

COMMERCIAL

FREEWEIGHTS

BROCHURE



COMMERCIAL FREEWEIGHTS

FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Free weight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

CONVENIENCE

- ◆ Ratcheting Adjuster System allows for quick and easy seat adjustments to accommodate varying user sizes
- ◆ Easy Step Through Design speeds up workout and allows for user to quickly enter/exit the machine
- ◆ Integrated Scuff Guards & Rubber Foot Protectors protect the machine's frame finish and facility floor
- ◆ Polyurethane Covers For Bar Rack-Outs provide protection for the Olympic Bar and reduce noise
- ◆ Permanently Anchor All CF Products in Place to maximize user safety.

COMFORT & DURABILITY

- ◆ Head Support & Oversized Handles provide a more comfortable and secure workout
- ◆ Large Radius Sweeps (Bands) add beauty as well as frame rigidity.
- ◆ Customizable Upholstery and frame color allows you to personalize your equipment to better fit the look of your facility

3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

CF-2179-B



SPECS

PRODUCT DIMENSIONS (L X W X H)

94.25" X 64.75" X 56" (239 cm X 165 cm X 142 cm)

PRODUCT WEIGHT

384 lbs (174 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

MAX STORAGE CAPACITY

1,080 lbs (490 kg)

FEATURES

- ◆ 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- ◆ Integrated dual position foot rests to allow proper exercise positions
- ◆ 16 linear adjustments to accommodate varying user heights
- ◆ Spotter stand provides more leverage and better positioning
- ◆ Generous built in weight storage

FLAT/INCLINE BENCH

CF-3160



SPECS

PRODUCT DIMENSIONS (L X W X H)

52.75" X 32.75 X 51.50" (134 cm X 83 cm X 131 cm)

PRODUCT WEIGHT

104 lbs. (47 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Six adjustable back pad positions from 0°, 15°, 30°, 45°, 60° and 80° for incline and flat bench exercises
- ◆ Five adjustable ratcheting seat positions accommodate varying user heights
- ◆ Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage

SUPER ADJUSTABLE FLAT/DECLINE BENCH

CF-3162



SPECS

PRODUCT DIMENSIONS (L X W X H)

61.75" X 32.75" X 28.25" (157 cm X 83 cm X 72 cm)

PRODUCT WEIGHT

97 lbs. (44 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Five angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- ◆ Multi-purpose design also allows for abdominal bench exercises
- ◆ Self-aligning roller pads accommodate varying leg lengths

FLAT BENCH

CF-3163



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.25" X 32.75" X 17.00" (125 cm X 83 cm X 43 cm)

PRODUCT WEIGHT

53 lbs. (24 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Removable non-skid foot pads

SUPER FLAT/INCLINE/DECLINE BENCH

CF-3165



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.75" X 32.75" X 51.50" (154 cm X 83 cm X 131 cm)

PRODUCT WEIGHT

121 lbs. (55 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Seven back pad positions adjust from -15°, 0°, 15°, 30°, 45°, 60° and 80° to accommodate flat, incline and decline bench exercises
- ◆ Gas-shock assisted seat easily adjusts into five seat positions for varying user heights
- ◆ Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- ◆ Self-aligning roller pads provide leg support during exercises
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage

FLAT OLYMPIC BENCH

CF-3170-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.25" X 67.00" X 53.25" (187 cm X 170 cm X 135 cm)

PRODUCT WEIGHT

203 lbs. (92 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

MAX STORAGE CAPACITY

1,440 lbs (653 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

INCLINE OLYMPIC BENCH

CF-3172-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

64.25" X 51.50" X 57.00" (163 cm X 131 cm X 145 cm)

PRODUCT WEIGHT

254 lbs. (115 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

MAX STORAGE CAPACITY

1,440 lbs (653 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ 30° angle on back pad for incline bench exercises
- ◆ Eight adjustable ratcheting seat positions to accommodate varying user heights
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Integrated foot rests provide proper exercise alignment
- ◆ Generous built in weight storage

OLYMPIC DECLINE BENCH

CF-3177-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

85.75" X 65.50" X 52.25" (218 cm X 166 cm X 133 cm)

PRODUCT WEIGHT

254 lbs. (115 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

MAX STORAGE CAPACITY

1,440 lbs (653 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ -15° angle on back pad for decline bench exercises
- ◆ Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

VERTICAL KNEE RAISE/DIP

CF-3252



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.25" X 34.25" X 67.00" (138 cm X 87 cm X 170 cm)

PRODUCT WEIGHT

178 lbs. (81 kg)

MAX EXERCISE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Two sets of hand grips for dip and vertical knee raise exercises
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths
- ◆ Optional Fitness Tree CF-3962-A attachment provides additional exercises (sold separately)

AB BENCH

CF-3264



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.75" X 30.00" X 47.00" (144 cm X 76 cm X 119 cm)

PRODUCT WEIGHT

103 lbs. (47 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

FEATURES

- ◆ Seven adjustable angle positions ranging from 10° to -20° in 5° increments
- ◆ Easy to use, gas-shock assisted angle adjustments for flat, incline and decline exercise positions
- ◆ Self-aligning leg roller pads accommodate varying leg lengths

ANGLED LINEAR LEG PRESS

CF-3355



SPECS

PRODUCT DIMENSIONS (L X W X H)

93.00" X 60.50" X 70.75" (236 cm X 154 cm X 180 cm)

PRODUCT WEIGHT

590 lbs. (268 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

135 lbs unloaded (61 kg)

MAX STORAGE CAPACITY

720 lbs (327 kg)

FEATURES

- ◆ Back pad adjusts to five different positions
- ◆ Assist bar positioned on foot plate for easy entry/exit
- ◆ Dual 1/4 turn lock-outs for user safety
- ◆ Fully enclosed linear bearing allows for a smooth and quiet motion
- ◆ Polyurethane covered weight racks to protect frame and reduce noise
- ◆ Can accommodate up to 26 weight plates on integrated exercise weight horns
- ◆ Generous built in weight storage

HACK SQUAT

CF-3356



SPECS

PRODUCT DIMENSIONS (L X W X H)

87.00" X 60.75" X 61.75" (221 cm X 154 cm X 157 cm)

PRODUCT WEIGHT

494 lbs (224 kg)

MAX EXERCISE WEIGHT

630 lbs (286 kg)

88 lbs unloaded(40 kg)

MAX STORAGE CAPACITY

720 lbs (327 kg)

FEATURES

- ◆ Space saving 42 degree design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides of the machine
- ◆ Fully enclosed linear bearings for smooth, quiet motion
- ◆ High Impact Polypropylene covered weight racks to protect frame and reduce noise
- ◆ Generous Integrated weight storage

POWER SQUAT

CF-3359



SPECS

PRODUCT DIMENSIONS (L X W X H)

65.25" X 64.50" X 62.50" (166 cm X 164 cm X 159 cm)

PRODUCT WEIGHT

340 lbs (154 kg)

MAX EXERCISE WEIGHT

631 lbs (286 kg)

88 lbs unloaded(40 kg)

MAX STORAGE CAPACITY

900 lbs (408 kg)

STARTING WEIGHT (UNLOADED)

67 lbs (30 kg)

FEATURES

- ◆ Ergonomically correct pad and footplate positions accommodate a wide range of users
- ◆ Space saving upright design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides
- ◆ Intuitive, easy-to-use lockout system for safety
- ◆ Sealed ball-bearing pivot for smooth and quiet motion
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous Integrated weight storage

POWER CAGE

CF-3364-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

71.25" X 64.00" X 91.00" (181 cm X 163 cm X 231 cm)

PRODUCT WEIGHT

434 lbs. (197 kg)

MAX EXERCISE WEIGHT

540 lbs (245 kg)

MAX STORAGE CAPACITY

1,260 lbs (572 kg)

FEATURES

- ◆ Adjustable safety tiers with 20 height positions spaced 2.5 inches apart
- ◆ Adjustable locking bar rack-outs
- ◆ Integrated pull-up station with rock climbing holds
- ◆ Polyurethane covered weight racks to protect frame and reduce noise
- ◆ Generous built in weight storage

HALF RACK

CF-3365



OPTIONAL ADD ONS:

- 4' SOUND DAMPENING WOOD PLATFORM (SOLD SEPARATELY)
- 6' SOUND DAMPENING WOOD PLATFORM (SOLD SEPARATELY)
- 6' SOUND DAMPENING RUBBER PLATFORM (SOLD SEPARATELY)

SPECS

PRODUCT DIMENSIONS (L X W X H)

66.50" X 68.00" X 98.00" (169 CM X 173 CM X 249 CM)

CF3365-PLATW-4:

123.50" X 96.25" X 3.25" (314 cm X 245 cm X 8 cm)

CF3365-PLATW-6:

132.00" X 96.00" X .75" (335 cm X 244 cm X 2 cm)

CF3365-PLATR-6:

147.50" X 96.25" X 3.25" (375 cm X 245 cm X 8 cm)

PRODUCT WEIGHT

611 lbs. (277 kg)

MAX EXERCISE WEIGHT

875 lbs (397 kg)

MAX STORAGE CAPACITY

1,260 lbs (572 kg)

FEATURES

- ◆ Non-Removable Counterbalanced Safety Arms * Patent Pending
- ◆ Non-Removable Easily Adjustable J-Hooks* Patent Pending
- ◆ Five pull-up/chin-up grip options including patented Flip 'N Grip® handles and rock-climbing grips
- ◆ Pegs for adding resistance bands on both sides
- ◆ TPU covered J-Hooks
- ◆ UHMW Shielding on safety tiers
- ◆ 20 available adjustment points at 3.5" increments with Non-Removable Counterbalanced Safety Arms for varying user heights

6' SOUND DAMPENING RUBBER PLATFORM

CF-3365-PLATR-6



SPECS

PRODUCT DIMENSIONS (L X W X H)

131.90" X 96.00" X 0.7" (335 cm X 244 cm X 2 cm)

PRODUCT WEIGHT

213 lbs (97 kg)

FEATURES

- ◆ 18mm waffle bottom
- ◆ Shok-Lok MAX rubber
- ◆ TreadSafe technology

4 FT WOODEN PLATFORM

CF-3365-PLATW-4



SPECS

PRODUCT DIMENSIONS (L X W X H)

116.33" X 96.10" X 3.00" (295 cm X 244 cm X 8 cm)

PRODUCT WEIGHT

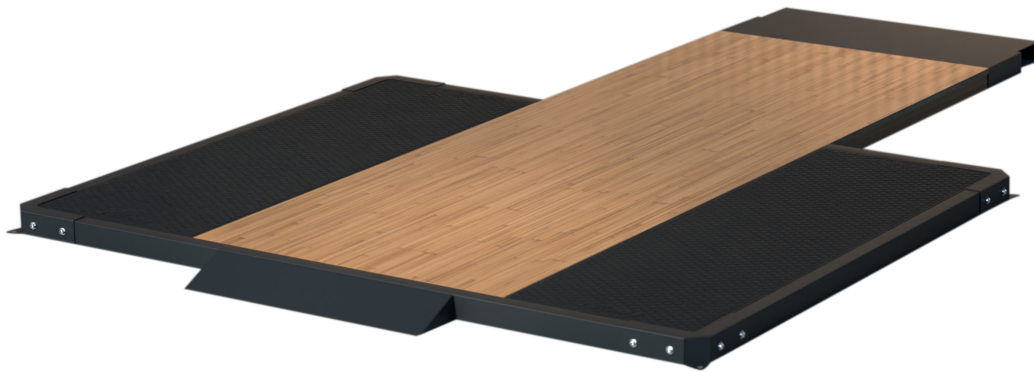
652 lbs (296 kg)

FEATURES

- ◆ Bamboo plywood
- ◆ Molded Rubber
- ◆ Powder-Coated Steel Frame

6 FT WOODEN PLATFORM

CF-3365-PLATW-6



SPECS

PRODUCT DIMENSIONS (L X W X H)

140.33" X 96.10" X 3.00" (356 cm X 244 cm X 8 cm)

PRODUCT WEIGHT

PENDING

FEATURES

- ◆ Bamboo plywood
- ◆ Molded Rubber
- ◆ Powder-Coated Steel Frame

SQUAT RACK

CF-3367-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

69.25" X 65.75" X 77.00" (176 cm X 167 cm X 197 cm)

PRODUCT WEIGHT

310 lbs. (141 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

MAX STORAGE CAPACITY

1,620 lbs (735 kg)

FEATURES

- ◆ Five start / finish rack points for varying user heights
- ◆ Permanent safety tiers
- ◆ Front rack-outs for shoulder shrug and dead lift exercises
- ◆ Polyurethane covered bar rack-outs and weight-racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

LEG EXTENSION

CF-3401



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.50" X 53.00" X 42.75" (144 cm X 135 cm X 109 cm)

PRODUCT WEIGHT

265 lbs. (141 kg)

MAX EXERCISE WEIGHT

Fits 5 x 45 lbs weight plate per side (20kg)

MAX STORAGE CAPACITY

Fits 5 x 45 lbs weight plate per side (20kg)

FEATURES

- ◆ Ergonomic hand grips
- ◆ Easy-to-adjust ratcheting pull-pin for back pad positioning
- ◆ Self-aligning roller pad for proper leg placement
- ◆ Supports isolateral training with independent movement arms
- ◆ Enables unilateral (single-leg) and bilateral (dual-leg) exercises

KNEELING LEG CURL

CF-3411



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.75" X 53.00" X 52.75" (126 cm X 135 cm X 134 cm)

PRODUCT WEIGHT

244 lbs (111 kg)

MAX EXERCISE WEIGHT

225 lbs per side (102 kg)
450 lbs Total (204 kg)

MAX STORAGE CAPACITY

450 lbs (204 kg)

STARTING WEIGHT

11 lbs (5 kg) - per horn (22 lb/10 kg total)

FEATURES

- ◆ Kneeling configuration allows for easy alignment with the pivot point and focuses the resistance on the hamstrings throughout the movement
- ◆ Padded knee rest pivots from side to side and holds its position automatically
- ◆ Textured ergonomic grips and informational exercise placard
- ◆ Contoured pads for maximum comfort and support
- ◆ Sturdy commercial grade steel frame construction with a durable powder-coated finish
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous built in weight storage

GLUTE THRUST

CF-3416



SPECS

PRODUCT DIMENSIONS (L X W X H)

66.50" X 55.50" X 40.25" (169 cm X 141 cm X 102 cm)

PRODUCT WEIGHT

308 lbs (140 kg)

MAX EXERCISE WEIGHT

225 lbs (102 kg)

Equal to 340 lbs at bar pad (154 kg)

MAX STORAGE CAPACITY

315 lbs (143 kg)

FEATURES

- ◆ The patented, 4-Bar support system keeps the knees bent, limiting the engagement of the quadriceps to focus on the glutes
- ◆ Oversized, adjustable pad ensures a comfortable and secure user experience
- ◆ Sealed ball-bearing pivots for a smooth and quiet motion
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous built in weight storage

OLYMPIC PLATE TREE

CF-3443



SPECS

PRODUCT DIMENSIONS (L X W X H)

30.00" X 33.25" X 53.25" (76 cm X 85 cm X 135 cm)

PRODUCT WEIGHT

84 lbs. (38 kg)

MAX STORAGE CAPACITY

1,280 lbs (581 kg)

FEATURES

- ◆ 8 impact-resistant plastic covered weight horns for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 (*Maximum 2 per unit - sold separately*)

4-SIDED OLYMPIC PLATE TREE

CF-3444



SPECS

PRODUCT DIMENSIONS (L X W X H)

44.00" X 43.75" X 50.75" (112 cm X 111 cm X 129 cm)

PRODUCT WEIGHT

123 lbs. (56 kg)

MAX STORAGE CAPACITY

1,400 lbs (635 kg)

FEATURES

- ◆ 12 impact-resistant plastic covered weight horns for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 available (*Maximum two per unit - sold separately*)

1-TIER DUMBBELL RACK

CF-3461-1-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

28.25" X 98.50" X 29.00" (72 cm X 250 cm X 74 cm)

PRODUCT WEIGHT

00 lbs (00 kg)

MAX WEIGHT PER TIER

1,400 lbs per tier (635 kg)

FEATURES

- ◆ Stores up to 5 pairs of dumbbells on each tier
- ◆ Polypropylene covered weight saddles

2-TIER DUMBBELL RACK

CF-3461-2



SPECS

PRODUCT DIMENSIONS (L X W X H)

28.25" X 98.50" X 29.00" (72 cm X 250 cm X 74 cm)

PRODUCT WEIGHT

175 lbs. (79 kg)

MAX WEIGHT PER TIER

1,400 lbs per tier (635 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Stores up to 5 pairs of dumbbells on each tier (10 pairs total)

3-TIER DUMBBELL RACK

CF-3461-3



SPECS

PRODUCT DIMENSIONS (L X W X H)

28.50" X 98.50" X 38.50" (72 cm X 250 cm X 98 cm)

PRODUCT WEIGHT

268 lbs. (122 kg)

MAX WEIGHT PER TIER

1,400 lbs per tier (635 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Stores up to 5 pairs of dumbbells on each tier (15 pairs total)

2-TIER BEAUTY BELL RACK

CF-3462-2



SPECS

PRODUCT DIMENSIONS (L X W X H)

26.00" X 55.25" X 37.50" (66 cm X 140 cm X 95 cm)

PRODUCT WEIGHT

157 lbs. (71 kg)

MAX WEIGHT PER TIER

500 lbs per tier (227 kg)

FEATURES

- ◆ Polypropylene covered weight saddles
- ◆ Designed to hold beauty bells up to 50 lbs (23 kg)
- ◆ Stores up to eight beauty bells on each tier (8 pairs total)

3-TIER BEAUTY BELL RACK

CF-3462-3



SPECS

PRODUCT DIMENSIONS (L X W X H)

26.00" X 55.25" X 37.50" (66 cm X 140 cm X 95 cm)

PRODUCT WEIGHT

135 lbs. (61 kg)

MAX WEIGHT PER TIER

500 lbs per tier (227 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Designed to hold beauty bells up to 50 lbs (23 kg)
- ◆ Stores up to eight beauty bells on each tier (12 pairs total)

BARBELL RACK

CF-3465-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

35.00" X 33.75" X 54.75" (89 cm X 86 cm X 139 cm)

PRODUCT WEIGHT

170 lbs. (77 kg)

MAX WEIGHT STORAGE

1,500 lbs (680 kg)

FEATURES

- ◆ Upright frame design for easy access to barbells
- ◆ Polyurethane covers for bar rack-outs to protect the barbell and frame
- ◆ Ten barbell holders to organize all your bars

ACCESSORY RACK

CF-3466



SPECS

PRODUCT DIMENSIONS (L X W X H)

24.00" X 43.25" X 49.50" (61 cm X 110 cm X 126 cm)

PRODUCT WEIGHT

215 lbs. (98 kg)

MAX WEIGHT STORAGE

300 lbs (136 kg)

FEATURES

- ◆ Ten bar rack outs for varying sized bars
- ◆ Two padded trays for loose accessories
- ◆ Polyurethane covers for bar rack-outs to protect the barbell and frame

PREACHER CURL

CF-3550



SPECS

PRODUCT DIMENSIONS (L X W X H)

46.75" X 33.75" X 36.75" (119 cm X 86 cm X 93 cm)

PRODUCT WEIGHT

87 lbs. (39 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

FEATURES

- ◆ 60° pad angle increases resistance while decreasing elbow strain
- ◆ Seven adjustable ratcheting seat positions to accommodate varying user heights
- ◆ Two bar rack-out positions
- ◆ Polyurethane covered bar rack-outs to protect the barbell and frame

STANDING PREACHER CURL

CF-3555



SPECS

PRODUCT DIMENSIONS (L X W X H)

43.50" X 32.00" X 49.50" (111 cm X 81 cm X 126 cm)

PRODUCT WEIGHT

145 lbs. (66 kg)

MAX EXERCISE WEIGHT

801 lbs (363 kg)

FEATURES

- ◆ Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- ◆ Two-sided pad to accommodate two different curl positions (angled / vertical)
- ◆ Walk-up design for easy entry and exit
- ◆ Polyurethane covered drop-rails to protect the barbell and frame

INCLINE LEVERAGE ROW

CF-3661-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

66.00" X 42.50" X 51.75" (168 cm X 108 cm X 131 cm)

PRODUCT WEIGHT

170 lbs. (77 kg)

MAX EXERCISE WEIGHT

600 lbs (272 kg)

FEATURES

- ◆ No adjustment necessary
- ◆ Multiple grip positions (narrow / wide) for exercise variation
- ◆ PVC covered exercise bar
- ◆ Dual position foot plates for varying user heights

BACK HYPER

CF-3663



SPECS

PRODUCT DIMENSIONS (L X W X H)

53.50" X 32.75" X 42.00" (136 cm X 83 cm X 107 cm)

PRODUCT WEIGHT

120 lbs. (54 kg)

MAX STORAGE CAPACITY

90 lbs (41 kg)

FEATURES

- ◆ Four adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- ◆ 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- ◆ Contoured foot rests and leg roller pads provide lower body stabilization
- ◆ Integrated weight plate holders on base of frame

DUAL ACTION SMITH

CF-3754



SPECS

PRODUCT DIMENSIONS (L X W X H)

95.50" X 89.00" X 83.50" (243 cm X 226 cm X 212 cm)

PRODUCT WEIGHT

824 lbs. (374 kg)

MAX EXERCISE WEIGHT

550 lbs (249 kg)

MAX STORAGE CAPACITY

1440 lbs (653 kg)

OLYMPIC BAR WEIGHT

52 lbs (24 kg)

FEATURES

- ◆ Racking system provides nine positions for Smith exercises
- ◆ Dual Action technology produces simultaneous horizontal and vertical bar movement
- ◆ Adjustable safety tiers
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Bar supported by heavy duty 25 and 30 mm linear bearings
- ◆ 30.25" (77 cm) of horizontal bar movement
- ◆ 63.50" of vertical bar movement
- ◆ Generous built-in weight storage

DUAL ANGLE SMITH

CF-3755

MULTIPLE ASSEMBLY
OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.75" X 88.50" X 88.00" (131 cm X 225 cm X 224 cm)

PRODUCT WEIGHT

610 lbs. (277 kg)

MAX EXERCISE WEIGHT

540 lbs (245 kg)

MAX STORAGE CAPACITY

1800 lbs (816 kg)

OLYMPIC BAR WEIGHT

25 lbs (11kg)

FEATURES

- ◆ During the assembly process, the Dual Angle Smith can be configured either in a vertical orientation or with a 7-degree angle
- ◆ The CF-3755 employs TPU covered rack outs for silent racking and protection of bar
- ◆ During assembly, the columns of the CF-3755 can be flipped to position the rack-outs facing rearward, offering four setup options. This flexibility allows customers to choose their preferred orientation for bar engagement/disengagement with the rack-outs
- ◆ The safety stop mechanism has been streamlined for enhanced simplicity. Users can swivel it outward or inward, slide it vertically to the desired position, and then swivel it back into place on top of the rack-out

MILITARY PRESS

CF-3860



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.50" X 68.00" X 70.50" (151 cm X 173 cm X 179 cm)

PRODUCT WEIGHT

310 lbs. (141 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

MAX STORAGE CAPACITY

900 lbs (408 kg)

FEATURES

- ◆ Five adjustable seat heights
- ◆ Six adjustable ratcheting back pad positions
- ◆ One rear facing start / finish rack point and two forward facing start / finish rack points for varying user heights
- ◆ Permanent safety tiers for user safety
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Integrated foot rests provide proper exercise alignment
- ◆ Integrated spotter stand
- ◆ Generous built in weight storage

UTILITY STOOL

CF-3950



SPECS

PRODUCT DIMENSIONS (L X W X H)

27.75" X 30.00" X 17.00" (71 cm X 76 cm X 43 cm)

PRODUCT WEIGHT

25 lbs. (11 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Integrated carrying handle

UTILITY BENCH

CF-3960



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.50" X 30.00" X 36.75" (126 cm X 76 cm X 93 cm)

PRODUCT WEIGHT

54 lbs. (24 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Integrated foot rests allow for proper exercise alignment

FITNESS TREE

CF-3962-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.25" X 48.25" X 97.75" (139 cm X 123 cm X 248 cm)

PRODUCT WEIGHT

216 lbs. (98 kg)

MAX EXERCISE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Two sets of hand grips for dip and vertical knee raise exercises
- ◆ Upper hand grips for neutral and wide pull-up exercises
- ◆ Integrated rock climbing grips offer an exciting exercise variation
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths

HOIST CUSTOM

WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.

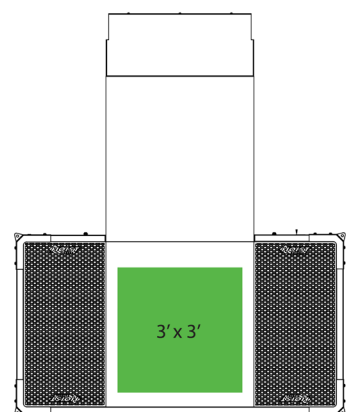
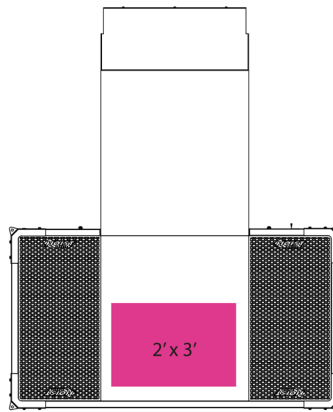
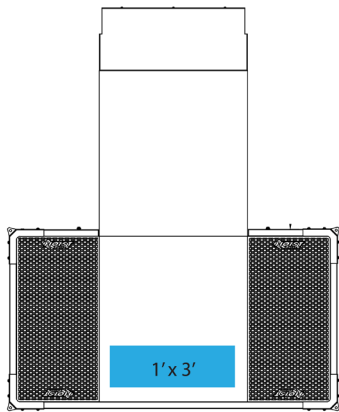


DISCLAIMER PLEASE READ CAREFULLY: Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available. Please note that as standard practice we will be placing HOIST logos at the top of the artwork as depicted in the proof.

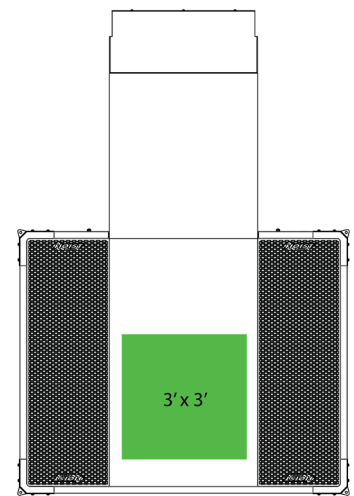
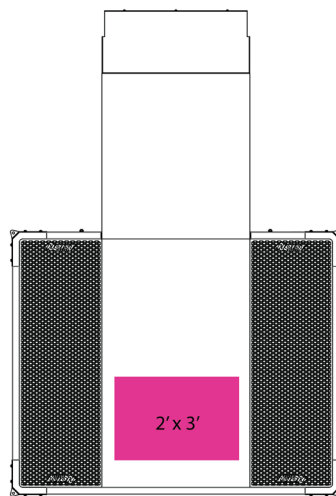
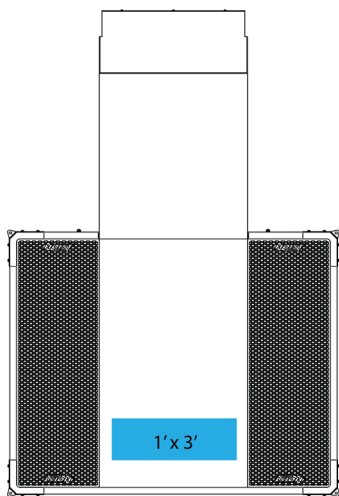
HOIST CUSTOM

4 FT & 6 FT PLATFORM CUSTOM DECALS

CF-3365-PLATW-4



CF-3365-PLATW-6



STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY

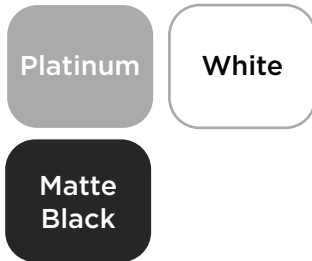


CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

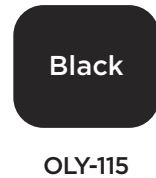
HOIST DUAL SERIES (HD)

*MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)*

FRAME



UPHOLSTERY



FRAME



SUB FRAME



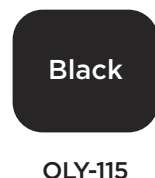
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL / HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



*PLEASE CONTACT A SALES REPRESENTATIVE FOR INFORMATION ON MATTE BLACK PRODUCT AVAILABILITY

NO CUSTOM COLORS AVAILABLE

COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CF-2179-B	3 WAY OLYMPIC BENCH FLAT / INCLINE / DECLINE	94.25" (239 CM)	64.75" (165 CM)	56" (142 CM)	384 LBS (174 KG)
CF-3160	FLAT/INCLINE BENCH	52.75" (134 CM)	32.75 (83 CM)	51.50" (131 CM)	104 LBS. (47 KG)
CF-3162	SUPER ADJUSTABLE FLAT/DECLINE BENCH	61.75" (157 CM)	32.75" (83 CM)	28.25" (72 CM)	97 LBS. (44 KG)
CF-3163	FLAT BENCH	49.25" (125 CM)	32.75" (83 CM)	17.00" (43 CM)	53 LBS. (24 KG)
CF-3165	SUPER FLAT/INCLINE/DECLINE BENCH	60.75" (154 CM)	32.75" (83 CM)	51.50" (131 CM)	121 LBS. (55 KG)
CF-3170-A	FLAT OLYMPIC BENCH WITH STORAGE	73.25" (187 CM)	67.00" (170 CM)	53.25" (135 CM)	203 LBS. (92 KG)
CF-3172-A	INCLINE OLYMPIC BENCH WITH STORAGE	64.25" (163 CM)	51.50" (131 CM)	57.00" (145 CM)	254 LBS. (115 KG)
CF-3177-A	DECLINE OLYMPIC BENCH WITH STORAGE	85.75" (218 CM)	65.50" (166 CM)	52.25" (133 CM)	254 LBS. (115 KG)
CF-3252-A	VERTICAL KNEE RAISE/DIP	54.25" (138 CM)	34.25" (87 CM)	67.00" (170 CM)	178 LBS. (81 KG)
CF-3264	ADJUSTABLE DECLINE AB BENCH	56.75" (144 CM)	30.00" (76 CM)	47.00" (119 CM)	103 LBS. (47 KG)
CF-3355	LINEAR LEG PRESS	93.00" (236 CM)	60.50" (154 CM)	70.75" (180 CM)	590 LBS. (268 KG)
CF-3356	HACK SQUAT	87.00" (221 CM)	60.75" (154 CM)	61.75" (157 CM)	494 LBS / 224 KG
CF-3359	POWER SQUAT	65.25" (166 CM)	64.50" (164 CM)	62.50" (159 CM)	340 LBS / 154 KG
CF-3364-A	POWER CAGE	71.25" (181 CM)	64.00" (163 CM)	91.00" (231 CM)	434 LBS. (197 KG)
CF-3365-COLOR EXTENSION	HALF RACK	66.50" (169 CM)	68.00" (173 CM)	98.00" (249 CM)	611 LBS. (277 KG)

COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CF-3365-PLATR-6	6' SOUND DAMPENING RUBBER PLATFORM	131.90" (335 CM)	96.00" (244 CM)	0.7" (2 CM)	213 LBS. (97 KG)
CF-3365-PLATW-4	4' SOUND DAMPENING WOOD PLATFORM	116.33" (295 CM)	96.10" (244 CM)	3.00" (8 CM)	
CF-3365-PLATW-6	6' SOUND DAMPENING WOOD PLATFORM	140.33" (356 CM)	96.10" (244 CM)	3.00" (8 CM)	
CF-3367-A	SQUAT RACK	69.25" (176 CM)	65.75" (167 CM)	77.00" (197 CM)	310 LBS. (141 KG)
CF-3401	LEG EXTENSION	56.50" (144 CM)	53.00" (135 CM)	42.75" (109 CM)	265 LBS (120 KG)
CF-3411	KNEELING LEG CURL	49.75" (126 CM)	53.00" (135 CM)	52.75" (134 CM)	244 LBS / 111.0 KG
CF-3416	GLUTE THRUST	66.50" (169 CM)	55.50" (141 CM)	40.25" (102 CM)	308 LBS / 140.0 KG
CF-3443	OLYMPIC PLATE TREE	30.00" (76 CM)	33.25" (85 CM)	53.25" (135 CM)	84 LBS. (38 KG)
CF-3444	4 SIDED OLYMPIC PLATE TREE	44.00" (112 CM)	43.75" (111 CM)	50.75" (129 CM)	123 LBS. (56 KG)
CF-3461-1-A	1-TIER HORIZONTAL DUMBBELL RACK (5 PAIRS)	28.25" (72 CM)	98.50" (250 CM)	29.00" (74 CM)	
CF-3461-2	2-TIER HORIZONTAL DUMBBELL RACK (10 PAIRS)	28.25" (72 CM)	98.50" (250 CM)	29.00" (74 CM)	175 LBS. (79 KG)
CF-3461-3	3-TIER HORIZONTAL DUMBBELL RACK (15 PAIRS)	28.50" (72 CM)	98.50" (250 CM)	38.50" (98 CM)	268 LBS. (122 KG)
CF-3462-2	2-TIER HORIZONTAL BEAUTY BELL RACK (8 PAIRS)	26.00" (66 CM)	55.25" (140 CM)	37.50" (95 CM)	157 LBS. (71 KG)
CF-3462-3	3-TIER HORIZONTAL BEAUTY BELL RACK (12 PAIRS)	26.00" (66 CM)	55.25" (140 CM)	37.50" (95 CM)	135 LBS. (61 KG)
CF-3465-A	BARBELL RACK (10 PAIRS)	35.00" (89 CM)	33.75" (86 CM)	54.75" (139 CM)	170 LBS. (77 KG)



COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT
CF-3466 ACCESSORY RACK	24.00" (61 CM)	43.25" (110 CM)	49.50" (126 CM)	215 LBS. (98 KG)
CF-3550 PREACHER CURL	46.75" (119 CM)	33.75" (86 CM)	36.75" (93 CM)	87 LBS. (39 KG)
CF-3555 PREACHER CURL, STANDING	43.50" (111 CM)	32.00" (81 CM)	49.50" (126 CM)	145 LBS. (66 KG)
CF-3661-A INCLINE LEVERAGE ROW	66.00" (168 CM)	42.50" (108 CM)	51.75" (131 CM)	170 LBS. (77 KG)
CF-3663 BACK HYPER	53.50" (136 CM)	32.75" (83 CM)	42.00" (107 CM)	120 LBS. (54 KG)
CF-3753 7-DEGREE SMITH	95.50" (243 CM)	89.00" (226 CM)	83.50" (212 CM)	824 LBS. (374 KG)
CF-3754 DUAL ACTION SMITH®	51.75" (131 CM)	88.50" (225 CM)	88.00" (224 CM)	610 LBS. (277 KG)
CF-3860 MILITARY PRESS	59.50" (151 CM)	68.00" (173 CM)	70.50" (179 CM)	310 LBS. (141 KG)
CF-3950 UTILITY STOOL	27.75" (71 CM)	30.00" (76 CM)	17.00" (43 CM)	25 LBS. (11 KG)
CF-3960 UTILITY BENCH	49.50" (126 CM)	30.00" (76 CM)	36.75" (93 CM)	54 LBS. (24 KG)
CF-3962-A FITNESS TREE	54.25" (139 CM)	48.25" (123 CM)	97.75" (248 CM)	216 LBS. (98 KG)



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- ◆ HOIST®
- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ COMPOSITE MOTION™
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ HOIST CLASSIC®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED XERCISE®
- ◆ ROC®
- ◆ ROCS®
- ◆ ROX®
- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™
- ◆ DUAL SERIES™
- ◆ FLIP-N-DIP®
- ◆ FLIP-N-GRIP®

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610,
 D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580,
 D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046,
 D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459,
 D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757,
 D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444,
 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878,
 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066,
 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156,
 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940,
 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953,
 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679,
 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698,
 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298,
 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850,
 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,101,740, 11,135,475, 11,013,949, 10,780,310,
 10,737,131, 10,709,922, 10,646,739, 10,639,513, 10,532,244, 10,486,012, 10,426,990, 10,420,985, D857,812, 10,391,352,
 10,350,445, D852,291, 10,307,630, 10,220,240, WW, D836,733, 10,086,229

† Other Patents Pending