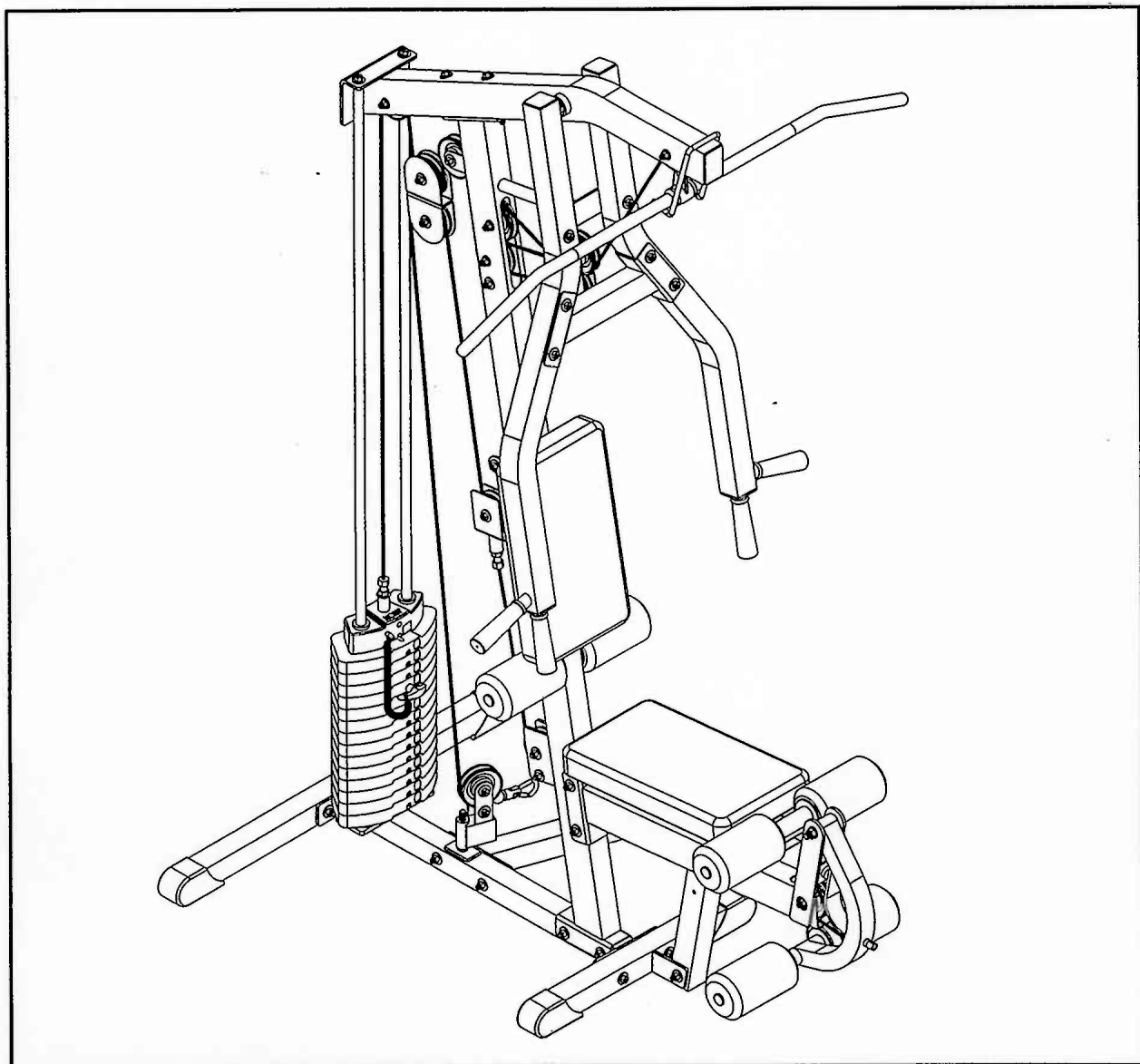


OWNERS MANUAL



H90 HOME GYM



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

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

Oct 2001

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

Socket Wrench
(9/16", 1/2")

3/4" Open End Wrench

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

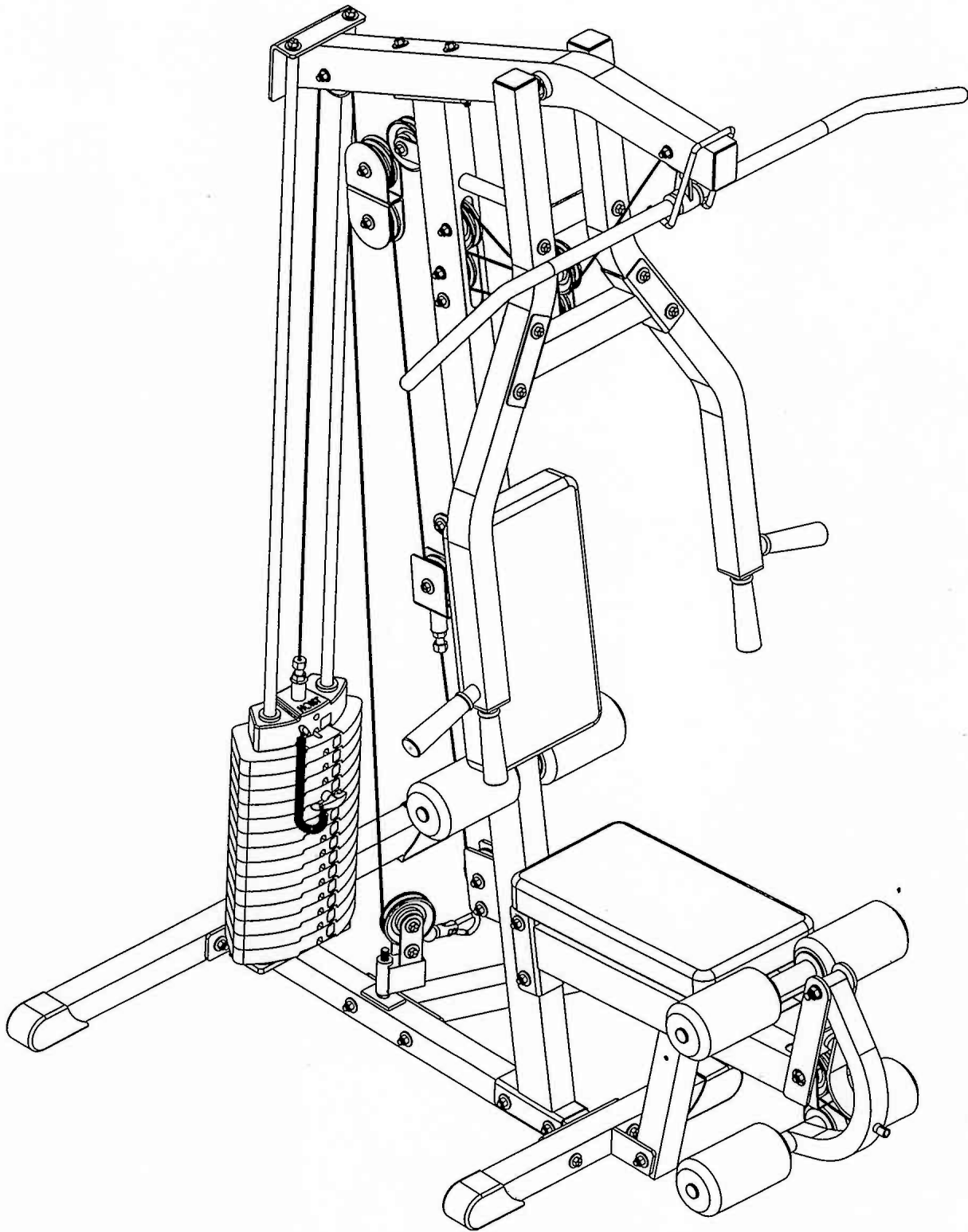
Crescent Wrench

Rubber Mallet

Tape Measure



Step 2
FRAME ASSEMBLY



Step 2a

FRAME ASSEMBLY

Start assembly by bolting (10), (11), and (14) to (1). Then bolt (2) to the top of (1). *Wrench Tighten* bolts.

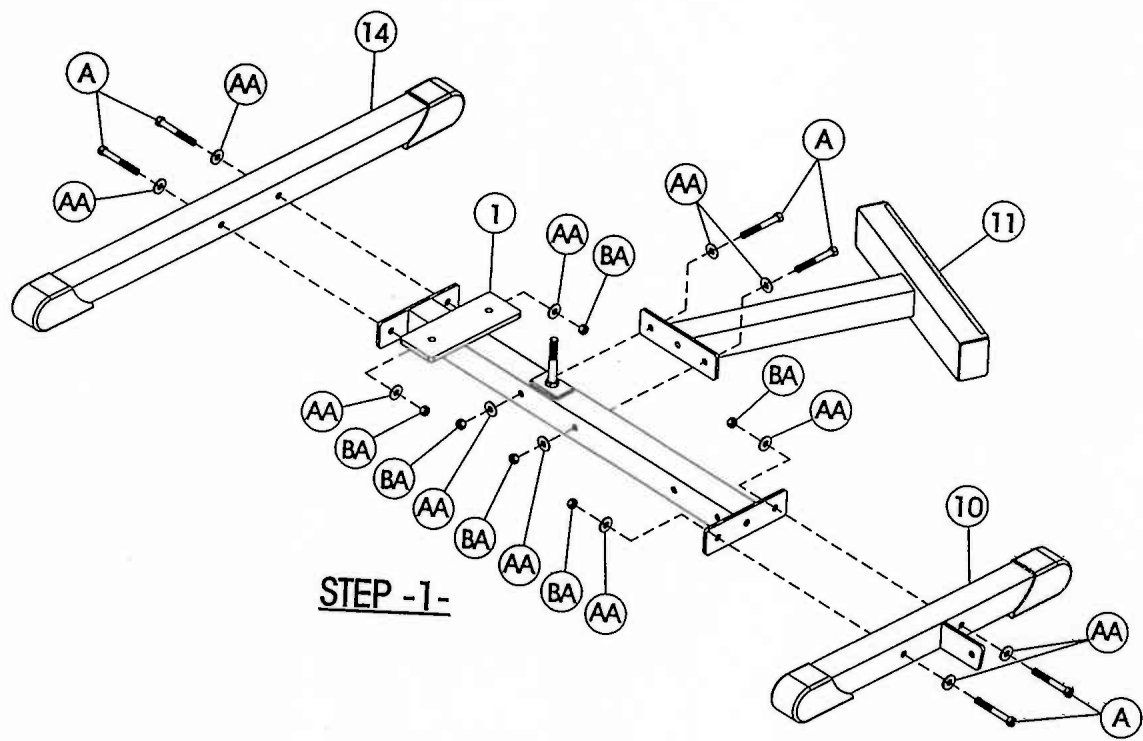
Part Descriptions

- 1 - Base Frame
- 2 - Main Upright
- 10 - Front Base Support
- 11 - Low Row Footrest
- 14 - 2" x 2" x 35" LG. Tube Steel

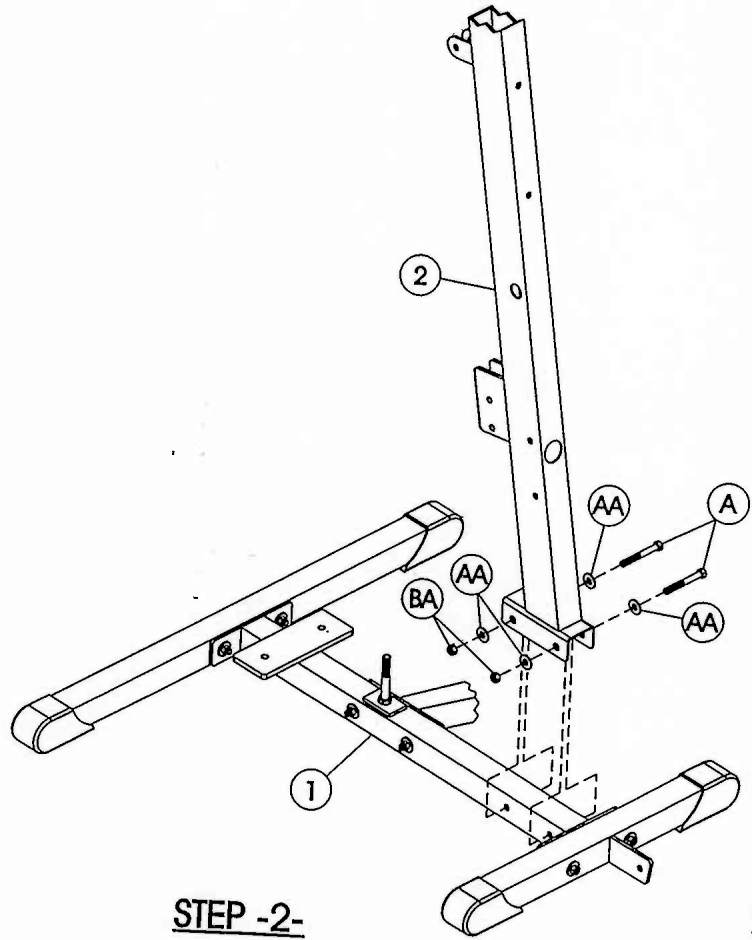
Hardware Descriptions

- A - 3/8"-16 x 3" Hex Head Bolt
- AA - 3/8" Flat Washer
- BA - 3/8" Lock Nut

ASSEMBLY INSTRUCTIONS



STEP -1-



STEP -2-

*ASSEMBLY SHOWN IN TWO
STEPS FOR CLARITY.

Step 2b

FRAME ASSEMBLY

Continue by assembling (4) to (2), and (10). Then bolt (6) to (4). *Wrench Tighten* this bolt until snug then back off ½ turn or enough to make sure the Leg Extension Arm Pivots freely. Now bolt (3) to the top of (2). *Hand Tighten* bolts only. You will need to leave (3) loose for the installation of the Weight Stack. Then slide (5) into its receiver on (6). *Wrench Tighten* bolts.

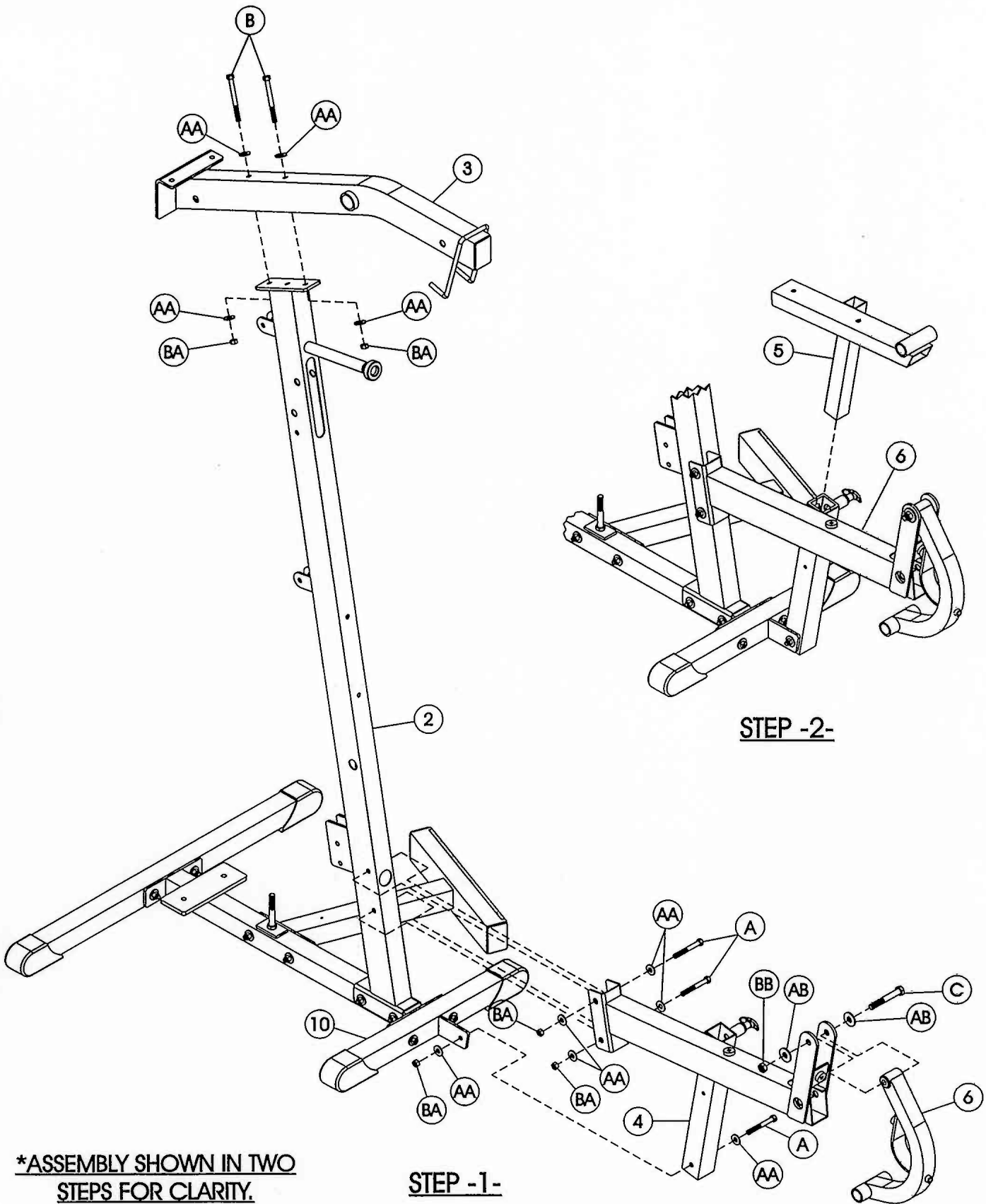
Part Descriptions

2 - Main Upright
4 - Seat Mount
5 - Seat Adjuster
6 - Leg Extension
10 - Front Base Support

Hardware Descriptions

A - 3/8"-16 x 3" Hex Head Bolt
B - 3/8"-16 x 4" Hex Head Bolt
C - 1/2"-13 x 3" Hex Head Bolt
AA - 3/8" Flat Washer
AB - 1/2" Flat Washer
BA - 3/8" Lock Nut
BB - 1/2" Lock Nut

ASSEMBLY INSTRUCTIONS



Step 2c

FRAME ASSEMBLY

Continue assembly by sliding (22) into (3). Bolt both (9)'s to (7). Then bolt (19) to both (9)'s. *Hand Tighten* bolts. Bolts will be tightened at the end of the assembly. Now you will need to set both (9)'s onto (22). Adjust both (9)'s to close up any excess gap which may be present at the pivot area. Install collars (CE). *Allen Wrench Tighten* bolts. Then make sure Press Arm is hanging squarely. *Wrench Tighten* all bolts. Rotate arm to ensure arm swings freely.

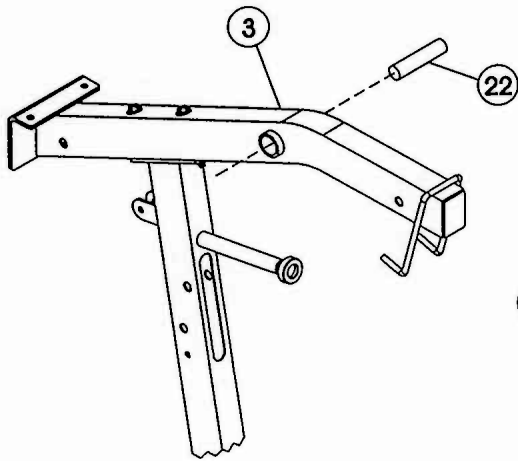
Part Descriptions

3 - Top Tube
7 - Press Arm Cross Member
9 - Press Arm Assembly
19 - 1/4" x 2" LG Flange
22 - 1 Dia. Axle

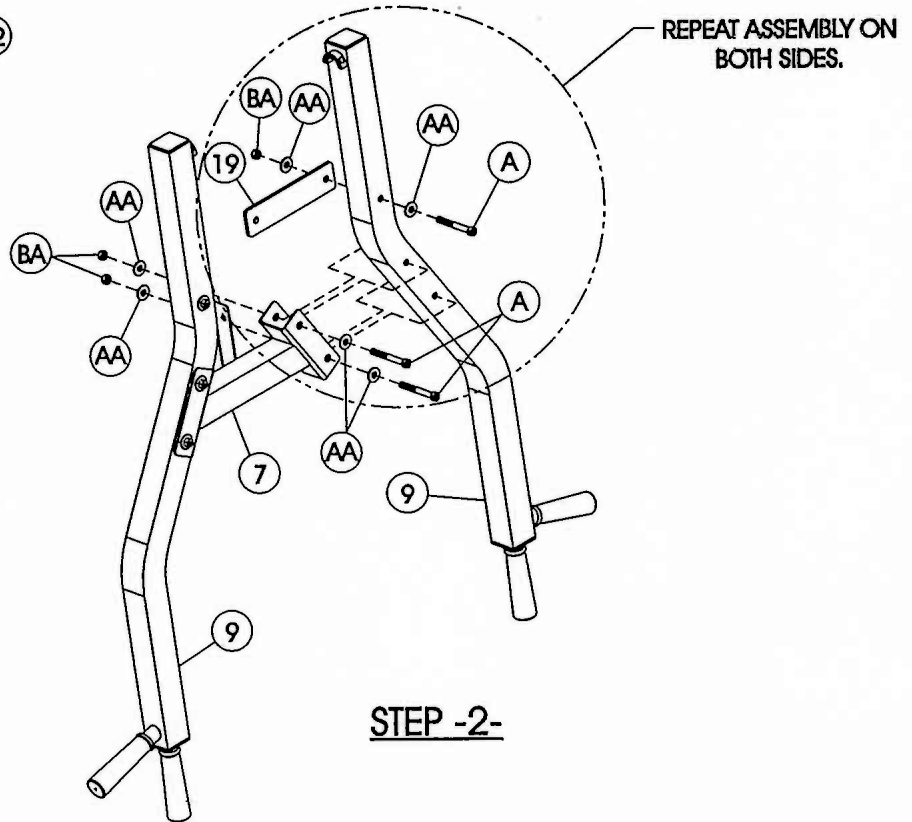
Hardware Descriptions

A - 3/8"-16 x 3" Hex Head Bolt
D - 1/4"-20UNC x 3/4" Socket Head Cap Screw
AA - 3/8" Flat Washer
BA - 3/8" Lock Nut
CE - Split Collars

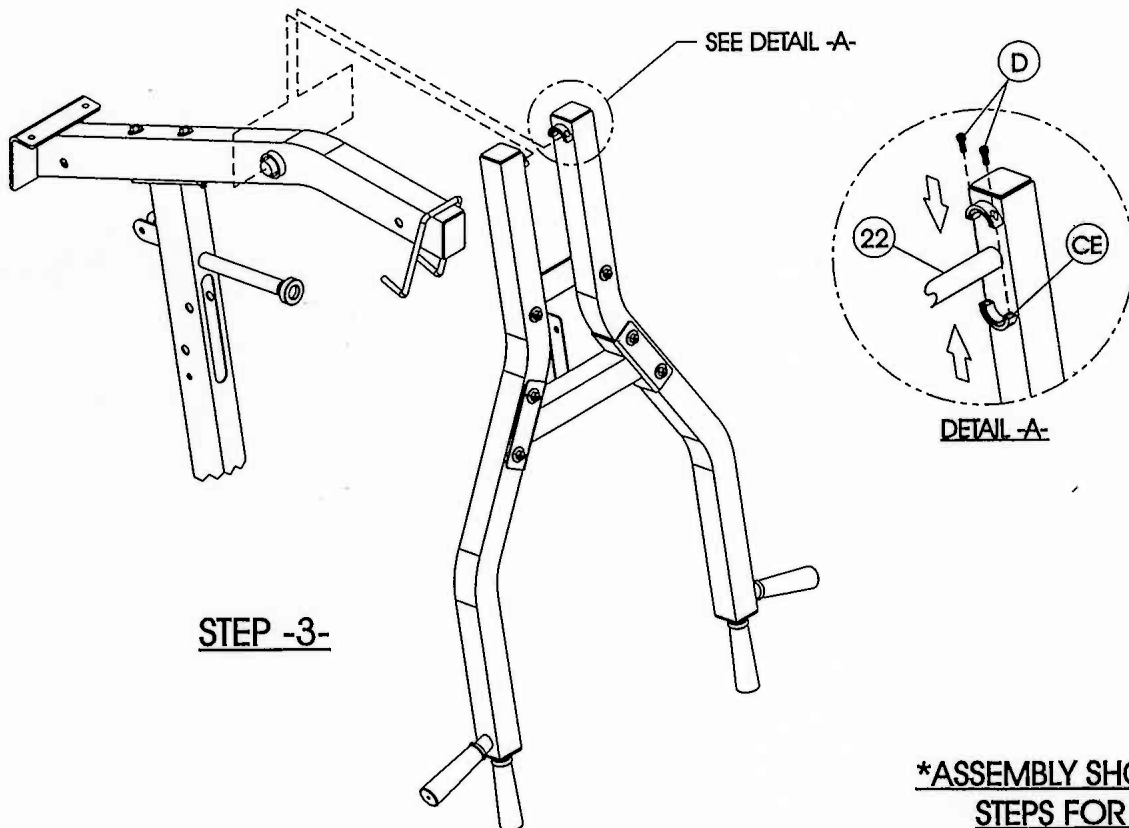
ASSEMBLY INSTRUCTIONS



STEP -1-



STEP -2-



STEP -3-

*ASSEMBLY SHOWN IN TWO
STEPS FOR CLARITY.

Step 2d

WEIGHT STACK ASSEMBLY

Continue by sliding (18) through (CF) and hand tighten the bottom of each in place to (1). Leave enough play for both (18)'s to lean back enough to allow room to slide the weights on. Slide all 14 (25)'s on to both (18)'s. Now slide (23)/(24) Top Weight Assembly onto both (18)'s. Attach the top of both (18)'s to (3). *Wrench Tighten* all bolts that were only hand tightened at this point.

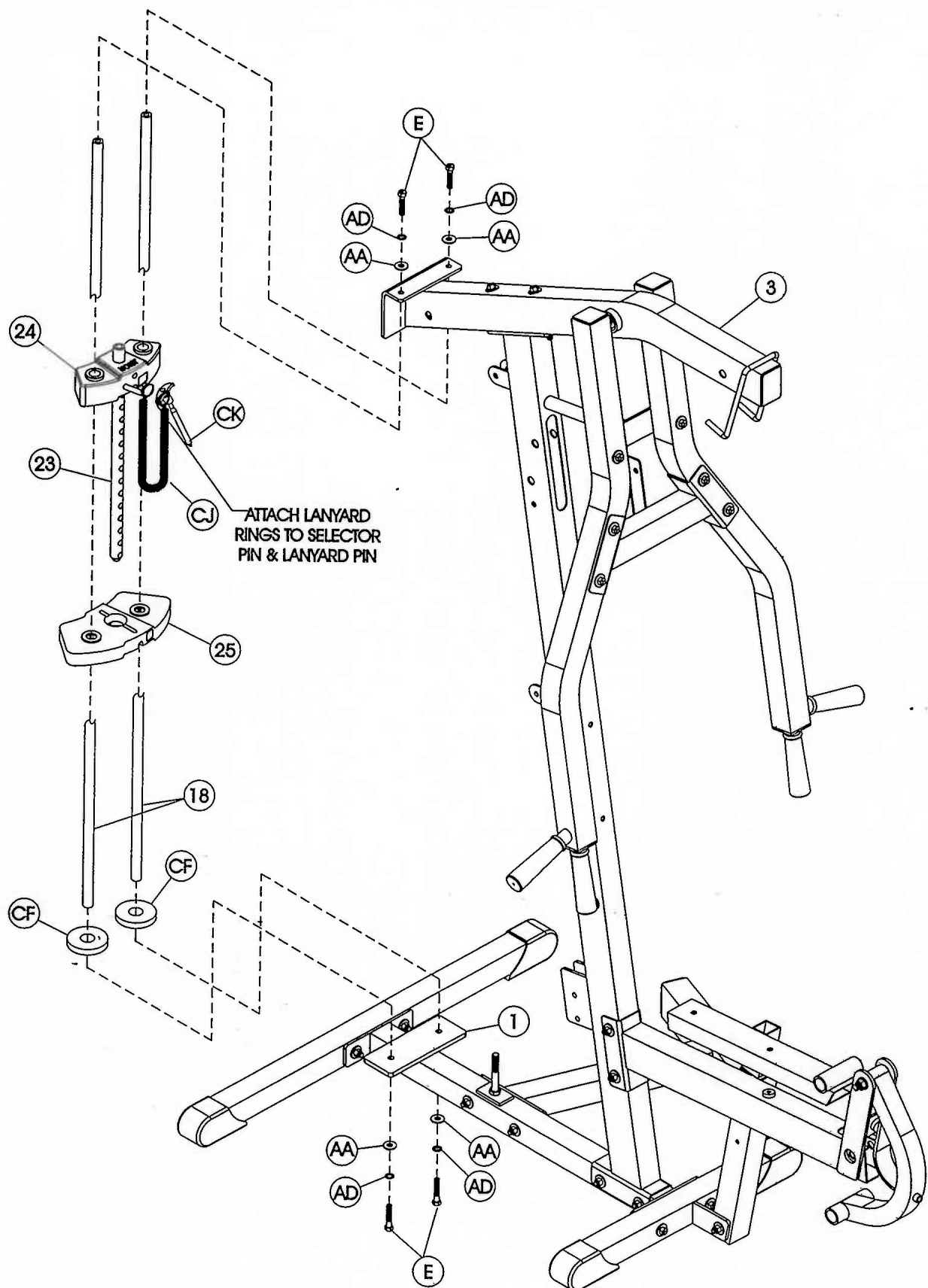
Part Descriptions

1 - Base Frame
3 - Top Tube
18 - Guide Rod
23/24 - Cast Radial Top Weight Assembly
25 - #10 Radial Design Cast Weight Plate

Hardware Descriptions

E - 3/8"-16 x 1" Hex Head Bolt
AA - 3/8" Flat Washer
AD - 3/8" Lock Washer
CF - Rubber Bumper
CJ - Lanyard Coil
CK - Selector Pin

ASSEMBLY INSTRUCTIONS



Step 2e

P U L L E Y A S S E M B L Y

Continue assembly by inserting all (CN)'s into there assigned spots. Reference Detail's B&C to get all of the pulley's secure. Note: To simplify cable installation, install cables also at this time. Follow cabling instructions on pages 15 - 18. Wrench Tighten all bolts. Install (8), Wrench Tighten until snug then turn back nut off enough so (8) rotates freely.

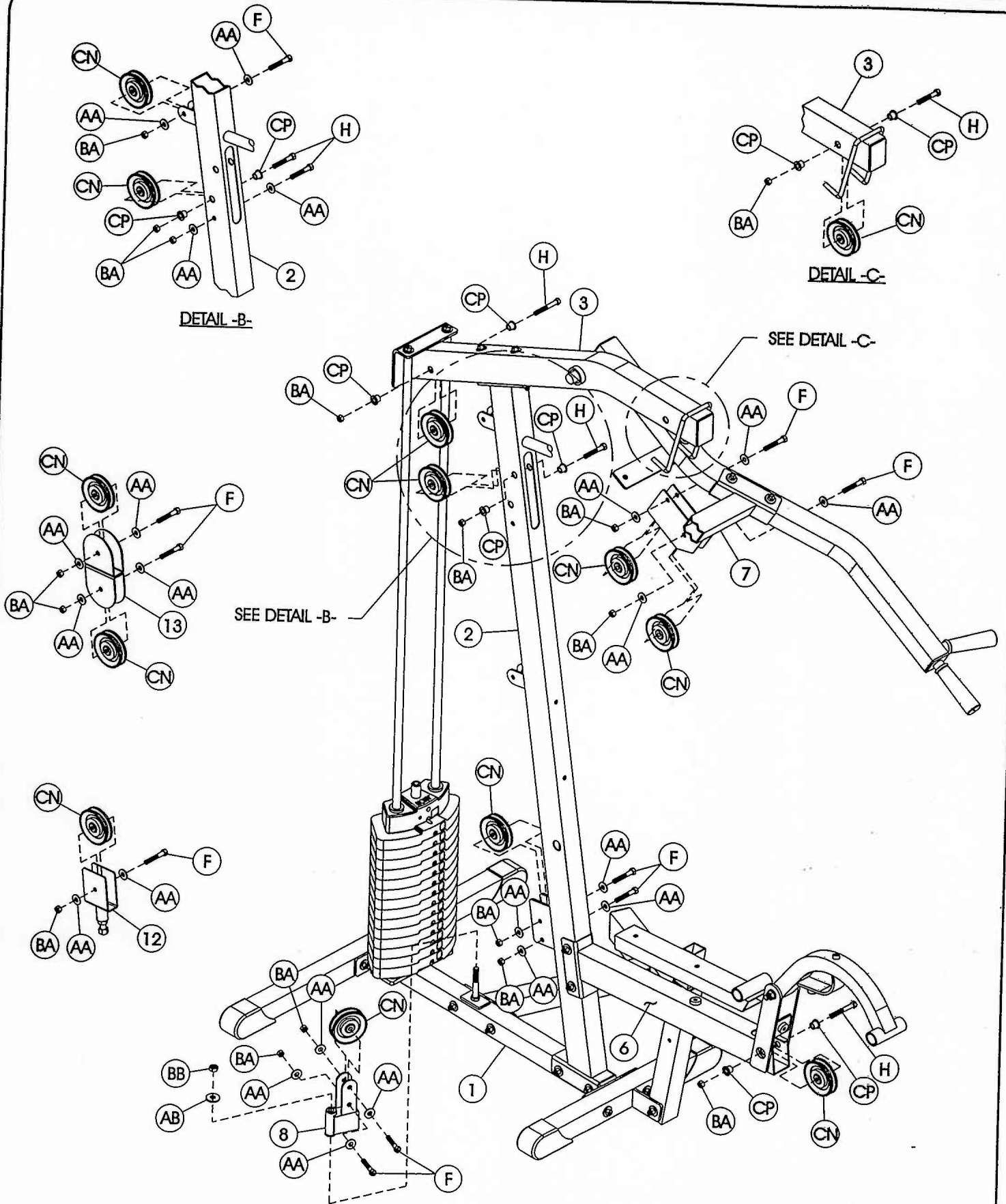
Part Descriptions

- 1 - Base Frame
- 2 - Main Upright
- 3 - Top Tube
- 6 - Leg Extension
- 7 - Press Arm Cross Member
- 8 - Swivel Pulley Mount
- 12 - 3 1/2" Floating Pulley
- 13 - Double Swivel Pulley

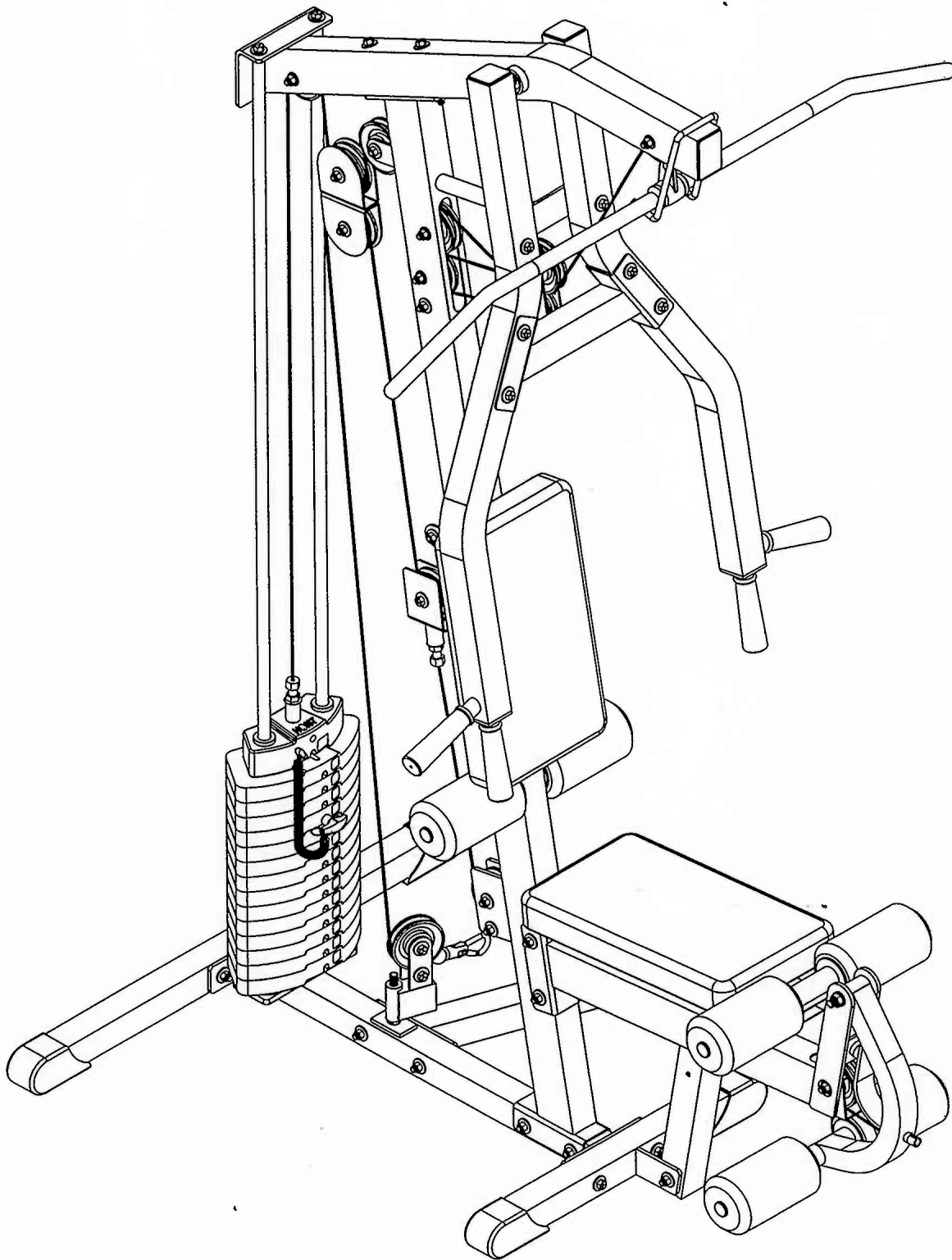
Hardware Descriptions

- F - 3/8"-16 x 2" Hex Head Bolt
- H - 3/8"-16 x 2 3/4" Hex Head Bolt
- AA - 3/8" Flat Washer
- AB - 1/2" Flat Washer
- BA - 3/8" Lock Nut
- BB - 1/2" Nylok Nut
- CN - 3 1/2" Pulley
- CP - 1/2" Flanged spacer

ASSEMBLY INSTRUCTIONS



CABLE INSTALLATION



ASSEMBLY

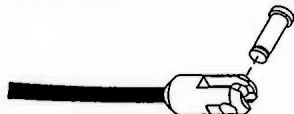
INSTRUCTIONS

Step 2f

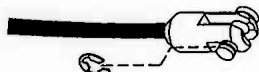
CABLE # 1 ASSEMBLY

WARNING:
CABLE BOLT MUST BE THREADED
A MINIMUM OF 1/2" INTO THE WEIGHT
STEM WITH JAM NUT TIGHTENED SECURELY TO
ENSURE PROPER CONNECTION.

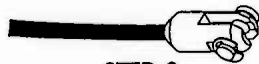
CLEVIS PIN C-CLIP ASSEMBLY



STEP 1



STEP 2



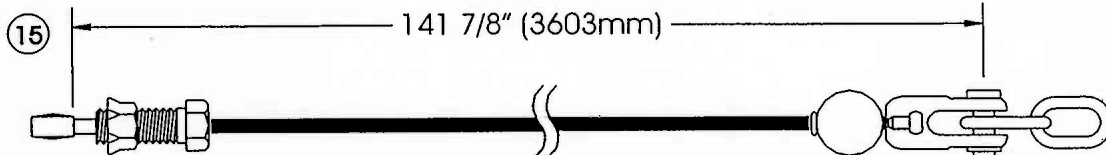
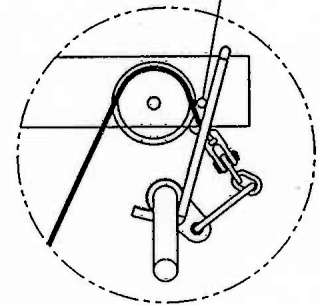
STEP 3

NOTE:
BE SURE CABLE RUNS BETWEEN THE
PULLEY AND THE GUARD BOLT.

FINE TUNING:
LOOSEN JAM NUT AND THREAD BOLT
IN/OUT TO GIVE THE CABLE PROPER
TENSION. RE-TIGHTEN JAM NUT.



NOTE:
BE SURE CABLE RUNS BETWEEN THE
PULLEY AND THE GUARD BOLT.



ASSEMBLY

INSTRUCTIONS

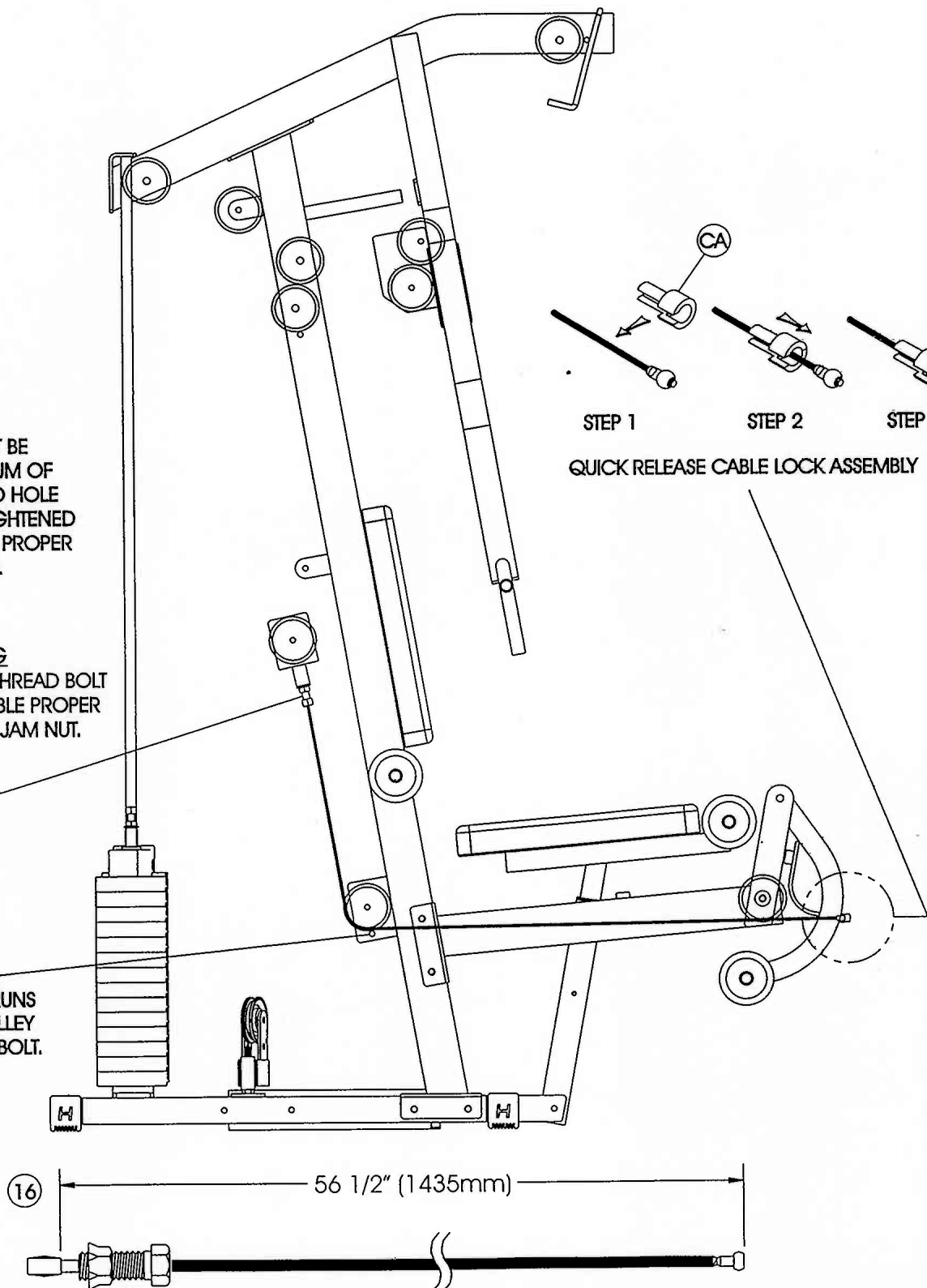
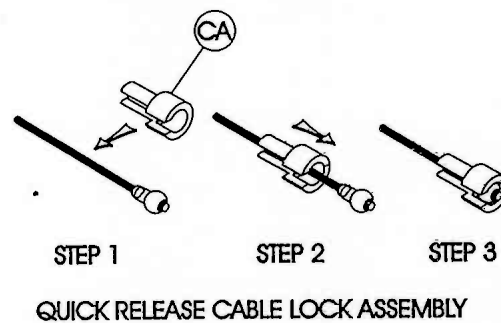
Step 2g

CABLE # 2 ASSEMBLY

WARNING:
CABLE BOLT MUST BE
THREADED A MINIMUM OF
 $\frac{1}{2}$ " INTO THE TAPPED HOLE
STEM WITH JAM NUT TIGHTENED
SECURELY TO ENSURE PROPER
CONNECTION.

FINE TUNING
LOOSEN JAM NUT AND THREAD BOLT
IN/OUT TO GIVE THE CABLE PROPER
TENSION. RE-TIGHTEN JAM NUT.

NOTE:
BE SURE CABLE RUNS
BETWEEN THE PULLEY
AND THE GUARD BOLT.

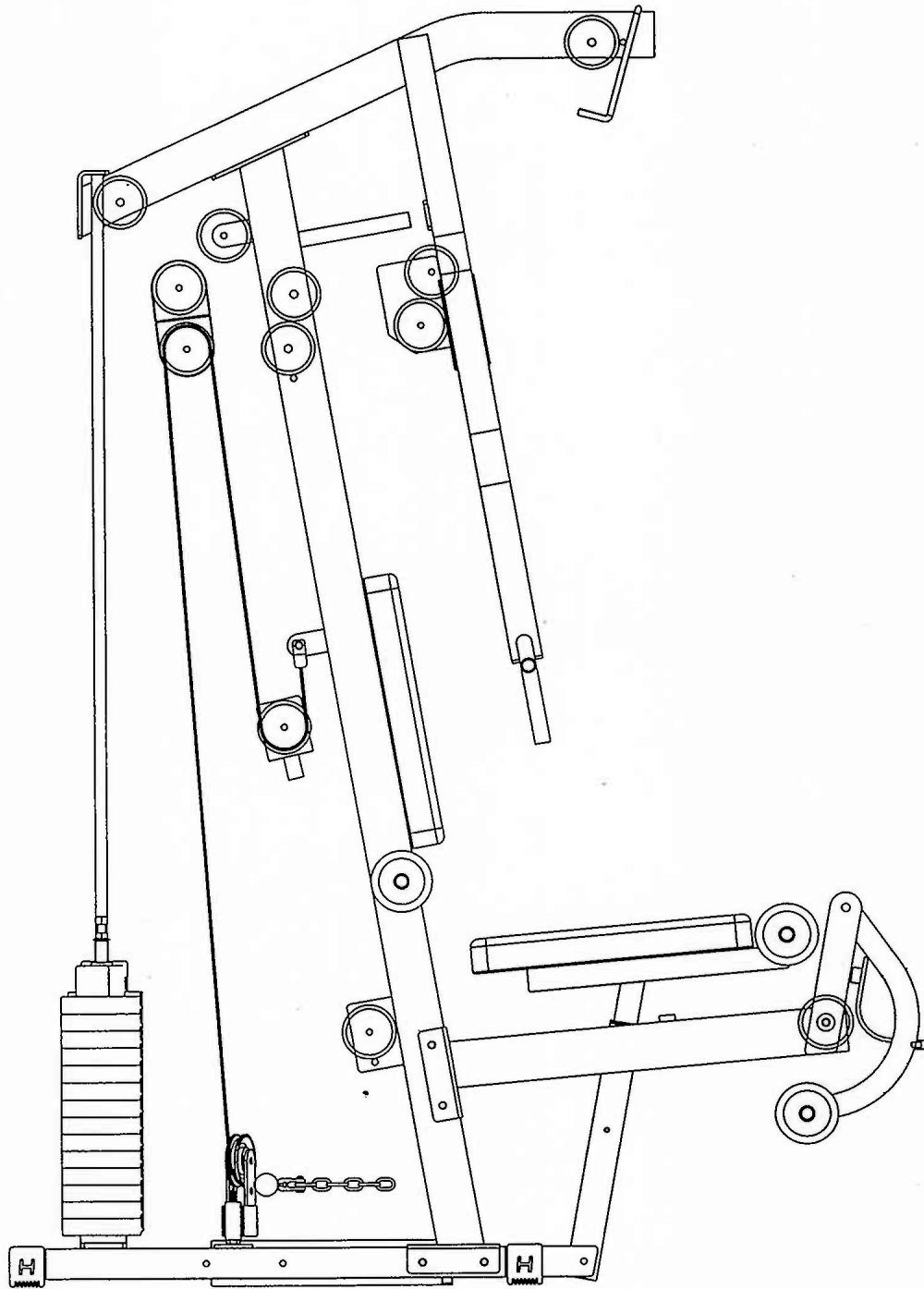


ASSEMBLY

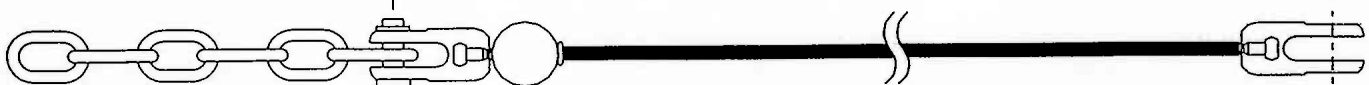
INSTRUCTIONS

Step 2h

CABLE # 3 ASSEMBLY



①7 ————— 97 1/16" (2465mm) —————



ASSEMBLY

INSTRUCTIONS

Step 2j

UPHOLSTERY ASSEMBLY

Continue assembly by sliding (21) into (2), (20) into (5) and (20) into (6). Then slide (CT), and (CV), onto (20) and both (21)'s. Repeat Assembly for both sides. *Wrench Tighten* bolts.

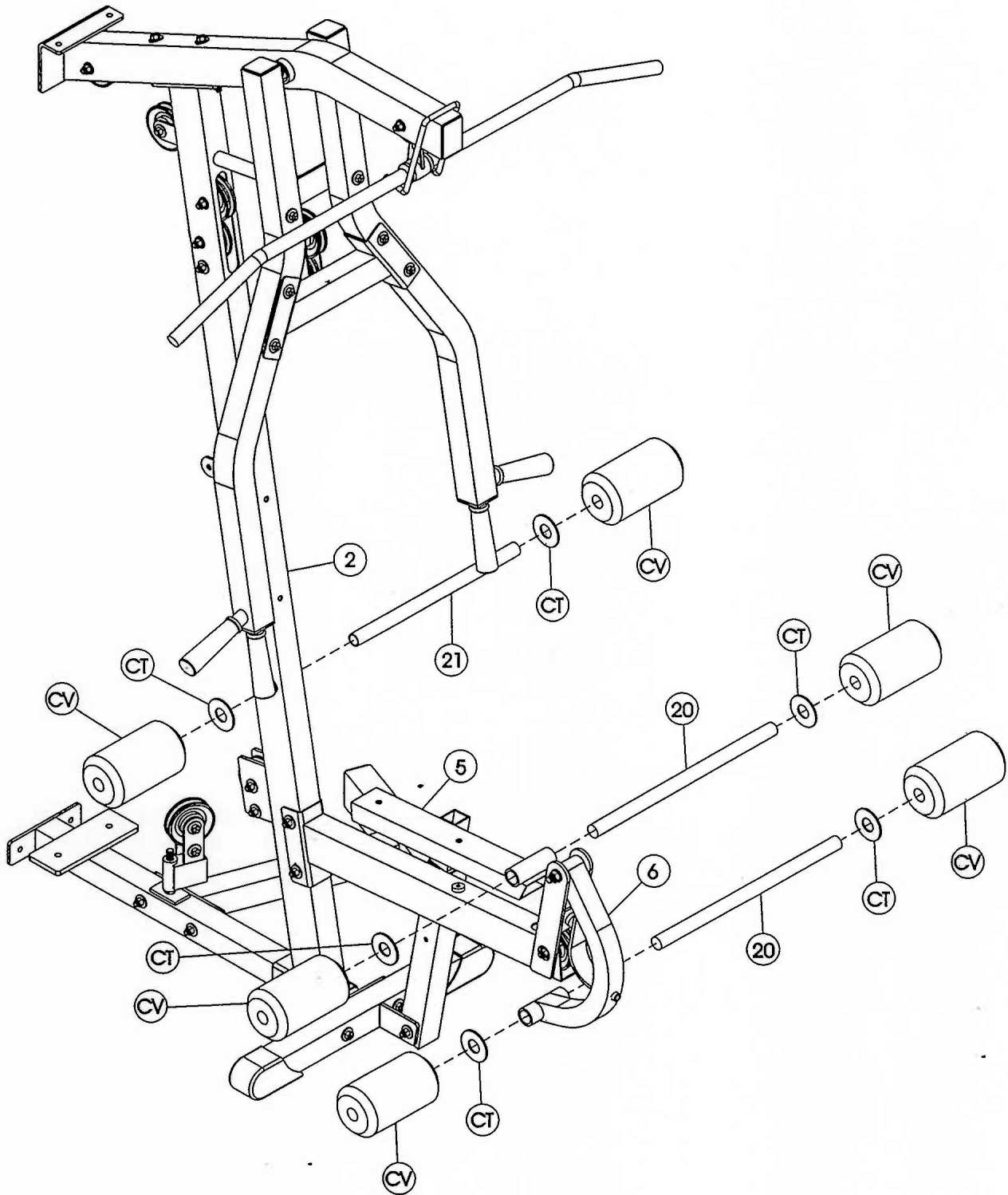
Part Descriptions

2 - Main Upright
5 - Seat Adjuster
6 - Leg Extension
20 - 17 3/4" lg. Roller Bar
21 - 16" lg. Roller Bar

Hardware Descriptions

CT - 1" Plastic Fender Washer
CV - 4" Dia. X 7" lg. Roller Pad

ASSEMBLY INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2k

UPHOLSTERY ASSEMBLY

Finish assembly by bolting (CU) to (2), and to (5). *Wrench Tighten* bolts.

Part Descriptions

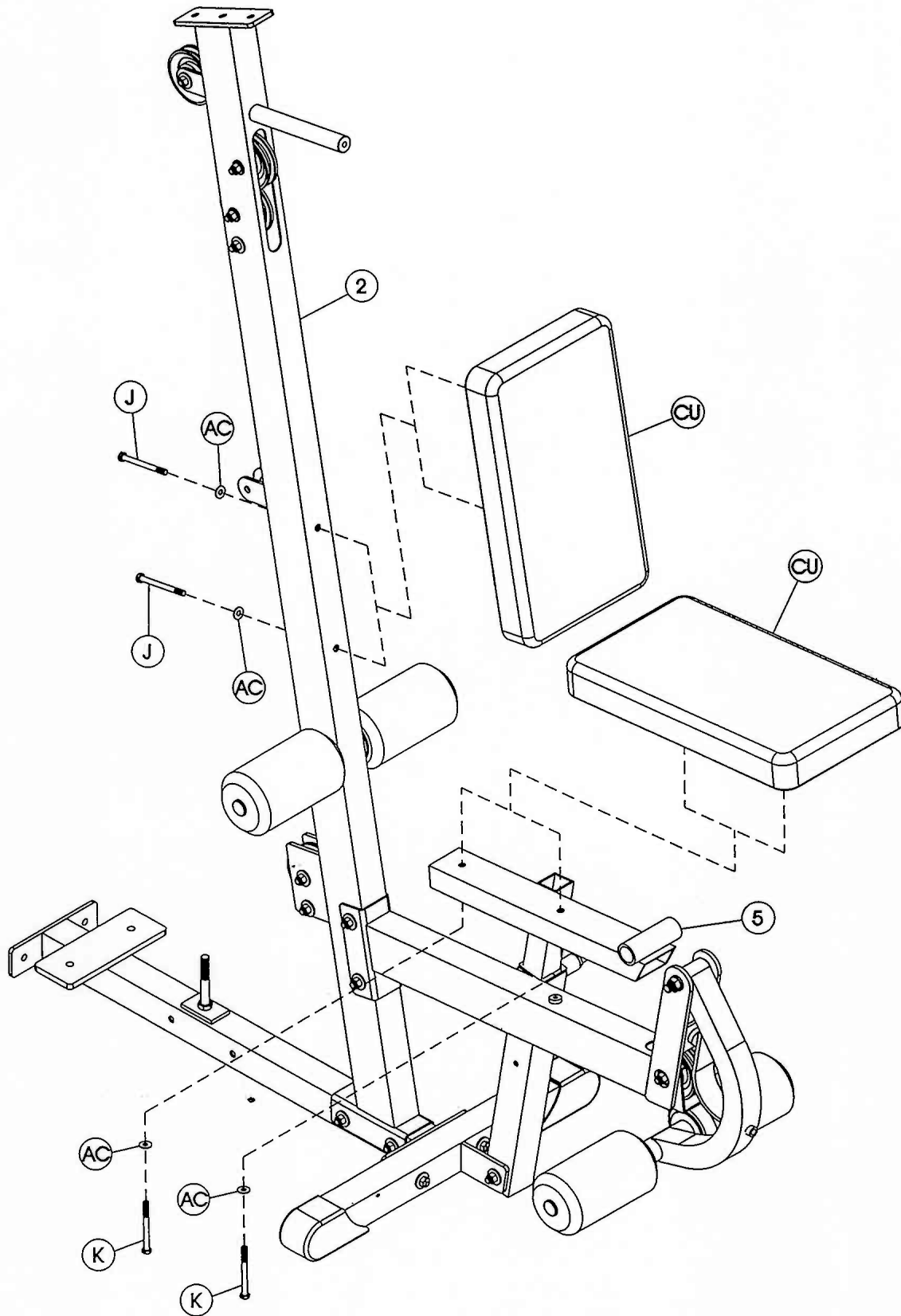
2 - Main Upright
5 - Seat Adjuster

Hardware Descriptions

J - 5/16"-18 x 3 3/4" Hex Head Bolt
K - 5/16"-18 x 2 1/4" Hex Head Bolt
AC - 5/16" Flat Washer
CU - Pad Assembly

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 21

PRE-ASSEMBLED PARTS

Part Descriptions

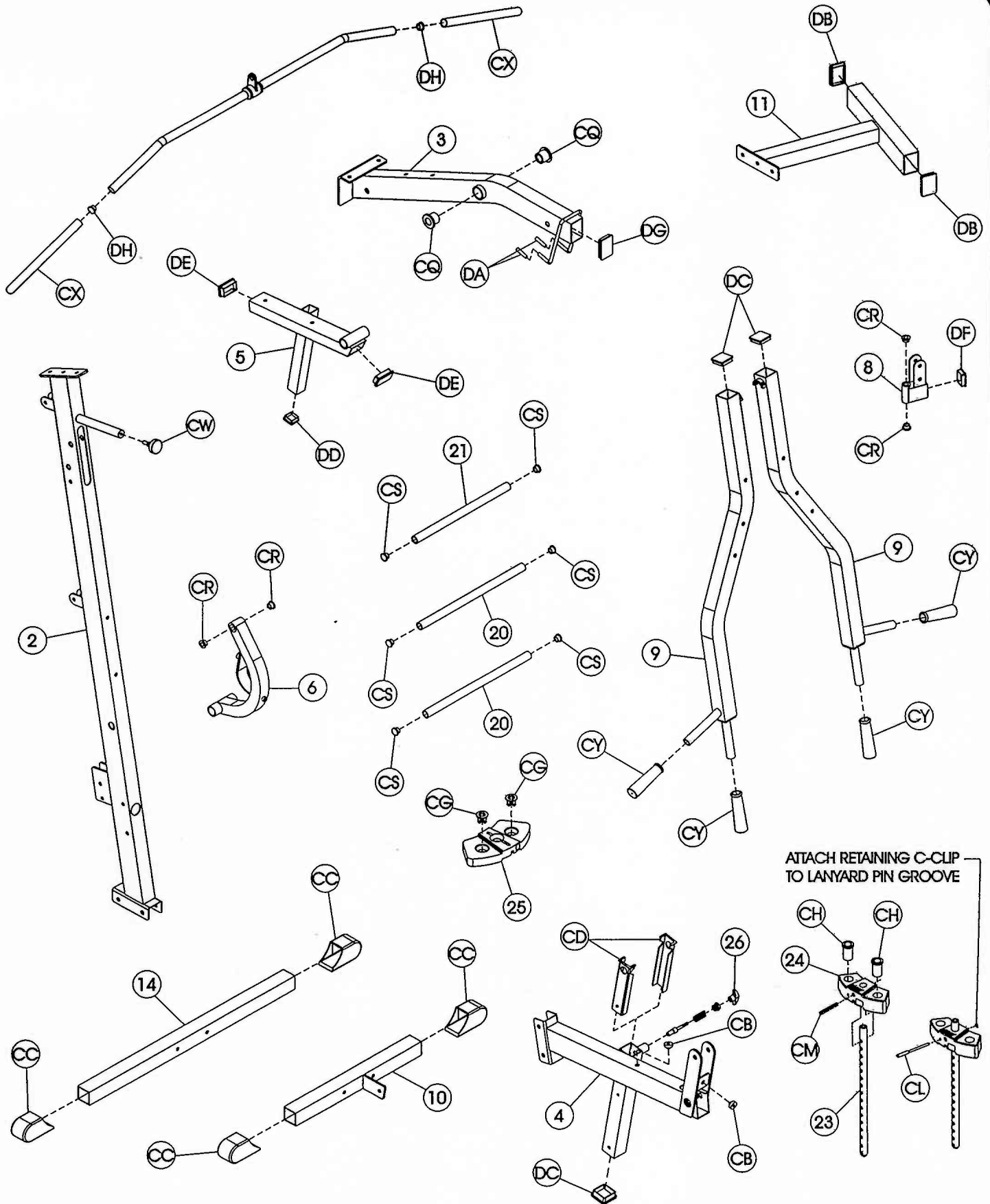
- 2 - Main Upright
- 3 - Top Tube
- 4 - Seat Mount
- 5 - Seat Adjuster
- 6 - Leg Extension
- 8 - Swivel Pulley Mount
- 9 - Press Arm Assembly
- 10 - Front Base Support
- 11 - Low Row Footrest
- 14 - 2" x 2" x 35"lg. Tube Steel
- 20 - 17 3/4"lg. Roller Bar
- 21 - 16"lg. Roller Bar
- 24 - Cast Radial Top Weight
- 25 - #10 Radial Design Cast Weight Plate
- 26 - 1/2" Short Pull Pin

Hardware Descriptions

- CB - Plug Bumper
- CC - Full Radius Foot Cap
- CD - EZ Glide Sleeve
- CG - Cast Weight Bushing
- CH - Guide Rod Bushing
- CL - Lanyard Pin
- CM - 7/16" Roll Pin
- CQ - 1" Oilite, Flanged
- CR - 1/2" Oilite, Flanged
- CS - 1"Dia. End Cap
- CW - Adjustable Stop
- CX - Closed End Black Foam Grip
- CY - Black Textured Comfort Grip
- DA - 3/8" x 4" Sleeve
- DB - 50.8mm x 76.2mm End Cap
- DC - 50.58mm x 50.8mm End Cap
- DD - 38.1mm x 38.1mm End Cap
- DE - 38.1mm x 63.5mm End Cap
- DF - 38.1mm x 50.8mm End Cap
- DG - 50.8mm x 76.2mm Elliptical End Cap
- DH - 1"Dia. Round End Cap

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

CATALOG

PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0913	Base Frame
2	1	026-01X0914	Main Upright
3	1	026-01X0915	Top Tube
4	1	026-01X0916	Seat Mount
5	1	026-01X0917	Seat Adjuster
6	1	026-01X0918	Leg Extension
7	1	026-01X0919	Press Arm Cross Member
8	1	026-01X0920	Swivel Pulley Mount
9	2	026-01X0921	Press Arm Assembly
10	1	026-01X0922	Front Base Support
11	1	026-01X0923	Low Row Footrest
12	1	026-01X0122	3 1/2 Floating Pulley Assembly
13	1	026-02-0519	Double Swivel Pulley
14	1	026-01T0716	2 x 2 x .120 Tube Steel
15	1	010-01C243T	H90 Cable #1 Weight Stack
16	1	010-01C244T	H90 Cable #2 Leg Extension
17	1	010-01C245T	H90 Cable #3 Low Row
18	2	026-01G0164	.75 Dia. x 70.11 lg. Guide Rod
19	1	026-01F0223	.25 x 2 x 8 lg. HRS P&O
20	2	026-01T0719	1 Dia. x .120WT x 17.75 lg.
21	1	026-01T0720	1 Dia. x .120WT x 16 lg.
22	1	026-01M0227	1 Dia. Axle
23	1	26-STD-SW141	16 Hole Stem, Radial Cast Stack
24	1	26-STD-SWTOP9	Cast Radial Top Weight
25	14	26-STD-SW137	#10 Radial Design Cast Weight Plate
26	1	026-01M0128	1/2 Short Pull Pin

ACCESSORY LIST

<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	04-0529A	Rotating Lat Bar
2	26-STD-12-0019	Strap Handle
1	26-STD-12-0020	Ankle Strap

ASSEMBLY

C A T A L O G

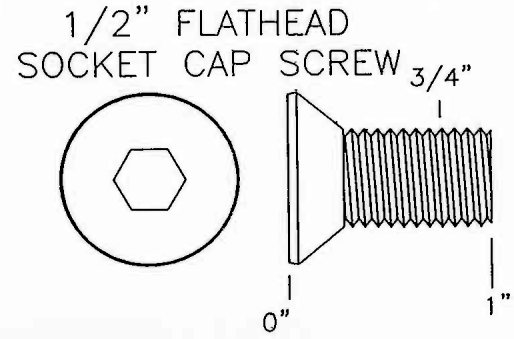
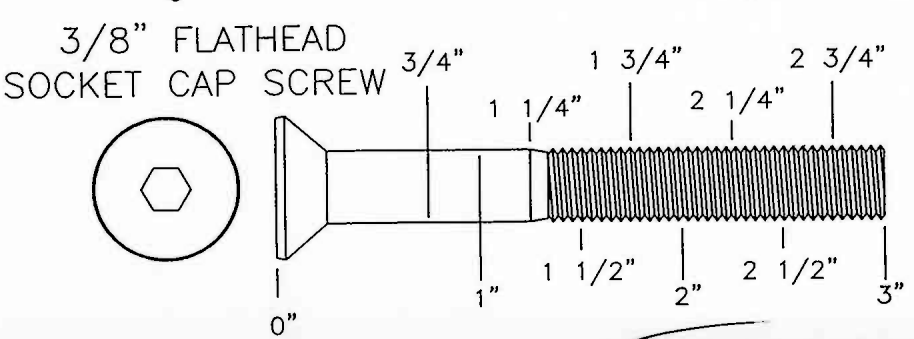
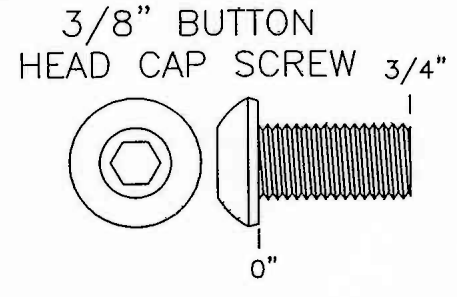
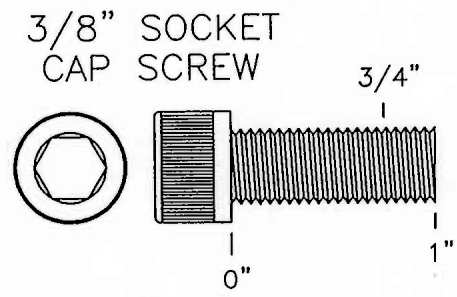
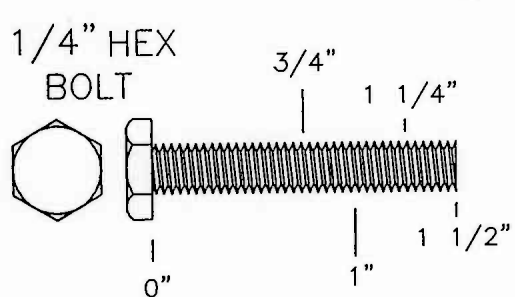
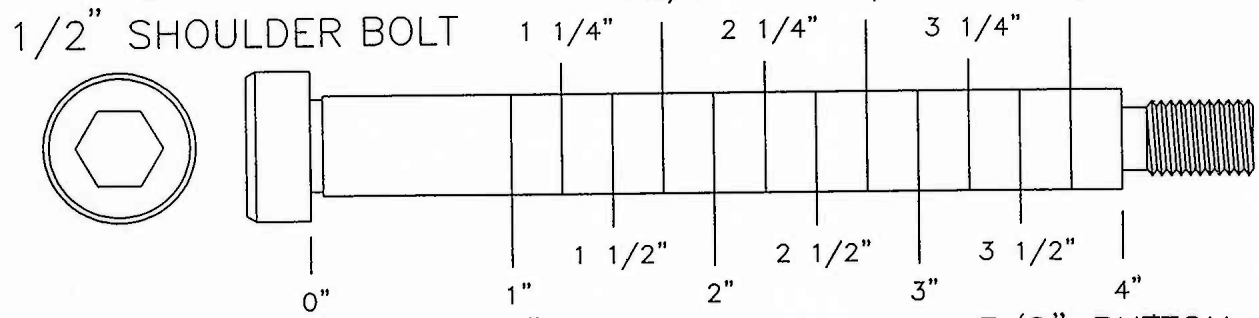
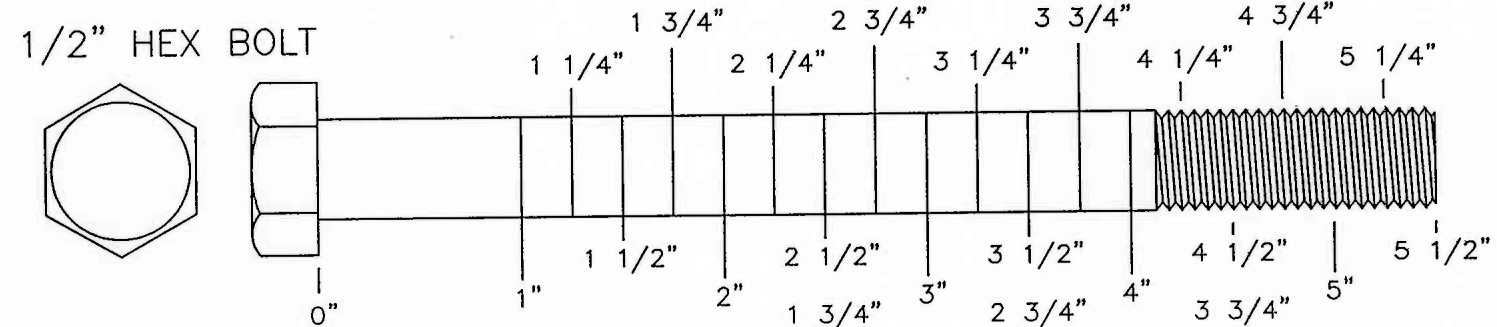
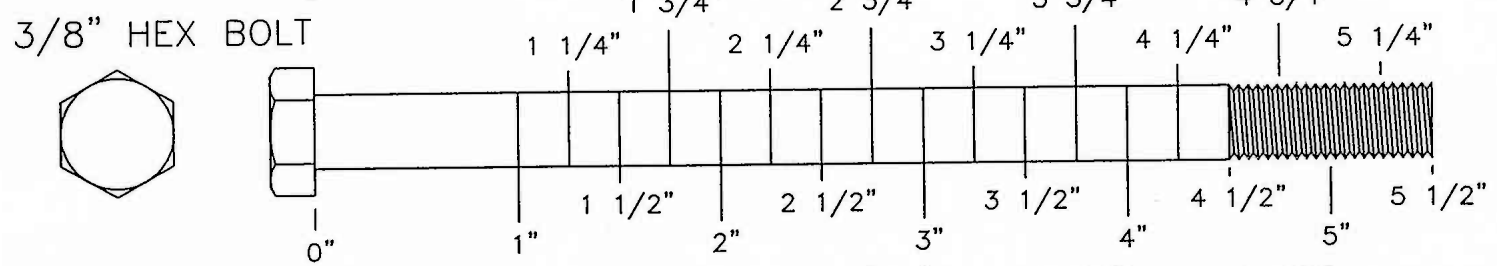
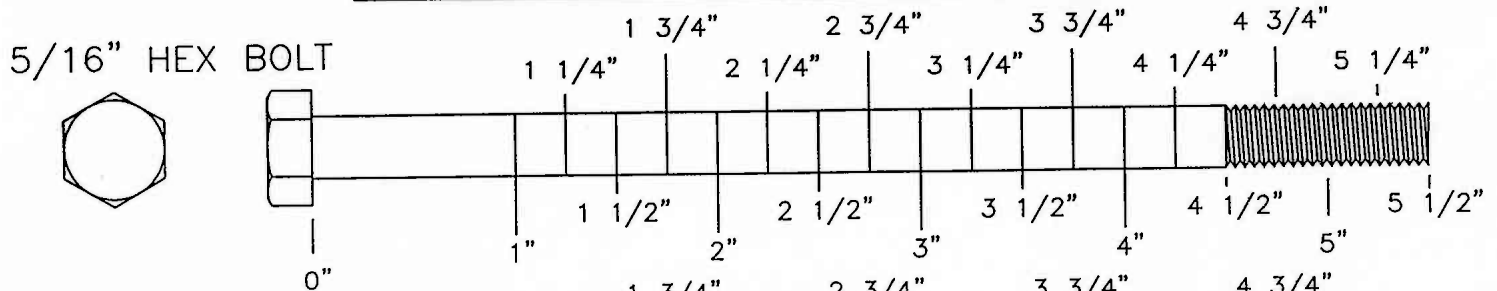
H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	17	011-0207009	3/8"-16 x 3" Hex Head Bolt
B	2	011-0007086	3/8"-16 x 4" Hex Head Bolt
C	1	011-0207011	1/2"-13 x 3" Hex Head Bolt
D	4	014-0019002	1/4"-20UNC x 3/4" Socket Head Cap Screw
E	4	011-0007083	3/8"-16 x 1" Hex Head Bolt
F	10	011-0207007	3/8"-16 x 2" Hex Head Bolt
H	6	011-0307055	3/8"-16 x 2 3/4" Hex Head Bolt
J	2	011-0207002	5/16"-18 x 3 3/4" Hex Head Bolt
K	2	011-0207020	5/16"-18 x 2 1/4" Hex Head Bolt
AA	64	013-0202004	3/8" Flat Washer
AB	3	013-0302011	1/2" Flat Washer
AC	4	013-0202003	5/16" Flat Washer
AD	4	013-0206003	3/8" Lock Washer
BA	35	012-0304004	3/8" Lock Nut
BB	2	012-0004001	1/2" Lock Nut
CA	1	026-01M0200	Quick Realease Cable Lock
CB	2	019-0001001	Plug Bumper
CC	4	026-01PL266	Full Radius Foot Cap
CD	2	026-01PL125	Ez Glide Sleeves
CE	2	014-0019002	Split Collars
CF	2	26-STD-060153	3 Dia. x 5 THK Rubber Bumper
CG	28	26-STD-PLAS188	Cast Weight Bushing
CH	2	26-STD-PLAS134	Guide Rod Bushings
CJ	1	010-0008001	Lanyard Coil
CK	1	26-STD-SW138	Selector Pin
CL	1	10-LRD-1012T	Lanyard Pin
CM	1	030-0303006	7/16 Dia. Roll Pin x 3 lg.
CN	13	018-0001002	3 1/2 Pulley
CP	10	26-STD-08-0010	Flange Pulley Spacer
CQ	2	014-0101009	1.00" Oilite, Flanged
CR	4	26-STD-08-0026	1/2" Oilite, Flanged
CS	6	016-0201006	1" Dia. End Cap
CT	6	13-FND-182532212	Palstic Fender Washer
CU	2	26-STD-SU1018	Pad Assembly
CV	6	26-STD-SUR407-1	4 Dia x 7 lg. Roller
CW	1	20-GLD-38112T	Adjustable Stop
CX	2	019-0002014	Closed End Black Foam Grip
CY	4	019-0002023	Black Textured Comfort Grip
DA	2	016-0208002	3/8 x 4 Sleeve
DB	2	016-0101009	50.8mm x 76.2mm End Cap
DC	3	016-0101008	50.8mm x 50.8mm End Cap
DD	1	26-STD-06-0136	38.1mm x 38.1mm End Cap
DE	2	016-0001003	38.1mm x 63.5mm End Cap
DF	1	016-0001002	38.1mm x 50.8mm End Cap
DG	1	26-STD-06-0193	50.8mm x 76.2mm Elliptical End Cap
DH	2	26-STD-06-0066	1" Dia. Round End Cap

ASSEMBLY

INSTRUCTIONS

BOLT SIZING CHART

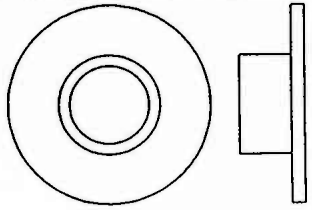


ASSEMBLY

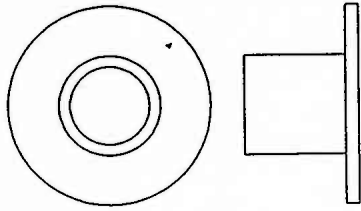
INSTRUCTIONS

WASHER SIZING CHART

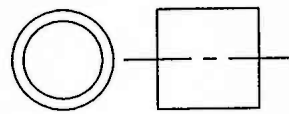
1/4" LONG FLANGED PULLEY SPACER



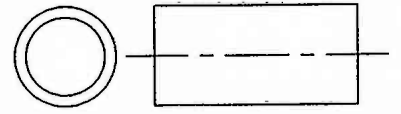
1/2" LONG FLANGED PULLEY SPACER



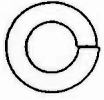
1/2" LONG PULLEY SPACER



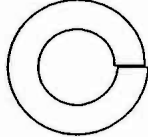
1" LONG PULLEY SPACER



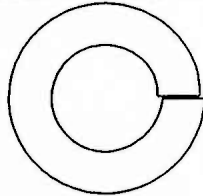
1/4" LOCK WASHER



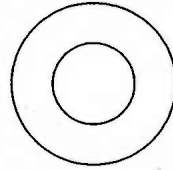
3/8" LOCK WASHER



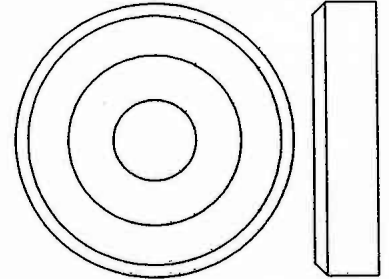
1/2" LOCK WASHER



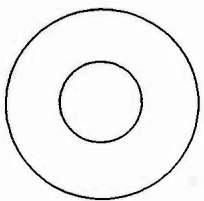
5/16" FLAT WASHER



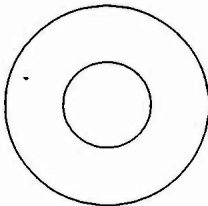
1 3/8" ALUMINUM FLATHEAD CAP



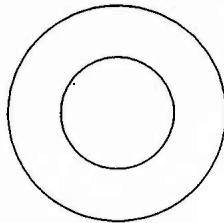
5/16" FLAT WASHER
LARGE, USS, 25mm



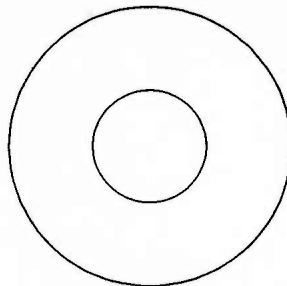
3/8" FLAT WASHER



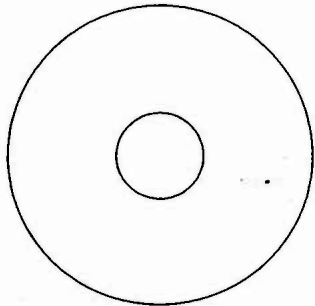
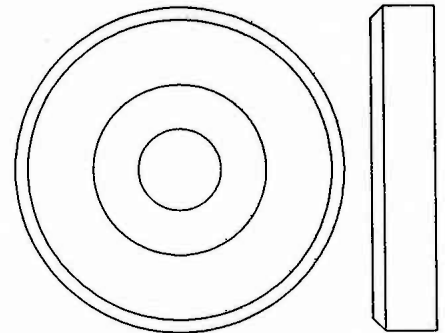
1/2" FLAT WASHER
SMALL, SAE, 26mm



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

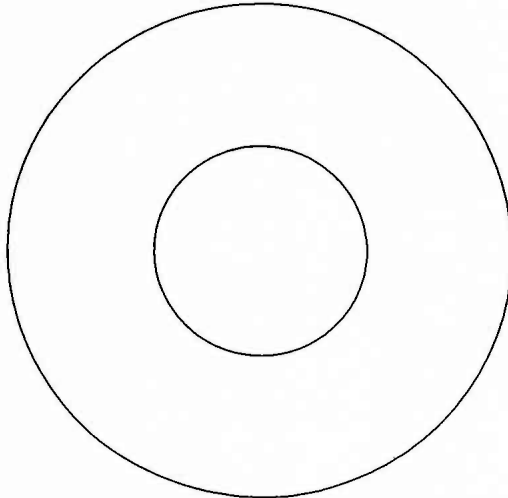


1 5/8" ALUMINUM FLATHEAD CAP

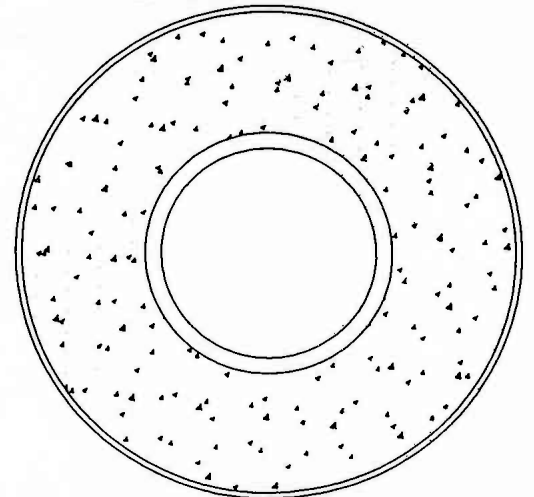


3/8" FENDER WASHER

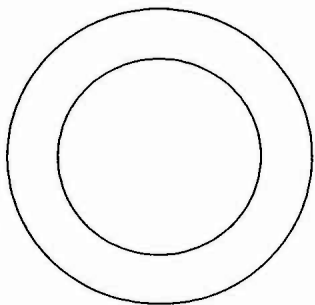
1 1/16" FENDER WASHER



PLASTIC 1 1/16" FENDER WASHER



1" SHIM WASHER



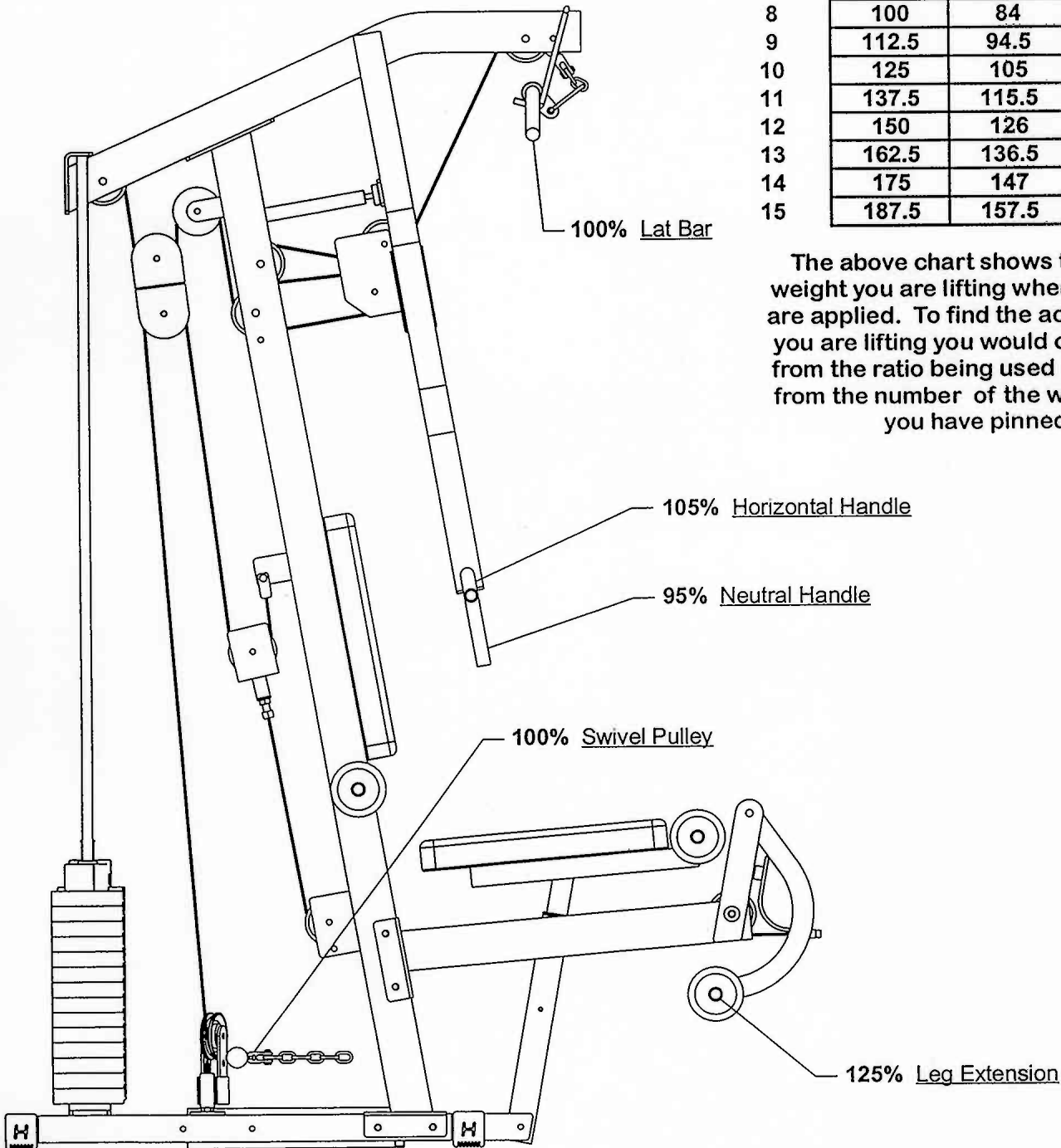
ASSEMBLY

INSTRUCTIONS

WEIGHT RATIOS

	125%	105%	95%
1	12.5	10.5	9.5
2	25	21	19
3	37.5	31.5	28.5
4	50	42	38
5	62.5	52.5	47.5
6	75	63	57
7	87.5	73.5	66.5
8	100	84	76
9	112.5	94.5	85.5
10	125	105	95
11	137.5	115.5	104.5
12	150	126	114
13	162.5	136.5	123.5
14	175	147	133
15	187.5	157.5	142.5

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.



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.

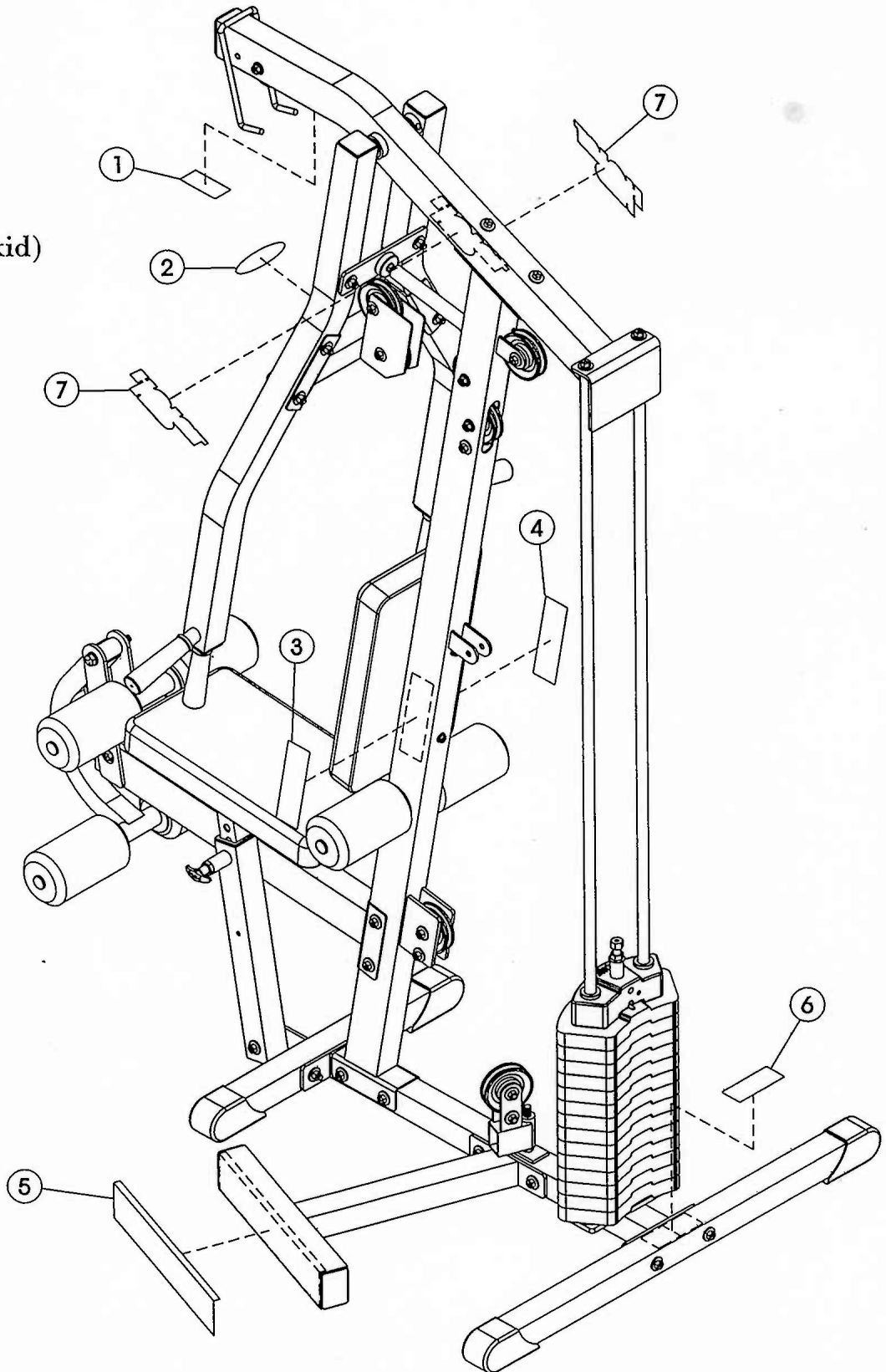
ASSEMBLY

INSTRUCTIONS

DECAL PLACEMENT

Decal Descriptions

- 1 - 021-0003117
- 2 - 021-0004054
- 3 - 021-0003104
- 4 - 021-0003105
- 5 - 020-0005007(Non-Skid)
- 6 - 021-0003108
- 7 - 021-0004067



ASSEMBLY INSTRUCTIONS

DECAL PLACEMENT

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



021-0003108



021-0003117



ASSEMBLY INSTRUCTIONS

DECAL PLACEMENT

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	Yearly
Inspect, Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean Upholstery	X			
Clean and Lubricate Guide Rods		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 and Cable 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 and Connecting Parts				X

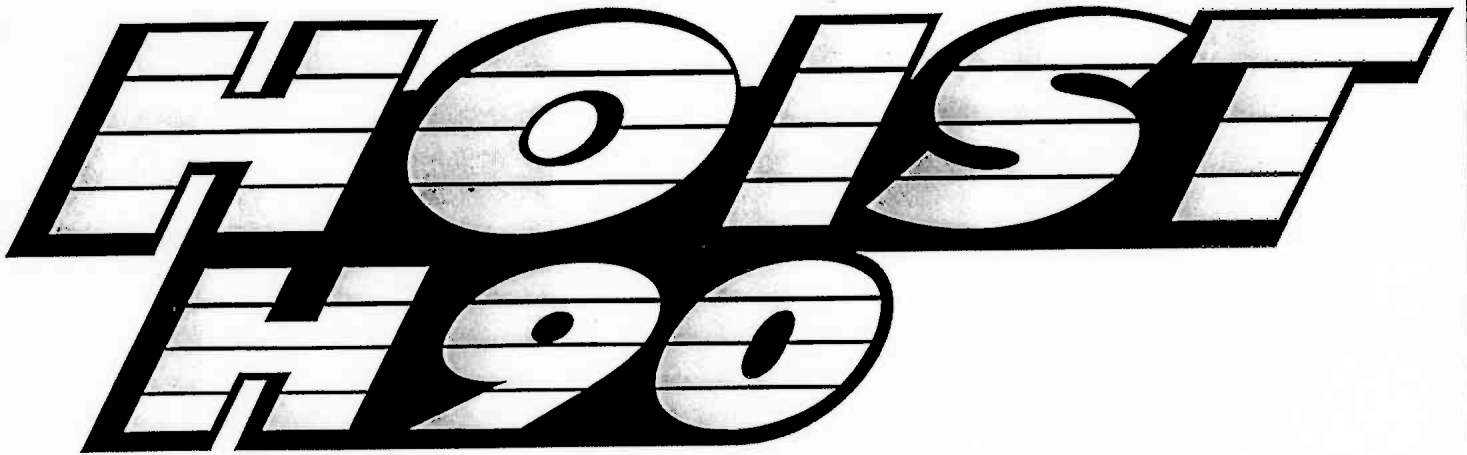
021-0003104

WARNING

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

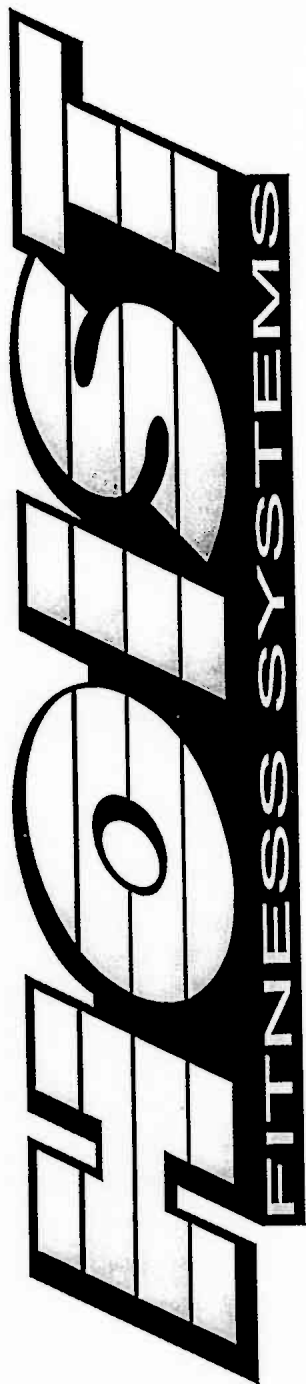
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly, before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
7. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003105



021-0004067

DECAL PLACEMENT



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

021-0004054

021-0003040

ASSEMBLY

INSTRUCTIONS

EXERCISE DESCRIPTIONS

LEG EXTENSION

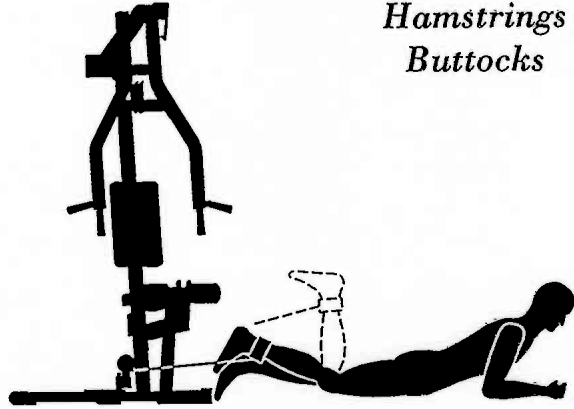
Thighs



1. Adjust the seat to the desired position.
2. Hook 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.

LYING LEG CURL

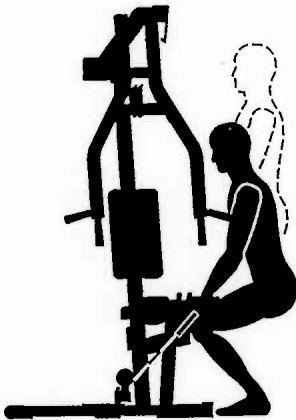
*Hamstrings
Buttocks*



1. Lay in front of swivel pulley resting on your elbows, keeping your back straight.
2. Attach cuff to your ankle.
3. Start with your leg straight then curl leg up towards your buttocks.
4. Slowly return to the starting position.

DEAD LIFT

Thighs



1. Stand facing the swivel pulley.
2. Grip handles and squat with your back straight and your knees bent 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.

HACK SQUAT

*Hamstrings
Buttocks
Thighs*



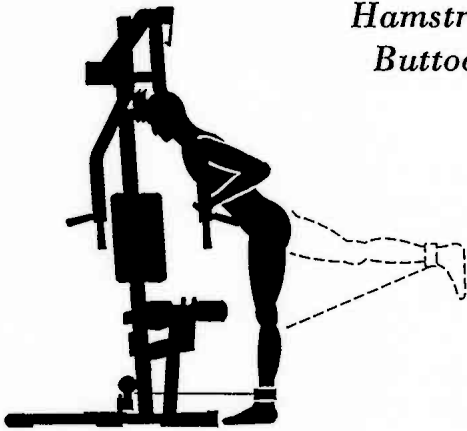
1. With your back to the swivel pulley, grip handles bending at the knees. Do not go past 90 degrees.
2. Keeping your back straight stand straight up but do not lock out knees at the top of the movement.
3. Slowly return to the starting position.

ASSEMBLY INSTRUCTIONS

EXERCISE DESCRIPTIONS

GLUTE KICK

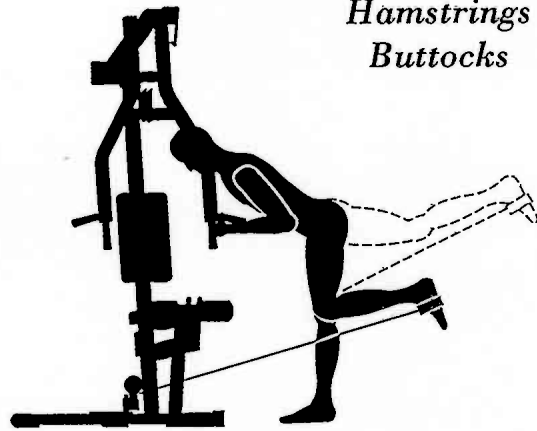
*Hamstrings
Buttocks*



1. Attach cuff to your ankle, angle your upper body forward using the press arm for balance.
2. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
3. Contract the buttocks at the peak of movement then slowly lower your leg to the starting position.

DONKEY KICK

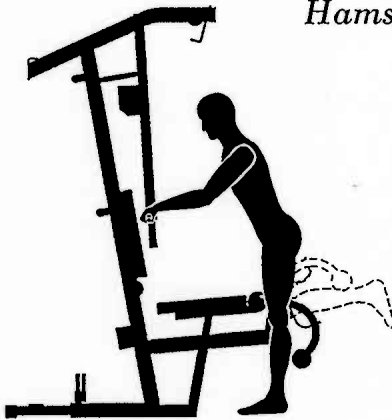
*Hamstrings
Buttocks*



1. Loop the padded cuff under your foot, angle your upper body forward using the press arm for balance.
2. Slowly raise your foot backwards and up as far as possible as shown.
3. Slowly return to the starting position.

STANDING LEG CURL

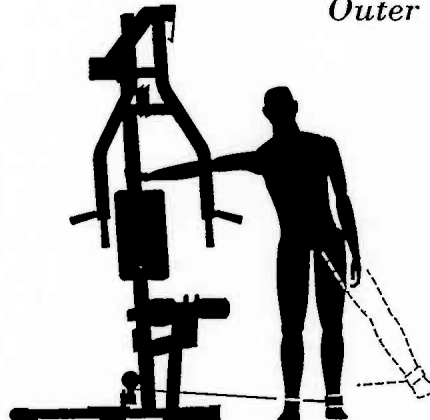
Hamstrings



1. Stand facing the machine, adjust the seat so that the roller pad hits 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

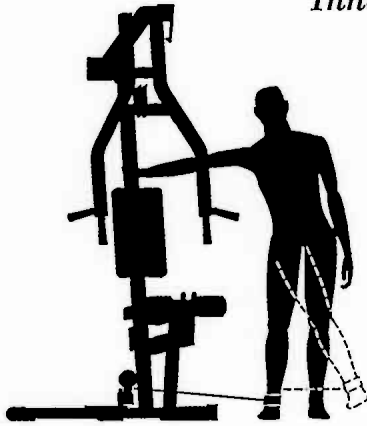


1. Stand sideways to the swivel pulley.
2. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the main upright.
3. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
4. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

INNER THIGH

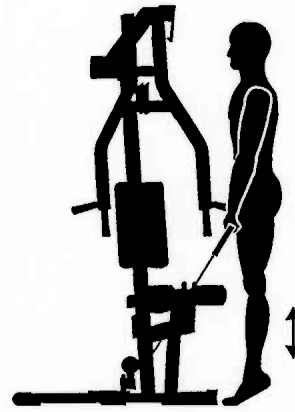
Inner Thigh



1. Stand sideways to the swivel pulley.
2. Attach cuff to the leg closest to the pulley. Balance yourself by holding the press arm.
3. Slowly scissors your leg across your body keeping your body straight.
4. Slowly return to the starting position.

STANDING CALF RAISE

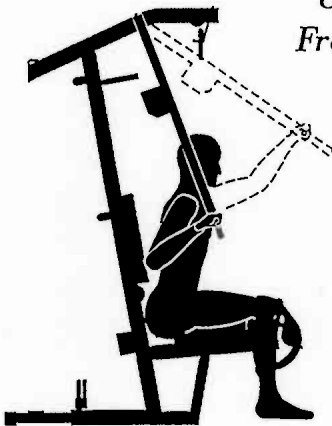
Calves



1. Grip handles then stand facing the swivel pulley with your feet together.
2. Keeping your knees in a locked position and your weight on the balls of your feet, raise up as far as possible.
3. Slowly return to the starting position.

INCLINE PRESS

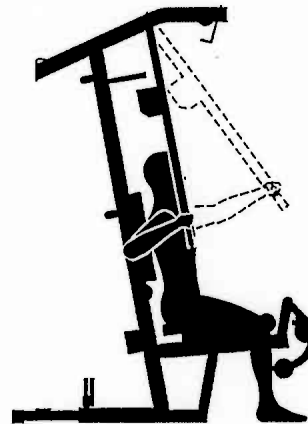
*Upper Chest
Front Shoulder*



1. Sit with your buttocks against the back pad, Grip the handles at chest height and lean forward slightly.
2. Press arms forward until your arms are fully extended.
3. Slowly return to the starting position.

VERTICAL BENCH PRESS

*Chest
Shoulders
Triceps*

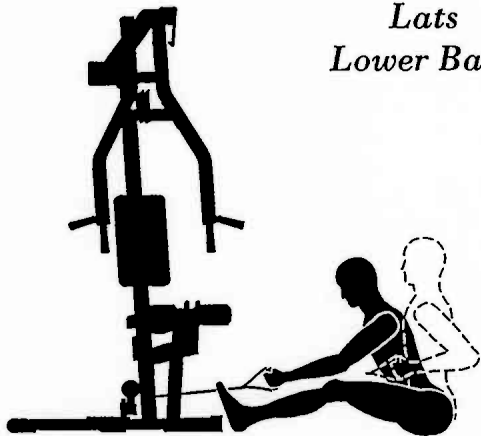


1. Sit upright with your back supported by the back pad.
2. Grip handles at chest height.
3. Press handles forward until your arms are fully extended.
4. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

LOW ROW

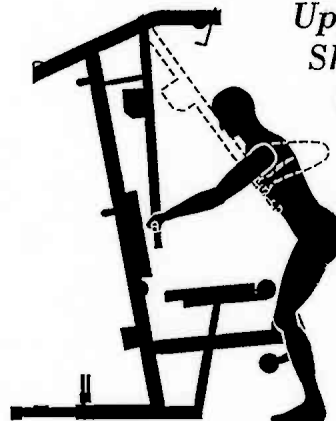
*Lats
Lower Back*



1. Sit facing the swivel pulley with your legs slightly bent. Keep them bent during the exercise.
2. Sit erect and pull your hands towards your upper abdominal area just below the chest. Do not lean back as you complete the movement.
3. Slowly return to the starting position.

STANDING ROW

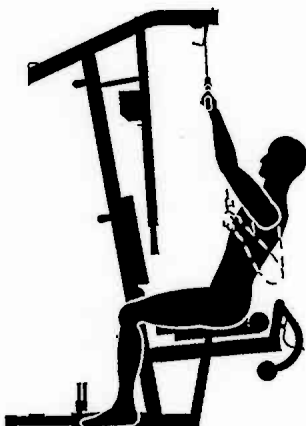
*Upper Back
Shoulders
Biceps*



1. Adjust the seat pad to hit just above mid thigh.
2. Stand with a slight bend in your knees and waist.
3. Grip handles and pull press arm towards you.
4. Slowly return to the starting position.

LAT PULLDOWN (FRONT)

*Lats
Traps*



1. Sit facing the machine with your knees locked under the roller pads.
2. Place 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 to the starting position.

REVERSE LAT PULLDOWN

*Upper Back
Biceps*



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

ASSEMBLY INSTRUCTIONS

EXERCISE DESCRIPTIONS

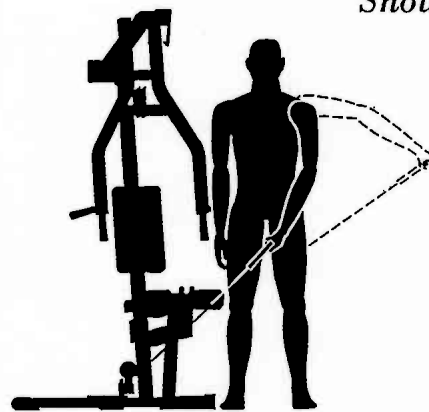
LAT PULLDOWN (REAR)



*Lats
Traps*

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

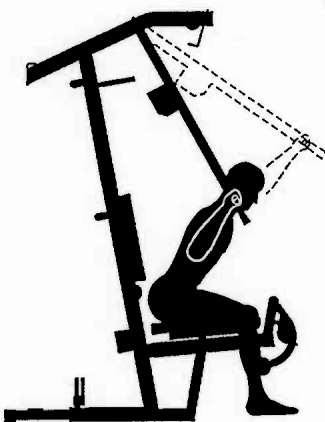
LATERAL DELTOID



Shoulder

1. Stand sideways to the swivel pulley and grip the handle with the hand furthest away from the machine.
2. Raise arm laterally, keeping elbow locked, until your arm is parallel to the floor.
3. Slowly return to the starting position.

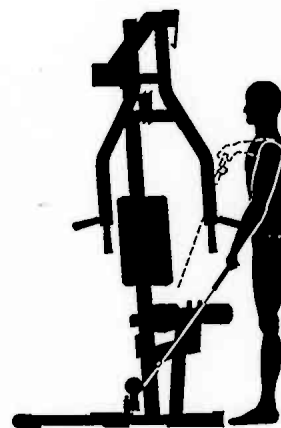
SHOULDER PRESS



*Shoulders
Triceps*

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

UPRIGHT ROW

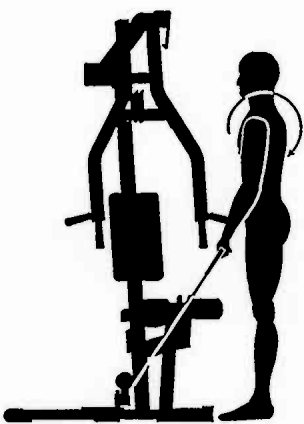


*Traps
Shoulders*

1. Stand facing the swivel pulley and grip handles with your palms down and your hands 4" to 6" apart.
2. Stand erect with feet shoulder width apart and hands at thighs.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

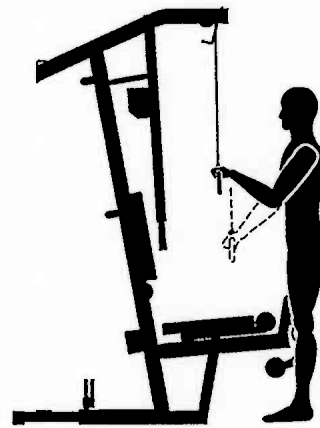
SHOULDER SHRUG



*Traps
Shoulders*

1. Stand facing the swivel pulley with your legs spread comfortably apart.
2. Grip handles overhand with hands 6" to 8" apart.
3. Slowly rotate shoulders up and then back around in a circular motion.

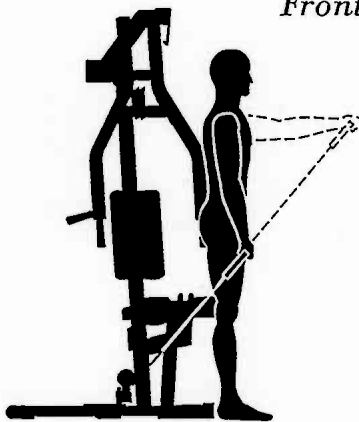
TRICEPS PUSHDOWN



Triceps

1. Stand facing the machine with your legs resting against the upper roller pads.
2. Grip the lat bar with your hands 6" to 8" apart.
3. Keeping your arms tight against your body push the bar down slowly.
4. Slowly return to the starting position.

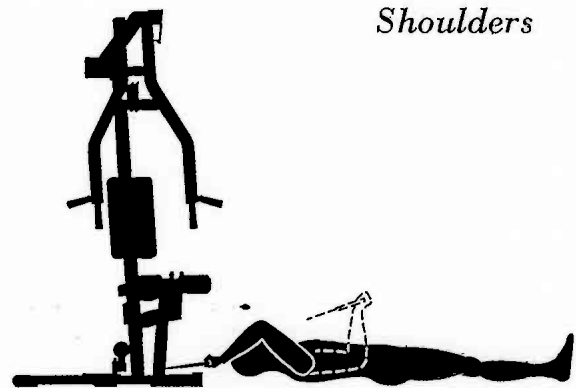
FRONTAL DELTOID RAISE



Frontal Delt

1. With your back to the swivel pulley grip handle overhand.
2. Raise arm upward, keeping your arm straight until it is parallel to the floor.
3. Slowly return your arm to the starting position.

LYING PULLOVER



*Chest
Shoulders*

1. Lie on your back with your head towards the swivel pulley.
2. Grip handles 6" to 8" apart, with arms bent over your head.
3. Arc arms forward keeping them bent.
4. Slowly return to the starting position.

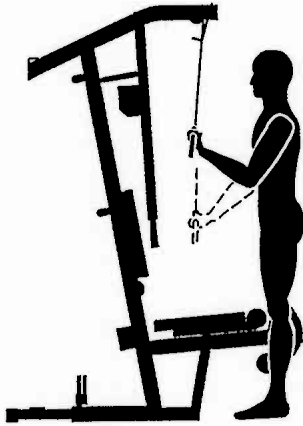
ASSEMBLY

INSTRUCTIONS

EXERCISE DESCRIPTIONS

REVERSE TRICEPS PUSHDOWN

*Triceps
Outer Forearm*



1. Stand facing the machine with your legs resting against the upper roller pads.
2. Grip the lat bar with your hands 6" to 8" apart and your palms facing up.
3. Keeping your arms tight against your body pull the bar down slowly.
4. Slowly return to the starting position.

STANDING CURL

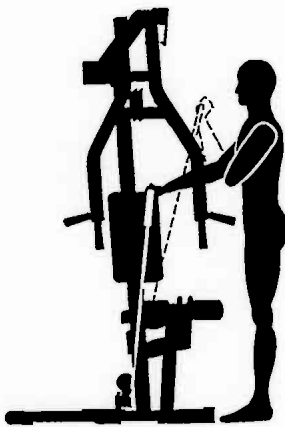
Biceps



1. Stand facing the swivel pulley gripping the handles underhand about 6" to 8" apart.
2. Curl arms upward slowly.
3. Slowly return to the starting position.

ONE ARM STANDING CURL

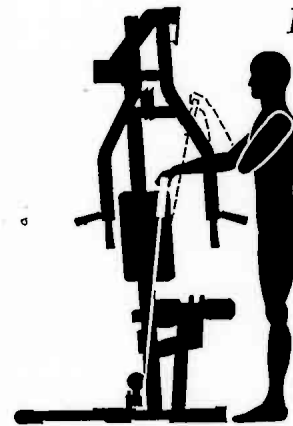
Biceps



1. Stand facing the swiveling pulley gripping the handle underhand. Use your other arm to support the arm being exercised.
2. Curl arm upwards slowly.
3. Slowly return to the starting position.

ONE ARM REVERSE STANDING CURL

*Biceps
Inner Forearm*



1. Stand facing the swivel pulley gripping the handle overhand. Use your other arm to support the arm being exercised.
2. Curl arm upwards slowly.
3. Slowly return to the starting position.

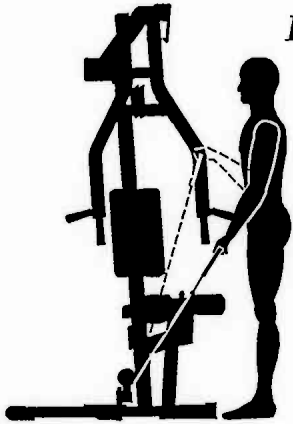
ASSEMBLY

INSTRUCTIONS

EXERCISE DESCRIPTIONS

REVERSE STANDING CURL

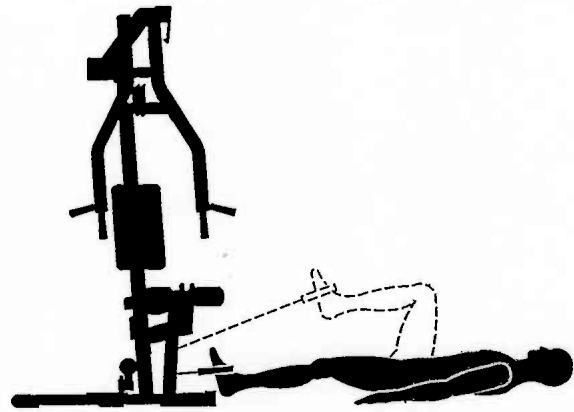
*Biceps
Inner Forearm*



1. Stand facing the swivel pulley gripping the handles overhand about 6" to 8" apart.
2. Curl arms upward slowly.
3. Slowly return to the starting position.

LYING KNEE RAISE

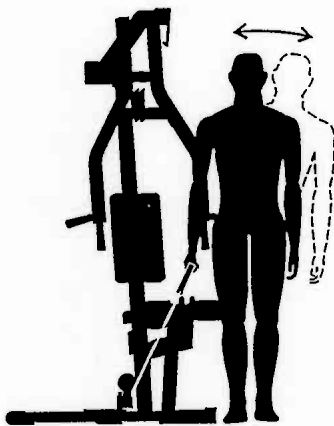
Lower Abdominal



1. Lie down on your back with your feet towards the swivel pulley.
2. Loop the padded cuff over the top of your foot, keep foot straight up throughout the movement.
3. Pull your leg up bringing your knee to your chest.
4. Slowly return to the starting position.

SIDE BENDS

Obliques



1. Stand sideways to the swivel and grip the handle with the hand closest to the machine.
2. Keep arm straight while crunching your upper body over and away from the machine.
3. Slowly return to the starting position.

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 dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.

Decals:

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

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Cables:

- * Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.
- * Visually inspect the cable for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.
- * Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.

ASSEMBLY

INSTRUCTIONS

Continued: GENERAL MAINTENANCE INFORMATION

Cable Tension:

* Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.

* Check slack in cables and readjust cable tension if needed.

Seat Sleeves, Turcite Bushings:

* Wipe down adjusting tubes with a dust free rag before applying lubricant.

* Lubricate seat sleeves and turcite bushings 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.

PLEASE KEEP THIS FOR YOUR RECORDS.

ASSEMBLY INSTRUCTIONS

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
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