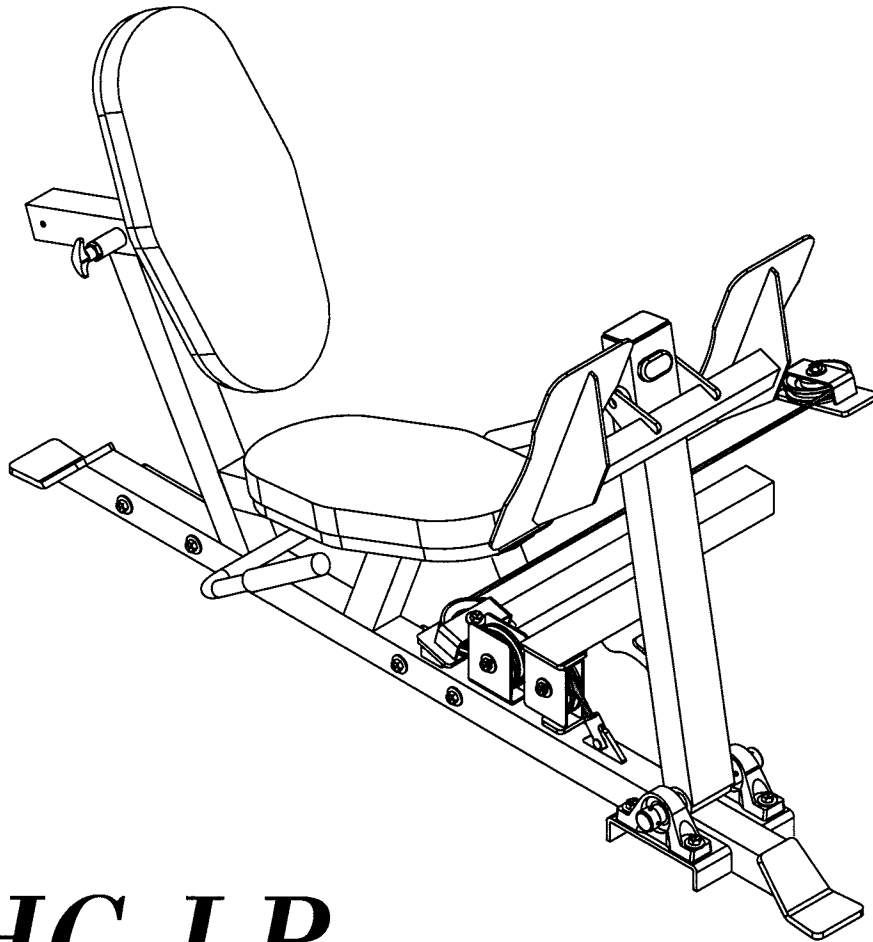


# OWNERS MANUAL

# HOIST (CLASSIC)

## Leg Press Option



## HC-LP

*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

JUNE, '04

# ASSEMBLY

I N S T R U C T I O N S

## CONTENTS

<i>INSTRUCTIONS (Step 1)</i> .....	2
<i>FRAME ASSEMBLY (Step 2)</i> .....	4
<i>CABLE ASSEMBLY (Step 3)</i> .....	14
<i>CABLE ADJUSTMENT/GENERAL MAINTENANCE (Step 4)</i> .	20
<i>PRE-ASSEMBLED PARTS (Step 5)</i> .....	21
<i>PARTS LISTING</i> .....	23
<i>HARDWARE LISTING</i> .....	24
<i>WEIGHT RATIOS</i> .....	26
<i>WEIGHT TRAINING TIPS</i> .....	28
<i>EXERCISE DESCRIPTIONS</i> .....	30
<i>WEIGHT TRAINING EXERCISE LOG</i> .....	32
<i>DECAL REFERENCE</i> .....	33
<i>MAINTENANCE SCHEDULE</i> .....	34
<i>LIMITED WARRANTY</i> .....	35

# 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.

#### **THIS PRODUCT IS RATED FOR HOME USE ONLY!**

Using this product in a commercial setting will void all warranties and can result in serious injury or death!!

#### **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

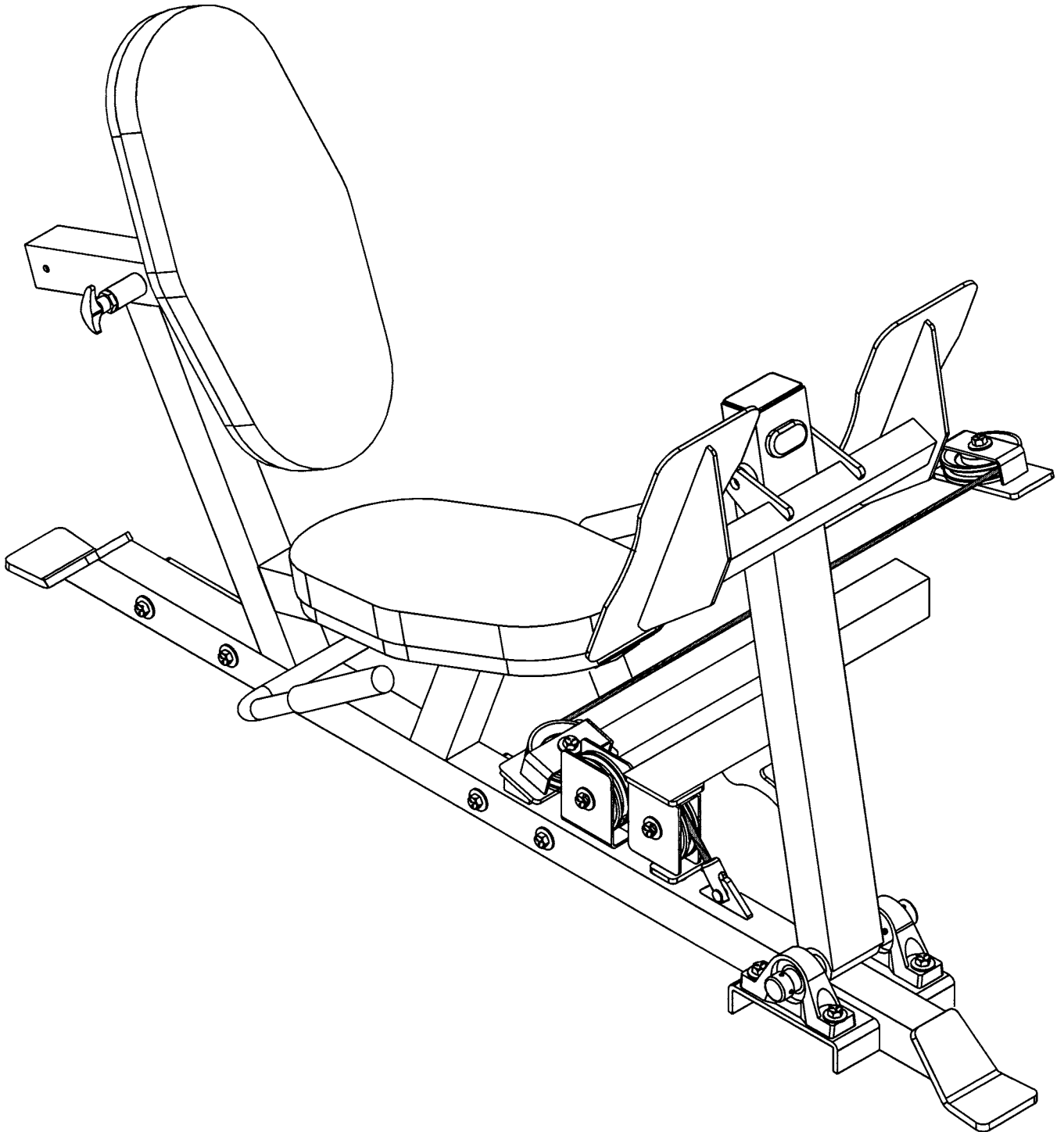


# ASSEMBLY

INSTRUCTIONS

## Step 2

### FRAME ASSEMBLY



# ASSEMBLY

I N S T R U C T I O N S

## Step 2a

### FRAME ASSEMBLY

In this step you will attach the Rear Crossmember to the Base Tube beneath the Weight Stack, and then the Forward Crossmember to the Bottom Tube. *Hand Tighten* bolts only. Next attach the Leg Press Main Frame to the Forward and Rear Crossmembers. *Wrench Tighten* all bolts.

#### Part Descriptions

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

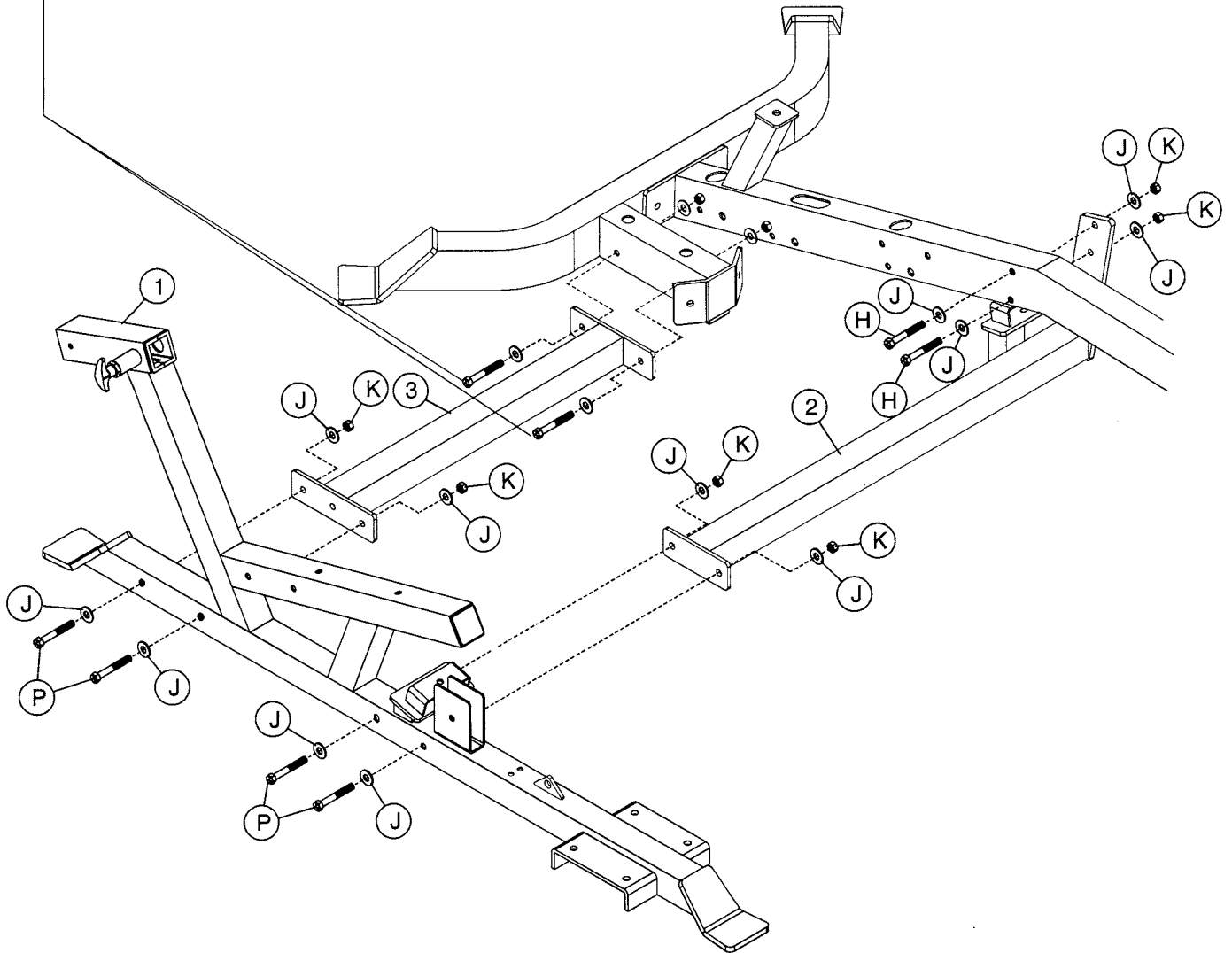
#### Hardware Descriptions

- H - 3/8-16 x 3" Hex Bolt
- J - 3/8" Flat Washer
- K - 3/8" Lock Nut
- P - 3/8-16 x 2 3/4 Hex Bolt

# ASSEMBLY

## INSTRUCTIONS

Remove and use these bolts, washers and nuts which were previously installed through the tube under the Weight Stack. Note that the Guide Rods sit on top of these bolts and will need to be lifted upward to allow the reinstallation of the bolts through the tube.



# ASSEMBLY

I N S T R U C T I O N S

## 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.

#### Part Descriptions

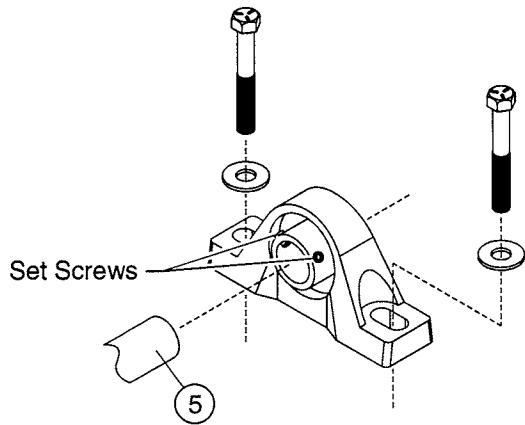
4 - Arm Assembly  
5 - Pivot Shaft  
11 - Aluminum Cap

#### Hardware Descriptions

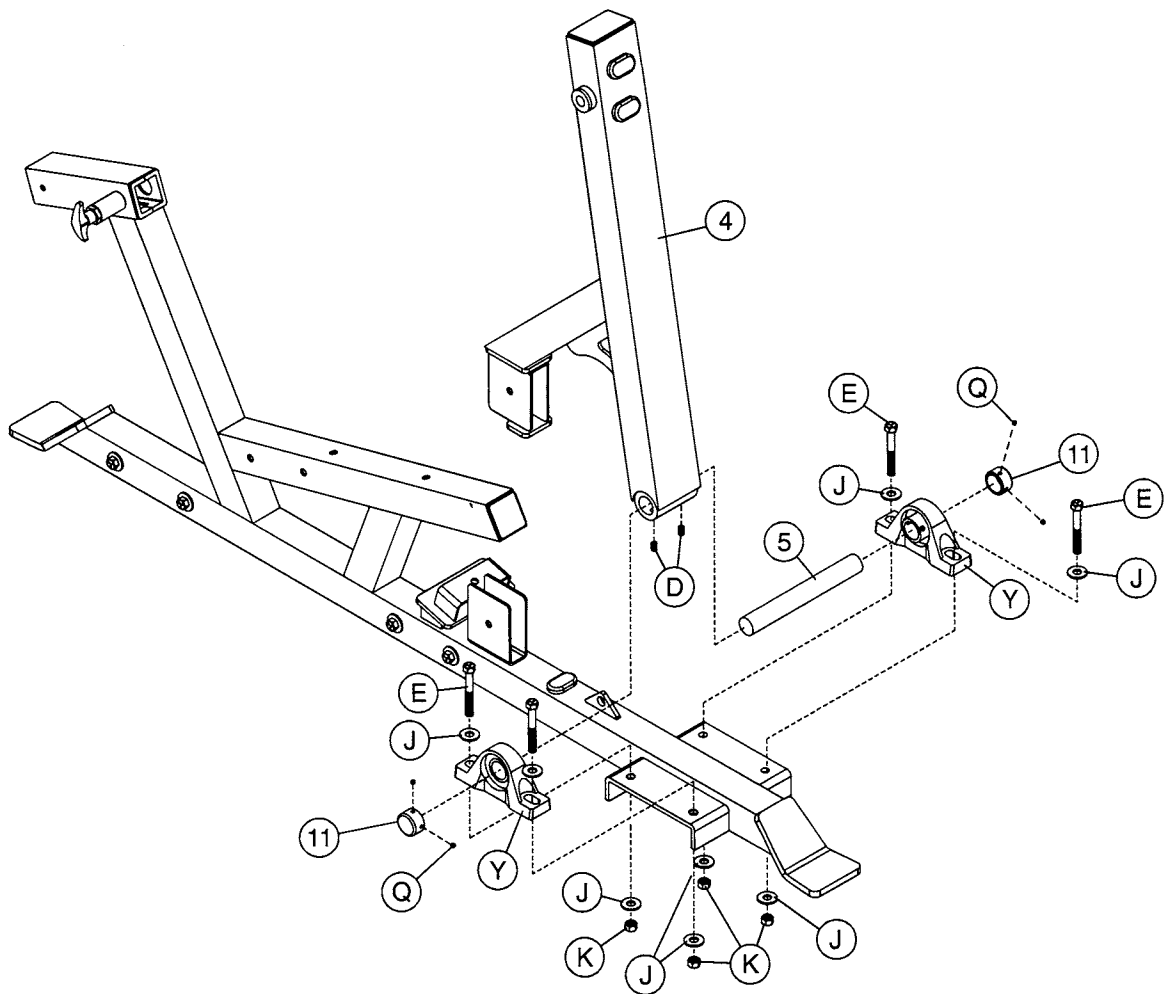
D - 3/8-16 x 3/8" Set Screw  
E - 3/8-16 x 1 1/2" Hex Bolt  
J - 3/8" Flat Washer  
K - 3/8" Lock Nut  
Q - 10-32 x 1/8" Set Screw  
Y - Pillow Block Bearing



# ASSEMBLY INSTRUCTIONS



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



# ASSEMBLY

I N S T R U C T I O N S

## Step 2c

### FRAME ASSEMBLY

Attach the Foot Plate Assembly (6) to the Arm Assembly as shown.  
*Wrench tighten* then back nut off enough so (6) pivots freely.

#### Part Descriptions

6 - Foot Plate Assembly

#### Hardware Descriptions

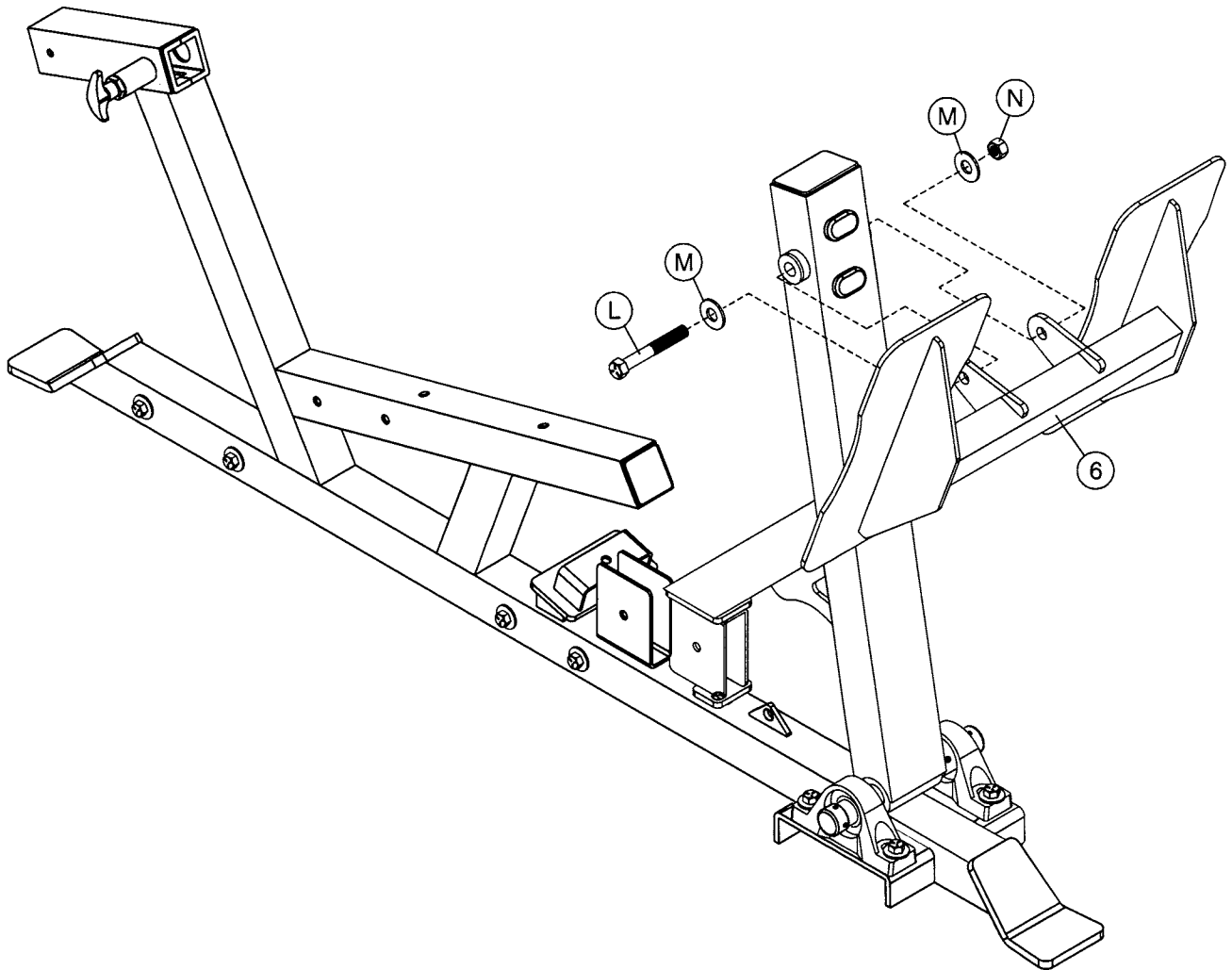
L - 1/2-13 x 5" Hex Bolt

M - 1/2" Flat Washer

N - 1/2" Lock Nut

# ASSEMBLY

INSTRUCTIONS



# ASSEMBLY

I N S T R U C T I O N S

## Step 2d

### FRAME ASSEMBLY

Bolt (8) and (10) to (1). Attach (9) to (7). Wrench tighten bolts. Slide (7) into (1).

#### Part Descriptions

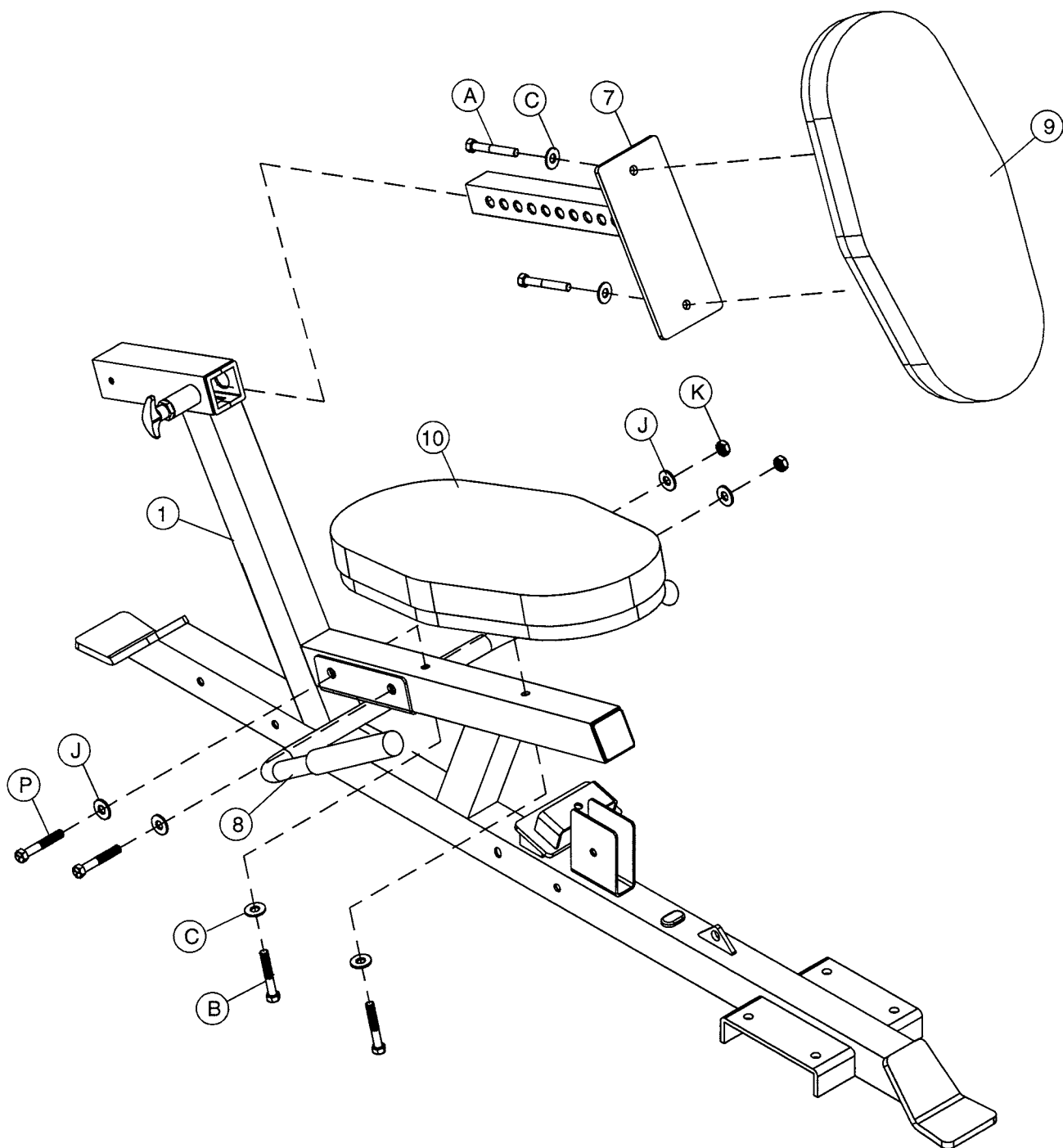
- 1 - Main Frame
- 7 - Back Adjuster Assembly
- 8 - Handle Assembly
- 9 - Back Pad Upholstery (Longer)
- 10 - Seat Pad Upholstery (Shorter)

#### Hardware Descriptions

- A - 5/16-18 x 1 1/4" Hex Bolt
- B - 5/16-18 x 2 3/4" Hex Bolt
- C - 5/16" Flat Washer
- J - 3/8" Flat Washer
- K - 3/8" Lock Nut
- P - 3/8-16 x 2 3/4 Hex Bolt

# ASSEMBLY

INSTRUCTIONS



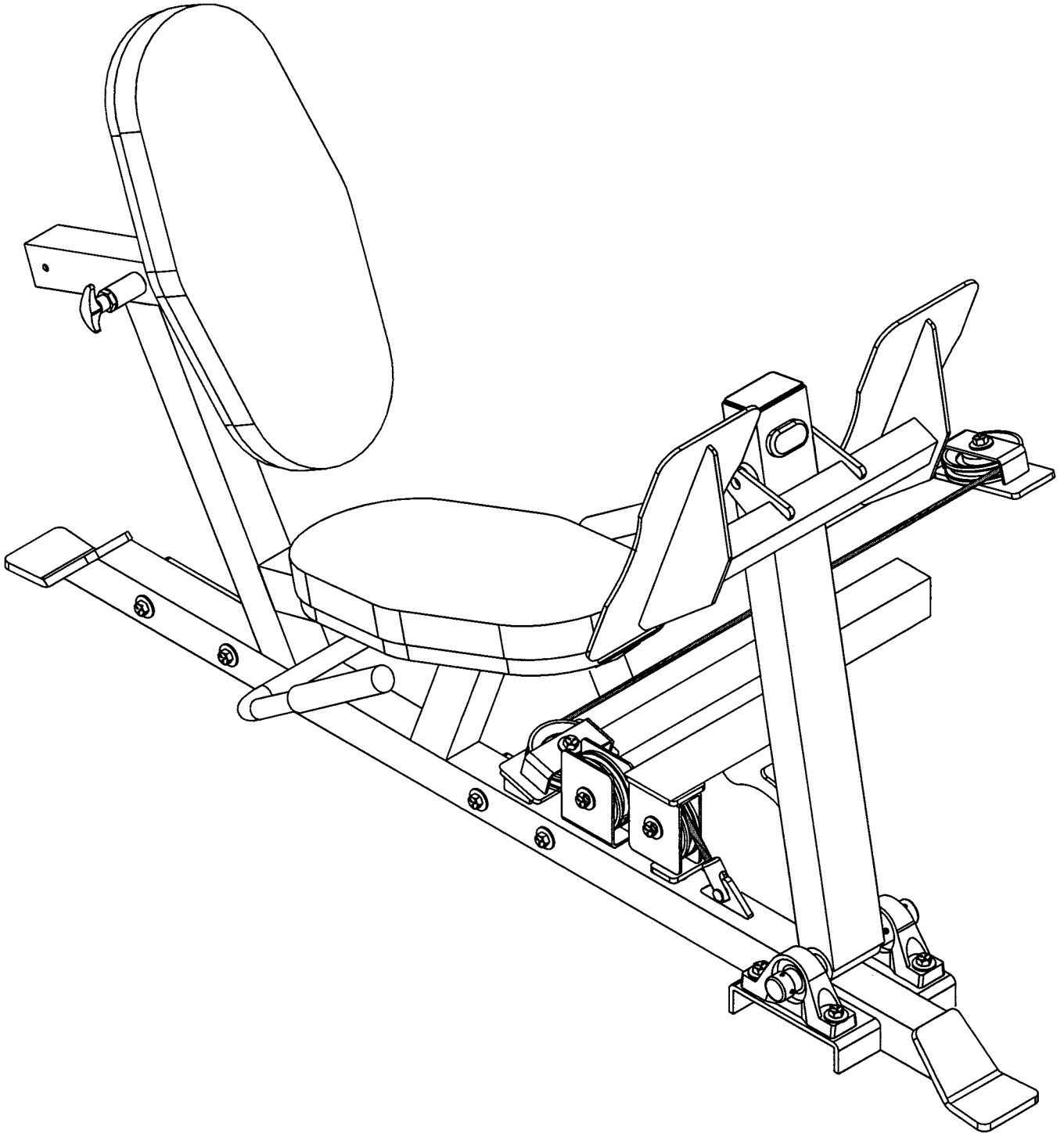


# ASSEMBLY

INSTRUCTIONS

## Step 3

CABLE INSTALLATION



# ASSEMBLY INSTRUCTIONS

## Step 3a LEG PRESS CABLES

Steps 3a & 3b are for cabling the Leg Press Option. Route the cables with the hardware as shown in these steps. Step 3a is for cabling a CLASSIC II, Step 3b is for cabling an CLASSIC III. Make sure you use the correct cable for the specified unit as listed below.

### Part Listing

12- CLASSIC II LEG PRESS CABLE

13 - CLASSIC III LEG PRESS CABLE

### Hardware Descriptions

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

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

J - 3/8" Flat Washer

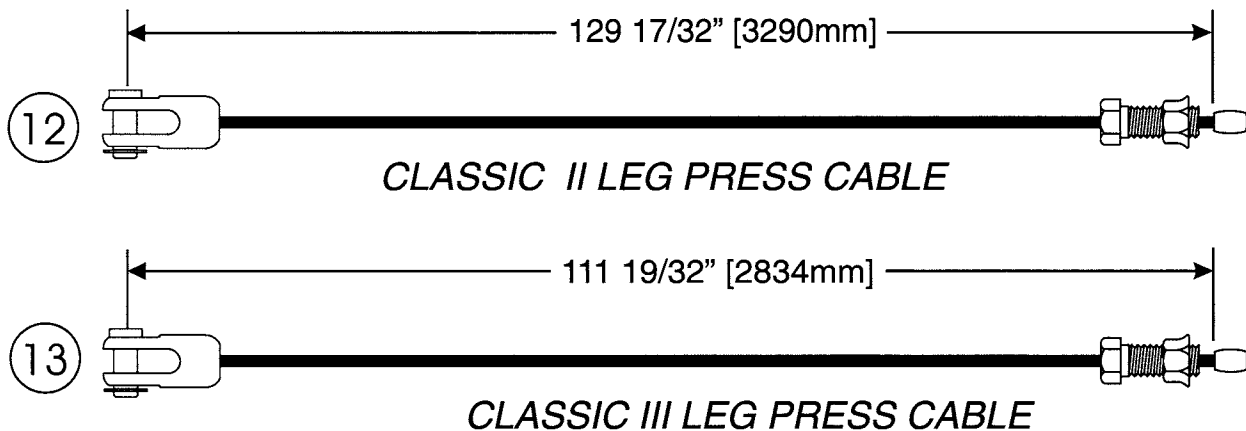
K - 3/8" Lock Nut

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

Z - 3 1/2" Pulley

AC - Pulley Cable Guard

AD - 1/2" Lg. Pulley Spacer



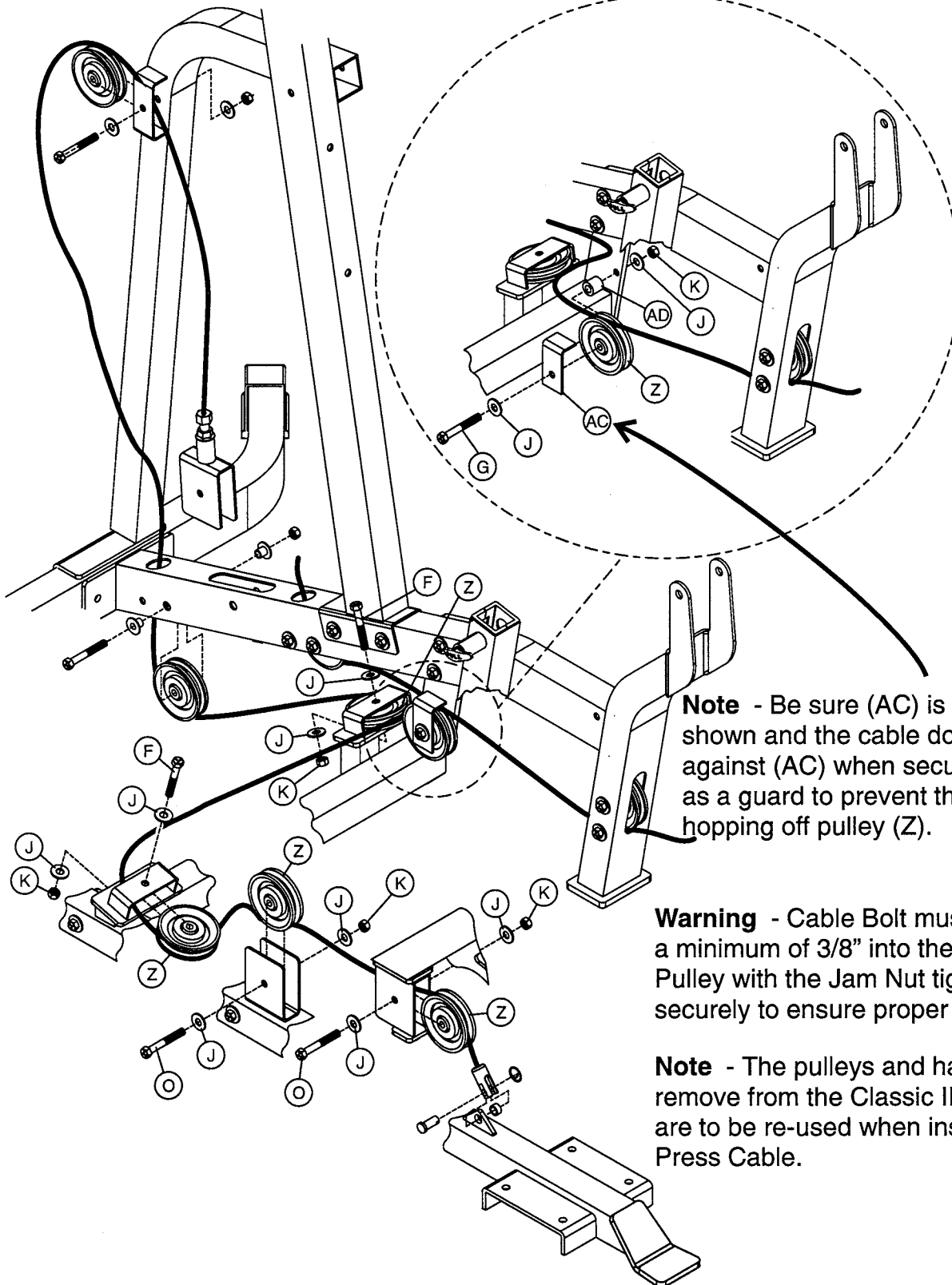


# ASSEMBLY

INSTRUCTIONS

## Step 3a

### CLASSIC II LEG PRESS CABLE



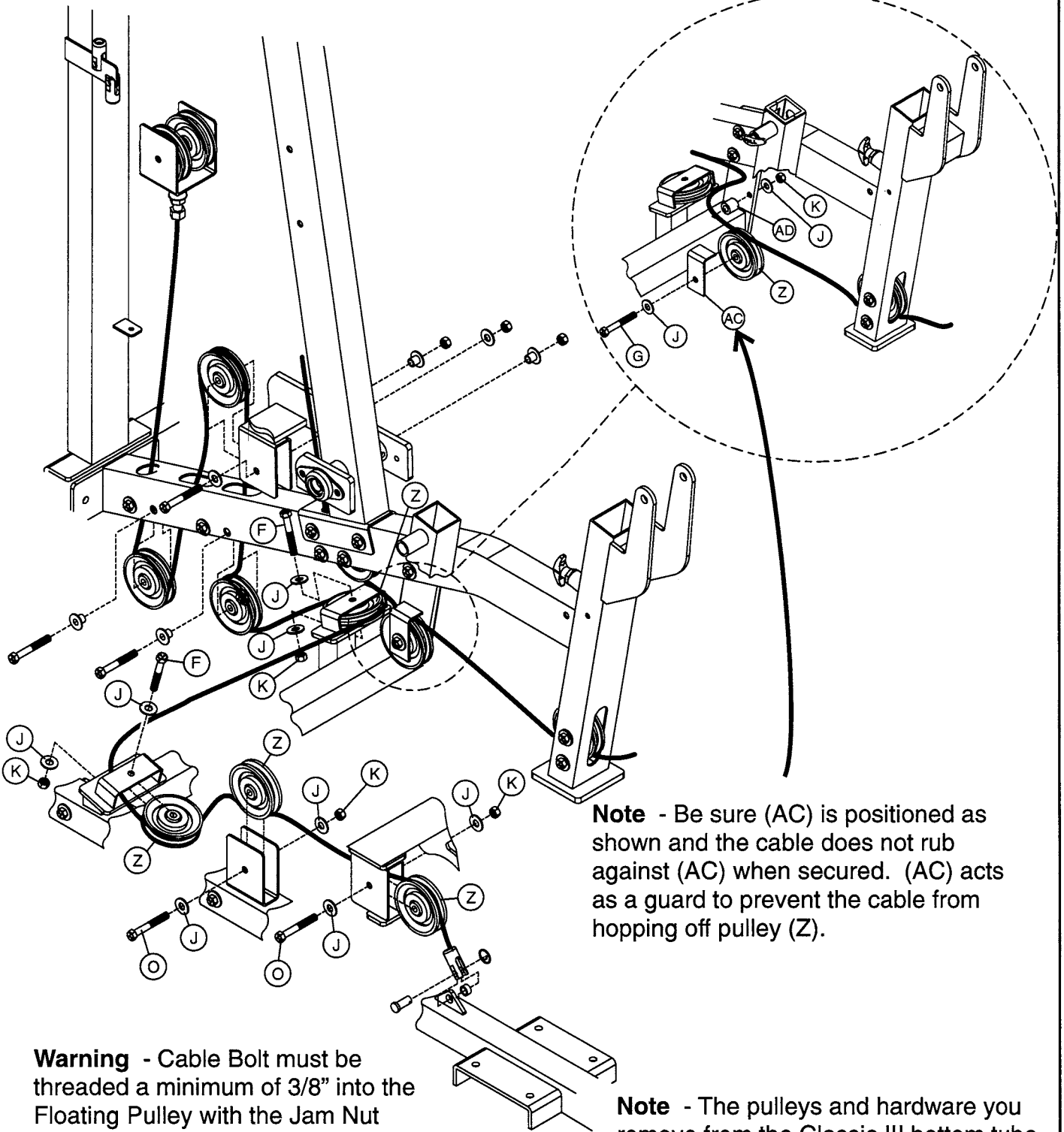
**Note** - Be sure (AC) is positioned as shown and the cable does not rub against (AC) when secured. (AC) acts as a guard to prevent the cable from hopping off pulley (Z).

**Warning** - Cable Bolt must be threaded a minimum of 3/8" into the Floating Pulley with the Jam Nut tightened securely to ensure proper connection.

**Note** - The pulleys and hardware you remove from the Classic II, bottom tube are to be re-used when installing the Leg Press Cable.

# ASSEMBLY INSTRUCTIONS

## Step 3b CLASSICIII LEG PRESS CABLE



**Note** - Be sure (AC) is positioned as shown and the cable does not rub against (AC) when secured. (AC) acts as a guard to prevent the cable from hopping off pulley (Z).

**Warning** - Cable Bolt must be threaded a minimum of 3/8" into the Floating Pulley with the Jam Nut tightened securely to ensure proper connection.

**Note** - The pulleys and hardware you remove from the Classic III bottom tube are to be re-used when installing the Leg Press Cable.

# ASSEMBLY INSTRUCTIONS





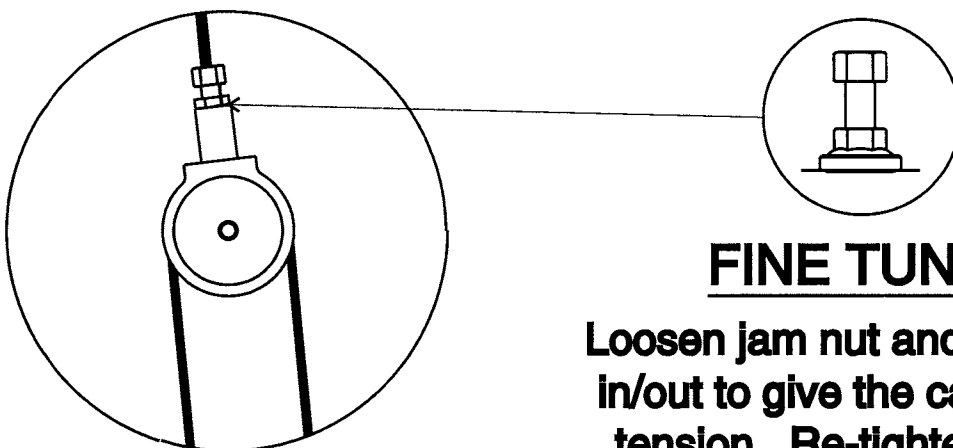
# ASSEMBLY

I N S T R U C T I O N S

## 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 Classic II, or Classic III owners manual for the points where adjustments to the cable tension may be made.



### FINE TUNING

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

**Follow the maintenance schedule on page 35 to ensure that your equipment remains safe to use and continues to operate smoothly.**

# ASSEMBLY

INSTRUCTIONS

## Step 5

### PRE-ASSEMBLED PARTS

#### Part Descriptions

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 - Plug Bumper

W - Closed End Foam Grip

X - 1/2" Oilites

AA - 1/2" Short Pull pin

AB - 4" x 12" Non-Skid

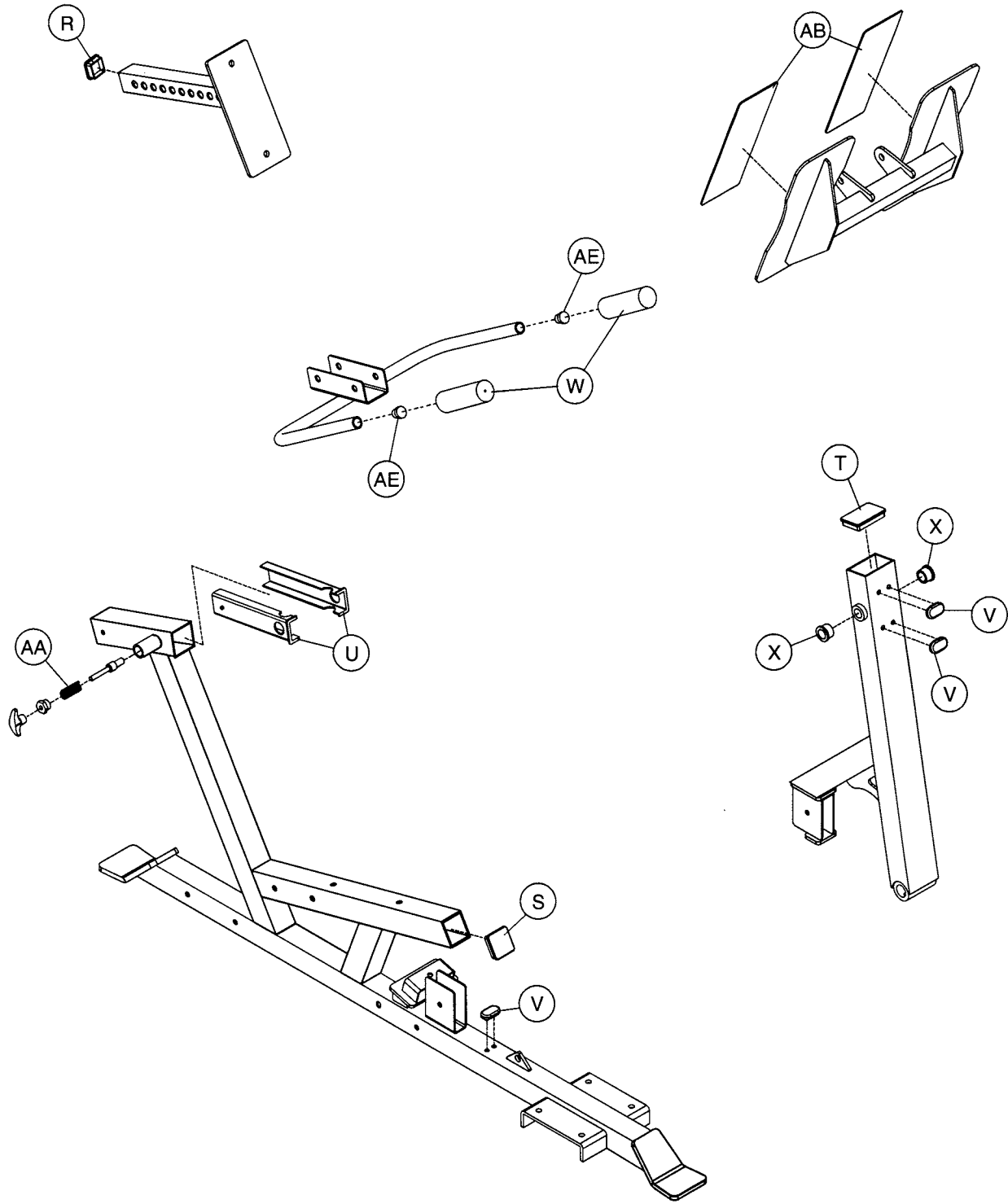
AE - 1 1/4" Dia. End Cap

# ASSEMBLY

INSTRUCTIONS

## Step 5

### PRE-ASSEMBLED PARTS



# ASSEMBLY

C A T A L O G

## PART LISTING

Key #	Qty.	Part #	Description
1	1	026-01X1604	Main Frame
2	1	026-01X1607	Forward Crossmember
3	1	026-01X1608	Rear Crossmember
4	1	026-01X1165	Arm Assembly
5	1	026-01M0154	7 13/16" Pivot Shaft
6	1	026-01X1606	Foot Plate Assembly
7	1	026-01X1362	Back Pad Mount
8	1	026-01X1609	Handle Assembly
9	1	022-01PD0125_A	Back Pad Upholstery (Longer)
10	1	022-01PD0126_A	Seat Pad Upholstery (Shorter)
11	2	026-01M0323	Aluminum Cap
12	1	026-01SC295T	Classic II Leg Press Cable
13	1	026-01SC297T	Classic III 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

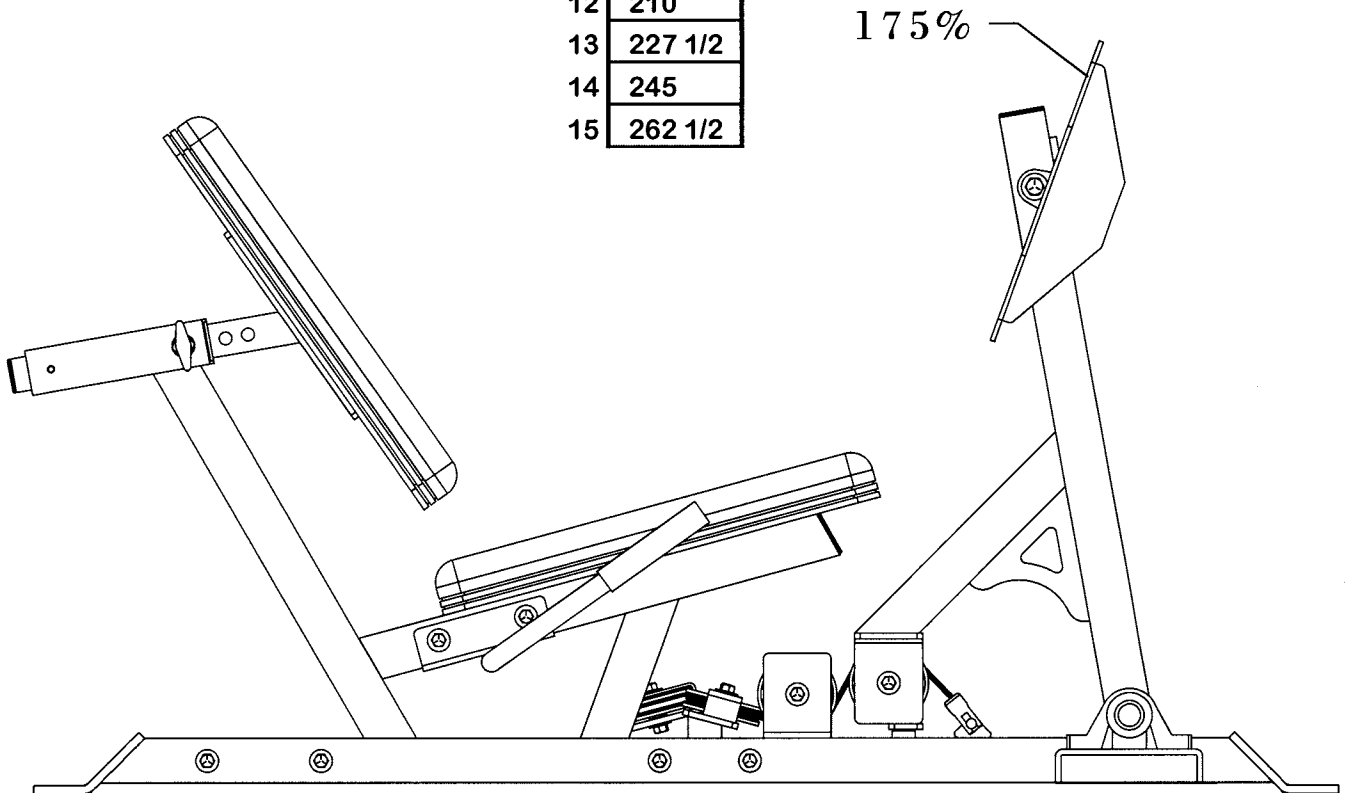
Key #	Qty.	Part #	Description
A	2	011-0407053	5/16-18 x 1 1/4" Hex Bolt
B	2	011-0101037	5/16-18 x 2 3/4" Hex Bolt
C	4	013-0002001	5/16" Flat Washer
D	2	011-0311015	3/8-16 x 3/8" Set Screw
E	4	011-0107033	3/8-16 x 1 1/2" Hex Bolt
F	2	011-0101072	3/8-16 x 2" Hex Bolt
G	1	011-0107009	3/8-16 x 2 1/2" Hex Bolt
H	2	011-0407026	3/8-16 x 3" Hex Bolt
J	34	013-0002004	3/8" Flat Washer
K	17	012-0104008	3/8" Lock Nut
L	1	011-0407060	1/2-13 x 5" Hex Bolt
M	2	013-0102003	1/2" SAE Flat Washer
N	1	012-0304011	1/2" Lock Nut
O	2	011-0407027	3/8-16 x 1 3/4" Hex Bolt
P	6	011-0407060	3/8-16 x 2 3/4" Hex Bolt
Q	4	011-0311005	10-32 x 1/8" Set Screw
R	1	016-0201004	1 1/2" x 1 1/2" End Cap
S	1	016-0201013	2" x 2" End Cap
T	1	016-0201015	2" x 3" End Cap
U	2	026-01PL125T	Easy Glide Adjuster Sleeve
V	3	019-0005001	25mm x 45mm LG Plug Bumper
W	2	019-0002033	Dia. 1.25 x 7.00" Closed End Foam Grip
X	2	014-0101002	1/2" Oilite
Y	2	014-0010003	Pillow Block Bearing
Z	5	018-0001002	3 1/2" Pulley
AA	1	026-01X0185	1/2" Short Pull Pin
AB	2	020-0005007	4" x 12" Non-Skid
AC	1	026-01P0115	Pulley Cable Guard
AD	1	014-0018006	1/2" Lg. Pulley Spacer
AE	2	026-01PL297	1 1/4" Dia. End Cap



# OWNERS M A N U A L

## W E I G H T R A T I O S

	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



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.



**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 Classic 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.

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.

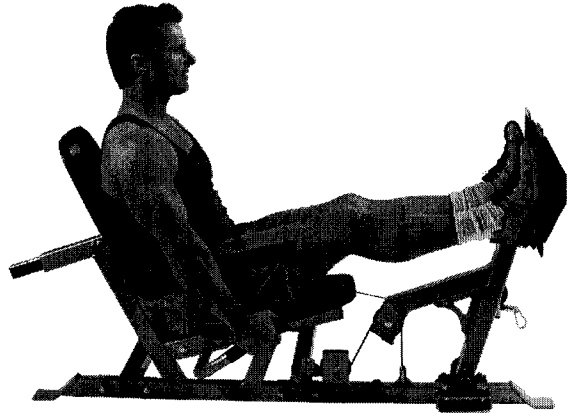
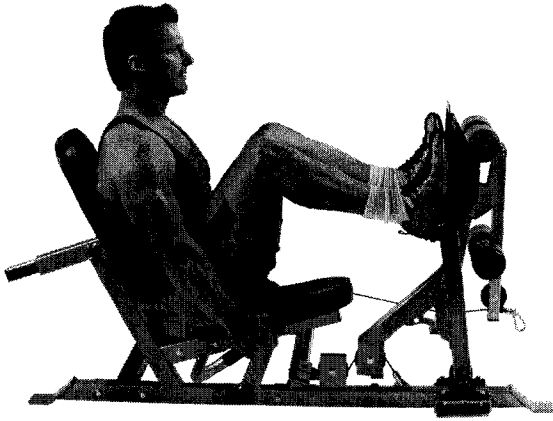
Correct form is an important ingredient in learning to perform an exercise correctly. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.



# OWNERS M A N U A L

## EXERCISE DESCRIPTIONS

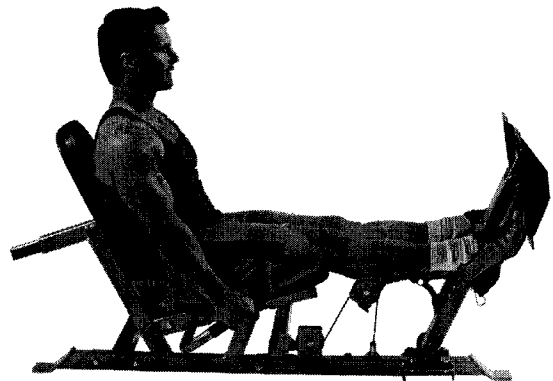
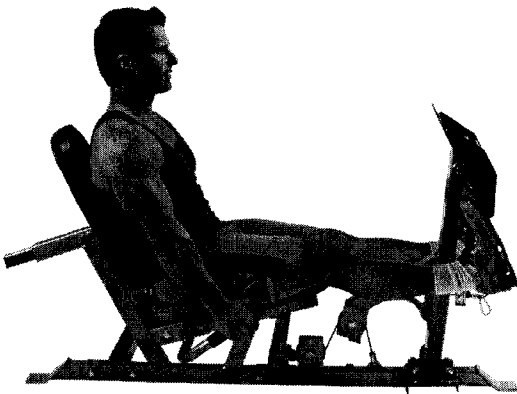
### LEG PRESS



1. Adjust the back pad so legs are bent when feet are placed on the foot plate. Position your knees as close to your body as possible without bending past a 90 degree angle.
2. Slowly push your legs to a straight position, leaving a slight bend in your knees when fully extended. Never allow your knees to lock during the movement.
3. Slowly return legs to the starting position.

---

### TOE RAISE



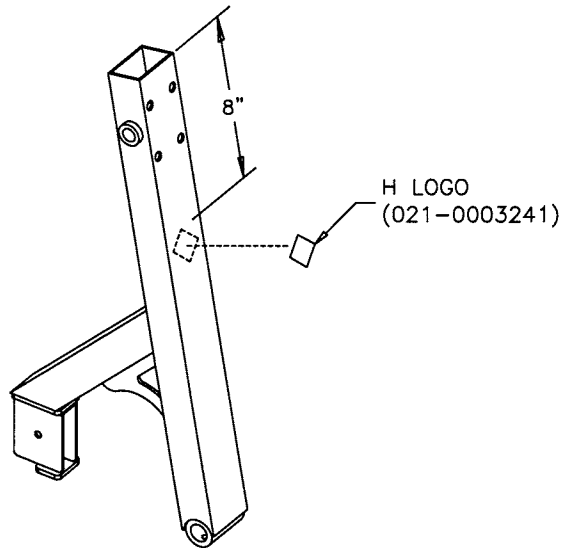
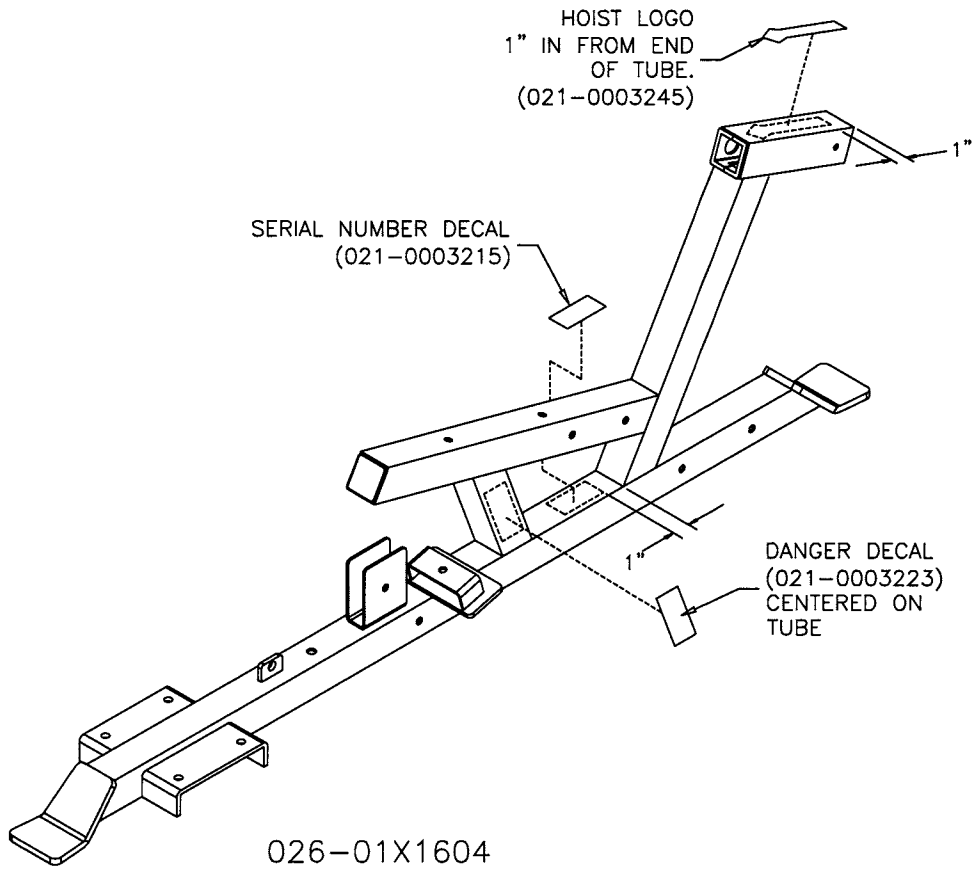
1. Adjust the back pad so your legs are slightly bent when your feet are placed on the foot plate.
2. Fully extend legs with your heels slightly lower than the bottom of the foot plate. Do not lock your knees.
3. Keeping your knees in the position described above, flex toes forward as far as possible.
4. Slowly return to the starting position.







# DECAL R E F E R E N C E



026-01X1165

# DECAL R E F E R E N C E



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

021-0003215



021-0003245



021-0003241



021-0003223

# OWNERS M A N U A L

## *MAINTENANCE SCHEDULE*

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



# OWNERS M A N U A L

## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this Classic 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 cost 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.

**IN HOME USE:** All malfunctions of upholstery, grips, paint, chrome, electronic components, belts, cables, pulleys, bearings or bushings that after five (5) years. The frame and all welded components are warranted for the life of this product.

**COMMERCIAL USE:** This product was not designed for, nor intended to be used in, any commercial application. Use or this product in a commercial setting shall void all warranties and could result in serious injury.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be responsible 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. 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 subject after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit, fire, flood, or an ACT OF GOD.

**TRANSPORTATION COSTS.** Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties. **WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

HOIST FITNESS SYSTEMS

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

Web Site - [www.hoistfitness.com](http://www.hoistfitness.com)

**PLEASE KEEP THIS FOR YOUR RECORDS**