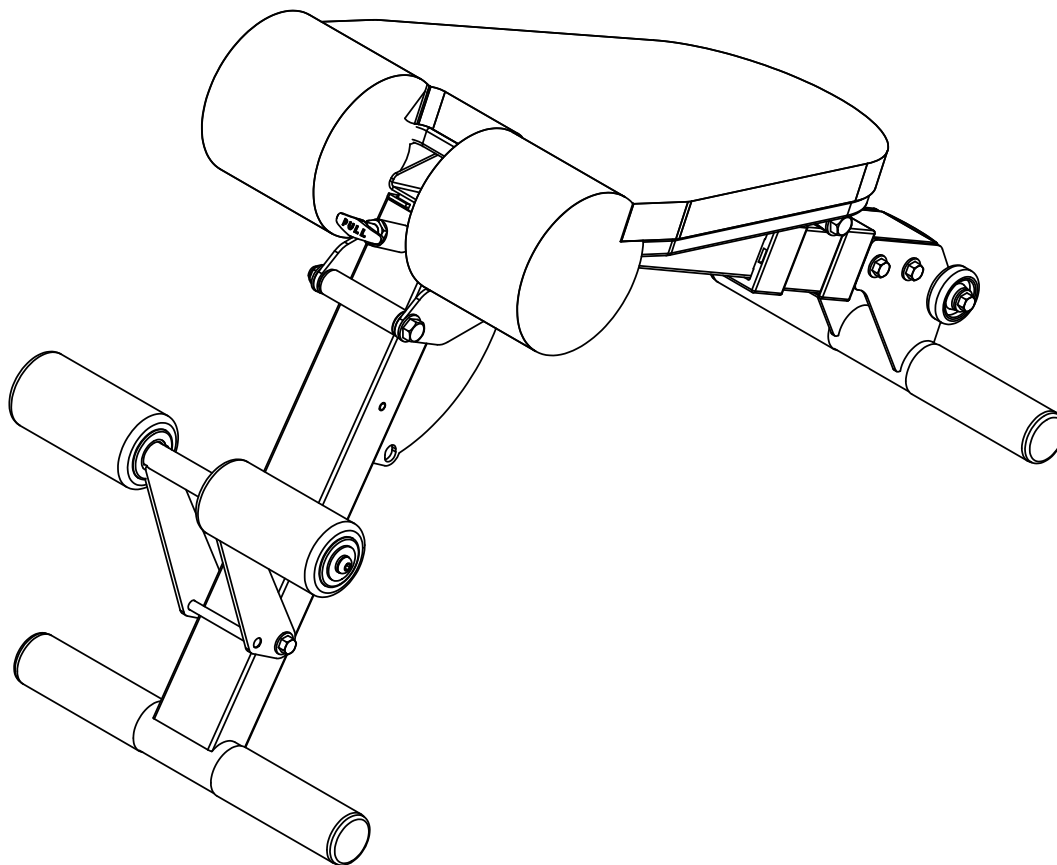


OWNERS MANUAL

HOLIST

HF4263

ADJUSTABLE AB / BACK HYPER BENCH



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

OWNERS MANUAL

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OWNERS 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.

TOOLS REQUIRED

Socket Wrench

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

Crescent Wrench

Rubber Mallet

Tape Measure

Level

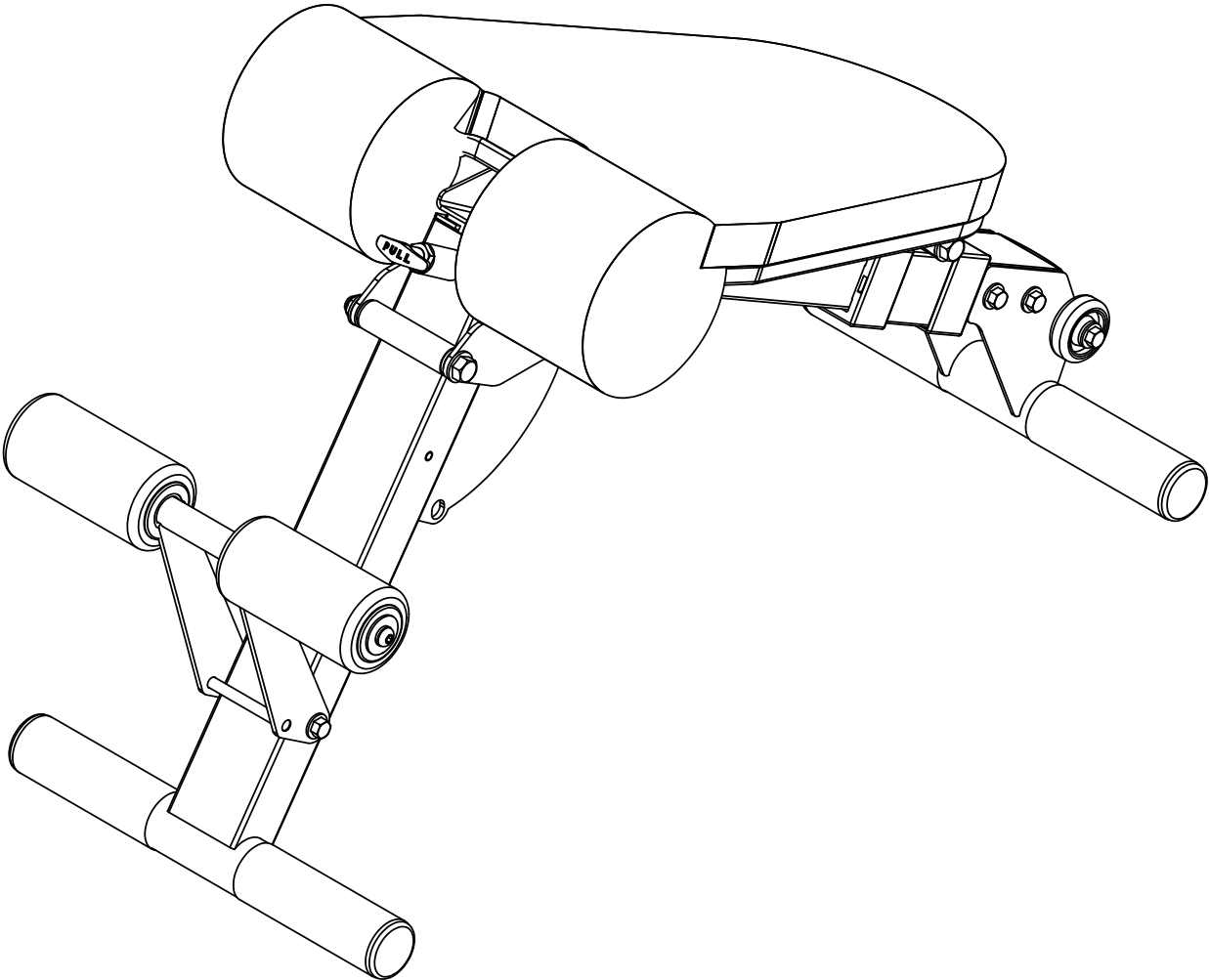
Allen Wrench Set

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OWNERS MANUAL

FRAME ASSEMBLY



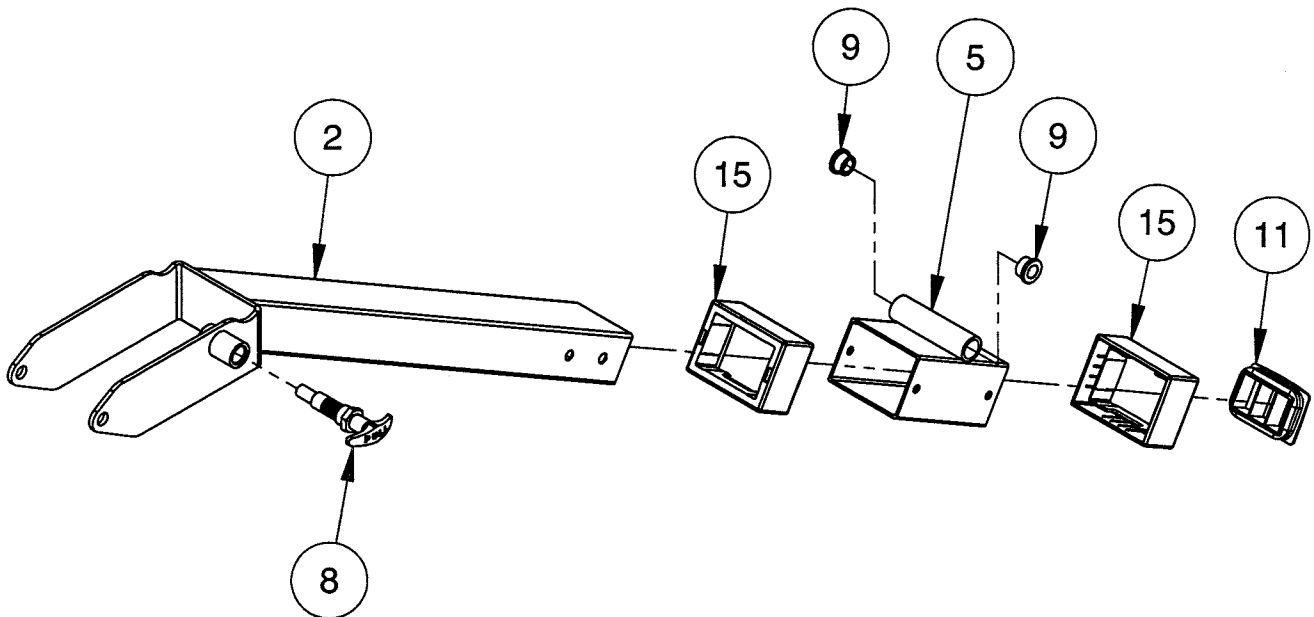
OWNERS MANUAL

FRAME ASSEMBLY STEP 1

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2282	MAIN TUBE ASSEMBLY
5	026-01X2285	SEAT SLIDE ASSEMBLY
8	026-01X0185	PULL-PIN ASSEMBLY
9	014-0101002	OILITE FLANGED
11	016-0201034	END CAP-R 2.00" X 3.00" (BLACK)
15	026-01PL0257	PLASTIC GUIDE SLEEVE

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NOTE:
- WRENCH TIGHTEN CAP.



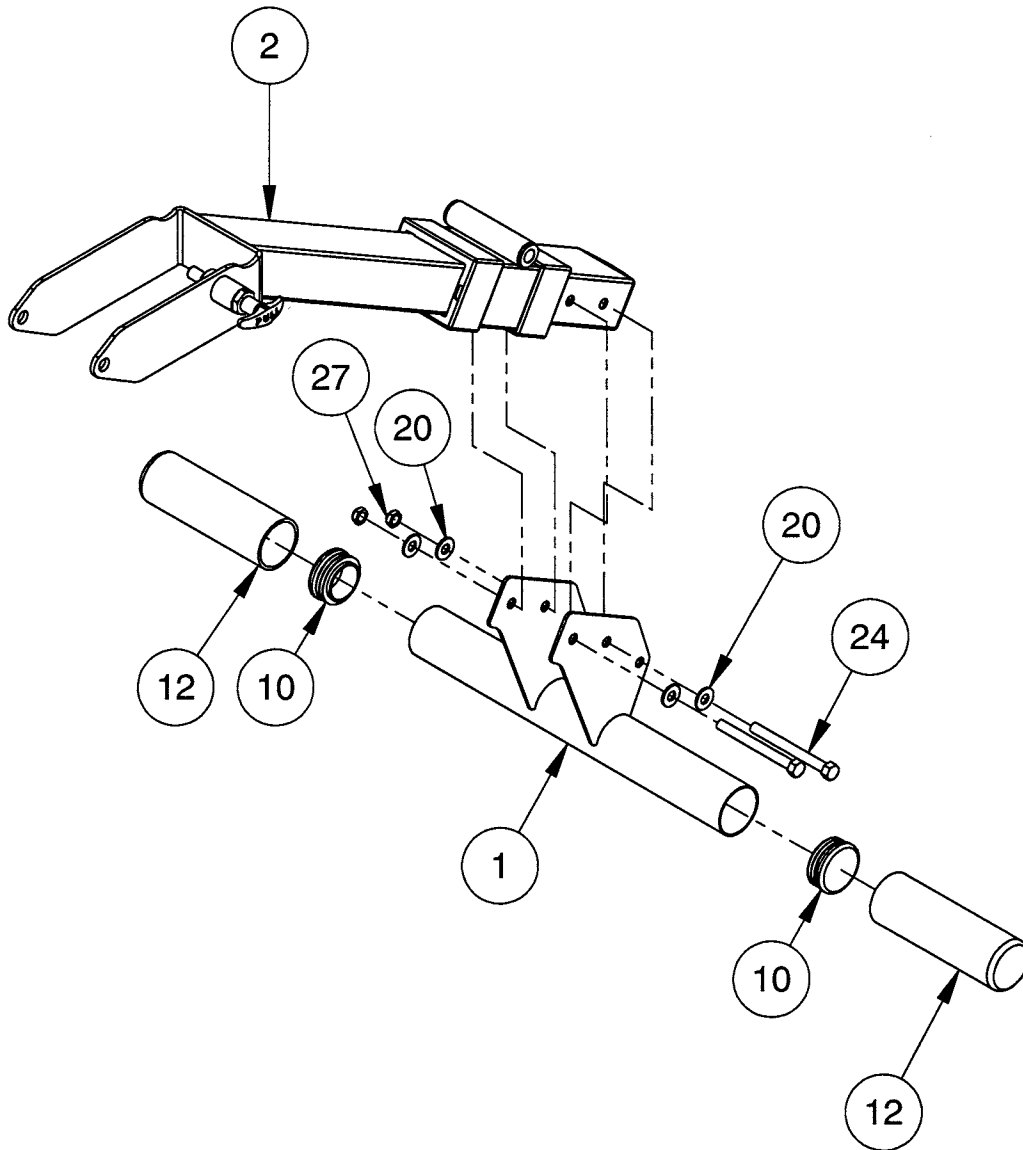
OWNERS MANUAL

FRAME ASSEMBLY STEP 2

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2284	REAR FOOT ASSEMBLY
2	026-01X2282	MAIN TUBE ASSEMBLY
10	016-0201022	END CAP ϕ 2.00" (BLACK)
12	019-0002002	CLOSED END GRIP ϕ 2.00"
20	013-0402007	3/8" X 22mm FLAT WASHER (WZ)
24	011-0407018	3/8"-16UNC X 3.75" HHB (WZ)
27	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)

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NOTE:
- HAND TIGHTEN BOLTS.



OWNERS MANUAL

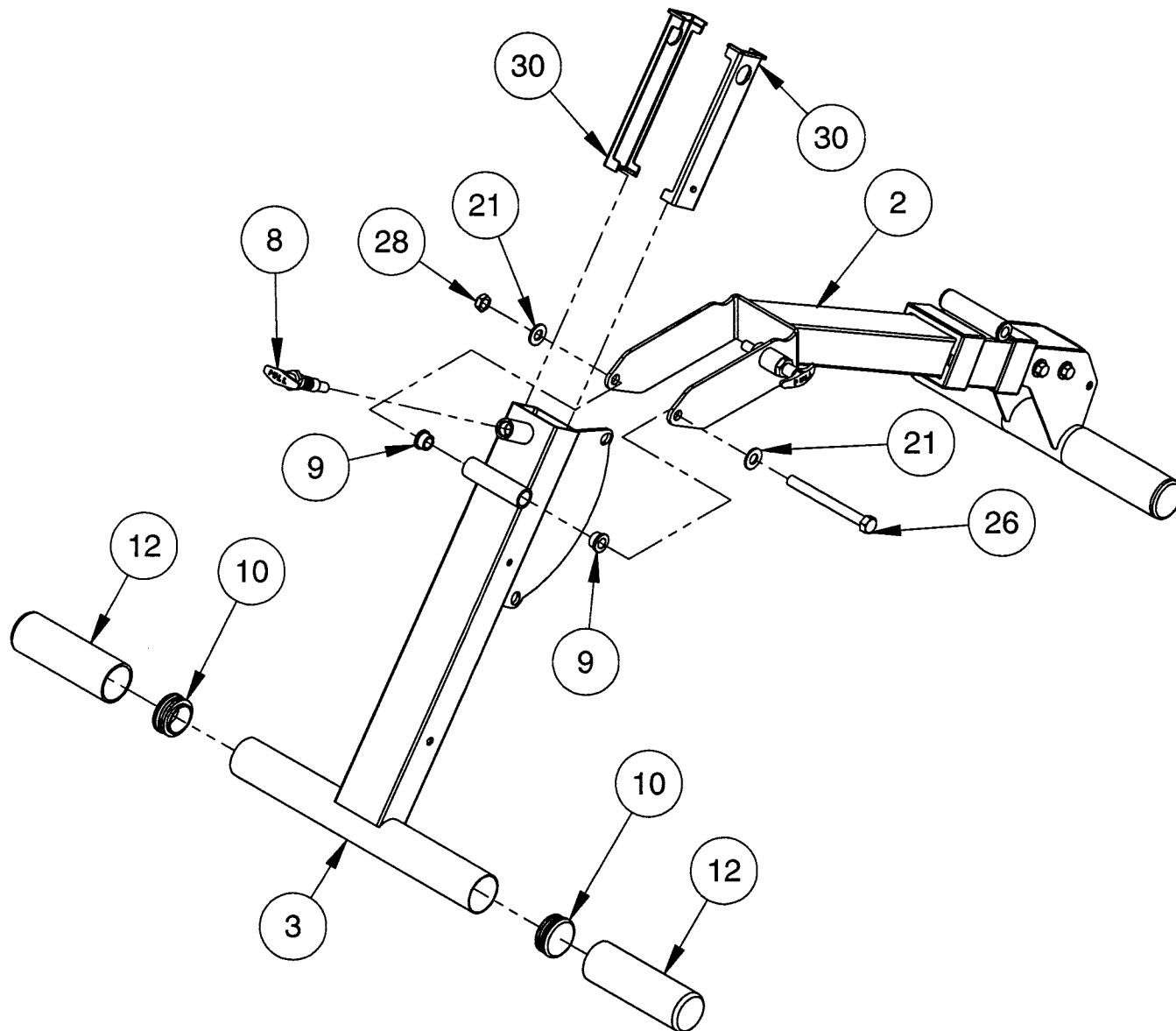
FRAME ASSEMBLY STEP 3

ITEM NO.	PART NUMBER	DESCRIPTION
2	026-01X2282	MAIN TUBE ASSEMBLY
3	026-01X2383	FRONT FOOT ASSEMBLY
8	026-01X0185	PULL-PIN ASSEMBLY
9	014-0101002	OILITE FLANGED
10	016-0201022	END CAP ϕ 2.00" (BLACK)
12	019-0002002	CLOSED END GRIP ϕ 2.00"
21	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
26	011-0407024	1/2"-13UNC X 5.00" HHB (WZ)
28	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)
30	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE

OWNERS MANUAL

NOTE:

- WRENCH TIGHTEN CAP.
- WRENCH TIGHTEN BOLT (26) THEN LOOSEN NUT JUST ENOUGH FOR (3) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL BOLTS FROM PREVIOUS STEPS.

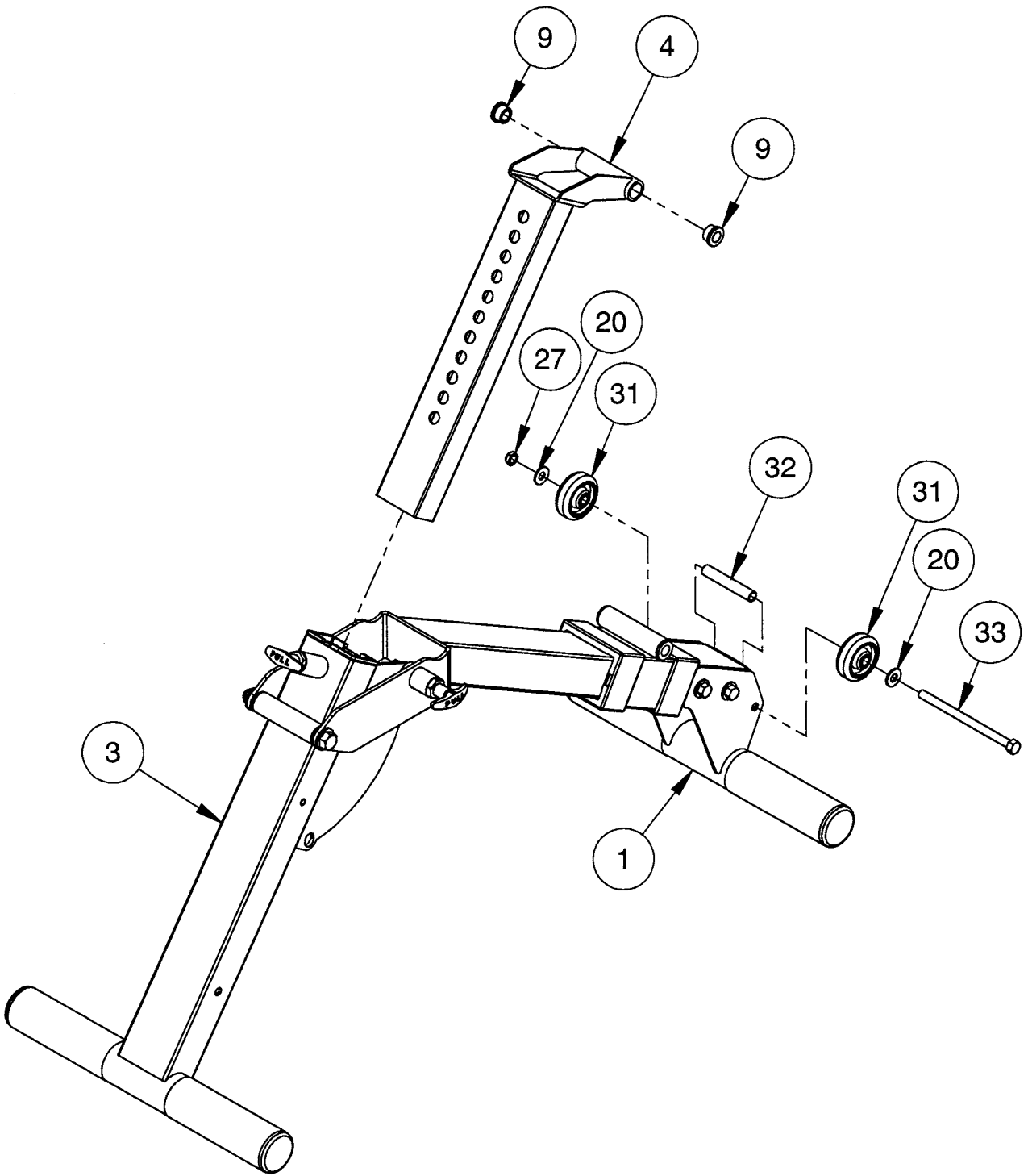


OWNERS MANUAL

FRAME ASSEMBLY STEP 4

ITEM NO.	PART NUMBER	DESCRIPTION
1	026-01X2284	REAR FOOT ASSEMBLY
3	026-01X2383	FRONT FOOT ASSEMBLY
4	026-01X2385	ADJUSTER ASSEMBLY
9	014-0101002	OILITE FLANGED
20	013-0402007	3/8" X 22mm FLAT WASHER (WZ)
27	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
31	020-0014031	WHEEL ϕ 2 3/16"
32	026-01PL2134	SPACER 3.00" LG.
33	011-0007061	3/8"-16UNC X 5.75" HHB (WZ)

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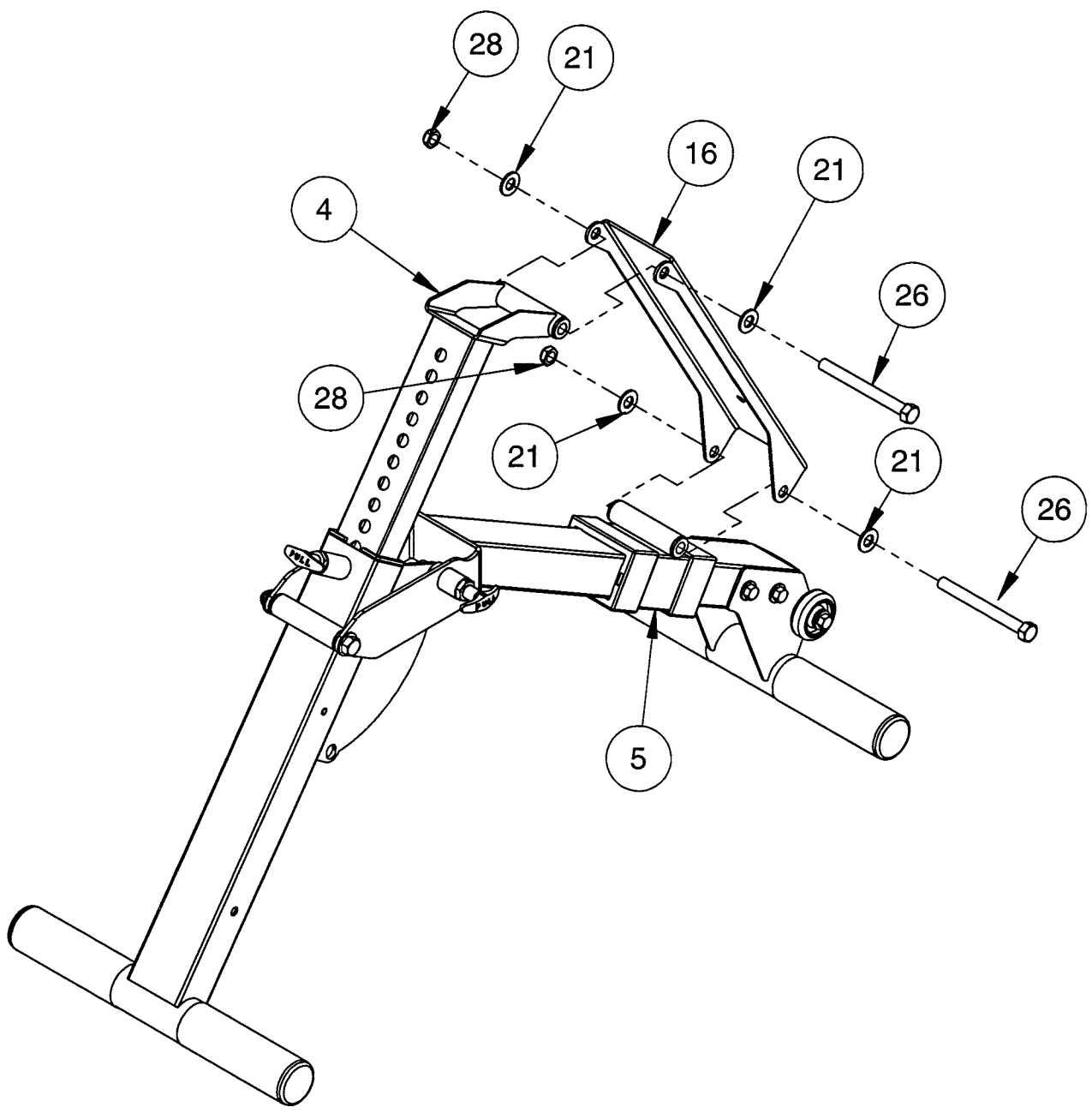
OWNERS MANUAL

FRAME ASSEMBLY STEP 5

ITEM NO.	PART NUMBER	DESCRIPTION
4	026-01X2385	ADJUSTER ASSEMBLY
5	026-01X2285	SEAT SLIDE ASSEMBLY
16	026-01P2340	SEAT PAD MOUNT
21	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)
26	011-0407024	1/2"-13UNC X 5.00" HHB (WZ)
28	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLTS (26)
THEN LOOSEN NUTS JUST ENOUGH
FOR (16) TO PIVOT FREELY.



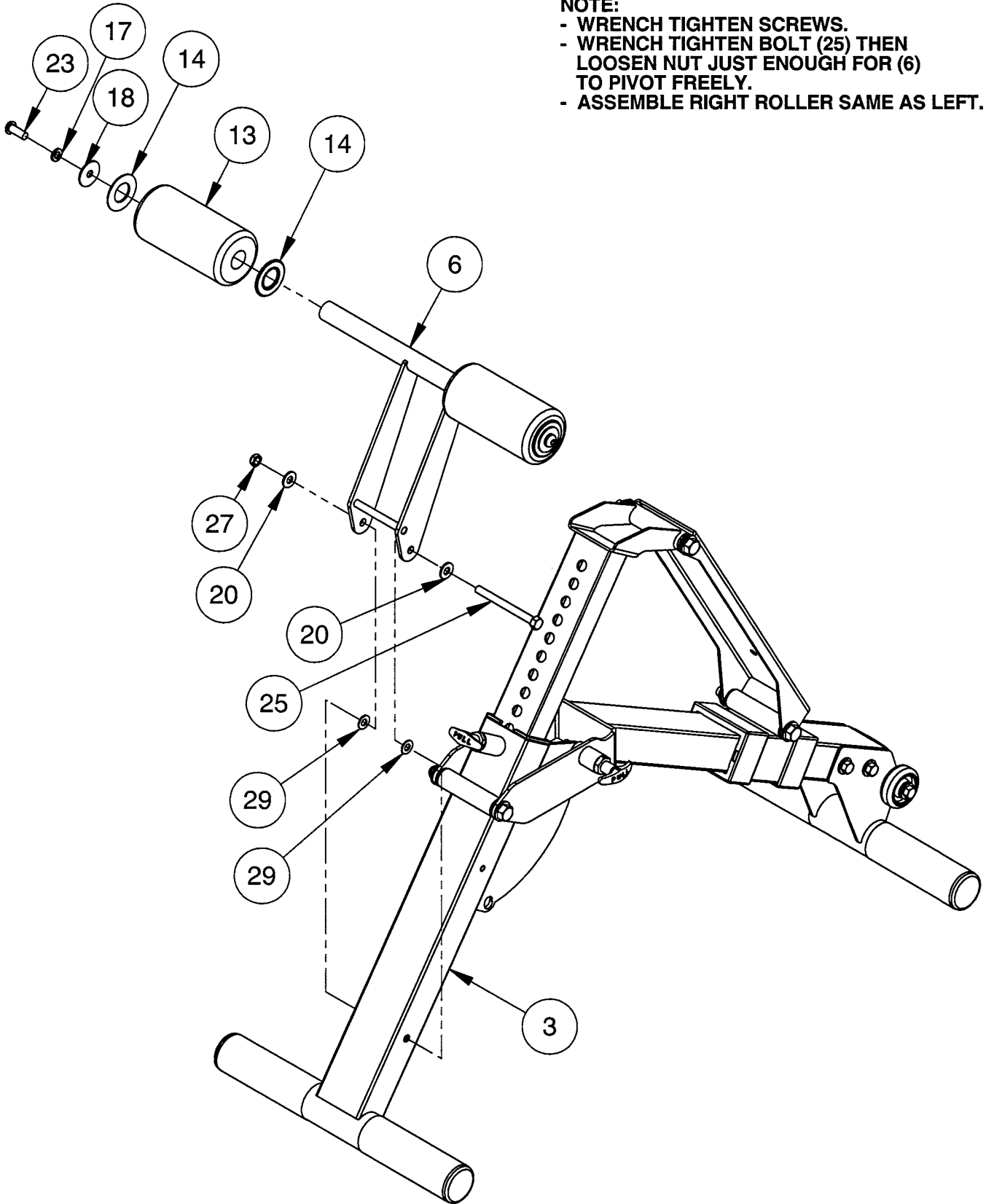
OWNERS MANUAL

FRAME ASSEMBLY STEP 6

ITEM NO.	PART NUMBER	DESCRIPTION
3	026-01X2383	FRONT FOOT ASSEMBLY
6	026-01X2386	ROLLER PAD ANKLE ASSEMBLY
13	022-01PDR012	ROLLER PAD ϕ 3.00" X 6.00" LG.
14	026-01PL2009	PLASTIC WASHER 2.00" O.D. X 1.062" I.D.
17	013-0102020	3/8" SPLIT LOCK WASHER (WZ)
18	013-0303007	3/8" FENDER WASHER (WZ)
20	013-0402007	3/8" X 22mm FLAT WASHER (WZ)
23	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)
25	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)
27	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)
29	013-0903007	3/8" PLASTIC WASHER O.D. 3/4" X .062" THICK

OWNERS MANUAL

- NOTE:**
- WRENCH TIGHTEN SCREWS.
 - WRENCH TIGHTEN BOLT (25) THEN LOOSEN NUT JUST ENOUGH FOR (6) TO PIVOT FREELY.
 - ASSEMBLE RIGHT ROLLER SAME AS LEFT.



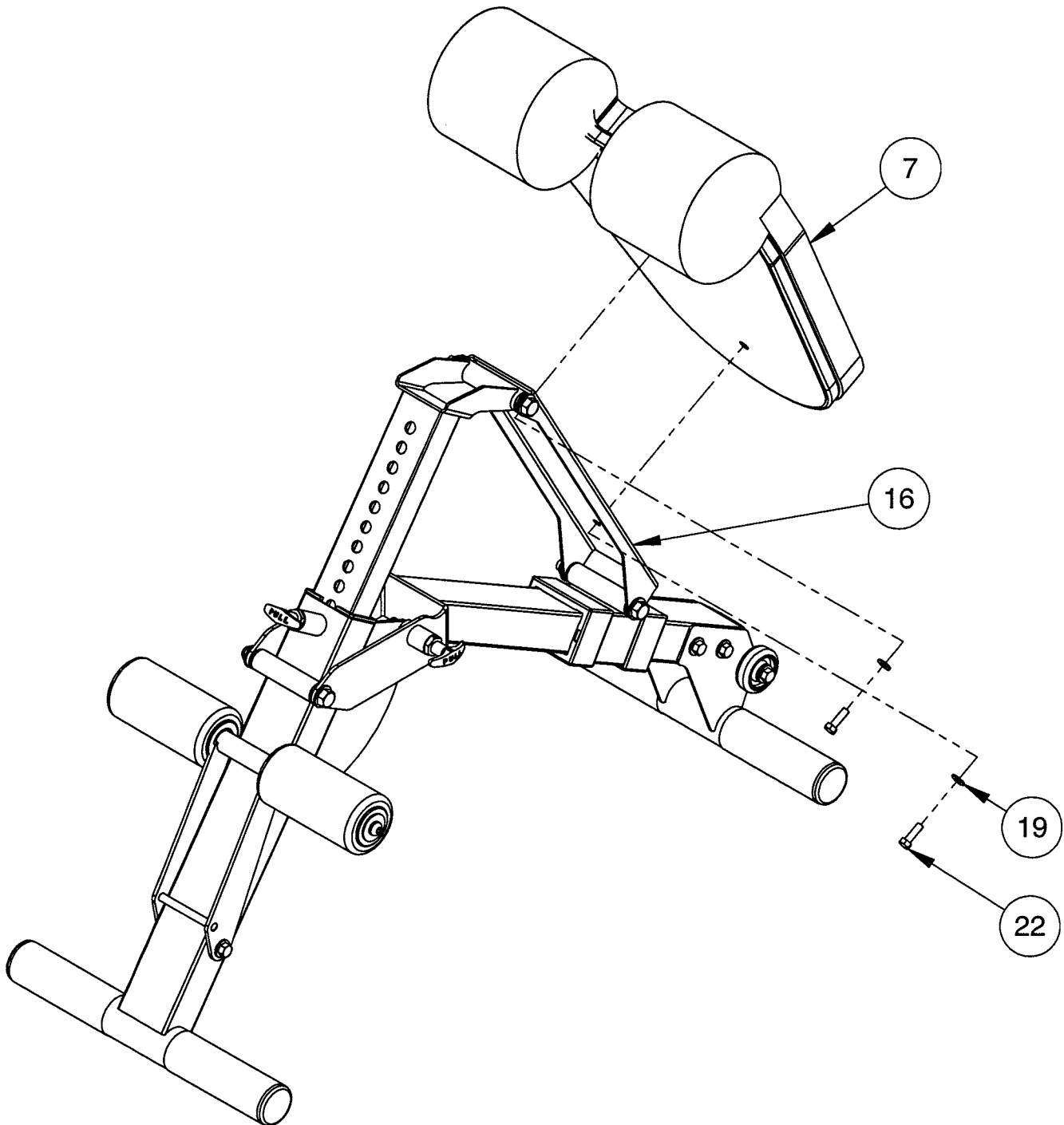
OWNERS MANUAL

FRAME ASSEMBLY STEP 7

ITEM NO.	PART NUMBER	DESCRIPTION
7	022-01PD2047-A	UPHOLSTERY W/BACKING
16	026-01P2340	SEAT PAD MOUNT
19	013-0302008	5/16" USS FLAT WASHER (WZ)
22	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)

OWNERS MANUAL

NOTE:
- WRENCH TIGHTEN BOLTS.

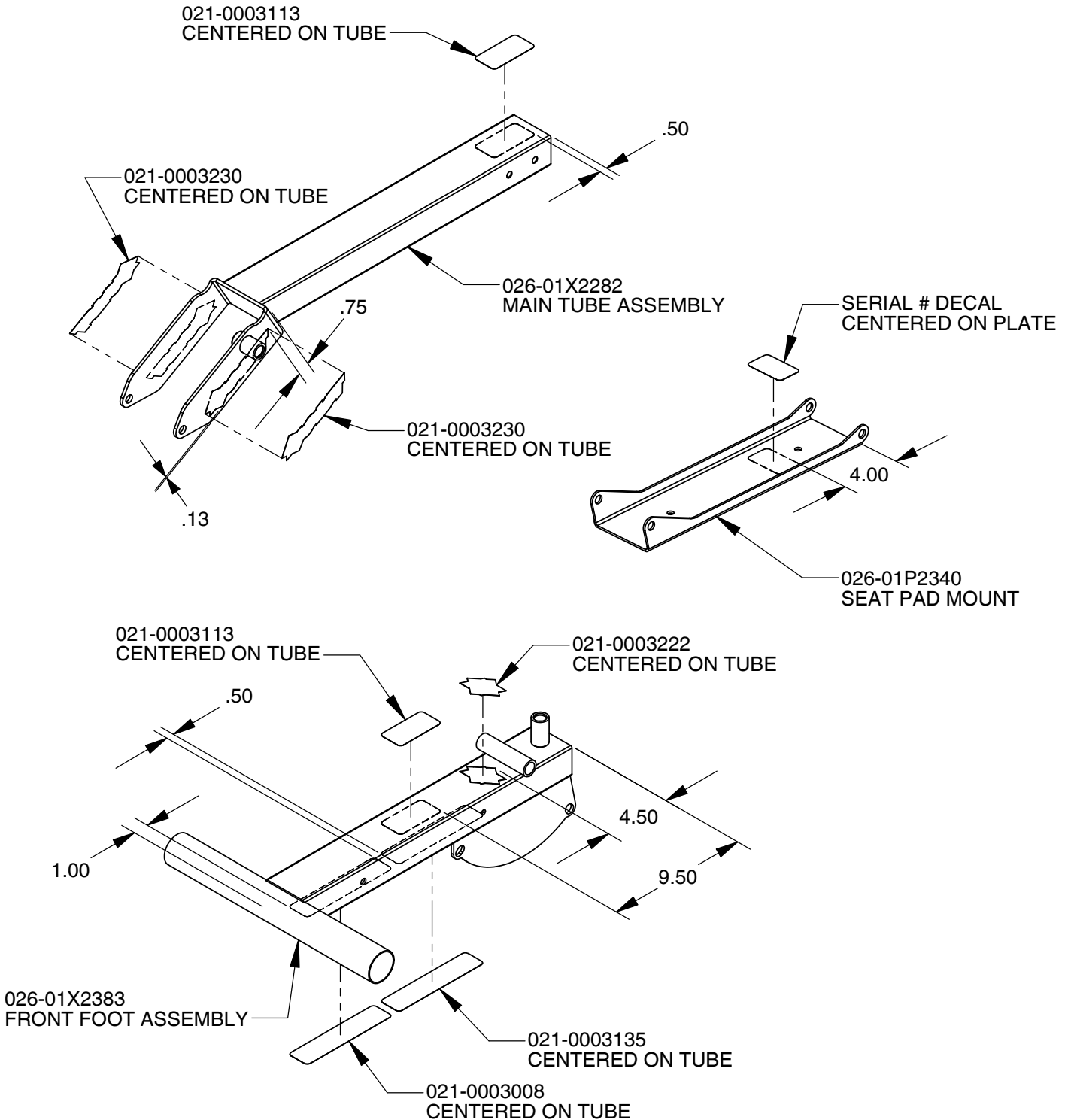


IMPORTANT

NOW THAT THE HF4263 UNIT IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR.

OWNERS MANUAL

DECAL PLACEMENT



OWNERS MANUAL

DECAL REFERENCE



1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-000000



SERIAL # DECAL



021-0003222



021-0003113

! 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 DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135

NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months ⁹	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 (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X		
Clean & Wax; All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts.					X

021-0003008



021-0003230

OWNERS MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2284	REAR FOOT ASSEMBLY	1
2	026-01X2282	MAIN TUBE ASSEMBLY	1
3	026-01X2383	FRONT FOOT ASSEMBLY	1
4	026-01X2385	ADJUSTER ASSEMBLY	1
5	026-01X2285	SEAT SLIDE ASSEMBLY	1
6	026-01X2386	ROLLER PAD ANKLE ASSEMBLY	1
7	022-01PD2047-A	UPHOLSTERY W/BACKING	1
8	026-01X0185	PULL-PIN ASSEMBLY	2
9	014-0101002	OILITE FLANGED	6
10	016-0201022	END CAP ϕ 2.00" (BLACK)	4
11	016-0201034	END CAP-R 2.00" X 3.00" (BLACK)	1
12	019-0002002	CLOSED END GRIP ϕ 2.00"	4
13	022-01PDR012	ROLLER PAD ϕ 3.00" X 6.00" LG.	2
14	026-01PL2009	PLASTIC WASHER 2.00" O.D. X 1.062" I.D.	4
15	026-01PL0257	PLASTIC GUIDE SLEEVE	2
16	026-01P2340	SEAT PAD MOUNT	1
17	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	2
18	013-0303007	3/8" FENDER WASHER (WZ)	2
19	013-0302008	5/16" USS FLAT WASHER (WZ)	2
20	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	8
21	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	6
22	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	2
23	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	2
24	011-0407018	3/8"-16UNC X 3.75" HHB (WZ)	2
25	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)	1
26	011-0407024	1/2"-13UNC X 5.00" HHB (WZ)	3
27	012-0104008	3/8"-16UNC THIN NYLOCK NUT (WZ)	4
28	012-0304011	1/2"-13UNC THIN NYLOCK NUT (WZ)	3
29	013-0903007	3/8" PLASTIC WASHER O.D. 3/4" X .062" THICK	2
30	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
31	020-0014031	WHEEL ϕ 2 3/16"	2
32	026-01PL2134	SPACER 3.00" LG.	1
33	011-0007061	3/8"-16UNC X 5.75" HHB (WZ)	1

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

HHB = Hex Head Bolt

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.

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 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. Never hold your breath.

MAINTENANCE SCHEDULE

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

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.

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
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