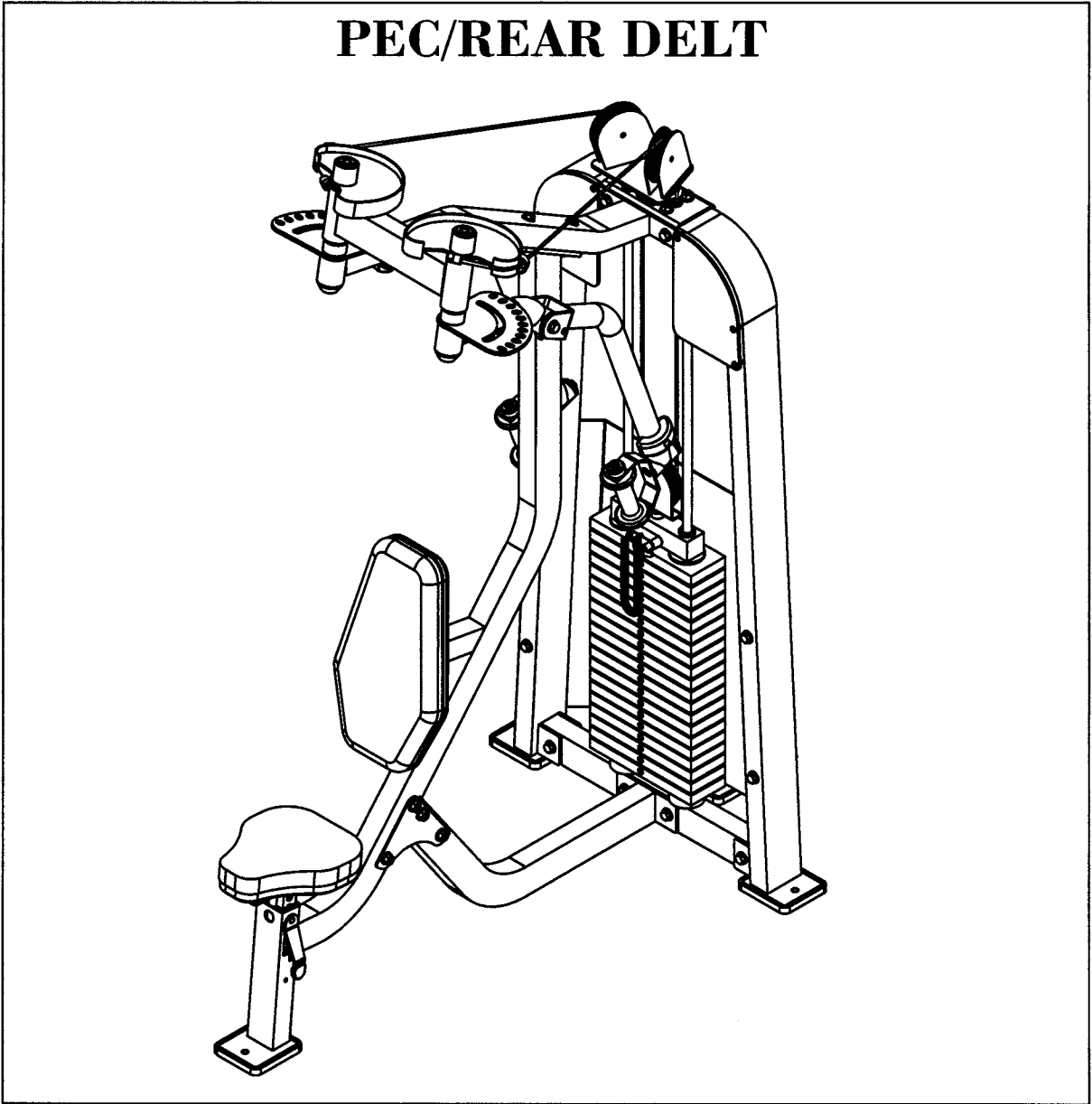


# OWNERS MANUAL



**HD2200-A**

**PEC/REAR DELT**



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

**RECORD SERIAL NUMBER HERE**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

**May, 2003**

# OWNERS MANUAL

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## Step 1 INSTRUCTIONS

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

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

## TOOLS REQUIRED

Socket Wrench

9/16" and 3/4" Sockets

Crescent Wrench

Rubber Mallet

Tape Measure

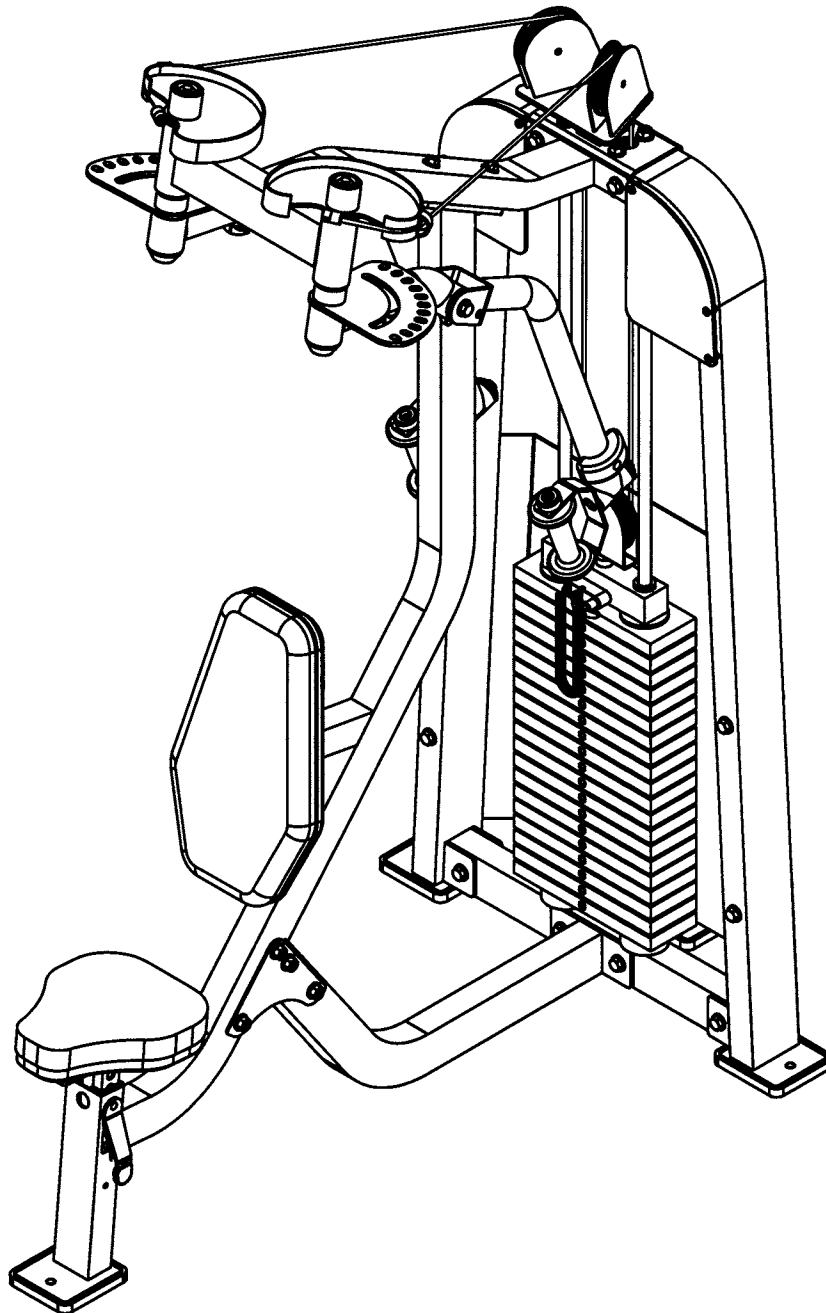
Allen Wrench Set

Snap Ring Pliers

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## Step 2 FRAME ASSEMBLY



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## Step 2a FRAME ASSEMBLY

In step A-1 start assembly by bolting both (1)'s to (2). Hand Tighten bolts. In step A-2, bolt (4) and (5) to (2). Next position (CA)'s under the foot plate of (1)'s. Hand Tighten bolts only, bolts will be wrench tightened in a later step.

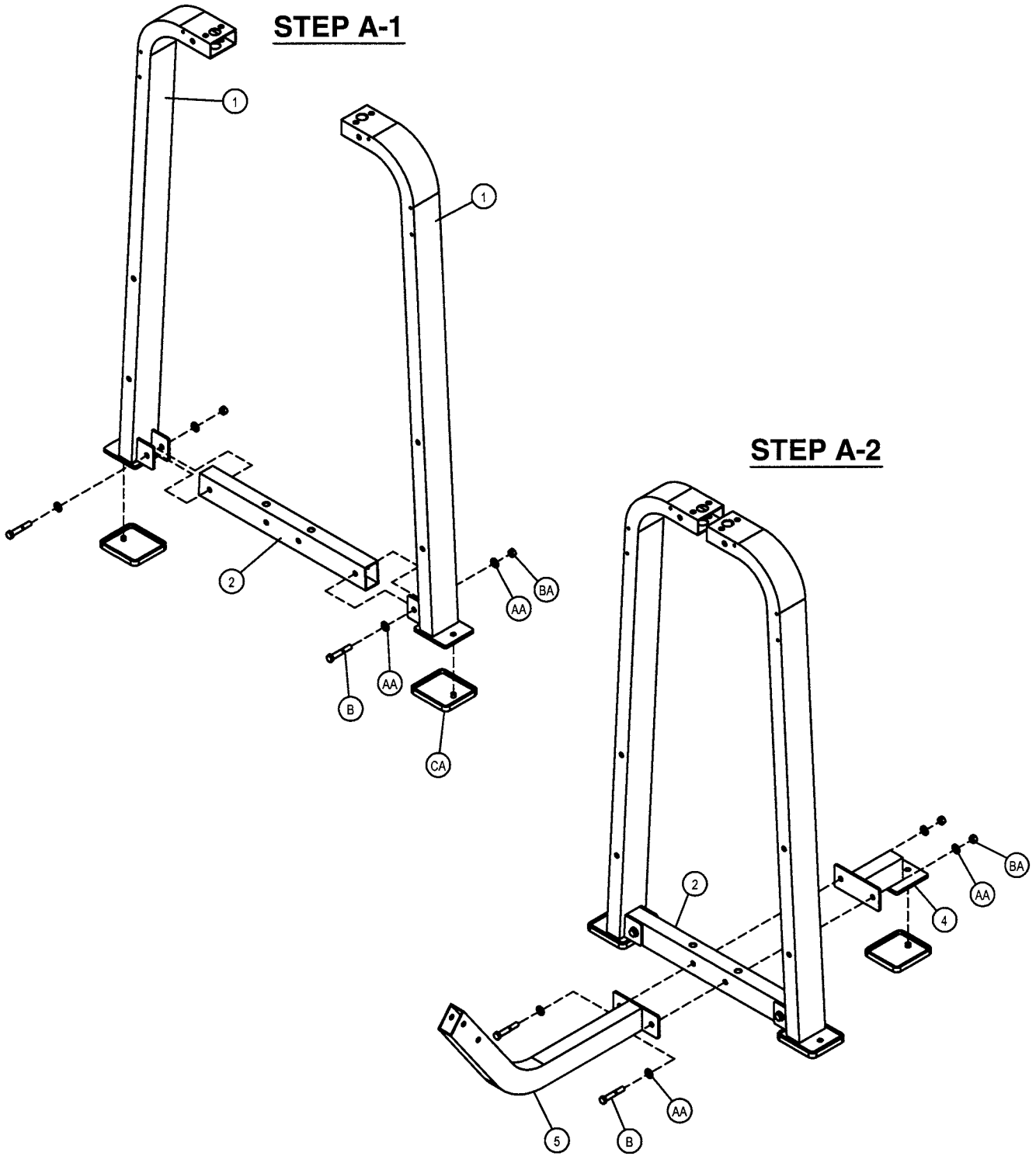
### Part Descriptions

- 1 - Frame Support Assy.
- 2 - Weight Stack Mount
- 4 - Rear Tie
- 5 - Brace Support Assembly

### Hardware Descriptions

- B - 1/2-13 x 3" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)
- CA - Rubber Foot Pad

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## Step 2b

### FRAME ASSEMBLY

Start by sliding (8)'s through (CB)'s and slide them both into (2). Tilt both (8)'s forward enough to allow room to slide the weights on. Slide all (9)'s onto both (8)'s. Now slide (10) onto both (8)'s, and secure (26) to (27). Slide (11) onto both (8)'s and angle both (8)'s vertical and secure (11) and (3) to both (1)'s. Lock (8) into place by screwing (L)'s into both sides of (11). Hand Tighten bolts only, bolts will be wrench tightened in a later step.

#### Part Descriptions

- 1 - Frame Upright Assembly
- 2 - Lower Weight Stack Mount
- 3 - Top Pulley Mount
- 8 - Guide Rod
- 9 - 12 1/2 lb. intermediate Weight Plate
- 10 - 8 1/4 lb. Top Weight Plate
- 11 - Guide Rod Top Mount
- 26 - Cable Anchor, Adjustable
- 27 - 21 Hole Weight Selector Stem

#### Hardware Descriptions

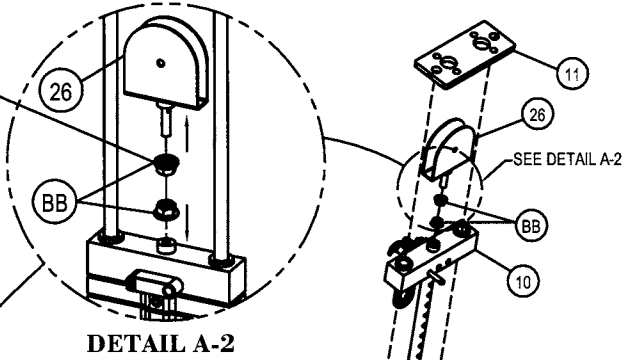
- C - 1/2-13 x 3 1/4" HHB (WZ)
- L - 5/16-18 x 5/16" Socket Set Screw (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut
- BB - 1/2-13 Flanged Nut (WZ)
- CB - Weight Stack Bumper



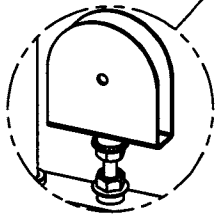
# OWNERS MANUAL

Warning - Cable Bolt threaded a minimum of 1/2" into the Weight Plate Stem with Jam Nut tightened securely to ensure proper connection.

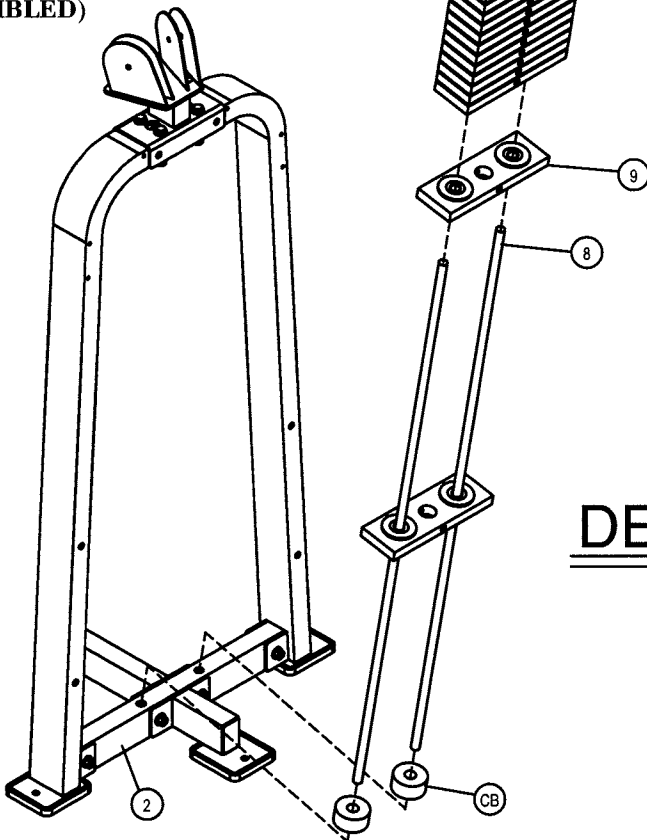
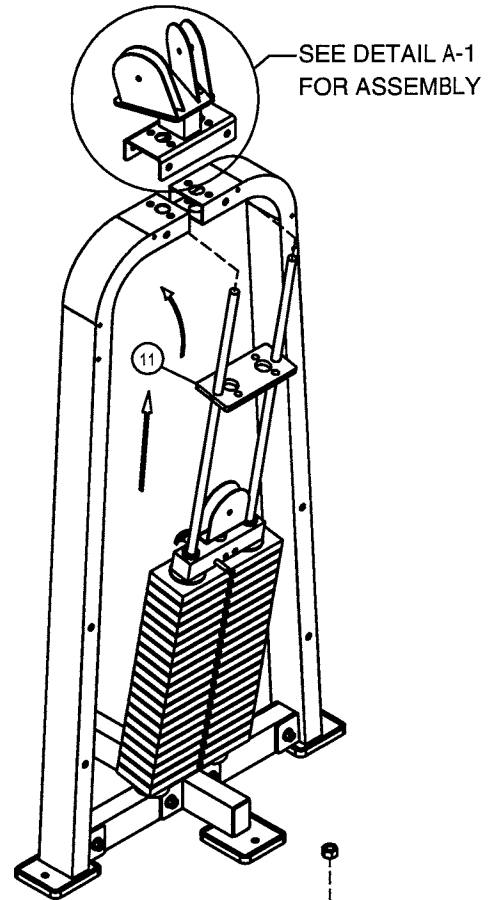
**TO PREVENT CABLE FROM TWISTING:** ONCE THE CABLE HAS THE PROPER TENSION, AND THE LOWER JAM NUT HAS BEEN RE-TIGHTENED. INSURE (26) IS PARARELL TO THE WEIGHT STACK, AND TIGHTEN UPPER JAM NUT.



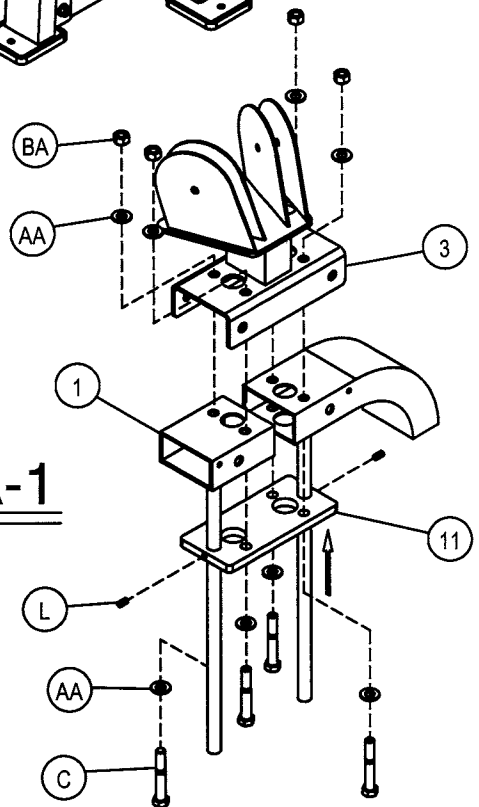
DETAIL A-2



DETAIL A-2  
(ASSEMBLED)



DETAIL A-1



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## Step 2c FRAME ASSEMBLY

Start by attaching (32) to (6). Next attach (32) to (3). Hand Tighten bolts only, bolts will be wrench tightened in a later step. Next position (CA) under the foot plate of (6).

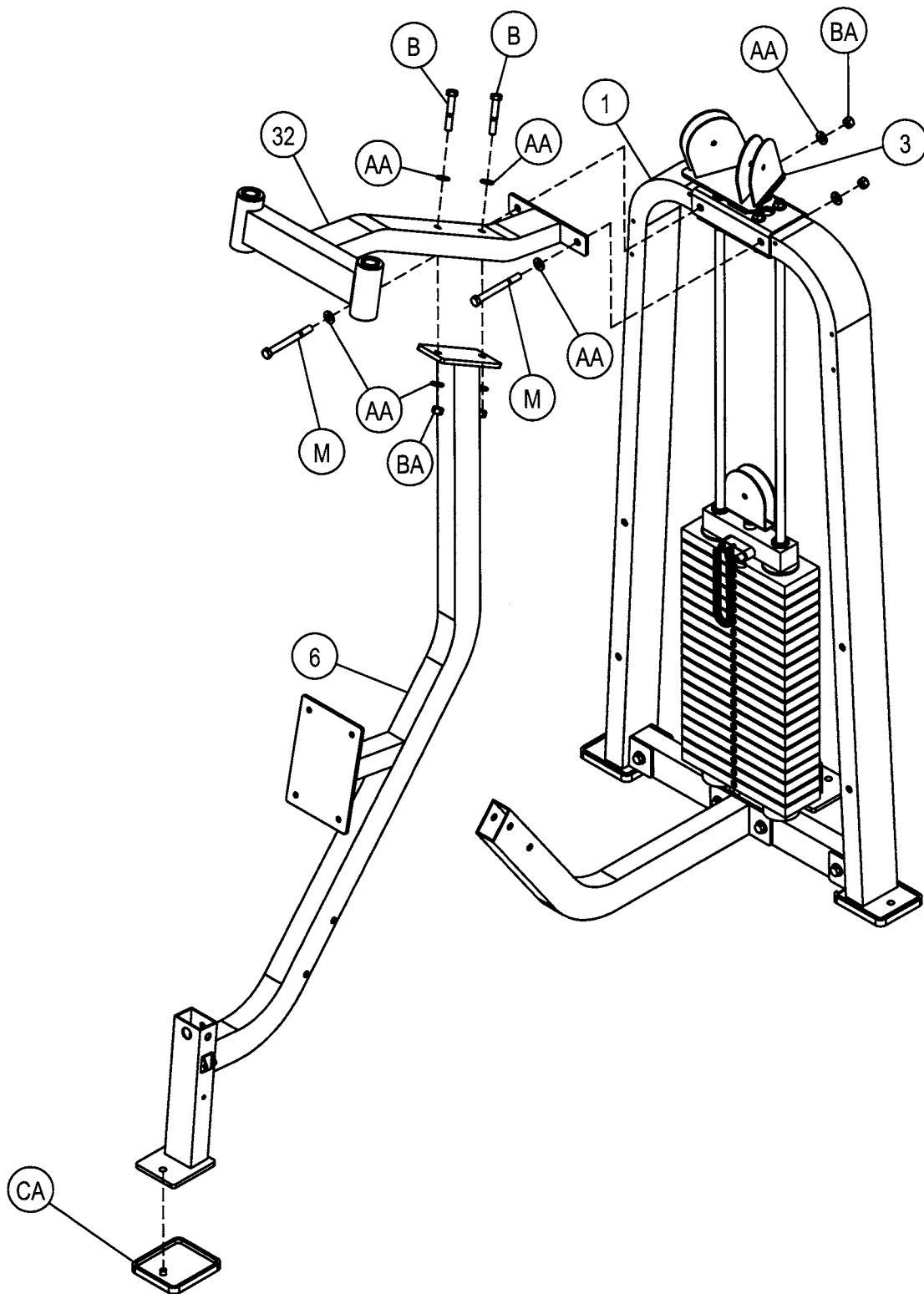
### Part Descriptions

- 1 - Frame Upright Assembly
- 3 - Top Pulley Mount
- 6 - Support Upright
- 32 - Arm Housing

### Hardware Descriptions

- B - 1/2-13 x 3" HHB (WZ)
- M - 1/2-13 x 5" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

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## Step 2d FRAME ASSEMBLY

Secure (6) to (5) using two (7)'s. Wrench tighten all bolts installed to this point.

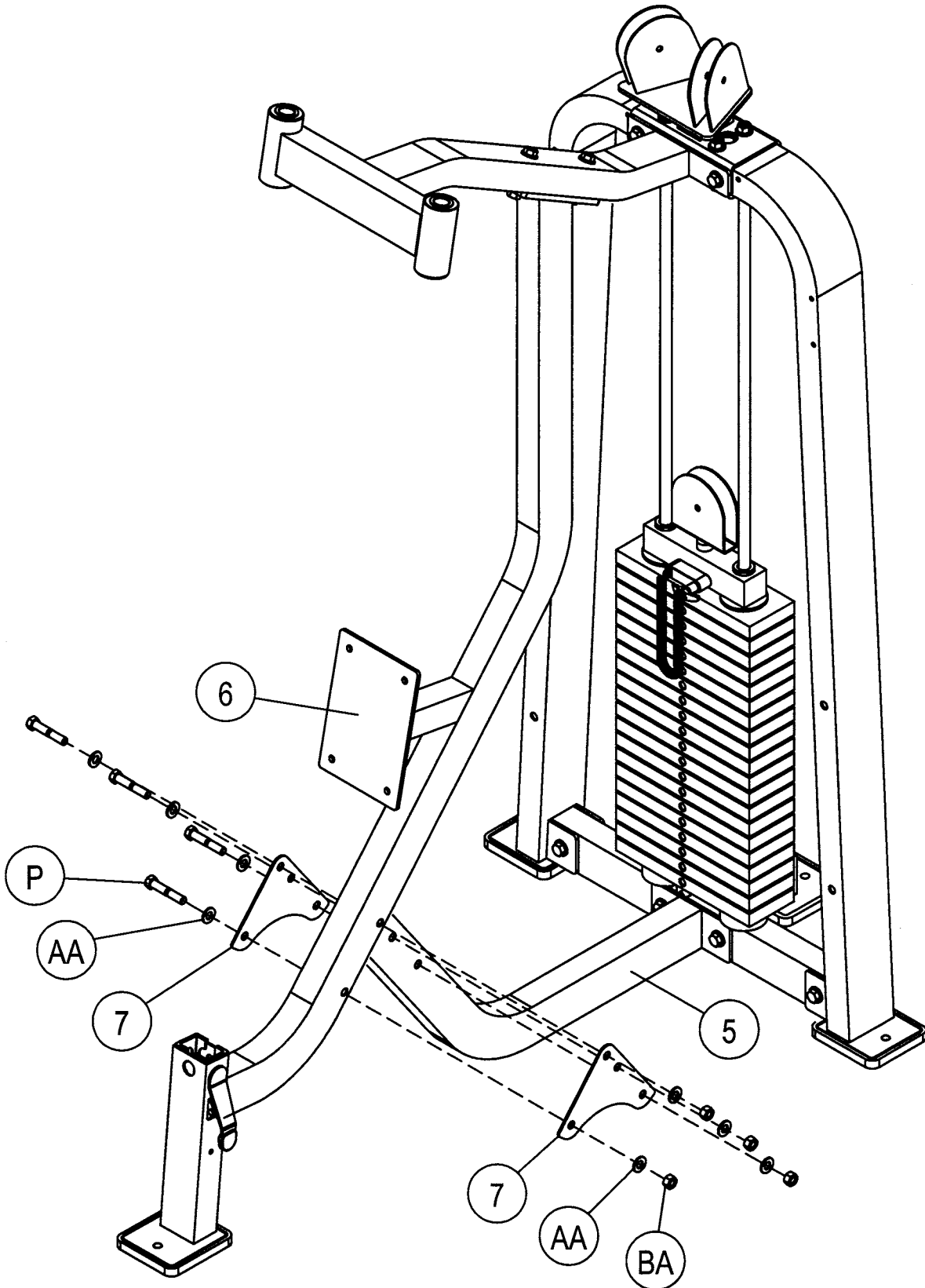
### Part Descriptions

- 5 - Brace Support Assembly
- 6 - Support Upright
- 7 - Support Plates

### Hardware Descriptions

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

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## Step 2e

### FRAME ASSEMBLY

Start assembly by sliding (12) and (13) through (32). Next position the key stock locks (28) onto the key slots on (12) and (13); then, slide (14)'s onto (12) and (13). Next slide (15)'s onto the shaft of (12) and (13) then secure with (29). Wrench Tighten bolts until snug then back of 1/2 turn or enough to allow (12) and (13) to rotate freely .

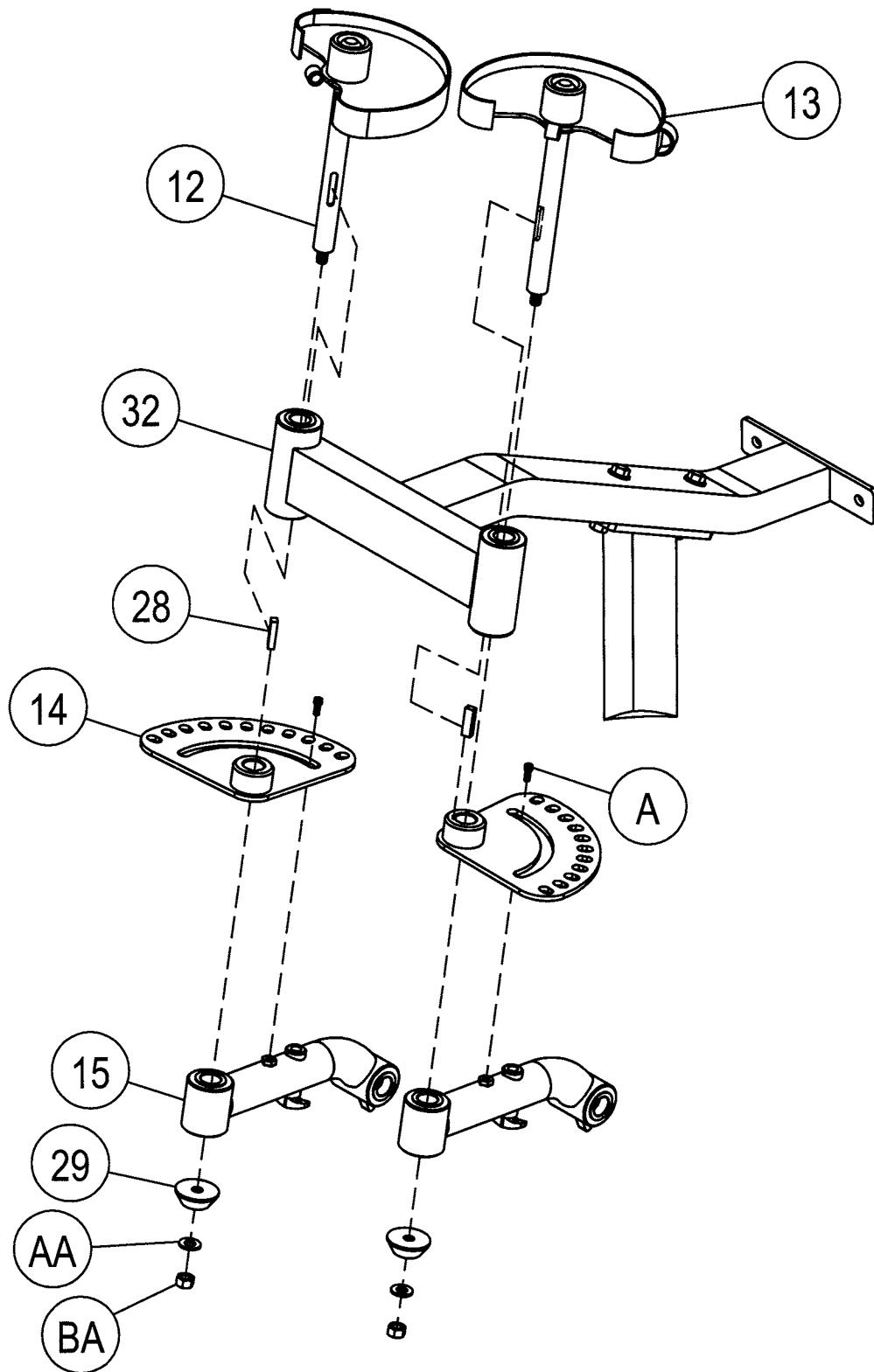
#### Part Descriptions

- 12 - Cam (right)
- 13 - Cam (left)
- 14 - Range of Motion
- 15 - Upper Arm Assembly
- 28 - Key Stock
- 29 - Aluminum Bolt On Cap
- 32 - Arm Housing

#### Hardware Descriptions

- A - 3/8-16 x 1/2" SHB (WZ)
- AA - 1/2" SAE Flat Washer
- BA - 1/2" Nylok Nut

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## Step 2f

### FRAME ASSEMBLY

Start by attaching (CF)'s to (17) and (18). For both handle assemblies, take part (19)'s and insert into (CE)'s. Next attach both (CE)'s to (20)'s. Wrench Tighten bolts. Attach the completed handle assemblies to (17) and (18).

#### Part Descriptions

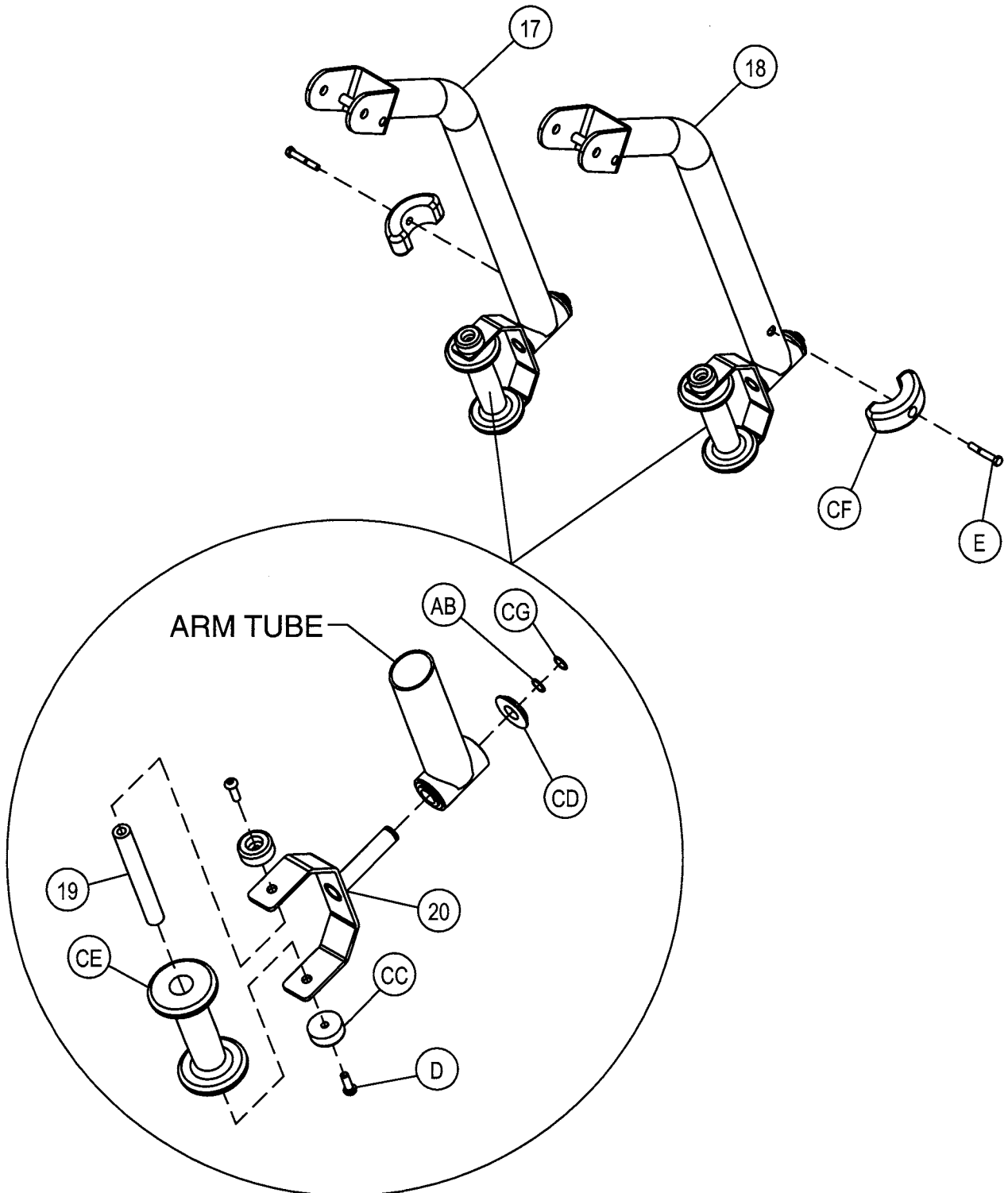
- 17 - Lower Arm Assembly (Right)
- 18 - Lower Arm Assembly (Left)
- 19 - Shaft (Handle)
- 20 - Handle

#### Hardware Descriptions

- D - 5/16-18 x 1" BHS (WZ)
- E - 3/8-16 x 3/4" SHS (WZ)
- AB - 3/4" Thrust Flat Washer
- CC - Handle Bumper
- CD - Aluminum End Cap
- CE - Plastic Handle
- CF - Arm Bumper
- CG - 3/4" Snap Ring



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## Step 2g FRAME ASSEMBLY

Start assembly by inserting (16)'s into (15)'s. Next attach (17) and (18) to (15)'s. Wrench tighten bolt then back nut off enough so (17) and (18) pivots freely. To ensured the correct arm side installment, the bumpers on (17) and (18) should be facing outward.

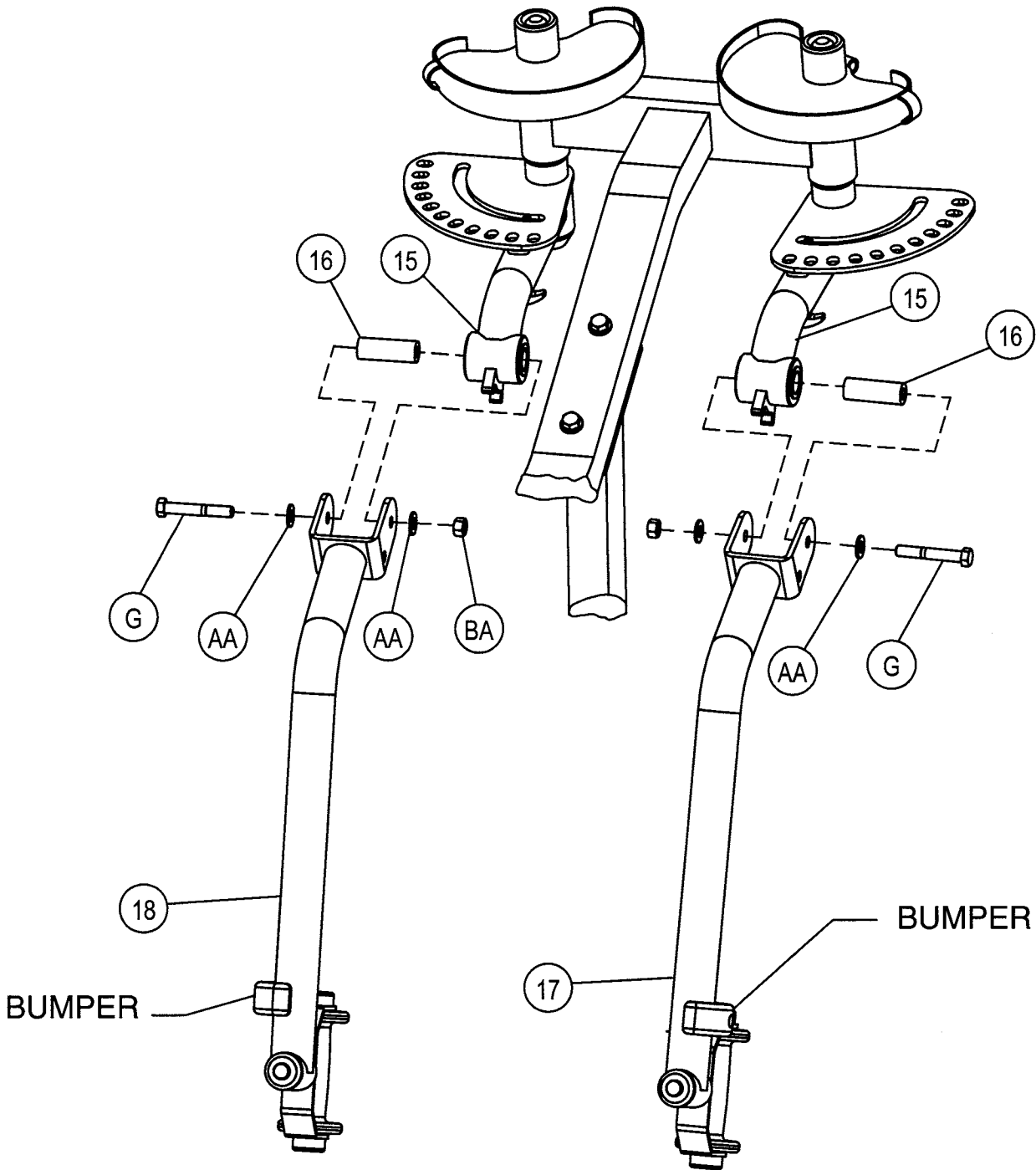
### Part Descriptions

- 15 - Upper Arm Mount
- 16 - Shaft
- 17 - Lower Arm (Right)
- 18 - Lower Arm (Left)

### Hardware Descriptions

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

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## Step 2h

### FRAME ASSEMBLY

Start assembly by attaching (22) to back plate of (6). Next attach (24) to (23) and slide (23) into (6). Line up the slot in (23) to the welded nut on (6) and install (J). Wrench tighten bolts.

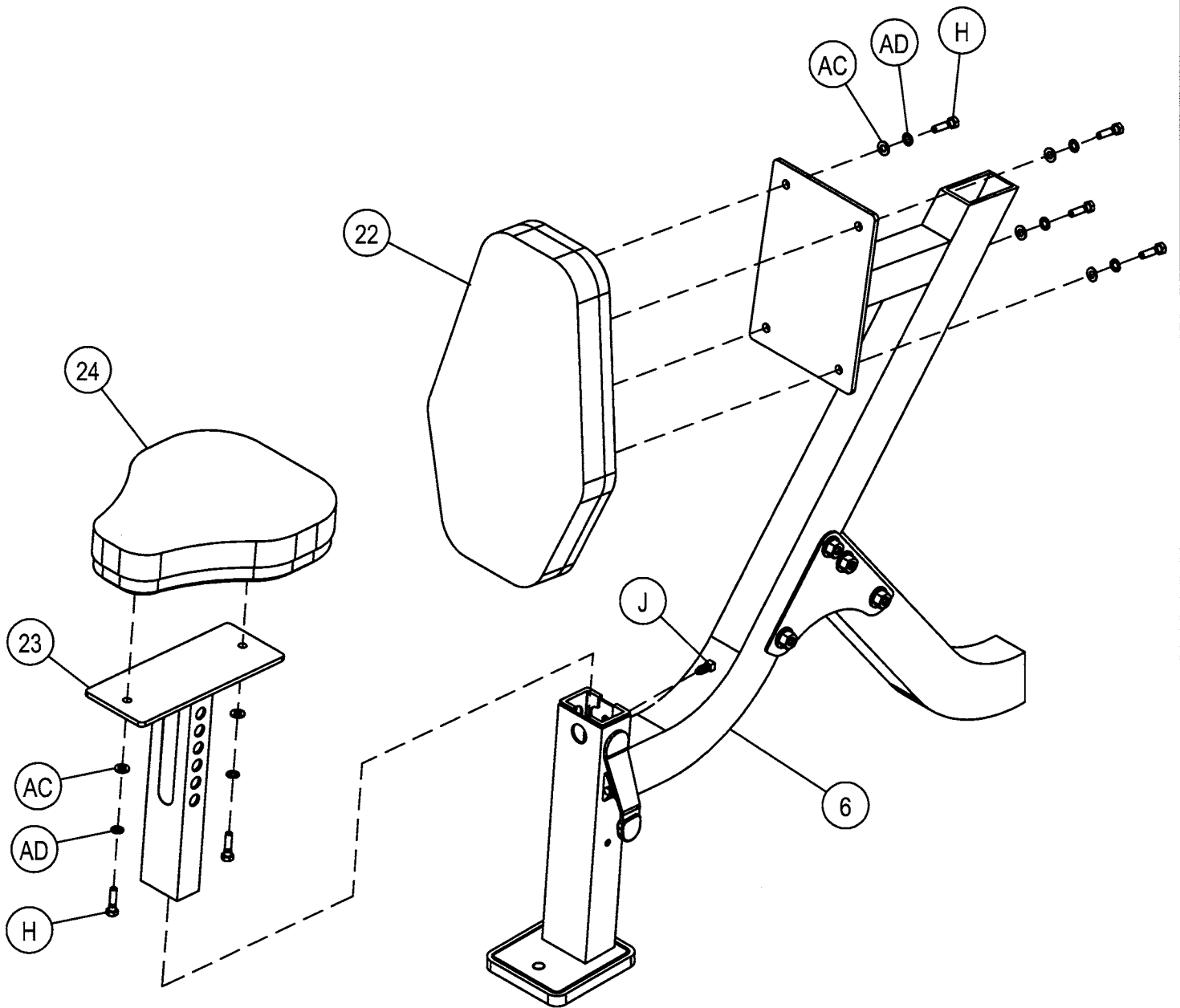
#### Part Descriptions

6 - Support Upright  
22 - Back Upholstery  
23 - Seat Assembly  
24 - Seat Upholstery

#### Hardware Descriptions

H - 5/16-18 UNC x 1 1/4" HHB (WZ)  
J - 3/8-16 UNC x 3/4" Square Head Set Screw  
AC - 5/16" USS Flat Washer  
AD - 5/16" Internal Lock Washer

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## Step 3a

### CABLE ASSEMBLY

Start by attaching (DC)'s to (3). Next insert (CJ) into (13) and clip (CK) onto (CJ) as shown. Continue the opposite end of the cable (CJ) through the right side pulley on (3). Run the cable (CJ) down and around (DC). Attach (DC) to (26). Next guide (CJ) up and over the left side pulley of (3) and attach the end of (CJ) to (12). Wrench tighten bolts.

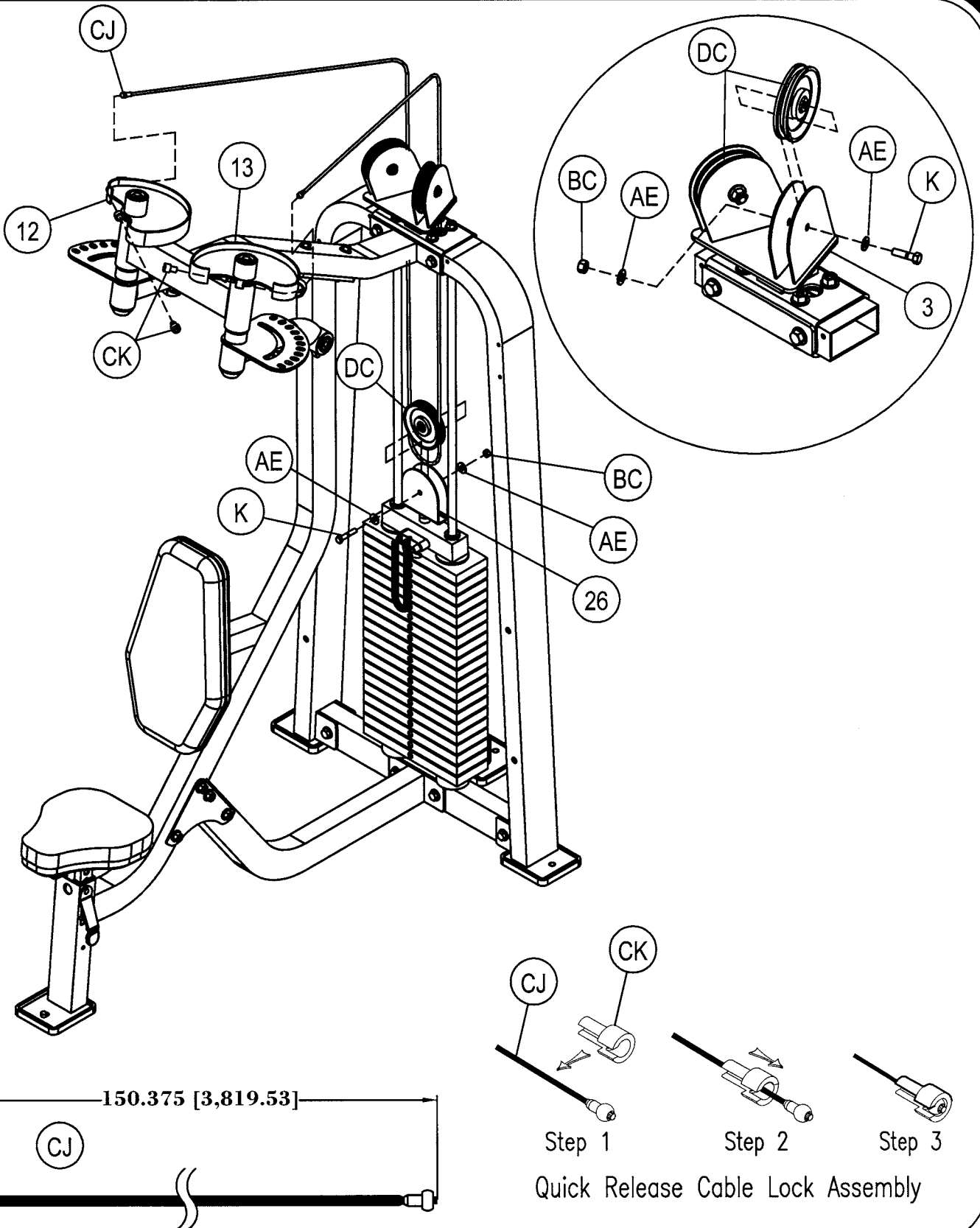
#### Part Descriptions

- 3 - Top Pulley Mount
- 12 - Cam (Right)
- 13 - Cam (Left)
- 26 - Cable Anchor (Pulley)

#### Hardware Descriptions

- K - 3/8-16 x 1 3/4" HHB (WZ)
- AE - 3/8" USS Flat Washer
- BC - 3/8" Nylok Nut
- CJ - Weight Stack Cable
- CK - Quick Release Cable Sleeve
- DC - 4 1/2" Pulley

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## Step 4a

### FRAME/SHIELD ASSEMBLY

Start by attaching (CN) and (CP) to (1)'s. Next attach (25) to both (1)'s as shown. Wrench tighten bolts.

## \*IMPORTANT\*

Now that the HD2200 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

### Part Descriptions

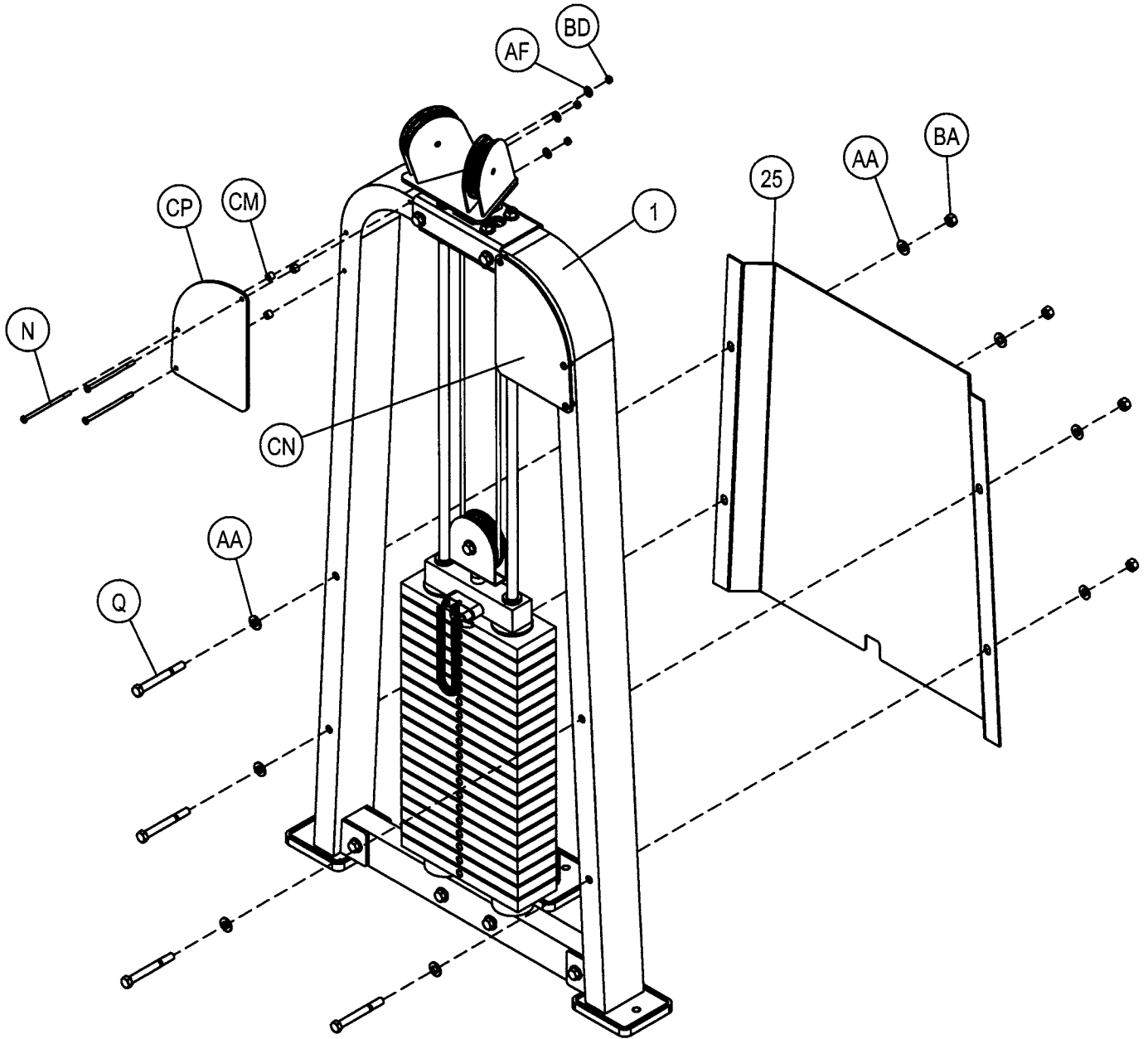
1 - Frame Upright  
25 - Shield

### Hardware Descriptions

Q - 1/2-13UNC x 4 1/2" HHB (WZ)  
N - 1/4-20UNC x 5" BHB (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
AF - 1/4" SAE Flat Washer (WZ)  
BA - 1/2" Nylok Nut (WZ)  
BD - 1/4" Nylok Nut (WZ)  
CM - Spacer  
CN - HD2200 Placard (right)  
CP - HD2200 Placard (left)



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## PRE-ASSEMBLY PARTS

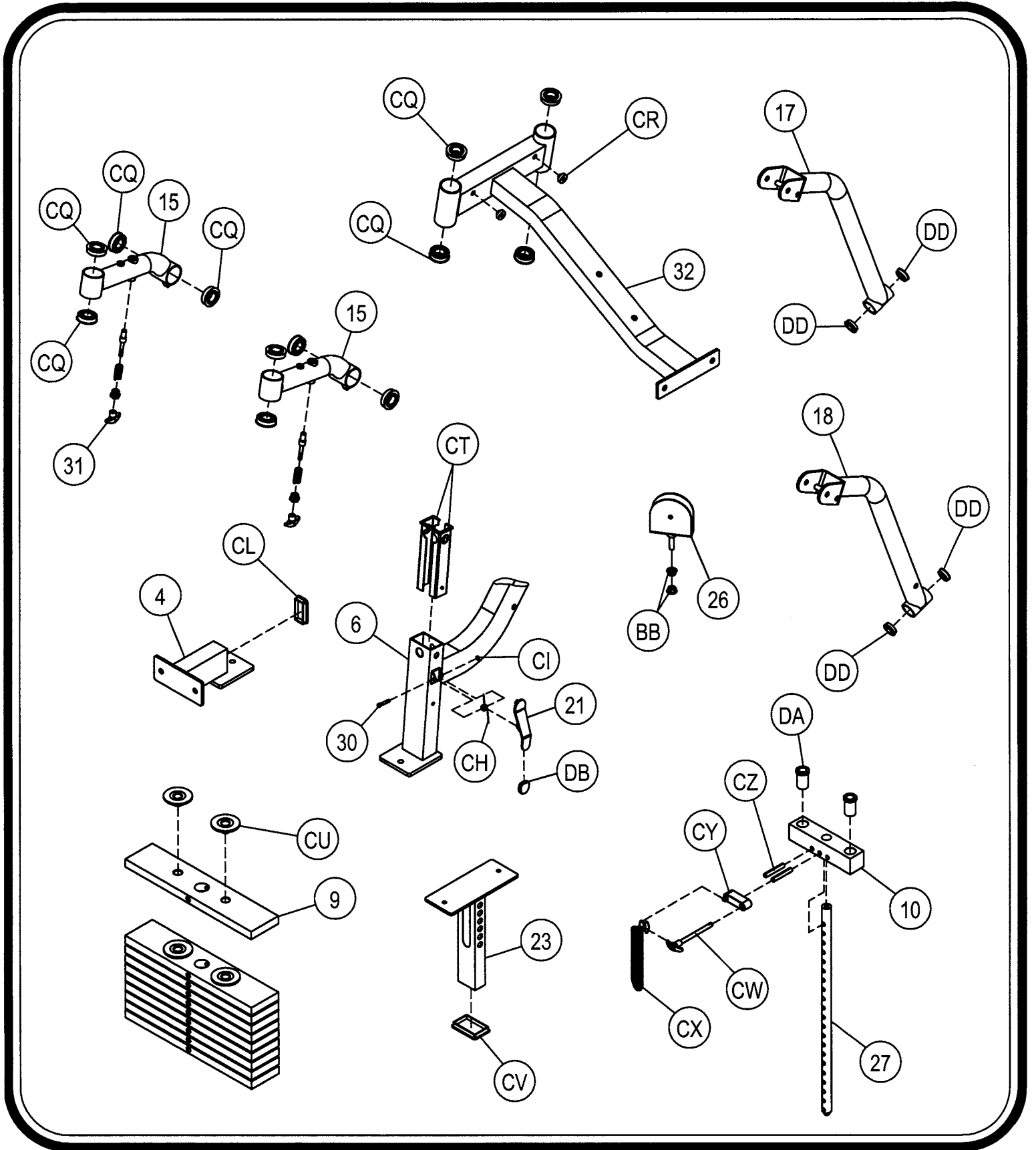
### Part Descriptions

- 4 - Rear Tie
- 6 - Support Upright
- 9 - 12 1/2 lb. Intermediate Plate
- 10 - 8 1/4 Intermediate Top Plate
- 15 - Upper Arm Assembly
- 17 - Lower Arm Assembly (Right)
- 18 - Lower Arm Assembly (Left)
- 21 - Seat Adjuster
- 23 - Seat Assembly
- 26 - Cable Anchor, Adjustable
- 27 - 21 Hole Weight Stem
- 30 - Latch Pin
- 31 - Pull Pin
- 32 - Arm Housing

### Hardware Descriptions

- BB - 1/2"-13 Flanged Nut
- CH - Latch Spring
- CI - C-Clip
- CL - 2" x 3" Plastic End Cap
- CQ - 1" Flanged Bearing
- CR - Plastic Bumper
- CT - EZ Guided Plate Bushing
- CU - Plastic Weight Plate Bushing
- CV - 1 1/2 x 1 1/2 Plastic End Cap
- CW - Weight Selector Pin
- CX - Lanyard Coil
- CY - Lanyard/Selector Pin Stand Off
- CZ - 7/16" x 2 3/4" Lg. Roll Pin
- DA - Guide Rod Bushing
- DB - Plastic Cap
- DD - Ø0.75 Flanged Bearing

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## PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X1344	FRAME UPRIGHT ASSEMBLY
2	1	026-01T0545	LOWER WEIGHT STACK MOUNT
3	1	026-01X1349	TOP PULLEY MOUNT
4	1	026-01X0817	REAR TIE
5	1	026-01X1355	BRACE SUPPORT ASSEMBLY
6	1	026-01X1391	SUPPORT UPRIGHT
7	2	026-01P0796	SUPPORT PLATES
8	2	026-01G0159	GUIDE ROD
9	20	026-01W0101	12 1/2 lb. INTERMEDIATE PLATE
10	1	026-1300034	8 1/4 lb. INTERMEDIATE TOP PLATE
11	1	026-01P0796	GUIDE ROD TOP MOUNT
12	1	026-01X1353	CAM (RIGHT)
13	1	026-01X1354	CAM (LEFT)
14	2	026-01X1351	RANGE OF MOTION
15	2	026-01X1346	UPPER ARM ASSEMBLY
16	2	026-01M0729	SHAFT (ARM)
17	1	026-01X1347	LOWER ARM ASSEMBLY (RIGHT)
18	1	026-01X1348	LOWER ARM ASSEMBLY (LEFT)
19	2	026-01M0304	SHAFT (HANDLE)
20	2	026-01X1352	HANDLE
21	1	026-01X0158	SEAT ADJUSTER
22	1	022-01PD0046	BACK UPHOLSTERY
23	1	026-01X1345	SEAT ASSEMBLY
24	1	022-01PD0042	SEAT UPHOLSTERY
25	1	026-01SH189	WEIGHT SHIELD
26	1	026-01X0926	CABLE ANCHOR (PULLEY)
27	1	026-01W0110	21 HOLE WEIGHT STEM
28	2	026-01M0722	KEY STOCK LOCK
29	2	026-01M0519	ALUMINUM BOLT ON CAP
30	1	026-01M0309	LATCH PIN
31	1	026-01M0129	PULL PIN
32	1	026-01X1392	ARM HOUSING

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## HARDWARE LISTING

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	2	011-0101078	3/8-16UNC x 1/2" SHB (WZ)
B	6	011-0407016	1/2-13UNC x 3" HHB (WZ)
C	4	011-0107034	1/2-13UNC x 3 1/4" HHB (WZ)
D	4	011-0101030	5/16-18UNC x 1" BHS (WZ)
E	2	011-0101005	3/8-16UNC x 3/4" Socket Head Set Screw (WZ)
G	2	011-0407019	1/2-13UNC x 3 3/4" HHB (WZ)
H	6	011-0107011	5/16-18UNC x 1 1/4" HHB (WZ)
J	1	011-0311013	3/8-16UNC x 3/4" Square Head Set Screw
K	3	011-0407027	3/8-16UNC x 1 3/4" HHS (WZ)
L	2	011-0311012	5/16-18UNC x 5/16" Socket Set Screw
M	2	011-0107014	1/2-13UNC x 5" HHB (WZ)
N	6	011-0101074	1/4-20UNC x 5" BHB (WZ)
P	4	011-0407024	1/2-13 x 2 3/4" HHB (WZ)
Q	4	011-0107023	1/2-13UNC x 4 1/2" (WZ)
AA	46	013-0102003	1/2" SAE Flat Washer (WZ)
AB	2	014-0024004	3/4" Thrust Flat Washer
AC	6	013-0102004	5/16" USS Flat Washer (WZ)
AD	6	013-0102021	5/16" Internal Tooth Lock Washer (WZ)
AE	6	013-0402005	3/8" USS Flat Washer (WZ)
AF	6	013-0002003	1/4" SAE Flat Washer (WZ)
BA	24	012-0304011	1/2" Nylok Nut (WZ)
BB	2	012-0202001	1/2-13 Flanged Nut (WZ)
BC	3	012-0104008	3/8" Nylok Nut (WZ)
BD	6	012-0104009	1/4" Nylok Nut (WZ)
CA	4	026-01PL195	Rubber Foot Plate
CB	2	26-STD-06-0253	Weight Stack Bumper
CC	4	19-BMP-11234516	Handle Bumper
CD	2	026-01M0735	Aluminum End Cap
CE	2	026-01PL200	Plastic Handle
CF	2	026-01PL199	Arm Bumper
CG	2	014-0023007	3/4" Snap Ring
CH	1	026-01M0503	Latch Spring
CI	1	014-0015001	C-Clip
CJ	1	026-01C302T	Weight Stack Cable
CK	2	026-01M0199	Quick Release Cable Lock
CL	1	016-0101009	2" x 3" Plastic End Cap
CM	6	026-01PL290	Spacer
CN	1	021-0013139	Right Placard (HD2200)
CP	1	021-0013138	Left Placard (HD2200)
CQ	12	014-0009007	1" Flanged Bearing
CR	2	019-0001001	Plastic Bumper
CT	2	026-01PL125	EZ Guide Plastic Sleeves
CU	40	026-01SW122	Plastic Weight Plate Bushing
CV	1	016-0001003	1 1/2 x 2 1/2 Plastic End Cap
CW	1	026-01M0134	Weight Selector Pin
CX	1	010-0008000	Lanyard Coil
CY	1	026-01PL291	Lanyard/Selector Pin Stand Off
CZ	2	030-0303006	7/16" x 2 3/4" Lg. Roll Pin
DA	2	026-01PL134	Guide Rod Bushing
DB	1	026-01PL239	Plastic Cap
DC	3	026-STD-06-0025	4 1/2" Pulley Wheel
DD	4	014-0005001	Ø.75 Flanged Bearing

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## ABBREVIATION LISTING

**BZ = Black Zinc**

**WZ = White Zinc**

**FHS = Flat Head Screw**

**BHB = Button Head Bolt**

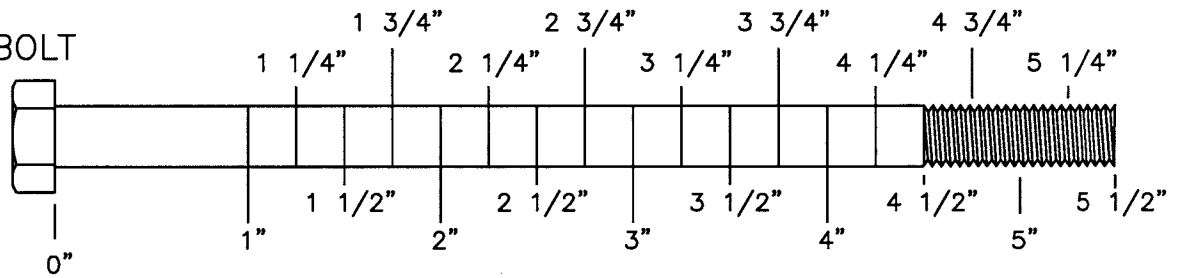
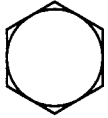
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

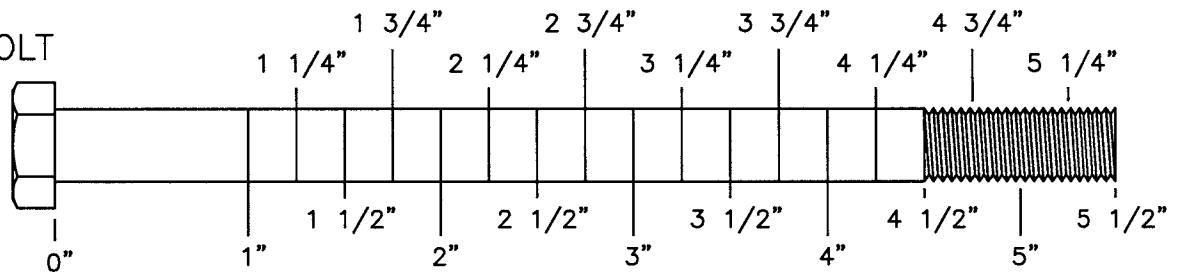
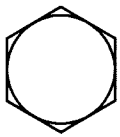
**HHB = Hex Head Bolt**

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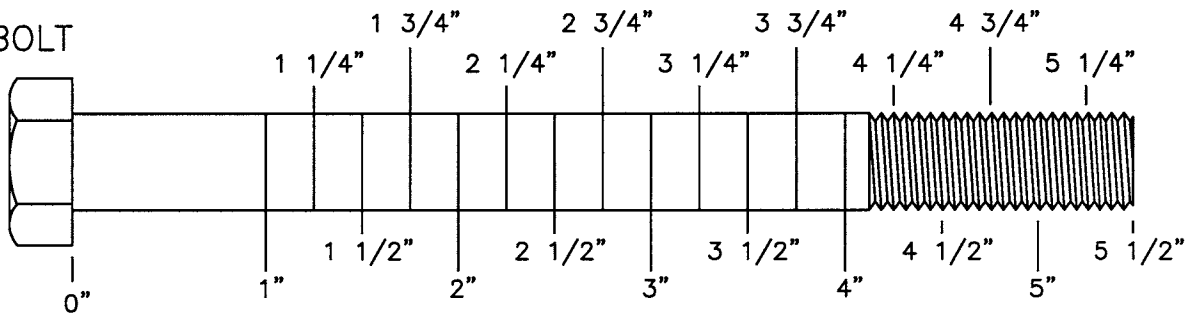
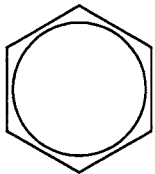
5/16" HEX BOLT



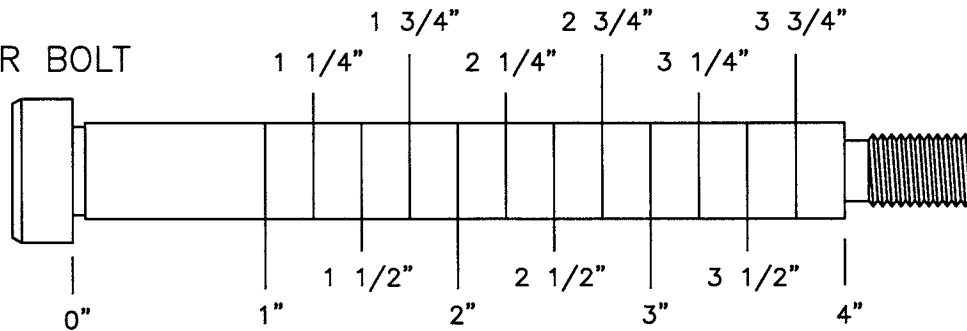
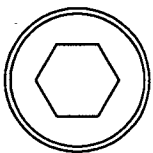
3/8" HEX BOLT



1/2" HEX BOLT

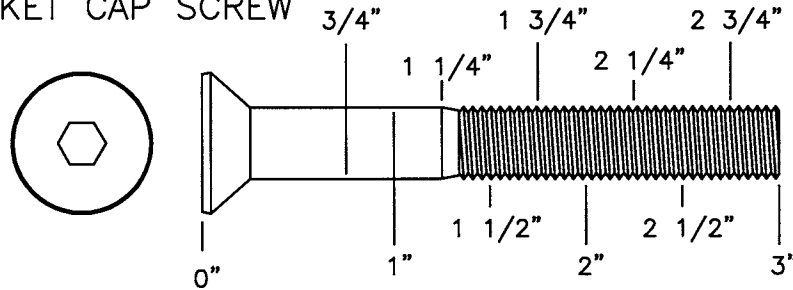


1/2" SHOULDER BOLT

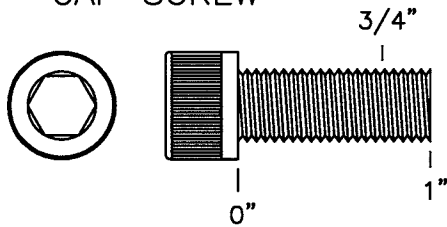


# OWNERS MANUAL

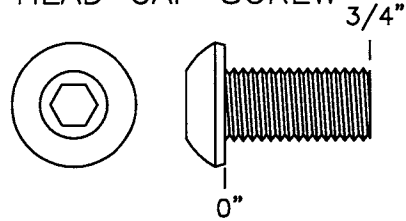
3/8" FLATHEAD  
SOCKET CAP SCREW



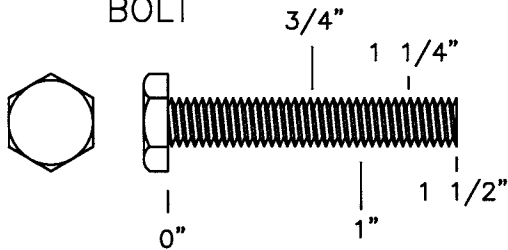
3/8" SOCKET  
CAP SCREW



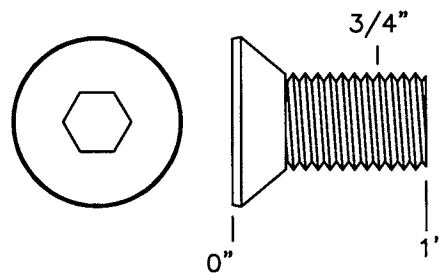
3/8" BUTTON  
HEAD CAP SCREW



1/4" HEX  
BOLT



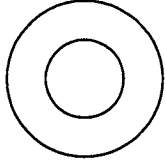
1/2" FLATHEAD  
SOCKET CAP SCREW



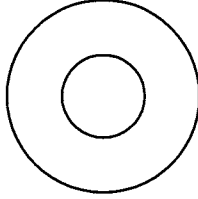


# OWNERS MANUAL

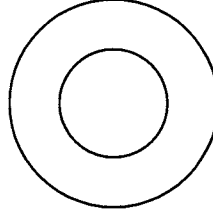
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



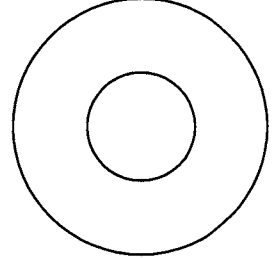
3/8"  
FLAT  
WASHER



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



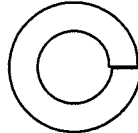
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



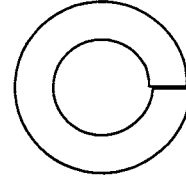
1/4"  
LOCK WASHER



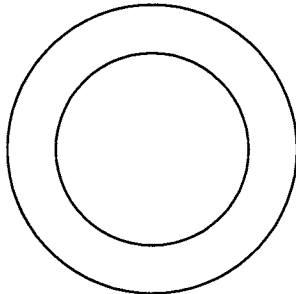
3/8"  
LOCK WASHER



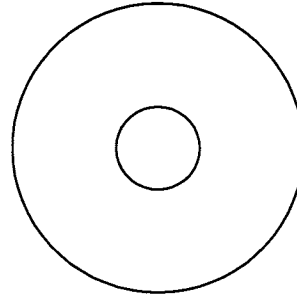
1/2"  
LOCK WASHER



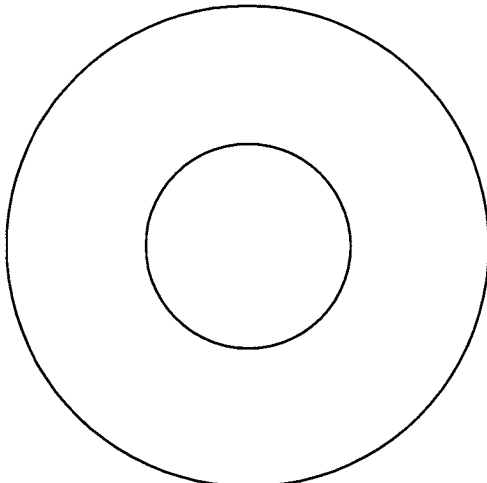
1" SHIM WASHER



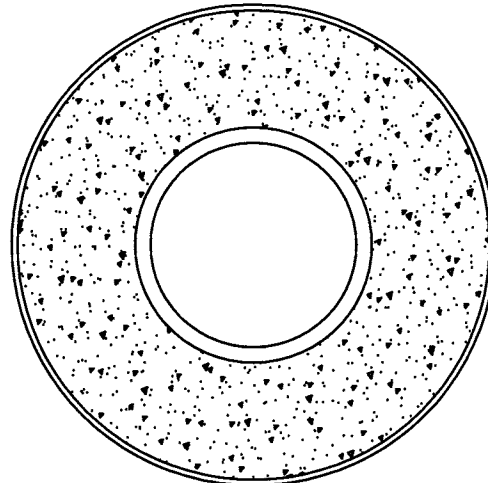
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER

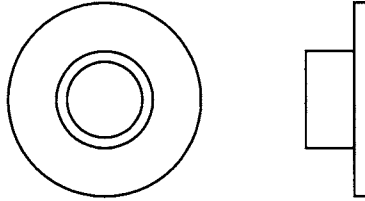


PLASTIC 1 1/16"  
FENDER WASHER

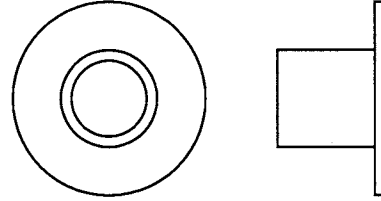


# OWNERS MANUAL

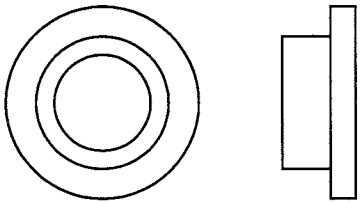
1/4" LONG  
FLANGED SPACER



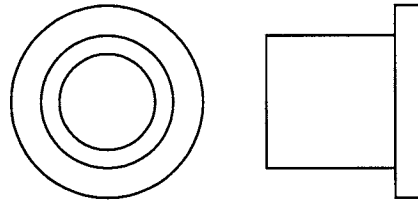
1/2" LONG  
FLANGED SPACER



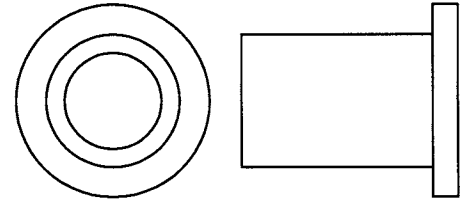
1/4" LONG HEAVY  
FLANGED SPACER



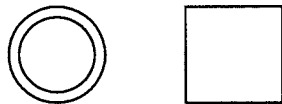
11/16" LONG HEAVY  
FLANGED SPACER



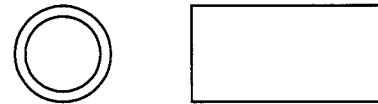
1" LONG HEAVY  
FLANGED SPACER



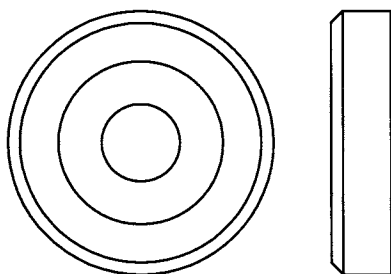
1/2" LONG  
SPACER



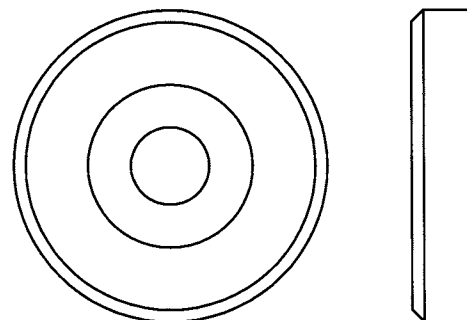
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP

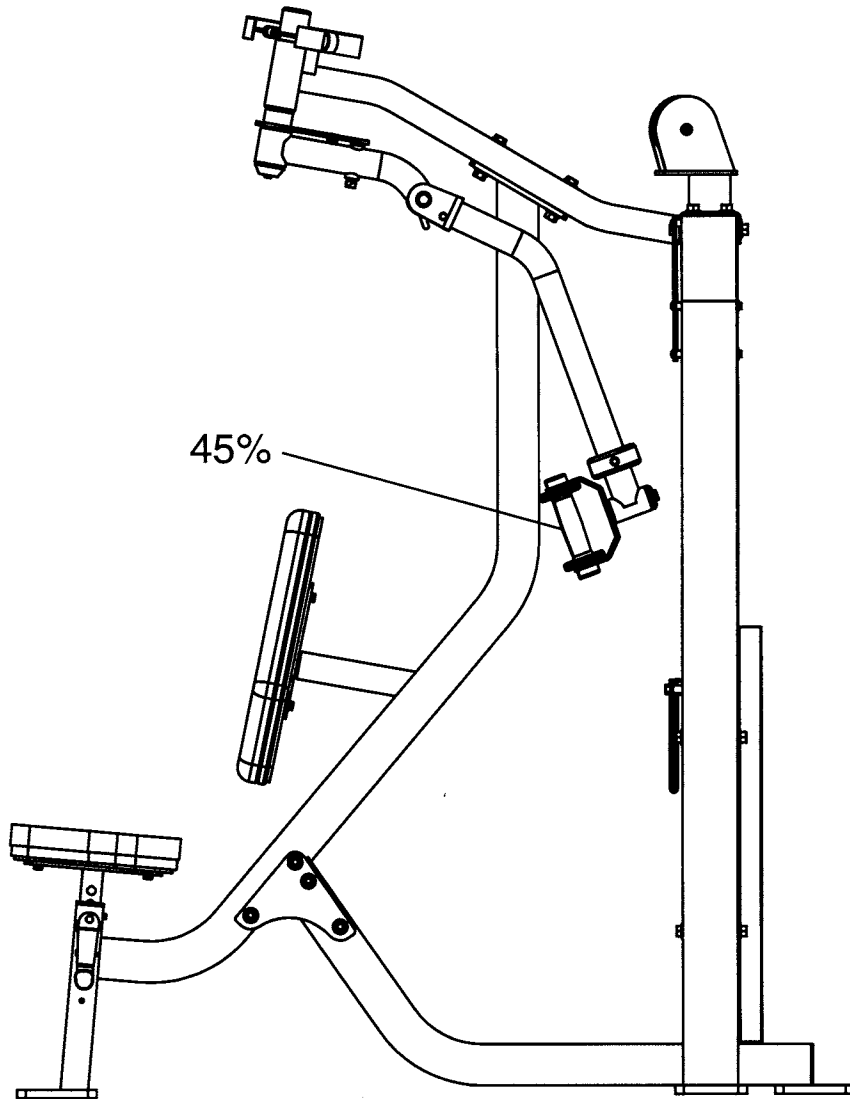


1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNERS MANUAL

## WEIGHT RATIOS



45%

1	6	
2	12	
3	17	
4	23	
5	28	
6	34	
7	40	
8	45	
9	51	
10	57	
11	62	
12	68	
13	73	
14	79	
15	85	
16	90	
17	96	
18	102	
19	107	
20	113	
21	118	

The above chart shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest point. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

# OWNERS MANUAL

# OWNERS MANUAL

## WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

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

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

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

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

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

# OWNERS MANUAL



# OWNERS MANUAL

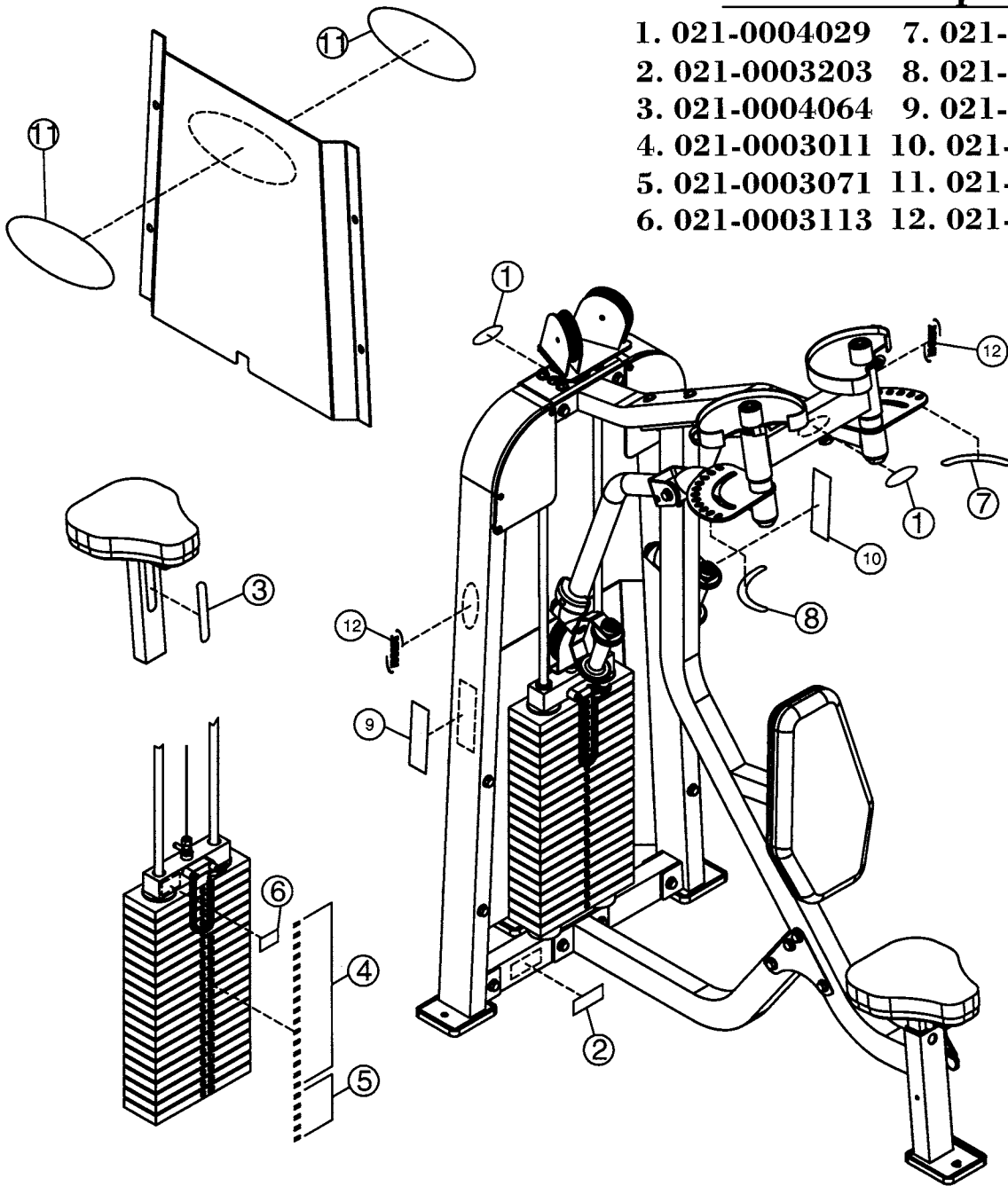


# OWNERS MANUAL

## DECAL PLACEMENTS

### Decal Descriptions

- |                |                 |
|----------------|-----------------|
| 1. 021-0004029 | 7. 021-0004018  |
| 2. 021-0003203 | 8. 021-0004019  |
| 3. 021-0004064 | 9. 021-0003130  |
| 4. 021-0003011 | 10. 021-0003131 |
| 5. 021-0003071 | 11. 021-0004026 |
| 6. 021-0003113 | 12. 021-0004061 |



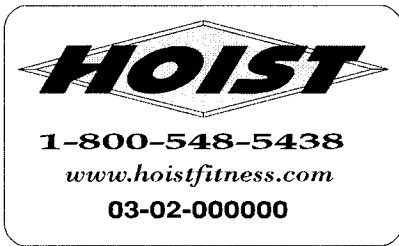
# OWNERS MANUAL

## DECAL PLACEMENTS

*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

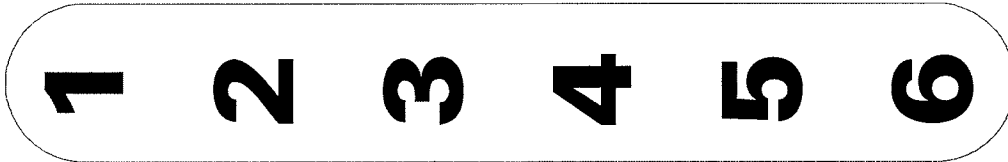


021-0004029

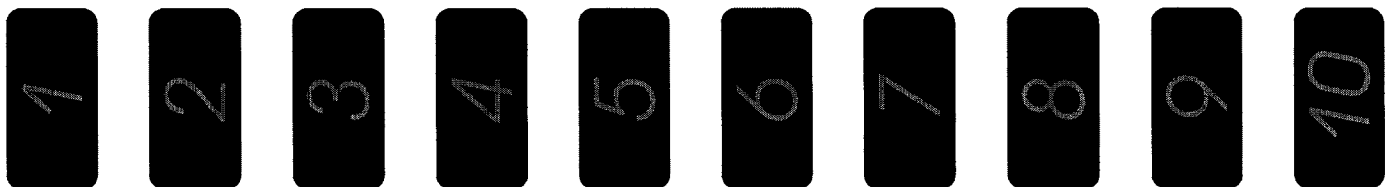
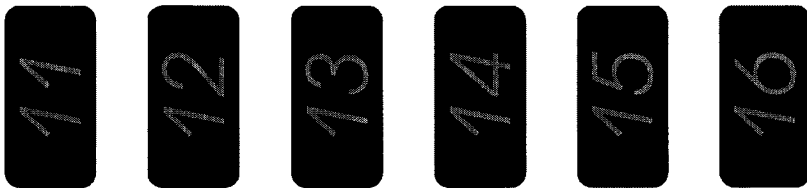


021-0003203

021-0004061



021-0004064

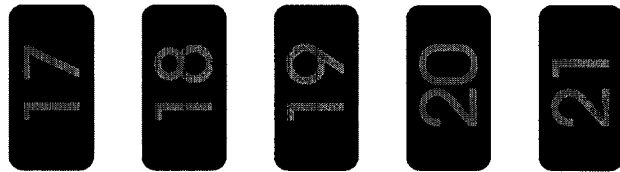


021-0003011

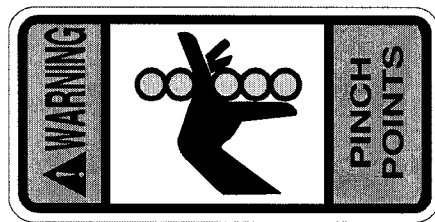
# OWNERS MANUAL

## DECAL PLACEMENTS

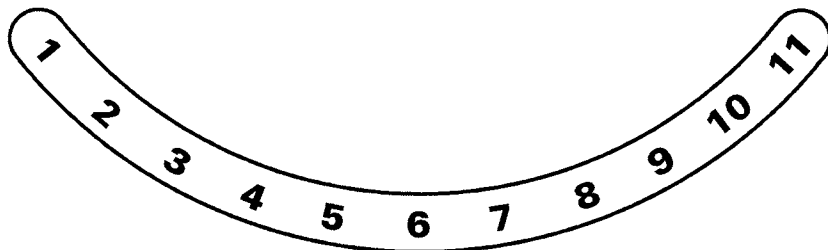
*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*



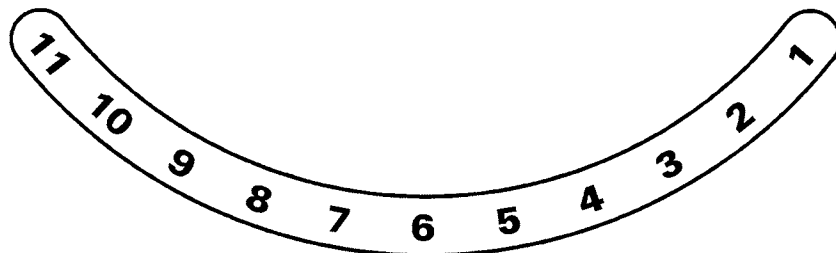
021-0003071



021-0003113



021-0004018




021-0004019

# OWNERS MANUAL

## DECAL PLACEMENTS

*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*



**WARNING**

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months	Yearly
Inspect; Link, Full Pins, Snap Locks, Swivels, Weight Shear Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Supertube)			X		
Lubricate; Sear Sleeves, Turnto Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

### NOTICE

021-0003131

# HOIST®

021-0004026

# OWNERS MANUAL

## MAINTENANCE SCHEDULE

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

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

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

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

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

### **Upholstery:**

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

### **Guide Rods:**

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

### **Decals:**

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

### **Nuts and Bolts:**

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

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

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

### **Belts and Cables:**

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

# OWNERS MANUAL

## GENERAL MAINTENANCE INFORMATION (CONTINUED)

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

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

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

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

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

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

### **Linear Bearings:**

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

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

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

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

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

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

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

### WHAT IS NOT COVERED BY THIS WARRANTY

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

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

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

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

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

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

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

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

**PLEASE KEEP THIS FOR YOUR RECORDS**