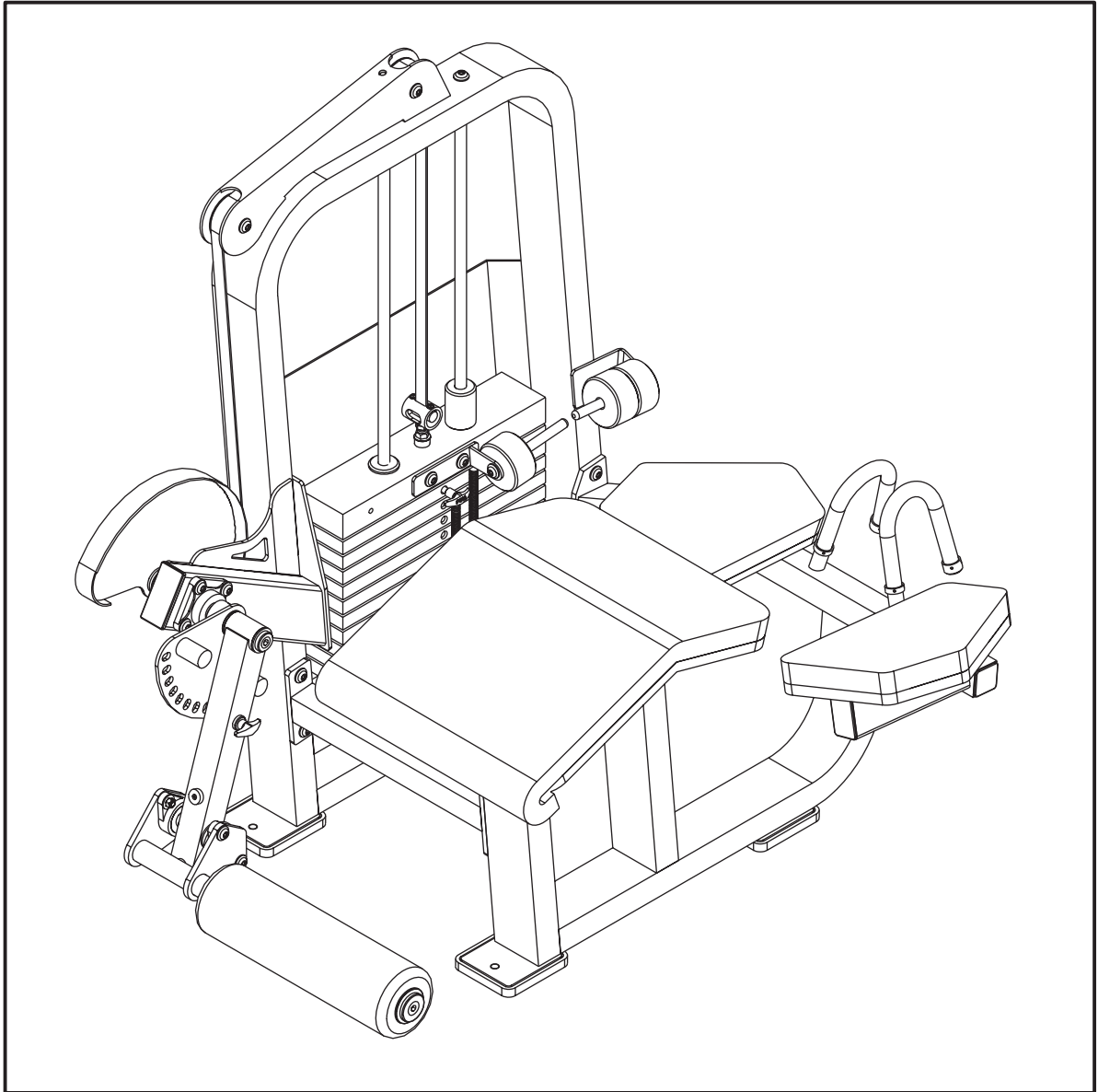


OWNERS MANUAL



CL-2408



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

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

RECORD SERIAL NUMBER HERE

August 2000

ASSEMBLY INSTRUCTIONS

CONTENTS

<i>INSTRUCTIONS (Step 1)</i>	2
<i>FRAME ASSEMBLY (Step 2)</i>	4
<i>PARTS LISTING</i>	21
<i>HARDWARE LISTING</i>	22
<i>BOLT SIZING CHART</i>	24
<i>WASHER SIZING CHART</i>	25
<i>WEIGHT RATIOS</i>	26
<i>WEIGHT TRAINING TIPS</i>	28
<i>WEIGHT TRAINING EXERCISE LOG</i>	30
<i>DECAL PLACEMENTS</i>	32
<i>GENERAL MAINTENANCE INFORMATION</i>	37
<i>LIMITED WARRANTY</i>	40

ASSEMBLY

INSTRUCTIONS

Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog 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 catalog. 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 catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

Standard Allen Wrench Set
(2.5mm, 3/32" - 5/16")

Crescent Wrench

Belt Tensioning Wrench
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

ASSEMBLY

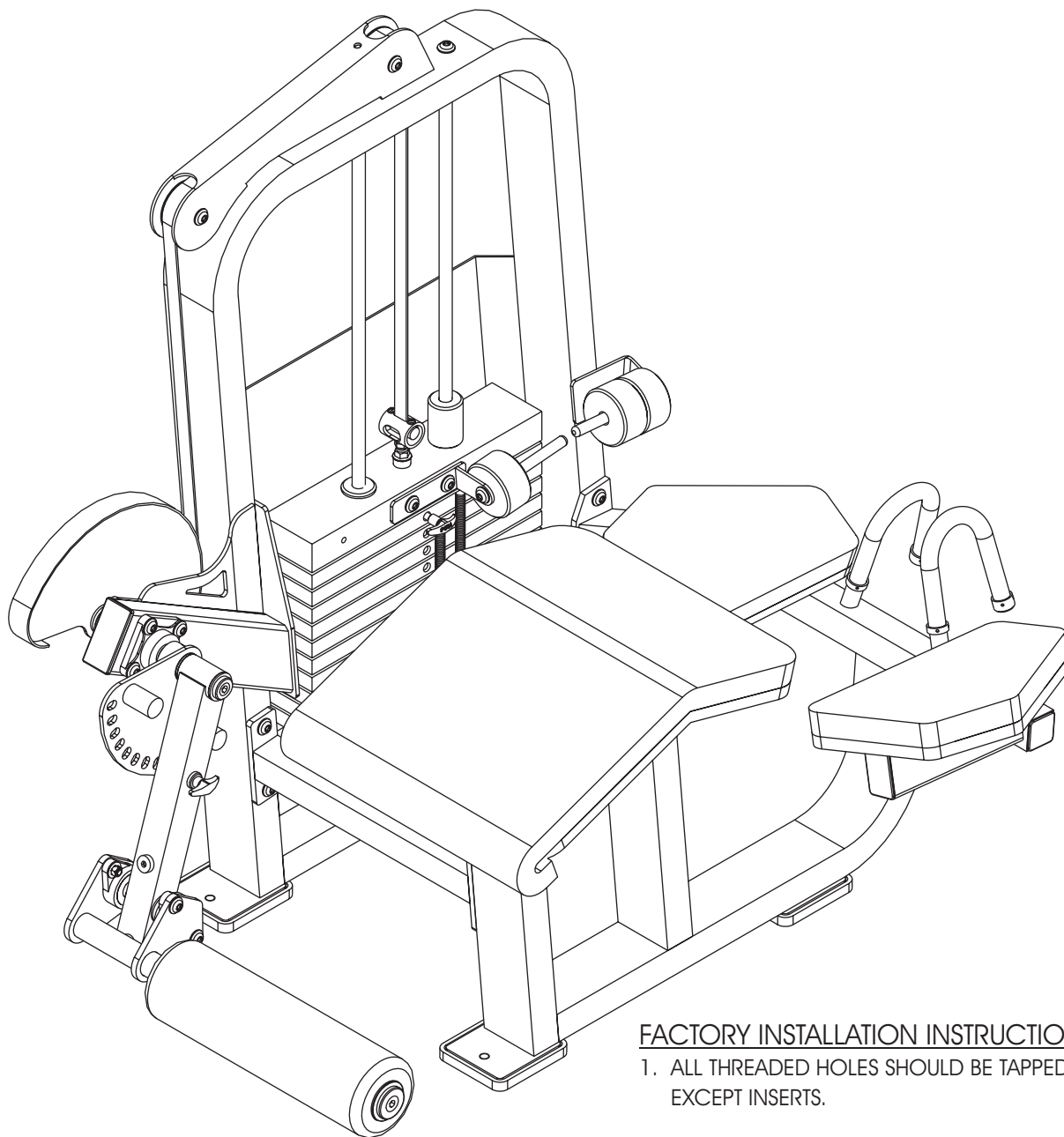
I N S T R U C T I O N S

ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.
3. PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.

ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step attach two Flange Bearings to the Weight Cage. Make sure to put zerk fitting facing down on Flange Bearings. Next attach the 1" Dia. CRS to the Cam Assembly (Large). Slide the other side of the 1" Dia. CRS through the Flange Bearings and the Weight Cage. Attach the Range of Motion, Extension Tube Assembly, and a Red Iodized Aluminum Cap to the 1" Dia. CRS. *Hand Tighten* bolts only, they will be tightened later. Lift Machine to position Rubber Feet.

Part Descriptions

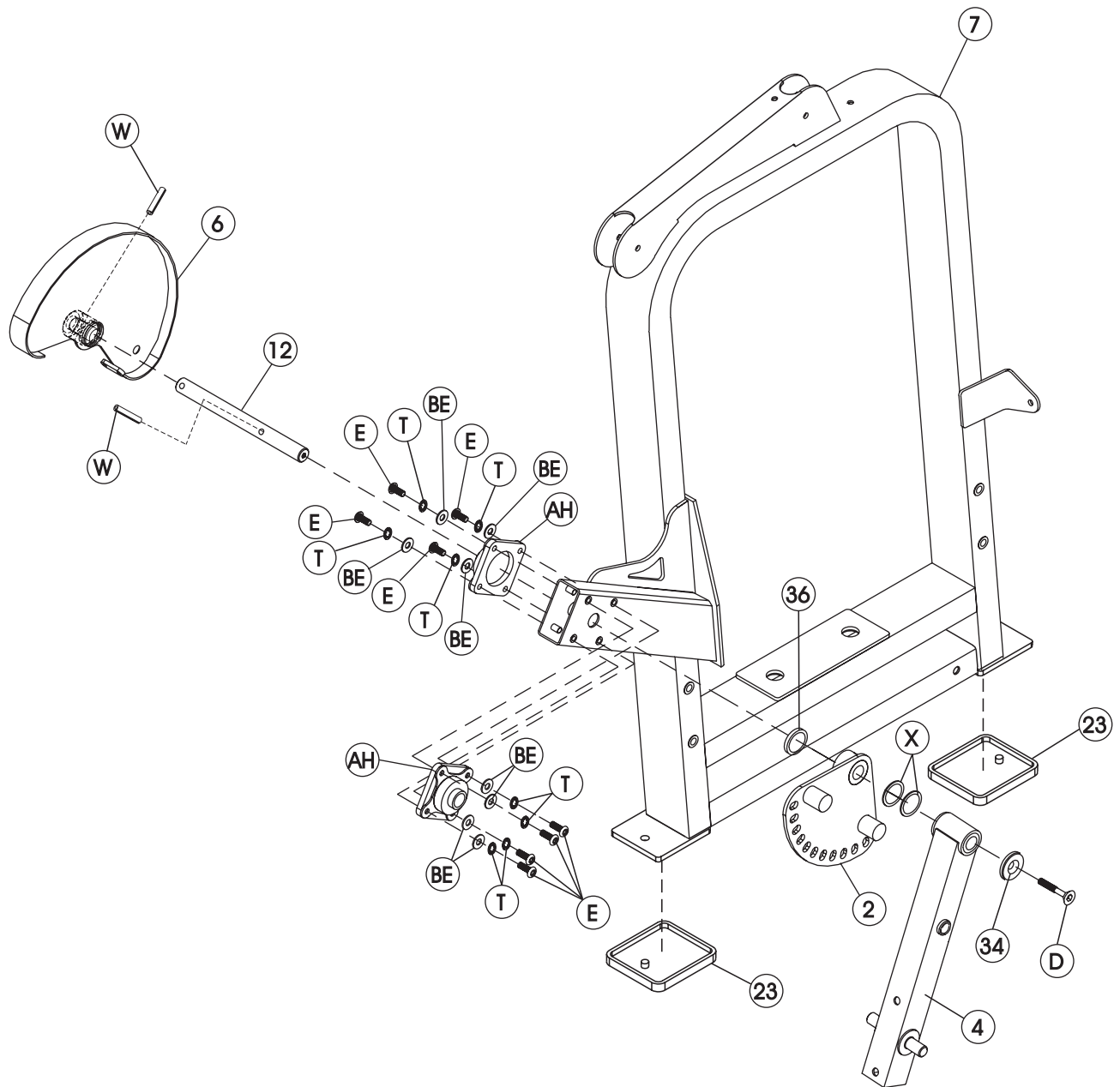
2 - Range of Motion
4 - Extension Tube Assembly
6 - Cam Assembly (Large)
7 - Weight Cage
12 - 1" Dia. CRS
23 - Rubber Feet
34 - Red Iodized Aluminum Cap
36 - Black Plastic Ring

Hardware Descriptions

D - 3/8" x 1 1/4" Flat Head Screw
E - 3/8" x 1 1/4" Button Head Screw
T - 3/8" Lock Washer (black)
W - 3/8" x 2 Open Roll Pin
X - 1" Dia. X .8mm Shims
AH - Flange Bearing
BE - 3/8" Flat Washer

ASSEMBLY

INSTRUCTIONS



SEE PRE-ASSEMBLED PARTS ON PAGE 20
BEFORE ASSEMBLED MACHINE.

ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step, start by attaching the Cross Tube Assembly to the Weight Cage, then attach the Seated frame to the Cross Tube Assembly and the Weight Cage. Next insert the Bearings (BF) in the Extension Tube Assembly then align the Shin bar Assembly to the Bearings and secure. Make sure to put zerck fitting facing down. *Hand Tighten* bolts only, they will be tightened later. Lift Machine to position Rubber Feet.

Part Descriptions

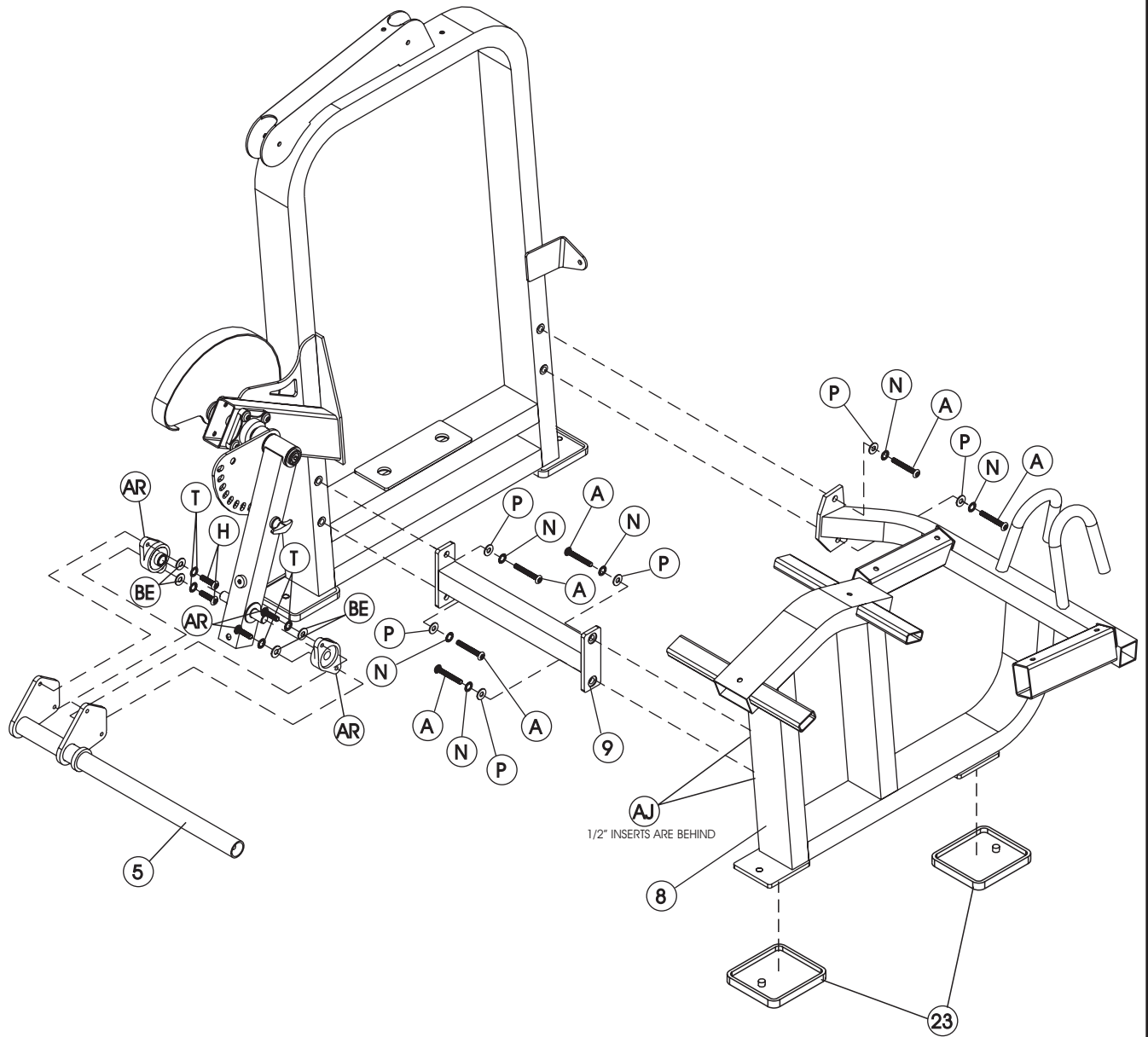
5 - Shin Bar Assembly
8 - Seated Frame Assembly
9 - Cross Tube Assembly
13 - Shaft
23 - Rubber Foot Pad

Hardware Descriptions

A - 1/2" x 1 1/2" Button Head Screw
H - 3/8-16" x 1" Button Head Screw
N - 1/2" Lock Washer
P - 1/2" Flat Washer
T - 3/8" Internal Lock Washer
AJ - 1/2" Insert
AR - Flange Bearing (014-0008004)
BE - 3/8" Flat Washer

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

In this step start by pressing two Guide Rod Bushings into the Weight Cage. Take the two 3" x 1" I.D. Bumpers and place them over the two holes in the bottom of the Weight Cage. Now slide the Guide Rods into the holes. Make sure to lube the Guide Rods with Spindle Oil. Next slide on ten(10) 20 LBS Intermediate Weight Plates and one(1) 15 LBS Aluminum Top Plate onto the Guide Rods, and bolt into place. Make sure the Weight Stack and its Guide Rods are sitting level. Next, attach the 5/8" Dia. x 6 13/32" Rod to the Center RH BRK (Add-On). Secure the Center RH BRK (Add-On) to the 15 LBS Aluminum Top Plate. Slide on three 5 LBS. Add-On Weights and attach the 5/8" Dia. x 6 13/32" Rod to the Weight Cage. Attach bigger end of the Selector Pin Lanyard to the Center RH BRK (Add-On), and the other end to the Weight Selector Pin. Then *Wrench tighten* bolts including all previously hand tightened bolts.

Part Descriptions

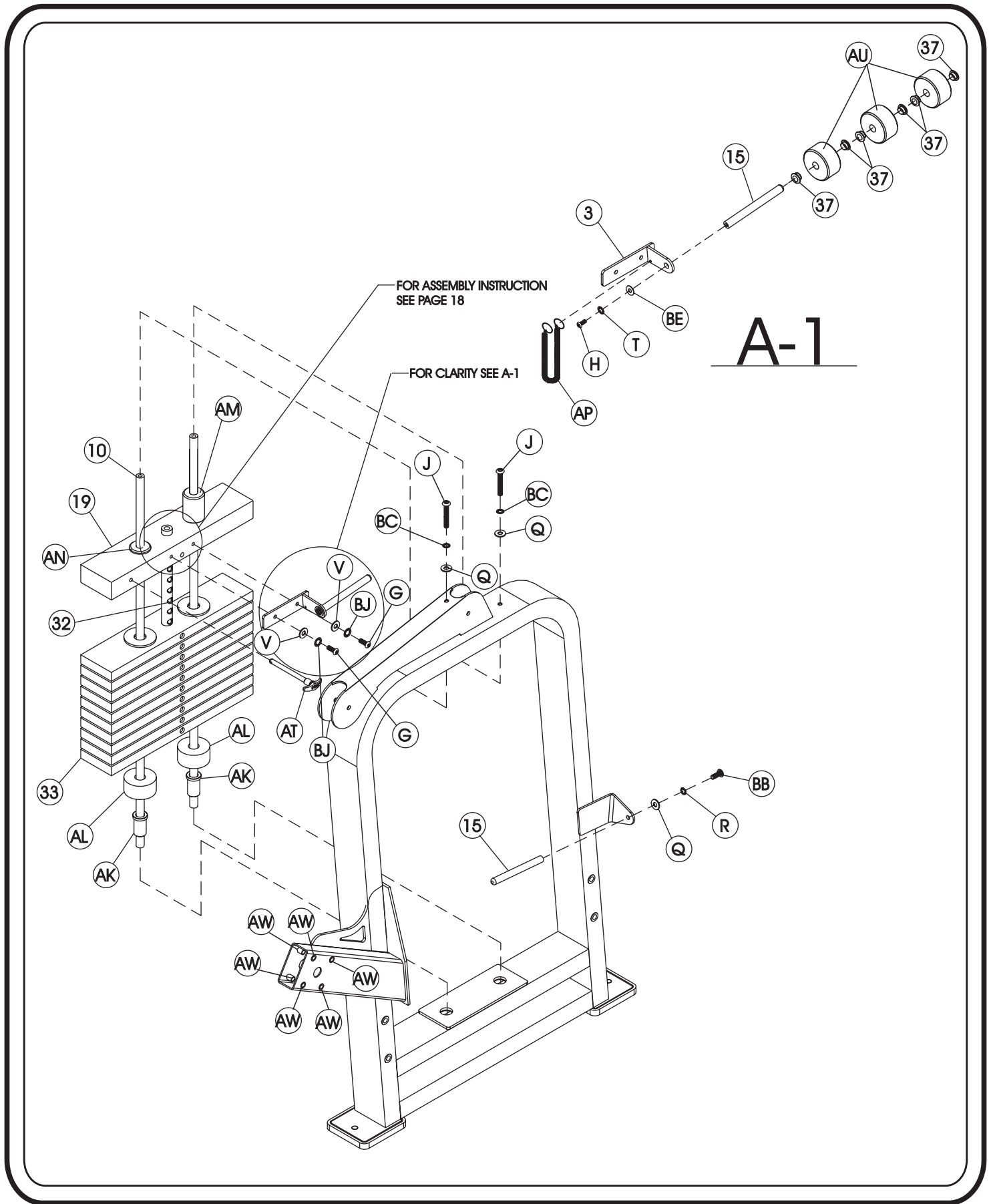
3 - Center RH BRK (Add-On)
10 - Guide Rod
15 - 5/8" Dia. x 6 13/32" (Add-On)
Rod
19 - 15 lbs Aluminum Top Plate
32 - 11 Plate Selector Stem
33 - 20 lbs Intermediate Weight
37 - Add On Weight Bushing

Hardware Descriptions

H - 3/8" x 1 Button Head Screw
G - 5/16" x 1" Button Head Cap Screw
J - 3/8" x 2 3/4" Button Head Cap Screw
Q - 3/8" Flat Washer
R - 3/8" Lock Washer
V - 5/16" Flat Washer
T - 3/8" Internal Lock Washer
AK - Guide Rod Bushing
AL - 3" x 1" I.D. x 1 1/2" THK Bumper
AM - Guide Bearing
AN - Guide Bearing
AP - Selector Pin Lanyard
AT - Weight Selector Pin
AU - 5 lbs Add-On Weight
AW - Insert
BB - 3/8" x 1" Button Head Screw (white zinc)
BC - 3/8" Split Washer
BE - 3/8" Flat Washer
BJ - 5/16" Internal Lock Washer

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

In this step start by attaching the Belt Assembly to the Weight Assembly (prior to attaching the Cam Belt). Next slide the Cam Belt through the Roller Bracket on the top of the Weight Cage. Then use a Seat Clamp On tool to secure the two 3 1/4" Pulleys to the Weight Cage under the Cam Belt. Slide the Cam Belt into the top slot of 1 5/8" Dia. x 2 1/16" Lg. Dom. (Fig. 1) Loop the end of the Cam Belt and feed it back up through the slot, keeping the loop open. (Fig 2) Next, slide the 3/4" x 2 1/16" CRS through the Cam belt and line up the holes, then secure to the 1 5/8" Dia. X 2 1/16" Lg. Dom. (Fig. 3). Attaching the Cam Stopper to the Cam Assembly. Next, attach the belt by bringing it around the Cam and in between the Belt Clamps. Then wrap the cam belt down and around the Belt Clamps and above another Belt clamp and secure all the Clamps together. *Wrench tighten* bolts.

Part Descriptions

1 - Belt Assembly
14 - 3/4" x 2 1/16" CRS
16 - Clamp
20 - Cam Belt 74" x 15/16" x 1/8"
22 - 1 1/2" Dia. Delrin Stop
35 - 1 5/8" x 2 1/16" lg DOM

Hardware Descriptions

C - 1/2" x 1" Flat Head Cap Screw
F - 1/4" x 1" Button Head Screw
M - 3/8" x 3/4" Button Head Screw
Q - 3/8" Flat Washer
R - 3/8" Lock Washer
S - 1/4" Lock Washer
Z - 1/4-20 x 1 1/2" Socket Head Screw
AS - 3 1/4" Pulley
AY - 1/4" Lock Nut

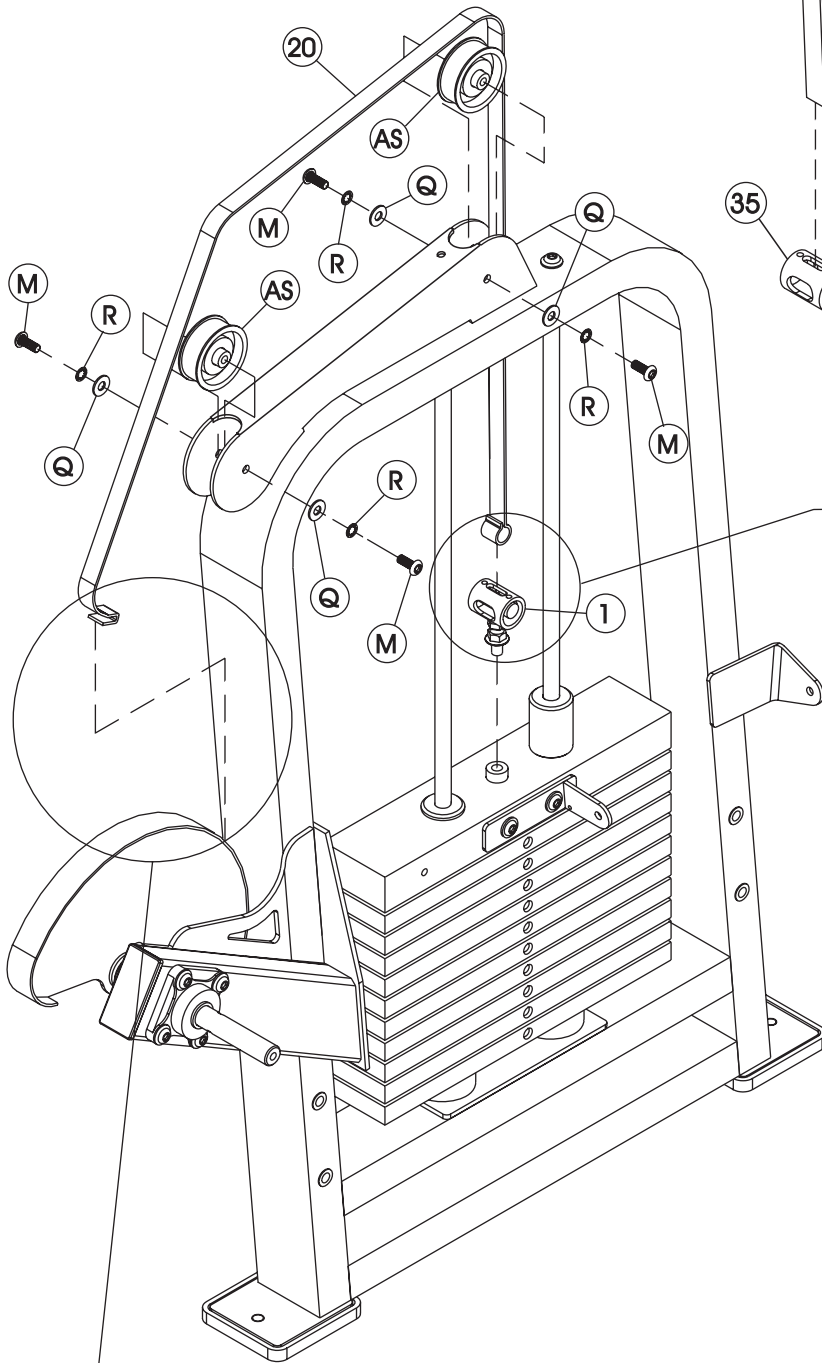
ASSEMBLY

INSTRUCTIONS

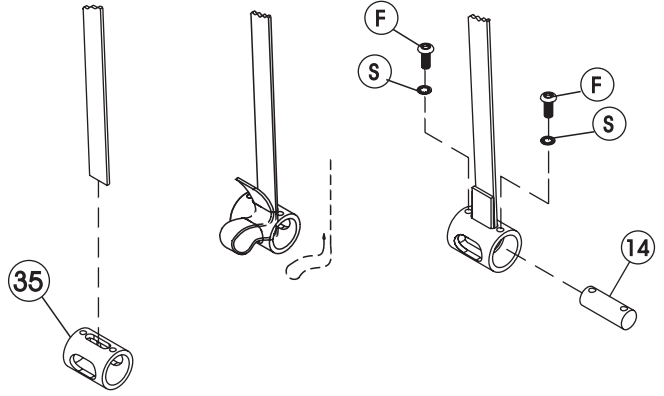
FIGURE 1

FIGURE 2

FIGURE 3

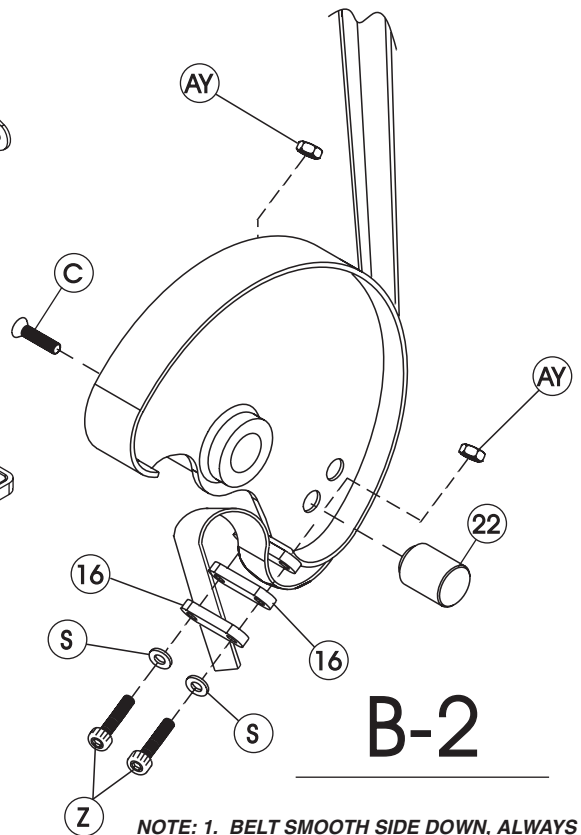


FOR BELT ASSEMBLY SEE B-2



B-1

FOR BELT ASSEMBLY SEE SX145 B-1



B-2

- NOTE: 1. BELT SMOOTH SIDE DOWN, ALWAYS FOR TWO TOP PULLEYS AND CAM. SMOOTH SIDE TO WRAP AROUND BELT RETAINER SHAFT**
- 2. WHEN TIGHTENING THE CLAMPS (44) TO THE BELT DO NOT EXCEED 60 IN. LBS.**
- 3. INSURE DELRIN STOP IS SECURED IN HOLE CLOSEST TO BELT CLAMP**

ASSEMBLY

INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

In this step start by attaching the 5” Dia. x 17.25 lg Roller to the Shin Bar Assembly. Next, attach the Upholstery Pads the Seated Frame Assembly. *Wrench tighten* bolts.

Part Descriptions

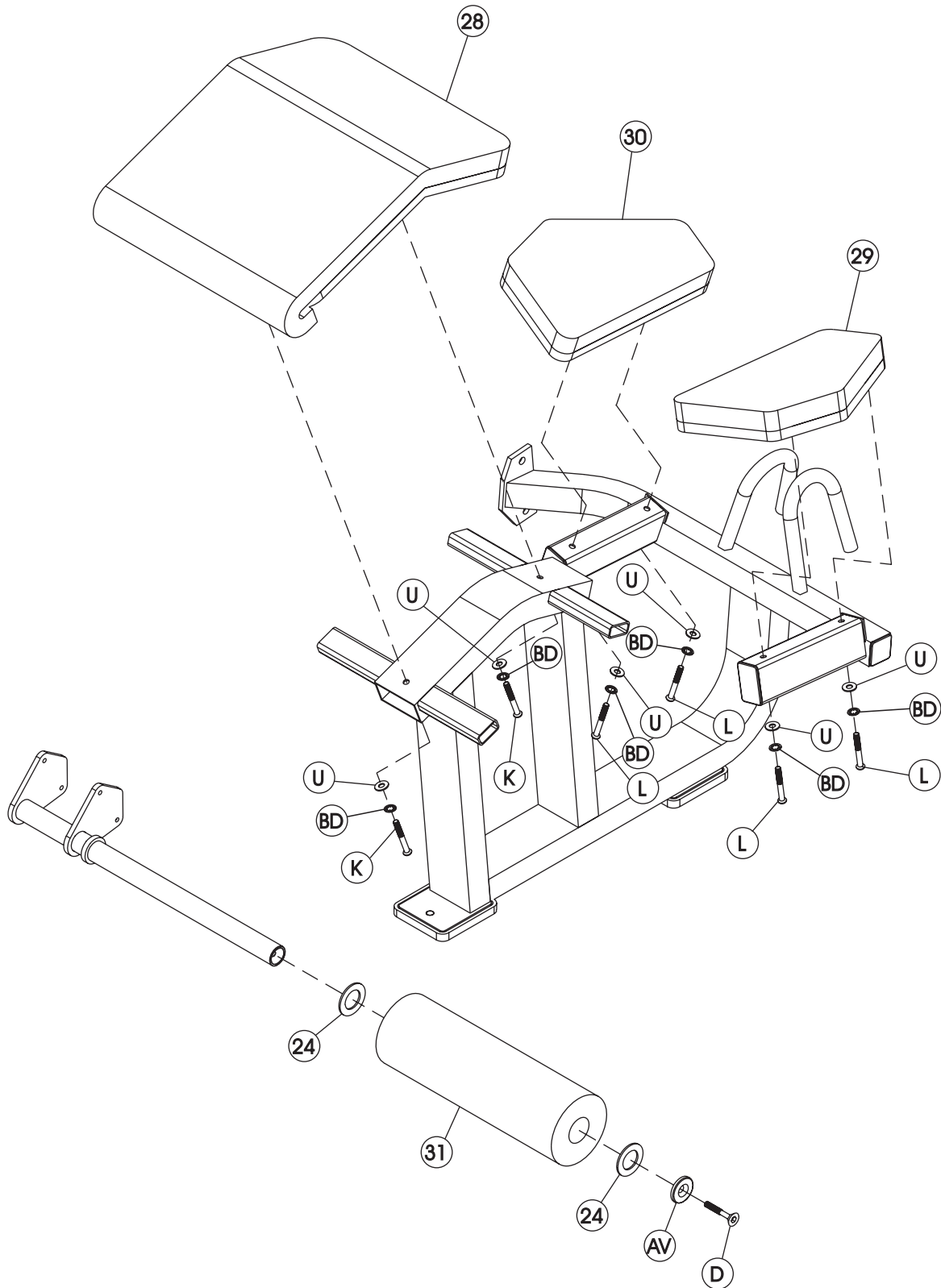
- 24 - Plastic Fender Washer
- 28 - Upholstery Pad
- 29 - Upholstery Pad
- 30 - Upholstery Pad
- 31 - 5” Dia. x 17.25 lg Roller

Hardware Descriptions

- D - 3/8” x 1 1/4” Flat Head Screw
- K - 5/16” x 2 3/4” Hex Head Cap Screw
- L - 5/16” x 3 3/4” Hex Cap Screw
- U - 5/16” Flat Washer
- AV - Aluminum Cap
- BD - 5/16” Internal Lock Washer

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

I N S T R U C T I O N S

Step 2f

FRAME ASSEMBLY

Attach the Shield to the Weight Cage. *Wrench tighten* bolts.

Part Descriptions

18 - Shield

Hardware Descriptions

A - 1/2" x 1 1/2" Button Head Screw

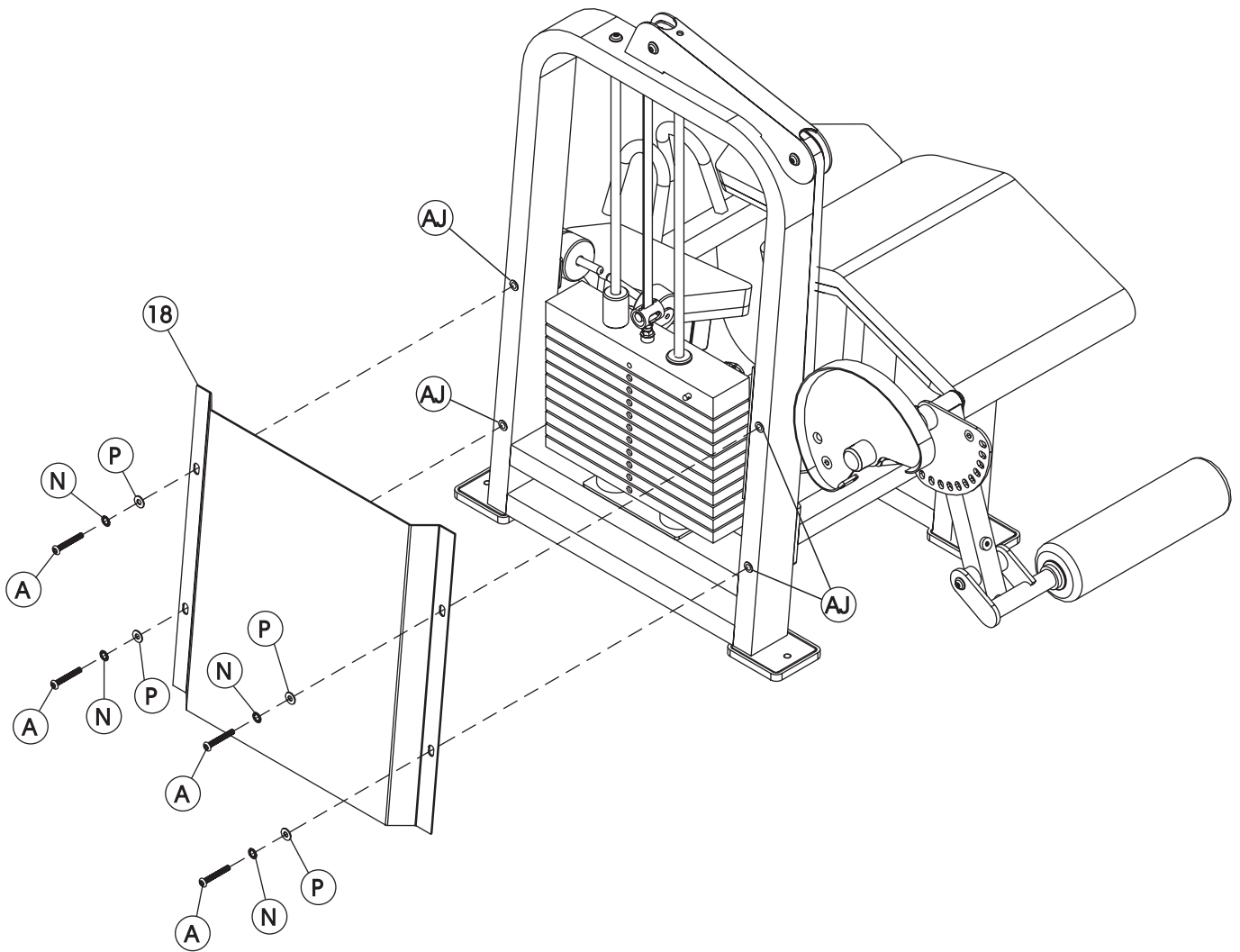
P - 1/2" Flat Washer

N - 1/2" Lock Washer

AJ - Insert

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

I N S T R U C T I O N S

Step 2g

FRAME ASSEMBLY

Slide the Plate Selector Stem up into the 15 LBS Aluminum Top Plate and secure with a 7/16" x 3" Open Roll Pin. *Wrench tighten* bolts.

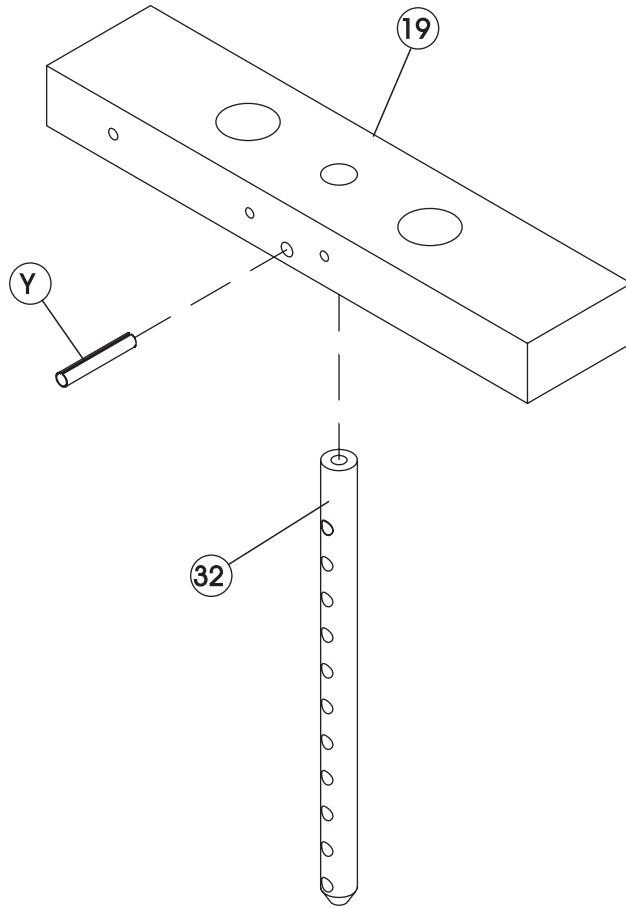
Part Descriptions

19 - 15 LBS. Aluminum Top Plate
32 - 11 Plate Selector Stem

Hardware Descriptions

Y - 7/16" x 3" Open Roll Pin

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2h

FRAME ASSEMBLY

In this step start by pressing in two(2) Bushings, two(2) Radial Bearings, two(2) Bumper Stoppers, one(1) End Cap, and secure the 1/2" Pullpin (Hex Head) into the Extension Tube Assembly. Next, secure two(2) 1 1/4" Dia. Delrins to the Range of Motion. Slide on two(2) Aluminum Rings, two(2) Grips on the arms of the Seated Frame Assembly, then secure two(2) Aluminum Caps on the end of the Arms. Then slide the Grip flush with the Aluminum Cap and slide the Aluminum Ring flush with the Grip and secure. Then attach the End Caps to both the Seated Frame and the Weight Cage. Wrench tighten bolts.

Part Descriptions

2 - Range of Motion
4 - Extension Rube
11 - 1/2" Pullpin (Hex Head)
21 - 1 1/4" Dia. Delrin
27 - Bumper Stoppper

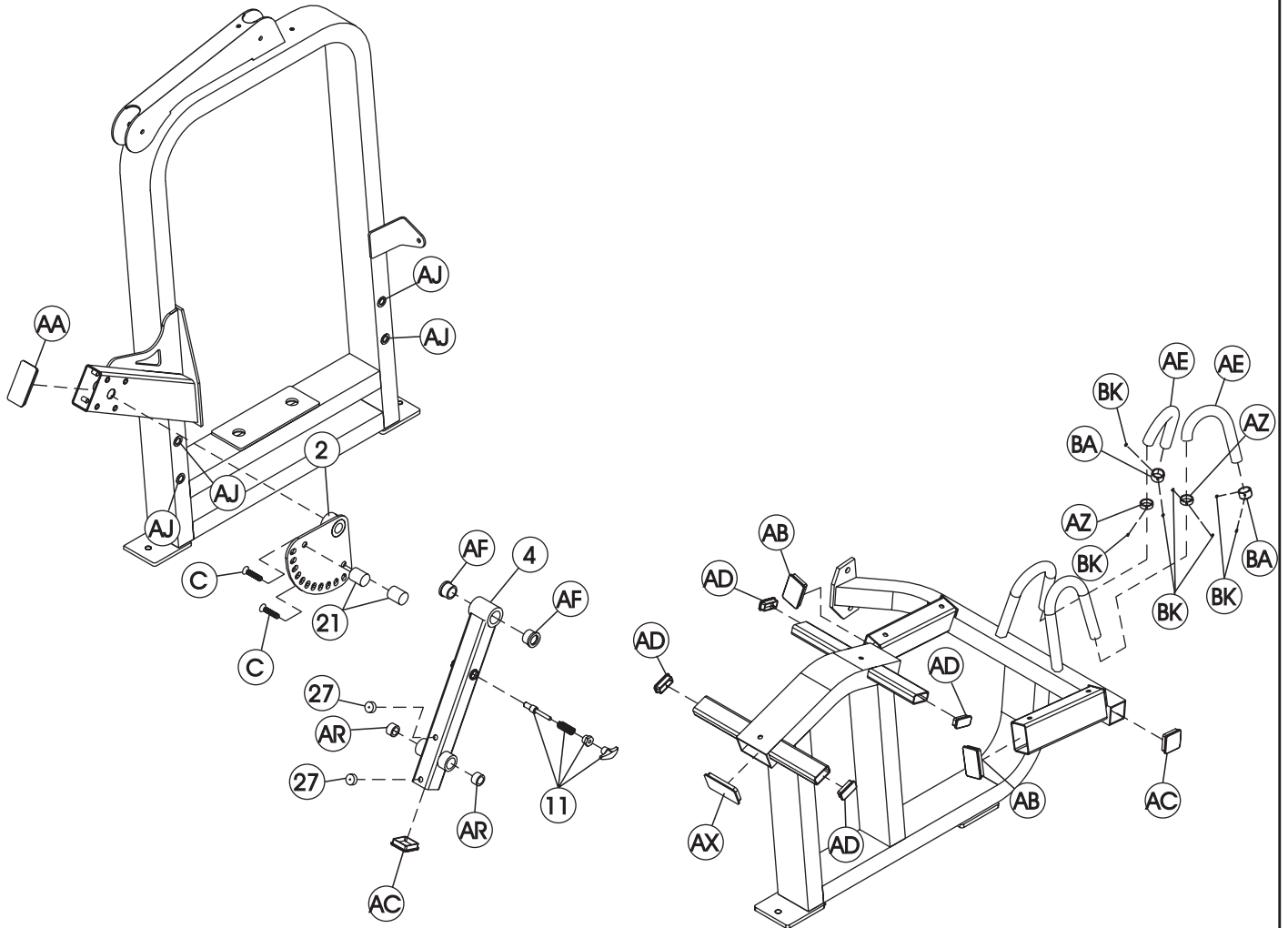
Hardware Descriptions

C - 1/2" x 1" Flat Head Cap Screw
AA - 2" x 4" End Cap (Vertical H)
AB - 2" x 3" End Cap (Vertical H)
AC - 2" x 2" End Cap
AD - 1" x 2" End Cap
AE - 1.175 O.D. x 15/16 I.D. x 15.125 Lg Grip
AF - Bushing
AJ - Insert
AR - Radial Bearing
AX - 2" x 4" End Cap (Horizontal H)
AZ - 1 1/4" dia. x 3/8" Aluminum Ring
BA - 1 1/4" dia. x 3/4" Aluminum Cap
BK - #10-32 Set Screw

ASSEMBLY

INSTRUCTIONS

PRE-ASSEMBLED PARTS



ASSEMBLY

C A T A L O G

P A R T L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-SX145	Belt Assembly
2	1	26-STD-SX146	Range of Motion
3	1	26-STD-SX155	Center RH BRK(Add-On)
4	1	26-STD-SX164	Extension Tube Assy.
5	1	26-STD-SX168	Shin Bar Assy.
6	1	26-STD-SX504	Cam Assembly (Large)
7	1	26-STD-SX615	Weight Cage
8	1	26-STD-SX616	Seated Frame Assembly
9	1	26-STD-SX617	Cross Tube Assy.
10	2	26-STD-SG135	Guide Rod
11	1	26-STD-SM129	1/2" Pullpin (Hex Head)
12	1	26-STD-SM289	1" Dia. CRS
14	1	35-STD-SM294	3/4" x 2 1/16" CRS
15	2	26-STD-SM295	5/8 Dia. X 6 13/32" (Add On Rod)
16	2	26-STD-SP467	Clamp
18	1	26-STD-SSH167	Shield
19	1	26-STD-SWTOP11	15 lbs. Aluminum Top Plate
20	1	15-BLT-1516	Cam Belt 74" x 15/16" x 1/8"
21	2	26-STD-PLAS133	1 1/2" Dia. Delrin
22	1	26-STD-PLAS193	1 1/4" Dia. Delrin
23	4	26-STD-PLAS195	Rubber Foot Pad
24	2	26-STD-PLAS144	Plastic Fender Washer
27	2	19-PAD-1	Bumper Stopper
28	1	26-STD--SU12253219	Upholstery PAD
29	1	26-STD-SU1016136R	Upholstery PAD
30	1	26-STD-SU10161316L	Upholstery PAD
31	1	26-STD-SUR517-1	5" Dia. x 17.25 lg. Roller
32	1	26-STD-SW112	11 Plates Selector Pin Stem
33	10	26-STD-SW104	20 lbs. Intermediate Weight
34	1	26-STD-SM239	Red Iodize Aluminum Cap
35	1	26-STD-SM293	1 5/8" x 2 1/16" lg. Tube
36	1	26-STD-PLAS178	Black Plastic Ring
37	6	26-STD-PLAS210	Add On Weight Bushing

ASSEMBLY

C A T A L O G

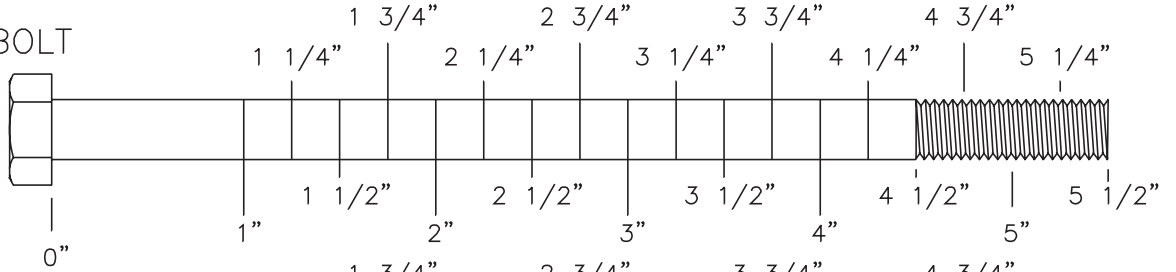
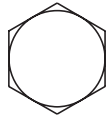
H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	10	11-BTN-12112WZ	1/2-13" x 1 1/2" Button Head Screw
C	3	11-FLA-121WZ	1/2-13" x 1" Flat Head Cap Screw
D	2	11-FLA-38114WZ	3/8-16" x 1 1/4" Flat Head Screw
E	8	11-BTN-38114	3/8-16" x 1 1/4" Button Head Screw
F	2	11-BTN-141	1/4-20" x 1" Button Head Screw
G	2	11-BTN-5161	5/16-18" x 1" Button Head Cap Screw
H	5	11-BTN-381	3/8-16" x 1" Button Head Screw
J	2	11-BTN-38234WZ	3/8-16" x 2 3/4" Button Head Cap Screw
K	2	11-HEX-516234WZ	5/16-18" x 2 3/4" Hex Head Cap Screw
L	4	11-HEX-516334WZ	5/16-18" x 3 3/4" Hex Cap Screw
M	4	11-BTN-3834WZ	3/8-16" x 3/4" Button Head Screw
N	10	13-LOK-12INT	1/2-13" Lock Washer
P	4	13-FLT-12SAEWZ	1/2" Flat Washer
Q	12	13-FLT-38SAEWZ	3/8" Flat Washer
R	7	13-LOK-38INT	3/8" Lock Washer
S	4	13-LOK-14INTB	1/4" Lock Washer
T	13	11-LOK-38INTB	3/8" Internal Lock Washer
U	6	13-FLT-516SAEWZ	5/16" Flat Washer
V	2	13-FLT-516SAE	5/16" Flat Washer
W	2	30-RPN-382	3/8" x 2" Open Roll Pin
X	Depends on gap due to tolerance	14-TBW-1	1" I.D. x .8mm THK Metal Shim Washer
Y	1	30-RPN-7163	7/16" x 3" Open Roll Pin
Z	2	11-SKT-14112	1/4-20" x 1 1/2" Socket Head Screw
AA	1	26-STD-PLAS187RV	2"x 4" End Cap (vertical H)
AB	2	26-STD-PLAS192RV	2" x 3" End Cap (vertical H)
AC	2	16-CAP-22	2"x 2" End Cap
AD	4	16-CAP-12	1" x 2" End Cap
AE	2	26-STD-PLAS212	1.175 O.D. x 15/16 I.D. x 15.125 Lg Grip
AF	2	14-OIL-1F	Bushing
AH	2	14-BRG-4B1	Flange Bearing
AJ	10	1/2-13UNC	Insert
AK	2	26-STD-PLAS134	Guide Rod Bushing
AL	2	26-STD-PLAS201	3" x 1" ID x 1 1/2" THK Bumper
AM	1	14-BRG-PAC4962	Guide Bearing
AN	1	14-BRG-PAC4982	Guide Bearing
AP	1	10-LRD-12	Selector Pin Lanyard
AR	2	014-0008004	Radial Bearing
AS	2	18-PUL-325/W38T	3 1/4" Pulley
AT	1	26-STD-SM134	Weight Selector Pin
AU	3	26-STD-SWADD7	5 lbs. Add on Weight
AV	1	26-STD-SM238	Aluminum Cap
AW	8	3/8-16UNC	Insert
AX	1	26-STD-PLAS187RH	2"x 4" End Cap (horizontal H)
AY	2	12-LOK-14WZ	1/4" Locking Nut
AZ	2	26-STD-SM324	1 1/4" dia. x 3/8" Aluminum Ring
BA	2	26-STD-SM323	1 1/4" dia. x 3/4" Aluminum Cap
BB	1	11-BTN-381WZ	3/8" x 1" Button Head Screw
BC	2	13-LOK-38WZ	3/8" Split Washer
BD	6	13-LOK-516INT	5/16" Internal Lock Washer
BE	9	13-FLT-38SAE	3/8" Flat Washer
BJ	2	11-LOK-516INTB	5/16" Internal Lock Washer
BK	8%	11-SET-103218	#10-32 Set Screw

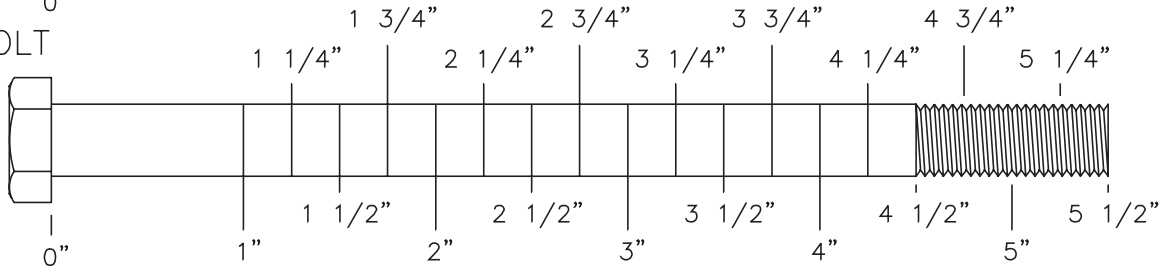
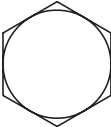
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OWNERS M A N U A L BOLT SIZING CHART

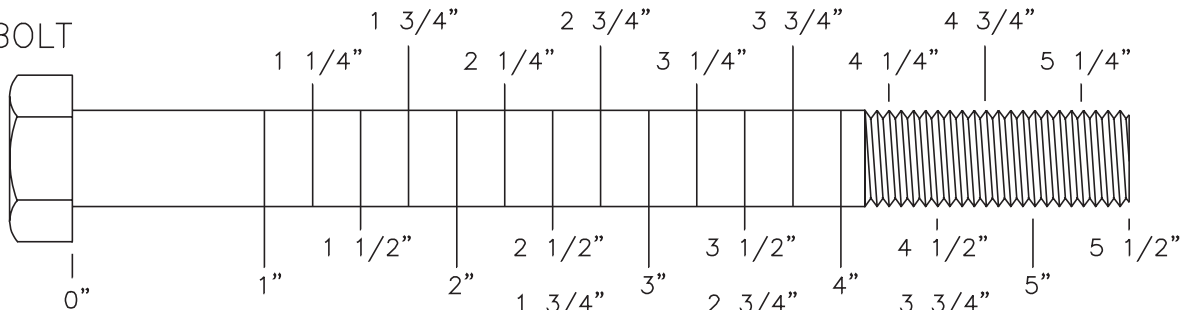
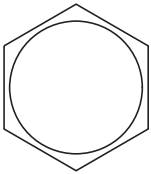
5/16" HEX BOLT



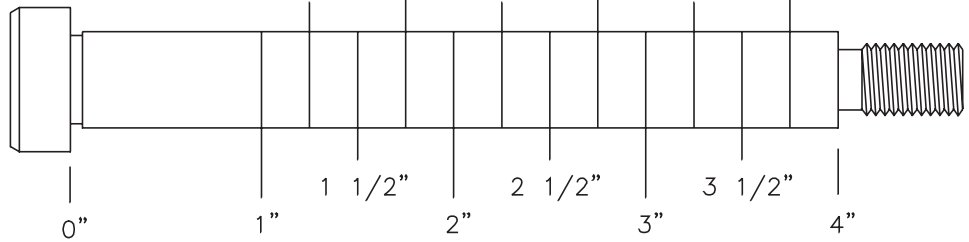
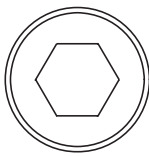
3/8" HEX BOLT



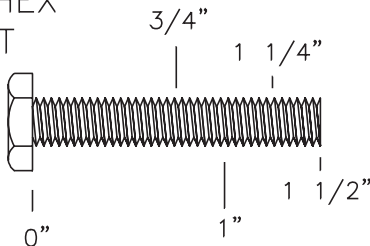
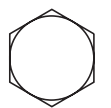
1/2" HEX BOLT



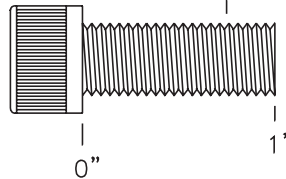
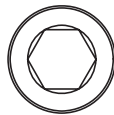
1/2" SHOULDER BOLT



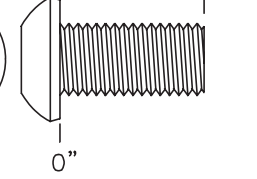
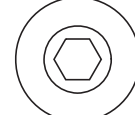
1/4" HEX BOLT



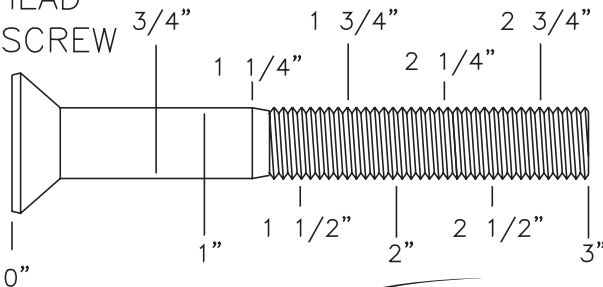
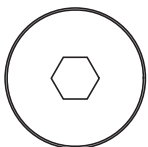
3/8" SOCKET CAP SCREW



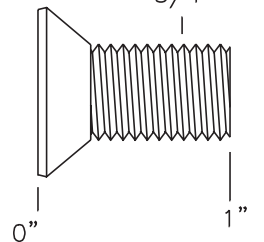
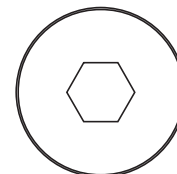
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



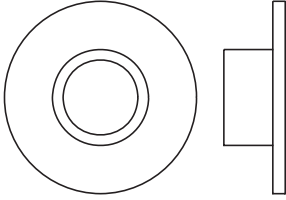
1/2" FLATHEAD SOCKET CAP SCREW



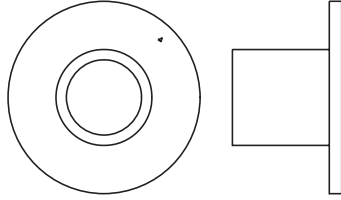
OWNERS M A N U A L

W A S H E R S I Z I N G C H A R T

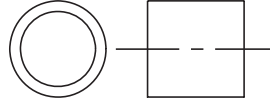
1/4" LONG FLANGED
PULLEY SPACER



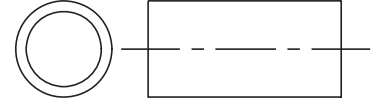
1/2" LONG FLANGED
PULLEY SPACER



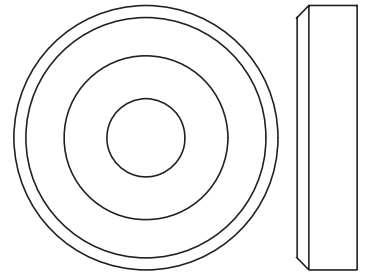
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



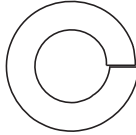
1 3/8" ALUMINUM
FLATHEAD CAP



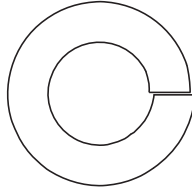
1/4"
LOCK
WASHER



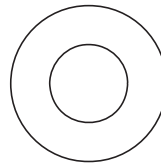
3/8"
LOCK
WASHER



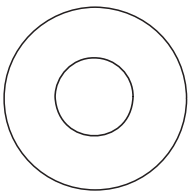
1/2"
LOCK WASHER



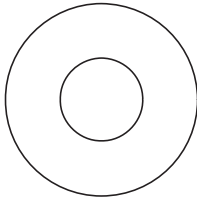
5/16"
FLAT WASHER



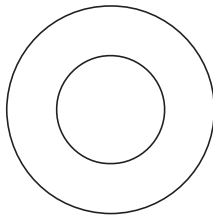
5/16"
FLAT WASHER
LARGE, USS, 25mm



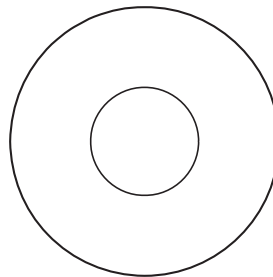
3/8"
FLAT
WASHER



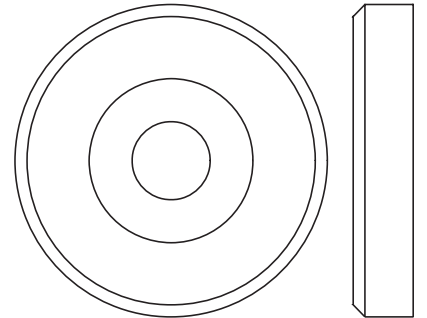
1/2"
FLAT WASHER
SMALL, SAE, 26mm



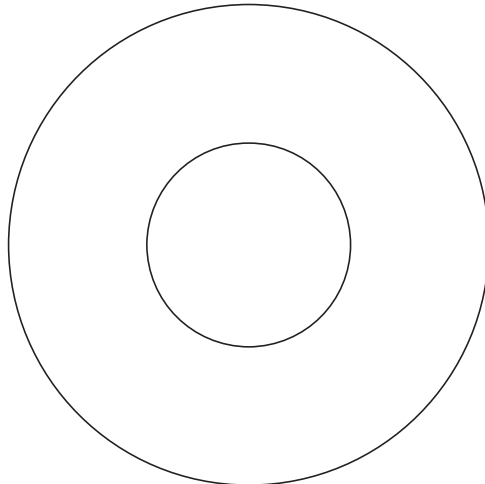
1/2"
FLAT WASHER
LARGE, USS, 34mm



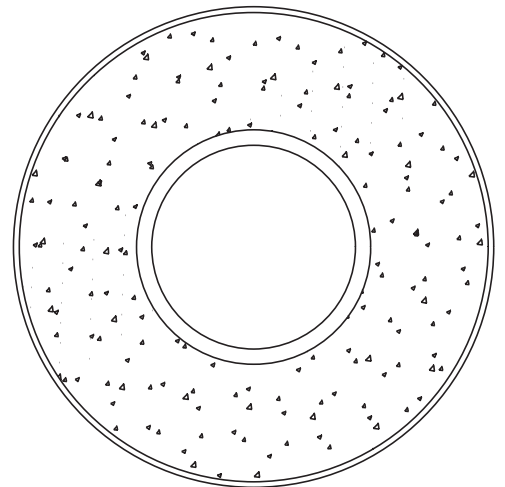
1 5/8" ALUMINUM
FLATHEAD CAP



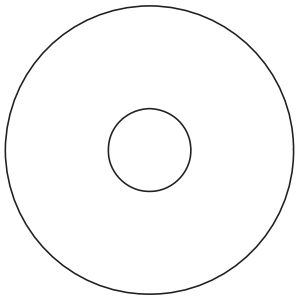
1 1/16"
FENDER WASHER



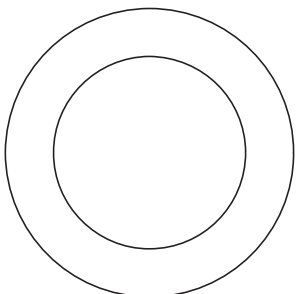
PLASTIC 1 1/16"
FENDER WASHER



3/8" FENDER WASHER

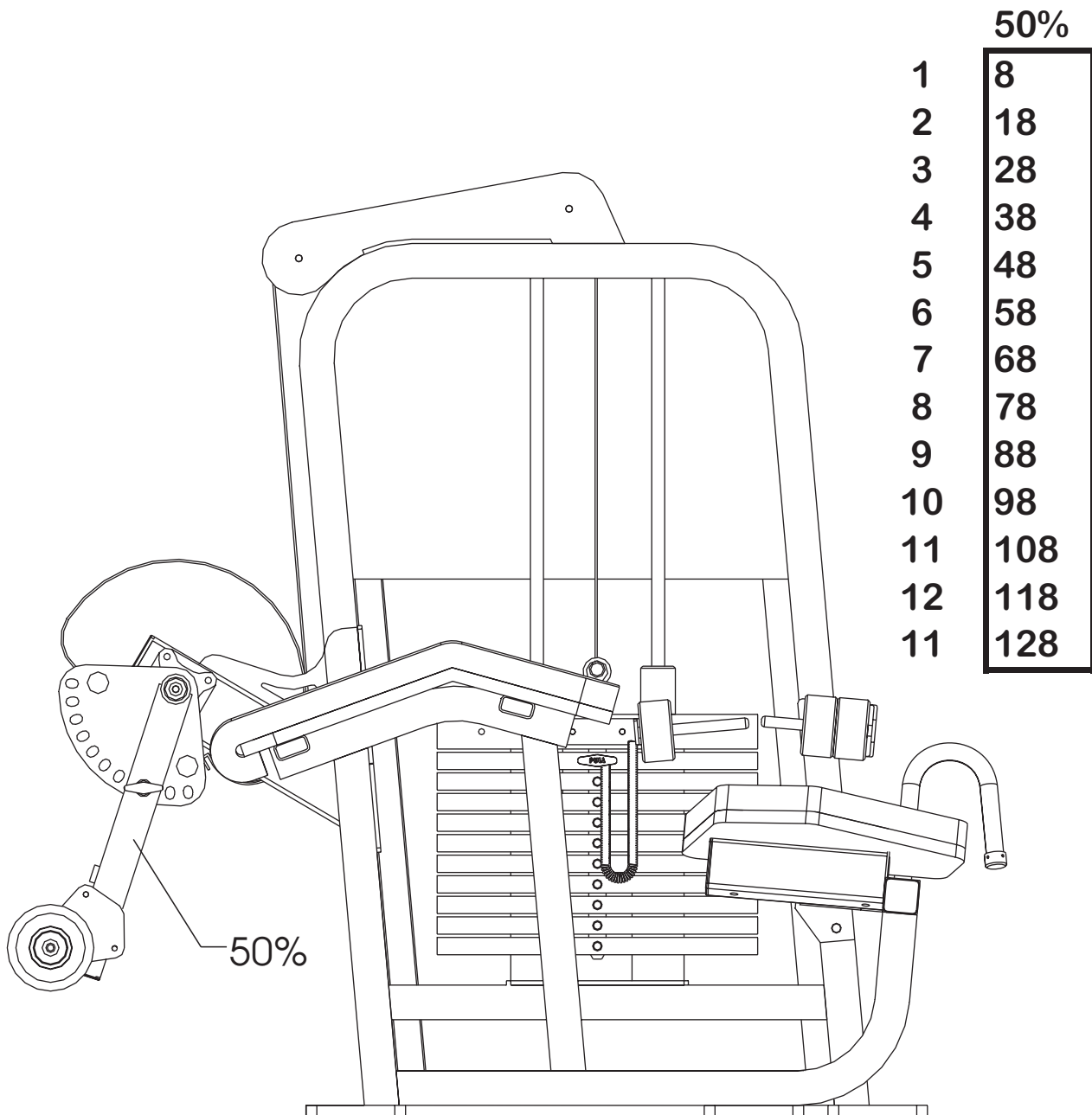


1" SHIM WASHER



OWNERS M A N U A L

WEIGHT RATIOS



The above chart shows the actual weight you are lifting when the ratios are applied. 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.

OWNERS MANUAL

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

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.

OWNERS MANUAL

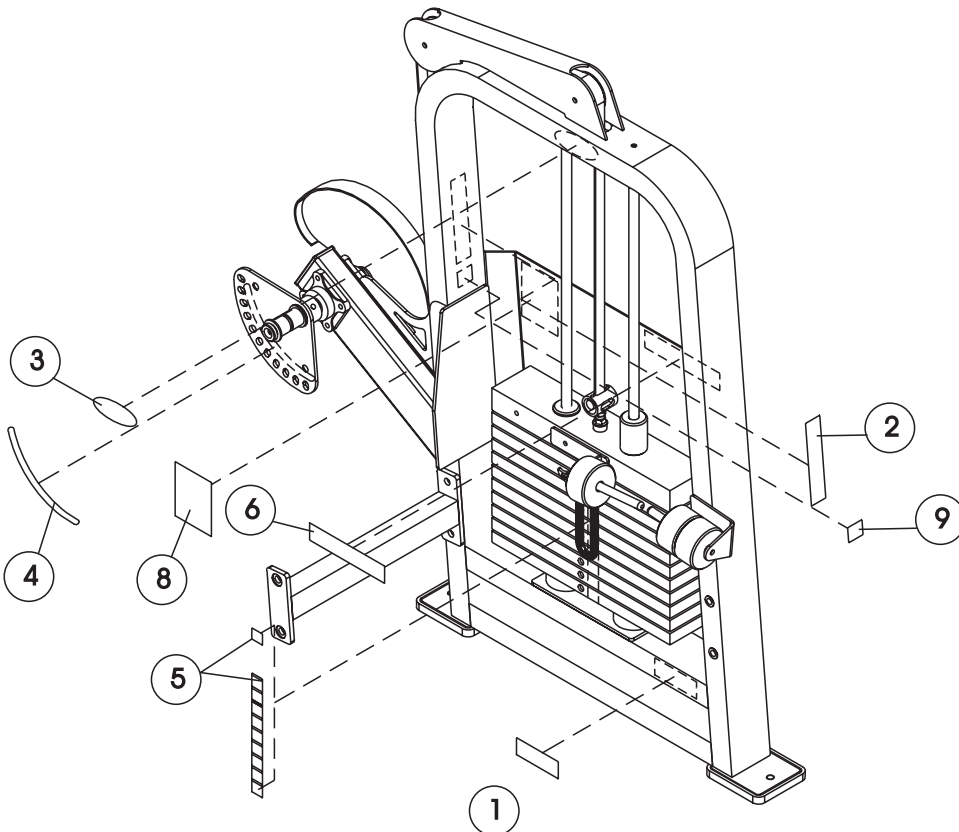
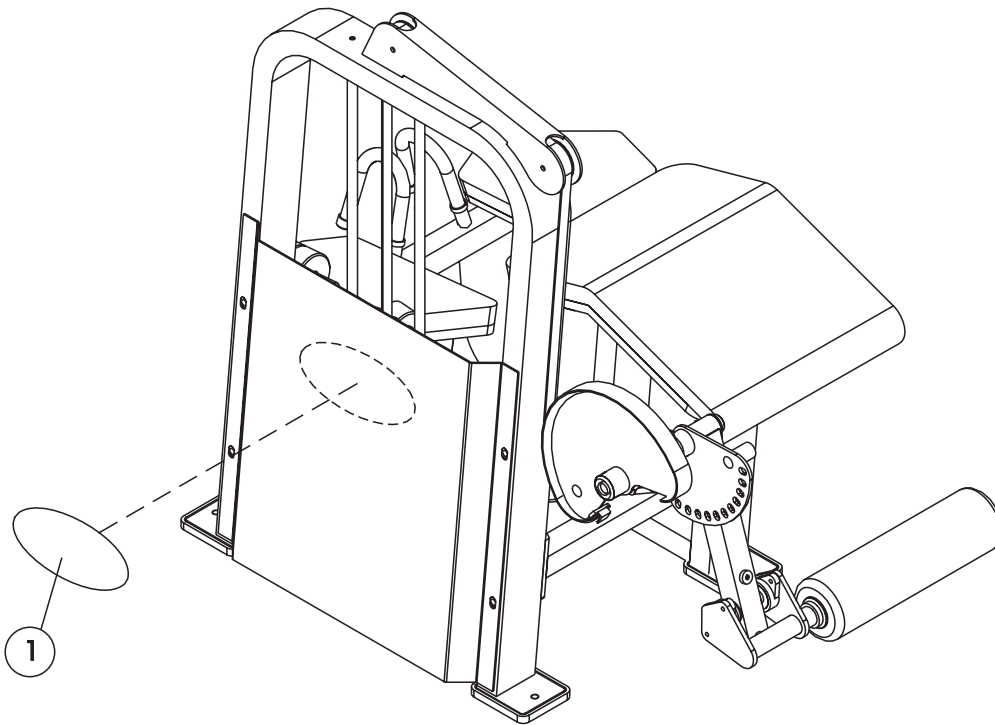
OWNERS MANUAL

OWNERS M A N U A L

DECAL PLACEMENTS

Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003008
- 3 - 021-0004029
- 4 - 021-0004020
- 5 - 021-0003011
- 6 - 021-0003006
- 7 - 021-0012004
- 8 - 021-0013071
- 9 - 021-0003090



OWNERS MANUAL

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

ROUTINE MAINTENANCE	Daily	Weekly	Months ⁶	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Lubricate; Guide Rods with Waylube Oil only				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		
Inspect; Cables or Belts Tension		X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		X		
Clean and Wax; All Glossy Finishes			X	
Repack with Grease; Linear Bearings			X	
Replace; Cables or Belts Connecting Parts				X

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

021-0003008

021-0003011

DECAL REFERENCE

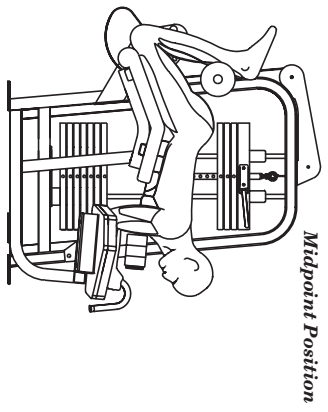
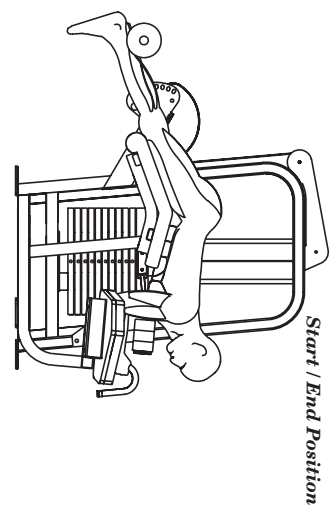
This decal have been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



CL 2408 PRONE LEG CURL

Exercise Instructions

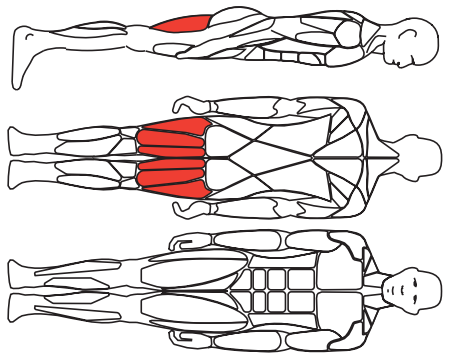
- 1** Adjust movement arm to desired beginning position. (Legs straight but not hyper-extended recommended).
- 2** Lie face down on torso pads and select desired exercise weight.
- 3** Position knees just off thigh pad edge with lower legs under roller pad. Curl legs upward to full contraction with a smooth controlled movement. Return back to starting position and perform desired number of repetitions.



MUSCLES TRAINED

PRIMARY:
Hamstrings

- > Read and understand all instructions before using this equipment.
- > Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part **DO NOT** use this machine.
- > Keep hands and feet away from moving parts. **DO NOT** attempt to free any jammed part by yourself.
- > Always consult a physician before starting any exercise program.
- > Stop your workout immediately if you feel faint or dizzy.
- > Warm up before and cool down after engaging in weight resistance training.
- > Take your time and don't rush the exercise. Practice proper breathing. **NEVER** hold your breath.



021-0013071

DECAL REFERENCE

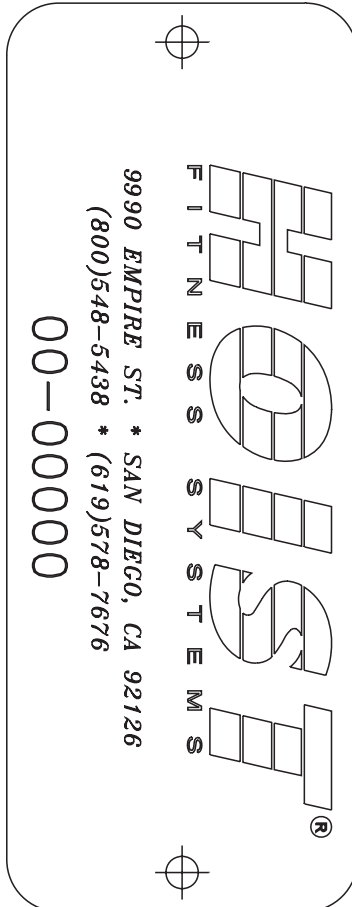
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS.

There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

1. **READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS** before using this equipment.
2. **INSPECT EQUIPMENT DAILY** for loose, worn or frayed parts. Replace all parts at the first signs of wear. If in doubt about a certain part, **DO NOT** use the machine until the part is replaced. Failure to replace worn parts may result in injury.
3. **DO NOT ATTEMPT** to free any jammed part by yourself. Obtain assistance as the part may free itself suddenly causing possible injury.

4. **BE CERTAIN** to keep your head, hands and limbs clear of moving parts. Be alert to the possibility of injury. **DO NOT BE CARELESS.**
5. If you feel faint or dizzy, stop exercising at once.
6. Teenagers should not use this machine without adult supervision. **CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT.**
7. If you have any questions on the proper use and maintenance of the machine, do not hesitate



021-0012004

021-0004029

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

021-0003006

OWNERS MANUAL

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



HOIST®

021-0004026



021-0004020

**PATENT
PENDING**

021-0003090

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.

Guide Rods:

- * Wipe clean with a clean, dust free rag.
- * If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.
- * DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.

Decals:

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

Nuts and Bolts:

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

Belts and Cables:

- * Hoist uses only high quality belts, 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 M A N U A L

Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

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

Seat Sleeves & Oilites:

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

Linear Bearings:

- * Referring to the Assembly/ 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.

Anti-Skid Surfaces:

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

PLEASE KEEP THIS FOR YOUR RECORDS.

OWNERS MANUAL

OWNERS M A N U A L

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: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur 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.

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, express, implied or statutory, except the one (1) and (5) year warranty 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.

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

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS.