

MULTI STACK **GYMS**

BROCHURE



MULTI STACK GYMS

HOIST FITNESS

The HOIST Fitness H2200 2 Stack Multi-Gym and H4400 4 Stack Multi-Gym bring 40 years of innovation with their recent redesigns by our engineering team. Designed with the same smooth, natural, quiet motions that have become the HOIST® trademark, the H2200 and H4400 are the most up-to-date premium 2 and 4-station gyms for light commercial and commercial settings.

H-2200

FEATURES

- ◆ 200 lb. Silent Steel™ weight stacks: Each solid steel individual plate receives pressed-in industrial plastic bushings and then is machined to exacting specifications to insure glass smooth operation plus eliminating any metal to metal contact or sound.
- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.

ACCESSORIES

- ◆ Ab Strap
- ◆ Curl Bar
- ◆ Fleece Knee Strap
- ◆ Strap Handles with 3 length choice rings

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- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.
- ◆ Compact 2-stack gym provides an uncompromised range of exercises commonly found in health clubs.
- ◆ Space saving “L” shaped design fits easily into a corner and efficiently accommodates 2 users.

ACCESSORIES

- ◆ Two Strap Handles with 3 length choice rings
- ◆ Curl Bar
- ◆ Fleece Knee Strap

2 STACK MULTIGYM

H-2200



ARTICULATING ARM
OPTION AVAILABLE



FEATURES - STATION 2

CHEST PRESS, MID ROW, LEG EXTENSION, AND STANDING LEG CURL

- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.
- ◆ Low and mid pulley stations allow users to perform a variety of upper and lower body exercises.
- ◆ Dual adjusters on the back pad offer telescoping and angular adjustments for proper positioning and back support.
- ◆ Locking pull pin provides stable pad positioning.

SPECS

PRODUCT DIMENSIONS (L X W X H)

90" X 106" X 83" (229 cm X 269 cm X 211 cm)

PRODUCT WEIGHT

1,005 lbs (456 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES - STATION 1

LAT PULLDOWN, LEG PRESS, AND HIGH PULLEY

- ◆ Counter-balanced arm and self-aligning handles provide a smooth, natural feel to the lat pulldown.
- ◆ Angled thigh brace rollers on the lat pulldown allow users to quickly and easily slip into position without the need for adjustment.
- ◆ Self-aligning foot plate on leg press station automatically adjusts during the exercise to follow the natural movement of a user's feet, taking the strain off of the ankles.
- ◆ 2:1 Split Weight Cabling™ ratio on the leg press provides 400 pounds of resistance.
- ◆ High pulley station allows a user to perform a variety of exercises.

MULTI-STACK

H-4400



FIXED ARM OPTION
AVAILABLE



FEATURES - STATION 1

LEG PRESS

- ◆ Pillow block bearings and 4-bar linkage system provide smoother motion and increased durability.
- ◆ Foot plate follows natural movement of a user's feet, taking the strain off the ankles.
- ◆ Adjustable back pad accommodates different sized users.
- ◆ 2:1 Split Weight Cabling™ ratio provides 400 pounds of resistance.

SPECS

PRODUCT DIMENSIONS (L X W X H)

105" X 107" X 84" (267 cm X 272 cm X 213 cm)

PRODUCT WEIGHT

1,645 lbs (746 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES - STATION 2

ADJUSTABLE CABLE COLUMN

- ◆ Pulley adjusts to 23 different positions.
- ◆ Split Weight Cabling™ reduces resistance by 50% to accommodate more exercises.

FEATURES - STATION 3

LAT PULLDOWN

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.

FEATURES - STATION 4

CHEST PRESS, MID ROW, LEG EXTENSION AND STANDING LEG CURL

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.
- ◆ Angled thigh brace rollers eliminate the need for adjustments.
- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.