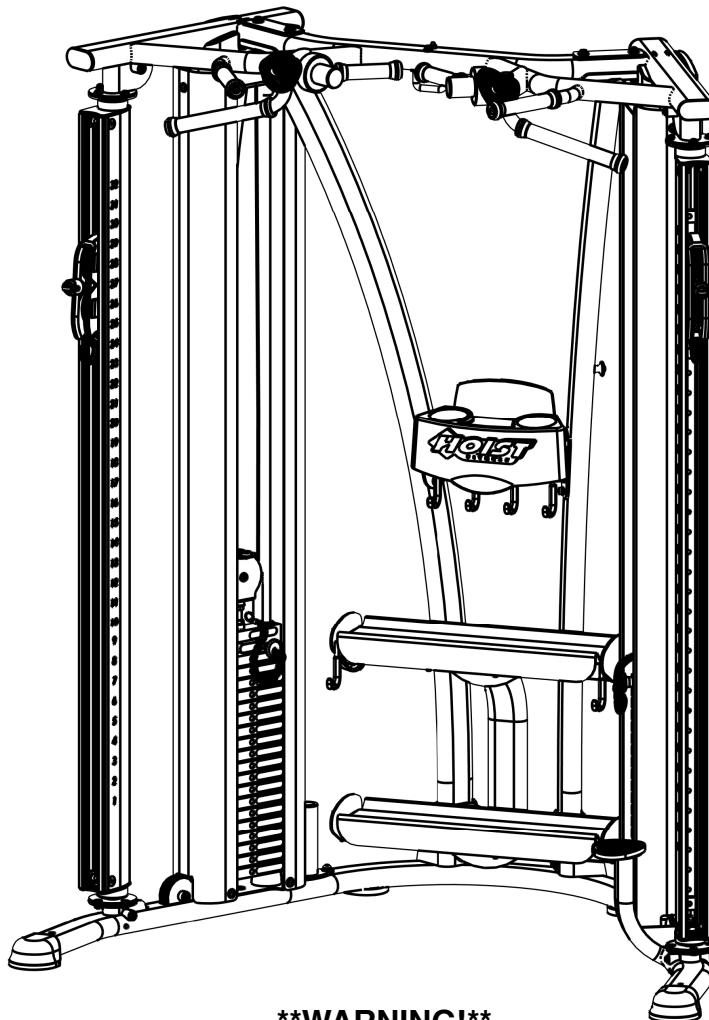


# OWNER'S MANUAL



**HD-3000-EZG**

## DUAL PULLEY FUNCTIONAL TRAINER



**\*\*WARNING!\*\***

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH 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**

**A07**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**



[www.facebook.com/hoistfitness](https://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**

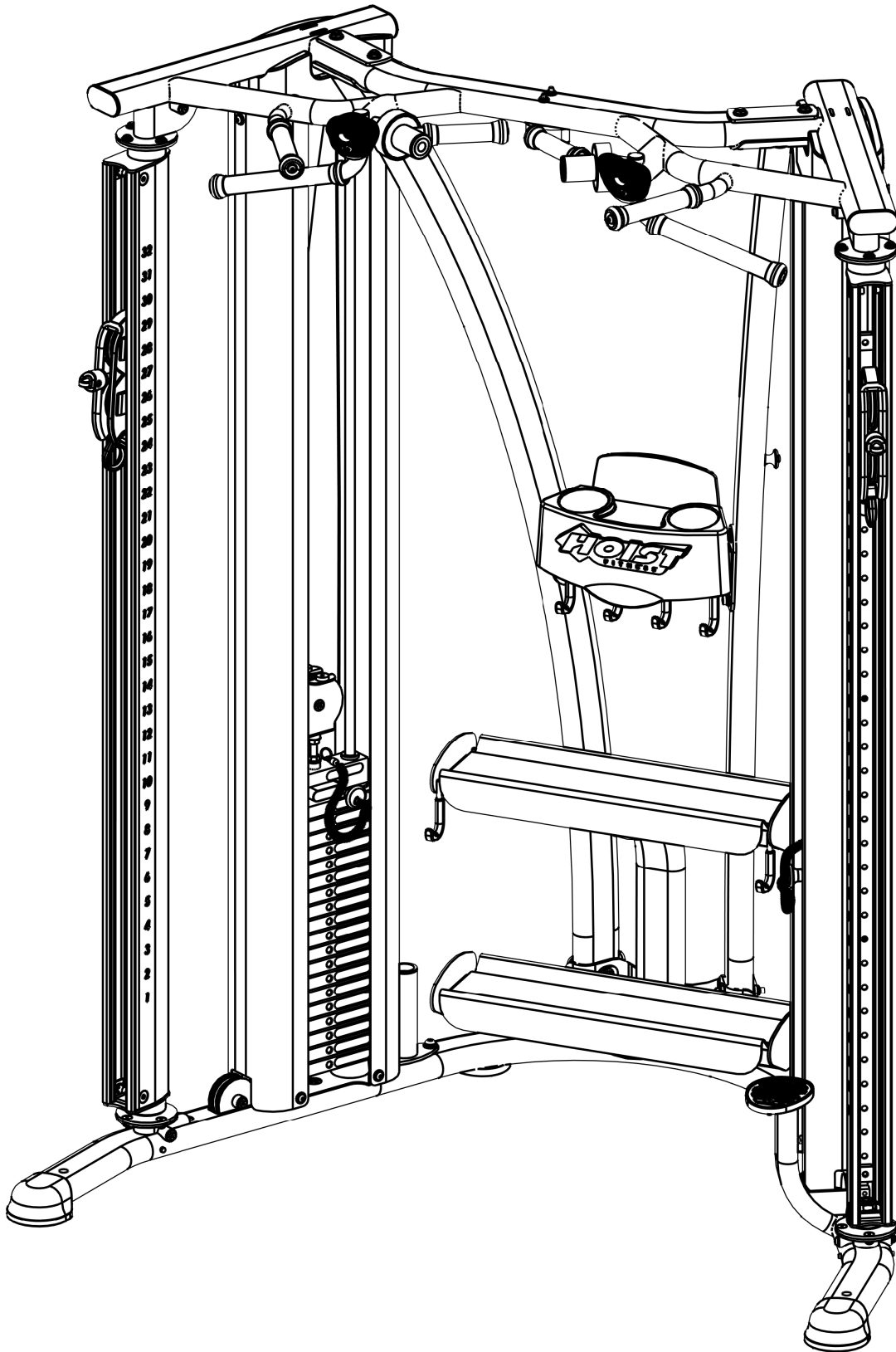
**Two People**

# **OWNER'S MANUAL**

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## FRAME ASSEMBLY



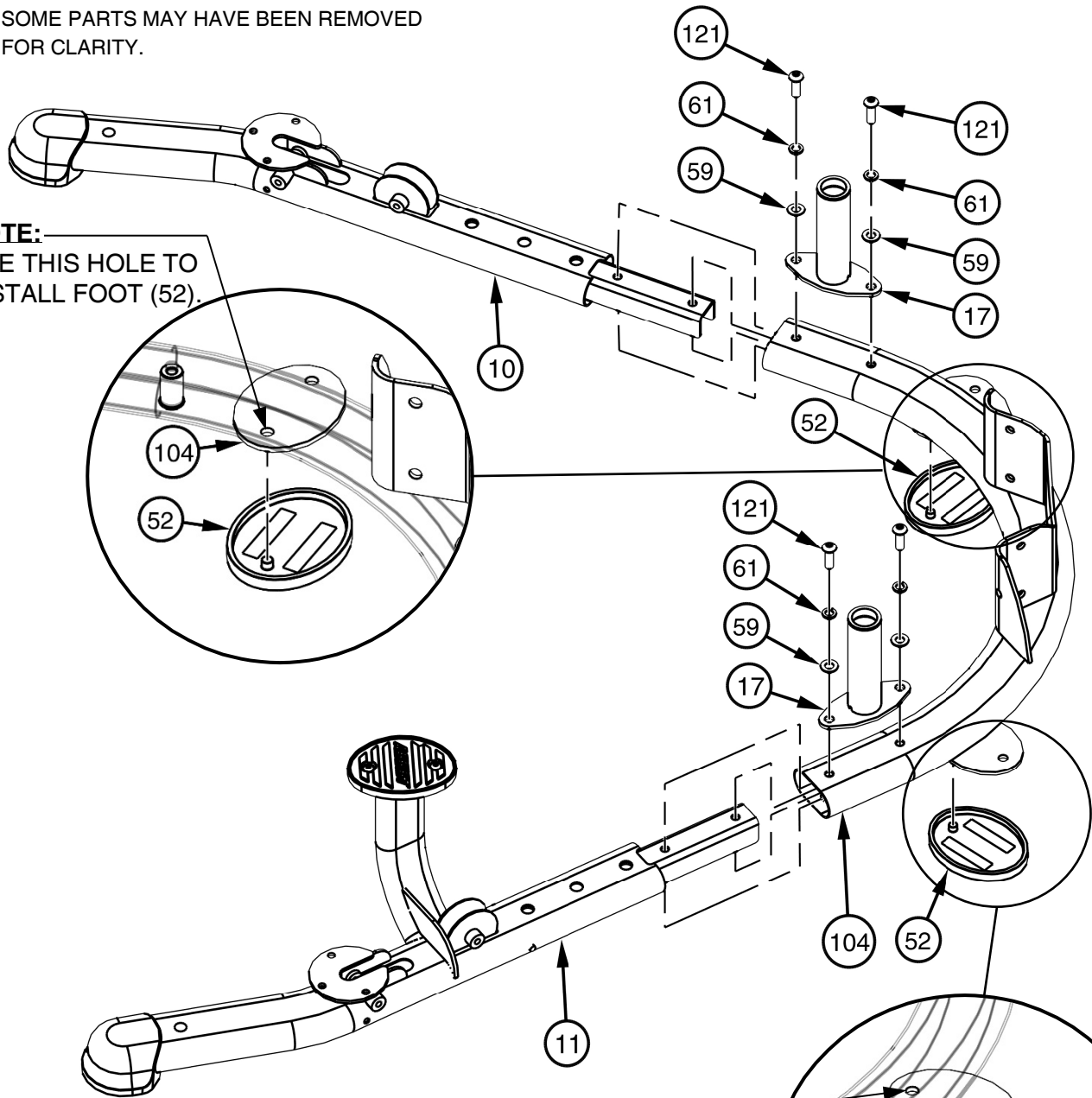
## FRAME ASSEMBLY

**NOTE:**

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

**NOTE:**

USE THIS HOLE TO  
INSTALL FOOT (52).



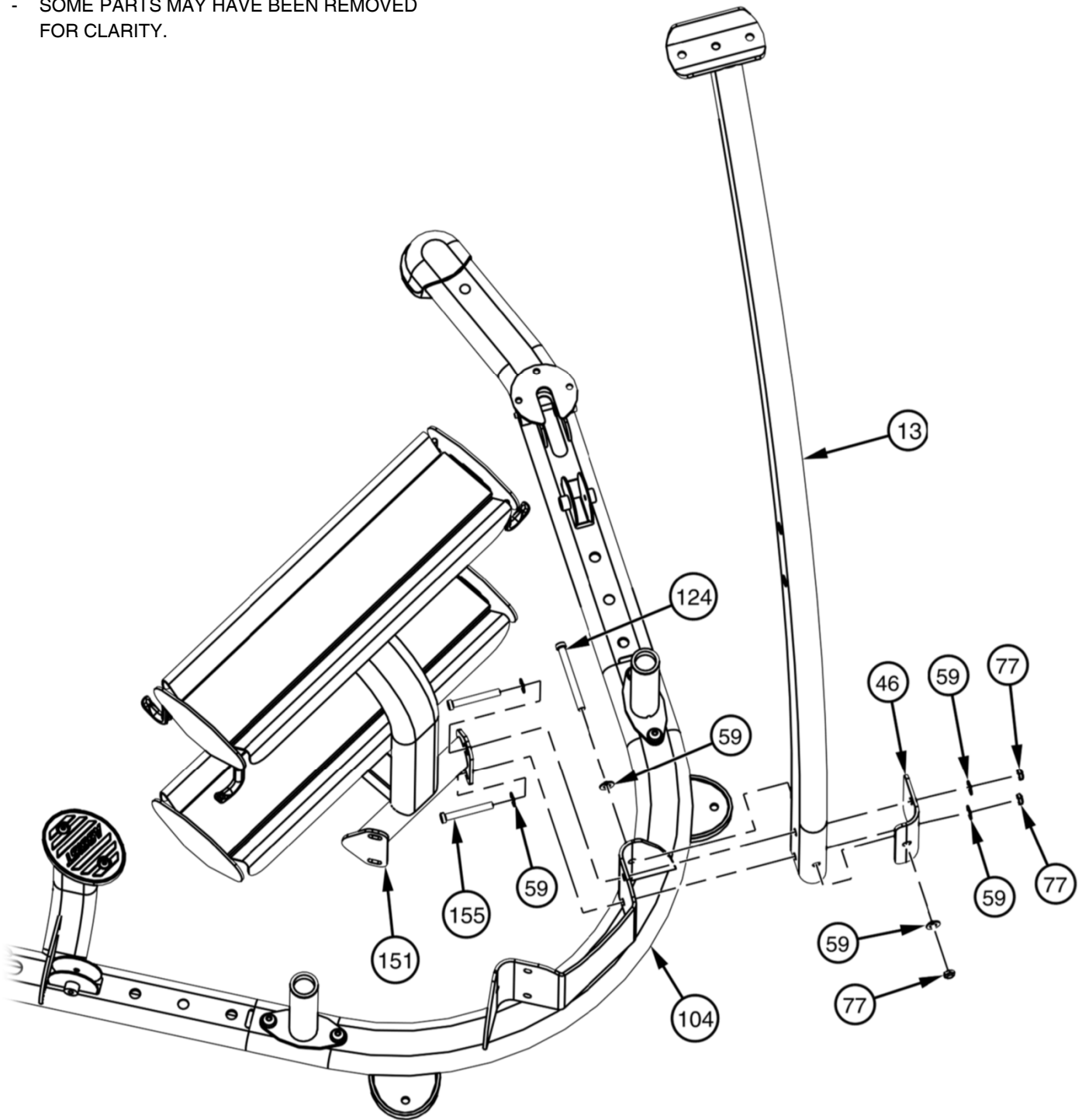
**NOTE:**

USE THIS HOLE TO  
INSTALL FOOT (52).

## FRAME ASSEMBLY

NOTE:

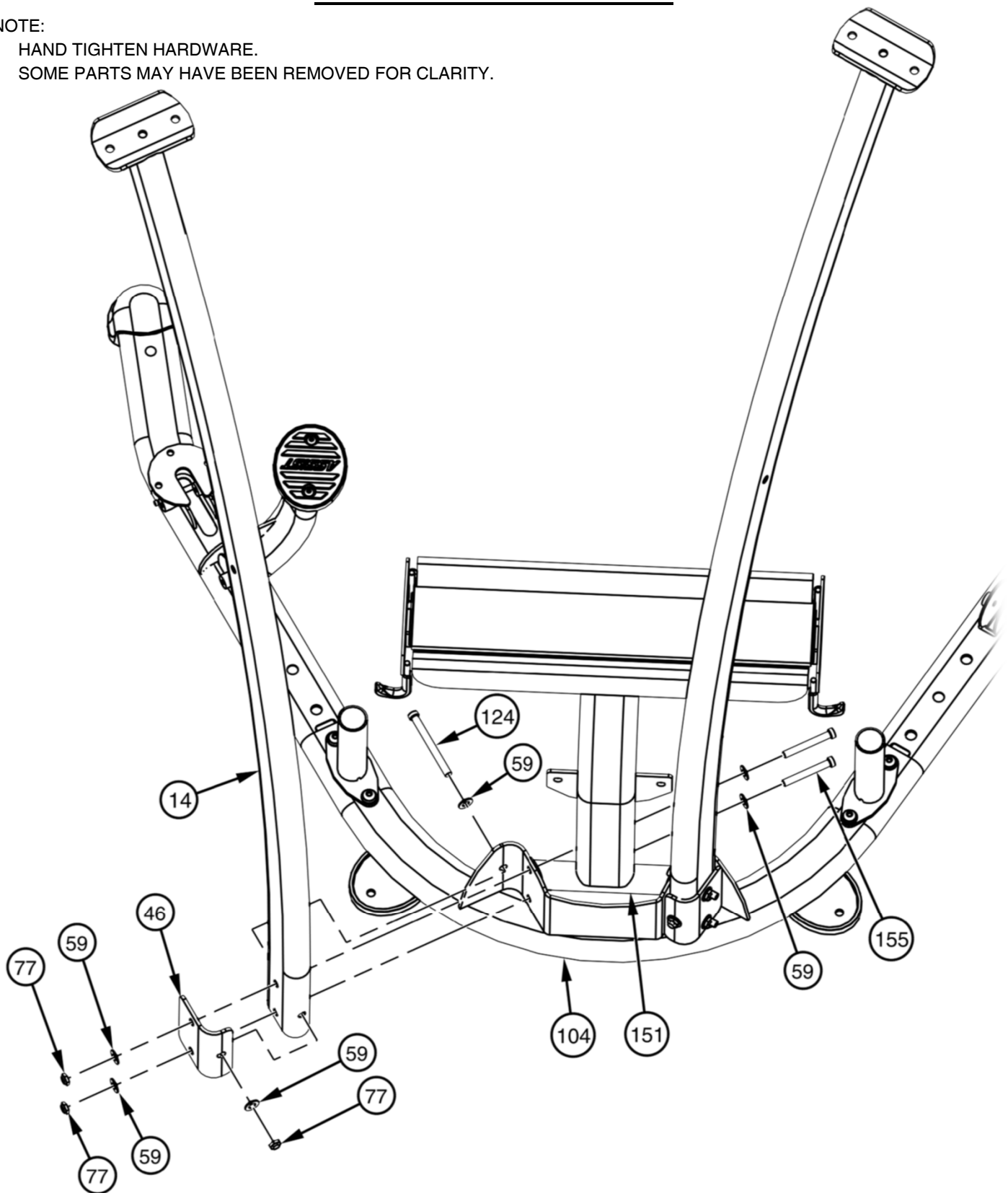
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



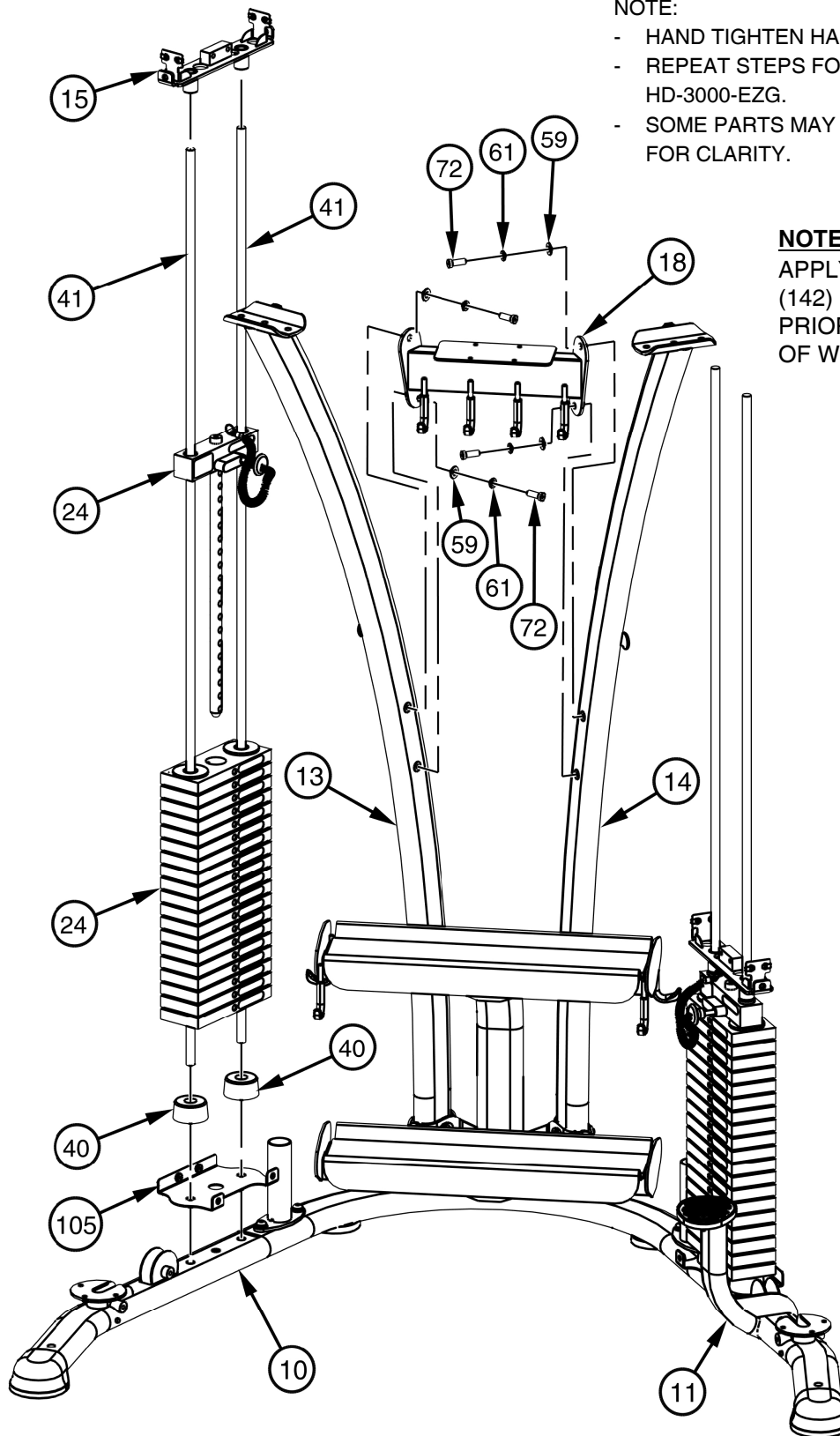
## FRAME ASSEMBLY

NOTE:

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



## FRAME ASSEMBLY



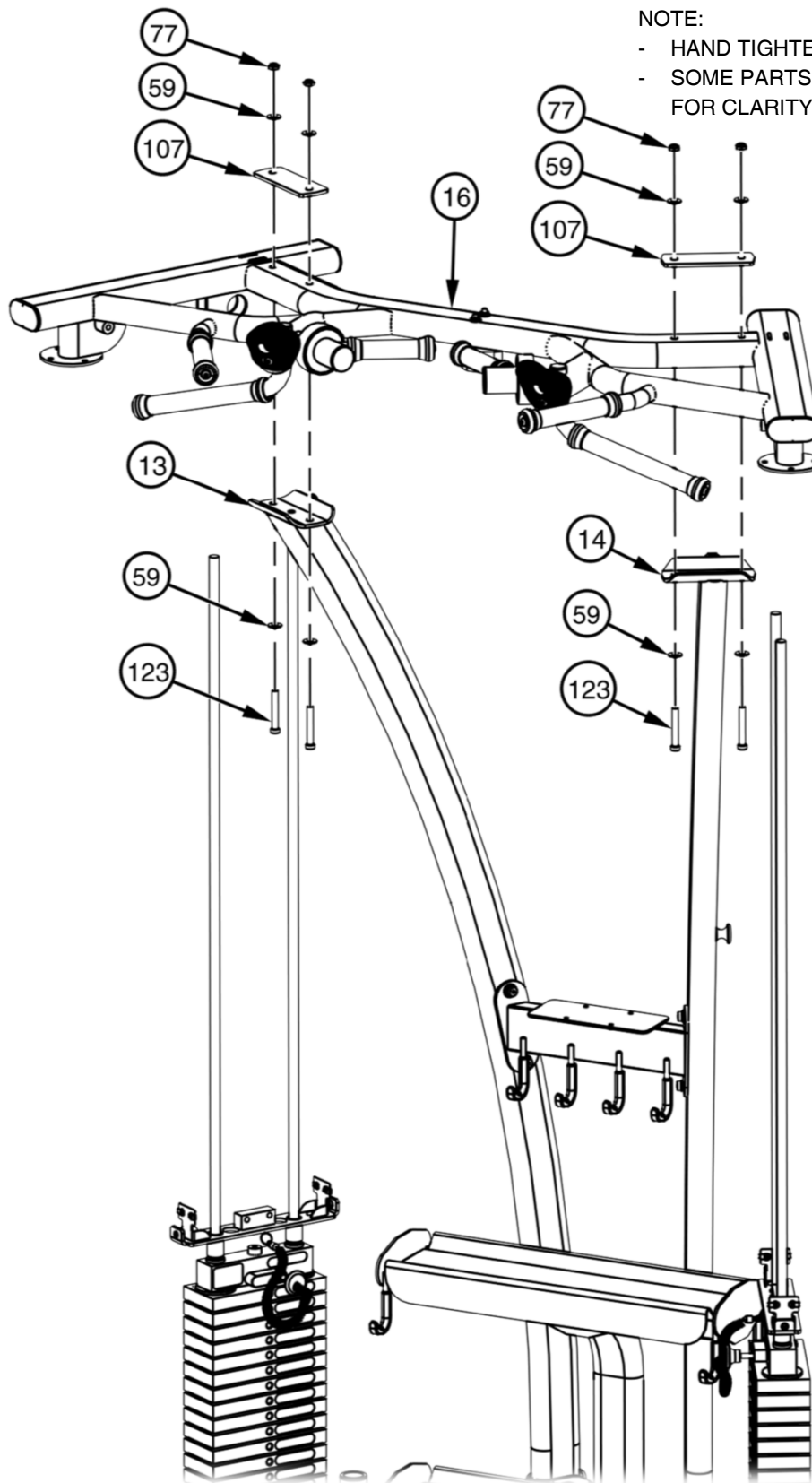
**NOTE:**

- HAND TIGHTEN HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**NOTE:**

APPLY LUBRICATION (142) TO GUIDE RODS (41) PRIOR TO INSTALLATION OF WEIGHT PLATES.

## FRAME ASSEMBLY



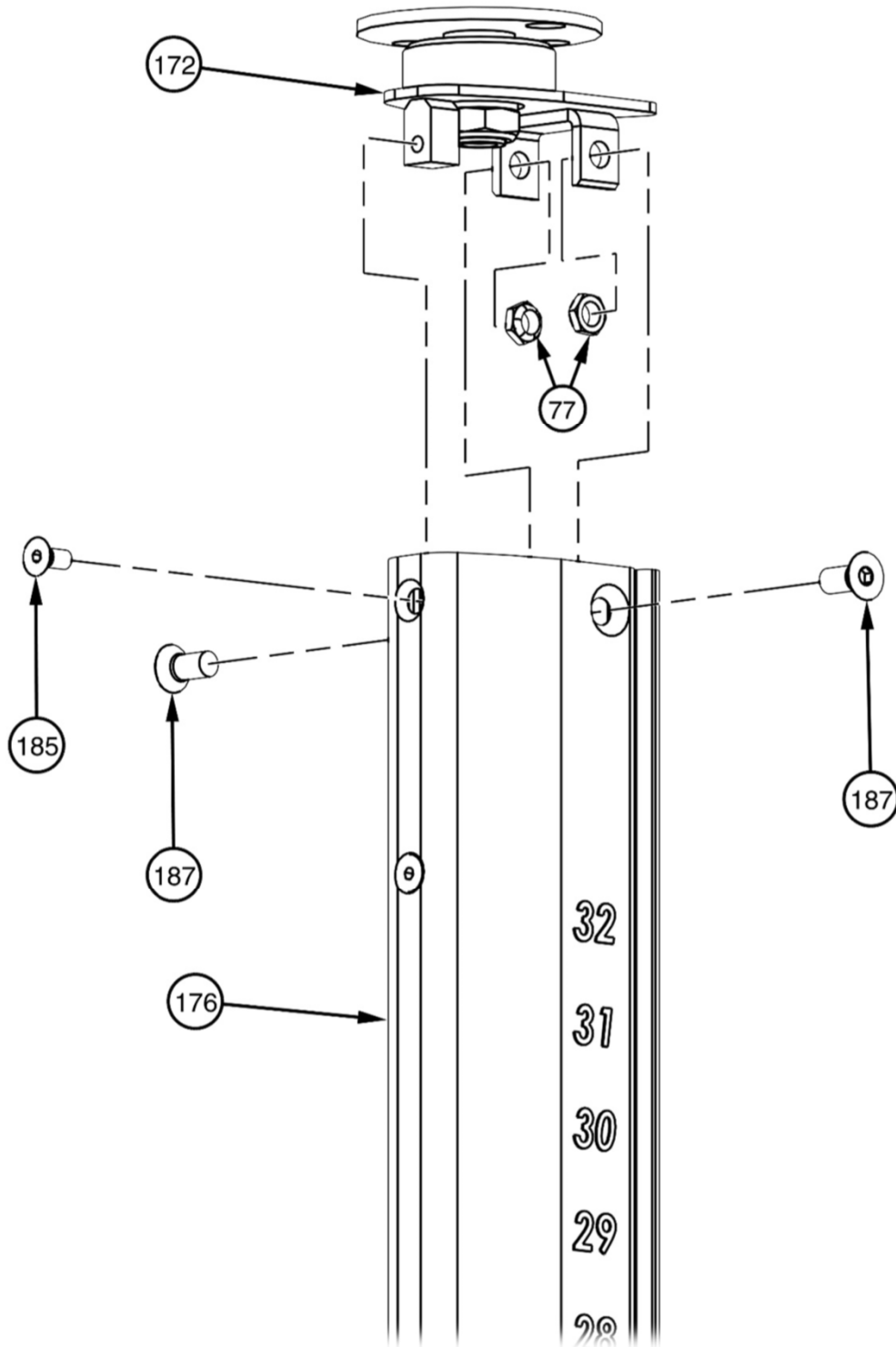
### NOTE:

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

## FRAME ASSEMBLY

NOTE:

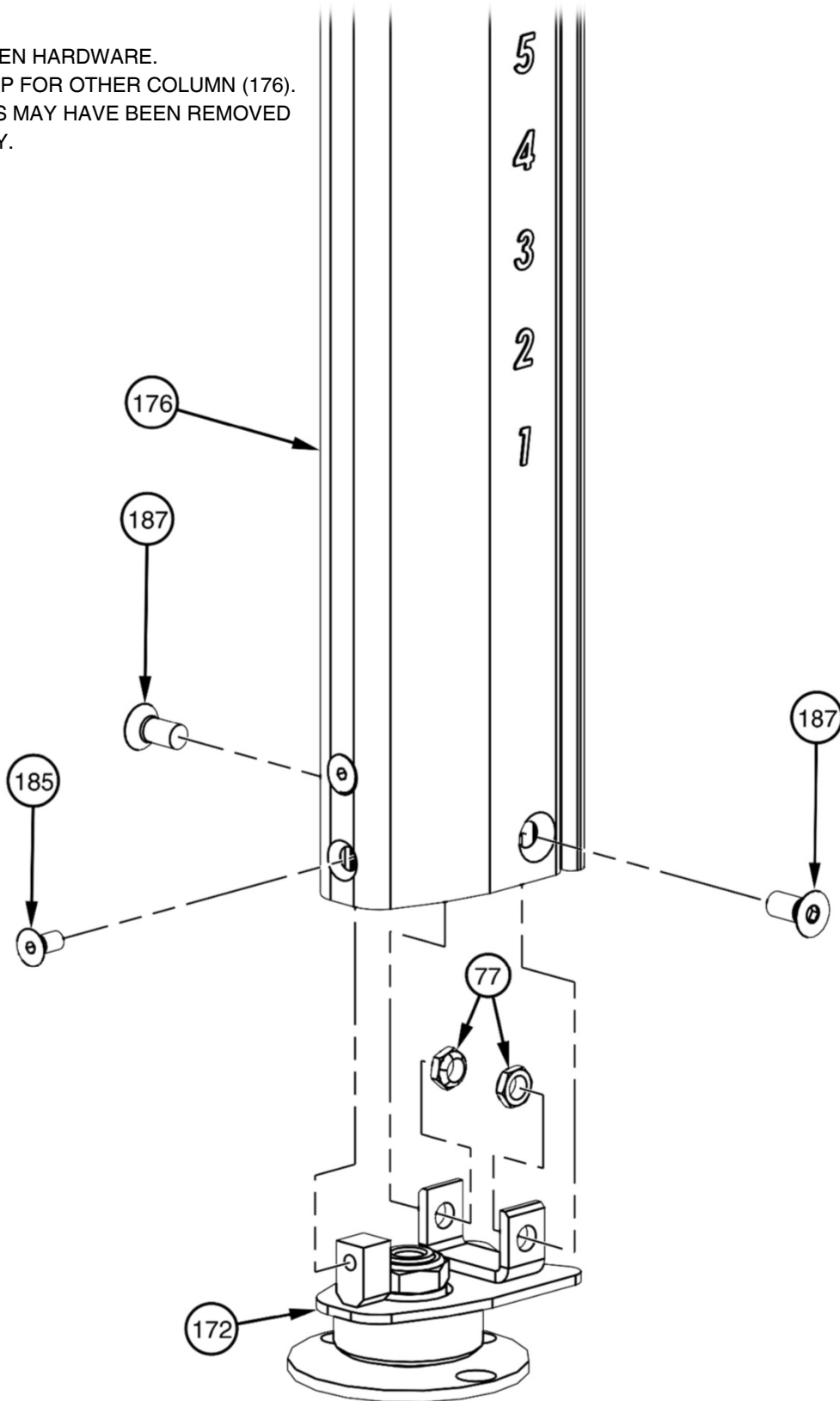
- HAND TIGHTEN HARDWARE.
- REPEAT STEP FOR OTHER COLUMN (176).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT STEP FOR OTHER COLUMN (176).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

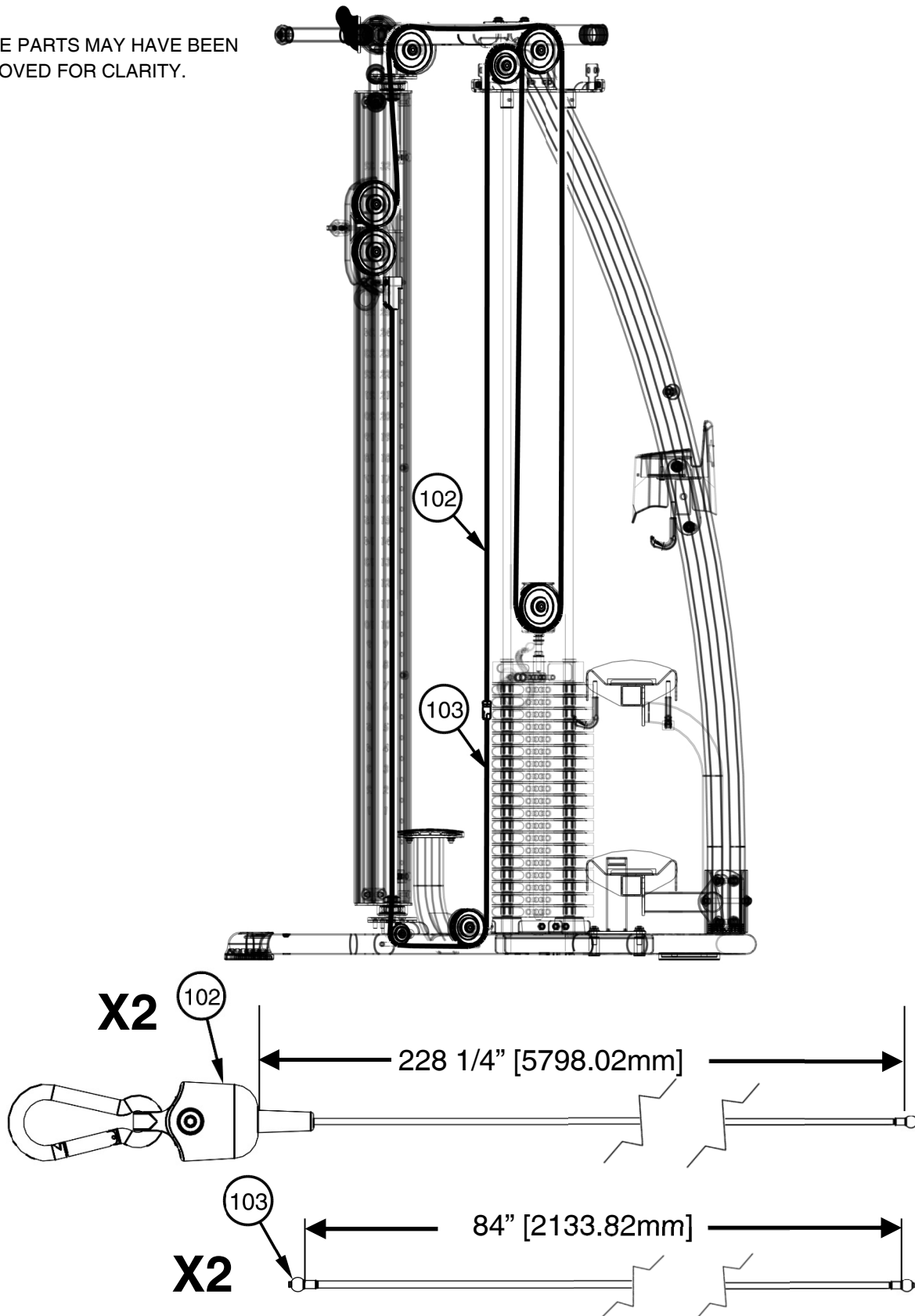




## FRAME ASSEMBLY

**NOTE:**

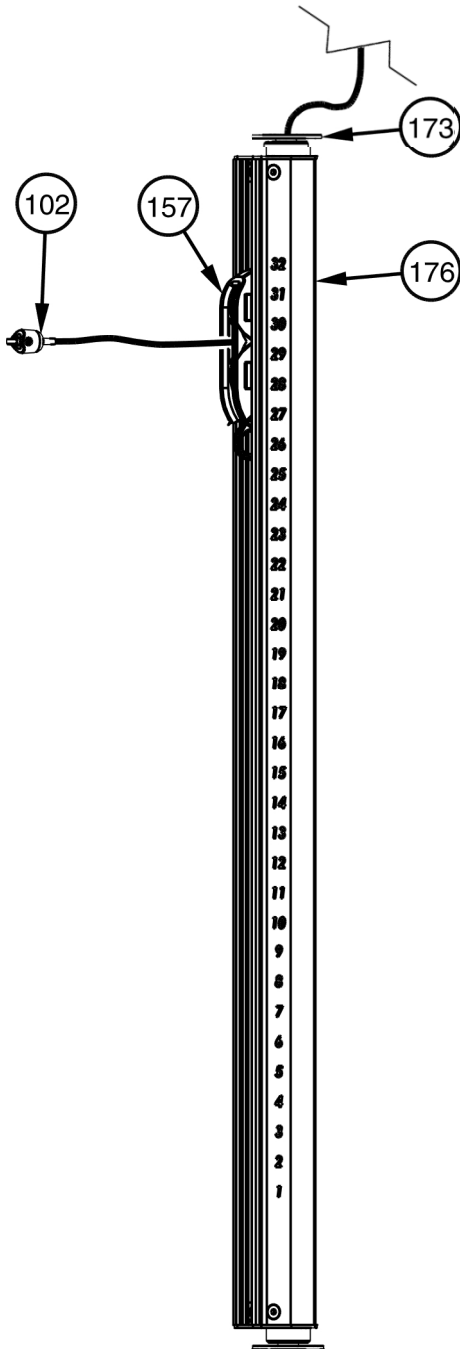
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



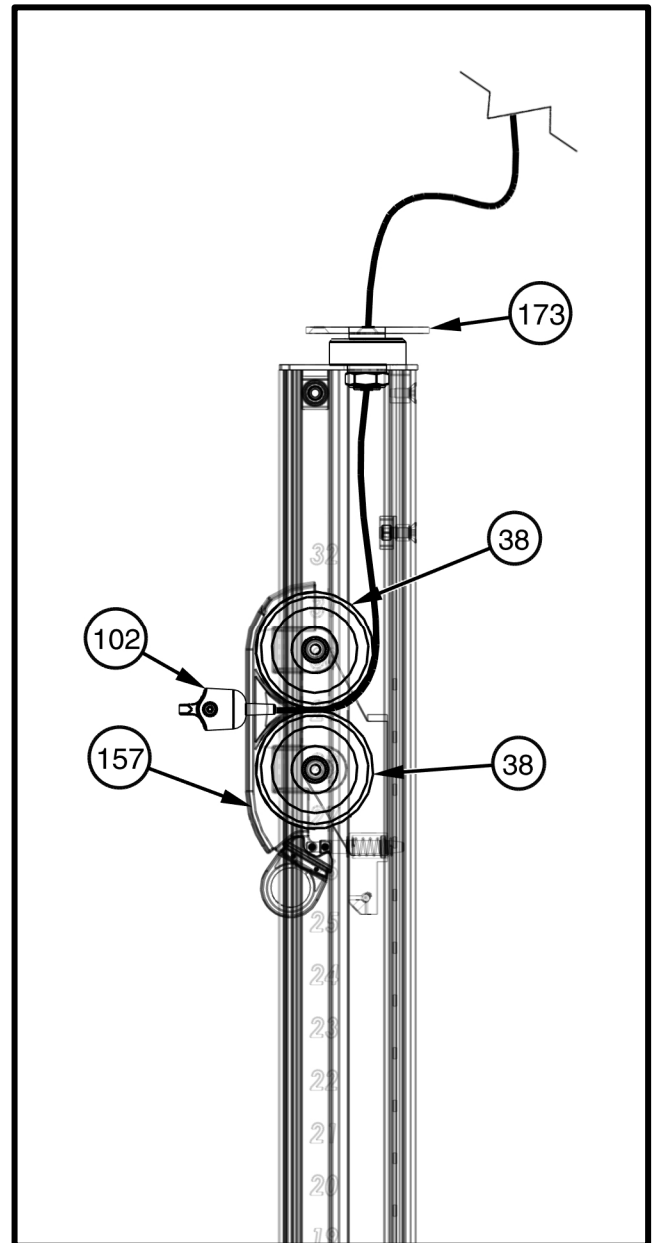
## FRAME ASSEMBLY

NOTE:

- REPEAT STEPS FOR OTHER COLUMN (176).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



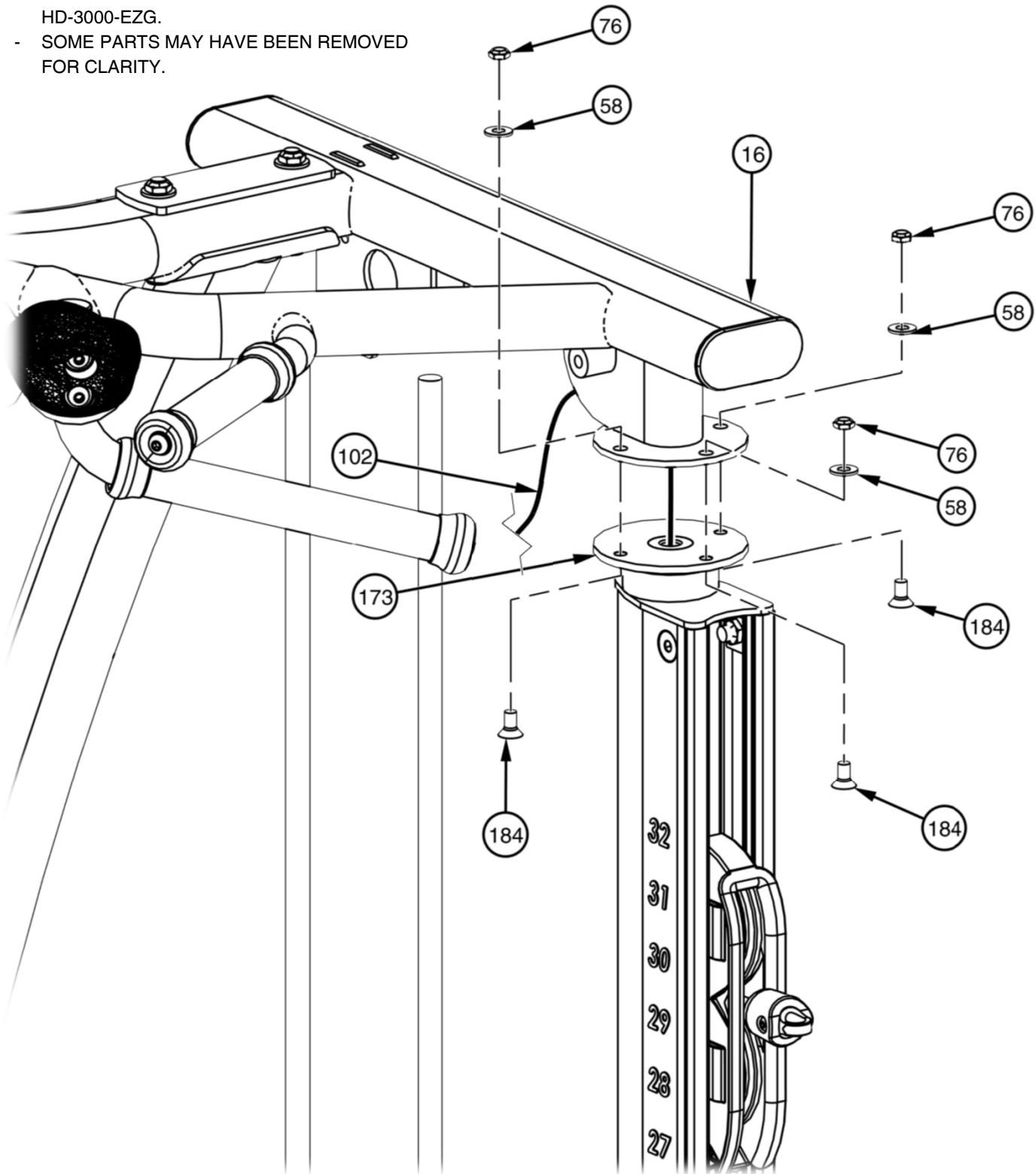
### CABLE PROFILE VIEW



## FRAME ASSEMBLY

**NOTE:**

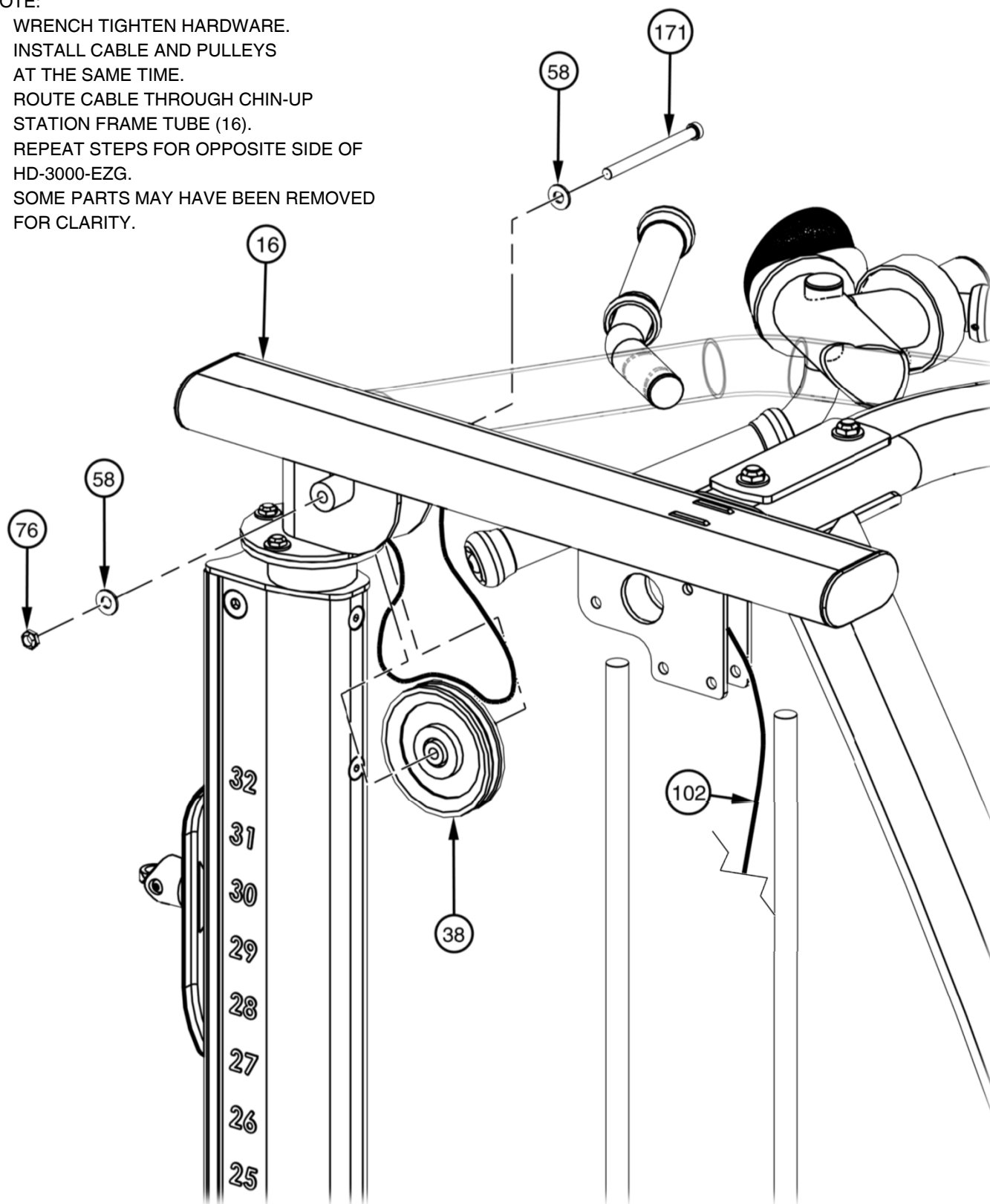
- HAND TIGHTEN HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

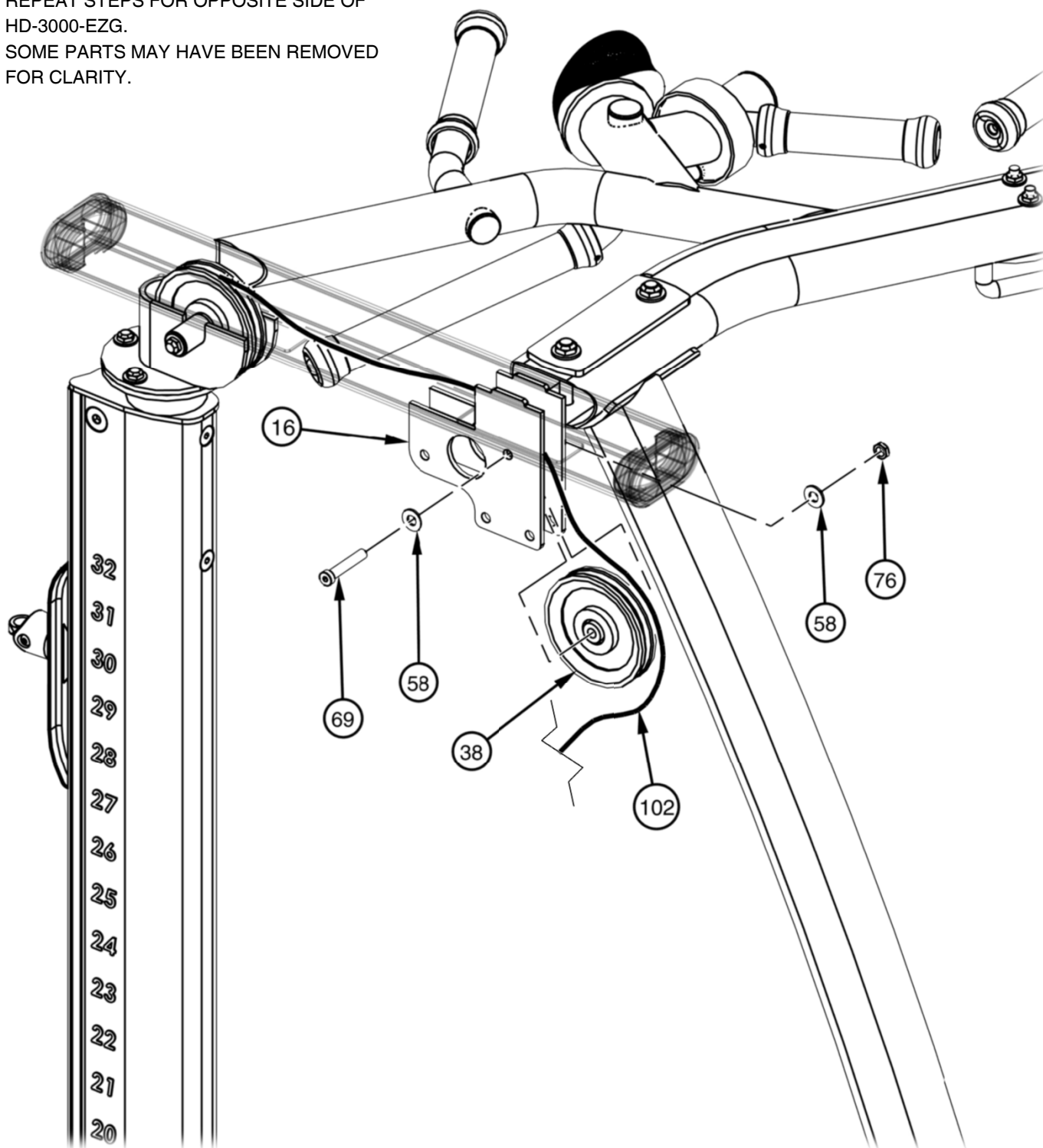
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- ROUTE CABLE THROUGH CHIN-UP STATION FRAME TUBE (16).
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

### NOTE:

- HAND TIGHTEN HARDWARE.
- WRENCH TIGHTEN HARDWARE ON PULLEYS ONLY.
- ENSURE THAT THE PULLEY HOUSING (21) IS PARALLEL TO THE WEIGHT STACK (24).
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### **\*WARNING\***

**PULLEY HOUSING BOLT MUST BE THREADED A MINIMUM OF 3/8" INTO THE WEIGHT STACK (24) WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION. IF PULLEY HOUSING (21) IS NOT TIGHTENED IN PLACE, IT CAN SPIN AROUND, TWIST CABLES, AND CAUSE CABLE FAILURE AND IMPAIRED FUNCTION.**

### NOTE

HOLD GUIDE ROD TOP BRACKET (15) UP DURING STEPS ON THIS PAGE. AFTER THE STEPS ARE COMPLETE, REST (15) ON THE ADJUSTABLE PULLEY MOUNT (21).

### NOTE

ROUTE CABLE THROUGH HOLE

PULLEY HOUSING

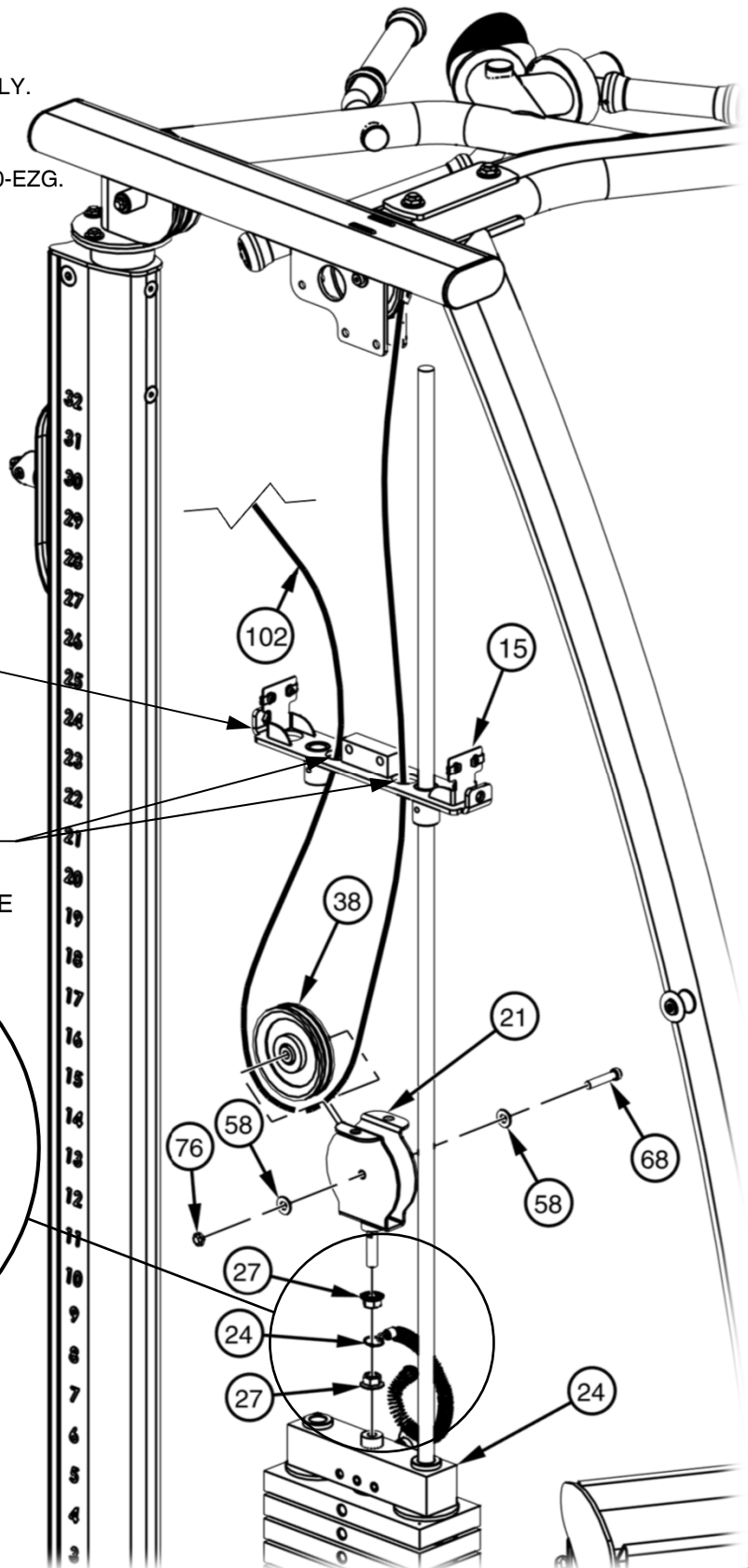
JAM NUT

LANYARD RING

JAM NUT

### **FINE TUNING:**

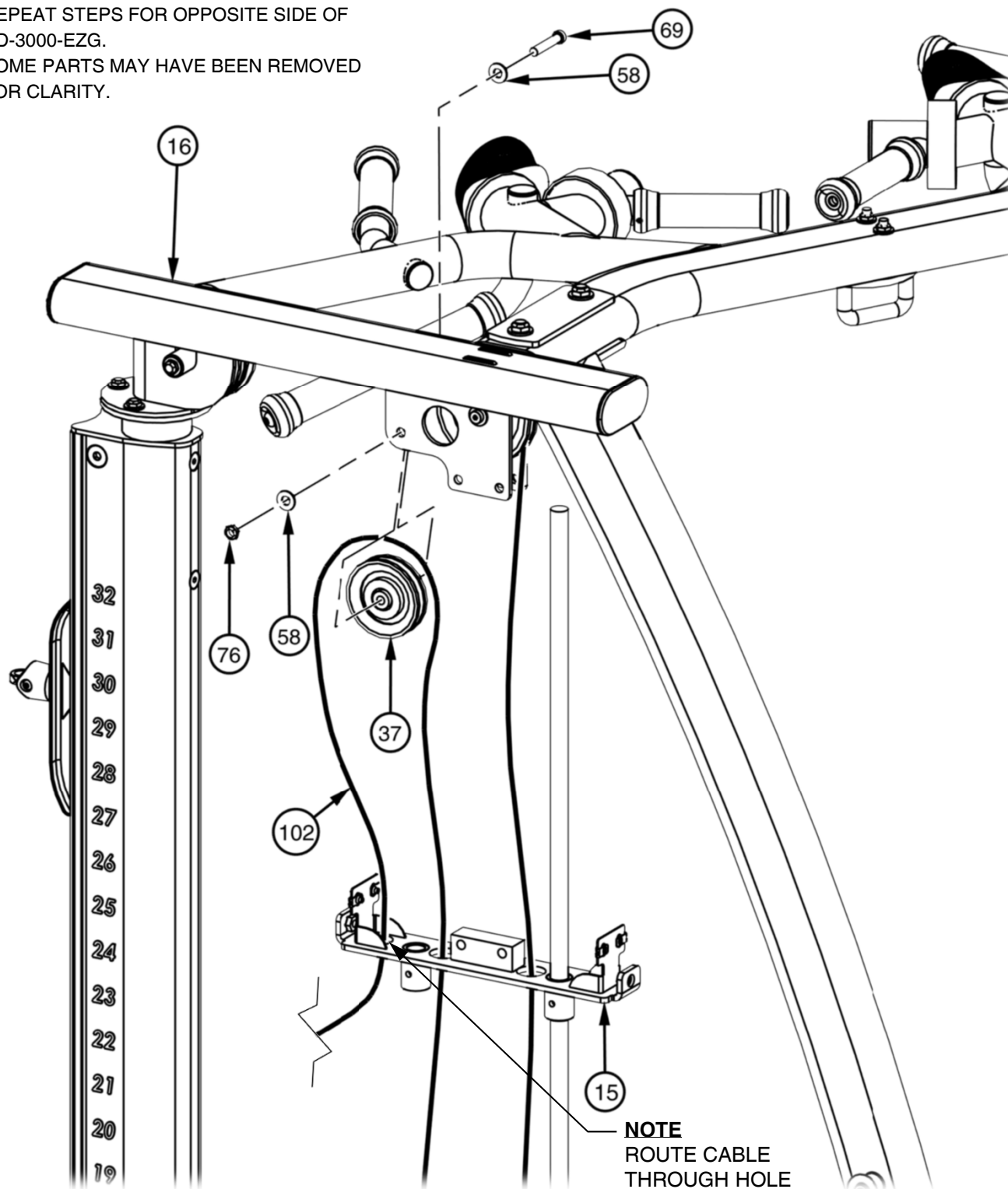
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.



## FRAME ASSEMBLY

**NOTE:**

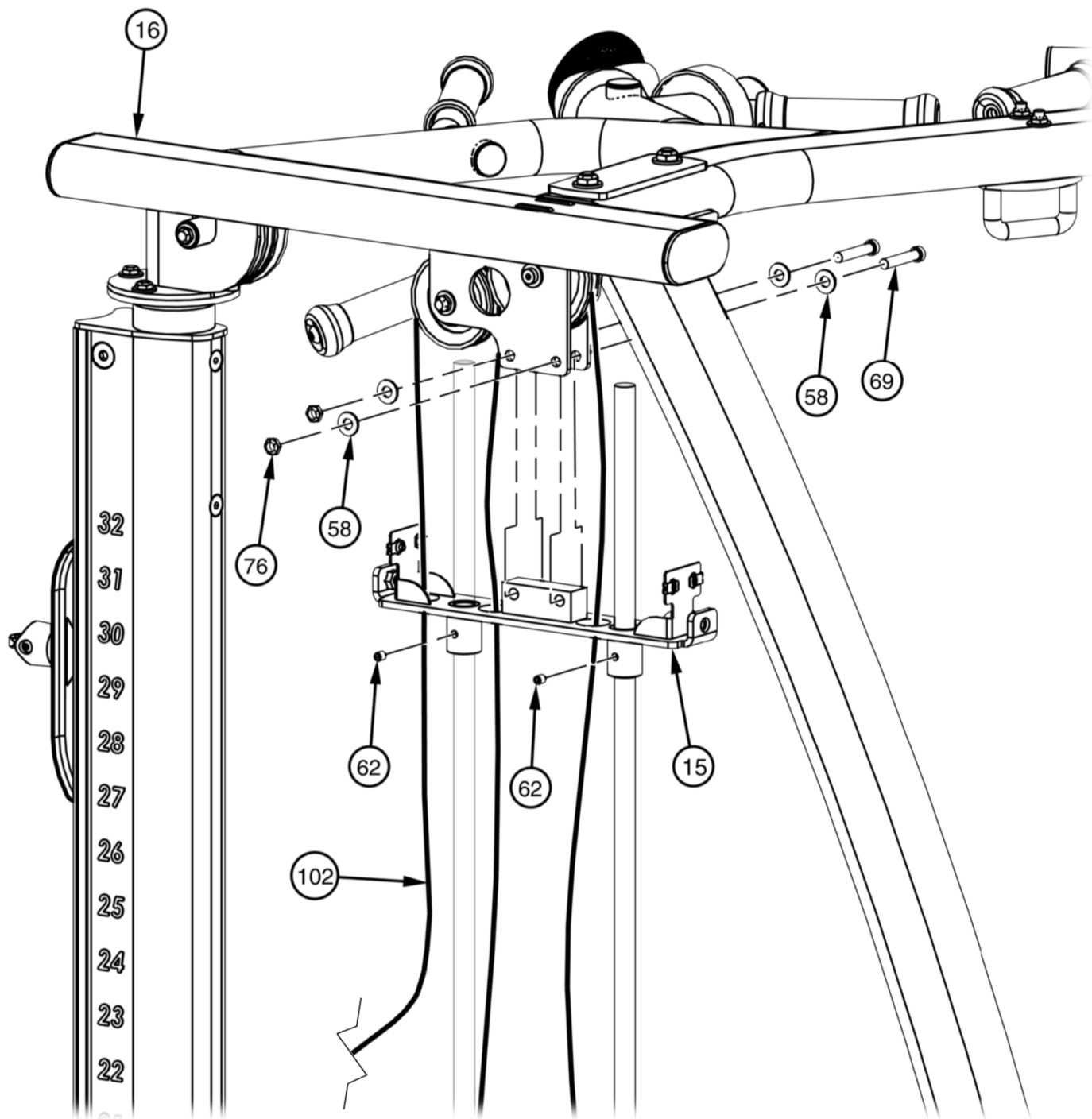
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.





## FRAME ASSEMBLY

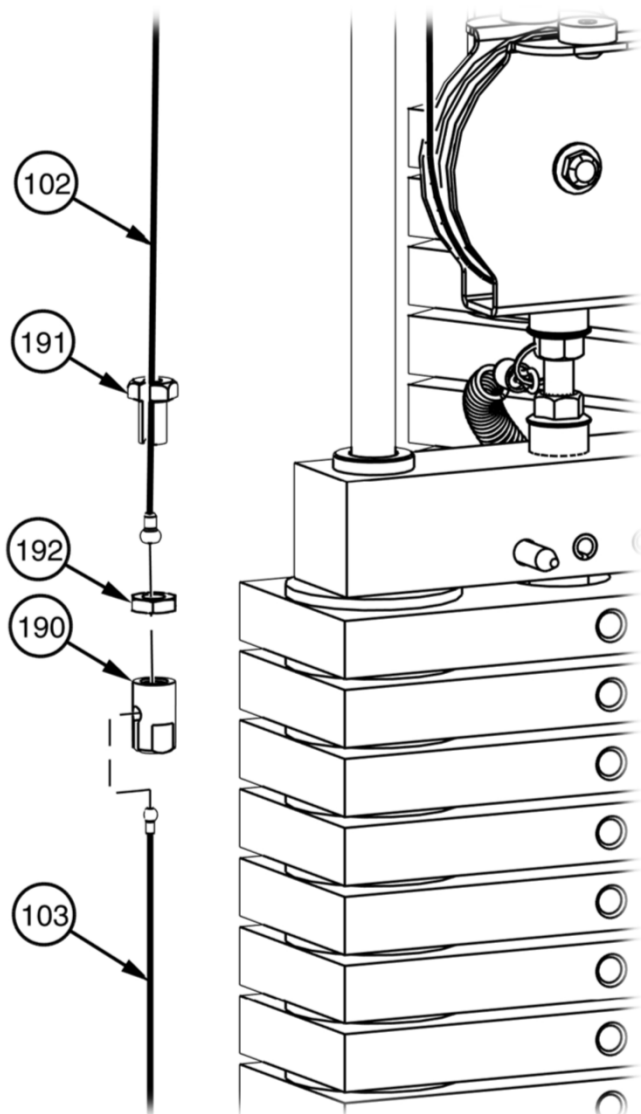
### NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### STEP 1

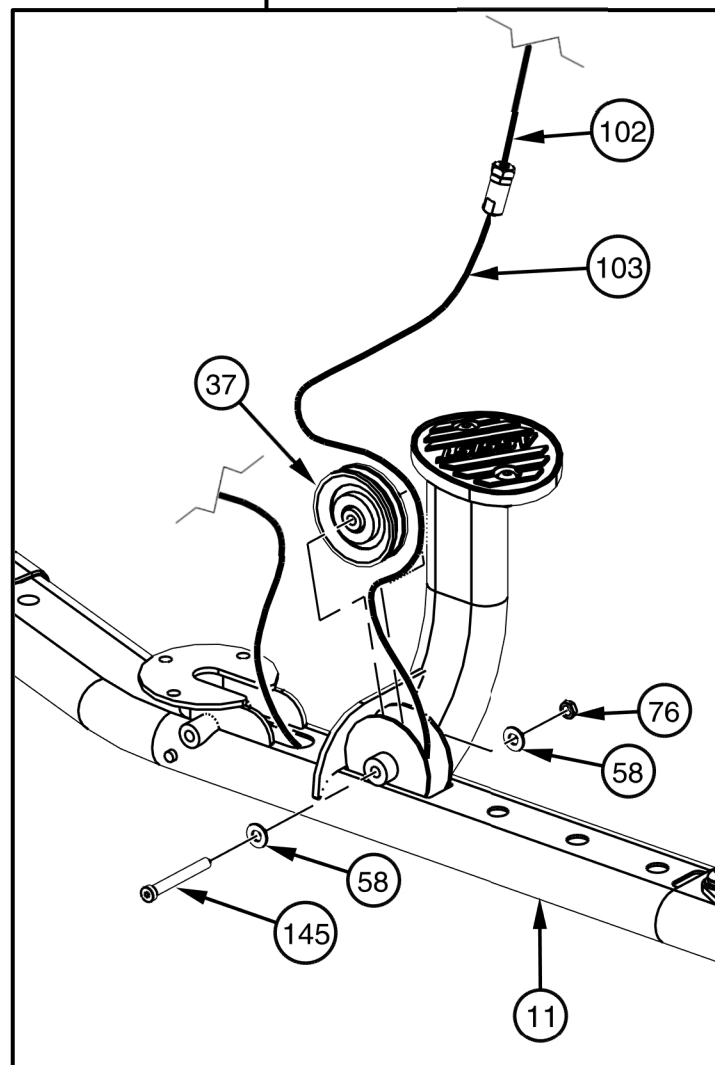
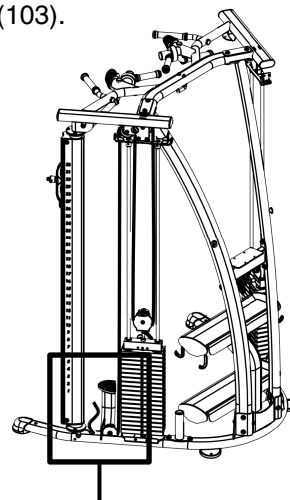
INSTALL CABLE COUPLER (190).

**IMPORTANT:** THE CABLE (103) MUST BE INSERTED INTO THE CABLE COUPLER (190) BEFORE INSTALLING THE SLOTTED BOLT (191).



### STEP 2

CONTINUE CABLING THE MACHINE WITH THE CABLE (103).



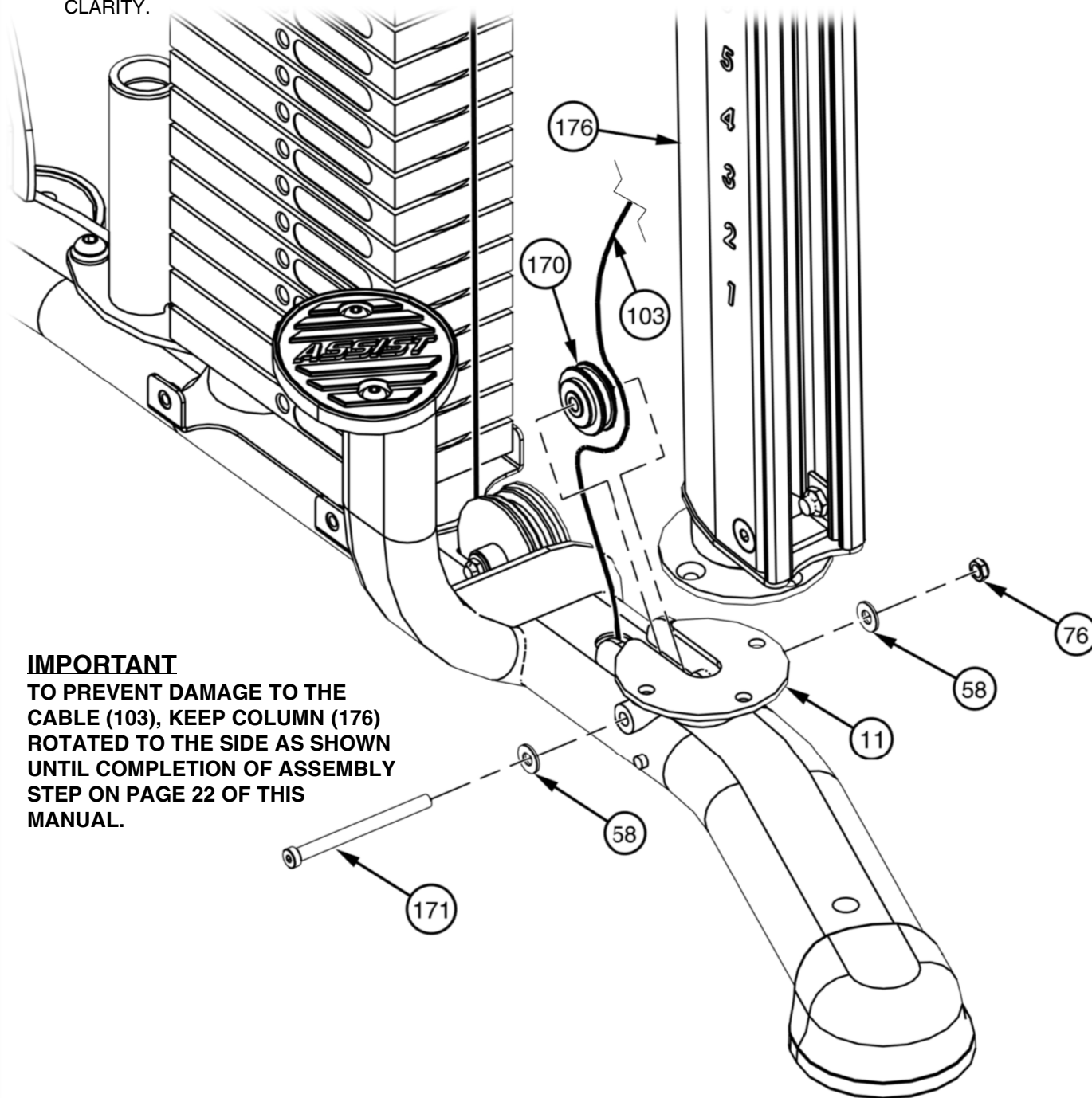
## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- CAREFULLY SWING COLUMN (176) AWAY FROM (11) AS SHOWN BELOW.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### **\*WARNING\***

**FAILURE TO FOLLOW ASSEMBLY  
PROCEDURE MAY RESULT IN CABLE  
DAMAGE.**



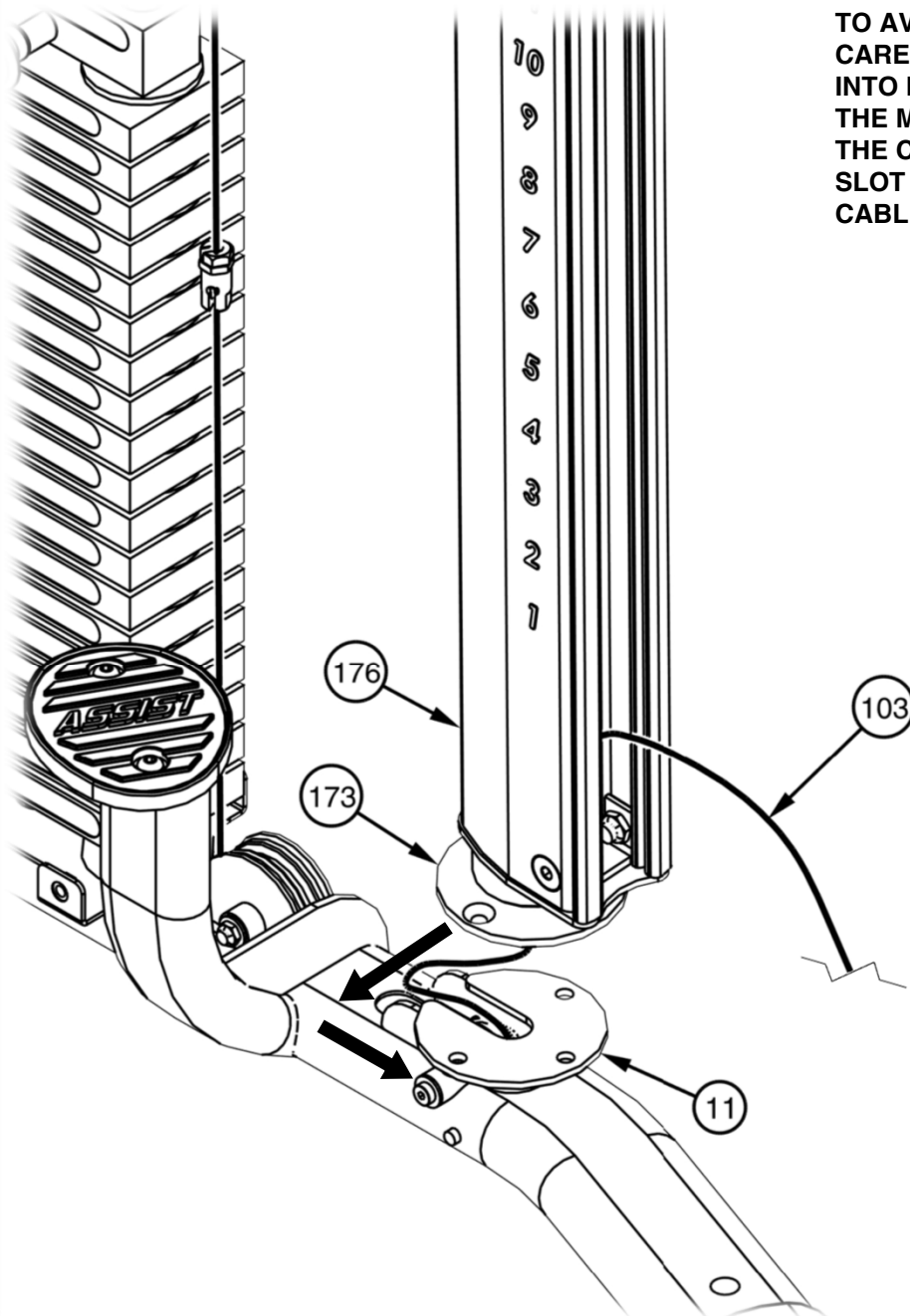
## FRAME ASSEMBLY

### NOTE:

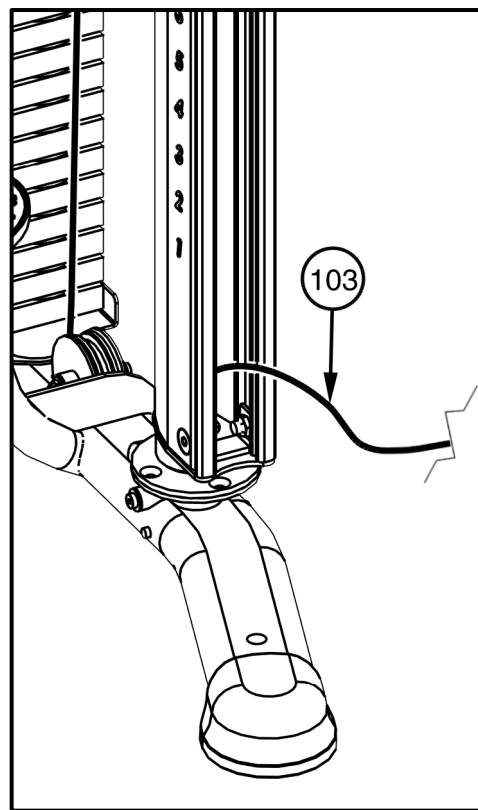
- ROUTE CABLE (103) THROUGH SPINDLE (173).
- IT MAY BE NECESSARY TO LIFT COLUMN (176) UP IN ORDER TO PLACE COLUMN IN PROPER POSITION ON BASE FRAME (11).
- REPEAT STEPS FOR THE OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### **IMPORTANT**

TO AVOID CABLE DAMAGE, CAREFULLY SWING COLUMN (176) INTO POSITION FROM THE REAR OF THE MACHINE, ENSURING THAT THE CABLE IS ALIGNED WITH THE SLOT OF (11). DO NOT PINCH CABLE (103).



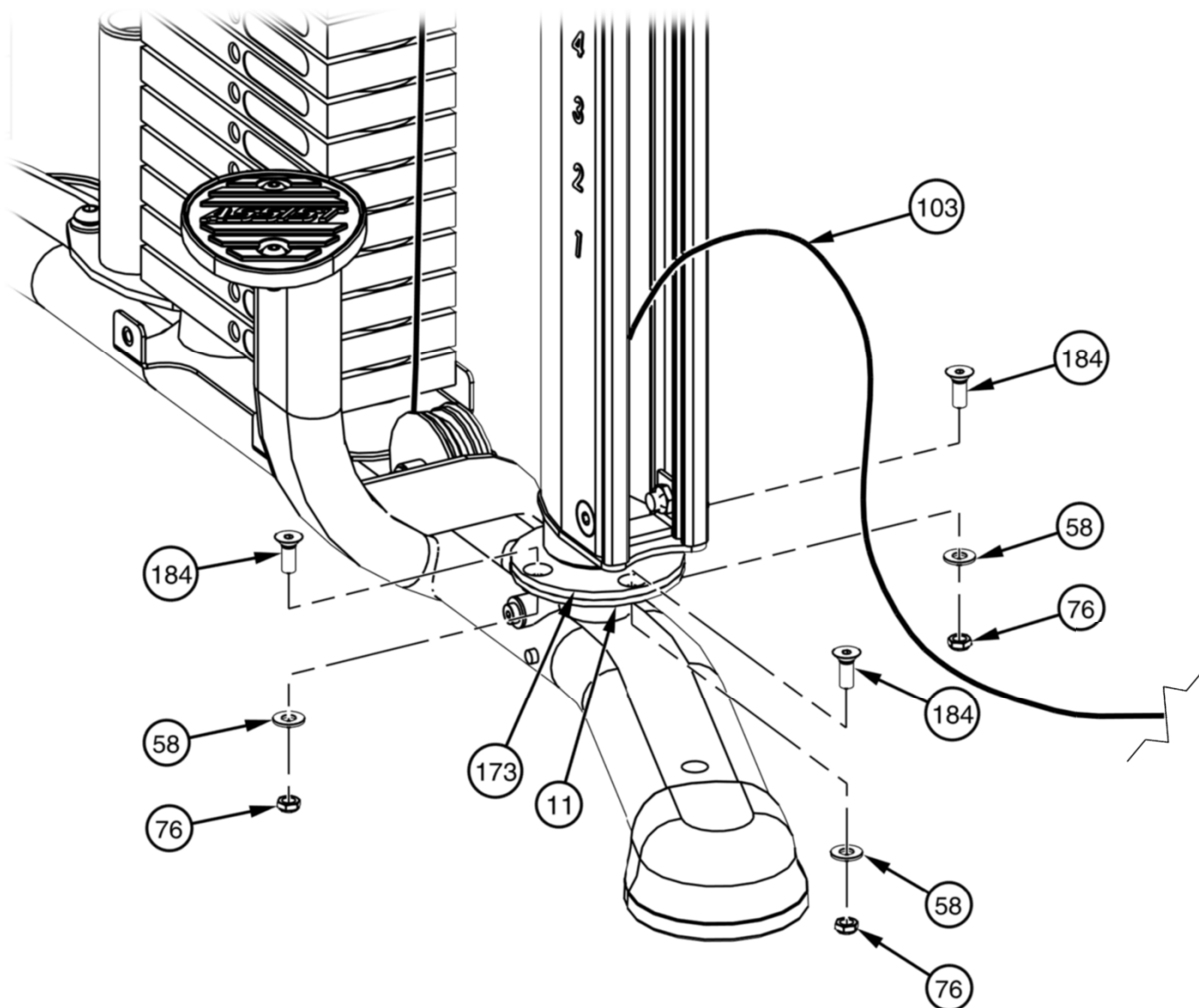
### **CORRECT ASSEMBLY VIEW**



## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**\*\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\*\***

TAKE TIME TO VERIFY 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.

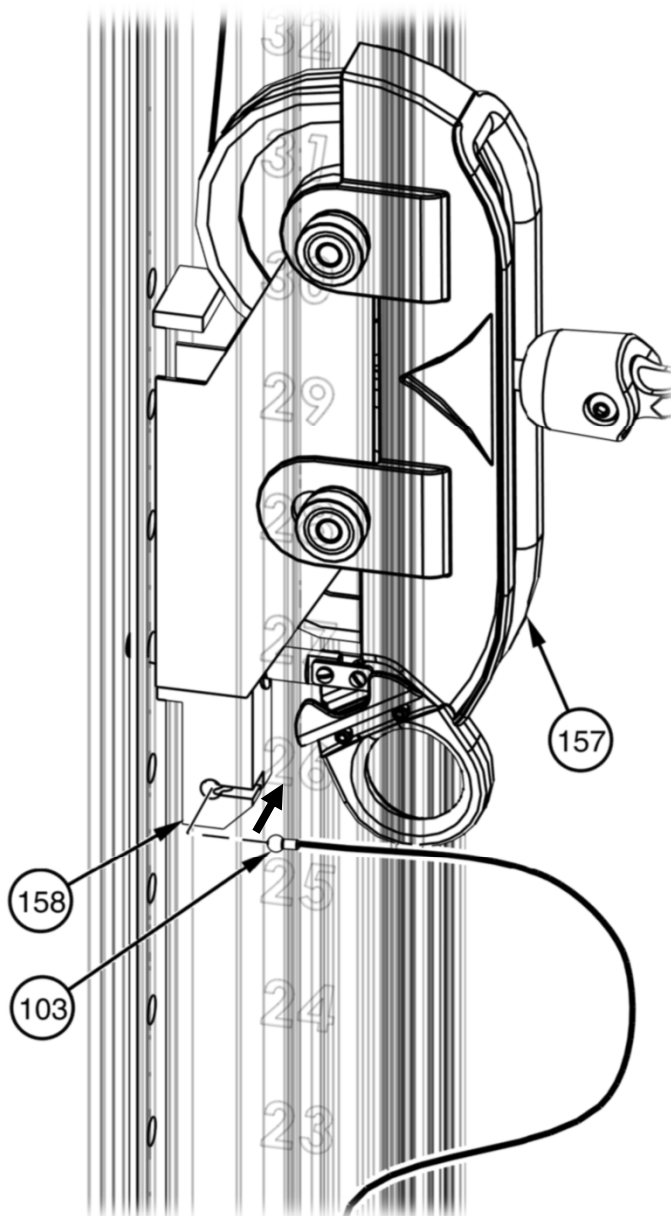
## FRAME ASSEMBLY

### NOTE:

- REFER TO PAGE 17 FOR FINE TUNING INSTRUCTIONS IF THE CABLE (103) CANNOT REACH THE CABLE SLOT IN THE PULLEY CARRIAGE (158) OR IF THE CABLE HAS EXCESSIVE SLACK.
- FOR EASE OF INSTALLATION, MOVE PULLEY CARRIAGE/COVER (157) UP TO EYE LEVEL.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

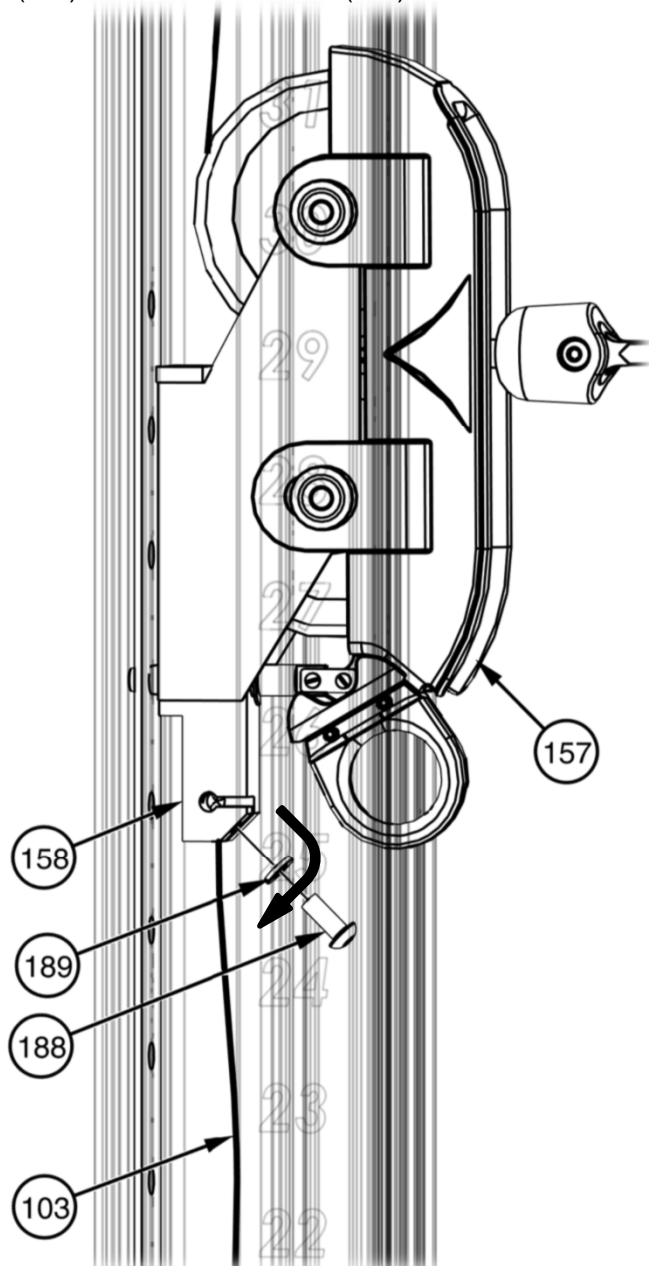
### STEP 1

INSERT CABLE (103) HORIZONTALLY INTO PULLEY CARRIAGE (158). SLIDE CABLE TO THE RIGHT-HAND SIDE OF HOUSING.



### STEP 2

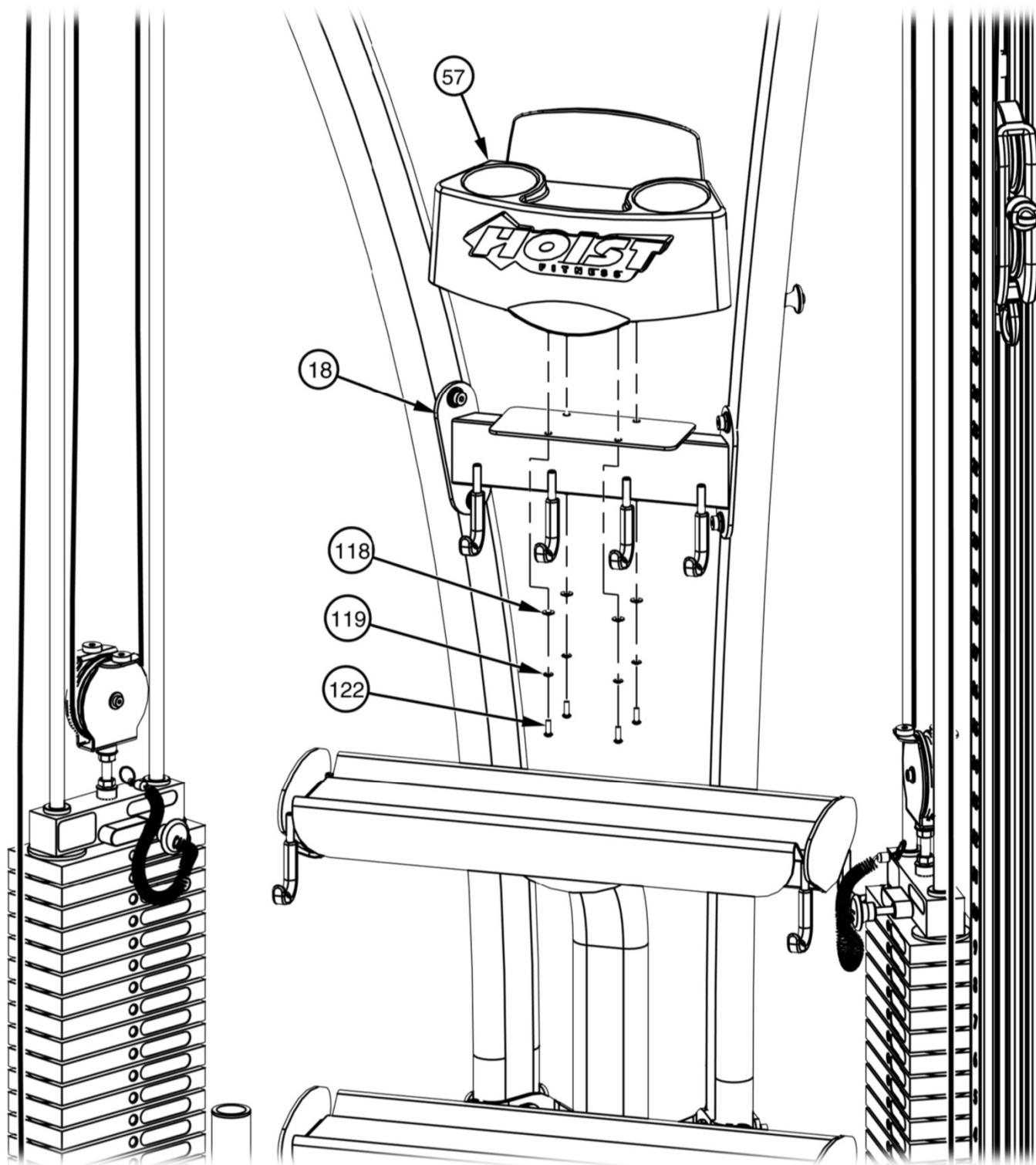
ROTATE CABLE (103) DOWNWARD UNTIL CABLE IS VERTICAL AND THEN INSTALL BOLT (188) AND LOCK WASHER (189) TO SECURE CABLE (103).



## FRAME ASSEMBLY

NOTE:

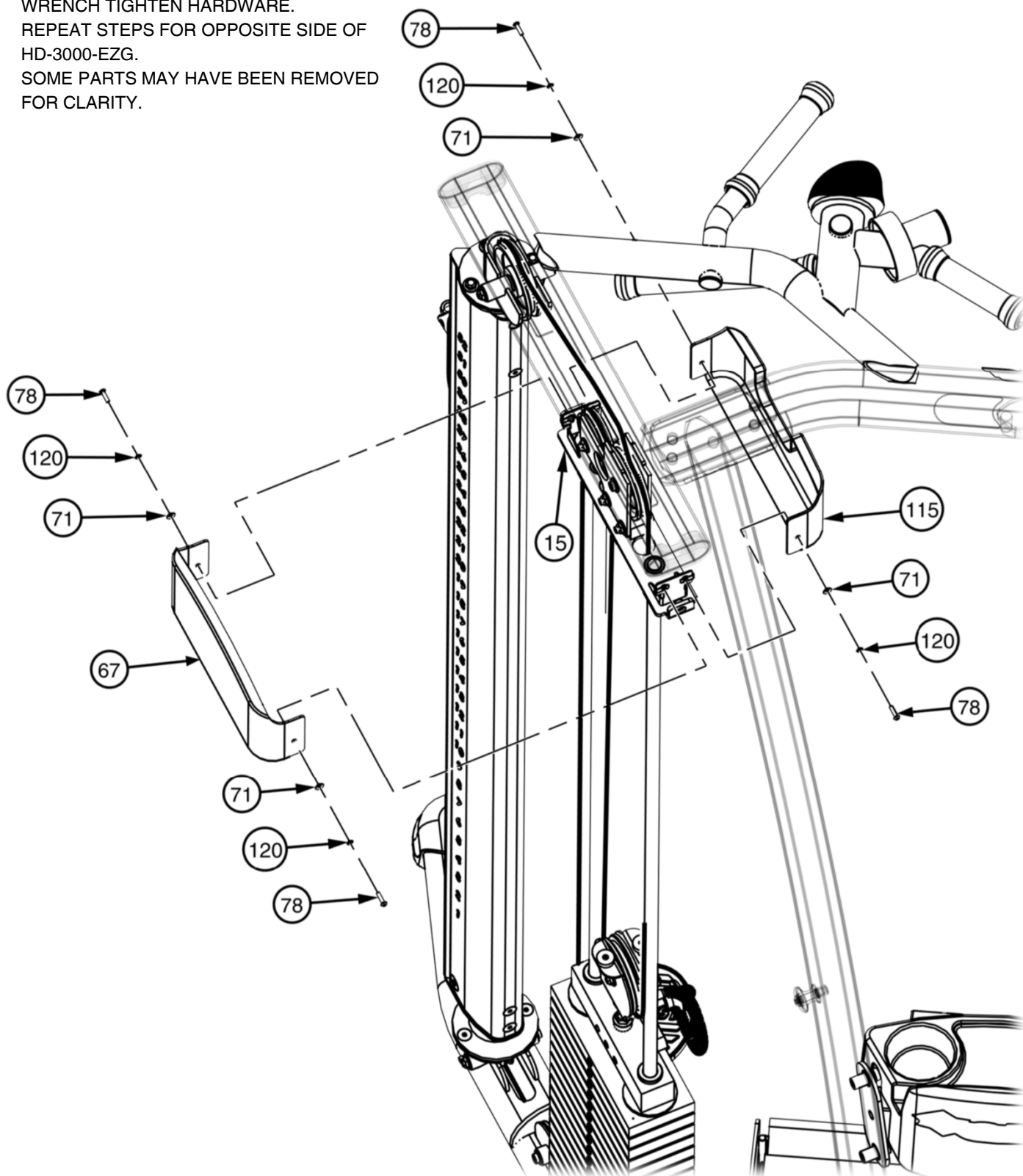
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

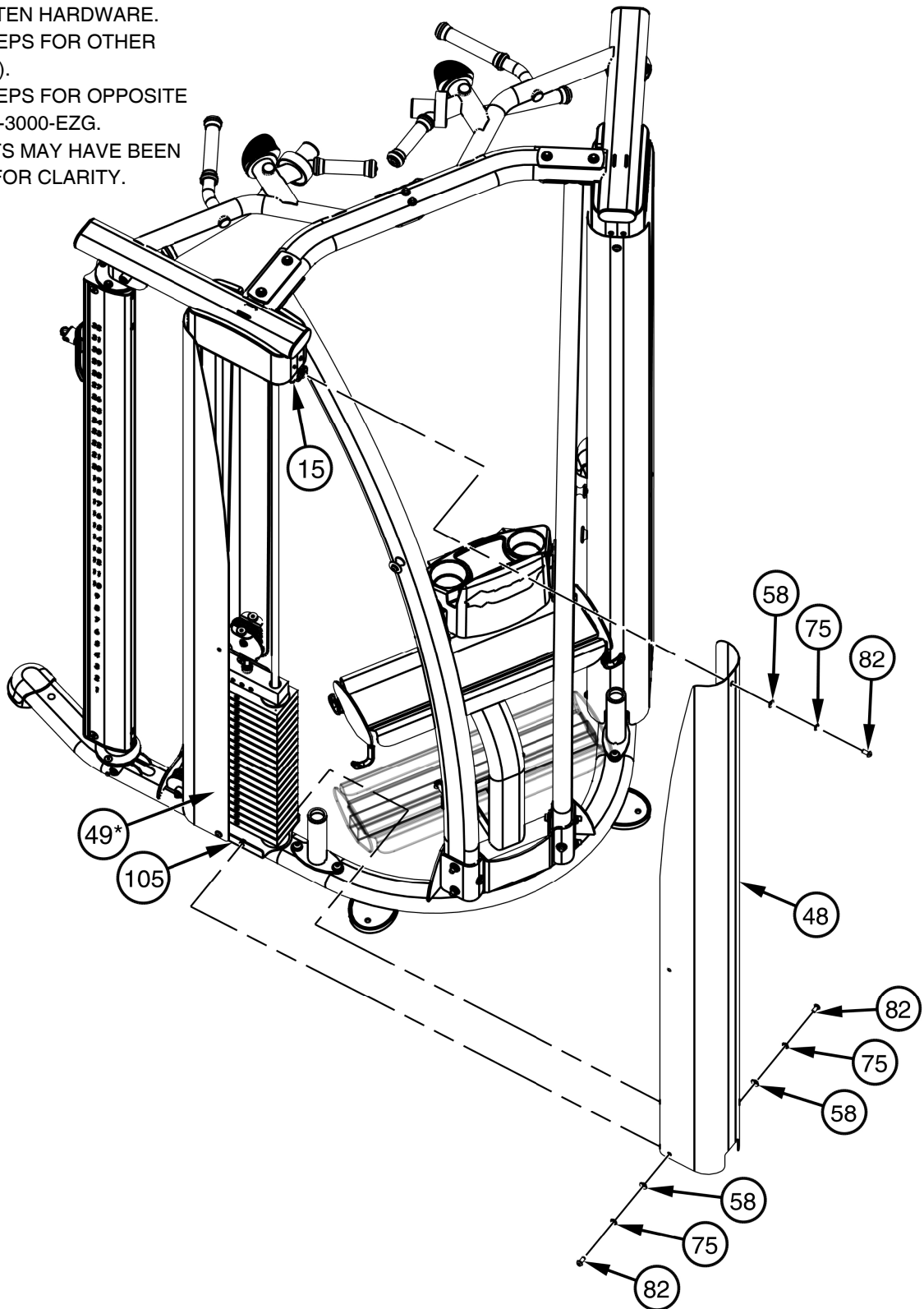
- WRENCH TIGHTEN HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT STEPS FOR OTHER SHIELD (49\*).
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

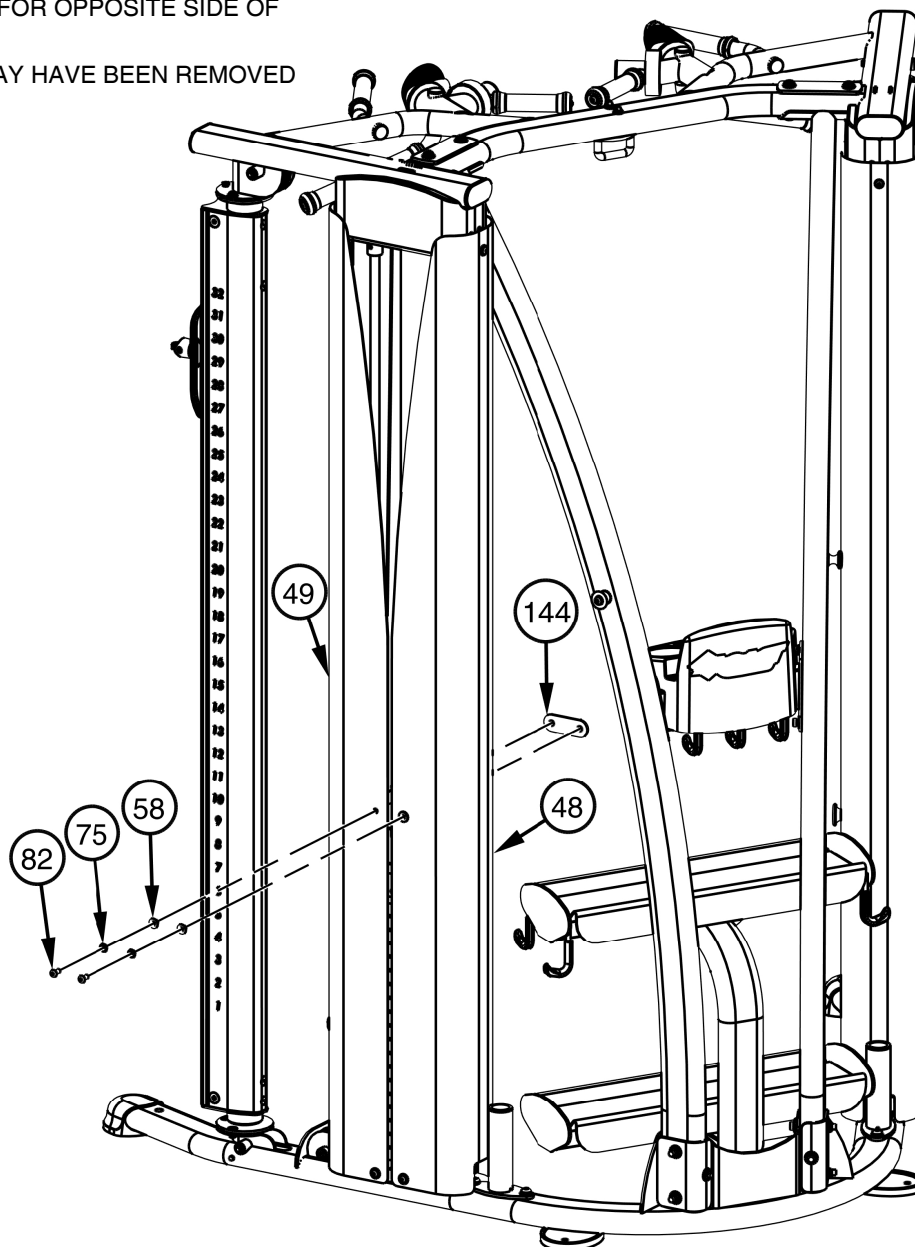




## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- REPEAT STEPS FOR OPPOSITE SIDE OF HD-3000-EZG.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### **\*IMPORTANT\***

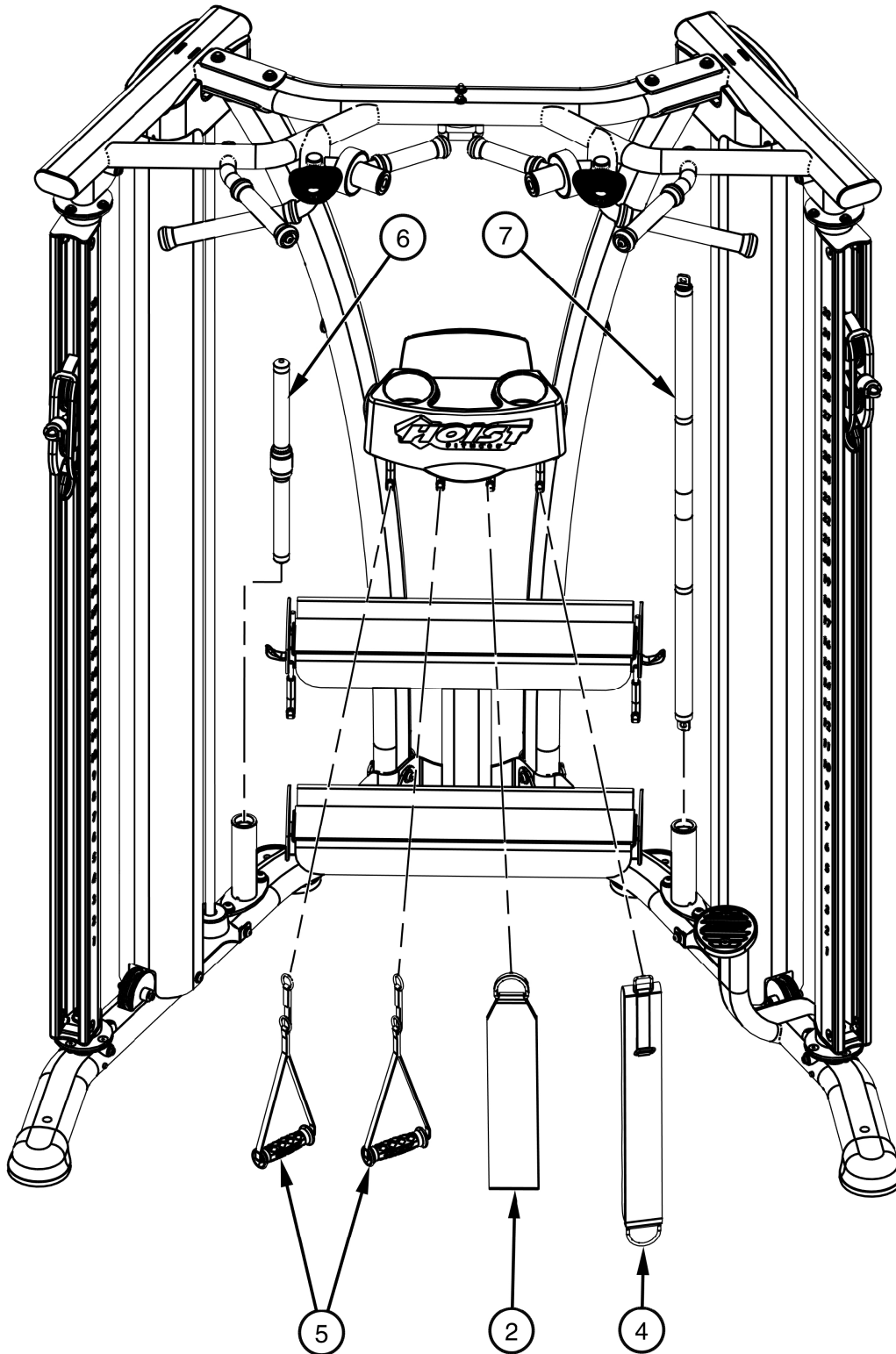
#### **\*\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\*\***

NOW THAT THE HD-3000-EZG IS COMPLETELY ASSEMBLED, TAKE TIME TO VERIFY THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

## ACCESSORIES

NOTE:

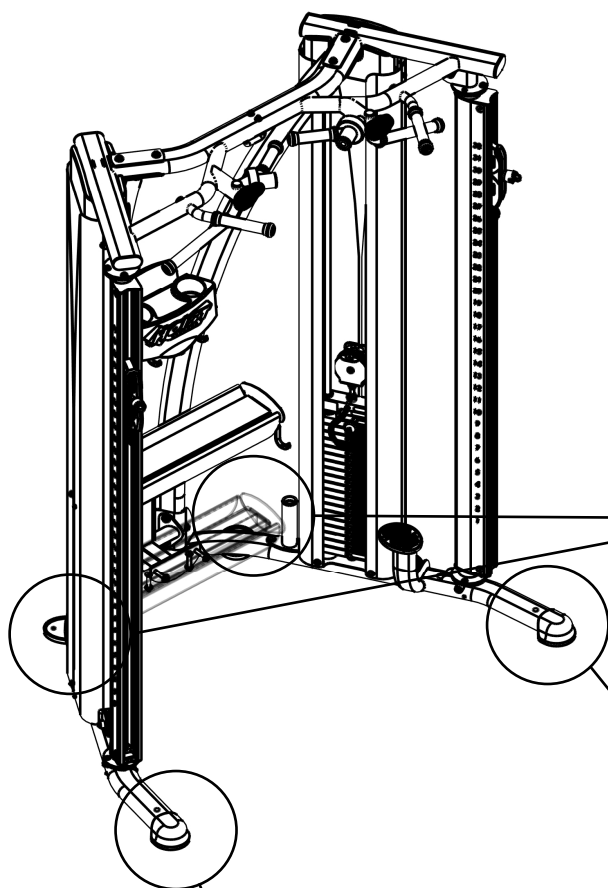
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## BOLTING TO THE FLOOR

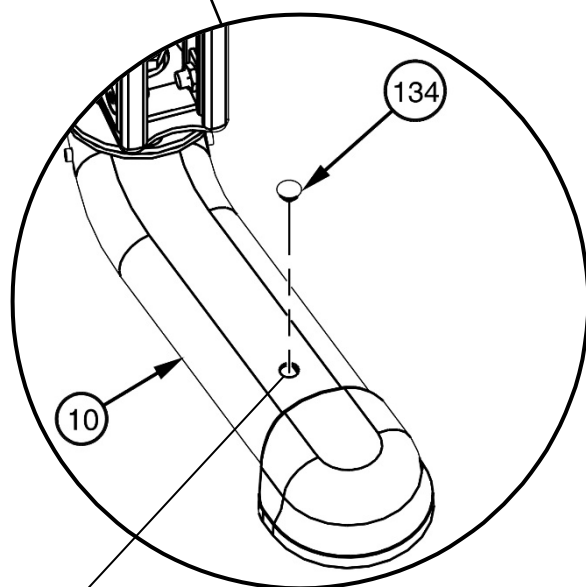
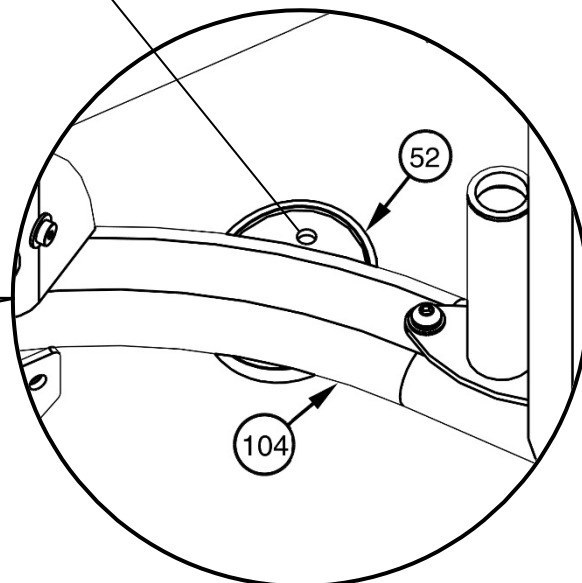
**NOTE:**

- REMOVE PLUG (134) BEFORE BOLTING TO FLOOR.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



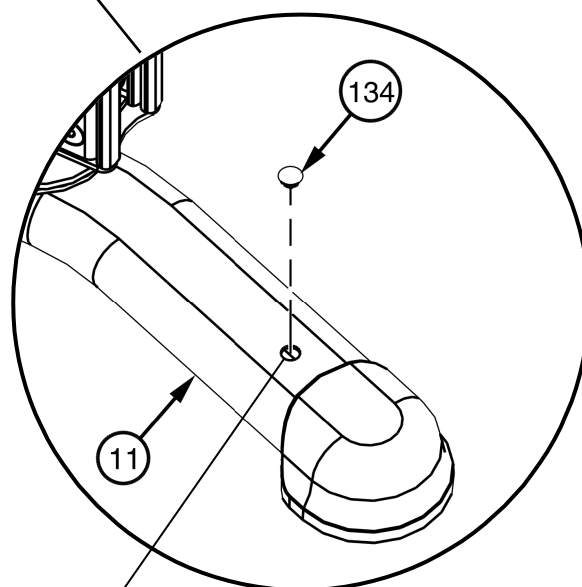
**IMPORTANT**

THIS HOLE IS ONLY USED TO  
BOLT THE UNIT TO THE FLOOR



**IMPORTANT**

THIS HOLE IS ONLY USED TO  
BOLT THE UNIT TO THE FLOOR



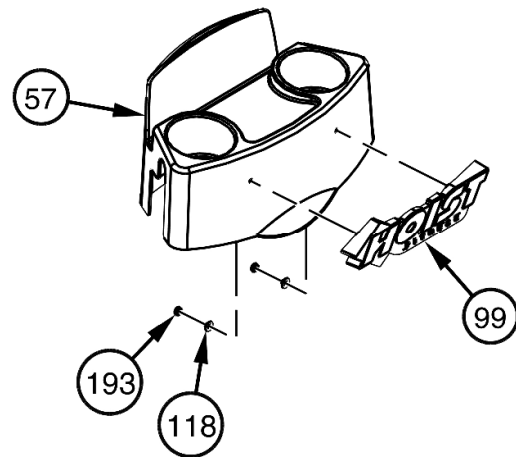
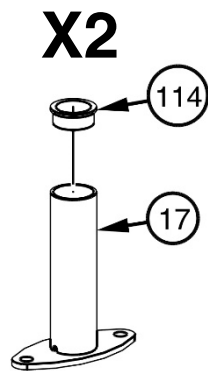
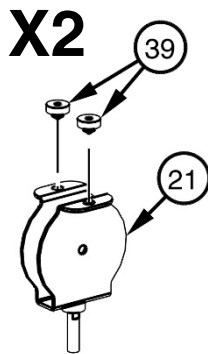
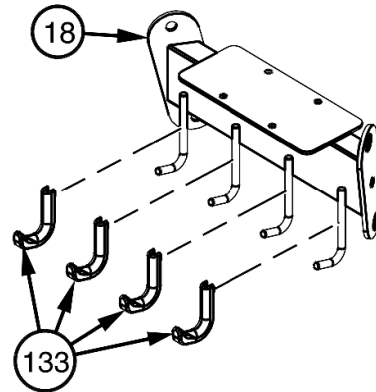
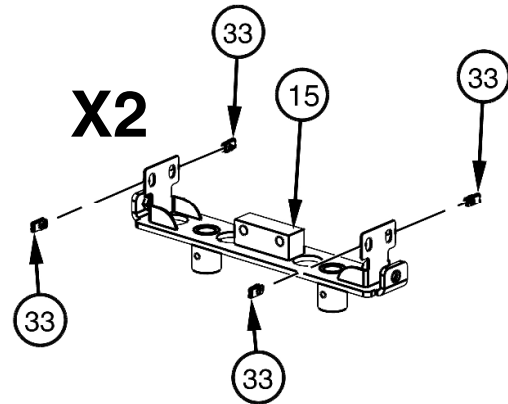
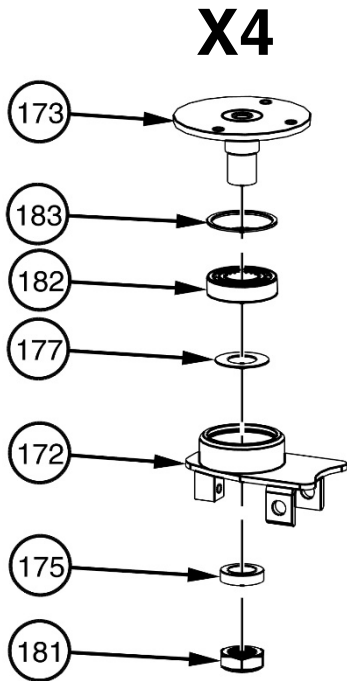
**IMPORTANT**

THIS HOLE IS ONLY USED TO  
BOLT THE UNIT TO THE FLOOR

## PRE-ASSEMBLY

NOTE:

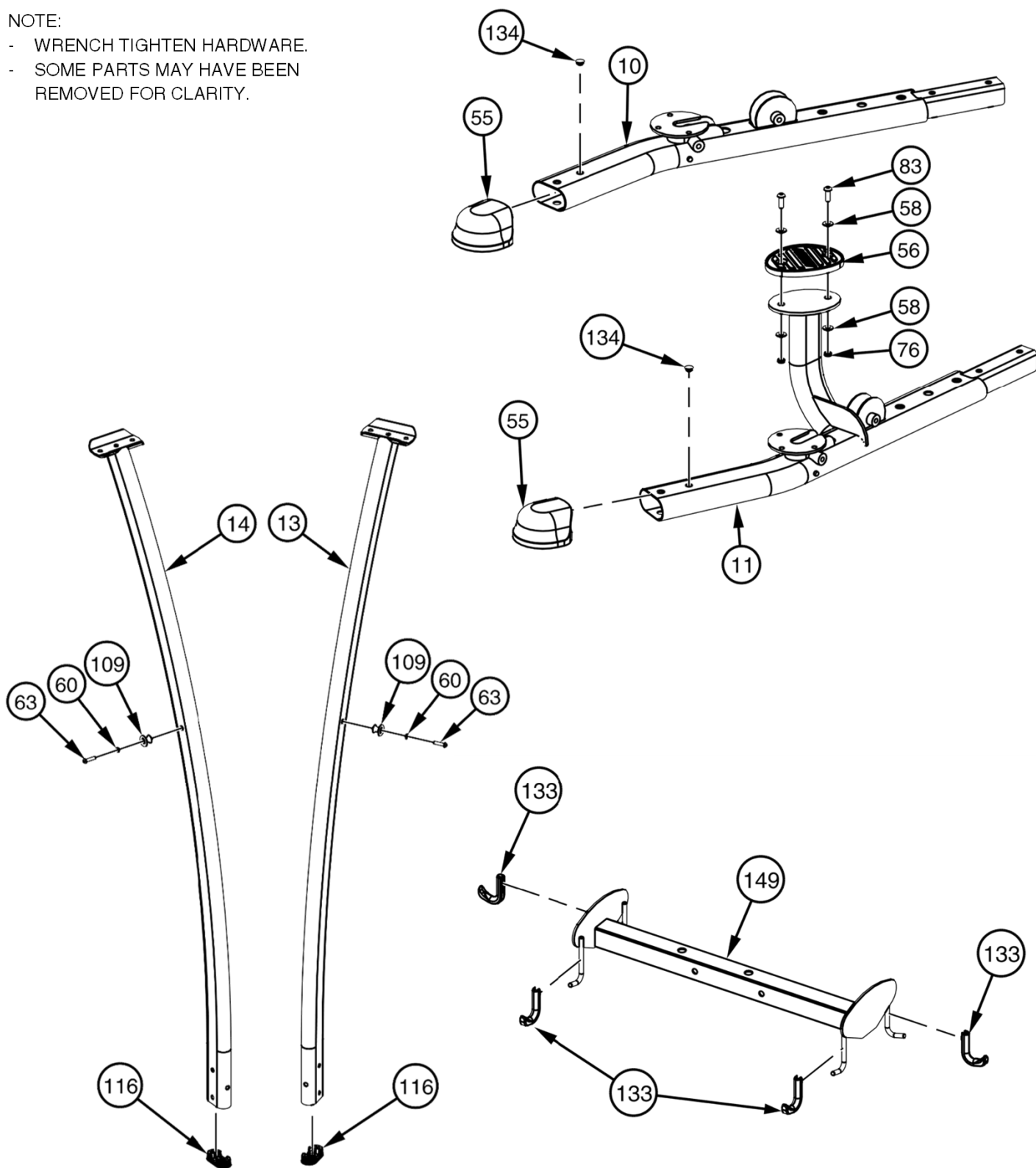
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY CONTINUED

NOTE:

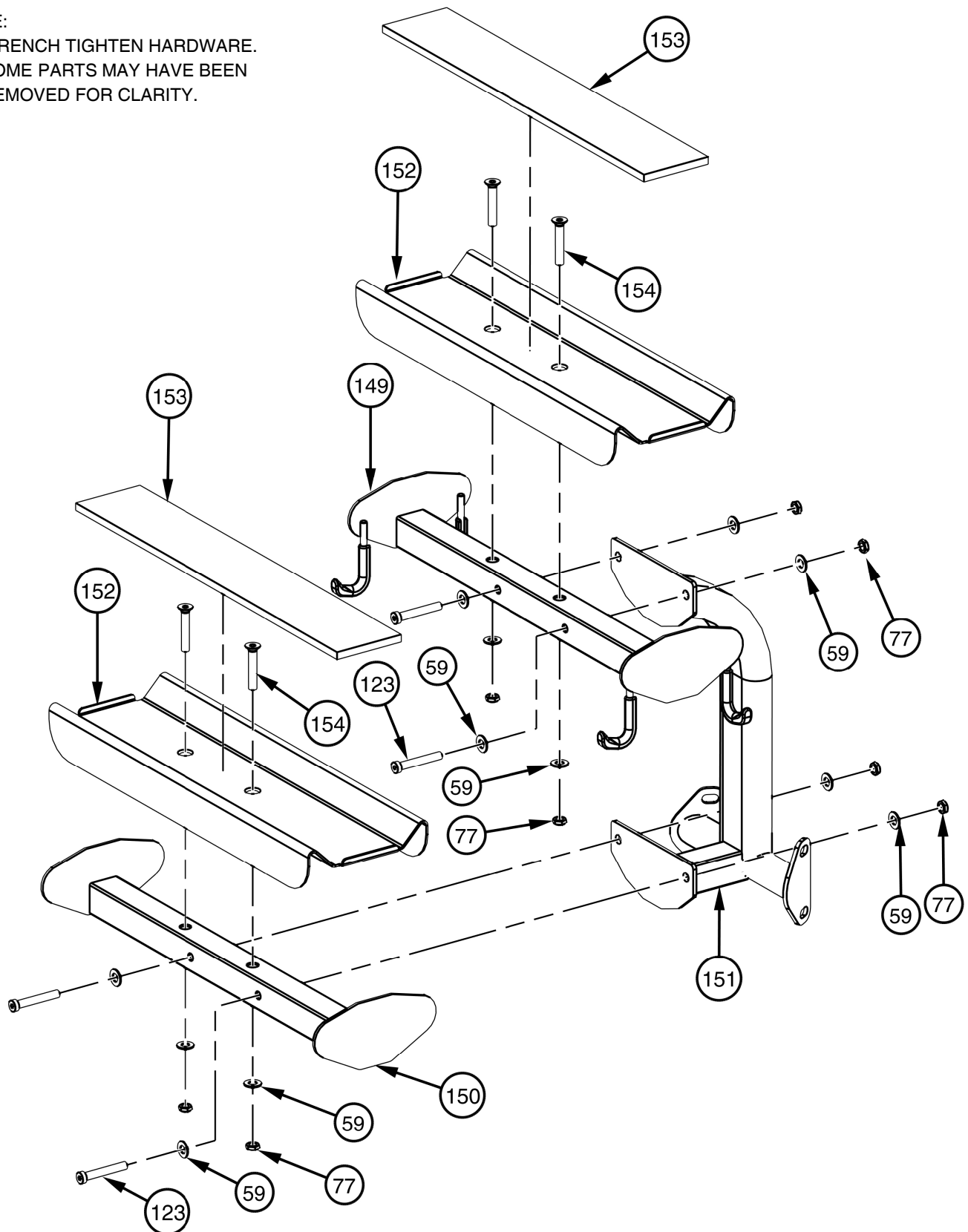
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY CONTINUED

NOTE:

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

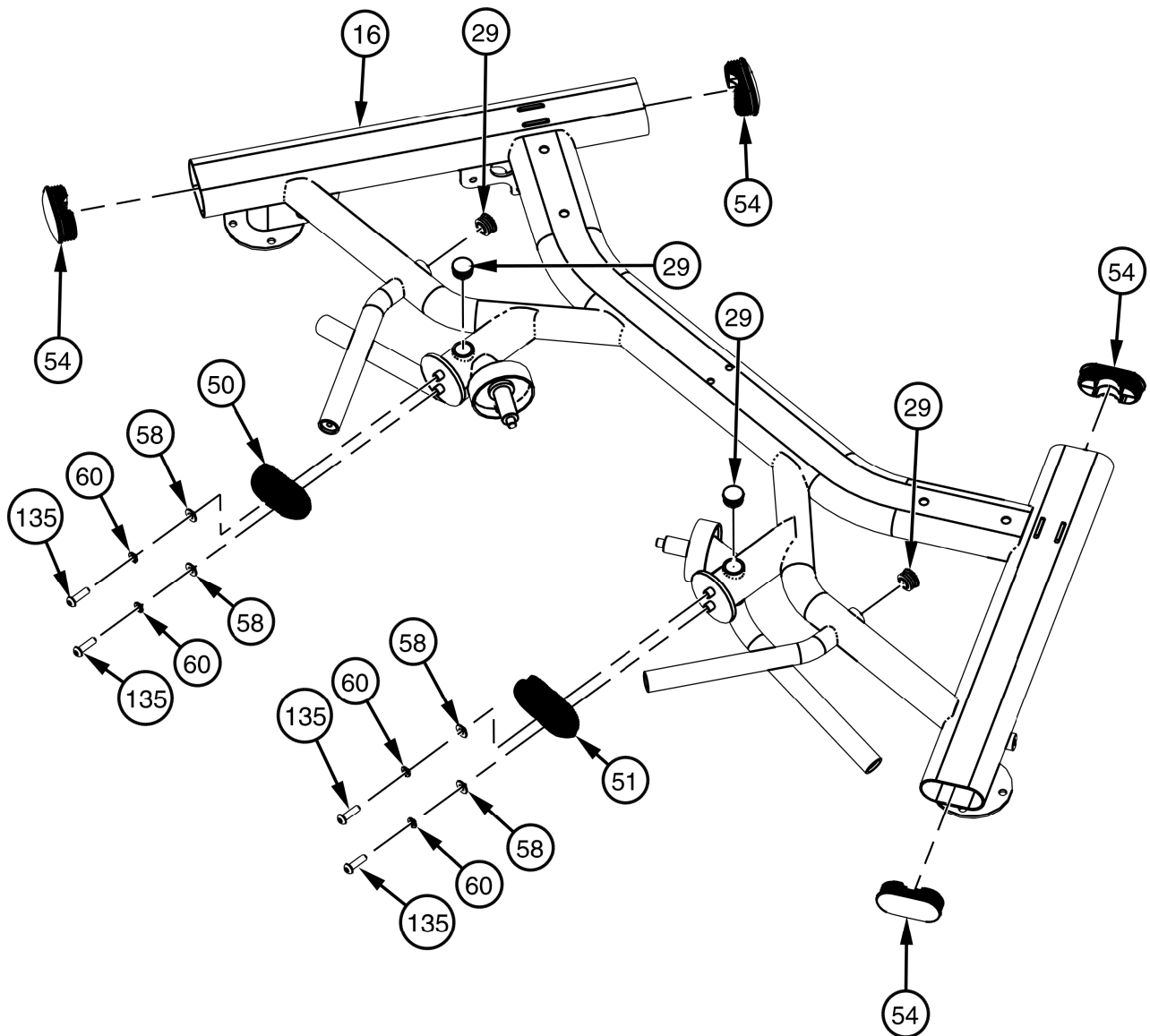


## PRE-ASSEMBLY CONTINUED

NOTE:

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

### STEP 1

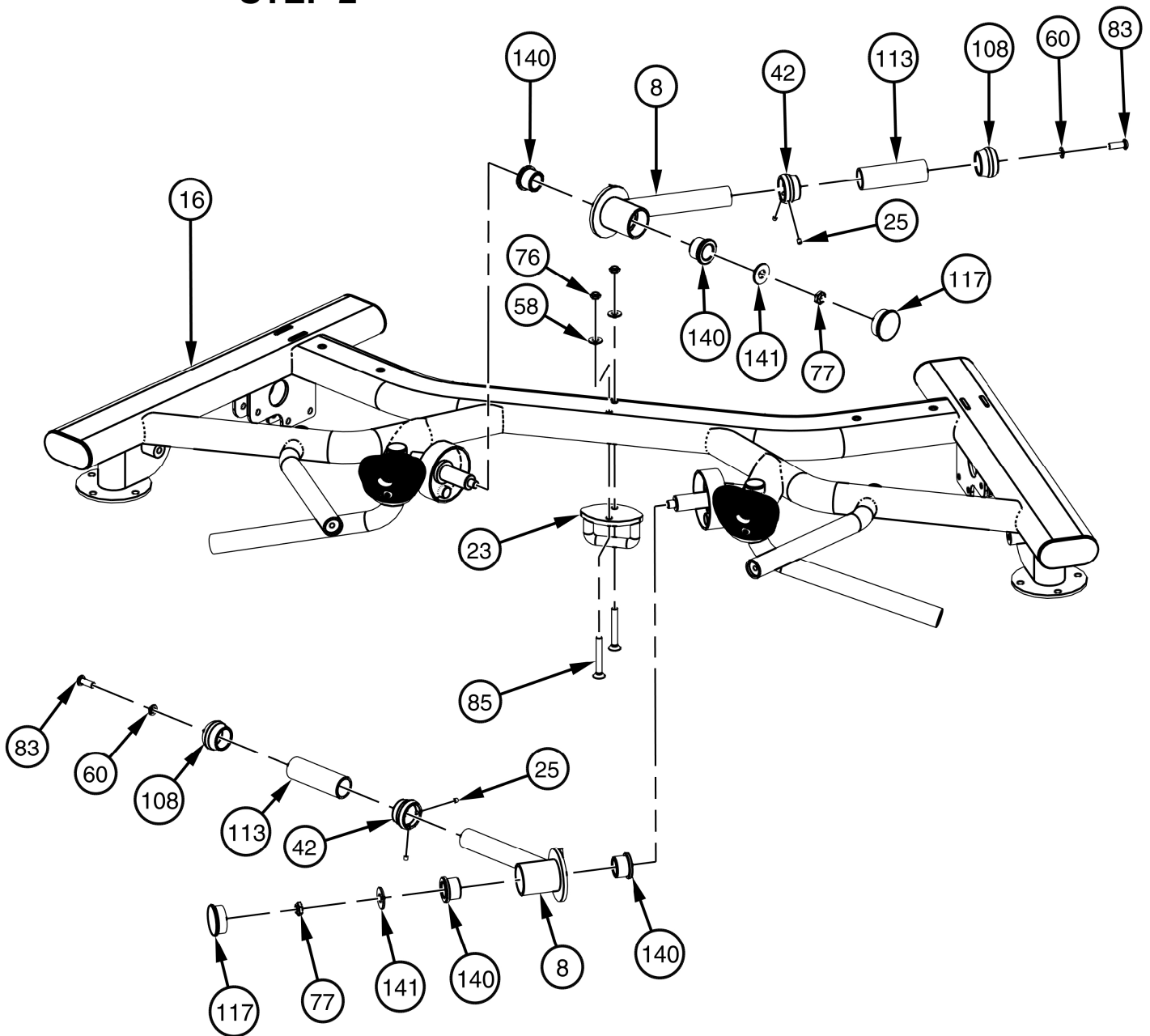


## PRE-ASSEMBLY CONTINUED

**NOTE:**

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

### STEP 2



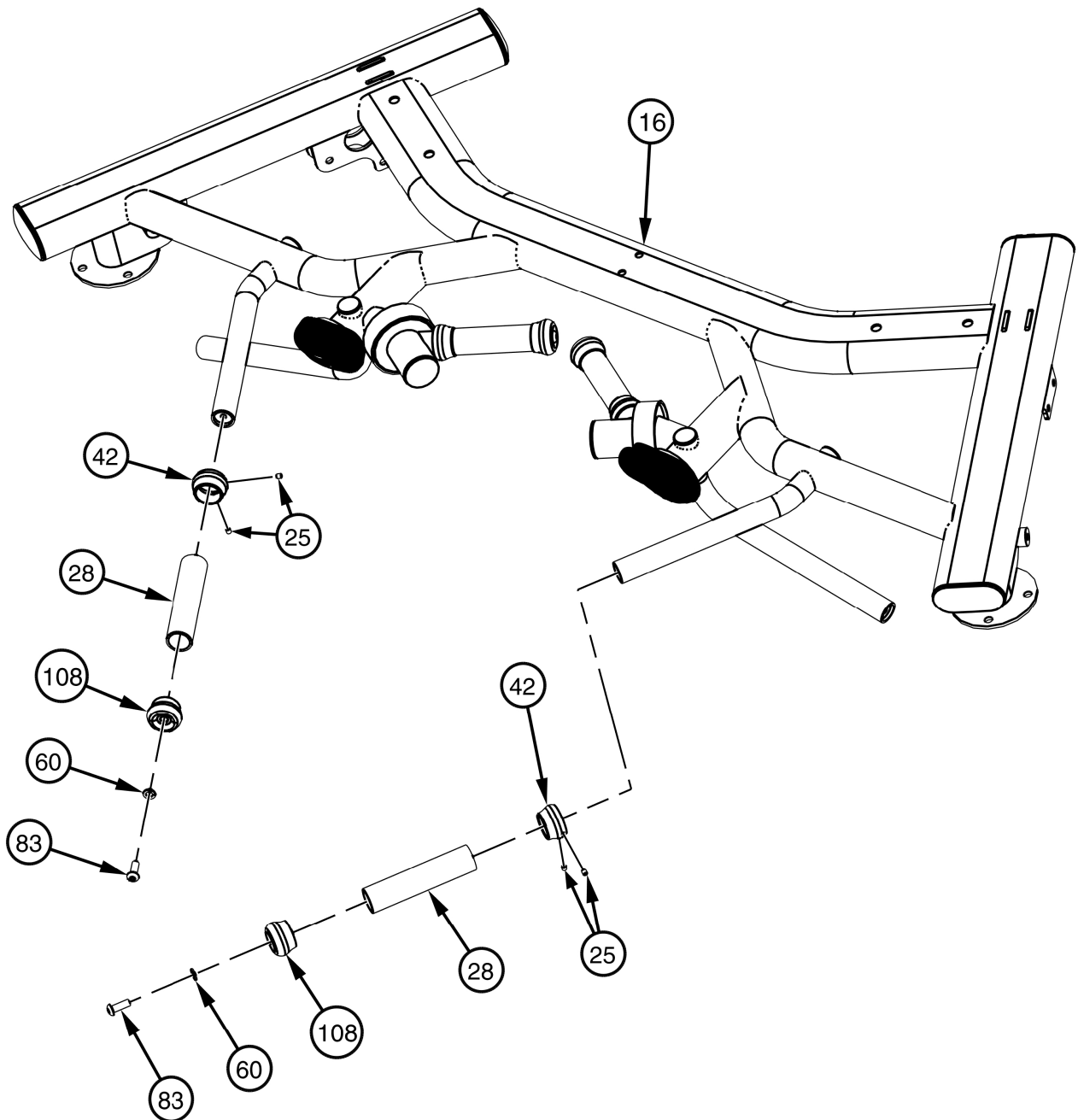


## PRE-ASSEMBLY CONTINUED

NOTE:

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

### STEP 3

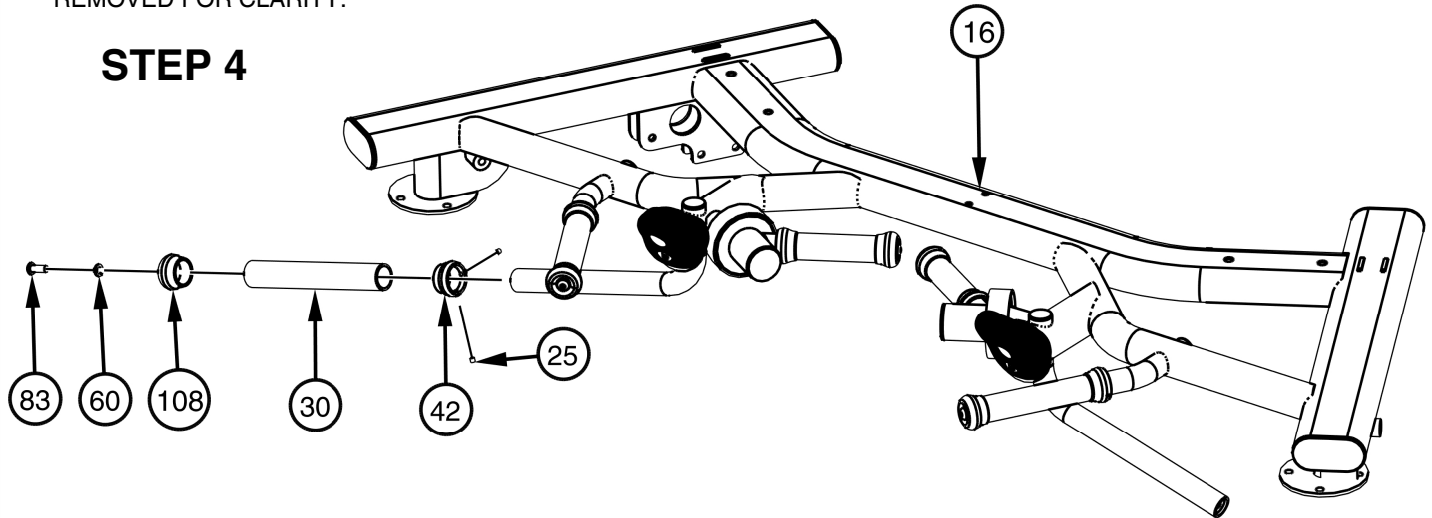


## PRE-ASSEMBLY CONTINUED

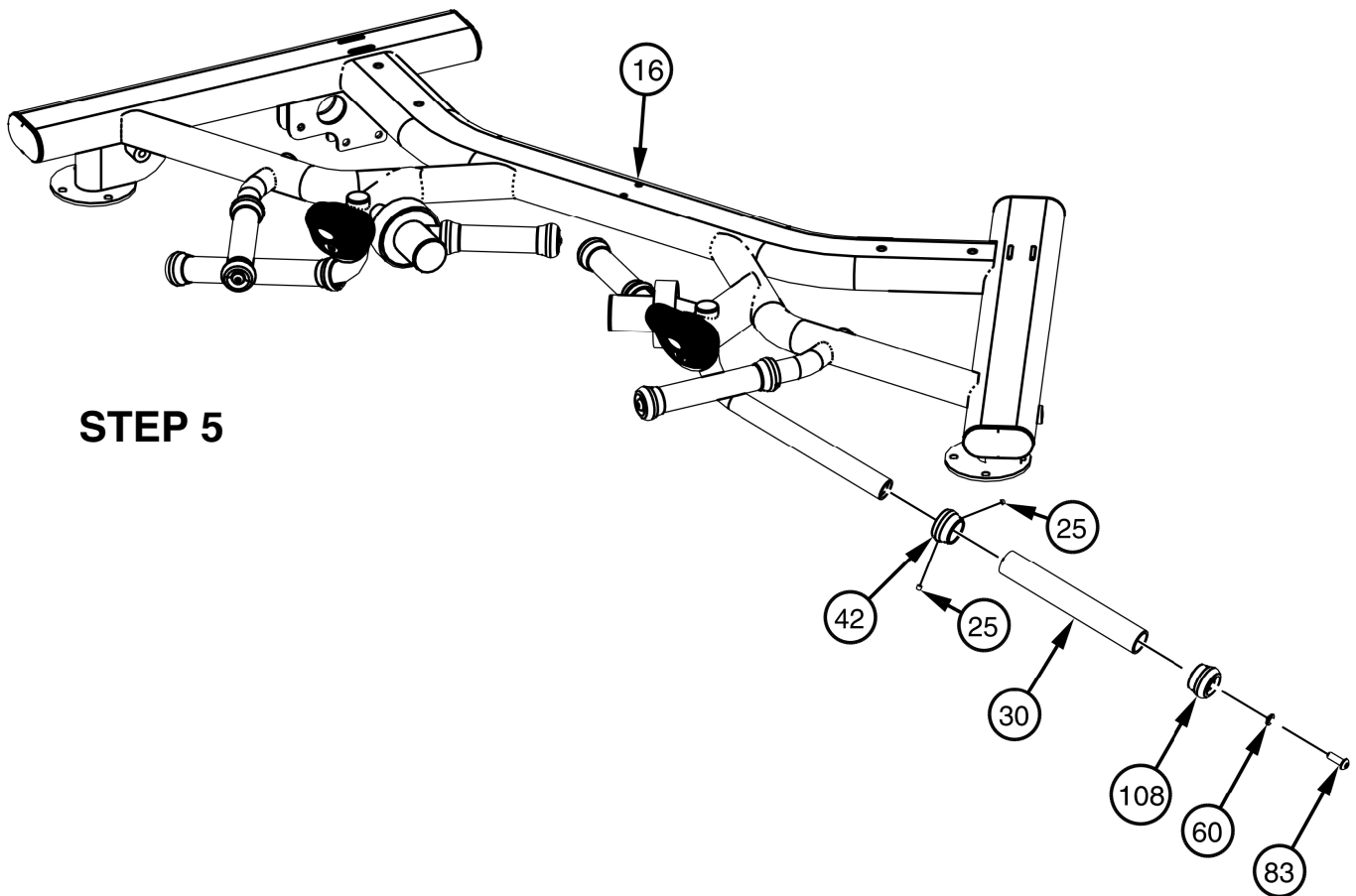
**NOTE:**

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

### STEP 4



### STEP 5



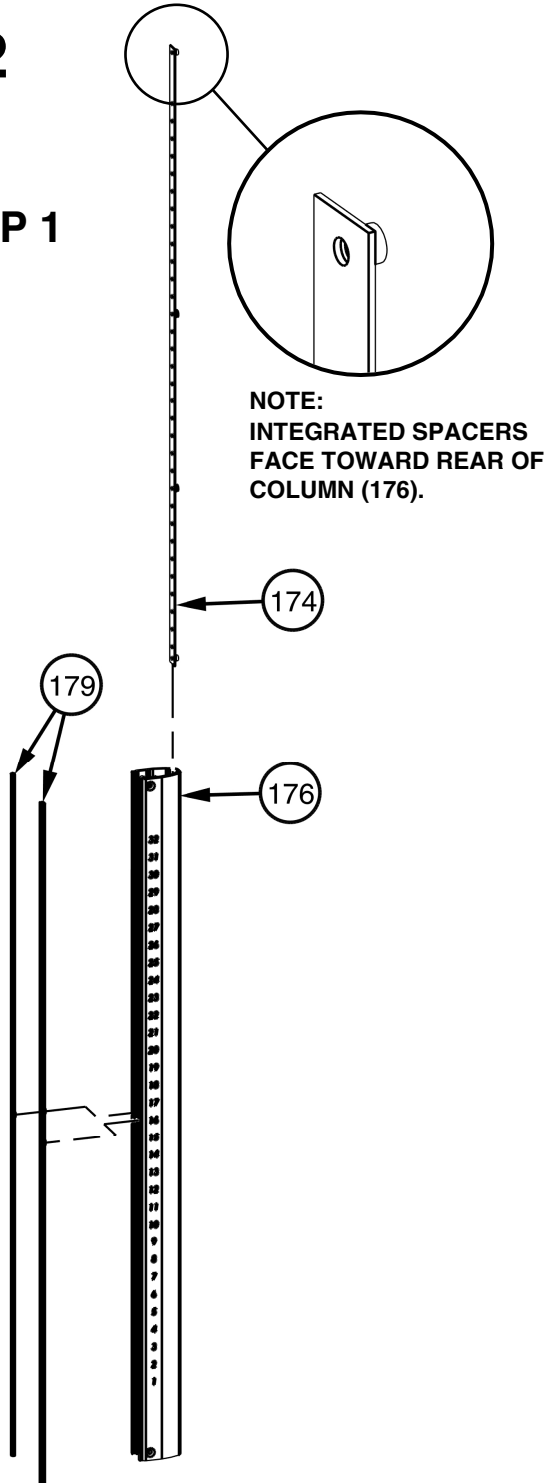
## PRE-ASSEMBLY CONTINUED

### NOTE:

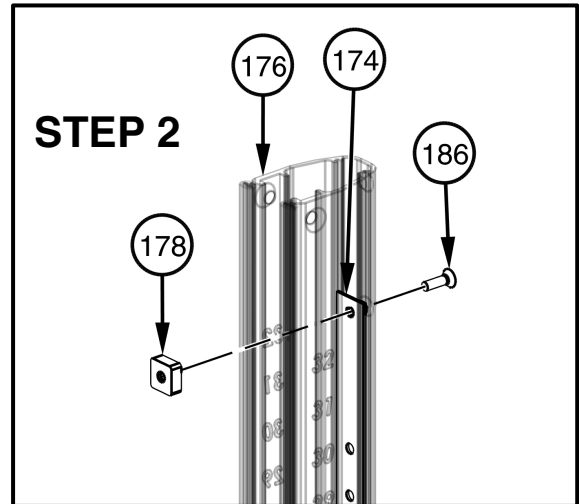
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**X2**

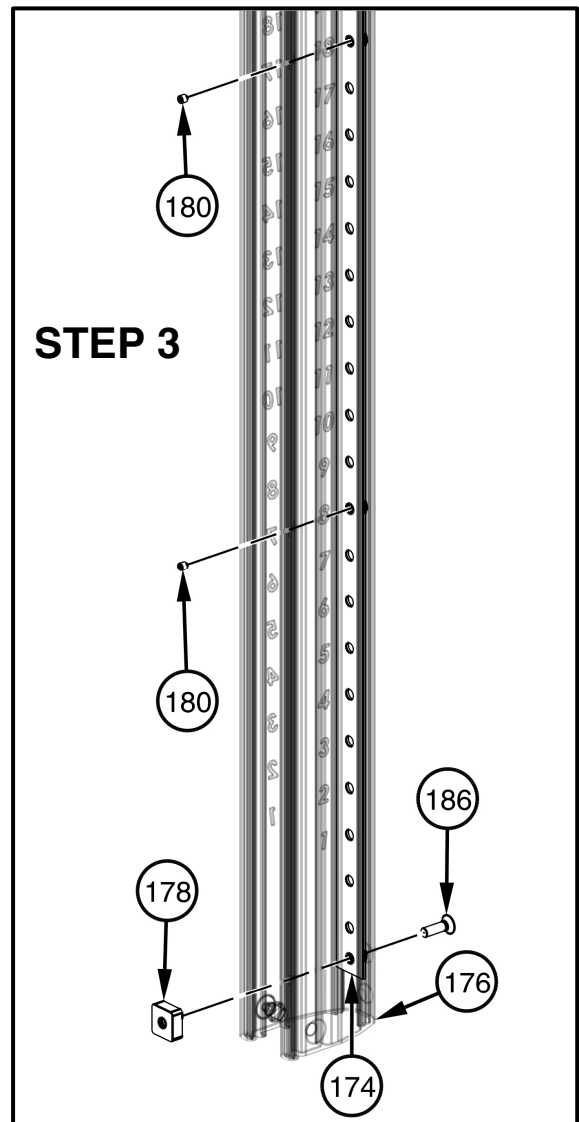
### STEP 1



### STEP 2



### STEP 3



# OWNER'S MANUAL

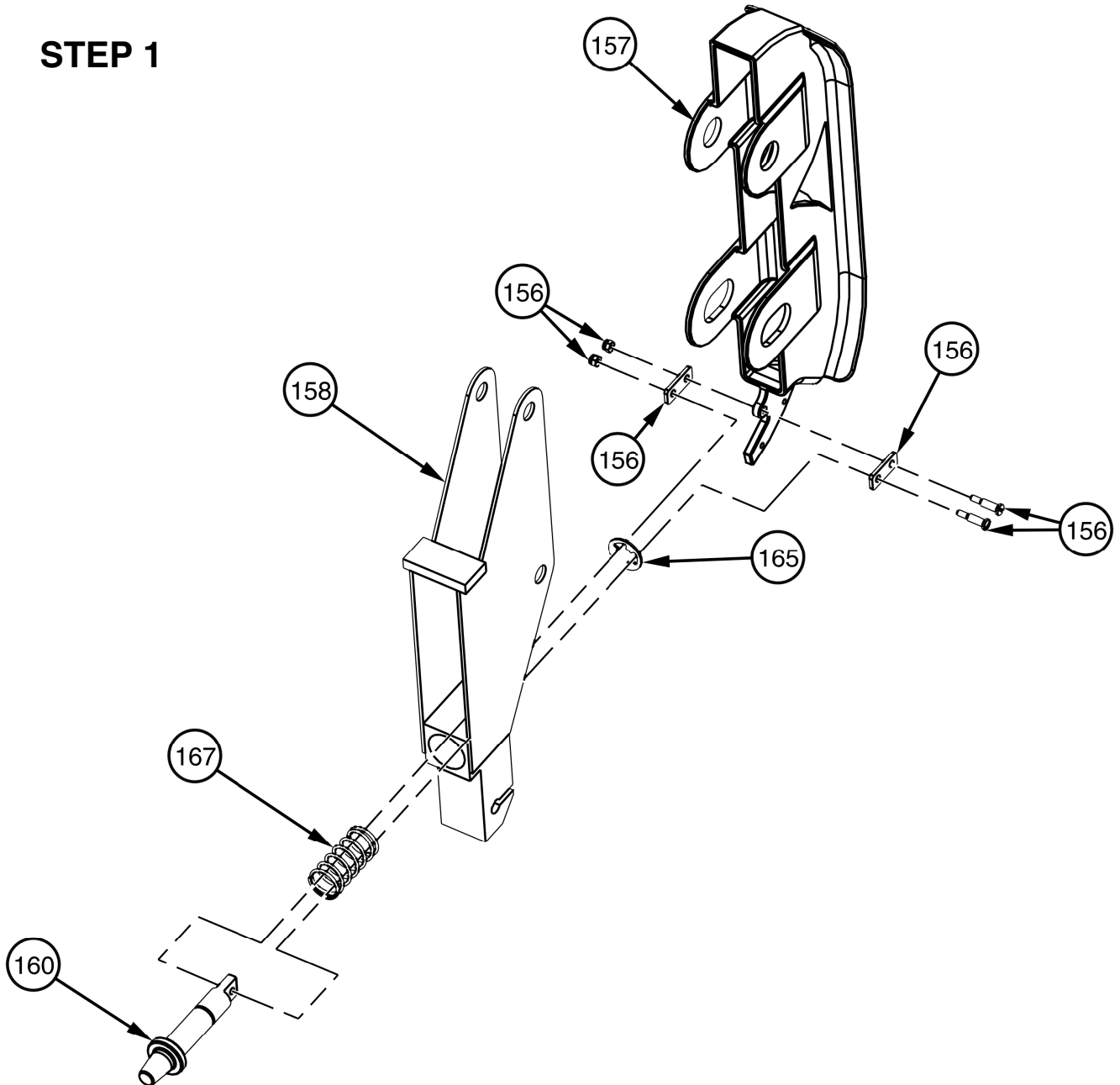
## PRE-ASSEMBLY CONTINUED

NOTE:

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

**X2**

## STEP 1

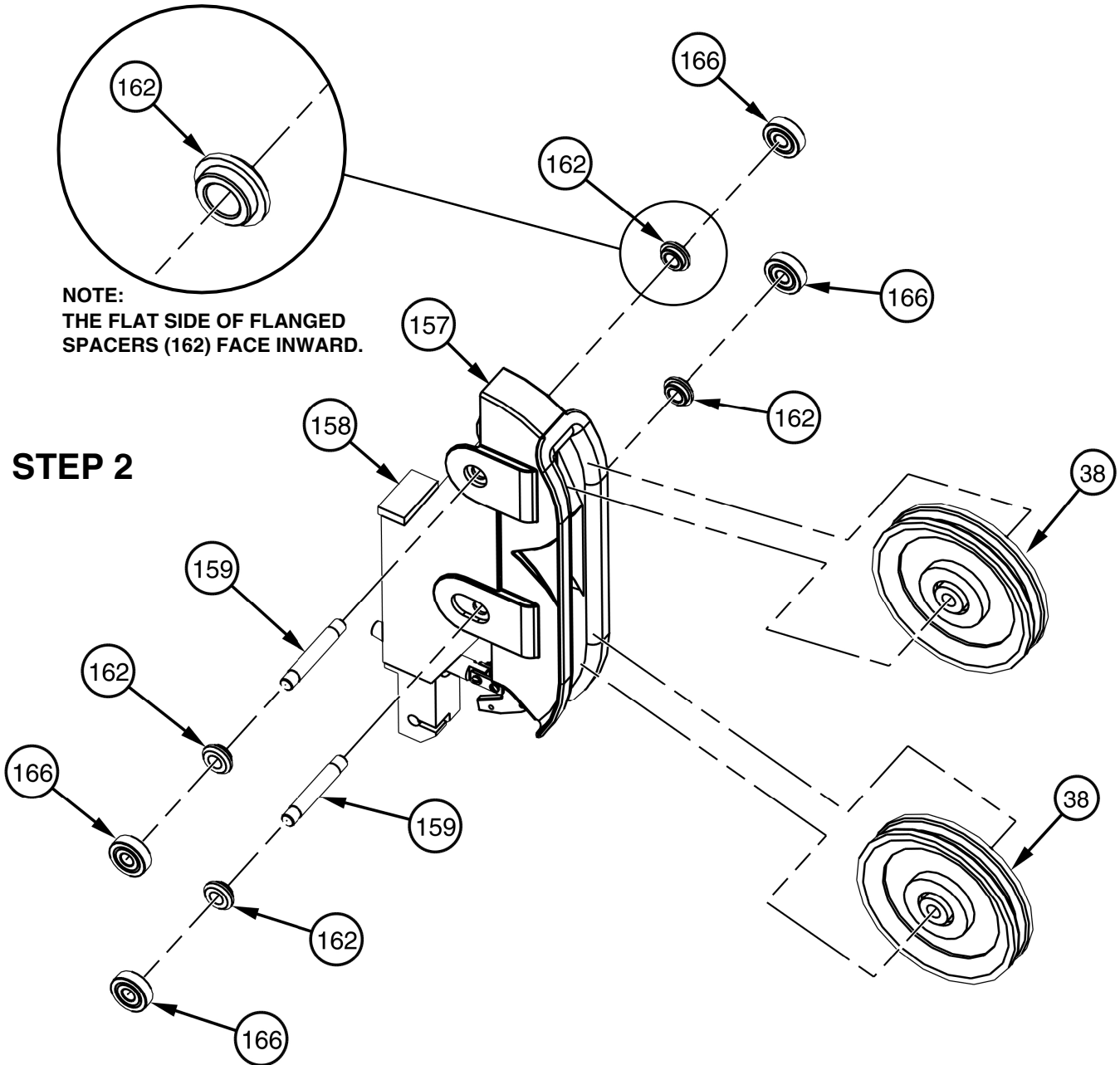


## PRE-ASSEMBLY CONTINUED

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**X2**



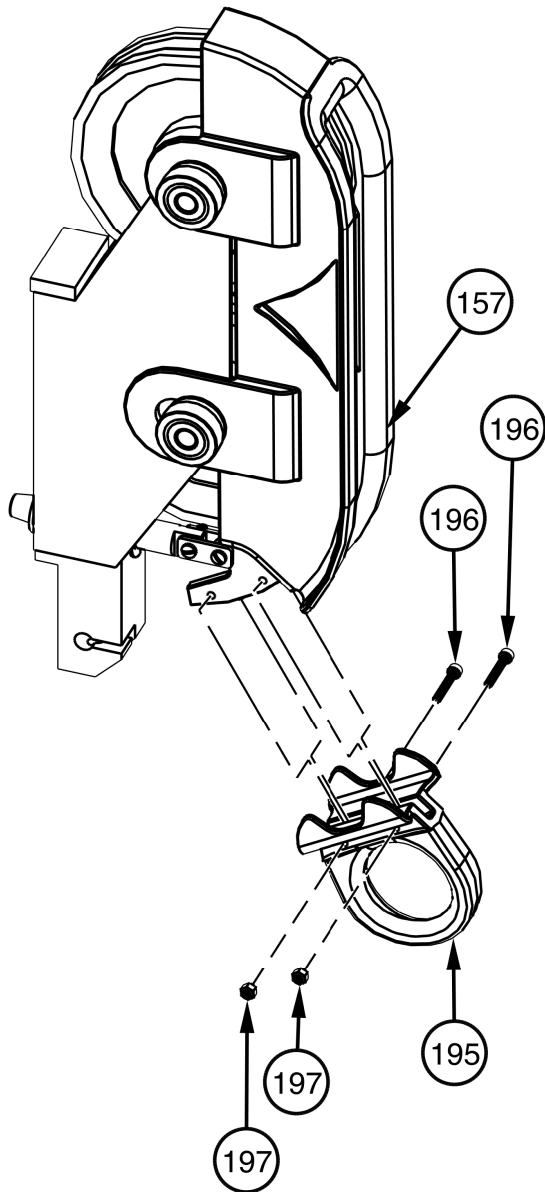
## PRE-ASSEMBLY CONTINUED

NOTE:

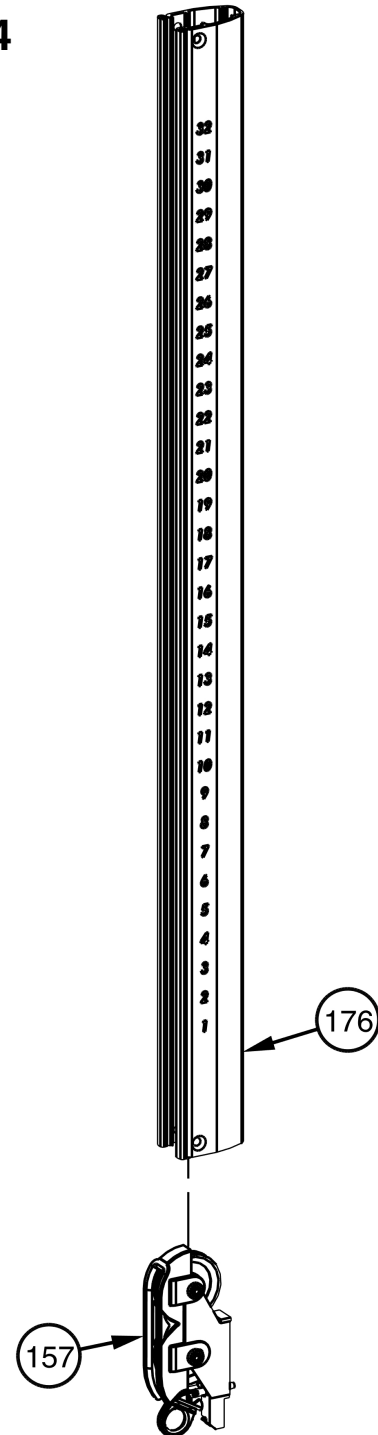
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**X2**

### STEP 3



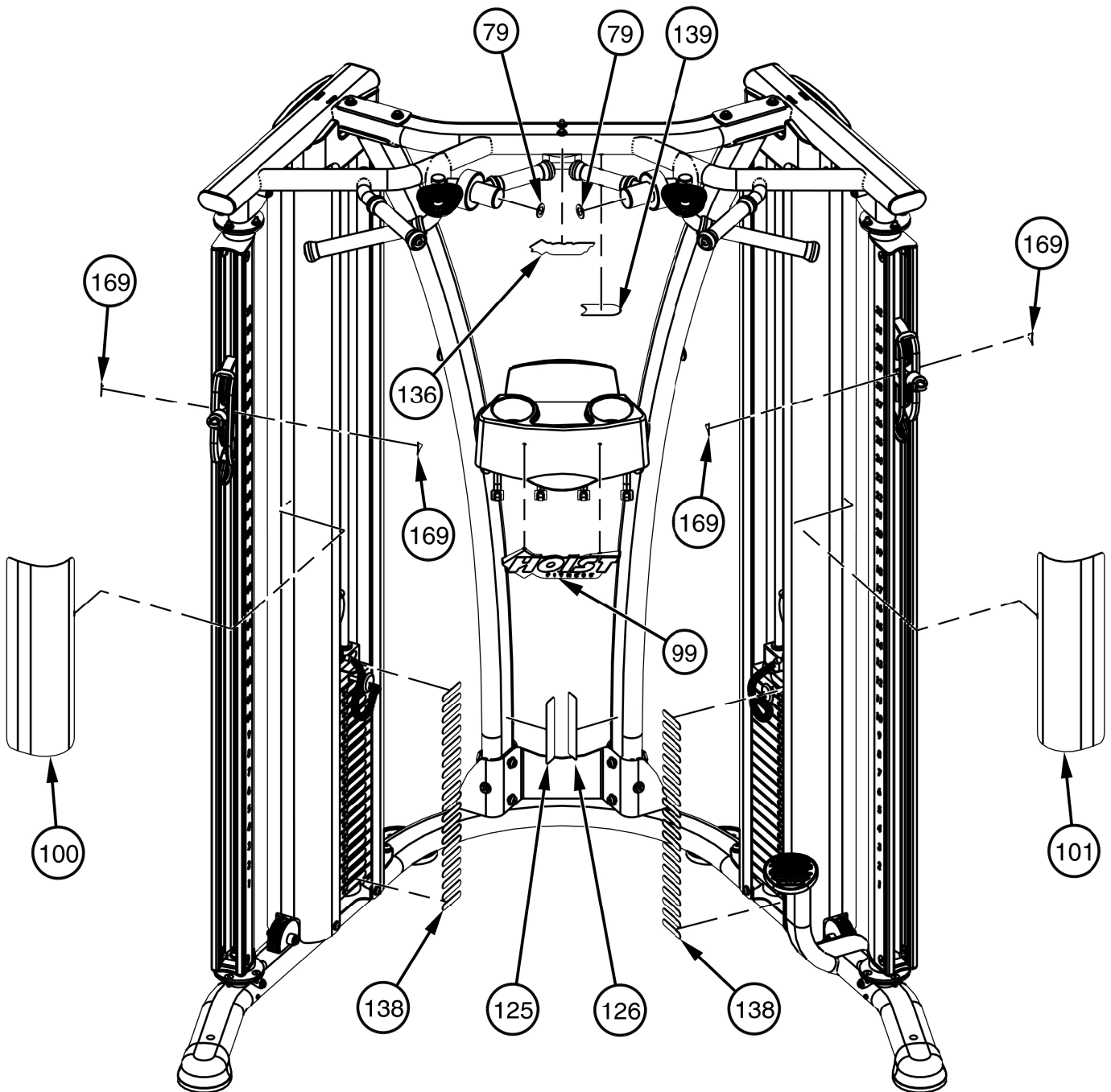
### STEP 4



## DECAL PLACEMENT

NOTE:

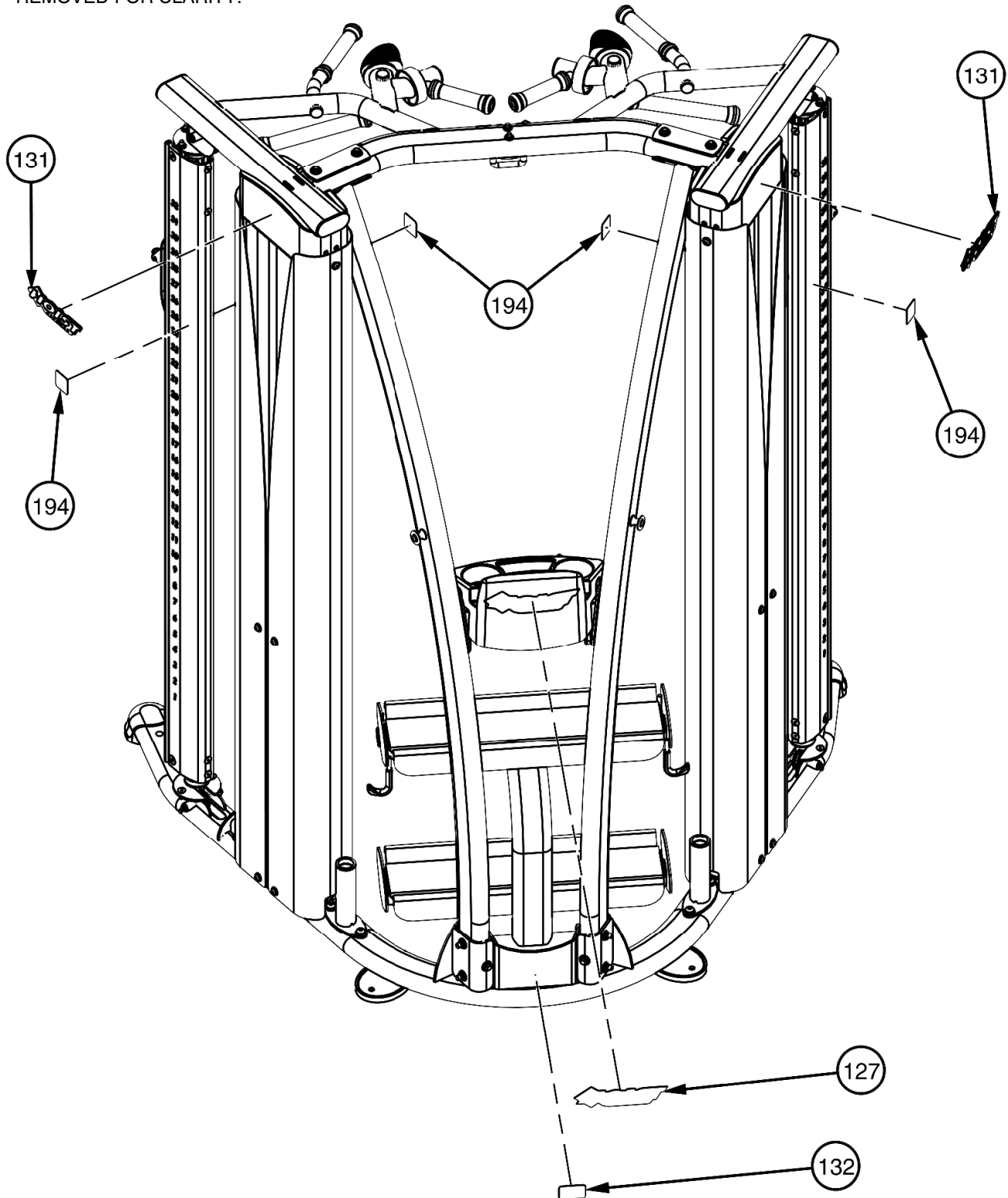
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## DECAL PLACEMENT CONTINUED

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.





# OWNER'S MANUAL

## DECAL REFERENCE



021-0003427



www.hoistfitness.com

Serial # 00-00-A00-000000



SERIAL # DECAL

### ! WARNING

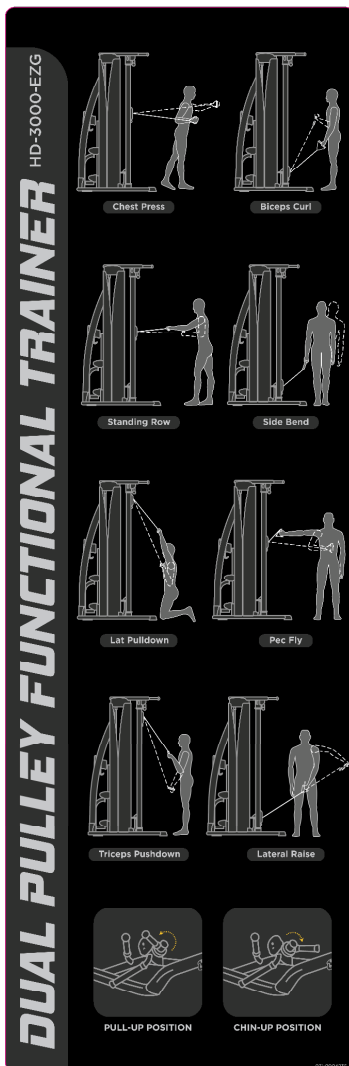
MACHINE MUST BE BOLTED TO THE FLOOR TO USE THIS HOOK  
350 LBS. (158 KG) MAXIMUM  
WEIGHT RATING

021-0003978

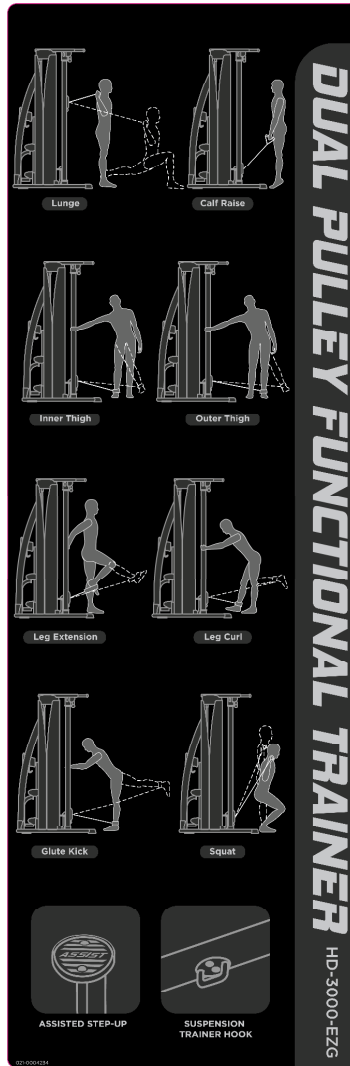
### NOTICE

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

021-0003008



021-0004235



021-0004234



021-0003973

## DECAL REFERENCE CONTINUED



021-0003221



021-0018022



021-0003230

### 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.

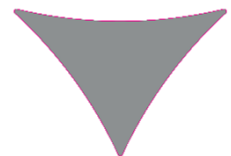
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135 (Rev. 1)

021-0003135

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



021-0004222

### WARNING

**PULL FROM HANDLES ONLY**

DO NOT USE ACCESSORIES OVER 2 LBS / .9 KG

021-0004301

021-0004301

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
2	020-0003004	CHIN ASSIST 4" WIDE	1
4	026-01X6020	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
5	026-01X1632	STRAP HANDLE WITH (2) O-RINGS (LOWER)	2
6	026-01X1118	ALUMINUM CURL BAR ASSEMBLY	1
7	026-01X1121	ALUMINUM STRAIGHT BAR ASSEMBLY	1
8	026-01X3728	45 DEG. SWIVEL HANDLE ASSEMBLY	2
10	026-01X7428	BASE FRAME-LFT	1
11	026-01X7429	BASE FRAME-RT	1
13	026-01X6777	SIDE UPRIGHT-LEFT	1
14	026-01X6778	SIDE UPRIGHT-RIGHT	1
15	026-01X6779	GUIDE ROD TOP BRACKET	2
16	026-01X7458	CHIN-UP STATION FRAME	1
17	026-01X6781	ACCESSORY BAR HOLDER	2
18	026-01X6782	MIDDLE CROSS-MEMBER	1
21	026-01X5528	ADJUSTABLE PULLEY MOUNT	2
23	026-01X7116	STRAP MOUNT	1
24	WS#22 + 50 LBS UPGRADE	200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM	2
25	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	12
27	012-0503001	1/2"-13 FLANGED NUT (Ni)	4
28	026-01PL0235-18	GRIP: OPEN ENDED $\phi$ 1.25" X 6.00" LG.	2
29	016-0201038	$\phi$ 1.25" ENDCAP (DOMED)	4
30	026-01PL0235-38	GRIP: OPEN ENDED $\phi$ 1.4280" X 9.13" LG.	2
33	012-0609007	CLIP ON NUT, 10-32	8
37	018-0001002	CABLE PULLEY: $\phi$ 3.50"	4
38	018-0001003	CABLE PULLEY: $\phi$ 4.50"	10
39	019-0001001	PLUG BUMPER	4
40	019-0001005	WEIGHT STACK BUMPER	4
41	026-01G0225	GUIDE ROD: $\phi$ .7500" CRS X 83.1309" LG.	4
42	026-01M0933	ALUMINUM RING: $\phi$ 1.25" ID	6
46	026-01P4762	PLATE	2
48	026-01P4766	HD-3000 SHIELD-1	2
49	026-01P4767	HD-3000 SHIELD-2	2
50	026-01PL2444	CLIMB HOLD, LEFT	1
51	026-01PL2445	CLIMB HOLD, RIGHT	1
52	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
54	026-01PL2566	50 X 100 OVAL DOMED END CAP	4
55	026-01PL2641	FOOTCAP, 1.9685" X 3.9370" F.O.	2
56	026-01PL2813	5 X 6.5" OVAL FOOT-PLATE	1
57	026-01PL2815	CENTER CONSOLE	1
58	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	70
59	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	40
60	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	12
61	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	8
62	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4
63	011-0701125	3/8"-16UNC X 1.50" BHCS (Ni) W/ DRI-LOC PATCH	2
67	026-01PL2816	OUTER PULLEY COVER	2
68	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	2
69	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	8
71	013-1002011	#10 FLAT WASHER (Ni)	8
72	011-0116108	1/2"-13UNC X 1.25" LOW HEAD SHCS (Ni)	4
75	013-1010002	3/8" INTERNAL LOCK WASHER (Ni)	16
76	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	32
77	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	28
78	011-0701113	#10-32UNC x .75 BHCS (Ni)	8
79	021-0003427	DECAL ADJUST	2
82	011-0701089	3/8"-16UNC X .75" BHCS (Ni) W/ DRI-LOC PATCH	16
83	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	8
85	011-0702010	3/8"-16UNC X 2.75" FHCS (Ni)	2
99	021-0003973	DECAL HOISTFITNESS LOGO CURVED	1
100	021-0004235	HD-3000-EZG PLACARD LEFT	1
101	021-0004234	HD-3000-EZG PLACARD RIGHT	1
102	010-01C0814	CABLE ASSY. 228 1/4" LG.	2
103	010-01C0453	CABLE 84" LG	2
104	026-01X6773	REAR BASE FRAME	1
105	026-01X6784	LOWER SHIELD MOUNT	2
107	026-01F0277	FLNG-F, 2.5" X 7.0"	2
108	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	6
109	026-01M1013	Ø 1.50" TOWEL HANGER	2
113	026-01PL0235-12	GRIP OPEN END Ø 1.43" X 4.25" LG.	2
114	026-01PL0371	DELTRIN BUSHING	2

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
115	026-01PL2817	INNER PULLEY COVER	2
116	026-01PL2818	CAP 1.97" X 3.94"	2
117	016-0201022	END CAP $\varnothing$ 2.00" (BLACK)	2
118	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	6
119	013-1006001	1/4" SPLIT LOCK WASHER (Ni)	4
120	013-1010007	#10 INTERNAL LOCK WASHER (Ni)	8
121	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	4
122	011-0701076	1/4"-20UNC X .75" BHCS (Ni)	4
123	011-0116115	1/2"-13UNC X 3.00" LOW HEAD SHCS (Ni)	8
124	011-0116123	1/2"-13UNC X 5.00" LOW HEAD SHCS (Ni)	2
125	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
126	021-0003135	DECAL WARNING 1.50" X 7.75"	1
127	021-0003221	DECAL HOIST 2.50" X 9.13"	1
131	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	2
132	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
133	026-01PL2821	ACCESSORY HOOK COVER	8
134	016-0203005-G	1/2" PLUG	2
135	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	4
136	021-0003230	DECAL HOIST 1.625" X 6.0613"	1
138	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	2
139	021-0003978	DECAL HOOK WARNING	1
140	014-0101005	BUSHING: OILITE FLANGED $\varnothing$ 1.34" O.D. X $\varnothing$ 1.00" I.D. X .79" LG.	4
141	013-1002004	1/2" X 34mm USS FLAT WASHER (Ni)	2
142	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
143	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	1
144	026-01X6794	SHIELD TIE	2
145	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	2
149	026-01X6863	UPPER SHELF BRKT	1
150	026-01X6864	LOWER SHELF BRKT	1
151	026-01X6865	HD-3000 SHELF OPTION FRAME	1
152	026-01P5709	SHELF	2
153	026-01PL2606	.472" X 4.6250" X 27.1250" FLOORING	2
154	011-0702031	1/2"-13UNC X 2.75" FHS (Ni)	4
155	011-0116117	1/2"-13UNC X 3.50" LOW HEAD SHCS (Ni)	4
156	026-01X5630	CHAIN LINK REPLACEMENT	2

# OWNER'S MANUAL

## PART LIST CONTINUED

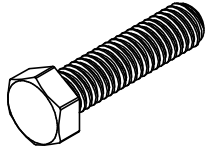
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
157	026-01M3760	PULLEY COVER	2
158	026-01X7490	PULLEY CARRIAGE	2
159	026-01M3810	Ø .3514" SHAFT	4
160	026-01M3742	PULL PIN: TAPERED END Ø .50"	2
162	026-01PL2974	FLANGED SPACER	8
165	014-0015040	Retaining Ring, E clip, 1/2"	2
166	014-0012028	26MM O.D. X 9MM I.D. X 8MM WIDE BALL BEARING	8
167	020-0011018	Compression Spring	2
169	021-0004222	COMMERCIAL COLUMN ARROW DECAL, SILVER	4
170	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	2
171	011-0116156	3/8"-16UNC X 4.50" LOW HEAD SHCS (Ni)	4
172	026-01X7450	COLUMN MOUNT	4
173	026-01X7451	SPINDLE-1	4
174	026-01X7452	INDEXING PLATE	2
175	026-01M3311	SPACER, Ø 1.5000" X .250 X 1.00" ID X .3750" LG.	4
176	026-01M3748	PAINTED & STENCILED COLUMN	2
177	026-01P5845	WASHER 1.88 OD x 1.00 ID x 1mm T	4
178	026-01PL2615	BUMPER	4
179	026-01PL2966	GUARD	4
180	011-0711002	SET SCREW: 5/16"- 18 X .25" LG. (Ni)	4
181	012-0504017	1"-8 Thin Nylock Nut (Ni)	4
182	014-0012025	BALL BEARING: SELF ALIGNING, Ø30mm I.D. X Ø62mm O.D. X 16mm	4
183	014-0015041	Internal Retaining Ring, 2.44"	4
184	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	12
185	011-0701089	3/8"-16UNC X .75" FHCS (Ni) W/NYLON PATCH	4
186	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	4
187	011-0702024	1/2"-13UNC X 1.00" FHS (Ni)	8
188	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	2
189	013-1006002	5/16" SPLIT LOCK WASHER (Ni)	2
190	026-01M3855	CABLE COUPLING NUT	2
191	026-01M3856	1/2-13 UNC X .75 HHB FOR 1/8" WIRE, 3/16" SHEATHED CABLE	2
192	012-0105004	1/2" THIN NUT	2
193	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	2
194	021-0004301	PULL FROM HANDLES DECAL	4
195	026-01PL2633	PULL RING	2
196	011-0101306	M3-.5mm X 20mm SHCS (WZ)	4
197	012-0104016	M3-.5mm NYLOCK NUT (WZ)	4

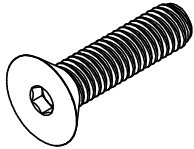
# OWNER'S MANUAL

## ABBREVIATIONS

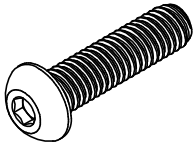
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



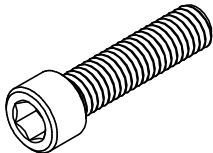
HHB = Hex Head Bolt



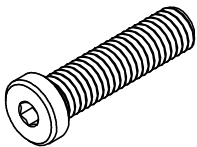
FHCS = Flat Head Cap Screw



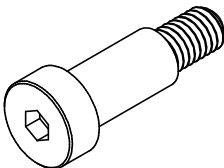
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



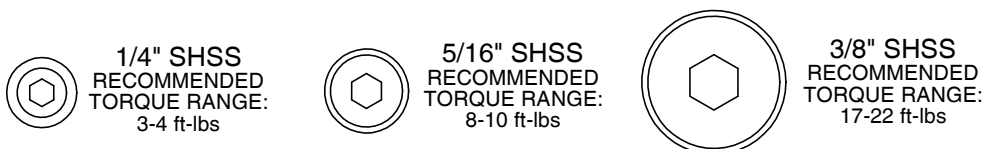
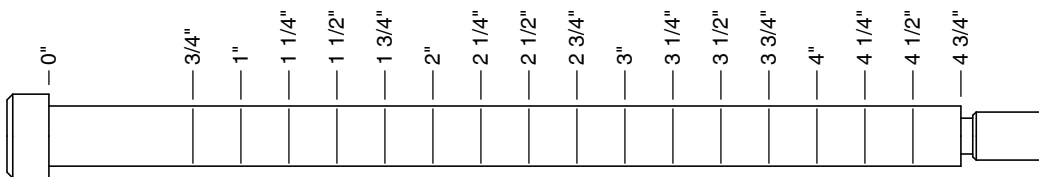
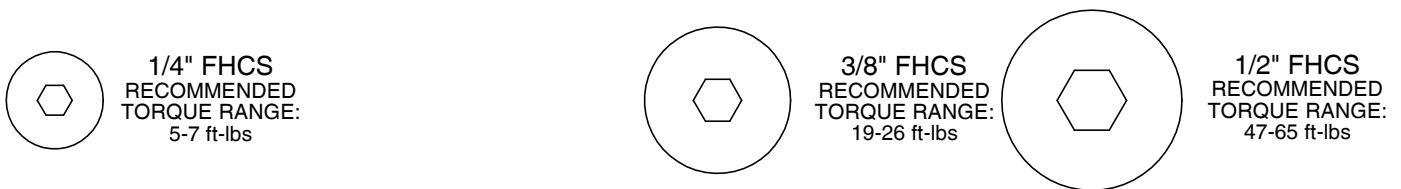
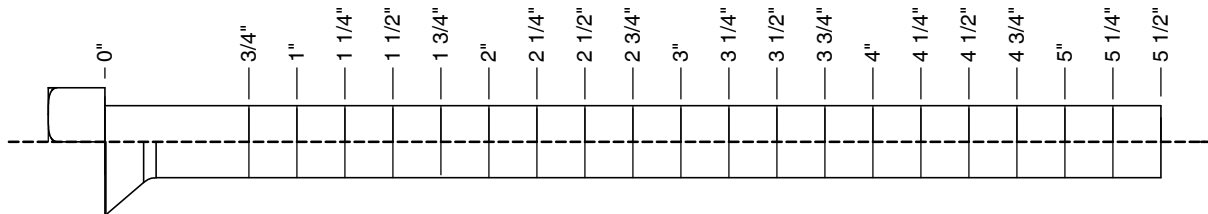
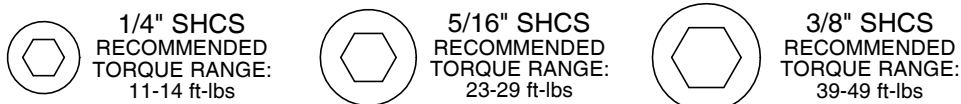
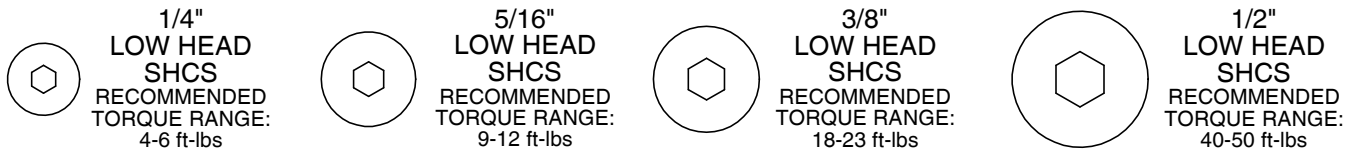
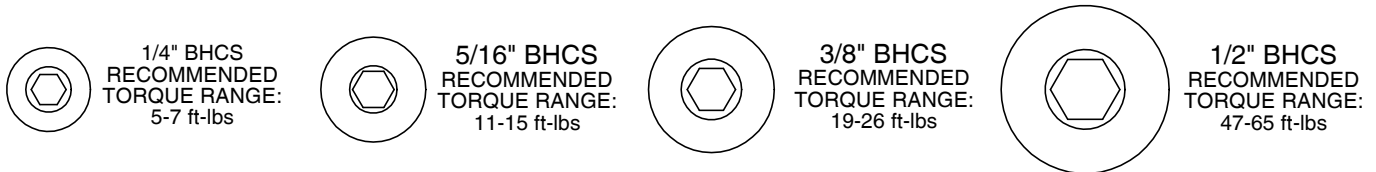
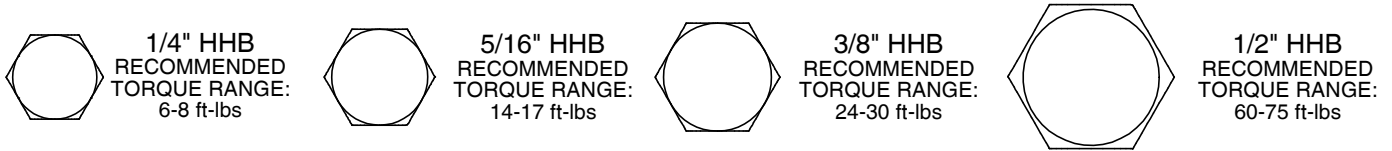
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

## BOLT SIZING CHART

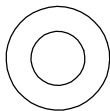




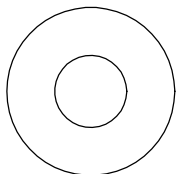
# OWNER'S MANUAL

## WASHER SIZING CHART

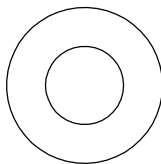
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



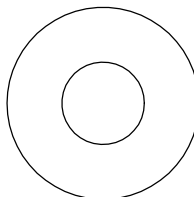
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



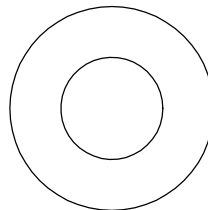
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



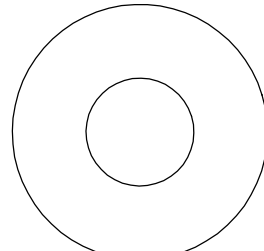
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



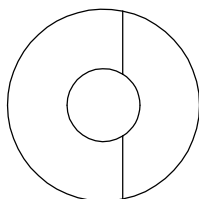
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



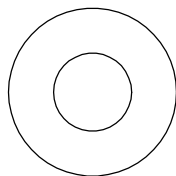
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



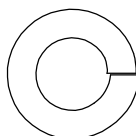
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



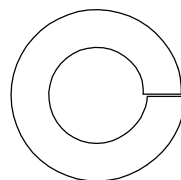
013-0102019  
1/4"  
LOCK WASHER



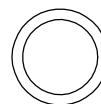
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3/8"  
LOCK WASHER



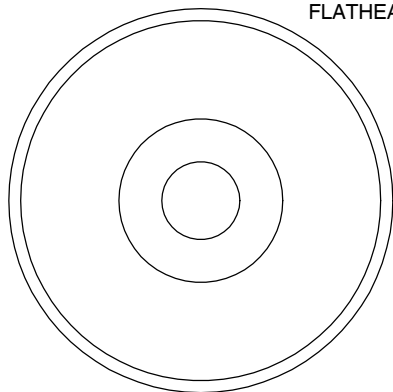
013-0102018  
1/2"  
LOCK WASHER



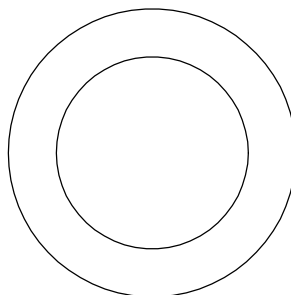
014-0018001  
1/2" LONG  
SPACER



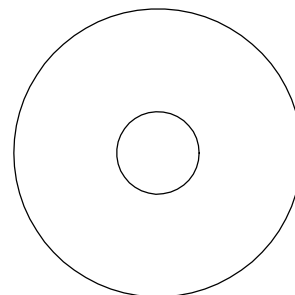
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



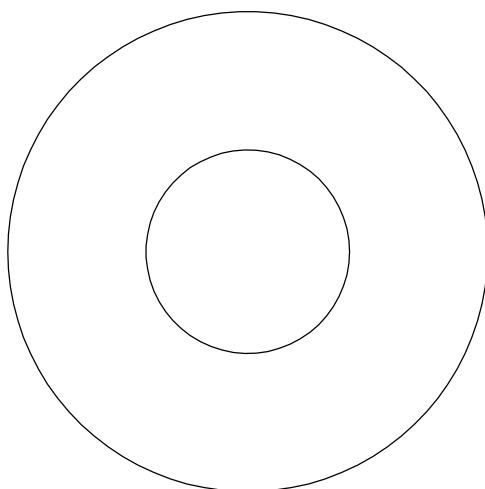
016-0009003  
1" SHIM WASHER



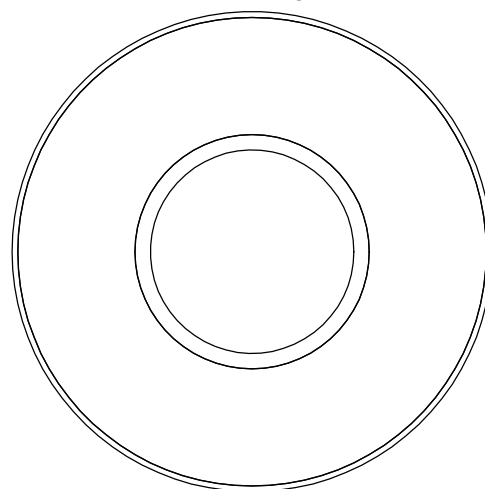
013-0003002  
3/8" FENDER WASHER



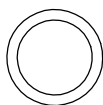
013-0003004  
1 1/16"  
FENDER WASHER



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



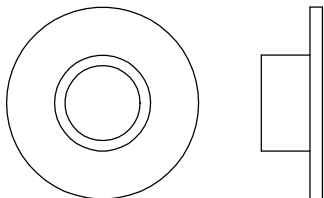
014-0018002  
1" LONG  
SPACER



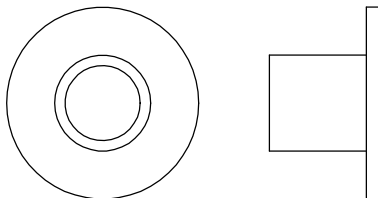
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

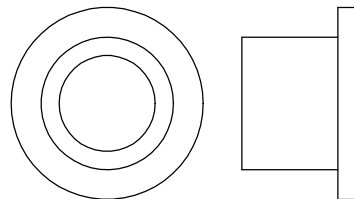
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1/4" LONG  
FLANGED SPACER



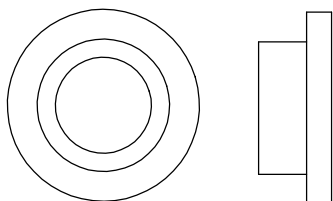
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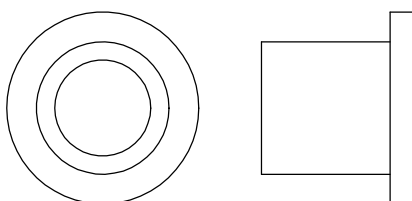
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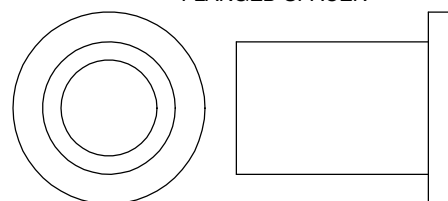
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FLANGED SPACER



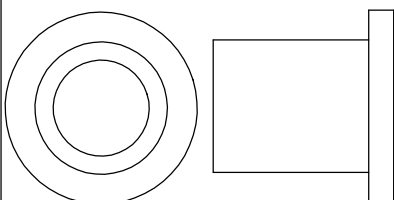
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FLANGED SPACER



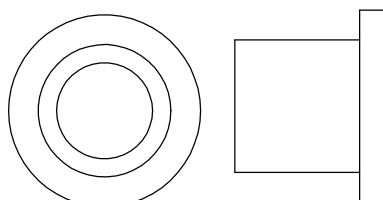
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



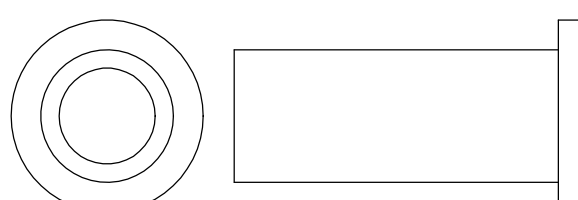
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.81" LONG HEAVY  
FLANGED SPACER



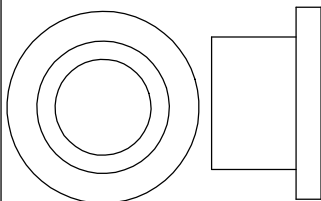
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.65" LONG HEAVY  
FLANGED SPACER



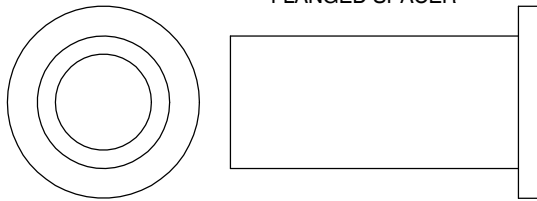
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1 11/16" LONG HEAVY  
FLANGED SPACER



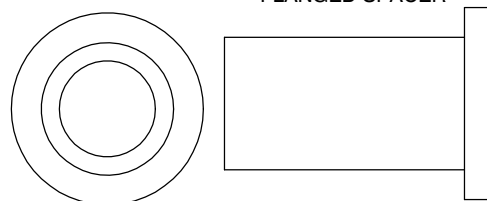
026-01M0789  
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FLANGED SPACER



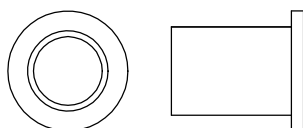
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FLANGED SPACER



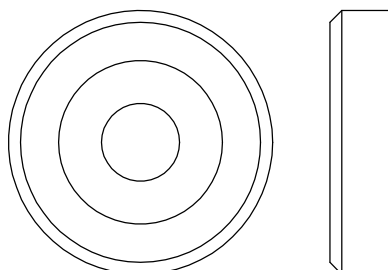
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1 1/4" LONG HEAVY  
FLANGED SPACER



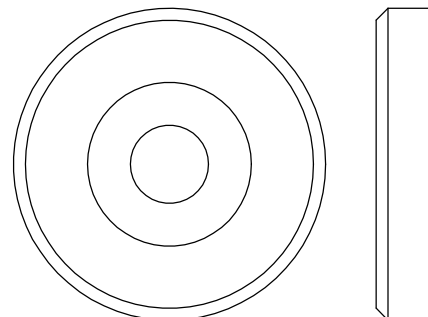
026-01M0600  
.625" LONG  
FLANGED SPACER



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 HD-3000-EZG 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 HD-3000-EZG, 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.

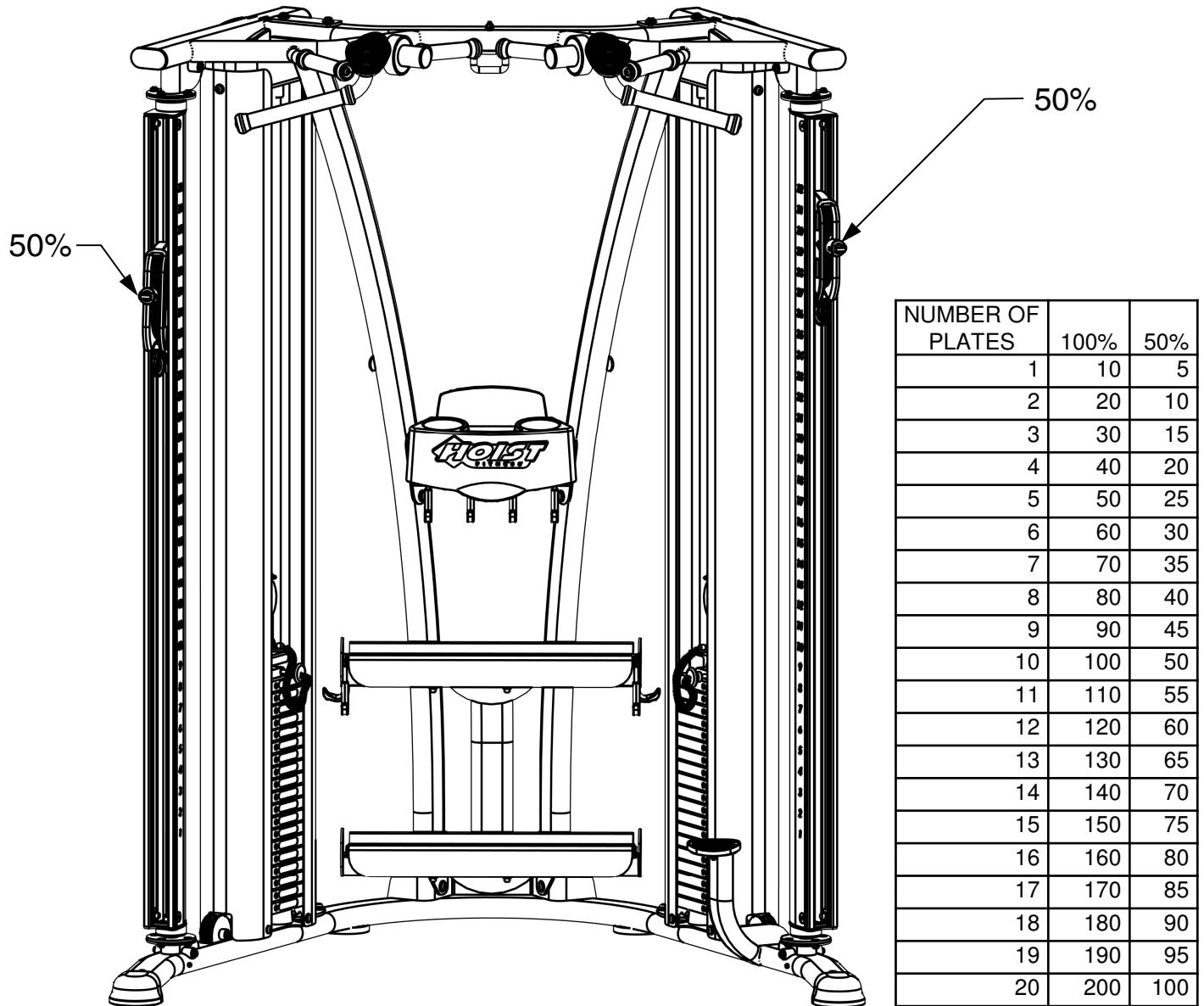
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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 HD-3000-EZG!**

## WEIGHT RATIOS



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](http://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**