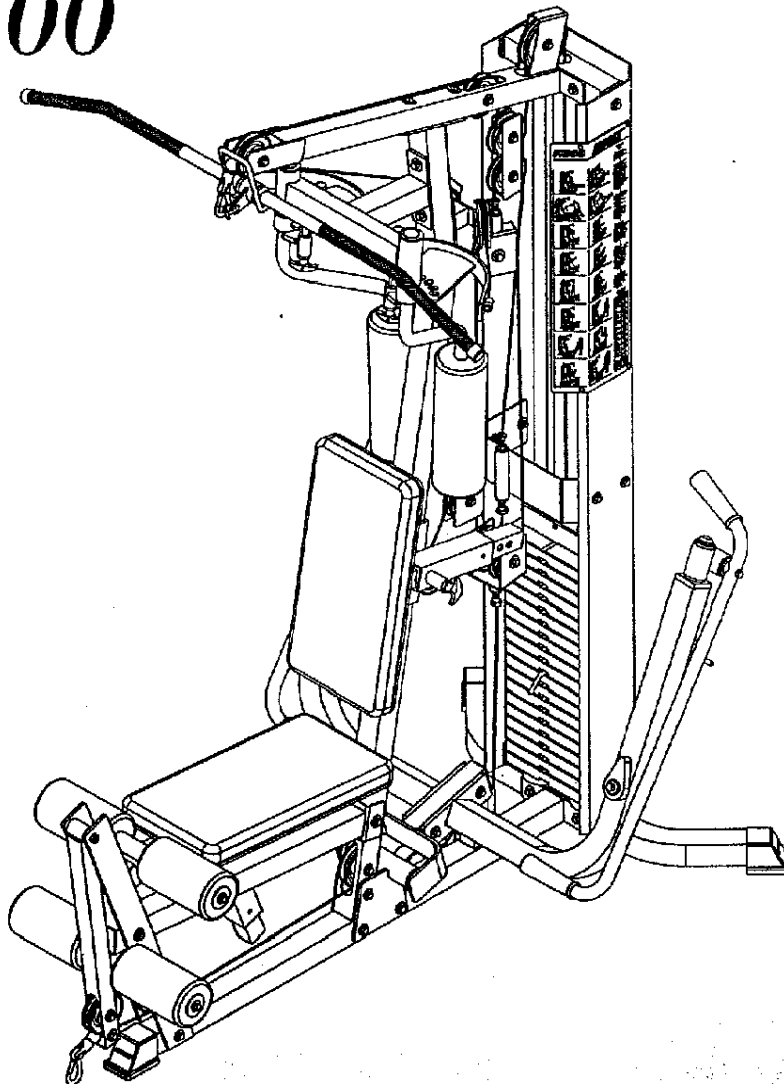


OWNERS MANUAL

HOIST[®]

FITNESS SYSTEMS

H300



June '97

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

Customer Service

(800) 548-5438

California

(800) 541-5438

(619) 578-7676

RECORD SERIAL NUMBER HERE

ASSEMBLY

INSTRUCTIONS

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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. Please use the part number and description from the catalog when ordering.

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

Socket Wrench

7/16", 1/2", 9/16", and 3/4" Sockets

Crescent Wrench

Standard Allen Wrench Set
(5/64" thru 1/4")

Rubber Mallet

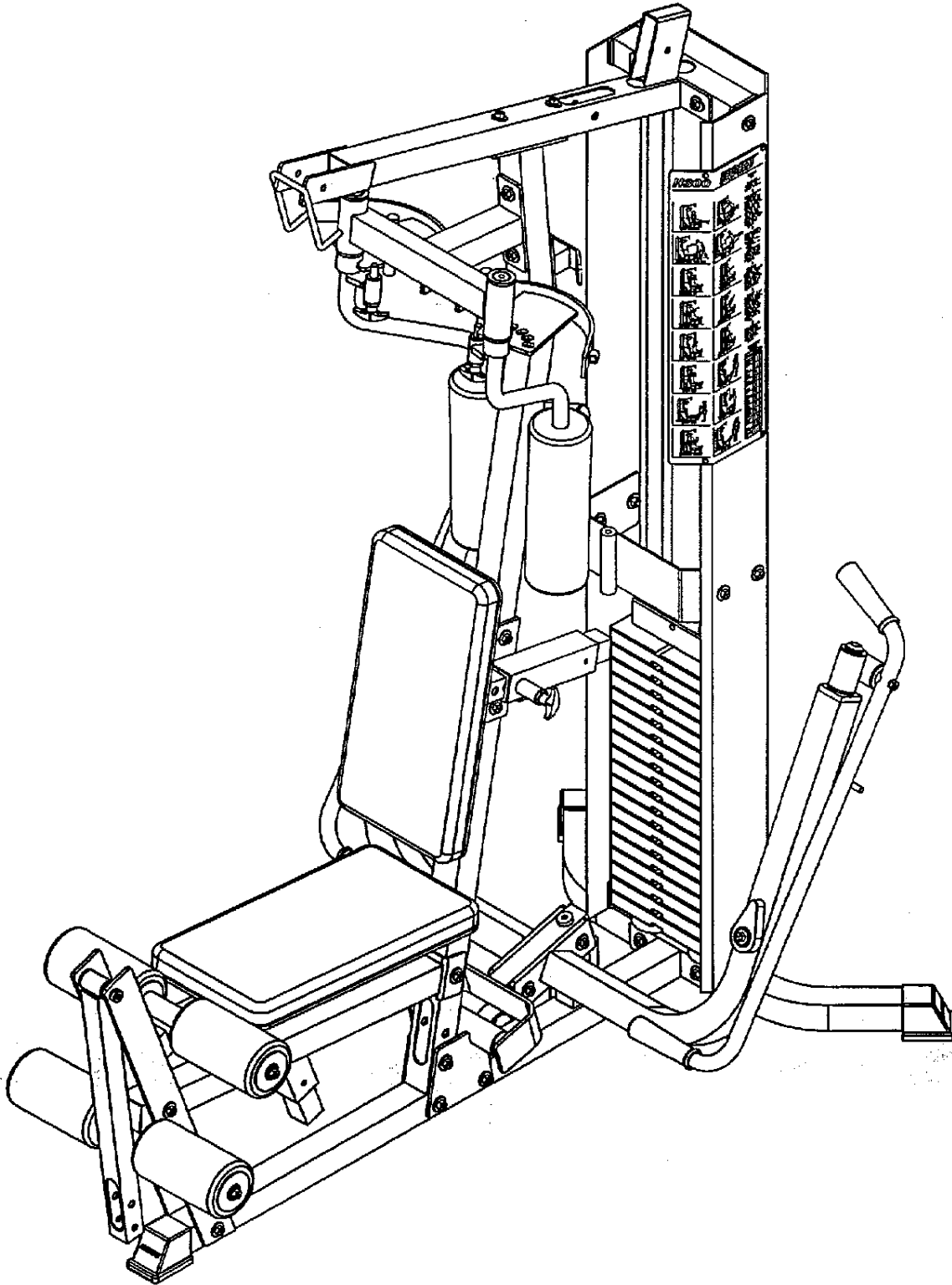
Tape Measure

ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step you will attach the Bottom Tube to the Rear Base Tube and the Bench Press Pivot Mount to the Bottom Tube. Hand Tighten bolts only, they will be tightened later.

Part Descriptions

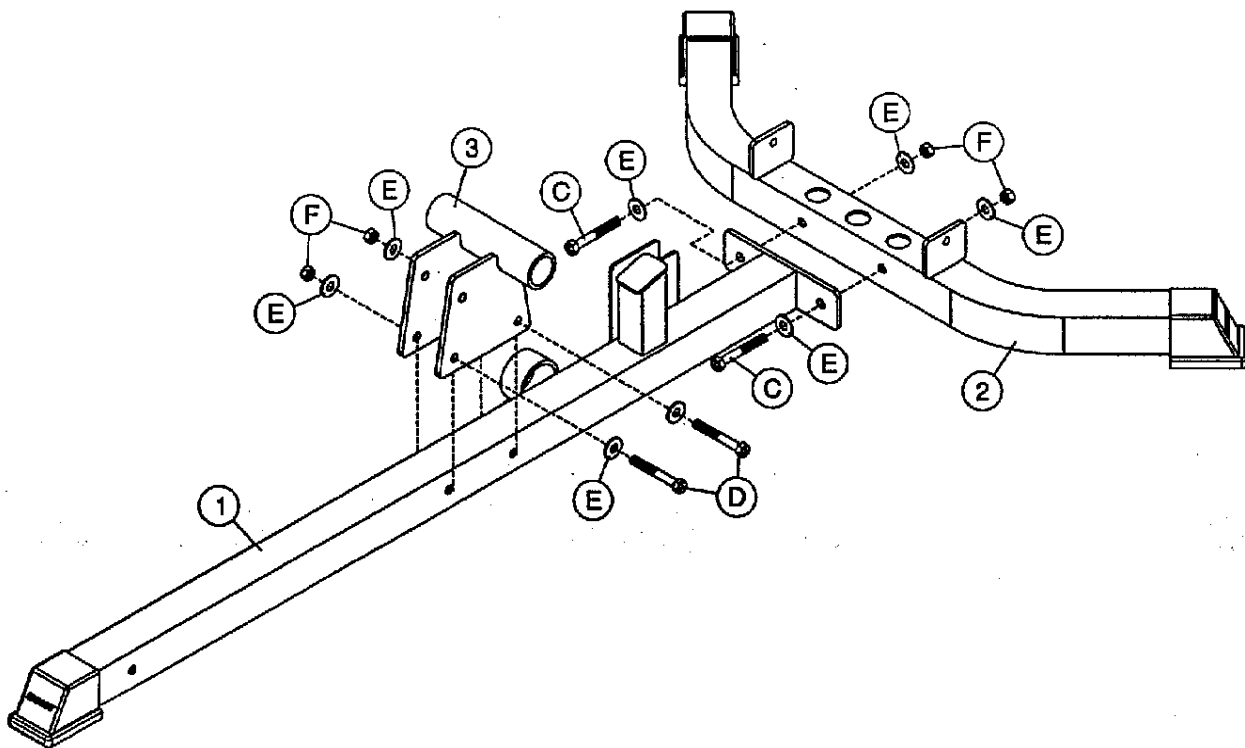
- 1 - Bottom Tube
- 2 - Rear Support Base
- 3 - Bench Press Pivot Mount

Hardware Descriptions

- C - 3/8-16 x 2 3/4" Hex Bolt
- D - 3/8-16 x 3" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step you will attach the Main Upright to the Bench Press Pivot Mount and the Top Tube to the Main Upright. *Hand Tighten* bolts only, they will be tightened later.

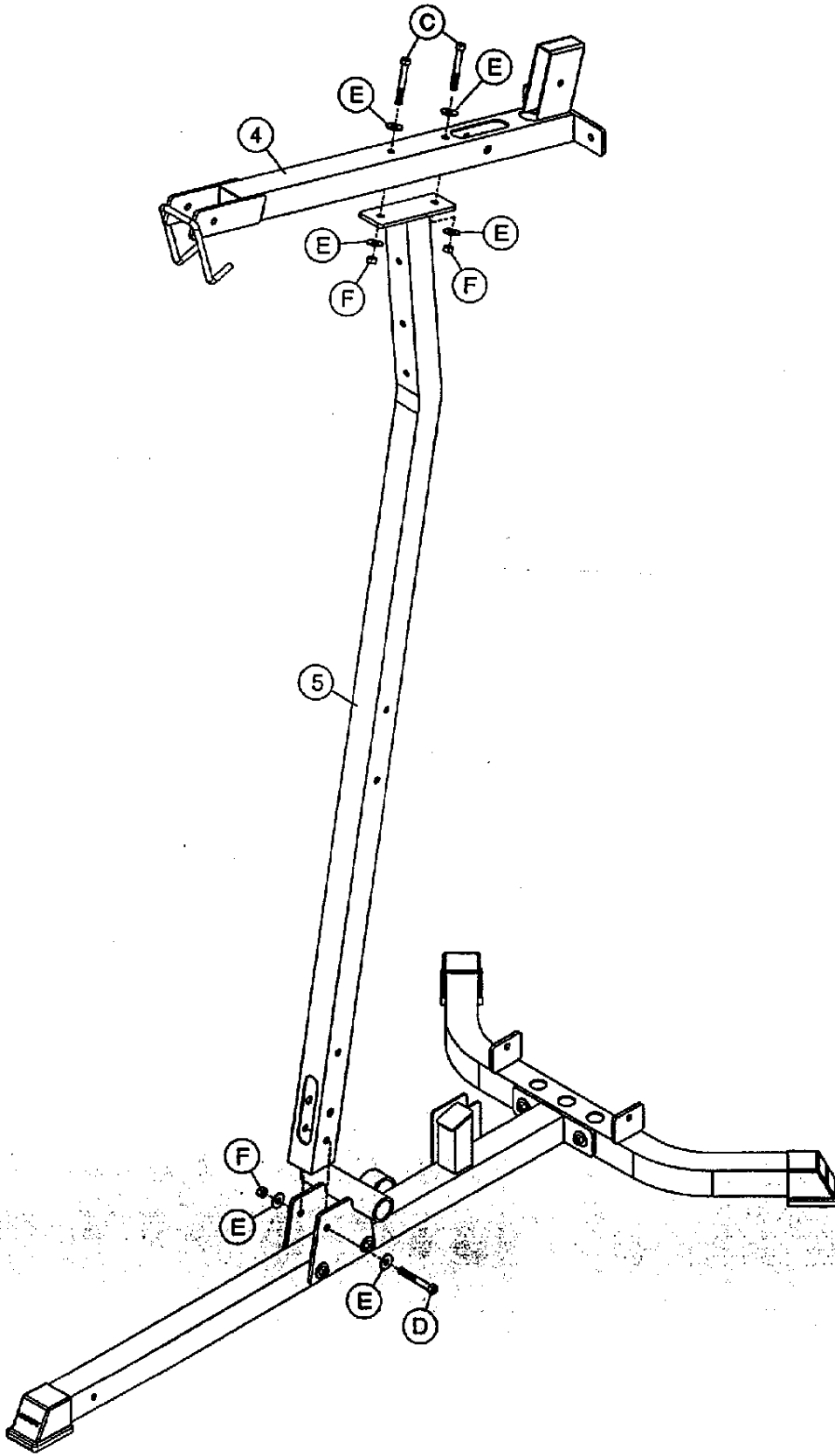
Part Descriptions

- 4 - Top Tube
- 5 - Main Upright

Hardware Descriptions

- C - 3/8-16 x 2 3/4" Hex Bolt
- D - 3/8-16 x 3" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

In this step attach the Seat Adjuster Frame to the Main Upright. Then attach the (2) Leg Extension Arm Plates to the Seat Adjuster Frame and the Bottom Tube. *Hand Tighten* bolts only, they will be tightened later.

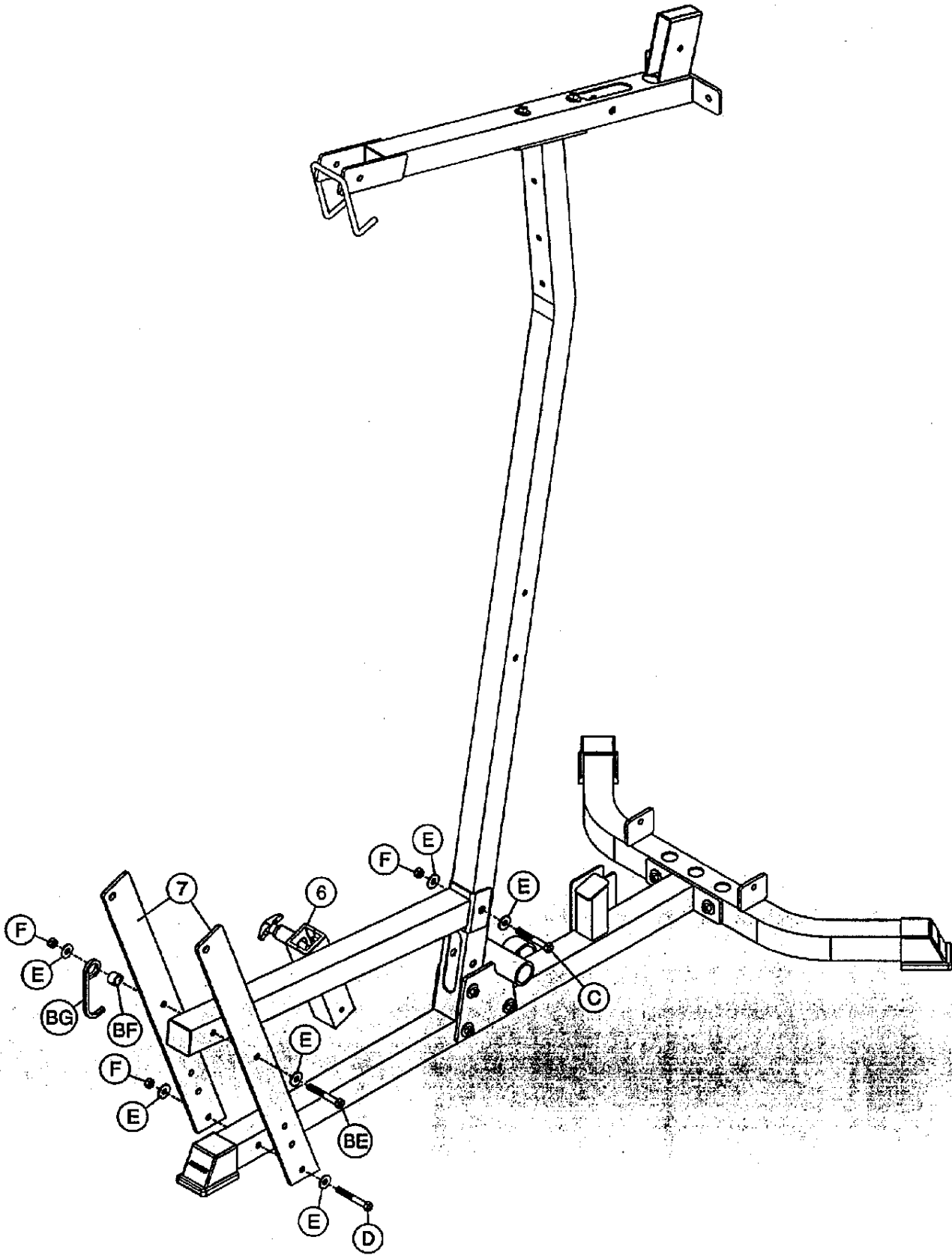
Part Descriptions

- 6 - Seat Adjuster Frame
- 7 - Leg Extension Arm Plates

Hardware Descriptions

- C - 3/8-16 x 2 3/4" Hex Bolt
- D - 3/8-16 x 3" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- BE - 3/8-16 x 3 1/4" Hex Bolt
- BF - 1/4" Spacer
- BG - Latch Hook

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

In this step start by attaching the Leg Extension Arm to the Leg Extension Arm Plates. Next attach the Back Adjust Mount to the Main Upright. Finish this step by sliding the Guide Rods into the Rear Base Tube and assembling the weight stack onto the Guide Rods. Allow the Weight Stack to stand freely. *Hand Tighten* bolts only, they will be tightened later.

Part Descriptions

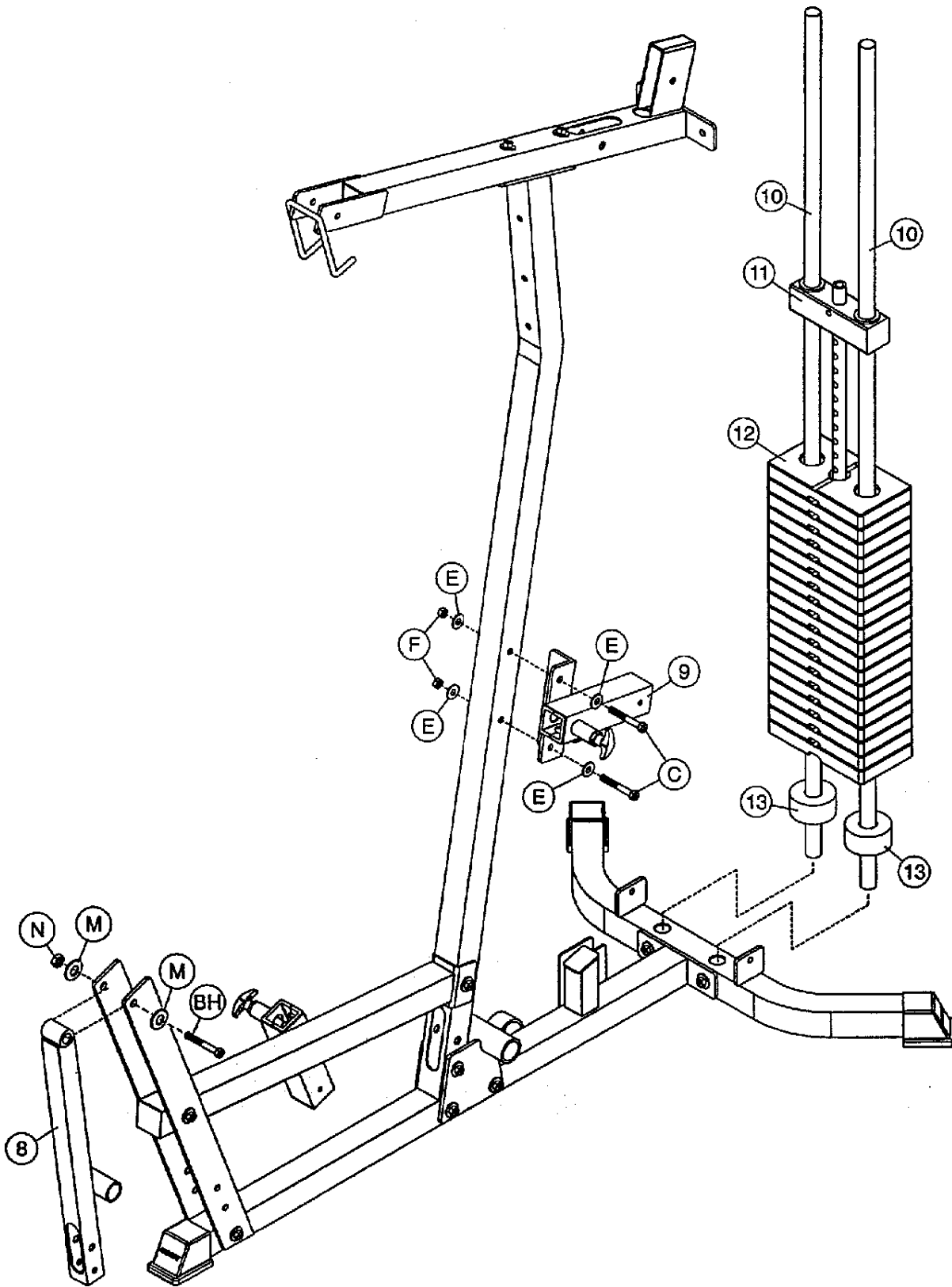
- 8 - Leg Extension Arm
- 9 - Back Adjust Mount
- 10 - Guide Rods
- 11 - Weight Stack Top Plate
- 12 - Intermediate Weight Plates
- 13 - 1 1/2 Weight Stack Bumpers

Hardware Descriptions

- C - 3/8-16 x 2 3/4" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- M - 1/2" Flat Washer
- N - 1/2" Lock Nut
- BH - 1/2-13 x 3 Hex Bolt

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

Set the Weight Stack Shield down over the weight stack being sure the (4) placard mount holes are toward the top. Next slide the Shield Brace down into the Shield allowing it to rest on the Rear Base Tube being sure the tapped round steel is on the left when you are facing the front of the Weight Stack.

Part Descriptions

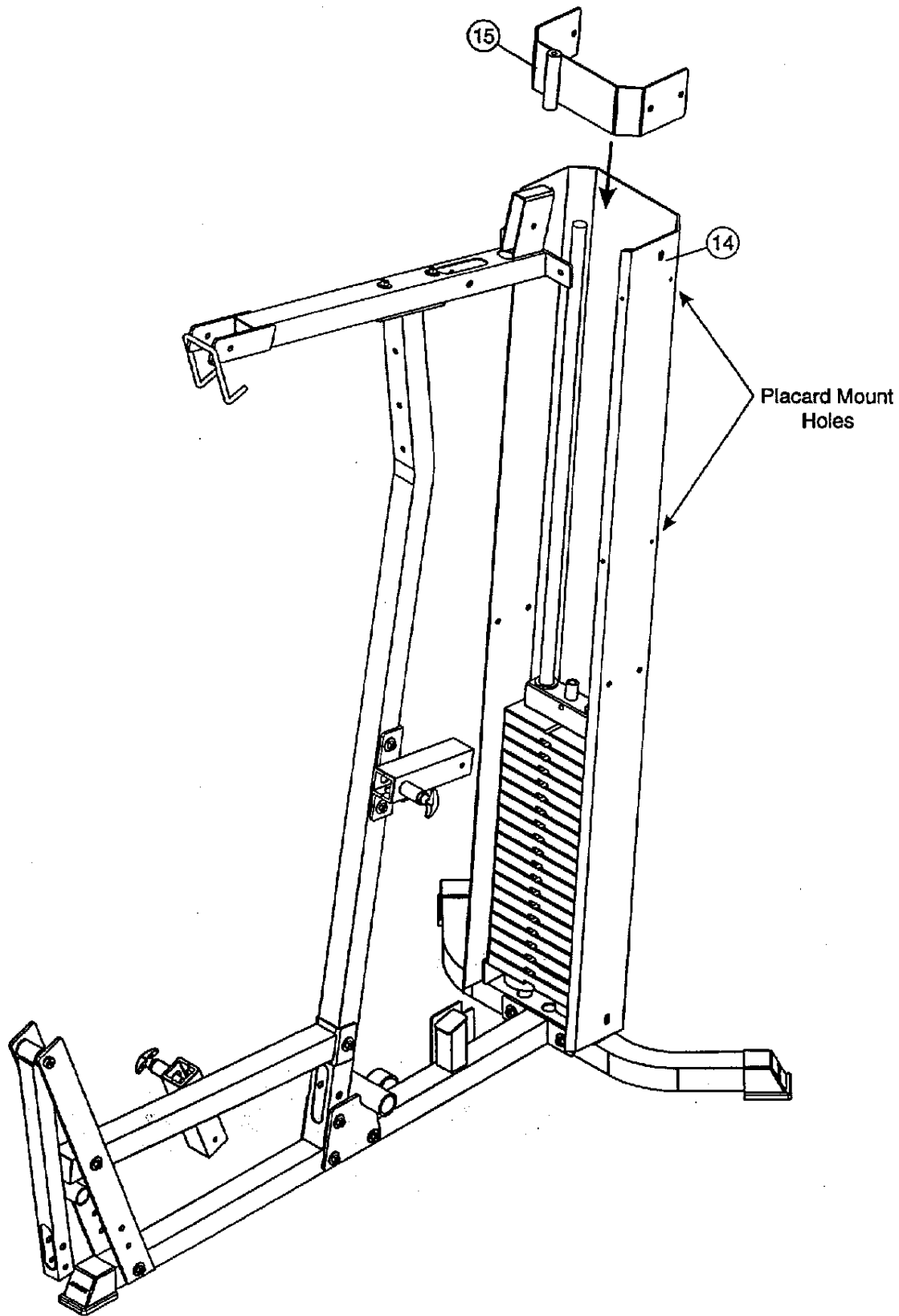
14 - Shield

15 - Shield Brace

Hardware Descriptions

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2f

FRAME ASSEMBLY

Start this step by setting the Weight Stack Top Mount onto the top of the Guide Rods and bolting it to the Top Tube, *Hand Tight* only. Next slide the Shield Brace up to the mounting holes and bolt in place. Finish by placing the bolts in the bottom of the shield.

** Now that the basic frame is together you will need to go back and *Wrench Tighten* all the bolts used up to this point being sure to keep the frame straight when tightening.

Part Descriptions

16 - Weight Stack Top Mount

Hardware Descriptions

A - 3/8-16 x 3/4" Hex Bolt

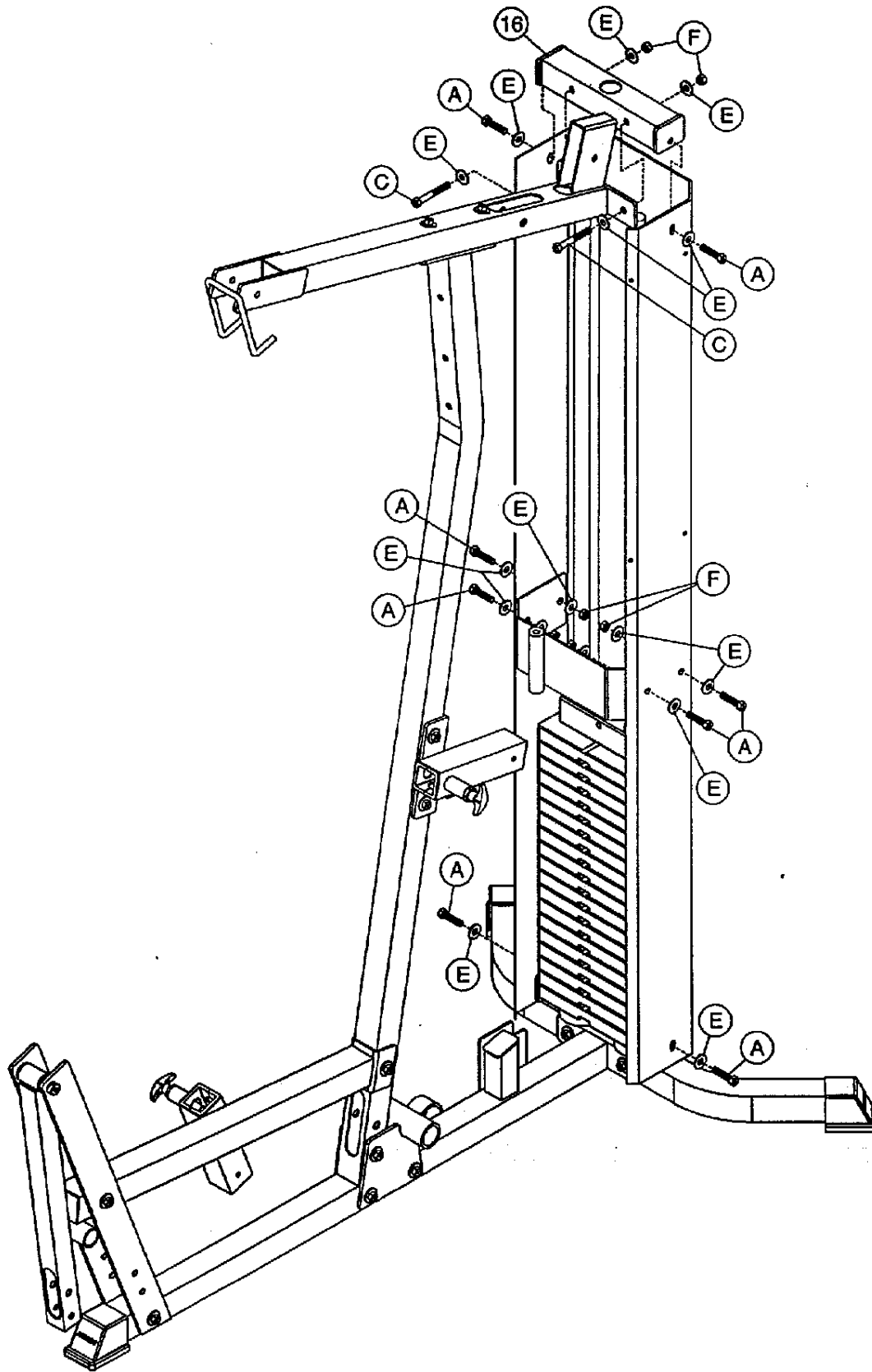
C - 3/8-16 x 2 3/4" Hex Bolt

E - 3/8" Flat Washer

F - 3/8" Lock Nut

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2g

FRAME ASSEMBLY

In this step start by attaching the Pec Front Mount and the Pec Back Mount to the Main Upright. Next assemble the Pec Arms and Pec Cams as shown. *Wrench Tighten* all bolts in this step.

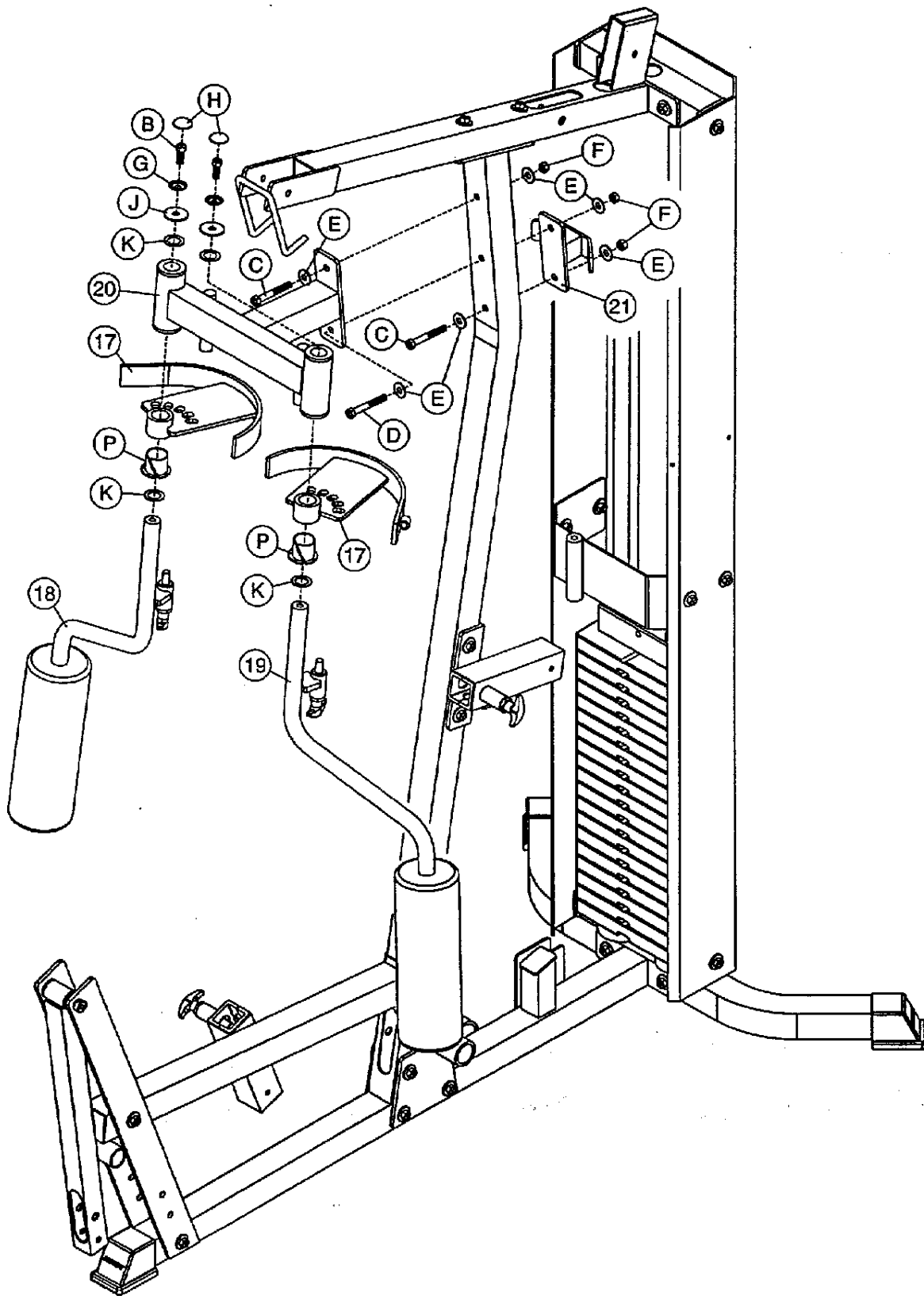
Part Descriptions

17 - Pec Cams
18 - Right Pec Arm
19 - Left Pec Arm
20 - Pec Front Mount
21 - Pec Back Mount

Hardware Descriptions

B - 3/8-16 x 1" Nylock Hex Bolt
C - 3/8-16 x 2 3/4" Hex Bolt
D - 3/8-16 x 3" Hex Bolt
E - 3/8" Flat Washer
F - 3/8" Lock Nut
G - 3/8" Cap Washer
H - 3/8" Cap Washer Cap
J - 3/8" Fender Washer
K - 1" Shim Washer
P - 1" Nyliner Bushing

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2h

FRAME ASSEMBLY

Start by sliding the Lever Arm Pivot Shaft into the Bench Press Pivot Mount. Next Attach the Lever Arm to the Lever Arm Pivot Shaft using the Split Collars as shown. Attach the Left and Right Bench Press Arms to the Lever Arm and the Articulating Arm Pivots to the ends of the Bench Press Arms. Finish by attaching the Bench Press Handle Pivots to the Bench Press Handles and sliding them into the Articulating Arm Pivots. Wrench Tighten all bolts in this step.

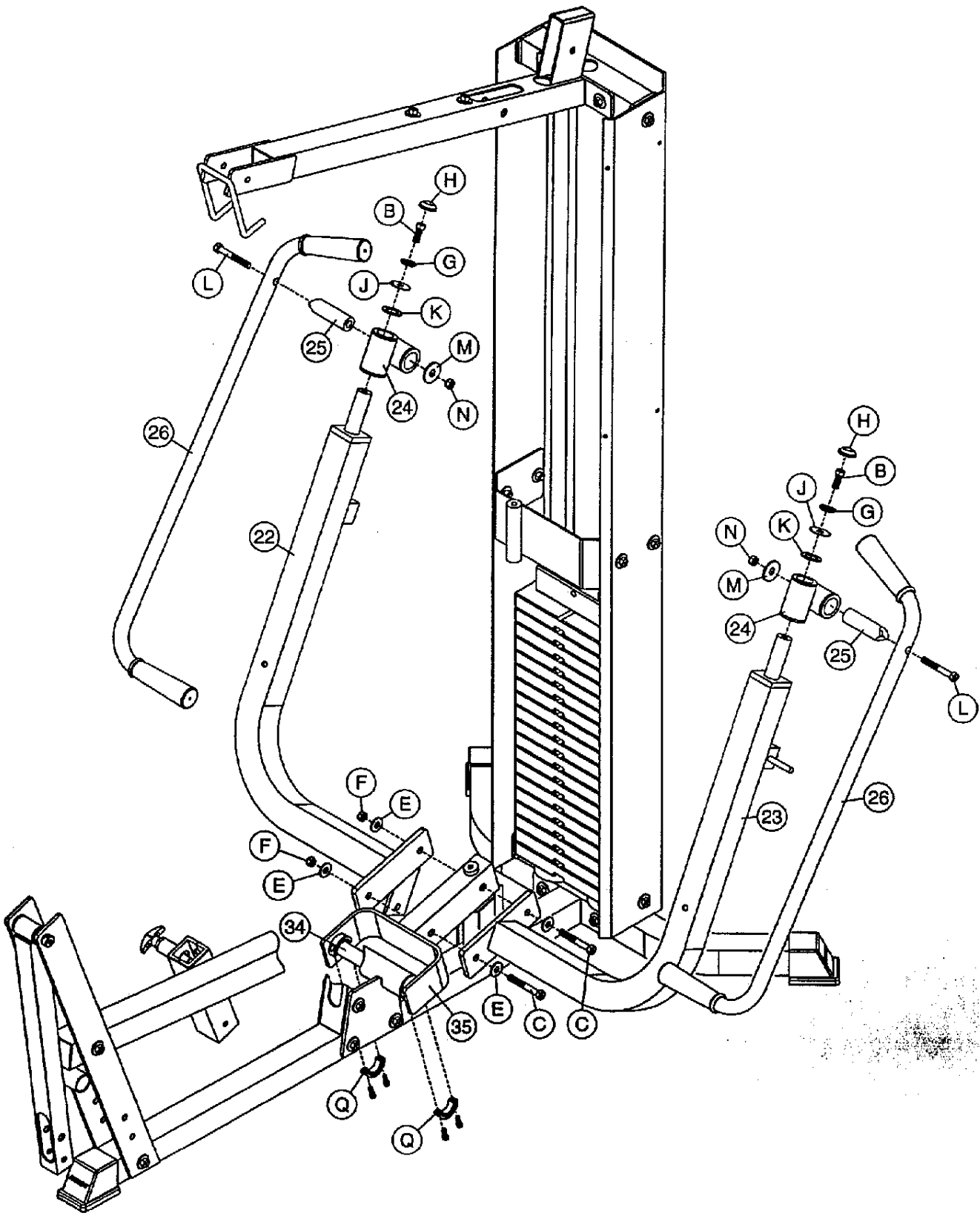
Part Descriptions

- 22 - Right Bench Press Arm
- 23 - Left Bench Press Arm
- 24 - Articulating Arm Pivots
- 25 - Bench Press Handle Pivots
- 26 - Bench Press Handles
- 34 - Lever Arm Pivot Shaft
- 35 - Lever Arm

Hardware Descriptions

- B - 3/8-16 x 1" Nylock Hex Bolt
- C - 3/8-16 x 2 3/4" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- G - 3/8" Cap Washer
- H - 3/8" Cap Washer Cap
- J - 3/8" Fender Washer
- K - 1" Shim Washer
- L - 1/2-13 x 4 1/2" Hex Bolt
- M - 1/2" Flat Washer
- N - 1/2" Lock Nut
- Q - 1" Split Collar Assembly

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2i

FRAME ASSEMBLY

Begin by attaching a 10 x 20 Pad (31a) to the Seat Adjuster. Slide the Seat adjust into the Seat Adjuster Frame. Attach a 10 x 20 Pad (31b) to the Back Adjuster. Slide the Back Adjuster into the Back Adjust Mount. Assemble the Roller Pads into the Seat Adjuster and the Leg Extension Arm. Finish by Attaching the Press Arm Handle Lockouts and the Placard. Wrench Tighten all bolts in this step being careful not to over tighten the Press Arm Handle Lockout bolts, the lockouts should turn easily.

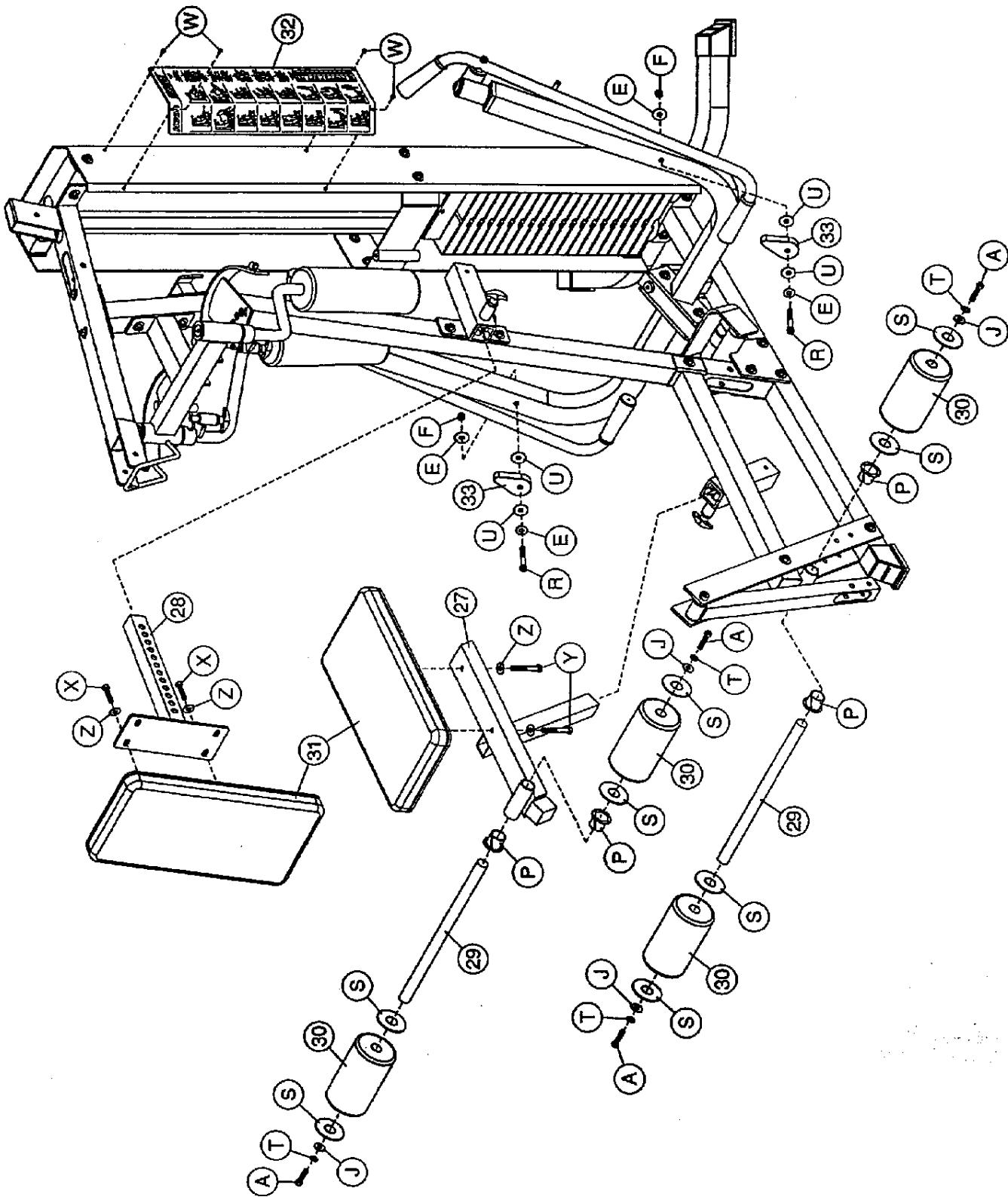
Part Descriptions

27 - Seat Adjuster
 28 - Back Adjuster
 29 - Pad Roller Bar
 30 - Roller Pad
 31a - 10 x 20 Pad w/Backing
 31b - 10 x 20 Pad
 32 - Placard
 33 - Press Arm Handle Lockout

Hardware Descriptions

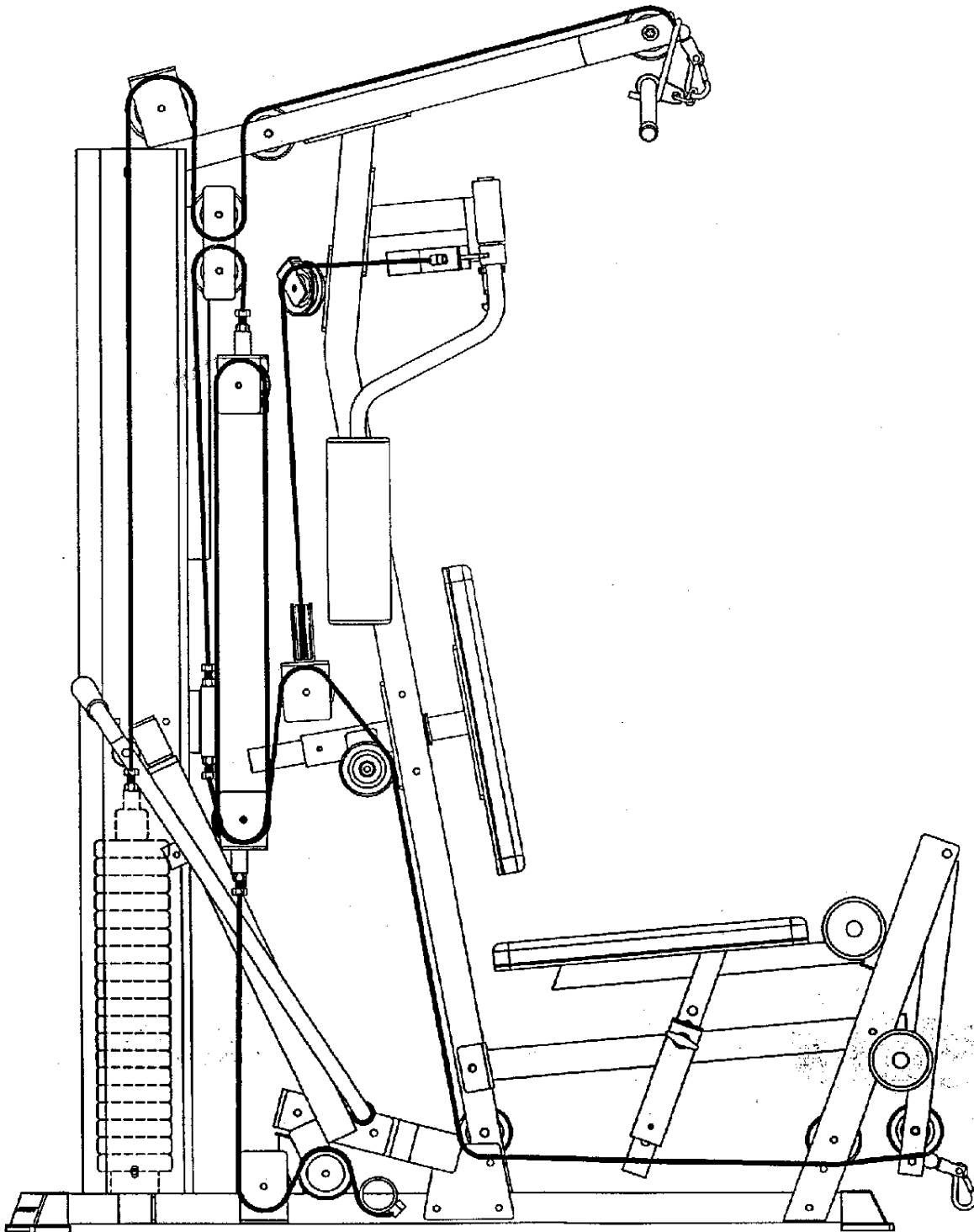
A - 3/8-16 x 3/4" Hex Bolt
 E - 3/8" Flat Washer
 F - 3/8" Lock Nut
 J - 3/8" Fender Washer
 P - 1" Nyliner Bushing
 R - 3/8-16 x 3 1/2" Hex Bolt
 S - 1" Plastic Fender Washer
 T - 3/8" Lock Washer
 U - 3/8" Shim Washer
 W - Placard Mount Button
 X - 5/16-18 x 1 1/4" Hex Bolt
 Y - 5/16-18 x 2 1/4" Hex Bolt
 Z - 5/16" Flat Washer

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

Step 3 CABLE INSTALLATION



ASSEMBLY INSTRUCTIONS

Step 3a

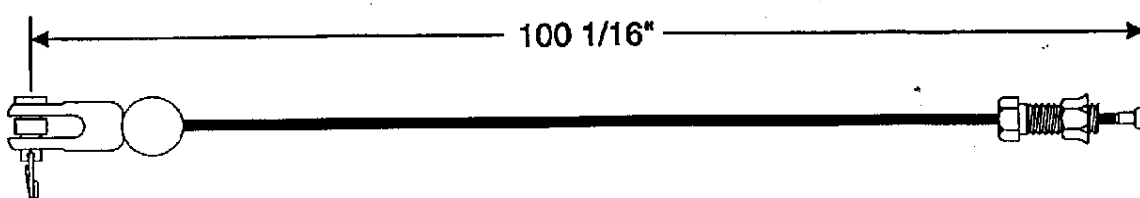
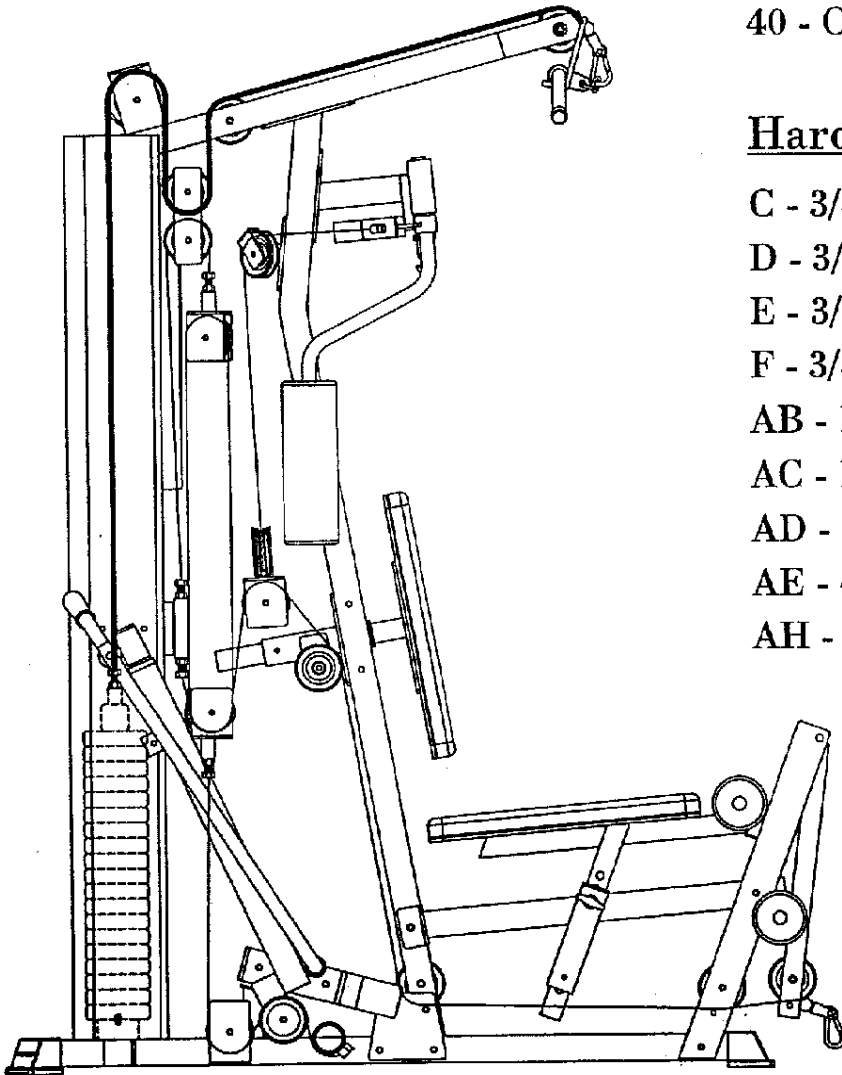
CABLE #1 - PULLDOWN

Part Descriptions

- 36 - Double Floating Pulley Plates
- 40 - Cable #1 - Pulldown Cable

Hardware Descriptions

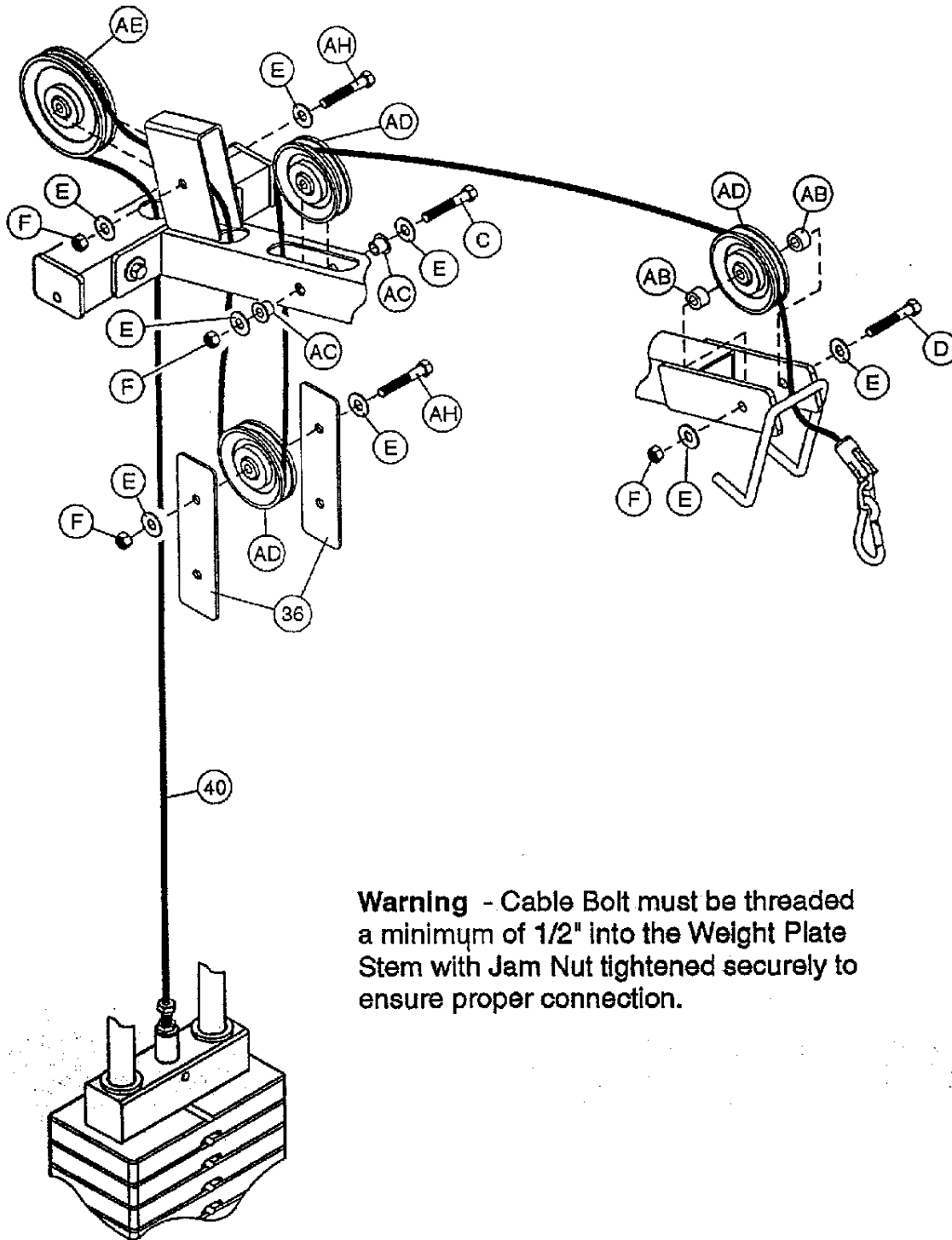
- C - 3/8-16 x 2 3/4" Hex Bolt
- D - 3/8-16 x 3" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- AB - 1/2" Pulley Spacer
- AC - 1/2" Flanged Pulley Spacer
- AD - 3 1/2" Pulley
- AE - 4 1/2" Pulley
- AH - 3/8-16 x 1 3/4" Hex Bolt



ASSEMBLY INSTRUCTIONS

Step 3a

CABLE #1 - PULLDOWN



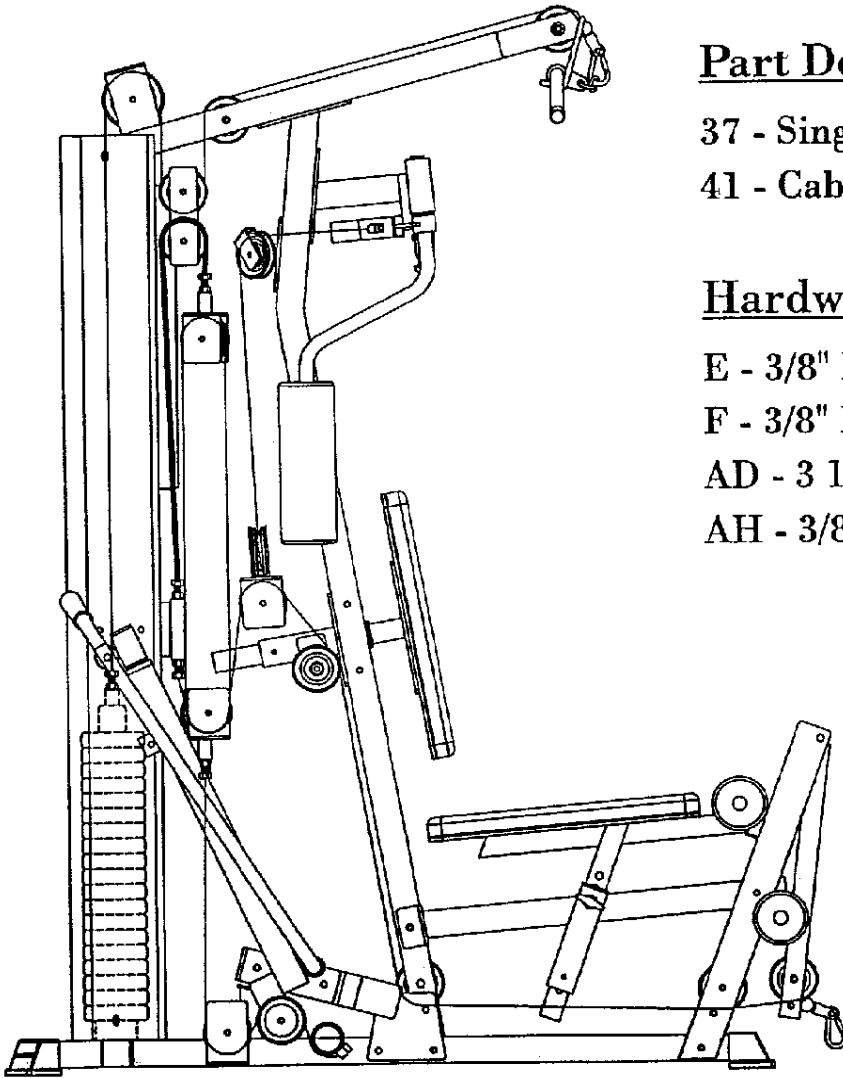
Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

ASSEMBLY

INSTRUCTIONS

Step 3b

CABLE #2-FLOATING PULLEY

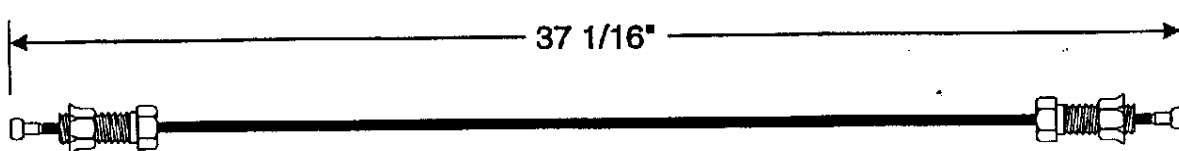


Part Descriptions

- 37 - Single Floating Pulley Bracket
- 41 - Cable #2 - Floating Pulley Cable

Hardware Descriptions

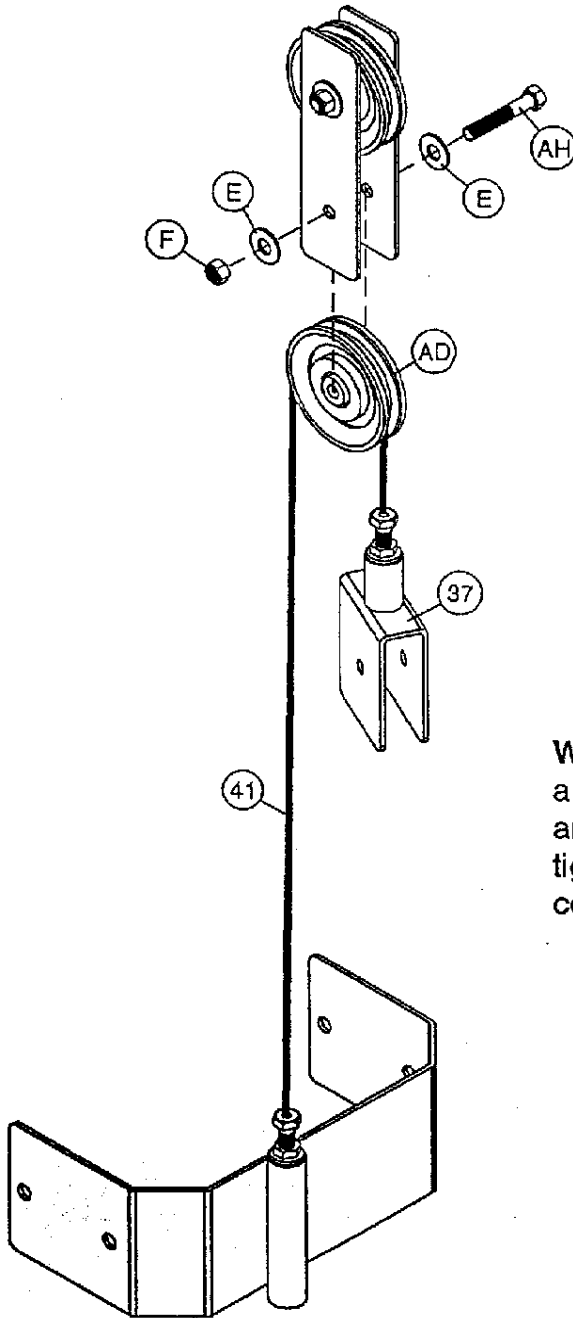
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- AD - 3 1/2" Pulley
- AH - 3/8-16 x 1 3/4" Hex Bolt



ASSEMBLY INSTRUCTIONS

Step 3b

CABLE # 2 - FLOATING PULLEY



Warning - Cable Bolts must be threaded a minimum of 1/2" into the Floating Pulley and the Shield Brace with Jam Nuts tightened securely to ensure proper connection.

ASSEMBLY

INSTRUCTIONS

Step 3c

CABLE #3-PEC

Part Descriptions

38 - 90 Deg. Floating Pulley Bracket

42 - Cable #3 - Pec Cable

Hardware Descriptions

E - 3/8" Flat Washer

F - 3/8" Lock Nut

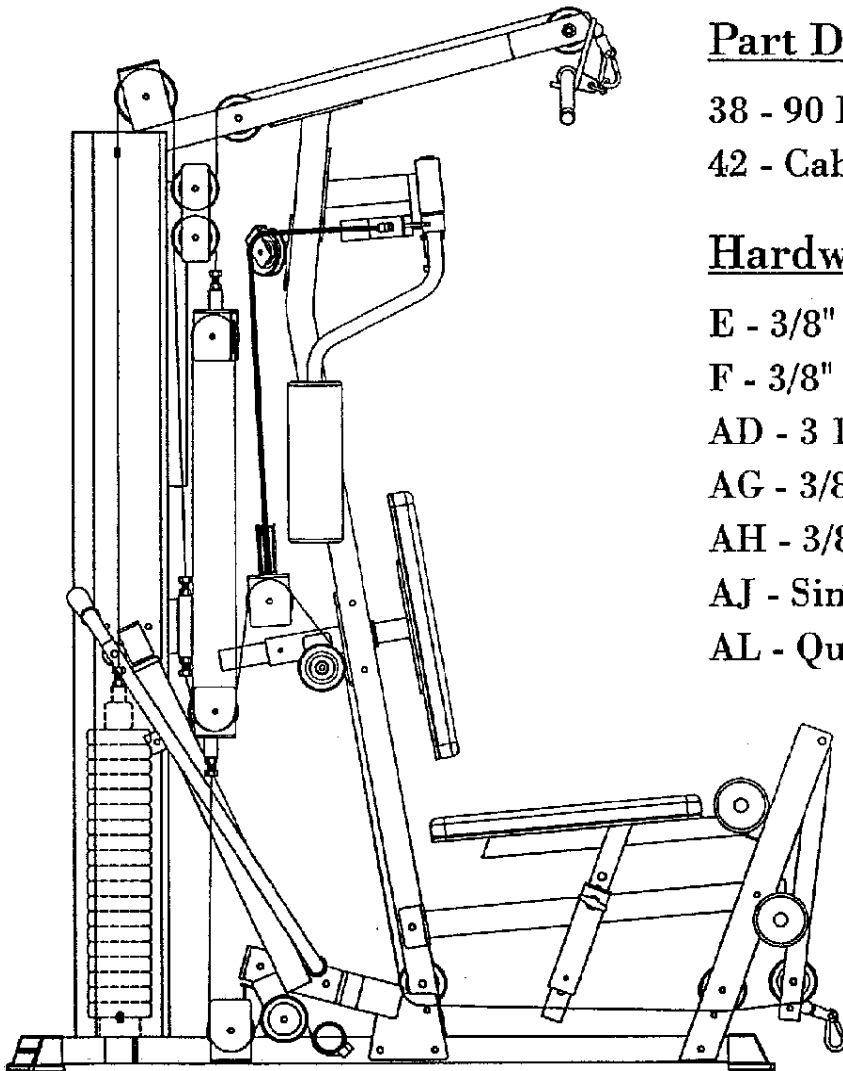
AD - 3 1/2" Pulley

AG - 3/8-16 x 2" Hex Bolt

AH - 3/8-16 x 1 3/4" Hex Bolt

AJ - Single Sided Pulley Cover

AL - Quick Release Cable Lock



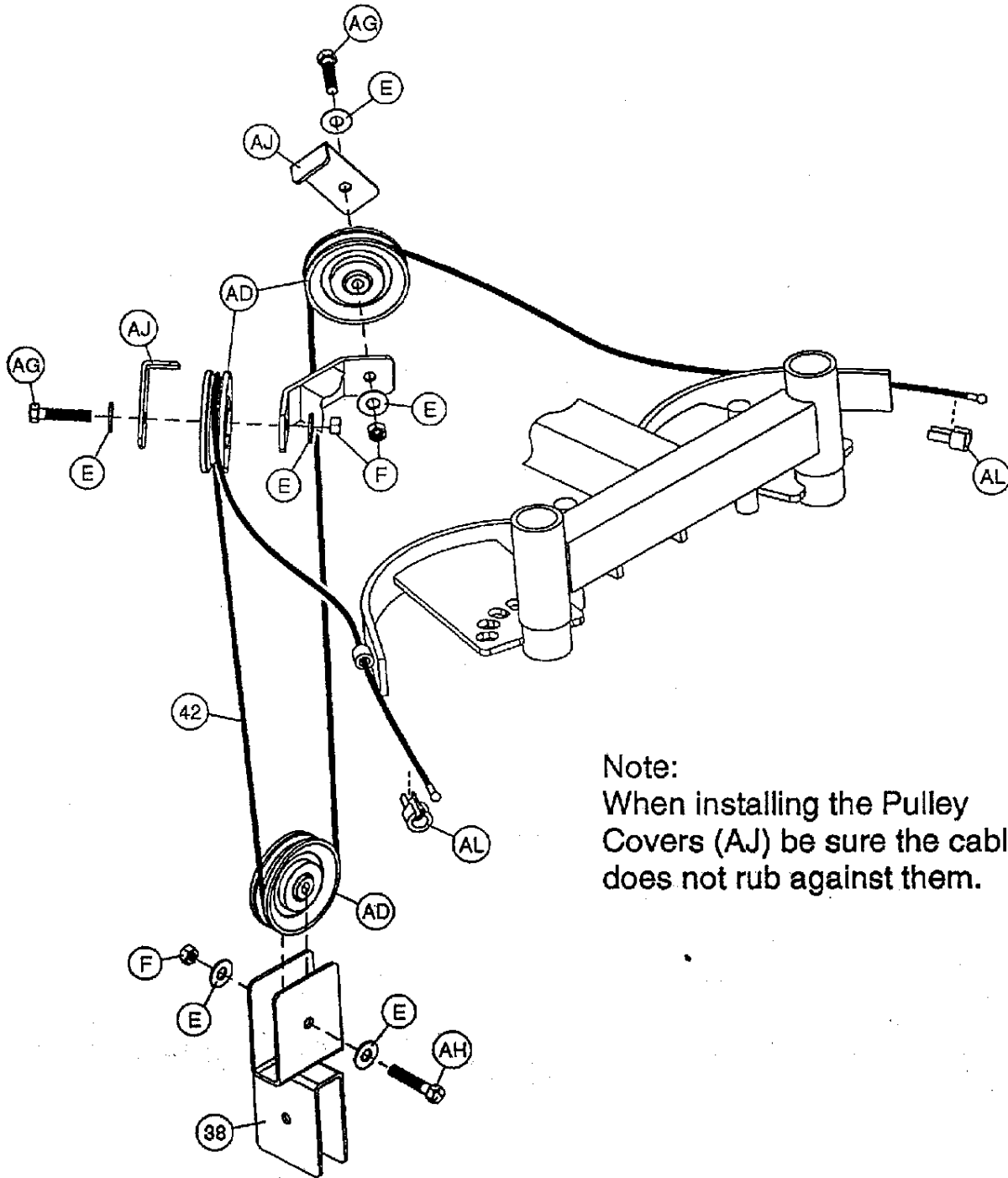
77 5/16"

ASSEMBLY

INSTRUCTIONS

Step 3c

CABLE # 3 - PEC



Note:
 When installing the Pulley
 Covers (AJ) be sure the cable
 does not rub against them.

ASSEMBLY INSTRUCTIONS

Step 3d

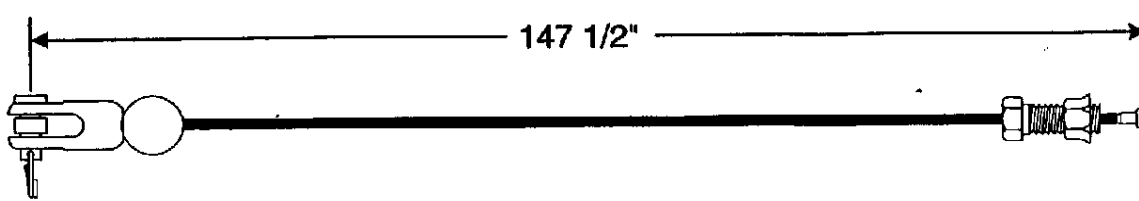
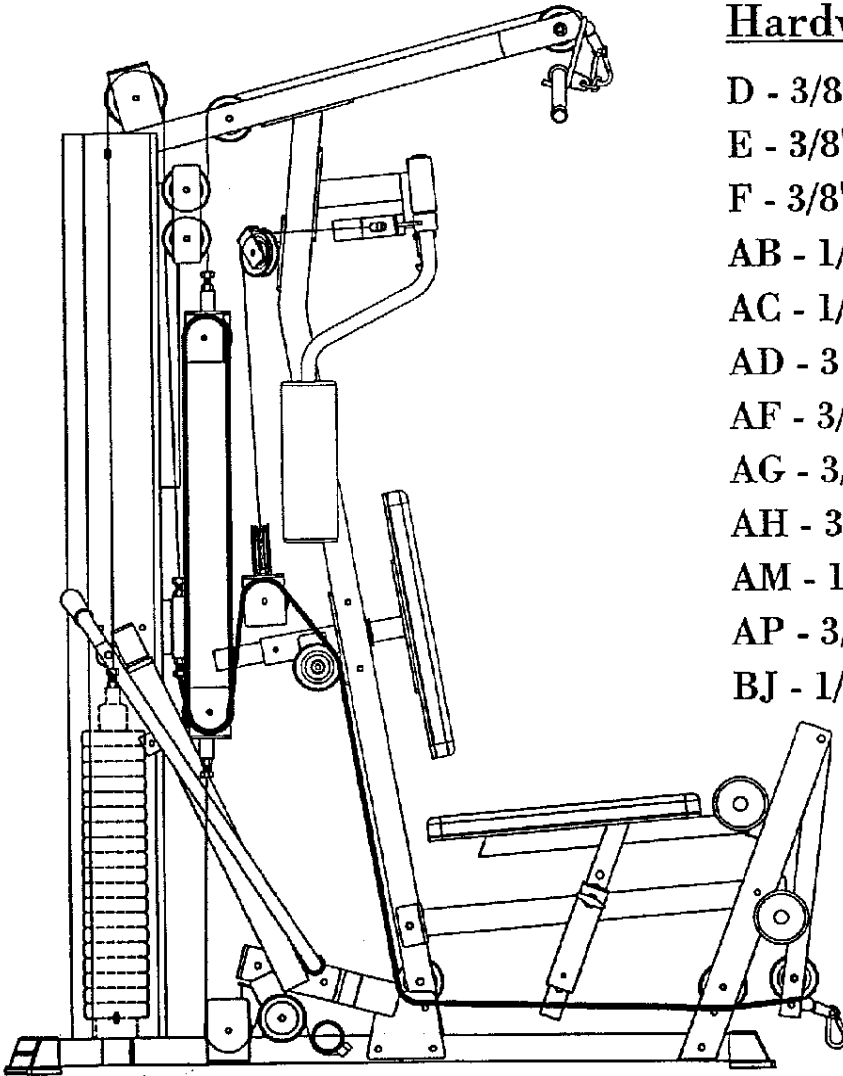
CABLE #4 - LEG EXTENSION

Part Descriptions

- 39 - Side by Side Floating Pulley
- 43 - Cable #4 - Leg Extension Cable

Hardware Descriptions

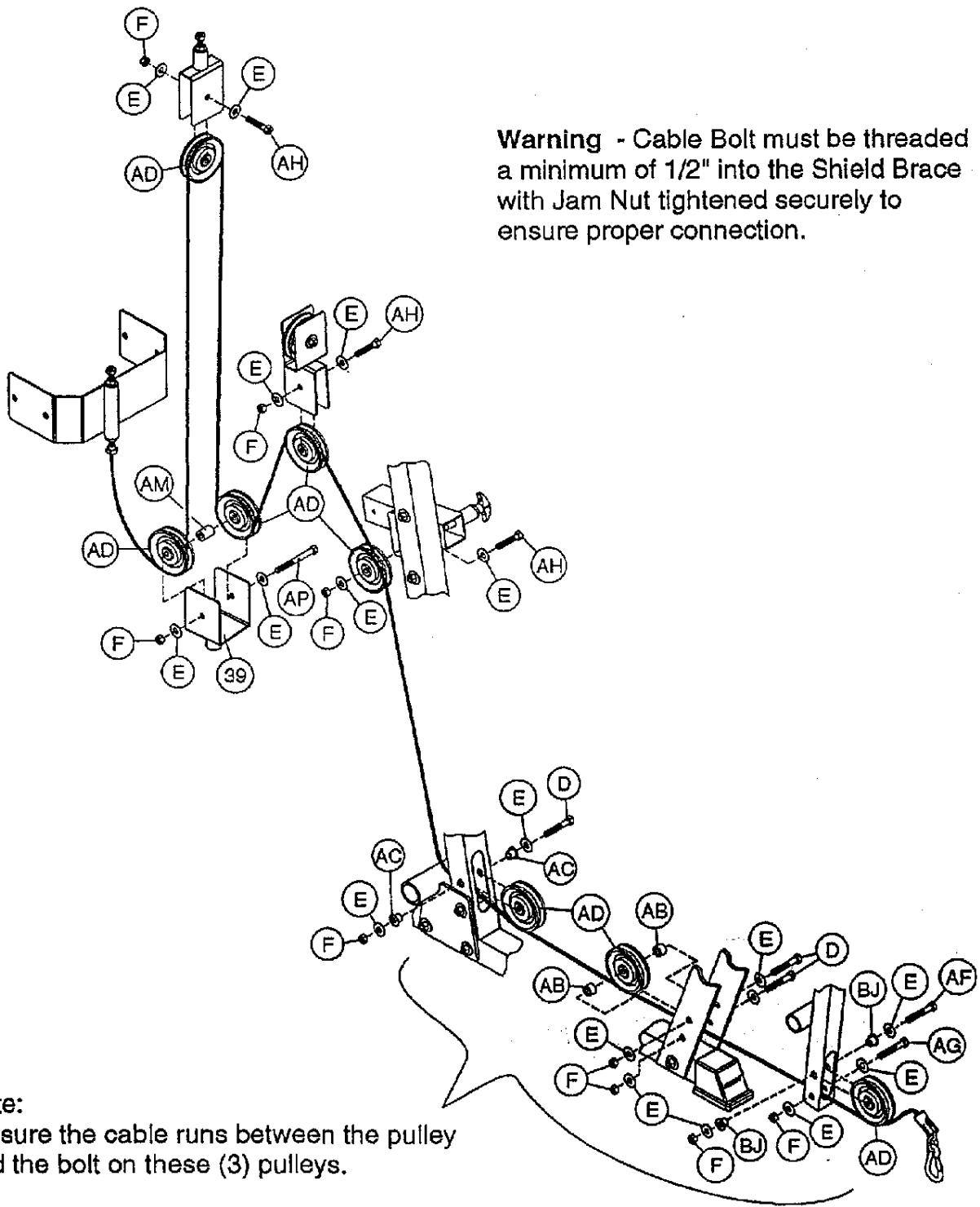
- D - 3/8-16 x 3" Hex Bolt
- E - 3/8" Flat Washer
- F - 3/8" Lock Nut
- AB - 1/2" Pulley Spacer
- AC - 1/2" Flanged Pulley Spacer
- AD - 3 1/2" Pulley
- AF - 3/8-16 x 2 1/4" Hex Bolt
- AG - 3/8-16 x 2" Hex Bolt
- AH - 3/8-16 x 1 3/4" Hex Bolt
- AM - 1" Pulley Spacer
- AP - 3/8-16 x 3 3/4" Hex Bolt
- BJ - 1/4" Flanged Pulley Spacer



ASSEMBLY INSTRUCTIONS

Step 3d

CABLE # 4-LEG EXTENSION



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

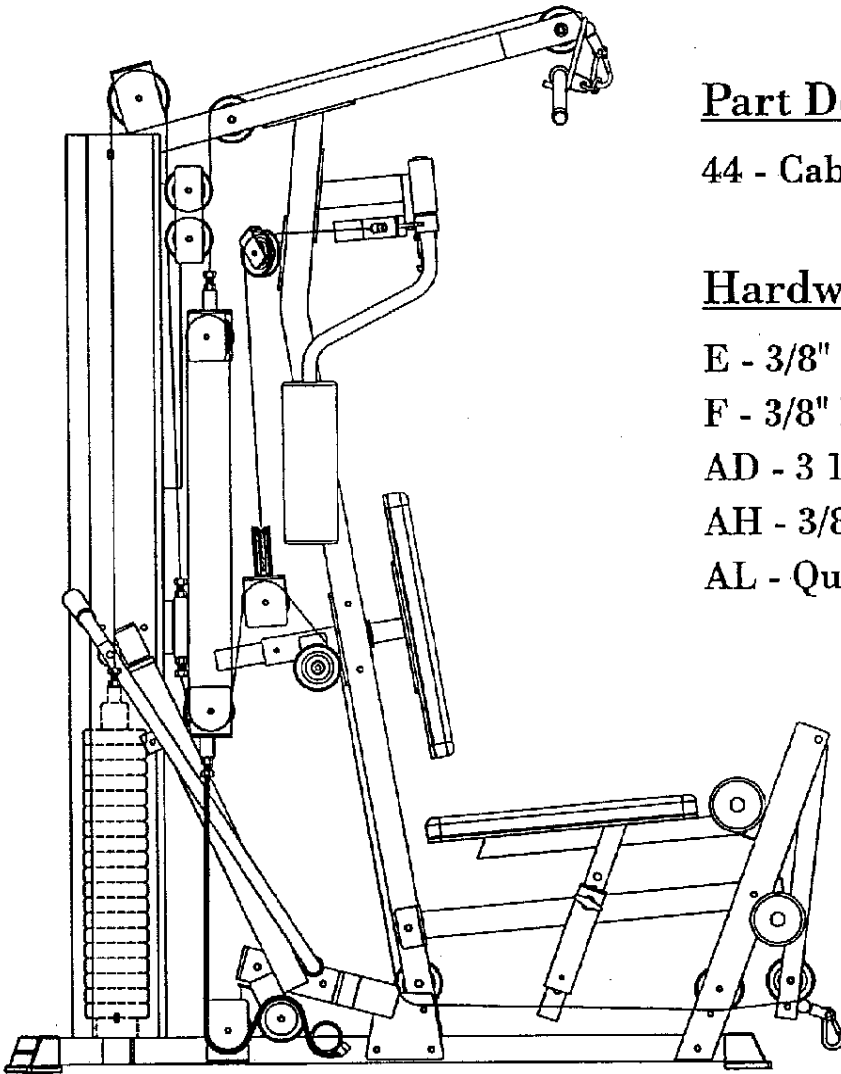
Note:
Be sure the cable runs between the pulley and the bolt on these (3) pulleys.

ASSEMBLY

INSTRUCTIONS

Step 3e

CABLE #5 - VERTICAL BENCH



Part Descriptions

44 - Cable #5 - Vertical Bench Cable

Hardware Descriptions

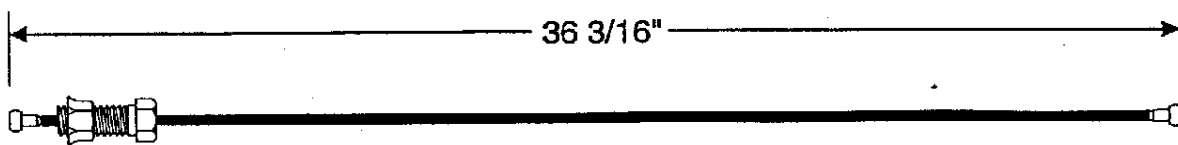
E - 3/8" Flat Washer

F - 3/8" Lock Nut

AD - 3 1/2" Pulley

AH - 3/8-16 x 1 3/4" Hex Bolt

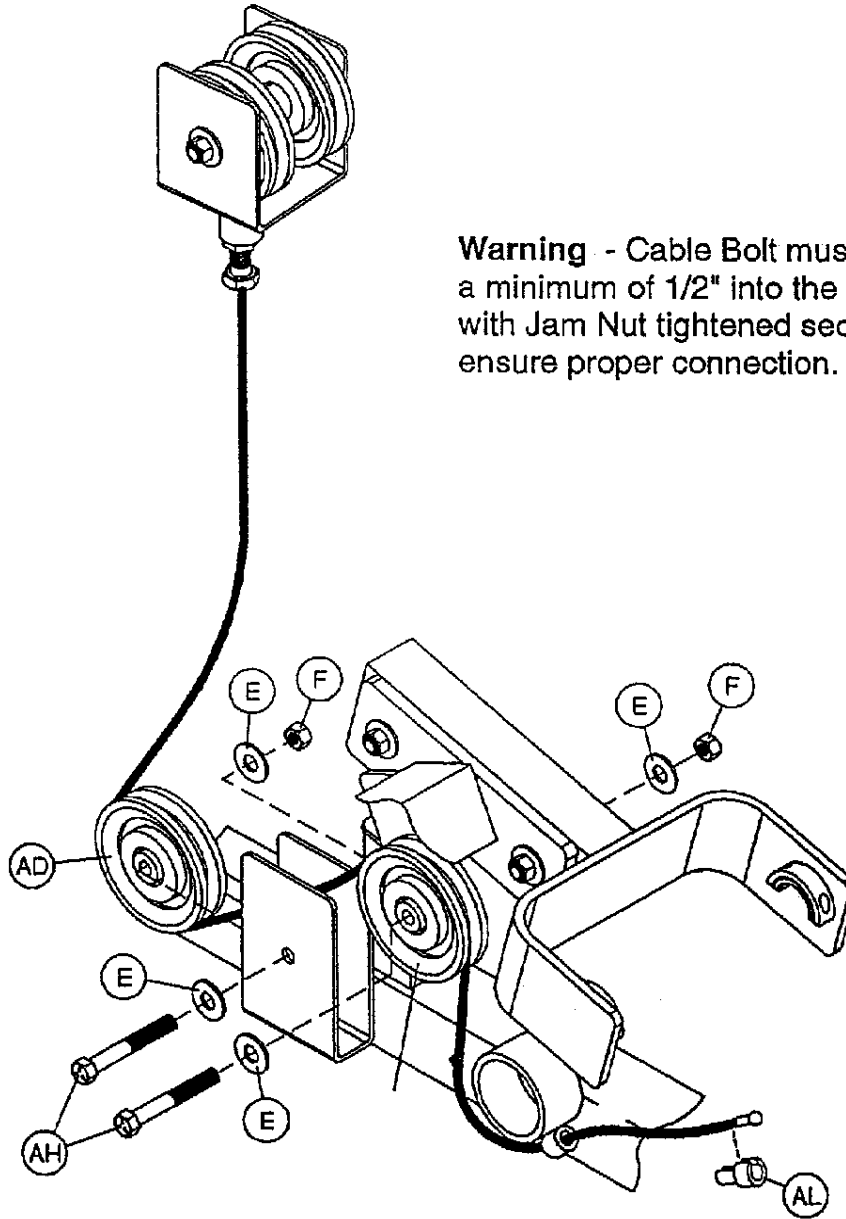
AL - Quick Release Cable Lock



ASSEMBLY INSTRUCTIONS

Step 3e

CABLE # 5 - VERTICAL BENCH



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

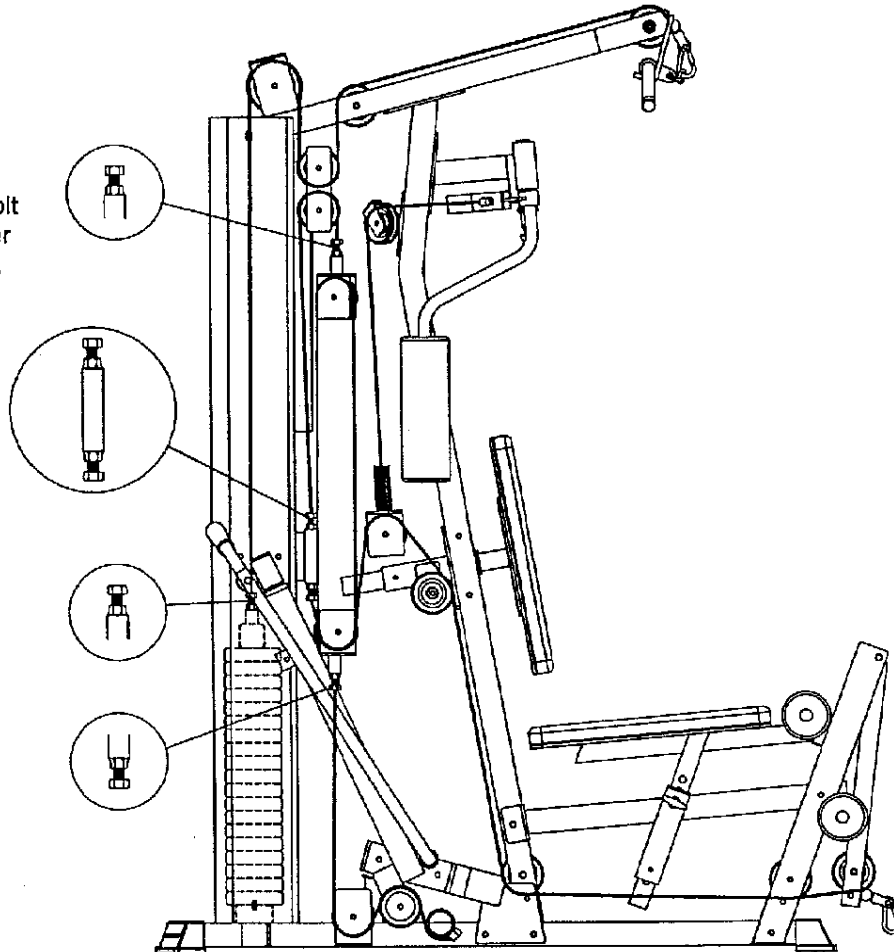
ASSEMBLY INSTRUCTIONS

Step 4

CABLE ADJUSTMENTS / GENERAL MAINTENANCE

FINE TUNING

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



Adjustments may need to be made during the first few session of use. Refer to the chart above for the points where adjustments to the cable tension may be made. The maintenance chart below should be followed to ensure that your equipment remains safe to use and continues to operate smoothly.

MAINTENANCE (To be performed monthly)

CABLES: If plastic casing is cracked or cables are frayed, the cables should be replaced. Check all cable bolts and cable attachments to be sure they are properly attached. Check slack in cables and readjust cable tension if needed.

MOVING PARTS: Tighten bolts as needed. Replace worn bushings. Inspect pull pin knobs to be sure they are screwed on tightly.

ROTATING PARTS: (I.E. Lat bars, curl bars, etc.) Lube every 300 hours.

GUIDE RODS: Wipe clean with a dust free rag. Lube once a month with Super Lube (Teflon lubricant).
DO NOT USE OIL TO LUBRICATE HOIST EQUIPMENT!

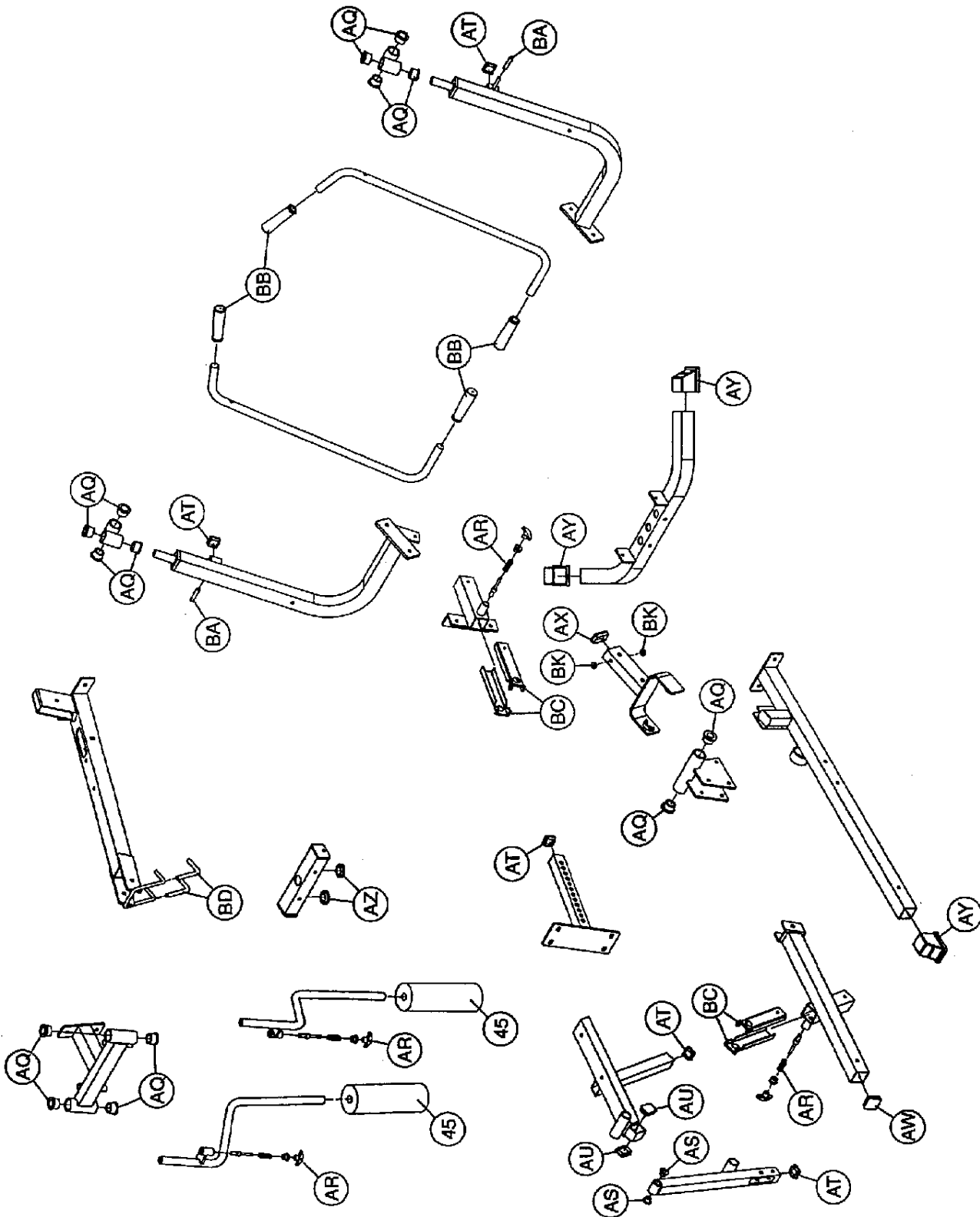
HOIST[®]
FITNESS SYSTEMS

ASSEMBLY

INSTRUCTIONS

Step 5

PRE-ASSEMBLED PARTS



ASSEMBLY

CATALOG

PART LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
1	1	35-SUB-H300-02	Bottom Tube
2	1	35-SUB-H200-03	Rear Base Tube
3	1	35-SUB-H300-13	Bench Press Pivot Mount
4	1	35-SUB-H300-03	Top Tube
5	1	35-SUB-H300-01	Main Upright
6	1	35-SUB-H300-17	Seat Adjuster Frame
7	2	26-STD-SP402	Leg Extension Support Brace
8	1	35-SUB-H300-16	Leg Extension Arm
9	1	35-SUB-H300-11	Back Adjust Mount
10	2	26-STD-SG122	66 7/8" Guide Rod
11	1	26-STD-W100	Weight Stack Top Plate and Stem
12	19	26-STD-W101	10 Lb. Intermediate Weight Plate
13	2	19-WSB-1123	1 1/2" Rubber Weight Stack Bumper
14	1	26-STD-SSH157	H300 Shield
15	1	26-STD-SX153	Shield Brace
16	1	35-SUB-H200-10	Weight Stack Top Tube
17	2	26-STD-SX121	Pec Arm Cam
18	1	35-SUB-H300-09	Left Pec Arm
19	1	35-SUB-H300-08	Right Pec Arm
20	1	35-SUB-H300-10	Pec Front Mount
21	1	35-SUB-H300-12	Pec Back Mount
22	1	35-SUB-H300-06	Right Bench Press Arm
23	1	35-SUB-H300-07	Left Bench Press Arm
24	2	35-SUB-880-27	Articulating Arm Pivot
25	2	26-STD-SM137	880 Bench Press Handle Pivot Shaft
26	2	35-SUB-880-13	Bench Press Arm Handle
27	1	35-SUB-H300-14	Seat Adjuster
28	1	35-SUB-H300-15	Back Adjuster
29	2	26-STD-SX139	Leg Roller Bar
30	4	17-RLR-7	7" Roller Pad
31	2	26-STD-SU1020	10" x 20" Pad
32	1	26-STD-PLAS153	H300 Placard
33	2	26-STD-PLAS130	Bench Press Handle Lockout
34	1	26-STD-SM191	Bench Press Pivot Shaft
35	1	35-SUB-H300-05	Bench Press Lever Arm
36	2	26-STD-SP136	3 1/2" Double Floating Pulley Plate
37	1	26-STD-SX122	Adjustable Floating Pulley Bracket
38	1	26-STD-SX124	90 Degree Offset Double Floating Pulley Bracket
39	1	26-STD-SX141	Side by Side Floating Pulley Bracket
45	2	17-RLR-12	12" Roller Pad

ASSEMBLY

CATALOG

HARDWARE LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
A	12	11-HEX-3834	3/8-16 x 3/4" Hex Bolt
B	4	11-NYL18(16)-1	3/8-16 x 1" Nylock Hex Bolt
C	13	11-HEX-38234	3/8-16 x 2 3/4" Hex Bolt
D	9	11-HEX-383	3/8-16 x 3" Hex Bolt
E	92	13-FLT-38	3/8" Flat Washer
F	45	12-LOK-38	3/8" Lock Nut
G	4	13-CAP-38	3/8" Cap Washer
H	4	16-CAP-100	3/8" Cap Washer Cap
J	4	13-FND-38112	3/8" Fender Washer
K	6	16-SHM-1112	1" Shim Washer
L	2	11-HEX-12412	1/2-13 x 4 1/2" Hex Bolt
M	4	13-FLT-12	1/2" Flat Washer
N	3	12-LOK-12	1/2" Lock Nut
P	6	14-BRG-NYL1	1" Nyliner Bushing
Q	2	20-SCC-1	1" Split Collar
R	2	11-HEX-38312	3/8-16 x 3 1/2" Hex Bolt
S	8	13-FND-182532212	1" Plastic Fender Washer
T	4	13-LOK-38	3/8" Lock Washer
U	4	13-FLT-13N	3/8" Plastic Washer
W	4	16-PLG-XMAS316	Placard Mount Pin
X	2	11-HEX-516114	5/16-18 x 1 1/4" Hex Bolt
Y	2	11-HEX-516214	5/16-18 x 2 1/4" Hex Bolt
Z	4	13-FLT-516	5/16" Flat Washer
AB	4	14-SPC-12	1/2" Pulley Spacer
AC	4	26-STD-SM198	1/2" Flanged Pulley Spacer
AD	17	18-PUL-312	3 1/2" Pulley
AE	1	18-PUL-412	4 1/2" Pulley
AF	1	11-HEX-38214	3/8-16 x 2 1/4 Hex Bolt
AG	3	11-HEX-382	3/8-16 x 2 Hex Bolt
AH	9	11-HEX-38134	3/8-16 x 1 3/4 Hex Bolt
AJ	2	26-STD-SP115	Single Sided Pulley Cover
AL	3	26-STD-SM200	Quick Release Cable Lock
AM	1	14-SPC-1	1" Spacer
AP	1	11-HEX-38334	3/8-16 x 3 3/4" Hex Bolt
AQ	14	14-TUR-1R	1" Turcite Bushing
AR	4	26-STD-SM128	1/2" Short Pull Pin
AS	2	14-OIL-12F	1/2" Oilite
AT	5	16-CAP-112112	1 1/2" x 1 1/2" End Cap
AU	2	16-CAP-1122	1 1/2" x 2" End Cap

ASSEMBLY

CATALOG

HARDWARE LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
AW	1	16-CAP-22	2" x 2" End Cap
AX	1	16-CAP-112212	1 1/2" x 2 1/2" End Cap
AY	3	26-STD-PLAS157	2" x 2" Foot Cap
AZ	2	19-GRM-1R	1" Guide Rod Bushing
BA	2	16-CAP-382	3/8" x 2" Sleeve
BB	4	19-GRP-78COMFORT	Comfort Grip
BC	4	26-STD-PLAS125	Easy Glide Seat Sleeve
BD	2	16-CAP-384	3/8" x 4" Sleeve
BE	1	11-HEX-38314	3/8-16 x 3 1/4" Hex Bolt
BF	1	14-OIL-381214	1/4" Spacer
BG	1	26-STD-SM225	Latch Hook
BH	1	11-HEX-123	1/2-13 x 3" Hex Bolt
BJ	2	26-STD-SM211	1/4" Flanged Pulley Spacer
BK	2	19-PLG-1	1" Plug Bumper
	1	20-LAT-48S	Rotating Lat Bar
	1	22-STR-ANKLE	Ankle Strap
	2	22-HAN-BICEP2	Strap Handle
	1	30-SPN-516	Cast Weight Stack Pin
	1	21-STK-WEIGHT120	Weight Stack Numbers 1-20

ASSEMBLY

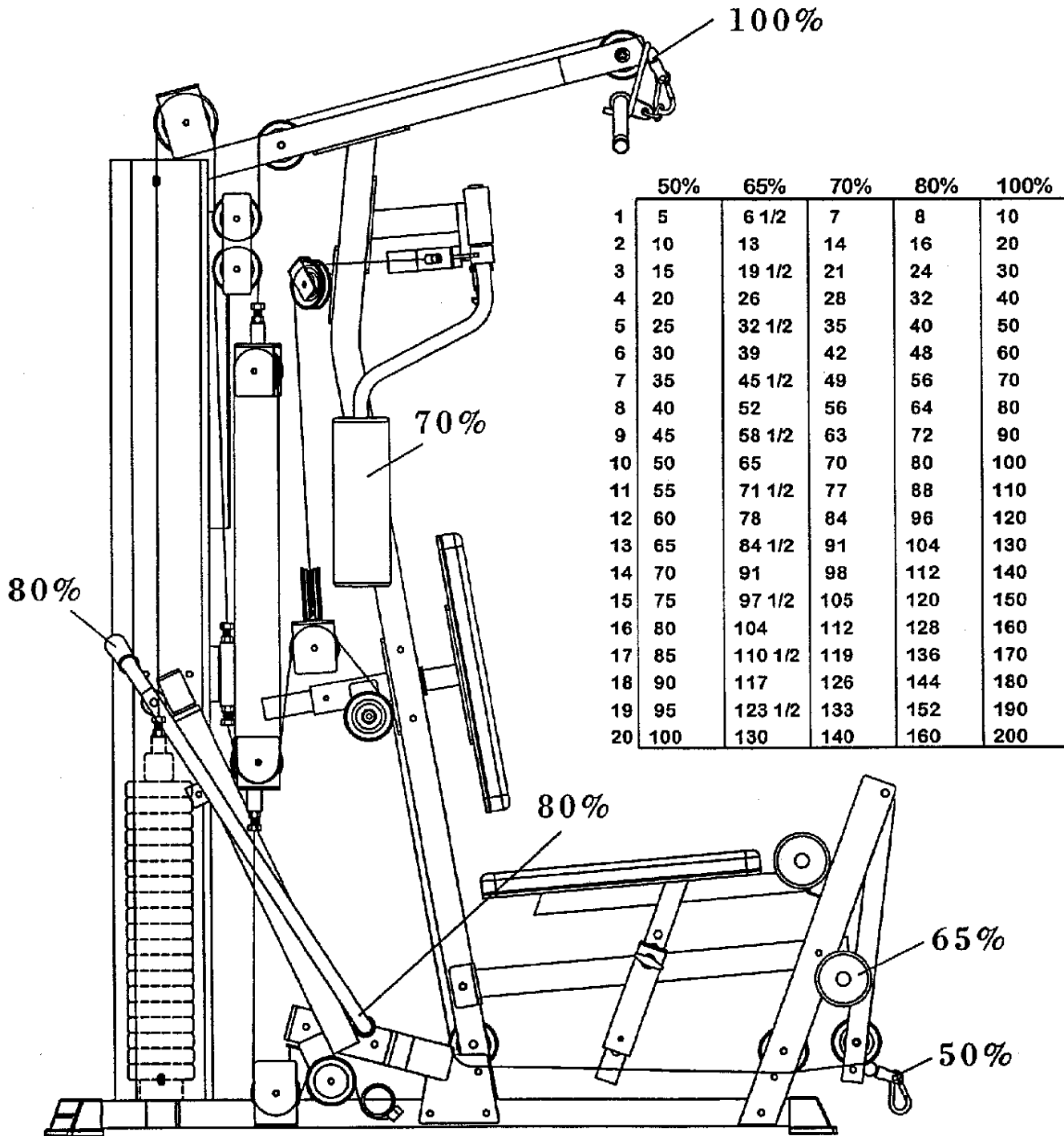
CATALOG

CABLE LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
40	1	26-STD-SC159	#1 - Pulldown Cable
41	1	26-STD-SC160	#2 - Floating Pulley Cable
42	1	26-STD-SC161	#3 - Pec Cable
43	1	26-STD-SC162	#4 - Leg Extension Cable
44	1	26-STD-SC163	#5 - Vertical Bench Cable

OWNERS MANUAL

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 M A N U A L

WEIGHT TRAINING TIPS

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.

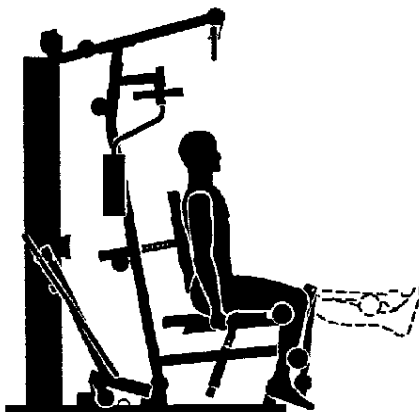
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

LEG EXTENSION

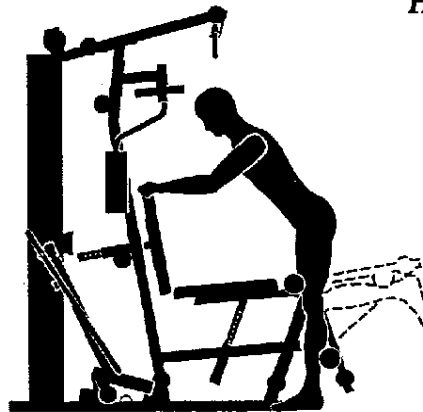
Thighs



1. Adjust the seat so that the pivot point of the leg extension arm lines up with the pivot point of your knee.
2. Hook your leg over the top roller and your feet under the lower roller.
3. Slowly extend your legs forward.
4. Hold position momentarily before slowly lowering your leg to the starting position.

STANDING LEG CURL

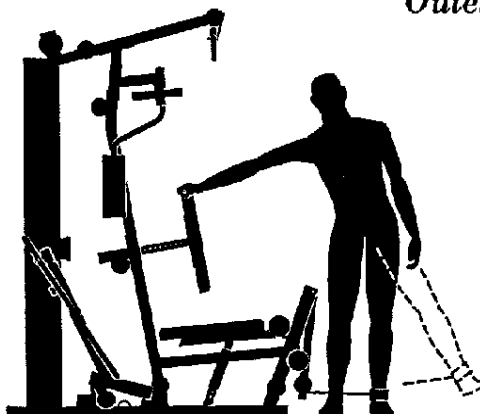
Hamstrings



1. Stand facing the machine, adjust the top roller pad to hit just above your knee.
2. Hook one leg under the lower roller pad and grip the press arm for balance.
3. Curl your leg upward and hold position momentarily before slowly returning to the starting position.

OUTER THIGH

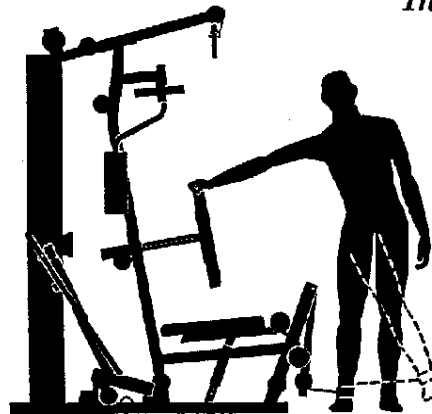
Outer Thigh



1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the back pad.
4. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
5. Slowly return to the starting position.

INNER THIGH KICK

Inner Thigh



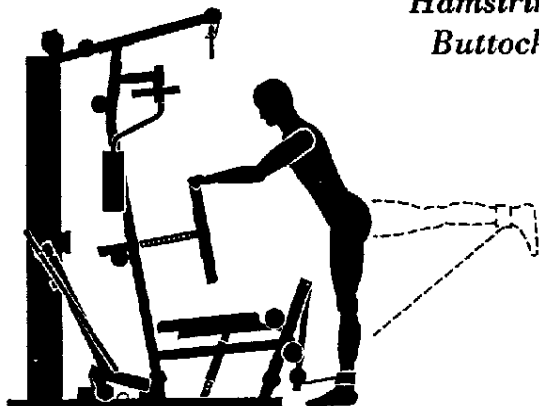
1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the pulley. Balance yourself by holding the back pad.
4. Slowly scissers leg across your body keeping your body straight.
5. Slowly return to the starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

GLUTE KICK

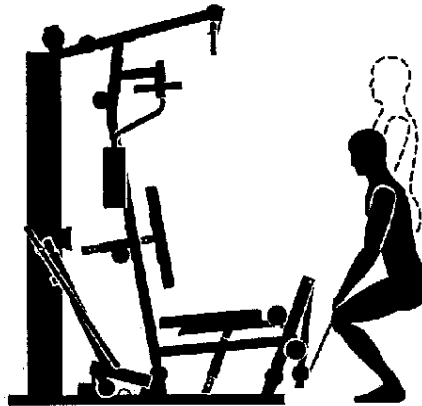
*Hamstrings
Buttocks*



1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Attach cuff to your ankle, angle your upper body forward using the back pad for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
4. Contract the buttock at the peak of movement then slowly lower your leg to the starting position.

DEAD LIFT

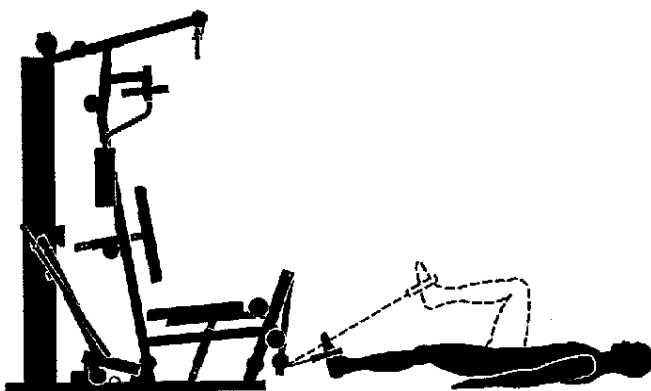
Thighs



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles and squat with your back straight and your knees no further than 90 degrees.
3. Stand straight up keeping your arms close to your body and your body straight.
4. Slowly return to the starting position.

LYING KNEE RAISE

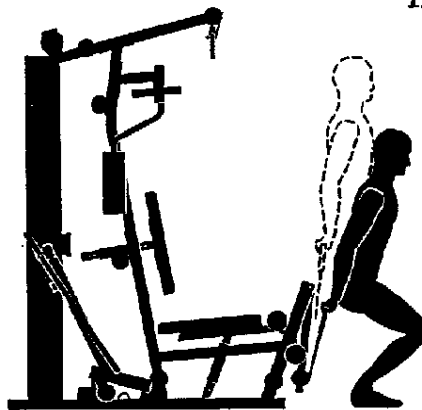
Lower Abdominal



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Lay down in front of the machine on your back.
3. Loop the handle over the top of your foot.
4. While keeping your foot straight pull your leg up, bringing your knee to your chest.
5. Slowly return to the starting position.

HACK SQUAT

*Hamstrings
Buttocks*



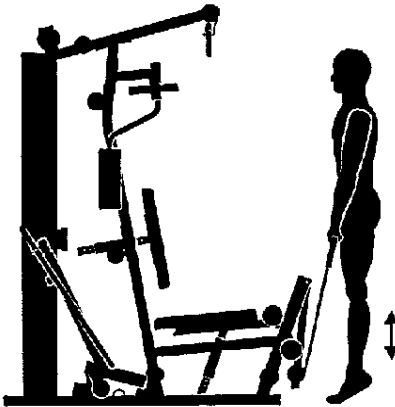
1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. With your back to the machine, grip handles bending at the knees. Do not go past 90 degrees.
3. Keeping your back straight stand straight up but do not lock out knees at the top of the movement.
4. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

CALF RAISE

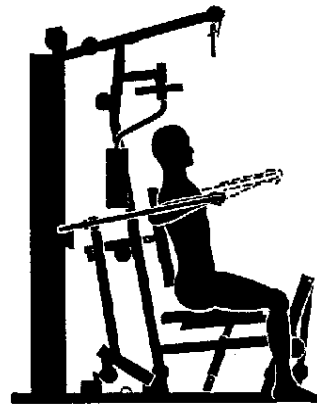
Calves



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine with your feet together.
3. Keeping your knees in a locked position, and your weight on the balls of your feet, raise up as far as possible.
4. Slowly return to the starting position.

VERTICAL BENCH PRESS

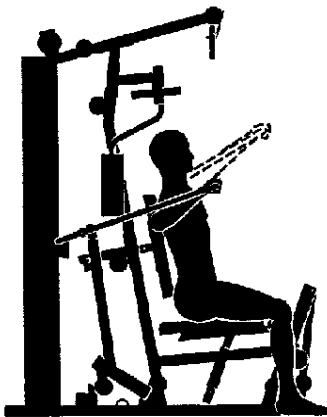
*Chest
Shoulders
Triceps*



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

INCLINE PRESS

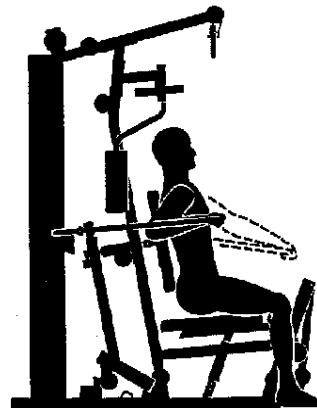
*Upper Chest
Front Shoulder*



1. Sit upright with your back supported by the back pad.
2. Adjust the back pad to desired beginning stretch.
3. Hold chest press handles at chest height, adjust seat if needed.
4. Press handles forward and up until arms are fully extended.
5. Slowly bring arms back to the starting position.

DECLINE PRESS

*Lower Chest
Triceps*



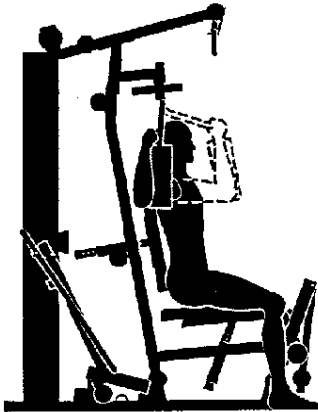
1. Sit upright with your back supported by the back pad.
2. Adjust the back pad to desired beginning stretch.
3. Hold chest press handles at chest height, adjust seat if needed.
4. Press handles forward and down until arms are fully extended.
5. Slowly bring arms back to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

PECTORAL FLY

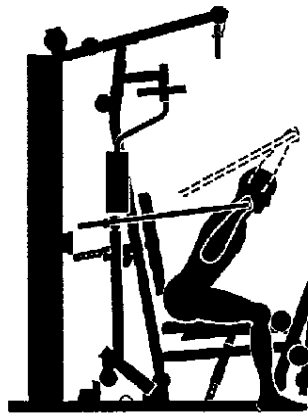
*Lower/Inner Chest
Chest*



1. Adjust the seat so that your upper arms are parallel to the floor.
2. Adjust the pec arms to a comfortable beginning stretch.
3. Rest your forearms and elbows against the roller pads.
4. Push roller pads forward with your elbows, allowing them to touch in front of the chest.
5. Hold contracted position briefly then slowly let arms return to the starting position.

SHOULDER PRESS

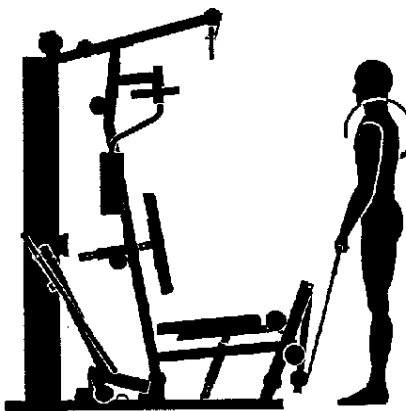
*Shoulder
Triceps*



1. Sit leaning forward with your buttocks against the back pad.
2. Hold chest press handles slightly above shoulder height.
3. Press handles straight up over your head until arms are fully extended.
4. Slowly bring arms back to the starting position.

SHOULDER SHRUG

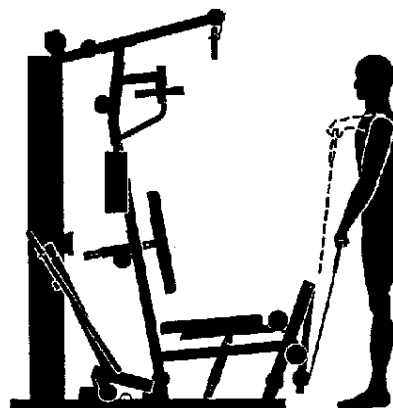
*Traps
Shoulders*



1. Lock the leg extension arm hook latch and attach strap handles to the lower pulley.
2. Stand facing the machine with legs spread comfortably apart.
3. Grip handles overhand with hands 6" to 8" apart.
4. Slowly rotate shoulders up then back around in a circular motion.

UPRIGHT ROW

*Traps
Shoulders*



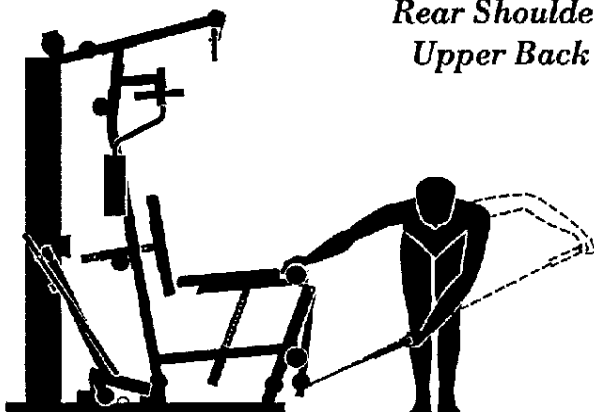
1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles with your palms down and your hands 4" to 6" apart.
3. Stand erect with feet shoulder width apart and hands at thighs.
4. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
5. Slowly return to starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

BENT OVER REAR DELT

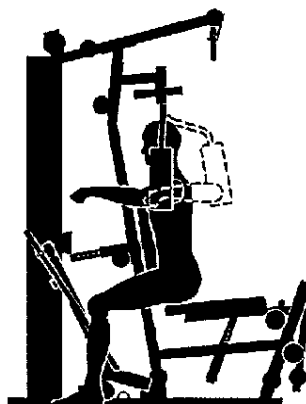
*Rear Shoulder
Upper Back*



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

REAR DELTOID

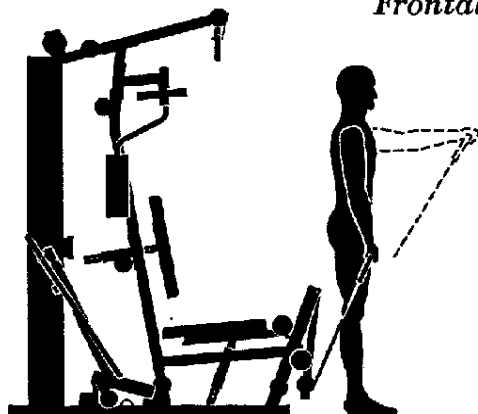
*Rear Shoulder
Upper Back*



1. Adjust the pec arms and back pad all the way in.
2. Sit facing the machine with your chest pressed against the pad.
3. Adjust the seat so that your upper arms are parallel to the floor.
4. Rest the back of your arms against the roller pads and use your back muscles to move pads as far to the rear as possible.
5. Slowly return to the starting position.

FRONTAL DELTOID RAISE

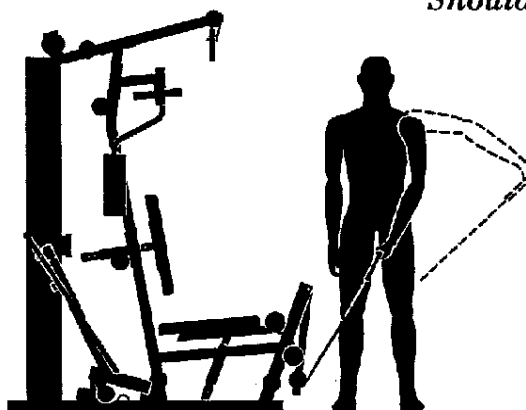
Frontal Shoulder



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. With your back to the machine, grip the strap handle in one hand.
3. Raise your arm upward, keeping your arm straight, until it is parallel to the floor.
4. Slowly return to starting position.

LATERAL DELTOID

Shoulder



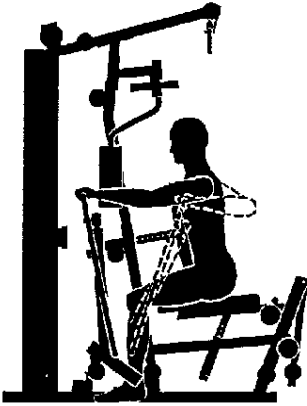
1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip handle with the hand furthest away from the machine.
3. Raise arm laterally, keeping elbow locked, until arm is parallel with the floor.
4. Slowly return to starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

SEATED MID ROW

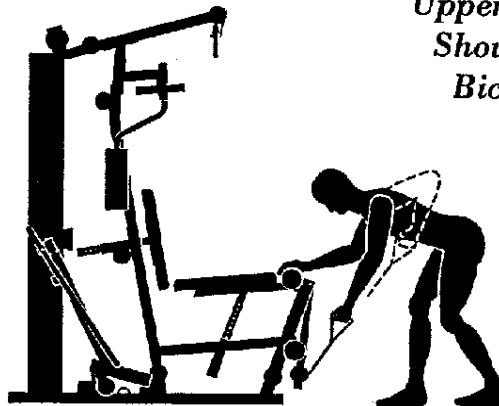
*Lats
Traps
Biceps*



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

ONE HANDED BENT OVER ROW

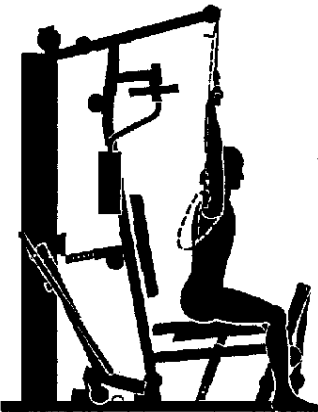
*Upper Back
Shoulder
Biceps*



1. Lock the leg extension arm with the hook latch and attach a 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 degrees.
3. Pull arm upward keeping your elbow close to your body.
4. Slowly return to the starting position.

LAT PULLDOWN (REAR)

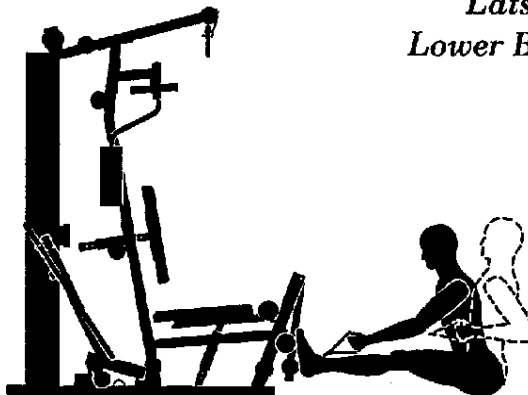
*Lats
Traps*



1. Grip the lat bar with your hands 4" to 6" wider than shoulder width apart and palms facing forward.
2. Pull the bar down slowly until it touches the back of your neck.
3. Slowly return bar to the starting position.

LOW ROW

*Lats
Lower Back*



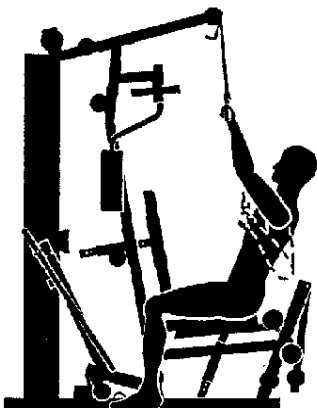
1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Sit facing the machine with your legs slightly bent. Keep them bent during the exercise.
3. Sit erect and pull your hands towards the upper abdominal area just below the chest. Do not lean back as you complete the movement.
4. Slowly straighten arms to starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

LAT PULLDOWN (FRONT)

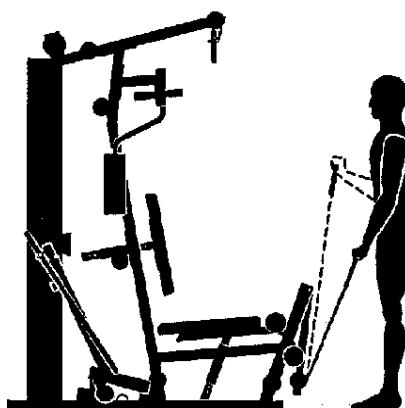
*Lats
Traps*



1. Sit facing the machine with your knees locked under the back pad.
2. Grip the lat bar with your hands 4" to 6" wider than shoulder width apart and palms facing forward.
3. Lean back slightly pulling the bar down slowly until it touches your upper chest area.
4. Slowly return the bar to the starting position.

STANDING CURL

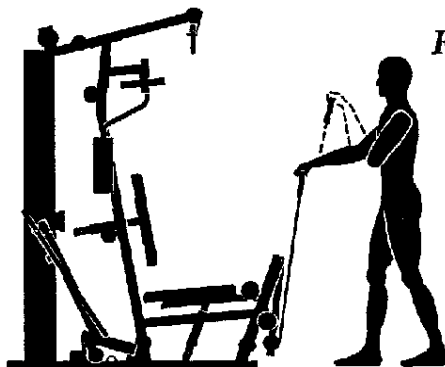
Biceps



1. Lock the leg extension arm with the latch hook and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles underhand, about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

ONE ARM REVERSE CURL

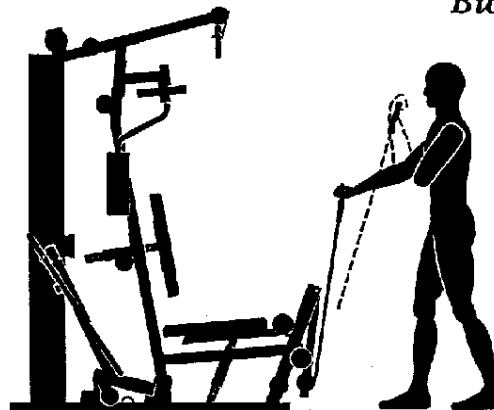
*Biceps
Forearms*



1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle overhand, about 8" to 8" apart and using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

ONE ARM CURL

Biceps



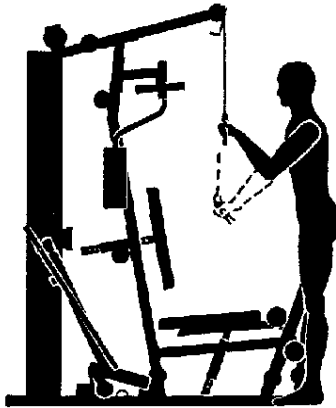
1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle underhand, about 6" to 8" apart and using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

TRICEPS PUSHDOWN

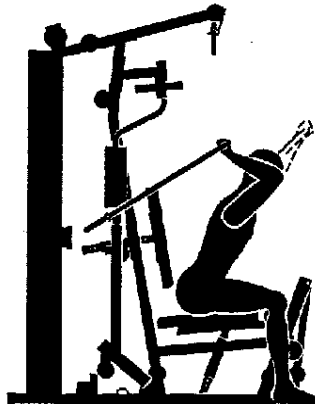
Triceps



1. Stand facing the machine gripping the lat bar overhand.
2. Keep your arms tight against your body and pull the bar down slowly.
3. Slowly return to the starting position.

TRICEPS EXTENSION

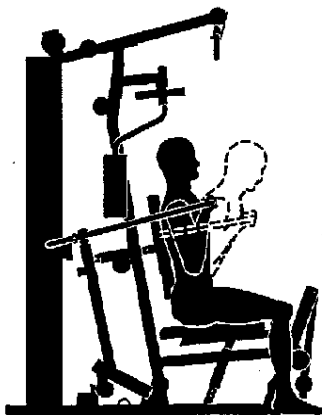
Triceps



1. Sit leaning forward with your buttocks against the back pad.
2. Hold the chest press 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.

ABDOMINAL CRUNCH

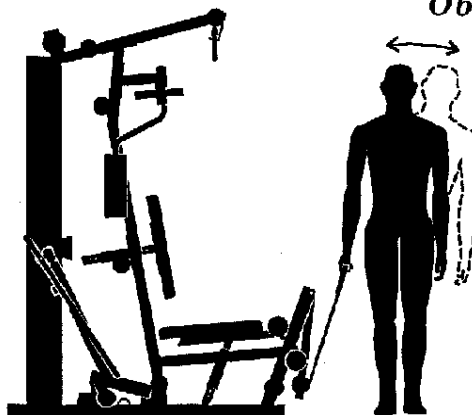
Abdominals



1. Sit upright with your back supported by the back pad.
2. Hold the chest press handles against your chest and slightly below your neck.
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Slowly return to the starting position while maintaining tension on the abdominal area.

SIDE BENDS

Obliques



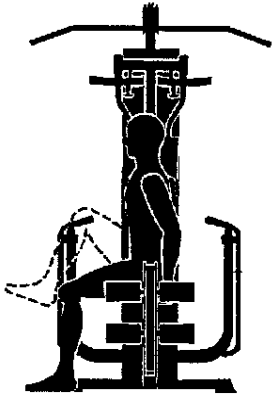
1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip handle.
3. Keep arms straight while crumpling upper body over and away from the machine.
4. Slowly return to the starting position.

OWNERS M A N U A L

EXERCISE DESCRIPTIONS

KNEE RAISE

Lower Abs



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. Return to the starting position.

There are many more exercises that can be performed simply by varying hand positions. Changing widths between hands, using one arm instead of two, overhand or underhand grips, or combinations of all of the above can isolate muscles, even change to different muscle groups in an exercise.

Remember to always keep good form and start with light weights when trying new exercises.

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

PLEASE KEEP THIS FOR YOUR RECORDS.