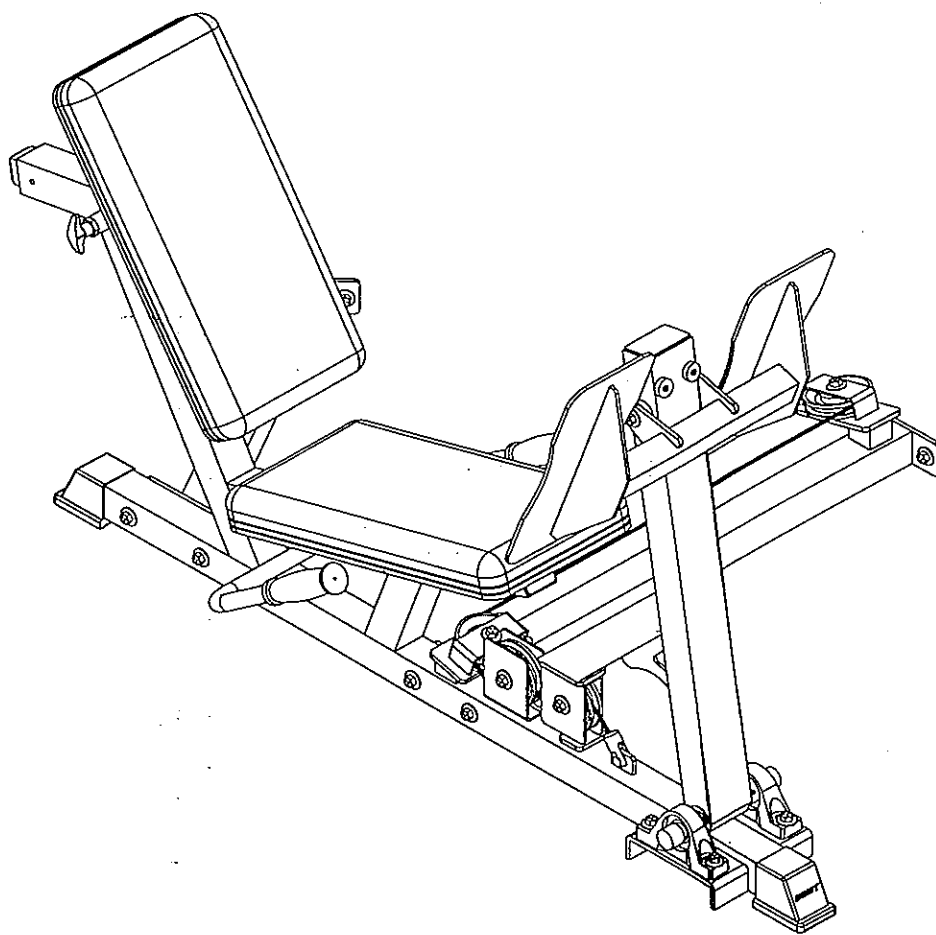


OWNERS MANUAL

HOIST[®]
FITNESS SYSTEMS

H300LP-t Option



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

January '98

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

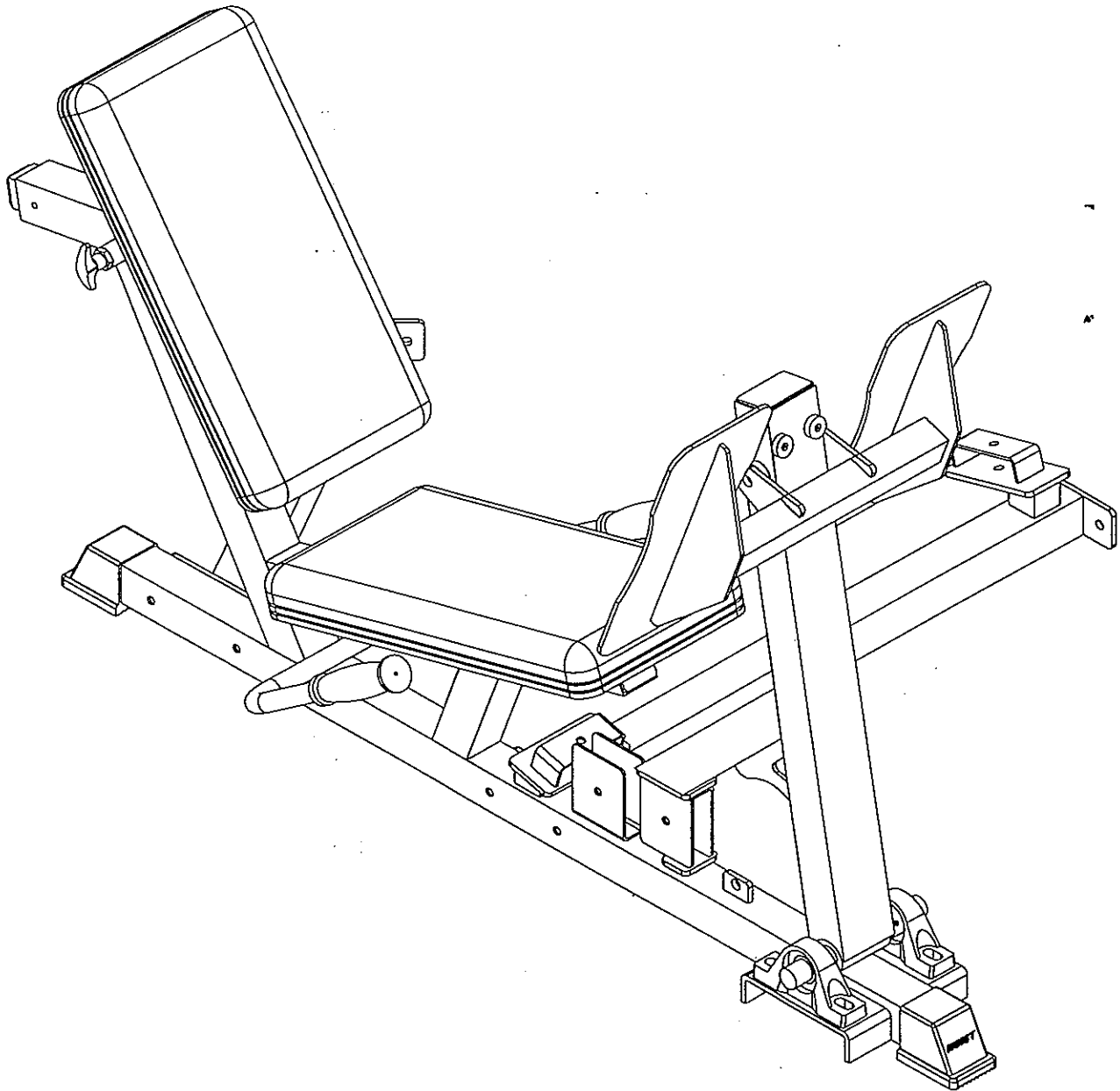
Tape Measure

ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



ASSEMBLY

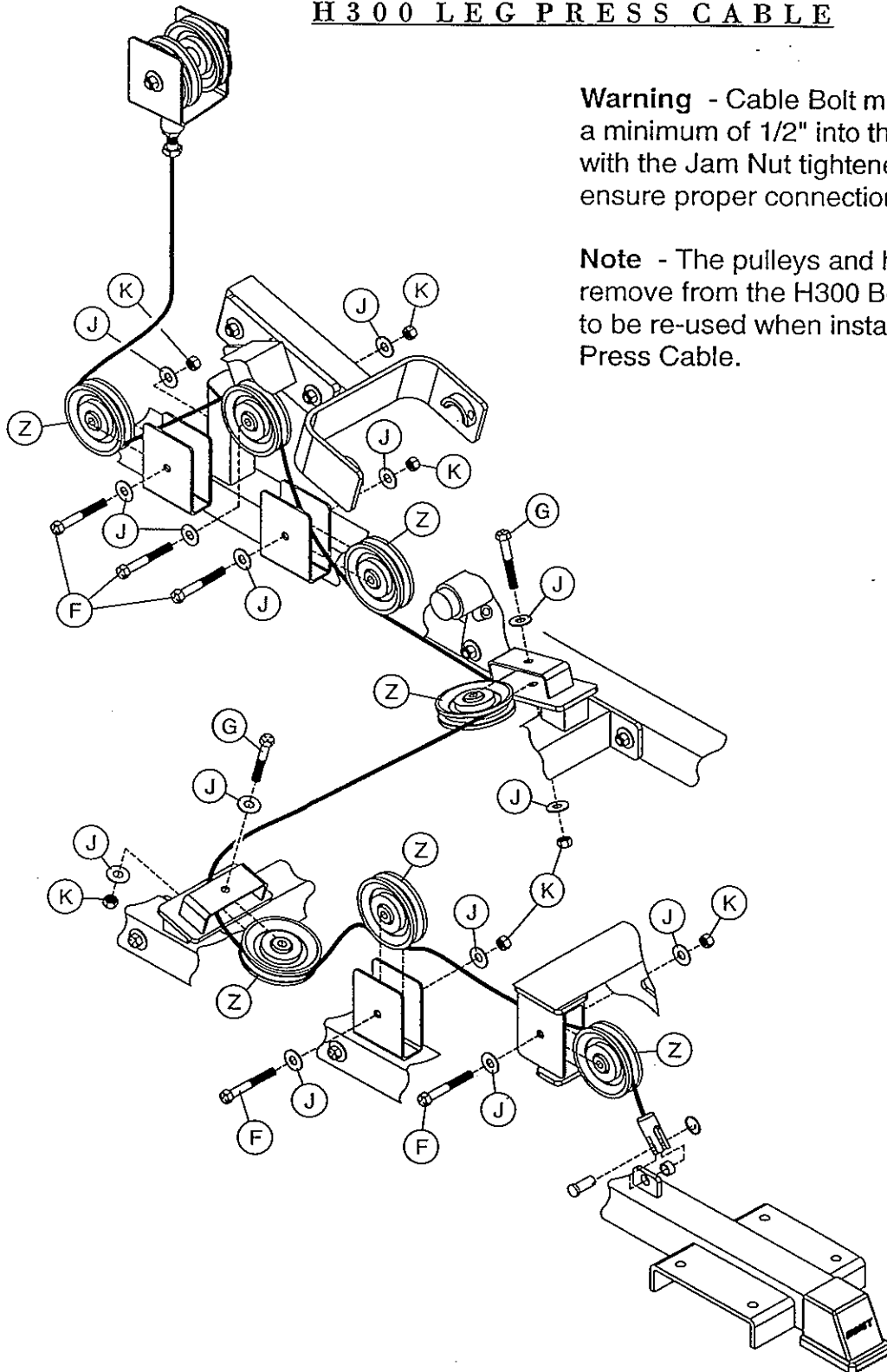
INSTRUCTIONS

Step 3b

H300 LEG PRESS CABLE

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 pulleys and hardware you remove from the H300 Bottom Tube are to be re-used when installing the Leg Press Cable.



ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step you will attach the Rear Crossmember to the Rear Base Tube and the Forward Crossmember to the Bottom Tube. Hand Tighten bolts only. Next attach the Main Frame to the Forward and Rear Crossmembers. Wrench Tighten all bolts.

Part Descriptions

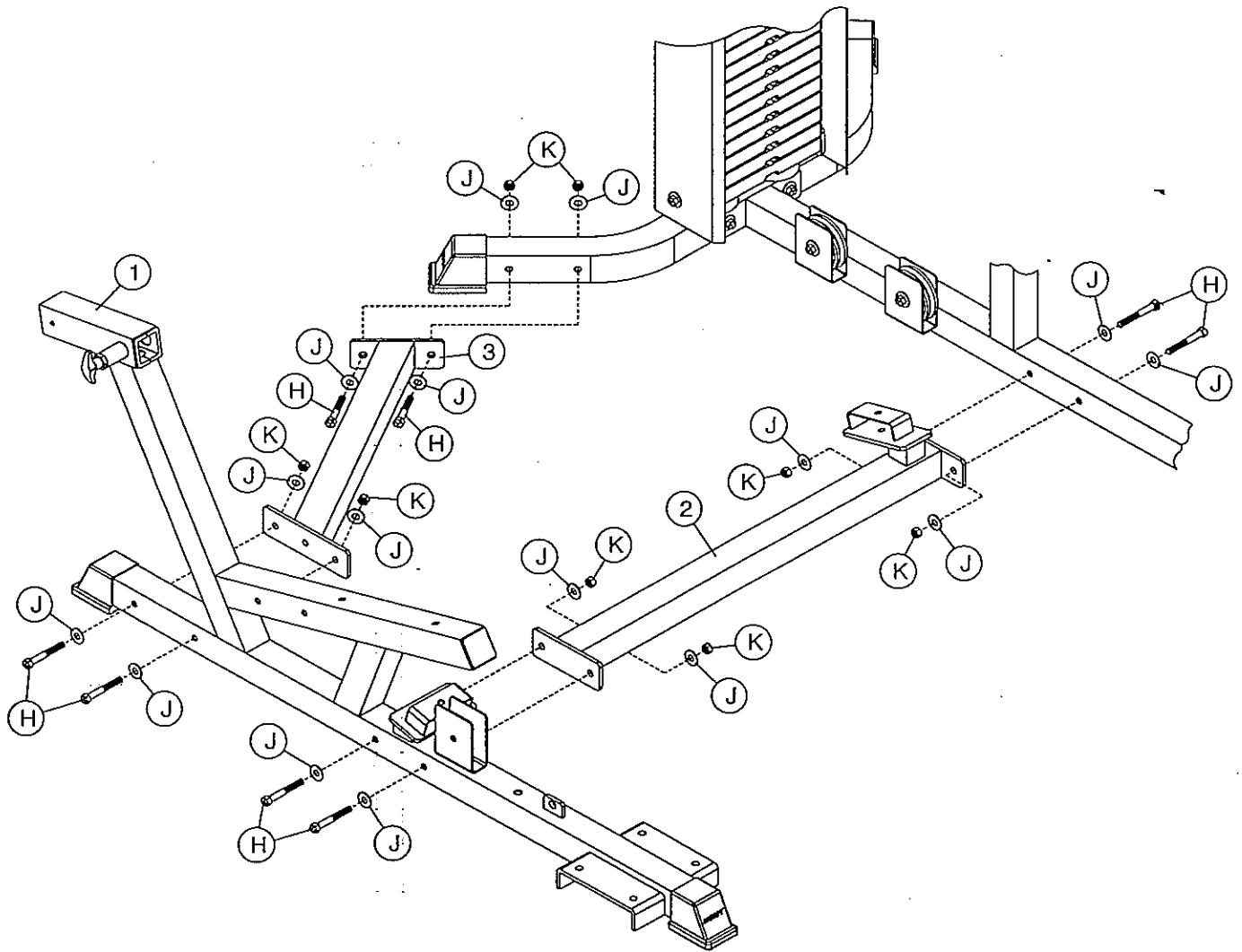
- 1 - Main Frame
- 2 - Forward Crossmember
- 3 - Rear Crossmember

Hardware Descriptions

- H - 3/8-16 x 3" Hex Bolt
- J - 3/8" Flat Washer
- K - 3/8" Lock Nut

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

Begin this step by centering the Pivot Shaft in the tube on the bottom of the Arm Assembly. Once you have it centered Wrench Tighten the Set Screws to hold it in place. Next slide the Pillow Block Bearings (set screw side first) onto the Pivot Shaft and bolt them to the Main Frame. Wrench Tighten the bolts and the Set Screws in the Pillow Block Bearings. Slide the End Caps over the ends of the Pivot Shaft.

Part Descriptions

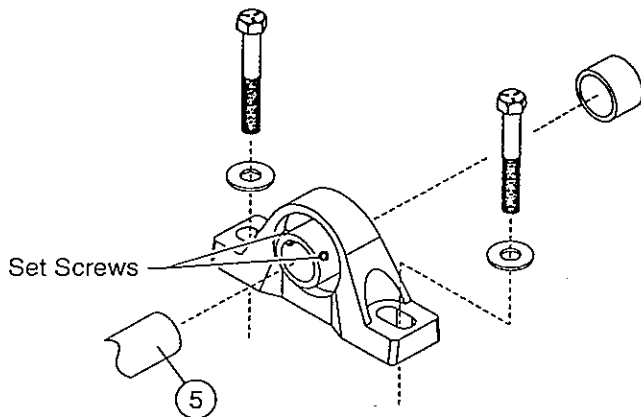
- 4 - Arm Assembly
- 5 - Pivot Shaft

Hardware Descriptions

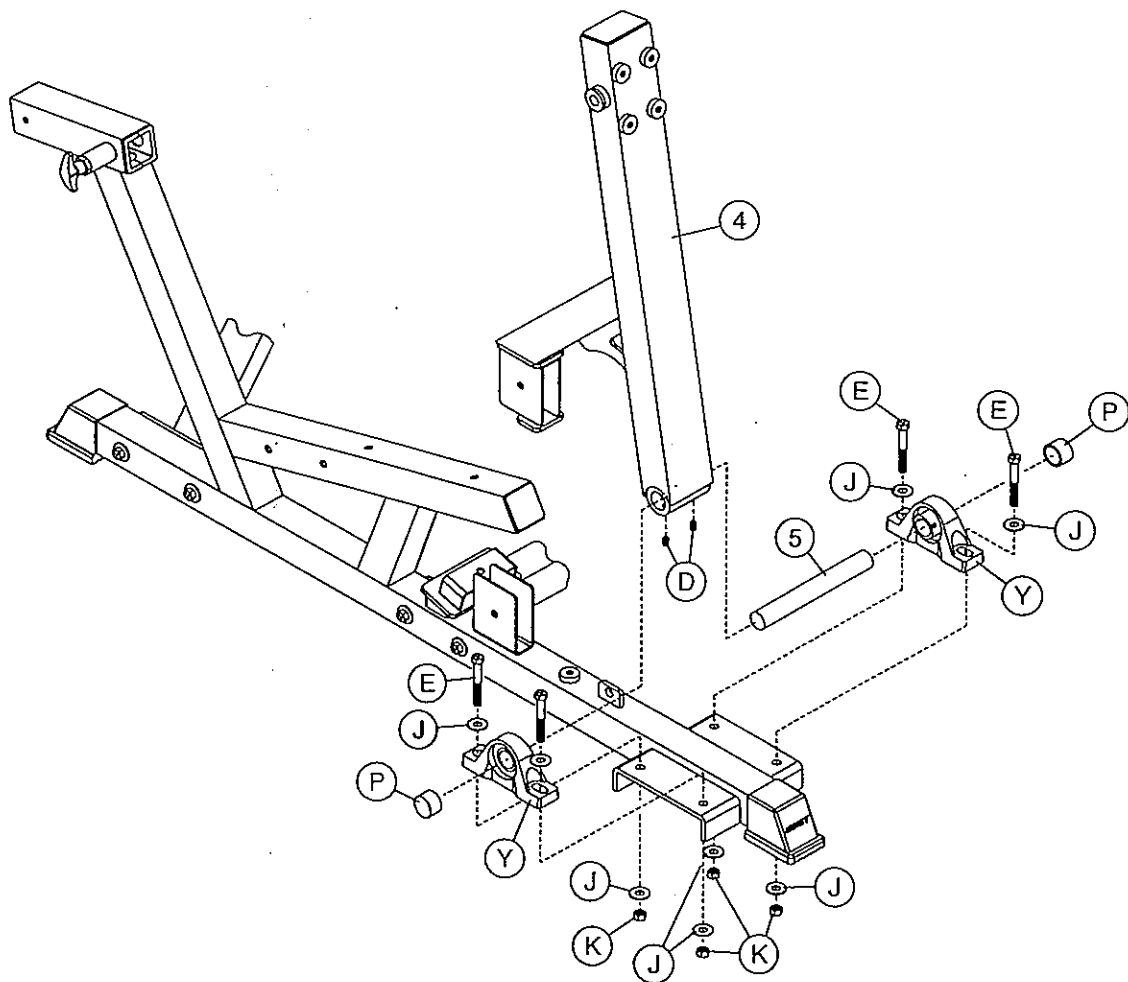
- D - 3/8-16 x 3/8" Set Screw
- E - 3/8-16 x 1 1/2" Hex Bolt
- J - 3/8" Flat Washer
- K - 3/8" Lock Nut
- P - 1" Plastic End Cap
- Y - Pillow Block Bearing

ASSEMBLY

INSTRUCTIONS



Note: Set screw side of pillow blocks face to the inside.



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

Attach the Foot Plate Assembly to the Arm Assembly as shown. Wrench Tighten but do not over-tighten, the Foot Plate should swing freely.

Part Descriptions

6 - Foot Plate Assembly

Hardware Descriptions

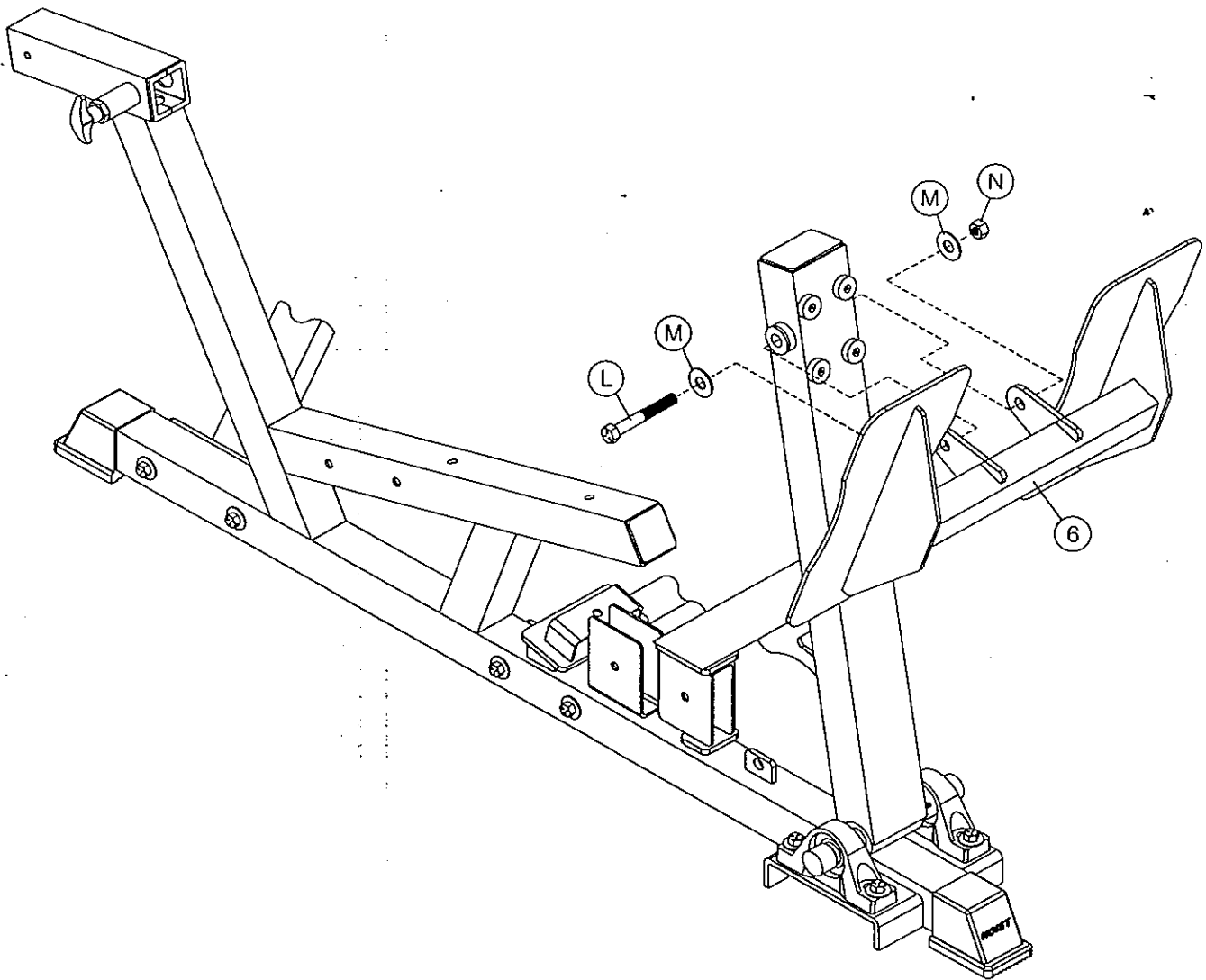
L - 1/2-13 x 5 1/2" Hex Bolt

M - 1/2" Flat Washer

N - 1/2" Lock Nut

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

Bolt the Handle Assembly to the Main Frame. Wrench Tighten.
Attach the 10 x 20 Pad without the backing to the Main Frame. Wrench Tighten.
Attach the 10 x 20 Pad with the backing to the Back Pad Mount. Wrench Tighten.
Slide the Back Pad Mount into the Main Frame.

Part Descriptions

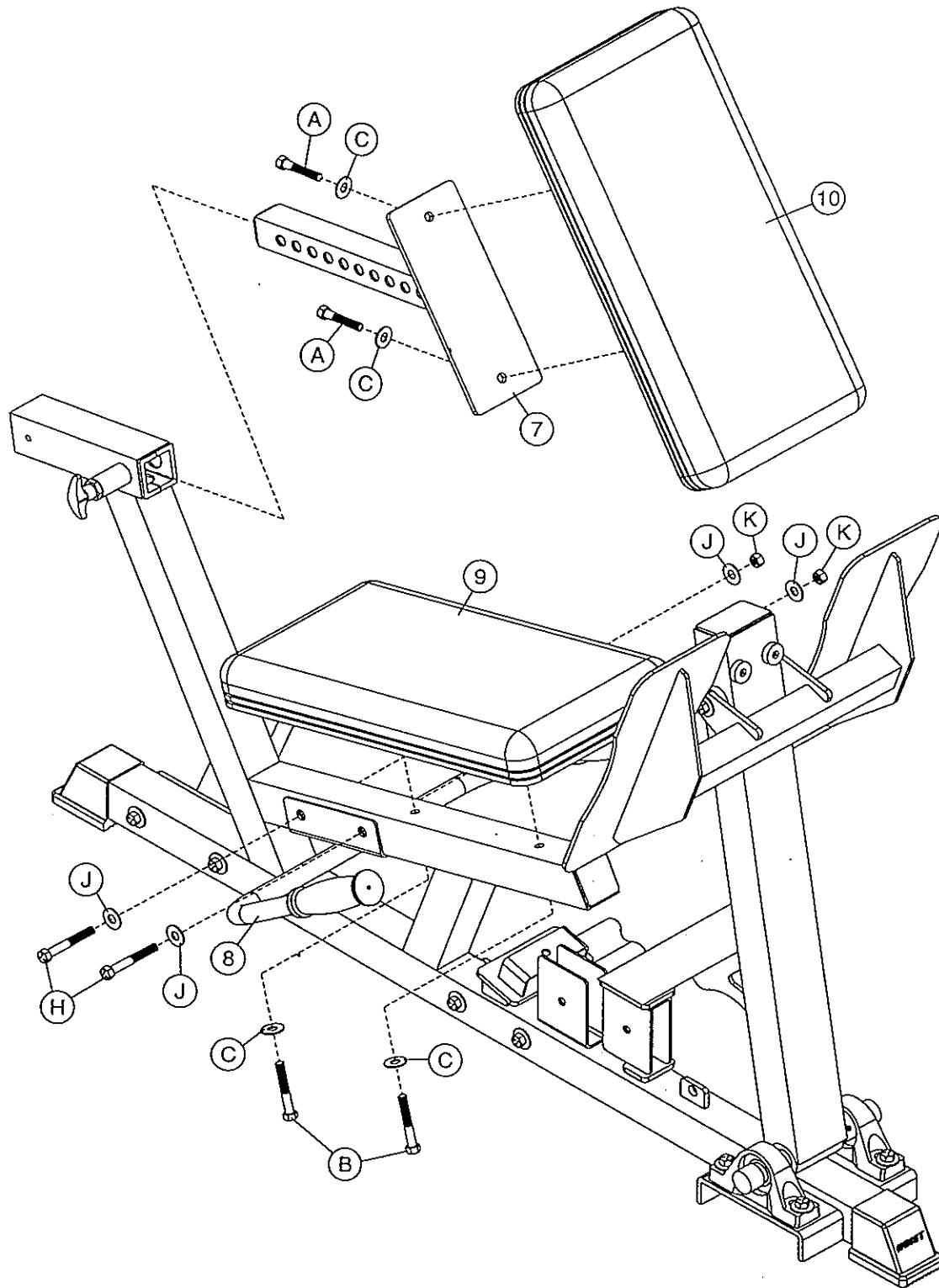
- 7 - Back Pad Mount
- 8 - Handle Assembly
- 9 - 10" x 20" Pad
- 10 - 10" x 20" Pad with Backing

Hardware Descriptions

- A - 5/16-18 x 1 1/4" Hex Bolt
- B - 5/16-18 x 3" Hex Bolt
- C - 5/16" Flat Washer
- H - 3/8-16 x 3" Hex Bolt
- J - 3/8" Flat Washer
- K - 3/8" Lock Nut

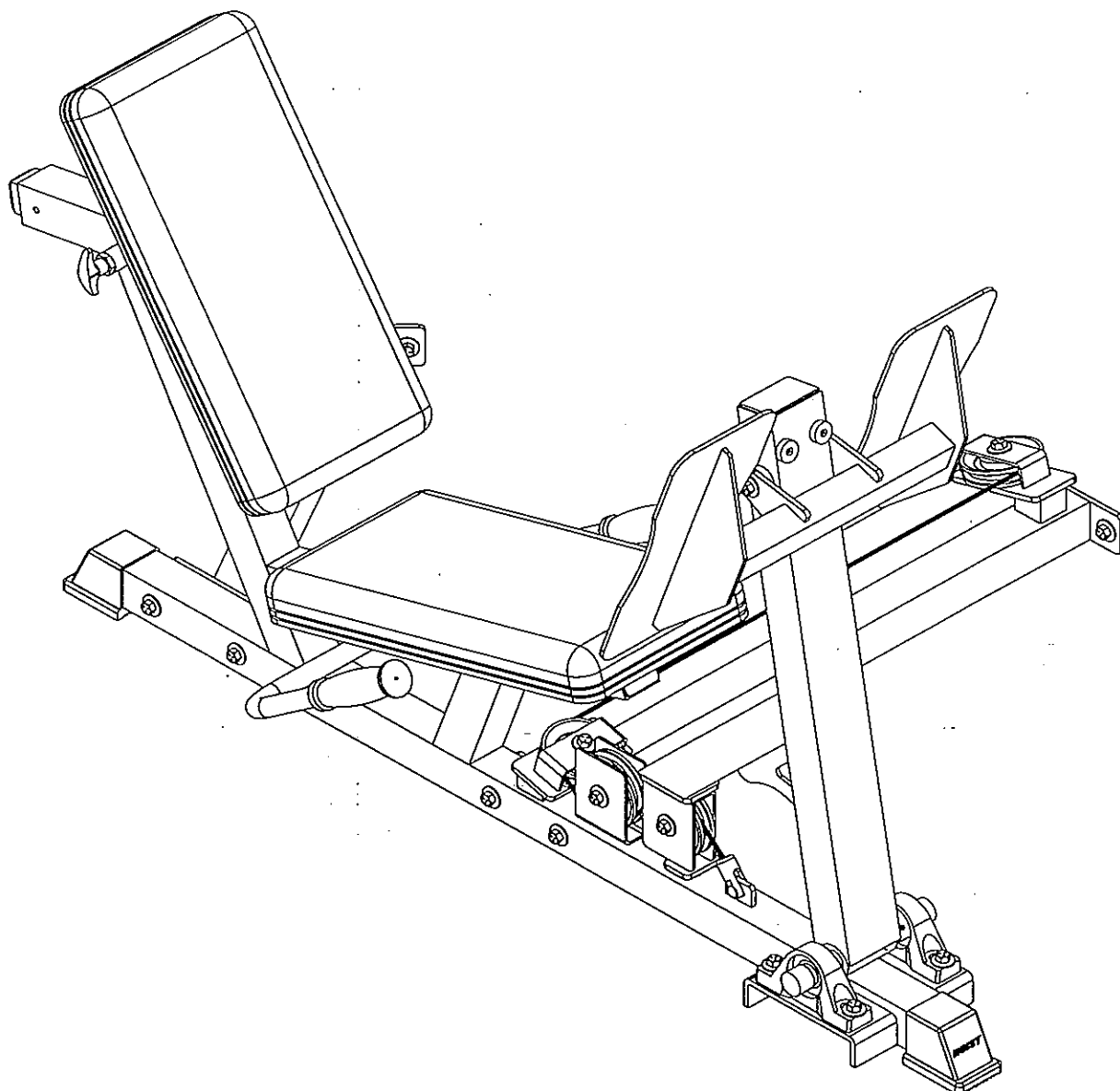
ASSEMBLY

INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

Step 3 CABLE INSTALLATION



ASSEMBLY

INSTRUCTIONS

Step 3a

H200 LEG PRESS CABLE

This step is for cabling the H300LP-t Leg Press Option to a H200 or H200t Only. If you are attaching your Leg Press Option to a H300 or H300t please proceed to Step 3B.

Hardware Descriptions

F - 3/8-16 x 1 3/4" Hex Bolt

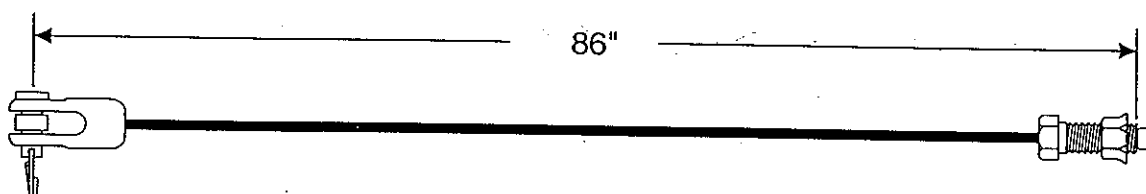
G - 3/8-16 x 2" Hex Bolt

J - 3/8" Flat Washer

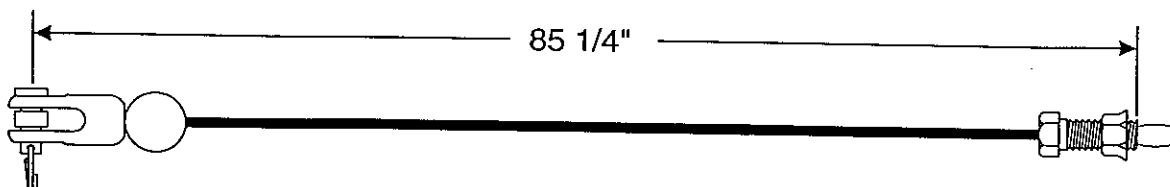
K - 3/8" Lock Nut

Z - 3 1/2" Pulley

For assembly with a H200



For assembly with a H200t



ASSEMBLY

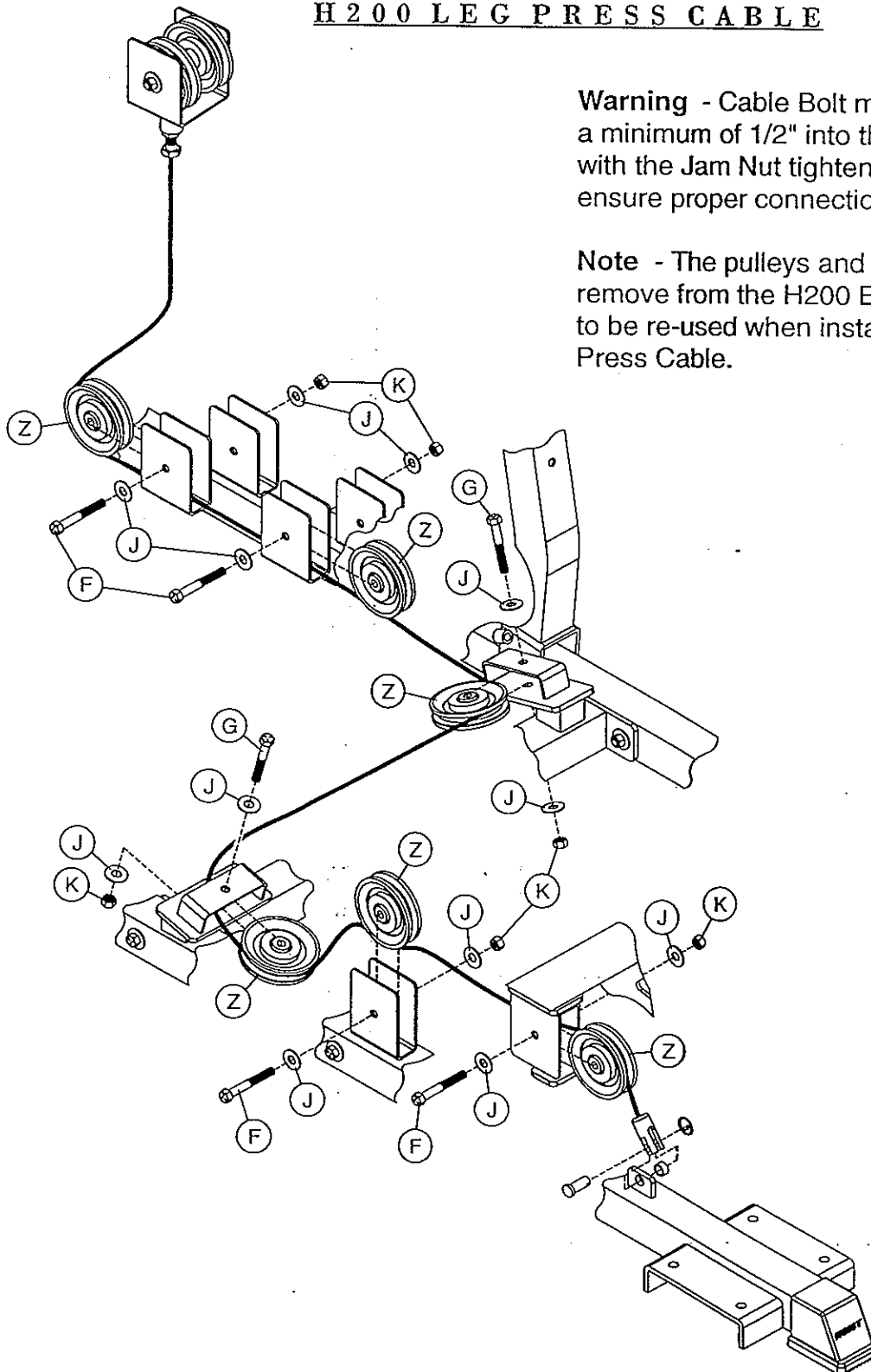
INSTRUCTIONS

Step 3a

H200 LEG PRESS CABLE

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 pulleys and hardware you remove from the H200 Bottom Tube are to be re-used when installing the Leg Press Cable.



ASSEMBLY

INSTRUCTIONS

Step 3b

H300 LEG PRESS CABLE

This step is for cabling the H300LP-t Leg Press Option to a H300 or H300t only.

Hardware Descriptions

F - 3/8-16 x 1 3/4" Hex Bolt

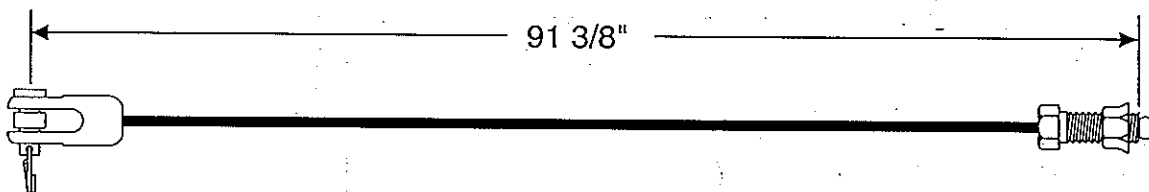
G - 3/8-16 x 2" Hex Bolt

J - 3/8" Flat Washer

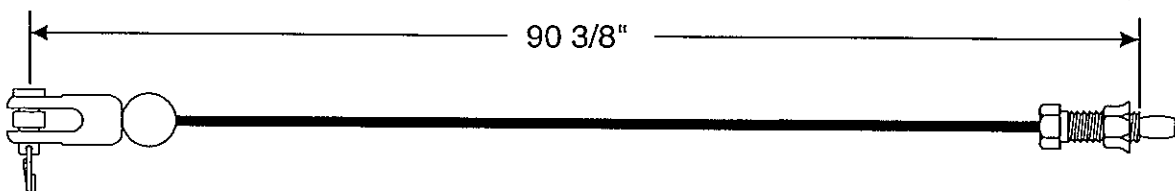
K - 3/8" Lock Nut

Z - 3 1/2" Pulley

For assembly with a H300



For assembly with a H300t



ASSEMBLY

INSTRUCTIONS

Step 4

CABLE ADJUSTMENTS / GENERAL MAINTENANCE

Adjustments may need to be made during the first few session of use. Refer to the cable adjustment diagrams in your H200/H300 owners manual for the points where adjustments to the cable tension may be made. The maintenance chart below should be followed to ensure that your equipment remains safe to use and continues to operate smoothly.

MAINTENANCE (To be performed monthly)

CABLES: 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: Tighten bolts as needed. Replace worn bushings. Inspect pull pin knobs to be sure they are screwed on tightly.

ROTATING PARTS: (I.E. Lat bars, curl bars, etc.) Lube every 300 hours.

GUIDE RODS: Wipe clean with a dust free rag. Lube once a month with Super Lube (Teflon lubricant).
DO NOT USE OIL TO LUBRICATE HOIST EQUIPMENT!

ASSEMBLY

INSTRUCTIONS

Step 5

PRE-ASSEMBLED PARTS

Part Descriptions

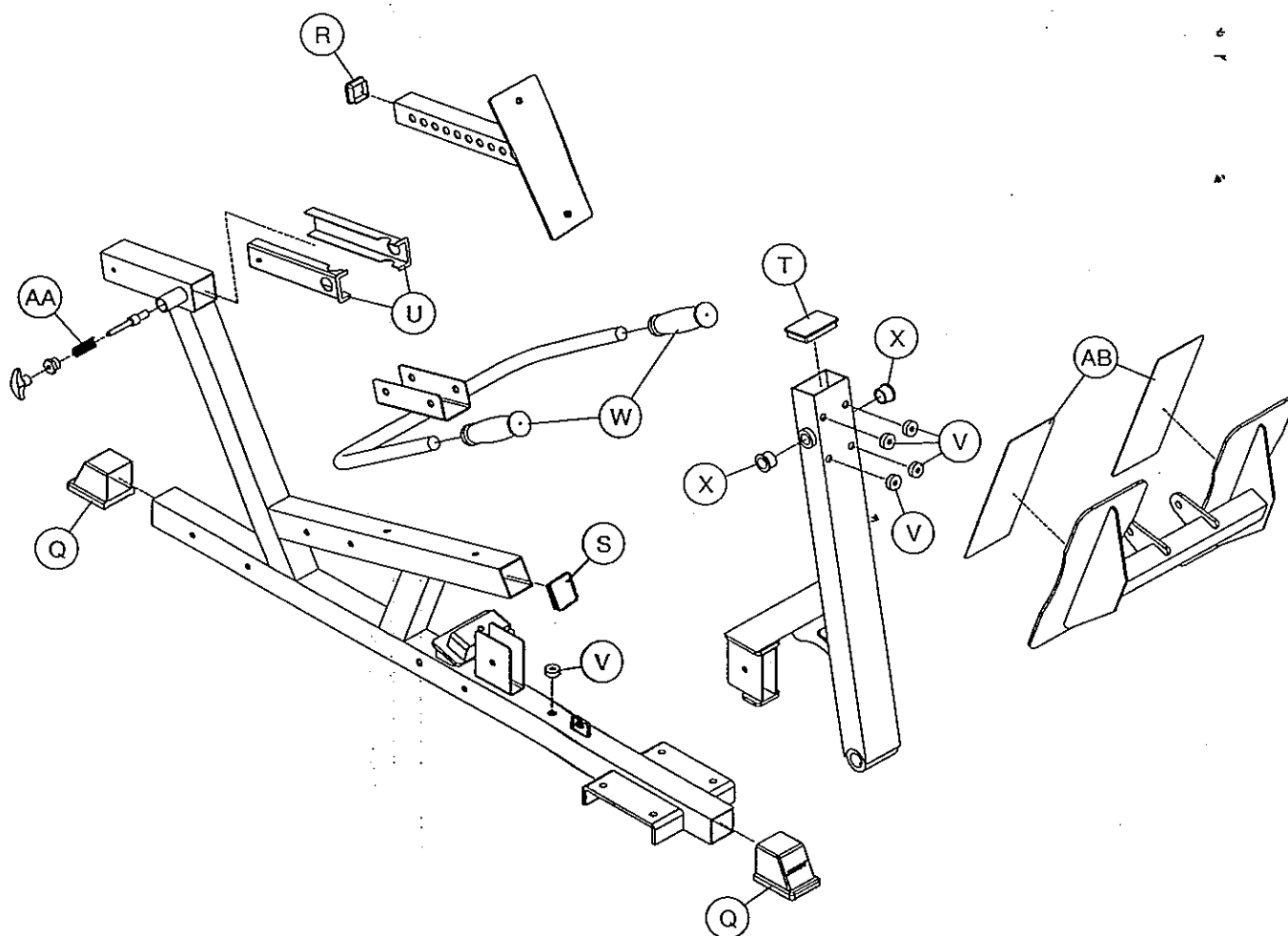
Q - 2" x 2" Foot Cap
R - 1 1/2" x 1 1/2" End Cap
S - 2" x 2" End Cap
T - 2" x 3" End Cap
U - Easy Glide Adjuster Sleeve
V - 1" Plug Bumper
W - Comfort Grip
X - 1/2" Oilites
AA - 1/2" Short Pull pin
AB - 4" x 12" Non-Skid

ASSEMBLY

INSTRUCTIONS

Step 5

PRE-ASSEMBLED PARTS



ASSEMBLY

CATALOG

PART LISTING

<u>KEY</u>	<u>QTY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
1	1	H300L-01	Main Frame
2	1	H300L-04	Forward Crossmember
3	1	H300L-05	Rear Crossmember
4	1	H300L-02	Arm Assembly
5	1	26-STD-SM154	7 13/16" Pivot Shaft
6	1	H300L-03	Foot Plate Assembly
7	1	4600L-06	Back Pad Mount
8	1	H300L-06	Handle Assembly
9	1	26-STD-SU1020	10" x 20" Pad
10	1	26-STD-SU1020	10" x 20" Pad with
		26-STD-SUB1020	Covered Back
	1	26-STD-SC184	H200 Leg Press Cable
	1	26-STD-SC179	H300 Leg Press Cable

ASSEMBLY

C A T A L O G

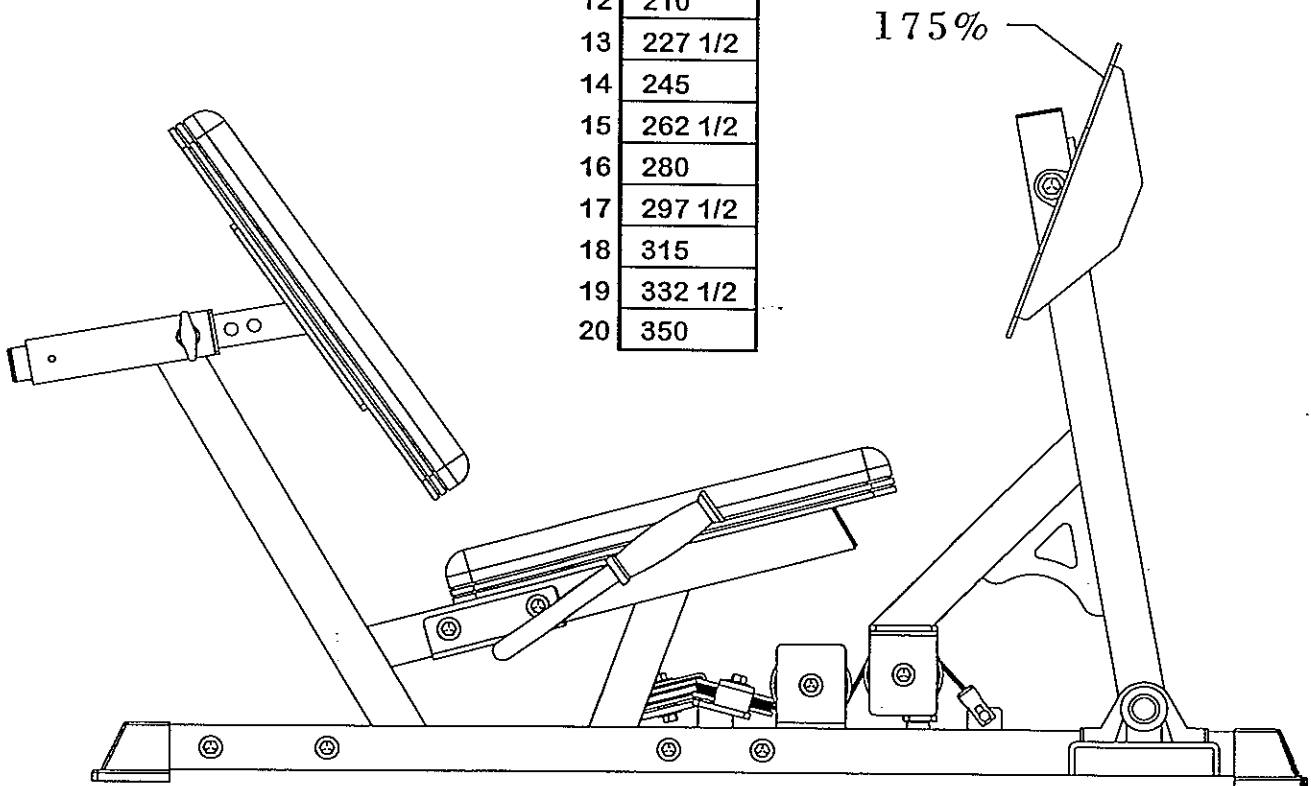
H A R D W A R E L I S T I N G

<u>Key</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	2	11-HEX-516114	5/16-18 x 1 1/4" Hex Bolt
B	2	11-HEX-5163	5/16-18 x 3" Hex Bolt
C	4	13-FLT-516	5/16" Flat Washer
D	2	11-SET-38(16)38	3/8-16 x 3/8" Set Screw
E	4	11-HEX-38112	3/8-16 x 1 1/2" Hex Bolt
F	2	11-HEX-38134	3/8-16 x 1 3/4" Hex Bolt
G	2	11-HEX-382	3/8-16 x 2" Hex Bolt
H	10	11-HEX-383	3/8-16 x 3" Hex Bolt
J	36	13-FLT-38	3/8" Flat Washer
K	18	12-LOK-38	3/8" Lock Nut
L	1	11-HEX-12512	1/2-13 x 5 1/2" Hex Bolt
M	2	13-FLT-12SAE	1/2" SAE Flat Washer
N	1	12-LOK-12	1/2" Lock Nut
P	2	16-CAP-1	1" Round End Cap
Q	2	26-STD-PLAS157	2" x 2" Foot Cap
R	1	16-CAP-112112	1 1/2" x 1 1/2" End Cap
S	1	16-CAP-22	2" x 2" End Cap
T	1	16-CAP-23	2" x 3" End Cap
U	2	26-STD-PLAS125	Easy Glide Adjuster Sleeve
V	5	19-PAD-1	1" Plug Bumper
W	2	19-GRP-78COMFORT	Comfort Grip
X	2	14-OIL-12	1/2" Oilite
Y	2	14-BRG-RAD1PILP	Pillow Block Bearing
Z	4	18-PUL-312	3 1/2" Pulley
AA	1	26-STD-SM128	1/2" Short Pull Pin
AB	2	22-NON-412B	4" x 12" Non-Skid

OWNERS MANUAL

WEIGHT RATIOS

	175%
1	17 1/2
2	35
3	52 1/2
4	70
5	87 1/2
6	105
7	122 1/2
8	140
9	157 1/2
10	175
11	192 1/2
12	210
13	227 1/2
14	245
15	262 1/2
16	280
17	297 1/2
18	315
19	332 1/2
20	350



The above chart shows the actual weight you are lifting when the 175% ratio is applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

OWNERS M A N U A L

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

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

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

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

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

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

OWNERS MANUAL

EXERCISE DESCRIPTIONS

LEG PRESS

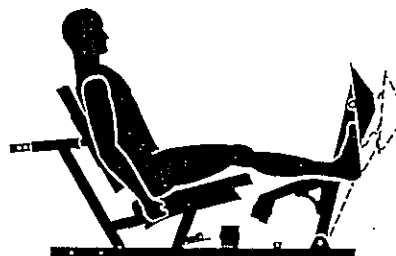
*Quads
Hamstrings
Buttocks*



1. Adjust the back pad so legs are almost fully bent when feet are placed on the foot plate. (knees as close as possible without bending legs past 90 degrees)
2. Slowly extend and straighten legs leaving a slight bend at the knees when fully extended. (Never allow knees to lock out during movement)
3. Slowly return legs to the starting position. (Remember not to let your legs go past 90 degrees)

TOE RAISE

Calves



1. Sit with back supported and place feet on the foot plate.
2. Fully extend legs with your heels slightly lower than the bottom of the foot plate. (Keep a slight bend in your legs and do not allow them to lock out)
3. Keeping your knees in the above described position, flex toes forward as far as possible.
4. Allow the weight to push your toes back towards your body to a comfortable pre-stretch position.

HOLIST®
 FITNESS SYSTEMS

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

H300LP Assembly

OWNERS M A N U A L

Hoist Fitness Systems LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

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

WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

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

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

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

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

PLEASE KEEP THIS FOR YOUR RECORDS.