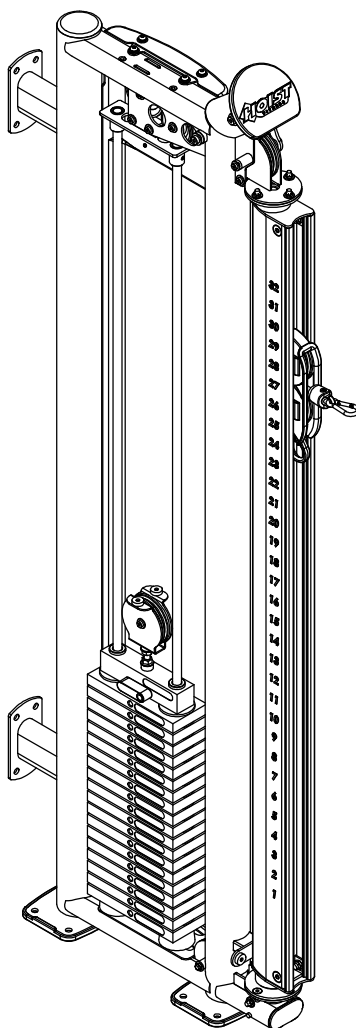


# OWNER'S MANUAL



## PS-1017

### Performance Series EZG Upright



**\*\*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 (PS-1017-1)

RECORD SERIAL NUMBER  
HERE (PS-1017EZG)

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558

MACHINE CODE

**A02**



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

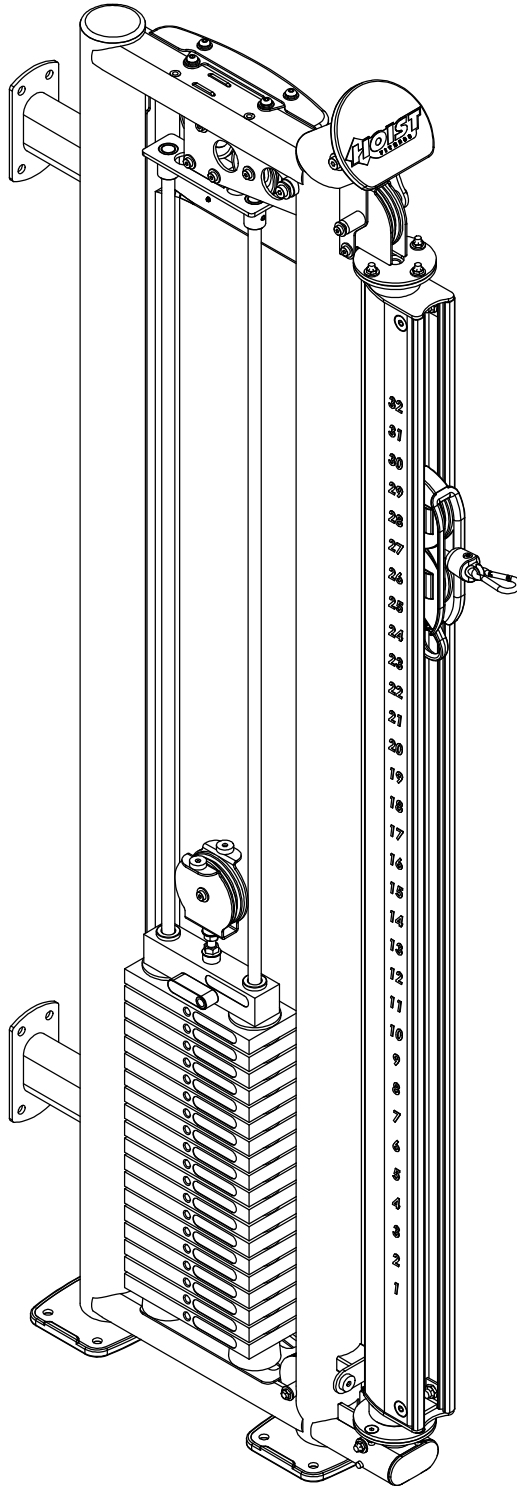
**Two People**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

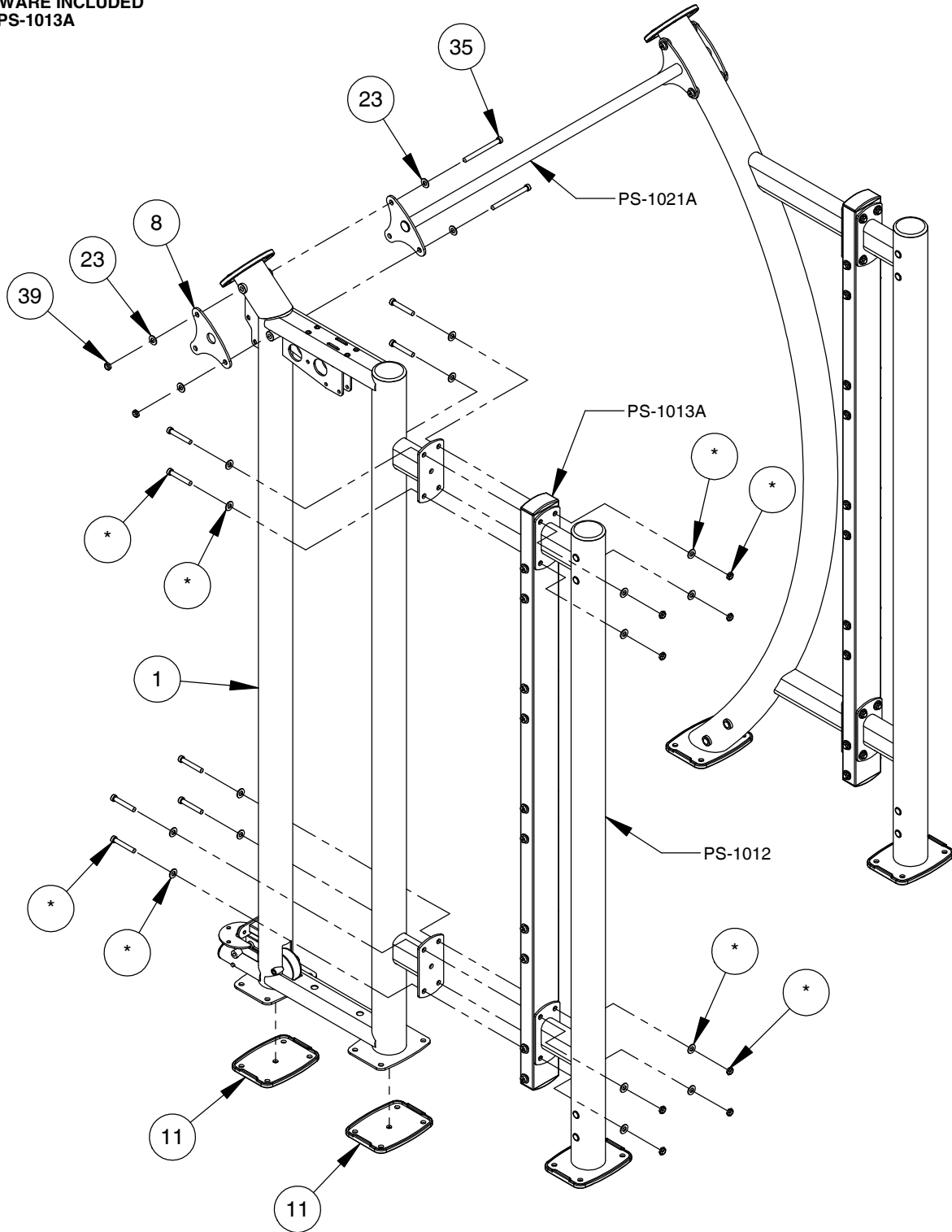
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:  
- HAND TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.  
\* **HARDWARE INCLUDED  
WITH PS-1013A**

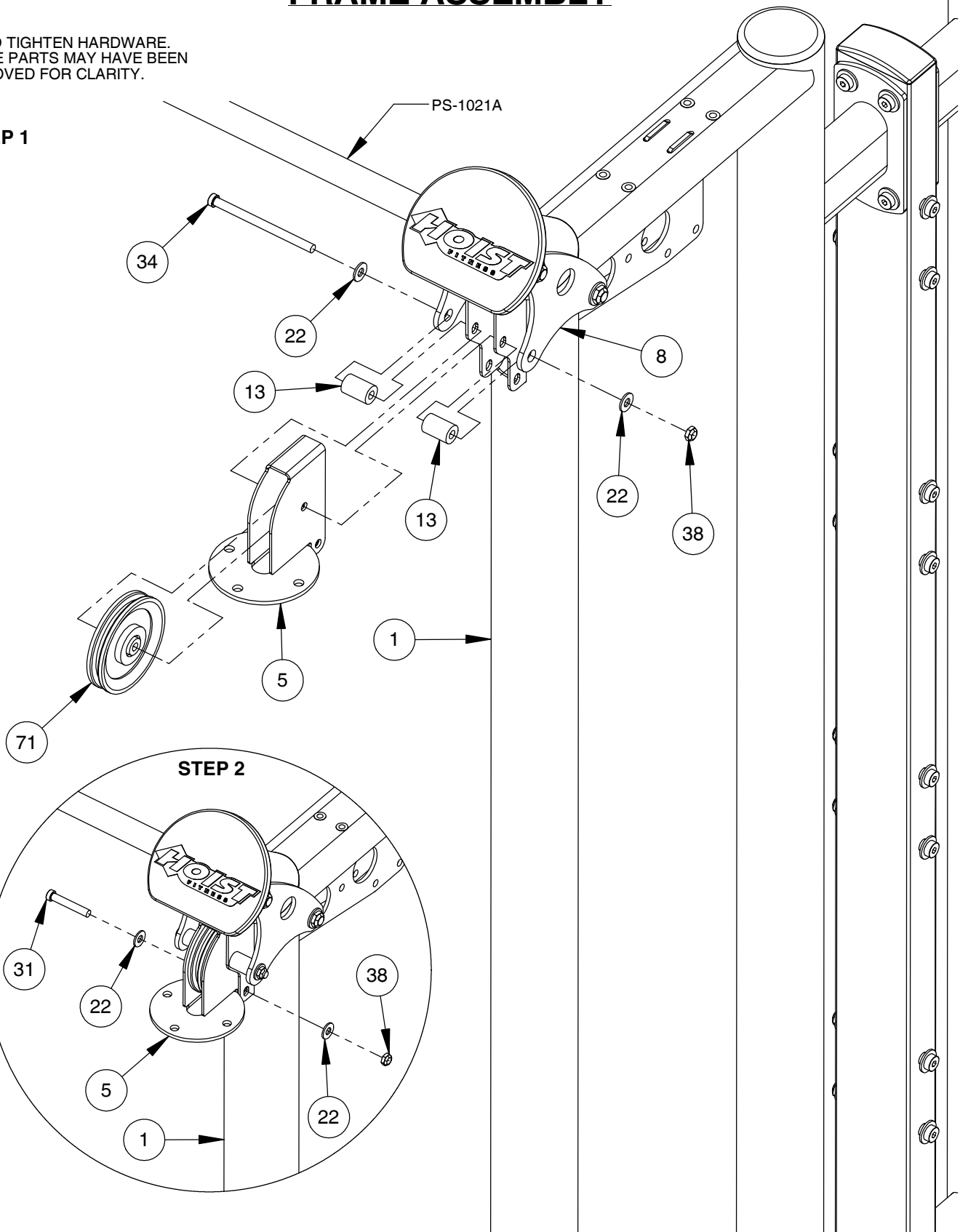


# OWNER'S MANUAL

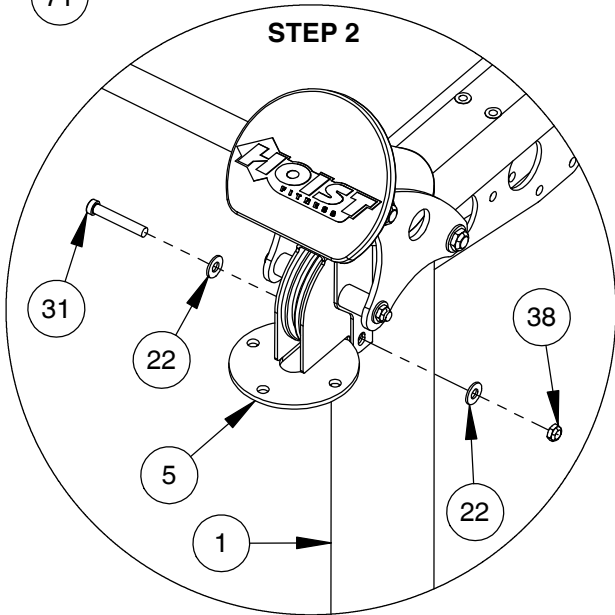
## FRAME ASSEMBLY

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

### STEP 1



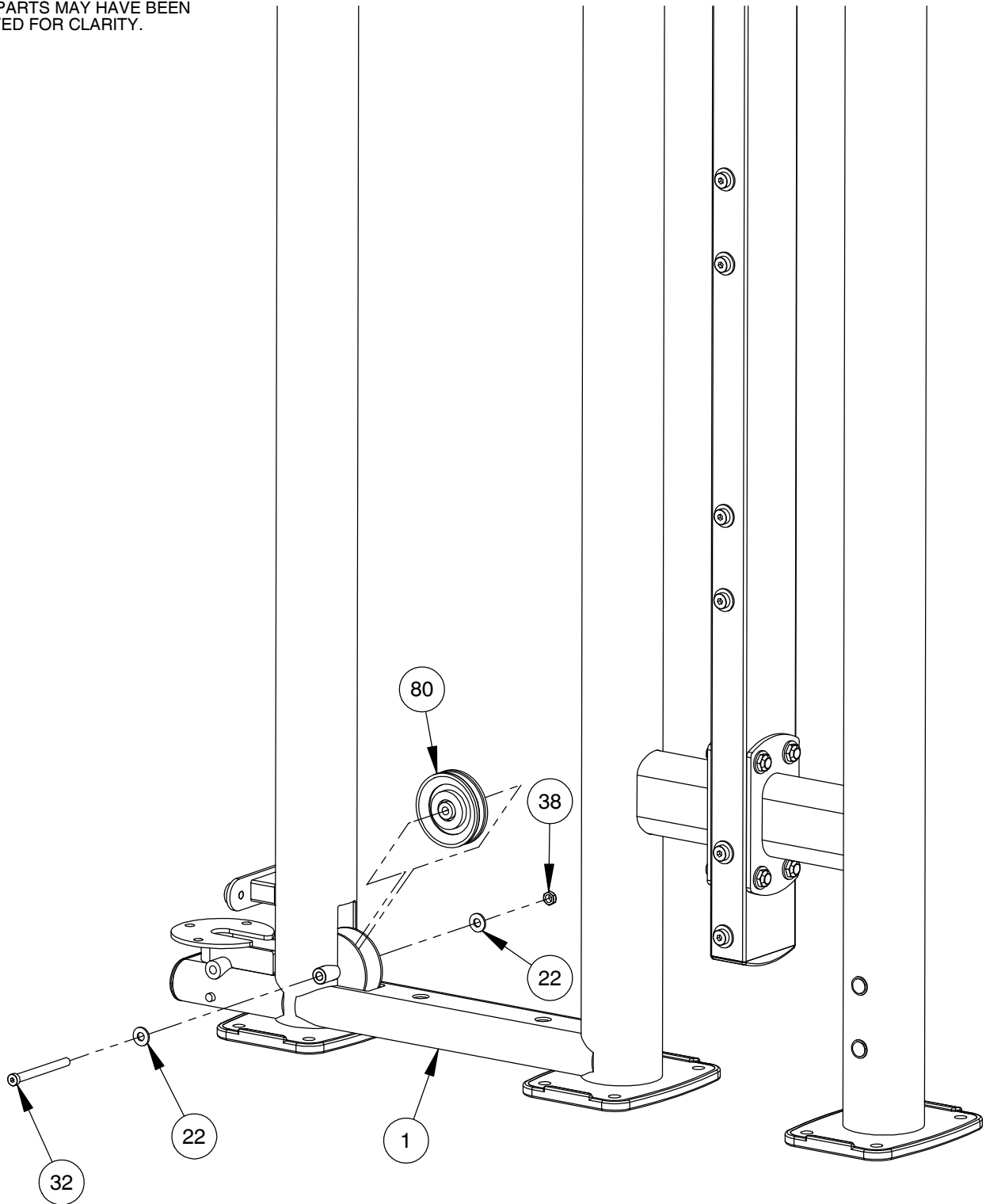
### STEP 2



# OWNER'S MANUAL

## FRAME ASSEMBLY

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



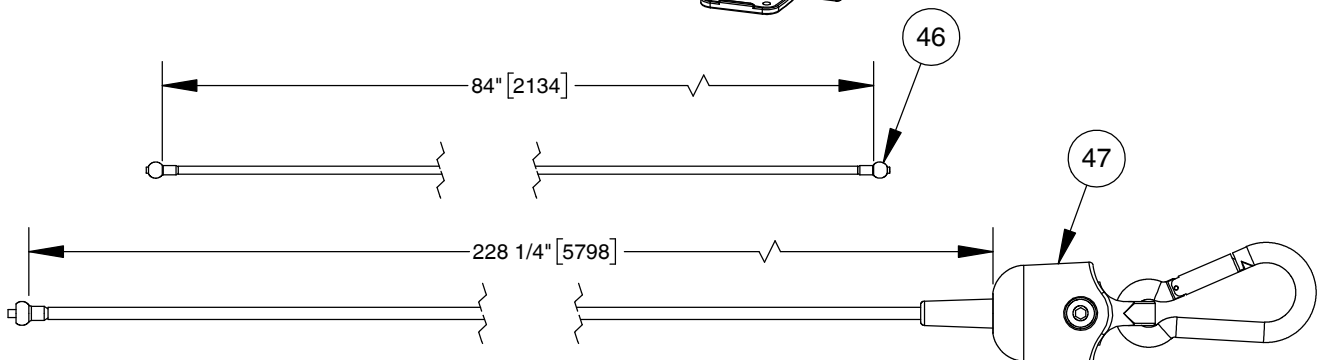
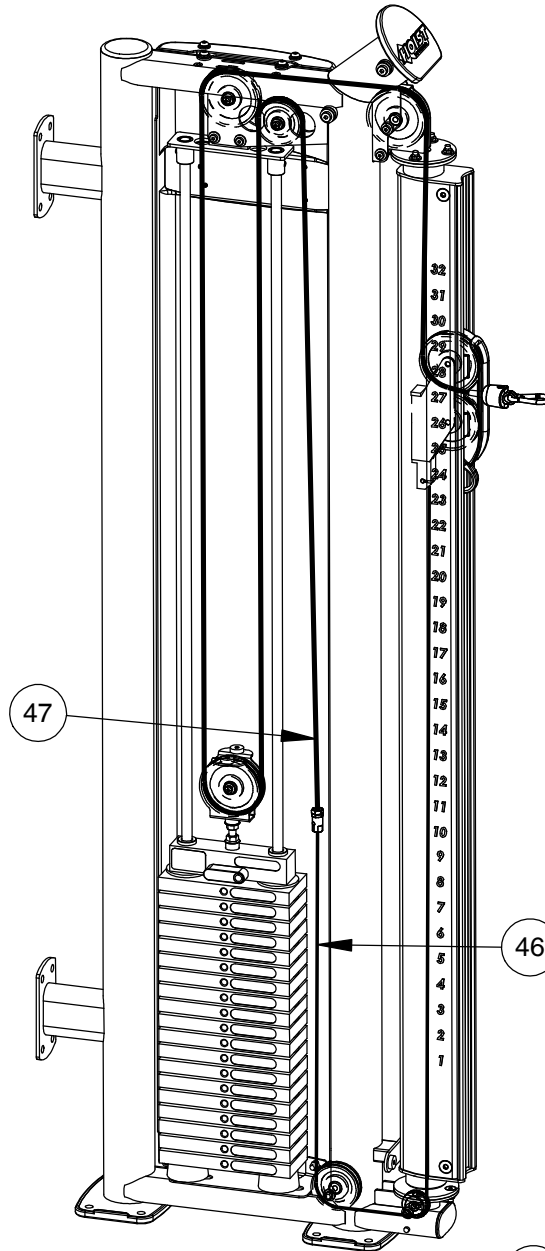


# OWNER'S MANUAL

## FRAME ASSEMBLY

### CABLE PROFILE VIEW

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



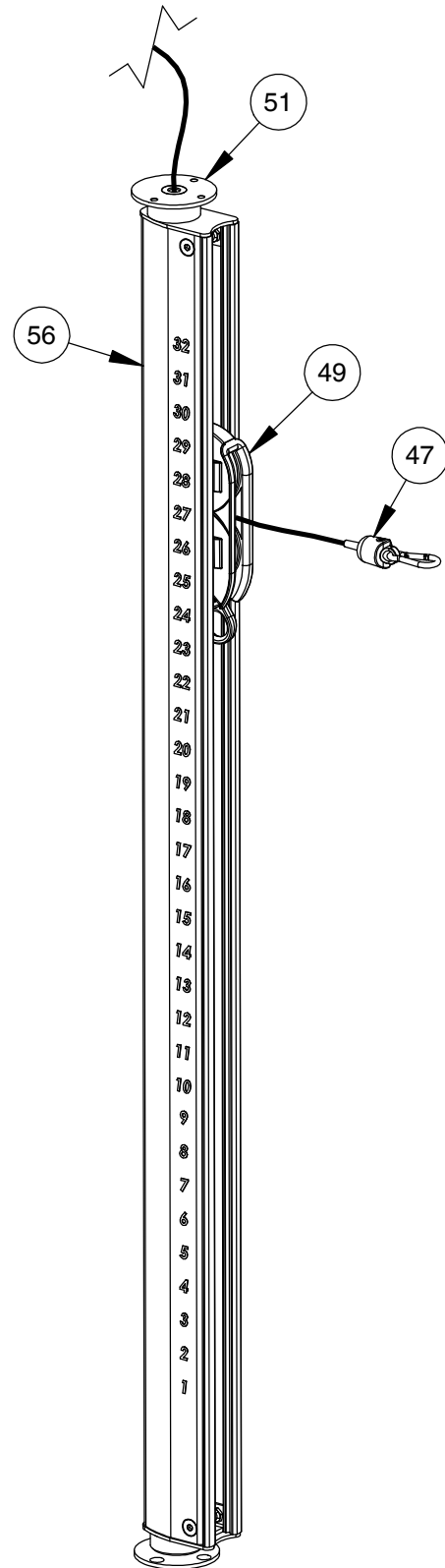
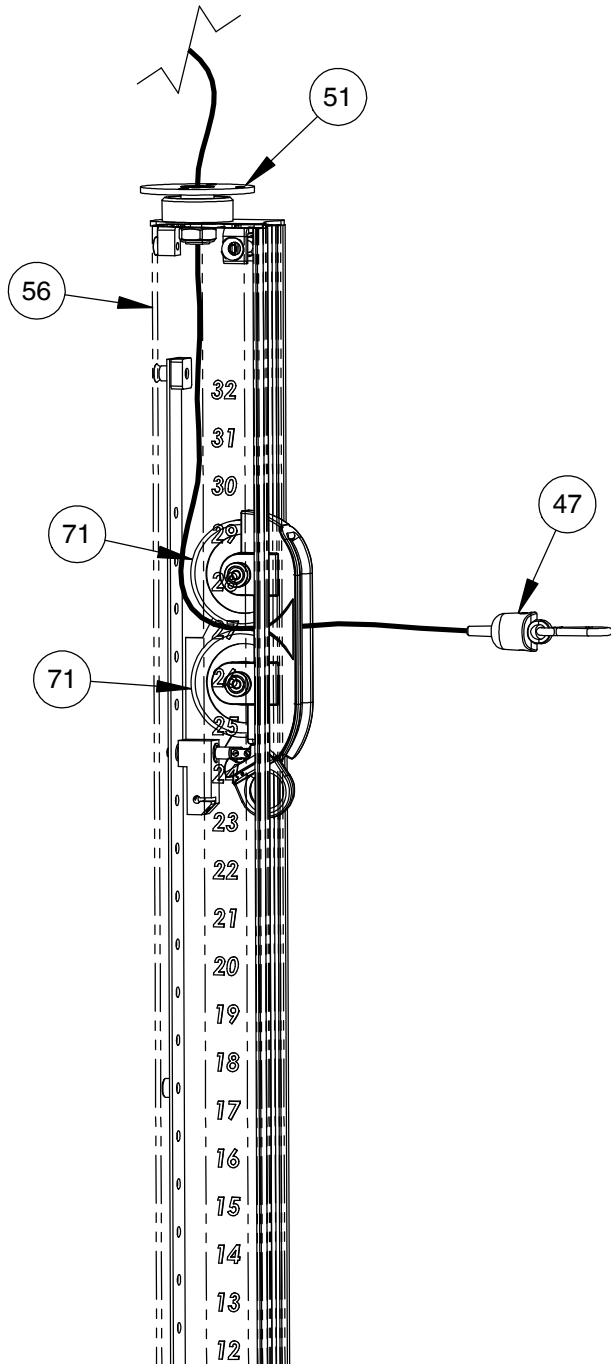
# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- ENSURE CABLE (47) IS POSITIONED WITHIN THE PULLEY'S (71) GROOVE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CABLE PROFILE VIEW

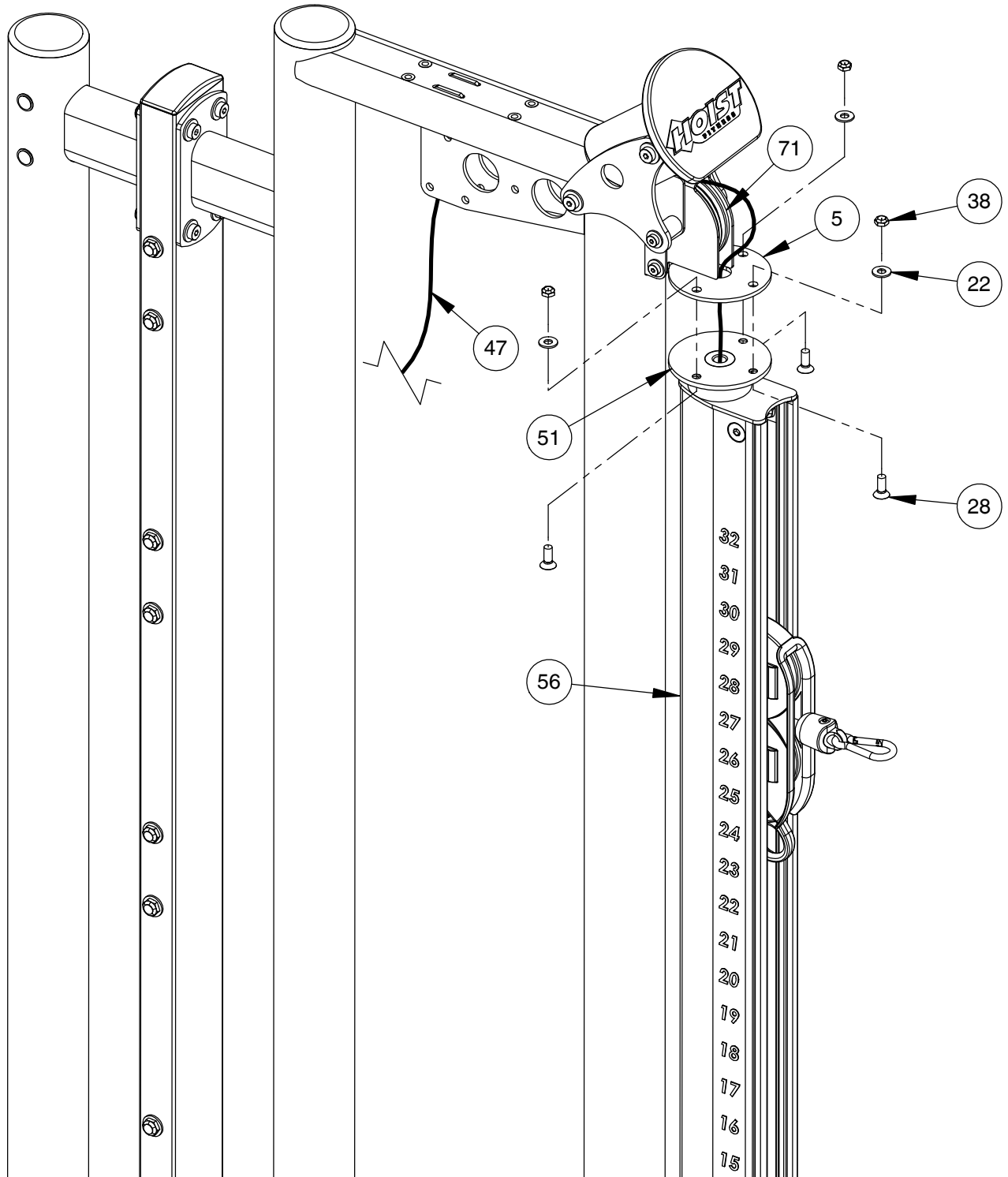


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

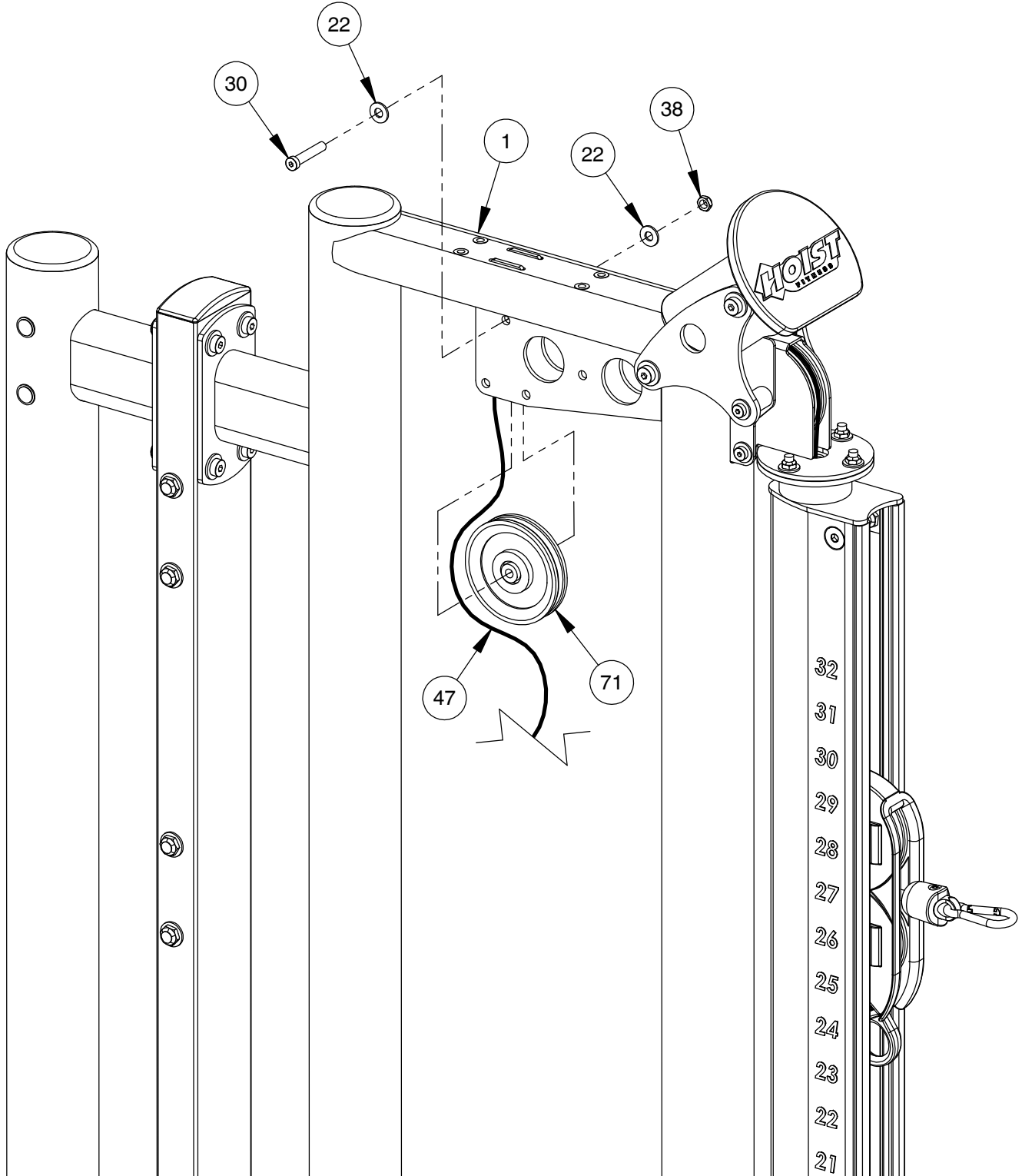
- HAND TIGHTEN HARDWARE.
- ENSURE CABLE (47) IS POSITIONED WITHIN THE PULLEY'S (71) GROOVE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# 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.

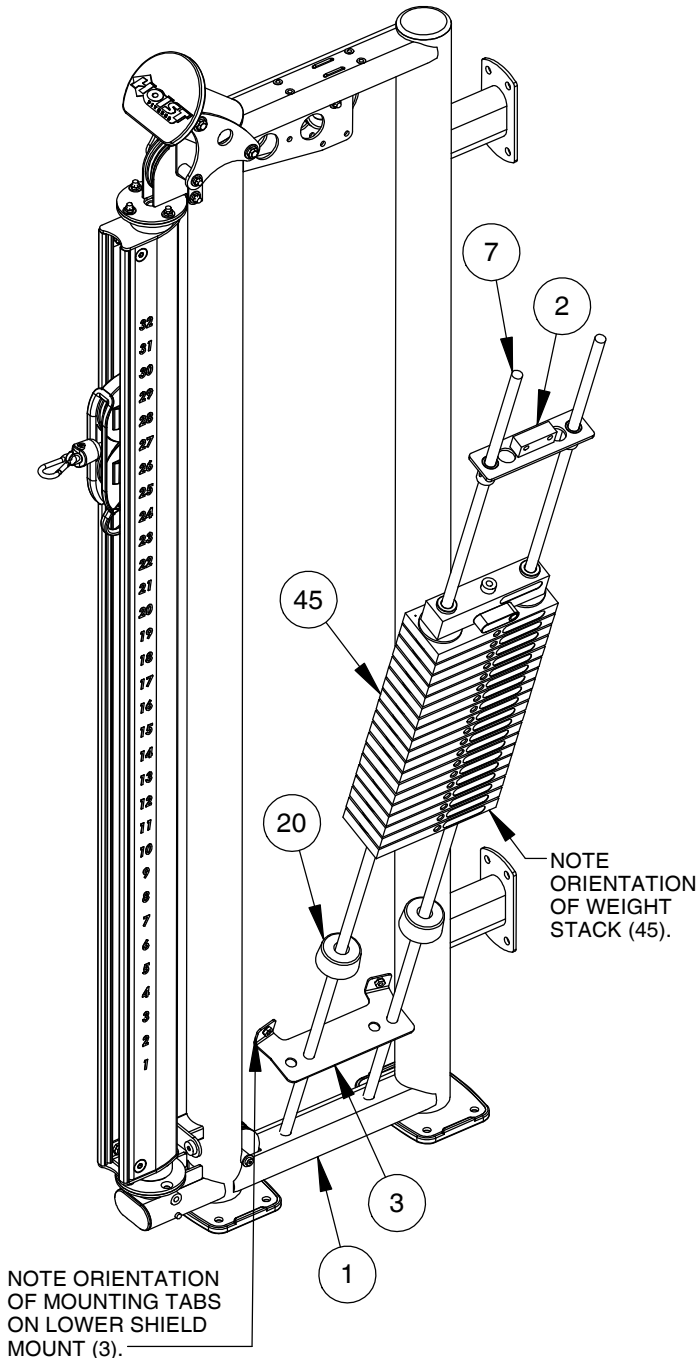


# OWNER'S MANUAL

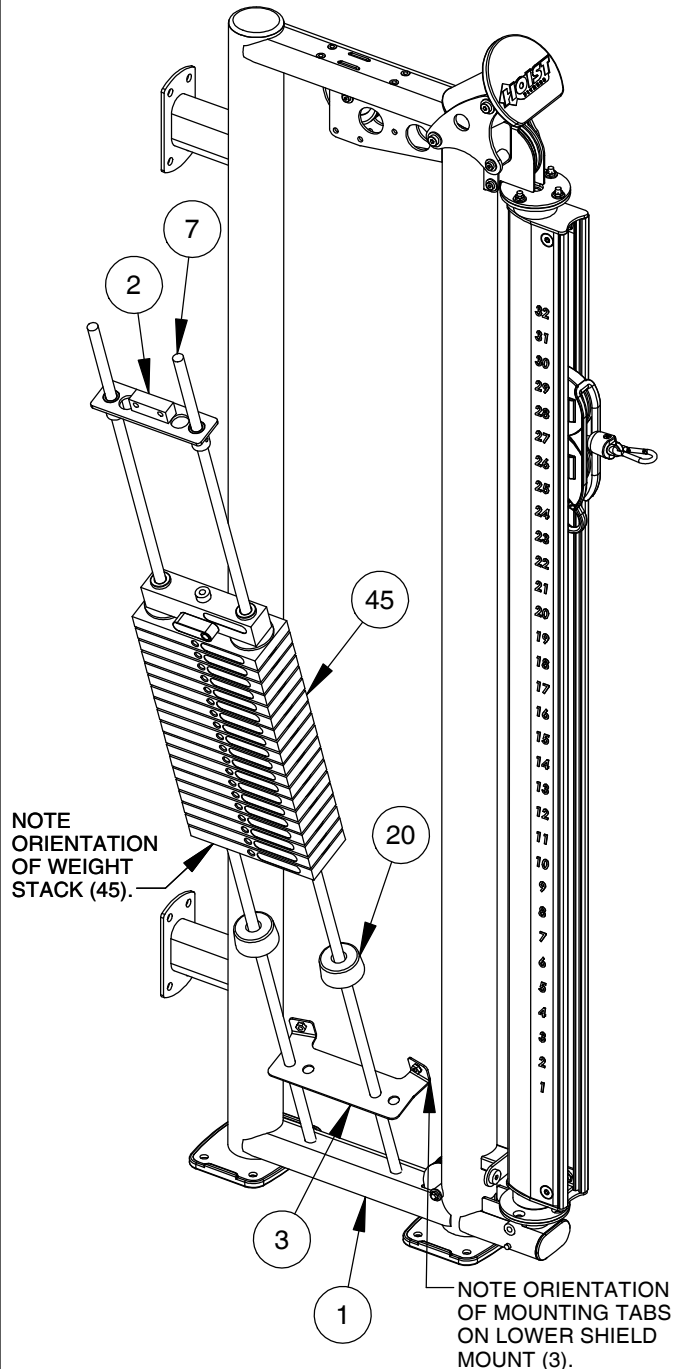
## FRAME ASSEMBLY

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

### ASSEMBLY FOR LEFT-HAND WEIGHT STACK



### ASSEMBLY FOR RIGHT-HAND WEIGHT STACK

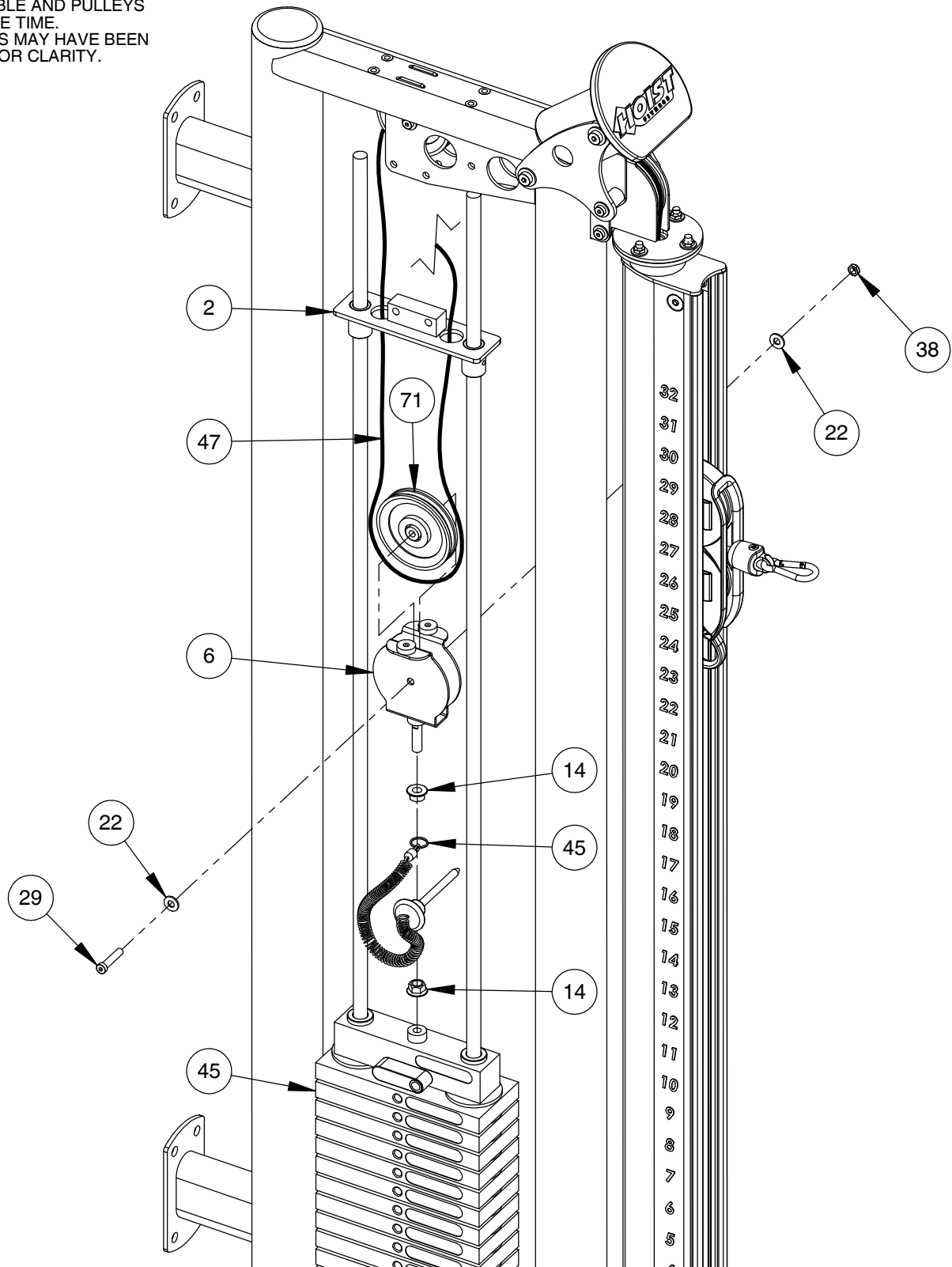


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE (29).
- HAND TIGHTEN ALL OTHER HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

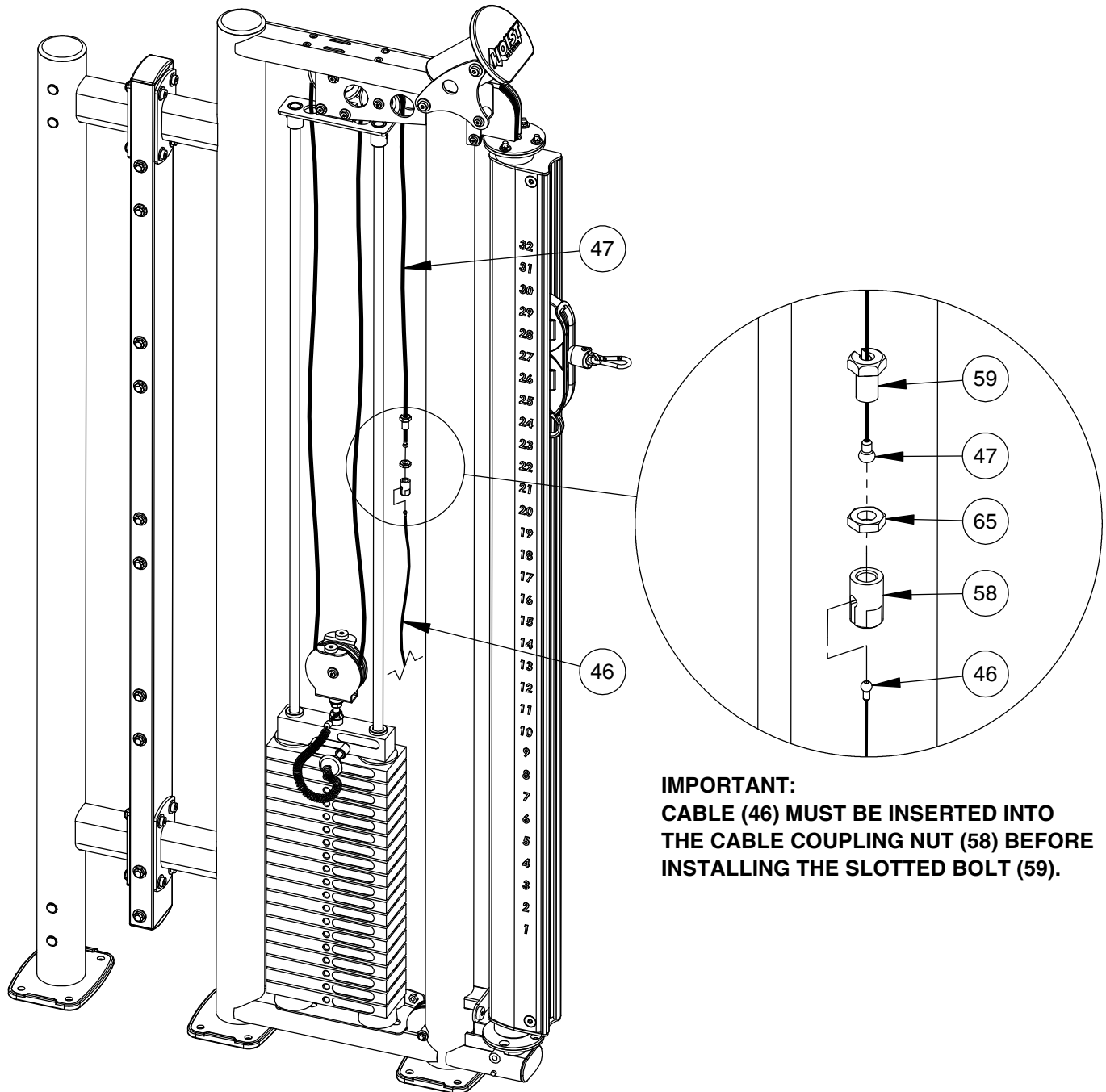




# OWNER'S MANUAL

## FRAME ASSEMBLY

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



**IMPORTANT:**  
CABLE (46) MUST BE INSERTED INTO  
THE CABLE COUPLING NUT (58) BEFORE  
INSTALLING THE SLOTTED BOLT (59).



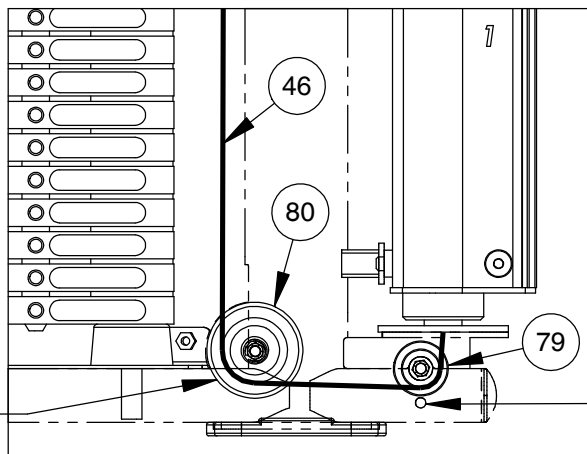
# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

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

### PROPERLY INSTALLED VIEW

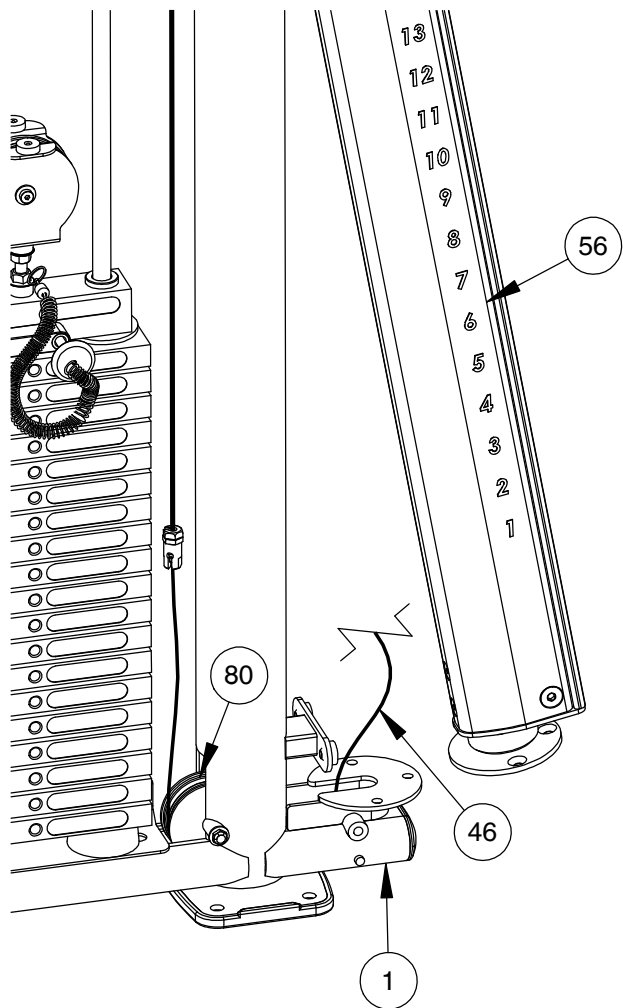


**NOTE:**

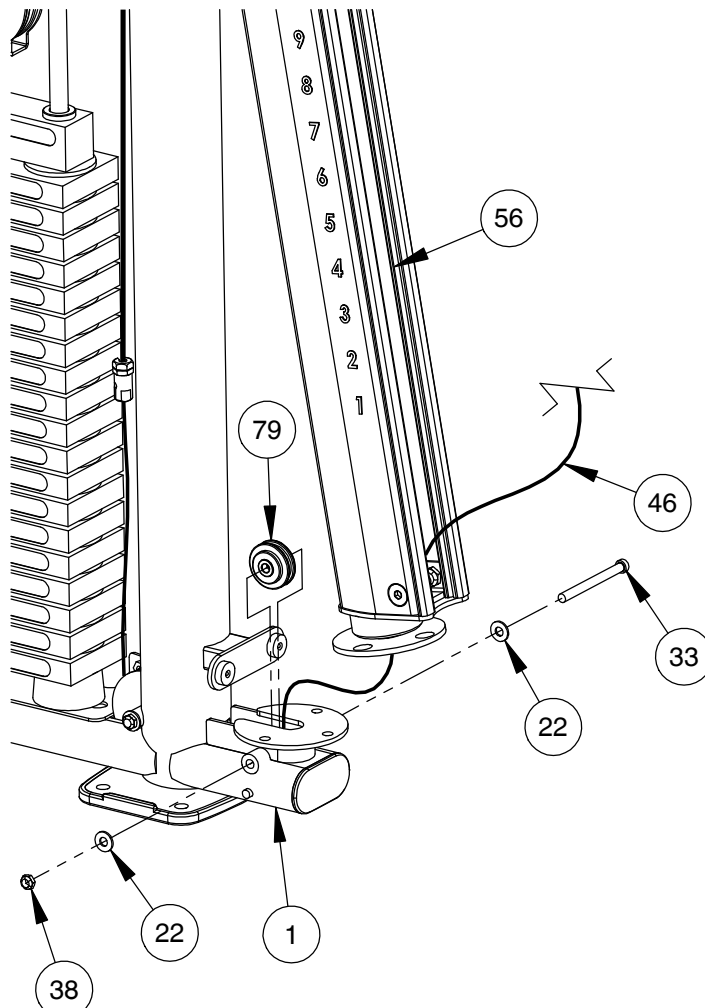
ENSURE CABLE (46) IS POSITIONED WITHIN THE PULLEY'S (80) GROOVE.

**NOTE:**

BE SURE CABLE (46) RUNS BETWEEN THE PULLEY (79) AND GUARD PIN AS SHOWN.



STEP 1

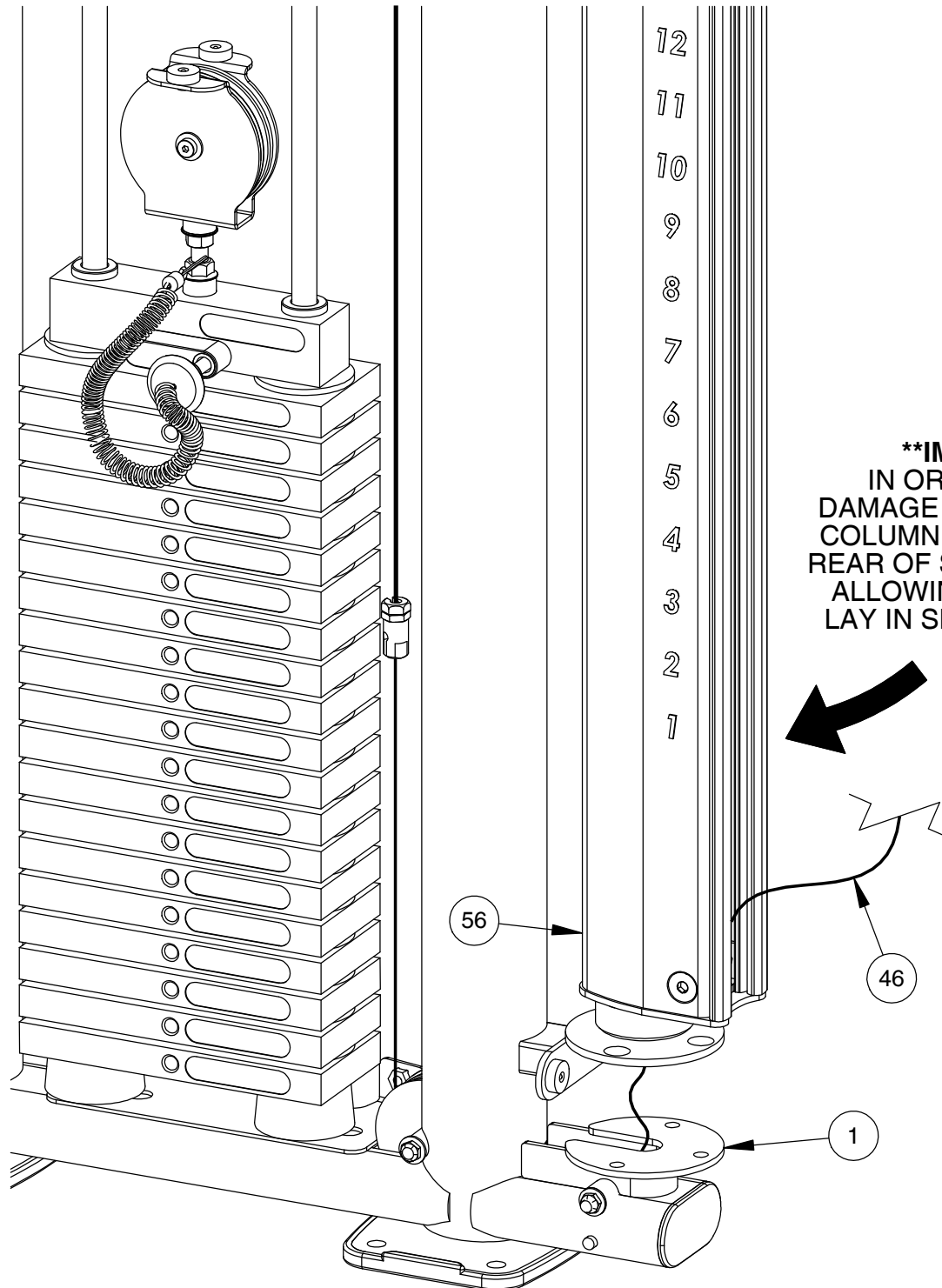


STEP 2

# OWNER'S MANUAL

## FRAME ASSEMBLY

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

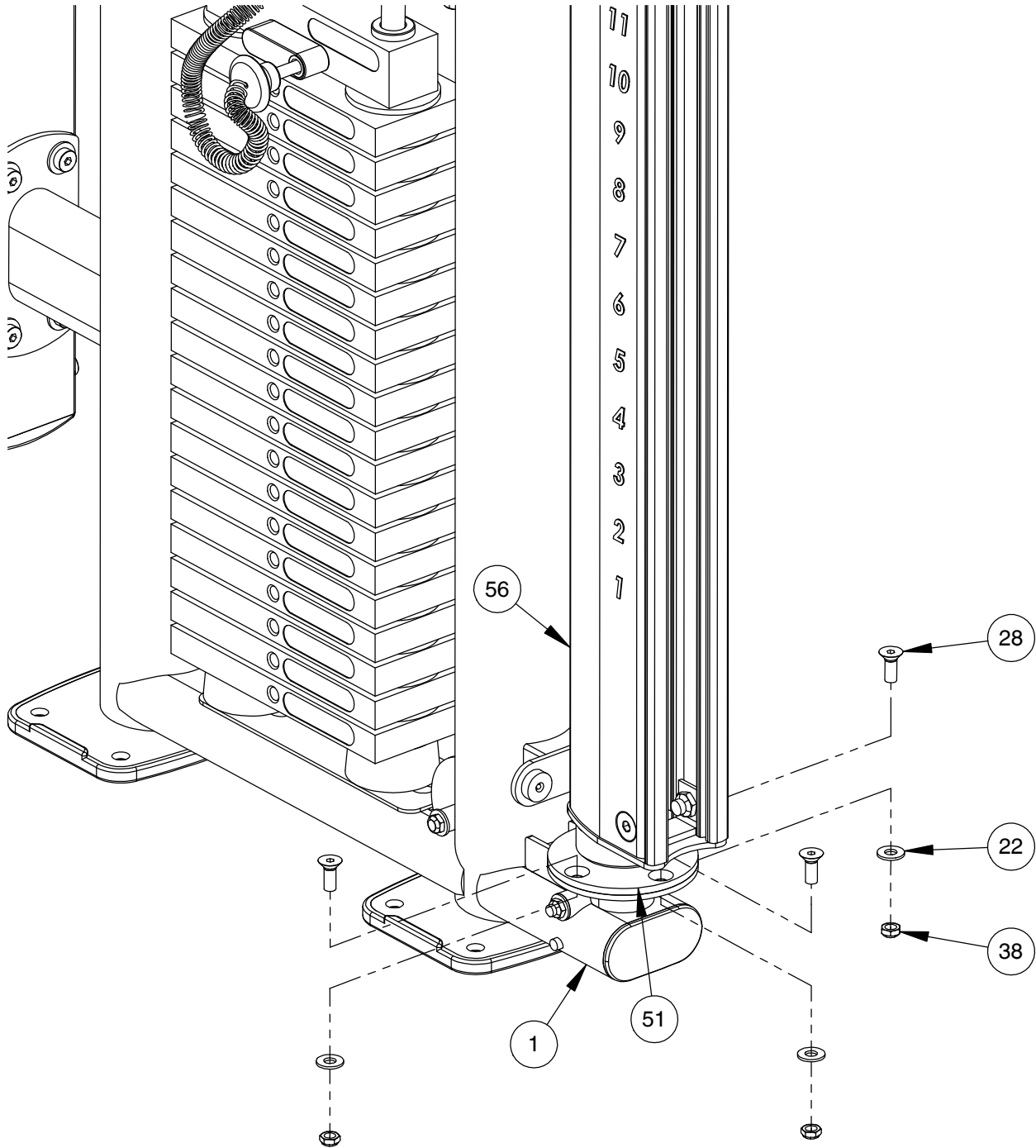


**\*\*IMPORTANT\*\***  
IN ORDER TO AVOID  
DAMAGE TO CABLE, SWING  
COLUMN (56) TOWARD THE  
REAR OF SLOTTED PLATE (1)  
ALLOWING CABLE (46) TO  
LAY IN SLOTTED SECTION.

# OWNER'S MANUAL

## FRAME ASSEMBLY

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

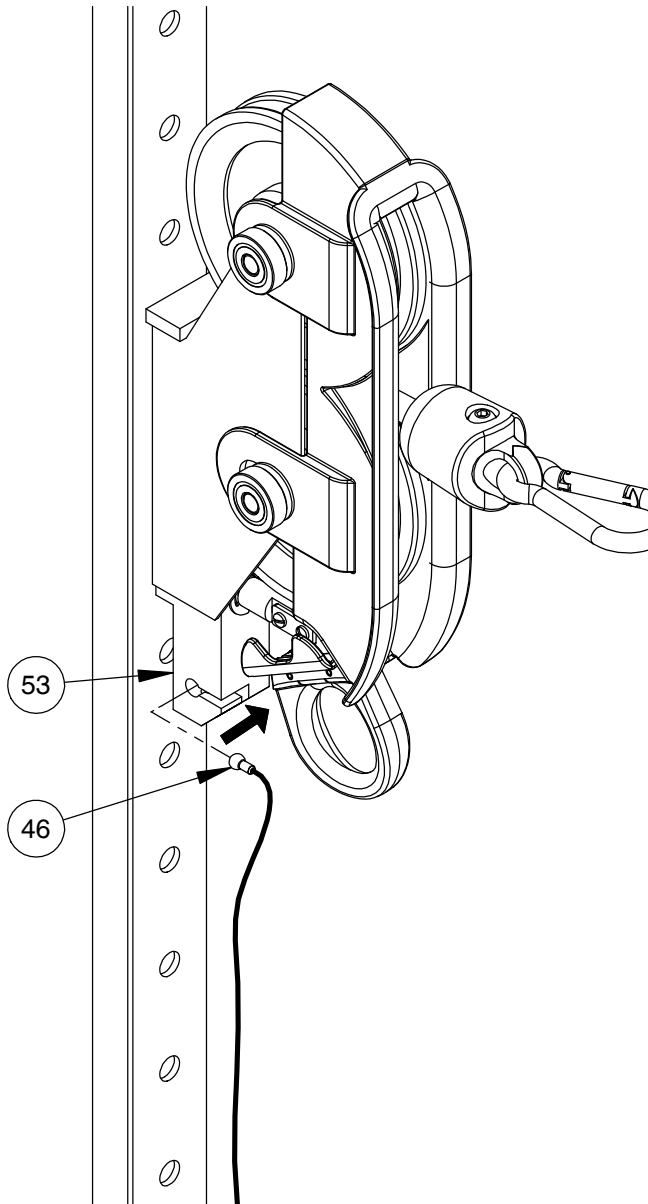
**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- COLUMN REMOVED FOR CLARITY.

**\*PRIOR TO STEP 1, TEMPORARILY REMOVE HARDWARE (73) & (77) AND SET ASIDE\***

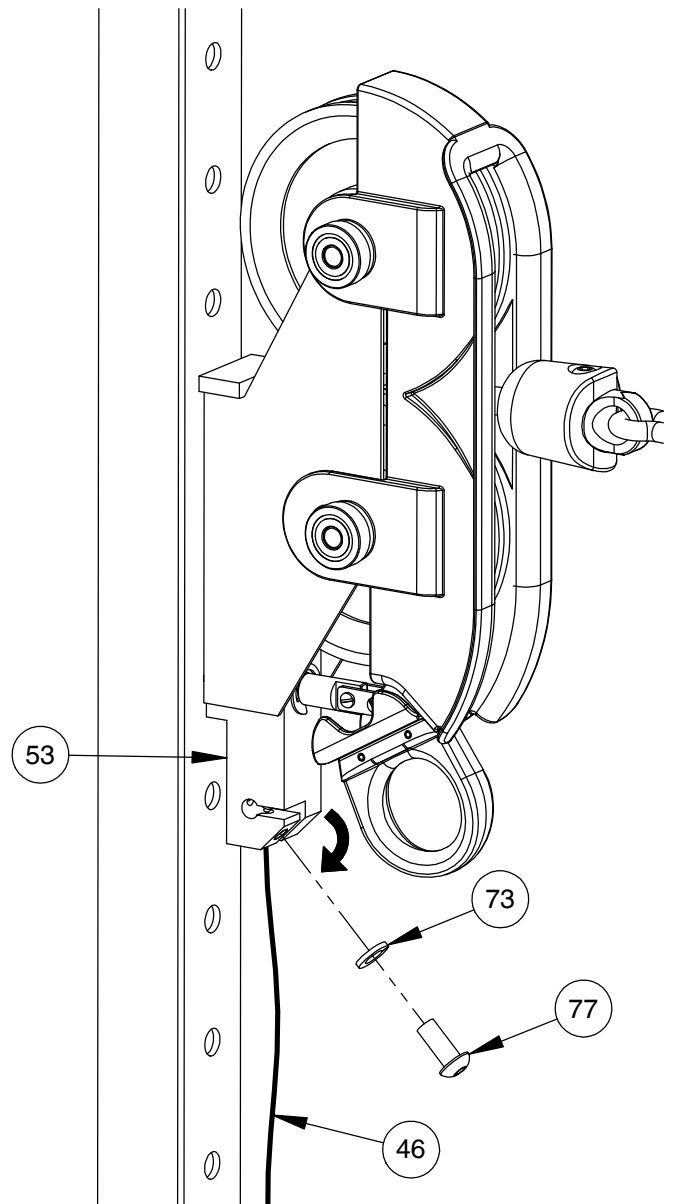
### STEP 1

INSERT CABLE (46) HORIZONTALLY INTO PULLEY CARRIAGE (53). SLIDE CABLE TO THE RIGHT-HAND SIDE OF HOUSING.



### STEP 2

ROTATE CABLE (46) DOWNWARD UNTIL CABLE IS VERTICAL AND THEN INSTALL BOLT (77) AND LOCK WASHER (73) TO SECURE CABLE (46).

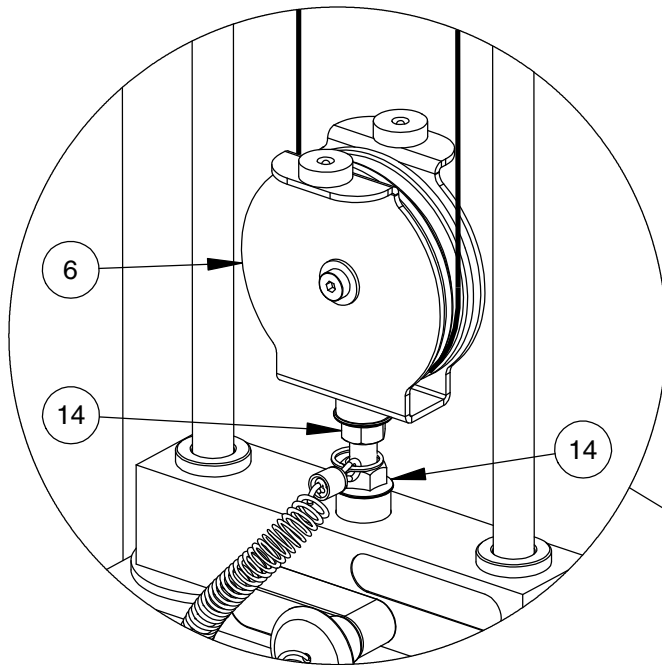


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

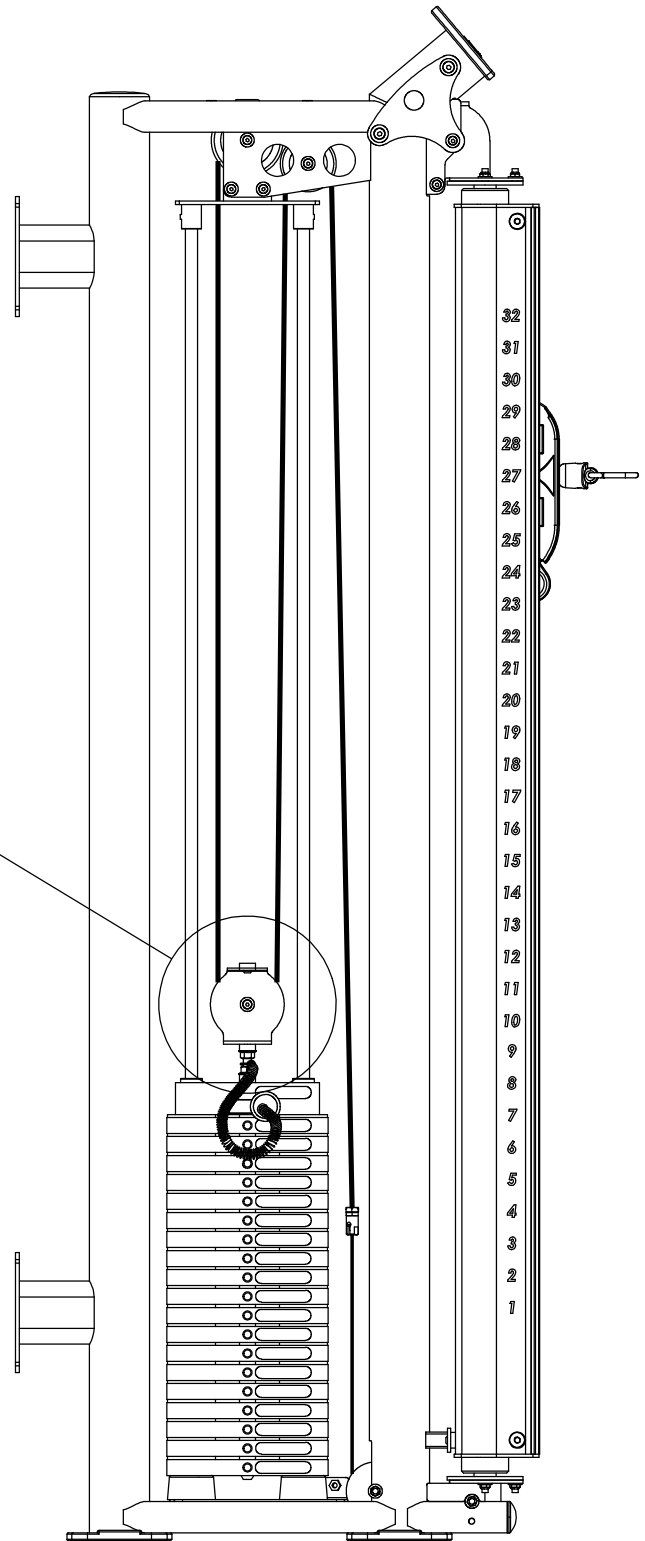
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**FINE TUNING:**

LOOSEN JAM NUTS (14) AND THREAD ADJUSTABLE PULLEY MOUNT (6) IN/OUT TO GIVE THE CABLE PROPER TENSION. ALLOW PULLEY TO ALIGN ITSELF BY APPLYING SLIGHT CABLE TENSION. RE-TIGHTEN JAM NUTS AFTER PULLEY HAS SELF-ALIGNED.

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



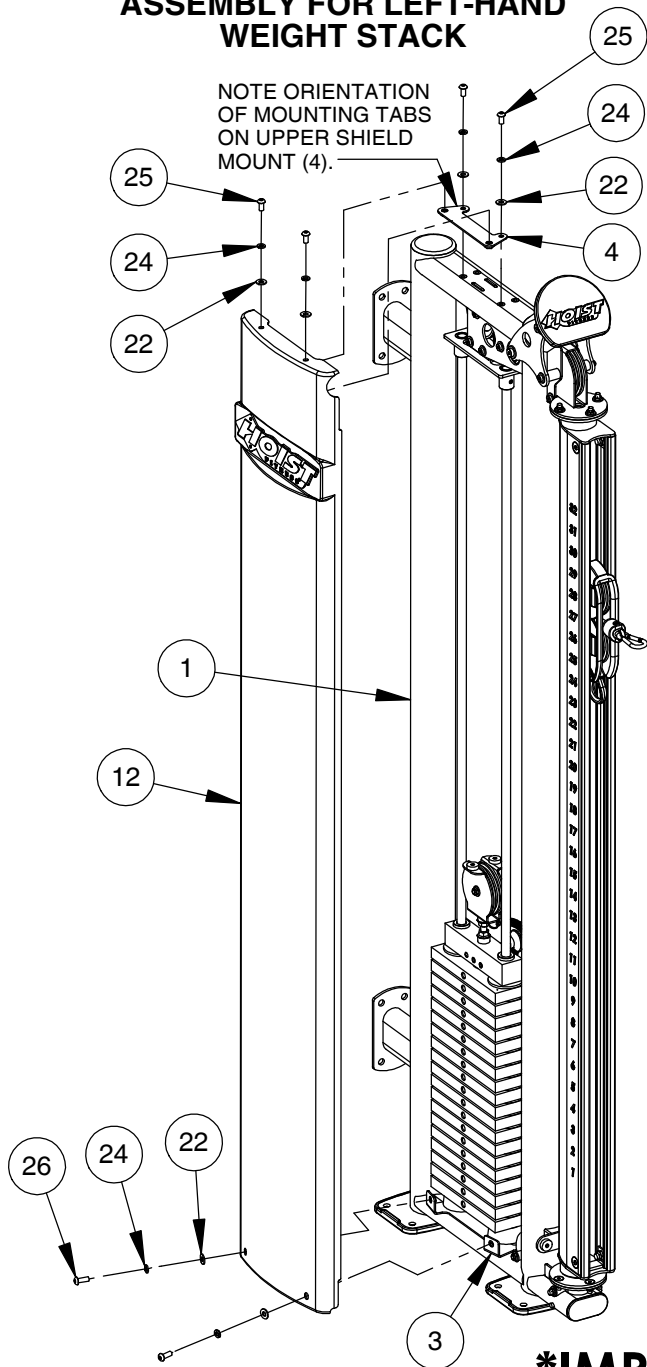
# OWNER'S MANUAL

## FRAME ASSEMBLY

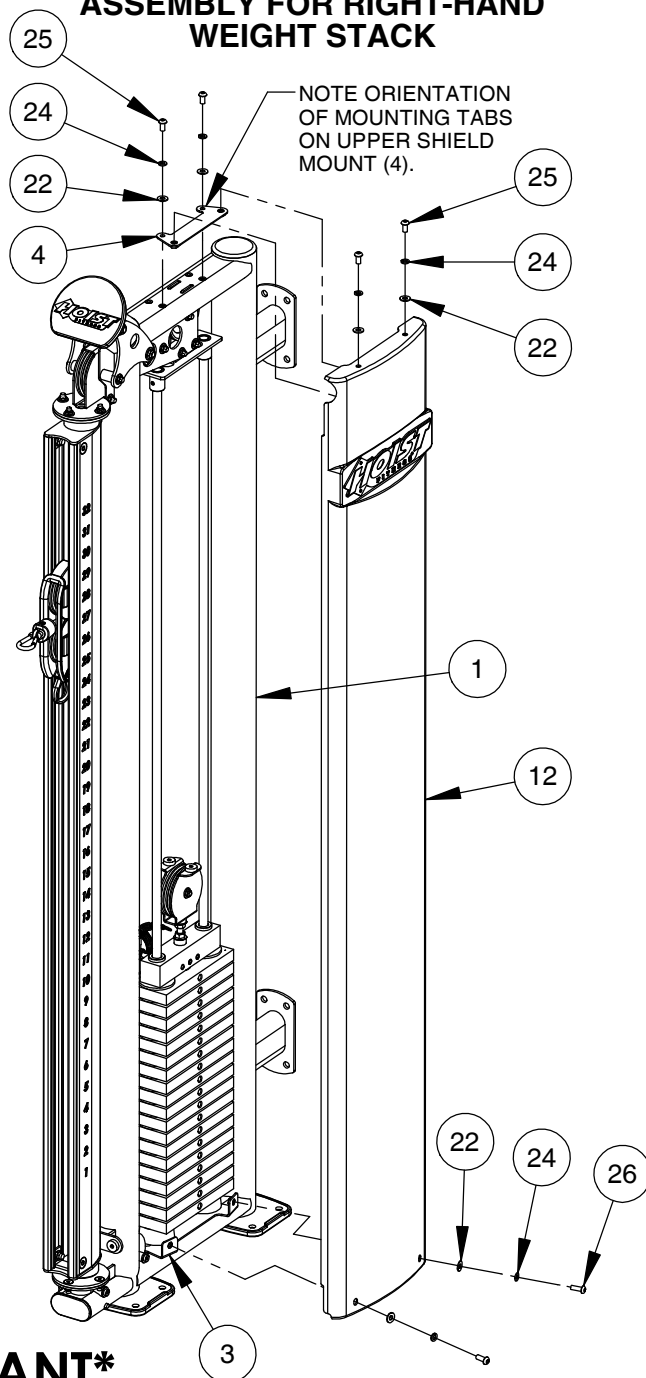
**NOTE:**

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

### ASSEMBLY FOR LEFT-HAND WEIGHT STACK



### ASSEMBLY FOR RIGHT-HAND WEIGHT STACK

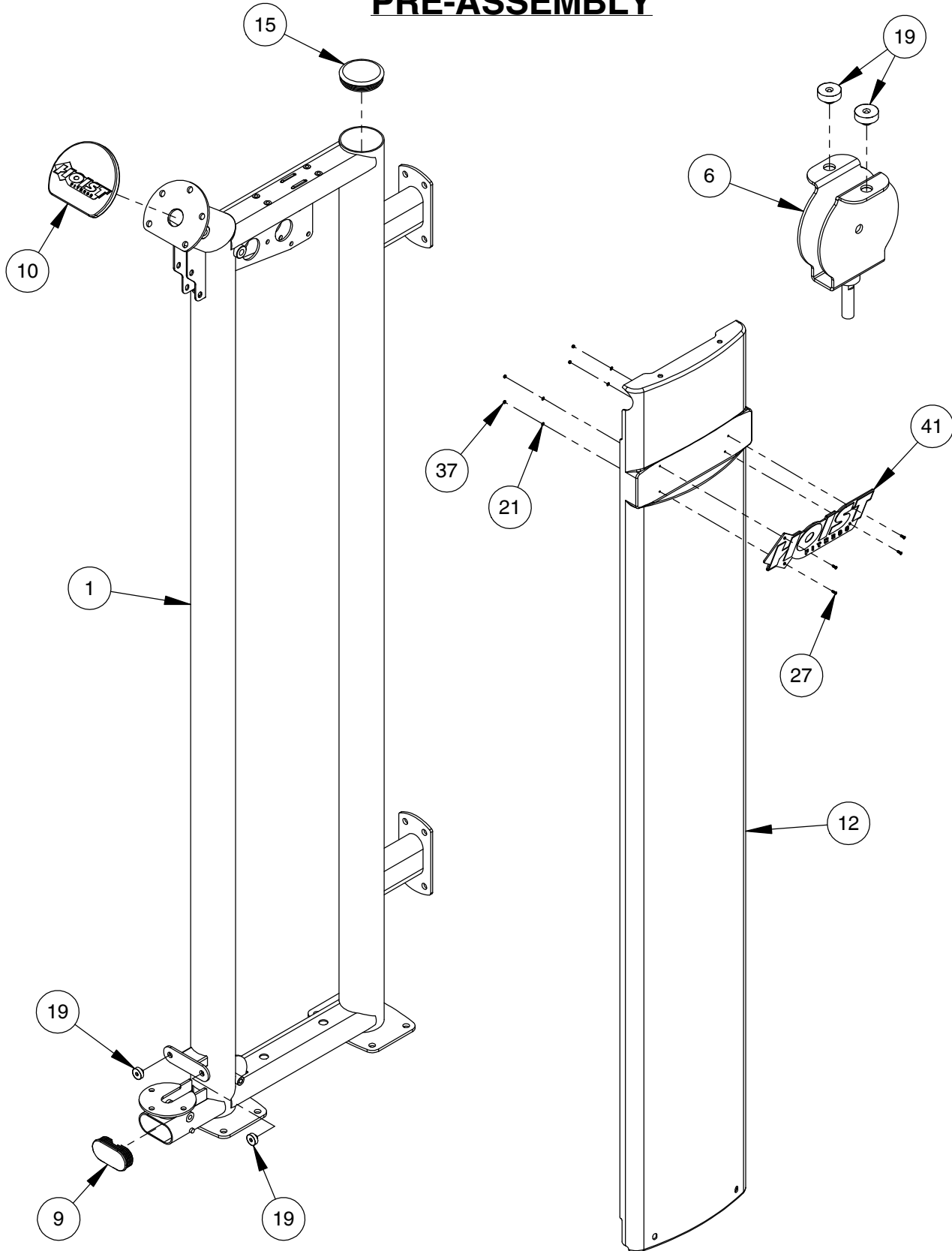


### **\*IMPORTANT\***

NOW THAT THE PS-1017 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

## PRE-ASSEMBLY

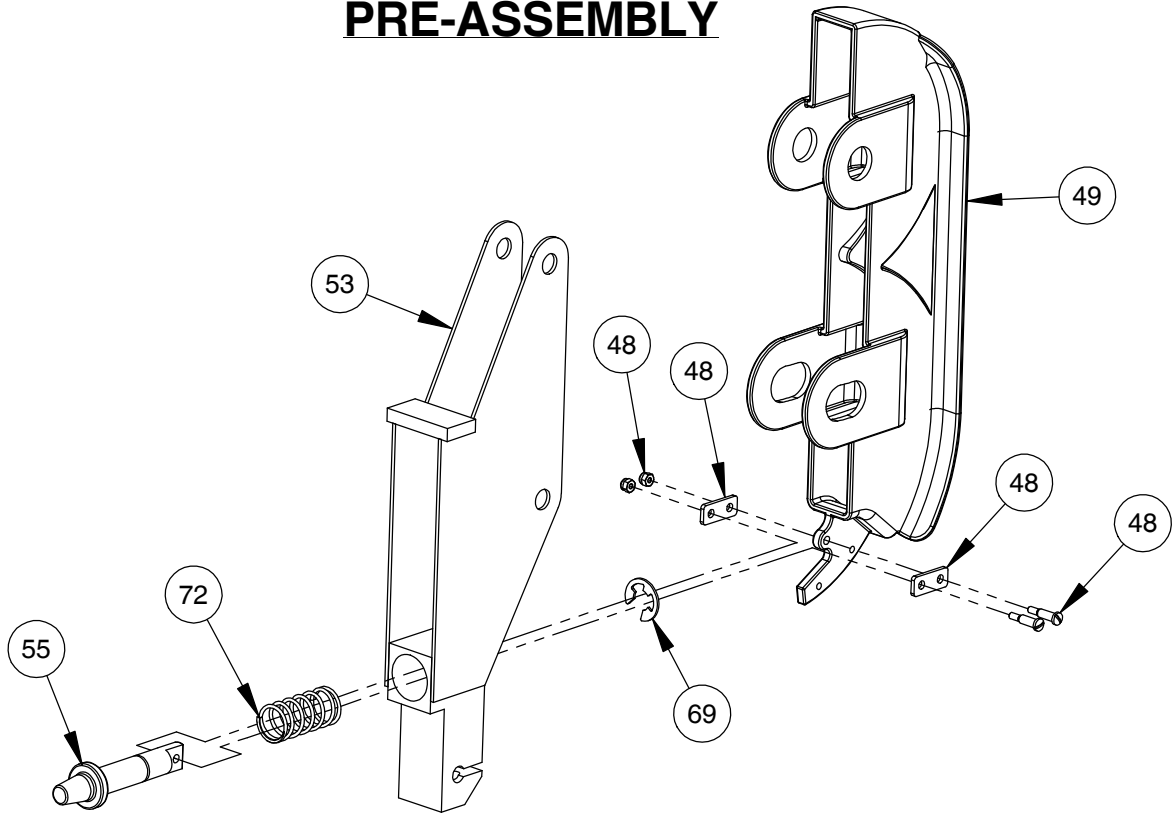






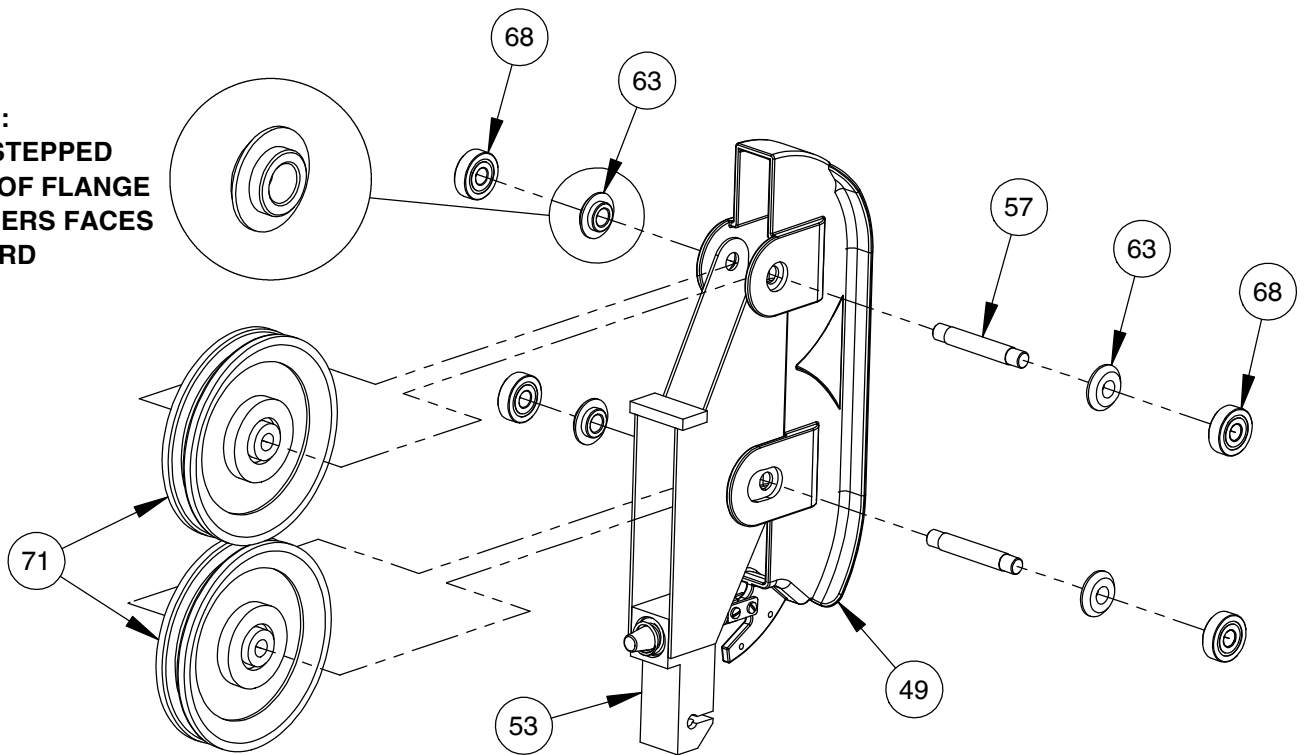
# OWNER'S MANUAL

## PRE-ASSEMBLY



**STEP 3**

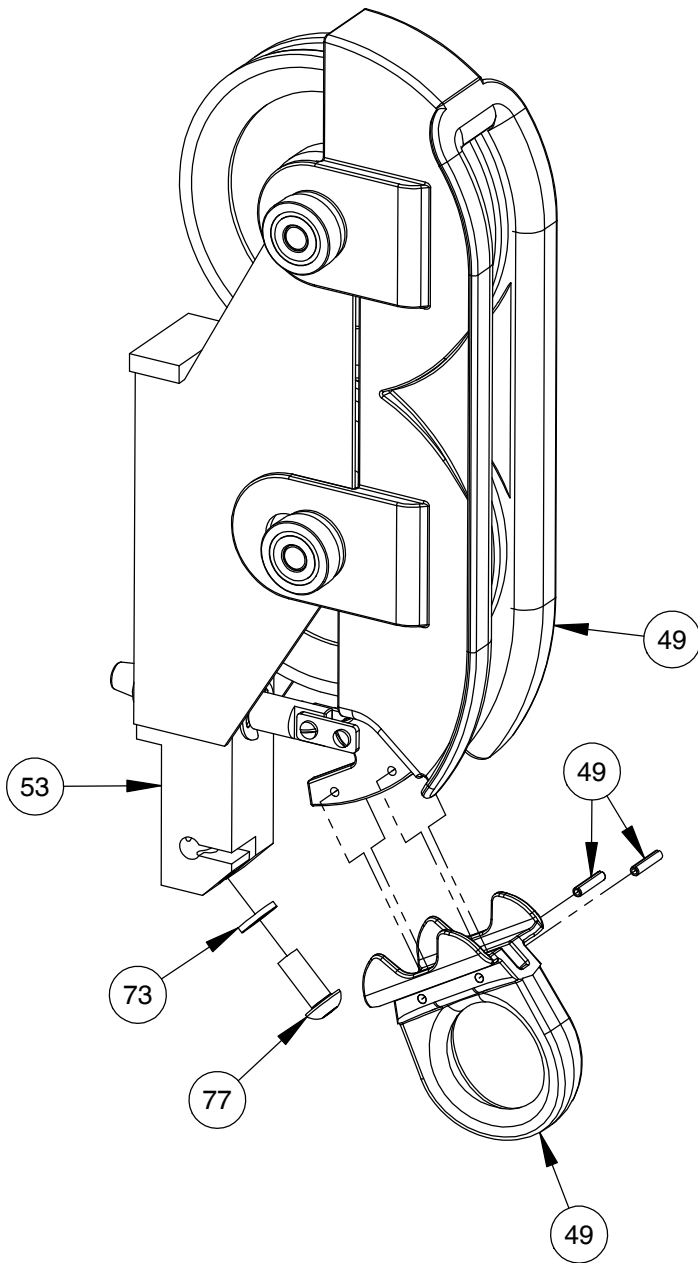
**NOTE:**  
THE STEPPED  
SIDE OF FLANGE  
SPACERS FACES  
INWARD



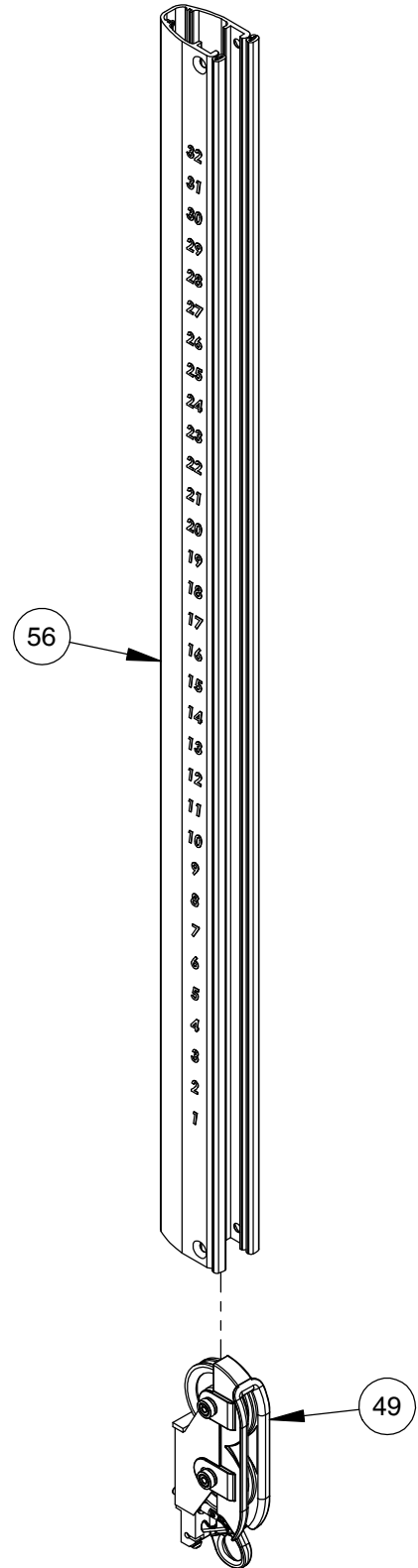
**STEP 4**

# OWNER'S MANUAL

## PRE-ASSEMBLY



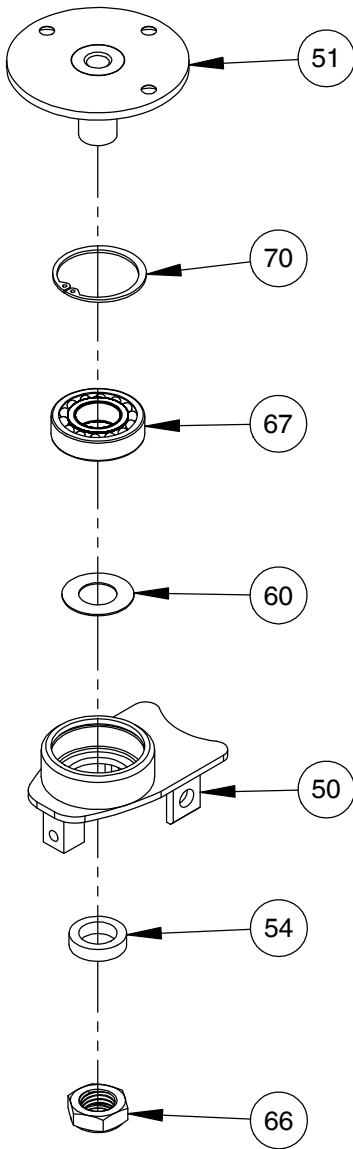
STEP 5



STEP 6

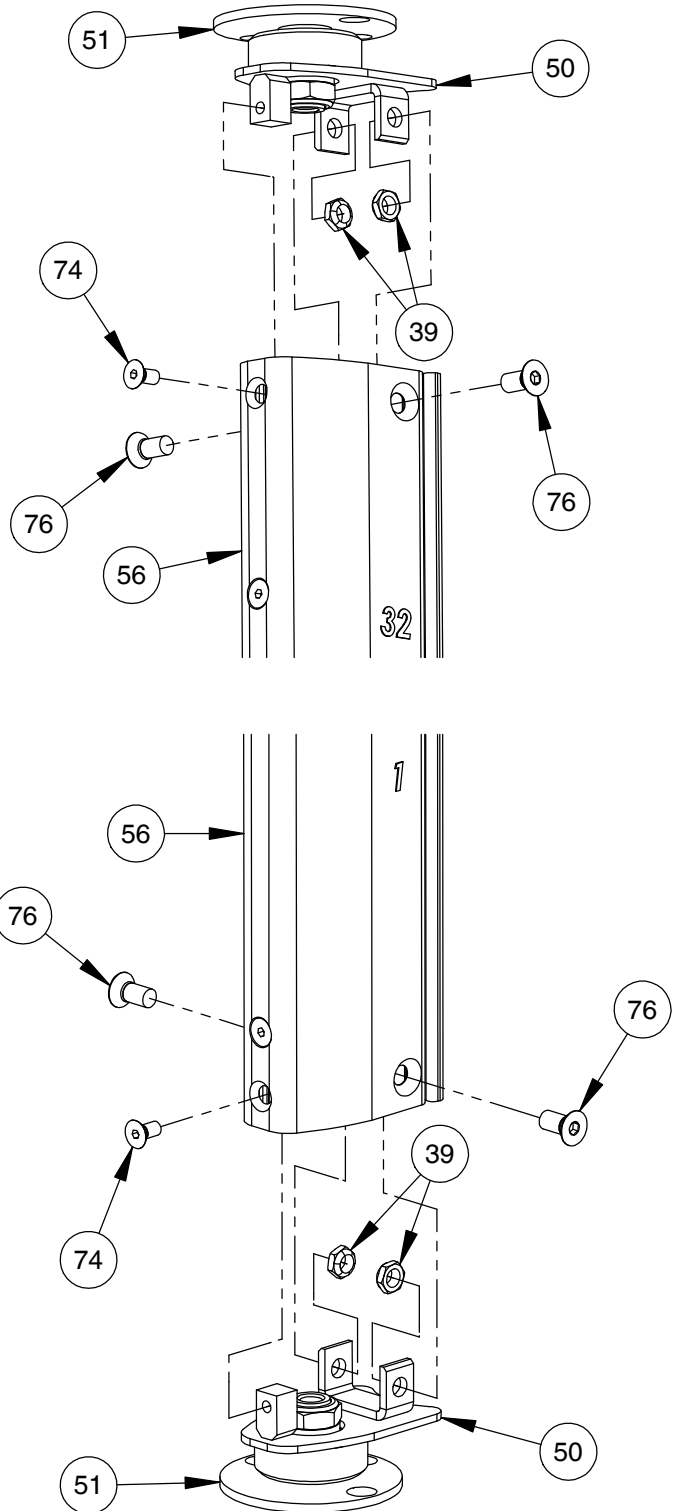
# OWNER'S MANUAL

## PRE-ASSEMBLY



**X2**

**STEP 7**



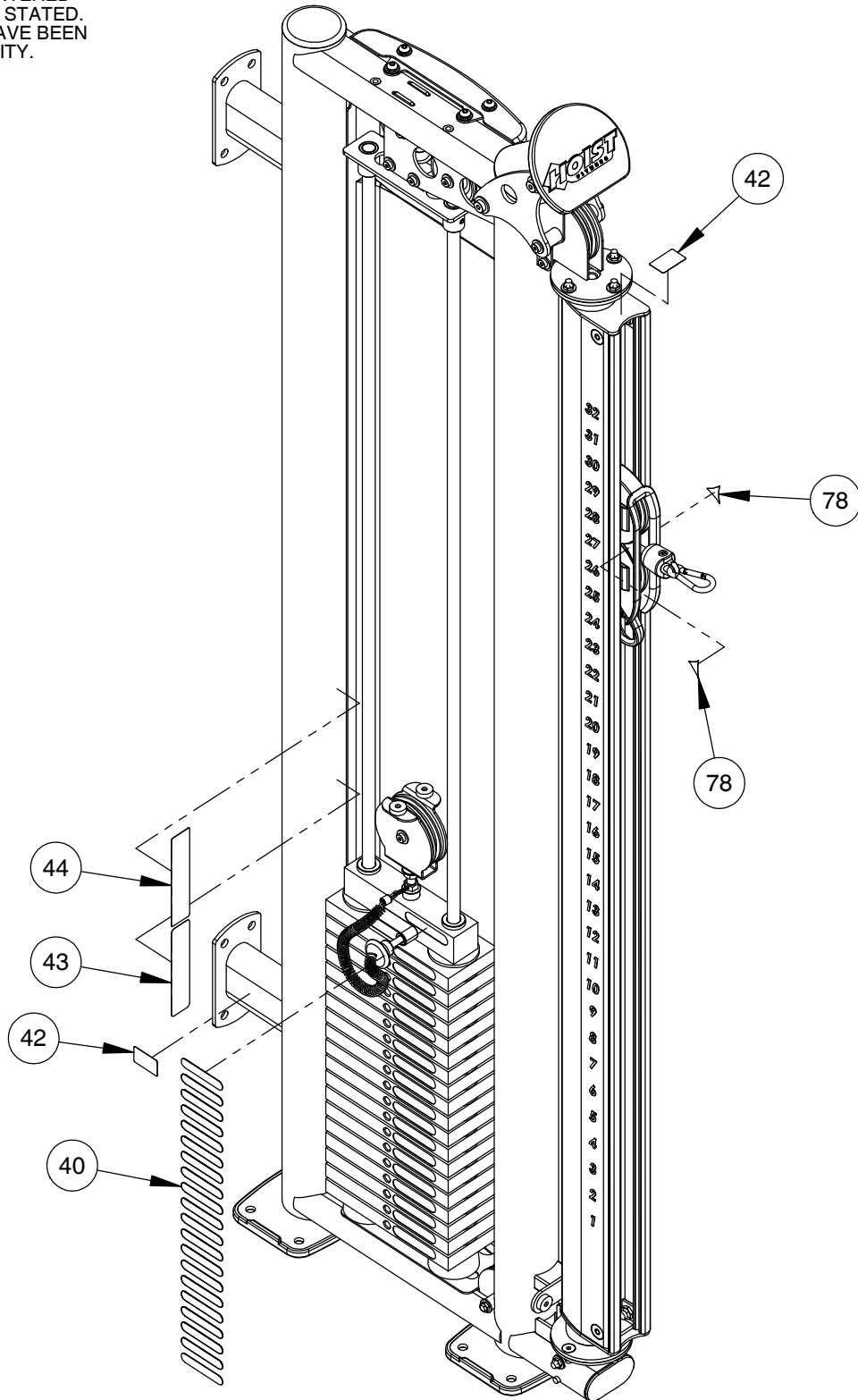
**STEP 8**

# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:

- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL REFERENCE



021-0018030

NOTICE	Yearly	Months	Monthly	Weekly	Daily
	COMMERCIAL MAINTENANCE				
	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, Turcile 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

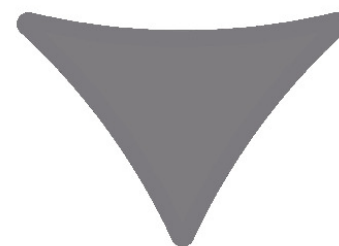
**WARNING**  
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using the 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 owners' 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 TIP-OVER, bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

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

www.hoistfitness.com  
Serial # 00-00-A00-000000

SERIAL # DECAL 2

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X4315	EZG UPRIGHT FRAME	1
2	026-01X4316	GUIDE ROD TOP BRACKET	1
3	026-01X4317	LOWER SHIELD MOUNT	1
4	026-01X4318	UPPER SHIELD MOUNT	1
5	026-01X4319	UPPER EZG MOUNT	1
6	026-01X5528	ADJUSTABLE PULLEY MOUNT	1
7	026-01G0225	GUIDE ROD: $\phi$ .75" CRS X 83.13" LG.	2
8	026-01P7278	END PLATE	1
9	026-01PL2566	50 X 100 OVAL DOMED END CAP	1
10	026-01PL2986	FLANGE CAP	1
11	026-01PL2987	FOOT PLATE COVER	2
12	026-01PL3008	PS-1017 SHIELD	1
13	026-01T7726	DOM	2
14	012-0503001	1/2"-13 FLANGED NUT (Ni)	2
15	016-0201057	END CAP 3.75" DIA. (DOMED) BLACK	1
19	019-0001001	PLUG BUMPER	4
20	019-0001005	WEIGHT STACK BUMPER	2
21	013-1002014	M3 FLAT WASHER (BZ)	4
22	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	30
23	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	4
24	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	6
25	011-0701019	3/8"-16UNC X .75" BHCS (Ni)	4
26	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	2
27	011-0101230	M3-.5 X 10mm FHB (BZ)	4
28	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	6
29	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	1
30	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	4
31	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	1
32	011-0116154	3/8"-16UNC X 4.00" LOW HEAD SHCS (Ni)	1
33	011-0116155	3/8"-16UNC X 4.25" LOW HEAD SHCS (Ni)	1
34	011-0116159	3/8"-16UNC X 5.25" LOW HEAD SHCS (Ni)	1
35	011-0116124	1/2"-13UNC X 5.25" LOW HEAD SHCS (Ni)	2
36	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	2
37	012-0504016	M3 THIN NYLOCK NUT (BZ)	4
38	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	15
39	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	6

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
40	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	1
41	021-0018030	BADGE, HOISTFITNESS.COM, 12.90"	1
42	SERIAL # DECAL 2	DECAL SERIAL # 2, 1.19" X 1.92"	2
43	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
44	021-0003135	DECAL WARNING 1.50" X 7.75"	1
45	WS#22 + 50 LBS UPGRADE	200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM	1
46	010-01C0453	CABLE 84" LG	1
47	010-01C0470	CABLE ASSY. 228 1/4" LG.	1
48	026-01X5630	CHAIN LINK REPLACEMENT	1
49	026-01X7423	PULLEY COVER ASSY.	1
50	026-01X7450	COLUMN MOUNT	2
51	026-01X7451	SPINDLE-1	2
52	026-01X7452	INDEXING PLATE	1
53	026-01X7490	PULLEY CARRIAGE	1
54	026-01M3311	SPACER, $\phi$ 1.50" X .250 X 1.00" ID X .38" LG.	2
55	026-01M3742	PULL PIN: TAPERED END $\phi$ .50"	1
56	026-01M3748	PAINTED & STENCILED COLUMN	1
57	026-01M3810	$\phi$ .35" SHAFT	2
58	026-01M3855	CABLE COUPLING NUT	1
59	026-01M3856	1/2-13 UNC X .75 HHB FOR 1/8" WIRE, 3/16" SHEATHED CABLE	1
60	026-01P5845	WASHER 1.88 OD x 1.00 ID x 1mm T	2
61	026-01PL2615	BUMPER	2
62	026-01PL2966	GUARD	2
63	026-01PL2974	FLANGED SPACER	4
64	011-0711002	SET SCREW: 5/16"- 18 X .25" LG. (Ni)	2
65	012-0105004	1/2" THIN NUT	1
66	012-0504017	1"-8 Thin Nylock Nut (Ni)	2
67	014-0012025	BALL BEARING: SELF ALIGNING, $\phi$ 30mm I.D. X $\phi$ 62mm O.D. X 16mm	2
68	014-0012028	26MM O.D. X 9MM I.D. X 8MM WIDE BALL BEARING	4
69	014-0015040	Retaining Ring, E clip, 1/2"	1
70	014-0015041	Internal Retaining Ring, 2.44"	2
71	018-0001003	CABLE PULLEY: $\phi$ 4.50"	5
72	020-0011018	Compression Spring	1
73	013-1006002	5/16" SPLIT LOCK WASHER (Ni)	1
74	011-0701089	3/8"-16UNC X .75" FHCS (Ni) W/NYLON PATCH	2
75	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	2

# OWNER'S MANUAL

## **PART LIST CONTINUED**

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

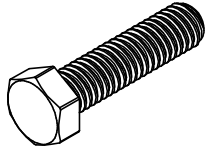
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
76	011-0702024	1/2"-13UNC X 1.00" FHS (Ni)	4
77	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	1
78	021-0004222	COMMERCIAL COLUMN ARROW DECAL, SILVER	2
79	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	1
80	018-0001002	CABLE PULLEY: Ø3.50"	2
81	026-01X1633	STRAP HANDLE WITH (1) O-RINGS (UPPER)	1



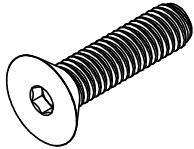
# OWNER'S MANUAL

## ABBREVIATIONS

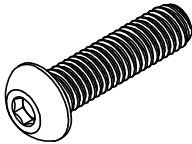
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



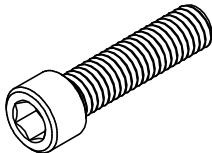
HHB = Hex Head Bolt



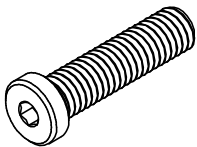
FHCS = Flat Head Cap Screw



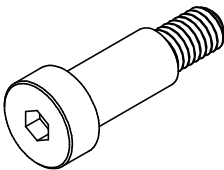
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



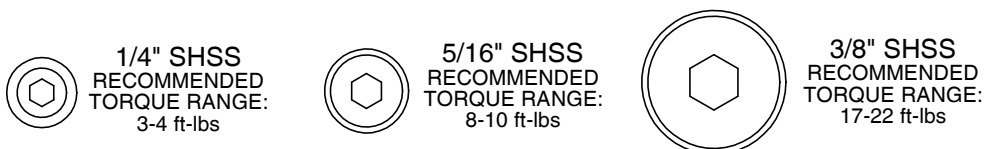
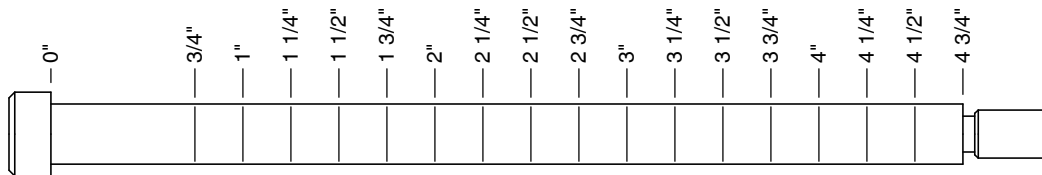
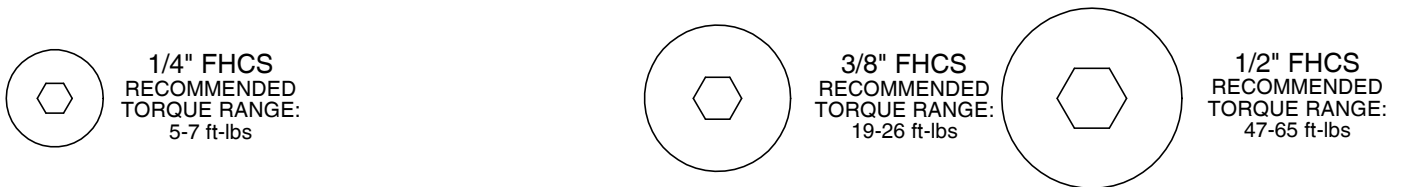
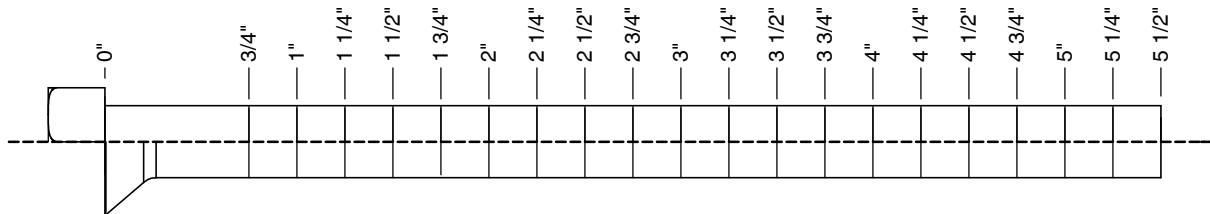
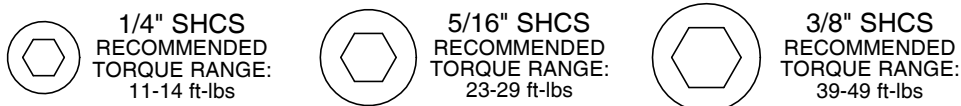
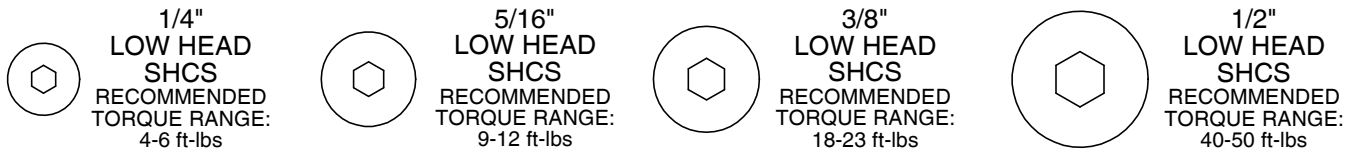
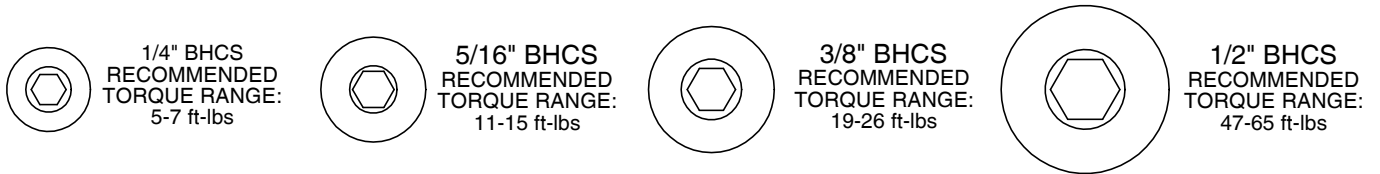
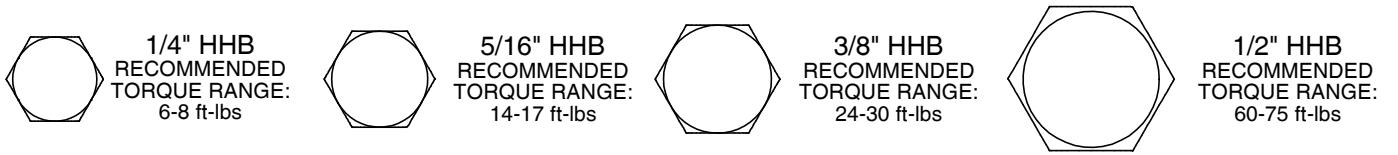
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

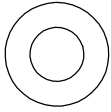
## BOLT SIZING CHART



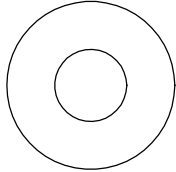
# OWNER'S MANUAL

## WASHER SIZING CHART

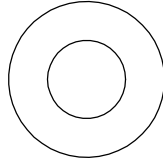
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



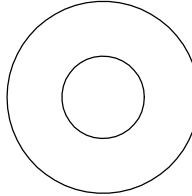
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



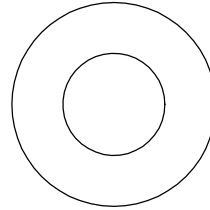
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



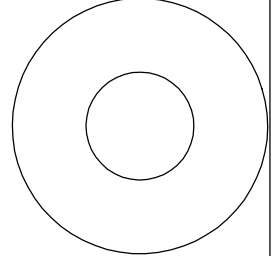
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



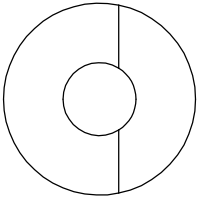
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



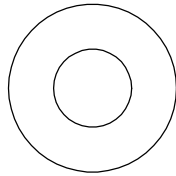
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



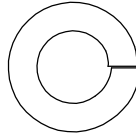
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



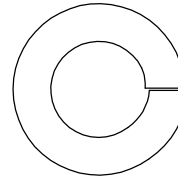
013-0102019  
1/4"  
LOCK WASHER



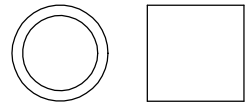
013-0102020  
3/8"  
LOCK WASHER



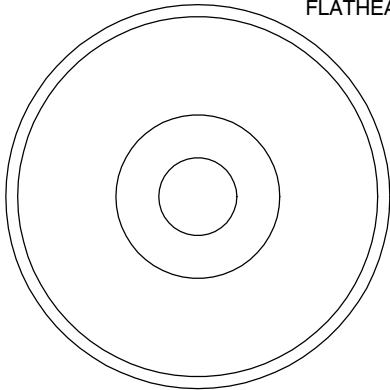
013-0102018  
1/2"  
LOCK WASHER



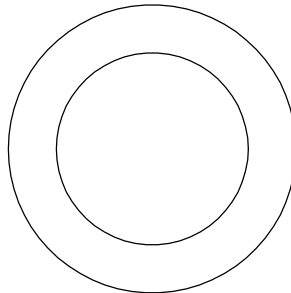
014-0018001  
1/2" LONG  
SPACER



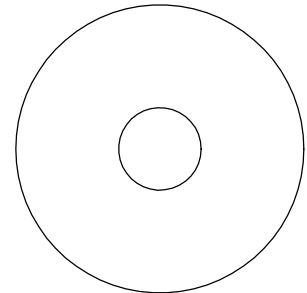
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



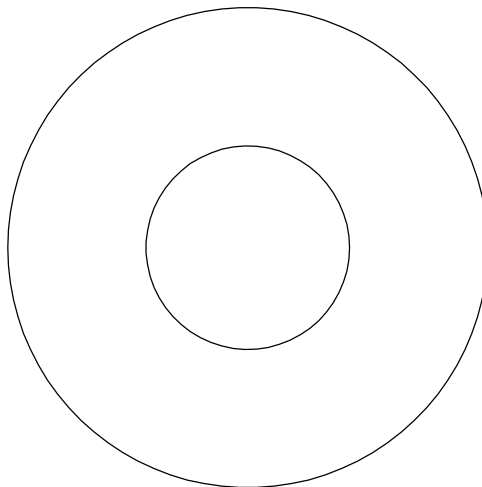
016-0009003  
1" SHIM WASHER



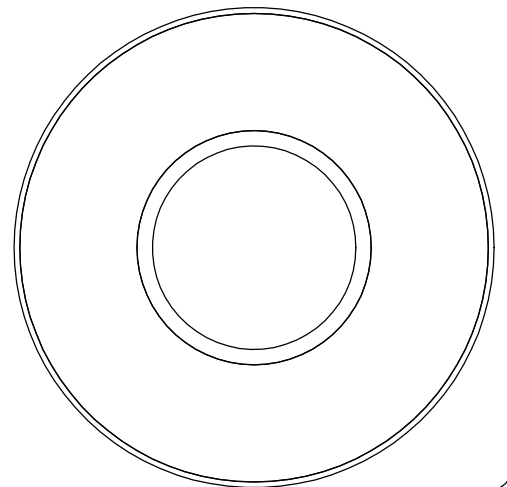
013-0003002  
3/8" FENDER WASHER



013-0003004  
1 1/16"  
FENDER WASHER



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



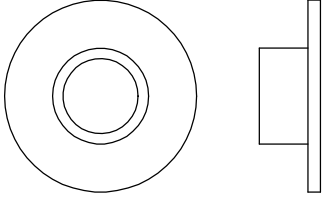
014-0018002  
1" LONG  
SPACER



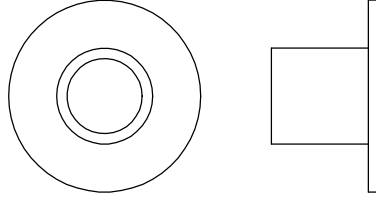
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

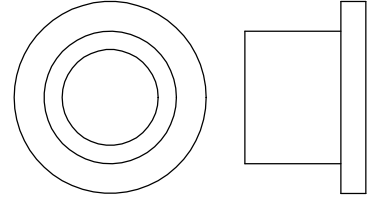
026-01M0211  
1/4" LONG  
FLANGED SPACER



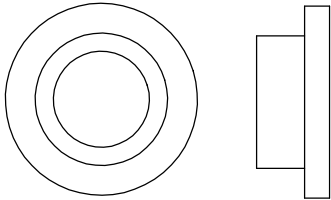
026-01M0198  
1/2" LONG  
FLANGED SPACER



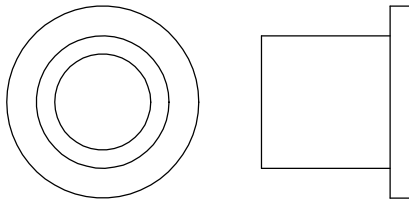
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



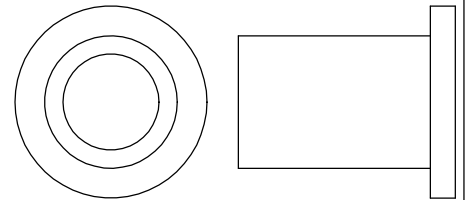
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



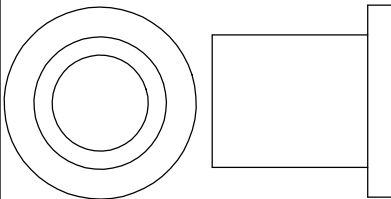
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



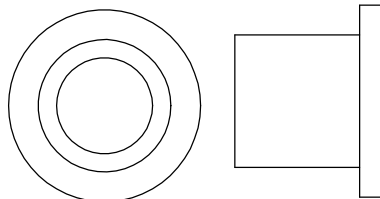
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



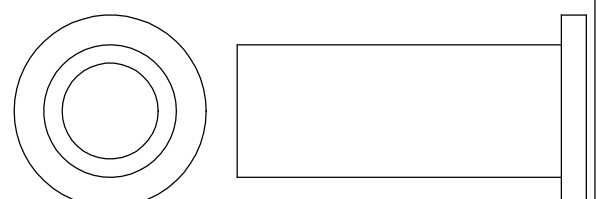
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



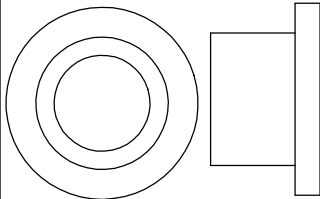
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



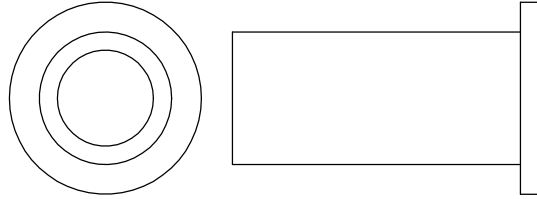
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



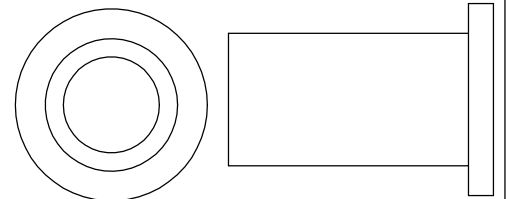
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



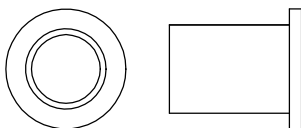
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



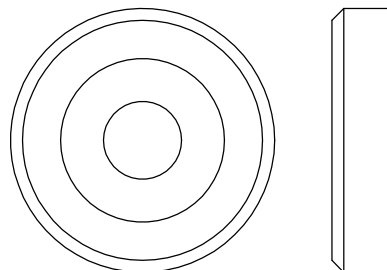
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



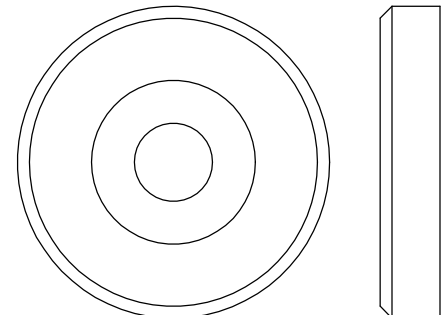
026-01M0600  
.625" LONG  
FLANGED SPACER



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 PS-1017 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 PS-1017, 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.

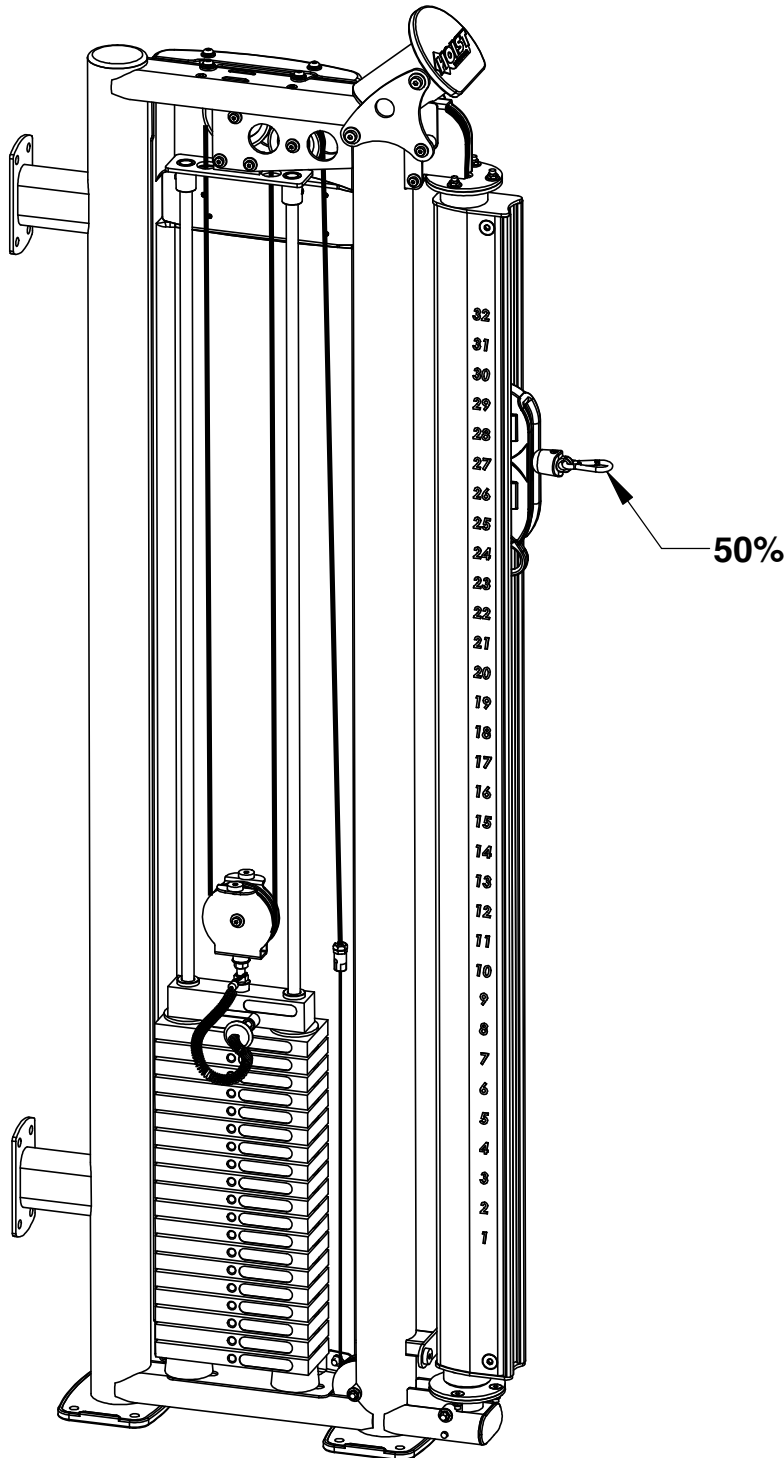
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

**Enjoy your PS-1017!**

# OWNER'S MANUAL

## WEIGHT RATIOS



	100% (Lbs.)	50% (Lbs.)
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

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

## **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**