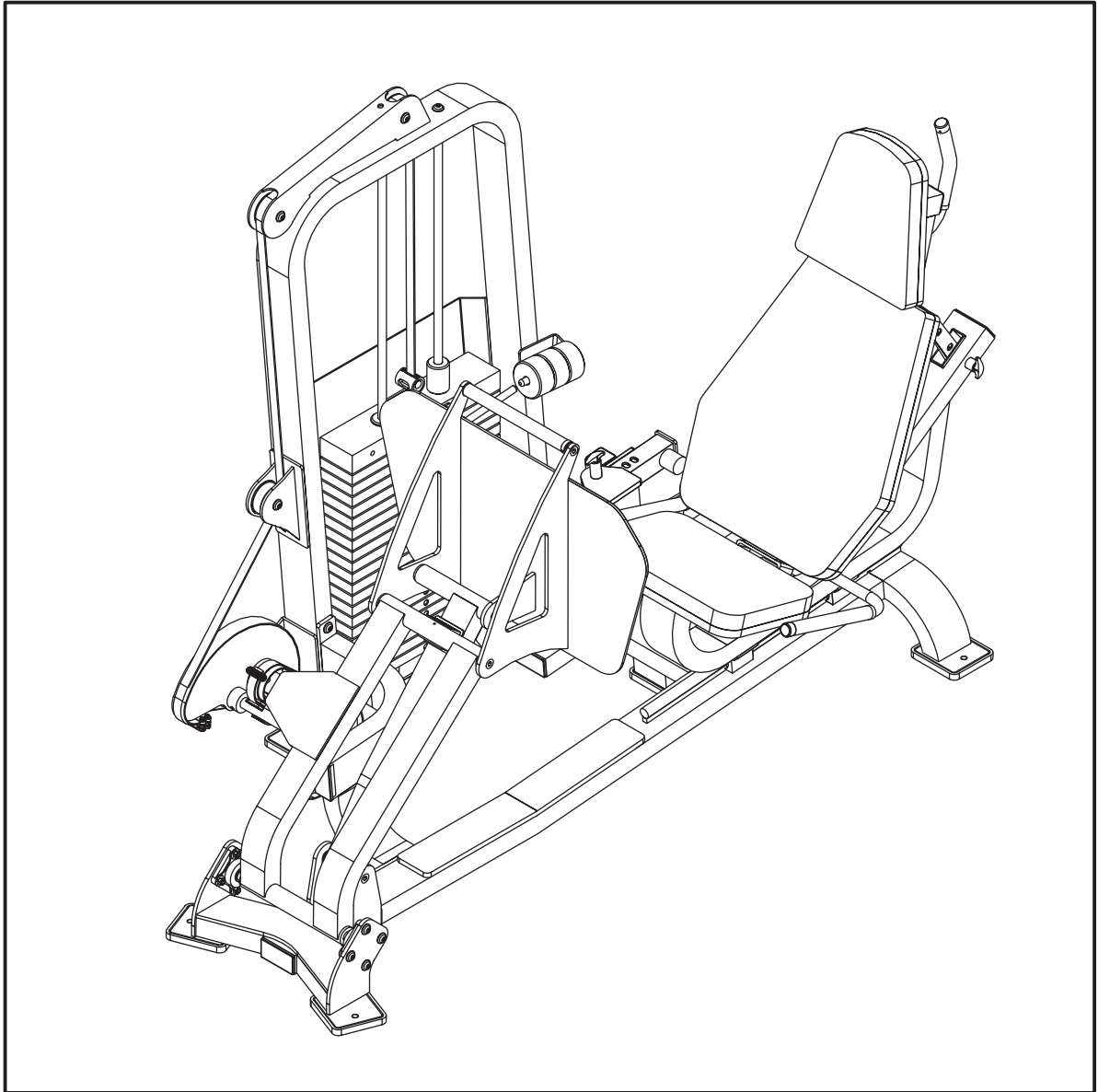


# OWNERS MANUAL



**CL-2403**



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

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

**RECORD SERIAL NUMBER HERE**

*August 2000*

# ASSEMBLY INSTRUCTIONS

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# 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

Standard Allen Wrench Set  
(2.5mm, 3/32" - 5/16")

Crescent Wrench

Belt Tensioning Wrench  
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

# ASSEMBLY

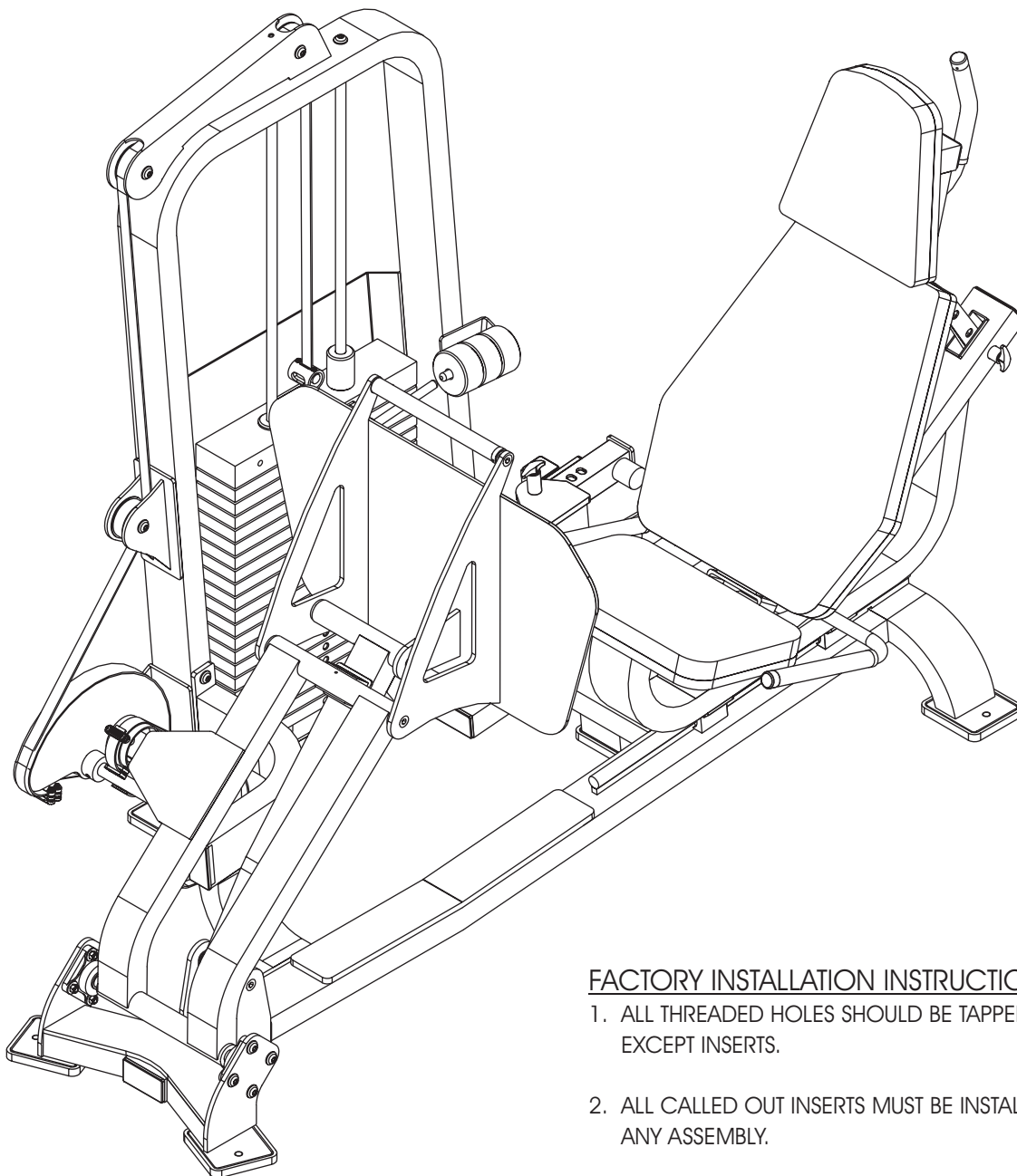
I N S T R U C T I O N S

# ASSEMBLY

I N S T R U C T I O N S

## Step 2

### FRAME ASSEMBLY



#### FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.
3. PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.

# ASSEMBLY

## INSTRUCTIONS

### Step 2a

#### FRAME ASSEMBLY

Start assembling your CL-2403 by attaching the Seat Adjustment, Front Mount Lower and the Seat Adjustment Rear Mount, to the Running Base Assembly. Next attach the Seat Slide Adjuster to the Seat Adjustment, Rear Mount. Now attach the Seat Adjuster, Front Mount Top to the Seat Slide Adjuster. Attach the Front Attachment Assembly to the Running Base Assembly. Now attach the Short Plate, Long Plate, Short Shaft, Long Shaft, Short Stand-Off Rail, and the Long Stand-Off Rail to the Front Attachment Assembly. *Hand Tighten* bolts only, they will be tightened later. Lift Machine to position Rubber Feet and insert all end caps.

#### Part Descriptions

- 2 - Running Base Assembly
- 3 - Front Attachment Assembly
- 4 - Seat Slide Adjuster
- 5 - Seat Adjustment, Rear Mount
- 6 - Seat Adjuster, Front Mount
- 7 - Seat Adjustment, Front Mount Lower
- 8 - 2" x 4" End Cap (VH)
- 9 - 2" x 4" End Cap (HH)
- 10 - Rubber Foot Pad
- 12 - Shaft (Long)
- 13 - Shaft (Short)
- 15 - Long Stand-Off Rail
- 16 - Short Stand-Off Rail
- 61 - Plate (Short)
- 62 - Plate (Long)
- 66 - 2" x 2" End Cap

#### Hardware Descriptions

- A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)
- C - 5/16"-18 x 3 1/4" Hex Head Screw (White Zinc)
- AA - 1/2" Flat Washer (White Zinc)
- AB - 1/2" Lock Washer (White Zinc)
- AC - 5/16" Flat Washer (White Zinc)
- AQ - 5/16" Lock Washer (White Zinc)



# ASSEMBLY

## INSTRUCTIONS

### Step 2b

#### FRAME ASSEMBLY

In this step, start by attaching the Weight Cage to the Front Attachment Assembly and the Seat Adjustment, Front Mount Lower Assembly. Next lift machine to position Rubber Foot Pads. Attach the two 2" Delrin Stoppers to the Seat Slide Adjuster. *Hand Tighten* bolts only, they will be tightened later.

#### Part Descriptions

- 1 - Weight Cage
- 3 - Front Attachment Assembly
- 7 - Seat Adjustment, Front Mount Lower
- 10 - Rubber Foot Pads
- 55 - Delrin Stopper (2" LG)

#### Hardware Descriptions

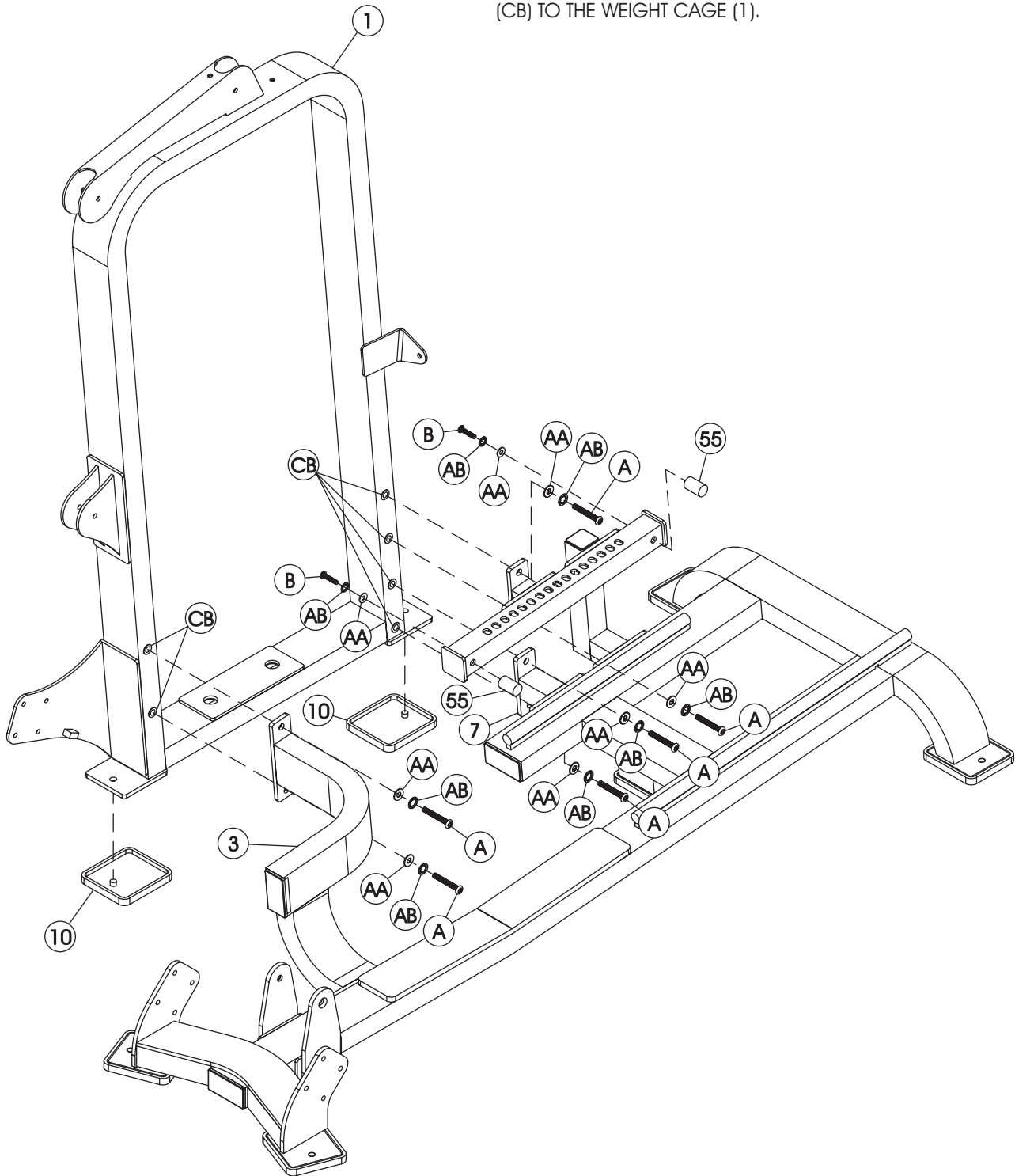
- A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)
- B - 1/2"-13 x 3" Button Head Screw (White Zinc)
- AA - 1/2" Flat Washer (White Zinc)
- AB - 1/2" Lock Washer (White Zinc)
- CB - 1/2" Insert



# ASSEMBLY INSTRUCTIONS

## FACTORY INSTALLATION INSTRUCTION ONLY

FACTORY INSTALL 6 THREADED INSERTS  
(CB) TO THE WEIGHT CAGE (1).



# ASSEMBLY

## INSTRUCTIONS

### Step 2c

#### FRAME ASSEMBLY

In this step start by pressing four 1" O.D. x 3/4" I.D. Flanged Oilites into the Foot Rest Leg Assembly. Next insert the 1" Dia. x 4 7/16" Shaft into the lower part of the Foot Rest Leg Assembly. Make sure the 1/8" hole on the Shaft is in line with the 3/16" hole on the Foot Rest Assembly. Then insert any small metal pin to hold the shaft with 1/8" hole to align for bolting. Then remove the small metal pin when finished. Place Rubber Grip (cut to fit) on both ends of the 1" Dia x 4 7/16". Next attach the Foot Rest Leg Assembly to the Running Base Assembly as shown. Insert the 8 29/32" Long Shaft onto the upper part of the Foot Rest Leg Assembly. Make sure the 1/8" hole on the Shaft is in line with the 3/16" hole. Then insert any small metal pin into the shaft for alignment. Remove the small metal pin when finish bolting. Attach the Foot Rest Assembly to the Foot Rest Leg Assembly as shown. For the final step, slide the Rubber grip onto the 12 31/32" Long Shaft and slide two Aluminum Rings onto both side of the shaft. Attach the 12 31/32" Long Shaft to the Foot Rest Assembly. Then *Wrench tighten* bolts including all previously hand tightened bolts.

#### Part Descriptions

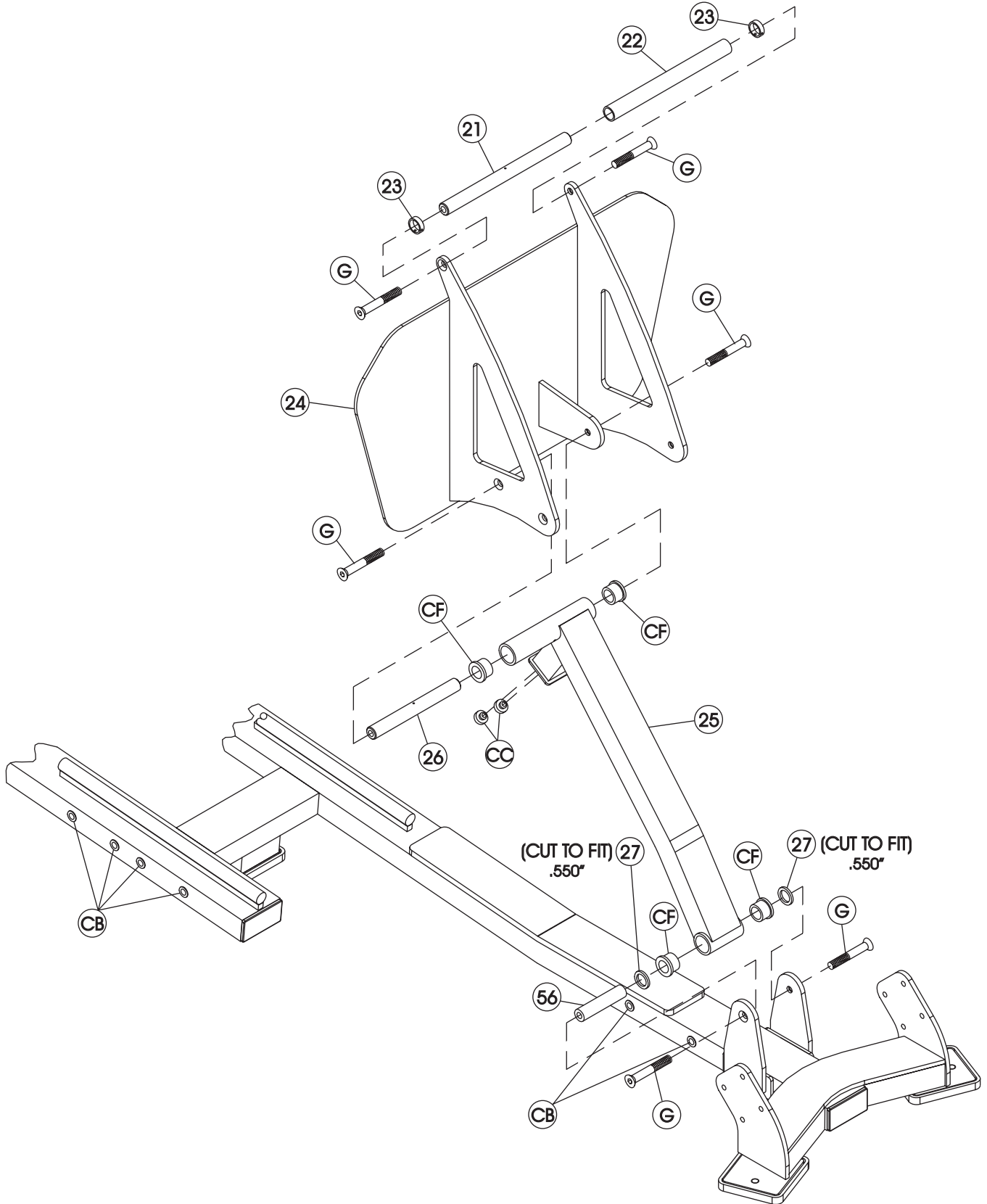
- 21 - Shaft (12 31/32" LG.)
- 22 - Rubber Grip (12 9/32 LG.)
- 23 - Aluminum Ring
- 24 - Foot Rest Assembly
- 25 - Foot Rest Leg Assembly
- 26 - Shaft (8 29/32" LG.)
- 27 - Rubber Grip (36" LG.)
- 56 - Shaft (4 7/16" LG.)

#### Hardware Descriptions

- G - 1/2"-13 x 1" Flat Head Cap Screw (White Zinc)
- CB - Insert
- CC - Bumper Stopper
- CF - 1" I.D. Flanged Oilite

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2d

#### FRAME ASSEMBLY

In this step start by pressing two 1 3/8" O.D. x 1" I.D. Flanged Oilites on both sides of the Foot Rest Mount Assembly. Next slide the Rubber Grip (cut to fit), and both Flange Bearings on both sides of the Foot Rest Mount Assembly. Now slide the 12 31/32" Long Shaft onto the Foot Rest Mount Assembly. Make sure the 1/8" hole on the shaft is in line with the 3/16" hole. Place a small metal pin between the holes to secure for assembly. Then remove metal pin when finished. *Wrench tighten* bolts.

#### Part Descriptions

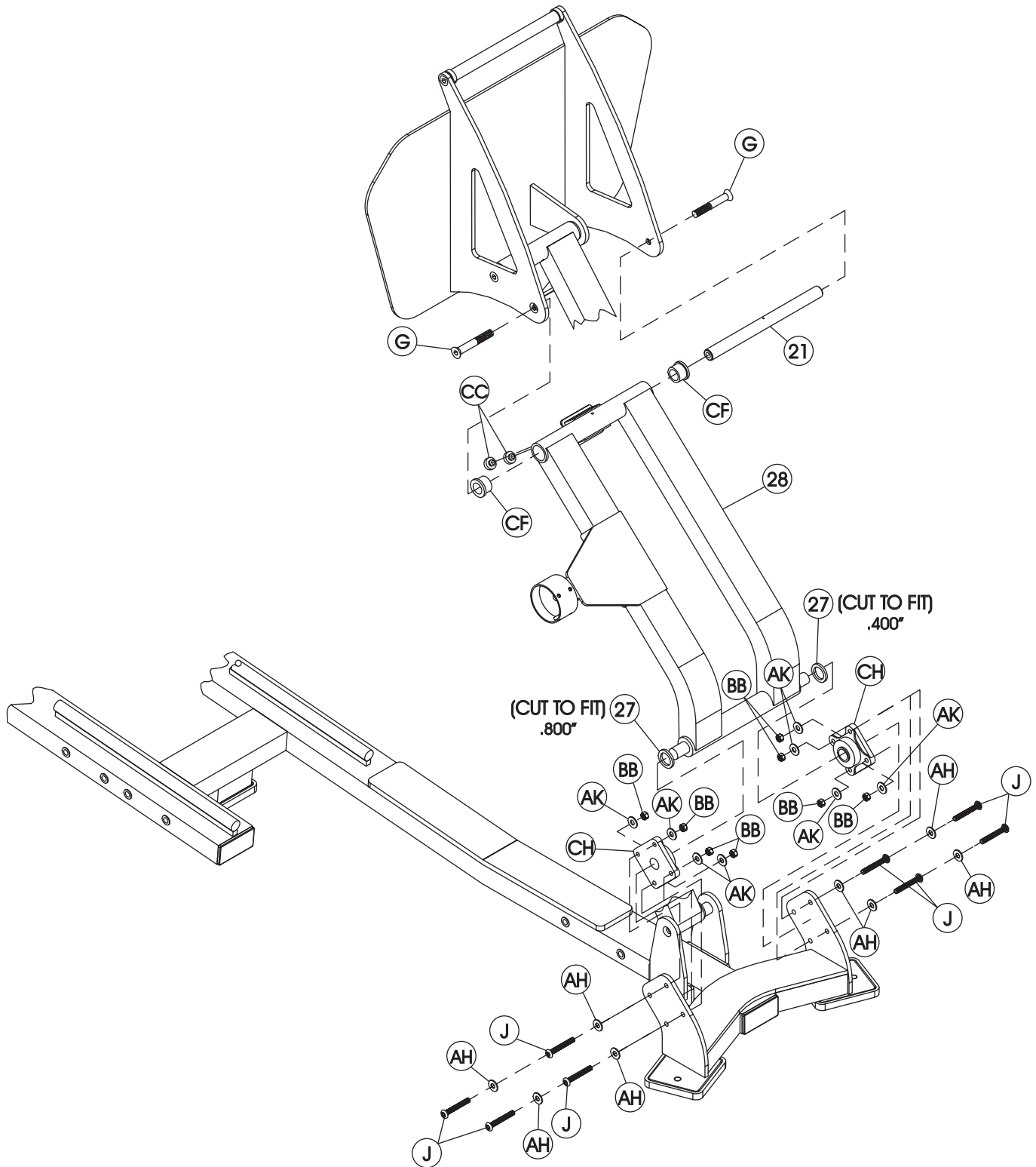
- 21 - Shaft (12 31/32" LG.)
- 27 - Rubber Grip (36" LG.)
- 28 - Foot Rest Mount Assembly

#### Hardware Descriptions

- G - 1/2"-13 x 1" Flat Head Cap Screw (White Zinc)
- J - 3/8"-16 x 1 1/2" Button Head Screw (White Zinc)
- AH - 3/8" Flat Washer (White Zinc)
- AK - 3/8" Lock Washer (Black Zinc)
- BB - 3/8" Lock Nut (Black Zinc)
- CF - 1 3/8" O.D. X 1" I.D. Flange Oilite
- CH - Flange Bearing

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2e

#### FRAME ASSEMBLY

Start by sliding the 14 25/32" Long Shaft onto the Small Cam Assembly and secure it on the second hole with the 3/8" x 2" Spiral Roll Pin. Then, slide on 1.175" O.D. x .9375 I.D. x 36" Rubber Grip (cut to fit) until it is flush with the Small Cam Assembly. Next slide the Large Cam Assembly on the same size shaft (14 25/32") and secure it with another 3/8" x 2" Spiral Roll Pin. Attach the Cam Stopper to the Large Cam Assembly on the back hole. Next slide on 1.175" O.D. x .9375 I.D. x 36" Rubber Grip (cut to fit) as shown. Now slide both Flange Bearings on each side of the 14 25/32" Long Shaft. Then attach to the Weight Cage as shown. Make sure to put zerker fitting facing down on Flange Bearings *Wrench tighten* bolts.

#### Part Descriptions

27 - Rubber Grip (36" LG.)  
29 - Large Cam Assembly  
30 - Small Cam Assembly  
31 - Shaft (14 25/32" LG.)  
57 - Cam Stopper

#### Hardware Descriptions

J - 3/8"-16 x 1 1/2" Button Head Screw (White Zinc)  
G - 1/2"-13 x 1" Flat Head Cap Screw (White Zinc)  
V - 3/8"-16 x 1 1/4" Button Head Screw (Black Zinc)  
AH - 3/8" Flat Washer (White Zinc)  
AK - 3/8" Flat Washer (Black Zinc)  
BB - 3/8" Lock Nut (Black Zinc)  
CH - Flange Bearing  
CJ - 3/8" x 2" Spiral Roll Pin  
CQ - Insert



# ASSEMBLY

## INSTRUCTIONS

### Step 2f

#### FRAME ASSEMBLY

In this step start by pressing the two Guide Rod Bushings into the Weight Cage. Take the two Weight Bumpers and place them over the two holes in the bottom of the Weight Cage. Now slide the Guide Rods into the holes. Make sure the Guide Rods are lube with Spindle Oil. Now, slide (20) 20 LBS. Intermediate Weight Plates and the (1) 41 LBS. Steel Top Plate onto the Guide Rods. Make sure the Weight Stack and its Guide Rods are sitting level. Next attach the Add On Rod to the Center RH (BRK) Assembly. Secure the Center RH (BRK) Assembly to the 41 LBS. Steel Top Plate, slide on the three Add On Weights and attach another Add On Rod to the Weight Cage. Attach bigger end of the Selector Pin Lanyard to the Center RH (BRK) Assembly, and the other end to the Weight Selector Pin. Then Wrench tighten bolts.

#### Part Descriptions

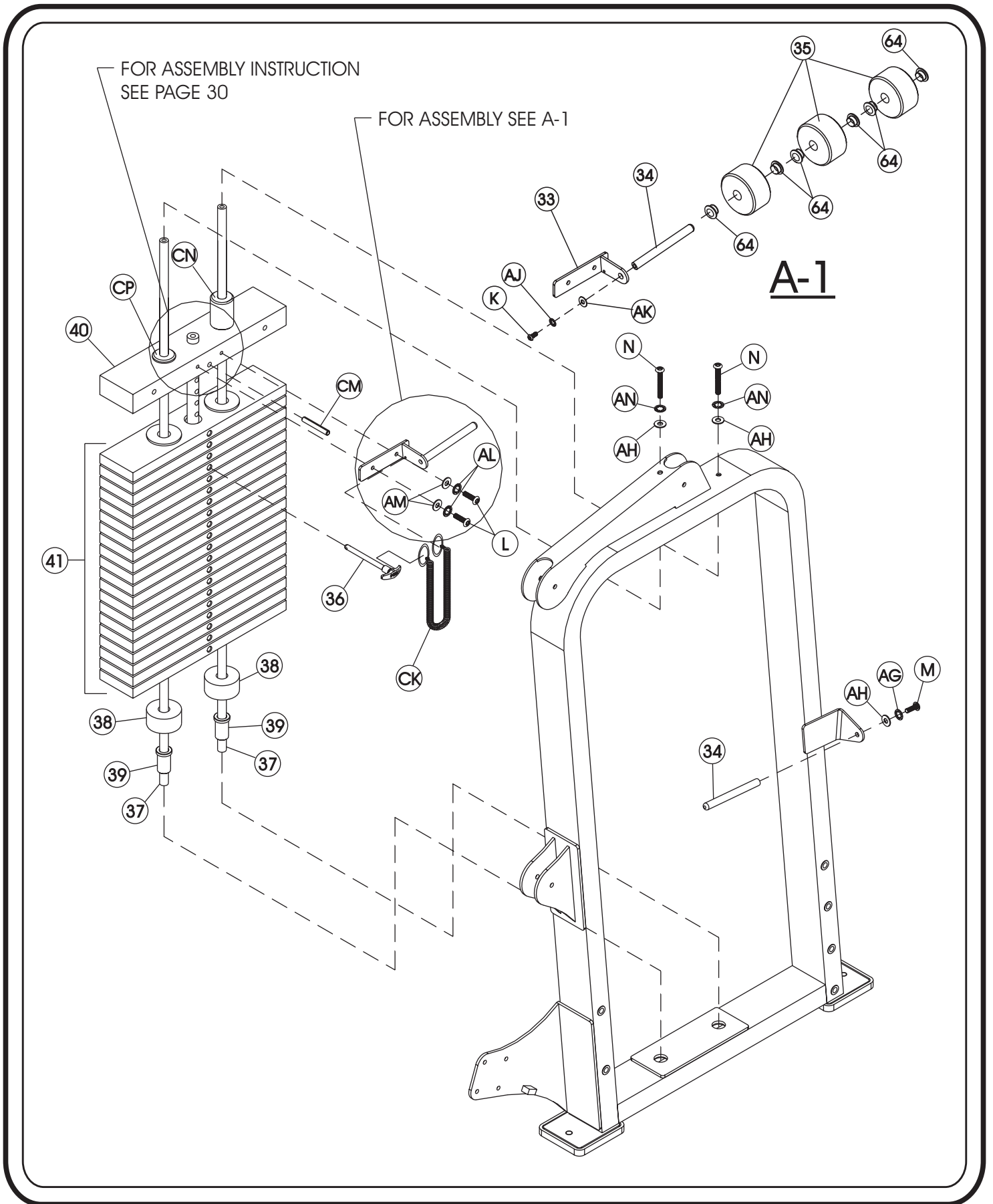
33 - Center RH (BRK) Assembly  
34 - Add On Rods  
35 - Add On Weights  
36 - Weight Selector Pin  
37 - Guide Rods  
38 - Weight Bumpers  
39 - Guide Rod Bushings  
40 - 41 lbs. Steel Top Weight  
41 - 20 lbs. Intermediate Weight  
64 - Add On Weight Bushing

#### Hardware Descriptions

K - 3/8"-16 x 1" Button Head Screw (Black Zinc)  
L - 5/16"-18 x 1" Button Head Screw (Black Zinc)  
M - 3/8"-16 x 1" Button Head Screw (White Zinc)  
N - 3/8"-16 x 2 3/4" Flat Head Cap Screw (White Zinc)  
AG - 3/8" Lock Washer (White Zinc)  
AH - 3/8" Flat Washer (White Zinc)  
AJ - 3/8" Lock Washer (Black Zinc)  
AK - 3/8" Flat Washer (Black Zinc)  
AL - 5/16" Lock Washer (Black Zinc)  
AM - 5/16 Flat Washer (Black Zinc)  
AN - 3/8" Split Washer (White Zinc)  
CK - Selector Pin Lanyard  
CM - Top Weight Roll Pin  
CN - Guide Bearing (Tall)  
CP - Guide Bearing (Short)



# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2g

#### FRAME ASSEMBLY

In this step start by attaching the Belt Assembly to the Weight Assembly (prior to attaching the Cam Belt). Place smooth side of Cam Belt on the Pulley and Cam. Next slide the Cam Belt through the Pulley Bracket on the top of the Weight Cage. Then use a Seat Clamp On tool to secure the two 3 1/4" Pulleys to the Weight Cage under the Cam Belt. Slide the Cam Belt into the top slot of the 1 5/8" x 2 1/16" LG. Tube (Fig. 1). Loop the end of the Cam Belt and feed it back up through the slot, keeping the loop open (Fig. 2). Next slide the Belt Retainer Shaft through the Cam Belt and line up the holes, then secure to the 1 5/8" x 2 1/16" LG. Tube (Fig. 3). Next attach the Cam Belt by bringing it down and through the pulley bracket behind the 3 1/4" Pulley. Now bring the Cam Belt around the Large Cam Assembly and in between the Serrated Clamps. Then wrap the Cam Belt down and around the Serrated Clamp and above another Serrated Clamp and secure all of the Serrated Clamps together. Next wrap the short cam belt on the Small Cam Assembly as shown. *Wrench tighten* bolts.

#### Part Descriptions

42 - Cam Belt (110" LG.)  
44 - Cam Belt (42" LG.)  
45 - Serrated Clamps  
46 - Belt Retainer Shaft  
47 - Tube (1 5/8" x 2 1/16" LG.)

#### Hardware Descriptions

P - 3/8"-16 x 3/4" Button Head Screw (White Zinc)  
Q - 1/4"-20 x 1 1/4" Socket Head Screw (Black Zinc)  
R - 1/4"-20 x 3/4" Button Head Screw (Black Zinc)  
AG - 3/8" Lock Washer (White Zinc)  
AH - 3/8" Flat Washer (White Zinc)  
AP - 1/4" Lock Washer (Black Zinc)  
BC - 3/8" Lock Nut (Black Zinc)  
BD - 1/4" Lock Nut (White Zinc)  
CL - 3 1/4" Pulley



# ASSEMBLY

## INSTRUCTIONS

### Step 2h

#### FRAME ASSEMBLY

In this step, attach the Linear Pillow Block Bearings to the Seated Assembly. Before Sliding the Seated Assembly onto the Long Stand-Off Rail and the Short Stand-Off Rail, make sure the rails are apply with grease. Now attach (65) to (4). Wrench tighten bolts including all previously hand tightened bolts.

#### Part Descriptions

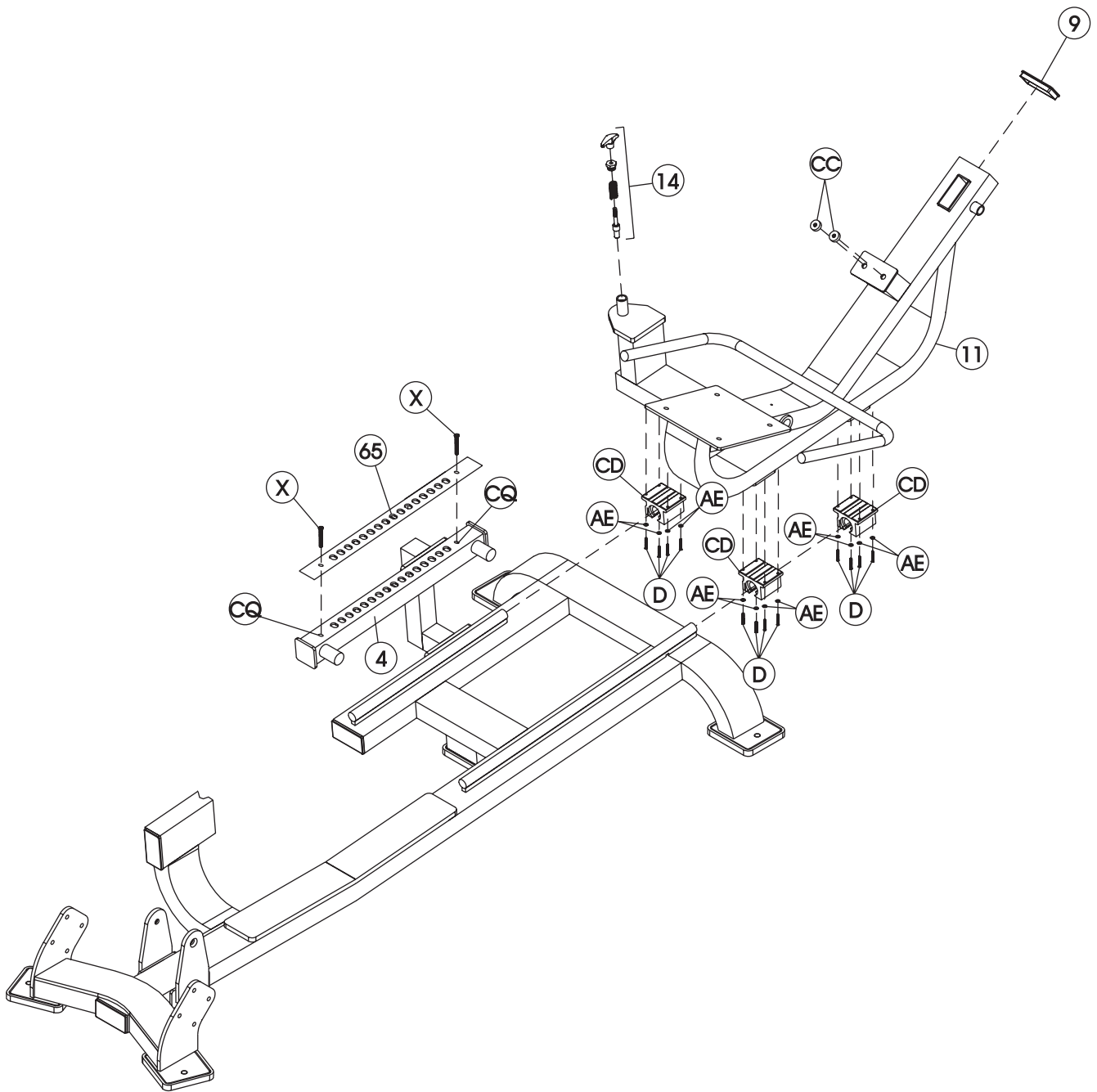
9 - 2" x 4" End Cap (HH)  
11 - Seated Assembly  
14 - Pull Pin  
65 - 1/4" Stainless Steel Plate

#### Hardware Descriptions

D - 10-24 x 3/4" Button Head Screw (White Zinc)  
X - 3/8"-16 x 1" Flat Head Screw  
AE - 10mm Flat Washer (White Zinc)  
CC - Bumper Stopper  
CD - Linear Pillow Block Bearing  
CQ - 3/8" Inserts

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2i

#### FRAME ASSEMBLY

In this step start by pressing two 1" O.D. X 3/4" I.D. Flanged Oilites into the Seated Frame Assembly. Attach the Range Adjuster Plate to the Back Adjuster Seated Assembly. Next insert the 3/4" x 4 27/32" Shaft into the Seated Frame Assembly. Make sure the 1/8" hole on the Shaft is in line with the 3/16" hole on the Seated Frame Assembly. Then insert any small metal pin to secure the Shaft for bolt alignment. Now remove the small metal pin when finish bolting.. Next attach the Back Adjuster Seated Assembly to the Seated Frame Assembly as shown. For the final step, attach the 0.125" x 1.50" x 1.79" Plate to the end of the Back Adjuster Seated Assembly as shown. Then Wrench tighten bolts including all previously hand tightened bolts.

#### Part Descriptions

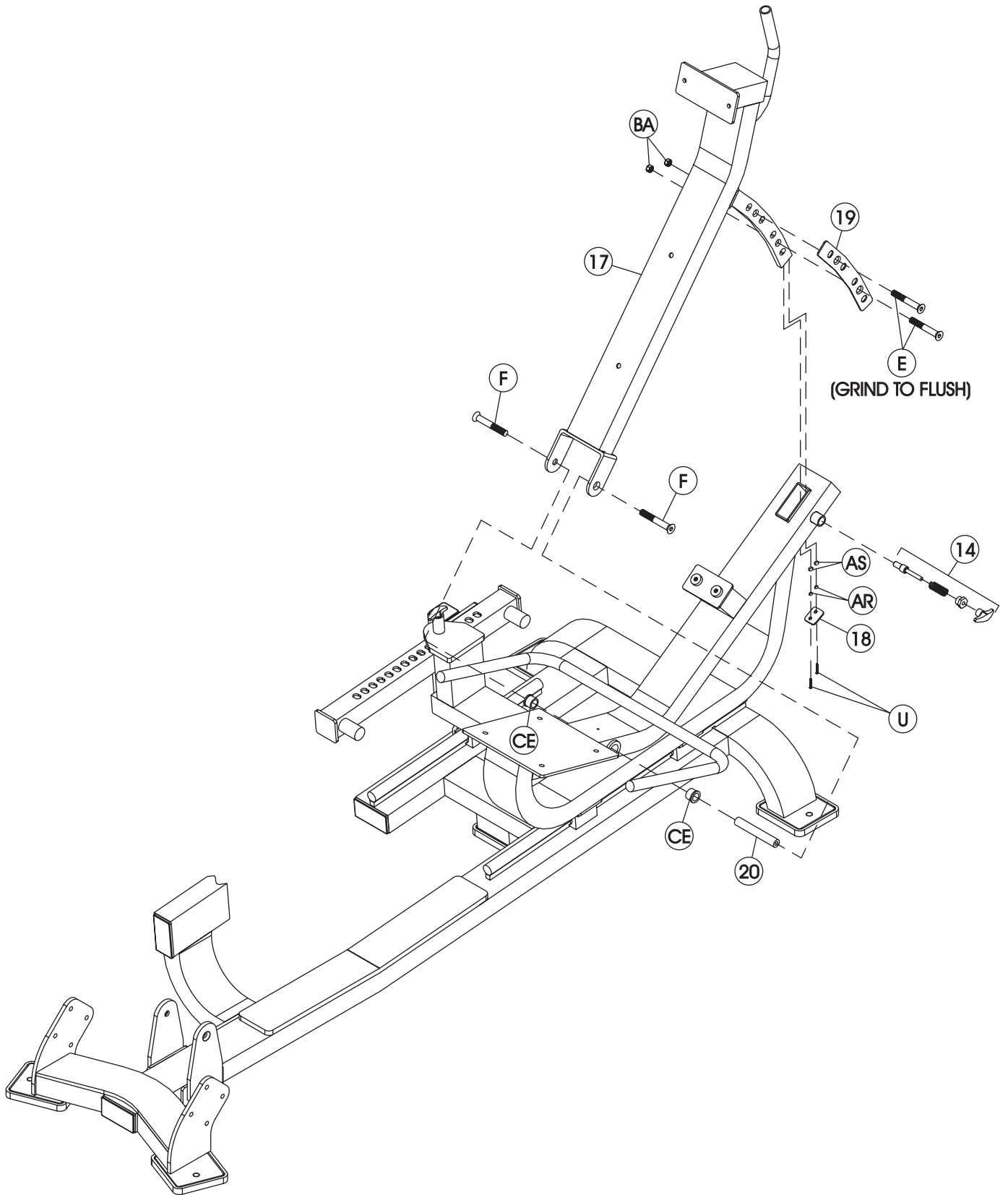
14 - Pull Pin  
17 - Back Adjuster Seated Assembly  
18 - 0.125" x 1.50" x 1.79" Plate  
19 - Range Adjuster Plate  
20 - 3/4" x 4 27/32" Shaft

#### Hardware Descriptions

E - 3/8"-16 x 3/4" Flat Head Screw (White Zinc)  
F - 3/8"-16 x 1 1/2" Flat Head Screw (White Zinc)  
U - 1/4"-20 x 3/4" Button Head Screw (White Zinc)  
AR - 1/4" Lock Washer (White Zinc)  
AS - 1/4" Flat Washer (white Zinc)  
CE - 1" O.D. X 3/4" I.D. Flanged Oilite

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2j

#### FRAME ASSEMBLY

In this step start by attaching the Seat Upholstery to the Seated Frame Assembly. Next attach the Back Seat Upholstery and Back Backing Board to the Seated Frame Assembly. Then attach the Head Rest Upholstery and the Head Rest Backing Board to the Seated Frame Assembly. *Wrench tighten* bolts.

#### Part Descriptions

- 48 - Head Rest Upholstery Assembly
- 49 - Seat Upholstery Assembly
- 50 - Back Upholstery Assembly
- 59 - Back Backing Board
- 60 - Head Rest Backing Board

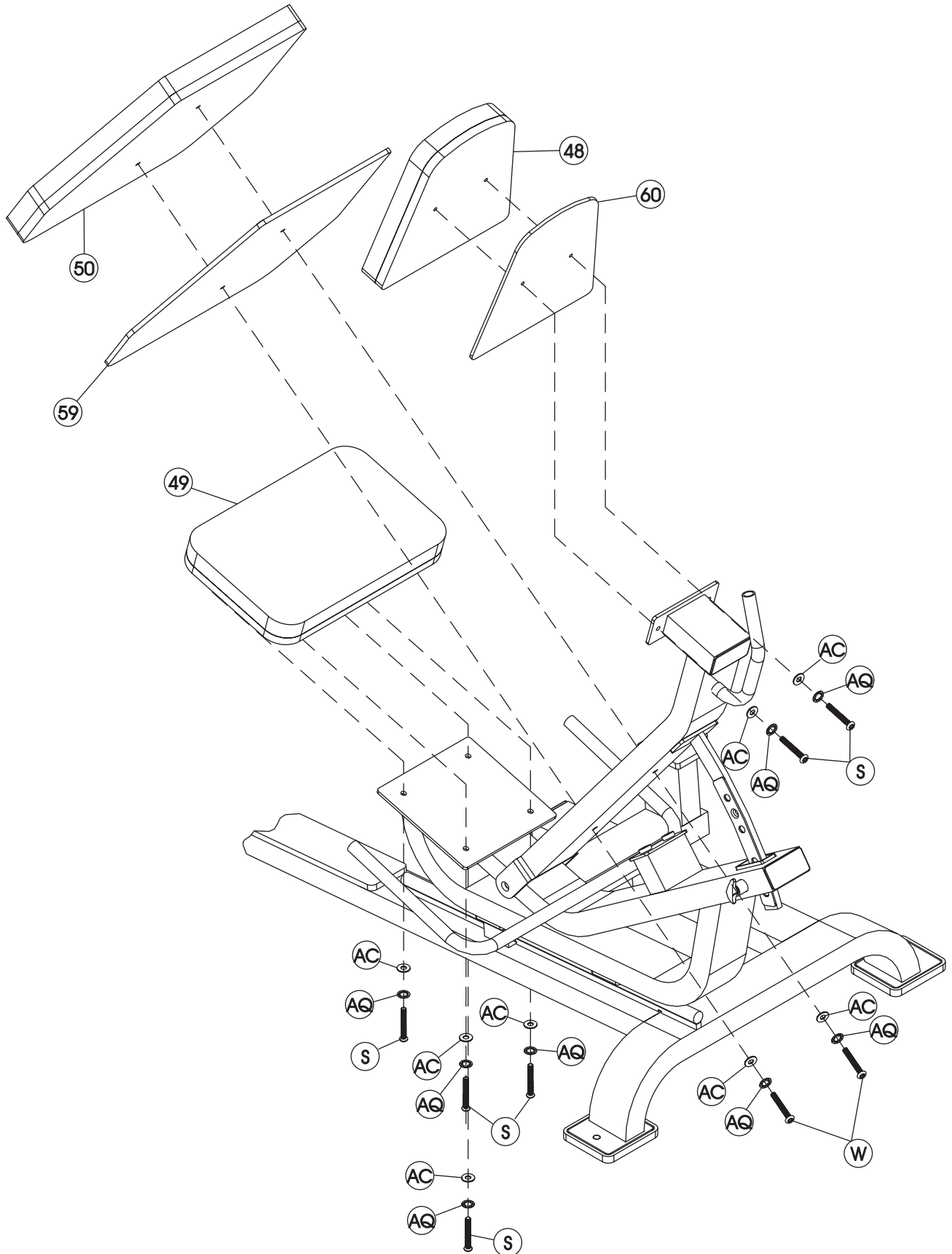
#### Hardware Descriptions

- S - 5/16"-18 x 1 1/4" Button Head Screw (White Zinc)
- W - 5/16"-18 x 3" Button Head Screw (White Zinc)
- AC - 5/16" Flat Washer (White Zinc)
- AQ - 5/16" Lock Washer (White Zinc)



# ASSEMBLY

I N S T R U C T I O N S



# ASSEMBLY

## INSTRUCTIONS

### Step 2k

#### FRAME ASSEMBLY

In this step start by sliding one Aluminum Ring on both the right and left handles. Then slide on one Rubber Grip on each side. Place an Aluminum End Cap on the end of the handle. Once all three pieces (per side) are in place, secure the End Caps, slide the Rubber Grip flush with the End Cap, and slide the Aluminum Rings flush with the Rubber Grips and secure. Same process for the back handle of the Seated Frame Assembly. Next use a spray can of 3M Contact 80 Neoprene Adhesive by spraying an “X” pattern and also around the edges. Now attach the Rubber Foot Pad to the Foot Rest Assembly as shown. Wrench tighten screws.

#### Part Descriptions

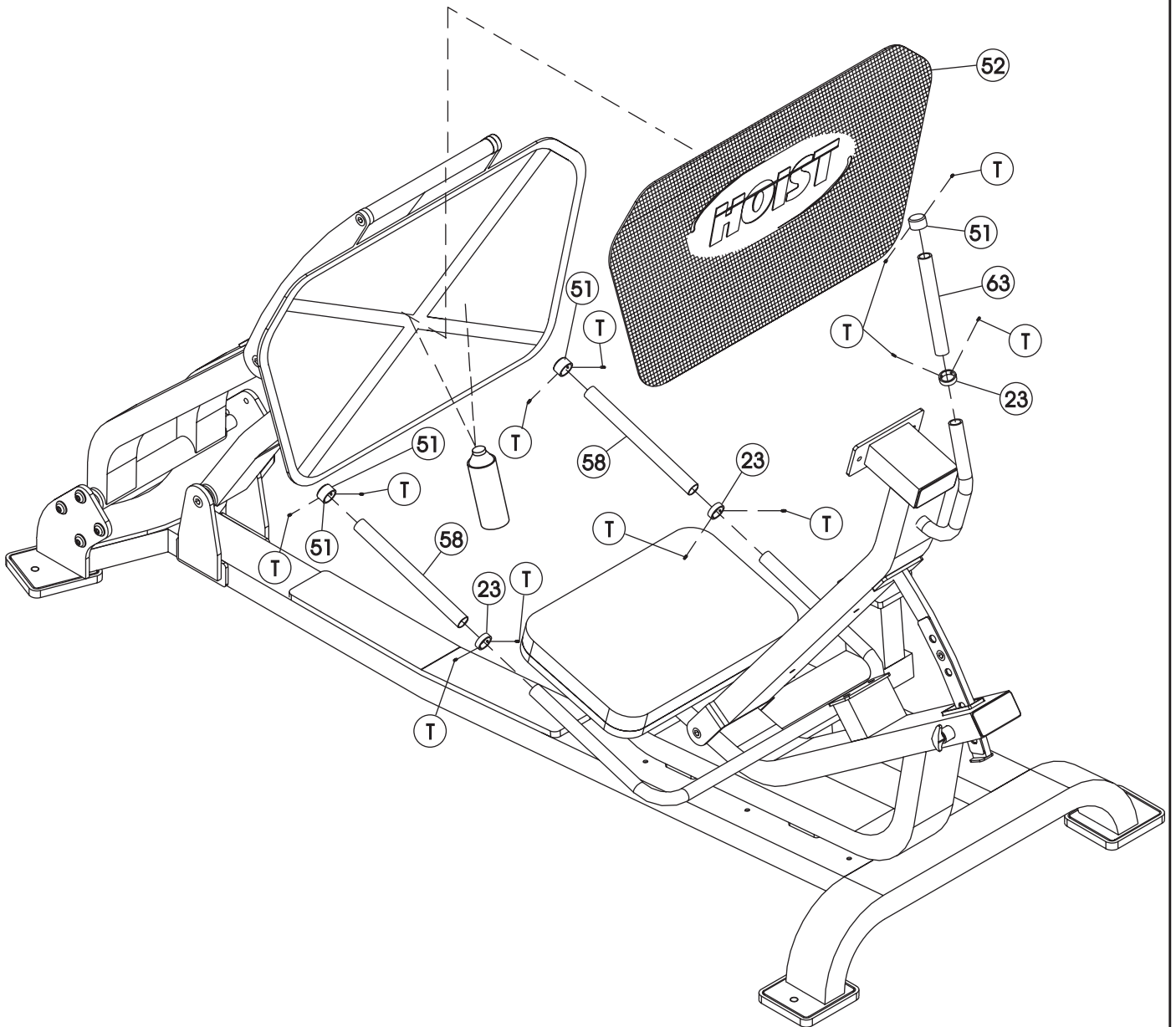
- 23 - Aluminum Ring
- 51 - Aluminum End Cap
- 52 - Rubber Foot Pad
- 58 - Rubber Grip (10.50 LG.)
- 63 - Rubber Grip (8.25 LG.)

#### Hardware Descriptions

- T - 10-32 x 1/8” Set Screw

# ASSEMBLY

I N S T R U C T I O N S



# ASSEMBLY

I N S T R U C T I O N S

## Step 21

### FRAME ASSEMBLY

Start this step by attaching Standard Shield to the Weight Cage.

Wrench tighten bolts.

#### Part Descriptions

53 - Standard Shield (SSH168)

#### Hardware Descriptions

A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)

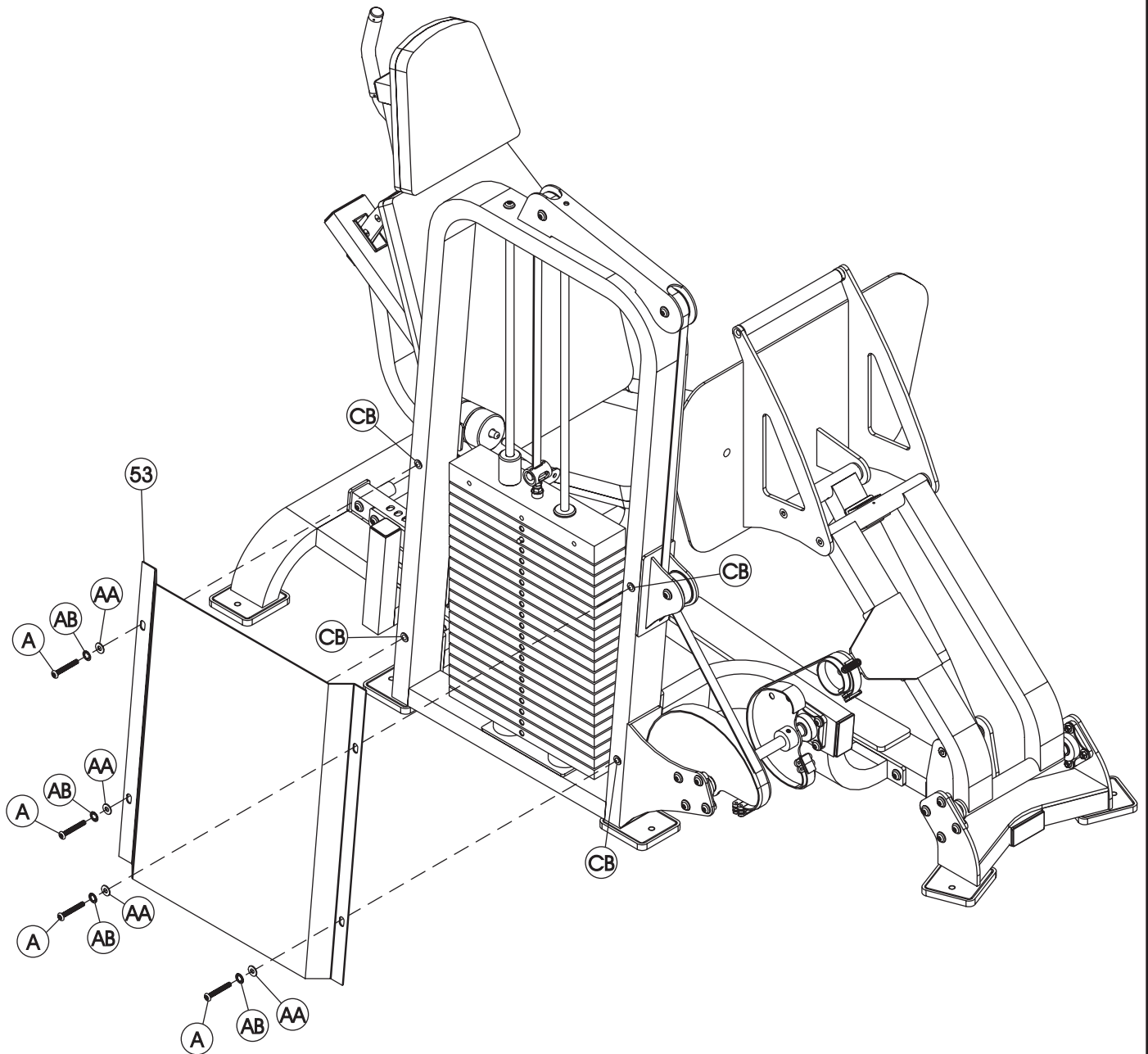
AA - 1/2" Flat Washer (White Zinc)

AB - 1/2" Lock Washer (White Zinc)

CB - Insert

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

I N S T R U C T I O N S

## Step 2m

### FRAME ASSEMBLY

Slide the Stem up into the 41 LBS. Steel Top Plate and secure with the Top Weight Roll Pin.

#### Part Descriptions

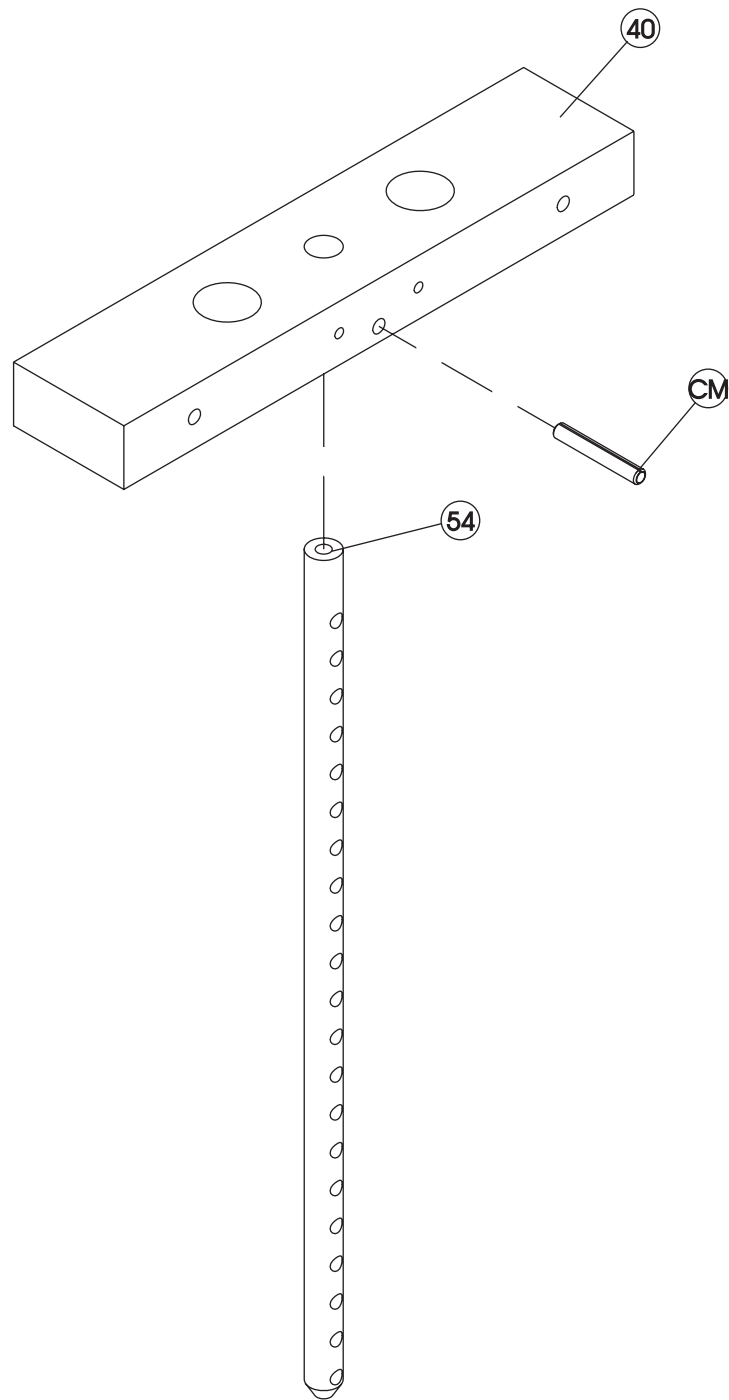
40 - 41 LBS. Steel Top Plate  
54 - Stem

#### Hardware Descriptions

CM - Top Weight Roll Pin

# ASSEMBLY

## INSTRUCTIONS



# ASSEMBLY

## CATALOG

### PART LISTING

Key #	Qty.	Part Number	Description
1	1	26-STD-SX630	Weight Cage
2	1	26-STD-SX628	Running Base Assembly
3	1	26-STD-SX666	Front Attachment Assembly
4	1	26-STD-ST217	Seat Slide Adjuster
5	1	26-STD-SX175	Seat Adjustment Rear Mount Assembly
6	1	26-STD-SX177	Seat Adjustment Front Mount Top Assembly
7	1	26-STD-SX176	Seat Adjustment Front Mount Lower Assembly
8	1	26-STD-PLAS187RV	2" x 4" End Cap (VH)
9	3	26-STD-PLAS187RH	2" x 4" End Cap (HH)
10	7	26-STD-PLAS195	Rubber Foot Pads
11	1	26-STD-SX626	Seated Frame Assembly
12	1	26-STD-SM342	Shaft (Long)
13	1	26-STD-SM345	Shaft (Short)
14	2	26-STD-SM129	Pull Pin (Long)
15	1	26-STD-SM346	Stand-Off Rail (Long)
16	1	26-STD-SM347	Stand-Off Rail (Short)
17	1	26-STD-SX627	Back Adjuster Seated Assembly
18	1	26-STD-SP524	0.125 x 1.50 x 1.79 Plate
19	1	26-STD-SA186	Range Adjuster Plate
20	1	26-STD-SM339	3/4" Dia. X 4 27/32" Shaft
21	2	26-STD-SM341	Shaft
22	1	26-STD-PLAS206-11	Rubber Grips (12 9/32" LG.)
23	5	26-STD-SM324	Aluminum Ring
24	1	26-STD-SX178	Foot Rest Assembly
25	1	26-STD-SX631	Foot Rest Leg Assembly
26	1	26-STD-SM350	Shaft
27	6	26-STD-PLAS233-1	Rubber Grip (36" LG.)
28	1	26-STD-SX179	Foot Rest Mount Assembly
29	1	26-STD-SX507	Large Cam Assembly
30	1	26-STD-SX511	Small Cam Assembly
31	1	26-STD-SM459	Shaft
33	1	26-STD-SX155	Center RH (BRK) Assembly
34	2	26-STD-SM295	Add On Rods
35	3	26-STD-SWADD7	Add On Weights
36	1	26-STD-SM134	Weight Selector Pin
37	2	26-STD-SG136	Guide Rods
38	2	26-STD-PLAS201	Weight Bumpers
39	2	26-STD-PLAS134	Guide Rod Bushings
40	1	26-STD-SWTOP10	41 lb. Steel Weight
41	20	26-STD-SW104	20 lbs. Intermediate Weight
42	1	15-BLT-1516	Cam Belt 110" x 15/16" x 1/8"
43	1	26-STD-SX145	Belt Assembly
44	1	15-BLT-1516	Cam Belt 42" x 15/16" x 1/8"
45	12	26-STD-SP467	Serrated Clamps
46	1	26-STD-SM294	Belt Retainer Shaft
47	1	26-STD-SM293	1 5/8" x 2 1/16" Lg. Tube
48	1	26-STD-SU1391614	Head Rest Upholstery Assembly
49	1	26-STD-SU121812	Seat Upholstery Assembly
50	1	26-STD-SU2271625916	Back Upholstery Assembly
51	3	26-STD-SM323	Aluminum End Cap
52	1	26-STD-PLAS237	Rubber Foot Pad
53	1	26-STD-SSH168	Standard Shield
54	1	26-STD-SW111	22 Holes Stem
55	2	26-STD-PLAS133	2" Long Delrin Stopper
56	1	26-STD-SM351	Shaft
57	1	26-STD-PLAS193	Cam Stopper
58	2	26-STD-PLAS206-13	Rubber Grip (10 1/2" LG.)
59	1	26-STD-SUB2271625916	Back Backing Board
60	1	26-STD-SUB1391614	Head Rest Backing Board
61	1	26-STD-SP530	Plate (Short)
62	1	26-STD-SP528	Plate (Long)
63	1	26-STD-PLAS206-1	Rubber Grip (8 1/4 LG.)
64	6	26-STD-PLAS210	Add On Weights Bushing
65	1	026-01P0666	1/4" Stainless Steel Plate
66	2	26-CAP-22	2" x 2" End Cap



# ASSEMBLY

## C A T A L O G

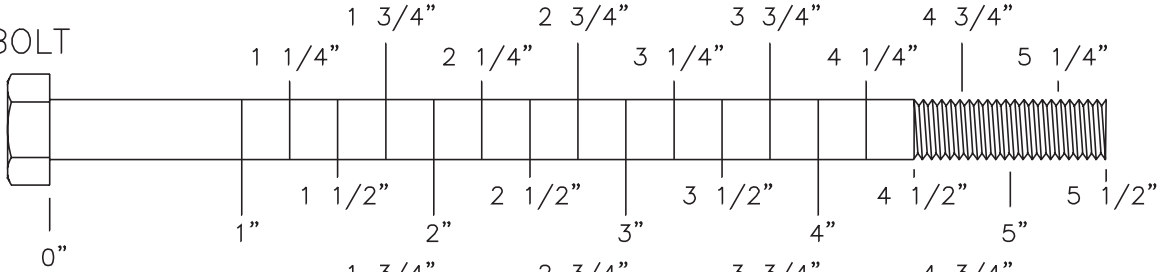
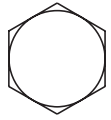
### H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	18	11-BTN-12112WZ	1/2"-13 x 1 1/2" Button Head Screw
B	2	11-BTN-123WZ	1/2"-13 x 3" Button Head Screw
C	6	11-HEX-516314WZ	5/16"-18 x 3 1/4" Hex Head Screw
D	12	11-BTN-10(24)34WZ	10-24 x 3/4" Button Head Screw
E	2	11-FLA-3834WZ	3/8"-16 x 3/4" Flat Head Screw
F	2	11-FLA-38112WZ	3/8"-16 x 1 1/2" Flat Head Screw
G	8	11-FLA-121WZ	1/2"-13 x 1" Flat Head Cap Screw
J	16	11-BTN-38112WZ	3/8"-16 x 1 1/2" Button Head Screw
K	1	11-BTN-381	3/8"-16 x 1" Button Head Screw
L	2	11-BTN-5161	5/16"-18 x 1" Button Head Cap Screw
M	1	11-BTN-381WZ	3/8"-16 x 1" Button Head Screw
N	2	11-BTN-38234WZ	3/8"-16 x 2 3/4" Button Head Cap Screw
P	6	11-BTN-3834WZ	3/8"-16 x 3/4" Button Head Screw
Q	10	11-SKT-14114	1/4"-20 x 1 1/4" Socket Head Screw
R	2	11-BTN-141	1/4"-20 x 1" Button Head Screw
S	8	11-BTN-516114WZ	5/16"-18 x 1 1/4" Button Head Screw
T	12	11-SET-10(32)18	10-32 x 1/8" Set Screw
U	2	11-BTN-1434WZ	1/4"-20 x 3/4" Button Head Screw
V	4	11-BTN-38114	3/8"-16 x 1 1/4" Button Head Screw
W	2	11-BTN-5163WZ	5/16"-18 x 3" Button Head Screw
X	2	11-FLA-381WZ	3/8"-16 x 1" Flat Head Screw
AA	22	13-FLT-12SAEWZ	1/2" Flat Washer
AB	22	13-LOK-12INT	1/2" Lock Washer
AC	14	13-FLT-516SAEWZ	5/16 Flat Washer
AE	12	13-FLT-10SAEWZ	10-32 Flat Washer
AG	7	13-LOK-38INT	3/8" Lock Washer
AH	20	13-FLT-38SAEWZ	3/8" Flat Washer
AJ	1	13-LOK-38INTB	3/8" Lock Washer
AK	17	13-FLT-38SAE	3/8" Flat Washer
AL	2	13-LOK-516INTB	5/16" Lock Washer
AM	2	13-FLT-516SAE	5/16" Flat Washer
AN	2	13-LOK-38WZ	3/8" Split Washer
AP	10	13-LOK-14INTB	1/4" Lock Washer
AQ	20	13-LOK-516INT	5/16" Lock Washer
AR	1	13-LOK-14INT	1/4" Lock Washer
AS	1	13-FLT-14SAEWZ	1/4" Flat Washer
BB	12	12-LOK-38	3/8" Lock Nut
BC	1	12-FLG-1213SB	Serrated Hex Nut
BD	12	12-LOK-14WZ	1/4" Lock Nut
CA	1	16-CAP-22	2" x 2" End Cap
CB	20	1/2-13UNC	1/2" Insert
CC	6	19-PAD-1	Bumper Stopper
CD	3	14-BRG-LIN1PIL	Linear Pillow Block Bearing
CE	2	14-OIL-34F	1" O.D. x 3/4" I.D. Flange Oilite
CF	6	14-OIL-1F	1" I.D. Flanged Oilite
CH	4	14-BRG-4B1	Flange Bearing
CJ	2	30-RPN-382S	3/8" x 2" Spiral Roll Pin
CK	1	10-LRD-12	Selector Pin Lanyard
CL	3	18-PUL-325/W38T	3 1/4" Pulley
CM	1	30-RPN-7163	Top Weight Roll Pin
CN	1	14-BRG-PAC4962	Guide Bearing (tall)
CP	1	14-BRG-PAC4982	Guide Bearing (short)
CQ	4	3/8-16UNC	3/8" Insert

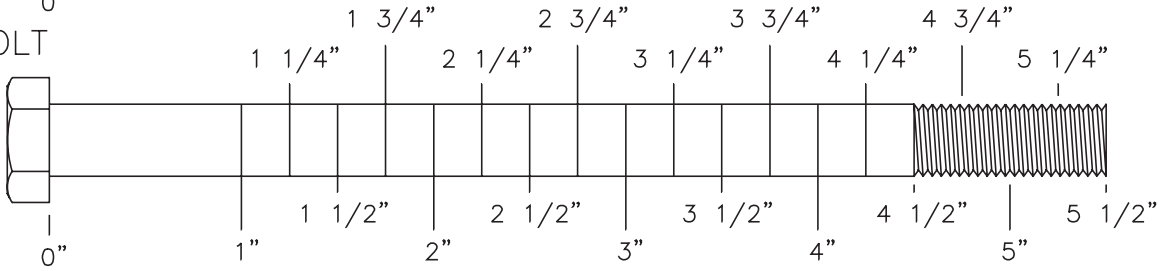
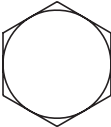
# OWNERS MANUAL

# OWNERS M A N U A L BOLT SIZING CHART

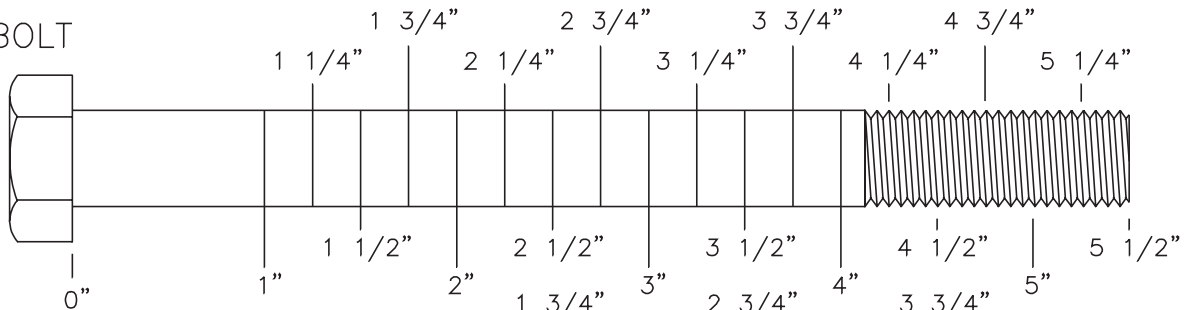
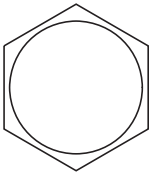
5/16" HEX BOLT



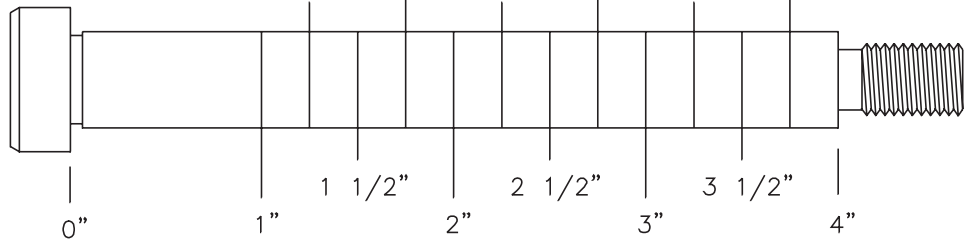
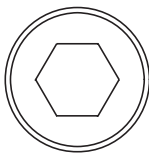
3/8" HEX BOLT



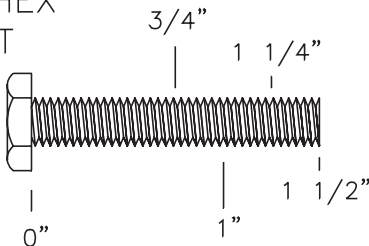
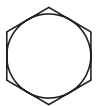
1/2" HEX BOLT



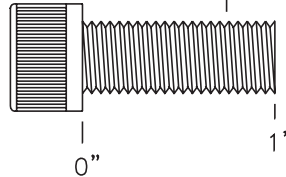
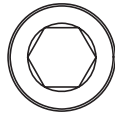
1/2" SHOULDER BOLT



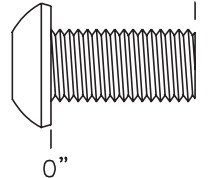
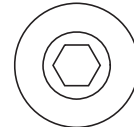
1/4" HEX BOLT



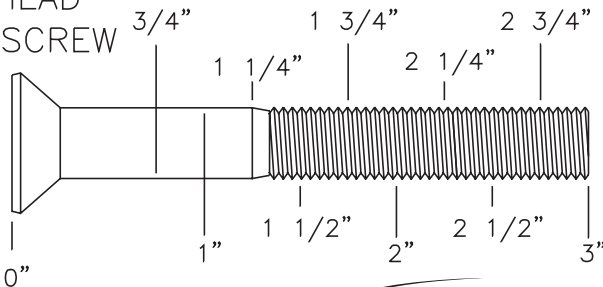
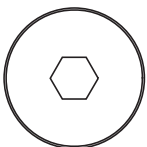
3/8" SOCKET CAP SCREW



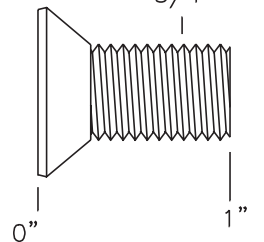
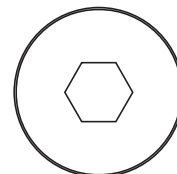
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



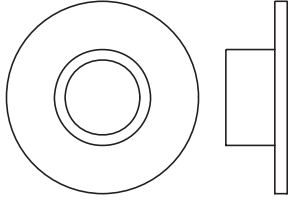
1/2" FLATHEAD SOCKET CAP SCREW



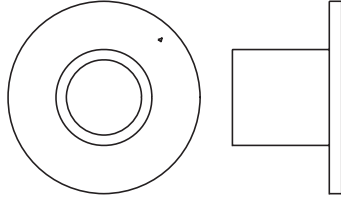
# OWNERS M A N U A L

## W A S H E R S I Z I N G C H A R T

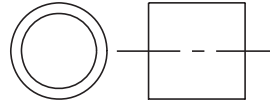
1/4" LONG FLANGED  
PULLEY SPACER



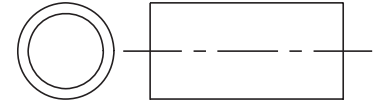
1/2" LONG FLANGED  
PULLEY SPACER



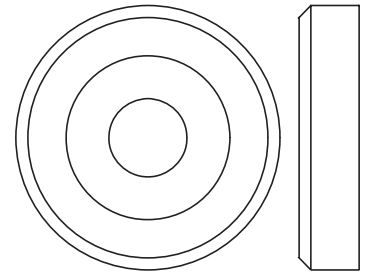
1/2" LONG  
PULLEY SPACER



1" LONG  
PULLEY SPACER



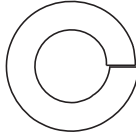
1 3/8" ALUMINUM  
FLATHEAD CAP



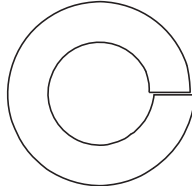
1/4"  
LOCK  
WASHER



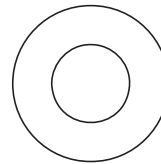
3/8"  
LOCK  
WASHER



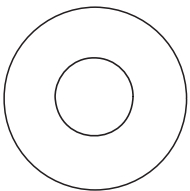
1/2"  
LOCK WASHER



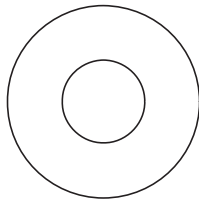
5/16"  
FLAT WASHER



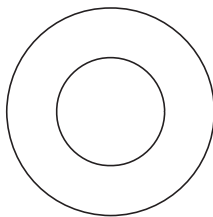
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



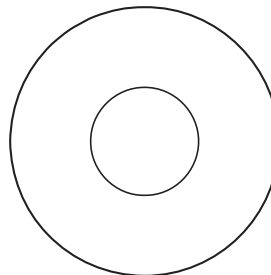
3/8"  
FLAT  
WASHER



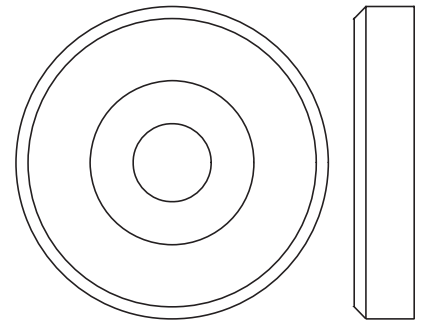
1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



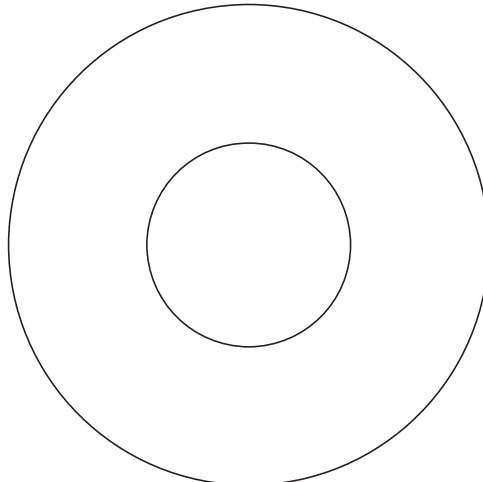
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



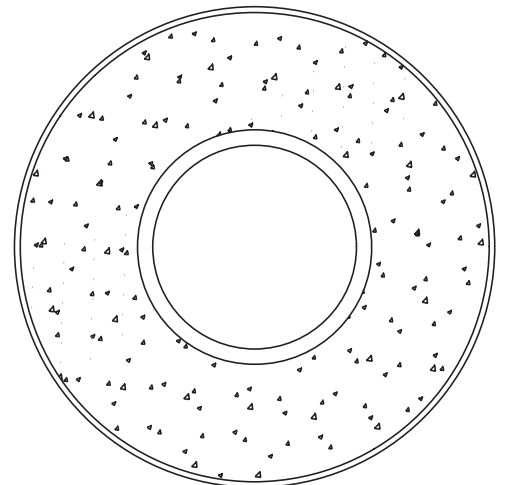
1 5/8" ALUMINUM  
FLATHEAD CAP



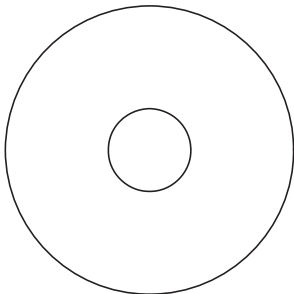
1 1/16"  
FENDER WASHER



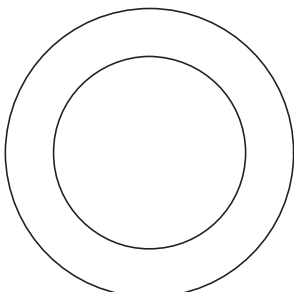
PLASTIC 1 1/16"  
FENDER WASHER



3/8" FENDER WASHER

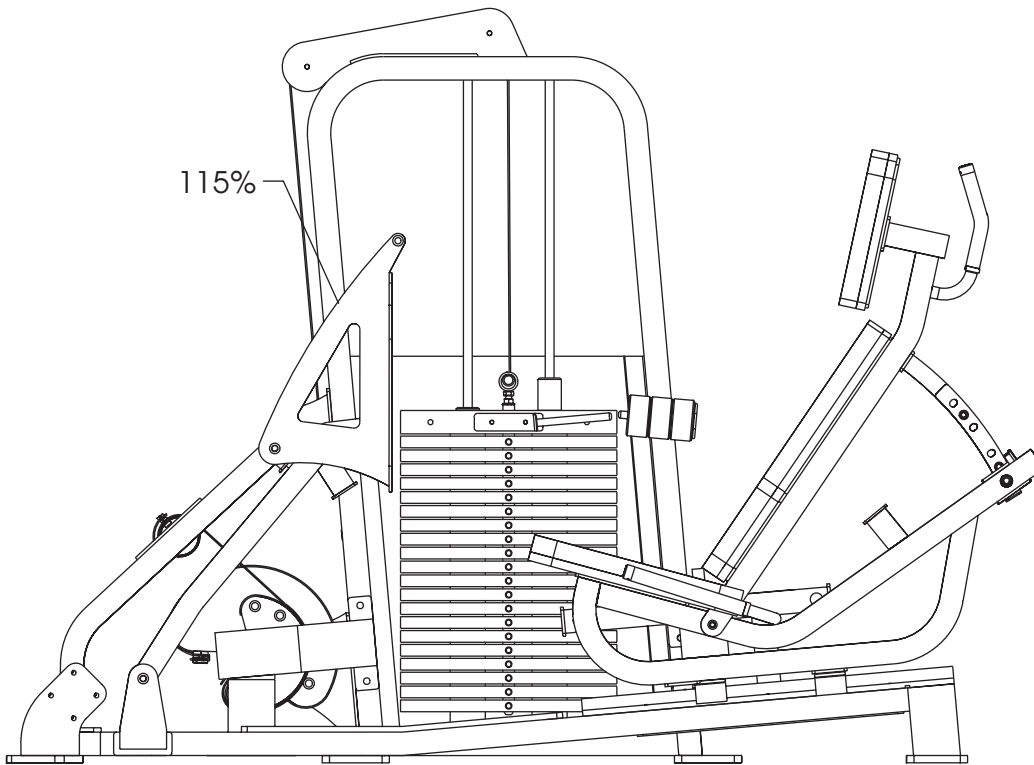


1" SHIM WASHER



# OWNERS MANUAL

## WEIGHT RATIOS



	115%
1	47
2	70
3	93
4	116
5	139
6	162
7	185
8	208
9	231
10	254
11	277
12	300
13	323
14	346
15	369
16	392
17	415
18	438
19	461
20	484
21	507

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.

# OWNERS MANUAL

**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.

# OWNERS MANUAL

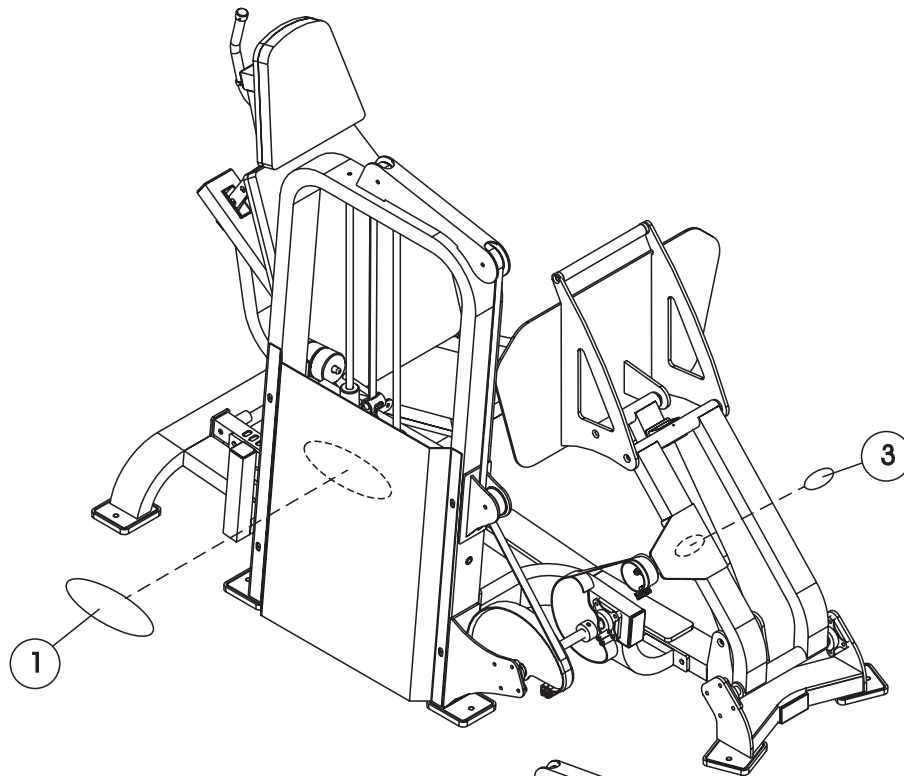




# OWNERS MANUAL

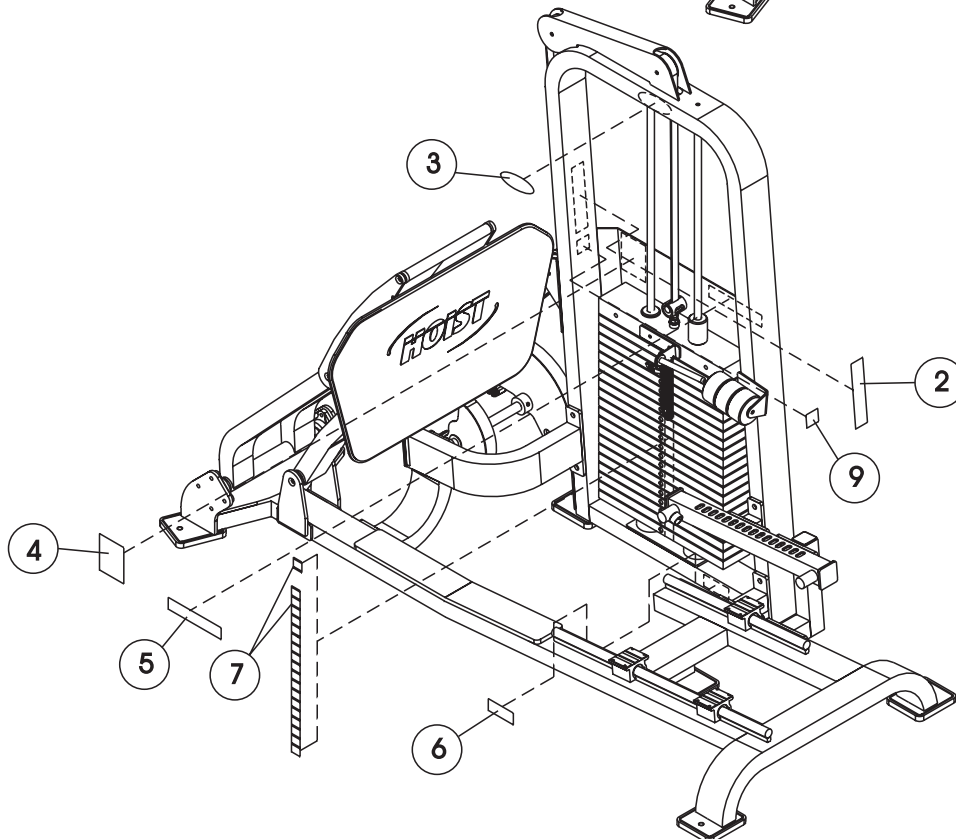
# OWNERS MANUAL

## DECAL PLACEMENTS



### Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003008
- 3 - 021-0004029
- 4 - 021-0013061
- 5 - 021-0003006
- 6 - 021-0012004
- 7 - 021-0003089
- 8 - 021-0003089
- 9 - 021-0003090



# OWNERS M A N U A L

## 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.*

ROUTINE MAINTENANCE	Daily	Weekly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Lubricate; Guide Rods with Waylube Oil only				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 or Belts 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 or Belts Connecting Parts				X

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21

021-0003008

021-0003089

## 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.*



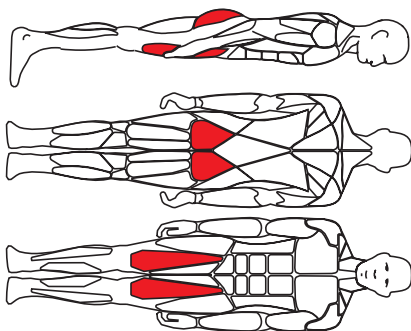
**CL 2403**  
**SEATED LEG PRESS**

### Exercise Instructions

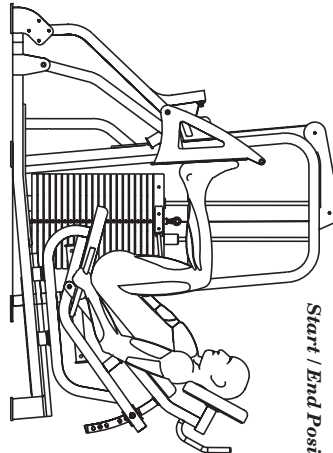
- 1** Adjust back pad angle (if necessary).
- 2** Be seated and select desired exercise weight.
- 3** Place feet on footplate, then adjust seat to your forward starting position (Legs bent to 90 degrees recommended).
- 4** Press footplate forward by extending legs with a smooth, controlled movement, then return back to starting position. Perform desired number of repetitions.
- 5** To exit: Return to starting position. Adjust seat back far enough to easily remove feet from footplate, then exit.

### MUSCLES TRAINED

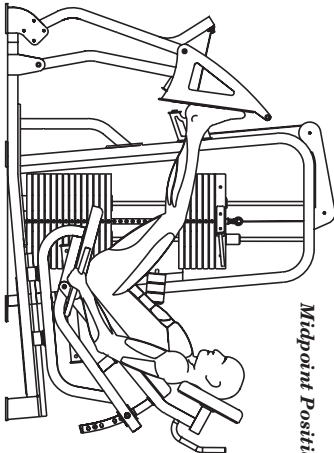
**PRIMARY:**  
Quadriceps  
Glutes



Start / End Position



Midpoint Position



- > Read and understand all instructions before using this equipment.
- > Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part **DO NOT** use this machine.
- > Keep hands and feet away from moving parts. **DO NOT** attempt to free any jammed part by yourself.
- > Always consult a physician before starting any exercise program.
- > Stop your workout immediately if you feel faint or dizzy.
- > Warm up before and cool down after engaging in weight resistance training.
- > Take your time and don't rush the exercise. Practice proper breathing; **NEVER** hold your breath.

021-0013061

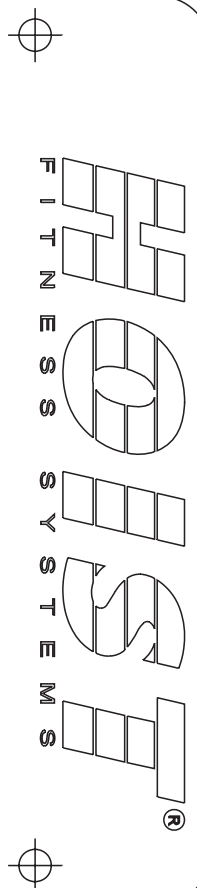
# DECAL REFERENCE

*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.*

**WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS.**

There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

- 1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS** before using this equipment.
- 2. INSPECT EQUIPMENT DAILY** for loose, worn or frayed parts. Replace all parts at the first signs of wear. If in doubt about a certain part, **DO NOT** use the machine until the part is replaced. Failure to replace worn parts may result in injury.
- 3. DO NOT ATTEMPT** to free any jammed part by yourself. Obtain assistance as the part may free itself suddenly causing possible injury.
- 4. BE CERTAIN** to keep your head, hands and limbs clear of moving parts. Be alert to the possibility of injury. **DO NOT BE CARELESS.**
- If you feel faint or dizzy, stop exercising at once.
- Teenagers should not use this machine without adult supervision. **CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT.**
- If you have any questions on the proper use and maintenance of the machine, do not hesitate to call your **HOIST** distributor.



9990 EMPIRE ST. \* SAN DIEGO, CA 92126  
(800)548-5438 \* (619)578-7676  
00-000000



021-0012004

021-0004029

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

021-0003006

# 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.*



# HOIST®

021-0004026

**PATENT  
PENDING**

021-0003090

# 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 clean, dust free rag.
- \* If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.
- \* DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.

### **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 properly.

### **Belts and Cables:**

- \* Hoist uses only high quality belts, 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 M A N U A L

## Continued: GENERAL MAINTENANCE INFORMATION

### **Belt and Cable Tension:**

- \* Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.
- \* Check slack in belts or cables and readjust tension if needed.

### **Seat Sleeves & Oilites:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and oilites 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.

### **Anti-Skid Surfaces:**

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

PLEASE KEEP THIS FOR YOUR RECORDS.

# OWNERS MANUAL

# OWNERS M A N U A L

## 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 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.

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

Web Site - [www.hoistfitness.com](http://www.hoistfitness.com)

PLEASE KEEP THIS FOR YOUR RECORDS.

**ASSEMBLY**  
INSTRUCTIONS



**CL2403**

**FOOT PLATE  
REPLACEMENT  
INSTRUCTIONS**

**CL2403 Leg Press**

# ASSEMBLY INSTRUCTIONS

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# ASSEMBLY

## INSTRUCTIONS

### 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 the page.

**TWO PEOPLE ARE REQUIRED TO SAFELY PERFORM THIS JOB**

### TOOLS REQUIRED

Mallet

1/2" Allen Wrench - for flat bolts

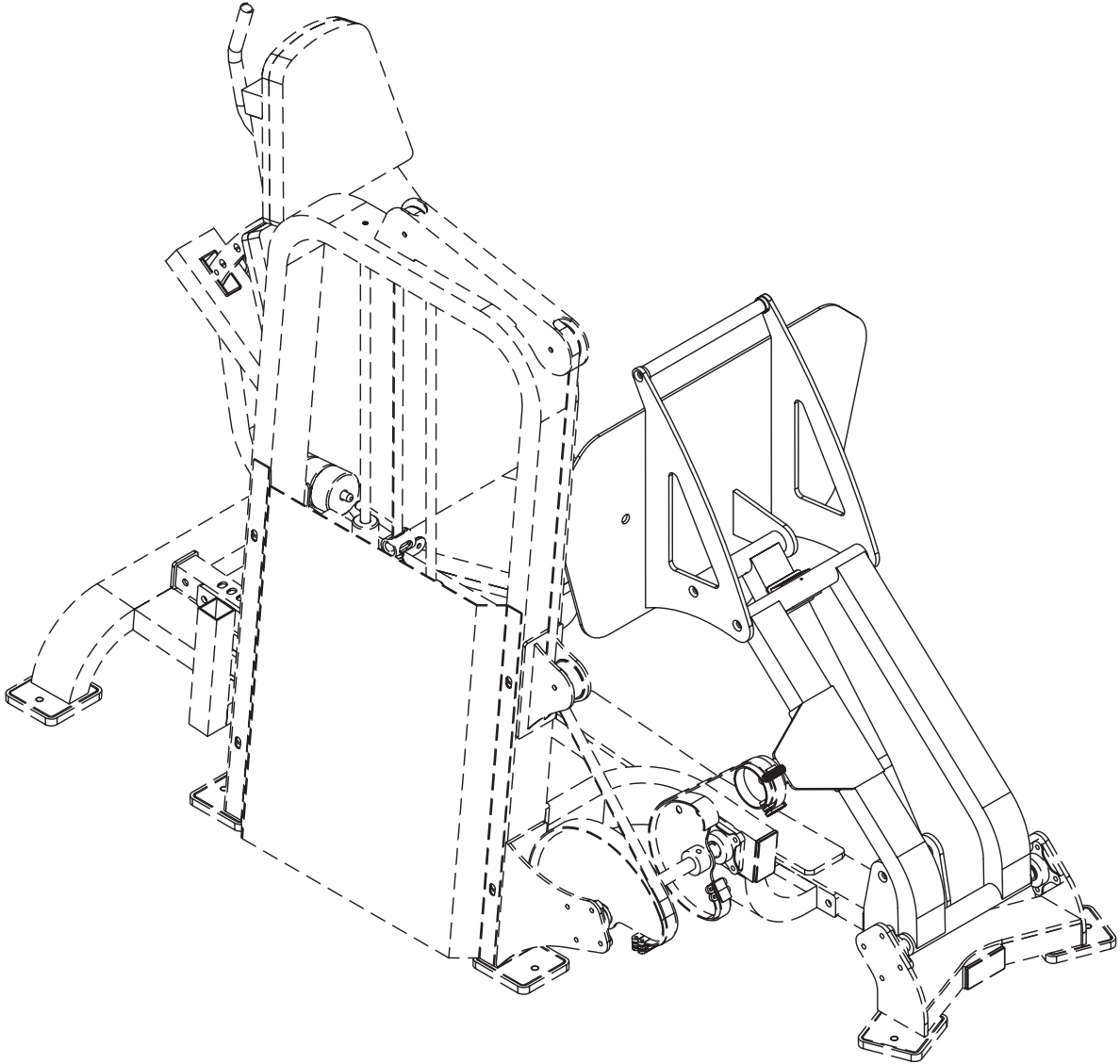
3/8" Allen Wrench - for socket bolts

Snap Ring Pliers

9/16" Wrench

# ASSEMBLY INSTRUCTIONS

## ORIGINAL EXERCISE ARM ASSEMBLY



# ASSEMBLY

## INSTRUCTIONS

### Step 1-2

#### FRAME ASSEMBLY

#### *Replacing the lower pivot shaft.*

Start by having one person push the exercise arm assembly forward, raising the top weight above the rest of the weight stack. Next place the selector pin in the 6th hole of the weight stem to keep the top weight elevated, taking tension off of the entire exercise arm assembly. Return the exercise arm assembly to its rest position. With the one person holding the foot rest assembly (24) stationary, have the second person replace the lower pivot shaft (56) with (56a) in the foot rest leg assembly (25) as shown in steps 1 & 2. Wrench tighten bolt.

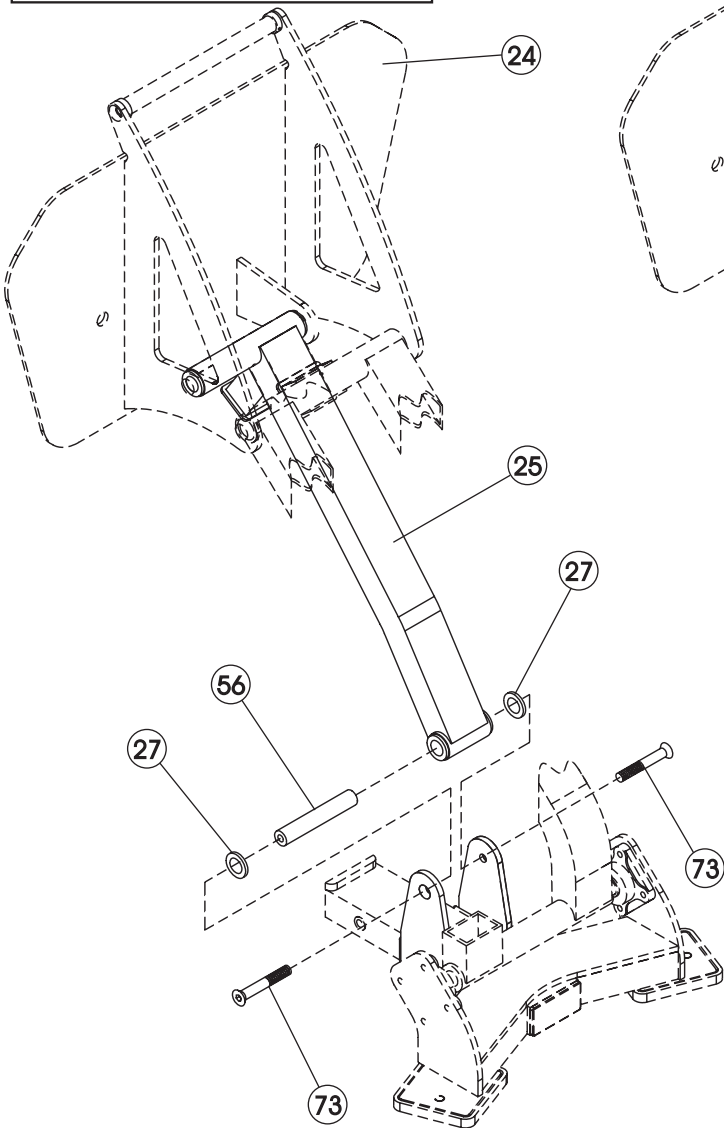
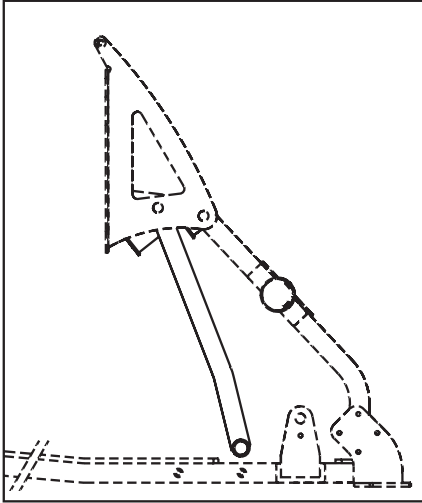
#### Part/Hardware Descriptions

- 24 - Foot Rest Assembly
- 25 - Foot Rest Leg Assembly
- 27 - Rubber spacer
- 56 - 1" dia. x 4 7/16 Shaft
- 56a - 1" dia. X 4 7/16 Shaft
- 73 - 1/2-13 x 1 Flat Head Bolt (wz)
- 124 - 1/2-13 x 6 1/2 Hex Bolts (bz)
- 125 - 1/2 Countersink Washer (wz)
- 126 - 1/2 Flat Washer (bz)
- 127 - 1/2 Lock Nut (bz)

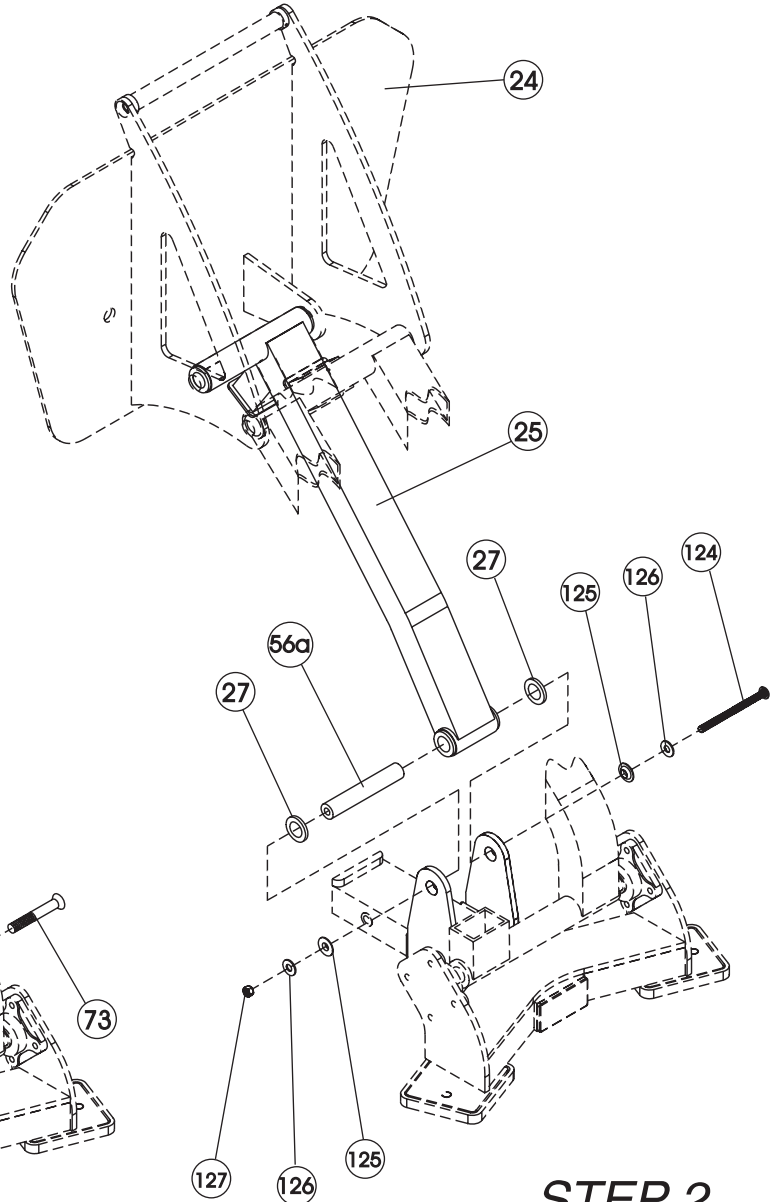


# ASSEMBLY

INSTRUCTIONS



STEP 1



STEP 2

# ASSEMBLY

## INSTRUCTIONS

### Step 3-4

#### FRAME ASSEMBLY

#### *Removing the old foot rest assembly.*

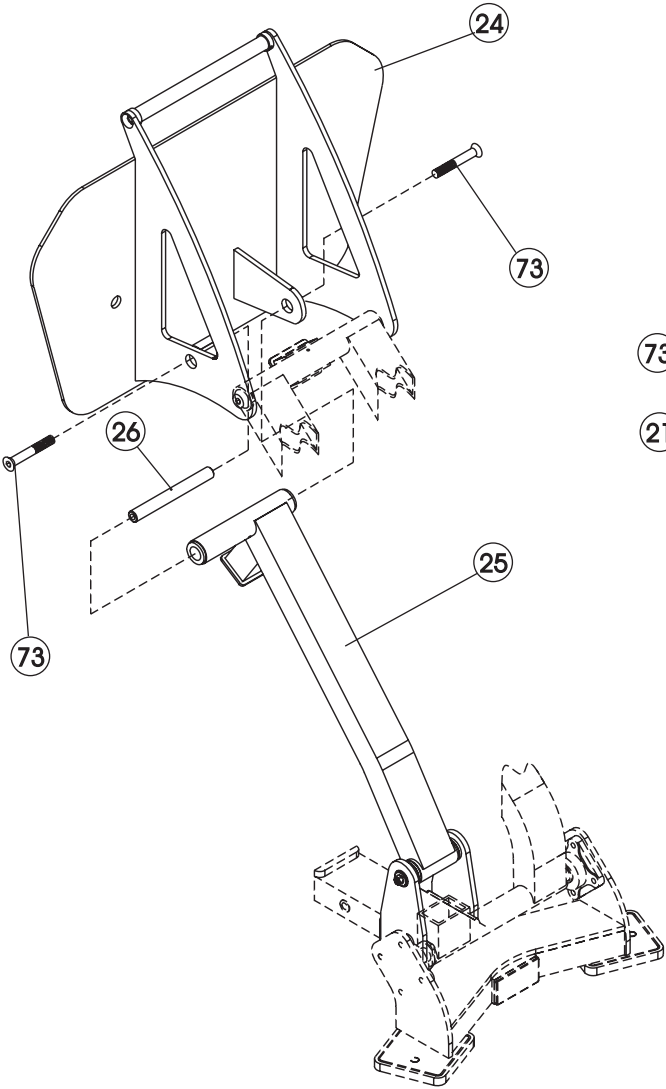
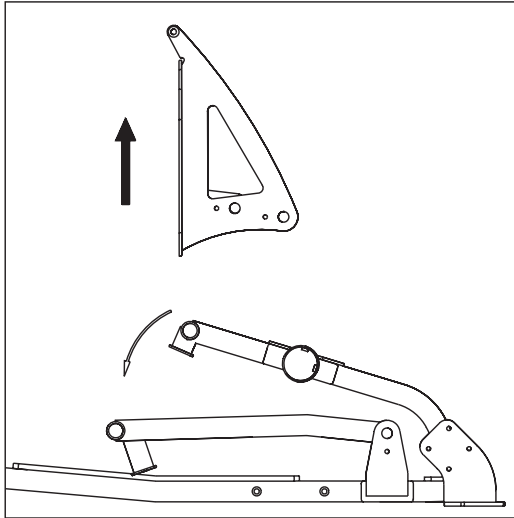
With the first person still holding the foot rest assembly (24), have the second person remove the upper pivot shaft (26) from the foot rest leg assembly (25) as shown in step 3. Next remove the upper pivot shaft from the foot rest mount assembly (28) as shown in step 4. (Both the foot rest leg assembly and the foot rest mount assembly should be placed in the forward rest position as shown.)

#### Part/Hardware Descriptions

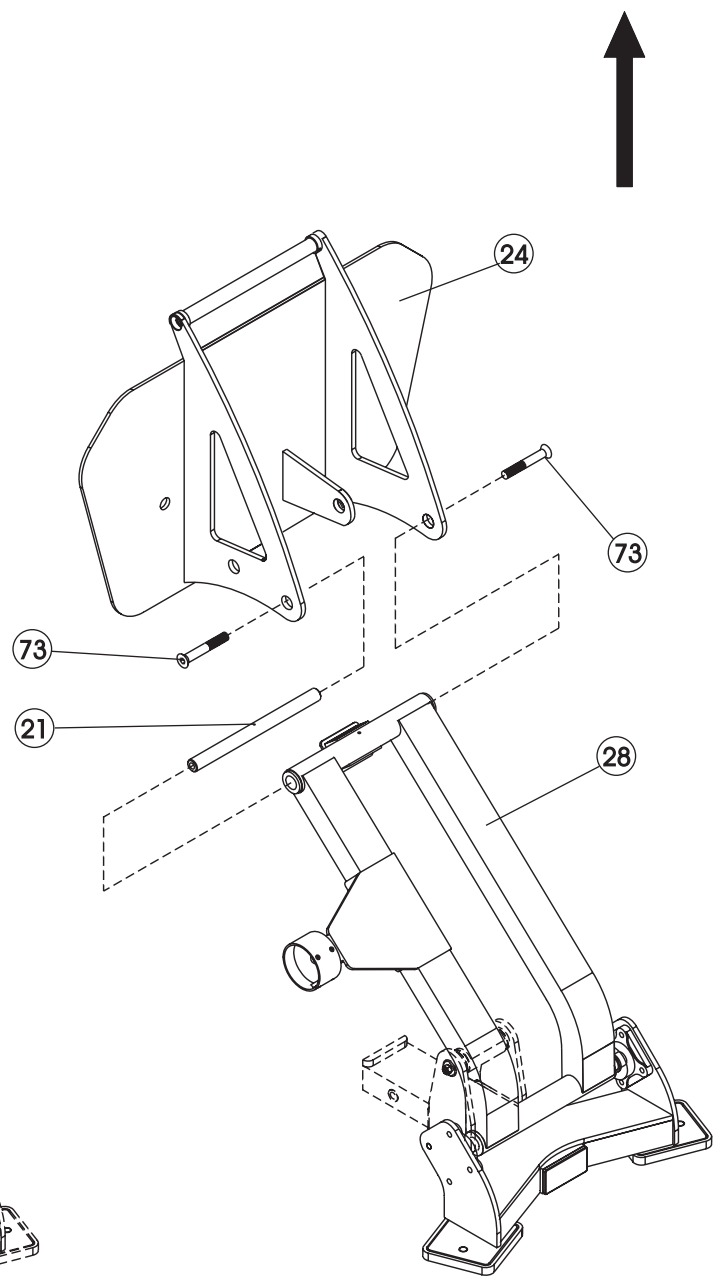
- 24 - Foot Rest Assembly
- 25 - Foot Rest Leg Assembly
- 28 - Foot Rest Mount Assembly
- 73 - 1/2-13 x 1 Flat Head Bolt (wz)
- 21 - Stabilized Pivot (12 31/32" long)
- 26 - Stabilized Pivot (8 29/32" long)

# ASSEMBLY

INSTRUCTIONS



STEP 3



STEP 4

# ASSEMBLY

## INSTRUCTIONS

### Step 5

#### EXERCISE ARM ASSEMBLY

*Swapping the handgrip assembly.*

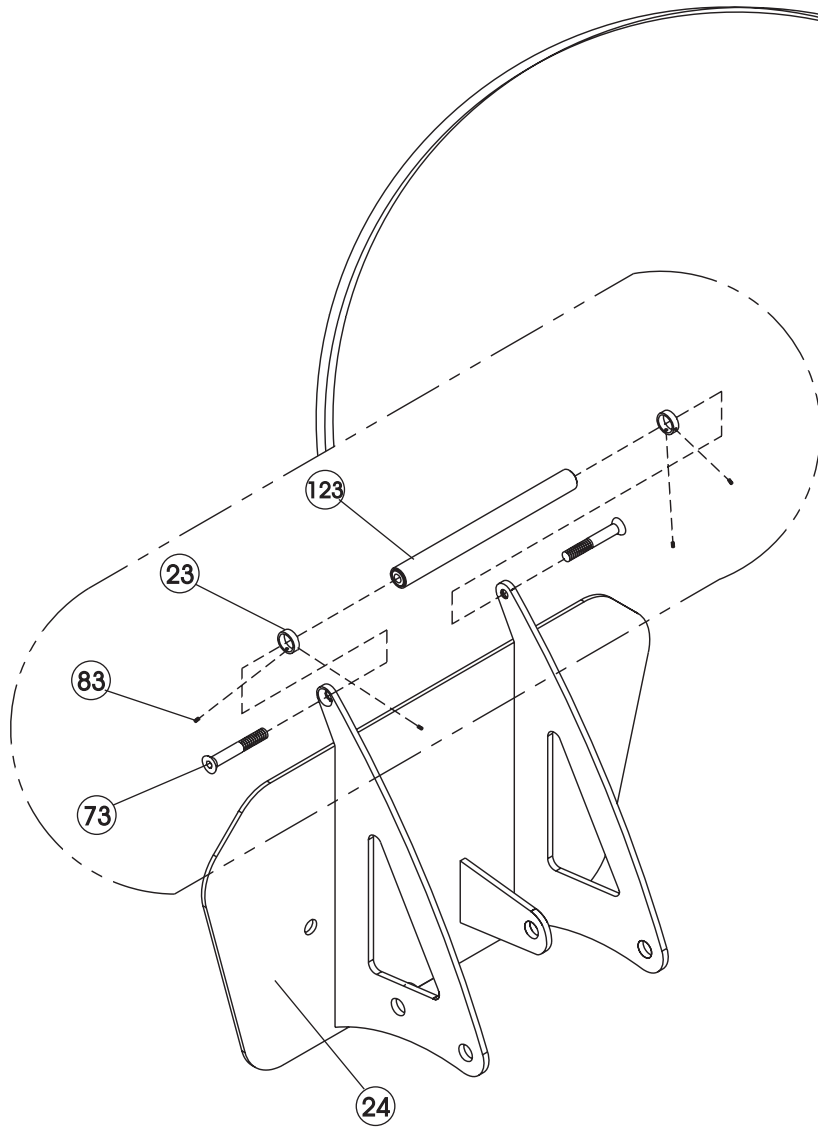
Remove the hand grip assembly from the old foot rest assembly and install it on the new foot rest assembly as shown in step 5.

#### Part/Hardware Descriptions

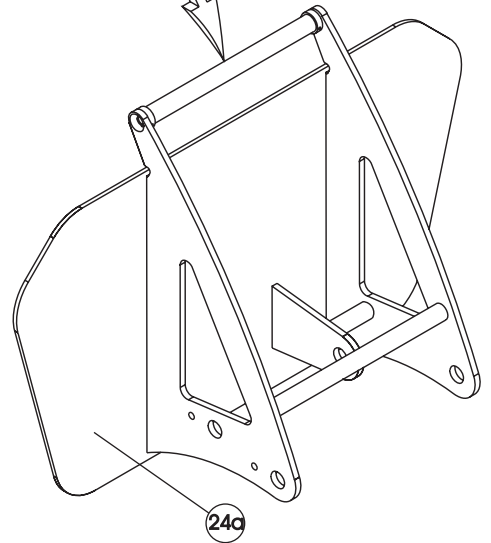
- 23 - Aluminum Ring
- 24 - Foot Rest Assembly
- 24a - Foot Rest Assembly
- 83 - #10-32 Set Screw
- 73 - ½ -13 x Flat Head Bolt (wz)
- 123 - Handgrip Assembly

# ASSEMBLY

I N S T R U C T I O N S



**OLD FOOT REST ASSEMBLY**

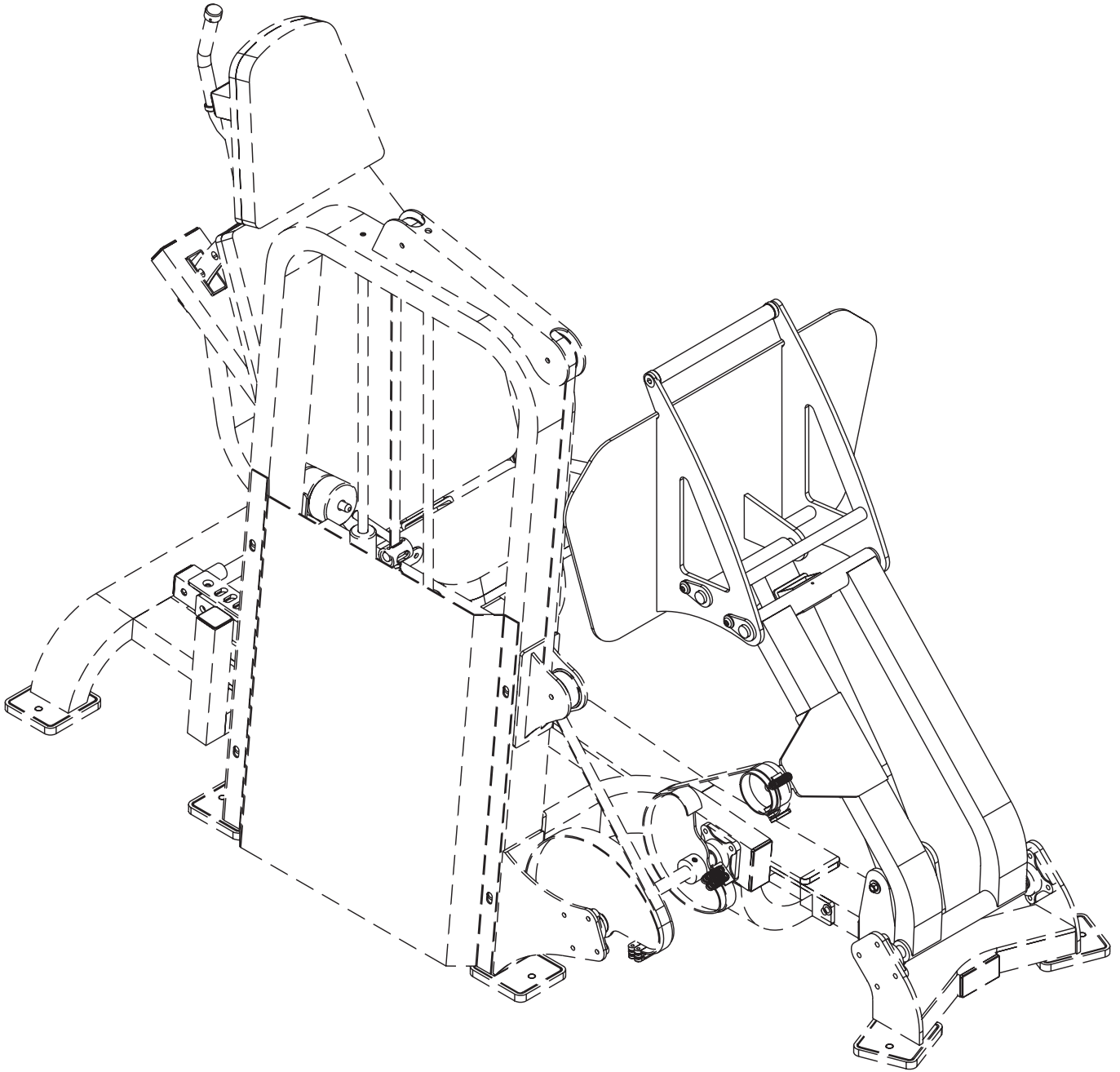


**NEW FOOT REST ASSEMBLY**

# ASSEMBLY

INSTRUCTIONS

## NEW EXERCISE ARM ASSEMBLY



# ASSEMBLY

## INSTRUCTIONS

### Step 6-7

#### EXERCISE ARM ASSEMBLY

##### *Installing the new foot rest assembly.*

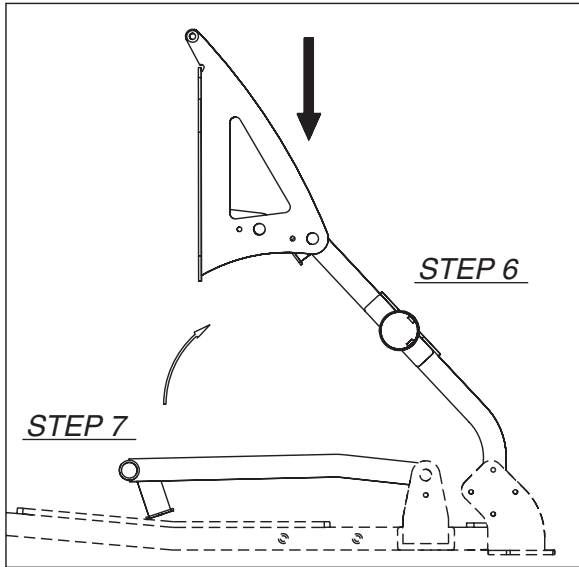
With one person holding the new foot rest assembly (24a) have the second person attach the foot rest mount assembly (28) by inserting the new stabilized pivot (21a) as shown in step 6. Next attach the foot rest leg assembly (25) by inserting the new stabilized pivot (26a) as shown in step 7.

#### Part/Hardware Descriptions

- 14 - Retainer Ring
- 21a - Stabilized Pivot (14.57" long)
- 24a - Foot Rest Assembly
- 25 - Foot Rest Leg Assembly
- 26a - Stabilized Pivot (10.51" long)
- 28 - Foot Rest Mount Assembly

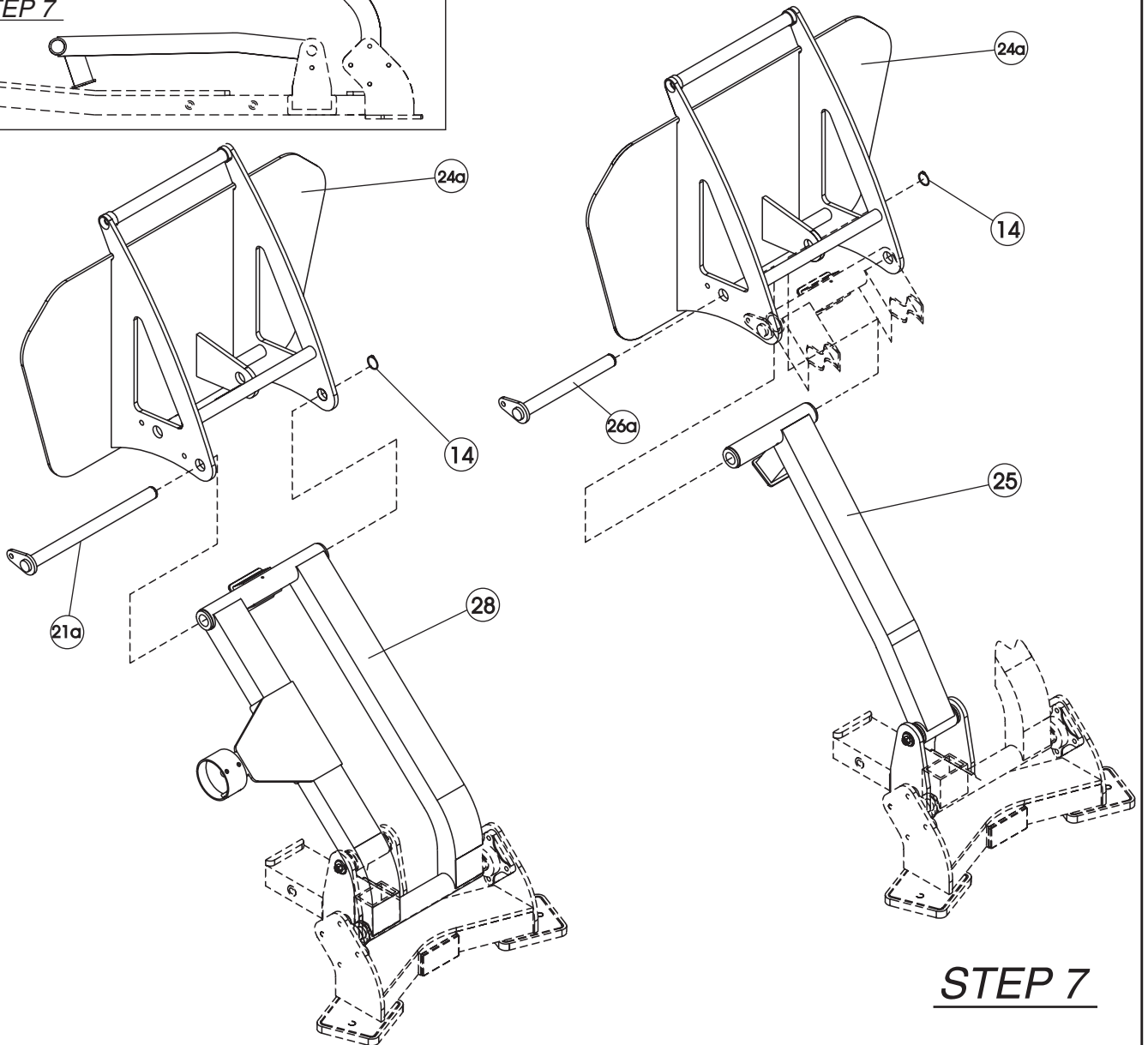
# ASSEMBLY

INSTRUCTIONS



STEP 7

STEP 6



STEP 6

STEP 7



# ASSEMBLY

## INSTRUCTIONS

### Step 8

#### EXERCISE ARM ASSEMBLY

*Fastening the new stabilized pivots.*

Line up the holes in the stabilized pivot tabs with the holes in the new foot rest assembly (24a) and install bolts as shown in step 8. Wrench tighten bolts. Lower the top weight to its starting position.

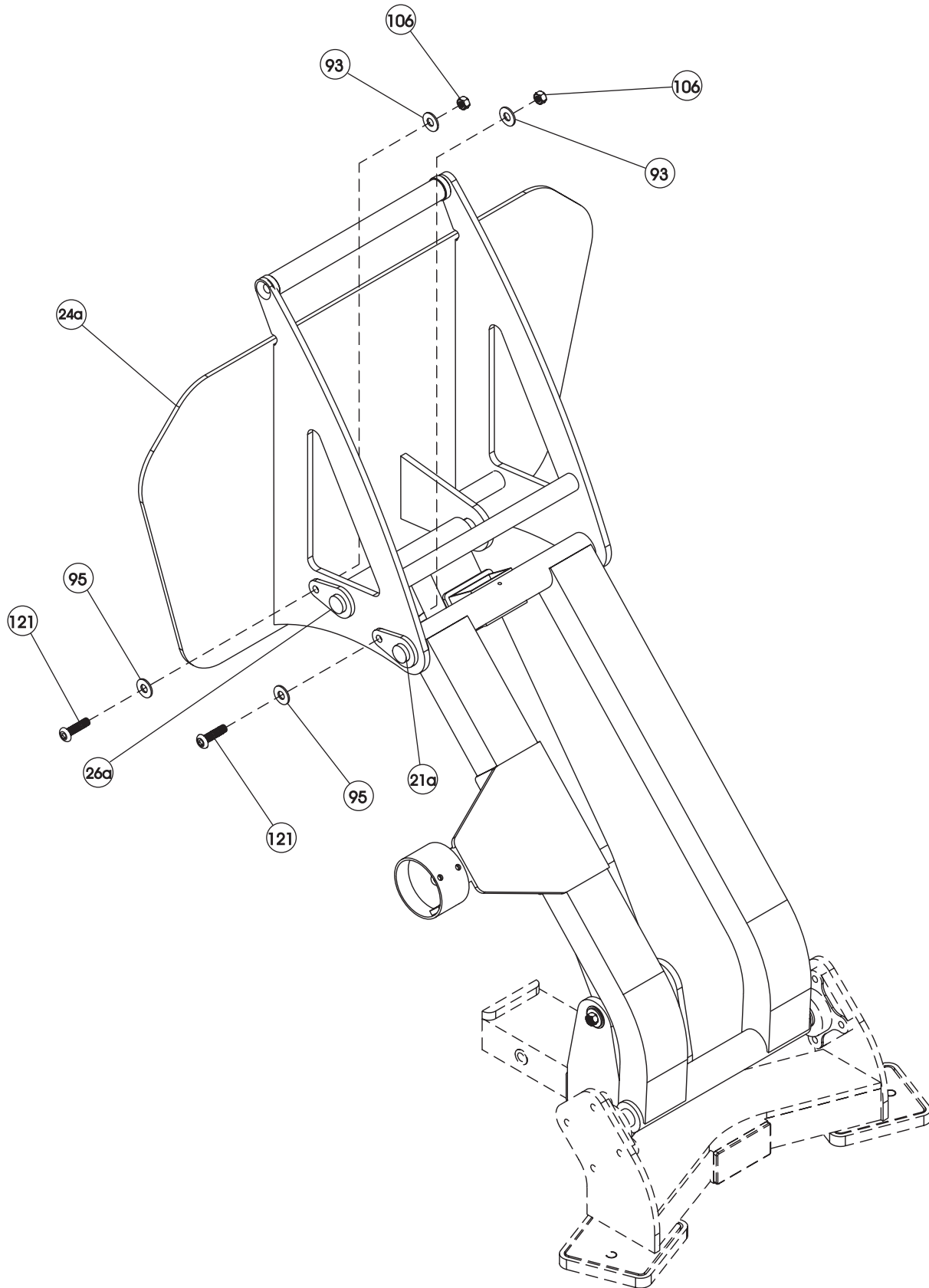
**THE LEG PRESS IS NOW READY FOR USE.**

#### Part/Hardware Descriptions

- 21a - Stabilized Pivot (14.57" long)
- 24a - Foot Rest Assembly
- 26a - Stabilized Pivot (10.51" long)
- 93 - 3/8 Flat Washer (wz)
- 95 - 3/8 Flat Washer (bz)
- 106 - 3/8 Lock Nut (wz)
- 121 - 3/8-16 x 1 ¼ Button Head Screw (bz)

# ASSEMBLY

## INSTRUCTIONS



# ASSEMBLY

## PARTS / HARDWARE LISTING

### NEW PARTS

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
14	2	014-00150129	Retainer Ring
21a	1	026-01X0769	Stabilized Pivot (14.57" long)
23	2	026-01M0324	Aluminum Ring
24a	1	026-01X0178	Foot Rest Assembly
25	1	026-01X0631	Foot Rest Leg Assembly
26a	1	026-01X0768	Stabilized Pivot (10.51" long)
27	2	026-01PL233-1	Rubber Spacer
28	1	026-01X0134	Foot Rest Mount Assembly
56a	1	026-01M0351	1" dia. x 4 7/16 Shaft
83	4	011-031100	#10-32 Set Screw
93	2	013-0002004	3/8 Flat Washer (wz)
95	2	013-0202004	3/8 Flat Washer (bz)
106	2	012-0004004	3/8 Lock Nut (wz)
121	2	011-0201005	3/8-16 x 1 1/4 Button Head Screw (bz)
123	1	026-01X0769	Hand Grip Assembly
124	1	011-0207013	1/2-13 x 6 1/2 Hex Head Bolts (bz)
125	2	026-01M0464	1/2 Countersink Washer (wz)
126	2	013-0302011	1/2 Flat Washer (bz)
127	1	012-0004001	1/2 Lock Nut (bz)

### OBSOLETE PARTS

<u>Key</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
21	1	026-01M0341	Stabilized Pivot (12 31/32" long)
24	1	026-01X0178	Foot Rest Assembly
26	1	026-01X0768	Stabilized Pivot (8 29/32" long)
56	1	026-01M0351	1" dia. x 4 7/16 Shaft
73	6	011-0102002	1/2-13 x 1 Flat Head Bolt (wz)

### EXPLANATION OF ABBREVIATIONS

b z = B l a c k Z i n c

w z = W h i t e Z i n c