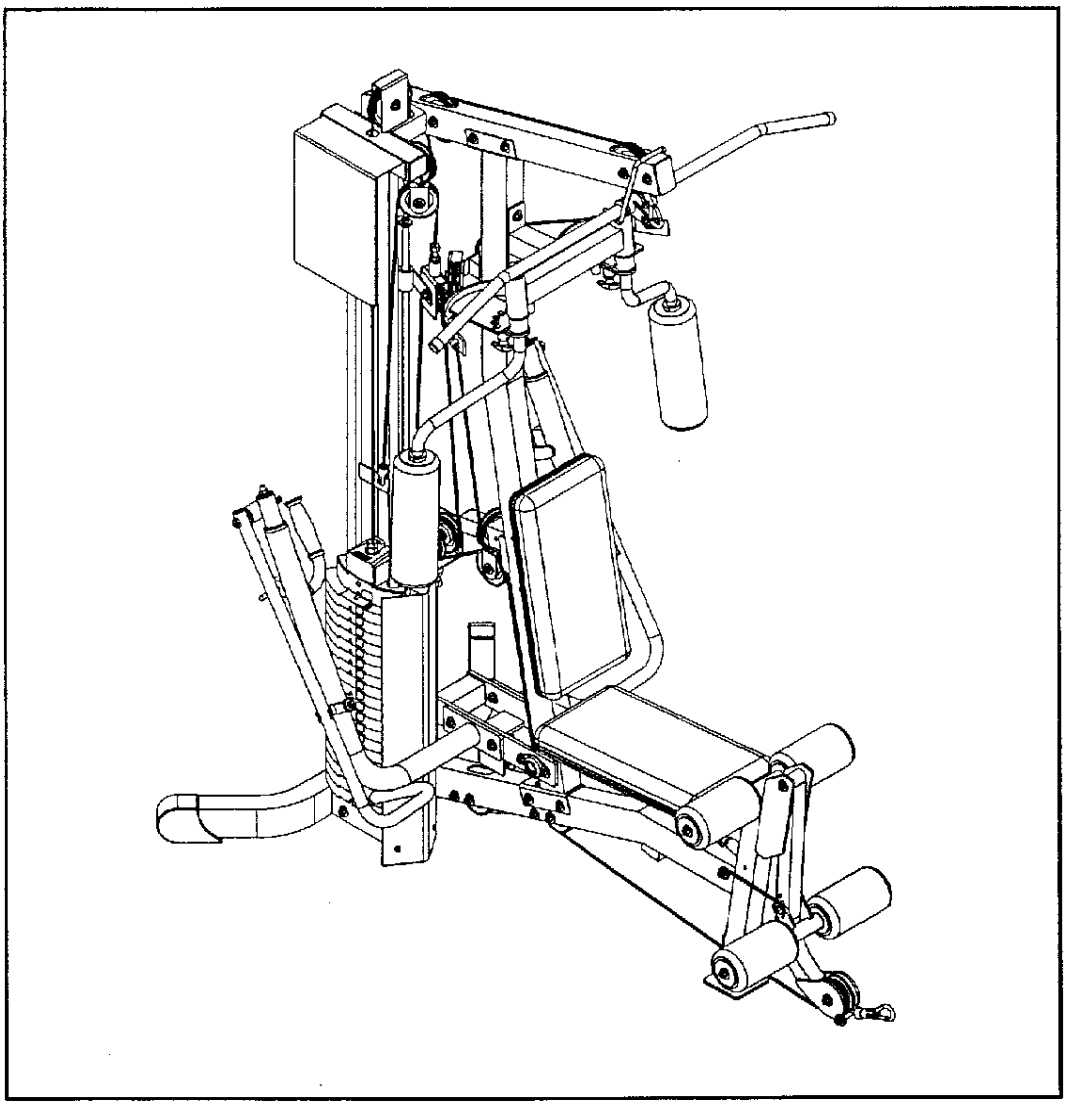
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

H310A



June '02

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

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(619) 578-7676
Fax
(619) 578-9558

ASSEMBLY INSTRUCTIONS

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ASSEMBLY INSTRUCTIONS

Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

Socket Wrench

7/16", 1/2", 9/16", and 3/4" Sockets

Crescent Wrench

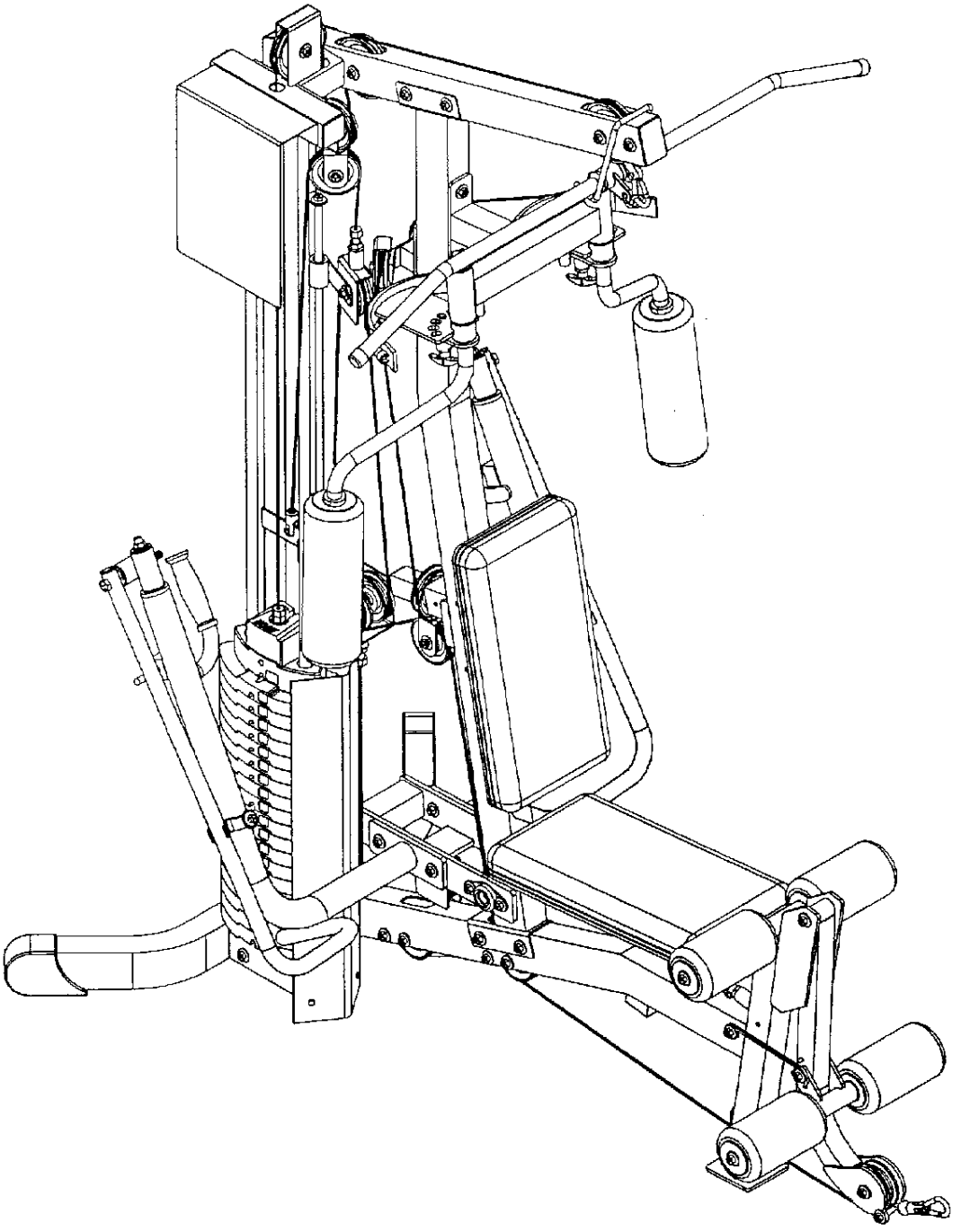
Standard Allen Wrench Set
(5/64" thru 1/4")

Rubber Mallet

Tape Measure

ASSEMBLY
INSTRUCTIONS

Step 2
FRAME ASSEMBLY



ASSEMBLY INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step, assemble the Leg Ext. Arm to the Bottom Tube and then attach the Leg Roller Pivot. *Wrench Tighten* these bolts then back off nuts just enough so these parts pivot freely. Connect the Rear Upright and Bottom Tube to the Bent Base Tube simultaneously. *Hand Tighten* these bolts only, they will be wrench tightened in step 2c. Slide the Seat Adjuster and Leg Roller Assembly into their mounts on the Bottom Tube. Attach the Latch Hook and *Wrench Tighten* bolt.

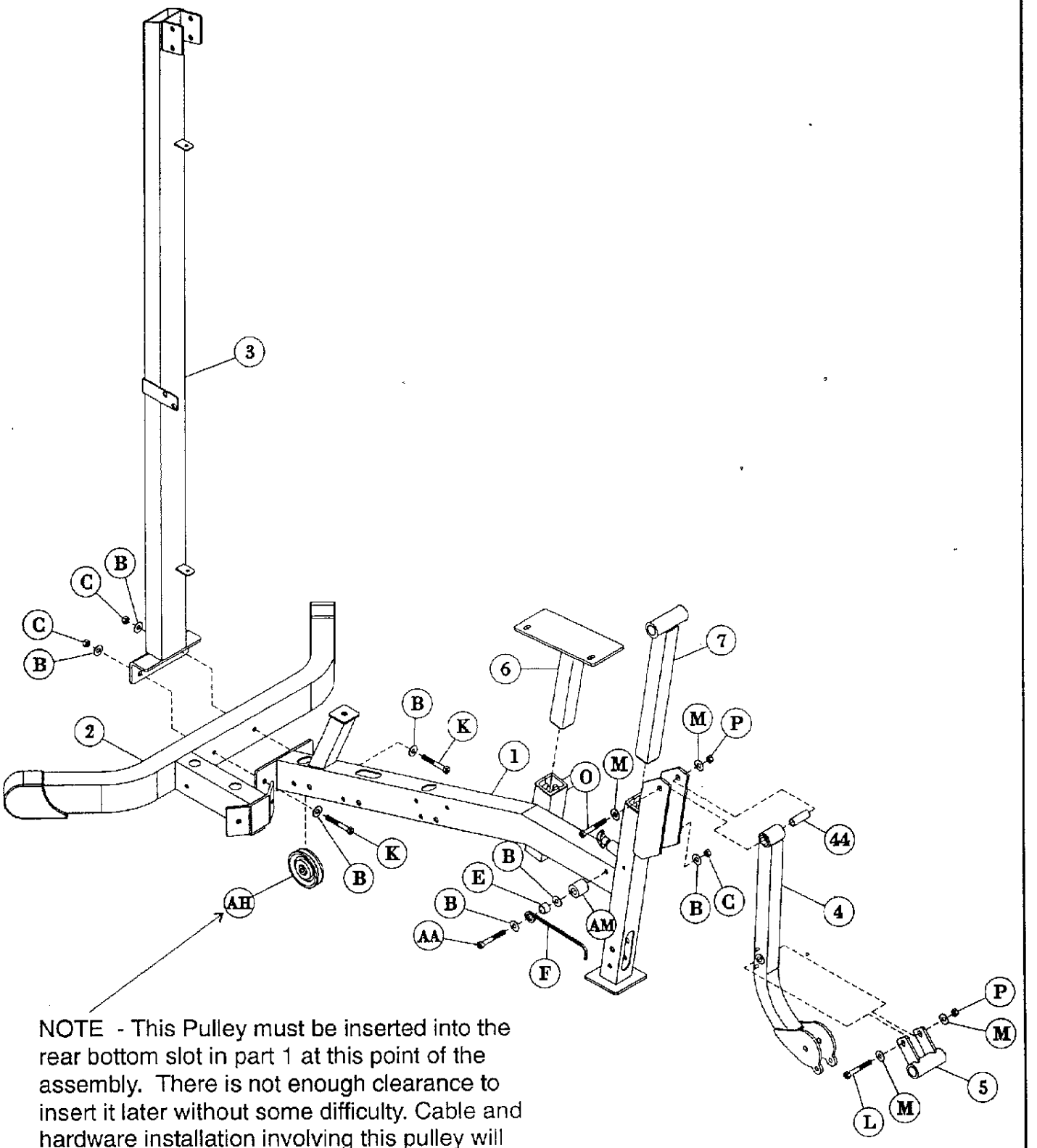
Part Descriptions

1 - Bottom Tube
2 - Bent Base Tube
3 - Rear Upright
4 - Leg Extension Arm
5 - Leg Roller Pivot
6 - Seat Adjuster
7 - Leg Roller Assembly
44 - .75 Dia. x 1.938 Lg Axle

Hardware Descriptions

B - 3/8" Flat Washer
C - 3/8" Lock Nut
E - 1/4" Long Spacer
F - Latch Hook
K - 3/8-16 x 3 1/4" Hex Bolt
L - 1/2-13 x 2 3/4" Hex Bolt
M - 1/2" Flat Washer, Small
O - 1/2"-13 x 3 1/4" Hex Bolt
P - 1/2" Lock Nut
AA - 3/8-16 x 3 1/2" Hex Bolt
AH - 3 1/2" Pulley
AM - 1/2" LG. Spacer

ASSEMBLY INSTRUCTIONS



NOTE - This Pulley must be inserted into the rear bottom 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.

ASSEMBLY INSTRUCTIONS

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.

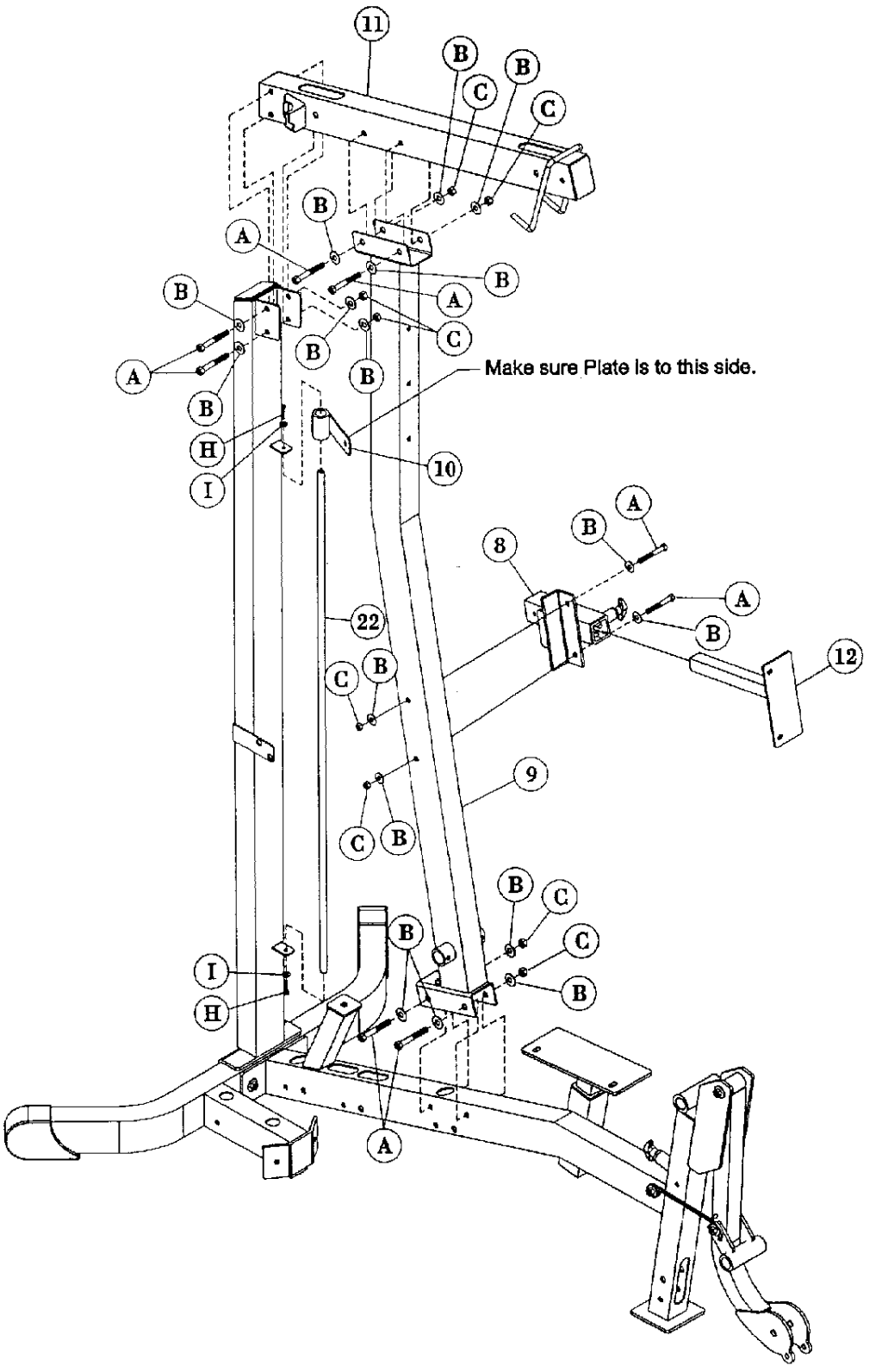
Part Descriptions

8 - Back Adjust Mount
9 - Main Upright
10 - Anti-Twist Slide
11 - Top Tube
12 - Back Adjuster
22 - Anti-Twist Rod

Hardware Descriptions

A - 3/8-16 x 3" Hex Bolt
B - 3/8" Flat Washer
C - 3/8" Lock Nut
H - 1/4-20 x 3/4" Hex Bolt
I - 1/4" Lock Washer

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

In this step start by fastening two bolts into the Bottom Tube. Take the two Rubber Weight Stack Bumpers and place them over the two holes in the Bottom Tube now slide the Guide Rods into the holes. 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 .

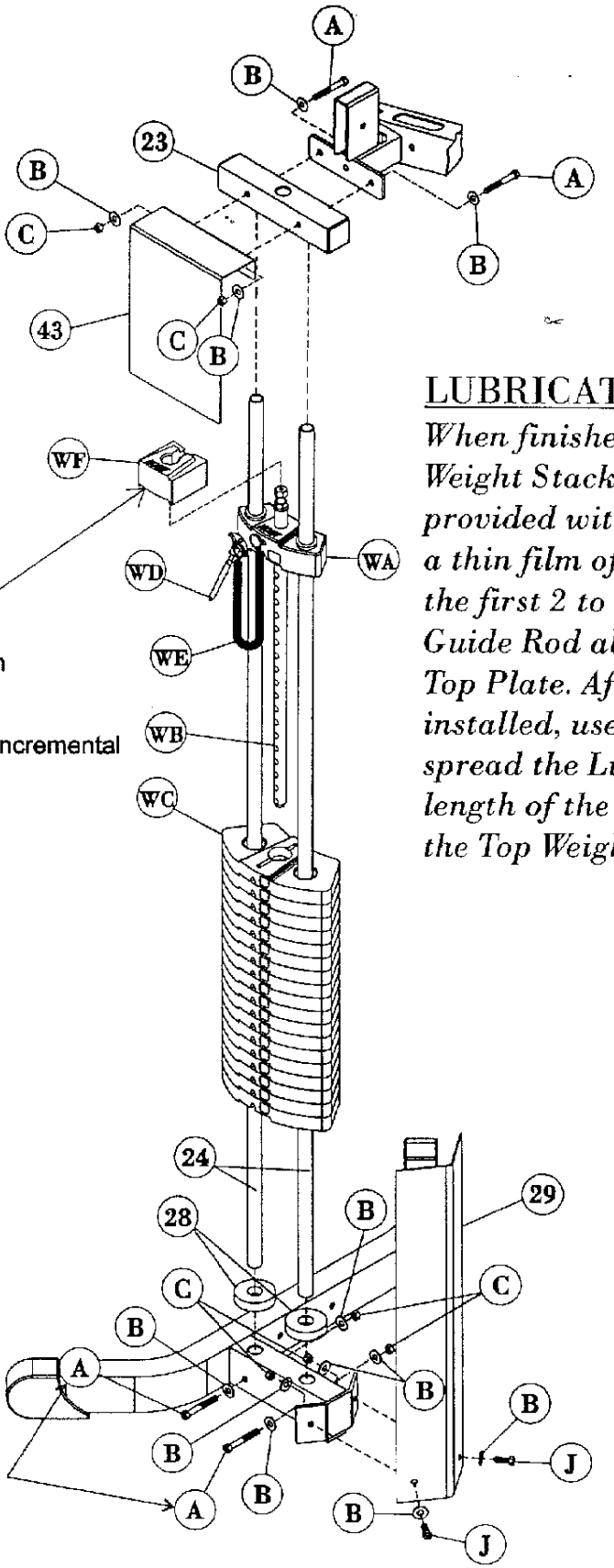
Part Descriptions

23 - Weight Stack Top Tube
24 - Guide Rods
28 - 1/2" Thick Weight Stack Bumpers
29 - Shield
43 - Placard Mount

Hardware Descriptions

A - 3/8"-16 x 3" Hex Bolt
B - 3/8" Flat Washer
C - 3/8" Lock Nut
J - 3/8-16 x 1" Hex Bolt
WA - Weight Stack Top Plate
WB - Weight Stem, 21 Hole
WC - Intermediate Weight Plate
WD - Weight Selector Pin
WE - Selector Pin Lanyard
WF - 2 ½ Lb. Add-on Weight

ASSEMBLY INSTRUCTIONS



The 2 ½" 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.

ASSEMBLY INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

In this step start by attaching the Pec Front Mount and the Pec Back Mount to the Main Upright. *Please note that the front mount uses the top two of the three holes and the back mount uses the bottom two of the 3 holes*. *Wrench Tighten these bolts*. Next assemble the Pec Arms and Pec Cams as shown. *Wrench Tighten* these bolts then back off nuts just enough so Pec Arms rotate freely.

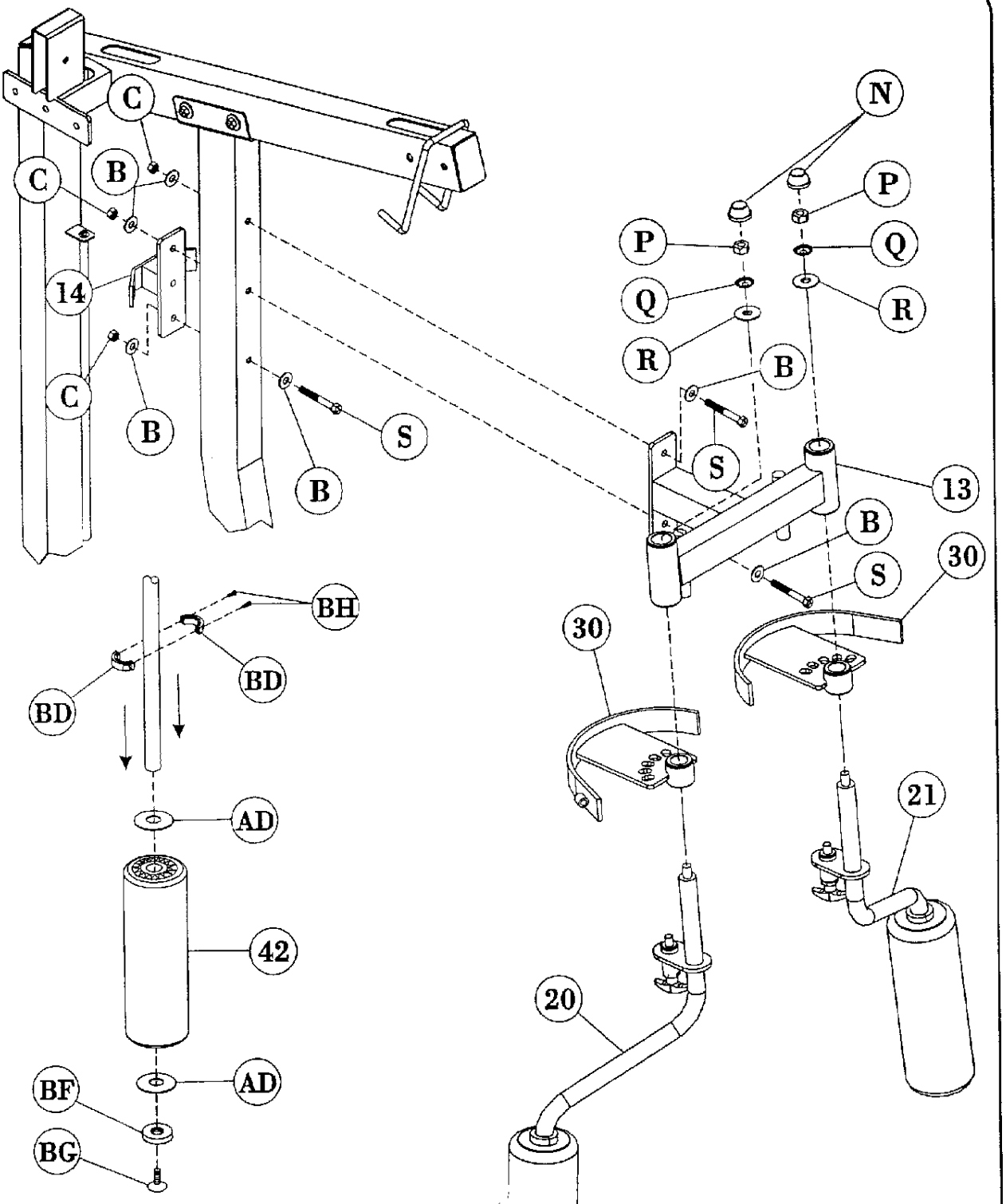
Part Descriptions

13 - Pec Front Mount
14 - Pec Back Mount
20 - Right Pec Arm
21 - Left Pec Arm
30 - Pec Cam
42 - Roller Pad

Hardware Descriptions

B - 3/8" Flat Washer
C - 3/8" Lock Nut
N - 1/2" Cap Washer Cap
P - 1/2" Lock Nut
Q - 1/2" Cap Washer
R - 1/2" Flat Washer
S - 3/8-16 x 4" Hex Bolt
AD - 1/2" Flathead Cap
BD - 1" Dia. Split Collars
BF - 1/2" Flathead Cap
BG - 1/2"-13 x 1" Flathead Bolt
BH - 1/4"-20UNC x 3/4" Socket Head Screw

ASSEMBLY INSTRUCTIONS



Note: Split Collars are to be secured firmly against top of Roller Pad Assembly.
Repeat Assembly as shown for both Left and Right side.

ASSEMBLY INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

Position the Arm Pivot Assembly in line with the round tube mount in the Main Upright. Insert the Press Arm Pivot Axle in from one side through to the other so that equal amounts extend out each side. Attach the Flange Mount Bearings and secure the Pivot Axle to the Main Upright with set screws. *Wrench Tighten* all of the Press Arm Bolts.

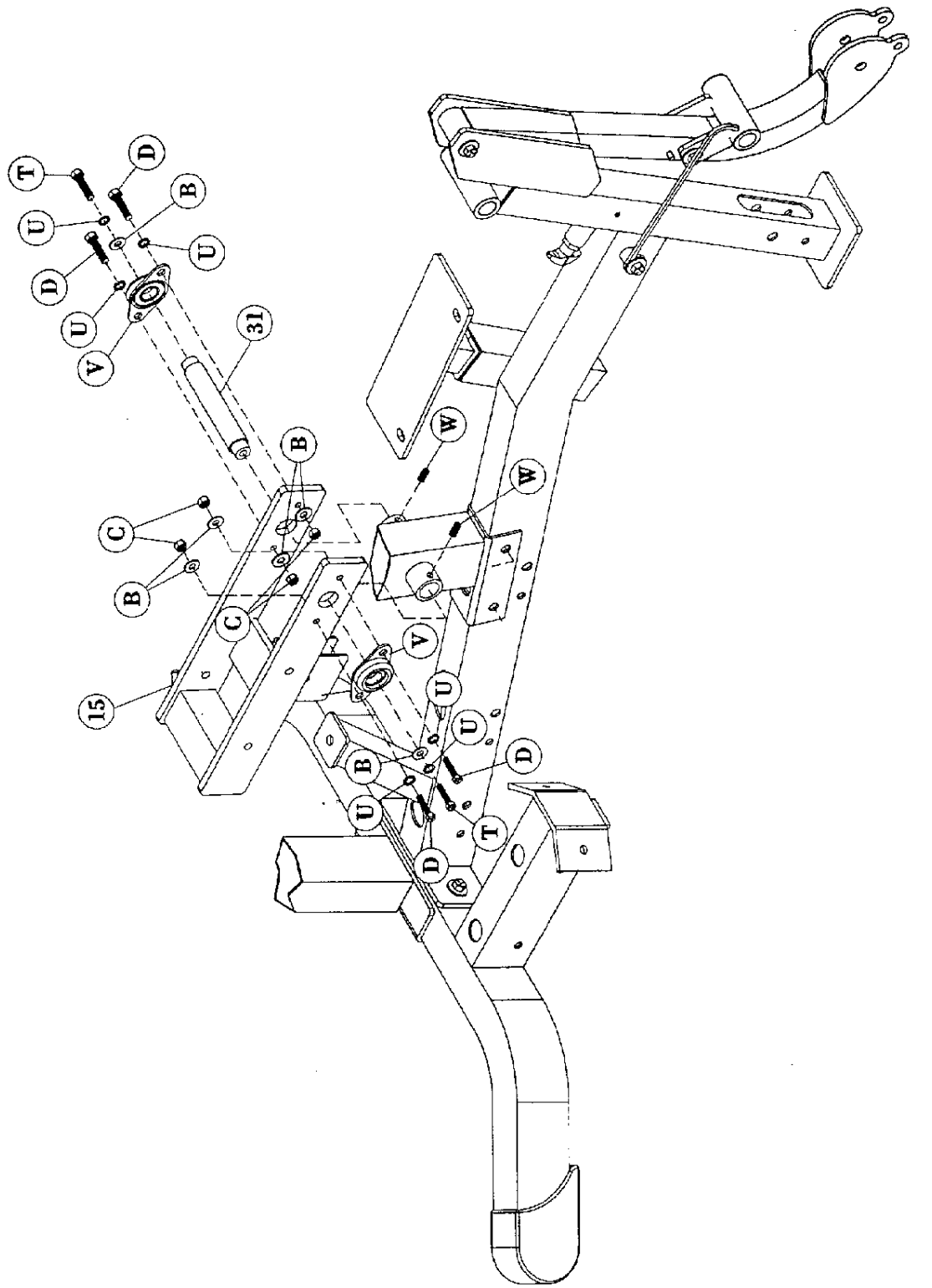
Part Descriptions

15 - Arm Pivot Assembly
31 - Press Arm Pivot Axle

Hardware Descriptions

C - 3/8" Lock Nut
D - 3/8-16 x 1 1/4" Hex Bolt
B - 3/8" Flat Washer
T - 3/8-16 x 3/4" Hex Bolt
U - 3/8" Lock Washer
V - Flange Mount Bearing
W - 8M x 1.25 Cup Point Set Screw x 5/16" Lg.

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

Step 2f

FRAME ASSEMBLY

Attach the Left (18) and Right (17) Bench Press Arms to the Arm Pivot Assembly (15). Slide the Articulating Arm Pivots onto the ends of the Bench Press Arms. Finish by attaching the Bench Press Handle Pivots (32) to the Bench Press Handles (16) and (45) and inserting them into the Articulating Arm Pivots (19). Connect the handle clips (Y). *Wrench Tighten* these bolts then back off nuts if needed just enough so parts rotate freely.

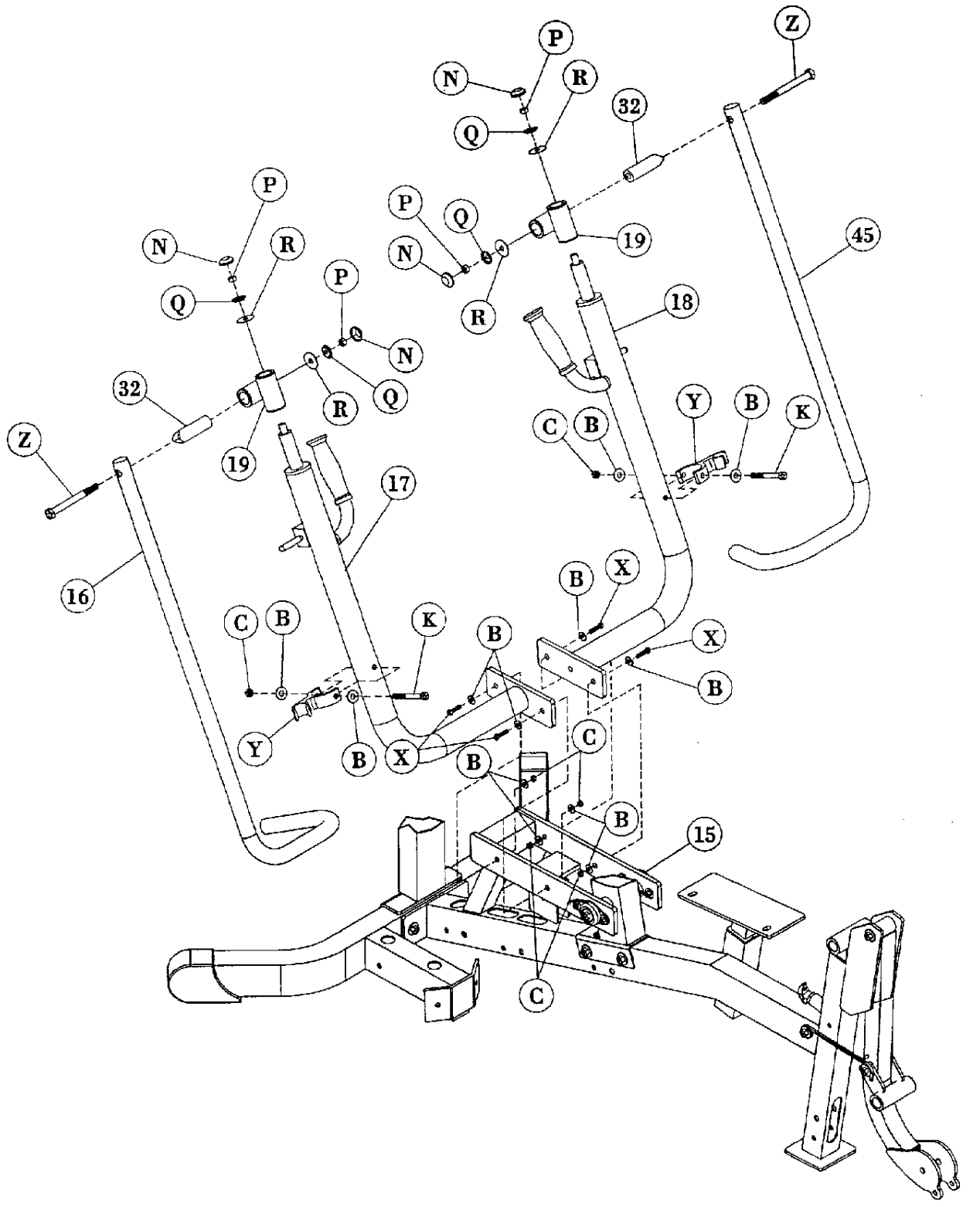
Part Descriptions

15 - Press Arm Pivot Assembly
16 - Press Arm Handle, Right
17 - Right Bench Press Arm
18 - Left Bench Press Arm
19 - Articulating Arm Pivots
32 - Bench Press Handle Pivots
45 - Press Arm Handle, Left

Hardware Descriptions

B - 3/8" Flat Washer
C - 3/8" Lock Nut
Q - 1/2" Cap Washer
N - 1/2" Cap Washer Cap
R - 1/2" Flat Washer
P - 1/2" Lock Nut
X - 3/8-16 x 1 1/2" Hex Bolt
Y - Handle Clip
Z - 1/2-13 x 4 3/4" Hex Bolt
K - 3/8-16 x 3 1/4" Hex Bolt
BJ - 3/8-16 x 3 1/4" Hex Bolt (Black Zinc)

ASSEMBLY INSTRUCTIONS



ASSEMBLY
INSTRUCTIONS

Step 2g
FRAME ASSEMBLY

Begin by attaching the Upholstered Pads to their mounts. Assemble the Roller Pads as shown. *Wrench Tighten* all bolts.

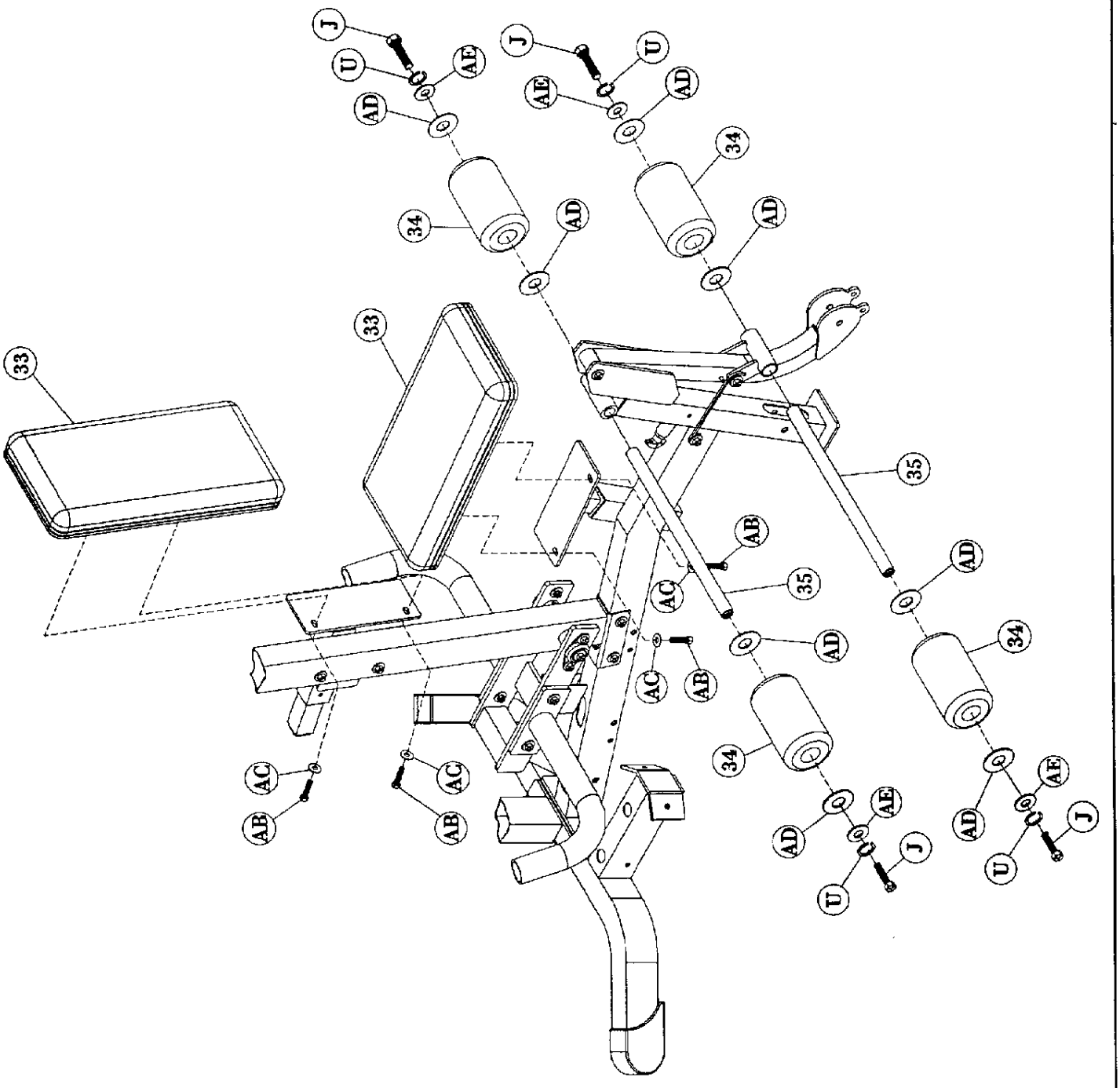
Part Descriptions

33 - 10 x 20 Pad (with Covered Back)
34 - Roller Pad
35 - Pad Roller Bar

Hardware Descriptions

J - 3/8-16 x 1" Hex Bolt
U - 3/8" Lock Washer
AB - 5/16-18 x 1 1/4" Hex Bolt
AC - 5/16" Flat Washer
AD - 1" Plastic Fender Washer
AE - 3/8" Fender Washer

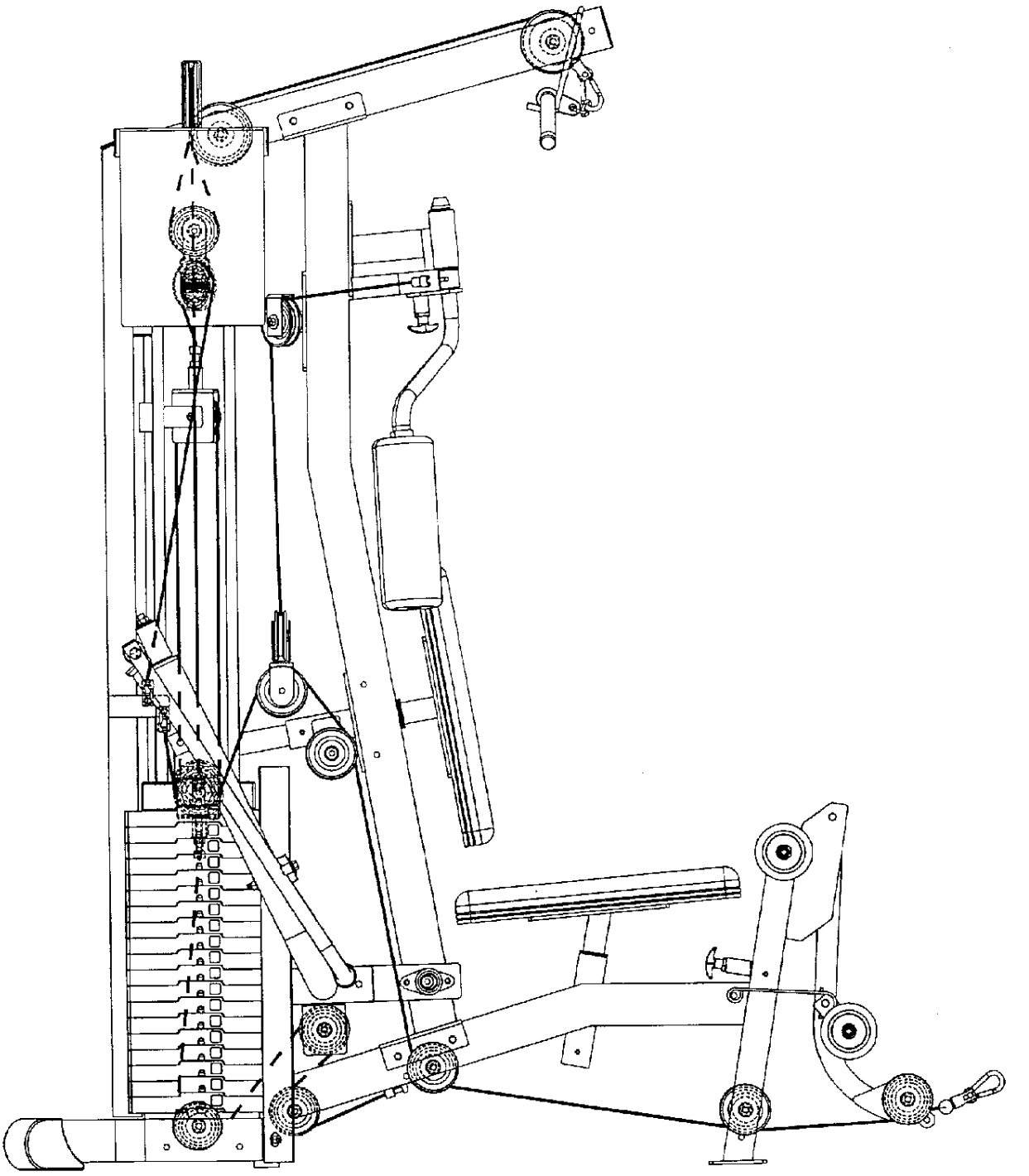
ASSEMBLY
INSTRUCTIONS



ASSEMBLY
INSTRUCTIONS

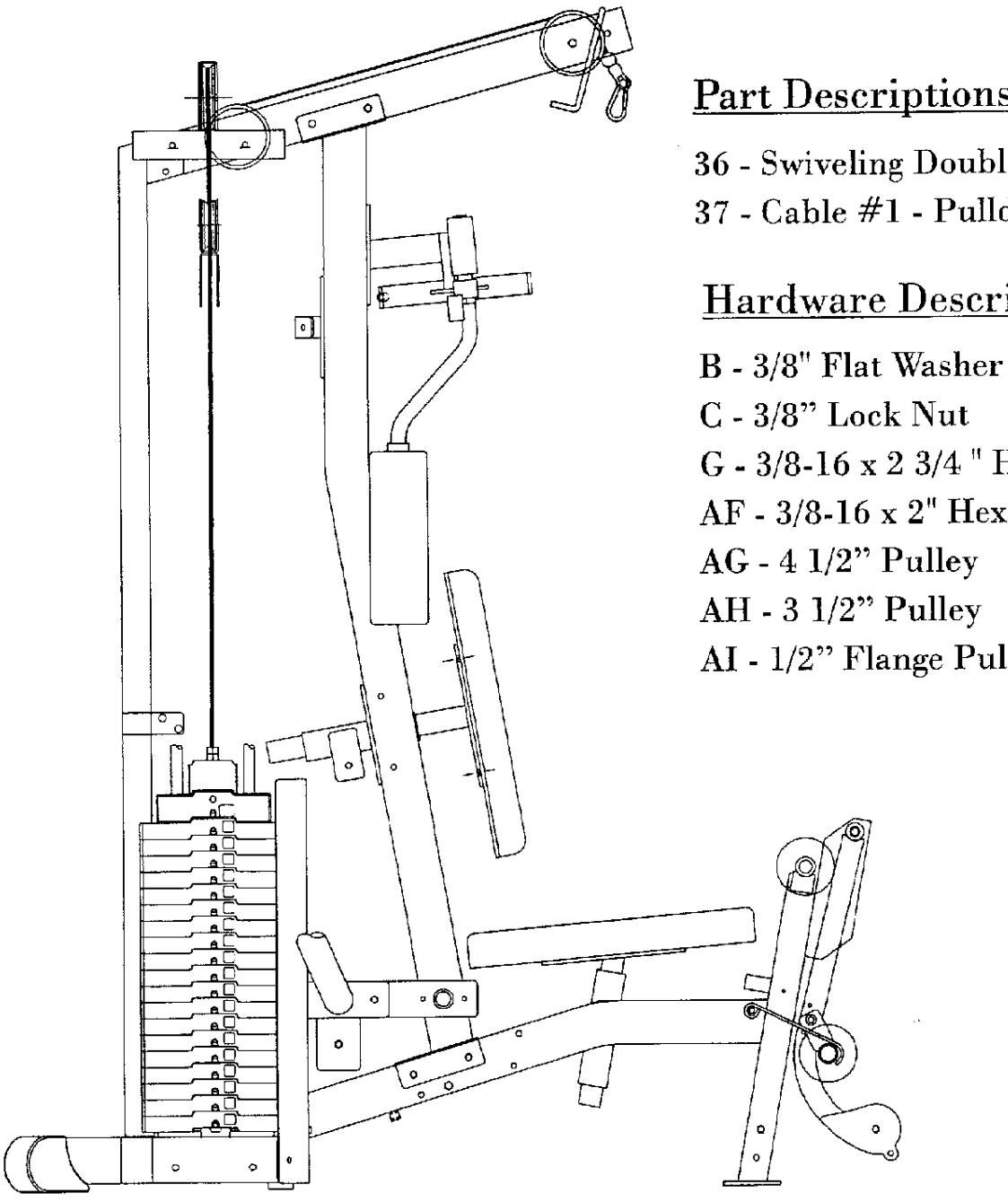
Step 3

CABLE INSTALLATION



ASSEMBLY
INSTRUCTIONS

Step 3a
CABLE#1-PULL DOWN

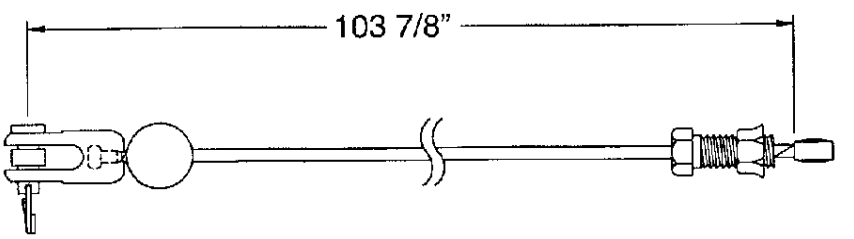


Part Descriptions

36 - Swiveling Double Pulley
37 - Cable #1 - Pulldown Cable

Hardware Descriptions

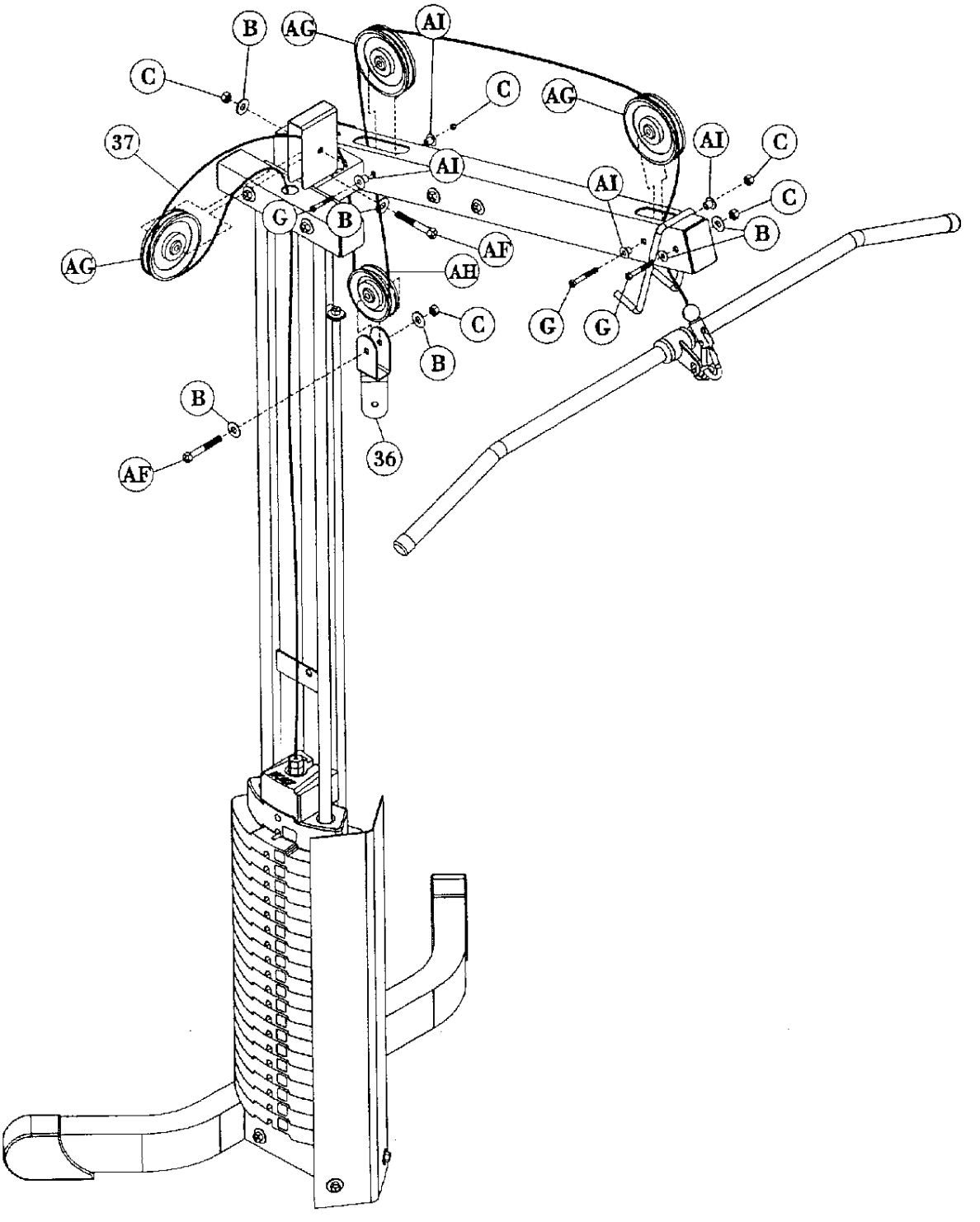
B - 3/8" Flat Washer
C - 3/8" Lock Nut
G - 3/8-16 x 2 3/4 " Hex Bolt
AF - 3/8-16 x 2" Hex Bolt
AG - 4 1/2" Pulley
AH - 3 1/2" Pulley
AI - 1/2" Flange Pulley Spacer



ASSEMBLY
INSTRUCTIONS

Step 3a

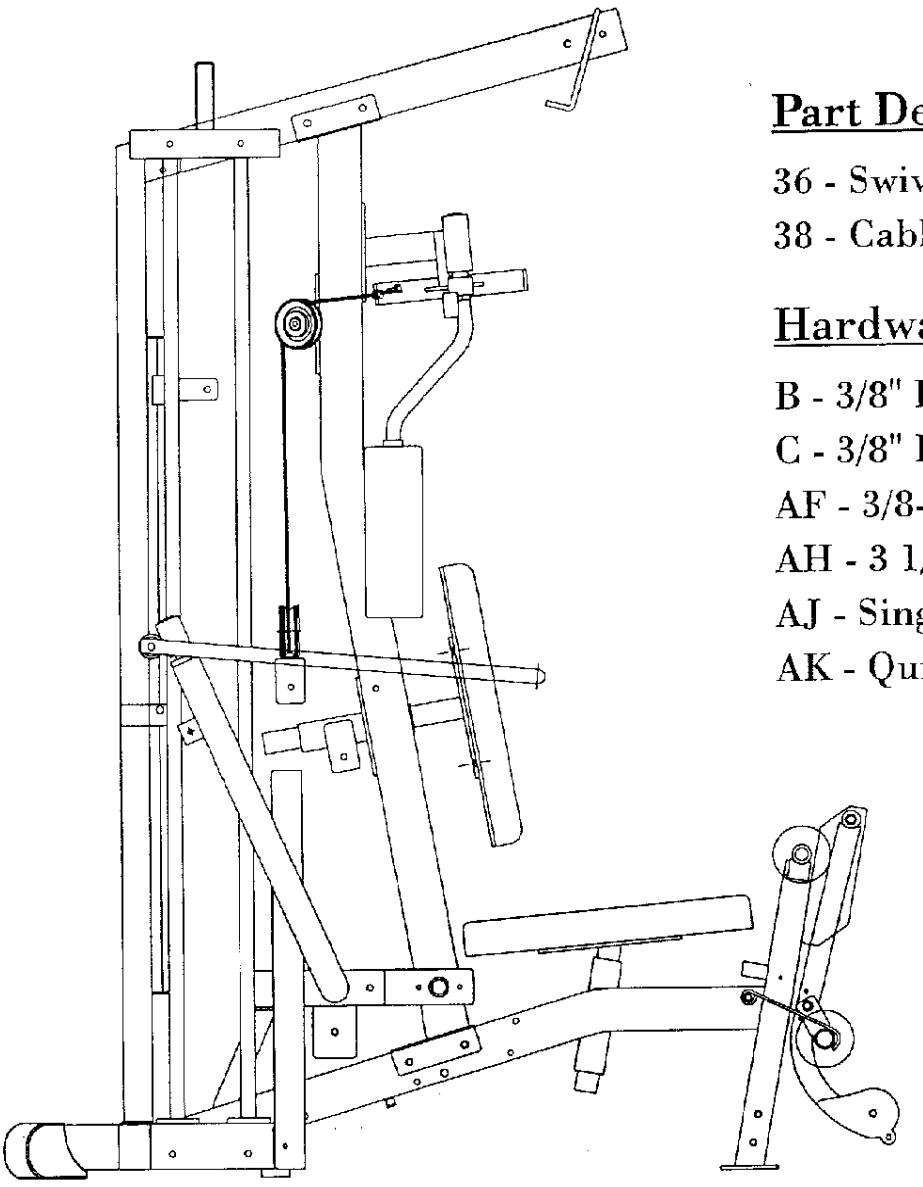
CABLE #1-PULLDOWN



ASSEMBLY INSTRUCTIONS

Step 3b

CABLE #2-PEC

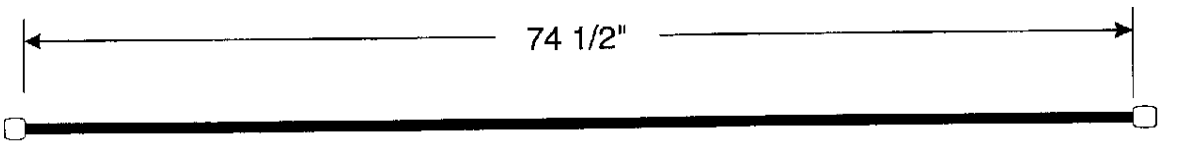


Part Descriptions

36 - Swiveling Bracket
38 - Cable #2 - Pec Cable

Hardware Descriptions

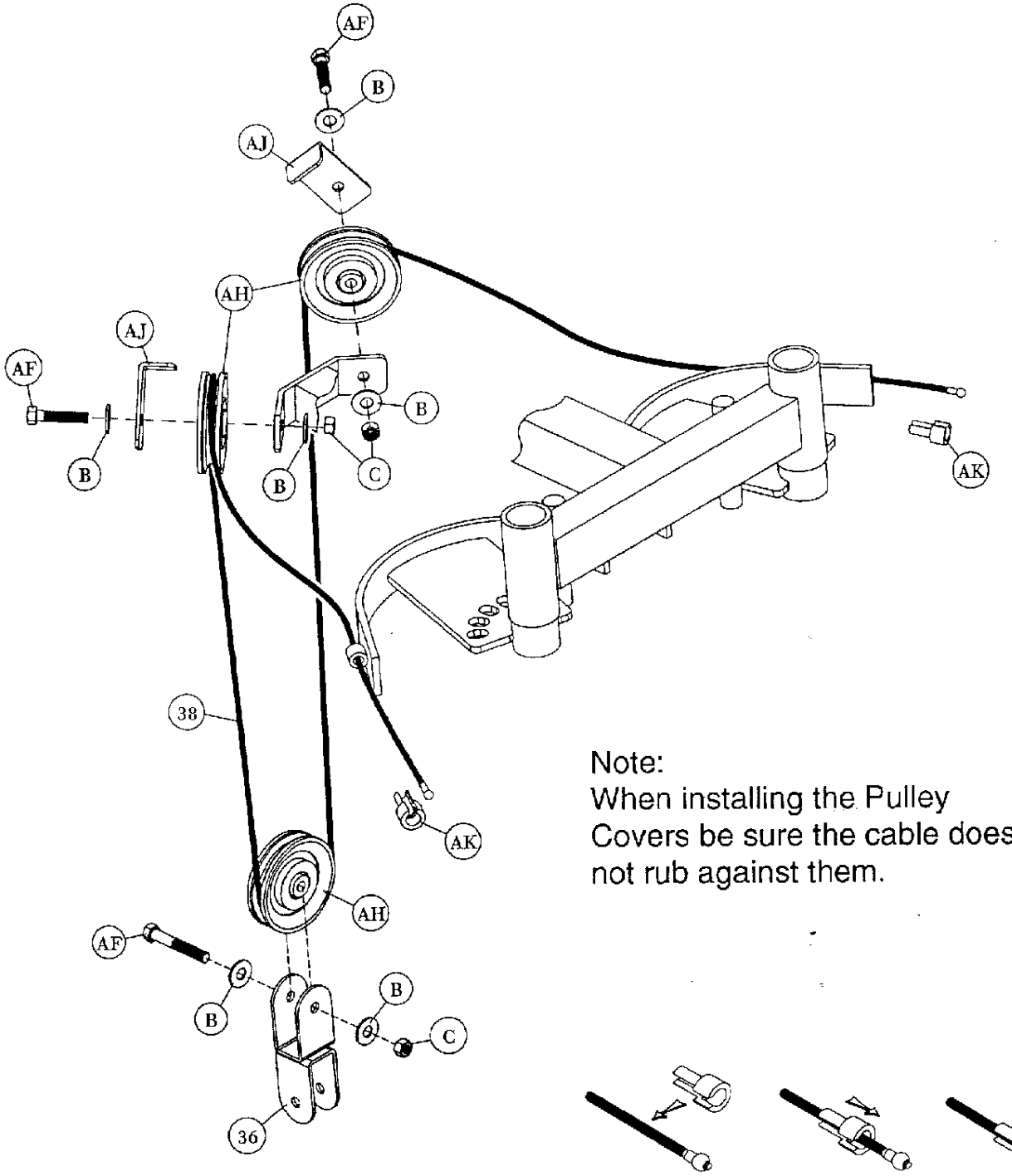
B - 3/8" Flat Washer
C - 3/8" Lock Nut
AF - 3/8-16 x 2" Hex Bolt
AH - 3 1/2" Pulley
AJ - Single Sided Pulley Cover
AK - Quick Release Cable Lock



ASSEMBLY INSTRUCTIONS

Step 3b

CABLE #2 - PEC



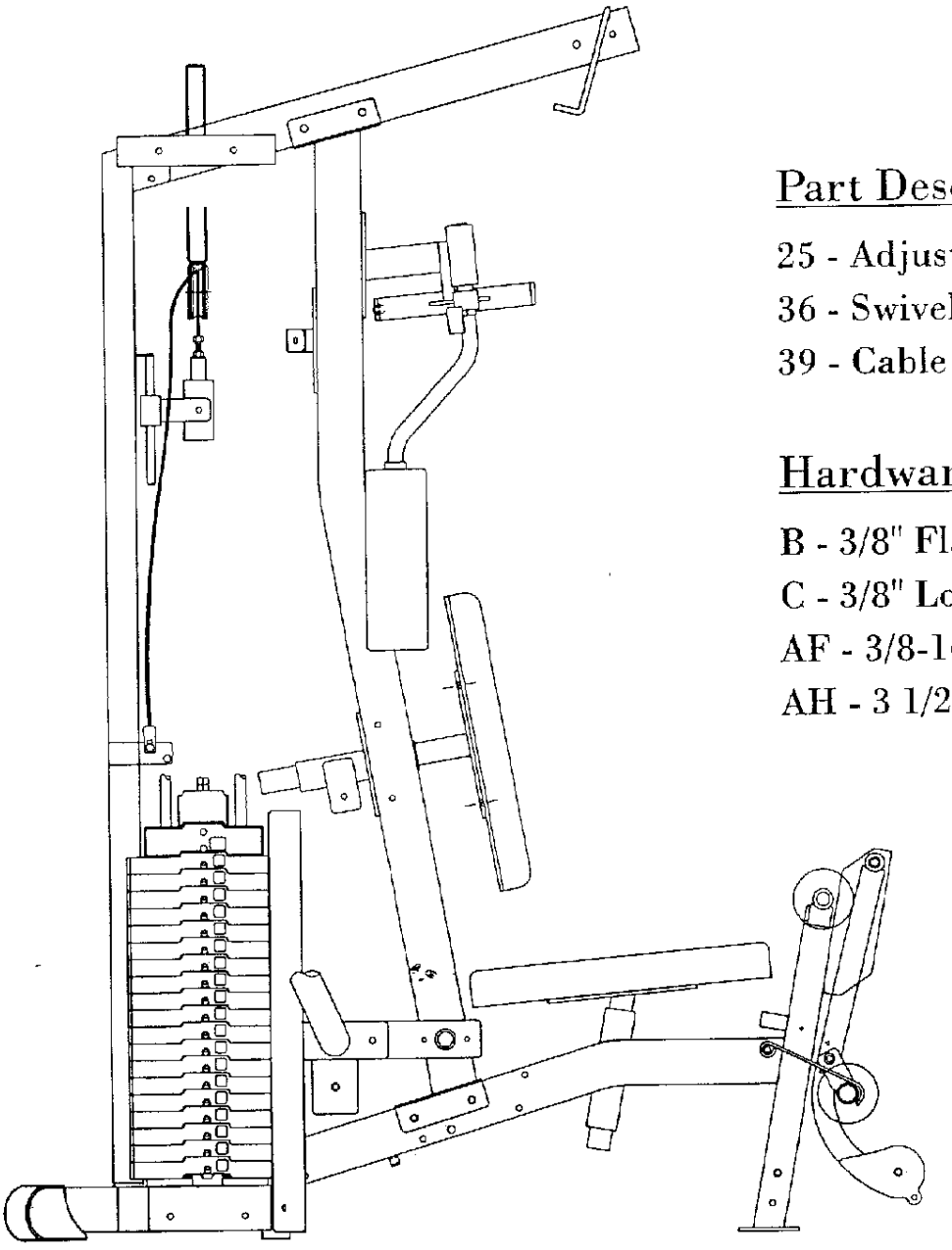
Note:
When installing the Pulley Covers be sure the cable does not rub against them.

Quick Release Cable Lock Assembly

ASSEMBLY INSTRUCTIONS

Step 3c

CABLE #3-FLOATING PULLEY

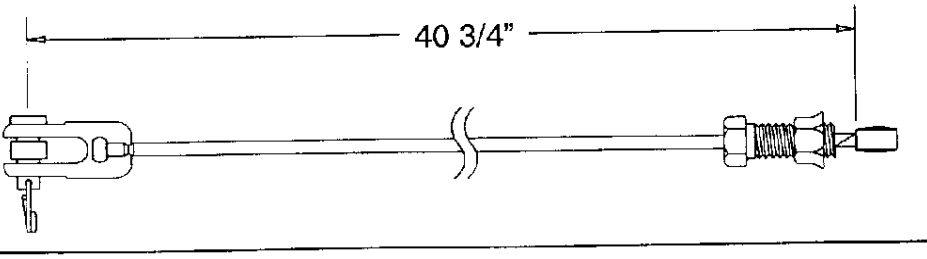


Part Descriptions

25 - Adjustable Floating Pulley
36 - Swiveling Bracket
39 - Cable #3 - Floating Pulley

Hardware Descriptions

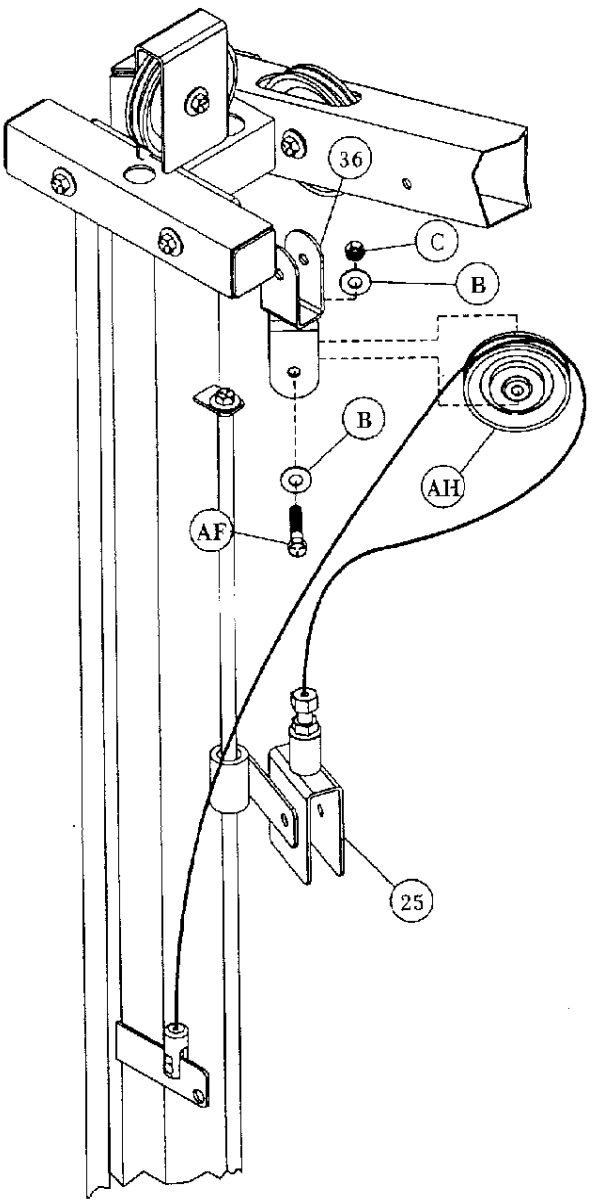
B - 3/8" Flat Washer
C - 3/8" Lock Nut
AF - 3/8-16 x 2" Hex Bolt
AH - 3 1/2" Pulley



ASSEMBLY
INSTRUCTIONS

Step 3c

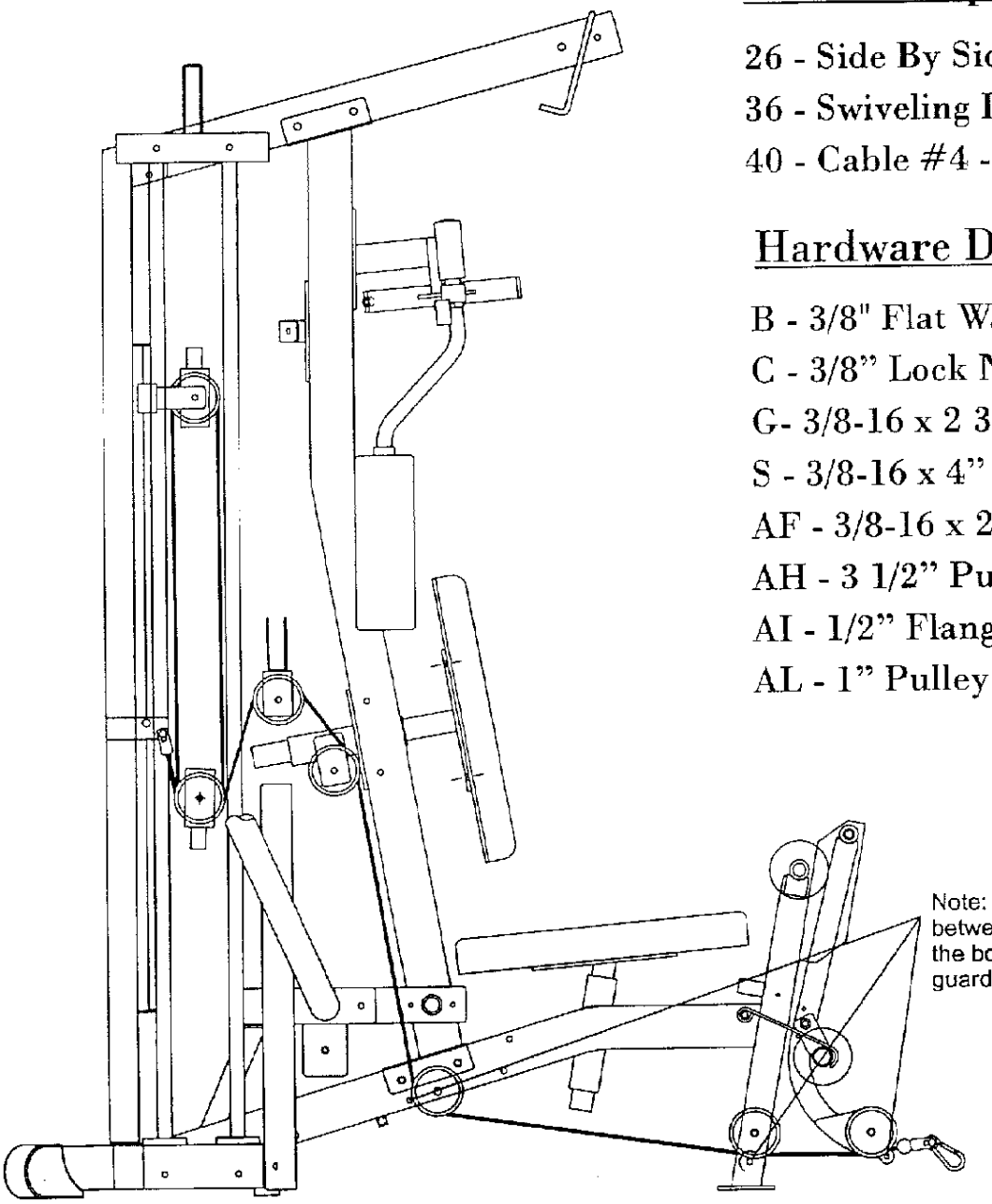
CABLE #3 - FLOATING PULLEY



ASSEMBLY INSTRUCTIONS

Step 3d

CABLE #4 - LEG EXTENSION



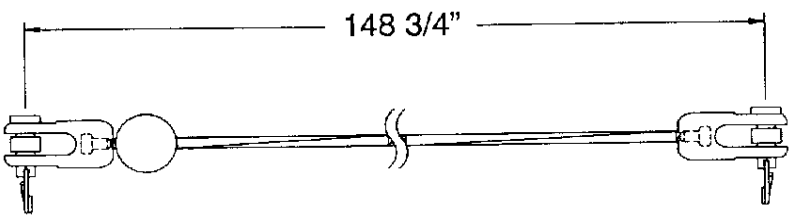
Part Descriptions

26 - Side By Side Floating Pulley
36 - Swiveling Double Pulley
40 - Cable #4 - Leg Extension

Hardware Descriptions

B - 3/8" Flat Washer
C - 3/8" Lock Nut
G- 3/8-16 x 2 3/4"Hex Bolt
S - 3/8-16 x 4" Hex Bolt
AF - 3/8-16 x 2" Hex Bolt
AH - 3 1/2" Pulley
AI - 1/2" Flange Pulley Spacer
AL - 1" Pulley Spacer

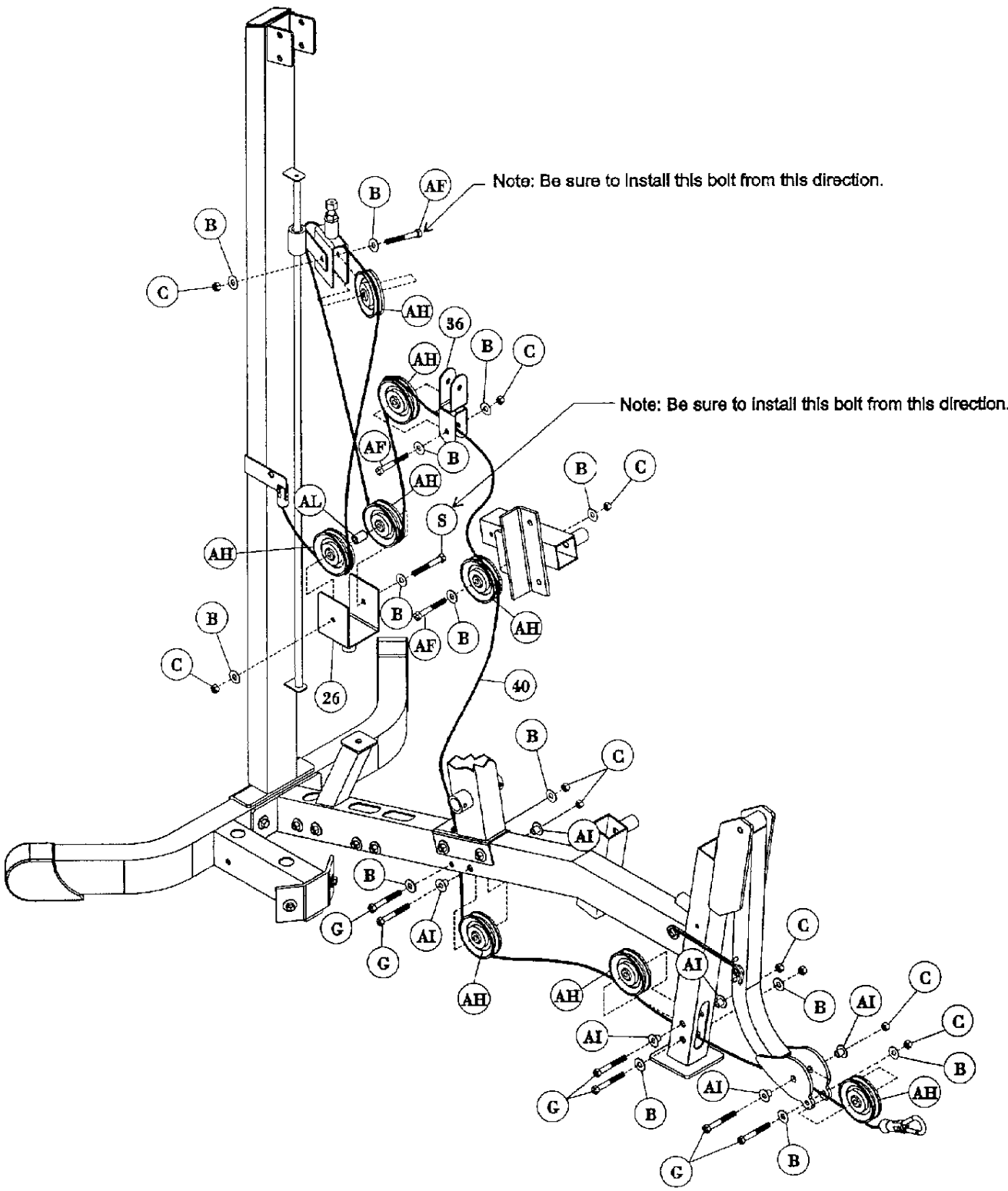
Note: The cable must run between the pulleys and the bolts that act as cable guards.



ASSEMBLY INSTRUCTIONS

Step 3d

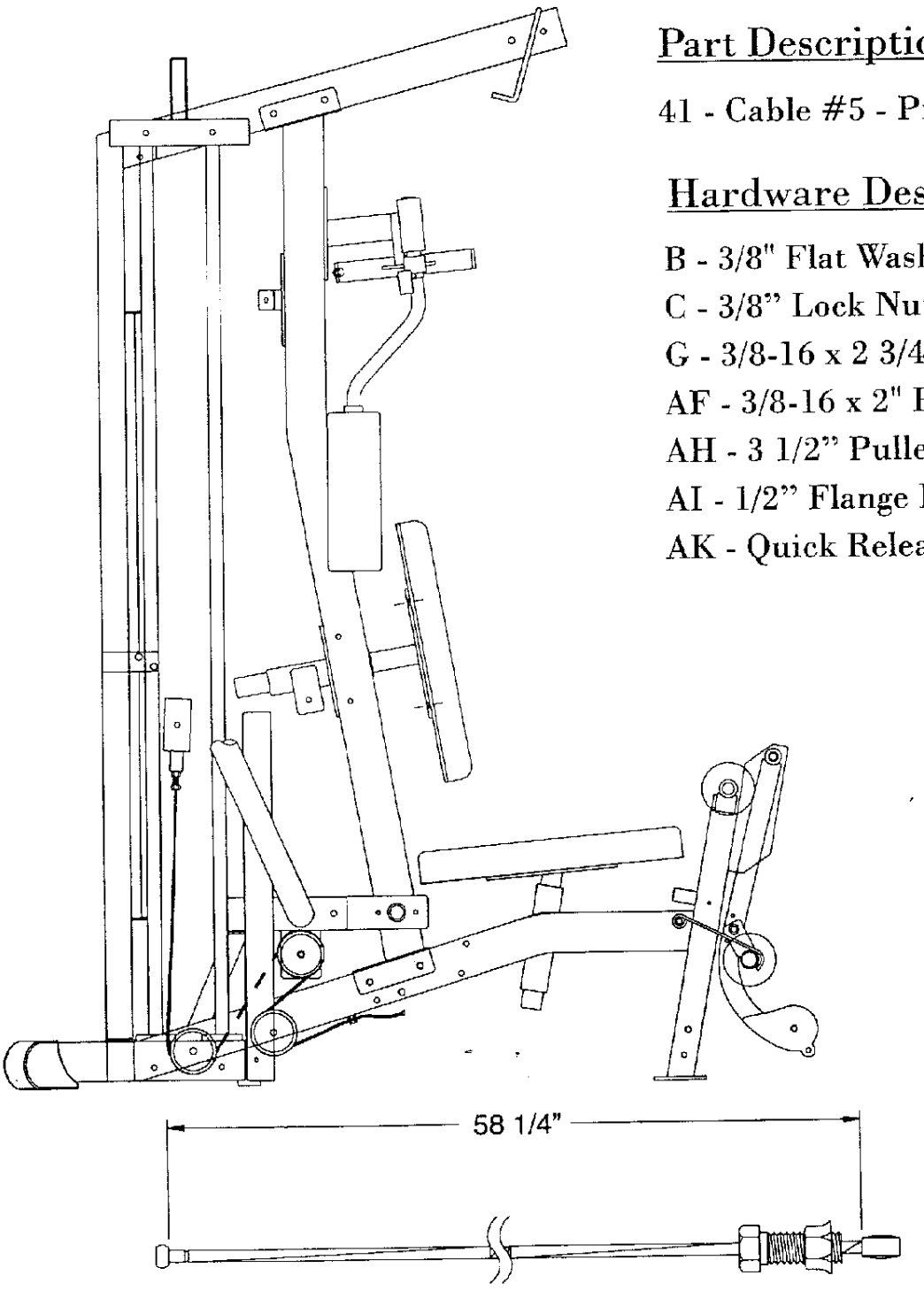
CABLE #4 - LEG EXTENSION



ASSEMBLY INSTRUCTIONS

Step 3e

CABLE#5-PRESS ARM



Part Descriptions

41 - Cable #5 - Press Arm

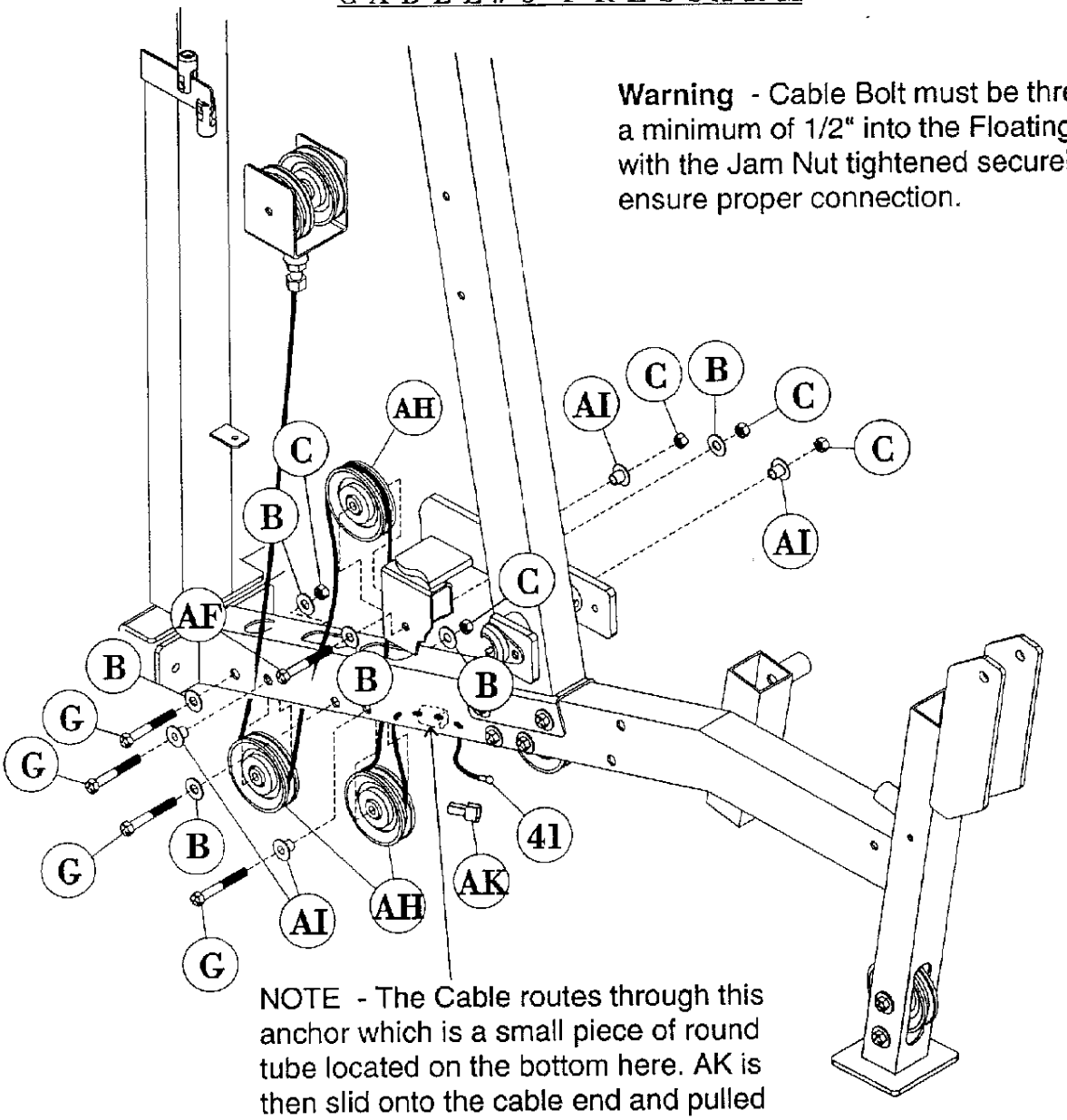
Hardware Descriptions

B - 3/8" Flat Washer
C - 3/8" Lock Nut
G - 3/8-16 x 2 3/4" Hex Bolt
AF - 3/8-16 x 2" Hex Bolt
AH - 3 1/2" Pulley
AI - 1/2" Flange Pulley Spacer
AK - Quick Release Cable Lock

ASSEMBLY INSTRUCTIONS

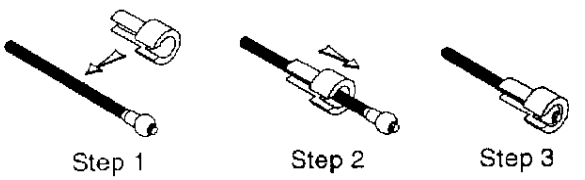
Step 3e

CABLE#5-PRESSARM



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

NOTE - The Cable routes through this anchor which is a small piece of round tube located on the bottom here. AK is then slid onto the cable end and pulled back and seated into the anchor.

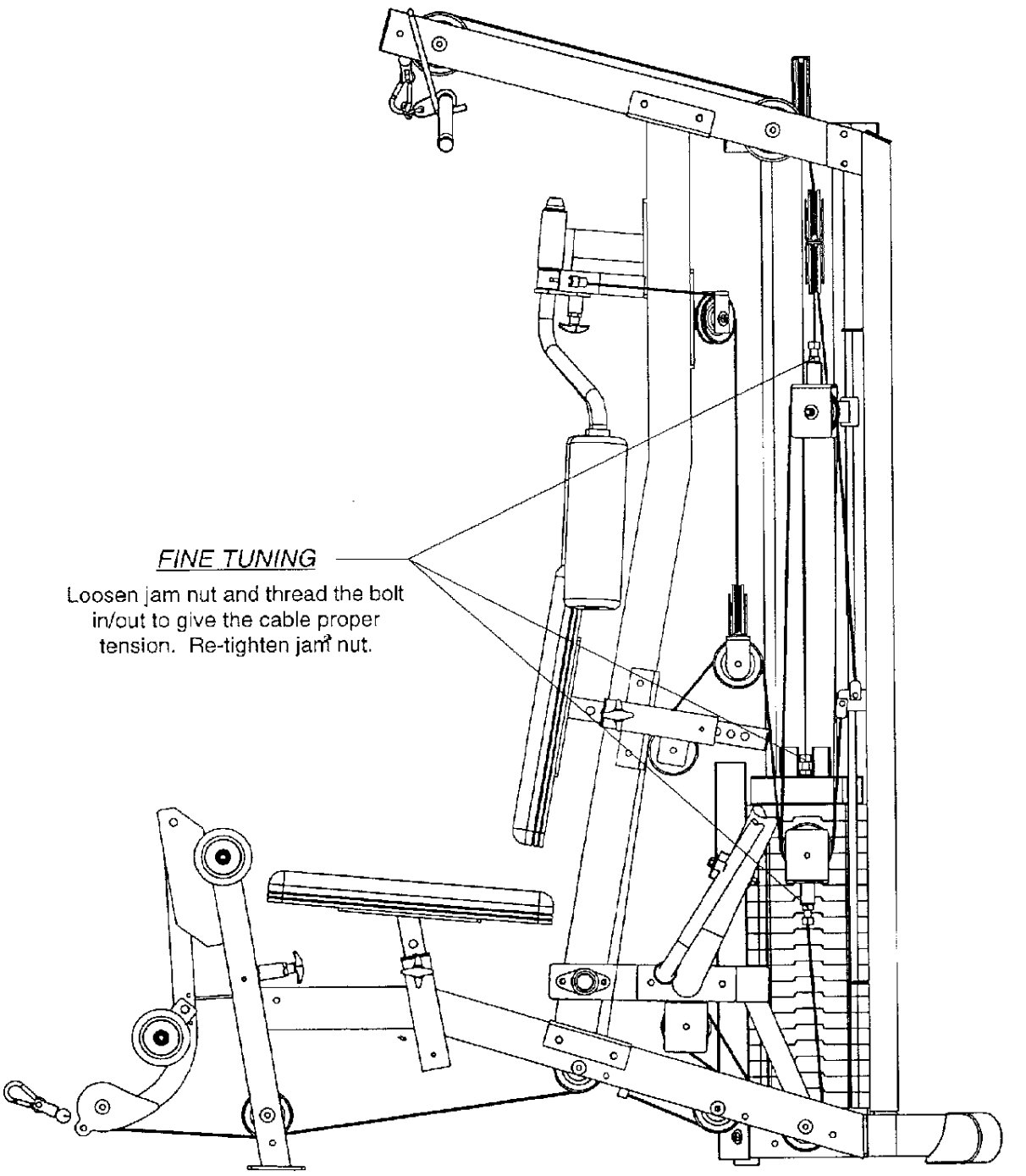


Quick Release Cable Lock Assembly

ASSEMBLY INSTRUCTIONS

Step 4

CABLE ADJUSTMENTS / GENERAL MAINTENANCE



FINE TUNING

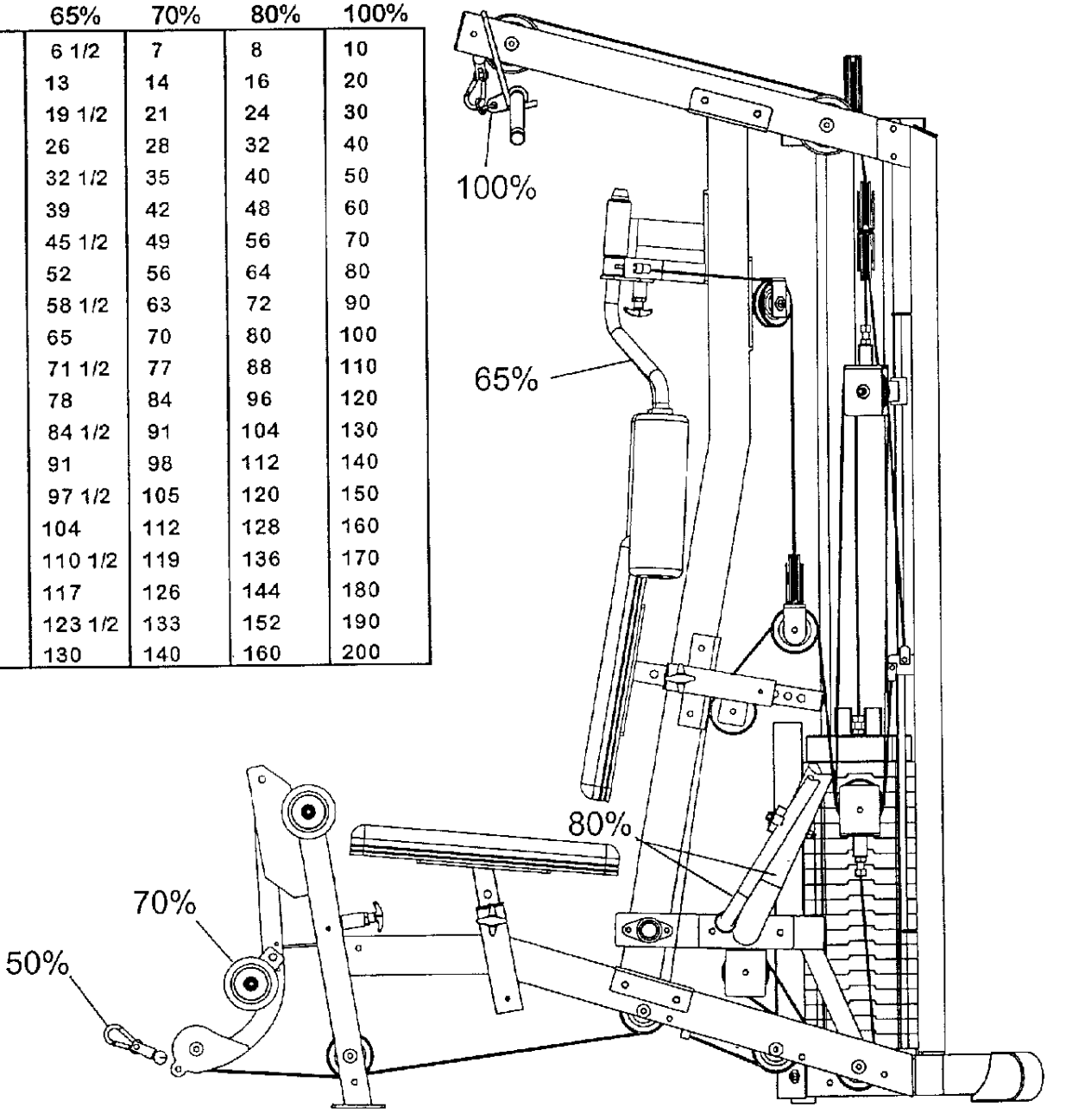
Loosen jam nut and thread the bolt in/out to give the cable proper tension. Re-tighten jam nut.

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.

OWNERS MANUAL

WEIGHT RATIOS

	50%	65%	70%	80%	100%
1	5	6 1/2	7	8	10
2	10	13	14	16	20
3	15	19 1/2	21	24	30
4	20	26	28	32	40
5	25	32 1/2	35	40	50
6	30	39	42	48	60
7	35	45 1/2	49	56	70
8	40	52	56	64	80
9	45	58 1/2	63	72	90
10	50	65	70	80	100
11	55	71 1/2	77	88	110
12	60	78	84	96	120
13	65	84 1/2	91	104	130
14	70	91	98	112	140
15	75	97 1/2	105	120	150
16	80	104	112	128	160
17	85	110 1/2	119	136	170
18	90	117	126	144	180
19	95	123 1/2	133	152	190
20	100	130	140	160	200



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.

ASSEMBLY INSTRUCTIONS

Step 5

PRE-ASSEMBLED PARTS

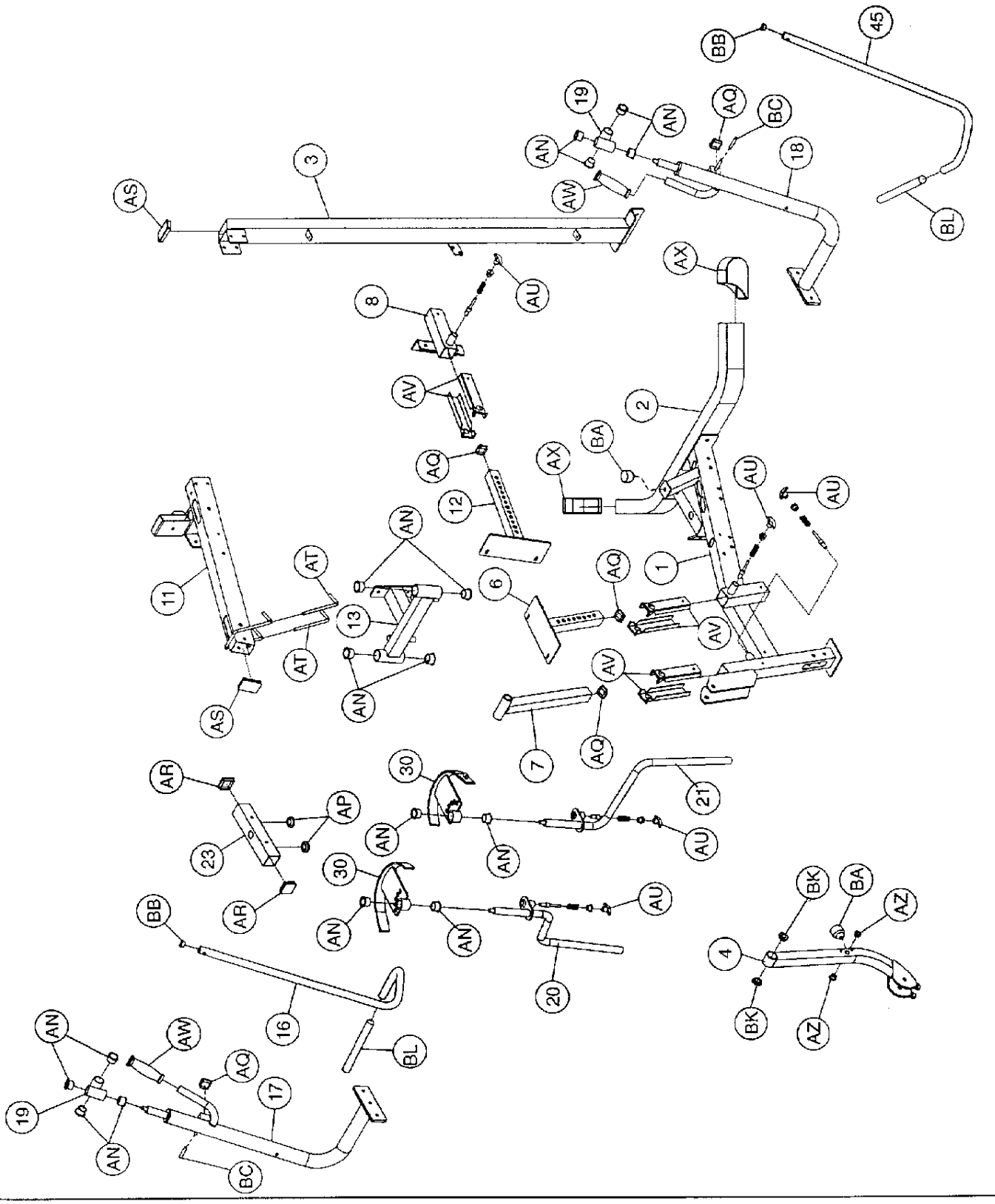
Part Descriptions

AN - 1" Oilite
AP - 3/4" Guide Rod Bushing
AQ - 1 1/2" x 1 1/2" End Cap
AR - 2" x 2" End Cap
AS - 2" x 3" End Cap
AT - 3/8" x 4" Sleeve
AU - 1/2" Short Pullpin
AV - Easy glide Seat Sleeve
AW - Comfort Grip
AX - 2" x 3" Foot Cap
AZ - 1/2" Oilite
BA - Plug Bumper
BB - 1" End Cap
BC - 3/8" x 2" Sleeve
BK - 3/4" Flanged Ball Bearing
BL - 13" x 1" I.D. Closed End Grip

ASSEMBLY INSTRUCTIONS

Step 5

PRE-ASSEMBLED PARTS



ASSEMBLY
CATALOG

PART LISTING

Key #	Qty.	Part Number	Description
1	1	35-SUB-H310-05	Bottom Tube
2	1	026-01X1134	Bent Base Tube
3	1	35-SUB-H310-07	Rear Upright
4	1	026-01X1141	Leg extension Arm
5	1	35-SUB-H400-16	Leg Roller Pivot
6	1	35-SUB-H210-02	Seat Adjuster
7	1	35-SUB-H210-011	Leg Roller Assembly
8	1	35-SUB-H310-03	Back Adjuster Mount
9	1	35-SUB-H310-04	Main Upright
10	1	35-SUB-H310-12	Anti-Twist Slide
11	1	35-SUB-H310-06	Top Tube
12	1	35-SUB-H210-03	Back Adjuster
13	1	35-SUB-H310-01	Pec Front Mount
14	1	35-SUB-H310-02	Pec Back Mount
15	1	35-SUB-H310-11	Arm Pivot Assembly
16	2	026-01T1060	Press Arm Handle (Right)
17	1	35-SUB-H310-09	Right Bench Press Arm
18	1	35-SUB-H310-10	Left Bench Press Arm
19	2	35-SUB-H310-15	Articulating Arm Pivot
20	1	35-SUB-H300-09	Right Pec Arm
21	1	35-SUB-H300-08	Left Pec Arm
22	1	35-SUB-H310-13	Anti-Twist Rod
23	1	35-SUB-H210-13N1	Weight Stack Top Tube
24	2	26-STD-SG133	3/4" x 70 15/32" LG.Guide Rods
25	1	26-STD-SX122T	Adjustable Floating Pulley
26	1	26-STD-SX141T	Side By Side Floating Pulley
28	2	19-WSB-123	1/2" Thick Weight Stack Bumpers
29	1	26-STD-SSH166	Shield
30	2	26-STD-SX121T	Pec Cam (R.O.M)
31	1	35-SUB-H310-14	Press Arm Pivot Axle
32	2	26-STD-SM137T	Bench Handle Pivot
33	1	26-STD-SU1020	10 x 20 Pad (w/ Covered Back)
34	4	022-01PDR008	7" Roller Pad (Upholstered)
35	2	26-STD-SX139T	Pad Roller Bar
36	2		Swiveling Double pulley
42	2	022-01PDR003	12" Roller Pad (Upholstered)
43	1	26-STD-SP477	Placard Mount
44	1	026-01M0635	.75 Dia. x 1.938 LG. Axle
45	1	026-01T1061	Press Arm Handle (Left)

ASSEMBLY
CATALOG

HARDWARE LISTING

Key #	Qty.	Part Number	Description
A	13	11-HEX-383	3/8-16 x 3" Hex Bolt
B	93	13-FLT-38	3/8" Flat Washer
C	54	12-LOK-38	3/8" Lock Nut
D	4	11-HEX-38114	3/8-16 x 1 1/4" Hex Bolt
E	1	26-STD-SM271T	1/4" Longer Spacer
F	1	26-STD-SM288	Latch Hook
G	12	11-HEX-38234	3/8-16 x 2 3/4" Hex Bolt
H	2	11-HEX-1434	1/4-20 x 3/4" Hex Bolt
I	2	13-LOK-14	1/4"Lock Washer
J	6	11-HEX-381	3/8-16 x 1" Hex Bolt
K	4	11-HEX-38314	3/8-16 x 3 1/4" Hex Bolt
L	1	11-HEX-12234	1/2-13 x2 3/4" Hex Bolt
M	4	13-FLT-12	1/2" Flat Washer, Small, SAE, 26mm
N	6	16-CAP-100T	1/2" Cap Washer Cap
O	1	11-HEX-12314	1/2-13 x 3 1/4" Hex Bolt
P	6	12-LOK-12T	1/2" Lock Nut
Q	6	13-CAP-12	1/2" Cap Washer
R	8	13-FLT-12	1/2" Flat Washer
S	4	11-HEX-384	3/8-16 x 4" Hex Bolt
T	2	11-HEX-3834	3/8-16 x 3/4" Hex Bolt
U	10	13-LOK-38	3/8" Lock Washer
V	2		Flange Mount Bearing
W	2		8Mx1.25 Cup Point Set Screw X 5/16" Lg.
X	4	11-HEX-38112	3/8-16 x 1 1/2" Hex Bolt
Y	2	26-STD-PLAS198	Handle Clip
Z	2	11-Hex-12434	1/2-13 x 4 3/4" Hex Bolt
AA	1	11-HEX-38312	3/8-16 x 3 1/2" Hex Bolt
AB	4	11-HEX-516114	5/16-18 x 1 1/4" Hex Bolt
AC	4	13-FLT-516	5/16" Flat Washer
AD	12	26-STD-PLAS151	1" Plastic Fender Washer
AE	4	13-FND-38112	3/8" Fender Washer
AF	10	11-HEX-382	3/8-16 x 2" Hex Bolt
AG	3	18-PUL-412	4 1/2" Pulley
AH	16	18-PUL-312	3 1/2" Pulley
AI	14	26-STD-SM198T	1/2" Flange Pulley Spacer
AJ	2	26-STD-SP115	Single Sided Pulley Cover
AK	3	26-STD-SM200T	Quick Release Cable Lock

ASSEMBLY
CATALOG

HARDWARE LISTING

Key #	Qty.	Part Number	Description
AL	1	14-SPC-1	1" Pulley Spacer
AM	1	14-SPC-12	1/2" Pulley Spacer
AN	16	14-OIL-1FT	1" Oilite Flanged Bushing
AP	2	19-GRM-34R	3/4" Guide Rod Bushing
AQ	5	16-CAP-112112	1 1/2" x 1 1/2" End Cap
AR	2	16-CAP-22	2" x 2" End Cap
AS	2	16-CAP-23	2" x 3" End Cap
AT	2	16-CAP-384	3/8" x 4" Sleeve
AU	5	26-STD-SM128T	1/2" Short Pullpin
AV	6	26-STD-PLAS125T	Easy Glide Seat Sleeve
AW	2	19-GRP-78COMFORT	Comfort Grip
AX	2	26-STD-PLAS254T	2" x 3" Foot Cap
AZ	2	14-OIL-12F	1/2" Oilite Flanged Bushing
BA	2	19-PAD-1T	Pug Bumper
BB	2	16-CAP-1	1" End Cap
BC	2	16-CAP-382	3/8" x 2" Sleeve
BD	2	014-0019002	1" Dia. Split Collars
BF	2	026-01M0447	1/2" Flathead Cap
BG	2	011-0102002	1/2"-13 x 1" Flathead Bolt
BH	4	014-0019002	1/4"-20UNC x 3/4" Socket Head Screw
BJ	2	011-0307057	3/8"-16 x 3 1/4" Hexhead Bolt
BK	2	014-0005001	3/4" Flanged Ball Bearing
BL	2	019-0002014	13" x 1" I.D. Closed End Grip

ACCESSORIES

Key #	Qty.	Part Number	Description
	1	20-CRL-BAR	Curl Bar
	1	20-LAT-48S	Rotating Lat Bar
	1	22-STR-ANKLE	Ankle Strap
	1	22-HAN-BICEP2	Bicep Handle
	1	21-STK-WEIGHT120	Weight Stack Numbers 1-20
	3	20-SNP-516	Snap Link
	1	20-CHN-002	2 Links of Chain
	1	20-CHN-0020	20 Links of Chains
WA	1	26-STD-SWTOP9	Top Weight
WB	1	26-STD-SW139	Stem
WC	19	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

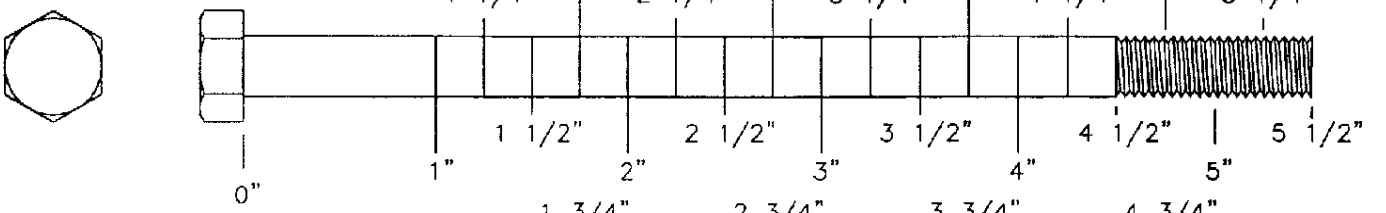
ASSEMBLY
CATALOG

CABLE LISTING

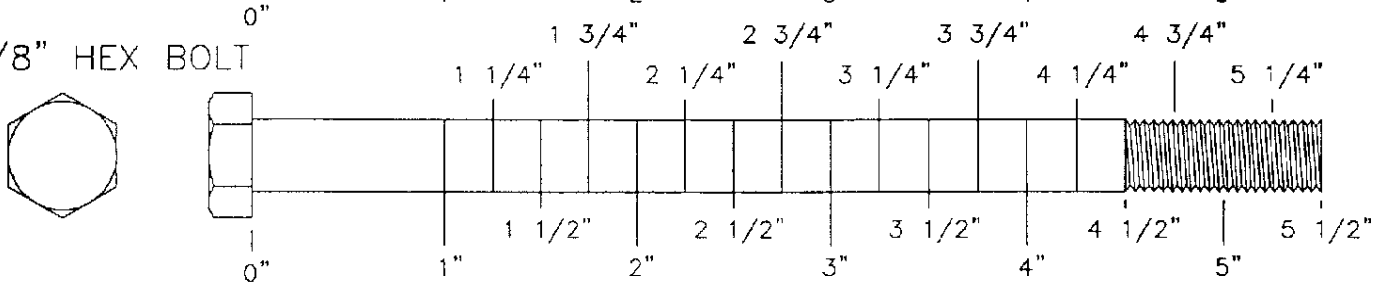
KEY	QTY	PART NUMBER	DESCRIPTION
37	1	26-STD-SC206	#1 - Pulldown Cable
38	1	26-STD-SC207	#2 - Pec Cable
39	1	26-STD-SC208	#3 - Floating Pulley
40	1	26-STD-SC210	#4 - Leg Extension Cable
41	2	26-STD-SC209	#5 - Press Arm Cable

ASSEMBLY
CATALOG
BOLT SIZING CHART

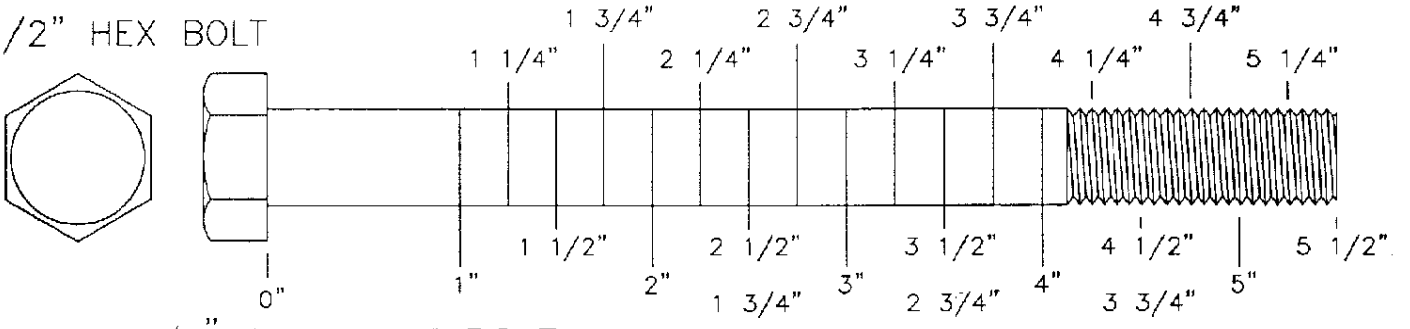
5/16" HEX BOLT



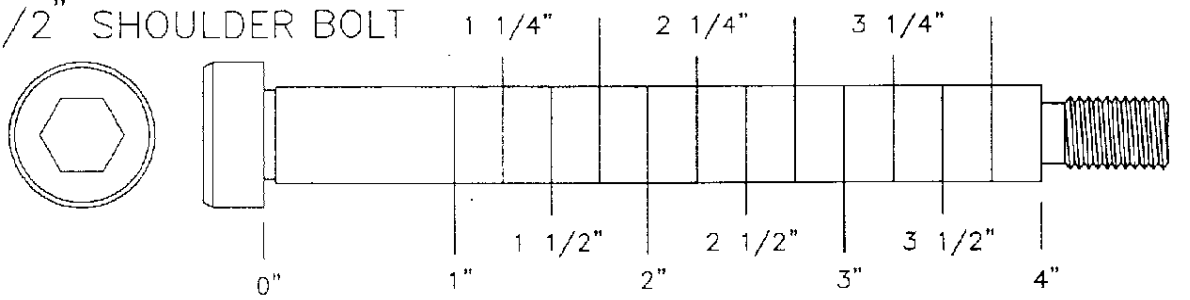
3/8" HEX BOLT



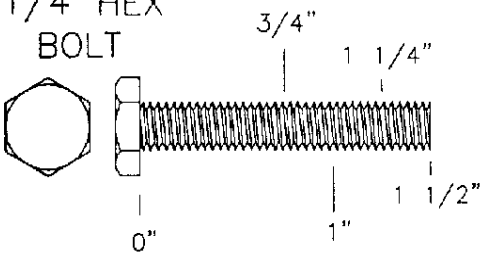
1/2" HEX BOLT



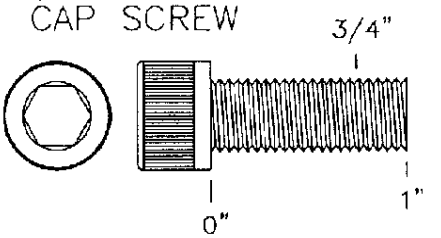
1/2" SHOULDER BOLT



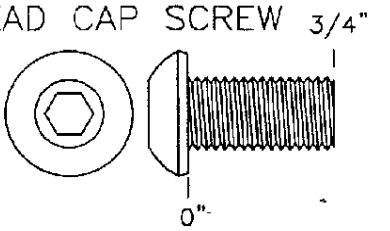
1/4" HEX BOLT



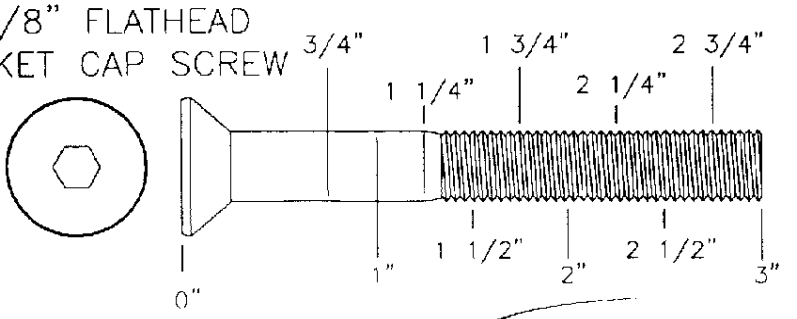
3/8" SOCKET CAP SCREW



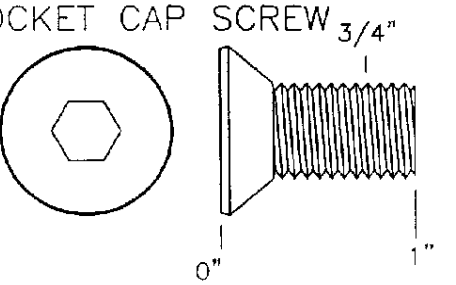
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



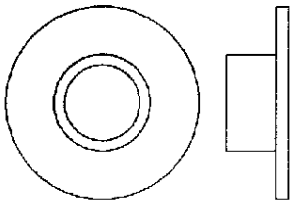
1/2" FLATHEAD SOCKET CAP SCREW



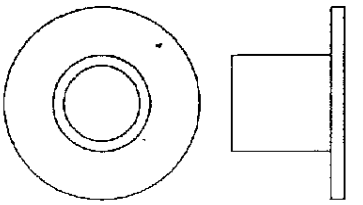
ASSEMBLY
CATALOG

WASHER SIZING CHART

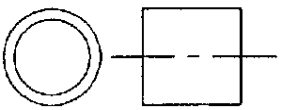
/4" LONG FLANGED PULLEY SPACER



1/2" LONG FLANGED PULLEY SPACER



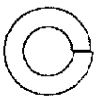
1/2" LONG PULLEY SPACER



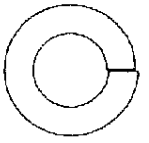
1" LONG PULLEY SPACER



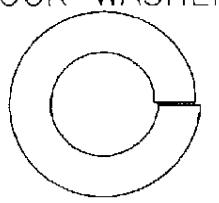
1/4" LOCK WASHER



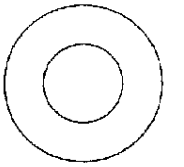
3/8" LOCK WASHER



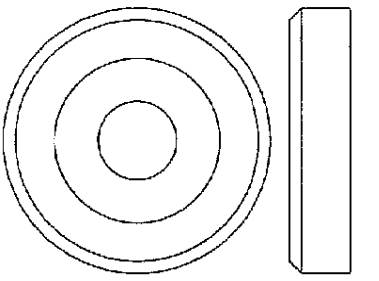
1/2" LOCK WASHER



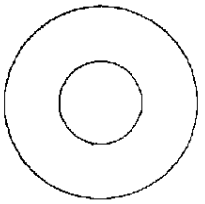
5/16" FLAT WASHER



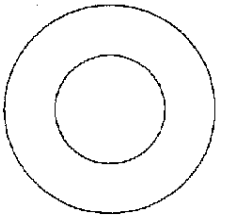
1 3/8" ALUMINUM FLATHEAD CAP



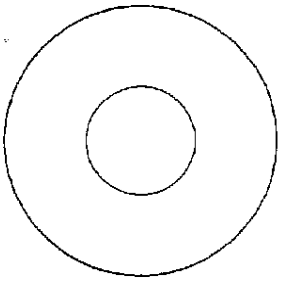
3/8" FLAT WASHER



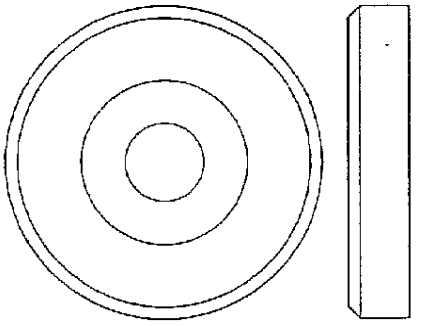
1/2" FLAT WASHER SMALL, SAE, 26mm

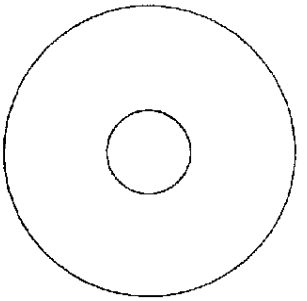


1/2" FLAT WASHER LARGE, USS, 34mm



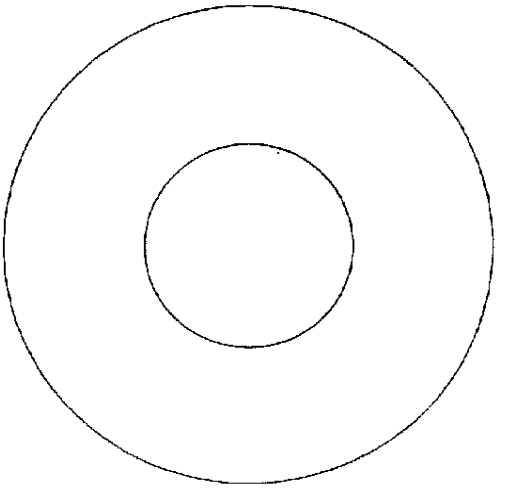
1 5/8" ALUMINUM FLATHEAD CAP



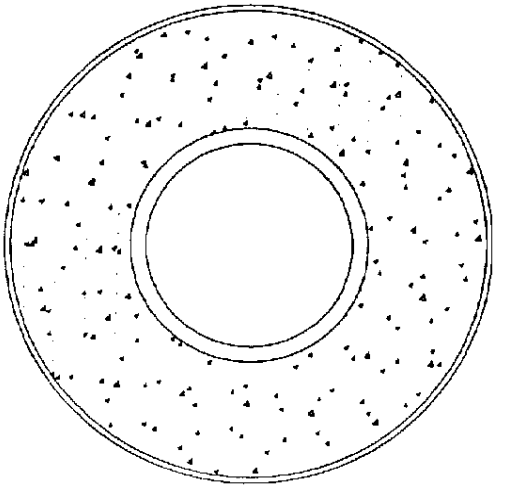


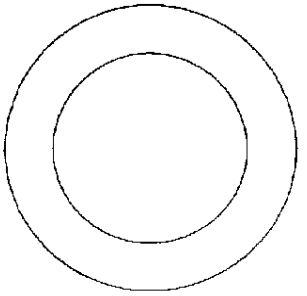
3/8" FENDER WASHER

1 1/16" FENDER WASHER



PLASTIC 1 1/16" FENDER WASHER





1" SHIM WASHER

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.

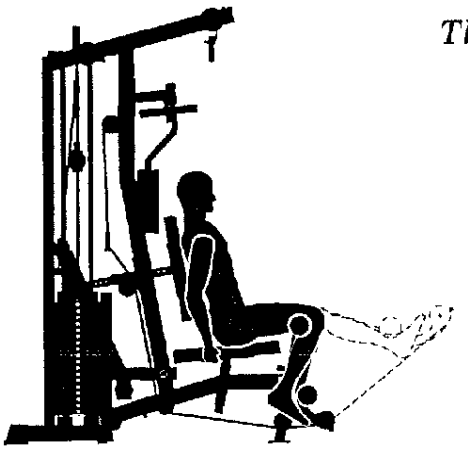
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

LEG EXTENSION

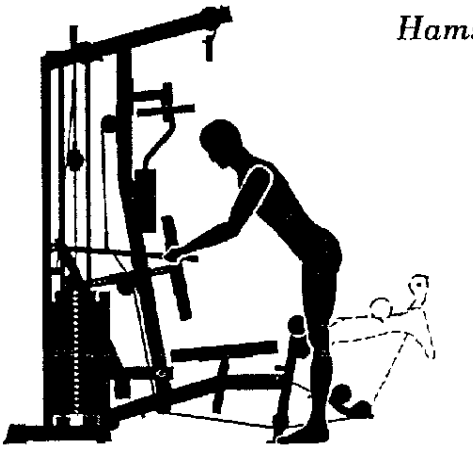
Thighs



1. Adjust the seat so that the pivot point of the leg extension arm lines up with the pivot point of your knee.
2. Hook your leg over the top roller and your feet under the lower roller.
3. Slowly extend your legs forward.
4. Hold position momentarily before slowly lowering your leg to the starting position.

STANDING LEG CURL

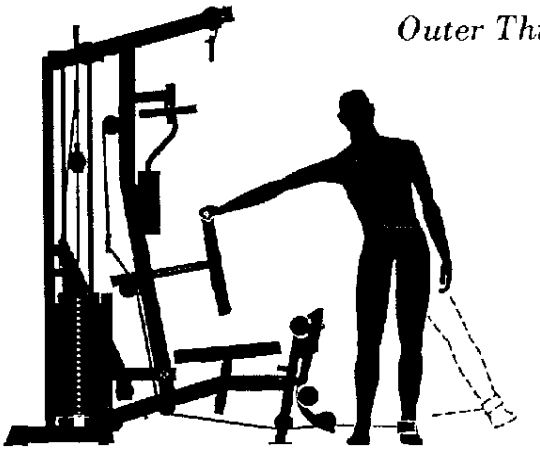
Hamstrings



1. Stand facing the machine, adjust the top roller pad to hit just above your knee.
2. Hook one leg under the lower roller pad and grip the press arm for balance.
3. Curl your leg upward and hold position momentarily before slowly returning to the starting position.

OUTER THIGH

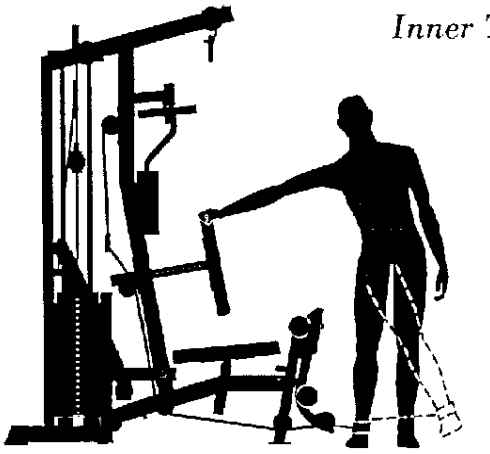
Outer Thigh



1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the back pad.
4. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
5. Slowly return to the starting position.

INNER THIGH KICK

Inner Thigh



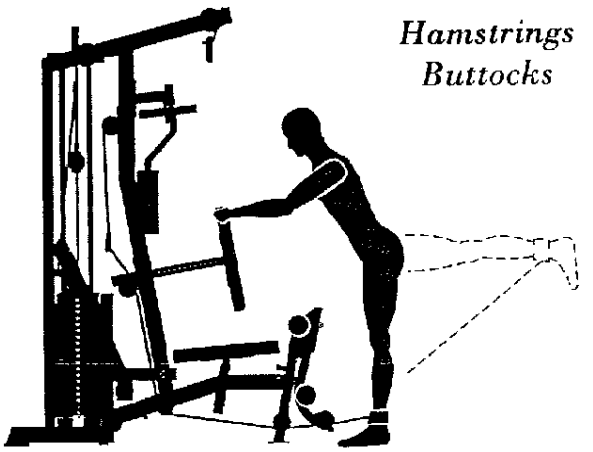
1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the pulley. Balance yourself by holding the back pad.
4. Slowly scissors leg across your body keeping your body straight.
5. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

GLUTE KICK

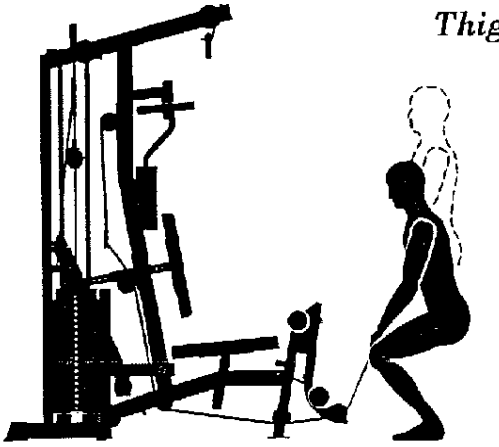
Hamstrings
Buttocks



1. Lock the leg extension arm with the hook latch, attach padded cuff to the lower pulley.
2. Attach cuff to your ankle, angle your upper body forward using the back pad for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
4. Contract the buttock at the peak of movement then slowly lower your leg to the starting position.

DEAD LIFT

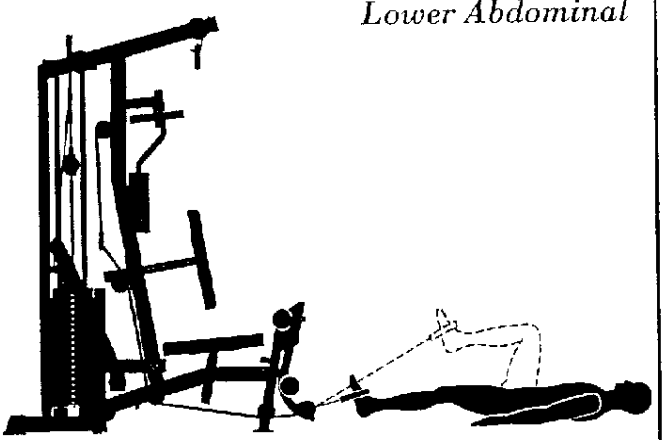
Thighs



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles and squat with your back straight and your knees no further than 90 degrees.
3. Stand straight up keeping your arms close to your body and your body straight.
4. Slowly return to the starting position.

LYING KNEE RAISE

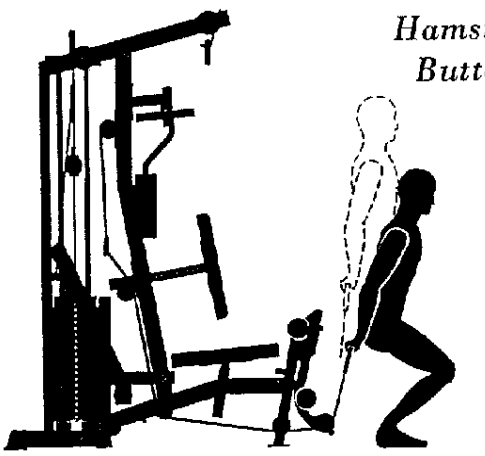
Lower Abdominal



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Lay down in front of the machine on your back.
3. Loop the handle over the top of your foot.
4. While keeping your foot straight pull your leg up, bringing your knee to your chest.
5. Slowly return to the starting position.

HACK SQUAT

Hamstrings
Buttocks



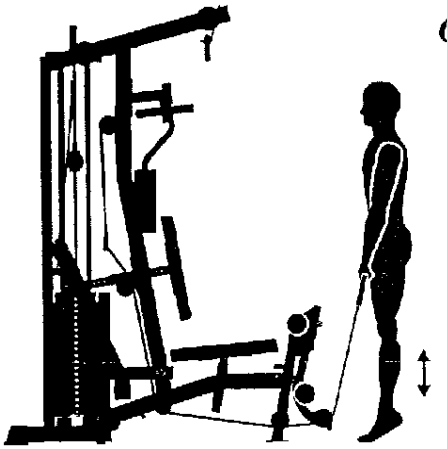
1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. With your back to the machine, grip handles bending at the knees. Do not go past 90 degrees.
3. Keeping your back straight stand straight up but do not lock out knees at the top of the movement.
4. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

CALF RAISE

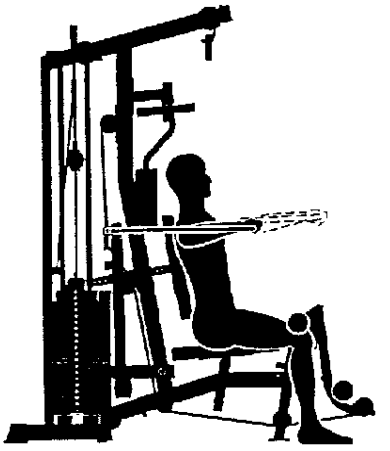
Calves



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine with your feet together.
3. Keeping your knees in a locked position, and your weight on the balls of your feet, raise up as far as possible.
4. Slowly return to the starting position.

VERTICAL BENCH PRESS

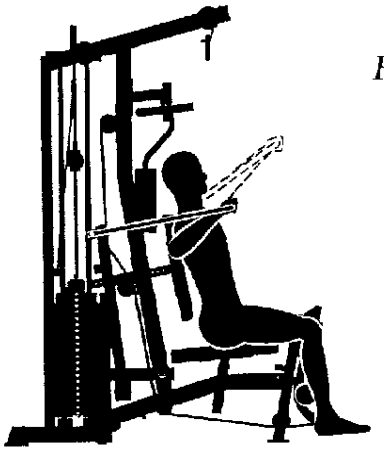
Chest
Shoulders
Triceps



1. Sit upright with your back supported by the back pad.
2. Adjust the back pad to desired beginning stretch.
3. Hold chest press handles at chest height, adjust seat if needed.
4. Press handles forward until arms are fully extended.
5. Slowly bring arms back to the starting position.

INCLINE PRESS

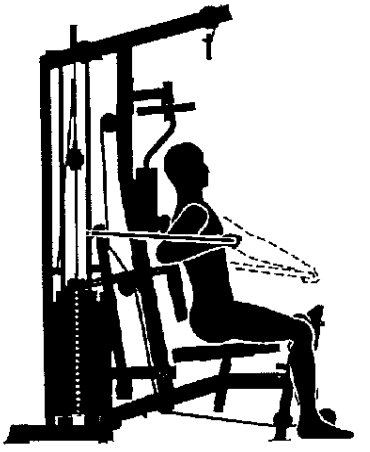
Upper Chest
Front Shoulder



1. Sit upright with your back supported by the back pad.
2. Adjust the back pad to desired beginning stretch.
3. Hold chest press handles at chest height, adjust seat if needed.
4. Press handles forward and up until arms are fully extended.
5. Slowly bring arms back to the starting position.

DECLINE PRESS

Lower Chest
Triceps

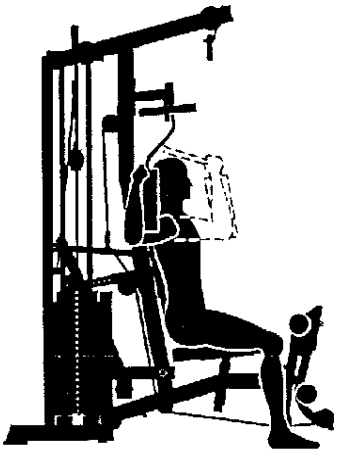


1. Sit upright with your back supported by the back pad.
2. Adjust the back pad to desired beginning stretch.
3. Hold chest press handles at chest height, adjust seat if needed.
4. Press handles forward and down until arms are fully extended.
5. Slowly bring arms back to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

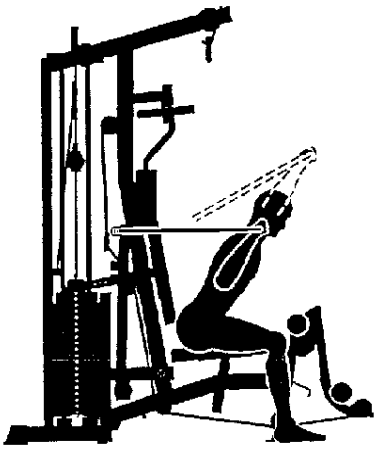
PECTORAL FLY



Lower/Inner Chest
Chest

1. Adjust the seat so that your upper arms are parallel to the floor.
2. Adjust the pec arms to a comfortable beginning stretch.
3. Rest your forearms and elbows against the roller pads.
4. Push roller pads forward with your elbows, allowing them to touch in front of the chest.
5. Hold contracted position briefly the slowly let arms return to the starting position.

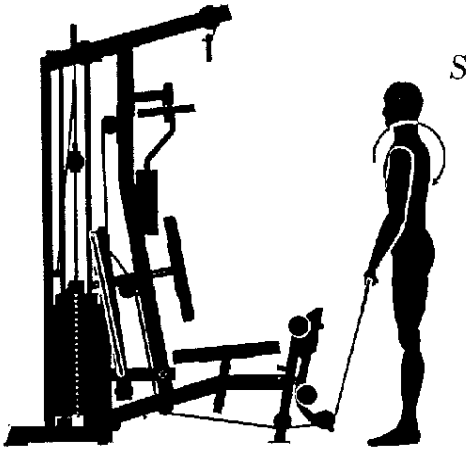
SHOULDER PRESS



Shoulder
Triceps

1. Sit leaning forward with your buttocks against the back pad.
2. Hold chest press handles slightly above shoulder height.
3. Press handles straight up over your head until arms are fully extended.
4. Slowly bring arms back to the starting position.

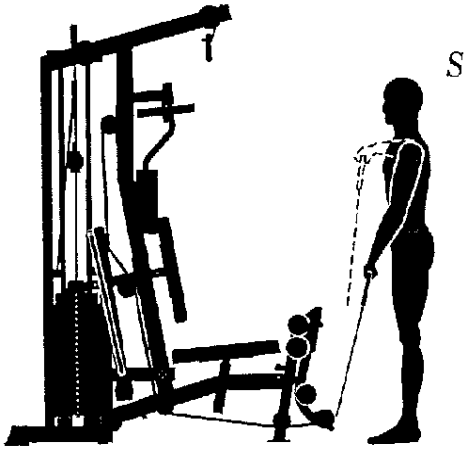
SHOULDER SHRUG



Traps
Shoulders

1. Lock the leg extension arm hook latch and attach strap handles to the lower pulley.
2. Stand facing the machine with legs spread comfortably apart.
3. Grip handles overhand with hands 6" to 8" apart.
4. Slowly rotate shoulders up then back around in a circular motion.

UPRIGHT ROW



Traps
Shoulders

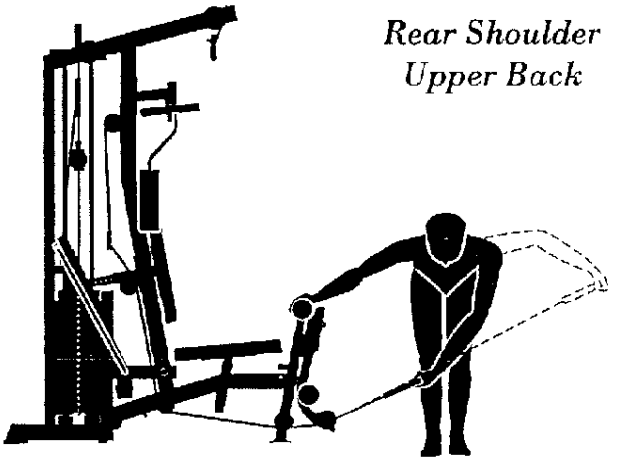
1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles with your palms down and your hands 4" to 6" apart.
3. Stand erect with feet shoulder width apart and hands at thighs.
4. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
5. Slowly return to starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

BENT OVER REAR DELT

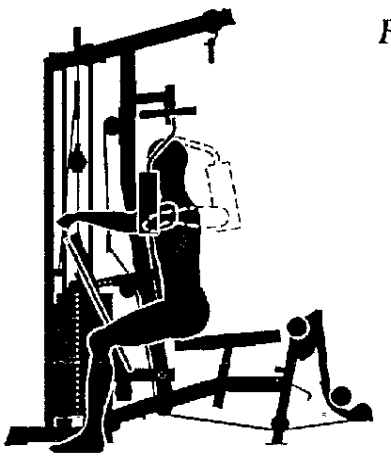
Rear Shoulder
Upper Back



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the upper roller for support.
3. Grip the handle with the hand furthest from the pulley and arc arm upwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

REAR DELTOID

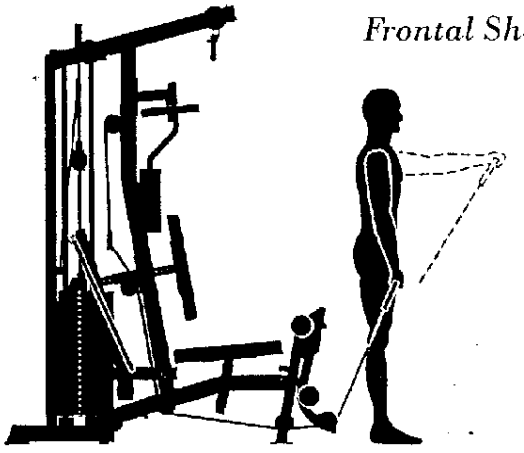
Rear Shoulder
Upper Back



1. Adjust the pec arms and back pad all the way in.
2. Sit facing the machine with your chest pressed against the pad.
3. Adjust the seat so that your upper arms are parallel to the floor.
4. Rest the back of your arms against the roller pads and use your back muscles to move pads as far to the rear as possible.
5. Slowly return to the starting position.

FRONTAL DELTOID RAISE

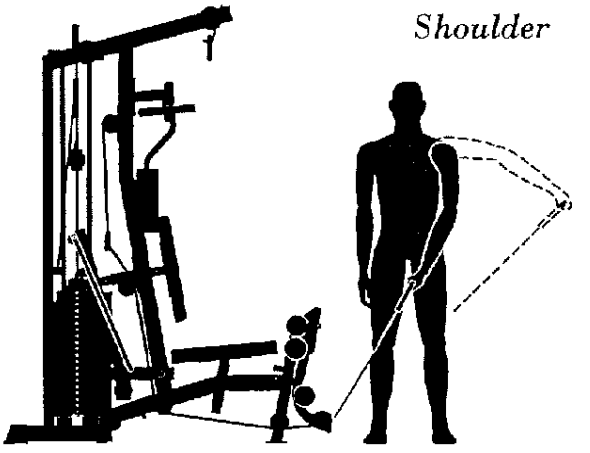
Frontal Shoulder



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. With your back to the machine, grip the strap handle in one hand.
3. Raise your arm upward, keeping your arm straight, until it is parallel to the floor.
4. Slowly return to starting position.

LATERAL DELTOID

Shoulder

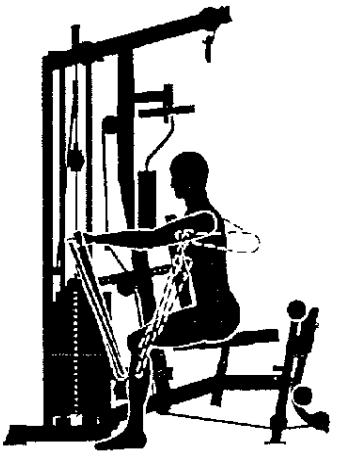


1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip handle with the hand furthest away from the machine.
3. Raise arm laterally, keeping elbow locked, until arm is parallel with the floor.
4. Slowly return to starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

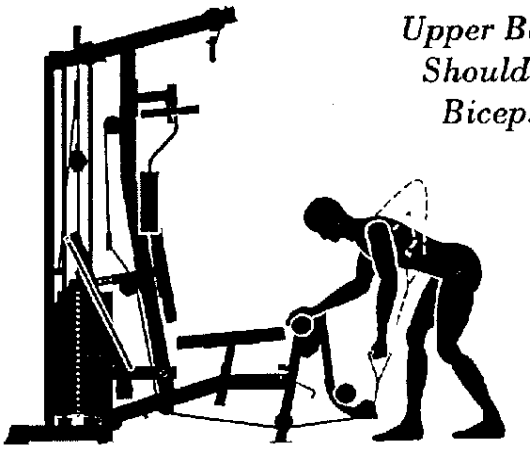
SEATED MID ROW



Lats
Traps
Biceps

1. Sit facing the machine and adjust the back pad so that the chest is supported when the pressing arm handles are just beyond your reach.
2. Adjust the seat height if necessary to grip the handles as shown.
3. Pull the pressing arm towards you.
4. Slowly return to the starting position.

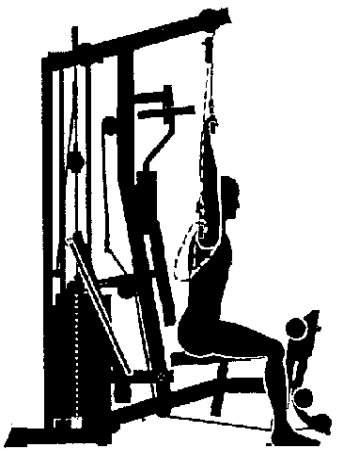
ONE HANDED BENT OVER ROW



Upper Back
Shoulder
Biceps

1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Grasp the handle. Bend over using the upper roller for support keeping knees bent. Do not bend over further than 90 degrees.
3. Pull arm upward keeping your elbow close to your body.
4. Slowly return to the starting position.

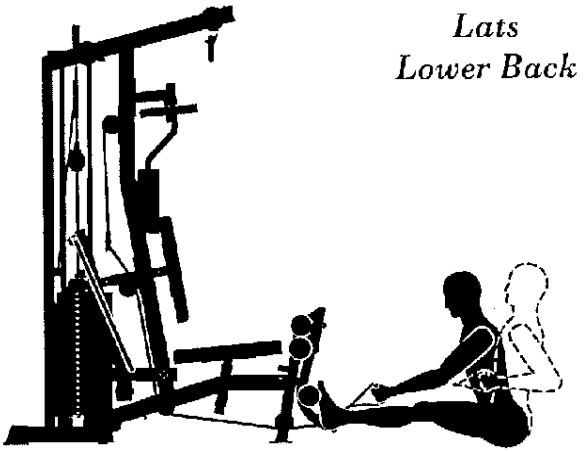
LAT PULLDOWN (REAR)



Lats
Traps

1. Grip the lat bar with your hands 4" to 6" wider then shoulder width apart and palms facing forward.
2. Pull the bar down slowly until it touches the back of your neck.
3. Slowly return bar to the starting position.

LOW ROW



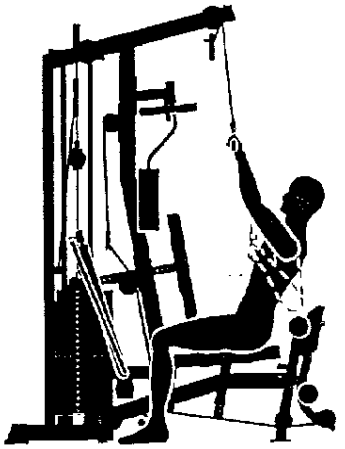
Lats
Lower Back

1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley
2. Sit facing the machine with your legs slightly bent. Keep them bent during the exercise.
3. Sit erect and pull your hands towards the upper abdominal area just below the chest. Do not lean back as you complete the movement.
4. Slowly straighten arms to starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

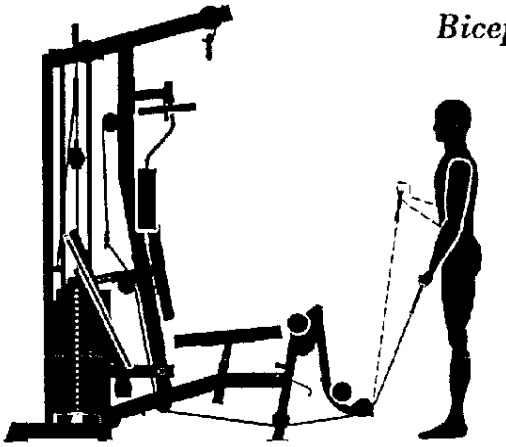
LAT PULLDOWN (FRONT)



Lats
Traps

1. Sit facing the machine with your knees locked under the back pad.
2. Grip the lat bar with your hands 4" to 6" wider than shoulder width apart and palms facing forward.
3. Lean back slightly pulling the bar down slowly until it touches your upper chest area.
4. Slowly return the bar to the starting position.

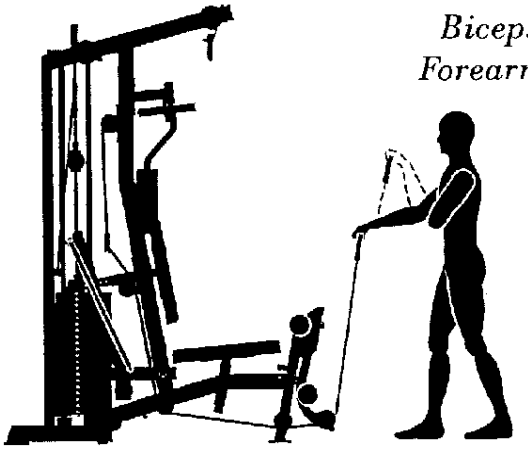
STANDING CURL



Biceps

1. Lock the leg extension arm with the latch hook and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles underhand, about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

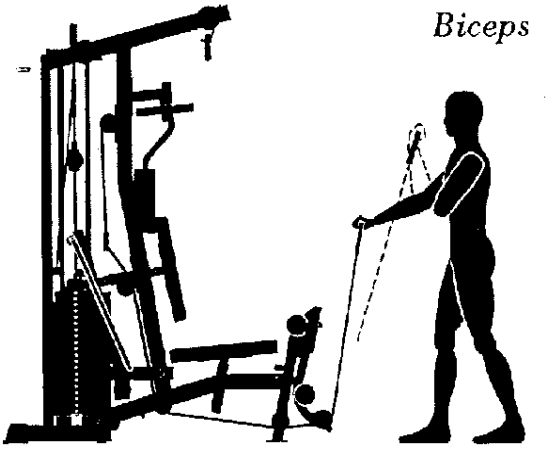
ONE ARM REVERSE CURL



Biceps
Forearms

1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle overhand, about 6" to 8" apart and using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

ONE ARM CURL



Biceps

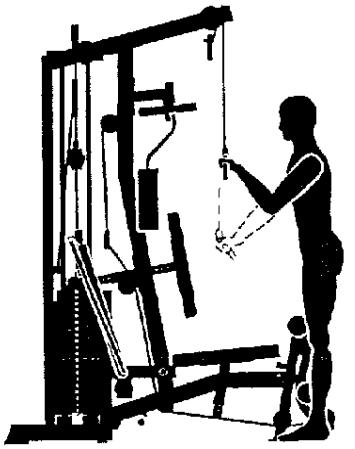
1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle underhand, about 6" to 8" apart and using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

TRICEPS PUSHDOWN

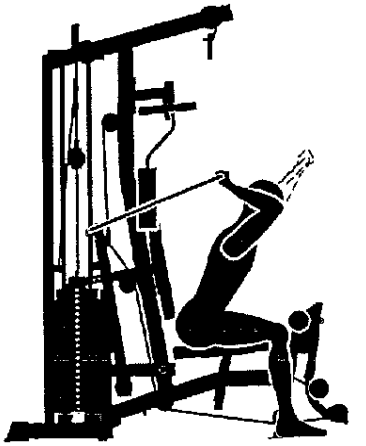
Triceps



1. Stand facing the machine gripping the lat bar overhand.
2. Keep your arms tight against your body and pull the bar down slowly.
3. Slowly return to the starting position.

TRICEPS EXTENSION

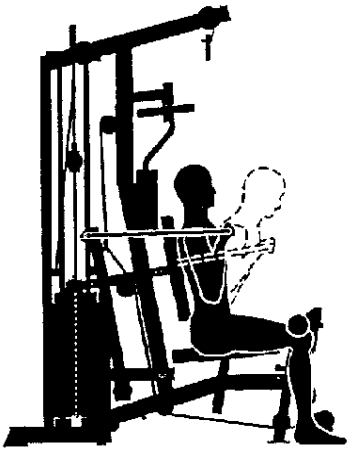
Triceps



1. Sit leaning forward with your buttocks against the back pad.
2. Hold the chest press handles behind your head with your elbows close to the sides of your head.
3. Keeping your elbows next to your head, slowly extend your arms forward until your arms are fully extended.
4. Slowly return to the starting position.

ABDOMINAL CRUNCH

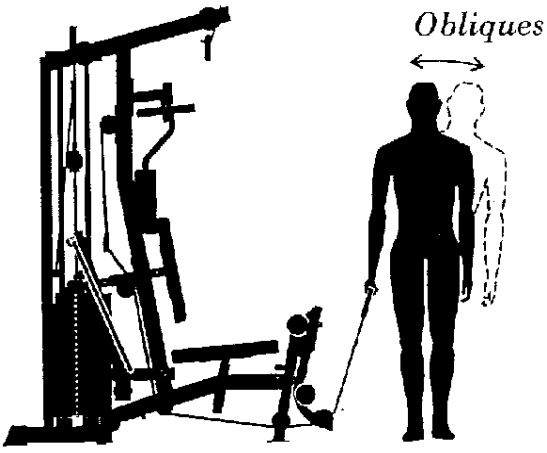
Abdominals



1. Sit upright with your back supported by the back pad.
2. Hold the chest press handles against your chest and slightly below your neck.
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Slowly return to the starting position while maintaining tension on the abdominal area.

SIDE BENDS

Obliques



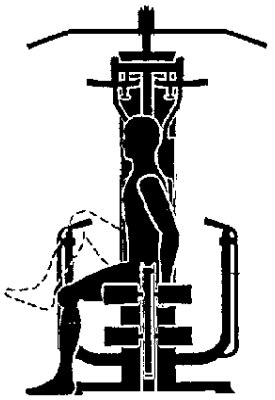
1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and grip handle.
3. Keep arms straight while crunching upper body over and away from the machine.
4. Slowly return to the starting position.

OWNERS MANUAL

EXERCISE DESCRIPTIONS

KNEE RAISE

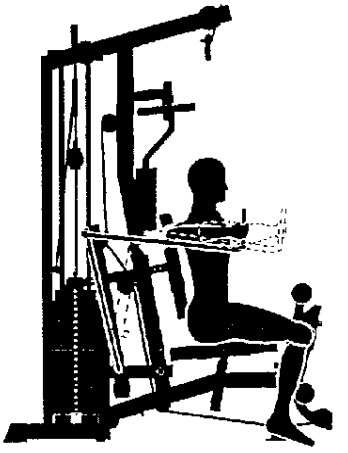
Lower Abs



1. Sit on the seat with your legs extended to one side.
2. Grip the ends of the seat pad for balance.
3. Leaning back to balance yourself lift feet slightly off the ground.
4. Lift knees upwards towards your chest.
5. Return to the starting position.

PECTORAL FLY

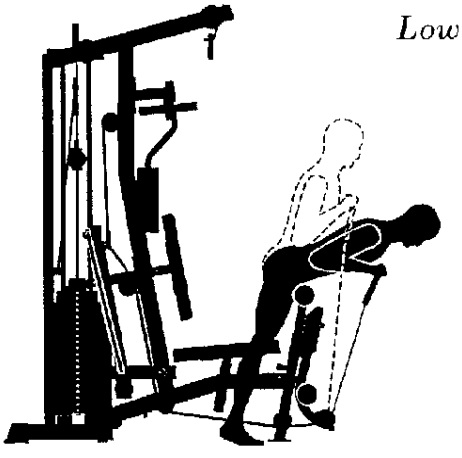
Middle Chest



1. Sit on the seat facing away from the weight stack.
2. Grip the neutral pressing handles with arms out at sides of chest with elbows slightly bent.
3. Rotate arms forward pivoting from the shoulder and finish by bringing hands together in front of your chest.
4. Hold position momentarily before slowly returning arms to the starting position.

BACK HYPER

Lower Back



1. Attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to hit at the top of the thighs.
3. Straddle the seat, angle the legs back slightly and lean against the roller pads. Bend your upper body over 90 degrees, grip and hold the strap handles against your chest throughout the movement.
4. Arc body upward, but not fully erect.
5. Slowly return to the starting position.

There are many more exercises that can be performed simply by varying hand positions. Changing widths between hands, using one arm instead of two, overhand or underhand grips, or combinations of all of the above can isolate muscles, even change to different muscle groups in an exercise.

Remember to always keep good form and start with light weights when trying new exercises.

Weight Training Exercise Log

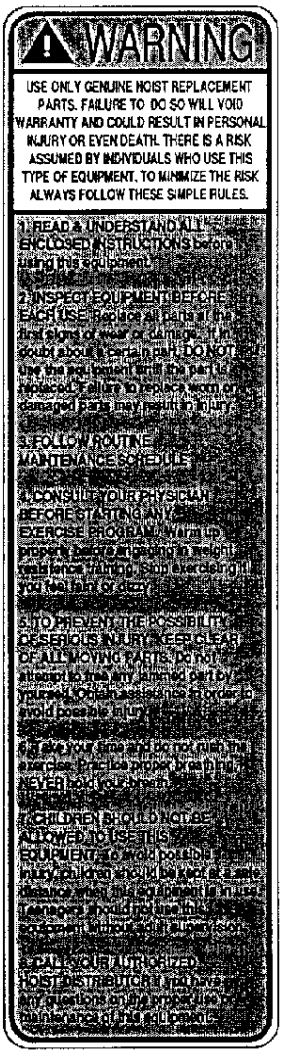
S=Sets R=Repetition per set W=Weight used

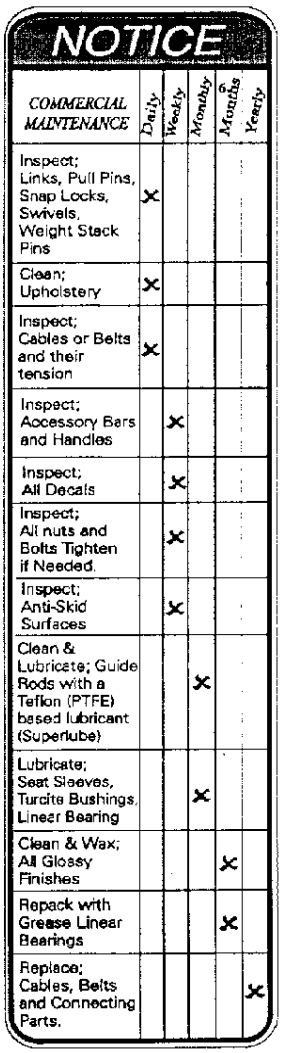
Date																																				
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																				

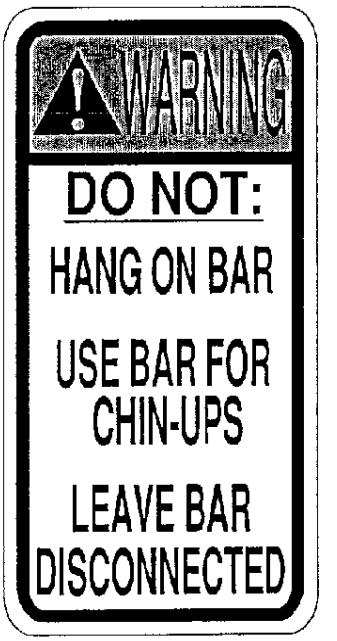
OWNERS MANUAL

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.







HOIST® FITNESS SYSTEMS
9990 EMPIRE STREET, STE. 130
SAN DIEGO, CA. 92126
1-800-548-5438
01H-00000

This Product may be covered by one or more of the following Patents

4,949,951
5,236,406
5,401,227
5,681,247

Other Patents Pending

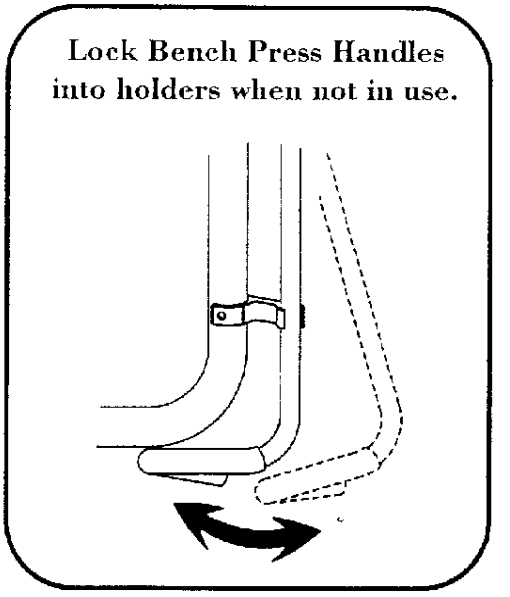
SERIAL # DECAL ; *Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.*

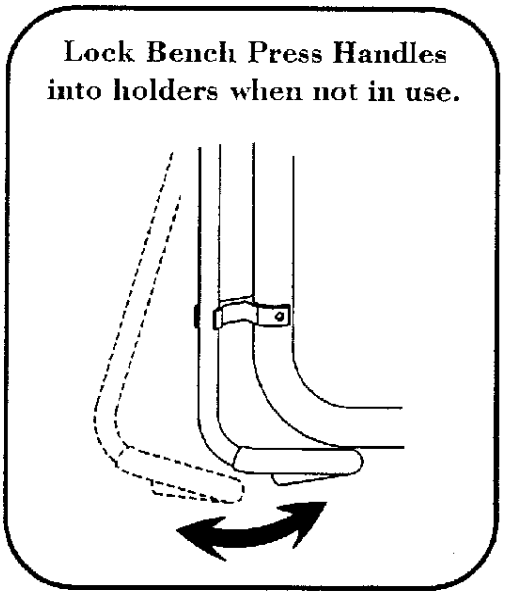
OWNERS MANUAL

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HOIST H310 HOIST FITNESS SYSTEMS

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 Surfaces	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.

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.*

OWNERS MANUAL

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.

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 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.

IN HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts or cables, and 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

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 (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, NEGLECT, 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.

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PLEASE KEEP THIS FOR YOUR RECORDS