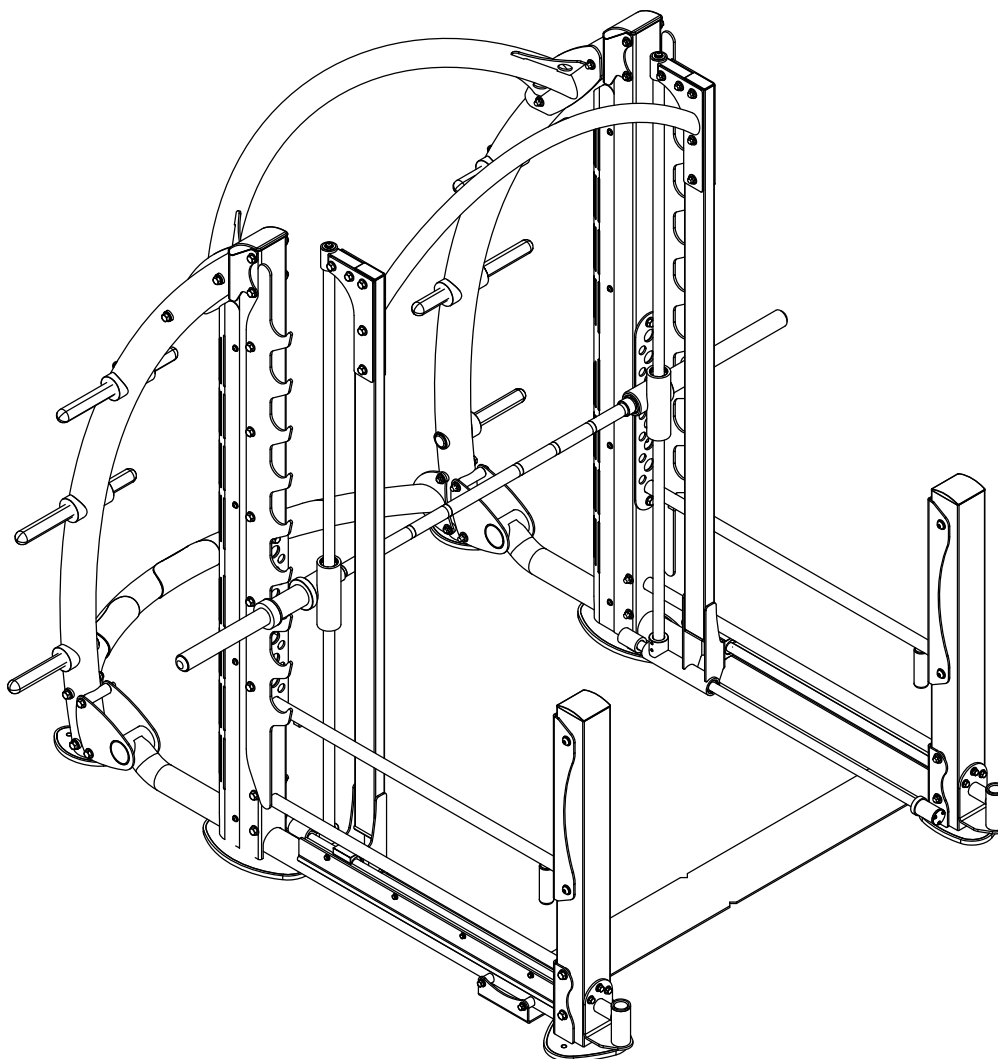


OWNER'S MANUAL

HOLIST

CF-3754

DUAL ACTION SMITH



****WARNING!****

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

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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0609 - 000

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

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

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

TOOLS REQUIRED

Ratchet Wrench

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

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

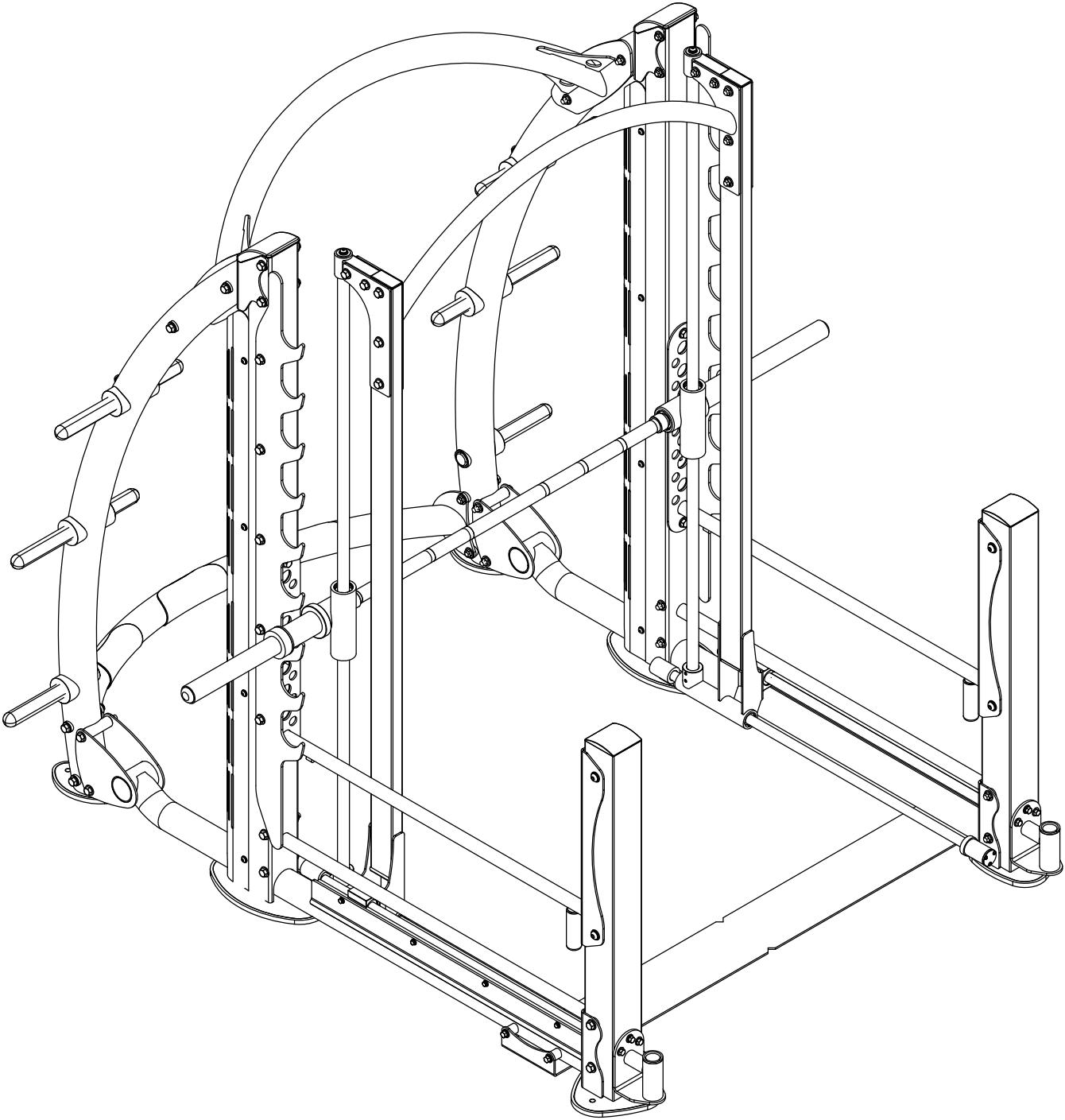
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



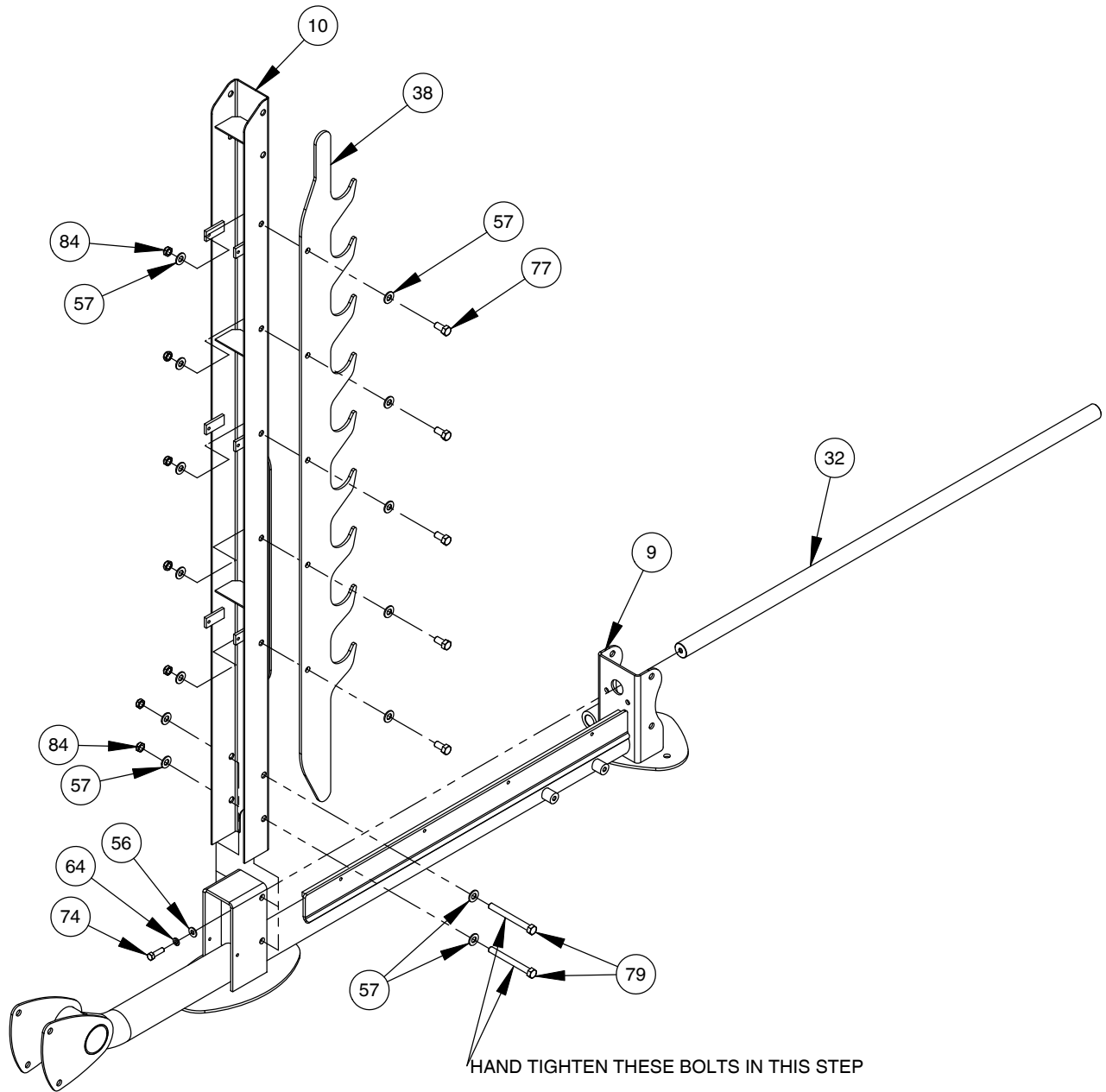
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE EXCEPT FOR (2) LOWER BOLTS #79. HAND TIGHTEN THEM. THEY WILL BE WRENCH TIGHTENED IN A LATER STEP.

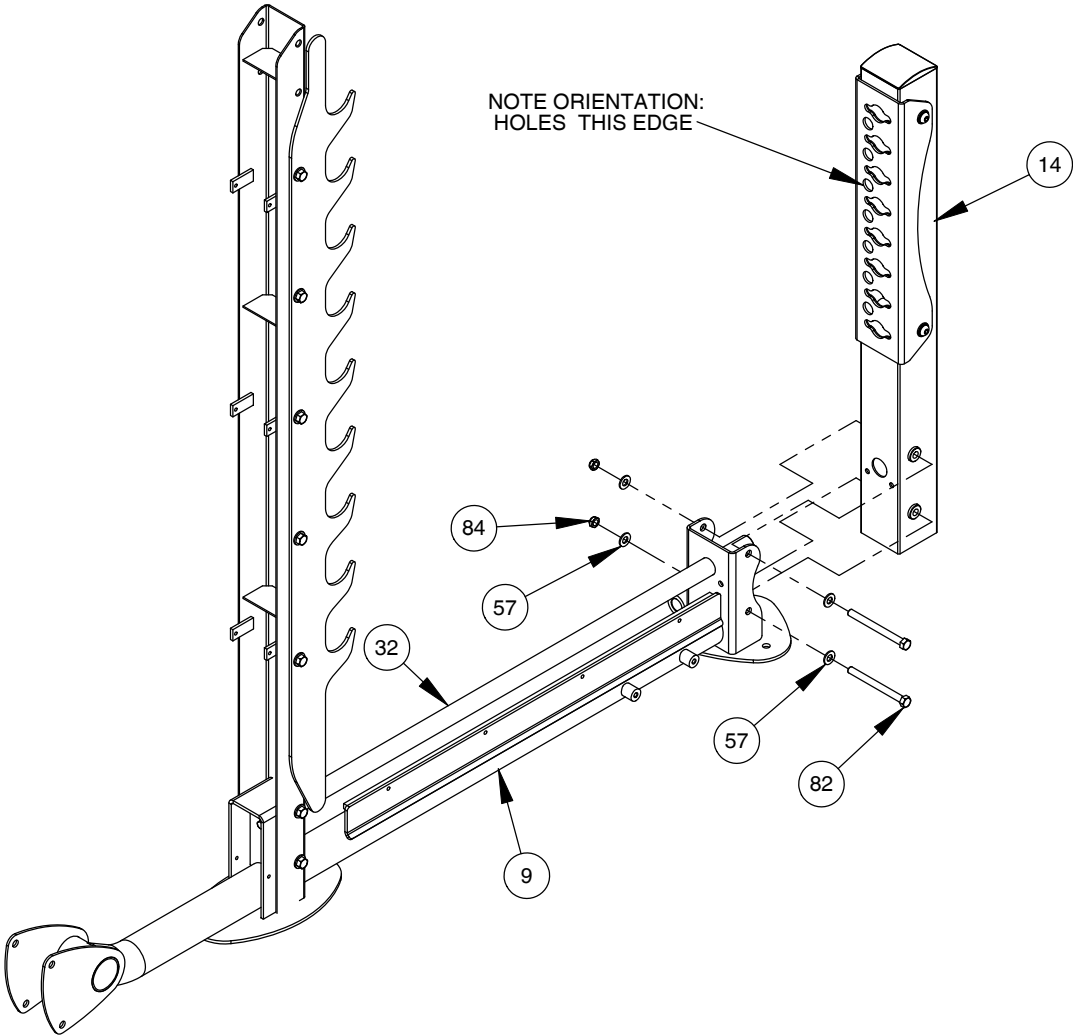
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

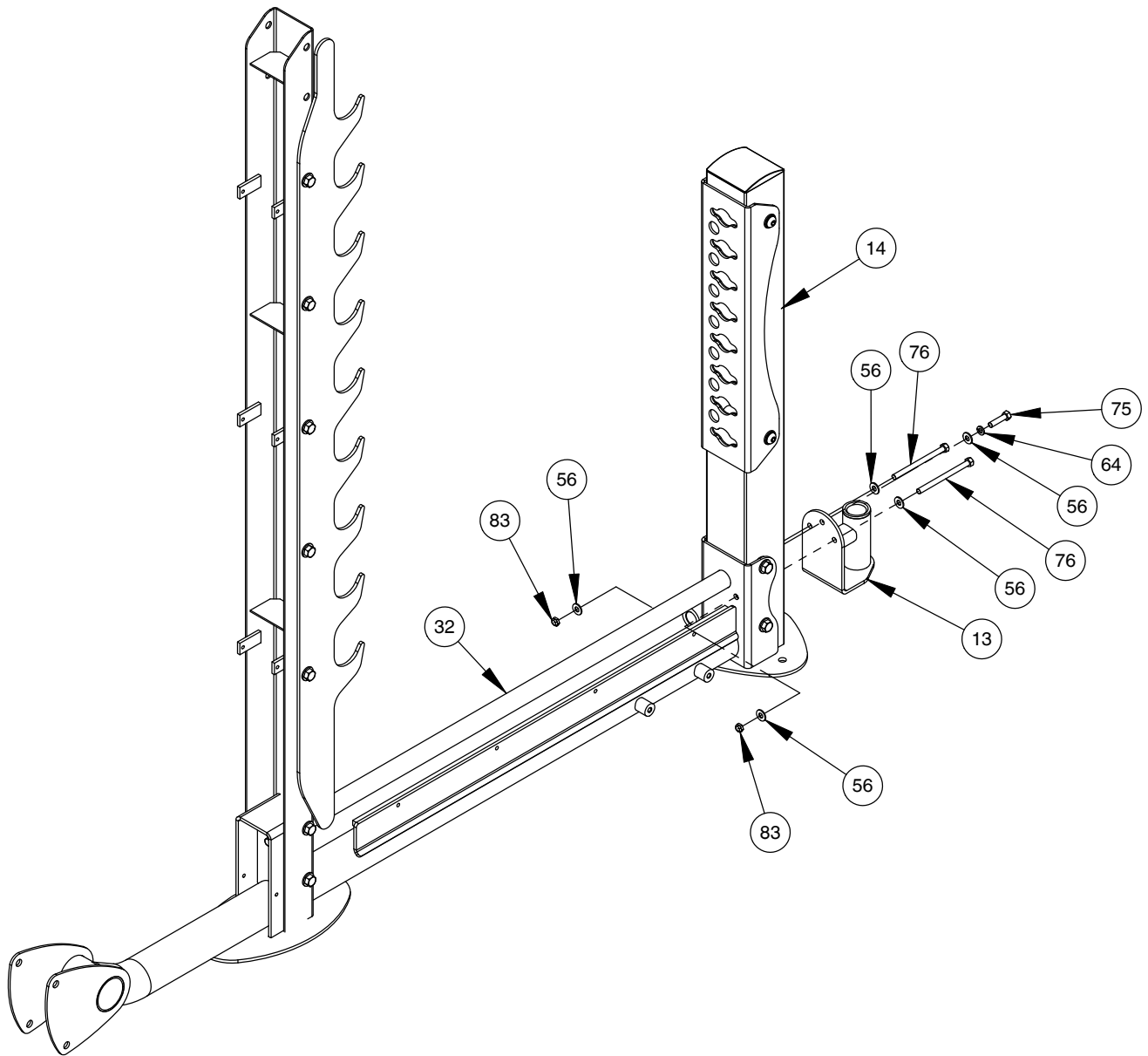


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE AND ALSO THE BOLTS HAND TIGHTENED ON PAGE 06.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

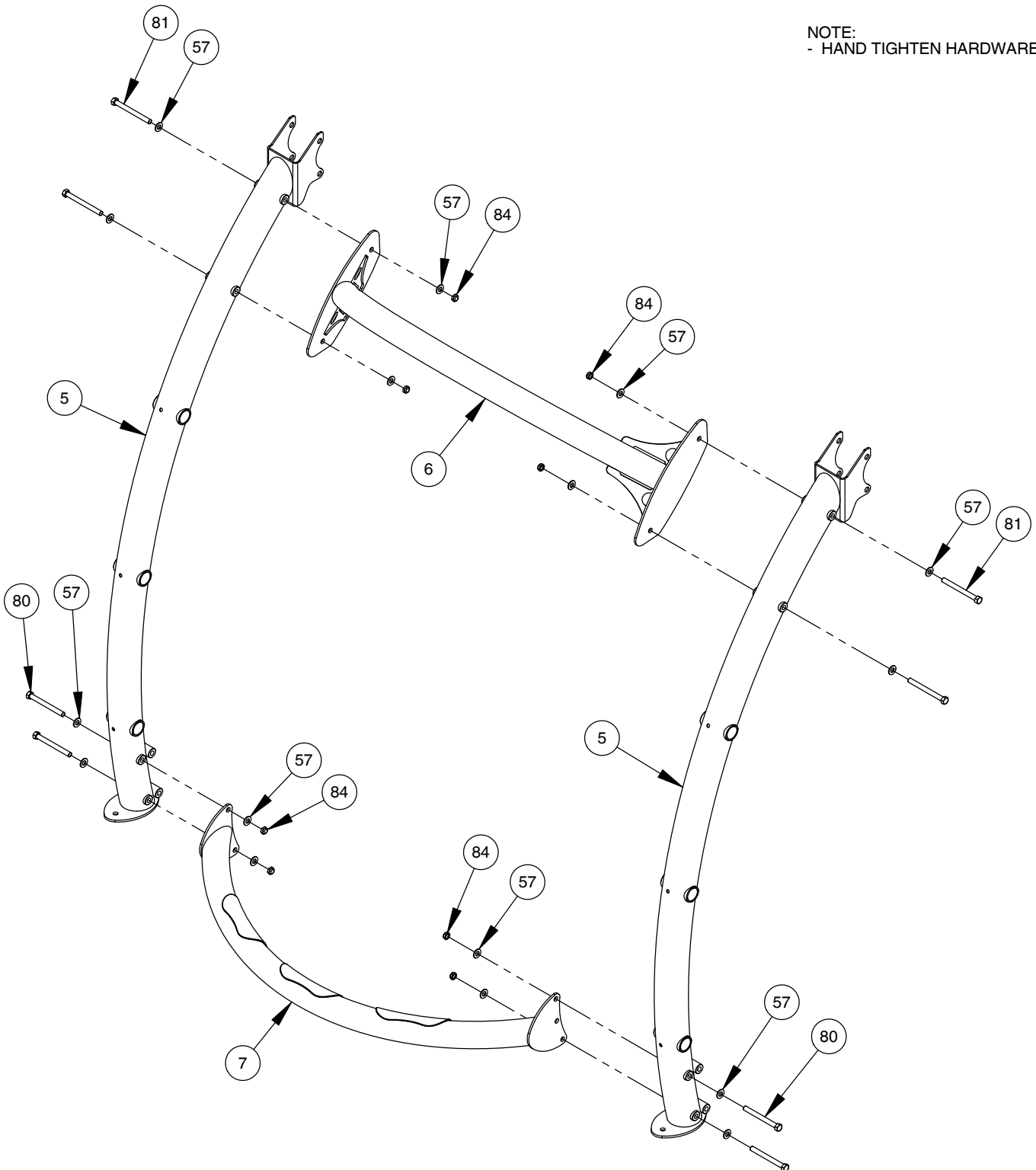


OWNER'S MANUAL

FRAME ASSEMBLY

BE SURE TO ALWAYS SUPPORT UPRIGHTS (5) THROUGH THE FOLLOWING STEPS UNTIL ASSEMBLY IS SECURED.
FAILURE TO FOLLOW THESE DIRECTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:
- HAND TIGHTEN HARDWARE.



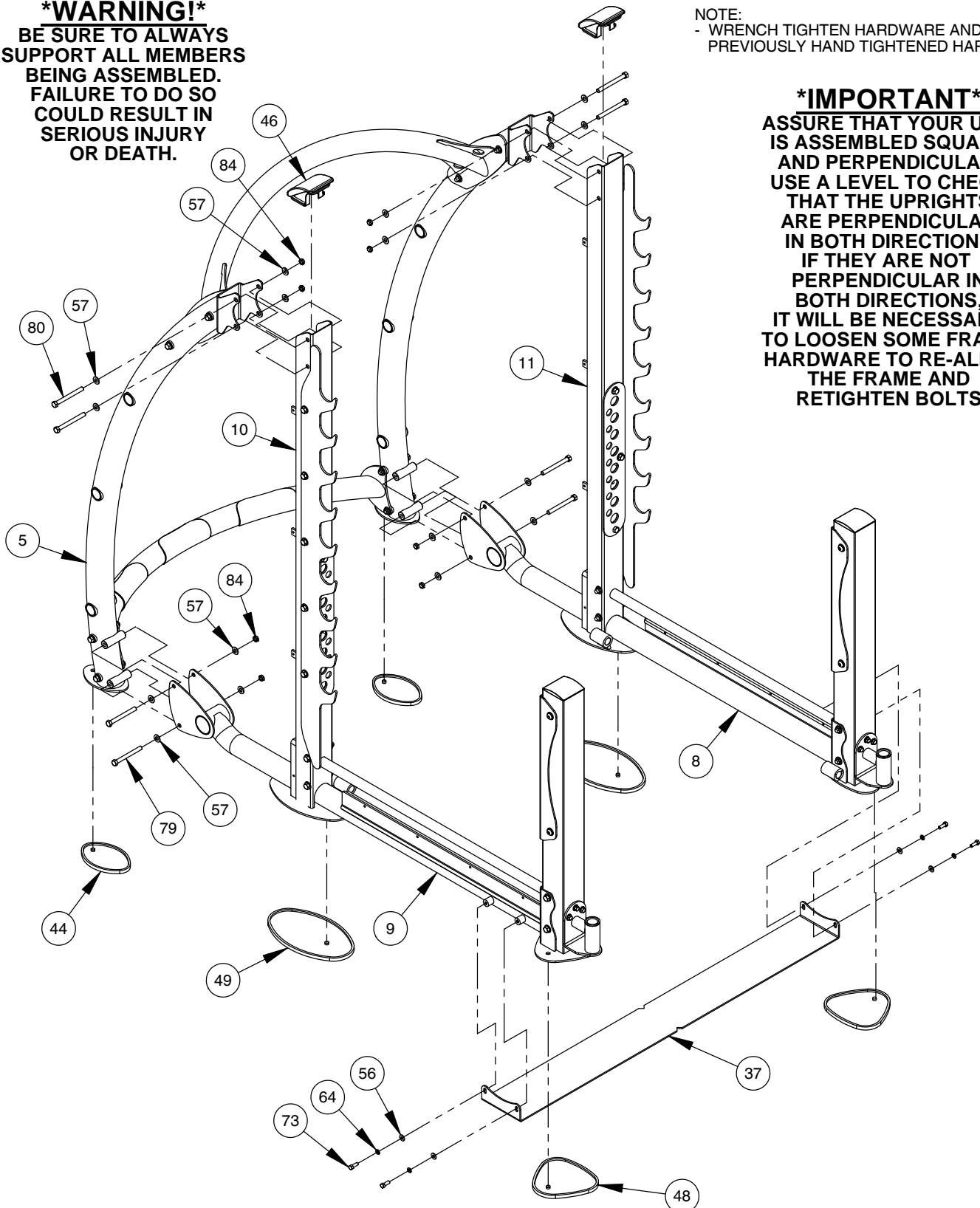
OWNER'S MANUAL

FRAME ASSEMBLY

WARNING!
BE SURE TO ALWAYS
SUPPORT ALL MEMBERS
BEING ASSEMBLED.
FAILURE TO DO SO
COULD RESULT IN
SERIOUS INJURY
OR DEATH.

NOTE:
- WRENCH TIGHTEN HARDWARE AND ALL
PREVIOUSLY HAND TIGHTENED HARDWARE.

IMPORTANT
ASSURE THAT YOUR UNIT
IS ASSEMBLED SQUARE
AND PERPENDICULAR.
USE A LEVEL TO CHECK
THAT THE UPRIGHTS
ARE PERPENDICULAR
IN BOTH DIRECTIONS.
IF THEY ARE NOT
PERPENDICULAR IN
BOTH DIRECTIONS,
IT WILL BE NECESSARY
TO LOOSEN SOME FRAME
HARDWARE TO RE-ALIGN
THE FRAME AND
RETIGHTEN BOLTS.

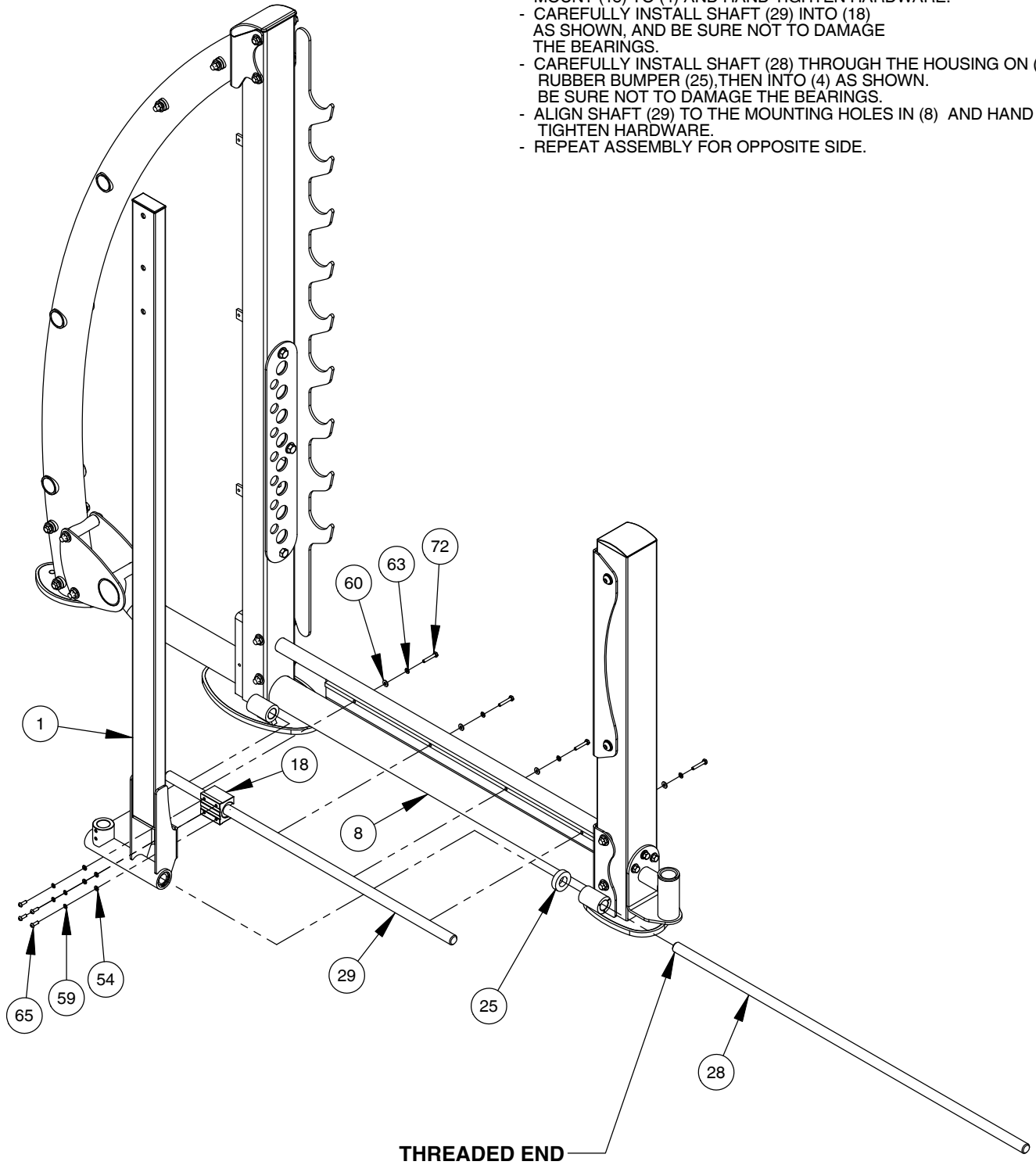


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- MOUNT (18) TO (4) AND HAND TIGHTEN HARDWARE.
- CAREFULLY INSTALL SHAFT (29) INTO (18) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.
- CAREFULLY INSTALL SHAFT (28) THROUGH THE HOUSING ON (8), RUBBER BUMPER (25), THEN INTO (4) AS SHOWN. BE SURE NOT TO DAMAGE THE BEARINGS.
- ALIGN SHAFT (29) TO THE MOUNTING HOLES IN (8) AND HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

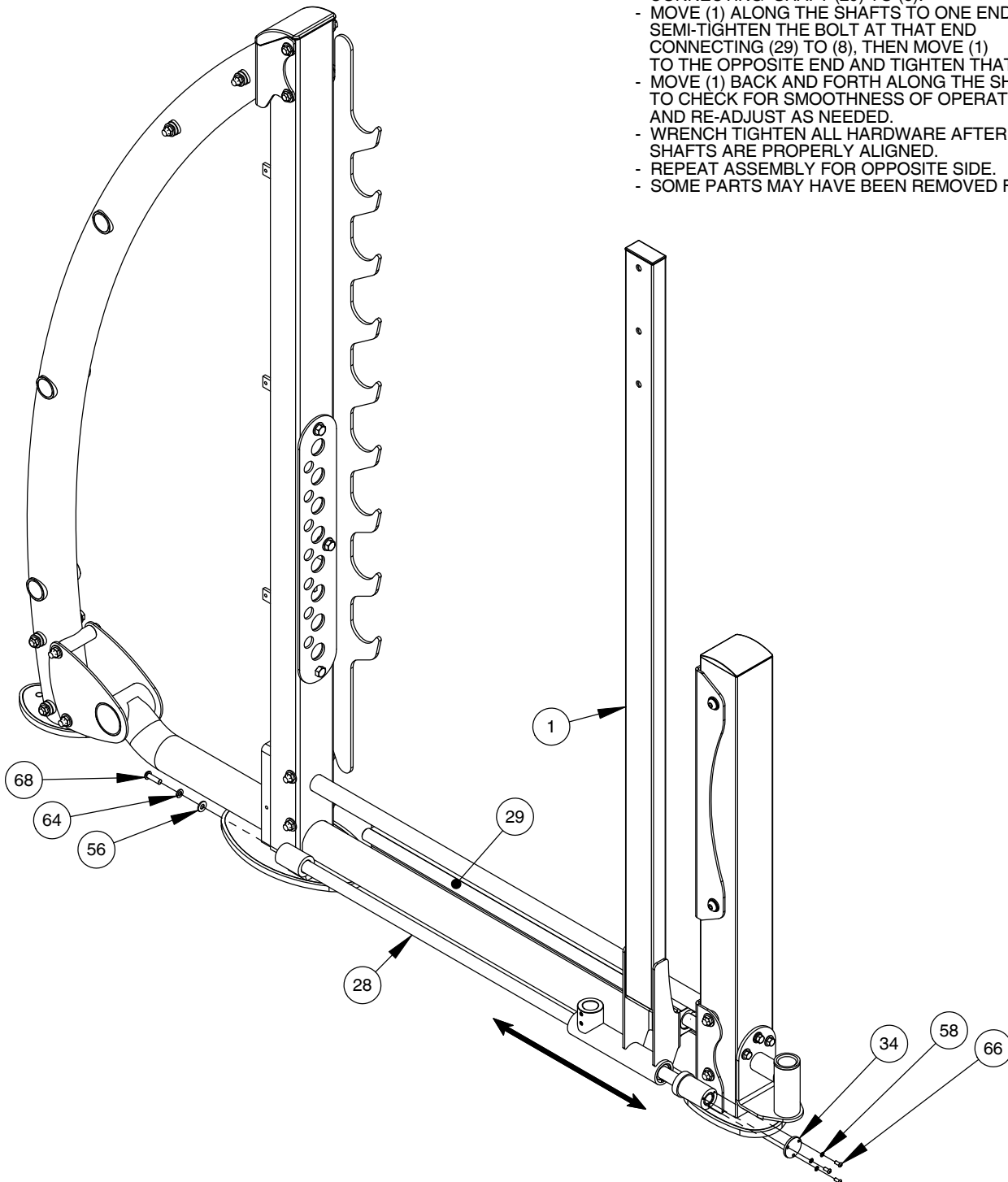


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

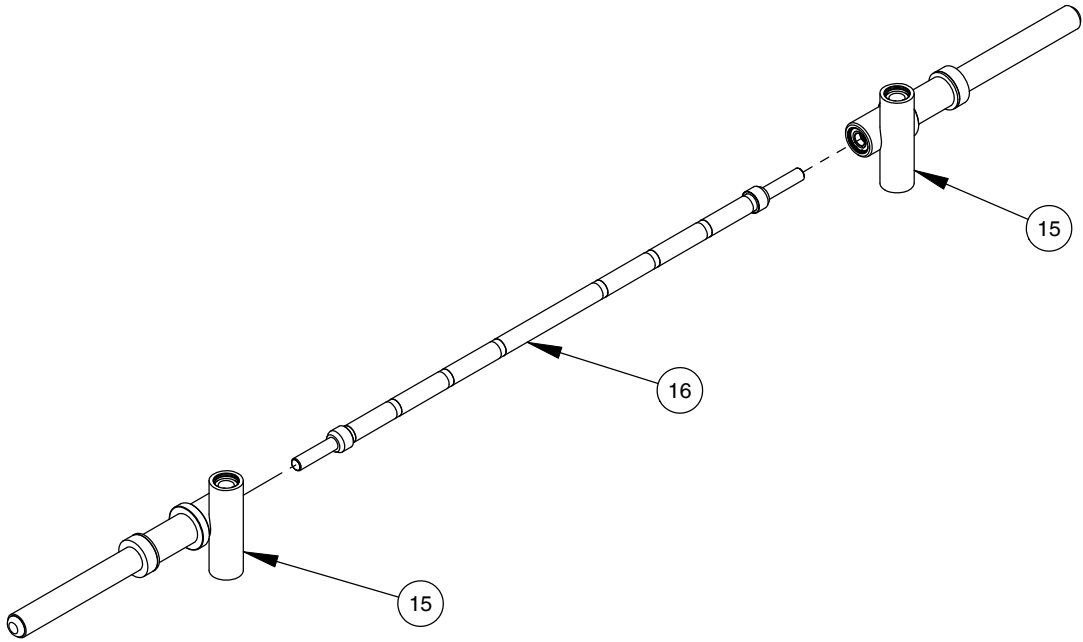
- WRENCH TIGHTEN HARDWARE TO SECURE (28).
- NOW THE HARDWARE FROM PAGE 10 NEEDS TO BE TIGHTENED IN SEQUENCE TO ALIGN THE SHAFTS. MOVE (1) TO THE MIDDLE OF SHAFT (28) AND SEMI-TIGHTEN THE HARDWARE CONNECTING (18) TO (1) AND ALSO THE TWO MIDDLE BOLTS CONNECTING SHAFT (29) TO (8).
- MOVE (1) ALONG THE SHAFTS TO ONE END AND SEMI-TIGHTEN THE BOLT AT THAT END CONNECTING (29) TO (8), THEN MOVE (1) TO THE OPPOSITE END AND TIGHTEN THAT BOLT.
- MOVE (1) BACK AND FORTH ALONG THE SHAFT TO CHECK FOR SMOOTHNESS OF OPERATION AND RE-ADJUST AS NEEDED.
- WRENCH TIGHTEN ALL HARDWARE AFTER THE SHAFTS ARE PROPERLY ALIGNED.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- ASSEMBLE WEIGHT HORNS (15) ONTO THE
WEIGHT BAR (16).

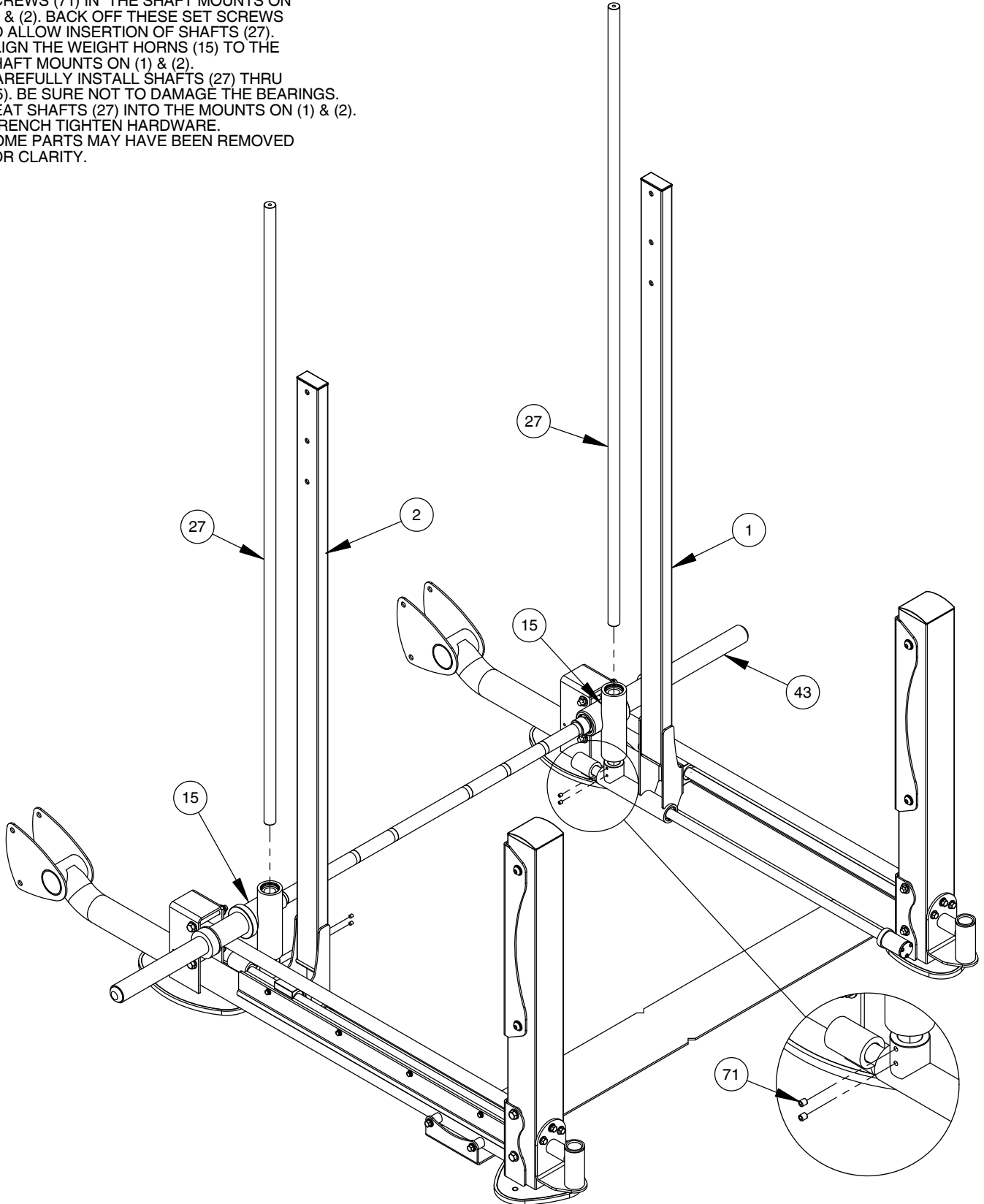


OWNER'S MANUAL

NOTE:

- THERE ARE PREVIOUSLY INSTALLED SET SCREWS (71) IN THE SHAFT MOUNTS ON (1) & (2). BACK OFF THESE SET SCREWS TO ALLOW INSERTION OF SHAFTS (27).
- ALIGN THE WEIGHT HORNS (15) TO THE SHAFT MOUNTS ON (1) & (2).
- CAREFULLY INSTALL SHAFTS (27) THRU (15). BE SURE NOT TO DAMAGE THE BEARINGS.
- SEAT SHAFTS (27) INTO THE MOUNTS ON (1) & (2).
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

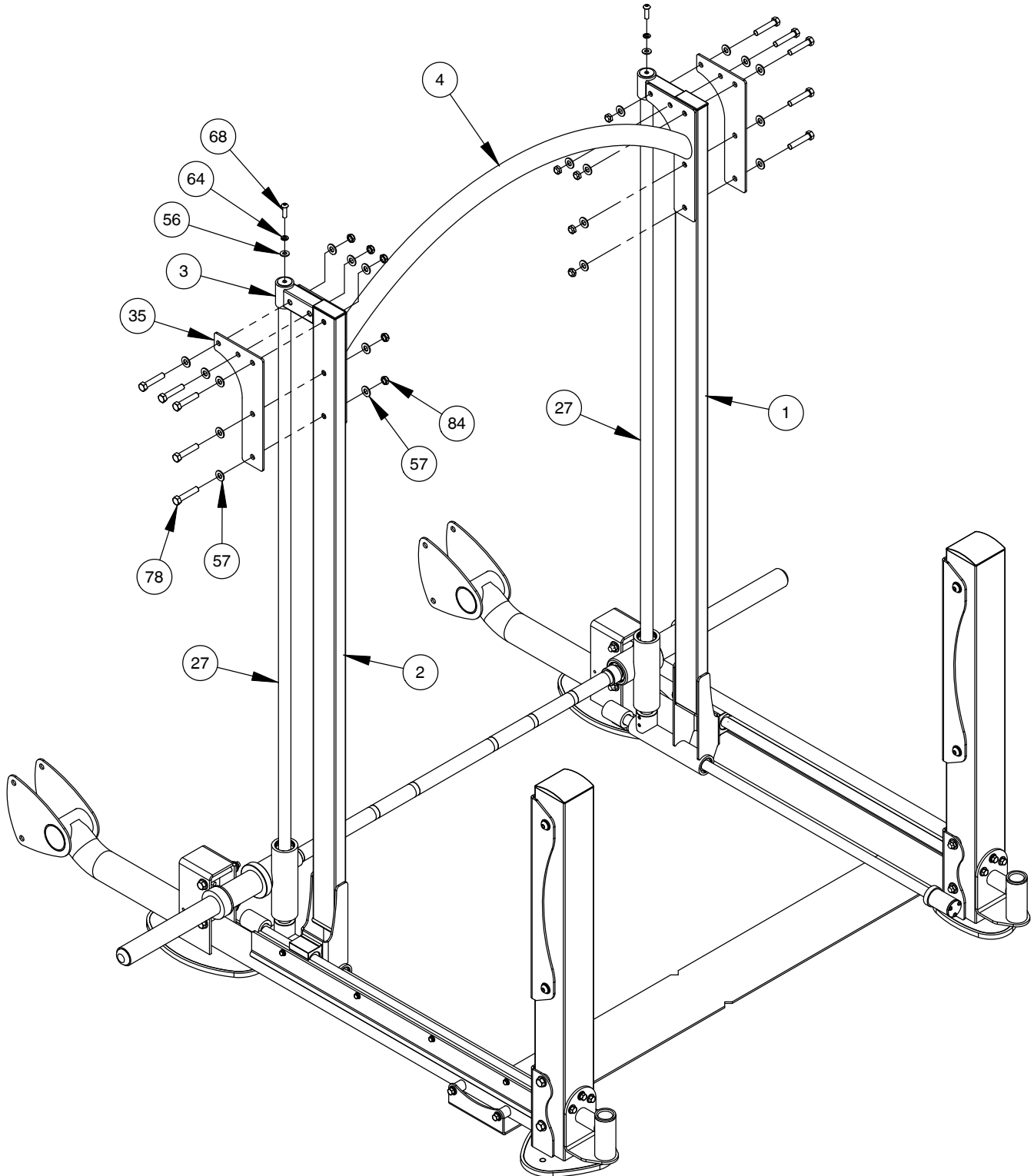
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

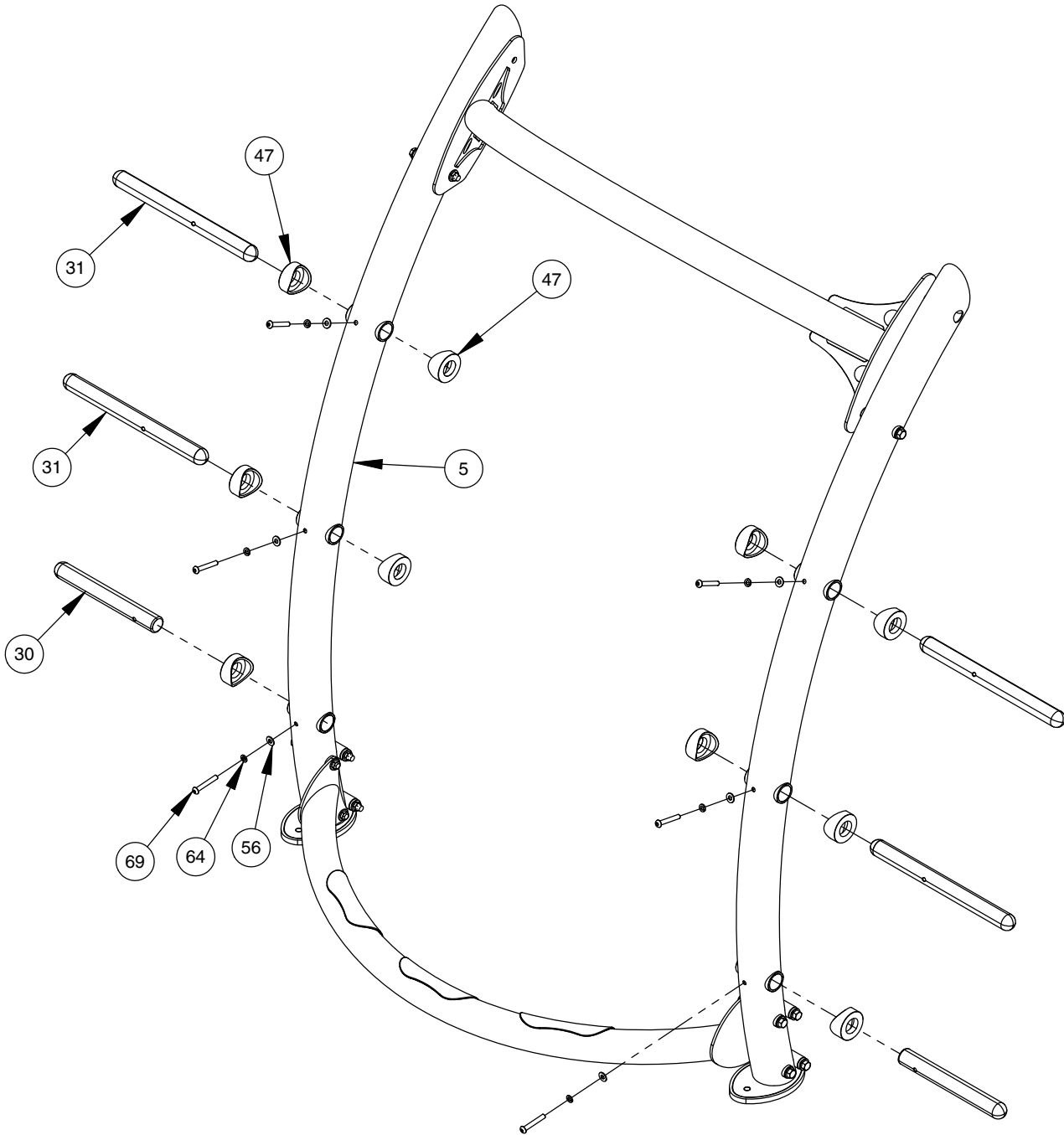
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

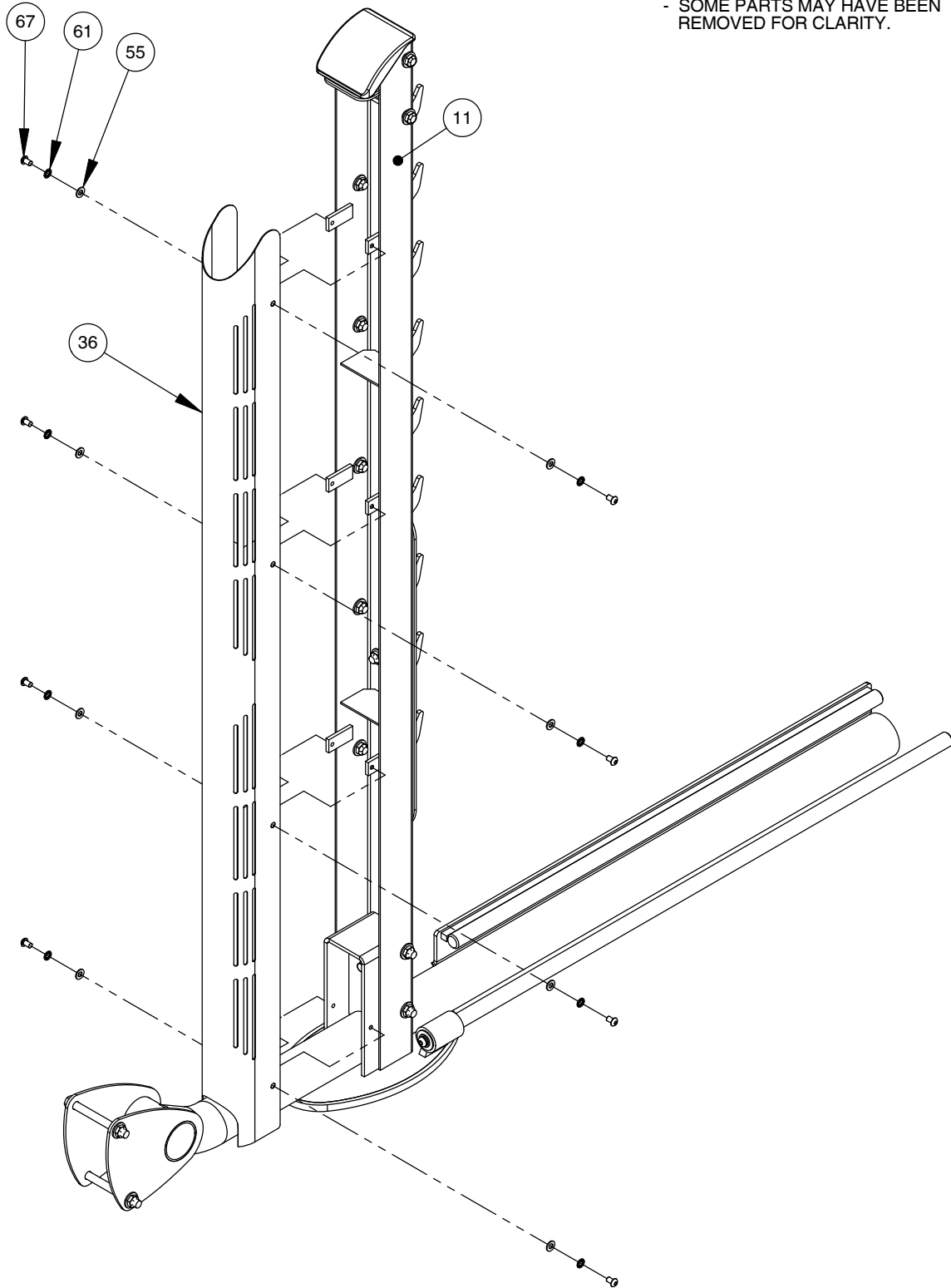
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

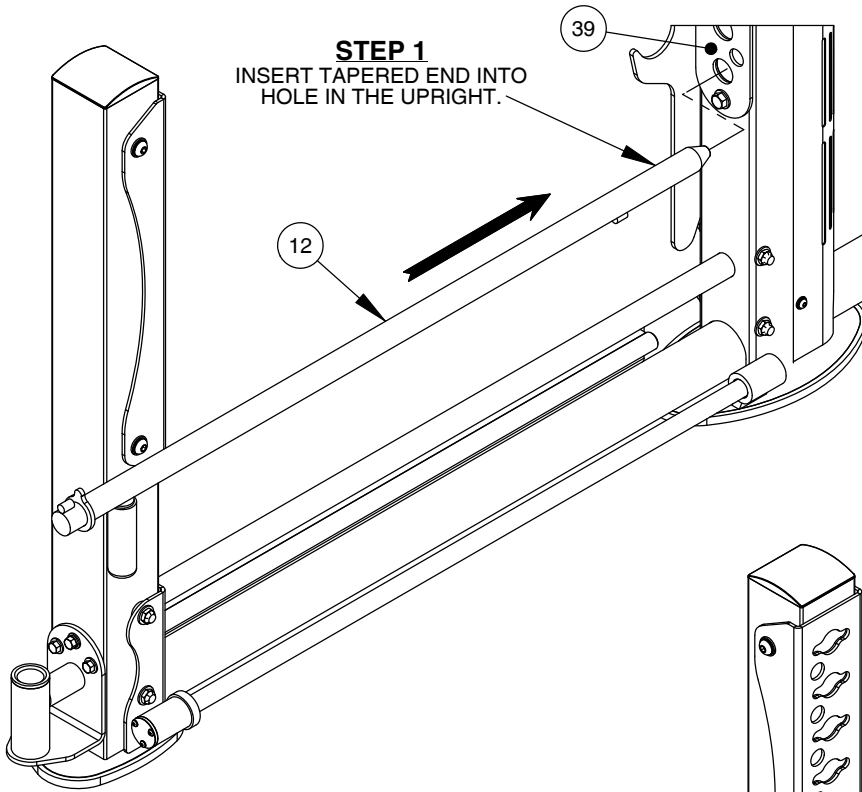
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

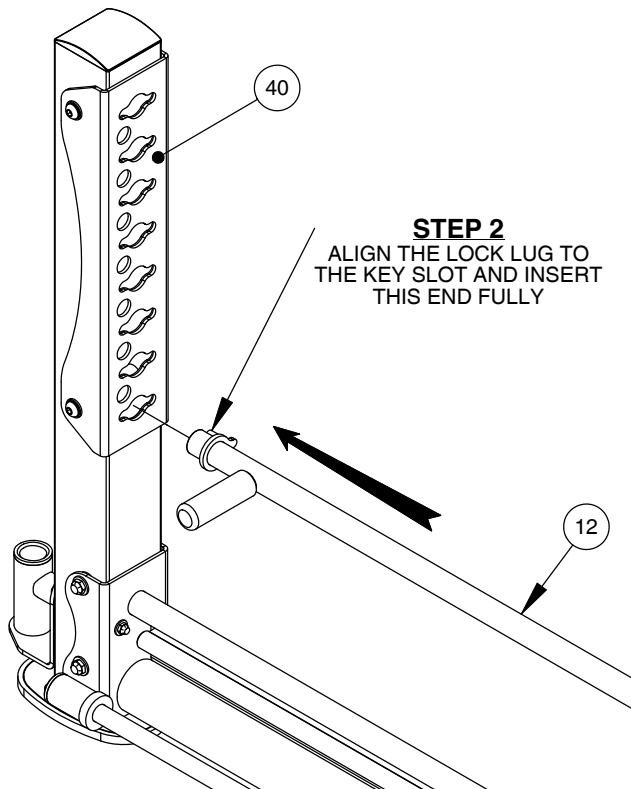
STEP 1
INSERT TAPERED END INTO
HOLE IN THE UPRIGHT.



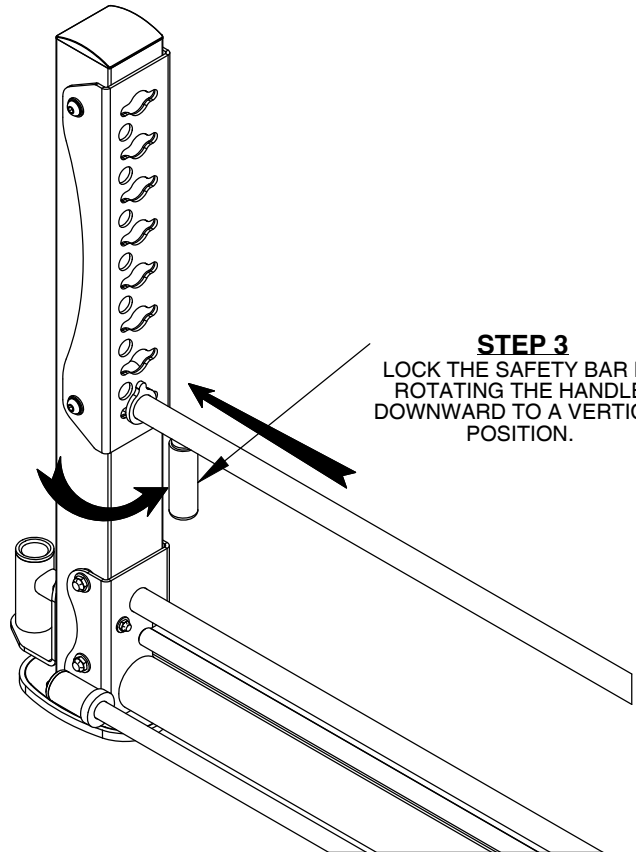
IMPORTANT

- TO USE THE SAFETY BARS THEY MUST BE LOCKED IN PLACE. FOLLOW STEPS 1 THRU 3.
- TO UNLOCK AND REMOVE SAFETY BARS REVERSE STEPS 1 THRU 3.
- ALWAYS ENGAGE BOTH SAFETY BARS WHEN IN USE.
- CHECK TO SEE THE BARS ARE INDEXED AT THE SAME HEIGHT FRONT TO BACK AND SIDE TO SIDE.

STEP 2
ALIGN THE LOCK LUG TO
THE KEY SLOT AND INSERT
THIS END FULLY

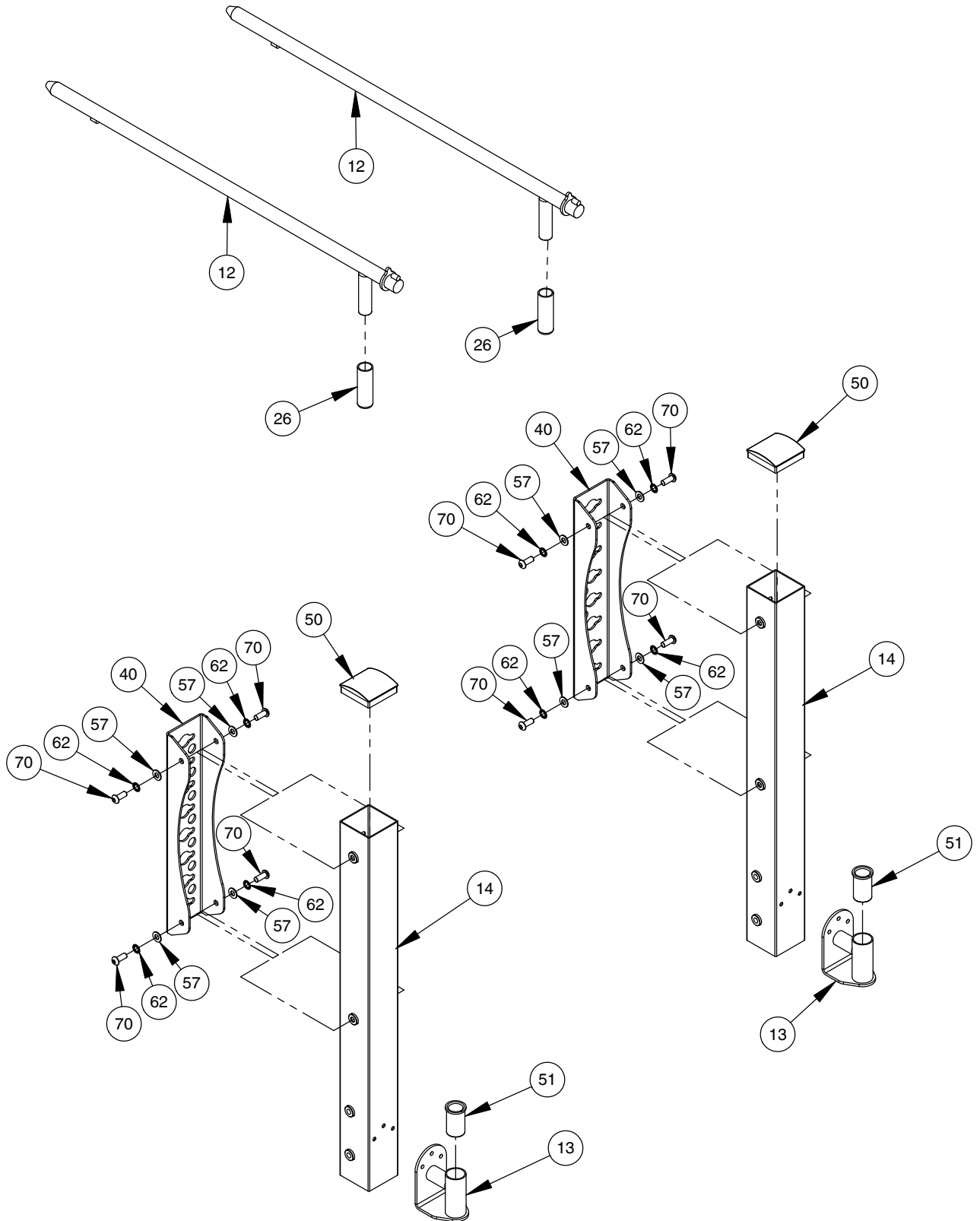


STEP 3
LOCK THE SAFETY BAR BY
ROTATING THE HANDLE
DOWNWARD TO A VERTICAL
POSITION.



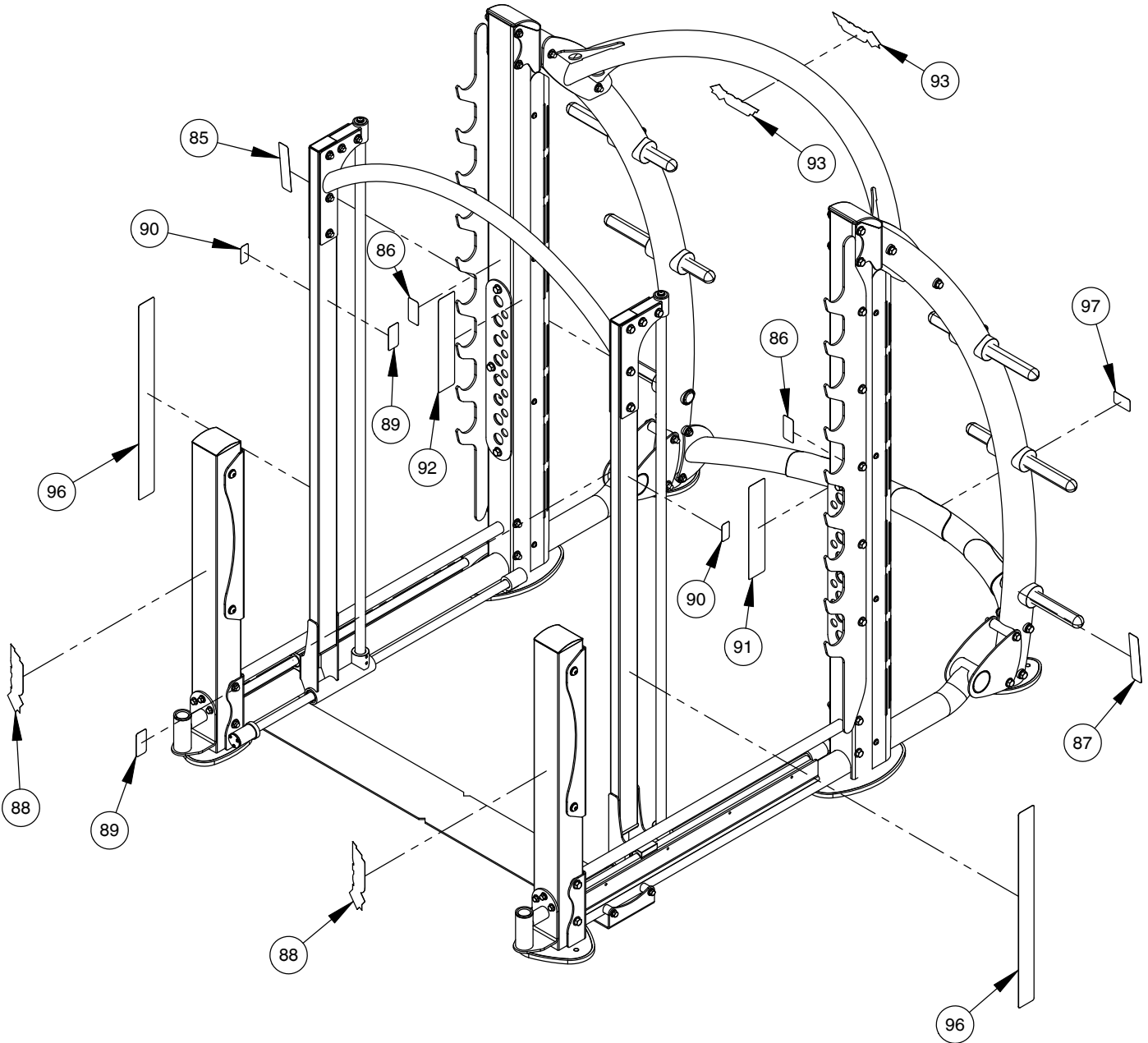
OWNER'S MANUAL

PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT



OWNER'S MANUAL

DECAL REFERENCE

WARNING

USE ONLY GENUINE 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.

021-0003135

NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	4-month	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, Turcote Bushings, Linear Bearing					X
Clean & Wax: All Glossy Finishes					X
Repack with Grease Linear Bearings					X
Replace: Cables, Belts and Connecting Parts.					X

021-0003008



DANGER

PRIOR TO USING THIS MACHINE

1. CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE.
2. DO NOT USE THIS MACHINE WITHOUT A SPOTTER/HELPER TO ASSIST YOU.
3. THIS MACHINE IS DESIGNED TO PERFORM EXERCISES IN WHICH BOTH HANDS ARE SECURELY GRASPING THE BAR. NEVER PERFORM ONE-HANDED EXERCISES.
4. THE GRIPPING PORTION OF THE BAR IS DESIGNED TO ROTATE FREELY. ALWAYS USE A CLOSED OR THUMB-LOCKED GRIP. NEVER PERFORM AN EXERCISE WITH AN OPEN GRIP.
5. BE SURE THAT YOU KNOW HOW TO PROPERLY ENGAGE/ DISENGAGE THE BAR AND THE SAFETY STOPS!

SAFETY STOP

CORRECT SAFETY STOP POSITION

INCORRECT SAFETY STOP POSITION

BOTH SAFETY STOPS MUST BE PROPERLY ENGAGED IN HOLES AND ADJUSTED TO THE SAME HEIGHT.

FAILURE TO COMPLY COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!

021-0003600

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.
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. 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.

FAILURE TO COMPLY COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!

HOIST
CF-3754

INSTRUCTIONS:

1. ADJUST SAFETY STOPS TO THE DESIRED HEIGHT BASED ON THE EXERCISE YOU ARE PERFORMING.
2. Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
3. Be sure that the WEIGHT PLATES ARE EVENLY DISTRIBUTED on each side of the machine!
4. POSITION YOUR BODY'S BASE OF SUPPORT DIRECTLY UNDERNEATH THE BAR FOR ALL EXERCISES!
5. LIFT BAR UP AND OUT TO DISENGAGE FROM RACKING.
6. PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER, AVOID JERKY MOVEMENTS.
7. Upon completing exercise and prior to releasing bar, BE SURE THAT IT IS SECURELY ENGAGED ON THE RACKING.

021-0003599



021-0003627



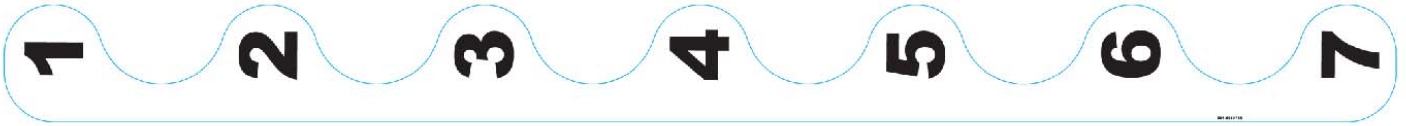
021-0003221

HOIST
1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-00000

SERIAL # DECAL

OWNER'S MANUAL

DECAL REFERENCE



021-0003763



021-0003764



021-0003282



021-0003783

OWNER'S MANUAL

PARTS LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2934	VERTICAL GUIDE, RIGHT	1
2	026-01X2935	VERTICAL GUIDE, LEFT	1
3	026-01X2936	SHAFT MOUNT ASSEMBLY	2
4	026-01X2971	CROSS MEMBER ASSEMBLY	1
5	026-01X3129	REAR UPRIGHT	2
6	026-01X3245	CROSSMEMBER, UPPER	1
7	026-01X3246	CROSSMEMBER, LOWER	1
8	026-01X5313	BASE ASSEMBLY-2	1
9	026-01X5314	BASE ASSEMBLY-1	1
10	026-01X5365	MIDDLE UPRIGHT-1	1
11	026-01X5370	MIDDLE UPRIGHT-2	1
12	026-01X5375	SAFETY BAR	2
13	026-01X5379	SAFETY BAR STORAGE	2
14	026-01X5380	FRONT UPRIGHT-2	2
15	026-01X5417	WEIGHT HORN	2
16	026-01X5418	WEIGHT BAR	1
17	014-0007007	BEARING ϕ 25mm (LINEAR) (WON)	4
18	014-0007008	BEARING ϕ 25MM (LINEAR BLOCK)	2
19	014-0007011	BEARING ϕ 30MM (LINEAR) (WON)	4
20	014-0012014	FLANGELESS BEARING - 25mm I.D.	4
21	014-0015005	SNAP RING: ϕ 40mm INTERNAL	4
22	014-0015036	RETAINING RING: ϕ 52mm INTERNAL	2
23	014-0023010	SNAP RING: ϕ 47mm INTERNAL	4
24	016-0201009	END CAP 1.50" X 3.00" (BLACK)	2
25	019-0001012	BUMPER ϕ 2.00" OD X ϕ 1.02" ID X .50" THICK	2
26	019-0002034	GRIP - CLOSED END ϕ 1.50" X 4.50" LG.	2
27	026-01G0197	GUIDE ROD 75.44" LG.	2
28	026-01G0218	GUIDE ROD 46.25" LG.	2
29	026-01G0220	GUIDE ROD 37.75" LG.	2
30	026-01M2278	WEIGHT PEG 12.38" LG.	2
31	026-01M2473	WEIGHT PEG 17.25" LG.	4
32	026-01M2496	SHAFT ϕ 1.14" X 49.56	2
33	026-01P2380	WASHER ϕ 3.00	2
34	026-01P2737	CAP	2
35	026-01P3089	SIDE PLATE	2

OWNER'S MANUAL

PARTS LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01P3155	SHIELD	2
37	026-01P6402	BASE SPREADER	1
38	026-01P6442	BAR RACK PLATE	2
39	026-01P6453	SAFETY TIER RACK-1	2
40	026-01P6467	SAFETY TIER RACK-2	2
41	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
42	026-01PL2135	Ø 1.66" END PLUG	2
43	026-01PL2182	WEIGHT HORN SLEEVE	2
44	026-01PL2211	RUBBER FOOT	2
45	026-01PL2224	SCUFF GUARD (CURVED) 8.63" LG.	3
46	026-01PL2229	CHANNEL CAP	2
47	026-01PL2313	WEIGHT HORN RUBBER DONUT W/ 3.75" COPE	10
48	026-01PL2319	RUBBER FOOT 8.41" X 9.13"	2
49	026-01PL2407	RUBBER FOOT	2
50	026-01PL2456	END CAP 4.00" X 4.00" (BLACK)	2
51	026-01PL2459	BUSHING-FLNG, 1.76" OD X 1.41" ID	2
52	026-01T6483	METAL SLEEVE	2
53	026-01T6579	SPACER, Ø2.00" X 2.44" LG.	2
54	013-0102030	M6 FLAT WASHER (WZ)	8
55	013-0302008	5/16" SAE FLAT WASHER (WZ)	16
56	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	26
57	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	108
58	013-0302017	#10 INTERNAL LOCK WASHER	6
59	013-0102031	M6 INTERNAL LOCK WASHER (WZ)	8
60	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	8
61	013-0102021	5/16" INTERNAL LOCK WASHER	16
62	013-0302014	1/2" INTERNAL LOCK WASHER	8
63	013-0102029	1/4" SPLIT WASHER (WZ)	8
64	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	18
65	011-0101044	M6 – 18mm BHB (WZ)	8
66	011-0101083	10-32UNC X .75" BHCS (WZ)	6
67	011-0101116	5/16"-18UNC X .5" BHCS (WZ)	16
68	011-0101034	3/8"-16UNC X 1.25" BHCS (WZ)	4
69	011-0101049	3/8"-16UNC X 2.50" BHCS (WZ)	6
70	011-0101051	1/2"-13UNC X 1.25" BHCS (WZ)	8
71	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4
72	011-0107002	1/4"-20UNC X 1.50" HHB (WZ)	8

OWNER'S MANUAL

PARTS LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
73	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	4
74	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	2
75	011-0107033	3/8"-16UNC X 1.5" HHB (WZ)	2
76	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)	4
77	011-0407042	1/2"-13UNC X 1.00" HHB (WZ)	16
78	011-0407018	1/2"-13UNC X 2.50" HHB (WZ)	10
79	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	8
80	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	8
81	011-0102030	1/2"-13UNC X 5.25" HHB (WZ)	4
82	011-0107021	1/2"-13UNC X 5.50" HHB (WZ)	4
83	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	4
84	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	50
85	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
86	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
87	021-0003135	DECAL WARNING 1.50" X 6.69"	1
88	021-0003221	DECAL HOIST 2.50" X 9.13"	2
89	021-0003282	DECAL: SPOTTER 1.63" X 3.25" (VERTICAL)	2
90	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	2
91	021-0003599	DECAL: DUAL ACTION SMITH WARNING	1
92	021-0003600	DECAL: DUAL ACTION SMITH DANGER	1
93	021-0003627	DECAL HOIST 2.12" X 7.75"	2
94	021-0003763	DECAL: CF-3754 SAFETY TIER INDEXING-1 (1-7)	2
95	021-0003764	DECAL: CF-3754 SAFETY TIER INDEXING-2 (1-7)	2
96	021-0003783	CF-3754 WEAR STRIP DECAL	2
97	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1

OWNER'S MANUAL

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OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

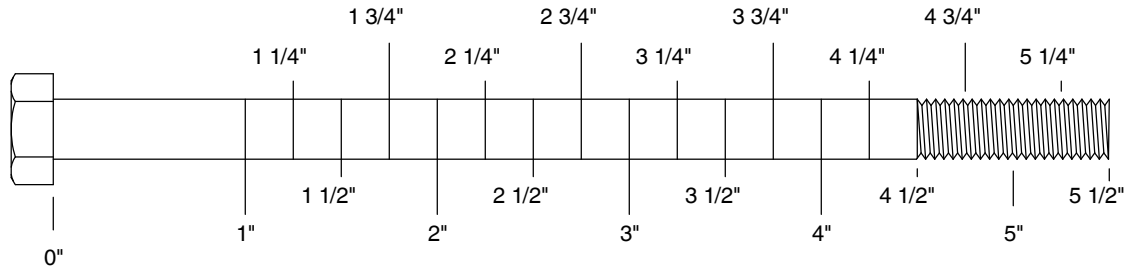
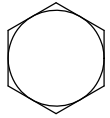
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

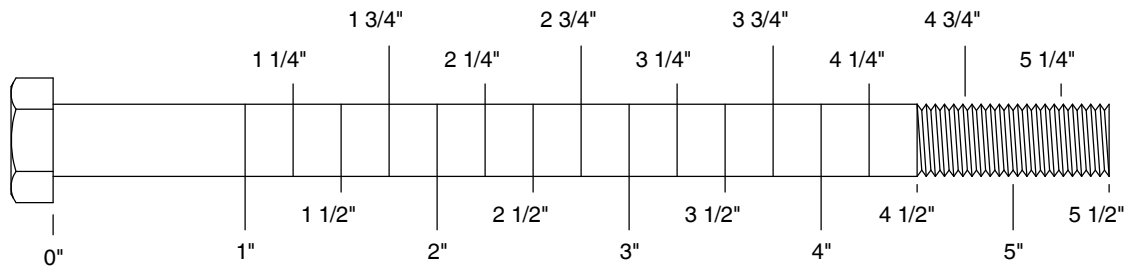
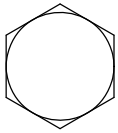
OWNER'S MANUAL

BOLT SIZING CHART

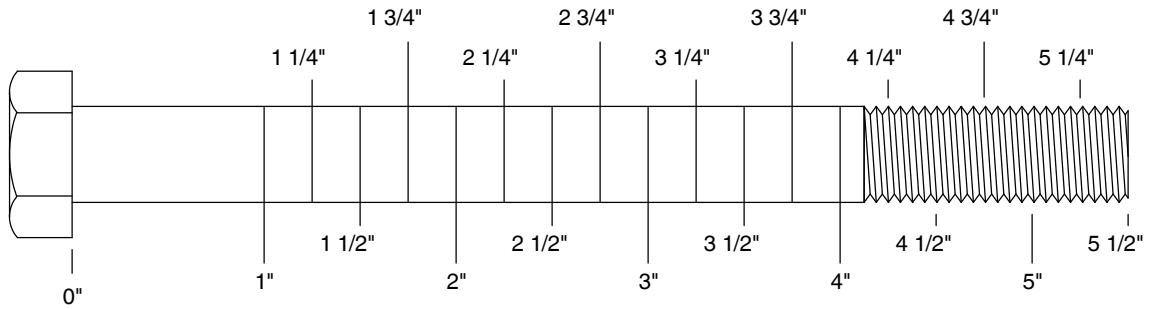
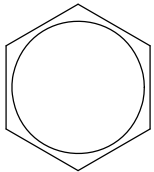
5/16" HHB



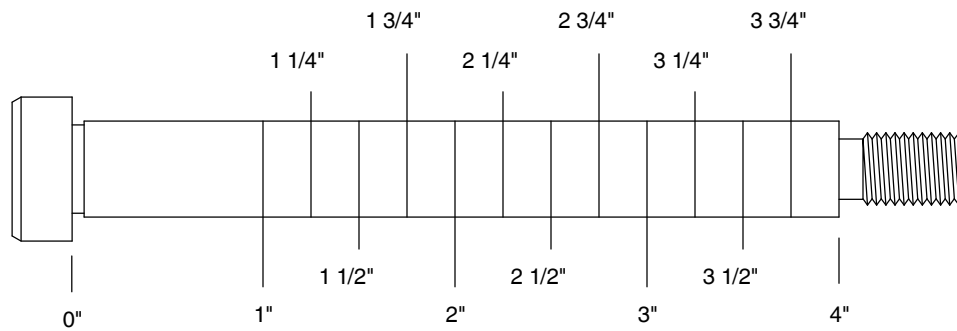
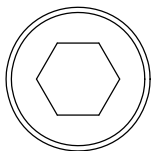
3/8" HHB



1/2" HHB

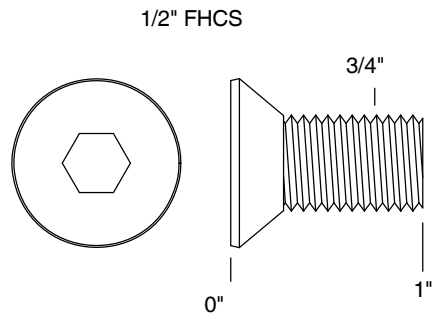
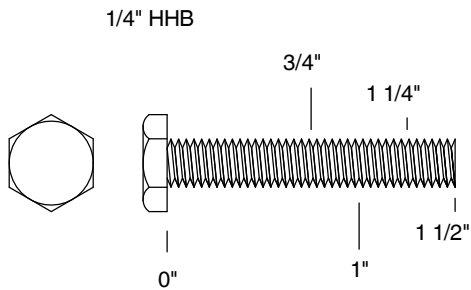
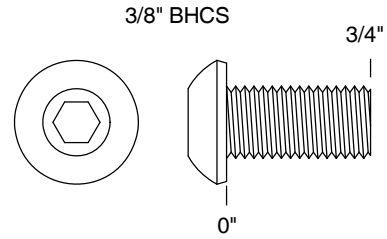
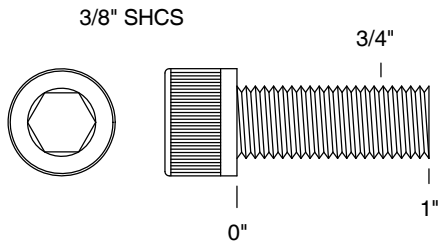
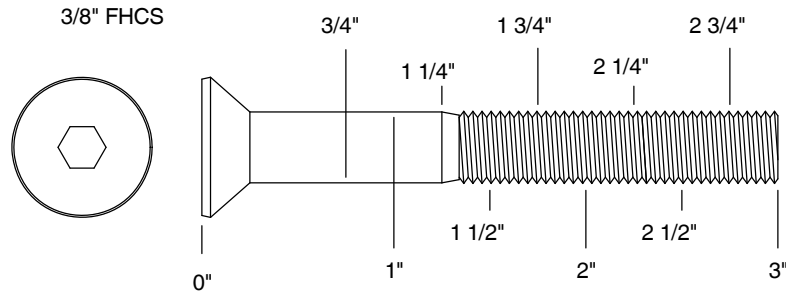


1/2" SHSS



OWNER'S MANUAL

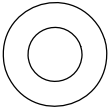
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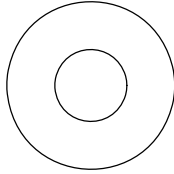
OWNER'S MANUAL

WASHER SIZING CHART

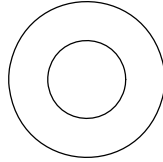
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



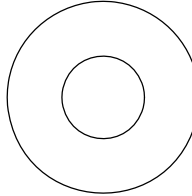
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



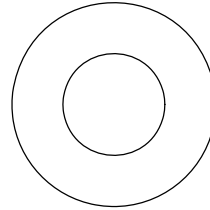
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



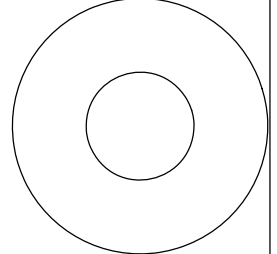
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



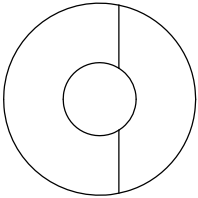
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



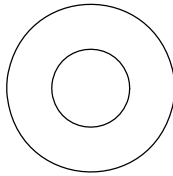
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



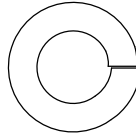
013-0402007
3/8"
FLAT WASHER
22mm O.D.



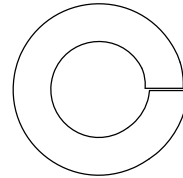
013-0102019
1/4"
LOCK WASHER



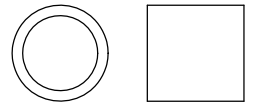
013-0102020
3/8"
LOCK WASHER



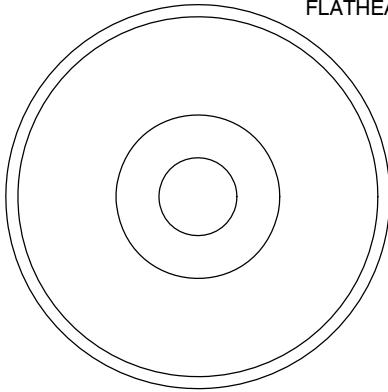
013-0102018
1/2"
LOCK WASHER



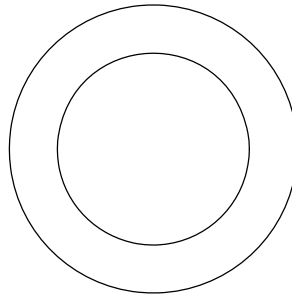
014-0018001
1/2" LONG
SPACER



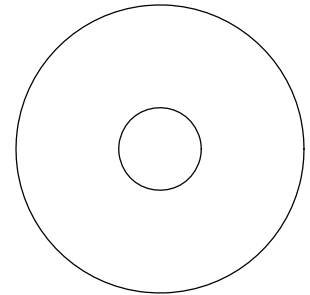
026-01M0238
2" ALUMINUM
FLATHEAD CAP



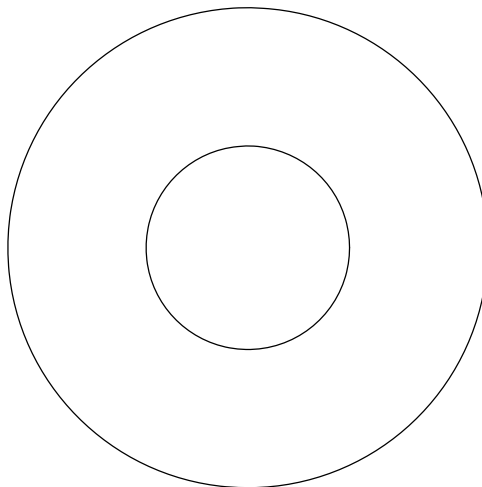
016-0009003
1" SHIM WASHER



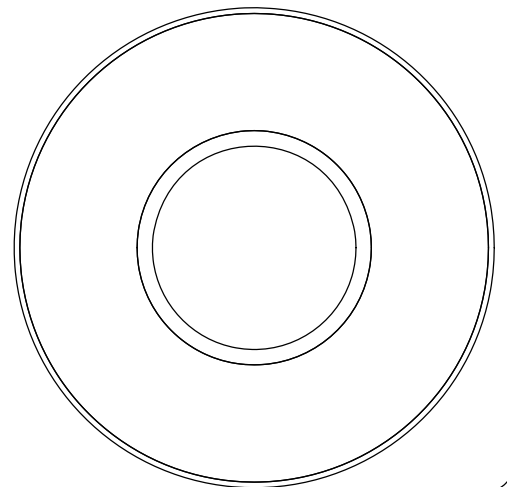
013-0003002
3/8" FENDER WASHER



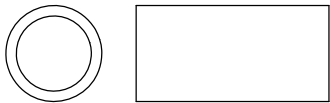
013-0003004
1 1/16"
FENDER WASHER



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



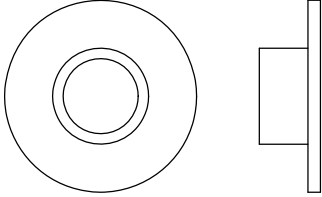
014-0018002
1" LONG
SPACER



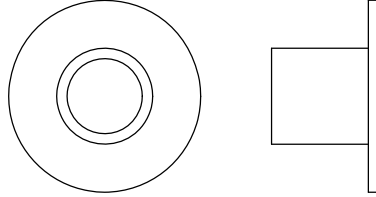
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

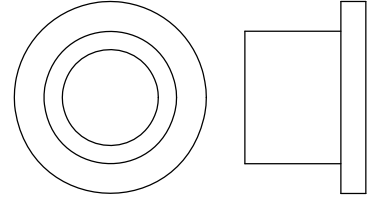
026-01M0211
1/4" LONG
FLANGED SPACER



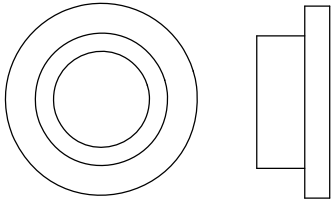
026-01M0198
1/2" LONG
FLANGED SPACER



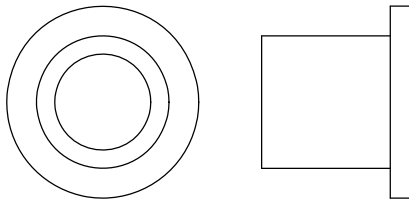
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



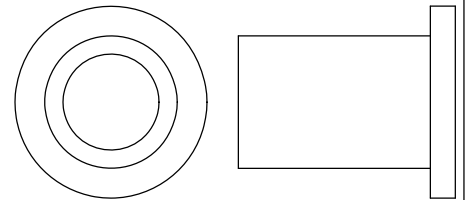
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



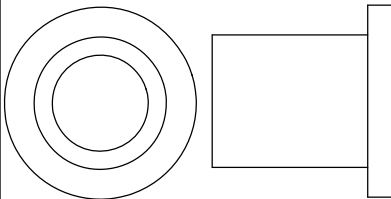
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



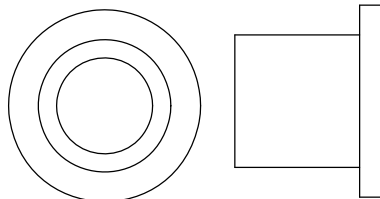
026-01M0551
1" LONG HEAVY
FLANGED SPACER



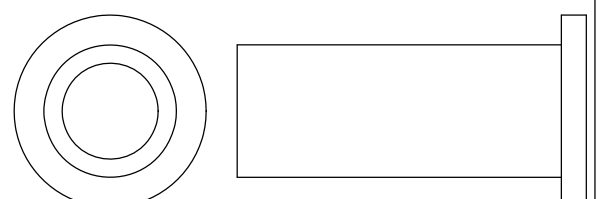
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



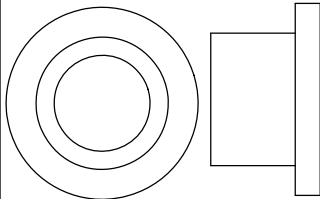
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FLANGED SPACER



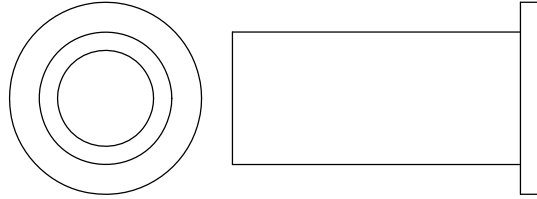
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



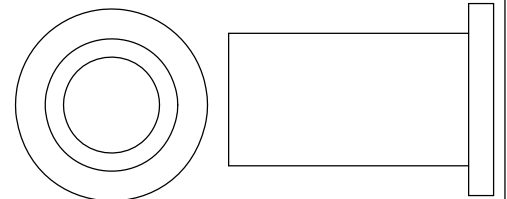
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



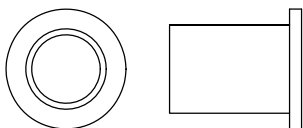
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



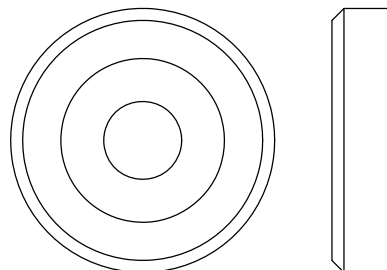
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



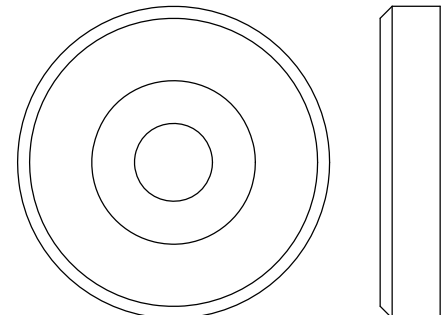
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNER'S MANUAL

MAINTENANCE SCHEDULE

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

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

OWNER'S MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

Upholstery:

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

Decals:

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

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Belts and Cables:

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

Belt and Cable Tension:

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

Seat Sleeves, Guide Rods:

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

Linear Bearings:

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

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your CF-3754 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your CF-3754 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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

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

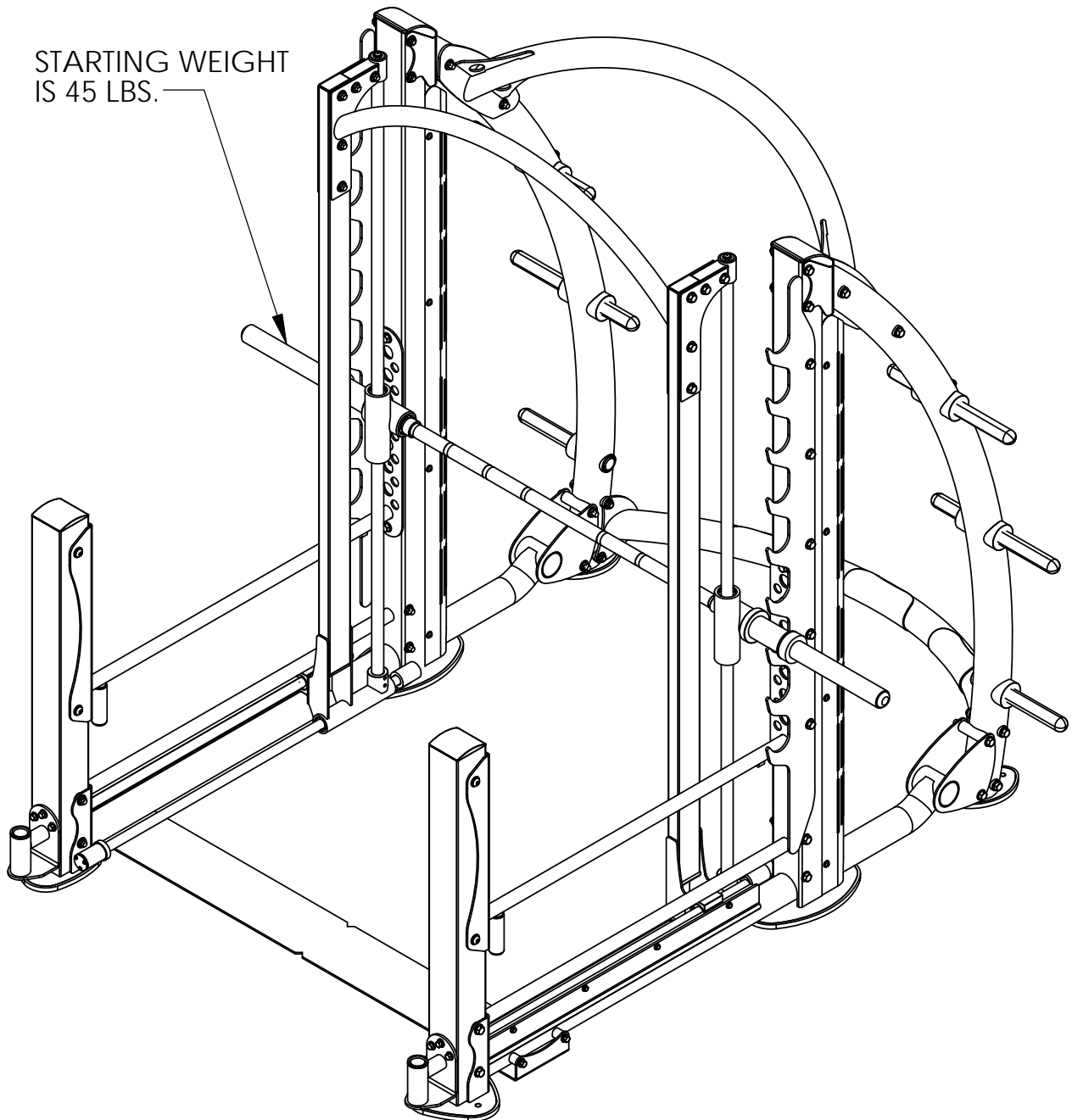
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

Enjoy your CF-3754 HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS



STARTING WEIGHT
IS 45 LBS.

MAXIMUM WEIGHT RATING IS 540 LBS.

The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

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
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

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