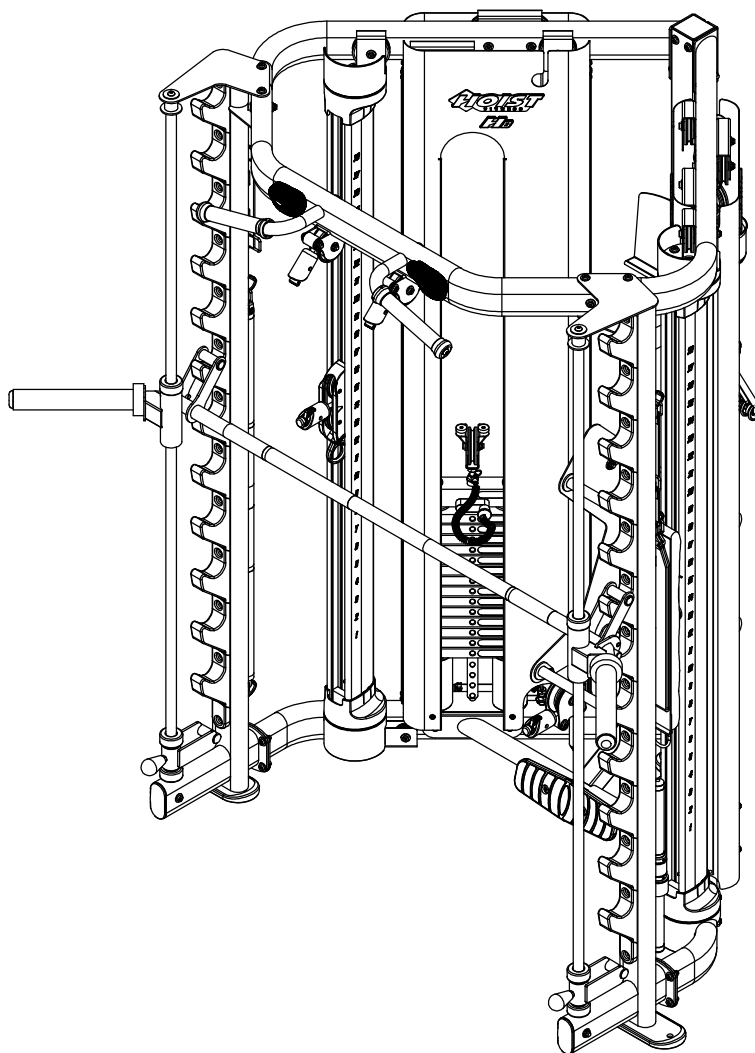


OWNER'S MANUAL



H-8 MULTI-FUNCTION CORNER GYM



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4 - 1/2" LONG BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

RECORD SERIAL NUMBER HERE

MACHINE CODE

A02

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

 www.facebook.com/hoistfitness

OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read 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 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

Ratchet Wrench

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

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

SAE Hex Key Wrench Set

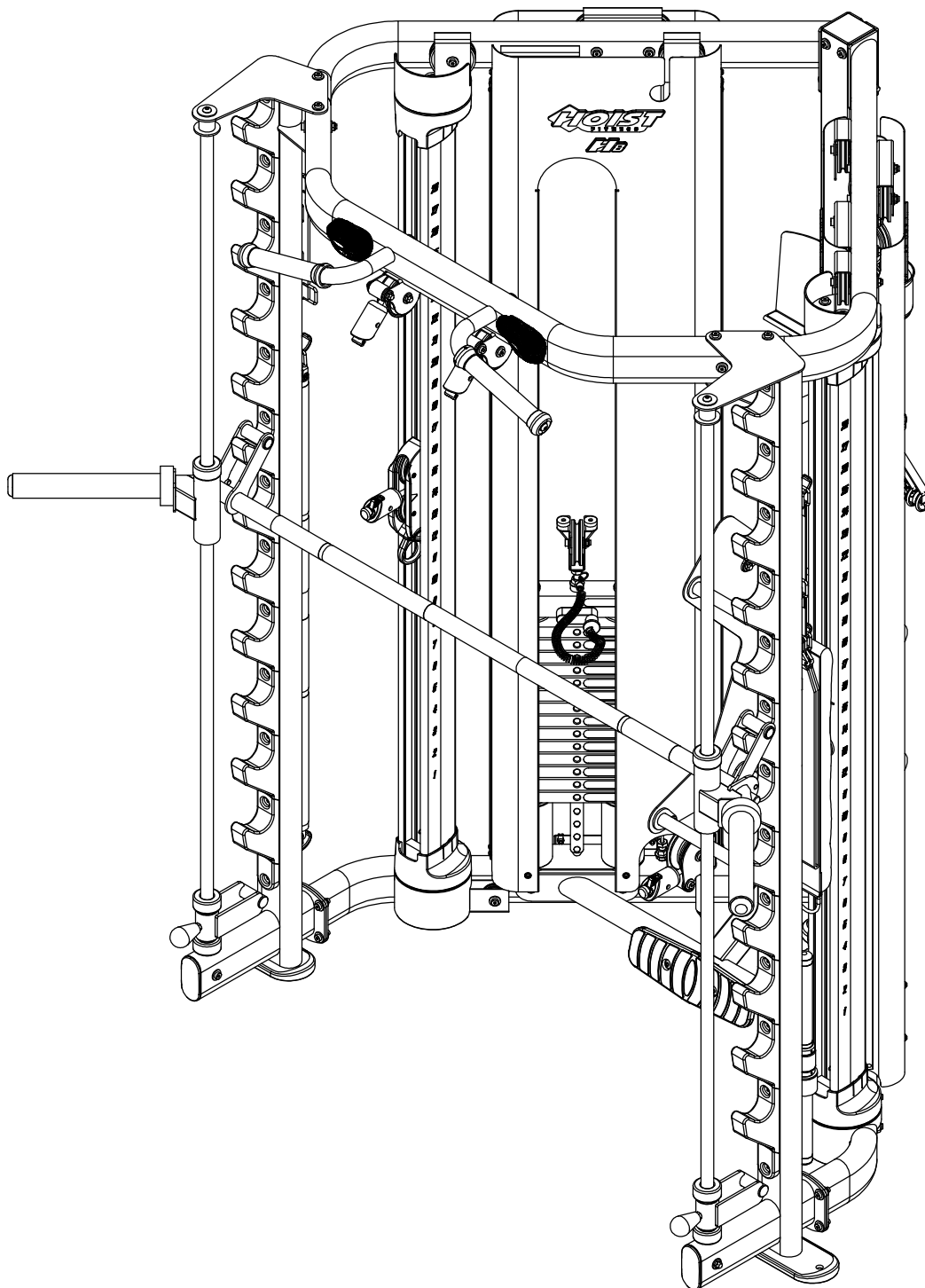
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

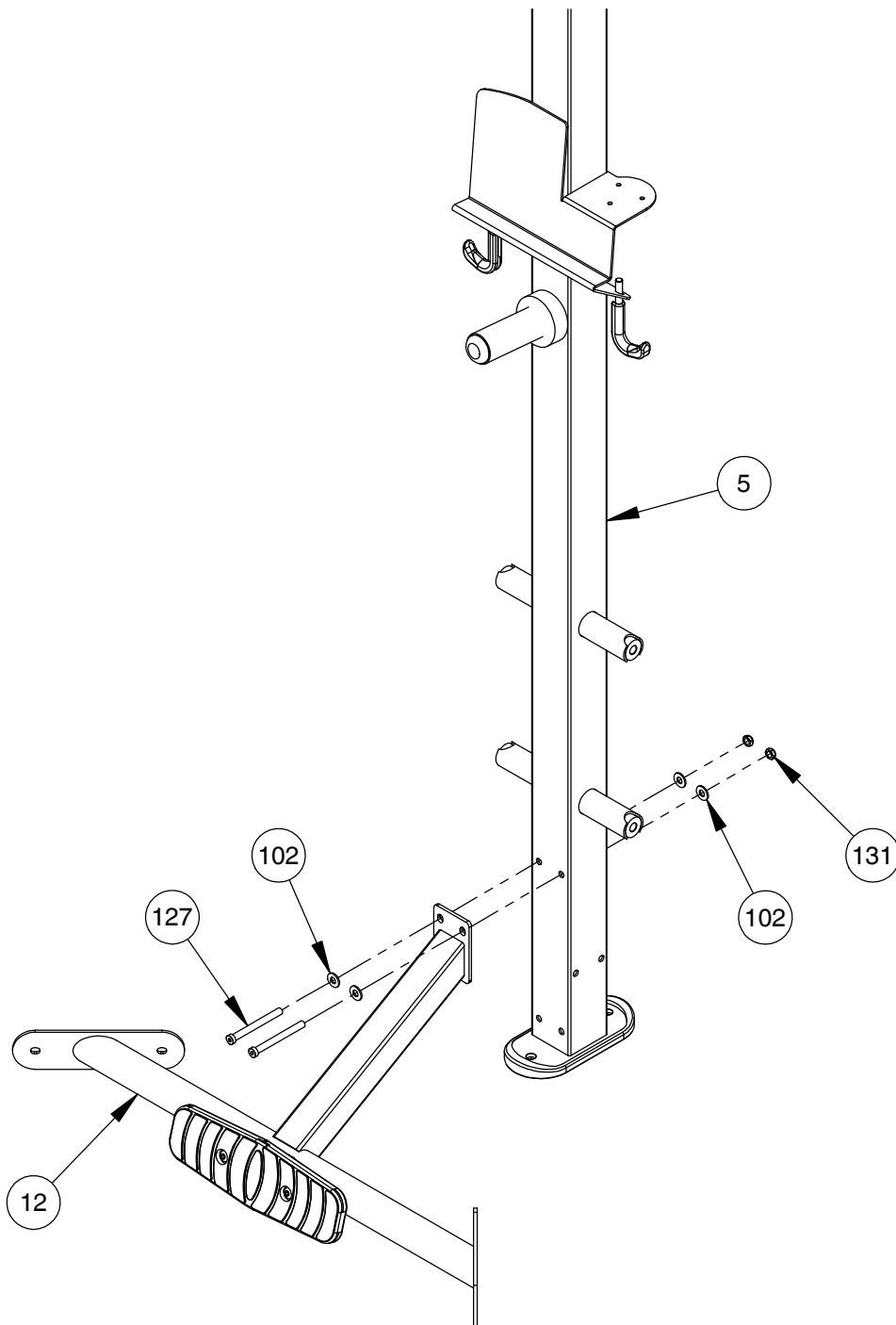


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

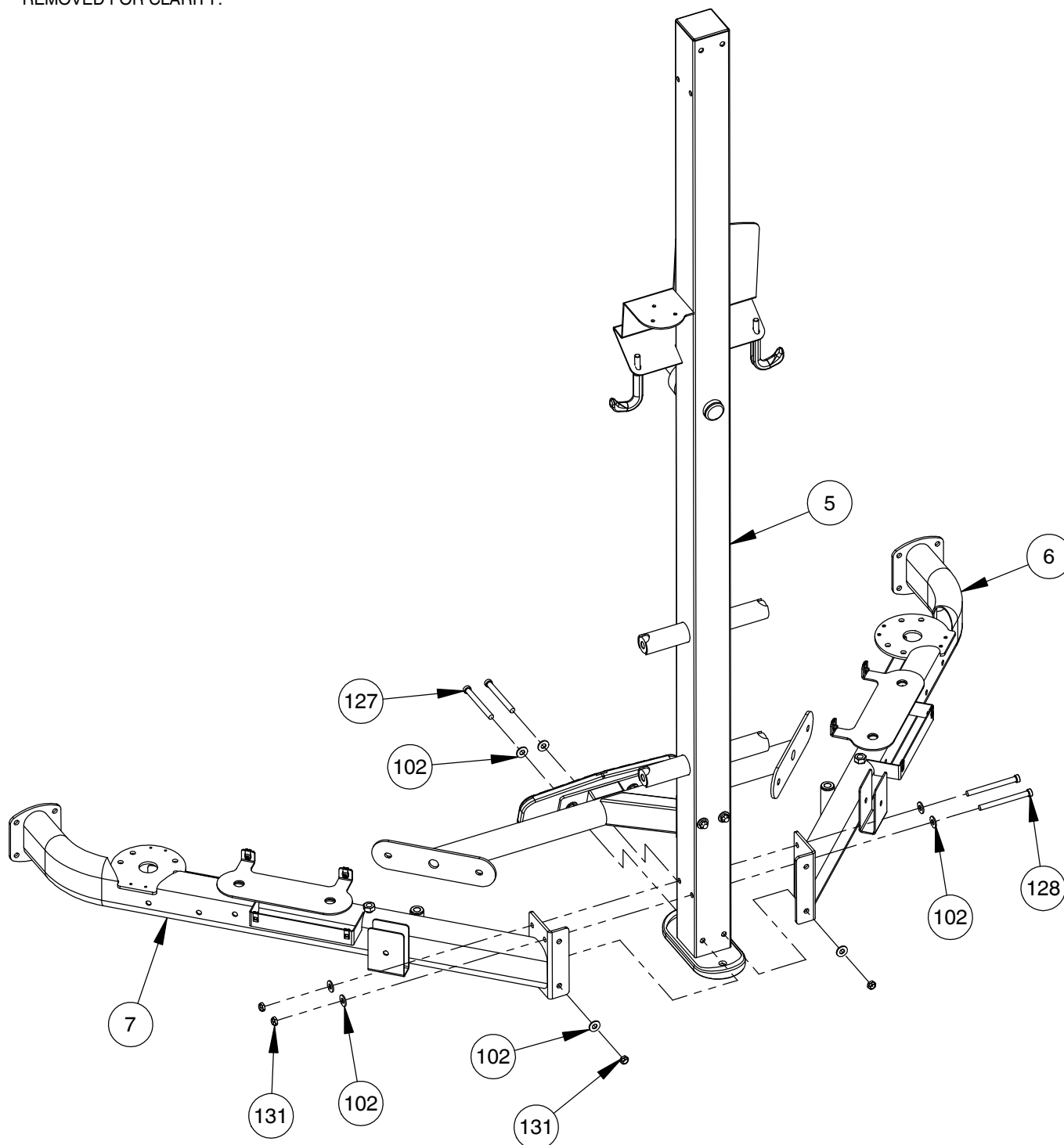


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

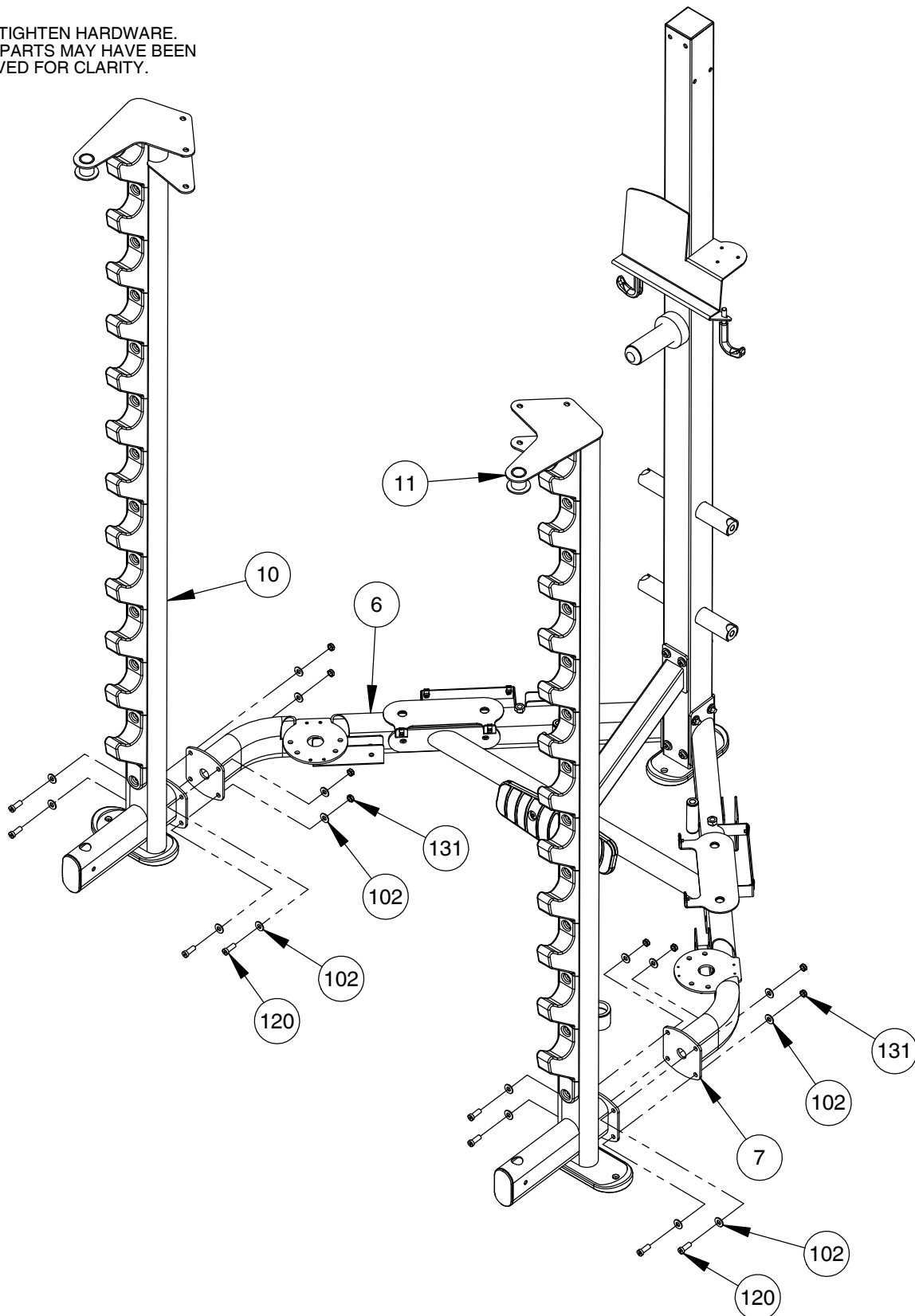


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

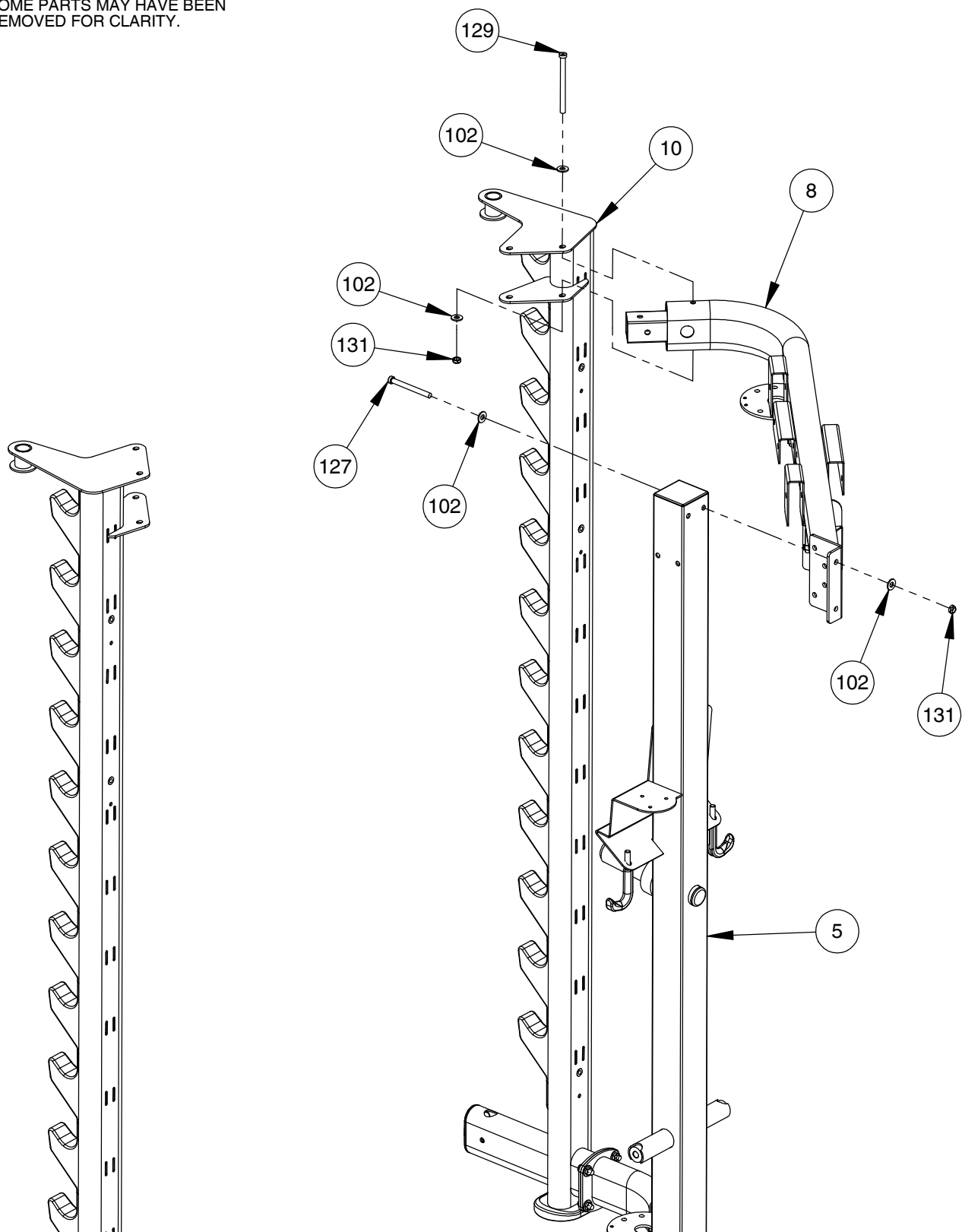


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

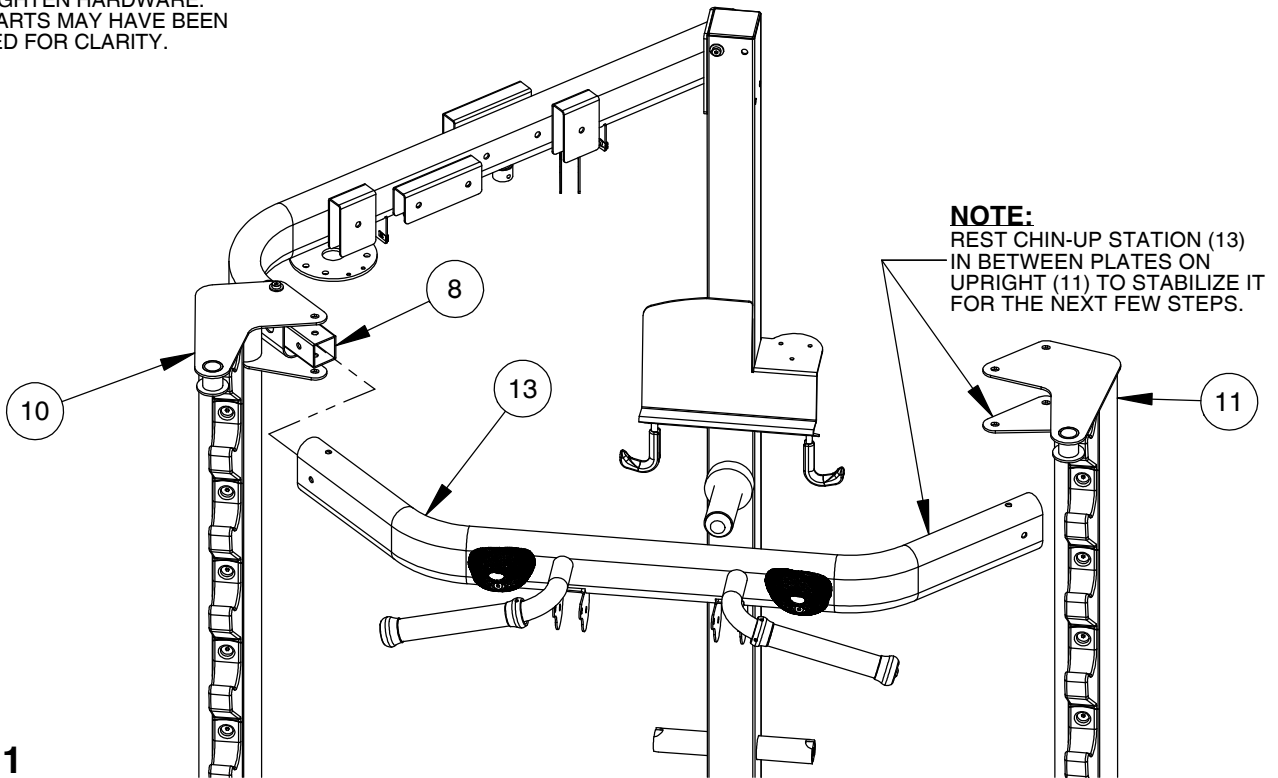


OWNER'S MANUAL

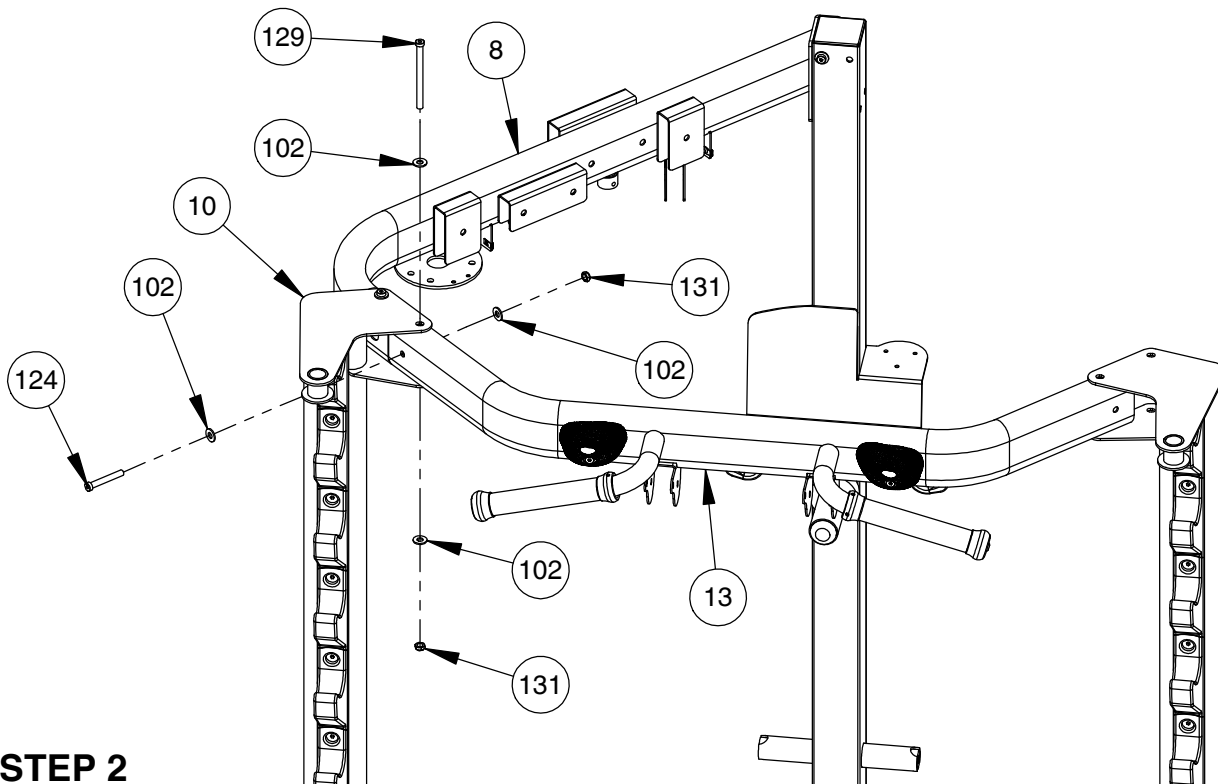
FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



STEP 1



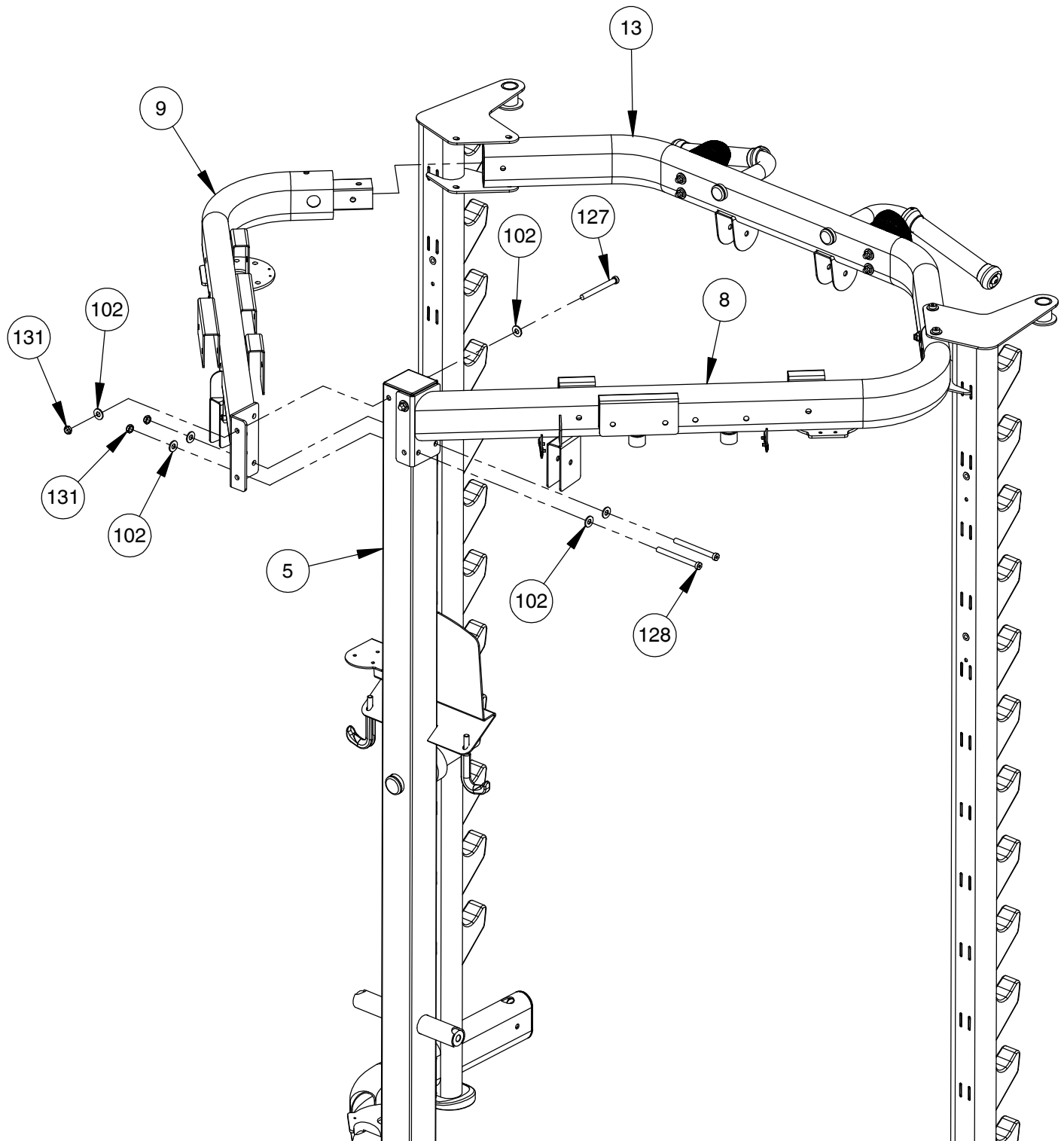
STEP 2

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

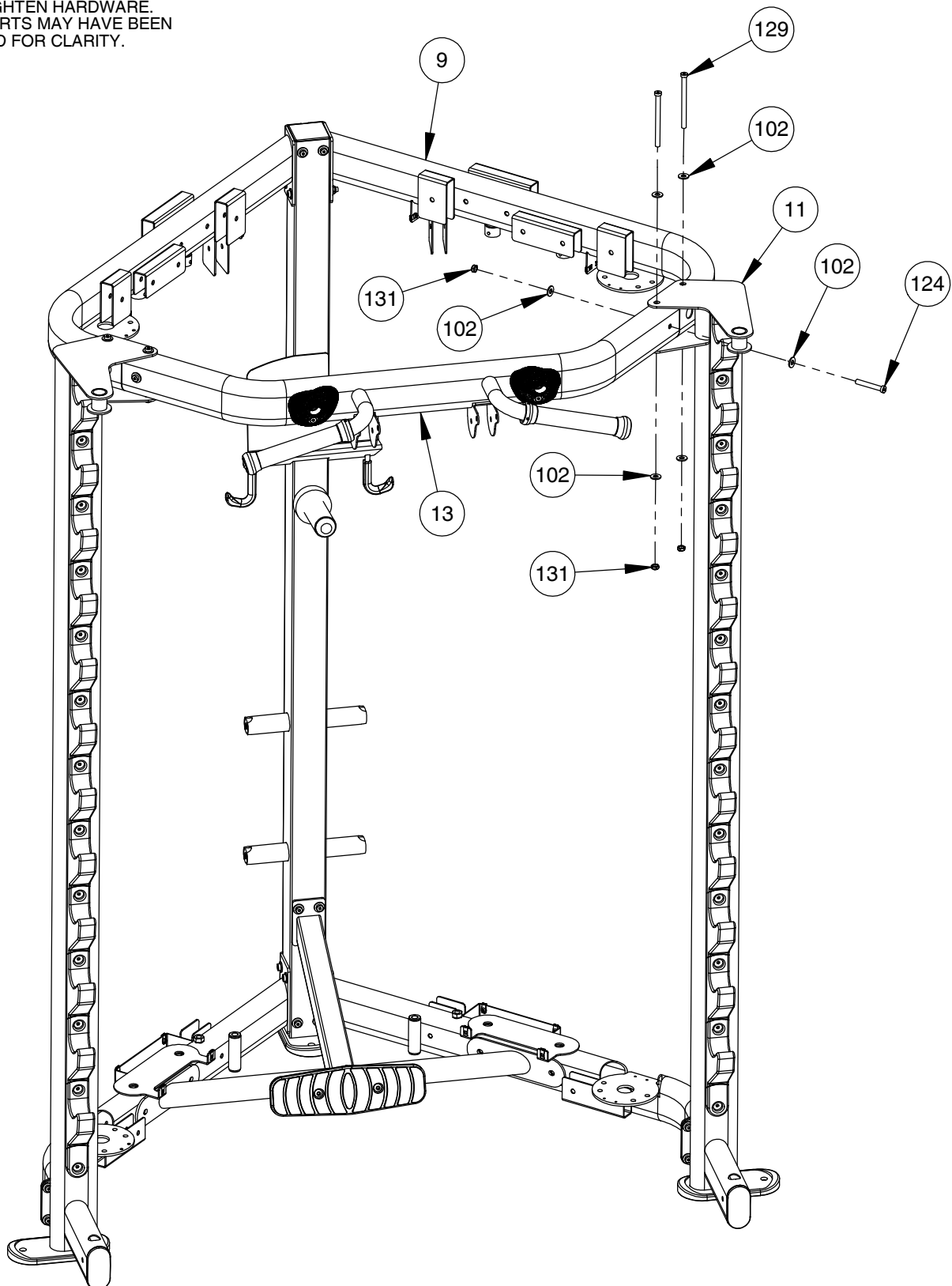


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

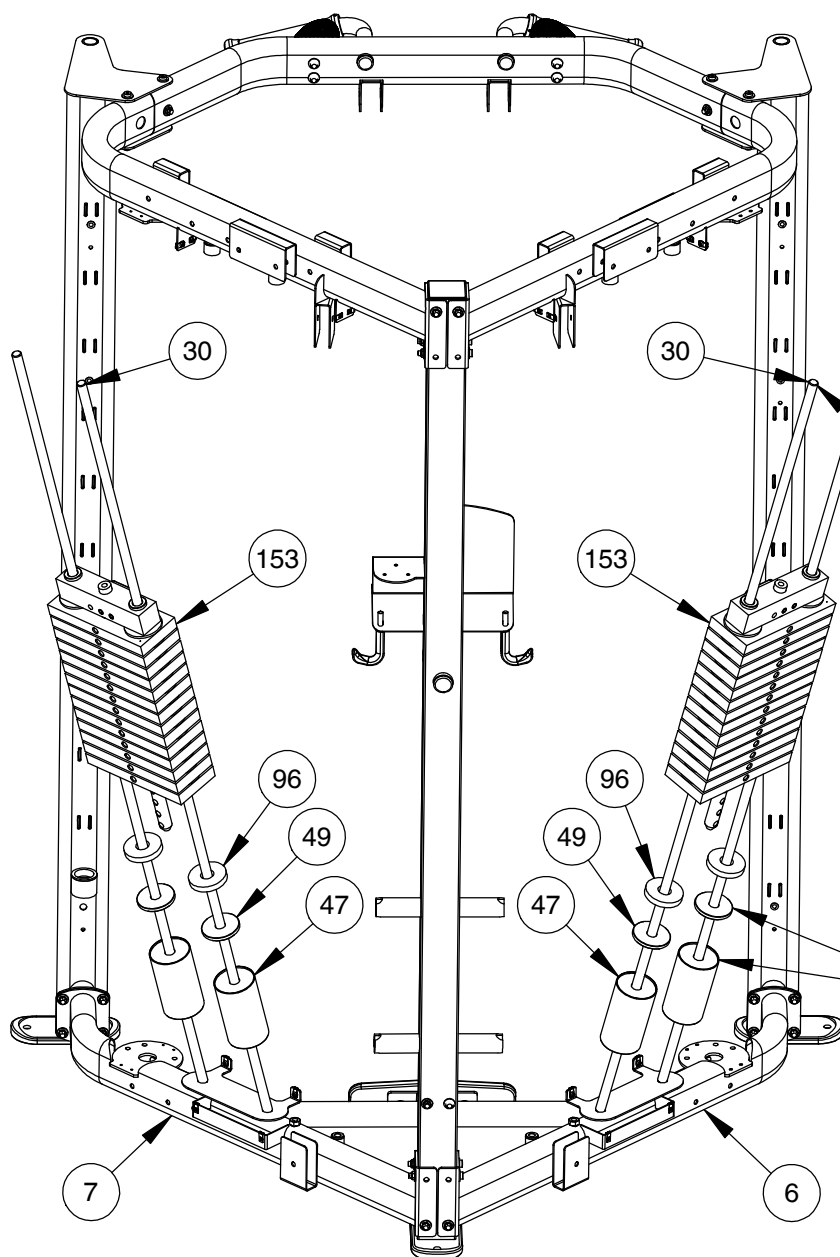
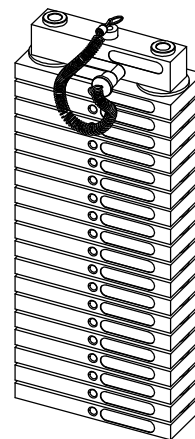


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

**CONSULT YOUR
DEALER FOR DETAILS
OPTIONAL 200 LB.
WEIGHT STACKS**



IMPORTANT
APPLY LUBRICATION (141)
TO GUIDE RODS (30) PRIOR
TO INSTALLATION OF
WEIGHT PLATES. SAVE ANY
EXTRA LUBRICANT FOR USE
IN LATER STEPS.

IMPORTANT
REMOVE STANDOFFS (47)
AND SPACERS (49) IF
USING OPTIONAL 200 LB.
WEIGHT STACK.

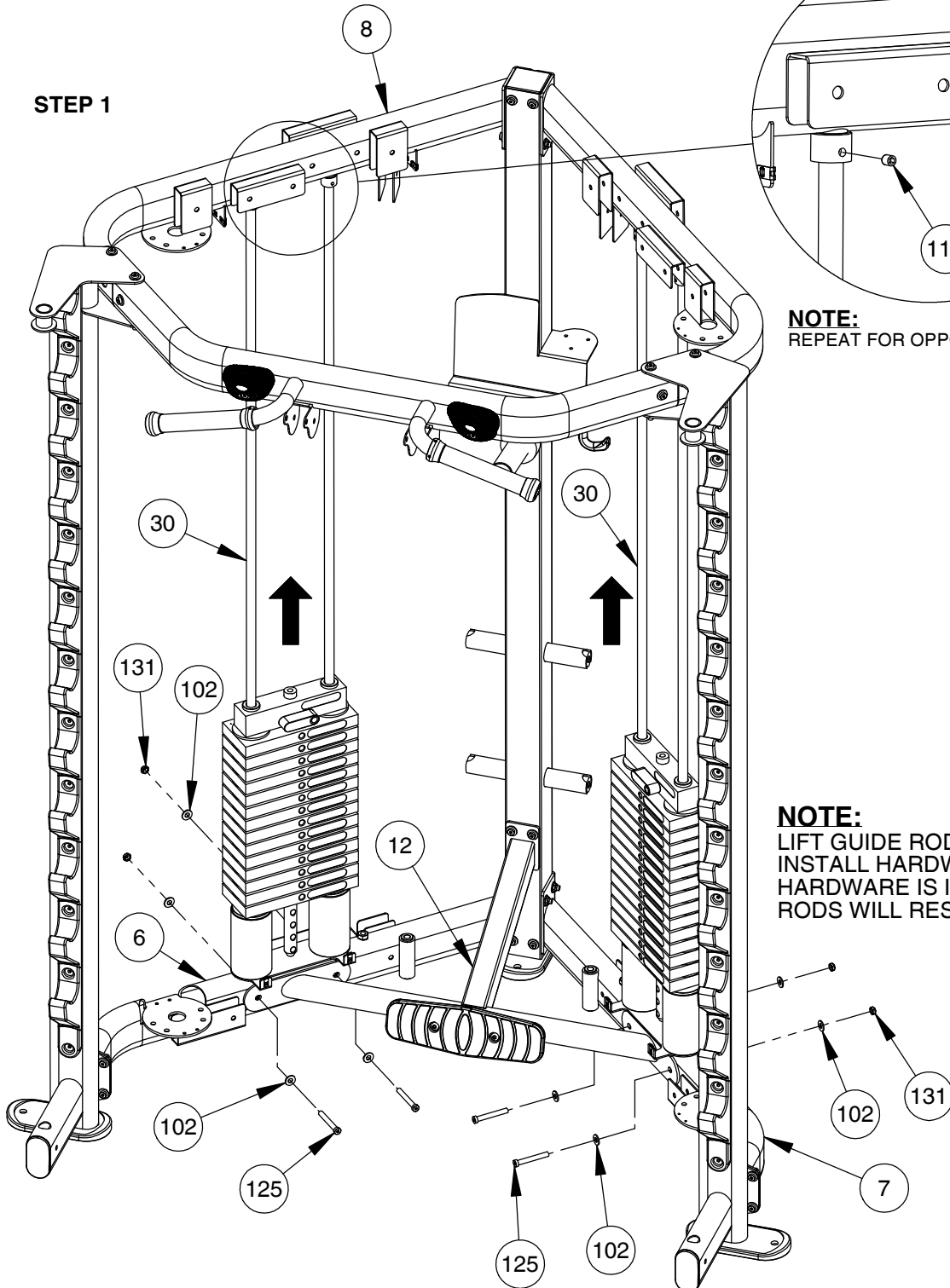
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (112).
- HAND TIGHTEN ALL OTHER HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1



STEP 2

NOTE:

REPEAT FOR OPPOSITE SIDE (112).

NOTE:

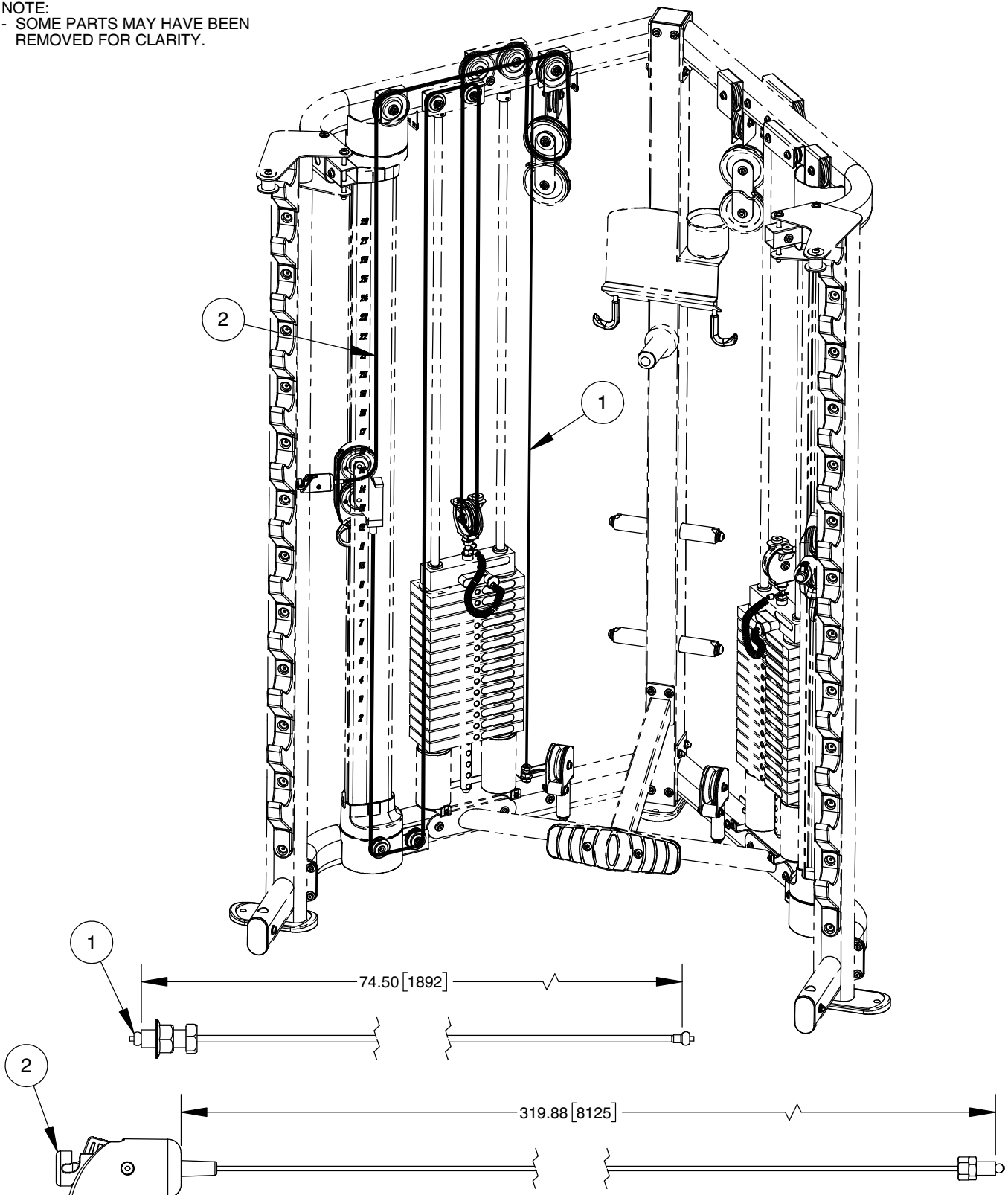
LIFT GUIDE RODS (30) UPWARD TO INSTALL HARDWARE (125). ONCE HARDWARE IS INSTALLED, GUIDE RODS WILL REST ON BOLTS (125).

OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

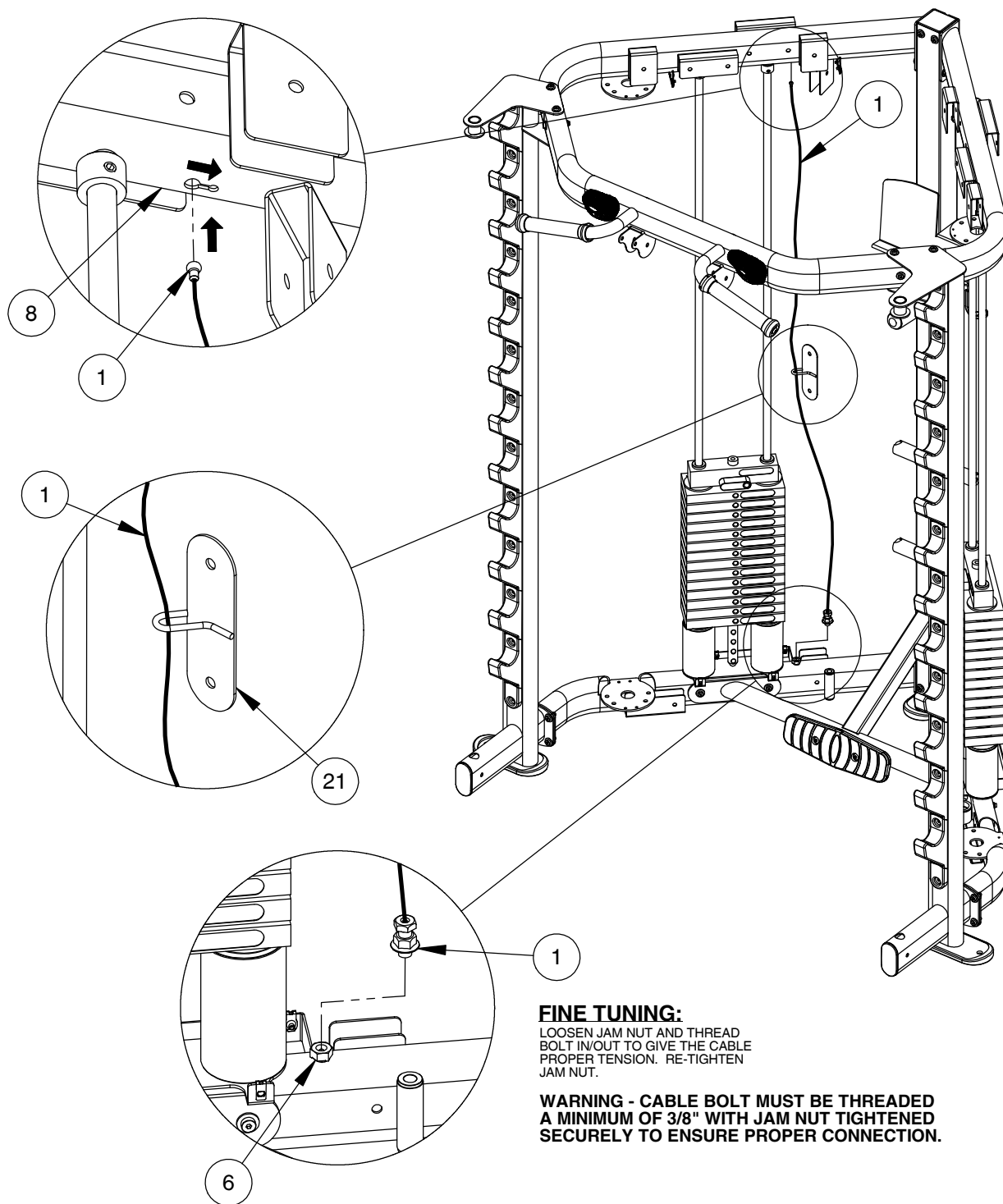


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

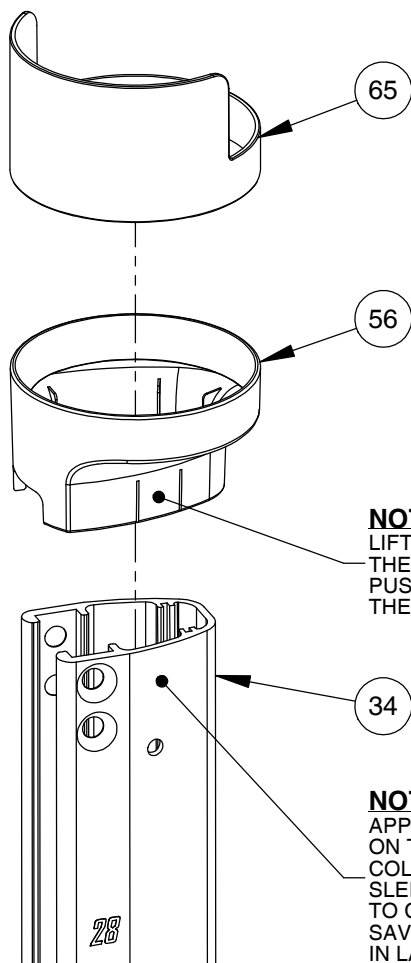
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

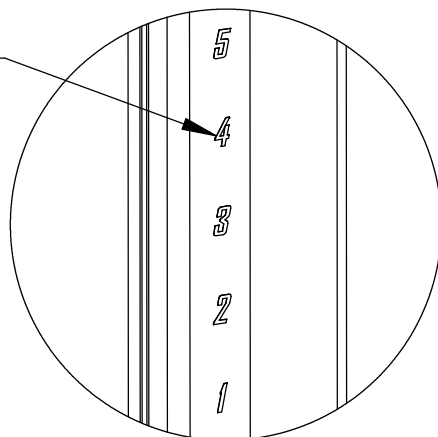
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



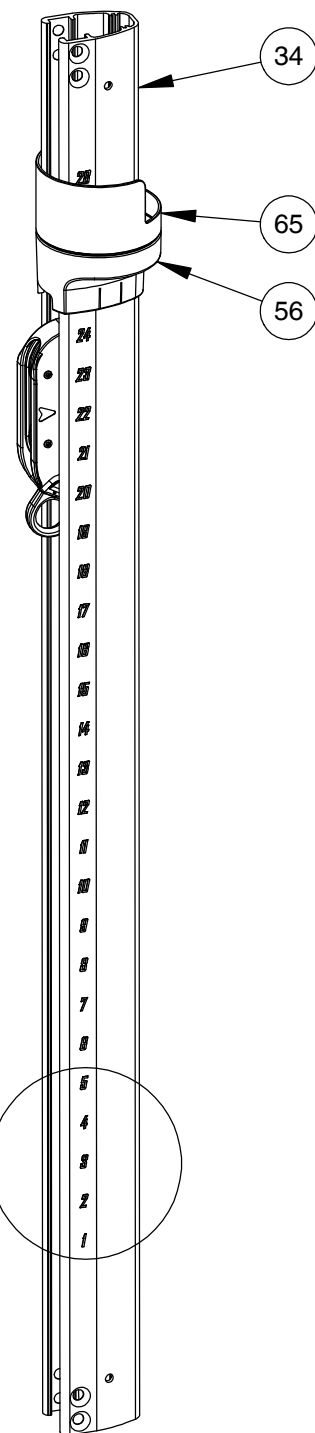
NOTE:
LIFT THE TABS ON EACH SIDE OF
THE COLUMN SLEEVE (56), THEN
PUSH THE SLEEVE ABOUT 12" DOWN
THE COLUMN (34).

NOTE:
APPLY LUBRICANT (141) IN THIS AREA
ON THE COLUMN BEFORE INSTALLING
COLUMN SLEEVE (56). AFTER COLUMN
SLEEVE IS INSTALLED, USE A CLOTH
TO CLEAN OFF EXTRA LUBRICANT.
SAVE ANY EXTRA LUBRICANT FOR USE
IN LATER STEPS.

NOTE:
ENSURE NUMBERS ON THE
COLUMN ARE ASCENDING
UPWARDS AS SHOWN.



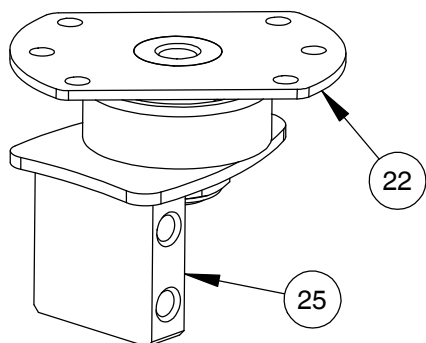
PROPERLY INSTALLED VIEW



FRAME ASSEMBLY

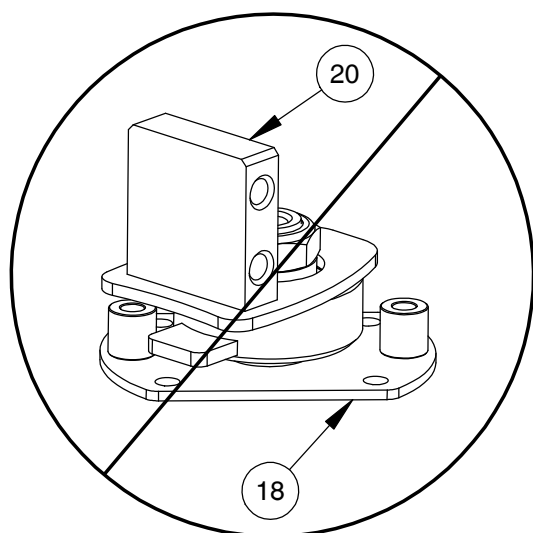
NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



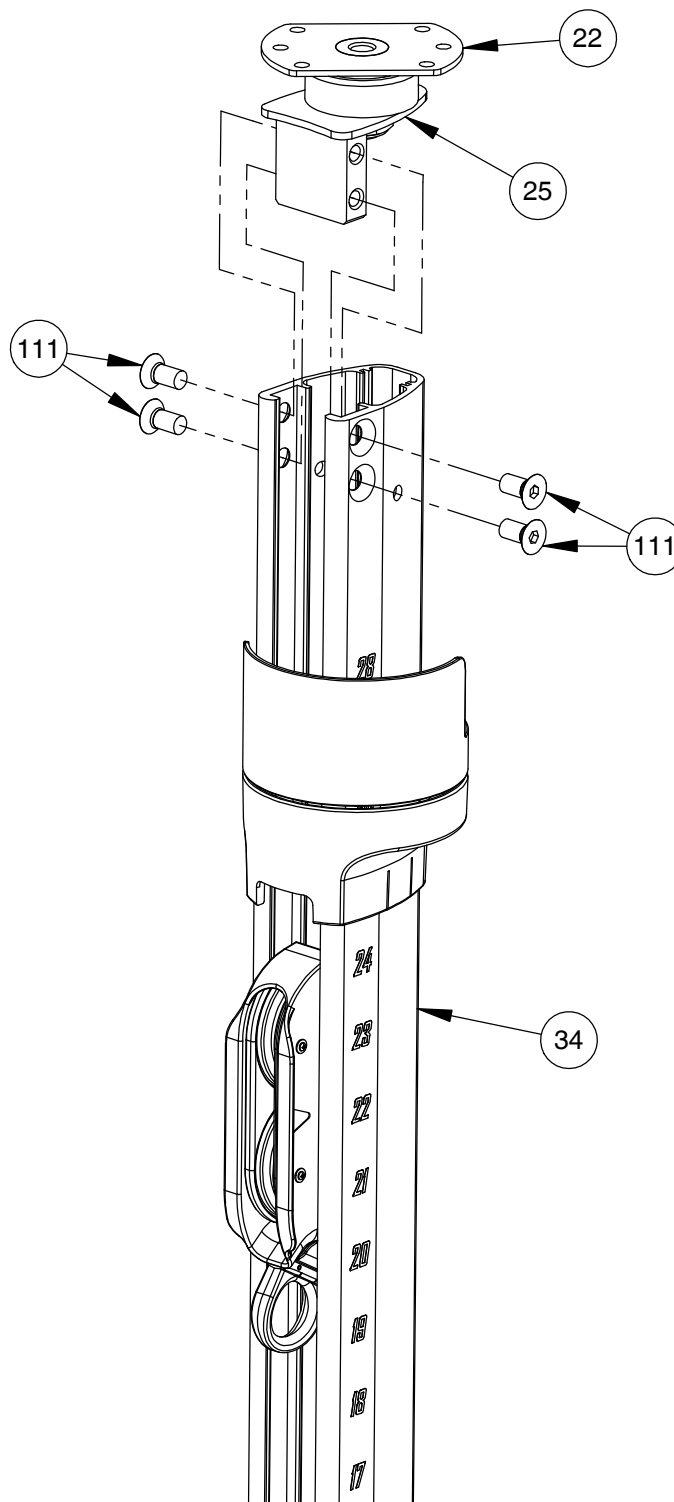
UPPER SPINDLE MOUNT

NOTE: NO STOPS ON SPINDLE (22).



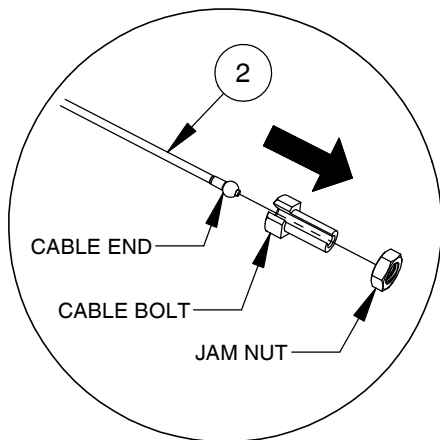
LOWER SPINDLE MOUNT

**NOTE: STOPS ON SPINDLE (18).
DO NOT USE IN THIS STEP.**



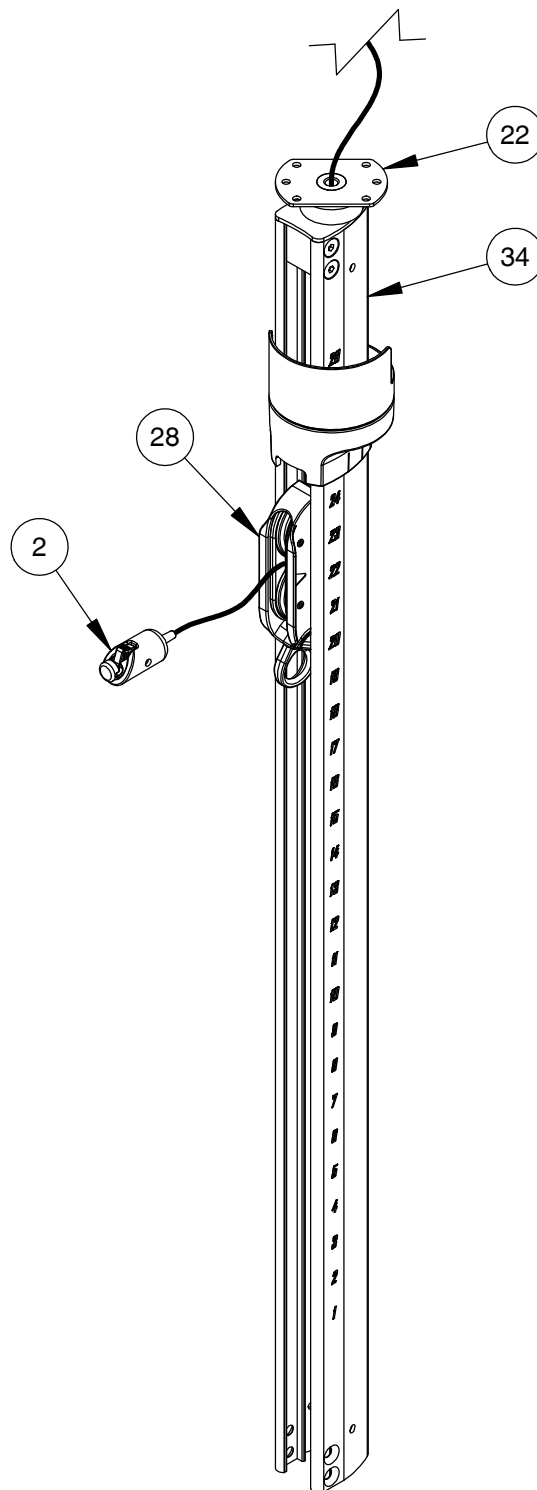
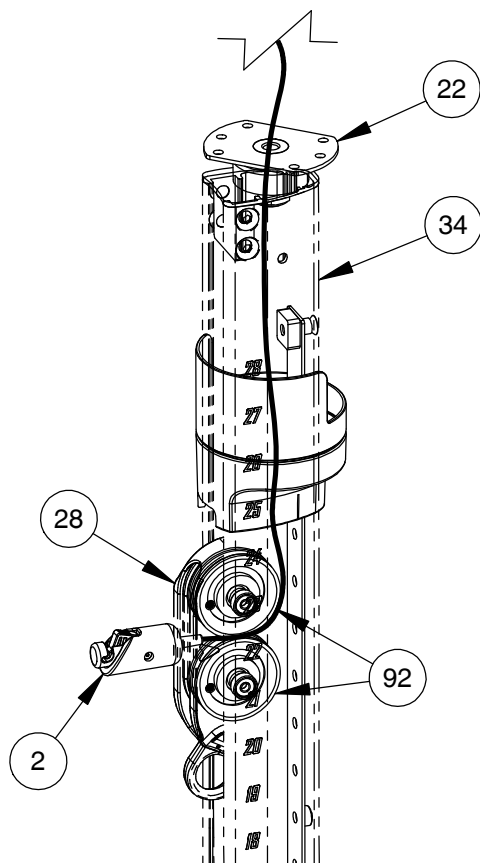
FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



NOTE:
REMOVE THE CABLE BOLT AND JAM NUT ON
THE OTHER SIDE OF THE CABLE BEFORE
COMPLETING THE STEPS ON THIS PAGE.

CABLE PROFILE VIEW



NOTE:
SLIDE THE END OF THE CABLE (2) THROUGH
THE PULLEY HOUSING (28), BETWEEN THE TWO
PULLEYS (92), THEN UP THE COLUMN (34) AND
THROUGH THE SPINDLE MOUNT (22).

OWNER'S MANUAL

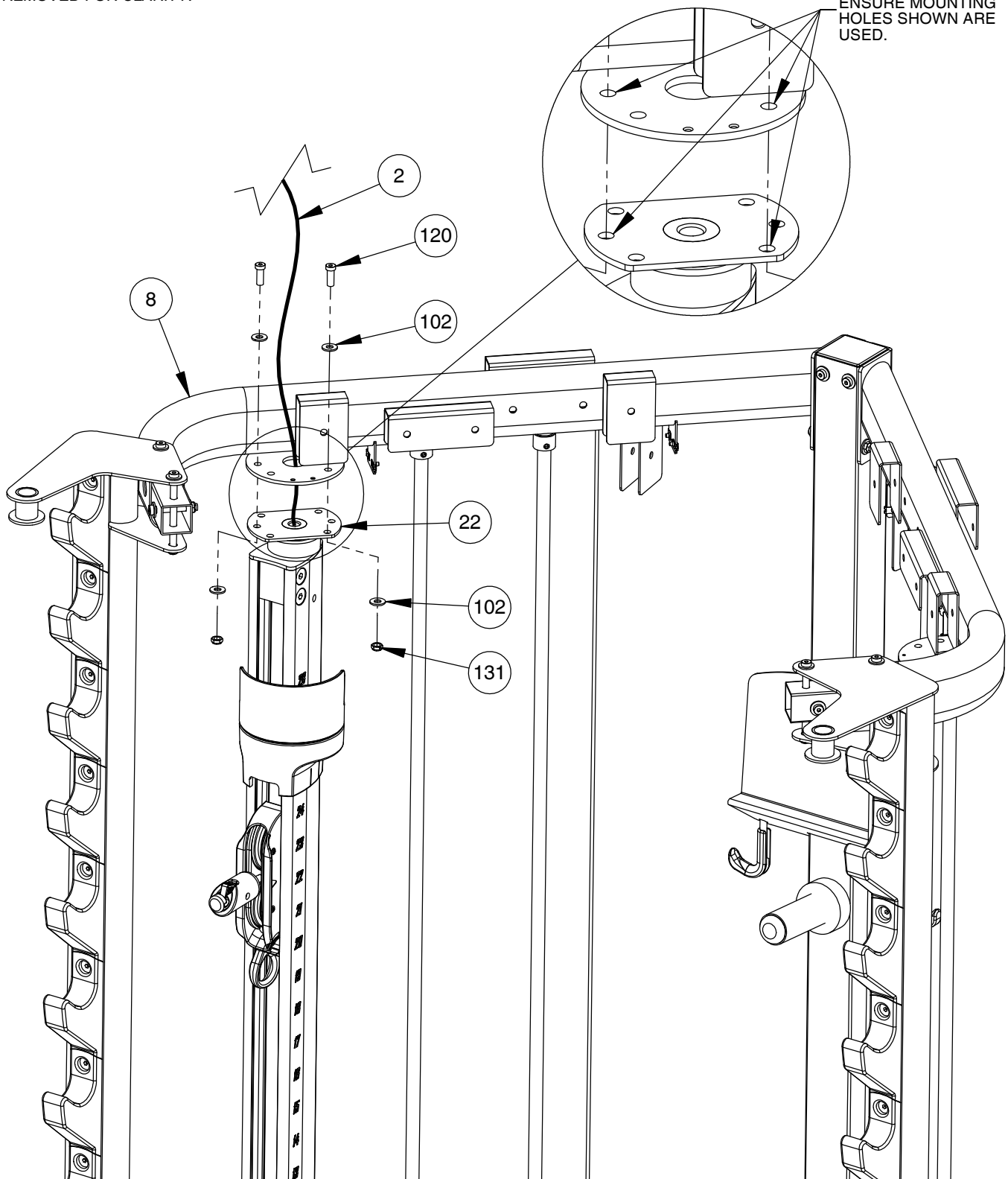
FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

ENSURE MOUNTING HOLES SHOWN ARE USED.

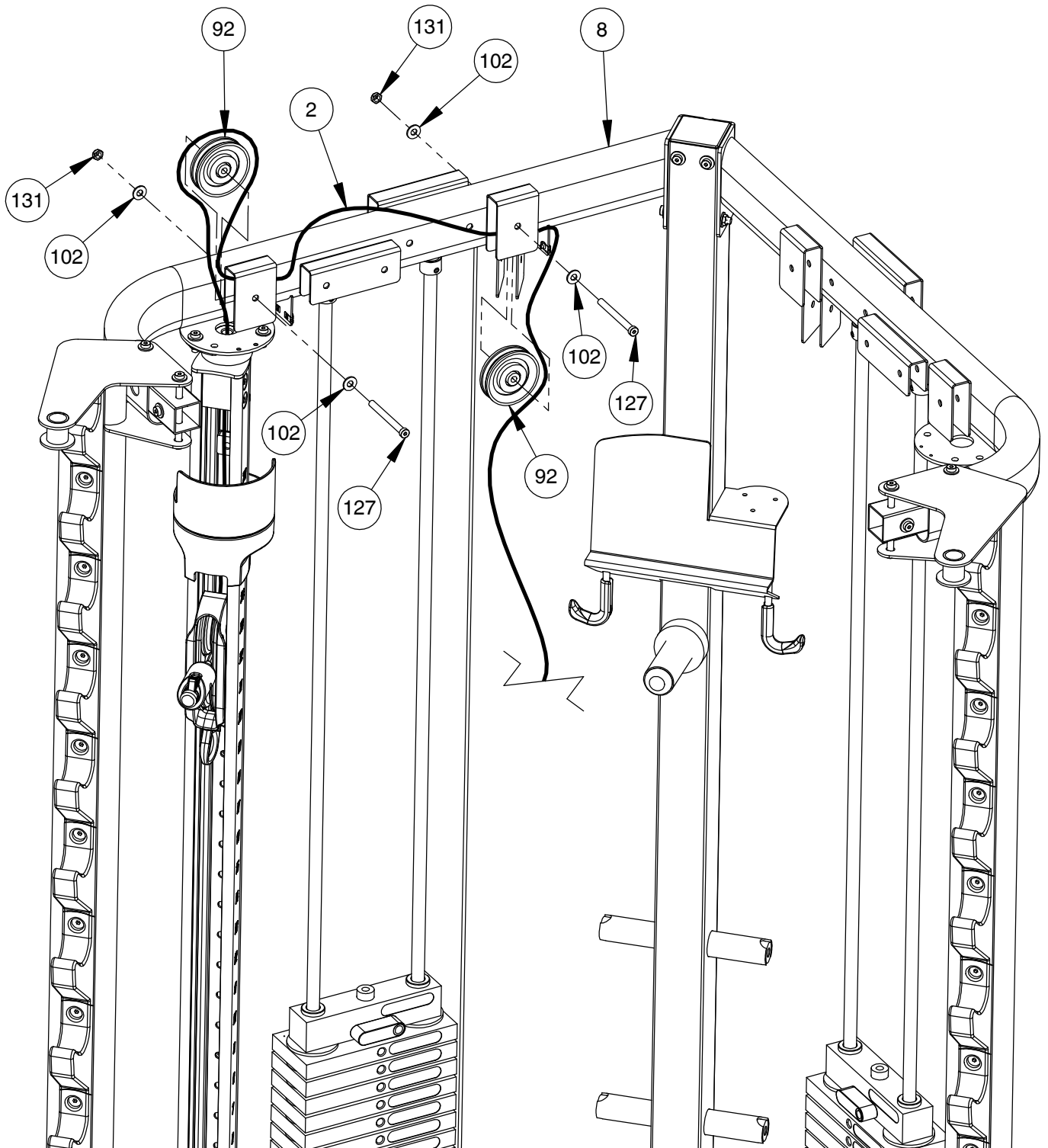


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

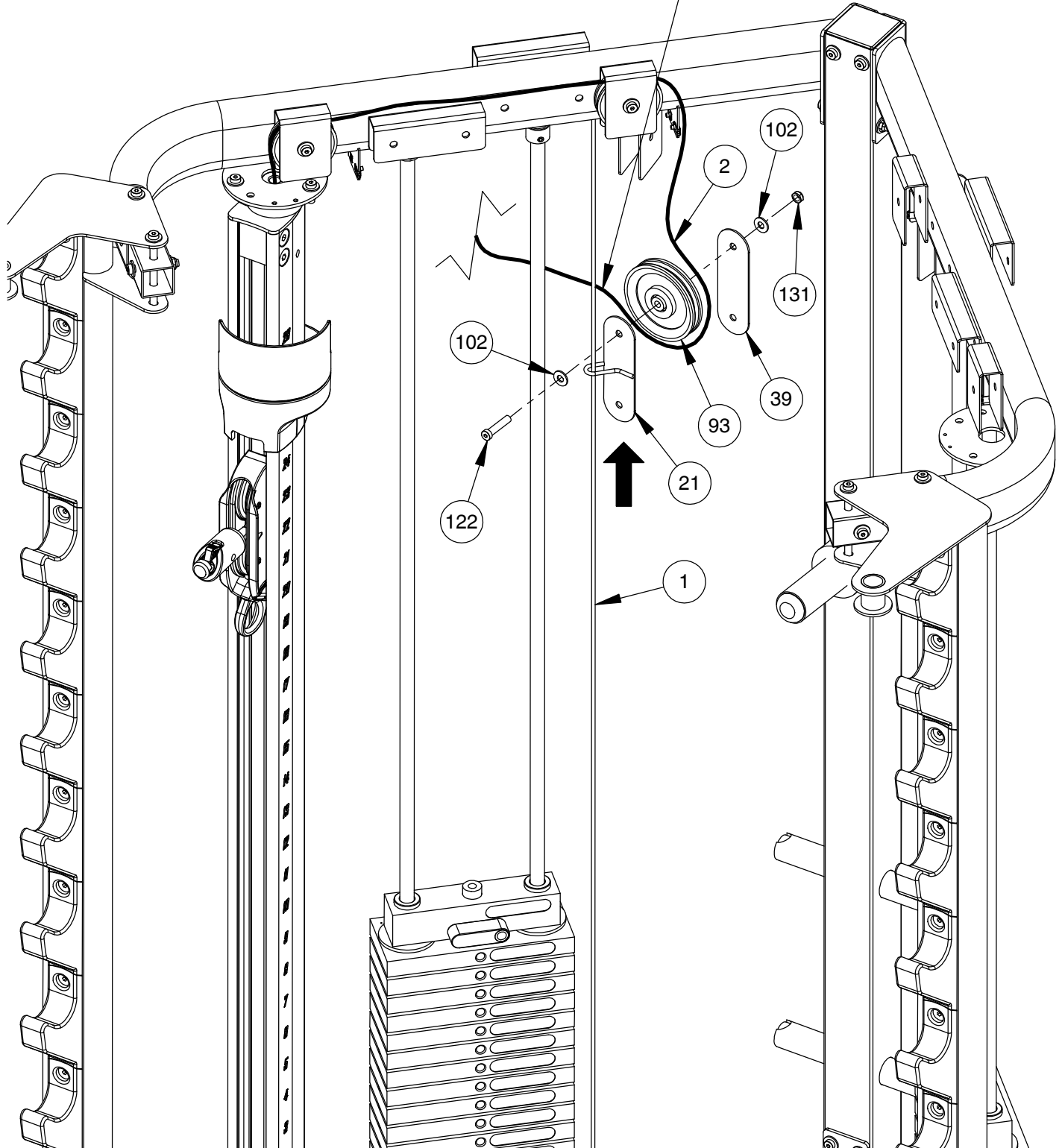
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

ENSURE CABLE (2) IS ROUTED TOWARD THE BACK OF UNIT, BEHIND CABLE (1).

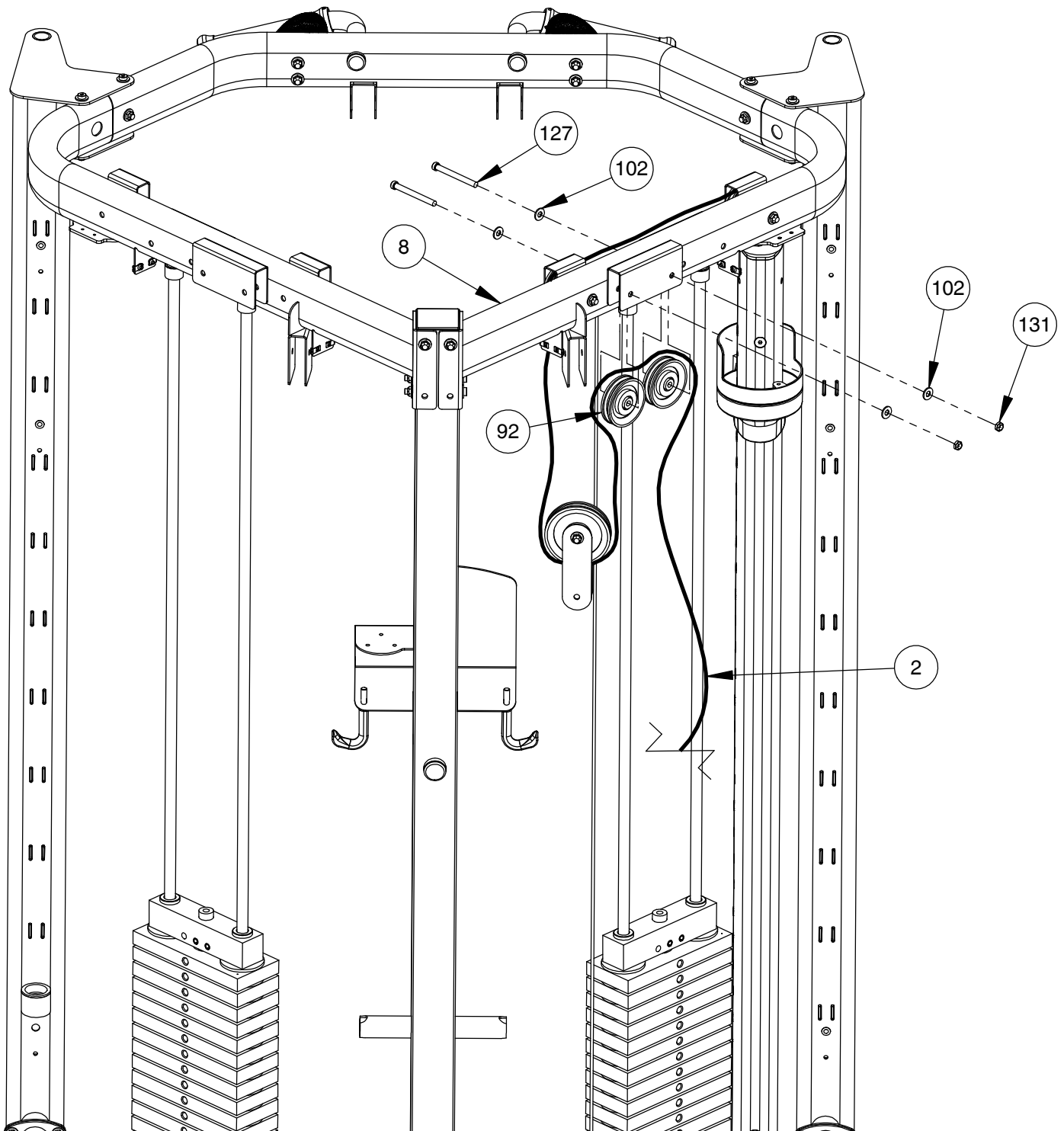


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

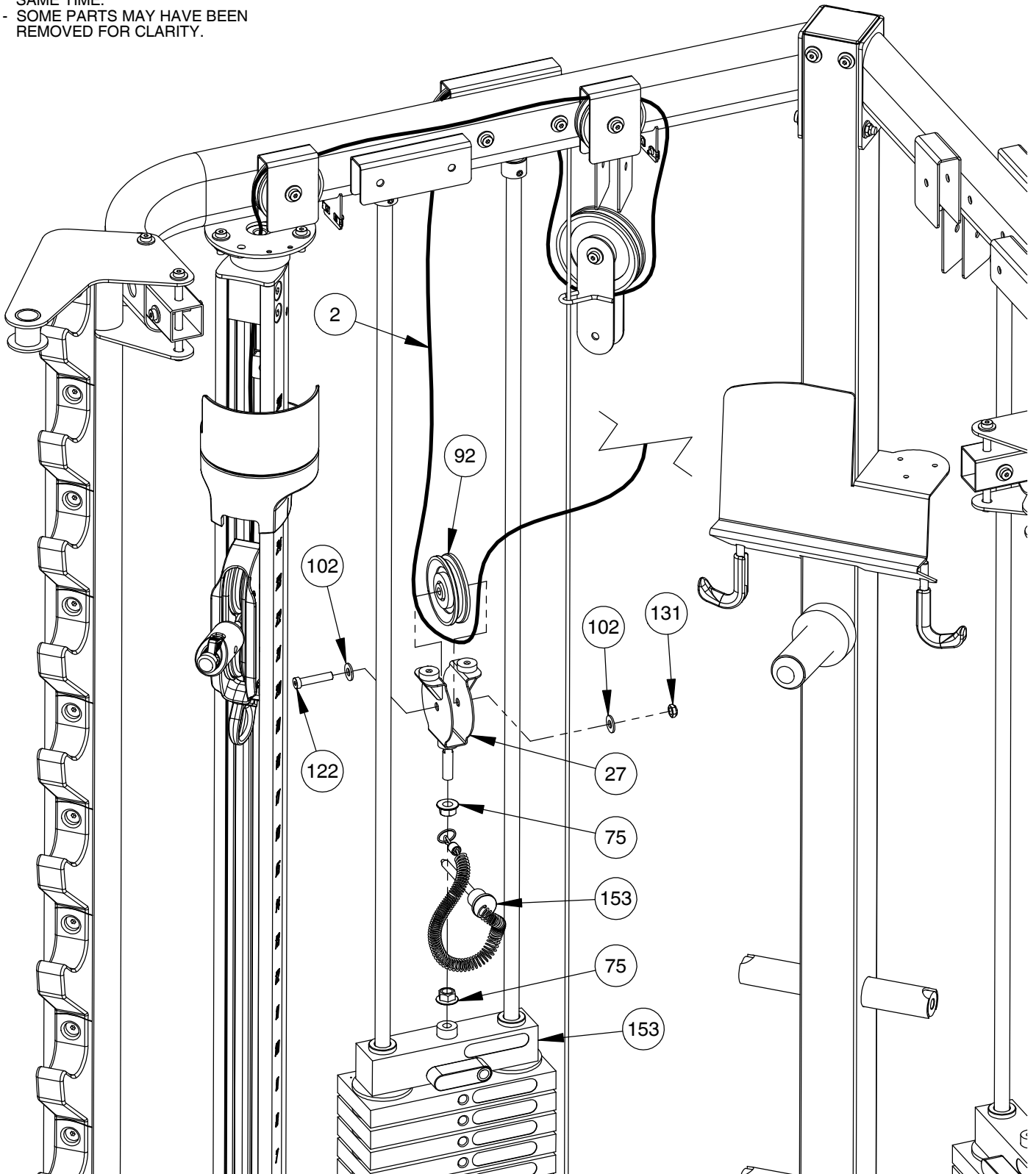


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

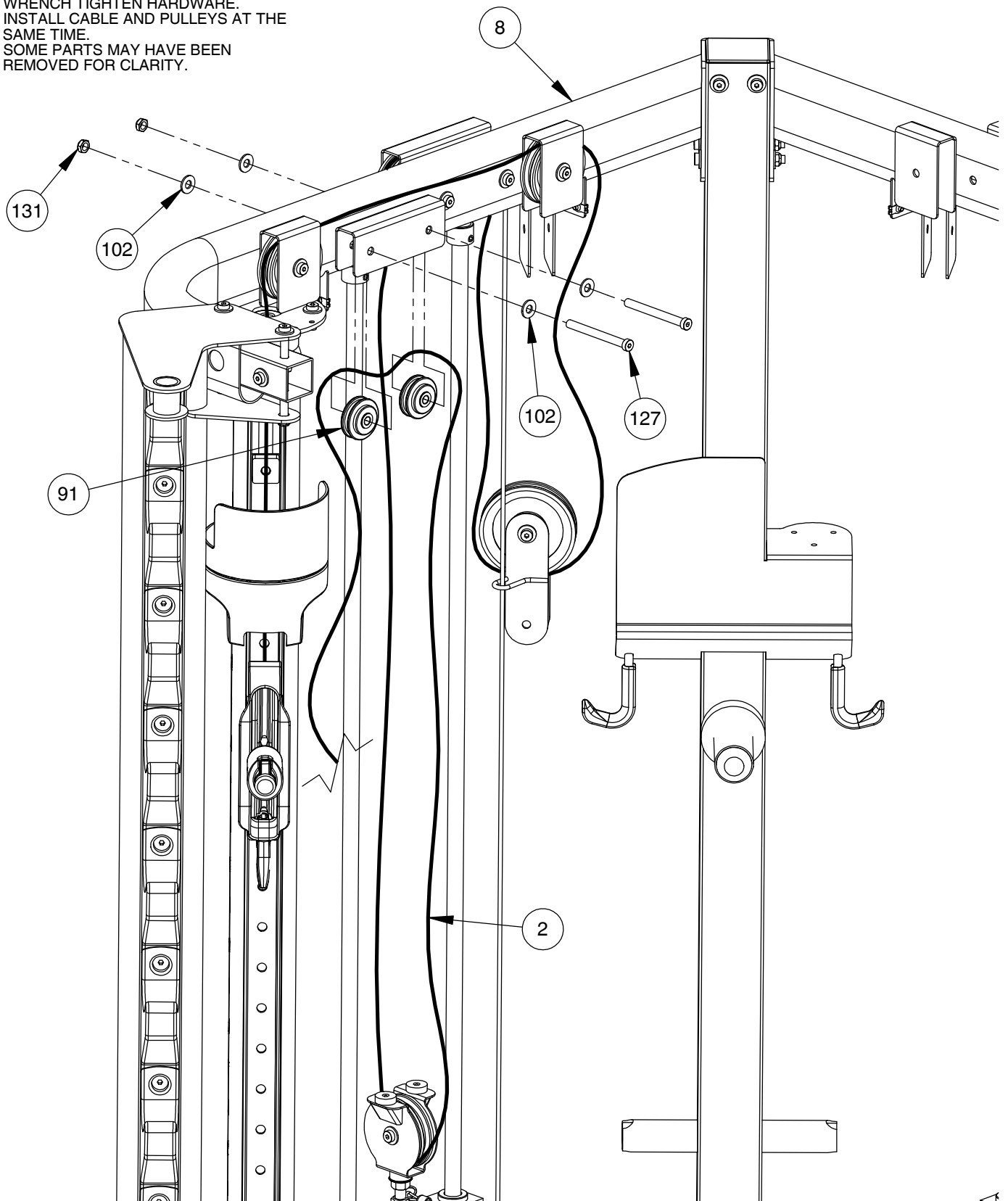
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

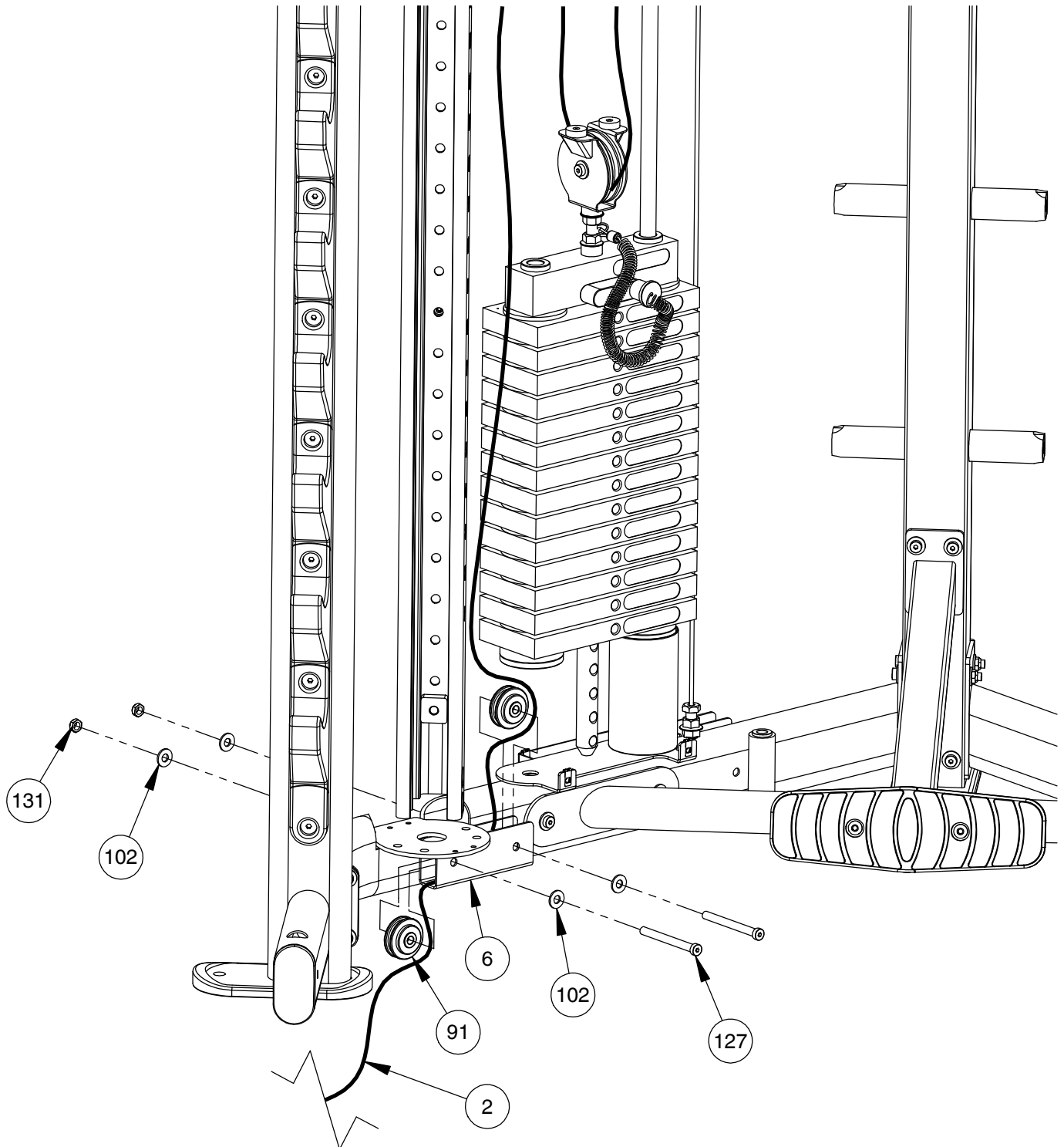


OWNER'S MANUAL

FRAME ASSEMBLY

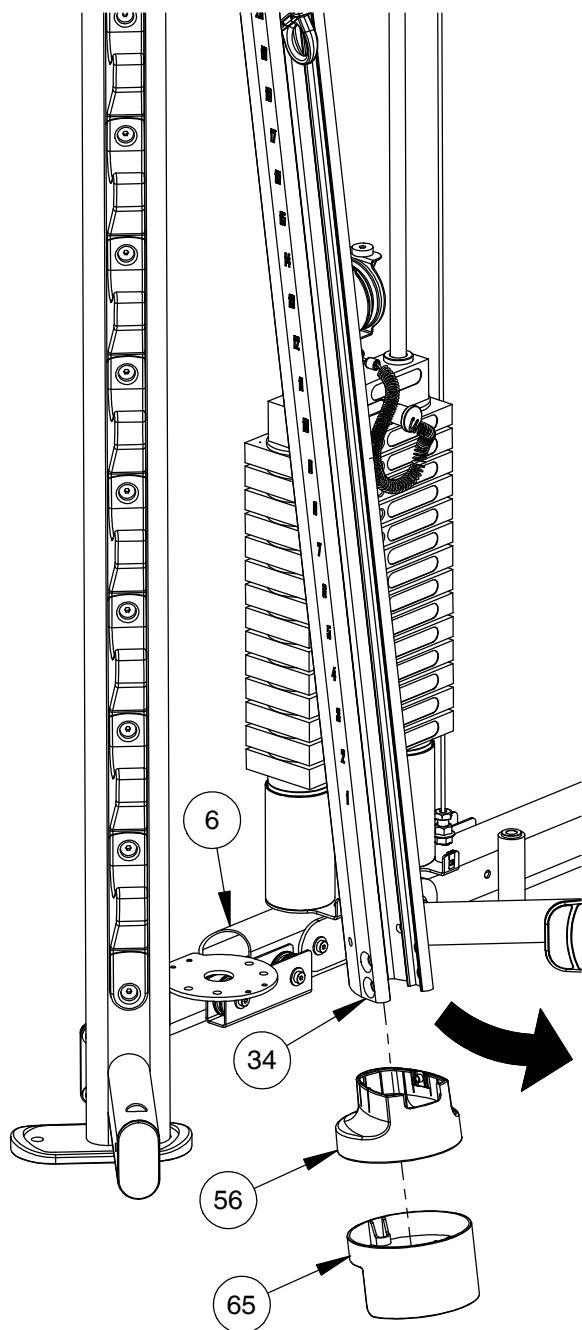
NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

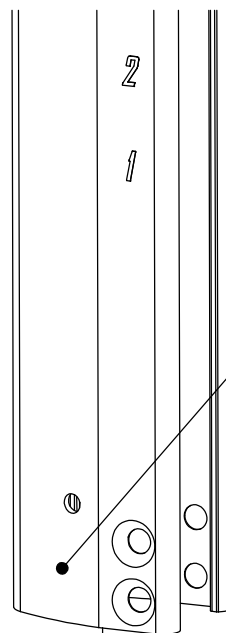


FRAME ASSEMBLY

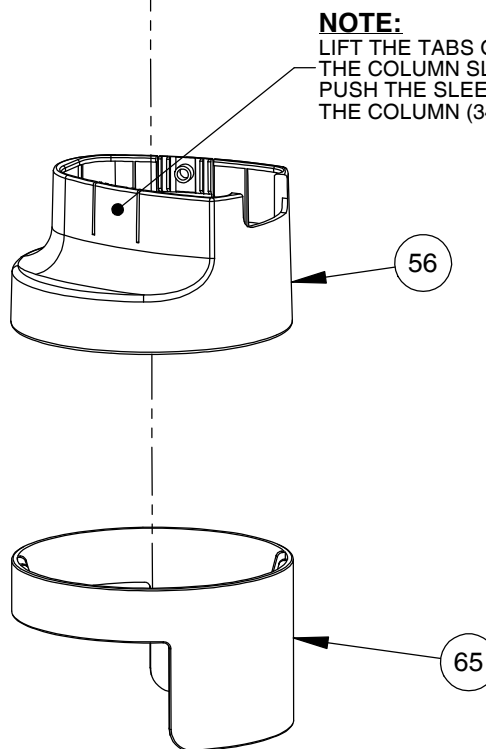
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



NOTE:
CAREFULLY SWING THE COLUMN (34) AWAY
FROM THE BASE (6) TO INSTALL THE COLUMN
SLEEVE (56) AND TRIM CAP (65) AS SHOWN.



NOTE:
APPLY LUBRICANT (141) IN THIS AREA
ON THE COLUMN BEFORE INSTALLING
COLUMN SLEEVE (56). AFTER COLUMN
SLEEVE IS INSTALLED, USE A CLOTH
TO CLEAN OFF EXTRA LUBRICANT.
SAVE ANY EXTRA LUBRICANT FOR USE
IN LATER STEPS.

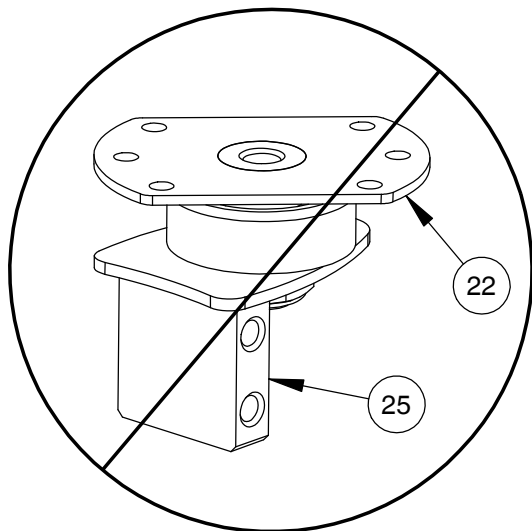


NOTE:
LIFT THE TABS ON EACH SIDE OF
THE COLUMN SLEEVE (56), THEN
PUSH THE SLEEVE ABOUT 12" UP
THE COLUMN (34).

FRAME ASSEMBLY

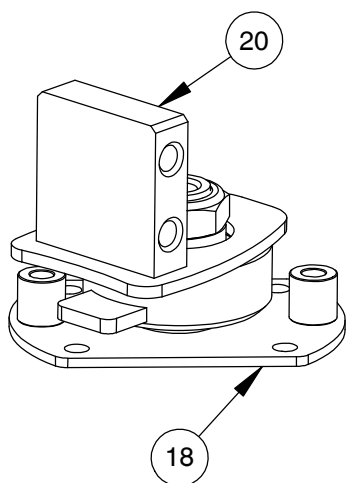
NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



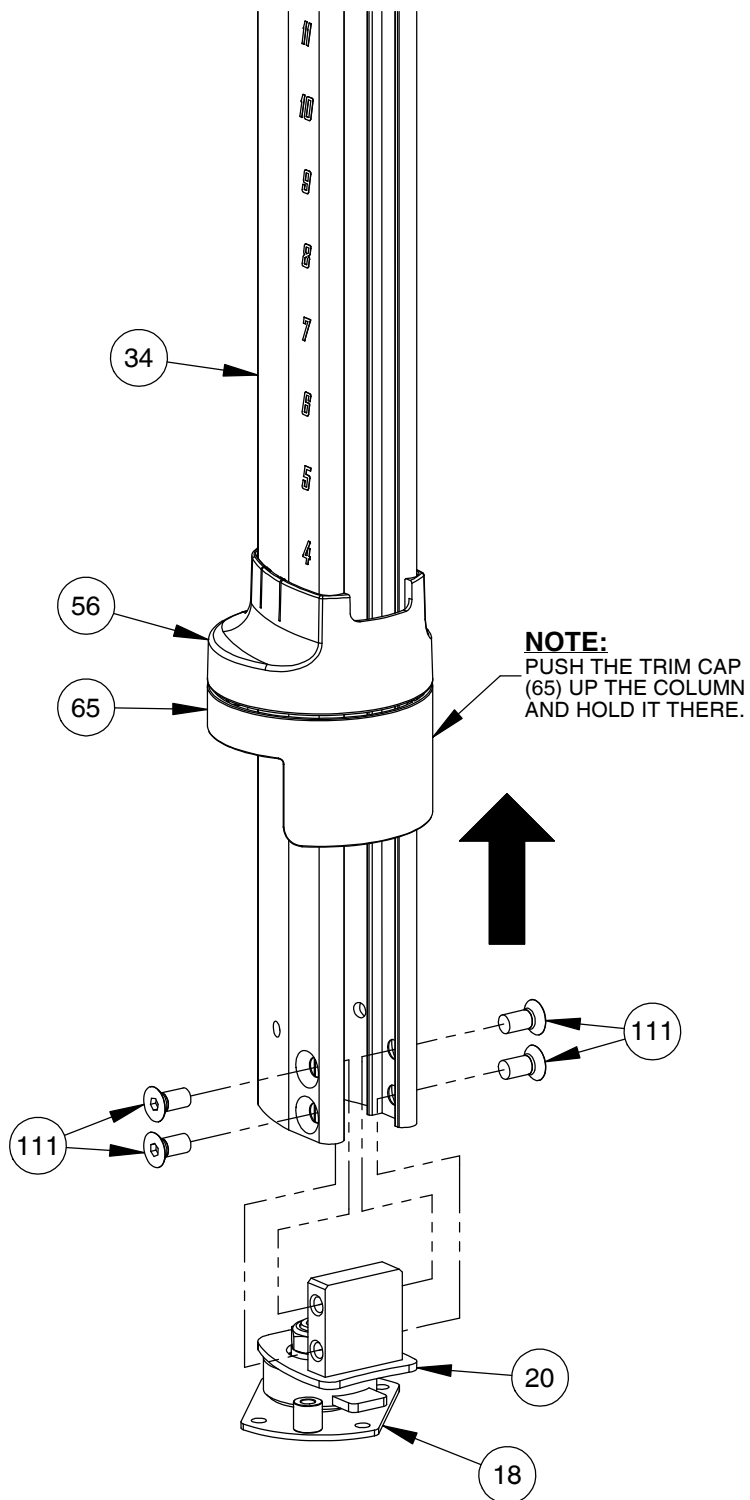
UPPER SPINDLE MOUNT

**NOTE: NO STOPS ON SPINDLE (22).
DO NOT USE IN THIS STEP.**



LOWER SPINDLE MOUNT

NOTE: STOPS ON SPINDLE (18).

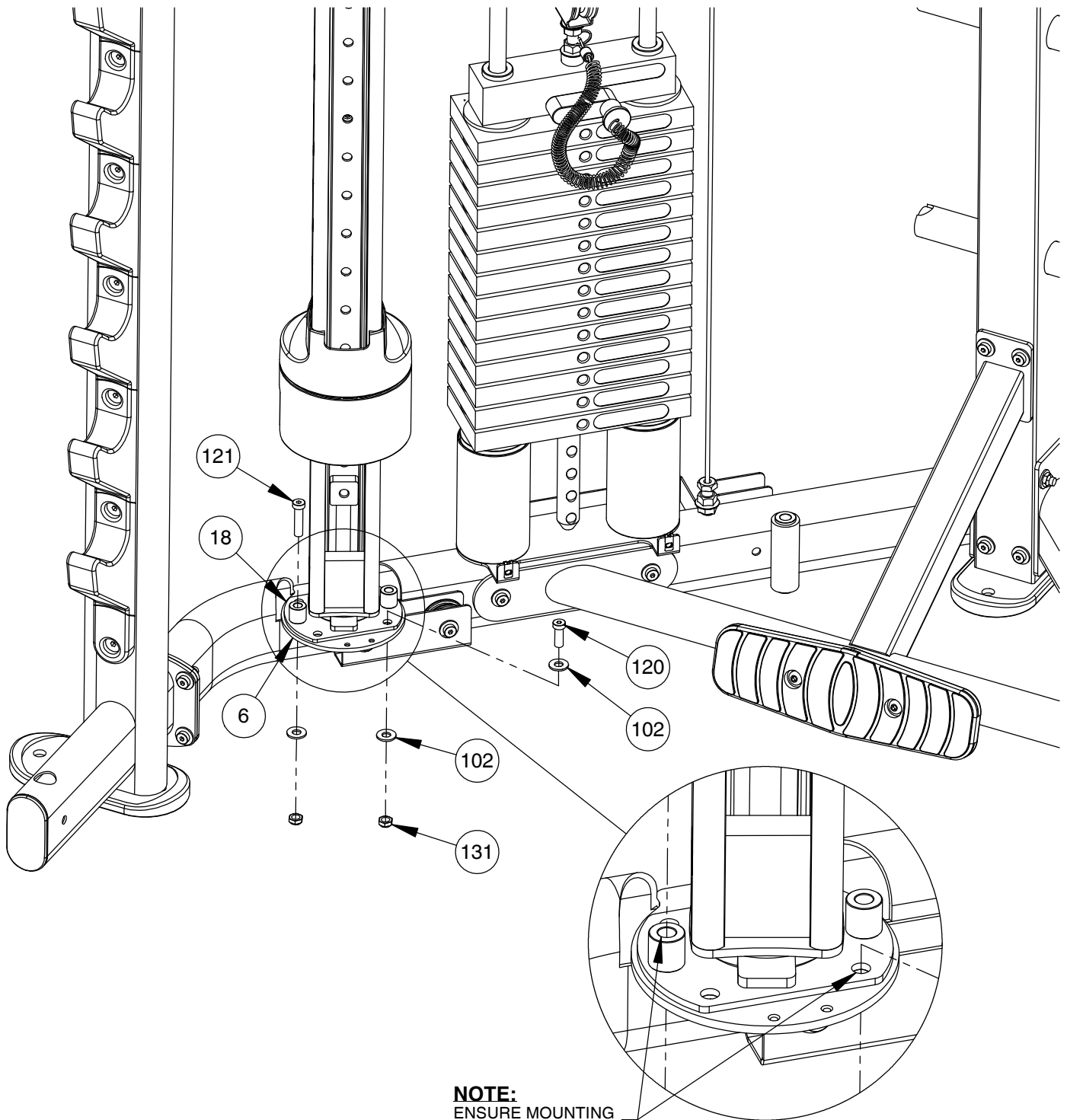


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

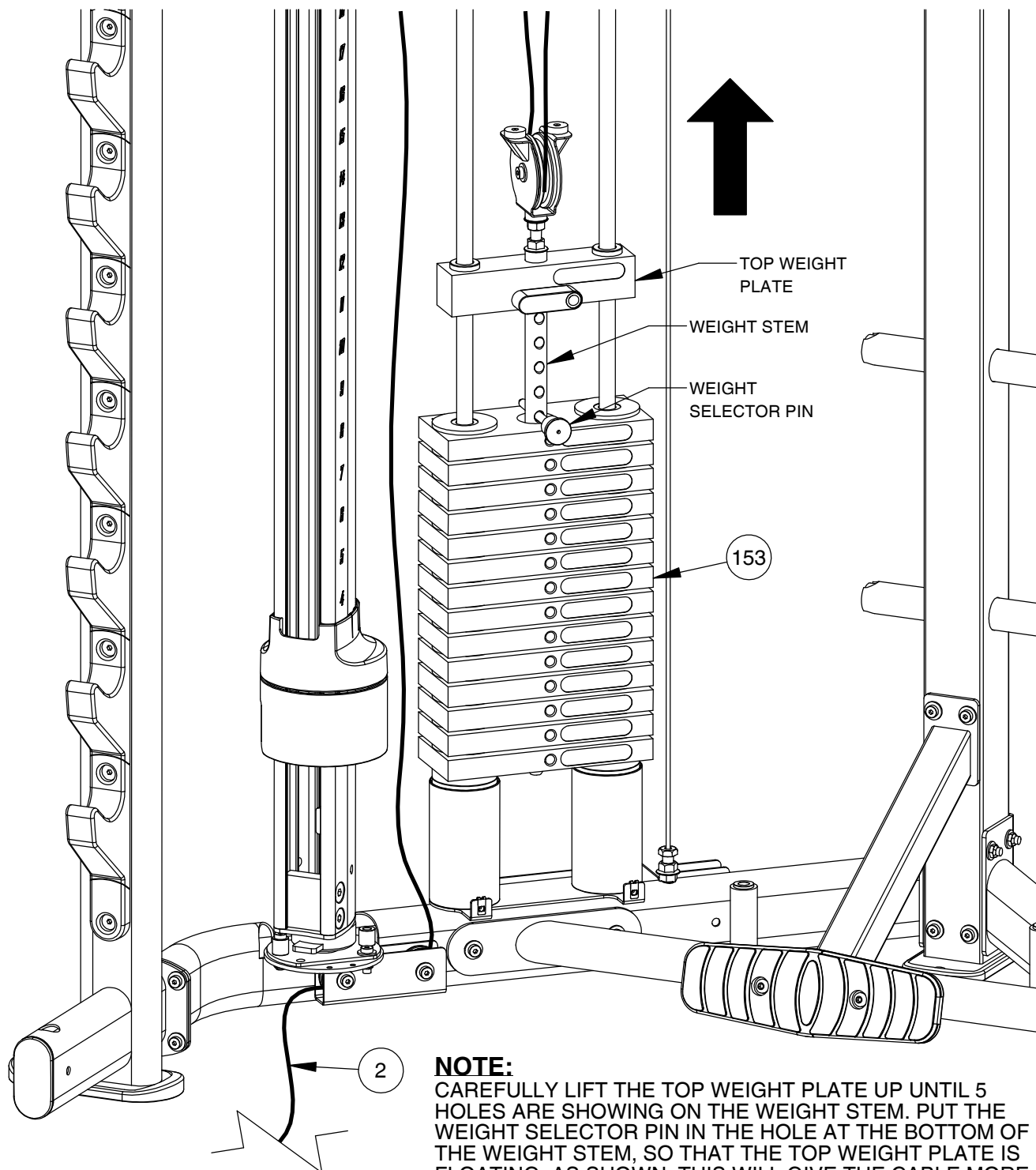


NOTE:
ENSURE MOUNTING
HOLES SHOWN ARE
USED.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



NOTE:

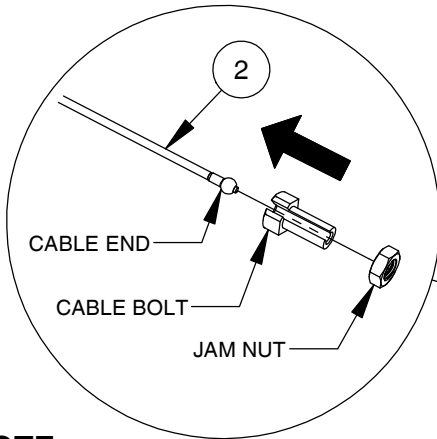
CAREFULLY LIFT THE TOP WEIGHT PLATE UP UNTIL 5 HOLES ARE SHOWING ON THE WEIGHT STEM. PUT THE WEIGHT SELECTOR PIN IN THE HOLE AT THE BOTTOM OF THE WEIGHT STEM, SO THAT THE TOP WEIGHT PLATE IS FLOATING, AS SHOWN. THIS WILL GIVE THE CABLE MORE SLACK FOR THE STEPS IN THE COMING PAGES.

OWNER'S MANUAL

FRAME ASSEMBLY

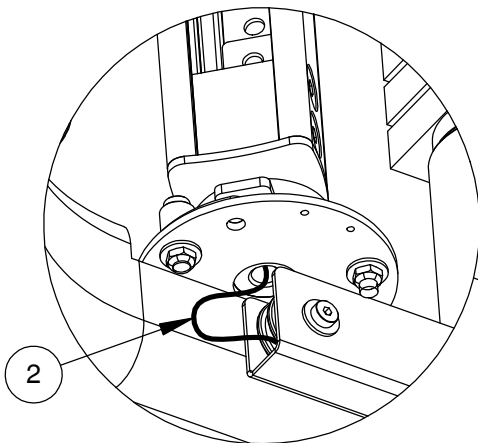
NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



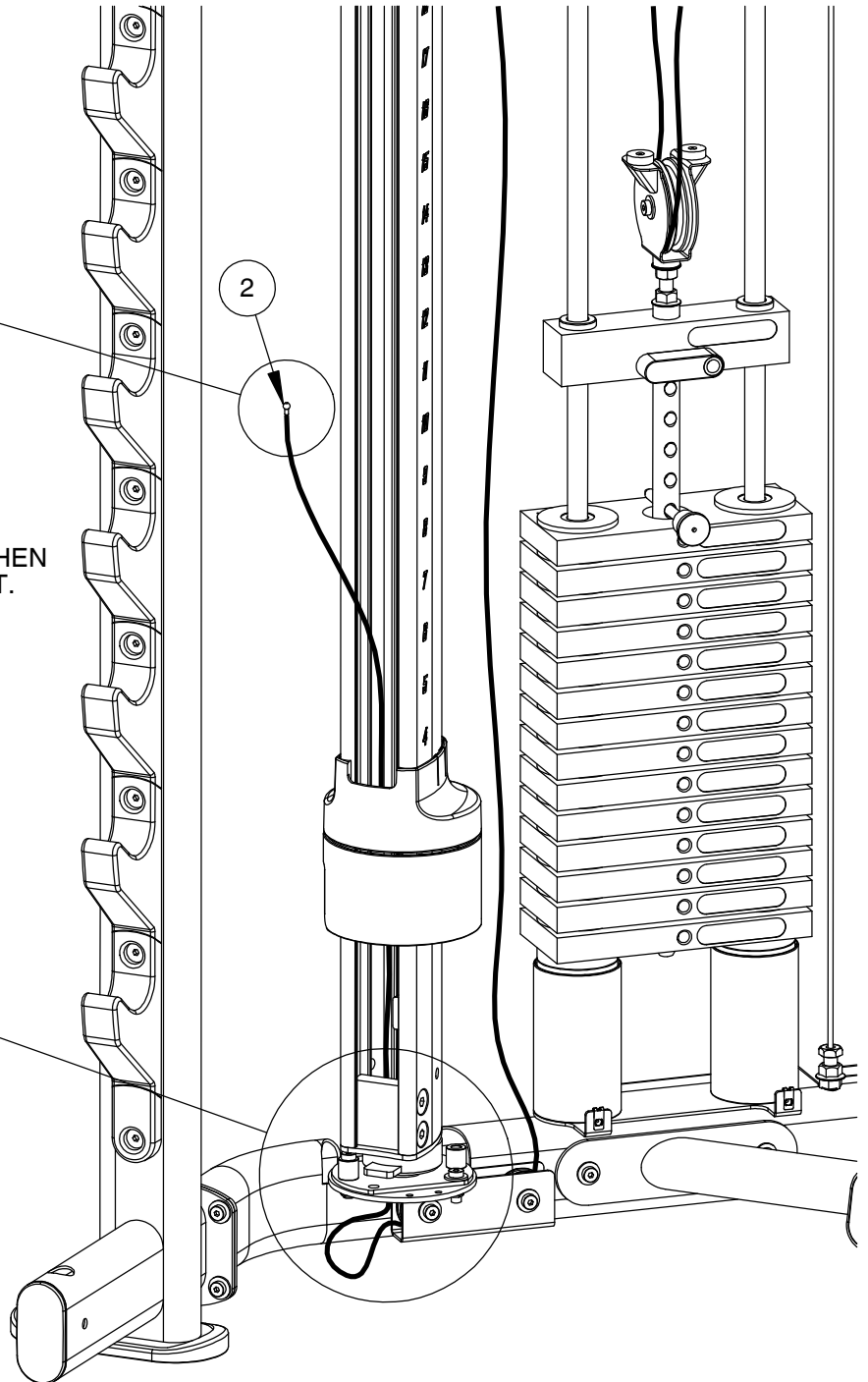
NOTE:

AFTER THE CABLE (2) IS ROUTED UP THROUGH THE COLUMN, INSTALL THE CABLE BOLT ONTO THE CABLE END, THEN THREAD THE JAM NUT ONTO THE BOLT.



NOTE:

ENSURE CABLE (2) IS ROUTED AS SHOWN

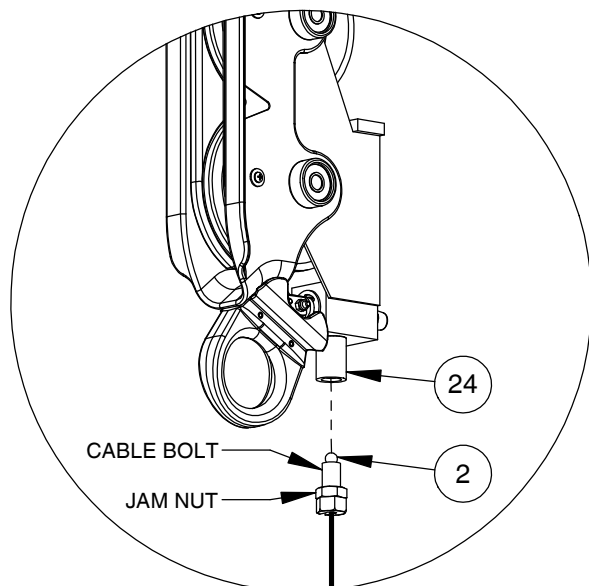


OWNER'S MANUAL

FRAME ASSEMBLY

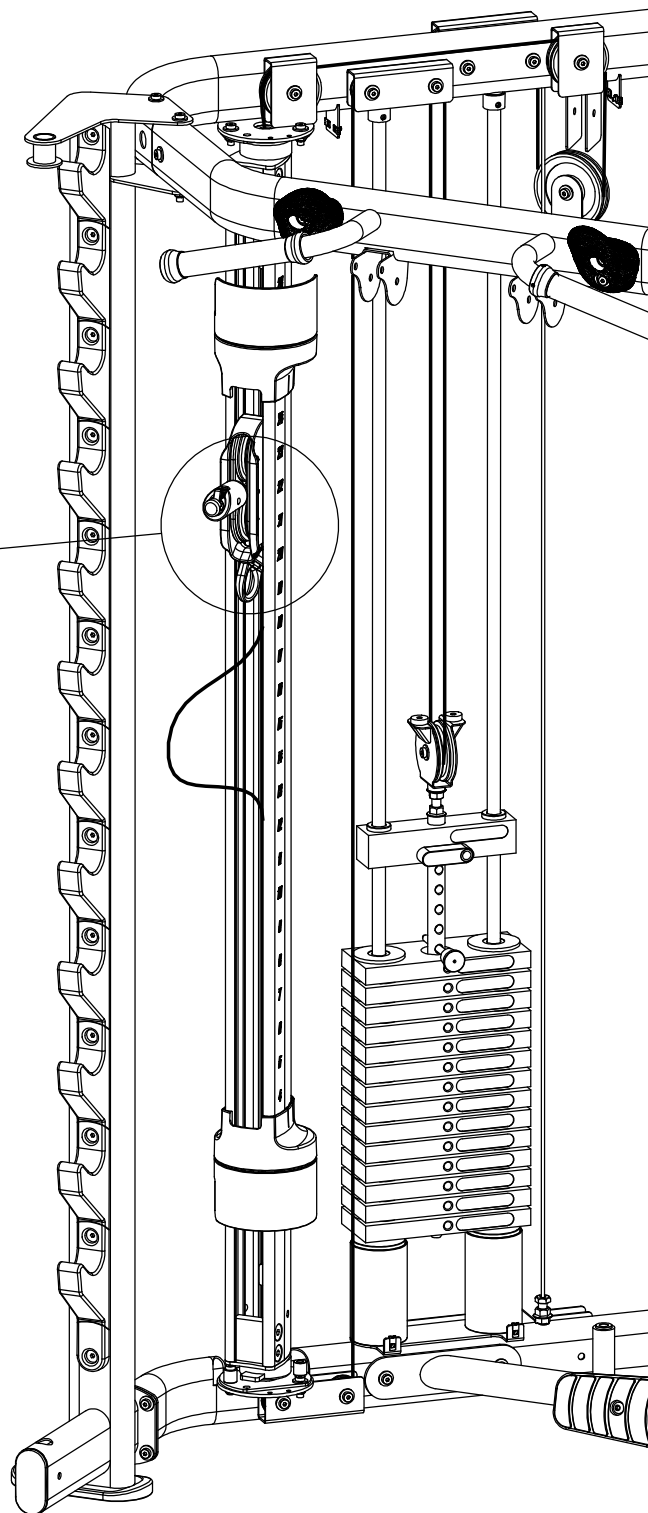
NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



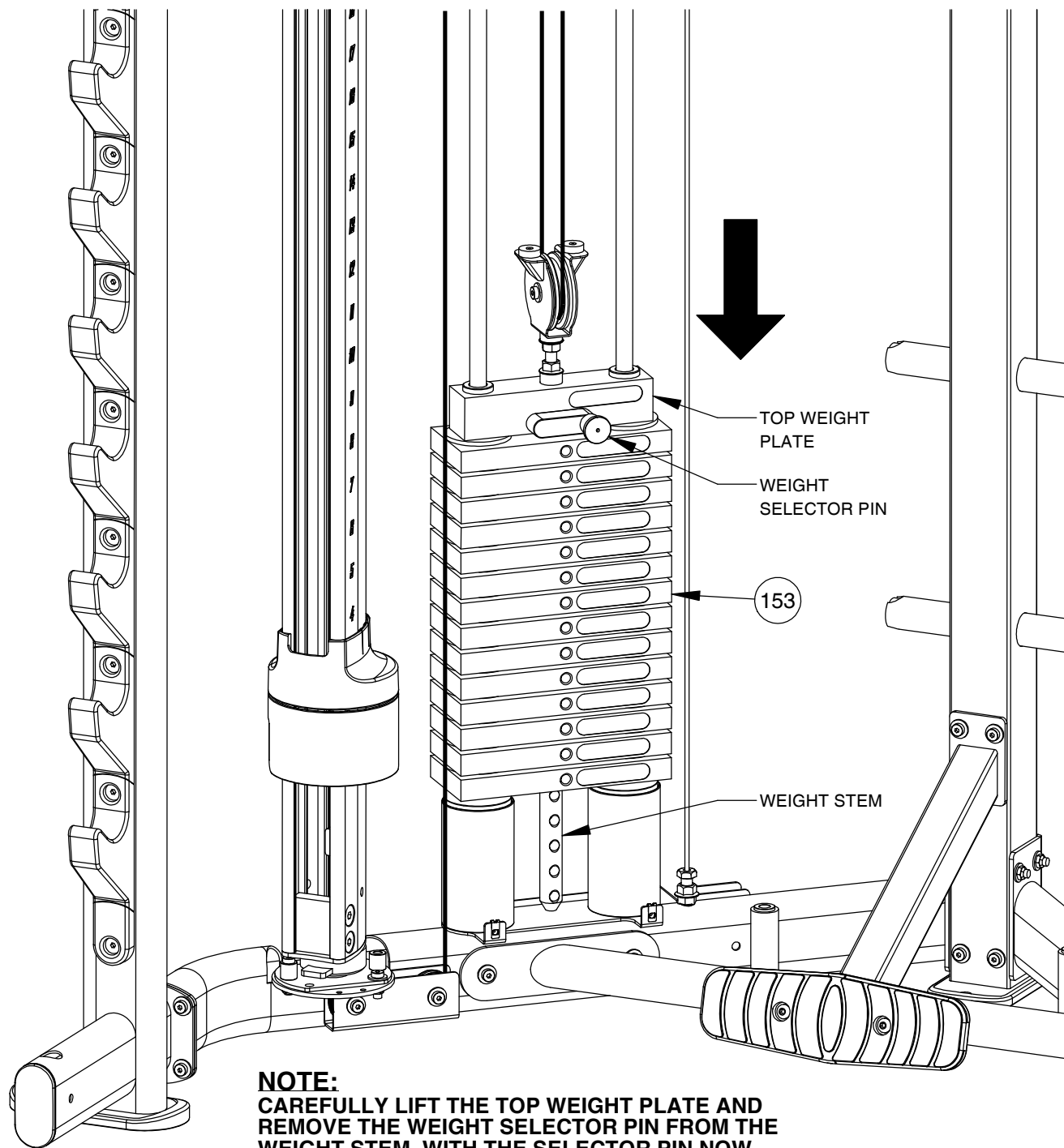
WARNING

CABLE BOLT MUST BE THREADED ALL THE WAY INTO THE PULLEY CARRIAGE (24), WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.



FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



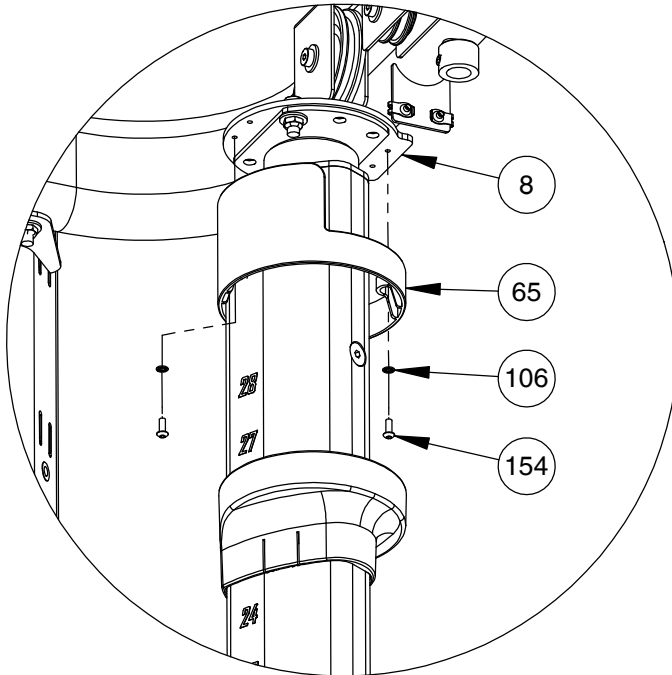
NOTE:
CAREFULLY LIFT THE TOP WEIGHT PLATE AND
REMOVE THE WEIGHT SELECTOR PIN FROM THE
WEIGHT STEM. WITH THE SELECTOR PIN NOW
REMOVED, CAREFULLY LOWER THE TOP WEIGHT
PLATE INTO ITS NORMAL RESTING POSITION.

OWNER'S MANUAL

FRAME ASSEMBLY

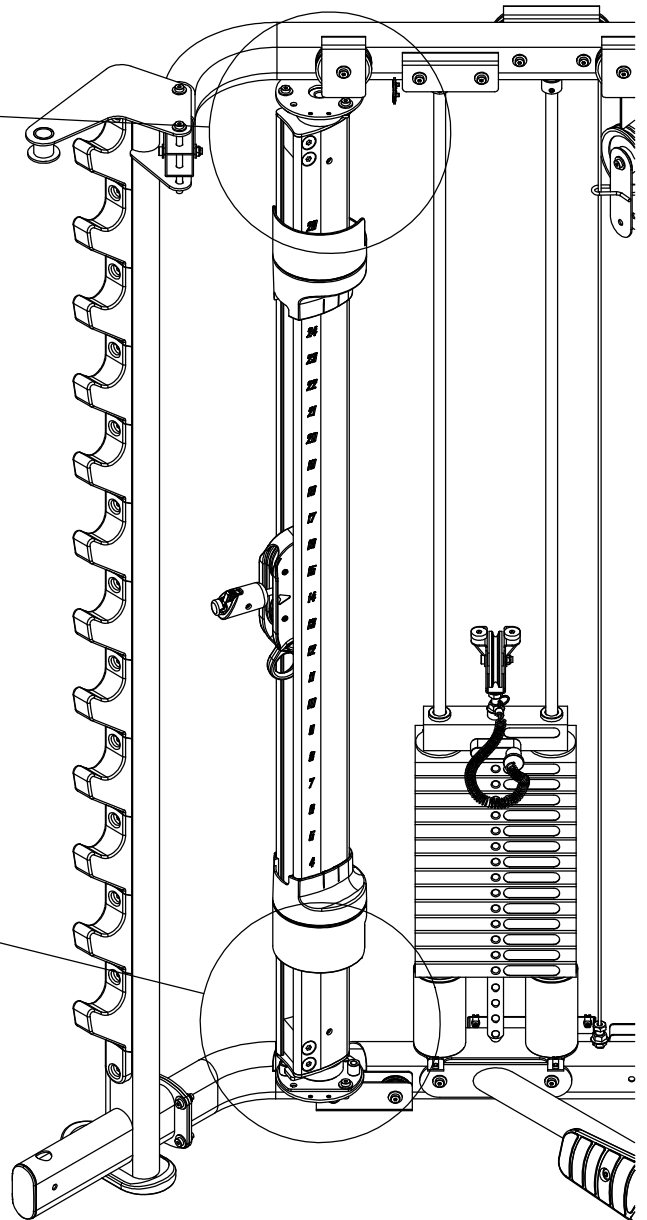
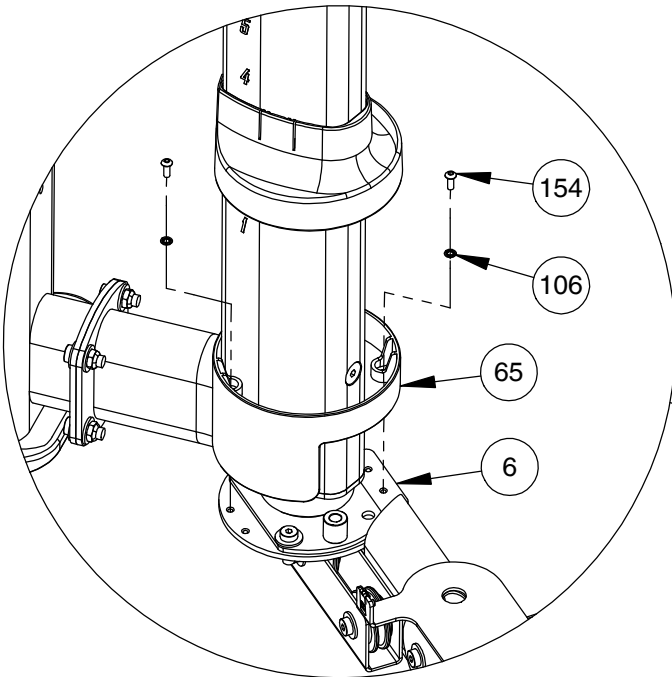
NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

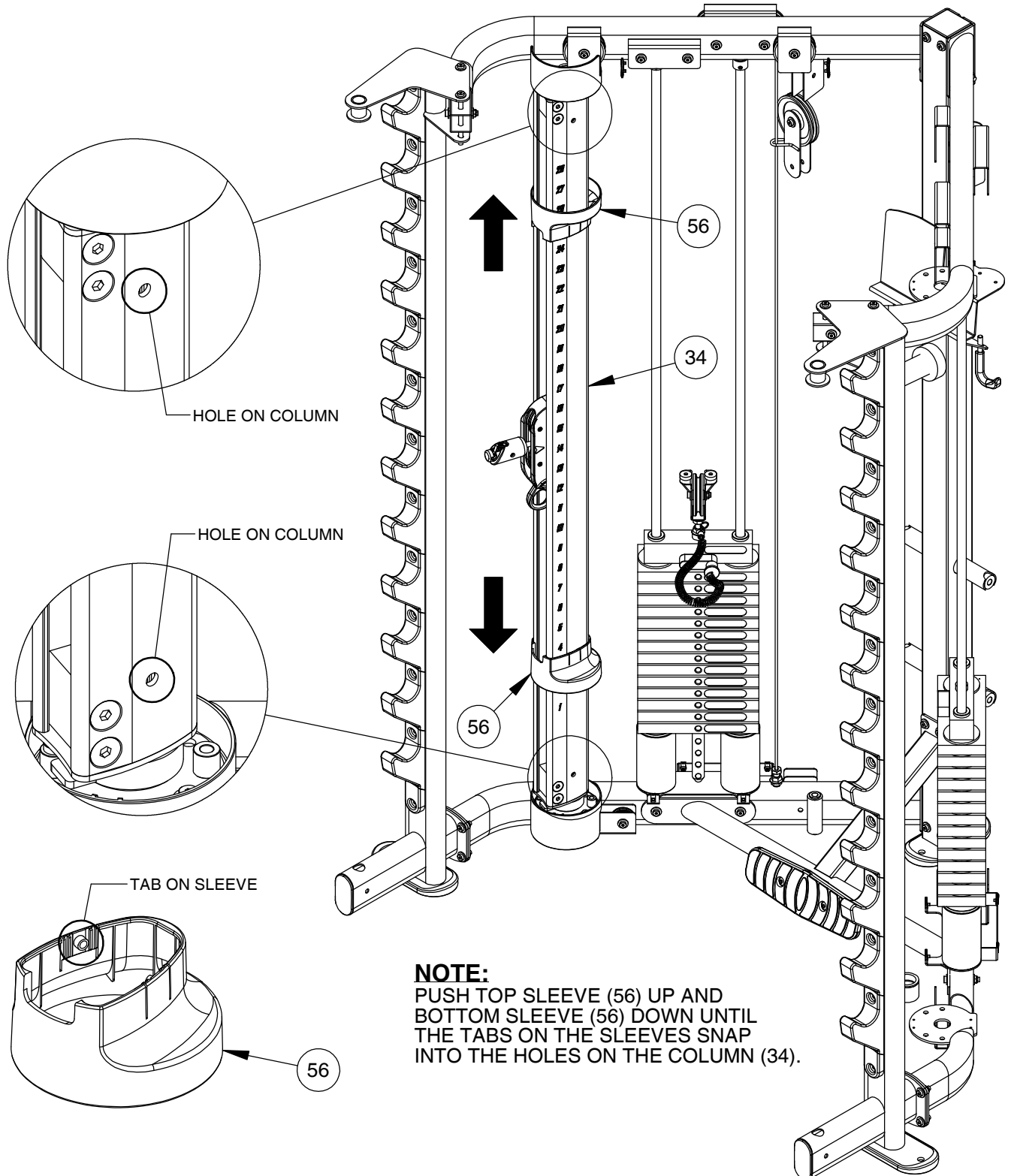
- AVOID USE OF POWER TOOLS TO PREVENT OVER-TIGHTENING BOLT (154) AND DAMAGING TRIM CAP (65).



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

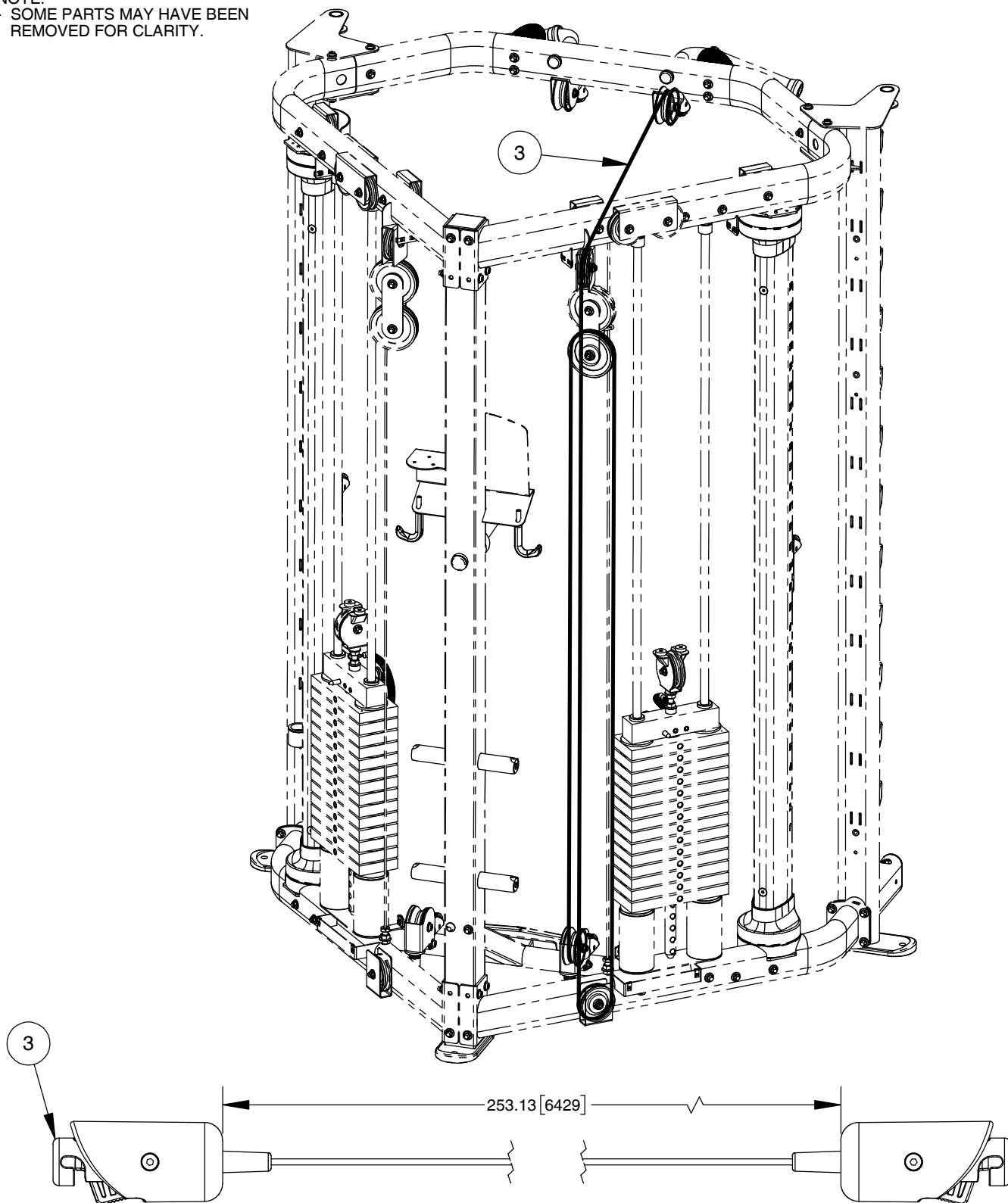


OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

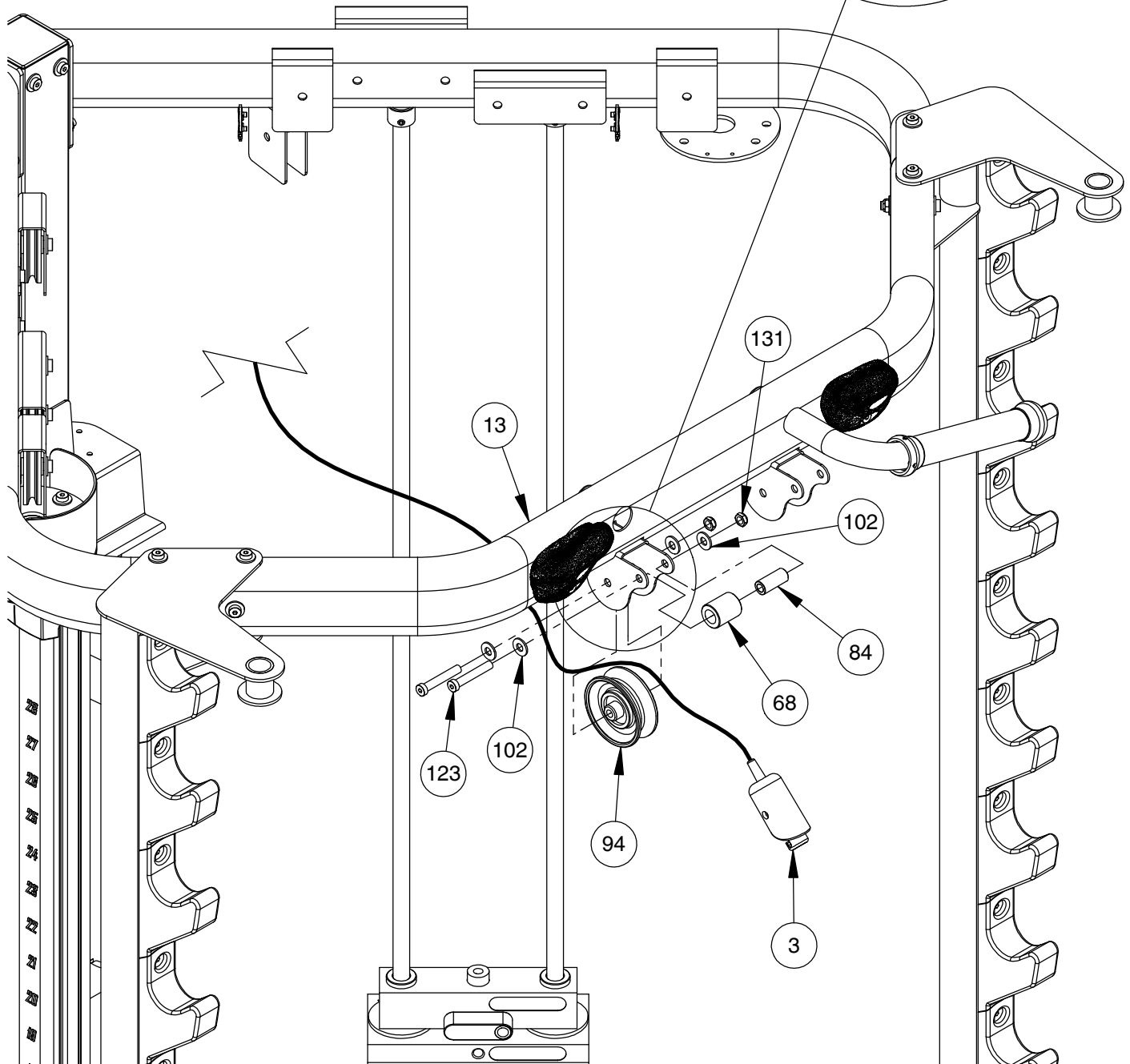
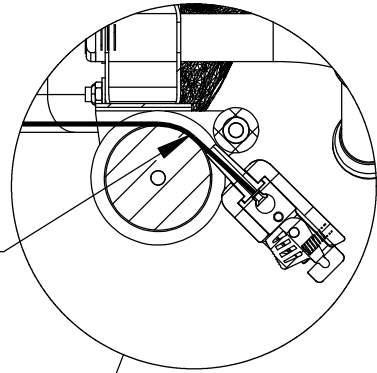
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

ENSURE CABLE RUNS BETWEEN THE PULLEY AND GUIDE ROLLER AS SHOWN.

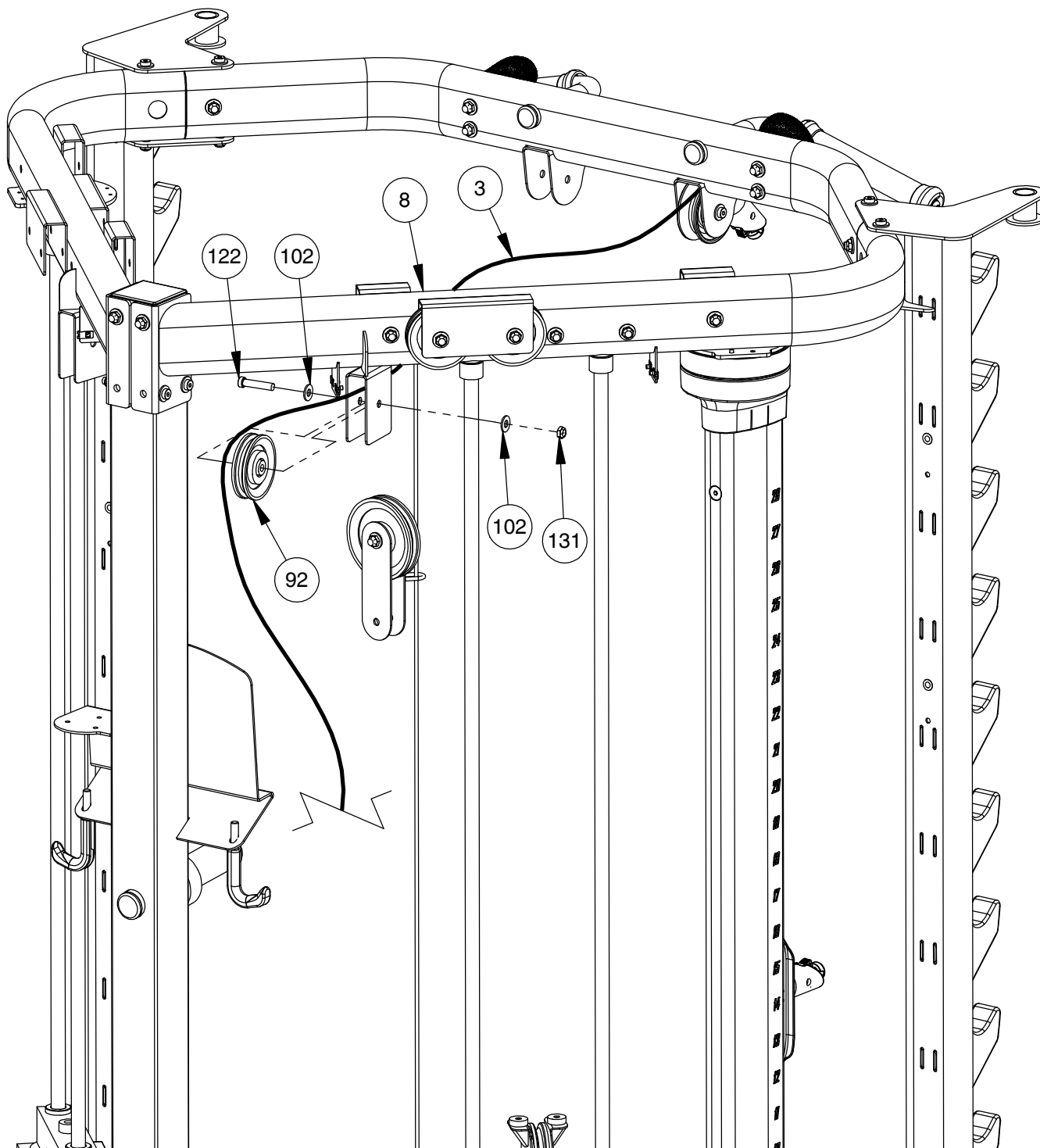


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

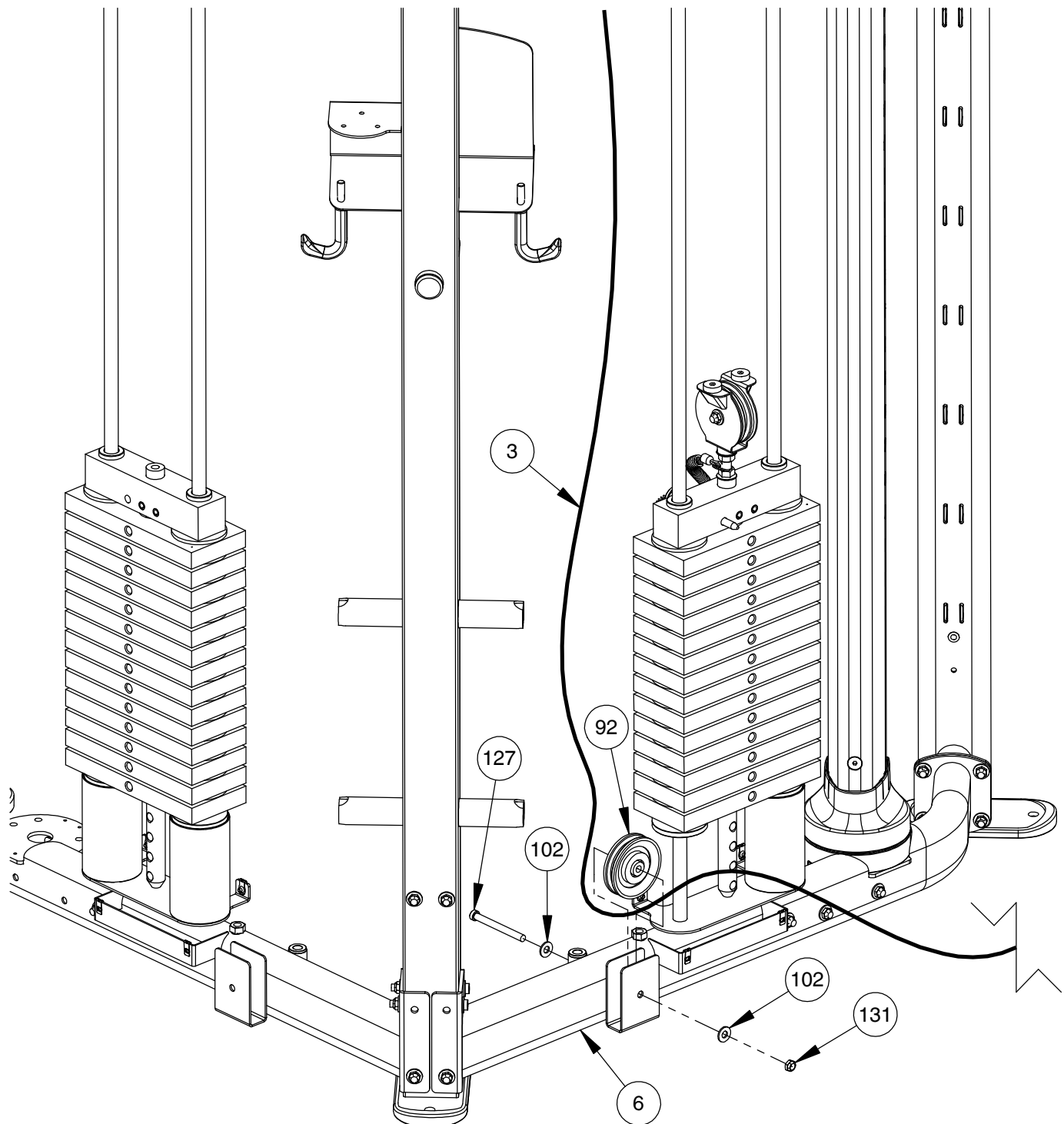


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

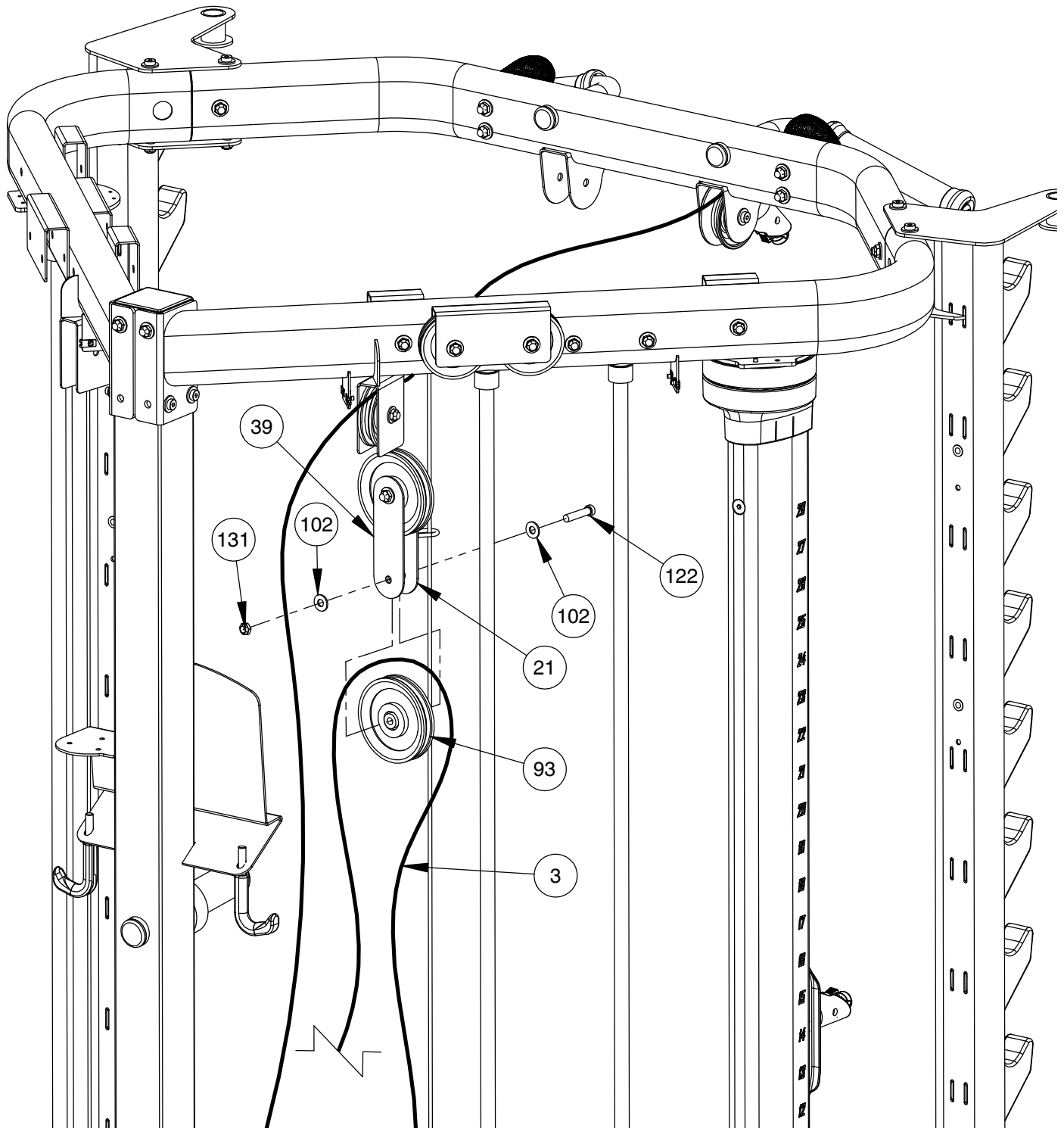


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

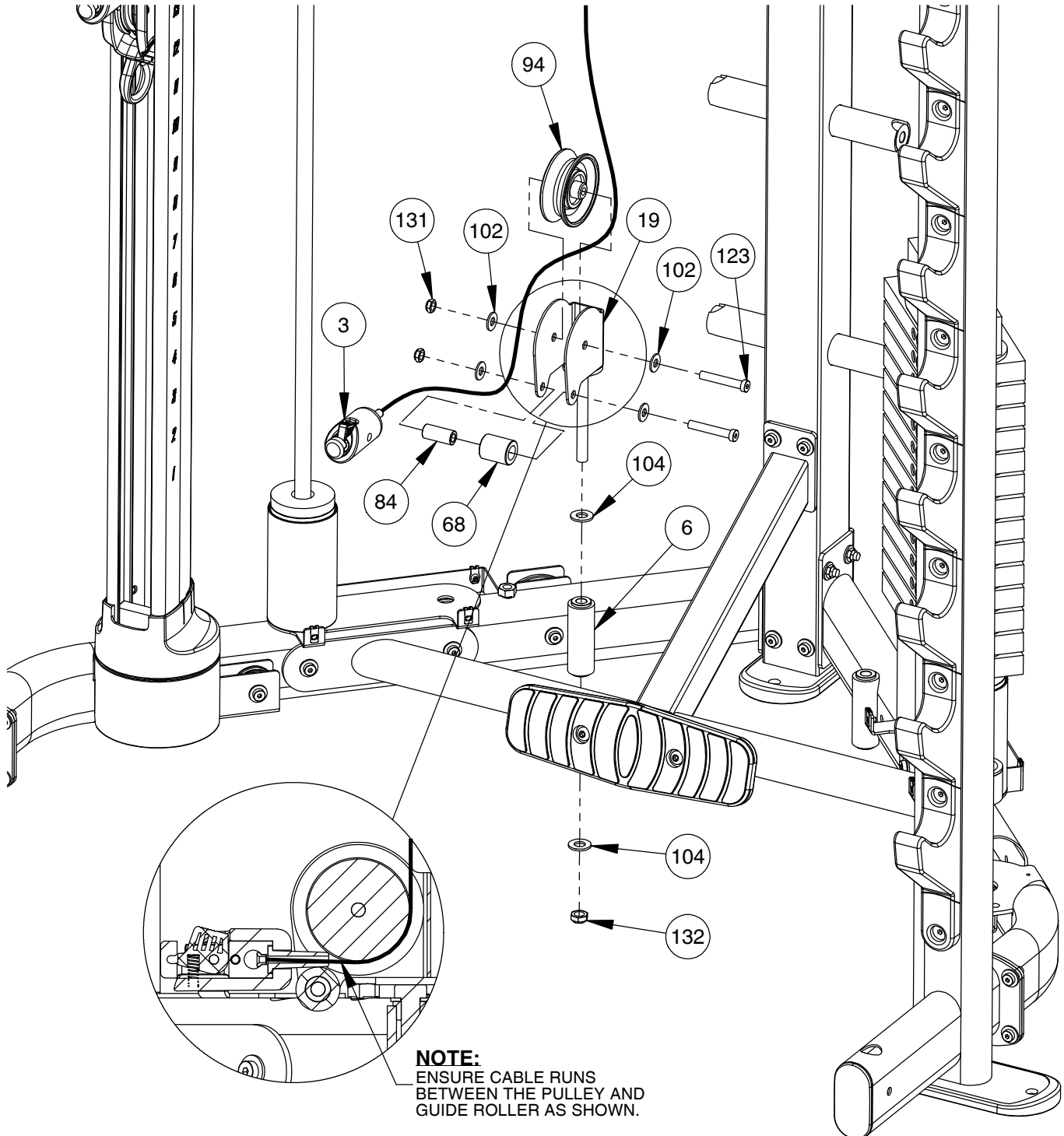
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN HARDWARE (132) THEN LOOSEN JUST ENOUGH FOR (19) TO PIVOT FREELY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

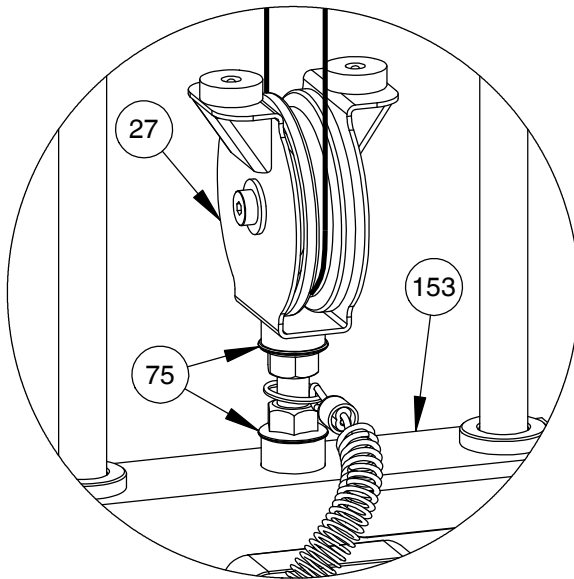


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

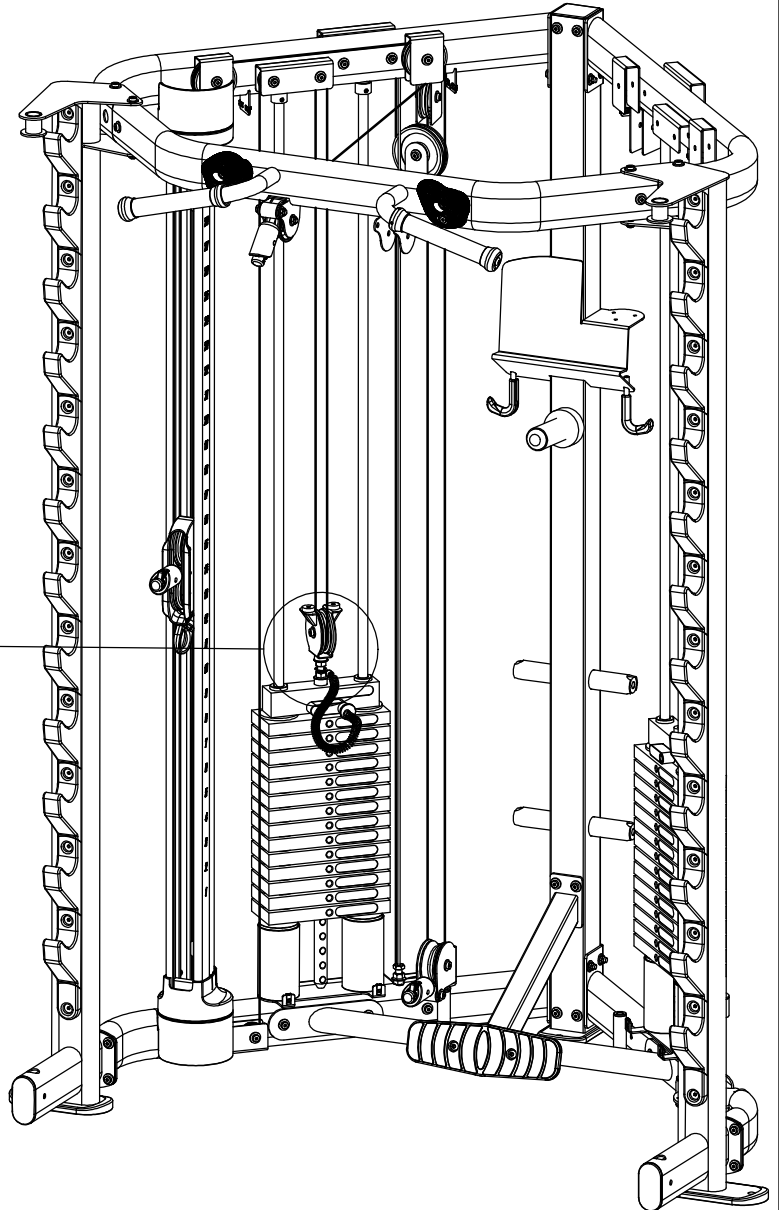
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FINE TUNING:

LOOSEN JAM NUTS (75) AND THREAD THE ADJUSTABLE PULLEY MOUNT (27) IN/OUT TO GIVE THE CABLE PROPER TENSION. ENSURE THE ADJUSTABLE PULLEY MOUNT IS PERPENDICULAR TO THE WEIGHT STACK (153) AND RE-TIGHTEN JAM NUTS.

WARNING - ADJUSTABLE PULLEY MOUNT MUST BE THREADED A MINIMUM OF 3/8" INTO THE WEIGHT STEM WITH JAM NUTS TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.



IMPORTANT

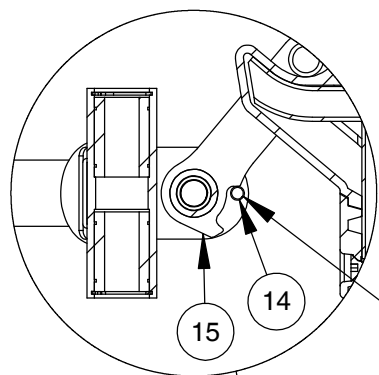
NOW THAT THE CABLE ROUTING IS COMPLETE, REPEAT ALL PREVIOUS STEPS FOR THE OPPOSITE SIDE.

OWNER'S MANUAL

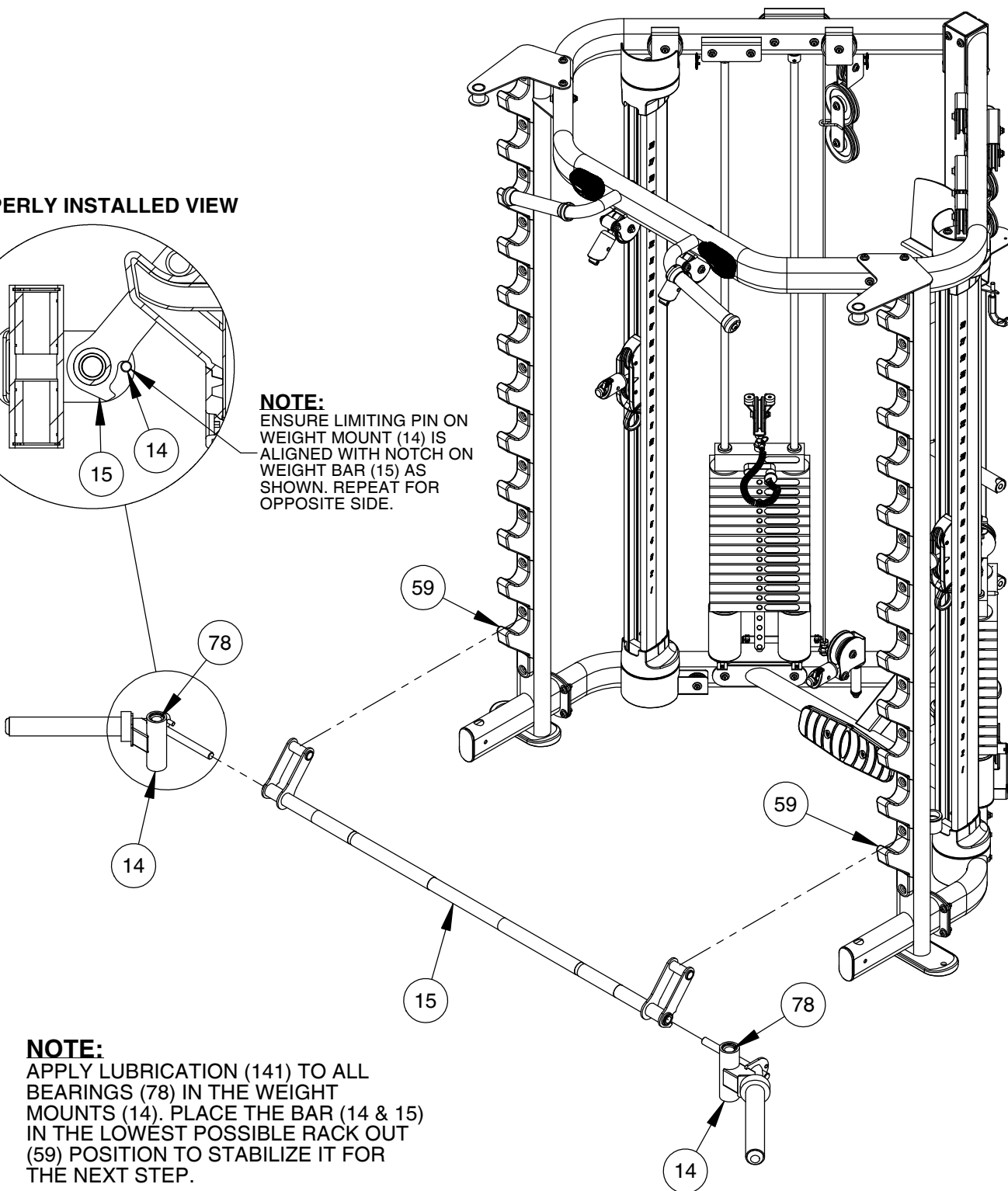
FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

PROPERLY INSTALLED VIEW



NOTE:
ENSURE LIMITING PIN ON
WEIGHT MOUNT (14) IS
ALIGNED WITH NOTCH ON
WEIGHT BAR (15) AS
SHOWN. REPEAT FOR
OPPOSITE SIDE.



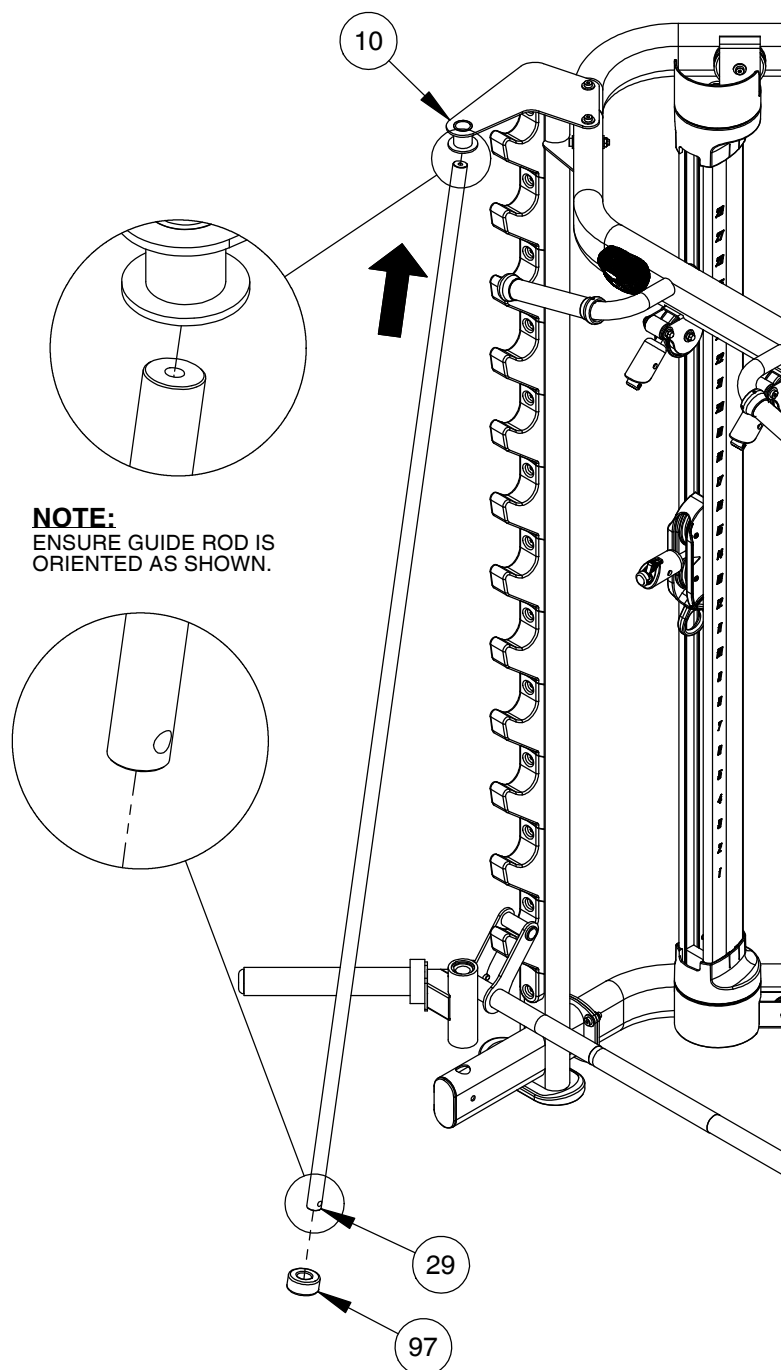
NOTE:
APPLY LUBRICATION (141) TO ALL
BEARINGS (78) IN THE WEIGHT
MOUNTS (14). PLACE THE BAR (14 & 15)
IN THE LOWEST POSSIBLE RACK OUT
(59) POSITION TO STABILIZE IT FOR
THE NEXT STEP.

OWNER'S MANUAL

FRAME ASSEMBLY

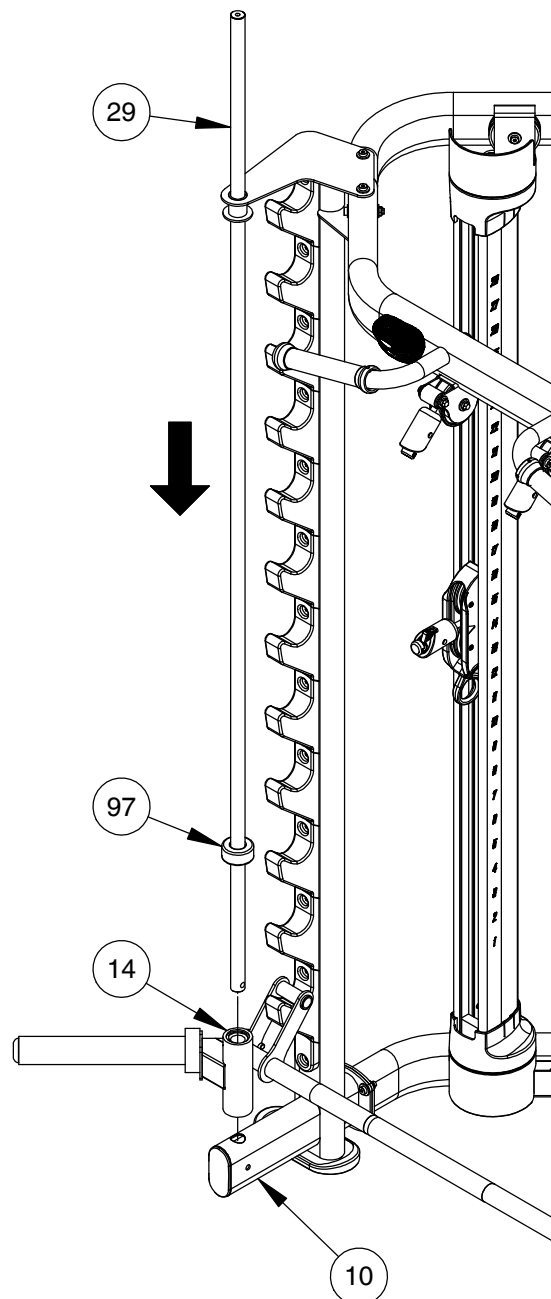
NOTE:

- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



STEP 1:

ANGLE GUIDE ROD (29) AS SHOWN AND INSERT THROUGH RECIEVER IN THE UPRIGHT (10).



STEP 2:

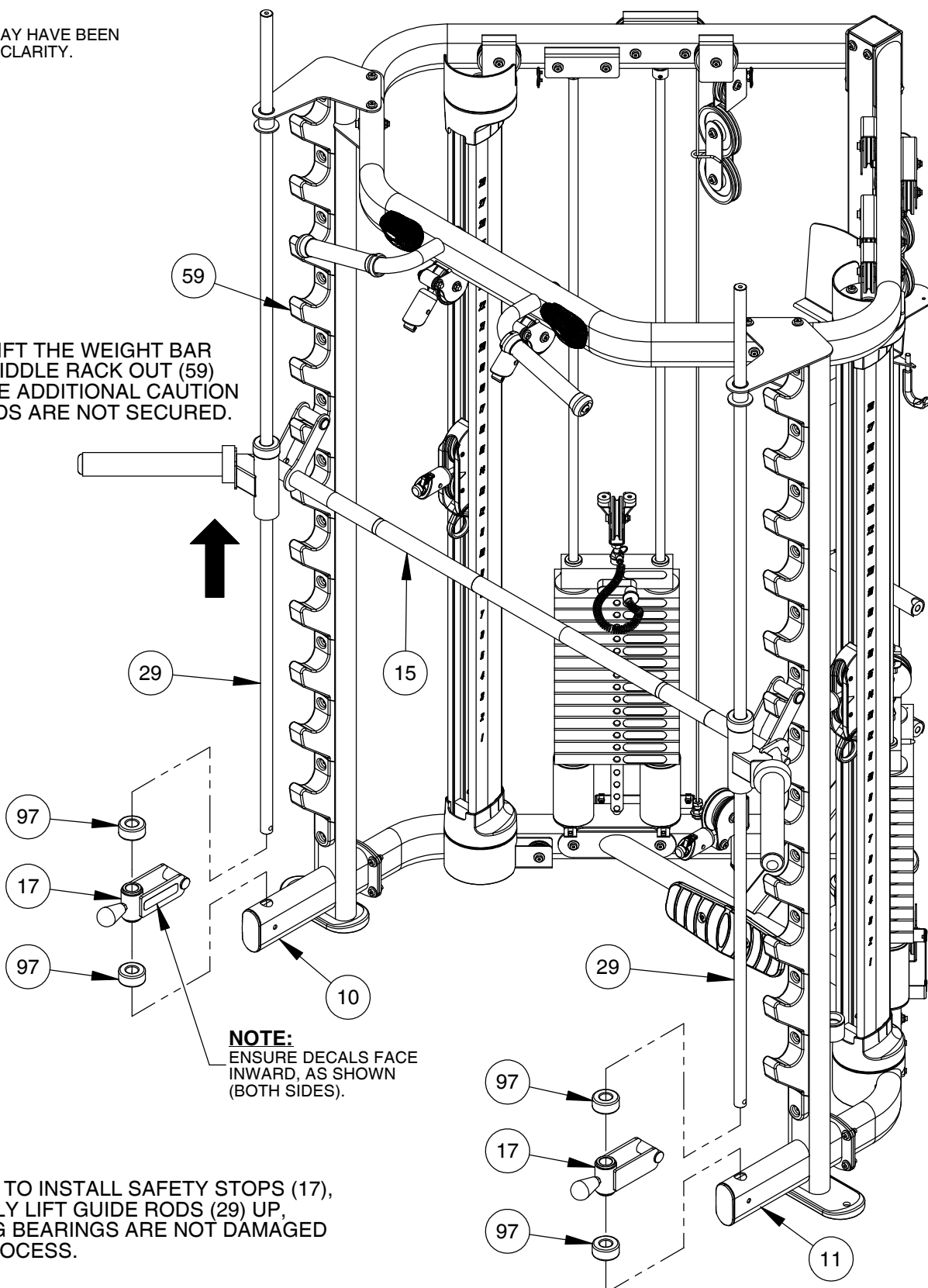
CAREFULLY INSTALL GUIDE ROD (29) THROUGH THE WEIGHT MOUNT (14), ENSURING BEARINGS ARE NOT DAMAGED IN THE PROCESS.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

STEP 1:
CAREFULLY LIFT THE WEIGHT BAR
(15) TO THE MIDDLE RACK OUT (59)
POSITION. USE ADDITIONAL CAUTION
AS GUIDE RODS ARE NOT SECURED.

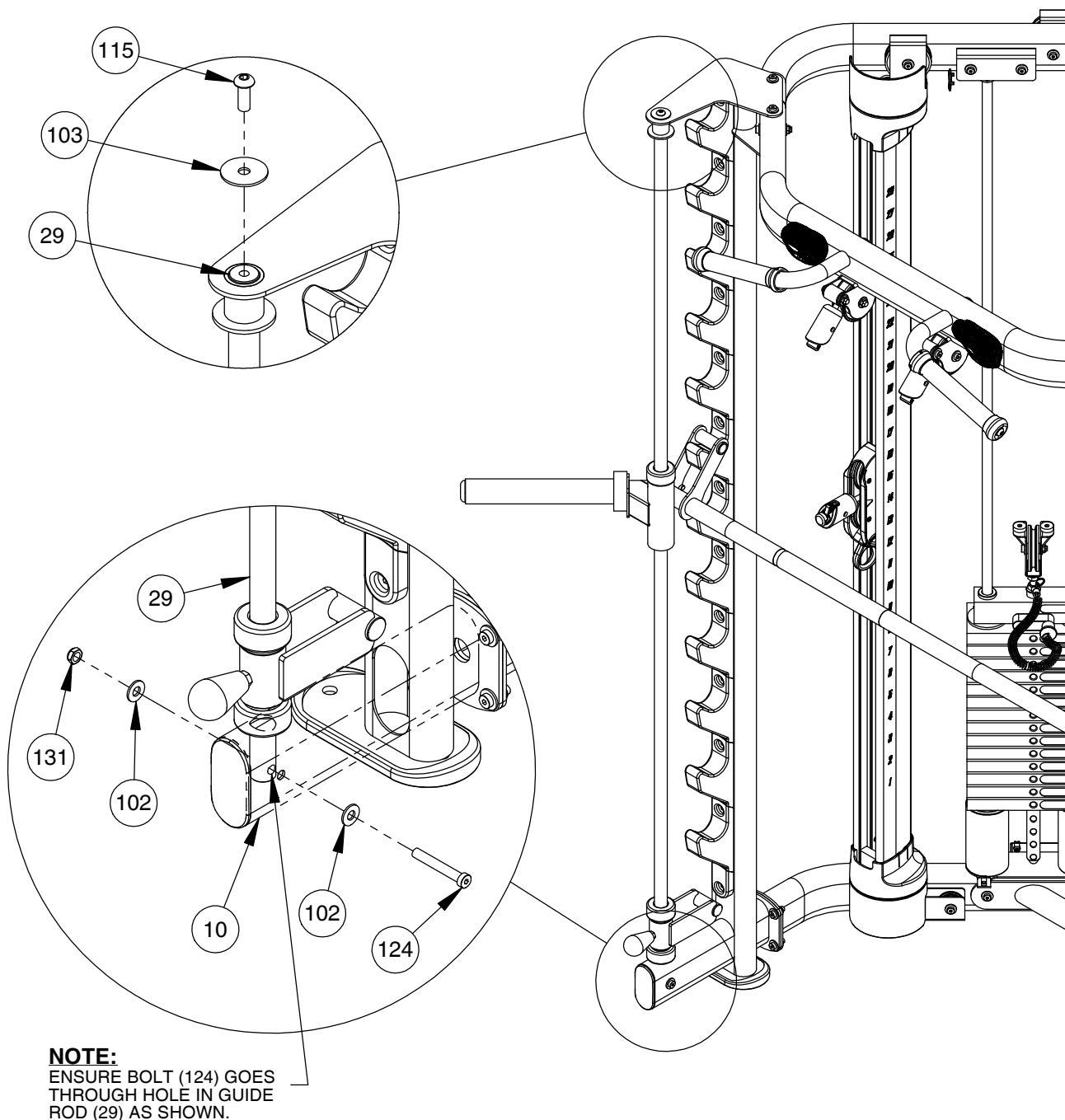


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

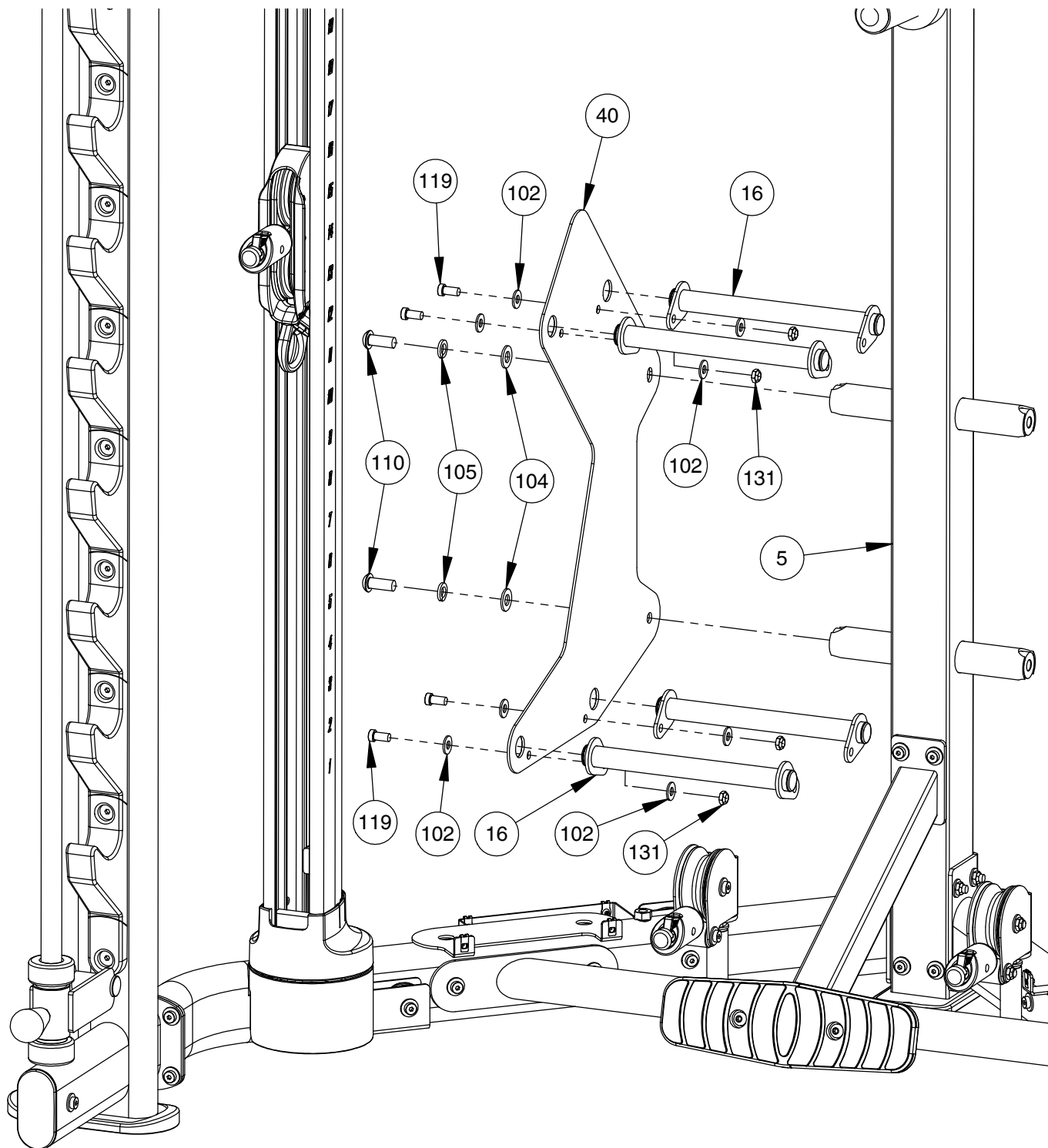
ENSURE BOLT (124) GOES THROUGH HOLE IN GUIDE ROD (29) AS SHOWN.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

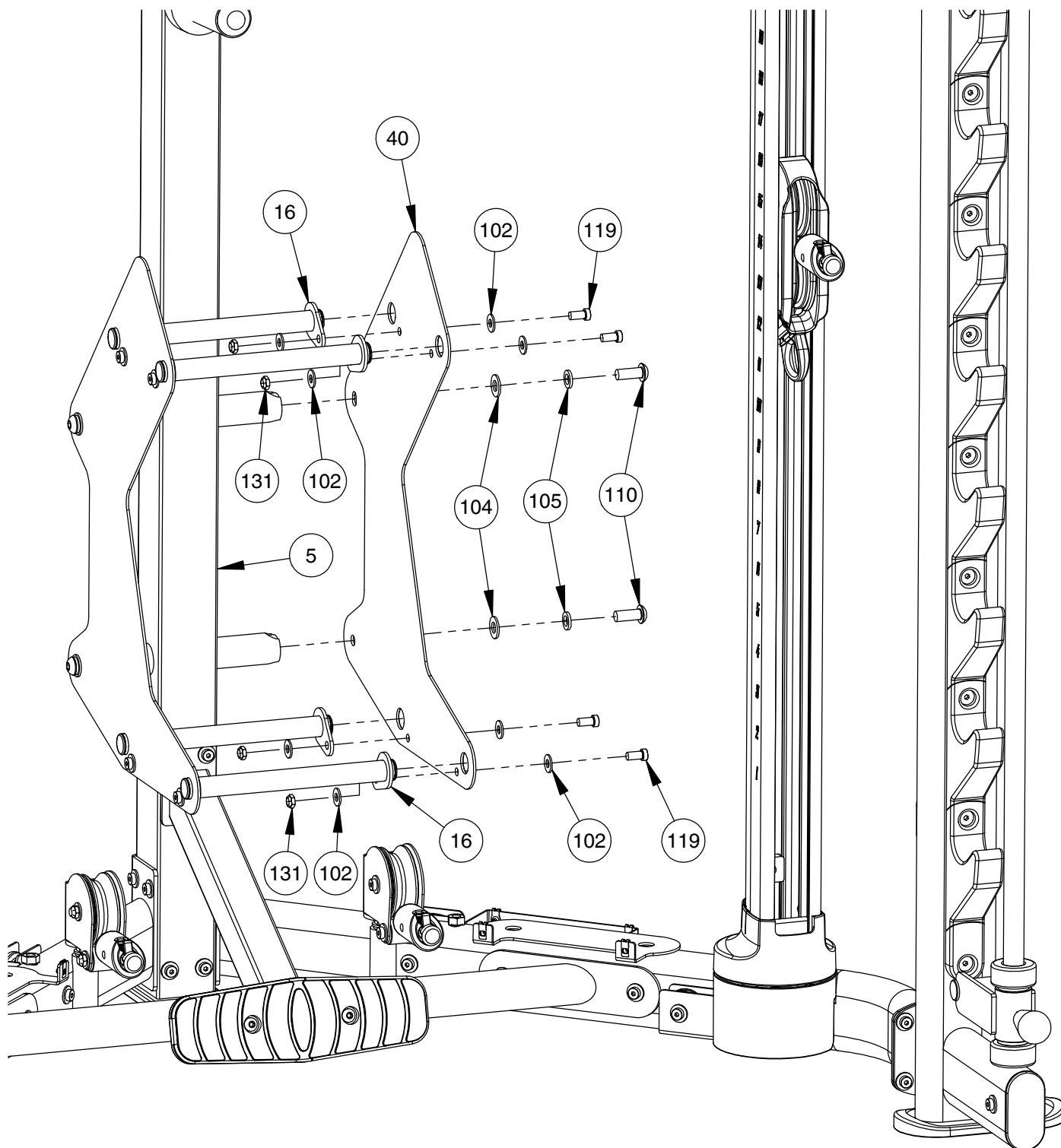


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

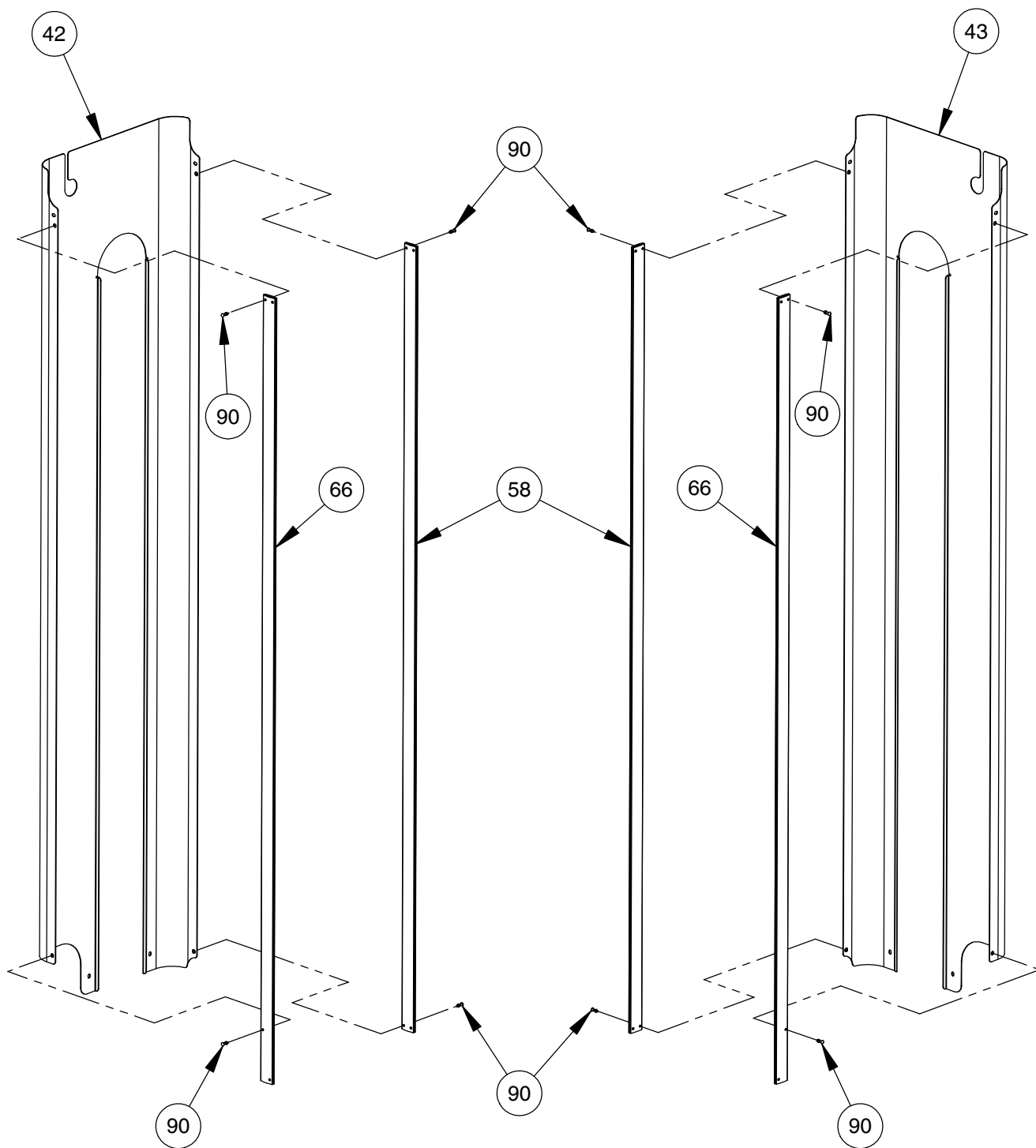
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

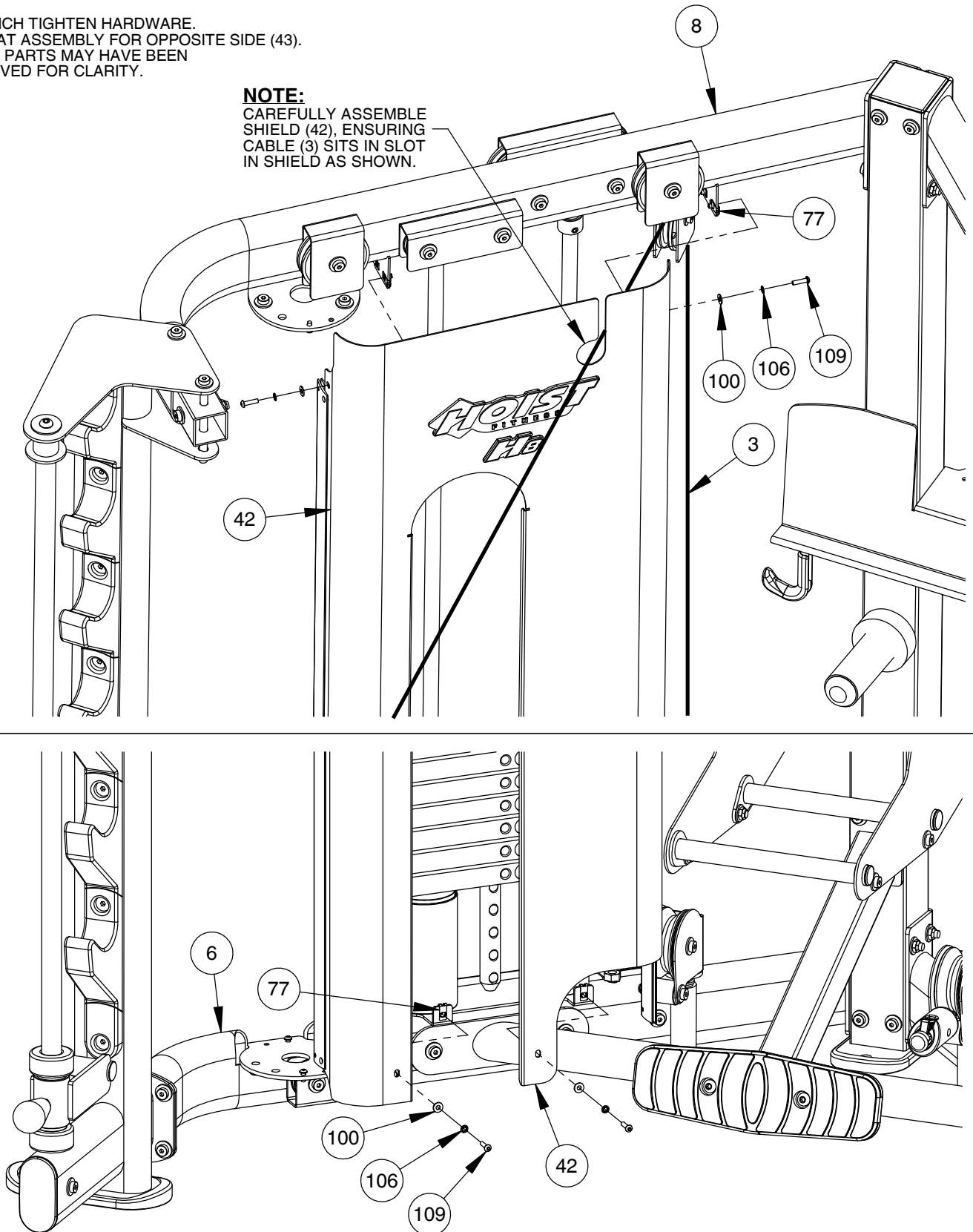
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (43).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

CAREFULLY ASSEMBLE SHIELD (42), ENSURING CABLE (3) SITS IN SLOT IN SHIELD AS SHOWN.

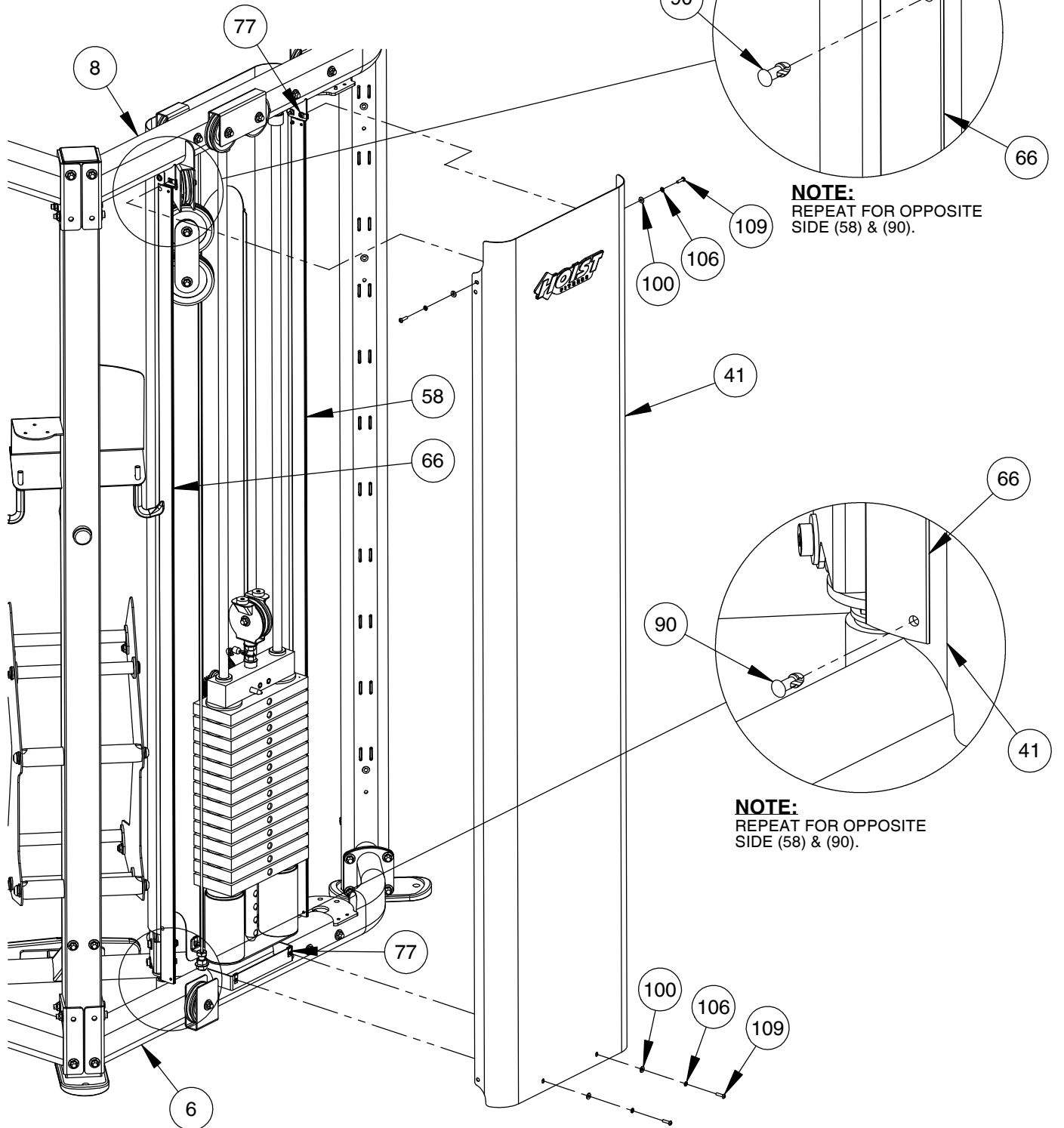


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

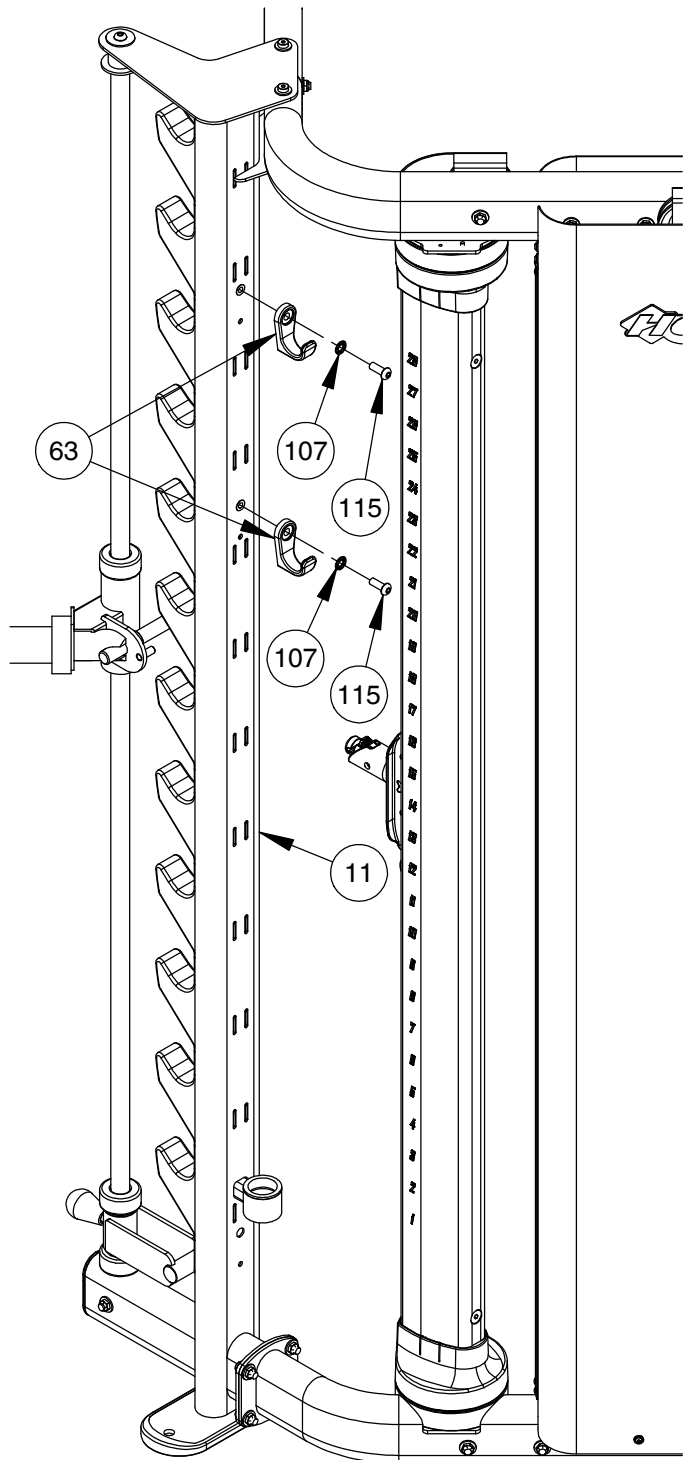
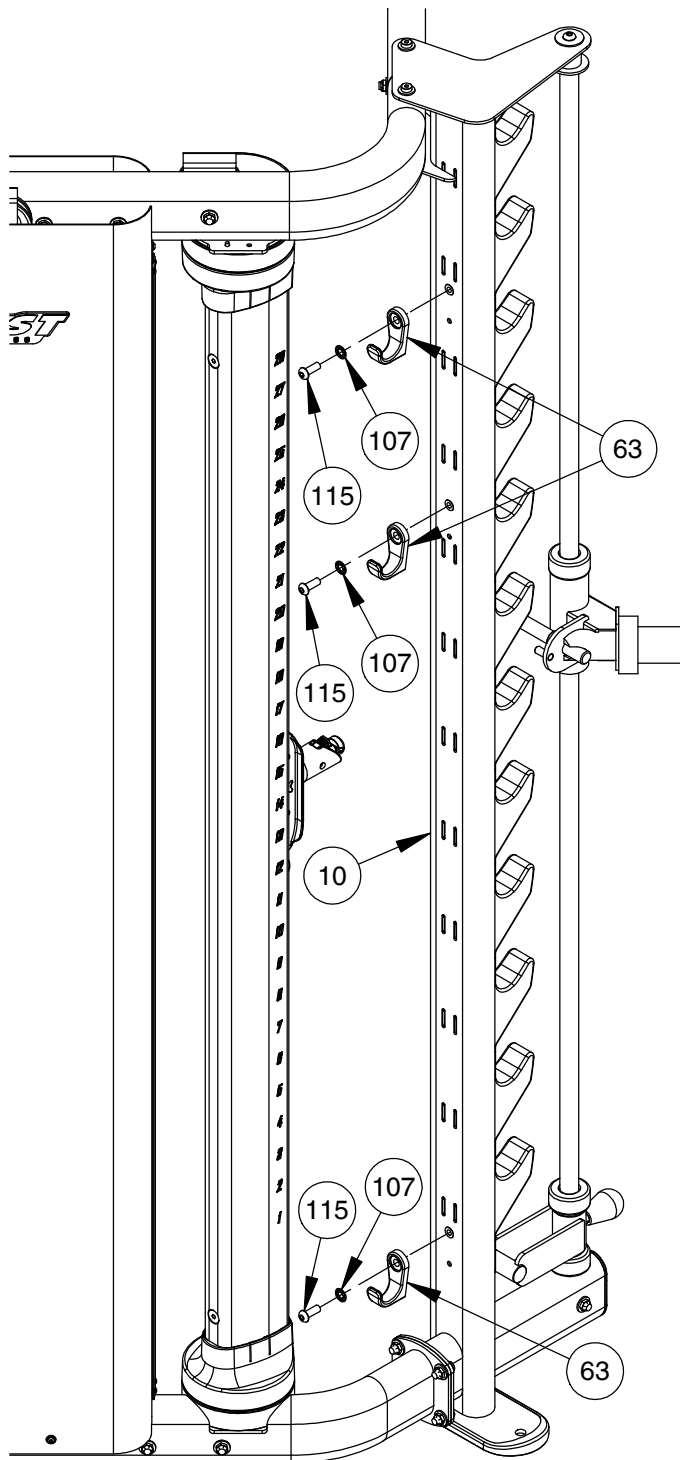


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

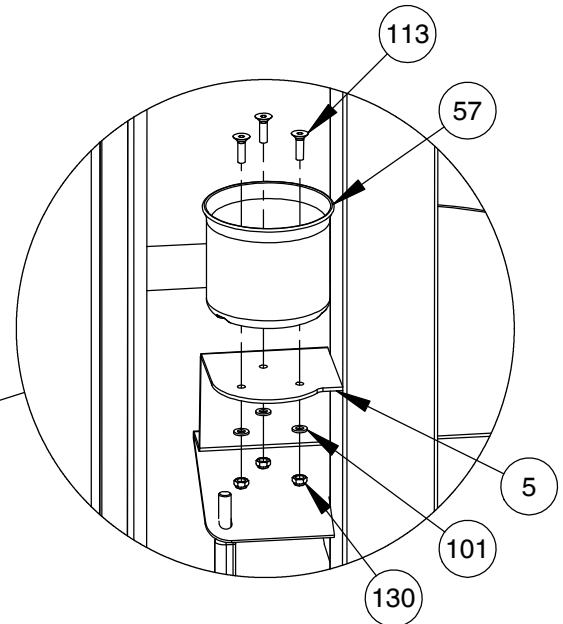
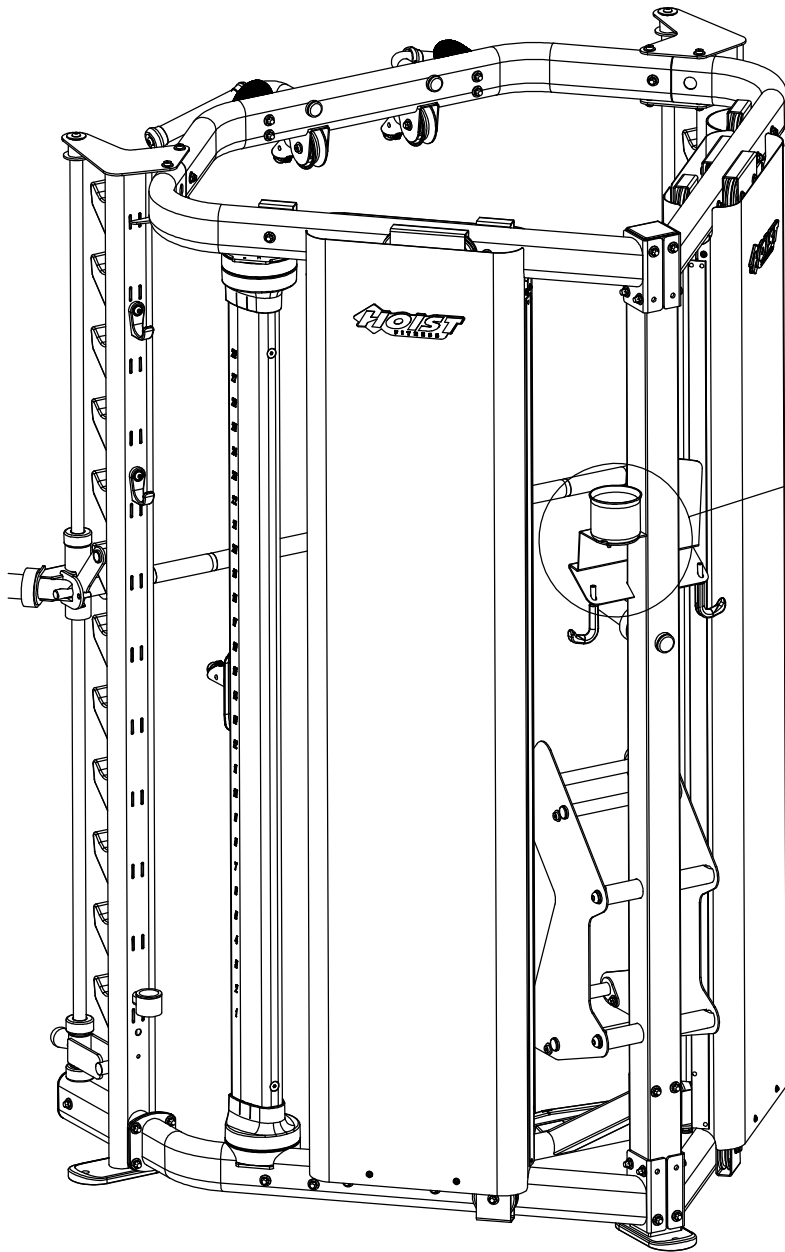


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

AVOID USE OF POWER TOOLS
TO PREVENT OVER-TIGHTENING
BOLT (113) AND DAMAGING CUP
HOLDER (57).

OWNER'S MANUAL

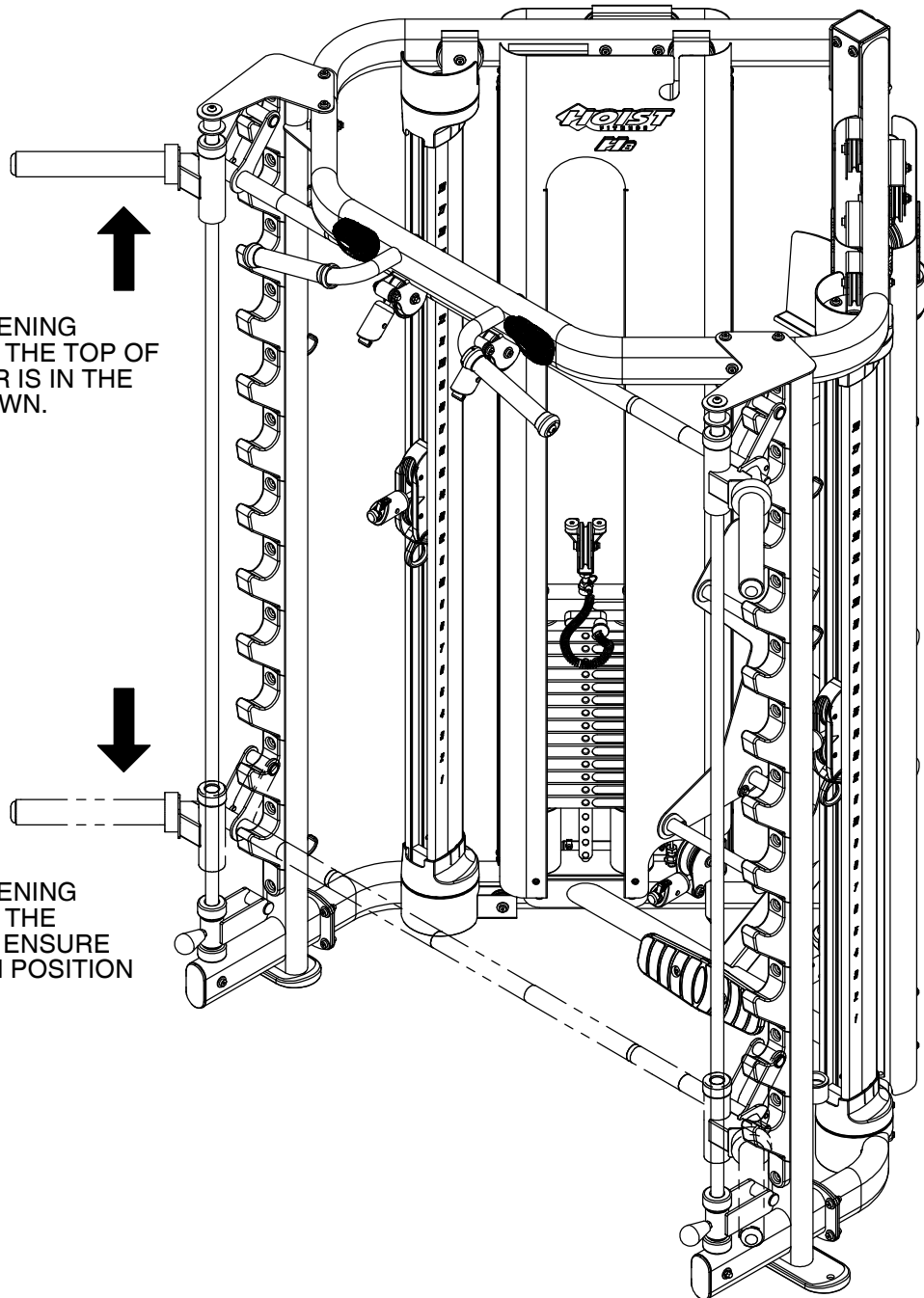
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

WHEN WRENCH TIGHTENING FRAME HARDWARE AT THE TOP OF THE UNIT, ENSURE BAR IS IN THE TOP POSITION AS SHOWN.



NOTE:

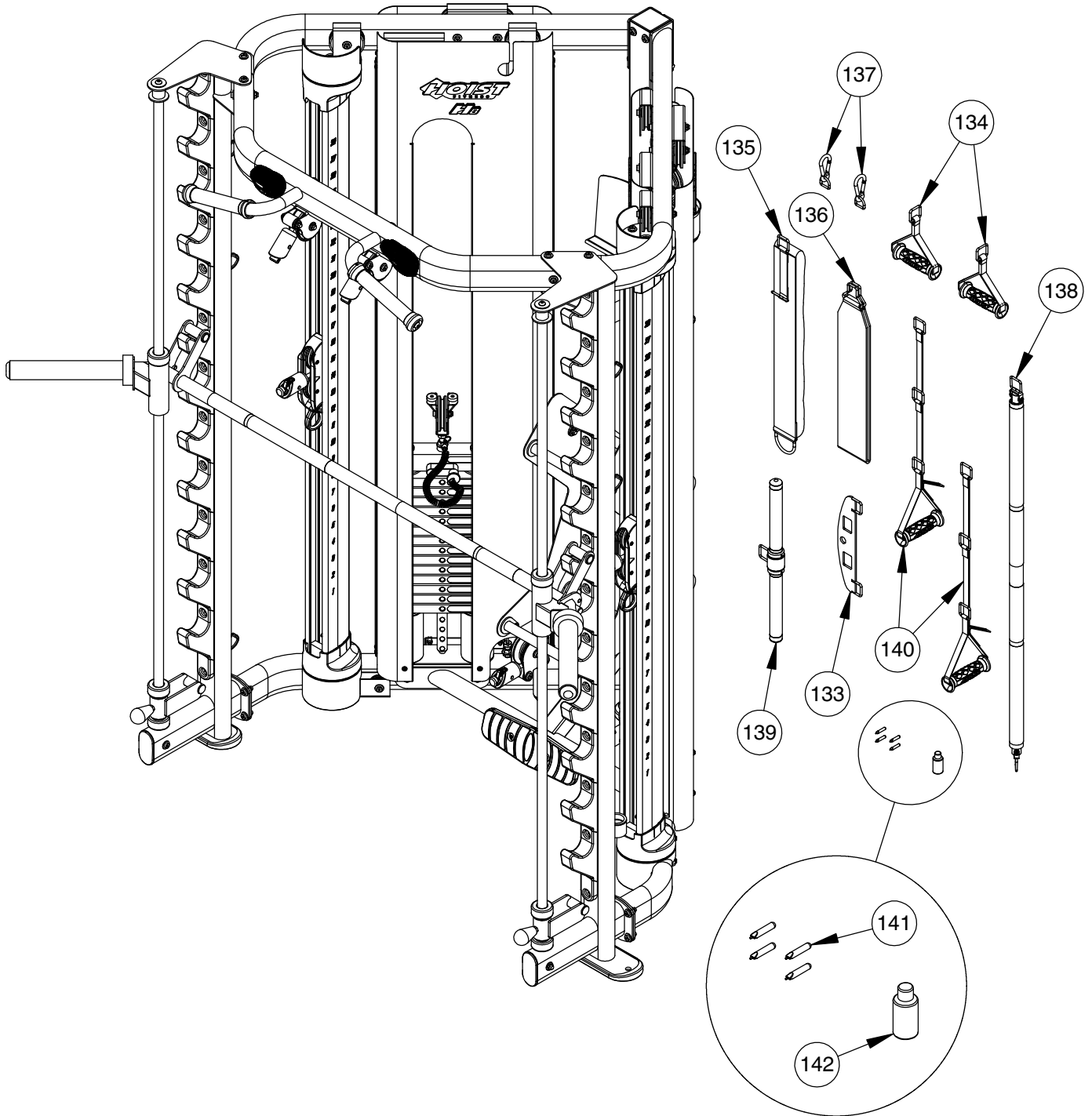
WHEN WRENCH TIGHTENING FRAME HARDWARE AT THE BOTTOM OF THE UNIT, ENSURE BAR IS IN THE BOTTOM POSITION AS SHOWN.

IMPORTANT

NOW THAT THE H-8 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

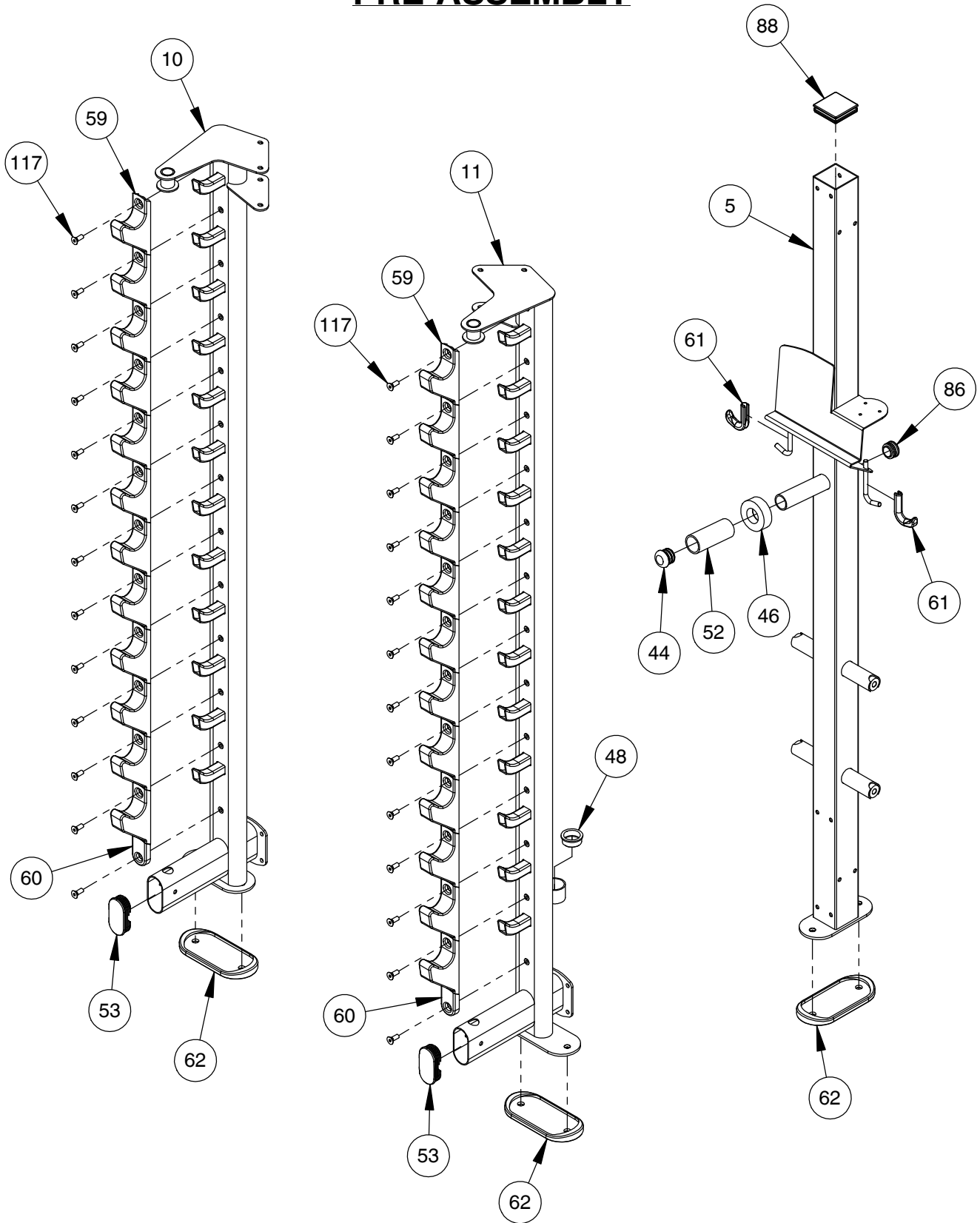
OWNER'S MANUAL

ACCESSORIES



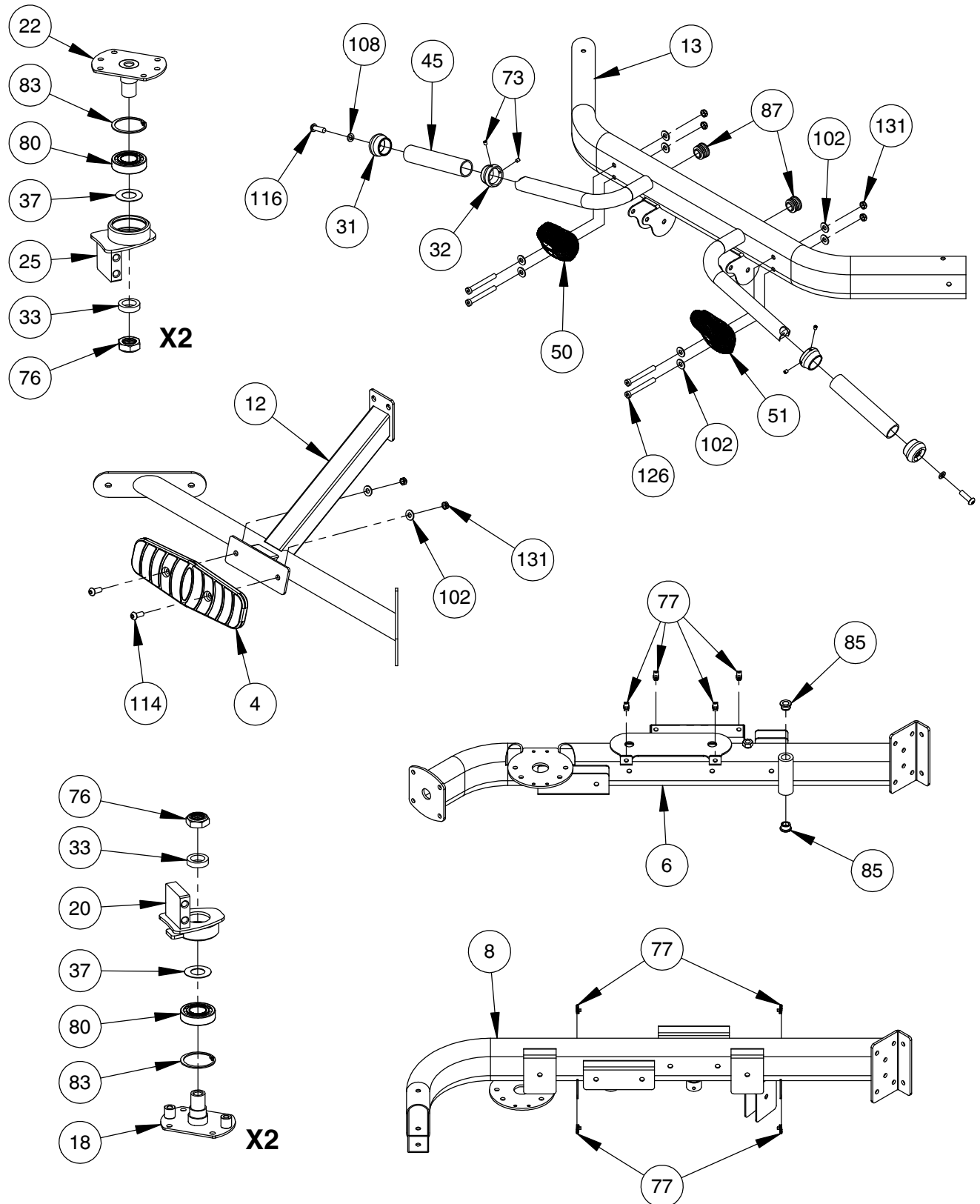
OWNER'S MANUAL

PRE-ASSEMBLY



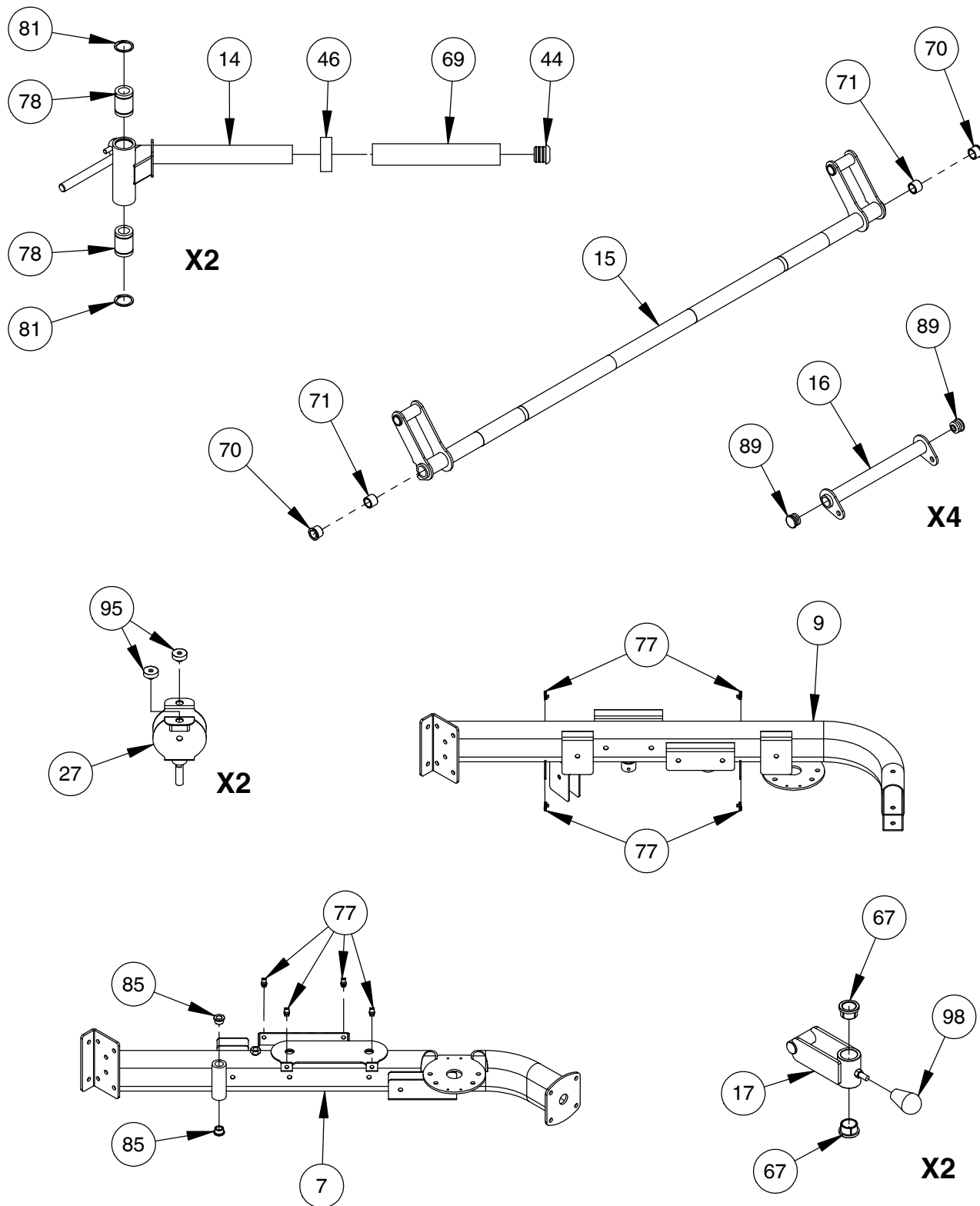
OWNER'S MANUAL

PRE-ASSEMBLY



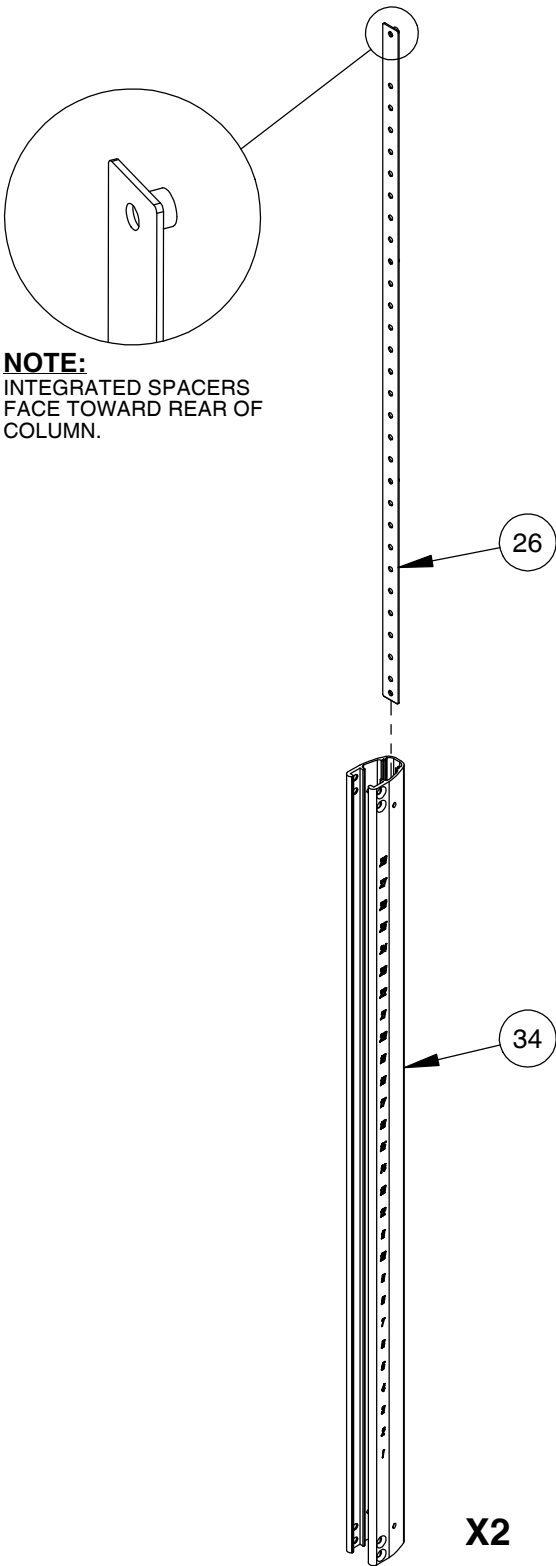
OWNER'S MANUAL

PRE-ASSEMBLY

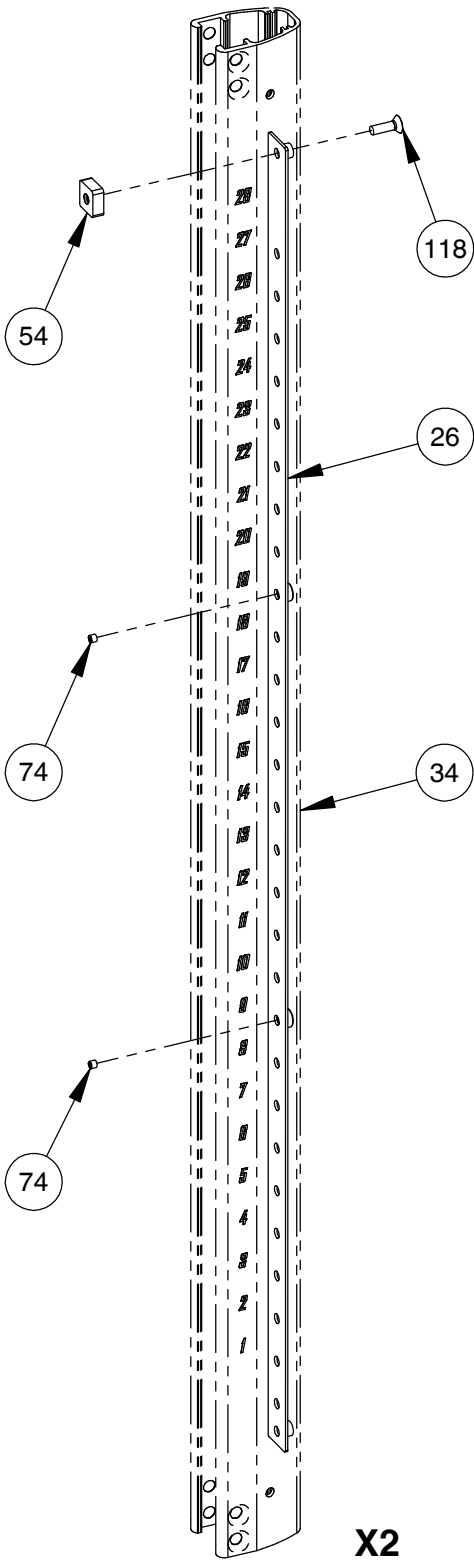


OWNER'S MANUAL

PRE-ASSEMBLY



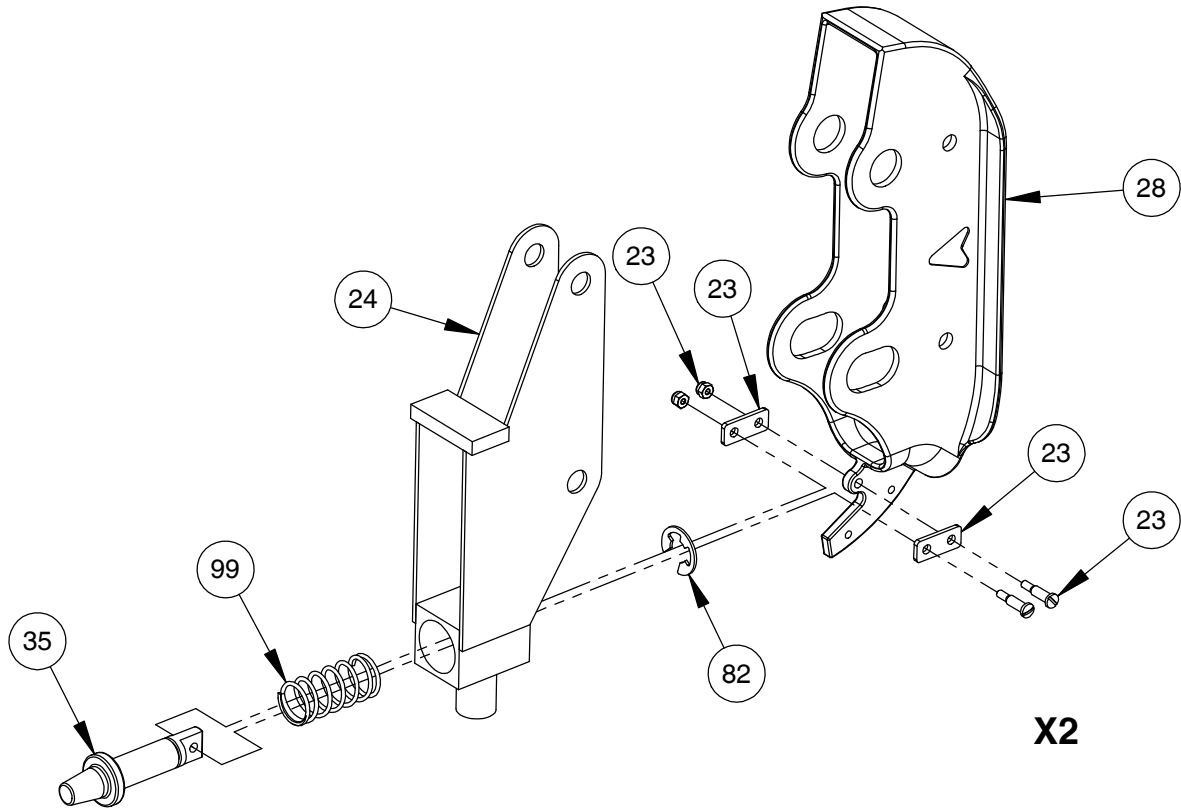
STEP 1



STEP 2

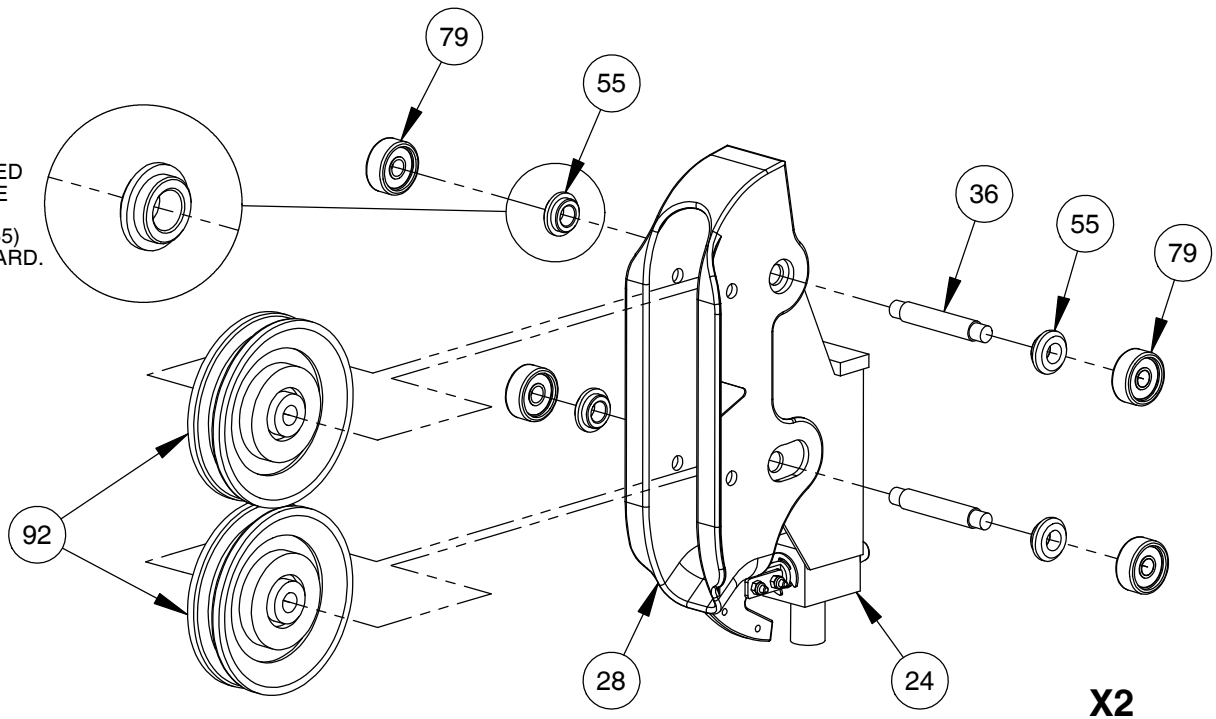
OWNER'S MANUAL

PRE-ASSEMBLY



STEP 3

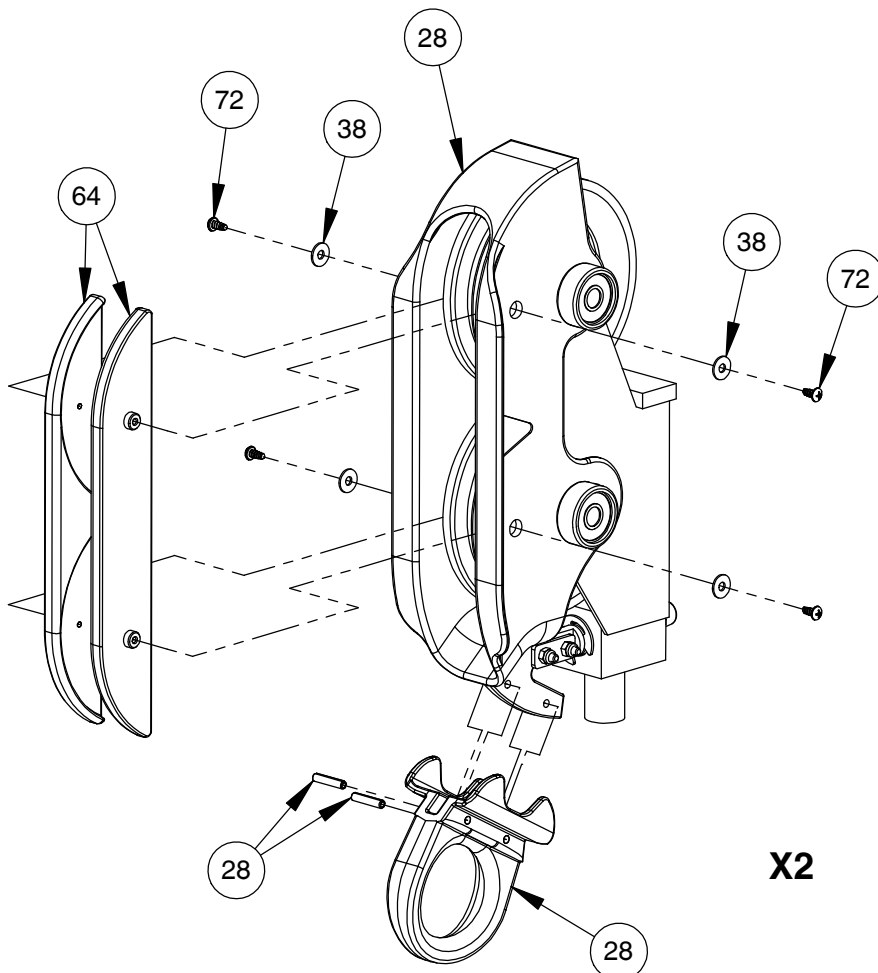
NOTE:
THE STEPPED
SIDE OF THE
FLANGED
SPACERS (55)
FACES INWARD.



STEP 4

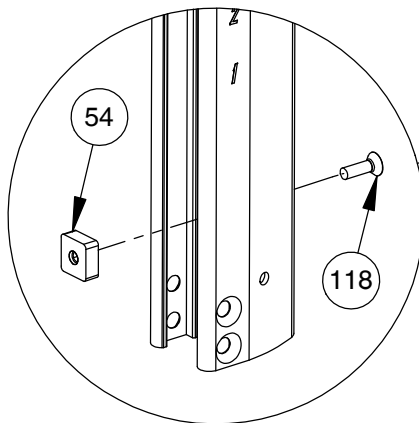
OWNER'S MANUAL

PRE-ASSEMBLY

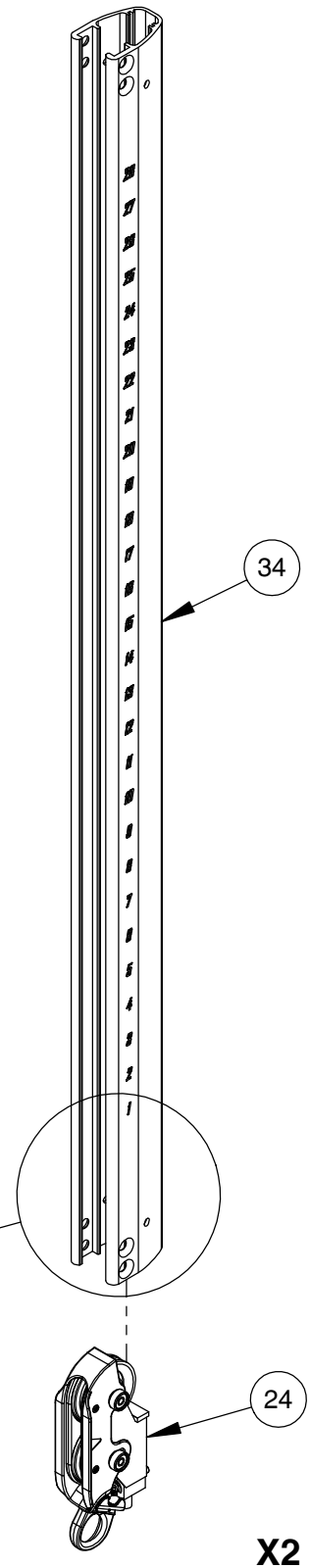


STEP 5

NOTE:
ASSEMBLE THE BOTTOM
BUMPER (54) ONCE THE
PULLEY CARRIAGE (24)
IS INSTALLED IN THE
COLUMN (34).

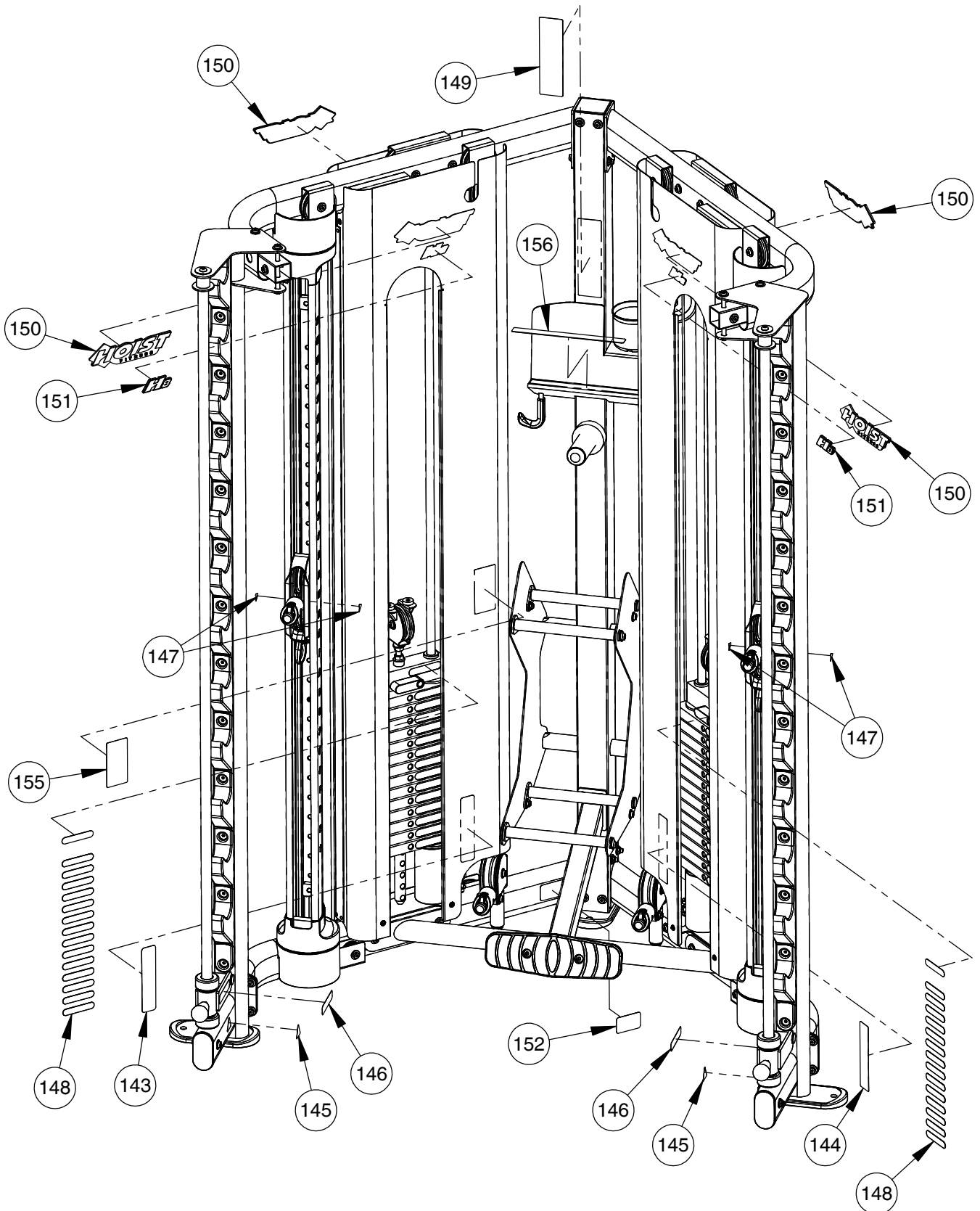


STEP 6



OWNER'S MANUAL

DECAL PLACEMENT



OWNER'S MANUAL

DECAL REFERENCE

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Quarterly	Yearly
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins					
Clean: Upholstery					
Inspect: Cables or Belts and their tension					
Inspect: Accessory Bars and Handles					
Inspect: All Decals					
Inspect: All nuts and Bolt tighten if Needed.					
Inspect: Anti-Skid Surfaces					
Clean & Lubricate: Guide Rods with a Teflon (PTFE) based lubricant (Superlube)					
Lubricate: Seat Sleeves, Turbine Bushings, Linear Bearing					
Clean & Wax: All Glossy Finishes					
Repack with Grease Linear Bearings					
Replace: Cables, Belts and Connecting Parts.					

021-0003008

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 AND 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. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING, bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135

WARNING

Make sure you understand the safety features and proper use of this machine.

Make sure that you know which way to rotate the bar to engage and disengage the bar rack-outs.

Do not do one-handed exercises on this machine.

Both safety stops must be fully engaged and set to the same height.




Do not place your feet on the bar.

FAILURE TO COMPLY MAY RESULT IN SERIOUS INJURY OR DEATH

021-0004309



021-0018022

WARNING

MAX size for top rack

12 in. (30 cm)

021-0004310

021-0004310



021-0003512

10 LBS / 5 KGS

90 LBS / 41 KGS

170 LBS / 77 KGS

20 LBS / 9 KGS

100 LBS / 45 KGS

180 LBS / 82 KGS

30 LBS / 14 KGS

110 LBS / 50 KGS

190 LBS / 86 KGS

40 LBS / 18 KGS

120 LBS / 54 KGS

200 LBS / 91 KGS

50 LBS / 23 KGS

130 LBS / 59 KGS

60 LBS / 27 KGS

140 LBS / 64 KGS

70 LBS / 32 KGS

150 LBS / 68 KGS

80 LBS / 36 KGS

160 LBS / 73 KGS

021-0003965



021-0004311



www.hoistfitness.com

Serial # 00-00-A00-000000

SERIAL # DECAL



021-0004170

DANGER

BOTH SAFETY STOPS MUST BE ADJUSTED TO SAME HEIGHT TO PREVENT SERIOUS INJURY OR DEATH.

021-0003593

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0473	ANTI-TWIST CABLE: 74.50" LG.	2
2	010-01C0474	CABLE ASSY.	2
3	010-01C0475	CABLE ASSY.	2
4	026-01X1610	FOOT PLATE ASSEMBLY	1
5	026-01X4352	CENTER UPRIGHT	1
6	026-01X4353	BASE FRAME - LEFT	1
7	026-01X4354	BASE FRAME - RIGHT	1
8	026-01X4355	UPPER FRAME - LEFT	1
9	026-01X4356	UPPER FRAME - RIGHT	1
10	026-01X4357	LEFT FRONT UPRIGHT	1
11	026-01X4358	RIGHT FRONT UPRIGHT	1
12	026-01X4359	CENTER BRACE & LOW ROW FRAME	1
13	026-01X4360	CHIN-UP STATION FRAME	1
14	026-01X4361	OLYMPIC WEIGHT MOUNT	2
15	026-01X4363	OLYMPIC WEIGHT BAR	1
16	026-01X4364	SUPPORT BAR - PLATE STORAGE	4
17	026-01X4365	SAFETY STOP	2
18	026-01X4366	SPINDLE-1	2
19	026-01X4367	SWIVEL PULLEY HOUSING	2
20	026-01X4368	COLUMN MOUNT	2
21	026-01X4370	FLOATING PULLEY PLATE W/ GUIDE	2
22	026-01X4376	UPPER SPINDLE	2
23	026-01X5630	CHAIN LINK REPLACEMENT	2
24	026-01X7090	PULLEY CARRIAGE	2
25	026-01X7091	COLUMN MOUNT	2
26	026-01X7093	INDEXING PLATE	2
27	026-01X7094	ADJUSTABLE PULLEY MOUNT ASSEMBLY ϕ 3.50"	2
28	026-01X7100	PULLEY COVER ASSY.	2
29	026-01G0231	GUIDE ROD	2
30	026-01G0232	GUIDE ROD	4
31	026-01M0932	ALUMINIUM CAP: ϕ 1.25" ID	2
32	026-01M0933	ALUMINUM RING: ϕ 1.25" ID	2
33	026-01M3311	SPACER, ϕ 1.50" X .250 X 1.00" ID X .38" LG.	4
34	026-01M3313	COLUMN	2
35	026-01M3314	PULL PIN: SHORT TAPERED END ϕ .50"	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01M3315	Ø.375" SHAFT	4
37	026-01P5845	WASHER 1.88 OD x 1.00 ID x 1mm T	4
38	026-01P6675	FLAT WASHER, .13"ID X .38" OD X .03"T (Ni)	8
39	026-01P7339	DUAL PULLEY BRKT.	2
40	026-01P7411	SIDE PLATE- PLATE STORAGE	2
41	026-01P7432	REAR SHIELD	2
42	026-01P7433	FRONT SHIELD LEFT	1
43	026-01P7434	FRONT SHIELD RIGHT	1
44	026-01PL0183	Ø 1.66" END PLUG	3
45	026-01PL0235-31	Ø 1.188" X 7.00" OPEN END GRIP	2
46	026-01PL0264	WEIGHT HORN RUBBER DONUT	3
47	026-01PL0369	WEIGHT STAND OFF	4
48	026-01PL0371	DELRIIN BUSHING	1
49	026-01PL2393	Ø 3.00" X .81" ID X.313" T SPACER	4
50	026-01PL2444	CLIMB HOLD, LEFT	1
51	026-01PL2445	CLIMB HOLD, RIGHT	1
52	026-01PL2534	SHORT WEIGHT HORN COVER	1
53	026-01PL2566	50 X 100 OVAL DOMED END CAP	2
54	026-01PL2615	BUMPER	4
55	026-01PL2617	FLANGED SPACER	8
56	026-01PL2628	COLUMN SLEEVE	4
57	026-01PL2653	CUP HOLDER	1
58	026-01PL2684	PANEL H-TRIM	2
59	026-01PL2801	6" PU RACK-OUT COVER	24
60	026-01PL2803	PU RACK-OUT LOWER CAP	2
61	026-01PL2821	ACCESSORY HOOK COVER	2
62	026-01PL2838	RUBBER FOOT PAD	3
63	026-01PL2894	TOWEL HOOK	5
64	026-01PL2945	CABLE SHIELD	4
65	026-01PL3021	EZG COLUMN TRIM CAP	4
66	026-01PL3023	PANEL H-TRIM	2
67	026-01PL3026	BUSHING: NYLON FLANGED 1.02" I.D. X .63" O.D. X .81" LG.	4
68	026-01PL3027	GUIDE ROLLER	4
69	026-STD-06-0201	WEIGHT HORN SLEEVE	2
70	026-STD-08-0021	3/4" FLANGED BEARING	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	026-STD-08-0041	Ø .75" BEARING	2
72	011-0210004	No 4 X .25 PHILLIPS THREAD-FORMING SCREW FOR PLASTIC (Ni)	8
73	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	4
74	011-0711002	SET SCREW: 5/16"- 18 X .25" LG. (Ni)	4
75	012-0503001	1/2"-13 FLANGED NUT (Ni)	4
76	012-0504017	1"-8 Thin Nylock Nut (Ni)	4
77	012-0609007	CLIP ON NUT, 10-32	16
78	014-0007005	25mm LINEAR BEARING	4
79	014-0012024	BEARING: 608-2RS_BEARING (8mm BORE) with 1.00" OD PVC outer ring	8
80	014-0012025	BALL BEARING: SELF ALIGNING, Ø30mm I.D. X Ø62mm O.D. X 16mm	4
81	014-0015005	SNAP RING: Ø40mm INTERNAL	4
82	014-0015040	Retaining Ring, E clip, 1/2"	2
83	014-0015041	Internal Retaining Ring, 2.44"	4
84	014-0018009	PULLEY SPACER 1.50"	4
85	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	4
86	016-0201023	END CAP Ø 1.50" (BLACK)	1
87	016-0201026	END CAP Ø 1.25" (BLACK)	2
88	016-0201058	END CAP 75mm X 75mm (BLACK)	1
89	016-0201037-B	Ø 1.00" ENDCAP (DOMED) - BLACK	8
90	016-0203008	PUSH FASTENER, .18" X .375" GRIP	16
91	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	8
92	018-0001002	CABLE PULLEY: Ø3.50"	18
93	018-0001003	CABLE PULLEY: Ø4.50"	4
94	018-0002015	CABLE PULLEY: WIDE (BORED HUB) Ø 3.50"	4
95	019-0001001	PLUG BUMPER	4
96	019-0001006	THICK RUBBER DONUT Ø 3.00" X .50" BLACK	4
97	019-0001016	25mm GUIDE ROD BUMPER	6
98	020-0007004	KNOB - OVAL	2
99	020-0011018	Compression Spring	2
100	013-0202009	#10 FLAT WASHER (BZ)	16
101	013-0202023	M6 FLAT WASHER (BZ)	3
102	013-0202010	3/8" X 22mm FLAT WASHER (BZ)	168
103	013-0303003	3/8" FENDER WASHER (BZ)	2
104	013-0202018	1/2" X 27mm SAE FLAT WASHER (BZ)	8
105	013-0206008	1/2" SPLIT LOCK WASHER (BZ)	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
106	013-0208005	#10 INTERNAL LOCK WASHER (BZ)	24
107	013-0208002	3/8" INTERNAL LOCK WASHER (BZ)	5
108	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	2
109	011-0201017	#10-32UNF x .75 BHCS (BZ)	16
110	011-0201029	1/2"-13UNC X 1.25" BHCS (BZ)	4
111	011-0202008	1/2"-13UNC X 1.00" FHCS (BZ)	16
112	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4
113	011-0202110	M6-1.00 x 18 FHB (BZ)	3
114	011-0201003	3/8"-16UNC X 1.00" BHCS (BZ)	2
115	011-0201014	3/8"-16UNC X 1.00" BHCS (BZ) W/NYLON PATCH	7
116	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	2
117	011-0202073	3/8"-16UNC X 1.00" FHCS (BZ) W/NYLON PATCH	26
118	011-0202074	3/8"-16UNC X 1.25" FHCS (BZ) W/NYLON PATCH	4
119	011-0216002	3/8"-16UNC X .75" LOW HEAD SHCS (BZ)	8
120	011-0216003	3/8"-16UNC X 1.00" LOW HEAD SHCS (BZ)	14
121	011-0216005	3/8"-16UNC X 1.50" LOW HEAD SHCS (BZ)	2
122	011-0216006	3/8"-16UNC X 1.75" LOW HEAD SHCS (BZ)	8
123	011-0216008	3/8"-16UNC X 2.25" LOW HEAD SHCS (BZ)	8
124	011-0216009	3/8"-16UNC X 2.50" LOW HEAD SHCS (BZ)	4
125	011-0216010	3/8"-16UNC X 2.75" LOW HEAD SHCS (BZ)	4
126	011-0216011	3/8"-16UNC X 3.00" LOW HEAD SHCS (BZ)	4
127	011-0216014	3/8"-16UNC X 3.75" LOW HEAD SHCS (BZ)	24
128	011-0216015	3/8"-16UNC X 4.00" LOW HEAD SHCS (BZ)	4
129	011-0216019	3/8"-16UNC X 5.00" LOW HEAD SHCS (BZ)	4
130	012-0204011	M6-1.00 THIN NYLOCK NUT (BZ)	3
131	012-0204001	3/8"-16 UNC THIN NYLOCK NUT (BZ)	86
132	012-0204002	1/2"-13 UNC THIN NYLOCK NUT (BZ)	2
133	026-01X4387	2 TO 1 CABLE ADAPTOR	1
134	026-01X4388	STRAP HANDLE WITH SQUARE D-RING	2
135	026-01X6020	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
136	026-01X6689	CHIN ASSIST STRAP 4" WIDE	1
137	026-01X7108	CARABINER ADAPTOR	2
138	026-01X7110	ALUMINUM STRAIGHT BAR ASSEMBLY	1
139	026-01X7112	ALUMINUM CURL BAR ASSEMBLY	1
140	026-01X7113	STRAP HANDLE WITH (3) SQUARE RINGS	2

OWNER'S MANUAL

PART LIST CONTINUED

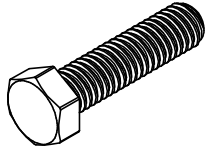
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
141	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
142	002-0001005	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: BLACK	1
143	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
144	021-0003135	DECAL WARNING 1.50" X 7.75"	1
145	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	2
146	021-0003593	DECAL DANGER 3.88" X .87" (HORIZONTAL)	2
147	021-0004170	COLUMN ARROW DECAL, COLOR- DARK GREY	4
148	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	2
149	021-0004309	DECAL WARNING 2.25" X 8.0"	1
150	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	4
151	021-0004311	H-8 EMBLEM	2
152	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
153	WS#22	150 LBS. STACK (10LBS. TOP PLATE W/ 20 HOLE STEM)	2
154	011-0201016	#10-32UNF x .5 BHCS (BZ)	8
155	021-0004310	WEIGHT STORAGE WARNING	1
156	020-0005041	SHELF PAD	1

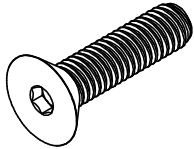
OWNER'S MANUAL

ABBREVIATIONS

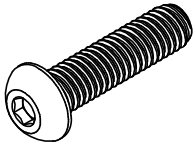
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



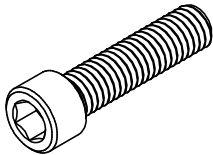
HHB = Hex Head Bolt



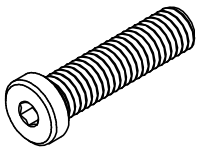
FHCS = Flat Head Cap Screw



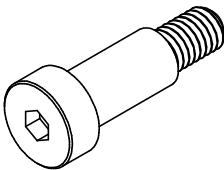
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



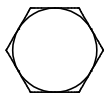
Low Head SHCS = Low Head Socket
Head Cap Screw



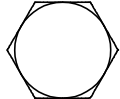
SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

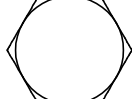
BOLT SIZING CHART



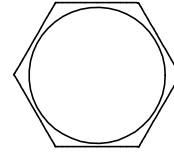
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



5/16" HHB
RECOMMENDED
TORQUE RANGE:
14-17 ft-lbs



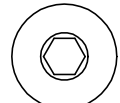
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



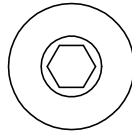
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



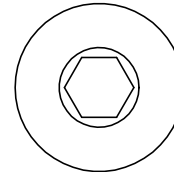
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



5/16" BHCS
RECOMMENDED
TORQUE RANGE:
11-15 ft-lbs



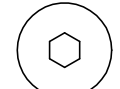
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



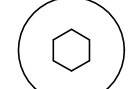
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



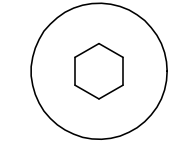
1/4" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



5/16" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
9-12 ft-lbs



3/8" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



1/2" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



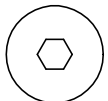
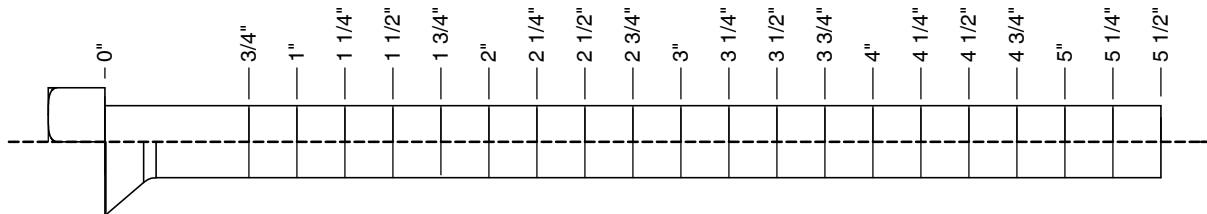
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs



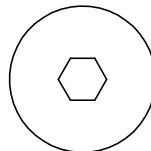
5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs



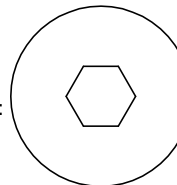
3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs



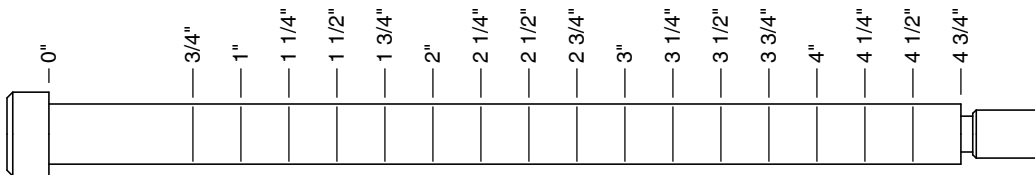
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



3/8" FHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



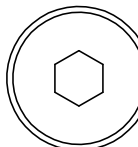
1/2" FHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



1/4" SHSS
RECOMMENDED
TORQUE RANGE:
3-4 ft-lbs



5/16" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs

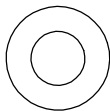


3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

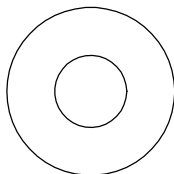
OWNER'S MANUAL

WASHER SIZING CHART

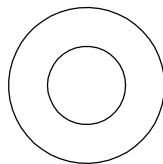
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



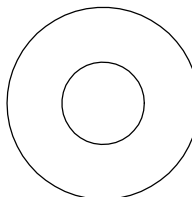
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



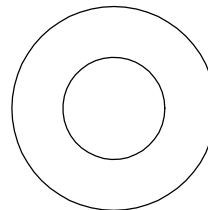
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



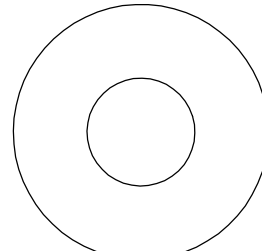
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



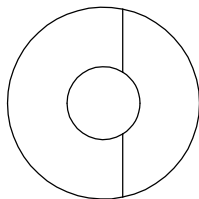
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



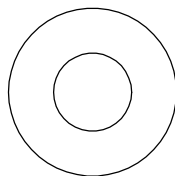
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



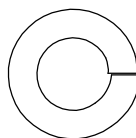
013-0402007
3/8"
FLAT WASHER
22mm O.D.



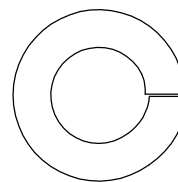
013-0102019
1/4"
LOCK WASHER



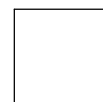
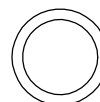
013-0102020
3/8"
LOCK WASHER



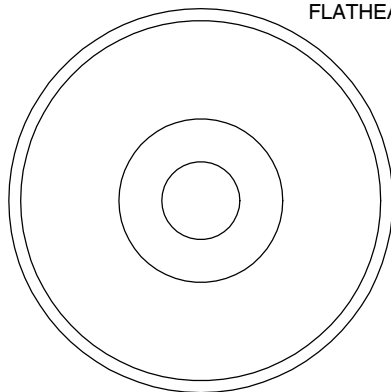
013-0102018
1/2"
LOCK WASHER



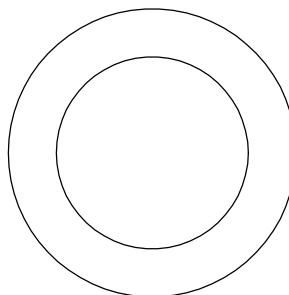
014-0018001
1/2" LONG
SPACER



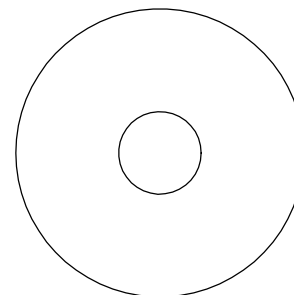
026-01M0238
2" ALUMINUM
FLATHEAD CAP



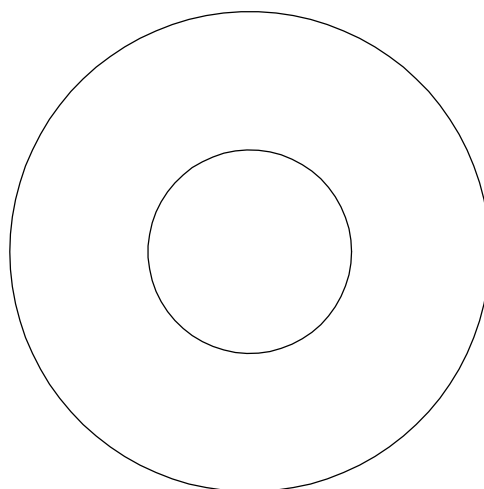
016-0009003
1" SHIM WASHER



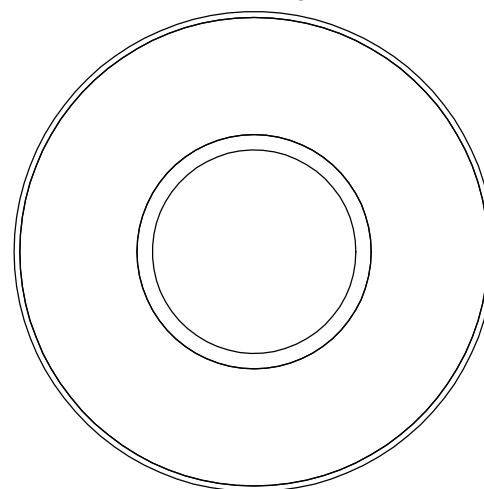
013-0003002
3/8" FENDER WASHER



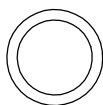
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



014-0018002
1" LONG
SPACER

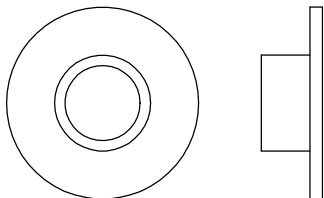


OWNER'S MANUAL

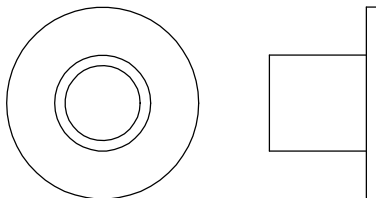
WASHER SIZING CHART

(CONTINUED)

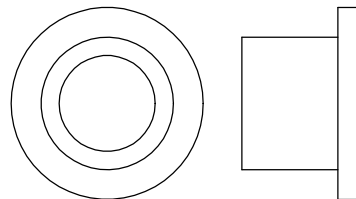
026-01M0211
1/4" LONG
FLANGED SPACER



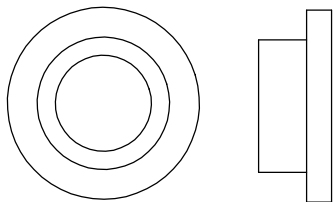
026-01M0198
1/2" LONG
FLANGED SPACER



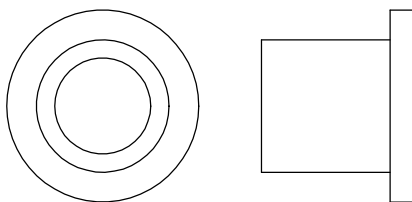
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



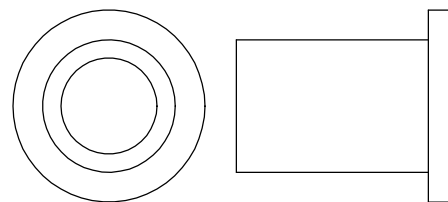
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



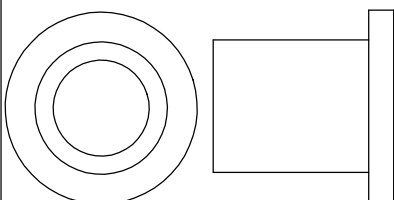
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



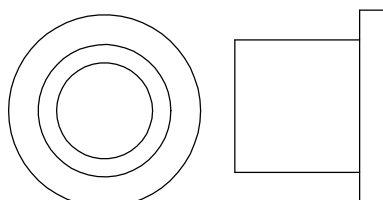
026-01M0551
1" LONG HEAVY
FLANGED SPACER



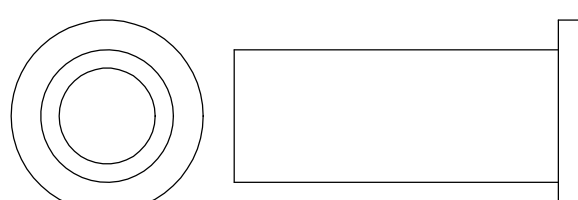
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



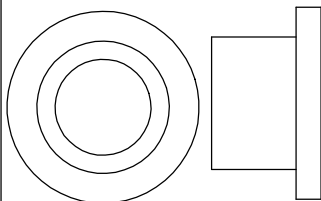
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



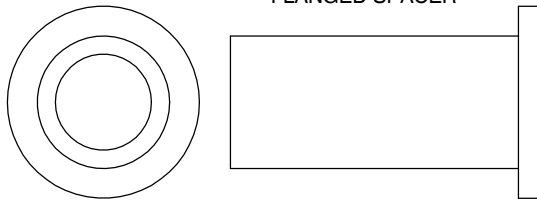
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



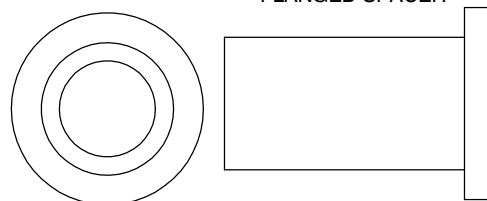
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



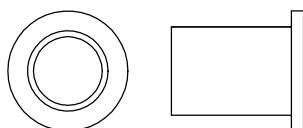
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



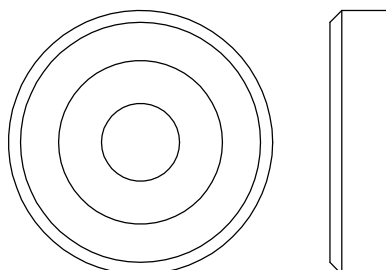
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



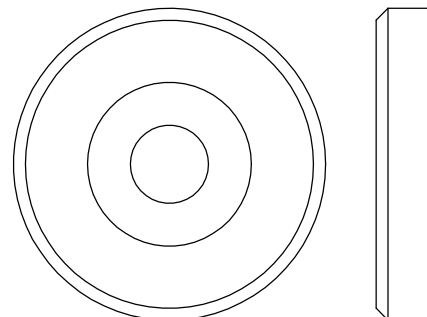
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

MAINTENANCE SCHEDULE

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

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

*Never use ammonia, acid-based, or petroleum-based solvents on
any portion of the machine as it may damage the finish.*

OWNER'S MANUAL

HOIST FITNESS SYSTEMS **GENERAL MAINTENANCE INFORMATION**

Links, Pull-Pins, Snap Hooks, 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.

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.

Belts and Cables:

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

Belt and Cable Tension:

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

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble 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

OWNER'S MANUAL

WEIGHT TRAINING TIPS

In order to gain maximum results from your H-8 and to avoid possible injury, always consult your physician before starting any exercise program and consult a fitness professional to develop your complete exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your H-8, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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.

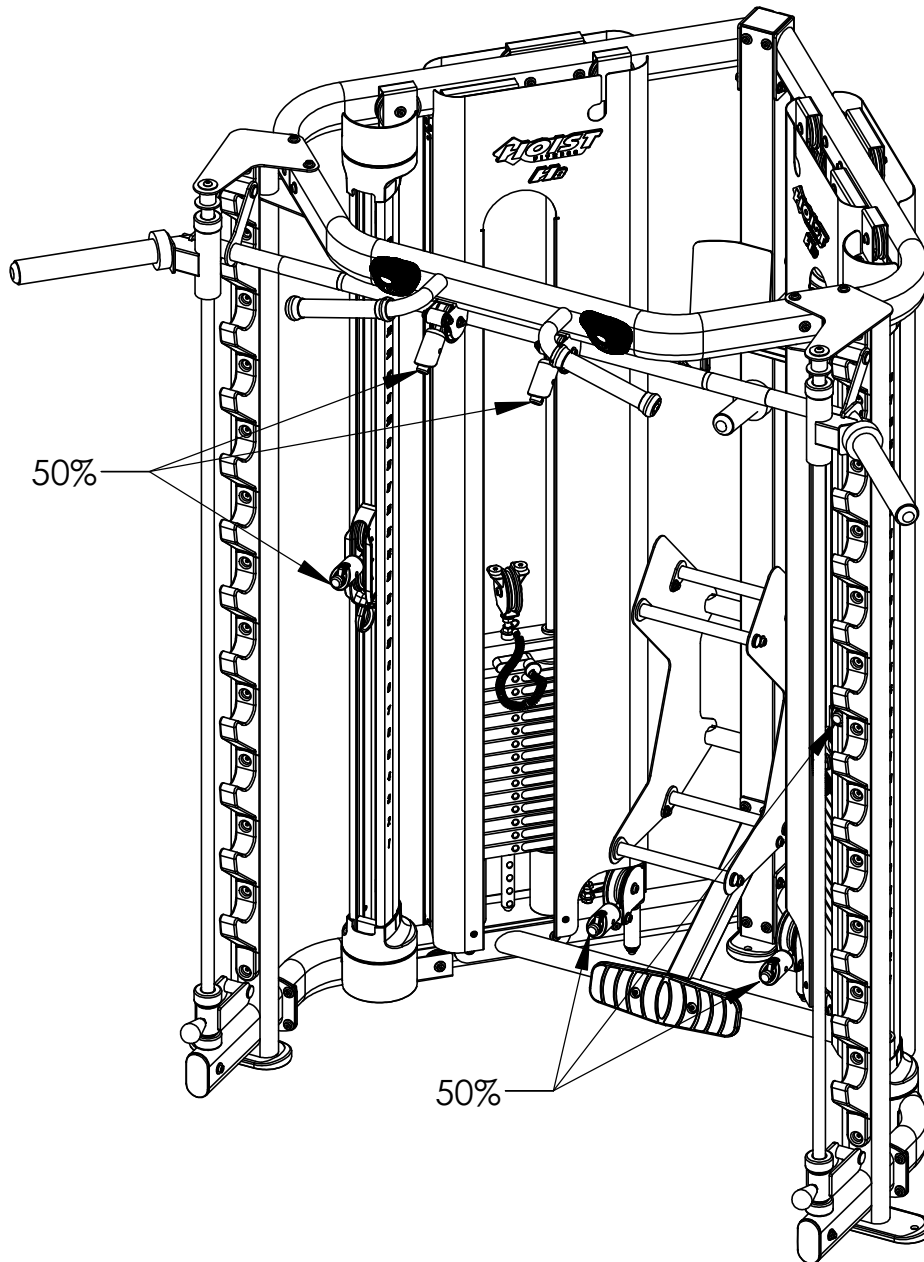
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

Enjoy your H-8!

OWNER'S MANUAL

WEIGHT RATIOS



	100%	50%
1	10	5
2	20	10
3	30	15
4	40	20
5	50	25
6	60	30
7	70	35
8	80	40
9	90	45
10	100	50
11	110	55
12	120	60
13	130	65
14	140	70
15	150	75
16	160	80
17	170	85
18	180	90
19	190	95
20	200	100

NOTE:
16-20 ARE USED WITH
THE 200 LBS OPTION

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

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

[illegible]

OWNER'S 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.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, this warranty covers the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owner's manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! 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.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

WHAT IS NOT COVERED BY THIS WARRANTY: Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

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

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

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.

Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS