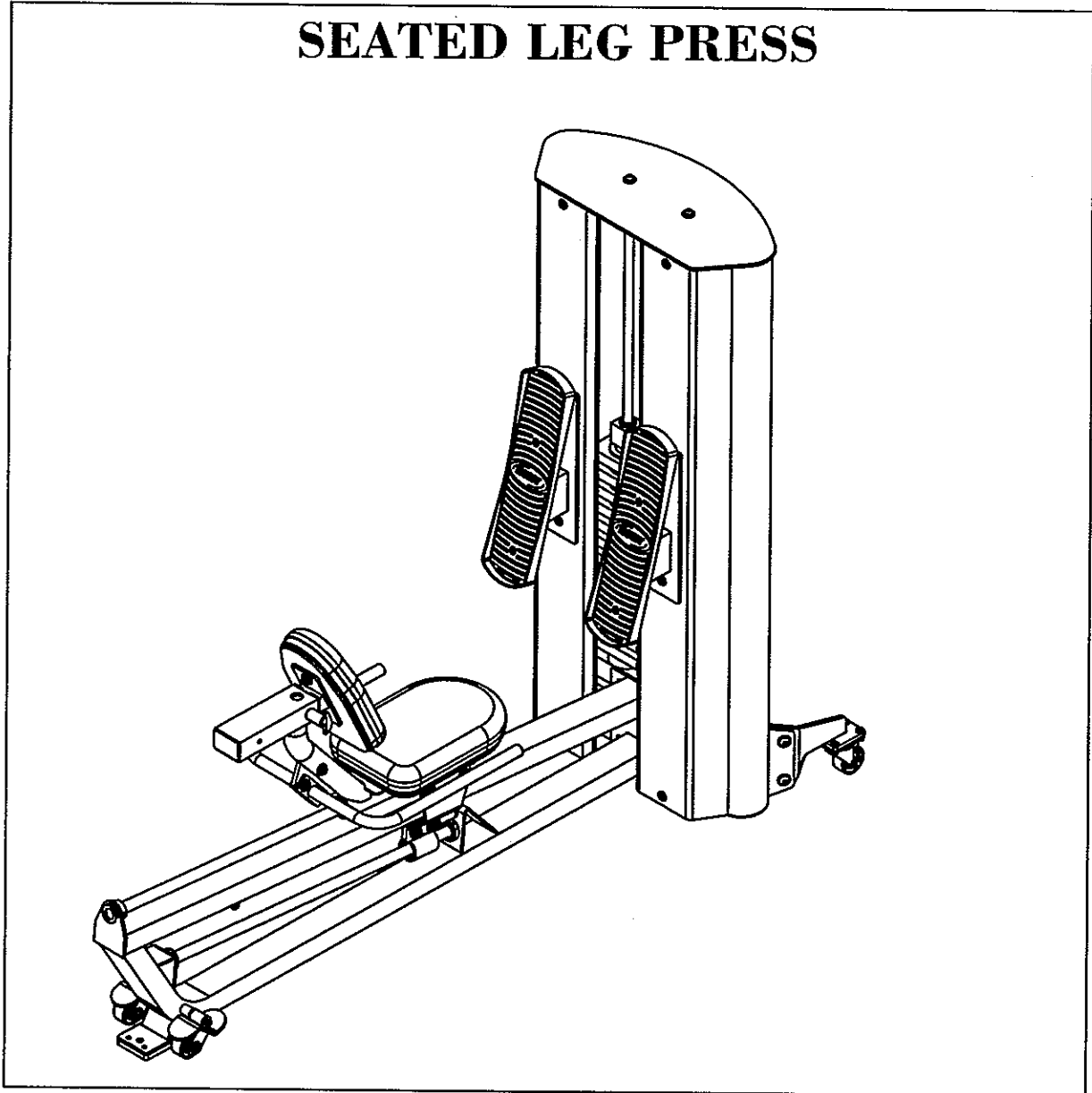


# OWNERS MANUAL



**KL2410**

## SEATED LEG PRESS



**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**

**JANUARY, 2003**

# OWNERS MANUAL

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# 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

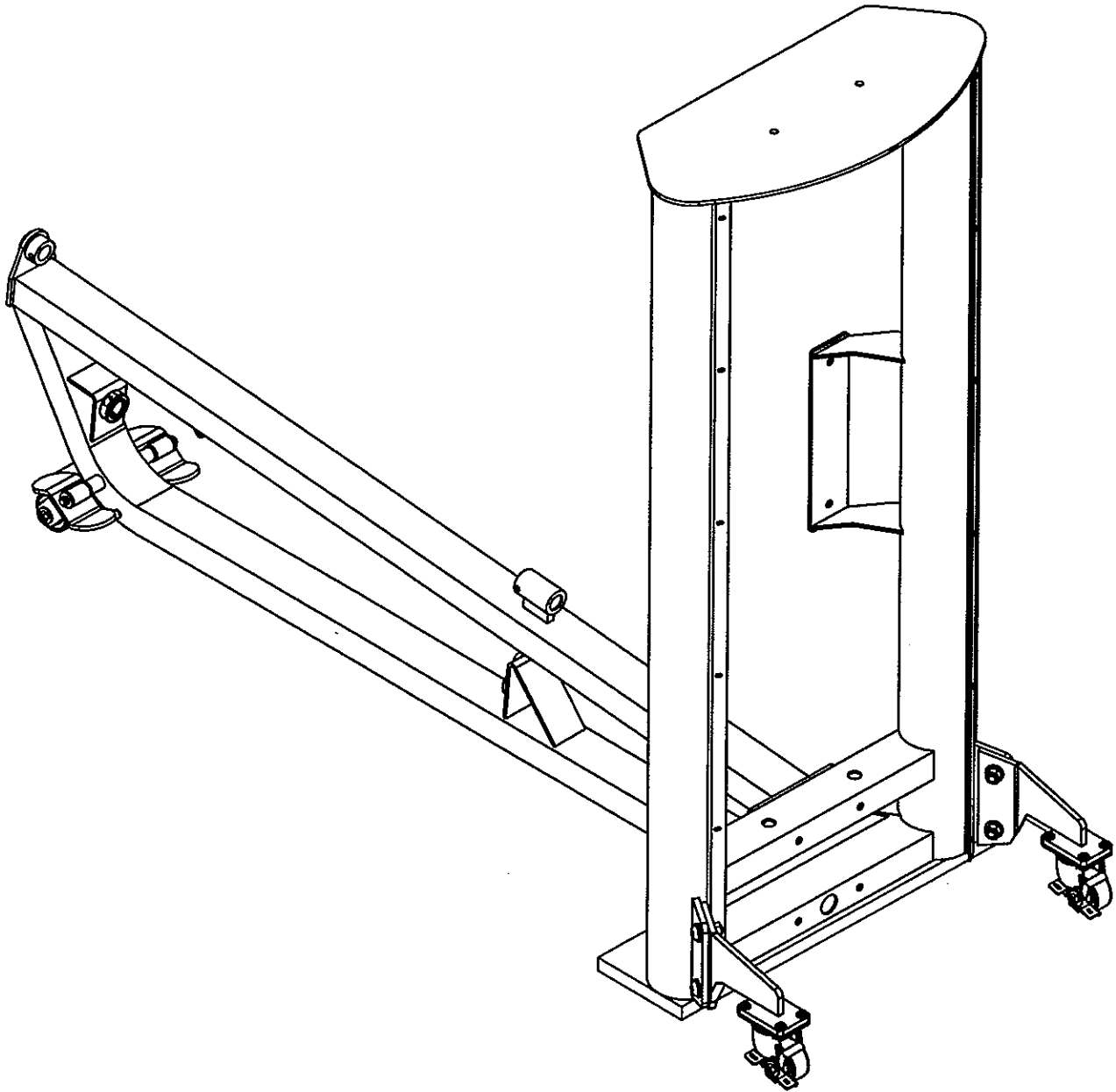
Snap Ring Pliers

Rubber mallet

Tape Measure

# OWNERS MANUAL

## KL OPT-01 ASSEMBLY



# OWNERS MANUAL

## Step 2a

### KL OPT-01 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (14)'s to (7) and (8) wrench tighten. Now attach (7) and (8) to (1). Wrench tighten bolts.

#### Part Descriptions

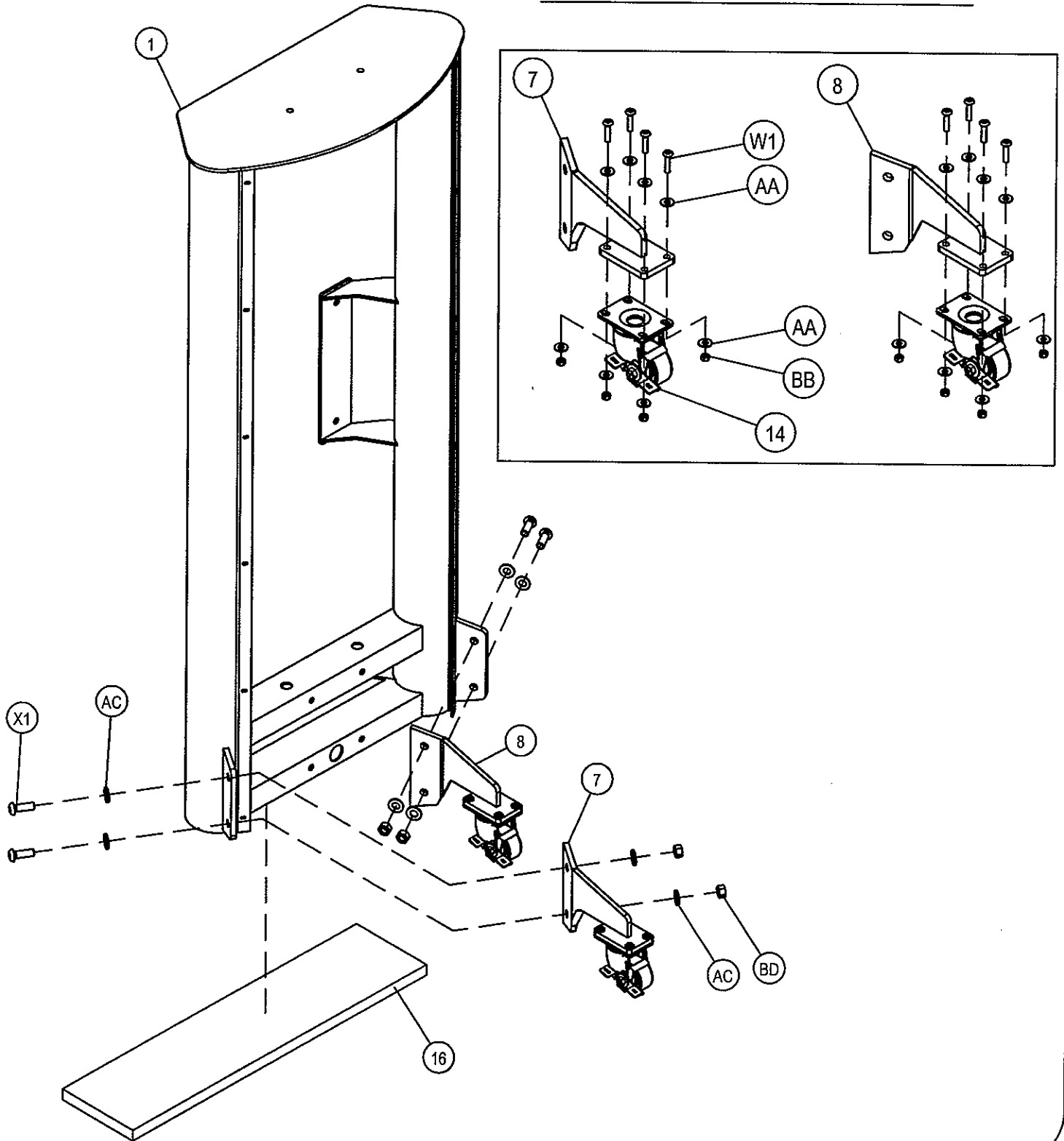
- 1 - Weight Cage Frame Assembly
- 7 - Right Leg Wheel Assembly
- 8 - Left Leg Wheel Assembly
- 14 - Swivel Wheel
- 16 - 0.75" x 7.00" x 25.00" Spacer

#### Hardware Descriptions

- W1 - 5/16"-18 x 7/8" BHB (WZ)
- X1 - 1/2"-13 x 1 1/4" BHB (WZ)
- AC - 1/2" SAE Flat Washer (WZ)
- AA - 5/16" SAE Flat Washer (WZ)
- BD - 1/2" Thin Lock Nut (WZ)
- BB - 5/16" Thin Lock Nut (WZ)

# OWNERS MANUAL

## KL OPT-01 ASSEMBLY



# OWNERS MANUAL

## Step 2b

### KL OPT-01 ASSEMBLY

Start assembly by sliding (11) into (51) and secure it with (41)'s. Now slide (10) into (51). Before sliding (13)'s and (9)'s onto (10) make sure (9)'s are correctly orientated shown like the diagram. Once (13)'s and (9)'s are slid onto both sides of (10) secure it with (41)'s. Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

#### Part Descriptions

- 9 - Wheel Assembly
- 10 - Wheel Axel (long)
- 11 - Wheel Axel (short)
- 13 - Ø0.516" I.D. Spacer
- 41 - Ø0.50" C-CLIP
- 51 - Main Frame Assembly

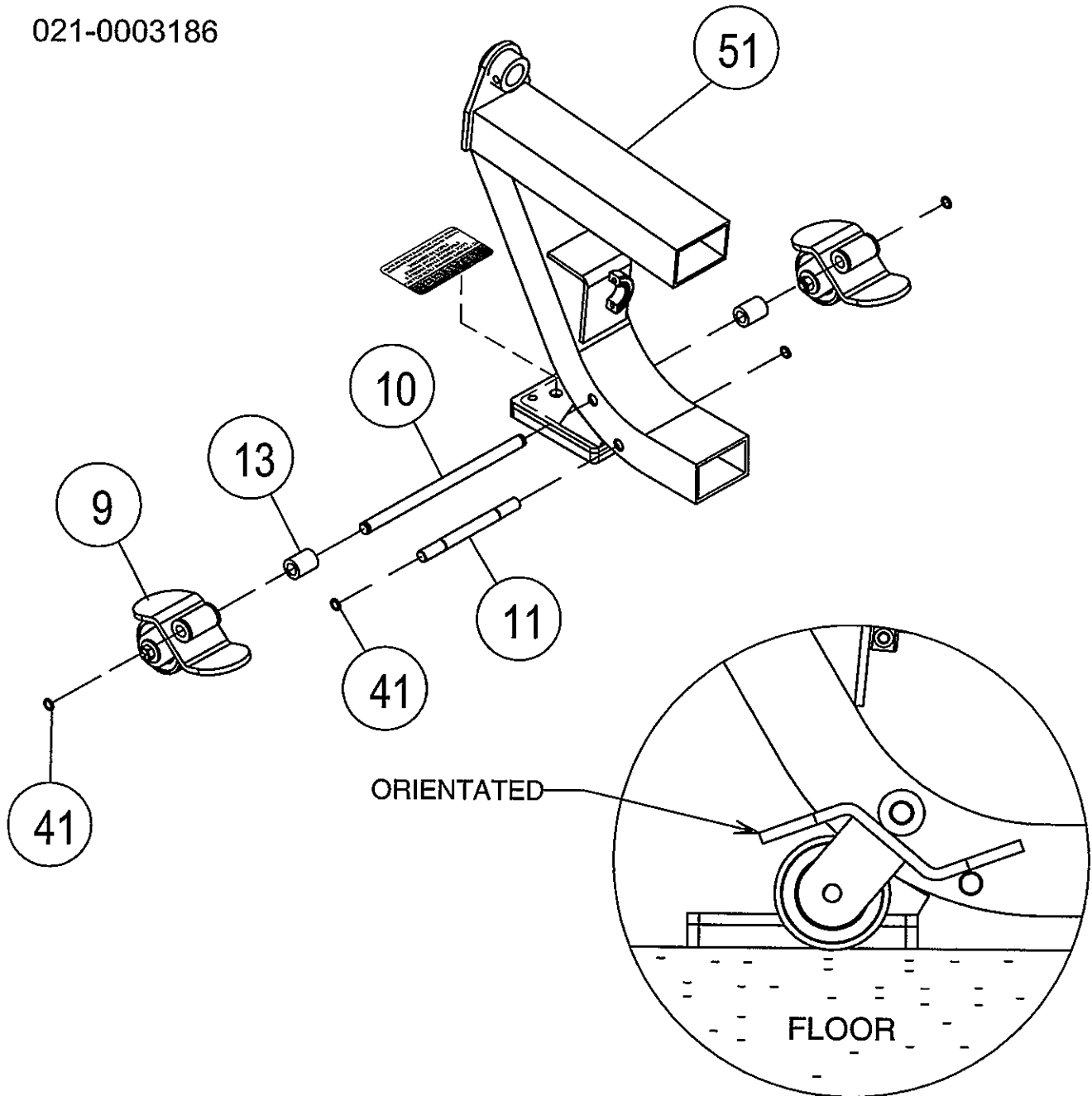
#### Hardware Descriptions

# OWNERS MANUAL

**⚠ DANGER**  
TO PREVENT MACHINE FROM ROLLING,  
LOCK WEIGHT STACK WHEELS &  
DISENGAGE FRONT WHEELS  
PRIOR TO EXERCISE.  
FAILURE TO PROPERLY OPERATE EQUIPMENT  
COULD RESULT IN SERIOUS INJURY OR DEATH.

Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

021-0003186



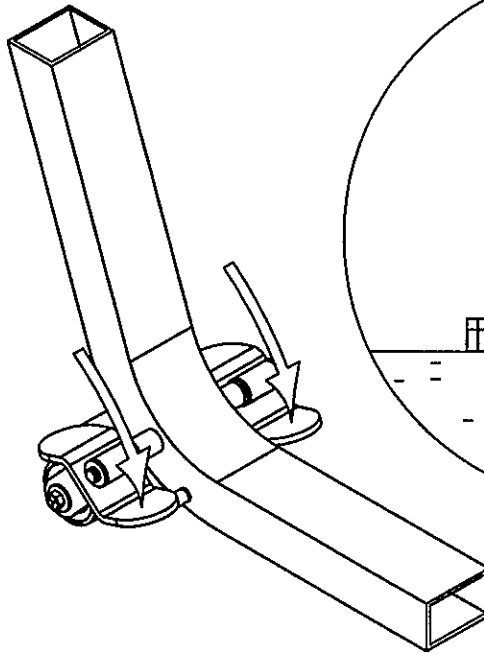
# OWNERS MANUAL

## KL OPT-01 OPERATION

### PARKED POSITION

To prevent machine from rolling, lock weight stack wheels prior to exercise.

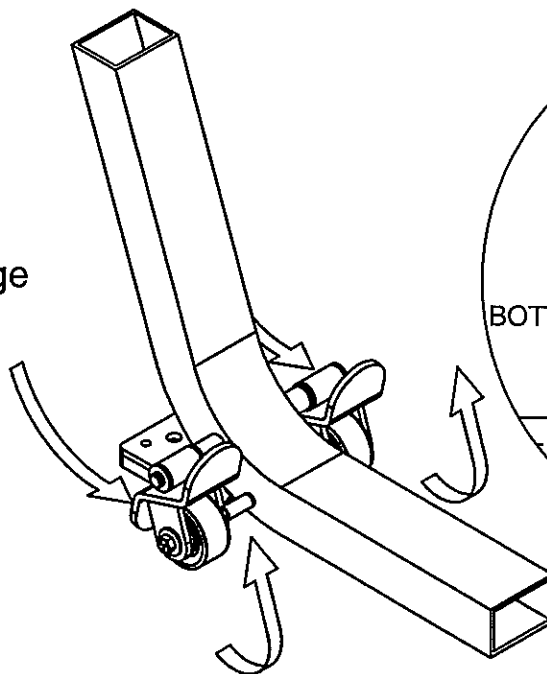
Using foot;  
Step down on top part of wheel rocker.



### MOVE POSITION

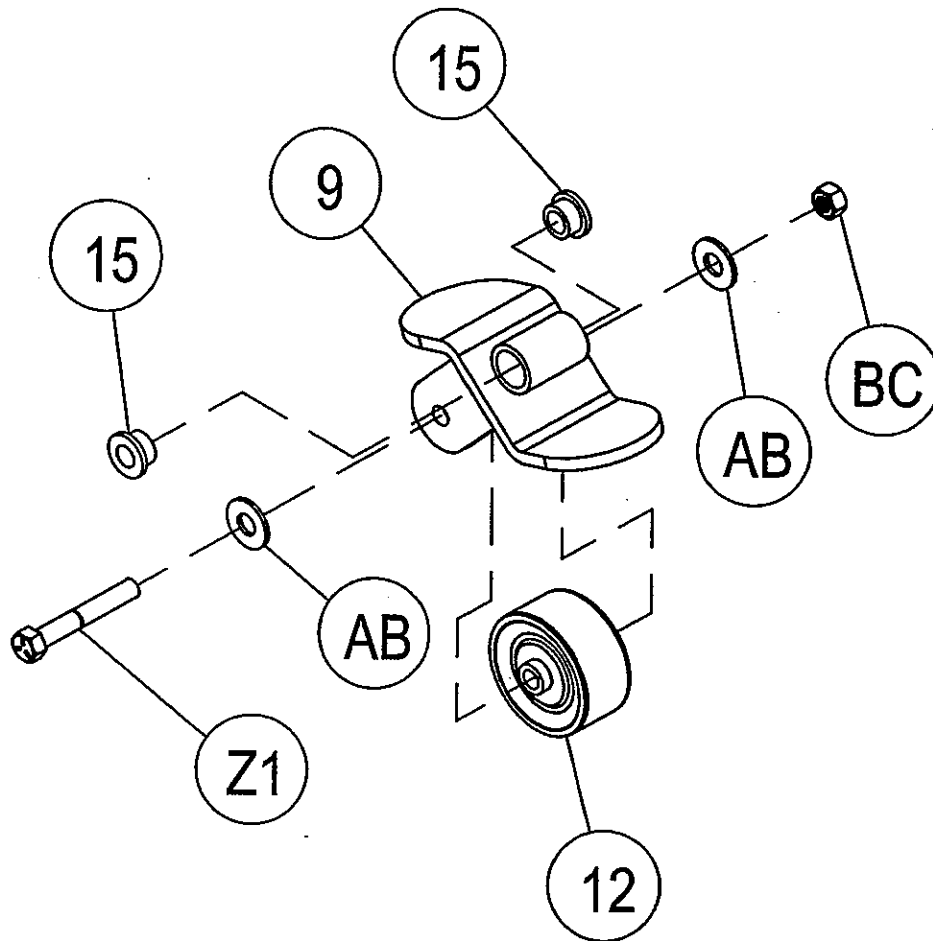
To move machine engage wheels.

Using foot;  
Step down on bottom part of wheel rocker.



# OWNERS MANUAL

## KL OP-01 PRE-ASSEMBLY



### Part Descriptions

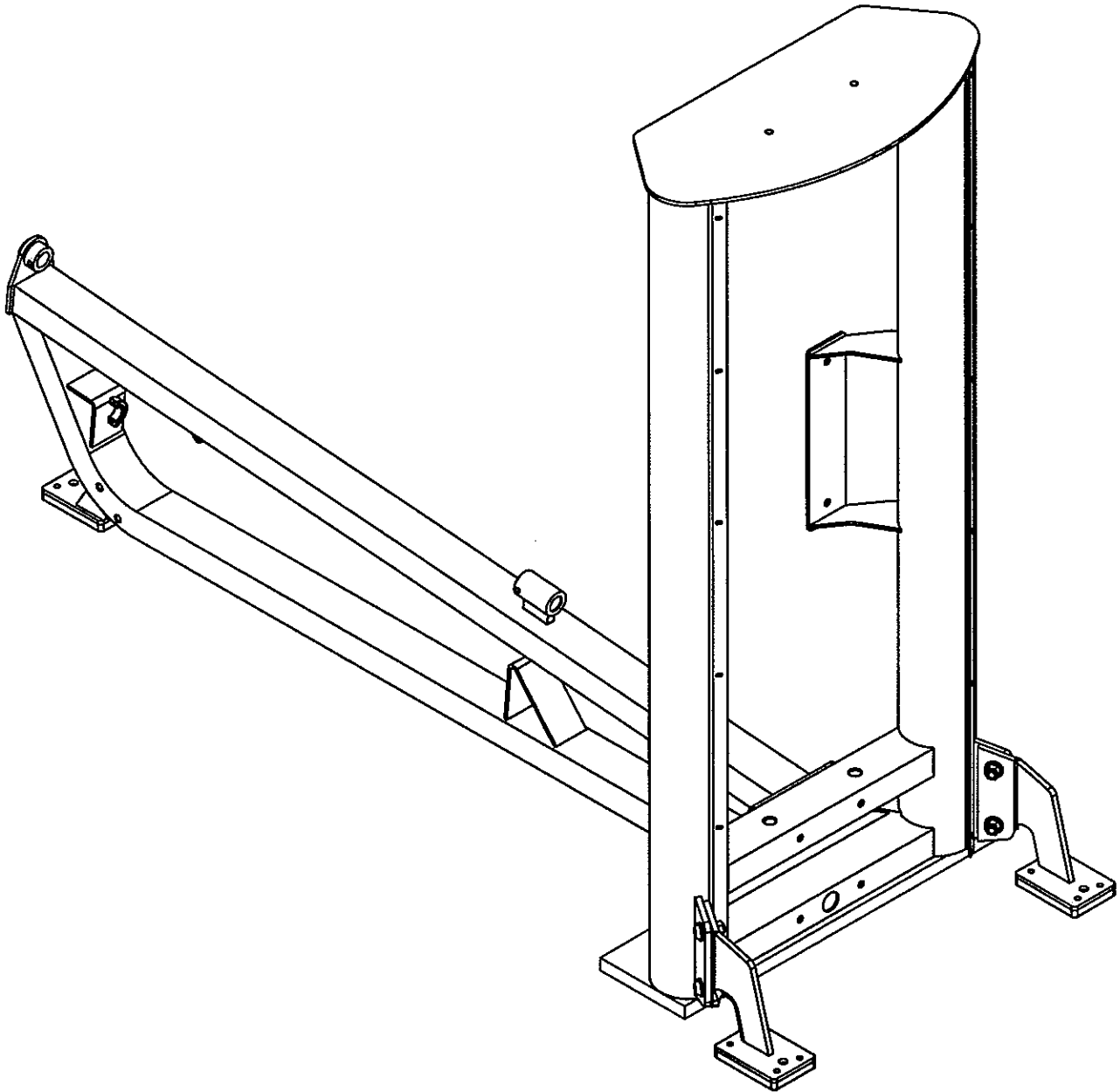
- 9 - Wheel Assembly
- 12 - Ø3.00" Polyurethan Wheel
- 15 - Ø0.50" I.D. Flange Oilite

### Hardware Descriptions

- Z1 - 3/8"-16 x 2 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)

# OWNERS MANUAL

## KL OPT-02 ASSEMBLY



# OWNERS MANUAL

## Step 2a

### KL OPT-02 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (CB)'s to (17) and (18) wrench tighten. Now attach (17) and (18) to (1). Wrench tighten bolts.

#### Part Descriptions

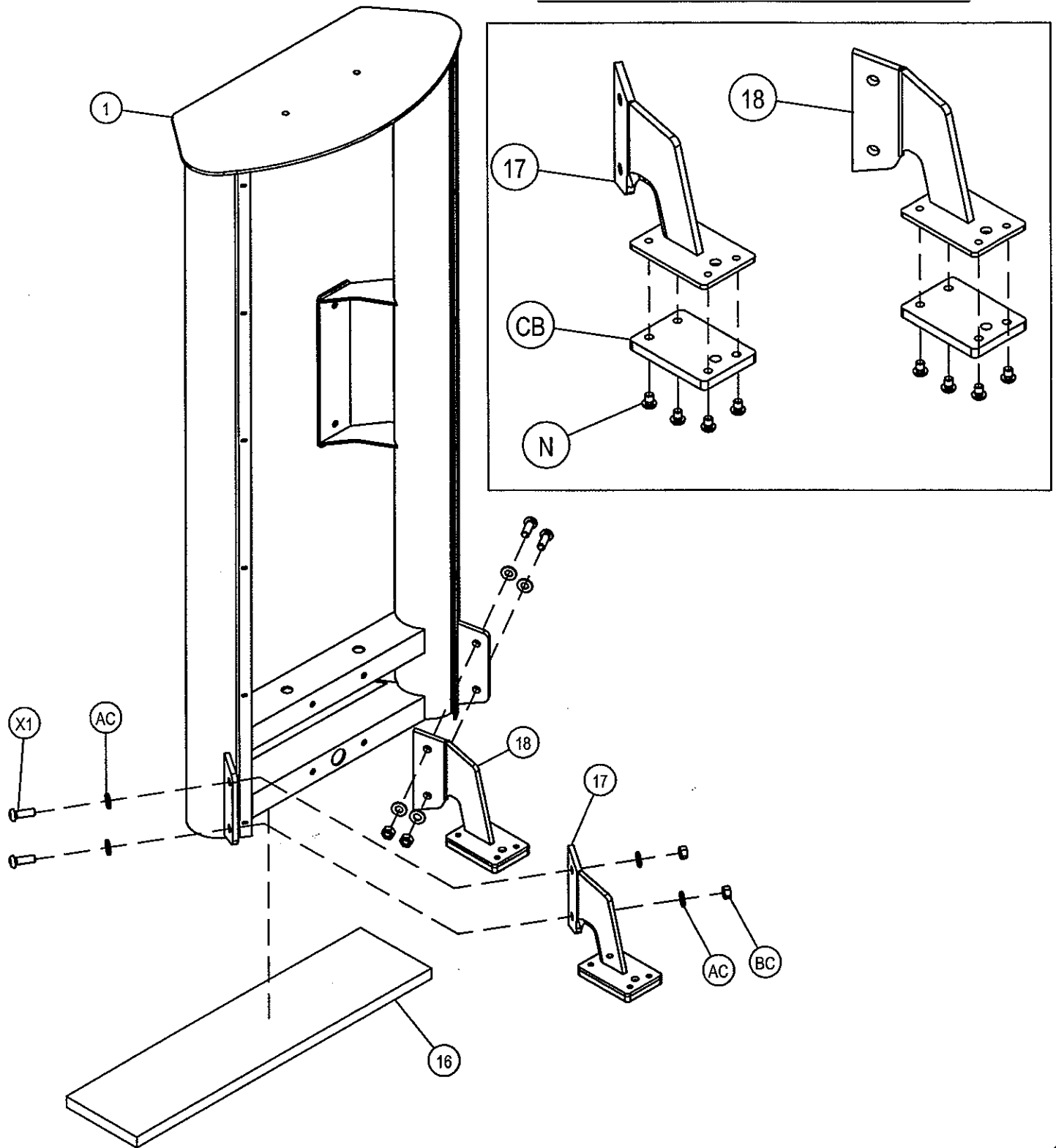
- 1 - Weight Cage Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 17 - Right Foot Assembly
- 18 - Left Foot Assembly

#### Hardware Descriptions

- N - 3/8"-16 x 11.3mm BHS (WZ)
- X1 - 1/2"-13 x 1 1/4" BHB (WZ)
- AC - 1/2" SAE Flat Washer (WZ)
- BC - 1/2" Thin Lock Nut (WZ)
- CB - Rubber Foot Pad

# OWNERS MANUAL

## KL OPT-02 ASSEMBLY



# OWNERS MANUAL

## KL OPT-01 ASSEMBLY PART/HARDWARE LISTING

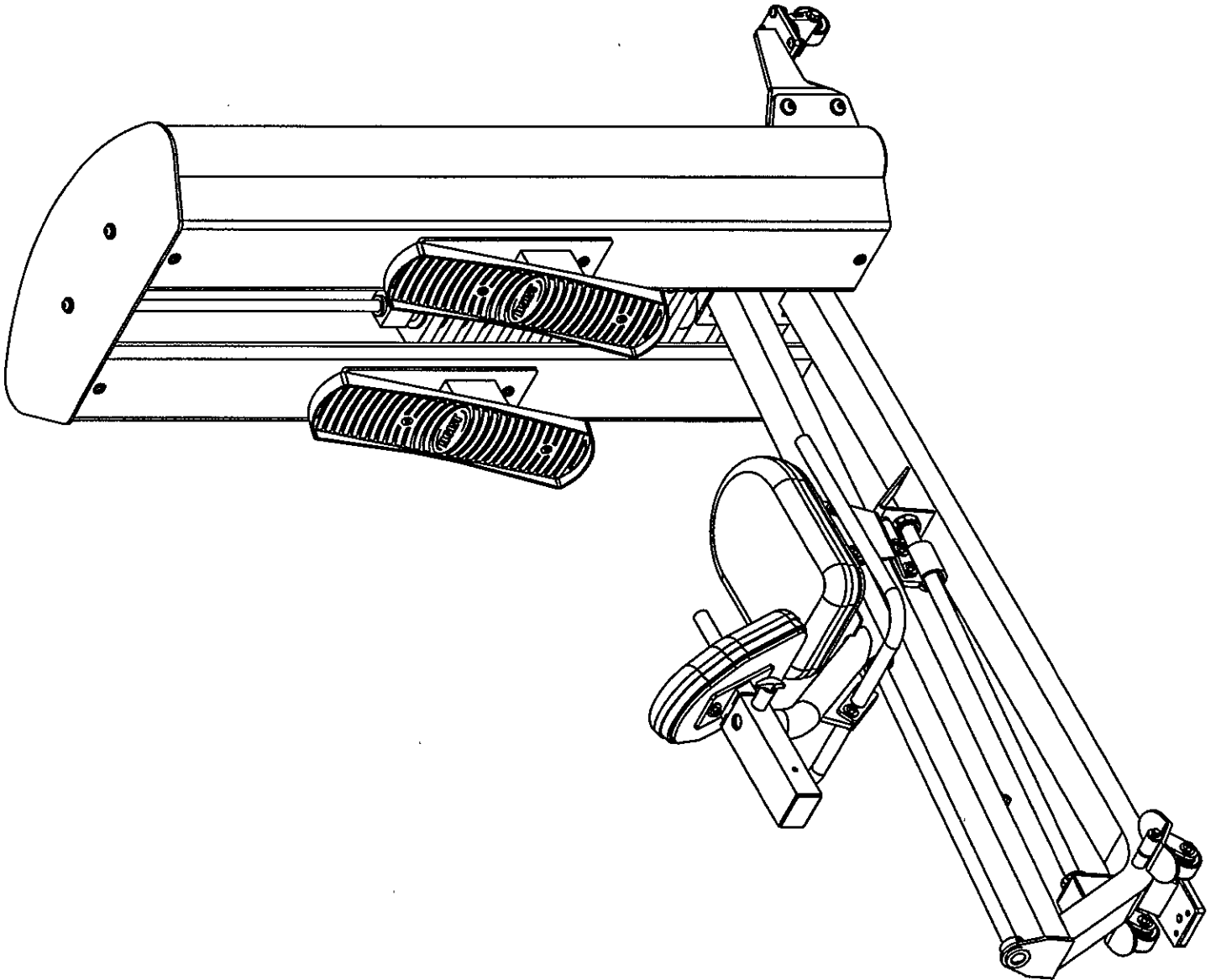
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
7	1	026-01X1254	Right Leg Wheel Assembly
8	1	026-01X1255	Left Leg Wheel Assembly
9	2	026-01X1235	Wheel Assembly
10	1	026-01M0673	Wheel Axle (long)
11	1	026-01M0674	Wheel Axle (short)
12	2	020-0014026	Ø3.00" Polyurethane Wheel
13	2	026-01M0672	Ø0.516" I.D. Spacer
14	2	020-0014025	Swivel Wheel
15	4	014-0101002	Ø0.50" I.D. Flange Oilite
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
41	4	014-0015014	Ø0.50" C-Clip
51	1	026-01X1252	Main Frame Assembly
W1	8	011-0301037	5/16"-18 x 7/8" BHB (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
Z1	2	011-0007050	3/8"-16 x 2 3/4" HHB (WZ)
AA	16	013-0002001	5/16" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BB	8	012-0102006	5/16" Thin Lock Nut (WZ)
BC	2	012-0104008	3/8" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)

## KL OPT-02 ASSEMBLY PART/HARDWARE LISTING

16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
17	1	026-01X1256	Right Foot Assembly
18	1	026-01X1257	Left Foot Assembly
N	8	011-0201292	3/8"-16 x 11.3mm BHS (WZ)
XI	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
CB	2	026-01PL350	Rubber Foot Pad

# OWNERS MANUAL

## Step 3 FRAME ASSEMBLY



# OWNERS MANUAL

## Step 3a

### FRAME ASSEMBLY

Start by sliding (19)'s through (CF)'s and slide them both into (1). Tilt both (19)'s forward enough to allow room to slide the weights on. Slide (5)'s and (CD)'s one after another onto both (19)'s. Now slide (46) onto both (19)'s. Angle both (19)'s vertical and secure to (1). Wrench tighten bolts.

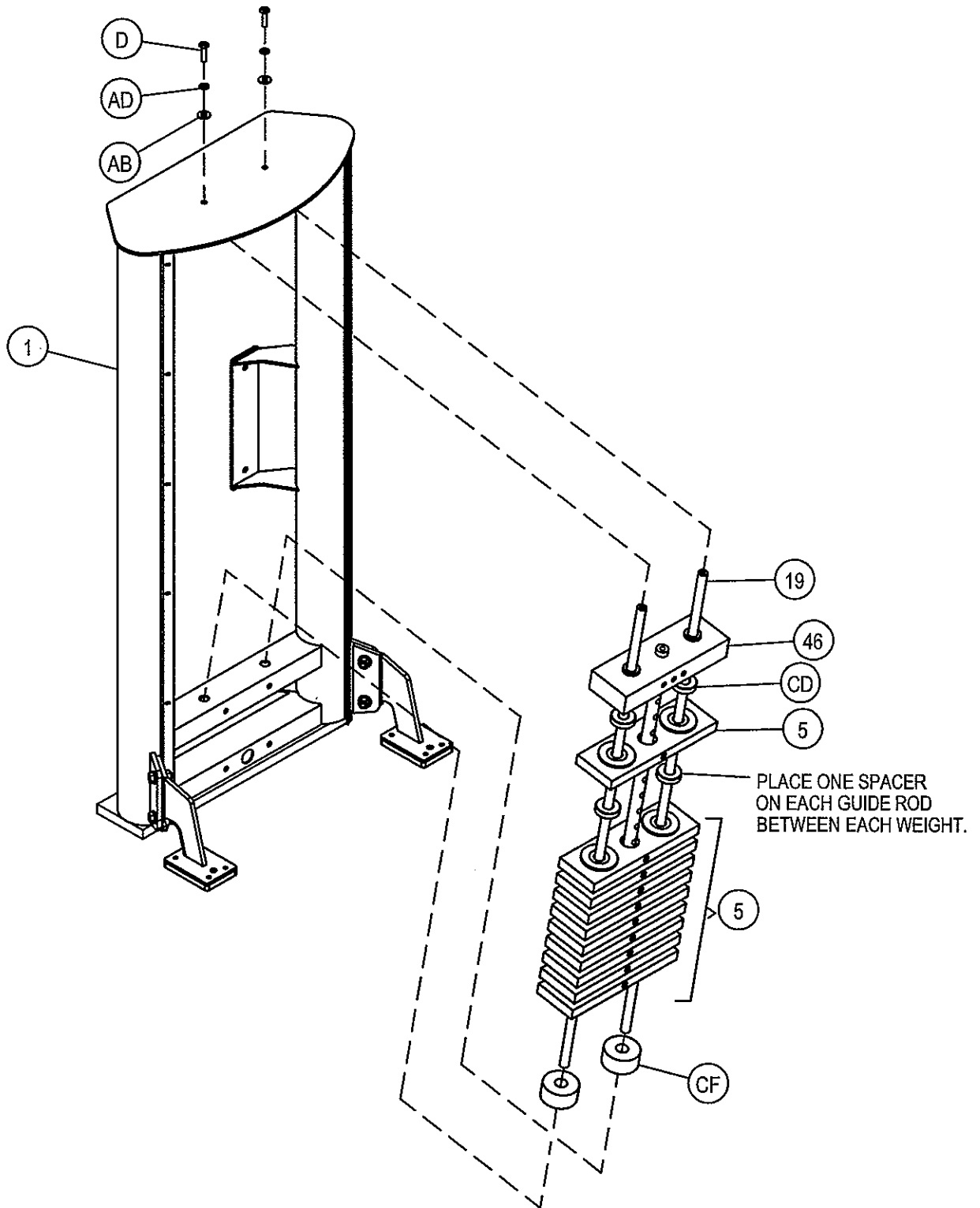
#### Part Descriptions

- 1 - Weight Cage Assembly
- 5 - 12.50 lb. Intermediate Weight
- 19 - Ø0.75" x 51" Guide Rod
- 46 - 25 lb. Top Weight

#### Hardware Descriptions

- D - 3/8"-16 x 1" BHS (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- AD - 3/8" Split Lock Washer (WZ)
- CD - Weight Spacer
- CF - Weight Stack Bumper

# OWNERS MANUAL



# OWNERS MANUAL

## CABLE ASSEMBLY

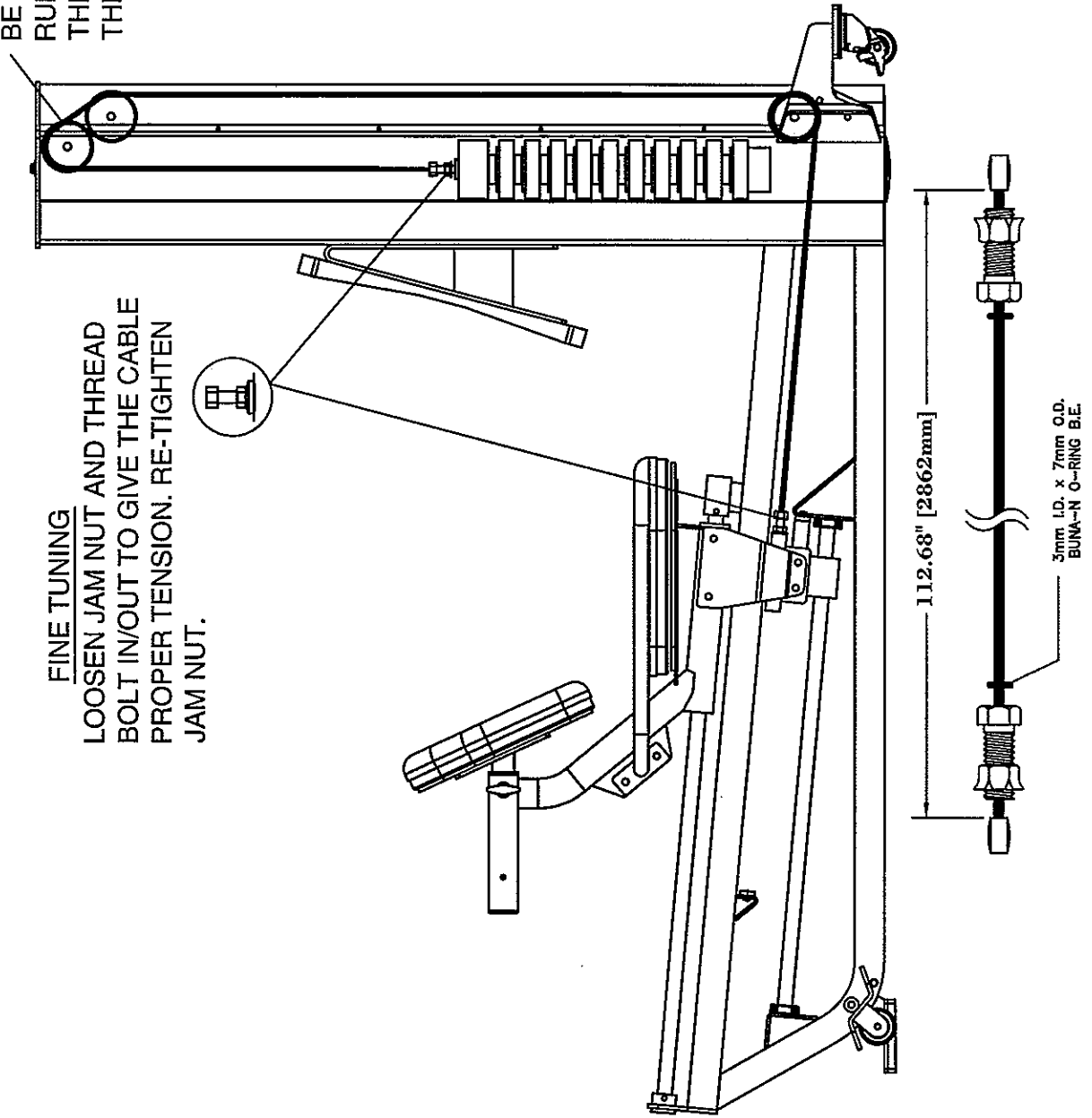
### WARNING:

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

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.



# OWNERS MANUAL

## Step 3b

### FRAME/CABLE ASSEMBLY

Start assembly by attaching (CB) to the foot of (51) wrench tighten. Next insert (CA) into (2) from the top end of (2) and out the upper hole of the bottom plate on (2). Attach (CH)'s while installing cable (CA). Continue (CA) between the bottom tubes of (1) and through the upper hole of the end plate on (51). Always be sure that cable (CA) is seated in the pulley groove when mounting any pulley. Next bolt (51) and (2) to (1) and wrench tighten bolts. When finished with this step of assembly; remove and discard (16). Attach the cable bolt of (CA) to (20) and wrench tighten jam nut. For proper cable tension, loosen jam nut and thread bolt in and out.

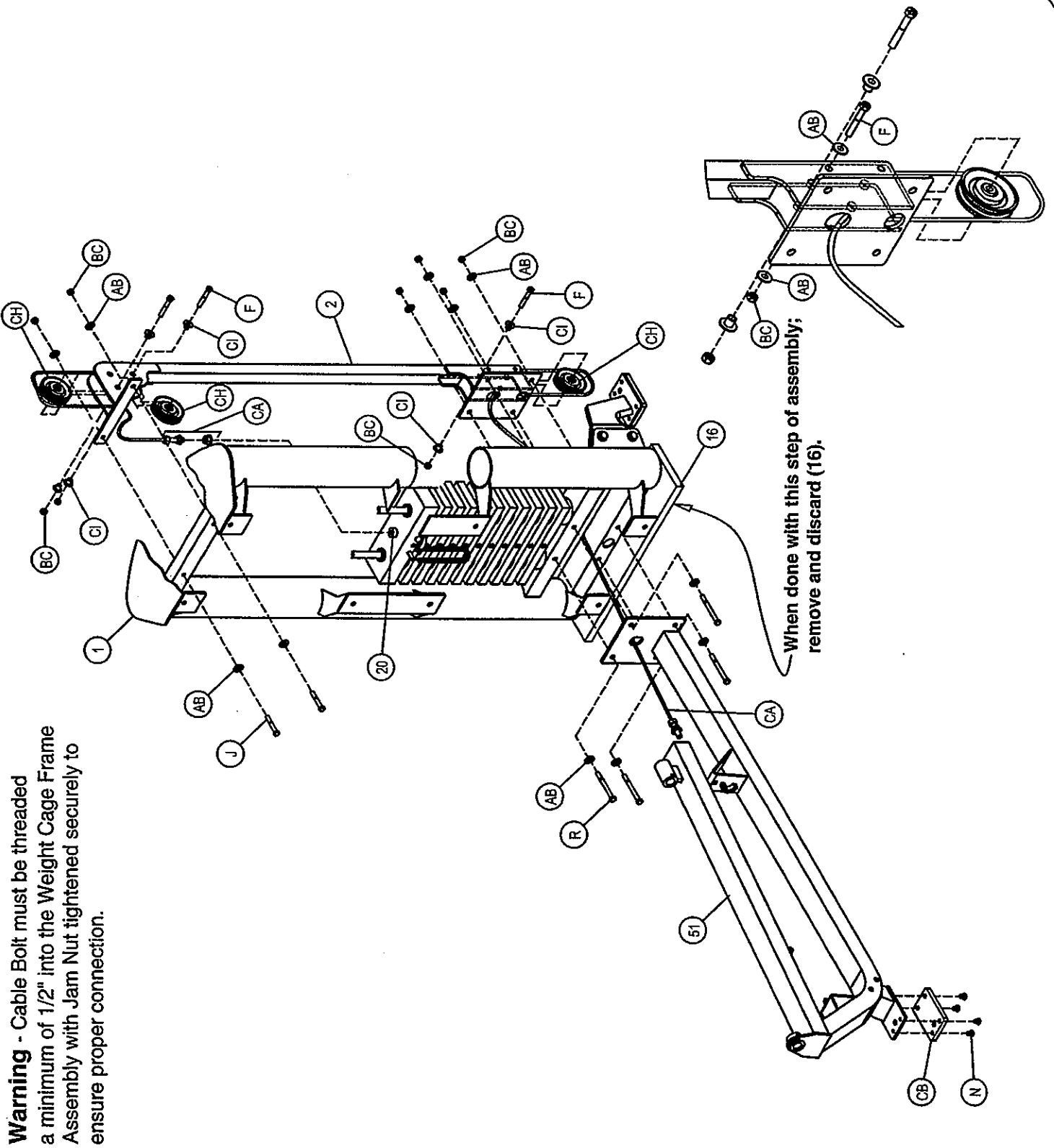
#### Part Descriptions

- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 20 - 11 Holes Stem
- 51 - Main Frame Assembly

#### Hardware Descriptions

- F - 3/8-16 x 2 1/2" HHB (WZ)
- J - 3/8-16 x 2 1/4" HHB (WZ)
- N - 3/8-16 x 11.3 BHB (WZ)
- R - 3/8-16 x 4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)
- CA - 112.68" Ig. Cable
- CB - SBR Rubber Foot Pad
- CH - Ø3.50" Pulley
- CI - 1/2" Flanged Spacer

# OWNERS MANUAL



**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the Weight Cage Frame Assembly with Jam Nut tightened securely to ensure proper connection.

# OWNERS MANUAL

## Step 3c

### FRAME ASSEMBLY

Start by placing a finger of light grease (lithium, super lube, etc.) into the inside of the bearing in (52). Using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease. Next, carefully line up the (27) to (52). **DO NOT** force (27) thru (52), as this will damage the linear bearing in (52). When properly aligned, (27) will slide easily thru the bearings. Next attach the (27) to (51) and connect (CA) to (52). Wrench tighten all bolts.

#### Part Descriptions

27 - Ø25mm x 33.96" Linear Shaft  
44 - Ø25mm Split Collar  
51 - Main Frame Assembly  
52 - Stabilizer Guide Assembly

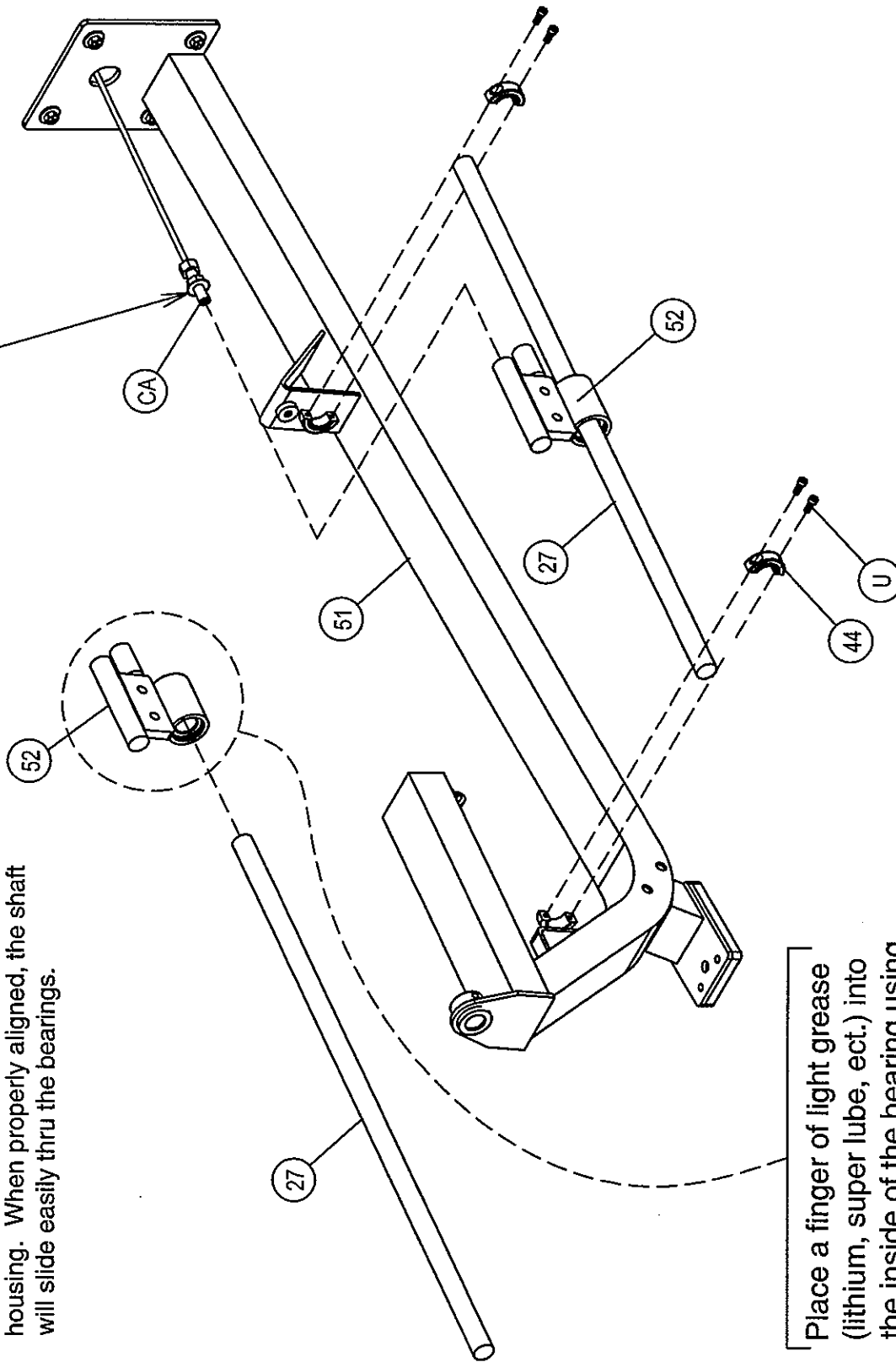
#### Hardware Descriptions

U - 1/4-20 x 3/4" SHS (BZ)  
CA - 112.68" lg. Cable

# OWNERS MANUAL

**NOTE:** Carefully line up the shafts with the linear bearings. Slowly and evenly slide the shaft thru the linear bearings. **DO NOT** force the shafts thru the linear bearings, as this will damage the linear bearings in the housing. When properly aligned, the shaft will slide easily thru the bearings.

**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the stabilizer guide assembly with Jam Nut tightened securely to ensure proper connection.



Place a finger of light grease (lithium, super lube, ect.) into the inside of the bearing using your finger, press the grease into the ball-bearing and their tracks. Repeat until the ball-bearing tracks are full of grease.

# OWNERS MANUAL

## Step 3d

### FRAME ASSEMBLY

Start by ensuring the snap ring (W) inside (51) is on side closest to weight stack first. Place a finger of light grease (lithium, super lube, ect.) into the inside of the bearings (53). Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Next insert (24) into (51) and leave a gap big enough for (53). And very carefully slide (53) onto (24). **DO NOT** force (24) through the linear bearings in (53) as this will damage them. When properly aligned, (24) will slide easily thru the bearings. Continue inserting shaft (24) until it is properly engaged in both shaft mounts then install snap rings (W), and wrench tighten set screws (V).

#### Part Descriptions

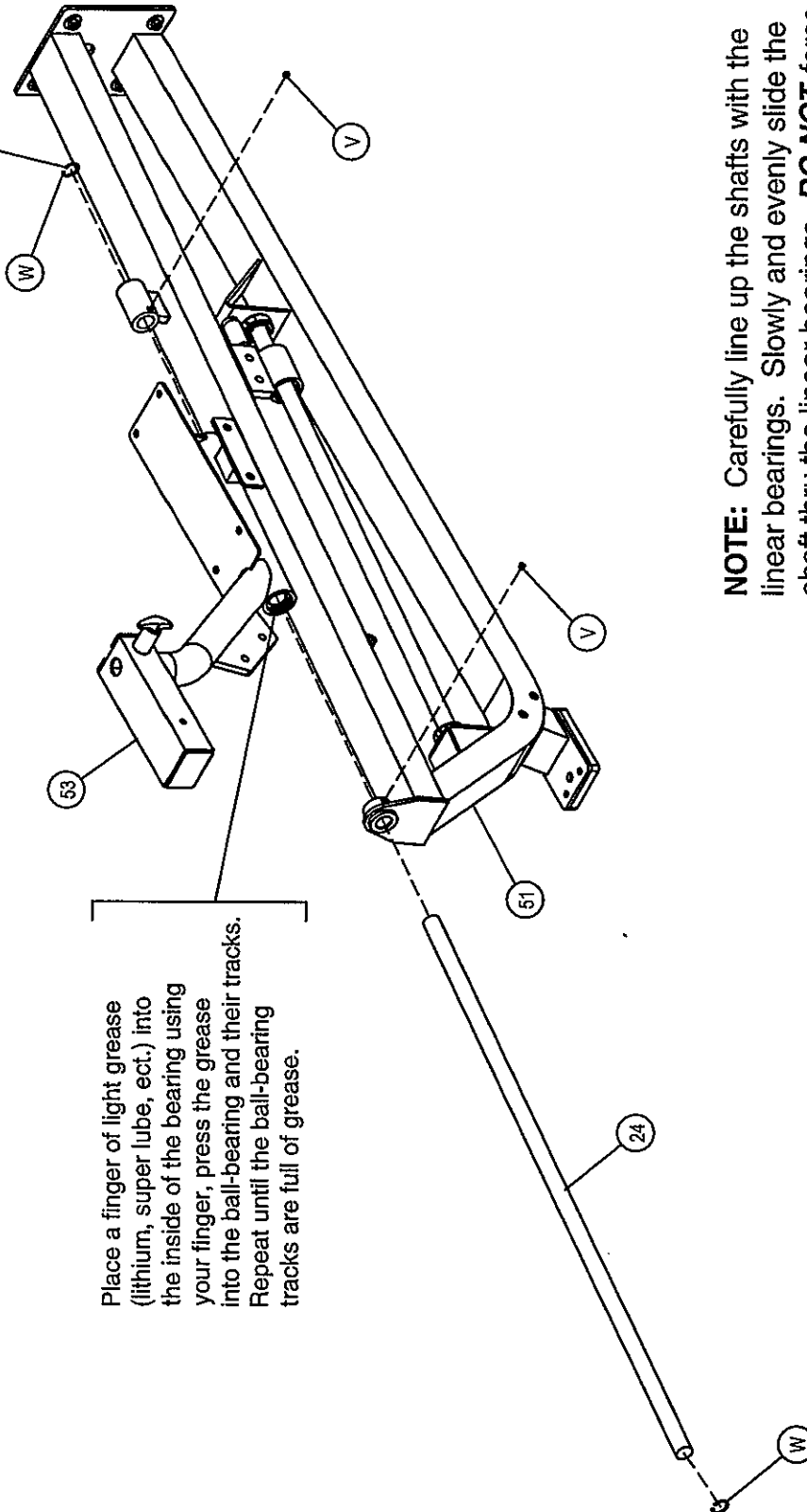
24 - Ø25mm x 43.15" Linear Shaft  
51 - Base Frame Assembly  
53 - Seat Frame Assembly

#### Hardware Descriptions

V - 5/16"-18 UNC x 1/4" Set Screw  
W - Snap Ring Ø27.9mm x 1.2mmT

# OWNERS MANUAL

**NOTE:** Before installation,  
insert one snap ring this side first.



Place a finger of light grease  
(lithium, super lube, ect.) into  
the inside of the bearing using  
your finger, press the grease  
into the ball-bearing and their tracks.  
Repeat until the ball-bearing  
tracks are full of grease.

**NOTE:** Carefully line up the shafts with the  
linear bearings. Slowly and evenly slide the  
shaft thru the linear bearings. **DO NOT** force  
the shafts thru the linear bearings, as this  
will damage the linear bearings in the  
housing. When properly aligned, the shaft  
will slide easily thru the bearings.

# OWNERS MANUAL

## Step 3e FRAME ASSEMBLY

Attach (61)'s to both sides of (52) and (53). Wrench tighten bolts.

### Part Descriptions

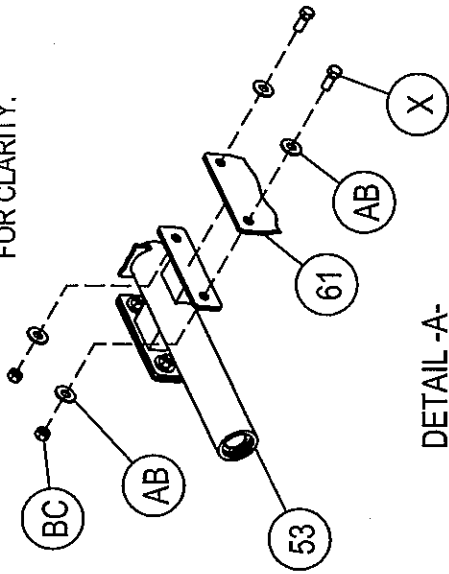
52 - Stabilizer Guide Assembly  
53 - Seat Frame Assembly  
61 - Connector Plate

### Hardware Descriptions

X - 3/8-16 x 1.00" HHB (WZ)  
Z - 3/8-16 x 1 1/2" HHB (WZ)  
AB - 3/8" USS Flat Washer (WZ)  
BC - 3/8" Thin Lock Nut (WZ)

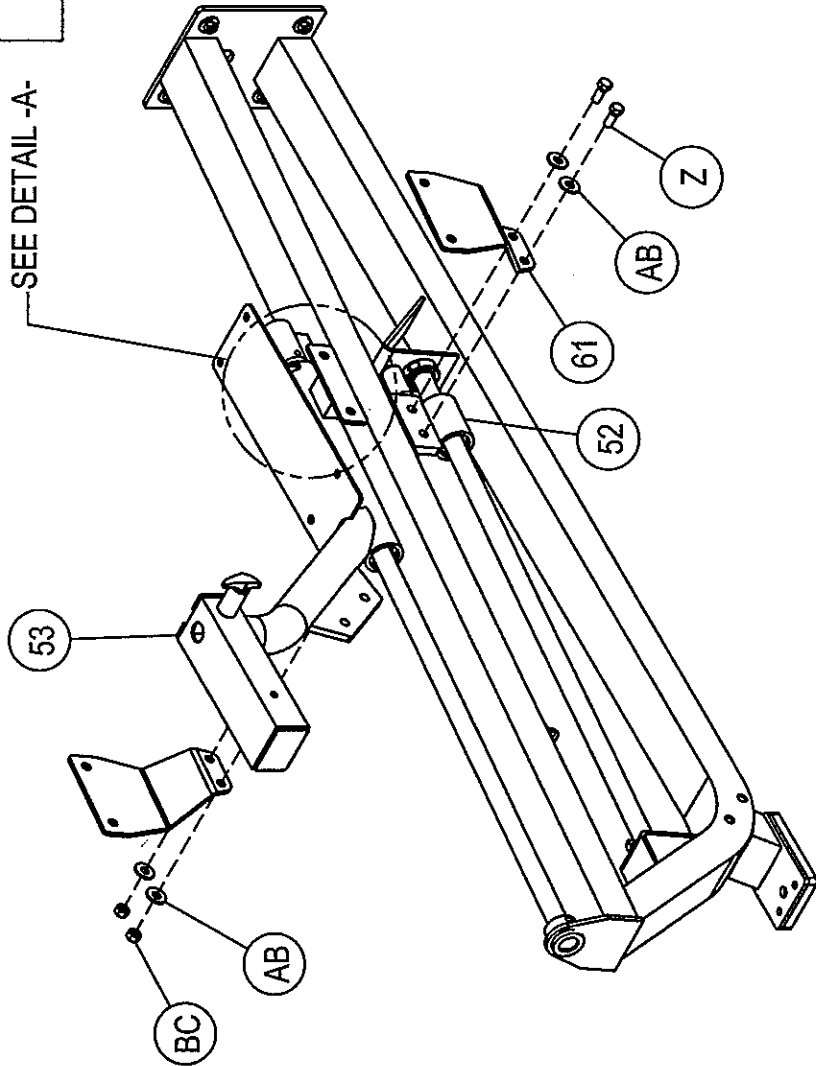
# OWNERS MANUAL

SHOWN ASSEMBLED  
FOR CLARITY.



DETAIL -A-

SEE DETAIL -A-



# OWNERS MANUAL

## Step 3f

### FRAME ASSEMBLY

Start by attaching (34) to (53) and wrench tighten. Next attach (36) to (56) and slide (56) into (53). Insert (56) into (53). Align the slot in (56) to welded nut in (53) and install (Y). Now attach (57) and (58) to both sides of (53) and wrench tighten bolts.

#### Part Descriptions

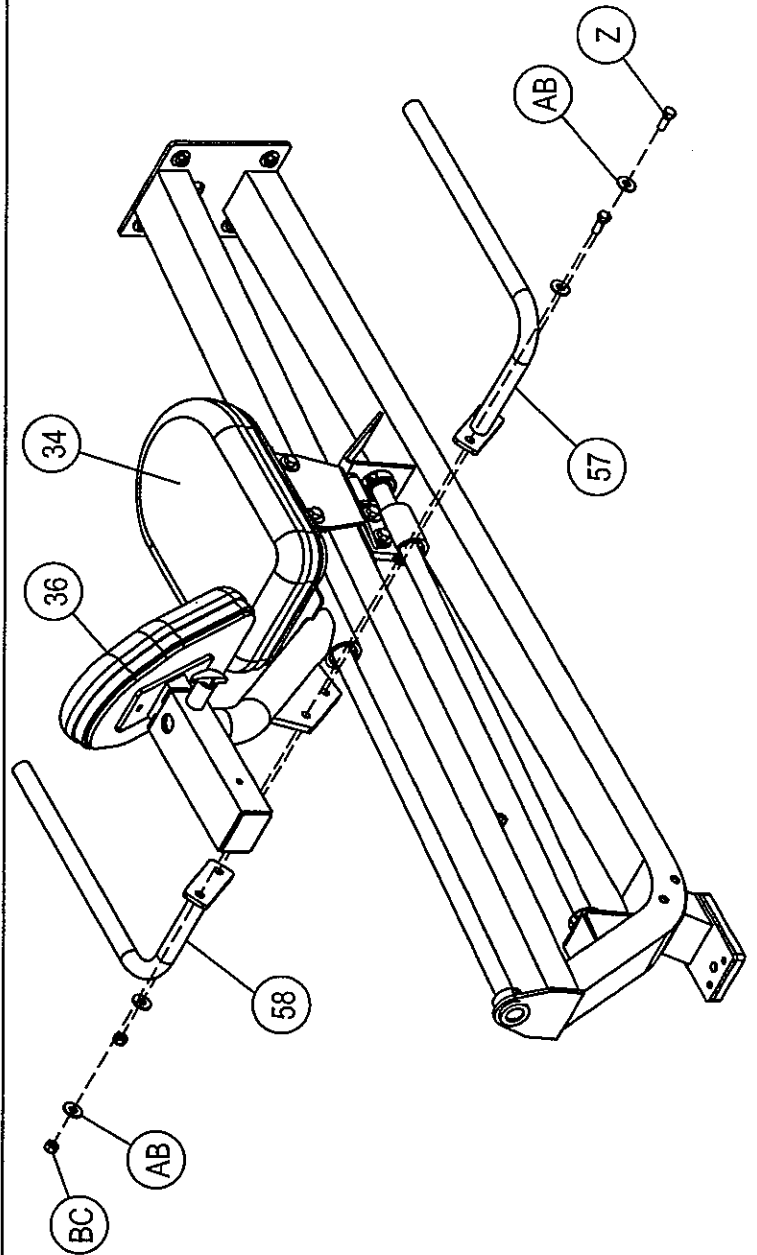
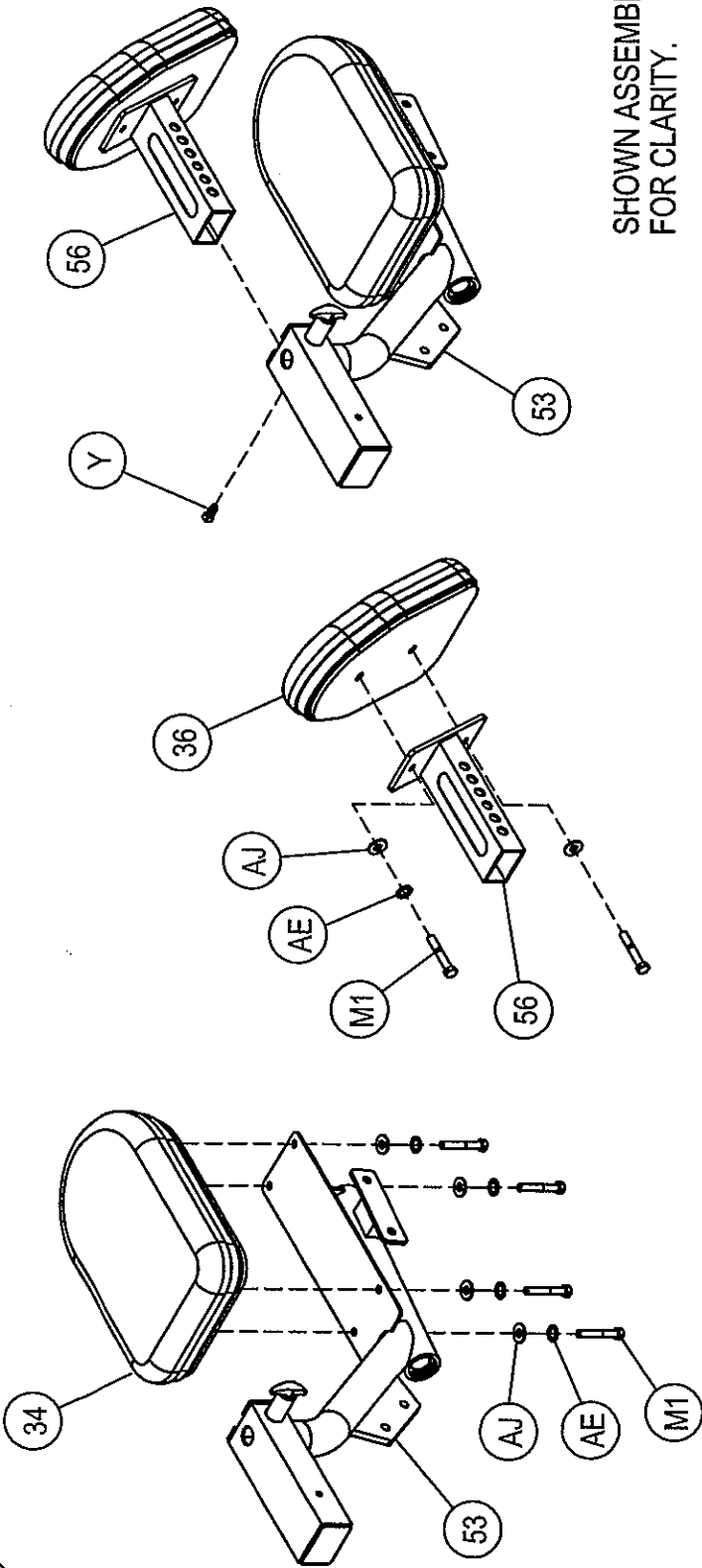
- 34 - Seat Pad Upholstery Assembly
- 36 - Back Pad Upholstery Assembly
- 53 - Seat Frame Assembly
- 56 - Chrome Adjuster Assembly
- 57 - Right Handle Assembly
- 58 - Left Handle Assembly

#### Hardware Descriptions

- Y - 3/8-16 x 3/4" Square Head Set Screw
- Z - 3/8-16 x 1 1/2" HHB (WZ)
- MI - 5/16-18 x 1 1/4" HHB (WZ)
- AA - 5/16" SAE Flat Washer (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- AE - 5/16" Lock Washer (WZ)
- AJ - 5/16" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)

# OWNERS MANUAL

SHOWN ASSEMBLED  
FOR CLARITY.



# OWNERS MANUAL

## Step 3g SHIELD ASSEMBLY

Attach (3)'s to (1). Wrench tighten bolts.

**NOTE:** *Only 4 middle bolts get locknuts.*

### Part Descriptions

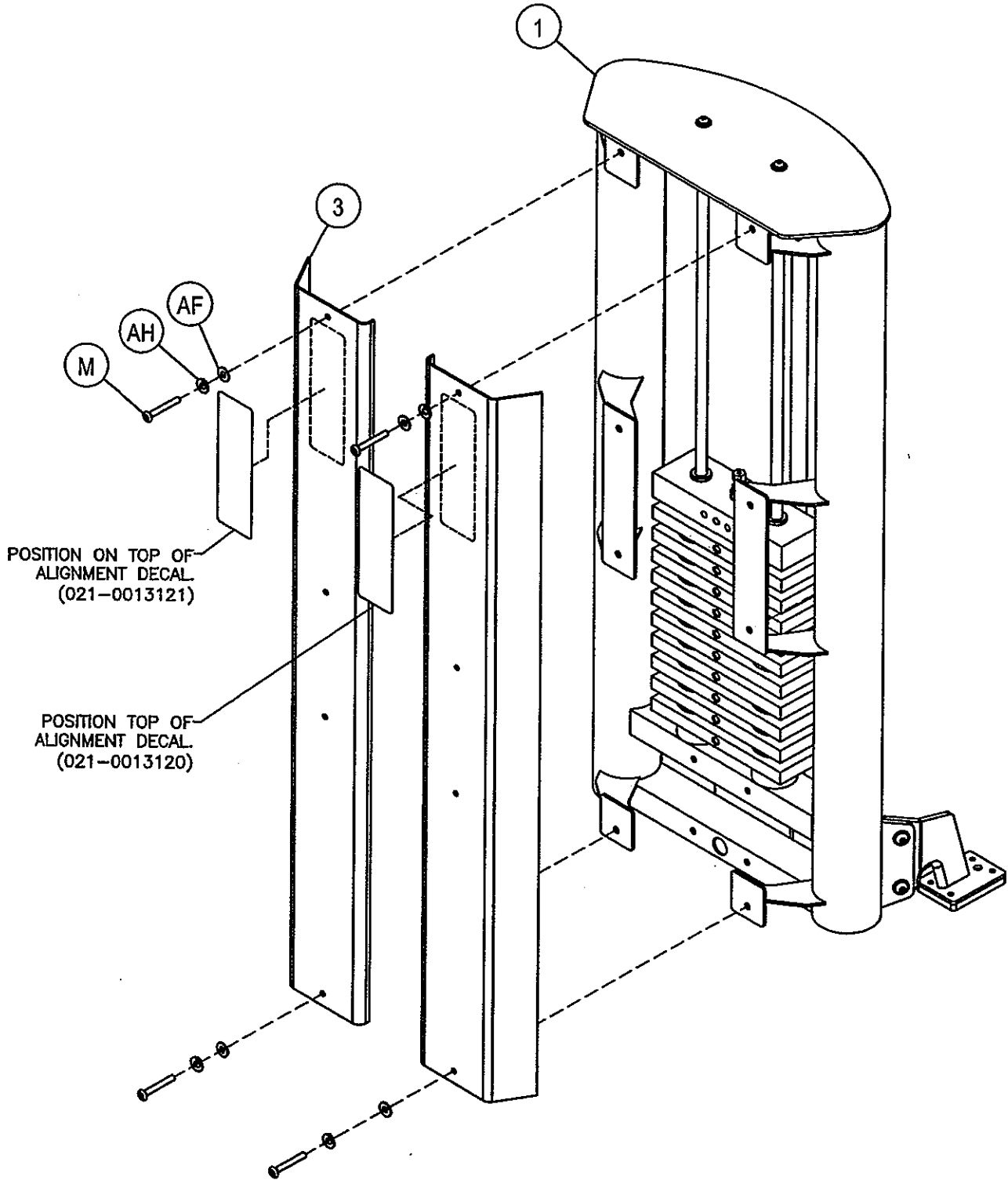
- 1 - Weight Cage Frame Assembly
- 3 - Front Shield Cover

### Hardware Descriptions

- M - 5/16-18 x 1 1/4" BHS (BZ)
- AF - 5/16" Flat Washer (BZ)
- AH - 5/16" Internal Tooth Lock Washer (BZ)

# OWNERS MANUAL

NOTE: INSTRUCTOR DECAL 021-0013120 AND EXERCISE DECAL 021-0013121 MUST BE APPLIED TO SHIELDS BEFORE USE.



# OWNERS MANUAL

## Step 3h

### FRAME ASSEMBLY

Start assembly by attaching (DT)'s to (54)'s and wrench tighten bolts. Once (DT)'s and (54)'s are assembled, attach (54)'s to (3)'s. Wrench tighten all bolts.

#### Part Descriptions

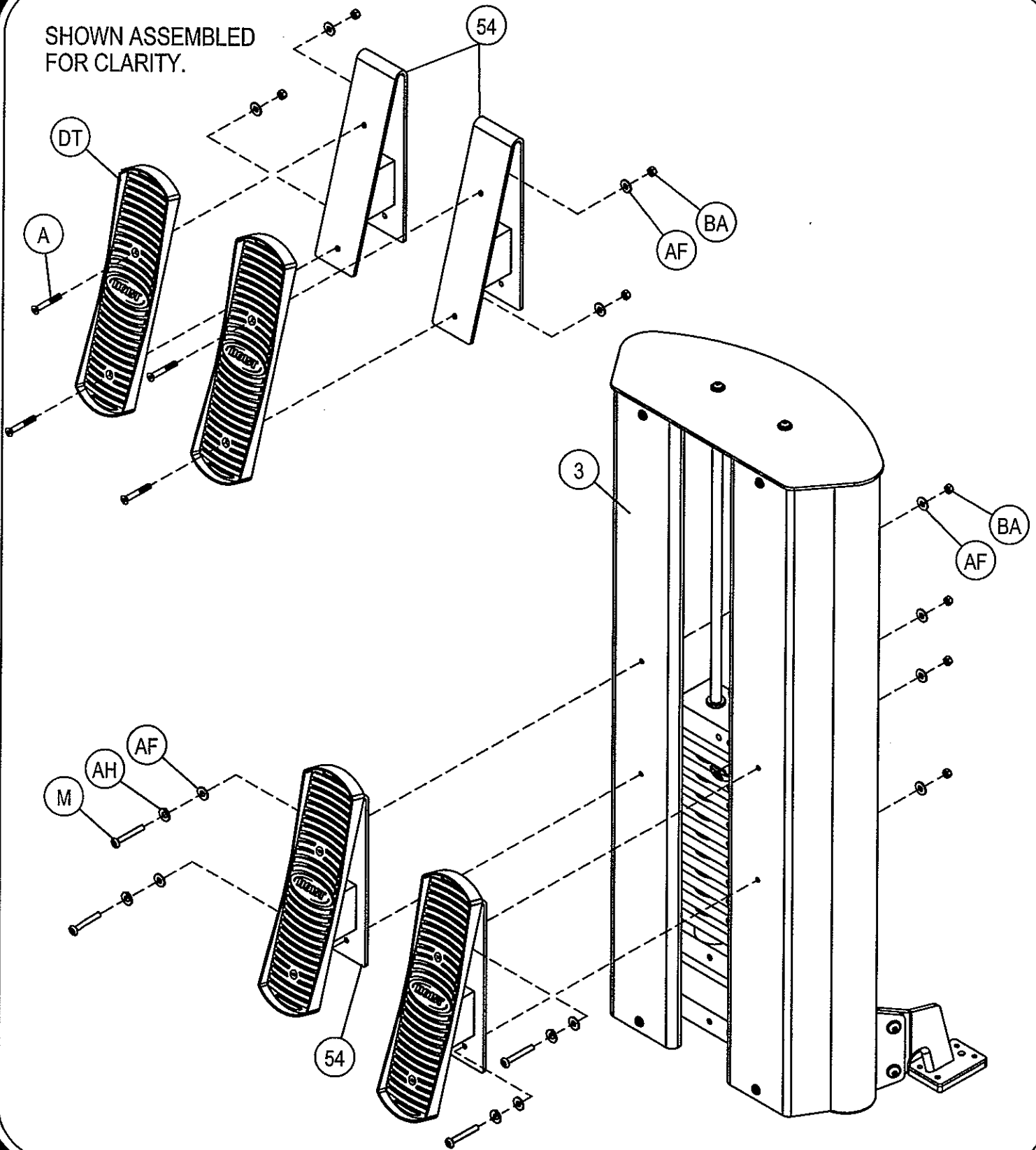
- 3 - Front Shield Cover
- 54 - Foot Plate Assembly

#### Hardware Descriptions

- A - 5/16-18 x 1 1/4" FHS (BZ)
- M - 5/16-18 x 1 1/4" BHS (BZ)
- AF - 5/16" Flat Washer (BZ)
- AH - 5/16" Internal Tooth Lock Washer (BZ)
- BA - 5/16" Thin Lock Nut (BZ)
- DT - Large Plastic Foot Plate

# OWNERS MANUAL

SHOWN ASSEMBLED  
FOR CLARITY.



# OWNERS MANUAL

## Step 3i

### SHIELD ASSEMBLY

Attach and align all (CE) clips to holes in (CC) (if not previously installed). *NOTE: The clips (CE) have a lip on one side. This lip must be on weights stack side of (CC) as shown in DETAIL A-1.* Insert left side of (CC) into the left mounting rail on (1) (see DETAIL A-1). Secure with screw (S1). Next, wrap (CC) over (2) and while carefully arching a bow in (CC) slide the right side of (CC) into the right mounting rail on (1). Secure with screws (S1). In some cases, pressure may need to be applied behind clips (CE) to engage screws (S1).

### \*IMPORTANT\*

Now that the KL2410 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.

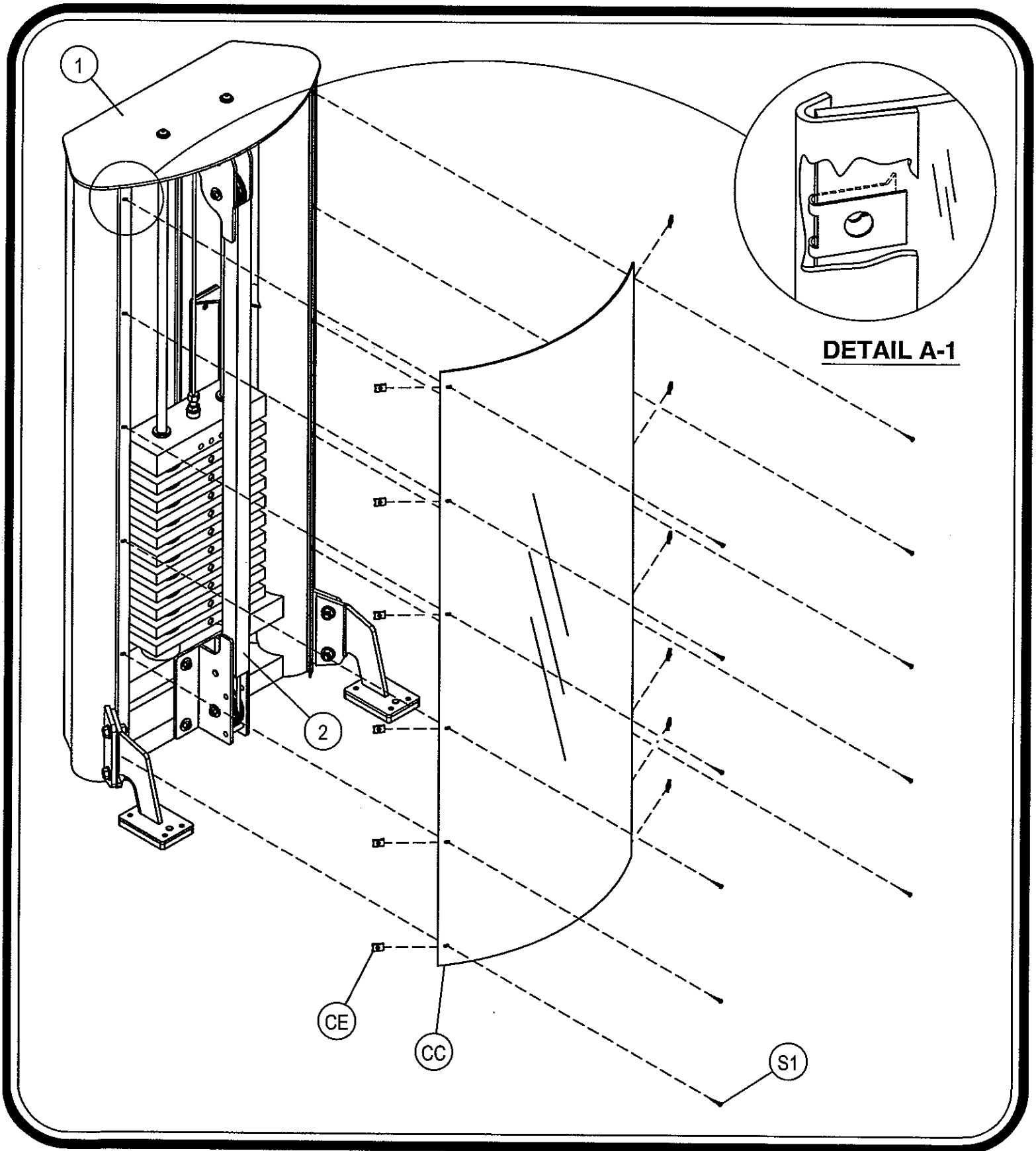
#### Part Descriptions

- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly

#### Hardware Descriptions

- S1 - #8 x 5/8 L Phil Sheet Metal Screw
- CC - Lexan Shield Cover
- CE - .125 Panel U-Nut

# OWNERS MANUAL



# OWNERS MANUAL

## PRE-ASSEMBLY

### Part Descriptions

- 1 - Weight Cage Frame Assembly
- 5 - 12.5 lb. Intermediate Weight
- 20 - 11 Holes Stem
- 46 - 25 lb. Top Weight
- 51 - Main Frame Assembly
- 52 - Stabilizer Guide Assembly
- 53 - Seat Frame Assembly
- 57 - Right Handle Assembly
- 58 - Left Handle Assembly
- 59 - 1/2" Short Pullpin (Hex Head)

### Hardware Descriptions

- CJ - Plug Bumper
- CM - Guide Rod Bushing
- CQ - Selector Pin
- CR - Intermediate Weight Bushing
- CT - Lanyard Coil
- CU - Large Round Hoist End Cap
- CV - 2" x 3" Horizontal "H" End Cap
- CW - 25mm Linear Bearing Super Self Aligning
- CX - Snap Ring, Internal  $\text{\O}43.5\text{mm}$  x 1.75mmT
- CY - Seat Sleeve
- DV -  $\text{\O}7/16"$  x 3" Roll Pin
- EB -  $\text{\O}1.00"$  End Cap
- EH -  $\text{\O}1.00"$  x 12.60" Closed End Grip
- EK -  $\text{\O}0.375"$  Lanyard Pin
- EL - 3/8" C-Clip (type E)



# OWNERS MANUAL

## PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1238	Weight Cage Frame Assembly
2	1	026-01X1242	Rear Supporter Frame Assembly
3	2	026-01P1133	Front Shield Cover
5	10	026-01W0101	12.50 lb. Intermediate Weight
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
19	2	026-01G0172	Ø0.75" x 51" Guide Rod
20	1	026-01W0151	11 Holes Stem
24	1	026-01M0679	Ø25mm x 43.15" Linear Shaft
27	1	026-01M0680	Ø25mm x 33.96" Linear Shaft
34	1	022-01PD0088-A	Seat Pad Upholstery Assembly
36	1	022-01PD0090-A	Back Pad Upholstery Assembly
44	2	026-01M0666	Ø25mm Split Collar
46	1	026-1300038	25 lb. Top Weight
51	1	026-01X1252	Main Frame Assembly
52	1	026-01X1237	Stabilizer Guide Assembly
53	1	026-01X1253	Seat Frame Assembly
54	2	026-01X1274	Foot Plate Assembly
56	1	026-01X1273	Chrome Adjuster Assembly
57	1	026-01X1258	Right Handle Assembly
58	1	026-01X1259	Left Handle Assembly
59	1	026-01X0185	1/2" Short Pullpin (Hex Head)
61	2	026-01PL1228	Connector Plate

# OWNERS MANUAL

## HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	4	011-0002047	5/16-18 x 1 1/4" FHS (BZ)
D	2	011-0101026	3/8-16 x 1" BHB (WZ)
F	4	011-0107007	3/8-16 x 2 1/2" HHB (WZ)
J	2	011-0107026	3/8-16 x 2 1/4" HHB (WZ)
M1	6	011-0107011	5/16-18 x 1 1/4" HHB (WZ)
M	8	011-0201007	5/16-18 x 1 1/4" BHS (BZ)
N	4	011-0201292	3/8-16 x 11.3 BHB (WZ)
R	4	011-0407025	3/8-16 x 4" HHB (WZ)
U	4	014-0019002	1/4-20 x 3/4" SHS (BZ)
V	2	011-0311001	5/16-18 UNC x 1/4" Set Screw
W	2	014-0015015	Snap Ring, Internal Ø27.9mm x 1.2mmT
X	4	011-0107007	3/8-16 x 1.00" HHB (WZ)
Y	1	011-0311013	3/8-16 x 3/4" Square Head Set Screw
Z	4	011-0107006	3/8-16 x 1 1/2" HHB (WZ)
SI	12	011-0201012	#8 x 5/8" lg. Sheet Metal Screw
AB	30	013-0402005	3/8" USS Flat Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
AE	6	013-0102021	5/16" Lock Washer (WZ)
AF	16	013-0302008	5/16" SAE Flat Washer (BZ)
AH	8	013-0206002	5/16" Internal Lock Washer (BZ)
AJ	6	013-0102004	5/16" USS Flat Washer (WZ)
BA	8	012-0004005	5/16" Thin Lock Nut (BZ)
BC	18	012-0104008	3/8" Thin Lock Nut (WZ)
CA	1	026-01C253T	112.68" lg. Cable
CB	1	026-01PL350	Rubber Foot Pad
CC	20	026-01PL347	Lexan Shield Cover
CD	12	026-01PL348	Weight Spacer
CE	2	014-0014003	.125 Panel U-Nut
CF	3	26-STD-06-0253	Weight Stack Bumper
CH	6	26-STD-06-0024	Ø3.50" Pulley
CI	2	26-STD-08-0010	1/2" Flanged Spacer
CJ	2	019-0001001	Plug Bumper
CM	2	026-01PL134	Guide Rod Bushing
CQ	1	026-01M0134	Selector Pin
CR	20	026-01W0122	Intermediate Weight Bushing
CT	1	010-0008001	Lanyard Coil
CU	2	026-01PL349	Large Round Hoist End Cap
CV	1	026-01PL192RH	2" x 3" Horizontal "H" End Cap
CW	3	014-0007007	25mm Linear Bearing Super Self Aligning
CX	4	014-0015016	Snap Ring, Internal Ø43.5mm x 1.75mmT
CY	2	026-01PL125	Seat Sleeve
DT	2	026-01PL344	Large Plastic Foot Plate
DV	1	030-0303006	Ø7/16" x 3" Roll Pin
EH	2	019-0002027	Ø1.00" x 12.60" Closed End Grip
EK	1	026-01M0727	Ø0.375" Lanyard Pin
EL	1	014-001-5009	3/8" C-Clip (type E)

# OWNERS MANUAL

## ABBREVIATION LISTING

**BZ = Black Zinc**

**WZ = White Zinc**

**FHS = Flat Head Screw**

**BHB = Button Head Bolt**

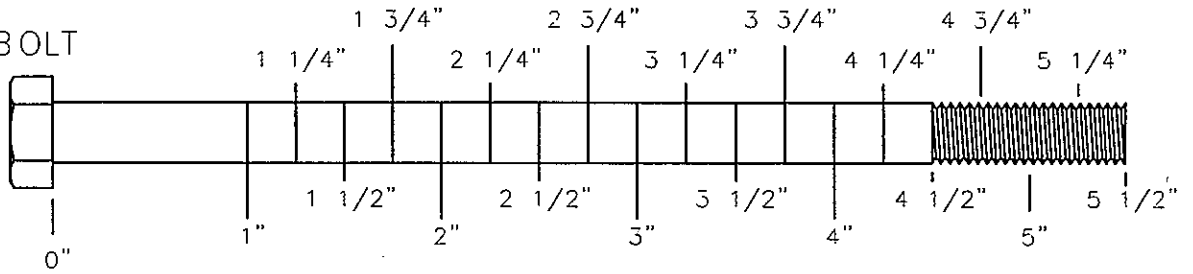
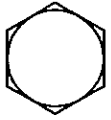
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

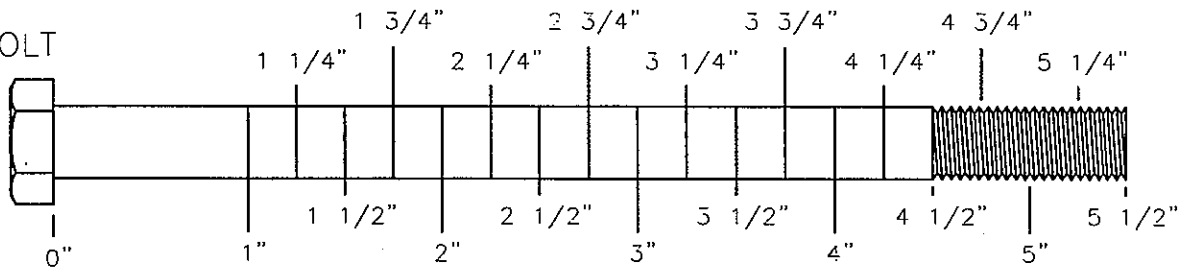
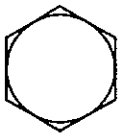
**HHB = Hex Head Bolt**

# OWNERS MANUAL

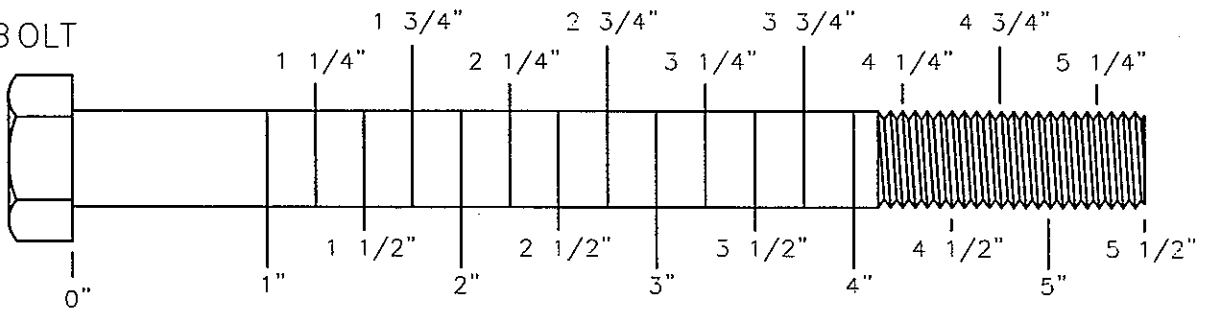
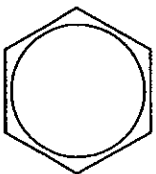
5/16" HEX BOLT



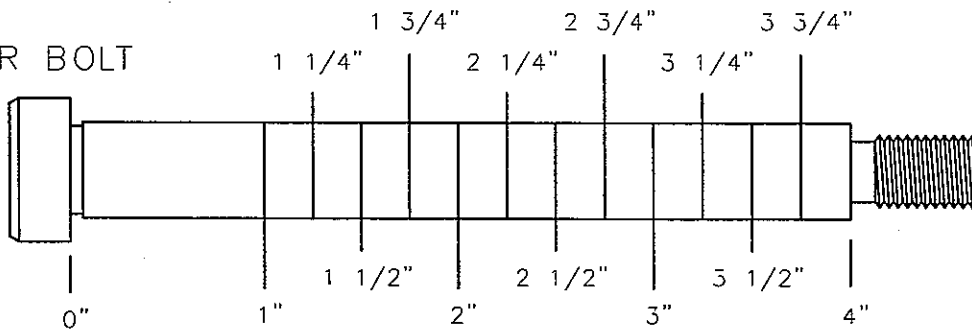
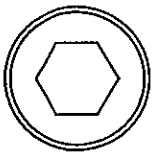
3/8" HEX BOLT



1/2" HEX BOLT

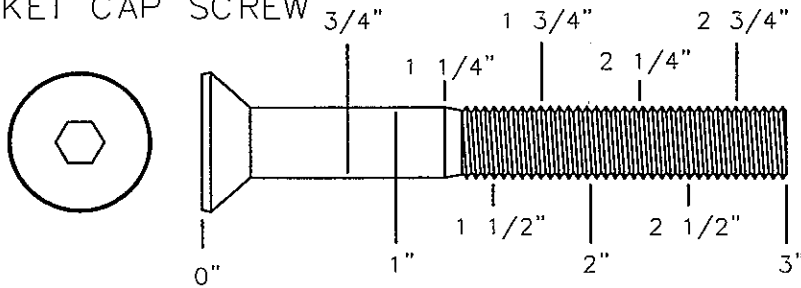


1/2" SHOULDER BOLT

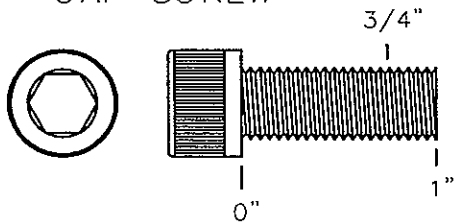


# OWNERS MANUAL

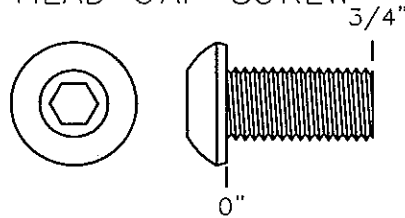
3/8" FLATHEAD  
SOCKET CAP SCREW



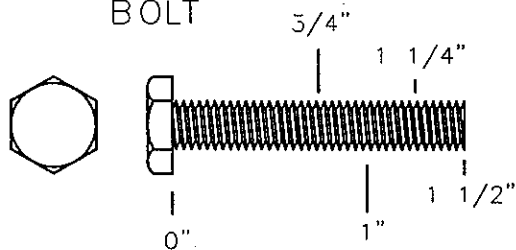
3/8" SOCKET  
CAP SCREW



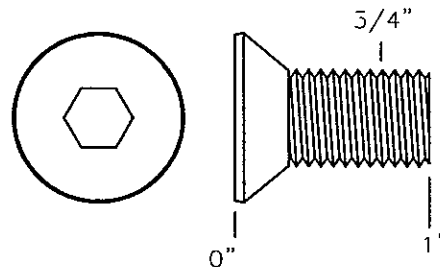
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT

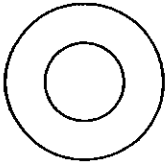


1/2" FLATHEAD  
SOCKET CAP SCREW

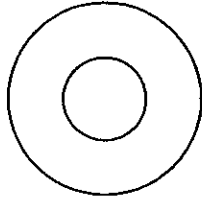


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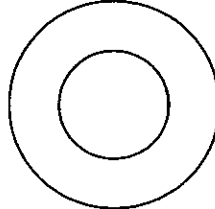
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



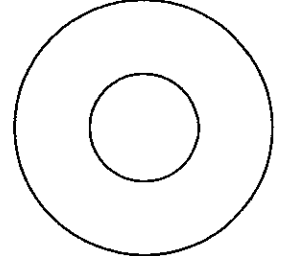
3/8"  
FLAT  
WASHER



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



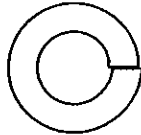
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



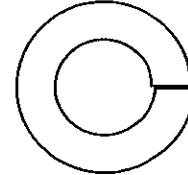
1/4"  
LOCK WASHER



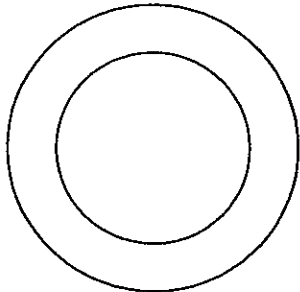
3/8"  
LOCK WASHER



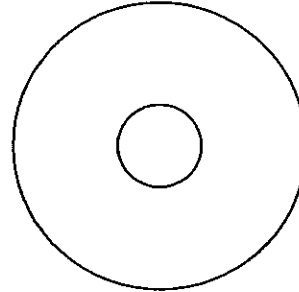
1/2"  
LOCK WASHER



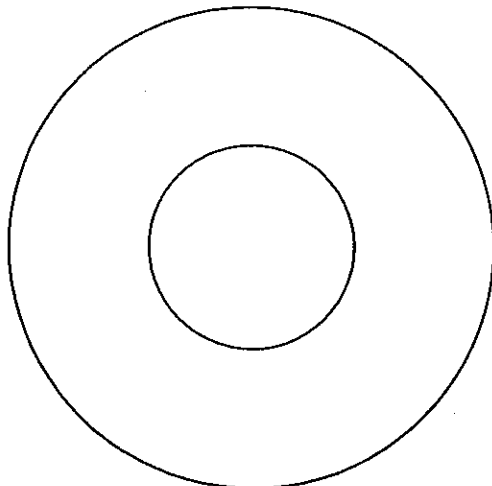
1" SHIM WASHER



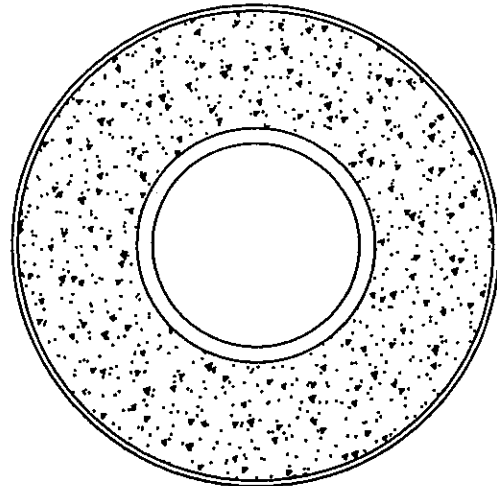
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER

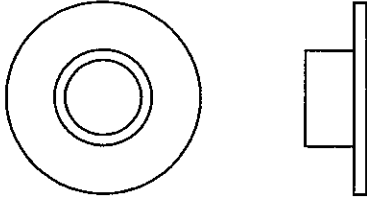


PLASTIC 1 1/16"  
FENDER WASHER

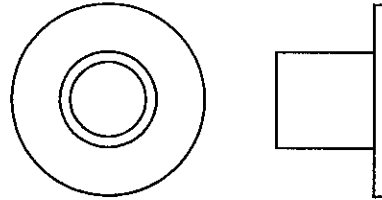


# OWNERS MANUAL

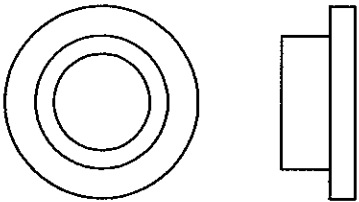
1/4" LONG  
FLANGED SPACER



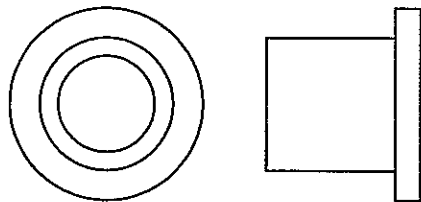
1/2" LONG  
FLANGED SPACER



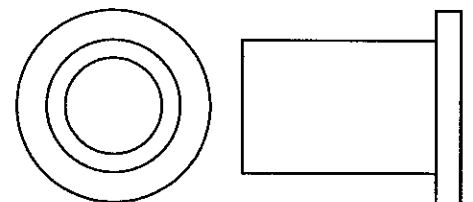
1/4" LONG HEAVY  
FLANGED SPACER



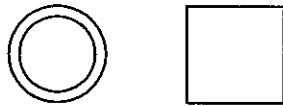
11/16" LONG HEAVY  
FLANGED SPACER



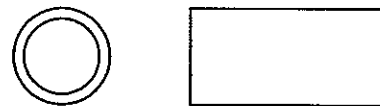
1" LONG HEAVY  
FLANGED SPACER



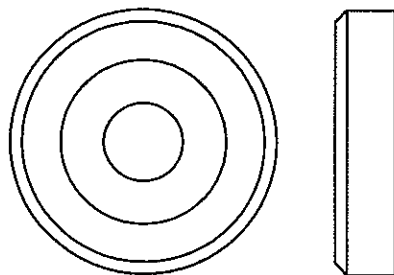
1/2" LONG  
SPACER



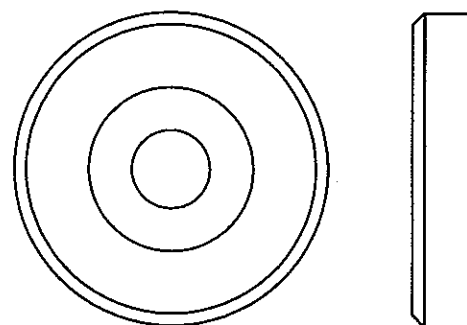
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP



1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNERS MANUAL

## 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.



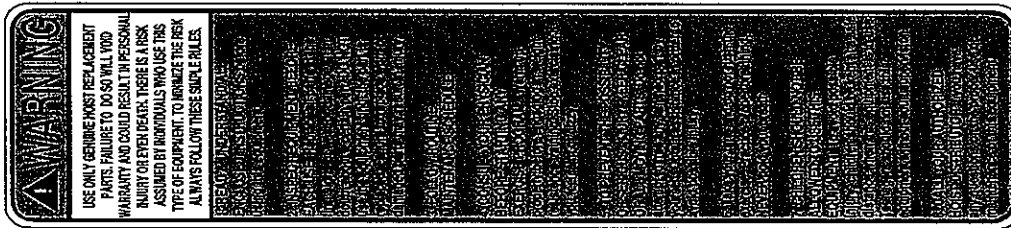


# OWNERS MANUAL

## DECAL REFERENCE

NOTICE	Yearly	Monthly	Weekly	Daily	
	Commercial Maintenance				
	Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins			X	
	Clean; Upholstery			X	
	Inspect: Cables or Belts and their tension			X	
Inspect: Accessory Bars and Handles			X		
Inspect: All Details			X		
Inspect: All nuts and Bolts Tighten if Needed.			X		
Inspect: Anti-Stab Surfaces			X		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Slides, Tumbler Bushings, Linear Bearings			X		
Clean & Wax; All Glossy Finishes			X		
Repack with Grease Linear Bearings			X		
Replace; Cables, Belts and Connecting Parts.			X		

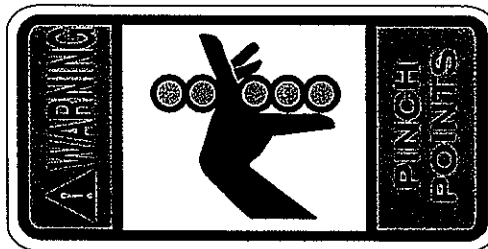
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021-0003135



021-0003093



021-0003113

# OWNERS MANUAL

## DECAL REFERENCE



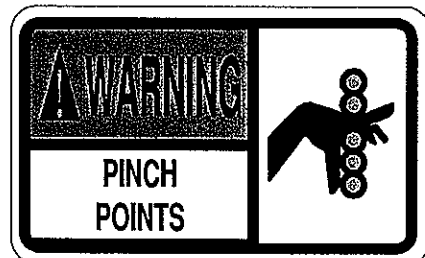
021-0003079



021-0004071



021-0003114



021-0003138



021-0003185

### SERIAL # DECAL

Always refer to the number shown on your piece of equipment when talking to customer service or ordering part.

# OWNERS MANUAL

## DECAL REFERENCE

### **KL 2410 SEATED LEG PRESS**

#### **INSTRUCTOR GUIDELINES**

**Primary Muscles Used:**

Quadriceps (front of thigh) Hamstrings (back of thigh), Gluteal (buttocks).

**Joint Action:**

Hip Extension, and Knee Extension.

**Instructions:**

The back pad should be positioned to allow a 90-degree bend to the knees when the child is firmly positioned in the seat, with their feet on the footrests and their back flat against the back pad. Be sure that both feet are positioned at the same level. A higher foot placement will involve more of the gluteal and hamstrings, a lower placement will involve more of the quadriceps. Make sure the child holds on to the seat handles for stability and maintains an erect seated posture.

**Exercise Action:**

While holding onto the seat handles, the child should push against the footrests, moving themselves rearward until their legs are almost fully extended. Return the seat to the starting position to repeat the exercise.

Exercise movements should be slow and controlled with the child remaining in an upright, seated posture, back flat against the back pad. **AT NO TIME DURING THE EXERCISE MOVEMENT SHOULD THE CHILD REMOVE THEIR FEET FROM THE FOOTRESTS OR PUSH THE SEAT SO FAST THAT THEIR FEET LEAVE THE FOOTRESTS.**

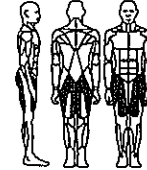
Instruct the child to breathe during each exercise; **IN** prior to beginning the exercise, **OUT** during the exertion, and **IN** while returning the weight to the starting position. **BE CERTAIN THE CHILD DOES NOT HOLD THEIR BREATH DURING THE EXERCISE.**

For more detailed instructions be sure to consult your owners manual.



### **KL 2410 SEATED LEG PRESS**

#### **EXERCISE GUIDELINES**



**Primary Muscles Used:**

Quadriceps, Gluteal, and Hamstrings..

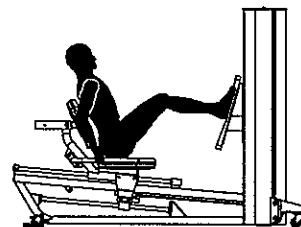
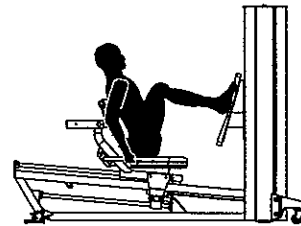
**Instructions:**

Adjust the back pad so that when in the machine the knees are bent 90 degrees. Sit in the seat and place the feet securely at the same level on the footplates.

**Action:**

Grasp the handles to stabilize the upper body and press with the legs under control to move the seat carriage and extend the legs until fully extended. Return under control to the start position. The feet should never leave the footplate during the exercise

Be certain to breathe properly.



Do not use this equipment without an instructors supervision.



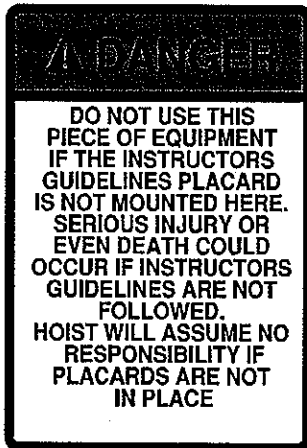
021-0013120

021-0013121

# OWNERS MANUAL

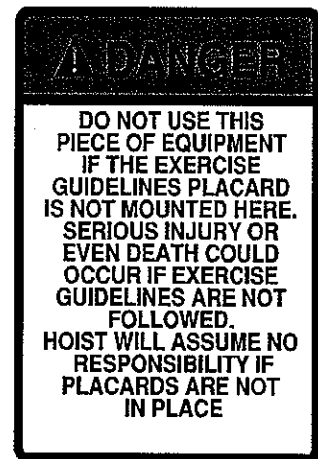
## DECAL REFERENCE

TOP LEFT CORNER OF  
INSTRUCTORS  
GUIDELINES PLACARD  
LINES UP HERE



021-0003188

TOP RIGHT CORNER OF  
EXERCISE  
GUIDELINES PLACARD  
LINES UP HERE



021-0003189

# 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.

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**PLEASE KEEP THIS FOR YOUR RECORDS**