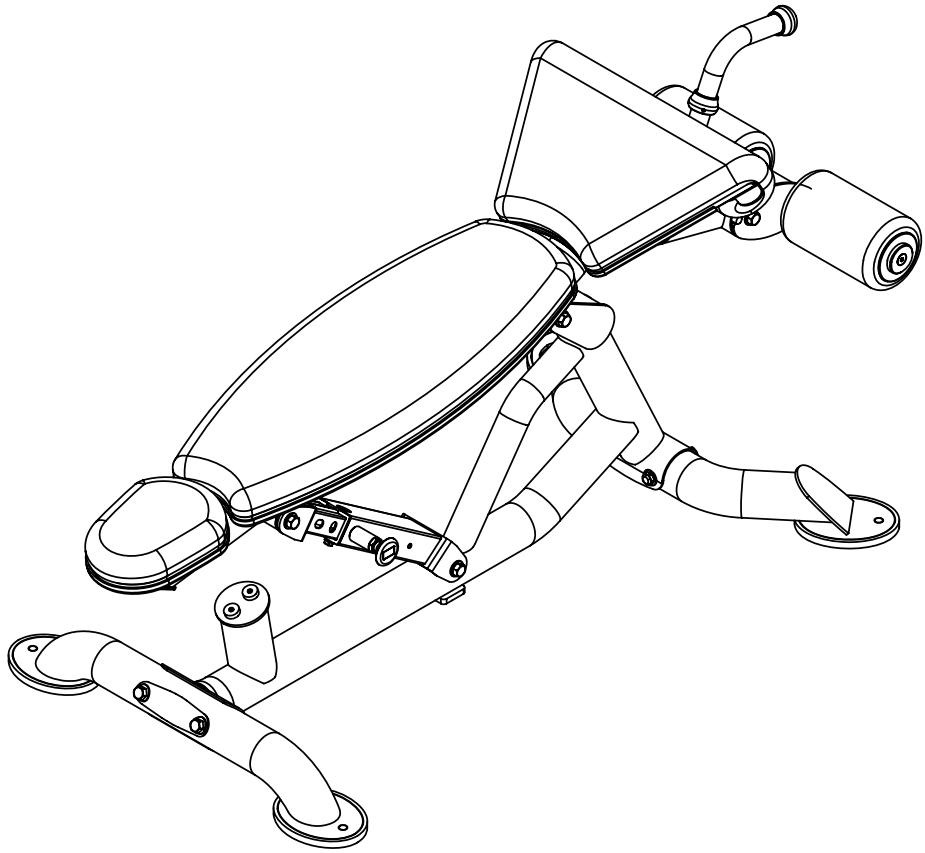


# OWNER'S MANUAL



## CF-3162 FLAT/DECLINE BENCH



**\*\*WARNING!\*\***

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0908-003

**Customer Service**

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

# OWNER'S MANUAL

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# **OWNER'S MANUAL**

## **INSTRUCTIONS**

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## **TOOLS REQUIRED**

**Ratchet Wrench**

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

**Adjustable Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

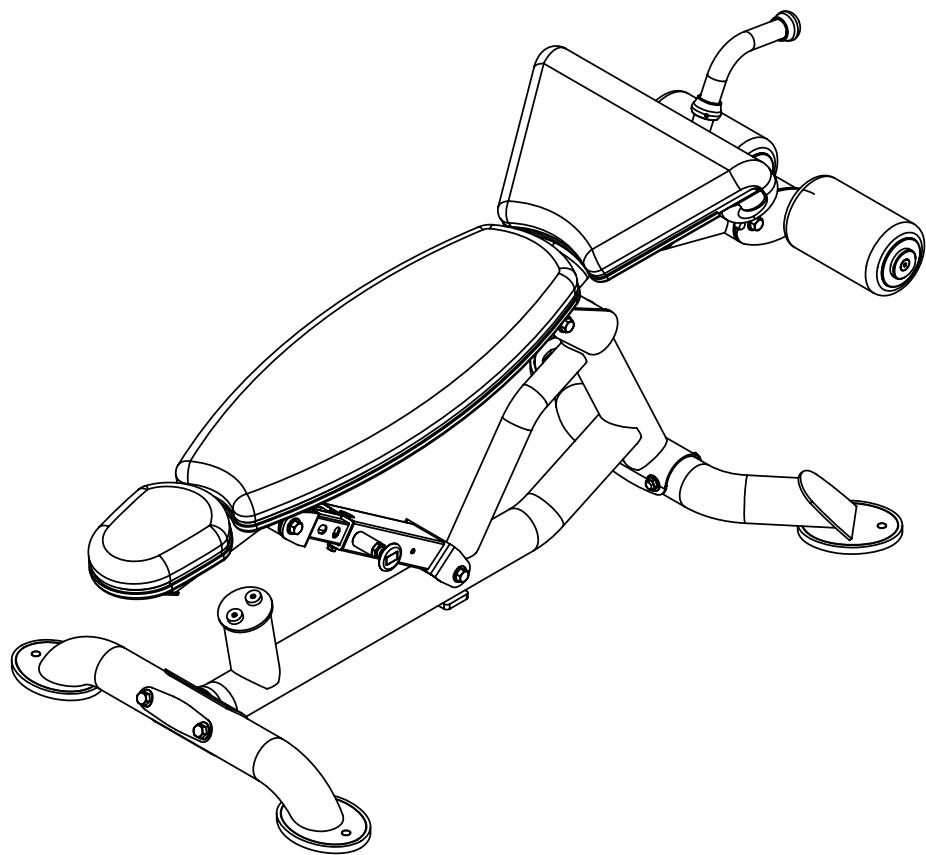
**Hex Key Wrench Set**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

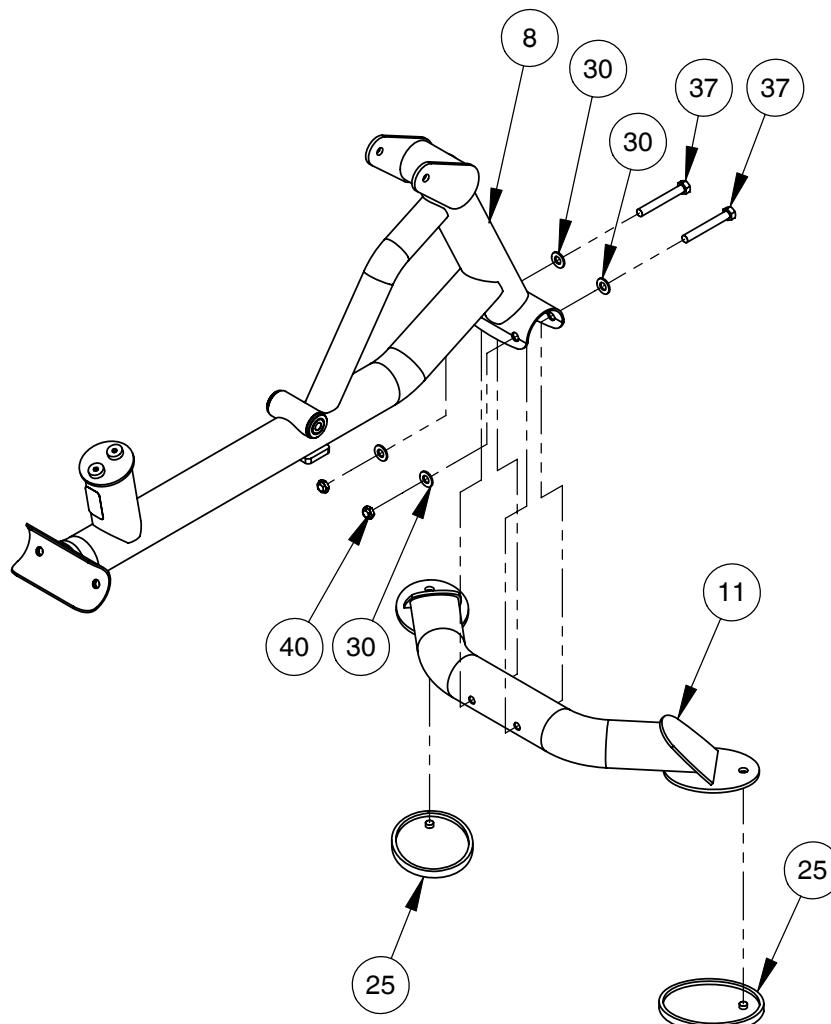
## **FRAME ASSEMBLY**



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.

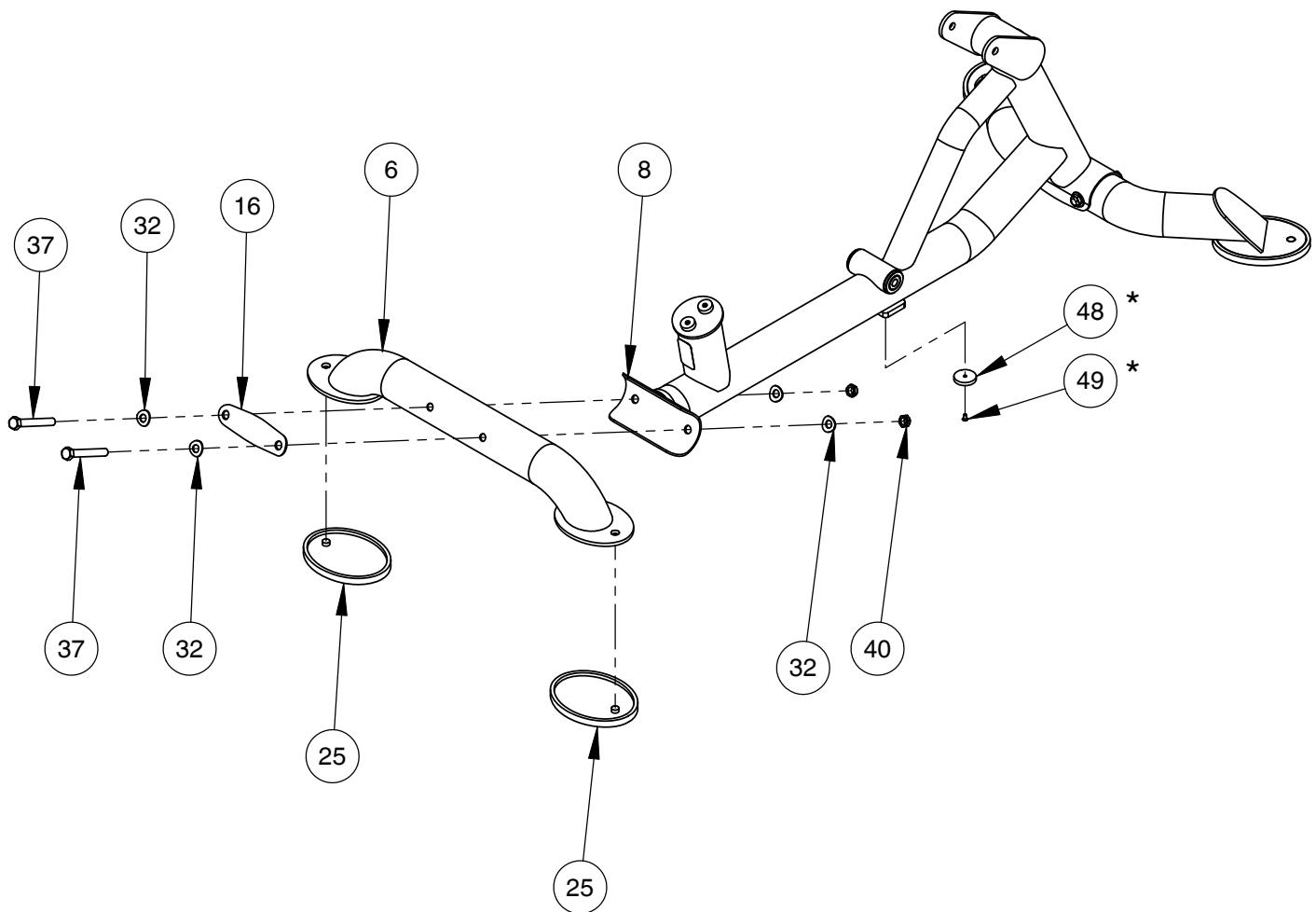


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- \* - INSTALL ITEMS (48, 49) ONLY IF RUBBER FEET (25) ARE BEING USED.

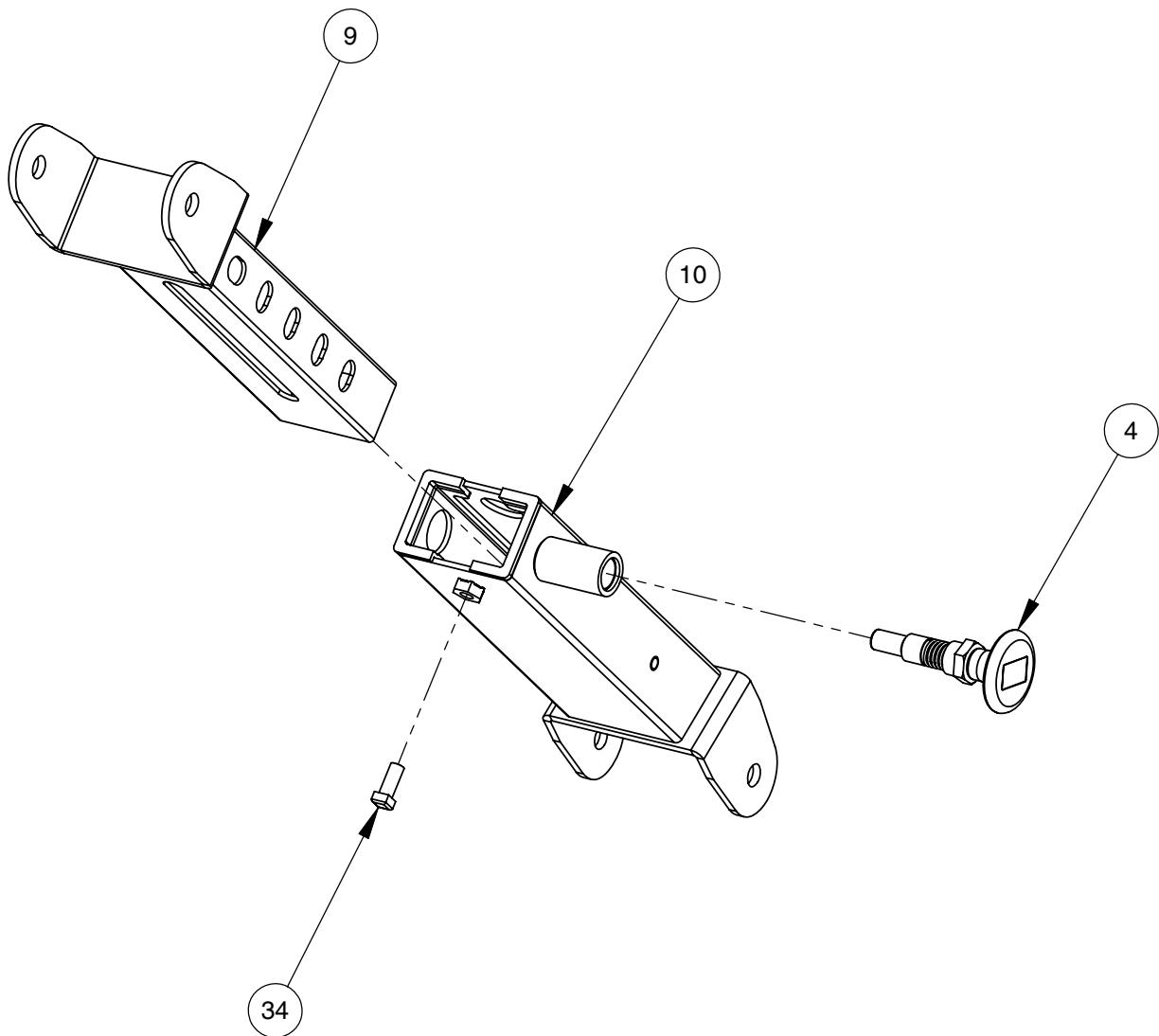


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

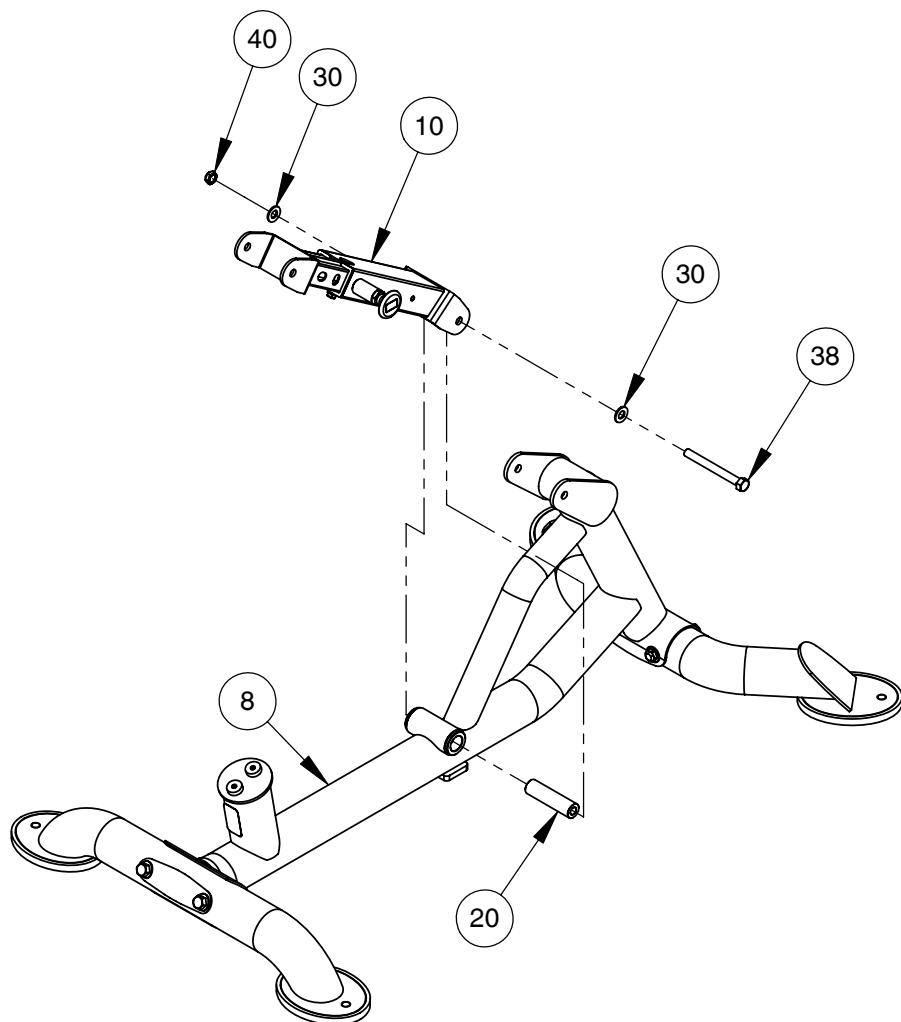
- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

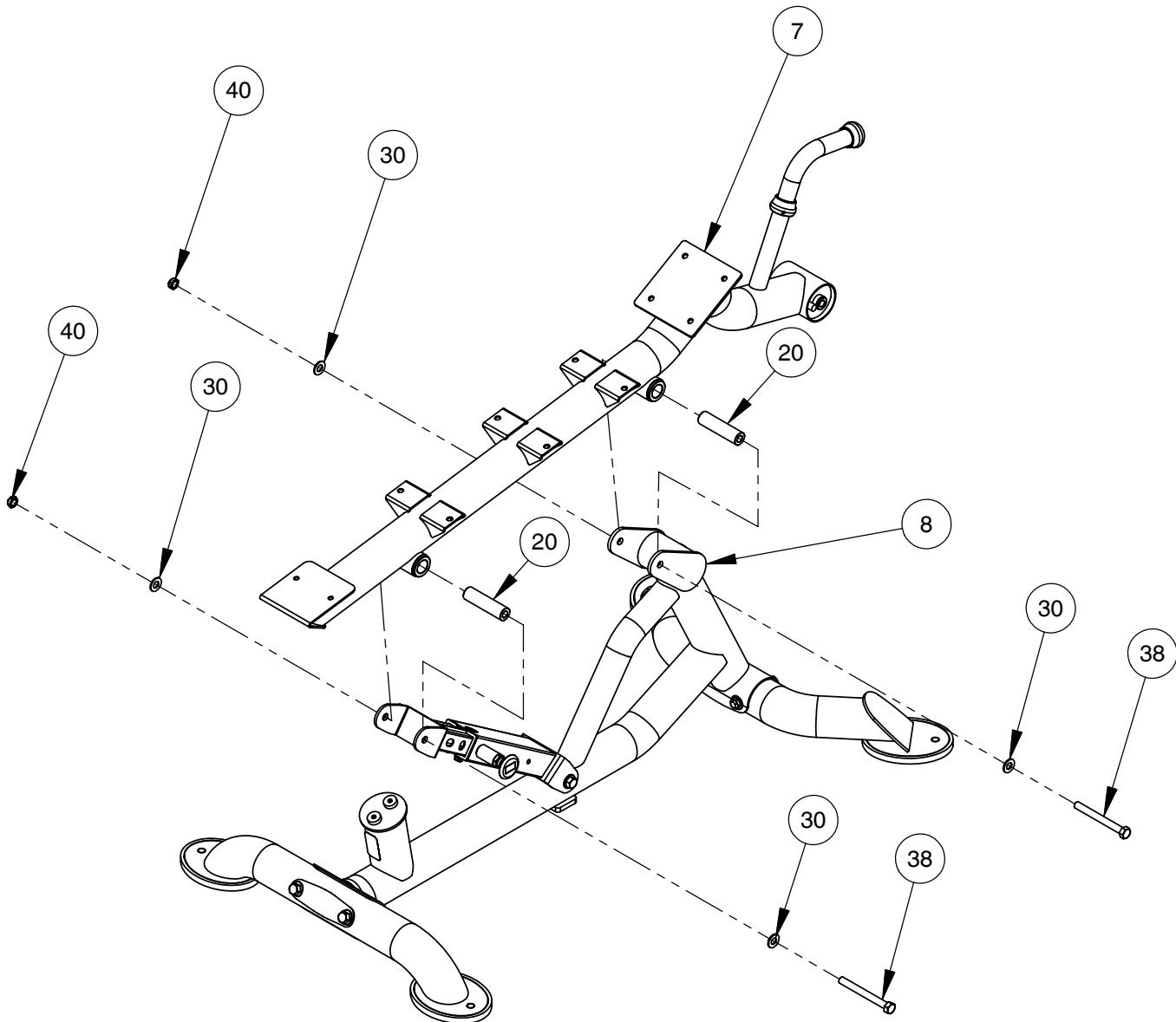
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

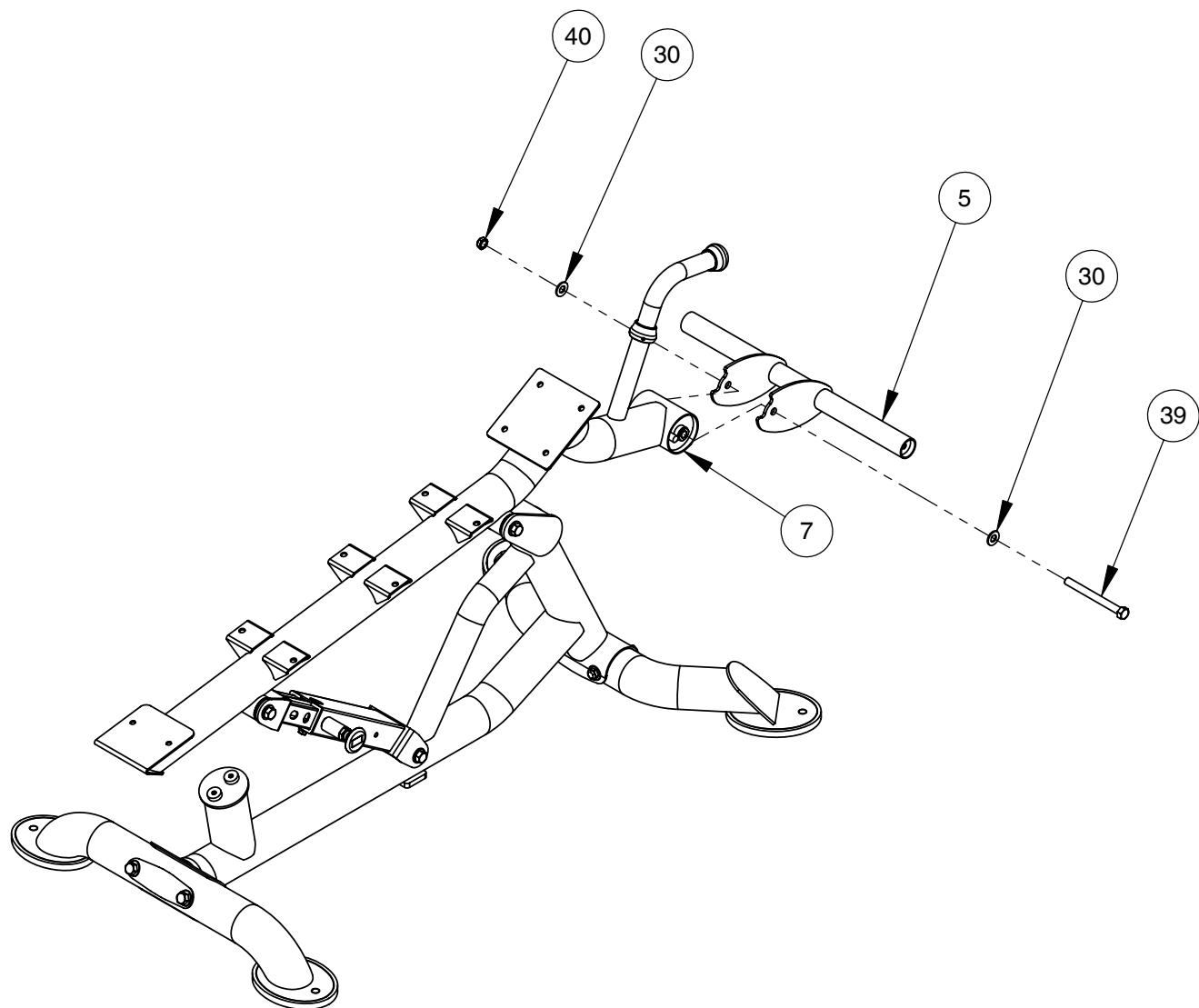
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

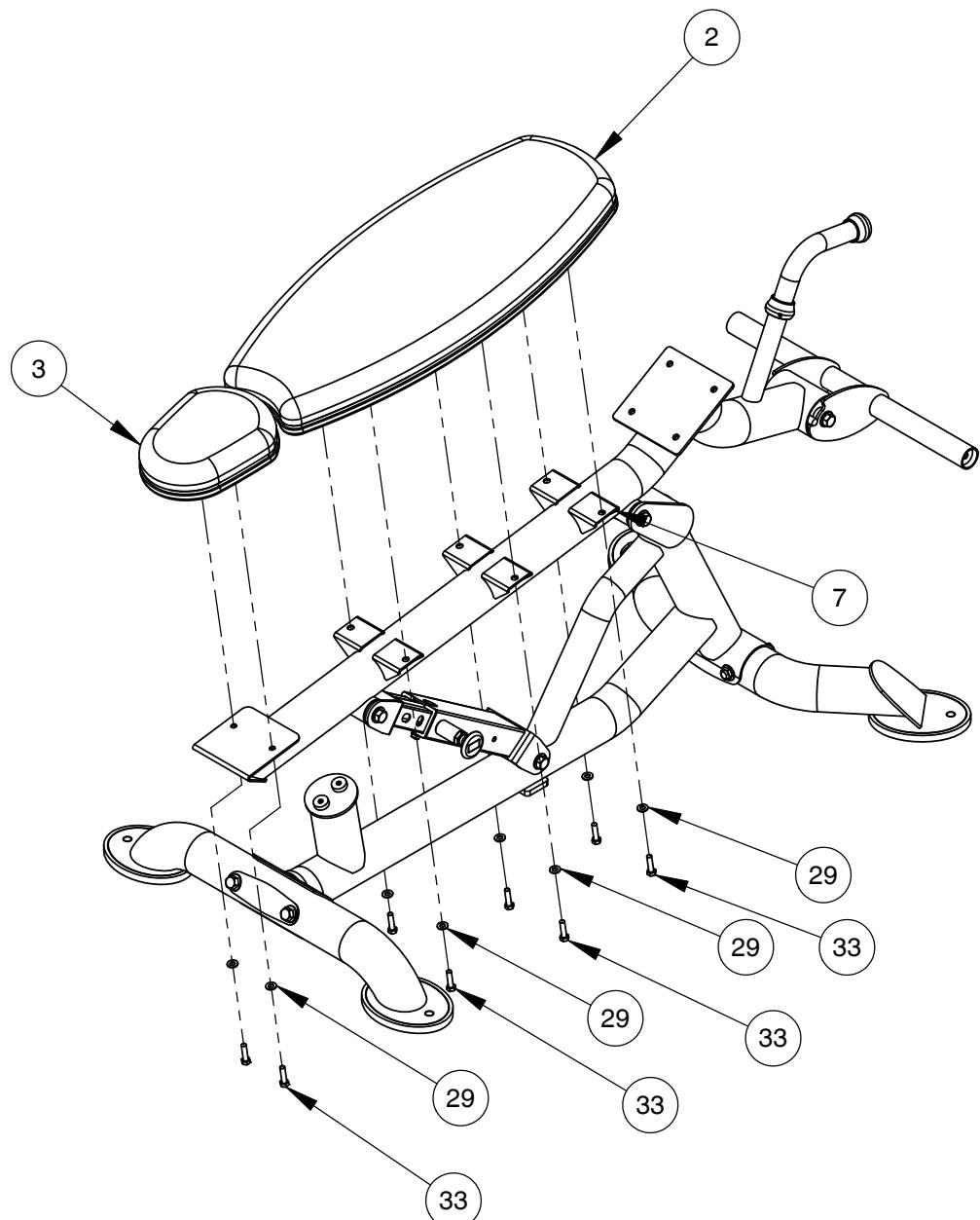
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

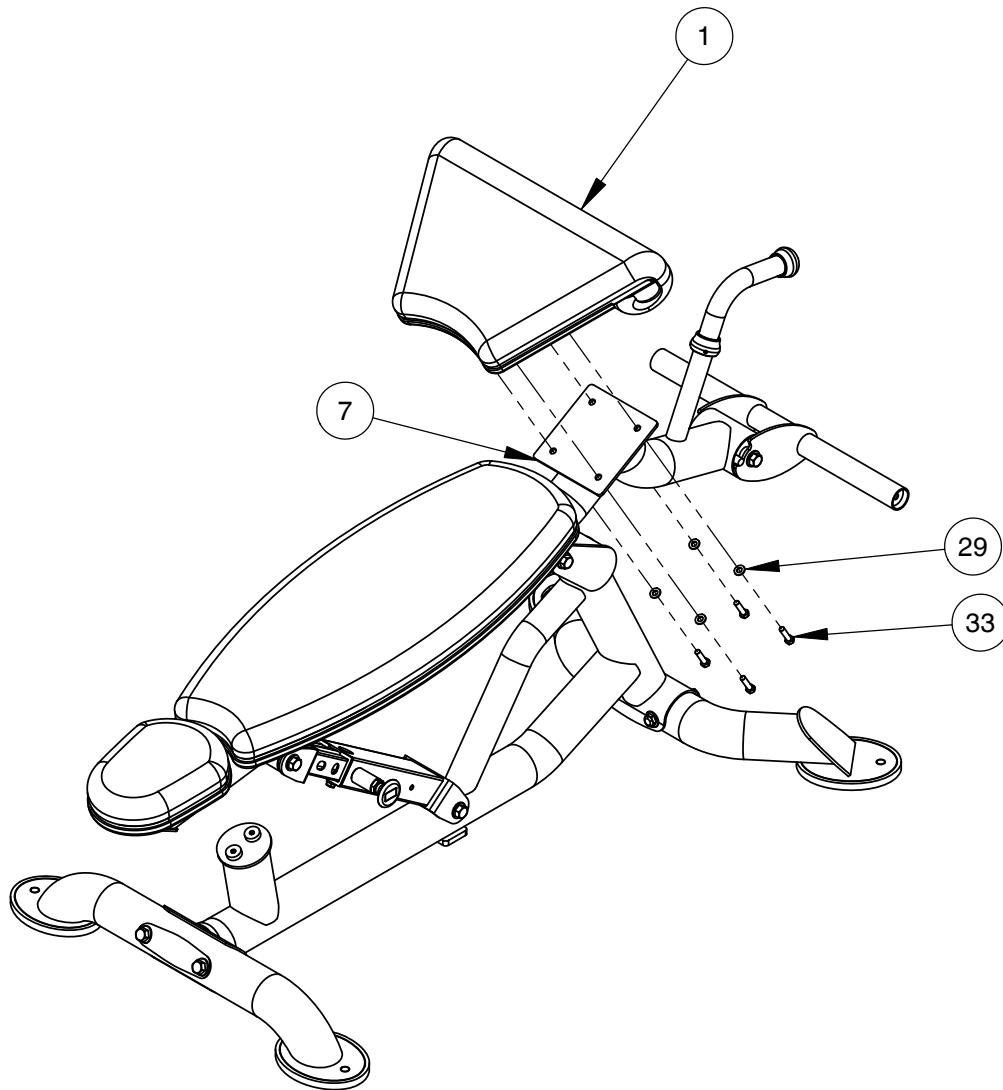
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.

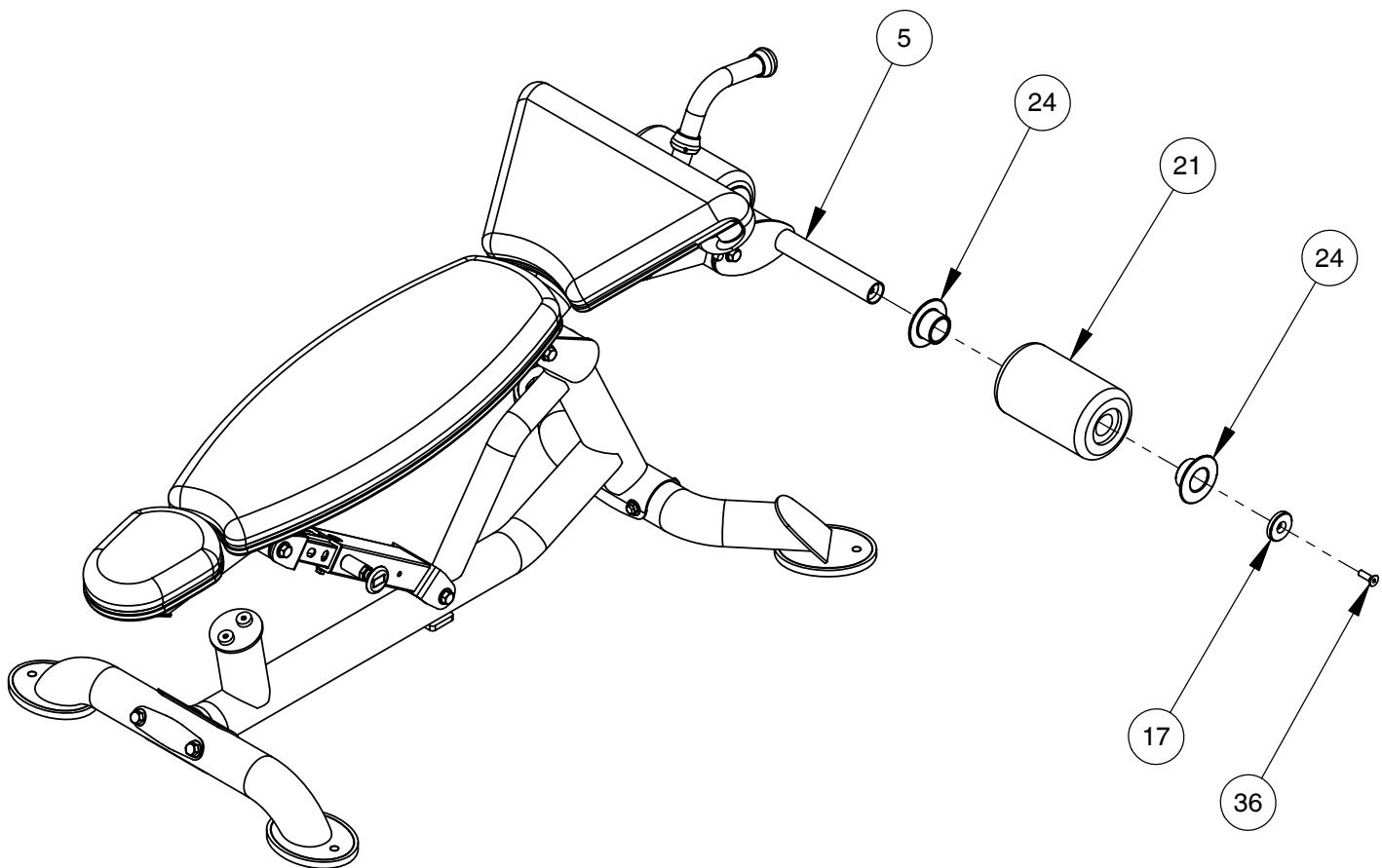


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

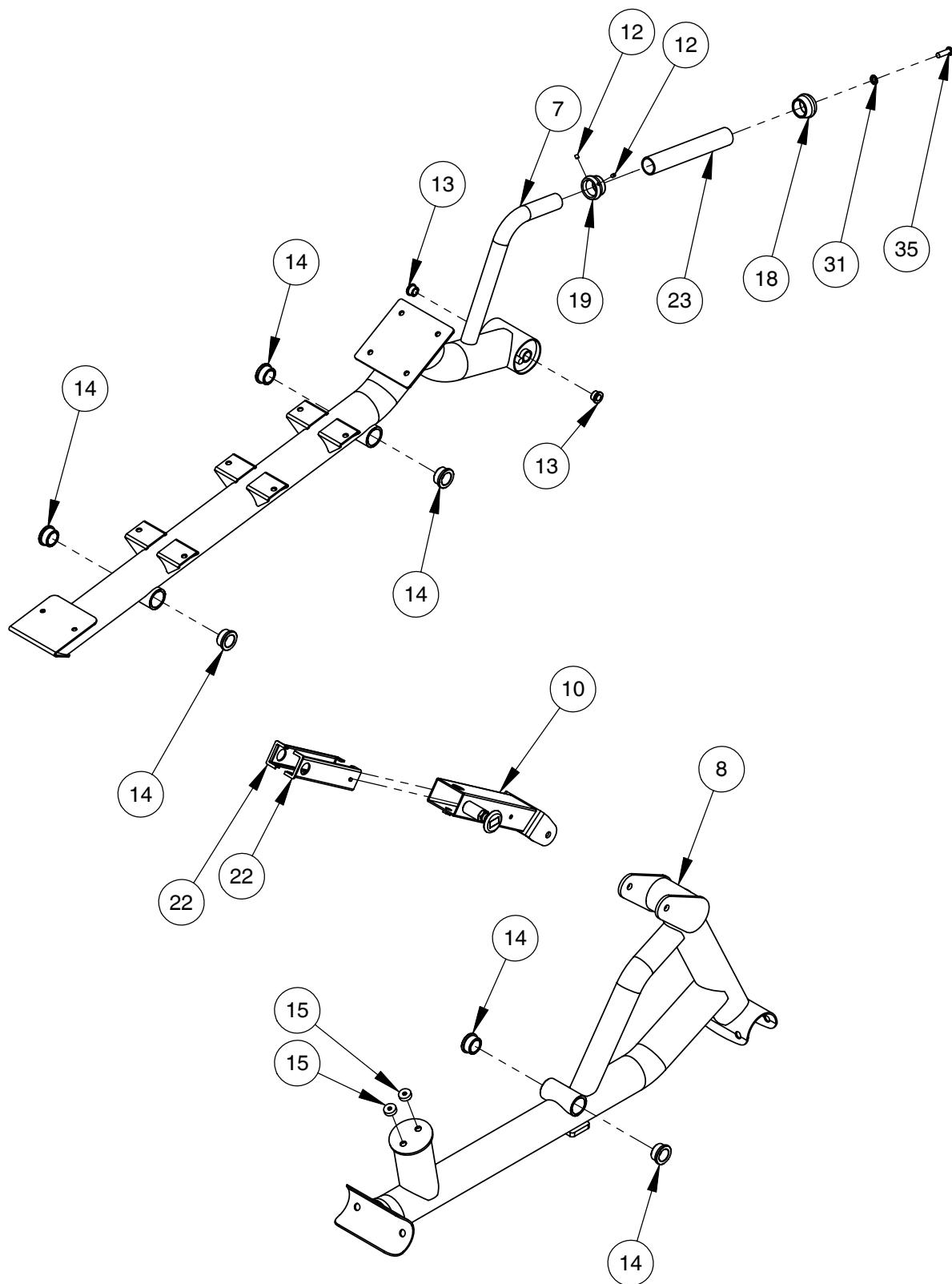


### **\*IMPORTANT\***

NOW THAT THE CF-3162 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

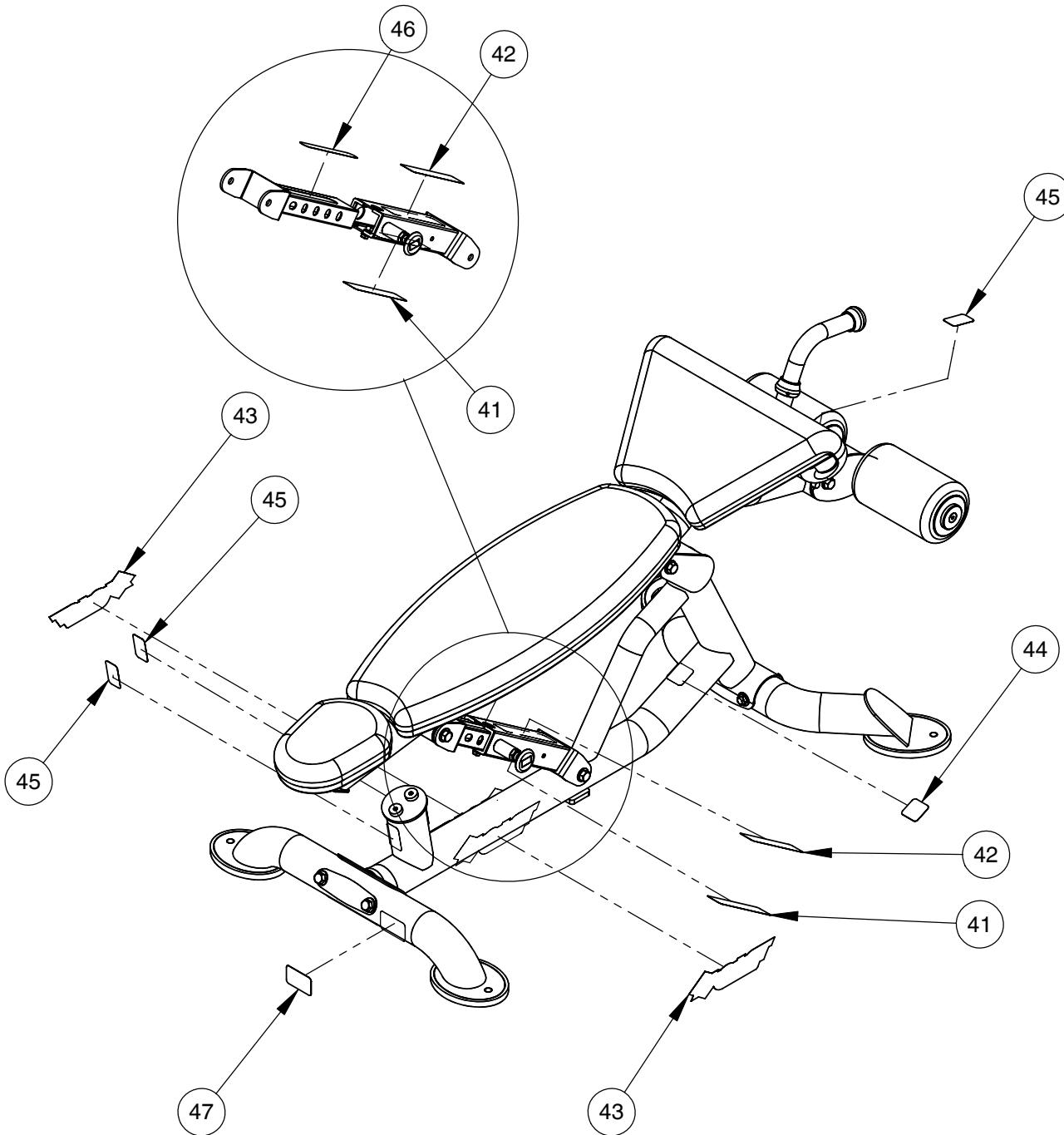
## PRE-ASSEMBLY



# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:  
- ALL DECALS ARE CENTERED  
UNLESS OTHERWISE STATED.

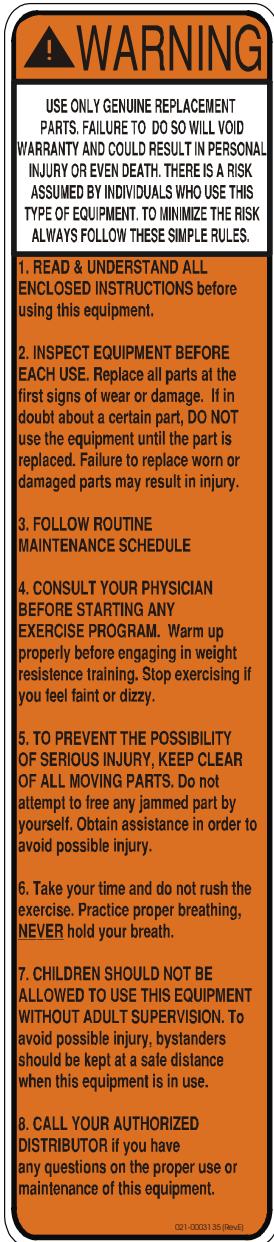


# OWNER'S MANUAL

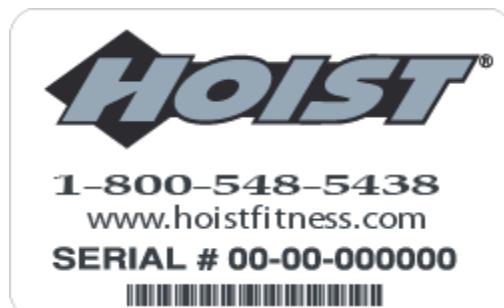
## DECAL REFERENCE

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	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, Turcite Bushings, Linear Bearing		X			
Clean & Wax; All Glossy Finishes			X		
Rearrange with Grease Linear Bearings			X		
Replace; Cables, Belts and Connecting Parts.				X	

021-0003008 (Rev F)



021-0003229



SERIAL # DECAL



# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	022-01PD2312	PAD ASSEMBLY	1
2	022-01PD2207-A	BACK PAD ASSEMBLY	1
3	022-01PD2205-A	HEAD PAD ASSEMBLY	1
4	026-01X0185	PULL-PIN ASSEMBLY	1
5	026-01X3226	SELF-ALIGNING ROLLER BAR ASSEMBLY	1
6	026-01X3310	FOOT ASSEMBLY	1
7	026-01X5172	PAD MOUNT FRAME	1
8	026-01X5265	MAIN FRAME	1
9	026-01X5176	ADJUSTER, INNER ASSEMBLY	1
10	026-01X5177	ADJUSTER, OUTER ASSEMBLY	1
11	026-01X5266	FRONT FOOT ASSEMBLY	1
12	011-0411001	SET SCREW: 1/4"-28 X .25" LG. (SS)	2
13	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	2
14	014-0101017	BUSHING: OILITE FLANGED Ø1.00" ID X Ø1.38" OD X .75" LG.	6
15	019-0001001	PLUG BUMPER	2
16	026-01F0300	FLANGE .188" H.R.S. Ø3.00"	1
17	026-01M0238	FLATHEAD CAP Ø2.00" ALUM.	2
18	026-01M0932	END CAP: ALUMINIUM Ø1.25" ID	1
19	026-01M0933	ALUMINUM RING: Ø1.25" ID	1
20	026-01M2285	PIVOT SHAFT Ø1.00" X 3.77" LG.	3
21	022-01PDR018	ROLLER PAD Ø5.00" X 8.00" LG.	2
22	026-01PL0125-125	E-Z GLIDE PLASTIC SLEEVE	2
23	026-01PL0235-23	OPEN END GRIP: Ø1.188" X 8.75" LG.	1
24	026-01PL0310	PLASTIC BUSHING	4
25	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	4
29	013-0302008	5/16" SAE FLAT WASHER (WZ)	12
30	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	12
31	013-0408001	3/8" INTERNAL LOCK WASHER (SS)	1
32	013-0202007	1/2" CURVED WASHER (WZ)	4
33	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	12
34	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
35	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
36	011-0002033	3/8"-16UNC X 1.25" FHCS (WZ)	2
37	011-0107050	1/2"-13UNC X 3.75" HHB (WZ)	4
38	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	3
39	011-0102030	1/2"-13UNC X 5.25" HHB (WZ)	1
40	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	8
41	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
42	021-0003135	DECAL WARNING 1.50" X 6.69"	1
43	021-0003221	DECAL HOIST 2.50" X 9.13"	2
44	021-0003229	DECAL 1000 LB. WEIGHT RATING 1.63" X 1.63"	1
45	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	3
46	021-0003728	DECAL ADJUST 20, 15, 10, 5, 0 (HORIZONTAL TEXT)	1
47	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
48	026-01PL2455	Ø 1.50" X .25" PAD	1
49	011-0111009	M5 X 20mm FHB (WZ)	1

# OWNER'S MANUAL

## **ABBREVIATIONS**

**BZ = Black Zinc**

**WZ = White Zinc**

**HHB = Hex Head Bolt**

**FHCS = Flat Head Cap Screw**

**BHCS = Button Head Cap Screw**

**SHCS = Socket Head Cap Screw**

**SHSS = Socket Head Shoulder Screw**

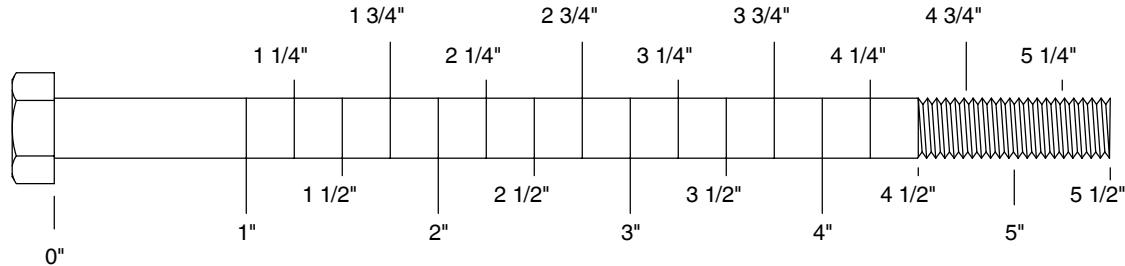
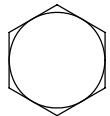
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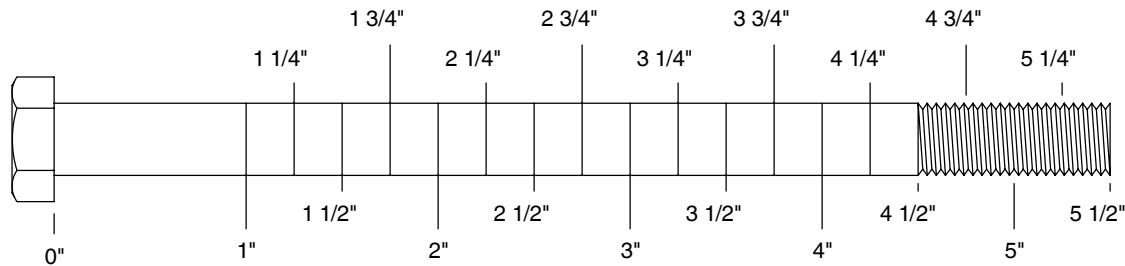
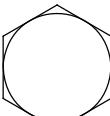
# OWNER'S MANUAL

## BOLT SIZING CHART

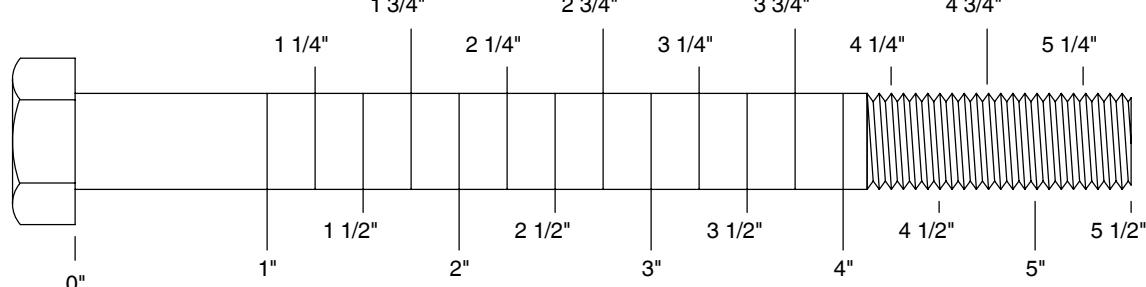
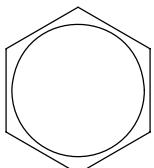
5/16" HHB



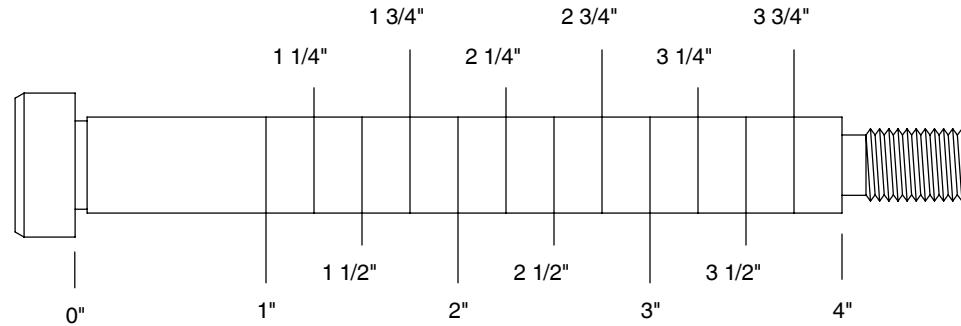
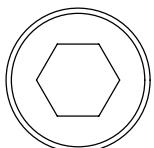
3/8" HHB



1/2" HHB

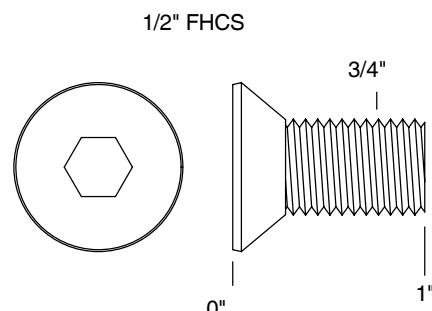
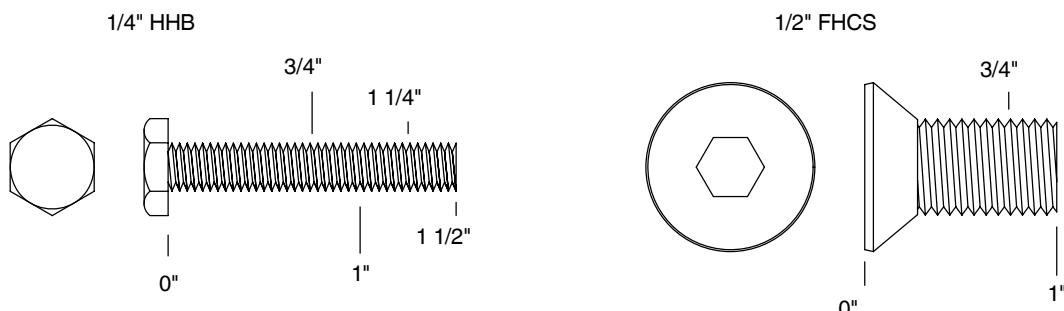
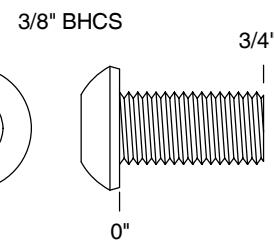
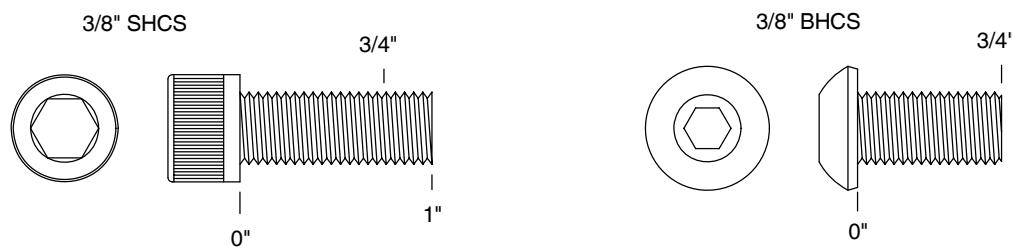
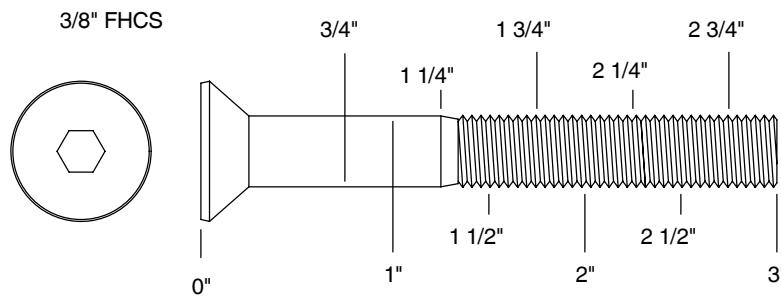


1/2" SHSS



# OWNER'S MANUAL

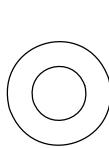
## BOLT SIZING CHART (CONTINUED)



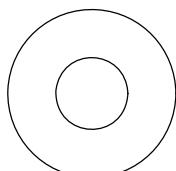
# OWNER'S MANUAL

## WASHER SIZING CHART

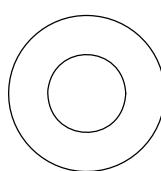
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



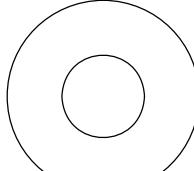
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



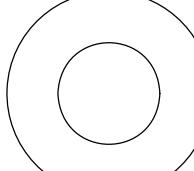
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



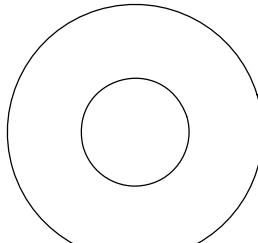
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



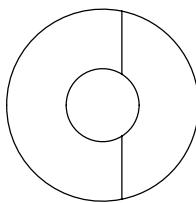
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



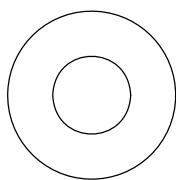
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



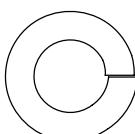
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



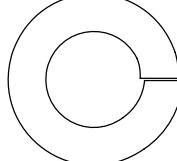
013-0102019  
1/4"  
LOCK WASHER



013-0102020  
3/8"  
LOCK WASHER



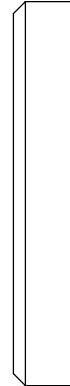
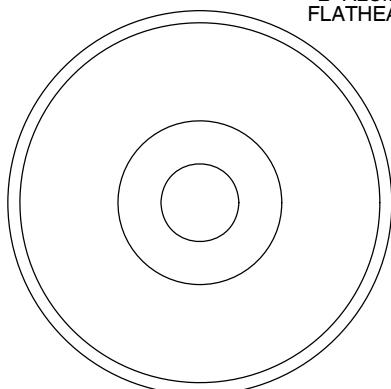
013-0102018  
1/2"  
LOCK WASHER



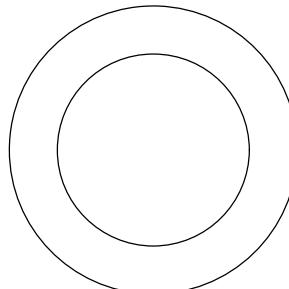
014-0018001  
1/2" LONG  
SPACER



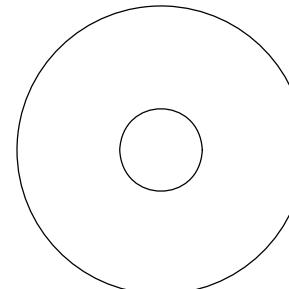
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



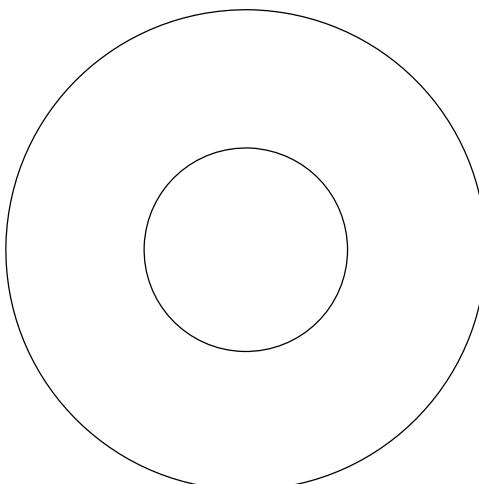
016-0009003  
1" SHIM WASHER



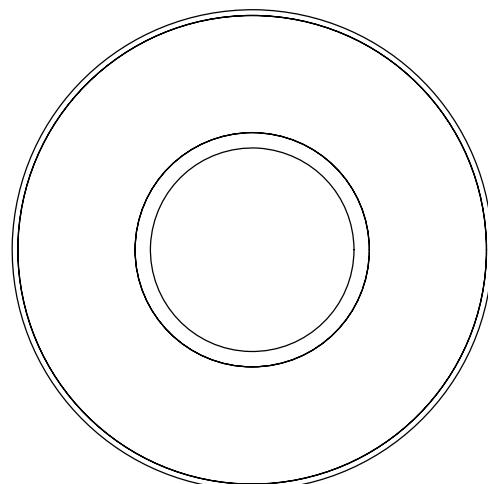
013-0003002  
3/8" FENDER WASHER



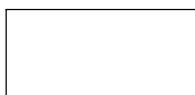
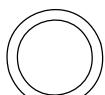
013-0003004  
1 1/16"  
FENDER WASHER



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



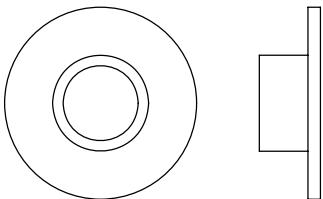
014-0018002  
1" LONG  
SPACER



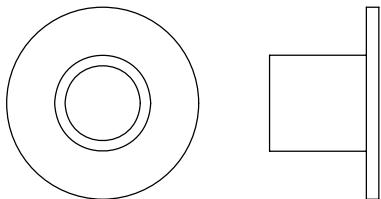
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

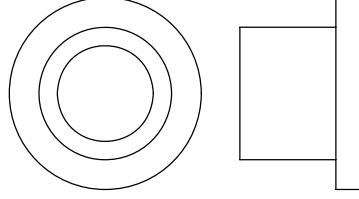
026-01M0211  
1/4" LONG  
FLANGED SPACER



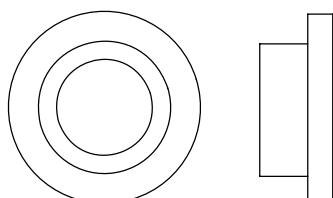
026-01M0198  
1/2" LONG  
FLANGED SPACER



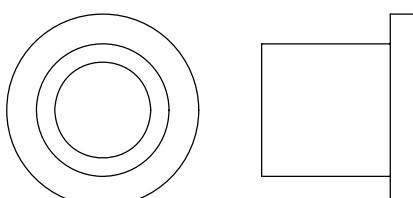
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



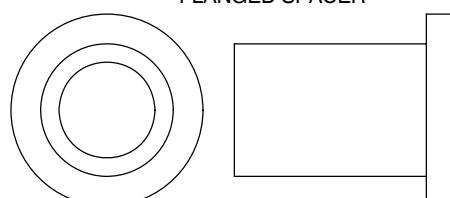
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



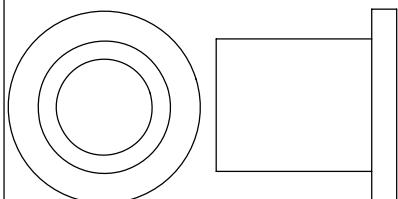
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



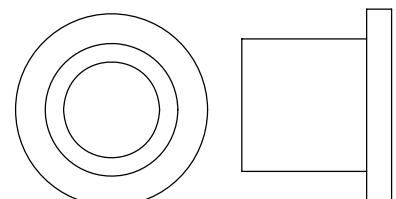
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



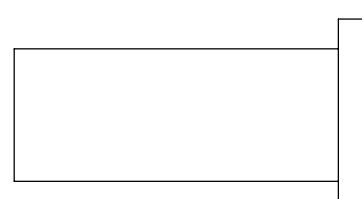
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



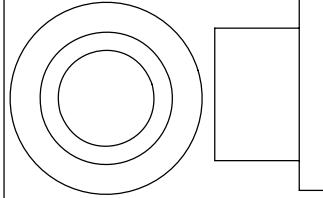
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



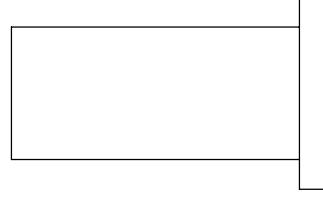
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



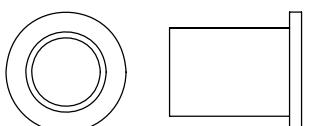
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



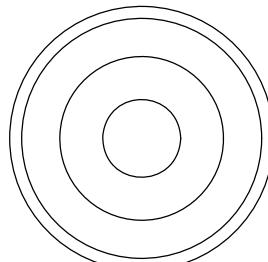
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



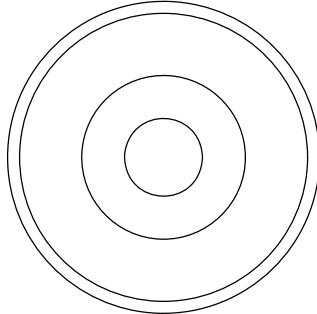
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY							
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY								
Clean; Upholstery	DAILY	WEEKLY								
Inspect; Cables or Belts and their tension	DAILY	WEEKLY								
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS								
Inspect; All Decals	WEEKLY	3 MONTHS								
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS								
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS								
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS								
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS								
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY								
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY								
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS								

*Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.*

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION**

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

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

### **Belts and Cables:**

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

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your CF-3162 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

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 CF-3162 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.

**Enjoy your CF-3162 HOIST® Fitness System!**

# OWNER'S MANUAL

# WEIGHT TRAINING EXERCISE LOG

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

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

**WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.**

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

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

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

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

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

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

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

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

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**