

Congratulations on your commitment to fitness. Taking responsibility for your own health and well being is a most admirable quality. As you start your exercise program remember that regaining fitness is much harder than maintaining fitness, so make fitness a habit.

We at Hoist Fitness Systems are sure that you will be completely satisfied with your Hoist 1200, both with quality and performance. If you do encounter a problem do not hesitate to call your authorized Hoist dealer.

Please retain this manual for your records. It contains information you will need to order replacement parts as well as a copy of the warranty for future reference. Please be sure to record the serial number of your machine on the catalog as well as in the warranty information. The serial number of your machine is used when tracking warranty information.

1200

Assembly Instructions

STEP 1

Before beginning assembly please take the time to read the instructions thoroughly. A Owner's Manual has been included with these assembly instructions. Please use it to make sure that all parts have been included in your shipment. If any parts are missing, please use the part number and description from the catalog when ordering.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions of your Hoist 1200 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 catalog when calling. When all parts have been accounted for, continue on to Step 2.

Tools Required

Socket Wrench

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

Crescent Wrench

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

Rubber Mallet

Tape Measure

Note: Washers should be placed on both ends of all bolts (against the head of the bolt and against the nut) unless otherwise specified in these instructions.

1200 Assembly

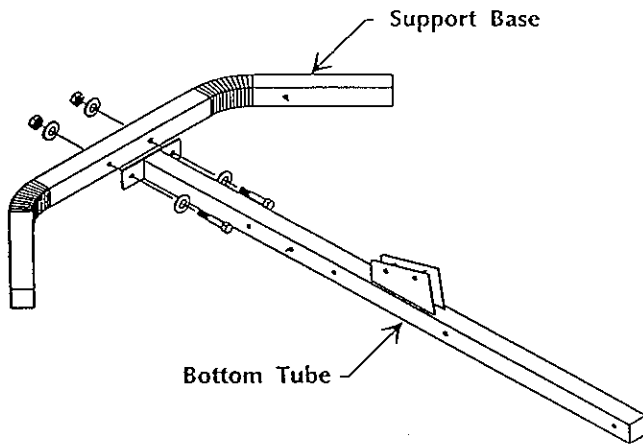
Step 2

Step 2

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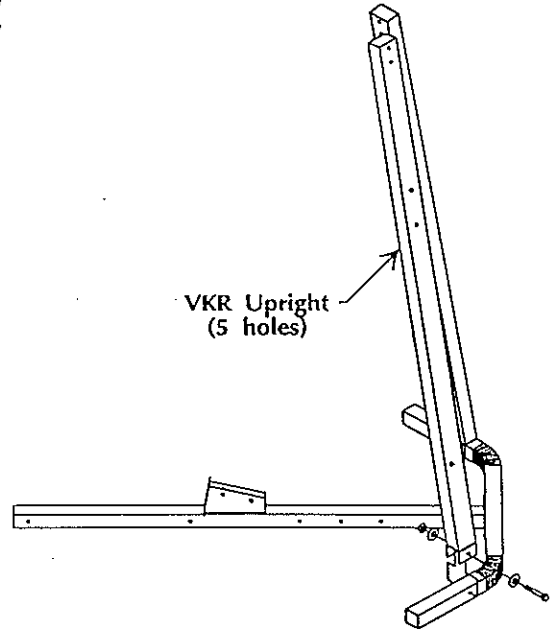
2A Attach the Support Base to the Bottom Tube using (2) 3/8 x 2 3/4 hex bolts. (Hand tighten only)

2A



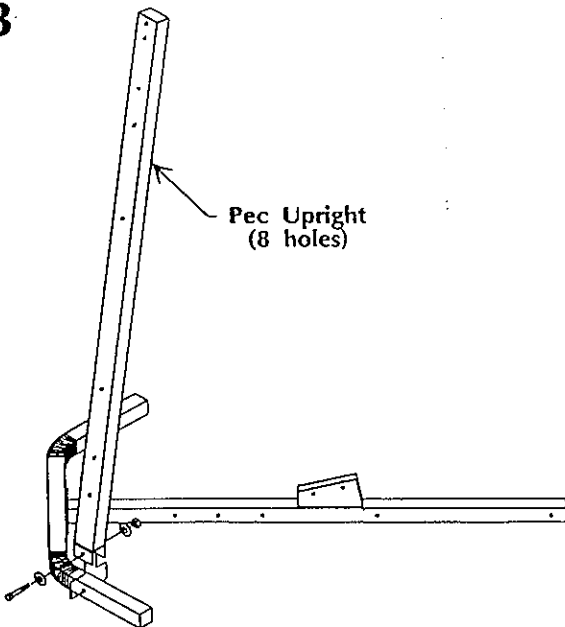
2C Attach the VKR Upright (5 holes) to the Support Base using (1) 3/8 x 2 3/4 hex bolt. (Hand tighten only)

2C



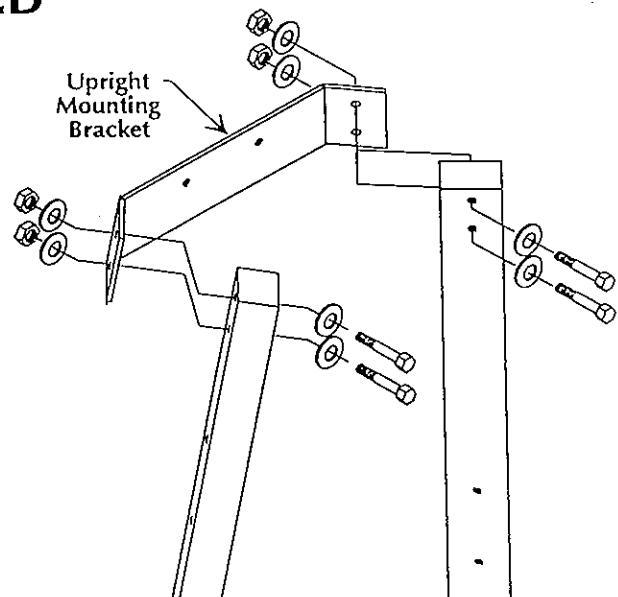
2B Attach the Pec Upright (8 holes) to the Support Base using (1) 3/8 x 2 3/4 hex bolt. (Hand tighten only)

2B



2D Attach the Upright Mounting Bracket to the Pec and VKR Uprights using (4) 3/8 x 2 3/4 hex bolts. (Hand tighten only)

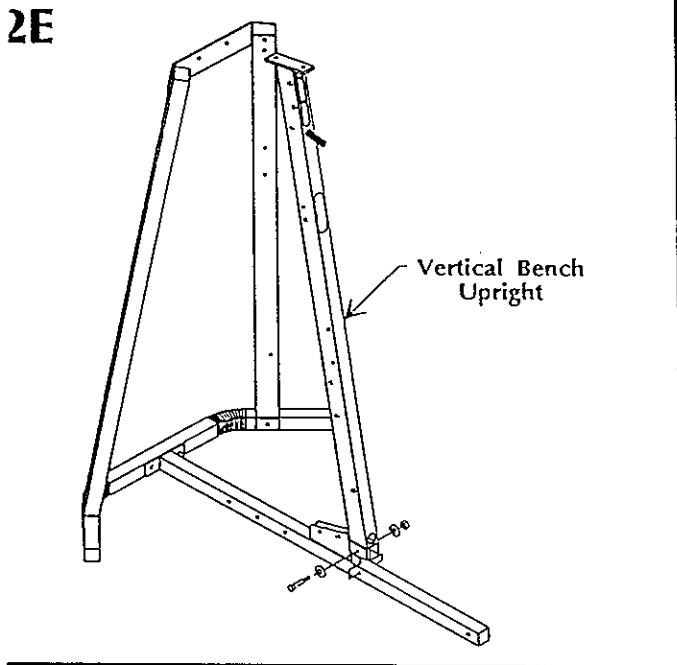
2D



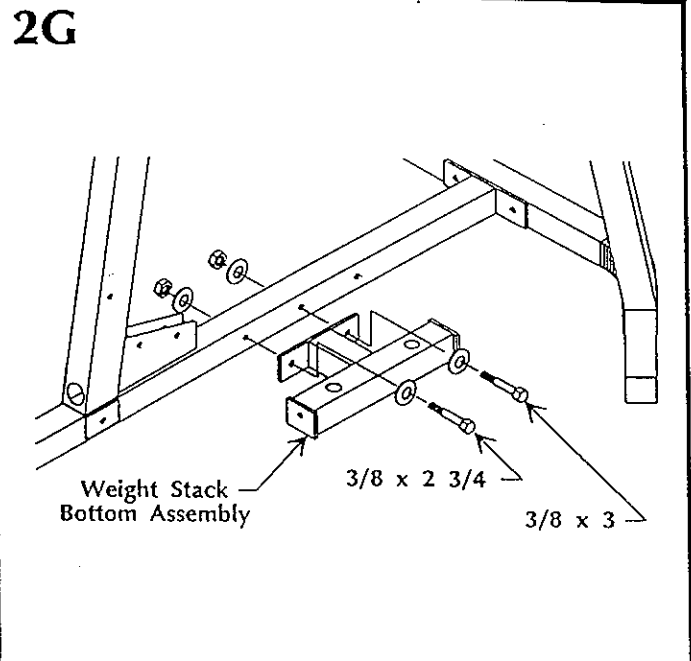
1200 Assembly

Step 2

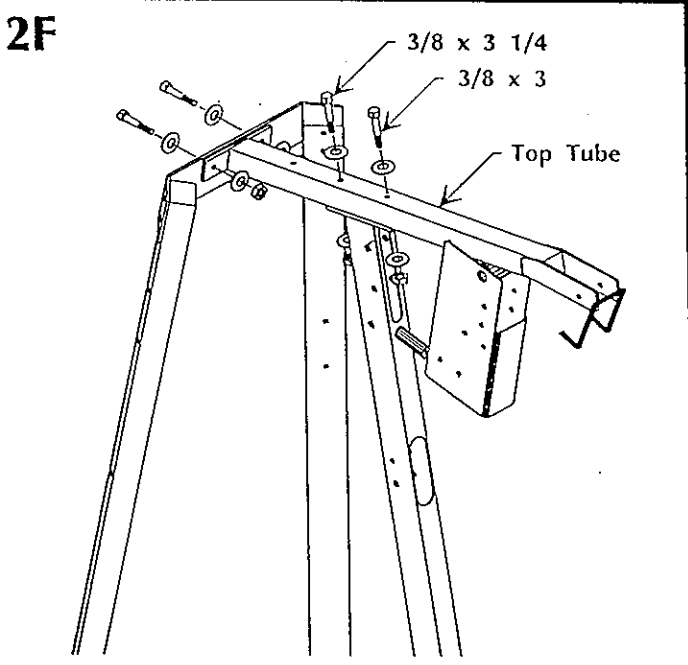
2E Attach the Vertical Bench Upright to the Bottom Tube using (1) $3/8 \times 2 3/4$ hex bolt. (Hand tighten only)



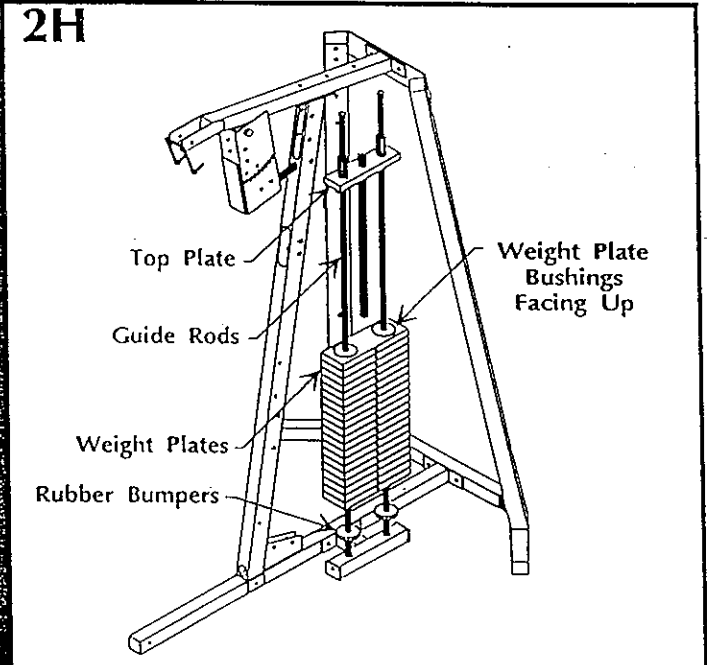
2G Attach the Weight Stack Bottom Assembly to the Bottom Tube using (1) $3/8 \times 2 3/4$ hex bolt and (1) $3/8 \times 3$ hex bolt. (Wrench tighten $2 3/4$ " hex bolt and hand tighten 3" hex bolt)



2F Attach the Top Tube to the Upright Mounting Bracket using (2) $3/8 \times 1$ hex bolts and to the Vertical Bench Upright using (1) $3/8 \times 3 1/4$ hex bolt and (1) $3/8 \times 3$ hex bolt. (Wrench tighten ALL bolts installed through this step)



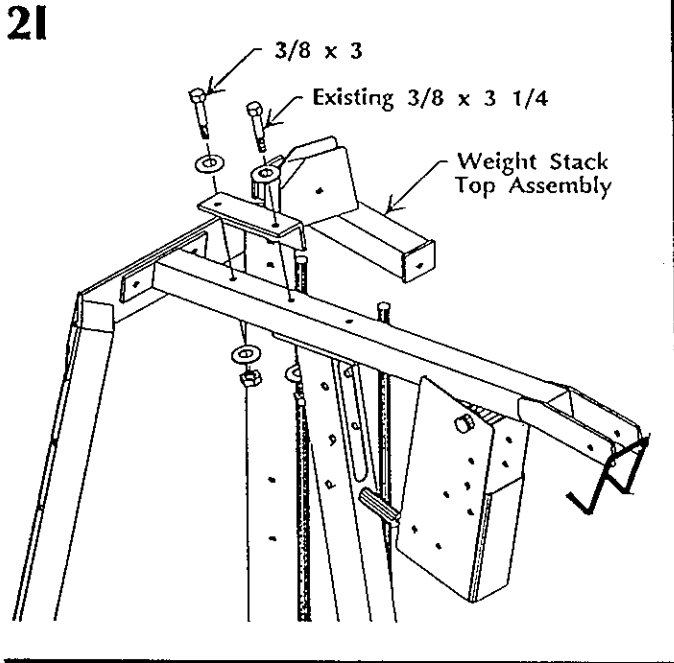
2H Slide Rubber Donuts onto Guide Rods. Set Guide Rods into holes in Weight Stack Bottom Assembly with the Rubber Donuts down. Carefully slide the Weight Plates onto the Guide Rods making sure that the bushings are facing up. Slide the Top Weight onto the Guide Rods.



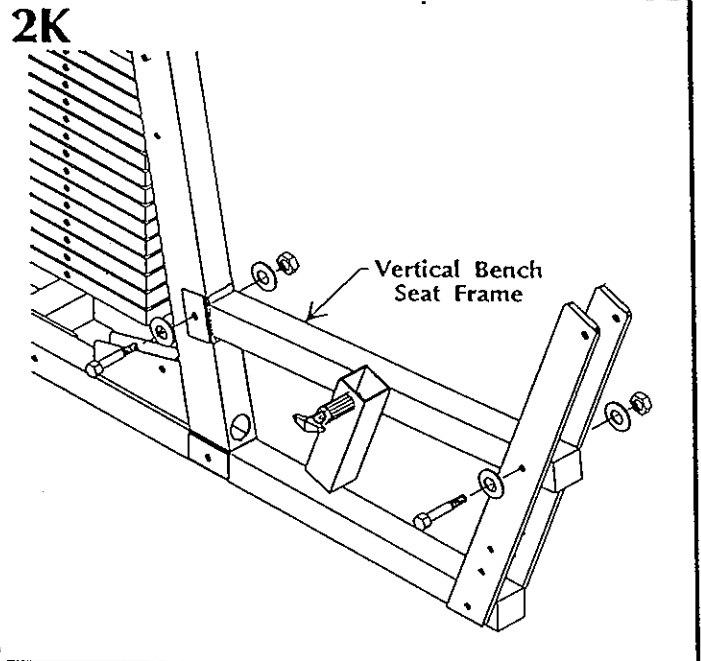
1200 Assembly

Step 2

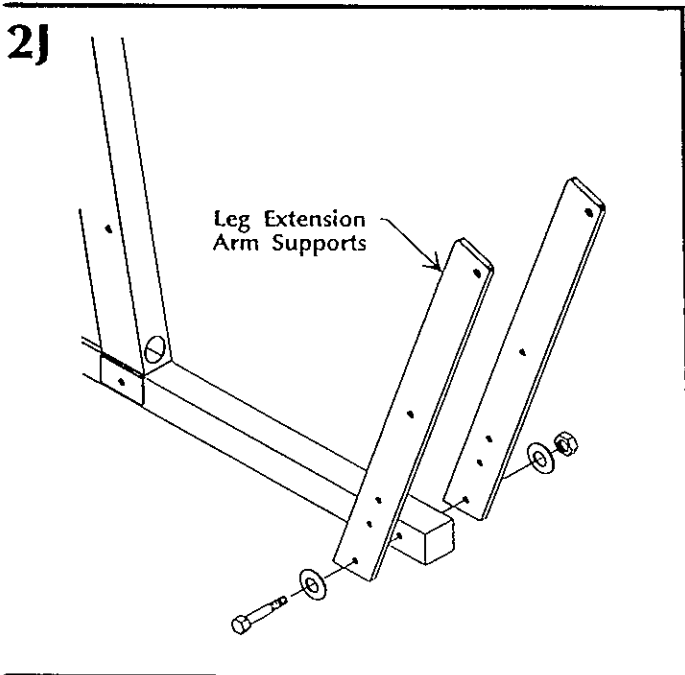
2I Set the Weight Stack Top Assembly onto the top of the Guide Rods and bolt to the Top Tube using (1) $3/8 \times 3$ hex bolt and existing $3/8 \times 3 1/4$ hex bolt. (Wrench tighten)



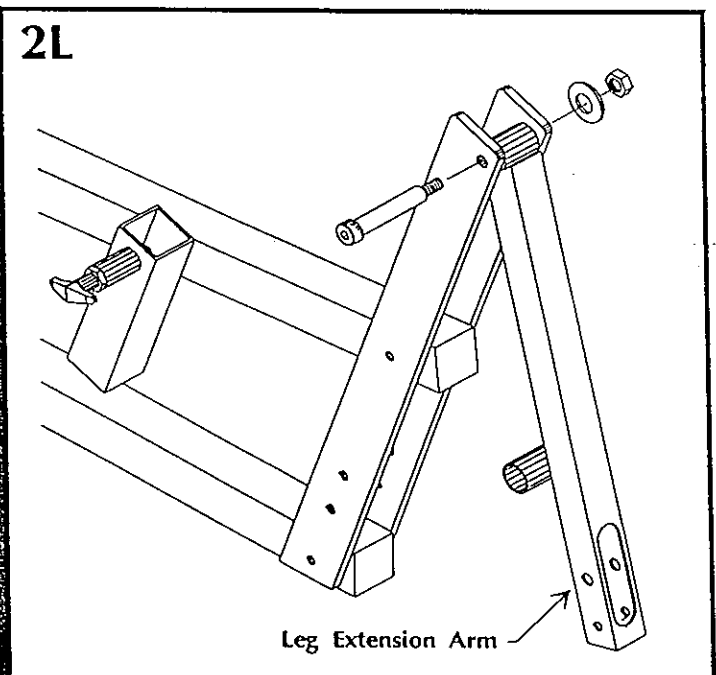
2K Attach the Vertical Bench Seat Frame to the Vertical Bench Upright using (1) $3/8 \times 2 3/4$ hex bolt and to the Leg Extension Arm Supports using (1) $3/8 \times 3 1/4$ hex bolt. (Hand tighten only)



2J Attach the Leg Extension Arm Supports to the Bottom Tube using (1) $3/8 \times 3 1/4$ hex bolt. (Hand tighten only)



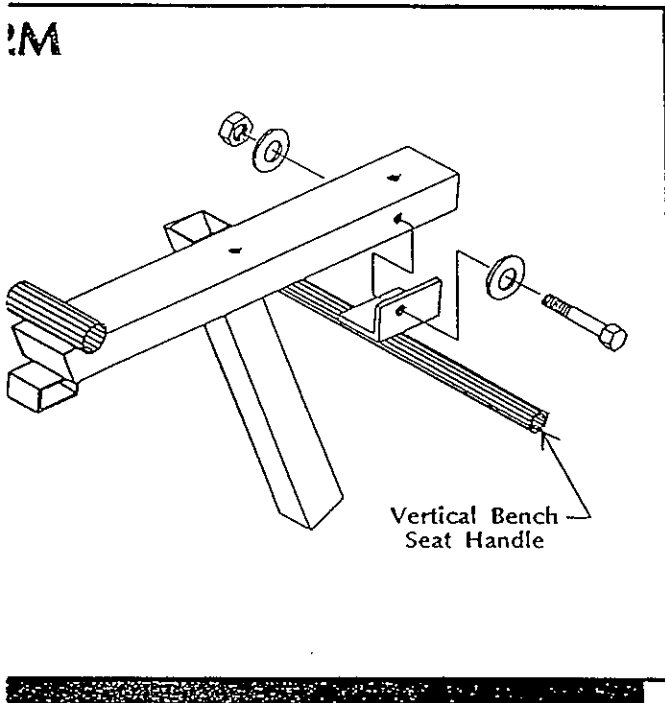
2L Attach the Leg Extension Arm to the Leg Extension Arm Supports using (1) $1/2 \times 2 1/2$ shoulder bolt and (1) $3/8$ flat washer. (Wrench tighten All bolts in steps 2J through 2L being sure the Leg Extension Arm hangs straight and swings freely)



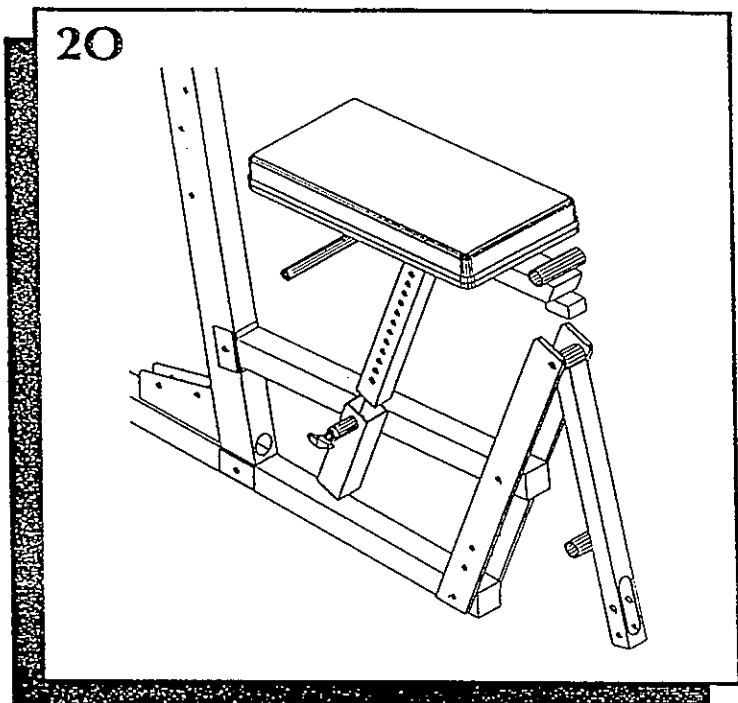
1200 Assembly

Step 2

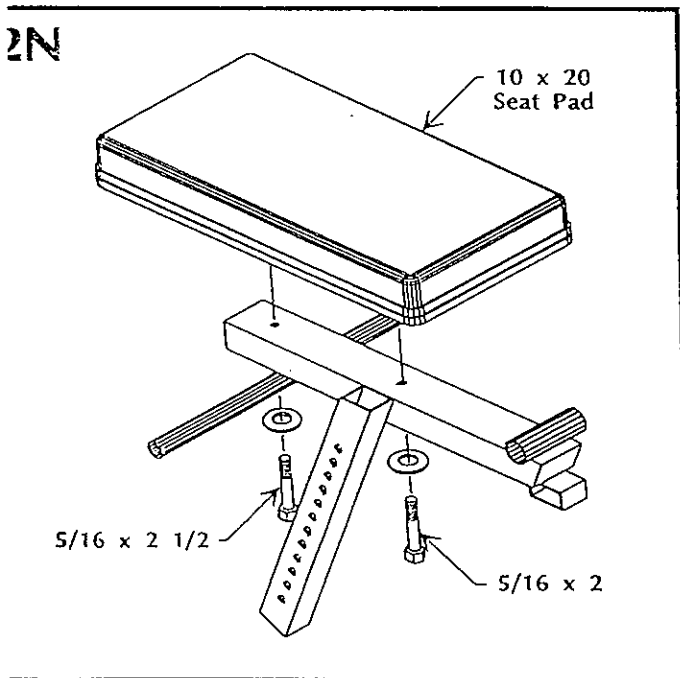
M Attach the Vertical Bench Seat Handle to the Vertical Bench Seat Adjust using (1) $3/8 \times 3 1/4$ hex bolt. (Hand tighten only)



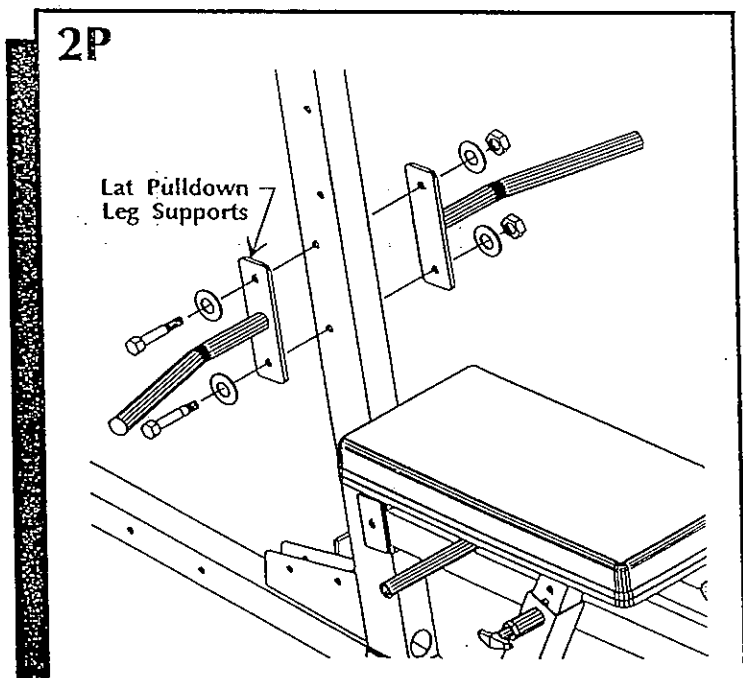
20 Slide the Vertical Bench Seat Assembly into the Vertical Bench Seat Frame until the Seat Assembly is resting on the Seat Frame.



2N Attach one of the pads to the Vertical Bench Seat Adjust using (1) $5/16 \times 2$ hex bolt and (1) $5/16 \times 1/2$ hex bolt. (Wrench tighten All three bolts in Vertical Bench Seat Adjust)



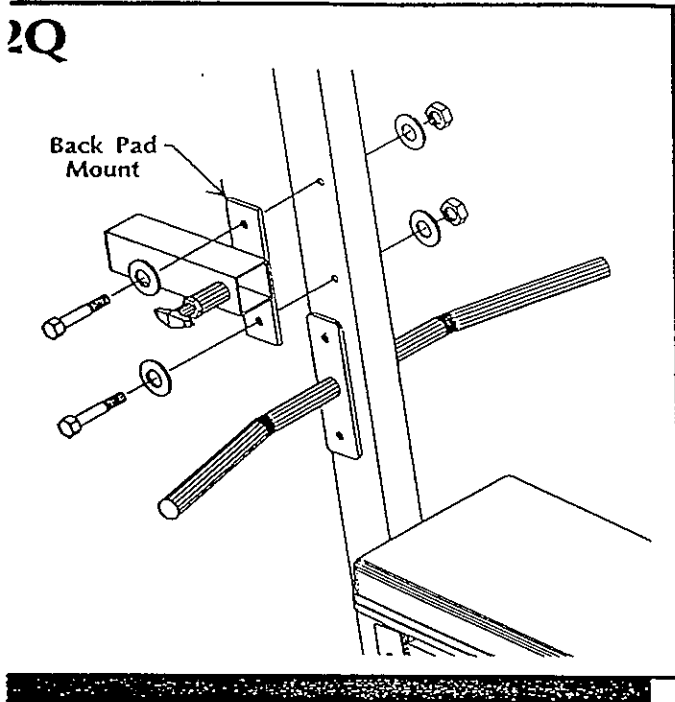
2P Attach the Lat Pulldown Leg Supports to the Vertical Bench Upright using (2) $3/8 \times 3$ hex bolts. (Wrench tighten)



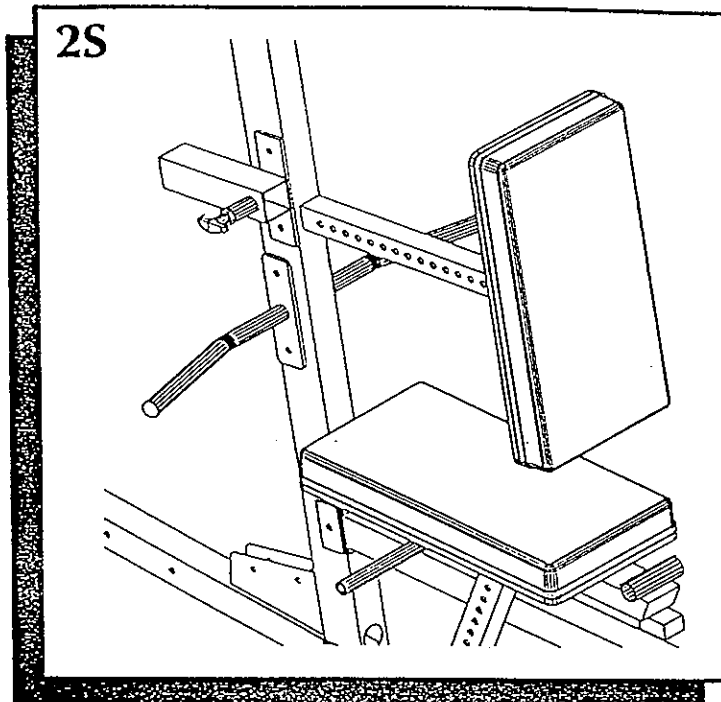
1200 Assembly

Step 2

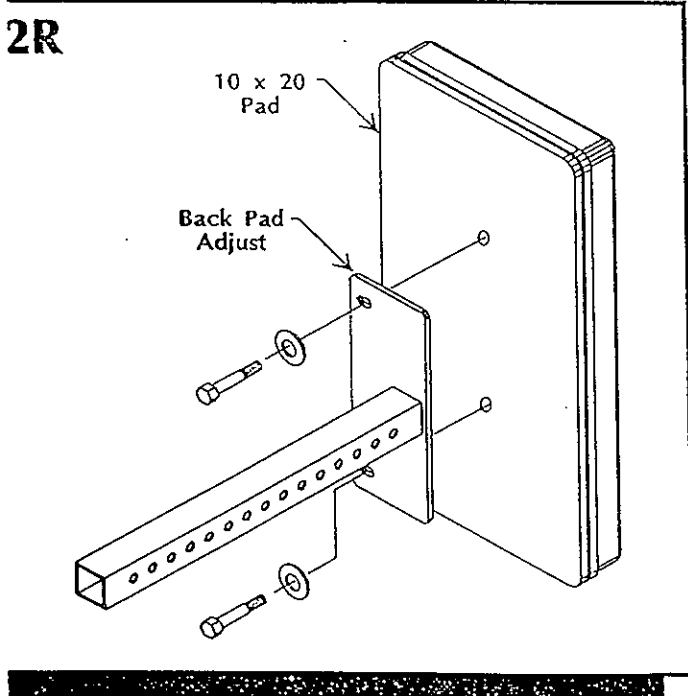
2Q Attach the Back Pad Mount to the Vertical Bench Upright using (2) $\frac{3}{8}$ x $2\frac{3}{4}$ hex bolts. (Trench tighten)



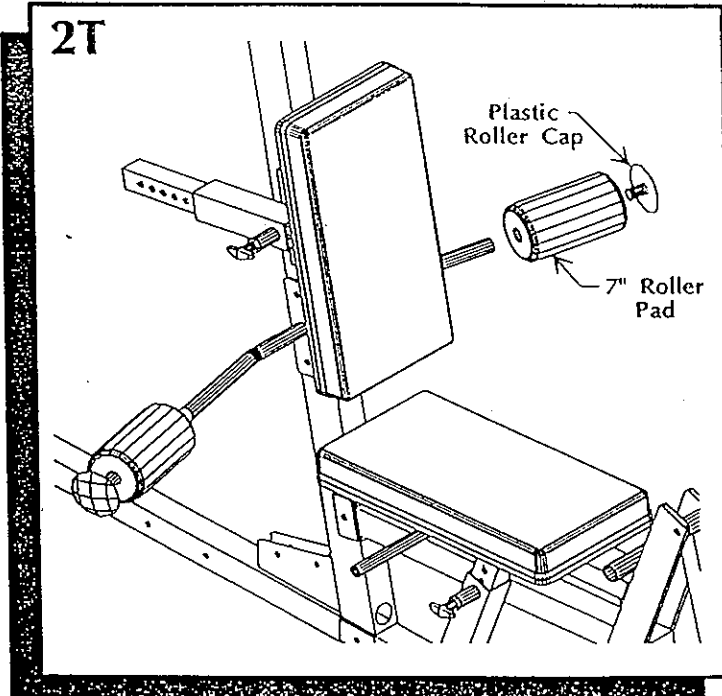
2S Slide the Vertical Bench Back Adjust into the Back Pad Mount on the Vertical Bench Upright.



2R Attach the remaining pad to the Vertical Bench Back Pad Mount using (2) $\frac{5}{16}$ x 1 hex bolts. (Trench tighten)



2T Slide 7" Roller pads onto the Lat Pulldown Leg Supports until the end of the roller is flush with the end of the Lat Pulldown Leg Support bar. Using a rubber mallet tap a Plastic Roller Cap into the end of each tube.



1200 Assembly

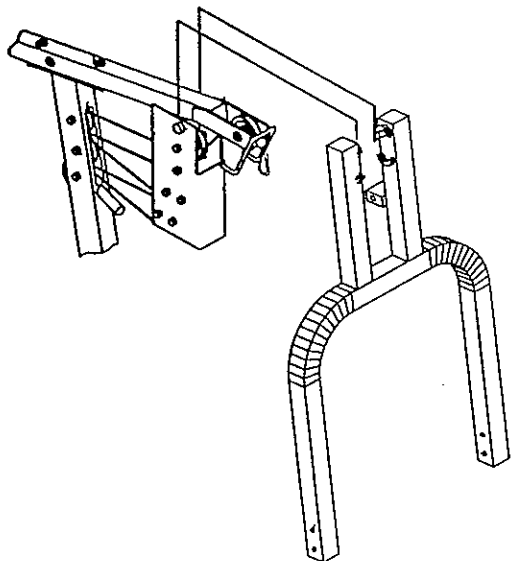
Step 6

Step 6

Final Attachments

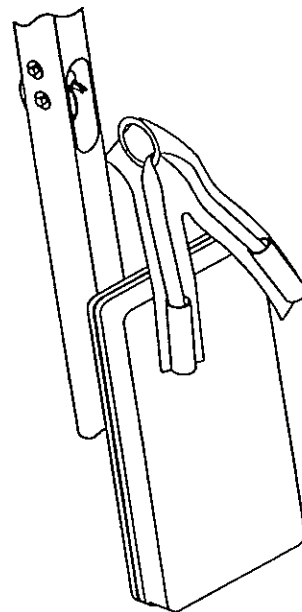
6A Attach the Press Arm to the pivot shaft in the Top Tube using split collars mounted on the Press Arm. (Wrench tighten)

6A



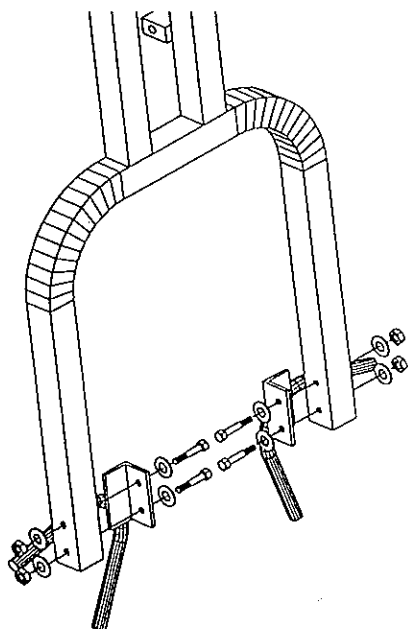
6C Attach Ab Strap to the clevis at vertical bench station using the existing 1/4 x 1 hex bolt. (Wrench

6C



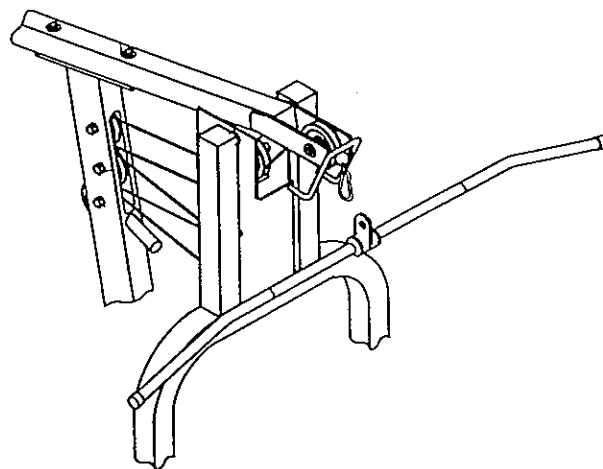
6B Attach the Press Arm Handles to the Press Arm using (4) 3/8 x 2 3/4 hex bolts. (Wrench tighten)

6B

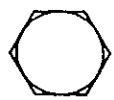


6D Attach Lat Bar to the snap hook at pulldown station.

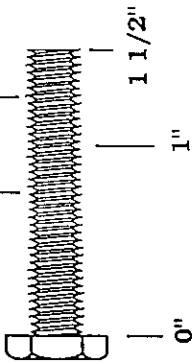
6D



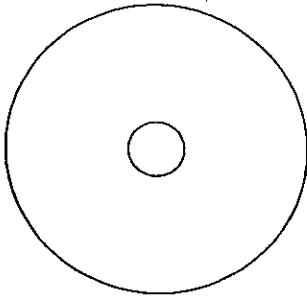
BOLT SIZING CHART



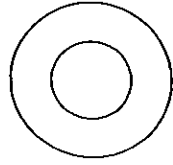
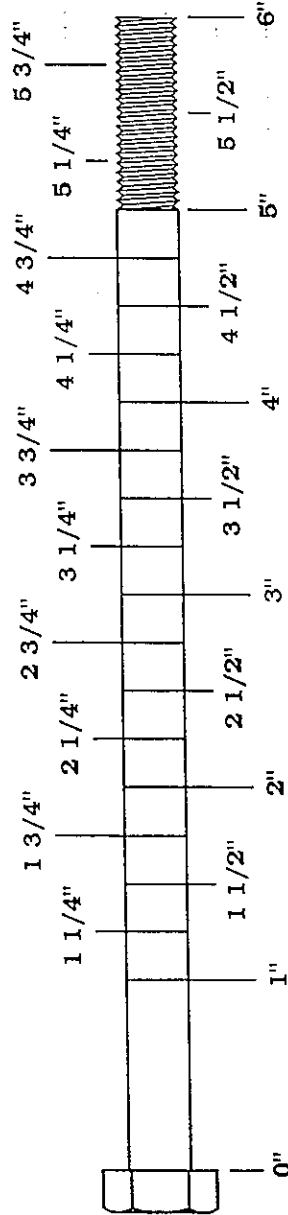
1/4"
HEX BOLT



1/4"
FLAT WASHER



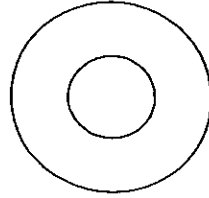
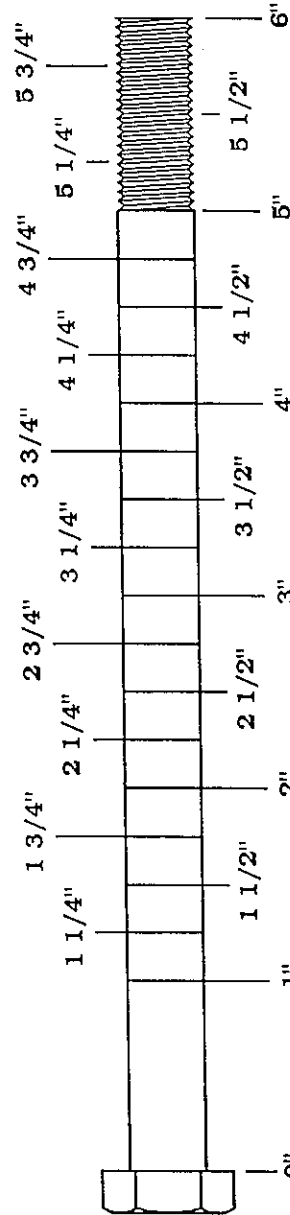
5/16"
HEX BOLT



5/16"
FLAT WASHER



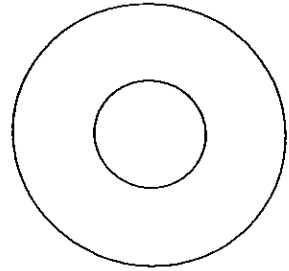
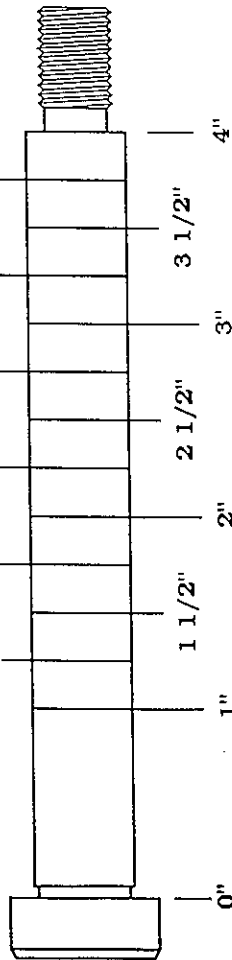
3/8"
HEX BOLT



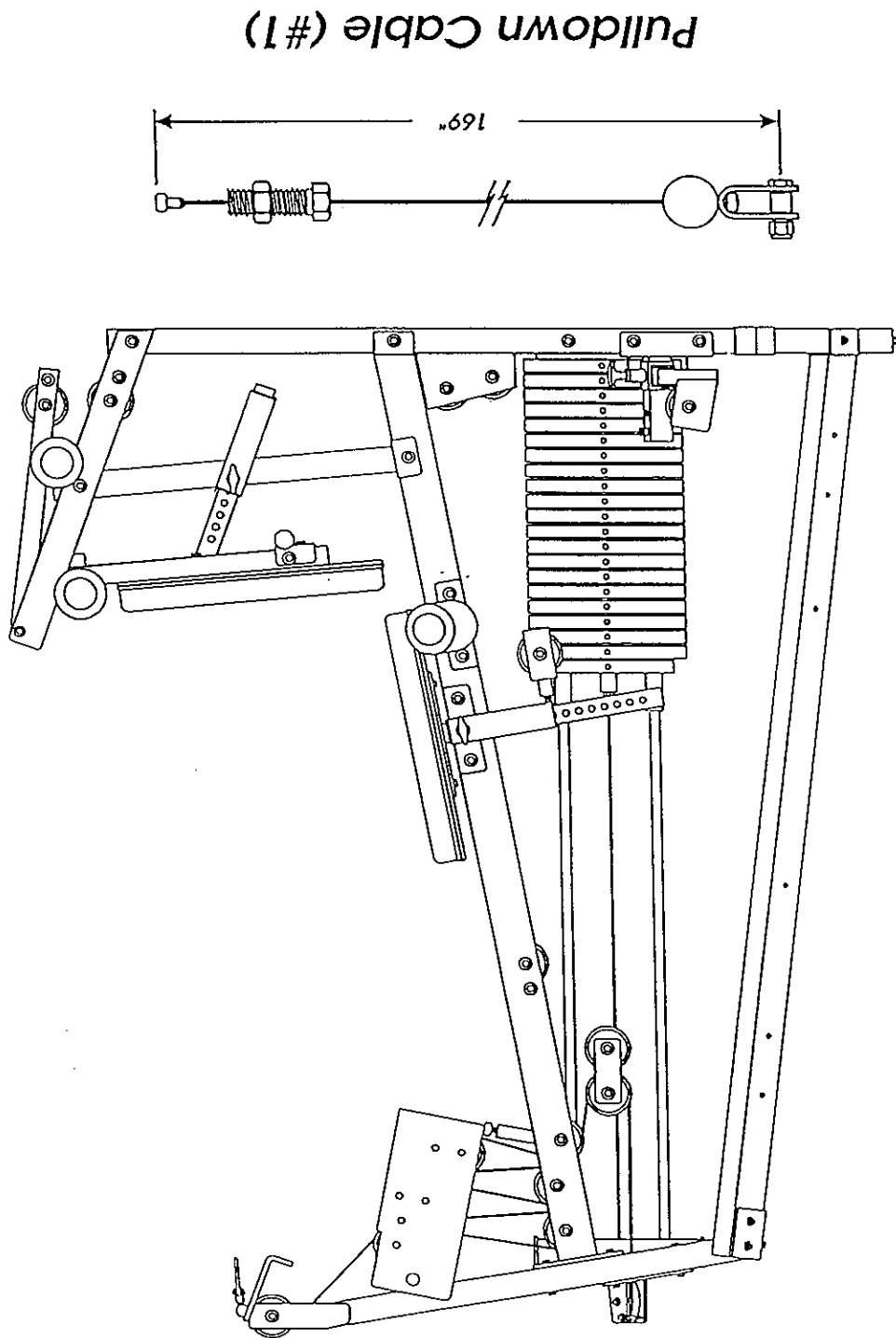
3/8"
FLAT WASHER

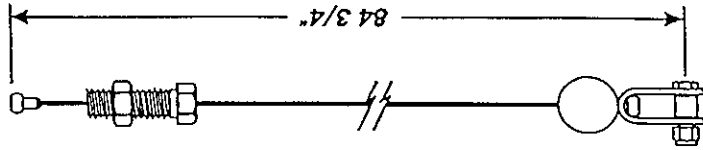
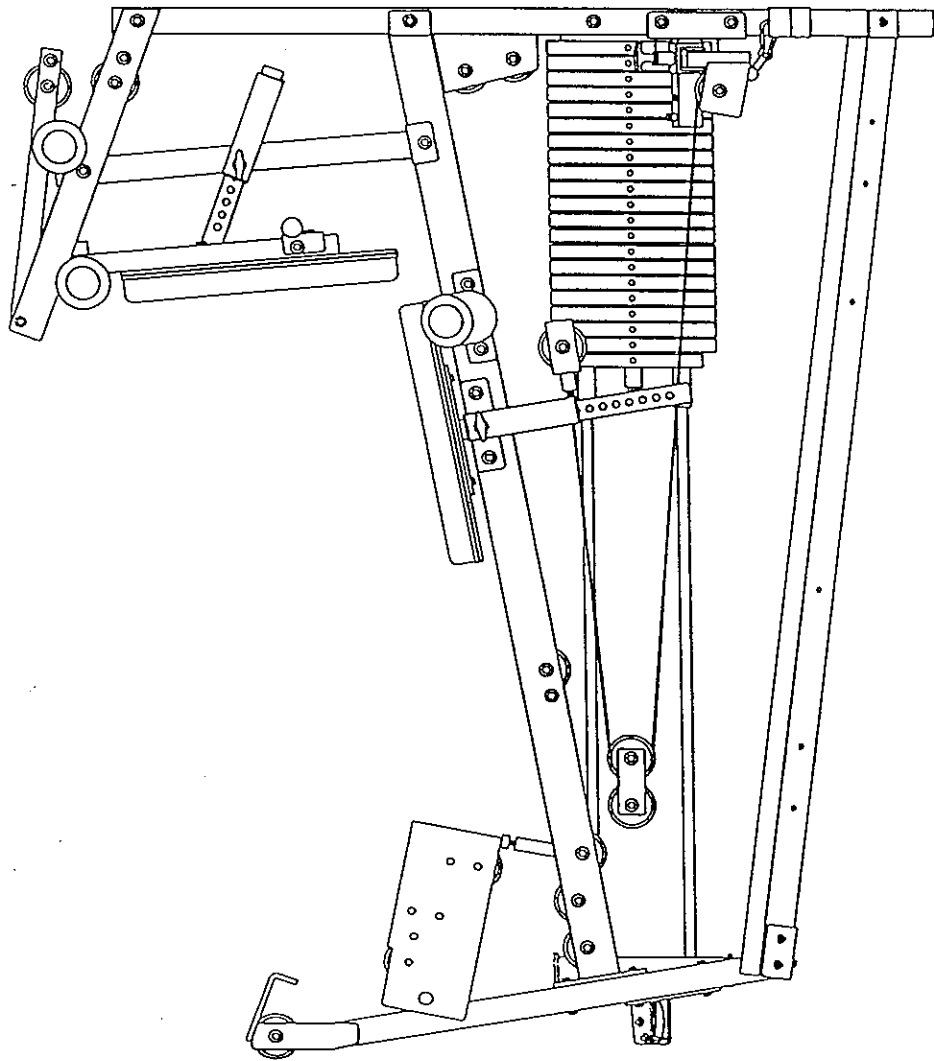


1/2"
SHOULDER
BOLT

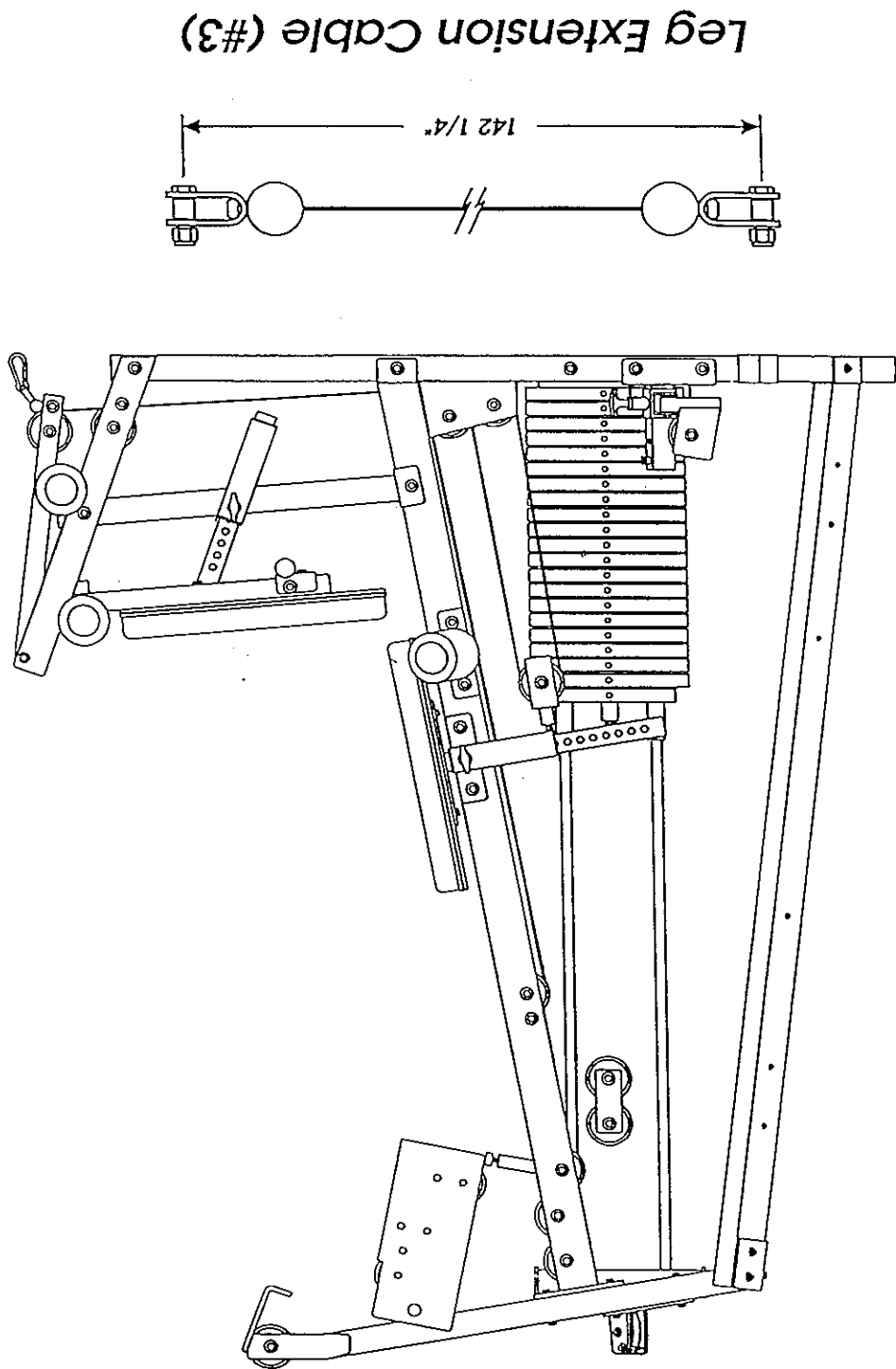


1/2"
FLAT WASHER





Low Swivel Cable (#2)



Key No.	Qty.	Part Number	Description
1	1	61-1200-19	Support Base
2	1	61-1200-01	Pec Upright
3	1	61-1200-02	VKR Upright
4	1	61-1200-16	Vertical Bench Upright
5	1	61-1200-03	Bottom Tube
6	1	61-SP153	Upright Mounting Bracket
7	1	61-1200-04	Top Tube
8	1	61-1200-13	Press Arm
9	1	61-1200-20	Left Press Arm Handle
10	1	61-1200-21	Right Press Arm Handle
11	1	61-1200-25	Range Of Motion
12	1	61-1200-24	Swivel
13	1	61-1200-09	Swivel Mount
14	1	61-1200-12	Swivel Mount Adjust
15	1	61-1200-22	Lat Pulldown Leg Supports
16	1	61-1200-08	Back Pad Mount
17	1	60-1167	Press Arm Pivot Shaft
18	1	61-1200-10	Back Pad Adjust
19	1	61-1200-11	Vertical Bench Seat Adjust
20	1	61-1200-15	Vertical Bench Seat Handle
21	1	61-1200-05	Vertical Bench Seat Frame
22	1	61-SP157	Leg Extension Arm Supports
23	1	61-1200-14	Leg Extension Arm
24	1	16-PLG-ROLLERBAR	Roller End Cap
25	1	17-RLR-7	7" Roller Pad
26	1	16-SHM-1112	1" Shim Washer
27	1	61-1200-23	18" Pad Roller Bar
28	4	14-BRG-NYL1	Nylon Bushing
29	2	61-SU1020	10 x 20 Upholstry Pad
30	1	61-1200-07	Weight Stack Top Assembly

UL 3334

[illegible]

HARDWARE**1200**

Key No.	Qty.	Part Number	Description
	3	11-HEX-381	3/8 x 1 Hex Bolt
	5	11-HEX-38134	3/8 x 1 3/4 Hex Bolt
	5	11-HEX-382	3/8 x 2 Hex Bolt
	5	11-HEX-38212	3/8 x 2 1/2 Hex Bolt
	19	11-HEX-38234	3/8 x 2 3/4 Hex Bolt
	5	11-HEX-383	3/8 x 3 Hex Bolt
	6	11-HEX-38314	3/8 x 3 1/4 Hex Bolt
	6	11-HEX-38334	3/8 x 3 3/4 Hex Bolt
	2	11-HEX-5161	5/16 x 1 Hex Bolt
	1	11-HEX-5162	5/16 x 2 Hex Bolt
	1	11-HEX-516212	5/16 x 2 1/2 Hex Bolt
	4	13-FLT-516	5/16" USS Flat Washer
	85	13-FLT-38	3/8" USS Flat Washer
	53	12-LOK-38	3/8" Center Lock Reversible Lock Nut
	1	11-SHL-12212	1/2 x 2 1/2 Shoulder Bolt
	17	14-LIN-12	1/2" Pulley Spacer
	10	16-BSH-123812	Flanged Pulley Spacer
	16	18-PUL-312	3 1/2" Pulley
	1	18-PUL-412	4 1/2" Pulley
	1	20-CRL-10C	Curl Bar w/20 Link Chain
	1	20-LAT-10C	Lat Bar
	1	22-STR-CRUNCH	Ab Crunch Strap
	1	22-STR-ANKLE	Ankle Strap
	1	30-SPN-38414	Steel Weight Stack Pin
	1	21-STR-WEIGHT121	Weight Stack Numbers (1-21)
	2	20-CLC-100	1" Split Collar w/Allen Head Bolts

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1200 Assembly

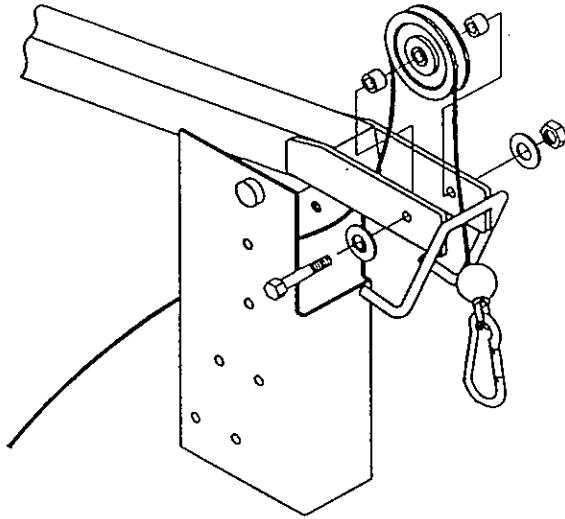
Step 3

Step 3

Cable Installation: Pulldown Cable (#1)

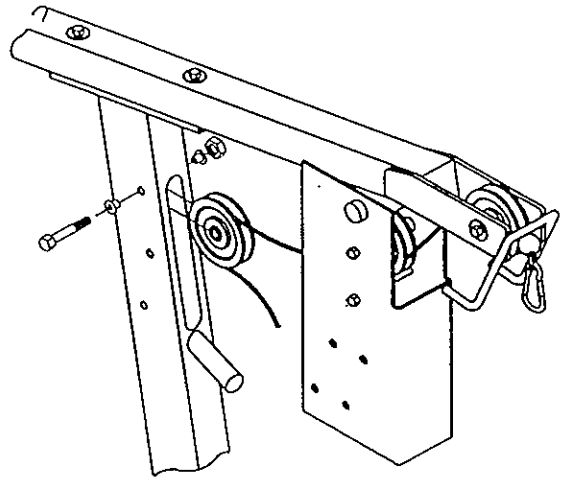
3A Loop the end of the cable with the snap hook over pulley and install between the Top Tube pulley and R.O.M. using (1) 3/8 x 3 hex bolt and (2) 1/2" spacers as shown. (Wrench tighten)

3A



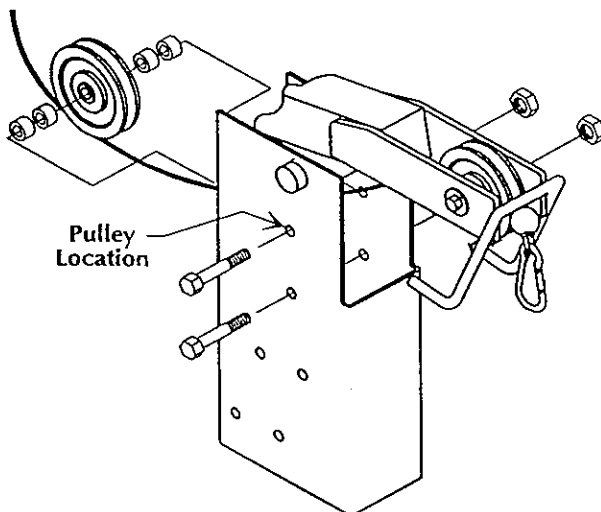
3C Insert flanged pulley spacers into the uppermost hole in the Vertical Bench Upright. Thread cable around pulley and install using (1) 3/8 x 2 1/2 hex bolt (without washers). (Wrench tighten being careful not to over tighten)

3C



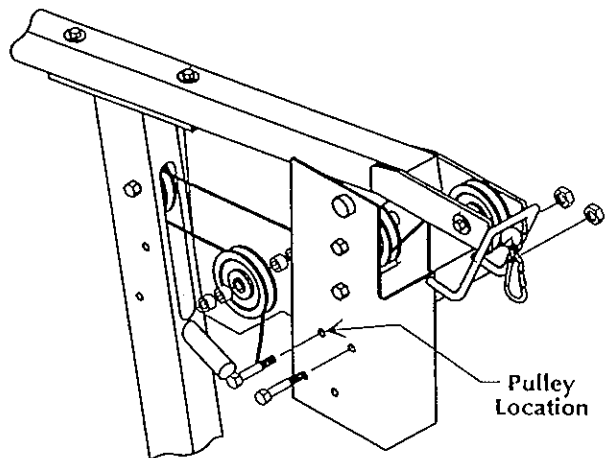
3B Thread cable through the R.O.M. and under pulley. Install pulley into uppermost hole using (1) 3/8 x 3 3/4 hex bolt (without washers) and (4) 1/2" spacers. Install (1) 3/8 x 3 3/4 hex bolt (without washers) into the hole directly below pulley. (Wrench tighten both bolts)

3B



3D Thread the cable around pulley and install into the middle, back hole of the R.O.M. using (1) 3/8 x 3 3/4 hex bolt (without washers) and (4) 1/2" spacers. Install (1) 3/8 x 3 3/4 hex bolt (without washers) into hole directly in front of pulley. (Wrench tighten both bolts)

3D

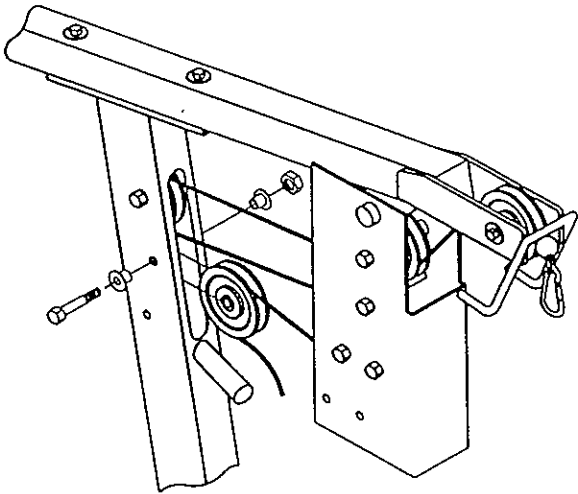


1200 Assembly

Step 3

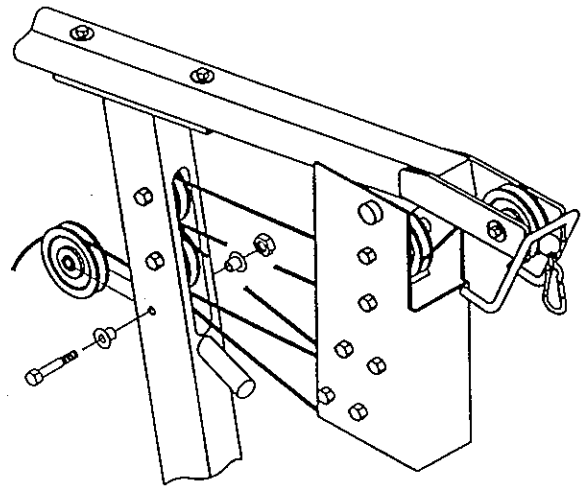
3E Insert flanged pulley spacers into the next hole down on the Vertical Bench Upright. Thread cable around pulley and install using (1) $3/8 \times 2 1/2$ hex bolt (without washers). (Wrench tighten being careful not to over tighten)

3E



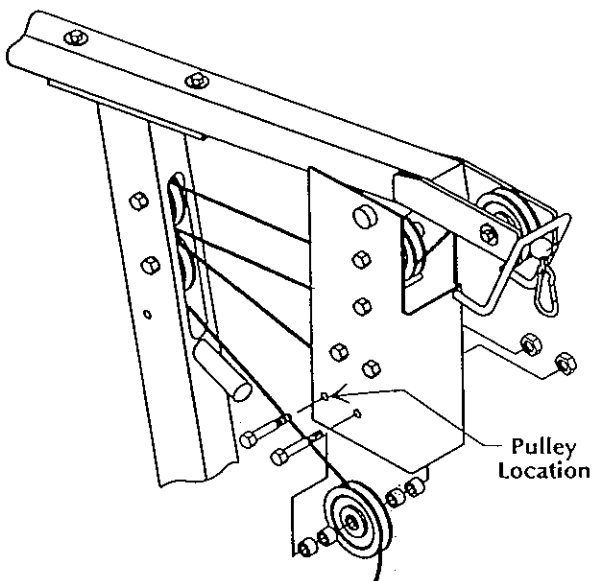
3G Insert flanged pulley spacers into the next hole down on the Vertical Bench Upright. Thread cable through the Vertical Bench Upright and over pulley. Install pulley using (1) $3/8 \times 2 1/2$ hex bolt (without washers). (Wrench tighten being careful not to over tighten)

3G



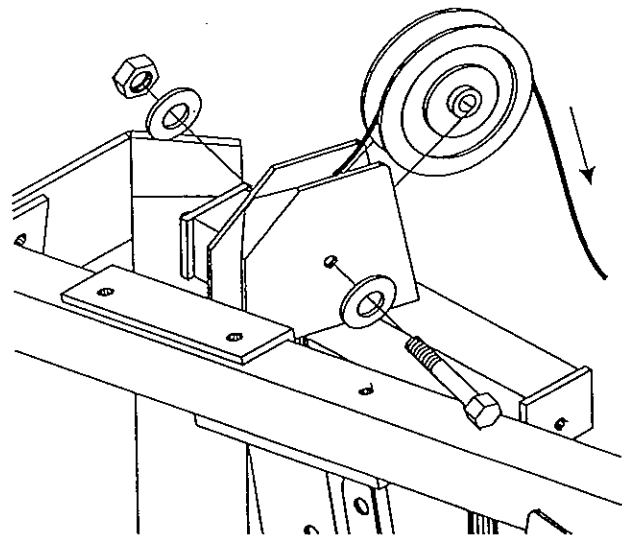
3F Thread cable around pulley and install into bottom backmost hole of the R.O.M. using (1) $3/8 \times 3 3/4$ hex bolt (without washers) and (4) $1 1/2$ " spacers. Install (1) $3/8 \times 3 3/4$ hex bolt (without washers) into the hole directly in front of pulley. (Wrench tighten both bolts)

3F



3H Thread cable over $4 1/2$ " pulley and install into the Weight Stack Top Assembly using (1) $3/8 \times 2$ hex bolt. (Wrench tighten)

3H

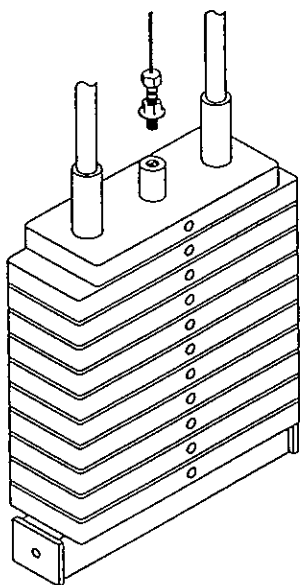


1200 Assembly

Step 3

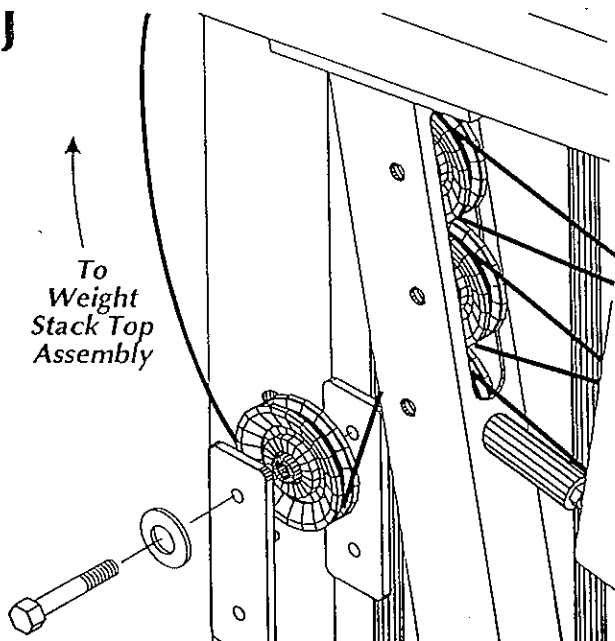
3I Thread bolt end of cable (5) full turns or 1/2" into the Weight Stack Top Plate. (Wrench tighten the jam nut)

3I



3J Pull the cable so that the slack hangs between the Weight Stack Top Assembly and the Vertical Bench Upright. Attach the Double Floating Pulley Plates to the pulley using (1) 3/8 x 1 3/4 hex bolt and allow it to hang on the slack in the cable. (Hand tighten only)

3J



1200 Assembly

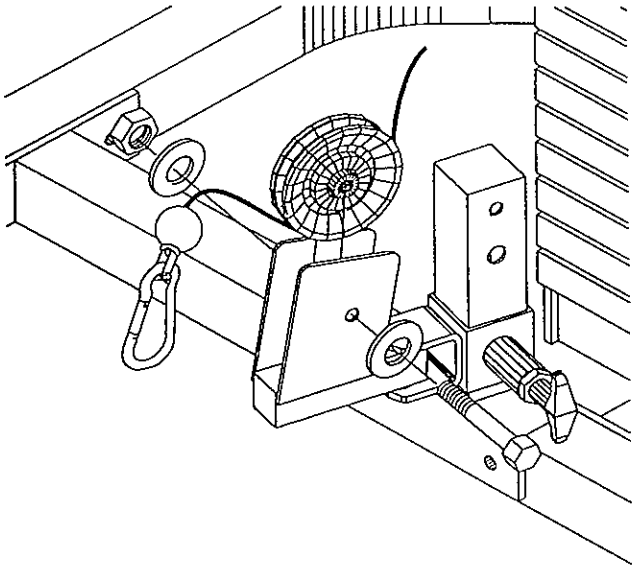
Step 4

Step 4

Cable Installation: Swivel Cable (#2)

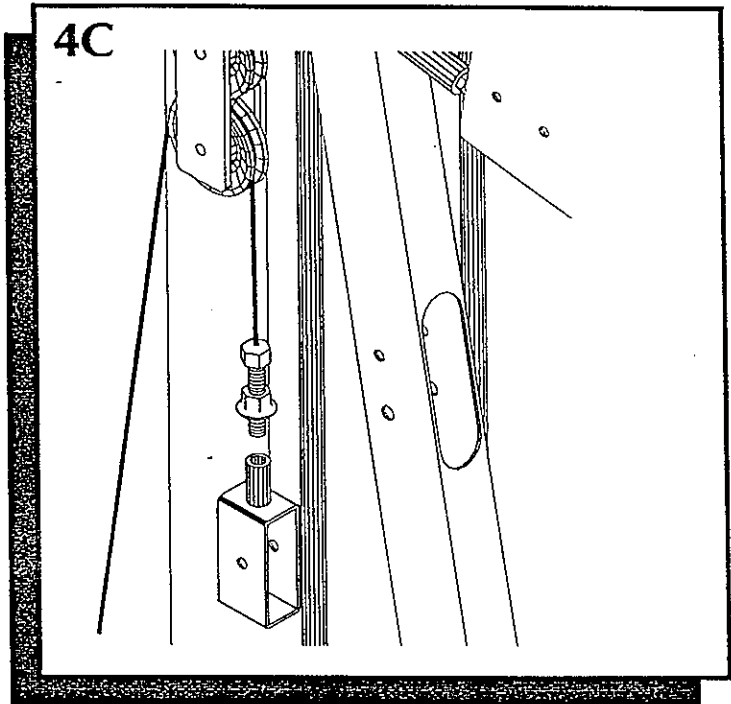
4A Thread the end of the cable with the snap hook under a pulley and install it into the swivel using (1) 3/8 x 2 hex bolt. (Wrench tighten)

4A



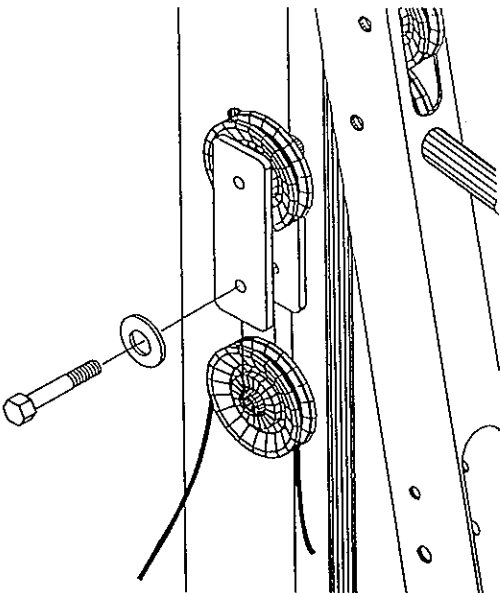
4C Thread the bolt end of the cable (5) full turns or 1/2" into the single floating pulley bracket. (Wrench tighten jam nut) Allow the pulley bracket to hang and continue on to the next step.

4C



4B Thread the cable around a pulley and install it into the lower holes on the double floating pulley plates using (1) 3/8 x 1 3/4 hex bolt. (Wrench tighten both bolts on the double floating pulley plates)

4B



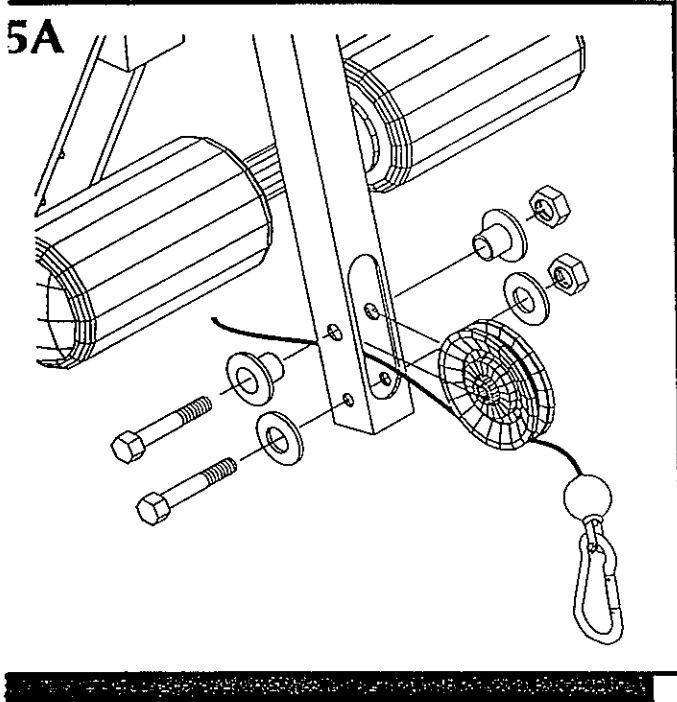
1200 Assembly

Step 5

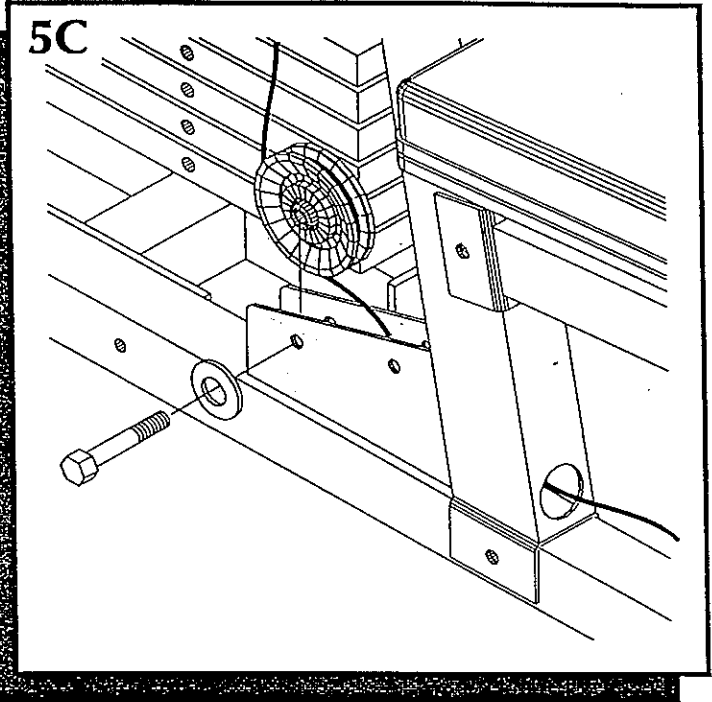
Step 5

Cable Installation: Leg Extension Cable (#3)

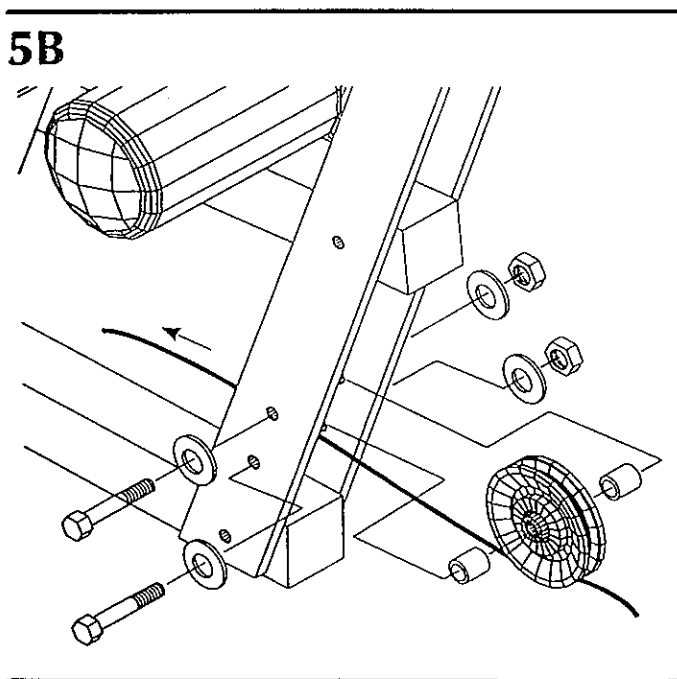
5A Thread the cable through the Leg Extension Arm and install a pulley using (1) $3/8 \times 2$ hex bolt and flanged pulley spacers. Install (1) $3/8 \times 2$ hex bolt into the hole below pulley. (Wrench tighten both bolts)



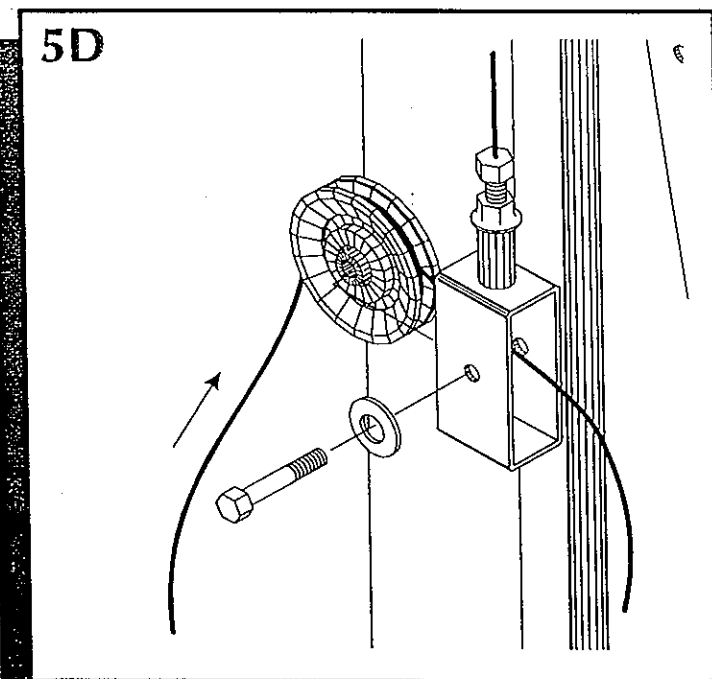
5C Thread the cable through the vertical bench Upright and under a pulley. Install pulley into the back hole of the pulley ears using (1) $3/8 \times 1 3/4$ hex bolt. (Wrench tighten)



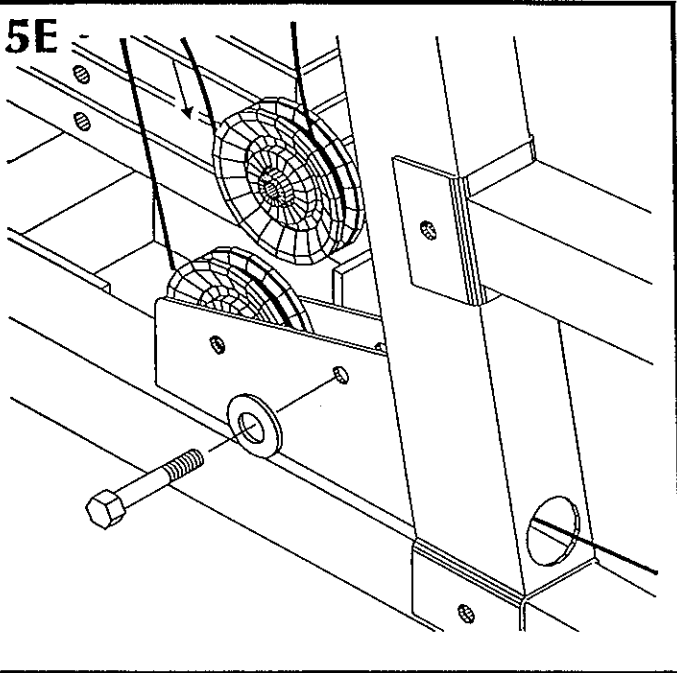
5B Thread the cable under a pulley and between the Leg Extension Arm Supports. Install a pulley into the top hole using (1) $3/8 \times 3 1/4$ hex bolt and (2) $1/2$ " pulley spacers. Install (1) $3/8 \times 3 1/4$ hex bolt into the lower hole with the cable running between the bolt and the pulley. (Wrench tighten both bolts)



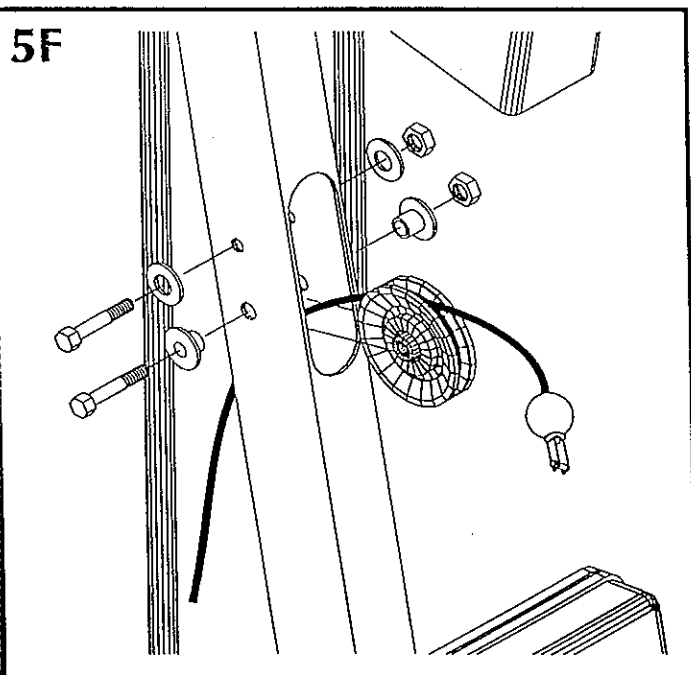
5D Thread the cable around a pulley and through the Single Floating Pulley Bracket. Install the pulley into the Single Floating Pulley Bracket using (1) $3/8 \times 2$ hex bolt. (Wrench tighten)

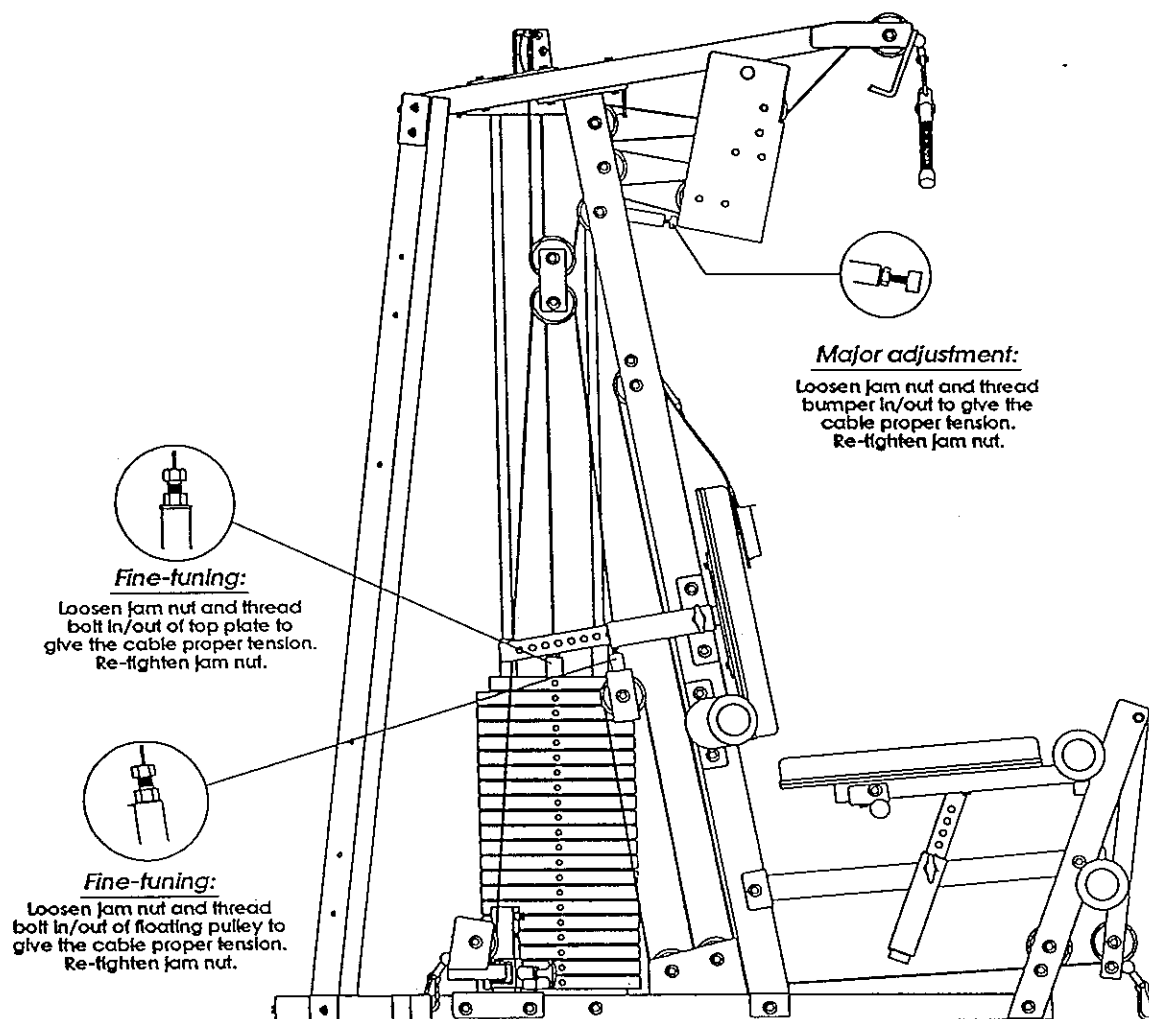


5E Thread the cable down and around a pulley. Install the pulley into the remaining hole in the pulley ears using (1) $3/8 \times 1 3/4$ hex bolt. (Wrench tighten)



5F Thread the cable through the slot in the Vertical Bench Upright and over a pulley. Install the pulley in the slot using (1) $3/8 \times 2 1/2$ hex bolt and flanged pulley spacers. Install (1) $3/8 \times 2 1/2$ hex bolt in the hole directly above the pulley. (Wrench tighten both bolts)





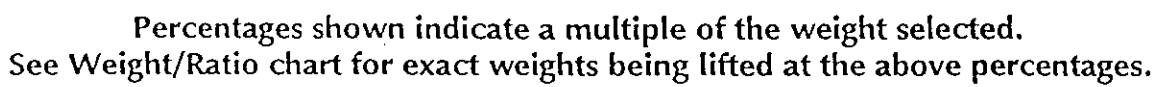
Adjustments to your Hoist 1200 may need to be made during the first few sessions of use. Please follow the chart above when adjusting cable tension. The maintenance chart below should be followed to ensure that your Hoist 1200 remains safe to use and continues to operate smoothly.

MAINTENANCE (to be performed monthly)

Cables: Inspect monthly. If plastic casing is cracked or cables are frayed, the cables should be replaced. Check all cable bolts and cable attachments to be sure they are properly attached. Check slack in cables and readjust cable tension if needed.

Moving parts: Inspect monthly for tightness. Tighten bolts as needed. Replace worn bushings. Inspect pull pin knobs to be sure they are screwed on tightly.

Guide rods: Wipe clean with a dust free rag. Lube every 3 - 6 months with Super Lube (Teflon lubricant). DO NOT USE OIL TO LUBRICATE HOIST EQUIPMENT.



WEIGHT/RATIOS CHART**1200**

Plate #	50%	75%	90%	100%	
1	6	9	11	12	
2	13	19	23	25	
3	19	28	34	37	
4	25	38	45	50	
5	31	47	56	62	
6	38	56	68	75	
7	44	66	79	87	
8	50	75	90	100	
9	56	84	101	112	
10	63	94	113	125	
11	69	103	124	137	
12	75	113	135	150	
13	81	122	146	162	
14	88	131	158	175	
15	94	141	169	187	
16	100	150	180	200	
17	106	159	191	212	
18	113	169	203	225	
19	119	178	214	237	
20	125	188	225	250	
21	131	197	236	262	

The above chart shows you the actual weight being lifted when the ratio's are applied. The ratios are shown across the top of the chart with the actual weight plate numbers down the left hand side. To find the actual weight being lifted you would come down from the ratio being used and across from the weight plate number you have pinned.

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 exercises correctly before using heavy weight. Correct form is important to avoid injury and to insure that you work the proper muscle groups.

Know your limitations. If you are new to weight resistance 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.

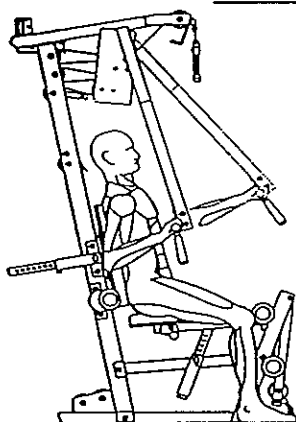
Weight Training Exercise Log

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

[illegible]

VERTICAL BENCH

*Chest
Shoulders
Triceps*



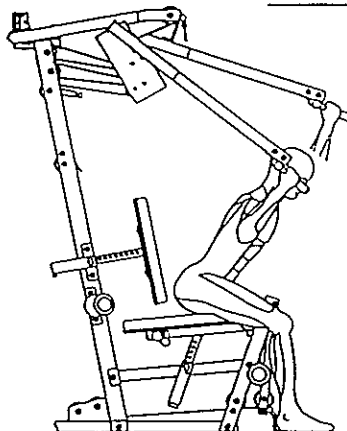
- Sit upright with your back supported by pad.
- Adjust pressing arm for comfortable pre-stretch.
- Grip horizontal handles at slightly lower than shoulder height. (Adjust seat if needed)
- Press handles forward with arms held at a 90° angle from body until arms are straight.
- Slowly bring the arms back toward the chest.

Variations:

Grip the vertical handles and repeat exercise.

SHOULDER PRESS

*Shoulders
Triceps*



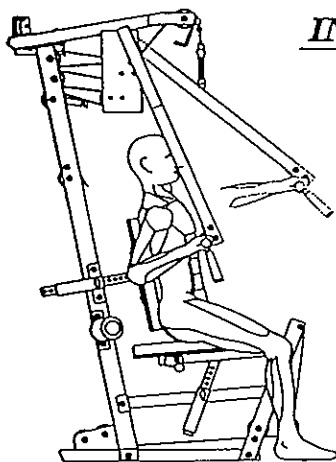
1. Sit and lean forward with upper torso at 45° angle.
2. Grip vertical handles at shoulder height with palms facing away from body.
3. Press arms straight up over head until arms are fully extended.
4. Slowly lower arms back to starting position.

Variations:

Grip the horizontal handles and alter body angle.

INCLINE PRESS

*Upper Chest
Front of
Shoulders*



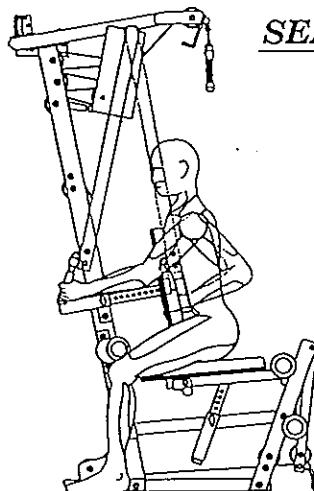
1. Adjust back support forward as shown, allowing shoulders to line up in front of pressing arm pivot point.
2. Adjust pressing arm forward for comfortable pre-stretch.
3. Grip upper horizontal handles at shoulder height. (Adjust seat if needed)
4. Straighten arms upwards with elbows angled away from body at 90°.
5. Slowly return to starting position.

Variations:

Grip vertical handles and repeat movement.

SEATED MID-ROW

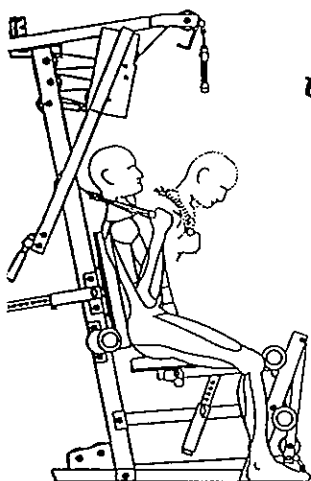
*Lats
Traps
Biceps*



1. Adjust pressing arm as far back as possible.
2. Sit facing machine and adjust support pad so chest is supported when pressing arm handles are just beyond reach.
3. Grip vertical handles and pull pressing arm towards you. (Adjust seat height if needed)
4. Slowly return to starting position.

Variations:

Grip horizontal handles for different range of motion and muscle use.



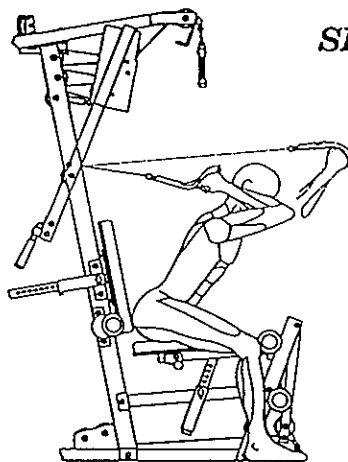
AB CRUNCH

Upper Abdominals

1. Grab ab strap in each hand over shoulders.
2. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
3. Straighten to the starting position while maintaining tension on the abdominal area.

Variations:

Twist slightly to one side while pivoting forward to work the lateral side abdominal areas.



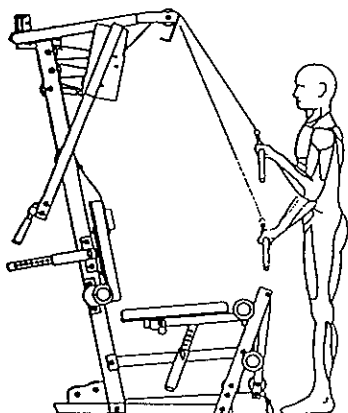
SEATED TRICEP EXTENSION

Triceps

1. Grip ab strap in each hand and lean forward at a 45° angle.
2. Pointing elbows forward and close to sides of head, slowly extend the hands forward until the arms are fully extended.
3. Return the arms slowly to starting position.

Variations:

Grip ab strap in one hand and use the other hand for support underneath the elbow while performing the same exercise.



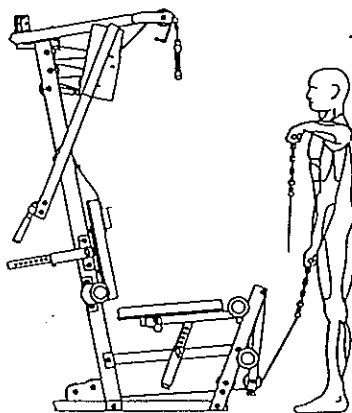
TRICEP EXTENSION

*Triceps
Forearms*

1. Stand in front of leg extension with feet shoulder width apart.
2. Place hands palm down on bar with hands no more than 4 or 5 inches apart.
3. Keeping the upper arms pressed into the sides of your body, press the bar down towards the thighs. Isolate the triceps muscle by pivoting from the elbow. Avoid moving the upper arms.
4. Return bar slowly to starting position.

Variations:

Use different bars and hand positions with palms up and down. Try a vertical hand grip using the ab strap.



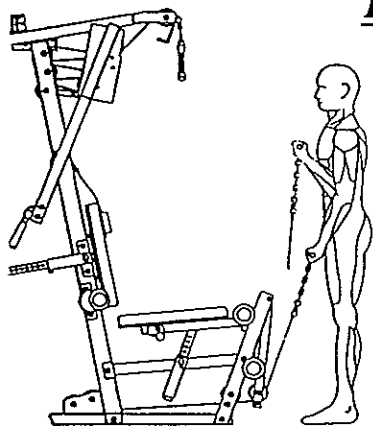
UPRIGHT ROW

*Traps
Shoulders*

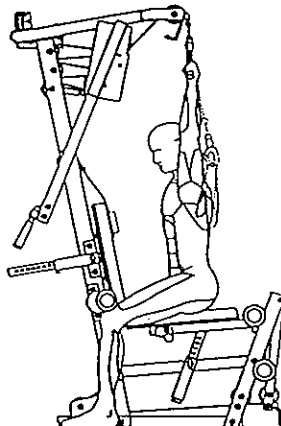
1. Attach straight bar to lower cable.
2. Grasp bar with palms down and hands 4 to 6 inches apart.
3. Stand erect with feet shoulder width apart and hands resting against thighs.
4. Keep elbows above hands and slowly pull the bar upwards to top of chest.
5. Slowly lower bar back to starting position.

Variations:

Vary hand grip width on bar.

**BICEP CURL***Biceps*

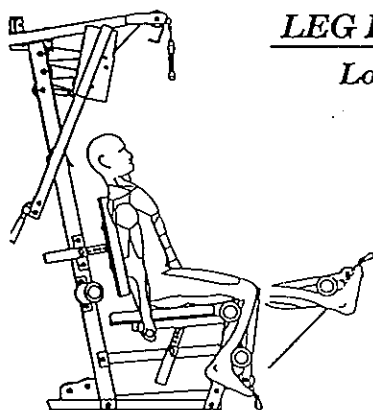
- Attach straight bar to lower cable.
- Grasp bar with palms up and hands 4 to 6 inches apart.
- Stand erect with feet shoulder width apart and hands resting against thighs.
- Keeping the upper arms pressed into the sides of your body curl the bar towards your chest in one smooth movement.
- Hold the contracted position briefly then slowly lower the bar to the starting position.

**LATERAL PULLDOWNS***Lats
Traps*

1. Adjust roller pad height so knees fit under pads.
2. Place hands 4 to 6 inches wider than shoulder width on bar with palms facing forward.
3. Pull bar down slowly until it touches base of neck.
4. Slowly return bar to starting position.

Variations:

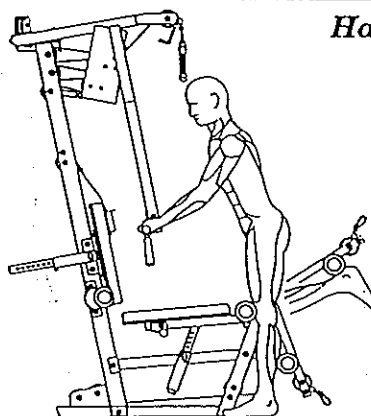
Pull bar down in front of face to upper chest for a different range of motion.

**LEG EXTENSION***Lower Thigh*

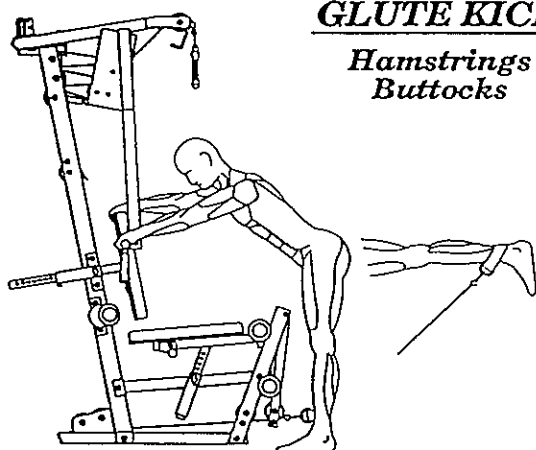
1. Adjust upper roller pad to lowest setting.
2. Adjust seat height for comfortable pre-stretch.
3. Adjust back support so that back of knees are snug against roller pad.
4. Hook foot under lower roller pad.
5. Sit erect and grasp seat handles for support.
6. Slowly extend legs straight out.
7. Hold position momentarily before slowly lowering legs to starting position.

Variations:

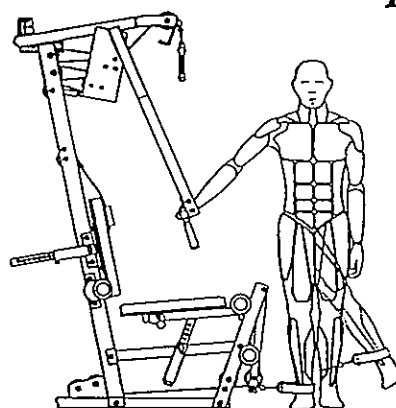
Use one leg at a time to focus attention on individual muscle group.

**HAMSTRING CURL***Hamstrings*

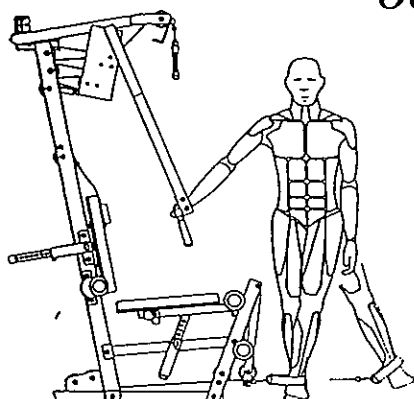
1. Adjust upper roller pad so top front of knee is just below pad.
2. Bend forward from hip and use vertical bench back pad for support.
3. Keeping hips stationary, rotate lower leg upward towards buttocks.
4. Hold leg in up position briefly, then lower weight slowly to starting position.

**GLUTE KICK***Hamstrings
Buttocks*

1. Attach padded cuff to lower cable.
2. Fasten cuff to ankle and angle upper body forward using vertical bench back pad for support.
3. Keeping hips stationary and leg straight, slowly raise foot backward and up as high as possible.
4. Contract the buttocks at peak of movement then slowly lower leg to starting position.
5. Change legs and repeat process.

**INNER THIGH KICK***Inner thigh*

1. Attach padded cuff to lower cable.
2. Stand sideways to machine.
3. Connect padded cuff to leg closest to weight stack. Steady your upper body by holding on to pressing arm.
4. Slowly scissor your leg across your body, keeping the leg straight and your upper body erect.
5. Slowly return leg to starting position. Change legs and repeat process.

**OUTER THIGH KICK***Outer Thigh*

1. Attach padded cuff to lower cable.
2. Stand sideways to machine.
3. Connect padded cuff to leg furthest away from weight stack. Steady your upper body by holding onto pressing arm.
4. Keep your leg straight and slightly in front of your body through the entire range of motion.
5. Move your leg outward and upward as far as possible, keeping your upper body straight.
6. Slowly return leg to starting position.
7. Change legs and repeat process.

WEIGHT TRAINING TIPS

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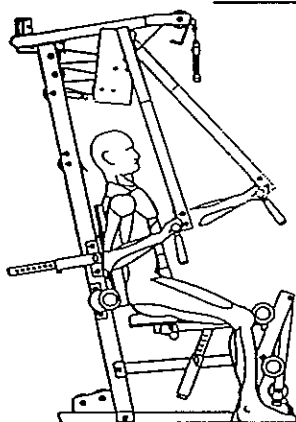
Weight Training Exercise Log

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

[illegible]

VERTICAL BENCH

*Chest
Shoulders
Triceps*



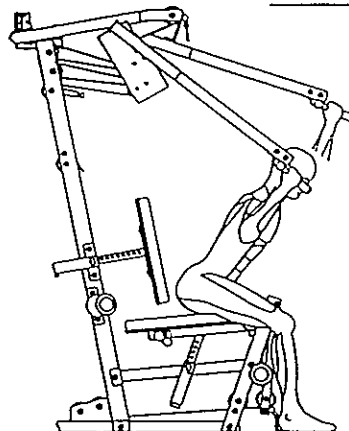
- Sit upright with your back supported by pad.
- Adjust pressing arm for comfortable pre-stretch.
- Grip horizontal handles at slightly lower than shoulder height. (Adjust seat if needed)
- Press handles forward with arms held at a 90° angle from body until arms are straight.
- Slowly bring the arms back toward the chest.

Variations:

Grip the vertical handles and repeat exercise.

SHOULDER PRESS

*Shoulders
Triceps*



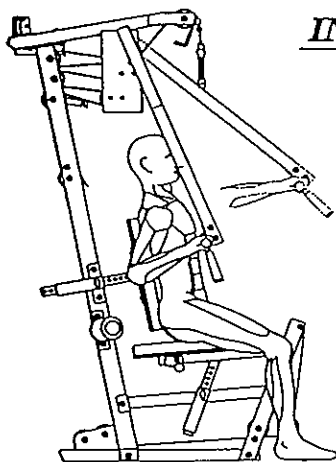
1. Sit and lean forward with upper torso at 45° angle.
2. Grip vertical handles at shoulder height with palms facing away from body.
3. Press arms straight up over head until arms are fully extended.
4. Slowly lower arms back to starting position.

Variations:

Grip the horizontal handles and alter body angle.

INCLINE PRESS

*Upper Chest
Front of
Shoulders*



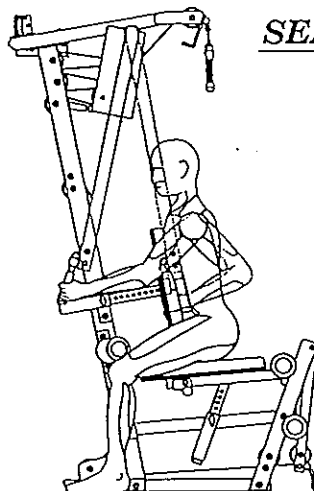
1. Adjust back support forward as shown, allowing shoulders to line up in front of pressing arm pivot point.
2. Adjust pressing arm forward for comfortable pre-stretch.
3. Grip upper horizontal handles at shoulder height. (Adjust seat if needed)
4. Straighten arms upwards with elbows angled away from body at 90°.
5. Slowly return to starting position.

Variations:

Grip vertical handles and repeat movement.

SEATED MID-ROW

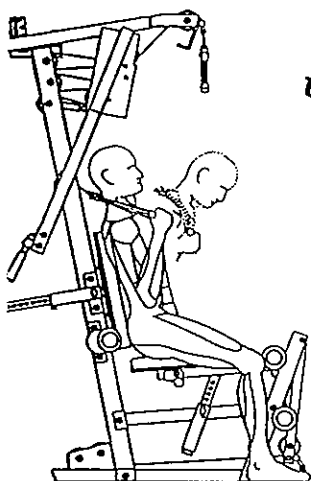
*Lats
Traps
Biceps*



1. Adjust pressing arm as far back as possible.
2. Sit facing machine and adjust support pad so chest is supported when pressing arm handles are just beyond reach.
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4. Slowly return to starting position.

Variations:

Grip horizontal handles for different range of motion and muscle use.



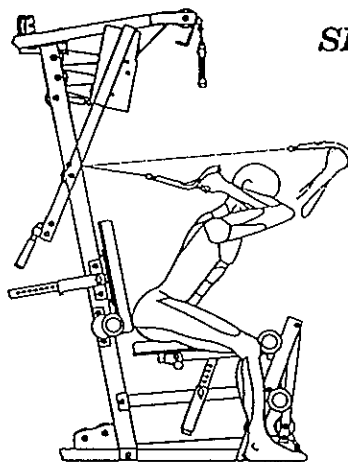
AB CRUNCH

Upper Abdominals

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2. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
3. Straighten to the starting position while maintaining tension on the abdominal area.

Variations:

Twist slightly to one side while pivoting forward to work the lateral side abdominal areas.



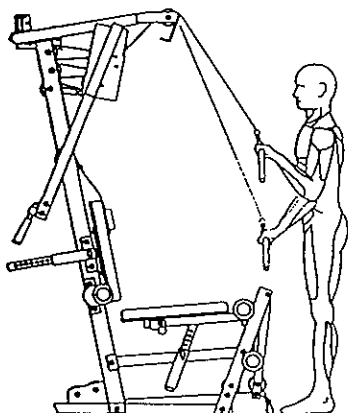
SEATED TRICEP EXTENSION

Triceps

1. Grip ab strap in each hand and lean forward at a 45° angle.
2. Pointing elbows forward and close to sides of head, slowly extend the hands forward until the arms are fully extended.
3. Return the arms slowly to starting position.

Variations:

Grip ab strap in one hand and use the other hand for support underneath the elbow while performing the same exercise.



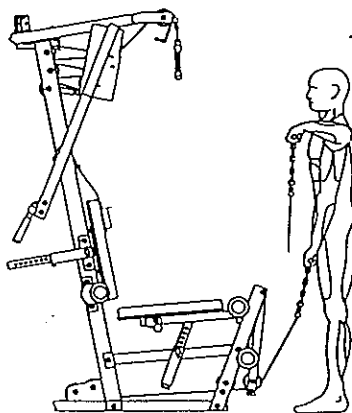
TRICEP EXTENSION

*Triceps
Forearms*

1. Stand in front of leg extension with feet shoulder width apart.
2. Place hands palm down on bar with hands no more than 4 or 5 inches apart.
3. Keeping the upper arms pressed into the sides of your body, press the bar down towards the thighs. Isolate the triceps muscle by pivoting from the elbow. Avoid moving the upper arms.
4. Return bar slowly to starting position.

Variations:

Use different bars and hand positions with palms up and down. Try a vertical hand grip using the ab strap.



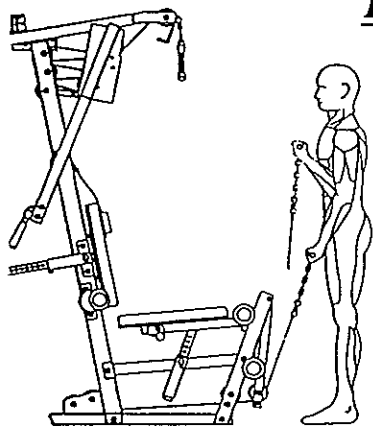
UPRIGHT ROW

*Traps
Shoulders*

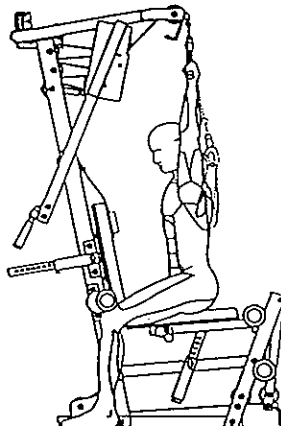
1. Attach straight bar to lower cable.
2. Grasp bar with palms down and hands 4 to 6 inches apart.
3. Stand erect with feet shoulder width apart and hands resting against thighs.
4. Keep elbows above hands and slowly pull the bar upwards to top of chest.
5. Slowly lower bar back to starting position.

Variations:

Vary hand grip width on bar.

**BICEP CURL***Biceps*

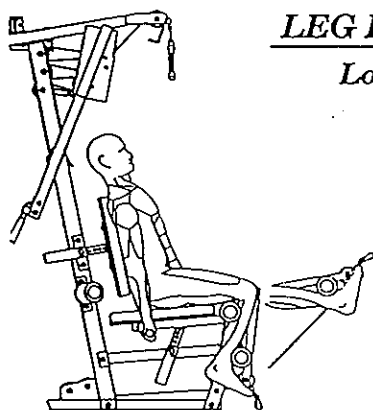
- Attach straight bar to lower cable.
- Grasp bar with palms up and hands 4 to 6 inches apart.
- Stand erect with feet shoulder width apart and hands resting against thighs.
- Keeping the upper arms pressed into the sides of your body curl the bar towards your chest in one smooth movement.
- Hold the contracted position briefly then slowly lower the bar to the starting position.

**LATERAL PULLDOWNS***Lats
Traps*

1. Adjust roller pad height so knees fit under pads.
2. Place hands 4 to 6 inches wider than shoulder width on bar with palms facing forward.
3. Pull bar down slowly until it touches base of neck.
4. Slowly return bar to starting position.

Variations:

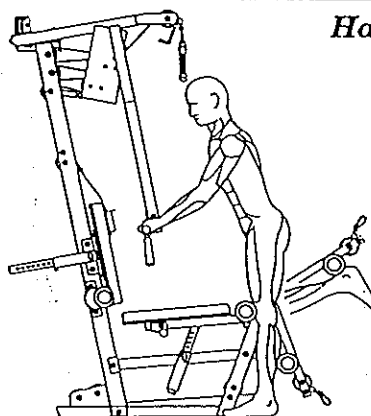
Pull bar down in front of face to upper chest for a different range of motion.

**LEG EXTENSION***Lower Thigh*

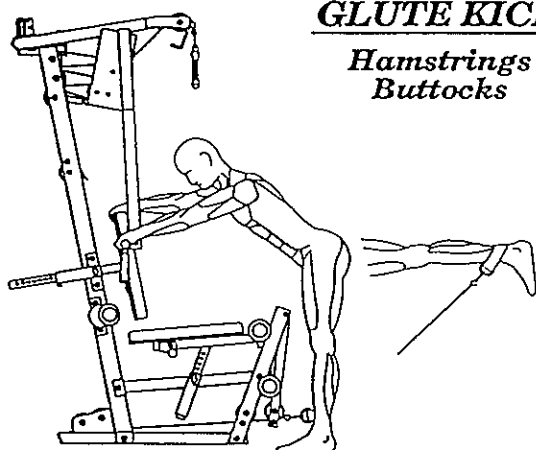
1. Adjust upper roller pad to lowest setting.
2. Adjust seat height for comfortable pre-stretch.
3. Adjust back support so that back of knees are snug against roller pad.
4. Hook foot under lower roller pad.
5. Sit erect and grasp seat handles for support.
6. Slowly extend legs straight out.
7. Hold position momentarily before slowly lowering legs to starting position.

Variations:

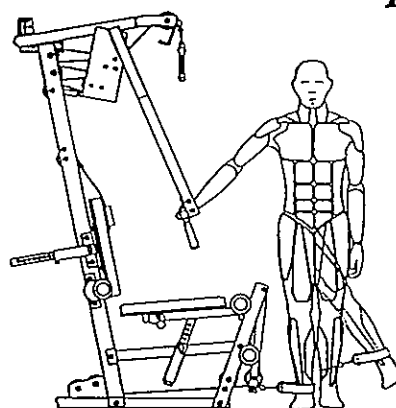
Use one leg at a time to focus attention on individual muscle group.

**HAMSTRING CURL***Hamstrings*

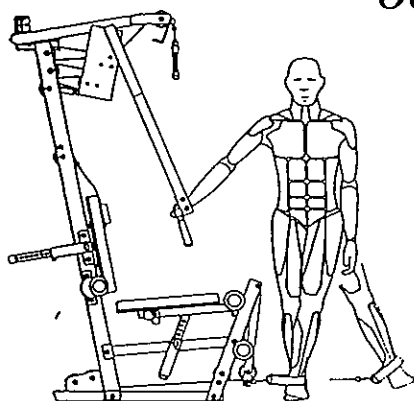
1. Adjust upper roller pad so top front of knee is just below pad.
2. Bend forward from hip and use vertical bench back pad for support.
3. Keeping hips stationary, rotate lower leg upward towards buttocks.
4. Hold leg in up position briefly, then lower weight slowly to starting position.

**GLUTE KICK***Hamstrings
Buttocks*

1. Attach padded cuff to lower cable.
2. Fasten cuff to ankle and angle upper body forward using vertical bench back pad for support.
3. Keeping hips stationary and leg straight, slowly raise foot backward and up as high as possible.
4. Contract the buttocks at peak of movement then slowly lower leg to starting position.
5. Change legs and repeat process.

**INNER THIGH KICK***Inner thigh*

1. Attach padded cuff to lower cable.
2. Stand sideways to machine.
3. Connect padded cuff to leg closest to weight stack. Steady your upper body by holding on to pressing arm.
4. Slowly scissor your leg across your body, keeping the leg straight and your upper body erect.
5. Slowly return leg to starting position. Change legs and repeat process.

**OUTER THIGH KICK***Outer Thigh*

1. Attach padded cuff to lower cable.
2. Stand sideways to machine.
3. Connect padded cuff to leg furthest away from weight stack. Steady your upper body by holding onto pressing arm.
4. Keep your leg straight and slightly in front of your body through the entire range of motion.
5. Move your leg outward and upward as far as possible, keeping your upper body straight.
6. Slowly return leg to starting position.
7. Change legs and repeat process.

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. All malfunctions of electronic components, cables and upholstery which occur after one year from date of purchase are considered normal wear and tear.

Hoist Fitness Systems' sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be held 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. To obtain repair or replacement of a component within the coverage of this warranty notify:

Hoist Fitness Systems
9990 Empire St , #130
San Diego , CA 92126

Purchased from _____
Address _____
Phone _____
Serial # _____

PLEASE KEEP THIS FOR YOUR RECORDS.

THE WARRANTY CARD MUST BE COMPLETED AND RETURNED WITHIN 30 DAYS OF PURCHASE TO VALIDATE WARRANTY.