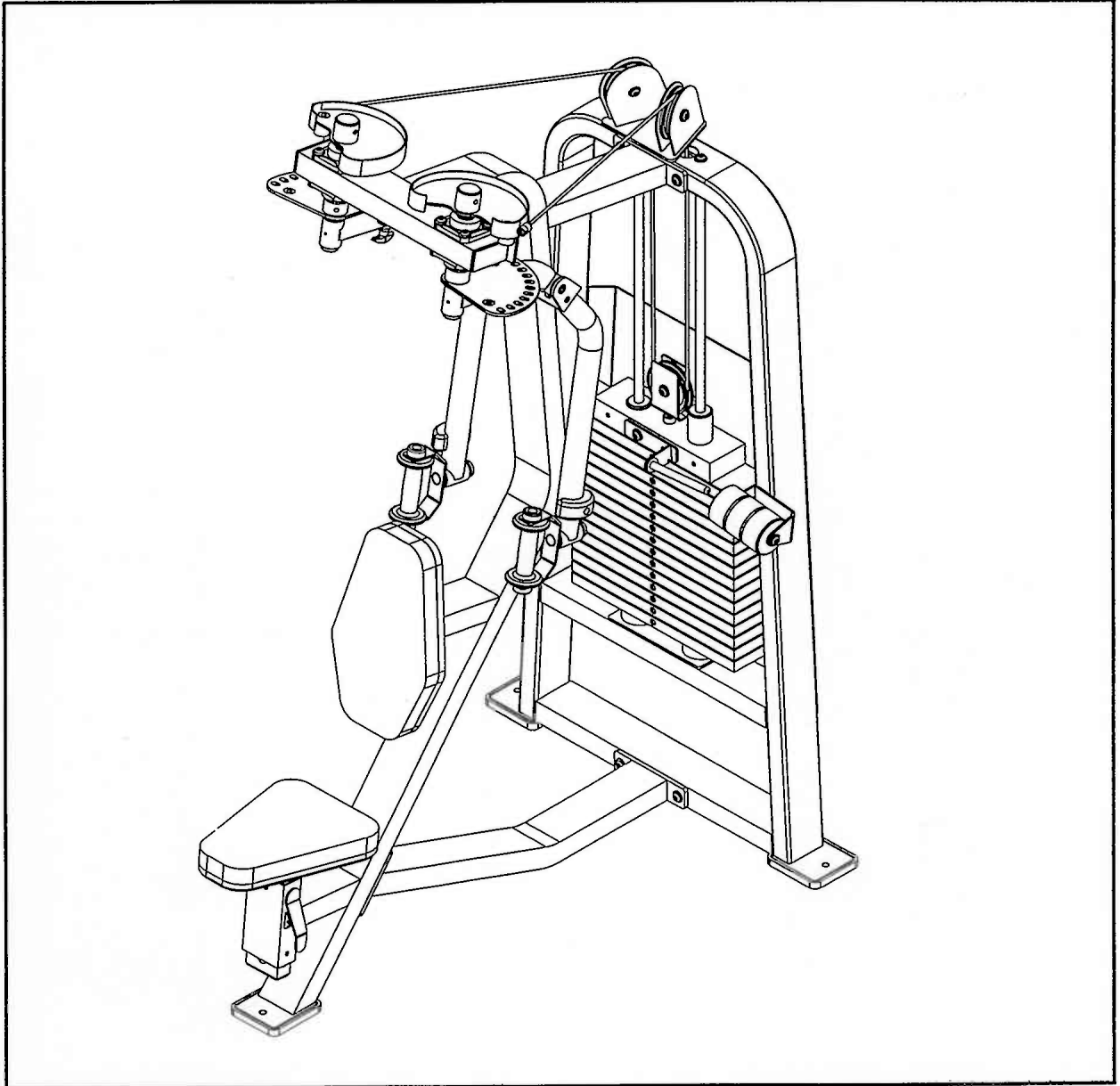


# OWNERS MANUAL

**HOIST**<sup>®</sup>  
FITNESS SYSTEMS

**CL-2302**



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

**RECORD SERIAL NUMBER HERE**

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

*June 2000*

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## Step 1

### INSTRUCTIONS

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

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

### TOOLS REQUIRED

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

Crescent Wrench

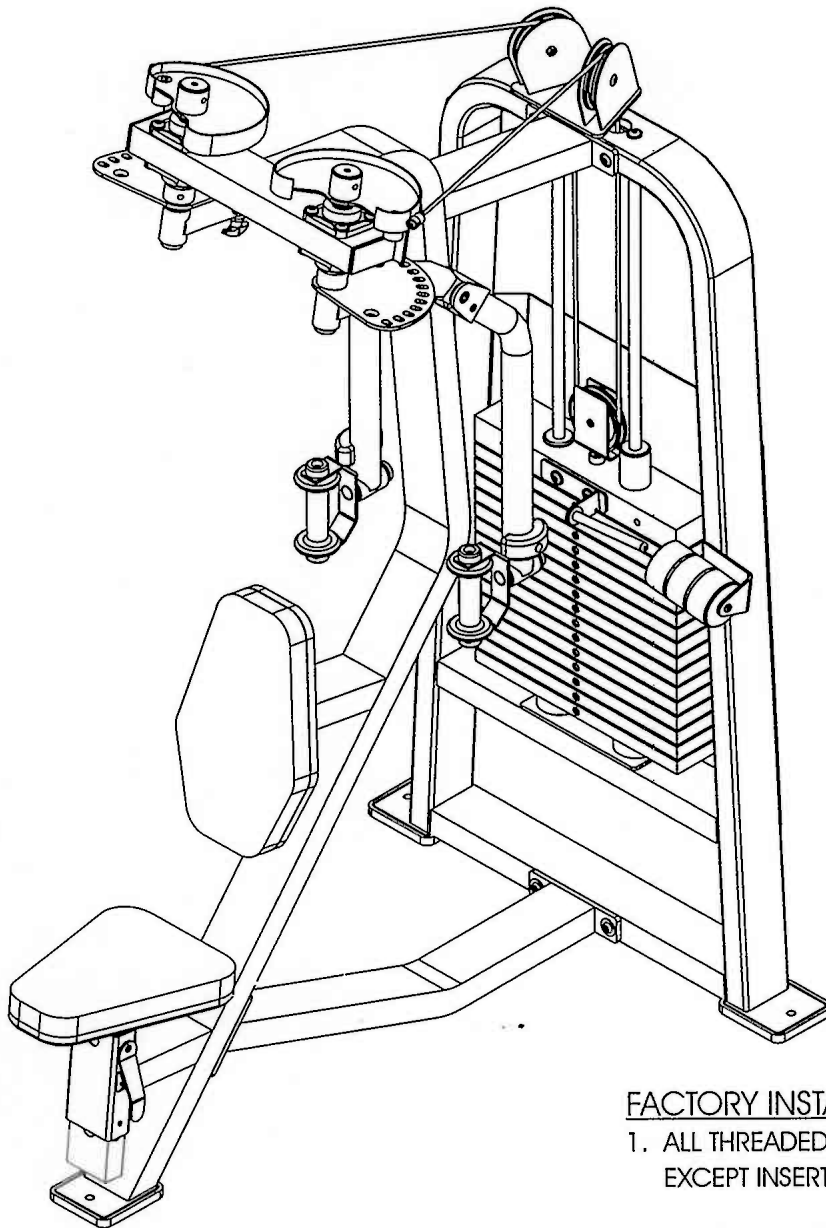
Belt Tensioning Wrench  
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

# ASSEMBLY INSTRUCTIONS

## Step 2 FRAME ASSEMBLY



### FACTORY INSTALLATION INSTRUCTION ONLY

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

## Step 2a

### FRAME ASSEMBLY

In this step attach the Bottom Support Assembly to the Weight Cage. Then attach the Seated Assembly to the Weight Cage and the Bottom Support Assembly. Then, attach the four Flange Bearings and make sure to put zerk fitting facing back on Flange Bearings. *Hand Tighten* bolts only, they will be tightened later. Lift Machine to position Rubber Feet.

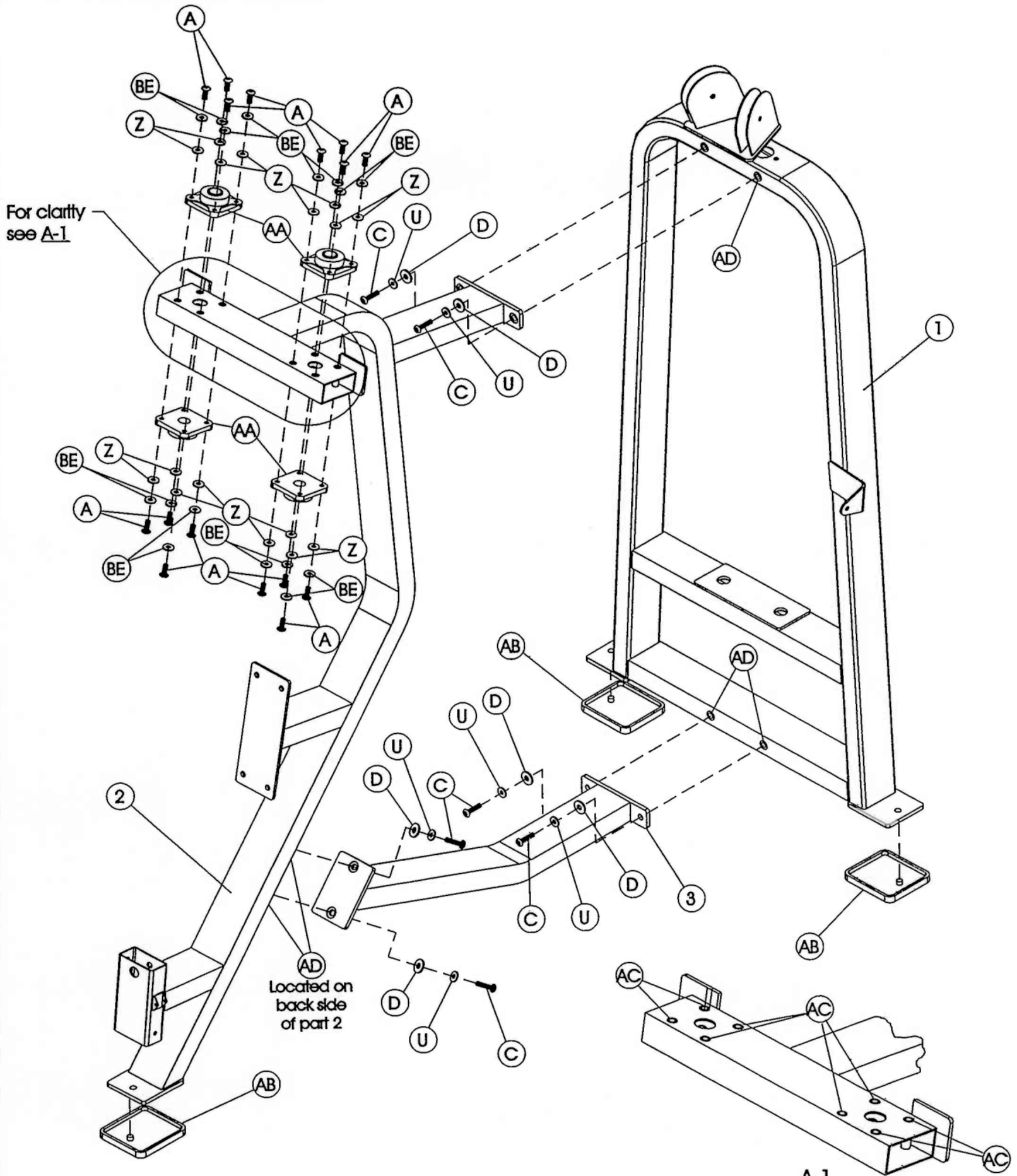
#### Part Descriptions

- 1 - Weight cage
- 2 - Seated Assembly
- 3- Bottom Support Assembly

#### Hardware Descriptions

- A - 3/8" x 1 1/4" Button Head Screw
- C - 1/2" x 1 1/2" Button Head Screw
- D - 1/2" Flat Washer
- U - 1/2" Lock Washer
- AA - Flange Bearing
- AB - Rubber Foot Pad
- AC - 3/8-16 UNC Insert
- AD - 1/2-13 UNC Insert
- BE - 3/8" x 1 1/4" Button Head Screw
- Z - 3/8" Flat Washer

# ASSEMBLY INSTRUCTIONS



All Inserts are factory installed, non-removable  
(Inserts AC Have eight on both sides of mount)

## Step 2b

### FRAME ASSEMBLY

In this step attach the Cam Stoppers to the two Cam Assemblies. Next, attach one Bumper to each of the Range of Motions. Attach the Left Handle shaft to the Left Hand Cam assembly with one 3/8" x 2" open Roll Pin. Repeat with the Right Hand Shaft and the Right Hand Cam. Next, slide the Black Plastic Ring over the Left Handle Shaft. Then push the assembly thru the Flange bearing. Secure the Range of Motion to the Left Hand Shaft using a 3/8" x 2" Open roll Pin. Repeat with the Right Hand Shaft and the Second Range of Motion. *Wrench Tighten* bolts.

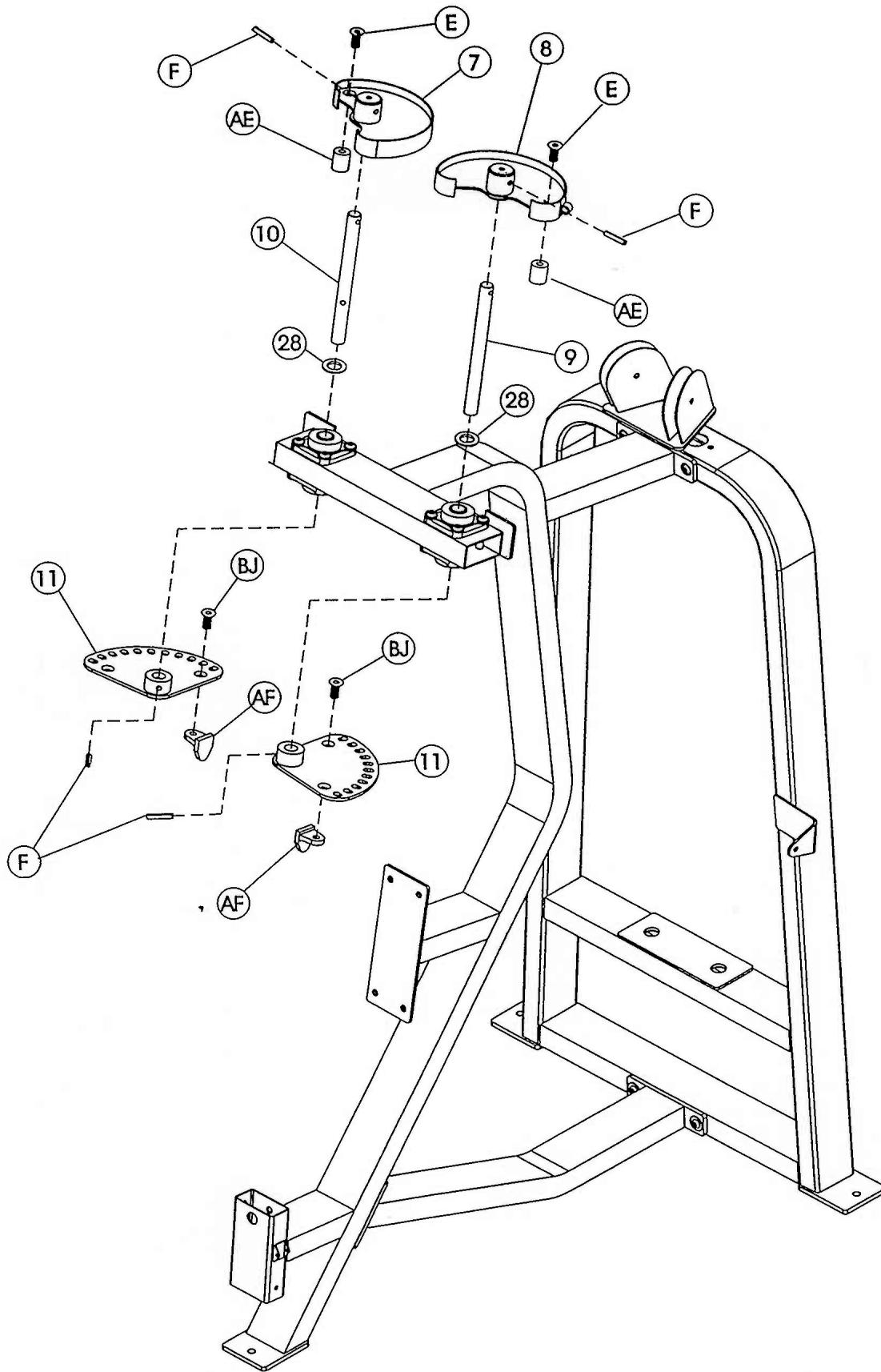
#### Part Descriptions

- 7 - Cam Assembly, Right Hand Side
- 8 - Cam Assembly, Left Hand Side
- 9 - Left Handle Shaft
- 10 - Right Handle Shaft
- 11 - Range of Motion
- 28 - Black Plastic Ring

#### Hardware Descriptions

- E - 1/2" x 1" Flat Head Cap Screw
- F - 3/8" x 2" Open Roll Pin
- AE - 1/2" lg. Bumper
- AF - Bumper
- BJ - 1/2" x 3/4" Flat Head Blot (BLK)

# ASSEMBLY INSTRUCTIONS





## Step 2c

### FRAME ASSEMBLY

Press two Oilite Bushings on both ends of the Upper Arm Assembly, two on each side for a total of four on each arm. Then, slide on to the Left Handle Shaft and secure. Next press two more Oilite Bushings into the bottom tube of the Lower Left Arm Assembly. Then, slide a 1" Dia. x 2 15/16" Shaft into the Upper Arm Assembly and attach the Lower Left Arm Assembly to the Upper Arm Assembly. Now slide the Left Handle Assembly through the bottom of the Lower Arm Assembly, slide on one Thrust Washer, one Thrust Bearing, and one more Thrust Washer and secure. Slide the 3/4" Dia. x 5 7/8" Shaft into the Handle and place a bumper(AJ) on both ends then secure. Now attach (30) to (6). Repeat the same process with the Right Arm Assembly. Attach one Bumper(AG) to both of the Lower Arm Assemblies. Wrench Tighten bolts including previously hand tightened bolts.

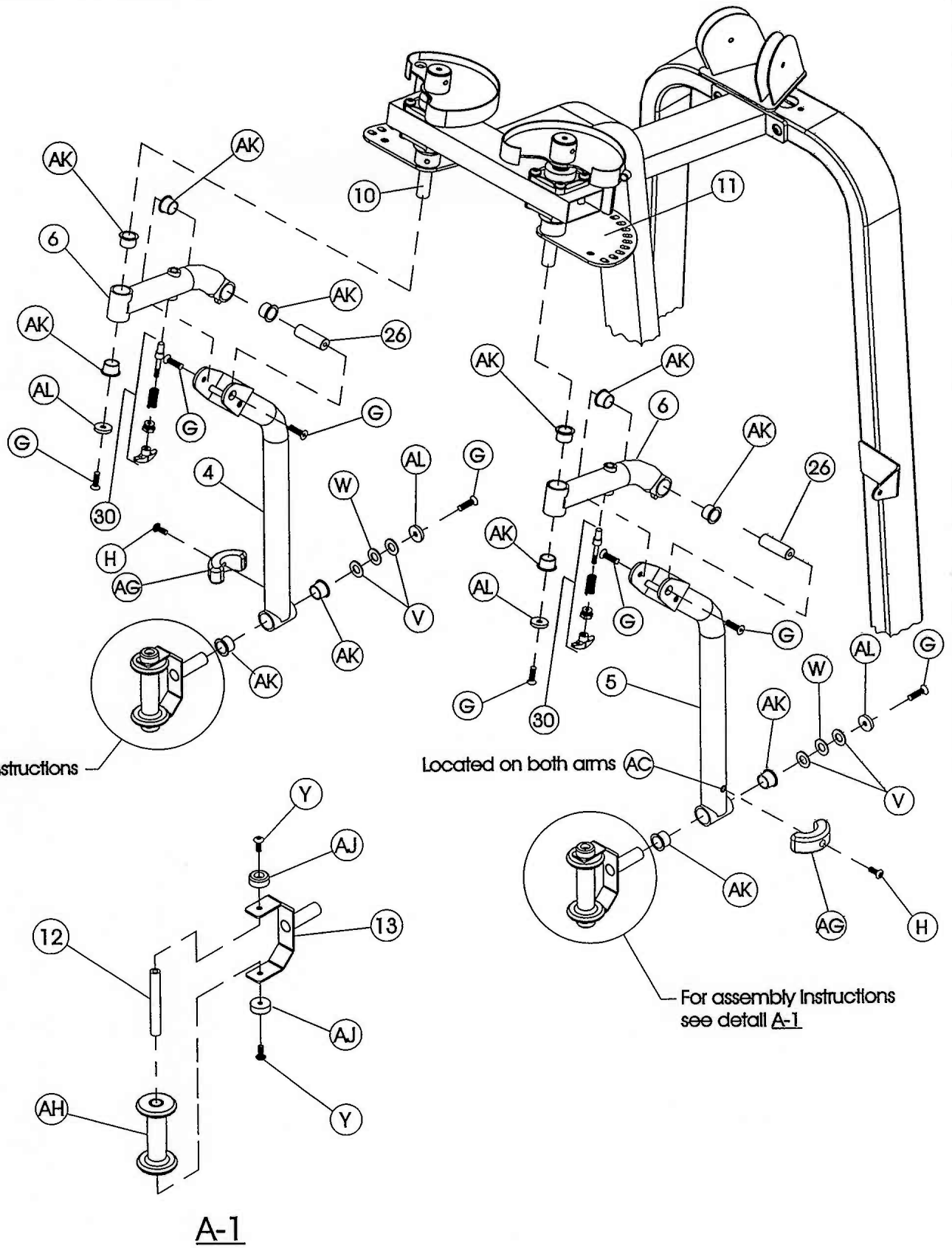
#### Part Descriptions

4 - Arm Assembly, Lower Right  
5 - Arm Assembly, Lower Left  
6 - Arm Assembly, Upper  
10 - Right Handle Shaft  
11 - Range of Motion  
12 - 0.75" Dia. x 5.81" Shaft  
13 - Handle Assembly  
26 - 1" Dia. X 2 15/16" Shaft  
30 - Long Pull Pin

#### Hardware Descriptions

G - 3/8" x 1" Flat Head Cap Screw  
H - 3/8" x 1" Socket Head Cap Screw  
V - Thrust Washer  
W - Thrust Bearing  
Y - 5/16" x 1 Button Head Screw  
AC - 3/8-16 UNC Insert  
AG - Bumper (26-STD-PLAS199)  
AH - Handle  
AJ - Bumper (19-BMP-11234516)  
AK - 1" I.D. Oilite Bushing  
AL - 3/8" Flat Head Cap 1 3/8" x 5/16" Thk

# ASSEMBLY INSTRUCTIONS



For assembly instructions see detail A-1.

Located on both arms AC

For assembly instructions see detail A-1.

### Step 2d

#### FRAME ASSEMBLY

In this step start by pressing the Guide Bearings into the 15 LBS Aluminum Top Plate. Ensure that Guide Bearing (AN) is pressed into the hole on the side in which the Center RH BRK (Add-on). Next press the two Guide Rod Bushings into the Weight Cage. Take the two 3" x 1" I.D. Bumpers and place them over the two holes in the bottom of the Weight Cage now slide the Guide Rods into the holes. Make sure the Guide Rods are lube with Spindle Oil. Now, slide the 20LBS Intermediate Weight Plates and 15 LBS Aluminum Top Plate onto the Guide Rods and bolt into place. Make sure the Weight Stack and its Guide Rods are sitting level. Next, attach the 5/8" Dia. x 6 13/32" Rod to the Center RH BRK (Add-On). Secure the Center RH BRK (Add-On) to the 15 LBS Aluminum Top Plate. Slide on three 5 LBS. Add-On Weights and attach the 5/8" Dia. x 6 13/32" Rod to the Weight Cage. Attach the end of the Selector Pin Lanyard that has the greater diameter to the 15 LBS Aluminum Top Plate, and the other end to the Weight Selector Pin. Then Wrench tighten bolts including all previously hand tightened bolts.

#### Part Descriptions

14 - 3/4" Dia. X 5 7/8" Guide Rod  
 15 - 15 LBS Aluminum Top Plate  
 16 - 20 LBS. Intermediate Weight  
 17 - Center RH BRK (Add-On)  
 18 - 5/8" Dia. x 6 13/32" Rod  
 19 - 5 LBS. Add On Weight  
 29 - Add On Weight Bushing

K - 3/8" x 2 3/4" Button Head Cap Screw

L - 5/16" Flat Washer

M - 5/16" Lock Washer (Black)

N - 3/8" x 1" Button Head Screw

P - 3/8" Lock Washer

Y - 5/16" x 1" Button Head Cap Screw

Z - 3/8" Flat Washer (Black)

AM - Guide Bearing

AN - Guide Bearing

AP - 3" x 1" I.D. x 1 1/2" Thk

AQ - Guide Rod Busing

AR - Weight Selector Pin

AS - Selector Pin Lanyard

BD - 3/8" x 1" Button Head Screw (Black)

BE - 3/8" Lock Washer (Black)

BJ - 3/8" Split Washer (white zinc)

#### Hardware Descriptions

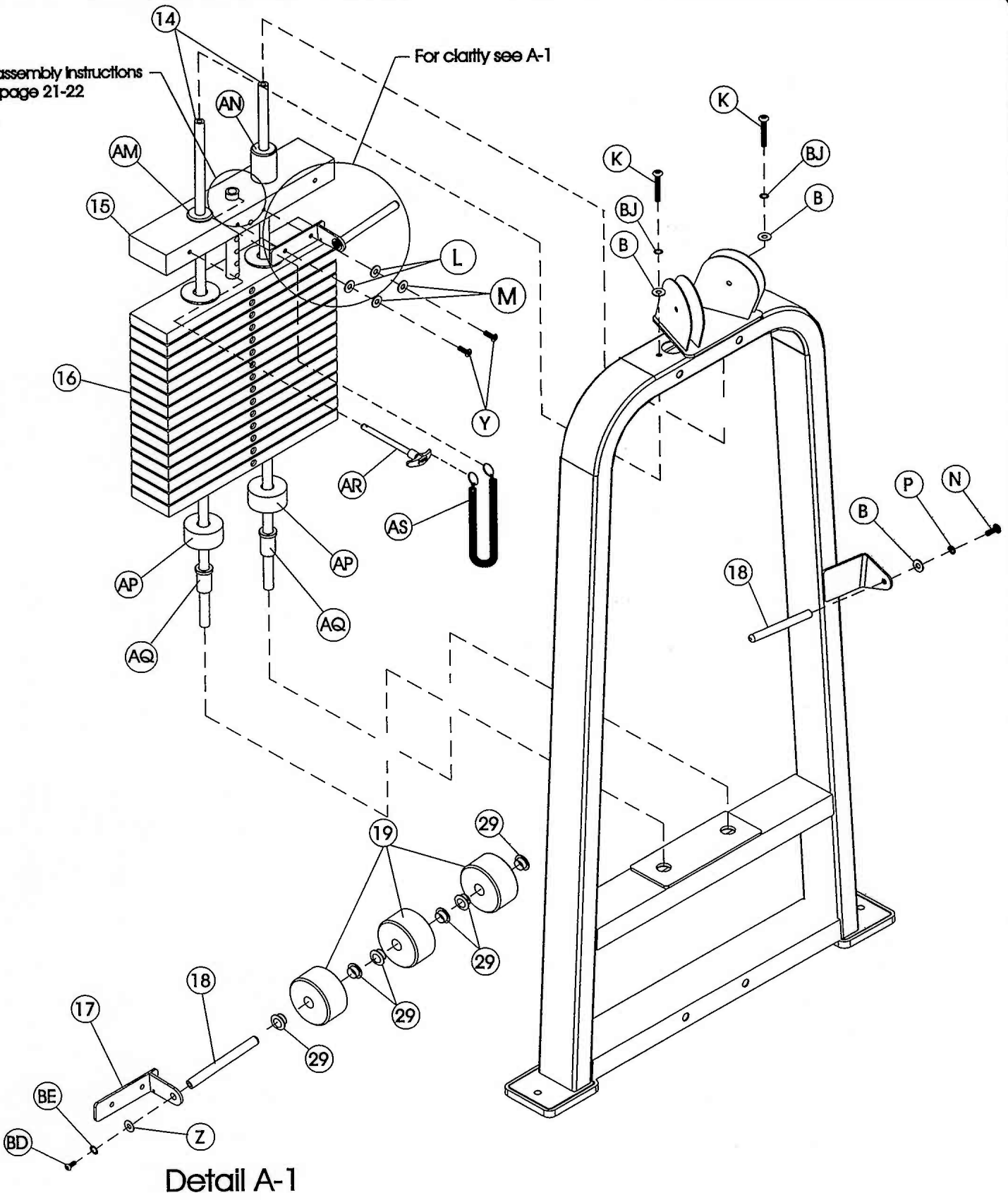
B - 3/8" Flat Washer

# ASSEMBLY

## INSTRUCTIONS

For assembly instructions see page 21-22

For clarity see A-1



Detail A-1

## Step 2e

### FRAME ASSEMBLY

Start by inserting the Pulleys in the Weight Cage and secure. Next, secure the Weight Stack 4 1/2" Pulley Mount to the 15 LBS Aluminum Top Plate Then *Wrench tighten* bolts including all previously hand tightened bolts.

#### Part Descriptions

15 - 15 LBS. Aluminum Top Plate

#### Hardware Descriptions

B - 3/8" Flat Washer

P - 3/8" Lock Washer (white zinc)

R - 3/8" Lock Nut

S - 3/8" x 2" Button Head Screw

AT - 4 1/2" Pulley

AV - Weight Stack Pulley Mount

BF - 1/2" Flanged Nut (Black)

## Step 2g

### FRAME ASSEMBLY

In this step start by attaching the Latch Assembly to the Seated Assembly by sliding the 1.55 x .25 Dia. Shaft through the mounts, Latch Assembly, and through the Adjustment Spring and secure with the C-Clip; also, insure that the Adjustment Spring ends are pointing down to ensure that the Latch Assembly locks the Seat Adjuster in place. Next slide the two EZ Glide Sleeves into the Seated Assembly from the top down until the locating boss snaps into the location hole. Attach the 12" x 14 1/2" Upholstery Seat to the Seat Adjuster. Then, attach the 10 7/8" x 18" Upholstery Backing and the 10 7/8" x 18" Upholstery Back Rest to the Seated Assembly. Next slide the Seat Adjuster in the Seat Assembly. Then attach the 2" x 4" End Cap(horizontal H) on the Seated Assembly. Wrench tighten bolts.

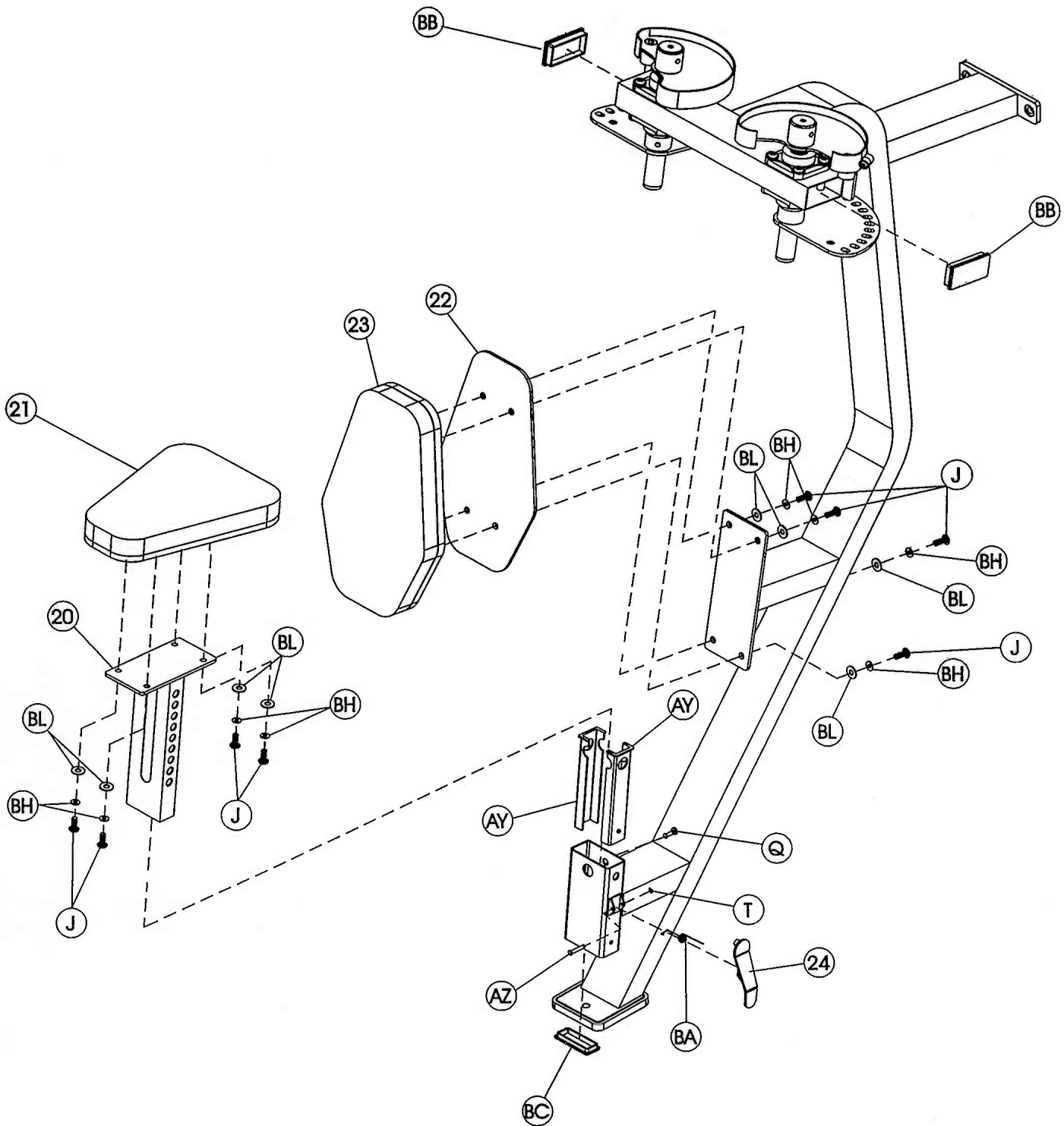
#### Part Descriptions

- 20 - Seat Adjuster Assembly
- 21 - 12" x 14 1/2" Upholstery Seat
- 22 - 10 7/8" x 18" Backing
- 23 - 10 7/8" x 18" Upholstery
- 24 - Latch Assembly

#### Hardware Descriptions

- J - 5/16" x 1 1/4" Button Head Cap Screw
- L - 5/16" Flat Washer (white zinc)
- Q - 3/8" Square Head Set Screw
- T - C-Clip
- AY - EZ Glide Sleeve
- AZ - 1.55" x .25 Dia. Shaft
- BA - Adjustment Spring
- BB - 2" x 4" End Cap(Horizontal H)
- BC - 1 1/2" x 3 1/2" End Cap
- BH - 5/16" Internal Lock Washer
- BL - 5/16" Flat Washer

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

INSTRUCTIONS

## Step 2h

### FRAME ASSEMBLY

Attach the 29.22" x 30" Standard Shield to the Weight Cage.

Wrench tighten bolts.

#### Part Descriptions

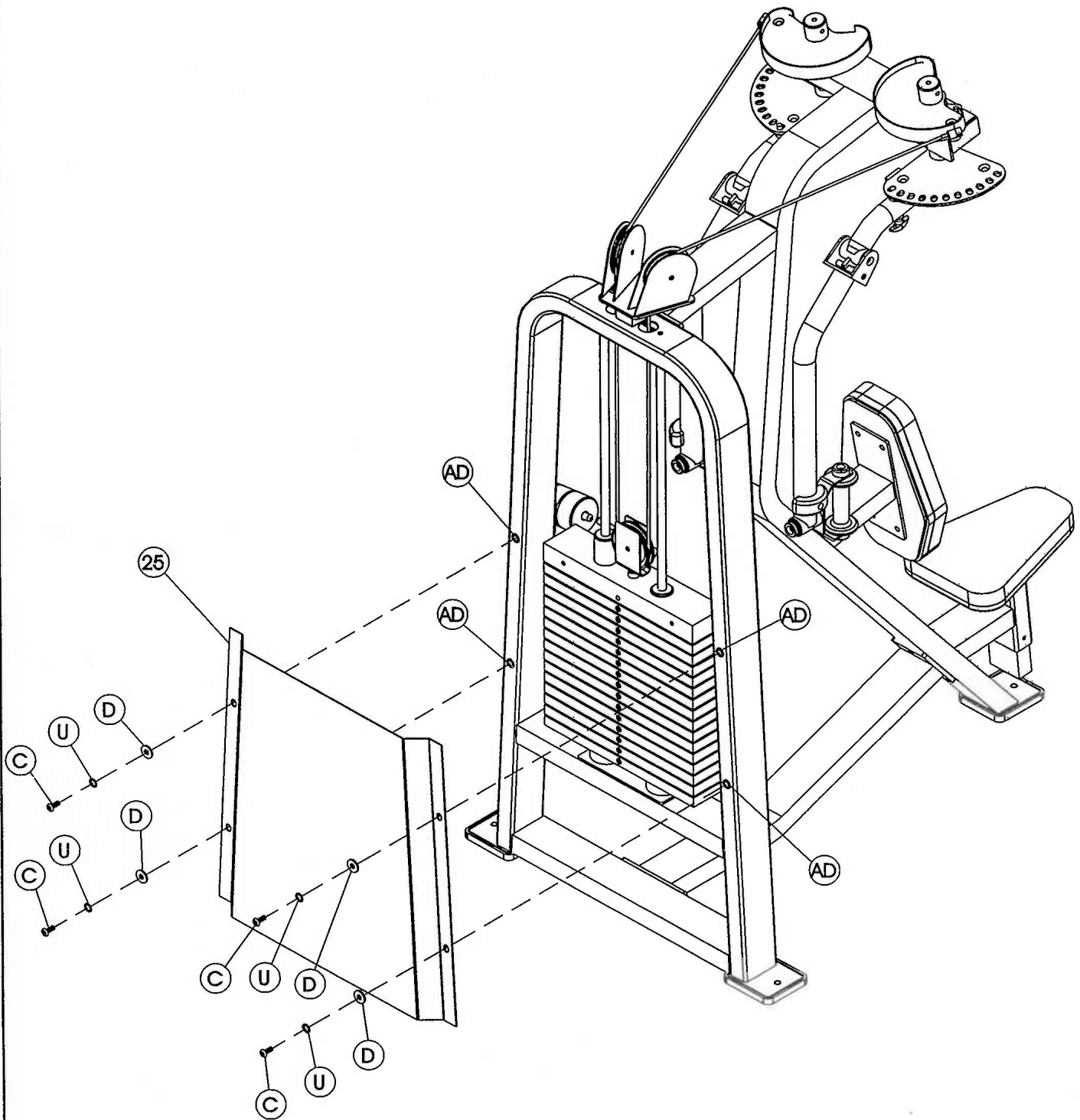
- 1 - Weight Cage
- 25 - 29.22" x 30" Standard Shield

#### Hardware Descriptions

- C - 1/2" x 1 1/2" Button Head Screw
- D - 1/2" Flat Washer
- U - 1/2" Lock Washer
- AD - Insert



# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

INSTRUCTIONS

## Step 2i

### FRAME ASSEMBLY

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

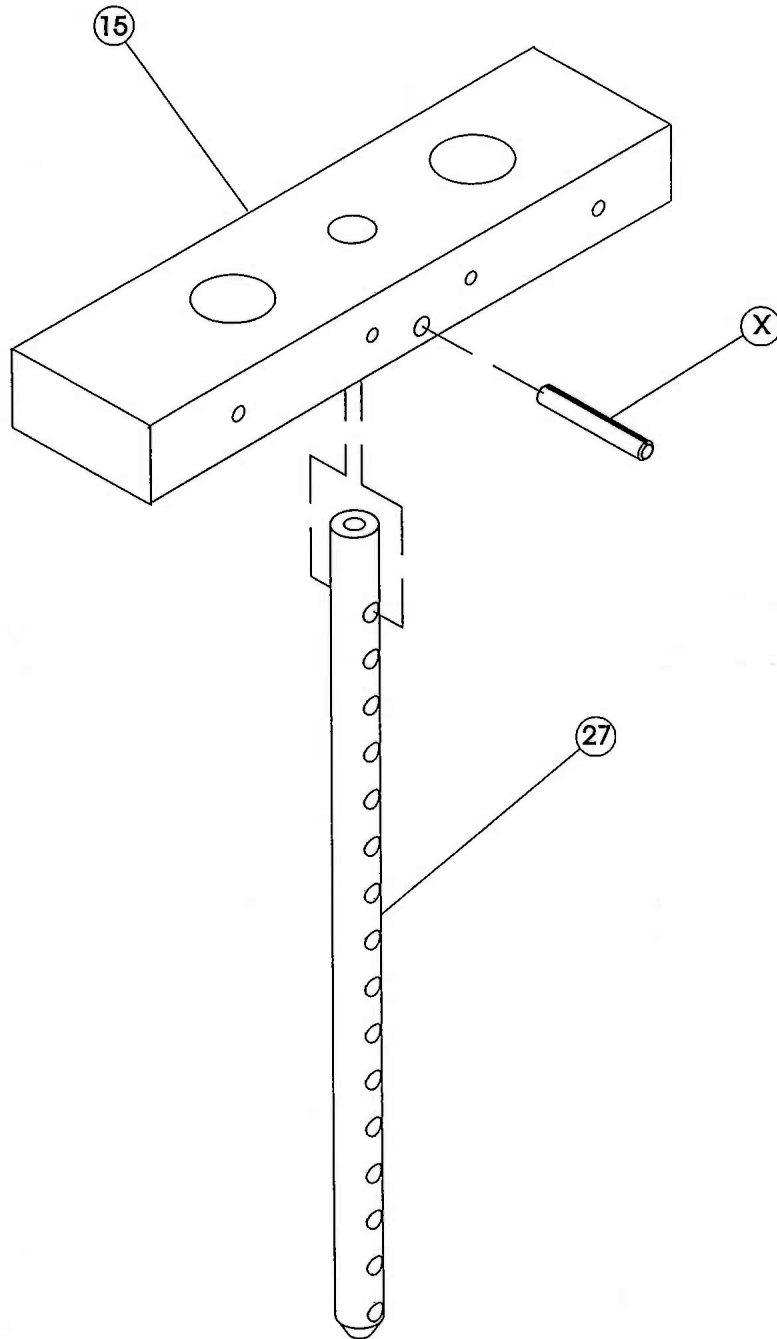
#### Part Descriptions

15 - 8.6 LBS Aluminum Top Plate  
27 - 16 Plate Selector Stem

#### Hardware Descriptions

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

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

C A T A L O G

## PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-SX609	Weight Cage Assy.
2	1	26-STD-SX610	Seated Assy.
3	1	26-STD-SX611	Bottom Support Assembly
4	1	26-STD-SX612	Arm Assembly, Lower Right
5	1	26-STD-SX613	Arm Assembly, Lower Left
6	1	26-STD-SX614	Arm Assembly, Upper
7	1	26-STD-SX147	Cam Assembly, Right Hand Side
8	1	26-STD-SX148	Cam Assembly, Left Hand Side
9	1	26-STD-SM312	Left Handle Shaft
10	1	26-STD-SM313	Right Handle Shaft
11	2	26-STD-SX146	Range of Motion
12	2	26-STD-SU5616412	Chest Upholstery Assy.
13	2	26-STD-SX160	Handle Assembly
14	2	26-STD-SG137	Guide Rod
15	1	26-STD-SWTOP12	8.6 lbs. Aluminum Top Plate
16	15	26-STD-SW104	20 lbs. Intermediate Weight
17	1	26-STD-SX155	Center RH BRK (Add-On)
18	2	26-STD-SM295	Add On Rod
19	3	26-STD-SWADD7	5 lbs. Add On Weight
20	1	26-STD-SX312	Seat Adjuster Assembly (9 Holes)
21	1	26-STD-SU121412	12" x 14 1/2" Upholstery Seat
22	1	26-STD-SUB107818	10 7/8" x 18" Backing
23	1	26-STD-SU107818	10 7/8" x 18" Upholstery
24	1	26-STD-SX158	Latch Assembly
25	1	26-STD-SSH169	Shield
26	2	26-STD-SM307	1" Dia. X 2 15/16"
27	1	26-STD-SW111	16 Plate Selector Stem
28	2	26-STD-PLAS178	Black Plastic Ring
29	6	26-STD-PLAS210	Add On Weight Bushing
30	2	26-STD-SM129	Long Pull Pin

# ASSEMBLY C A T A L O G

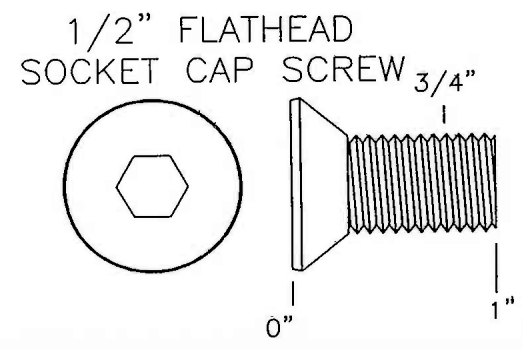
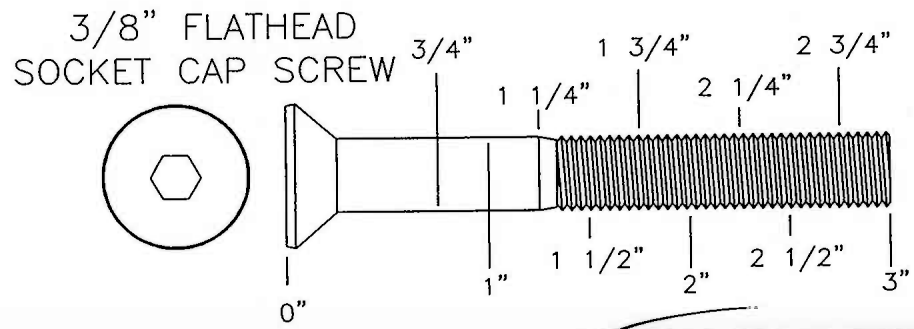
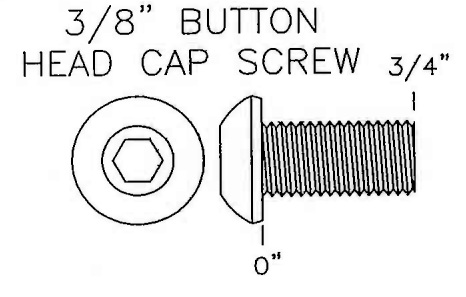
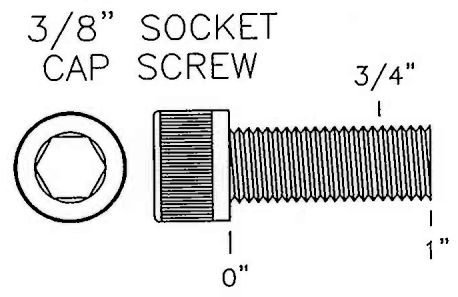
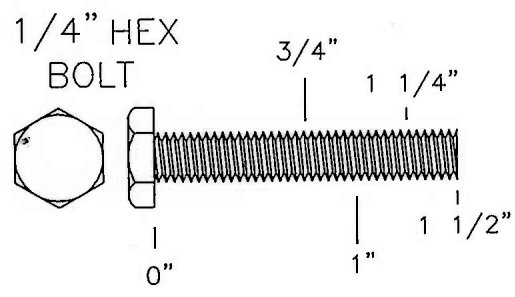
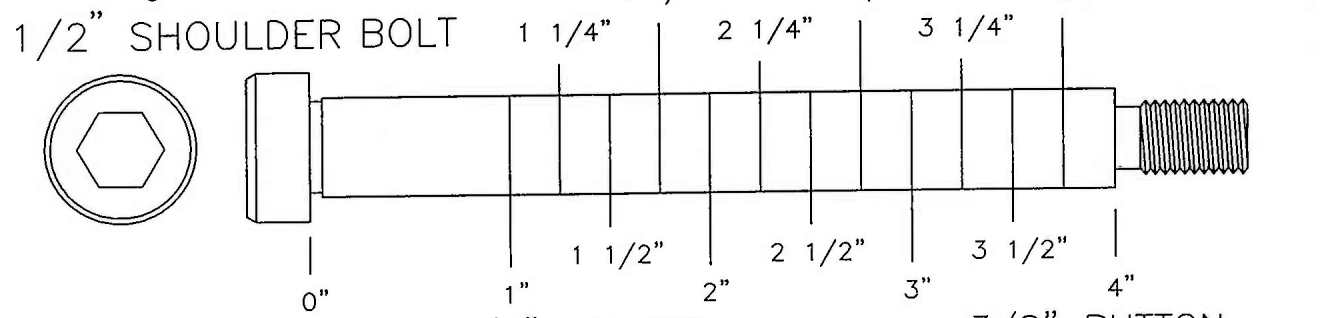
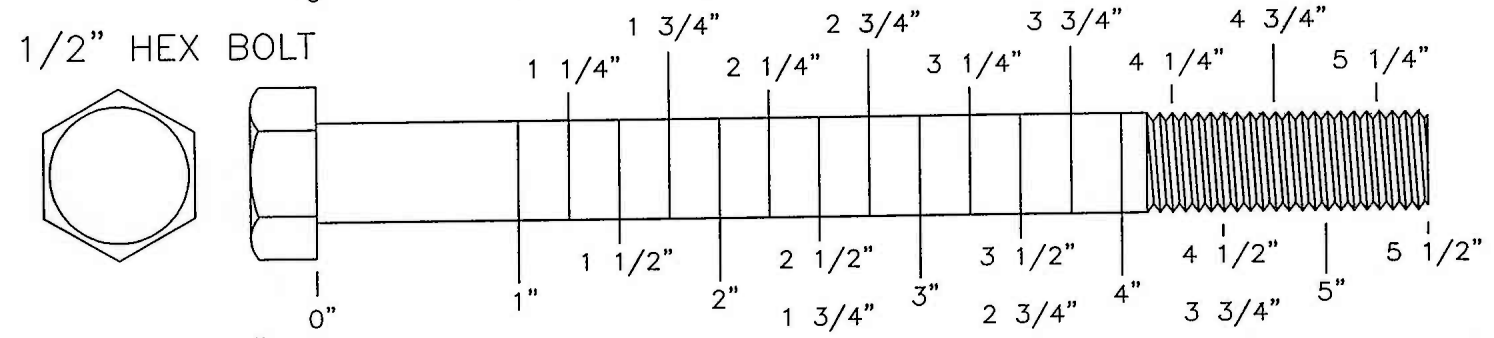
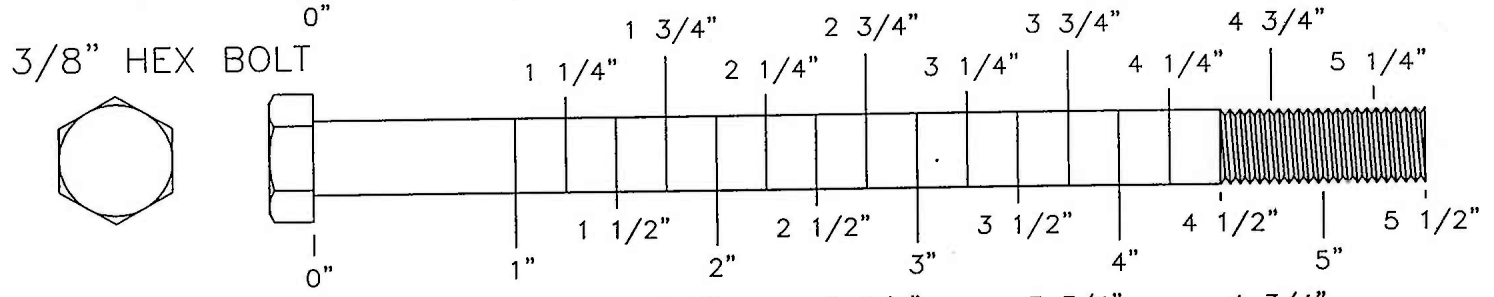
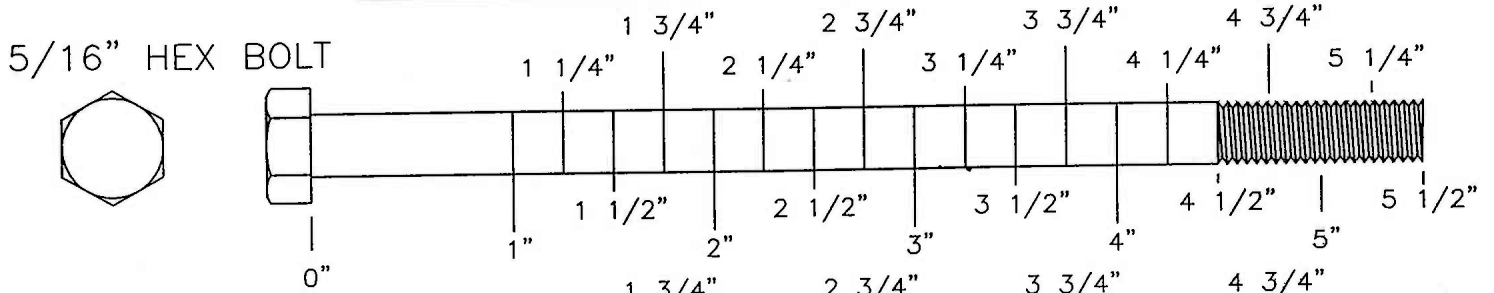
## H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	16	11-BTN-38114	3/8-16 x 1 1/4" Button Head Screw
B	10	11-FLT-38SAEWZ	3/8" Flat Washer
C	10	11-BTN-12112WZ	1/2-13 x 1 1/2" Button Head Screw
D	10	13-FLT-12SAEWZ	1/2" Flat Washer
E	2	11-FLA-121WZ	1/2-13 x 1" Flat Head Cap Screw
F	4	30-RPN-382	3/8 x 2" Open Roll Pin
G	8	11-FLA-381WZ	3/8-16 x 1" Flat Head Cap Screw
H	2	11-SKT-38(16)1	3/8-16 x 1" Socket Head Cap Screw
J	8	11-BTN-516114WZ	5/16-18 x 1 1/4" Button Head Screw
K	2	11-BTN-38234WZ	3/8-16 x 2 3/4" Button Head Screw
L	2	13-FLT-516	5/16" Flat Washer
M	6	13-LOK-516INTB	5/16" Lock Washer
N	1	11-BTN-381WZ	3/8-16" x 1" Button Head Screw
P	4	13-LOK-38INT	3/8" Lock Washer
Q	1	11-SET-3834SQFD	3/8" Square Head Set Screw
R	3	12-LOK-38WZ	3/8" Lock Washer
S	3	11-BTN-382WZ	3/8-16 x 2" Button Head Screw
T	1	14-RNG-ERETRG(1/4)	C-Clip
U	10	13-LOK-12INT	1/2" Lock Washer
V	4	14-TBW-1	Thrust Washer
W	2	14-BRG-Thrust1	Thrust Bearing
X	1	30-RPN-7163	7/16" x 3" Roll Pin
Y	6	11-BTN-5161	5/16-18 x 1" Button Head Cap Screw
Z	17	13-FLT-38SAE	3/8" Flat Washer

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

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
AA	4	14-BRG-4B1	Flange Bearing
AB	3	26-STD-PLAS195	Rubber Foot Pad
AC	18	3/8-16UNC	Insert
AD	10	1/2-13UNC	Insert
AE	2	26-STD-PLAS193	Cam Stopper
AF	2	26-STD-PLAS205	Bumper
AG	2	26-STD-PLAS199	Bumper
AH	2	26-STD-PLAS200	Handle
AJ	4	19-BMP-11234516	Bumper
AK	12	14-OIL-1F	1" I.D. Oilite Bushing
AL	4	26-STD-SM239	3/8" Flat Head Cap 1 3/8" x 5/16" THK
AM	1	14-BRG-PAC4982	Guide Bearing
AN	1	14-BRG-PAC4962	Guide Bearing
AP	2	26-STD-PLAS201	3" x 1" I.D. x 1 1/2" THK
AQ	2	26-STD-PLAS134	Guide Rod Bushing
AR	1	26-STD-SM134	Weight Selector Pin
AS	1	10-LRD-12	Selector Pin Lanyard
AT	3	18-PUL-412	4 1/2" Pulley
AV	1	26-STD-SX140	Weight Stack 4 1/2" Pulley Mount
AW	2	26-STD-SM199	Quick Release Cable Lock
AX	1	26-STD-SC203T	Cable
AY	2	26-STD-PLAS125	EZ Glide Sleeve
AZ	1	26-STD-SM503	1.55" x .25 Dia. Shaft
BA	1	26-STD-SM194	Adjustment Spring
BB	2	26-STD-PLAS187RH	2" x 4" End Cap (Horizontal H)
BC	1	16-CAP-112312	1 1/2" x 3 1/2" End Cap
BD	1	11-BTN-381	3/8-16 x 1" Button Head Screw
BE	17	12-LOK-38INTB	3/8" Lock Washer
BF	1	12-FLG-12(13)SB	1/2" Flanged Nut
BG	2	13-FLA-3812WZ	3/8-16 x 1/2" Flat Head Cap Screw
BH	8	13-LOK-516INT	5/16" Lock Washer
BJ	2	11-FLA-1234	1/2-13 x 3/4" Flat Head Bolt
BK	2	13-LOK-38WZ	3/8" Flat Washer
BL	8	13-FLT-516WZ	5/16" Flat Washer

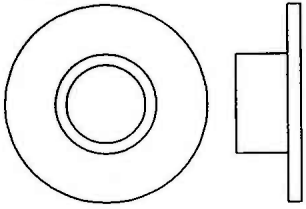
# OWNERS MANUAL BOLT SIZING CHART



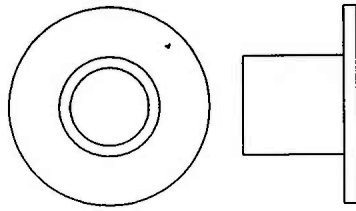
# OWNERS MANUAL

## WASHER SIZING CHART

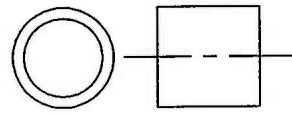
1/4" LONG FLANGED PULLEY SPACER



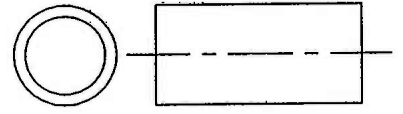
1/2" LONG FLANGED PULLEY SPACER



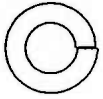
1/2" LONG PULLEY SPACER



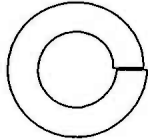
1" LONG PULLEY SPACER



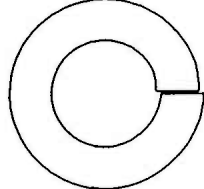
1/4" LOCK WASHER



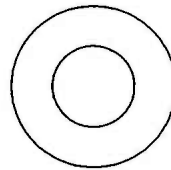
3/8" LOCK WASHER



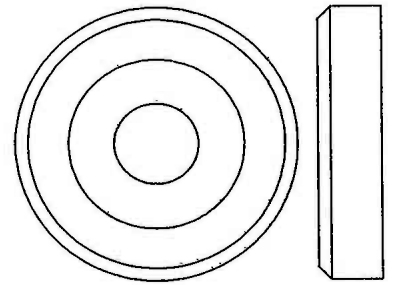
1/2" LOCK WASHER



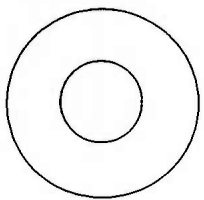
5/16" FLAT WASHER



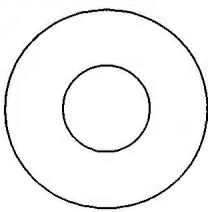
1 3/8" ALUMINUM FLATHEAD CAP



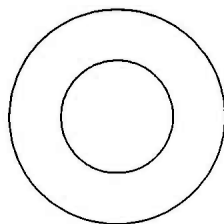
5/16" FLAT WASHER  
LARGE, USS, 25mm



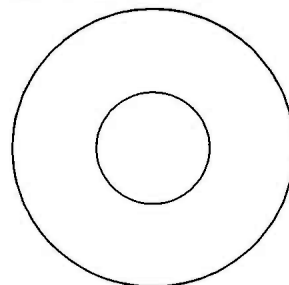
3/8" FLAT WASHER



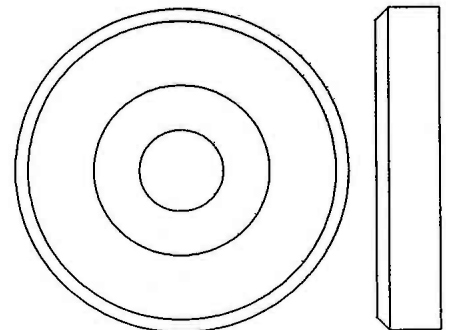
1/2" FLAT WASHER  
SMALL, SAE, 26mm



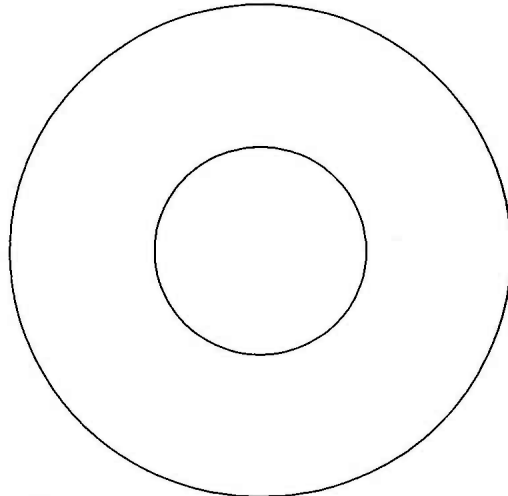
1/2" FLAT WASHER  
LARGE, USS, 34mm



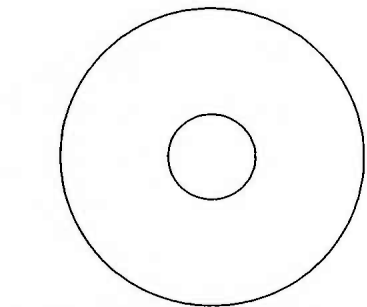
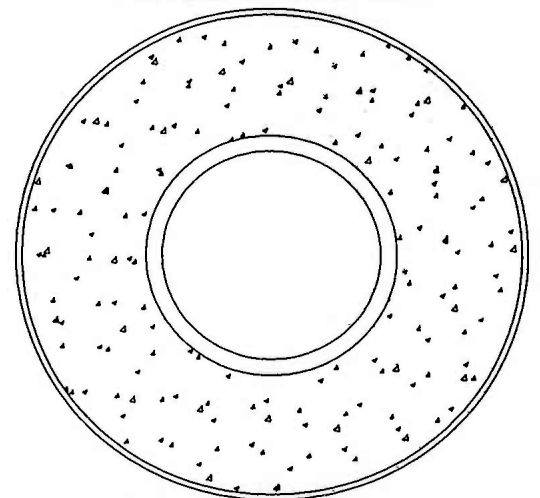
1 5/8" ALUMINUM FLATHEAD CAP



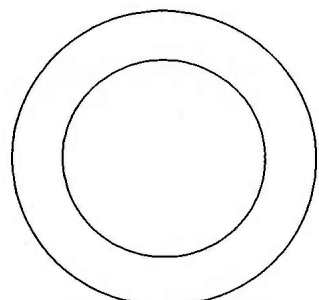
1 1/16" FENDER WASHER



PLASTIC 1 1/16" FENDER WASHER



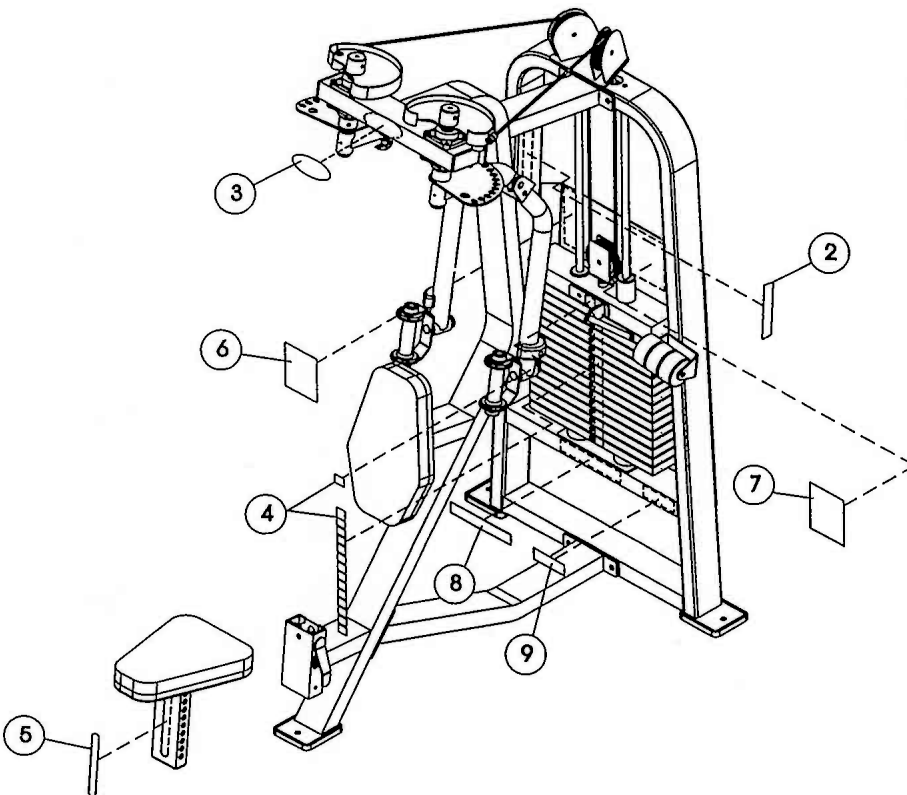
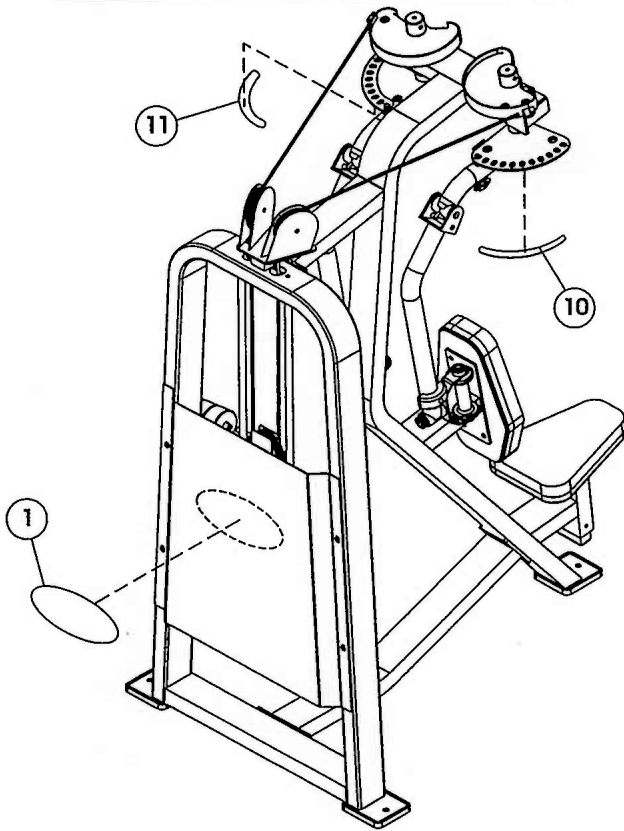
3/8" FENDER WASHER



1" SHIM WASHER



# DECAL PLACEMENTS



## Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003008
- 3 - 021-0004029
- 4 - 021-0003011
- 5 - 021-0004023
- 6 - 021-0013067
- 7 - 021-0013068
- 8 - 021-0003006
- 9 - 021-0012004
- 10 - 021-0004018
- 11 - 021-0004019

# DECAL REFERENCE

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

<i>ROUTINE MAINTENANCE</i>	<i>Daily</i>	<i>Weekly</i>	<i>6 Months</i>	<i>Yearly</i>
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	<b>x</b>			
Clean, Upholstery	<b>x</b>			
Lubricate, Guide Rods with Waytube Oil only				<b>x</b>
Inspect; Accessory Bars and Handles		<b>x</b>		
Inspect; All Decals		<b>x</b>		
Inspect; All Nuts and Bolts, Tighten if Needed		<b>x</b>		
Inspect; Anti- Skid Surfaces		<b>x</b>		
Inspect, Cables or Belts Tension		<b>x</b>		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		<b>x</b>		
Clean and Wax, All Glossy Finishes			<b>x</b>	
Repack with Grease; Linear Bearings			<b>x</b>	
Replace, Cables or Belts Connecting Parts				<b>x</b>

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16

- 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9

021-0003008

021-0003011

021-0004023

# DECAL REFERENCE

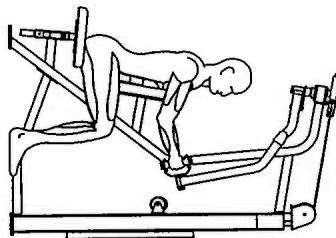
*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

**HOIST**<sup>®</sup>  
FITNESS SYSTEMS

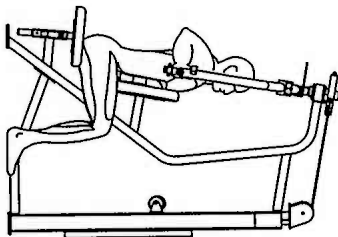
**CL 2302**  
**REAR DELT / PEC FLY**

Rear Delt Exercise Instructions

Start / End Position



Midpoint Position



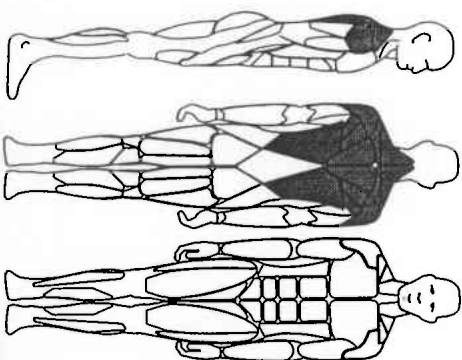
- 1** Adjust seat height.
- 2** Set arms at far back position. (pull-pin range adjuster).
- 3** Be seated with chest against back pad and select desired exercise weight.

- 4** Grip handles, then using a smooth controlled movement, swing arms rearward. Return back to starting position and perform desired number of repetitions.

MUSCLES TRAINED

**PRIMARY:**  
Rear Shoulder  
Upper Back

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



021-0013067

# DECAL REFERENCE

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



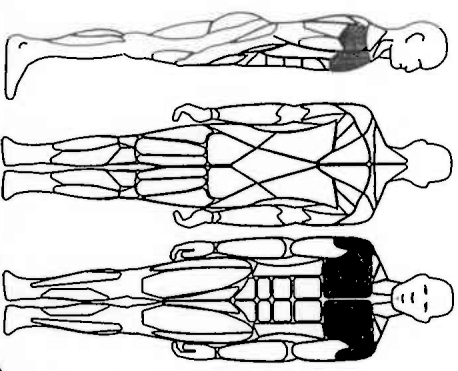
## CL 2302 REAR DELT / PEC FLY

### Pec Fly Exercise Instructions

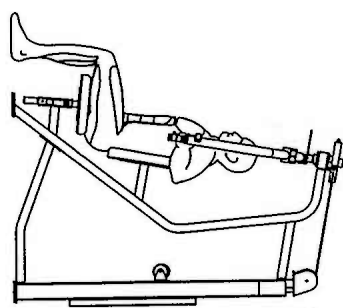
- 1** Adjust seat height.
- 2** Set arms for proper pre-stretch (pull-pin range adjuster).
- 3** Be seated with back against back pad and select desired exercise weight.
- 4** Grip handles, then using a smooth controlled movement, swing arms forward bringing heels of hand near together at end. Return back to starting position and perform desired number of repetitions.

#### MUSCLES TRAINED

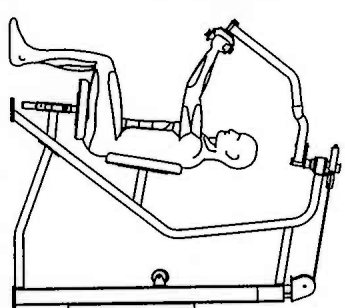
- PRIMARY:**  
Chest
- SECONDARY:**  
Shoulders



*Start / End Position*



*Midpoint Position*



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

021-0013068



# DECAL REFERENCE

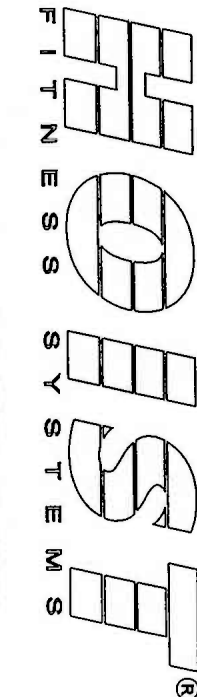
*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

**WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP**

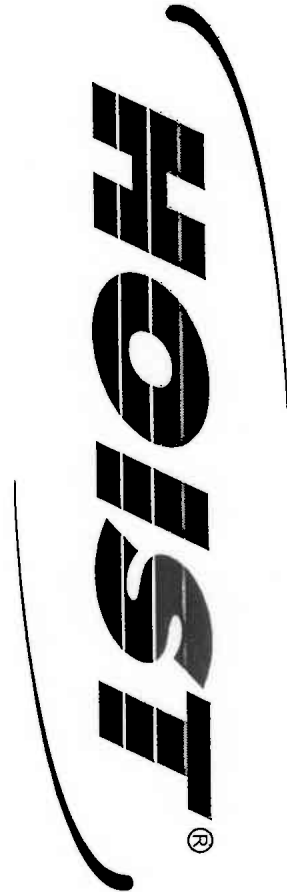
There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

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

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



90 EMPIRE ST. \* SAN DIEGO, CA 92126  
(800)548-5438 \* (619)578-7676  
99-00000



021-0012004


021-0004029

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

021-0003006

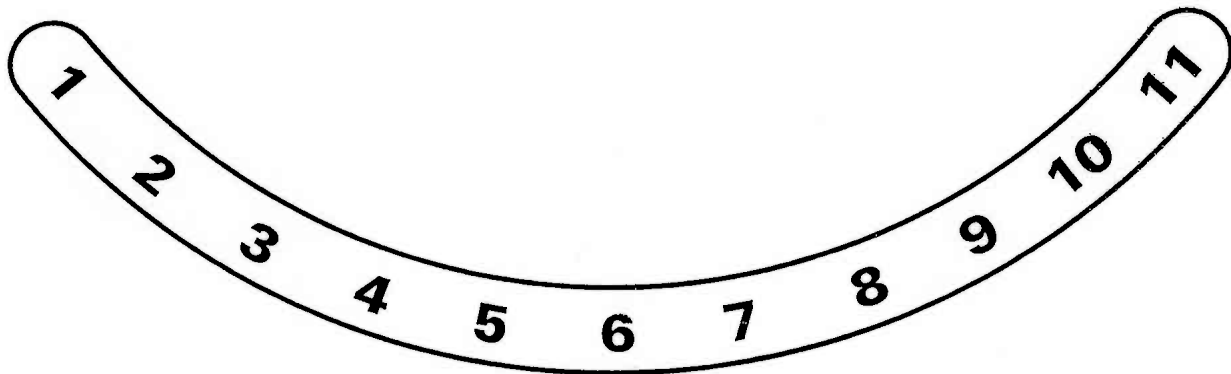
# DECAL REFERENCE

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

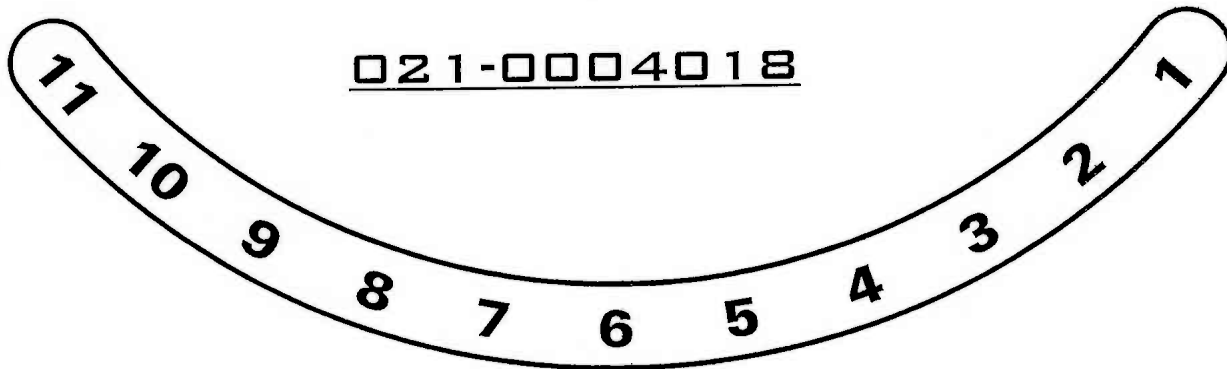


# **HOIST**®

021-0004026

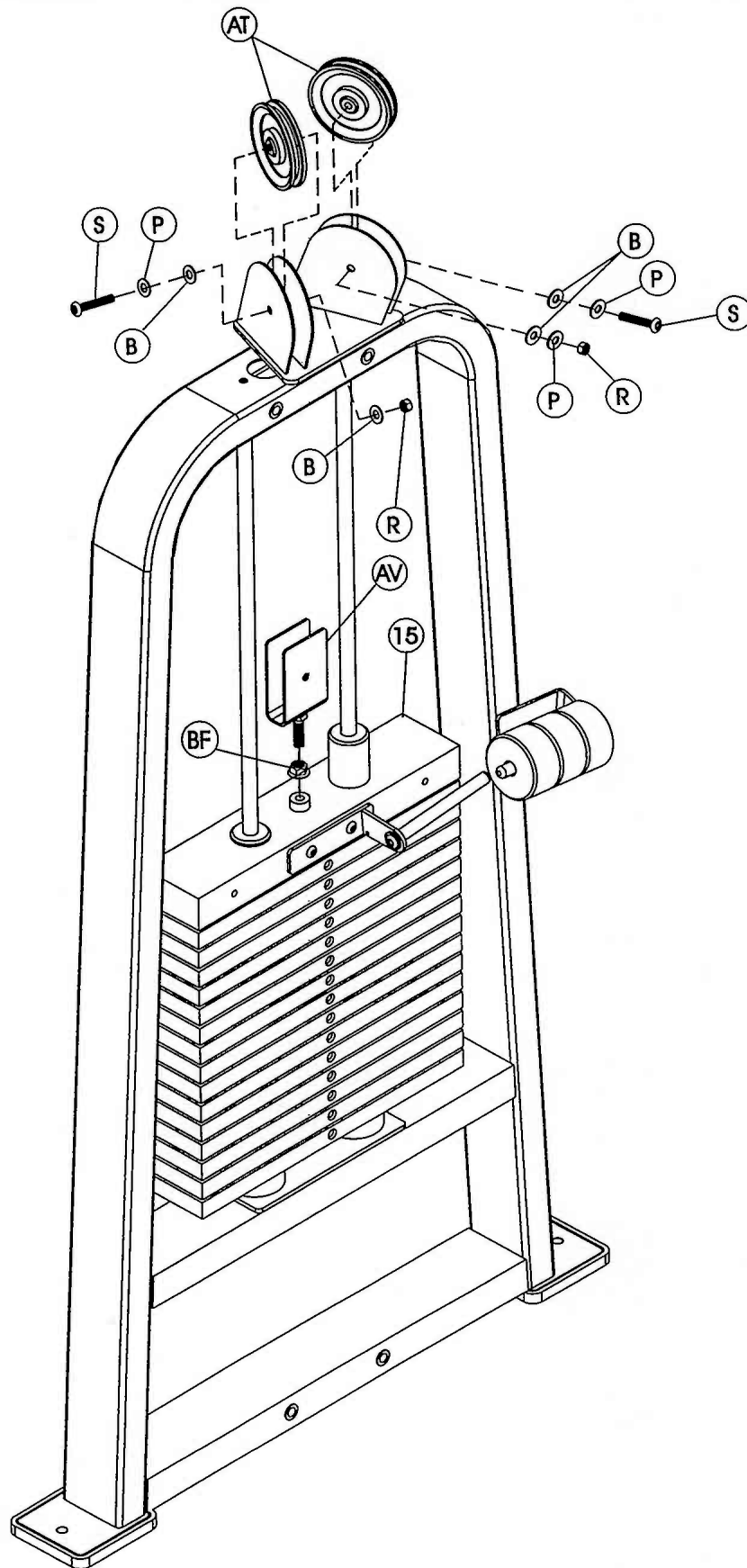


021-0004018



021-0004019

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY

## INSTRUCTIONS

### Step 2f

#### FRAME ASSEMBLY

Start by looping the cable through the 4 1/2" Pulley and attach the Pulley to the Weight Stack, 4 1/2" Pulley Mount. Next feed the cable up and along the groove on the top pulleys and through the Shaft on the Cam Assemblies. Secure the Cable ends by placing the Quick Release Cable Locks on the ends of the Cable and sliding the Cable Locks into the Shaft on the Cam Assemblies. Then Wrench tighten bolts including all previously hand tightened bolts.

#### Part Descriptions

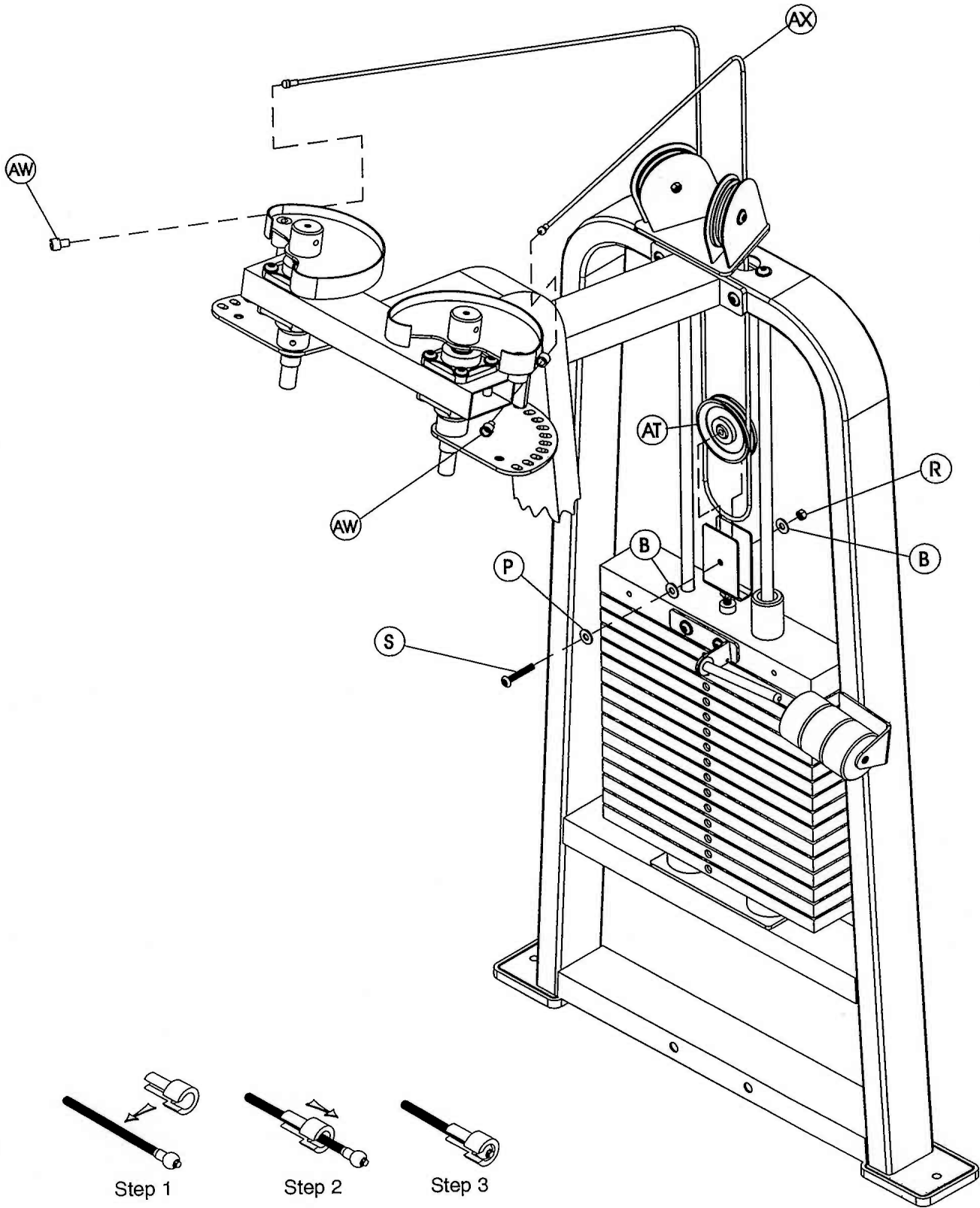
AT - 4 1/2" Pulley  
AW - Quick Release Cable Lock  
AX - Cable

#### Hardware Descriptions

B - 3/8" Flat Washer (white zinc)  
P - 3/8" Lock Washer (white zinc)  
R - 3/8" Lock Nut (white zinc)  
S - 3/8" x 2" Button Head Screw (white zinc)

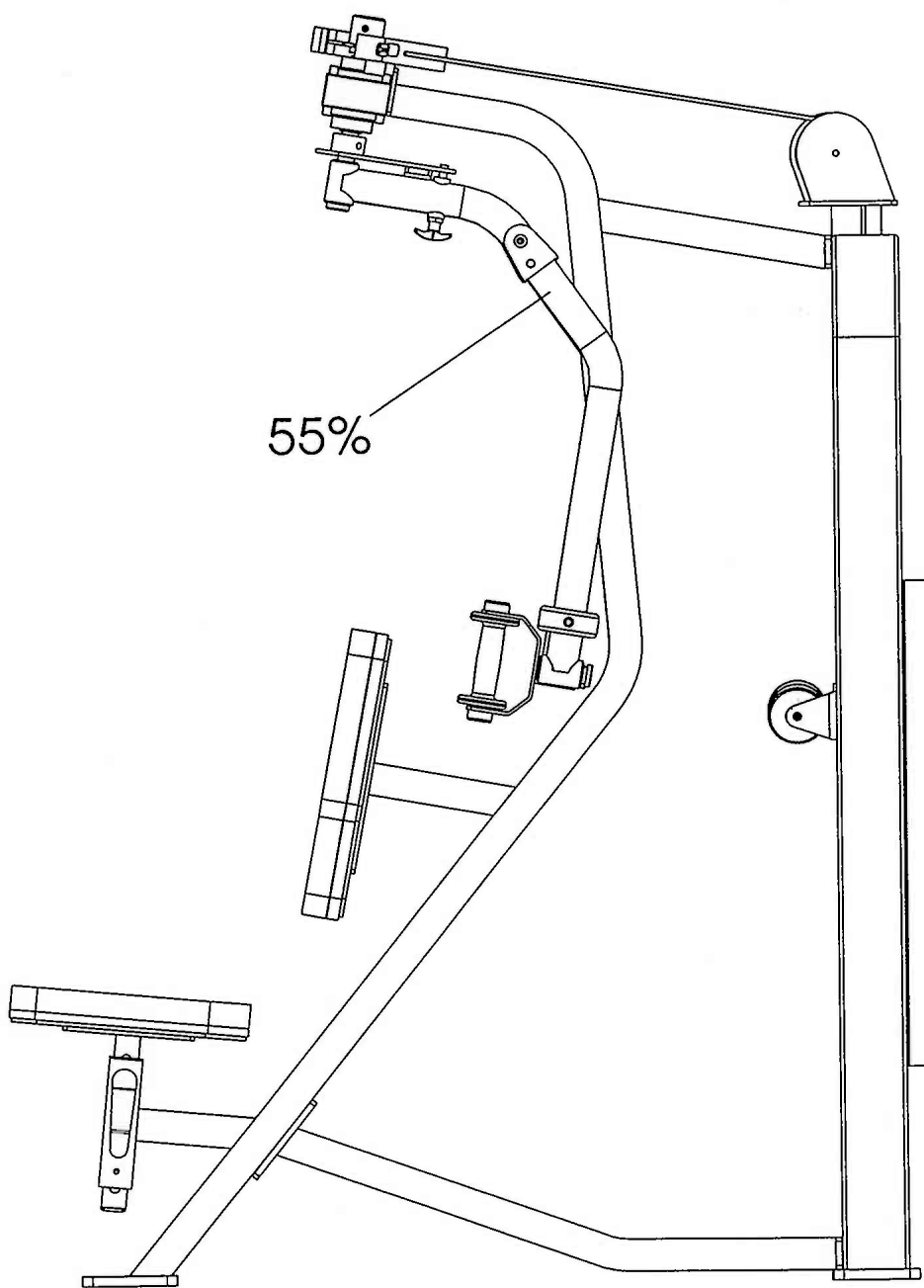


# ASSEMBLY INSTRUCTIONS



Quick Release Cable Lock Assembly

W E I G H T R A T I O S



55%

55%

1	5
2	16
3	27
4	38
5	49
6	60
7	71
8	82
9	93
10	104
11	115
12	126
13	137
14	148
15	159
16	170

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

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

### Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

### Upholstery:

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

### Guide Rods:

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

### Decals:

- \* Inspect and familiarized yourself with any safety warnings or other user information posted on each decal.

### Nuts and Bolts:

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

### Belts and Cables:

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

**Continued: GENERAL MAINTENANCE INFORMATION**

**Belt and Cable Tension:**

*\* Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.*

*\* Check slack in belts or cables and readjust tension if needed.*

**Seat Sleeves & Oilites:**

*\* Wipe down adjusting tubes with a dust free rag before applying lubricant.*

*\* Lubricate seat sleeves and oilites with a silicon or Teflon based lubricant spray.*

**Linear Bearings:**

*\* Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

**Anti-Skid Surfaces:**

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

PLEASE KEEP THIS FOR YOUR RECORDS.