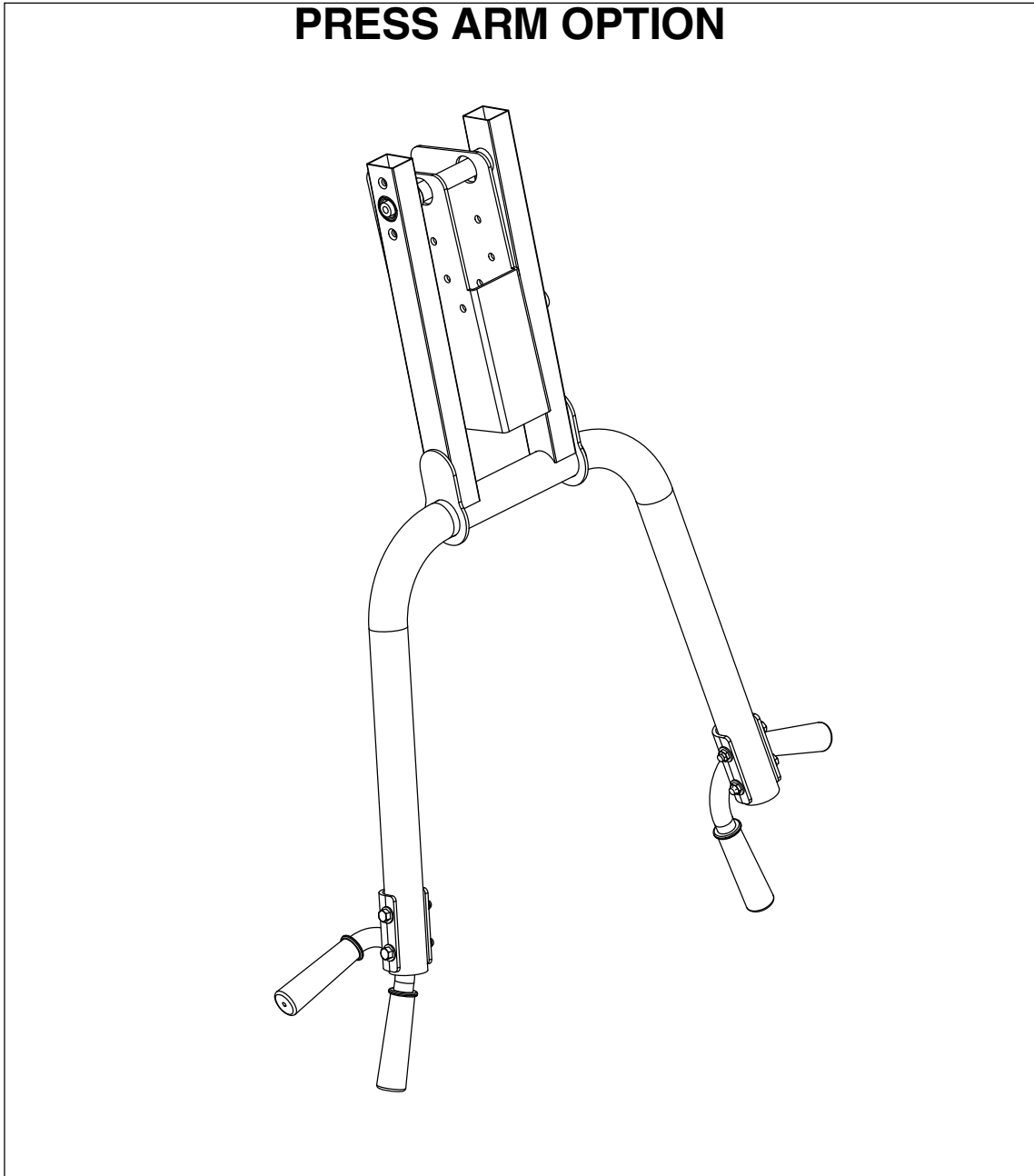


# OWNER'S MANUAL



## HPA-1

### PRESS ARM OPTION



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

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558



[www.facebook.com/hoistfitness](http://www.facebook.com/hoistfitness)

Jan 2001

# OWNERS MANUAL

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# OWNERS M A N U A L

## 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.

### SUGGESTED TOOLS

Socket Wrench

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

Crescent Wrench

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

3/8-16 and 1/2-13 Tap

Rubber Mallet

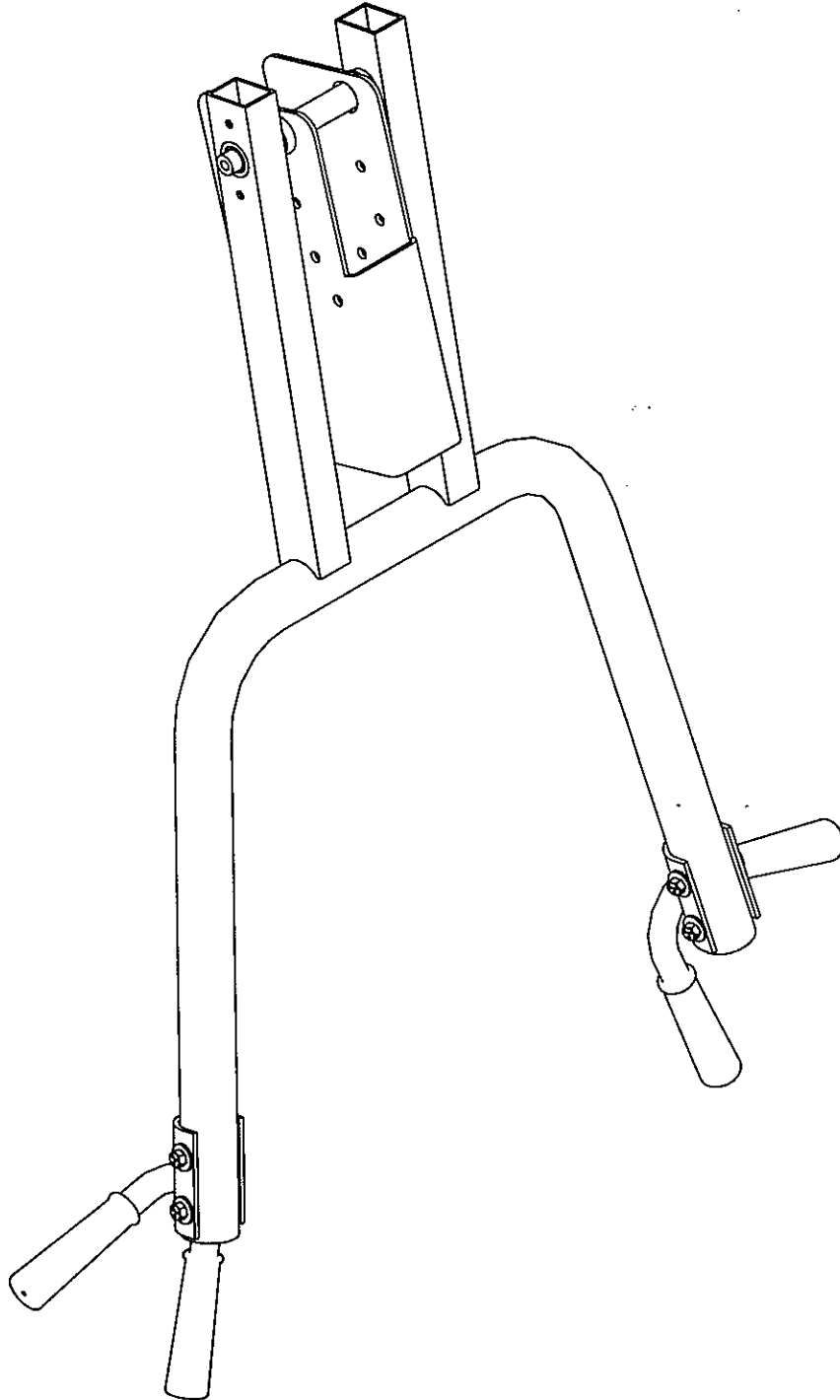
Tape Measure

# OWNERS M A N U A L



# OWNERS M A N U A L

## Step 2 FRAME ASSEMBLY



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## Step 2

### FRAME ASSEMBLY

Assemble the HPA-1 by securing (5) to the right side of (1); then, attach (4) to the left side of (1). *Wrench Tighten* all bolts

#### Part Descriptions

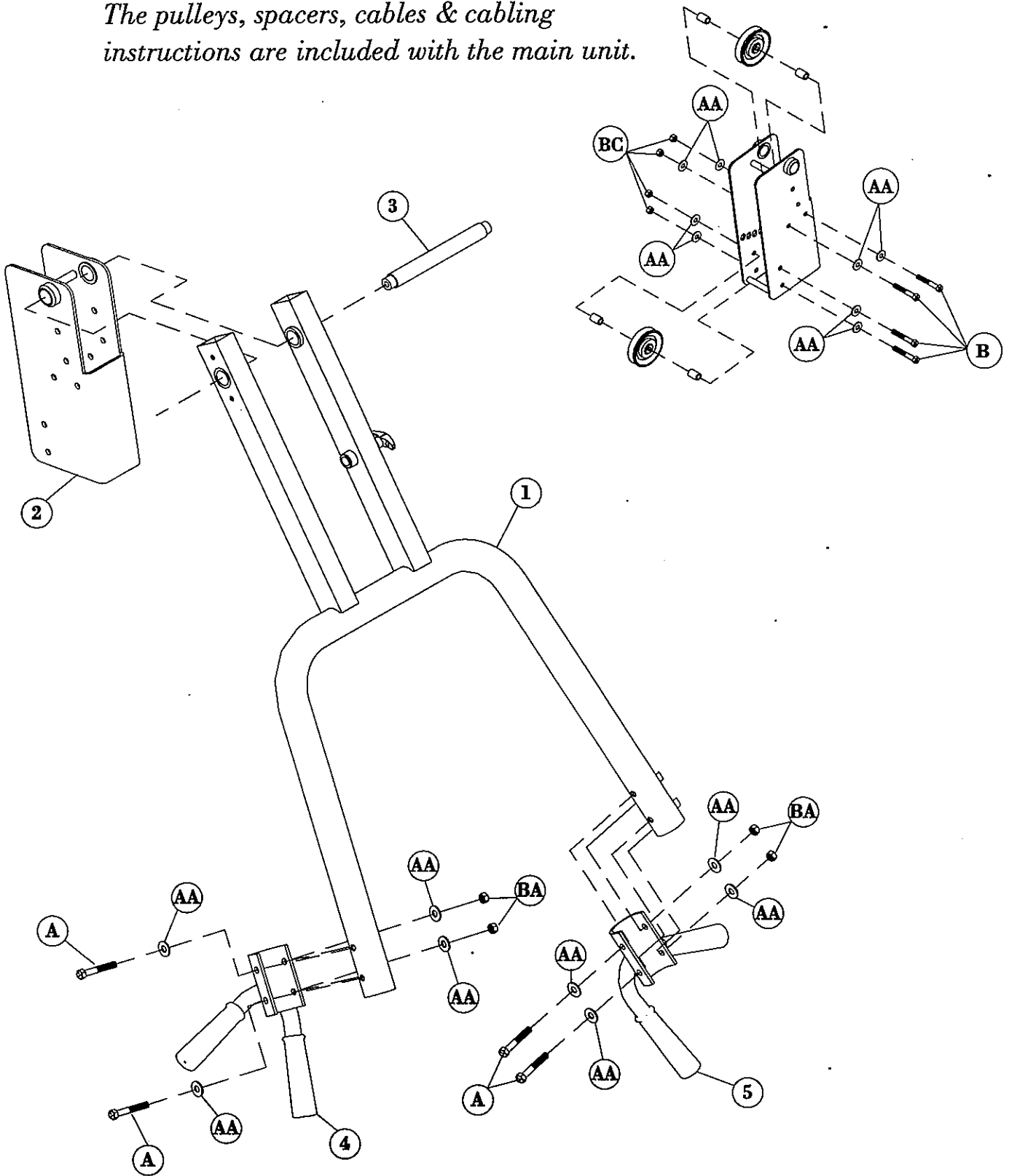
- 1 - Press Arm
- 2 - R.O.M.
- 3 - Press Arm Pivot Axle
- 4 - Right Press Arm Handle
- 5 - Left Press Arm Handle

#### Hardware Descriptions

- A - 3/8-16 x 3" Hex Bolt
- B - 3/8-16 x 3 3/4" Hex Bolt
- AA - 3/8" Flat Washer
- BA - 3/8" Nylok Nut
- BC - 3/8" Nylok Nut, (Special Thin)

# OWNERS M A N U A L

*The pulleys, spacers, cables & cabling instructions are included with the main unit.*



# OWNERS MANUAL

## PRE-ASSEMBLED PARTS

### Part Descriptions

CA - Endcap 38mm x 50mm

CB - Round Endcap 50.8mm

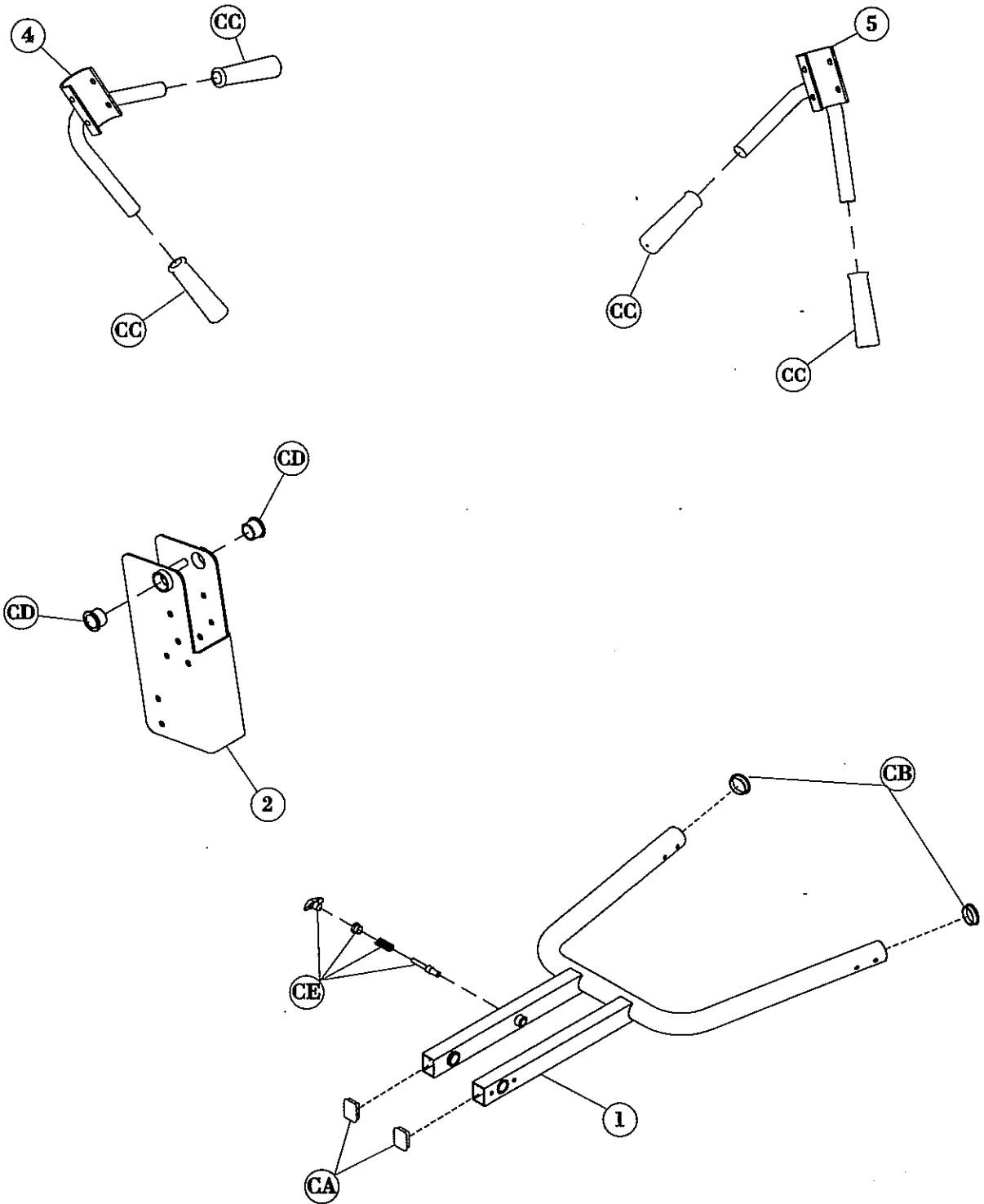
CC - Comfort Grip I.D 1" x 5"

CD - Bushing Dia. 31mm x 25.1mm x 15mm H

CE - Pull Pin



# OWNERS MANUAL



# OWNERS M A N U A L



# OWNERS MANUAL

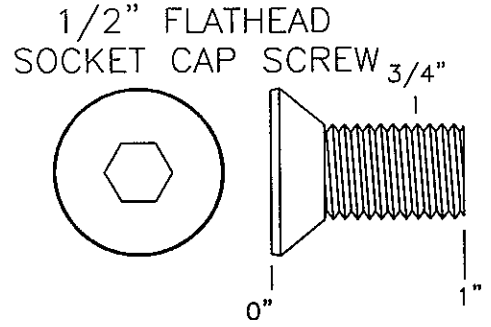
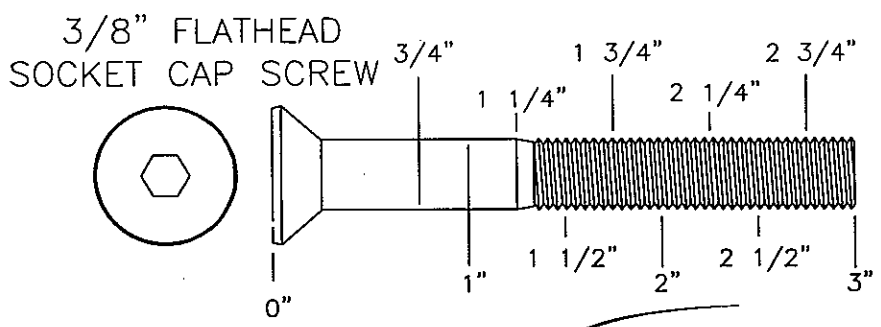
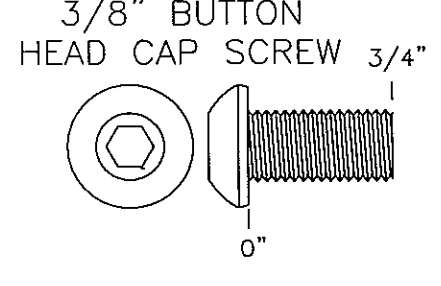
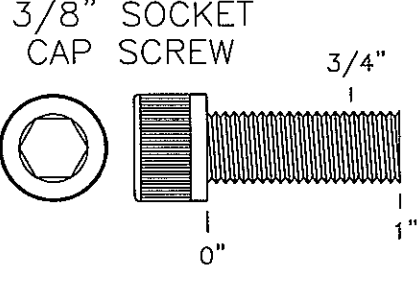
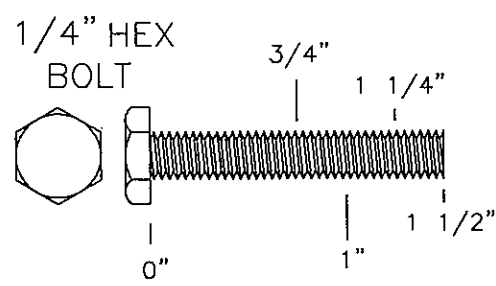
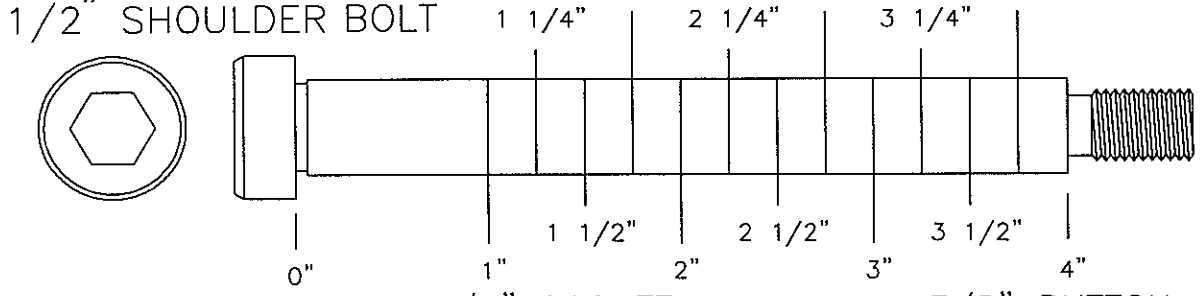
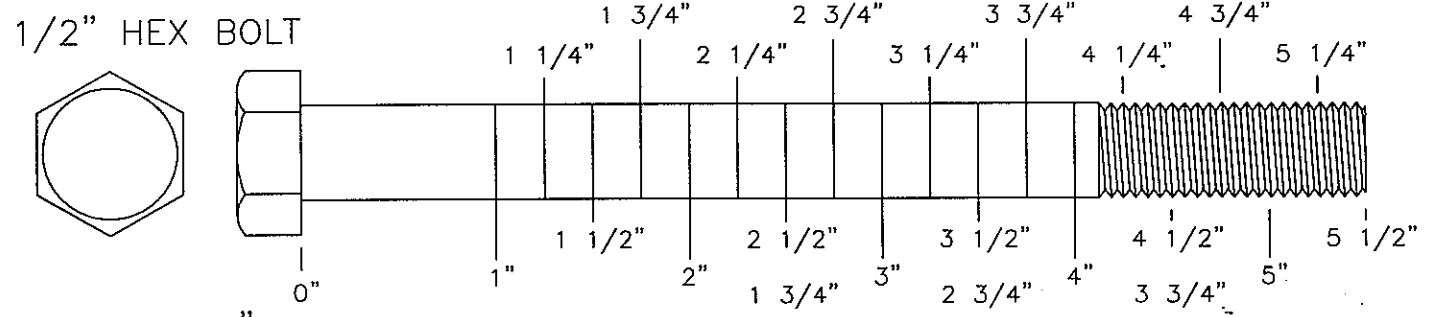
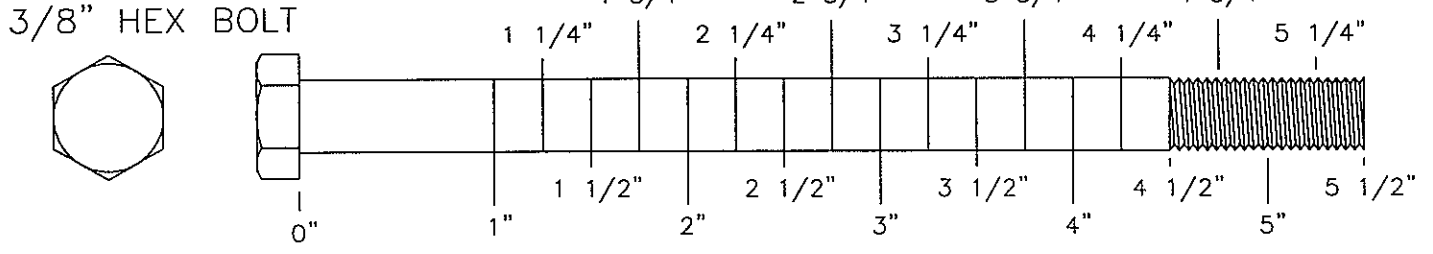
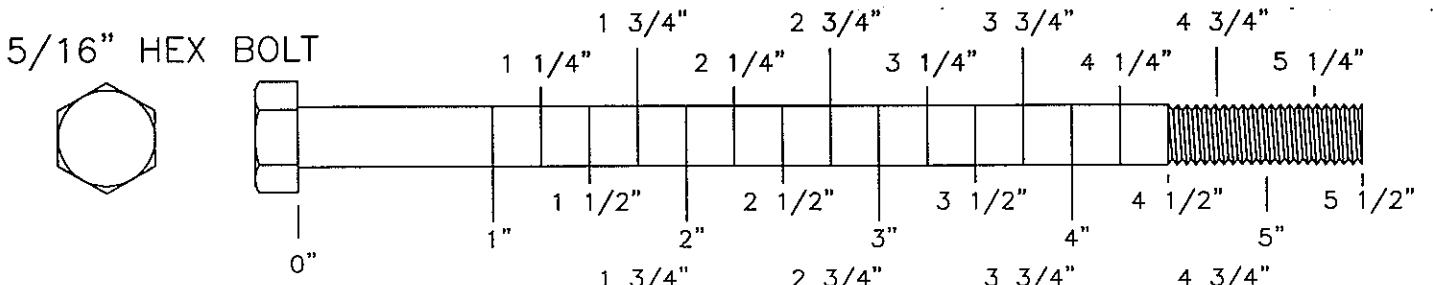
## PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-H210-08	Press Arm
2	1	26-STD-04-0685	R.O.M.
3	1	26-STD-03-0134	Press Arm Pivot Axle
4	1	26-STD-H210-09	Right Press Handle
5	1	26-STD-H210-10	Left Press Handle

## HARDWARE LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	4	11-HEX-383	3/8"-16UNC x 3" Hex Bolt
B	4	11-HEX-38334	3/8"-16UNC x 3 3/4" Hex Bolt
AA	16	13-FLT-38	3/8" Flat Washer
BA	4	12-LOK-38	3/8" Nylok Nut
BC	4	12-LOK-318T	3/8" Nylok Nut 7.2mm THK (Thin)
CA	2	26-STD-06-0170	Endcap 38mm x 50mm
CB	2	26-STD-06-0163	Round Endcap Dia. 50.8mm
CC	4	26-STD-06-0042	Comfort Grip I.D. 1" x 5"
CD	2	26-STD-08-0037	Bushing Dia. 31mm x 25.1mm x 15mm H
CE	1	26-STD-11-0033	Pull Pin

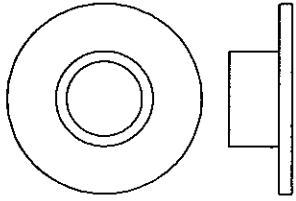
# OWNERS MANUAL BOLT SIZING CHART



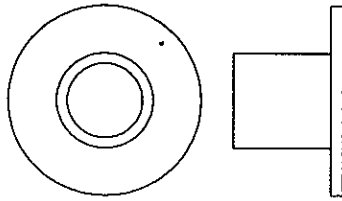
# OWNERS MANUAL

## WASHER SIZING CHART

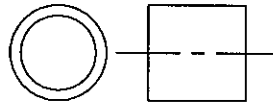
1/4" LONG FLANGED  
PULLEY SPACER



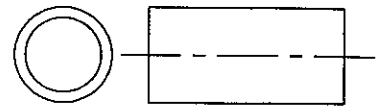
1/2" LONG FLANGED  
PULLEY SPACER



1/2" LONG  
PULLEY SPACER



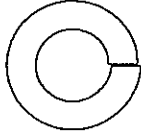
1" LONG  
PULLEY SPACER



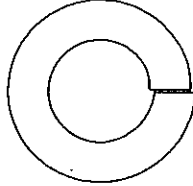
1/4"  
LOCK  
WASHER



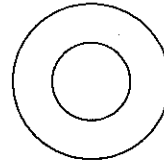
3/8"  
LOCK  
WASHER



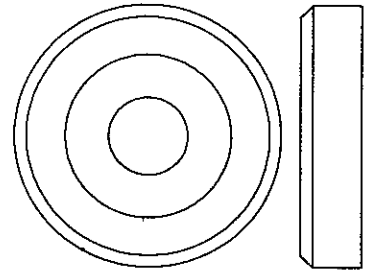
1/2"  
LOCK WASHER



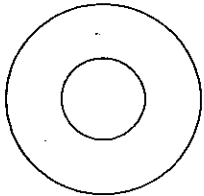
5/16"  
FLAT WASHER



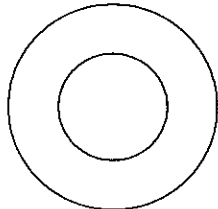
1 3/8" ALUMINUM  
FLATHEAD CAP



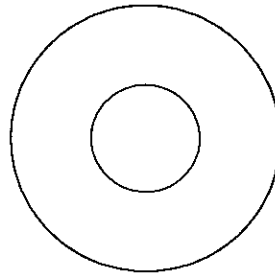
3/8"  
FLAT  
WASHER



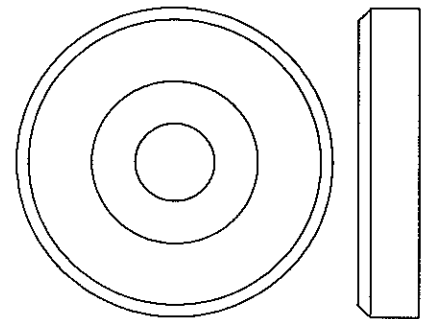
1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



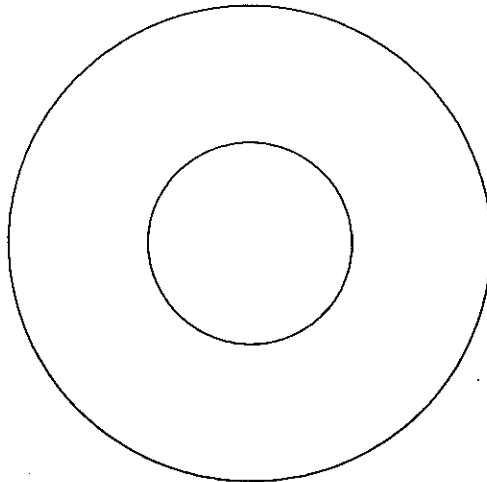
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



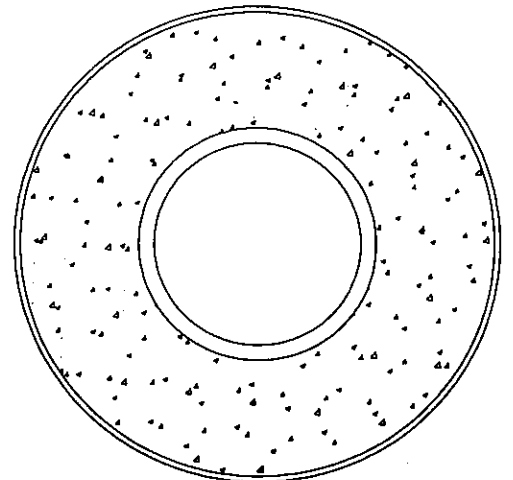
1 5/8" ALUMINUM  
FLATHEAD CAP



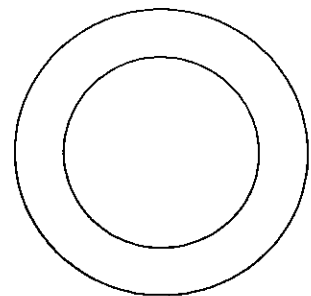
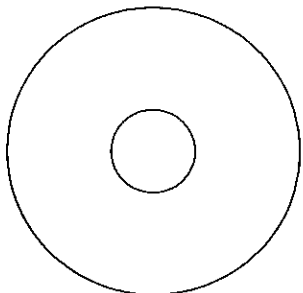
1 1/16"  
FENDER WASHER



PLASTIC 1 1/16"  
FENDER WASHER



3/8" FENDER WASHER

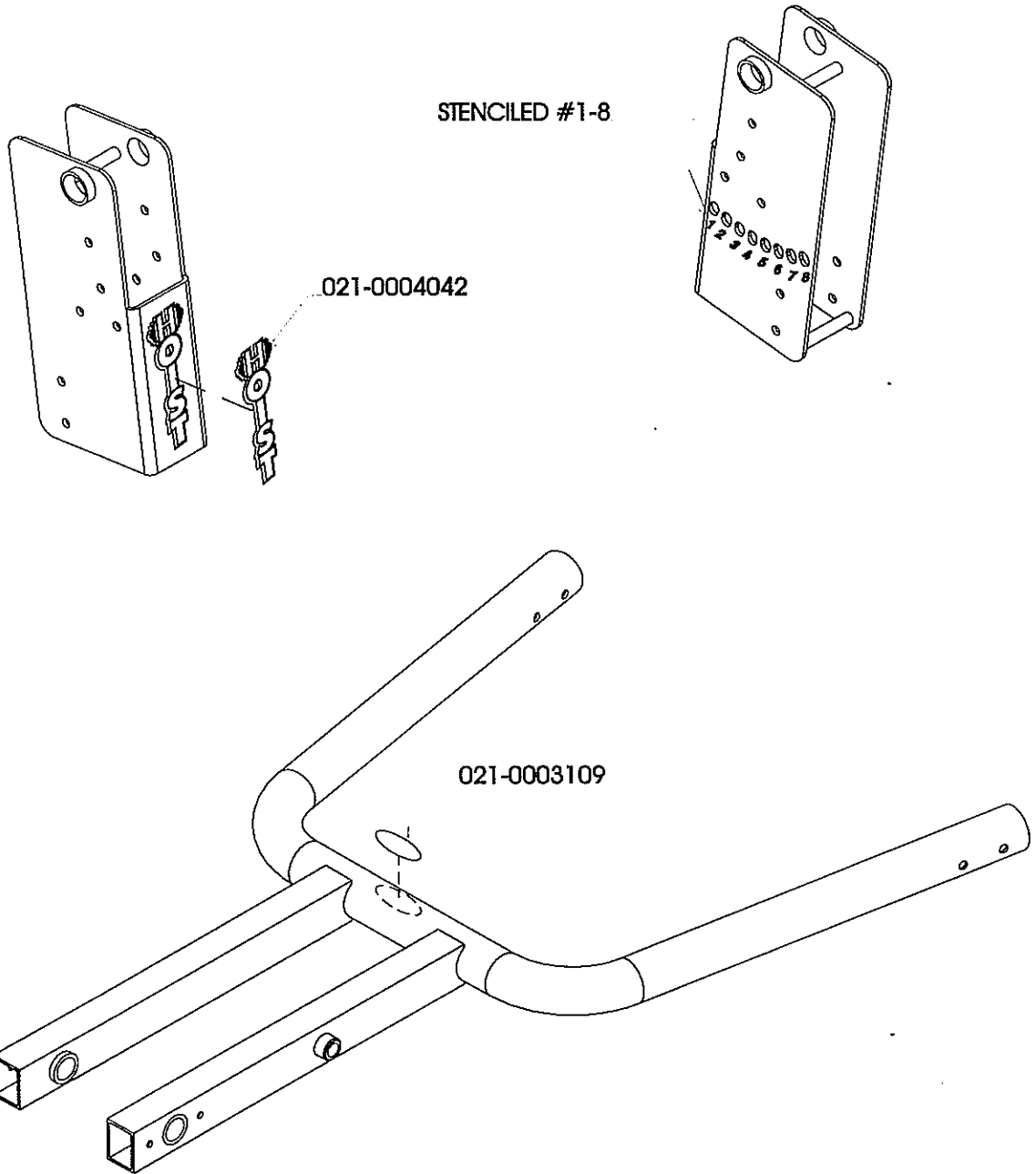


1" SHIM WASHER

# OWNERS M A N U A L

## DECAL REFERENCE

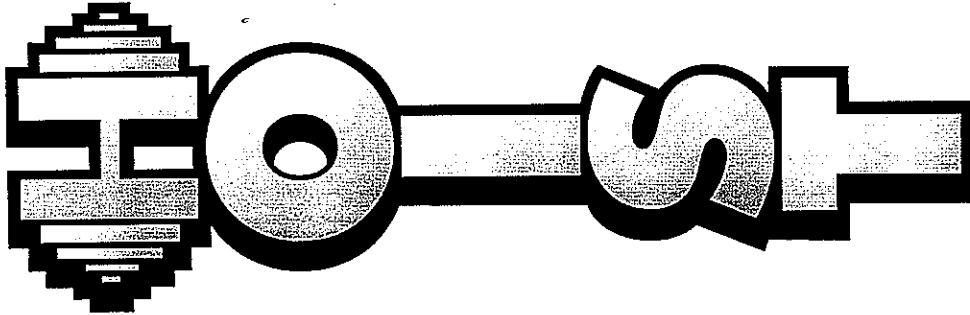
*These decals have been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*



# OWNERS MANUAL

## DECAL REFERENCE

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



021-0004042



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

021-0003109

# OWNERS M A N U A L





# 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

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

PLEASE KEEP THIS FOR YOUR RECORDS.