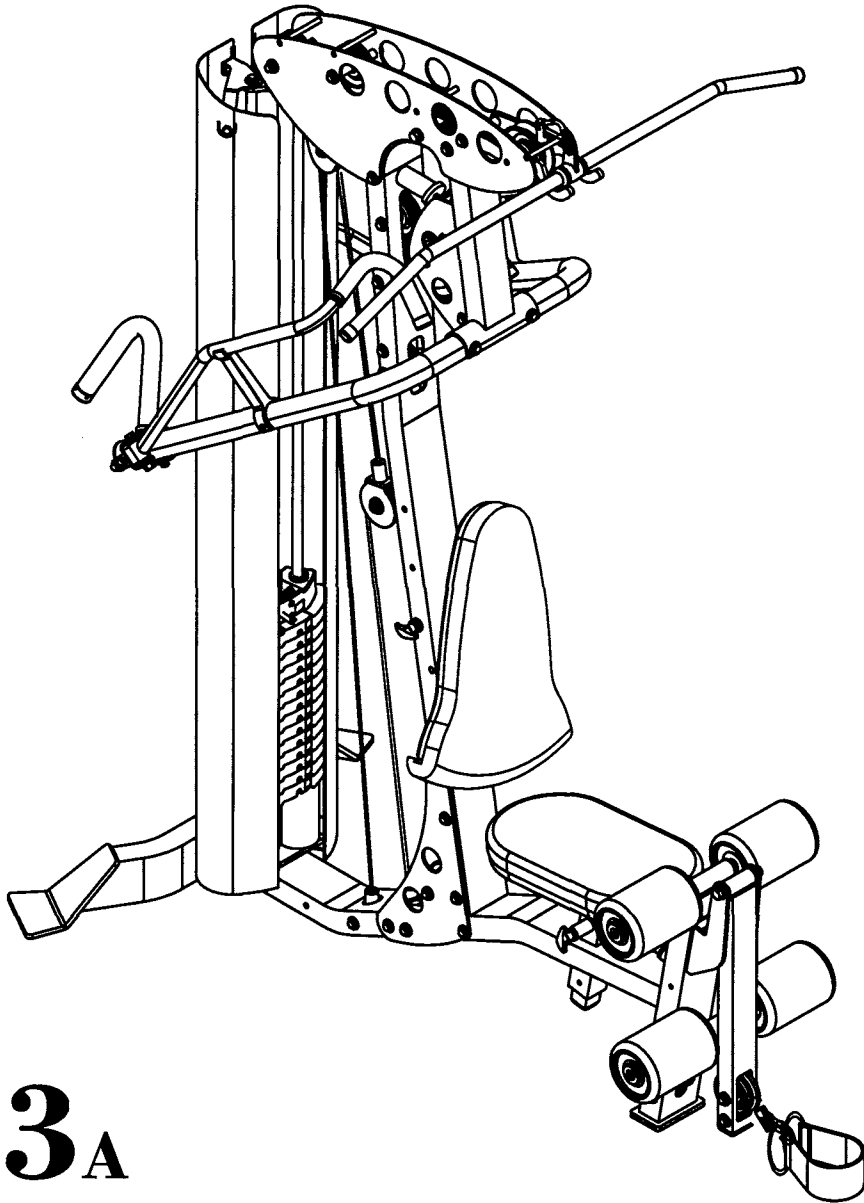


# OWNERS MANUAL

# HOIST



## V-3<sub>A</sub>

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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

**0504-001**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

# OWNERS MANUAL

## CONTENTS

INSTRUCTIONS (Step 1).....	2
FRAME ASSEMBLY (Step 2).....	4
<b>CABLE</b> ASSEMBLY.....	15
UPHOLSTERY ASSEMBLY.....	19
SHIELD ASSEMBLY.....	25
ACCESSORIES/MISC.....	33
PRE-ASSEMBLY.....	35
DECAL PLACEMENT.....	38
PART LISTING.....	41
HARDWARE LISTING.....	42
ABBREVIATION LISTING.....	44
BOLT SIZING CHART.....	45
WASHER SIZING CHART.....	47
MAINTENANCE SCHEDULE.....	50
GENERAL MAINTENANCE INFORMATION.....	51
WEIGHT TRAINING TIPS.....	53
WEIGHT RATIOS.....	54
EXERCISE DESCRIPTIONS.....	55
EXERCISE LOG.....	69
LIMITED WARRANTY.....	70

# OWNERS MANUAL

## **Step 1** **INSTRUCTIONS**

Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the 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.

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.

**THIS PRODUCT IS RATED FOR HOME OR COMMERCIAL USE.**

### **TOOLS REQUIRED**

**Socket Wrench**

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

**Crescent Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

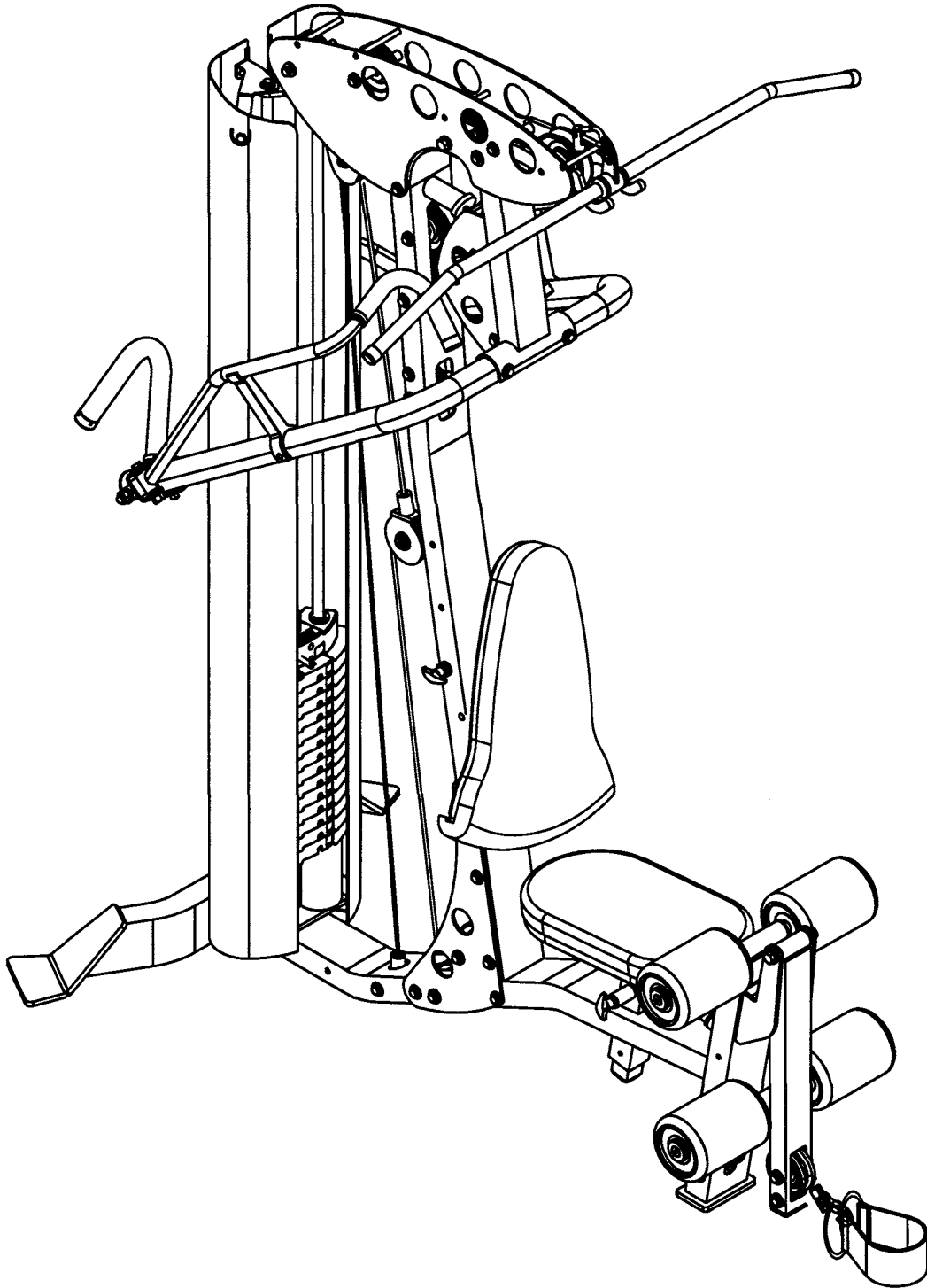
**Allen Wrench Set**

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2 FRAME ASSEMBLY



# OWNERS MANUAL

## Step 2a

### FRAME ASSEMBLY

Start assembly by bolting (1) and (41) to (2). Wrench Tighten bolts. Then attach (3) to (2). Wrench Tighten bolts then loosen nut enough for (3) to pivot freely.

#### Part Descriptions

- 1 - Rear Support Foot
- 2 - Main Base Support
- 3 - Leg Extension Arm
- 41 - Accessory Rack

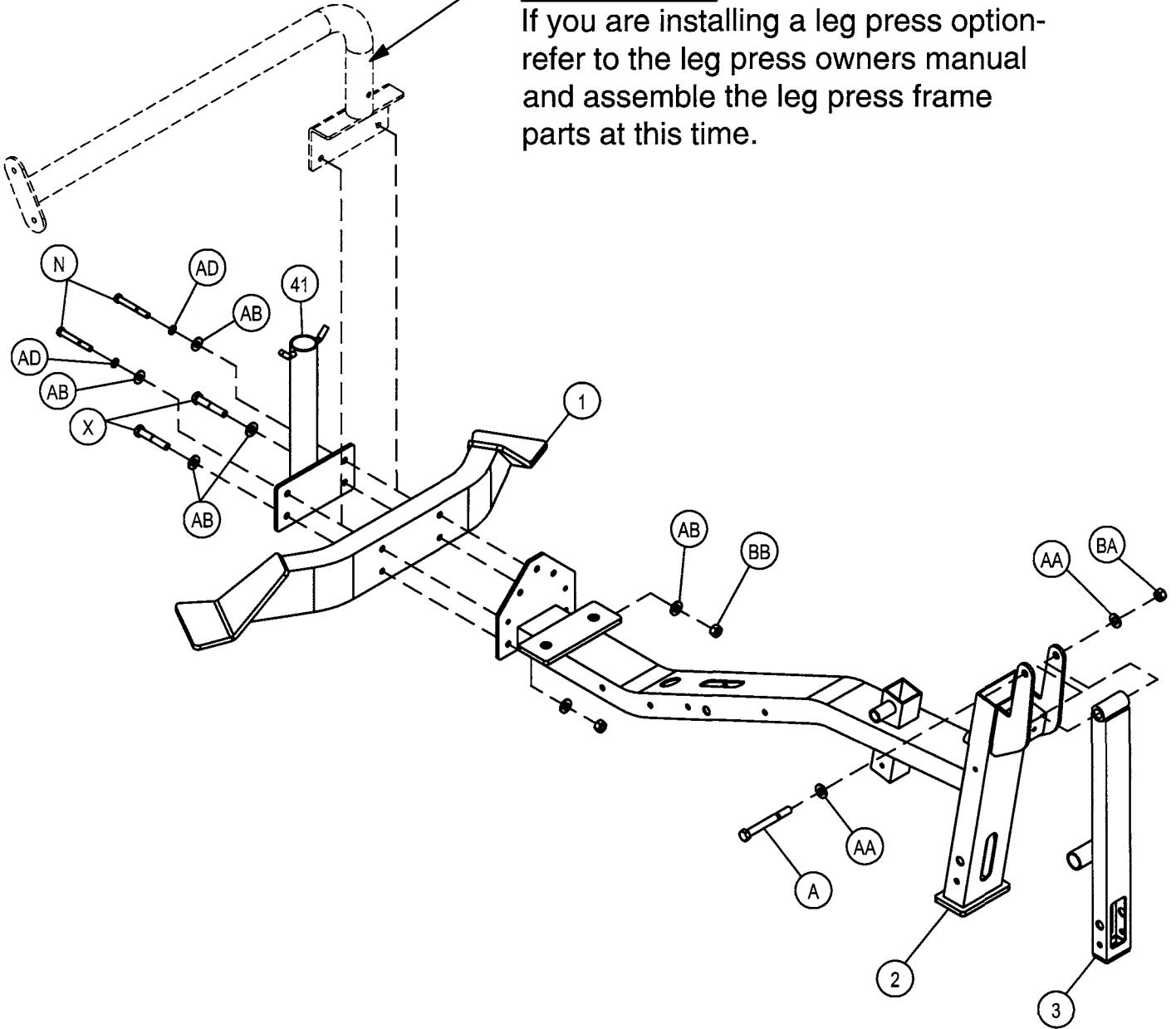
#### Hardware Descriptions

- A - 1/2-13UNC x 4" HHB (WZ)
- N - 3/8-13UNC x 3" HHB (WZ)
- X - 3/8-16UNC x 3 1/4" HHB (WZ)
- AA - 1/2 SAE Flat Washer (WZ)
- AB - 3/8 USS Flat Washer (WZ)
- AD - 3/8 Split Lock Washer (WZ)
- BA - 1/2-13UNC Thin Nylok Nut (WZ)
- BB - 3/8-16UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL

**IMPORTANT:**

If you are installing a leg press option-  
refer to the leg press owners manual  
and assemble the leg press frame  
parts at this time.



# OWNERS MANUAL

## Step 2b

### FRAME ASSEMBLY

Start assembly by bolting (17) to (2). Only Thread Bolt Halfway.  
Next, slide (DB)'s, (CA)'s, (15)'s and (25) onto (17)'s.

#### Part Descriptions

- 2 - Main Base Support
- 15 - 10 lb Radial Loc® Weight Plate
- 17 - Guide Rod (Ø0.75" x 71.44" lg.)
- 18 - 21 Hole Weight Selector Stem
- 25 - Radial Loc® Top Weight

#### Hardware Descriptions

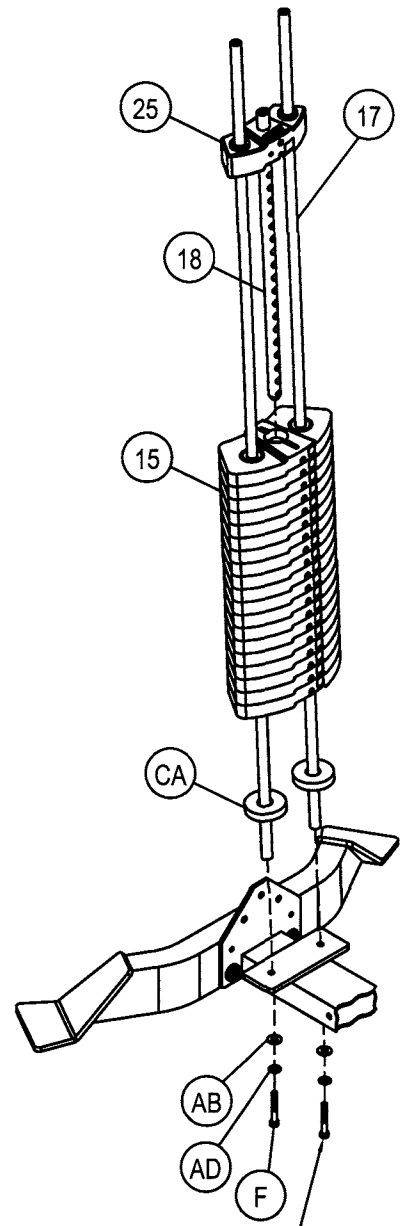
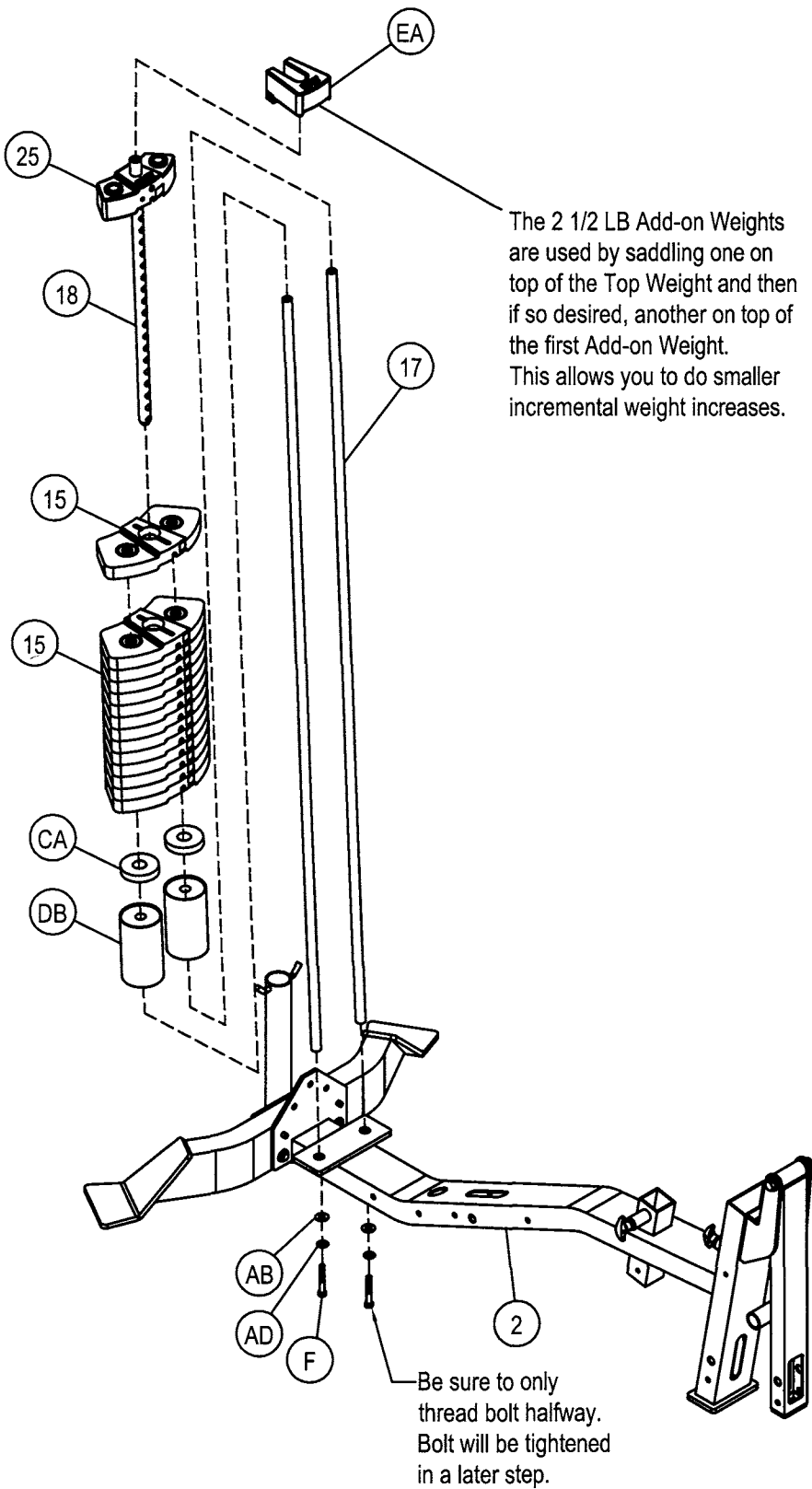
- F - 3/8-16UNC x 1 1/4" HHB (WZ)
- AB - 3/8 USS Flat Washer
- AD - 3/8 Split Lock Washer (WZ)
- CA - Weight Stack Bumper
- DB - Weight Stack Stand Off
- EA - Add On Weight



# OWNERS MANUAL

## IMPORTANT

IF OPTIONAL 20 PLATE WEIGHT STACK IS PURCHASED REMOVE AND DISCARD (DB) AND ASSEMBLE WEIGHT STACK AS SHOWN.



# OWNERS MANUAL

## Step 2c

### FRAME ASSEMBLY

Attach (6)'s to both sides of (2). Next place (50) in between both (6)'s and attach. Hand Tighten Bolts, they will be wrench tightened in a later step.

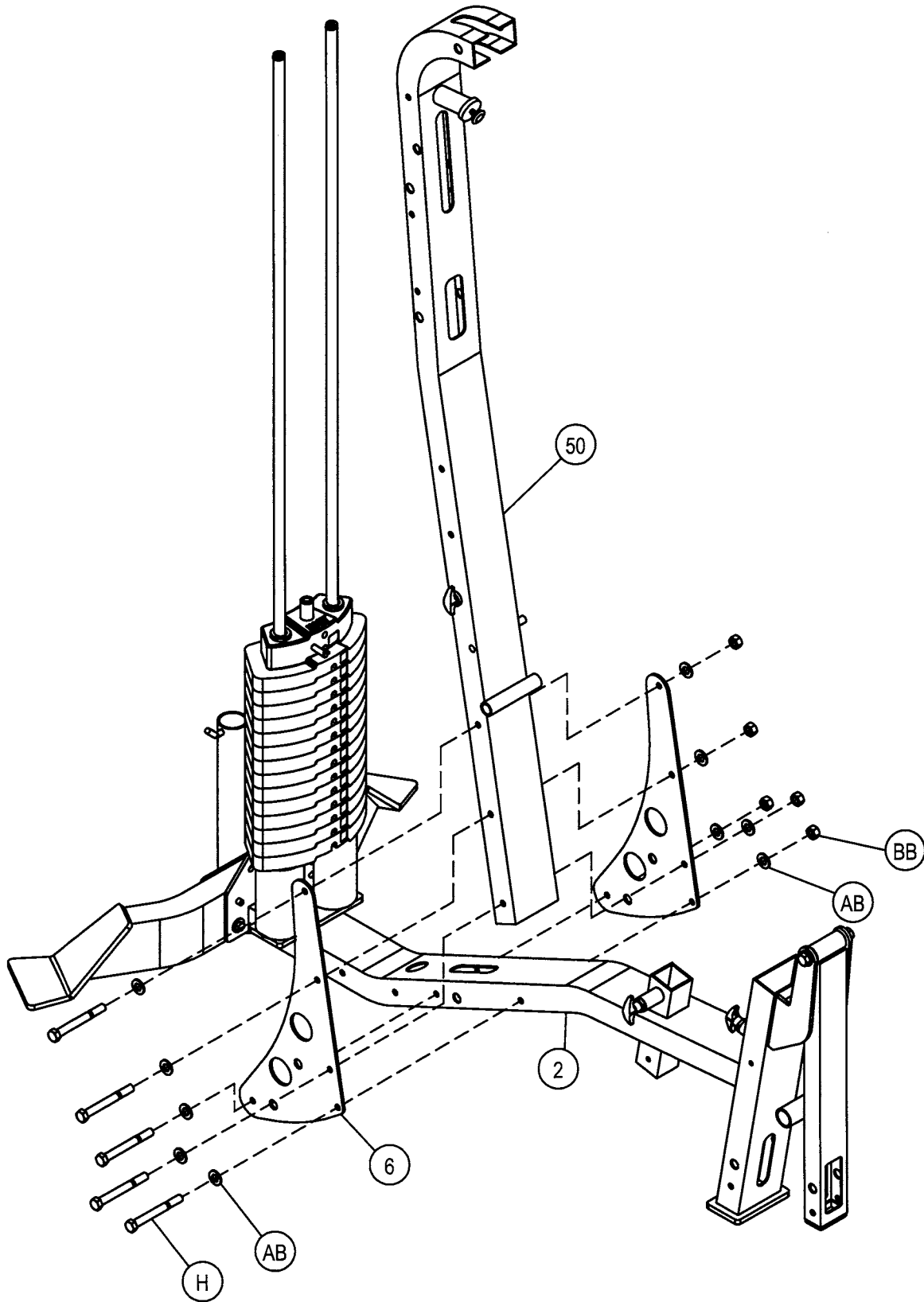
#### Part Descriptions

2 - Main Base Support  
6 - Gusset Plate  
50 - Main Upright

#### Hardware Descriptions

H - 3/8"-16UNC x 5" HHB (WZ)  
AB - 3/8" USS Flat Washer  
BB - 3/8"-16 Thin Nylok Nut (WZ)

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2d

### FRAME ASSEMBLY

In this assembly start with Step 1 and attach (14) to (50) by inserting (22)'s. In Step 2 secure (14) to (50) with (H). (17)'s may need to be tilted back out of the way to allow (H) to be inserted. Finally in Step 3 attach (17)'s to (14). Wrench Tighten all bolts up to this step.

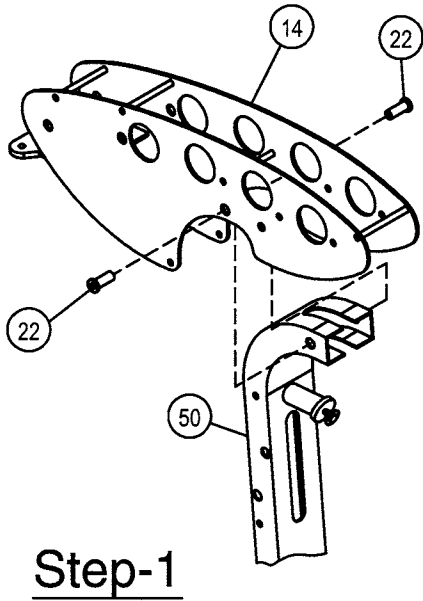
#### Part Descriptions

14 - Top Assembly  
17 - Guide Rod  
22 - 1.69" Heavy Flanged Spacer  
50 - Upright Assembly

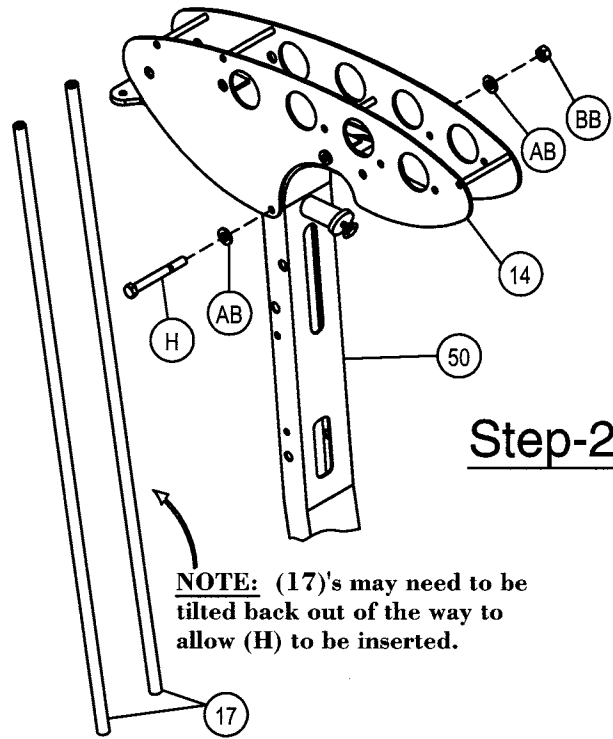
#### Hardware Descriptions

F - 3/8-16UNC x 1 1/4" HHB (WZ)  
H - 3/8-16UNC x 5" HHB (WZ)  
AB - 3/8 USS Flat Washer (WZ)  
AD - 3/8 Split Lock Washer  
BB - 3/8-16UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL

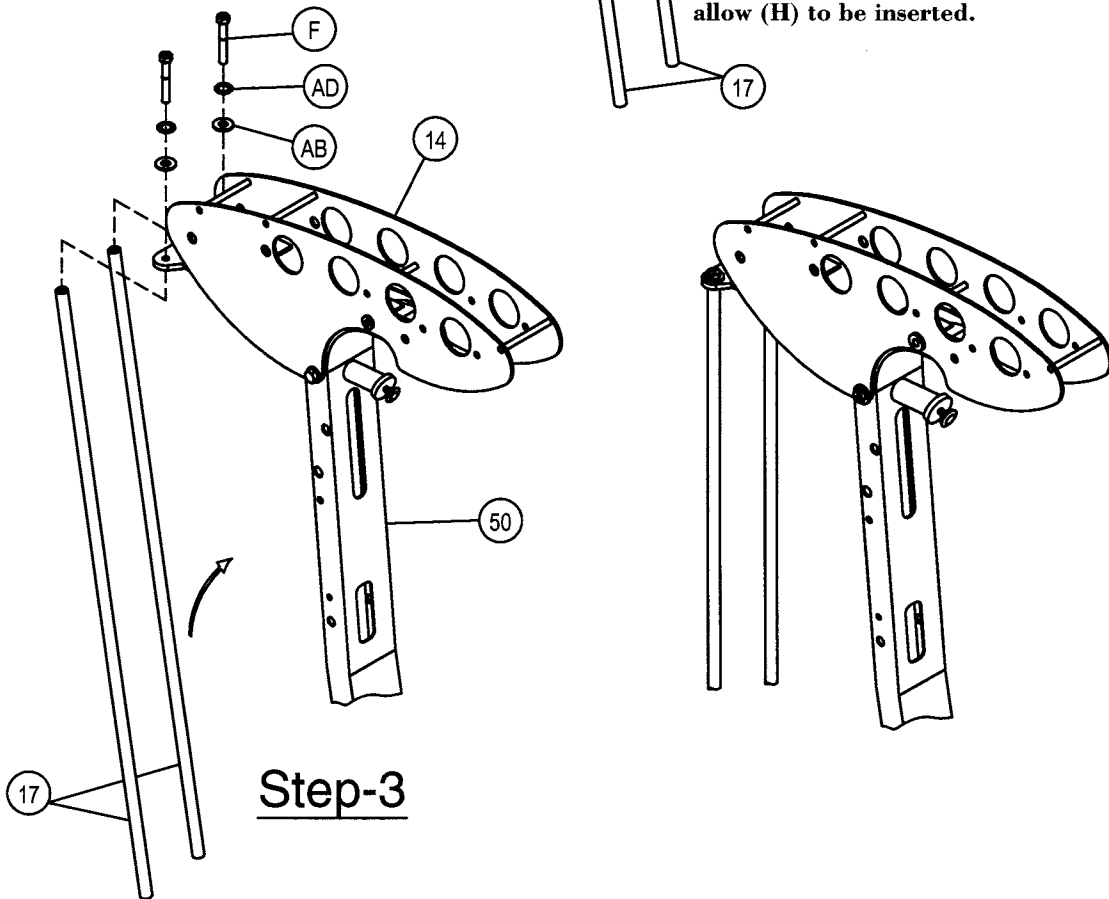


Step-1



Step-2

**NOTE:** (17)'s may need to be tilted back out of the way to allow (H) to be inserted.



Step-3

# OWNERS MANUAL

## Step 2e FRAME ASSEMBLY

Start assembly by sliding (24) into the top of (51) and attach (51) to (14). Wrench tighten bolt then loosen nut enough so (51) pivots freely. Attach the back side of (12) to (14) as shown in step E-1, let the front of (12) hang downward, it will be assembled in a later step. Hand tighten bolt. On step E-2 start by attaching (54) to (52) and repeat for part (55). Next fasten (DG)'s on both sides of (52). Slide (53)'s onto both sides of (52). Wrench tighten nuts then loosen nuts enough so both (53)'s pivot freely.

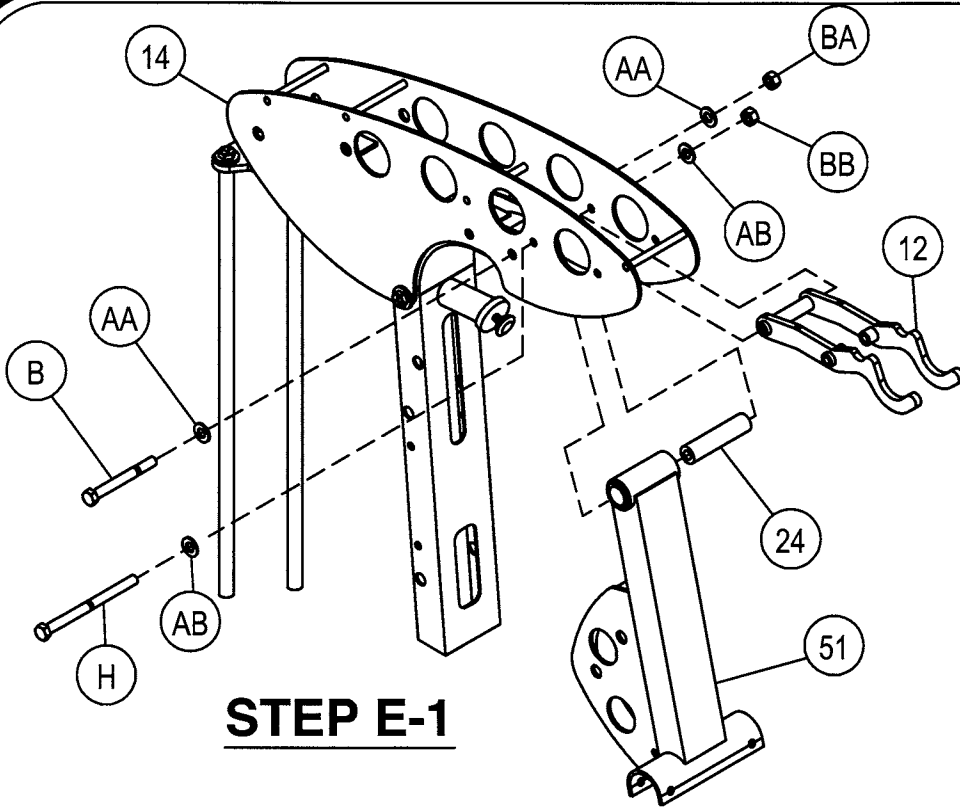
### Part Descriptions

12 - Lat Bar Mount Assembly  
14 - Top Assembly  
24 - 1" Dia. Shaft  
51 - Upper Press Arm Pivot  
52 - Press Arm  
53 - Mounting Bracket  
54 - Right Handle  
55 - Left Handle

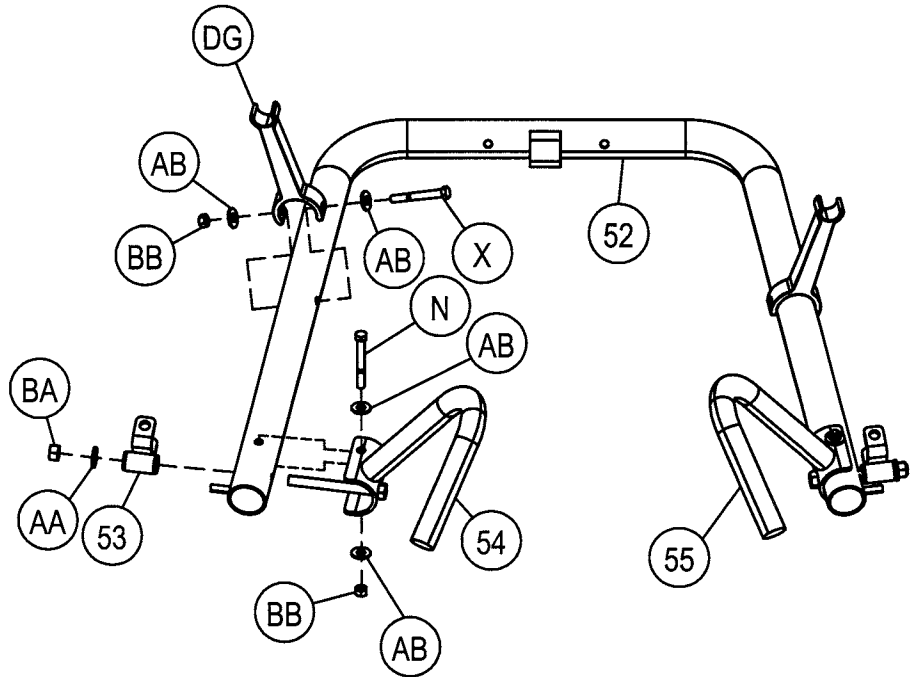
### Hardware Descriptions

B - 1/2"-13UNC x 5" HHB (WZ)  
H - 3/8"-16UNC x 5" HHB (WZ)  
N - 3/8"-16UNC x 3" HHB (WZ)  
X - 3/8"-16UNC x 3 1/4" HHB (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
AB - 3/8" USS Flat Washer (WZ)  
BA - 1/2"-13UNC Thin Nylok Nut (WZ)  
BB - 3/8"-16UNC Thin Nylok Nut (WZ)  
DG - Articulating Arm Bracket

# OWNERS MANUAL



## **STEP E-2**



# OWNERS MANUAL

## Step 2f FRAME ASSEMBLY

Start assembly by attaching (52) to (51) as shown in step F-1. On step F-2 finish mounting (51) to (52) Wrench Tighten Bolts. Next attach (56) to (53) Wrench Tighten bolts then loosen nut enough so (53) pivots freely. Snap (56) into (DG) and repeat for other side, by attaching (57) to (53). As shown in step F-2.

### Part Descriptions

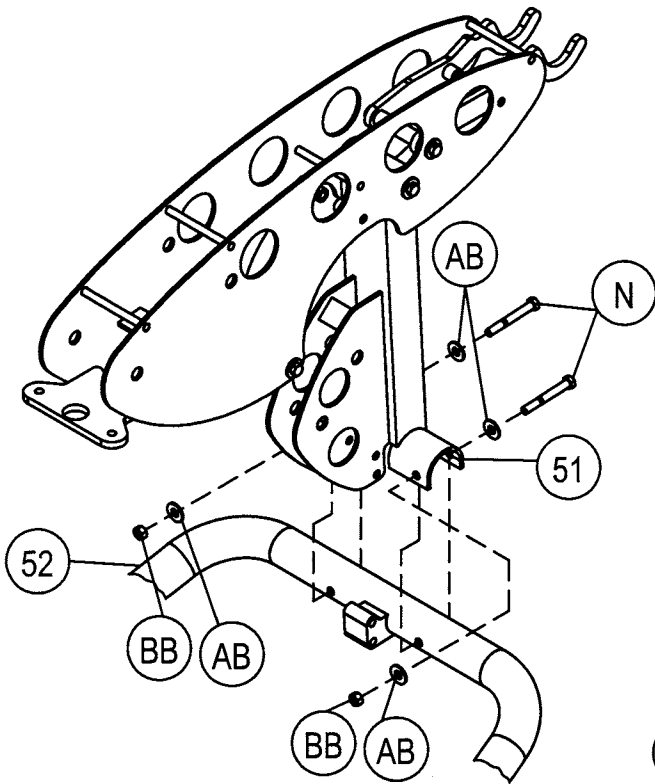
- 51 - Upper Press Arm Pivot
- 52 - Press Arm
- 53 - Mounting Bracket
- 56 - Left Articulating Arm
- 57 - Right Articulating Arm

### Hardware Descriptions

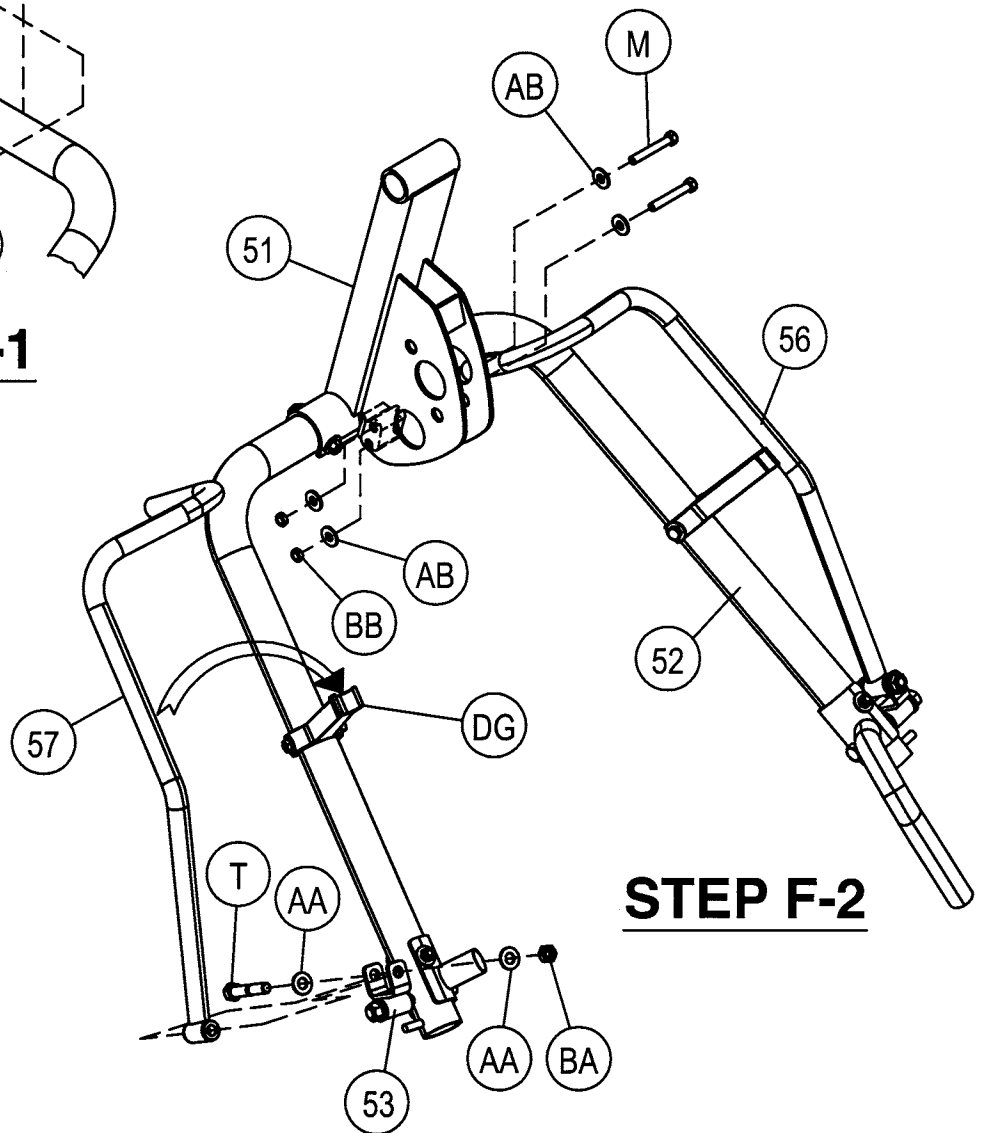
- M - 3/8"-16UNC x 2 1/2" HHB (WZ)
- N - 3/8"-16UNC x 3" HHB (WZ)
- T - 1/2"-13UNC x 2 3/4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BA - 1/2"-13UNC Thin Nylok Nut (WZ)
- BB - 3/8"-16UNC Thin Nylok Nut (WZ)



# OWNERS MANUAL



**STEP F-1**

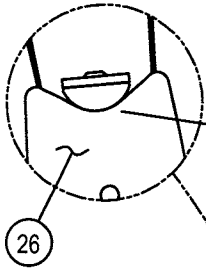


**STEP F-2**

# OWNERS MANUAL

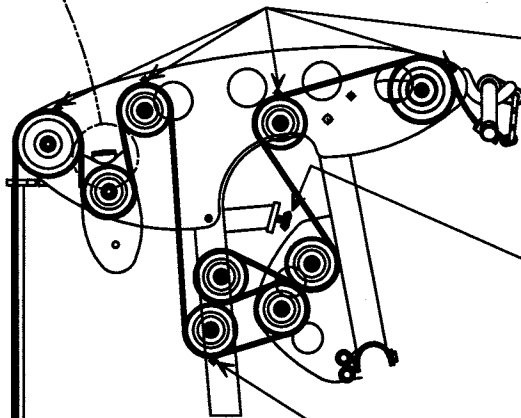
## Step 2g

### **CABLE #1 INSTALLATION**



**NOTE:**

When adjusting  **cable**  for proper tension, insure that both (26)'s are resting under the bumper stop.



**NOTE:**

Be sure  **cable**  runs between the pulleys and the  **cable**  guard rods.

**MAJOR ADJUSTMENT**

Loosen jam nut and thread the stop in/out to give the  **cable**  proper tension. Re-tighten jam nut.

**NOTE:**

Be sure  **cable**  runs between the pulleys and the  **cable**  guard bolts.



**FINE TUNING**

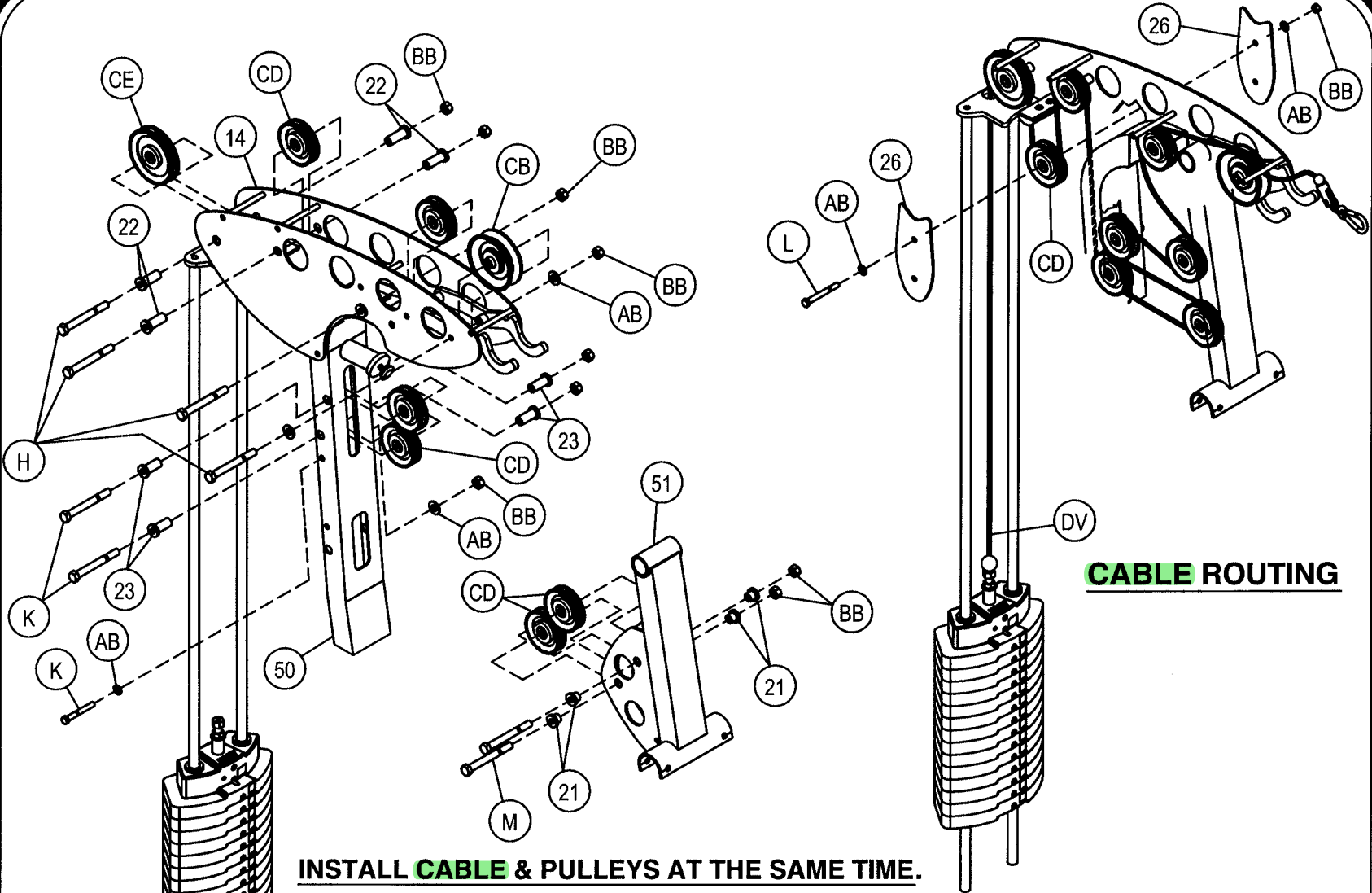
Loosen jam nut and thread bolt in/out to give the  **cable**  proper tension. Re-tighten jam nut.

### **Part Descriptions**

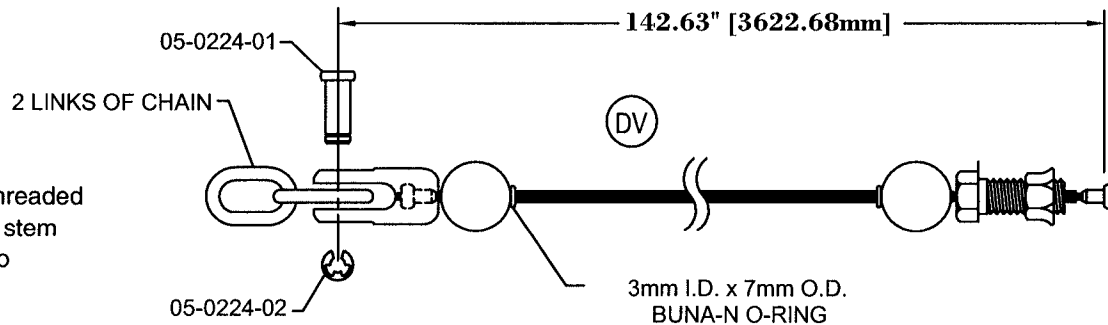
- 14 - Top Assembly
- 21 - 0.50" lg. Heavy Flanged Spacer
- 22 - 1.69" lg. Heavy Flanged Spacer
- 23 - 1.50" lg. Heavy Flanged Spacer
- 26 - Pulley Plate
- 50 - Upright Assembly
- 51 - Upper Press Arm Pivot

### **Hardware Descriptions**

- H - 3/8-16UNC x 5" HHB (WZ)
- K - 3/8-16UNC x 4 1/2" HHB (WZ)
- L - 3/8-16UNC x 1 3/4" HHB (WZ)
- M - 3/8-16UNC x 2 1/2" HHB (WZ)
- AB - 3/8 USS Flat Washer (WZ)
- BB - 3/8-16UNC Thin Nylok Nut (WZ)
- CB - Ø4 1/2 Wide Groove Pulley
- CD - Ø3 1/2 Standard  **Cable**  Pulley
- CE - Ø 4 1/2 Standard Pulley
- DV - Weight Stack  **Cable**



**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the weight stem with Jam Nut tightened securely to ensure proper connection.



# OWNERS MANUAL

## Step 2h

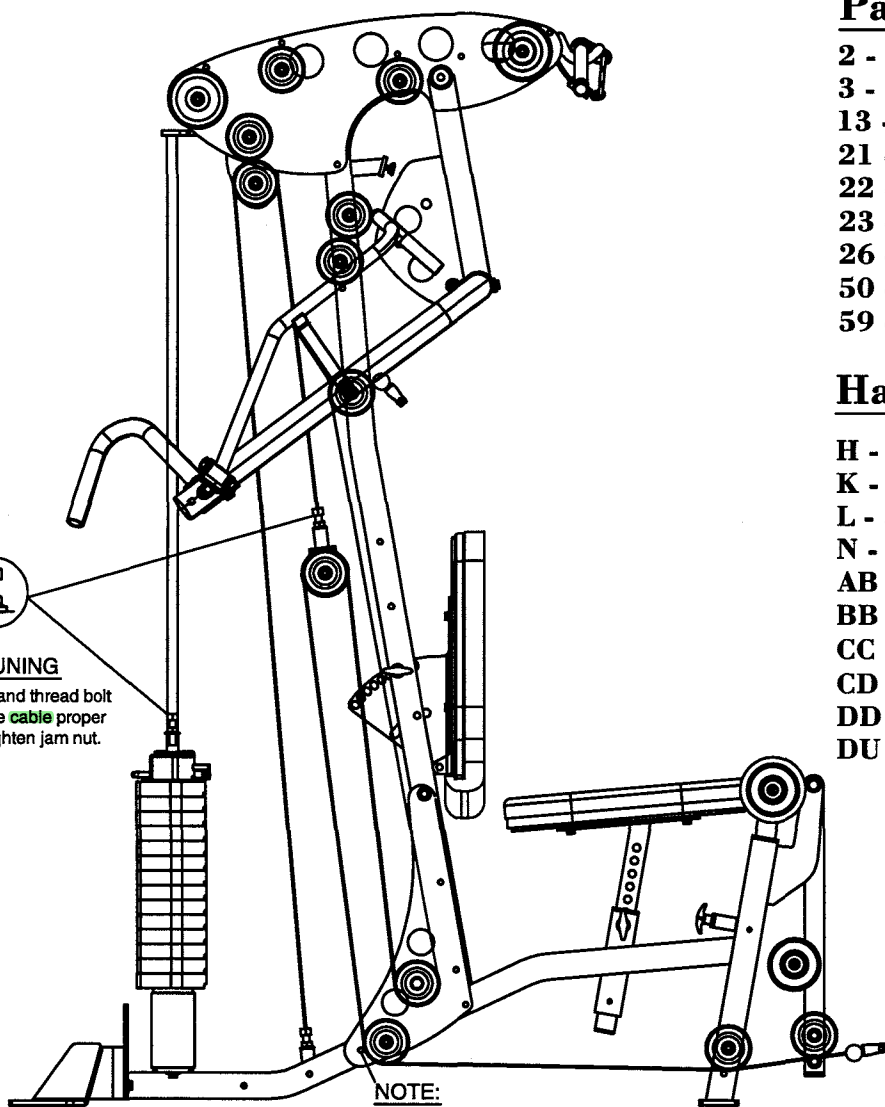
### **CABLE** #2 & #3 INSTALLATION

#### Part Descriptions

- 2 - Main Base Support
- 3 - Leg Extension Arm
- 13 - Floating Pulley Assembly
- 21 - .50" lg. Heavy Flanged Spacer
- 22 - 1.69" lg. Heavy Flanged Spacer
- 23 - 1.50" lg. Heavy Flanged Spacer
- 26 - Doulobe Floating Pulley Plate
- 50 - Main Upright Assembly
- 59 - 1.25" Heavy Flanged Spacer

#### Hardware Descriptions

- H - 3/8-16UNC x 5" HHB (WZ)
- K - 3/8-16UNC x 4 1/2" HHB (WZ)
- L - 3/8-16UNC x 1 3/4" HHB (WZ)
- N - 3/8-16UNC x 3" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BB - 3/8-16UNC Thin Nylok Nut (WZ)
- CC - Ø3 1/2 Wide Groove Pulley
- CD - Ø3 1/2 Standard Pulley
- DD - Leg Extension **Cable**
- DU - Floating Pulley **Cable**

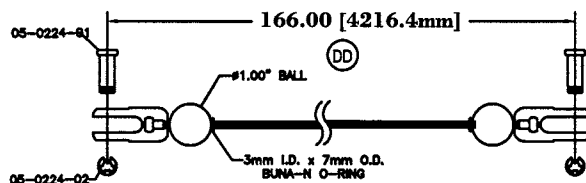
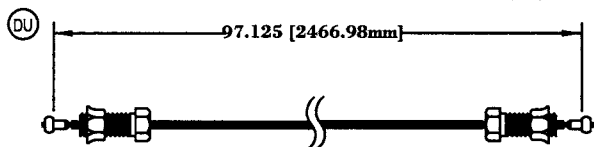


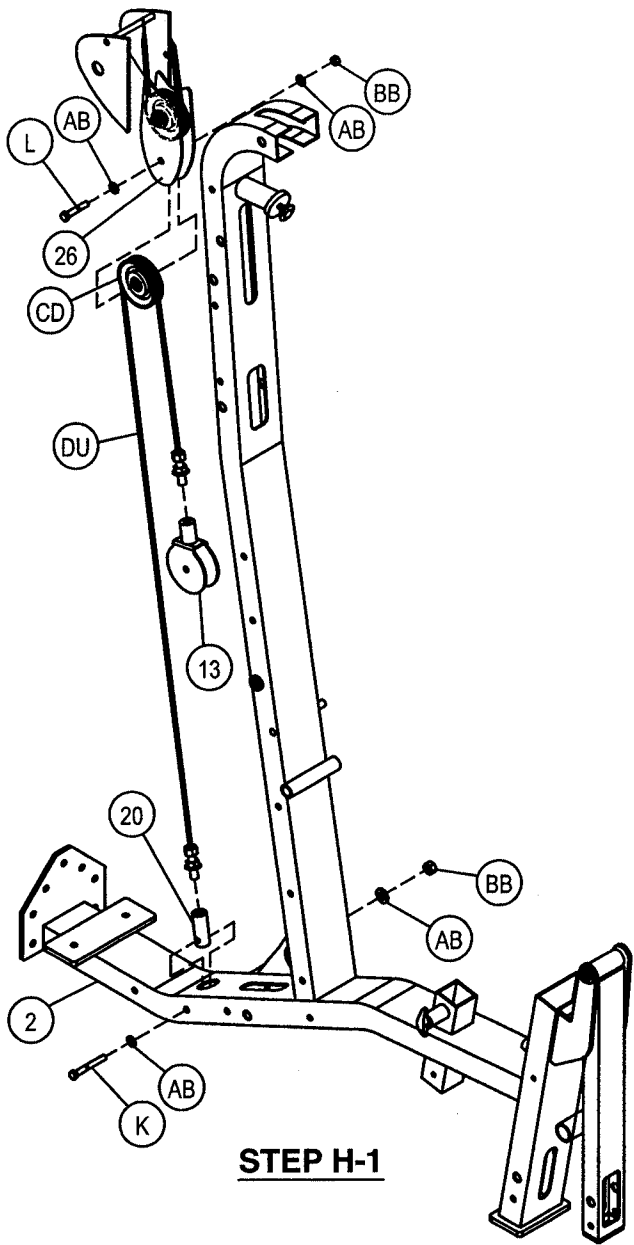
#### FINE TUNING

Loosen jam nut and thread bolt in/out to give the **cable** proper tension. Re-tighten jam nut.

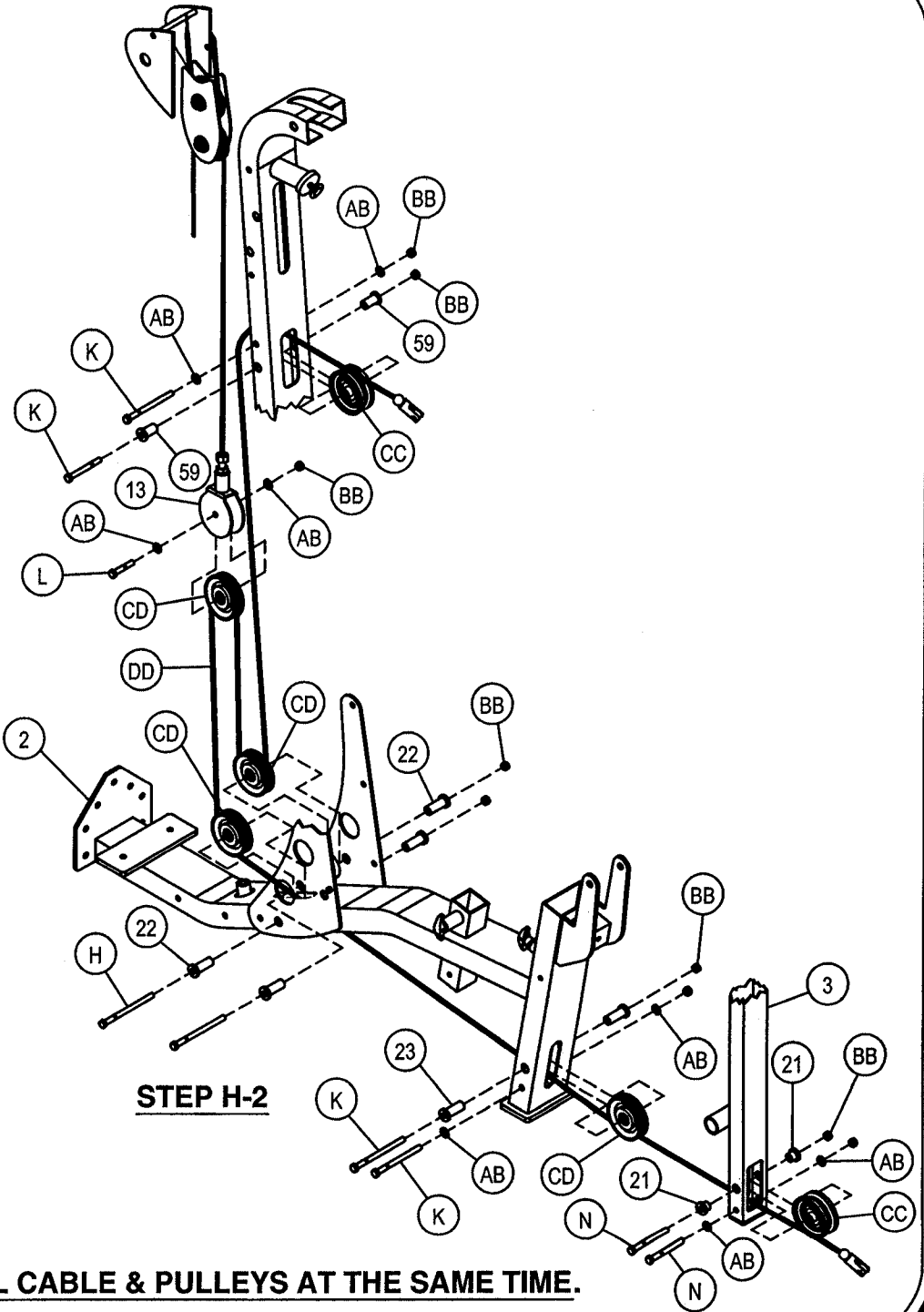
#### NOTE:

Be sure **cable** runs between the pulleys and the **cable** guard bolts.





**STEP H-1**



**STEP H-2**

**WARNING:** Cable Bolt must be threaded a minimum of 1/2" into the floating pulley Assembly with Jam Nut tightened securely to ensure proper connection.

**INSTALL CABLE & PULLEYS AT THE SAME TIME.**

# OWNERS MANUAL

## Step 2i PAD ASSEMBLY

Start assembly by sliding (CF)'s and (5) into (3), and (CF)'s and (5) into (48) as shown. Next insert (CQ)'s into both sides of (8)'s and slide (8)'s onto both sides of (5)'s. Wrench Tighten bolts.

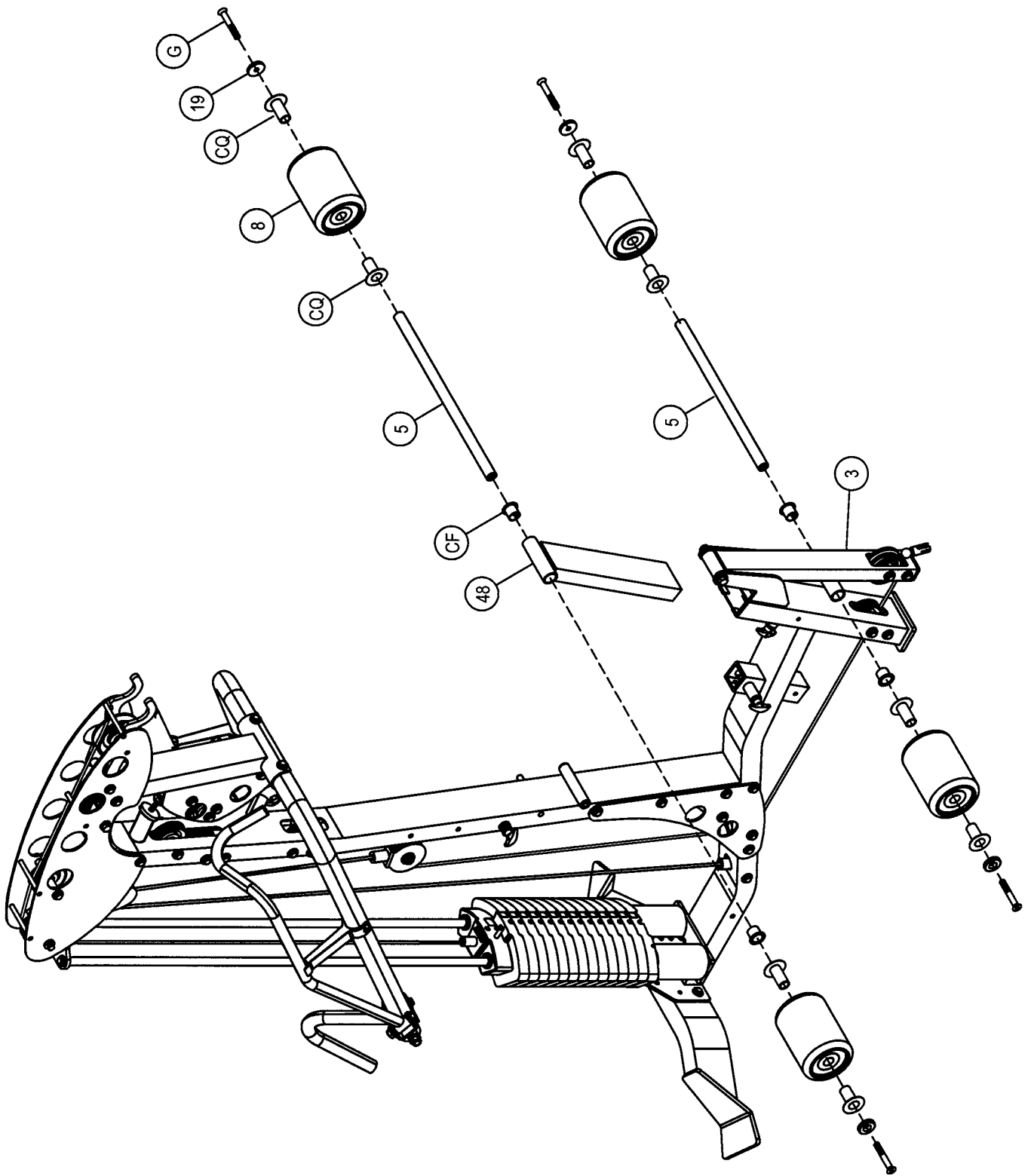
### Part Descriptions

3 - Leg Extension Arm  
5 - 18.69" lg. Roller Bar  
8 - Roller Pad  
19 - Aluminum Cap  
48 - Roller Pad Adjuster

### Hardware Descriptions

G - 3/8-16UNC x 1 1/4" FHS (WZ)  
CF - Nyliner Bushing  
CQ - Roller Bushing

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2j PAD ASSEMBLY

In this step, start assembly by attaching (7) to (4). Wrench Tighten bolts. Now slide (4) into (2). Next, attach (27) to (58) and Wrench Tighten bolts. Fasten (58) to (50). Wrench tighten bolt then back nut off enough so (58) pivots freely.

### Part Descriptions

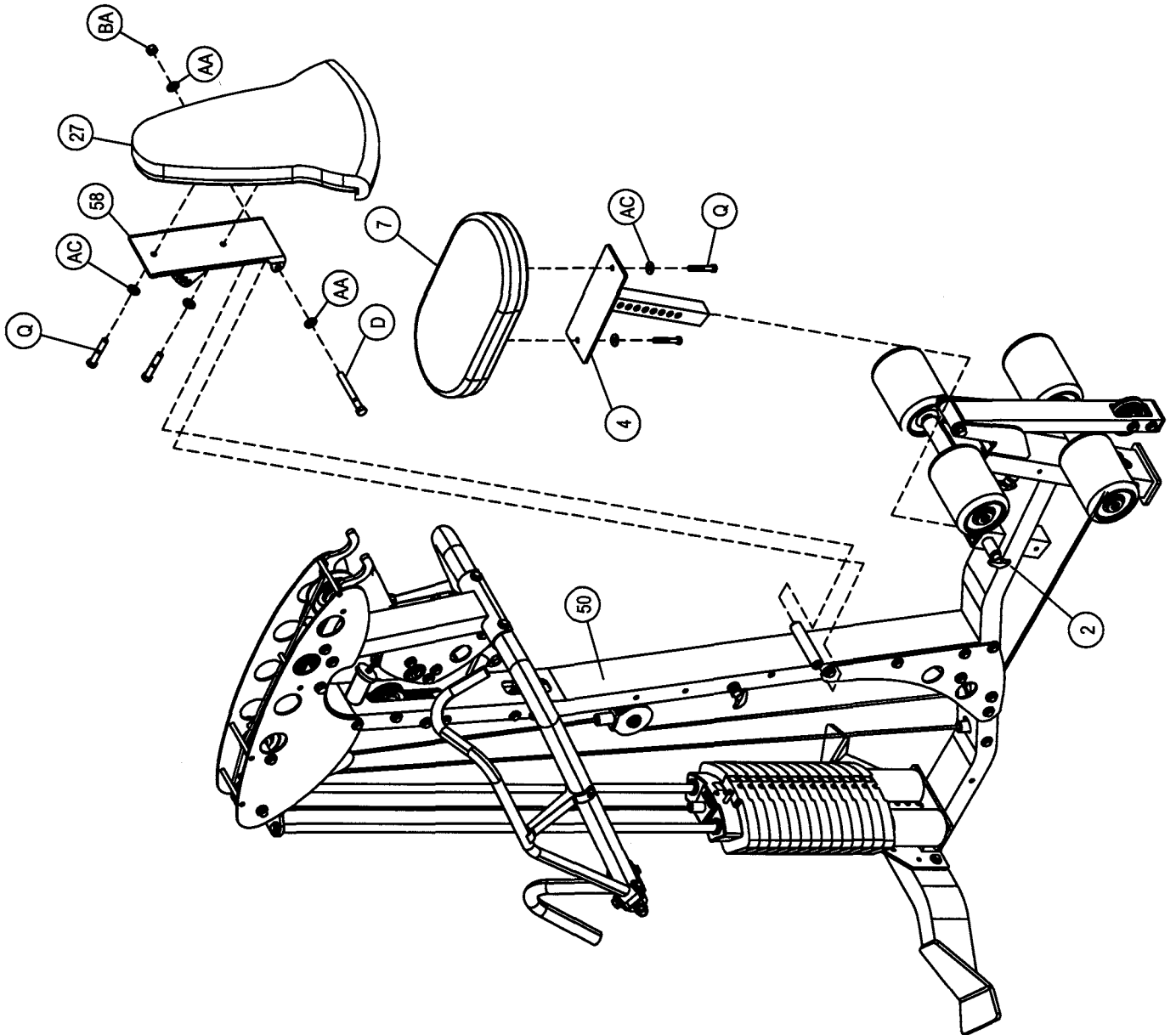
2 - Main Base Support  
4 - Seat Assembly  
7 - Seat Pad  
27 - Back Pad  
50 - Upright Assembly  
58 - Back Adjuster R.O.M

### Hardware Descriptions

D - 1/2"-13UNC x 6" HHB (WZ)  
Q - 5/16-18UNC x 1 1/4" HHB (WZ)  
AA - 1/2" Flat Washer (WZ)  
AC - 5/16" SAE Flat Washer (WZ)  
BA - 1/2-13UNC Thin Nylock Nut (WZ)

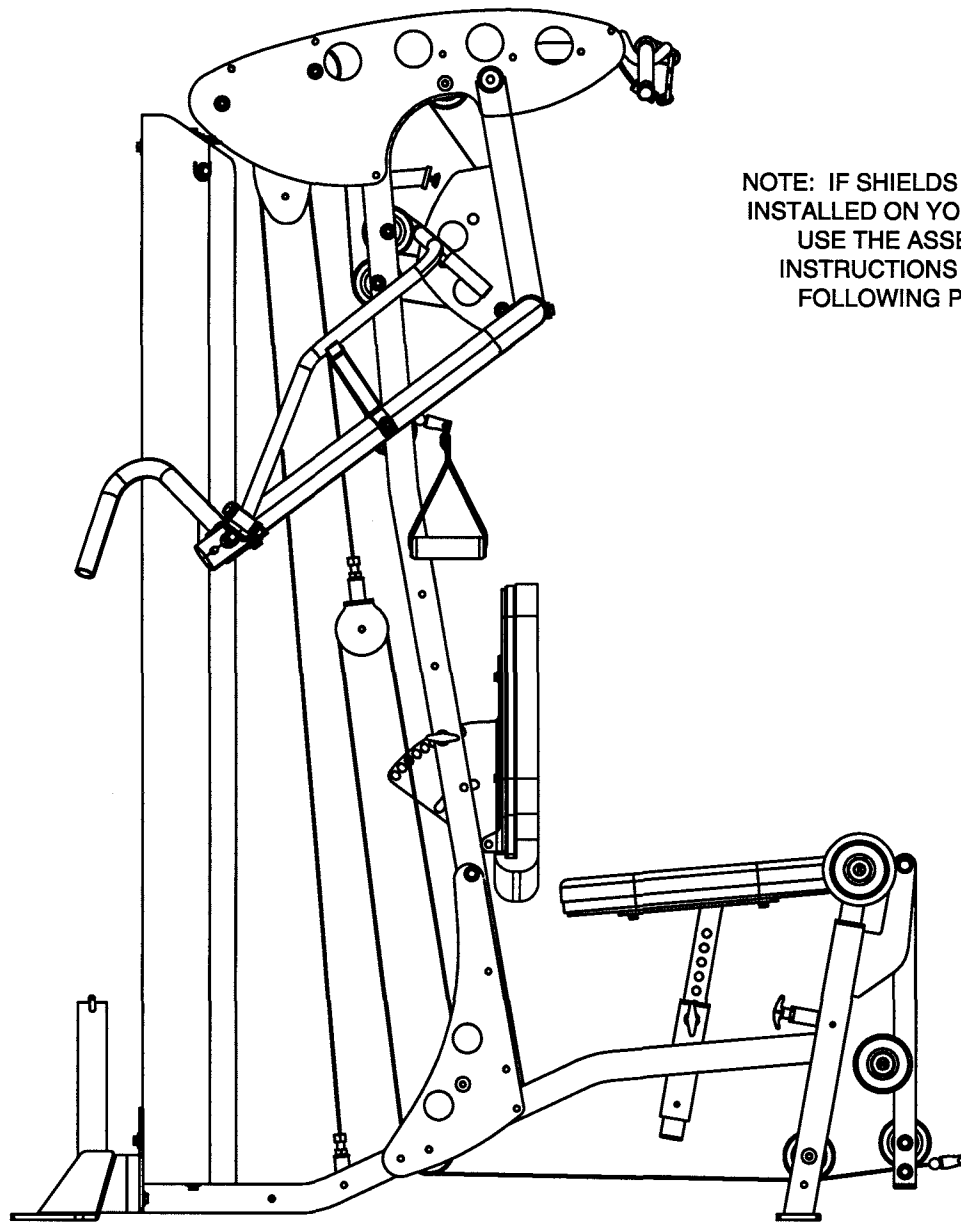


# OWNERS MANUAL



# OWNERS MANUAL

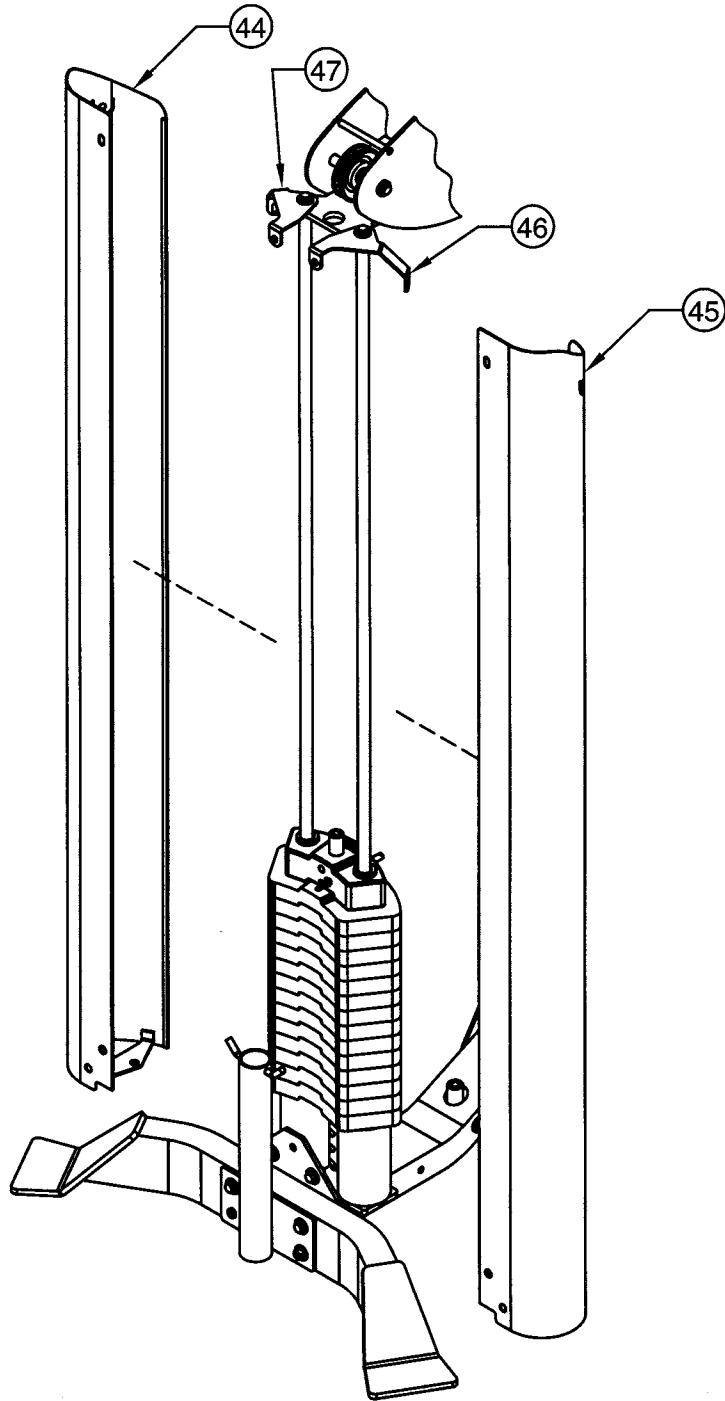
## SHIELD ASSEMBLY



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

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
44	1	026-01X1442	Right Shield
45	1	026-01X1443	Left Shield
46	1	026-01P1450	Left Bracket
47	1	026-01P1451	Right Bracket
Y	6	011-0007035	3/8-16 x 3/4" HHB (WZ)
AB	10	013-0002004	3/8" USS Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
BB	4	012-0104009	3/8-16 Nylok Nut (WZ)

# OWNERS MANUAL



# OWNERS MANUAL

## SHIELD ASSEMBLY

### STEP 1A & 1B

Start assembly by removing existing hardware as shown in Step 1a. Attach (47) and (46) and Hand Tighten Bolts Only using existing Hardware. Remove existing hardware as shown in Step 1b and set aside for a later step.

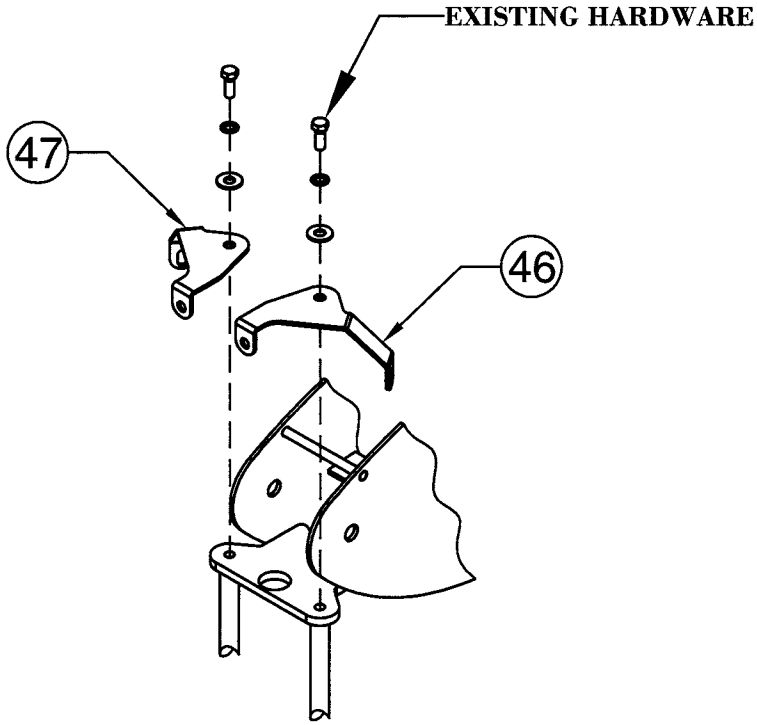
#### Part Descriptions

46 - LEFT BRACKET  
47 - RIGHT BRACKET

#### Hardware Descriptions

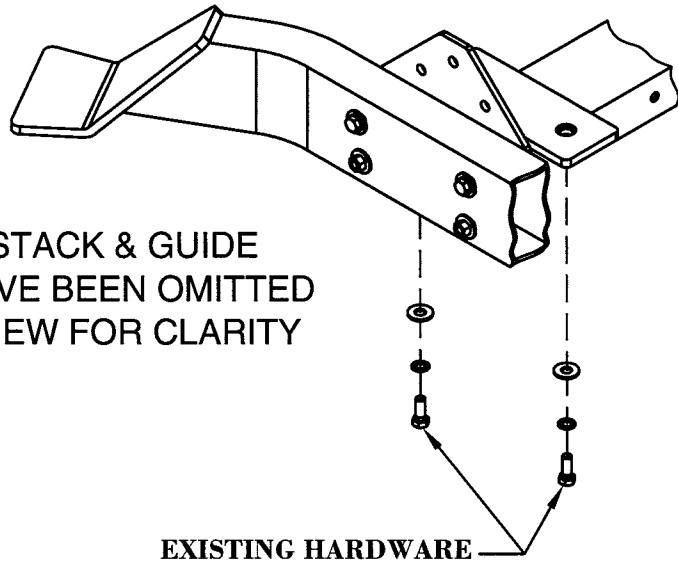
USING EXISTING HARDWARE

# OWNERS MANUAL



STEP 1A

STEP 1B



WEIGHT STACK & GUIDE  
RODS HAVE BEEN OMITTED  
IN THIS VIEW FOR CLARITY

# OWNERS MANUAL

## SHIELD ASSEMBLY

### STEP 2A & 2B

In this step, attach the top of the shields (45) to (46), and (44) to (47), as shown. Hand Tighten bolts only. They will be tightened in a later step.

#### Part Descriptions

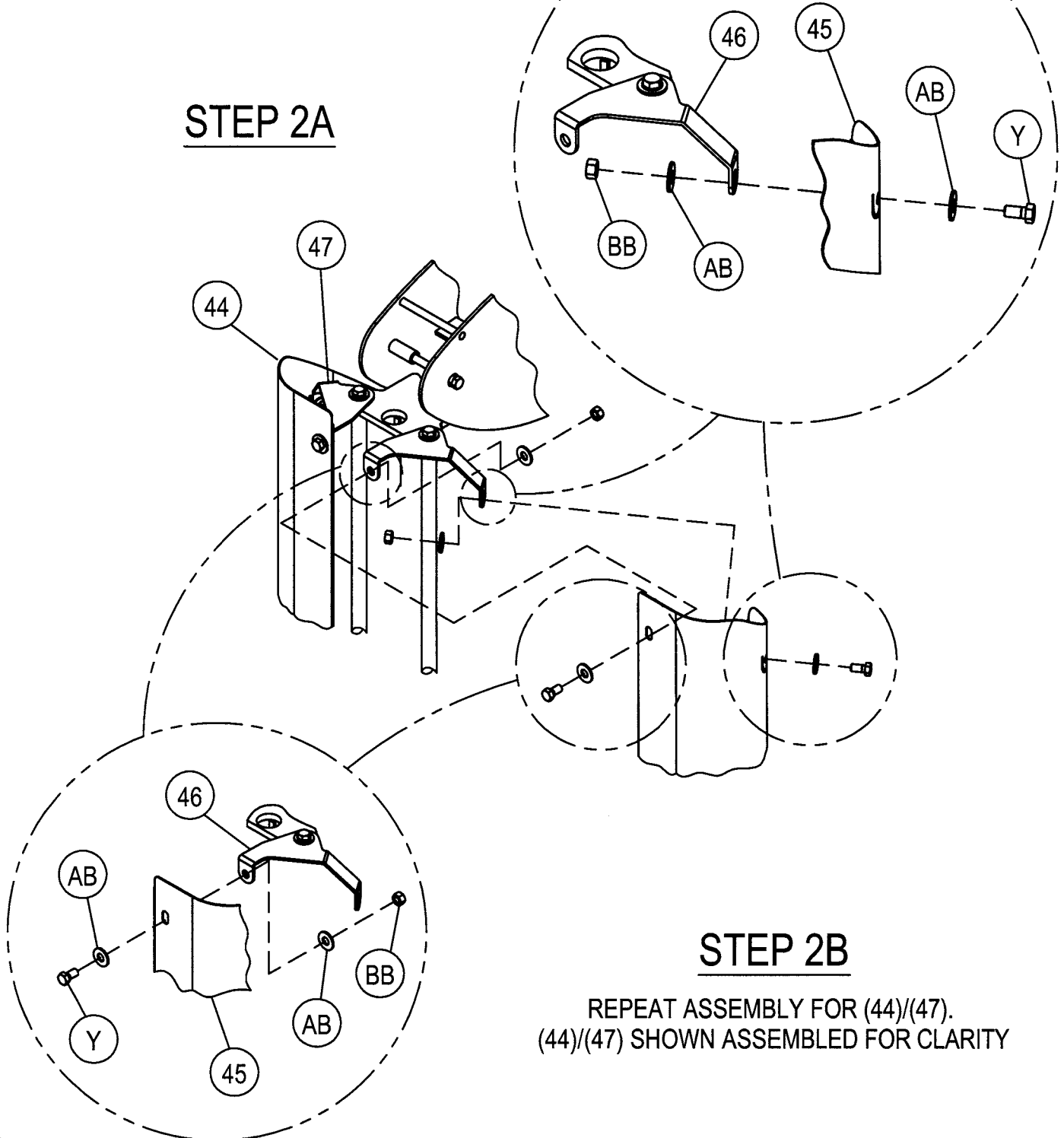
44 - Right Shield  
45 - Left Shield  
46 - Left Bracket  
47 - Right Bracket

#### Hardware Descriptions

Y - 3/8-16UNC x 3/4" HHB (WZ)  
AB - 3/8" USS Flat Washer (WZ)  
BB - 3/8-16UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL

## STEP 2A



## STEP 2B

REPEAT ASSEMBLY FOR (44)/(47).  
(44)/(47) SHOWN ASSEMBLED FOR CLARITY

# OWNERS MANUAL

## SHIELD ASSEMBLY

### STEP 3A & 3B

Start assembly by aligning hole of bracket on (45) to hole on weight stack plate, and attach with existing hardware. Be sure that the bracket on (45) is mounted to the bottom of the weight stack plate. Finish by installing bolts (Y). Wrench Tighten bolts and previously hand tighten bolts.

#### Part Descriptions

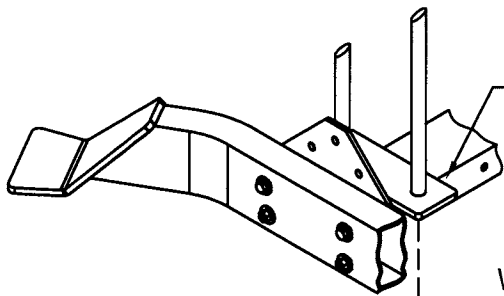
45 - LEFT SHIELD  
44 - RIGHT SHIELD

#### Hardware Descriptions

USING EXISTING HARDWARE  
Y - 3/8-16 x 3/4" HHB (WZ)  
AB - 3/8 USS Flat Washer  
AD - 3/8 Split Lock Washer



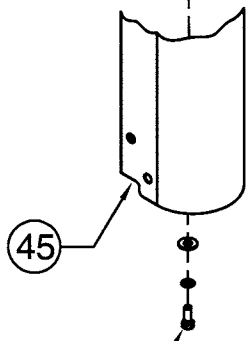
# OWNERS MANUAL



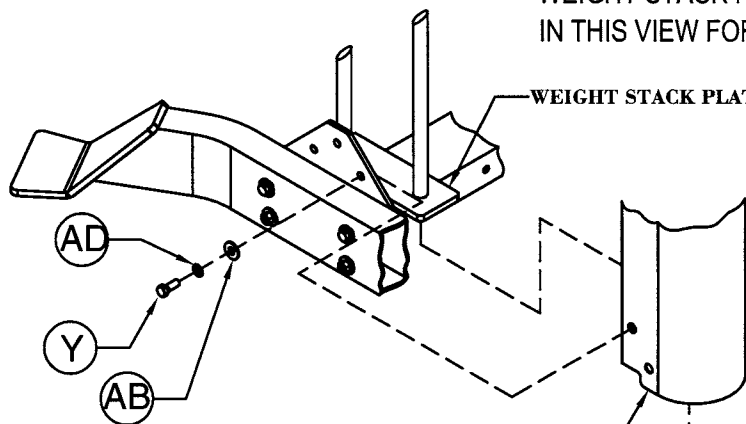
REPEAT ASSEMBLY ON OPPOSITE SIDE FOR (44).  
(44) NOT SHOWN ASSEMBLED FOR CLARITY.

STEP 3A

WEIGHT STACK HAS BEEN OMITTED  
IN THIS VIEW FOR CLARITY.



EXISTING HARDWARE



WEIGHT STACK HAS BEEN OMITTED  
IN THIS VIEW FOR CLARITY.

STEP 3B

EXISTING HARDWARE

# OWNERS MANUAL

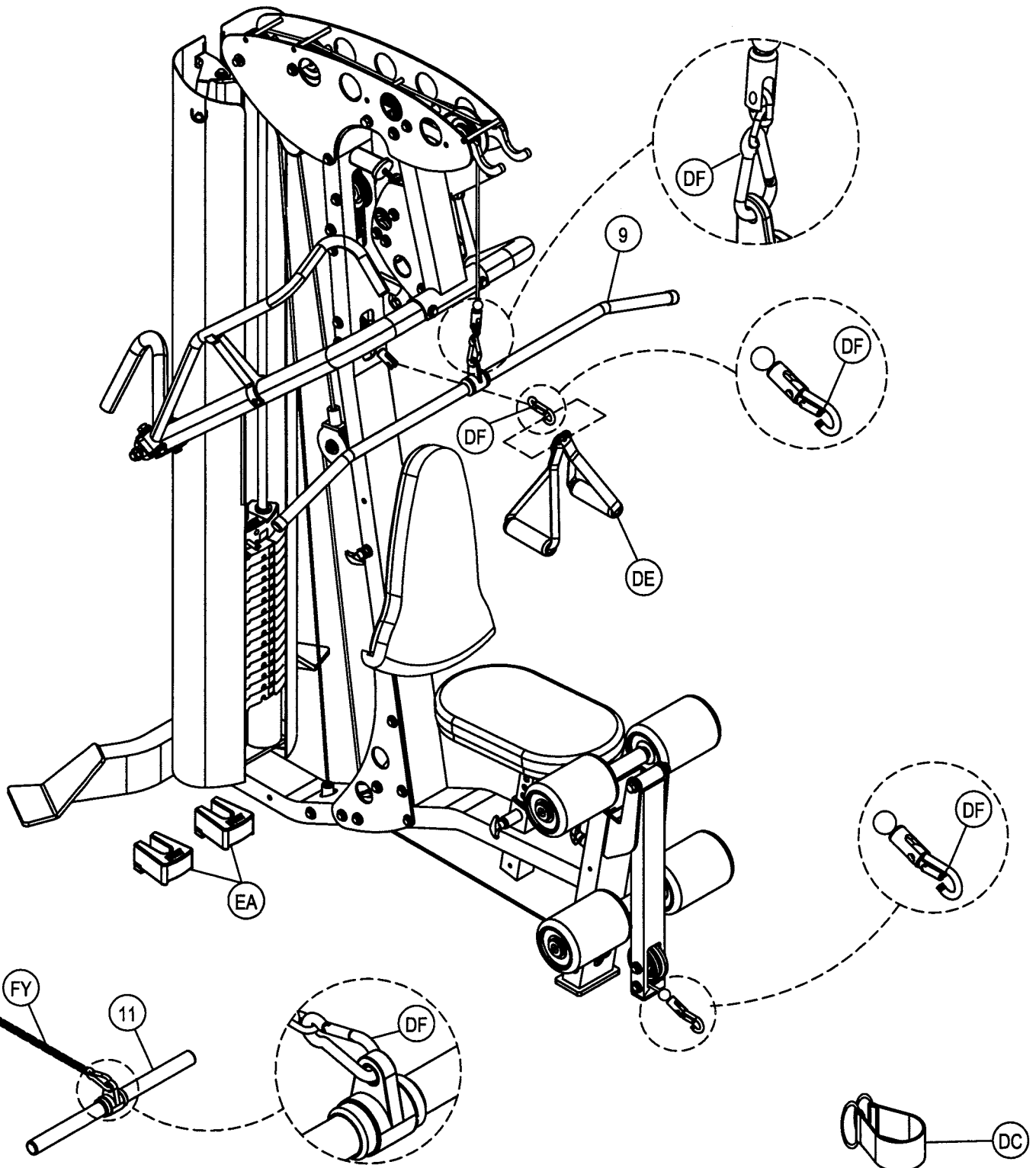
## ACCESSORIES ASSEMBLY

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
9	1	026-01X1119	Aluminum Lat Bar
11	1	026-01X1118	Aluminum Curl Bar Assembly
DC	1	022-008033	Ankle Strap
DE	2	022-0008032	Strap Handle
DF	4	020-0010002	Snap Link
EA	2	26-STD-SWADDON2	Add On Weight
FY	1	020-0014028	14 Link Chain

## MISCELLANEOUS ITEMS

<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	021-0003159	Alert Wall Poster
2	023-0511006	Super Lube Exercise Chart Accent Touch Up Paint Base Touch Up Paint

# OWNERS MANUAL



# OWNERS MANUAL

## PRE-ASSEMBLY

### Part Descriptions

- 2 - Main Base Support
- 3 - Leg Extension Arm
- 4 - Seat Assembly
- 10 - 1/2" Short Pullpin (Hex Head) Assy.
- 14 - Top Assembly
- 15 - 10 lbs. Intermediate Radial  
Loc<sup>®</sup> Weight Plate
- 18 - 21 Holes Stem
- 25 - Cast Radial Loc<sup>®</sup> Top Weight
- 28 - Lanyard Pin
- 41 - Accessory Rack
- 48 - Roller Pad Adjuster
- 50 - Upright Assembly
- 51 - Upper Press Arm Pivot
- 52 - Press Arm
- 53 - Mounting Bracket
- 54 - Right Handle
- 55 - Left Handle
- 56 - Right Articulating Arm
- 57 - Left Articulating Arm

### Hardware Descriptions

- S - 10-32 x 1/8" Set Screw
- CG - Guide Rod Bushing
- CH - Press Fit Cast Weight Bushing
- CI - Lanyard Coil
- CJ - Selector Pin
- CK - 7/16" dia. x 3" Roll Pin
- CL - Lanyard Pin C-Clip
- CM - EZ Glide Sleeve
- CO - 1 1/2" x 2 1/2" End Cap
- CP - 1 1/2" x 1 1/2" End Cap
- CS - Adjustable Stop With Jam Nut
- CT - 1/2" Flanged Oilite
- CU - 1" Flanged Oilite
- CW - 1.28" I.D. Aluminum Ring
- CX - 1.28" I.D. Aluminum Cap
- CZ - Dual Stem Plug Bumper
- DI - 1.03" I.D. Aluminum Ring
- DJ - 1.03" I.D. Aluminum Cap
- DK - Ø2.00" Plastic End Cap
- DL - Ø1.188 I.D. x 15.00 Rubber Grip
- DM - .375" x .675" Sleeve
- DN - Ø.9375 I.D. x 18.75 Rubber Grip
- DY - Delrin Bushing
- GA - Ø.375" x 1.60" Vinyl Sleeve
- GB - Bumper, Half Round, Dual Stem
- GC - 1 1/2" X 3 1/2" End Cap

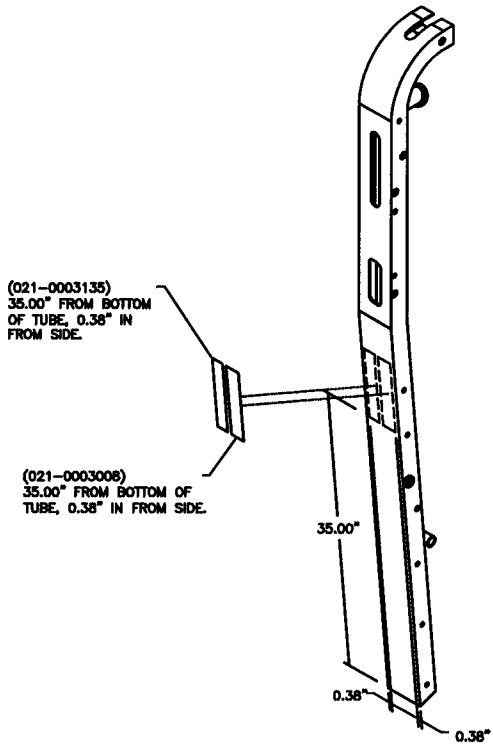
## \*IMPORTANT\*

Now that the V-3 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

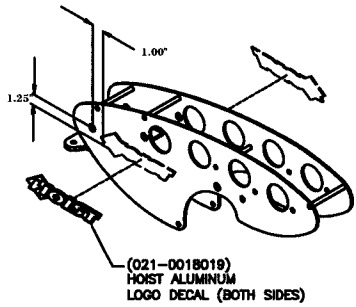


# OWNERS MANUAL

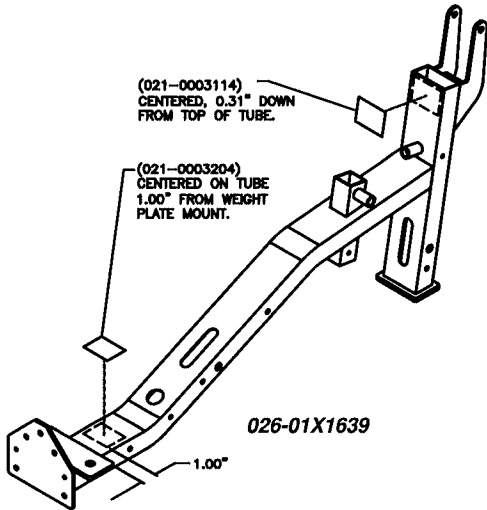
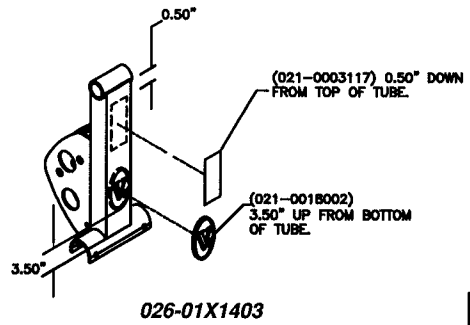
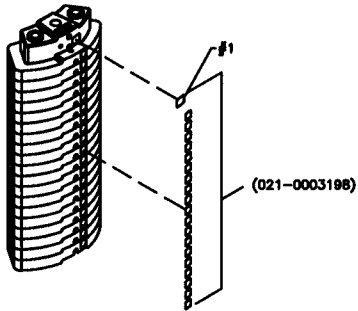




026-01X1417



026-01X1426



# DECAL PLACEMENTS

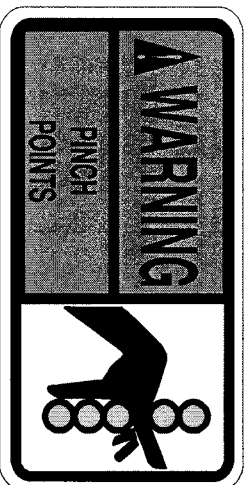
# OWNERS MANUAL

# OWNERS MANUAL

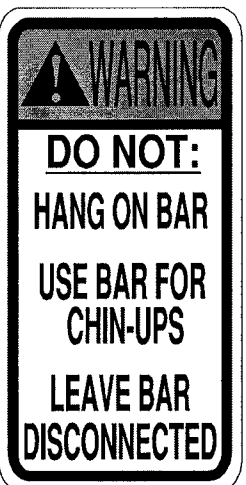
## DECAL REFERENCE

NOTICE		Daily	Weekly	Monthly	Monthly	Yearly
<b>COMMERCIAL MAINTENANCE</b>						
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, Turcite 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



021-0003117

**▲ WARNING**

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. TAKE PEEZ TIME and do not quit the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teachers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135

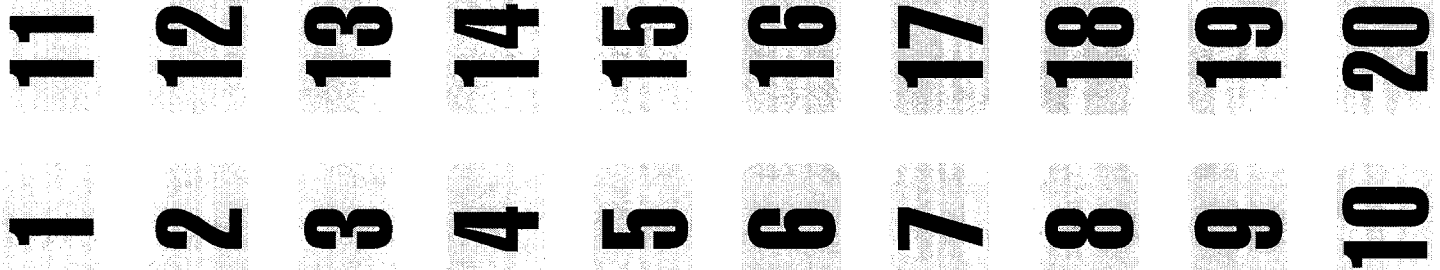


**OWNERS  
MANUAL**

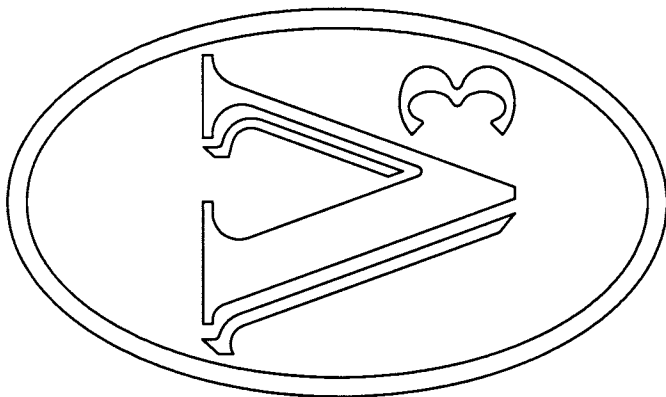
**DECAL REFERENCE**



**021-0018019**



**021-0003198**



**021-0018002**



**021-0003204**

**SERIAL # DECAL;** Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

# OWNERS MANUAL

## PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1419	Rear Support Foot
2	1	026-01X1639	Base Assembly
3	1	026-01X1421	Leg Extension Arm
4	1	026-01X1640	Seat Assembly
5	2	026-01X1425	18.69" lg. Roller Bar
6	2	026-01P1429	Gusset Plate
7	1	022-01PD0106	Seat Pad
8	4	022-01PDR008	Roller Pad
9	1	026-01X1119	Aluminum Lat Bar
10	2	026-01X0185	1/2" Short Pullpin (Hex Head) Assembly
11	1	026-01X1118	Aluminum Curl Bar
12	1	026-01X1404	Lat Bar Mount
13	1	026-01X1414	Floating Pulley Assembly
14	1	026-01X1426	Top Assembly
15	14	026-01W0142	10 lbs. Intermediate Radial Loc <sup>®</sup> Weight Plate
17	2	026-01G0177	Guide Rod (Ø0.75" x 71.44" lg.)
18	1	026-01W0139	21 Holes Stem
19	4	026-01M0238	Aluminum Cap 2.00"O.D. x .31" thk
20	1	026-01M0586	Cable Adapter
21	6	026-01M0760	.50" lg. Heavy Flanged Spacer
22	10	026-01M0761	1.69" lg. Heavy Flanged Spacer
23	6	026-01M0762	1.50" lg. Heavy Flanged Spacer
24	1	026-01M0767	1.00" Dia. x 4.00" lg. Shaft
25	1	26-STD-SWTOP9	8.50 lbs. Cast Radial Loc <sup>®</sup> Top Weight
26	2	026-01P1689	Pulley Plate
27	1	022-01PD2024-A	Back Pad
28	1	10-LRD-1012T	Lanyard Pin
30	1	026-01X1619	Pull Pin (Hex Head) Assembly
41	1	026-01X1453	Accessory Rack
48	1	026-01X1641	Roller Pad Adjuster
50	1	026-01X1417	Upright Assembly
51	1	026-01X1403	Upper Press Arm Pivot
52	1	026-01X2063	Press Arm
53	2	026-01X1411	Mounting Bracket
54	1	026-01X2062	Right Handle
55	1	026-01X2061	Left Handle
56	1	026-01X2066	Left Articulating Arm
57	1	026-01X2065	Right Articulating Arm
58	1	026-01P1425	Back Pad ROM
59	1	026-01M0768	1.50" Heavy Flanged Spacer

# OWNERS MANUAL

## HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	1	011-0101070	1/2-13 x 4" HHB (WZ)
B	1	011-0107014	1/2-13 x 5" HHB (WZ)
D	1	011-0307060	1/2-13 x 6" HHB (WZ)
F	4	011-0107037	3/8-16 x 1 1/4" HHB (WZ)
G	4	011-0002033	3/8-16 x 1 1/4" FHB (WZ)
H	13	011-0107022	3/8-16 x 5" HHB (WZ)
K	8	011-0107046	3/8-16 x 4 1/2" HHB (WZ)
L	3	011-0407020	3/8-16 x 1 3/4" HHB (WZ)
M	4	011-0007048	3/8-16 x 2 1/2" HHB (WZ)
N	8	011-0107047	3/8-16 x 3" HHB (WZ)
Q	4	011-0107011	5/16-18 x 1 1/4" HHB (WZ)
S	16	011-0311005	10-32 x 1/8" Set Screw
T	2	011-0407039	1/2-13 x 2 3/4" HHB (WZ)
X	4	011-0107020	3/8-16 x 3 1/4" HHB (WZ)
AA	12	013-0102003	1/2" SAE Flat Washer (WZ)
AB	58	013-0402005	3/8" USS Flat Washer (WZ)
AC	4	013-0302008	5/16" SAE Flat Washer (WZ)
AD	6	013-0102020	3/8" Split Lock Washer (WZ)
BA	7	012-0304011	1/2"-13UNC Thin Nylok Nut (WZ)
BB	38	012-0402005	3/8"-16UNC Thin Nylok Nut (WZ)
CA	2	26-STD-06-0153	1/2" THK Weight Stack Bumper
CB	1	018-0002014	Ø4 1/2" Groove Pulley
CC	2	018-0002015	Ø3 1/2" Groove Pulley
CD	12	018-0001002	Ø3 1/2" Standard Pulley
CE	1	018-0001003	Ø4 1/2" Standard Pulley
CF	4	014-0011001	Nyliner Bushing
CG	2	026-01PL134	Guide Rod Bushing
CH	28	026-01PL269	Press Fit Cast Weight Bushing
CI	1	010-0008001	Lanyard Coil
CJ	1	026-01W0138	Selector Pin
CK	1	030-0303006	Ø7/16" x 3" Roll Pin
CL	1	014-001-5009	Lanyard Pin C-Clip
CM	4	026-01PL125	EZ Glide Sleeve
CO	1	016-0001003	1 1/2" x 2 1/2" End Cap
CP	1	016-0201004	1 1/2" x 1 1/2" End Cap
CQ	8	26-STD-06-0481	Roller Pad Bushing
CS	1	020-0014027	Adjustable Stop With Jam Nut
CT	12	26-STD-08-0026	1/2" Flanged Oilite
CU	2	014-0101014	1" Flanged Oilite
CW	2	026-01M0392	1.28" I.D. Aluminum Ring
CX	2	026-01M0391	1.28" I.D. Aluminum Cap
CZ	1	026-01PL382	Dual Stem Plug Bumper
DB	2	026-01PL369	Weight Stack Stand Off
DD	1	010-01C280T	Leg Extension Cable
DG	2	026-01PL2004	Articulating Arm Bracket
DI	2	026-01M0324	1.030" I.D. Dia x .375" Aluminum Ring
DJ	2	026-01M0323	1.030" I.D. Dia x .75" Aluminum Cap
DK	2	016-0201017	Ø2.00 Plastic End Cap
DL	2	026-01PL235-27	Ø1.188 I.D. x 15.00 Rubber Grip
DM	2	016-0002005	Ø.375 x 1.00 Sleeve
DN	2	026-01PL206-24	Ø.9375 I.D. x 18.75 Rubber Grip
DU	1	010-01C272T	Floating Pulley Cable
DV	1	010-01C273T	Weight Stack Cable
DY	1	026-01PL371	Delrin Bushing
GA	2	016-0002007	Ø.375 x 1.60 Vinyl Sleeve
GB	1	026-01PL381	Bumper, Half Round, Dual Stem
GC	1	016-0201020	1 1/2" X 3 1/2" End Cap

# OWNERS MANUAL



# OWNERS MANUAL

## ABBREVIATION LISTING

**BZ = Black Zinc**

**WZ = White Zinc**

**FHS = Flat Head Screw**

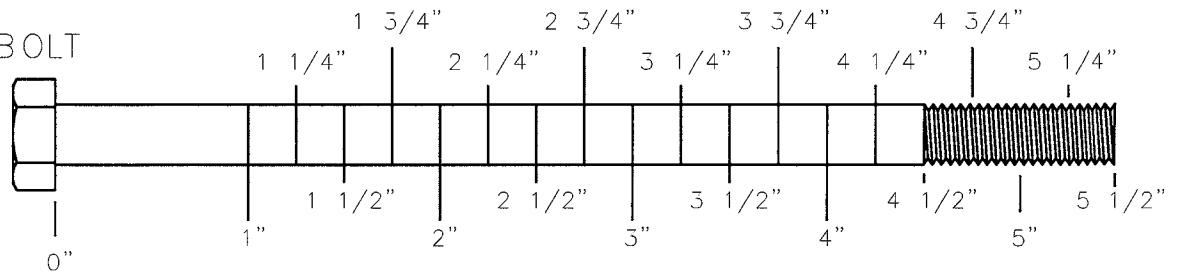
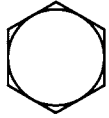
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

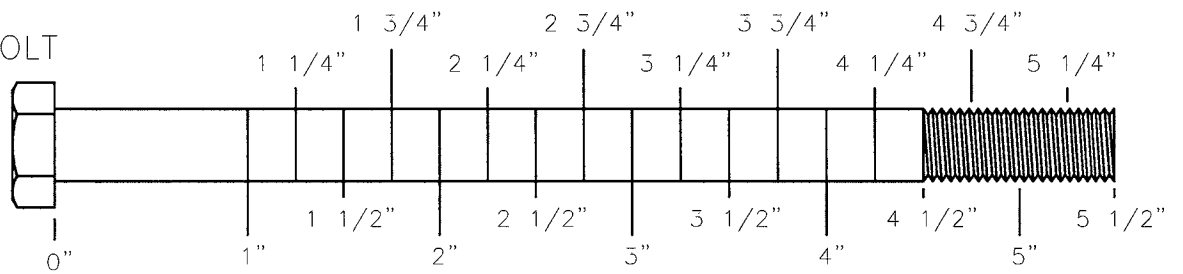
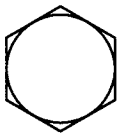
**HHB = Hex Head Bolt**

# OWNERS MANUAL

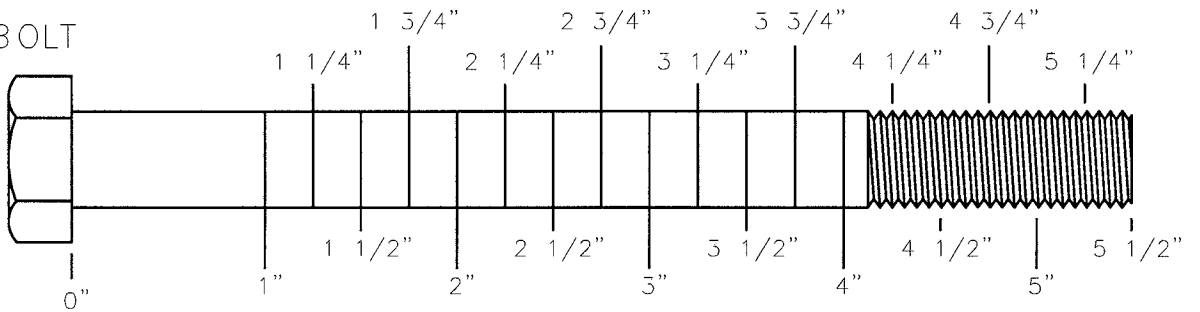
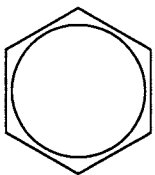
5/16" HEX BOLT



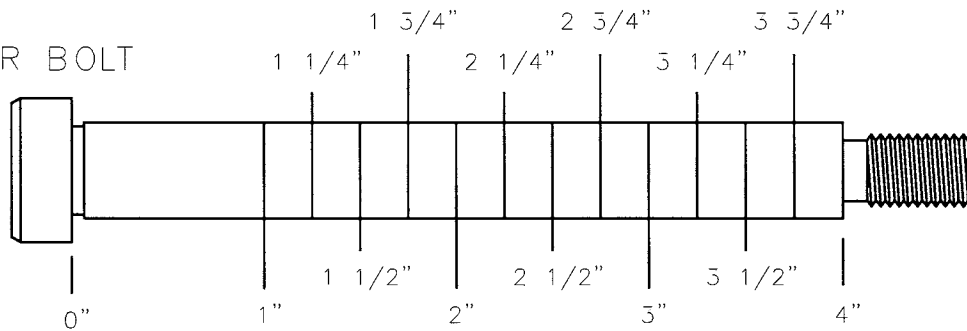
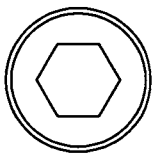
3/8" HEX BOLT



1/2" HEX BOLT

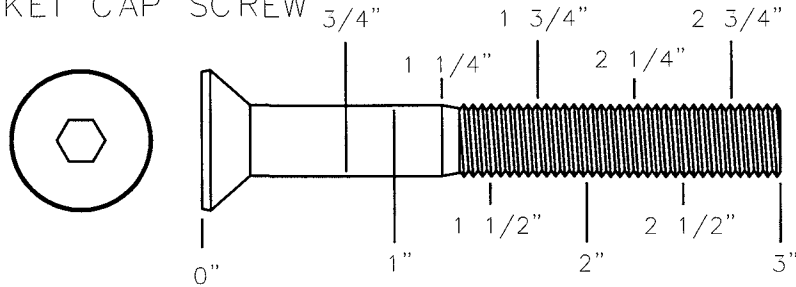


1/2" SHOULDER BOLT

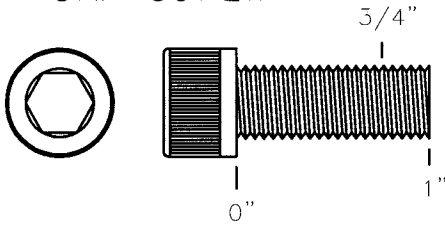


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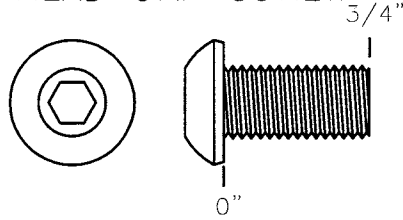
3/8" FLATHEAD  
SOCKET CAP SCREW



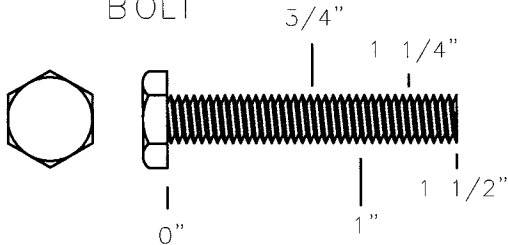
3/8" SOCKET  
CAP SCREW



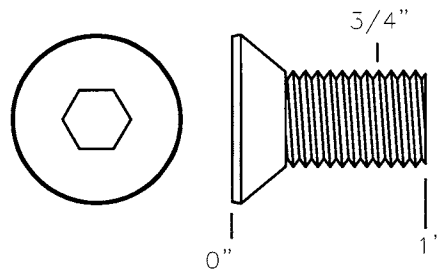
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT

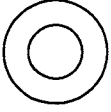


1/2" FLATHEAD  
SOCKET CAP SCREW

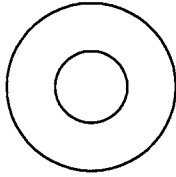


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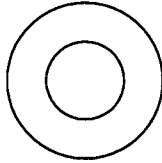
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



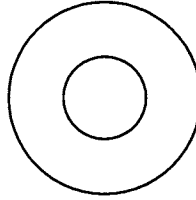
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



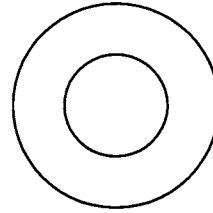
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



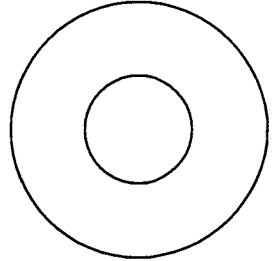
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



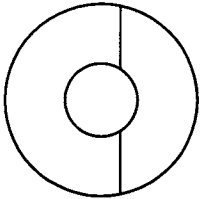
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



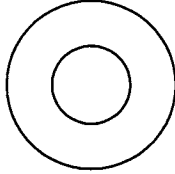
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



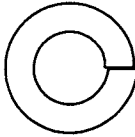
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



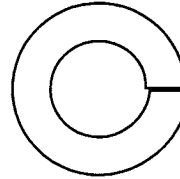
013-0102019  
1/4"  
LOCK WASHER



013-0102020  
3/8"  
LOCK WASHER



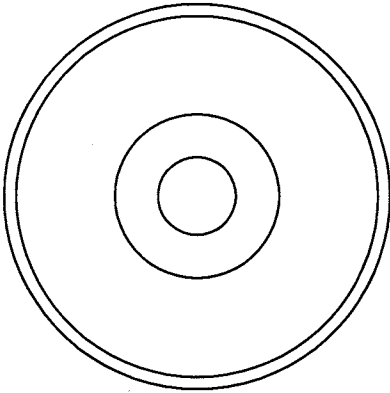
013-0102018  
1/2"  
LOCK WASHER



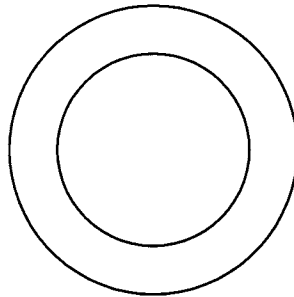
014-0018001  
1/2" LONG  
SPACER



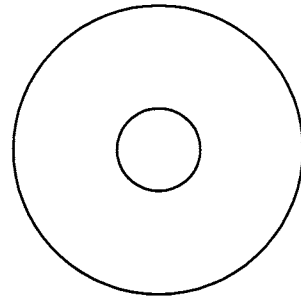
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



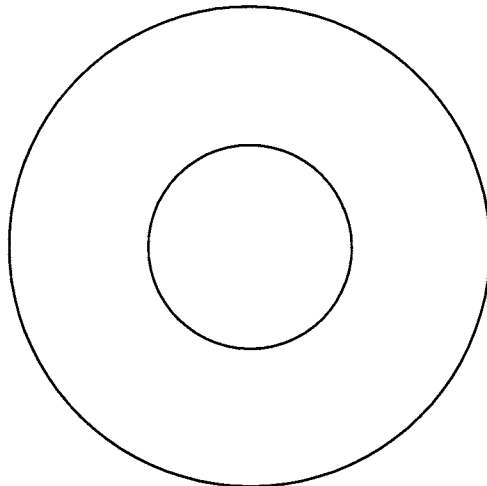
016-0009003  
1" SHIM WASHER



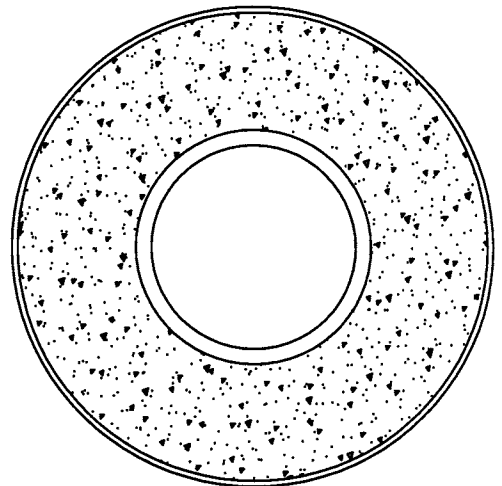
013-0003002  
3/8" FENDER WASHER



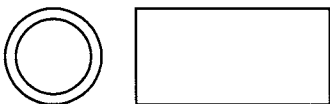
013-0003004  
1 1/16"  
FENDER WASHER



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



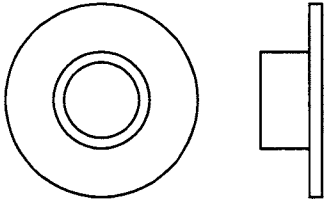
014-0018002  
1" LONG  
SPACER



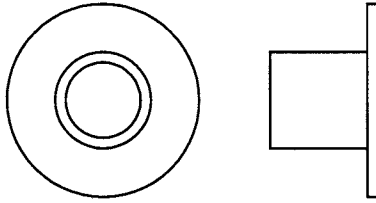


# OWNERS MANUAL

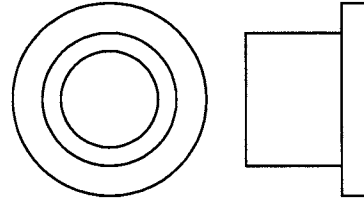
026-01M0211  
1/4" LONG  
FLANGED SPACER



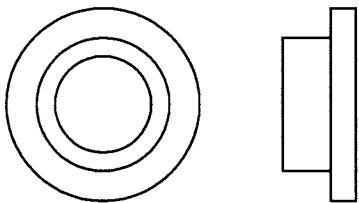
026-01M0198  
1/2" LONG  
FLANGED SPACER



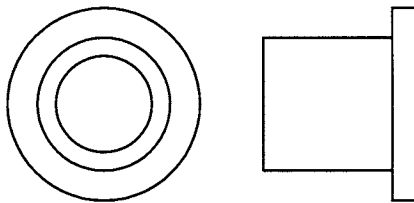
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



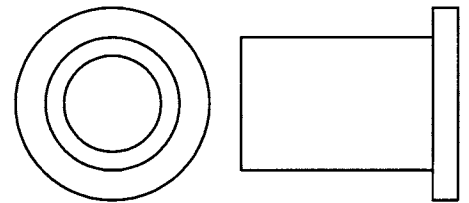
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



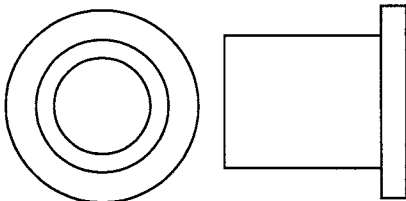
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



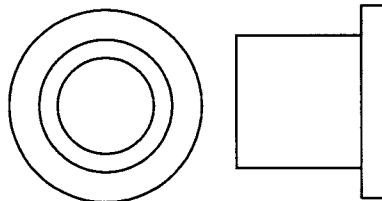
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



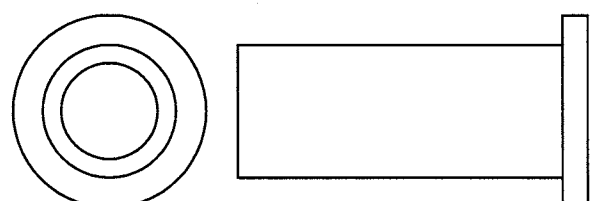
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



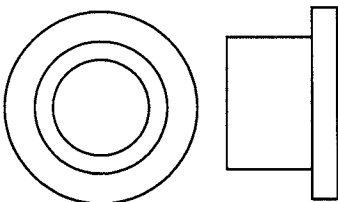
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FLANGED SPACER



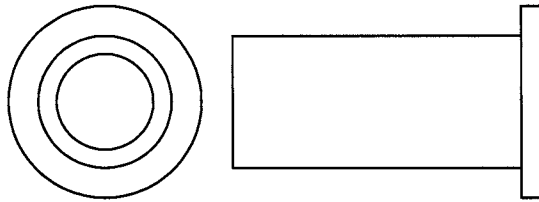
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



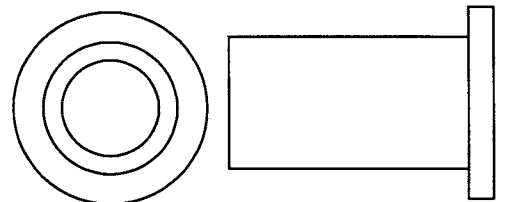
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



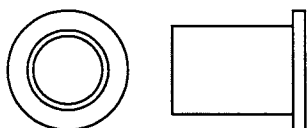
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



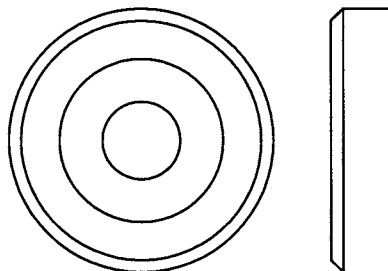
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



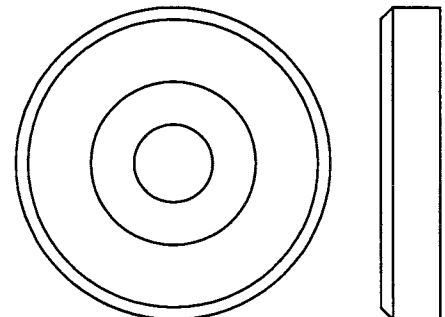
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNERS MANUAL



# 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 proper.*

### Anti-Skid Surfaces:

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

### Belts and Cables:

- \*Hoist uses only high quality belt, and mil-spec cables.*
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has 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

## 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 V3 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.

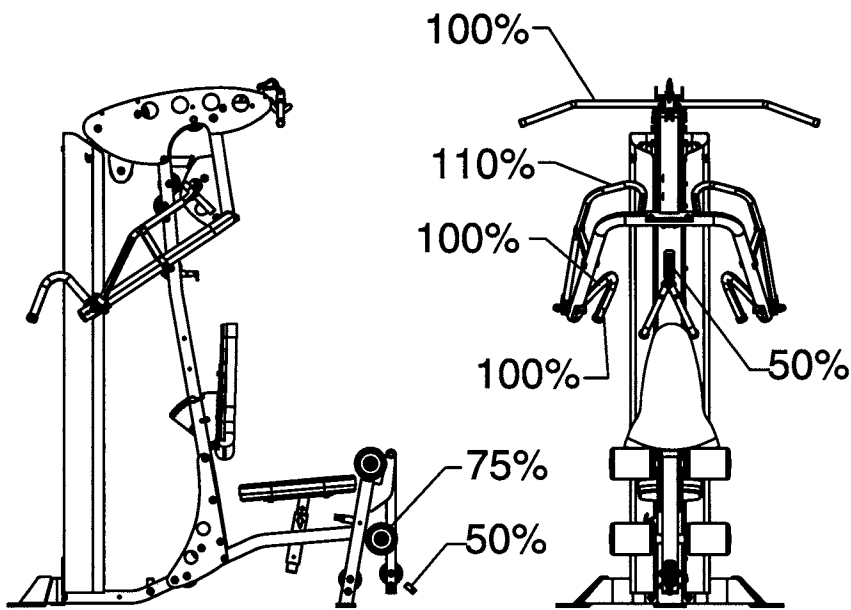
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Use this manual to guide you through the basic exercises you can perform on your V3 machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

**Enjoy your V3 HOIST® Fitness System!**

# OWNERS MANUAL

## WEIGHT RATIOS



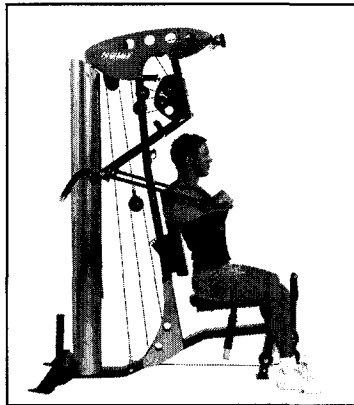
Number of Plates	110%	100%	75%	50%
1	13	12	9	6
2	24	22	17	11
3	35	32	24	16
4	46	42	32	21
5	57	52	39	26
6	68	62	47	31
7	79	72	54	36
8	90	82	62	41
9	101	92	69	46
10	112	102	77	51
11	123	112	84	56
12	134	122	92	61
13	145	132	99	66
14	156	142	107	71
15	167	152	114	76
16	178	162	122	81
17	189	172	129	86
18	200	182	137	91
19	211	192	144	96
20	222	202	152	101

The above chart shows the standard weight stack plus the additional 5 plate option for this unit. The weights listed are approximate and have been rounded off to the nearest pound. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

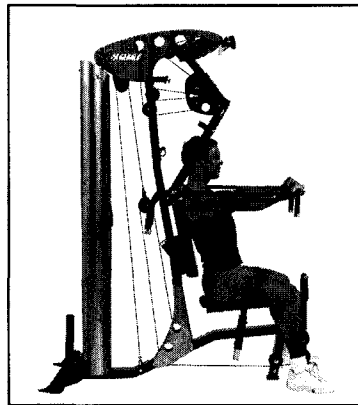
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### VERTICAL BENCH PRESS



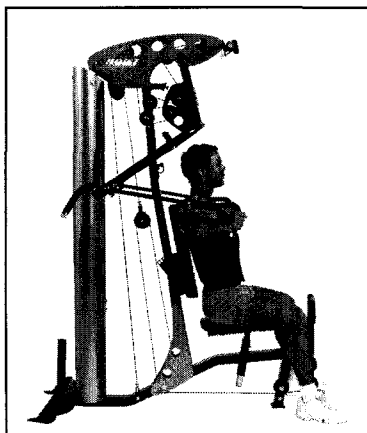
**Start**



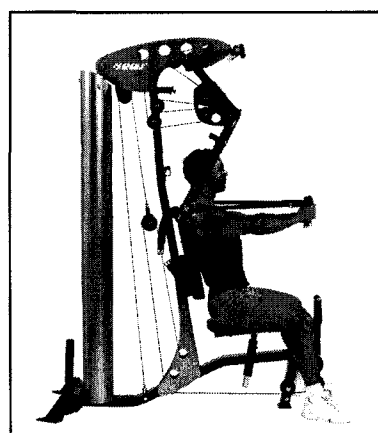
**Finish**

1. Sit upright with your back supported by the back pad.
2. Adjust the back pad angle, if needed.
3. Hold the articulating handles at chest height; adjust the seat if needed.
4. Press the handles forward until your arms are fully extended.
5. Slowly return to the starting position.

### PECTORAL FLY



**Start**



**Finish**

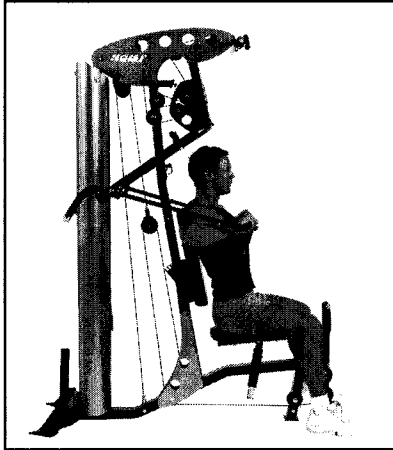
1. Sit upright with your back supported by the back pad; adjust the back pad, if needed.
2. Grip the articulating handles in a neutral position. Keep your arms out, at chest level, with your elbows slightly bent.
3. Rotate arms forward, pivoting from the shoulder. Finish by bringing hands together in front of your chest.
4. Slowly return to the starting position.



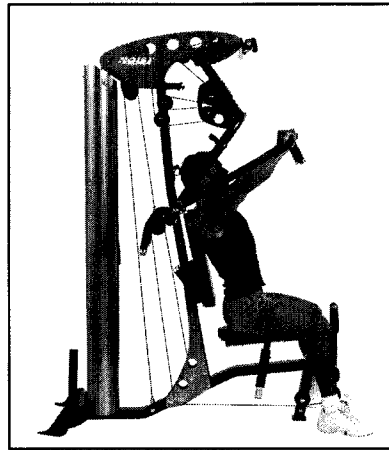
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### INCLINE PRESS



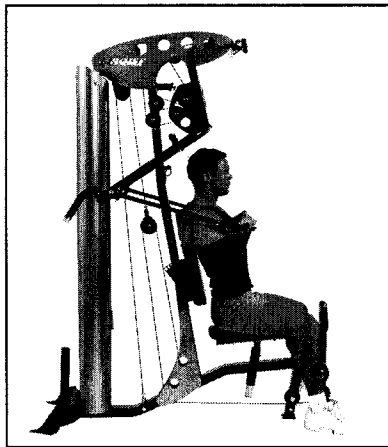
**Start**



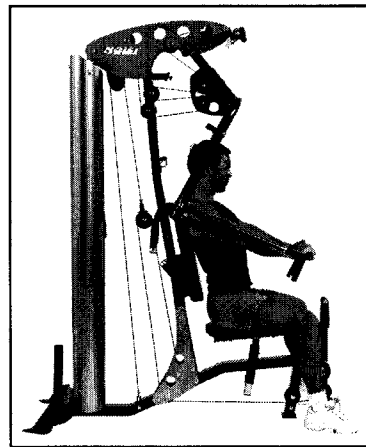
**Finish**

1. Sit upright with your back supported by the back pad. Adjust the pad angle, if needed.
2. Hold the articulating handles at chest height; adjust seat, if necessary.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.

### DECLINE PRESS



**Start**



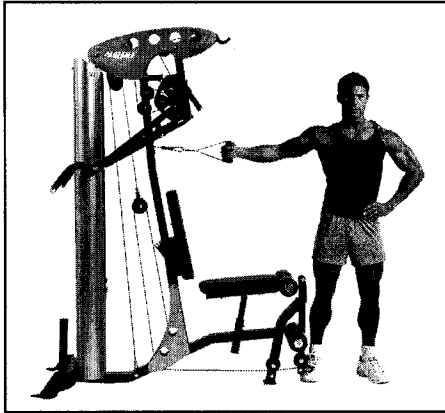
**Finish**

1. Sit upright with your back supported by the back pad. Adjust the pad angle, if needed.
2. Hold the articulating handles at chest height; adjust the seat, if necessary.
3. Press handles at a downward angle until arms are fully extended.
4. Slowly return to the starting position.

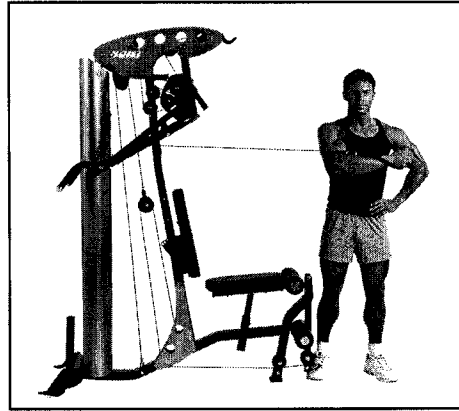
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### PECTORAL CROSSOVER



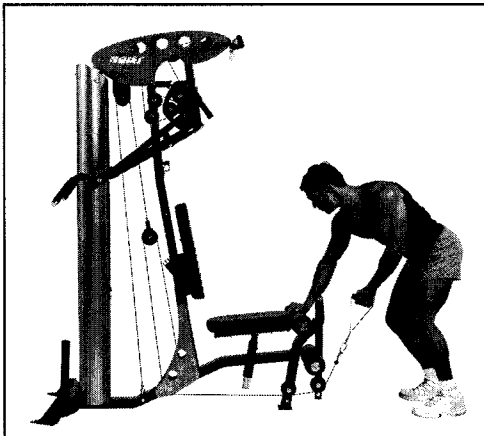
**Start**



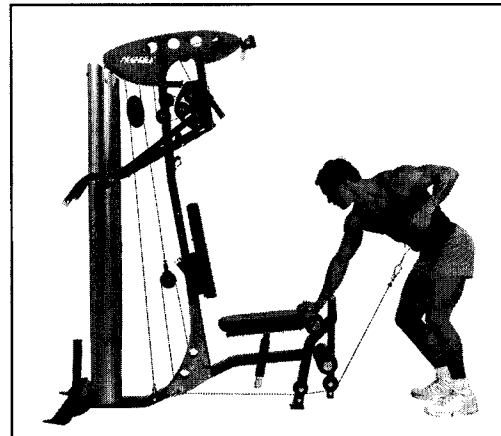
**Finish**

1. Attach one strap handle to the middle pulley.
2. Stand sideways to the machine.
3. Grip the handle with the hand closest to the pulley and arc the arm forward keeping a slight bend at the elbow.
4. Slowly return to the starting position.

### BENT OVER ROW



**Start**



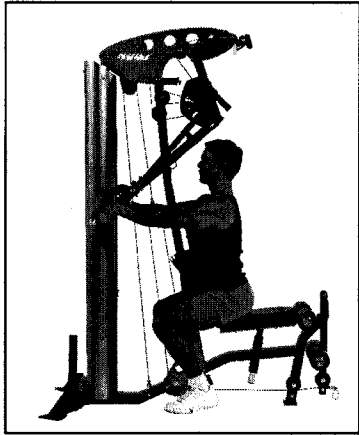
**Finish**

1. Attach one strap handle to the lower pulley.
2. Grasp the handle. Bend over using the upper roller for support keeping knees bent. Do not bend over further than 90°.
3. Pull arm upward keeping your elbow close to your body.
4. Slowly return to the starting position.

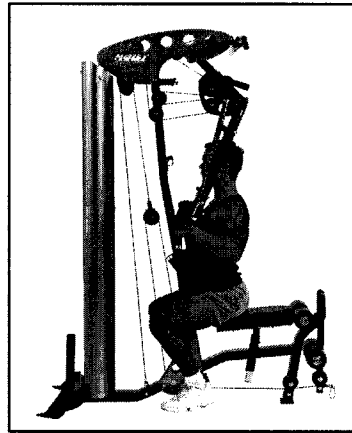
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### SEATED MID ROW



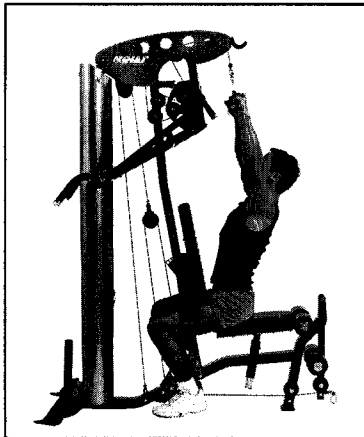
**Start**



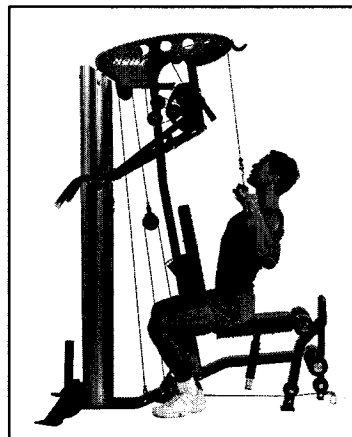
**Finish**

1. Sit facing the machine. Adjust the back pad so that your chest is supported when the mid row handles are just beyond your reach.
2. Adjust the seat height, if necessary, to grip the handles as shown.
3. Pull the handles towards you.
4. Slowly return to the starting position.

### LAT PULLDOWN



**Start**



**Finish**

1. Sit facing forward with your knees locked under the upper roller pads.
2. Grip the lat bar with your hands slightly wider than shoulder width, with your palms facing forward.
3. Lean back slightly, and pull the bar down slowly until it touches your upper chest area.
4. Slowly return to the starting position.

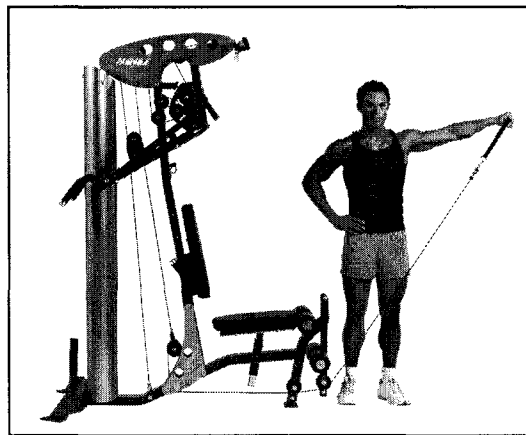
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LATERAL DELTOID



**Start**



**Finish**

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip the handle with the hand furthest away from the machine.
3. Raise your arm laterally until it is approximately parallel with the floor. Keep a slight bend in your elbow.
4. Slowly return to the starting position.

### UPRIGHT ROW



**Start**



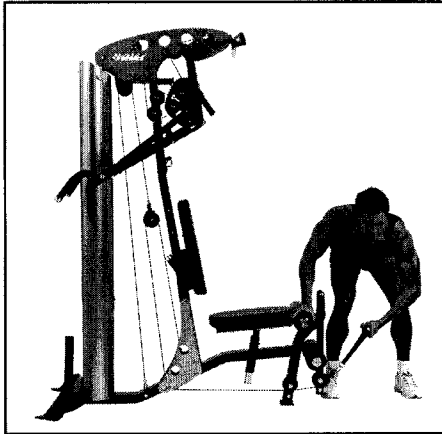
**Finish**

1. Attach both strap handles to the lower pulley.
2. Grip the handles with your hands in an overhand position. Keep your hands approximately 4" to 6" apart.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to starting position.

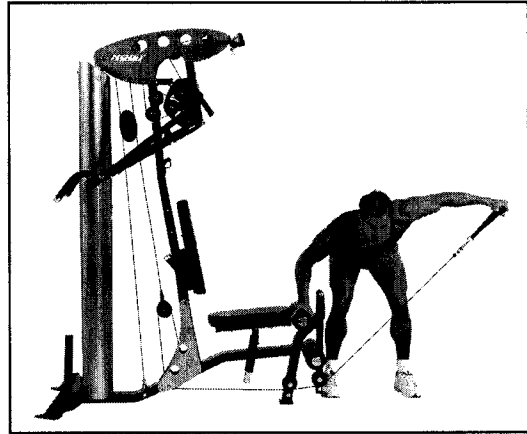
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### BENT OVER REAR DELT



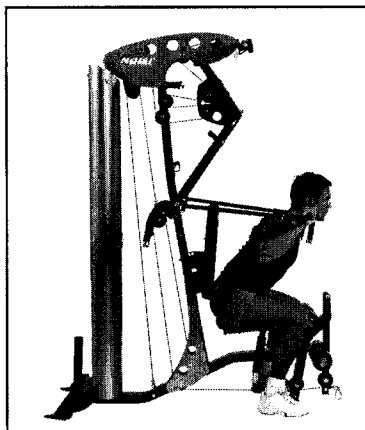
**Start**



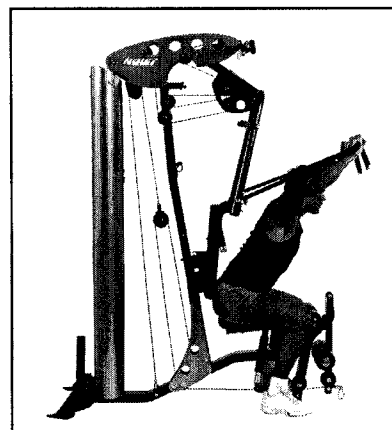
**Finish**

1. Attach one strap handle to the lower pulley.
2. Stand sideways to machine, and bend at the waist until your body is parallel to the floor. Leave a slight bend in your knees, and use the upper roller for support.
3. Grip the handle with the hand furthest from the machine, and arc your arm upwards, keeping a slight bend in your elbow.
4. Slowly return to the starting position.

### SHOULDER PRESS



**Start**



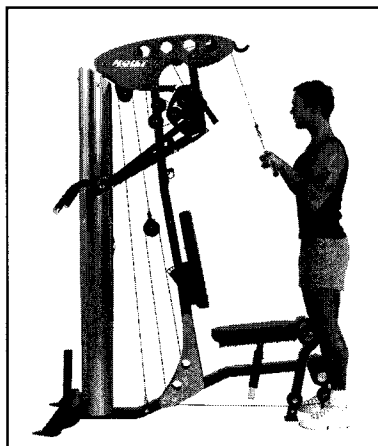
**Finish**

1. Sit leaning forward with your buttocks against the back pad.
2. Hold the articulating handles slightly above shoulder height.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.

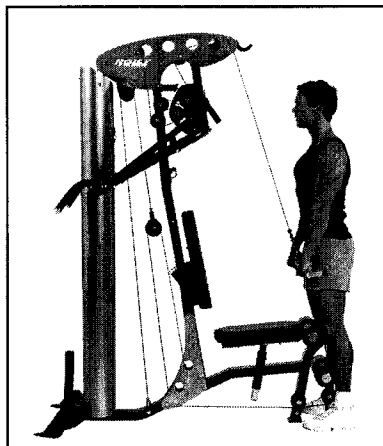
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### TRICEPS PUSHDOWN



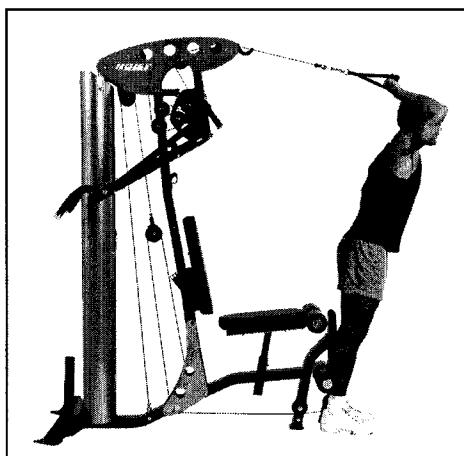
**Start**



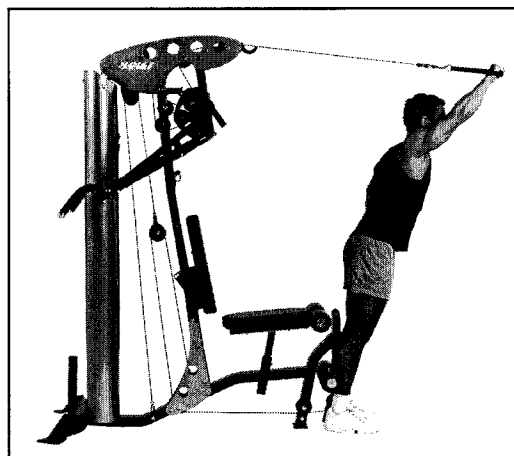
**Finish**

1. Stand facing towards the machine.
2. Grip the lat bar with your hands 4" to 6" apart, palms facing forward.
3. Bring the bar to chest height. Keep your arms tight against your body, and push the bar down slowly.
4. Slowly return to the starting position.

### STANDING TRICEPS EXTENSION



**Start**



**Finish**

1. Attach one strap handle to the upper pulley.
2. Stand with your back to the machine.
3. Hold the handle behind your head. Keep your elbow close to the side of your head.
4. Push the handle forward until your arm is fully extended.
5. Slowly return to the starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION

### REVERSE CURL



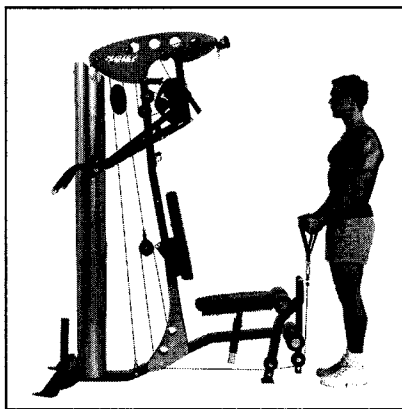
**Start**



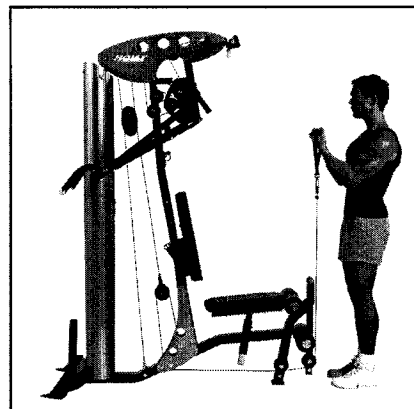
**Finish**

1. Attach both strap handles to the lower pulley.
2. Stand facing the machine. Grip the handles with your hands in an overhand position. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.

### BICEPS CURL



**Start**

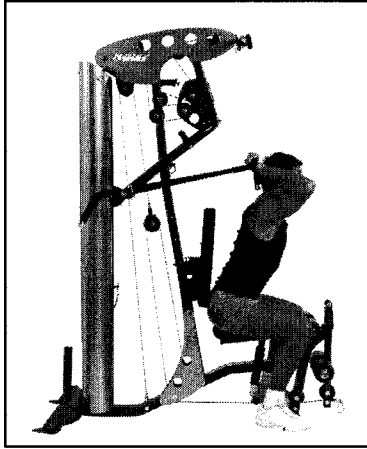


**Finish**

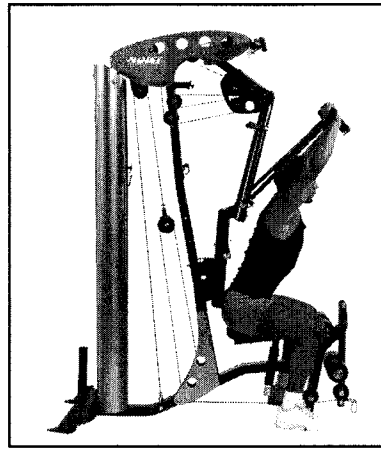
1. Attach both strap handles to the lower pulley.
2. Stand facing the machine. Grip the strap handles with your hands in an underhand position. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION SEATED TRICEPS EXTENSION



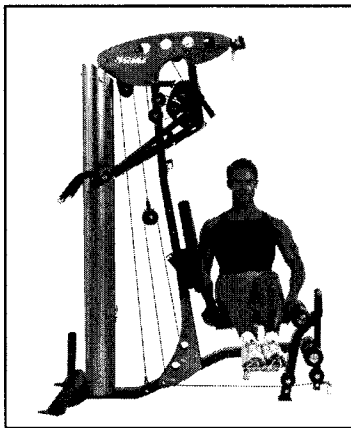
**Start**



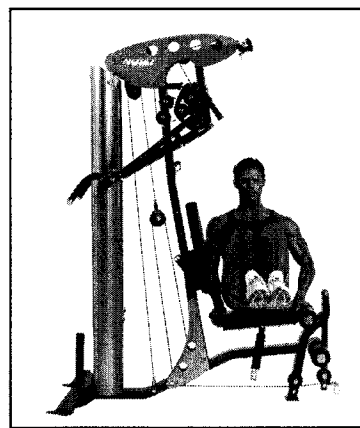
**Finish**

1. Sit leaning forward with your buttocks against the back pad.
2. Hold the articulating handles behind your head with your elbows close to the sides of your head.
3. Keeping your elbows next to your head, slowly extend your arms forward until your arms are fully extended.
4. Slowly return to the starting position.

## KNEE RAISE



**Start**



**Finish**

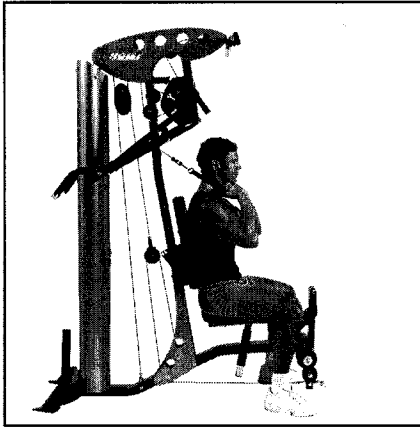
1. Sit on the seat with your legs extended to one side.
2. Grip the ends of the seat pad for balance.
3. Leaning back to balance yourself, lift feet slightly off the ground.
4. Lift knees upwards towards your chest.
5. Slowly return to the starting position.



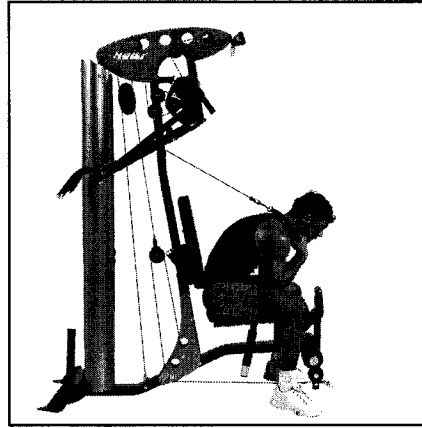
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### ABDOMINAL CRUNCH



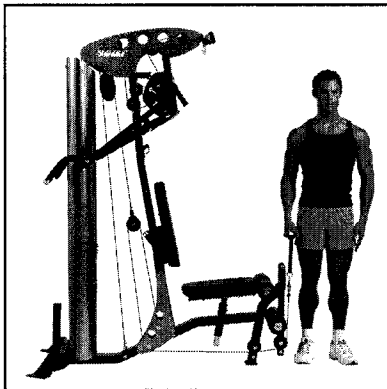
**Start**



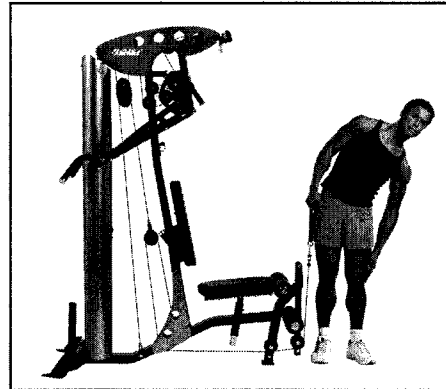
**Finish**

1. Attach both strap handles to the mid-pulley.
2. Sit on the seat with your back supported by the back pad.
3. Hold handles at chest level.
4. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
5. Slowly return to the starting position.

### SIDE BEND



**Start**



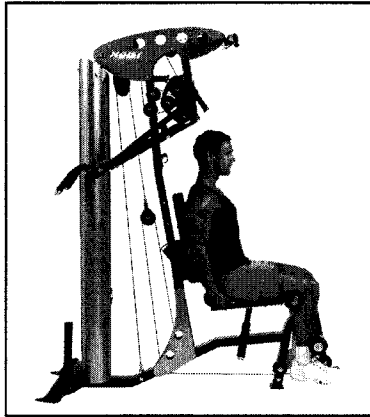
**Finish**

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip handle with the hand closest to the machine.
3. Keep arm straight while crunching your upper body over and away from the machine.
4. Slowly return to the starting position.

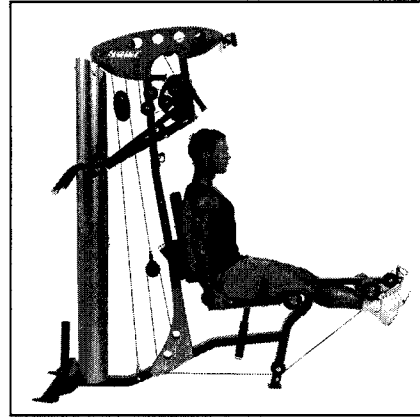
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LEG EXTENSION



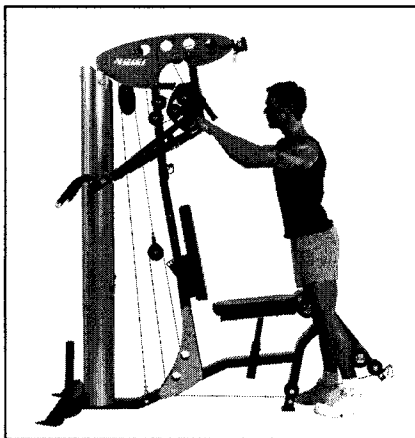
**Start**



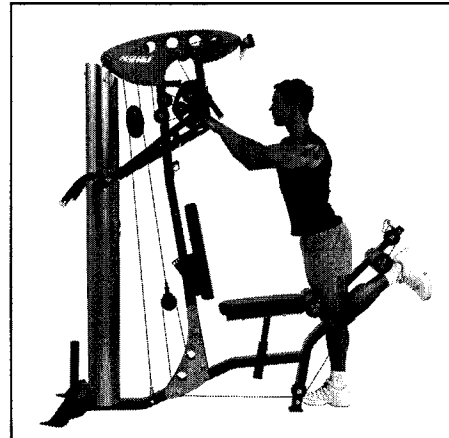
**Finish**

1. Adjust the seat and upper roller pad so that the pivot of the leg extension/leg curl arm lines up with the pivot point of your knee when seated.
2. Adjust back pad angle, if needed.
3. Hook your legs over the upper roller pads and your feet under the lower roller pads.
4. Extend your legs forward, and hold your position momentarily.
5. Slowly return to the starting position.

### STANDING LEG CURL



**Start**



**Finish**

1. Stand facing the machine, and adjust the upper roller pads to hit just above your knees.
2. Hook one foot under the lower roller pad, and grip the press arm for balance.
3. Curl your leg upward, and hold your position momentarily.
4. Slowly return to the starting position.

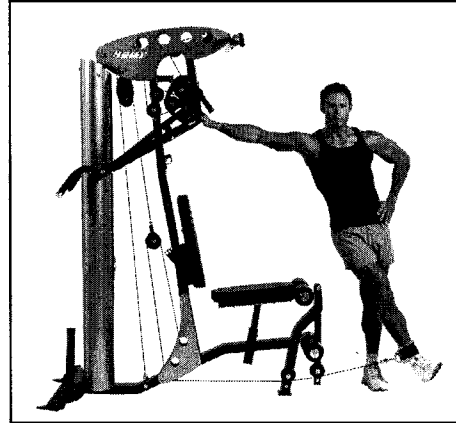
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### INNER THIGH



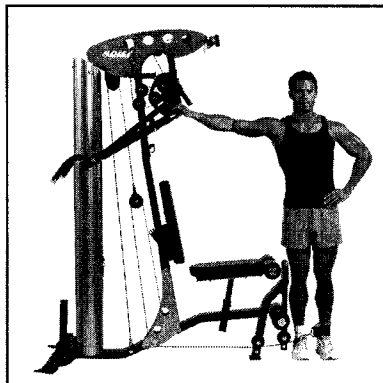
**Start**



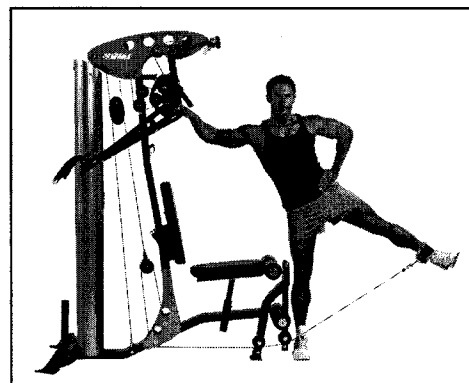
**Finish**

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the machine. Balance yourself by holding the press arm.
4. Slowly scissor your leg across your body while keeping your body straight.
5. Slowly return to the starting position.

### OUTER THIGH



**Start**



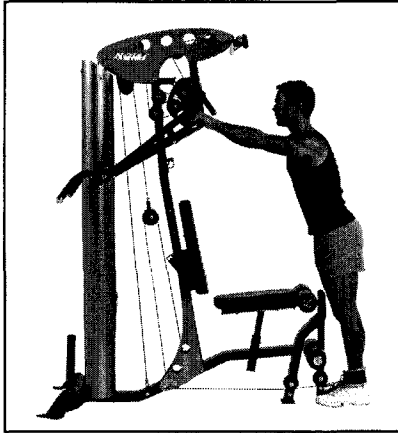
**Finish**

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach the cuff to the leg furthest from the machine. Balance yourself by holding the press arm.
4. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
5. Slowly return to the starting position.

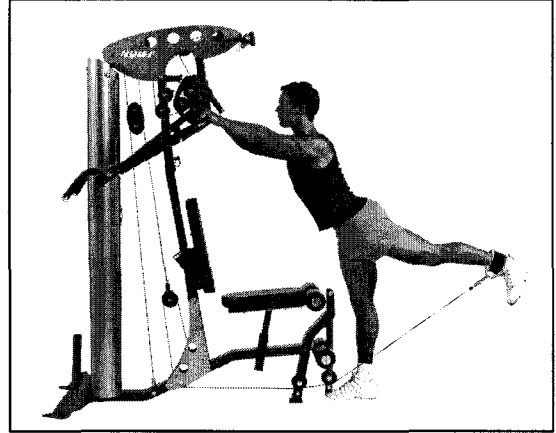
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### GLUTE KICK



**Start**



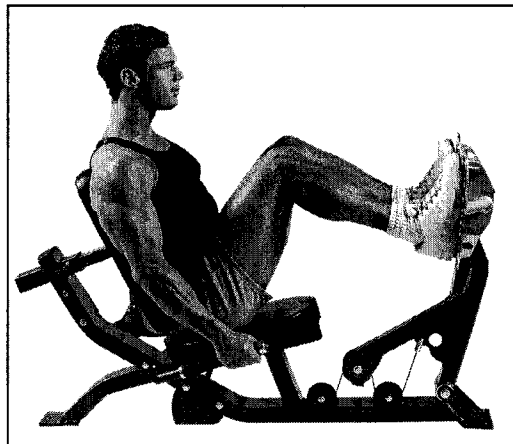
**Finish**

1. Attach the padded cuff to the lower pulley.
  2. Attach the cuff to your ankle. Angle your upper body forward; use the press arm for balance.
  3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, as far as possible. Keep your toe pointed straight down.
  4. Contract your buttock at the peak of the movement, and hold your position momentarily.
  5. Slowly return to the starting position.
-

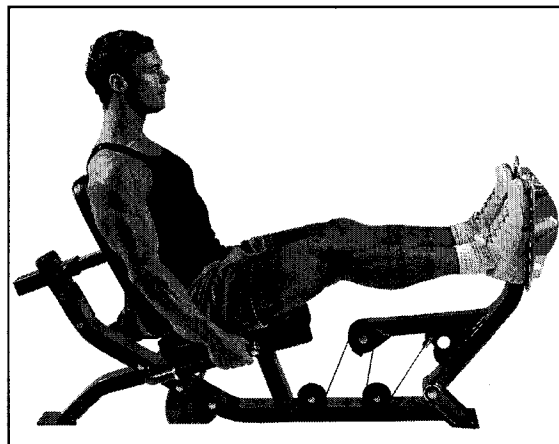
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LEG PRESS (optional)



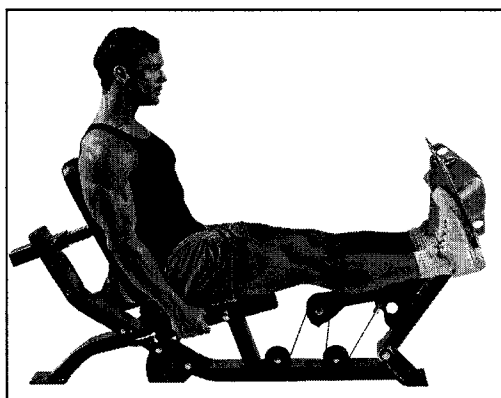
**Start**



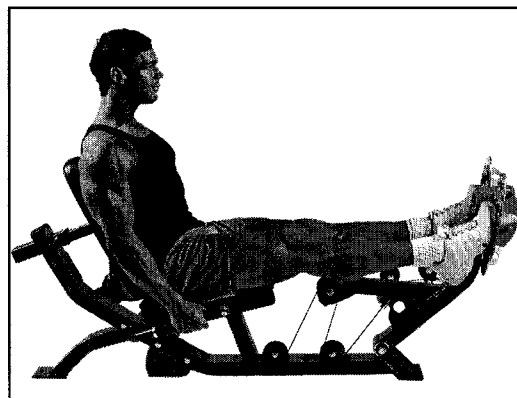
**Finish**

1. Adjust the back pad so 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° angle.
2. Slowly push your legs to a straight position, leaving a slight bend in your knees when fully extended. Never allow your knees to lock during the movement.
3. Slowly return to the starting position.

### TOE RAISE (optional)



**Start**



**Finish**

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

# 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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**PLEASE KEEP THIS FOR YOUR RECORDS**