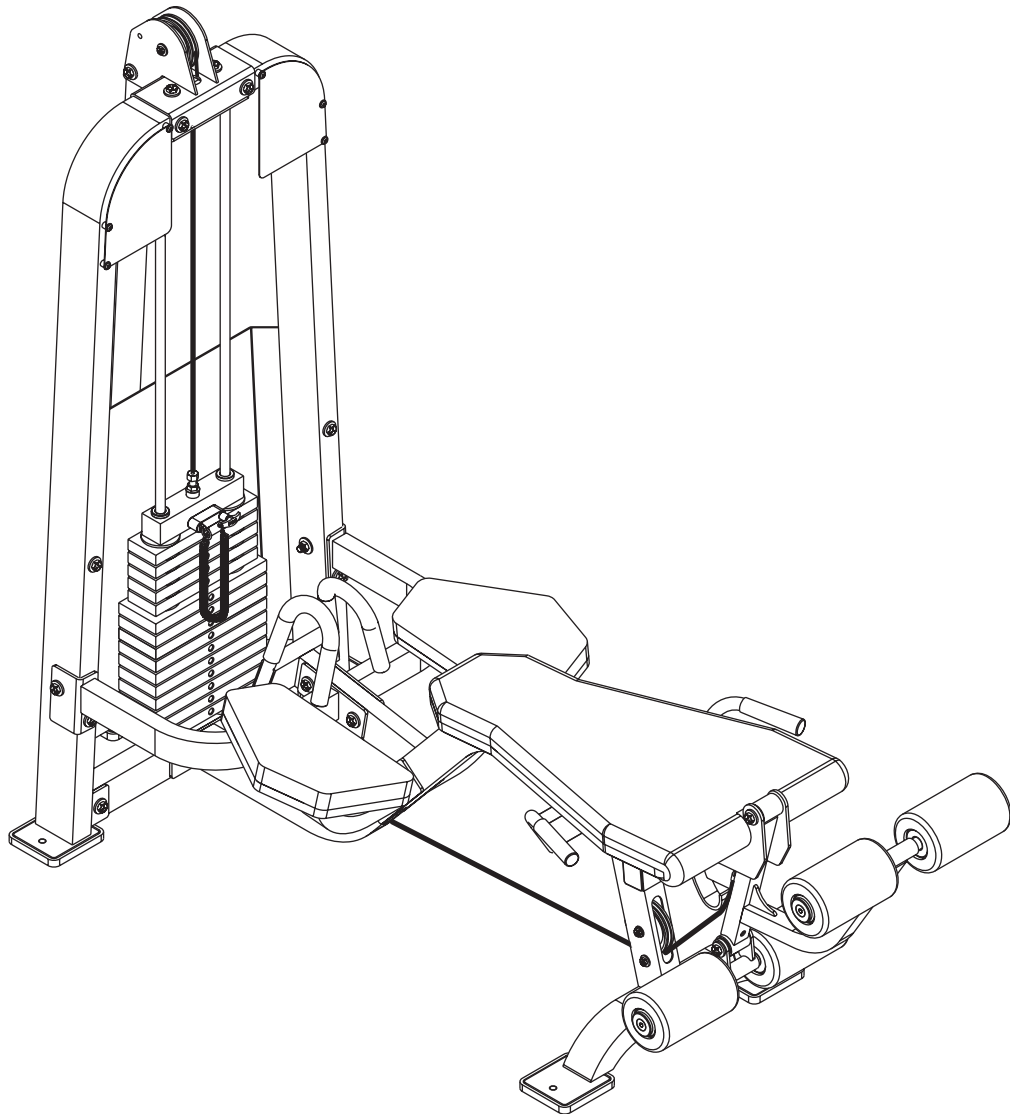


OWNERS MANUAL



HD1400

LEG EXTENSION/CURL



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0302-001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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

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", 1/2")

3/4" Open End Wrench

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

External snap ring pliers with a
tip size between .035" ~ .043".

Crescent Wrench

Rubber Mallet

Tape Measure

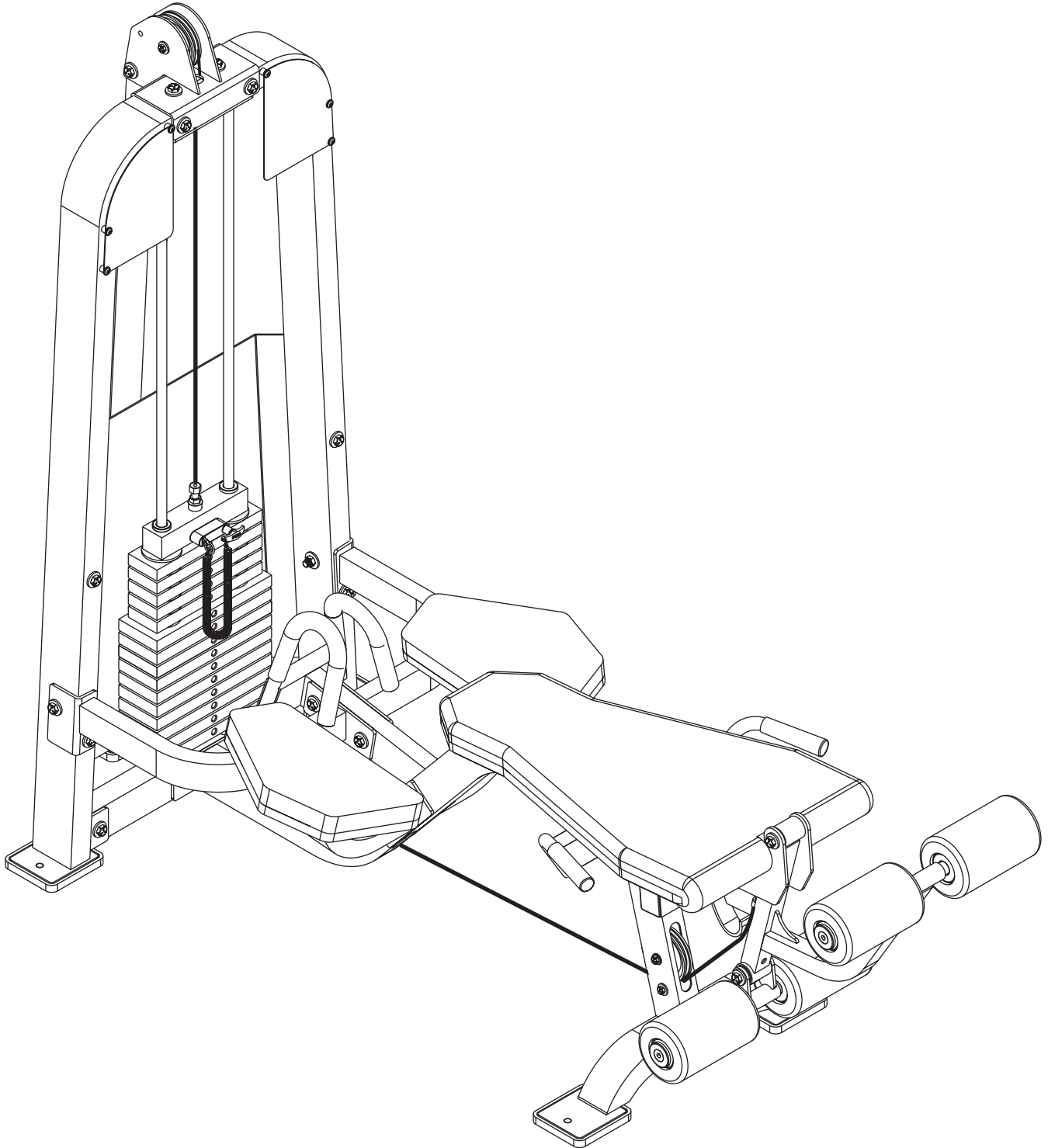
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Step 2 FRAME ASSEMBLY



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Step 2a

FRAME ASSEMBLY

Start assembly by bolting both (1)'s, to (2). Then bolt (3) to the bottom of both (1)'s. Attach the top of (5) to (2), and the bottom of (5) and (4) to (3). Bolt (6), (7), and (8) to (4). *Wrench Tighten* bolts.

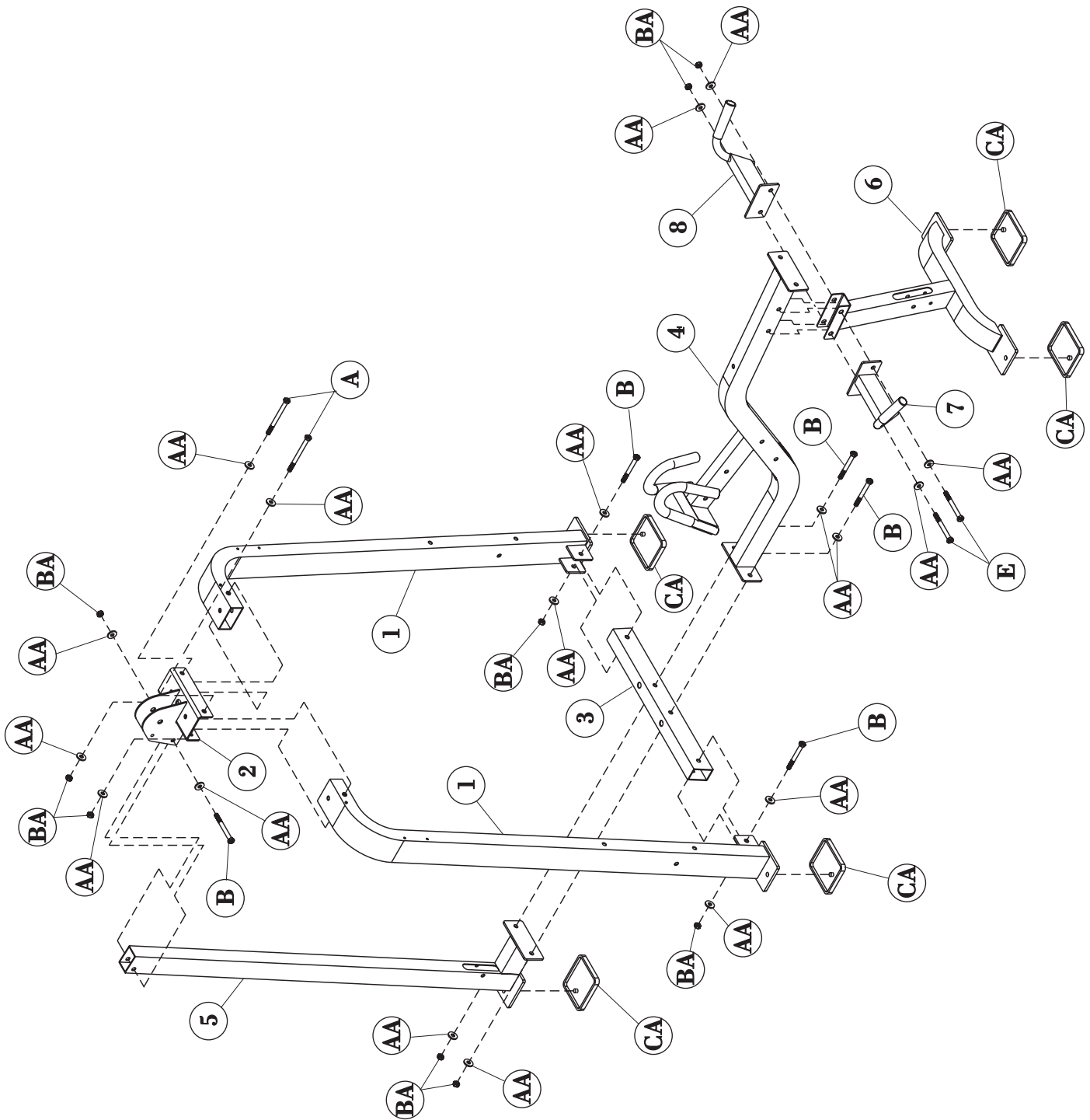
Part Descriptions

- 1 - Weight Frame Upright
- 2 - Weight Cage Top Mount
- 3 - Weight Stack Mount
- 4 - Main Support Frame
- 5 - Rear Upright
- 6 - Main Frame Support
- 7 - Right Side Handle
- 8 - Left Side Handle

Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Bolt
- B - 1/2"-13UNC x 3" Hex Bolt
- E - 1/2"-13UNC x 3 1/4" Hex Bolt
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut
- CA - Rubber Foot Pad

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Step 2b

FRAME ASSEMBLY

Start by sliding (9) through (CB) and slide them both into (3). Tilt both (9)'s forward enough to allow room to slide the weights on. Slide all 10 (10)'s, and all 5 (11)'s on to both (9)'s. Now slide (12) onto both (9)'s. Slide (CG) on both (9)'s and angle both (9)'s vertical and secure (CG) to both (1)'s and (2). Secure both (9)'s to (CG) using set screw (N). Wrench Tighten all bolts.

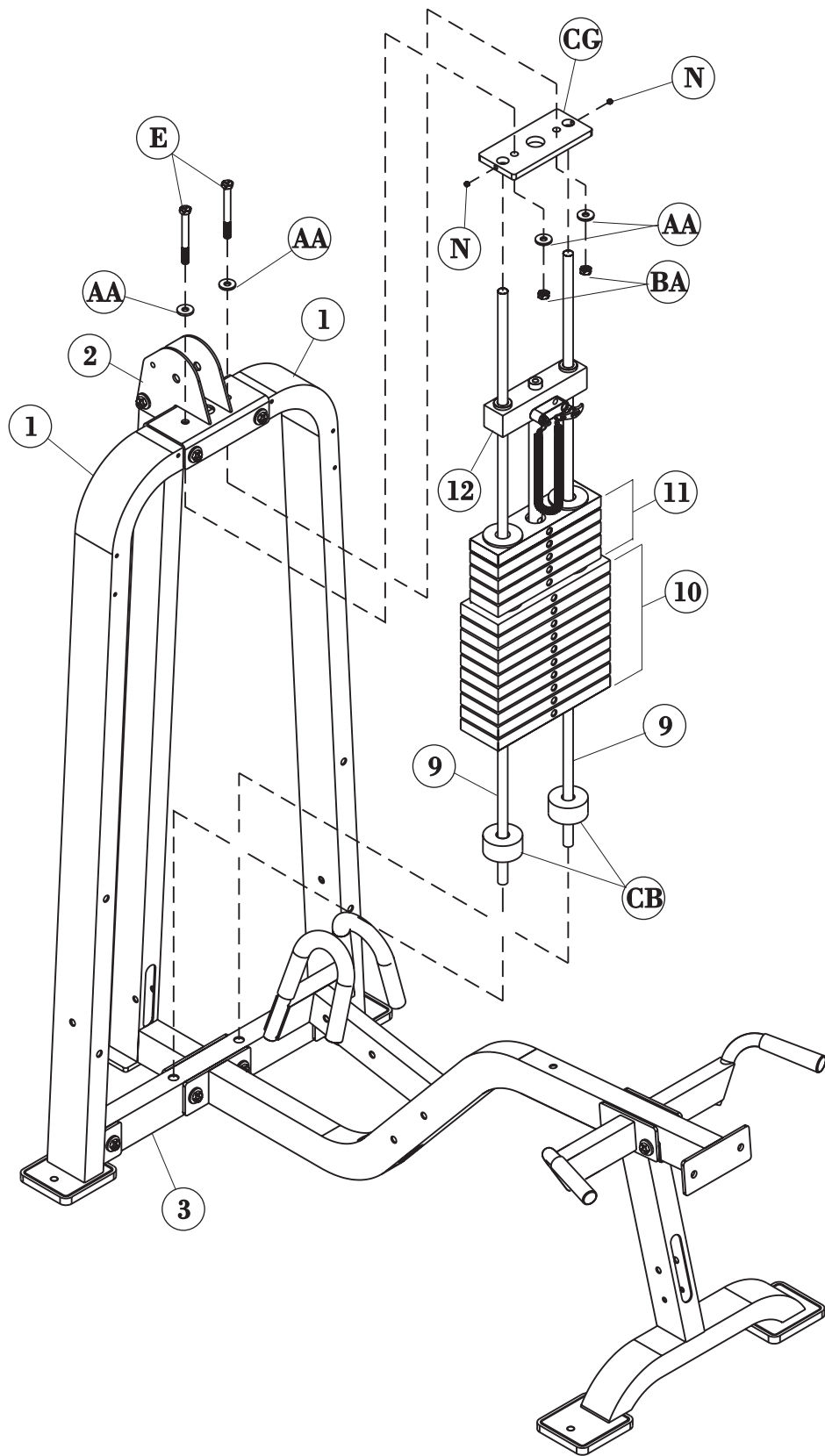
Part Descriptions

1 - Weight Frame Upright
2 - Weight Cage Top Mount
3 - Weight Stack Mount
9 - Guide Rod
10 - 12 ½ LB Intermediate Plate
11 - 8 ¼ LB Intermediate Plate
12 - 8 ¼ LB Top Plate

Hardware Descriptions

E - 1/2"-13UNC x 3 1/4" Hex Bolt
N - 5/16"-UNC x 5/16" Socket Set Screw (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Weight Stack Bumper
CG - Guide Rod Top Mount

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Step 2c

FRAME ASSEMBLY

Start assembly by bolting (13) and (14) to (1) and (4). Then bolt (15) and (16) to (4). Bolt (17) to (4). ***Wrench Tighten*** bolts. ***Note:*** when bolting (13) and (14) to both (1)'s, hand tighten bolts (A), they will be secured in a later step.

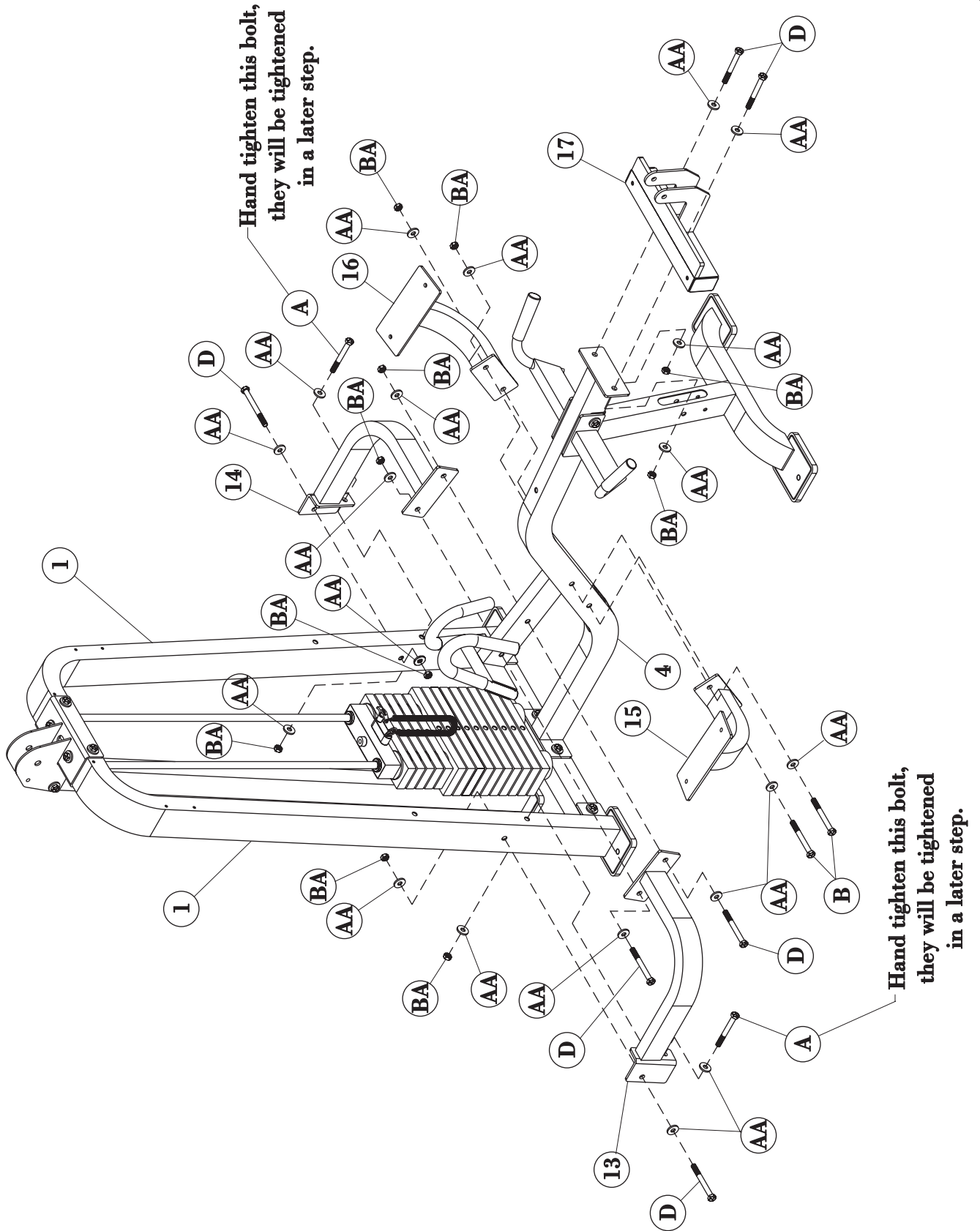
Part Descriptions

- 1 - Weight Frame Upright
- 4 - Main Frame
- 13 - Left Side Support Mount
- 14 - Right Side Support Mount
- 15 - Left Side Elbow Pad Mount
- 16 - Right Side Elbow Pad Mount
- 17 - Leg Extension Mount

Hardware Descriptions

- A - 1/2"-13UNC x 4 3/4" Hex Bolt
- B - 1/2"-13UNC x 3" Hex Bolt
- D - 1/2"-13UNC x 2 3/4" Hex Bolt
- AA - 1/2" Flat Washer
- BA - 1/2" Nylok Nut

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Step 2d

FRAME ASSEMBLY

Start assembly by sliding (20) into the top of (18) and attach it to (17). Then slide (20) into the bottom of (18) and attach (19) to (18). **Wrench Tighten** bolts. Check to see that these pivot areas swing freely. If not, back off Nylock Nut (BA) slightly until both (18) and (19) swing freely.

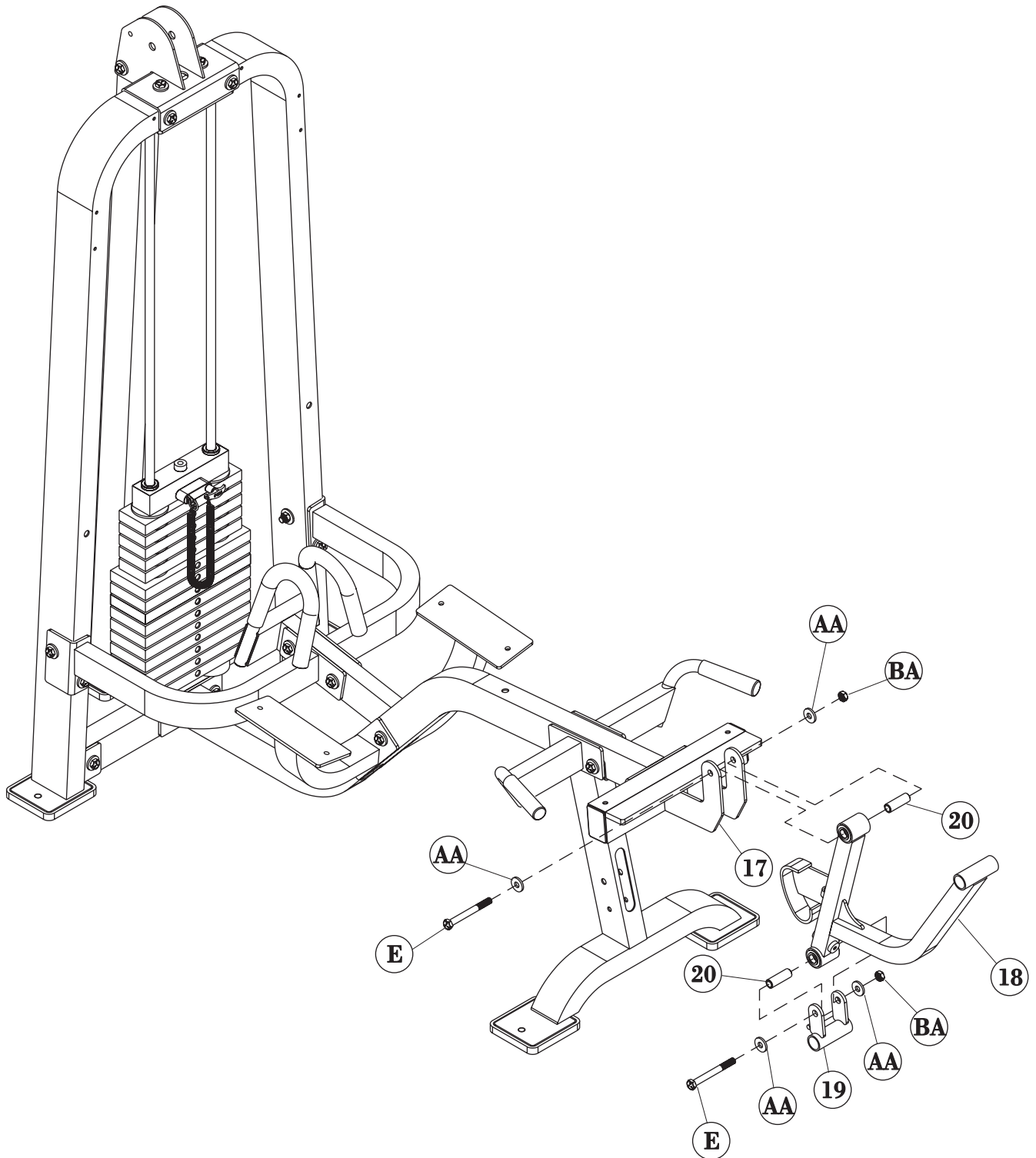
Part Descriptions

17 - Leg Extension Mount
18 - Leg Extension
19 - Lower Swivel Bracket
20 - Dia. .75 x 2.25 LG CRS

Hardware Descriptions

E - 1/2"-13UNC x 3 1/4" Hex Bolt
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut

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Step 2e

FRAME ASSEMBLY

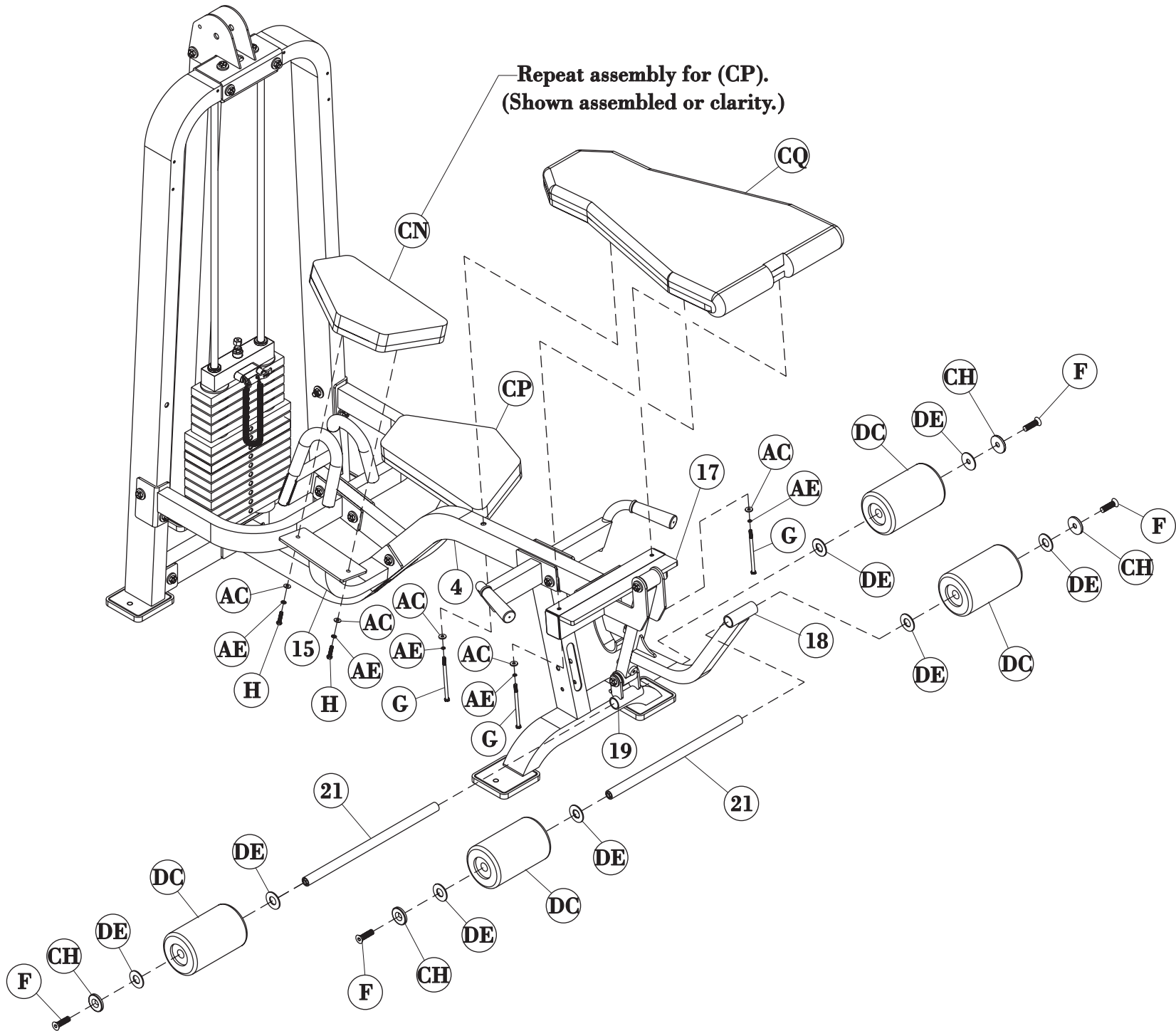
Start assembly by sliding one (21) through (18), and another (21) through (19). Bolt two (DC)'s to each (21)'s. Then secure (CN) to (15), and repeat step for (CP) to (16) (shown assembled for clarity). Next bolt (CQ) to (4) and (17). *Wrench Tighten* bolts.

Part Descriptions

4 - Main Frame
15 - Left Side Elbow Pad Mount
16 - Right Side Elbow Pad Mount
17 - Leg Extension Mount
18 - Leg Extension
19 - Lower Swivel Bracket
21 - Roller Pad Bar

Hardware Descriptions

F - 3/8"-16UNC x 1" Flat Head Screw
G - 5/16"-18UNC x 4" Hex Bolt
H - 5/16"-18UNC x 1 1/4" Hex Bolt
AC - 5/16" Washer
AE - 5/16" Lock Washer
CH - 3/8" Flat Head Cap
CN - Upholstery Pad
CP - Upholstery Pad
CQ - Pad Assembly
DC - Roller Pad
DE - Plastic Washer



CABLE ASSEMBLY Step 3

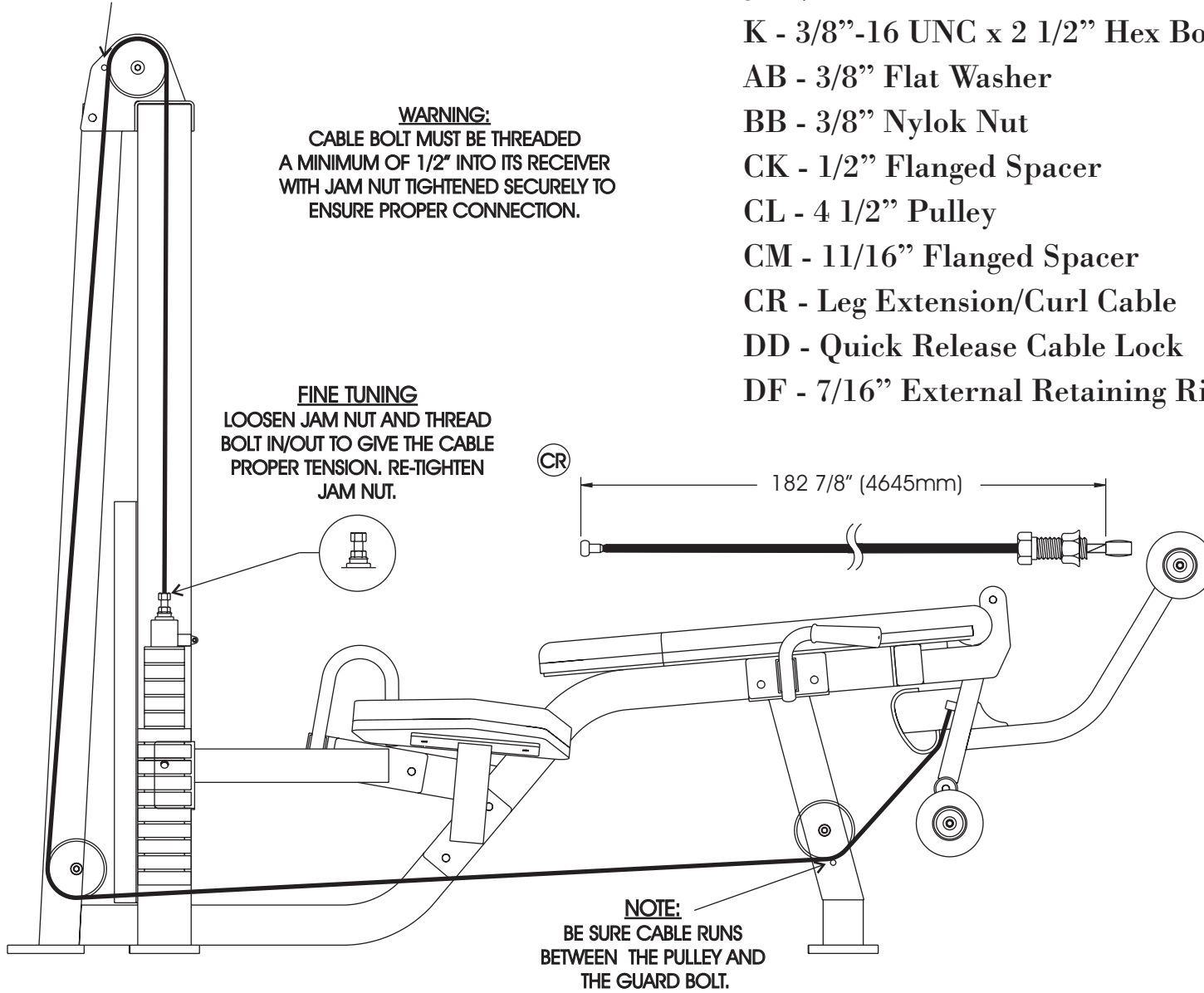
Hardware Descriptions

- J - 3/8"-16 UNC x 3" Hex Bolt
- K - 3/8"-16 UNC x 2 1/2" Hex Bolt
- AB - 3/8" Flat Washer
- BB - 3/8" Nylok Nut
- CK - 1/2" Flanged Spacer
- CL - 4 1/2" Pulley
- CM - 11/16" Flanged Spacer
- CR - Leg Extension/Curl Cable
- DD - Quick Release Cable Lock
- DF - 7/16" External Retaining Ring

NOTE:
BE SURE CABLE RUNS
BETWEEN THE PULLEY AND
THE GUARD SHAFT.

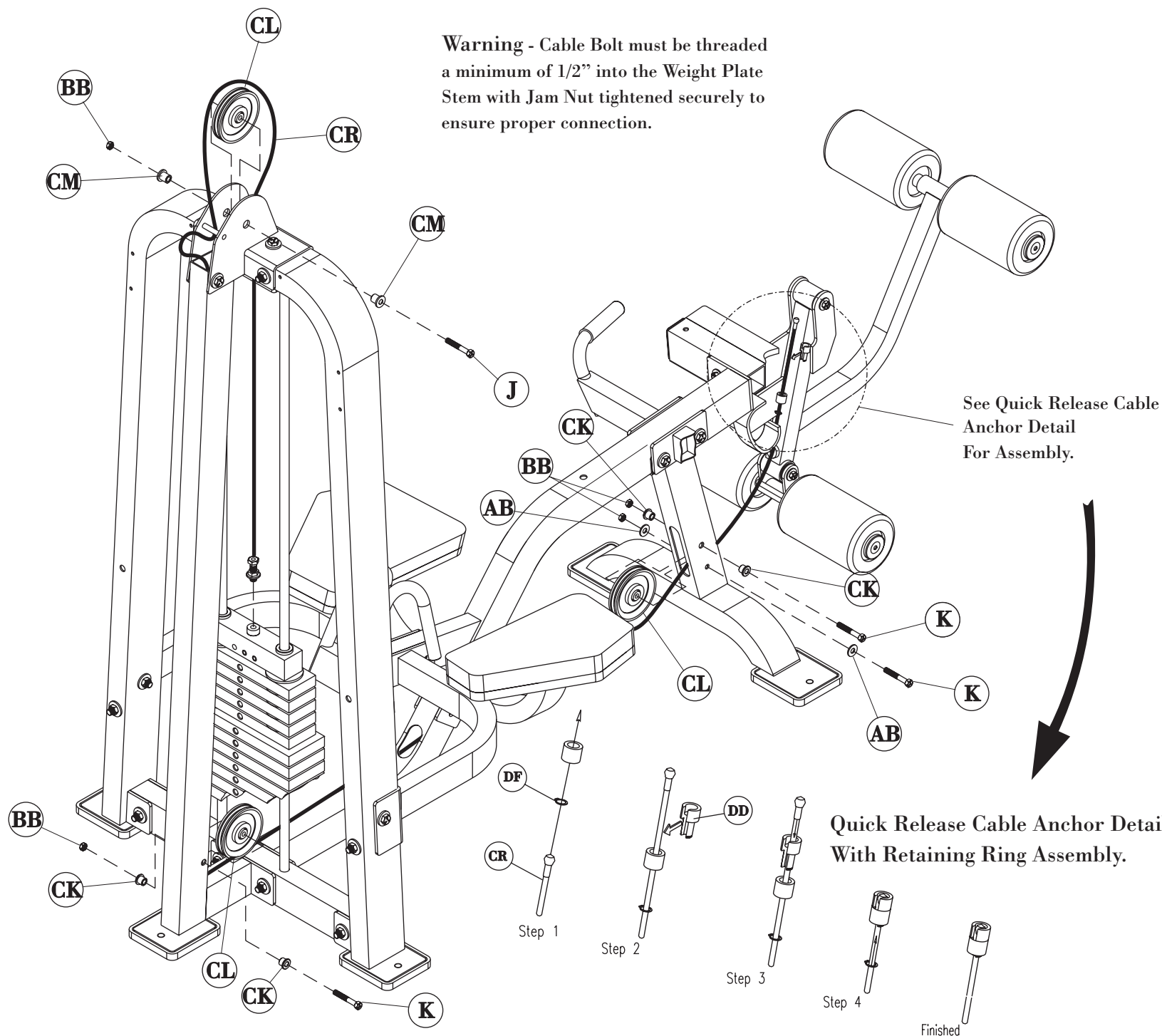
WARNING:
CABLE BOLT MUST BE THREADED
A MINIMUM OF 1/2" INTO ITS RECEIVER
WITH JAM NUT TIGHTENED SECURELY TO
ENSURE PROPER CONNECTION.

FINE TUNING
LOOSEN JAM NUT AND THREAD
BOLT IN/OUT TO GIVE THE CABLE
PROPER TENSION. RE-TIGHTEN
JAM NUT.



NOTE:
BE SURE CABLE RUNS
BETWEEN THE PULLEY AND
THE GUARD BOLT.

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



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Step 4

SHIELD ASSEMBLY

Attach (22), (CS), and (CT) as shown. Wrench Tighten bolts.

IMPORTANT

Now that the Hd1400 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 re-tighten bolts.

Part Descriptions

22 - Frame Shield

Hardware Descriptions

L - 1/2"-13 UNC x 4 1/2" Hex Bolt

M - 1/4"-24 UNF x 5" Button Head Bolt

AA - 1/2" Flat Washer

AD - 1/4" Flat Washer

BA - 1/2" Nylok Nut

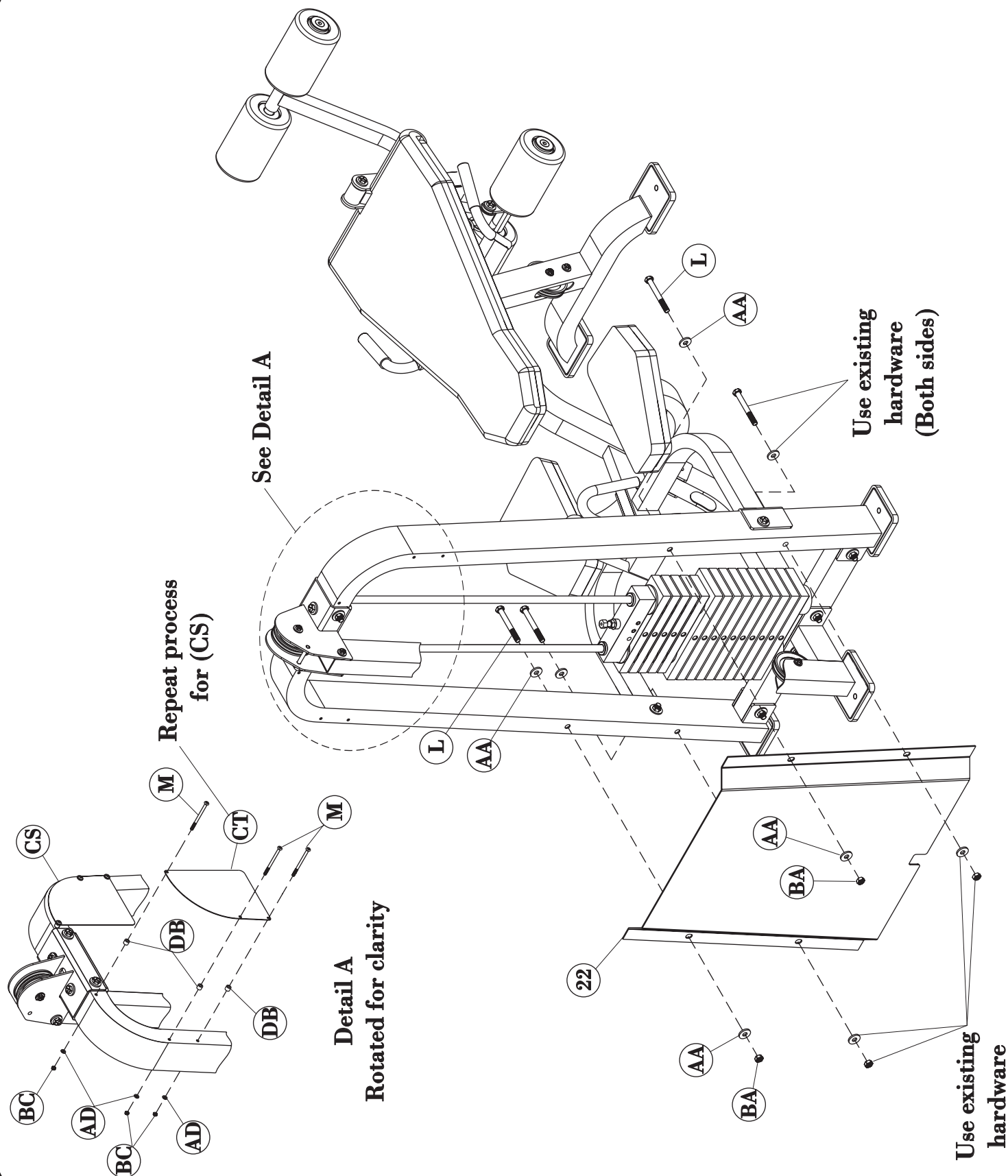
BC - 1/4" Nylok Nut

CS - Placard (Right)

CT - Placard (Left)

DB - Spacer

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Step 5

P R E - A S S E M B L Y

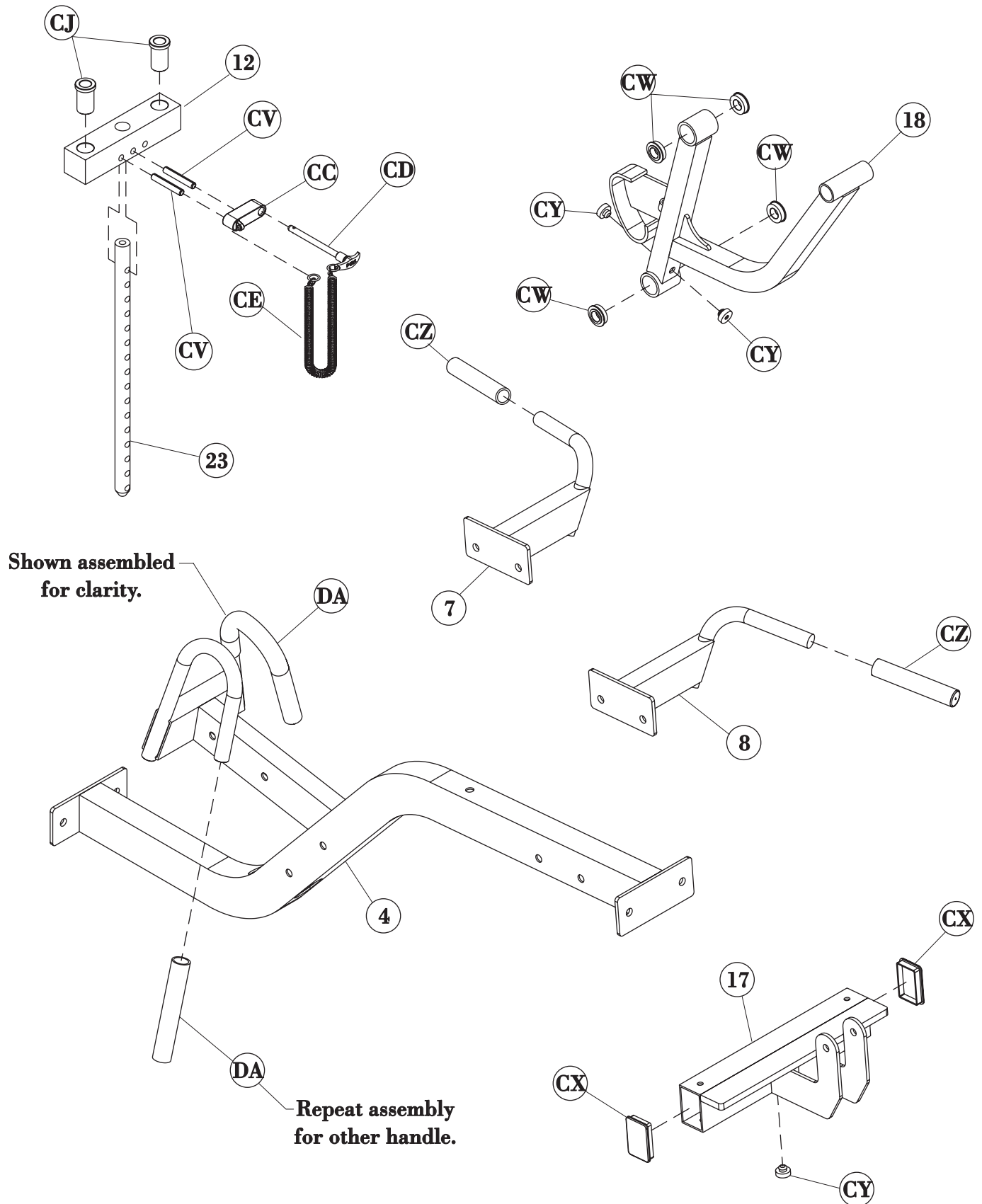
Part Descriptions

4 - Main Frame
7 - Right Side Handle
8 - Left Side Handle
12 - 8 ¼ lb Top Plate
17 - Leg Extension Mount
18 - Leg Extension
23 - 16 Plate Selector Stem

Hardware Descriptions

CC - Lanyard/Selector Pin Stand Off
CD - Selector Pin
CE - Lanyard Coil
CJ - Guide Rod Bushing
CV - 7/16" Roll Pin x 2 3/4" LG
CW - 3/4" Flanged Ball Bearing
CX - End Cap 50mm x 75mm
CY - Bumper
CZ - Closed End Black Foam Grip
DA - Closed End Black Foam Grip

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P A R T S L I S T I N G

| <u>Key #</u> | <u>Qty.</u> | <u>Part Number</u> | <u>Description</u> |
|--------------|-------------|--------------------|------------------------------|
| 1 | 2 | 026-01X2109 | Weight Frame Upright |
| 2 | 1 | 26-STD-04-1227 | Weight Cage Top Mount |
| 3 | 1 | 26-STD-01-1807 | Weight Stack Mount |
| 4 | 1 | 26-STD-04-1243 | Main Frame |
| 5 | 1 | 26-STD-04-1226 | Rear Upright |
| 6 | 1 | 26-STD-04-1244 | Main Frame Support |
| 7 | 1 | 026-01X0887 | Right Side Handle |
| 8 | 1 | 026-01X0888 | Left Side Handle |
| 9 | 2 | 26-STD-01-1808 | Guide Rod |
| 10 | 10 | 26-STD-SW101 | 12 1/2 LB Intermediate Plate |
| 11 | 5 | 26-STD-SW102 | 8 1/4 LB Intermediate Plate |
| 12 | 1 | 026-1300034 | 8 1/4 LB Top Plate |
| 13 | 1 | 026-01X0884 | Left Side Support Mount |
| 14 | 1 | 026-01X0883 | Right Side Support Mount |
| 15 | 1 | 026-01X0862 | Left Side Elbow Pad Mount |
| 16 | 1 | 026-01X0863 | Right Side Elbow Pad Mount |
| 17 | 1 | 26-STD-04-1248 | Leg Extention Mount |
| 18 | 1 | 26-STD-04-1249 | Leg Extension |
| 19 | 1 | 26-STD-04-1250 | Lower Swivel Bracket |
| 20 | 2 | 26-STD-05-0290 | Dia. .75 x 2.25 LG C.R.S |
| 21 | 2 | 26-STD-04-1251 | Roller Pad Bar |
| 22 | 1 | 26-STD-10-0187 | Frame Shield |
| 23 | 1 | 26-STD-SW111 | 16 Plate Selector Stem |

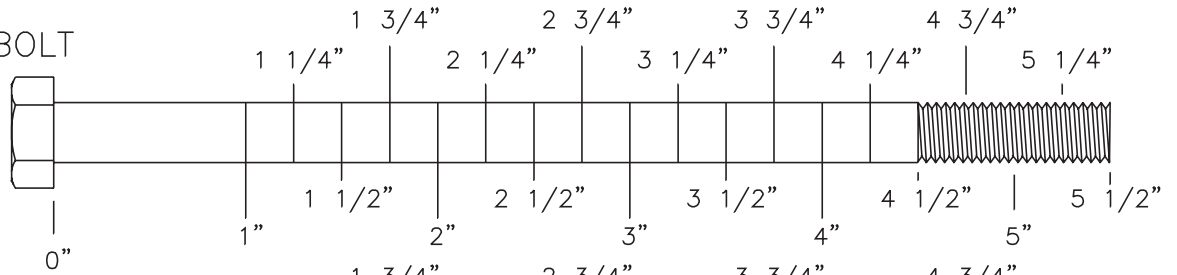
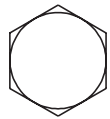
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H A R D W A R E L I S T I N G

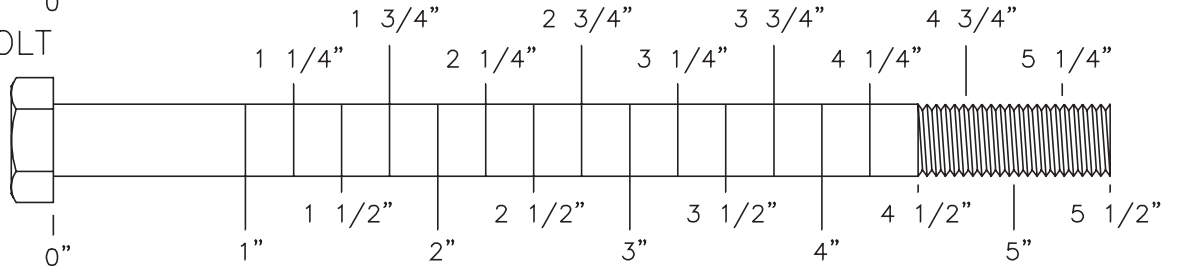
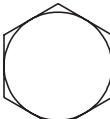
| <u>Key #</u> | <u>Qty.</u> | <u>Part Number</u> | <u>Description</u> |
|--------------|-------------|--------------------|--|
| A | 4 | | 1/2"-13UNC x 4 3/4" Hex Bolt (WZ) |
| B | 7 | | 1/2"-13UNC x 3" Hex Bolt (WZ) |
| D | 6 | | 1/2"-13UNC x 2 3/4" Hex Bolt (WZ) |
| E | 6 | | 1/2"-13UNC x 3 1/4" Hex Bolt (WZ) |
| F | 4 | 011-0002042 | 3/8"-16UNC x 1" Flat Head Screw (WZ) |
| G | 3 | | 5/16"-18UNC x 4" Hex Bolt (WZ) |
| H | 4 | 011-0107010 | 5/16"-18UNC x 1 1 1/4" Hex Bolt (WZ) |
| J | 1 | | 3/8"-16UNC x 3" Hex Bolt (WZ) |
| K | 3 | 011-0107009 | 3/8"-16UNC x 2 1/2" Hex Head (WZ) |
| L | 2 | | 1/2"-13UNC x 4 1/2" Hex Bolt (WZ) |
| M | 6 | | 1/4"-24UNF x 5" Button Head Screw (WZ) |
| N | 2 | 011-0311012 | 5/16"-18UNC x 5/16" Socket Set Screw (WZ) |
| AA | 50 | 013-0102003 | 1/2" Washer |
| AB | 2 | 013-0002004 | 3/8" Washer |
| AC | 7 | 013-0102004 | 5/16" Washer |
| AD | 6 | 013-0002003 | 1/4" Washer |
| AE | 7 | 013-0102017 | 5/16" Lock Washer |
| BA | 25 | 012-0105005 | 1/2" Nylok Nut |
| BB | 4 | 012-0004004 | 3/8" Nylok Nut |
| BC | 6 | 012-0104009 | 1/4" Nylok Nut |
| CA | 5 | 026-01PL195 | Rubber Foot Pad |
| CC | 1 | 026-01PL291 | Landyard/Selector Pin Stand off |
| CD | 1 | 026-01M0134 | Selector Pin |
| CE | 1 | 010-0008001 | Landyard Coil |
| CF | 2 | 016-0207001 | Guide Rod Cap |
| CG | 1 | 026-01P0819 | Guide Rod Top Mount |
| CH | 4 | 026-01M0238 | 3/8" Flat Head Cap |
| CJ | 2 | 026-01PL134 | Guide Rod Bushing |
| CK | 4 | 26-STD-08-0010 | 1/2" Flanged Spacer |
| CL | 3 | 26-STD-06-0025 | 4 1/2" Pulley |
| CM | 2 | 026-01M0532 | 11/16" Flanged Spacer |
| CN | 1 | 26-STD-SU10161316L | Upholstery Pad |
| CP | 1 | 26-STD-SU10161316L | Upholstery Pad |
| CQ | 1 | 022-01PD0043 | Pad Assembly |
| CR | 1 | 026-01C0238T | HD1400 Leg Extension/Curl Cable |
| CS | 1 | 021-0013096 | HD1400 Placard (Right) |
| CT | 1 | 021-0013095 | HD1400 Placard (Left) |
| CV | 2 | | 7/16" Roll Pin x 2 3/4" LG |
| CW | 4 | 014-0009007 | 3/4" Flanged Ball Bearing |
| CX | 2 | 26-STD-06-0108 | Endcap 50mm x 75mm |
| CY | 3 | 26-STD-06-0311 | Bumper - Dia. 25 x 10.5h |
| CZ | 2 | 019-0002015 | Closed End Black Foam Grip 6.00" LG |
| DA | 2 | 019-0002014 | Closed End Black Foam Grip 13.00" LG |
| DB | 6 | 026-01PL290 | Spacer |
| DC | 4 | 022-01PDR002 | Roller Pad |
| DD | 1 | 026-01M0836 | Quick Release Cable Lock |
| DE | 8 | 26-STD-06-0027 | Plastic Washer Dia 60mm x Dia 25.6mm x 3 t (Black) |
| DF | 1 | 014-00015019 | 7/16" External Retaining Ring |

OWNERS MANUAL BOLT SIZING CHART

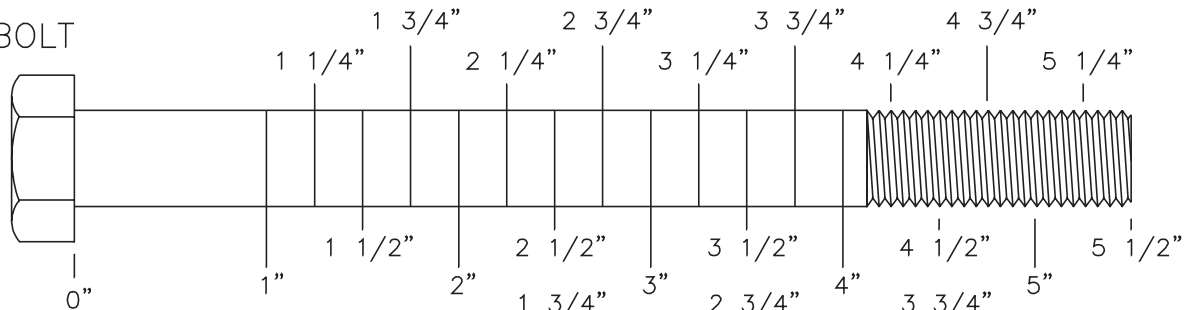
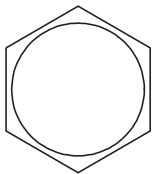
5/16" HEX BOLT



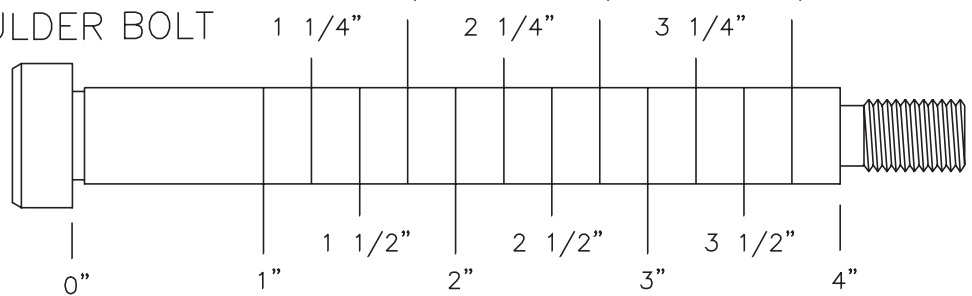
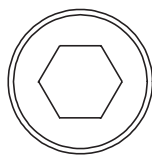
3/8" HEX BOLT



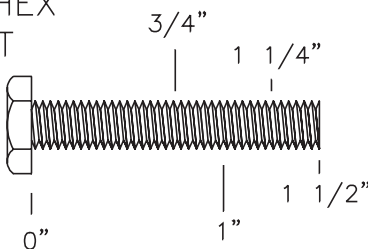
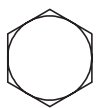
1/2" HEX BOLT



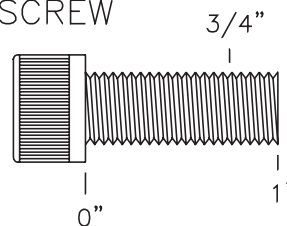
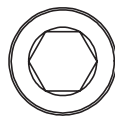
1/2" SHOULDER BOLT



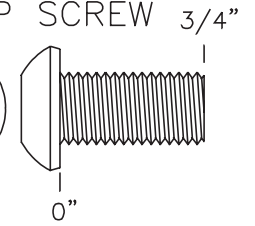
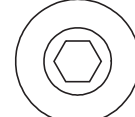
1/4" HEX BOLT



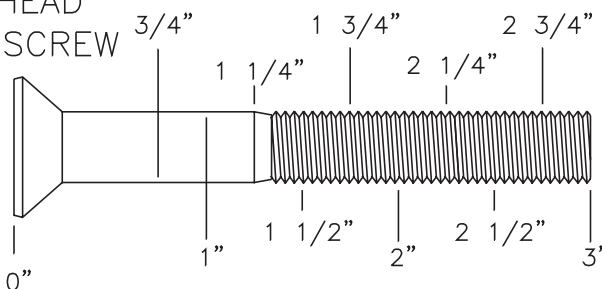
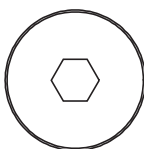
3/8" SOCKET CAP SCREW



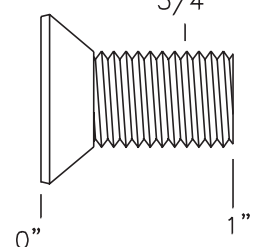
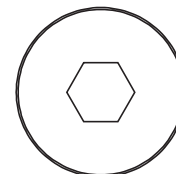
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



1/2" FLATHEAD SOCKET CAP SCREW



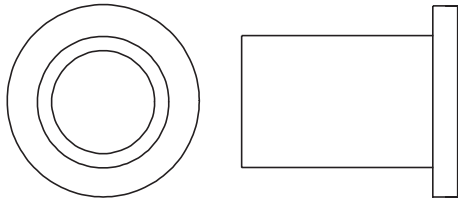
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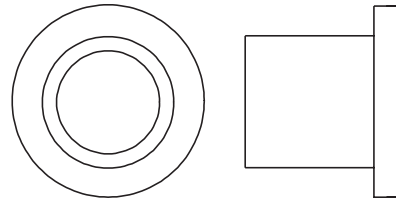
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W A S H E R S I Z I N G C H A R T

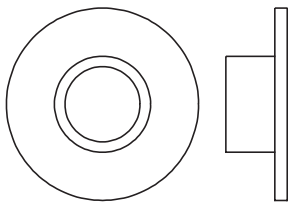
1" LONG HEAVY
FLANGED SPACER



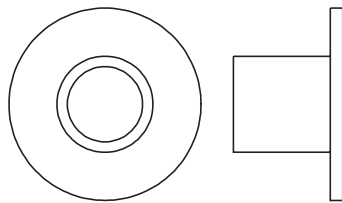
1 1/16" LONG HEAVY
FLANGED SPACER



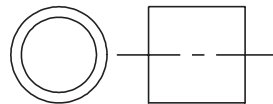
1/4" LONG FLANGED
SPACER



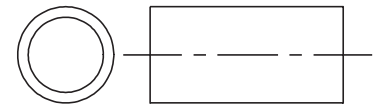
1/2" LONG FLANGED
SPACER



1/2" LONG
SPACER



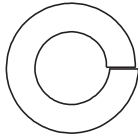
1" LONG
SPACER



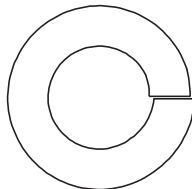
1/4"
LOCK
WASHER



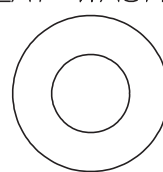
3/8"
LOCK
WASHER



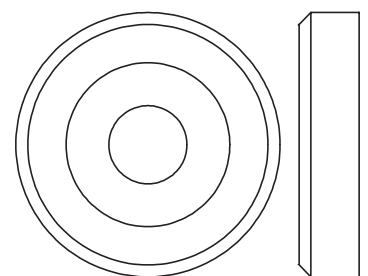
1/2"
LOCK WASHER



5/16"
FLAT WASHER



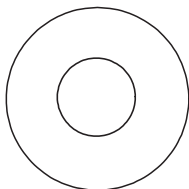
1 3/8" ALUMINUM
FLATHEAD CAP



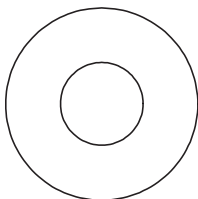
OWNERS M A N U A L

W A S H E R S I Z I N G C H A R T

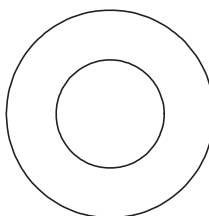
$\frac{5}{16}$ "
FLAT WASHER
LARGE, USS, 25mm



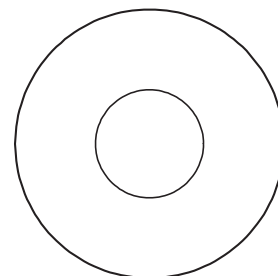
$\frac{3}{8}$ "
FLAT
WASHER



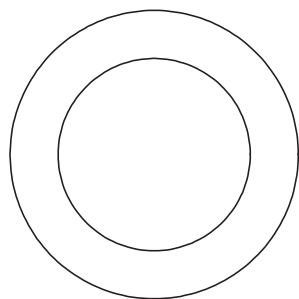
$\frac{1}{2}$ "
FLAT WASHER
SMALL, SAE, 26mm



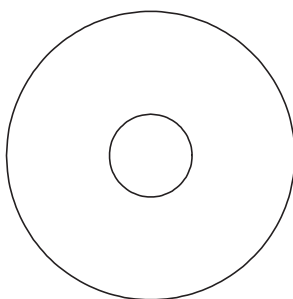
$\frac{1}{2}$ "
FLAT WASHER
LARGE, USS, 34mm



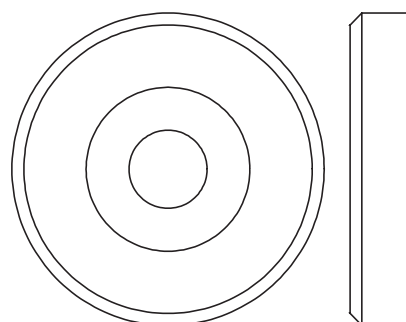
1" SHIM WASHER



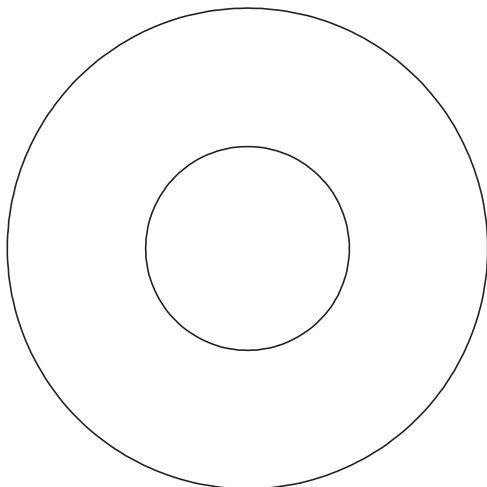
$\frac{3}{8}$ " FENDER WASHER



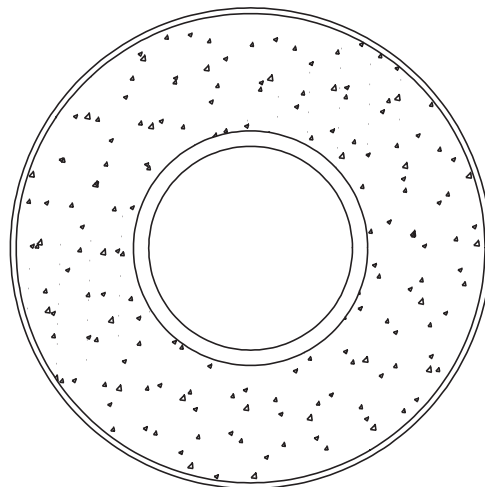
1 $\frac{5}{8}$ " ALUMINUM
FLATHEAD CAP



1 $\frac{1}{16}$ "
FENDER WASHER



PLASTIC 1 $\frac{1}{16}$ "
FENDER WASHER

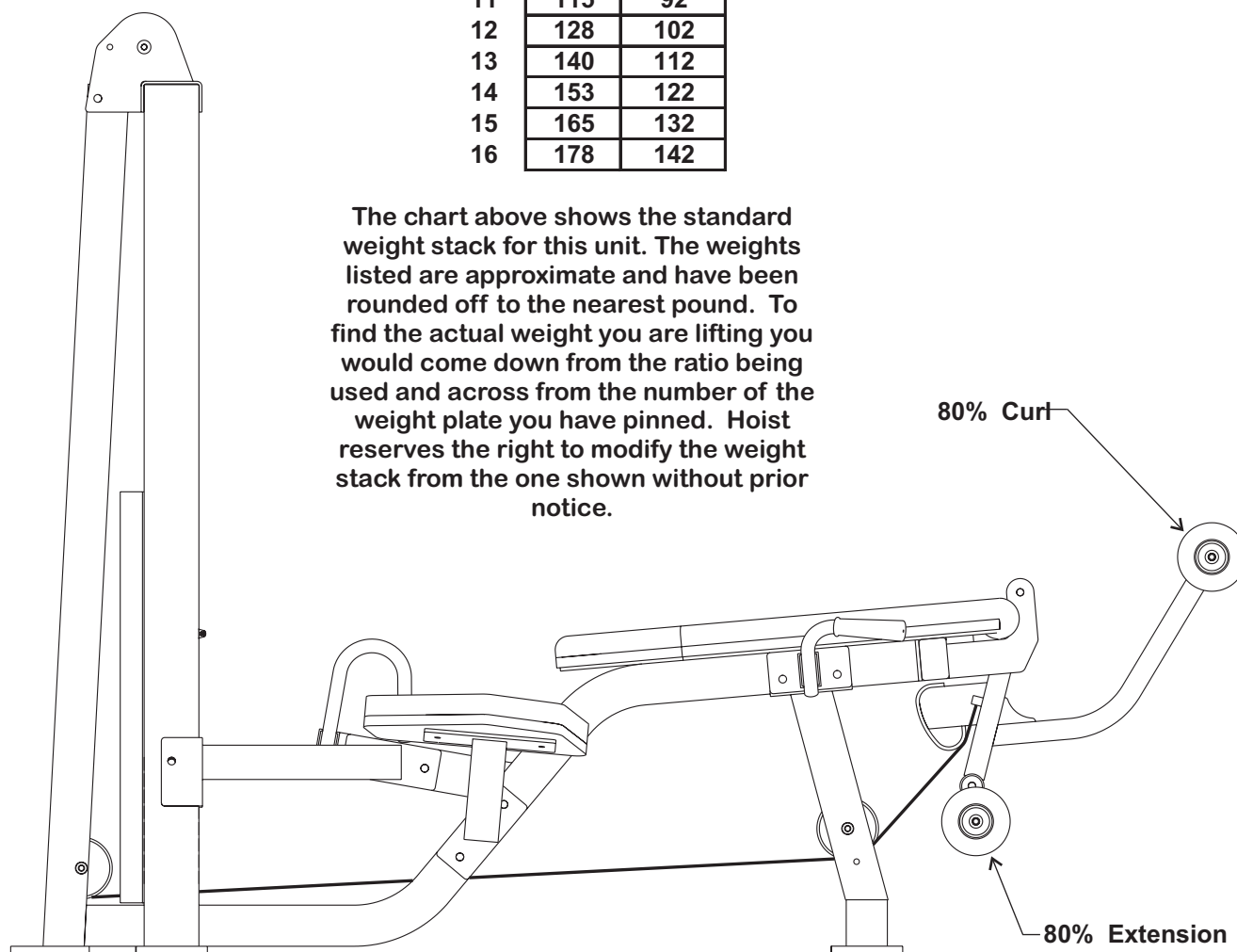


OWNERS M A N U A L

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

| | 100% | 80% |
|----|------|-----|
| 1 | 12 | 10 |
| 2 | 20 | 16 |
| 3 | 28 | 22 |
| 4 | 36 | 29 |
| 5 | 45 | 36 |
| 6 | 53 | 42 |
| 7 | 65 | 52 |
| 8 | 78 | 62 |
| 9 | 90 | 72 |
| 10 | 102 | 82 |
| 11 | 115 | 92 |
| 12 | 128 | 102 |
| 13 | 140 | 112 |
| 14 | 153 | 122 |
| 15 | 165 | 132 |
| 16 | 178 | 142 |

The chart above shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. 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.



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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 M A N U A L

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Weight Training Exercise Log

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

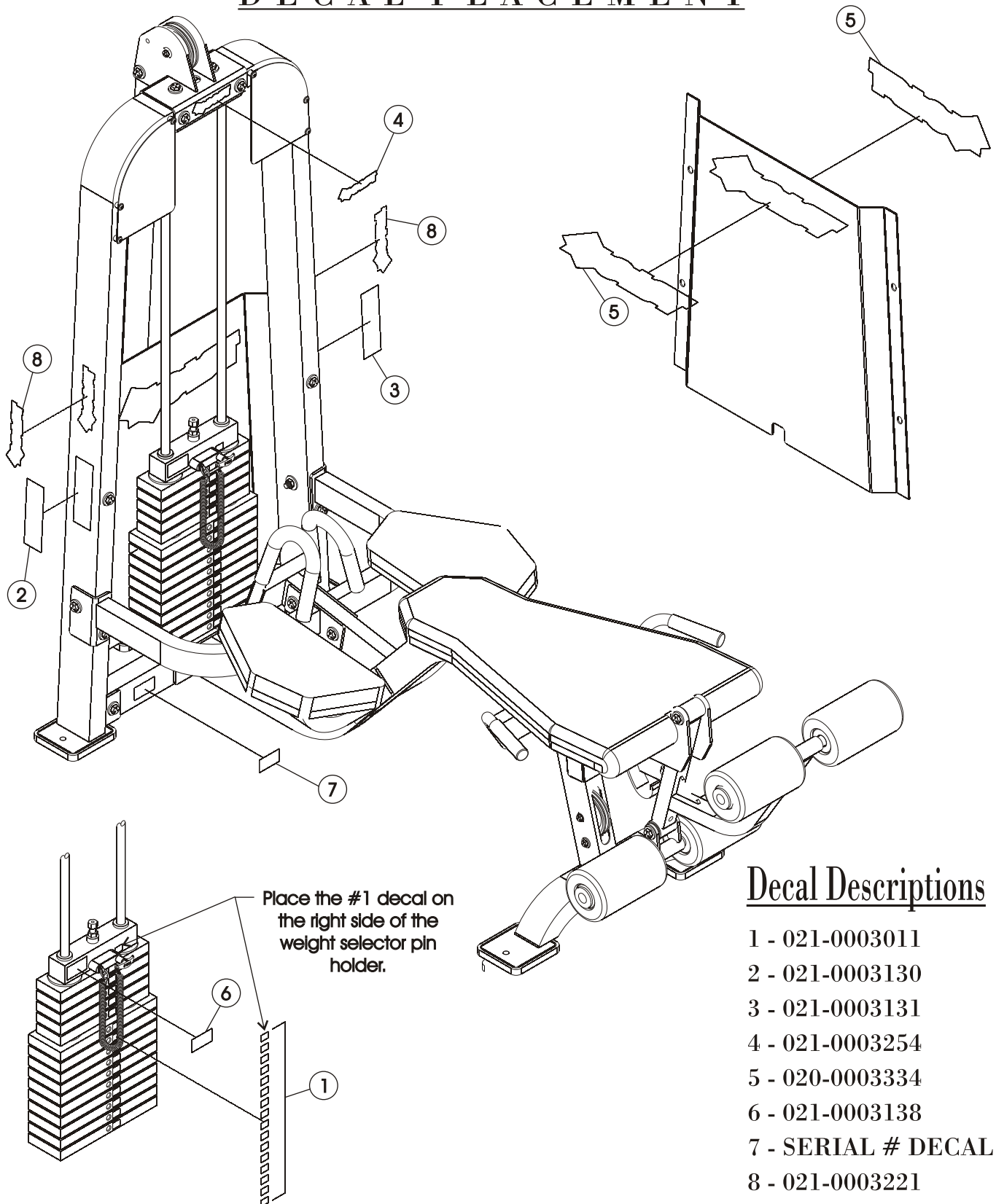
HD1400 Assembly

OWNERS M A N U A L

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OWNERS M A N U A L

DECAL PLACEMENT



OWNERS M A N U A L

DECAL PLACEMENT



SERIAL # DECAL



021-0003254



021-0003221

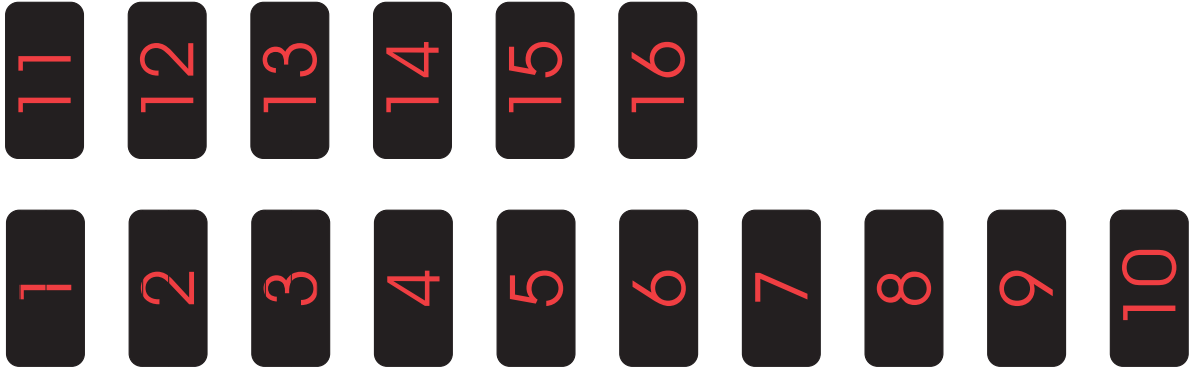


021-0003138

OWNERS MANUAL

DECAL PLACEMENT

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.



021-0003011

| Yearly | Months | Monthly | Weekly | Daily | COMMERICAL MAINTENANCE |
|--------|--------|---------|--------|-------|--|
| | | | | X | Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack 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; Seat Sleeves, Turcite Bushings, Linear Bearings |
| | X | | | | Clean and Wax; All Glossy Finishes |
| | X | | | | Repack with Grease; Linear Bearings |
| X | | | | | Replace; Cables, Belts and Connecting Parts |

NOTICE

021-0003131

OWNERS MANUAL

DECAL PLACEMENT



021-0003334



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

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 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

M A N U A L

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

MAINTENANCE SCHEDULE

| <i>ROUTINE</i> | <i>COMMERCIAL MAINTENANCE</i> | <i>HOME MAINTENANCE</i> | <i>LATEST DATE ENTRY</i> | | | | | | | |
|--|-----------------------------------|-----------------------------|--------------------------|--|--|--|--|--|--|--|
| 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.*

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, 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

PLEASE KEEP THIS FOR YOUR RECORDS