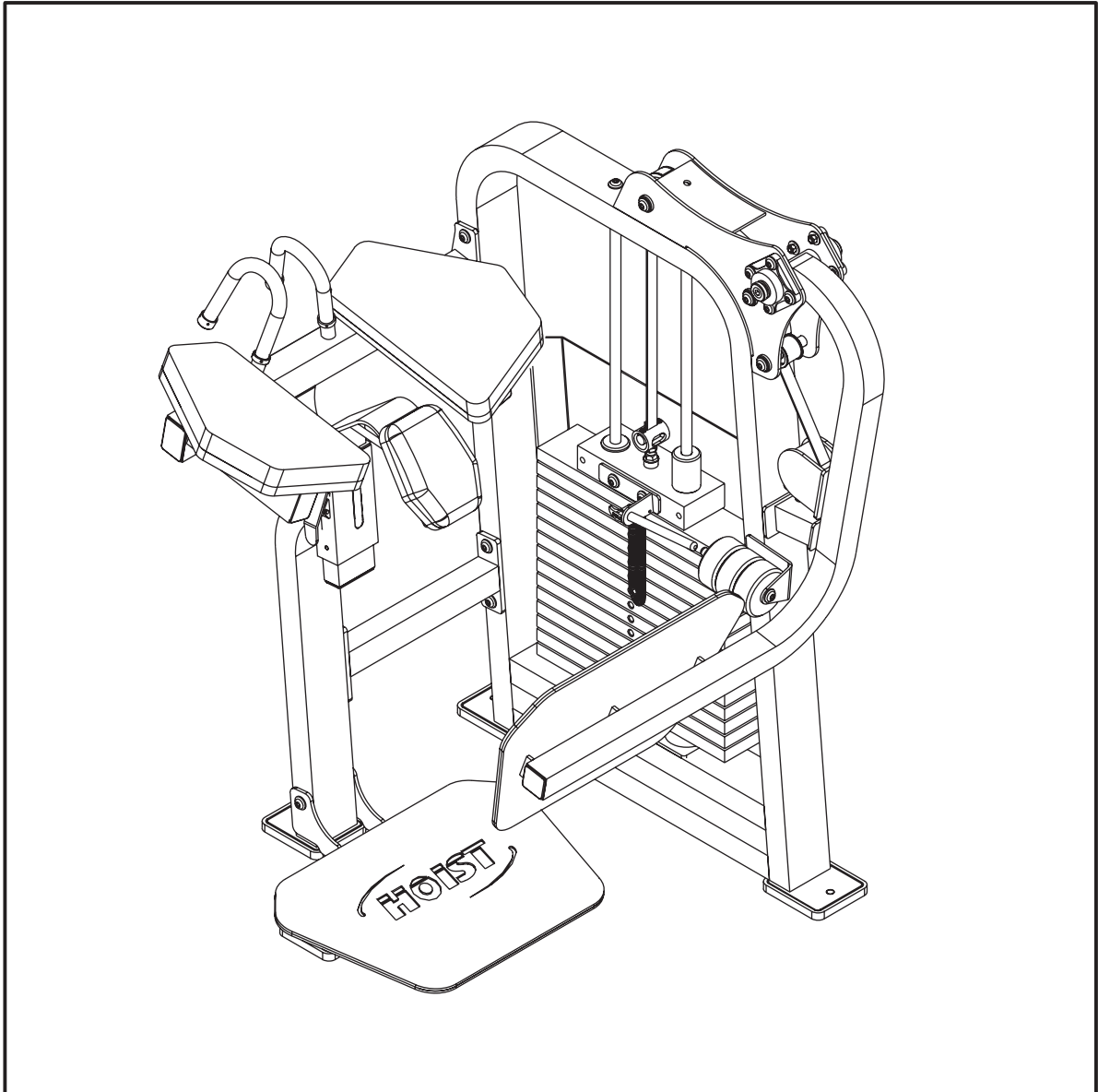


OWNERS MANUAL

HOIST[®]
FITNESS SYSTEMS

CL-2412



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

July 2000

ASSEMBLY INSTRUCTIONS

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ASSEMBLY

INSTRUCTIONS

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

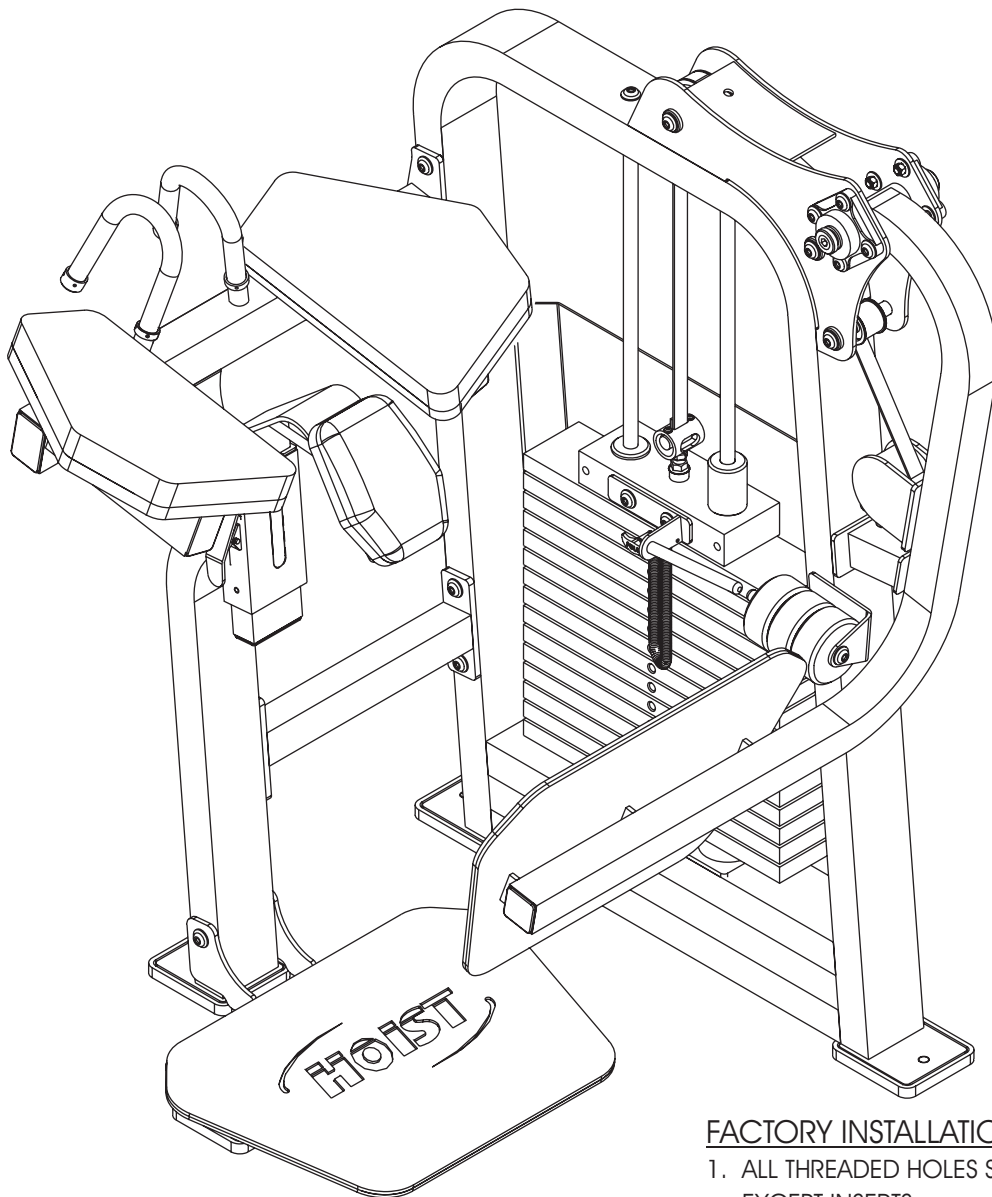
I N S T R U C T I O N S

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.

ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

In this step start by attaching (7) to (5), then attach (6) to (7). Next, attach (8) to (6). *Hand Tighten* bolts only, they will be tightened later. Lift machine to position (14).

Part Descriptions

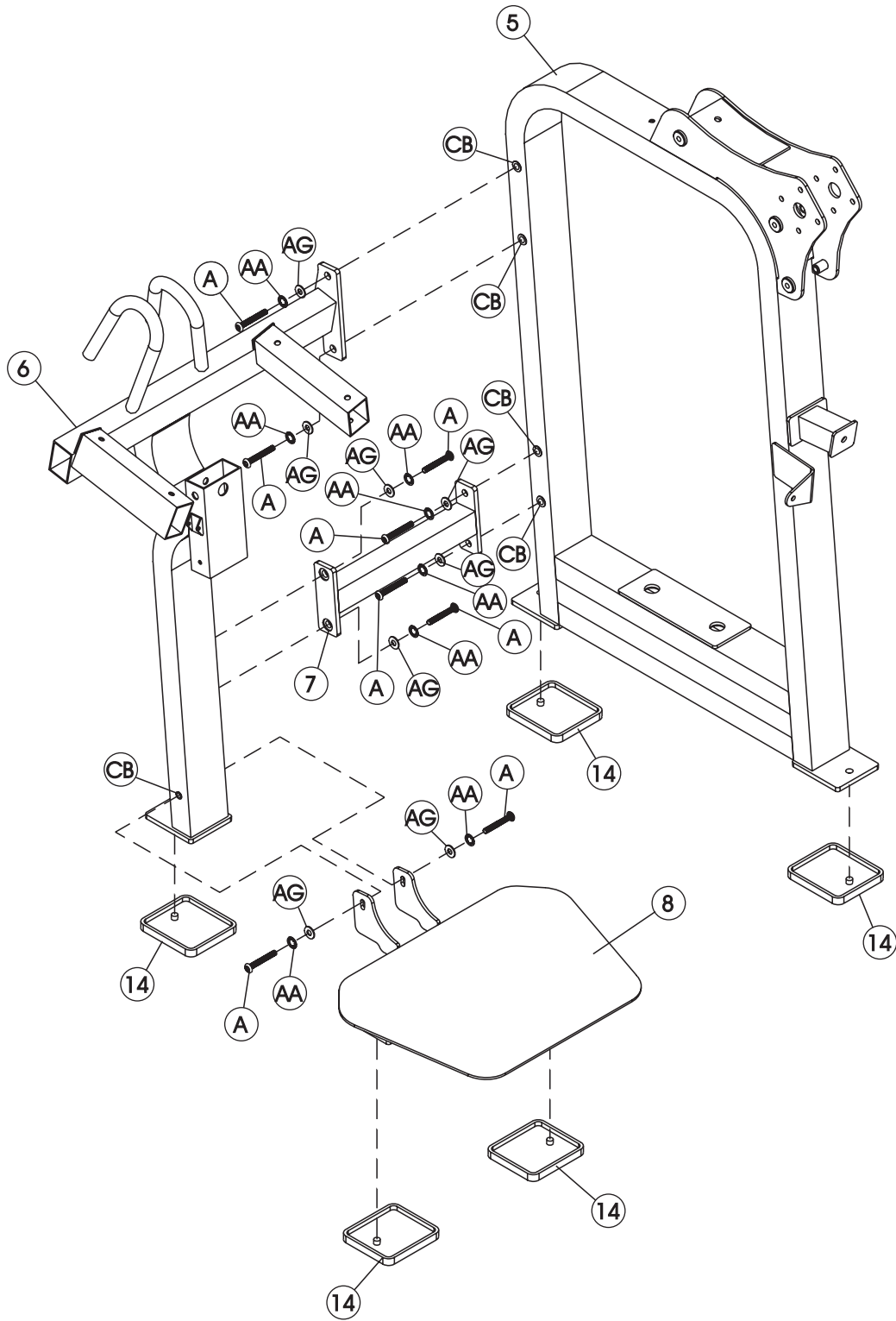
- 5 - Weight Cage Assy.
- 6 - Arm Rest Assy.
- 7 - Cross Connector Assy.
- 8 - Foot Plate Assy.
- 14 - Rubber Foot Plate

Hardware Descriptions

- A - 1/2-13 x 1 1/2" Button Head Screw
- AA - 1/2" Internal Lock Washer
- AG - 1/2" Flat Washer
- CB - 1/2" Insert

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step start by attaching (CM) to (5) and make sure to put zerk fitting facing down, then attach (9) to (5). Next, slide (16) through one (CM) then through (9) and through another (CM). Then secure (16) and (9) with (CN). After (9) is secure to (5) attach (K) to both ends of (16). Hand Tighten bolts only, they will be tightened later.

Part Descriptions

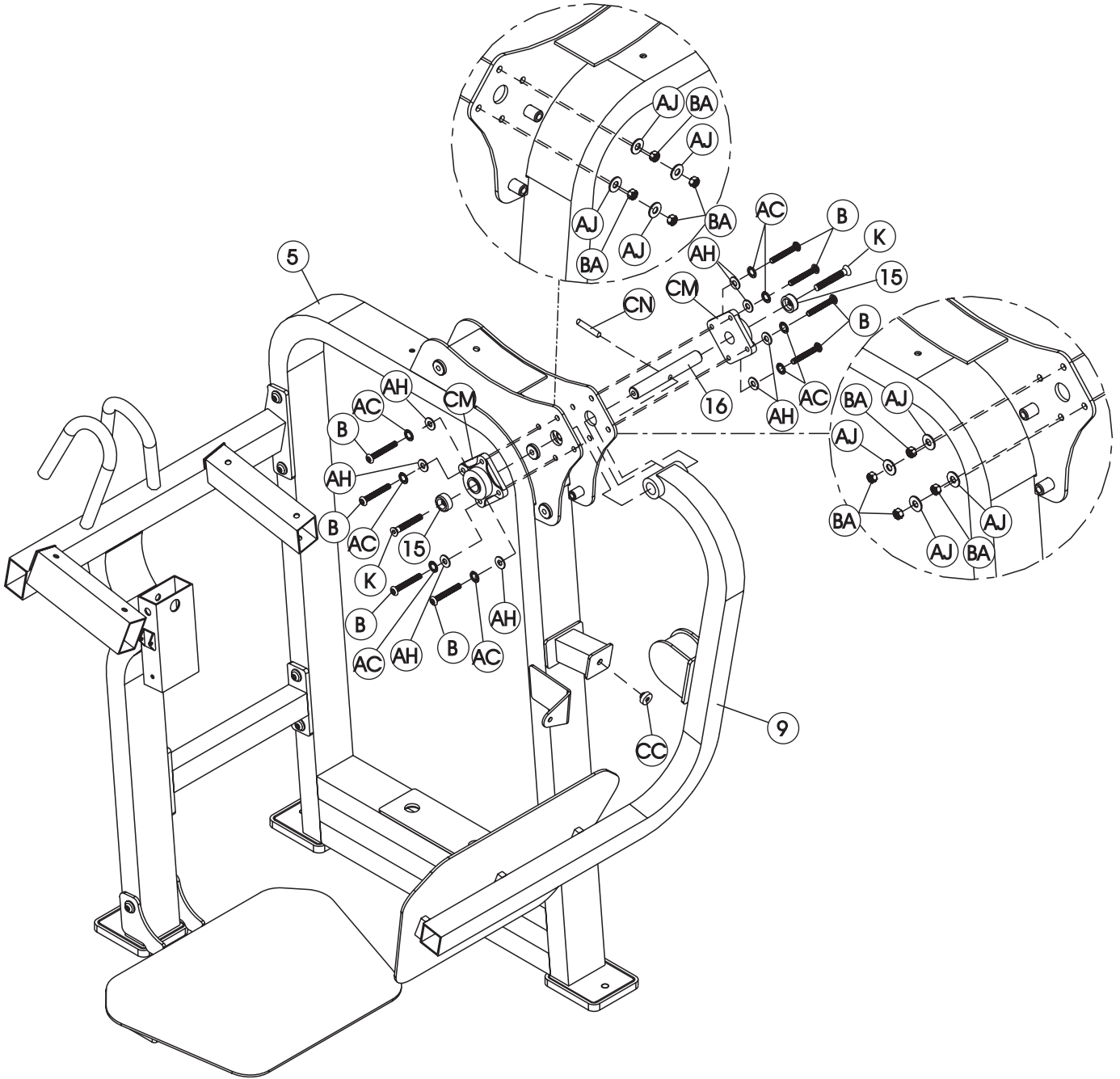
5 - Weight Cage Assy.
9 - Pivoting Foot Plate Assy.
15 - Aluminum Cap
16 - Shaft

Hardware Descriptions

B - 3/8-16 x 1 1/4" Button Head Screw
K - 3/8-16 x 1" Flat Head Cap Screw
AC - 3/8" Internal Lock Washer
AH - 3/8" Flat Washer
AJ - 3/8" Flat Washer
BA - 3/8" Lock Nut
CC - Plug Bumper
CM - Flange Bearing
CN - 3/8" x 2" Spiral Roll Pin

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

In this step start by pressing two of the (21) into (5). Take two of the (20) and place them over the two holes in the bottom of (5). Now slide two of the (17) into the holes. Make sure to lube (17) with Spindle Oil. Next slide 15 of the (19) and one (18) onto (19). Make sure (19) and (17) are sitting level. Next, secure (2) to (18) then attach two of the (23) to (2) and (5). Slide on three of the (24) on either (2) or (5). Then Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

2 - Center RH BRK (Add-On)
5 - Weight Cage Assy.
17 - Guide Rod
18 - 8.6 lbs. Top Plate
19 - 20 lbs. Intermediate Weight
20 - Weight Bumper
21 - Guide Rod Bushing
22 - Weight Selector Pin
23 - Add On Weight
24 - 5 lbs. Add On Weight
39 - Add On Weight Bushing

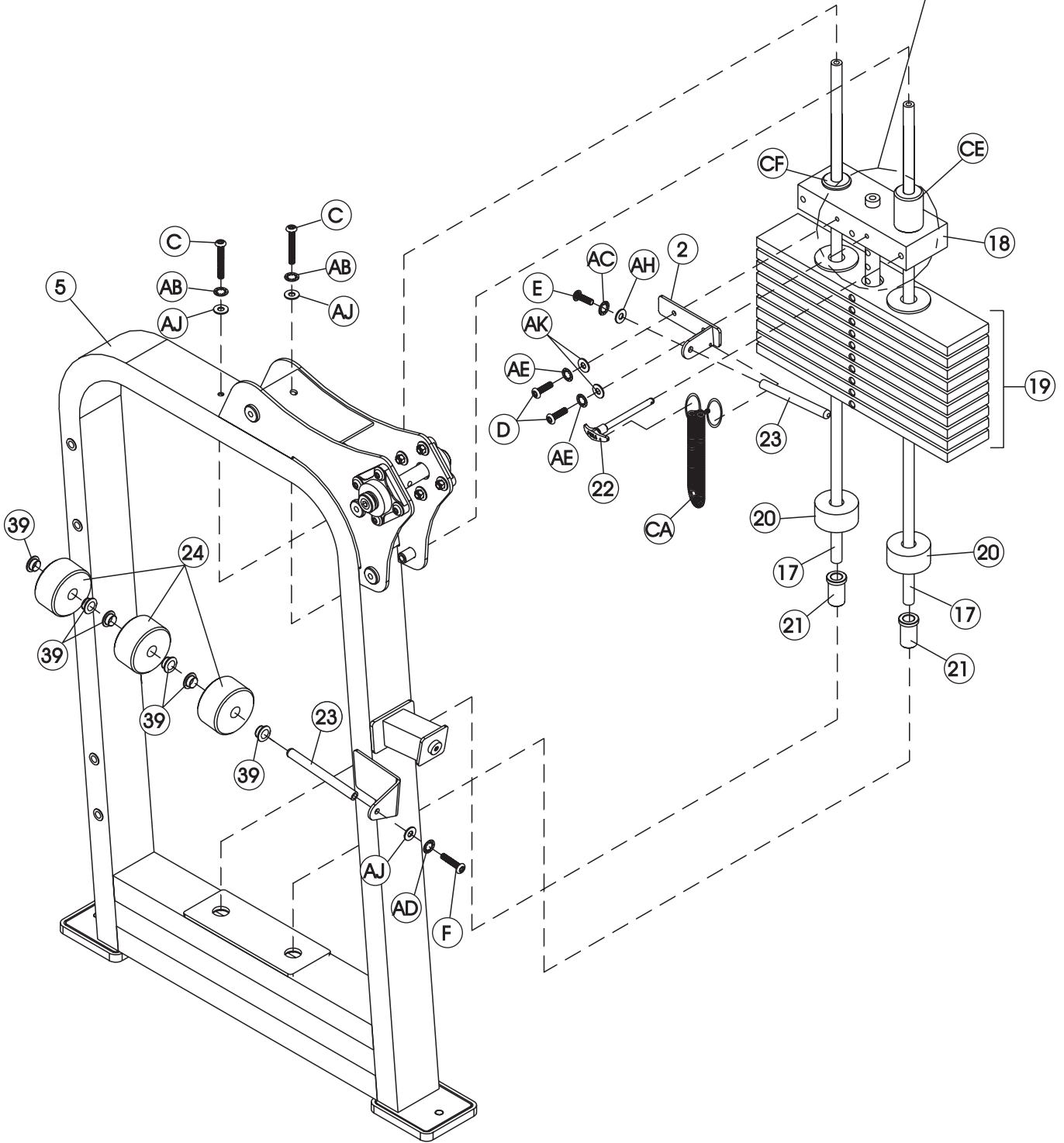
Hardware Descriptions

C - 3/8-16 x 2 3/4" Button Head Screw
D - 5/16-18 x 1" Button Head Screw
E - 3/8-16 x 1" Button Head Screw
F - 3/8-16 x 1" Button Head Screw
AB - 3/8" Split Washer
AC - 3/8" Internal Lock Washer
AD - 3/8" Internal Lock Washer
AE - 5/16" Internal Lock Washer
AH - 3/8" Flat Washer
AJ - 3/8" Flat Washer
AK - 5/16" Flat Washer
CA - Selector Pin Lanyard
CE - Guide Bearing
CF - Guide Bearing

ASSEMBLY

INSTRUCTIONS

SEE PAGE 12 FOR TOP WEIGHT & STEM ASSEMBLY



ASSEMBLY

I N S T R U C T I O N S

Step 2d

FRAME ASSEMBLY

Slide (25) up into (18) and secure with (CD). *Wrench tighten* bolts.

Part Descriptions

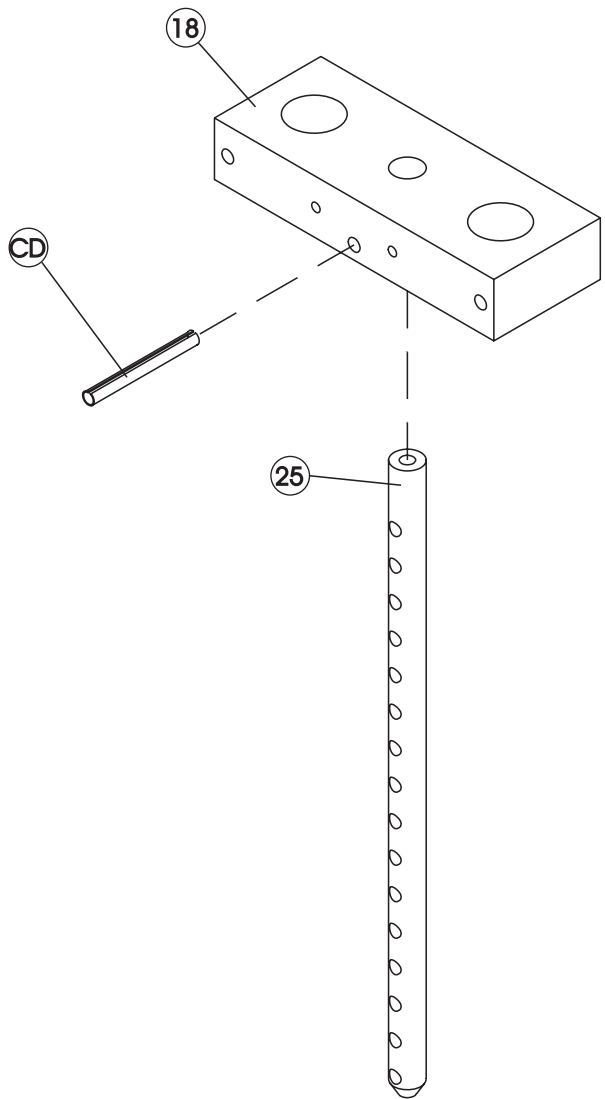
18 - 8.6 lbs. Top Plate
25 - Stem (16) Holes

Hardware Descriptions

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

ASSEMBLY

I N S T R U C T I O N S



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

In this step start by attaching (1) to the Weight Assy. (prior to attaching (CK)). Next secure two (CG) and (27) to (5) Pulley Bracket. Use a Seat Clamp On tool to secure all brackets. (Fig.1) Slide (CK) into the top slot of (1). (Fig.2) Loop the end of (CK) and feed it back up through the slot, keeping the loop open. (Fig.3) Next, slide (38) through (CK) and line up the holes, then secure to (1). Next, attach the belt by bringing it up through the hole on (5). See Detail Belt Set-Up on page 14. Wrench tighten bolts.

Part Descriptions

1 - Belt Anchor, Adjustable

Hardware Descriptions

G - 3/8-16 x 1 3/4" Button Head Screw

M - 1/4-20 x 1 1/2" Socket Head Cap Screw

P - 1/4-20 x 1" Button Head Screw

AD - 3/8" Internal Lock Washer

AJ - 3/8" Flat Washer

AM - 1/4" Internal Lock Washer

BB - Serrated Hex Nut

CG - 3 1/4" Pulley

CK - Cam Belt

CL - 2" x 2" End Cap

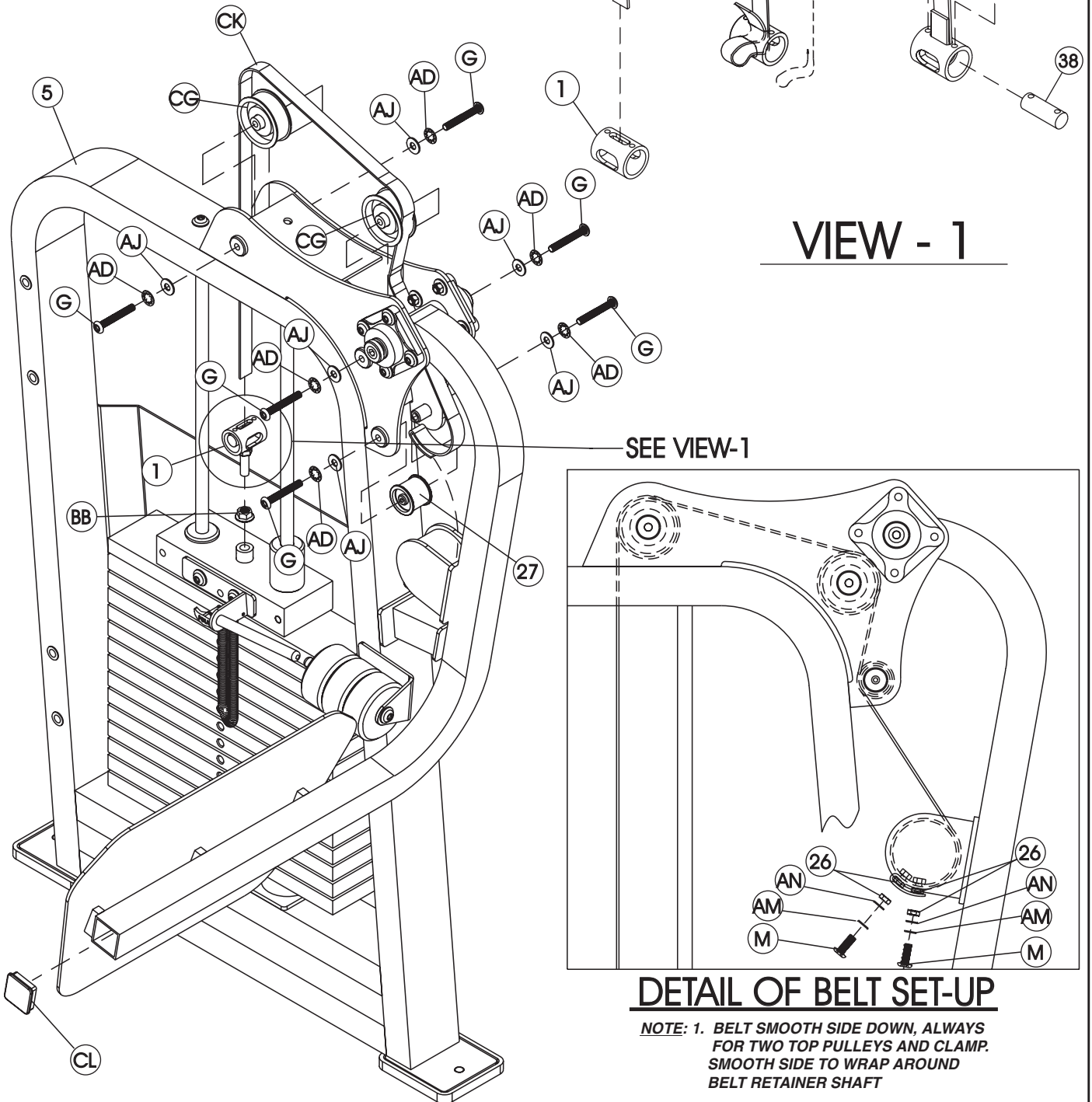
ASSEMBLY

INSTRUCTIONS

FIGURE 1

FIGURE 2

FIGURE 3



VIEW - 1

SEE VIEW-1

DETAIL OF BELT SET-UP

- NOTE:**
1. BELT SMOOTH SIDE DOWN, ALWAYS FOR TWO TOP PULLEYS AND CLAMP. SMOOTH SIDE TO WRAP AROUND BELT RETAINER SHAFT
 2. WHEN TIGHTENING THE CLAMPS (26) TO THE BELT DO NOT EXCEED 70 IN. LBS.

ASSEMBLY

INSTRUCTIONS

Step 2f

FRAME ASSEMBLY

In this step start by sliding one (30) on both handles on (6). Then, slide on one (31) on each side. Place (29) on the end of the handle. Once all three pieces (per side) are in place, secure (29), slide (31) flush with (29) and secure. Insert all (28) as shown. *Allen Wrench tighten* screws.

Part Descriptions

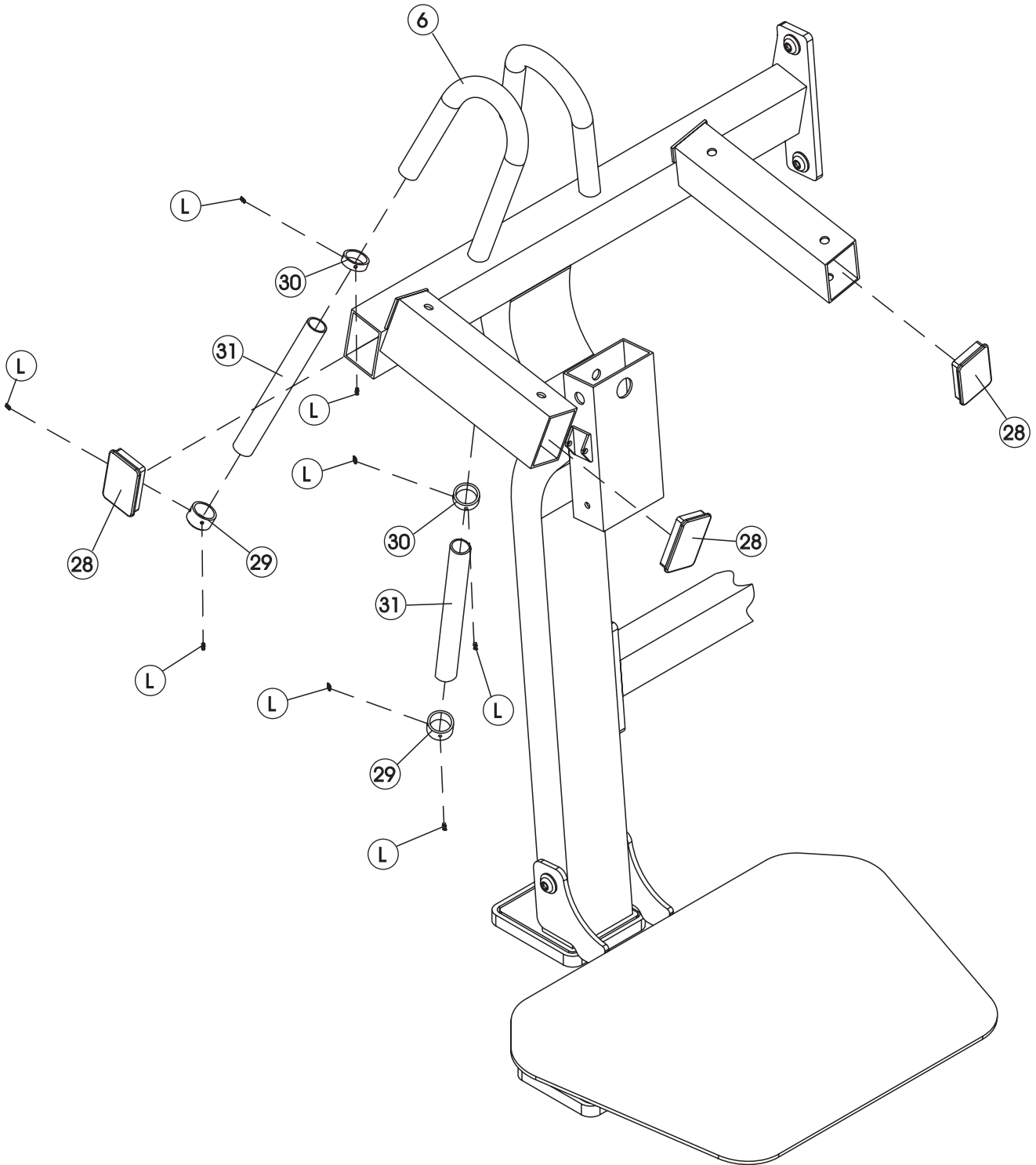
6 - Arm Rest Assy.
28 - 2" x 3" End Cap (VH)
29 - 1 1/4" Dia. X 3/4" Aluminum Cap
30 - 1 1/4" Dia. X 3/4" Aluminum Ring

Hardware Descriptions

L - #10-32 Set Screw

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2g

FRAME ASSEMBLY

In this step start by attaching (3) to (6) by sliding (34) through the mount (3), and through (35). Next slide (33) into (6) from the top down until the locating boss snaps into the location hole. Make sure (35) ends are pointing down to ensure that (3) locks (4). Attach (12) and (13) to (4) then slide (4) into (6). Once (4) is in (6) insert (32) to (4). Finally attach (41), (10) and (40), (11) to (6) as shown. *Wrench tighten* bolts.

Part Descriptions

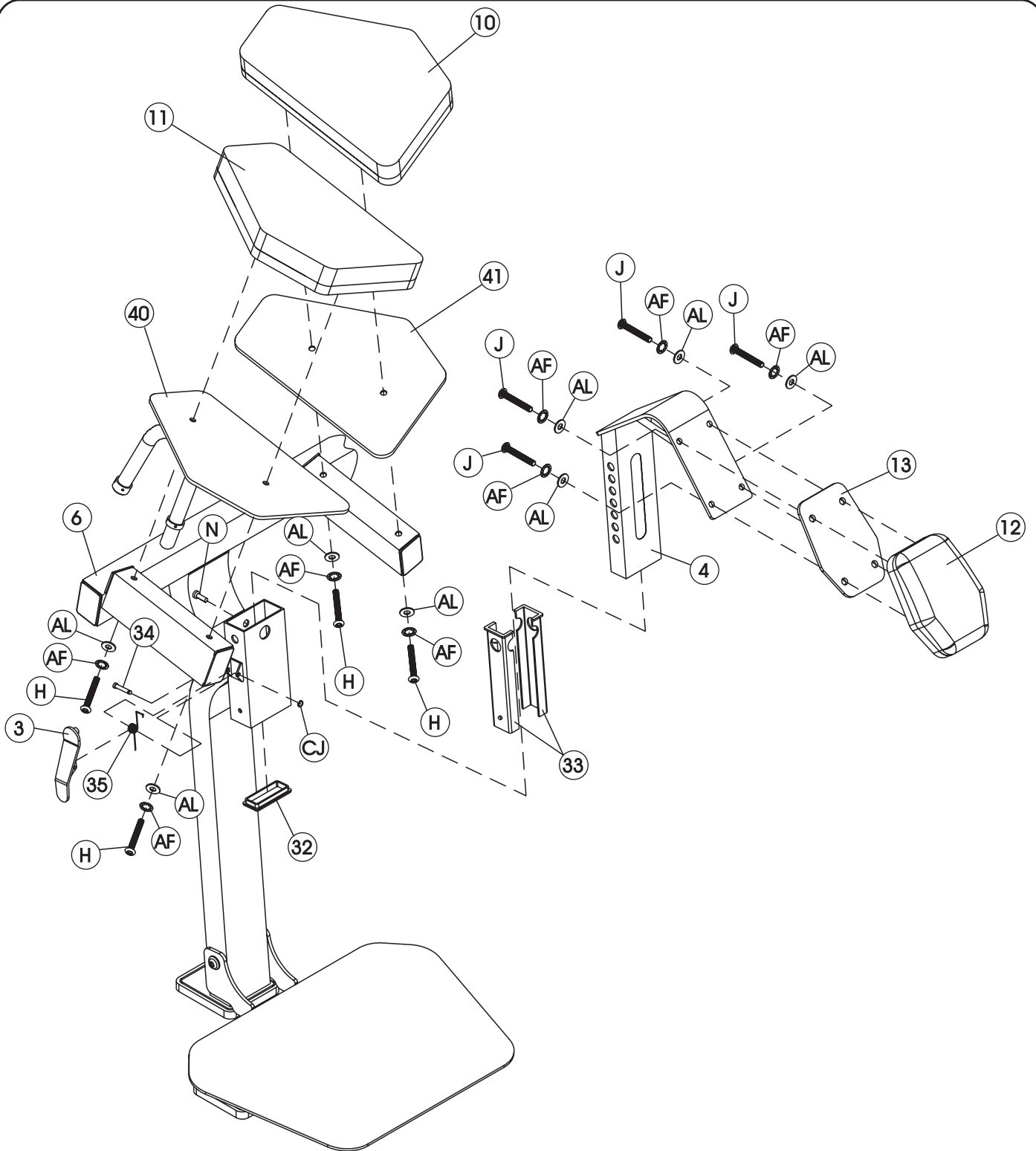
3 - Latch Assy.
4 - Mid-Chest Chrome Adjuster
6 - Arm Rest Assy.
10 - Right Arm Upholstery Assy.
11 - Left Arm Upholstery Assy.
12 - Mid-Chest Upholstery Assy.
13 - Mid-Chest Upholstery Backing
32 - 1 1/2" x 3 1/2" End Cap
33 - EZ Glide Sleeve
34 - 1.55 x .25 dia. Shaft
35 - Adjuster Spring
40 - Left Hand Upholstery Backing
41 - Right Hand Upholstery Backing

Hardware Descriptions

H - 5/16-18 x 3 3/4" Hex Head Bolt
J - 5/16-18 x 1 1/4" Button Head Screw
N - Square Head Set Screw
AF - 5/16" Internal Lock Washer
AL - 5/16" Flat Washer
CJ - C-Clip

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

In this step use a spray can of Contact 80 Neoprene Adhesive by spraying an “X” pattern and also around the edges on both foot plates. Spray the same procedure on the back of (36). Then attach (36) to the foot plate.

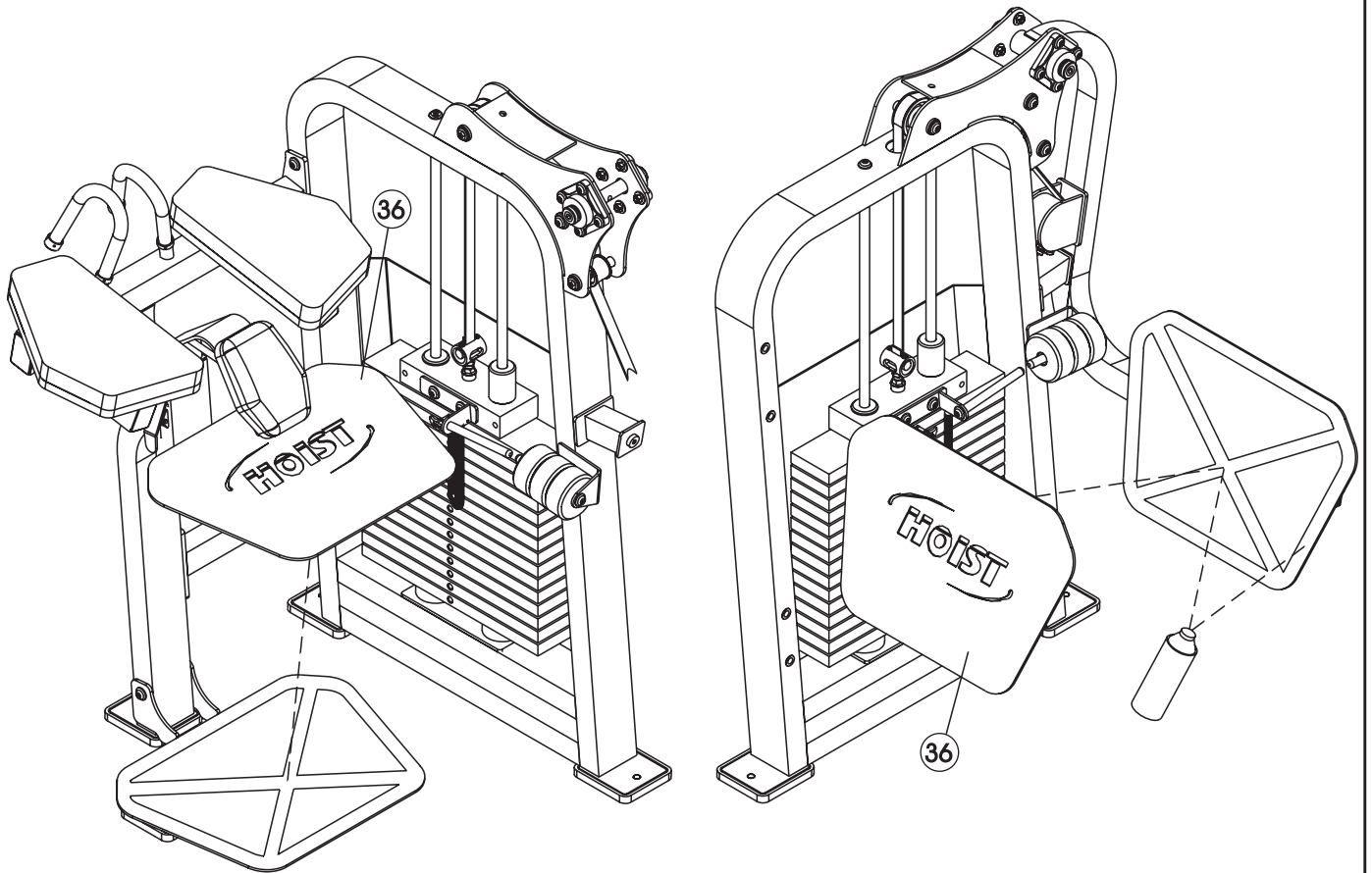
Part Descriptions

36 - Rubber Foot Plate Pad

Hardware Descriptions

ASSEMBLY

I N S T R U C T I O N S



ASSEMBLY

I N S T R U C T I O N S

Step 2b

FRAME ASSEMBLY

Attach (37) to (5). *Wrench tighten* bolts.

Part Descriptions

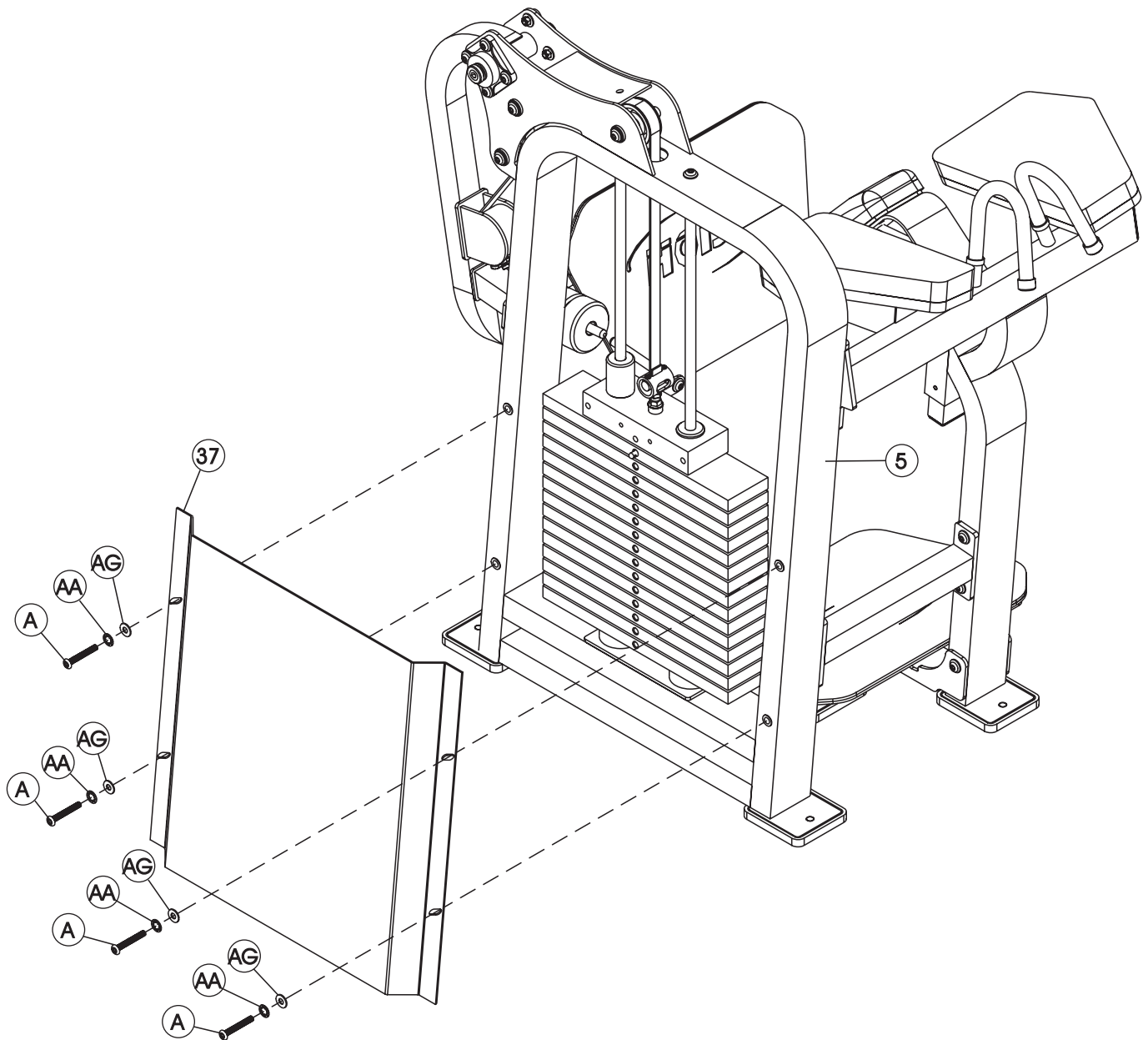
5 - Weight Cage Assy.
37 - Shield

Hardware Descriptions

A - 1/2-13 x 1 1/2" Button Head Screw
AA - 1/2" Internal Lock Washer
AG - 1/2" Flat Washer
CB - 1/2" Insert

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

I N S T R U C T I O N S

P A R T L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-SX145	Belt Anchor, Adjustable
2	1	26-STD-SX155	Center RH BRK(Add-On)
3	1	26-STD-SX158	Latch Assy.
4	1	26-STD-SX315	Mid-Chest Chrome Adjuster Assy.
5	1	26-STD-SX683	Weight Cage Assy.
6	1	26-STD-SX684	Arm Rest Assy.
7	1	26-STD-SX685	Cross Connector Assy.
8	1	26-STD-SX686	Foot Plate Assy.
9	1	26-STD-SX687	Pivoting Foot Plate Assy.
10	1	26-STD-SU10161316R	Right Arm Upholstery Assy.
11	1	26-STD-SU10161316L	Left Arm Upholstery Assy.
12	1	26-STD-SU561648764	Mid-Chest Upholstery Assy.
13	1	26-STD-SUB571673946	Mid-Chest Upholstery Backing
14	5	26-STD-PLAS195	Rubber Foot Pad
15	2	26-STD-SM407	Aluminum Cap
16	1	26-STD-SM390	Shaft
17	2	26-STD-SG135	Guide Rod
18	1	26-STD-SWTOP12	8.6 lbs. Top Plate
19	15	26-STD-SW104	20 lbs. Intermediate Weight
20	2	26-STD-PLAS201	Weight Bumper
21	2	26-STD-PLAS134	Guide Rod Bushing
22	1	26-STD-SM134	Weight Selector Pin
23	2	26-STD-SM295	Add On Rod
24	3	26-STD-SWADD7	5 lbs. Add On Weight
25	1	26-STD-SW111	Stem (16) Holes
26	4	26-STD-SP467	Belt Clamp
27	1	018-0002005	2" Belt Pulley
28	3	26-STD-PLAS192RV	2" x 3" End Cap (VH)
29	2	26-STD-SM323	1 1/4" DIA. x 3/4" Aluminum Cap
30	2	26-STD-SM324	1 1/4" Dia. x 3/4" Aluminum Ring
31	2	26-STD-PLAS206-2	15 1/8" lg. Rubber Grip
32	1	26-STD-PLAS231	1 1/2" x 3 1/2" End Cap
33	2	26-STD-PLAS125	EZ Glide Sleeve
34	1	26-STD-SM309	1.55" x .25" Dia. Shaft
35	1	26-STD-SM503	Adjuster Spring
36	2	26-STD-PLAS219	Rubber Foot Plate Pad
37	1	26-STD-SSH167	Shield
38	1	26-STD-SM294	Shaft
39	6	26-STD-PLAS210	Add On Weight Bushing
40	1	26-STD-SUB92964164364L	Left Hand Upholstery Backing
41	1	26-STD-SUB92964164364R	Right Hand Upholstery Backing

ASSEMBLY

I N S T R U C T I O N S

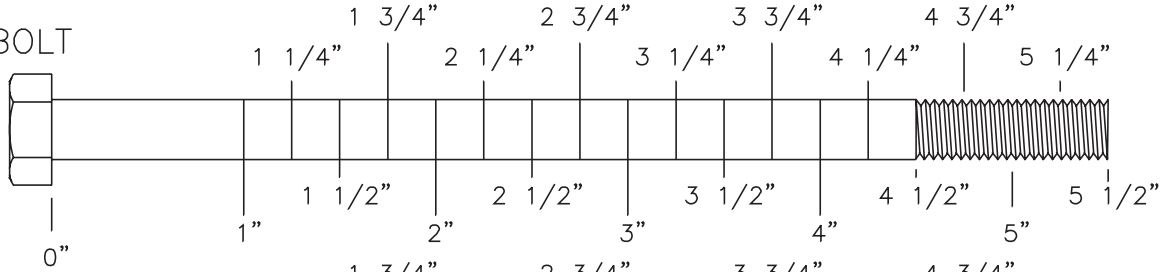
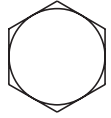
H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	12	11-BTN-12112WZ	1/2-13 x 1 1/2" Button Head Screw
B	8	11-BTN-38114	3/8-16 x 1 1/4" Button Head Screw
C	2	11-BTN-38234WZ	3/8-16 x 2 3/4" Button Head Screw
D	2	11-BTN-5161	5/16-18 x 1" Button Head Screw
E	1	11-BTN-381	3/8-16 x 1" Button Head Screw
F	1	11-BTN-381WZ	3/8-16 x 1" Button Head Screw
G	6	11-BTN-38134WZ	3/8-16 x 1 3/4" Button Head Screw
H	4	11-HEX-516334WZ	5/16-18 x 3 3/4" Hex Head Bolt
J	4	11-BTN-516114WZ	5/16-18 x 1 1/4" Button Head Screw
K	2	11-FLA-381WZ	3/8-16 x 1" Flat Head Cap Screw
L	8	11-SET-10(32)18	#10-32 Set Screw
M	4	11-SKT-14112	1/4-20 x 1 1/2" Socket Head Screw
N	1	11-SET-3834SQFD	Square Head Set Screw
P	2	11-BTN-141	1/4-20 x 1" Button Head
AA	12	13-LOK-12INT	1/2" Internal Lock Washer
AB	2	13-LOK-38WZ	3/8" Split Washer
AC	9	13-LOK-38INTB	3/8" Internal Lock Washer
AD	7	13-LOK-38INT	3/8" Internal Lock Washer
AE	2	13-LOK-516INTB	5/16" Internal Lock Washer
AF	8	13-LOK-516INT	5/16" Internal Lock Washer
AG	12	13-FLT-12SAEWZ	1/2" Flat Washer
AH	9	13-FLT-38SAE	3/8" Flat Washer
AJ	9	13-FLT-38SAEWZ	3/8" Flat Washer
AK	2	13-FLT-516SAE	5/16" Flat Washer
AL	8	13-FLT-516SAEWZ	5/16" Flat Washer
AM	6	13-LOK-14INTB	1/4" Flat Washer
AN	4	13-FLT-14SAE	1/4" Flat Washer
BA	8	12-LOK-38TWZ	3/8" Lock Nut (Thin)
BB	1	12-FLG-12(13)SB	Serrated Hex Nut
CA	1	10-LRD-12	Selector Pin Lanyard
CB	10	1/2-13UNC	Insert
CC	1	19-PAD-1	Plug Bumper
CD	1	30-RPN-7163	7/16" x 3" Open Roll Pin
CE	1	14-BRG-PAC4962	Guide Bearing
CF	1	14-BRG-PAC4982	Guide Bearing
CG	2	18-PUL-325W38T	3 1/4" Pulley
CJ	1	14-RNG-ERETRG(1/4)	C-Clip
CK	1	15-BLT-1516	Cam Belt 1/8" x 15/16" x 75"
CL	1	16-CAP-22	2" x 2" End Cap
CM	2	14-BRG-4B1	Bearing
CN	1	30-RPN-382S	3/8" x 2" Spiral Roll Pin

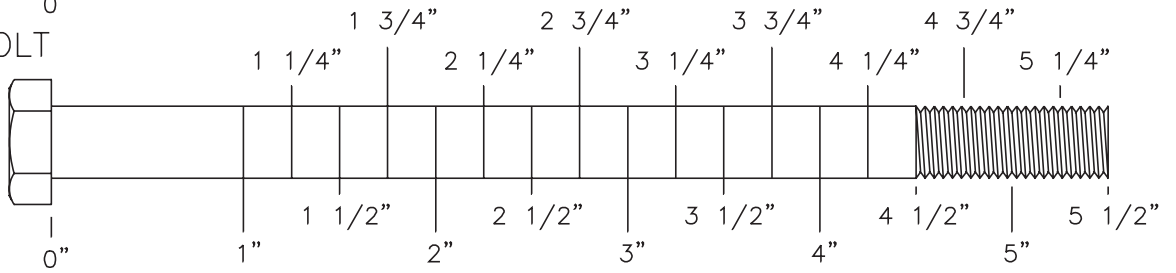
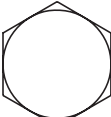
ASSEMBLY MANUAL

ASSEMBLY MANUAL BOLT SIZING CHART

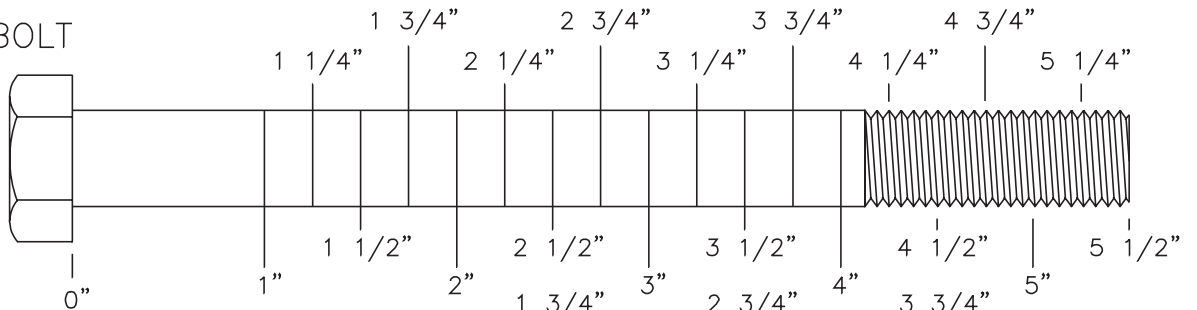
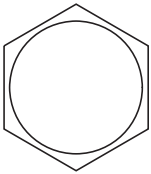
5/16" HEX BOLT



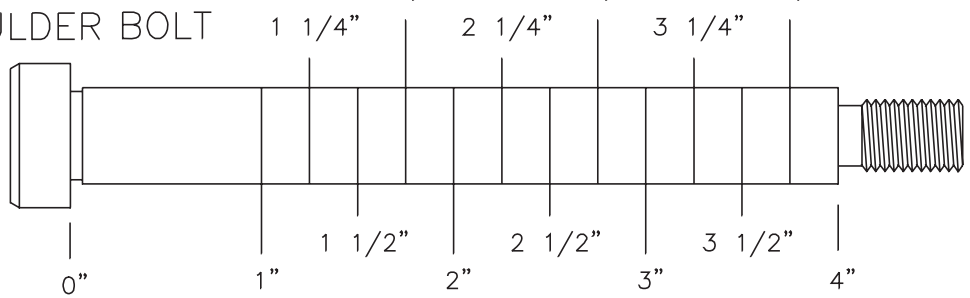
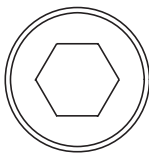
3/8" HEX BOLT



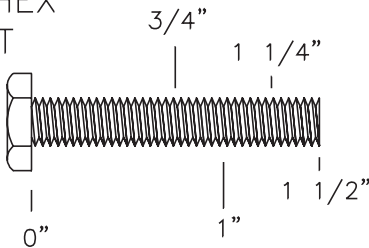
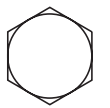
1/2" HEX BOLT



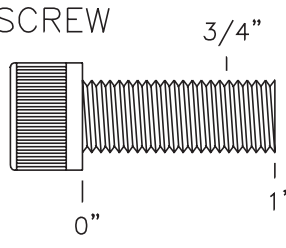
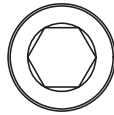
1/2" SHOULDER BOLT



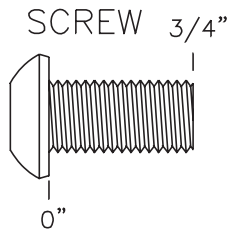
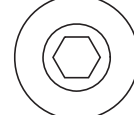
1/4" HEX BOLT



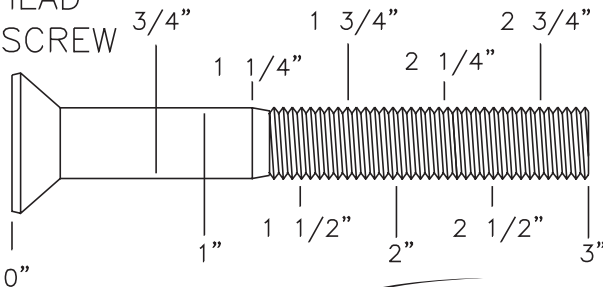
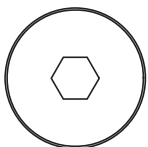
3/8" SOCKET CAP SCREW



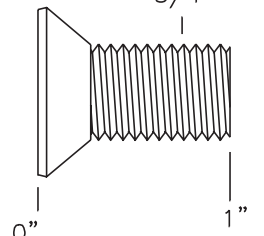
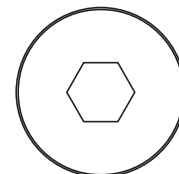
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



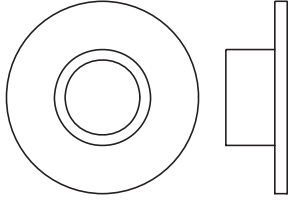
1/2" FLATHEAD SOCKET CAP SCREW



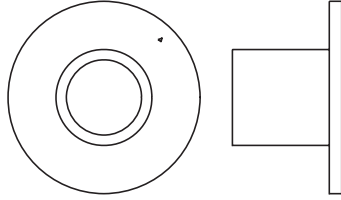
ASSEMBLY M A N U A L

W A S H E R S I Z I N G C H A R T

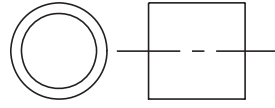
1/4" LONG FLANGED
PULLEY SPACER



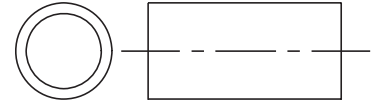
1/2" LONG FLANGED
PULLEY SPACER



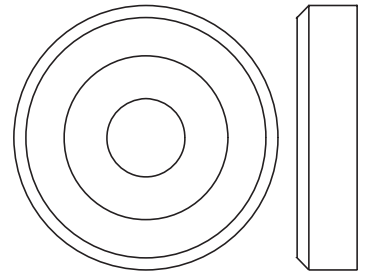
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



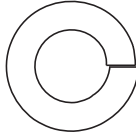
1 3/8" ALUMINUM
FLATHEAD CAP



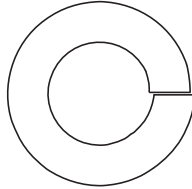
1/4"
LOCK
WASHER



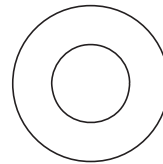
3/8"
LOCK
WASHER



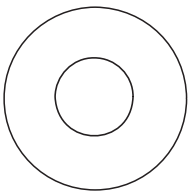
1/2"
LOCK WASHER



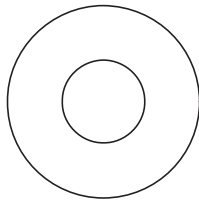
5/16"
FLAT WASHER



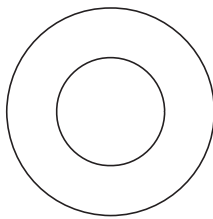
5/16"
FLAT WASHER
LARGE, USS, 25mm



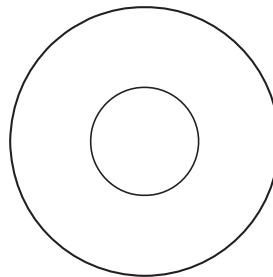
3/8"
FLAT
WASHER



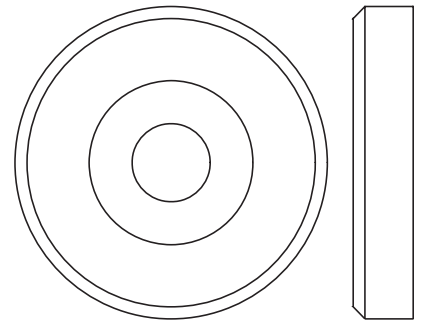
1/2"
FLAT WASHER
SMALL, SAE, 26mm



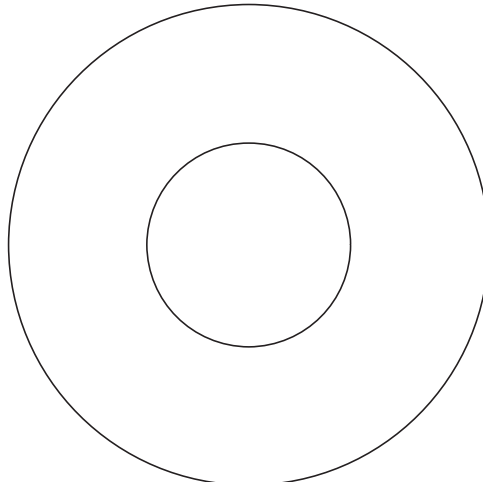
1/2"
FLAT WASHER
LARGE, USS, 34mm



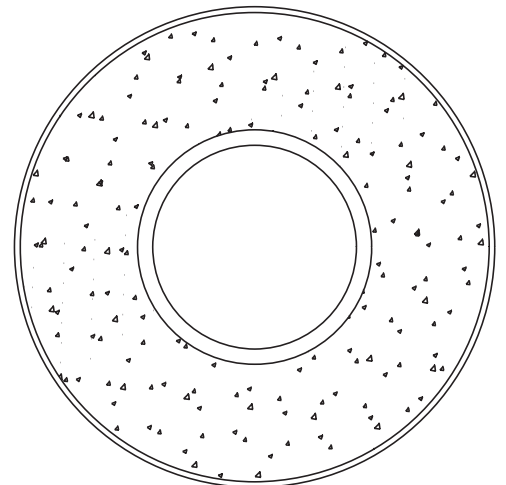
1 5/8" ALUMINUM
FLATHEAD CAP



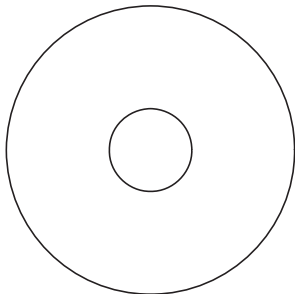
1 1/16"
FENDER WASHER



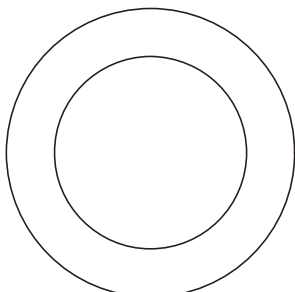
PLASTIC 1 1/16"
FENDER WASHER



3/8" FENDER WASHER

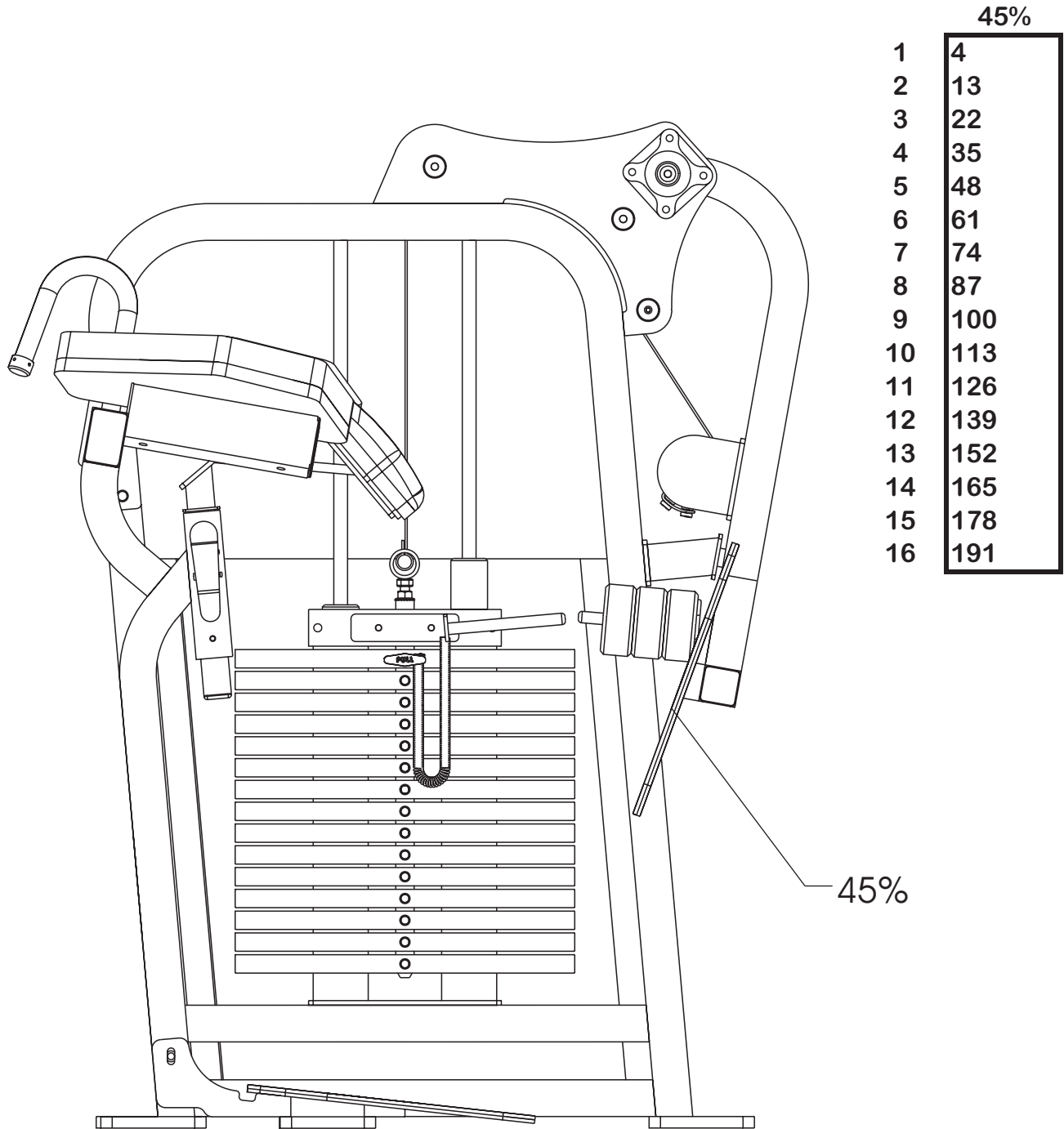


1" SHIM WASHER



ASSEMBLY MANUAL

WEIGHT RATIOS



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.

ASSEMBLY MANUAL

ASSEMBLY M A N U A L

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

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.

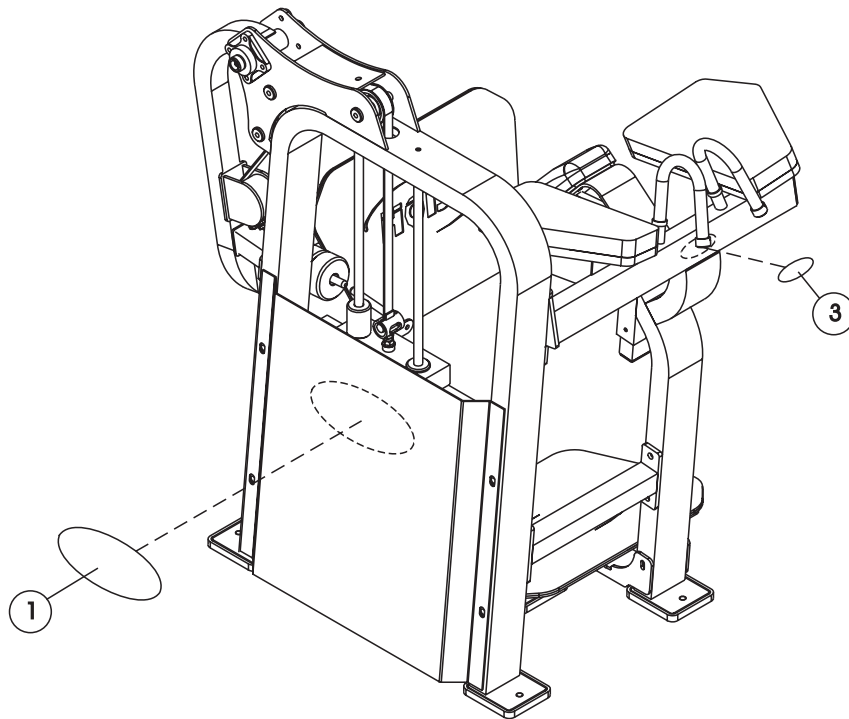
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

ASSEMBLY MANUAL

ASSEMBLY MANUAL

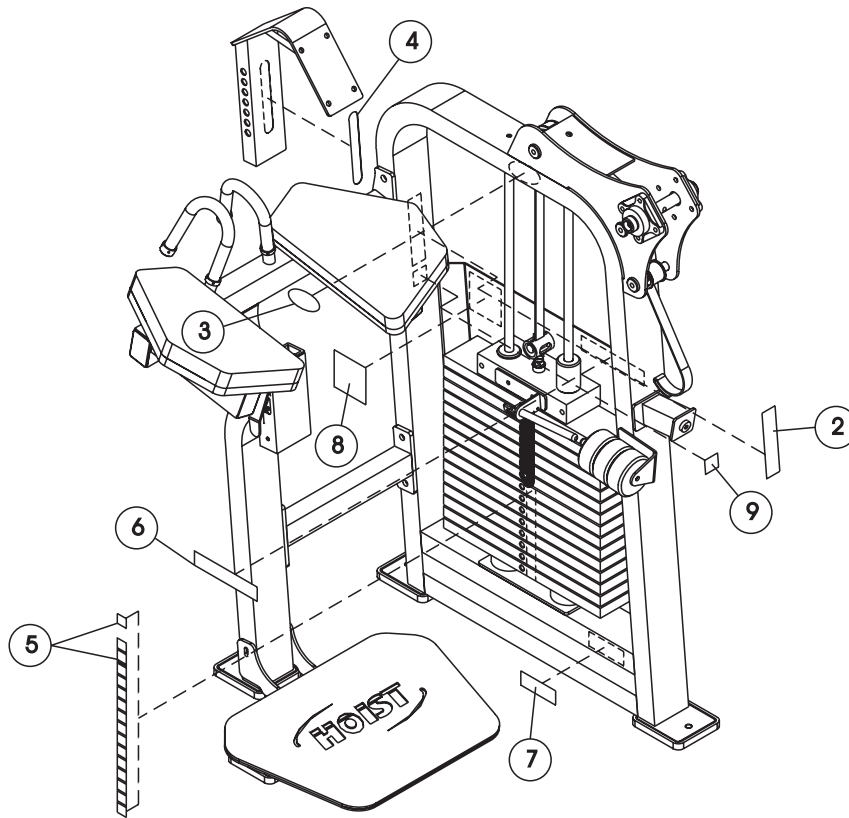
OWNERS MANUAL

DECAL PLACEMENTS



Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003008
- 3 - 021-0004029
- 4 - 021-0004032
- 5 - 021-0003011
- 6 - 021-0003006
- 7 - 021-0012004
- 8 - 021-0003079
- 9 - 021-0003090



OWNERS MANUAL

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.

ROUTINE MAINTENANCE	Daily	Weekly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x			
Clean; Upholstery	x			
Lubricate; Guide Rods with Waylube Oil only				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		
Inspect; Cables or Belts Tension		x		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		x		
Clean and Wax; All Glossy Finishes			x	
Repack with Grease; Linear Bearings			x	
Replace; Cables or Belts Connecting Parts				x

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16



021-0003008

021-0003011

021-0004032

ASSEMBLY MANUAL

DECAL REFERENCE

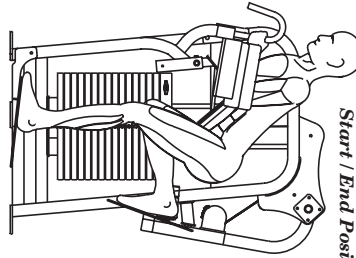
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

HOIST[®]
FITNESS SYSTEMS

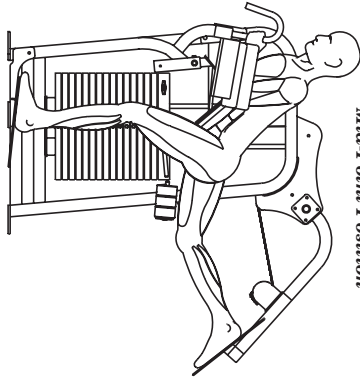
GL 2412
GLUTE MASTER

Exercise Instructions

- 1 Select desired exercise weight.
- 2 Adjust abdominal support pad to lower abdominal height when knees are at a slight bend.
- 3 Grip handles and lean over with elbows on side pads and lower abdominal against its support pad.
- 4 Position a foot onto the footplate of the movement arm and press outward with a smooth controlled movement. (Foot turned with toes pointed outward away from body helps isolate the glutes.)
- 5 Hold position momentarily before slowly returning to starting position.



Start / End Position

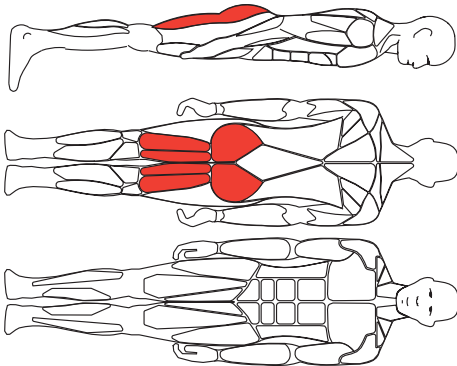


Mid-Point Position

MUSCLES TRAINED

PRIMARY:
Gluteus
SECONDARY:
Hamstring

- > 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.
- > 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.



021-0013079

DECAL REFERENCE

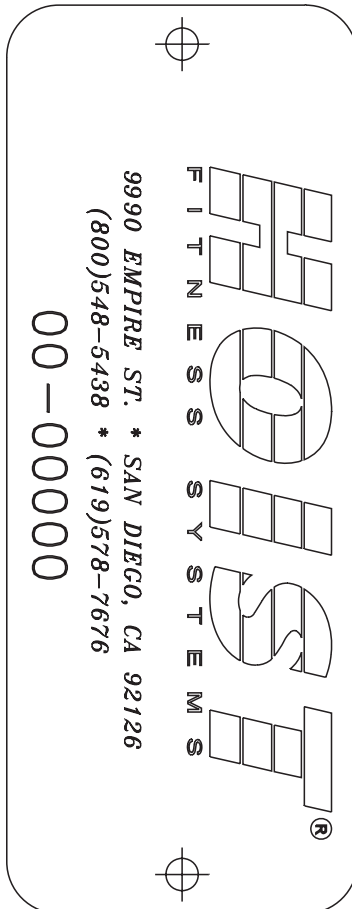
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS.

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 free itself suddenly causing possible injury.

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.**
7. If you have any questions on the proper use and maintenance of the machine, do not hesitate to call your **HOIST** distributor.



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

**OWNERS
M A N U A L**

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

**PATENT
PENDING**

021-0003090

ASSEMBLY M A N U A L

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 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.*

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 has been replaced.*

ASSEMBLY M A N U A L

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.

ASSEMBLY MANUAL

ASSEMBLY M A N U A L

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.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

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.

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, express, implied or statutory, except the one (1) and (5) year warranty 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.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

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.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St., #130
San Diego, Calif., 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS.