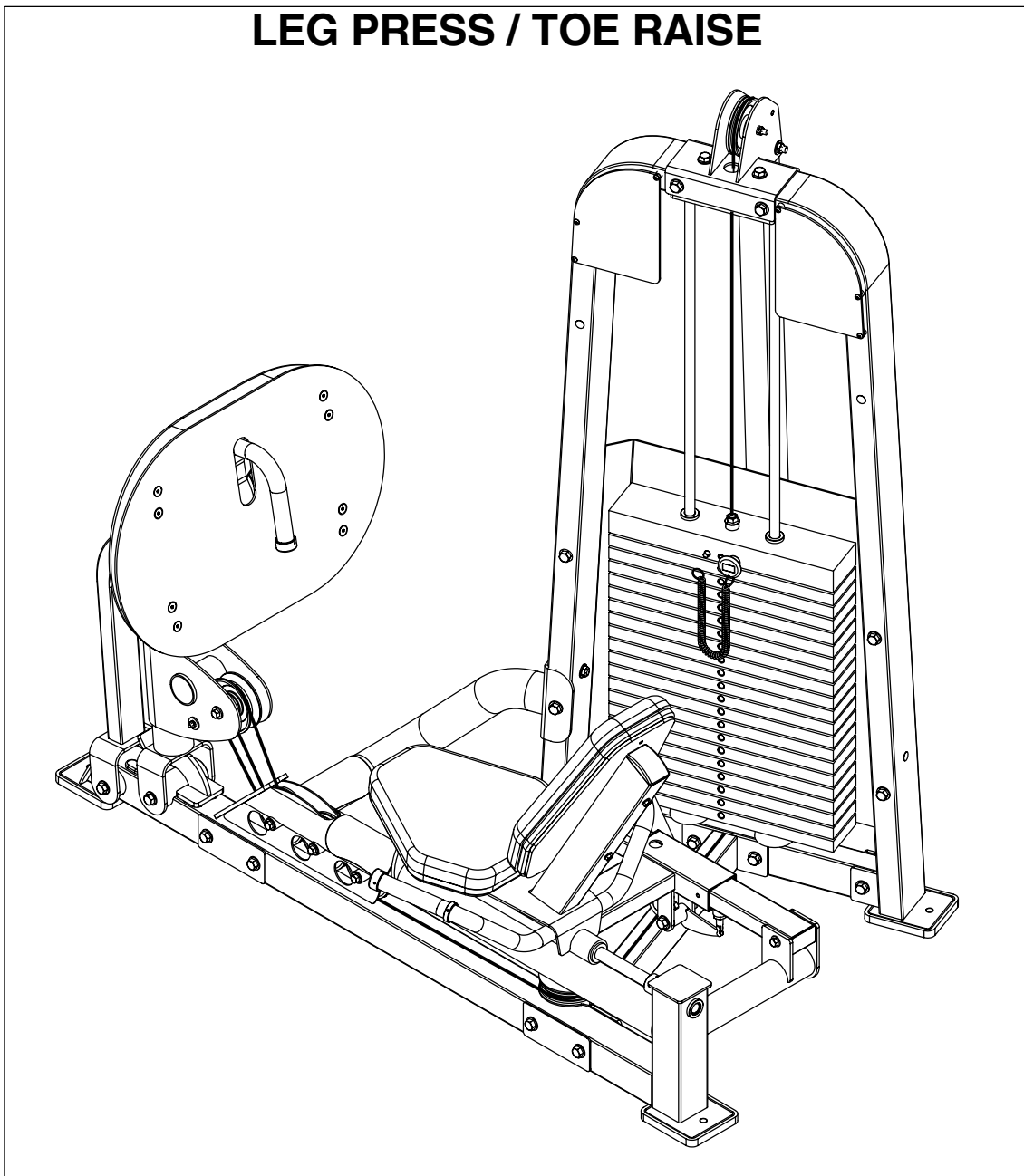


# OWNER'S MANUAL

# HOIST

## HD1610 LEG PRESS / TOE RAISE



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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

# OWNER'S MANUAL

## CONTENTS

INSTRUCTIONS .....	02
FRAME ASSEMBLY .....	04
PRE-ASSEMBLY.....	17
DECAL PLACEMENT.....	18
DECAL REFERENCE.....	20
PART LIST.....	23
ABBREVIATIONS.....	26
BOLT SIZING CHART.....	27
WASHER SIZING CHART.....	29
MAINTENANCE SCHEDULE.....	31
GENERAL MAINTENANCE INFORMATION.....	32
WEIGHT TRAINING TIPS.....	34
WEIGHT RATIOS.....	35
EXERCISE LOG.....	36
LIMITED WARRANTY.....	37

# OWNER'S MANUAL

## INSTRUCTIONS

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

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

## TOOLS REQUIRED

**Ratchet Wrench**

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

**Adjustable Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

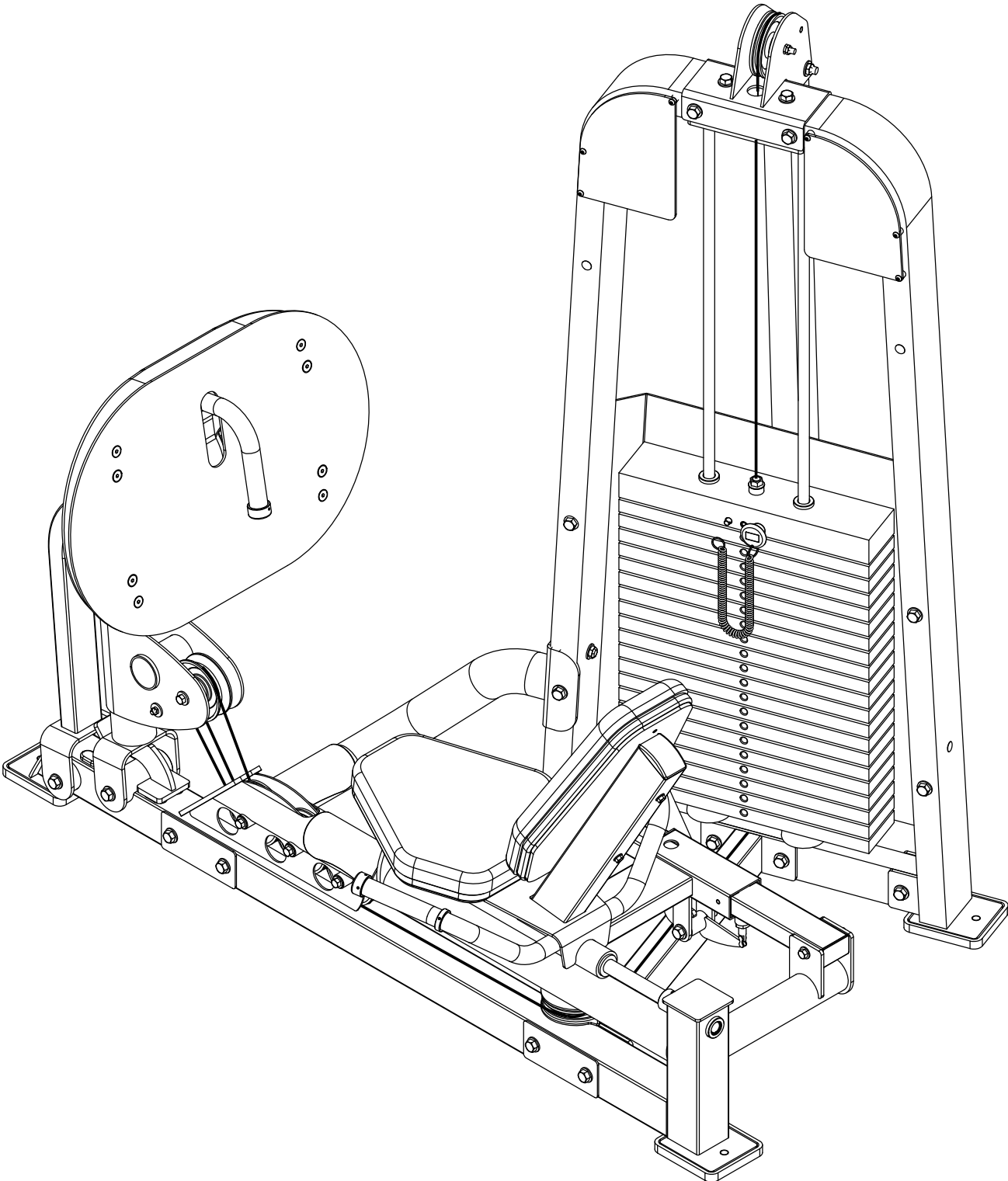
**Hex Key Wrench Set**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

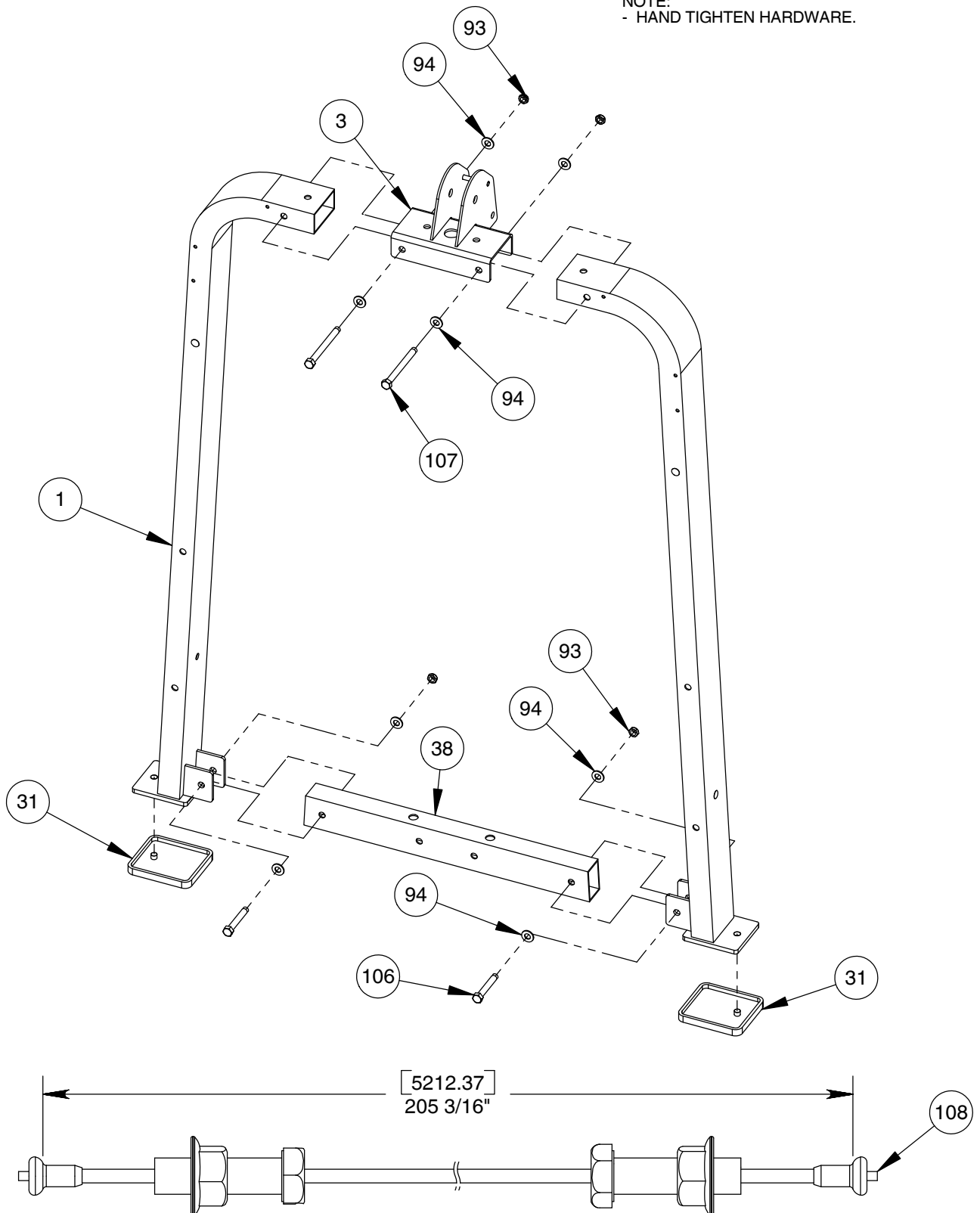
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

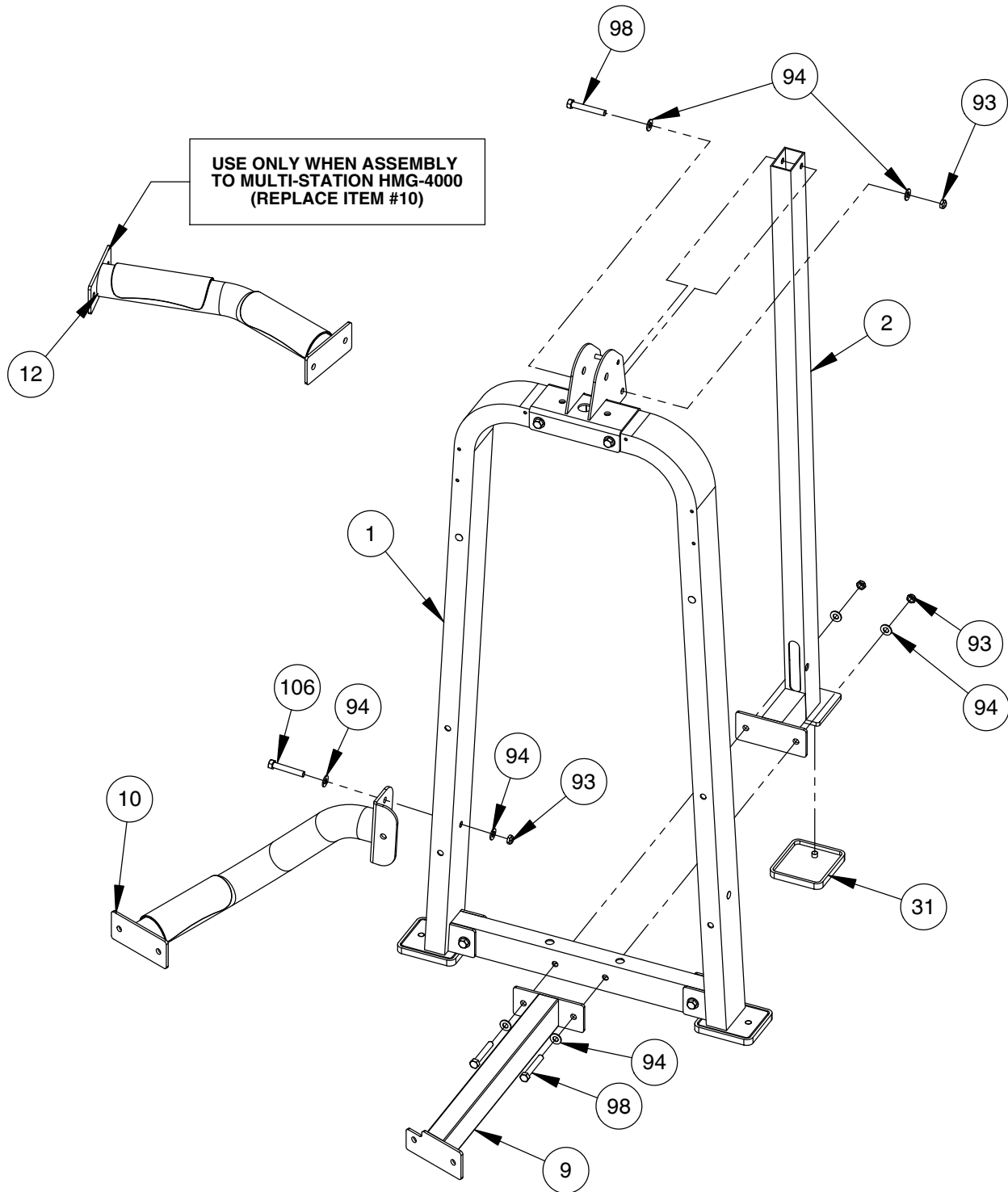
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

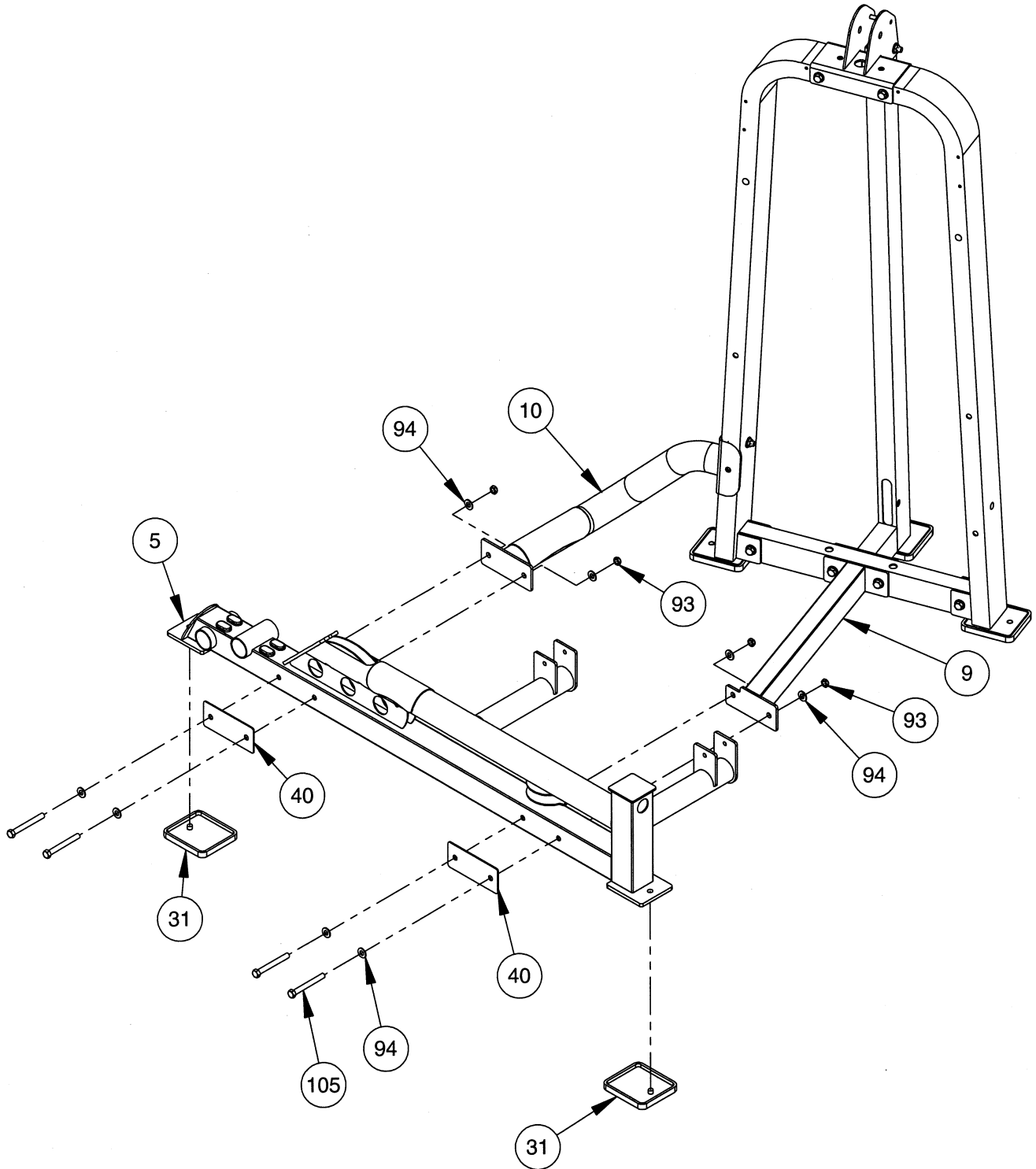
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:  
- WRENCH TIGHTEN ALL HARDWARE.  
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.

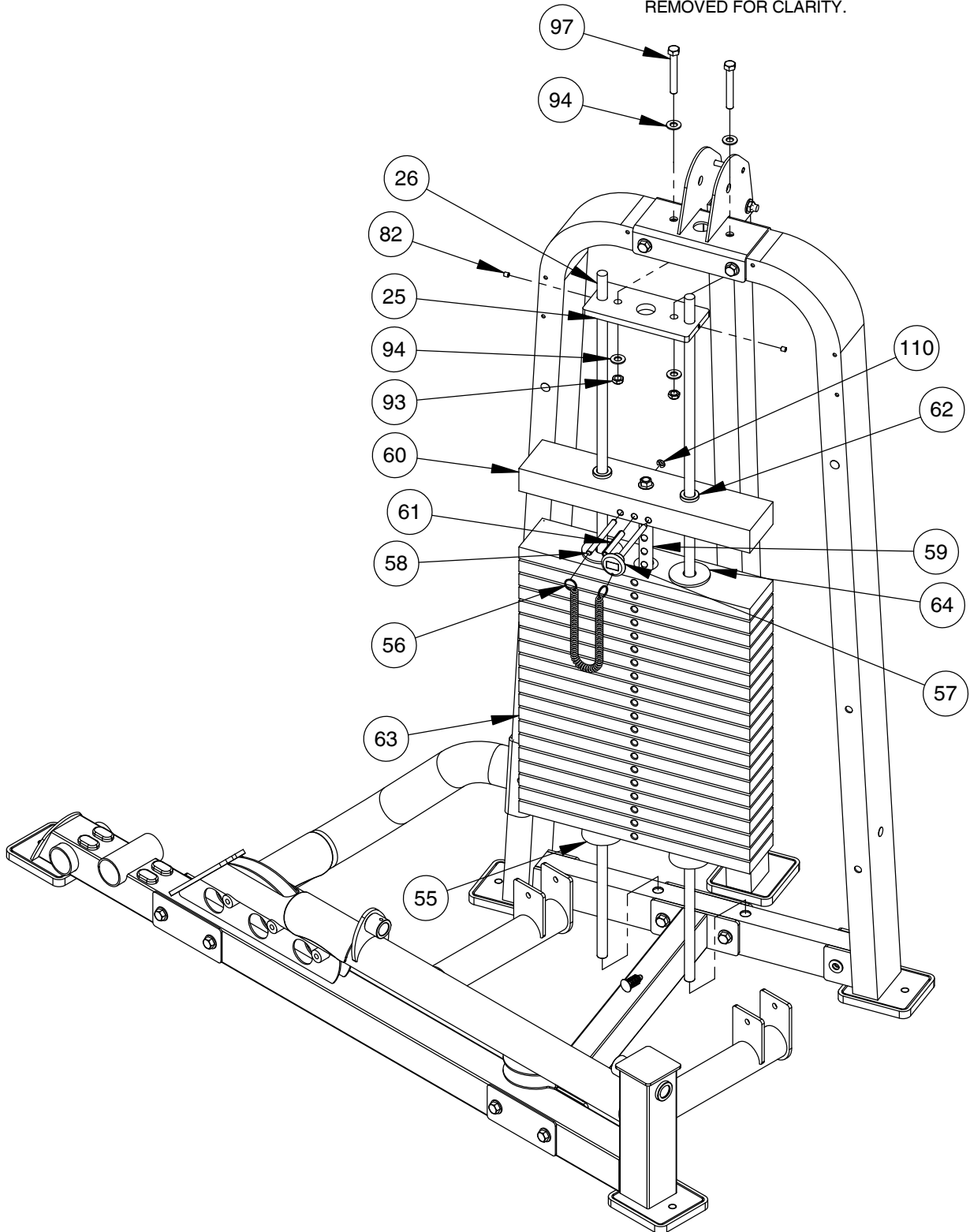




# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

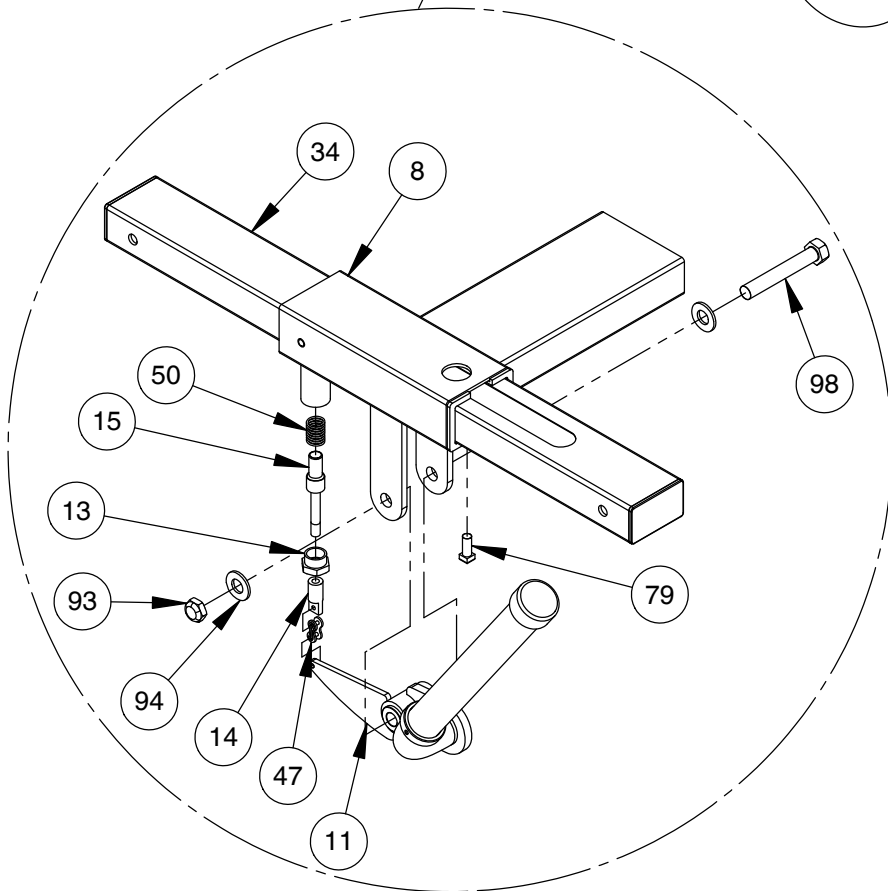
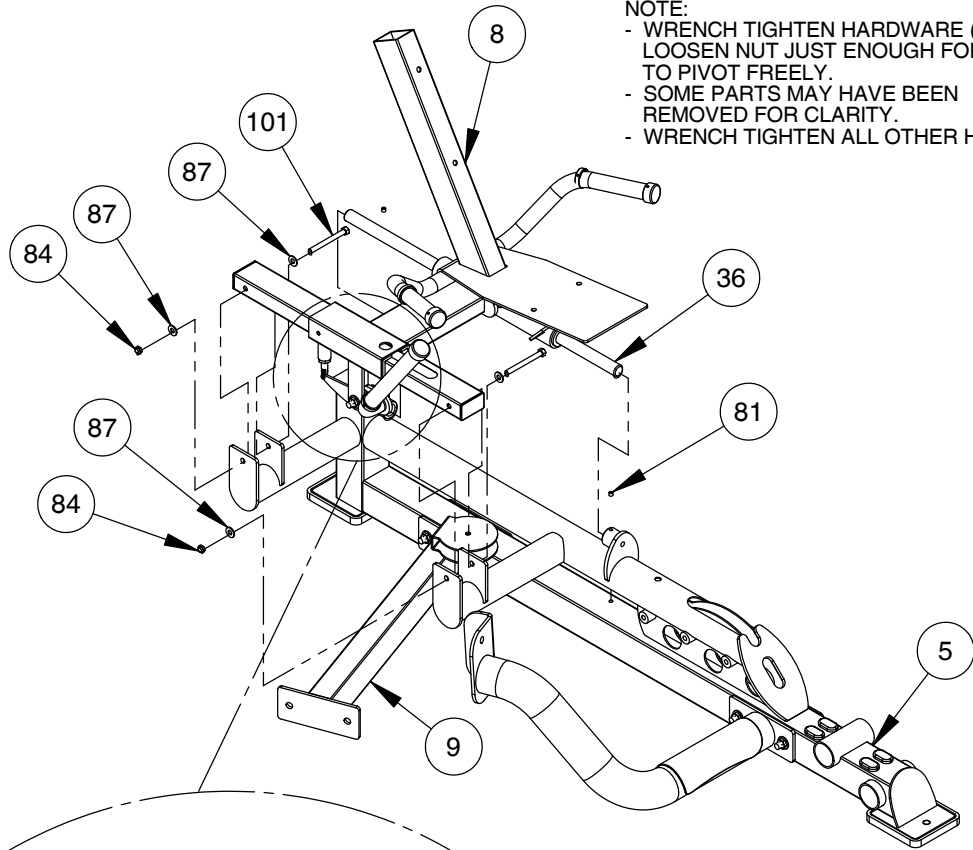


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (98) THEN LOOSEN NUT JUST ENOUGH FOR (11) TO PIVOT FREELY.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN ALL OTHER HARDWARE.

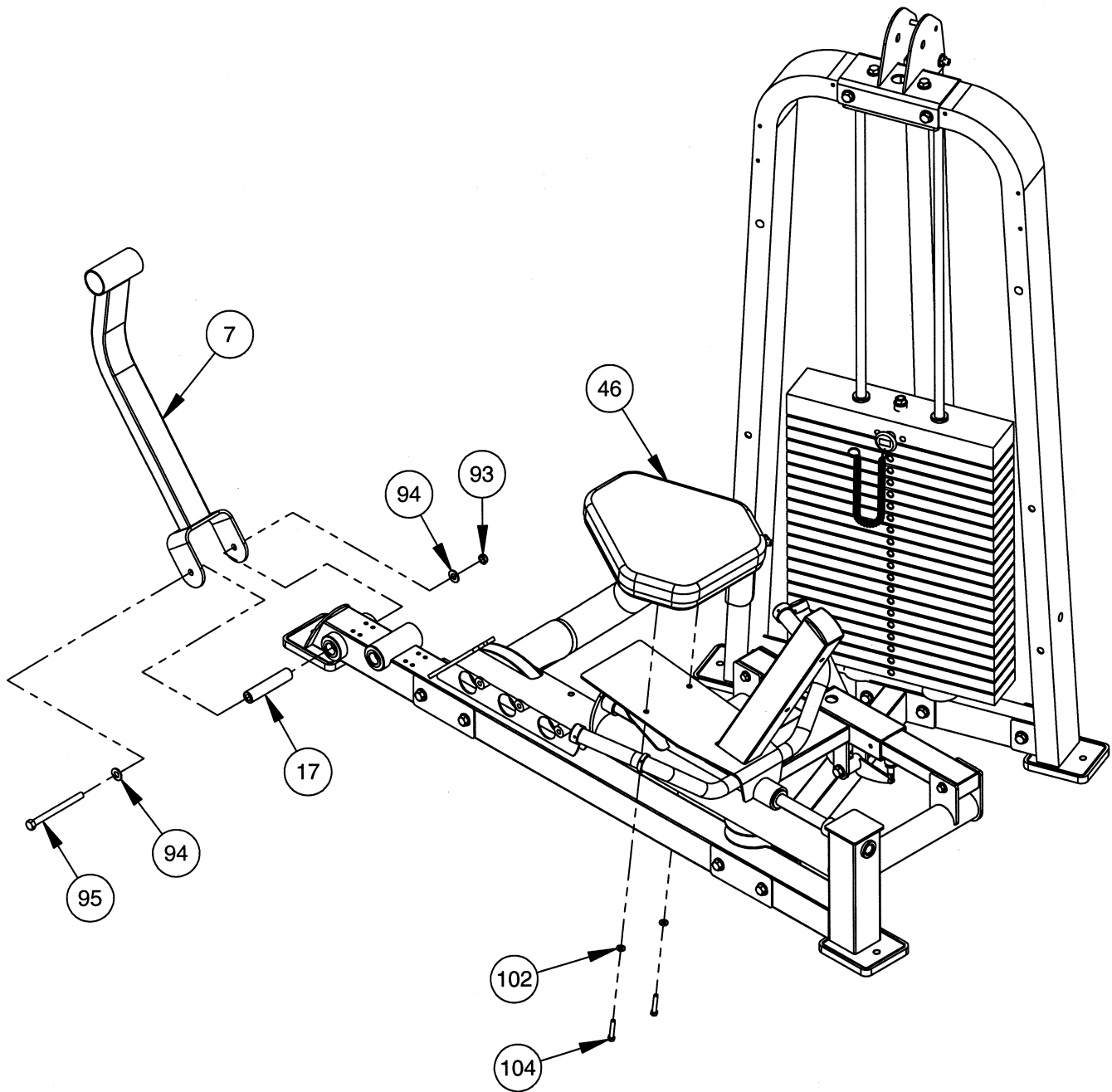


# OWNER'S MANUAL

## FRAME ASSEMBLY

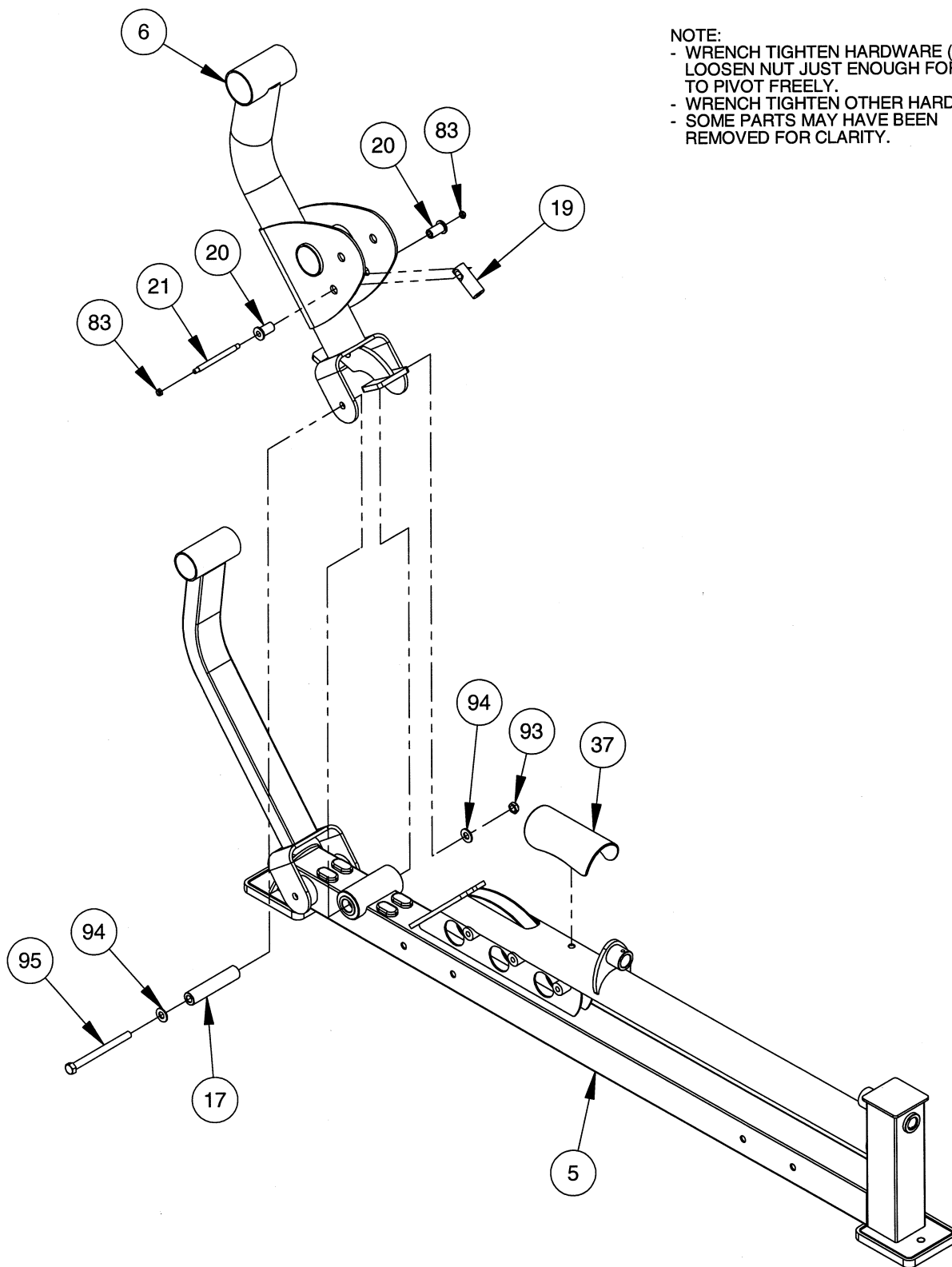
**NOTE:**

- WRENCH TIGHTEN HARDWARE (95) THEN LOOSEN NUT JUST ENOUGH FOR FOR (7) TO PIVOT FREELY.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- WRENCH TIGHTEN ALL OTHER HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

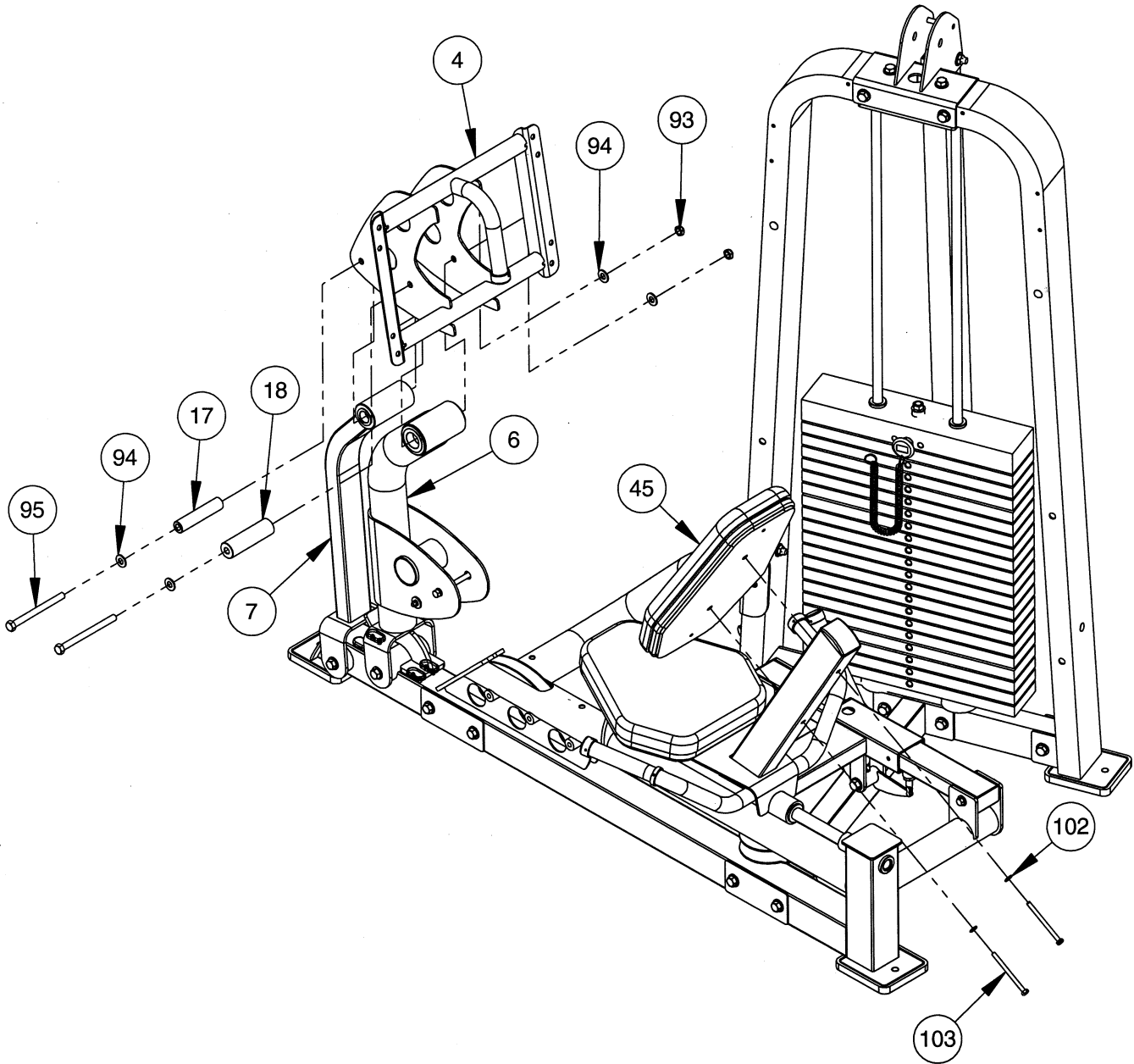


- NOTE:
- WRENCH TIGHTEN HARDWARE (95) THEN LOOSEN NUT JUST ENOUGH FOR (6) TO PIVOT FREELY.
  - WRENCH TIGHTEN OTHER HARDWARE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

# OWNER'S MANUAL

## FRAME ASSEMBLY

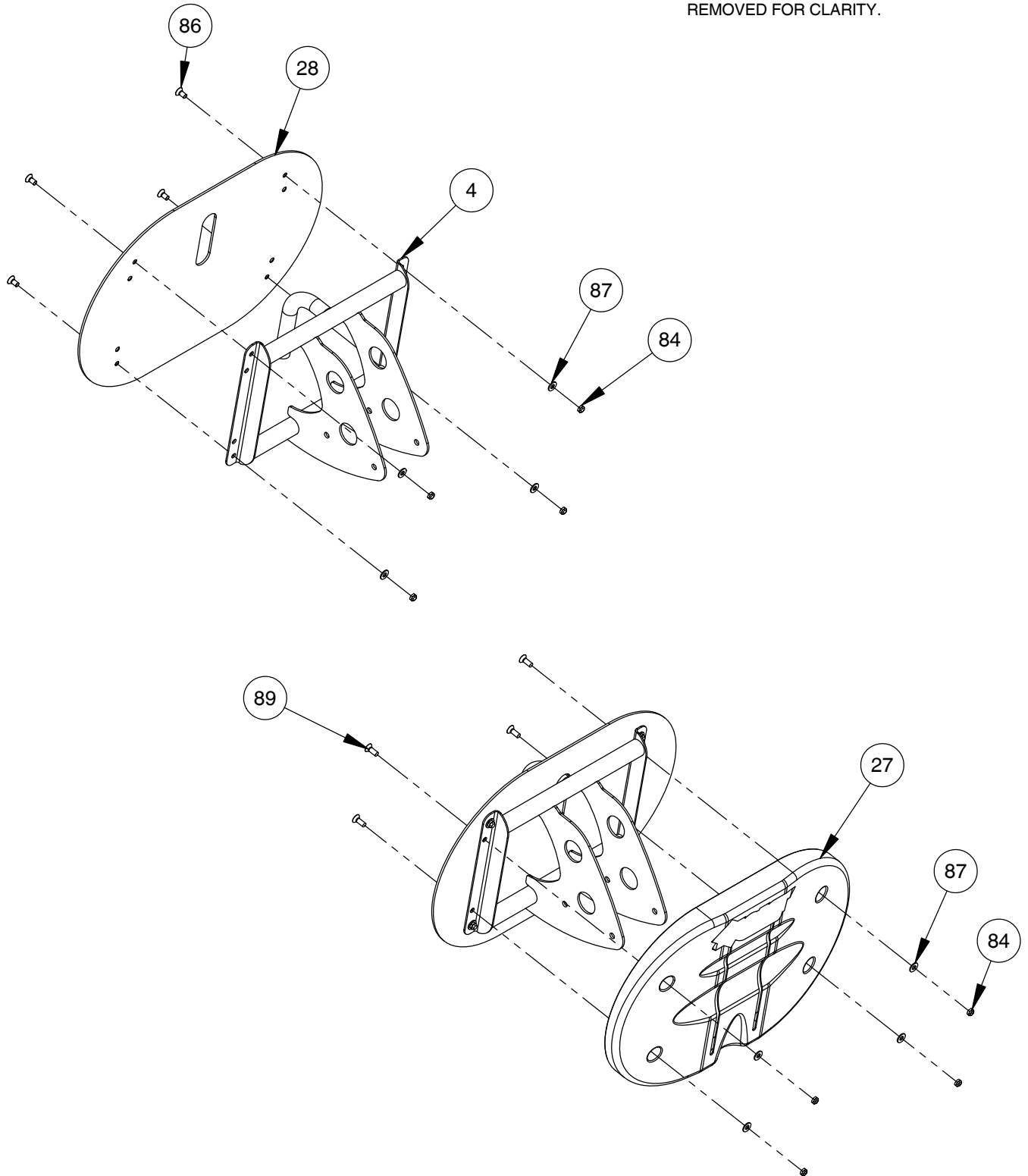
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### CABLE INSTALLATION

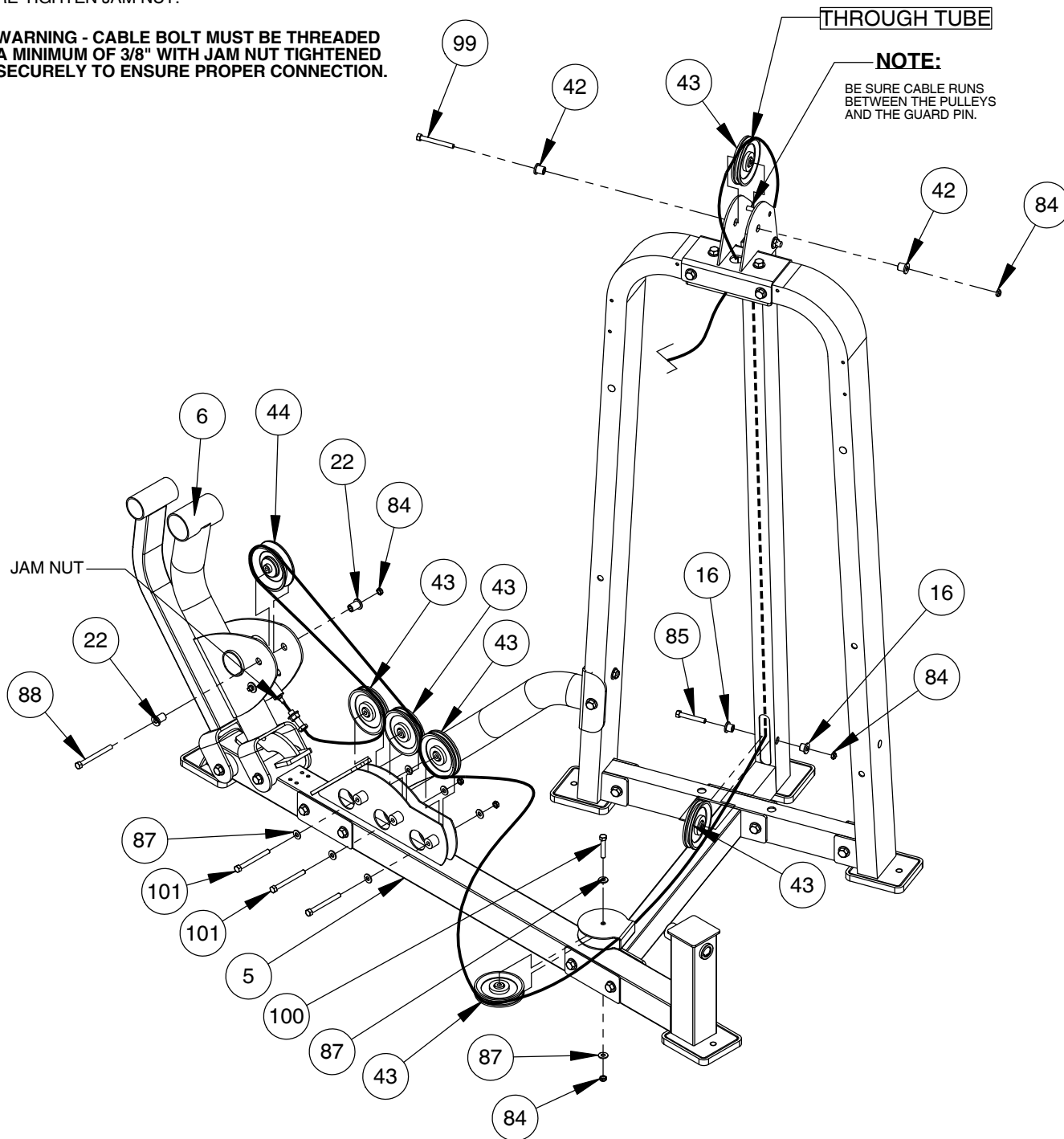
#### MAJOR ADJUSTMENT:

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

**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

#### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLES AND PULLEY AS SAME TIME.



# OWNER'S MANUAL

## FRAME ASSEMBLY

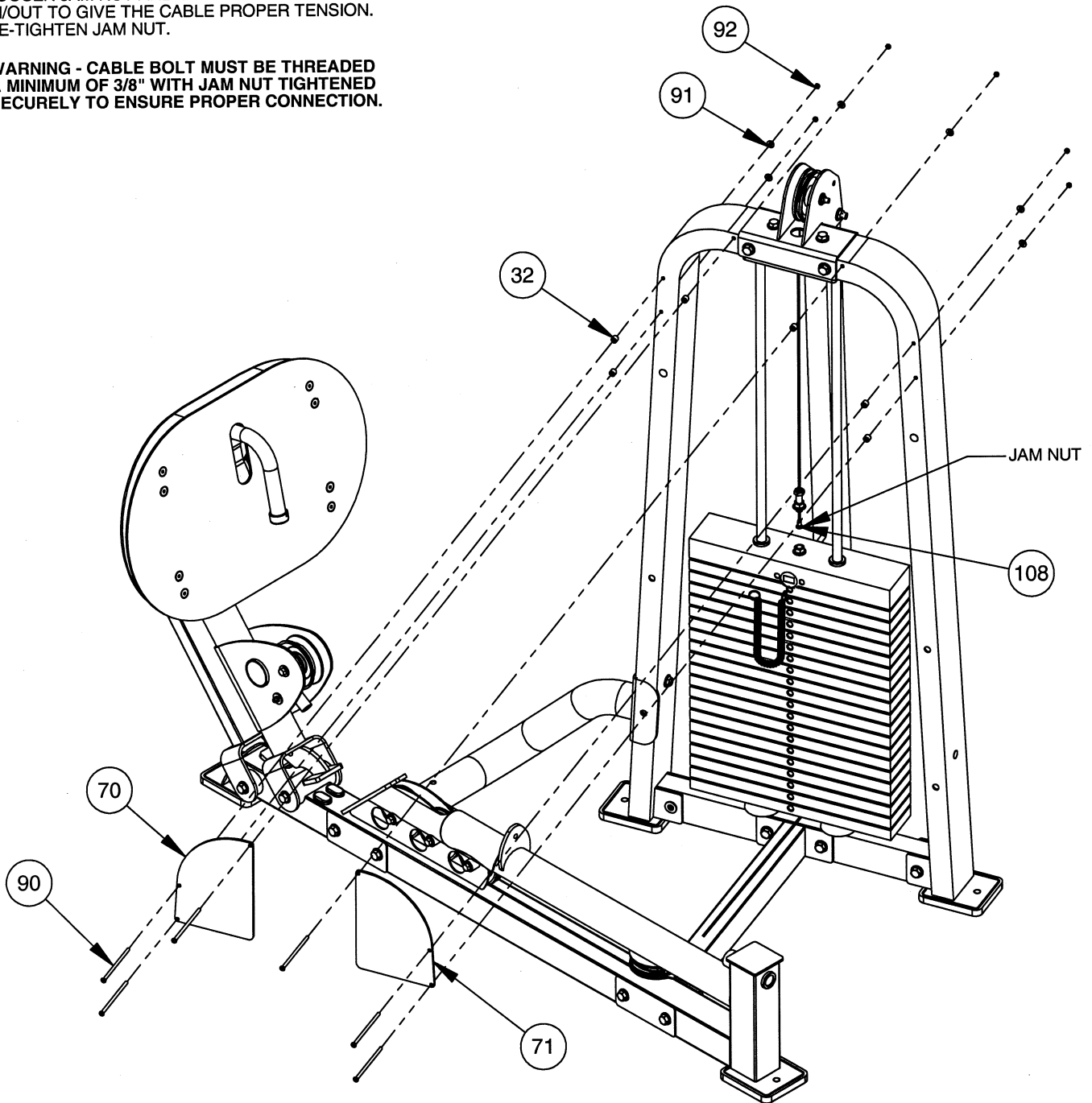
### CABLE INSTALLATION

#### MAJOR ADJUSTMENT:

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

**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
  - REPEAT ASSEMBLY FOR OPPOSITE SIDE.

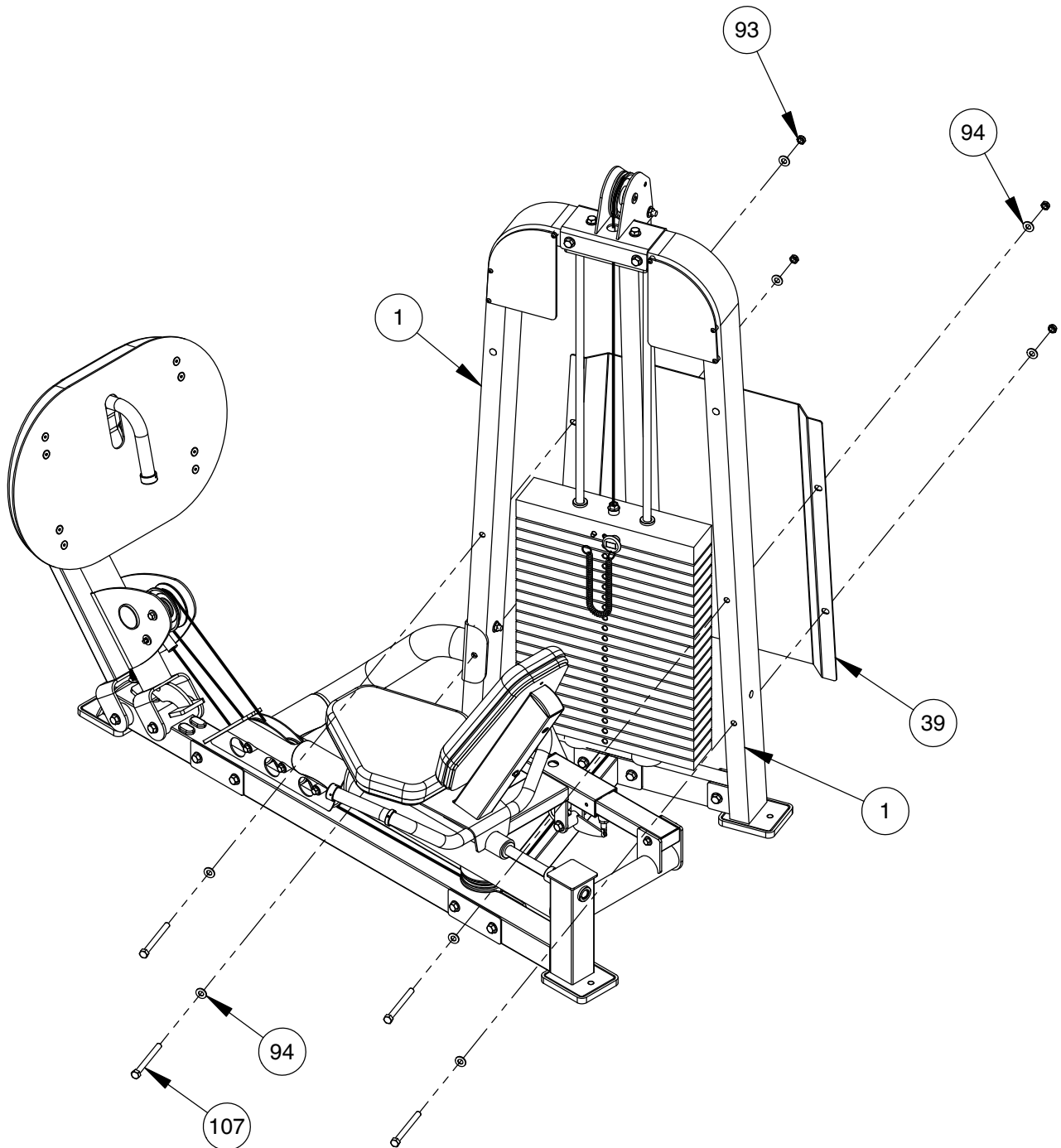




# OWNER'S MANUAL

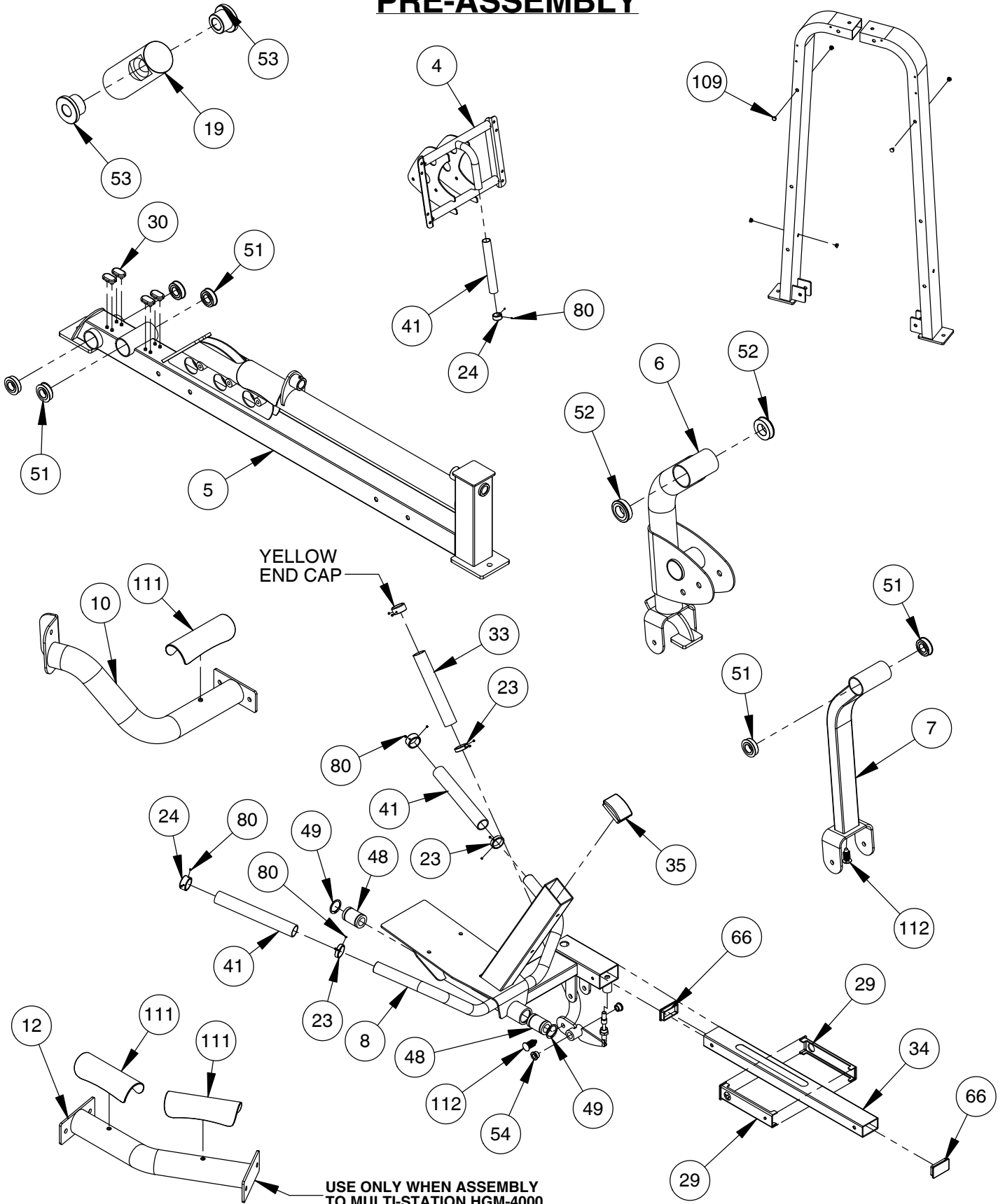
## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

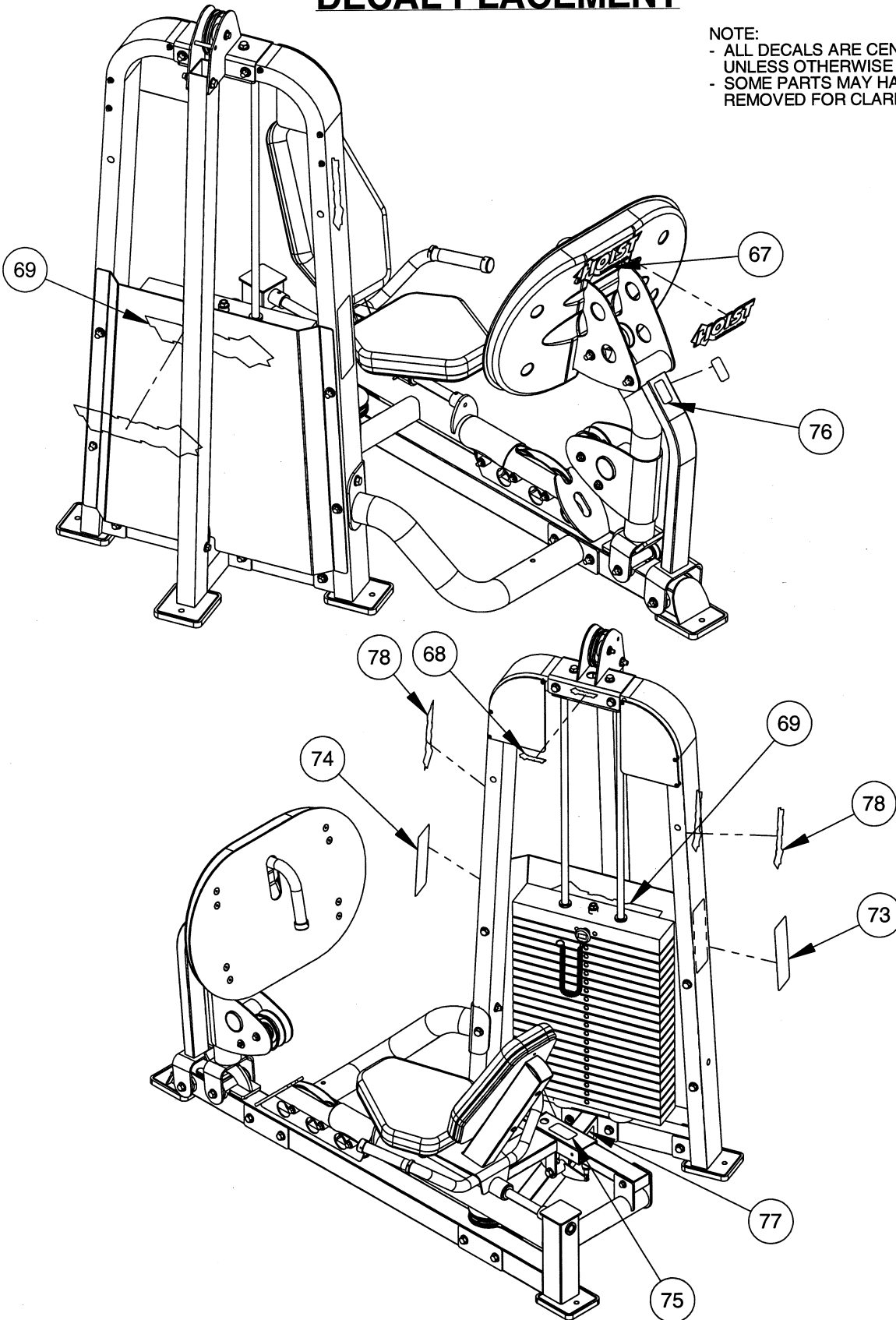
## PRE-ASSEMBLY



# OWNER'S MANUAL

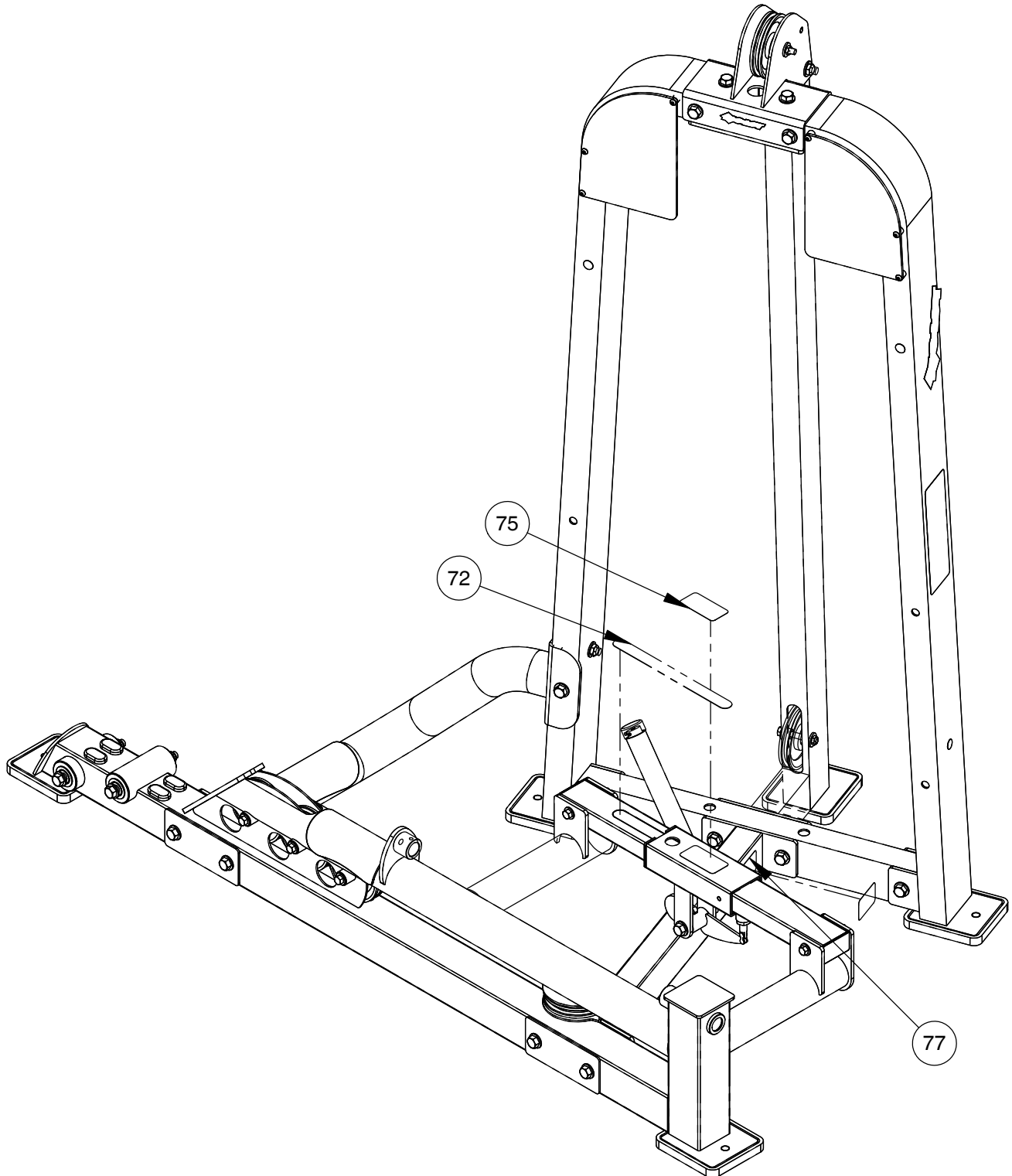
## DECAL PLACEMENT

NOTE:  
- ALL DECALS ARE CENTERED  
UNLESS OTHERWISE STATED.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL PLACEMENT

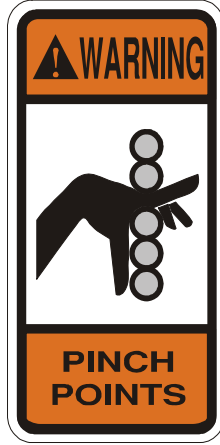


# OWNER'S MANUAL

## DECAL REFERENCE



021-0003543



021-0003113



021-0003221

**WARNING**

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

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

021-0003130

**HOIST**  
 1-800-548-5438  
 www.hoistfitness.com  
 05-01-000000

SERIAL # DECAL



021-0003254



021-0003334

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins		X			
Clean; Upholstery		X			
Inspect; Cables or Belts and their tension		X			
Inspect; Accessory Bars and Handles			X		
Inspect; All Decals			X		
Inspect; All Nuts and Bolts, Tighten if Needed			X		
Inspect; Anti-Skid Surfaces			X		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)				X	
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings				X	
Clean and Wax; All Glossy Finishes					X
Repack with Grease; Linear Bearings					X
Replace; Cables, Belts and Connecting Parts					X

021-0003131

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11

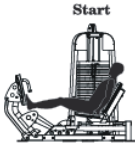
021-0003551

# OWNER'S MANUAL

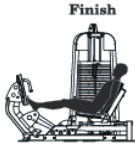
## DECAL REFERENCE

**TOE RAISE**

Start

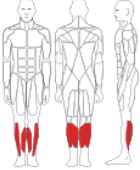


Finish



**Exercise Instructions**

- 1 Select an appropriate weight.
- 2 Adjust seat for desired positioning and place feet on the foot plate.
- 3 Push weight up on the balls of your feet.
- 4 Slowly return to the starting position.



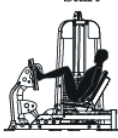
**HOIST HD1610**

021-0013313


021-0013313

**LEG PRESS**

Start

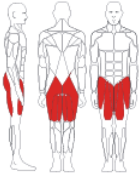


Finish



**Exercise Instructions**

- 1 Select an appropriate weight.
- 2 Adjust seat for desired positioning and place feet on the foot plate.
- 3 Slowly extend and straighten legs leaving a slight bend at the knees when fully extended.
- 4 Slowly return legs to the starting position.



SELECTED WEIGHT (LBS)	SELECTED WEIGHT (KG)
45	20
65	30
85	40
105	50
125	60
145	70
165	80
185	90
205	100
225	110
245	120
265	130
285	140
305	150
325	160
345	170
365	180
385	190
405	200
425	210
445	220

The chart above shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

**HOIST HD1610**

021-0013314

021-0013314

# OWNER'S MANUAL

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# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NUMBER	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2109	WEIGHT FRAME UPRIGHT	2
2	026-01X0865	REAR FRAME SUPPORT	1
3	026-01X0866	UPPER FRAME BRACKET	1
4	026-01X2859	FOOTPLATE MOUNT	1
5	026-01X2994	BASE ASSEMBLY	1
6	026-01X2917	RESISTANCE ARM	1
7	026-01X2919	CONTROL LINK	1
8	026-01X2995	SEAT FRAME	1
9	026-01X2992	CROSSMEMBER	1
10	026-01X3115	FRONT CROSSMEMBER	1
11	026-01X3013	ADJUSTER HANDLE	1
12	026-01X2993	CROSSMEMBER	1
13	026-01M0128-1	PULL PIN CAP	1
14	026-01M0209	PULL-PIN TO CHAIN LINK	1
15	026-01M0128-3	PULL-PIN PLUNGER	1
16	026-01M0760	HEAVY FLANGED SPACER .391" I.D. X .50" LG.	2
17	026-01M0660	SHAFT $\phi$ 1.00" X 4.69" LG.	3
18	026-01M0920	SHAFT $\phi$ 1.38" X 4.69" LG.	1
19	026-01M1103	THREADED CABLE ANCHOR	1
20	026-01M2172	1.188" HEAVY FLANGED SPACER	2
21	026-01M2266	$\phi$ .375" X 3.75" LG. CABLE ANCHOR SHAFT	1
22	026-01M2246	HEAVY FLANGED SPACER .391" I.D. X .94" LG.	2
23	026-01M0392	RING $\phi$ 1.25" ALUM.	3
24	026-01M0391	END CAP $\phi$ 1.25" ALUM.	4
25	026-01P0819	GUIDE ROD TOP PLATE	1
26	026-01G0159	GUIDE ROD	2
27	026-01PL2177	FOOTPLATE	1
28	026-01P3019	FOOTPLATE	1
29	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
30	026-01PL2005	PLUG BUMPER (2 STEM)	4
31	026-01PL0195	RUBBER FOOT PAD	5
32	026-01PL0290	WHITE SPACER	6
33	026-01PL0235-23	1.188" DIA X 8.75" OPEN END GRIP	1
34	026-01T3419	ADJUSTER TUBE	1
35	026-STD-06-0193	2.00" X 3.00" BULLNOSE END CAP (BLACK)	1
36	026-01G0215	SHAFT, $\phi$ .984" X 29.94" LG.	1
37	026-01PL2179	PLASTIC SCUFF GUARD	1
38	026-01T0545	WEIGHT STACK MOUNT	1



# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NUMBER	PART NUMBER	DESCRIPTION	QTY.
39	026-1100089	FRAME SHIELD	1
40	026-01F0294	.125" x 3.00" FLANGE	2
41	026-01PL0235-10	Ø 1.188" X 10.00" OPEN END GRIP	3
42	026-01M0532	.391" I.D. X .688" LG. HEAVY FLANGED SPACER	2
43	018-0001003	Ø 4.50" CABLE PULLEY	6
44	018-0002012	Ø 4.50" WIDE GROOVE PULLEY	1
45	022-01PD0040-A	BACK PAD	1
46	022-01PD0050-A	UPHOLSTERY PAD W-BACKING	1
47	020-0014018	MASTER LINK	1
48	014-0007007	Ø 25mm LINEAR BEARING	2
49	014-0015005	40mm SNAP RING	2
50	020-0011009	SPRING	1
51	014-0009007	Ø 1.00" I.D. FLANGED BALL BEARING	6
52	014-0012010	Ø 1.386" FLANGED BEARING	2
53	014-0101020	Ø .38" I.D. x .50" OILITE BUSHING	2
54	014-0101002	FLANGED OILITE .75" O.D X .50" I.D X .38" LG.	2
55	019-0001005	WEIGHT STACK BUMPER	2
56	010-0008001	LANYARD COIL	1
57	026-01X2856	WEIGHT SELECTOR PIN	1
58	026-01m0727	LANYARD PIN (2x4 TOP WEIGHT)	1
59	026-01W0110	21 HOLE WEIGHT STEM	1
60	026-01W0322	40 LB TOP WEIGHT PLATE	1
61	030-0303006	Ø 7/16" X 3.00" LG. ROLL PIN	1
62	026-01PL0134	GUIDE ROD BUSHING	2
63	026-01W0104	20 LB INTERMEDIATE WEIGHT PLATE	20
64	026-01W0122	WEIGHT PLATE BUSHING	40
65	014-0015015	INTERNAL SNAP RING-1.00" HSG	1
66	016-0001003	END CAP 1.50" X 2.50" (BLACK)	2
67	021-0018022	HOISTFITNESS.COM LOGO	1
68	021-0003254	DECAL HOIST .092" X 3.38"	1
69	021-0003334	DECAL HOIST 3.90" X 14.25"	2
70	021-0013313	HD1610 PLACARD (LEFT)	1
71	021-0013314	HD1610 PLACARD (RIGHT)	1
72	021-0003551	DECAL ADJUST 1-11 DECAL VERTICAL TXT.	1
73	021-0003130	WARNING DECAL 3.00" X 8.50"	1
74	021-0003131	COMMERCIAL MAINTENCE DECAL	1
75	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	1
76	021-0003543	DECAL MOVING PARTS (VERTICAL)	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NUMBER	PART NUMBER	DESCRIPTION	QTY.
77	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
78	021-0003221	DECAL HOIST 2.50" X 9.13"	2
79	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
80	011-0311005	10-32 X 1/8" SET SCREW	14
81	011-0311003	SET SCREW: 5/16-18 X 1/4" LG.	2
82	011-0311012	SET SCREW: CUP POINT 5/16-18 X 5/16" LG.	2
83	012-0102006	5/16"-18UNC THICK NYLOCK NUT (WZ)	2
84	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	17
85	011-0107032	3/8"-16UNC X 2.50" HHB (WZ)	1
86	011-0002032	3/8"-16UNC X .75" FHCS (WZ)	4
87	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	20
88	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)	1
89	011-0102023	3/8"-16UNC X 1.00" FHCS (WZ)	4
90	011-0101074	1/4-20 UNC X 5.00" BHCS (WZ)	6
91	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	6
92	012-0104009	1/4"-20 UNC THIN NYLOCK NUT (WZ)	6
93	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	23
94	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	46
95	011-0107036	1/2"-13UNC X 5.75" HHB (WZ)	4
96	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	3
97	011-0407000	1/2"-13UNC X 3.50" HHB (WZ)	2
98	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
99	011-0407059	3/8"-16UNC X 3.25" HHB (WZ)	1
100	011-0407058	3/8"-16UNC X 2.00" HHB (WZ)	1
101	011-0107018	3/8"-16UNC X 3.75" HHB (WZ)	5
102	013-0302008	5/16" SAE FLAT WASHER (WZ)	4
103	011-0107028	5/16"-18UNC X 4.00" HHB (WZ)	2
104	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	2
105	011-0107038	1/2"-13UNC X 4.25" HHB (WZ)	4
106	011-0107030	1/2"-13UNC X 3.00" HHB (WZ)	3
107	011-0407024	1/2"-13UNC X 5.00" HHB (WZ)	3
108	010-01C0371	CABLE ASSEMBLY HD1610 - 205 3/16"LG.	1
109	026-STD-06-0329-BLK	∅.4800" PLASTIC BUSHING	6
110	014-0015009	.375" E-CLIP	1
111	026-01PL2196	PLASTIC SCUFF GUARD 9.05" LG.	3
112	026-01PL2200	PINETREE PLUG	2

# OWNER'S MANUAL

## ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

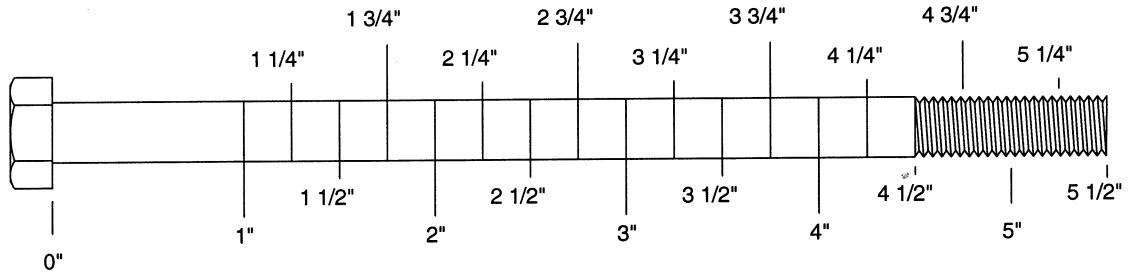
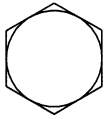
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

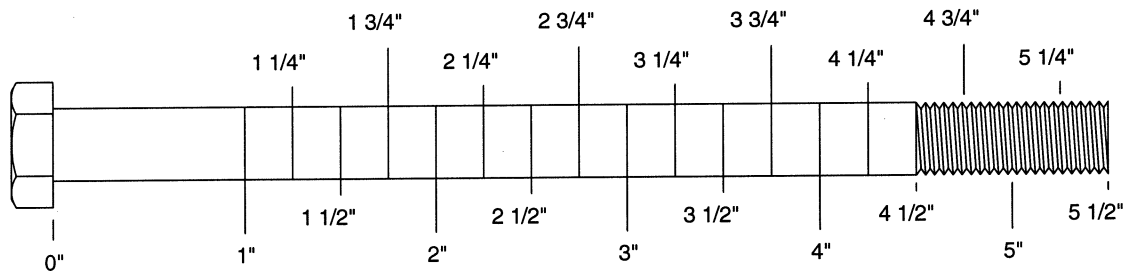
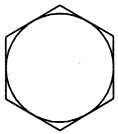
# OWNER'S MANUAL

## BOLT SIZING CHART

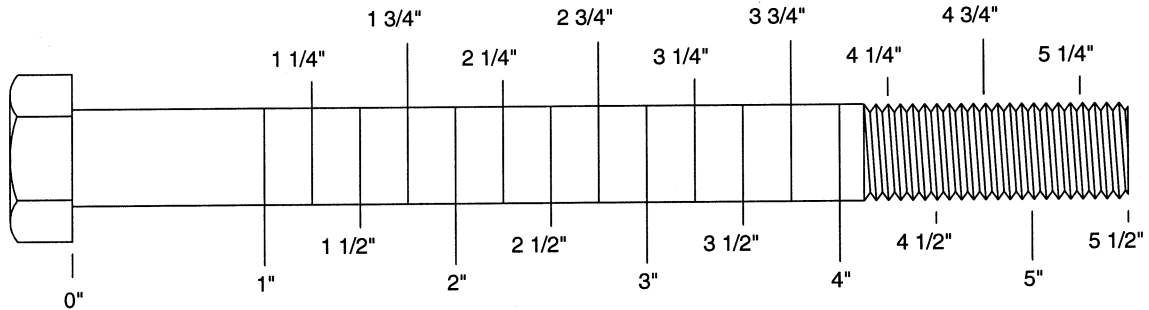
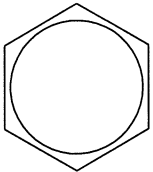
5/16" HHB



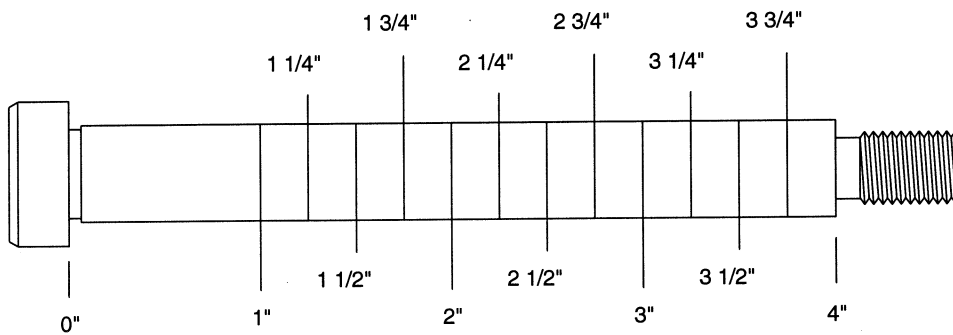
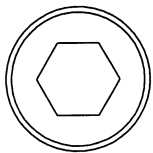
3/8" HHB



1/2" HHB

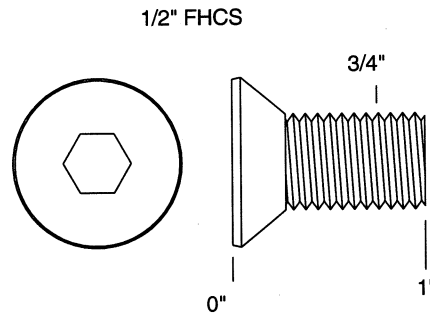
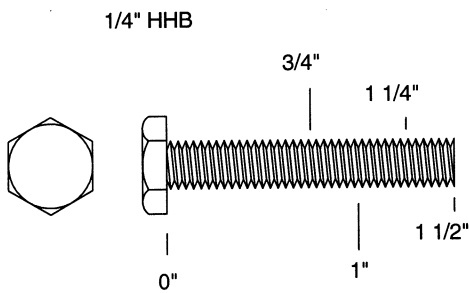
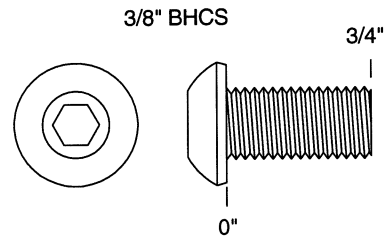
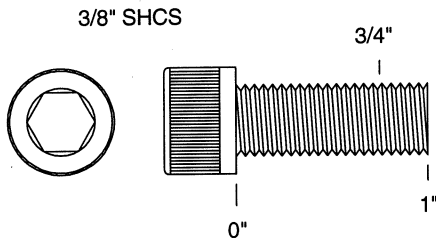
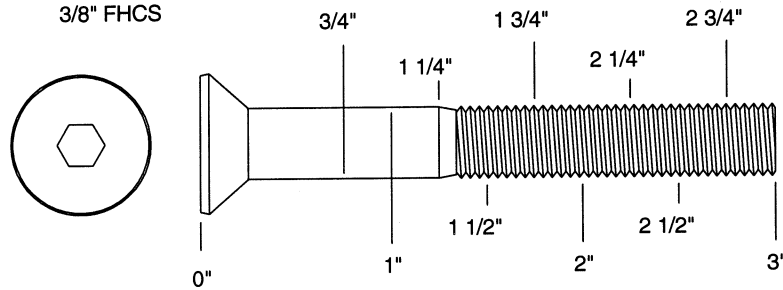


1/2" SHSS



# OWNER'S MANUAL

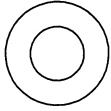
## BOLT SIZING CHART (CONTINUED)



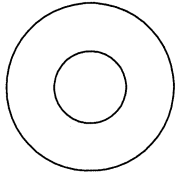
# OWNER'S MANUAL

## WASHER SIZING CHART

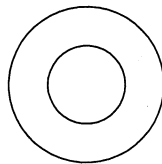
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



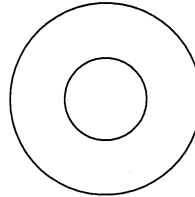
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



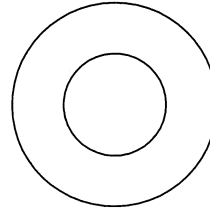
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



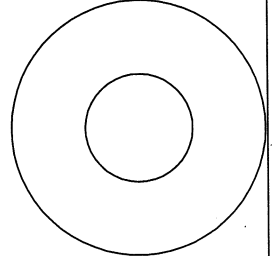
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



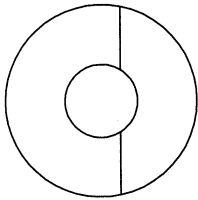
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



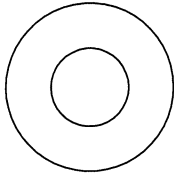
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



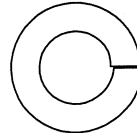
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



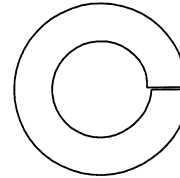
013-0102019  
1/4"  
LOCK WASHER



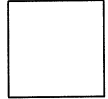
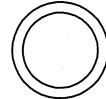
013-0102020  
3/8"  
LOCK WASHER



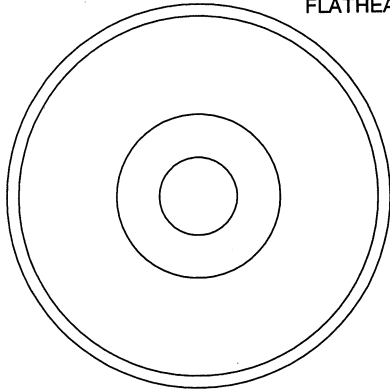
013-0102018  
1/2"  
LOCK WASHER



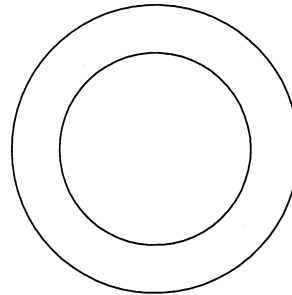
014-0018001  
1/2" LONG  
SPACER



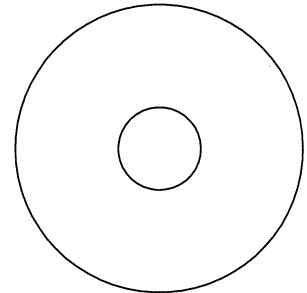
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



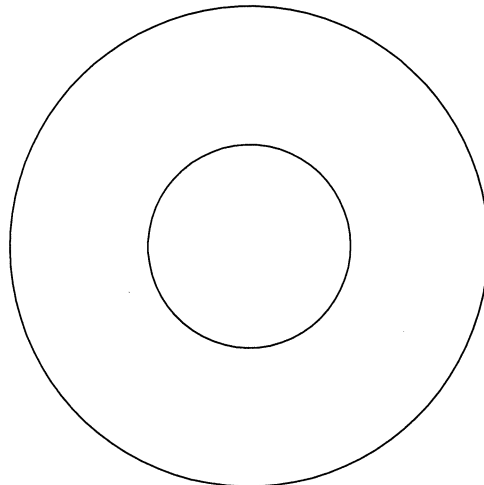
016-0009003  
1" SHIM WASHER



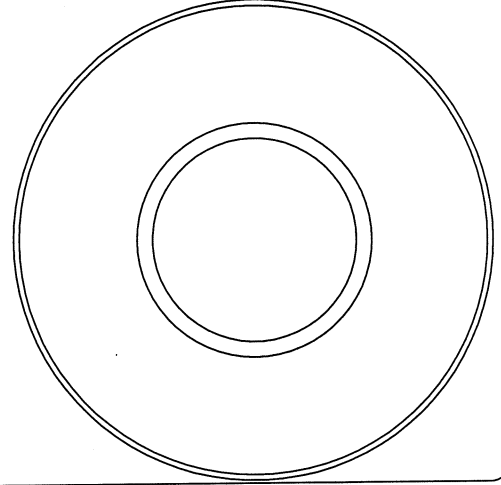
013-0003002  
3/8" FENDER WASHER



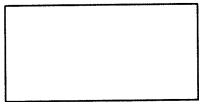
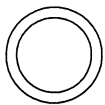
013-0003004  
1 1/16"  
FENDER WASHER



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



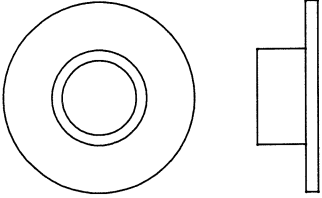
014-0018002  
1" LONG  
SPACER



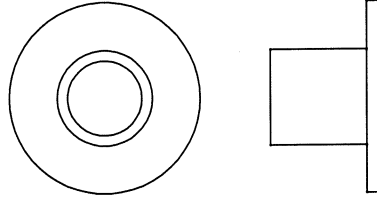
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

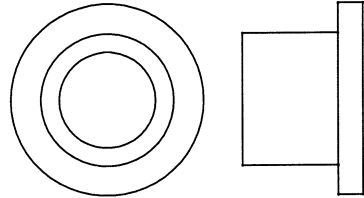
026-01M0211  
1/4" LONG  
FLANGED SPACER



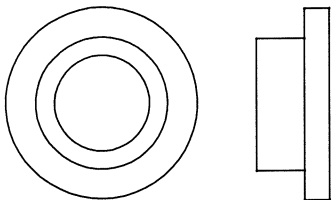
026-01M0198  
1/2" LONG  
FLANGED SPACER



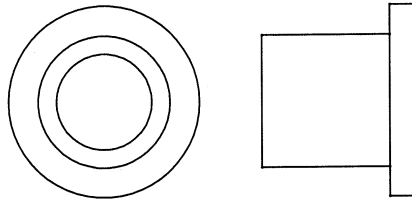
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



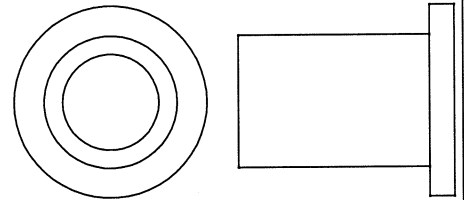
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



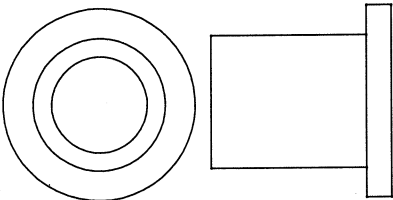
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



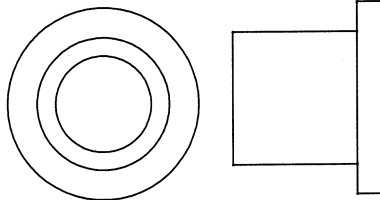
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



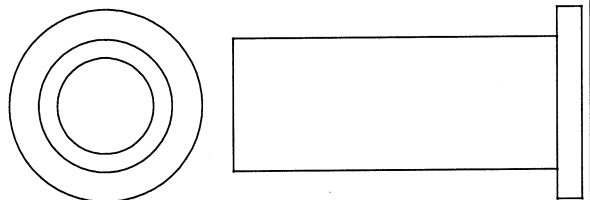
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



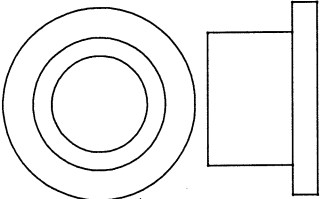
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



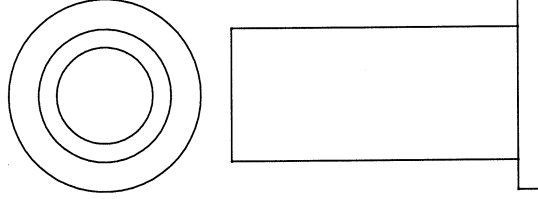
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



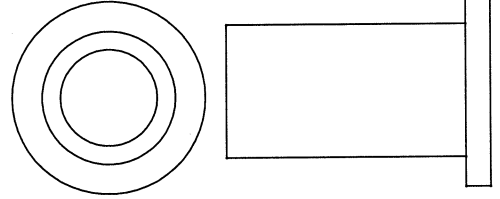
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



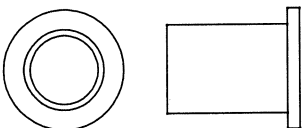
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



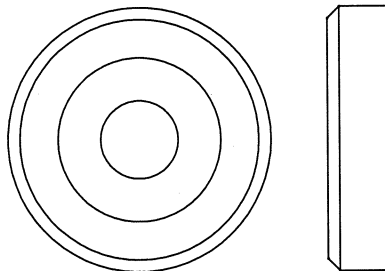
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



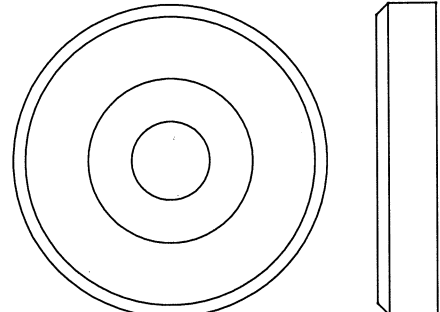
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

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

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



# OWNER'S MANUAL

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

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

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

### **Upholstery:**

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

### **Decals:**

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

### **Nuts and Bolts:**

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

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

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

### **Belts and Cables:**

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

# OWNER'S MANUAL

## **GENERAL MAINTENANCE INFORMATION** (CONTINUED)

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

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

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

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

### **Linear Bearings:**

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

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNER'S MANUAL

## **WEIGHT TRAINING TIPS**

Use this manual to guide you through the basic exercises you can perform on your HD1610 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your HD1610 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

**Enjoy your HD1610 HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS

45	(45) 1	58
65	(20) 2	84
85	(20) 3	110
105	(20) 4	136
125	(20) 5	162
145	(20) 6	188
165	(20) 7	214
185	(20) 8	240
205	(20) 9	266
225	(20) 10	292
245	(20) 11	318
265	(20) 12	344
285	(20) 13	370
305	(20) 14	396
325	(20) 15	422
345	(20) 16	448
365	(20) 17	474
385	(20) 18	500
405	(20) 19	526
425	(20) 20	552
445	(20) 21	578

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

# OWNER'S MANUAL

## WEIGHT TRAINING EXERCISE LOG

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

Exercise	Date			Date			Date			Date			Date			Date			Date			Date			Date			Date			Date			Date			Date			Date			Date														
	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W									
Totals																																																									

# OWNER'S MANUAL

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**