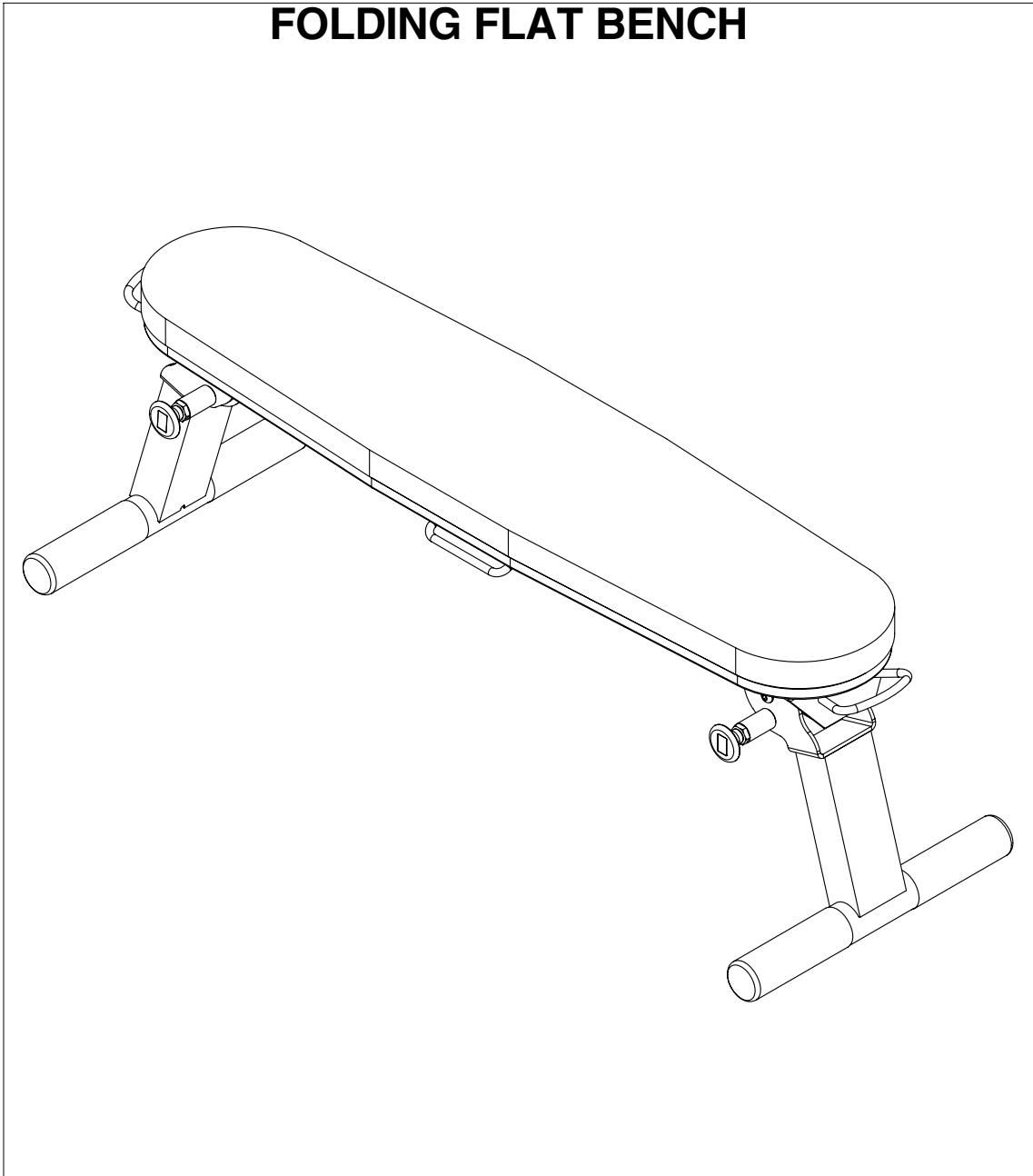


# OWNER'S MANUAL



## HF4164 FOLDING FLAT BENCH



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0406 - 001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

# OWNER'S MANUAL

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# OWNER'S MANUAL

## INSTRUCTIONS

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

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

### **THIS PRODUCT IS RATED FOR HOME USE ONLY!**

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

## TOOLS REQUIRED

**Ratchet Wrench**

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

**Adjustable Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

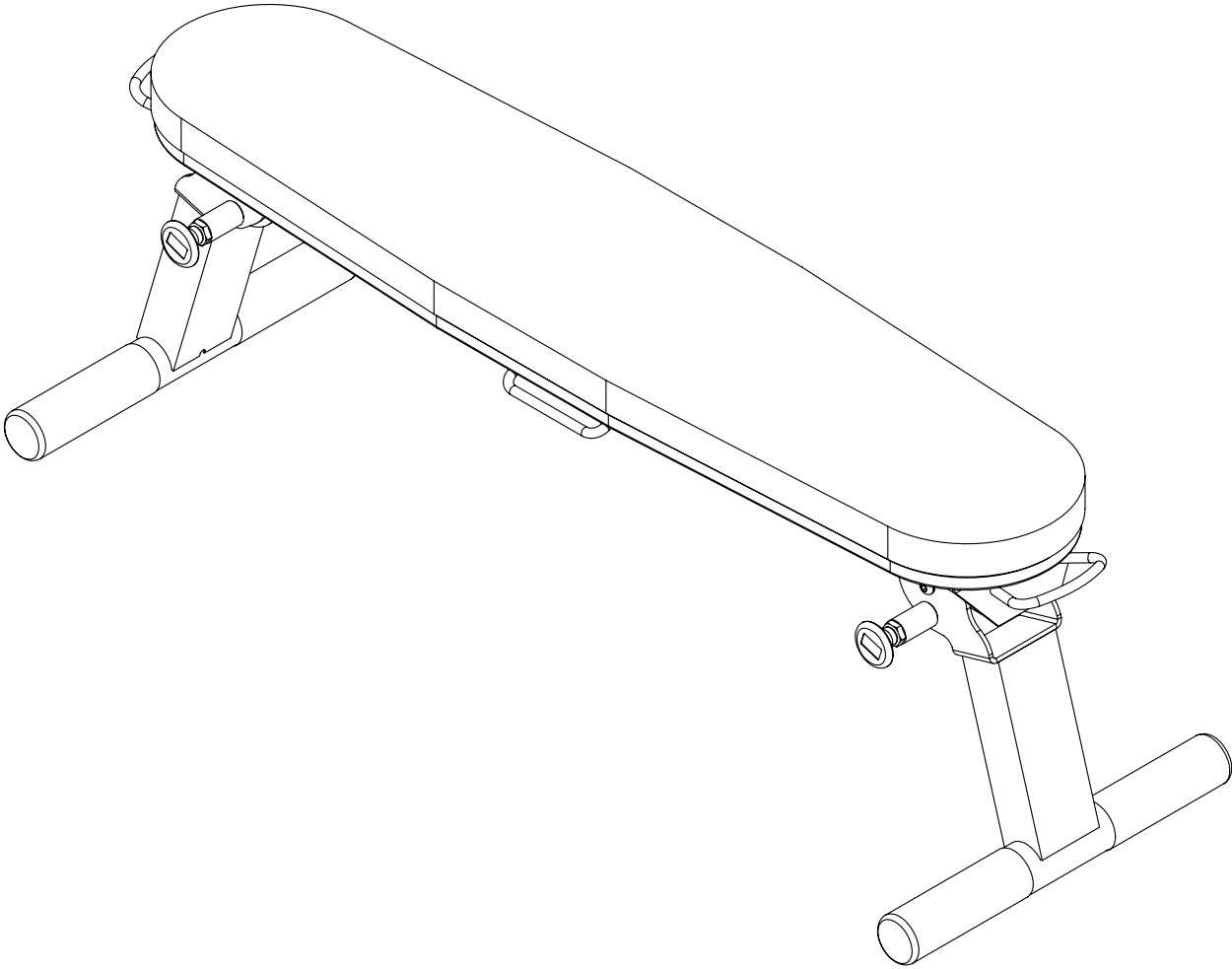
**Hex Key Wrench Set**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

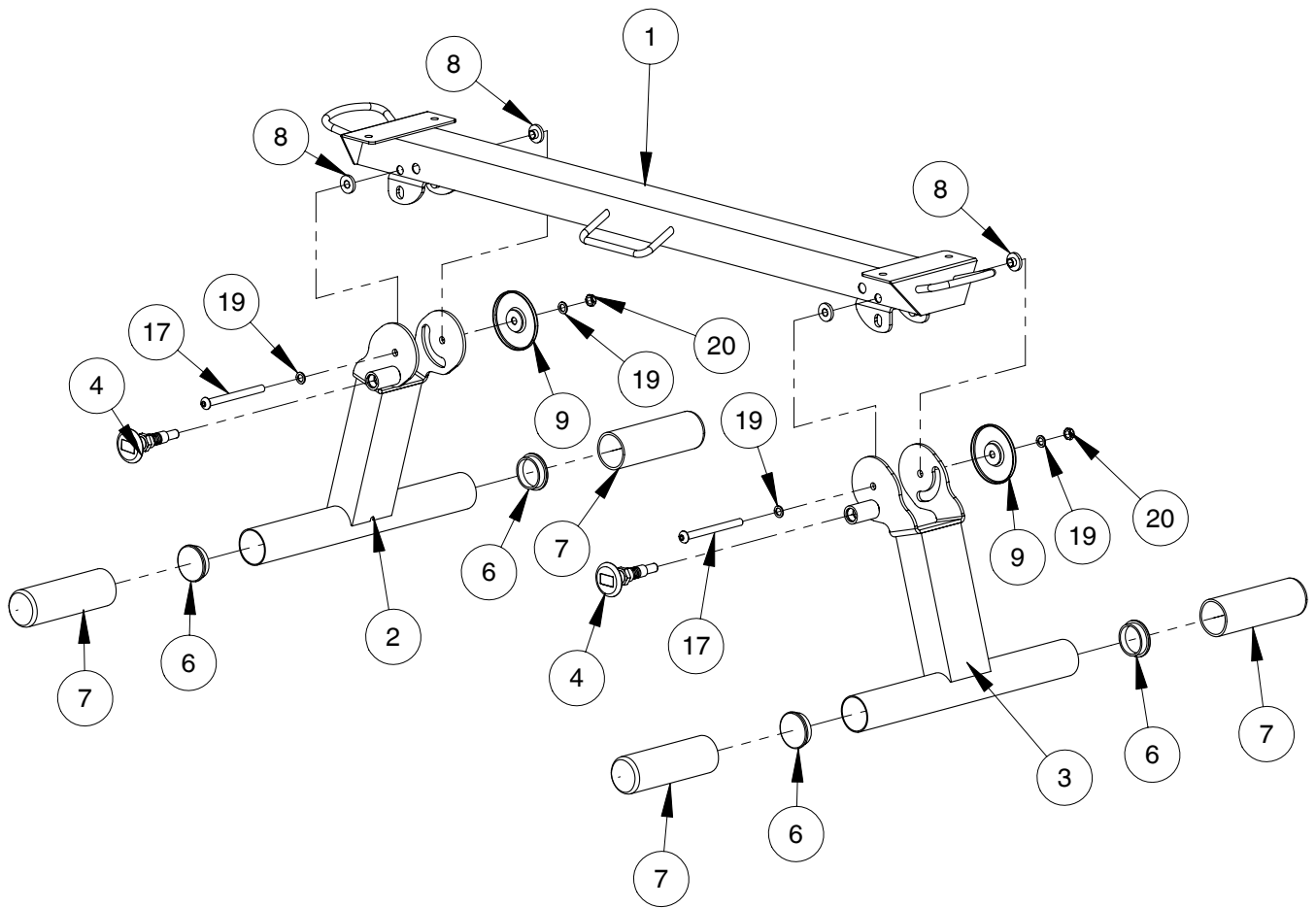
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

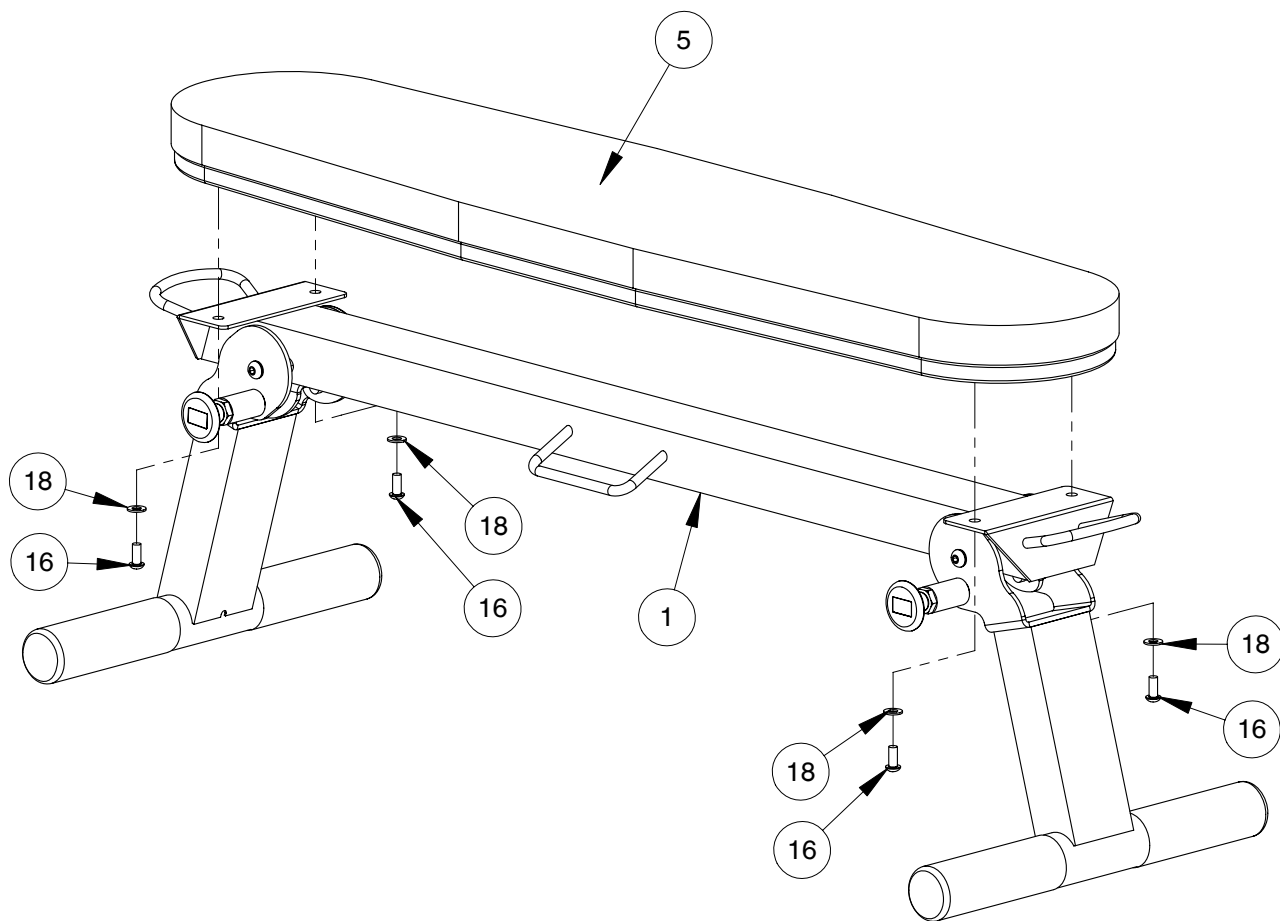
NOTE:  
- WRENCH TIGHTEN HARDWARE (17) THEN  
LOOSEN NUT JUST ENOUGH FOR (2,3)  
TO PIVOT FREELY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



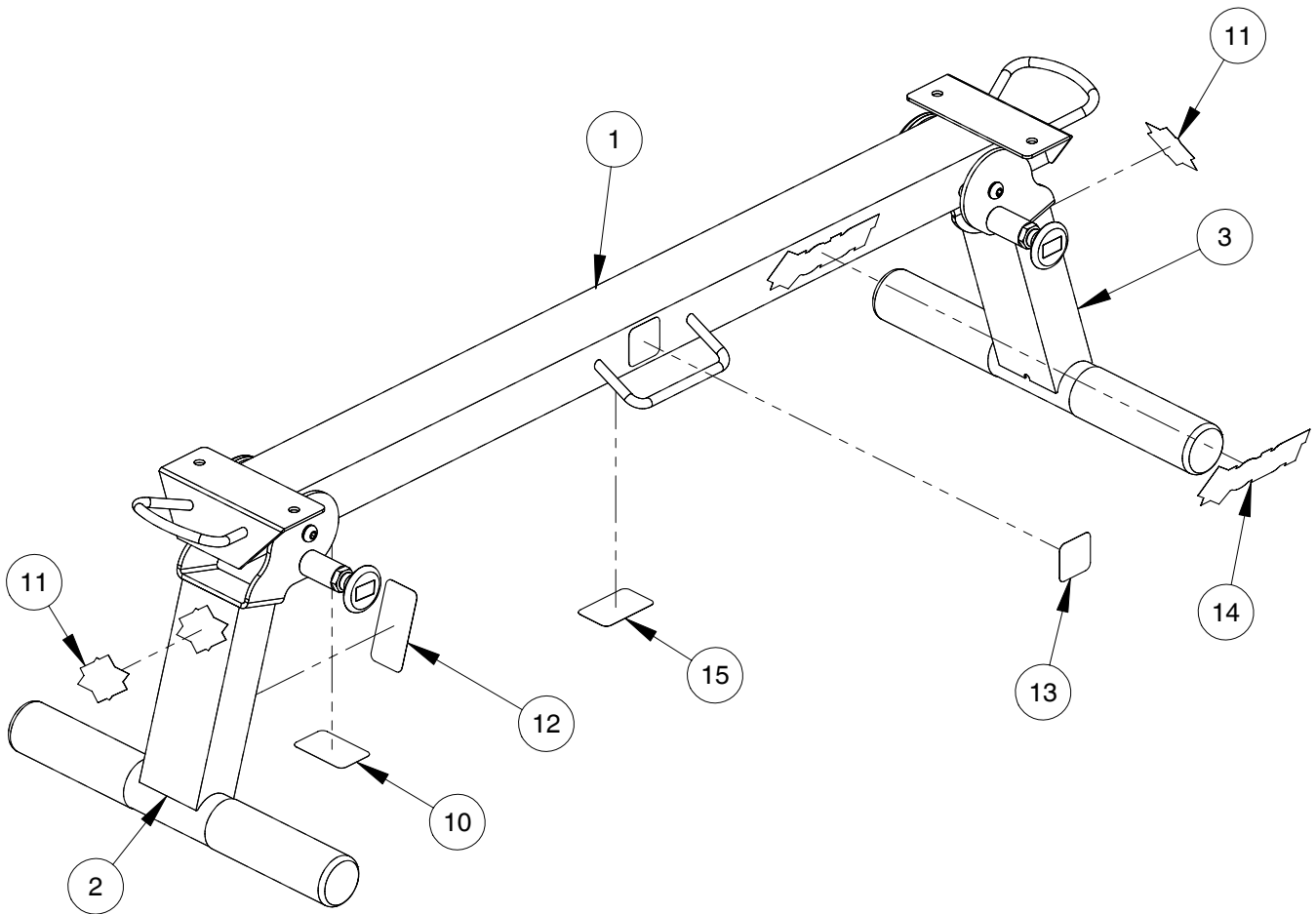
### \*IMPORTANT\*

NOW THAT THE HF4164 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR.

# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:  
- ALL DECALS ARE CENTERED  
UNLESS OTHERWISE STATED.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL REFERENCE



021-0003223



021-0003222



021-0003227



021-0003230



021-0003138



SERIAL # DECAL

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2801	MAIN FRAME ASSEMBLY	1
2	026-01X2803	LEG ASSEMBLY (LEFT)	1
3	026-01X2804	LEG ASSEMBLY (RIGHT)	1
4	026-01X0185	PULL-PIN ASSEMBLY	2
5	022-01PD2017-A	UPHOLSTERY PAD W/VINYL BACKING	1
6	016-0201022	END CAP $\phi$ 2.00" (BLACK)	4
7	019-0002002	CLOSED END GRIP $\phi$ 2.00"	4
8	026-01M1071	FLNG SPACER - .156" THICK FLNG	4
9	026-01PL2172	COVER - BLACK	2
10	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
11	021-0003222	DECAL "H" 1.81" X 2.50"	2
12	021-0003223	DECAL NOT FOR COMMERCIAL USE 1.63" X 3.25" (VERTICAL)	1
13	021-0003227	500 LB. WEIGHT RATING DECAL (1.625" X 1.625")	1
14	021-0003230	DECAL HOIST 1.63" X 5.93"	1
15	021-0003138	DECAL PINCH POINT 1.63" X 2.63" (HORIZONTAL)	1
16	011-0101080	5/16"-18UNC X .75" BHCS (WZ)	4
17	011-0101109	3/8"-16UNC X 4.25" BHCS (WZ)	2
18	013-0302008	5/16" USS FLAT WASHER (WZ)	4
19	013-0102027	CUSTOM WASHER OD .631", ID .406" (WZ)	4
20	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)	2

# OWNER'S MANUAL

## ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

## **MAINTENANCE SCHEDULE**

<b>ROUTINE</b>	<b>SCHEDULE</b>	<b>PROCEEDURE</b>
Inspect; Pull Pins	Weekly	<ul style="list-style-type: none"><li>• Check for signs of visible wear or damage.</li><li>• Check springs for proper tension and alignment. If the spring sticks or has lost its rigidity (tension), replace it immediately</li></ul>
Inspect; Upholstery	Daily	<ul style="list-style-type: none"><li>• All pads should be wiped down after every workout, periodically use a damp cloth and mild soap to clean.</li><li>• Replace immediately if ripped or worn.</li></ul>
Inspect; Nuts and Bolts	3 Months	<ul style="list-style-type: none"><li>• Inspect and tighten if loose.</li><li>• Go through complete re-tightening sequence periodically to ensure that all hardware is properly tensioned.</li></ul>
Inspect; Anti Skid Surface	3 Months	<ul style="list-style-type: none"><li>• These surfaces are designed to supply secure gripping and footing. Replace if they appear worn and become slippery.</li></ul>

## **WEIGHT TRAINING TIPS**

Always consult you 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.

Warm up before engaging in weight resistance training.

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

Know you 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. Never hold your breath.

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **LIMITED LIFETIME WARRANTY**

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

**WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.**

**To complete Warranty Registration visit:**  
**[www.HOISTFITNESS.com](http://www.HOISTFITNESS.com)**  
**and click on the Warranty Registration link**

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

**COMMERCIAL USE:** All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

**HOME USE:** All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

### **PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.**

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

### **WHAT IS NOT COVERED BY THIS WARRANTY**

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**NO CONSEQUENTIAL DAMAGES.** Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**WARRANTY IS NOT TRANSFERABLE.** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**