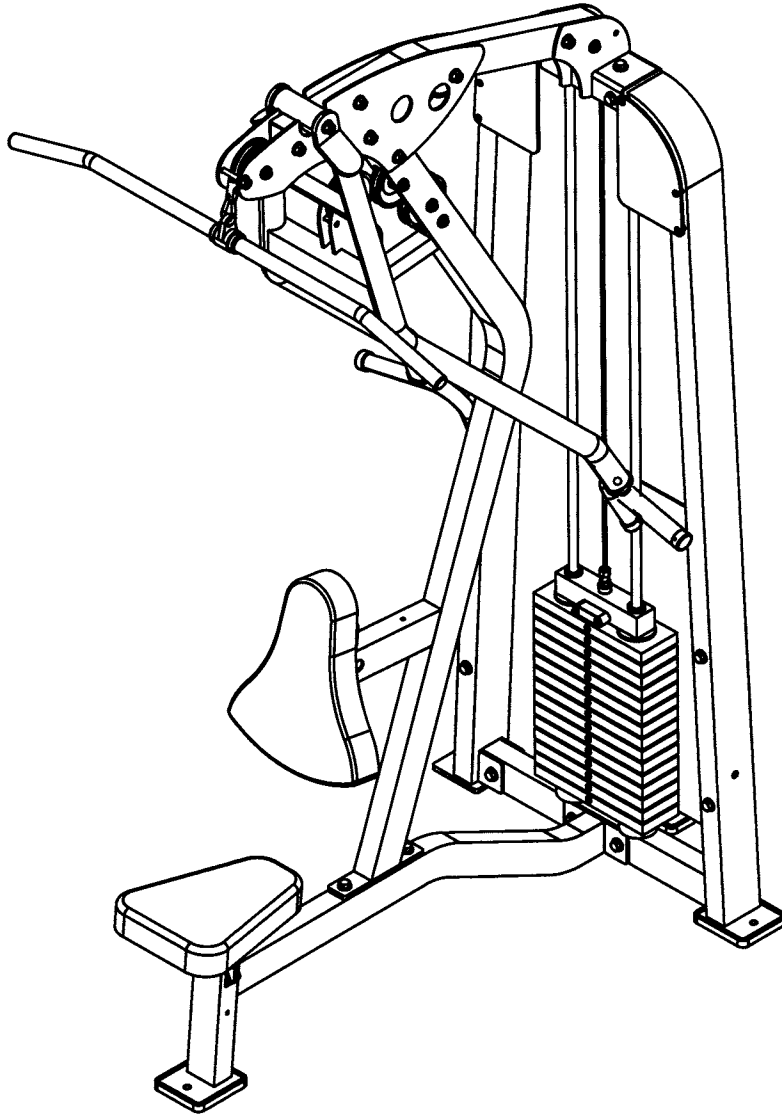


OWNERS MANUAL



HD2300

MID-ROW/PULLDOWN



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

February, 2004

OWNERS MANUAL

CONTENTS

INSTRUCTIONS (Step 1).....	2
FRAME ASSEMBLY (Step 2)	4
FRAME/CABLE ASSEMBLY	11
PRE-ASSEMBLY	19
PART LISTING.....	21
HARDWARE LISTING	22
ABBREVIATION LISTING	23
BOLT SIZING CHART.....	24
WASHER SIZING CHART	26
WEIGHT RATIOS	28
WEIGHT TRAINING TIPS.....	29
WEIGHT TRAINING LOG	30
DECAL PLACEMENTS.....	32
MAINTENANCE SCHEDULE.....	36
GENERAL MAINTENANCE INFORMATION.....	37
LIMITED WARRANTY	39

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

9/16" and 3/4" Sockets

Crescent Wrench

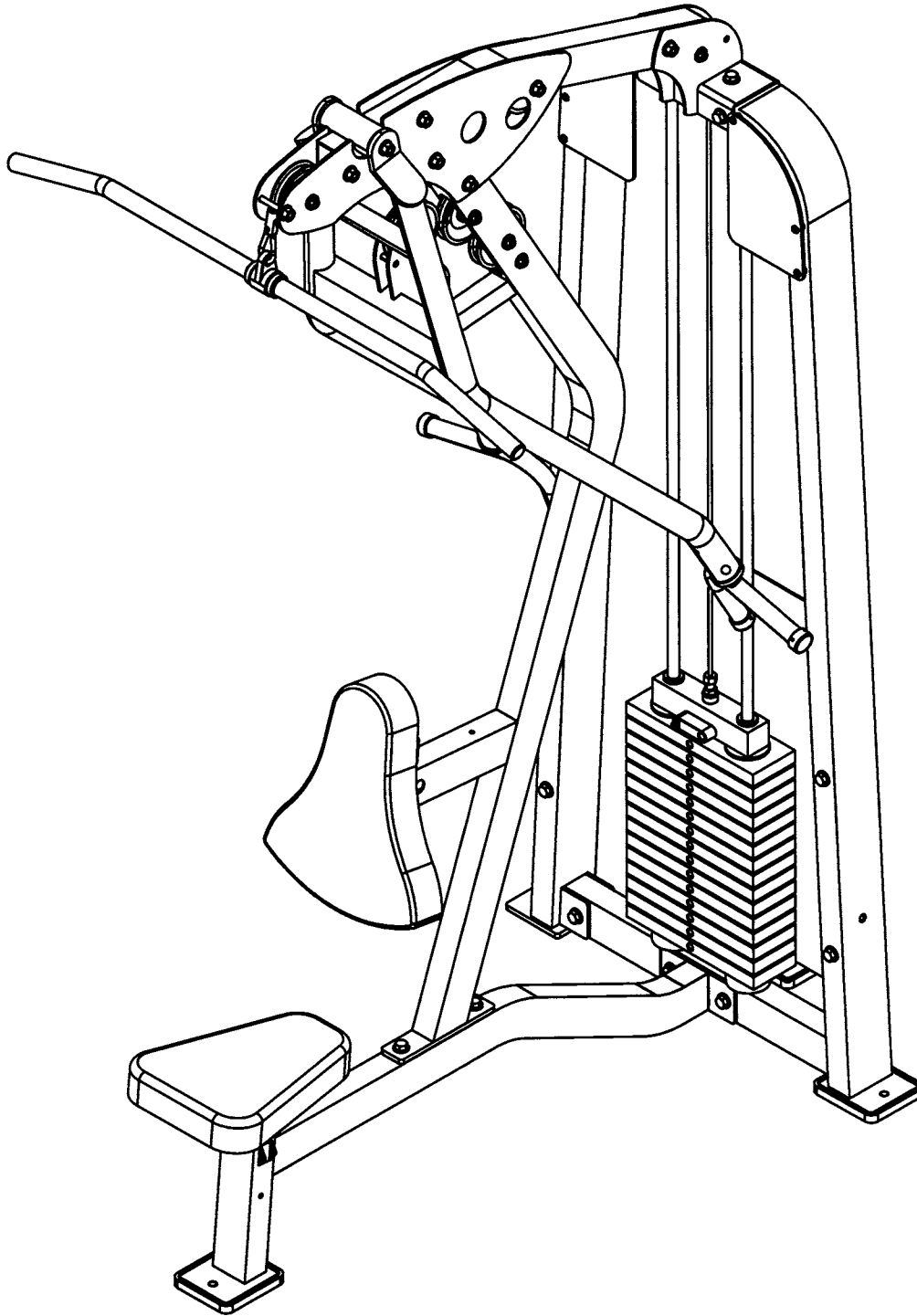
Rubber Mallet

Tape Measure

OWNERS MANUAL

OWNERS MANUAL

Step 2 FRAME ASSEMBLY



OWNERS MANUAL

Step 2a FRAME ASSEMBLY

In step 2a-1 start assembly by bolting (12)'s to (15). In step 2a-2, bolt (2) and (8) to (15). *Hand tighten bolts.* They will be tightened in a later step. Lift machine up to position (CA)'s.

Part Descriptions

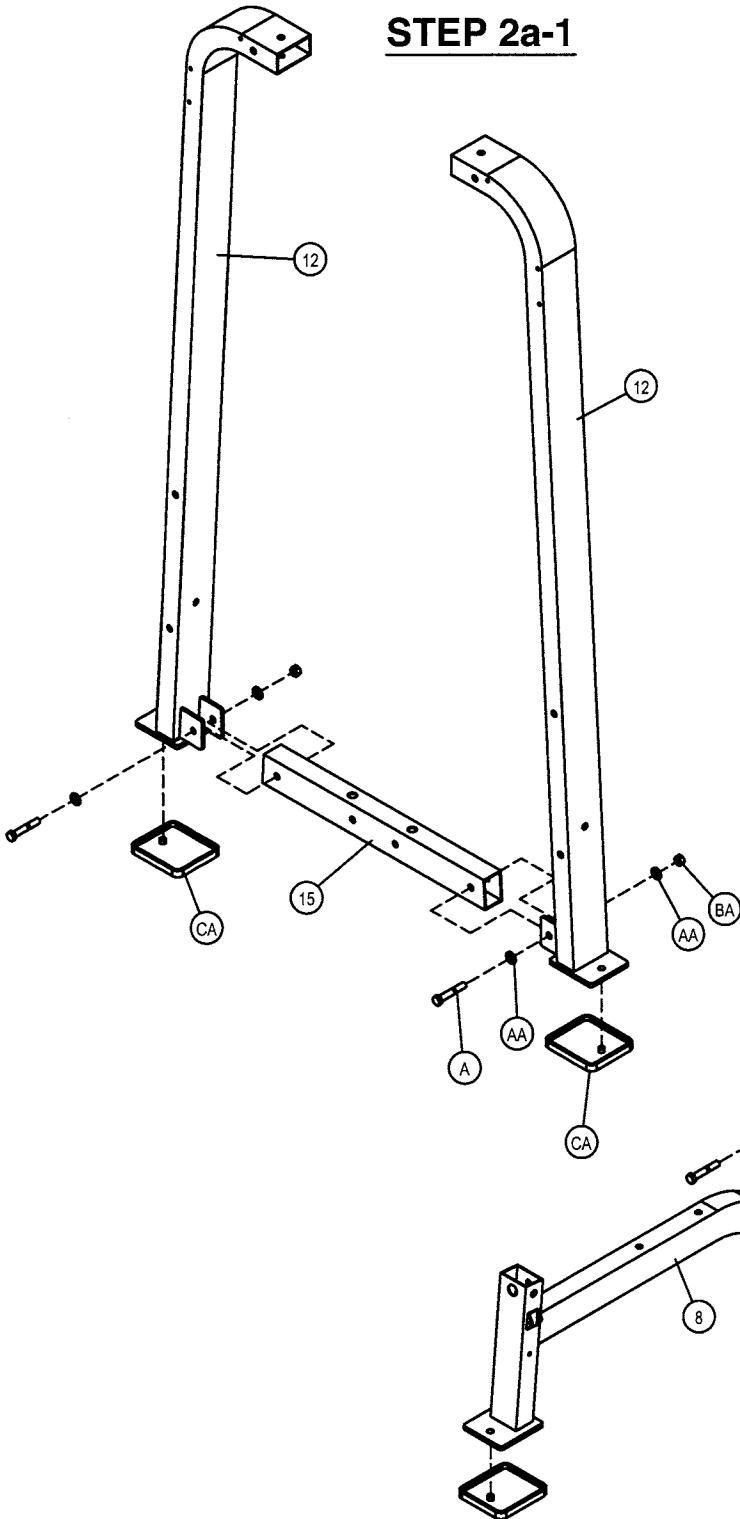
2 - Rear Tie
8 - Base Assembly
12 - Weight Frame Upright Assy.
15 - Cross Tube

Hardware Descriptions

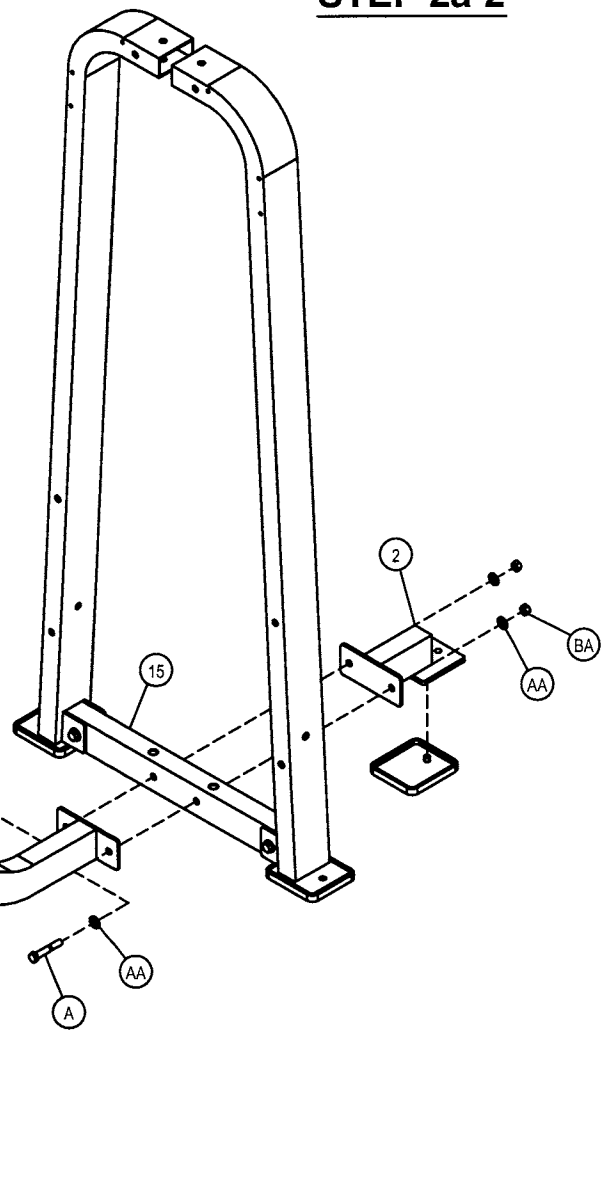
A - 1/2-13UNC x 3" HHB
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Plate

OWNERS MANUAL

STEP 2a-1



STEP 2a-2



OWNERS MANUAL

Step 2b FRAME ASSEMBLY

Start by sliding both (20)'s through both (CB)'s and slide (20)'s into (15). Tilt both (20)'s forward enough to allow room to slide the weights on. Next Slide all (22)'s, (21)/(23), and (17) onto both (20)'s. Tilt (20)'s back to vertical position. At the same time slide (17) up and attach to (12)'s and (10) as shown in detail A-1. Wrench tighten bolts.

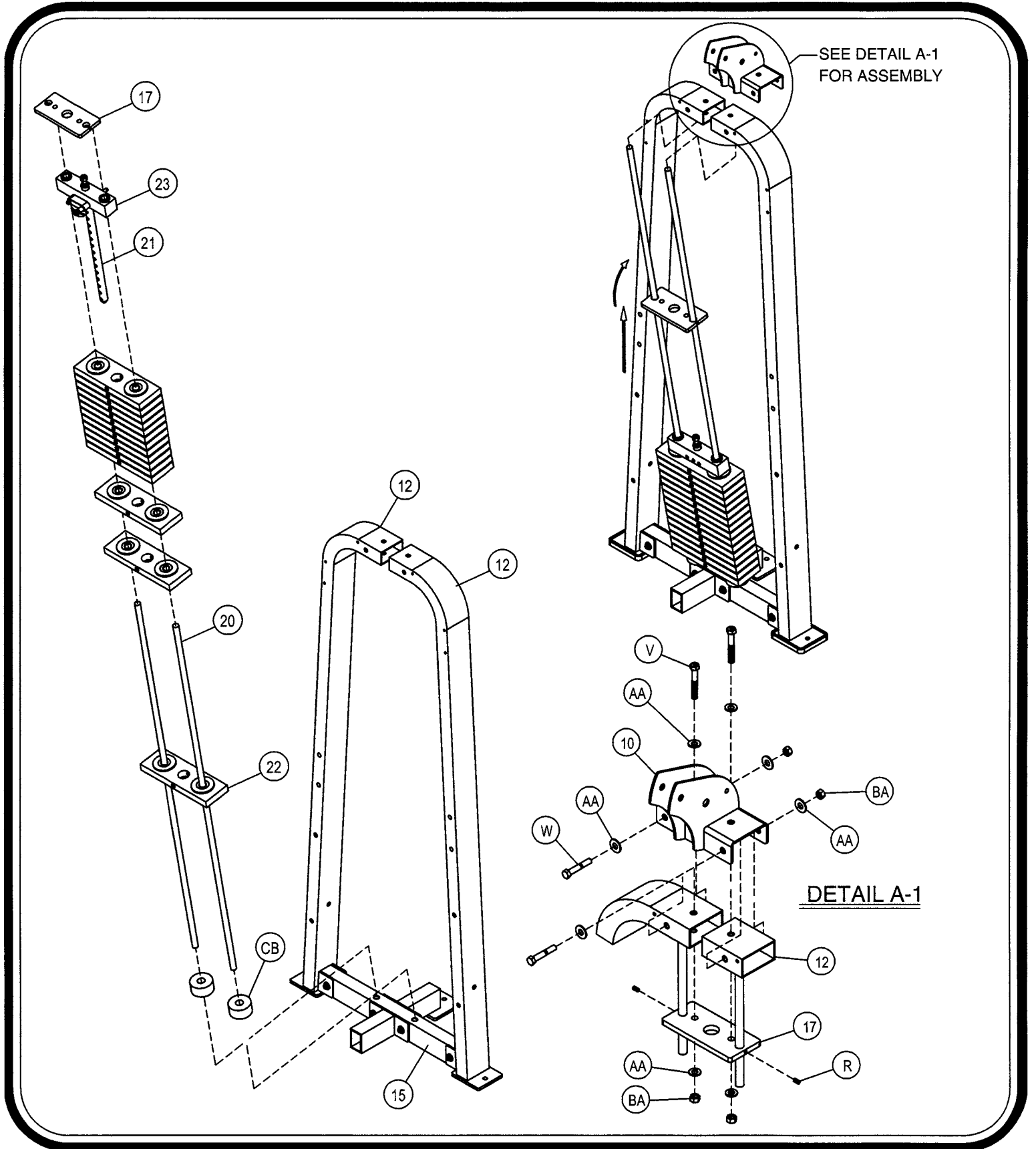
Part Descriptions

10 - Weight Cage/Top Tube Connector
12 - Weight Frame Upright Assy.
15 - Cross Tube
17 - Guide Rod Top Mount
21 - 16 Plate Stem
22 - 12.50 lbs. Intermediate Plate
23 - 8.50 lbs. Top Weight

Hardware Descriptions

W - 1/2-13UNC x 4 3/4" HHB
R - 5/16-18UNC x 5/16" Socket Set Screw
V - 1/2-13UNC x 3 1/4" HHB
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Weight Stack Bumper

OWNERS MANUAL



OWNERS MANUAL

Step 2c FRAME ASSEMBLY

Attach (9) to (8) and wrench tighten bolts.

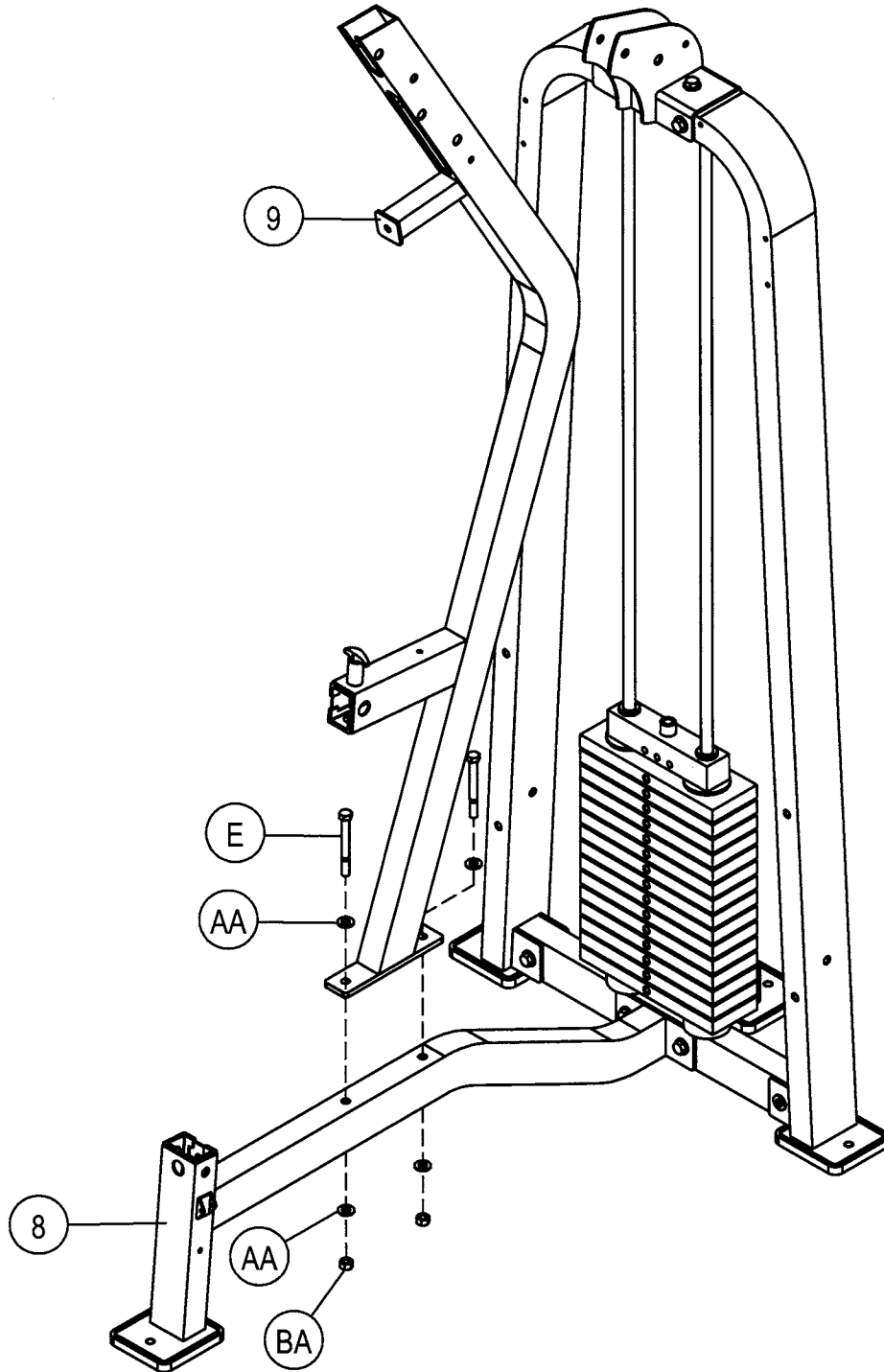
Part Descriptions

- 8 - Base Assembly
- 9 - Main Upright Assembly

Hardware Descriptions

- E - 1/2-13UNC x 4" HHB
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut

OWNERS MANUAL



OWNERS MANUAL

Step 2d

FRAME/CABLE ASSEMBLY

* WRENCH TIGHTEN THESE BOLTS
AND ALL BOLTS PREVIOUSLY HAND
TIGHTENED.

Part Descriptions

- 9 - Main Upright Assembly
- 10 - Weight Cage/Top Assembly
- 16 - Top Assembly
- 19 - Frame Plate Connector

Hardware Descriptions

- A - 1/2-13UNC x 3" HHB
- S - 3/8-16UNC x 3" HHB
- T - 3/8-16UNC x 2 1/2" HHB
- AA - 1/2" Flat Washer
- AC - 3/8" Flat Washer
- BA - 1/2" Nylok Nut
- BC - 3/8" Nylok Nut
- CD - Ø4 1/2" Pulley
- CE - Ø4 1/2" Pulley x 1 1/4" Wide
- CF - 11/16" Flanged Pulley Spacer
- CG - .50" lg. Flanged Pulley Spacer
- CJ - Cable Assembly
- DI - 3/8" Flanged Pulley Spacer

NOTE:

BE SURE CABLE
RUNS BETWEEN
THE BOLT AND
THE PULLEY.

NOTE:

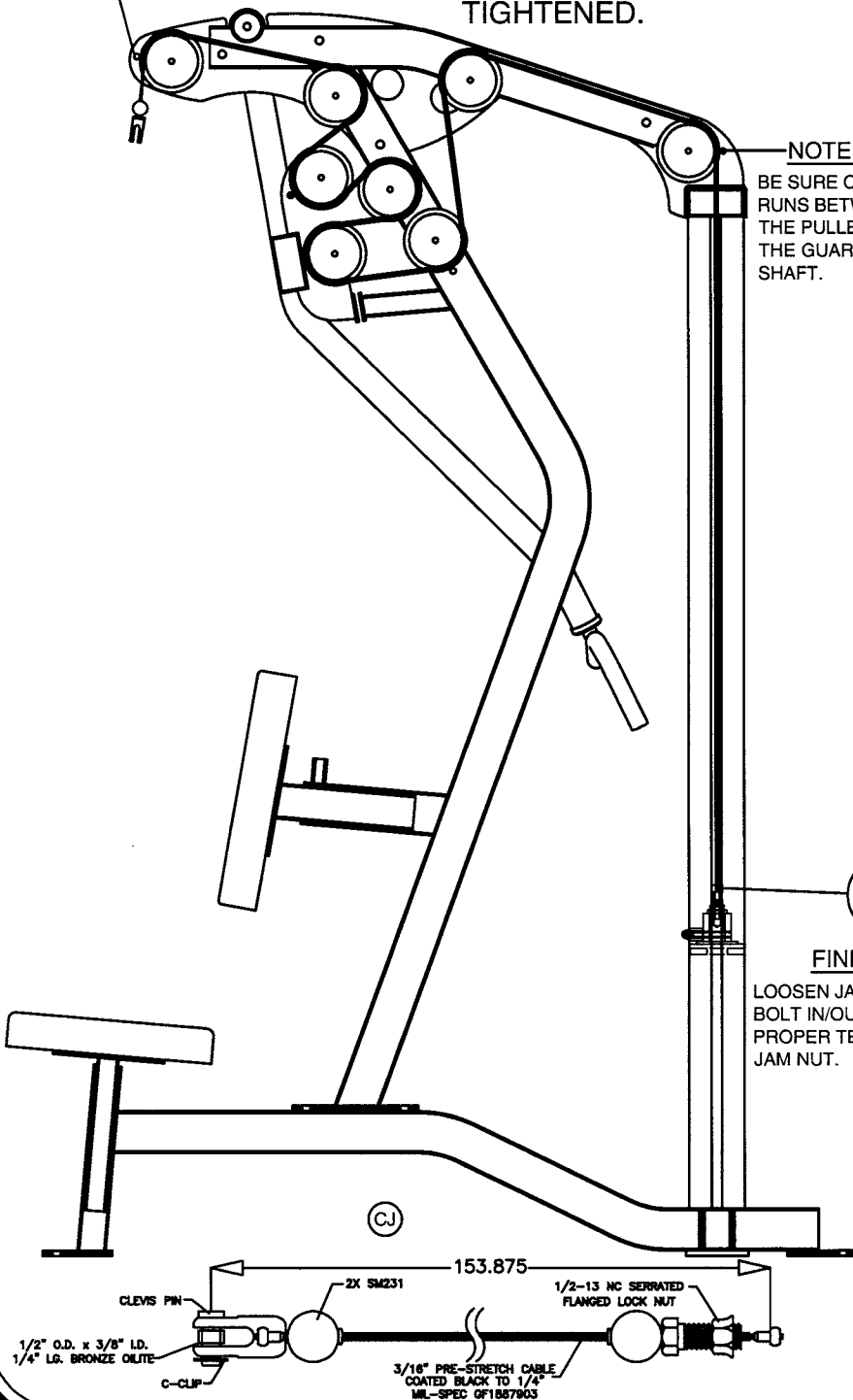
BE SURE CABLE
RUNS BETWEEN
THE PULLEY AND
THE GUARD
SHAFT.

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 ITS RECEIVER
WITH JAM NUT TIGHTENED SECURELY TO
ENSURE PROPER CONNECTION.

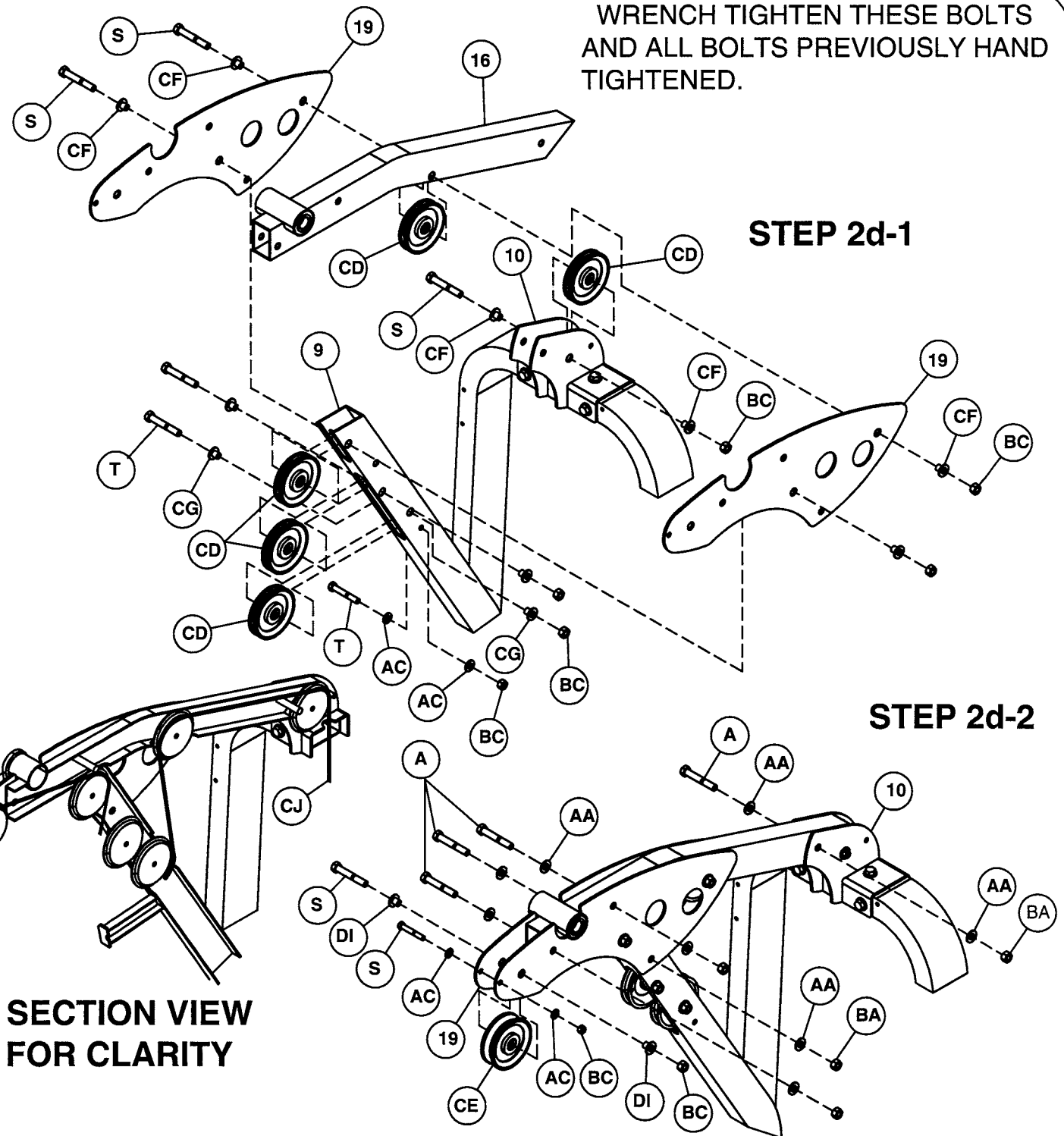


OWNERS MANUAL

WRENCH TIGHTEN THESE BOLTS
AND ALL BOLTS PREVIOUSLY HAND
TIGHTENED.

STEP 2d-1

STEP 2d-2



**SECTION VIEW
FOR CLARITY**

INSTALL CABLE AND PULLEYS AT THE SAME TIME.

OWNERS MANUAL

Step 2e

FRAME/CABLE ASSEMBLY

Start assembly by sliding (24) into (16) and attach (7) to (16) as shown. Wrench tighten bolts then back nut off until (7) pivots freely. Next attach (CD)'s to (7) and loop (CJ) around (CD)'s as shown in the section view. Now attach (6), and (29) into (7) as shown. Wrench tighten bolts.

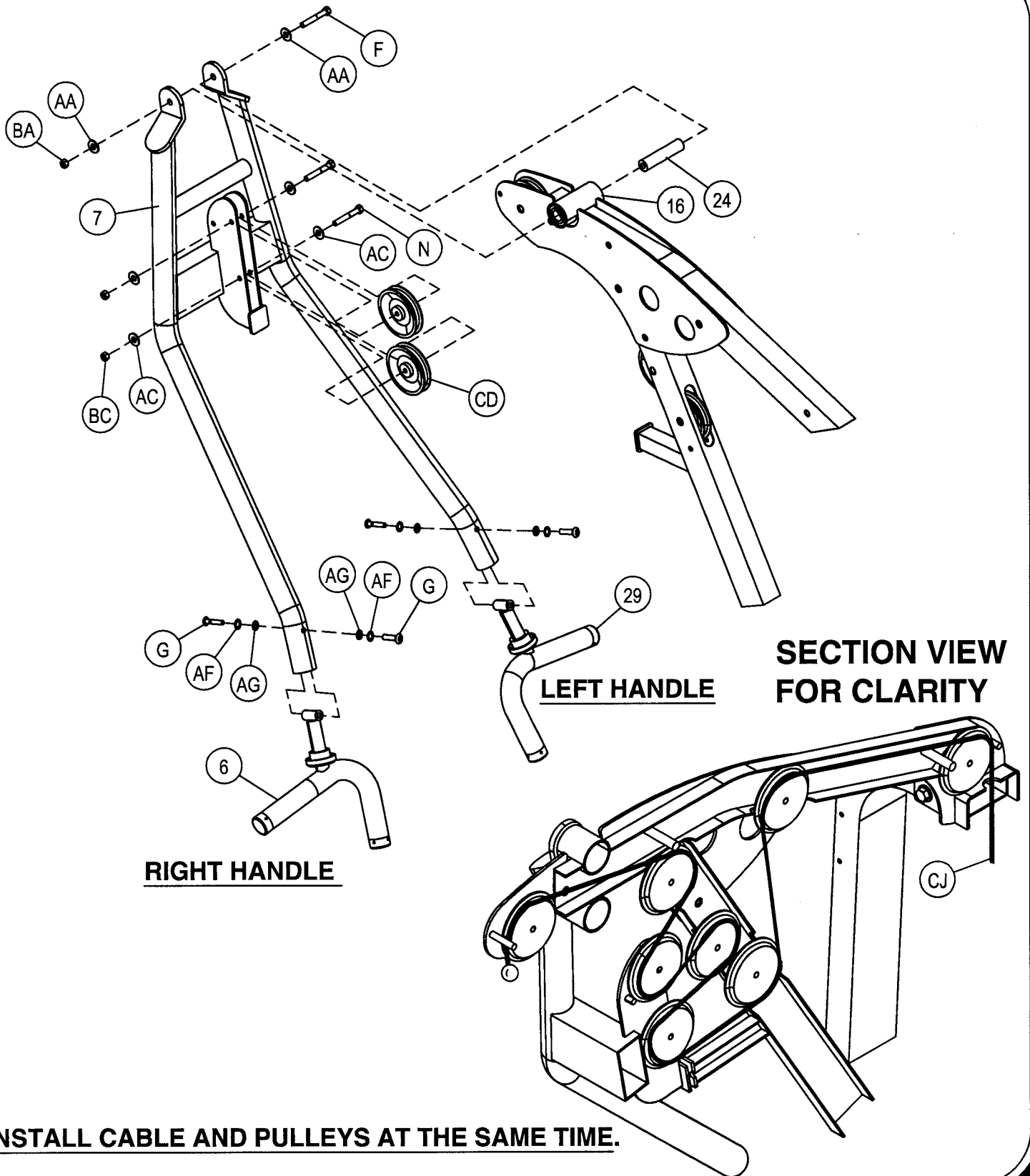
Part Descriptions

- 6 - Handle Assembly, Right
- 7 - Pivoting Arm Assembly
- 16 - Tube Assembly
- 24 - Ø1.00" x 4.75" lg. Axel
- 29 - Handle Assembly, Left

Hardware Descriptions

- F - 1/2-13UNC x 6" HHB
- G - 3/8-16UNC x 1 BHS
- N - 3/8-16UNC x 2" HHB
- AA - 1/2" Flat Washer
- AC - 3/8" Flat Washer
- AF - 3/8" Internal Lock Washer
- AG - 3/8" Curved Washer
- BA - 1/2" Nylok Nut
- BC - 3/8" Nylok Nut
- CD - 4 1/2" Pulley
- CJ - Cable Assembly

OWNERS MANUAL



OWNERS MANUAL

Step 2f FRAME ASSEMBLY

Start assembly by attaching (13) to (11) and (14) to (5). Wrench tighten bolts. Next slide (11) into (9) and secure it with (P). Next slide (5) into (8) and secure (8) with (P) as shown.

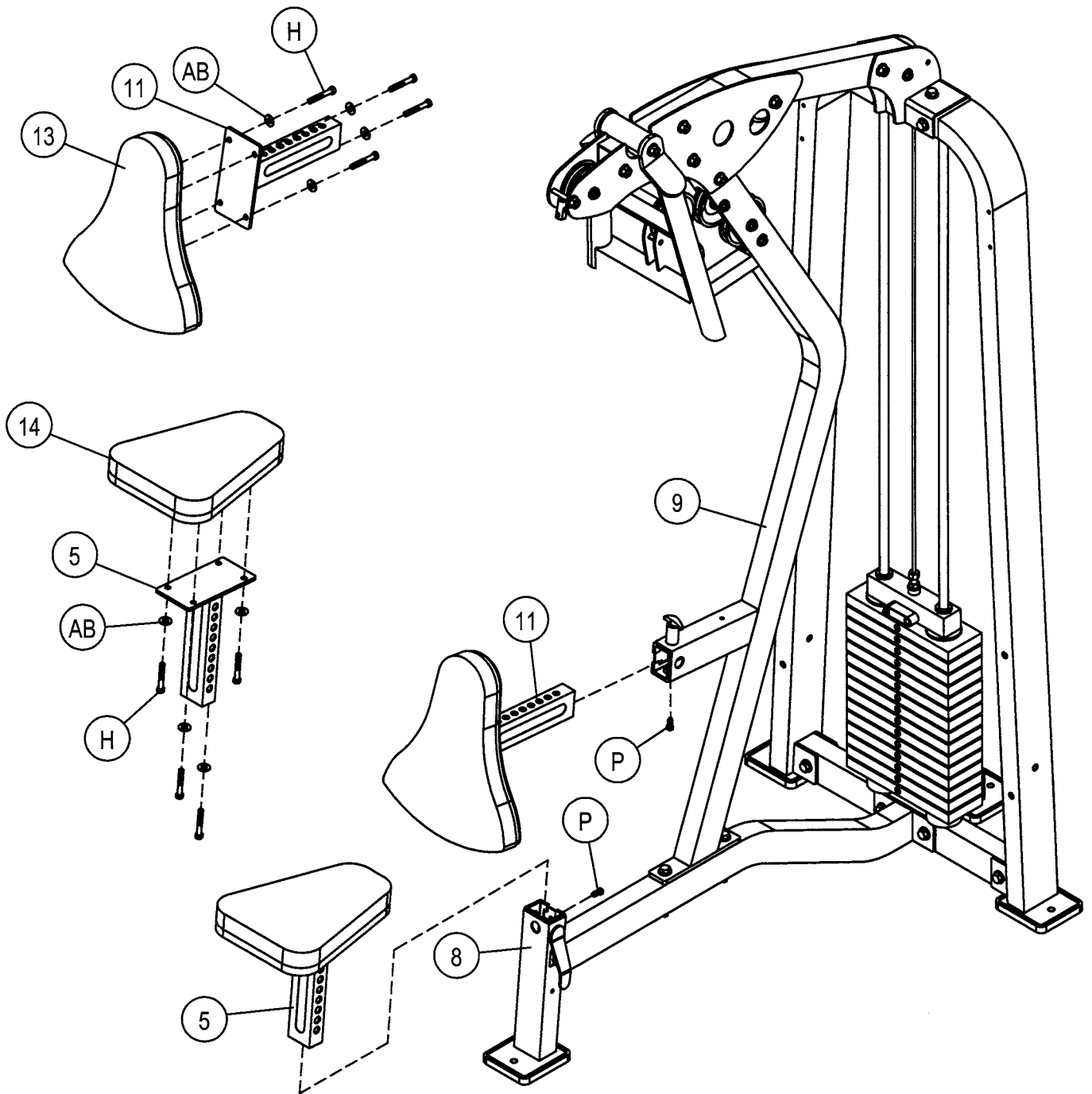
Part Descriptions

- 5 - Adjustable Pad Mount
- 8 - Base Assembly
- 9 - Main Upright Assembly
- 11 - Adjustable Pad Mount
- 13 - Chest Pad Assembly
- 14 - Seat Pad Assembly

Hardware Descriptions

- H - 5/16-18UNC x 1 1/4" HHB
- P - 3/8-16UNC x 3/4" Square Head
- AB - 5/16" Flat Washer

OWNERS MANUAL



OWNERS MANUAL

Step 2g SHIELD ASSEMBLY

Attach (27), (CK), and (CL) to (12)'s as shown. Wrench tighten bolts. Next snap (CM) to (CJ) as shown and hook (3) to (CM).

IMPORTANT

Now that the HD2300 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 retighten bolts.

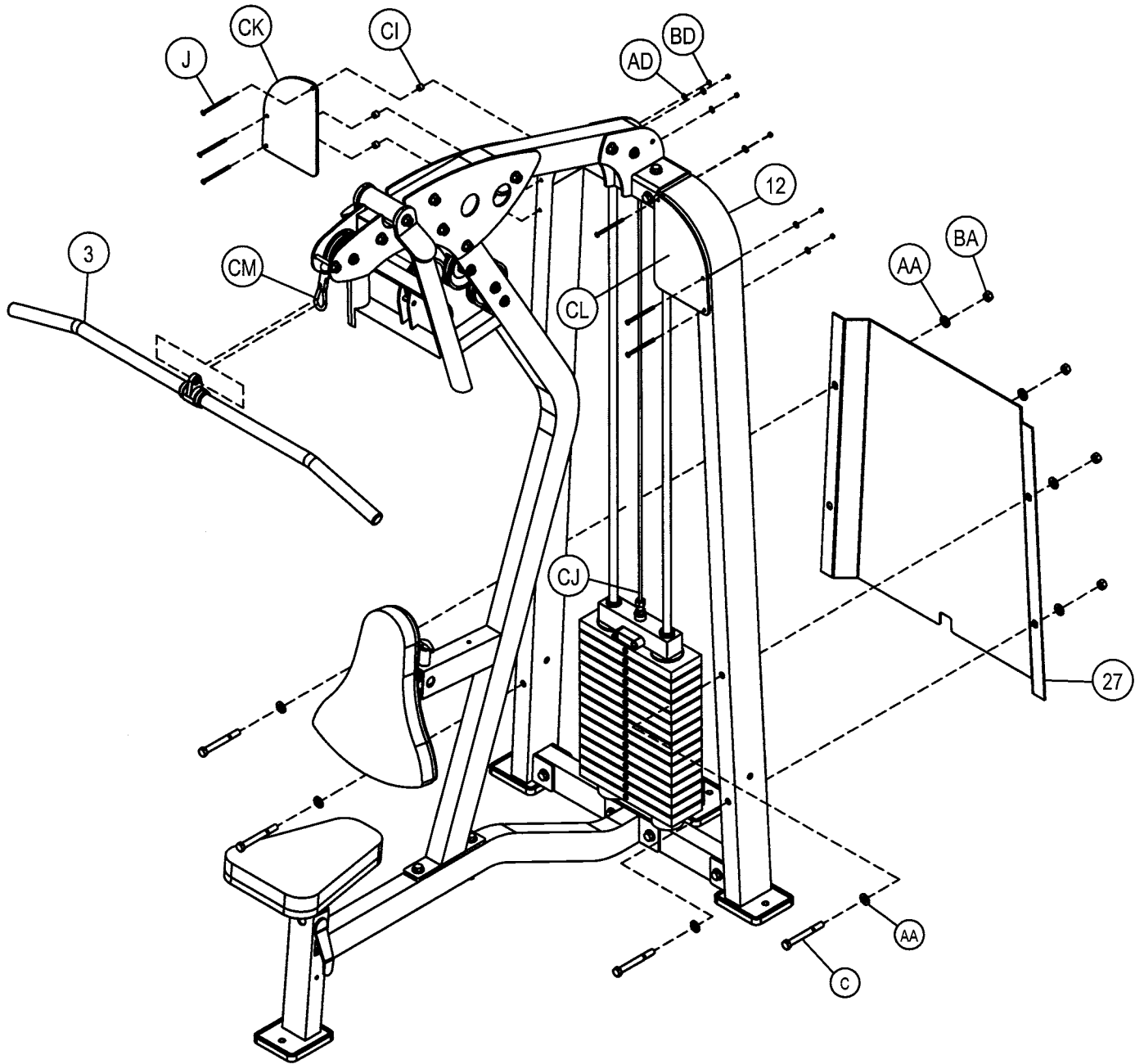
Part Descriptions

3 - Aluminum Lat Bar
12 - Weight Frame Upright Assy.
27 - (SSH 189) Shield

Hardware Descriptions

C - 1/2-13UNC x 4 1/2" HHB
J - 1/4-20UNC x 5" BHS
AA - 1/2" Flat Washer
AD - 1/2" Flat Washer
BD - 1/4-20" Nylok Nut
CI - Placard Spacer
CJ - Cable Assembly
CK - Left Placard
CL - Right Placard
CM - Snap Link

OWNERS MANUAL



OWNERS MANUAL

PRE-ASSEMBLY

Part Descriptions

- 1 - Latch Assembly
- 2 - Rear Tie
- 3 - Aluminum Lat Bar
- 5 - Adjustable Pad Mount
- 6 - Handle Assembly, Right
- 8 - Base Assembly
- 9 - Main Upright Assembly
- 11 - Adjustable Pad Mount
- 12 - Weight Frame Upright Assy.
- 21 - 16 Plate Stem
- 22 - 12.50 lbs. Intermediate Plate
- 23 - 8.50 lbs. Top Weight Plate
- 25 - Latch Spring
- 26 - Latch Pin
- 28 - 1/2" Short Pullpin (Hex Head) Assy.
- 29 - Handle Assembly, Left

Hardware Descriptions

- Q - #10-32 Set Screw
- CH - C-clip
- CN - Seat Sleeve
- CP - Plug Bumper
- CQ - 2" x 3" Vertical End Cap (H)
- CR - 1 1/2" x 2 1/2" End Cap
- CT - Guide Rod Bushing
- CU - Intermediate Weight Bushing
- CV - Lanyard Coil
- CW - Selector Pin
- CX - Lanyard/Selector Pin Stand Off
- CY - 7/16" x 2 3/4" Roll Pin
- CZ - Thumb Pad
- DA - Ø1.00" Flanged Ball Bearing
- DB - Plug
- DC - Ø1.28" I.D. Aluminum Cap
- DH - Ø1.250 End Cap

OWNERS MANUAL

PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0158	Latch Assembly
2	1	026-01X0817	Rear Tie
3	1	026-01X1119	Aluminum Lat Bar
5	1	026-01X1472	Adjustable Pad Mount
6	1	026-01X1481	Handle Assembly, Right
7	1	026-01X1482	Pivoting Arm Assembly
8	1	026-01X1483	Base Assembly
9	1	026-01X1484	Main Upright Assembly
10	1	026-01X1485	Weight Cage/Top Tube Connector
11	1	026-01X1486	Adjustable Pad Mount
12	2	026-01X1487	Weight Frame Upright Assy.
13	1	022-01PD0113A	Chest Pad Assembly
14	1	022-07124A	Seat Pad Assembly
15	1	026-01T0545	Cross Tube
16	1	026-01X1602	Top Assembly
17	1	026-01P0819	Guide Rod Top Mount
19	2	026-01P1523	Frame Plate Connector
20	2	026-01G0178	Ø0.75" x 73.80" Guide Rod
21	1	026-01W0111	16 Plate Stem
22	15	026-01W0101	12.50 lbs. Intermediate Plate
23	1	026-1300034	8.50 lbs. Top Weight Plate
24	1	026-01M0489	Ø1.00 x 4.75" lg. Axel
25	1	026-01M0503	Latch Spring
26	1	026-01M0309	Latch Pin
27	1	026-1100089	(SSH189) Shield
28	1	026-01X0185	1/2" Short Pullpin (Hex Head) Assy.
29	1	026-01X1603	Handle Assembly, Left

OWNERS MANUAL

HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	8	011-0407016	1/2-13UNC x 3" HHB (WZ)
C	4	011-0107023	1/2-13UNC x 4 1/2" HHB (WZ)
E	2	011-0407023	1/2-13UNC x 4" HHB (WZ)
F	1	011-0307060	1/2-13UNC x 6" HHB (WZ)
G	4	011-0101026	3/8-16UNC x 1" BHS (WZ)
H	8	011-0407053	5/16-18UNC x 1 1/4" HHB (WZ)
J	6	011-0101074	1/4-20UNC x 5" BHS (WZ)
N	2	011-0407058	3/8-16UNC x 2" HHB (WZ)
P	2	011-0311013	3/8-16UNC x 3/4" Square Head (WZ)
Q	8	011-0311000	#10-32 Set Screw
R	2	011-0311012	5/16-18UNC x 5/16" Socket Set Screw (BZ)
S	5	011-0407026	3/8-16UNC x 3" HHB (WZ)
T	3	011-0107009	3/8-16UNC x 2 1/2" HHB (WZ)
V	2	011-0407036	1/2-13UNC x 3 1/4" HHB (WZ)
W	2	011-0007001	1/2-13UNC x 4 3/4" HHB (WZ)
AA	38	013-0102003	1/2" SAE Flat Washer (WZ)
AB	8	013-0002001	5/16" USS Flat Washer (WZ)
AC	8	013-0002004	3/8" USS Flat Washer (WZ)
AD	6	013-0002003	1/4" SAE Flat Washer (WZ)
AF	4	013-0102022	3/8" Internal Lock Washer (WZ)
AG	4	013-0102028	3/8" Curved Washer (WZ)
BA	19	012-0304011	1/2" Nylok Nut (WZ)
BC	10	012-0104008	3/8" Nylok Nut (WZ)
BD	6	012-0104007	1/4-20" Nylok Nut (WZ)
CA	4	026-01PL195	Rubber Foot Plate
CB	2	019-0001005	Weight Stack Bumper
CD	7	018-0001003	4 1/2" Pulley
CE	1	018-0002009	4 1/2" Pulley x 1 1/4" Wide
CF	6	026-01M0532	1 1/16" Flanged Pulley Spacer
CG	4	026-01M0760	.50" Heavy Flanged Spacer
CH	1	014-0015001	C-clip
CI	6	026-01PL290	Placard Spacer
CJ	1	026-01SC282T	153.875" lg. Cable
CK	1	021-0013178	Left Placard
CL	1	021-0013179	Right Placard
CM	1	020-0010002	Snap Link
CN	4	026-01PL125	Seat Sleeve
CP	1	019-0001001	Plug Bumper
CQ	1	026-01PL192RV	2" x 3" Vertical End Cap (H)
CR	2	016-0001003	1 1/2" x 2 1/2" End Cap
CT	2	026-01PL134	Guide Rod Bushing
CU	30	026-01W0122	Intermediate Weight Bushing
CV	1	010-0008001	Lanyard Coil
CW	1	026-01M0134	Selector Pin
CX	1	026-01PL291	Lanyard/Selector Pin Stand Off
CY	2	030-030310	7/16" x 2 3/4" Roll Pin
CZ	1	026-01PL239	Thumb Pad
DA	2	014-0009007	Ø1.00" Flanged Ball Bearing
DB	12	026-06-0329	Plug
DC	4	026-01M0391	Ø1.28 I.D. Aluminum Cap
DH	2	026-01PL336	Ø1.250 End Cap
DI	2	026-08-0084	3/8" Flanged Pulley Spacer

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

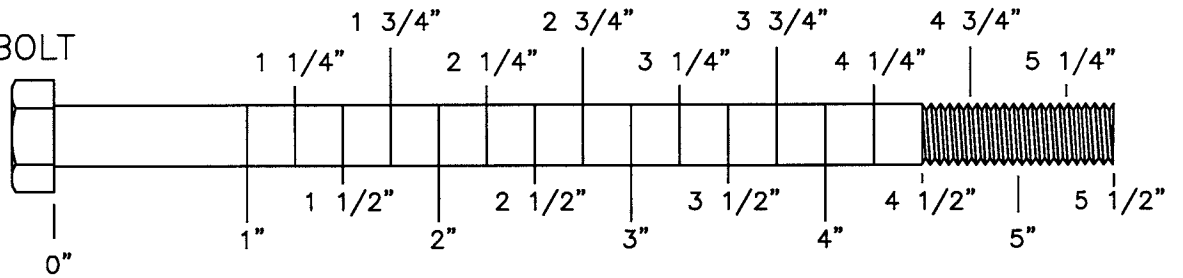
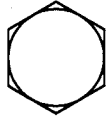
BHS = Button Head Screw

SHS = Socket Head Screw

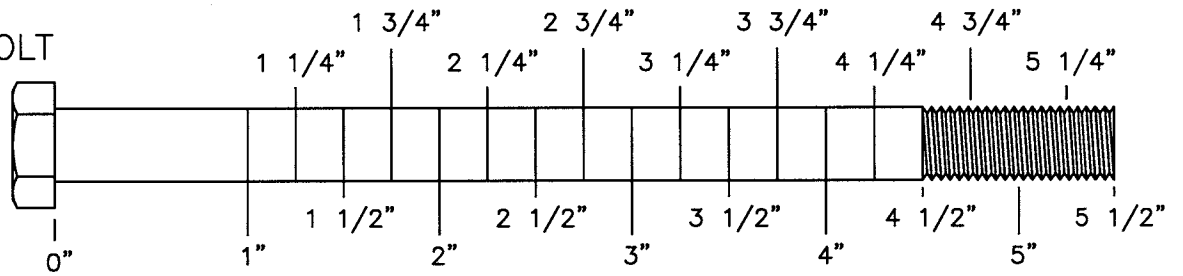
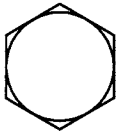
HHB = Hex Head Bolt

OWNERS MANUAL

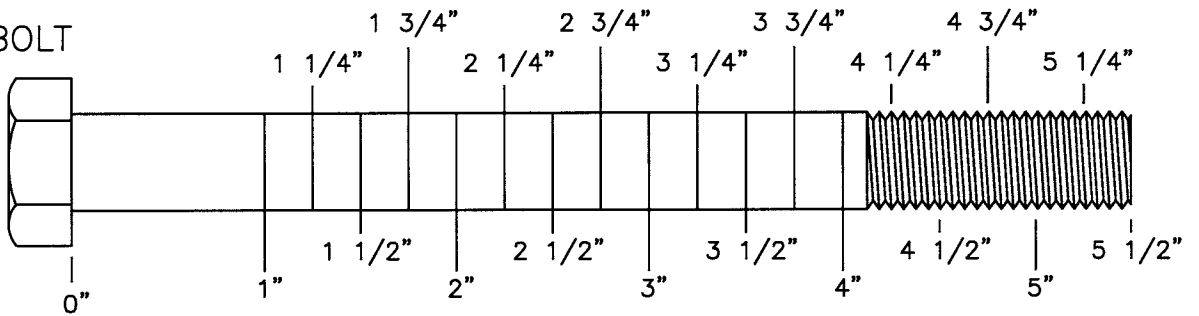
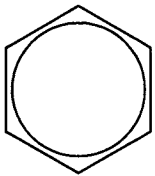
5/16" HEX BOLT



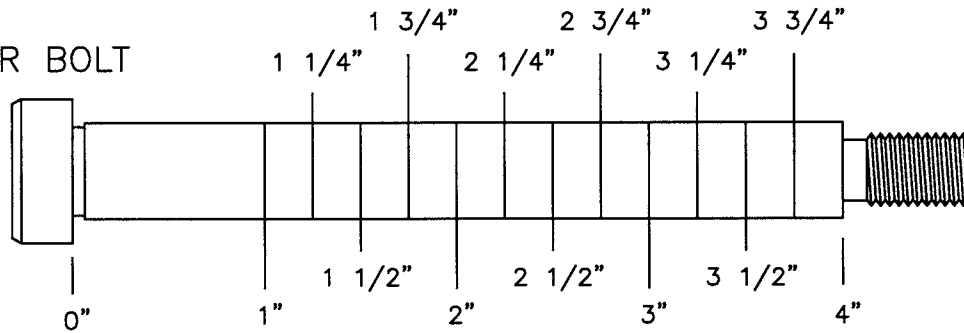
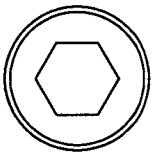
3/8" HEX BOLT



1/2" HEX BOLT

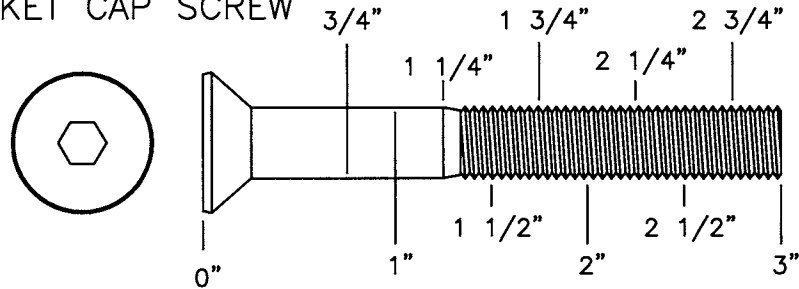


1/2" SHOULDER BOLT

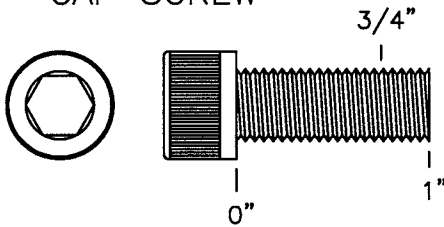


OWNERS MANUAL

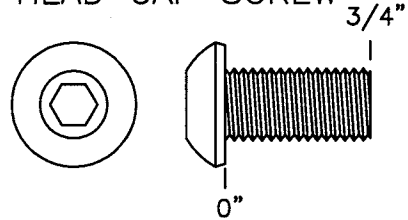
3/8" FLATHEAD
SOCKET CAP SCREW



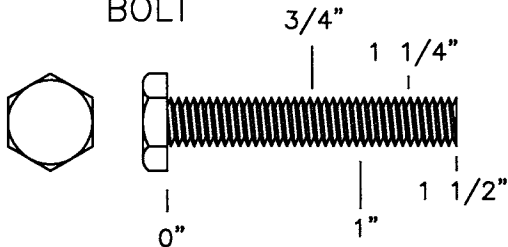
3/8" SOCKET
CAP SCREW



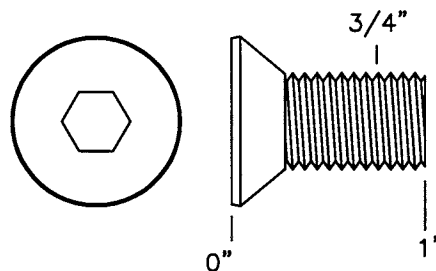
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

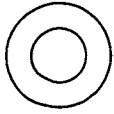


1/2" FLATHEAD
SOCKET CAP SCREW

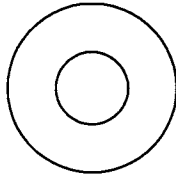


OWNERS MANUAL

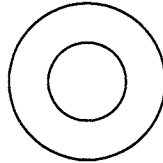
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



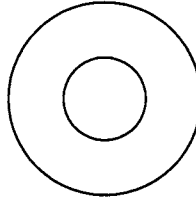
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



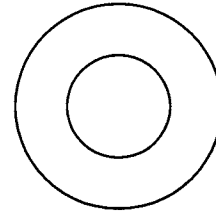
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



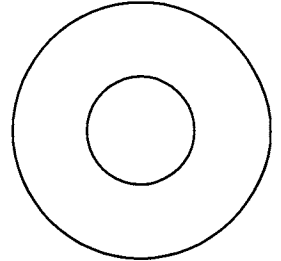
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



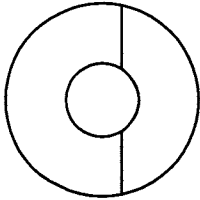
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



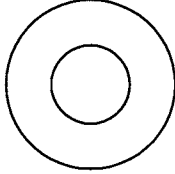
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



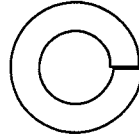
013-0402007
3/8"
FLAT WASHER
22mm O.D.



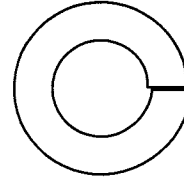
013-0102019
1/4"
LOCK WASHER



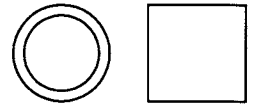
013-0102020
3/8"
LOCK WASHER



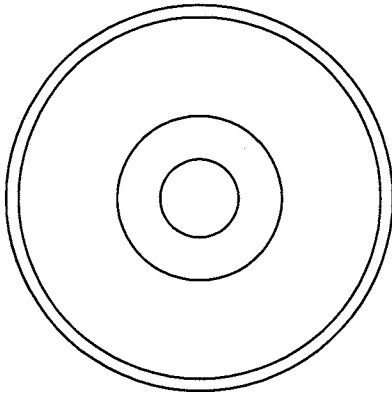
013-0102018
1/2"
LOCK WASHER



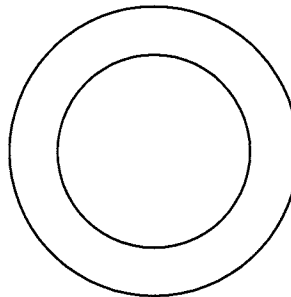
014-0018001
1/2" LONG
SPACER



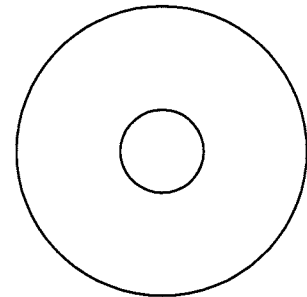
026-01M0238
2" ALUMINUM
FLATHEAD CAP



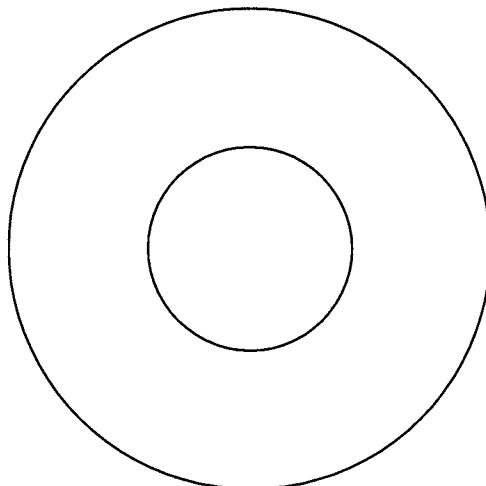
016-0009003
1" SHIM WASHER



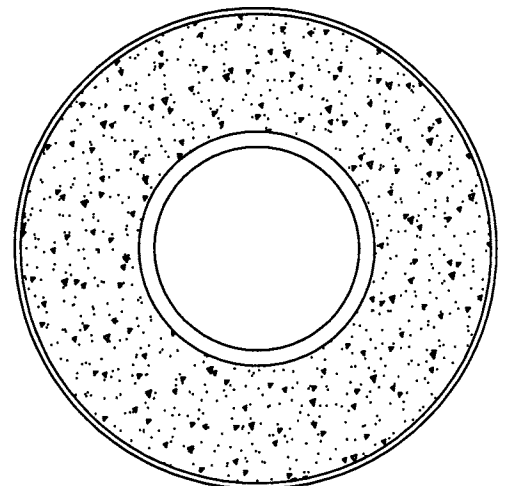
013-0003002
3/8" FENDER WASHER



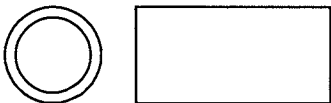
013-0003004
1 1/16"
FENDER WASHER



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

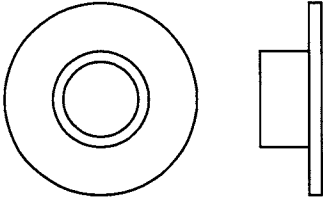


026-01M0551
1" LONG
SPACER

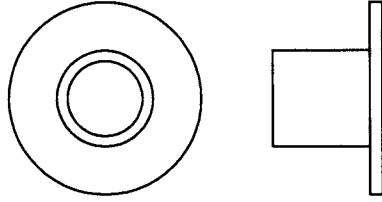


OWNERS MANUAL

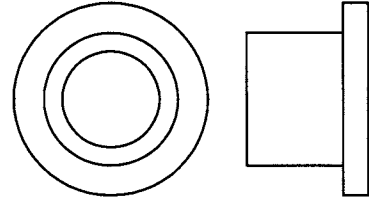
026-01M0211
1/4" LONG
FLANGED SPACER



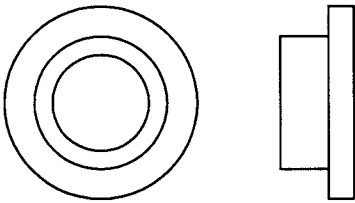
026-01M0198
1/2" LONG
FLANGED SPACER



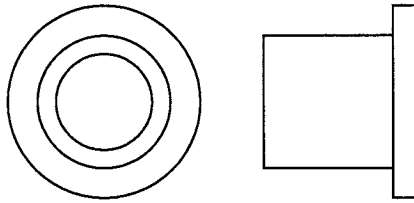
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



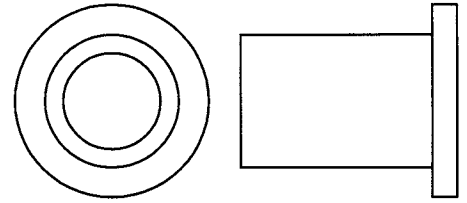
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



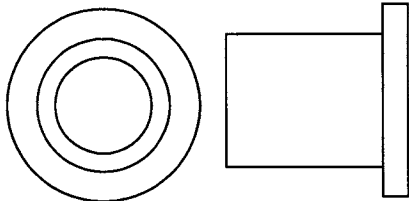
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



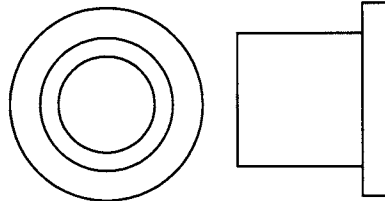
026-01M0551
1" LONG HEAVY
FLANGED SPACER



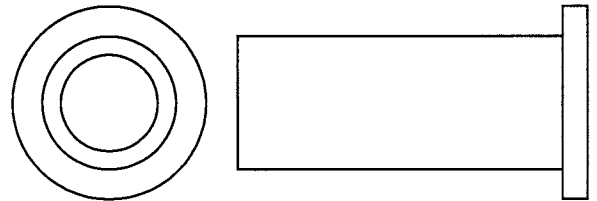
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



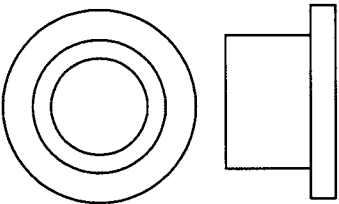
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



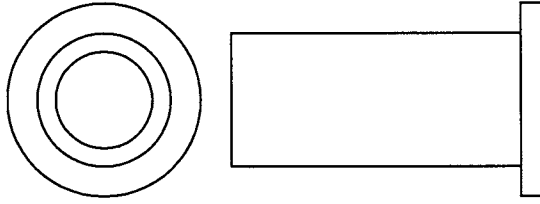
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



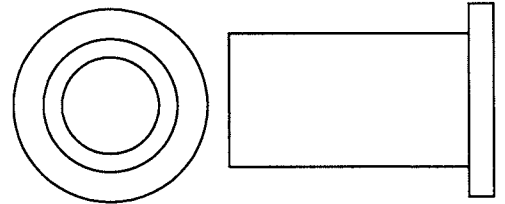
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



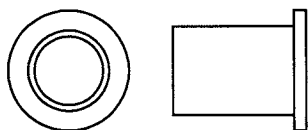
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



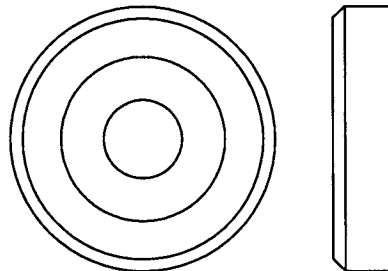
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



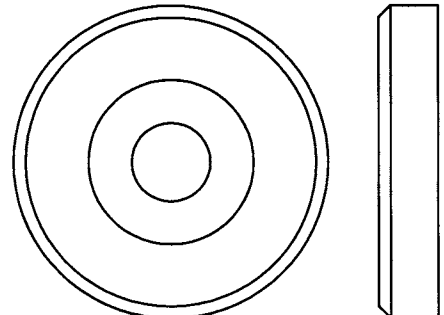
026-01M0600
.625" LONG
FLANGED SPACER



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

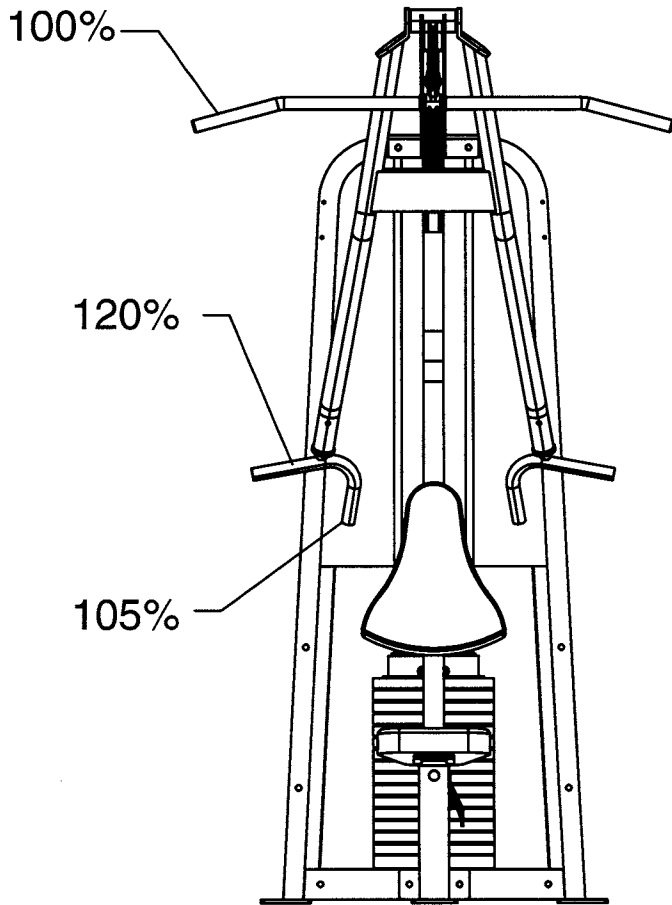


026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT RATIOS



		Vertical Handles	Horizontal Handles	Lat Pull Down
12	(12) 1	13	14	12
25	(12 1/2) 2	26	30	25
38	(12 1/2) 3	40	46	38
50	(12 1/2) 4	53	60	50
62	(12 1/2) 5	65	74	62
75	(12 1/2) 6	79	90	75
87	(12 1/2) 7	91	104	87
100	(12 1/2) 8	105	120	100
112	(12 1/2) 9	118	134	112
125	(12 1/2) 10	131	150	125
137	(12 1/2) 11	144	164	137
150	(12 1/2) 12	158	180	150
162	(12 1/2) 13	170	194	162
175	(12 1/2) 14	184	210	175
187	(12 1/2) 15	196	224	187
200	(12 1/2) 16	210	240	200

The above chart 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.

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.

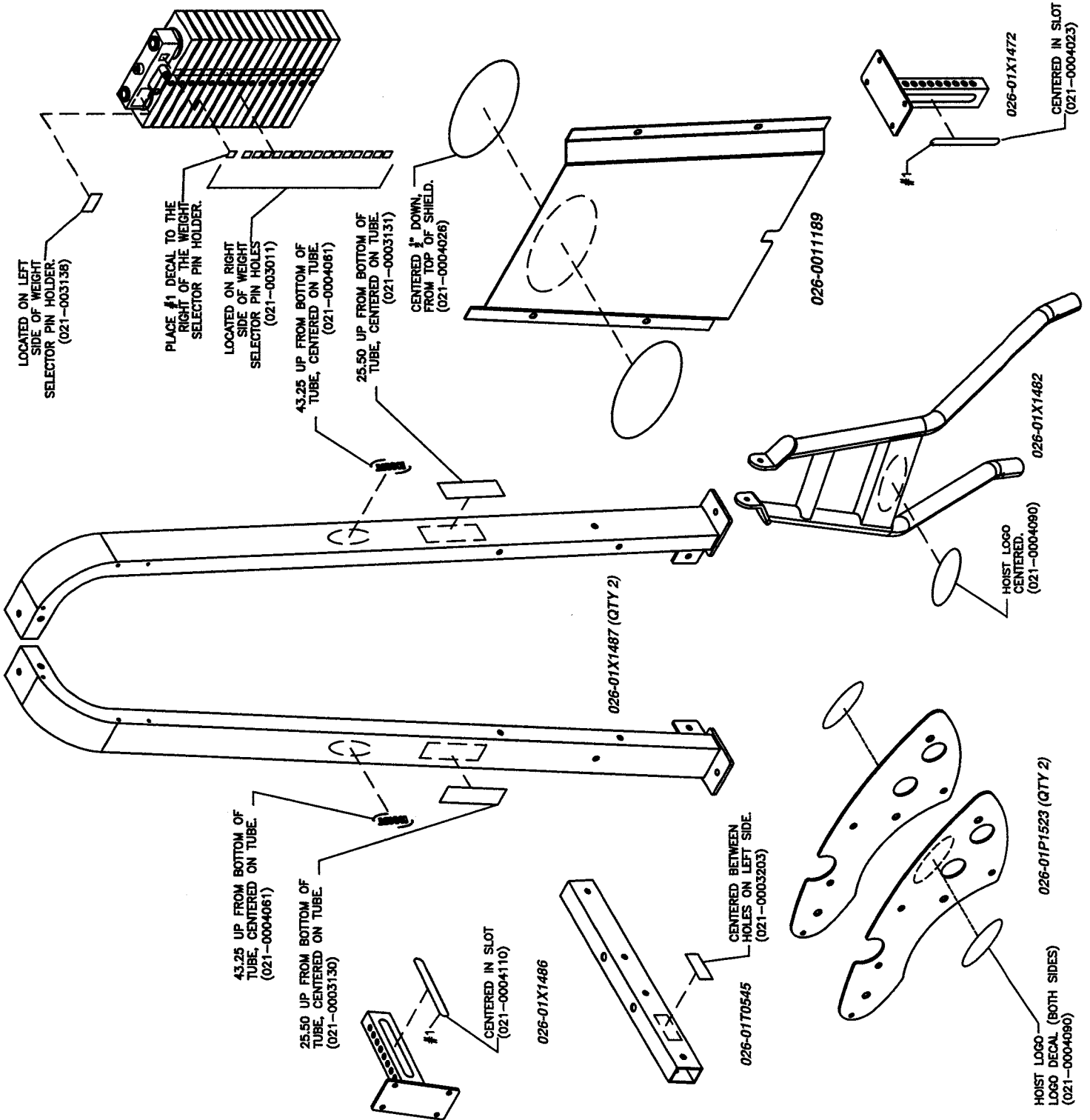
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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



OWNERS MANUAL

DECAL REFERENCE



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

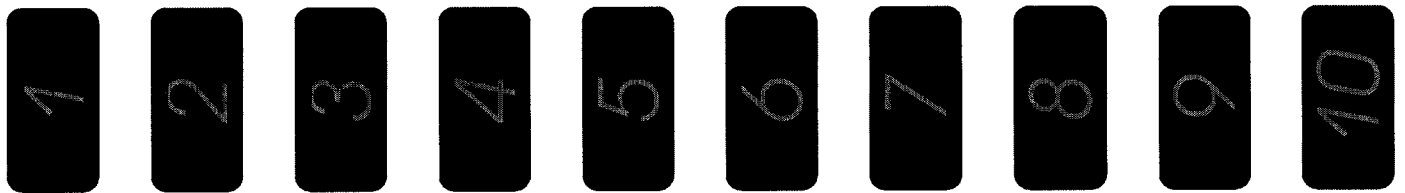
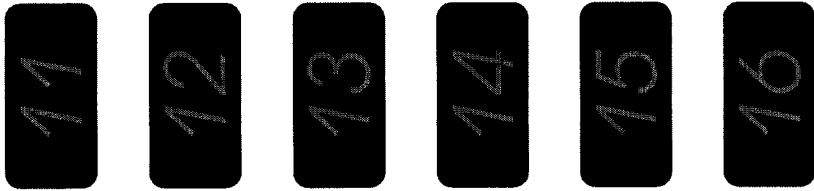
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Supertube)			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

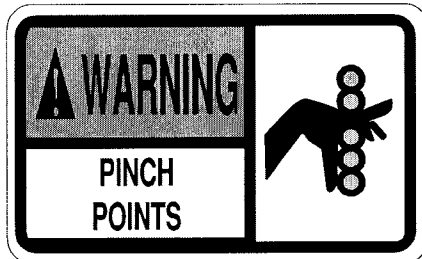
021-0003131

OWNERS MANUAL

DECAL REFERENCE



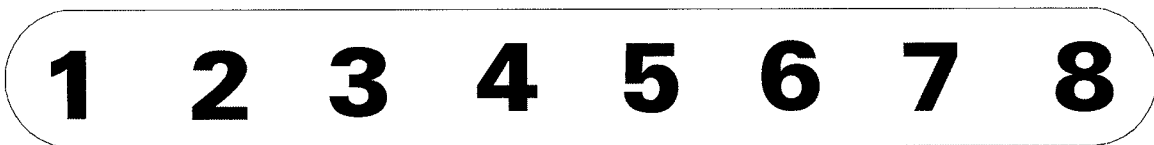
021-0003011



021-0003138



021-0004023



021-0004110

OWNERS MANUAL

DECAL REFERENCE



HOIST®

021-0004026



HOIST®

021-0004090



021-0003203

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

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 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 based 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

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

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