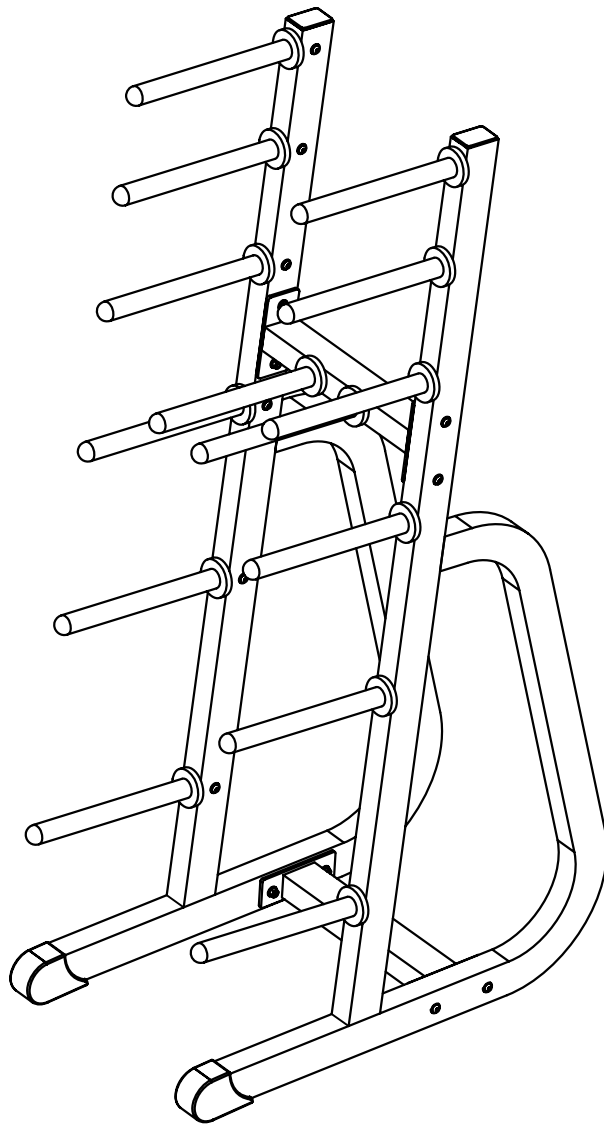


OWNERS MANUAL



HF4476

WEIGHT TREE



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0906-001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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

9/16" Socket

7/32" Allen Wrench

Crescent Wrench

Rubber mallet

Tape Measure

OWNERS MANUAL

NOTICE

The HF4476 Weight Tree has two options to choose from.

Option A - HF4476-OPT-01: Consists of 14 Olympic Weight Pegs that come in sets of 7.

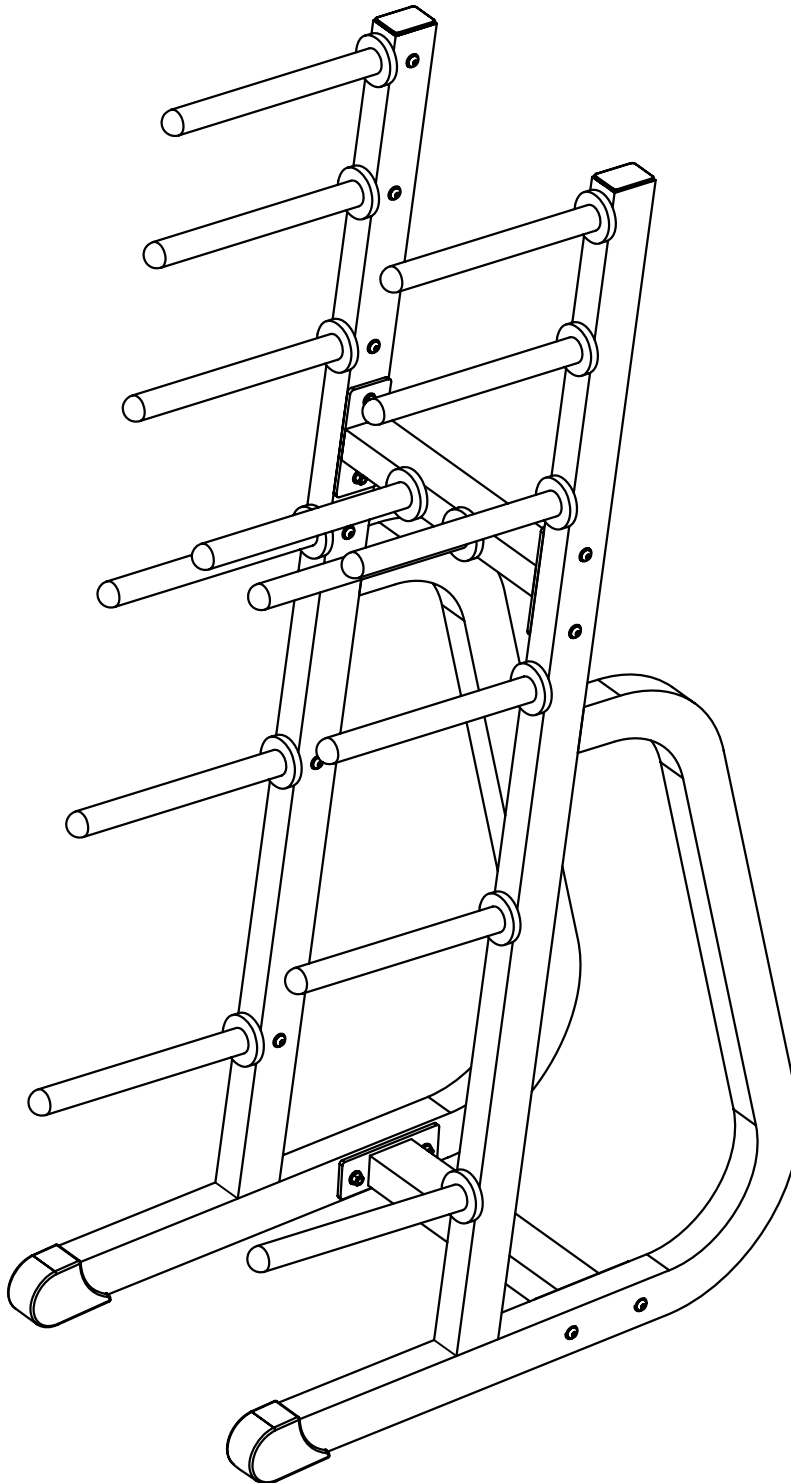
Option B - HF4476-OPT-02: Consists of 14 Standard Weight Pegs that come in Sets of 7.

*Both Options are interchangeable.

*Both Options are represented in this manual between pages 7 - 14.

OWNERS MANUAL

Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by bolting (3) and (4) to both (1) and (2). Wrench Tighten bolts.

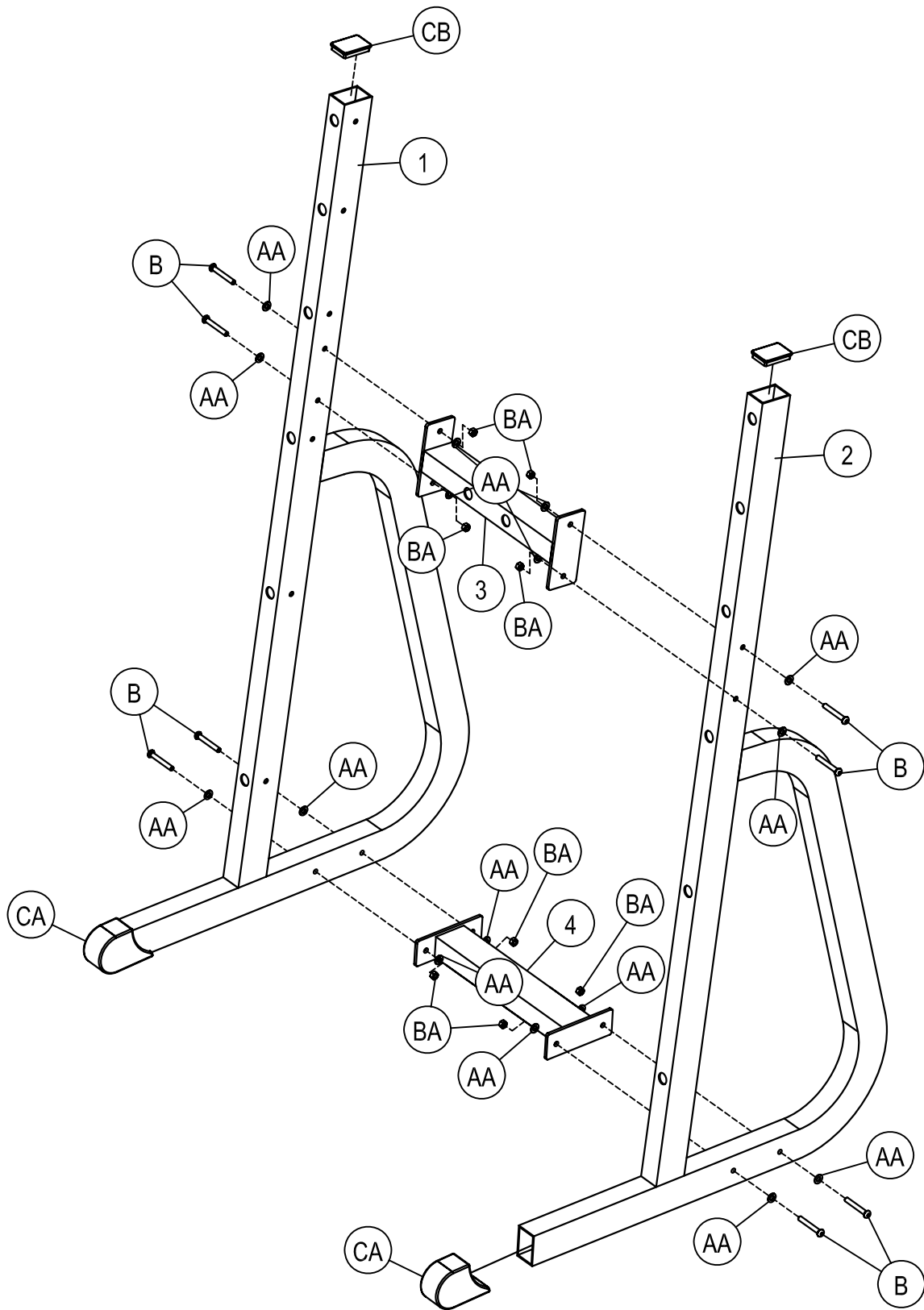
Part Descriptions

- 1 - WEIGHT TREE STAND LEFT
- 2 - WEIGHT TREE STAND RIGHT
- 3 - STABILIZER TREE BAR
- 4 - BASE STABILIZER

Hardware Descriptions

- B - $\frac{3}{8}$ " -16 x 3" BHCS
- AA - $\frac{3}{8}$ " FLAT WASHER
- BA - $\frac{3}{8}$ " NYLOCK NUT
- CA - FULL RADIUS END CAP
- CB - END CAPS

OWNERS MANUAL



OWNERS MANUAL

OPTION-A

OLYMPIC HF4476-OPT-01

Start by inserting (7)'s onto (5)'s. Insert (5)'s into (1), (2) and (3) as shown. Wrench Tightening bolts. Note: The assembly of (5) into (1) and (3) are shown assembled on folowing page for clarity.

Part Descriptions

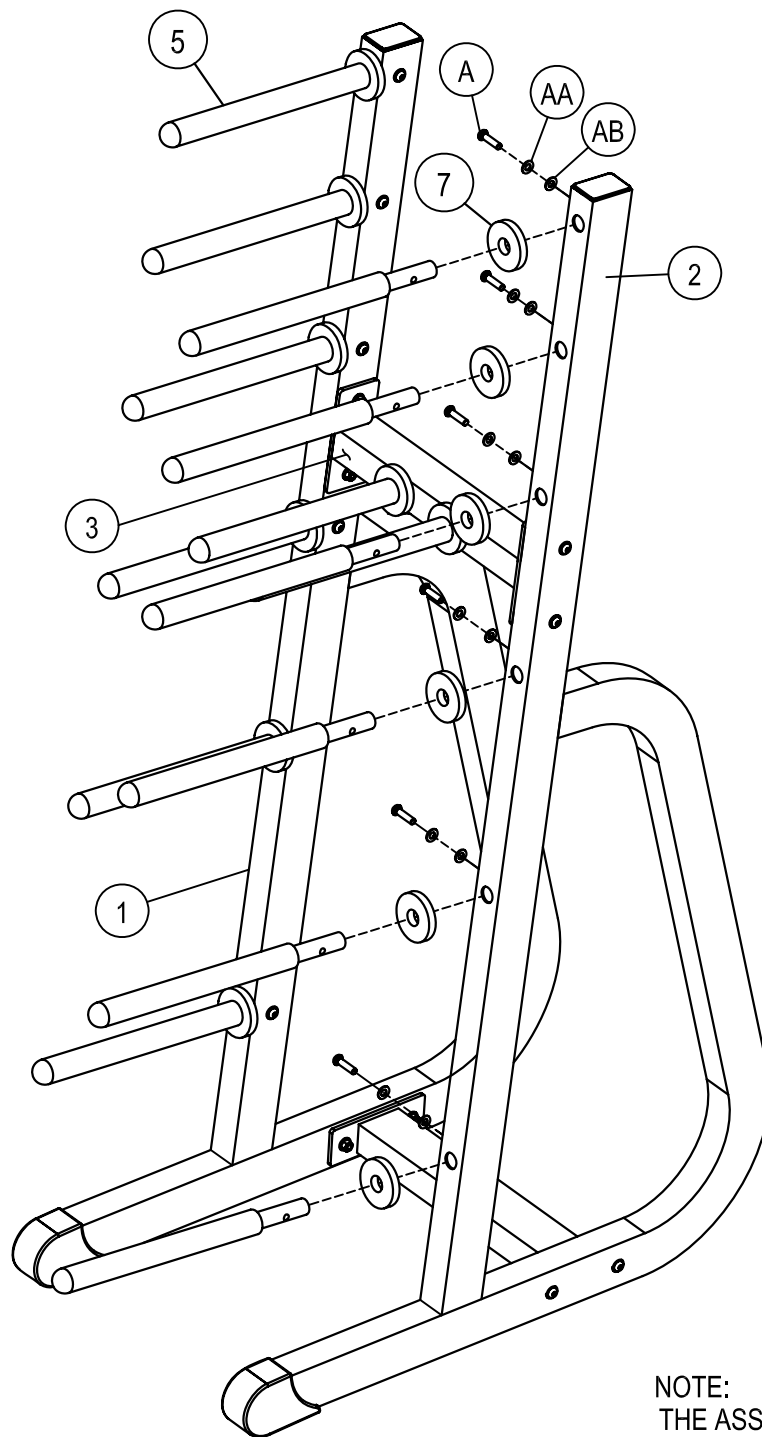
- 1 - WEIGHT TREE STAND LEFT
- 2 - WIEGHT TREE STAND RIGHT
- 3 - TREE STABILIZER BAR
- 5 - OLYMPIC WEIGHT PEG
- 7 - BUMPER

Hardware Descriptions

- A - $\frac{3}{8}$ "-16 x 1 $\frac{3}{4}$ " BHCS
- AA - $\frac{3}{8}$ " FLAT WASHER
- AB - $\frac{3}{8}$ " INTERNAL LOCK WASHER

OWNERS MANUAL

OPTION-A OLYMPIC HF4476-OPT-01



NOTE:
THE ASSEMBLY OF (5) INTO (1) AND (3)
ARE SHOWN ASSEMBLED FOR CLARITY.

OWNERS MANUAL

OPTION-B

STANDARD HF4476-OPT-02

Start by inserting (6)'s into (1), (2) and (3) and secure by Wrench Tightening bolts. Then push (7)'s onto (6)'s. Note: the assembly of (6) into (1) and (3) are shown assembled on the following page for clarity.

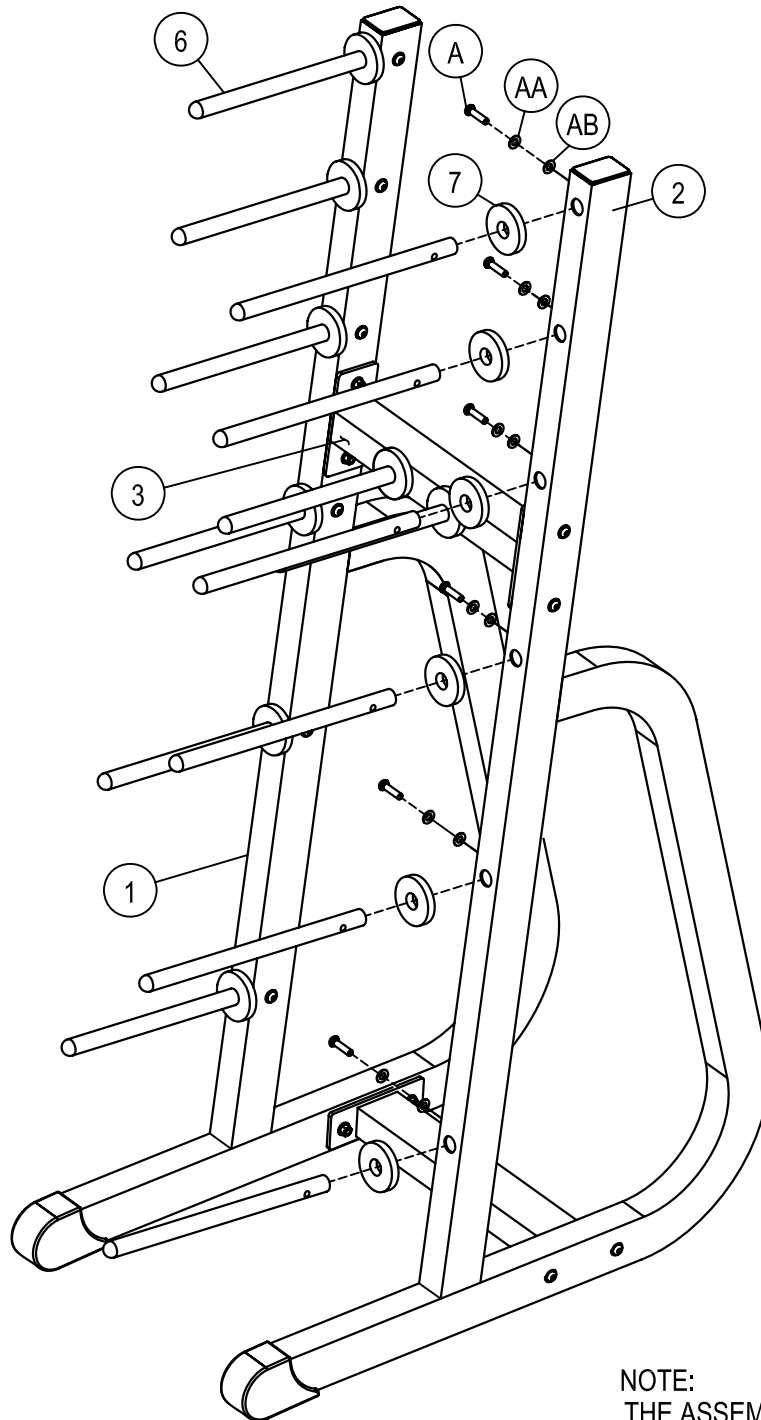
Part Descriptions

- 1 - WEIGHT TREE STAND LEFT
- 2 - WEIGHT TREE STAND RIGHT
- 3 - TREE STABILIZER BAR
- 6 - STANDARD WEIGHT PEG
- 7 - BUMPER

Hardware Descriptions

- A - $\frac{3}{8}$ "-16 x 1 $\frac{3}{4}$ " BHCS
- AA - $\frac{3}{8}$ " FLAT WASHER
- AB - $\frac{3}{8}$ " INTERNAL LOCK WASHER

OPTION-B
STANDARD HF4476-OPT-02



NOTE:
THE ASSEMBLY OF (6) INTO (1) AND (3)
ARE SHOWN ASSEMBLED FOR CLARITY.

OWNERS MANUAL

PART LISTING

| <u>KEY#</u> | <u>QTY.</u> | <u>PART NUMBER</u> | <u>DESCRIPTION</u> |
|-------------|-------------|--------------------|----------------------------|
| 1 | 1 | 026-01X1173 | WEIGHT TREE STAND LEFT |
| 2 | 1 | 026-01X1174 | WEIGHT TREE STAND RIGHT |
| 3 | 1 | 026-01X1170 | STABILIZER TREE BAR |
| 4 | 1 | 026-01X1169 | BASE STABILIZER |
| 7 | 14 | 019-0001006 | BUMPER |

OPTION-A PART LISTING

| <u>KEY#</u> | <u>QTY.</u> | <u>PART NUMBER</u> | <u>DESCRIPTION</u> |
|-------------|-------------|--------------------|--------------------|
| 5 | BOX OF 7 | 026-01M0646 | OLYMPIC WT PEG |

NOTE: TO UTILIZE ALL 14 PEGS
AS OLYMPIC WT PEG A QTY OF
2 OPTION A'S MUST BE
ORDERED.

OPTION-B PART LISTING

| <u>KEY#</u> | <u>QTY.</u> | <u>PART NUMBER</u> | <u>DESCRIPTION</u> |
|-------------|-------------|--------------------|--------------------|
| 6 | BOX OF 7 | 026-01M0574 | STANDARD WT PEG |

NOTE: TO UTILIZE ALL 14 PEGS
AS OLYMPIC WT PEG A QTY OF
2 OPTION B'S MUST BE
ORDERED.

OWNERS MANUAL

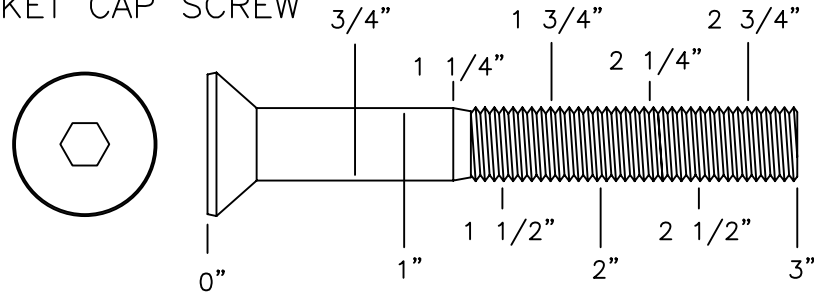
HARDWARE LISTING

| <u>KEY#</u> | <u>QTY.</u> | <u>PART NUMBER</u> | <u>DESCRIPTION</u> |
|-------------|-------------|--------------------|------------------------------|
| A | 14 | 011-0101042 | 3/8"-16 x 1 3/4" BHCS WZ |
| B | 8 | 011-0101048 | 3/8"-16 x 3" BHCS WZ |
| AA | 28 | 013-0002004 | 3/8" FLAT WASHER |
| AB | 14 | 013-0102022 | 3/8" INTERNAL LOCK WASHER |
| BA | 8 | 012-0004004 | 3/8" NYLOCK NUT |
| CA | 2 | 026-01PL254 | FULL RADIUS END CAP |
| CB | 2 | 016-0101009 | END CAPS |

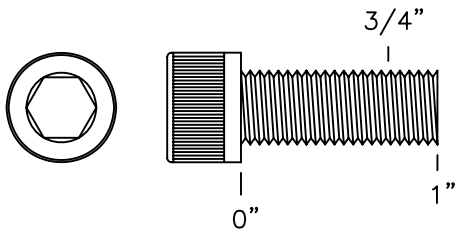
OWNERS MANUAL

OWNERS MANUAL

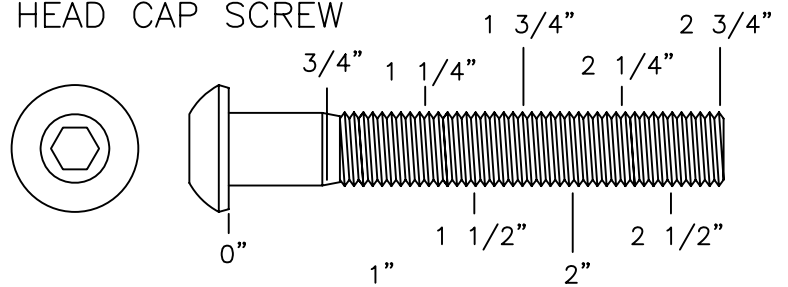
3/8" FLATHEAD
SOCKET CAP SCREW



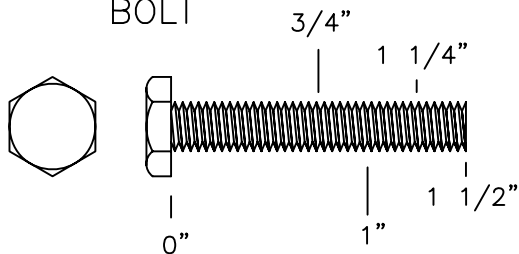
3/8" SOCKET
CAP SCREW



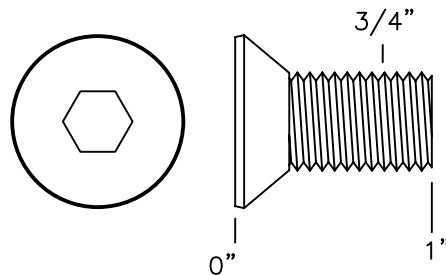
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

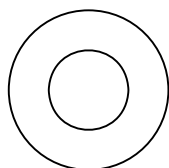


1/2" FLATHEAD
SOCKET CAP SCREW

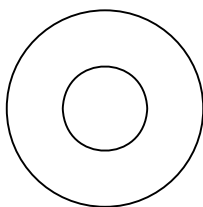


OWNERS MANUAL

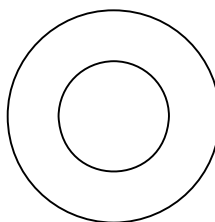
5/16"
FLAT WASHER
LARGE, USS, 25mm



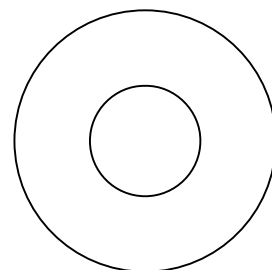
3/8"
FLAT
WASHER



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



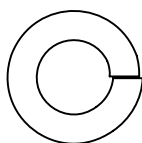
1/2"
FLAT WASHER
LARGE, USS, 34mm



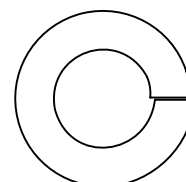
1/4"
LOCK WASHER



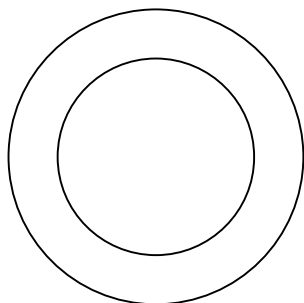
3/8"
LOCK WASHER



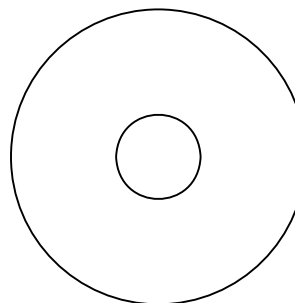
1/2"
LOCK WASHER



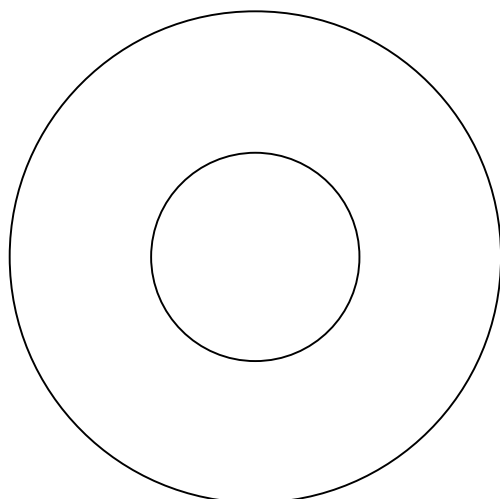
1" SHIM WASHER



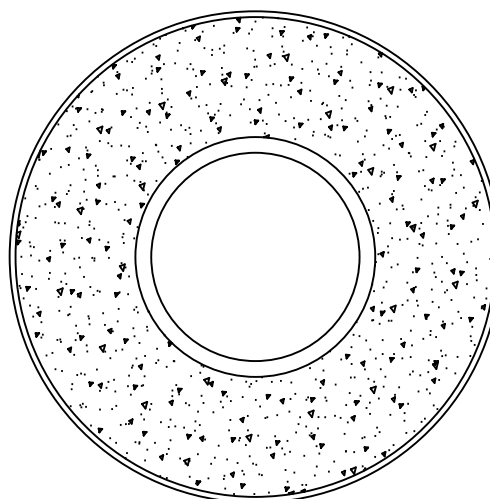
3/8" FENDER WASHER



1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER



OWNERS MANUAL

DECAL REFERENCE

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

021-0003105-Y

WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003104

| NOTICE | Daily | Weekly | Monthly | 6 Months | Yearly |
|--|-------|--------|---------|----------|--------|
| 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 Decals | | X | | | |
| Inspect; All nuts and Bolts Tighten if Needed. | | X | | | |
| Inspect; Anti-Skid Surfaces | | X | | | |
| Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube) | | | X | | |
| Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing | | | X | | |
| Clean & Wax; All Glossy Finishes | | | | X | |
| Repack with Grease Linear Bearings | | | | X | |
| Replace; Cables, Belts and Connecting Parts. | | | | | X |

021-0003230



021-0003222



SERIAL # DECAL

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

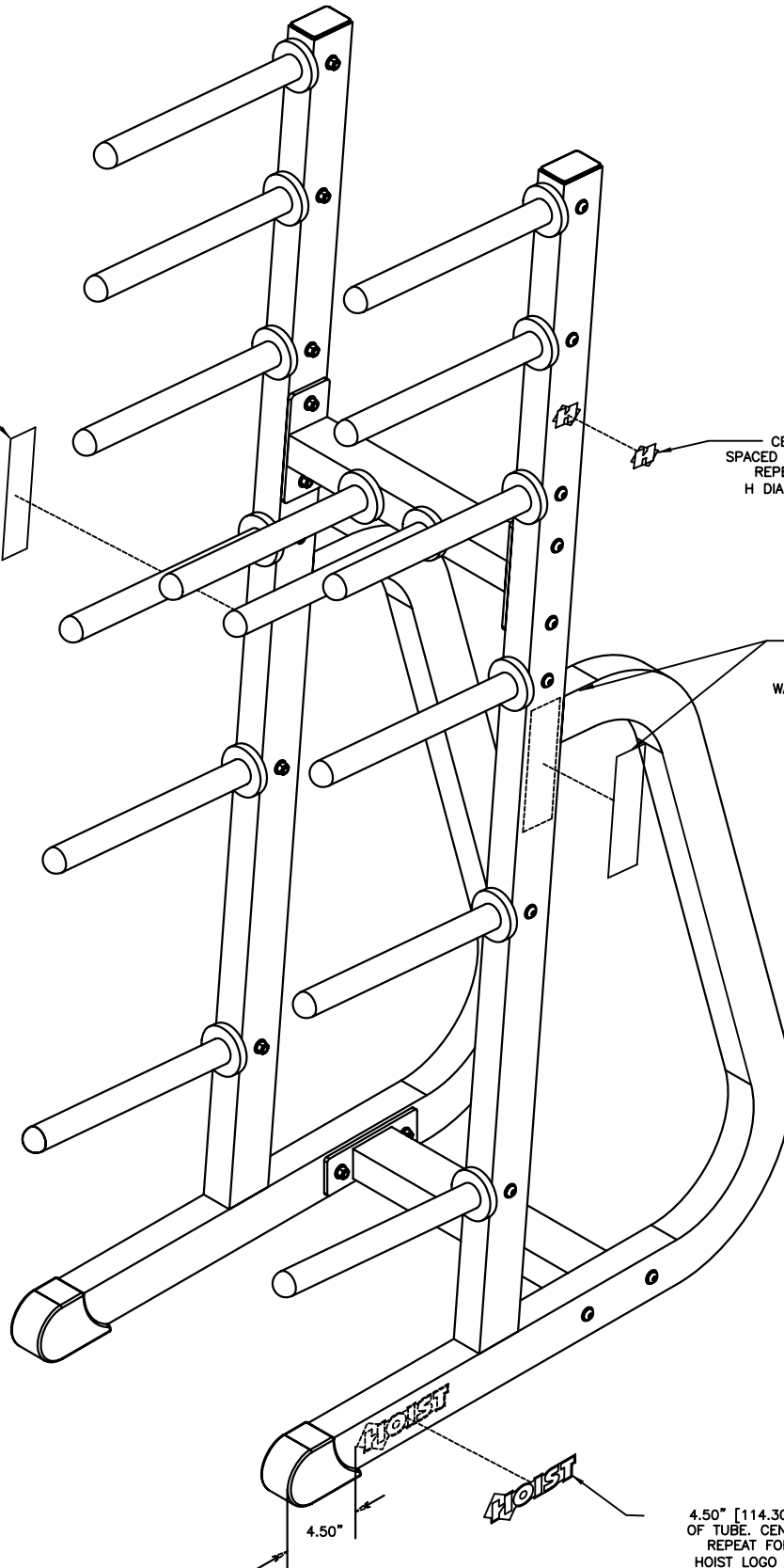
SERIAL # DECAL: Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

OWNERS MANUAL

LOCATED CENTERED ON TUBE.
WITH TOP OF DECAL FLUSH
WITH TOP WELDED TUBE
MAINTENANCE DECAL (021-0003104)

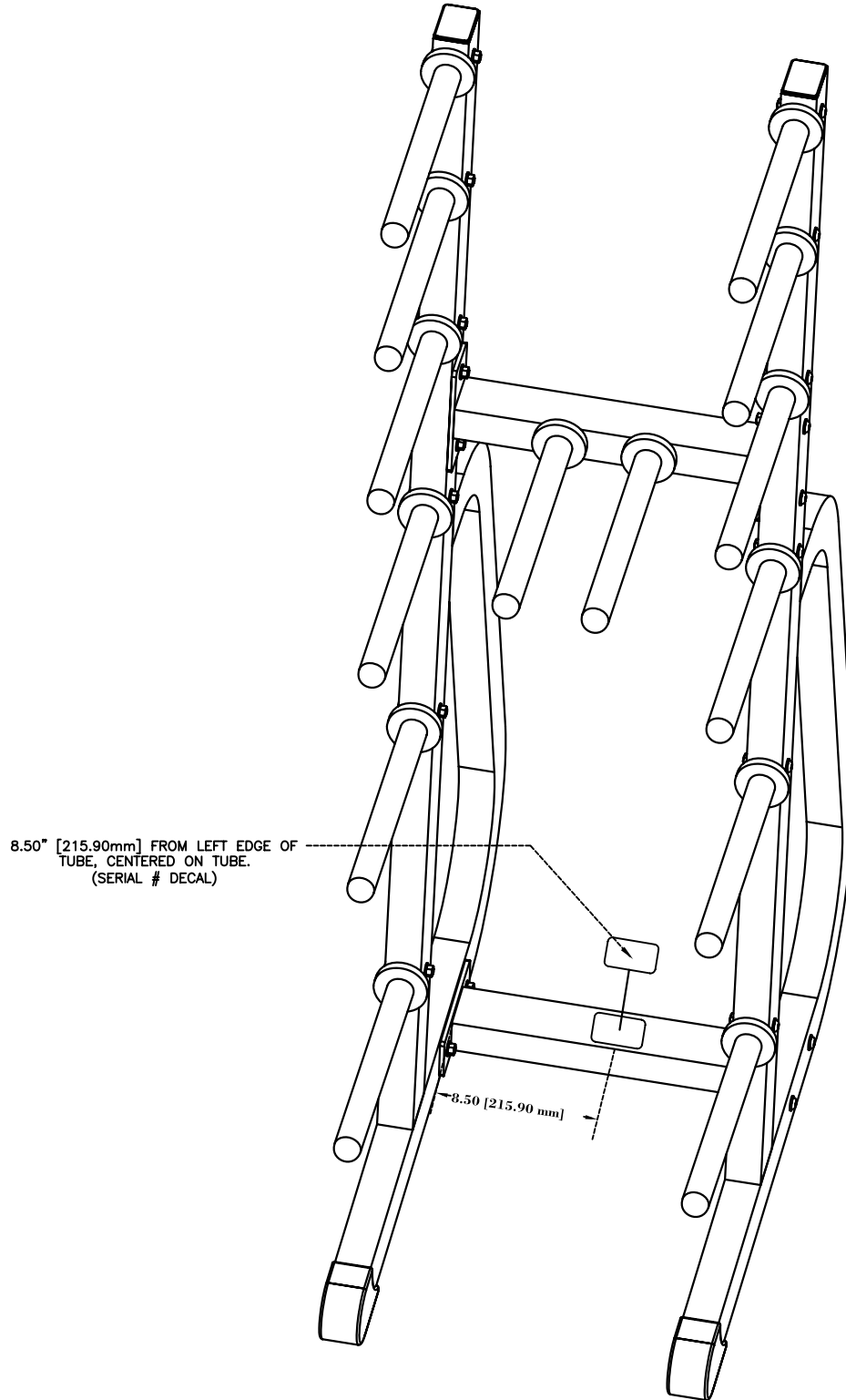
CENTERED ON TUBE.
SPACED EVENLY BETWEEN BOLTS.
REPEAT FOR OTHER SIDE
H DIAMOND (021-0003222)

LOCATED CENTERED ON TUBE.
WITH TOP OF DECAL FLUSH
WITH TOP WELDED TUBE
WARNING DECAL (021-0003105-Y)



4.50" [114.30mm] FROM END
OF TUBE. CENTERED ON TUBE.
REPEAT FOR OTHER SIDE
HOIST LOGO (021-0003230)

OWNERS MANUAL



OWNERS MANUAL

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 baased 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

MAINTENANCE SCHEDULE

| <i>ROUTINE</i> | <i>COMMERCIAL MAINTENANCE</i> | <i>HOME MAINTENANCE</i> | <i>LATEST DATE ENTRY</i> | | | | | | | | | |
|--|-----------------------------------|-----------------------------|--------------------------|--|--|--|--|--|--|--|--|--|
| 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 LIMITED LIFETIME WARRANTY

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

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

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

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

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

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

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

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

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

WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

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

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

PLEASE KEEP THIS FOR YOUR RECORDS