

# ***MiSERIES***

## **GYMS**

**BROCHURE**





# HOME GYM

The HOIST Fitness Mi1 Home Gym is the newest edition to the Mi Series by HOIST Fitness. The Mi1 provides the same premium look and feel HOIST is known for matched with a minimalist design. This piece is great for users looking to get all the functionality of bigger gyms without taking up a significant amount of space.

## FEATURES

- Quick Release Adapters for easy one handed accessory adjustments.
- 150 lb. Silent Steel™ weight stack (upgradeable to 200 lbs.): 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.
- Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.
- Built in accessory holders.
- Compact multi-gym provides an uncompromised range of exercises commonly found in health clubs.

### High Pulley

- Lat bar pulldown and other high pull exercises.
- 1:1 cable ratio

### Press Arm - Mid Row

- Interchangeable press arm attachments allow you to do pressing exercises with either strap handles or articulating handles. Both allow you to control both the arc and angle of the exercise path. Chest, shoulder, abdominal & core exercises can be performed.
- Mid row handles offer a quality row pull exercise.

### Leg Extension - Standing Leg Curl

- Telescoping roller pad adjusts to provide proper positioning for leg extensions and standing leg curls.

### Low Pulley

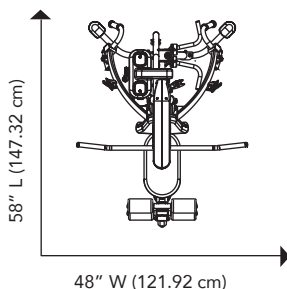
- Telescoping roller pad adjusts to provide proper positioning for seated biceps curls.
- 2:1 Split Weight Cabling™ ratio allows for a wide group of exercises to be performed here with 100% of the selected resistance.

## INCLUDED ACCESSORIES

- Lat Bar
- Curl Bar
- Fleece Knee Strap
- Fleece Ankle Strap
- Strap Handles with 3 length choice rings
- Articulating Press Handles

## AVAILABLE UPGRADES

- V Stationary Leg Press
- V Ride Leg Press
- 50 lb. Silent Steel weight stack upgrade





ARTICULATING PRESS  
HANDLES



STRAP HANDLES WITH  
3 LENGTH CHOICE RINGS



V RIDE LEG PRESS

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exercise tutorials, workout plans and fitness training





# FUNCTIONAL TRAINER

From the strength industry leader whose products can be found in health clubs and homes around the world, comes the next big innovation in strength training. The HOIST® Fitness Mi5 Functional Trainer is HOIST Fitness's most compact, space efficient functional trainer to-date. With patented technology, the Mi5 features two cable arms with two planes of movement. A unique three-point cable adjustment system allows for more than 1,000 cable adjustment variations. Both arms can move vertically through 22 different height adjustments. Additionally, each arm can move independently through 7 positions and 160 degrees accommodating users of all heights and size. The Mi5 also features a built-in tablet and accessory holder, water bottle holder and weight lock for suspension exercises.

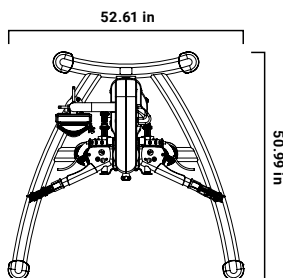
## FEATURES

- Fully enclosed weight stack for safety and quiet weight plate movement
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Standard 200 lb (91 kg) Silent Steel® weight stack
- Adjustable Core Stabilizer Pad (sold separately)
- Compact, sleek, single column design
- Counterbalanced carriage system for easy one-handed adjustments
- Two adjustable pulley arms with 7 horizontal angle adjustments ranging from 80 degrees above and 80 degrees below flat horizontal
- 22 pulley adjustment positions at 2 inch increments
- Quick Release one-handed accessory connectors
- Weight stack lock allows cables to be used for body weight exercises
- Integrated bottle holder and accessory rack offer convenient storage
- Integrated tablet/mobile device holder
- 4:1 Split Weight Cabling™ for increased cable travel (160" with strap handles)
- Footrests to stabilize when performing seated and standing exercises
- Comes with two (2) four Square-Ring Adjustable Strap Handles
- Non-marring feet to protect flooring

## ADD-ONS

*Mi5 Functional Trainer Accessory Kit is sold separately and includes:*

- Mi5 Core Stabilizer Pad
- Dual-Attachment Aluminum Long Bar
- Aluminum Curl Bar
- Dual-Attachment Long Strap
- Padded Ankle/Thigh Strap
- Two (2) Carabiner Adapters



\* Product shown with optional Core Stabilizer Pad and Mi5 Accessory Kit (sold separately)



Check out the Mi5 in action! (Visit [hoistfitness.com/](http://hoistfitness.com/) scan on your smart phone to download a free QR Code Scanner.)



### EASY ONE-HANDED ADJUSTMENTS

Counterbalanced carriage system for easy, one-handed vertical adjustments of exercise arms



### SUSPENSION EXERCISES

Weight stack locks to the Mi5 frame allowing cables to be used for suspension body weight exercises



## Mi5 ACCESSORY KIT

The HOIST Mi5 Functional Training Accessory Kit (sold separately) provides additional attachments that allow for even more flexibility and exercise options on the Mi5 Functional Trainer. Purchasing this add-on package equips your gym with (shown accordingly below); one (1) Mi5 Core Stabilizer Pad, one (1) Dual-Attachment Aluminum Long Bar, one (1) Aluminum Curl Bar, one (1) Dual-Attachment Long Strap, one (1) Padded Ankle / Thigh Strap and two (2) Carabiner Adapters. Attach the Mi5 Core Stabilizer Pad for a stabilized variation of exercises that target the core and primary muscles. The Core Stabilizer can also be used as support for single leg exercises such as leg extensions and glute kicks.



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# FUNCTIONAL TRAINER

The unique and stylish HOIST® Fitness Mi6 Functional Trainer is a personal pulley gym that is engineered with both the innovative excellence and aesthetic appeal that the fitness industry has come to expect from HOIST Fitness.

The Mi6 offers revolutionary technology unlike any other functional trainer. One-of-a-kind 360 degree rotating columns allow for flexibility within your workout space, while patent-pending Integrated Pulley Adjustment Systems and Quick-Release Adapters hide all hardware from view and provide easy one-handed adjustments. And don't forget to download the FREE HOIST Strength app to find workout guides and fitness logs.

## FEATURES

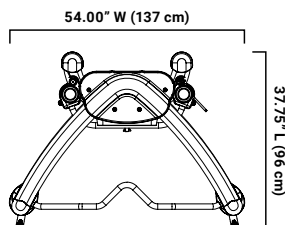
- A streamlined design conceals all of the unit's hardware from view and includes an Adjustable Tablet Housing
- Pulley columns combine full 360 degree rotation, a unique patent pending Integrated Adjustment System and Quick-Release Adapters to provide smooth and easy one-handed adjustments
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated Recessed Accessory Rack, Bottle Holders and Towel Hooks offer convenient storage of accessories and personal items
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion.
- Fully enclosed weight stacks offer clean lines, additional safety and noise reduction
- Compact, walk-through design requires minimal floor space and is designed to easily fit into a corner
- *Split Weight Cabling™* delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Multi-position chin-up bar with diamond pattern for improved grip
- Comes standard with 300 lbs of total weight (150 lbs per side) and is upgradeable to 400 lbs

## INCLUDED ACCESSORIES

- Two (2) Three-Square Ring Adjustable Strap Handles
- Dual-Attachment Long Strap for weight-assisted pull-ups and other exercises
- Padded Ankle / Thigh Strap for comfortable leg exercises
- Dual-Attachment Ultra-Light Aluminum Long Bar to use both pulleys simultaneously

## AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)



\* Tablet shown is not included



Check out the Mi6 in action! (Visit [hoistfitness.com/](http://hoistfitness.com/) scan on your smart phone to download a free QR Code Scanner.)



### **INTERNAL PULLEY ADJUSTMENT SYSTEM**

A newly designed Internal Pulley Adjustment System with Quick-Release Adapters allow for easy one-handed adjustments while hiding hardware from view for a clean, sleek look.



### **ACCESSORY STORAGE POINTS**

Multiple integrated storage points provide convenient places to store straps, handles and bars while not in use.



### **SILENT STEEL® WEIGHT SYSTEM**

A patented Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion.



### **ADJUSTABLE TABLET HOUSING**

A built-in adjustable tablet holder and sound box amplifier allows you to securely store your device while working out; perfect when using the HOIST Strength app for workout reference guides.

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# FUNCTIONAL TRAINER

The HOIST® Mi7 Functional Trainer is a personal pulley gym from the new line of HOIST Fitness MiSeries home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion, five pull-up / chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym, perfect to build full body strength and improve overall fitness.

## COMMERCIAL QUALITY FEATURES

- Patented Flip 'N Grip® technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip N Dip™ technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- Commercial quality components
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

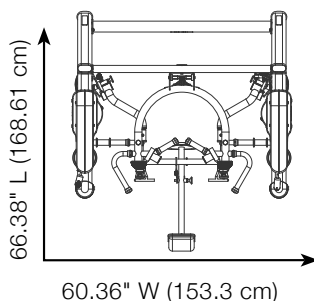
- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Wider walk-in design allows space for bench exercises
- Split Weight Cabling™ delivers 50% resistance for increased cable travel (114" with strap handles)
- Standard 150 lb (68 kg) weight stacks (quantity two) (upgradeable)

## INCLUDED ACCESSORIES

- Three Square-Ring Adjustable Strap Handles (one pair)
- Dual-Attachment Long Strap
- Padded Ankle / Thigh Strap
- Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- Ultra-Light Aluminum Curl Bar

## AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)
- Ultra-Light Aluminum Curl Bar



(\*Max user weight for Flip 'N Grip® pull-up grips and Flip N Dip™ dip bars is 300 lbs)



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# FUNCTIONAL TRAINER

The HOIST® Fitness Mi7Smith Functional Trainer is a completely innovative home gym from the strength industry leader HOIST Fitness. The Mi7Smith maximizes space by combining the MiSmith Dual Action Smith® with the Mi7 Functional Trainer with a walk-through design to deliver a sleek and efficient home gym unlike any other. With patented technology, the Mi7Smith is engineered to provide a wide variety of features to maximize your exercise options.

On one side of the Mi7Smith, the MiSmith Dual Action Smith® features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. Walk through to the other side of the Mi7Smith and the Mi7 Functional Training System features dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion. Patented Flip N Grip™ grips offer five pull-up/chin-up variations and patent-pending Flip N Dip™ grips offer both narrow and wide dips.

## COMMERCIAL QUALITY FEATURES

*Designed with premium quality in mind, the Mi7Smith includes unique features also found on our popular commercial products*

- Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips\*
- Patent pending Flip N Dip™ technology provides narrow/wide grip dips\*
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Commercial quality components including linear bearings and shafting for frictionless guided motion
- Polyurethane covered rack outs for silent racking and protection of bar
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- Compact, walk-through design requires minimal floor space
- 360 degree rotating columns with a patent-pending Integrated
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Adjustment System and Quick Release one-handed accessory connectors
- Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Standard 150 lb (68 kg) weight stack per side (quantity two) (upgradeable)
- Ultra-Light Lifting System™ that reduces Smith bar weight to a mere 30 lbs
- Adjustable safety tiers on Smith
- Racking tier index numbers highlight tier levels on the front of machine



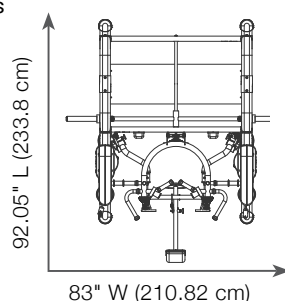
## INCLUDED ACCESSORIES

- Three Square-Ring Adjustable Strap Handles (one pair)
- Dual-Attachment Long Strap
- Padded Ankle / Thigh Strap
- Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- Ultra-Light Aluminum Curl Bar

## AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)

(\*Max user weight for Flip N Grip™ pull-up grips and Flip N Dip™ dip bars is 300 lbs)



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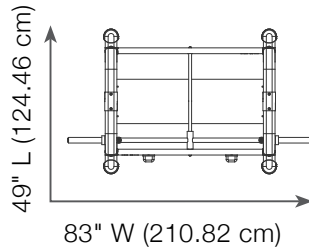


# DUAL ACTION SMITH

The HOIST® Fitness MiSmith Dual Action Smith® is an innovative product from the new line of HOIST Fitness MiSeries home gyms. Perfect for users of all levels, the MiSmith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. The Ultra-Light Lifting System™ reduces the bar weight to 30 lbs. allowing a wider range of exercise options. While this gym is engineered to offer maximum power and efficiency, its sleek and minimalist design offers a luxurious appeal.

## FEATURES

- Ultra-Light Lifting System™ that reduces the bar weight to a mere 30 lbs
- Polyurethane covered rack outs for silent racking and protection of bar and frame
- Non-marring feet to protect flooring
- Commercial quality linear bearings and shafting for frictionless guided motion
- Adjustable safety tiers
- Racking tier index numbers highlight tier levels on the front of machine



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MODEL	DESCRIPTION	LENGTH	WIDTH	HEIGHT	MACHINE WT
Mi1	Mi1 HOME GYM	58" (147.32 cm)	48" (121.92 cm)	84" (213.36 cm)	402 lbs (182.34 kg)
Mi5	Mi5 FUNCTIONAL TRAINER	51" (129.53 cm)	52.6" (133.62 cm)	83.5" (212.08 cm)	442 lbs (200.48 kg)
Mi6	Mi6 FUNCTIONAL TRAINER	37.75" (95.89 cm)	54" (137.16 cm)	83" (210.82 cm)	610.5 lbs (276.92 kg)
Mi7-PL	Mi7 FUNCTIONAL TRAINER	60.4" (153.42 cm)	66.4" (168.66 cm)	83.5" (212.09 cm)	711 lbs (322.50 kg)
Mi7-SMITH-PL	MiSMITH DUAL ACTION SMITH	49" (124.46 cm)	83" (210.82 cm)	82.5" (209.66 cm)	386 lbs (175.09 kg)
Mi-SMITH-ENS-PL	Mi7SMITH ENSEMBLE	92" (233.68 cm)	83" (210.82 cm)	83.5" (212.08 cm)	985 lbs (446.79 kg)

## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warrants this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](http://HOISTFITNESS.COM) AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- |                              |  |                              |
|------------------------------|--|------------------------------|
| ◆ HOIST®                     | ◆ QUIK-CHANGE®                                   | ◆ ROCS®                      |
| ◆ ACT NOW®                   | ◆ RADIAL LOC®                                    | ◆ ROX®                       |
| ◆ CABLE-DRIVEN™              | ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™       | ◆ ROC-IT®                    |
| ◆ CLUB QUALITY GUARANTEED®   | ◆ RIDE ORIENTED CONDITIONING®                    | ◆ ROC-ABS®                   |
| ◆ COMPOSITE MOTION™          | ◆ RIDE ORIENTED CONDITIONING SYSTEM®             | ◆ SILENT STEEL®              |
| ◆ DUAL ACTION SMITH®         | ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™ | ◆ SPLIT WEIGHT CABLING™      |
| ◆ EASY GLIDE™                | ◆ RIDE ORIENTED XERCISE®                         | ◆ ULTRA-LITE LIFTING SYSTEM™ |
| ◆ EZ-LOC LATCHING MECHANISM™ | ◆ ROC®   | ◆ DUAL SERIES™               |
| ◆ FEEL THE RIDE®             |  | ◆ FLIP-N-DIP®                |
| ◆ GLUTEMASTER®               |  | ◆ FLIP-N-GRIP®               |
| ◆ HOIST CLASSIC®             |  |                              |

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 11,135,475, 11,013,949, 10,780,310, 10,737,131, 10,709,922, 10,646,739, 10,639,513, 10,532,244, 10,486,012, 10,426,990, 10,420,985, D857,812, 10,391,352, 10,350,445, D852,291, 10,307,630, 10,220,240, WW D836,733, 10,086,229

† Other Patents Pending