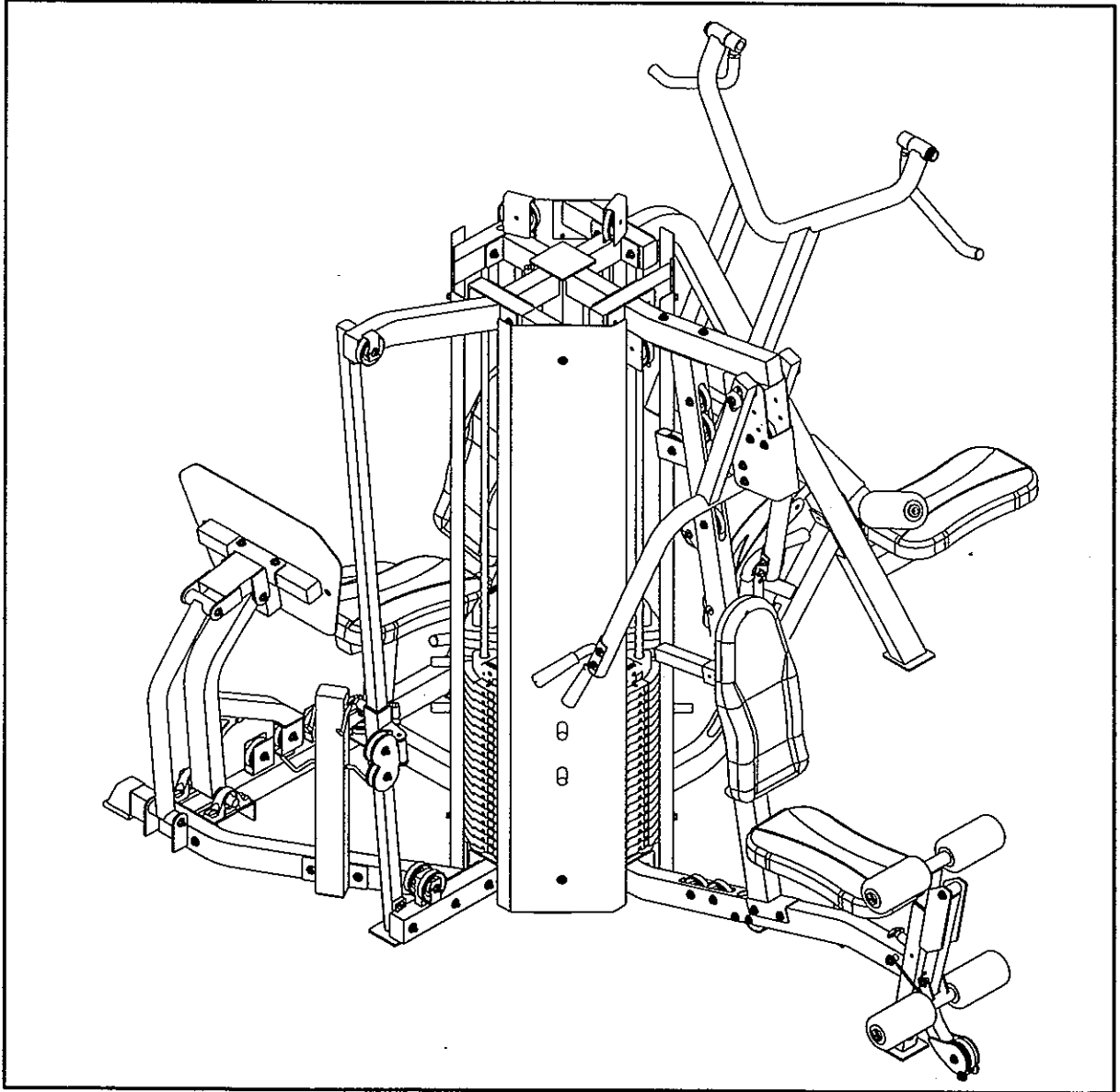


# OWNERS MANUAL

**HOIST**<sup>®</sup>  
FITNESS SYSTEMS

**H4400A**



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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

*July 2002*

# ASSEMBLY

## INSTRUCTIONS

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# ASSEMBLY INSTRUCTIONS

## Step 1

### INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. 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.

### SUGGESTED TOOLS

Socket Wrench

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

Crescent Wrench

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

3/8-16 and 1/2-13 Tap

Rubber Mallet

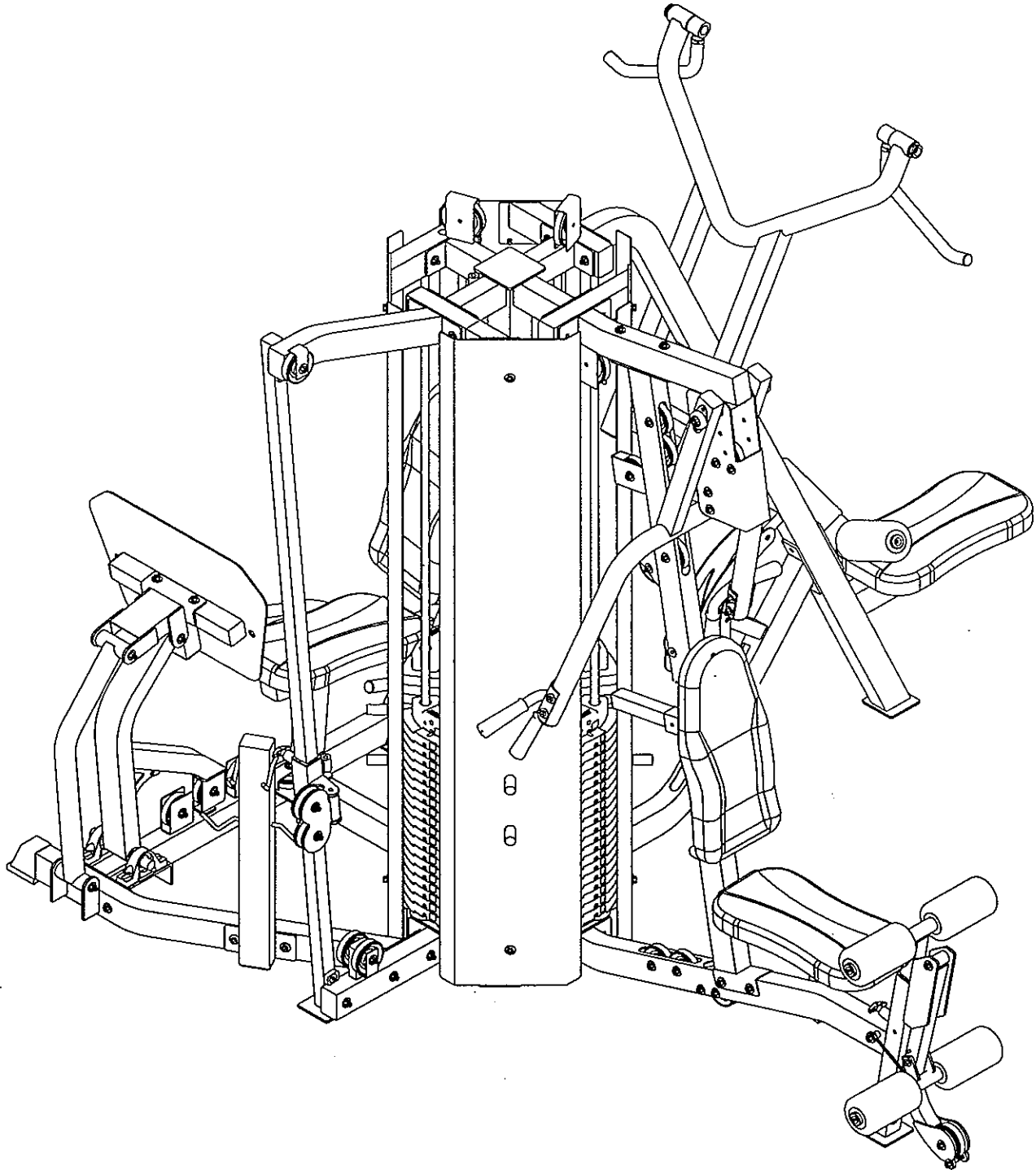
Tape Measure

# ASSEMBLY

INSTRUCTIONS

## Step 2

### FRAME ASSEMBLY



# ASSEMBLY

## INSTRUCTIONS

### Step 2a

#### FRAME ASSEMBLY

Start assembling your H4400 by sliding (3) on to (2) and fasten it into place. Next, attach (5) and (4) to (1). *Hand Tighten* bolts only, they will be tightened later. Insert (6) in each hole on the top of (4), slide one (7) on each (6), then slide on nineteen (8)'s. Then secure (9) to (64). Then slide both (9) and (64) onto both (6)'s. Insert (10) on to (6) and do not secure it, it will be secured in the following step. Insert (66) into (17). Attach (17) to (5), *Wrench Tighten* bolt until snug then back off ½ turn or enough to make sure (17) pivots freely. *Wrench Tighten* (20) to (5).

#### Part Descriptions

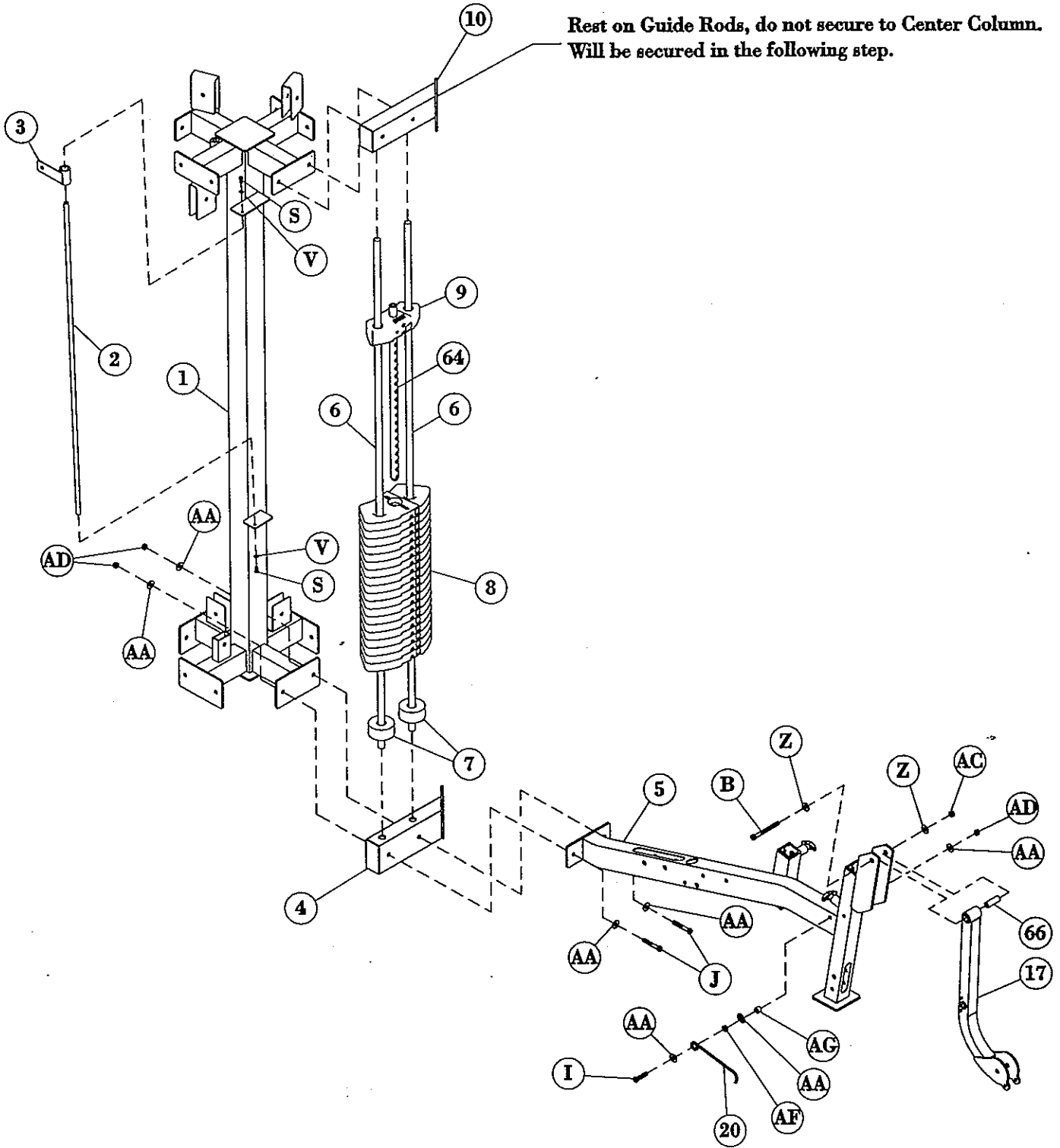
- 1 - Center Column
- 2 - Anti-Twist Bar
- 3 - Anti-Twist Slide
- 4 - Guide Rod Mount, Bottom
- 5 - Bottom Tube
- 6 - Guide Rod 3/4" Dia. x 73 11/32" Lg.
- 7 - 2 1/2"OD x 25/32" ID x 1H Rubber Bumper
- 8 - 10 LB Radial Design Cast Weight Plate
- 9 - Cast Radial Top Weight
- 10 - Guide Rod Mount Top (2 Hole)
- 17 - Leg Press Extension Arm
- 20 - Latch Hook
- 64 - 20 Hole Weight Stem
- 66 - 3/4" Dia. x 1 15/16 LG Axle

#### Hardware Descriptions

- B - 1/2-13 x 3 1/4" Hex Bolt
- I - 3/8-16 x 3 1/2" Hex Bolt
- J - 3/8-16 x 3 1/4" Hex Bolt
- S - 1/4-20 x 3/4" Hex Bolt
- V - 1/4" Lock Washer
- Z - 1/2" Flat Washer
- AA - 3/8" Flat Washer
- AC - 1/2" Nylok Nut
- AD - 3/8" Nylok Nut
- AF - 1/4" Spacer Sleeve
- AG - 1/2" Spacer Sleeve

# ASSEMBLY INSTRUCTIONS

Rest on Guide Rods, do not secure to Center Column.  
Will be secured in the following step.



# ASSEMBLY

## INSTRUCTIONS

### Step 2b

#### FRAME ASSEMBLY

Continue assembling your H4400 by attaching (18) to (12), Wrench Tighten bolts. Next, attach the Bottom of (12) to (5). Next attach (11) and (10) to (1). Secure the top of (12) to (11). Hand Tighten bolts only, they will be tightened later.

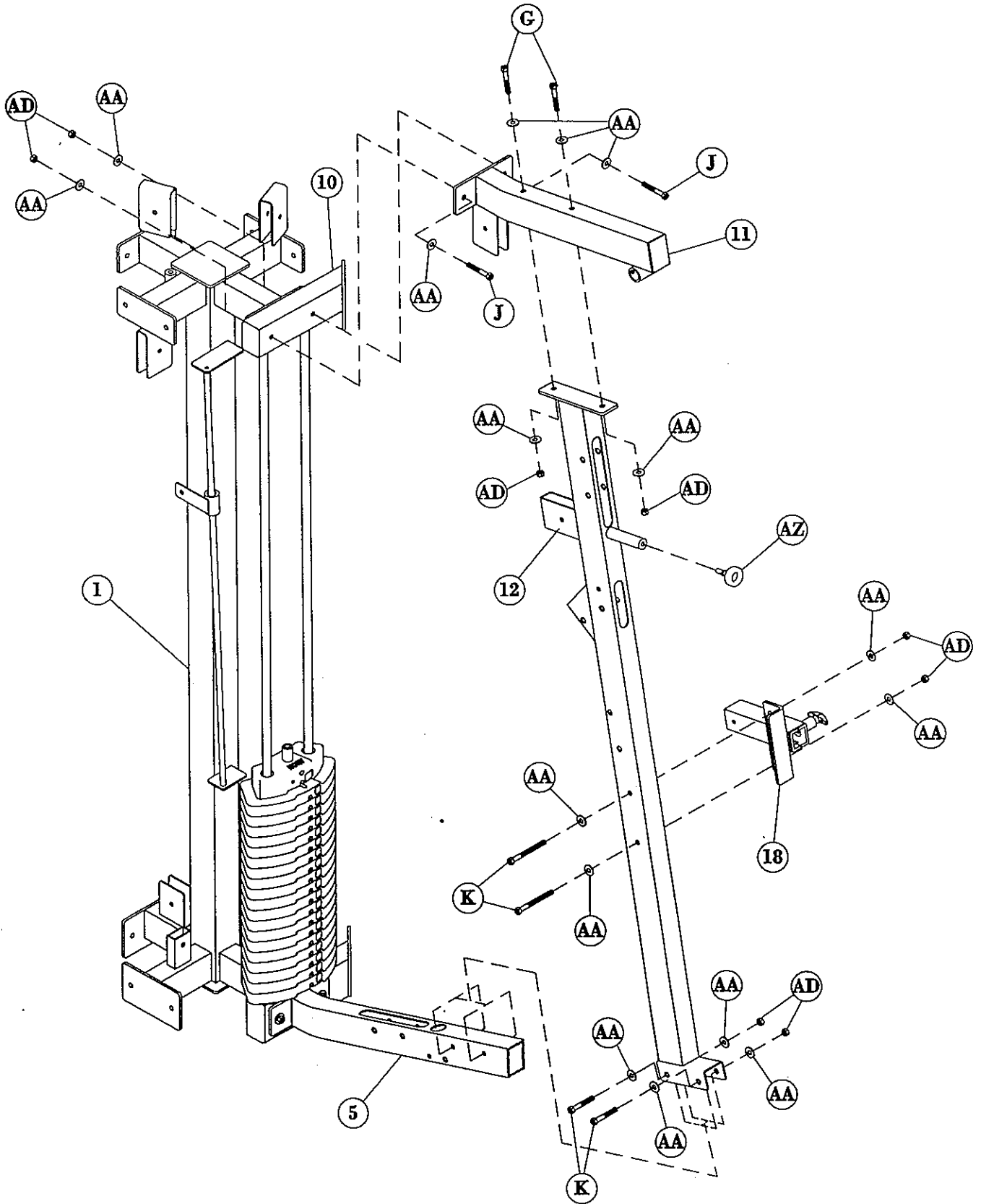
#### Part Descriptions

10 - Guide Rod Top Mount  
11 - Bench Press Top Mount  
12 - Pressing Side Upright  
18 - Back Adjuster Mount

#### Hardware Descriptions

G - 3/8-16 x 4" Hex Bolt  
J - 3/8-16 x 3 1/4" Hex Bolt  
K - 3/8-16 x 3" Hex Bolt  
AA - 3/8" Flat Washer  
AD - 3/8" Nylok Nut  
AZ - Adjustable Stop

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2c (HPA-1 Press Arm Option)

#### FRAME ASSEMBLY

Align the assembled HPA-1 Press Arm Option and the R.O.M. to the Axle Mount on (11) and insert the Axle through all and center so equal amounts extend out each side. Attach Bearings (CB). Make sure the Press Arm is centered and can swing freely. Secure the Axle to the Axle Mount on (11) with Set Screws (BB).

#### Part Descriptions

11 - Bench Press Top Mount

#### Hardware Descriptions

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

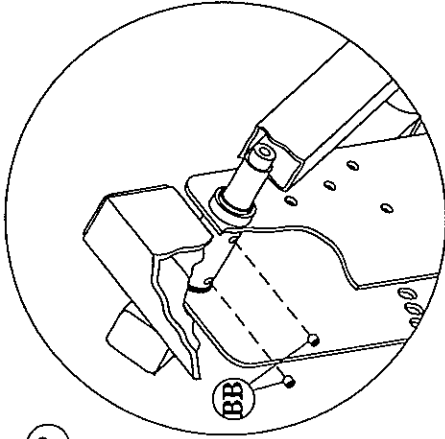
W - 3/8" Lock Washer

AA - 3/8" Flat Washer

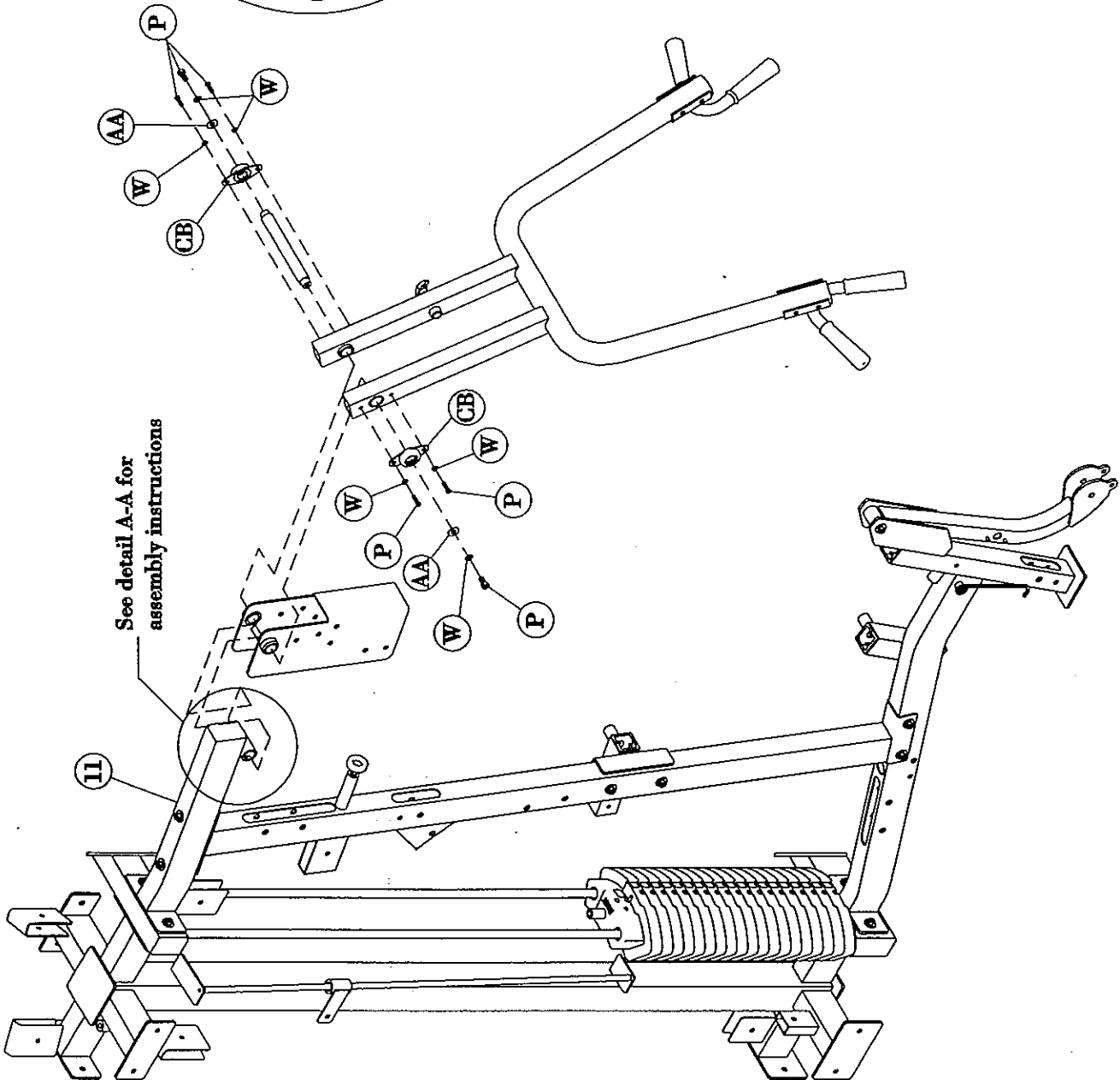
BB - Set Screw, 5/16"-18 x 5/16" L

CB - 2 Bolt Flange Mount Bearing

# ASSEMBLY INSTRUCTIONS



Detail A-A  
(rotated for clarity)



# ASSEMBLY M A N U A L

## Step 2c (HPA-2 Press Arm Option)

### FRAME ASSEMBLY

Align the assembled HPA-2 Press Arm Option to the Axle Mount on (11) and insert the axle through all and center so equal amounts extend out each side. Attach Bearings (CB). Make sure the Press Arm is centered and can swing freely. Secure the Axle to the Axle Mount on (11) with Set Screws (BB).

#### Part Descriptions

11 - Bench Press Top Mount

#### Hardware Descriptions

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

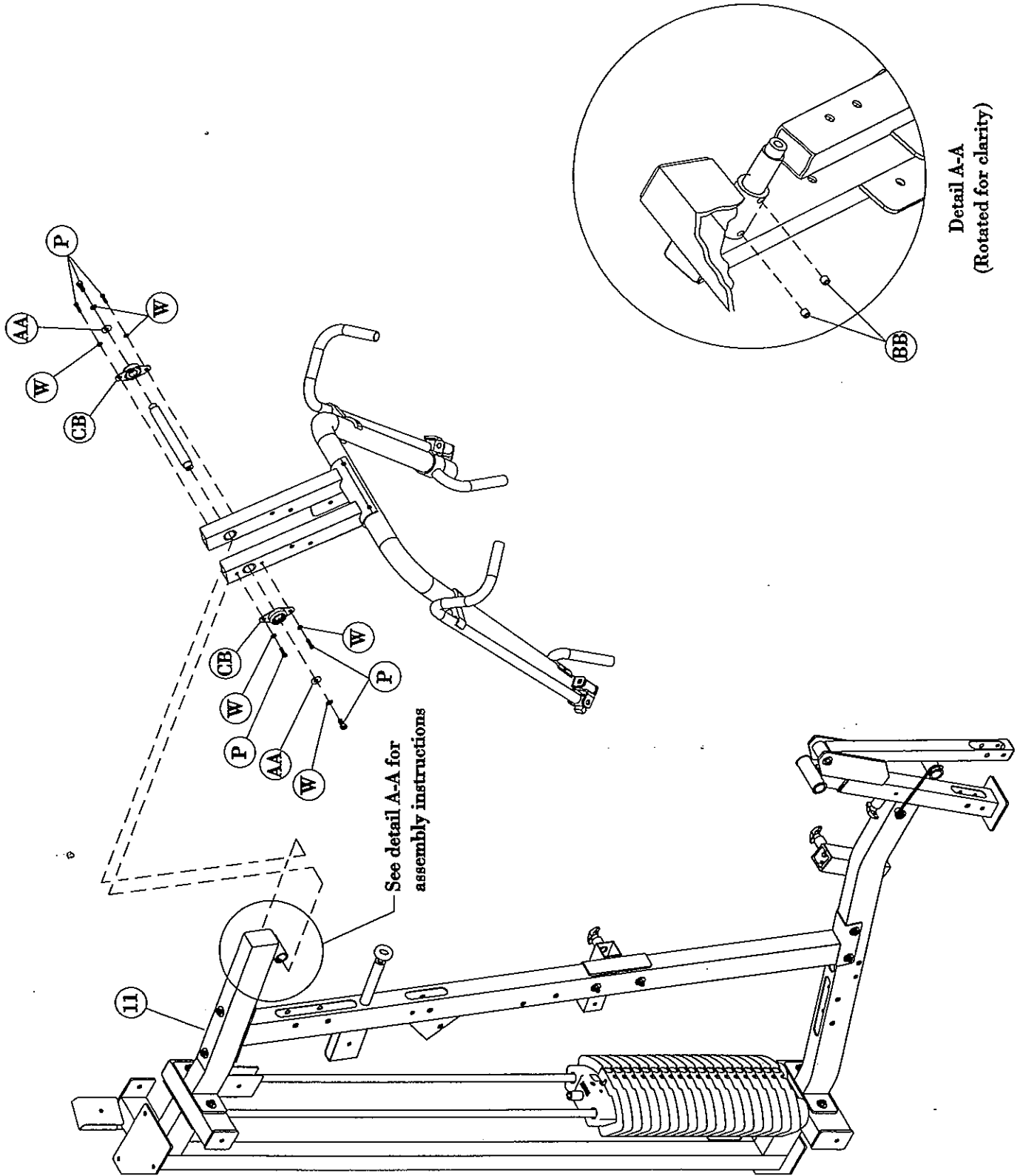
W - 3/8" Lock Washer

AA - 3/8" Flat Washer

BB - Set Screw, 5/16"-18 x 5/16" L

CB - 2 Bolt Flange Mount Bearing

# ASSEMBLY M A N U A L



# ASSEMBLY

## INSTRUCTIONS

### Step 2d

#### FRAME ASSEMBLY

In this step start by attaching two (23)'s together with (24) separating them. *Hand Tighten* Bolts only, they will be tightened later. Align (21) to the Axle Mount on (29) and insert shaft (22) through all and center so equal amounts extend out each side. Attach Bearings (CB). Make sure Top Arm (21) is centered and can swing freely. Secure Axle (22) to the Axle Mount on (29) with Set Screws (BB).

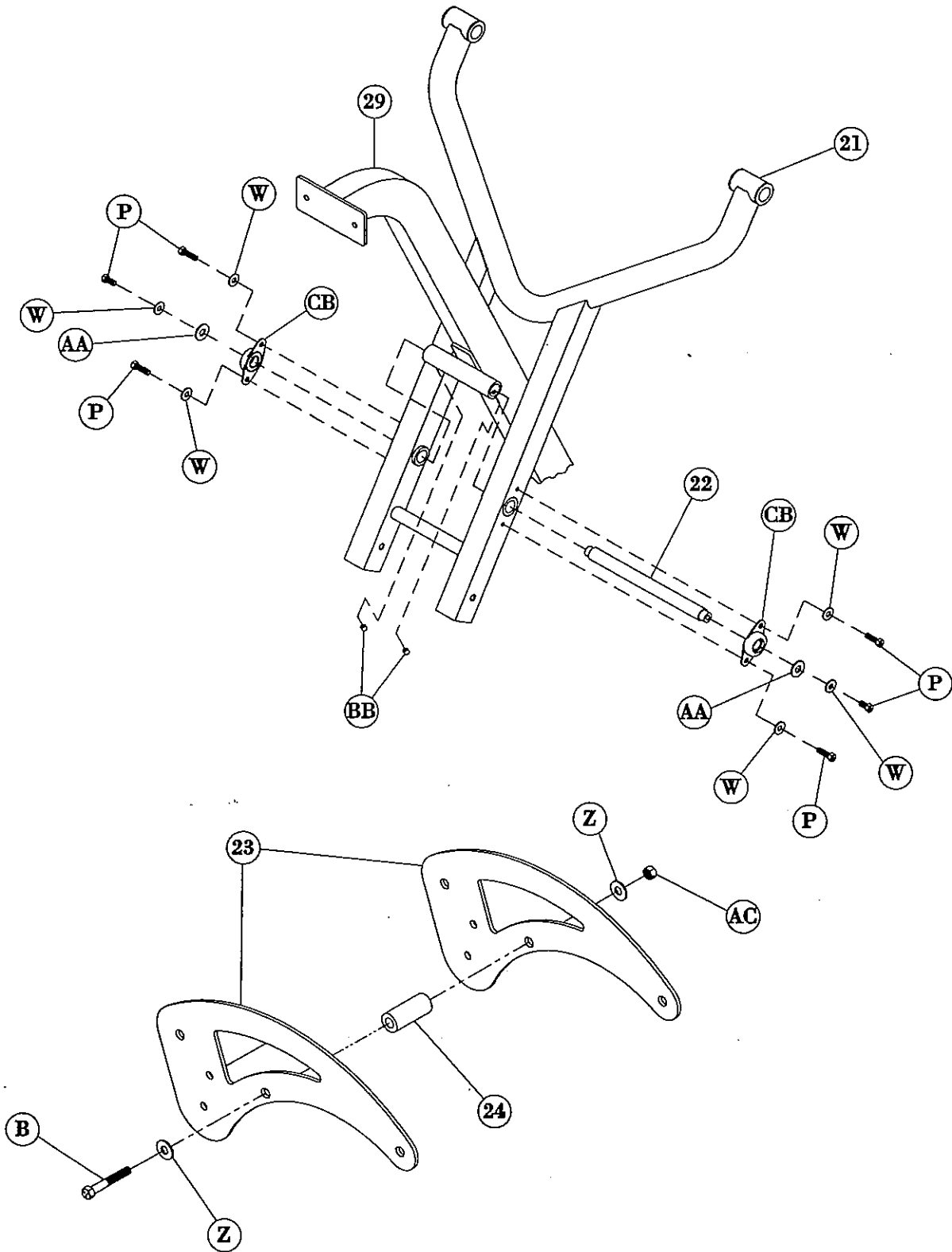
#### Part Descriptions

21 - Top Arm  
22 - Pivot Shaft (Lat Top Arm) (12 1/2" LG)  
23 - Lat Pull Lower Arm  
24 - Lat Pull Lower Arm Spacer (2 5/16" LG)  
29 - Seated Assembly

#### Hardware Descriptions

B - 1/2-13 x 3 1/4" Hex Bolt  
P - 3/8-16 x 3/4" Hex Bolt  
W - 3/8" Lock Washer  
Z - 1/2" Flat Washer  
AA - 3/8" Flat Washer  
AC - 1/2" Nylok Nut  
BB - Set Screw, M8 x 1.25 x 8mm L  
CB - 2 Bolt Flange Mount Bearing

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2e

#### FRAME ASSEMBLY

Continue assembling the H4400 by attaching (28) and (4) to (1). Insert (6) in each hole on the top of (4), slide one (7) on each (6). Slide on nineteen (8)'s. Then secure (9) to (64). Then slide both (9) and (64) onto both (6)'s. Now secure (31) and the top of (29) to the top of the (1). Attach (30) and the bottom of (29) to (28). Next, slide (27) into the top of (26) and secure to (21). Now attach two (25)'s to (21). Wrench Tighten all bolts. Secure the Bottom of (26) to (23), and attach (23) to (29). Wrench Tighten bolts until snug then back off ½ turn or enough to make them swing freely.

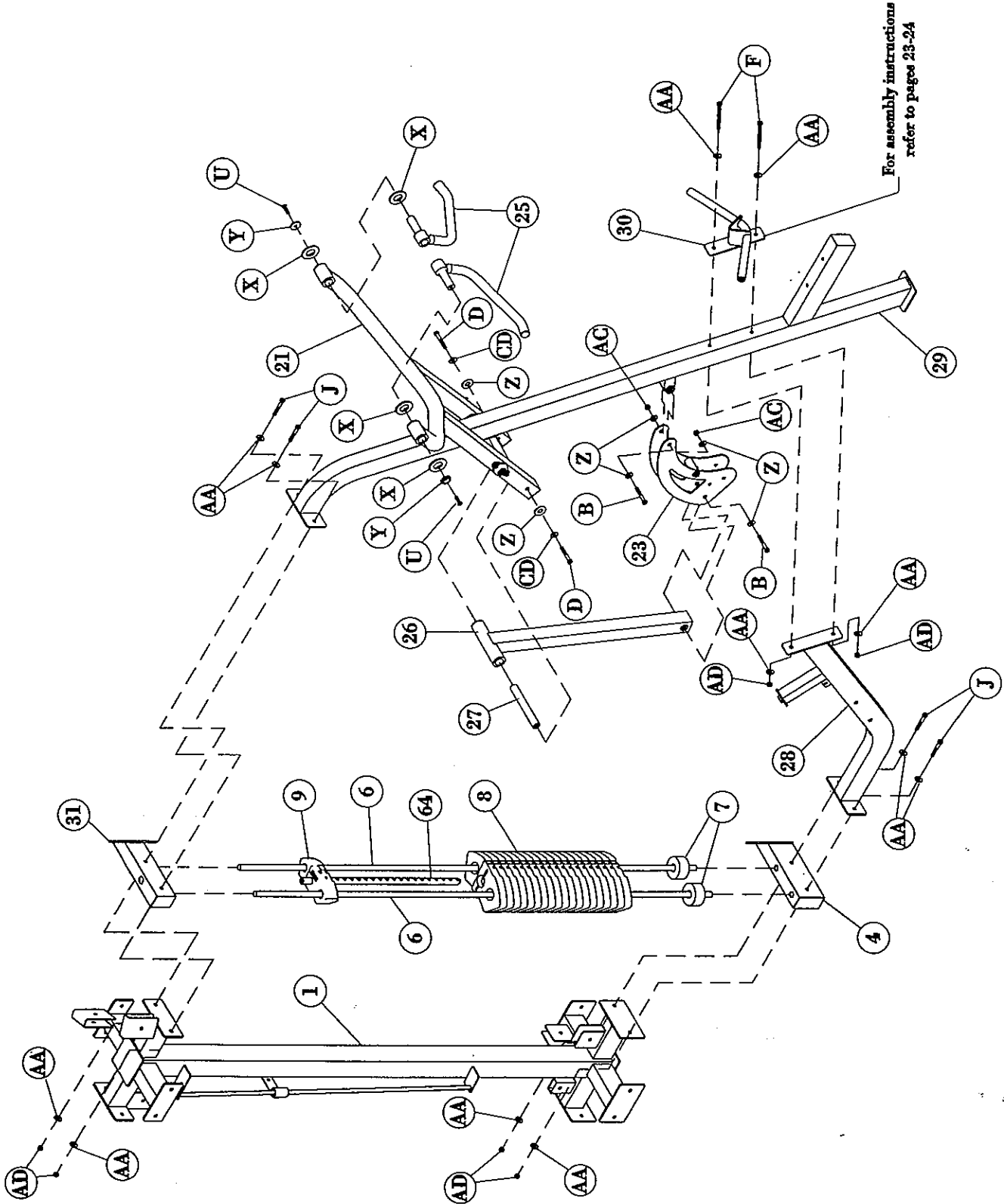
#### Part Descriptions

1 - Center Column  
4 - Guide Rod Mount, Bottom  
6 - Guide Rod 3/4" Dia. x 73 11/32" Lg.  
7 - 2 1/2" O.D. x 25/32" I.D. x 1" H Rubber Bumper  
8 - 10 LB Radial Design Cast Weight Plate  
9 - Cast Radial Top Weight  
21 - Top Arm  
23 - Lat Pull Lower Arm  
25 - Handle Assembly  
26 - Middle Arm  
27 - Pivot Shaft (Lat Top Arm) (7 1/2" LG)  
28 - Seated Assembly Support  
29 - Seated Assembly  
30 - Leg Support  
31 - Guide Rod Mount Top (3 Hole)  
64 - 20 Hole Weight Stem

#### Hardware Descriptions

B - 1/2-13 x 3 1/4" Hex Bolt  
D - 1/2-13 x 2 1/2" Hex Bolt  
F - 3/8-16 x 4 1/4" Hex Bolt  
J - 3/8-16 x 3 1/4" Hex Bolt  
U - 3/8-16 x 1" Flat Head Allen Screw  
X - 1" Shim Washer  
Y - 3/8" Flat Head Cap  
Z - 1/2" Flat Washer  
AA - 3/8" Flat Washer  
AC - 1/2" Nylok Nut  
AD - 3/8" Nylok Nut  
CD - 1/2" Lock Washer

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2f

#### FRAME ASSEMBLY

Continue assembling the H4400 by sliding (48) into (35) and attach to (34). Wrench Tighten bolts. Slide this assembly on to (36). Now attach (32) and (4) to (1). Insert (6) in each hole on the top of (4), slide (7) on each (6). Slide on nineteen (8)'s. Secure (9) to (64). Then slide both (9) and (64) onto each (6). Insert (10) on to (6) then attach (10) and (33) to the top of (1). Secure the bottom of (36) to (32). The top of (36) will be attached to the top of (33) in later steps during cable installation. Attach two (37)'s to (36), one on each end. Wrench Tighten all bolts.

#### Part Descriptions

1 - Center Column  
4 - Guide Rod Mount, Bottom  
6 - Guide Rod 3/4" Dia. x 73 11/32" Lg.  
7 - 2 1/2" O.D. x 25/32" I.D. x 1" H Rubber Bumper  
8 - 10 LB Radial Design Cast Weight Plate  
9 - Cast Radial Top Weight  
10 - Guide Rod Mount Top (2 Hole)  
32 - Hi-Lo Lower Mount  
33 - Hi-Lo Top Mount  
34 - Adjuster  
35 - Pulley Mount  
36 - Adjuster Tube  
37 - Plastic Block  
48 - Pivot Shaft  
64 - 20 Hole Weight Stem

#### Hardware Descriptions

F - 3/8-16 x 4 1/4" Hex Bot  
J - 3/8-16 x 3 1/4" Hex Bolt  
O - 3/8-16 x 1" Hex Bolt  
T - 1/2-13 x 2 1/2" Flat Head Allen Screw  
W - 3/8" Lock Washer  
Z - 1/2" Flat Washer  
AA - 3/8" Flat Washer  
AC - 1/2" Nylok Nut  
AD - 3/8" Nylok Nut



# ASSEMBLY

## INSTRUCTIONS

### Step 2g

#### FRAME ASSEMBLY

Continue assembling the H4400 by attaching (38) and (4) to (1). Insert (6) in each hole on the top of (4), slide one (7) on each (6). Slide on nineteen (8)'s. Secure (9) to (64). Then slide both (9) and (64) onto both (6)'s. Slide (31) on (6) and secure to the (1). Next, attach (39) to (32). Secure (40) to (38) and (39). Hand Tighten bolts only, they will be tightened later. Wrench Tighten (41) and (42) to (40).

#### Part Descriptions

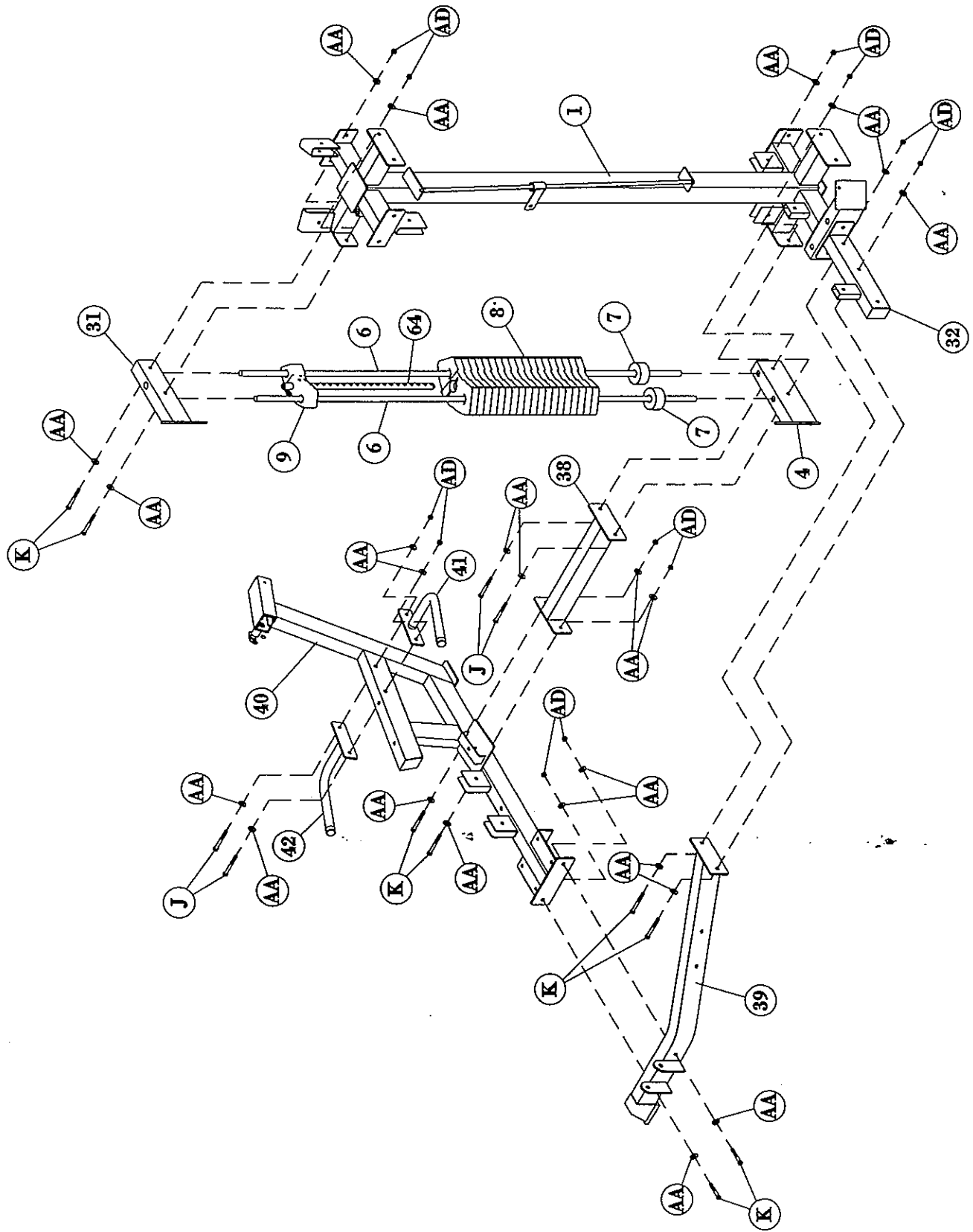
- 1 - Center Column
- 4 - Guide Rod Mount, Bottom
- 6 - Guide Rod 3/4" Dia. x 73 11/32" Lg.
- 7 - 2 1/2" O.D. x 25/32" ID x 1"H Rubber Bumper
- 8 - 10 LB Radial Design Cast Weight Plate
- 9 - Cast Radial Top Weight
- 31 - Guide Rod Mount Top (3 Hole)
- 38 - Leg Press Rear Mount
- 39 - Leg Press Front Mount
- 40 - Leg Press Seat Assembly
- 41 - Leg Press Handle, Left
- 42 - Leg Press Handle, Right
- 64 - 20 Hole Weight Stem

#### Hardware Descriptions

- J - 3/8-16 x 3 1/4" Hex Bolt
- K - 3/8-16 x 3" Hex Bolt
- AA - 3/8" Flat Washer
- AD - 3/8" Nylok Nut

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2h

#### FRAME ASSEMBLY

Begin this step by centering (44) in the tube on the bottom of (43). Once you have it centered, *Wrench Tighten* the Set Screws to hold it in place. Next slide (CF)(Set Screw side first) onto (44) and bolt them to (40). Center and align (43) to (40); then, *Wrench Tighten* bolts and the Set Screws in (CF). Slide (AT) over the ends of (44).

#### Part Descriptions

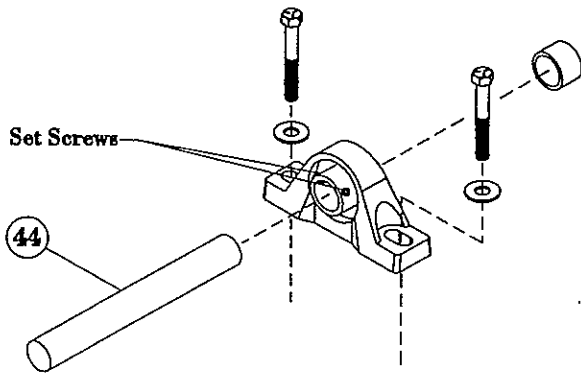
43 - Forward Foot Rest Mount  
44 - Axle Detail (7 51/64" LG)

#### Hardware Descriptions

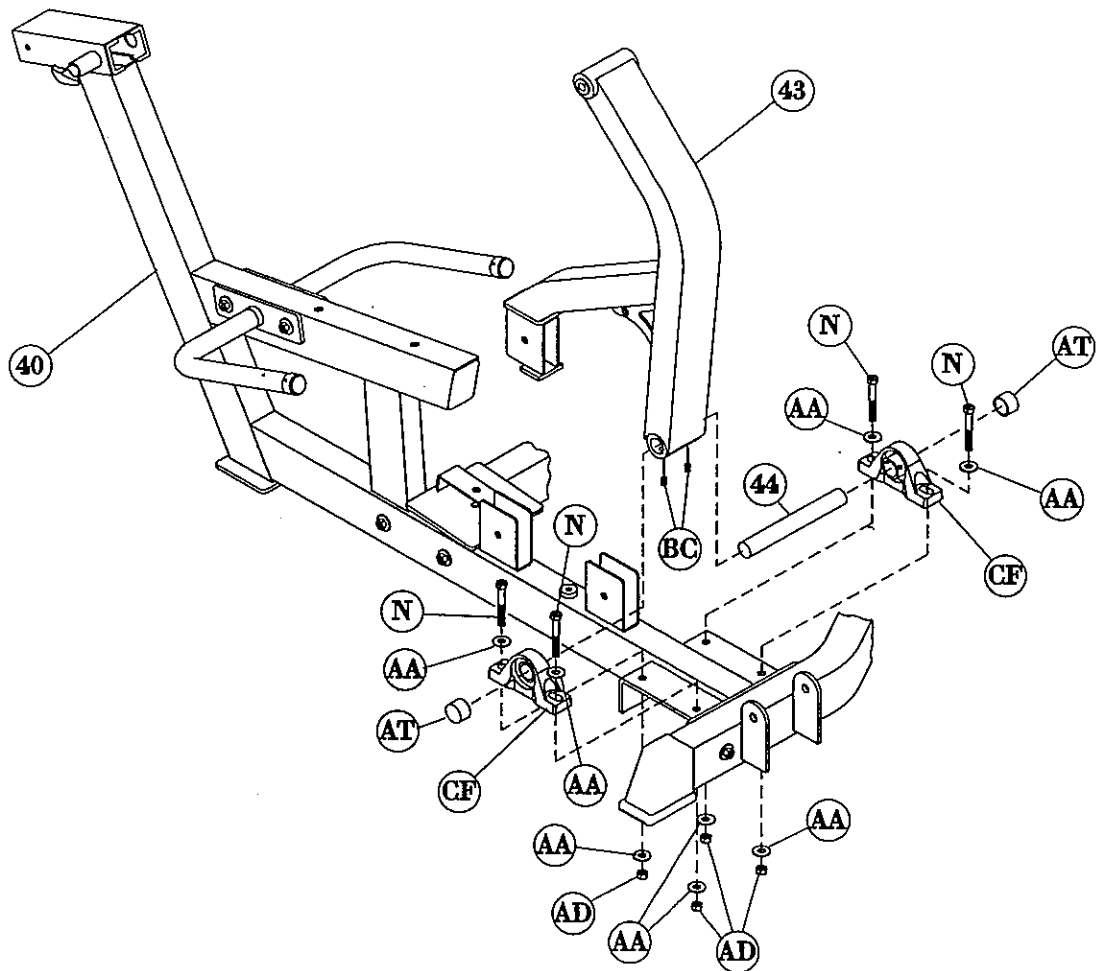
N - 3/8-16 x 1 1/2" Hex Bolt  
AA - 3/8" Flat Washer  
AD - 3/8" Nylok Nut  
AT - 1" Dia. Round End Cap  
CF - Pillow Block Bearing

# ASSEMBLY

INSTRUCTIONS



Note: Set screw side of pillow blocks face to the inside.



# ASSEMBLY

## INSTRUCTIONS

### Step 2i

#### FRAME ASSEMBLY

Begin this step by attaching (45) to (39). Next, secure (46) to both (43) and (45). Wrench Tighten all bolts until snug then back off ½ turn or until the Pivot moves freely. Now secure (47) to (46), Wrench Tighten bolts.

#### Part Descriptions

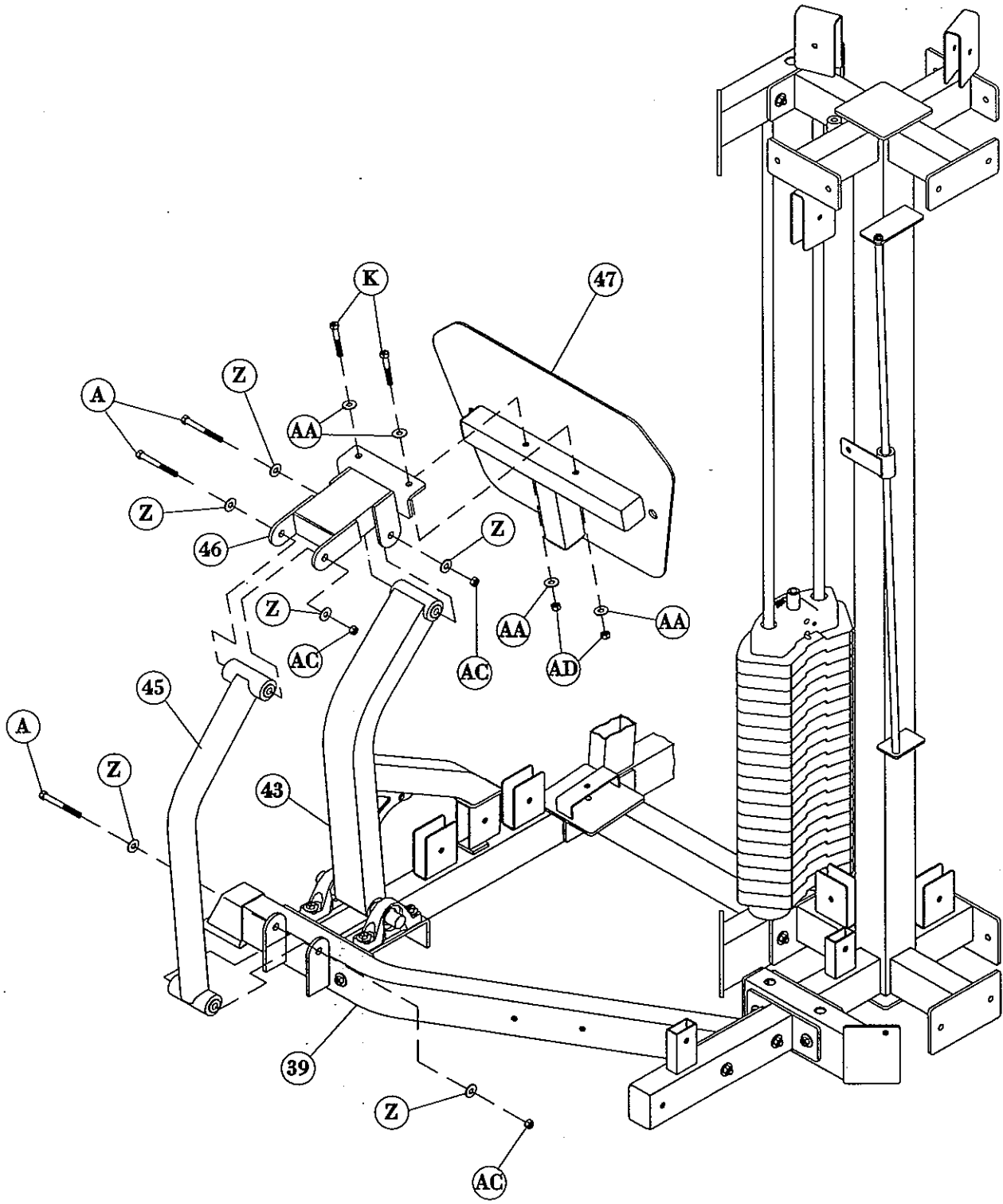
45 - Rear Foot Rest Mount  
46 - Foot Rest Mount  
47 - Foot Rest

#### Hardware Descriptions

A - 12-13 x 5" Hex Bolt  
K - 3/8-16 x 3" Hex Bolt  
Z - 1/2" Flat Washer  
AA - 3/8" Flat Washer  
AC - 1/2" Nylok Nut  
AD - 3/8" Nylok Nut

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2j

#### FRAME ASSEMBLY

Attach (65) to (55). Wrench Tighten (A) until snug then back off ½ turn or enough to make (65) swing freely. Continue assembling the Rollers and Pads as shown. Wrench Tighten bolts.

#### Part Descriptions

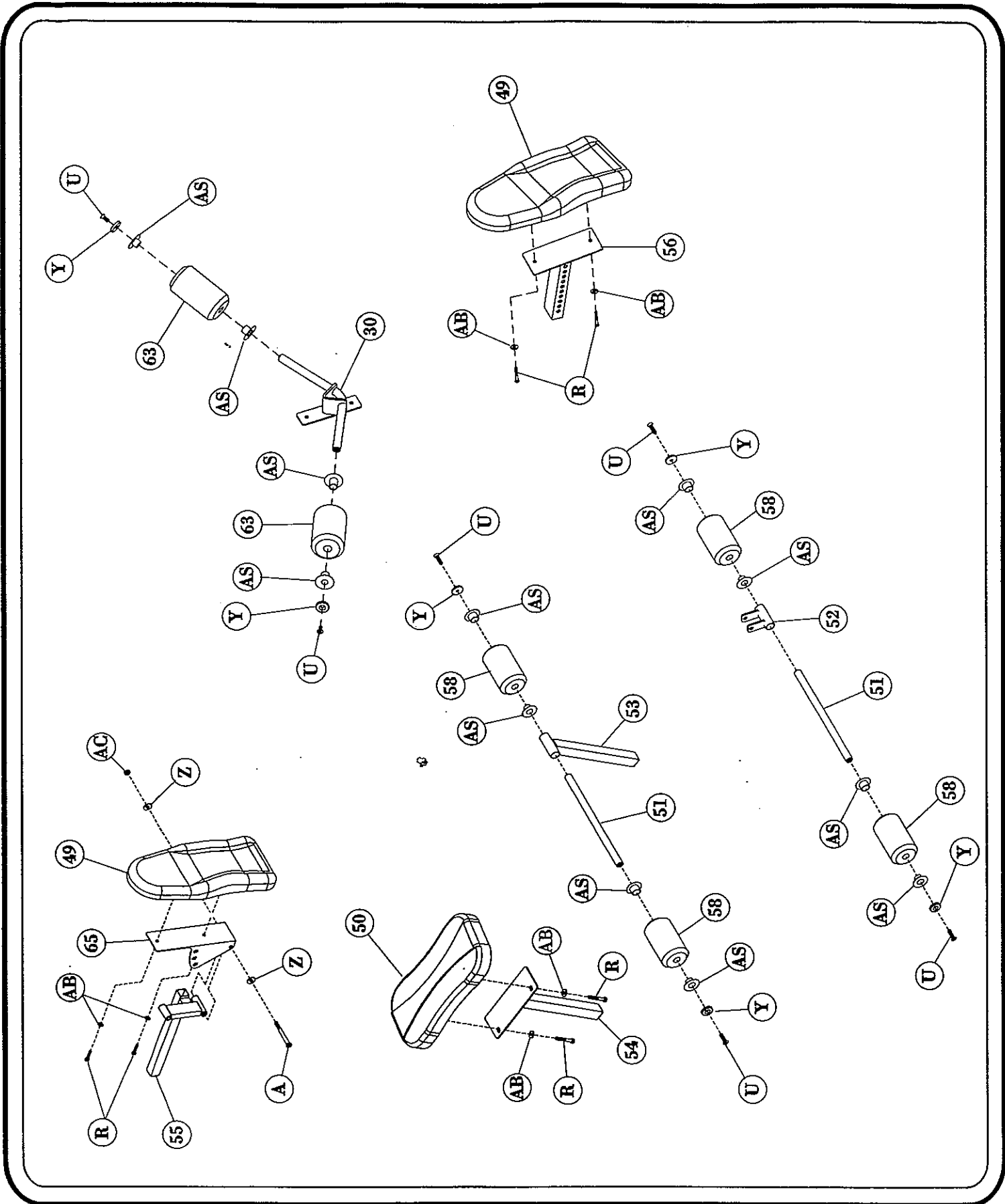
30 - Leg Support  
49 - Upholstery Pad  
50 - Upholstery Pad  
51 - 17 11/16 Leg Roller Bar  
52 - Leg Roller Pivot  
53 - Leg Roller Assembly  
54 - Seat Adjuster  
55 - Pad Adjuster for ROM  
56 - Leg Press Seat Adjuster  
58 - Roller Foam O.D. 4" x 7"L  
63 - Roller Foam OD. 4"x 8"L  
65 - Pad ROM

#### Hardware Descriptions

A - 1/2"-13 x 5" Hex Bolt  
R - 5/16-18 x 1 1/4" Hex Bolt  
U - 3/8-16 x 1" Flat Head Allen Screw  
Y - 3/8" Flat Head Cap 1 3/8" x 5/16" THK  
Z - 1/2" Flat Washer  
AB - 5/16" flat Washer  
AS - Roller Pad Bushing

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

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

## Step 2k

### FRAME ASSEMBLY

In this step attach (50) to (29). *Wrench Tighten* all bolts.

#### Part Descriptions

29 - Seated Assembly

50 - Upholstery Pad

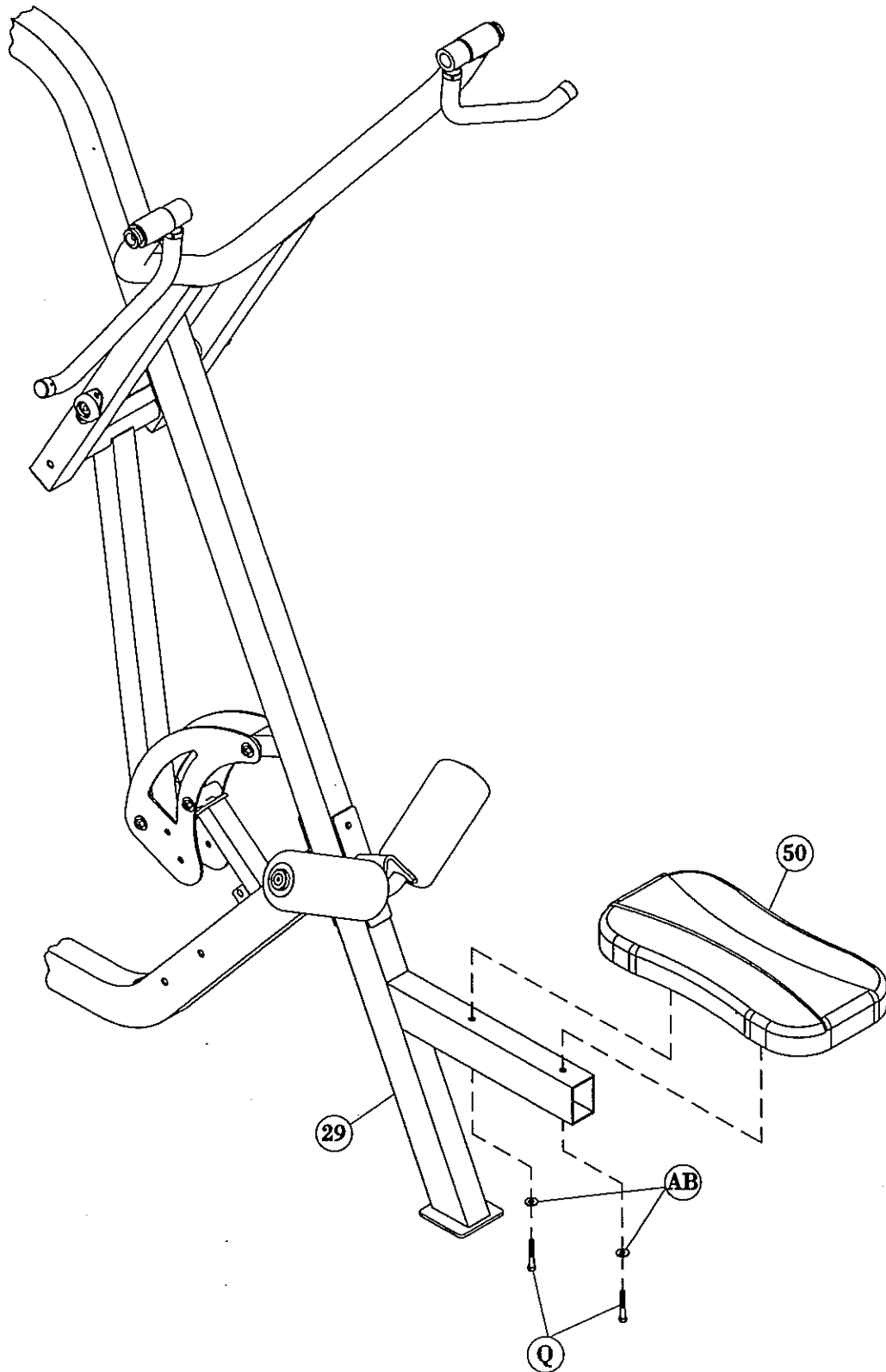
#### Hardware Descriptions

Q - 5/16-18 x 4" Hex Bolt

AB - 5/16" Flat Washer

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 21

#### FRAME ASSEMBLY

In this step insert the Pad Assemblies into their mounts. Attach (52) to (17) and Wrench Tighten bolt until snug then back off ½ turn or enough to make sure (52) pivots freely.

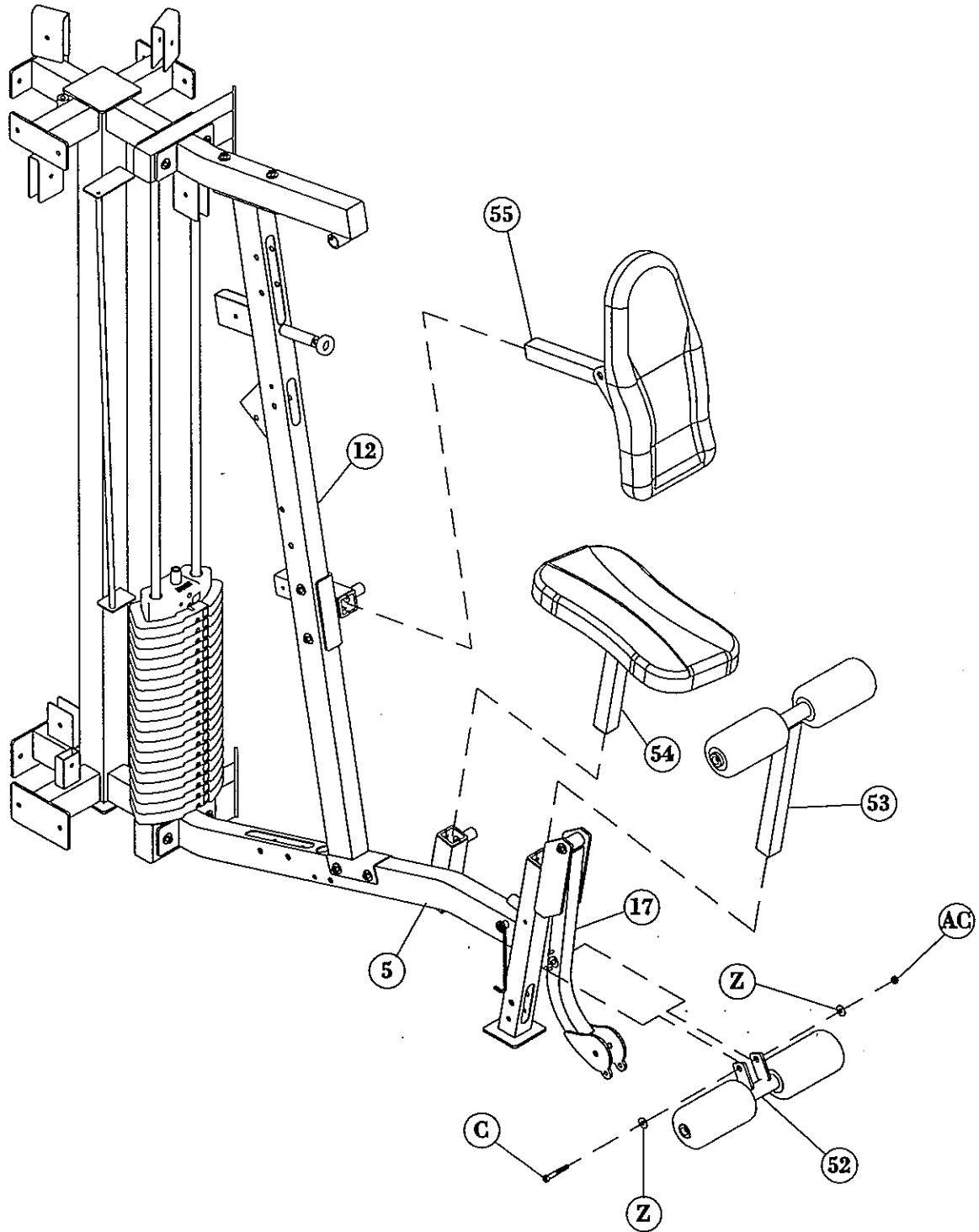
#### Part Descriptions

5 - Bottom Tube  
12 - Pressing Side Upright  
52 - Leg Roller Pivot  
53 - Leg Roller Assembly  
54 - Seat Adjuster  
55 - Pad Adjuster for R.O.M

#### Hardware Descriptions

C - 1/2-13 x 2 3/4" Hex Bolt  
Z - 1/2" Flat Washer  
AC - 1/2" Nylok Nut

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

INSTRUCTIONS

## Step 2m

### FRAME ASSEMBLY

In this step insert (56) into its mount and attach (49) to (40) and.  
Wrench Tighten all bolts.

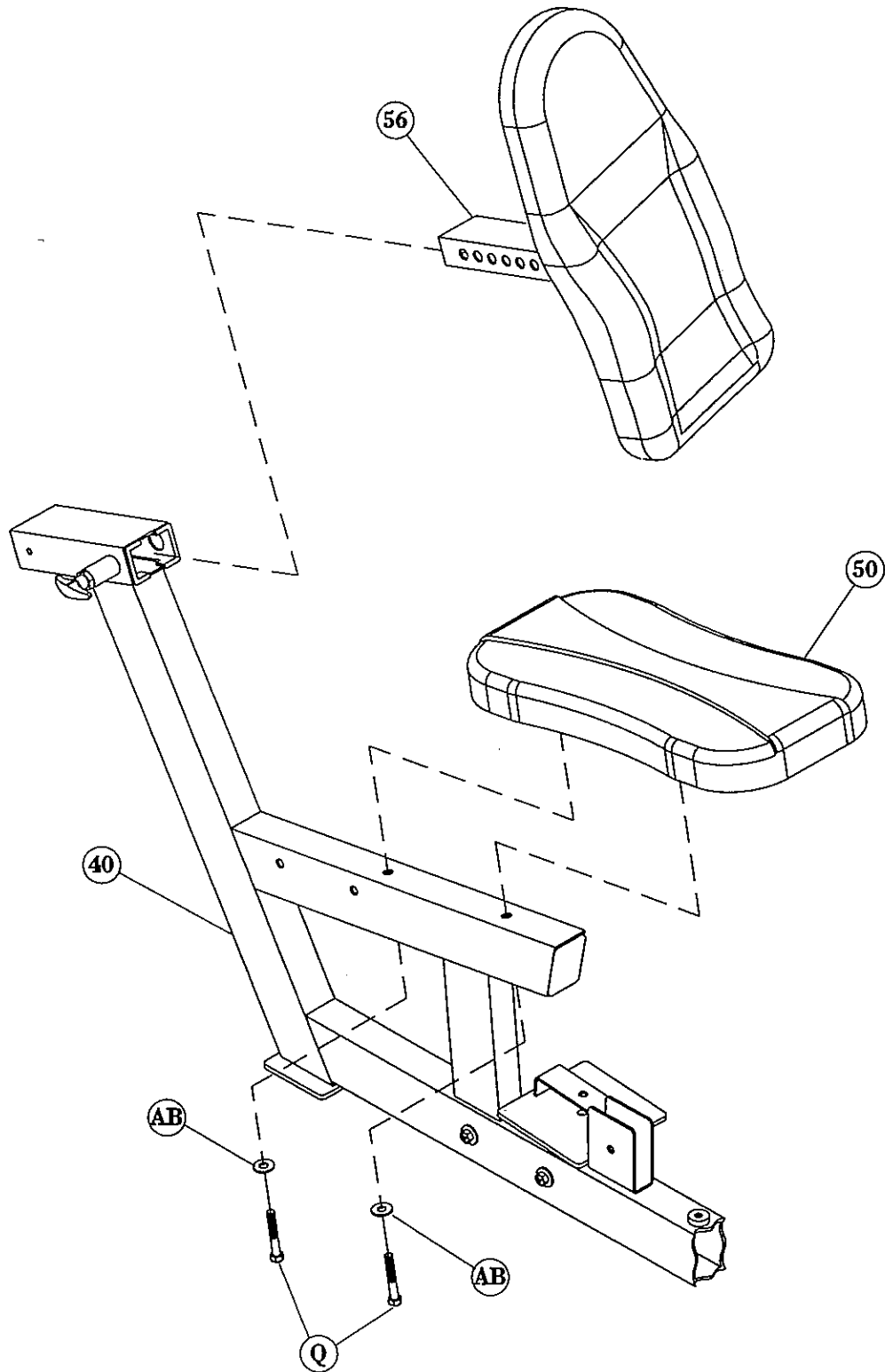
#### Part Descriptions

40 - Leg Press Seat Assembly  
50 - Upholstery Pad  
56 - Leg Press Back Pad Adjuster

#### Hardware Descriptions

Q - 5/16-18 x 4" Hex Bolt  
AB - 5/16" Flat Washer

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

INSTRUCTIONS

## Step 2n

### FRAME ASSEMBLY

Attach (57) to (39). *Wrench Tighten* bolts.

#### Part Descriptions

39 - Leg Press Front Mount

57 - Accessory rack

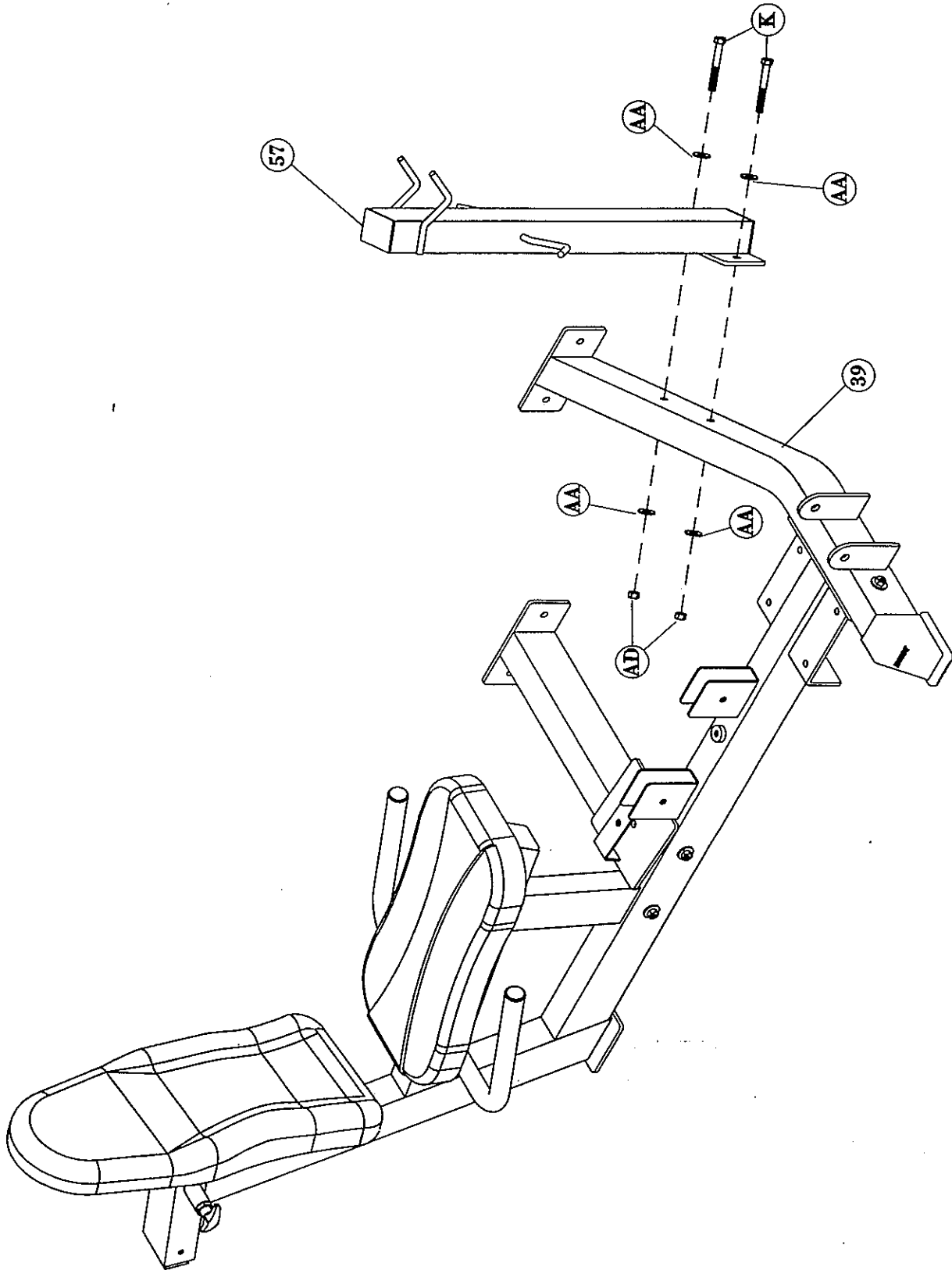
#### Hardware Descriptions

K - 3/8-16 x 3" Hex Bolt

AA - 3/8" Flat Washer

AD - 3/8" Nylok Nut

# ASSEMBLY INSTRUCTIONS



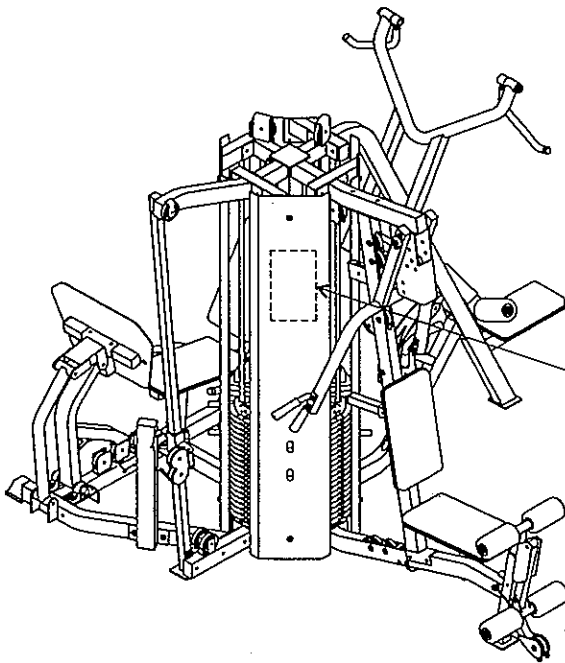
# ASSEMBLY

## INSTRUCTIONS

### Step 4

#### SHIELD ASSEMBLY

Secure and *Wrench Tighten* two (61)'s to (62) and secure the bottom of (62) to (4). Next, secure (62) to (10). Repeat the process for all 4 shields. *Wrench Tighten* all bolts.



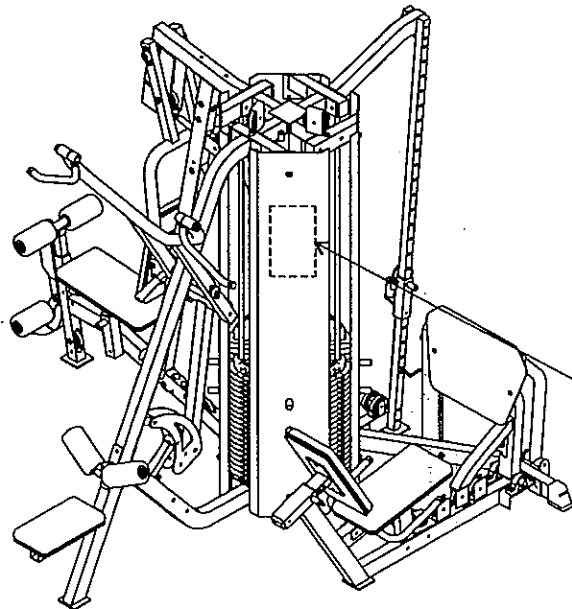
#### Part Descriptions

- 4 - Guide Rod Bottom Mount
- 10 - Guide Rod Top Mount
- 61 - Add-On Shield
- 62 - Shield

Shield with Hi-Lo/Bench Press Placard mounts in this position

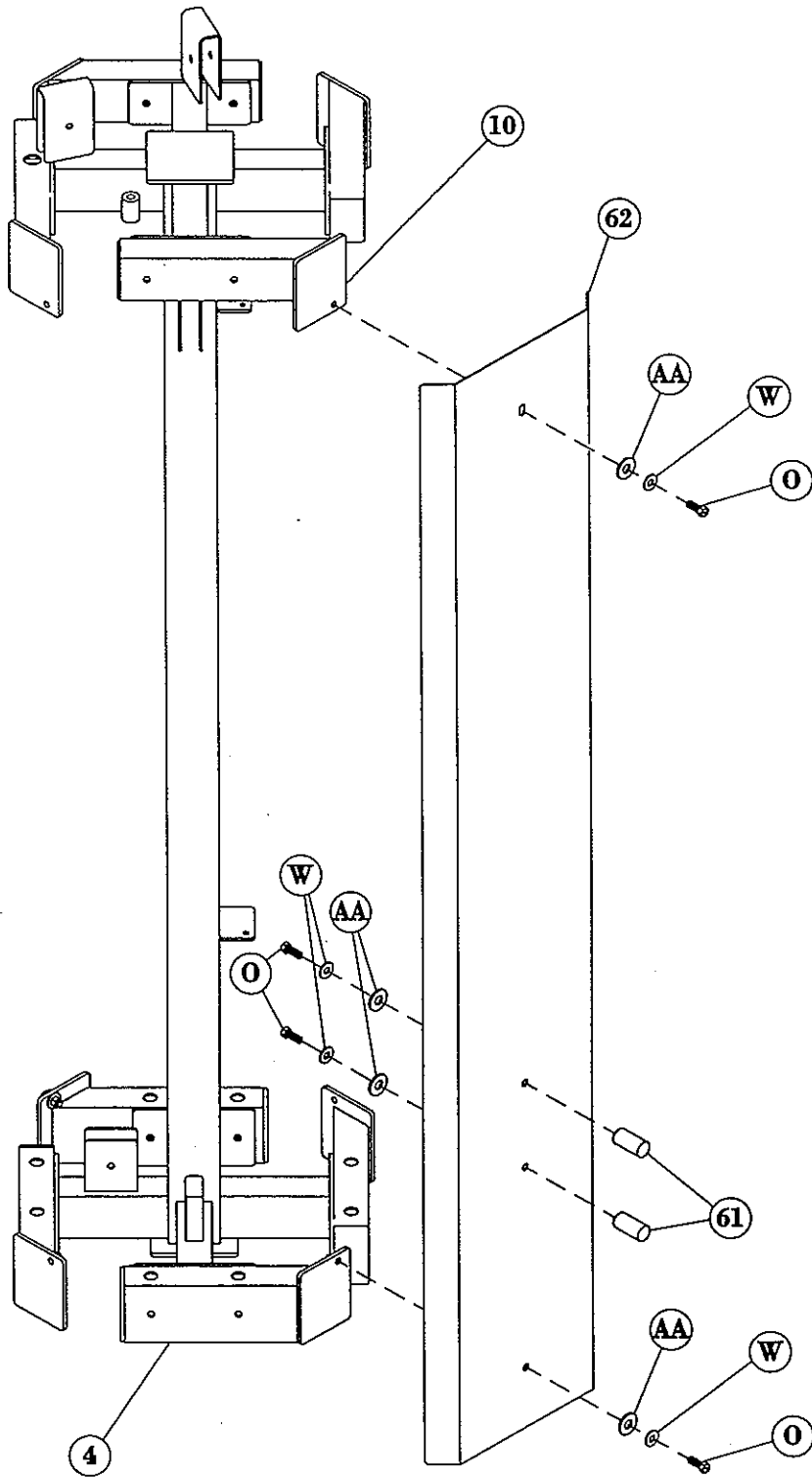
#### Hardware Descriptions

- O - 3/8-16UNC x 1" Hex Bolt
- W - 3/8" Lock Washer
- AA - 3/8" Flat Washer
- AD - 3/8" Nylok Nut



Shield with Lat/Leg Press Placard mounts in this position

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 5

#### PRE-ASSEMBLED PARTS

#### Part Descriptions

AL - Pull Pin

BF - Endcap 38mm sq.

BG - Endcap 50mm sq.

BH - Bumper 45mmL x 25mmW x 8mmT

BI - Foot Cap ID. 50mm x 75mm

BJ - Easy Glide Sleeve 50 x 75 & 30 x 60

BN - Endcap 50mm x 100mm

BP - Elliptic Endcap 50mm x 75mm

BR - Endcap 25mm x 50mm

BW - Comfort Grip Dia. 25 x 345mm L

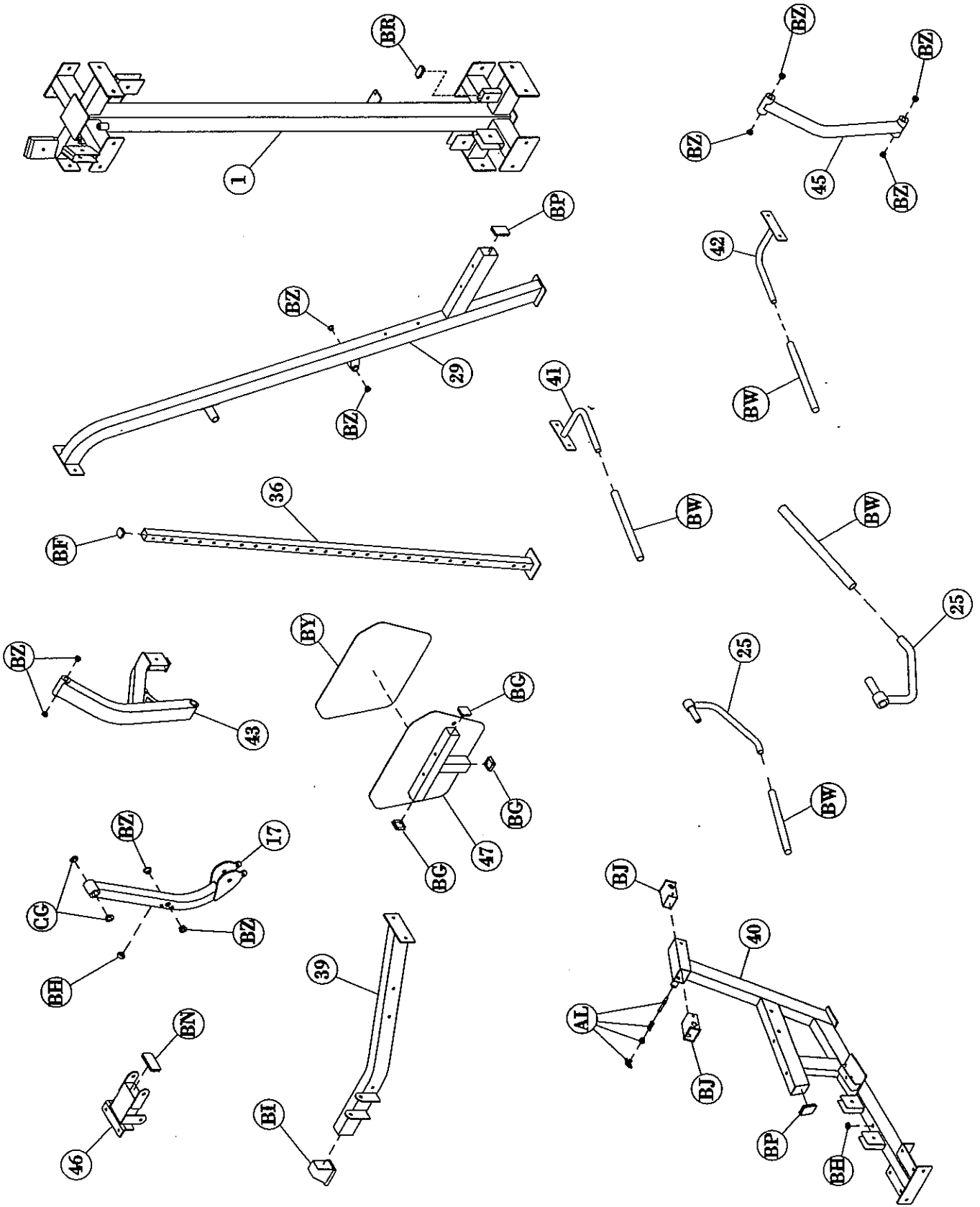
BY - Rubber Foot Pad

BZ - Bushing Dia. 19.3mm x 12.8mm x 18h

CG - 3/4" Flange Bearing

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 5

#### PRE-ASSEMBLED PARTS

#### Part Descriptions

AL - Pull Pin

AM - Pull Pin (locking)

BD - Pull Pin

BF - Endcap 38mm sq.

BG - Endcap 50mm sq.

BK - Seat Sleeve 26.5mm x 49mm x 204mmL

BM - 3/8" x 5" Sleeve ID 10mm x 110mm

BO - Endcap 50mm x 70mm

BP - Elliptic Endcap 50mm x 75mm

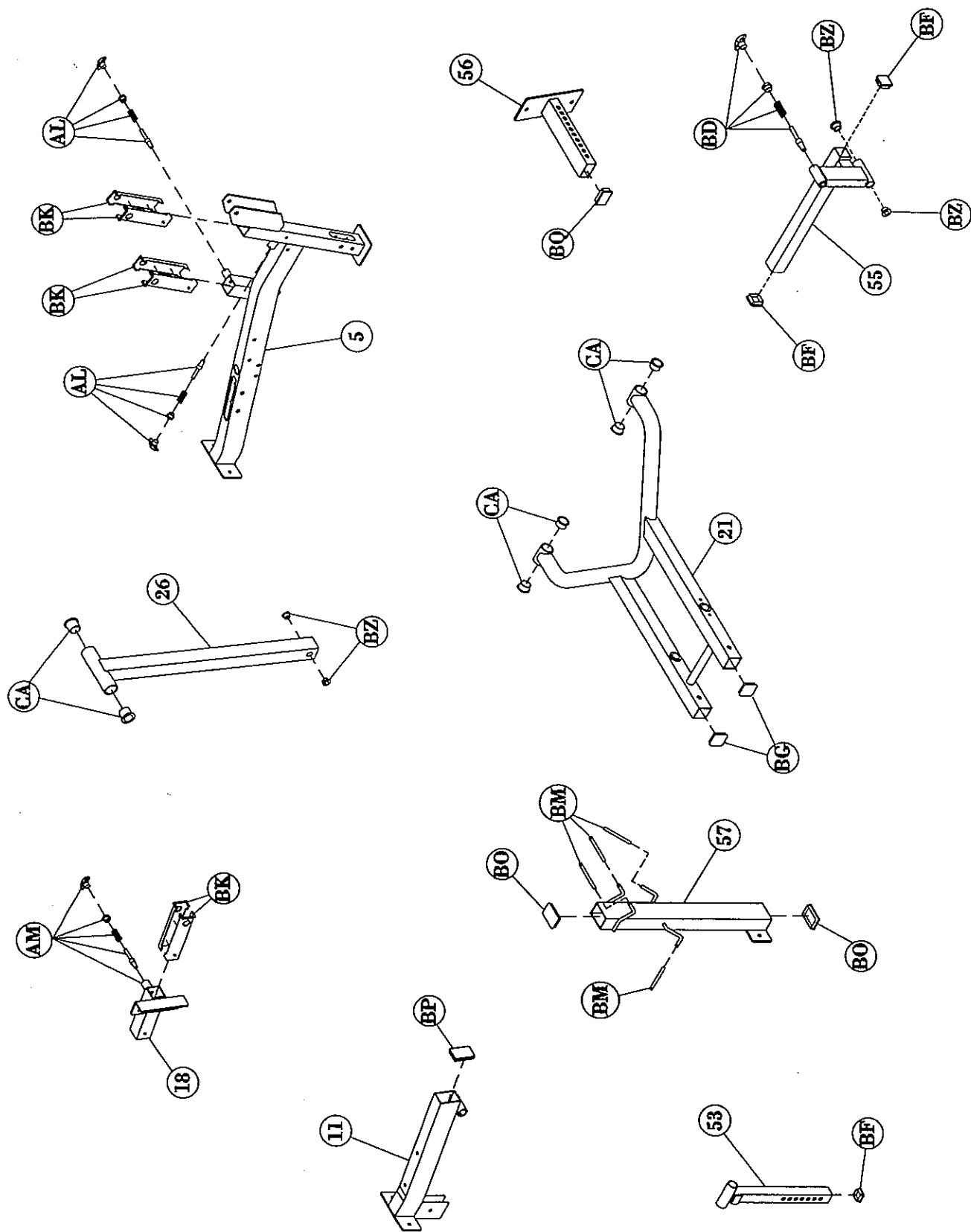
BQ - Endcap 50mm x 75mm

BZ - Bushing Dia. 19.3mm x 12.8mm x 18h

CA - Bushing Dia. 35mm x 25.2mm x 20h

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 5

#### PRE-ASSEMBLED PARTS

#### Part Descriptions

AL - Pull Pin

BA - Bearing Dia. 28.63mm x 12.5 x 11h

BF - Endcap 38mm sq.

BH - Bumper 45mm L x 25 W x 8 5 t

BK - Seat Sleeve 26.5mm x 49mm x 204mm L

BN - Endcap 50mm x 100mm

BP - Elliptic Endcap 50mm x 75mm

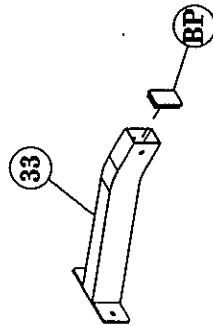
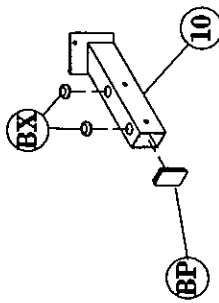
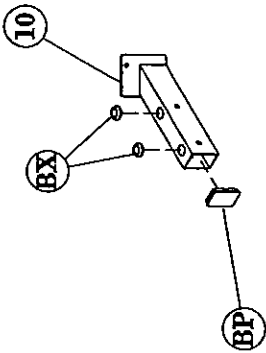
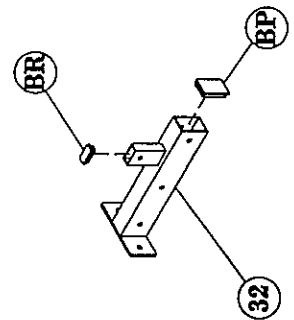
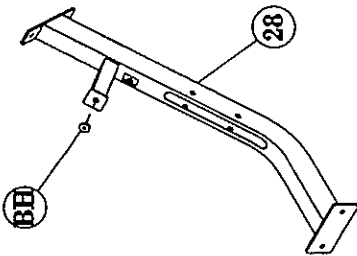
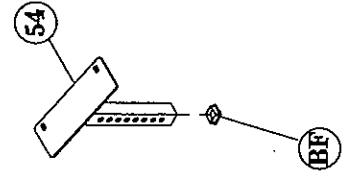
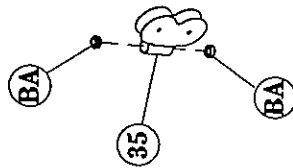
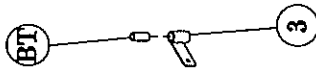
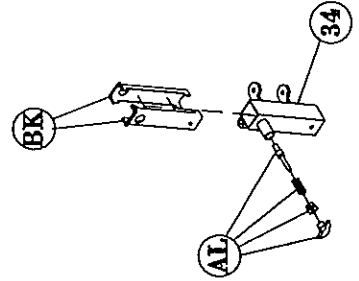
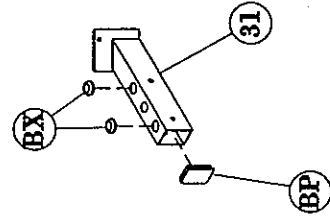
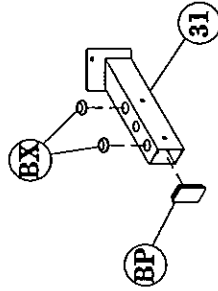
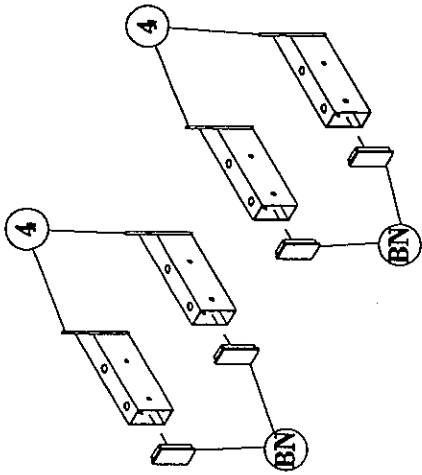
BR - Endcap 25mm x 50mm

BT - Plastic Sleeve Dia. 22mm x 15mm x 49mm L

BX - 3/4" Guide Rod Bushing Dia. 45mm x 18.5mm x 13mm H

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

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

### P A R T L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-4400-01	Center Column
2	1	26-STD-H310-13	Anti-Twist Rod
3	1	26-STD-H310-12	Anti-Twist Slide
4	4	26-STD-4400--04	Guide Rod Mount, Bottom
5	1	26-STD-4400-30	Bottom Tube
6	8	26-STD-4400-06	Guide Rod 3/4" x 73 11/32" LG
7	8	26-STD-06-0047	63.5mm x 20mm x 25.4mm H
8	81	26-STD-SW137	10LB Radial Cast Weight
9	4	26-STD-SWTOP9	Cast Radial Top Weight
10	2	26-STD-4400-03	Guide Rod Mount, Top (2 Hole)
11	1	26-STD-4400-28	Bench Press Top Mount
12	1	26-STD-H2200-15	Pressing Side Upright
17	1	026-01X1141	Leg Extention Arm
18	1	26-STD-H2200-16	Back Adjuster Mount
20	1	26-STD-05-0129	Latch Hook
21	1	26-STD-4400-13	Top Arm
22	1	26-STD-03-0308	Pivot Shaft (Lat Top Arm)
23	1	26-STD-4400-09	Lat Pull Lower Arm
24	1	26-STD-4400-11	Lat Pull Lower Arm/Spacer
25	1	26-STD-4400-14	Handle Assembly
26	1	26-STD-4400-10	Middle Arm
27	1	26-STD-03-0309	Pivot Shaft (Lat Lower Arm)
28	1	26-STD-4400-08	Seated Assembly Support
29	1	26-STD-4400-07	Seated Assembly
30	1	26-STD-4400-12	Leg Support
31	2	26-STD-4400-02	Guide Rod Mount, Top (3 Hole)
32	1	26-STD-4400-31	Hi-Lo Lower Mount
33	1	26-STD-4400-32	Hi-LoTop Mount
34	1	26-STD-4400-34	Adjuster
35	1	26-STD-4400-35	Top Arm
36	1	26-STD-4400-03	Adjuster Tube
37	2	26-STD-PLAS221	1/2" x 1 1/8" x 1 1/2" Plastic Block
38	1	26-STD-4400-19	Leg Press Rear Mount
39	1	26-STD-4400-18	Leg Press Front Mount
40	1	26-STD-4400-17	Leg Press Seat Assembly

# ASSEMBLY

## INSTRUCTIONS

### PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
41	1	26-STD-4400-20	Leg Press Handle, Left
42	1	26-STD-4400-21	Leg Press Handle, Right
43	1	026-01X1167	Arm Assembly
44	1	26-STD-03-0310	Axle Detail
45	1	26-STD-4400-24	Rear Foot Rest Mount
46	1	26-STD-4400-22	Foot Rest Mount
47	1	26-STD-4400-26	Foot Rest
48	1	26-STD-03-0307	Pivot Shaft
49	2	26-STD-07-0217-2	Uphostery Pad
50	3	26-STD-07-0217-1	Uphostery Pad
51	2	26-STD-SX139	17 11/16 Leg Roller Bar
52	1	26-STD-H400-16	Leg Roller Pivot
53	1	26-STD-H210-11	Leg Roller Assembly
54	1	26-STD-H210-02	Seat Adjuster
55	1	26-STD-H2200-21	Pad Adjuster for R.O.M
56	1	26-STD-4400-27	Leg Press Back Pad Adjuster
57	1	26-STD-4400-36	Accessory Rack
58	4	17-RLR-7	Roller Foam 4" x 7"
59	5	26-STD-SP115	Cable Guard for 3 1/2" Pulley
60	4	26-STD-SX122	Single Adjuster Floating Pulley Bracket
61	8	26-STD-4400-05	Add-On Weight Mount
62	4	26-STD-SSH173	Shield
63	2	17-RLR-8	Roller Foam 4" x 8"
64	4	26-STD-SW139	20 Hole Weight Stem
65	1	26-STD-H2200-23	Pad R.O.M. Assembly
66	1	026-01M0635	3/4" DIA. x 1 15/16" LG Axle

# ASSEMBLY

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

### 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	4	11-HEX-125	1/2"-13UNC x 5" Hex Bolt
B	4	11-HEX-12314	1/2"-13UNC x 3 1/4" Hex Bolt
C	1	11-HEX-12234	1/2"-13UNC x 2 3/4" Hex Bolt
D	2	11-HEX-12212	1/2"-13UNC x 2 1/2" Hex Bolt
E	1	11-HEX-38514	3/8"-16UNC x 5 1/4" Hex Bolt
F	3	11-HEX-38414	3/8"-16UNC x 4 1/4" Hex Bolt
G	2	11-HEX-384	3/8"-16UNC x 4" Hex Bolt
H	2	11-HEX-38334	3/8"-16UNC x 3 3/4" Hex Bolt
I	1	11-HEX-38312	3/8"-16UNC x 3 1/2" Hex Bolt
J	18	11-HEX-38314	3/8"-16UNC x 3 1/4" Hex Bolt
K	16	11-HEX-383	3/8"-16UNC x 3" Hex Bolt
L	16	11-HEX-38234	3/8"-16UNC x 2 3/4" Hex Bolt
M	18	11-HEX-382	3/8"-16UNC x 2" Hex Bolt
N	4	11-HEX-38112	3/8"-16UNC x 1 1/2" Hex Bolt
O	18	11-HEX-38(16)1	3/8"-16UNC x 1" Hex Bolt
P	12	11-HEX-3834	3/8"-16UNC x 3/4" Hex Bolt
Q	4	11-HEX-5164	5/6"-18UNC x 4" Hex Bolt
R	6	11-HEX-516114	5/6"-18UNC x 1 1/4" Hex Bolt
S	2	11-HEX-1434	1/4"-20UNC x 3/4" Hex Bolt
T	2	11-FLA-12212	1/2"-13UNC x 2 1/2" Flat Head Allen Screw
U	8	11-FLA-381-N	3/8"-16UNC x 1" Flat Head Allen Screw, Nyloc Patch
V	2	13-LOK-14	1/4" Lock Washer
W	30	13-LOK-38	3/8" Lock Washer
X	4	26-STD-05-0153	1" Shim Washer
Y	8	26-STD-05-0154	3/8" Flat Head Cap 1 3/8 x 5/16 THK
Z	22	13-FLT-12	1/2" Flat Washer
AA	161	13-FLT-38	3/8" Flat Washer
AB	10	13-FLT-516	5/16" Flat Washer
AC	11	12-LOK-12	1/2" Nylok Nut
AD	81	12-LOK-38	3/8" Nylok Nut
AF	1	14-SPC-3814	1/4" Spacer Sleeve
AG	1	14-SPC-3812	1/2" Spacer Sleeve
AH	2	14-SPC-3858	5/8" Spacer Sleeve
AI	4	20-SNP-14	Snap Link Dia 7mm x 70mm L
AJ	1	26-STD-05-0131	Chain Dia. 5.5 x 35 L
AK	24	26-STD-08-0010	1/2" Flanged Spacer

# ASSEMBLY

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

### 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>
AL	4	26-STD-11-0018	Pull Pin
AM	1	26-STD-11-0004	Pull Pin (Locking)
AO	4	26-STD-08-0011	1" Spacer Dia. 16mm x Dia. 10mm x 25mm L
AR	8	26-STD-03-0311	Add-On Weight Holder Dia. 25.4mm x 50mm L
AS	12	26-STD-06-0254	Roller Pad Bushing
AT	2	26-STD-06-0188	Round Outside Endcap ID 1"
AV	33	26-STD-06-0024	3 1/2" Pulley
AW	5	26-STD-06-0025	4 1/2" Pulley
AZ	1	26-STD-05-0035	Bumper Dia. 29.5mm x 11mm H
BA	2	26-STD-05-0156	Bearing Dia. 28.63mm x 12.5mm x 11mm H
BB	4	11-SET-8833	M8 x 1.25mm x 8mm L Set Screw
BC	2	11-SET-38(16)38	3/8"-16UNC x 9.5mm L Set Screw
BD	1	26-STD-11-0033	Pull Pin
BF	5	26-STD-06-0136	Endcap 38mm sq.
BG	5	26-STD-06-0075	Endcap 50mm sq.
BH	3	26-STD-06-0129	Bumper 45mm L x 25 W x 8.0mm THK
BI	1	26-STD-06-0150	Foot Cap ID. 50mm x 70mm
BJ	2	26-STD-06-0149	Easy Slide Sleeve 50mm x 70mm and 30mm x 60mm
BK	8	26-STD-06-0135	Seat Sleeve 26.5mm x 49mm x 240 L
BM	4	26-STD-06-0046	3/8" x 5" Sleeve ID. 10mm x 110mm
BN	5	26-STD-06-0192	Endcap 50mm x 100mm
BO	2	26-STD-06-0108	Endcap 50mm x 75mm
BP	9	26-STD-06-0193	Elliptic Endcap 50mm x 75mm
BQ	1	26-STD-06-0077	Endcap 30mm x 60mm
BR	2	26-STD-06-0055	Endcap 25mm x 50mm
BT	1	26-STD-06-0171	Plastic Sleeve Dia. 22mm x 15mm x 49mm L
BW	4	19-GRP-78COMFORT	Comfort Grip ID. ID 25 x 345L
BX	8	26-STD-06-0166	3/4" Guide Rod Bushing Dia.45mm x 18.5mm x 13mm H
BY	1	26-STD-10-0117	Rubber Footpad
BZ	14	26-STD-08-0026	Bushing Dia.19.3mm x 12.8mm x 18mm H
CA	6	26-STD-08-0032	Bushing Dia. 35mm c 25.2mm x 20mm H
CB	4		Flange Mount Bearing
CD	2	13-LOK-12	1/2" Lock Washer
CF	2		Pillow Block Bearing
CG	2	014-0005001	3/4" DIA. Flange Bearing

# ASSEMBLY INSTRUCTIONS

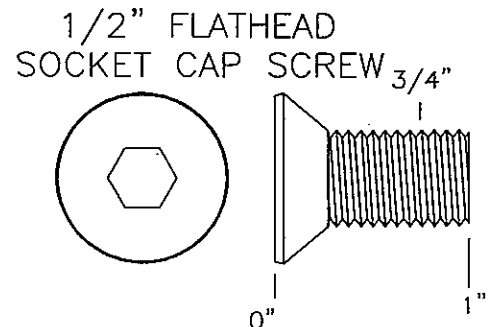
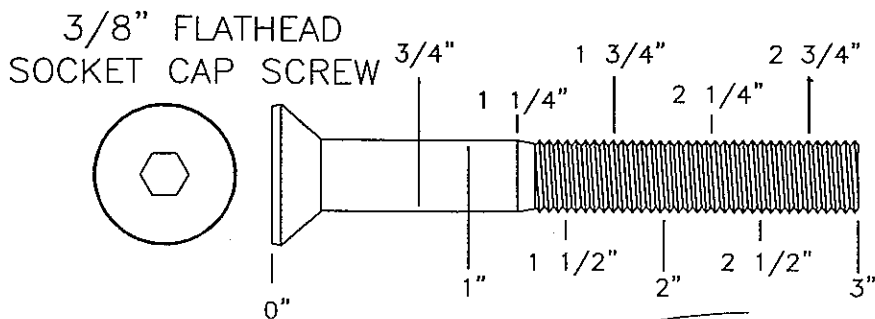
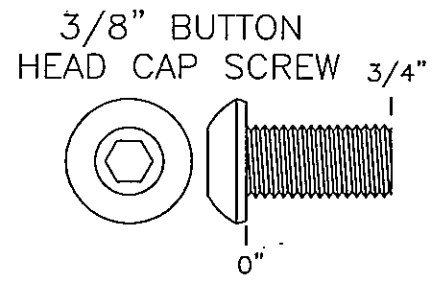
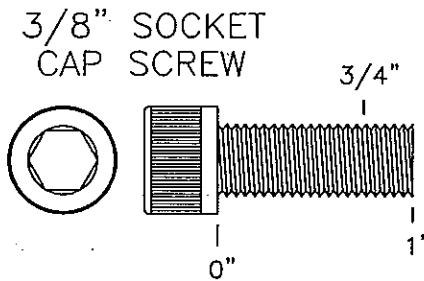
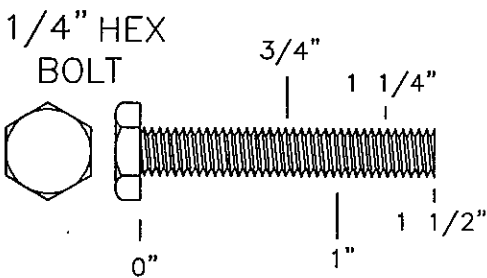
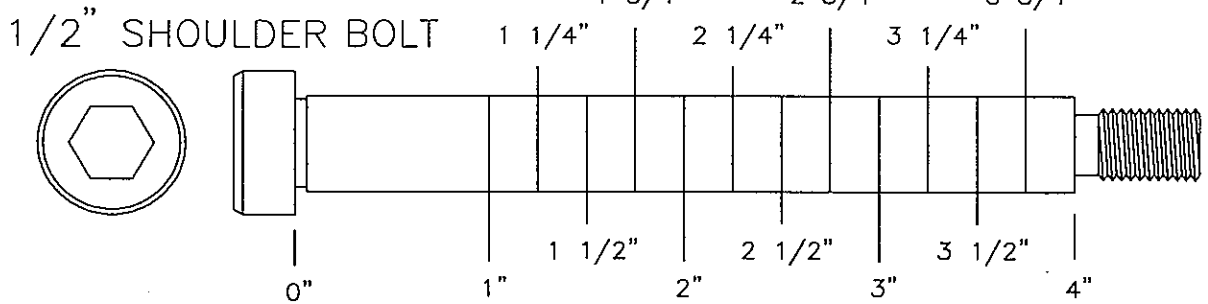
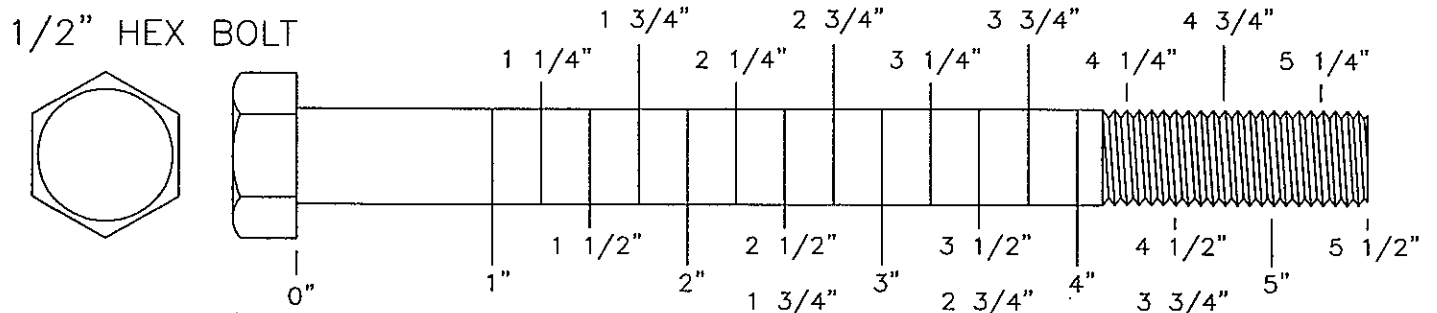
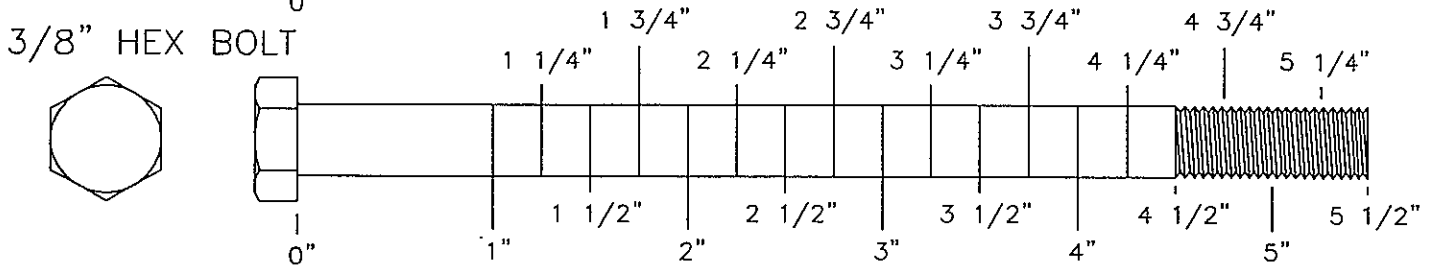
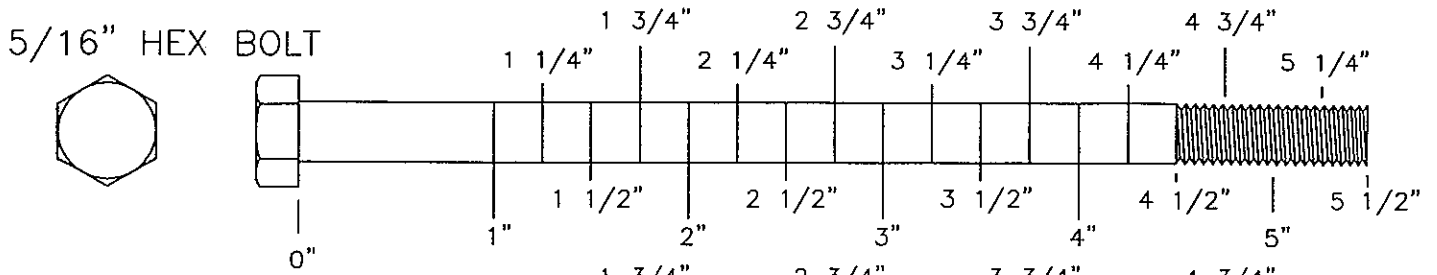
## CABLE LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
CH	1	26-STD-13-0061-1	Cable #1, Leg Extension Cable-4059mm (159 13/16")
CI	1	26-STD-13-0061-2	Cable #2, Chest Press Cable-4680mm (184 1/4")
CJ	1	26-STD-13-0061-3	Cable #3, Pull Down #1 Cable-1935mm (76 3/16")
CK	1	26-STD-13-0061-4	Cable #4, Pull Down #2 Cable-2713mm (106 13/16")
CL	1	26-STD-13-0061-5	Cable #5, Hi-Lo #1 Cable-8223mm (323 3/4")
CM	1	26-STD-13-0061-6	Cable #6, Hi-Lo #2 Cable-1357mm (53 7/16")
CN	1	26-STD-13-0061-7	Cable #7, Leg Press #1 Cable-2870mm (113")
CO	1	26-STD-13-0061-8	Cable #8, Leg Press #2 Cable-1935mm (76 3/16")

## ACCESSORIES

<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	26-STD-04-0622	Revolving Curl Bar
2	26-STD-12-0019	Strap Handle
1	26-STD-12-0020	Ankle Strap
1	26-STD-12-0025	AB Strap

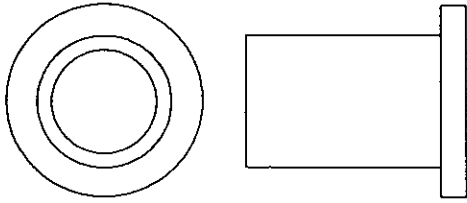
# OWNERS MANUAL BOLT SIZING CHART



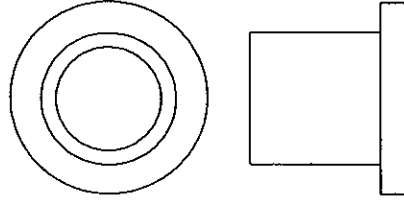
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## W A S H E R S I Z I N G C H A R T

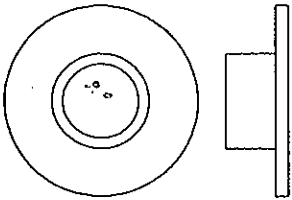
1" LONG HEAVY  
FLANGED SPACER



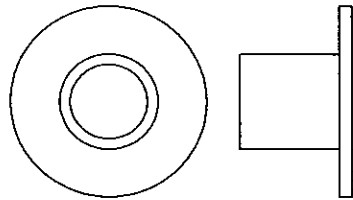
1 1/16" LONG HEAVY  
FLANGED SPACER



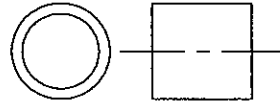
1/4" LONG FLANGED  
SPACER



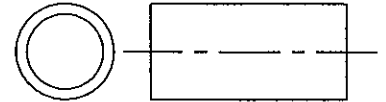
1/2" LONG FLANGED  
SPACER



1/2" LONG  
SPACER



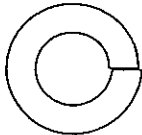
1" LONG  
SPACER



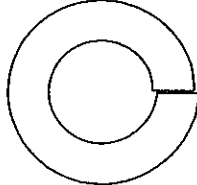
1/4"  
LOCK  
WASHER



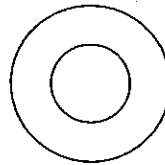
3/8"  
LOCK  
WASHER



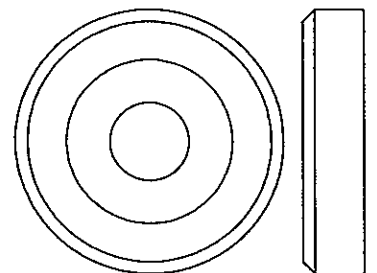
1/2"  
LOCK  
WASHER



5/16"  
FLAT  
WASHER



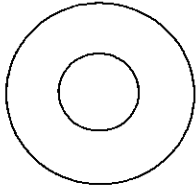
1 3/8" ALUMINUM  
FLATHEAD CAP



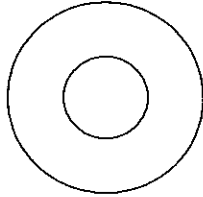
# OWNERS M A N U A L

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

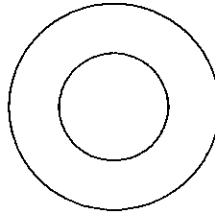
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



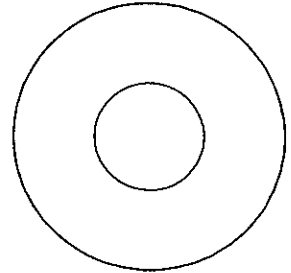
3/8"  
FLAT  
WASHER



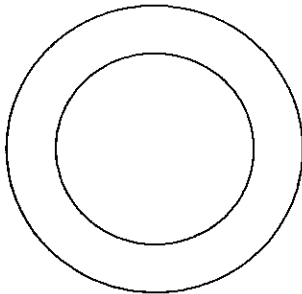
1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



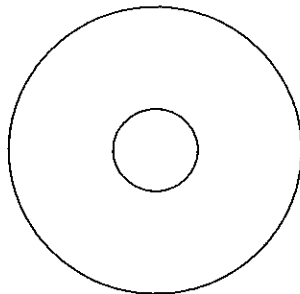
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



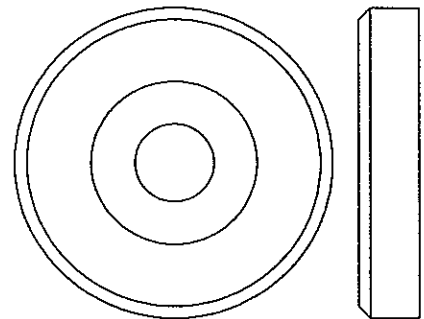
1" SHIM WASHER



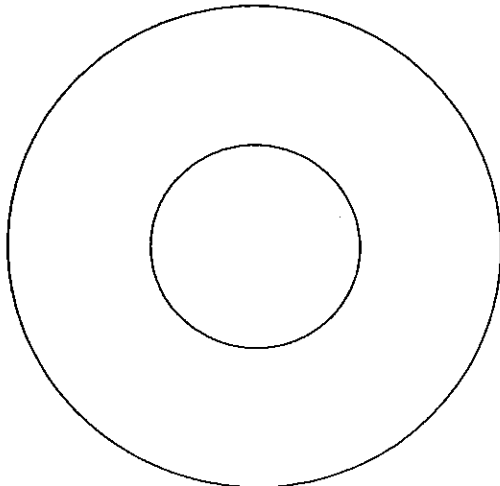
3/8" FENDER WASHER



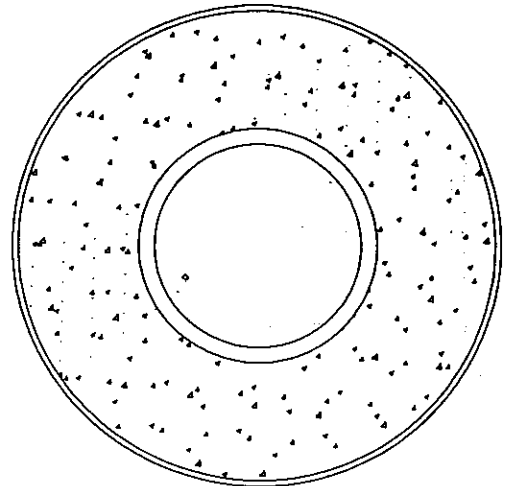
1 5/8" ALUMINUM  
FLATHEAD CAP



1 1/16'  
FENDER WASHER



PLASTIC 1 1/16"  
FENDER WASHER








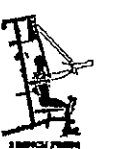
























# ASSEMBLY MANUAL

## DECAL REFERENCE


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



**HI-LO PULLY      BENCH PRESS**

<b>DUAL ARM EXERCISES</b>		<b>HPA-1 PRESS ARM OPTION</b>	
 1 UPPER BODY ROW	 1 SHOULDER WORK	 1 BENCH PRESS	 1 INCLINE PRESS
 1 BICEPS CURL	 1 TRICEPS PULLDOWN	 1 SHOULDER PRESS	 1 BEEB-BOW
<b>SINGLE ARM EXERCISES</b>		<b>HPA-2 PRESS ARM OPTION</b>	
 1 PUNCH	 1 BENT OVER CROW	 1 PECTORAL FLY	 1 BENCH PRESS
 1 PECTORAL FLY	 1 FRONT DELTOID RAISE	 1 INCLINE PRESS	 1 INCLINE PRESS
 1 REAR DELTOID	 1 LATERAL DELTOID	 1 SHOULDER PRESS	 1 BEEB-BOW
<b>LOWER BODY EXERCISES</b>		<b>LEG AND TORSO EXERCISES</b>	
 1 INNER THIGH	 1 OUTER THIGH	 1 LEG EXTENSION	 1 LEG CURL
 1 WALTHEE ROCK	 1 LEG CRUNCH	 1 BACK HYPER	

**Before beginning any exercise, read and**



021-0013075



# ASSEMBLY MANUAL

## DECAL REFERENCE

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

This Product may be covered by one or more of the following Patents

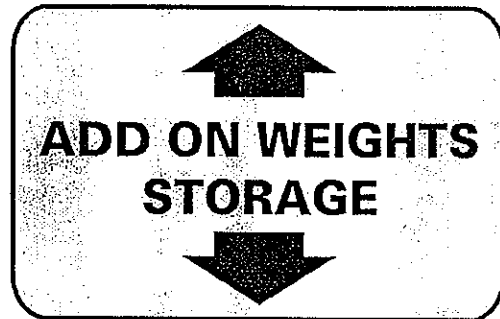
5,236,406

5,401,227

5,681,247

5,938,574

Other Patents Pending



021-0003119

021-0003173



021-0003108

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

# ASSEMBLY INSTRUCTIONS

## Step 3a

### CABLE #1 INSTALLATION

#### Part Descriptions

60 - Single Adjustable Floating Pulley Bracket

#### Hardware Descriptions

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

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

AA - 3/8" Flat Washer

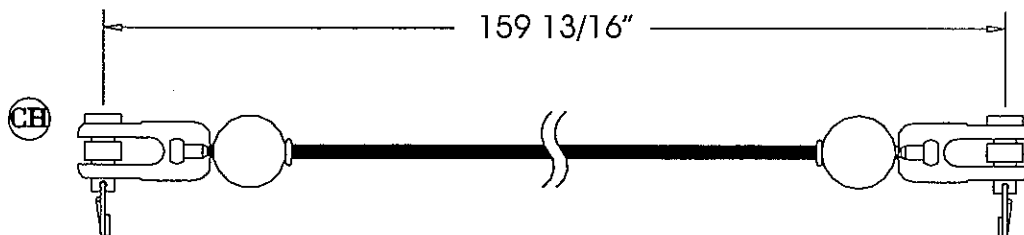
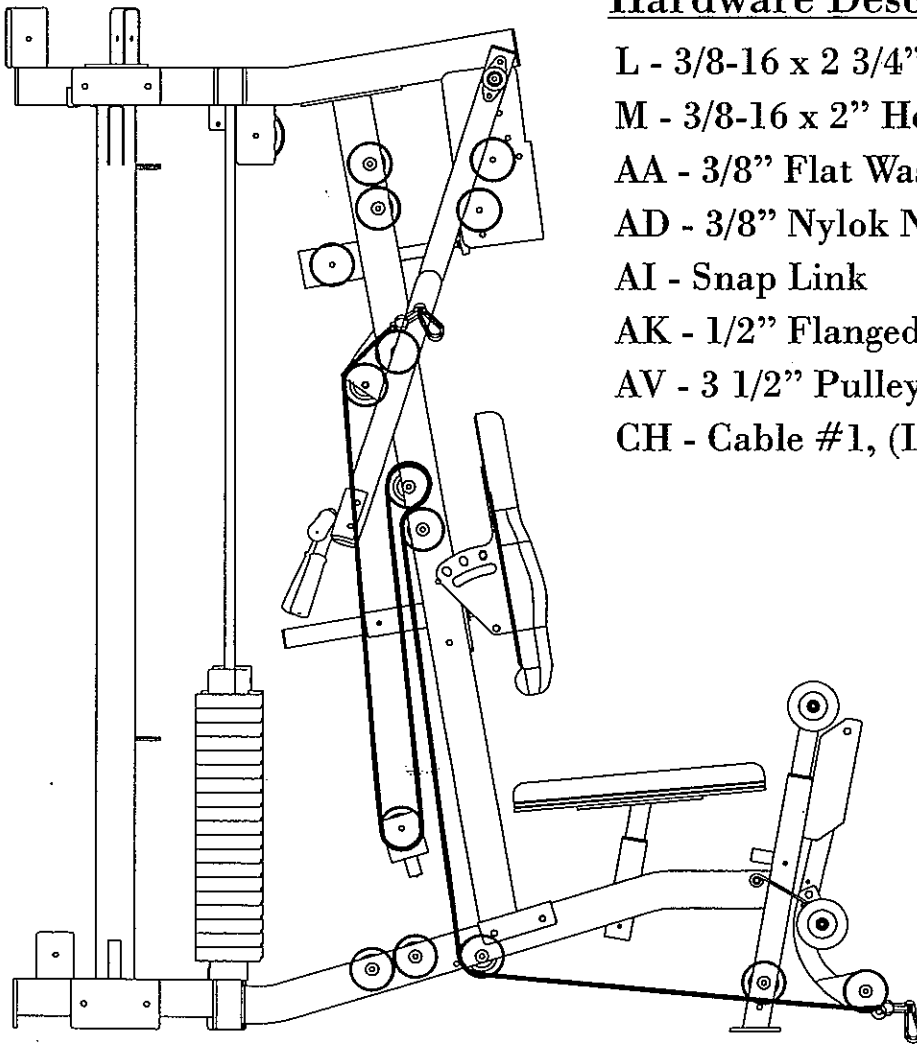
AD - 3/8" Nylok Nut

AI - Snap Link

AK - 1/2" Flanged Spacer

AV - 3 1/2" Pulley

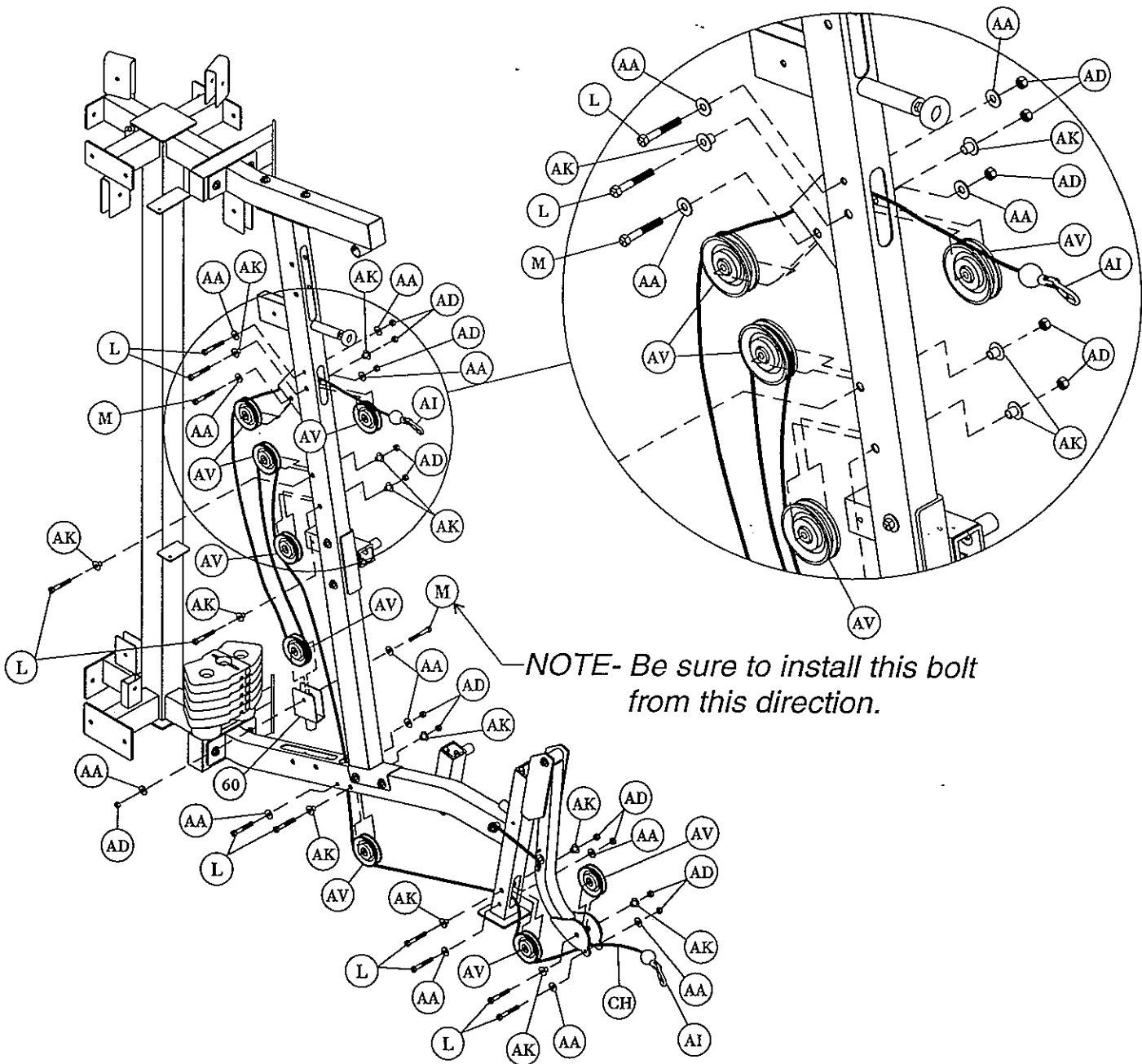
CH - Cable #1, (Leg Extension Lower)



# ASSEMBLY INSTRUCTIONS

## Step 3a

### CABLE #1 INSTALLATION



# ASSEMBLY INSTRUCTIONS

## Step 3b (HPA-1 Press Arm Option)

### CABLE #2 INSTALLATION

#### Hardware Descriptions

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

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

AA - 3/8" Flat Washer

AD - 3/8" Nylok Nut

AK - 1/2" Flanged Spacer

AO - 1" Spacer

AV - 3 1/2" Pulley

AW - 4 1/2" Pulley

CI - Cable #2, (Chest Press Upper)

#### NOTE:

Be sure cable runs between the Pulleys and the Guard Bolts.

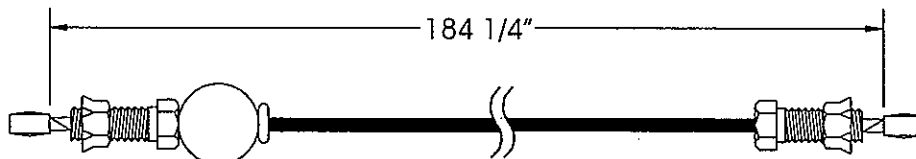
#### MAJOR ADJUSTMENT

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

#### FINE TUNING

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

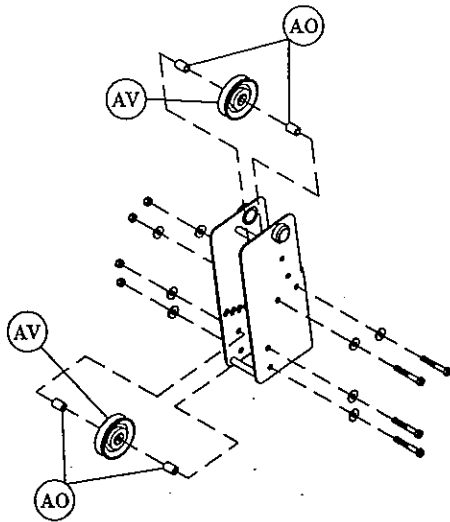
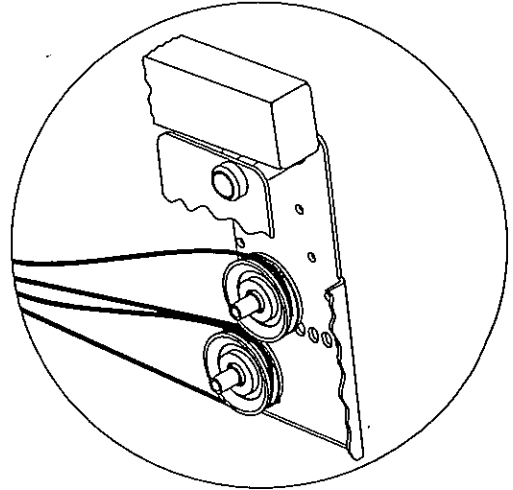
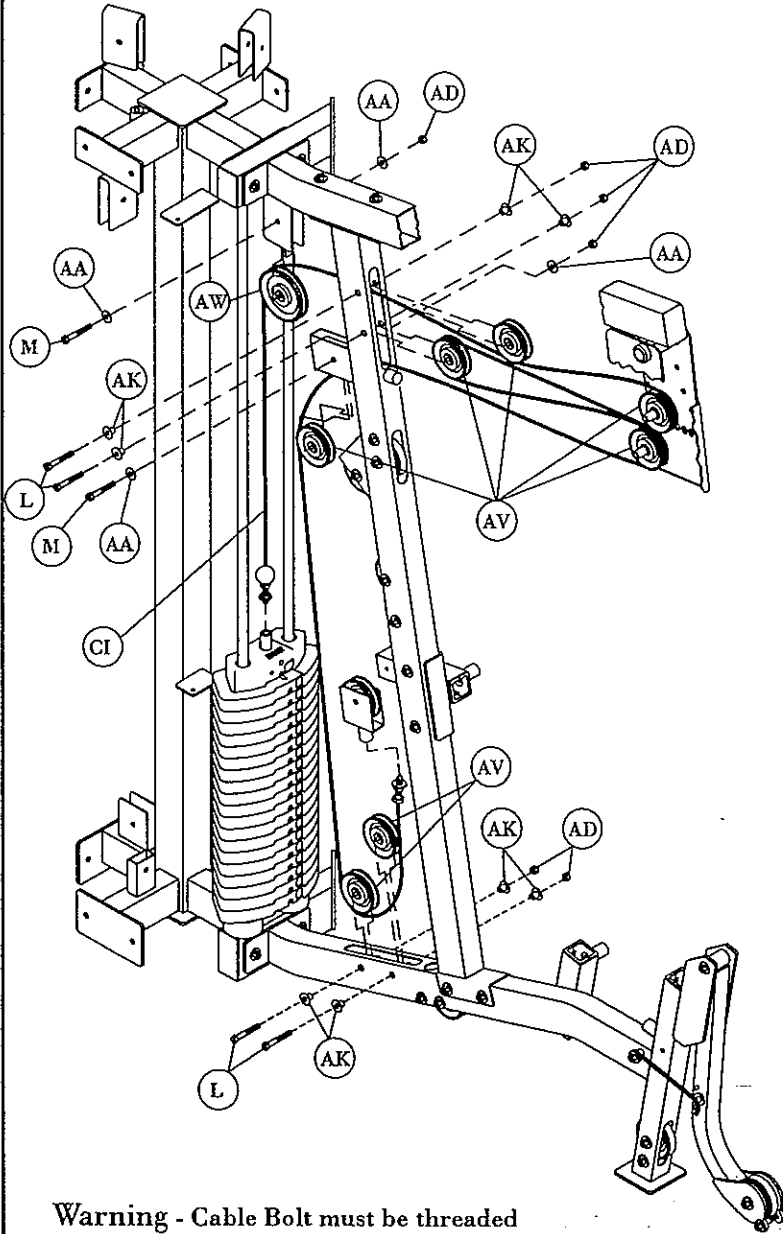
CI



# ASSEMBLY INSTRUCTIONS

## Step 3b (HPA-1 Press Arm Option)

### CABLE # 2 INSTALLATION



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

The bolts, washers & nuts for the pulleys in the R.O.M. are included with the Press Arm Option.

# ASSEMBLY

## INSTRUCTIONS

### Step 3b (HPA-2 Press Arm Option)

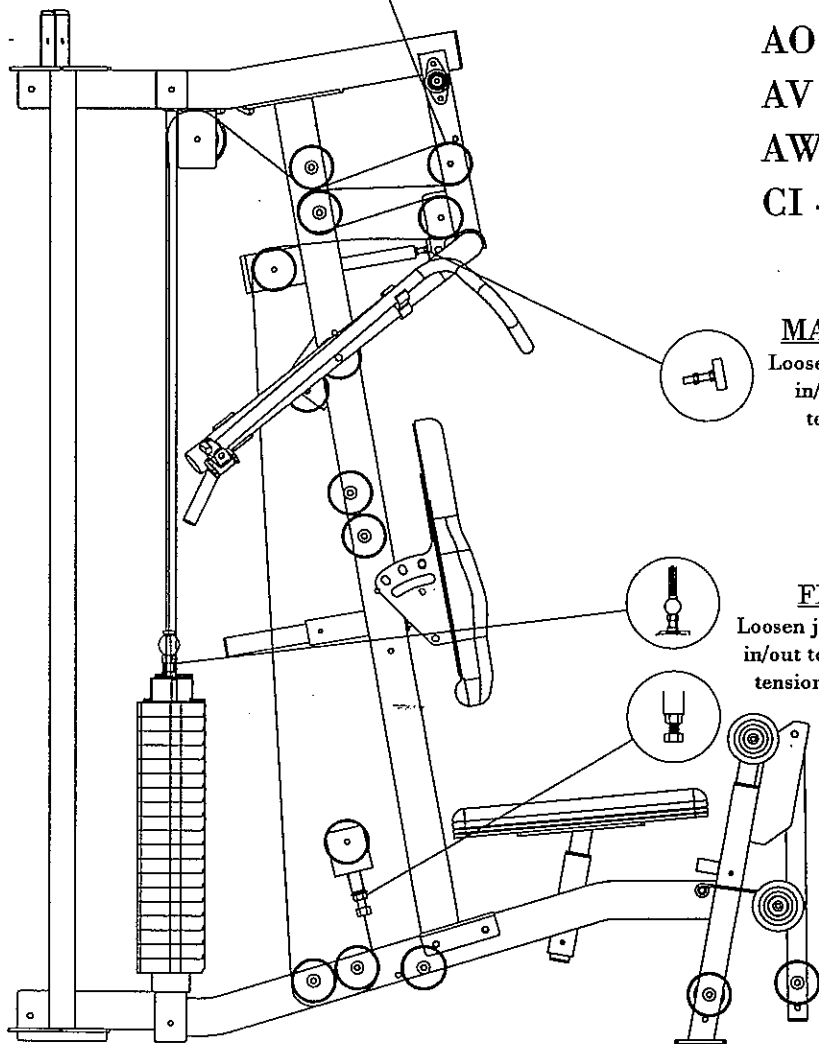
#### CABLE # 2 INSTALLATION

#### Hardware Descriptions

- L - 3/8-16 x 2 3/4" Hex Bolt
- M - 3/8-16 x 2" Hex Bolt
- AA - 3/8" Flat Washer
- AD - 3/8" Nylok Nut
- AK - 1/2" Flanged Spacer
- AO - 1" Spacer
- AV - 3 1/2" Pulley
- AW - 4 1/2" Pulley
- CI - Cable #2, (Chest Press Upper)

#### NOTE:

Be sure cable runs between the Pulleys and the Guard Bolts.

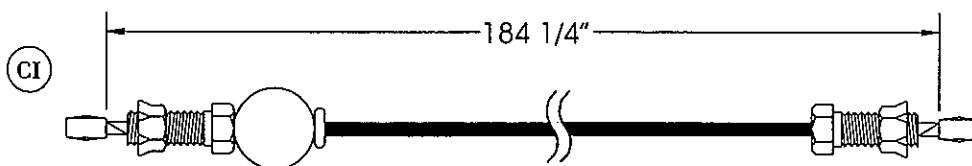


#### MAJOR ADJUSTMENT

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

#### FINE TUNING

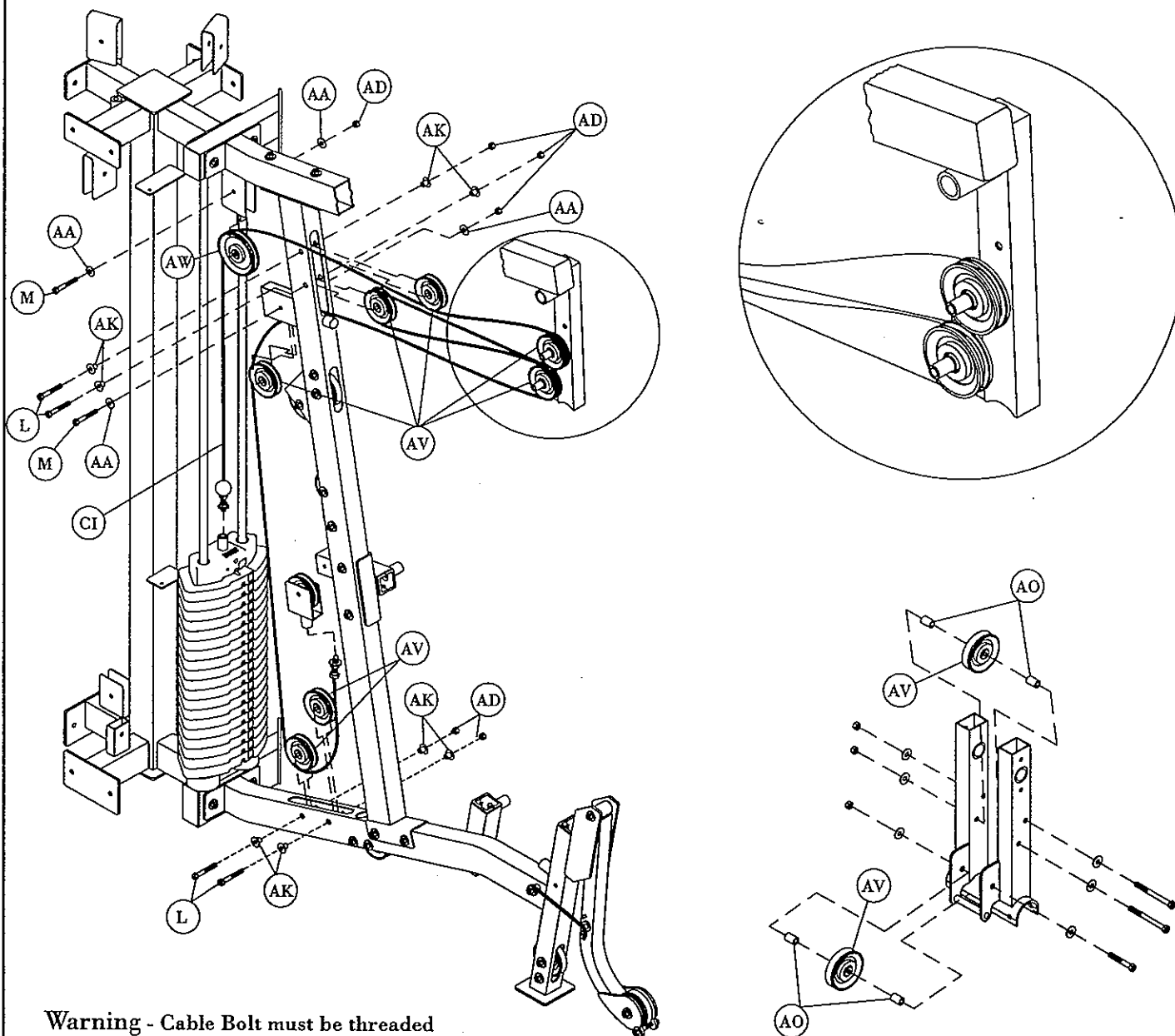
Loosen jam nut and thread bolt in/out to give the cable proper tension. Re-tighten jam nut.



# ASSEMBLY INSTRUCTIONS

## Step 3b (HPA-2 Press Arm Option)

### CABLE # 2 INSTALLATION



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

The bolts, washers & nuts for the pulleys in the Press Arm are included with the Press Arm Option.

# ASSEMBLY INSTRUCTIONS

## Step 3c

### CABLE # 3 INSTALLATION

#### Part Descriptions

60 - Single Adjustable Floating Pulley Bracket

#### Hardware Descriptions

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

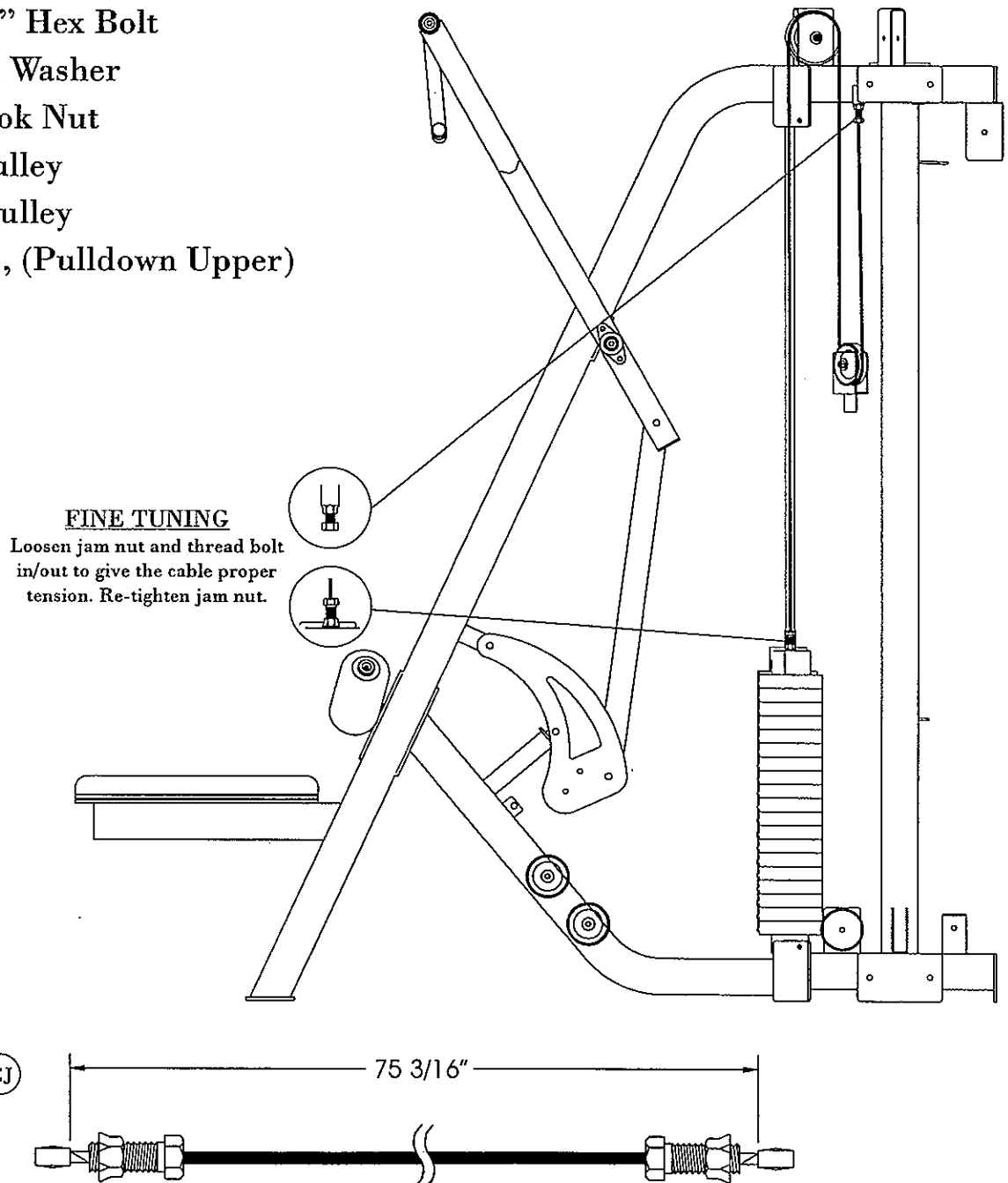
AA - 3/8" Flat Washer

AD - 3/8" Nylok Nut

AV - 3 1/2" Pulley

AW - 4 1/2" Pulley

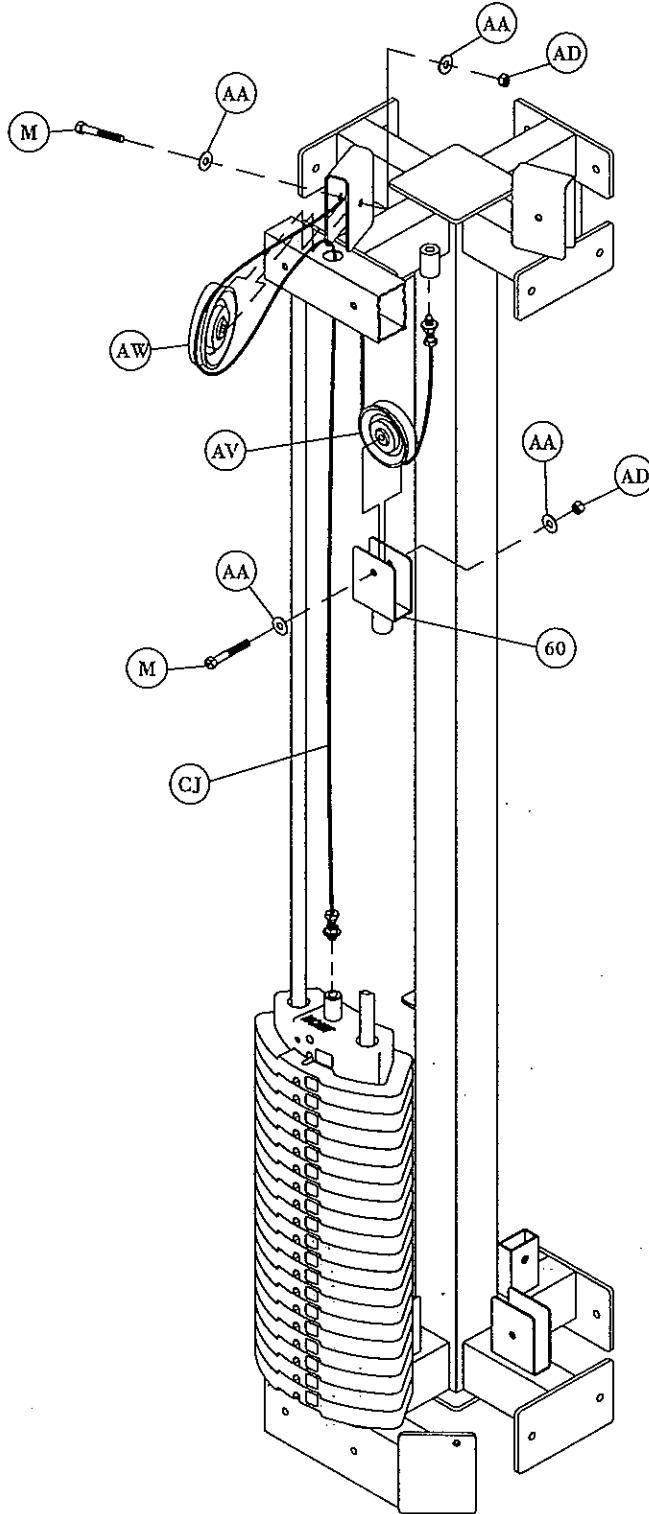
CJ - Cable #3, (Pulldown Upper)



# ASSEMBLY INSTRUCTIONS

## Step 3c

### CABLE #3 INSTALLATION



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

# ASSEMBLY INSTRUCTIONS

## Step 3d

### CABLE #4 INSTALLATION

#### Hardware Descriptions

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

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

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

AA - 3/8" Flat Washer

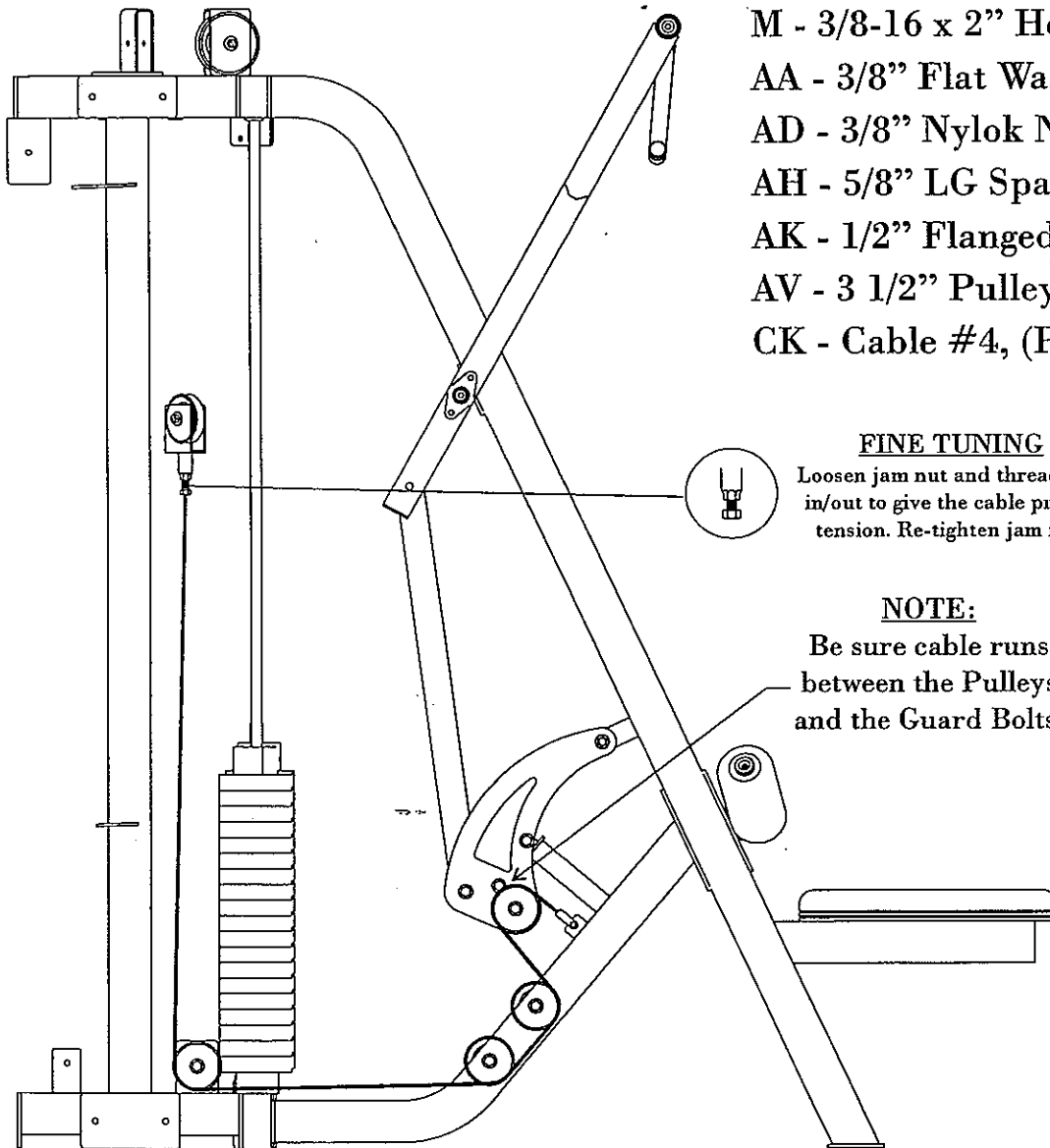
AD - 3/8" Nylok Nut

AH - 5/8" LG Spacer Sleeve

AK - 1/2" Flanged Spacer

AV - 3 1/2" Pulley

CK - Cable #4, (Pulldown Lower)

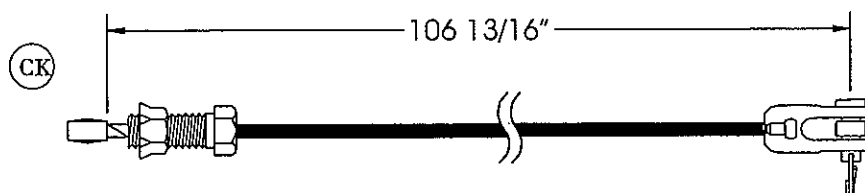


#### FINE TUNING

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

#### NOTE:

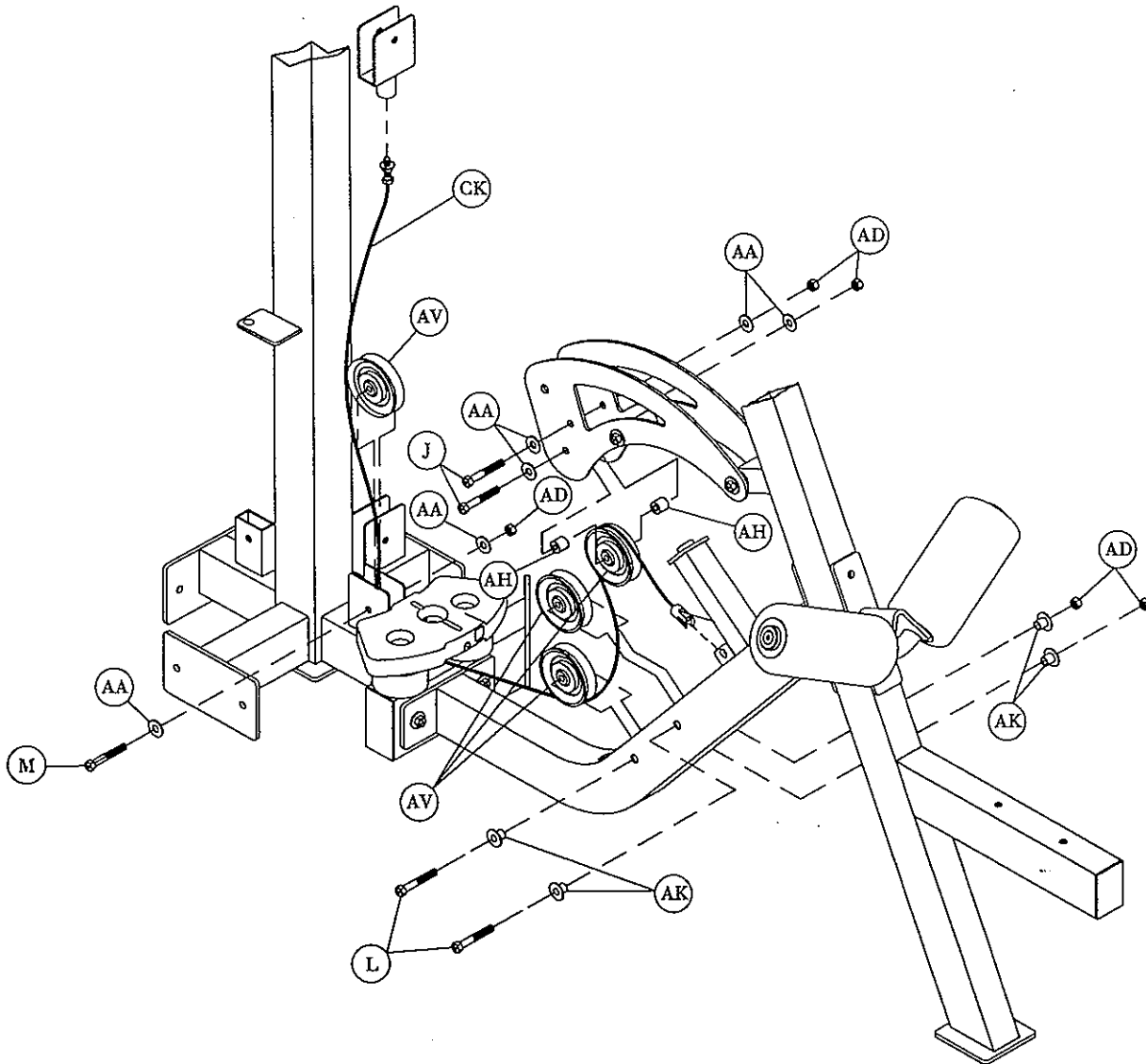
Be sure cable runs between the Pulleys and the Guard Bolts.



# ASSEMBLY INSTRUCTIONS

## Step 3d

### CABLE # 4 INSTALLATION



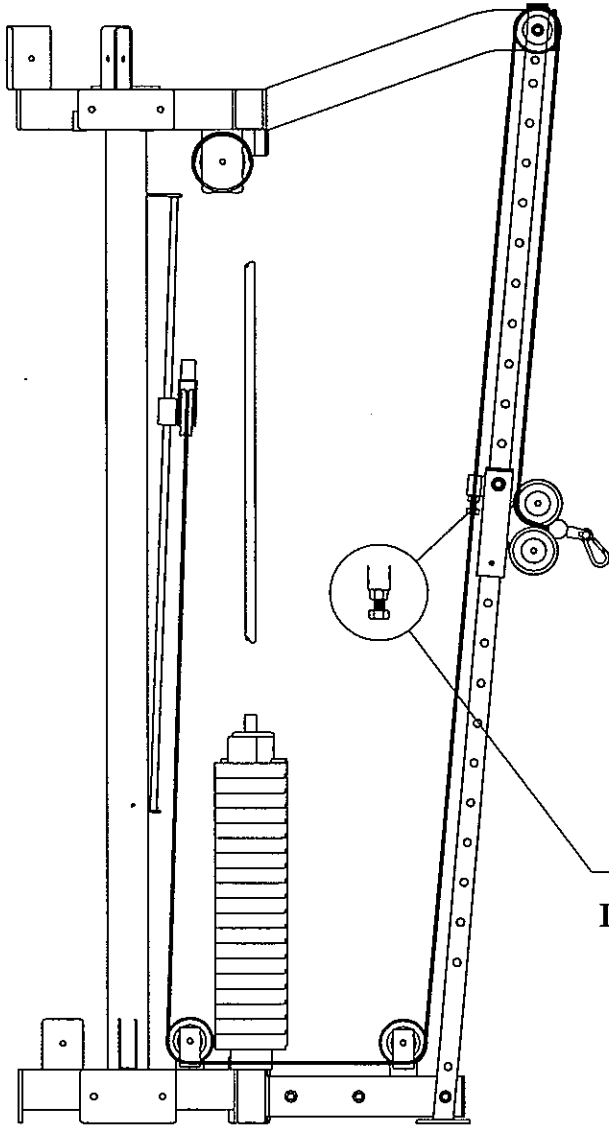
**Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.**

# ASSEMBLY

INSTRUCTIONS

## Step 3e

### CABLE # 5 INSTALLATION



#### Part Descriptions

59 - Cable Guard for 3 1/2" Pulley

#### Hardware Descriptions

E - 3/8-16 x 5 1/4" Hex Bolt

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

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

AA - 3/8" Flat Washer

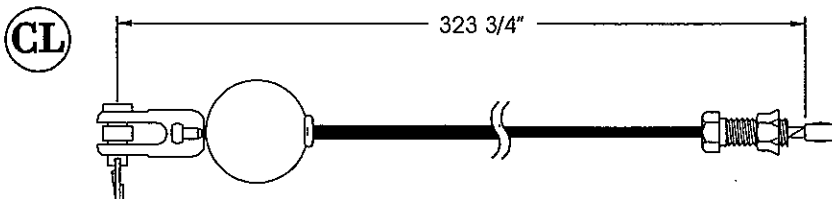
AD - 3/8" Nylok Nut

AV - 3 1/2" Pulley

CL - Cable # 5, (Hi-Lo Lower)

#### FINE TUNING

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

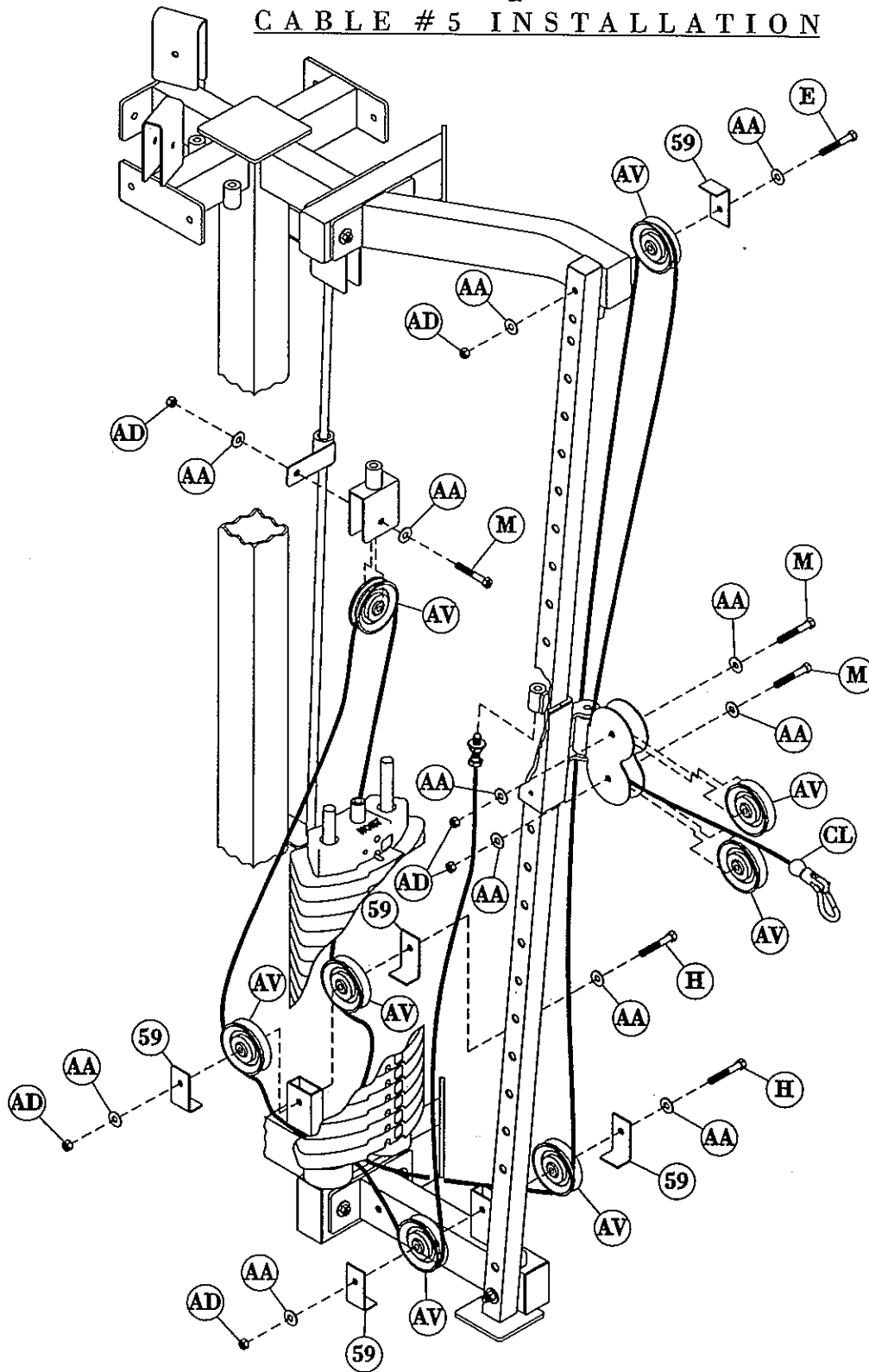


**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

# ASSEMBLY INSTRUCTIONS

## Step 3e

### CABLE #5 INSTALLATION

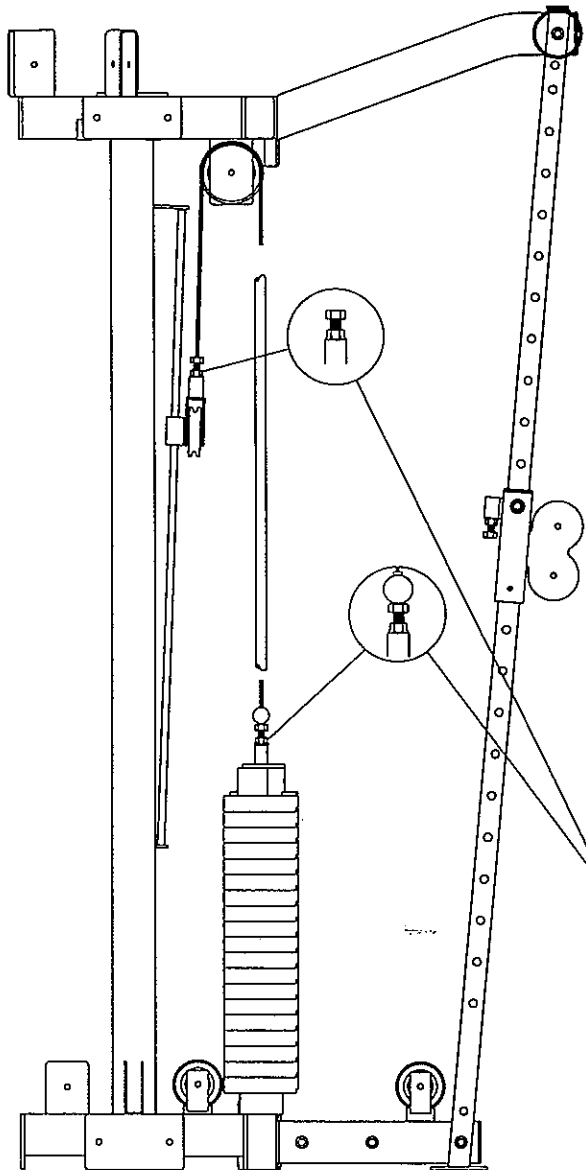


# ASSEMBLY

INSTRUCTIONS

## Step 3f

### CABLE # 6 INSTALLATION



### Hardware Descriptions

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

AA - 3/8" Flat Washer

AD - 3/8" Nylok Nut

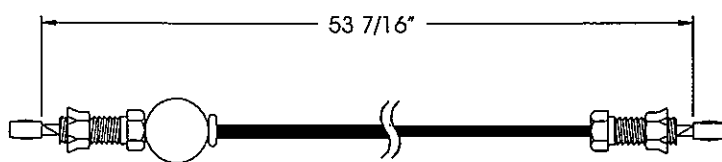
AW - 4 1/2" Pulley

CM - Cable # 6, (Hi-Lo Weight Stack)

### FINE TUNING

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

CM

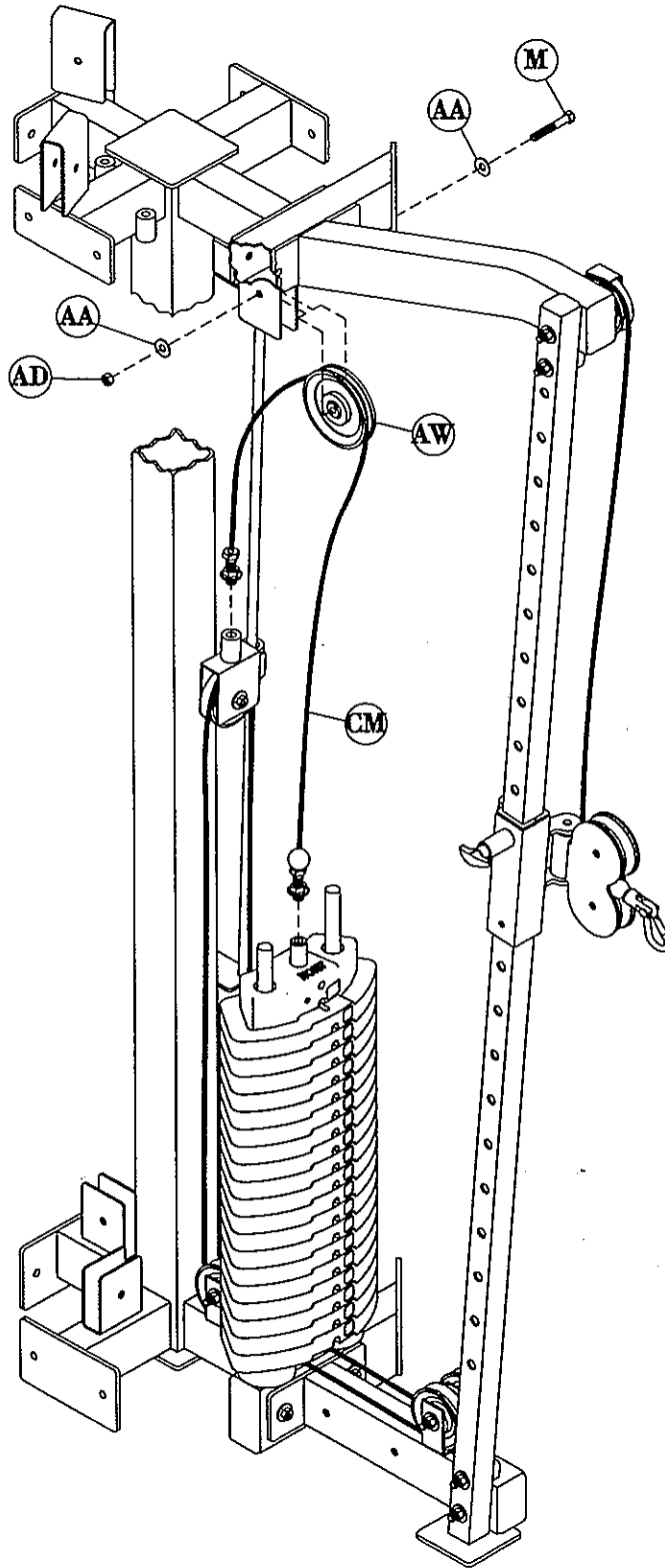


Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

# ASSEMBLY INSTRUCTIONS

## Step 3f

### CABLE # 6 INSTALLATION



# ASSEMBLY INSTRUCTIONS

## Step 3g

### CABLE # 8 INSTALLATION

#### Hardware Descriptions

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

AA - 3/8" Flat Washer

AD - 3/8" Nylok Nut

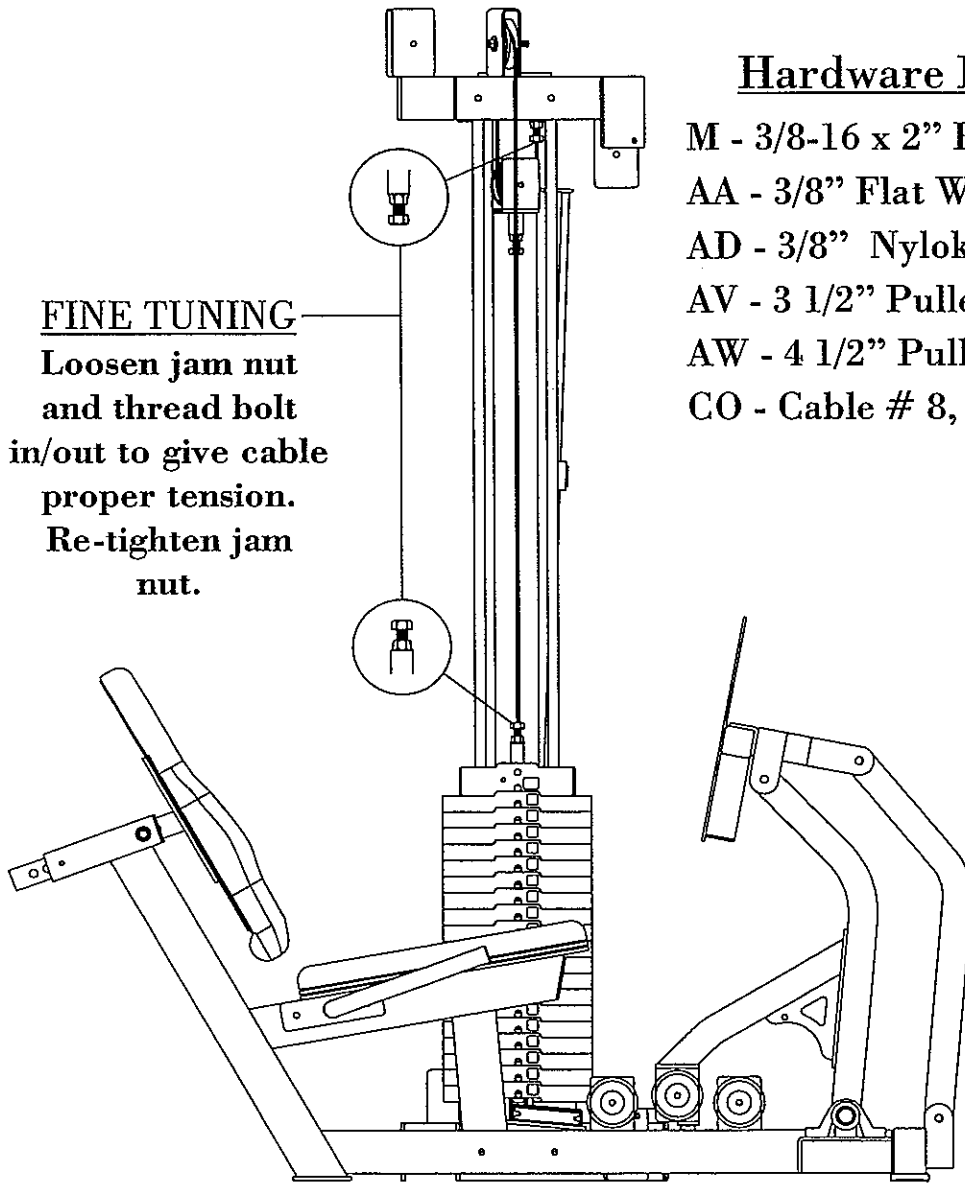
AV - 3 1/2" Pulley

AW - 4 1/2" Pulley

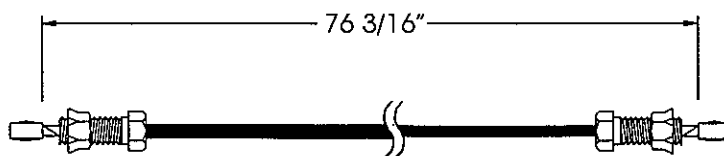
CO - Cable # 8, (Leg Press Weight Stack)

#### FINE TUNING

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



CO



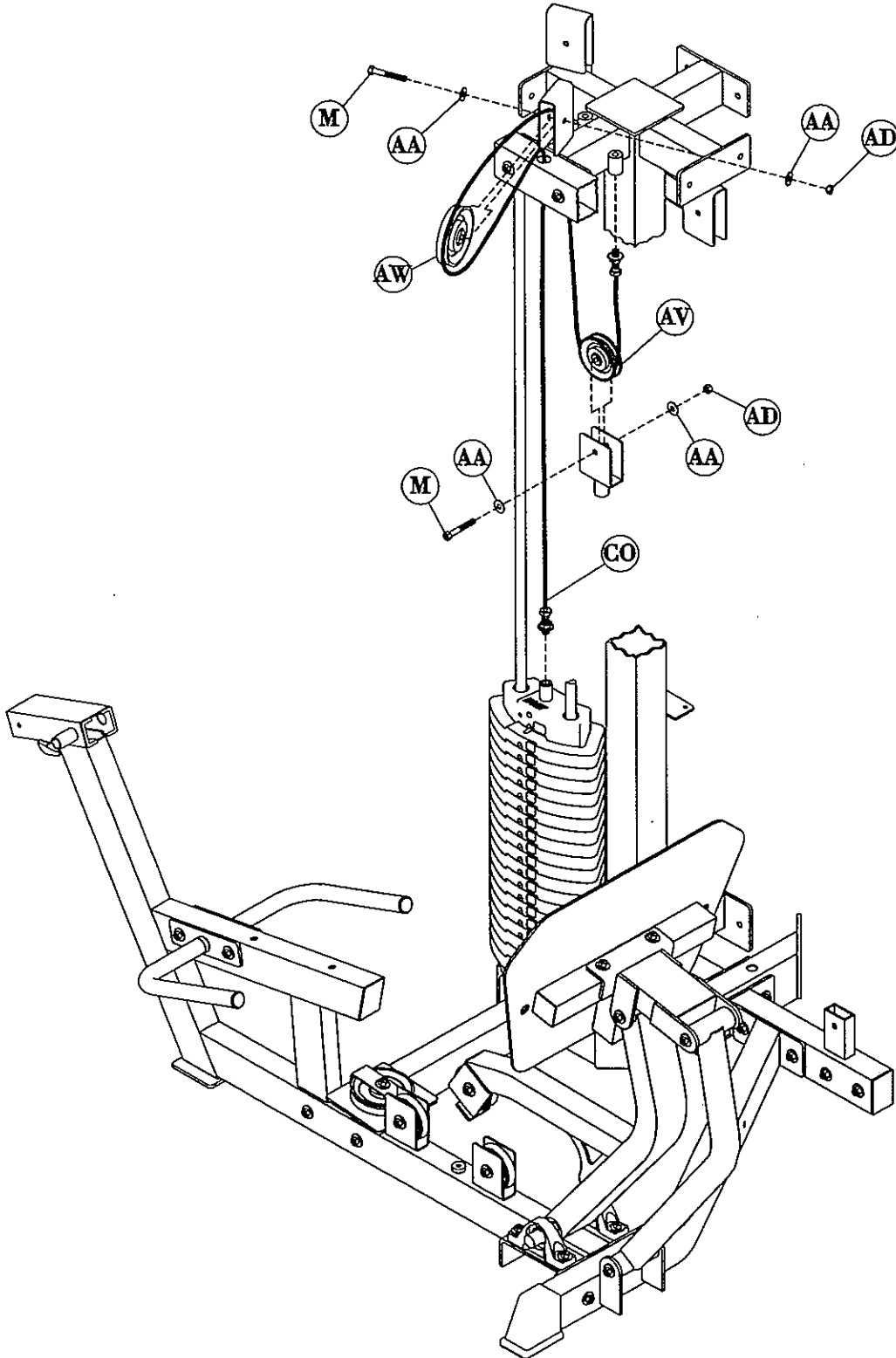
Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

# ASSEMBLY

INSTRUCTIONS

## Step 3g

CABLE #8 INSTALLATION



# ASSEMBLY

INSTRUCTIONS

## Step 3h

### CABLE # 7 INSTALLATION

#### Hardware Descriptions

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

AA - 3/8" Flat Washer

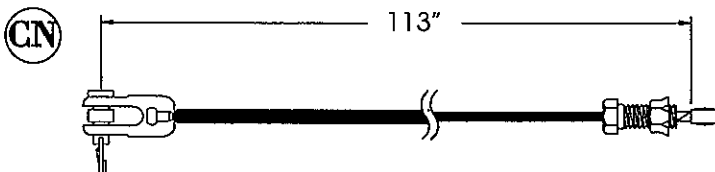
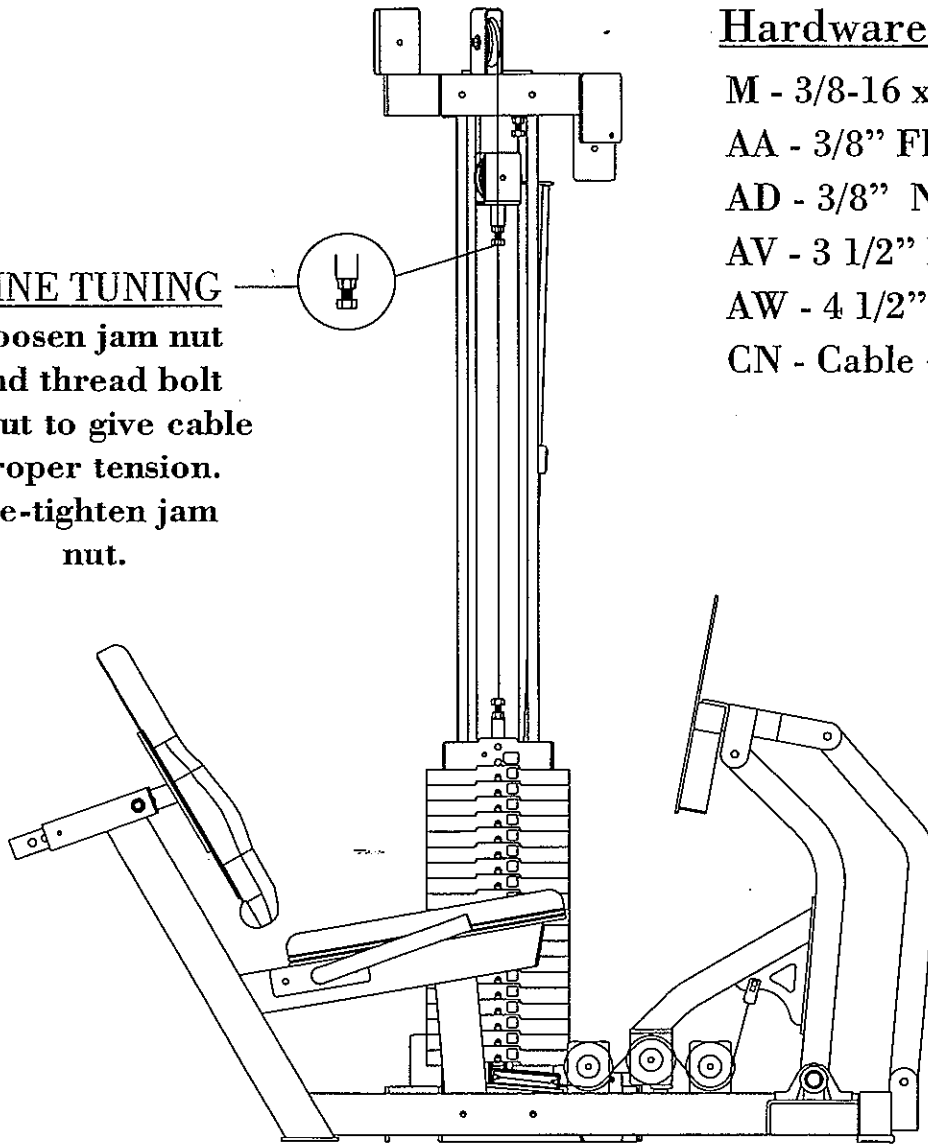
AD - 3/8" Nylok Nut

AV - 3 1/2" Pulley

AW - 4 1/2" Pulley

CN - Cable # 7, (Leg Press Lower)

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

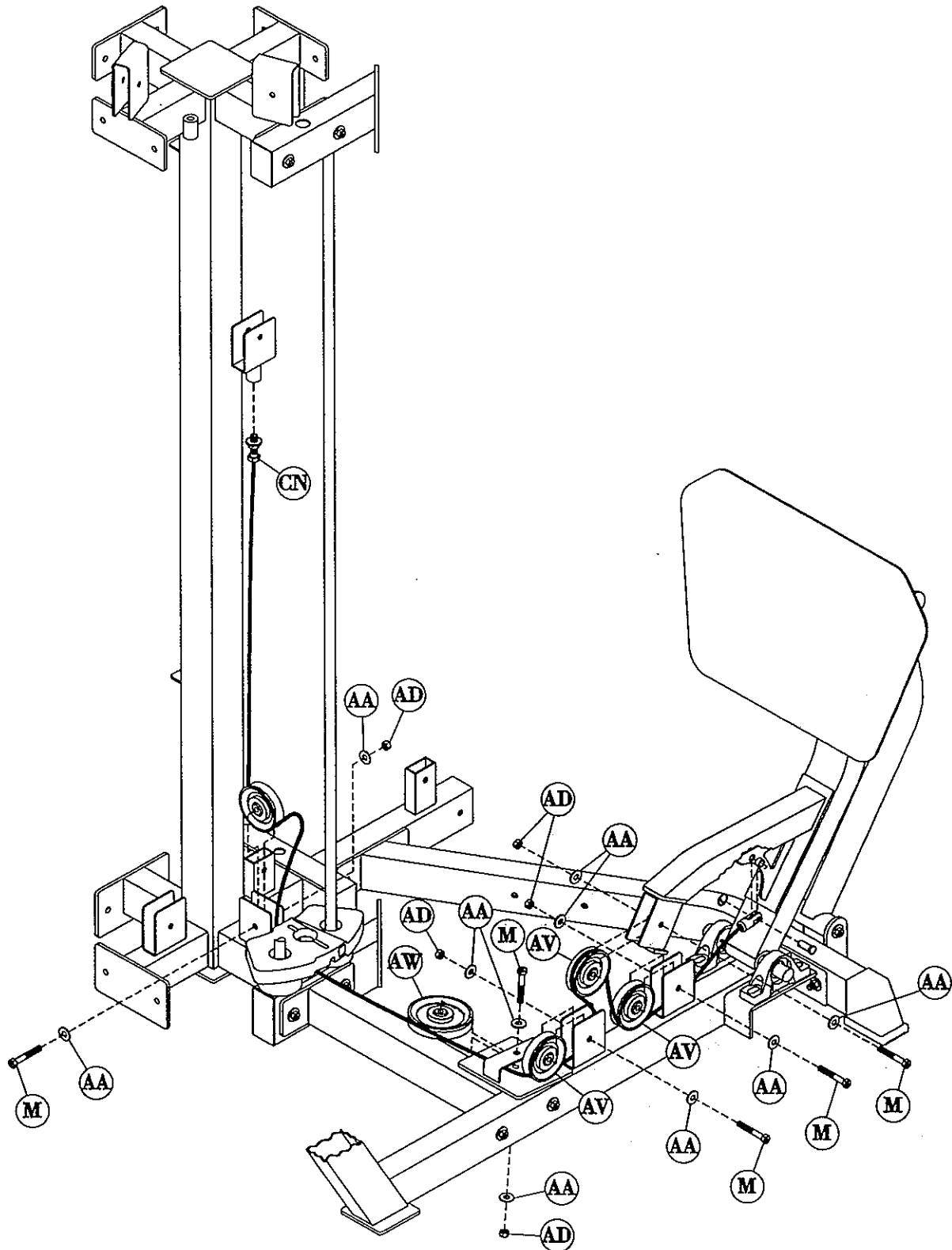


**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

# ASSEMBLY INSTRUCTIONS

## Step 3h

### CABLE #7 INSTALLATION



# ASSEMBLY M A N U A L

## 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 familiarized 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 M A N U A L

## 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.

# OWNERS M A N U A L

## MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>							
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 Surfaces	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.*



# OWNERS M A N U A L

## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

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

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

**COMMERCIAL USE:** All malfunctions of upholstery, grips, paint, and chrome that occur after 180 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.

**IN HOME USE:** All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts or cables, and upholstery that occur after three years; 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

**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 (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD.** Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

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

**WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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

Web Site - [www.hoistfitness.com](http://www.hoistfitness.com)

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