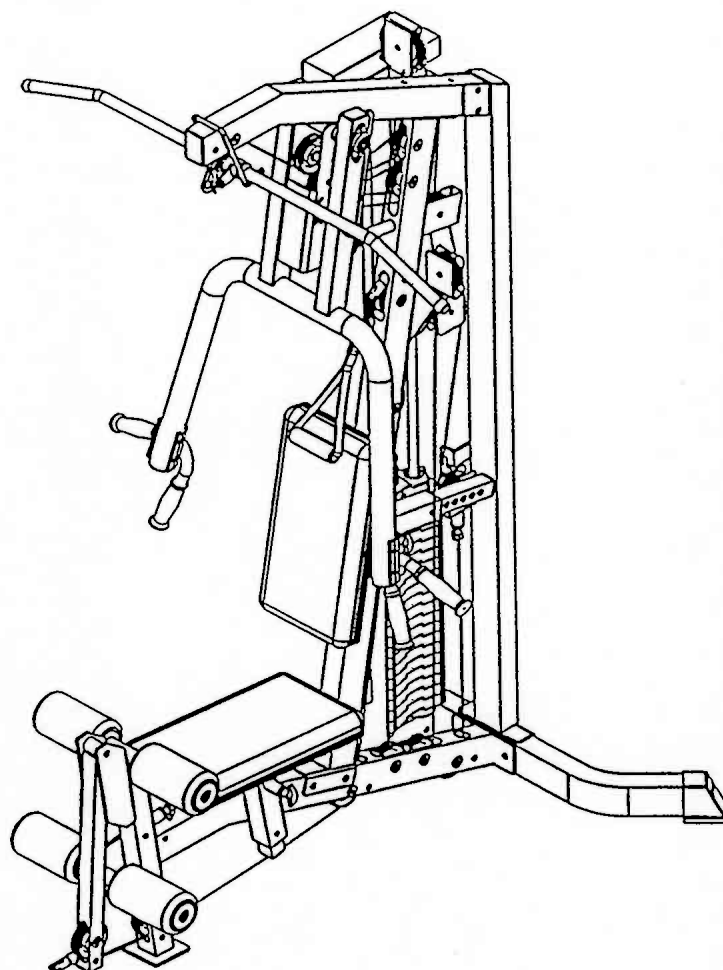




## H210



1999

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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

# ASSEMBLY

## INSTRUCTIONS

### Step 1

#### INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog 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 catalog. 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 catalog when calling. When all parts have been accounted for, continue on to Step 2.

### TOOLS REQUIRED

Socket Wrench

7/16", 1/2", 9/16", and 3/4" Sockets

Crescent Wrench

Standard Allen Wrench Set  
(5/64" thru 1/4")

Rubber Mallet

Tape Measure

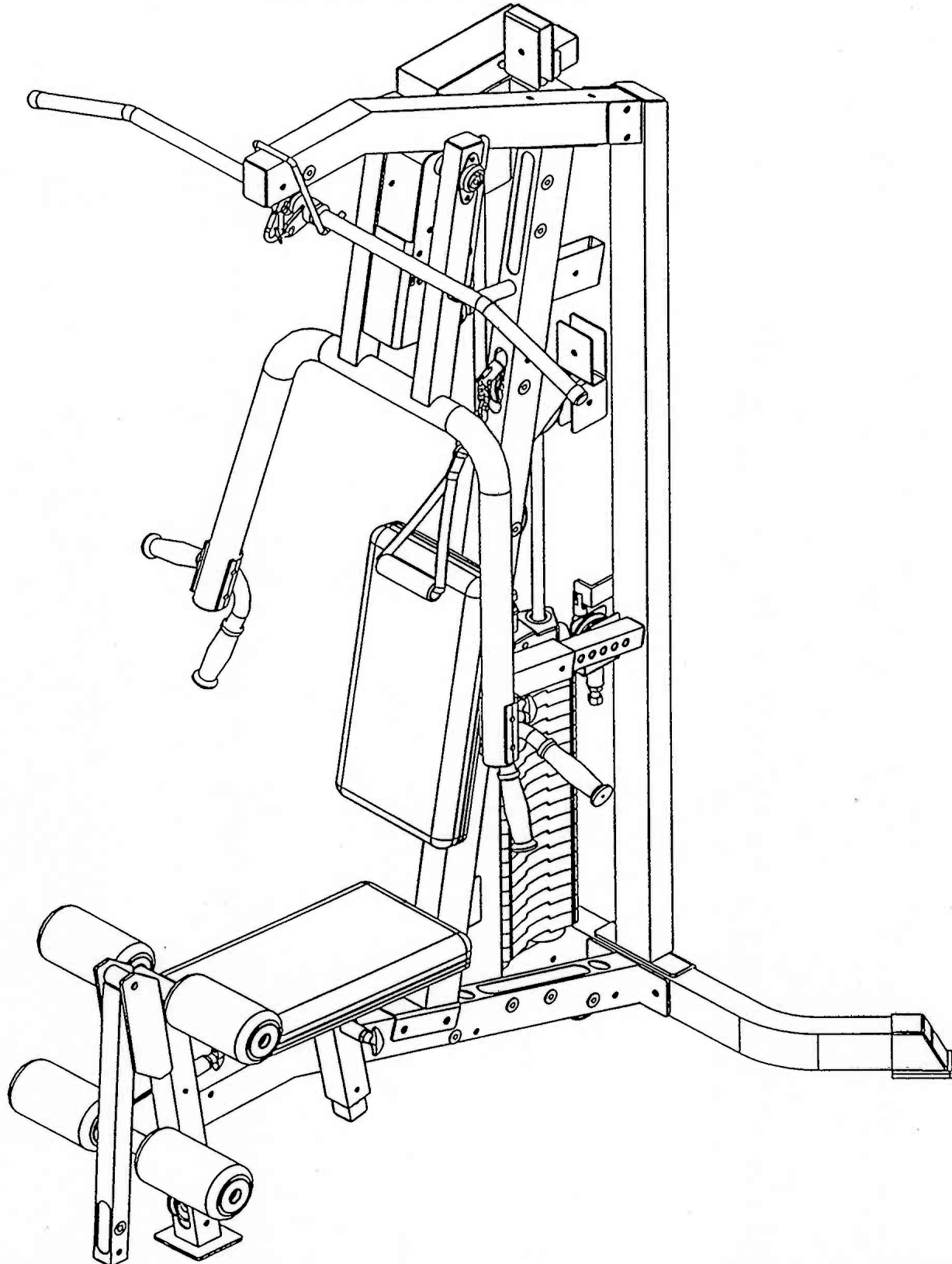


# ASSEMBLY

## INSTRUCTIONS

### Step 2

#### FRAME ASSEMBLY



# ASSEMBLY

## INSTRUCTIONS

### Step 2a

#### FRAME ASSEMBLY

In this step attach the Rear Upright Tube and the Bottom Tube to the Rear Bent Base Tube and then the Main Upright Tube as shown. Hand Tighten bolts only, they will be tightened later.

#### Part Descriptions

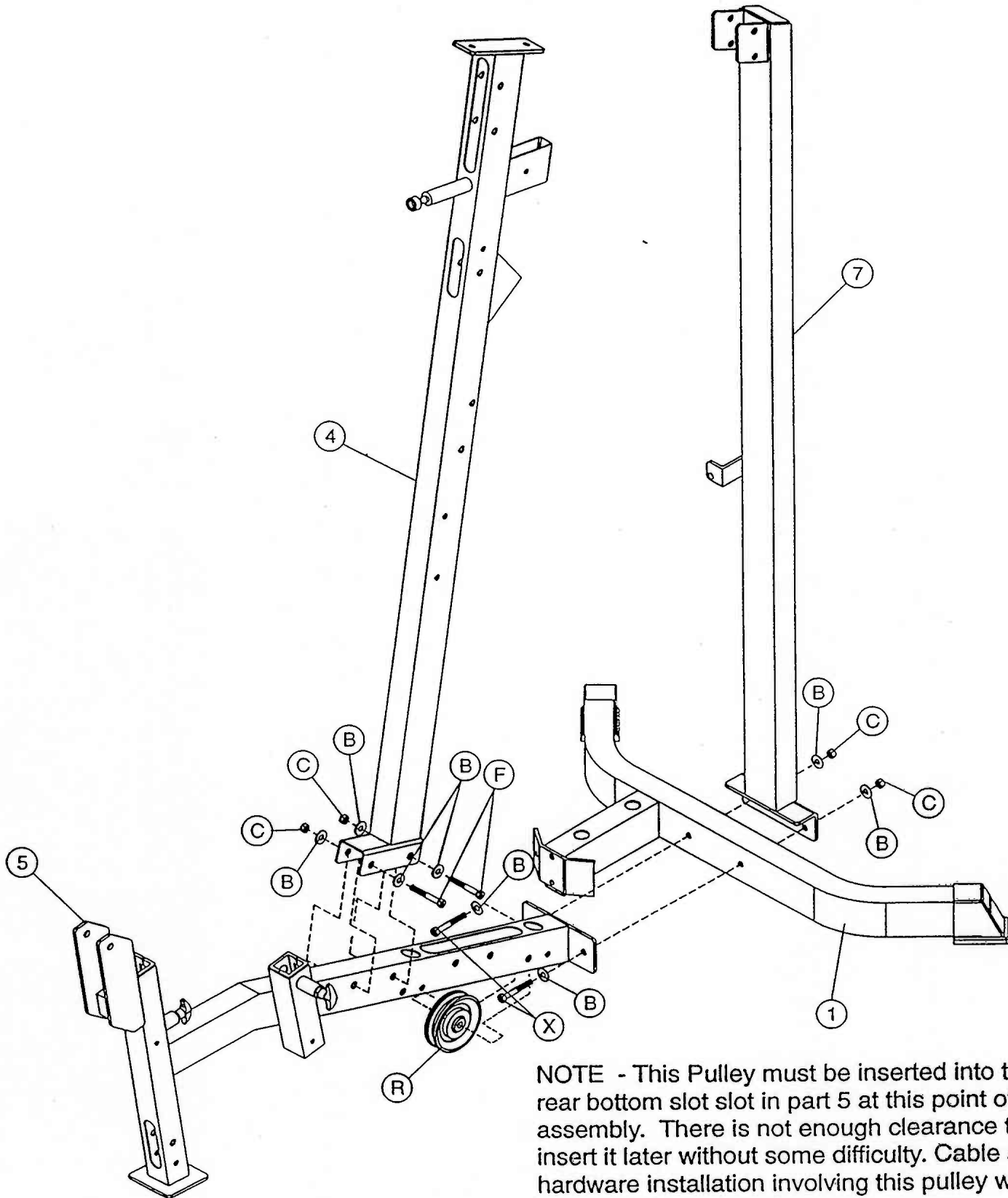
- 1 - Rear Bent Base Tube
- 4 - Main Upright
- 5 - Bottom Tube
- 7 - Rear Upright Tube

#### Hardware Descriptions

- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- F - 3/8-16 x 3" Hex Bolt
- R - 3 1/2" Pulley
- X - 3/8-16 x 3 1/4" Hex Bolt

# ASSEMBLY

## INSTRUCTIONS



NOTE - This Pulley must be inserted into the rear bottom slot slot in part 5 at this point of the assembly. There is not enough clearance to insert it later without some difficulty. Cable and hardware installation involving this pulley will happen in later steps.

# ASSEMBLY

## INSTRUCTIONS

### Step 2b

#### FRAME ASSEMBLY

Next attach the Top Tube to the Main and Rear Uprights. Hand Tighten these bolts only, they will be tightened later. Next attach the Leg Extension Arm to the Bottom Tube. Wrench Tighten these bolts until snug then back off 1/2 turn or enough to make sure the Leg Extension Arm pivots freely.

#### Part Descriptions

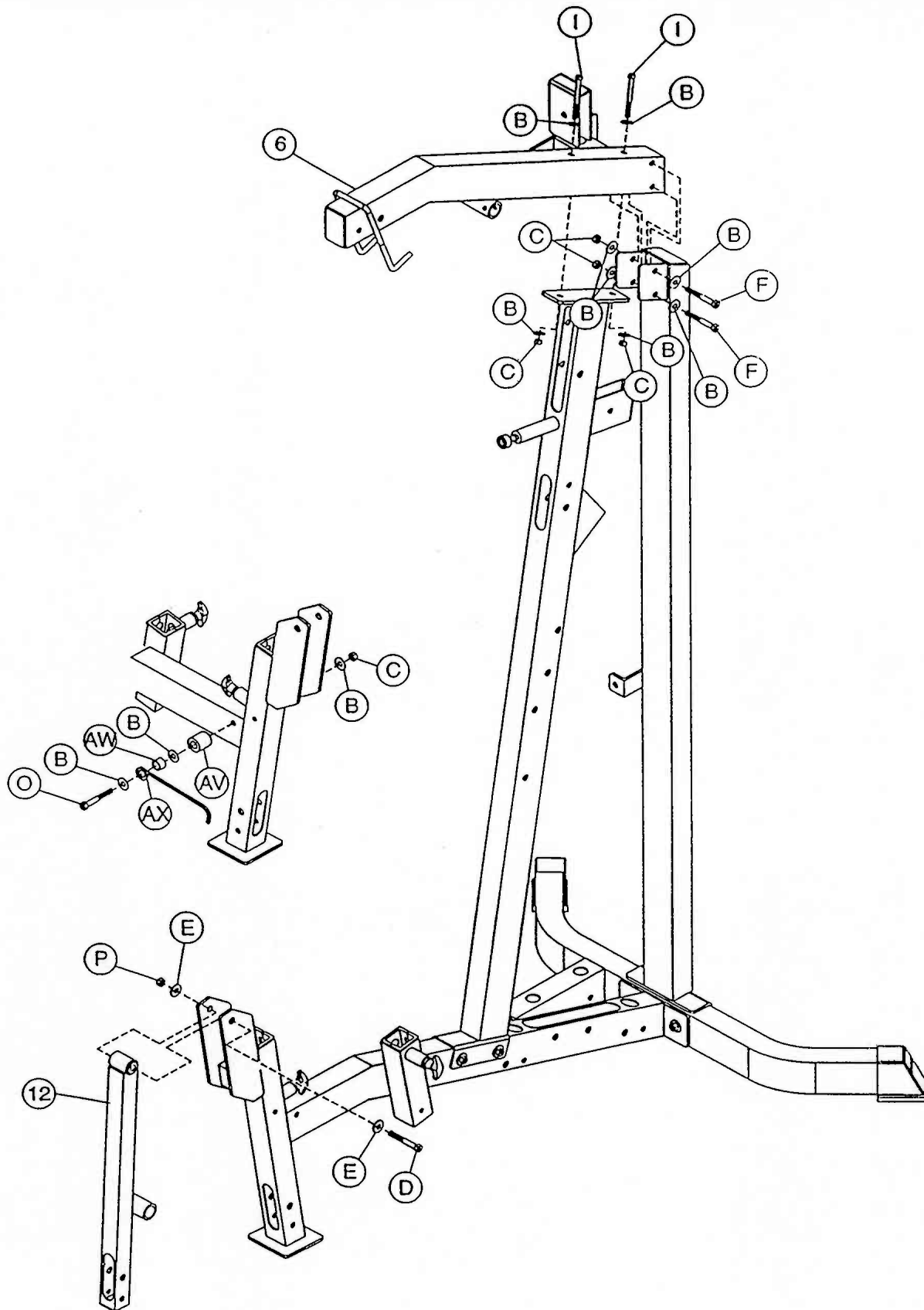
6 - Top Tube  
12 - Leg Extension Arm

#### Hardware Descriptions

B - 3/8" Flat Washer  
C - 3/8" Lock Nut  
D - 1/2-13 X 3 1/4" Hex Bolt  
E - 1/2" Flat Washer  
F - 3/8-16 x 3" Hex Bolt  
I - 3/8-16 x 4" Hex Bolt  
O - 3/8-16 x 3 1/2" Hex Bolt  
P - 1/2" Lock Nut  
AV - 1/2" Lg. Pulley Spacer  
AW - 1/4" Lg. Spacer  
AX - Latch Hook

# ASSEMBLY

## INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2c

#### FRAME ASSEMBLY

Slide the Guide Rods into the Rear Bent Base Tube and assemble the weight stack onto the Guide Rods as shown. Attach the Placard Mount to the Weight Stack Top Tube. Make sure the Weight Stack and its Guide Rods are sitting level then Wrench Tighten bolts including all previously hand tightened bolts.

#### Part Descriptions

14 - Guide Rods  
15 - Weight Stack Top Plate  
16 - Intermediate Weight Plates  
17 - 1/2" Weight Stack Bumpers  
23 - 2"x2" Weight Stack Top Tube  
24 - Shield  
29 - Placard Mount

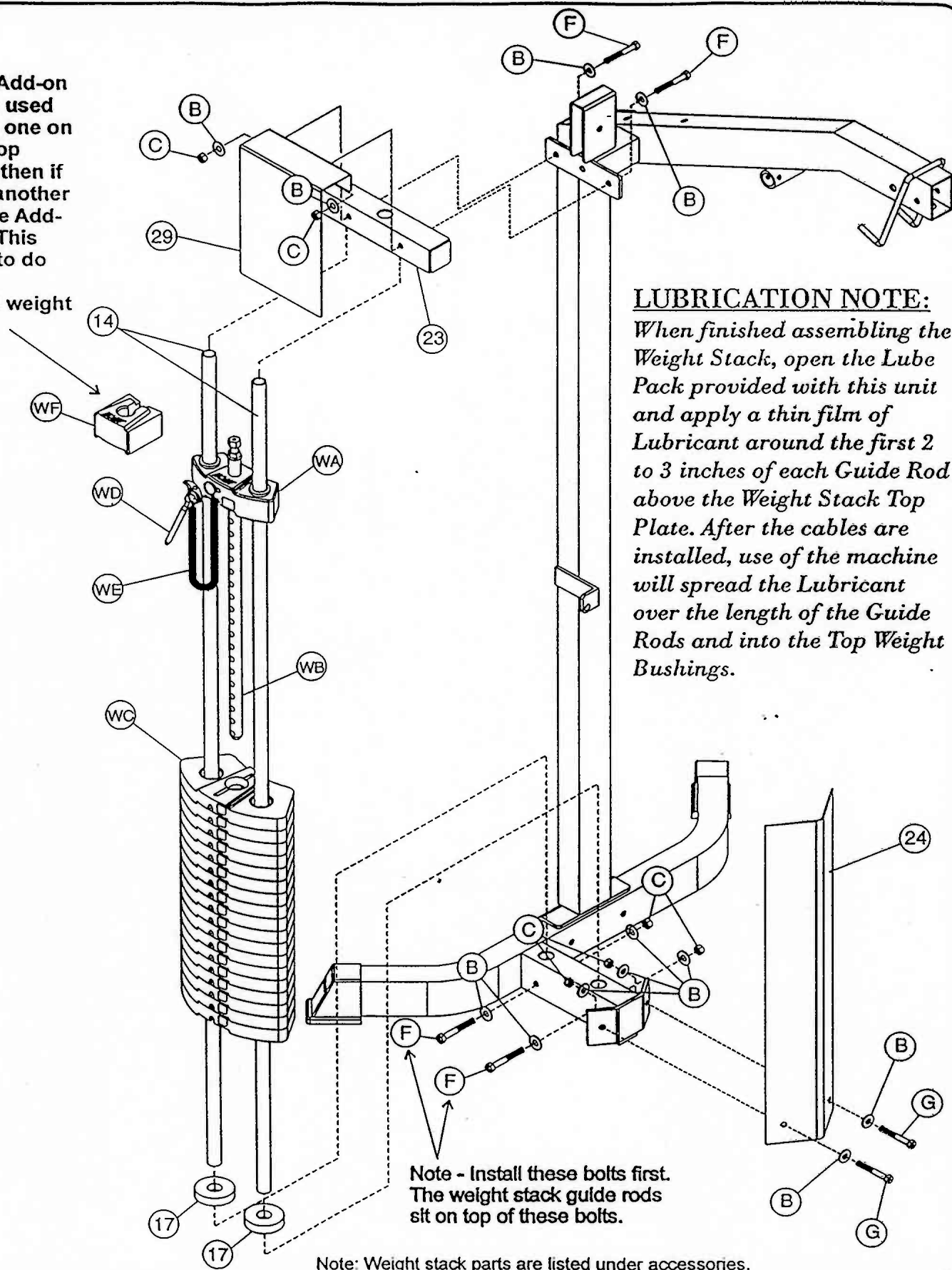
#### Hardware Descriptions

B - 3/8" Flat Washer  
C - 3/8" Lock Nut  
F - 3/8-16 x 3" Hex Bolt  
G - 3/8-16 x 1" Hex Bolt  
WA - Top Weight  
WB - Stem  
WC - 10 LB. Intermediate Weight  
WD - Weight Selector Pin  
WE - Selector Pin Lanyard  
WF - 2 1/2 LB. Add on Weight



# ASSEMBLY INSTRUCTIONS

The 2 ½ lb. Add-on Weights are used by saddling one on top of the Top Weight and then if so desired another on top of the Add-on Weight. This allows you to do smaller incremental weight increases.



Note - Install these bolts first.  
The weight stack guide rods  
sit on top of these bolts.

Note: Weight stack parts are listed under accessories.

# ASSEMBLY

## INSTRUCTIONS

### Step 2d

#### FRAME ASSEMBLY

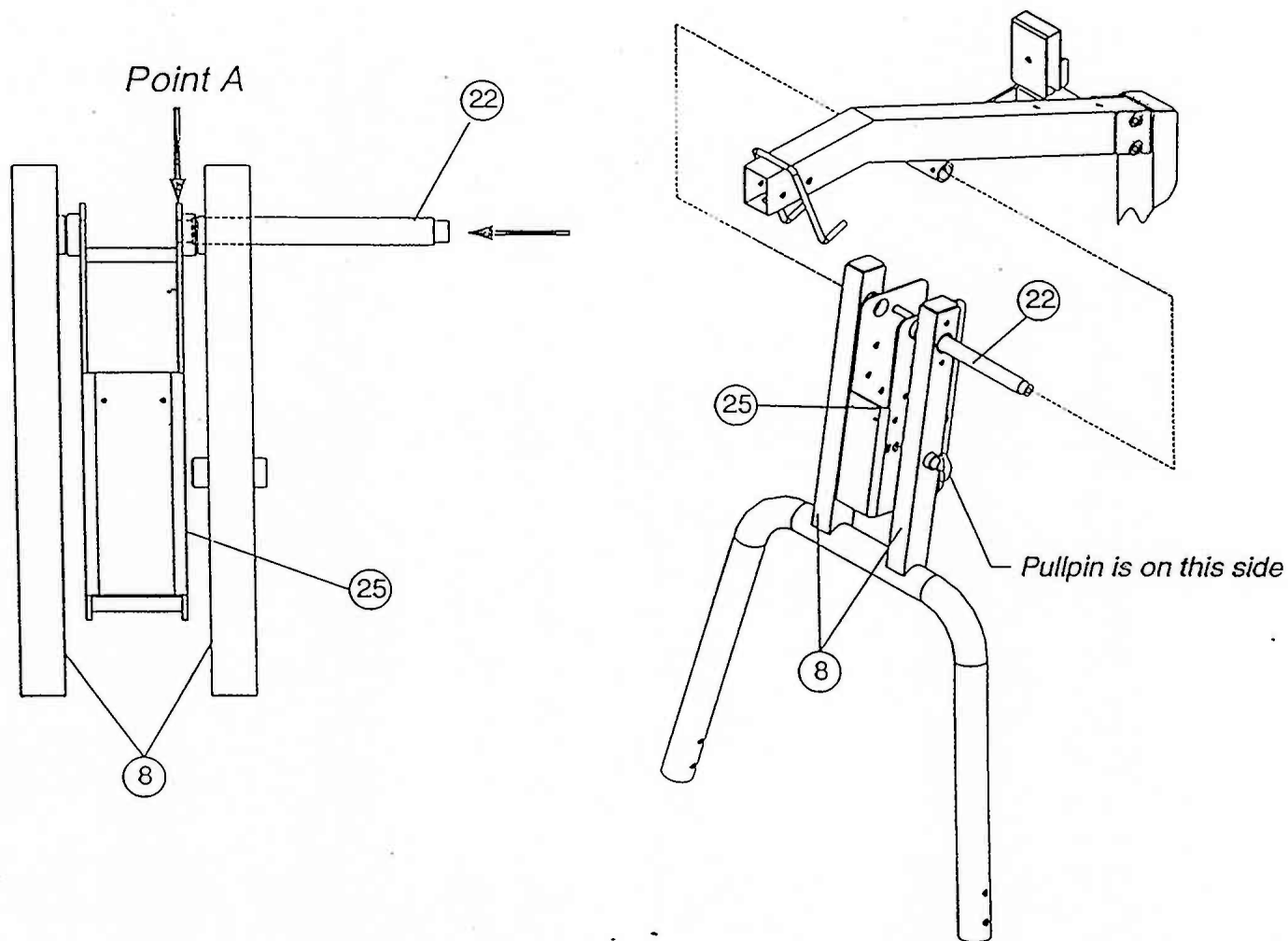
Next, insert the Press Arm Pivot Axle from one side to point "A" then move in line with the round tube mount on the top tube. Finish inserting the Pivot Axle through to the other side so that equal amounts extend out each side.

#### Part Descriptions

#### Hardware Descriptions

8 - Press Arm  
22 - Press Arm Pivot Axle  
25 - R.O.M

# ASSEMBLY INSTRUCTIONS



## NOTE:

- 1 - Align R.O.M to Press Arm.
- 2 - Insert Pivot Arm Axle to point A of R.O.M.
- 3 - Align to the round tube mount on the top tube.
- 4 - Finish inserting the axle through to other side.

# ASSEMBLY

## INSTRUCTIONS

### Step 2e

#### FRAME ASSEMBLY

Attach the flange mount bearings. Make sure the Press Arm assembly is centered and can swing freely. Secure the Pivot Axle to the Top Tube Mount with set screws. Assemble the right and left handles to the Press Arm sides. Wrench Tighten all of the Press Arm Bolts.

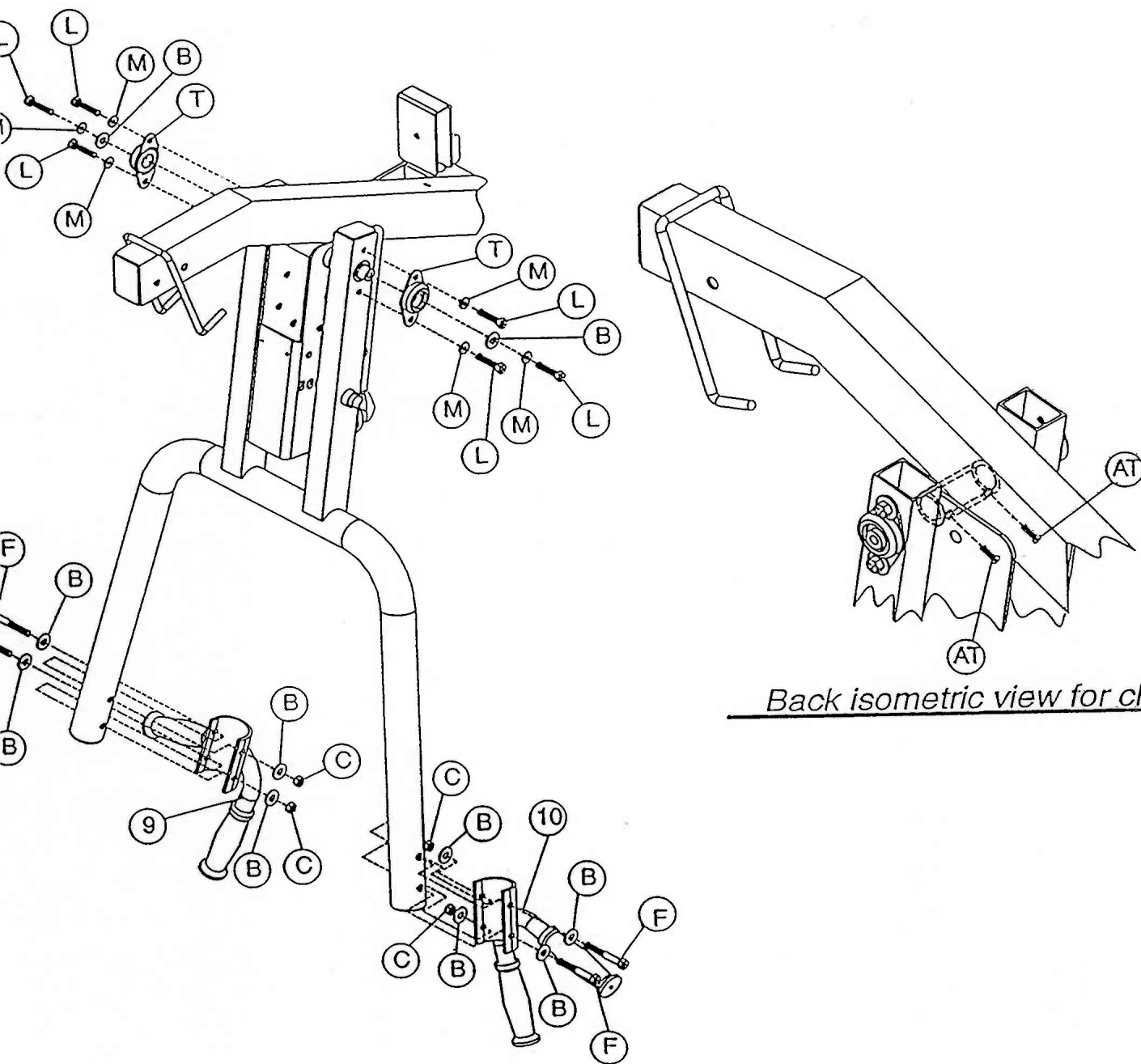
#### Part Descriptions

- 9 - Left Handle
- 10 - Right Handle

#### Hardware Descriptions

- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- F - 3/8-16 x 3" Hex Bolt
- L - 3/8-16 x 3/4" Hex Bolt
- M - 3/8" Lock Washer
- T - Flange Mount Bearing
- AT - 8M x 1.25 Cup Point Set Screw x 5/16" Lg.

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2f

#### FRAME ASSEMBLY

Attach one 10 x 20 Pad with backing to the Adjuster Pad Mount and the other to the Seat Adjuster. Attach the Back Adjuster Mount to the Main Upright. Wrench Tighten all bolts in this step.

#### Part Descriptions

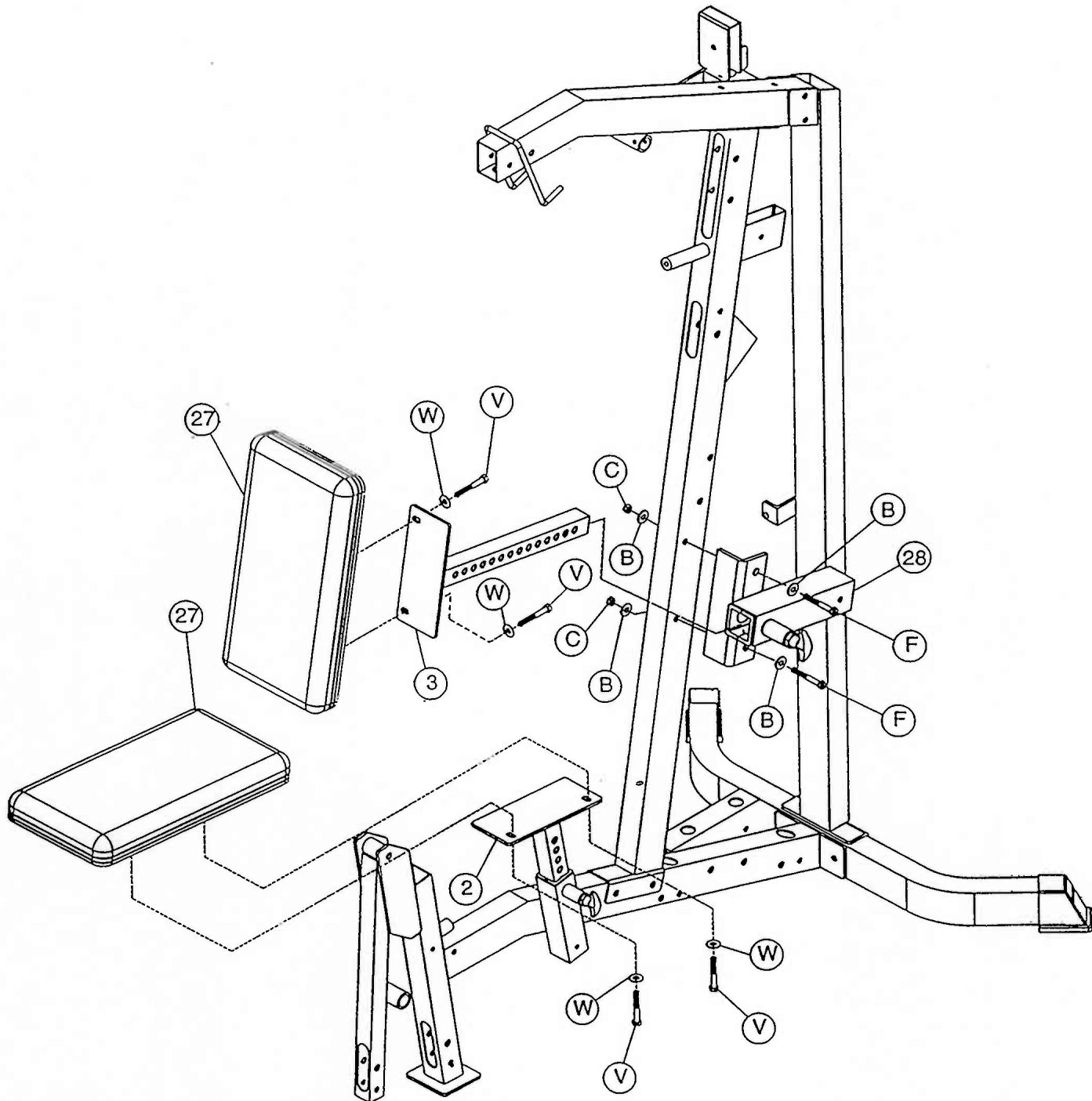
2 - Seat Adjuster  
3 - Back Adjuster  
27 - 10 x 20 Pad with backing  
28 - Back Adjuster Mount

#### Hardware Descriptions

B - 3/8" Flat Washer  
C - 3/8" Lock Nut  
F - 3/8"-16 x 3" Hex Bolt  
V - 5/16-18 x 1 1/4" Hex Bolt  
W- 5/16" Flat Washer

# ASSEMBLY

## INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2g

#### FRAME ASSEMBLY

Finish the frame assembly by assembling the leg roller pads as shown.

Wrench Tighten all bolts in this step.

#### Part Descriptions

11 - Leg Roller Adjust

13 - 7" Roller Pad

18 - Leg Roller Bar

#### Hardware Descriptions

G - 3/8-16 x 1" Hex Bolt

H - 3/8" Fender Washer

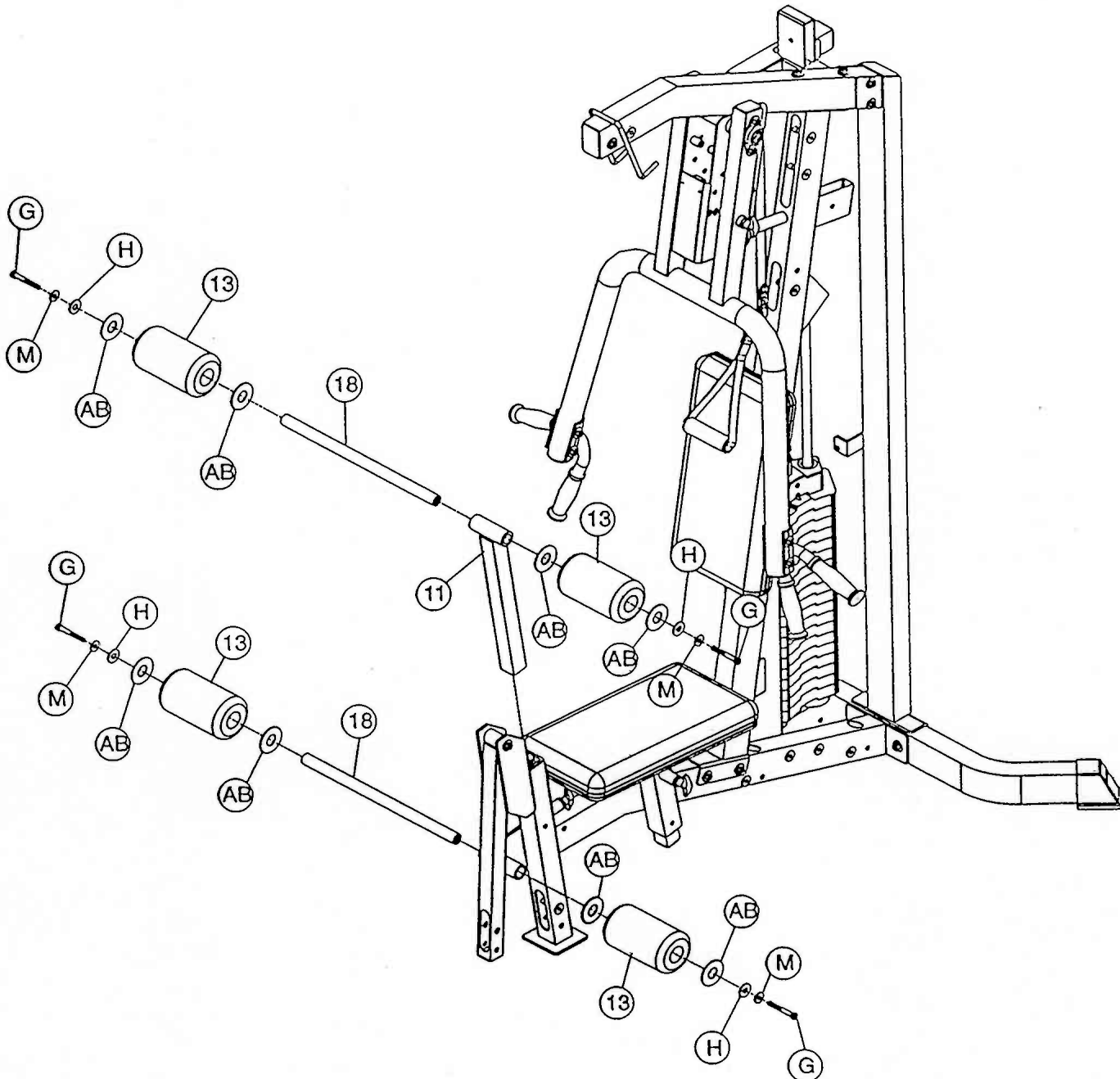
M - 3/8" Lock Washer

AB - 1 1/16" Plastic Fender



# ASSEMBLY

## INSTRUCTIONS

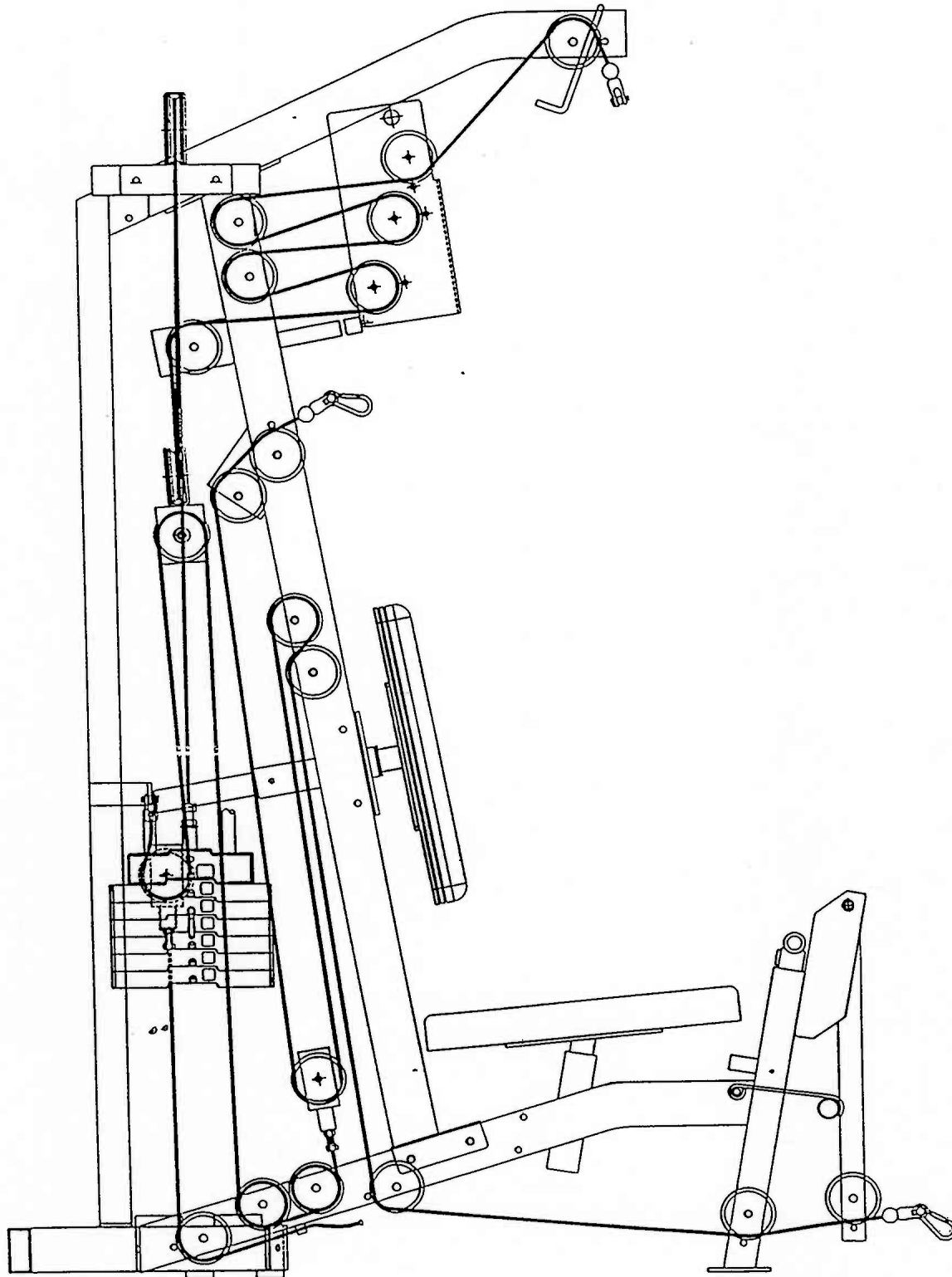


# ASSEMBLY

## INSTRUCTIONS

### Step 3

#### CABLE INSTALLATION



### Step 3a

#### CABLE #1-PULL DOWN

#### Part Descriptions

21 - Swiveling Double Pulley

#### Hardware Descriptions

A - 3/8-16 x 2 3/4" Hex Bolt

B - 3/8" Flat Washer

C - 3/8" Lock Nut

J - 3/8-16 x 2" Hex Bolt

K - 3/8-16 x 3 3/4" Hex Bolt

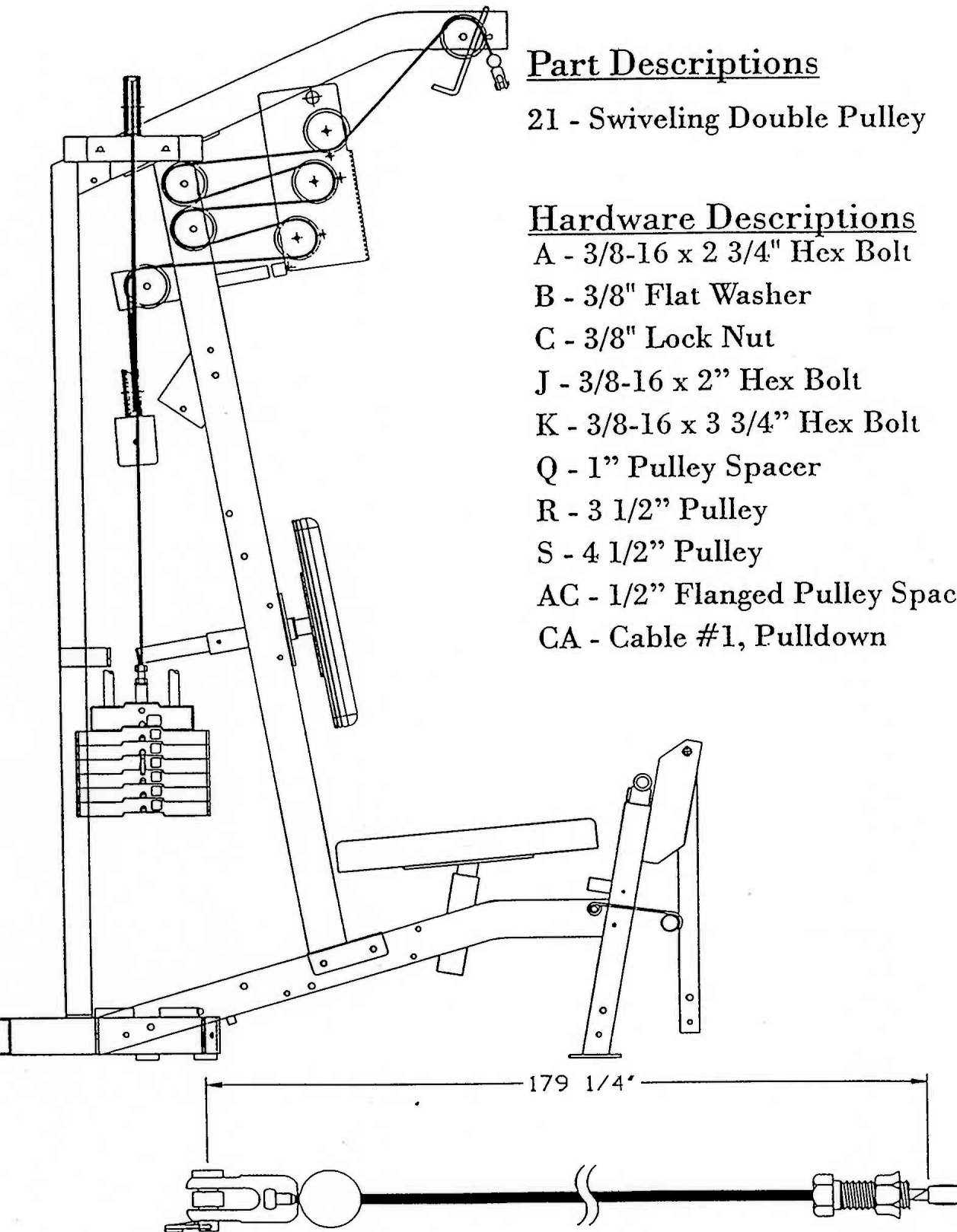
Q - 1" Pulley Spacer

R - 3 1/2" Pulley

S - 4 1/2" Pulley

AC - 1/2" Flanged Pulley Spacer

CA - Cable #1, Pulldown

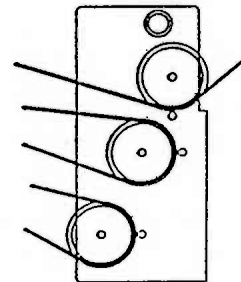
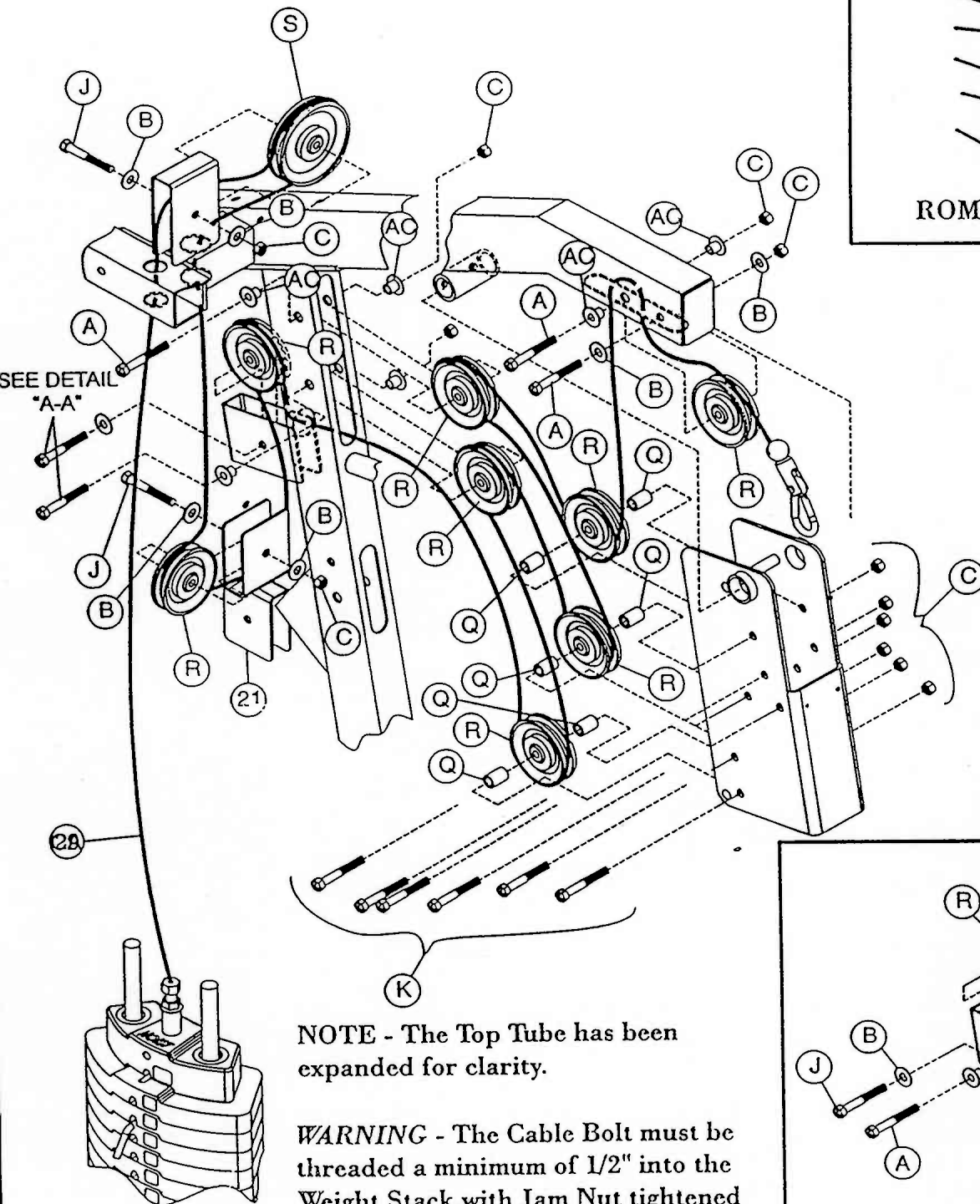


# ASSEMBLY

## INSTRUCTIONS

### Step 3a

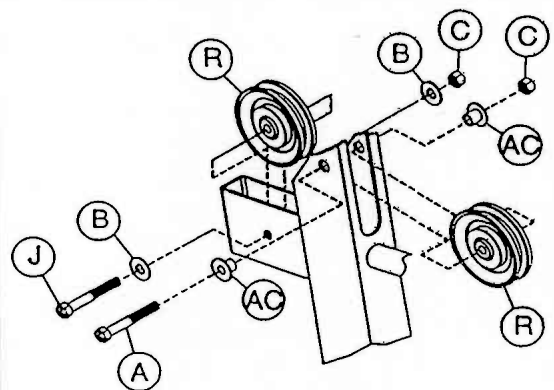
#### CABLE #1 - PULL DOWN



ROM pulley locations

**NOTE** - The Top Tube has been expanded for clarity.

**WARNING** - The Cable Bolt must be threaded a minimum of 1/2" into the Weight Stack with Jam Nut tightened securely to insure a proper connection.



DETAIL "A-A"

# ASSEMBLY

## INSTRUCTIONS

### Step 3b

#### CABLE #2 - AB/LEG EXTENSION

##### Part Descriptions

20 - 3 1/2" Adjustable Floating Pulley Bracket

##### Hardware Descriptions

A - 3/8-16 x 2 3/4" Hex Bolt

B - 3/8" Flat Washer

C - 3/8" Lock Nut

J - 3/8-16 x 2" Hex Bolt

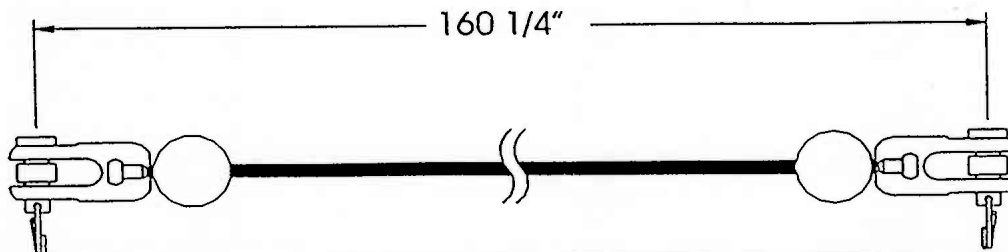
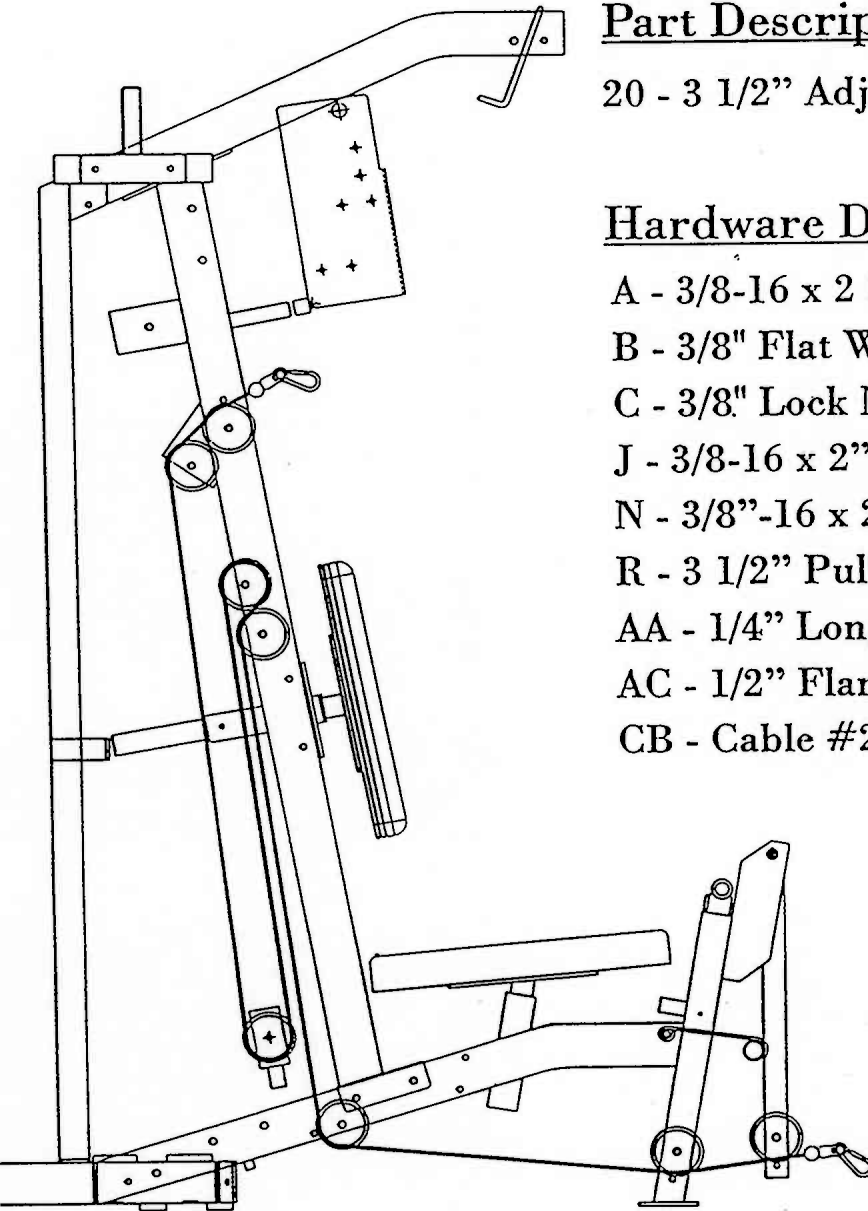
N - 3/8"-16 x 2 1/4" Hex Bolt

R - 3 1/2" Pulley

AA - 1/4" Long Flanged Pulley Spacer

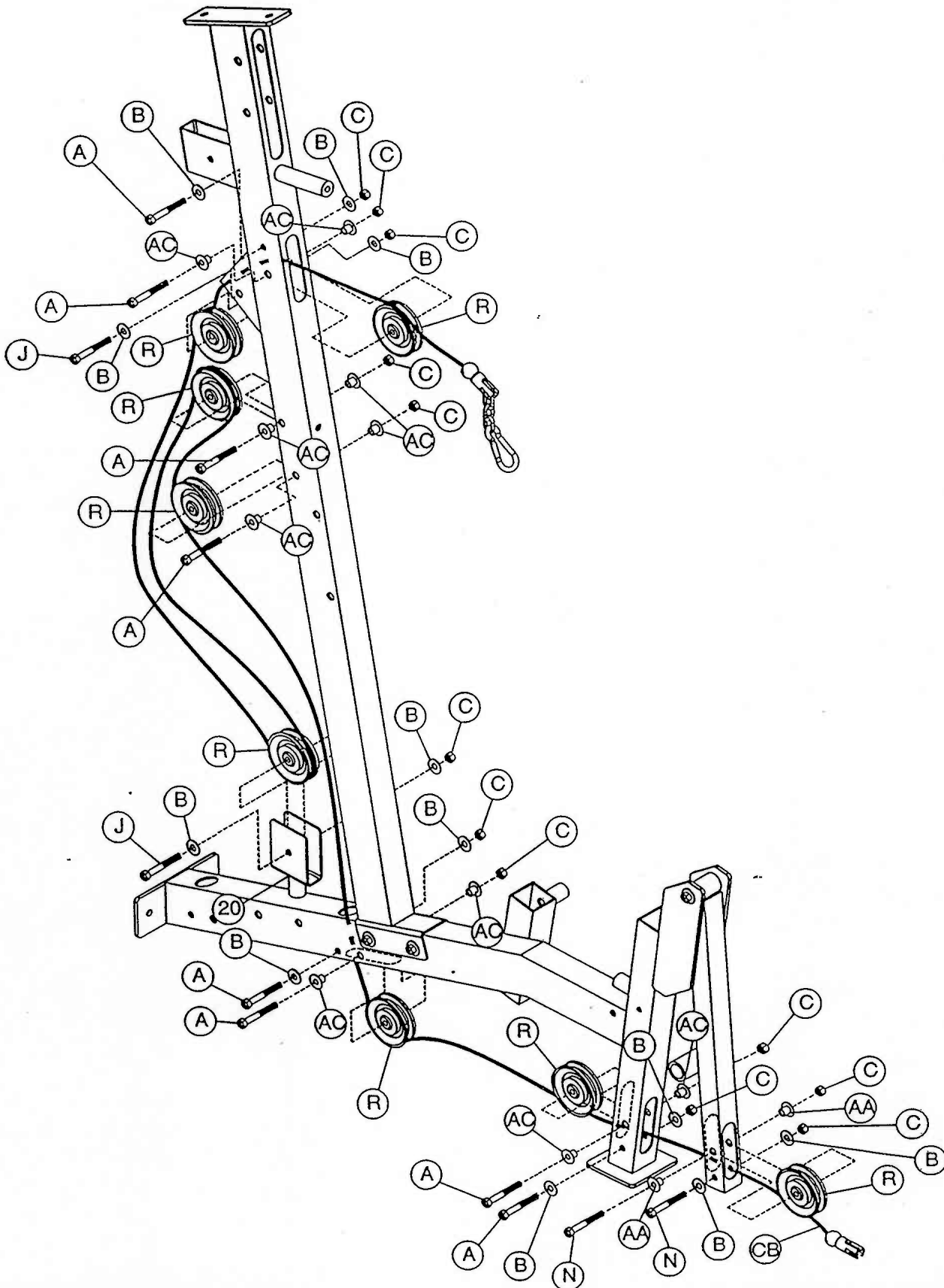
AC - 1/2" Flanged Pulley Spacer

CB - Cable #2 - Ab/Leg Extension



# ASSEMBLY

## INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 3c

#### CABLE #3-FLOATING PULLEY

##### Part Descriptions

20 - 3 1/2" Adjustable Floating Pulley

##### Hardware Descriptions

A - 3/8-16 x 2 3/4"

B - 3/8" Flat Washer

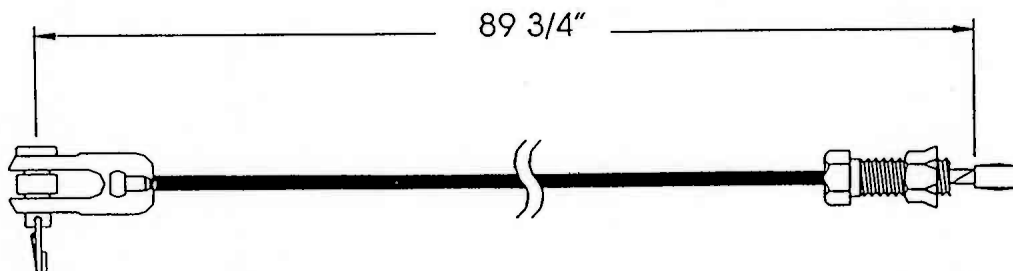
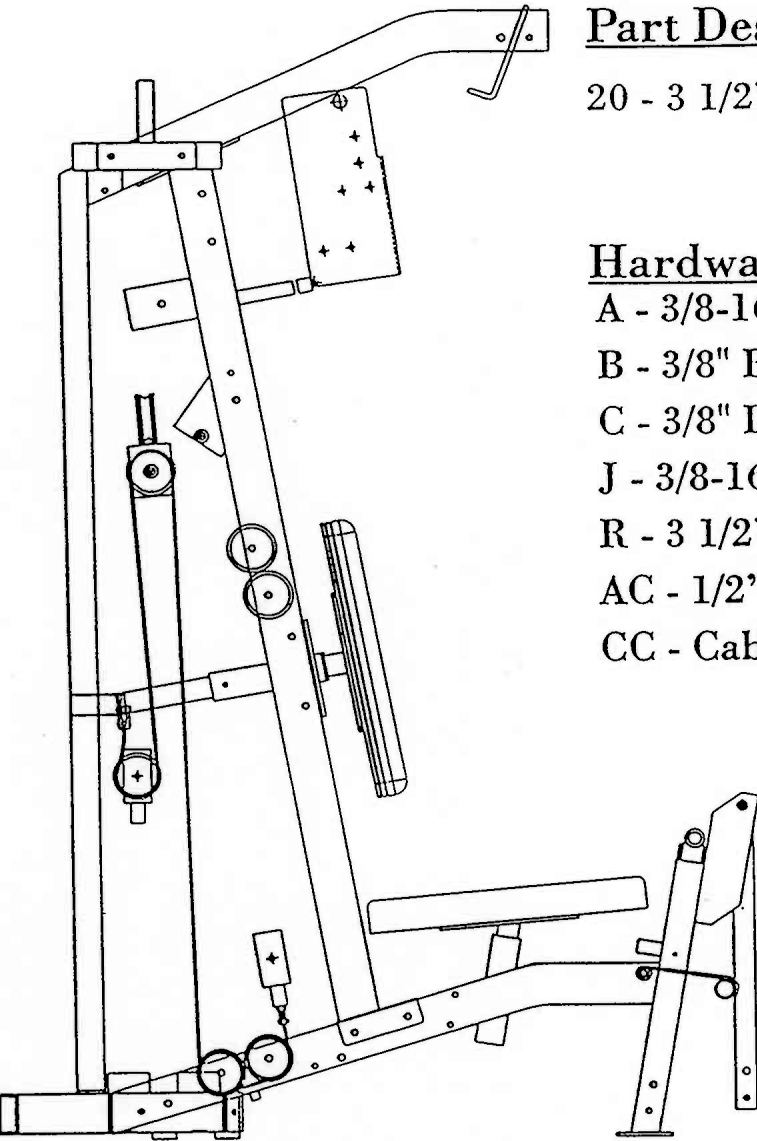
C - 3/8" Lock Nut

J - 3/8-16 x 2" Hex Bolt

R - 3 1/2" Pulley

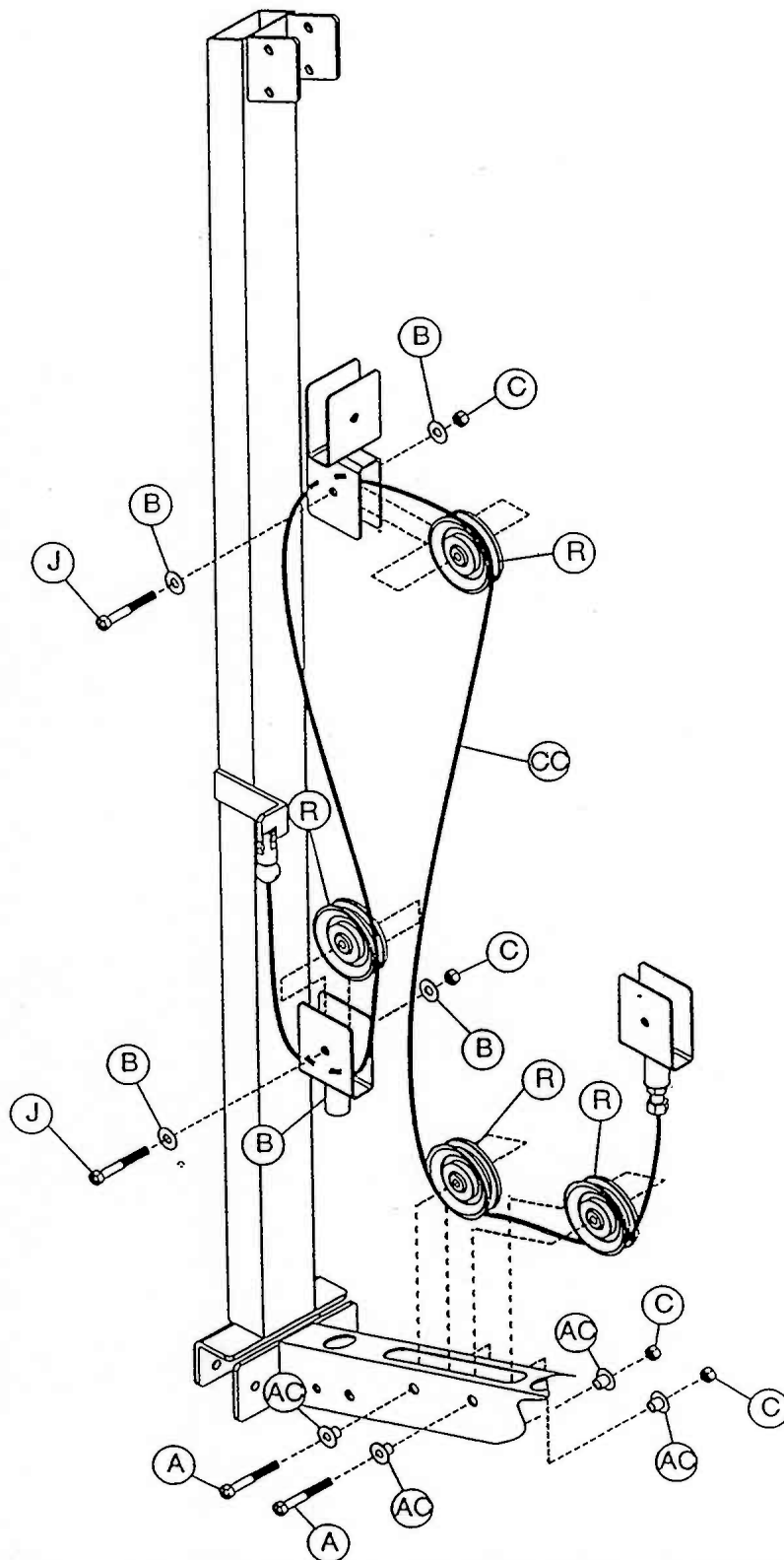
AC - 1/2" Flanged Pulley Spacer

CC - Cable #3, Floating Pulley



## Step 3c

### CABLE #3 - FLOATING PULLEY





# ASSEMBLY

## INSTRUCTIONS

### Step 3d

#### CABLE #4- ANCHORED PULLEY

##### Hardware Descriptions

A - 3/8-16 x 2 3/4" Hex Bolt

B - 3/8" Flat Washer

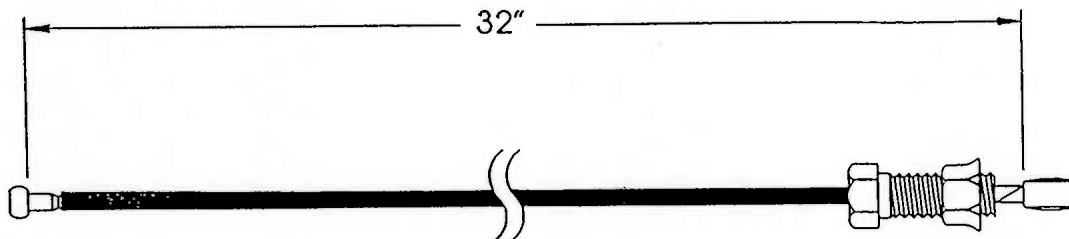
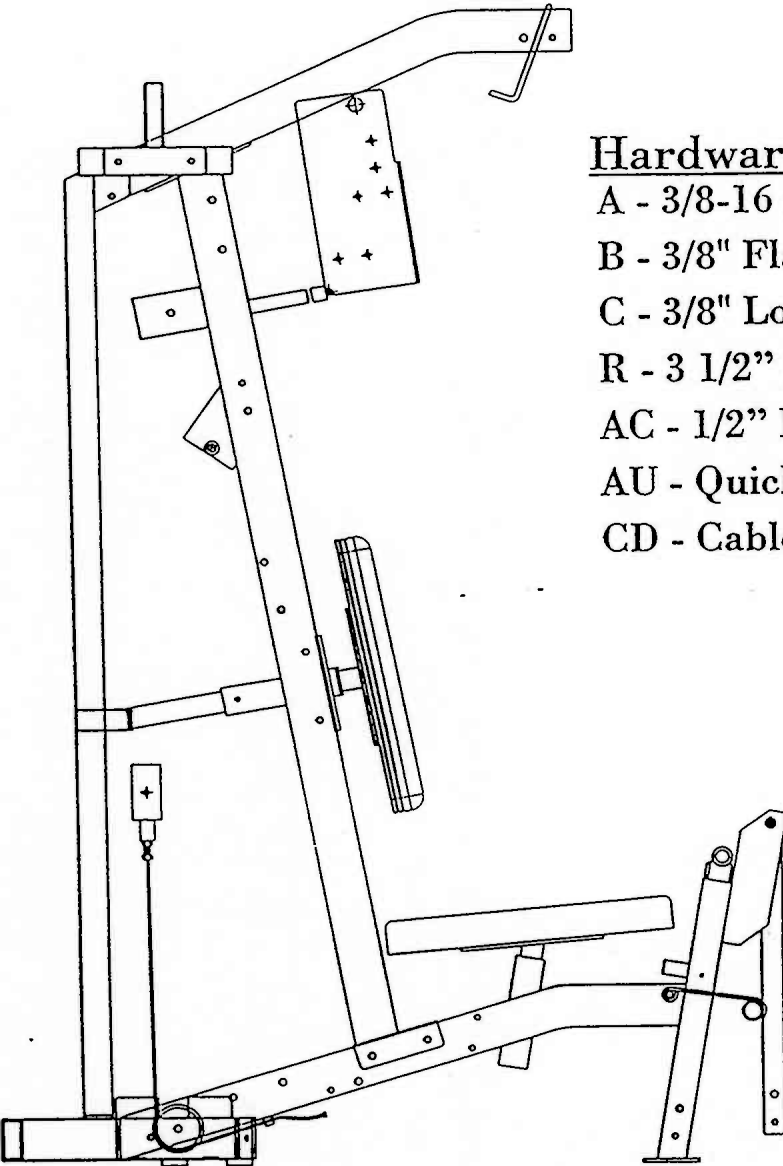
C - 3/8" Lock Nut

R - 3 1/2" Pulley

AC - 1/2" Flanged Pulley Spacer

AU - Quick Release Cable Lock

CD - Cable #4, Anchored Floating Pulley

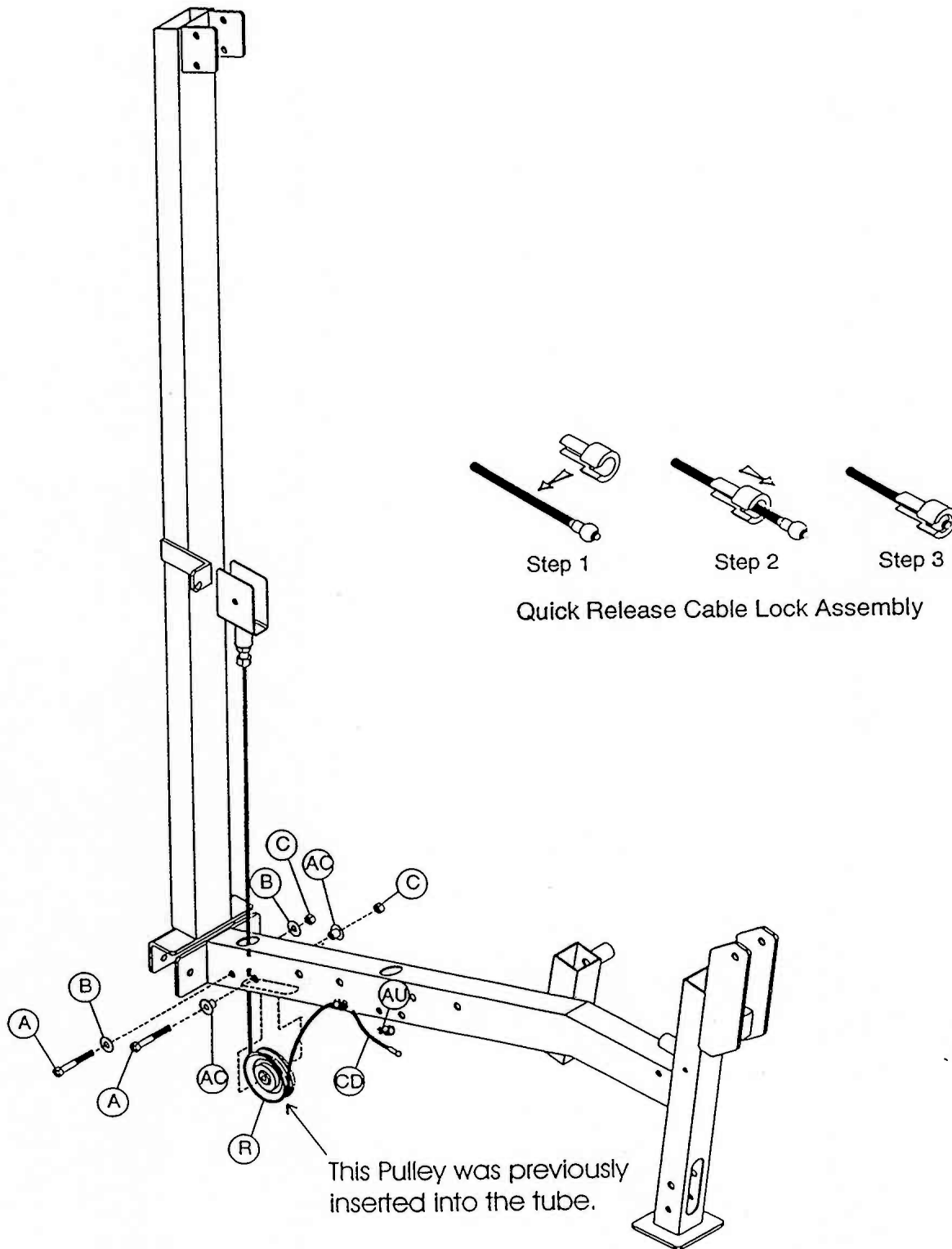


# ASSEMBLY

## INSTRUCTIONS

### Step 3d

#### CABLE # 4 - ANCHORED PULLEY

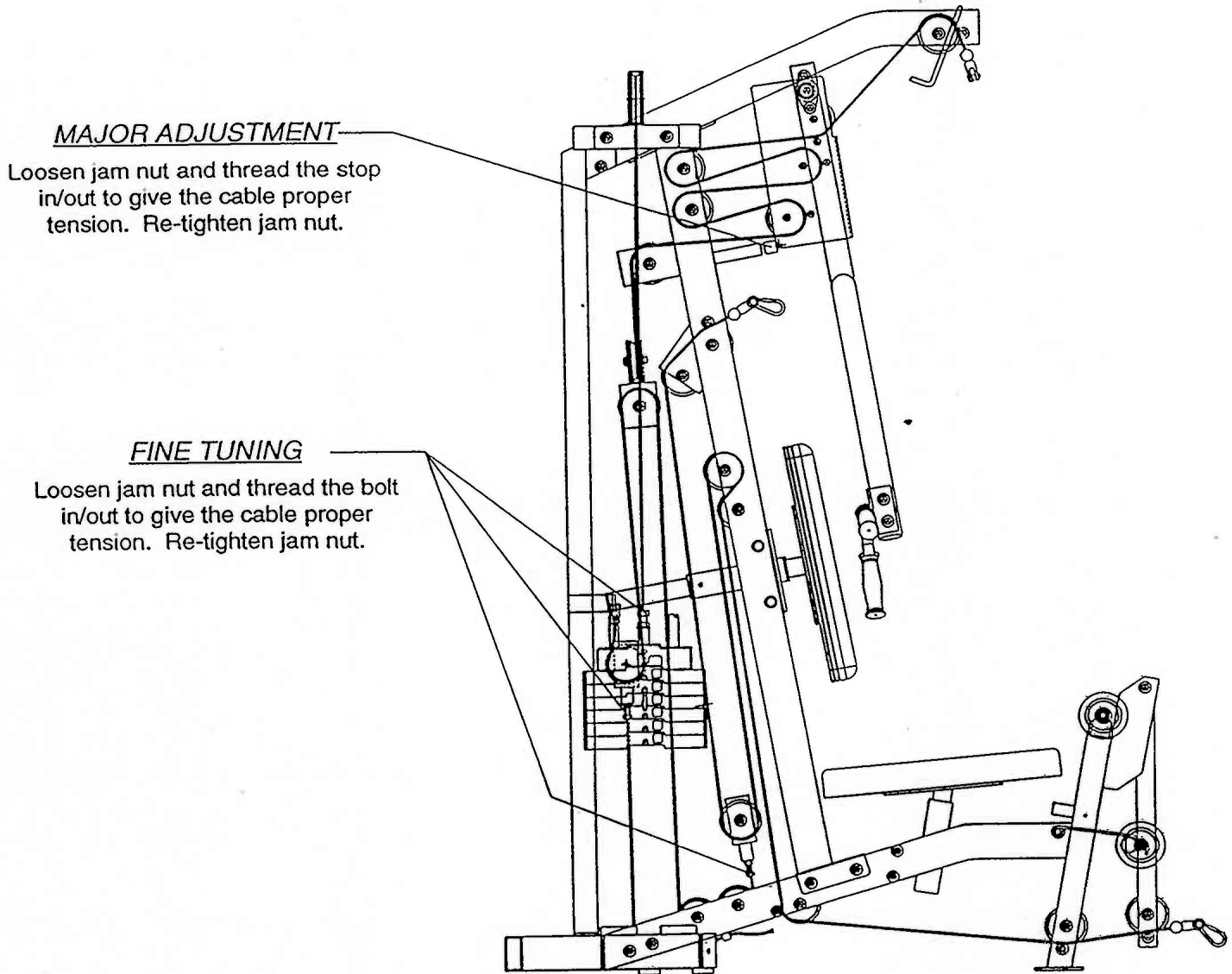


# ASSEMBLY

## INSTRUCTIONS

### Step 4

#### CABLE ADJUSTMENTS / GENERAL MAINTENANCE



Adjustments may need to be made during the first few session of use. Refer to the chart above for the points where adjustments to the cable tension may be made.

# ASSEMBLY

## C A T A L O G

### C A B L E L I S T I N G

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
CA	1	26-STD-SC199T	#1 - Pulldown Cable
CB	1	26-STD-SC200T	#2 - Ab/Leg Extension Cable
CC	1	26-STD-SC201T	#3 - Floating Pulley
CD	1	26-STD-SC202T	#4 - Anchored Floating Pulley Cable

### A C C E S S O R I E S

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
	1	20-CRL-BAR	Curl Bar
	1	20-LAT-48S	Rotating Lat Bar
	1	22-STR-ANKLE	Ankle Strap
	1	22-HAN-BICEP2	Bicep Handle
	1	21-STK-WEIGHT120	Weight Stack Numbers 1-20
	3	20-SNP-516	Snap Link
	1	20-CHN-002	2 Links of Chain
	1	20-CHN-0020	20 Links of Chains
WA	1	26-STD-SWTOP9	Top Weight
WB	1	26-STD-SW139	Stem
WC	19	26-STD-SW137	10 LB. Intermediate Weight
WD	1	26-STD-SW138	Weight Selector Pin
WE	1	10-LRD-1012T	Selector Pin Lanyard
WF	2	26-STD-SWADDON2	2 1/2 LB. Add on Weight

# ASSEMBLY

## INSTRUCTIONS

### Step 5

#### PRE-ASSEMBLED PARTS

#### Hardware Descriptions

AD - 2" x 3" End Cap  
AE - 2" x 2" End Cap  
AF - Comfort Grip  
AG - 1 1/2" x 1 1/2" End Cap  
AH - Bumper Stopper  
AJ - 1 1/2" x 2" End Cap  
AK - 1/2" Oilite  
AL - Easy glide Adjuster Sleeve  
AM - Adjustable Stop  
AN - 1" Oilite  
AP - 3/4" Guide Rod Bushing  
AQ - 2" Dia. End Cap  
AR - 3/8" x 4" Sleeve  
AS - 2" x 3" Foot Cap

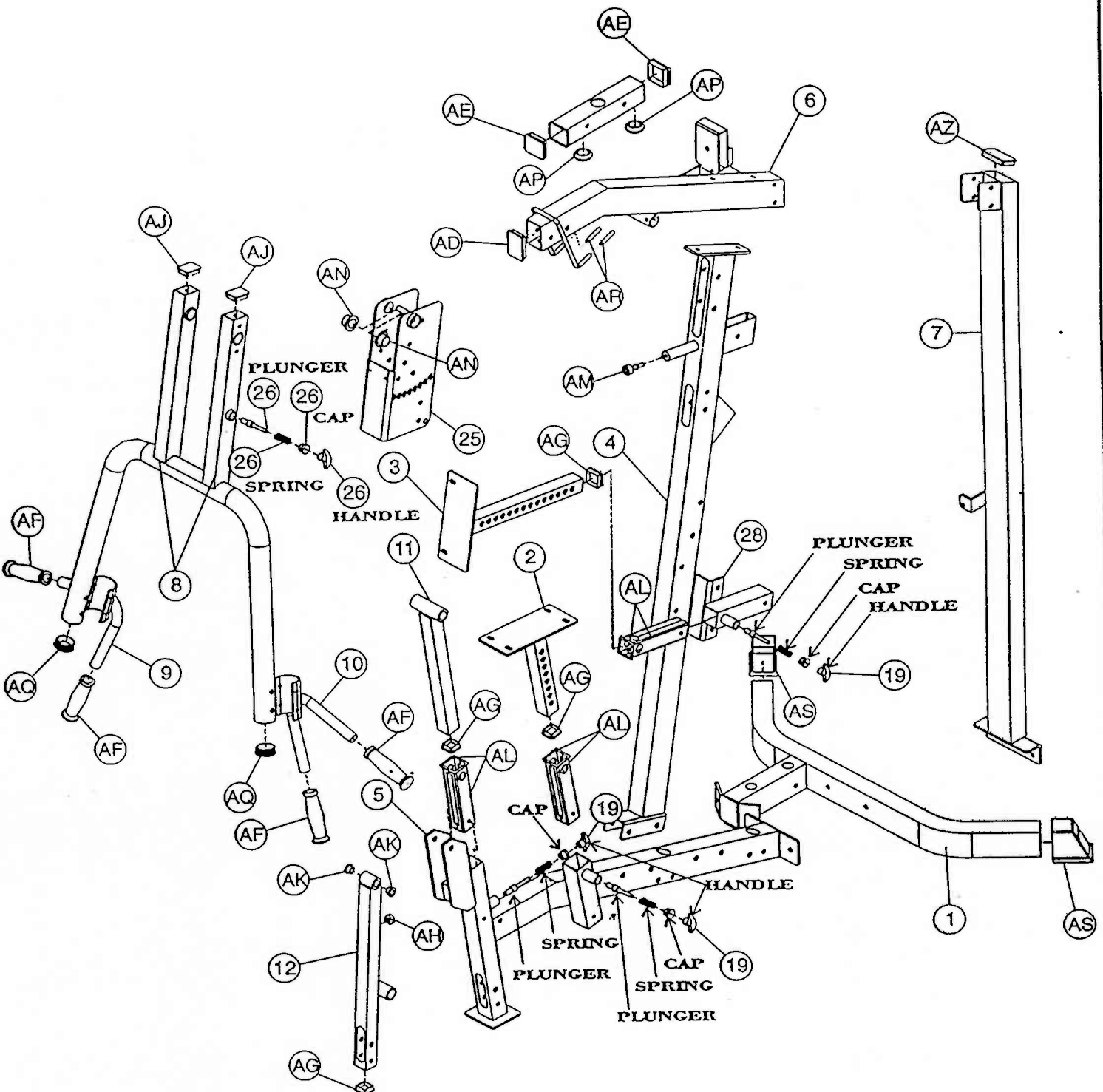
#### Part Descriptions

1 - Rear Bent Base Tube  
2 - Seat Adjuster  
3 - Back Adjuster  
4 - Main Upright  
5 - Bottom Tube  
6 - Top Tube  
7 - Rear Upright  
8 - Press Arm  
9 - Right Press Handle  
10 - Left Press Handle  
11 - Leg Roller Adjuster  
12 - Leg Extension Arm  
19 - 1/2" Short Pull-pin  
25 - R.O.M  
26 - 1/2" Long Pull-pin  
28 - Back Adjuster Mount

# ASSEMBLY

## INSTRUCTIONS

### PRE-ASSEMBLED PARTS



# ASSEMBLY C A T A L O G

## P A R T L I S T I N G

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
1	1	35-SUB-H210-01	Rear Bent Base Tube
2	1	35-SUB-H210-02	Seat Adjuster
3	1	35-SUB-H210-03	Back Adjuster
4	1	35-SUB-H210-04	Main Upright
5	1	35-SUB-H210-05	Bottom Tube
6	1	35-SUB-H210-06	Top Tube
7	1	35-SUB-H210-07	Rear Upright
8	1	35-SUB-H210-08	Press Arm
9	1	35-SUB-H210-09	Right Press Handle
10	1	35-SUB-H210-10	Left Press Handle
11	1	35-SUB-H210-11	Leg Roller Adjuster
12	1	35-SUB-H210-12	Leg Extension Arm
13	4	17-RLR-7	7" Roller Pad
14	2	26-STD-SG133	70 15/32" Guide Rod x 3/4" Dia.
15	1	26-STD-SWTOP9	Weight Stack Top Plate
16	19	26-STD-SW137	10 lbs. Intermediate Weight Plate
17	2	19-WSB-123	1/2" Rubber Weight Stack Bumper
18	2	26-STD-SX139	Leg Roller Bar
19	3	26-STD-SM128T	1/2" Short Pull-pin
20	2	26-STD-SX122T	3 1/2" Adjustable Floating Pulley Bracket
21	1		Swiveling Double Pulley
22	1	26-STD-SM287	Press Arm Pivot Axle
23	1	35-SUB-H210-13	2" x 2" Weight Stack Top Tube
24	1	26-STD-SSH166	Shield
25	1	35-SUB-G20001	R.O.M
26	1	26-STD-SM129T	1/2" Long Pull-pin
27	2	26-STD-SU1020 w/B	10" x 20" Pad With Backing
28	1	35-SUB-H210-14	Back Adjuster Mount
29	1	26-STD-SP477	Placard Mount

# ASSEMBLY

## C A T A L O G

### H A R D W A R E L I S T I N G

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
A	16	11-HEX-38(16)234	3/8"-16 x 2 3/4" Hex Bolt
B	71	13-FLT-38	3/8" Flat Washer
C	52	12-LOK-38	3/8" Lock Nut
D	1	11-HEX-12314	1/2"-13 x 3 1/4" Hex Bolt
E	2	13-FLT-12	1/2" Flat Washer
F	12	11-HEX-383	3/8"-16 x 3" Hex Bolt
G	6	11-HEX-38(16)1	3/8"-16 x 1" Hex Bolt
H	4	13-FND-38112	3/8" Fender Washer
I	2	11-HEX-384	3/8"-16 x 4" Hex Bolt
J	7	11-HEX-38(16)2	3/8"-16 x 2" Hex Bolt
K	6	11-HEX-38334	3/8"-16 x 3 3/4" Hex Bolt
L	6	11-HEX-3834	3/8"-16 x 3/4" Hex Bolt
M	10	13-LOK-38	3/8" Lock Washer
N	2	11-HEX-38214	3/8"-16 x 2 1/4" Hex Bolt
O	1	11-HEX-3812	3/8"-16 x 3 1/2" Hex Bolt
P	1	12-LOK-12T	1/2" Lock Nut
Q	6	14-SPC-1(38)	1" Pulley Spacer
R	22	18-PUL-312	3 1/2" Pulley
S	1	18-PUL-412	4 1/2" Pulley
T	2		Flange Mount Bearing
V	4	11-HEX-516114	5/16"-18 x 1 1/4" Hex Bolt
W	4	13-FLT-516	5/16" Flat Washer
X	2	11-HEX-38314	3/8"-16 x 3 1/4" Hex Bolt



# ASSEMBLY

## CATALOG

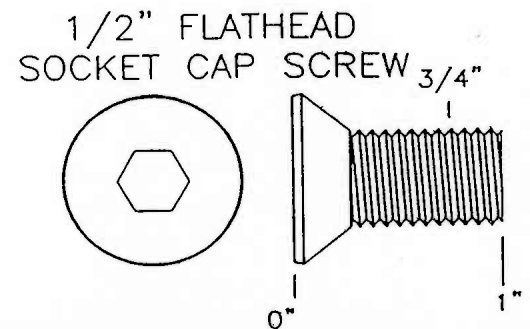
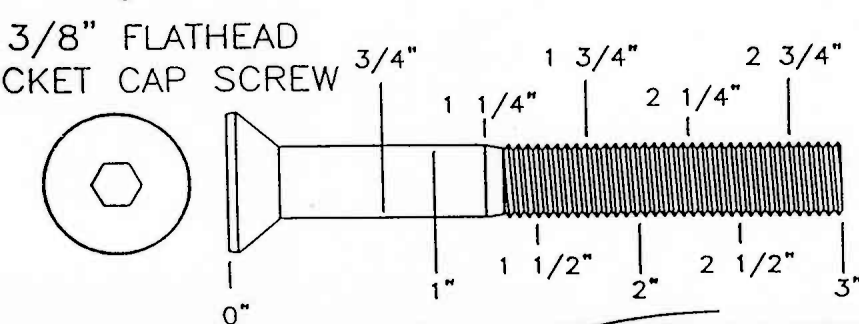
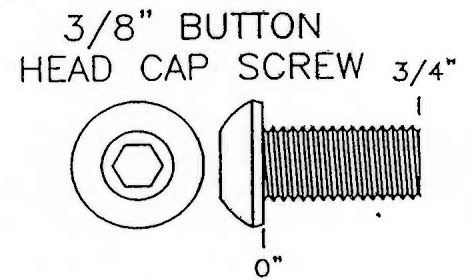
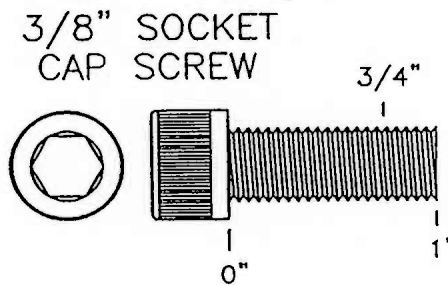
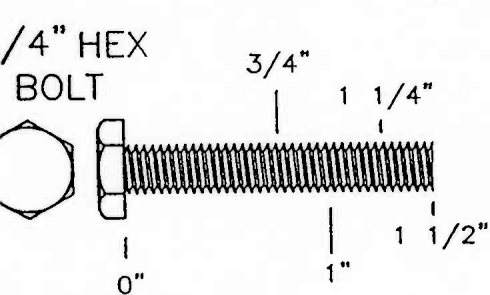
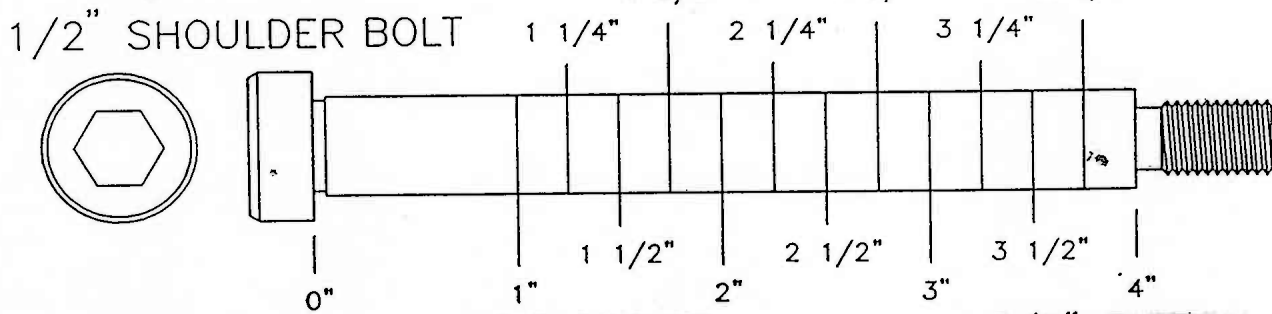
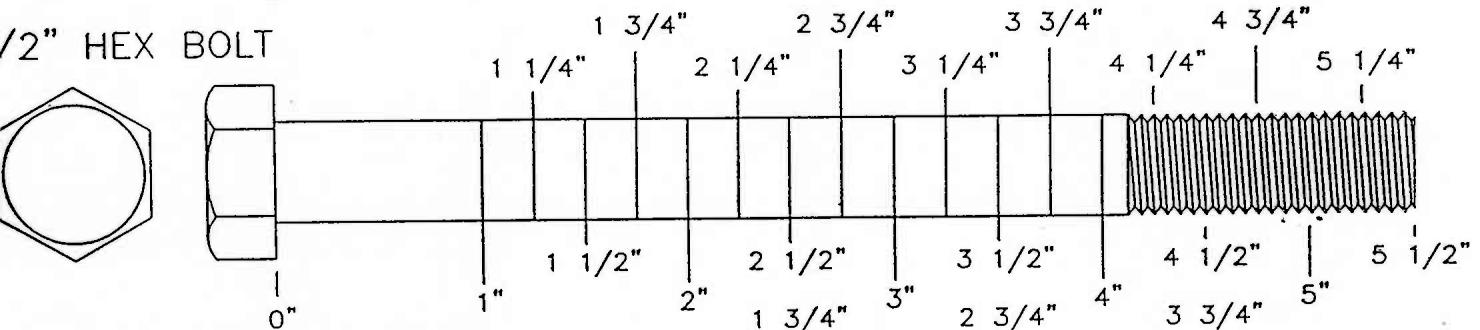
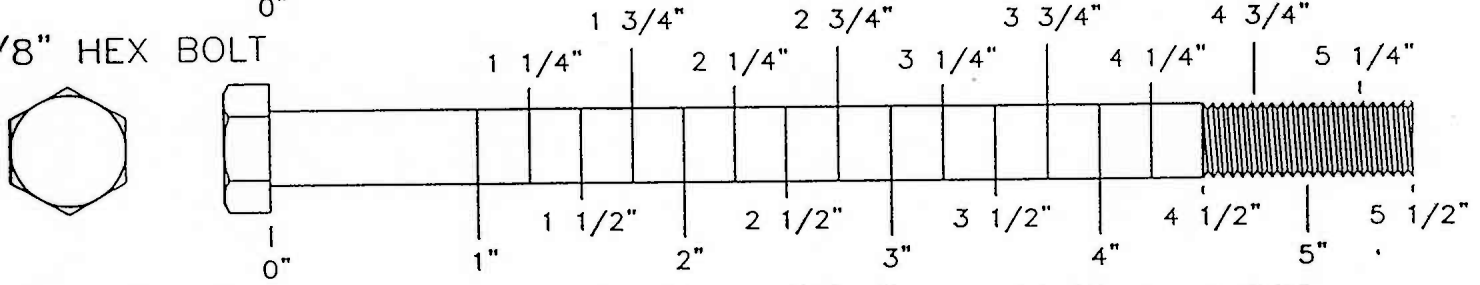
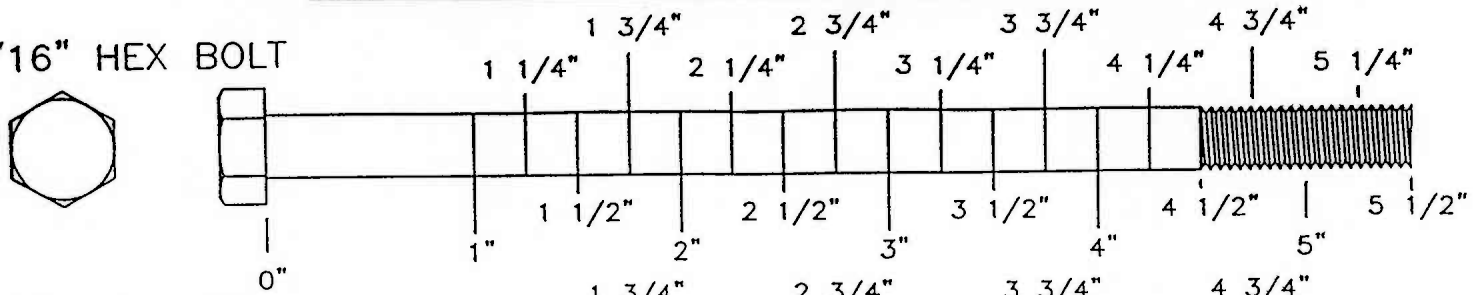
### HARDWARE LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
AA	2	26-STD-SM211T	1/4" Long Flanged Pulley Spacer
AB	8	13-FND-182532212	1" Plastic Fender Washer
AC	22	26-STD-SM198T	1/2" Flanged Pulley Spacer
AD	1	16-CAP-23	2" x 3" End Cap
AE	2	16-CAP-22	2" x 2" End Cap
AF	4	19-GRP-78COMFORT	Comfort Grip
AG	4	16-CAP-112112	1 1/2" x 1 1/2" End Cap
AH	1	19-PAD-1	Bumper Stopper
AJ	2	16-CAP-1122	1 1/2" x 2 End Cap
AK	2	14-OIL-12F	1/2" Oilite
AL	6	26-STD-PLAS125T	Easy Glide Adjuster Sleeve
AM	1	20-GLD-38112T	Adjustable Stop
AN	2	14-OIL-1FT	1" Oilite
AP	2	19-GRM-34R	3/4" Guide Rod Bushing
AQ	2	16-CAP-2	2" DIA. END CAP
AR	2	16-CAP-384	3/8" x 4" Sleeve
AS	2	26-STD-PLAS158T	2" x 3" Foot Cap
AT	2		8M x 1.25 Cup Point Set Screw x 5/16"
AU	1	26-STD-SM200T	Quick Release Cable Lock
AV	1	14-SPC-12	1/2" Lg. Pulley Spacer
AW	1	26-STD-SM271T	1/4" Lg. Spacer
AX	1	26-STD-SM288T	Latch Hook
AZ	1	16-CAP-23S	2" x 3" Sloping End Cap

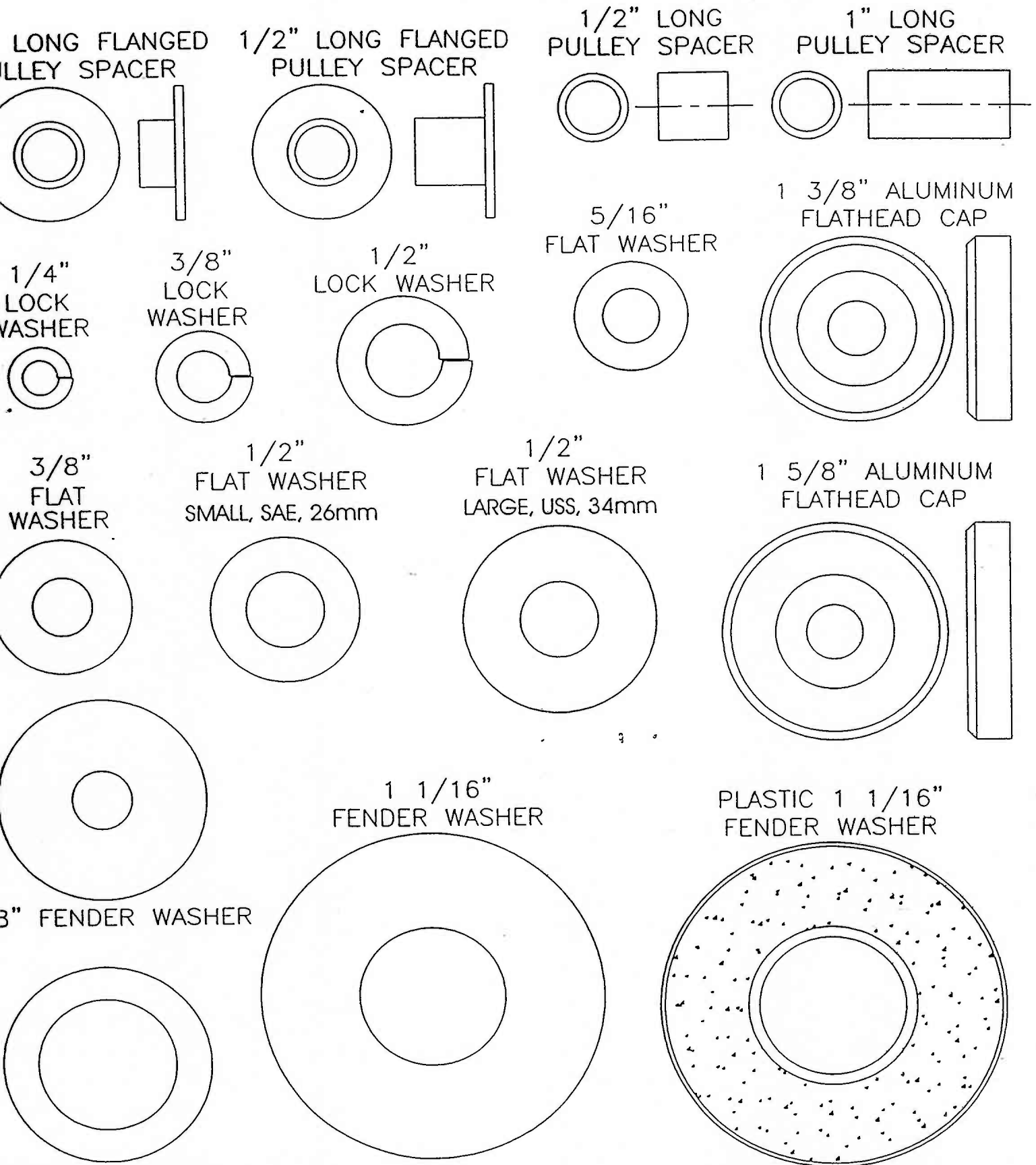
# ASSEMBLY

## CATALOG

### BOLT SIZING CHART

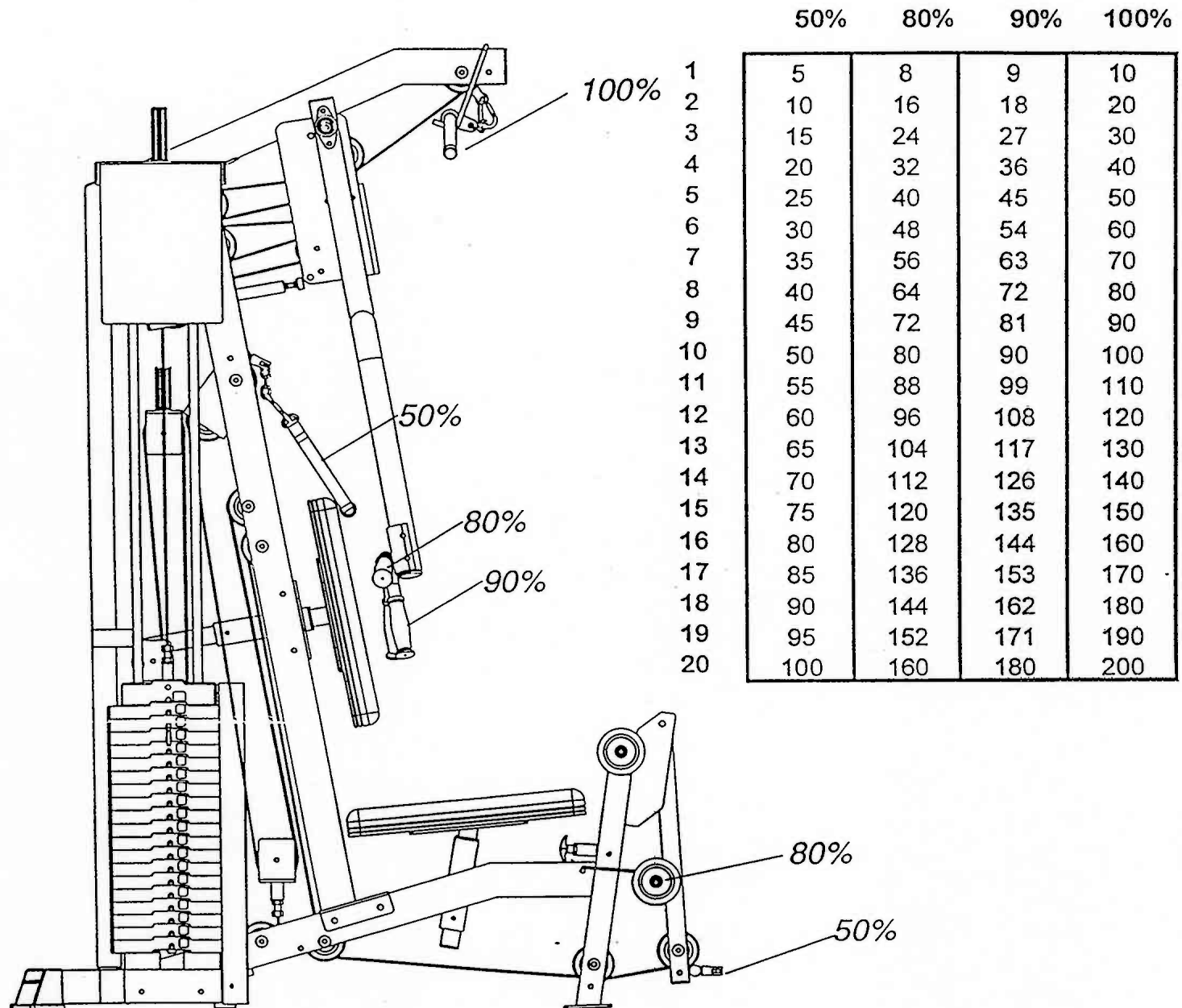


### WASHER SIZING CHART



# OWNERS MANUAL

## WEIGHT RATIOS



The above chart shows the actual weight you are lifting when the ratios are applied. 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.

## W E I G H T T R A I N I N G T I P S

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.

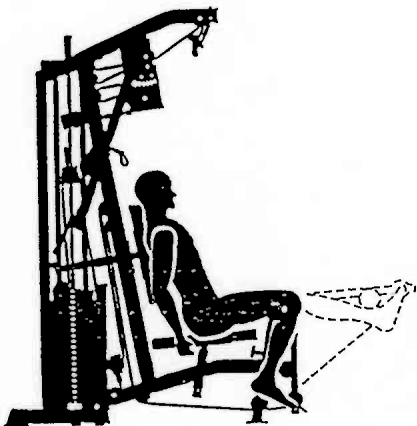
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

## EXERCISE DESCRIPTIONS

### LEG EXTENSION

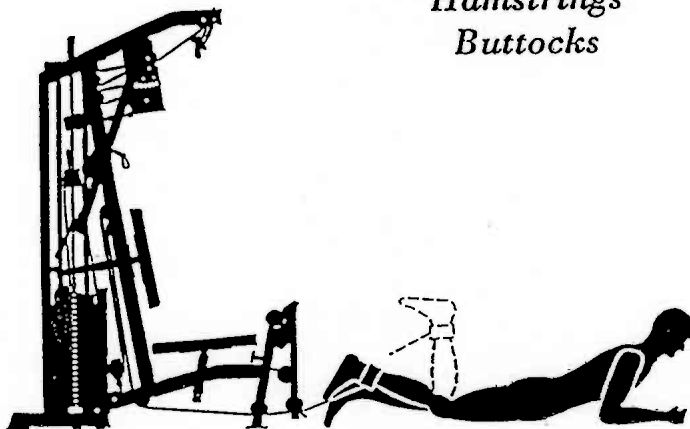
*Thighs*



1. Move the leg roller adjust to the lowest position.
2. Hook your leg over the top roller and your feet under the lower roller.
3. Slowly extend your legs forward.
4. Hold position momentarily before slowly lowering your leg to the starting position.

### LYING LEG CURL

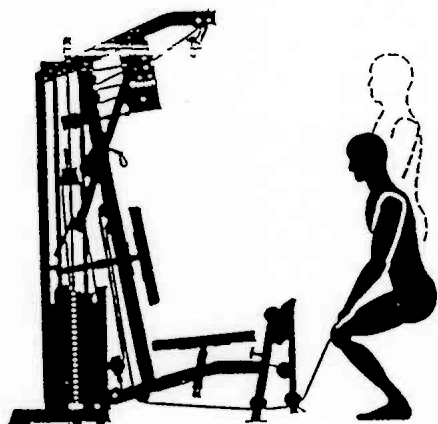
*Hamstrings  
Buttocks*



1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Lay in front of the machine resting on your elbows, keeping your back straight.
3. Attach cuff to your ankle.
4. Start with your leg straight then curl leg up towards your buttocks.
5. Slowly return to the starting position.

### DEAD LIFT

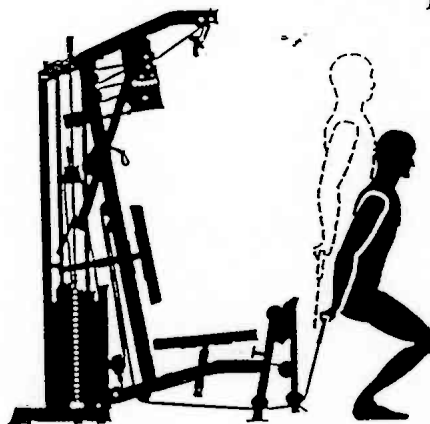
*Thighs*



1. Lock the leg extension arm with the hook latch, attach the strap handles to the lower pulley.
2. Grip handles and squat with your back straight and your knees bent no further than 90 degrees.
3. Stand straight up keeping your arms close to your body and your body straight.
4. Slowly return to the starting position.

### HACK SQUAT

*Hamstrings  
Buttocks  
Thighs*



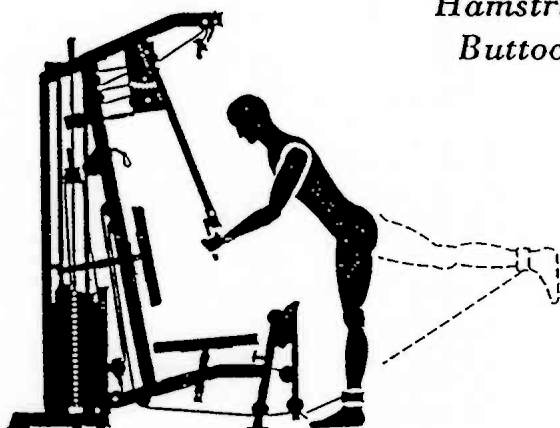
1. Lock the leg extension arm with the hook latch, attach the strap handles to the lower pulley.
2. With your back to the machine, grip handles bending at the knees. Do not go past 90 degrees.
3. Keeping your back straight stand straight up but do not lock out knees at the top of the movement.
4. Slowly return to the starting position.

# OWNERS M A N U A L

## EXERCISE DESCRIPTIONS

### GLUTE KICK

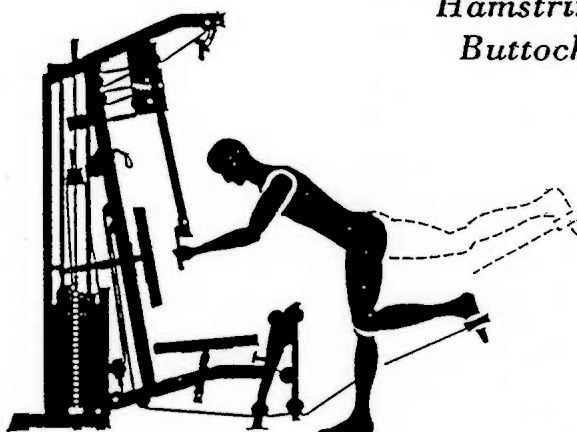
*Hamstrings  
Buttocks*



1. Adjust press arm to user friendly position.
2. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
3. Attach cuff to your ankle, angle your upper body forward using the press arm for balance.
4. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
5. Contract the buttocks at the peak of movement then slowly lower your leg to the starting position.

### DONKEY KICK

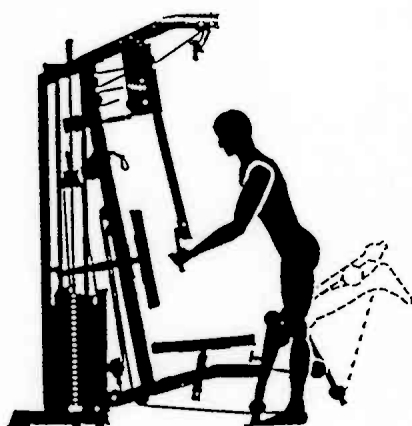
*Hamstrings  
Buttocks*



1. Adjust press arm to user friendly position.
2. Lock the leg extension arm with the hook latch and attach the padded cuff to the lower pulley.
3. Loop the padded cuff under your foot, angle your upper body forward using the press arm for balance.
4. Slowly raise your foot backwards and up as far as possible as shown.
5. Slowly return to the starting position.

### STANDING LEG CURL

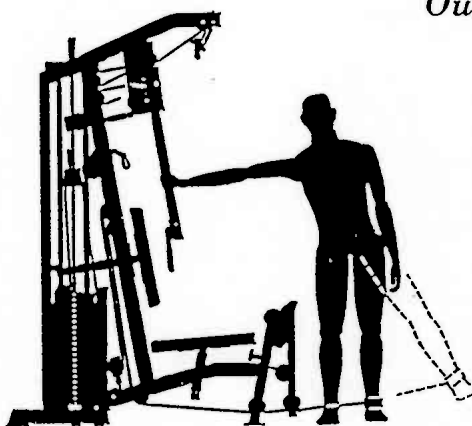
*Hamstrings*



1. Adjust press arm to user friendly position.
2. Stand facing the machine, adjust the top roller pad to hit just above your knee.
3. Hook one leg under the lower roller pad and grip the press arm for balance.
4. Curl your leg upward and hold position momentarily before slowly returning to the starting position.

### OUTER THIGH

*Outer Thigh*

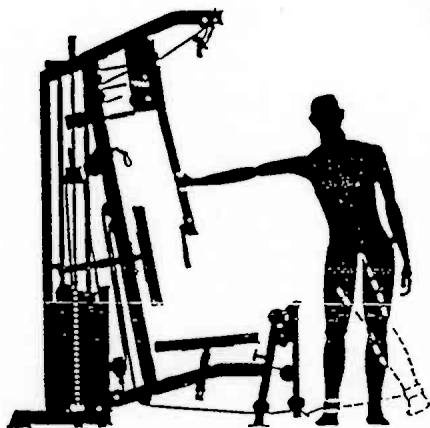


1. Lock the leg extension arm with the hook latch and attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the press arm.
4. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
5. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### INNER THIGH

*Inner Thigh*



1. Adjust press arm to a user friendly position.  
Lock the leg extension arm with the hook latch and attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.  
Attach cuff to the leg closest to the pulley. Balance yourself by holding the press arm.
3. Slowly scissors your leg across your body keeping your body straight.
4. Slowly return to the starting position.

### SEATED CALF RAISE

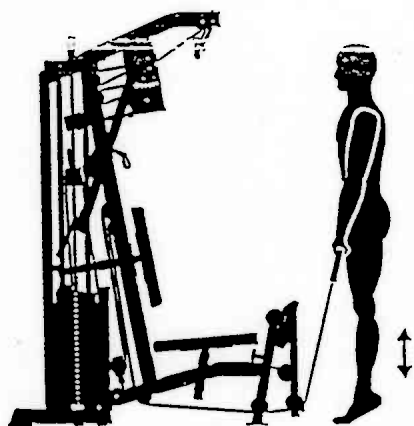
*Calves*



1. Lock the leg extension arm with the hook latch, attach the strap handles to the lower pulley.
2. Adjust the top roller pad up out of your way.
3. Sit on the edge of the seat pad, bring handles up and rest them on top of your legs.
4. Push weight up on the balls of your feet, keep hands in place.
5. Slowly return to the starting position.

### STANDING CALF RAISE

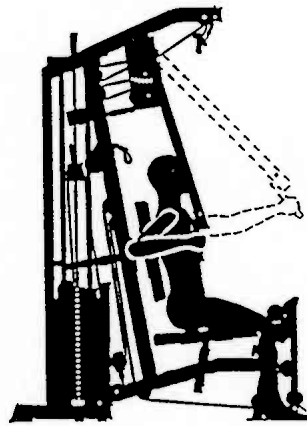
*Calves*



1. Lock the leg extension arm with the hook latch, attach the strap handles to the lower pulley.
2. Stand facing the machine with your feet together.
3. Keeping your knees in a locked position and your weight on the balls of your feet, raise up as far as possible.
4. Slowly return to the starting position.

### VERTICAL BENCH PRESS

*Chest  
Shoulders  
Triceps*



1. Sit upright with your back supported by the back pad.
2. Adjust the press arm and the back pad to the desired beginning stretch.
3. Grip handles at chest height, adjust the seat if needed.
4. Press handles forward until your arms are fully extended.
5. Slowly return to the starting position.



# OWNERS MANUAL

## EXERCISE DESCRIPTIONS

### INCLINE PRESS

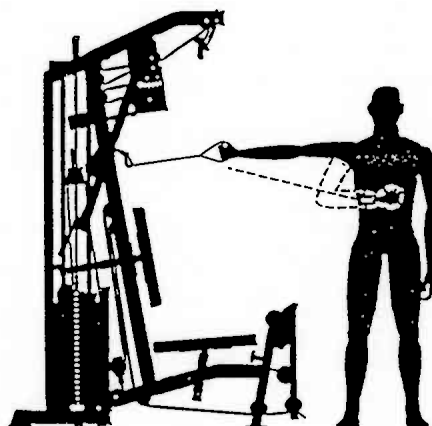
*Upper Chest  
Front Shoulder*



1. Sit with your buttocks against the back pad, Grip the handles at chest height and lean forward slightly.
2. Press arms forward until your arms are fully extended.
3. Slowly return to the starting position.

### PEC CROSSOVER

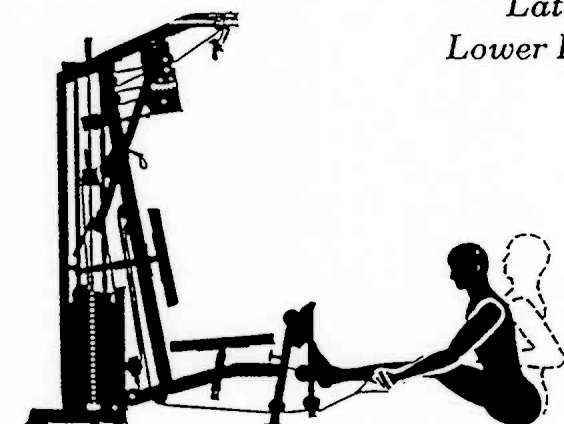
*Chest  
Shoulders  
Biceps*



1. Attach a strap handle to the middle pulley.
2. Stand sideways to the machine while gripping the handle with the hand closest to the machine.
3. Hold arm parallel to the floor then arc arm to chest slowly.
4. Slowly return to the starting position.

### LOW ROW

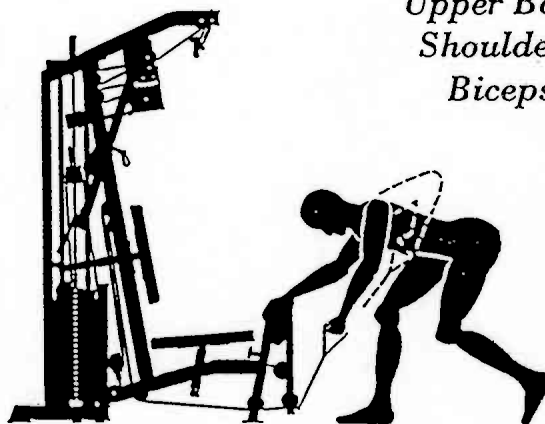
*Lats  
Lower Back*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Sit facing the machine with your legs slightly bent. Keep them bent during the exercise.
3. Sit erect and pull your hands towards your upper abdominal area just below the chest. Do not lean back as you complete the movement.
4. Slowly return to the starting position.

### ONE HANDED BENT OVER ROW

*Upper Back  
Shoulders  
Biceps*



1. Lock the leg extension arm with the hook latch and attach the strap handle to the lower pulley.
2. Grasp the handle. Bend over using the upper roller for support keeping knees bent. Do not bend over more than 90 degrees.
3. Pull arm upward keeping your elbow close to your body.
4. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### LAT PULLDOWN (FRONT)

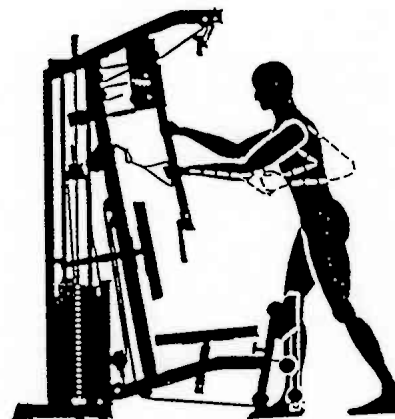
*Lats  
Traps*



1. Sit facing the machine with your knees locked under the back pad.
2. Grip the lat bar with your hands 4" to 6" wider than shoulder width apart and palms facing forward.
3. Lean back slightly pulling the bar down slowly until it touches your upper chest area.
4. Slowly return the bar to the starting position.

### ONE ARM STANDING ROW

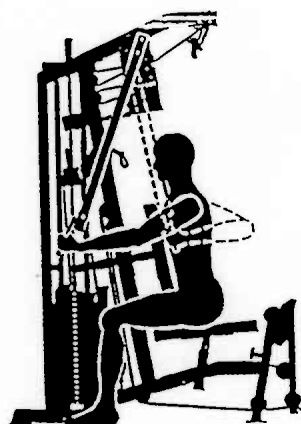
*Upper Back  
Shoulders  
Biceps*



1. Attach a strap handle to the middle pulley.
2. Stand facing the machine and grip the handle in one hand. Place your other hand on the press arm for support.
3. From a straight arm position pull arm towards your body, keeping elbow close to your side.
4. Slowly return to the starting position.

### SEATED MID ROW

*Lats  
Traps  
Biceps*



1. Sit facing the machine and adjust the back pad so that your chest is supported when the mid row handles are just beyond your reach.
2. Adjust the seat height if necessary to grip the handles as shown.
3. Pull the pressing arm towards you until the handles are even with your chest.
4. Slowly return to the starting position.

### LAT PULLDOWN (REAR)

*Lats  
Traps*

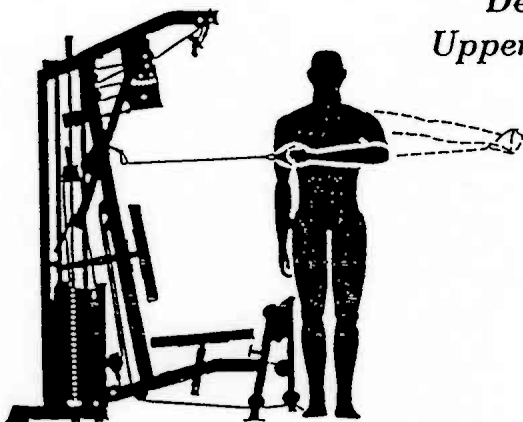


1. Adjust the upper roller pads to lock your legs in place.
2. Grip the lat bar with your hands 4" to 6" wider than shoulder width apart and palms facing forward.
3. Pull the bar down slowly until it touches the back of the neck.
4. Slowly return the bar to the starting position.

## EXERCISE DESCRIPTIONS

### STANDING REAR DELT

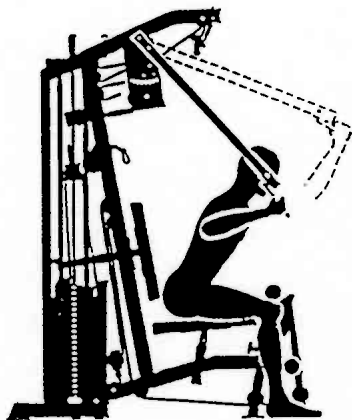
*Delts  
Upper Back*



1. Attach a strap handle to the middle pulley.
2. Stand sideways to the machine and grip the strap handle with the hand furthest from the machine.
3. Start with your arm bent, arcing away from yourself and keeping the movement parallel to the floor.
4. Slowly return to the starting position.

### SHOULDER PRESS

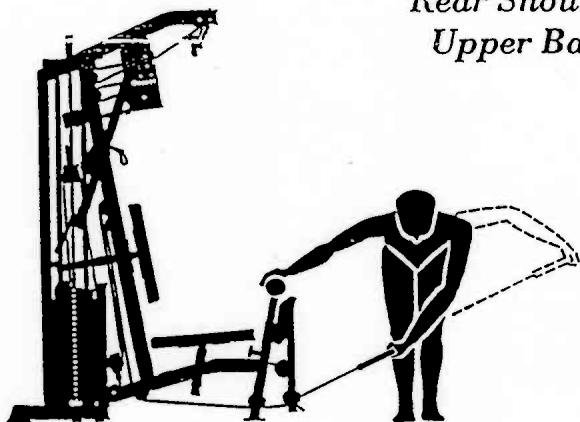
*Shoulders  
Triceps*



1. Sit leaning forward with your buttocks against the back pad.
2. Hold the press arm handles slightly above shoulders.
3. Press handles up over your head until arms are fully extended.
4. Slowly return to the starting position.

### BENT OVER REAR DELT

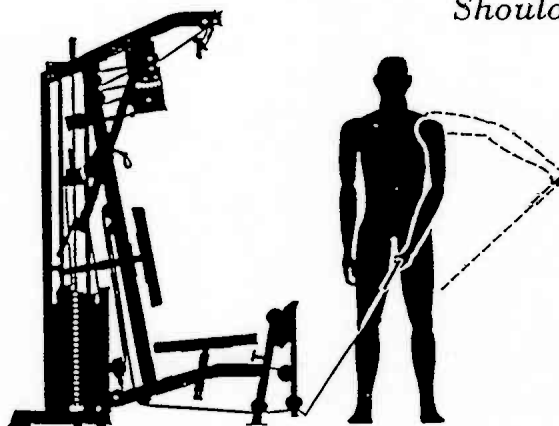
*Rear Shoulder  
Upper Back*



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the upper roller for support.
3. Grip the handle with the hand furthest from the pulley and arc arm upwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

### LATERAL DELTOID

*Shoulder*

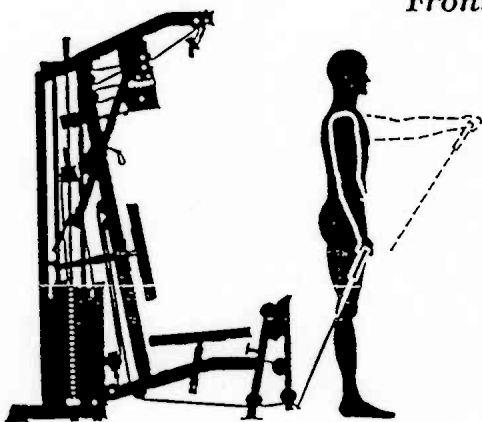


1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip the handle with the hand furthest away from the machine.
3. Raise arm laterally, keeping elbow locked, until your arm is parallel to the floor.
4. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### FRONTAL DELTOID RAISE

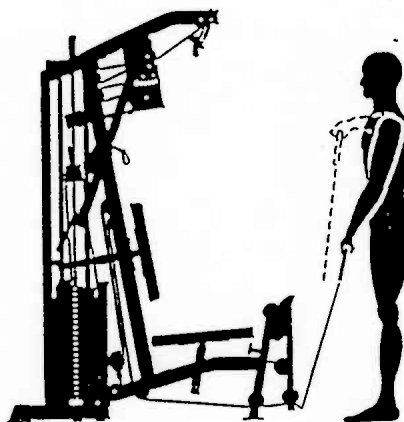
*Frontal Delt*



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand with your back to the machine.
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep body straight throughout the movement.
5. Slowly bring arm back to the starting position.

### UPRIGHT ROW

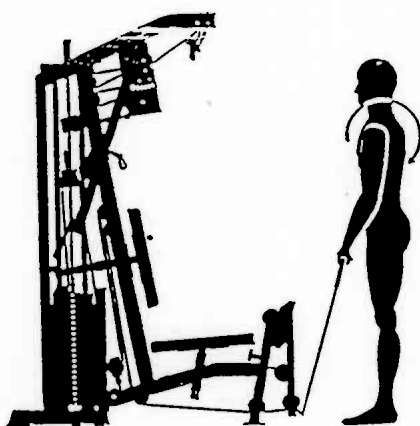
*Traps  
Shoulders*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles with your palms down and your hands 4" to 6" apart.
3. Stand erect with feet shoulder width apart and hands at thighs.
4. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
5. Slowly return to the starting position.

### SHOULDER SHRUG

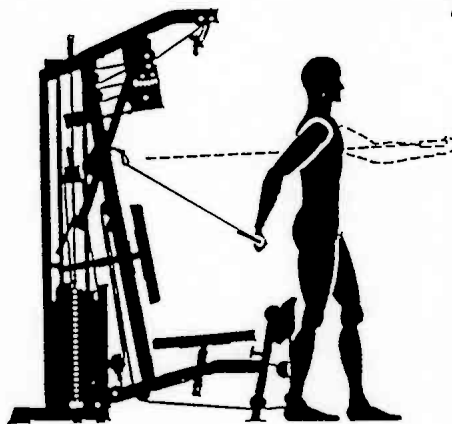
*Traps  
Shoulders*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine with legs spread comfortably apart.
3. Grip handles overhand with hands 6" to 8" apart.
4. Slowly rotate shoulders up and then back around in a circular motion.

### UNDERHAND PITCH

*Shoulder*

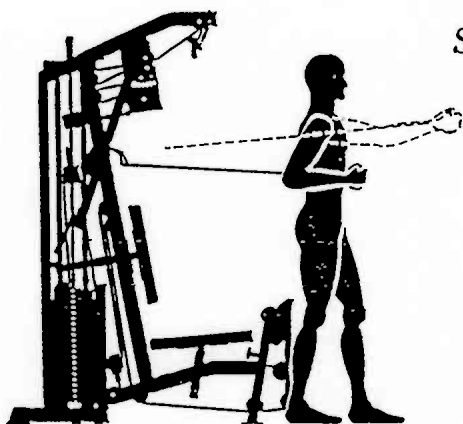


1. Attach a strap handle to the middle pulley.
2. Stand with your back to the machine and one foot in front of the other.
3. Grip the handle underhand, keep arm slightly bent throughout the movement.
4. Arc arm forward slowly until your arm is parallel to the floor.
5. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### PUNCH

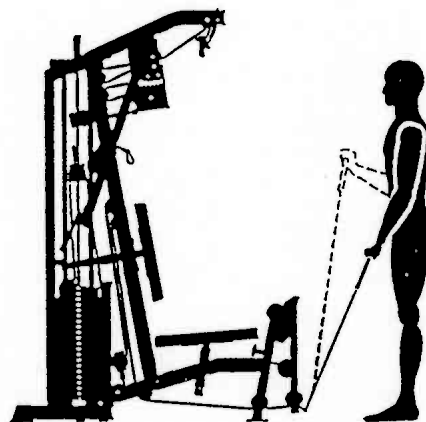
*Chest  
Shoulders  
Triceps*



1. Attach a strap handle to the middle pulley.
2. Stand with your back to the machine.
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep your body straight throughout the movement.
5. Slowly bring arm back to the starting position.

### STANDING CURL

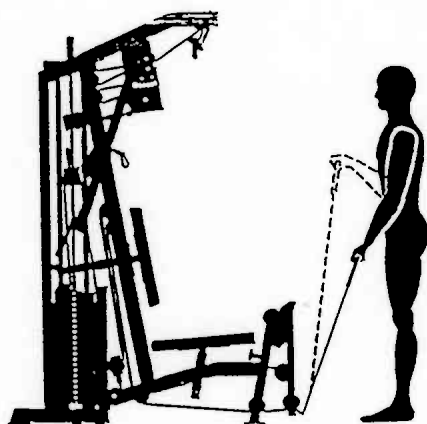
*Biceps*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles underhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

### REVERSE CURL

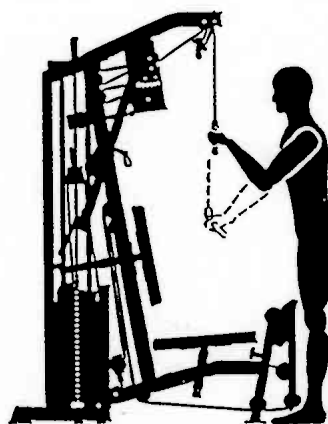
*Biceps*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles overhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

### TRICEPS PUSHDOWN

*Triceps*

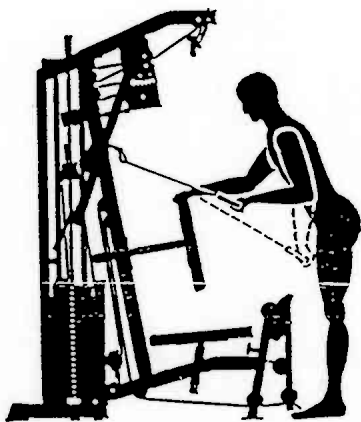


1. Stand facing the machine with your legs resting against the upper roller pads.
2. Grip the lat bar overhand with your hands 6" to 8" apart.
3. Keeping your arms tight against your body push the bar down slowly.
4. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### TRICEPS KICK BACK

*Triceps*



1. Attach a strap handle to the middle pulley.
2. Stand facing the machine and grip the handle overhand.
3. Lean forward slightly using the back pad for support.
4. Keeping arm tight to your body and your elbow fixed, push handle downward.
5. Slowly bring arm back to the starting position.

### TRICEPS EXTENSION

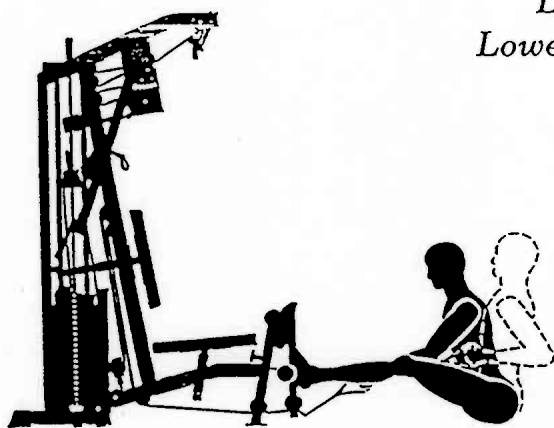
*Triceps*



1. Attach the strap handles to the middle pulley.
2. Grip a strap handle in each hand and sit leaning forward with your buttocks against the back pad.
3. Position your elbows forward and close to the sides of your head and slowly extend your hands forward until your arms are fully extended.
4. Slowly return to the starting position.

### LOW ROW

*Lats  
Lower Back*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Sit facing the machine with your legs slightly bent. Keep them bent during the exercise.
3. Sit erect and pull your hands towards your upper abdominal area just below the chest. Do not lean back as you complete the movement.
4. Slowly return to the starting position.

### ABDOMINAL CRUNCH

*Upper Abdominal*

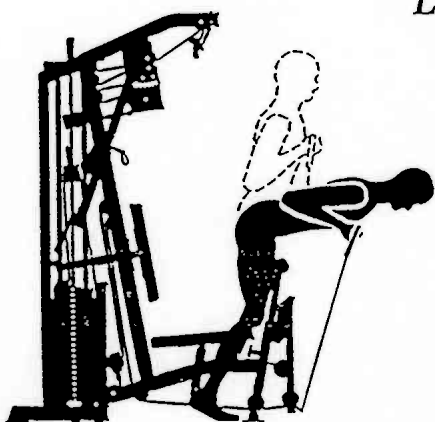


1. Attach the strap handles to the middle pulley.
2. Grip a strap handle in each hand over your shoulders.
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Straighten to the starting position while maintaining tension on the abdominal area.
5. Slowly return to the starting position.

## EXERCISE DESCRIPTIONS

### BACK HYPER

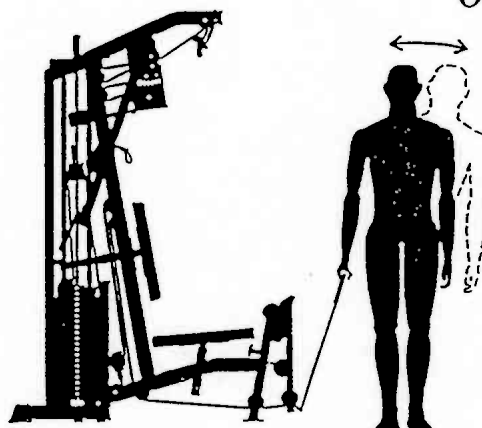
*Lower Back*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to hit at the top of the thighs.
3. Straddle the seat, angle legs back slightly and lean against the roller pads. Bend your upper body over 90 degrees, grip and hold the strap handles against your chest throughout the movement.
4. Arc body upward, but not fully erect.
5. Slowly return to the starting position.

### SIDE BENDS

*Obliques*



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip the handle with the hand closest to the machine.
3. Keep arm straight while crunching your upper body over and away from the machine.
4. Slowly return to the starting position.

There are many more exercises that can be performed simply by varying hand positions. Changing widths between hands, using one arm instead of two, overhand or underhand grips, or combinations of all of the above can isolate muscles, even change to different muscle groups in an exercise.

Remember to always keep good form and start with light weights when trying new exercises.



**S**=Sets      **R**=Repetition per set      **W**=Weight used

## 4210 Assembly



## 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 familiarized 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 properly.*

### Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

### Cables:

- *Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.*
- *Visually inspect the cable for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.*
- *Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.*

## Continued: GENERAL MAINTENANCE INFORMATION

### Cable Tension:

- Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.
- Check slack in cables and readjust 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 Assembly/ 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.

## 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: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur 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.

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, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD.** Hoist is not responsible for the repair or replacement or 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

PLEASE KEEP THIS FOR YOUR RECORDS



# ASSEMBLY MANUAL

## DECAL REFERENCE

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

### WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY. 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.

ROUTINE MAINTENANCE	Daily	Weekly	6 Months	Yearly
Inspect, Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean, Upholstery	X			
Clean and Lubricate; Guide Rods		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		
Inspect; Cables and Cable Tension		X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		X		
Clean and Wax, All Glossy Finishes			X	
Repack with Grease; Linear Bearings			X	
Replace; Cables and Connecting Parts				X

**DO  
NOT**

**HANG ON  
OR USE  
LAT BAR  
FOR  
CHIN-UPS**

**HOIST®**  
FITNESS SYSTEMS

9990 EMPIRE STREET, STE. 130  
SAN DIEGO, CA. 92126

1-800-548-5438

99H-00000

### WARNING

**Do Not use for exercises requiring more than 100 Lbs.**

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

**HOIST®**  
FITNESS SYSTEMS

H210 Assembly

## MAINTENANCE SCHEDULE

ROUTINE	LATEST DATE ENTRY											
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins												
Clean; Upholstery												
Clean and Lubricate; Guide Rods												
Inspect; Accessory Bars and Handles												
Inspect; All Decals												
Inspect; All Nuts and Bolts, Tighten if Needed												
Inspect; Anti-Skid Surfaces												
Inspect; Cable and Cable Tension												
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing												
Clean and Wax; All Glossy Finishes												
Repack with Grease; Linear Bearings												
Replace; Cables and Connecting Parts												

General Maintenance Information follows on the next pages.