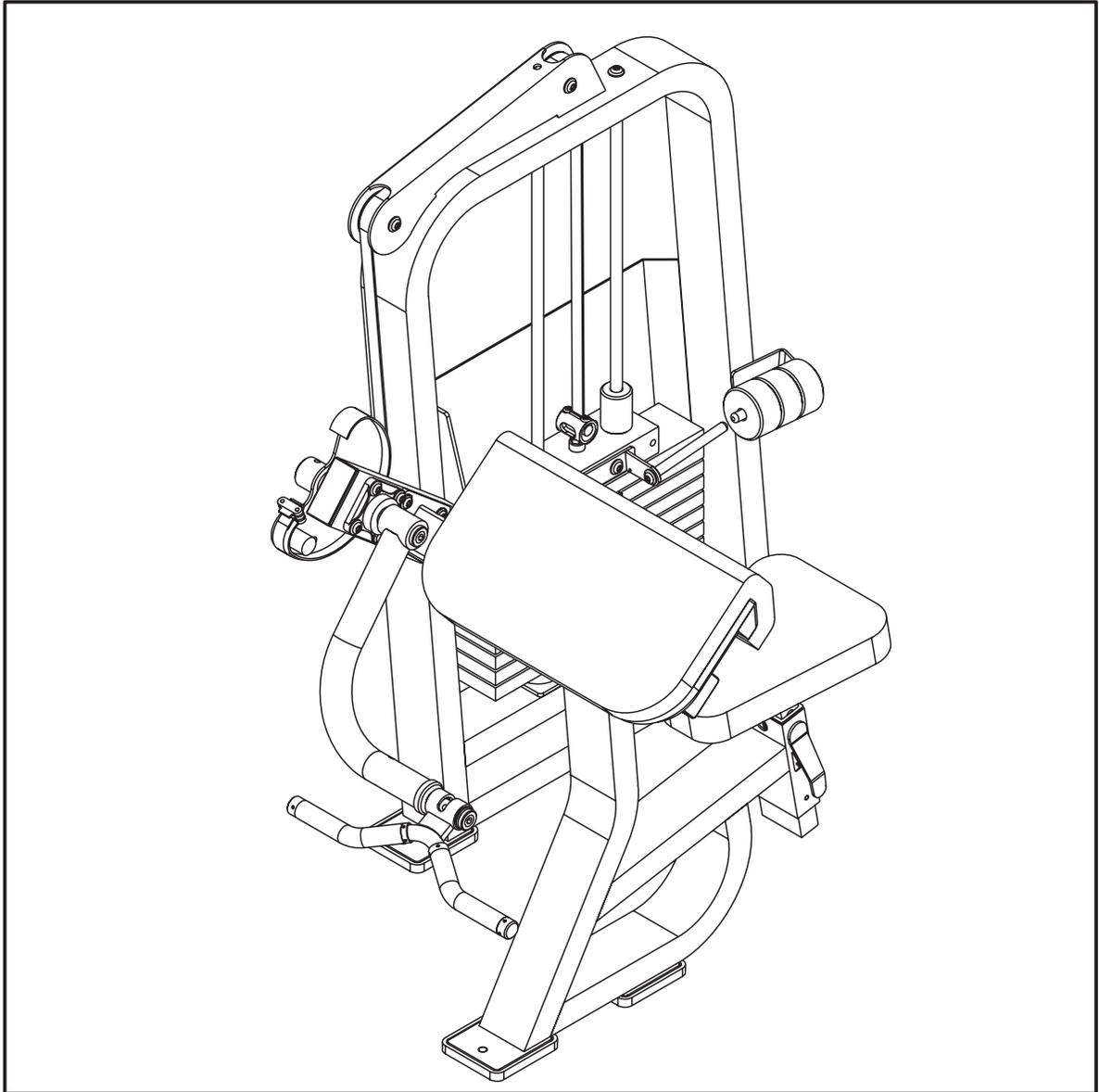


OWNERS MANUAL



CL-2103



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

August 2000

ASSEMBLY INSTRUCTIONS

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ASSEMBLY

INSTRUCTIONS

Step 1

INSTRUCTIONS

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

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

Standard Allen Wrench Set
(2.5mm, 3/32" - 5/16")

Crescent Wrench

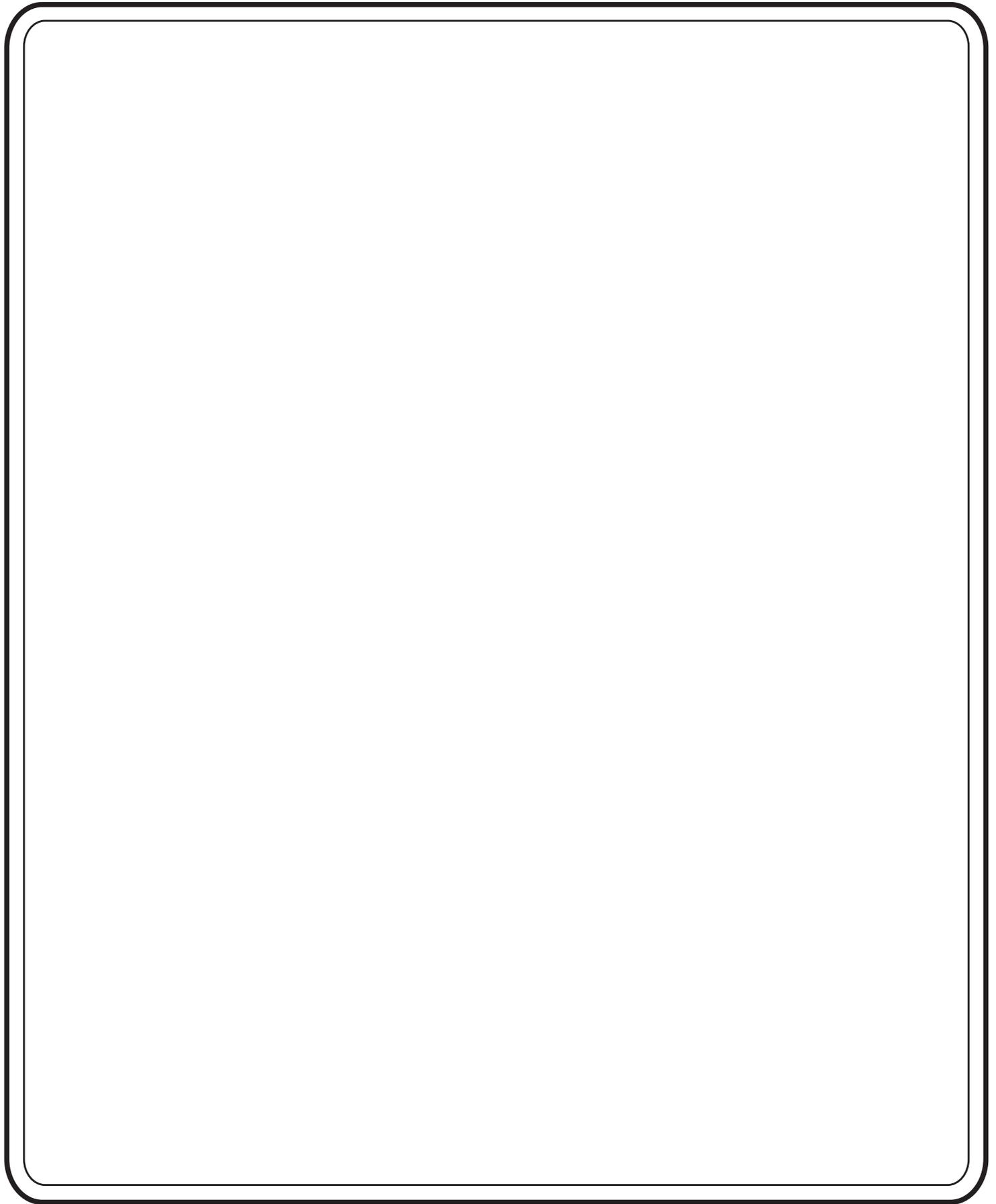
Belt Tensioning Wrench
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

ASSEMBLY

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

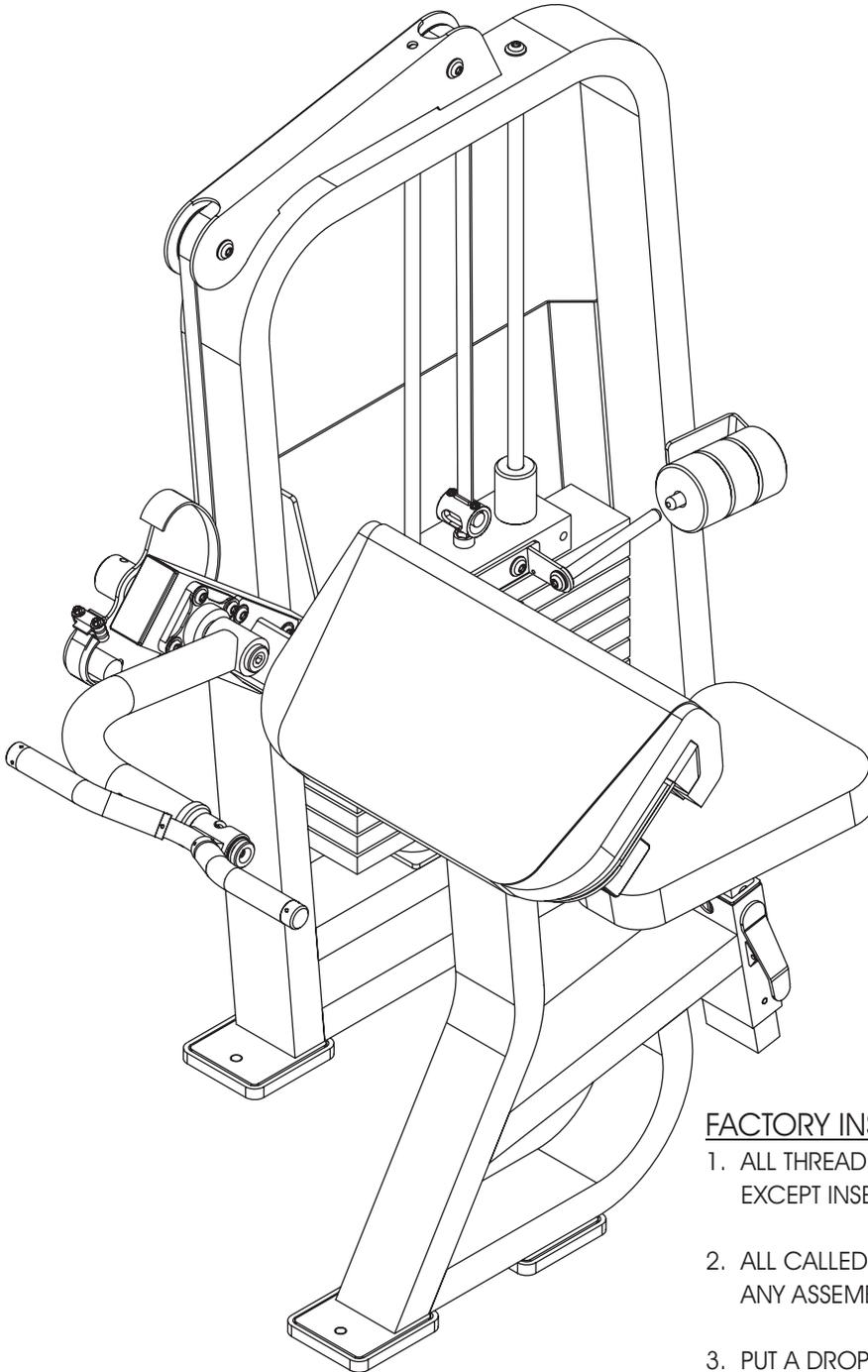


ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.
3. PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.

ASSEMBLY

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

Step 2a

FRAME ASSEMBLY

In this step attach the Weight Cage to the Seated Frame. *Hand Tighten* bolts only, they will be tightened later. Lift Machine to position Rubber Feet.

Part Descriptions

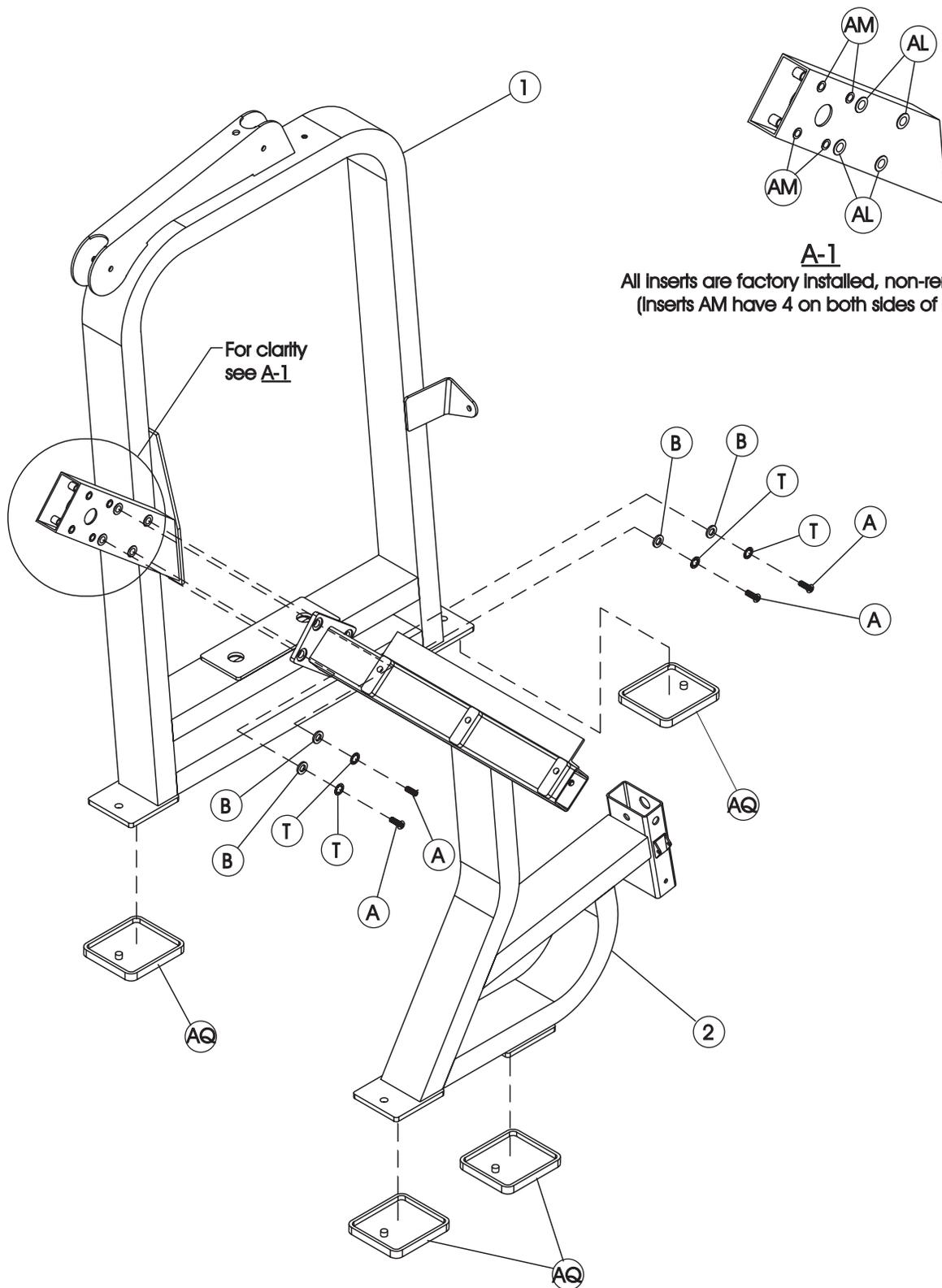
- 1 - Weight Cage
- 2 - Seated Frame

Hardware Descriptions

- A - 1/2-13 x 1 1/2" Button Head Screw
- B - 1/2" Flat Washer
- T - 1/2" Lock Washer
- AM - 3/8"-16 Insert
- AL - 1/2"-13 Insert
- AQ - 4.74" x 5.24" x .625 Rubber Foot Pad

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step, start by sliding one 1 ¼" dia. x 3/8" Aluminum Ring on each side of the Handle Assembly. Then, slide on one 1.25" O.D. x 1.030" I.D. x 8.25" Comfort grip on each side. Place a 1 ¼ Dia. x 3/4" Aluminum Cap on the end of the Handle Assembly. Once all three pieces(per side) are in place, secure the End Caps, slide the Comfort Grip flush with the End Caps, and slide the Aluminum Rings flush with the Comfort Grip and secure. Next, secure a 1 3/8" Dia. Flat Head Cap to the elbow of the Arm Assembly. Then attach the two Flange Bearings to the Weight Cage. Make sure to put zerk fitting facing down on Flange Bearings. Then, press both 1" Oilite Bushings on the ends of the Handle Assembly. Now attach the Pivot Assembly to the Arm Assembly. Slide one Metal Shim Washer on to the shaft of the Pivot Assembly. Attach the Handle Assembly to the Pivot Assembly and slide on another Shim Washer, place a 1 3/8" diameter Flat Head Cap and secure, then check for side to side play. If there is play, remove the Handle Assembly and add another Shim Washer to each side of the Handle Assembly. Repeat if necessary until there is no noticeable play and the Hand Bar still moves freely. Slide the entire Arm Assembly through the Flange Bearings and the Weight Cage, insert the end into the Cam Assembly and secure with the 3/8" x 2" Open Roll Pin. *Hand Tighten* bolts only, they will be tightened later.

Part Descriptions

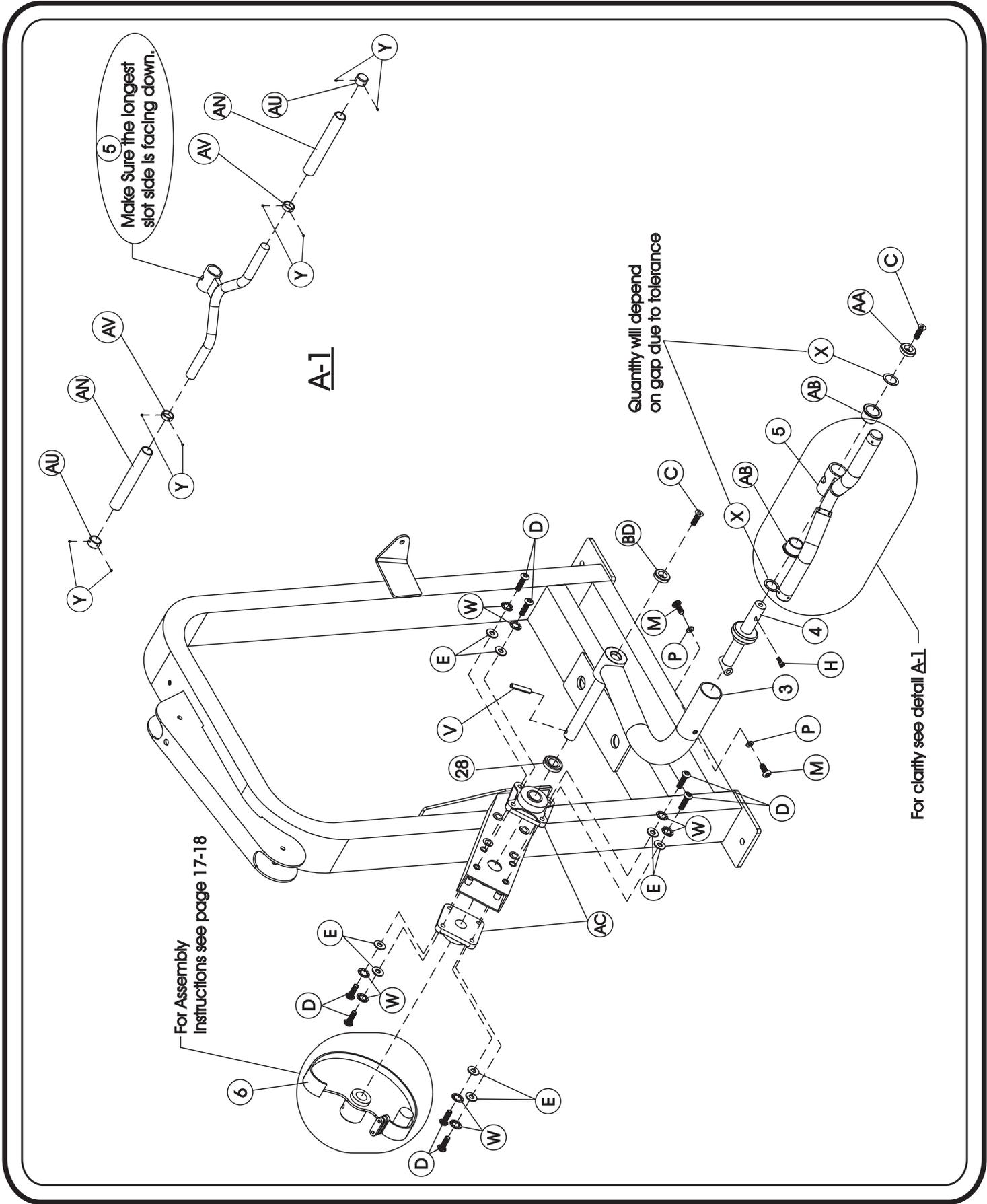
3 - Arm Assembly
4 - Pivot Assembly
5 - Handle Assembly
6 - Cam Assembly
28 - Black Plastic Ring

Hardware Descriptions

C - 3/8" x 1" Flat Head Cap Screw
D - 3/8" x 1 1/4" Button Head Screw
E - 3/8" Flat Washer
H - 3/8" x 3/4" Socket Head Cap Screw
M - 3/8" x 3/4" Button Head Screw
P - 3/8" Lock Washer
V - 3/8" x 2" Open Roll Pin
W - 3/8" Lock Washer
X - 1" I. D. x .8mm Thick Metal Shim Washer
Y - #10-32 Set Screw
AA - 1 3/8" Dia. Flat Head Cap, 3/8" I. D. x 5/16" Thick
AB - 1" I.D. Oilite Bushing
AC - Flange Bearing
AN - 1.25" O.D. x 1.03 I.D. x 8.25 Comfort Grip
AU - 1 1/4" dia. x 3/4" Aluminum Cap
AV - 1 1/4" dia. x 3/8" Aluminum Ring
BD - 1 5/8" Dia. Aluminum Flat Head Cap, Red

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

In this step start by pressing two Guide Rod Bushings into the Weight Cage. Take the two 3" x 1" I.D. Bumpers and place them over the two holes in the bottom of the Weight Cage and slide the Guide Rods into the holes. Make sure the Guide Rods are lube with Spindle Oil. Now slide the 20 LBS. Intermediate Weight Plates and 15 LBS. Aluminum Top Plate onto the Guide Rods and secure. Make sure the Weight Stack and its Guide Rods are sitting level. Next, attach the 5/8" Dia. x 6 13/32" Rod to the Center RH BRK (Add-On). Secure the Center RH BRK (Add-On) to the 15 LBS. Aluminum Top Plate. Slide on three 5 LBS. Add-On Weights and attach the 5/8" Dia. x 6 13/32" Rod to the Weight Assembly. Attach the 12" x 14 1/2" Upholstery Seat to the Seat Adjuster. Attach one end of the Selector Pin Lanyard to the 15 LBS. Aluminum Top Plate, and the other end to the Weight Selector Pin. Then Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

7 - 41 13/16 x 3/4" Dia. Guide Rod
8 - 20 LBS. Intermediate Weight
9 - 15 LBS. Aluminum Top Plate
10 - 3" x 1" I.D. x 1 1/2" THK Bumper
11 - Guide Rod Bushing (PLAS 134)
12 - Center RH BRK (Add-on)
13 - 12" x 14 1/2" Upholstery Seat
14 - Seat Adjuster
22 - 5/8" Dia. x 6 13/32" Rod
27 - Add On Weight Bushing

Hardware Descriptions

J - 5/16" x 1 1/4" Button Head Cap Screw
K - 3/8" x 2 3/4" Button Head Cap Screw
L - 5/16" Flat Washer
P - 3/8" Lock Washer
S - 3/8" x 1" Button Head Cap Screw
U - 5/16" Lock Washer
Z - 3/8" Split Washer
AR - 5 LBS. Add on Weight
AS - Weight Selector Pin
AT - Selector Pin Lanyard
AX - Guide Bearing
AY - Guide Bearing
BC - 5/16" x 1" Button Head Screw
BF - 5/16" Lock Washer (black)
BG - 3/8" Flat Washer (white zinc)
BH - 3/8" Lock Washer (black)
BJ - 5/16" Flat Washer (white zinc)

ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

In this step start by attaching the Belt Assembly to the Weight Assembly (prior to attaching the Cam Belt). Next, slide the Cam Belt through the Roller Bracket on the top of the Weight Cage. Then, secure the two 3 1/4" Pulleys to the Weight Cage under the Cam Belt. Next, attach the Latch Assembly to the Seated Assembly by sliding the 1.55 x .25 Dia. Shaft through the mounts and through the Adjustment Spring and secure with the C-Clip; also, insure that the Adjustment Spring ends are pointing down to ensure that the Latch Assembly locks the Seat Adjuster in place. Next slide the two EZ Glide Sleeves into the Seated Assembly from the top down until the locating boss snaps into the location hole. Next slide the Seat Adjuster in the Seated Assembly. Wrench tighten bolts.

Part Descriptions

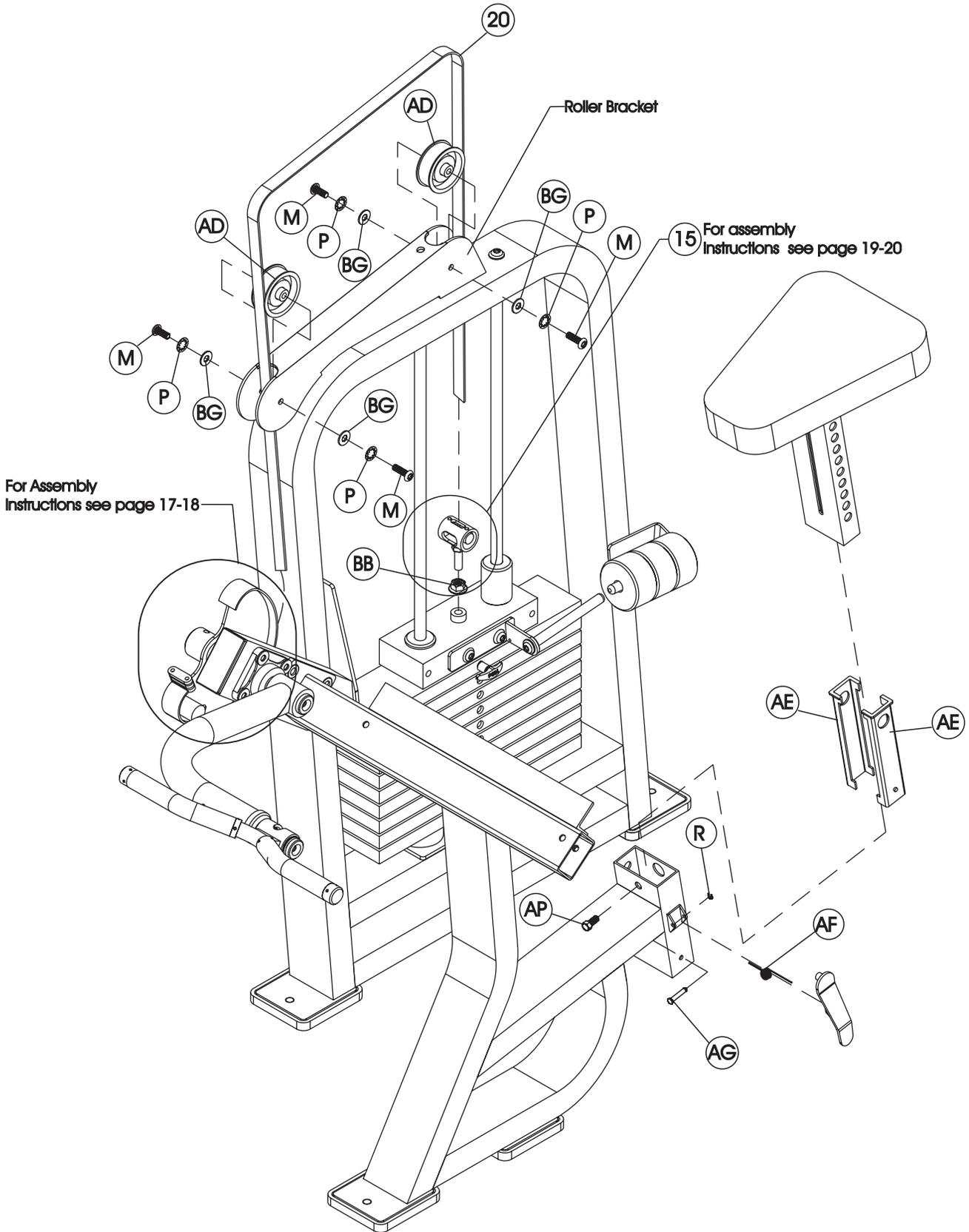
14 - Seat Adjuster
15 - Belt Assembly
17 - Latch Assembly
20 - Cam Belt

Hardware Descriptions

M - 3/8" x 3/4" Button Head Cap Screw
P - 3/8" Internal Lock Washer
R - C-Clip
AD - 3 1/4" Pulley
AE - EZ Glide Sleeve
AF - Adjustment Spring
AG - 1.55 x .25 Dia. Shaft
AP - 3/8" x 3/4" Square Head Set Screw
BB - 1/4" Locking Nut
BG - 3/8" Flat Washer (white zinc)
BL - Serrated Hex Nut

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

Mount the pad to the Seated Assembly. Next, snap (AK) into the Seated Frame and snap (AJ) into the Weight Cage. Finally snap (AZ) into the Seat Adjuster. Wrench tighten bolts.

Part Descriptions

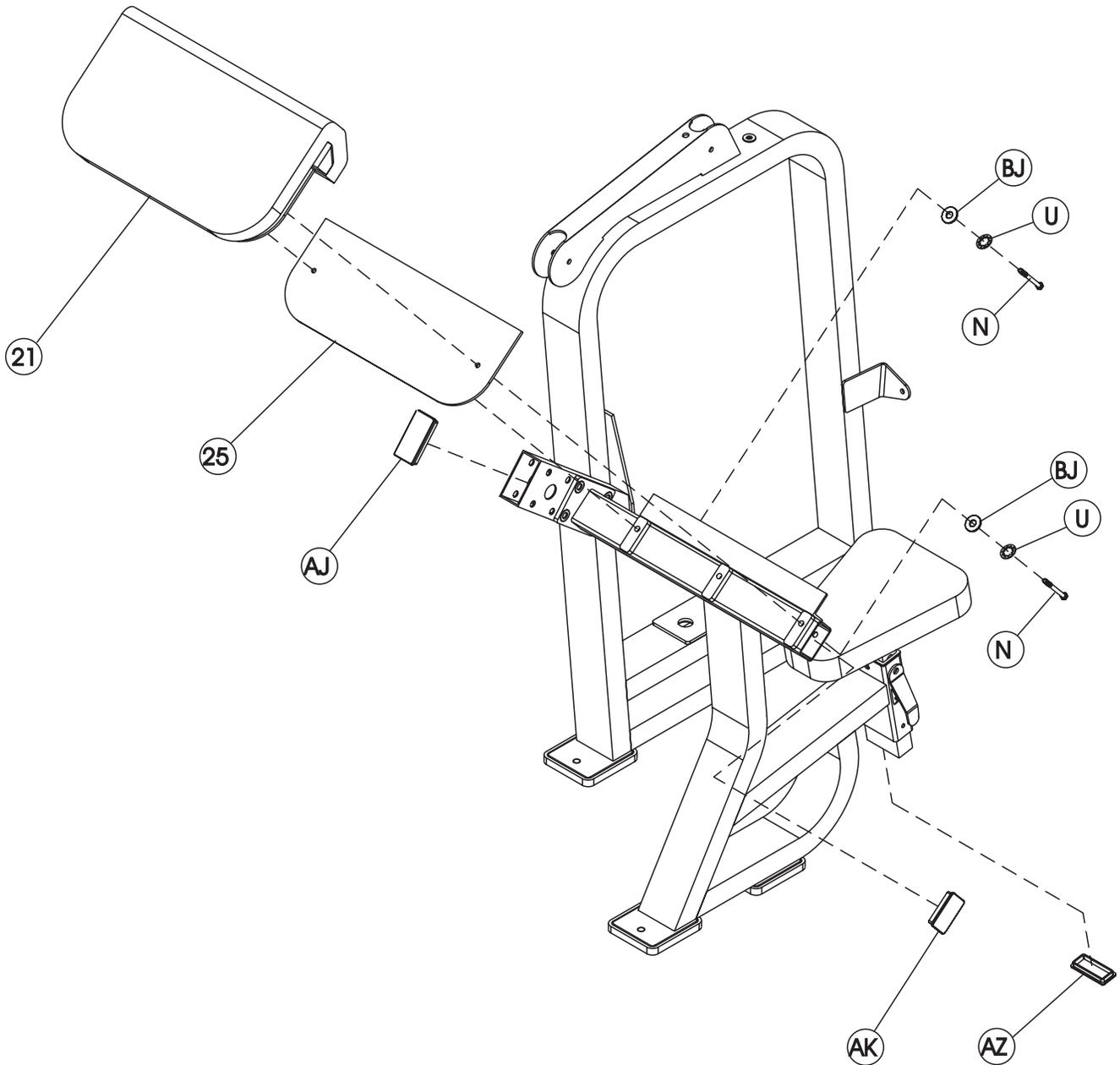
- 21 - Upholstery Elbow Pad
- 25 - 1/4" x 8" x 21 1/2" Backing

Hardware Descriptions

- N - 5/16" x 3 Button Head Screw
- U - 5/16" Lock Washer
- AJ - 2" x 4" End Cap(vertical H)
- AK - 2" x 3" End Cap(horizontal H)
- AZ - 1 1/2" x 3 1/2" End Cap
- BJ - 5/16" Flat Washer (white zinc)

ASSEMBLY

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



ASSEMBLY

INSTRUCTIONS

Step 2g

FRAME ASSEMBLY

Attach the 30" x 28.4" Standard Shield to the Weight Cage. Wrench
tighten bolts.

Part Descriptions

16 - 30" x 28.4" Standard Shield

Hardware Descriptions

A - 1/2" x 1 1/2" Button Head Screw

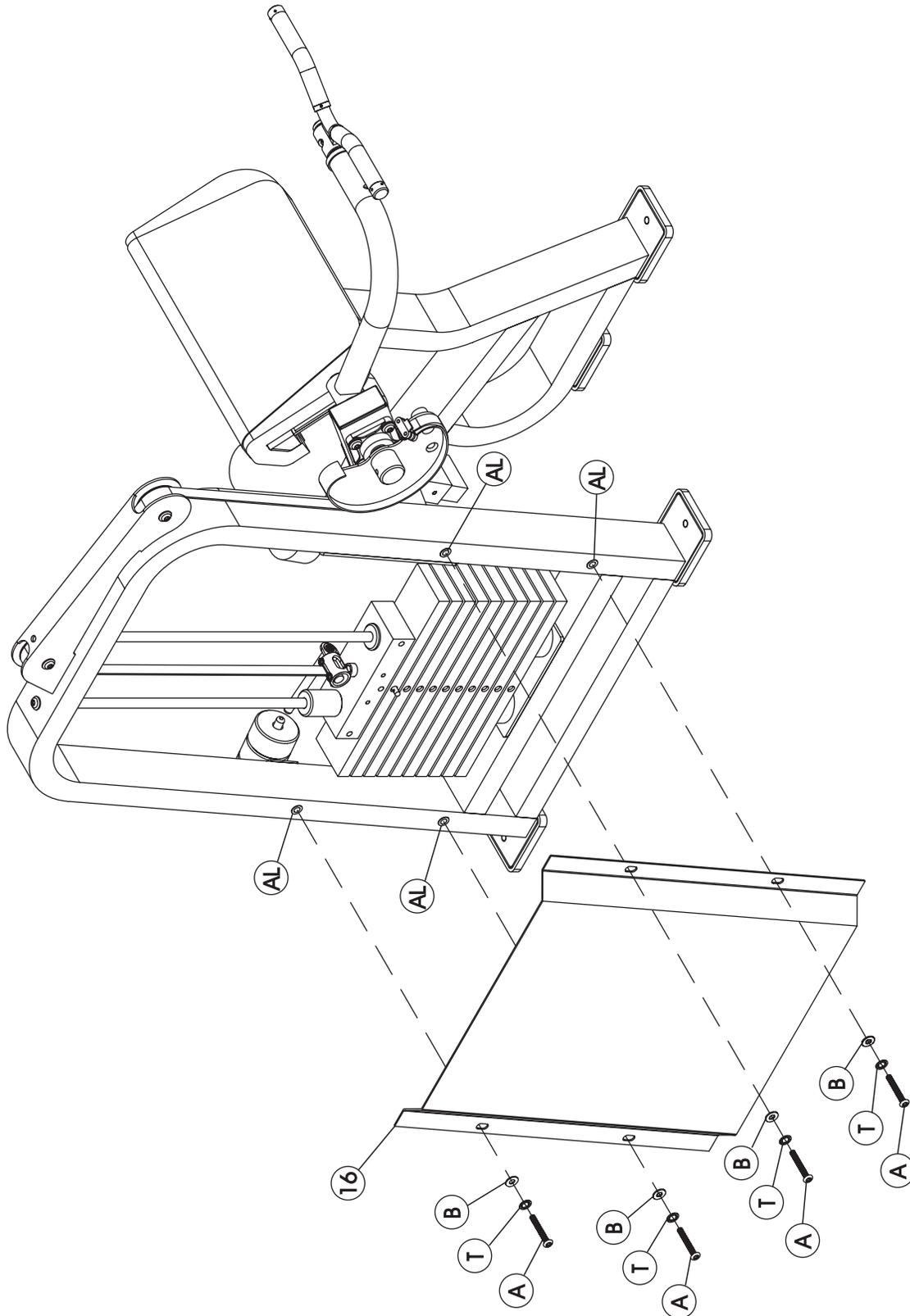
B - 1/2" Flat Washer

T - 1/2" Lock Washer

AL - Insert

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

Start by attaching the Cam Stopper to the Cam Assembly on the first hole.. Next attach the belt by bringing it around the Cam and in between two Belt Clamps. Then wrap the cam belt down and around the Belt Clamps and above another Belt clamp and secure. Wrench tighten bolts.

Part Descriptions

19 - Belt Clamp
20 - Cam Belt

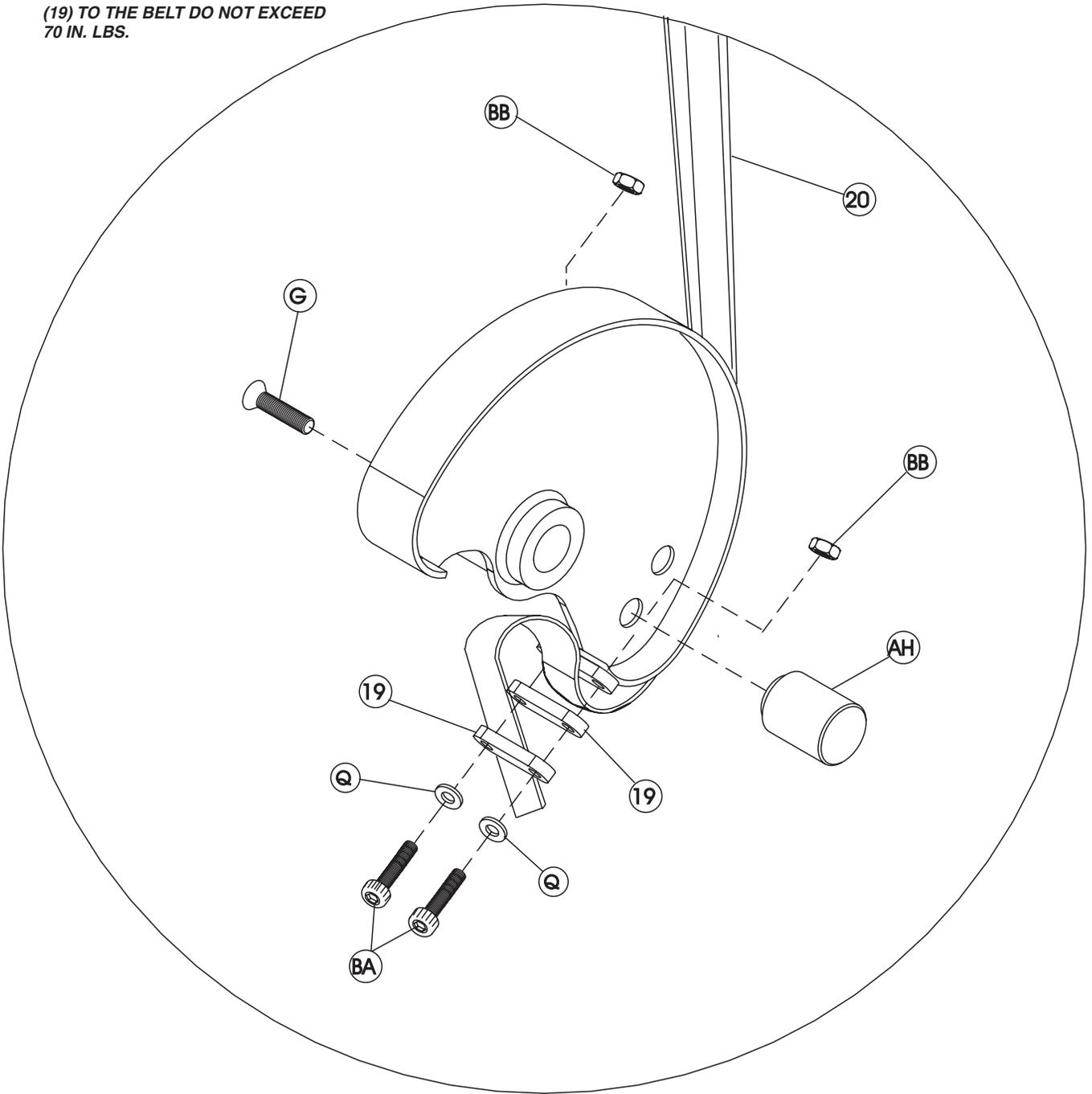
Hardware Descriptions

G - 1/2" x 1" Flathead Cap Screw
Q - 1/4" Lock Washer
AH - Cam Stopper
BA - 1/4-20 x 1 1/2" Socket Head Screw
BB - 1/4" Locknut

ASSEMBLY INSTRUCTIONS

**NOTE: 1. BELT SMOOTH SIDE DOWN ALWAYS
FOR TWO TOP PULLEYS AND CAM.
SMOOTH SIDE TO WRAP AROUND
BELT RETAINER SHAFT**

**2. WHEN TIGHTENING THE CLAMPS
(19) TO THE BELT DO NOT EXCEED
70 IN. LBS.**



ASSEMBLY

INSTRUCTIONS

Step 2h

FRAME ASSEMBLY

Slide the Cam Belt into the top slot of 1 5/8" Dia. x 2 1/16" Lg. Dom. (Fig. 1) Loop the end of the Cam Belt and feed it back up through the slot, keeping the loop open (Fig. 2). Next, slide the 3/4" x 2 1/16 CRS through the Cam belt and line up the holes, then secure to the 1 5/8" Dia. X 2 1/16" lg. tube.(Fig. 3). Wrench tighten bolts.

Part Descriptions

20 - Cam Belt
23 - 1 5/8" x 2 1/16" lg. tube
24 - 3/4" x 2 1/16 CRS

Hardware Descriptions

F - 1/4" x 1" Button Head Screw
Q - 1/4" Lock Washer

ASSEMBLY

INSTRUCTIONS

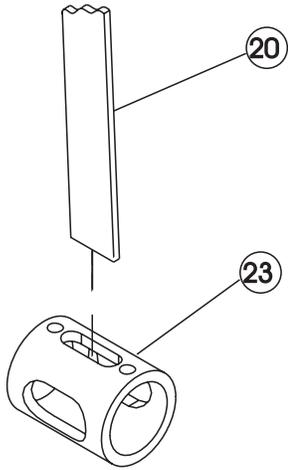


Figure 1

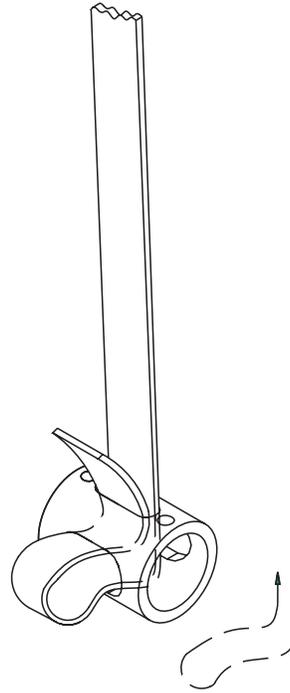


Figure 2

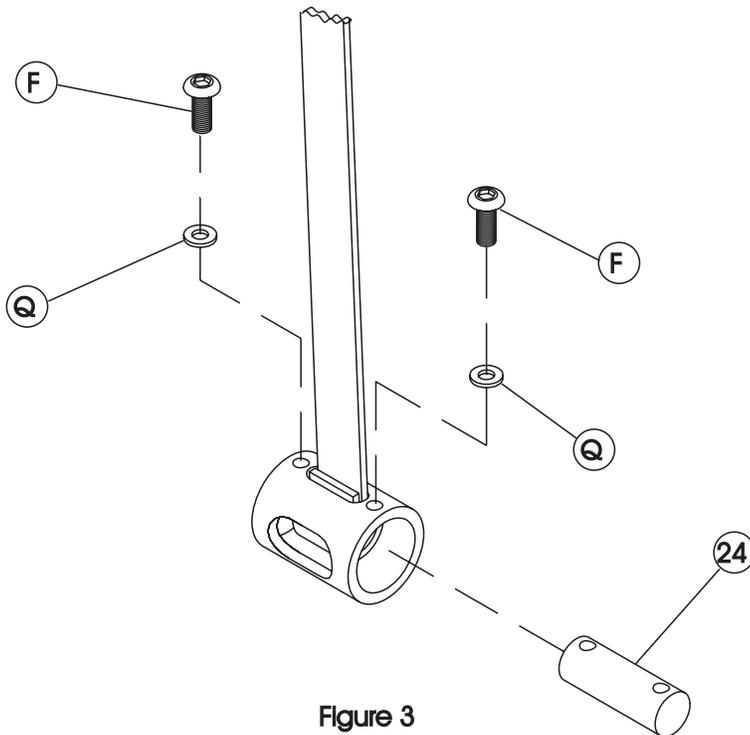


Figure 3

ASSEMBLY

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

Step 2i

FRAME ASSEMBLY

Slide the Plate Selector Stem up into the 8.6 LBS Aluminum Top Plate and secure with a 7/16" x 3" Open Roll Pin. *Wrench tighten* bolts.

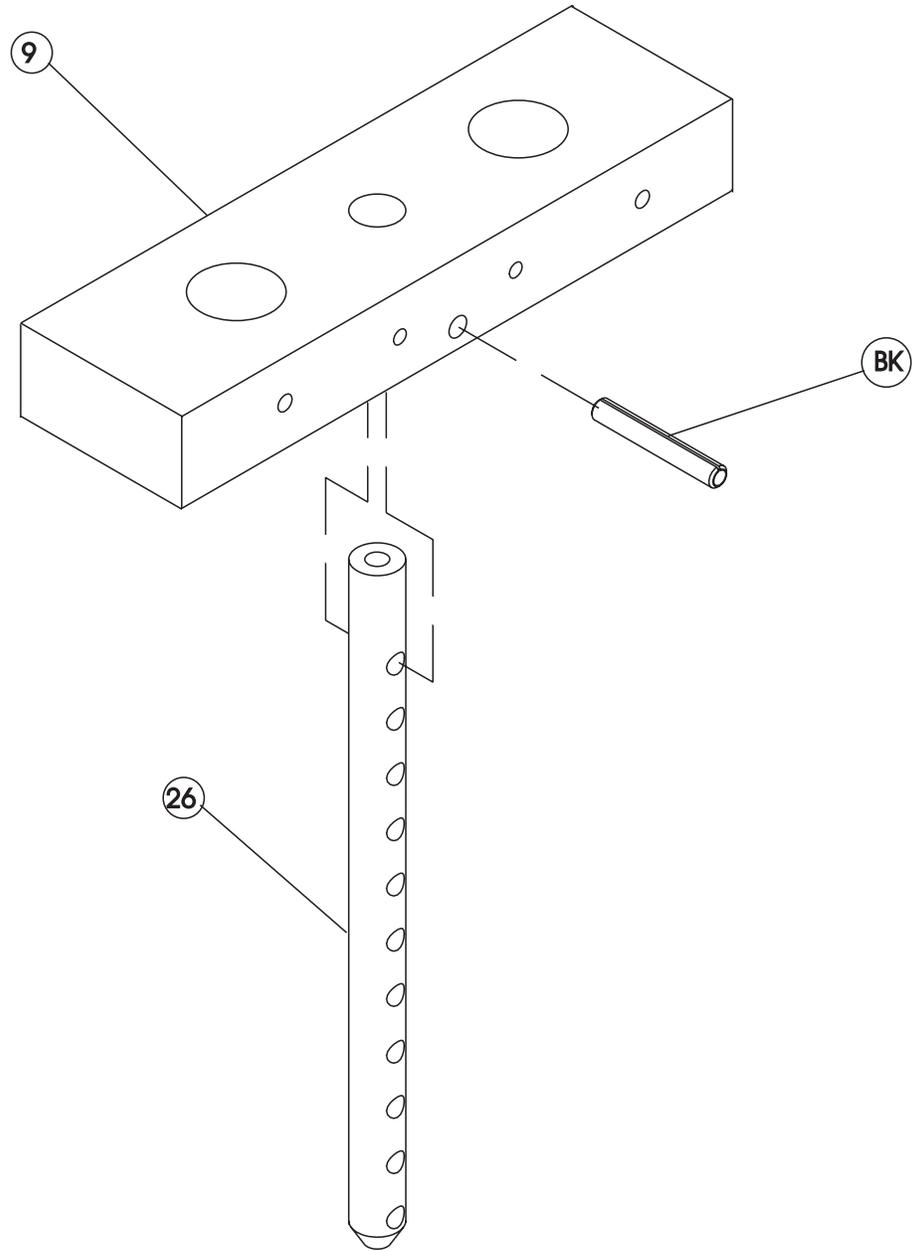
Part Descriptions

9 - 8.6 LBS. Aluminum Top Plate
26 - 11 Plate Selector Stem

Hardware Descriptions

BK - 7/16" x 3" Open Roll Pin

ASSEMBLY INSTRUCTIONS



ASSEMBLY

C A T A L O G

PARTS LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26--STD-SX600	Frame Assembly
2	1	26-STD-SX601	Seat Assembly
3	1	26-STD-SX606	Arm Extension
4	1	26-STD-SX607	Arm Assembly Detail
5	1	26-STD-SX608	Hand Bar Assembly
6	1	26-STD-SX500	Cam Assembly
7	2	26-STD-SG135	41 13/16" x 3/4" Dia Guide Rod
8	10	26-STD-SW104	20 LBS Intermediate Weight
9	1	26-STD-SWTOP12	8.6 LBS Aluminum Top Plate
10	2	26-STD-PLAS201	3" x 1" I.D. x 1 1/2" THK Bumper
11	2	26-STD-PLAS134	Guide Rod Bushing
12	1	26-STD-SX155	Center RH BRK(Add-On)
13	1	26-STD-SU121412	12" x 14 1/2" Upholstery Seat
14	1	35-SUB-SX309	Seat Adjuster
15	1	26-STD-SX145	Belt Assembly
16	1	26-STD-SSH167	30" x 28.4" Standard Sheild
17	1	26-STD-SX158	Latch Assembly
19	2	26-STD-SP467	Lower Belt Clamp
20	1	15-BLT-1516	Cam Belt
21	1	26-STD-SU103422	Upholstery Elbow Pad
22	2	26-STD-SM295	5/8" Dia. x 6 13/32" Rod
23	1	26-STD-SM293	1 5/8" X 2 1/16" Ig. Tube
24	1	26-STD-SM294	3/4" x 2 1/16" CRS
25	1	10-STD-SUB103422	1/4" x 8" x 21 1/2" Backing
26	1	26-STD-SW112	11 Plate Selector Stem
27	6	26-STD-PLAS210	Add On Weight Bushing
28	1	26-STD-PLAS178	Black Plastic Ring

ASSEMBLY

C A T A L O G

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

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	8	11-BTN-12112WZ	1/2-13" x 1 1/2" Button Head Screw
B	8	13-FLT-12SAEWZ	1/2" Flat Washer
C	2	11-FLA-381WZ	3/8-16" x 1" Flat Head Cap Screw
D	8	11-BTN-38114	3/8-16" x 1 1/4" Button Head Screw
E	8	13-FLT-38SAE	3/8" Flat Washer
F	2	11-BTN-141	1/4-20" x 1" Button Head Screw
G	1	11-FLA-121WZ	1/2-13" x 1 Flathead Cap Screw
H	1	11-SKT-3834	3/8-16" x 3/4" Socket Head Cap Screw
J	4	11-BTN-516114WZ	5/16-18" x 1 1/4" Button Head Cap Screw
K	2	11-BTN-38234WZ	3/8-16" x 2 3/4" Button Head Cap Screw
L	2	13-FLT-516SAE	5/16" Flat Washer
M	6	11-BTN-3834WZ	3/8-16" x 3/4" Button Head Screw
N	2	11-BTN-5163WZ	5/16-18" x 3" Button Head Screw
P	6	13-LOK-38INT	3/8" Lock Washer
Q	4	13-LOK-14INTB	1/4" Lock Washer
R	1	14-RNG-ERETRG(1/4)	C-Clip
S	1	11-BTN-381WZ	3/8-16" x 1" Button Head Screw
T	8	13-LOK-12INT	1/2" Lock Washer
U	6	13-LOK-516INT	5/16" Lock Washer
V	1	30-RPN-382	3/8" x 2" Open Roll Pin
W	8	13-LOK-38INTB	3/8" Lock Washer
X	Depends on gap due to tolerance	14-TBW-1	1" I.D. x .8mm THK Metal Shim Washer
Y	8	11-SET-103218	#10-32 Set Screw
Z	2	13-LOK-38WZ	3/8" Split Washer

ASSEMBLY

C A T A L O G

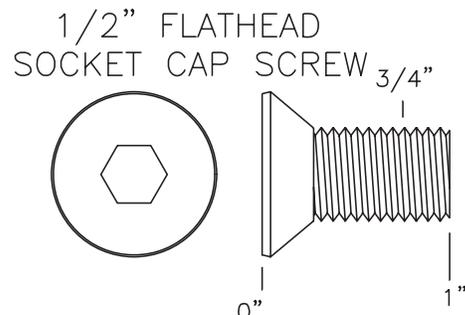
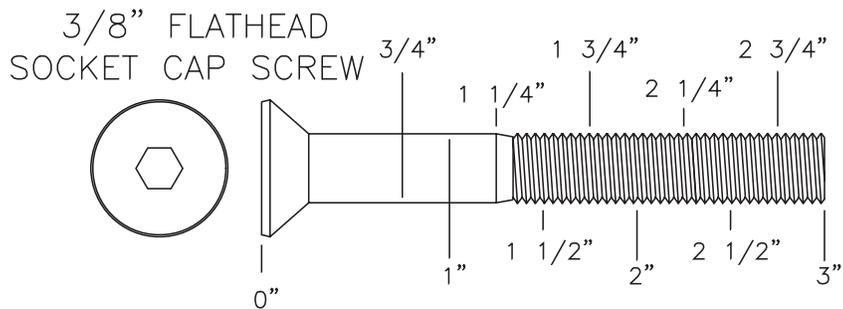
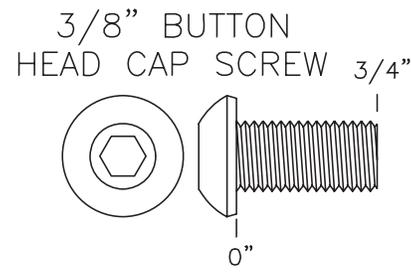
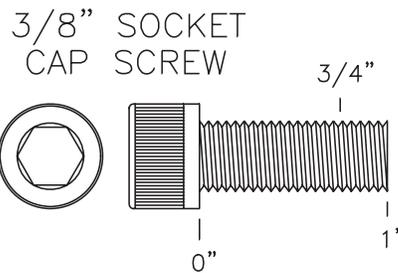
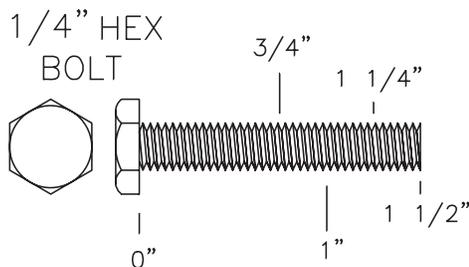
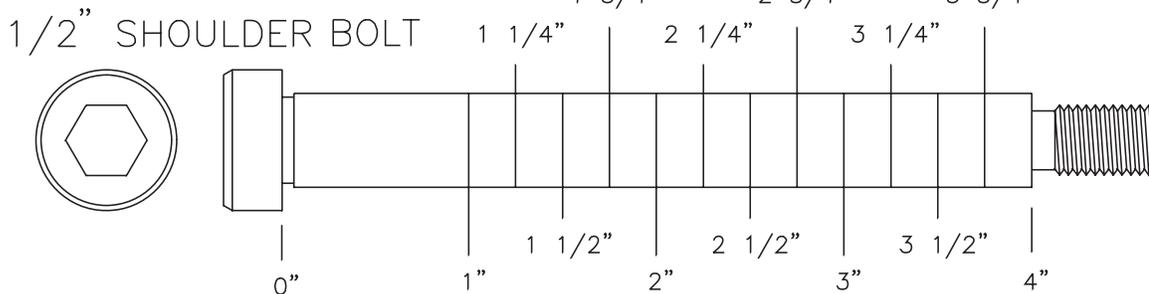
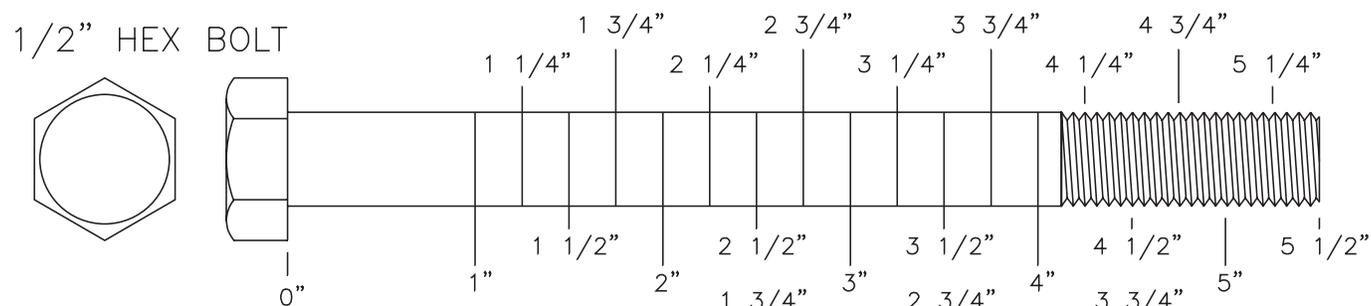
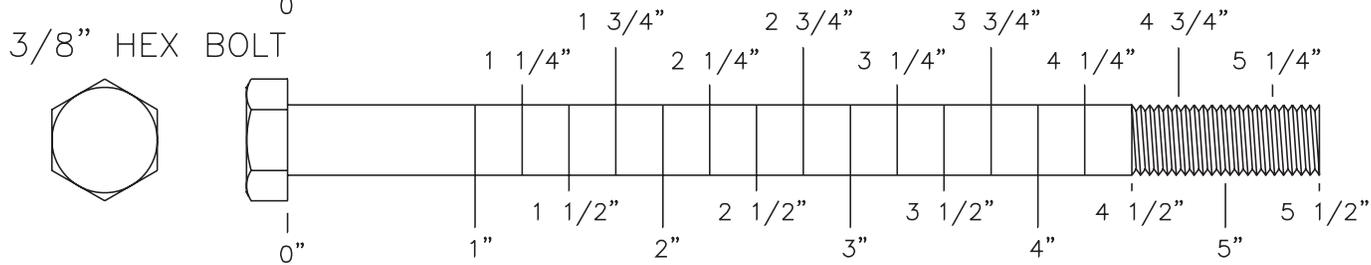
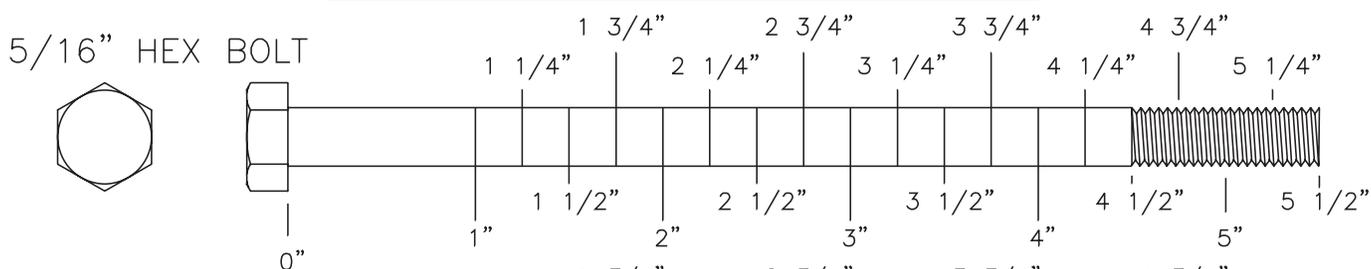
H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
AA	1	26-STD-SM240	3/8" Flat Head Cap, 1 3/8" x 5/16 THK
AB	2	14-OIL-1F	1 3/8" O.D. x 1" I.D. Oilite Bushing
AC	2	14-BRG-4B1	Flange Bearing
AD	2	18-PUL-325/W38T	3 1/4" Pulley
AE	2	26-STD-PLAS125	EZ Glide Sleeve
AF	1	26-STD-SM503	Adjustment Spring
AG	1	26-STD-SM309	1.55 x .25 Dia Shaft
AH	1	26-STD-PLAS193	Cam Stopper
AJ	1	26-STD-PLAS187RV	2" x 4" End Cap (vertical H)
AK	1	26-STD-PLAS192RH	2" x 3" End Cap (horizontal H)
AL	8	1/2-13 UNC	Insert
AM	8	3/8-16 UNC	Insert
AN	2	26-STD-PLAS206-1	1.25" O.D. x 1.03" I.D. x 8.25 Comfort Grip
AP	1	11-SET-3834SQFD	3/8-16" x 3/4" Square Head Set Screw
AQ	4	26-STD-PLAS195	4.74" x 5.24" x .625 Rubber Foot Pad
AR	3	26-STD-SWADD3	5LB. Add on Weight
AS	1	26-STD-SM134	Weight Selector Pin
AT	1	10-LRD-12	Selector Pin Lanyard
AU	2	26-STD-SM323	1 1/4" Dia. x 3/4" Aluminum Cap
AV	2	26-STD-SM324	1 1/4" Dia. x 3/8" Aluminum Ring
AW	1	14-BRG-PAC4962	Guide Bearing
AX	1	14-BRG-PAC4982	Guide Bearing
AZ	1	16-CAP-112312	1 1/2" x 3 1/2" End Cap
BA	2	11-BTN-14114	1/4-20" x 1 1/4" Button Head Screw
BB	2	12-LOK-14WZ	1/4" Locking Nut
BC	2	11-BTN-5161	5/16-18" x 1" Button Head Screw
BD	1	26-STD-SM239	1 5/8 Dia. Aluminum Flat Head Cap, Red anodized
BE	1	11-BTN-381	3/8" x 1" Button Head Screw
BF	2	13-LOK-516INTB	5/16" Lock Washer
BG	7	13-FLT-38SAEWZ	3/8" Flat Washer
BH	1	13-LOK-38INTB	3/8" Lock Washer
BJ	6	13-FLT-516SAEWZ	3/8" Flat Washer
BK	1	30-RPN-7163	7/16" x 3" Rollpin
BL	1	12-FLG-1213SB	Serrated Hex Nut

ASSEMBLY

CATALOG

BOLT SIZING CHART

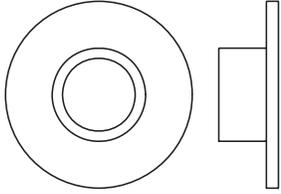


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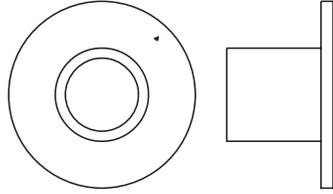
C A T A L O G

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

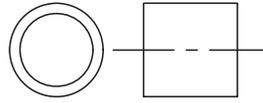
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PULLEY SPACER



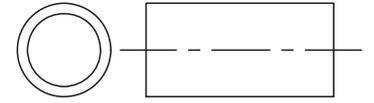
1/2" LONG FLANGED
PULLEY SPACER



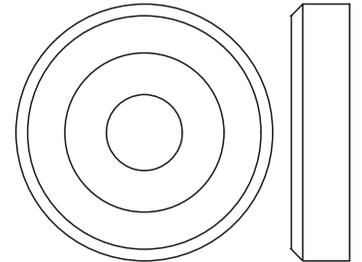
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



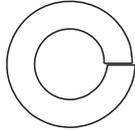
1 3/8" ALUMINUM
FLATHEAD CAP



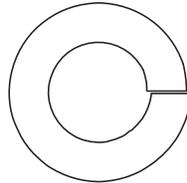
1/4"
LOCK
WASHER



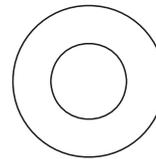
3/8"
LOCK
WASHER



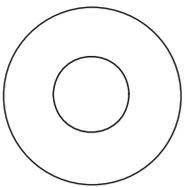
1/2"
LOCK WASHER



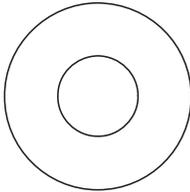
5/16"
FLAT WASHER



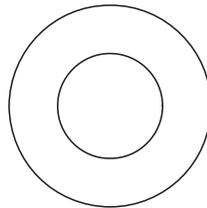
5/16"
FLAT WASHER
LARGE, USS, 25mm



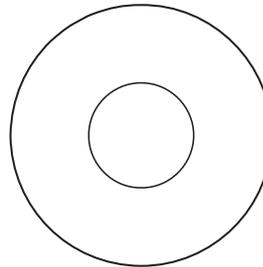
3/8"
FLAT
WASHER



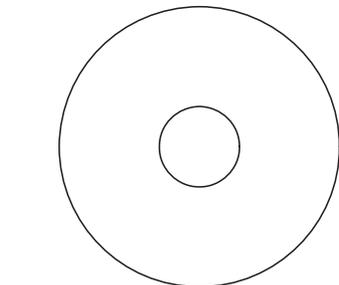
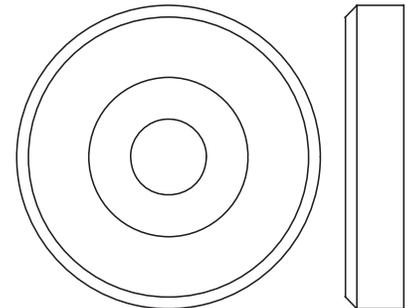
1/2"
FLAT WASHER
SMALL, SAE, 26mm



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

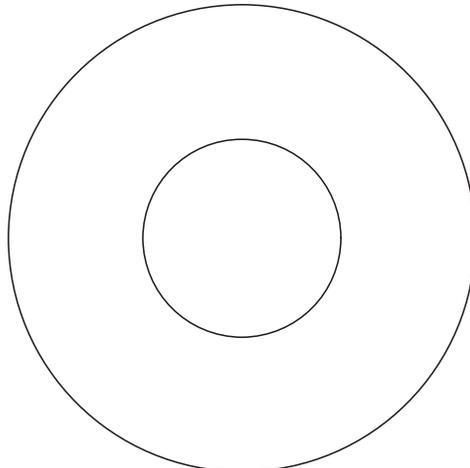


1 5/8" ALUMINUM
FLATHEAD CAP

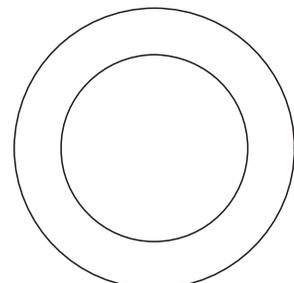
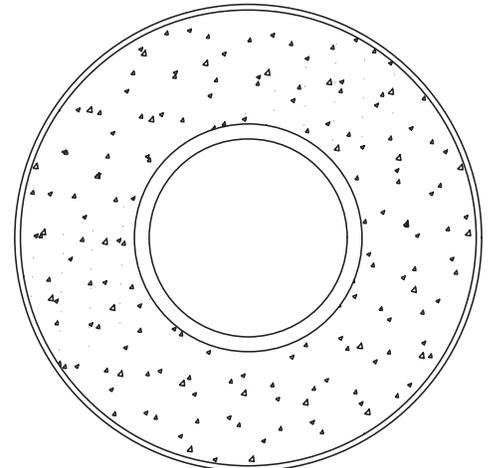


3/8" FENDER WASHER

1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER

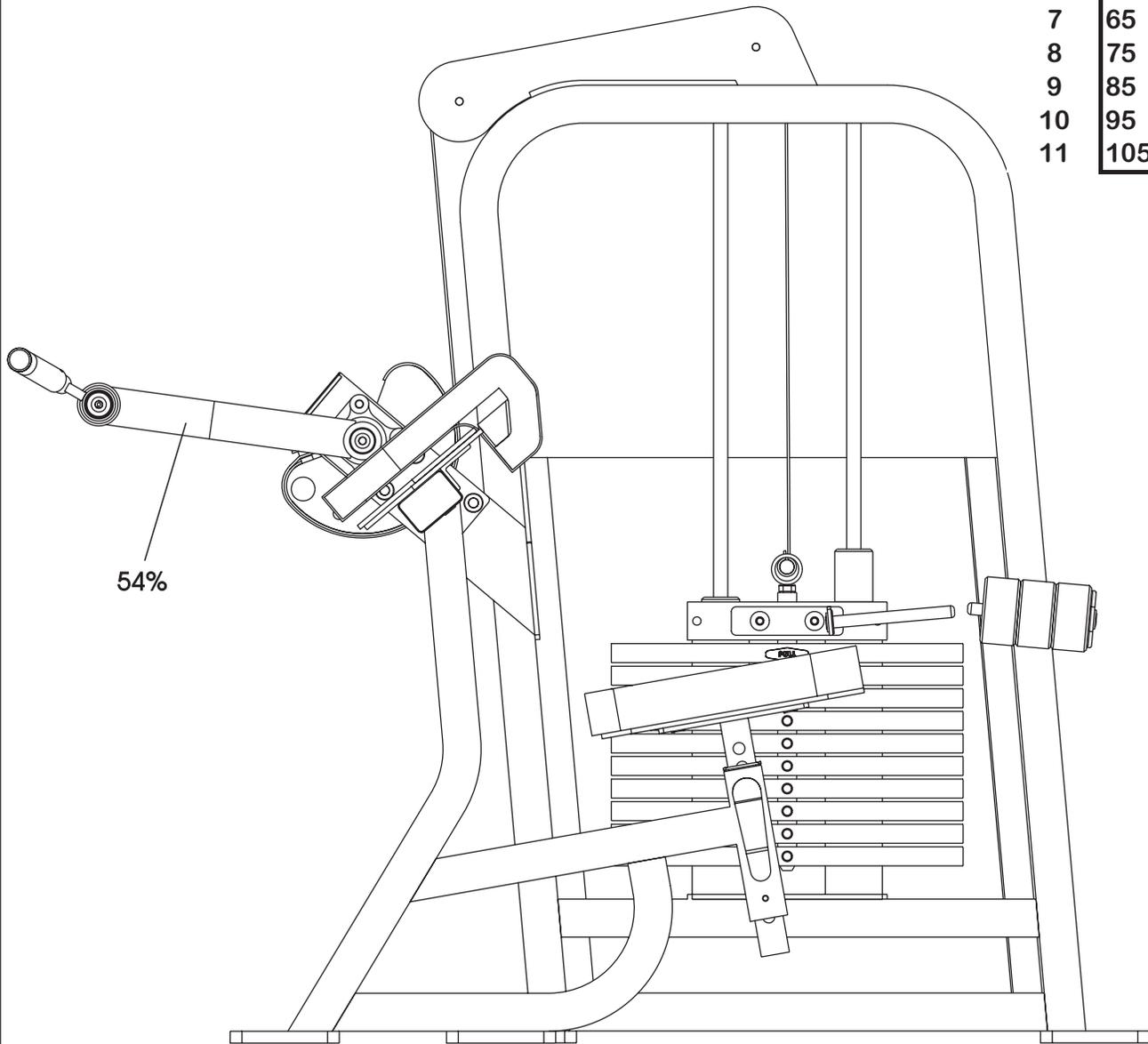


1" SHIM WASHER

OWNERS MANUAL

WEIGHT RATIOS

	54%
1	5
2	15
3	25
4	35
5	45
6	55
7	65
8	75
9	85
10	95
11	105



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

OWNERS MANUAL

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

Always consult your physician before starting any exercise program.

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

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

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

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

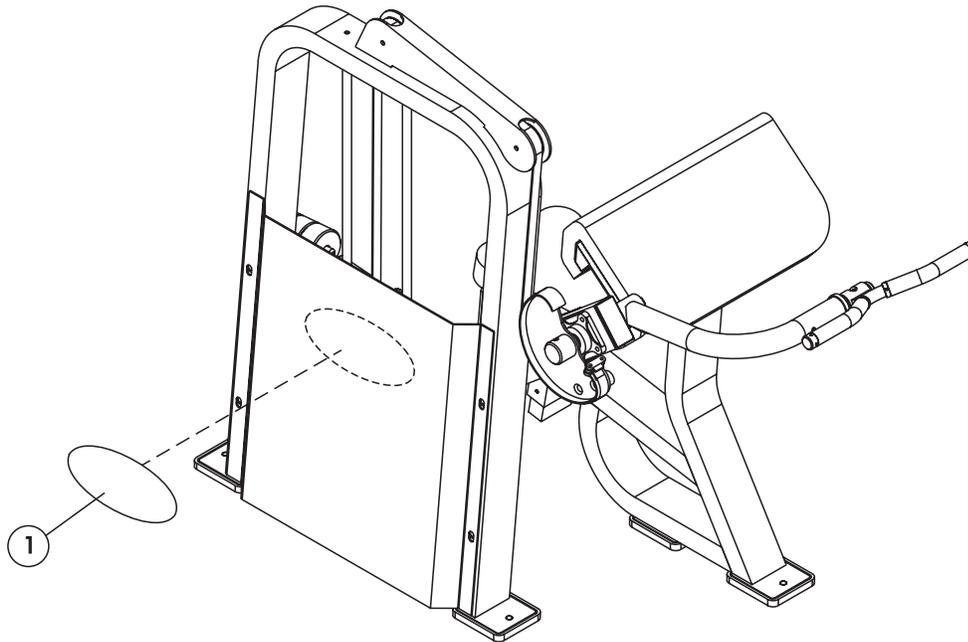
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

OWNERS MANUAL

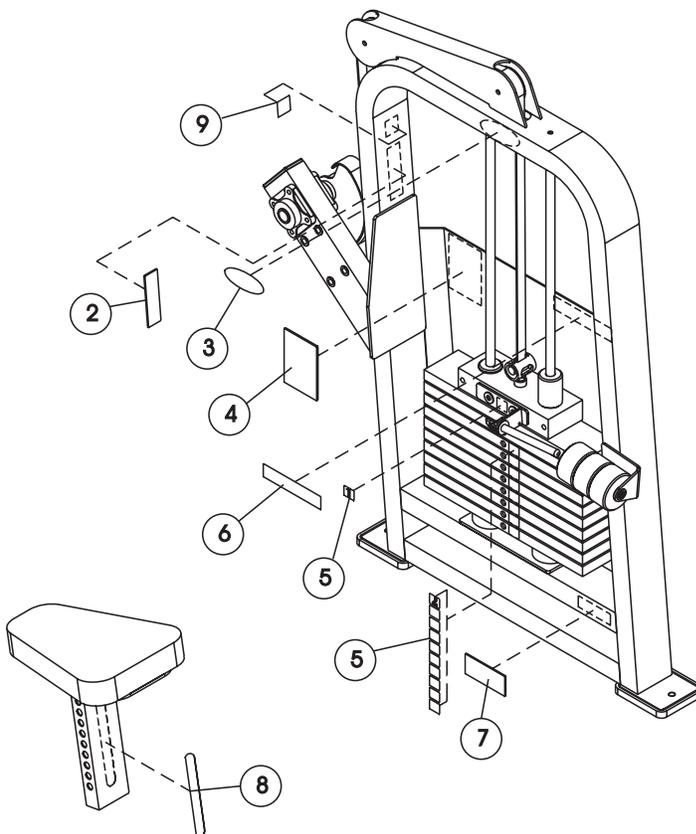
OWNERS MANUAL

DECAL PLACEMENTS



Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003008
- 3 - 021-0004029
- 4 - 021-0013063
- 5 - 021-0003011
- 6 - 021-0003006
- 7 - 021-0012004
- 8 - 021-0004022
- 9 - 021-0003090



OWNERS MANUAL

DECAL REFERENCE

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.

ROUTINE MAINTENANCE	Daily	Weekly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x			
Clean; Upholstery	x			
Lubricate; Guide Rods with Waylube Oil only				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		
Inspect; Cables or Belts Tension		x		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		x		
Clean and Wax; All Glossy Finishes			x	
Repack with Grease; Linear Bearings			x	
Replace; Cables or Belts Connecting Parts				x

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

1
2
3
4
5
6
7
8
9
10

021-0003008

021-0003011

021-0004022

DECAL REFERENCE

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.

HOIST[®]
FITNESS SYSTEMS

CL 2103
SEATED
BICEPS CURL

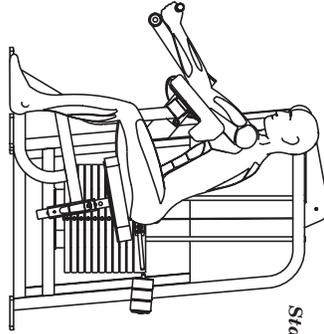
Exercise Instructions

- 1 Be seated and select desired exercise weight.
- 2 Adjust seat height so arms are resting flat on exercise pad.
- 3 Firmly grip handles and curl arms upward with a smooth controlled movement, then return back to starting position. Perform desired number of repetitions.

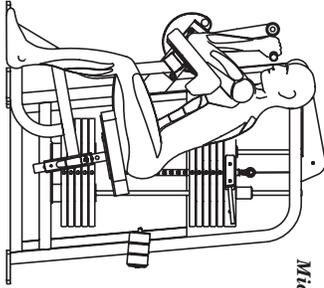
MUSCLES TRAINED

PRIMARY:
Biceps

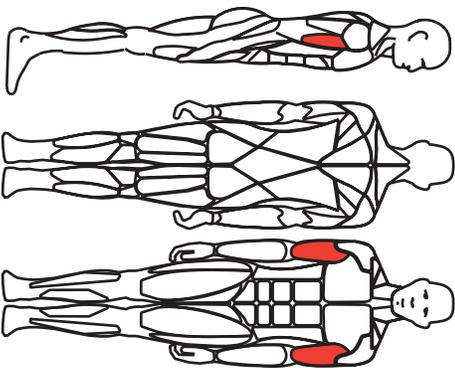
Start / End Position



Midpoint Position



- > Read and understand all instructions before using this equipment.
- > Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part **DO NOT** use this machine.
- > Keep hands and feet away from moving parts. **DO NOT** attempt to free any jammed part by yourself.
- > Always consult a physician before starting any exercise program.
- > Stop your workout immediately if you feel faint or dizzy.
- > Warm up before and cool down after engaging in weight resistance training.
- > Take your time and don't rush the exercise. Practice proper breathing. **NEVER** hold your breath.



021-0013063

DECAL REFERENCE

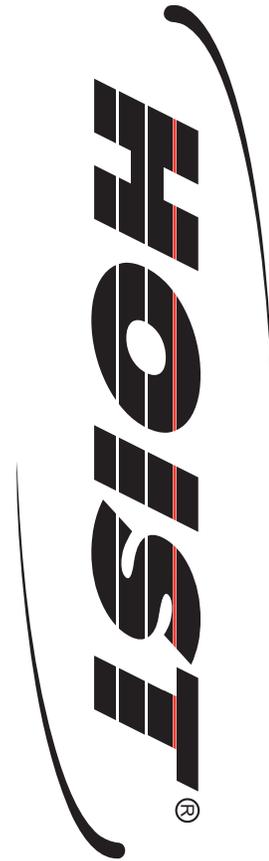
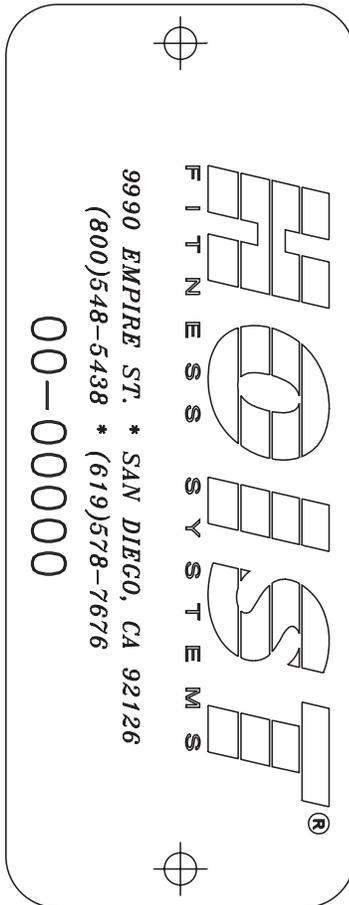
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS.

There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT DAILY for loose, worn or frayed parts. Replace all parts at the first signs of wear. If in doubt about a certain part, DO NOT use the machine until the part is replaced. Failure to replace worn parts may result in injury.
3. DO NOT ATTEMPT to free any jammed part by yourself. Obtain assistance as the part may free itself suddenly causing possible injury.

4. BE CERTAIN to keep your head, hands and limbs clear of moving parts. Be alert to the possibility of injury. DO NOT BE CARELESS.
5. If you feel faint or dizzy, stop exercising at once.
6. Teenagers should not use this machine without adult supervision. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT.
7. If you have any questions on the proper use and maintenance of the machine, do not hesitate to call your HOIST distributor.



021-0012004

021-0004029

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

021-0003006

**OWNERS
M A N U A L**

DECAL REFERENCE

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.

HOIST®

021-0004026

**PATENT
PENDING**

021-0003090

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 clean, dust free rag.
- * If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.
- * DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.

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.

Belts and Cables:

- * Hoist uses only high quality belts, 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 M A N U A L

Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

- * Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.
- * Check slack in belts or cables and readjust tension if needed.

Seat Sleeves & Oilites:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and oilites 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.

Anti-Skid Surfaces:

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

PLEASE KEEP THIS FOR YOUR RECORDS.

OWNERS MANUAL

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

PLEASE KEEP THIS FOR YOUR RECORDS.