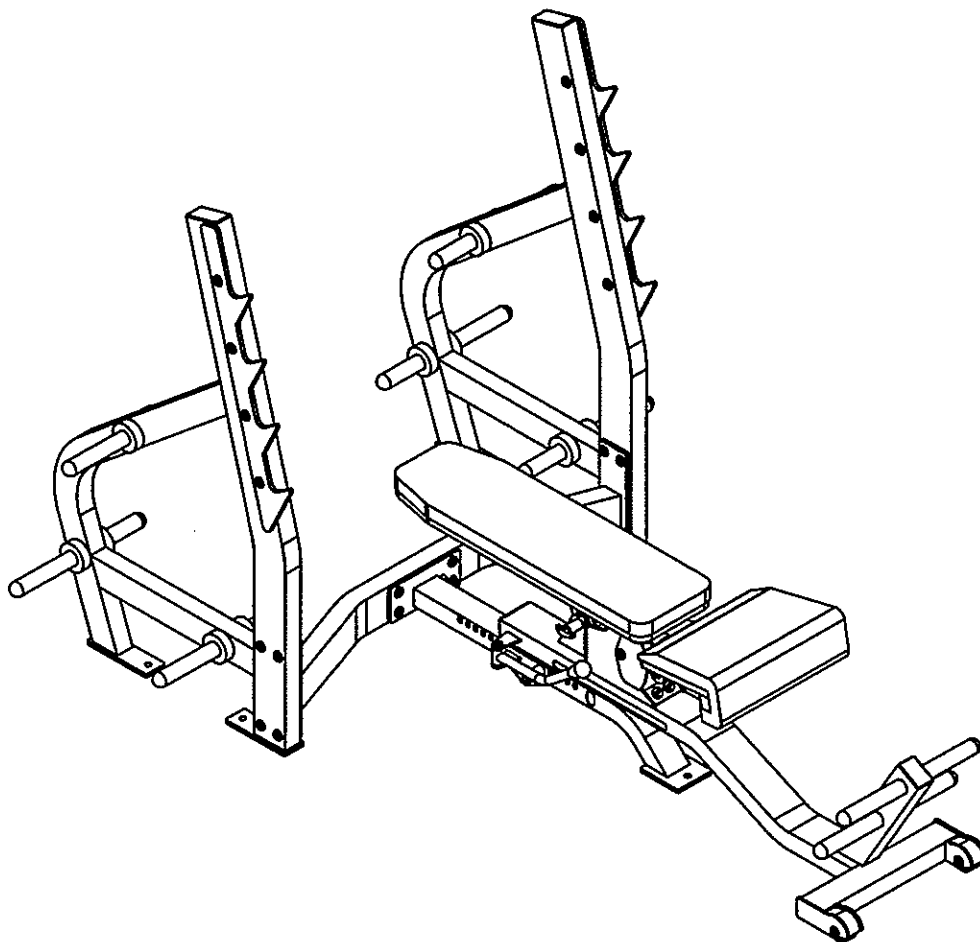


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CF2179

OLYMPIC BENCH



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

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

May, 2003

OWNERS MANUAL

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OWNERS MANUAL

Step 1 **INSTRUCTIONS**

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

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

TOOLS REQUIRED

Socket Wrench

Allen Wrench Set

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

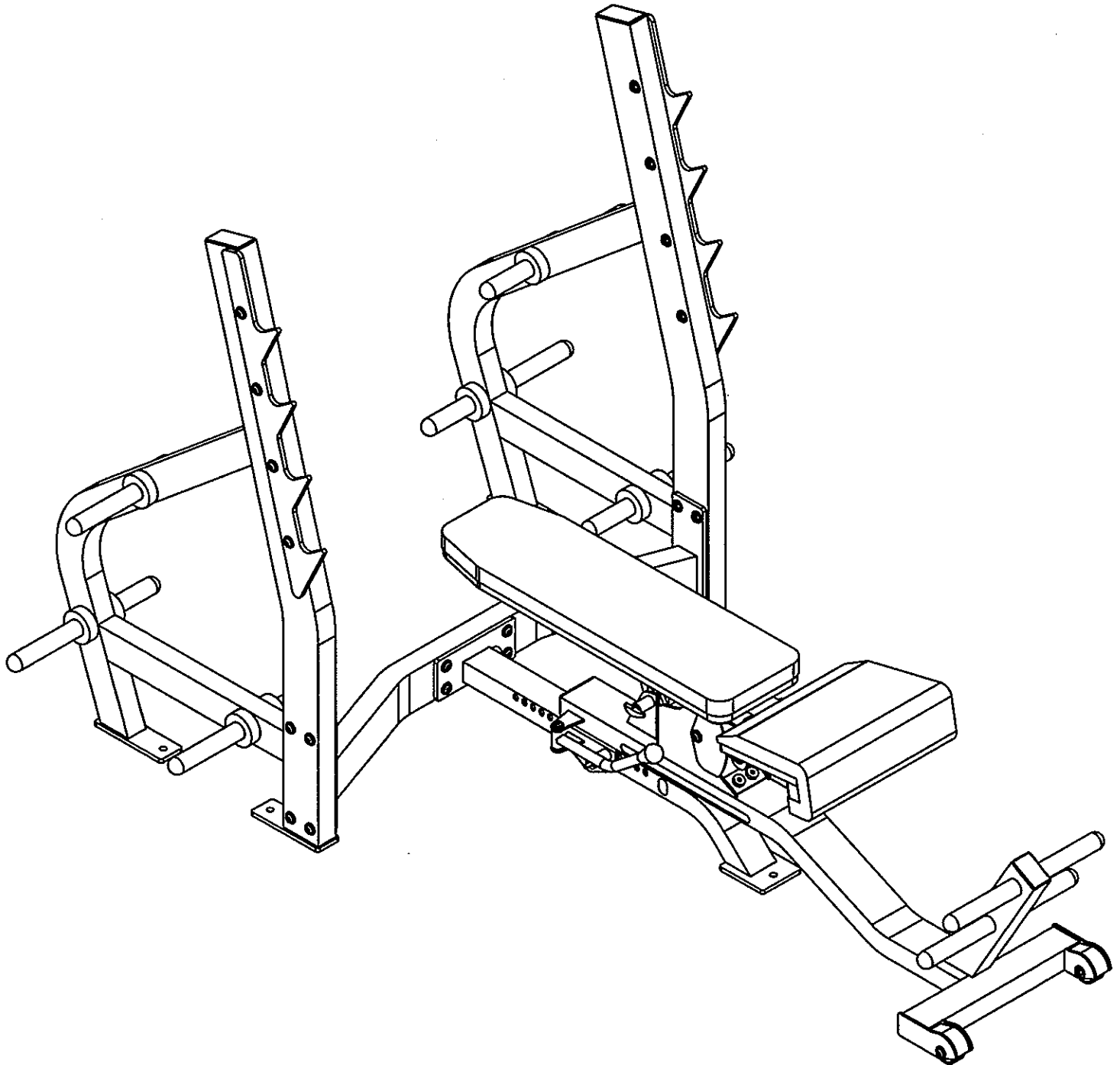
Crescent Wrench

Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by bolting (5), (6), and (7)'s together. Hand tighten bolts only at this time.

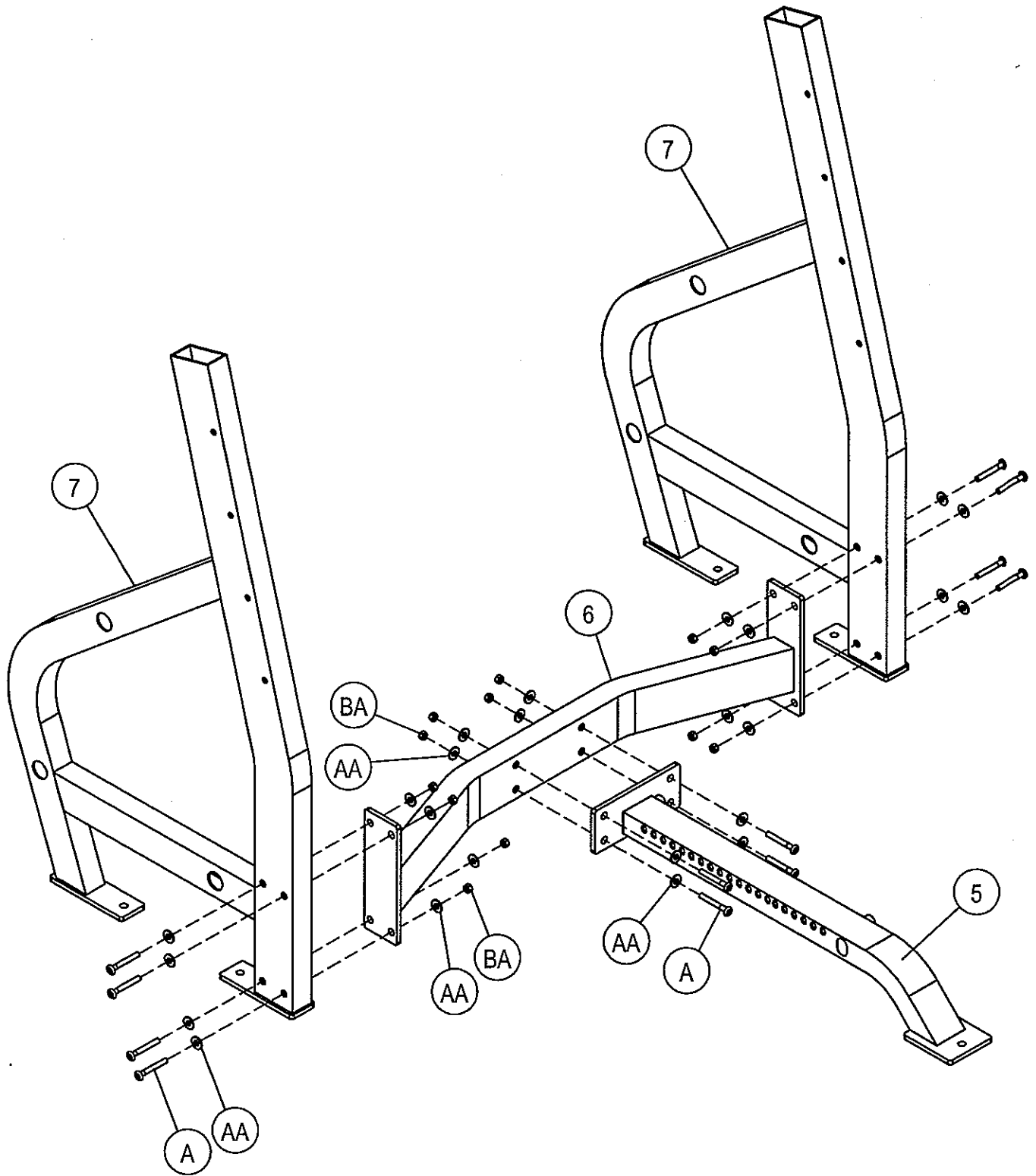
Part Descriptions

- 5 - Base Mount Assembly
- 6 - Cross Brace Assembly
- 7 - Upright Stand Assembly

Hardware Descriptions

- A - 1/2-13 x 3" BHS (WZ)
- AA - 1/2" Flat Washer (WZ)
- BA - 1/2" Thin Nylok Nut (WZ)

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Step 2b FRAME ASSEMBLY

Start assembly by bolting (9) to (4) and attach (CA)'s to the wheel foot mount of (4). Pivot bolts is wrench tighten and back off 1/4" turn.

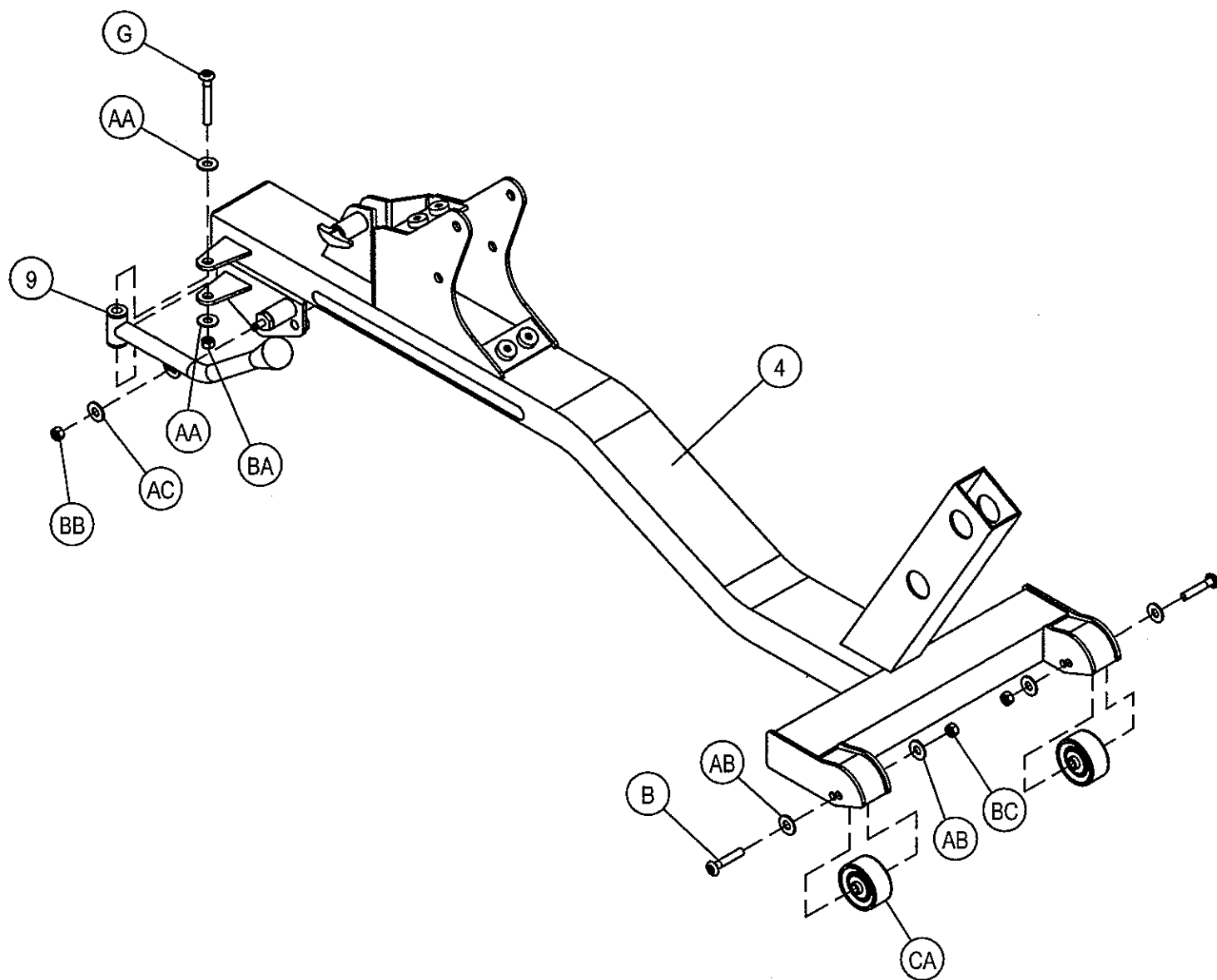
Part Descriptions

- 4 - Base Frame
- 9 - Handle Assembly

Hardware Descriptions

- B - 3/8-16 x 2 1/2" BHS (WZ)
- G - 1/2-13 x 3 1/4" BHS (WZ)
- AA - 1/2" Flat Washer (WZ)
- AB - 3/8" Flat Washer (WZ)
- AC - 5/16" Flat Washer (WZ)
- BA - 1/2" Thin Nylok Nut (WZ)
- BB - 5/16" Nylok Nut (WZ)
- BC - 3/8" Nylok Nut (WZ)
- CA - Ø2.50" x 1.50" Wheel

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Step 2c FRAME ASSEMBLY

Start assembly by inserting (CH)'s into (4). Pull Adjuster handle (9) then place (4) on top of (5). Next secure (4) by attaching (CI) under (5). Wrench tighten bolts. If it is difficult to adjust (4) slightly loosen bolt attaching (CI) until adjustment slides smoothly.

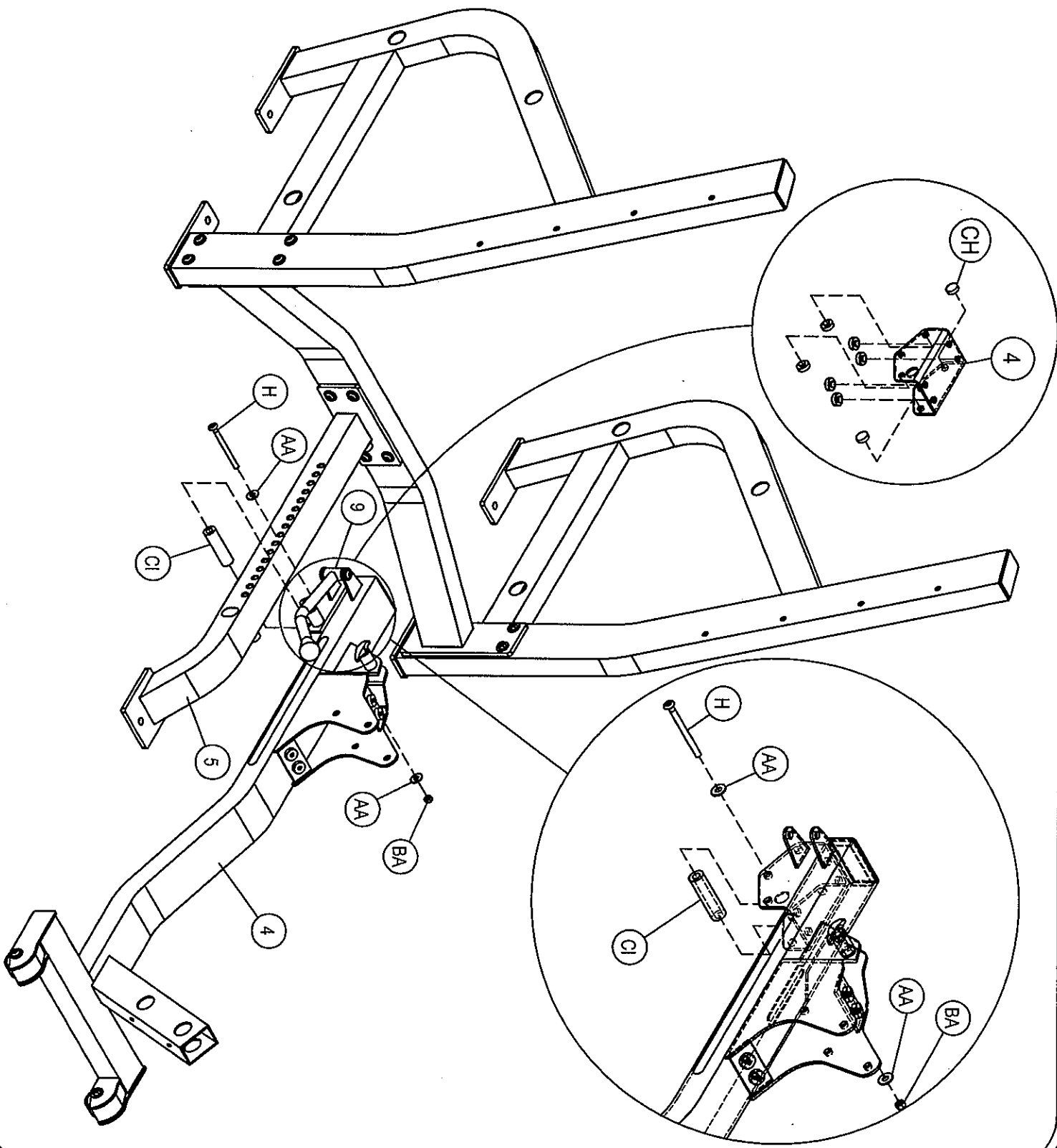
Part Descriptions

- 4 - Base Frame
- 5 - Base Mount Assembly
- 9 - Handle Assembly

Hardware Descriptions

- H - 1/2-13 x 5" BHS (WZ)
- AA - 1/2" Flat Washer (WZ)
- BA - 1/2" Thin Nylok Nut (WZ)
- CI - Ø1.00" x 3.625" lg. Delrin
- CH - Ø1.00" Delrin

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Step 2d FRAME ASSEMBLY

In step 1 start assembly by sliding (16) into (8). Next attach (8) and (15) to (4) as shown. In Step 2, slide another (16) into (2) and attach (2) to (4) as shown. In Step 3, slide (16)'s into (2) and (8). Next attach (3) to (2) and (8). Wrench tighten bolts then back nuts off enough so (2), (3), and (8) pivots freely.

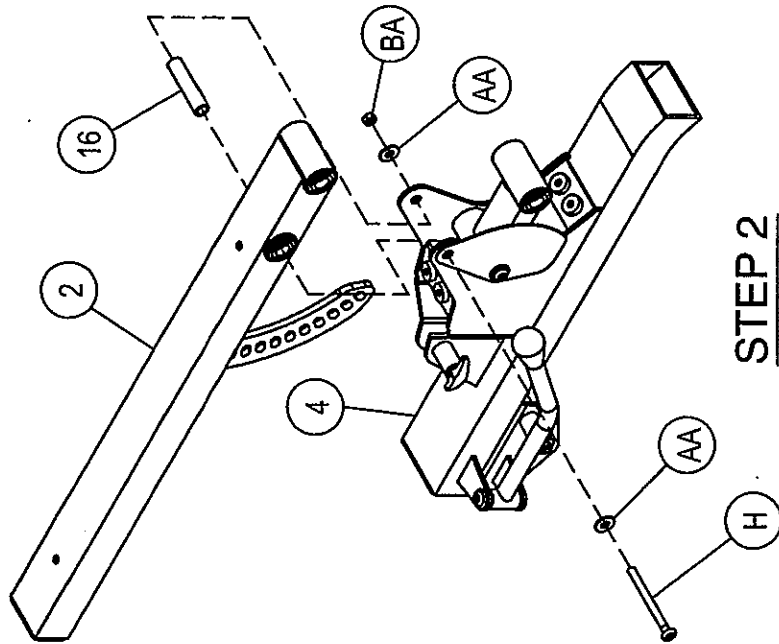
Part Descriptions

2 - Back Adjuster assembly
3 - Pivoting Seat Mount Assembly
4 - Base Frame
8 - Linkage Assembly
15 - Decal Plate
16 - Ø.75" x 3.598" Axle

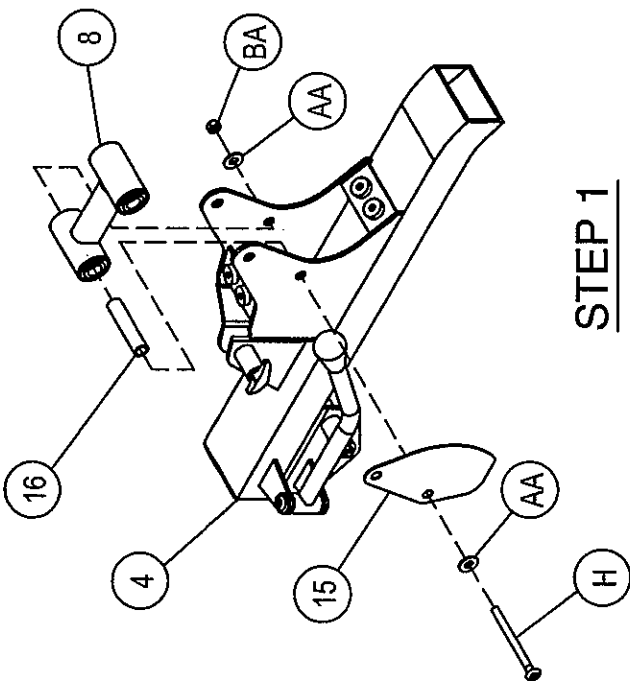
Hardware Descriptions

H - 1/2-13 x 5" BHS (WZ)
AA - 1/2" Flat Washer (WZ)
BA - 1/2" Thin Nylok Nut (WZ)

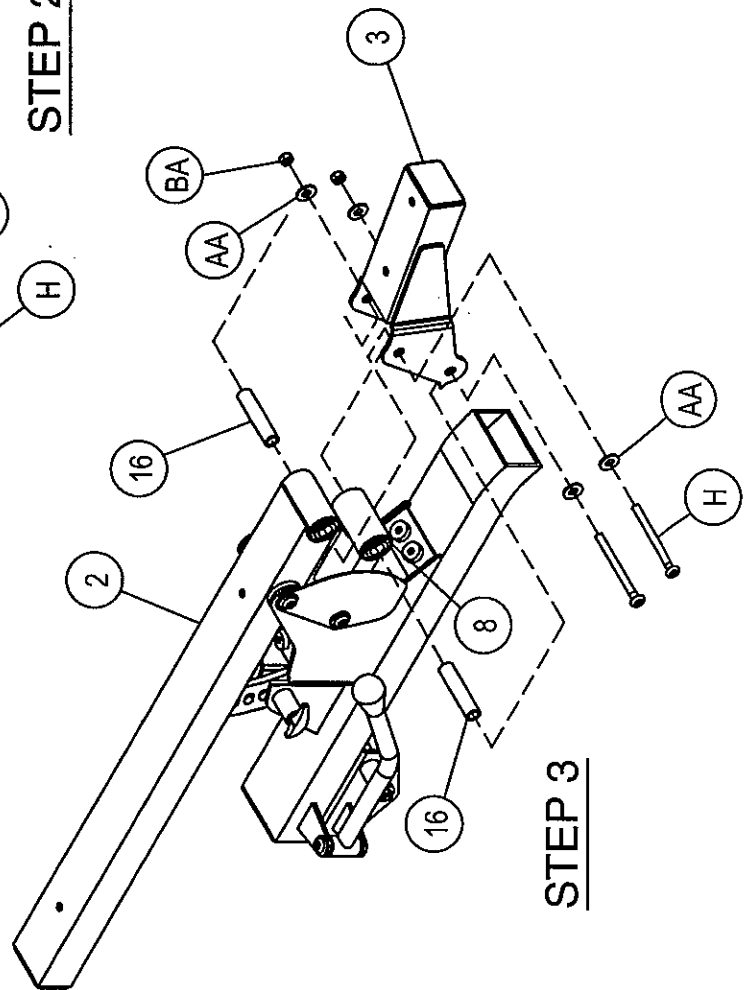
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STEP 2



STEP 1



STEP 3

OWNERS MANUAL

Step 2e FRAME ASSEMBLY

Start assembly by attaching (10) to (2) and attach (11) to (3).
Wrench tighten bolts.

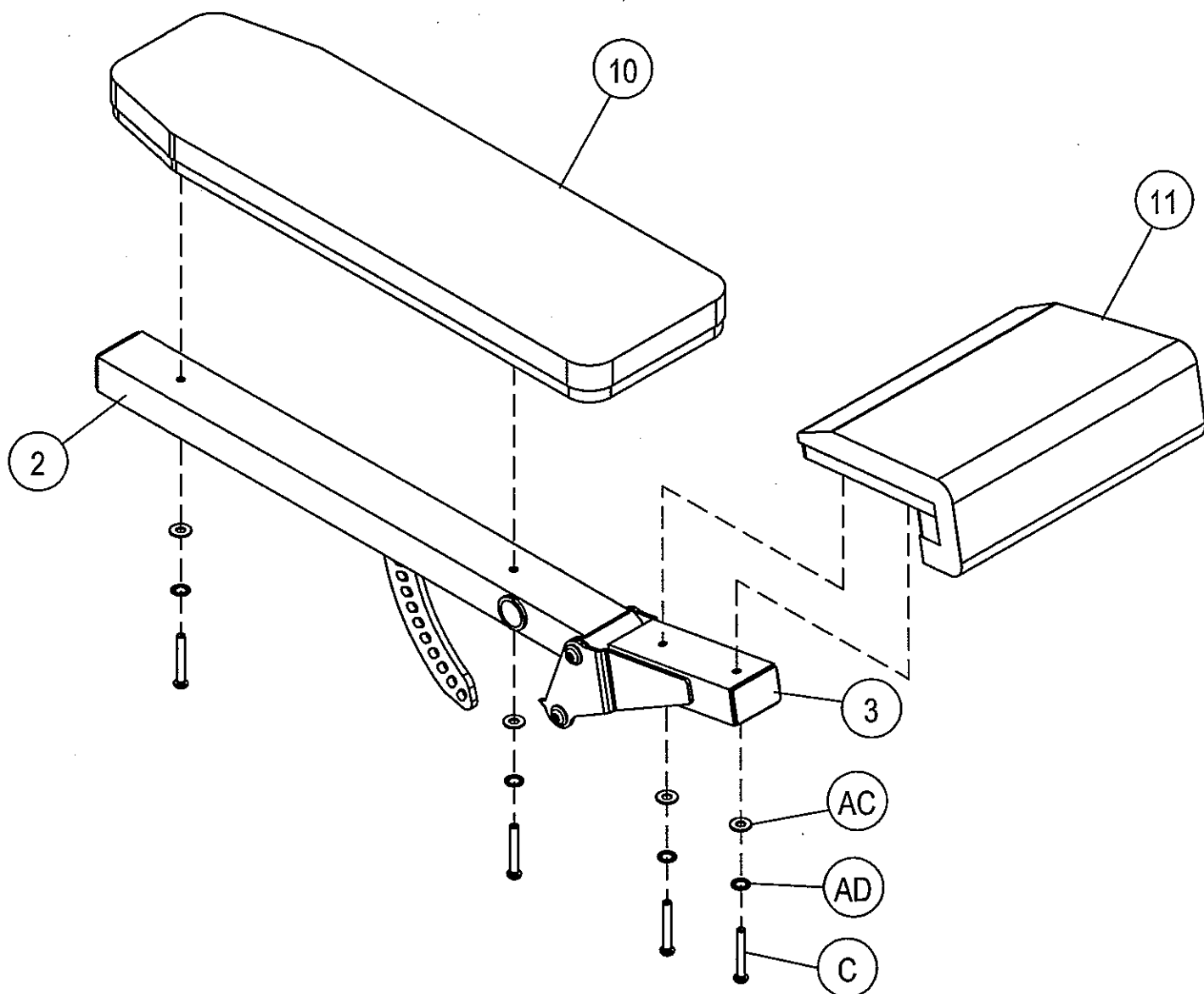
Part Descriptions

2 - Back Adjuster assembly
3 - Pivoting Seat Mount Assembly
10 - Back Pad Assembly
11 - Seat Pad Assembly

Hardware Descriptions

C - 5/16-18 x 3" BHS (WZ)
AC - 5/16" Flat Washer (WZ)
AD - 5/16" Internal Lock Washer (WZ)

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Step 2f FRAME ASSEMBLY

Start on one side of the bench by attaching (12) to (7). Next slide (14)'s into (7) and secure. Make sure the short side of (14)'s are inward as shown. Now slide (CB)'s onto both sides of (14)'s as shown. Repeat the same procedure to the opposite side. Next slide (13)'s into (4) and secure. Wrench tighten bolts. Wrench tighten all bolts installed in STEP 2a.

Part Descriptions

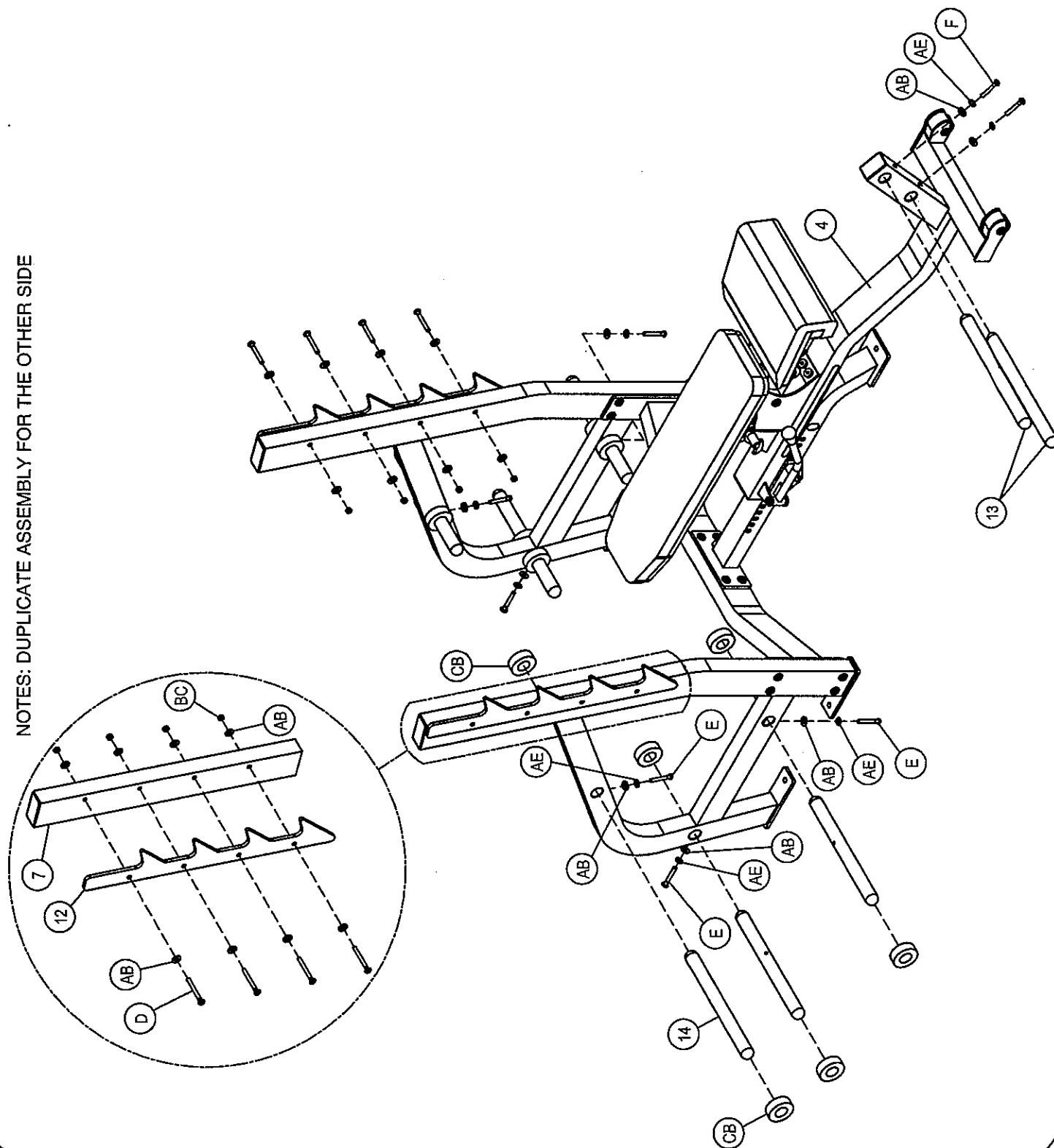
4 - Base Frame
7 - Upright Stand Assembly
12 - Gun Rack
13 - Foot Peg
14 - Weight Peg

Hardware Descriptions

D - 3/8-16 x 3" BHS (WZ)
E - 3/8-16 x 1 3/4" BHS (WZ)
F - 3/8-16 x 2 1/4" BHS (WZ)
AB - 3/8" Flat Washer (WZ)
AE - 3/8" Internal Lock Washer (WZ)
BC - 3/8" Nylok Nut (WZ)
CB - Weight Bumper

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NOTES: DUPLICATE ASSEMBLY FOR THE OTHER SIDE



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PRE-ASSEMBLY

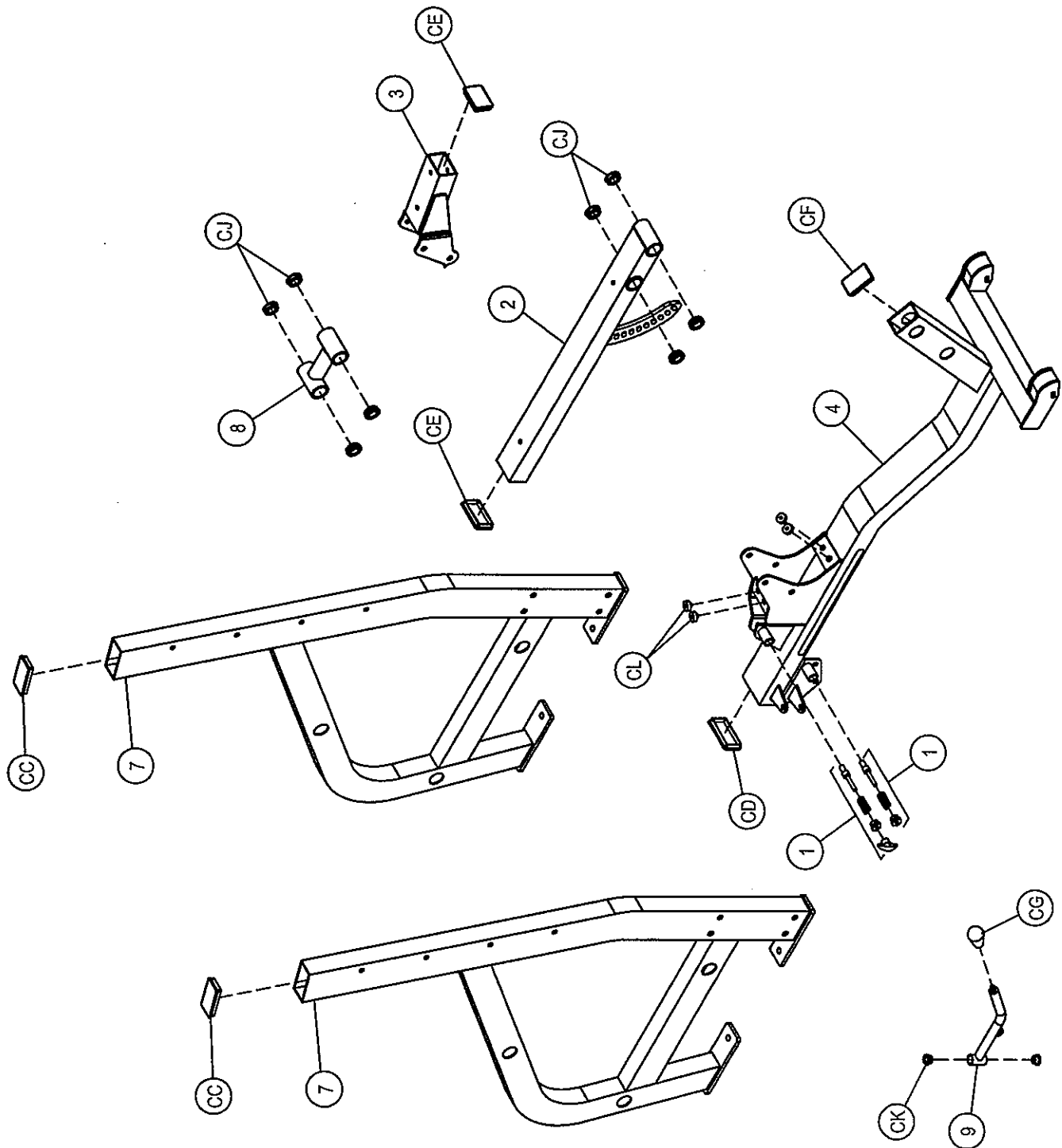
Part Descriptions

- 1 - 1/2" Short Pull Pin Assembly
- 2 - Back Adjuster Assembly
- 3 - Pivoting Seat Mount Assembly
- 4 - Base Frame
- 7 - Upright Stand Assembly
- 8 - Linkage Assembly
- 9 - Handle Assembly

Hardware Descriptions

- CC - 2" x 4" End Cap Vertical (H)
- CD - 2" x 4" End Cap Horizontal (H)
- CE - 2" x 3" End Cap Horizontal (H)
- CF - 2" x 3" End Cap Vertical (H)
- CG - Knob Handle
- CJ - 0.75" Flanged Bearing
- CK - Plug Bumper

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IMPORTANT

Now that the CF2179 Olympic Bench is completely assembled take time to assure that your unit is assembled square and perpendicular. If the bench are not square and perpendicular, it will be necessary to loosen some frame hardware to re-align the frame and retighten bolts.

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01X0185	1/2" Short Pull Pin Assembly
2	1	026-01X1378	Back Adjuster Assembly
3	1	026-01X1381	Pivoting Seat Mount Assembly
4	1	026-01X1382	Base Frame
5	1	026-01X1392	Base Mount Assembly
6	1	026-01X1394	Cross Brace Assembly
7	2	026-01X1395	Upright Stand Assembly
8	1	026-01X1396	Linkage Assembly
9	1	026-01X1397	Handle Assembly
10	1	022-01PD0104-A	Back Pad Assembly
11	1	022-01PD0105-A	Seat Pad Assembly
12	2	026-01P1377	Gun Rack
13	2	026-01M0475	Foot Peg
14	8	026-01M0476	Weight Peg
15	1	026-01P1422	Decal Plate
16	4	026-01M0753	Ø.75" x 3.598" Axle

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HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	12	011-0101019	1/2-13 x 3" BHS (WZ)
B	2	011-0101049	3/8-16 x 2 1/2" BHS (WZ)
C	4	011-0101033	5/16-18 x 3" BHS (WZ)
D	8	011-0101048	3/8-16 x 3" BHS (WZ)
E	6	011-0101061	3/8-16 x 1 3/4" BHS (WZ)
F	2	011-0101046	3/8-16 x 2 1/4" BHS (WZ)
G	1	011-0101076	1/2-13 x 3 1/4" BHS (WZ)
H	5	011-0101077	1/2-13 x 5" BHS (WZ)
AA	36	013-0102003	1/2" Flat Washer (WZ)
AB	28	013-0102010	3/8" Flat Washer (WZ)
AC	5	013-0002001	5/16" Flat Washer (WZ)
AD	4	013-0102021	5/16" Internal Lock Washer (WZ)
AE	8	013-0102010	3/8" Internal Lock Washer (WZ)
BA	18	012-0304011	1/2" Thin Nylok Nut (WZ)
BB	1	012-0102006	5/16" Nylok Nut (WZ)
BC	10	012-0104008	3/8" Nylok Nut (WZ)
CA	2	020-0014024	Ø2.50" x 1.50" Wheel
CB	12	026-01PL264	Weight Bumper
CC	2	026-01PL187RV	2" x 4" End Cap Vertical (H)
CD	1	026-01PL187RH	2" x 4" End Cap Horizontal (H)
CE	2	026-01PL192RH	2" x 3" End Cap Horizontal (H)
CF	1	026-01PL192RV	2" x 3" End Cap Vertical (H)
CG	1	020-0007004	Knob Handle
CH	8	026-01PL364	Ø1.00 Delrin
CI	1	026-01PL365	Ø1.00 x 3.625" lg. Delrin
CJ	8	014-0005001	0.75" Flanged Bearing
CK	2	014-0101004	1/2" Oil Lite
CL	4	019-0001001	Plug Bumper

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

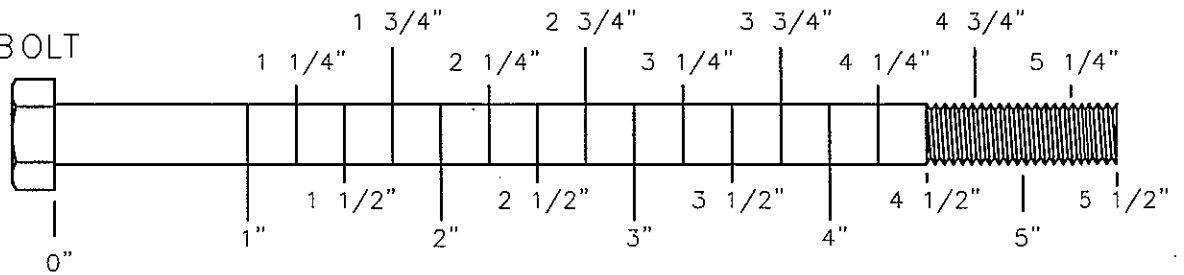
BHS = Button Head Screw

SHS = Socket Head Screw

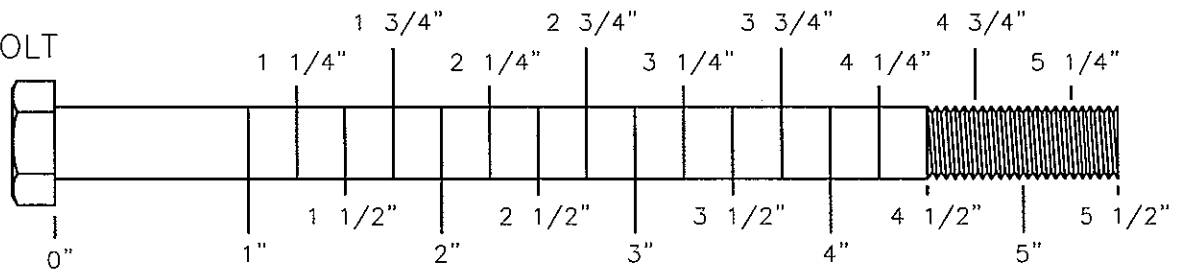
HHB = Hex Head Bolt

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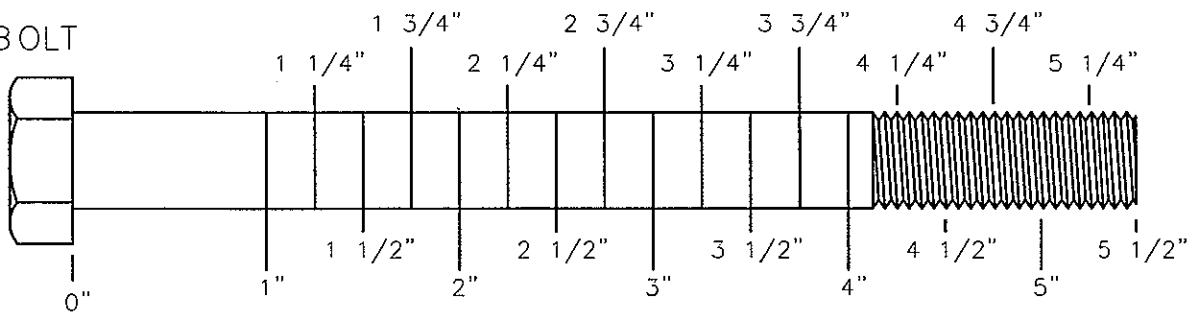
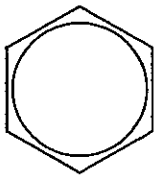
5/16" HEX BOLT



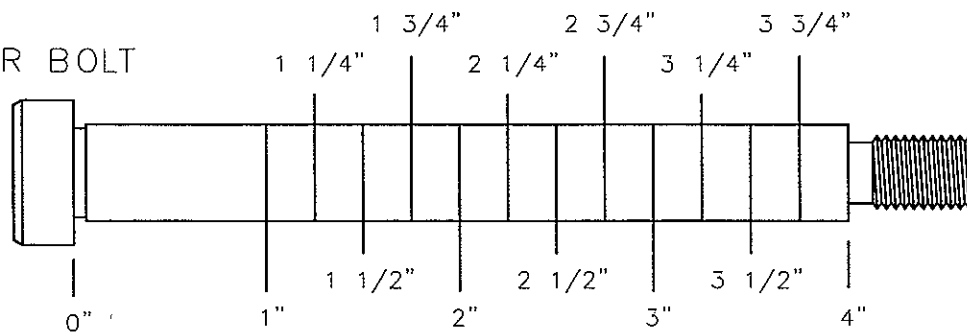
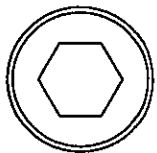
3/8" HEX BOLT



1/2" HEX BOLT

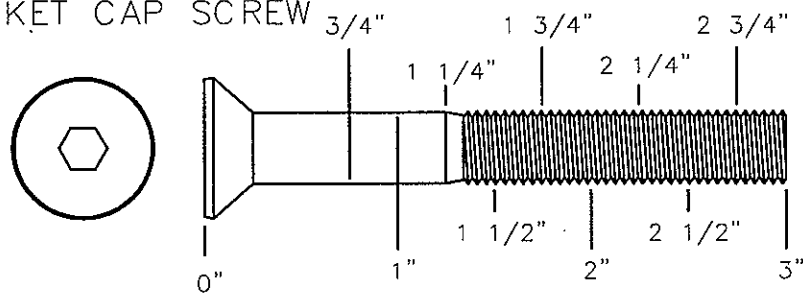


1/2" SHOULDER BOLT

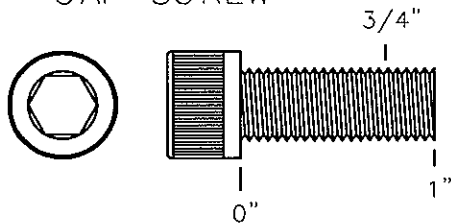


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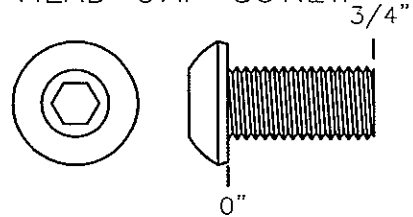
3/8" FLATHEAD
SOCKET CAP SCREW



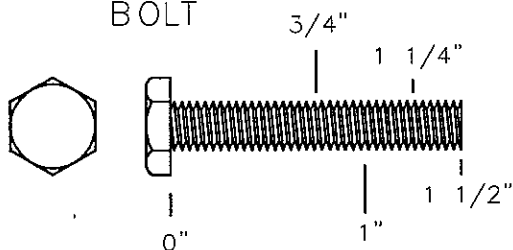
3/8" SOCKET
CAP SCREW



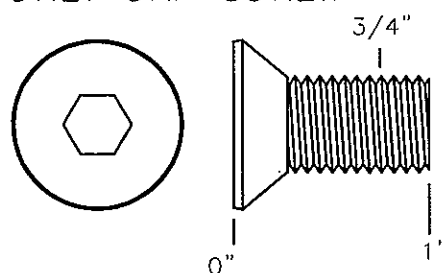
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

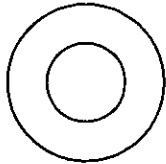


1/2" FLATHEAD
SOCKET CAP SCREW

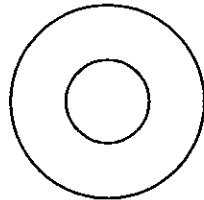


OWNERS MANUAL

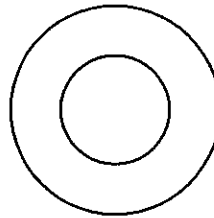
5/16"
FLAT WASHER
LARGE, USS, 25mm



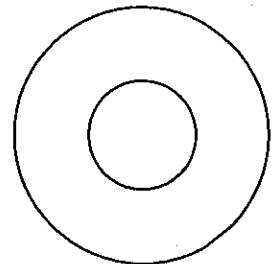
3/8"
FLAT
WASHER



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



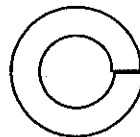
1/2"
FLAT WASHER
LARGE, USS, 34mm



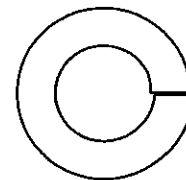
1/4"
LOCK WASHER



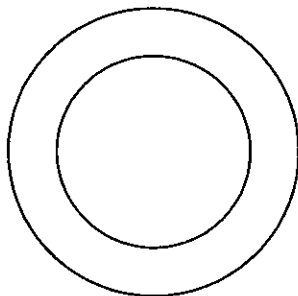
3/8"
LOCK WASHER



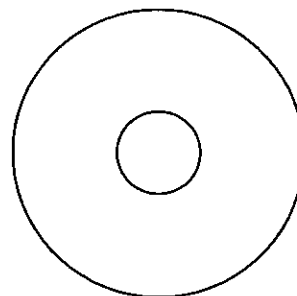
1/2"
LOCK WASHER



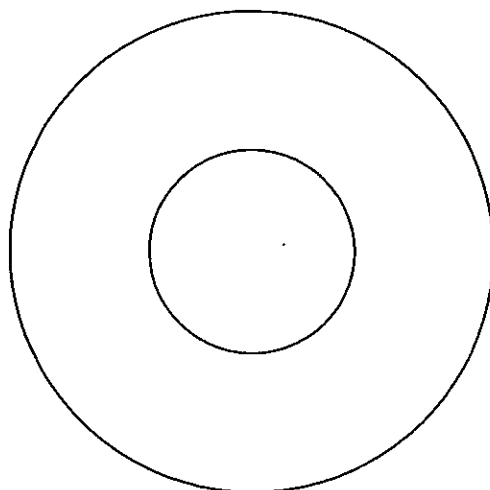
1" SHIM WASHER



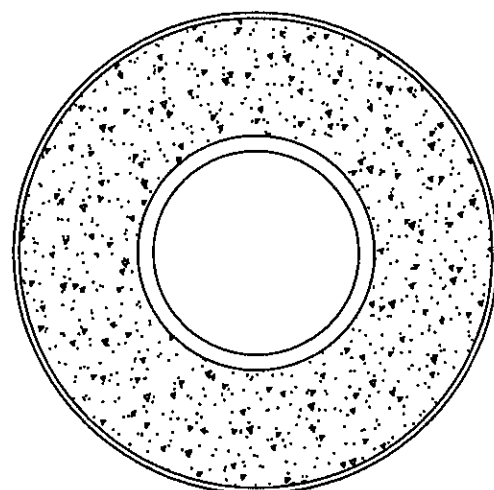
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

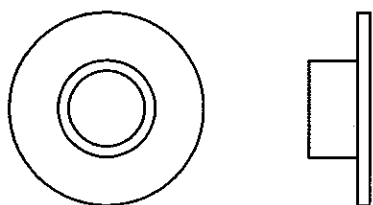


PLASTIC 1 1/16"
FENDER WASHER

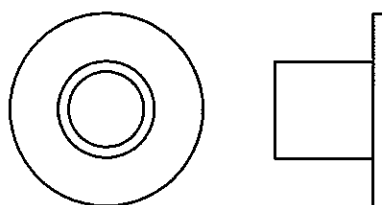


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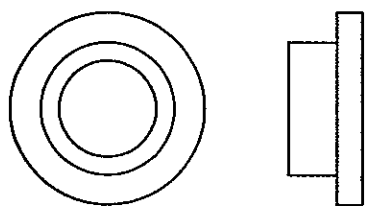
1/4" LONG
FLANGED SPACER



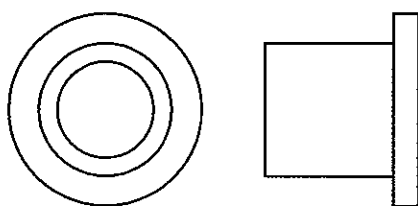
1/2" LONG
FLANGED SPACER



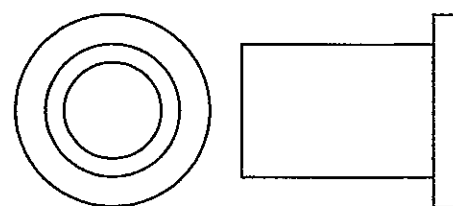
1/4" LONG HEAVY
FLANGED SPACER



11/16" LONG HEAVY
FLANGED SPACER



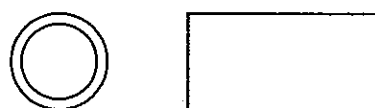
1" LONG HEAVY
FLANGED SPACER



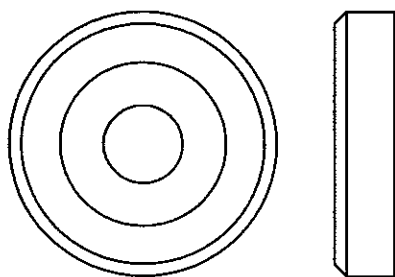
1/2" LONG
SPACER



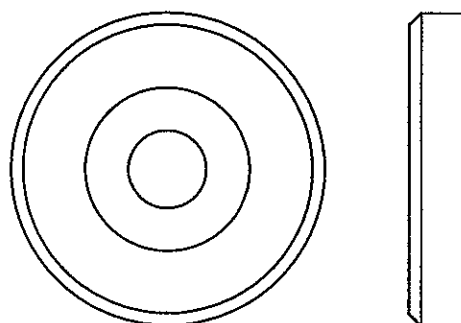
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



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WEIGHT TRAINING TIPS

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.

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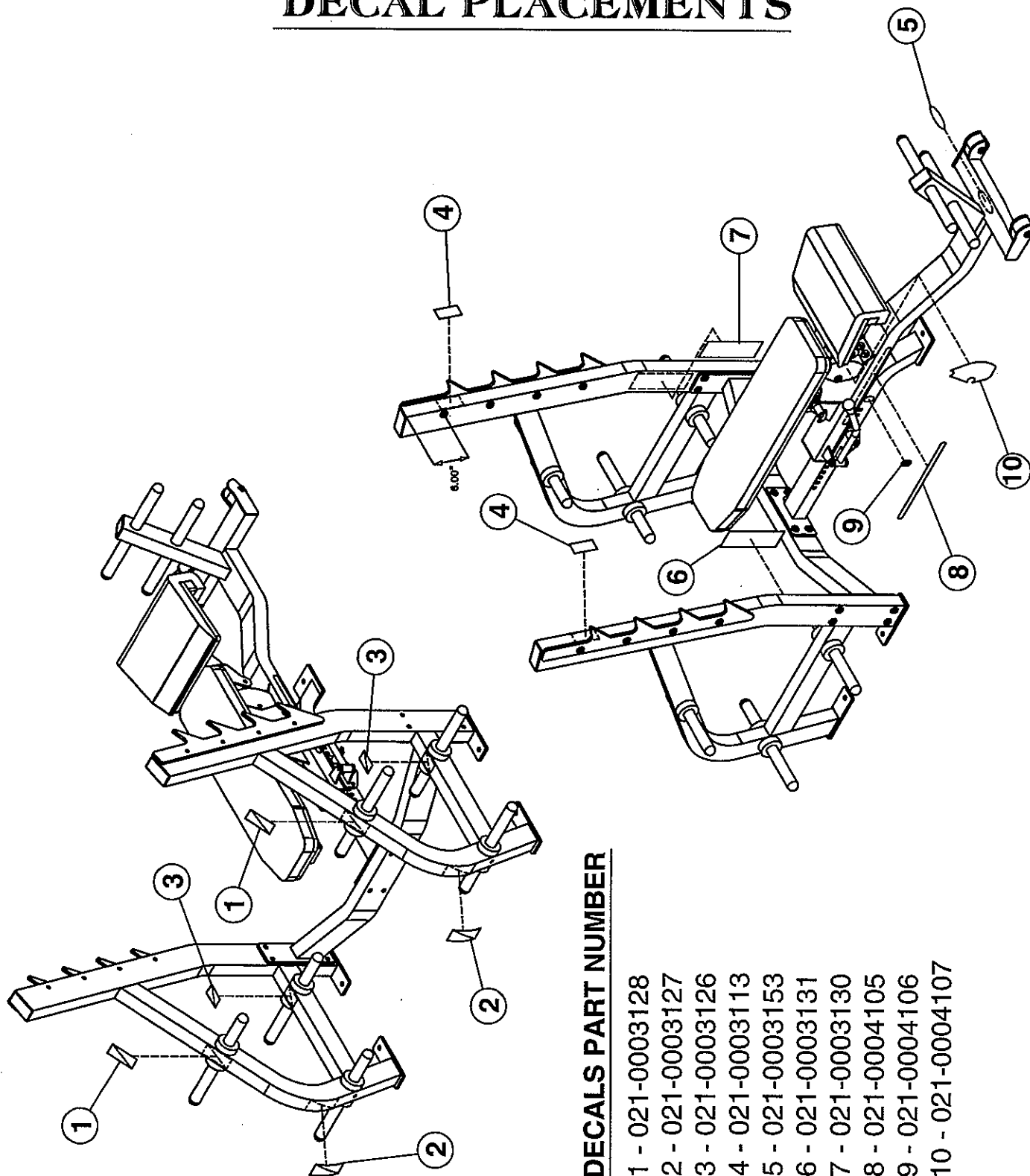
WEIGHT TRAINING EXERCISE LOG

S = Sets **R** = Repetition per set **W** = Weight used

[illegible]

OWNERS MANUAL

DECAL PLACEMENTS

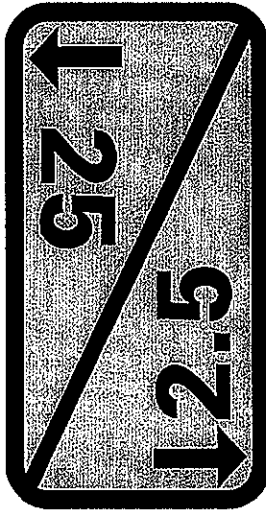


DECALS PART NUMBER

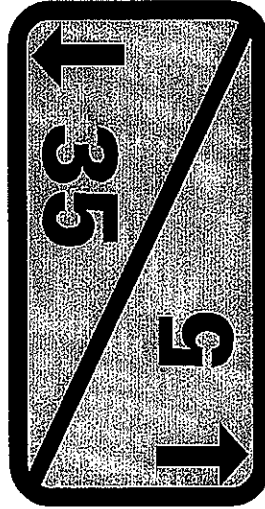
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- 3 - 021-0003126
- 4 - 021-0003113
- 5 - 021-0003153
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- 7 - 021-0003130
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- 9 - 021-0004106
- 10 - 021-0004107

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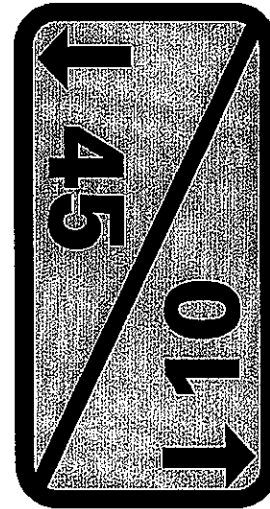
DECAL REFERENCE



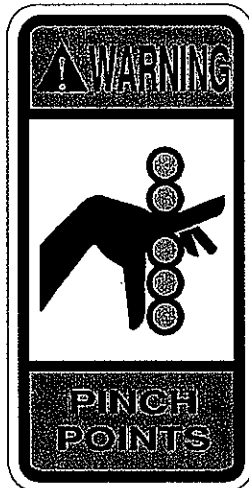
021-0003126



021-0003127



021-0003128



021-0003113




021-0003153

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DECAL REFERENCE

NOTICE	COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
	Inspect; Links, Fall Pins, Snap Locks, Swivels, Weight Stack Pins	X				
	Clean; Upholstery	X				
	Inspect; Cables or Belts and their tension	X				
	Inspect; Accessory Bars and Handles		X			
	Inspect; All Decals		X			
	Inspect; All Nuts and Bolts, Tighten if Needed		X			
	Inspect; Anti-Skid Surfaces		X			
	Clean & Lubricate; Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)			X		
	Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings			X		
	Clean and Wax; All Glossy Finishes				X	
	Repack with Grease; Linear Bearings				X	
	Replace; Cables, Belts and Connecting Parts					X

021-0003131


WARNING

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

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THE EQUIPMENT.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If it looks like a part is bad, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Weight training requires proper technique. Stop exercising if you feel pain or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to fix any equipment by your self. Obtain a qualified person to avoid serious injury.
6. Take your time and do not rush the exercise. Practice proper technique. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid the risk of injury, children should not be placed in contact with the equipment. If used, children should not use the equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

OWNERS MANUAL

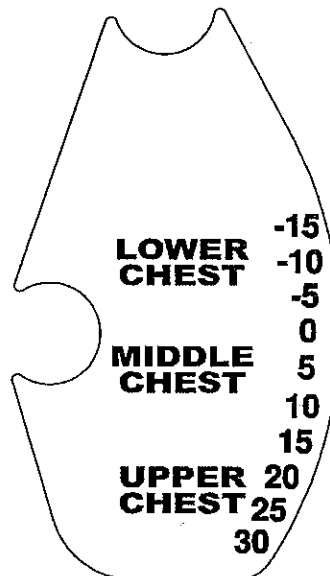
DECAL REFERENCE

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

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021-0004106



021-0004107

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY											
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY												
Clean; Upholstery	DAILY	WEEKLY												
Inspect; Cables or Belts and their tension	DAILY	WEEKLY												
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS												
Inspect; All Decals	WEEKLY	3 MONTHS												
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS												
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS												
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS												
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS												
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY												
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY												
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS												

Your equipment comes with a commercial maintenance decal.

For personal, in home use, please follow the home maintenance schedule listed above.

OWNERS MANUAL

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 dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

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 proper.*

Anti-Skid Surfaces:

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

Belts and Cables:

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

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

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

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

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

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the 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.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables 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.

HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; 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, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

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