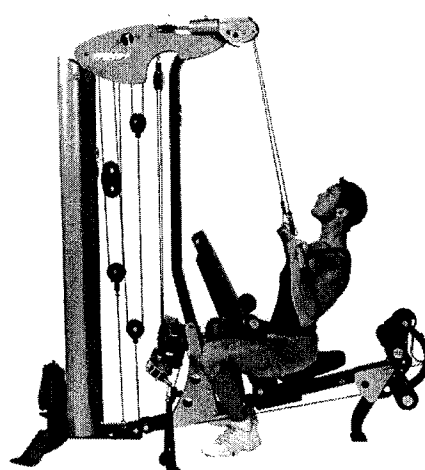
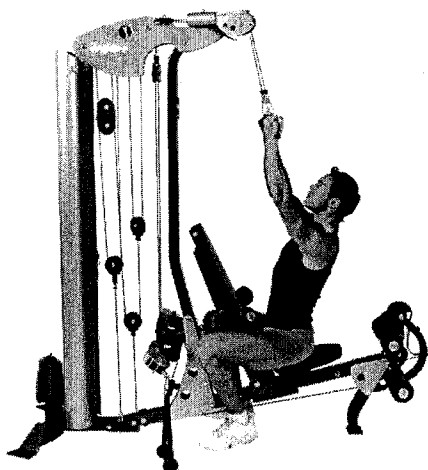
EXERCISE DESCRIPTION

REVERSE GRIP PULLDOWN (1)



1. Adjust the seat all the way rearward. Sit facing the machine with your knees locked under the lat hold down roller pads; adjust the pads if necessary.
2. Grip the upper strap handles in an underhand position, with your hands approximately 6" apart.
3. Pull the handles down slowly and finish with your hands positioned slightly below your chin. Slowly return to the starting position.

REVERSE GRIP PULLDOWN (2)

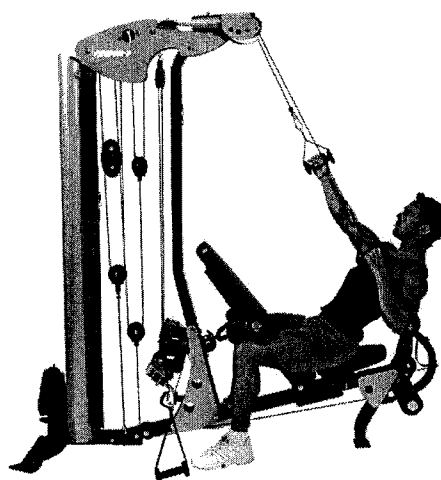
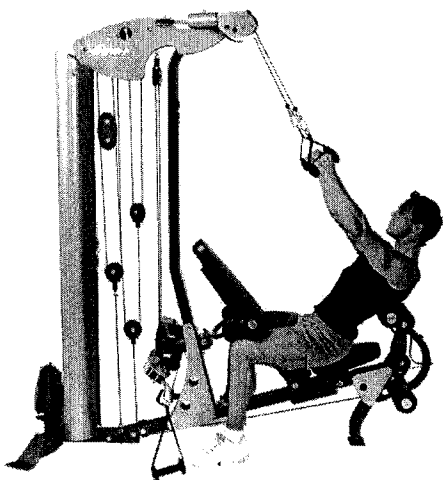


1. Adjust the seat all the way rearward. Attach the lat bar to the upper pulleys. Sit facing the machine with your knees locked under the lat hold down roller pads; adjust the pads if necessary.
2. Grip the bar in an underhand position, with your hands approximately 6" apart.
3. Pull the bar down slowly and finish with your hands positioned slightly below your chin. Slowly return to the starting position.

OWNERS MANUAL

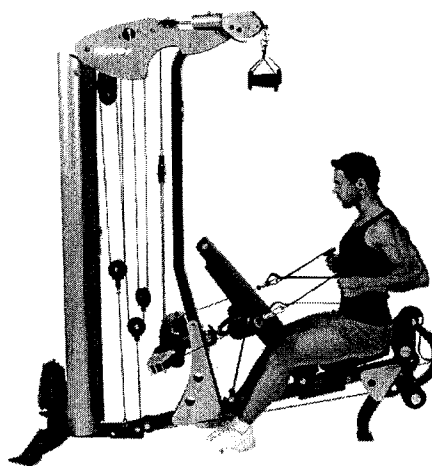
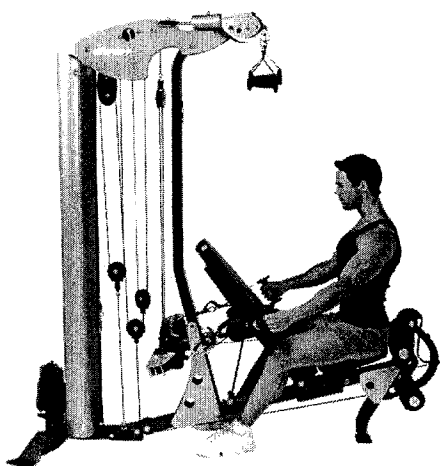
EXERCISE DESCRIPTION

ALTERNATING HIGH PULL



1. Adjust the seat all the way forward and the upper roller pads to their highest setting. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the upper strap handles in a neutral position, with your hands approximately 6" apart. Pull the handles down slowly, alternating one at a time, in a diverging (narrow to wide) motion.
3. Finish at chest level with your hands slightly wider than your shoulders. Slowly return to the starting position.

SEATED LOW ROW

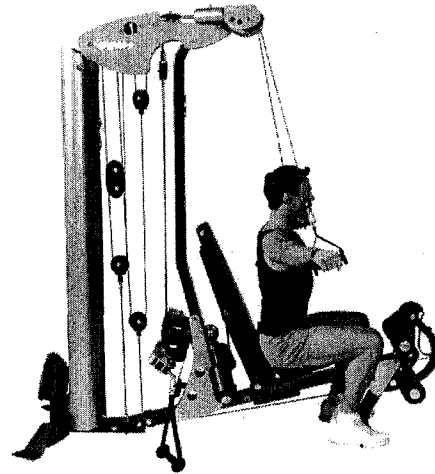
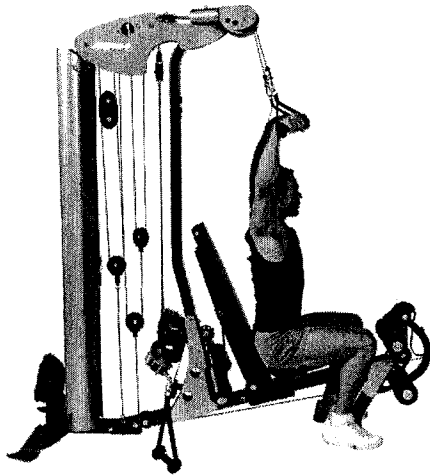


1. Adjust the seat all the way forward. Adjust the lat hold down roller pads to their lowest setting. Sit facing the machine with your feet either on the floor or on the foot brace.
2. Grip the lower strap handles with your arms straight and your hands in a neutral position. Pull the handles towards you, keeping your elbows close to your sides. Slowly return to the starting position.

OWNERS MANUAL

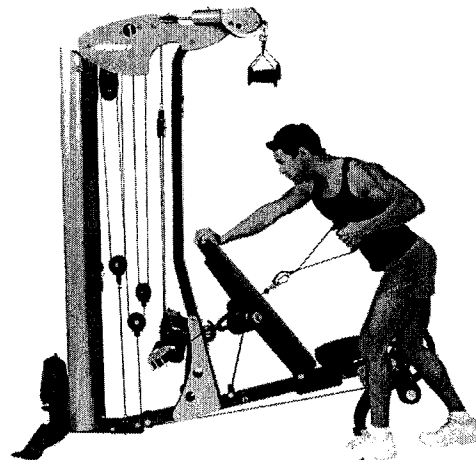
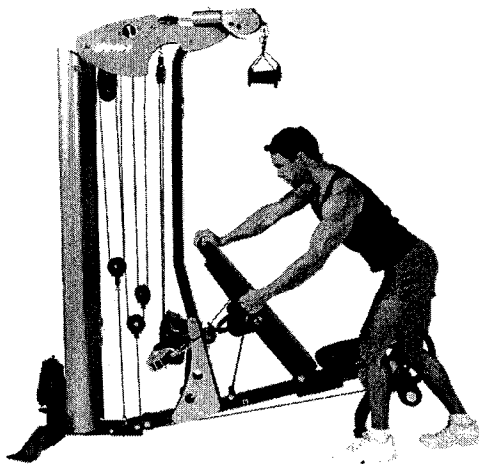
EXERCISE DESCRIPTION

SEATED IRON CROSS



1. Adjust the seat all the way rearward. Sit upright and grip the upper strap handles in an overhand position, palms facing outward.
2. Arc your arms down slowly, keeping a slight bend in your elbows. Finish with your arms straight out to the side, hands at shoulder level. Slowly return to the starting position.

ONE ARM ROW

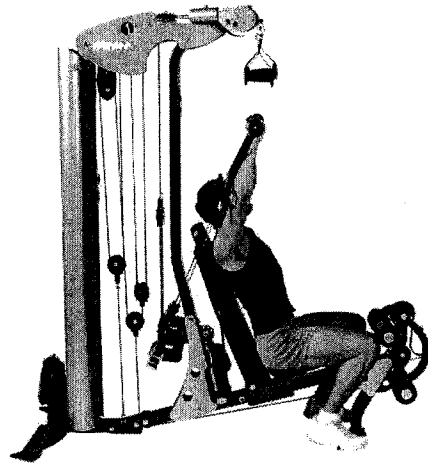
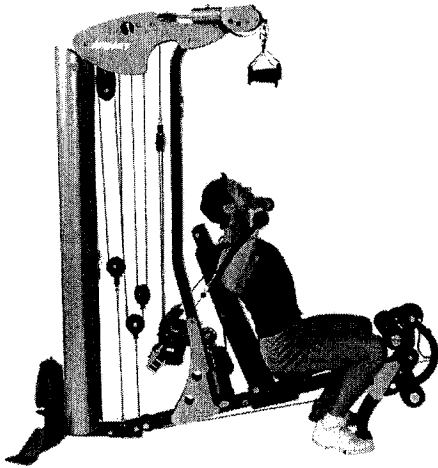


1. Stand to the side of the machine, and grip one of the lower strap handles in a neutral position. Bend over slightly, using the back pad for support. Keep your knees slightly bent.
2. Pull the handle towards you at an upward angle, keeping your elbow close to your body. Slowly return to the starting position.

OWNERS MANUAL

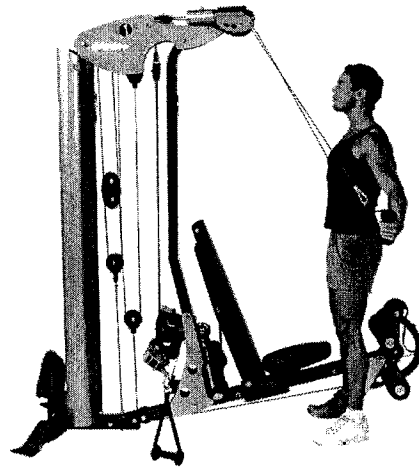
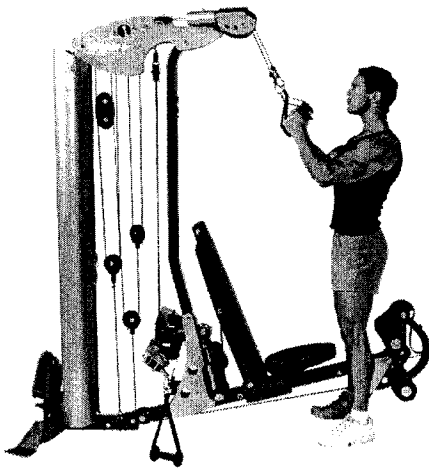
EXERCISE DESCRIPTION

SHOULDER PRESS



1. Adjust the seat all the way rearward and lean back against the back pad. With an overhand grip, bring the lower strap handles to a shoulder level starting position.
2. Press the handles upward at a steep angle until your arms are fully extended over your head. Slowly return to the starting position.

STANDING REAR DELTOID

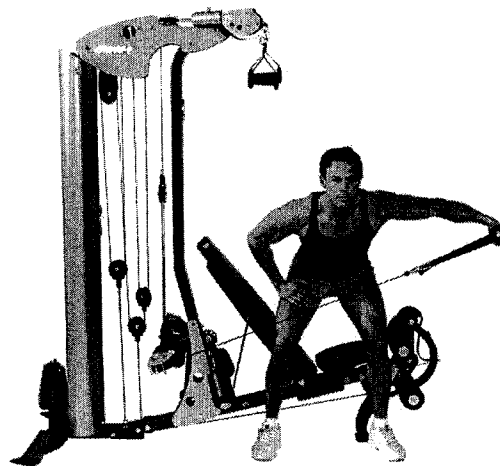
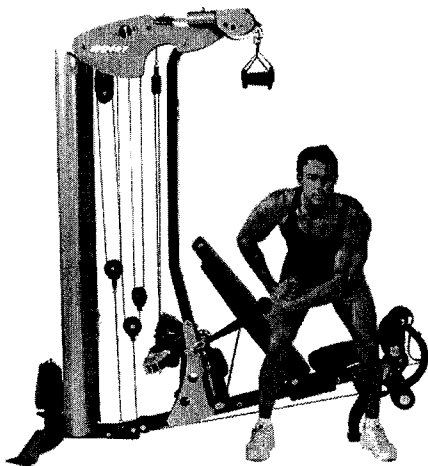


1. Adjust the seat all way rearward. Stand straddling the seat, grip the upper strap handles in a crossed arm, neutral position, with your palms facing outward and your elbows slightly bent.
2. Arc your arms across your body in a downward angle, pivoting from your shoulders.
3. Finish by extending your arms out to the sides at waist level. Keep a slight bend in your elbows at all times. Slowly return to the starting position.

OWNERS MANUAL

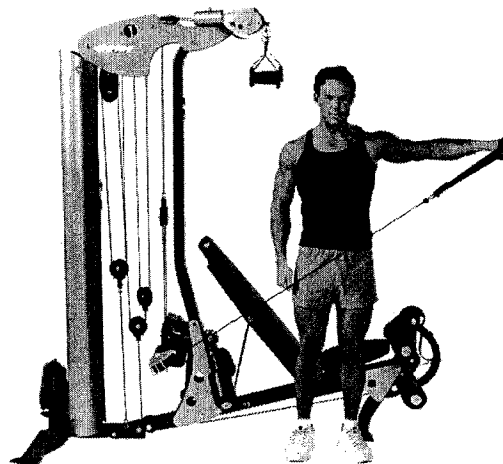
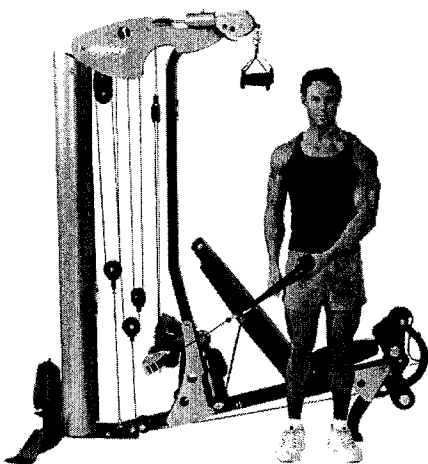
EXERCISE DESCRIPTION

BENT OVER REAR DELTOID



1. Stand to the side of the machine, and grip one of the lower strap handles in a neutral position with the hand furthest from the machine.
2. Bend at the waist, and rest your free hand on your upper thigh for support. Keep your knees bent.
3. Arc your arm upward, pivoting from your shoulder. Keep a slight bend in your elbow. Slowly return to the starting position.

LATERAL DELTOID

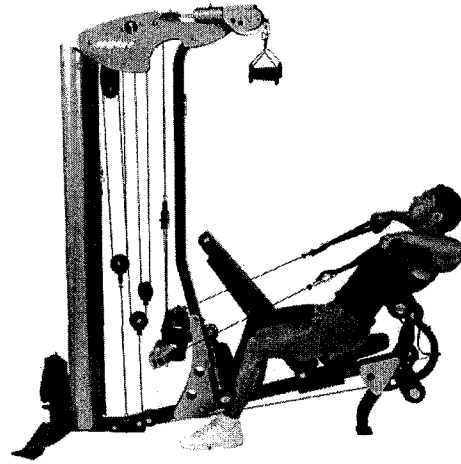
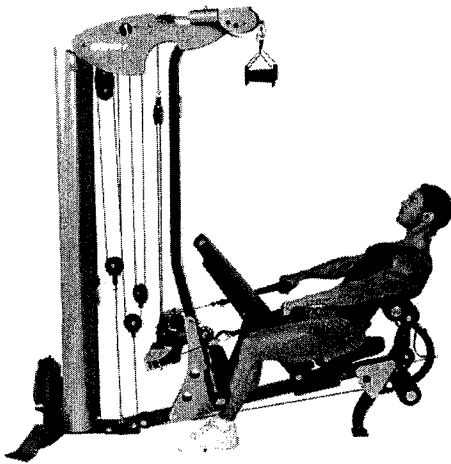


1. Stand to the side of the machine, and grip one of the lower strap handles in a neutral position with the hand furthest from the machine.
2. Raise your arm laterally, until it is approximately parallel to the floor. Keep a slight bend in your elbow. Slowly return to the starting position.

OWNERS MANUAL

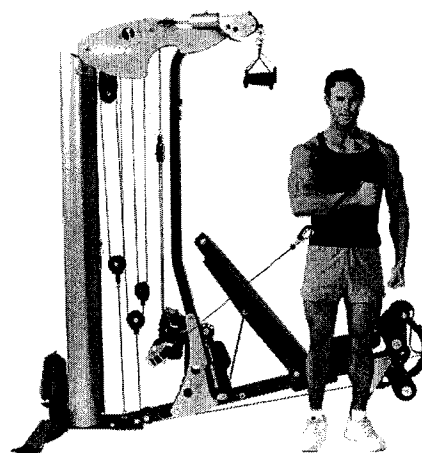
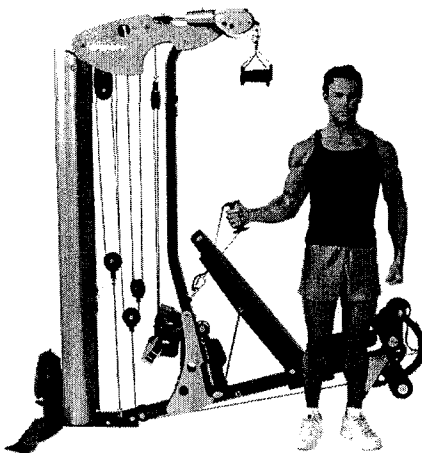
EXERCISE DESCRIPTION

SEATED UPRIGHT ROW



1. Adjust the seat all the way forward and the upper rollers to their highest setting. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the lower strap handles with your arms straight and your hands in an overhand position. Keeping your elbows above your hands, slowly pull upward towards your chin. Slowly return to the starting position.

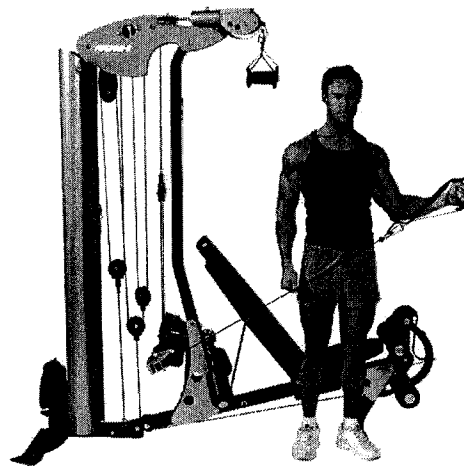
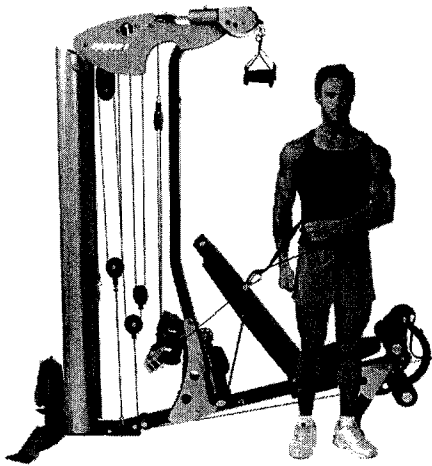
INTERNAL ROTATOR CUFF



1. Stand to the side of machine, and grip one of the lower strap handles in a neutral position with the hand closest to the machine.
2. Keep your upper arm close to your side and your hand extended forward. Keep your forearm parallel to the floor.
3. Keep your body straight, and rotate your arm inward, pivoting from the shoulder. Keep your elbow in, close to your side and bent at a 90 degree angle. Slowly return to the starting position.

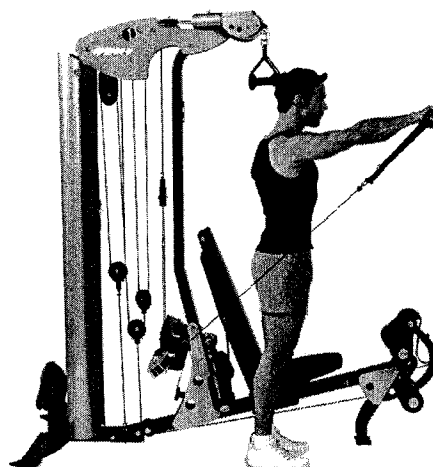
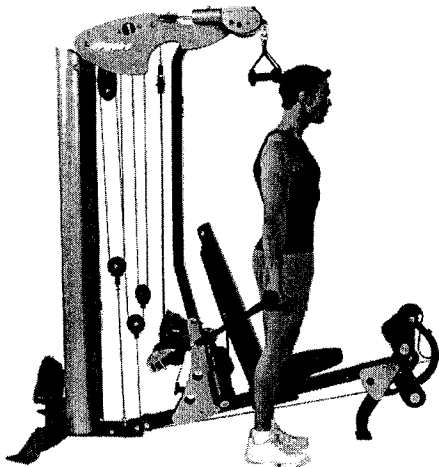
OWNERS MANUAL

EXERCISE DESCRIPTION **EXTERNAL ROTATOR CUFF**



1. Stand to the side of the machine, and grip one of the lower strap handles in a neutral position with the hand furthest from the machine.
2. Keep your upper arm close to your side and your hand extended forward. Keep your forearm parallel to the floor.
3. Keep your body straight, and rotate your arm outward, pivoting from the shoulder. Keep your elbow in, close to your side and bent at a 90 degree angle. Slowly return to the starting position.

FRONT DELTOID

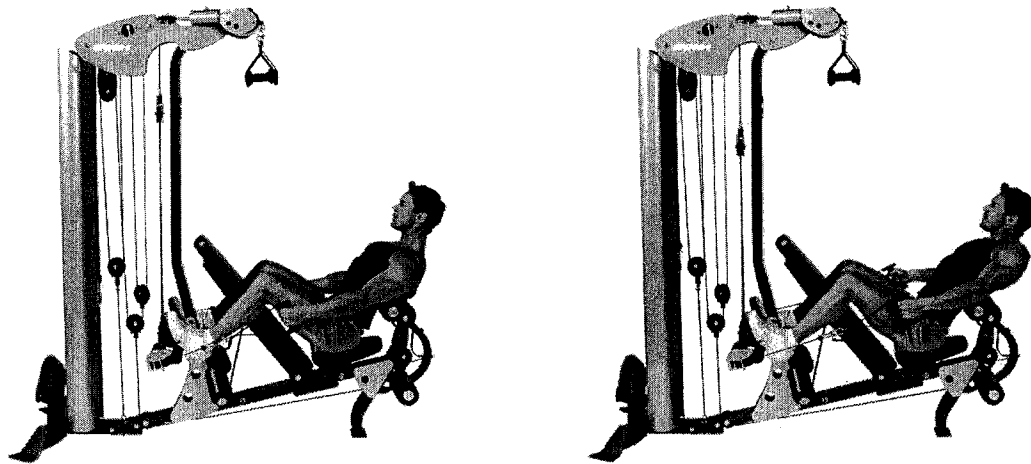


1. Stand to the side of the machine, and grip one of the lower strap handles in an overhand position.
2. Keeping your arm straight, raise the handle until your arm is approximately parallel to the floor. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION

SEATED SHOULDER SHRUG

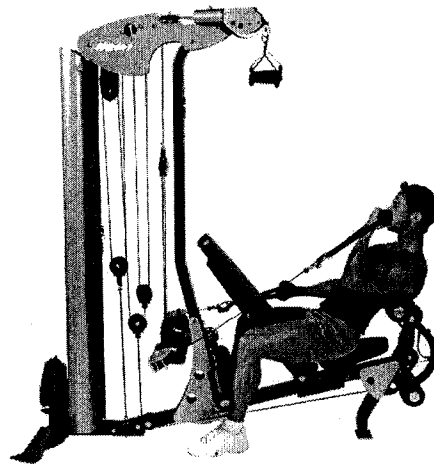
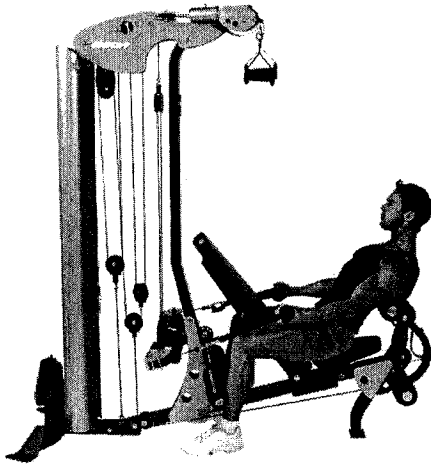


1. Adjust the seat all the way forward and the upper rollers to their highest setting. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the lower strap handles with your arms straight and hands in a neutral position. Keeping your arms straight, slowly pull your shoulders upwards, towards your ears. Slowly return to the starting position.

OWNERS MANUAL

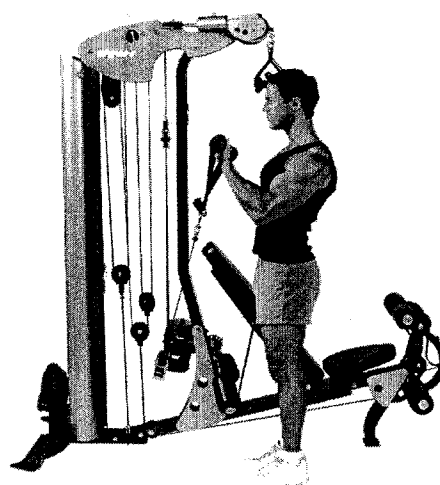
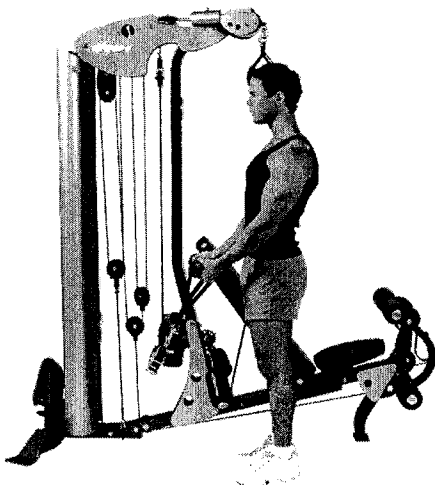
EXERCISE DESCRIPTION

SEATED ALTERNATE CURL



1. Adjust the seat all the way forward and the upper rollers to their highest setting. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the lower strap handles with your arms slightly bent and your hands in an underhand position. Curl your arms upward, alternating one at a time. Slowly return to the starting position.

STANDING BICEPS CURL

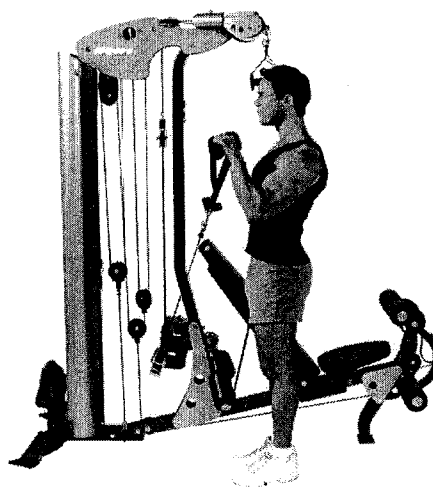
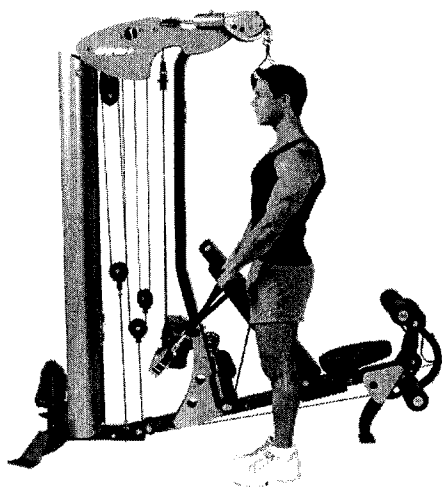


1. Attach both strap handles to one lower pulley. Stand to that side of the machine, and grip both handles in an underhand position.
2. Keep your elbows at your sides, and curl your arms upward slowly. Slowly return to the starting position.

OWNERS MANUAL

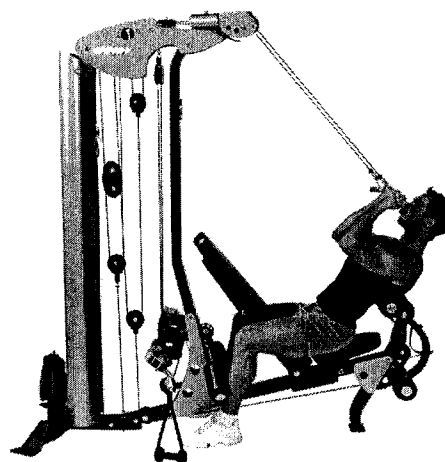
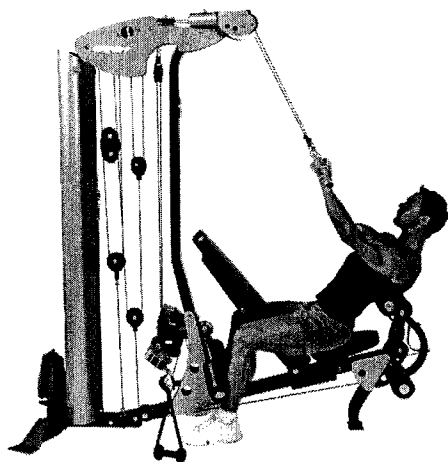
EXERCISE DESCRIPTION

STANDING REVERSE CURL



1. Attach both strap handles to one lower pulley. Stand to that side of the machine and grip both handles in an overhand position.
2. Keep your elbows at your sides, and curl your arms upward slowly. Slowly return to the starting position.

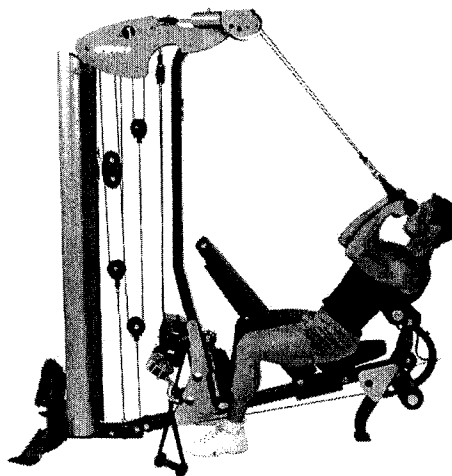
OVERHEAD BICEPS CURL (1)



1. Adjust the seat all the way forward and the upper rollers to their highest setting. Attach the lat bar to the upper pulleys. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the bar in an underhand position with your arms slightly bent and your hands approximately 6" apart.
3. Bend at your elbows and curl the bar slowly. Finish with your hands positioned in front of your chin. Slowly return to the starting position.

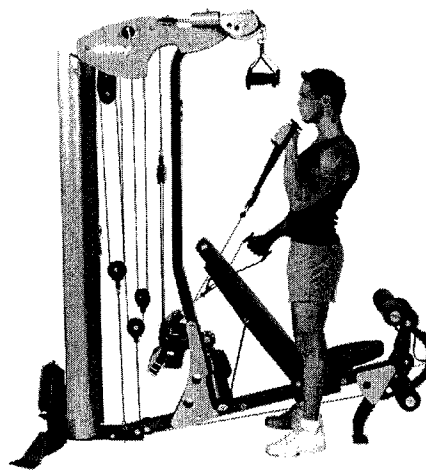
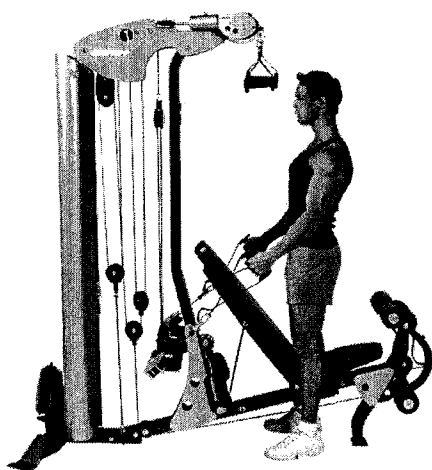
EXERCISE DESCRIPTION

OVERHEAD BICEPS CURL (2)



1. Adjust the seat all the way forward and the upper rollers to their highest setting. Sit facing the machine with your back leaning against the upper roller pads.
2. Grip the upper strap handles in an underhand position with your arms slightly bent and your hands approximately 6" apart.
3. Bend at your elbows, and curl the handles slowly. Finish with your hands positioned in front of your chin. Slowly return to the starting position.

ALTERNATING HAMMER CURL

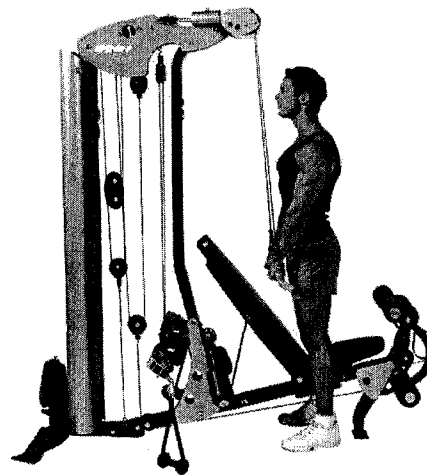
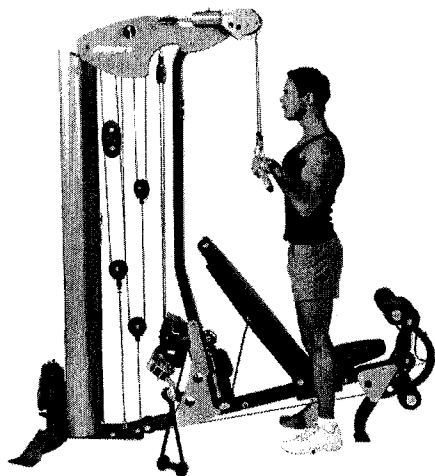


1. Adjust the seat all the way rearward. Stand straddling the seat, and grip the lower strap handles with your arms slightly bent and your hands in a neutral position.
2. Keeping your elbows at your sides, curl your arms upward slowly, alternating one at a time. Slowly return to the starting position.

OWNERS MANUAL

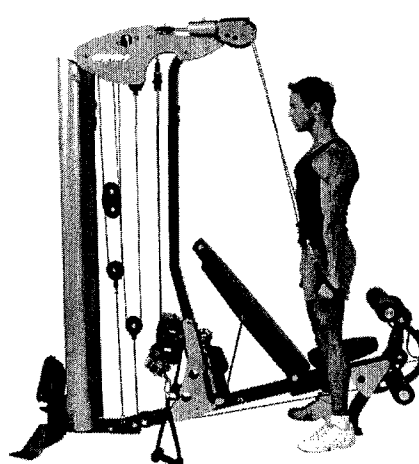
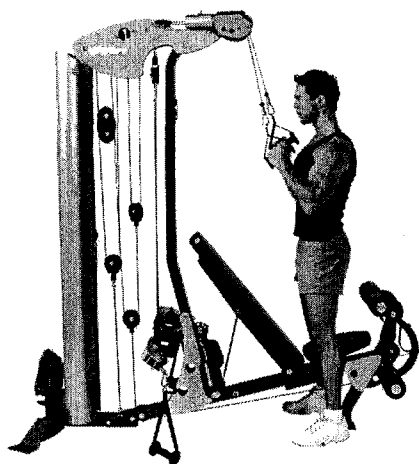
EXERCISE DESCRIPTION

TRICEPS PUSHDOWN



1. Adjust the seat all the way rearward. Stand straddling the seat and attach the lat bar to the upper pulleys. Grip the bar in an overhand position with your hands approximately 6" apart.
2. Bring the bar to chest height. Keep your upper arms tight against your body, and push the bar down slowly. Slowly return to the starting position.

HAMMER PUSHDOWN

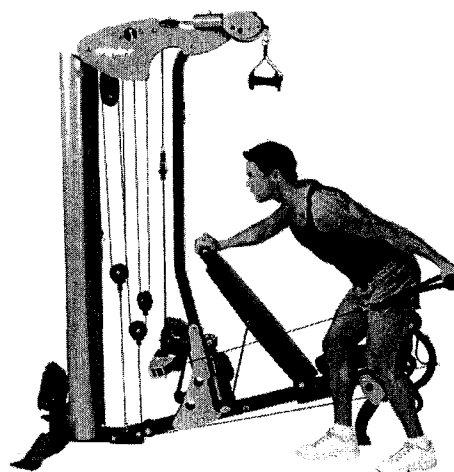
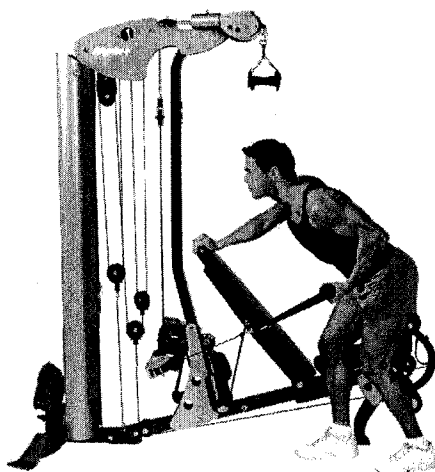


1. Adjust the seat all the way rearward. Stand straddling the seat, grip the upper strap handles in a crossed arm, neutral position, with your palms facing outward.
2. Bring the handles to chest height. Keep your upper arms tight against your body, and push the handles down slowly across your body. Slowly return to the starting position.

OWNERS MANUAL

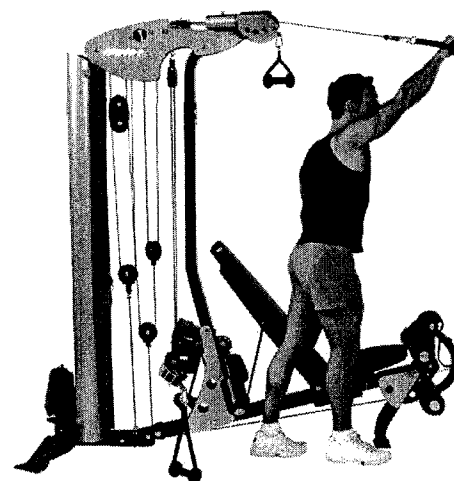
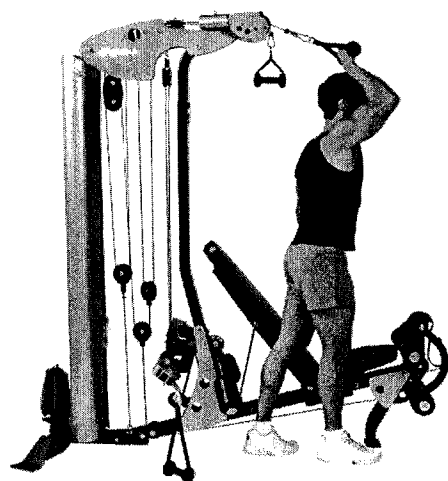
EXERCISE DESCRIPTION

REVERSE TRICEPS KICKBACK



1. Stand to the side of the machine and grip the lower strap handle on that side in an underhand position. Bend over slightly, using the back pad for support. Keep your knees slightly bent.
2. Keep your upper arm tight against your body and extend the handle rearward, pivoting at your elbow. Slowly return to the starting position.

STANDING TRICEPS EXTENSION

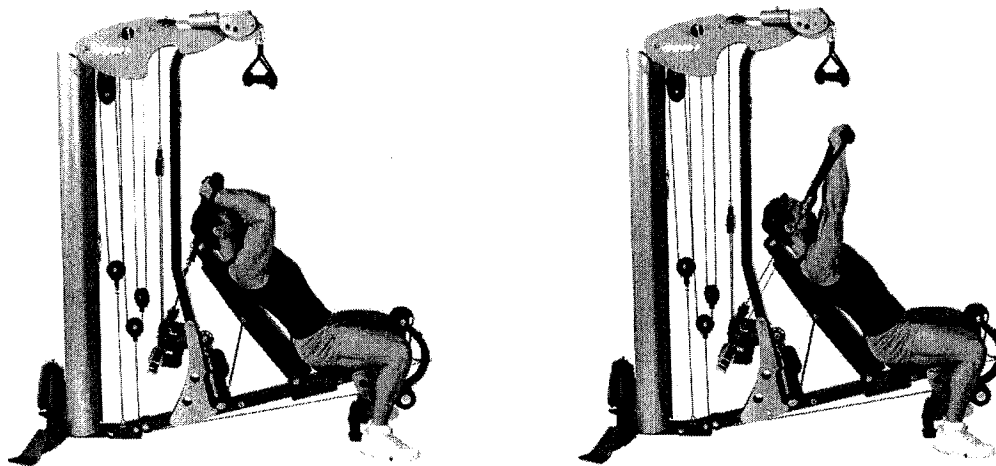


1. Stand to the side of the machine and grip one of the upper strap handles in an overhand position.
2. Hold the handle behind your head, and keep your elbow close to the side of your head. Extend the handle forward, pivoting at your elbow. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION

SEATED TRICEPS EXTENSION

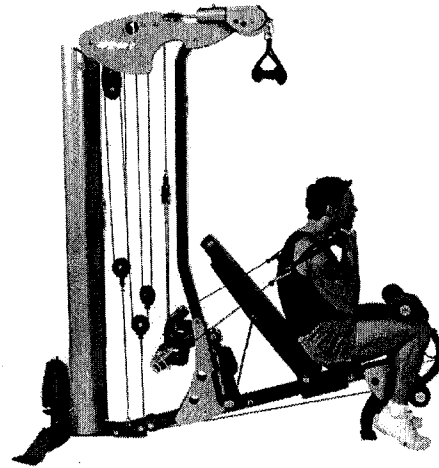
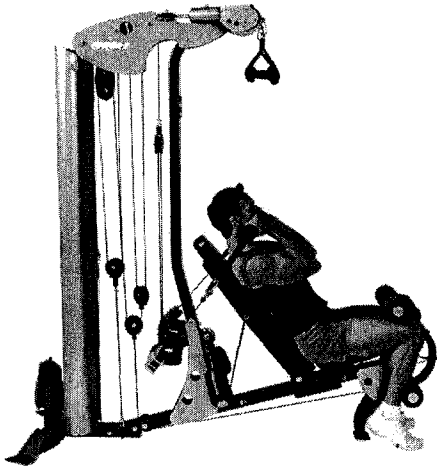


1. Adjust the seat all the way forward, and lean back against the back pad. With an overhand grip, bring the lower strap handles to a head level starting position.
2. Keep your elbows close to your head. Slowly press the handles forward at an upward angle until your arms are fully extended in front of you and level with your eyes. Slowly return to the starting position.

OWNERS MANUAL

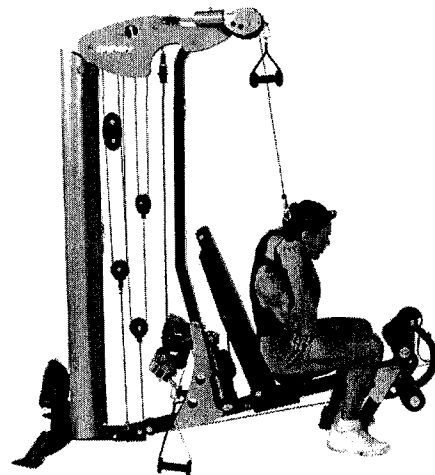
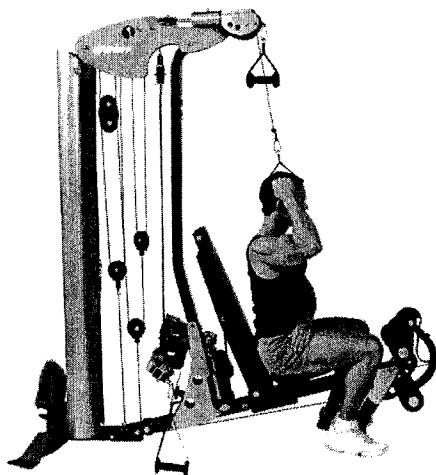
EXERCISE DESCRIPTION

ABDOMINAL CRUNCH



1. Adjust the seat all the way forward and the upper rollers to the highest setting. Lean back against back pad with your knees under the upper rollers.
2. Grip the lower strap handles in a underhand position, with your palms facing your body. Bring the handles to a chin level starting position, slightly in front of your shoulders.
3. Curl your body forward, approximately half way towards your knees, by pivoting from your upper abdominal area. Keep your upper arms tight against your body. Slowly return to the starting position.

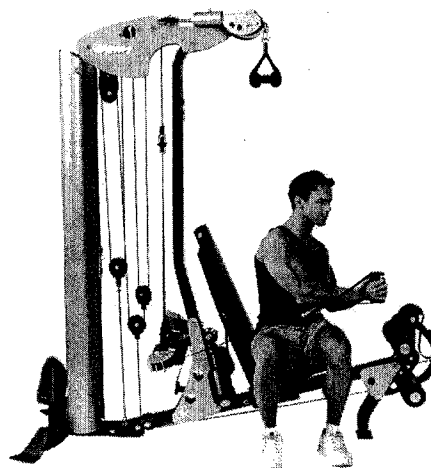
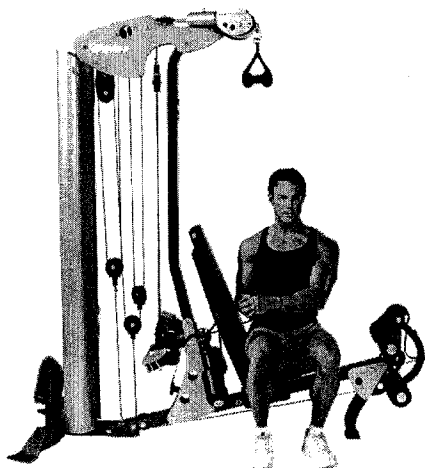
SEATED OBLIQUE CRUNCH



1. Adjust the seat all the way rearward. Sit upright and grip one of the upper strap handles in a neutral position, with your palm facing inward. Bring the handle to a head level starting position.
2. Curl your body to the side, keeping your arm stationary and bending only at the waist. Slowly return to the starting position.

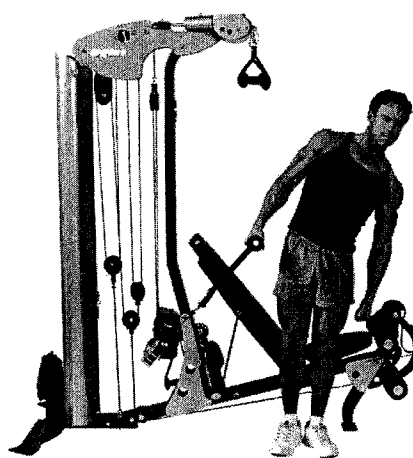
OWNERS MANUAL

EXERCISE DESCRIPTION TORSO ROTATION



1. Adjust the seat all the way rearward. Sit upright facing sideways. Grip one of the lower strap handles with both hands in a neutral position, with your palms facing each other.
2. Keep your upper arms tight against your body and extend your hands forward. Keep your forearms parallel to the floor.
3. Twist your upper body to the side, by rotating at the waist. Keep your lower body stationary. Slowly return to the starting position.

SIDE BENDS

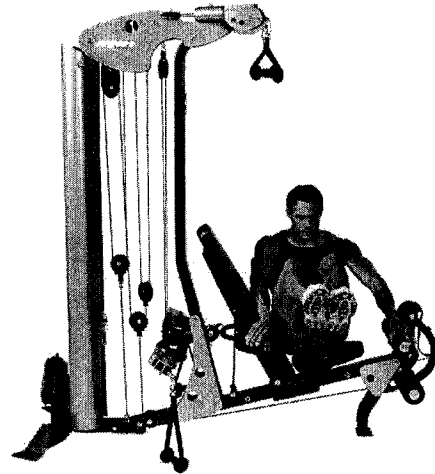
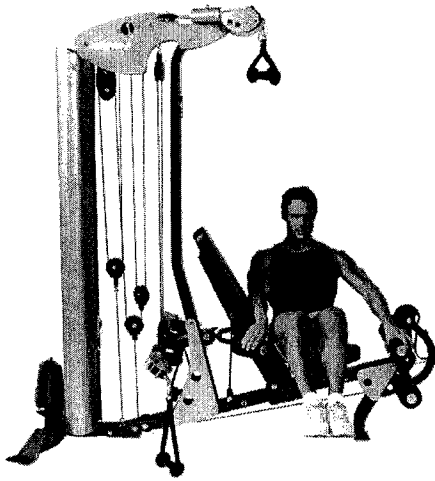


1. Stand to the side of the machine, and grip one of the lower strap handles in a neutral position with the hand closest to the machine.
2. Keep your arm straight and crunch your upper body over the opposite side. Keep your lower body stationary and bend only at the waist. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION

KNEE RAISE

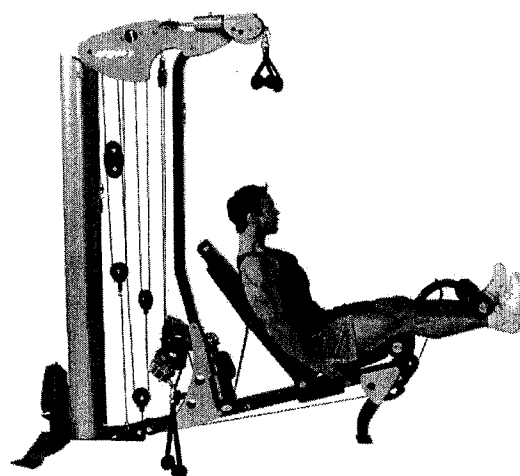
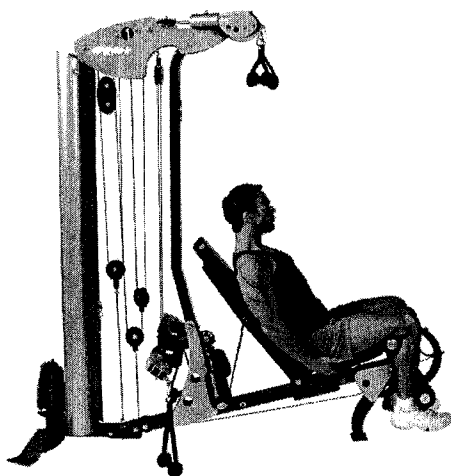


1. Adjust the seat all the way rearward. Sit facing sideways and lift your feet off the ground, leaning back for balance.
2. Lift your knees towards your chest, keeping both feet together. Slowly return to the starting position.

OWNERS MANUAL

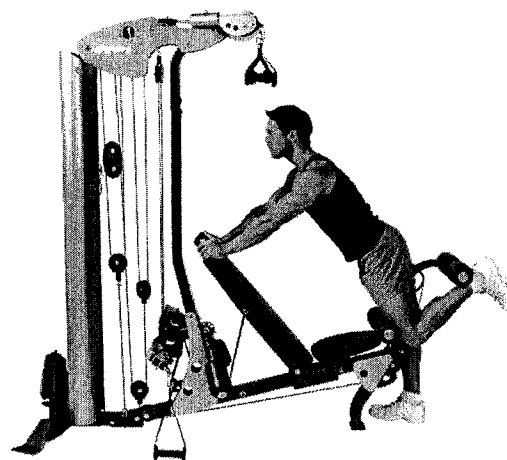
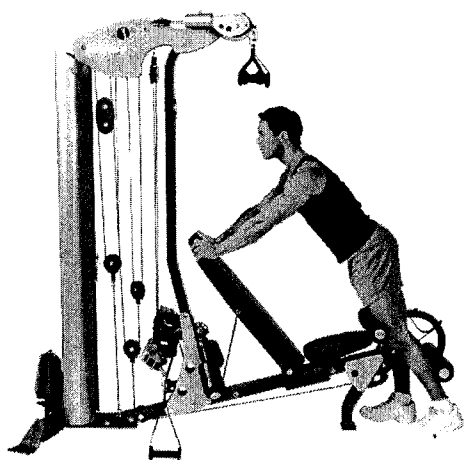
EXERCISE DESCRIPTION

LEG EXTENSION



1. Adjust the upper rollers to their lowest setting. Adjust the seat so that the pivot point of the leg extension / leg curl arm lines up with the pivot point of your knees.
2. Hook your legs over the upper roller pads and your feet under the lower roller pads. Extend your legs forward and hold your position momentarily. Slowly return to the starting position.

STANDING LEG CURL

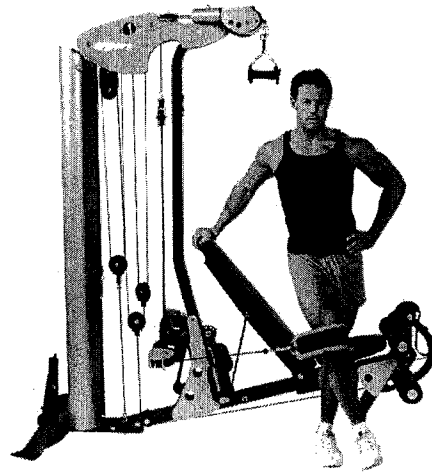
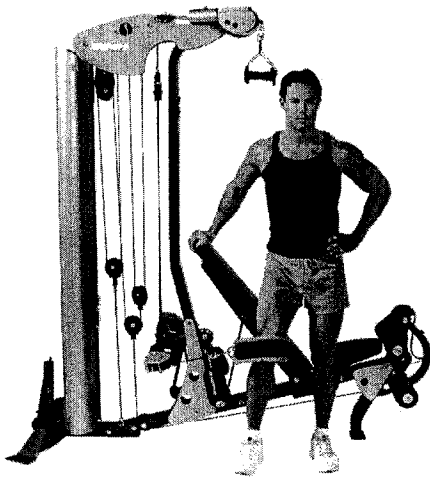


1. Stand facing the machine. Adjust the seat all the way forward and the upper roller pads to their highest setting.
2. Hook one foot under the lower roller pad, and lean forward slightly using the back pad for support. Curl your leg upward and hold your position momentarily. Slowly return to the starting position.

OWNERS MANUAL

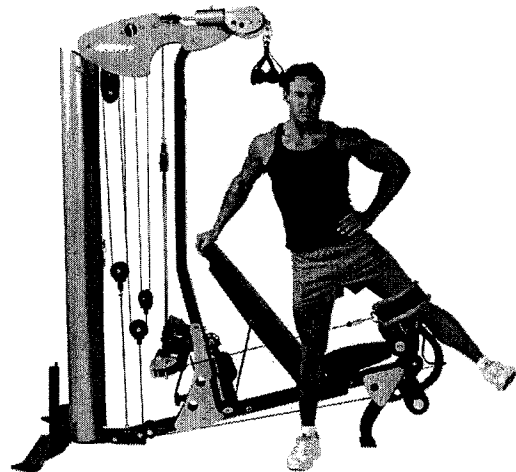
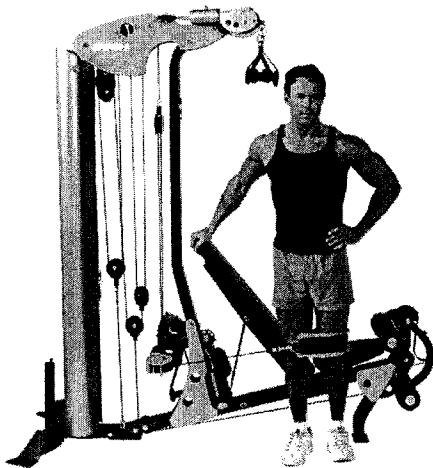
EXERCISE DESCRIPTION

INNER THIGH



1. Attach the padded cuff to a lower pulley. Stand to the side of the machine, and attach the cuff to the leg closest to the pulley.
2. Hold the back pad for balance and scissor your leg across your body. Keep the rest of your body stationary. Slowly return to the starting position.

OUTER THIGH

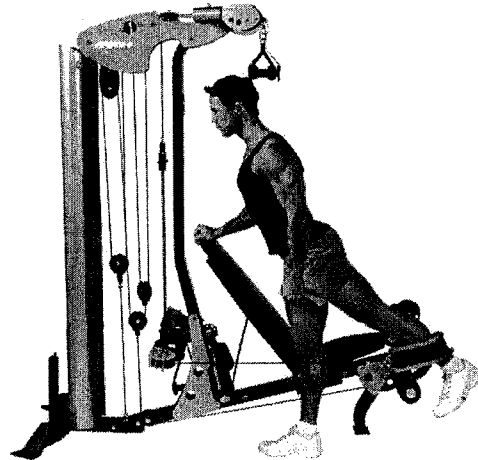
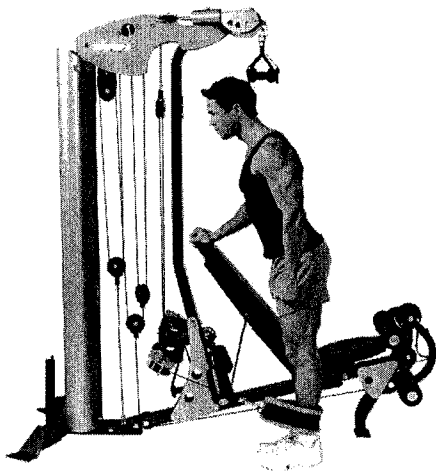


1. Attach the padded cuff to a lower pulley. Stand to the side of the machine, and attach the cuff to the leg furthest from the pulley.
2. Hold the back pad for balance. Keep your leg straight and slightly in front of you body.
3. Lift your leg outward and upward as far as possible, leading with your heel. Keep the rest of of your body stationary. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION

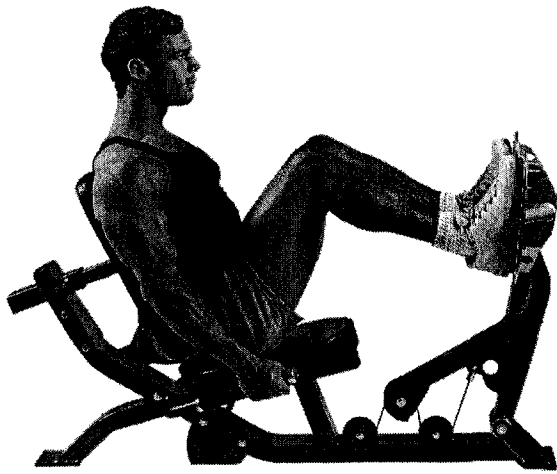
GLUTE KICK



1. Attach the padded cuff to a lower pulley. Stand to the side of the machine, and attach the cuff to the leg closest to the pulley. Lean forward slightly using the back pad for balance.
2. Raise your foot up, in a backwards direction, as far as possible. Keep your hips stationary, leg straight, and toes pointed down. Slowly return to the starting position.

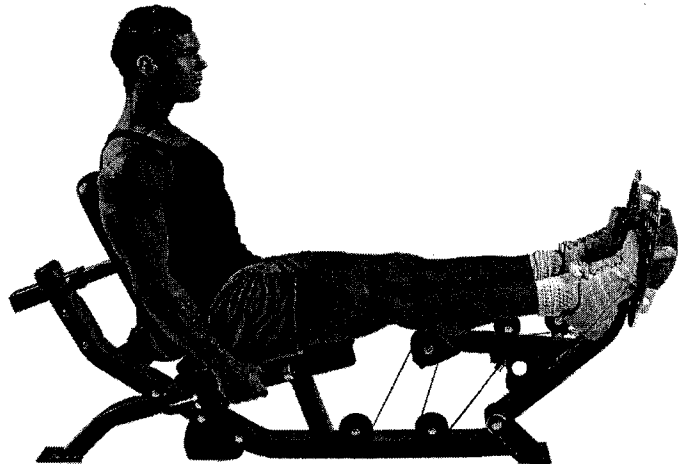
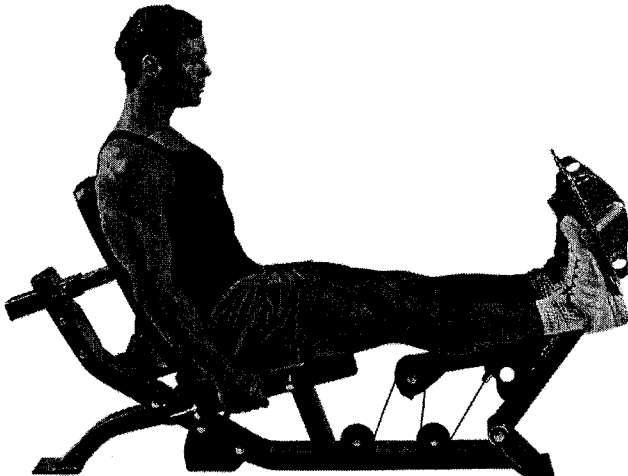
EXERCISE DESCRIPTION

LEG PRESS (OPTIONAL)



1. Adjust the back pad so your legs are bent when your feet are placed on the foot plate. Position your knees as close to your body as possible without bending past a 90 degrees angle.
2. Slowly push your legs to a straight position and leave a slight bend in your knees when fully extended. Never allow your knees to lock during the movement. Slowly return to the starting position.

TOE RAISES (OPTIONAL)

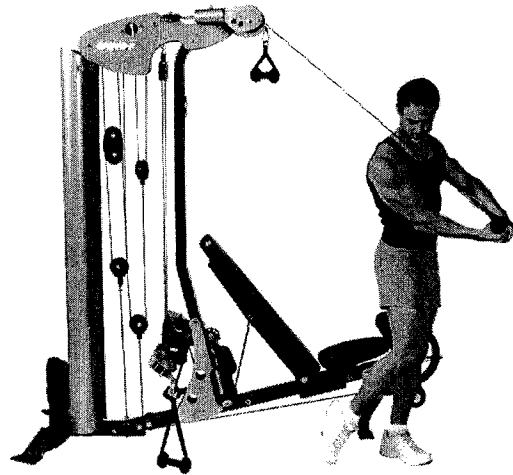
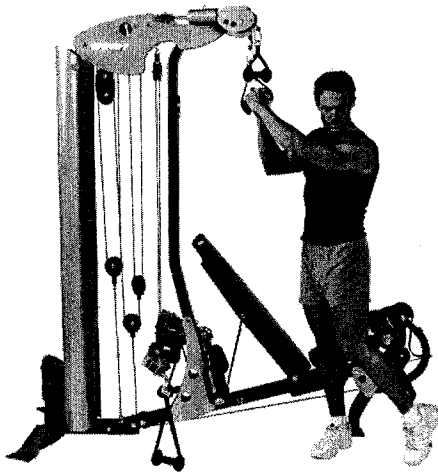


1. Adjust the back pad so your legs are slightly bent when your feet are placed on the foot plate. Fully extend legs with your heels slightly lower than the bottom of the foot plate. Do not lock your knees.
2. Keep your knees in the position described above; flex your toes forward as far as possible. Slowly return to the starting position.

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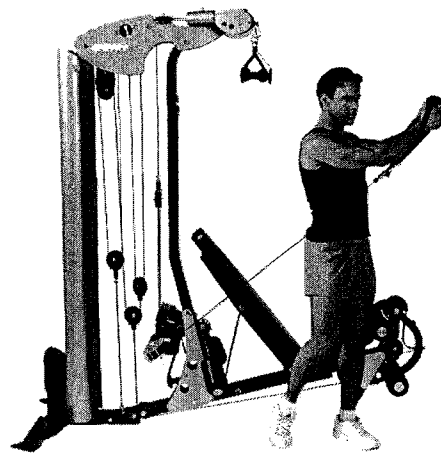
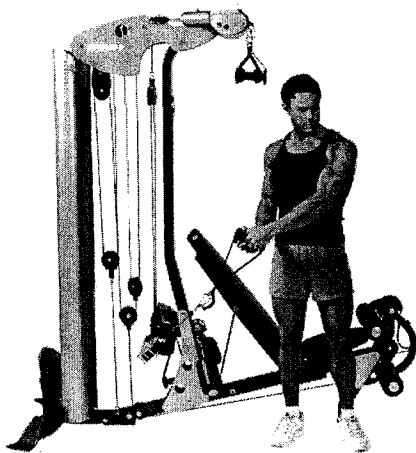
EXERCISE DESCRIPTION

GOLF SWING (FUNCTIONAL)



1. Stand to the side of the machine. Grip one of the upper strap handles with both hands in a neutral position, palms facing each other. Assume your normal golf stance.
2. Hold the handle above your head, and follow through with your natural swing arc, as if you were holding a club. Keep your motion fluid as you shift your weight. Slowly return to the starting position.

TENNIS BACKHAND (FUNCTIONAL)

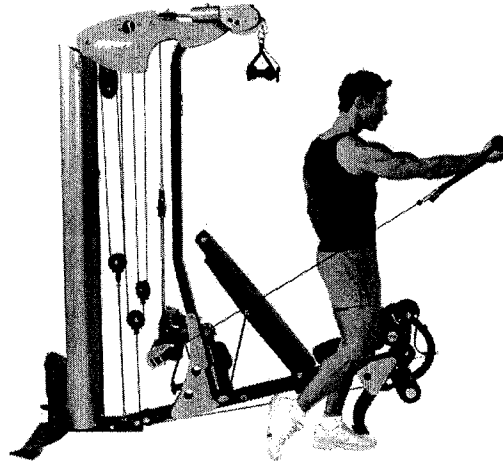
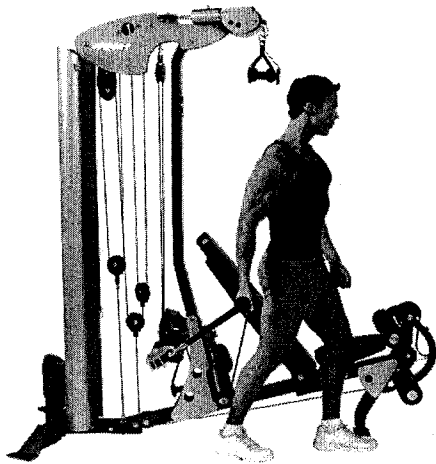


1. Stand to the side of the machine and grip one of the lower strap handles as if it were a tennis racquet. Use one or two hands, depending on your preference. Assume your normal tennis stance.
2. Hold the handle at waist level and follow through with your natural swing. Rotate your torso, with your knees bent. Keep your motion fluid as you shift weight. Slowly return to the starting position.

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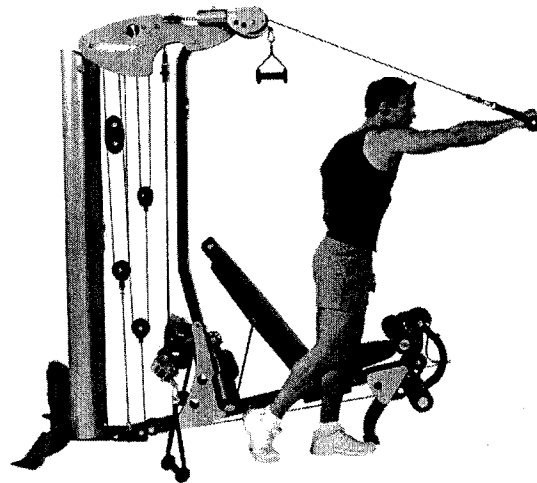
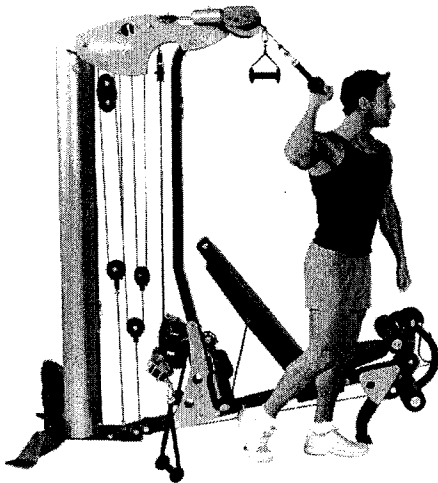
EXERCISE DESCRIPTION

BOWLING / UNDERHAND PITCH (FUNCTIONAL)



1. Stand to the side of the machine, and grip one of the lower strap handles in an underhand position, with your arm down to the side.
2. Step forward with the opposite leg and follow through with your pitch. Keep your torso straight. Shift your weight forward as you step with fluid motion. Slowly return to the starting position.

OVERHAND PITCH (FUNCTIONAL)

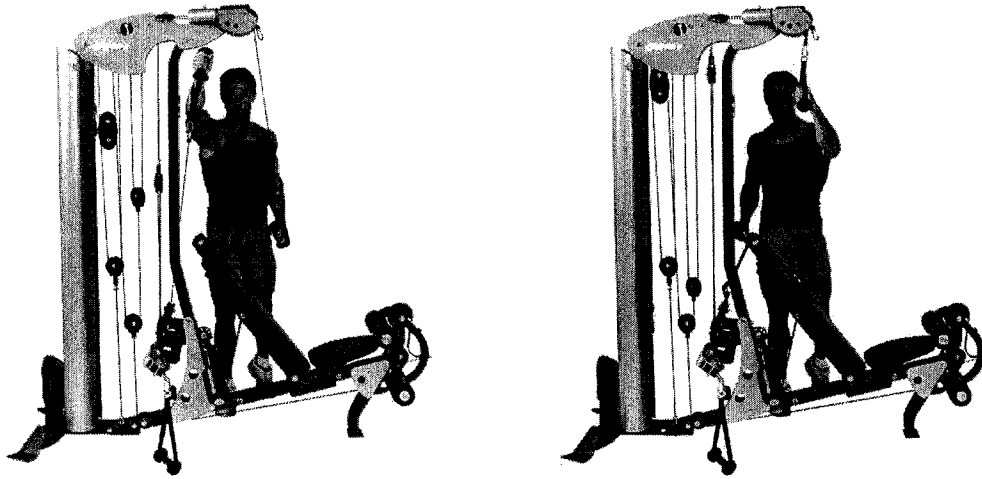


1. Stand to the side of the machine and grip one of the upper strap handles in an overhand position with the handle at head level.
2. Step forward with the opposite leg and follow through with your pitch. Keep your torso straight. Shift your weight forward as you step with fluid motion. Slowly return to the starting position.

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EXERCISE DESCRIPTION

PUSH / PULL (FUNCTIONAL)



1. Stand to the side of the machine. Grip one of the lower strap handles in a neutral position with the hand closest to the machine. Bring the handle to waist level.
2. Using your other hand, grip the upper strap handle on the other side of the machine in a neutral position. Bring the handle to head level.
3. Push the lower handle and pull the upper handle at the same time. Scissor your arms across the machine until your hand positions are reversed. Slowly return to the starting position.

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

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

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OWNERS 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.

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.

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.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

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.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS