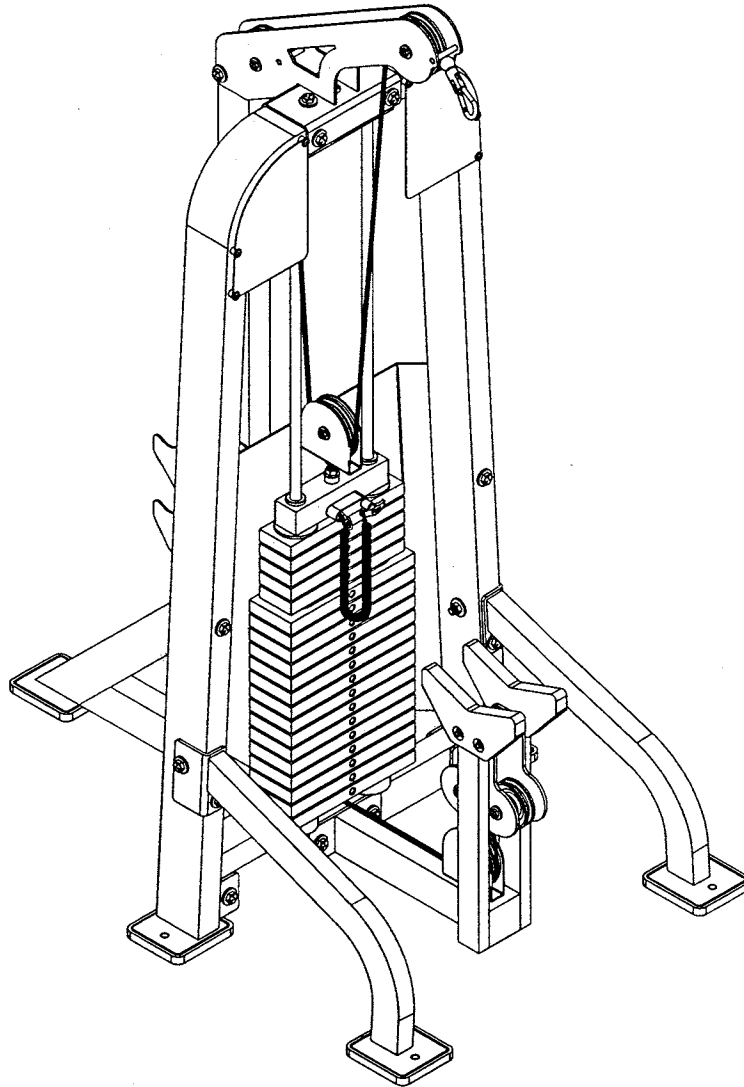


OWNERS MANUAL



HD1100

BICEP/TRICEP



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

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

RECORD SERIAL NUMBER HERE

March 2002

OWNERS MANUAL

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

Before beginning assembly please take the time to read the 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 the 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 .

T O O L S R E Q U I R E D

Socket Wrench

9/16" and 3/4" Sockets

Crescent Wrench

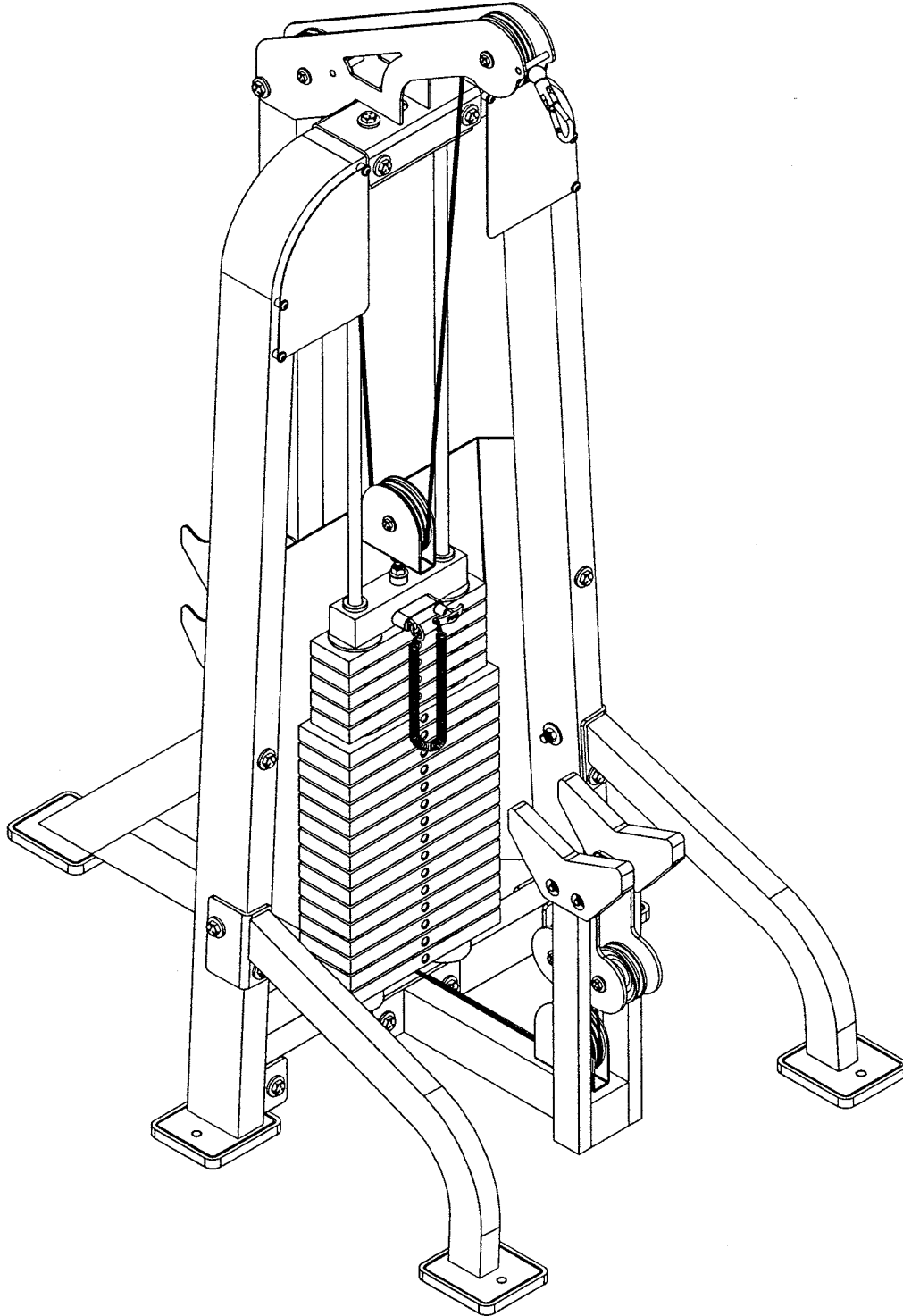
Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a

FRAME ASSEMBLY

Start assembly by bolting both (1)'s, to (2). Then bolt (3) to the bottom of both (1)'s. Wrench Tighten bolts. Attach (4) to the left (1), and (5) to the right (1). Hand Tighten bolts, they will be used again in a later step.

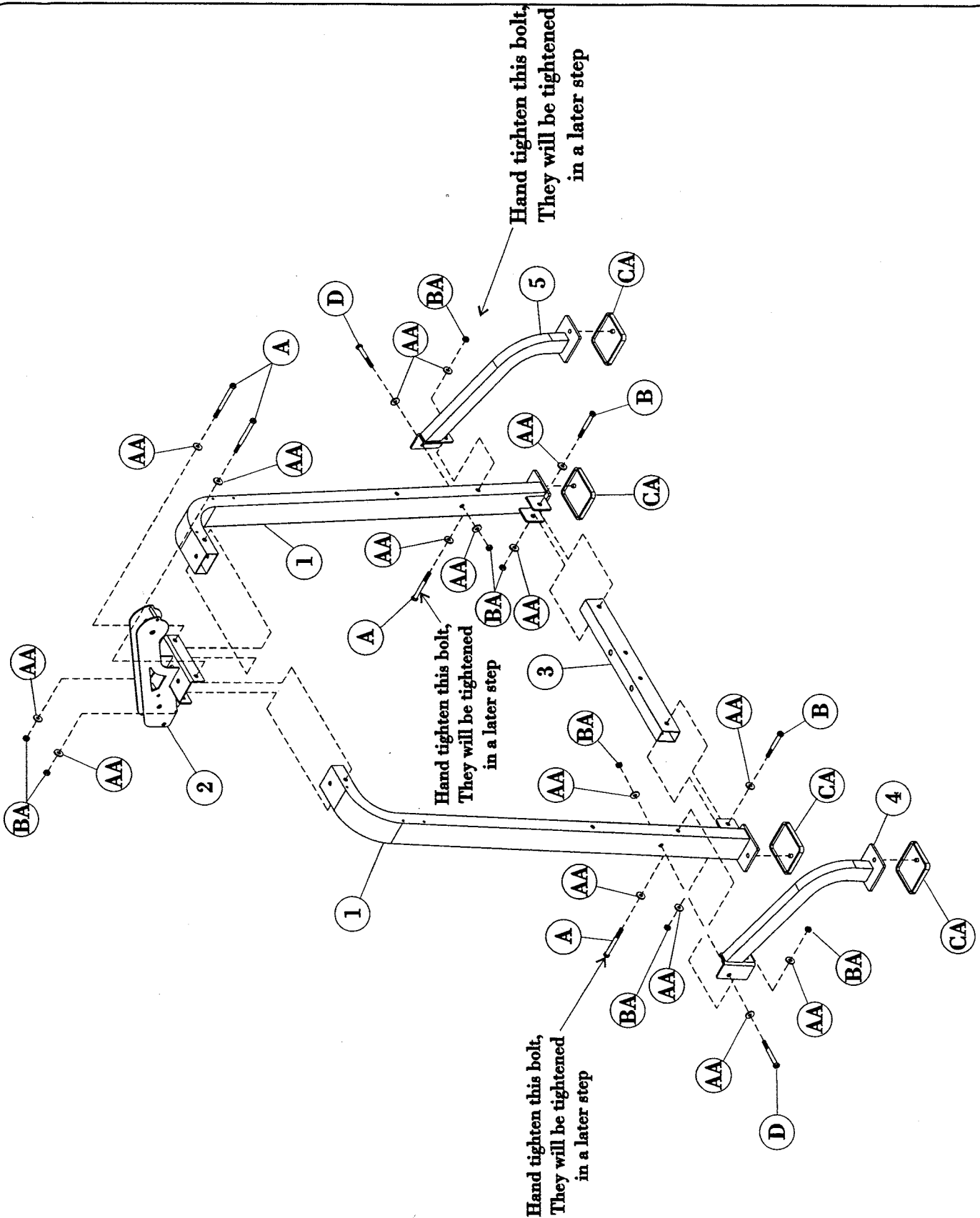
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Top Pulley Mount
- 3 - Weight Stack Mount
- 4 - Left Side Support
- 5 - Right Side Support

Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Bolt
- B - 1/2"-13UNC x 3" Hex Bolt
- D - 1/2"-13UNC x 2 3/4" Hex Bolt
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

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Step 2b

FRAME ASSEMBLY

Start by sliding both (6)'s into (3). Tilt both (6)'s forward enough to allow room to slide the weights on. Slide a (CB) on each (6). Next slide all fifteen (7)'s, and all five (8)'s on to both (6)'s. Now slide (9) onto both (6)'s. Slide (CG) on both (6)'s and angle both (6)'s vertical and secure (CG) to both (1)'s and (2). Secure both (6)'s to (CG) with set screw (L). Wrench Tighten all bolts that were only hand tightened at this point.

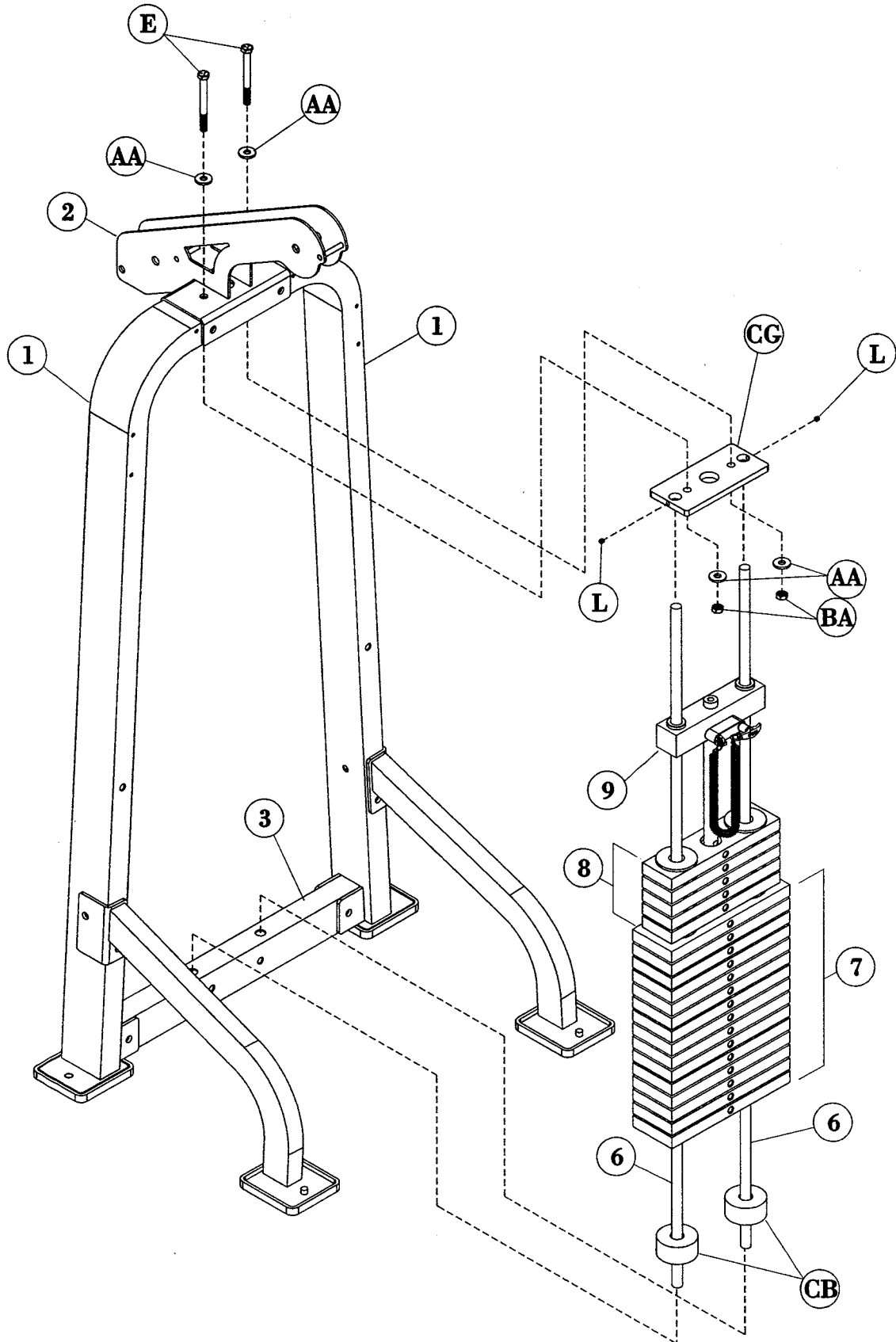
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Top Pulley Mount
- 3 - Weight Stack Mount
- 6 - Guide Rod
- 7 - 12 ½ LB Intermediate Plate
- 8 - 8 ¼ LB Intermediate Plate
- 9 - 8 ¼ LB Top Plate

Hardware Descriptions

- E - 1/2"-13UNC x 3 1/4" Hex Bolt
- L - 5/16"-18UNC x 5/16" Socket Set Screw
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CB - Weight Stack Bumper
- CG - Guide Rod Top Mount

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Step 2c

FRAME ASSEMBLY

Start assembly by bolting (10) and (13) to (3). Then bolt the top of (10) to (2). Next attach (11) and (12) to (10). Bolt both (CH)'s to (13).

Wrench Tighten bolts.

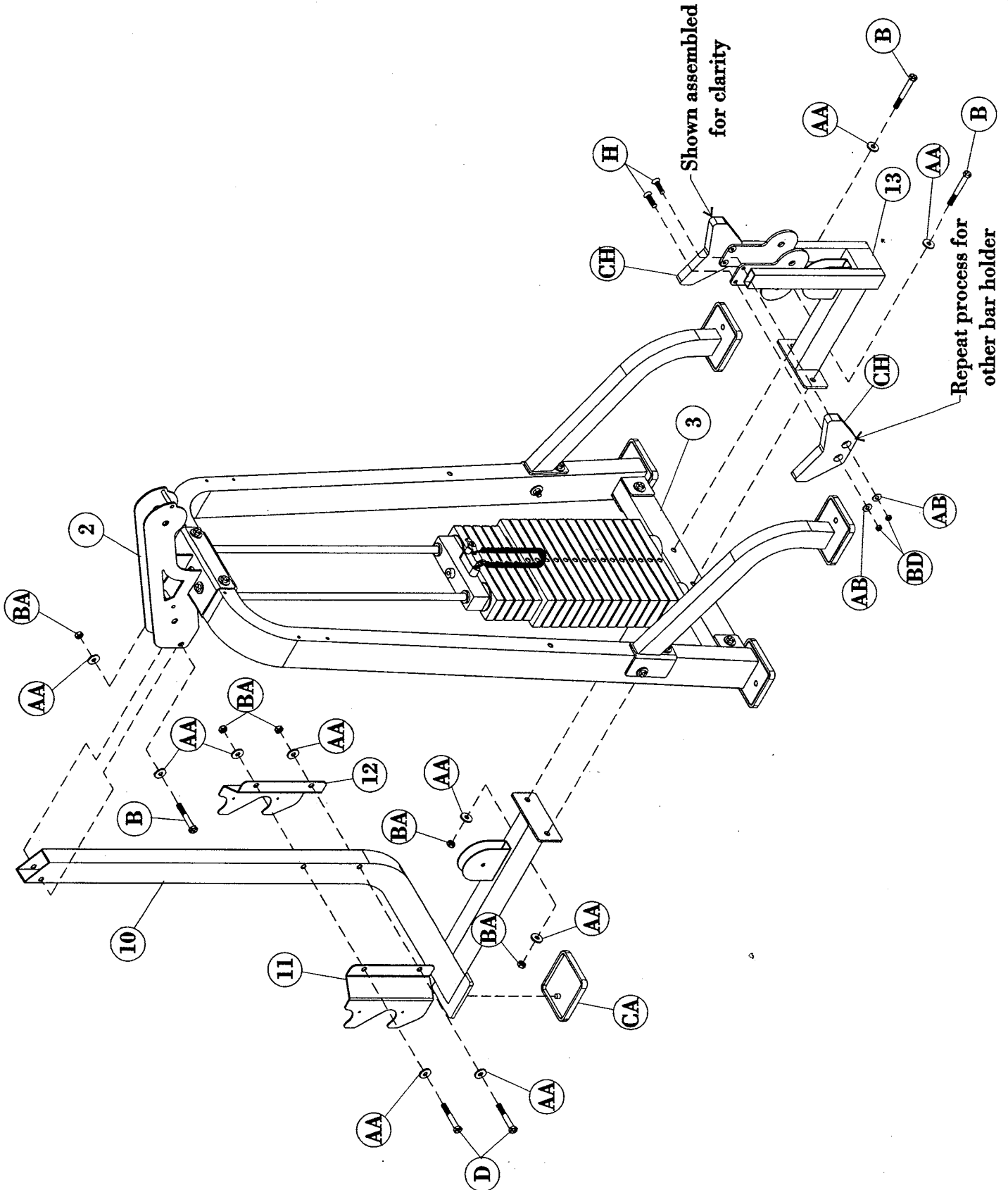
Part Descriptions

- 10 - Back Bone
- 11 - Storage Rack (left)
- 12 - Storage Rack (right)
- 13 - Lower Pulley Mount

Hardware Descriptions

- B - 1/2"-13UNC x 3" Hex Bolt
- D - 1/2"-13UNC x 2 3/4" Hex Bolt
- H - 3/8"-16UNC x 1 1/4" Flat Socket Head Screw
- AA - 1/2" Flat Washer
- AB - 3/8" Flat Washer
- BA - 1/2" Nylok Nut
- BD - 3/8" Nylok Nut
- CA - Rubber Foot Pad

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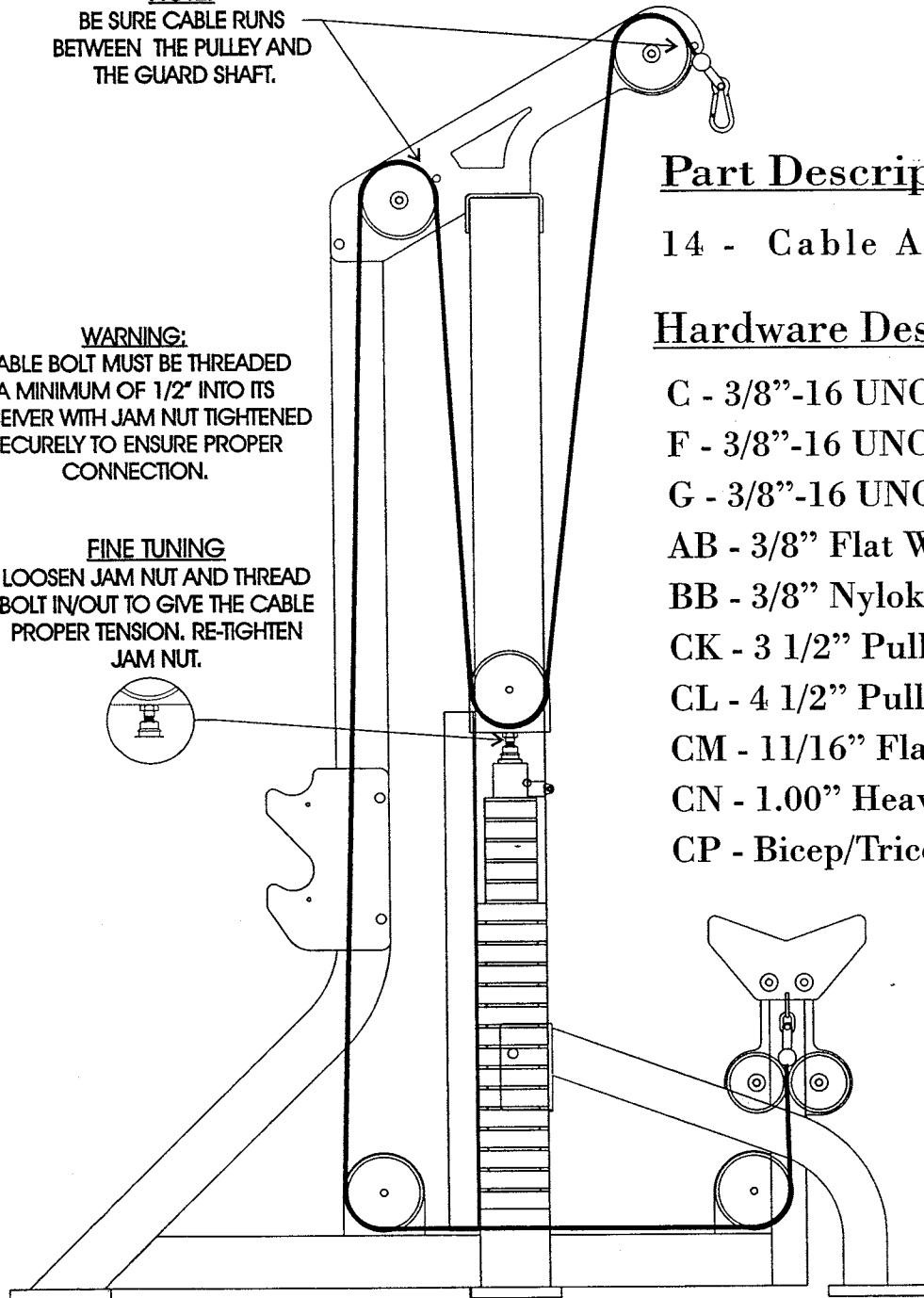
Step 3

CABLE ASSEMBLY

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

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

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



Part Descriptions

14 - Cable Anchor, Adjustable

Hardware Descriptions

C - 3/8"-16 UNC X 3 1/2" Hex Bolt

F - 3/8"-16 UNC x 1 3/4" Hex Bolt

G - 3/8"-16 UNC x 3" Hex Bolt

AB - 3/8" Flat Washer

BB - 3/8" Nylok Nut

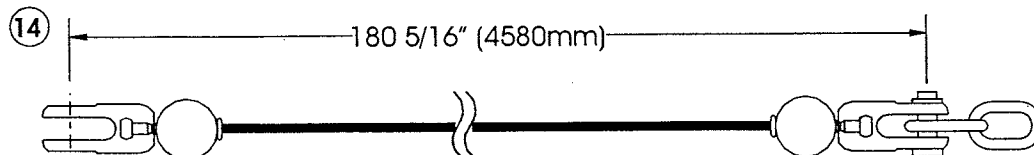
CK - 3 1/2" Pulley

CL - 4 1/2" Pulley

CM - 11/16" Flanged Pulley Spacer

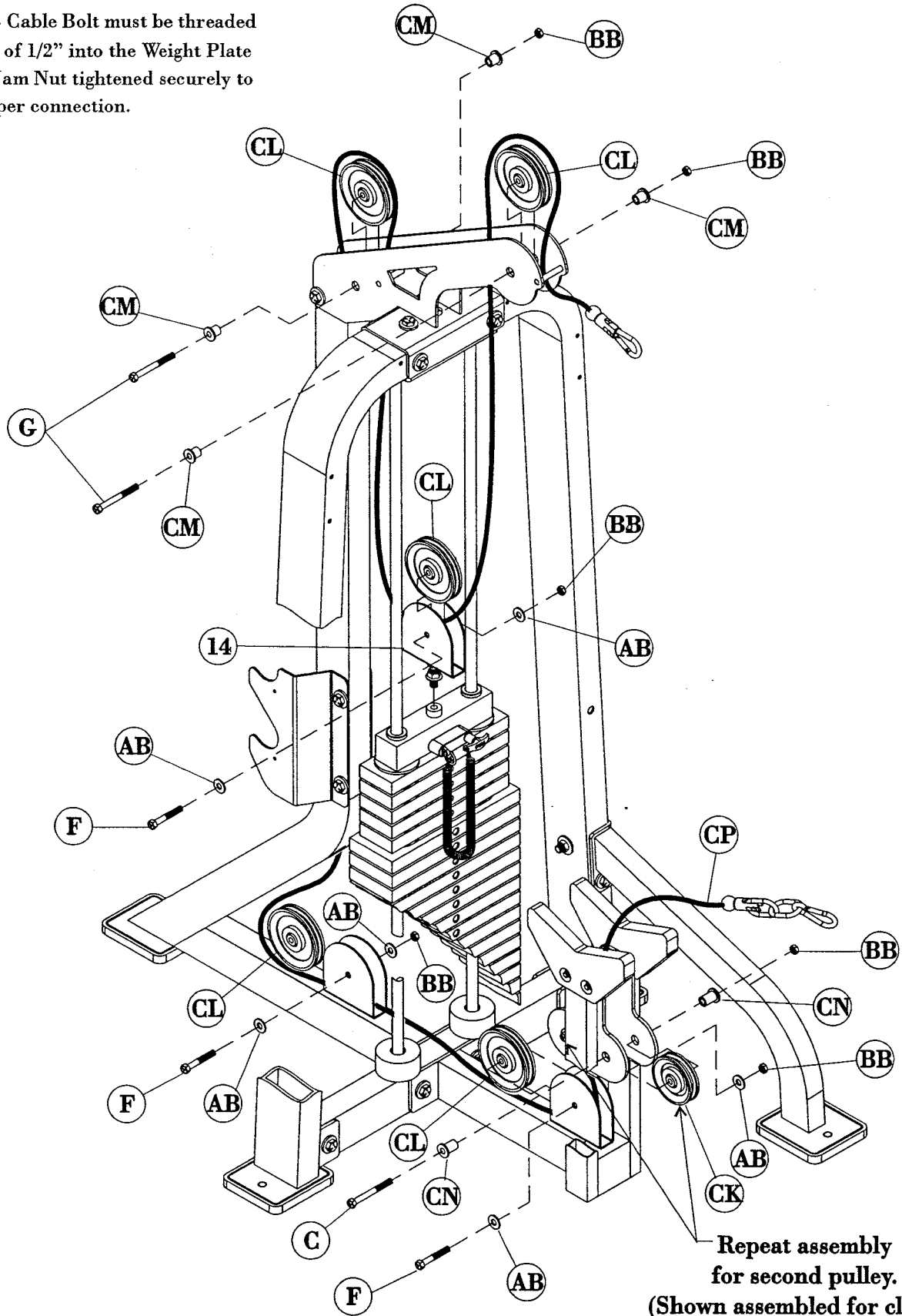
CN - 1.00" Heavy Flanged Spacer

CP - Bicep/Tricep Cable



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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.



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Step 4

SHIELD ASSEMBLY

Attach (15), (CS), and (CT) as shown. *Wrench Tighten* bolts.

IMPORTANT

Now that the Hd1100 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the Guide Rods 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 re-tighten bolts.

Part Descriptions

15 - Frame Shield

Hardware Descriptions

J - 1/2"-13 UNC x 4 1/2" Hex Bolt

K - 1/4"-24 UNF x 5" Button Head Bolt

AA - 1/2" Flat Washer

AC - 1/4" Flat Washer

BA - 1/2" Nylok Nut

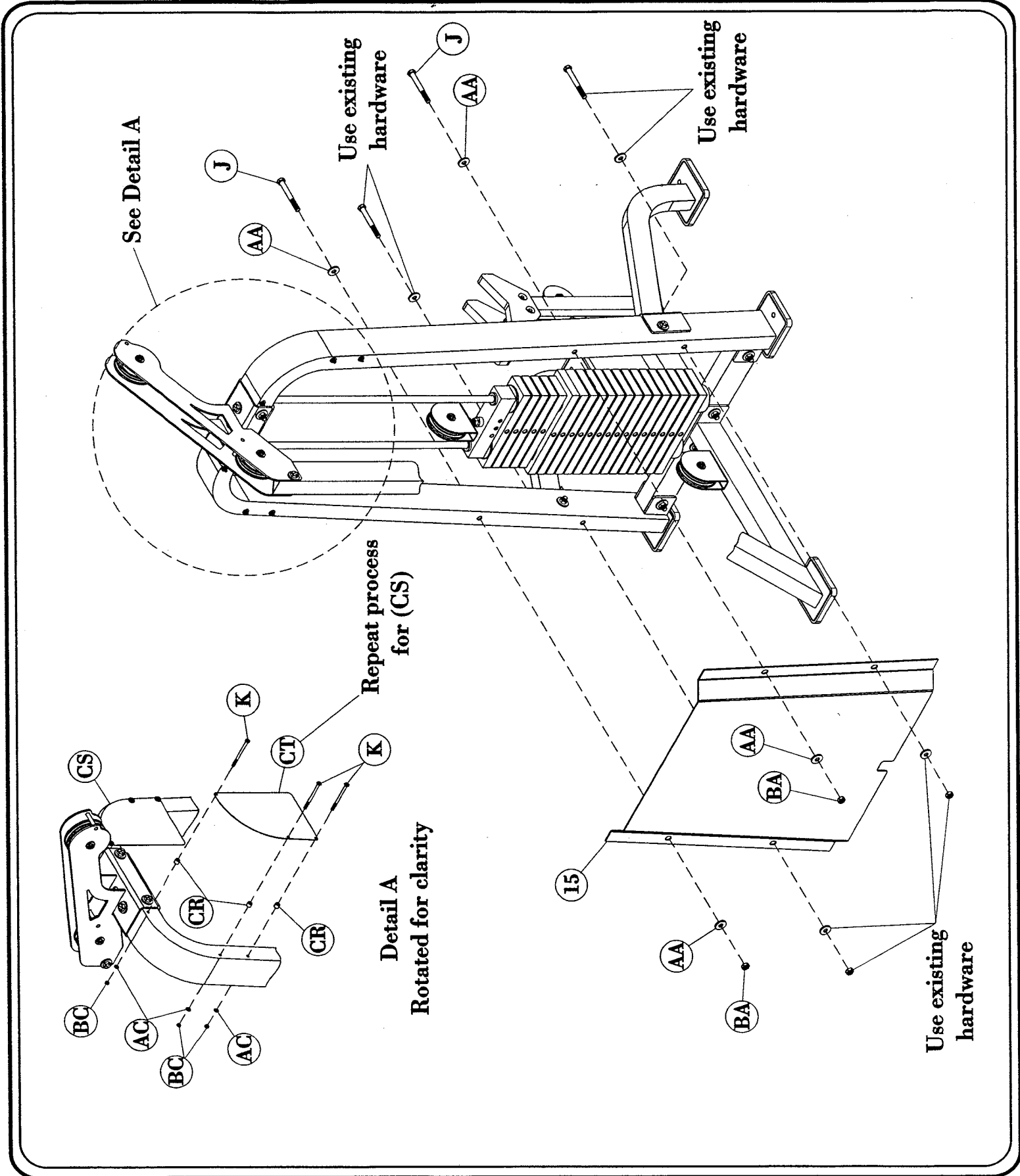
BC - 1/4" Nylok Nut

CR - Spacer

CS - Placard (Right)

CT - Placard (Left)

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Step 5

P R E - A S S E M B L Y

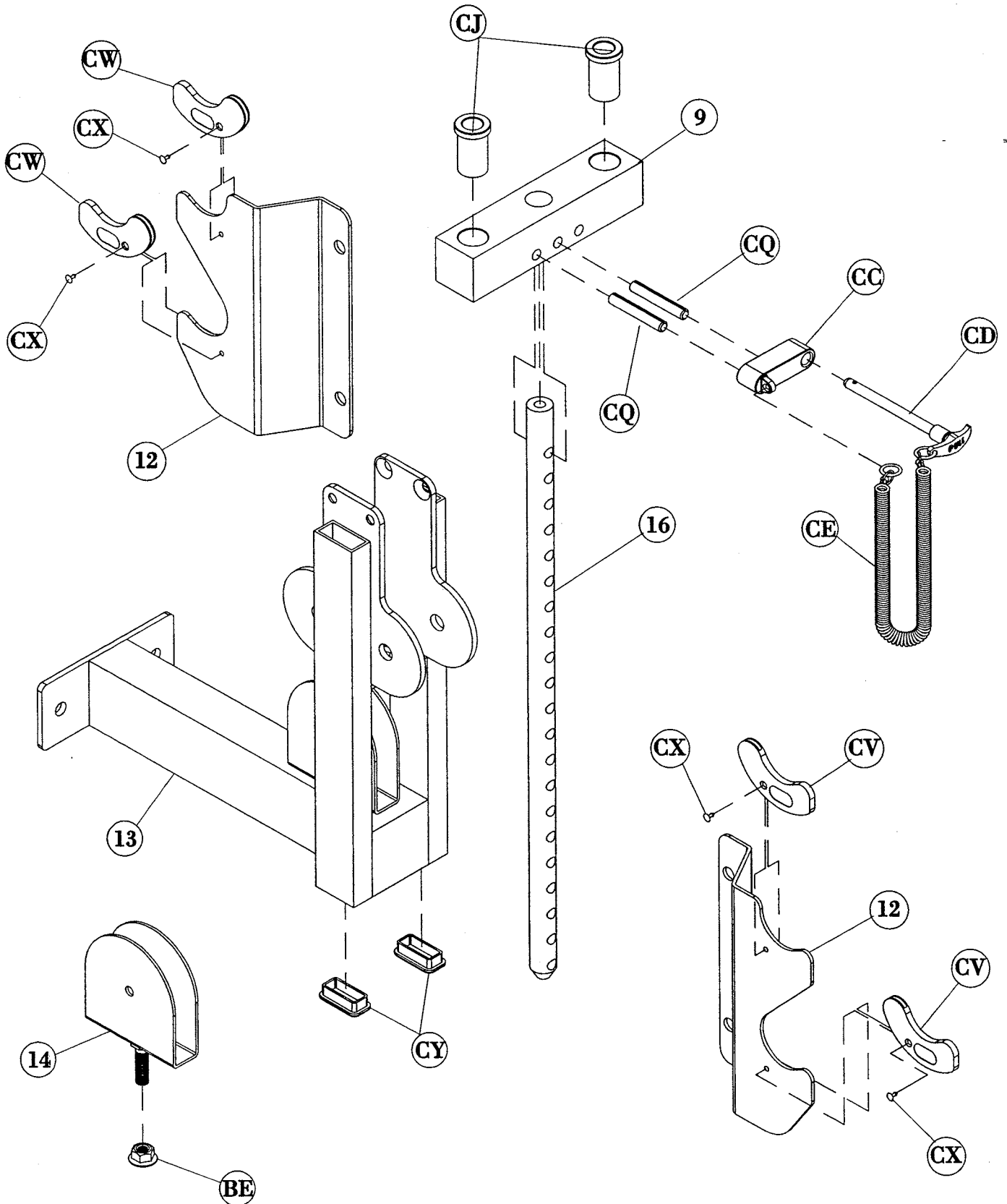
Part Descriptions

- 9 - 8 ¼ lb Top Plate
- 11 - Storage Rack (Left)
- 12 - Storage Rack (Right)
- 13 - Lower Pulley Mount
- 14 - Cable Anchor, Adjuster
- 16 - 21 Plate Selector Stem

Hardware Descriptions

- BE - 1/2" Jam Nut
- CC - Lanyard/Selector Pin Stand Off
- CD - Selector Pin
- CE - Lanyard Coil
- CJ - Guide Rod Bushing
- CQ - 7/16" Roll Pin x 2 3/4" LG
- CV - Dumb Bell Cradle (Left)
- CW - Dumb Bell Cradle (Right)
- CX - Push Fastener
- CY - End Cap 25mm x 50mm

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PARTS LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X0864	Weight Frame Upright
2	1	026-01X0816	Top Pulley Mount
3	1	026-01T0545	Weight Stack Mount
4	1	026-01X0867	Left Side Support
5	1	026-01X0868	Right Side Support
6	2	026-01G0159	Guild Rod
7	15	026-01W0101	12 1/2 LB Intermediate Plate
8	5	026-01W0102	8 1/4 LB Intermediate Plate
9	1	026-1300034	8 1/4 LB Top Plate
10	1	026-01X0815	Back Bone
11	1	026-01P0827	Storage Rack (left)
12	1	026-01P0828	Storage Rack (right)
13	1	026-01X0812	Lower Pulley Mount
14	1	026-01X0926	Cable Anchor, Adjustable
15	1	026-1100089	Frame Shield
16	1	026-01W0110	21 Plate Selector Stem

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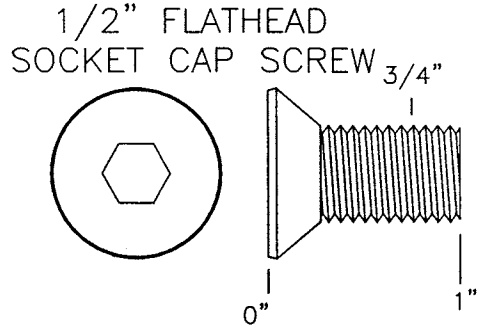
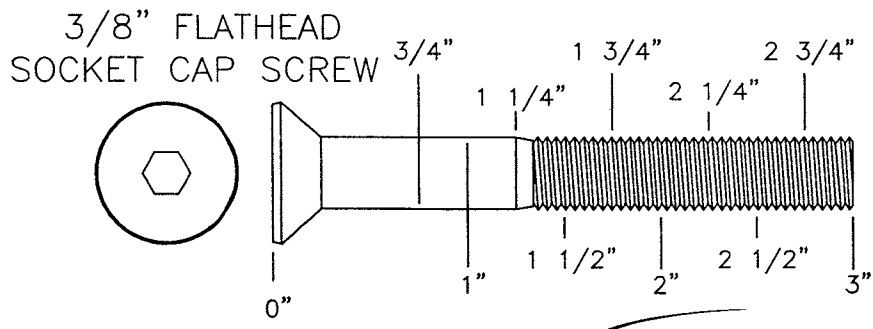
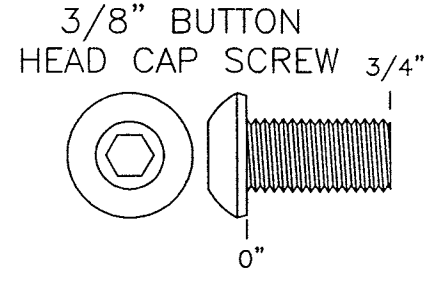
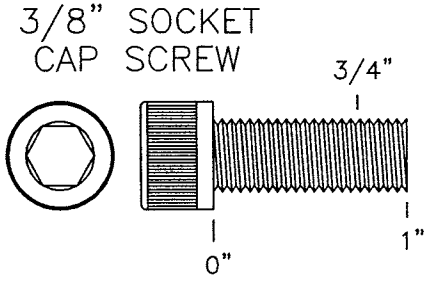
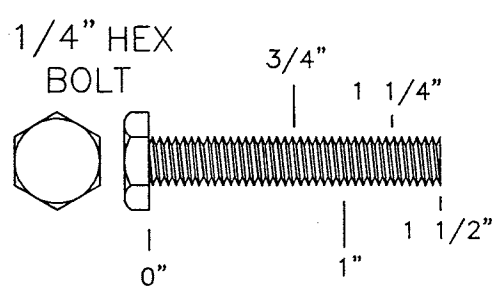
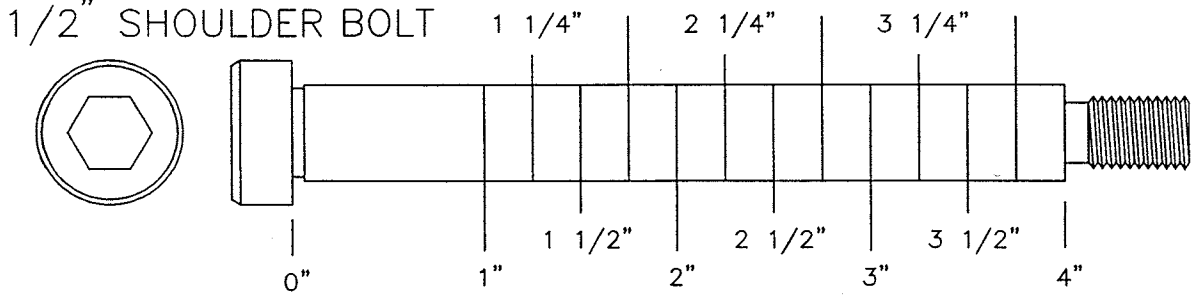
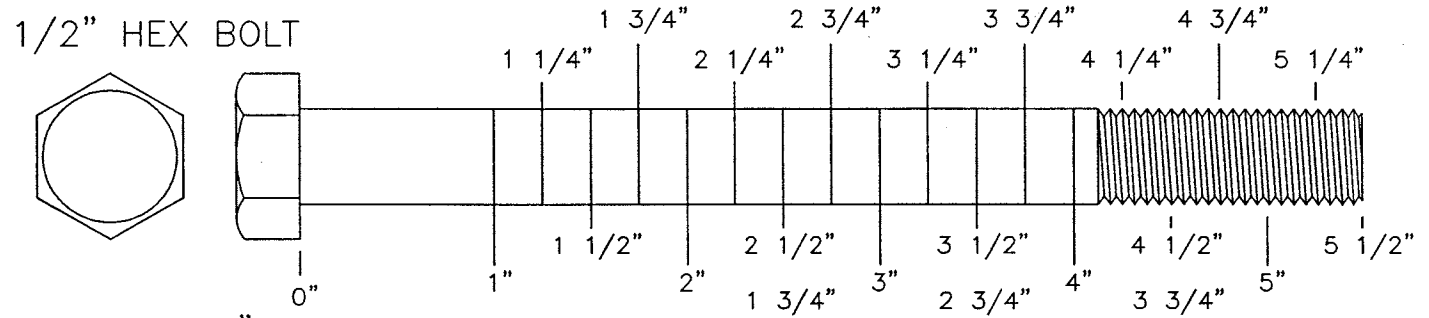
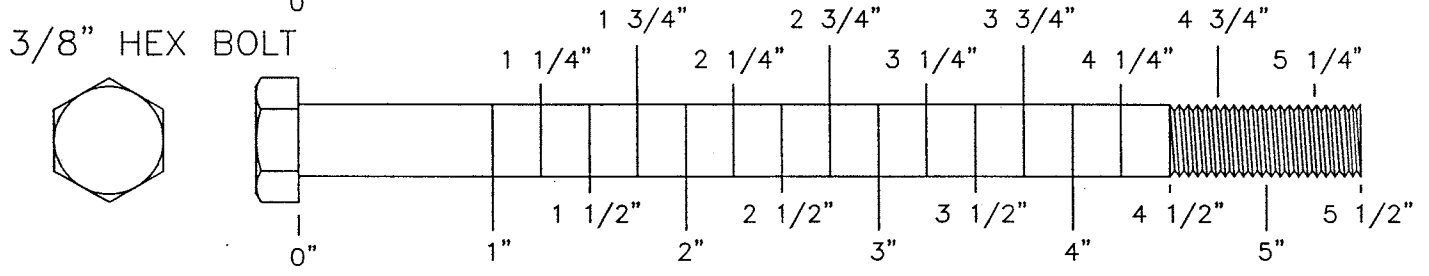
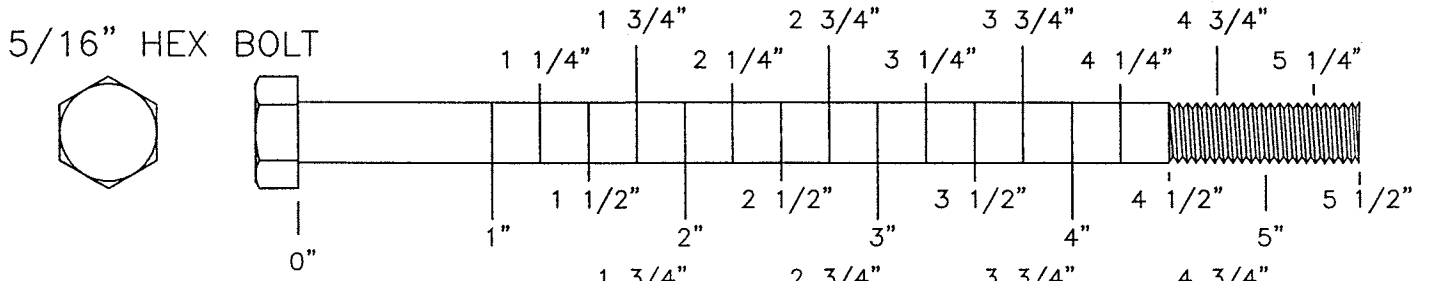
H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	4		1/2"-13UNC x 4 3/4" Hex Bolt (WZ)
B	5	011-0101019	1/2"-13UNC x 3" Hex Bolt (WZ)
C	2		3/8"-16UNC x 3 1/2" Hex Head Bolt (WZ)
D	4		1/2"-13UNC x 2 3/4" Hex Bolt (WZ)
E	2		1/2"-13UNC x 3 1/4" Hex Bolt (WZ)
F	3		3/8"-16UNC x 1 3/4" Hex Bolt (WZ)
G	2		3/8"-16UNC x 3" Hex Bolt (WZ)
H	4	011-0002034	3/8"-16UNC x 1 1/4" Flat Head Screw (WZ)
J	2		1/2"-13UNC x 4 1/2" Hex Bolt (WZ)
K	6		1/4"-24UNF x 5" Button Head Screw (WZ)
L	2	011-0311012	5/16"-18UNC x 5/16" Socket Set Screw (WZ)
AA	34	013-0102003	1/2" Washer
AB	10	013-0002004	3/8" Washer
AC	6	013-0002003	1/4" Washer
BA	17	012-0304011	1/2" Nylok Nut (Thin)
BB	7	012-0104008	3/8" Nylok Nut (Thin)
BC	6	012-0104009	1/4" Nylok Nut
BD	4	012-0004004	3/8" Nylok Nut
BE	1	26-STD-05-0274	1/2" Jam Nut
CA	5	026-01PL195	Rubber Foot Pad
CC	1	026-01PL291	Landyard/Selector Pin Stand off
CD	1	026-01M0134	Selector Pin
CE	1	010-0008001	Landyard Coil
CG	1	026-01P0819	Guide Rod Top Mount
CH	2	026-01PL275	Cradle
CJ	2	026-01PL134	Guide Rod Bushing
CK	2	26-STD-06-0024	3 1/2" Pulley
CL	5	26-STD-06-0025	4 1/2" Pulley
CM	4	26-STD-08-0067	11/16" Flanged Spacer
CN	4	26-STD-08-0066	1.00" Heavy Flanged Spacer
CP	1	026-01C240T	HD1100 Bicep/Tricep Cable
CQ	2		7/16" Roll Pin x 2 3/4" LG
CR	6	026-01PL290	Spacer
CS	1	021-0013089	HD1100 Placard (Right)
CT	1	021-0013090	HD1100 Placard (Left)
CV	2	026-01PL258	Dumb Bell Cradle (Left)
CW	2	026-01PL260	Dumb Bell Cradle (Right)
CX	4	026-01PL259	Push Fastener
CY	2	26-STD-06-0055	End Cap 25mm x 50mm

A C C E S S O R Y L I S T I N G

<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
2	26-STD-0185	Bent Bar Assembly

OWNERS MANUAL BOLT SIZING CHART

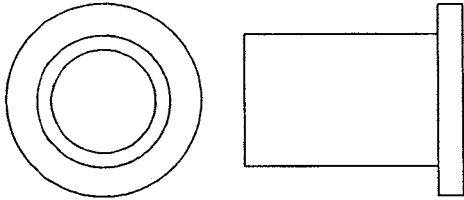


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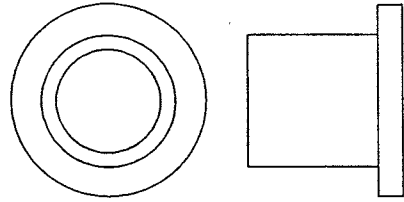
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W A S H E R S I Z I N G C H A R T

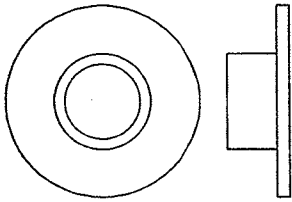
1" LONG HEAVY
FLANGED SPACER



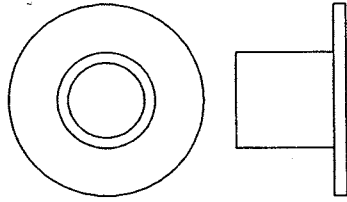
1 1/16" LONG HEAVY
FLANGED SPACER



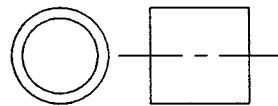
1/4" LONG FLANGED
SPACER



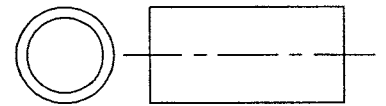
1/2" LONG FLANGED
SPACER



1/2" LONG
SPACER



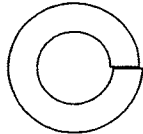
1" LONG
SPACER



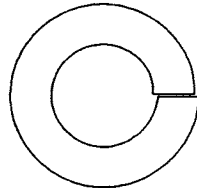
1/4"
LOCK
WASHER



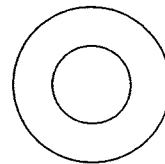
3/8"
LOCK
WASHER



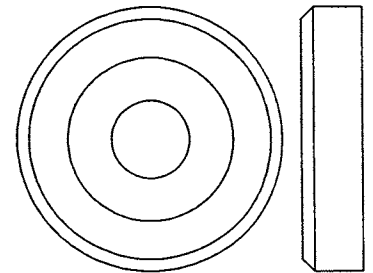
1/2"
LOCK WASHER



5/16"
FLAT WASHER



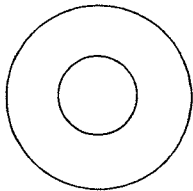
1 3/8" ALUMINUM
FLATHEAD CAP



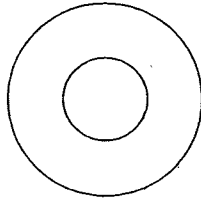
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WASHER SIZING CHART

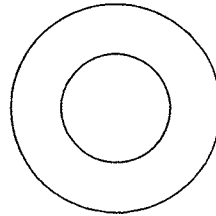
5/16"
FLAT WASHER
LARGE, USS, 25mm



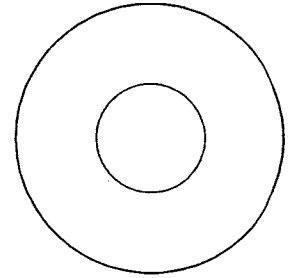
3/8"
FLAT
WASHER



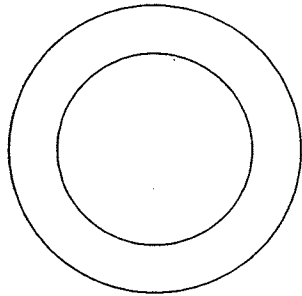
1/2"
FLAT WASHER
SMALL, SAE, 26mm



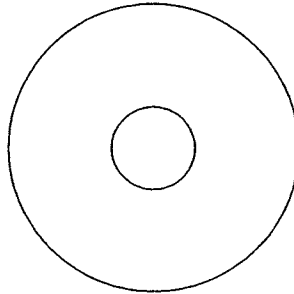
1/2"
FLAT WASHER
LARGE, USS, 34mm



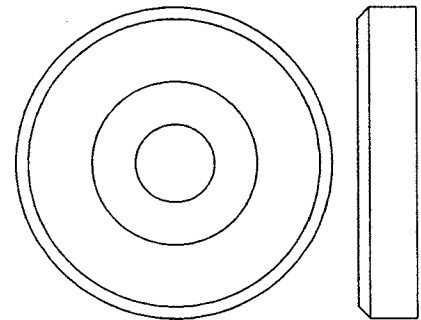
1" SHIM WASHER



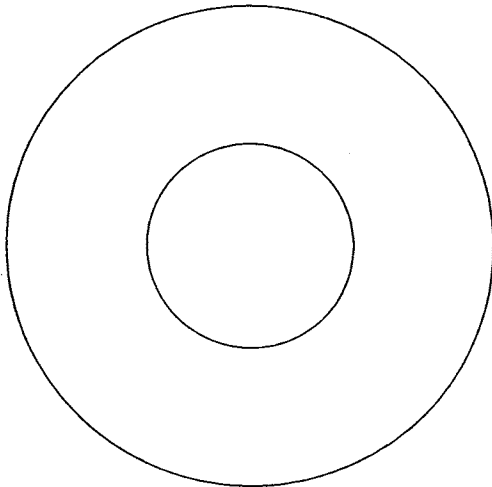
3/8" FENDER WASHER



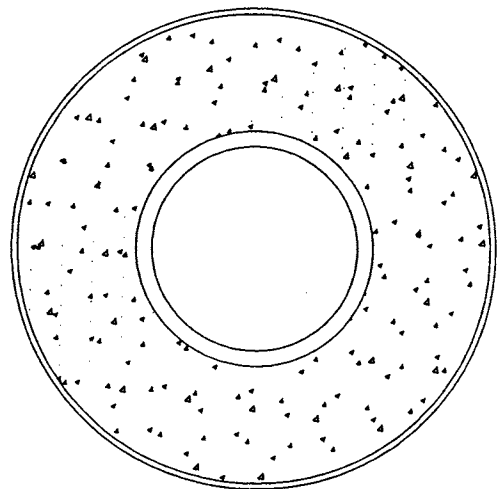
1 5/8" ALUMINUM
FLATHEAD CAP



1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER

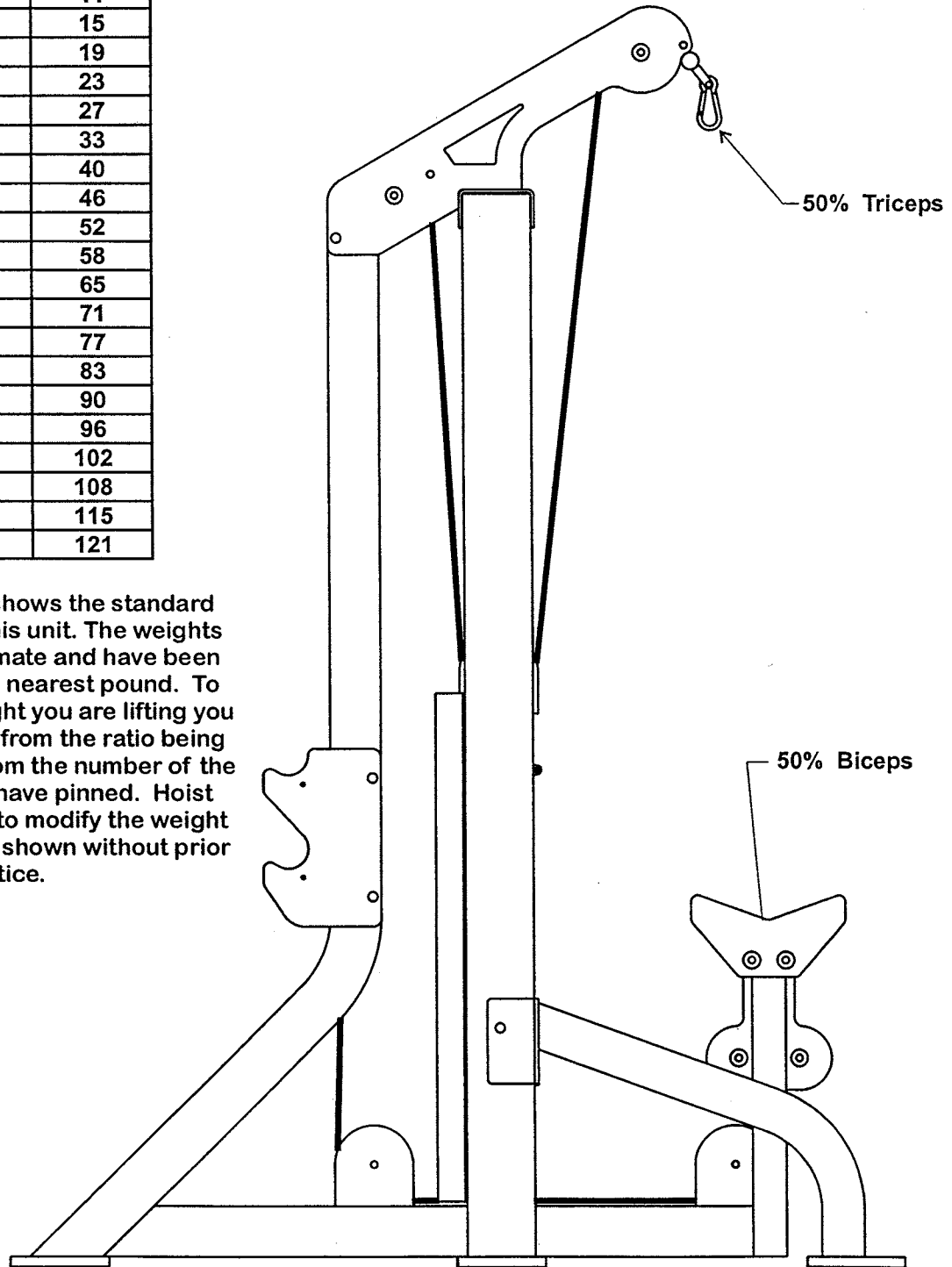


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WEIGHT RATIOS

	100%	50%
1	13	7
2	21	11
3	29	15
4	37	19
5	45	23
6	54	27
7	66	33
8	79	40
9	91	46
10	104	52
11	116	58
12	129	65
13	141	71
14	154	77
15	166	83
16	179	90
17	191	96
18	204	102
19	216	108
20	229	115
21	241	121

The chart above shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.



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W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

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

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

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

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

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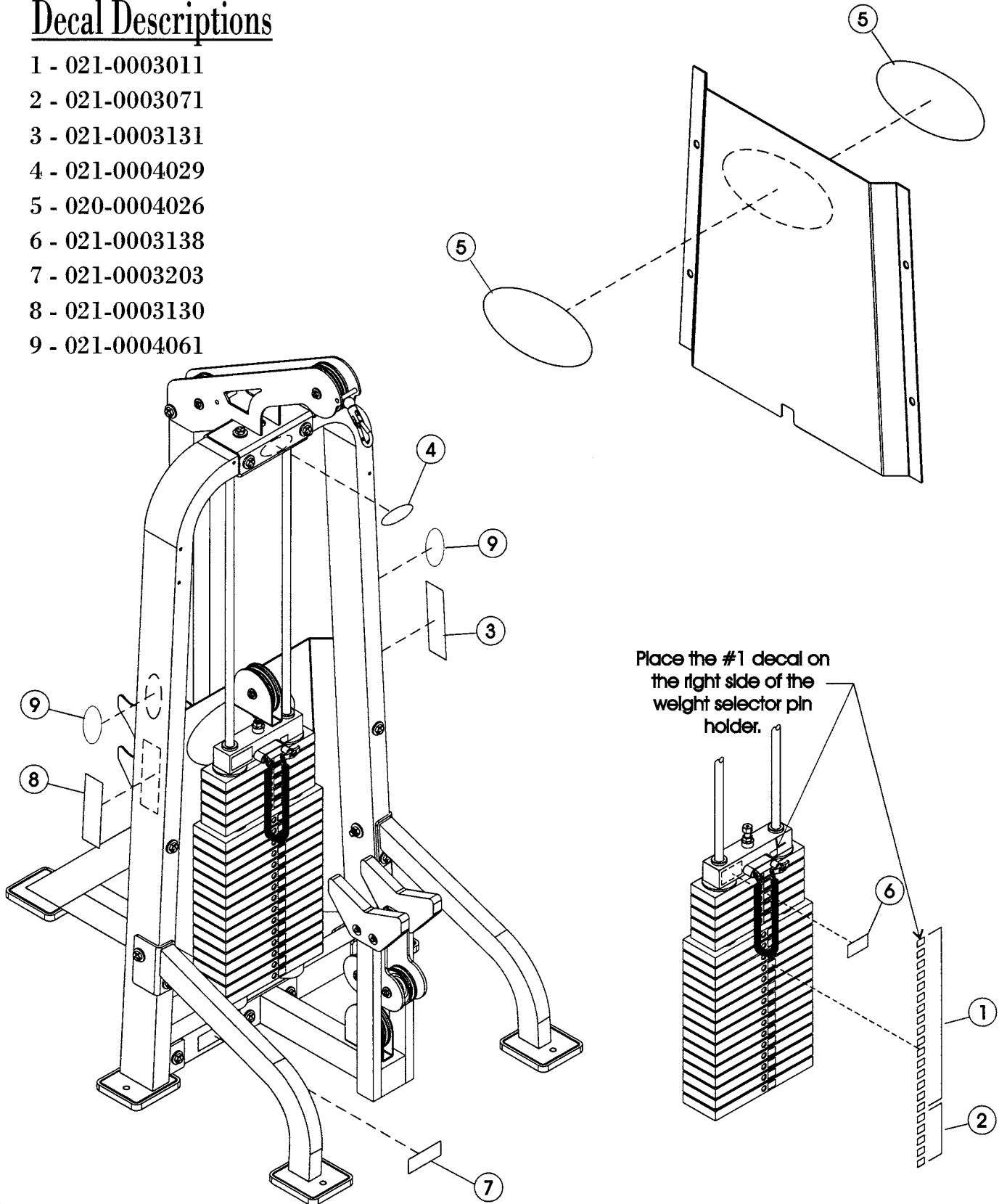
OWNERS MANUAL

OWNERS MANUAL

DECAL PLACEMENT

Decal Descriptions

- 1 - 021-0003011
- 2 - 021-0003071
- 3 - 021-0003131
- 4 - 021-0004029
- 5 - 020-0004026
- 6 - 021-0003138
- 7 - 021-0003203
- 8 - 021-0003130
- 9 - 021-0004061



OWNERS M A N U A L

DECAL PLACEMENT

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



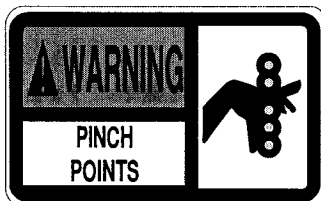
021-0003203



021-0004029



021-0004061

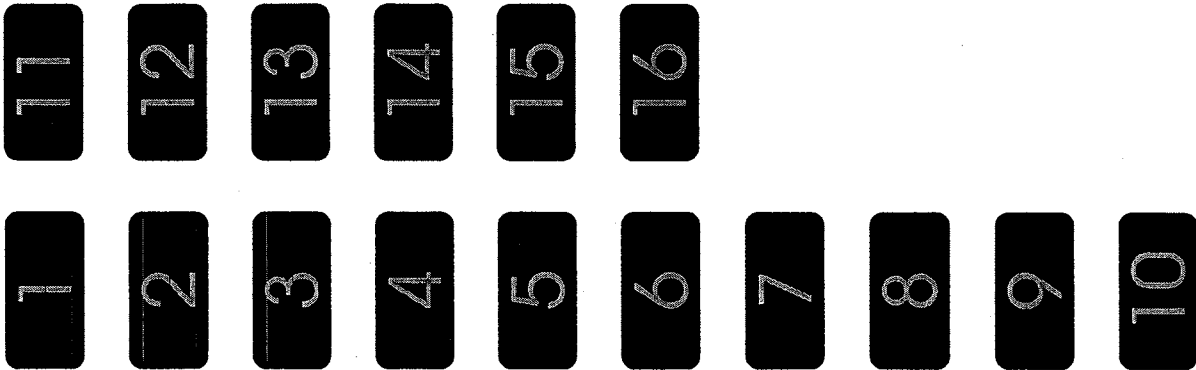


021-0003138

OWNERS MANUAL

DECAL PLACEMENT

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



021-0003011



021-0003071

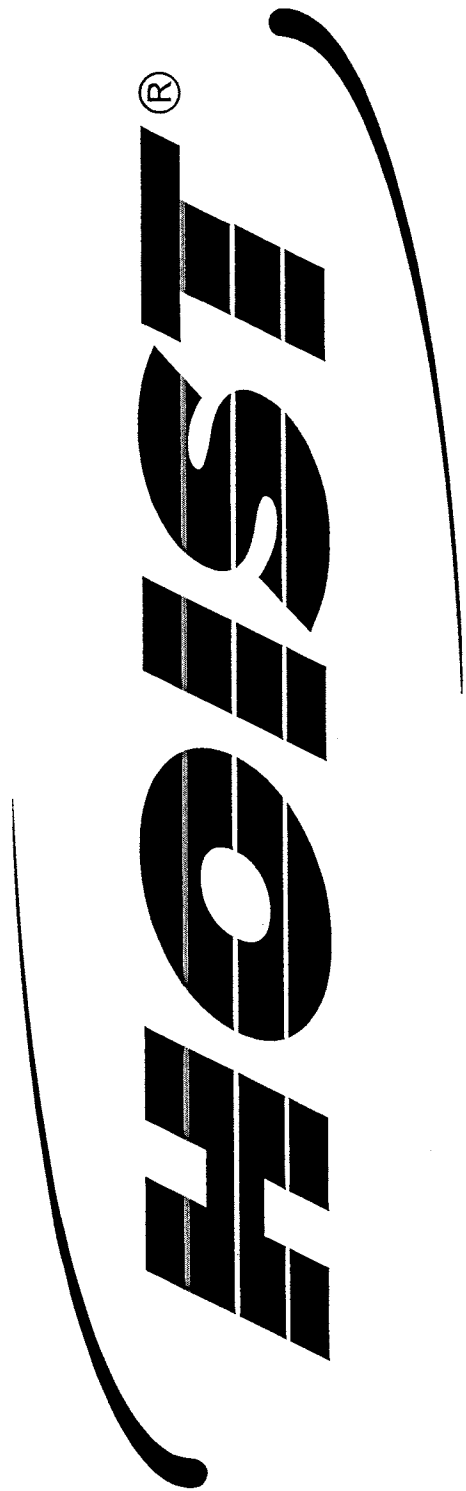
	Daily	Weekly	Monthly	Months	Yearly
COMMERCIAL MAINTENANCE					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts,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

NOTICE

021-0003131

OWNERS MANUAL

DECAL PLACEMENT



021-0004026

WARNING

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

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

021-0003130

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

Upholstery:

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

Guide Rods:

- * *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

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

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Cables:

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

OWNERS MANUAL

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 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.

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

PLEASE KEEP THIS FOR YOUR RECORDS