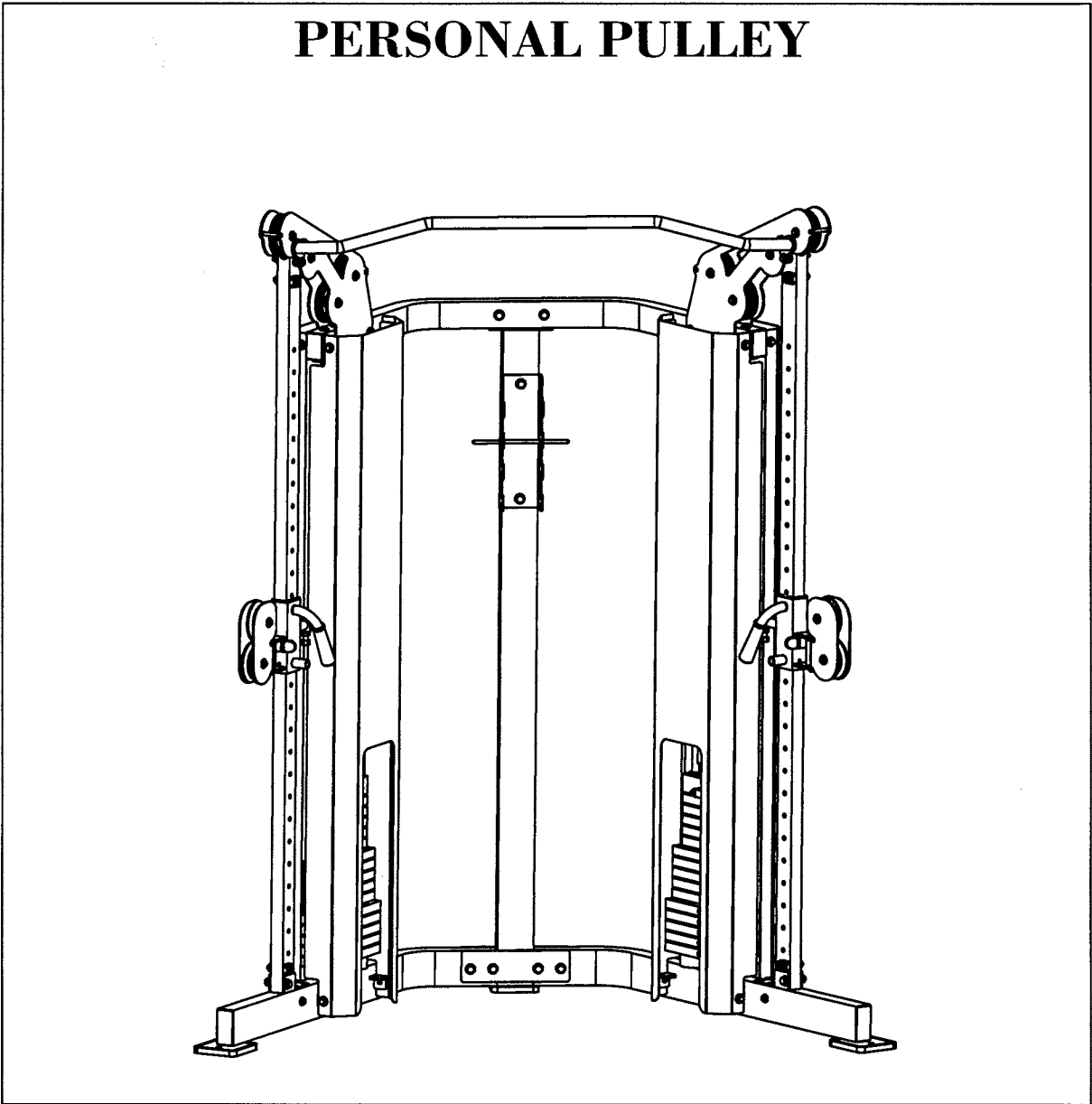


OWNERS MANUAL



HD1900

PERSONAL PULLEY



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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

APRIL, '03

OWNERS MANUAL

CONTENT

INSTRUCTIONS (Step 1)	2
FRAME ASSEMBLY (Step 2)	4
CABLE ASSEMBLY (Step 3)	13
SHIELD ASSEMBLY (Step 4)	15
PRE-ASSEMBLY	19
PART LISTING	21
HARDWARE LISTING	22
BOLT SIZING CHART	23
WASHER SIZING CHART	25
WEIGHT RATIOS	28
WEIGHT TRAINING TIPS	30
WEIGHT TRAINING EXERCISE LOG	32
DECAL PLACEMENTS	33
GENERAL MAINTENANCE INFORMATION	37
MAINTENANCE SCHEDULE	39
LIMITED WARRANTY	40

OWNERS MANUAL

Step 1 **INSTRUCTIONS**

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.

TOOLS REQUIRED

Socket Wrench

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

3/4" Open end Wrench

Crescent Wrench

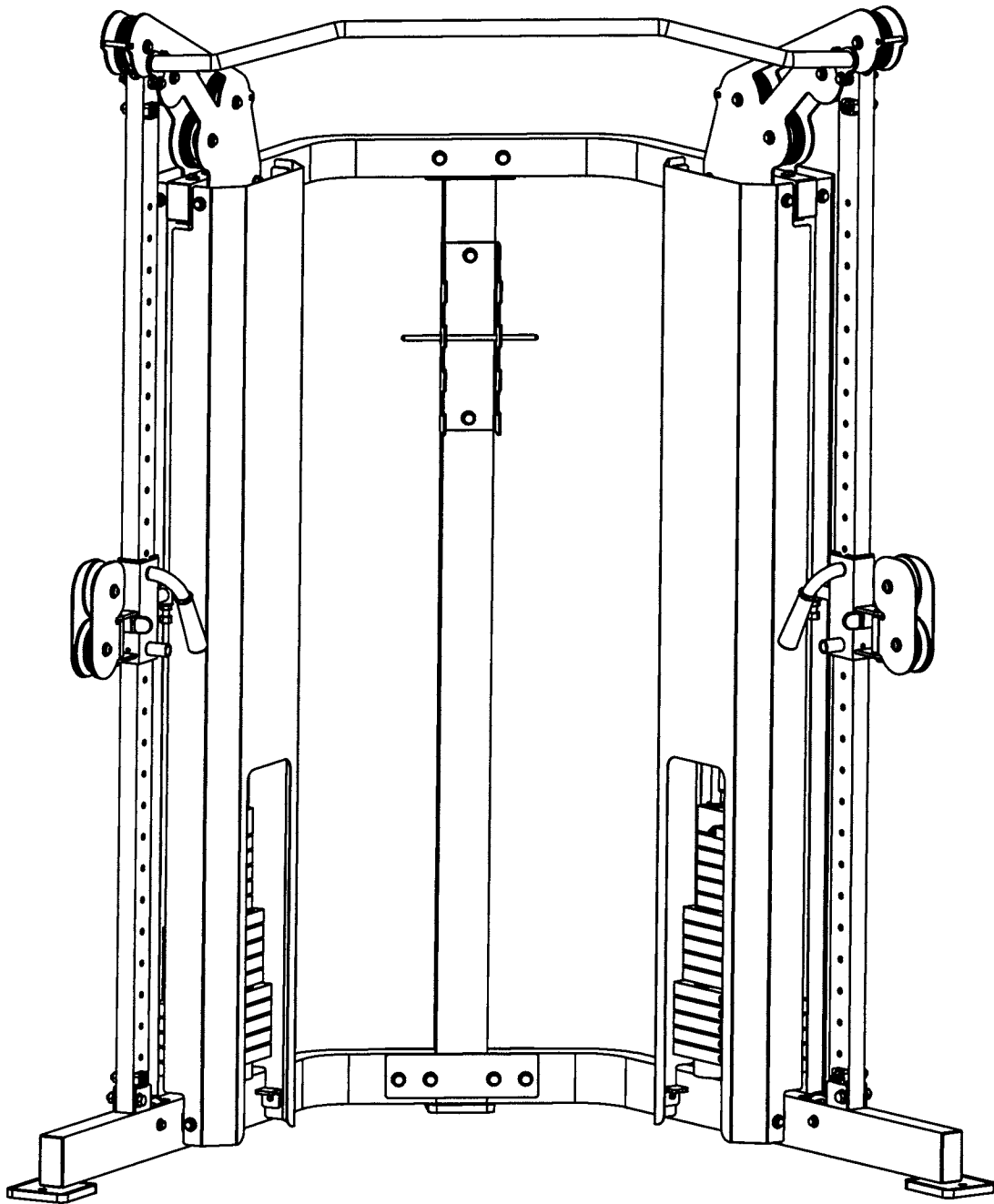
Rubber mallet

Tape Measure

OWNERS MANUAL

OWNERS MANUAL

Step 2 FRAME ASSEMBLY



OWNERS MANUAL

Step 2a FRAME ASSEMBLY

Start assembly by attaching (1), and (2) to (3) and (4). Next attach (5) to the top of (3). Wrench Tighten all bolts.

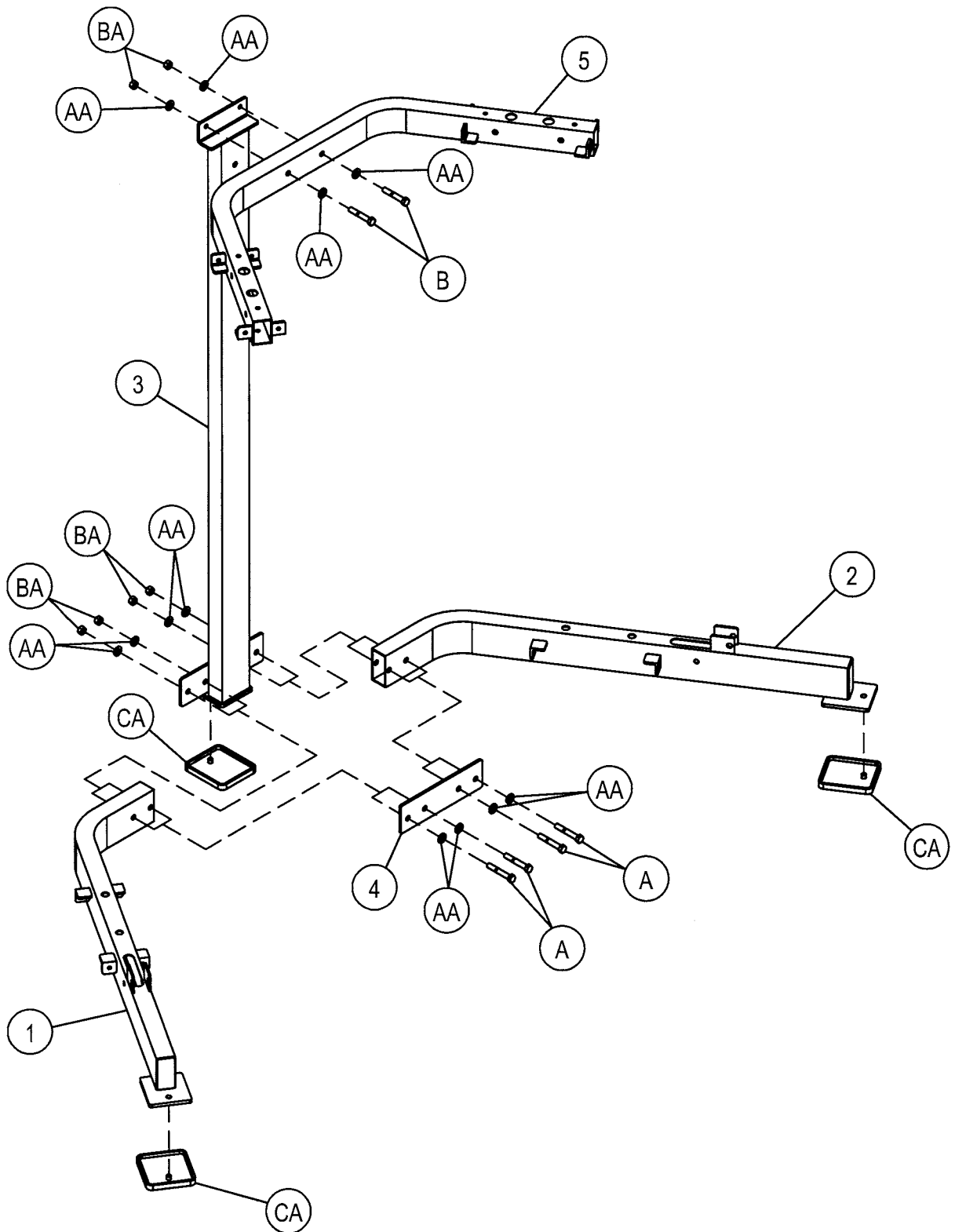
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 3 - Back Bone
- 4 - 12.00 x 3.50 x .25 Plate
- 5 - Top Frame Mount

Hardware Descriptions

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

OWNERS MANUAL



OWNERS MANUAL

Step 2b FRAME ASSEMBLY

Continue assembly by sliding (6) thru (CB), and slide them both into (2). Tilt both (6)'s forward enough to allow room to slide the weight plates on. Slide five (7)'s, five (8)'s, and five (9)'s onto both (6)'s. Now slide (10) onto both (6)'s. Slide (11) over both (6)'s. Angle both (6)'s vertical and secure (11) to (5). Secure both (6)'s to (11) using set screw (M). Wrench Tighten all bolts.

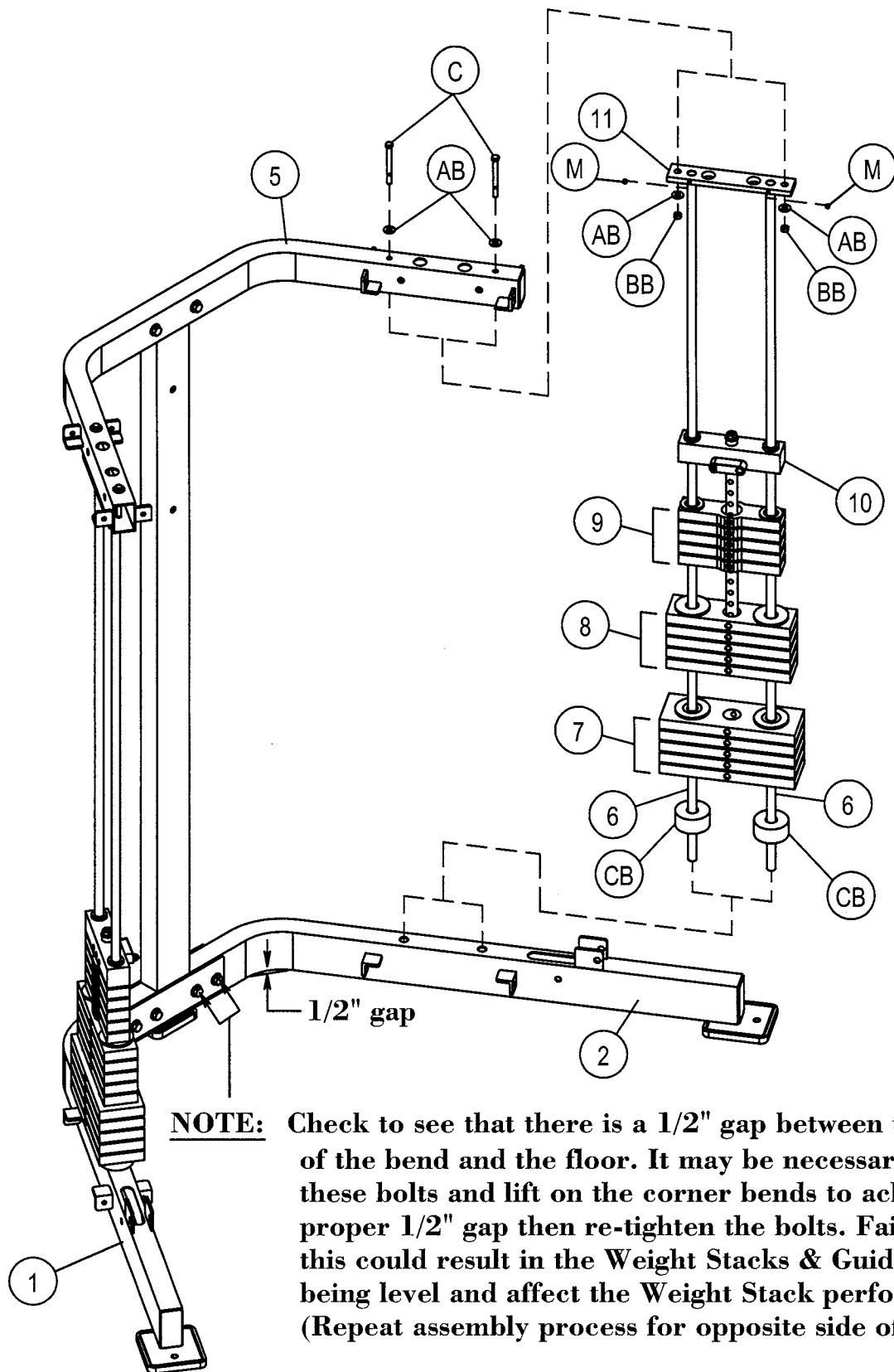
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 5 - Top Frame Mount
- 6 - Guide Rod
- 7 - 12 1/2 LB Intermediate weight plate
- 8 - 8 1/4 Lb. Intermediate Weight Plate
- 9 - 4 Lb Intermediate Weight Plate
- 10 - 8 1/4 Lb Top Weight Plate
- 11 - Guide Rod Top Mount

Hardware Descriptions

- C - 3/8"-16UNC x 4" Hex Bolt
- M - 5/16"-18UNCx 5/16" Set Screw
- AB - 3/8" Flat Washer
- BB - 3/8" Nylock Nut
- CB - Weight Stack Bumper

OWNERS MANUAL



OWNERS MANUAL

Step 2c

FRAME ASSEMBLY

Continue assembly by attaching (12) to (5). Next attach (16) to (14), and slide (14) onto (13). Next attach one (CE) to the top of (13) and one (CE) to the bottom. Attach (13) to (2) and slide the top of (13) into (12). Repeat assembly procedures for opposite side using parts (18) and (23). Continue the assembly on the next page.

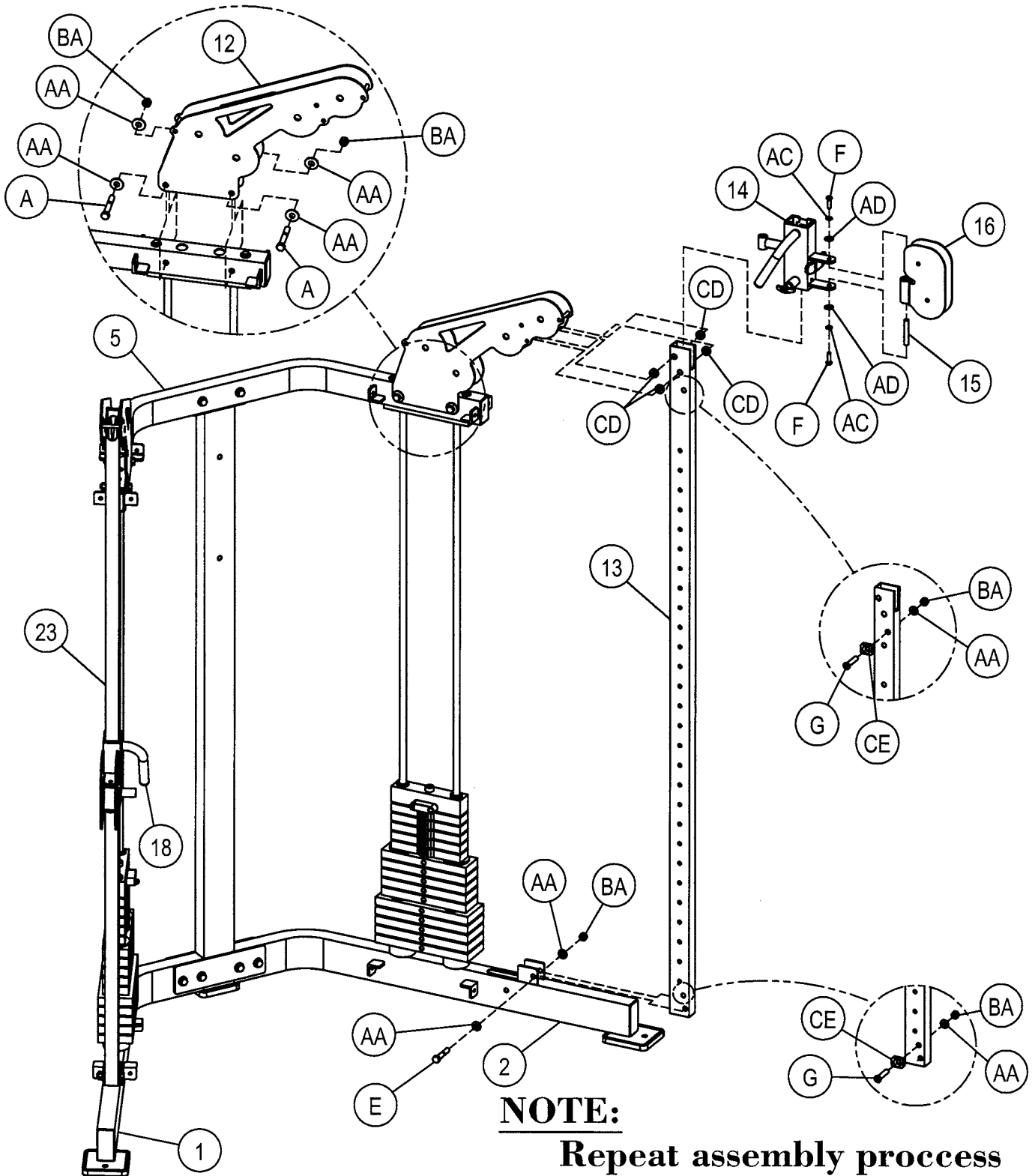
Part Descriptions

- 1 - Lower Left Frame
- 2 - Lower Right Frame
- 5 - Top Frame Mount
- 12 - Top Pulley Housing
- 13 - Slider Tube, Left Side
- 14 - Swivel Adjuster (right)
- 15 - Shaft
- 16 - Swivel Pulley Housing
- 18 - Swivel Adjuster (Left)
- 23 - Slide Tube, Right Side

Hardware Descriptions

- A - 1/2"-13UNC x 3" Hex Bolt
- E - 1/2"-13UNC x 2 1/2" Hex Bolt
- F - 3/8"-16UNC x 1" Button Head Bolt
- G - 1/2"-13UNC x 2 1/2" Flat Head Bolt
- AA - 1/2" Flat Washer
- AC - 3/8" Lock Washer
- AD - 3/8" Flat Washer (Thin)
- BA - 1/2" Nylock Nut
- CD - 1/4" Spacer
- CE - Plastic Block

OWNERS MANUAL



NOTE:

Repeat assembly process
for opposite side of machine.

OWNERS MANUAL

Step 2d FRAME ASSEMBLY

Continue assembly by attaching both sides of (26) to (12)'s. Wrench tighten bolts.

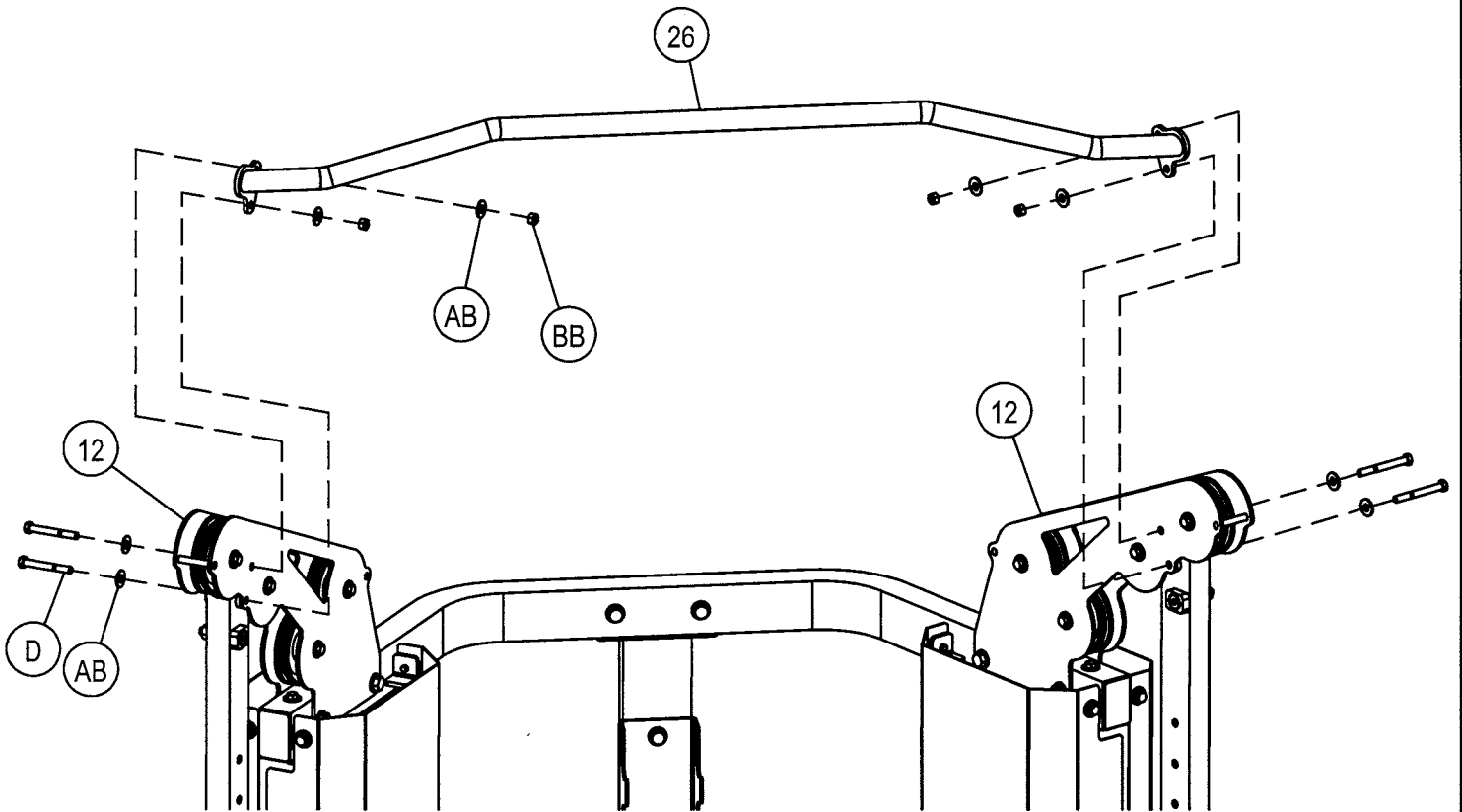
Part Descriptions

12 - Top Pulley Housing
26 - Chin-Up Bar Assembly

Hardware Descriptions

D - 3/8" x 3" Hex Bolt
AB - 3/8" Flat Washer
BB - 3/8" Nylock Nut

OWNERS MANUAL



OWNERS MANUAL

Step 3 CABLE ASSEMBLY

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

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

Part Descriptions

- 1 - Adjustable Cable Anchor
- 12 - Top Pulley Housing
- 24 - Cable Swivel End Body

Hardware Descriptions

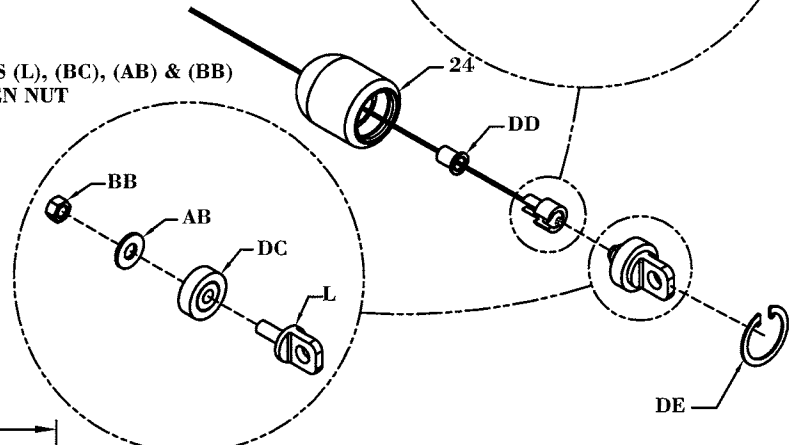
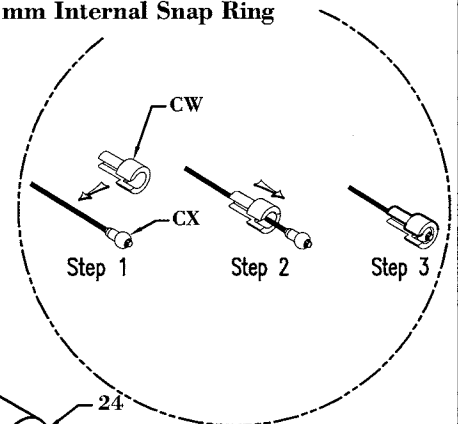
- D - 3/8"-16UNC x 3" Hex Bolt
- H - 3/8"-16UNC x 2 1/4" Hex Bolt
- I - 3/8"-16UNC x 1 3/4" Hex Bolt
- J - 3/8"-16UNC x 2 1/2" Hex Bolt
- L - Cable Swivel End Eyelet
- AB - 3/8" Flat Washer
- AC - 3/8" Lock Washer
- AD - 3/8" Flat Washer (Thin)
- BB - 3/8" Nylock Nut
- CF - 4 1/2" Pulley
- CG - 11/16" Flanged Pulley Spacer
- CH - 4 1/2" Pulley (1 1/2" Wide)
- CI - 1/2" Flanged Spacer
- CV - 1/2" Jam Nut
- CX - Cable
- DC - Bearing
- DD - Cable Swivel End Reducer
- DE - 35mm Internal Snap Ring

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

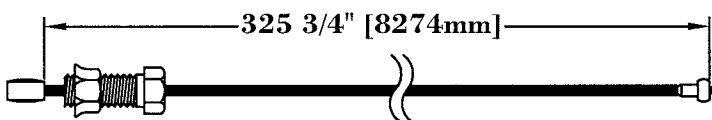
SEE BELOW FOR
ASSEMBLY INSTRUCTIONS.

FINE TUNING:
LOOSEN LOWER JAM NUT AND
THREAD BOLT IN/OUT TO GIVE
THE CABLE PROPER TENSION.
RE-TIGHTEN LOWER JAM NUT.
ONCE CABLE HAS PROPER
TENSION, INSURE (17) IS PARARELL
TO THE WEIGHT STACK, AND
TIGHTEN UPPER JAM NUT.

STEP 1
ASSEMBLE PARTS (L), (BC), (AB) & (BB)
WRENCH TIGHTEN NUT



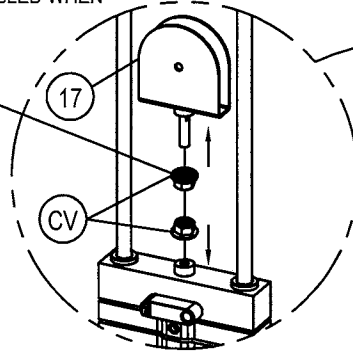
STEP 2
INSERT (DD) INTO BOTTOM OF (24)
SLIDE (CX) THRU (24), (DD), AND SNAP INTO (CW)
INSERT (L), (DC), (AB), (BB), ASSEMBLY AND SEAT BEARING
INSTALL SNAP RING (DE)



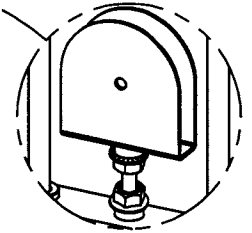
OWNERS MANUAL

NOTE: THE CABLE ROUTING WAS NOT SHOWN IN THE DETAIL VIEWS ON THIS PAGE FOR CLARITY, BUT THE CABLE DOES REQUIRE TO BE ASSEMBLED WHEN PULLEYS ARE ASSEMBLED.

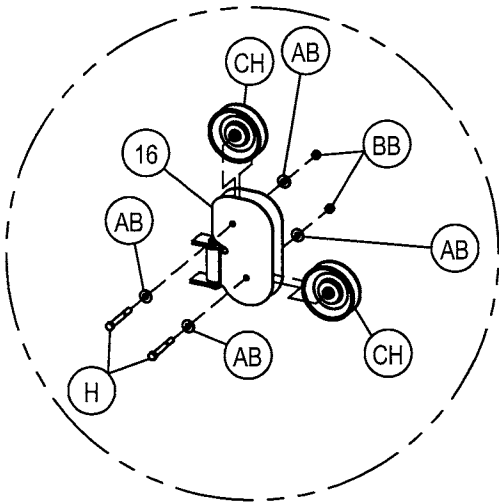
TO PREVENT CABLE FROM TWISTING:
ONCE THE CABLE HAS THE PROPER TENSION, AND THE LOWER JAM NUT HAS BEEN RE-TIGHTENED. INSURE (17) IS PARARELL TO THE WEIGHT STACK, AND TIGHTEN UPPER JAM NUT.



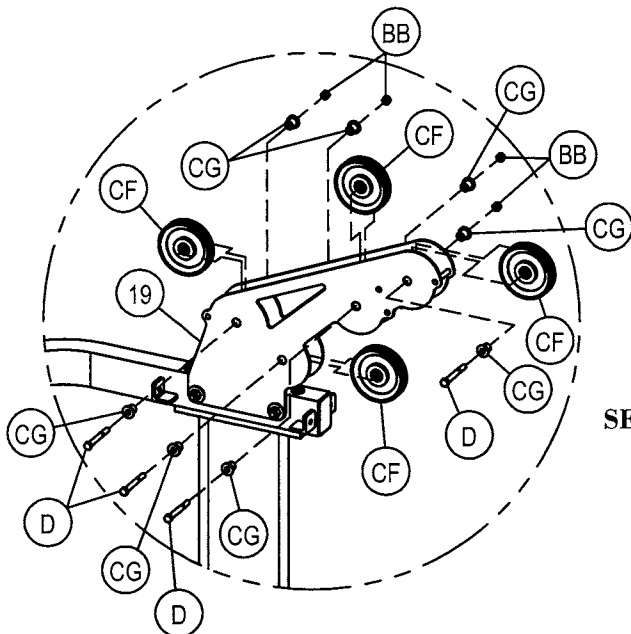
DETAIL -C-



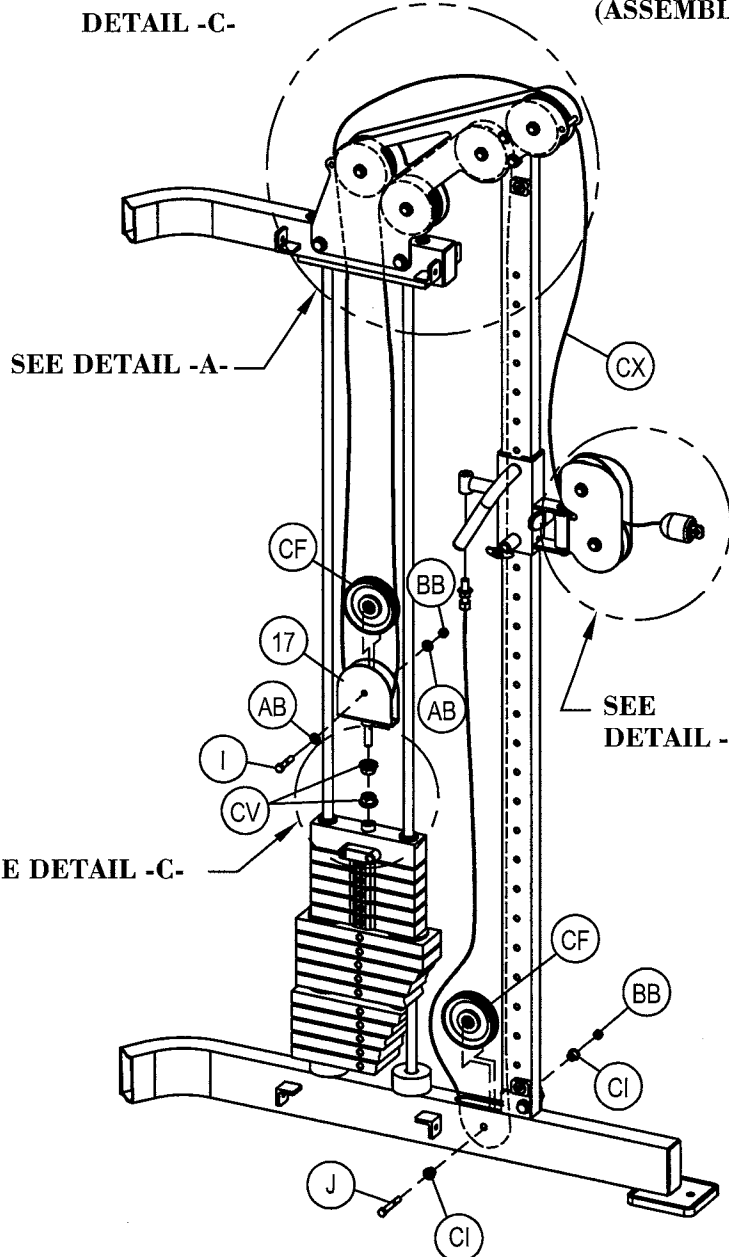
DETAIL -C-
(ASSEMBLED)



DETAIL -B-



DETAIL -A-



SEE DETAIL -A-

SEE DETAIL -B-

SEE DETAIL -C-

NOTE:

Repeat assembly process
for opposite side of machine.

OWNERS MANUAL

Step 4a SHIELD ASSEMBLY

Start by bolting (19) to (3). Next, bolt (20) to (2) and (5) and Wrench Tighten bolts.

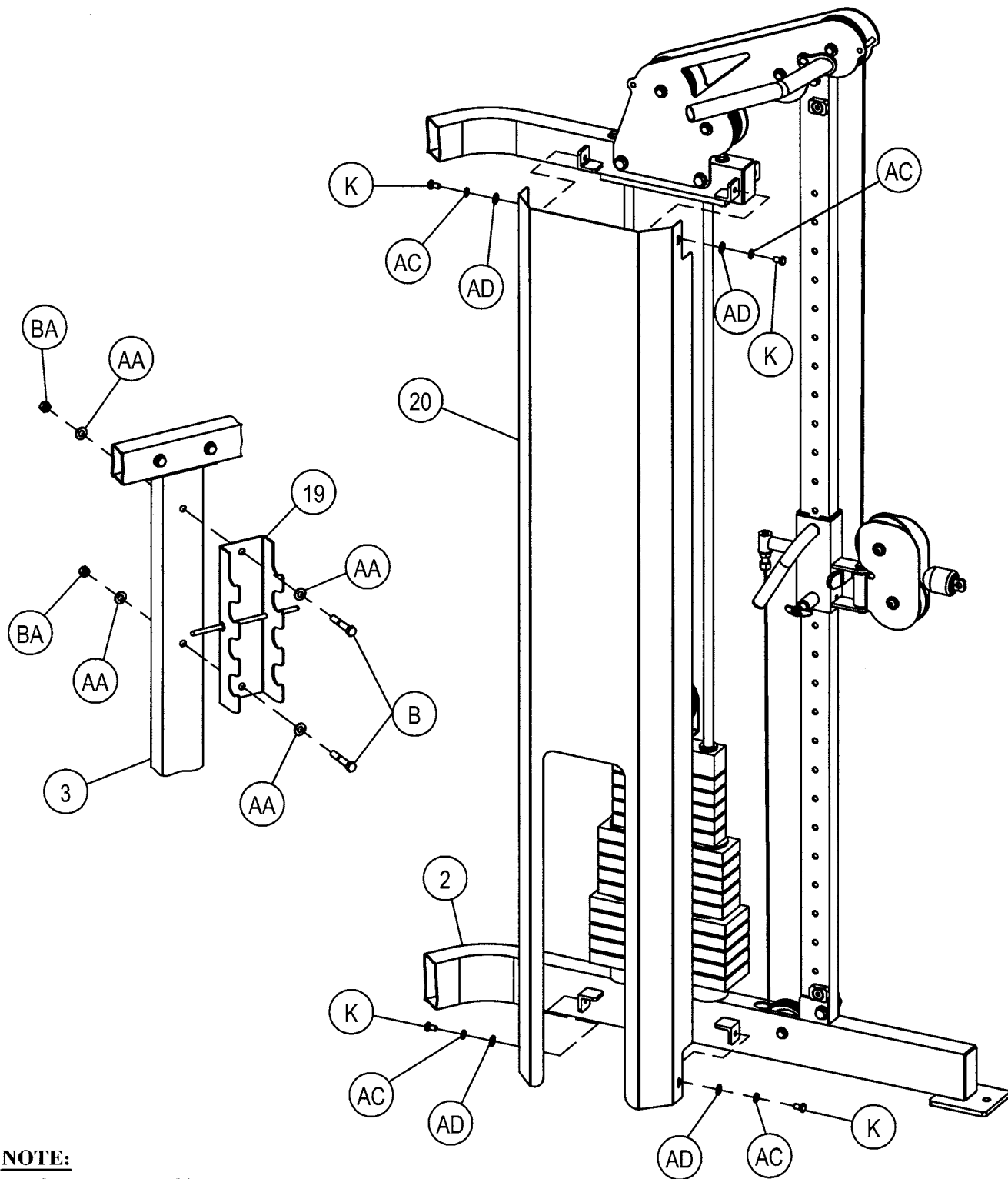
Part Descriptions

- 2 - Lower Right Frame Mount
- 5 - Top Frame Mount
- 19 - Accessory Rack
- 20 - Front Guard Shield

Hardware Descriptions

- B - 1/2" -13UNC x 2 3/4" Hex Bolt
- K - 3/8" -16UNC x 3/4" Hex Bolt
- AA - 1/2" Washer
- AC - 3/8" Lock Washer
- AD - 3/8" Flat Washer (Thin)
- BA - 1/2" Nylock Nut

OWNERS MANUAL



NOTE:

Repeat assembly process
for opposite side of machine.

OWNERS MANUAL

Step 4b SHIELD ASSEMBLY

Start by bolting (21) to (2) and (5) and Wrench Tighten bolts.

IMPORTANT NOTICE

Now that the HD1900 Personal Pulley 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, it will be necessary to loosen some frame hardware to re-align the frame and re-tighten bolts.

Part Descriptions

2 - Lower Right Frame Mount
5 - Top Frame Mount
21 - Rear Guard Shield

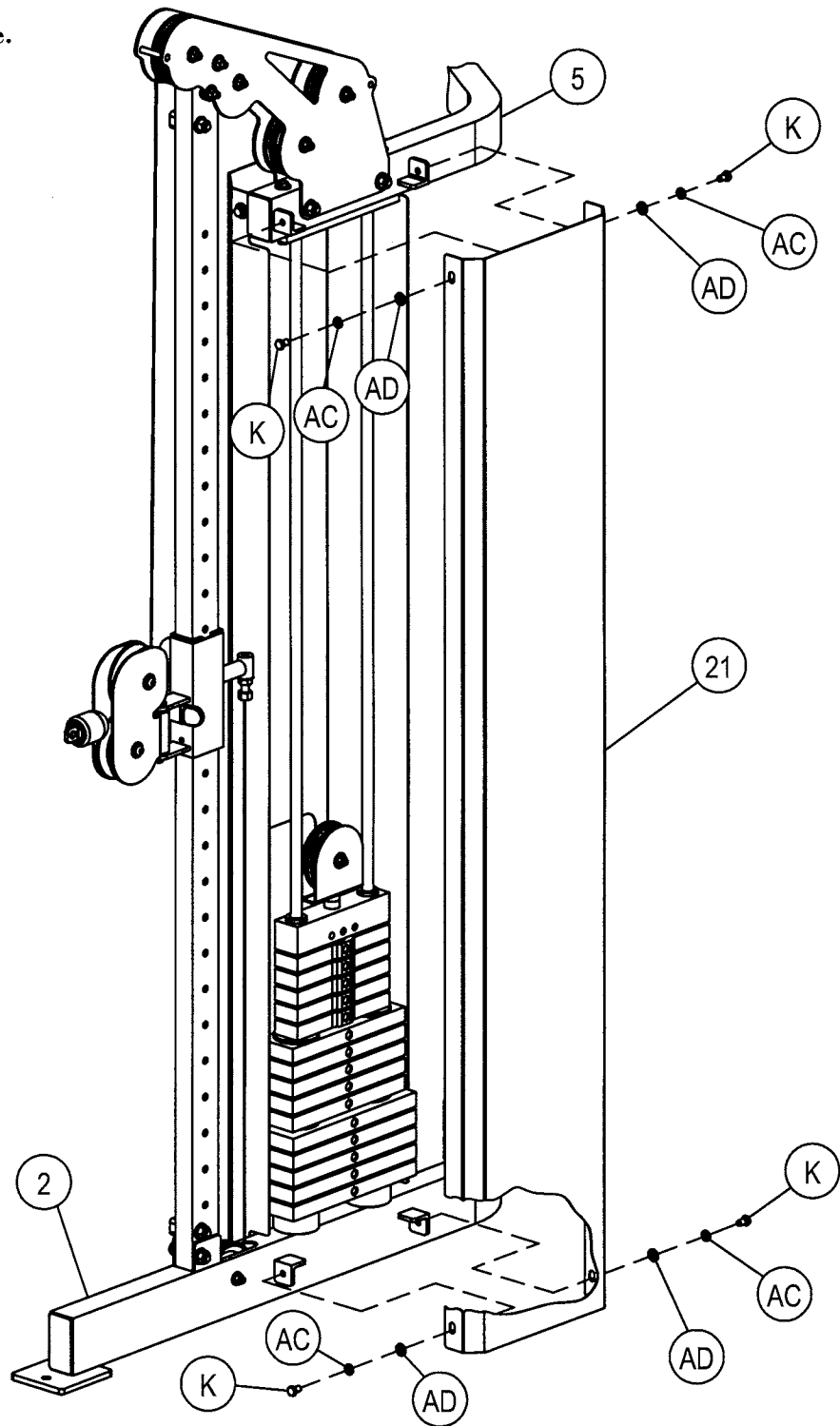
Hardware Descriptions

K - 3/8" -16UNC x 3/4" Hex Bolt
AC - 3/8" Lock Washer
AD - 3/8" Flat Washer (Thin)

OWNERS MANUAL

NOTE:

Repeat assembly process
for opposite side of machine.



OWNERS MANUAL

PRE-ASSEMBLY

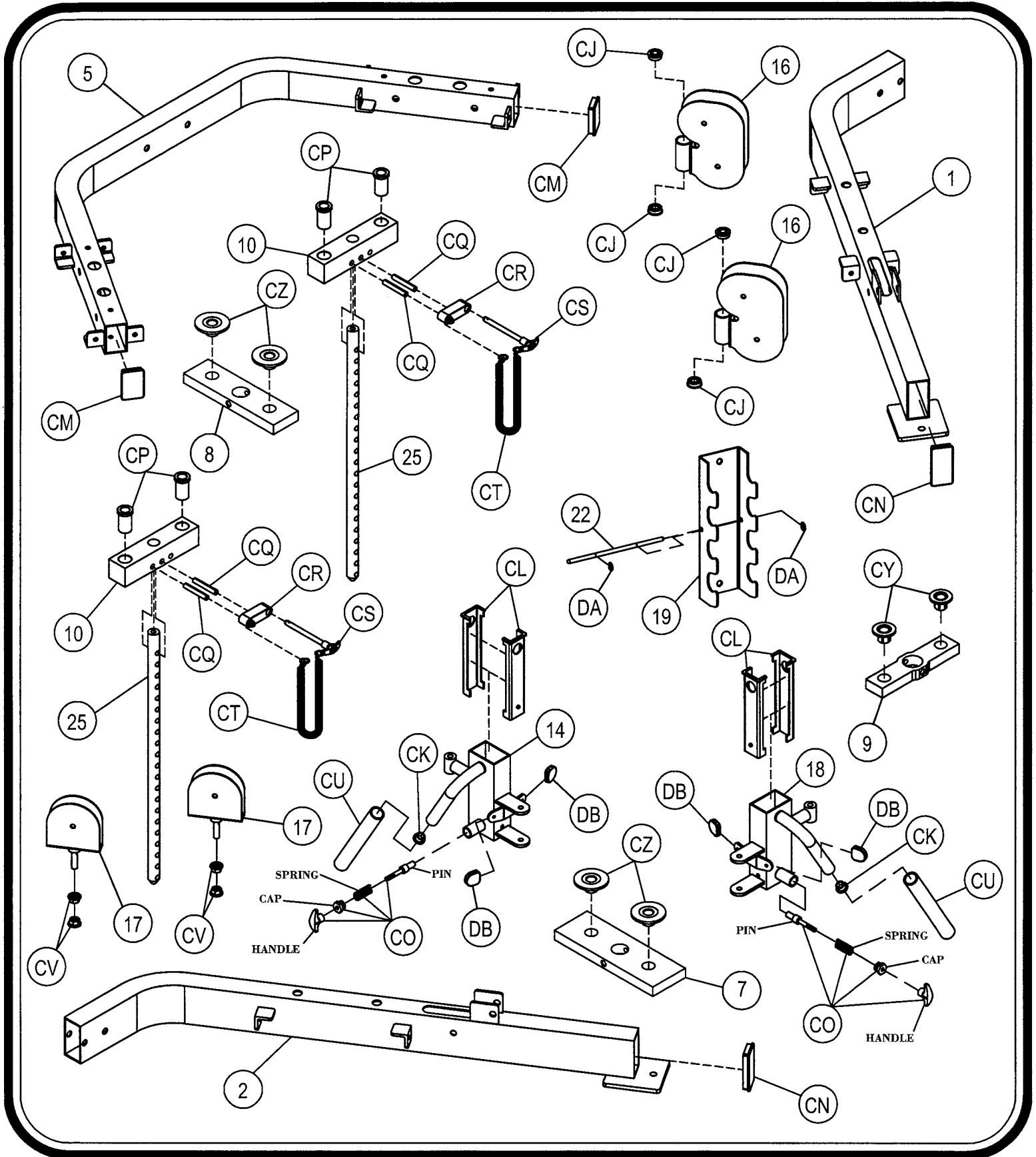
Part Descriptions

- 1 - Lower Left Frame Mount
- 2 - Lower Right Frame Mount
- 5 - Top Frame Mount
- 7 - 12 1/2 Lb. Intermediate Plate
- 8 - 8 1/4 Lb. Intermediate Plate
- 9 - 4 Lb. Intermediate Plate
- 10 - 8 1/4 Lb. Top Weight
- 14 - Swivel Adjuster Detail (Right)
- 17 - Adjustable Cable Anchor
- 18 - Swivel Adjuster Detail (Left)
- 19 - Accessory Rack
- 22 - Stainless Steel Peg
- 25 - 16 Plate Selector Pin

Hardware Descriptions

- CJ - 1/2" Flanged Ball Bearing
- CK - Round End Cap 1" Dia.
- CL - Ez Guide Sleeve
- CM - Elliptical 2" x 3" End Cap
- CN - 2" x 4" End Cap
- CO - 1/2" Short Tapered Pull Pin
- CP - Guide Rod Bushing
- CQ - 7/16" Roll Pin
- CR - Lanyard/Selector Pin Stand Off
- CS - Selector Pin
- CT - Lanyard Coil
- CU - Closed End Foam Grip
- CV - 1/2" Jam nut
- CY - Weight Plate Bushing
- CZ - Weight Plate Bushing
- DA - 3/8" External Snap Ring
- DB - Plastic Bumper

OWNERS MANUAL



OWNERS MANUAL

PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1113	LOWER LEFT FRAME
2	1	026-01X1091	LOWER RIGHT FRAME
3	1	026-01X1089	BACK BONE
4	1	026-01P1037	12.00 x 3.50 x .25 PLATE
5	1	026-01X1092	TOP FRAME MOUNT
6	4	026-01G0168	GUIDE ROD Ø3/4" x 73 5/16" LG.
7	10	026-01W0101	12 1/2 Lb INTERMEDIATE PLATE
8	10	026-01W0102	8 1/4 Lb INTERMEDIATE PLATE
9	10	026-01W0114	4 Lb INTERMEDIATE PLATE
10	2	026-1300034	8 1/4 Lb TOP WEIGHT
11	2	026-01P1015	GUIDE ROD TOP MOUNT
12	2	026-01X1090	TOP PULLEY HOUSING
13	1	026-01T0945L	SLIDER TUBE, LEFT
14	1	026-01X1050	SWIVEL ADJUSTER DETAIL (LEFT)
15	2	026-01M0588	SHAFT
16	2	026-01X1071	SWIVEL PULLEY HOUSING
17	2	026-01X0926	ADJUSTABLE CABLE ANCHOR
18	1	026-01X1069	SWIVEL ADJUSTER DETAIL (RIGHT)
19	1	026-01PL335	ACCESSORY RACK
20	2	026-1100201	FRONT SHIELD
21	2	026-1100200	REAR SHIELD
22	1	026-01M0612	STAINLESS STEEL PEG
23	1	026-01T0945R	SLIDER TUBE, RIGHT
24	2	026-01PL311	CABLE SWIVEL END BODY
25	2	010-0510001	16 PLATE SELECTOR STEM
26	1	026-01X1356	CHIN-UP BAR ASSEMBLY

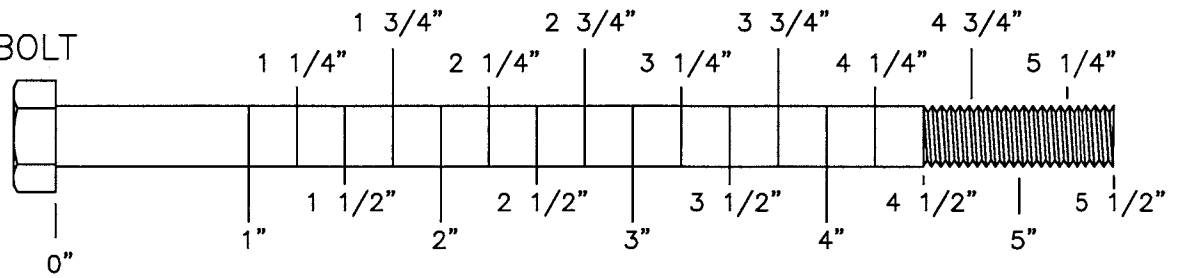
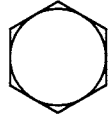
OWNERS MANUAL

HARDWARE LISTING

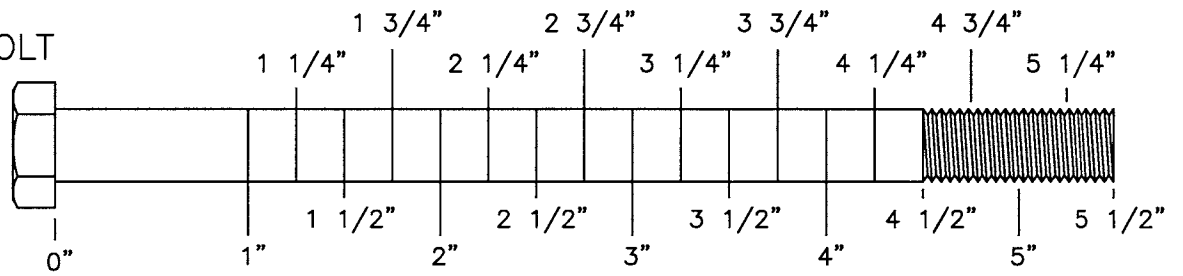
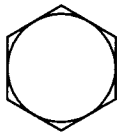
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	8	011-0407016	1/2"-13UNC x 3" HEX HEAD BOLT (WZ)
B	4	011-0407024	1/2"-13UNC x 2 3/4" HEX HEAD BOLT (WZ)
C	4	011-0407025	3/8"-16UNC x 4" HEX HEAD BOLT (WZ)
D	12	011-0407026	3/8"-16UNC x 3" HEX HEAD BOLT (WZ)
E	2	011-0407018	1/2"-13UNC x 2 1/2" HEX HEAD BOLT (WZ)
F	4	011-0101026	3/8"-16UNC x 1" BHCS (WZ)
G	4	011-0002046	1/2"-13UNC x 2 1/2" FHCS (WZ)
H	4	011-0008001	3/8"-16UNC x 2 1/4" HEX HEAD BOLT (WZ)
I	2	011-0407027	3/8"-16UNC x 1 3/4" HEX HEAD BOLT (WZ)
J	2	011-0107009	3/8"-16UNC x 2 1/2" HEX HEAD BOLT (WZ)
K	16	011-0007035	3/8"-16UNC x 3/4" HEX HEAD BOLT (WZ)
L	2	026-01M0599	CABLE SWIVEL END EYELET
M	4	011-0311012	5/16"-18UNC x 5/16" SOCKET SET SCREW (WZ)
AA	32	013-0102003	1/2" WASHER (WZ)
AB	30	013-0002004	3/8" WASHER (WZ)
AC	20	013-0102016	3/8" SPLIT WASHER (WZ)
AD	20		3/8" SMALL WASHER Ø20mm x Ø10.1mm x 1.0mm T
BA	18	012-0105005	1/2" NYLOK NUT (WZ)
BB	26	012-0004004	3/8" NYLOK NUT (WZ)
CA	3	026-01PL195	RUBBER FOOT PAD
CB	4	26-STD-06-0253	WEIGHT STACK BUMPER
CD	8	026-01M0598	1/4" SPACER
CE	4	026-01PL221	PLASTIC BLOCK
CF	12	26-STD-06-0025	4 1/2" PULLEY
CG	16	026-01M0532	11/16" FLANGED PULLEY SPACER
CH	4	018-0002012	4 1/2" PULLEY (WIDE GROOVE AND UNTAPPED)
CI	4	26-STD-08-0010	1/2" FLANGED SPACER
CJ	4	014-0003003	1/2" ID FLANGED BALL BEARING
CK	2	26-STD-06-0066	ROUND END CAP 1" DIA.
CL	4	026-01PL125T	EZ GLIDE SLEEVE
CM	2	026-01PL192RV	ELLIPTICAL 2" x 3" END CAP
CN	2	016-0201016	2" x 4" END CAP
CO	2	026-01M0631	1/2" SHORT TAPERED PULL PIN
CP	4	026-01PL134	GUIDE ROD BUSHING
CQ	4	030-0303010	7/16" ROLL PIN x 2 3/4" LG
CR	2	026-01PL291	LANYARD/SELECTOR PIN STANDOFF
CS	2	026-01X0791	SELECTOR PIN
CT	2	010-0008001	LANYARD COIL
CU	2	019-0002015	CLOSE END FOAM GRIP 1" DIA. x 6" LG
CV	4	26-STD-06-0274	1/2" JAM NUT
CW	1	026-01M0200	QUICK RELEASE CABLE LOCK
CX	2	010-01C250T	HD1900 CABLE
CY	10	026-01PL331	WEIGHT PLATE BUSHING
CZ	20	026-01W0122	WEIGHT PLATE BUSHING
DA	2	014-0015009	3/8" EXTERNAL SNAP RING
DB	4	026-01PL239-B	PLASTIC BUMPER
DC	2	014-0012007	#7300MB BEARING
DD	2	026-01M0600	CABLE SWIVEL END REDUCER
DE	2	014-0015013	35mm INTERNAL SNAP RING

OWNERS MANUAL

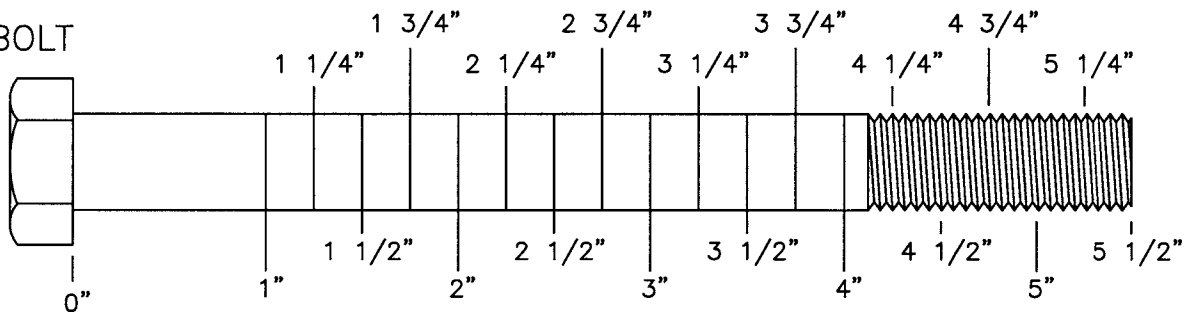
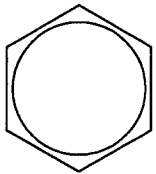
5/16" HEX BOLT



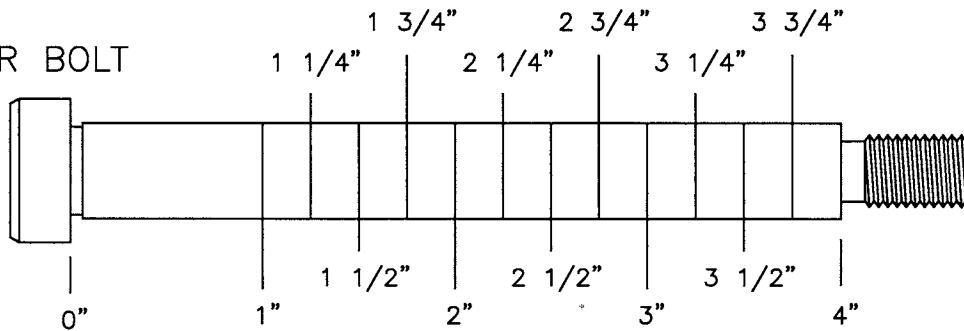
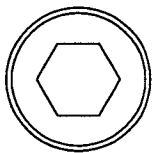
3/8" HEX BOLT



1/2" HEX BOLT

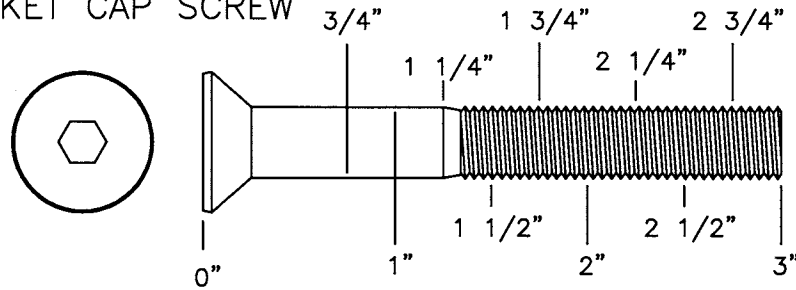


1/2" SHOULDER BOLT

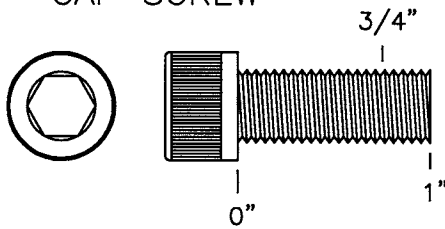


OWNERS MANUAL

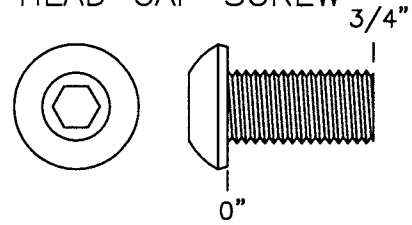
3/8" FLATHEAD
SOCKET CAP SCREW



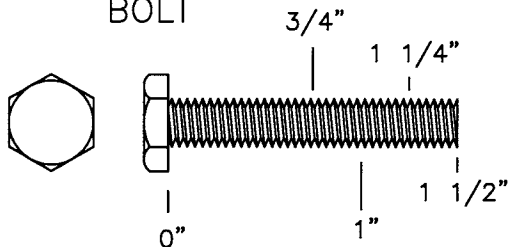
3/8" SOCKET
CAP SCREW



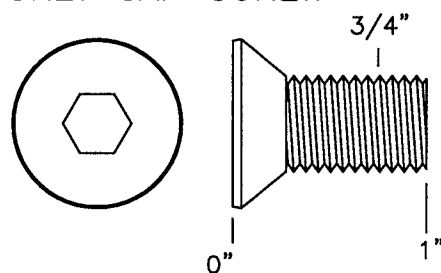
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

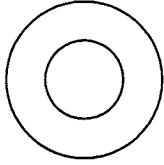


1/2" FLATHEAD
SOCKET CAP SCREW

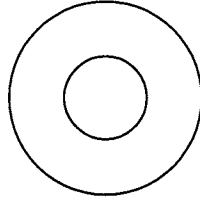


OWNERS MANUAL

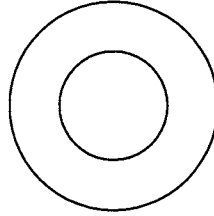
5/16"
FLAT WASHER
LARGE, USS, 25mm



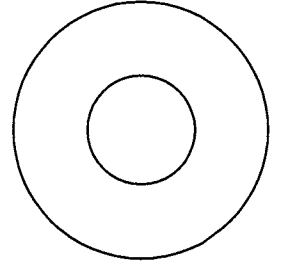
3/8"
FLAT
WASHER



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



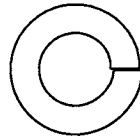
1/2"
FLAT WASHER
LARGE, USS, 34mm



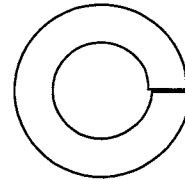
1/4"
LOCK WASHER



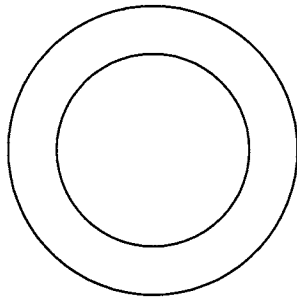
3/8"
LOCK WASHER



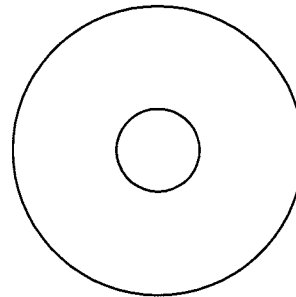
1/2"
LOCK WASHER



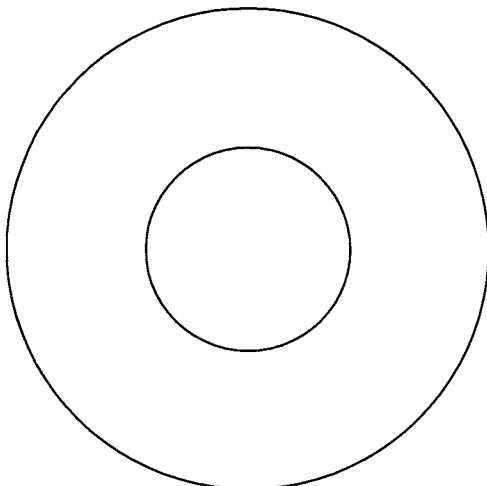
1" SHIM WASHER



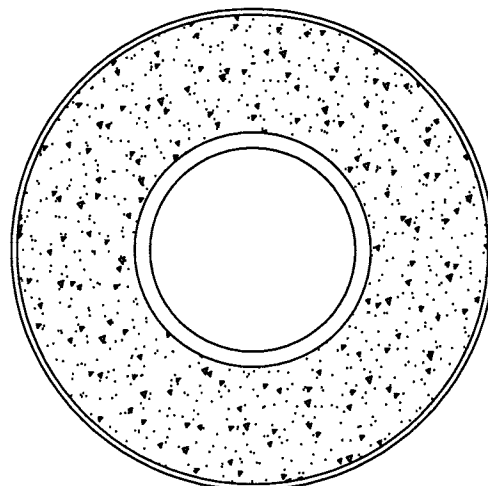
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

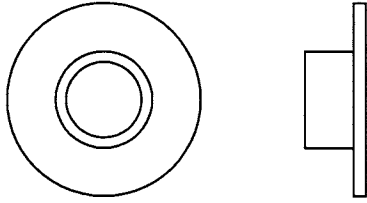


PLASTIC 1 1/16"
FENDER WASHER

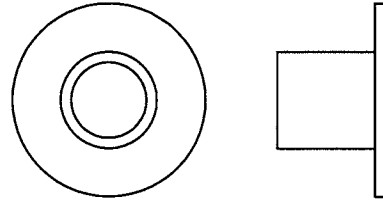


OWNERS MANUAL

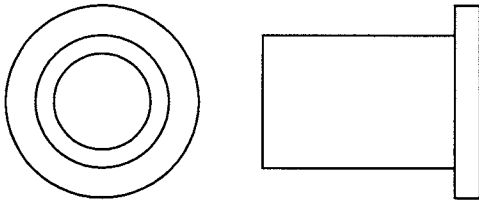
1/4" LONG
FLANGED SPACER



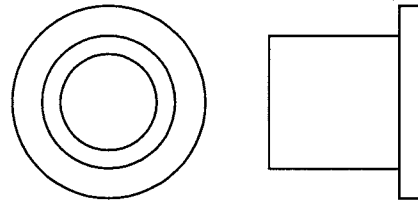
1/2" LONG
FLANGED SPACER



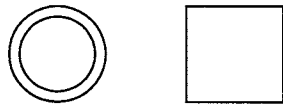
1/4" LONG HEAVY
FLANGED SPACER



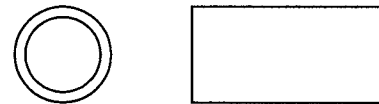
11/16" LONG HEAVY
FLANGED SPACER



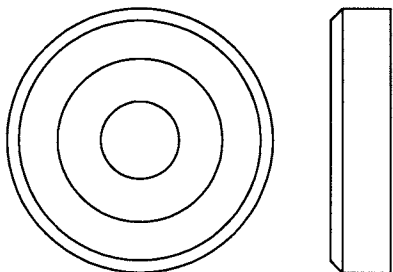
1/2" LONG
SPACER



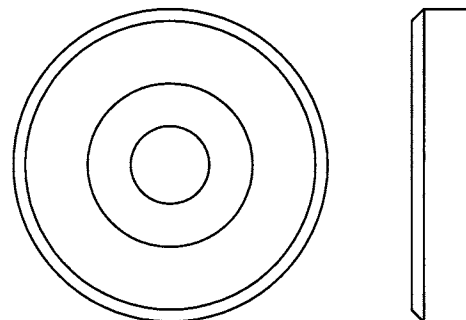
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



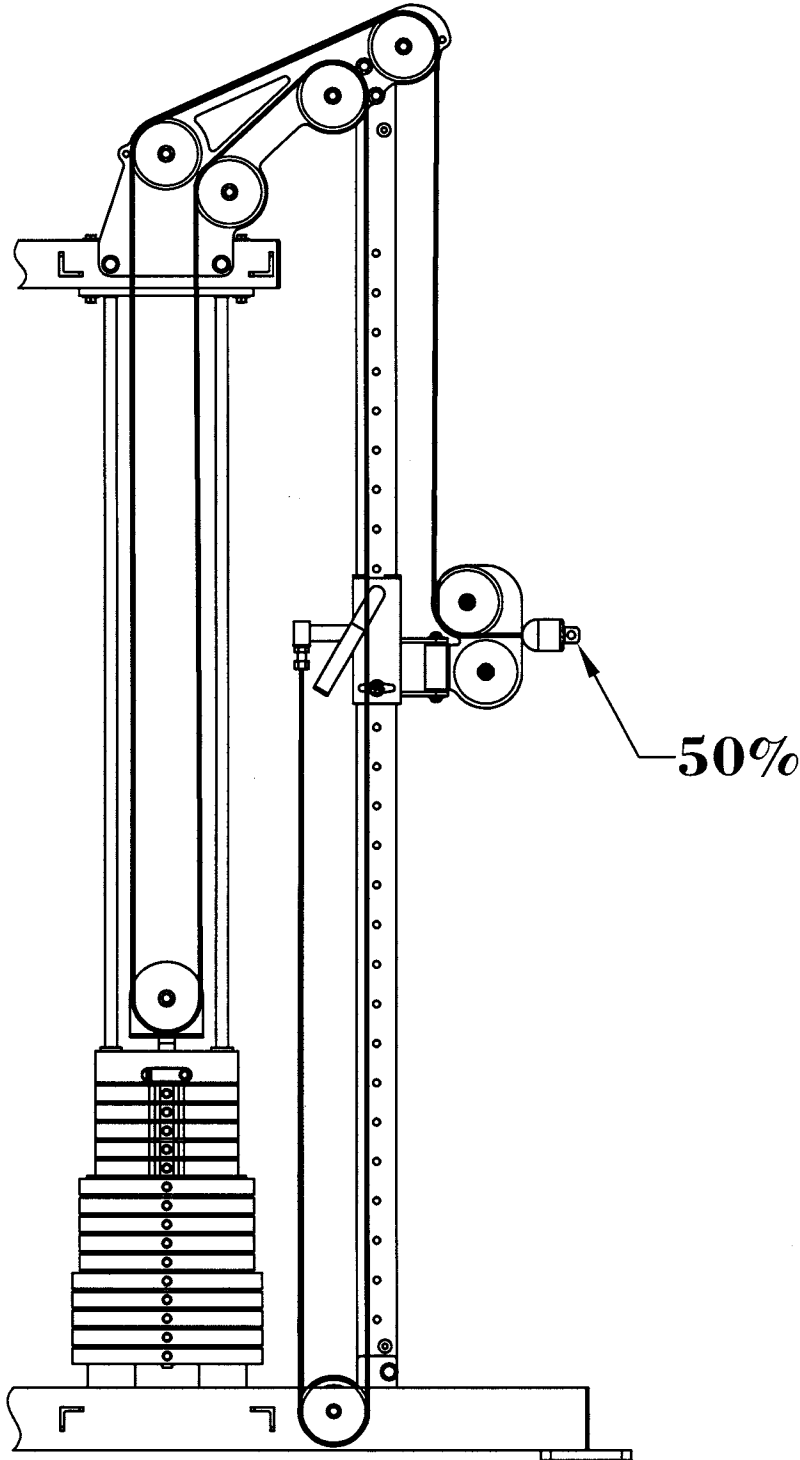
1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

OWNERS MANUAL

WEIGHT RATIOS



	100%	50%
1	12	6
2	16	8
3	20	10
4	24	12
5	28	14
6	32	16
7	40	20
8	48	24
9	56	28
10	64	32
11	72	36
12	85	43
13	97	49
14	110	55
15	122	61
16	135	68

OWNERS MANUAL

OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

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

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

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

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

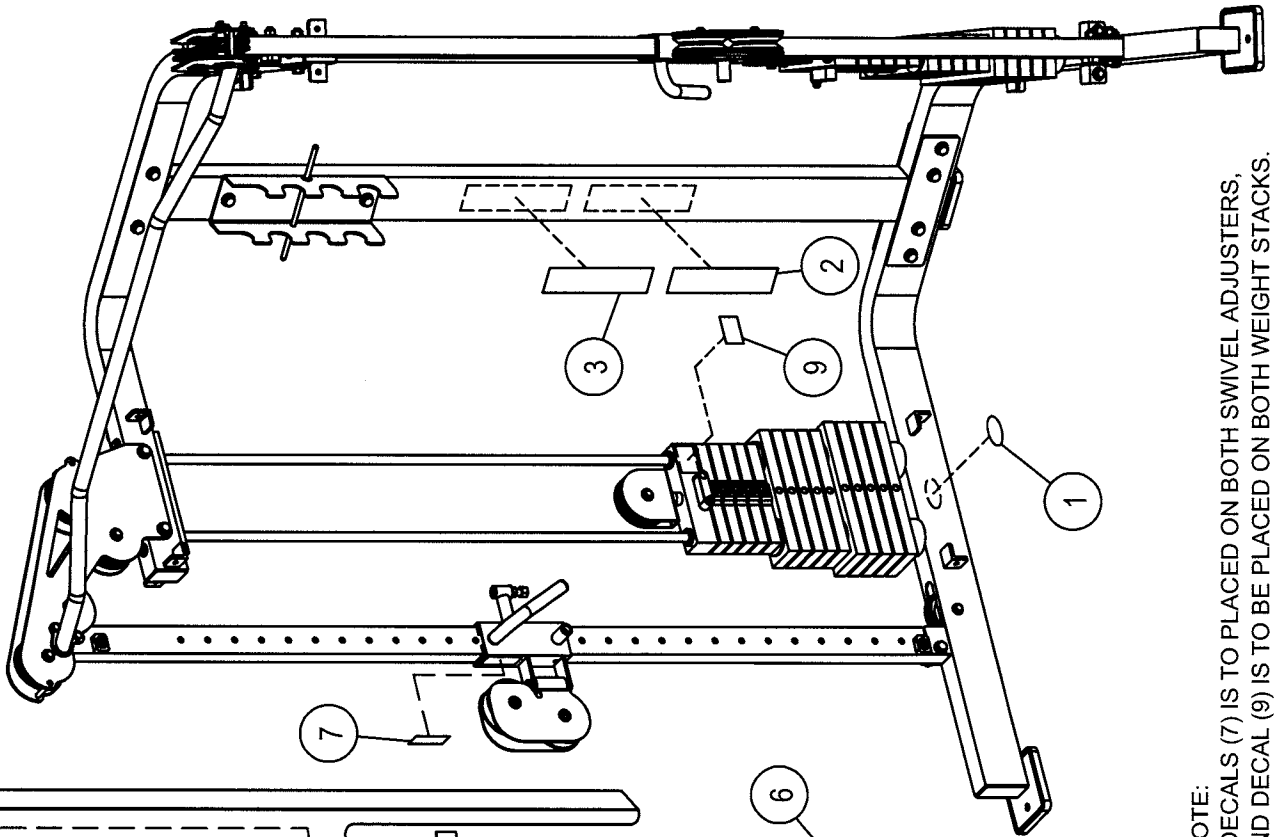
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

OWNERS MANUAL

DECAL PLACEMENTS

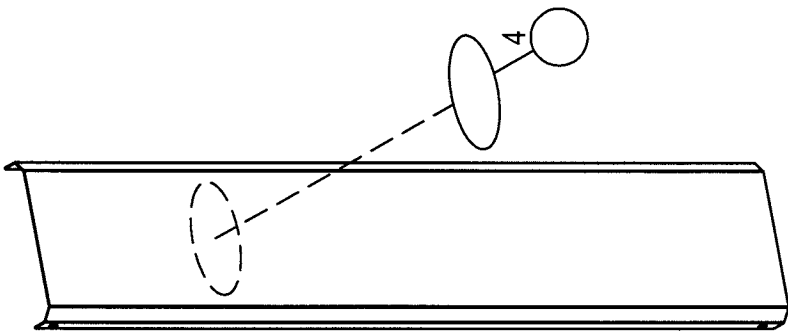
(SHIELD ON LEFT
SIDE OF MACHINE)



NOTE:
DECALS (7) IS TO BE PLACED ON BOTH SWIVEL ADJUSTERS,
AND DECAL (9) IS TO BE PLACED ON BOTH WEIGHT STACKS.

Decal Descriptions

- 1 - 021-0003136
- 2 - 021-0003131
- 3 - 021-0003130
- 4 - 021-0004090
- 5 - 021-0013106
- 6 - 021-0013107
- 7 - 021-0003113
- 8 - 021-0003114
- 9 - 021-0003138

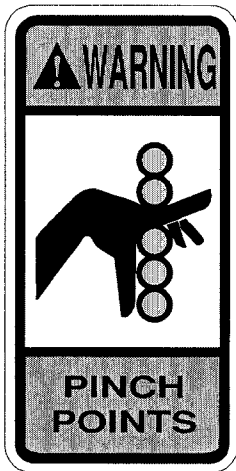


PLACE DECAL ON
BOTH REAR SHIELDS
(SHIELD ON RIGHT
SIDE OF MACHINE)

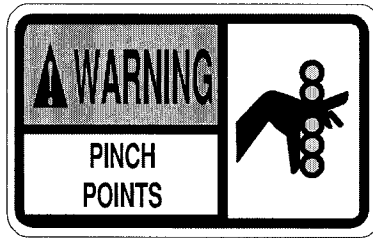
OWNERS MANUAL

DECAL PLACEMENTS

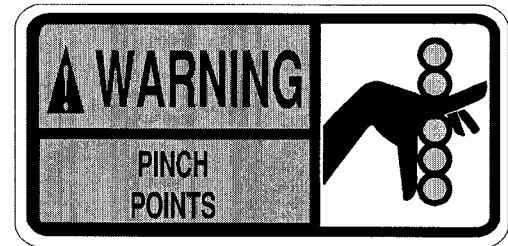
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003113



021-0003138



021-0003114

	Daily	Weekly	Monthly	9 Months	Yearly
ROUTINE MAINTENANCE					
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pin	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 (Superthbe)			X		
Lubricate; Seat Sleeves, Turnbuckle Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repair with Grease; Linear Bearings				X	
Replace: Cables, Belts and Connecting Parts					X

NOTICE

021-0003131

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

DECAL PLACEMENTS

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.



021-0003136



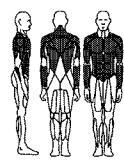
021-0004090

OWNERS MANUAL

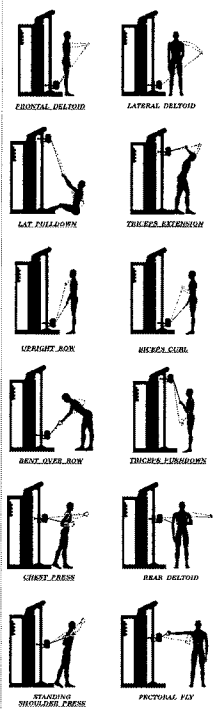
DECAL PLACEMENTS

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.

HD1900



Upper Body Exercises



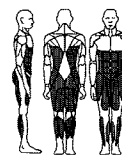
WEIGHT CHART

WEIGHT (LBS)	WEIGHT (KG)	WEIGHT (LBS)	WEIGHT (KG)
25	11.3	75	33.9
30	13.6	80	36.3
35	15.9	85	38.6
40	18.2	90	40.9
45	20.4	95	43.2
50	22.7	100	45.5
55	25.0	105	47.8
60	27.2	110	50.1
65	29.5	115	52.4
70	31.8	120	54.7
75	34.1	125	57.0
80	36.3	130	59.3
85	38.6	135	61.6
90	40.9	140	63.9
95	43.2	145	66.2
100	45.5	150	68.5
105	47.8	155	70.8
110	50.1	160	73.1
115	52.4	165	75.4
120	54.7	170	77.7
125	57.0	175	80.0
130	59.3	180	82.3
135	61.6	185	84.6
140	63.9	190	86.9
145	66.2	195	89.2
150	68.5	200	91.5
155	70.8	205	93.8
160	73.1	210	96.1
165	75.4	215	98.4
170	77.7	220	100.7
175	80.0	225	103.0
180	82.3	230	105.3
185	84.6	235	107.6
190	86.9	240	109.9
195	89.2	245	112.2
200	91.5	250	114.5
205	93.8	255	116.8
210	96.1	260	119.1
215	98.4	265	121.4
220	100.7	270	123.7
225	103.0	275	126.0
230	105.3	280	128.3
235	107.6	285	130.6
240	109.9	290	132.9
245	112.2	295	135.2
250	114.5	300	137.5
255	116.8	305	139.8
260	119.1	310	142.1
265	121.4	315	144.4
270	123.7	320	146.7
275	126.0	325	149.0
280	128.3	330	151.3
285	130.6	335	153.6
290	132.9	340	155.9
295	135.2	345	158.2
300	137.5	350	160.5
305	139.8	355	162.8
310	142.1	360	165.1
315	144.4	365	167.4
320	146.7	370	169.7
325	149.0	375	172.0
330	151.3	380	174.3
335	153.6	385	176.6
340	155.9	390	178.9
345	158.2	395	181.2
350	160.5	400	183.5
355	162.8	405	185.8
360	165.1	410	188.1
365	167.4	415	190.4
370	169.7	420	192.7
375	172.0	425	195.0
380	174.3	430	197.3
385	176.6	435	199.6
390	178.9	440	201.9
395	181.2	445	204.2
400	183.5	450	206.5
405	185.8	455	208.8
410	188.1	460	211.1
415	190.4	465	213.4
420	192.7	470	215.7
425	195.0	475	218.0
430	197.3	480	220.3
435	199.6	485	222.6
440	201.9	490	224.9
445	204.2	495	227.2
450	206.5	500	229.5
455	208.8	505	231.8
460	211.1	510	234.1
465	213.4	515	236.4
470	215.7	520	238.7
475	218.0	525	241.0
480	220.3	530	243.3
485	222.6	535	245.6
490	224.9	540	247.9
495	227.2	545	250.2
500	229.5	550	252.5
505	231.8	555	254.8
510	234.1	560	257.1
515	236.4	565	259.4
520	238.7	570	261.7
525	241.0	575	264.0
530	243.3	580	266.3
535	245.6	585	268.6
540	247.9	590	270.9
545	250.2	595	273.2
550	252.5	600	275.5
555	254.8	605	277.8
560	257.1	610	280.1
565	259.4	615	282.4
570	261.7	620	284.7
575	264.0	625	287.0
580	266.3	630	289.3
585	268.6	635	291.6
590	270.9	640	293.9
595	273.2	645	296.2
600	275.5	650	298.5
605	277.8	655	300.8
610	280.1	660	303.1
615	282.4	665	305.4
620	284.7	670	307.7
625	287.0	675	310.0
630	289.3	680	312.3
635	291.6	685	314.6
640	293.9	690	316.9
645	296.2	695	319.2
650	298.5	700	321.5
655	300.8	705	323.8
660	303.1	710	326.1
665	305.4	715	328.4
670	307.7	720	330.7
675	310.0	725	333.0
680	312.3	730	335.3
685	314.6	735	337.6
690	316.9	740	339.9
695	319.2	745	342.2
700	321.5	750	344.5
705	323.8	755	346.8
710	326.1	760	349.1
715	328.4	765	351.4
720	330.7	770	353.7
725	333.0	775	356.0
730	335.3	780	358.3
735	337.6	785	360.6
740	339.9	790	362.9
745	342.2	795	365.2
750	344.5	800	367.5
755	346.8	805	369.8
760	349.1	810	372.1
765	351.4	815	374.4
770	353.7	820	376.7
775	356.0	825	379.0
780	358.3	830	381.3
785	360.6	835	383.6
790	362.9	840	385.9
795	365.2	845	388.2
800	367.5	850	390.5
805	369.8	855	392.8
810	372.1	860	395.1
815	374.4	865	397.4
820	376.7	870	399.7
825	379.0	875	402.0
830	381.3	880	404.3
835	383.6	885	406.6
840	385.9	890	408.9
845	388.2	895	411.2
850	390.5	900	413.5
855	392.8	905	415.8
860	395.1	910	418.1
865	397.4	915	420.4
870	399.7	920	422.7
875	402.0	925	425.0
880	404.3	930	427.3
885	406.6	935	429.6
890	408.9	940	431.9
895	411.2	945	434.2
900	413.5	950	436.5
905	415.8	955	438.8
910	418.1	960	441.1
915	420.4	965	443.4
920	422.7	970	445.7
925	425.0	975	448.0
930	427.3	980	450.3
935	429.6	985	452.6
940	431.9	990	454.9
945	434.2	995	457.2
950	436.5	1000	459.5

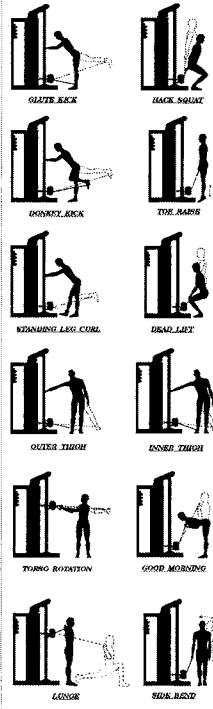
HOIST

021-0013106

HD1900



Lower Body Exercises



WEIGHT CHART

WEIGHT (LBS)	WEIGHT (KG)	WEIGHT (LBS)	WEIGHT (KG)
25	11.3	75	33.9
30	13.6	80	36.3
35	15.9	85	38.6
40	18.2	90	40.9
45	20.4	95	43.2
50	22.7	100	45.5
55	25.0	105	47.8
60	27.2	110	50.1
65	29.5	115	52.4
70	31.8	120	54.7
75	34.1	125	57.0
80	36.3	130	59.3
85	38.6	135	61.6
90	40.9	140	63.9
95	43.2	145	66.2
100	45.5	150	68.5
105	47.8	155	70.8
110	50.1	160	73.1
115	52.4	165	75.4
120	54.7	170	77.7
125	57.0	175	80.0
130	59.3	180	82.3
135	61.6	185	84.6
140	63.9	190	86.9
145	66.2	195	89.2
150	68.5	200	91.5
155	70.8	205	93.8
160	73.1	210	96.1
165	75.4	215	98.4
170	77.7	220	100.7
175	80.0	225	103.0
180	82.3	230	105.3
185	84.6	235	107.6
190	86.9	240	109.9
195	89.2	245	112.2
200	91.5	250	114.5
205	93.8	255	116.8
210	96.1	260	119.1
215	98.4	265	121.4
220	100.7	270	123.7
225	103.0	275	126.0
230	105.3	280	128.3
235	107.6	285	130.6
240	109.9	290	132.9
245	112.2	295	135.2
250	114.5	300	137.5
255	116.8	305	139.8
260	119.1	310	142.1
265	121.4	315	144.4
270	123.7	320	146.7
275	126.0	325	149.0
280	128.3	330	151.3
285	130.6	335	153.6
290	132.9	340	155.9
295	135.2	345	158.2
300	137.5	350	160.5
305	139.8	355	162.8
310	142.1	360	165.1
315	144.4	365	167.4
320	146.7	370	169.7
325	149.0	375	172.0
330	151.3	380	174.3
335	153.6	385	176.6
340	155.9	390	178.9
345	158.2	395	181.2
350	160.5	400	183.5
355	162.8	405	185.8
360	165.1	410	188.1
365	167.4	415	190.4
370	169.7	420	192.7
375	172.0	425	195.0
380	174.3	430	197.3
385	176.6	435	199.6
390	178.9	440	201.9
395	181.2	445	204.2
400	183.5	450	206.5
405	185.8	455	208.8
410	188.1	460	211.1
415	190.4	465	213.4
420	192.7	470	215.7
425	195.0	475	218.0
430	197.3	480	220.3
435	199.6	485	222.6
440	201.9	490	224.9
445	204.2	495	227.2
450	206.5	500	229.5
455	208.8	505	231.8
460	211.1	510	234.1
465	213.4	515	236.4
470	215.7	520	238.7
475	218.0	525	241.0
480	220.3	530	243.3
485	222.6	535	245.6
490	224.9	540	247.9
495	227.2	545	250.2
500	229.5	550	252.5
505	231.8	555	254.8
510	234.1	560	257.1
515	236.4	565	259.4
520	238.7	570	261.7
525	241.0	575	264.0
530	243.3	580	266.3

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 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 has been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached..*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, 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 baased lubricant spray.*

Linear Bearings:

**Referring to the 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 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.*

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:

COMERCIAL USE; All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; 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 one year; all malfunctions of electronic components, belts, cables, or 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 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 (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