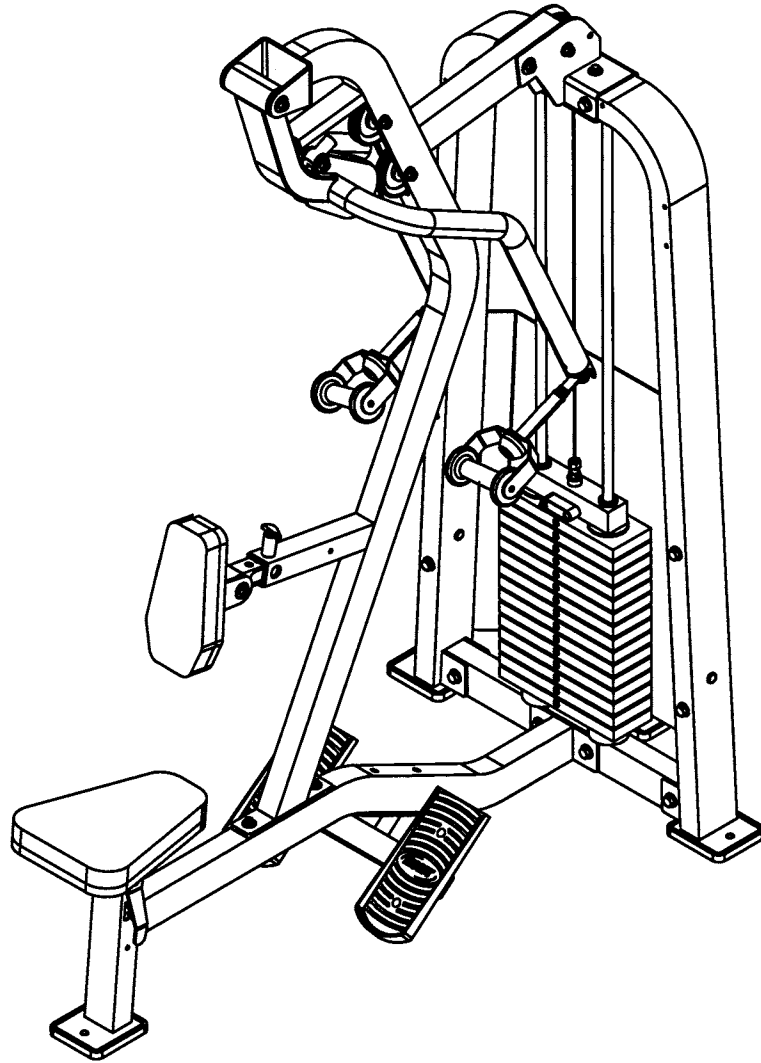


# OWNERS MANUAL



**HS1725**

**MID-ROW**



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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

**1003-001**

**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" and 3/4" Sockets

Crescent Wrench

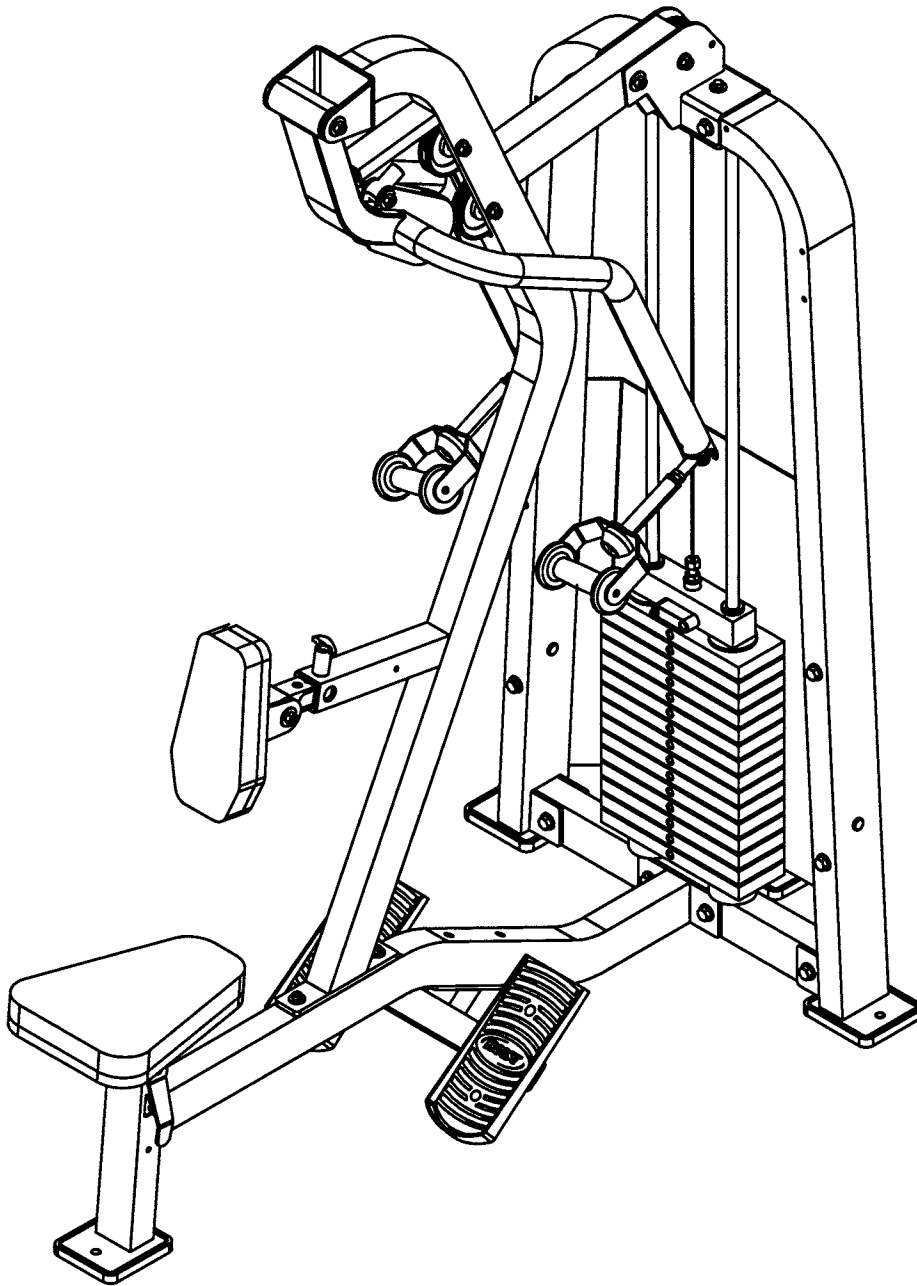
Rubber Mallet

Tape Measure

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## Step 2 FRAME ASSEMBLY



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## Step 2a FRAME ASSEMBLY

In step 2A-1 start assembly by bolting (4)'s to (14) & (9). Wrench tighten bolts. In step 2A-2, bolt (10) and (3) to (14). Wrench tighten bolts. Lift machine up to position (CA)'s.

### Part Descriptions

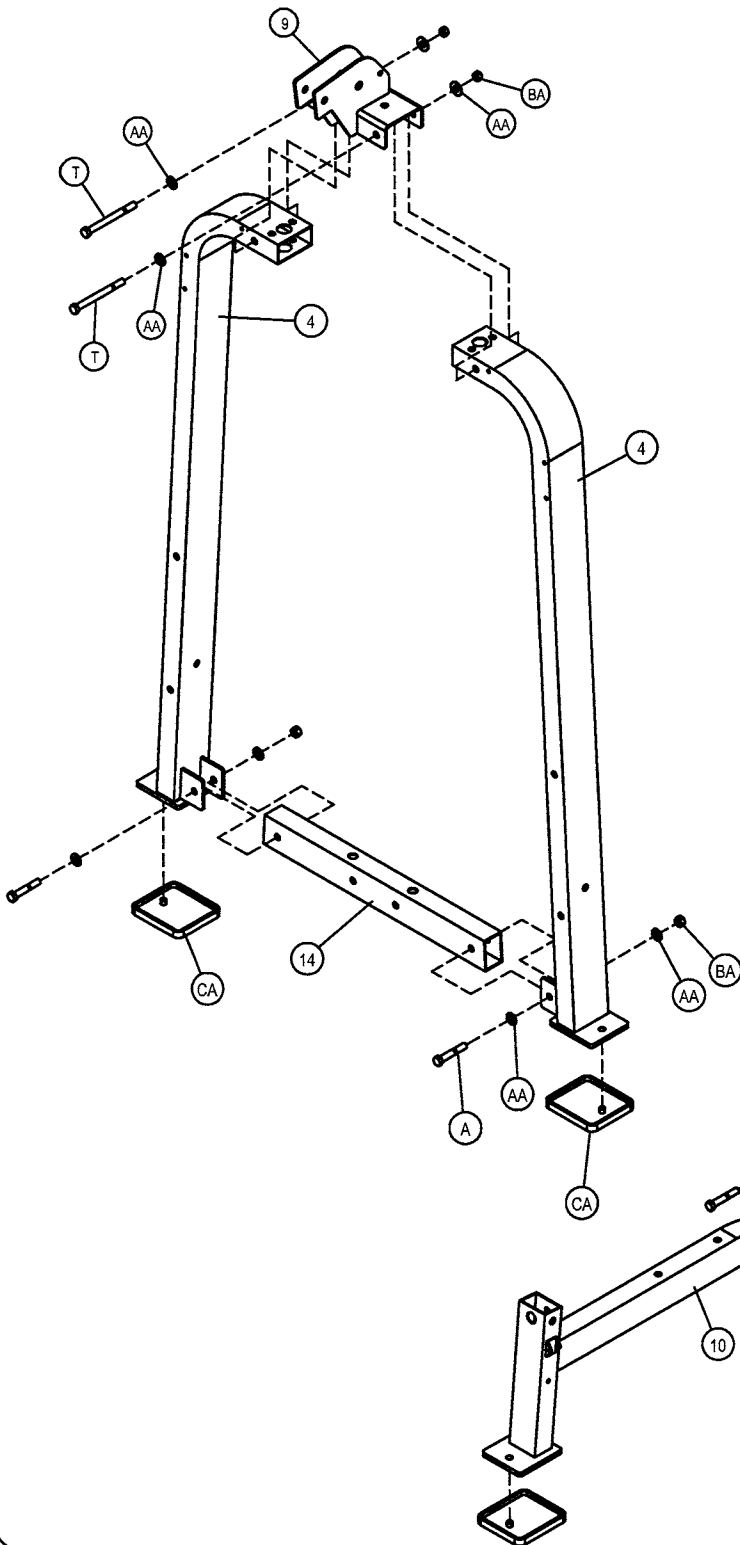
- 3 - Rear Tie Assembly
- 4 - Weight frame Upright
- 9 - Pulley Mount Top Assembly
- 10 - Base Frame Assembly
- 14 - Cross Tube Assembly

### Hardware Descriptions

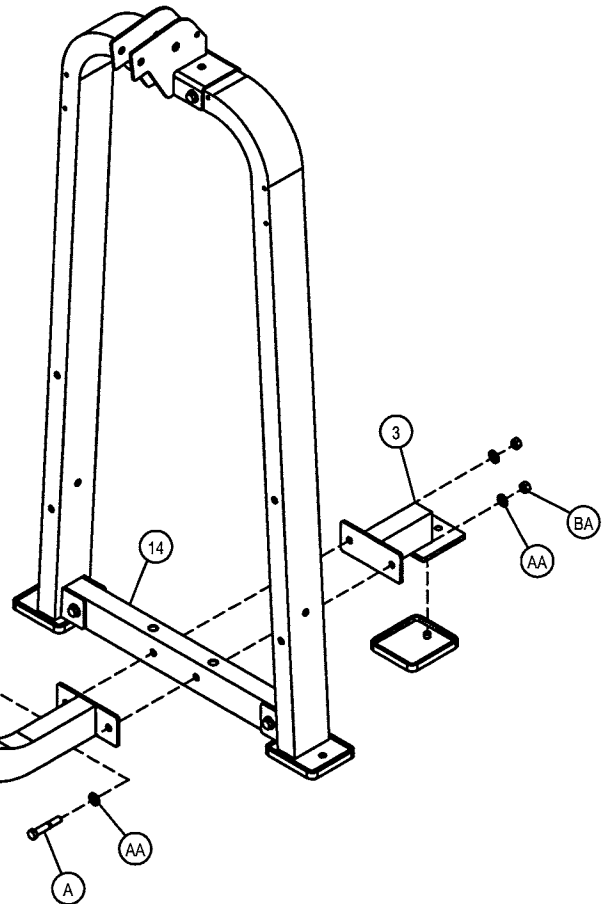
- A - 1/2-13UNC x 3" HHB (WZ)
- T - 1/2-13UNC x 4 3/4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)
- CA - Rubber Foot Plate

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## STEP 2A-1



## STEP 2A-2



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## Step 2b

### FRAME ASSEMBLY

Start by sliding both (30)'s through both (CB)'s and slide (30)'s into (14). Tilt both (30)'s forward enough to allow room to slide the weights on. Next Slide all (18)'s, (16)/(17), and (15) onto both (30)'s. Tilt (30)'s back to vertical position. At the same time slide (15) up and insert bolts through (9), (4)'s and (15) as shown in detail A-1. Wrench tighten bolts. Secure (30)'s with (C)'s.

#### Part Descriptions

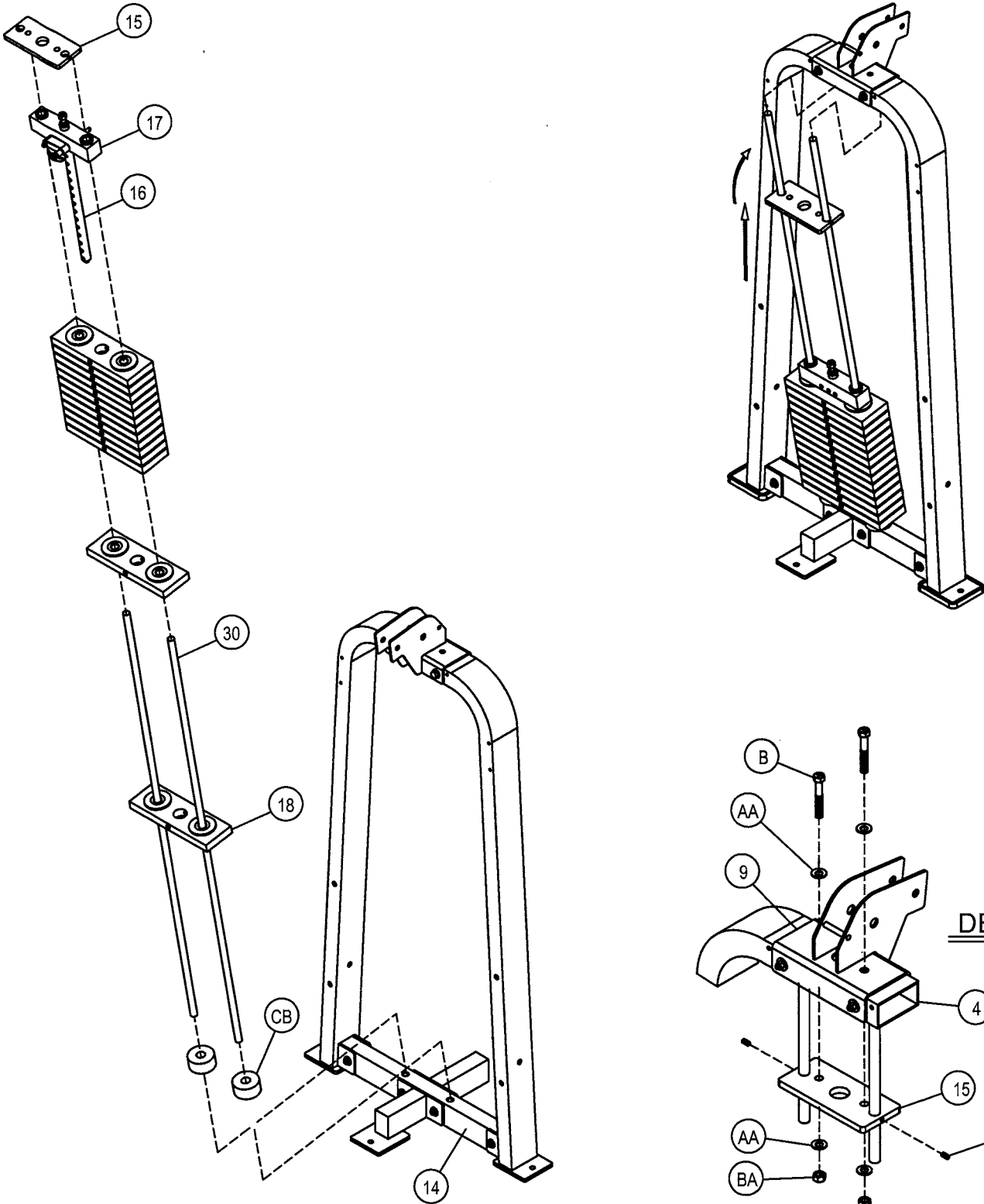
4 - Weight Frame Upright Assy.  
9 - Pulley Mount Top Assy.  
14 - Cross Tube  
15 - Guide Rod Top Mount  
16 - 16 Plate Selector Stem  
17 - 8.25 lbs. Top Weight  
18 - 12.50 lbs. Intermediate Plate  
30 - Ø0.75" x 60.69" Guide Rod

#### Hardware Descriptions

B - 1/2-13UNC x 3 1/4" HHB (WZ)  
C - 5/16-18UNC x 5 1/6 Socket Set Screw (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
BA - 1/2" Nylok Nut (WZ)  
CB - Weight Stack Bumper



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## Step 2c

### FRAME ASSEMBLY

In this step, start by attaching both (CC)'s to (11). Wrench tighten bolts. Next, attach (11) to (10). Wrench tighten bolts.

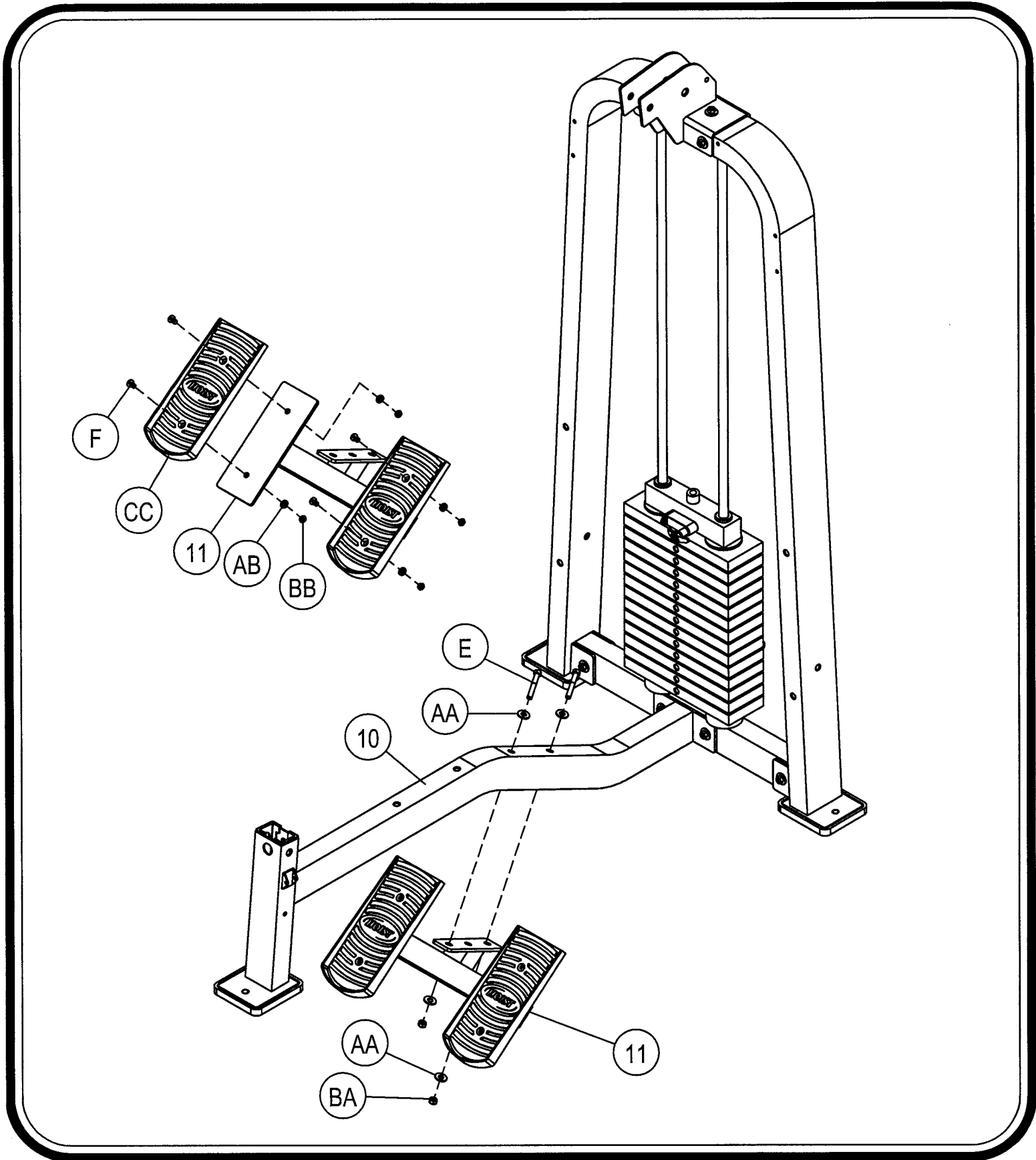
#### Part Descriptions

- 10 - Base Frame Assembly
- 11 - Foot Rest Assembly

#### Hardware Descriptions

- E - 1/2-13UNC x 3 3/4" HHB (WZ)
- F - 5/16-18UNC x 1 1/4" FHB (BZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AB - 5/16" SAE Flat Washer (BZ)
- BA - 1/2" Nylok Nut (WZ)
- BB - 5/16" Nylok Nut (BZ)
- CC - Small Plastic Foot Plate

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## Step 2d FRAME ASSEMBLY

Start assembly by attaching (5) to (10). Then attach (9) to (10).  
Hand Tighten bolts.

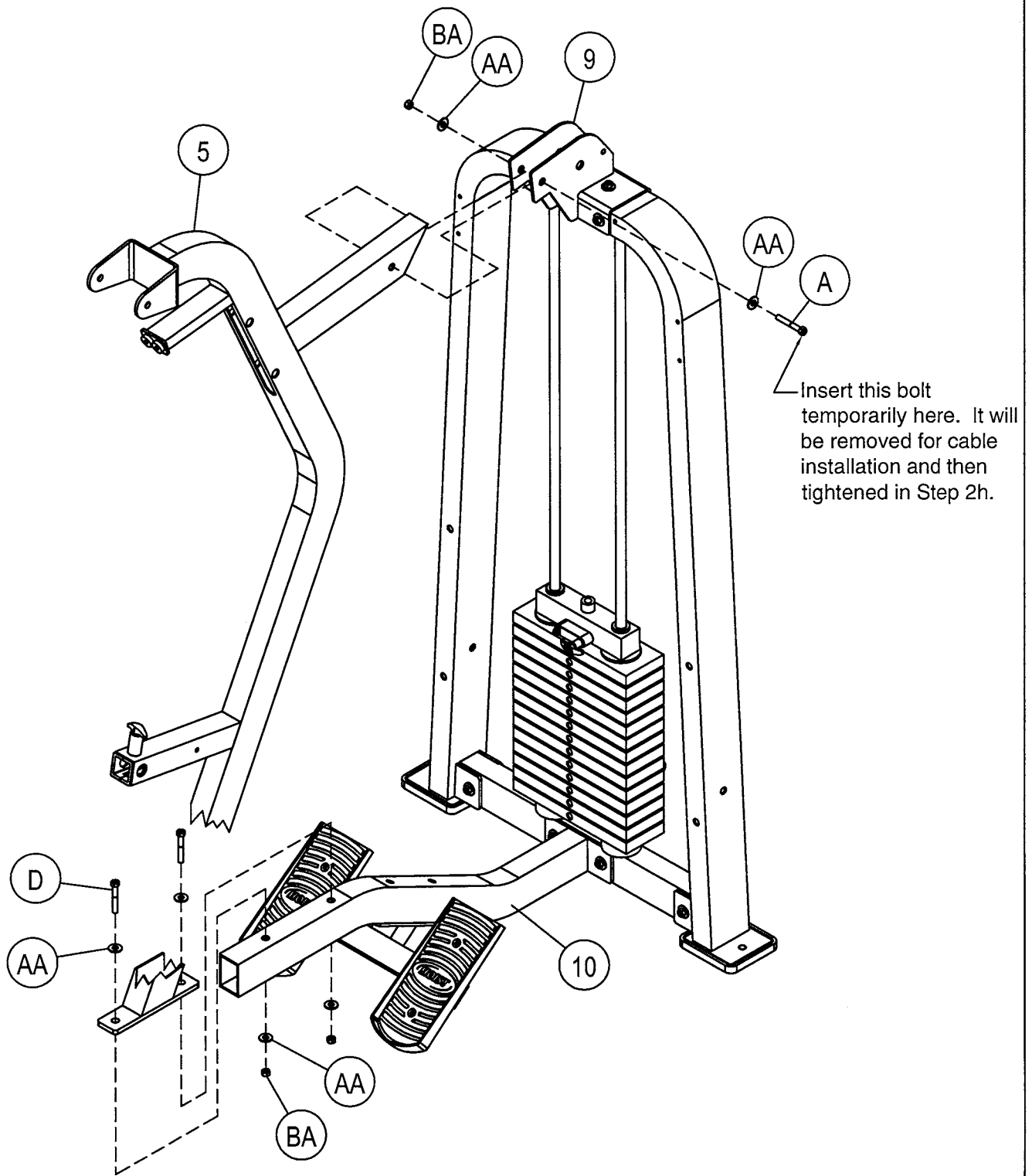
### Part Descriptions

- 5 - Front Upright Assembly
- 9 - Pulley Mount Top Assy.
- 10 - Base Frame Assembly

### Hardware Descriptions

- A - 1/2-13UNC x 3" HHB (WZ)
- D - 1/2-13UNC x 4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)

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## Step 2e FRAME ASSEMBLY

In this step, start by sliding (20) into (8), then secure (8) to (5). Wrench tighten bolts, then loosen (G) just enough for (8) to swing freely.

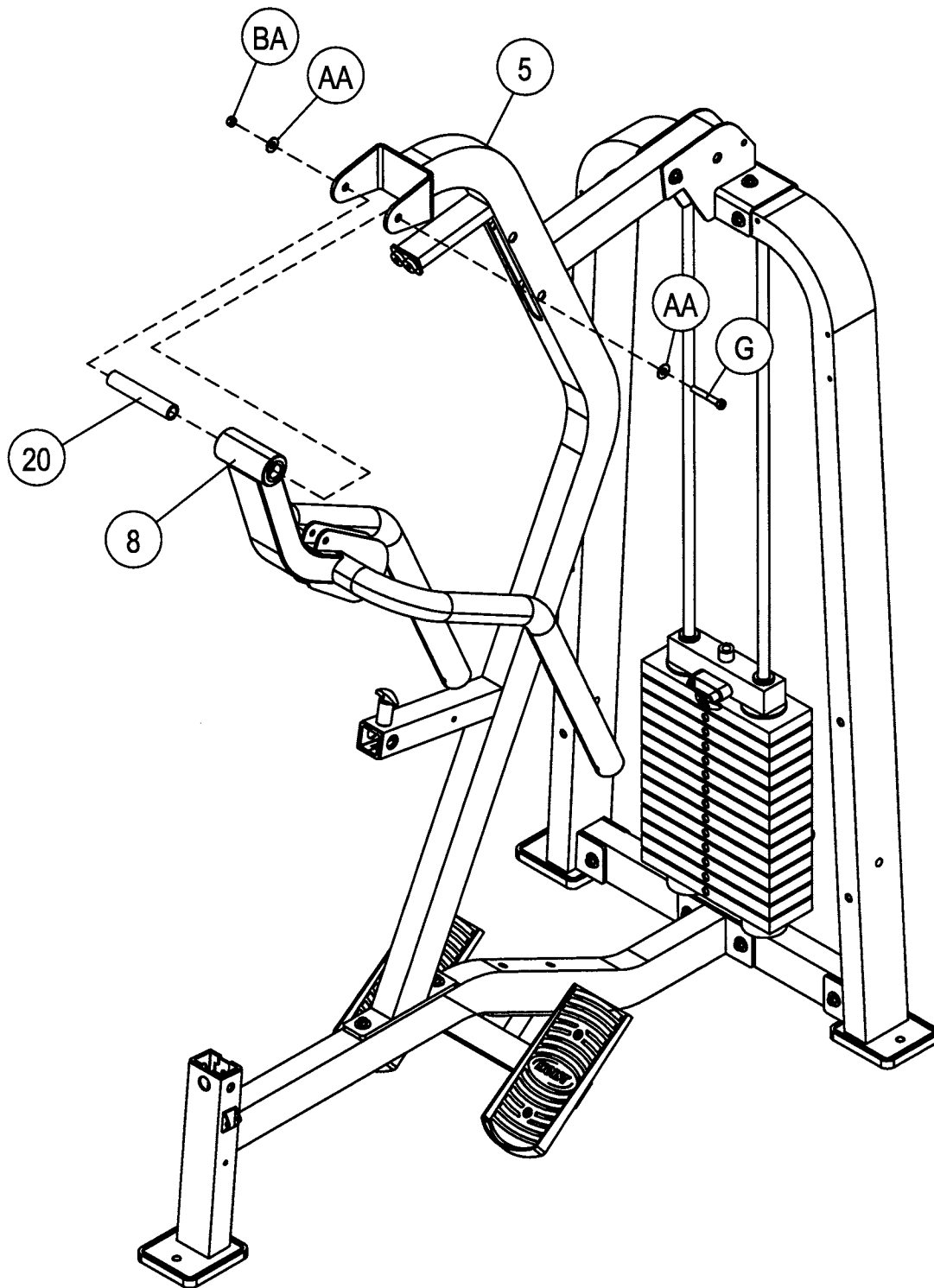
### Part Descriptions

5 - Frame Upright Assembly  
8 - Movement Arm Assembly  
20 - Ø1.00" x 4.25" LG Axle

### Hardware Descriptions

G - 1/2"-13UNC x 5 3/4" HHB (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
BA - 1/2" Nylok Nut (WZ)

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## Step 2f FRAME ASSEMBLY

Slide (21) into (CE), and secure (21) to (7). Repeat Assembly for both handles. Wrench tighten bolts.

### Part Descriptions

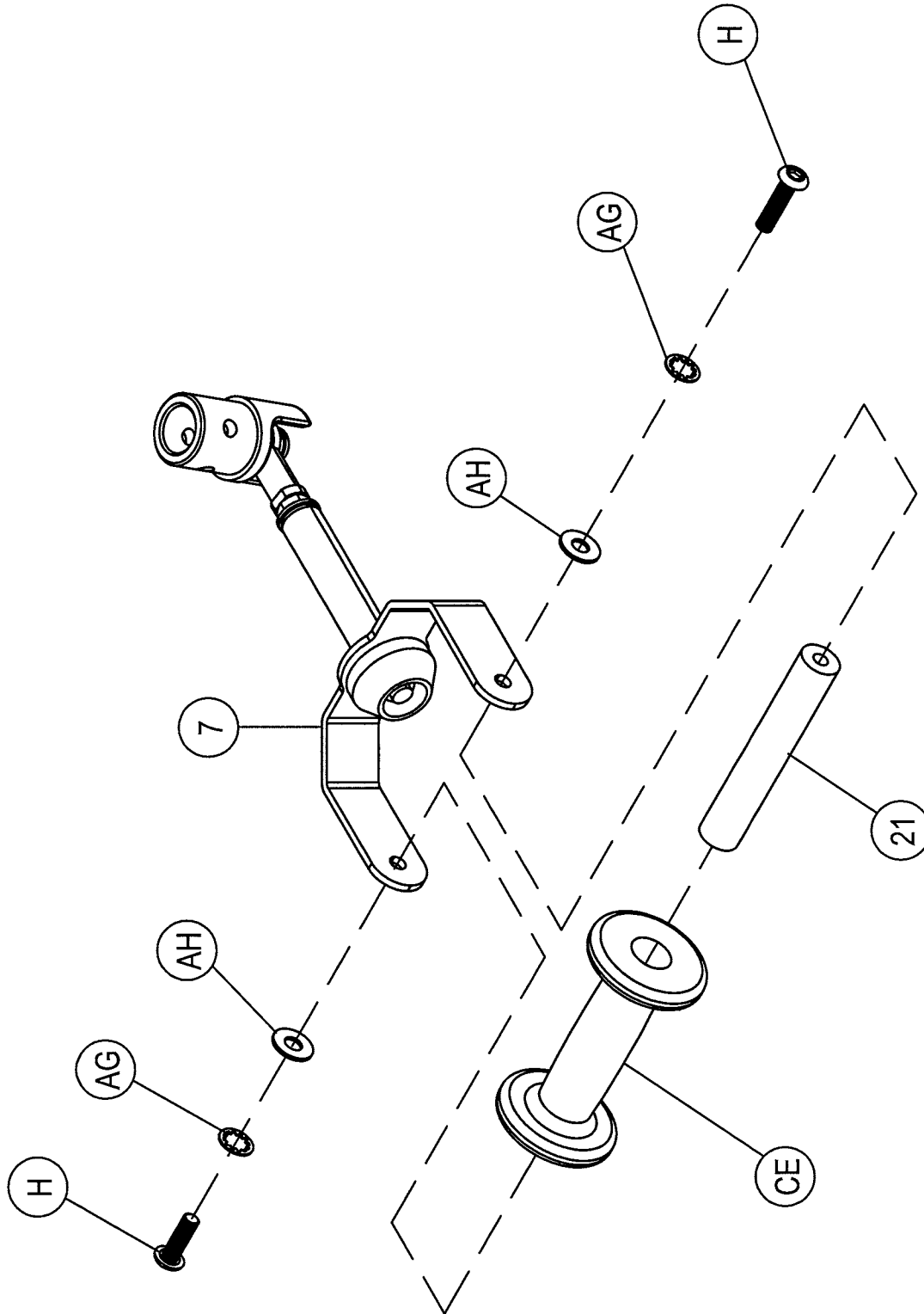
7 - Handle Assembly

### Hardware Descriptions

H - 5/16"-18UNC x 1" BHS (WZ)  
AH - 5/16" USS Flat Washer (WZ)  
AG - 5/16" Internal Lock Washer (WZ)  
CE - Texture Rubber Handle



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**ASSEMBLY FOR BOTH HANDLES**

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## Step 2g FRAME ASSEMBLY

Start assembly by attaching both assembled handles, (25) to the arms of (8) as shown. Notice the position of the cut away section on the aluminum hubs. The cut away sections are angled towards the outside of the unit. Wrench Tighten bolts.

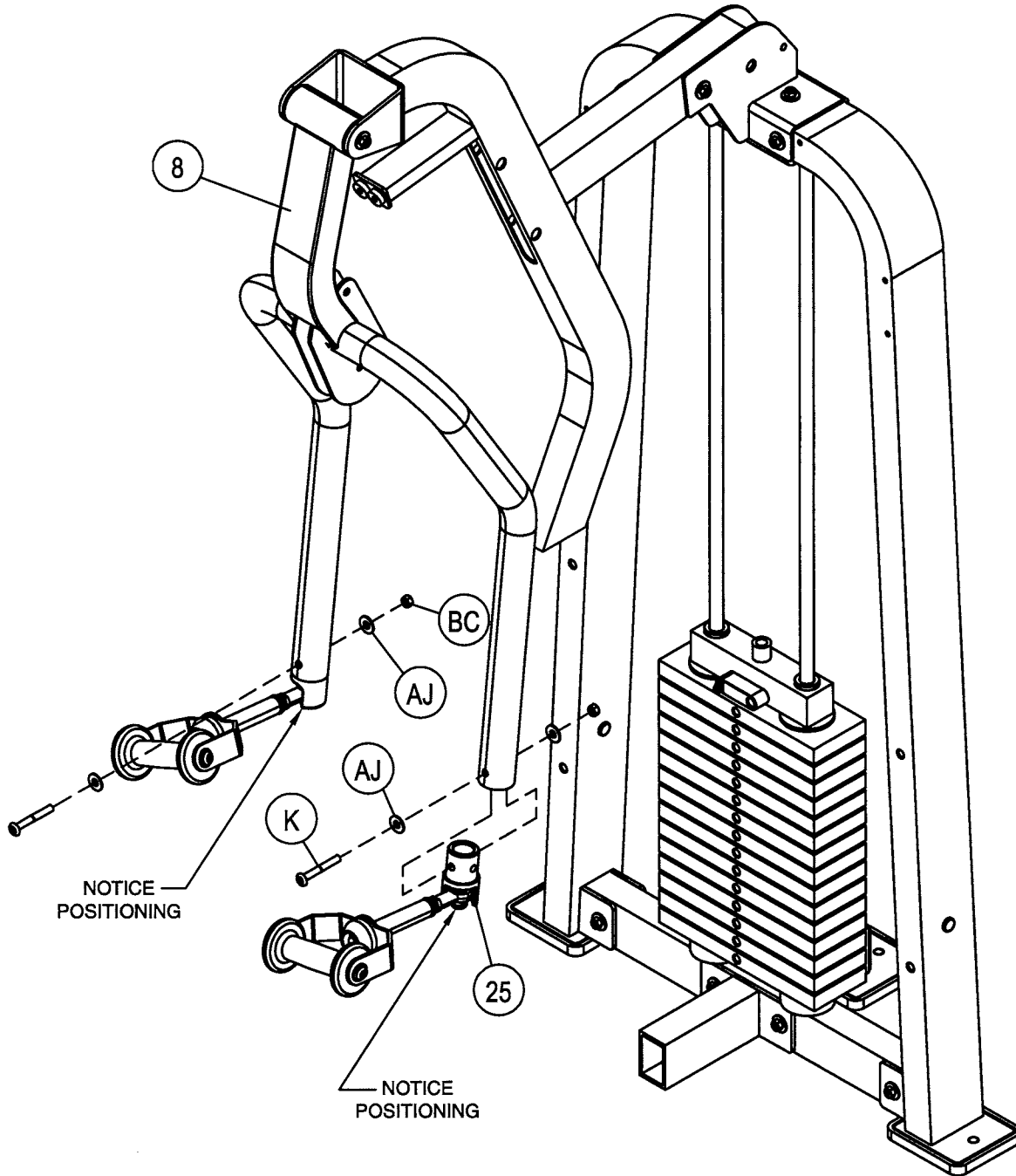
### Part Descriptions

8 - Movement Arm Assembly  
25 - Ø2.00" Aluminum

### Hardware Descriptions

K - 3/8-16UNC x 2 1/2" BHS (WZ)  
AJ - 3/8" Curve Washer (WZ)  
BC - 3/8" Nylok Nut (WZ)

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## ASSEMBLY FOR BOTH HANDLES

# OWNERS MANUAL

## Step 2h CABLE ASSEMBLY

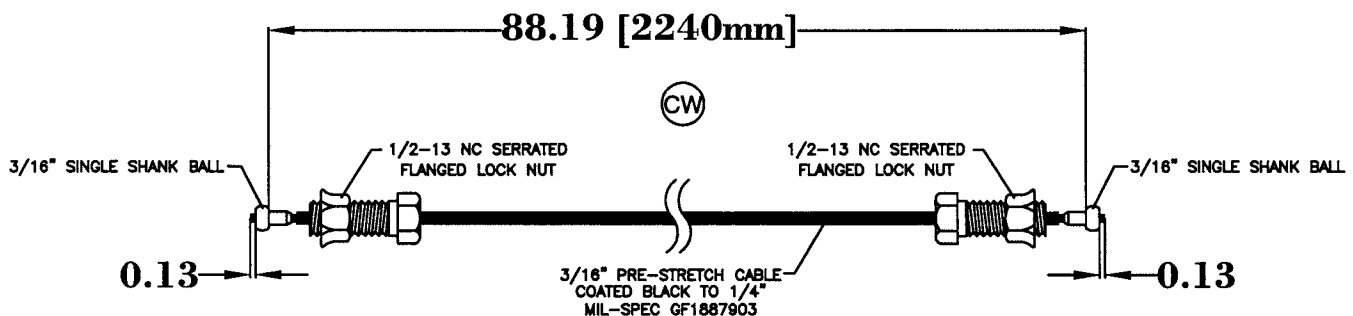
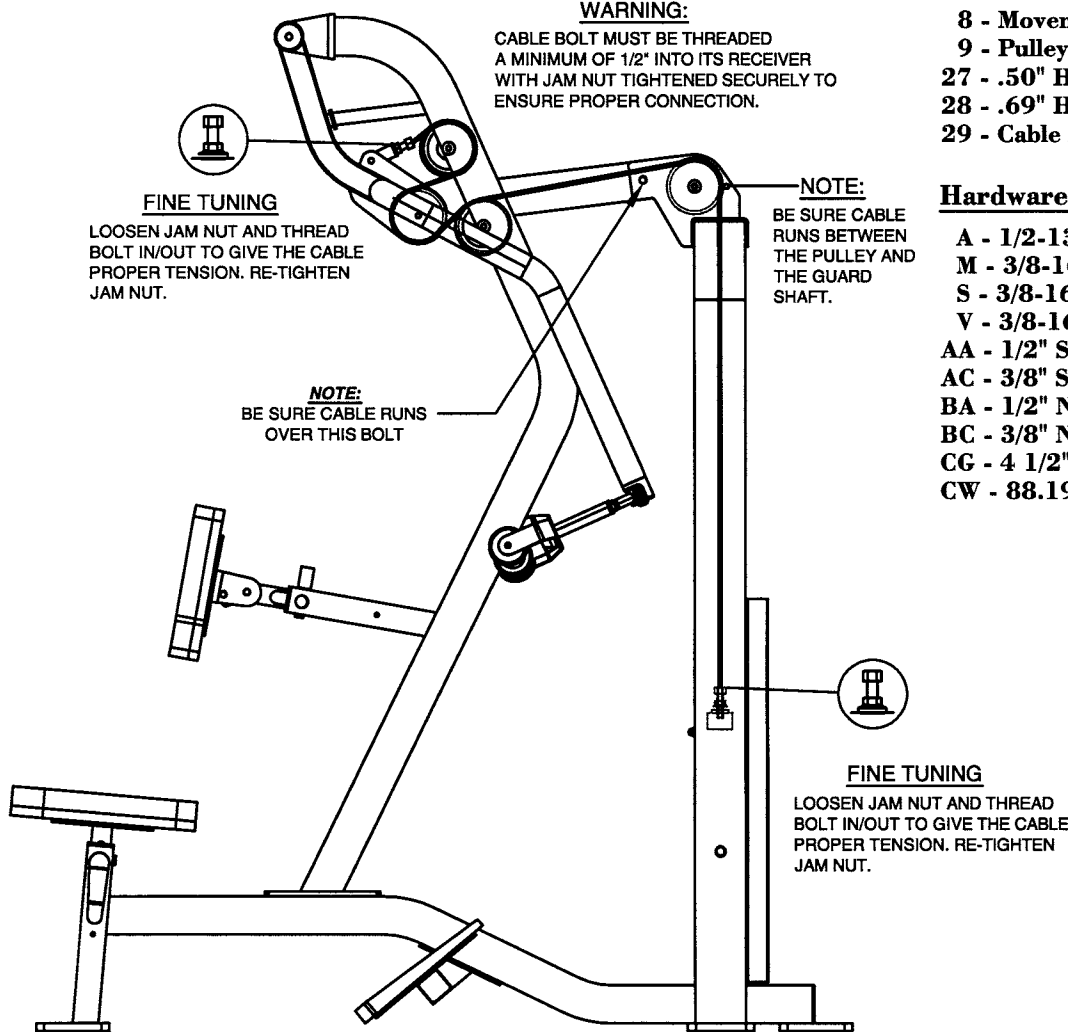
**WARNING:**  
CABLE BOLT MUST BE THREADED  
A MINIMUM OF 1/2" INTO ITS RECEIVER  
WITH JAM NUT TIGHTENED SECURELY TO  
ENSURE PROPER CONNECTION.

### Part Descriptions

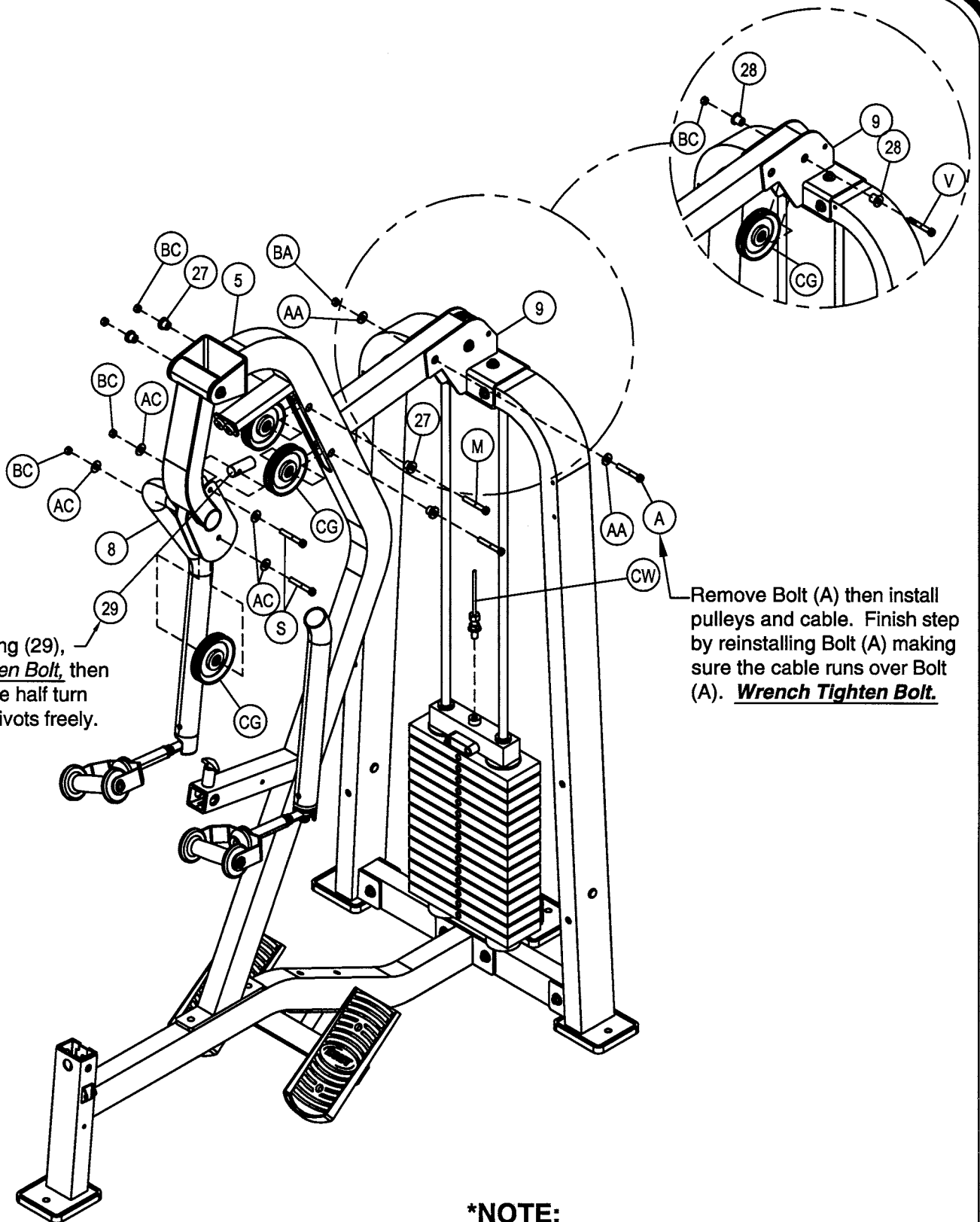
- 5 - Front Upright Assy.
- 8 - Movement Arm Assy.
- 9 - Pulley Top Mount Assy.
- 27 - .50" Heavy Flanged Spacer
- 28 - .69" Heavy Flanged Spacer
- 29 - Cable Anchor

### Hardware Descriptions

- A - 1/2-13UNC x 3" HHB (WZ)
- M - 3/8-16UNC x 2 1/2" HHB (WZ)
- S - 3/8-16UNC x 2" HHB (WZ)
- V - 3/8-16UNC x 3" HHB (WZ)
- AA - 1/2" SAE Flat Washer
- AC - 3/8" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)
- BC - 3/8" Nylok Nut (WZ)
- CG - 4 1/2" Pulley
- CW - 88.19" Ig. Cable



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When attaching (29),  
Wrench Tighten Bolt, then  
loosen nut one half turn  
or until (29) pivots freely.

Remove Bolt (A) then install  
pulleys and cable. Finish step  
by reinstalling Bolt (A) making  
sure the cable runs over Bolt  
(A). Wrench Tighten Bolt.

**\*NOTE:**

1. Refer to Page 19 for cable routing.

# OWNERS MANUAL

## Step 2i FRAME ASSEMBLY

Start assembly by attaching (31) to (6) and (32) to (13). Wrench tighten bolts. Next slide (26) into (12) and attach (6) to (12). Wrench tighten bolts then back nut off enough so (6) pivots freely. Now slide (12) into it's receiver on (5) and retain with (R). Next slide (13) into it's receiver on (10) and retain with (R) as shown.

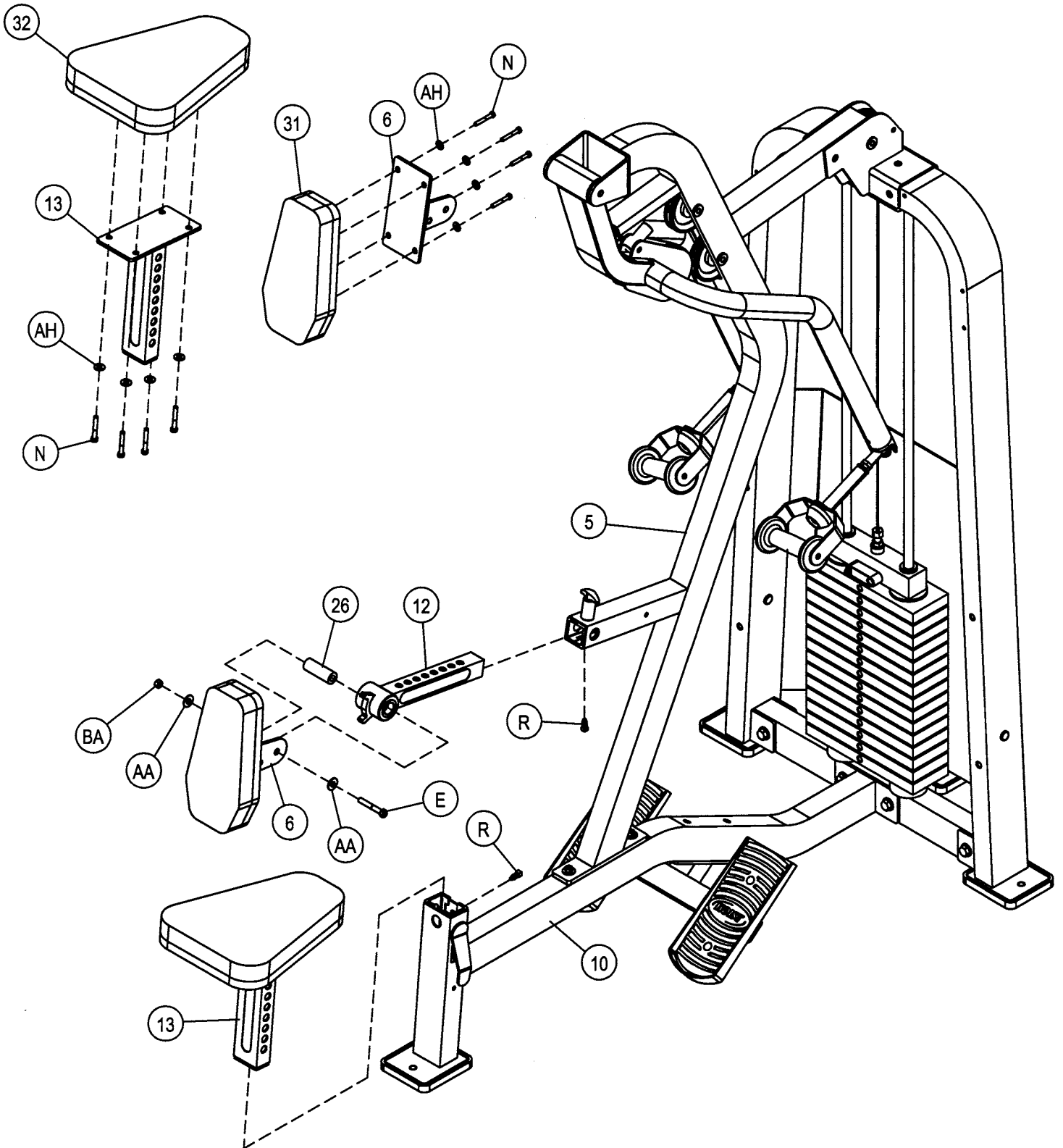
### Part Descriptions

- 5 - Front Upright Assy.
- 6 - Upholstery Mount Assy.
- 10 - Base Frame Assembly
- 12 - Chest Pad Mount
- 13 - Seat Pad Mount
- 26 - Ø1.00" x 2.78" Axle
- 31 - Chest Assembly Pad
- 32 - (su121412) Seat Pad Assy.

### Hardware Descriptions

- E - 1/2-13UNC x 3 3/4" HHB (WZ)
- N - 5/15-18UNC x 1 1/4" HHB (WZ)
- R - 3/8-16UNC x 3/4" Square Head (BZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AG - 5/16" Internal Lock Washer (WZ)
- AH - 5/16" USS Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)

# OWNERS MANUAL



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## Step 2j SHIELD ASSEMBLY

Attach (20), (CY), and (CZ) to (4)'s as shown. Wrench tighten bolts.

### \*IMPORTANT\*

Now that the HS1725 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

#### Part Descriptions

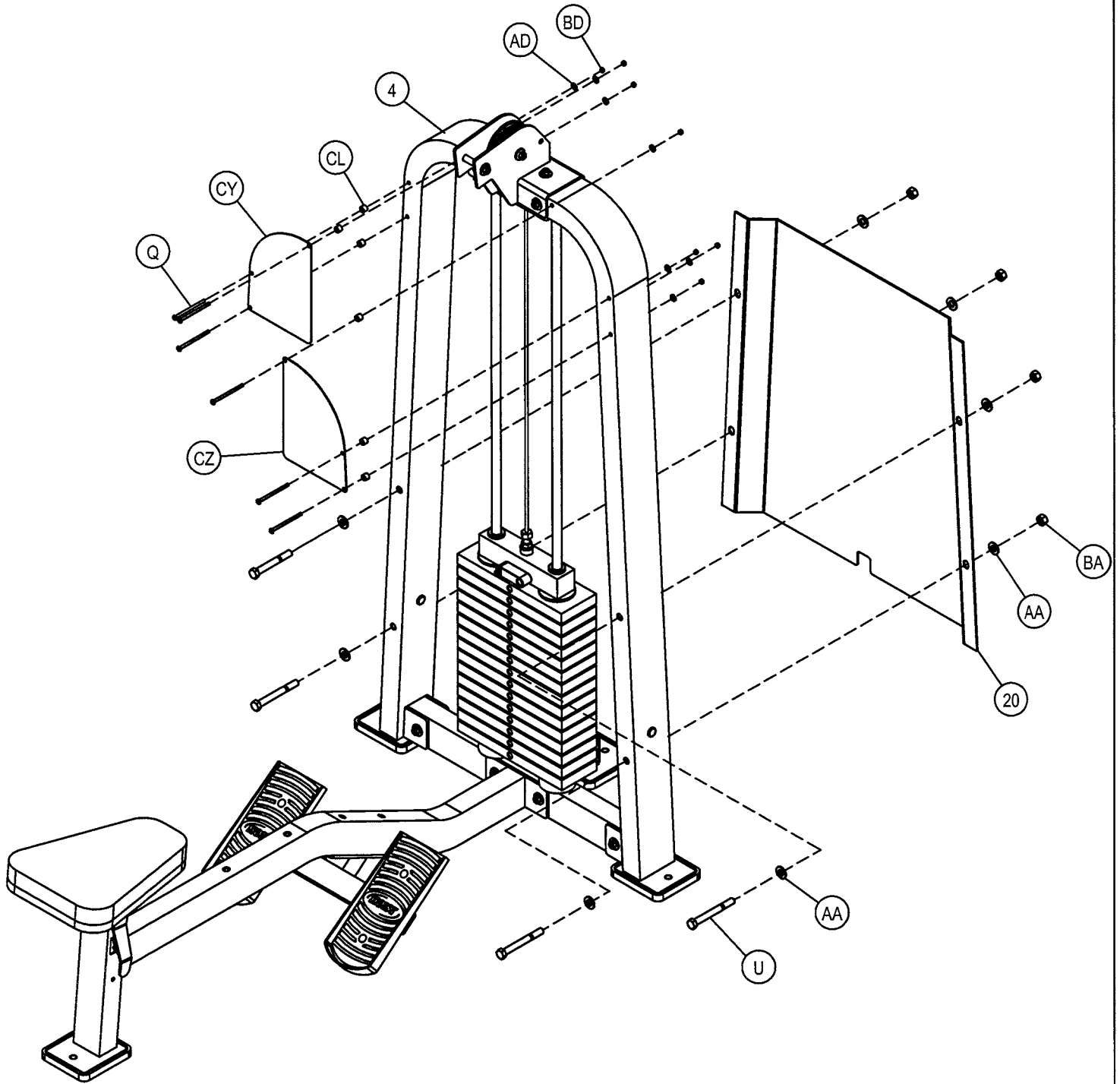
4 - Weight Frame Upright  
20 - (SSH189) Shield

#### Hardware Descriptions

U - 1/2-13UNC x 4 1/2" HHB (WZ)  
Q - 1/4-20UNC x 5" BHS (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
AD - 1/4" SAE Flat Washer (WZ)  
BA - 1/2" Nylok Nut (WZ)  
BD - 1/4" Nylok Nut (WZ)  
CL - Spacer  
CY - Left Placard  
CZ - Right Placard



# OWNERS MANUAL



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## PRE-ASSEMBLY

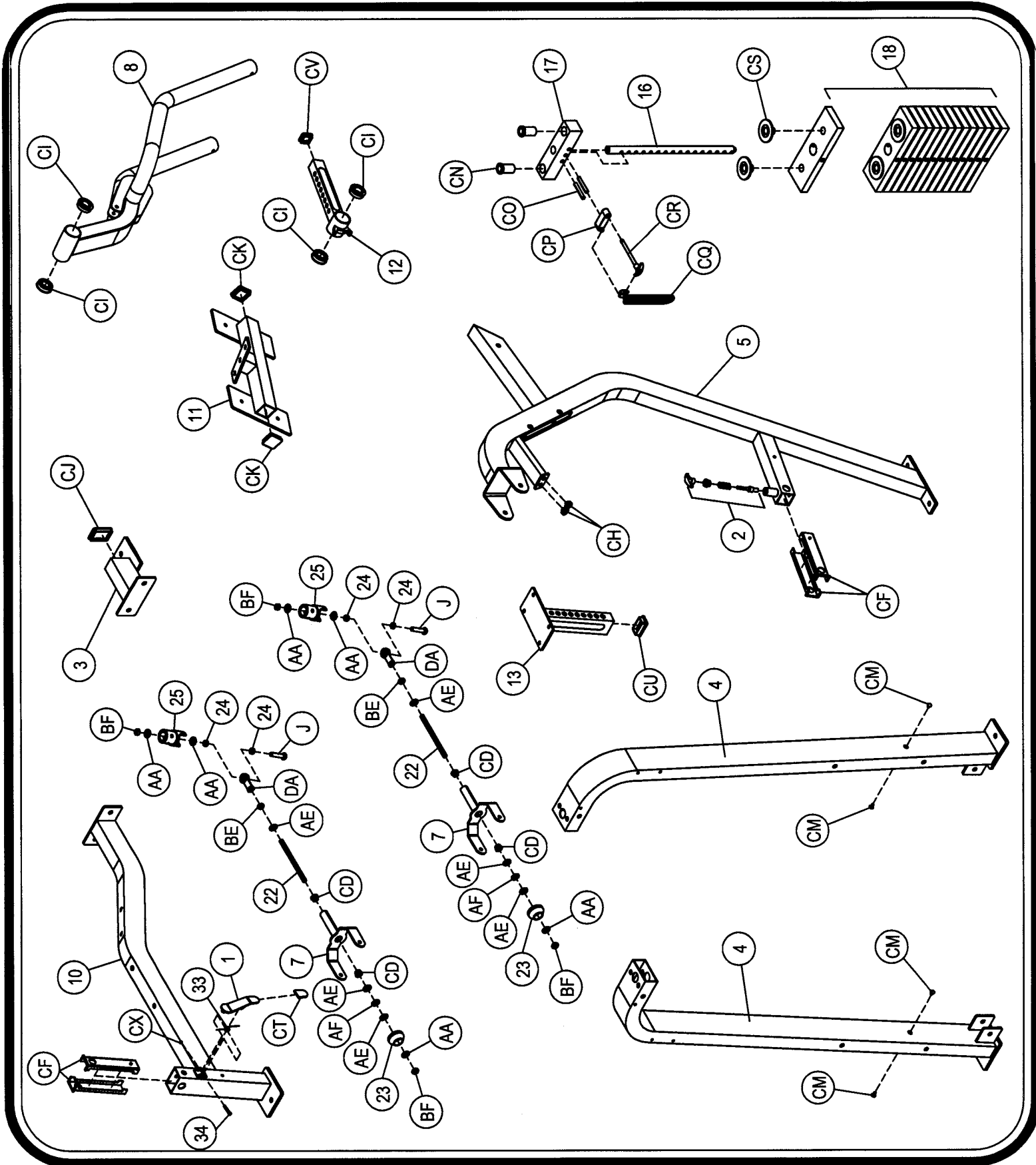
### Part Descriptions

- 1 - Latch Assembly
- 2 - 1/2" Short Pullpin (Hex Head) Assy.
- 3 - Rear Tie Assembly
- 4 - Weight Frame Upright
- 5 - Frame Upright Assembly
- 7 - Handle Assembly
- 8 - Movement Arm Assembly
- 10 - Base Frame Assembly
- 11 - Foot Rest Assembly
- 12 - Chest Pad Mount
- 13 - Seat Pad Mount
- 16 - 16 Plate Selector Stem
- 17 - 8.25 LB Top Weight Plate
- 18 - 12 1/2 LB Intermediate Plate
- 22 - 1/2"-20UNF x 7.50" LG All Thread
- 23 - Aluminum Bolt on Cap
- 24 - Ø.75" Stainless Steel
- 25 - Ø2.00 Aluminum
- 33 - Latch Spring
- 34 - Latch Pin

### Hardware Descriptions

- J - M12 x 1.75 x 63mm
- AA - 1/2" SAE Flat Washer (WZ)
- AE - 1/2" Thrust Washer (WZ)
- AF - 1/2" Thrust Bearing
- BA - 1/2" Nylok Nut (WZ)
- BE - M12 x 1.75 x 8t Jam Nut (WZ)
- BF - M12 x 1.75 x 8t Nylok Nut (WZ)
- CD - 1/2" Olite Bushing
- CF - Seat Sleeve
- CH - Plug Bumper
- CI - Ø1.00" Flanged Ball Bearing
- CJ - 2" x 3" End Cap
- CK - 2" x 2" End Cap
- CM - Plug
- CN - Guide Rod Bushing
- CO - Ø7/16" x 2 3/4" Roll Pin
- CP - Lanyard/Selector Pin Stand Off
- CQ - Lanyard Coil
- CR - Selector Pin
- CS - Intermediate Weight Bushing
- CT - Thumb Pad
- CU - 1 1/2" x 2 1/2" End Cap Vertical (H)
- CV - 1 1/2" x 1 1/2" End Cap
- CX - C-Clip
- DA - M12 x 1.72 Thread Female Tie Rod  
End (Acufit #05-0534)

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## PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0158	Latch Assembly
2	1	026-01X0185	1/2" Short Pullpin (Hex Head) Assy.
3	1	026-01X0817	Rear Tie Assembly
4	2	026-01X0864	Weight Frame Upright Assy.
5	1	026-01X1462	Front Upright Assembly
6	1	026-01X1451	Upholstery Mount Assy.
7	2	026-01X1463	Handle Assembly
8	1	026-01X1465	Movement Arm Assy.
9	1	026-01X1468	Pulley Mount Top Assy.
10	1	026-01X1469	Base Frame Assembly
11	1	026-01X1470	Foot Rest Assembly
12	1	026-01X1471	Chest Pad Mount
13	1	026-01X1472	Seat Pad Mount
14	1	026-01T0545	Cross Tube
15	1	026-01P0819	Guide Rod Top Mount
16	1	026-01W0111	16 Plate Selector Stem
17	1	026-1300034	8.25 lbs. Top Weight
18	15	026-01W0101	12.50 lbs. Intermediate Plate
19	1	026-1100089	(SSH189) Shield
20	1	026-01M0489	Ø1.00" x 4.25" Axle
21	2	026-01M0572	Ø1.00" x 5.83" Axle
22	2	026-01M0790	1/2-20UNF x 7.50" Threaded Axle
23	2	026-01M0794	Aluminum Bolt On Cap
24	4	026-01M0795	Ø0.75" Stainless Steel
25	2	026-01M0782	Ø2.00" Aluminum
26	1	026-01M0729	Ø1.00 x 2.78" Axle
27	4	026-01M0760	.50" Heavy Flanged Spacer
28	2	026-01M0532	.69" Flanged Pulley Spacer
29	1	026-01M0586	Cable Anchor
30	2	026-01G0159	Ø0.75" x 60.69 CRS Guide Rod
31	1	022-01PD0112A	Chest Assembly Pad
32	1	022-01PD7124A	(su121412) Seat Pad Assy.
33	1	026-01M0503	Latch Spring
34	1	026-01M0309	Latch Pin

# OWNERS MANUAL

## HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	5	011-0407016	1/2-13UNC x 3" HHB (WZ)
B	2	011-0101009	1/2-13UNC x 3 1/4" HHB (WZ)
C	2	011-0311012	5/16-18UNC x 5/16" Socket Set Screw (BZ)
D	2	011-0407047	1/2-13UNC x 4" HHB (WZ)
E	3	011-0407019	1/2-13UNC x 3 3/4" HHB (WZ)
F	4	011-0002045	5/16-18UNC x 1 1/4" FHS (BZ)
G	1	011-0007018	1/2-13UNC x 5 3/4" HHB (WZ)
H	4	011-0101030	5/16-18UNC x 1" HHB (WZ)
J	2	011-0007096	M12 x 1.75 x 63mm BHS (WZ)
K	2	011-0101049	3/8-16UNC x 2 1/2" BHS (WZ)
M	2	011-0107007	3/8-16UNC x 2 1/2" HHB (WZ)
N	8	011-0407053	5/16-18UNC x 1 1/4" HHB (WZ)
Q	6	011-0101074	1/4-20UNC x 5" BHS (WZ)
R	2	011-0311013	3/8-16UNC x 3/4" Square Head (BZ)
S	2	011-0407058	3/8-16UNC x 2" HHB (WZ)
T	2	011-0407058	1/2-13UNC x 4 3/4" HHB (WZ)
U	4	011-0207030	1/2-13UNC x 4 1/2" HHB (WZ)
V	1	011-0407026	3/8-16UNC x 3" HHB (WZ)
AA	44	013-0102003	1/2" SAE Flat Washer (WZ)
AB	4	013-0202003	5/16" SAE Flat Washer (BZ)
AC	4	013-0002004	3/8" USS Flat Washer (WZ)
AD	6	013-0002003	1/4" SAE Flat Washer (WZ)
AE	6	014-0024009	1/2" Thrust Washer (WZ)
AF	2	014-0012009	1/2" Thrust Bearing
AG	12	013-0102021	5/16" Internal Lock Washer (WZ)
AH	12	013-0102004	5/16" USS Flat Washer (WZ)
AJ	4	013-0903005	3/8" Curve Washer (WZ)
BA	19	012-0304011	1/2" Nylok Nut (WZ)
BB	4	012-0004005	5/16" Nylok Nut (BZ)
BC	7	012-0104008	3/8" Nylok Nut (WZ)
BD	6	012-0104009	1/4" Nylok Nut (WZ)
BE	2	012-0102012	M12 x 1.75 x 8t Jam Nut (WZ)
BF	4	012-0104012	M12 x 1.75 x 8t Nylok Nut (WZ)
CA	4	026-01PL195	Rubber Foot Plate
CB	2	019-0001005	Weight Stack Bumper
CC	2	026-01PL343	Small Plastic Foot Plate
CD	4	014-0101004	1/2" Oilite Bushing
CE	2	026-01PL200	Handle Texture Rubber
CF	4	026-01PL125	Seat Sleeve
CG	4	018-0001003	4 1/2" Pulley
CH	2	019-0001001	Plug Bumper
CI	4	014-0009007	Ø1.00" Flanged Ball Bearing
CJ	1	016-0201015	2" x 3" End Cap
CK	2	016-0201014	2" x 2" End Cap
CL	6	026-01PL290	Placard Spacer
CM	4	06-0329	Plug
CN	2	026-01PL134	Guide Rod Bushing
CO	2	030-030310	7/16" Roll Pin
CP	1	026-01PL291	Lanyard/Selector Pin Stand Off
CQ	1	010-0008001	Lanyard Coil
CR	1	026-01M0134	Selector Pin
CS	30	026-01W0122	Intermediate Weight Bushing
CT	1	026-01PL239	Thumb Pad
CU	1	016-0001003	1 1/2" x 2 1/2" End Cap
CV	1	016-0201004	1 1/2" x 1 1/2" End Cap
CW	1	026-01C0281	88.19" lg. Cable
CX	1	014-0015001	C-clip
CY	1	021-0013142	Left Placard
CZ	1	021-0013143	Right Placard
DA	2	05-0534	M12 x 1.75 Female Tie-Rod End (Acufit #)

# OWNERS MANUAL

## ABBREVIATION LISTING

**BZ = Black Zinc**

**WZ = White Zinc**

**FHS = Flat Head Screw**

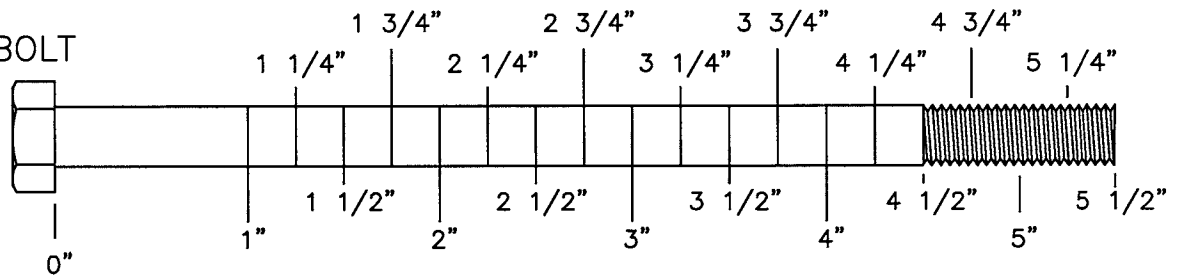
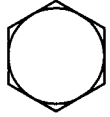
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

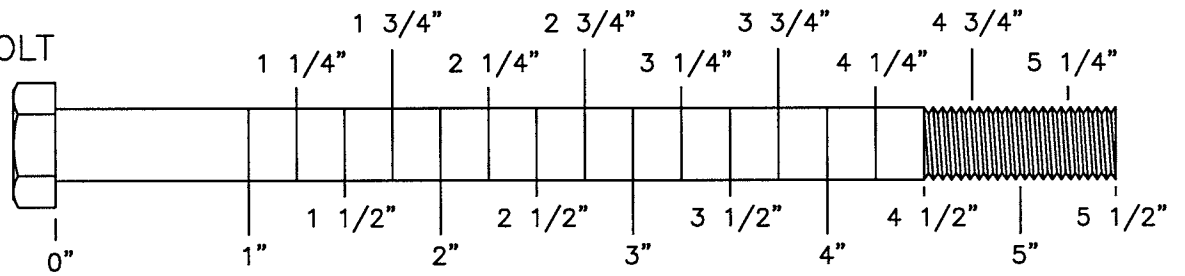
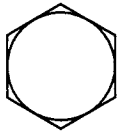
**HHB = Hex Head Bolt**

# OWNERS MANUAL

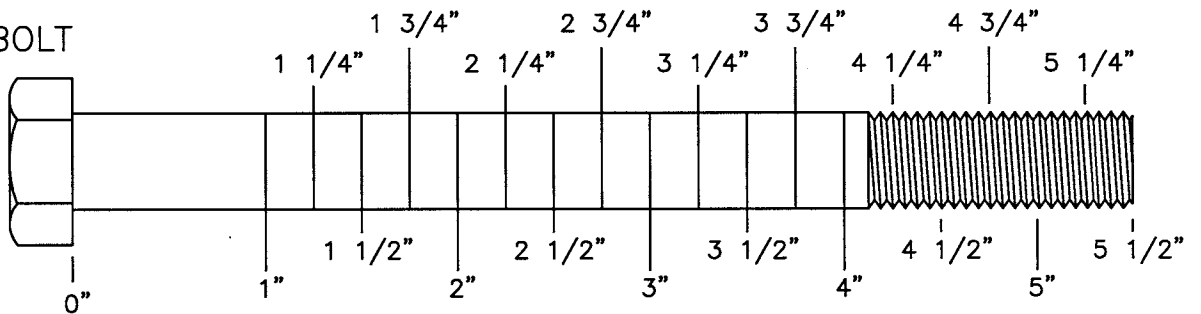
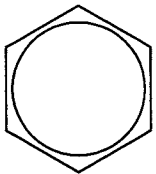
5/16" HEX BOLT



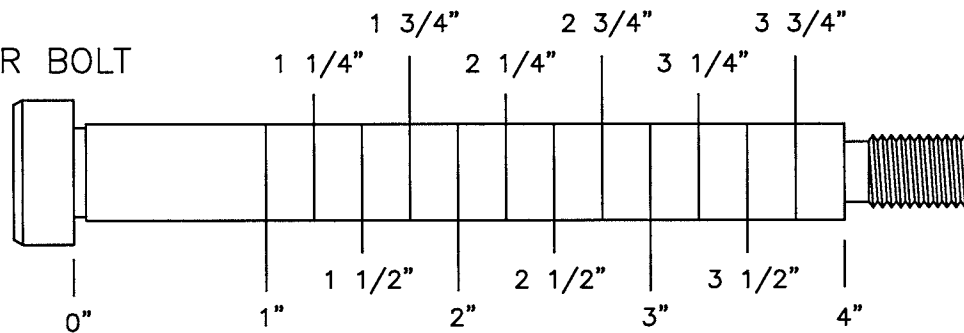
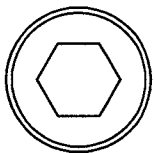
3/8" HEX BOLT



1/2" HEX BOLT

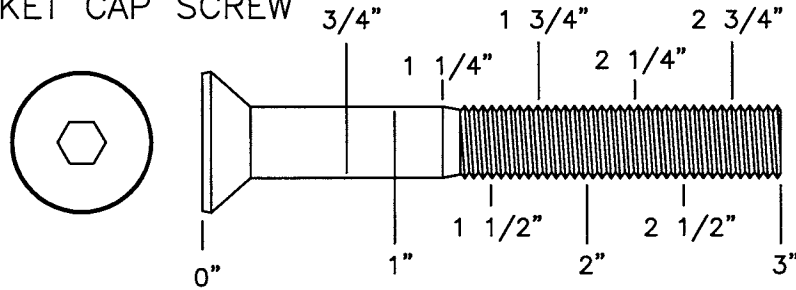


1/2" SHOULDER BOLT

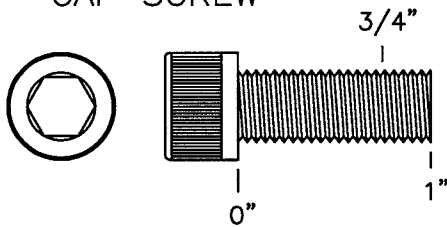


# OWNERS MANUAL

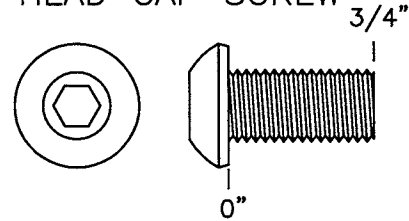
3/8" FLATHEAD  
SOCKET CAP SCREW



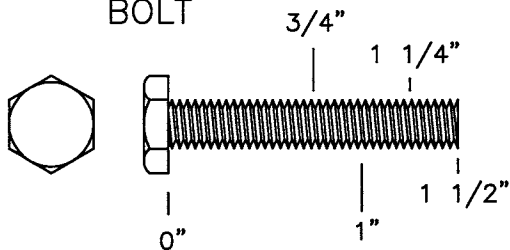
3/8" SOCKET  
CAP SCREW



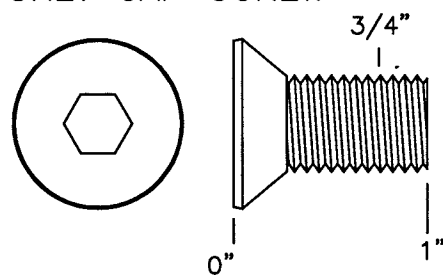
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT



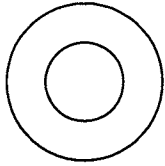
1/2" FLATHEAD  
SOCKET CAP SCREW



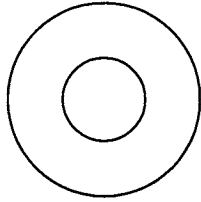


# OWNERS MANUAL

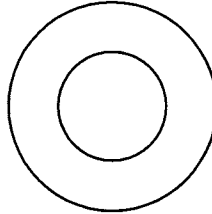
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



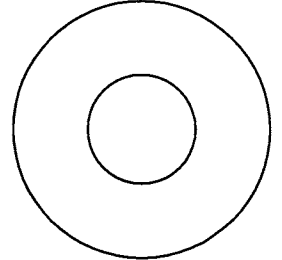
3/8"  
FLAT  
WASHER



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



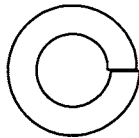
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



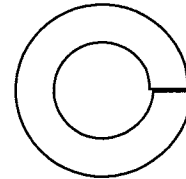
1/4"  
LOCK WASHER



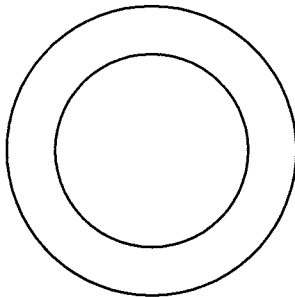
3/8"  
LOCK WASHER



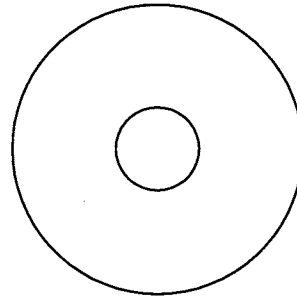
1/2"  
LOCK WASHER



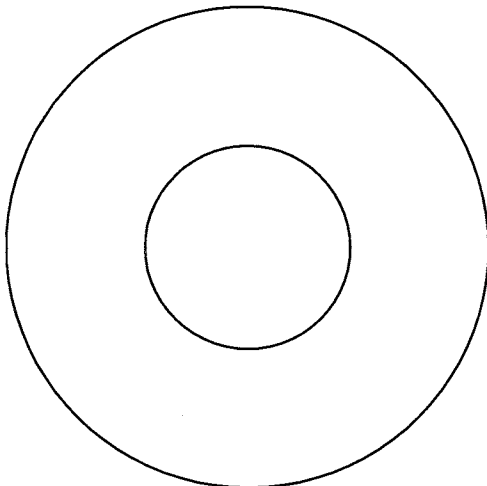
1" SHIM WASHER



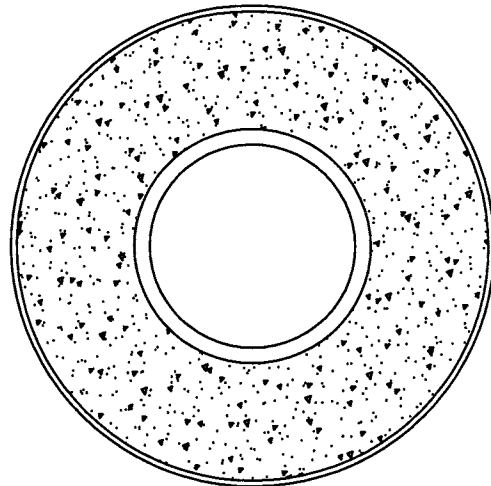
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER

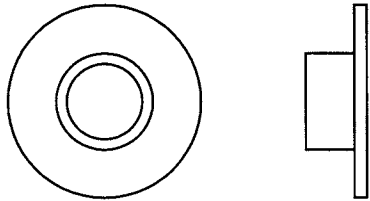


PLASTIC 1 1/16"  
FENDER WASHER

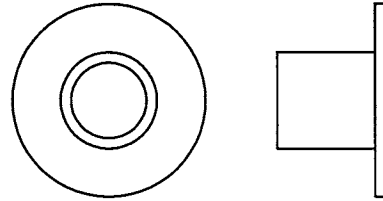


# OWNERS MANUAL

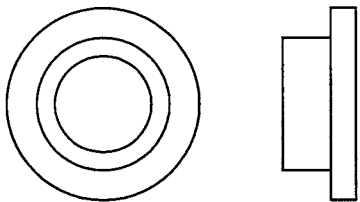
1/4" LONG  
FLANGED SPACER



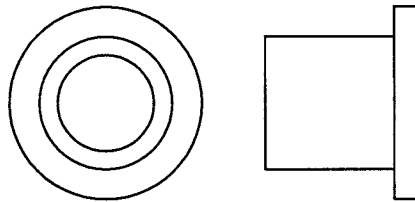
1/2" LONG  
FLANGED SPACER



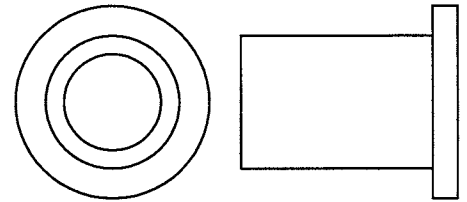
1/4" LONG HEAVY  
FLANGED SPACER



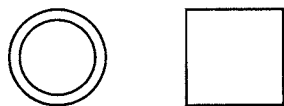
11/16" LONG HEAVY  
FLANGED SPACER



1" LONG HEAVY  
FLANGED SPACER



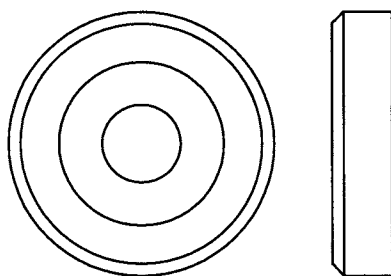
1/2" LONG  
SPACER



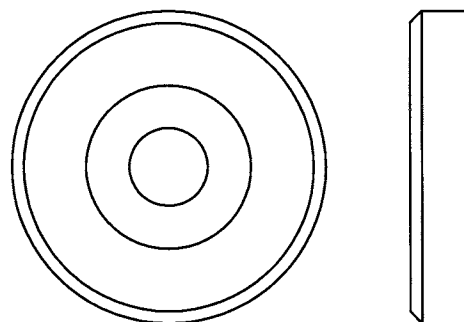
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP

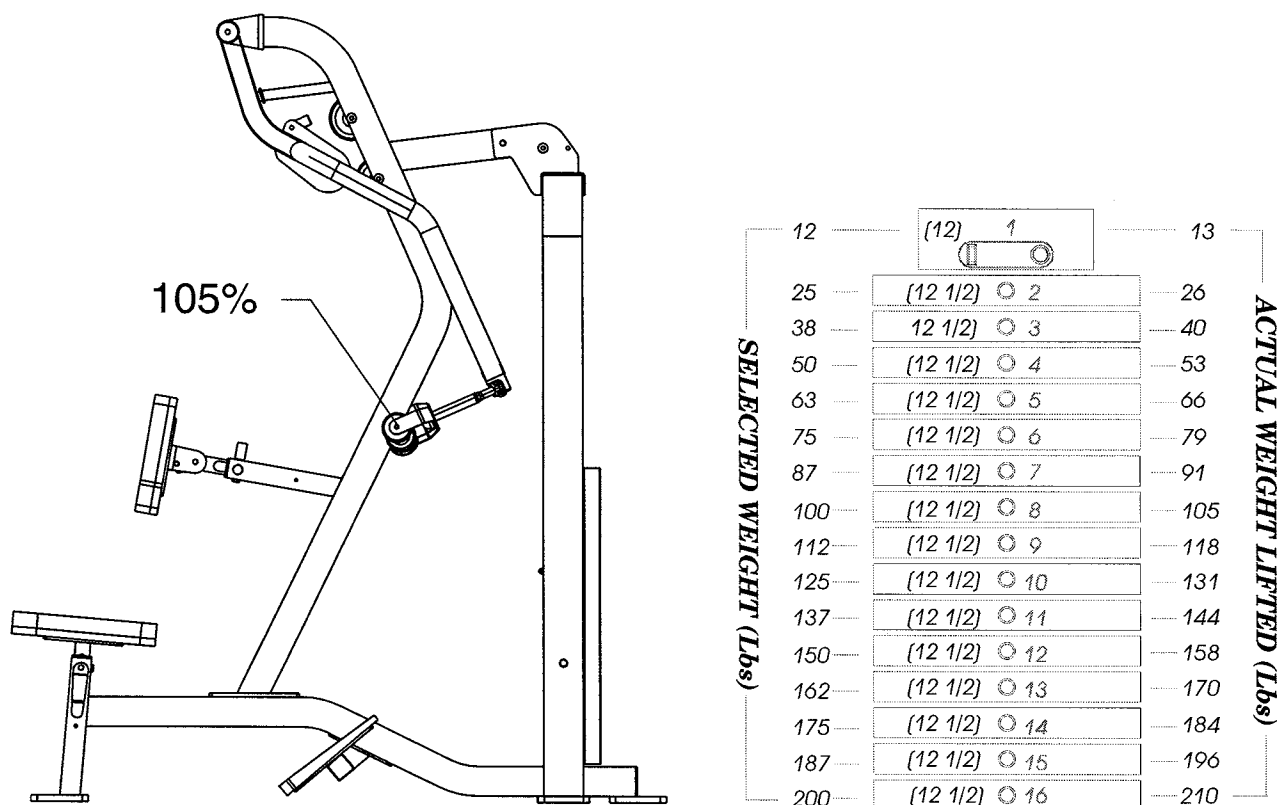


1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNERS MANUAL

## WEIGHT RATIOS



The above chart shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. 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. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

# OWNERS MANUAL

## WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

**Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.**

**Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.**

**Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.**

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

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

# OWNERS MANUAL

## WEIGHT TRAINING EXERCISE LOG

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

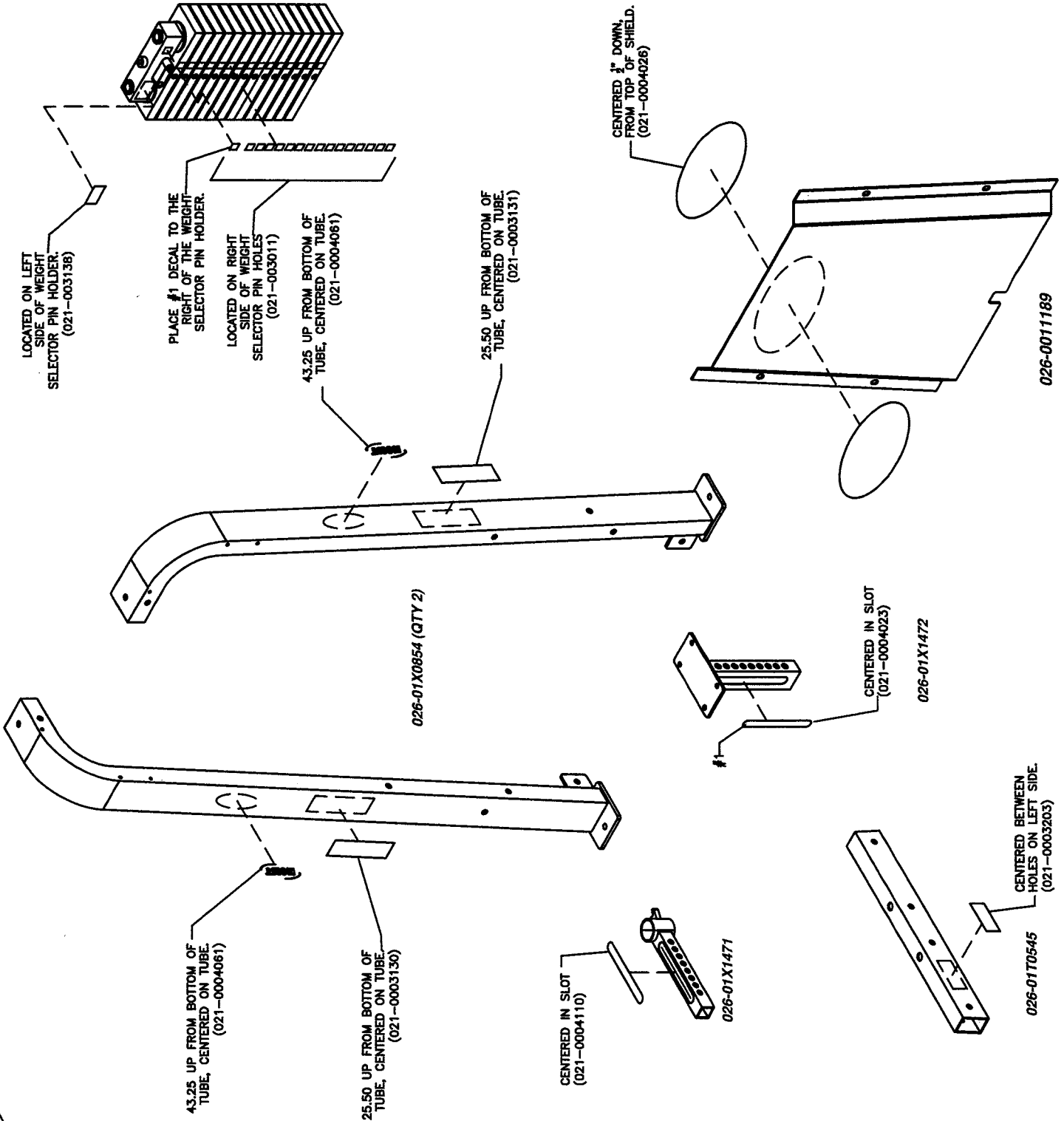
Date		S			R			W			S			R			W			S			R			W			S			R			W		
Exercise	Date	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																					



# OWNERS MANUAL

# OWNERS MANUAL

## DECAL PLACEMENTS

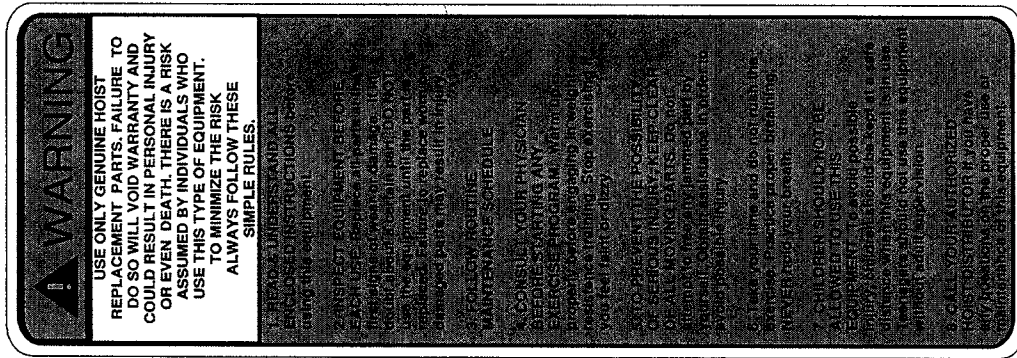


# OWNERS MANUAL

## DECAL REFERENCE



021-0004061



021-0003130

	Daily	Weekly	Monthly	Monthly	Yearly
<b>COMMERCIAL MAINTENANCE</b>					
Inspect: Post Pins, Stamp 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 (Superfube)			X		
Lubricate: Seat Sleeves, Tuncite Bushings, Linear Bearings			X		
Clean and Wax: All Glossy Finishes				X	
Repairs with Greases; Linear Bearings				X	
Replace: Cables, Belts and Connecting Parts					X

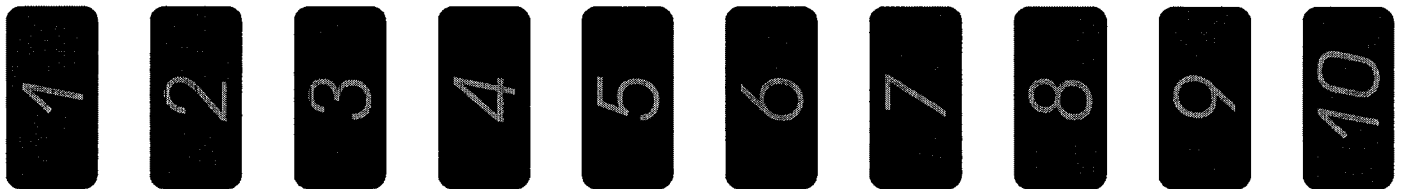
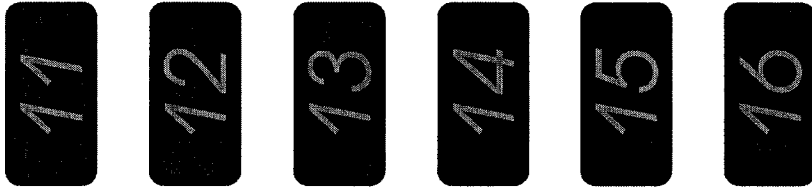
**NOTICE**

021-0003131

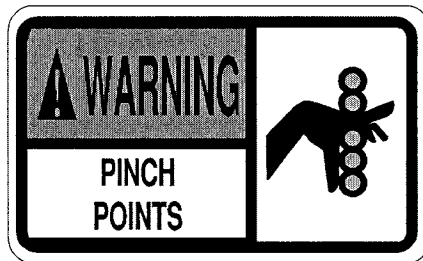


# OWNERS MANUAL

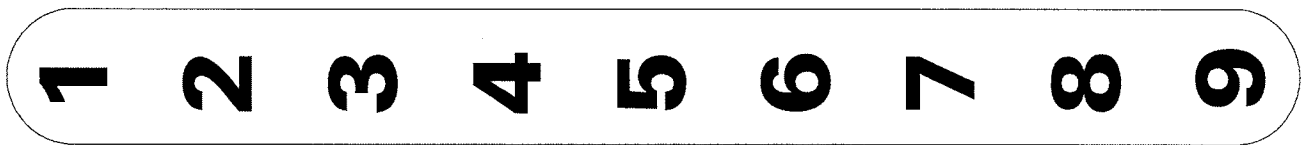
## DECAL REFERENCE



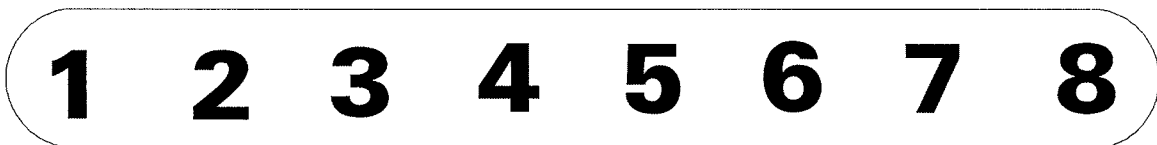
021-0003011



021-0003138



021-0004023



021-0004110

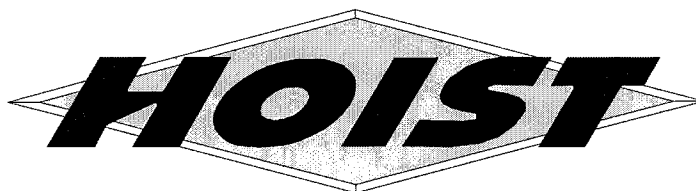
**OWNERS  
MANUAL**

**DECAL REFERENCE**



**HOIST®**

**021-0004026**



**1-800-548-5438**

*www.hoistfitness.com*

**03-03-000000**

**021-0003203**

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

# OWNERS MANUAL

## MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY															
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY																
Clean; Upholstery	DAILY	WEEKLY																
Inspect; Cables or Belts and their tension	DAILY	WEEKLY																
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS																
Inspect; All Decals	WEEKLY	3 MONTHS																
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS																
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS																
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS																
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS																
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY																
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY																
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS																

*Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.*

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

### **Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.*
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.*
- \*If the spring sticks or has lost its rigidity, replace it immediately.*

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- \*Replace ripped or worn upholstery immediately.*
- \*Keep sharp or pointed objects clear of all upholstery.*

### **Guide Rods:**

- \*Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.*
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

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

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

### **Belts and Cables:**

- \*Hoist uses only high quality belt, and mil-spec cables.*
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

# OWNERS MANUAL

## GENERAL MAINTENANCE INFORMATION (CONTINUED)

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

*\*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.*

*\*Check slack in cables and re-adjust cable tension if needed.*

### **Seat Sleeves, Turcite Bushings:**

*\*Wipe down adjusting tubes with a dust free rag before applying lubricant.*

*\*Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

### **Linear Bearings:**

*\*Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

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

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

**COMMERCIAL USE:** All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

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

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

### WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD.** Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

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

**WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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**