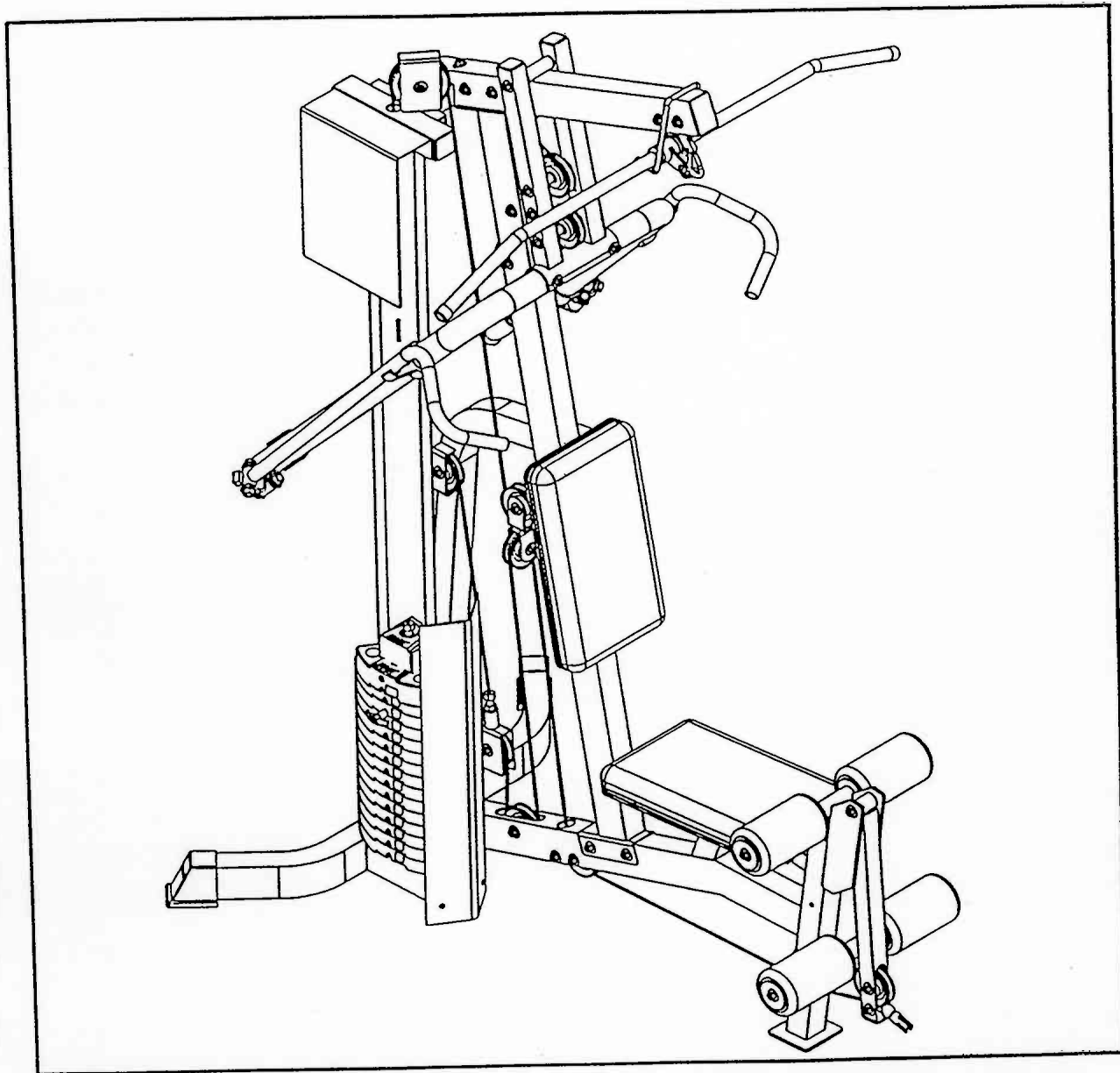


# OWNERS MANUAL

**HOIST**<sup>®</sup>  
FITNESS SYSTEMS

**H100**



*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

January '99

# 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

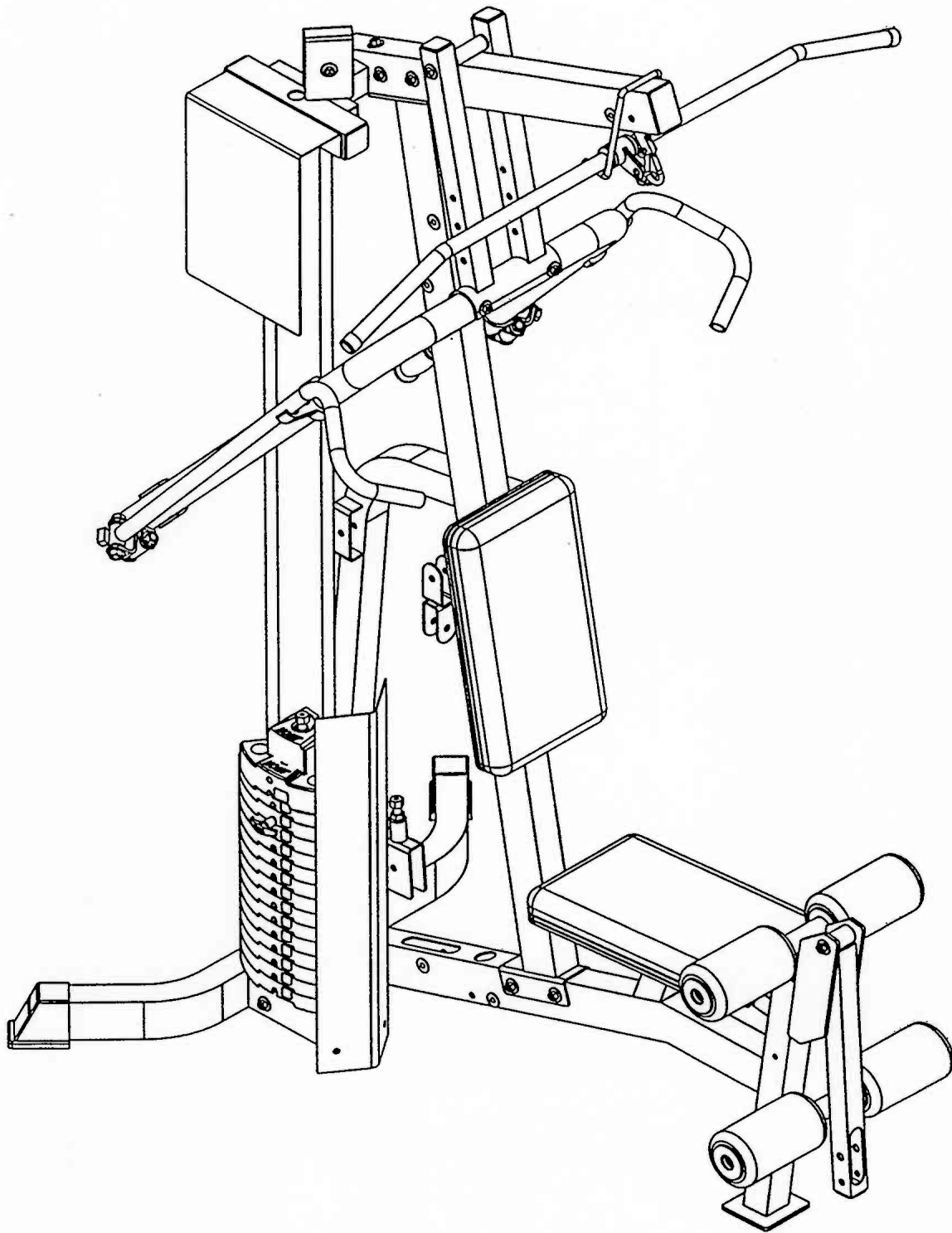
Standard Allen Wrench Set  
(5/64" thru 1/4")

Rubber Mallet

Tape Measure

# ASSEMBLY INSTRUCTIONS

## Step 2 FRAME ASSEMBLY



# ASSEMBLY INSTRUCTIONS

## Step 2a

### FRAME ASSEMBLY

In this first step you will attach the Bottom Tube Assembly to the Bent Base and the Back Brace simultaneously. *Hand Tighten* bolts only, they will be tightened later. Next attach the Leg Extension Arm to the Bottom Tube Assembly. *Wrench Tighten* this bolt until snug then back off ½ turn or enough to make sure the Leg Extension Arm Pivots freely.

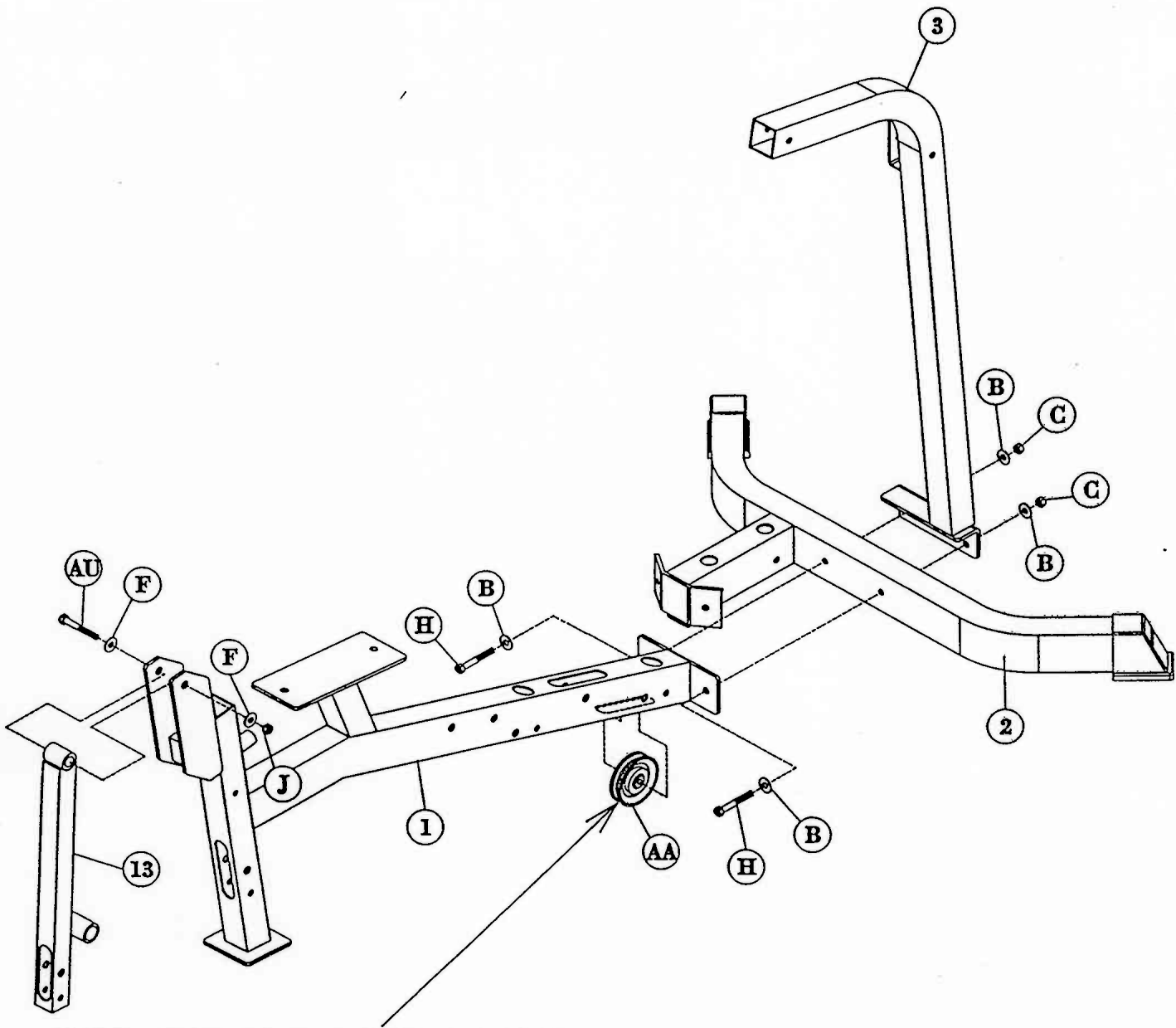
#### Part Descriptions

- 1 - Bottom Tube Assembly
- 2 - Bent Base Tube
- 3 - Back Brace
- 13 - Leg Extension Arm

#### Hardware Descriptions

- A - 3/8-16 x 3" Hex Bolt
- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- H - 3/8-16 x 3 1/4" Hex Bolt
- J - 1/2" Lock Nut
- K - 1/2" Flat Washer, Large
- AA - 3 1/2" Pulley
- AU - 1/2-13 x 3 1/4" Hex Bolt

# ASSEMBLY INSTRUCTIONS



NOTE - This Pulley must be inserted into the bottom rear slot in part 1 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.

## Step 2b

### FRAME ASSEMBLY

In this step you will attach the Main Upright to the Bottom Tube Assembly and the Top Tube to the Main Upright. *Hand Tighten* bolts only, they will be tightened later.

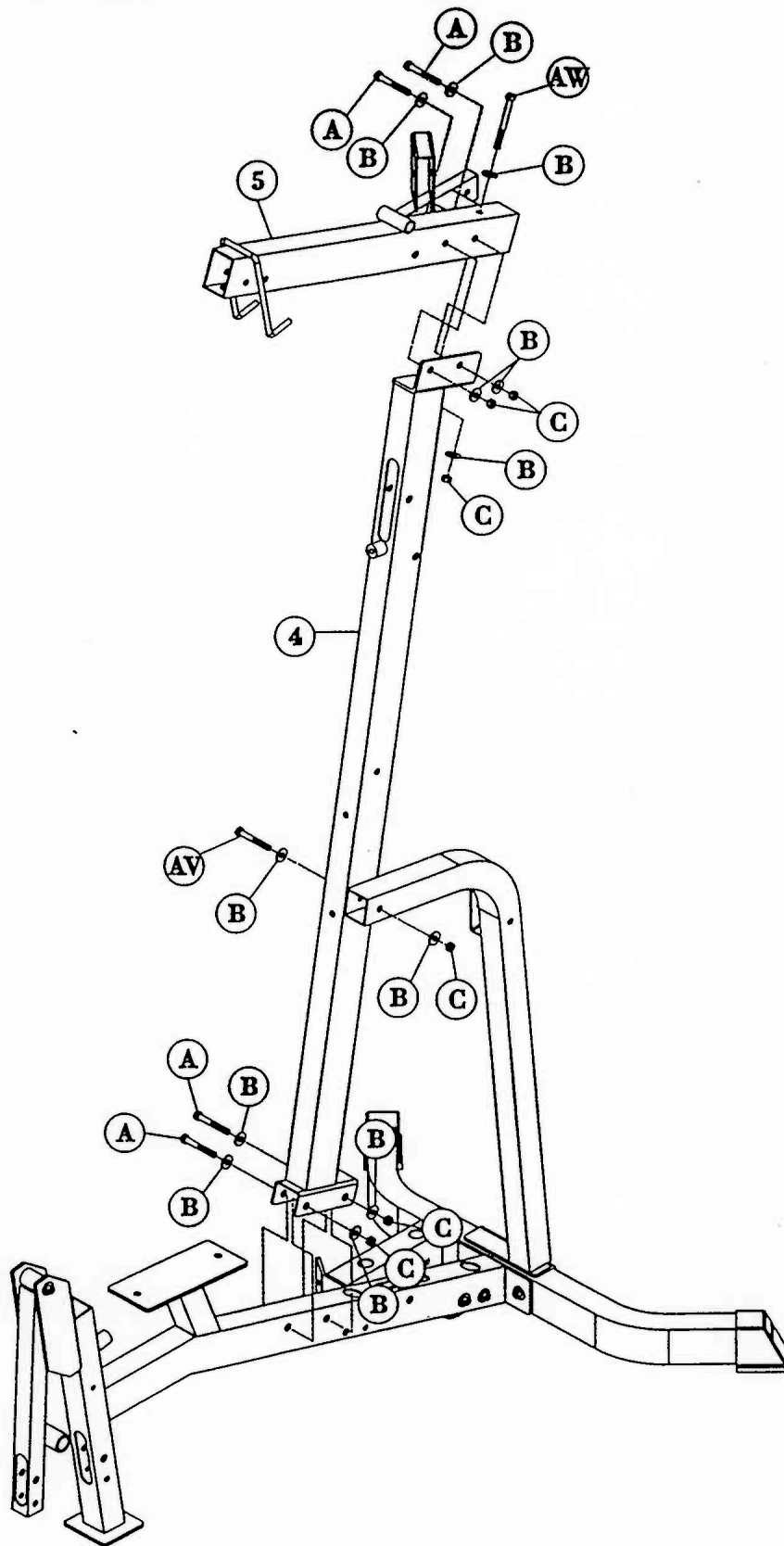
#### Part Descriptions

- 4 - Main Upright
- 5 - Top Tube

#### Hardware Descriptions

- A - 3/8-16 x 3" Hex Bolt
- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- AV - 3/8-16 x 4 3/4" Hex Bolt
- AW - 3/8-16 x 4" Hex Bolt

# ASSEMBLY INSTRUCTIONS



## Step 2c

### FRAME ASSEMBLY

In this step start by fastening two bolts into the Bent Base Tube. Slide a Weight Stack Stand-off and a Rubber Weight Stack Bumper on each Guide Rod then insert each Guide Rod end into the holes in the Bottom Tube. Slide the Intermediate Weight Plates and Weight Stack Top Plate onto the Guide Rods. Take the Weight Stack Top Tube and position it onto the top of the Guide Rods, align the Weight Stack Top Tube with the Top Tube and bolt into place. Make sure the Weight Stack and its Guide Rods are sitting level then Wrench tighten bolts including all previously hand tightened bolts.

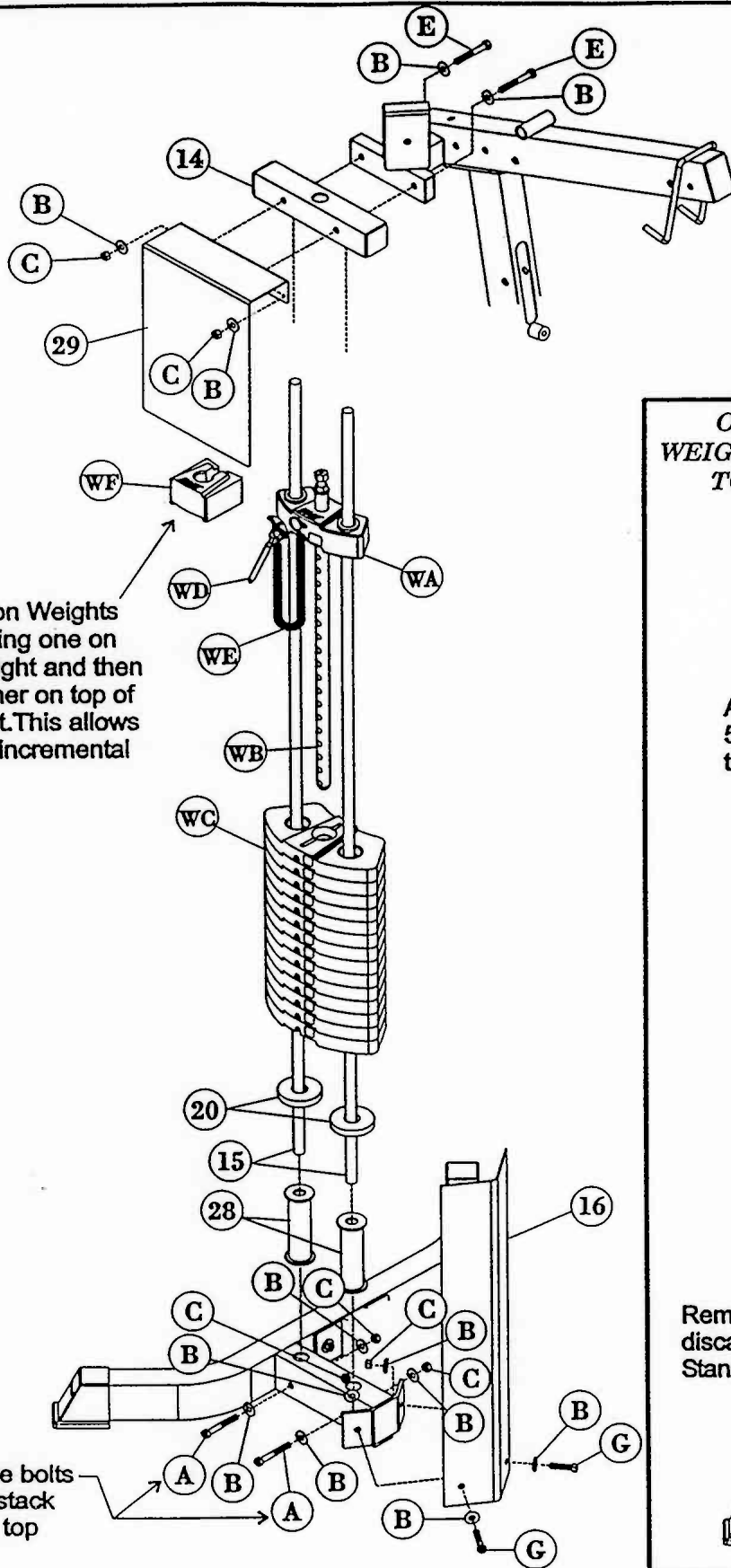
#### Part Descriptions

14 - Weight Stack Top Tube  
 15 - Guide Rods  
 16 - Shield  
 20 - 1/2" Weight Stack Bumpers  
 28 - Weight Stack Stand-off  
 29 - Placard Mount  
 WA - Weight Stack Top Plate  
 WB - Stem  
 WC - Intermediate Weight Plate  
 WD - Weight Selector Pin  
 WE - Selector Pin Lanyard

#### Hardware Descriptions

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





The 2 1/2" 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.

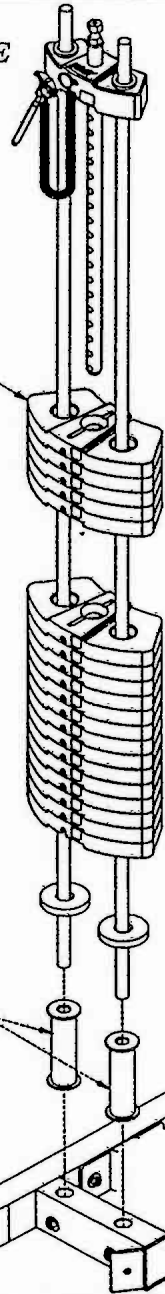
**LUBRICATION NOTE:**

When finished assembling the Weight Stack, open the Lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Weight Stack Top Plate. After the cables are installed, use of the machine will spread the Lubricant over the length of the Guide Rods and into the Top Weight Bushings.

**OPTIONAL WEIGHT UPGRADE TO 200 LBS.**

Add the 5 Weights to the Stack.

Remove and discard the Stand-offs.



## Step 2d

### FRAME ASSEMBLY

In this step start by attaching the Press Arm Hanger to the Top Tube. Wrench Tighten this bolt until snug then back off half a turn or enough so the Press Arm Hanger rotates freely. Assemble the Press Arm to the Hanger and Wrench Tighten these bolts.

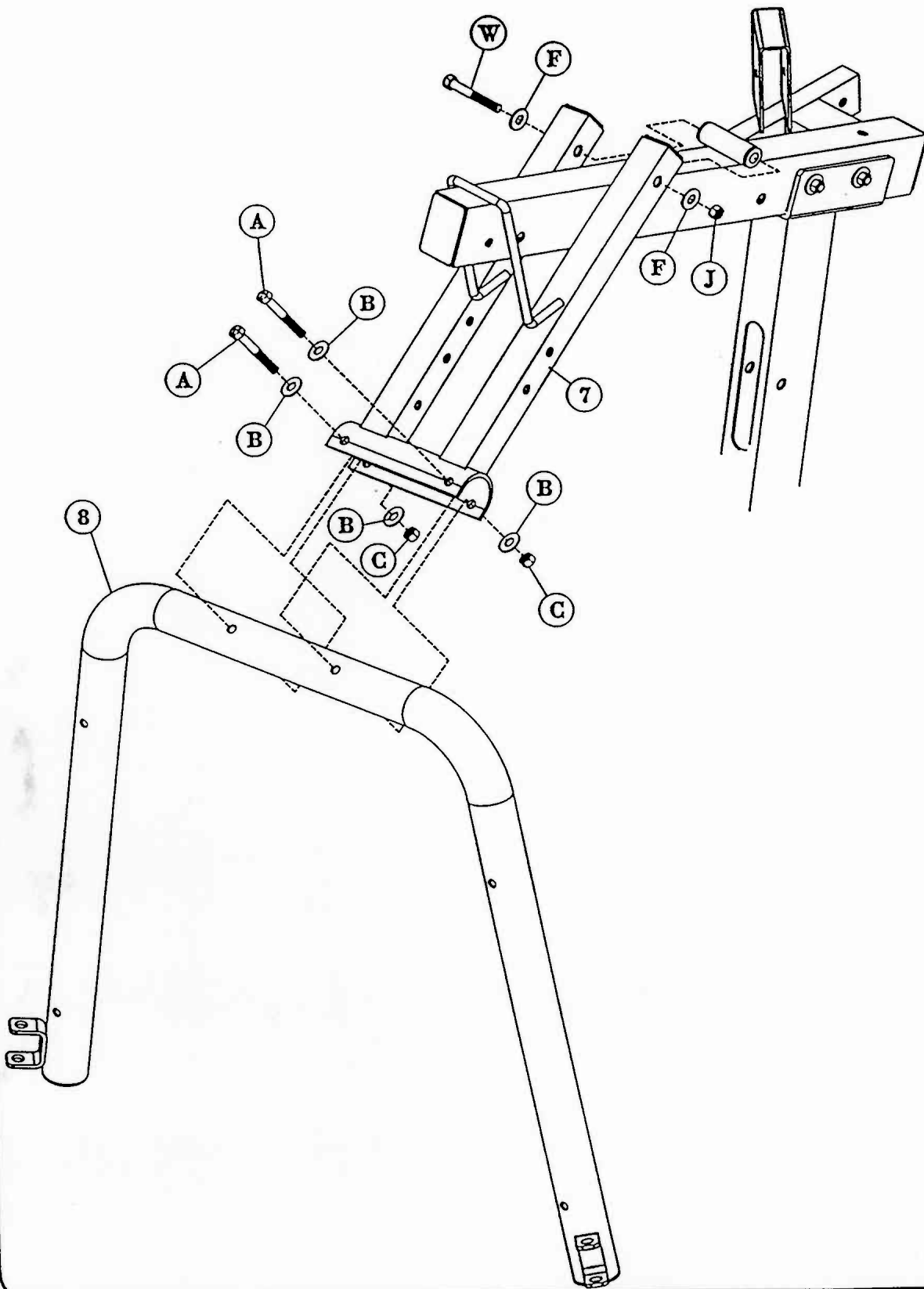
#### Part Descriptions

- 7 - Press Arm Hanger
- 8 - Press Arm

#### Hardware Descriptions

- A - 3/8-16 x 3" Hex Bolt
- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- F - 1/2" Flat Washer, Large
- J - 1/2" Lock Nut
- W - 1/2-13 x 6 3/4" Hex Bolt

# ASSEMBLY INSTRUCTIONS



**Step 2e**

**FRAME ASSEMBLY**

Assemble the Row Handles to the Press Arm. *Wrench Tighten* Bolts.

**Part Descriptions**

9 - Row Handle

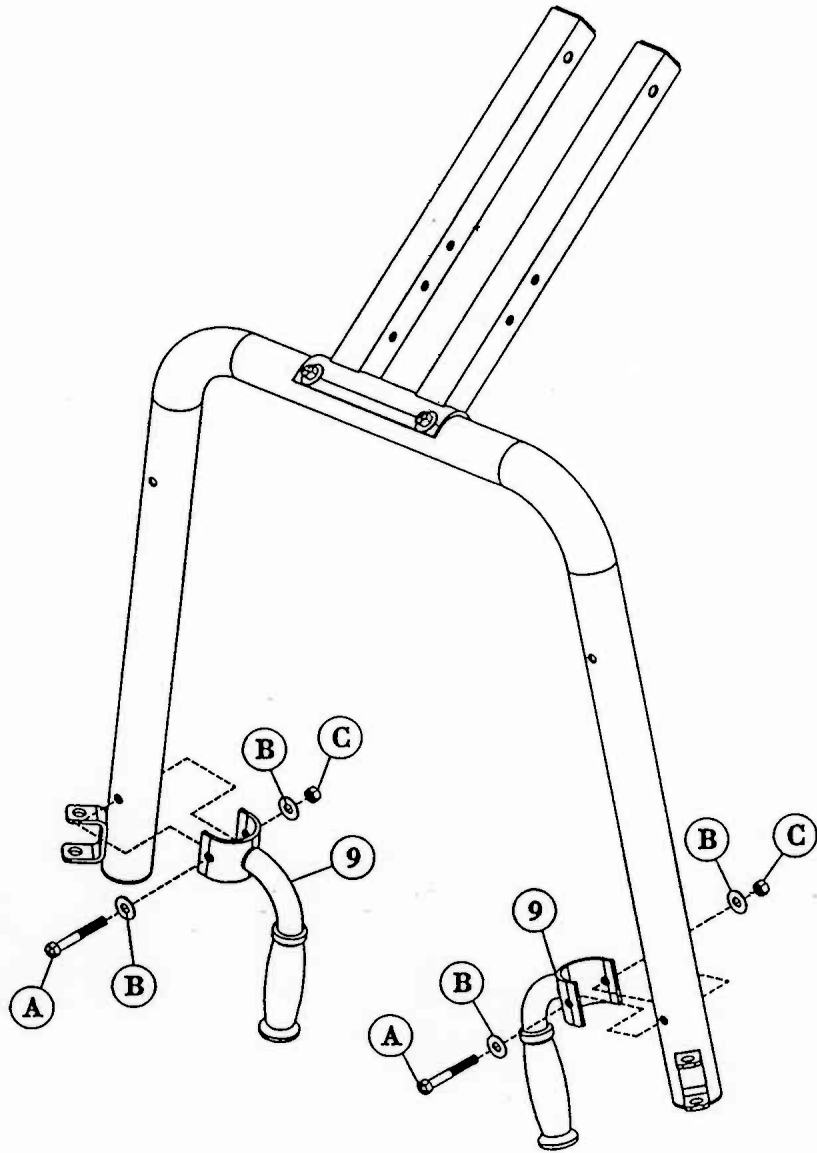
**Hardware Descriptions**

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

B - 3/8" Flat Washer

C - 3/8" Lock Nut

# ASSEMBLY INSTRUCTIONS



## Step 2f

### FRAME ASSEMBLY

Attach the Handle Clips to the Press Arm. Study the drawing on the next page and be sure the Handle Clips are positioned in the correct direction and Wrench Tighten bolts. Next attach the U-Joints to the Press Arm and the Handle to the U-Joints. Wrench Tighten these bolts until snug then back off ½ turn or enough to make sure the Handle and U-Joint swivel

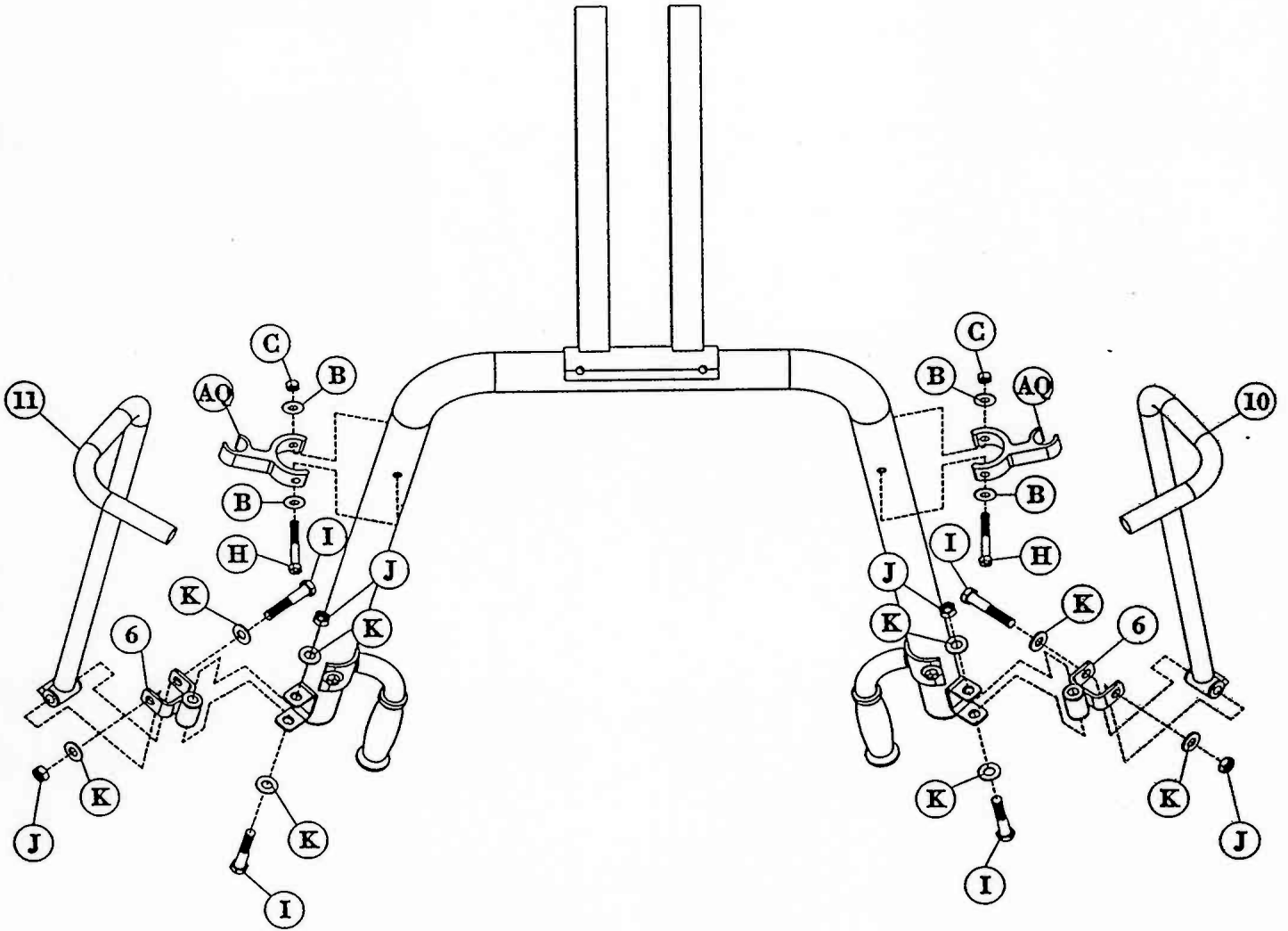
#### Part Descriptions

- 6 - U-Joint
- 10 - Left Press Handle
- 11 - Right Press Handle

#### Hardware Descriptions

- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- H - 3/8-16 x 3 1/4" Hex Bolt
- I - 1/2-13 x 2 3/4" Hex Bolt
- J - 1/2" Lock Nut
- K - 1/2" Flat Washer, Small
- AQ - Handle Clip

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY INSTRUCTIONS

## Step 2g FRAME ASSEMBLY

Attach the 10 x 18 Pads to the Main Upright and the Bottom Tube Assembly. Wrench Tighten all bolts in this step.

### Part Descriptions

21 - 10" x 18" Pad

### Hardware Descriptions

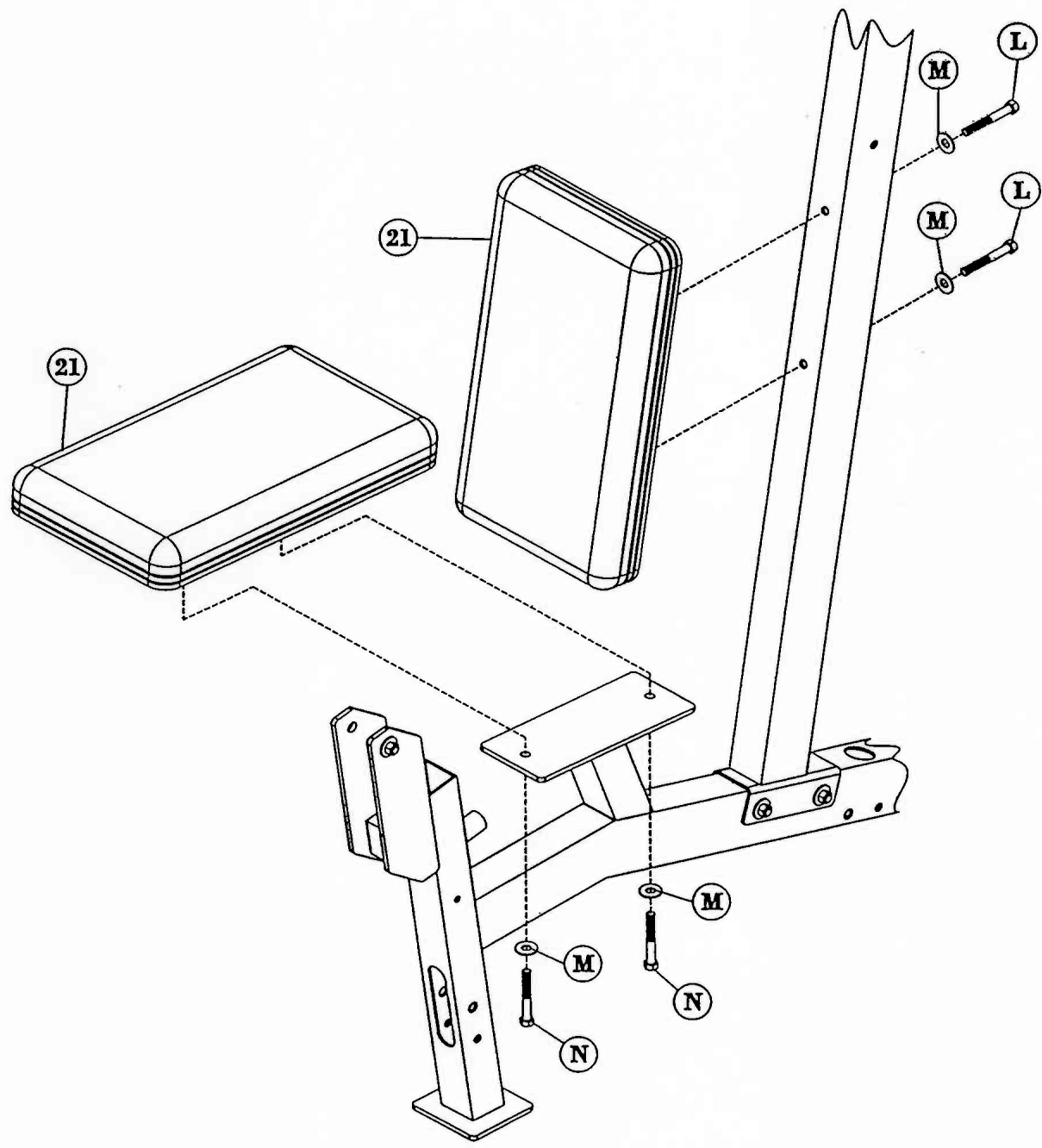
L - 5/16-18 x 4" Hex Bolt

M - 5/16 Flat Washer

N - 5/16-18 x 1 1/4" Hex Bolt



# ASSEMBLY INSTRUCTIONS



## Step 2h

### FRAME ASSEMBLY

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

Wrench Tighten all bolts in this step.

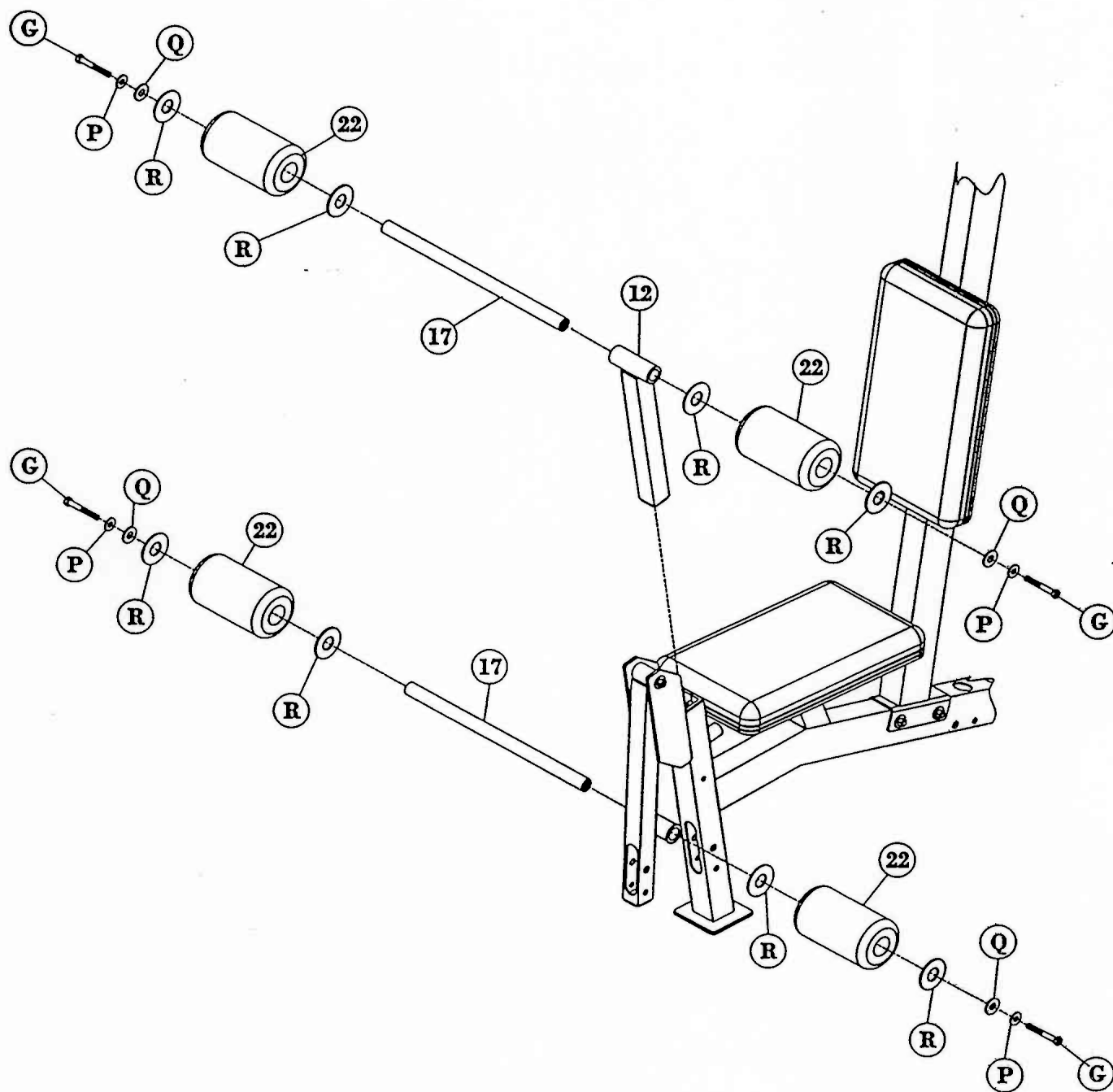
#### Part Descriptions

- 12 - Leg Roller Assembly
- 17 - Roller Bar
- 22 - Roller Pad

#### Hardware Descriptions

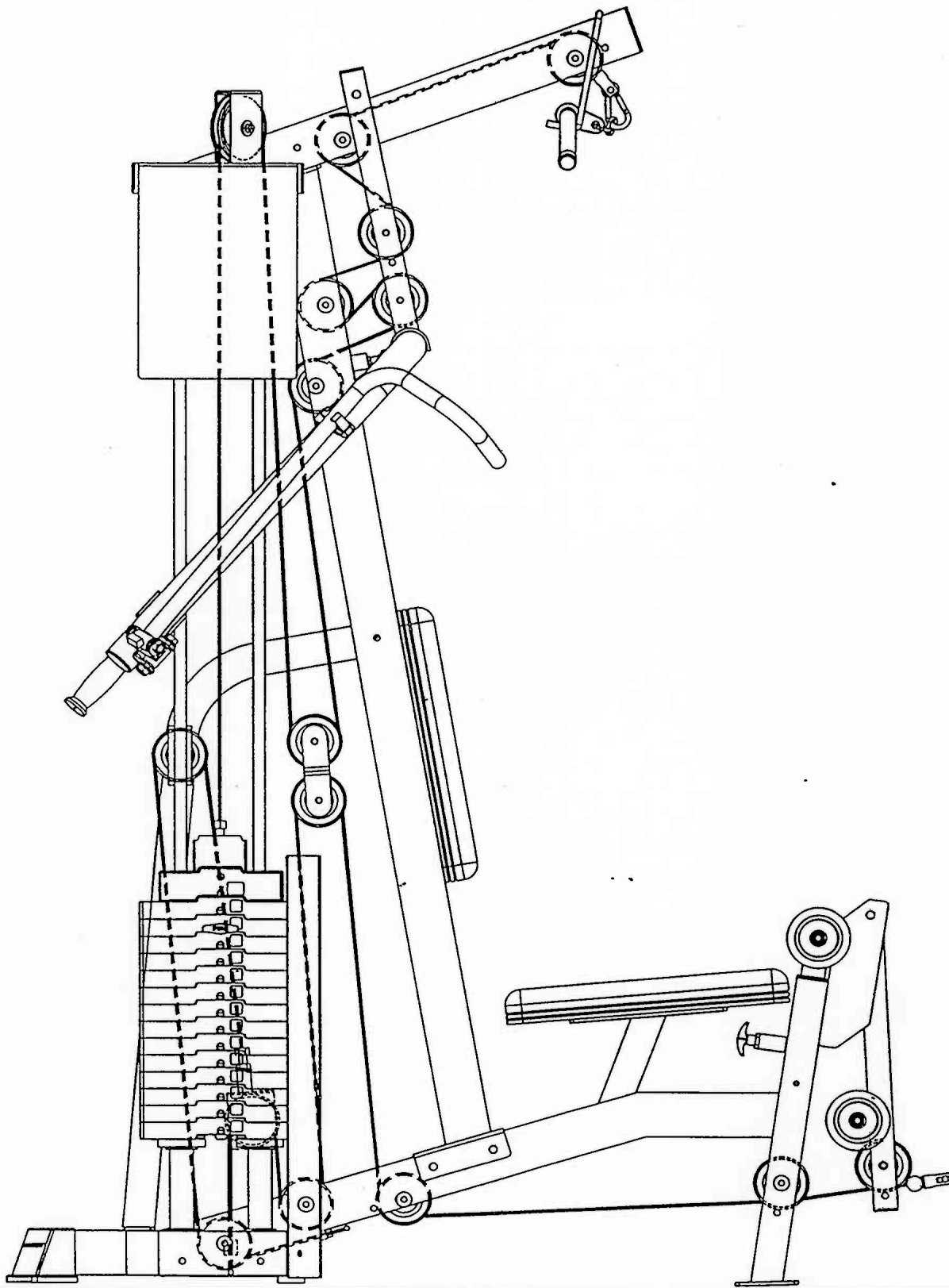
- G - 3/8-16 x 1" Hex Bolt
- P - 3/8" Lock Washer
- Q - 3/8" Fender Washer
- R - 1" Plastic Fender Washer

# ASSEMBLY INSTRUCTIONS



### Step 3

CABLE INSTALLATION



### Step 3a

#### CABLE #1-PULLDOWN

#### Part Descriptions

23 - Swiveling Double Floating Pulley Bracket

#### Hardware Descriptions

B - 3/8" Flat Washer

C - 3/8" Lock Nut

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

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

U - 3/8-16 x 2 1/2" Hex Bolt

V - 1/2" Flange Pulley Spacer

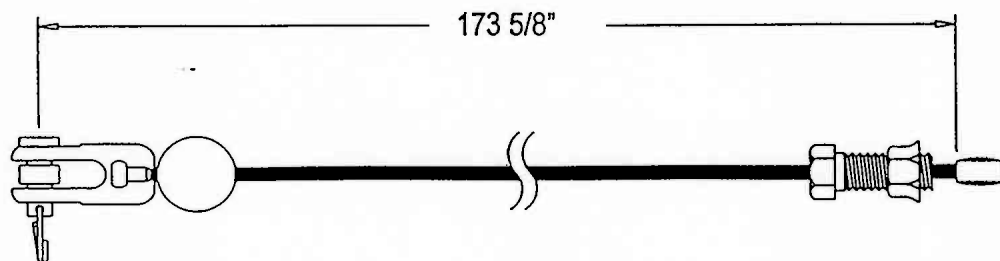
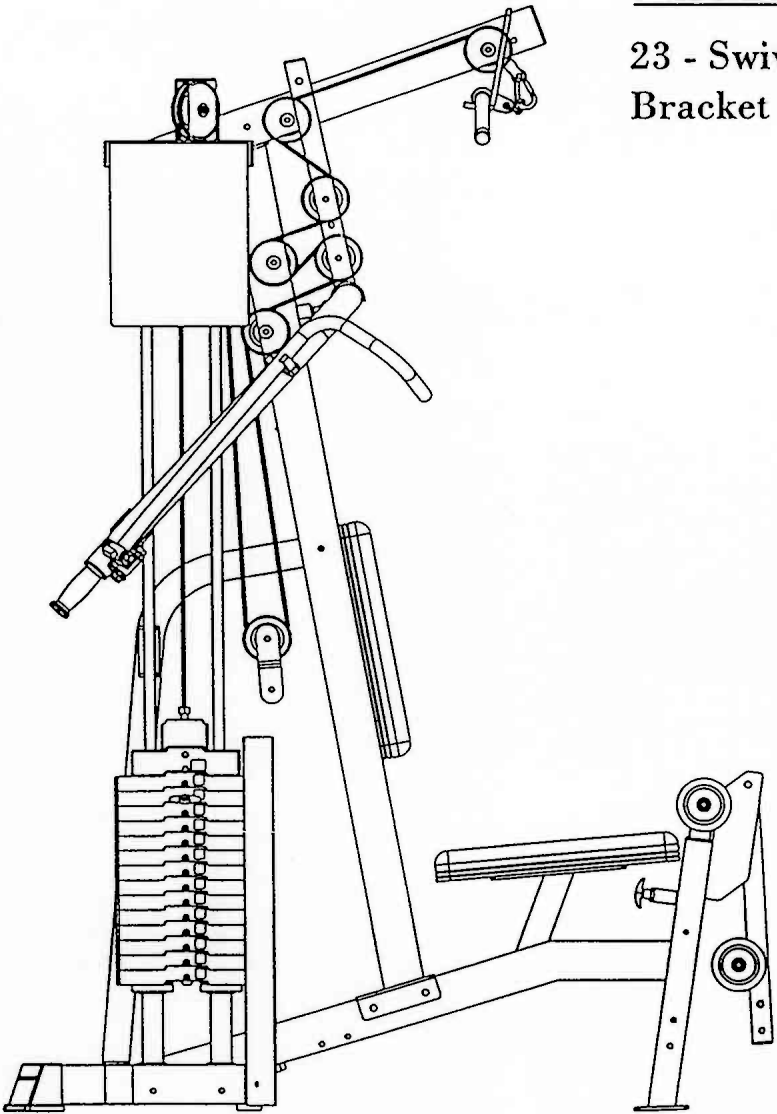
X - 3/8-16 x 6 3/4" Hex Bolt

Y - 1" Pulley Spacer

AA - 3 1/2" Pulley

AB - 4 1/2" Pulley

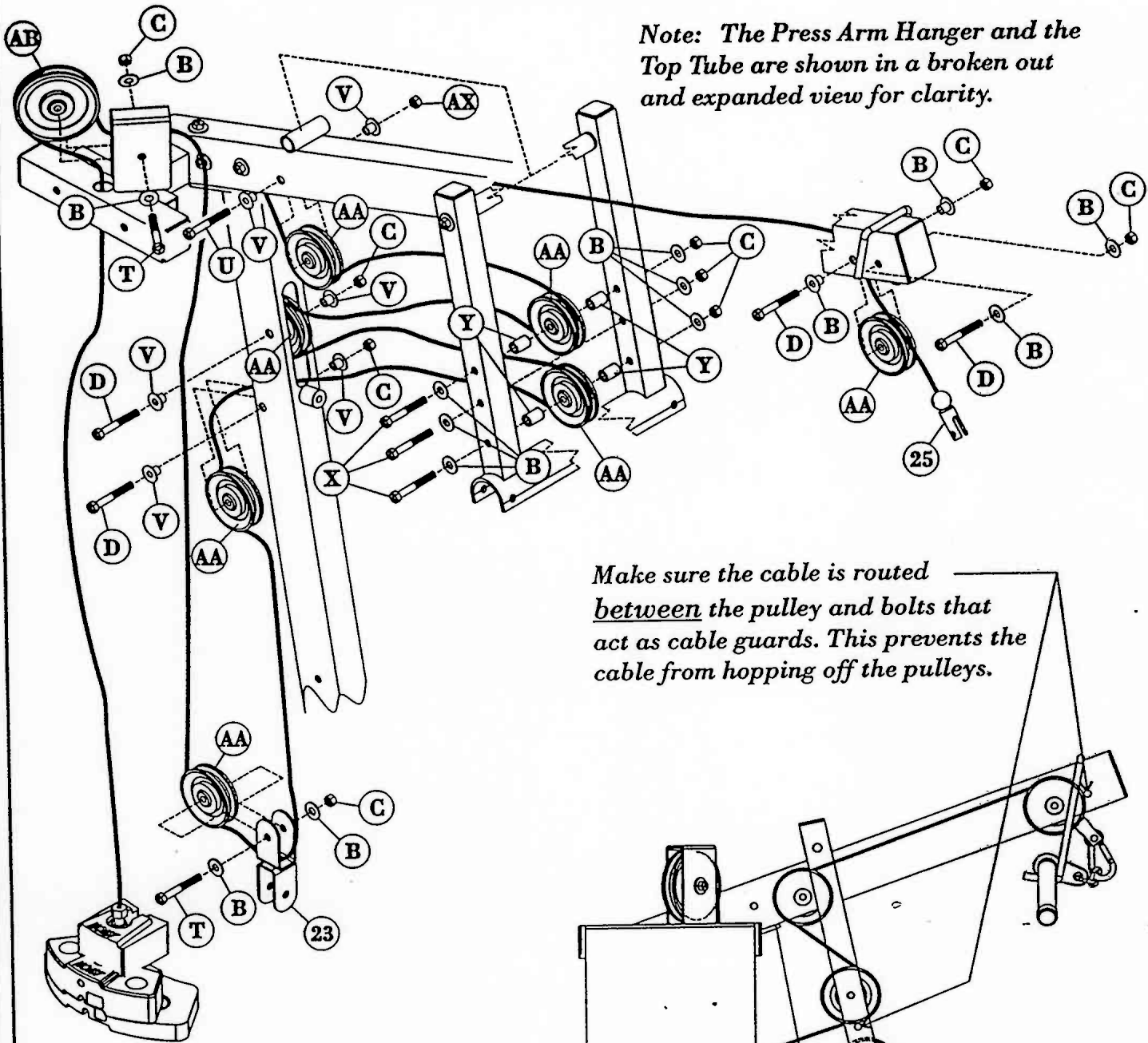
AX - 1/2" Lock Nut, Thin



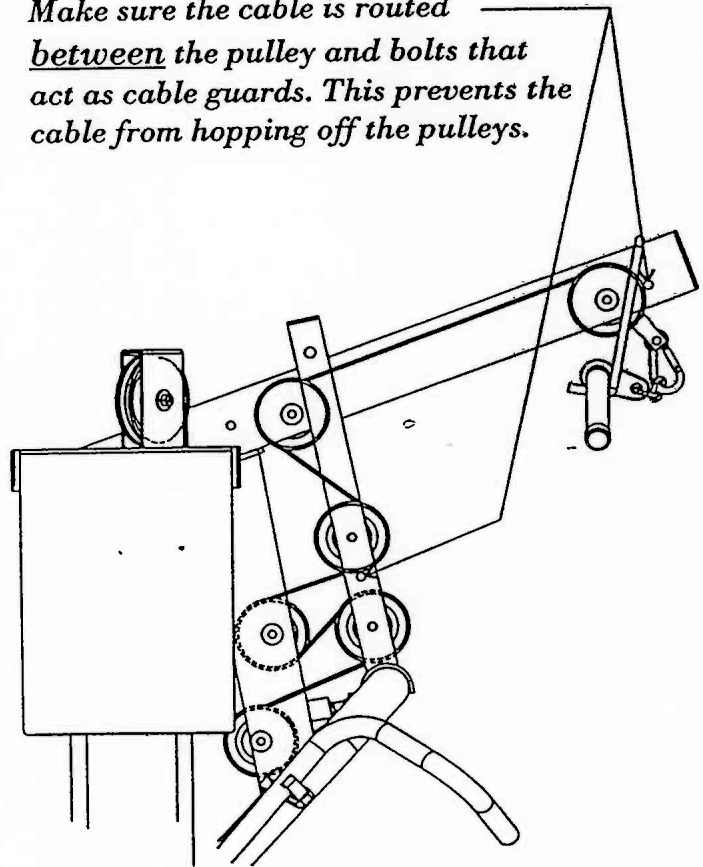
## Step 3a

### CABLE #1 - PULLDOWN

*Note: The Press Arm Hanger and the Top Tube are shown in a broken out and expanded view for clarity.*



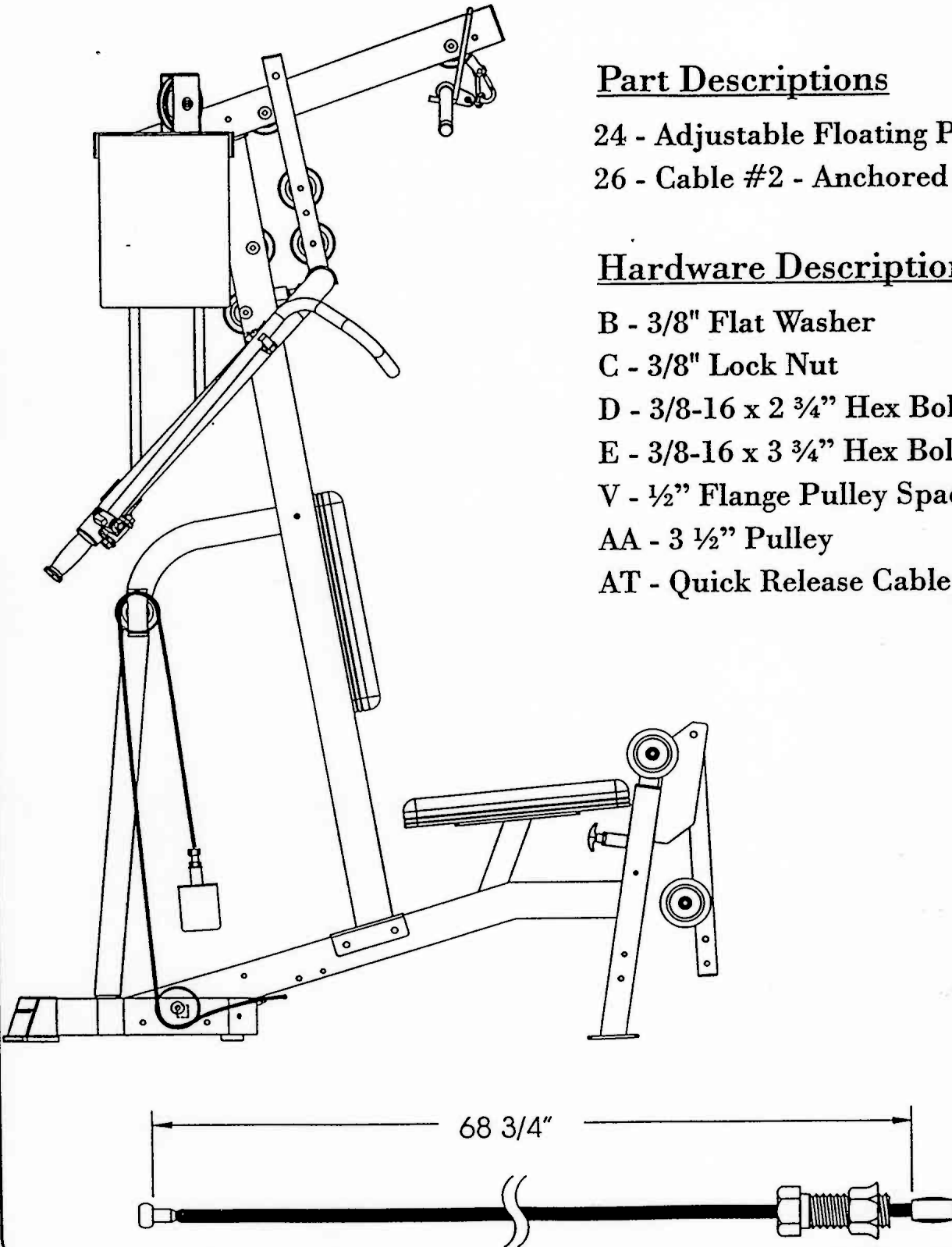
*Make sure the cable is routed between the pulley and bolts that act as cable guards. This prevents the cable from hopping off the pulleys.*



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

## Step 3b

### CABLE #2-ANCHORED PULLEY



#### Part Descriptions

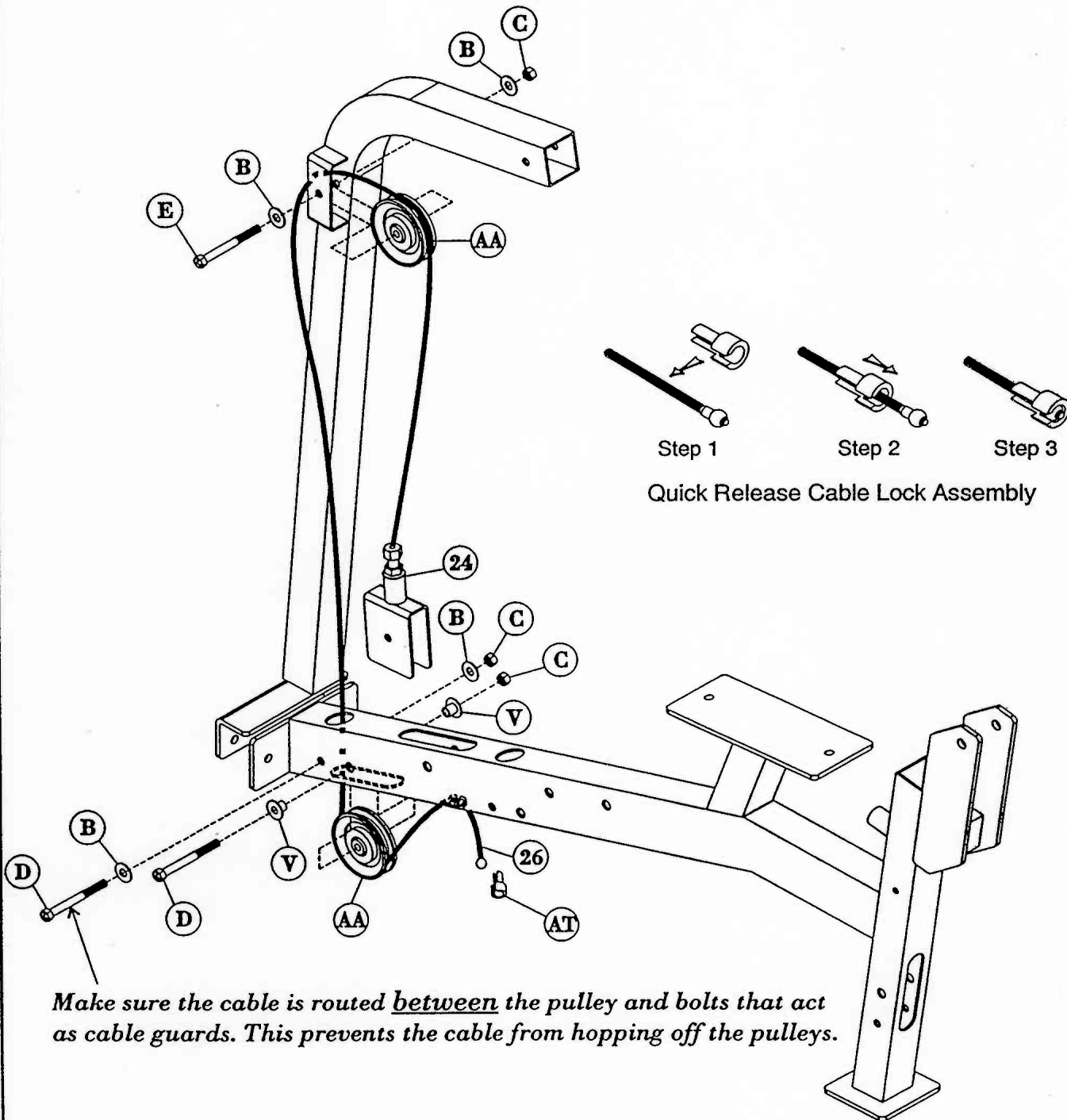
- 24 - Adjustable Floating Pulley Bracket
- 26 - Cable #2 - Anchored Floating

#### Hardware Descriptions

- B - 3/8" Flat Washer
- C - 3/8" Lock Nut
- D - 3/8-16 x 2 3/4" Hex Bolt
- E - 3/8-16 x 3 3/4" Hex Bolt
- V - 1/2" Flange Pulley Spacer
- AA - 3 1/2" Pulley
- AT - Quick Release Cable Lock

### Step 3b

#### CABLE # 2 - ANCHORED



*Make sure the cable is routed between the pulley and bolts that act as cable guards. This prevents the cable from hopping off the pulleys.*

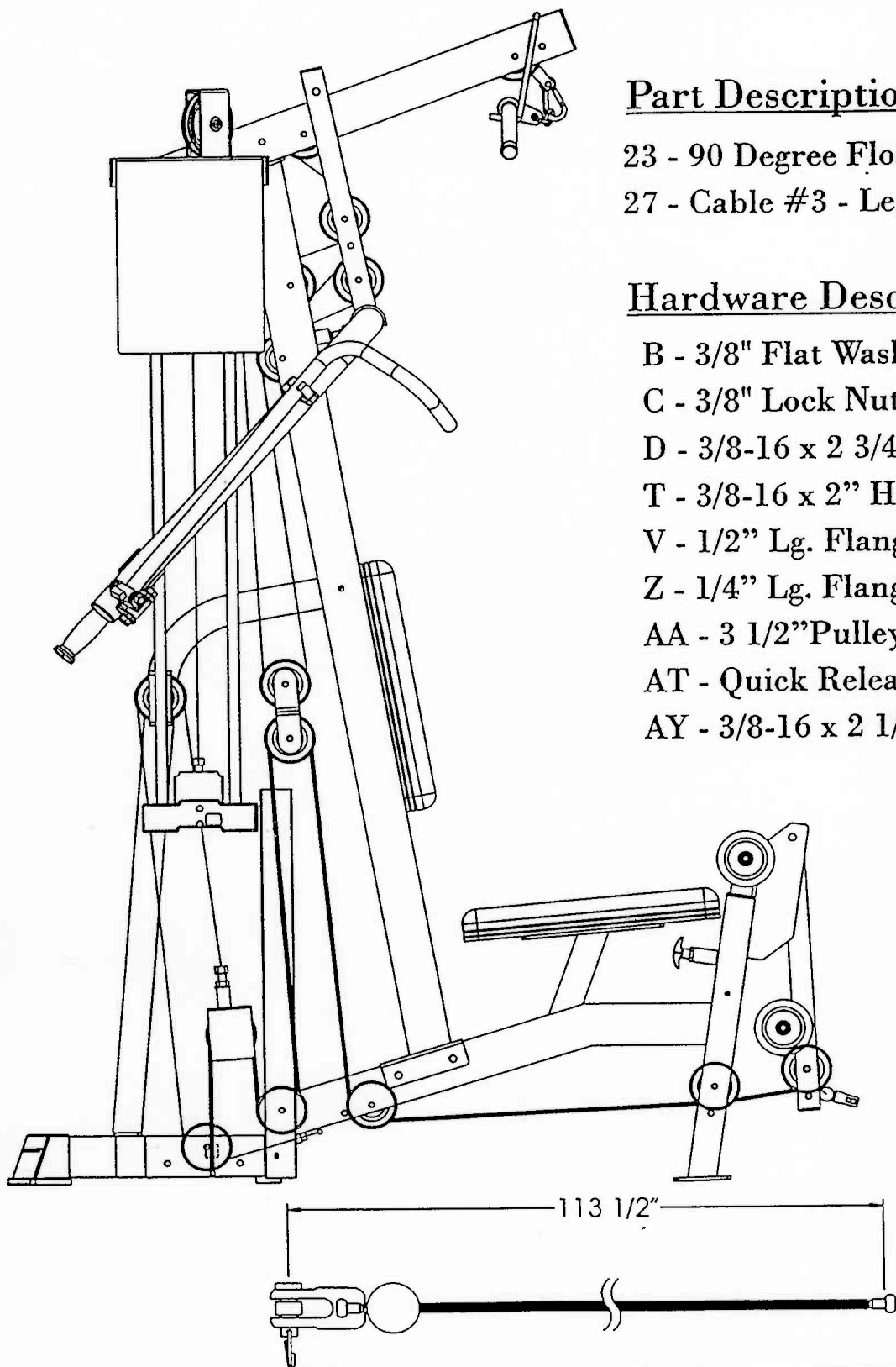
**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the Floating Pulley and tightened securely to ensure proper connection.





### Step 3c

#### CABLE #3 - LEG EXTENSION



#### Part Descriptions

23 - 90 Degree Floating Pulley Bracket

27 - Cable #3 - Leg Extension

#### Hardware Descriptions

B - 3/8" Flat Washer

C - 3/8" Lock Nut

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

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

V - 1/2" Lg. Flanged Pulley Spacer

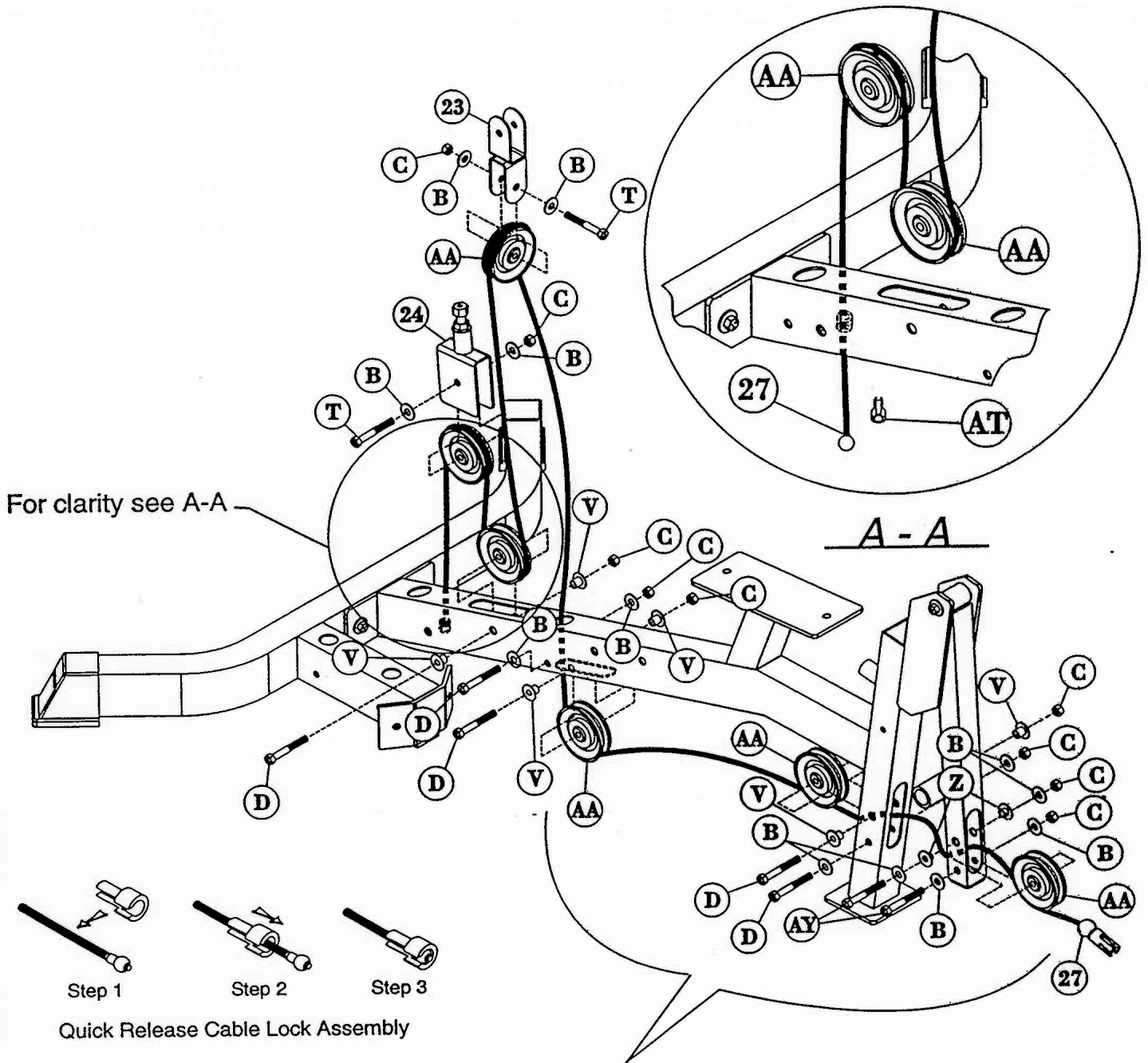
Z - 1/4" Lg. Flanged Pulley Spacer

AA - 3 1/2" Pulley

AT - Quick Release Cable Lock

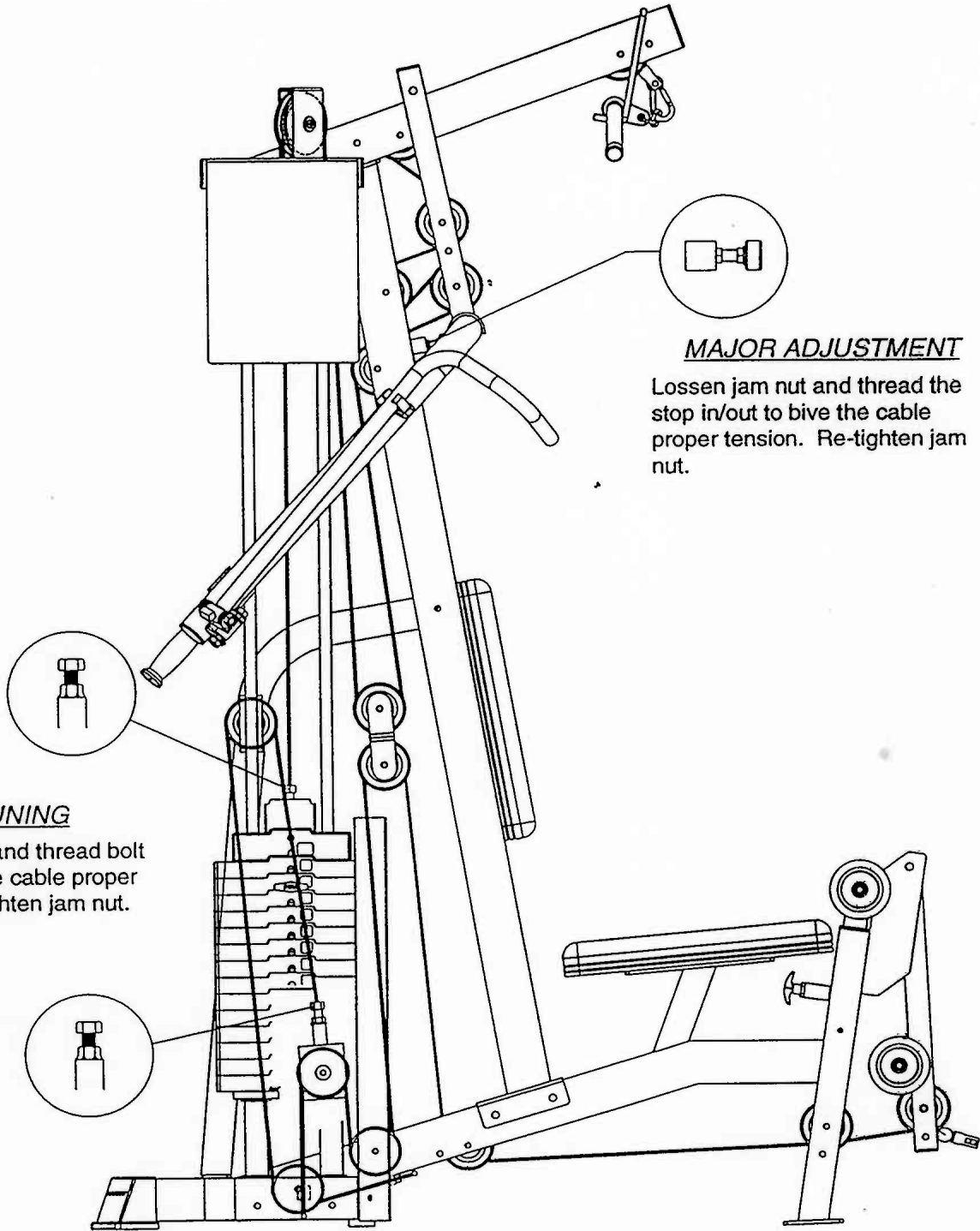
AY - 3/8-16 x 2 1/4" Hex Bolt

## Step 3c CABLE #3-LEG EXTENSION



# Step 4

## CABLE ADJUSTMENTS



**MAJOR ADJUSTMENT**

Loosen jam nut and thread the stop in/out to give the cable proper tension. Re-tighten jam nut.

**FINE TUNING**

Loosen jam nut and thread bolt in/out to give the cable proper tension. Re-tighten jam nut.

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.

## Step 5

### PRE-ASSEMBLED PARTS

#### Part Descriptions

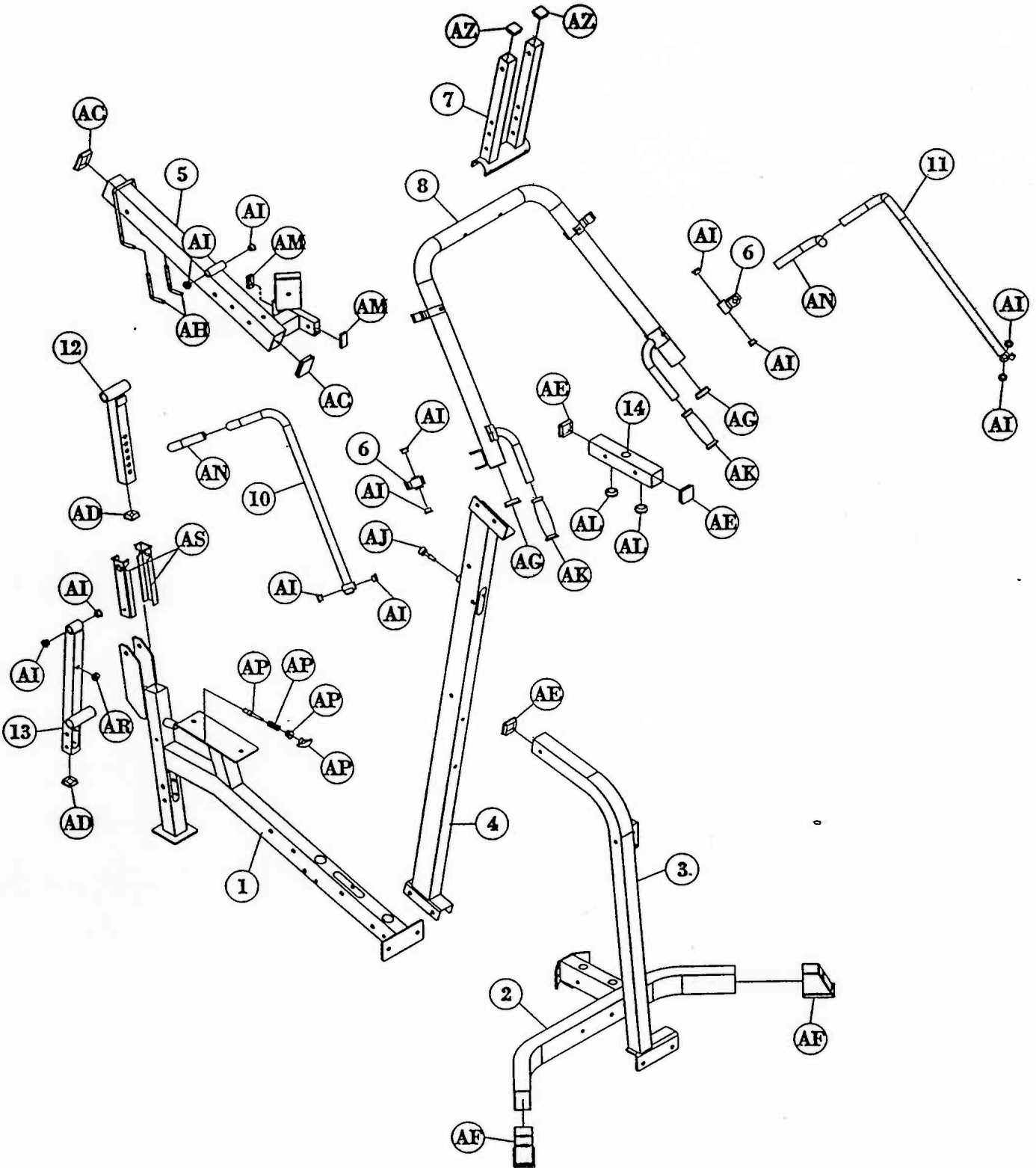
- 1 - Bottom Tube Assembly
- 2 - Bent Base Tube
- 3 - Back Brace
- 4 - Main Upright
- 5 - Top Tube
- 6 - U-Joint
- 7 - Press Arm Hanger
- 8 - Press Arm
- 10 - Left Press Handle
- 11 - Right Press Handle
- 12 - Leg Roller Assembly
- 13 - Leg Extension Arm
- 14 - Weight Stack Top Tube

#### Hardware Descriptions

- AC - 2 " x 3" End Cap
- AD - 1 1/2" x 1 1/2" End Cap
- AE - 2" x 2" End Cap
- AF - 2" x 3" Foot Cap
- AG - 2" Dia. End Cap
- AH - 3/8" x 4" Sleeve
- AI - 1/2" Oilite Flanged
- AJ - Adjustable Stopper
- AK - Comfort Grip
- AL - 3/4" Guide Rod Bushing
- AM - 1" x 2" End Cap
- AN - 1" x 13" Closed End Grip
- AP - 1/2" Short Pull Pin
- AR - Bumper Stopper
- AS - Easy Glide Sleeve
- AZ - 1 1/2" x 2" End Cap

# Step 5

## PRE-ASSEMBLED PARTS



PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	35-SUB-H100-01	Bottom Tube Assembly
2	1	35-SUB-H210-01	Bent Base Tube
3	1	35-SUB-H100-03	Back Brace
4	1	35-SUB-H100-04	Main Upright
5	1	35-SUB-H100-05	Top Tube
6	2	35-SUB-H100-06	U-Joint
7	1	35-SUB-H100-07	Press Arm Hanger
8	1	35-SUB-H100-08	Press Arm
9	2	35-SUB-H100-04	Row Handle
10	1	35-SUB-H100-10	Left Press Handle
11	1	35-SUB-H100-11	Right Press Handle
12	1	35-SUB-H100-12	Leg Roller Assembly
13	1	35-SUB-H100-13	Leg Extension Arm
14	1	26-STD-H210-13N1	Weight Stack Top Tube
15	2	26-STD-SG133	Guide Rods x 70 15/32" LG.
16	1	26-STD-SSH166	Shield
17	2	26-STD-SX139T	Roller Bar
20	2	19-WSB-123	1/2" Weight Stack Bumpers
21	2	26-STD-SU1018	10"x18" Pad
22	4	17-RLR-7	Roller Pad x 7" LG.
23	1		Swiveling Double Floating Pulley Bracket
24	1	26-STD-SX122T	Adjustable Floating Pulley Bracket
28	2	26-STD-SX171	Weight Stack Stand-off
29	1	26-STD-SP477	Placard Mount

## 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	10	11-HEX-383	3/8-16 x 3" Hex Bolt
B	66	13-FLT-38	3/8" Flat Washer
C	41	12-LOK-38	3/8" Lock Nut
D	11	11-HEX-38234	3/8-16 x 2 3/4" Hex Bolt
E	3	11-HEX-38334	3/8-16 x 3 3/4" Hex Bolt
F	4	13-FLT-12USS	1/2" Flat Washer, Large, USS, 34mm
G	6	11-HEX-381	3/8-16 x 1" Hex Bolt
H	4	11-HEX-38314	3/8-16 x 3 1/4" Hex Bolt
I	4	11-HEX-12234	1/2-13 x 2 3/4" Hex Bolt
J	6	12-LOK-12T	1/2" Lock Nut
K	8	13-FLT-12	1/2" Flat Washer, Small, SAE, 26mm
L	2	11-HEX-5164	5/16-18 x 4" Hex Bolt
M	4	13-FLT-516	5/16" Flat Washer
N	2	11-HEX-516114	5/16-18 x 1 1/4" Hex Bolt
P	4	13-LOK-38	3/8" Lock Washer
Q	4	13-FND-38112	3/8" Fender Washer
R	8	26-STD-PLAS151	1" Plastic Fender Washer
T	5	11-HEX-382	3/8-16 x 2" Hex Bolt
U	6	11-HEX-38212	3/8-16 x 2 1/2" Hex Bolt
V	16	26-STD-SM198T	1/2" Lg. Flanged Pulley Spacer
W	1	11-HEX-12634	1/2-13 x 6 3/4" Hex Bolt
X	3	11-HEX-38634	3/8-16 x 6 3/4" Hex Bolt
Y	4	14-SPC-1(38)	1" Pulley Spacer
Z	2	26-STD-SM211T	1/4" Lg. Flanged Pulley Spacer
AA	15	18-PUL-312	3 1/2" Pulley
AB	1	18-PUL-412	4 1/2" Pulley
AC	2	16-CAP-23	2" x 3" End Cap
AD	2	16-CAP-112112	1 1/2" x 1 1/2" End Cap
AE	3	16-CAP-22	2" x 2" End Cap
AF	2	26-STD-PLAS158	2" x 3" Foot Cap
AG	2	16-CAP-2T	2" Dia. End Cap
AH	2	16-CAP-384	3/8" x 4" Sleeve
AI	12	14-OIL-12F	1/2" Oilite Flanged
AJ	1	20-GLD-38112T	Adjustable Stopper
AK	2	19-GRP-78COMFORT	Comfort Grip
AL	2	19-GRM-34R	3/4" Guide Rod Bushing
AM	2	16-CAP-12	1" x 2" End Cap
AN	2	19-GRP-131CLOSED	1" x 13" Closed End Grip
AP	1	26-STD-SM128	1/2" Short Pull Pin
AQ	2	26-STD-PLAS198	Handle Clip
AR	1	19-PAD-1T	Bumper Stopper
AS	2	26-STD-PLAS125T	Easy Glide Seat Sleeve
AT	2	26-STD-SM200	Quick Release Cable Lock
AU	1	11-HEX-12314	1/2-13 x 3 1/4" Hex Bolt
AV	1	11-HEX-38434	3/8-16 x 4 3/4" Hex Bolt
AW	1	11-HEX-384	3/8-16 x 4" Hex Bolt
AX	1	12-LOK-38THIN	3/8" Lock Nut, Thin
AY	2	11-HEX-38214	3/8-16 x 2 1/4" Hex Bolt
AZ	2	16-CAP-1122	1 1/2" x 2" End Cap



ACCESSORIES

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
	3	20-SNP-516	Snap Link
	1	20-LAT-48S	Rotating Lat Bar
	1	22-HAN-BICEP2	Bicep Handle
	1	20-CRL-BAR	Curl Bar
	1	21-STK-WEIGHT115	Weight Stack Numbers 1-15
	1	20-CHN-002	2 Links Of Chain
	1	20-CHN-0020	20 Links Of Chain
	1	22-STR-ANKLE	Ankle Strap
WA	1	26-STD-SWTOP9	Top Weight
WB	1	26-STD-SW141	Stem
WC	14	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

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

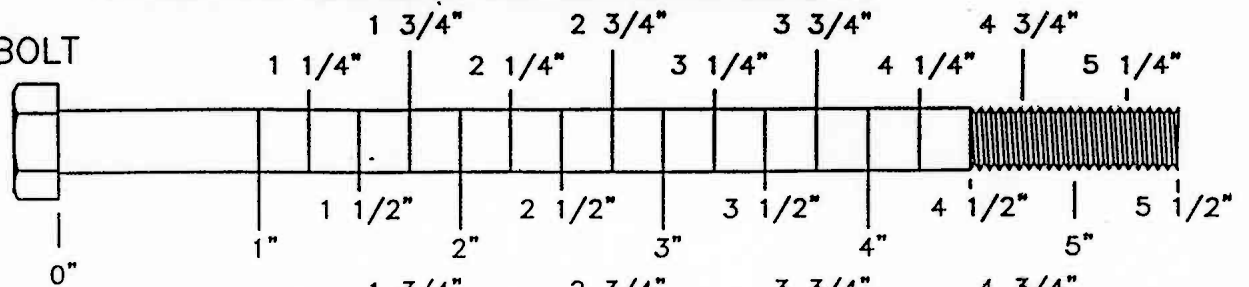
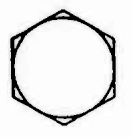
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
25	1	26-STD-SC203T	#1 - Pulldown Cable
26	1	26-STD-SC204T	#2 - Anchored Floating Pulley
27	1	26-STD-SC205T	#3 - Leg Extension



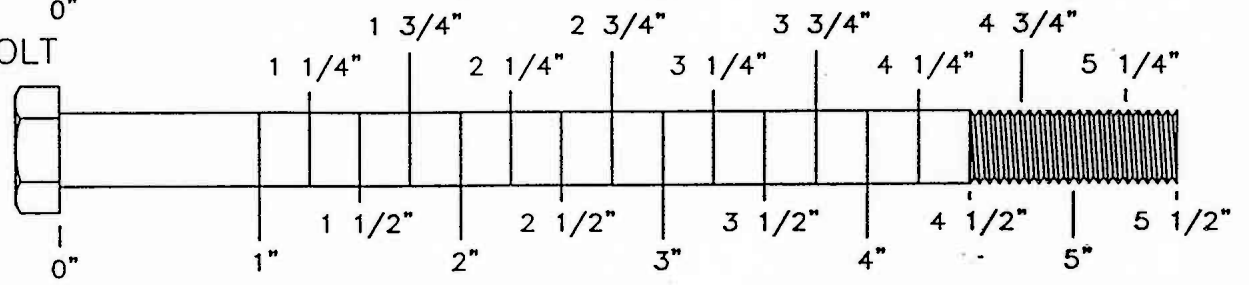
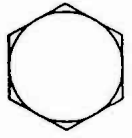


# ASSEMBLY CATALOG BOLT SIZING CHART

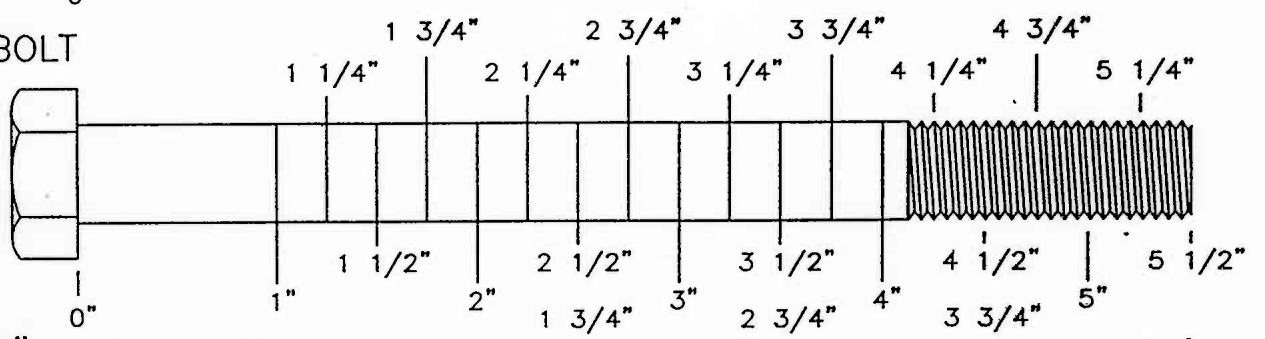
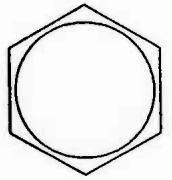
5/16" HEX BOLT



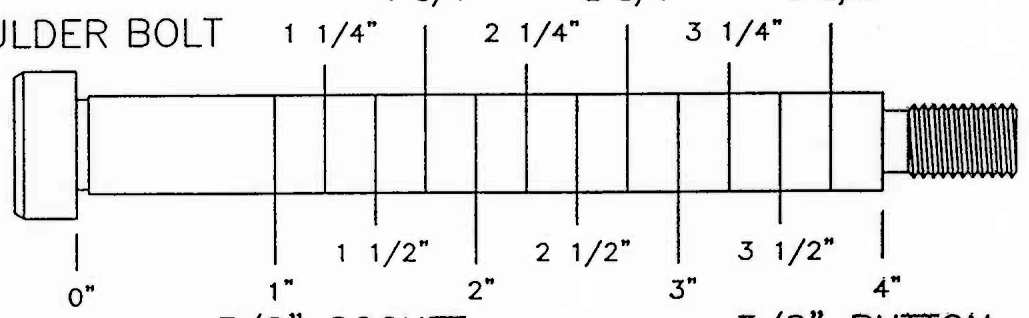
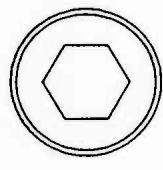
3/8" HEX BOLT



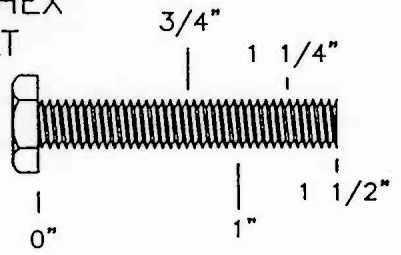
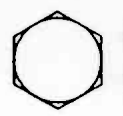
1/2" HEX BOLT



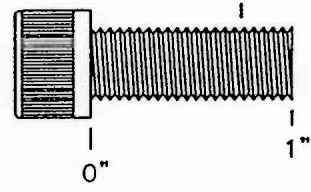
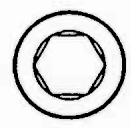
1/2" SHOULDER BOLT



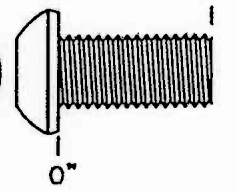
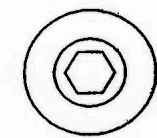
1/4" HEX BOLT



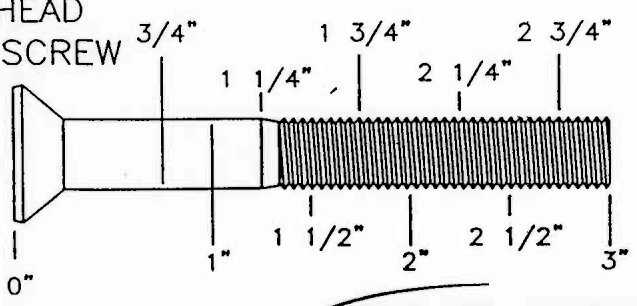
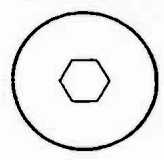
3/8" SOCKET CAP SCREW



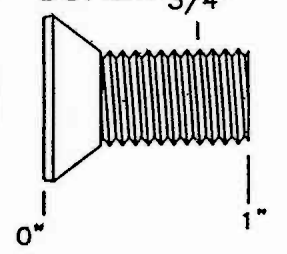
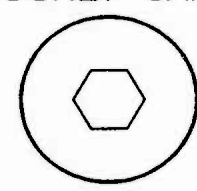
3/8" BUTTON HEAD CAP SCREW



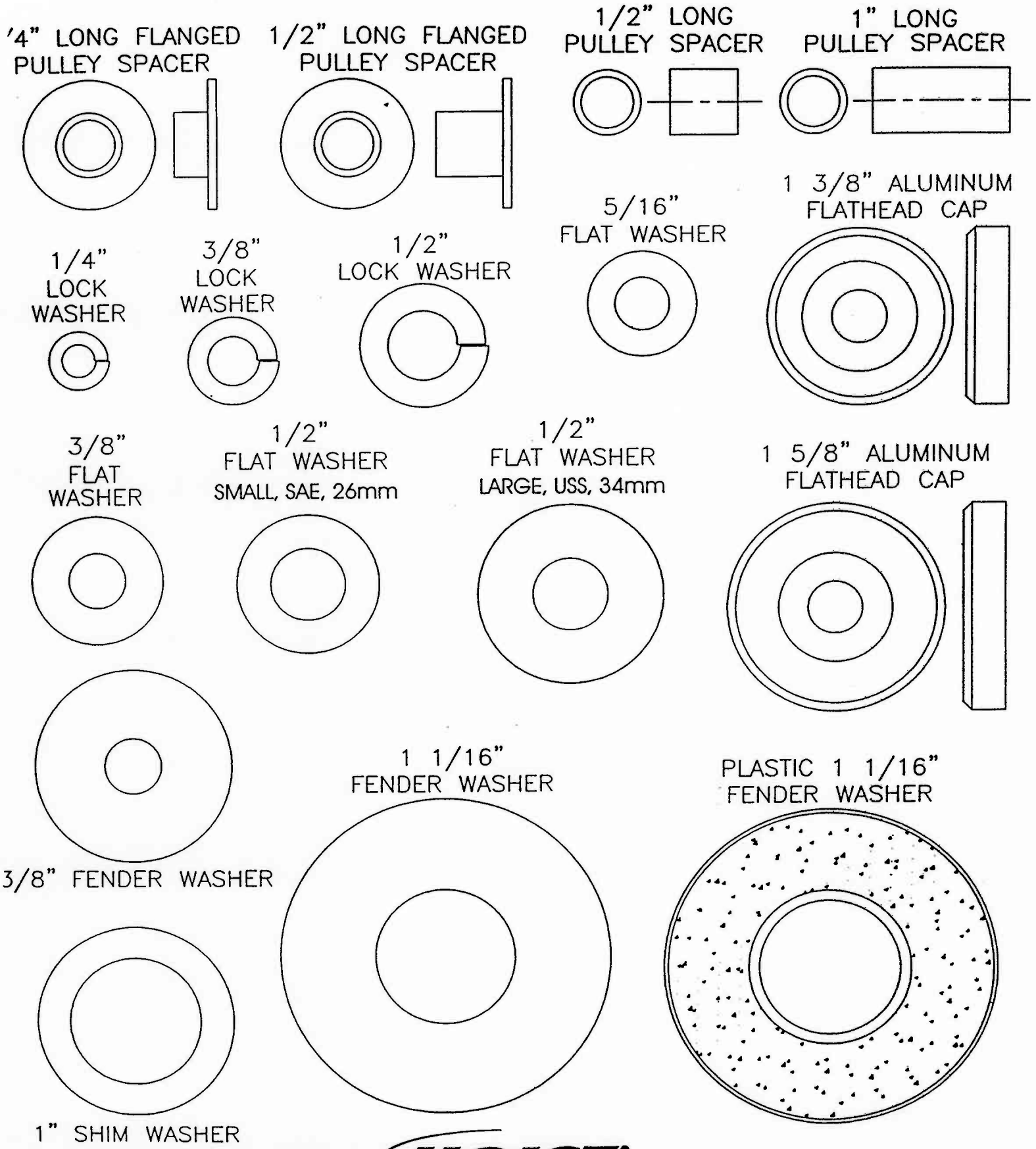
3/8" FLATHEAD SOCKET CAP SCREW



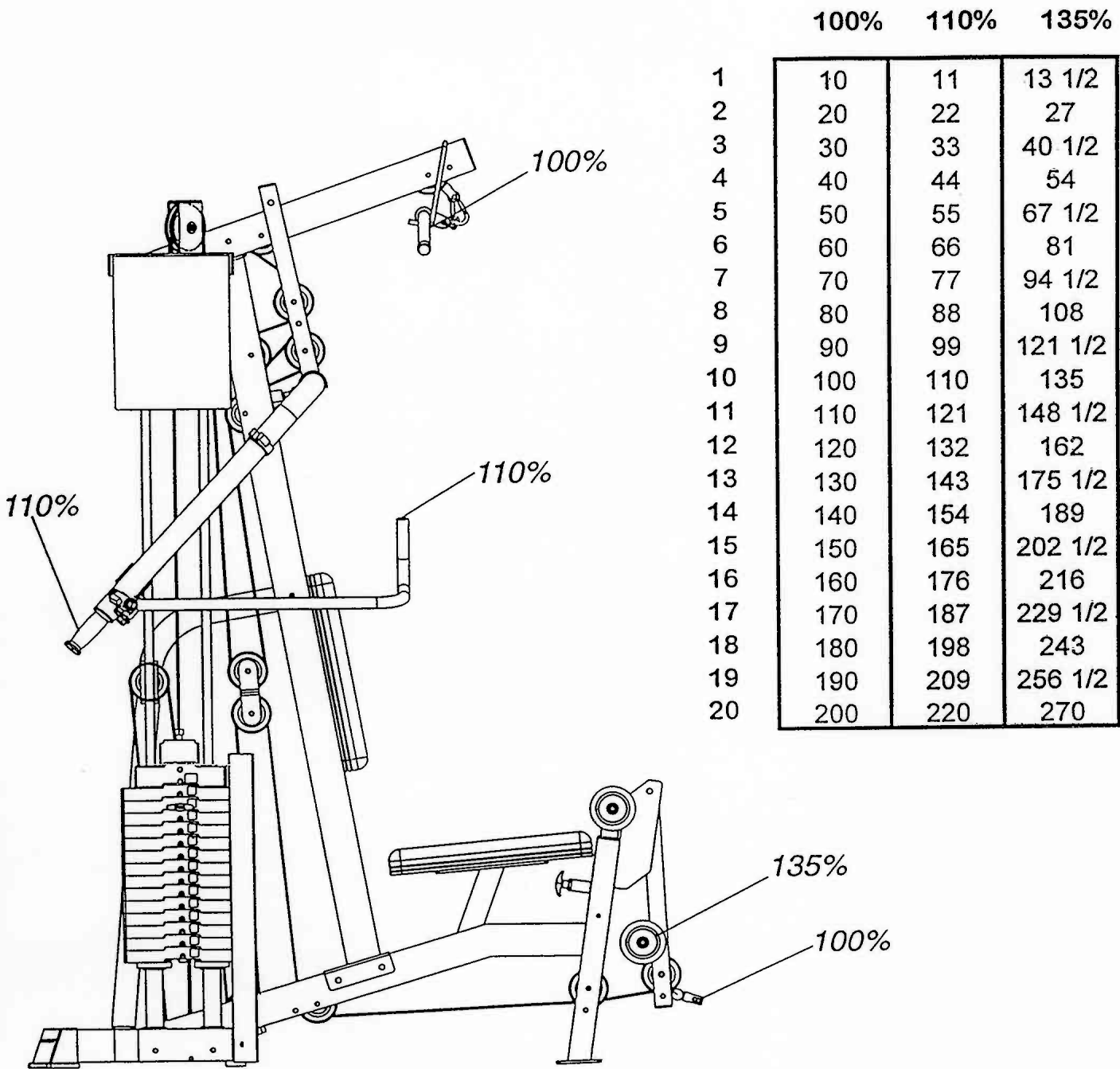
1/2" FLATHEAD SOCKET CAP SCREW



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



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.

## DECAL REFERENCE

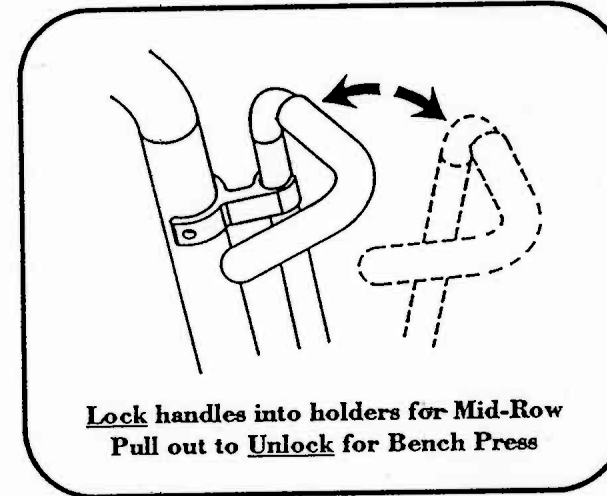
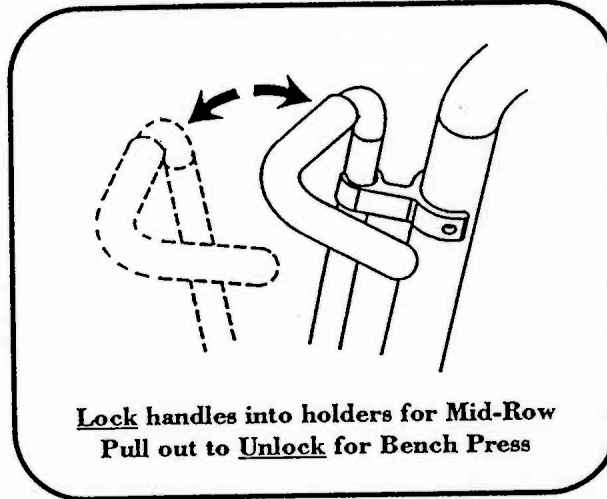
*These decals have been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

### 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

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

**HOIST**  
FITNESS SYSTEMS

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

**1-800-548-5438**  
99H-00000

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

**HOIST**  
FITNESS SYSTEMS

## MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>LATEST DATE ENTRY</i>												
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.



## 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 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

PLEASE KEEP THIS FOR YOUR RECORDS.