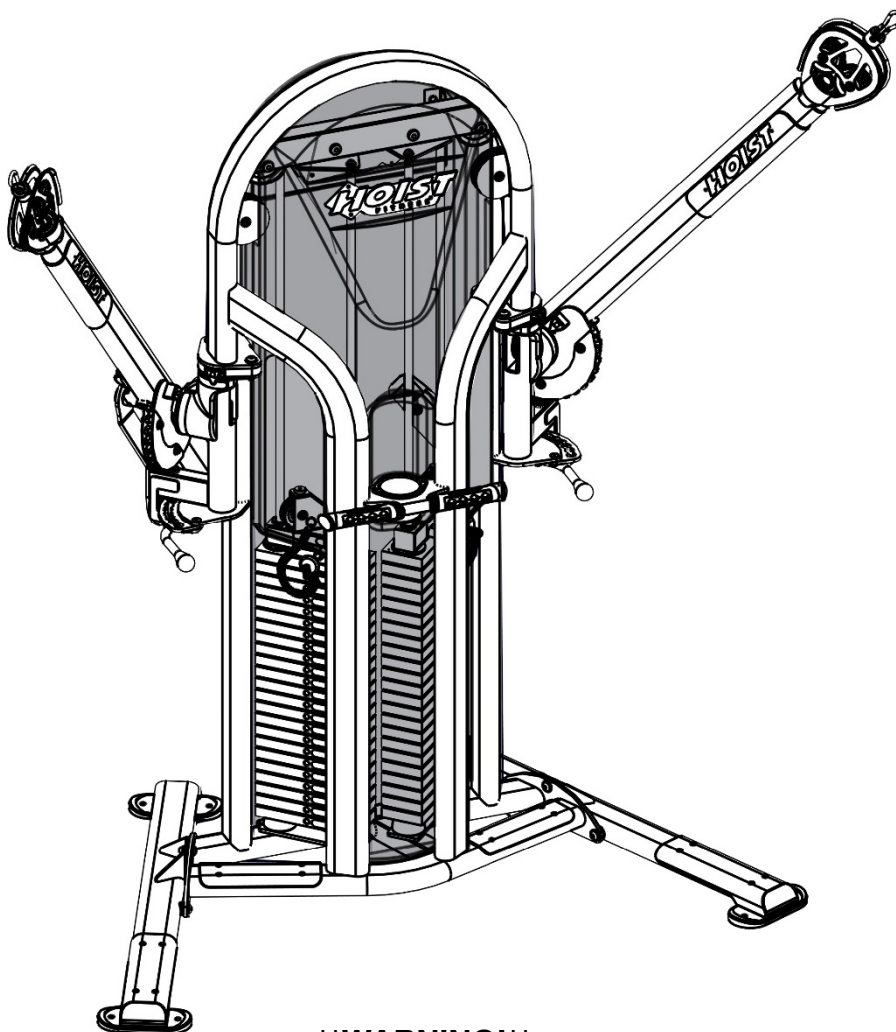


OWNER'S MANUAL



HD-4000 SIMPLE TRAINER



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

RECORD SERIAL NUMBER HERE

MACHINE CODE

A06

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



www.facebook.com/hoistfitness

OWNER'S MANUAL

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INSTRUCTIONS

Before beginning assembly, please take the time to read 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 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 assembling the unit.

TOOLS REQUIRED

Ratchet Wrench

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

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

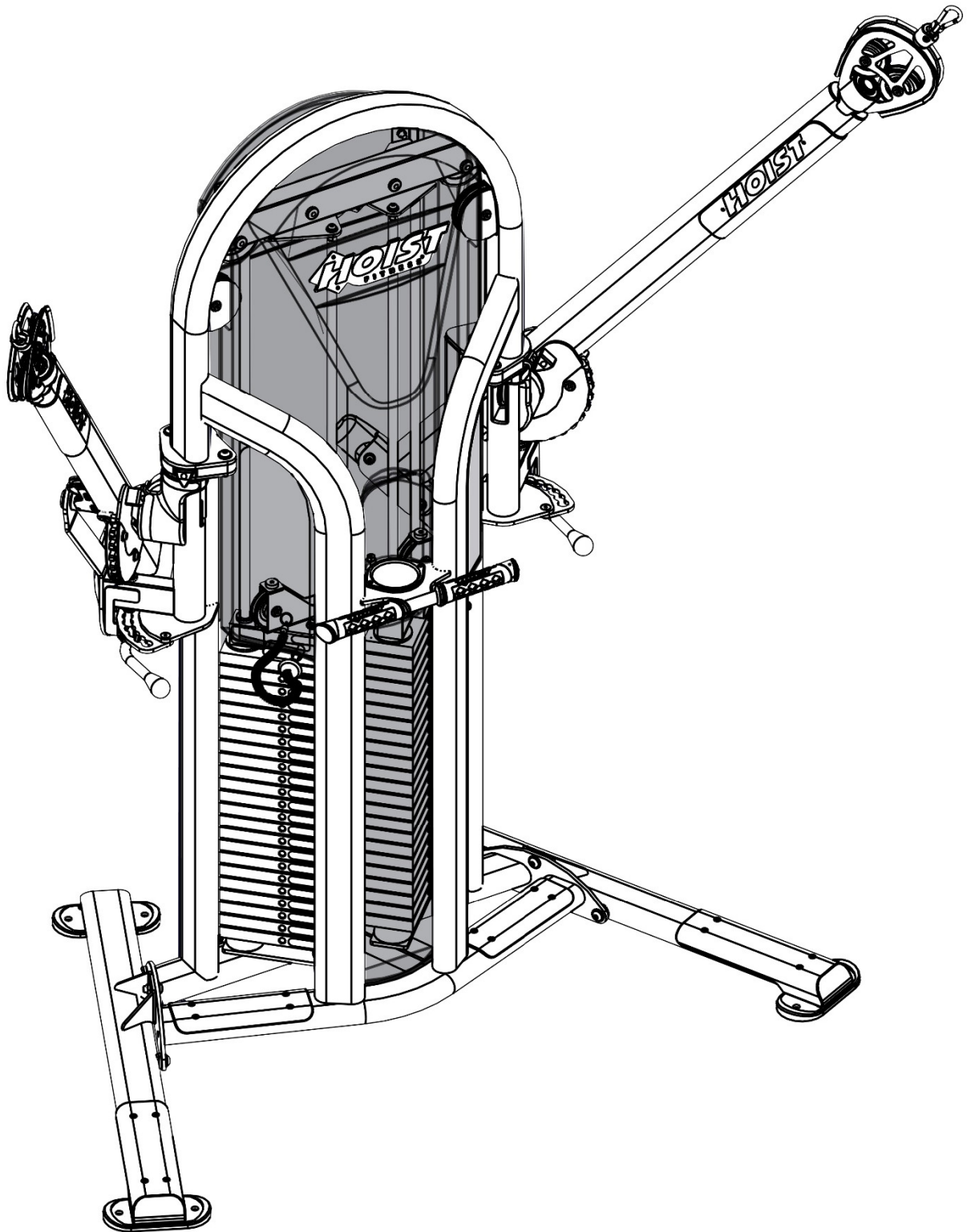
SAE Hex Key Wrench Set

Two People

OWNER'S MANUAL

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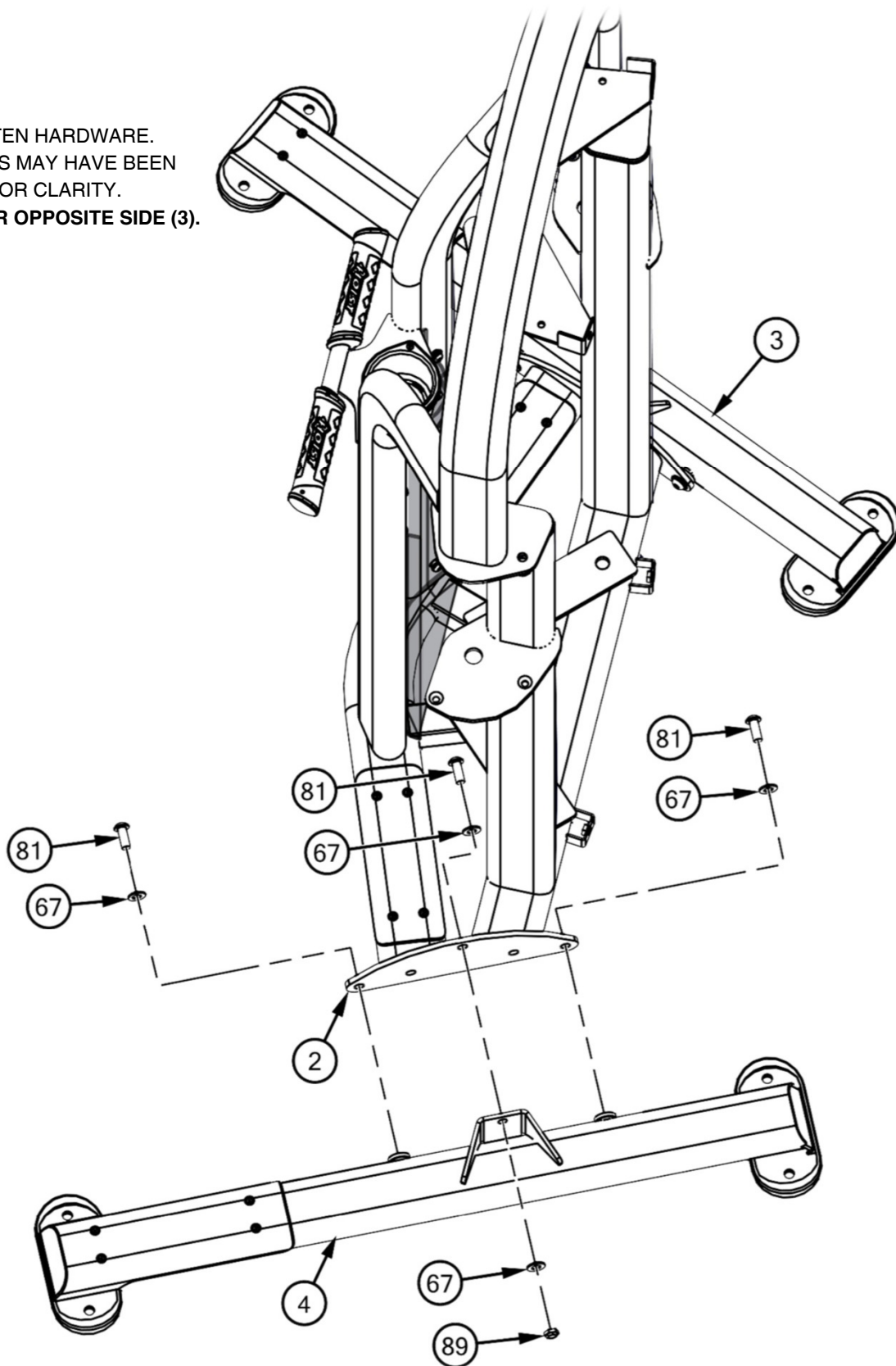
FRAME ASSEMBLY



FRAME ASSEMBLY

NOTE:

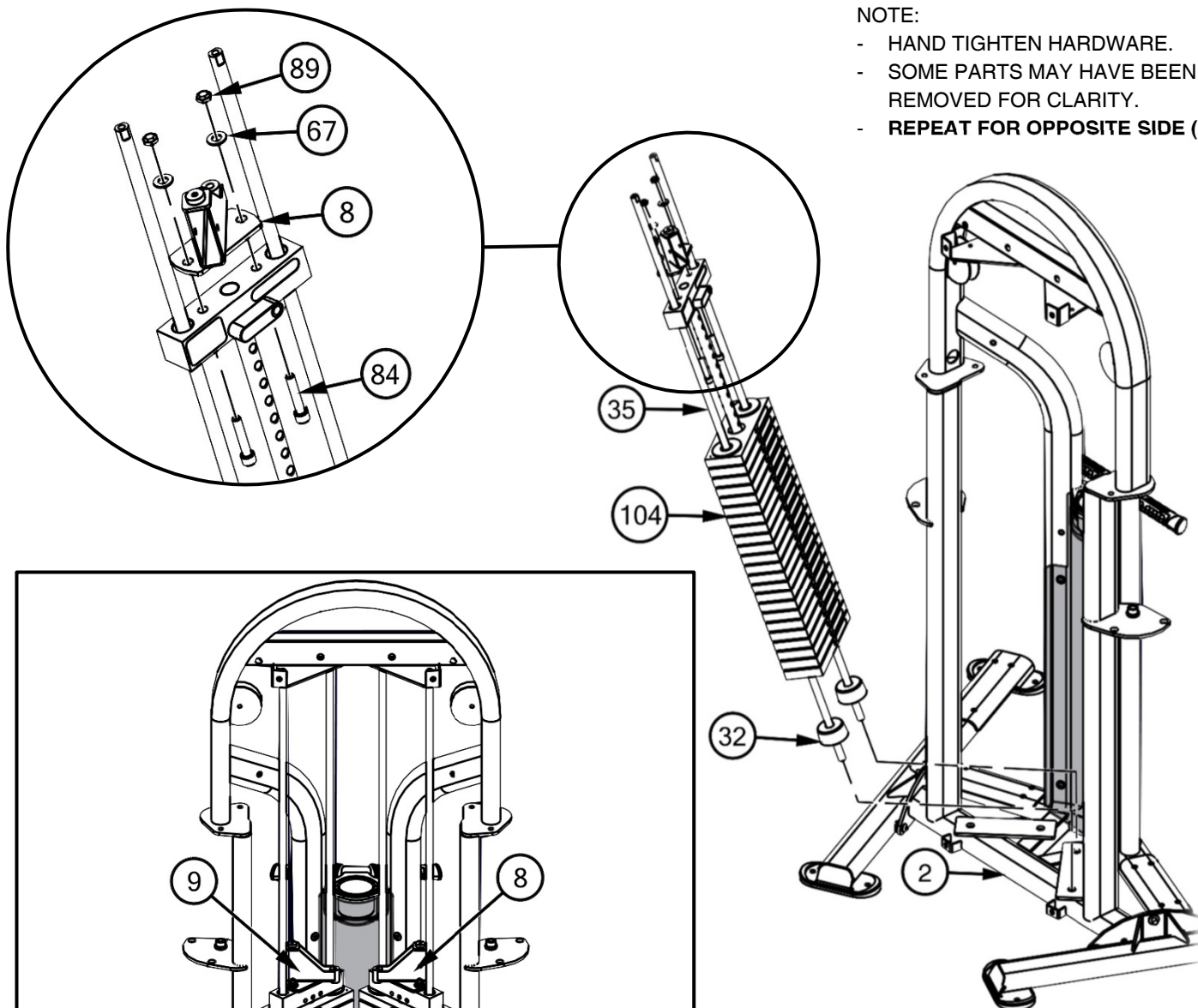
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (3).



FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (9).



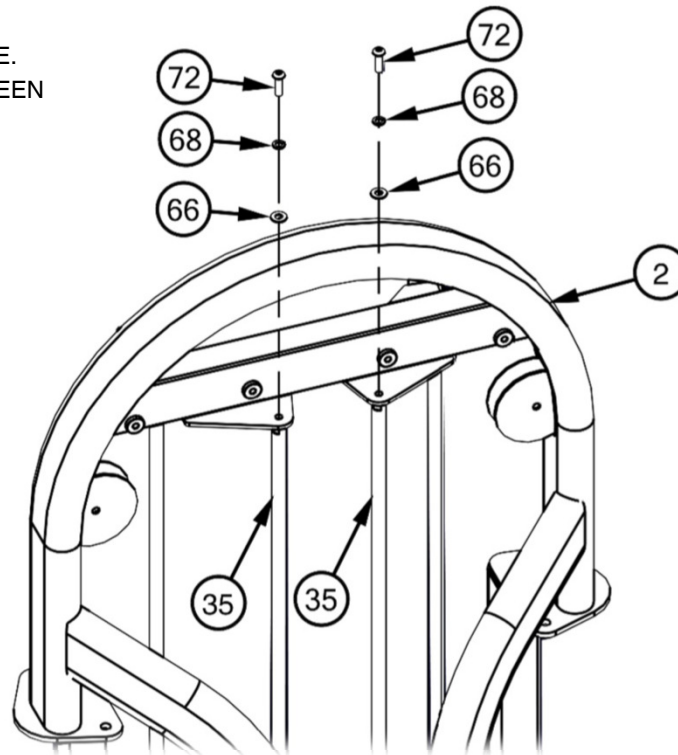
PROPERLY INSTALLED ITEMS (8) & (9).

FRAME ASSEMBLY

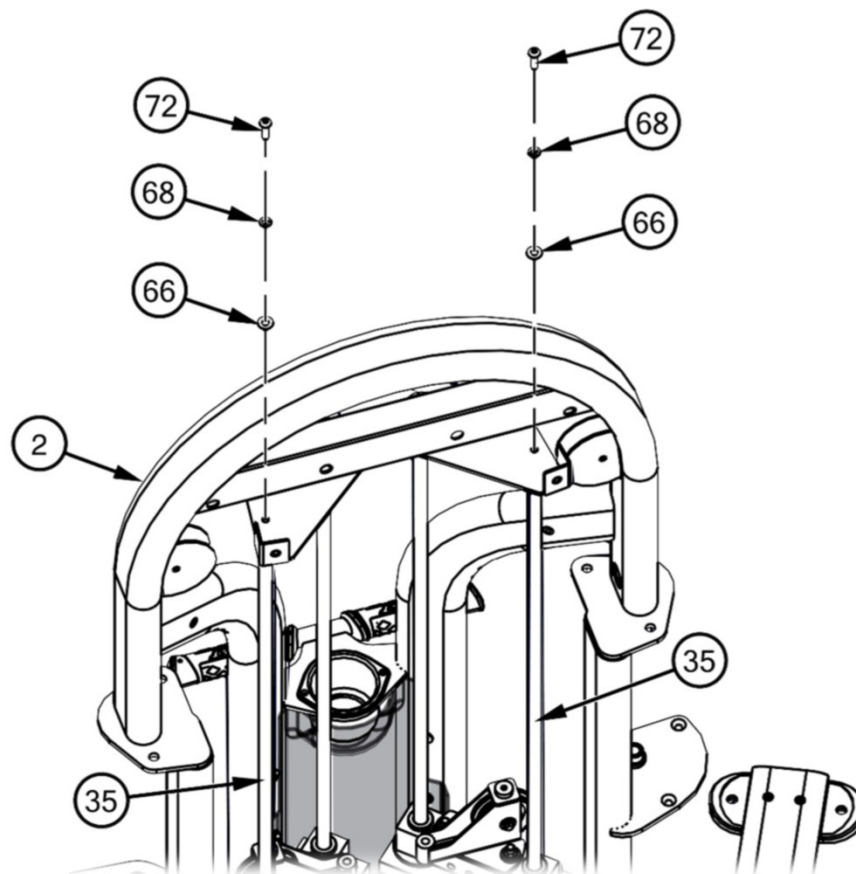
NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1



STEP 2

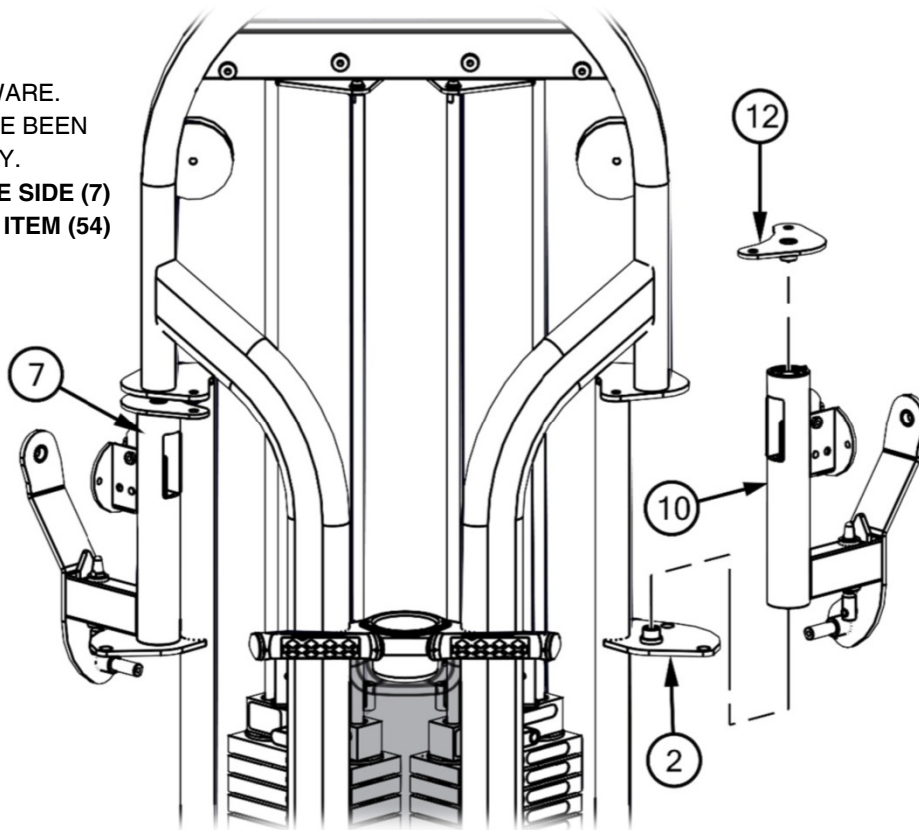


FRAME ASSEMBLY

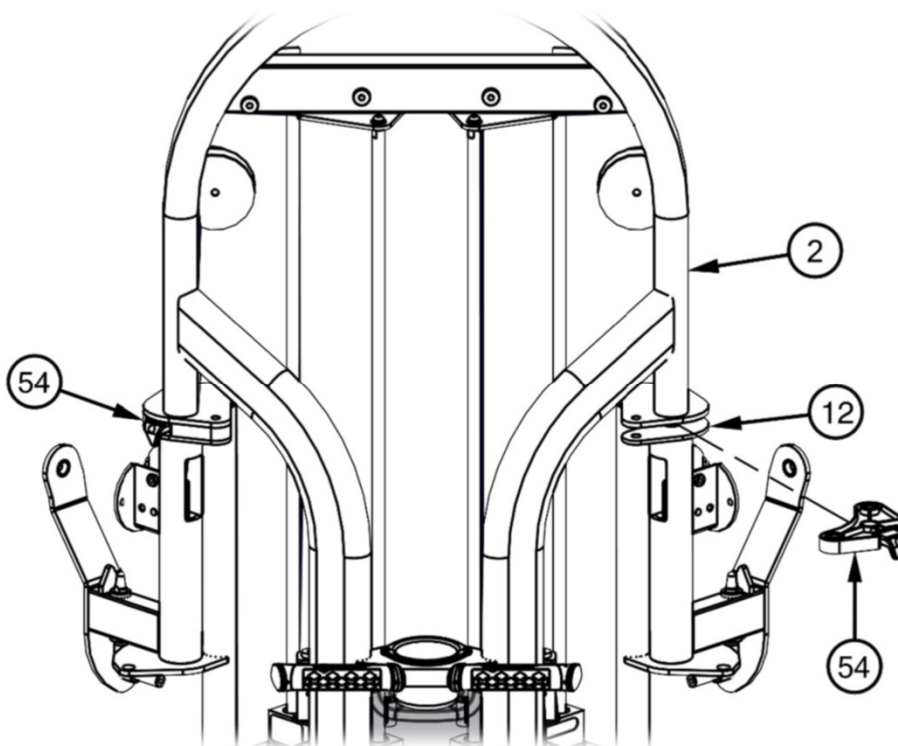
NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (7) ENSURING ARROW ON ITEM (54) POINTS DOWNWARDS.

STEP 1



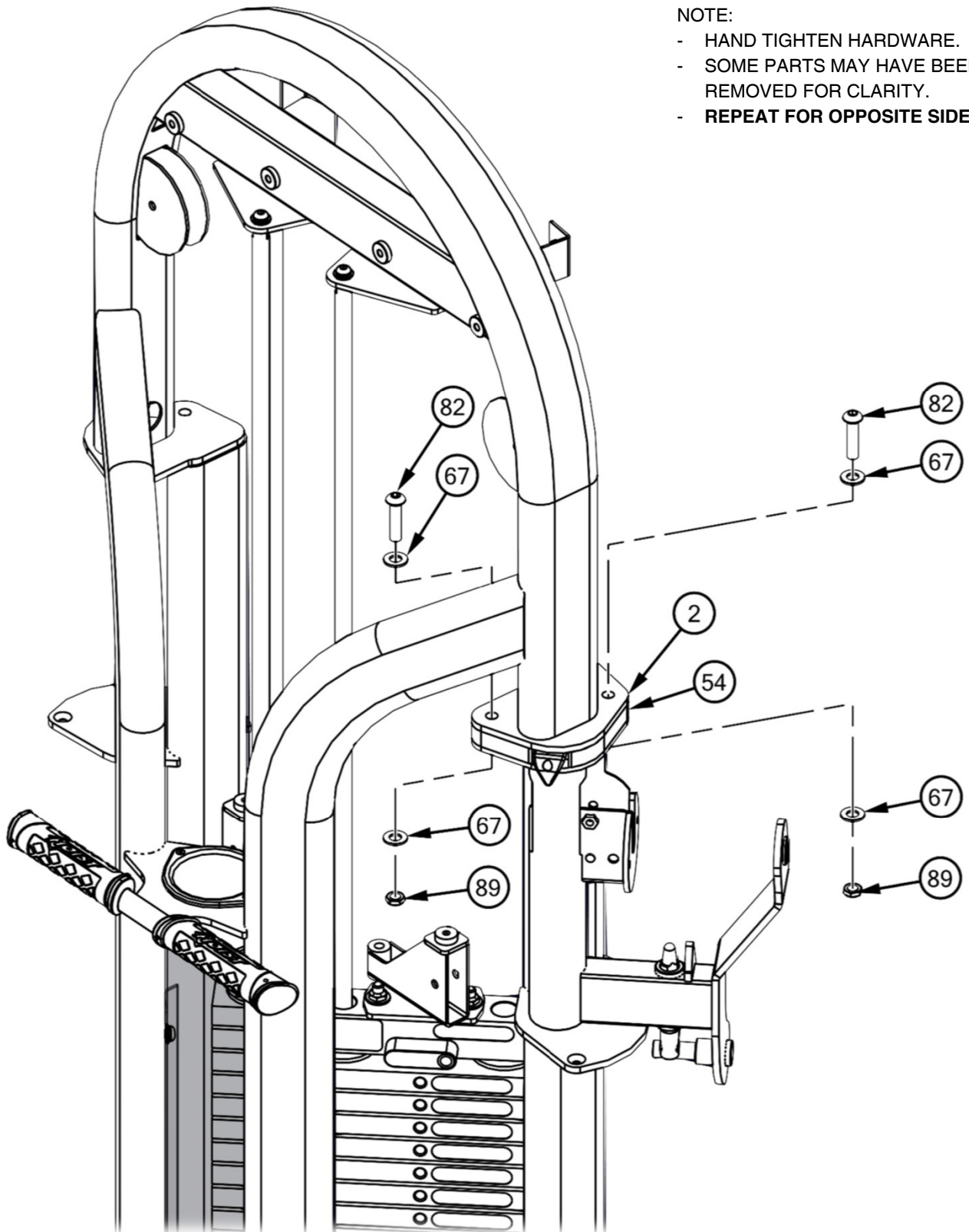
STEP 2



FRAME ASSEMBLY

NOTE:

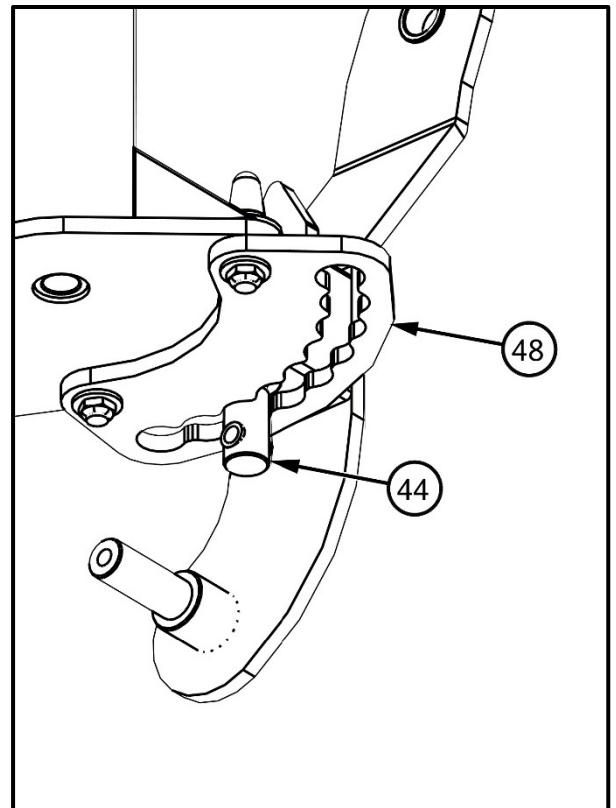
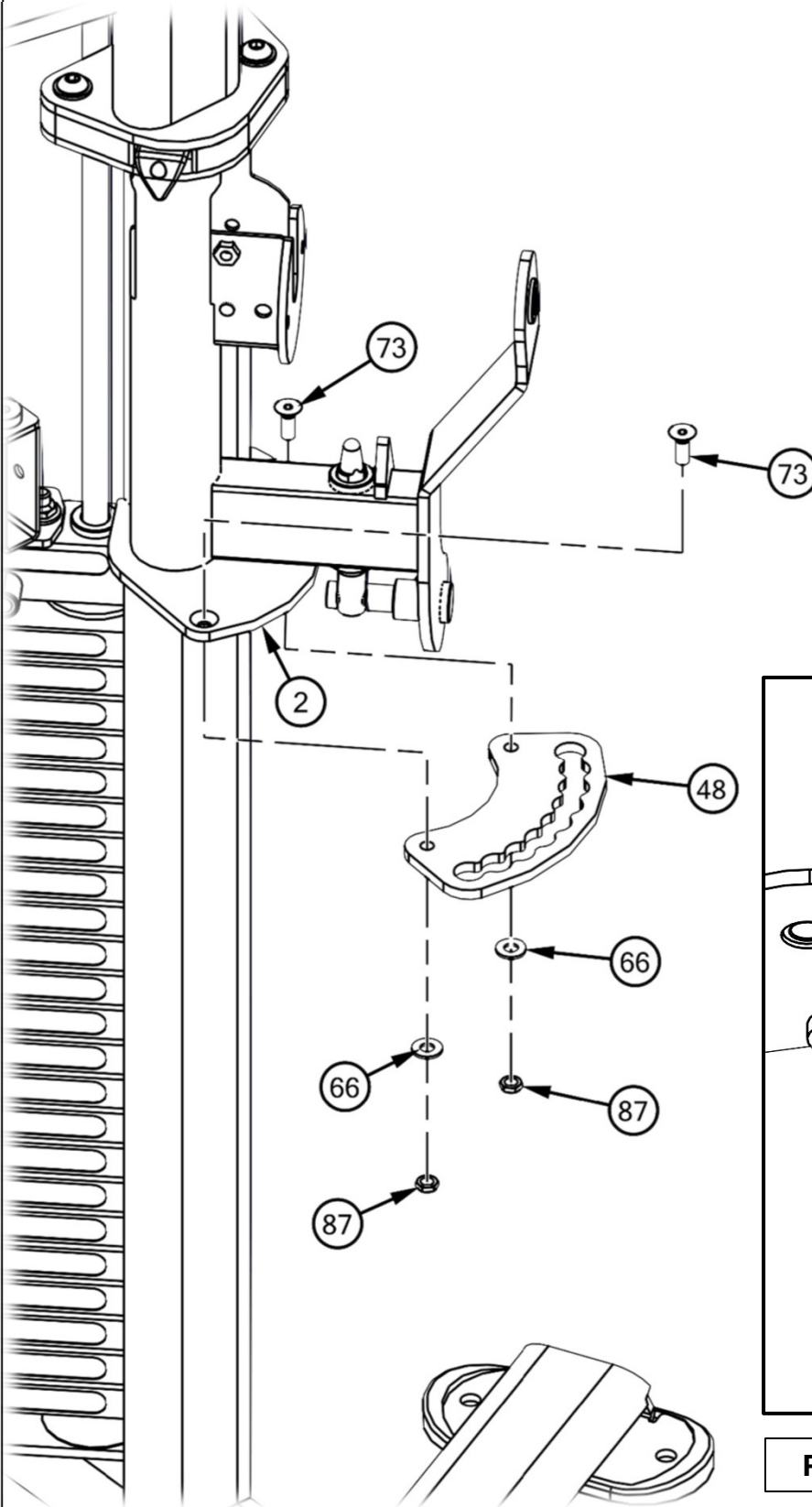
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE.



FRAME ASSEMBLY

NOTE:

- **WRENCH TIGHTEN ALL HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE.**



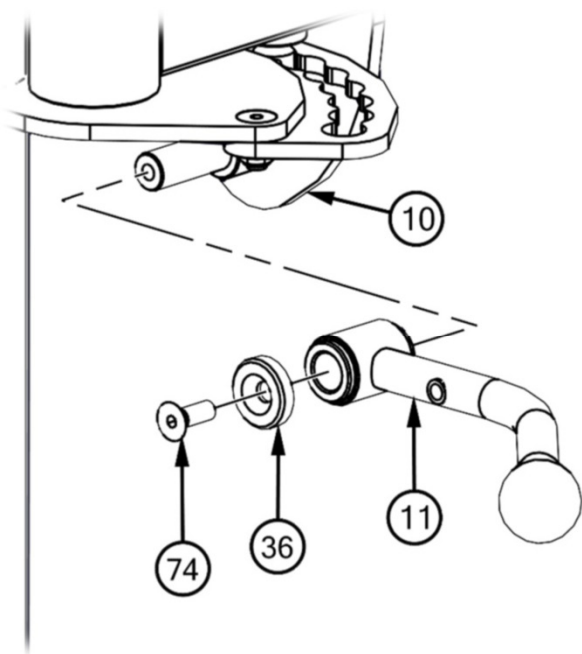
PROPERLY INSTALLED ITEM (48)

FRAME ASSEMBLY

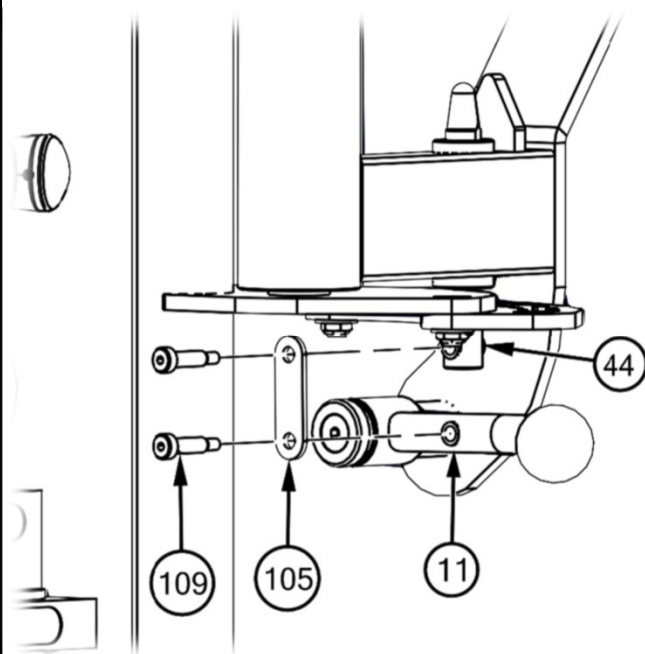
NOTE:

- **WRENCH TIGHTEN ALL HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE (106).**

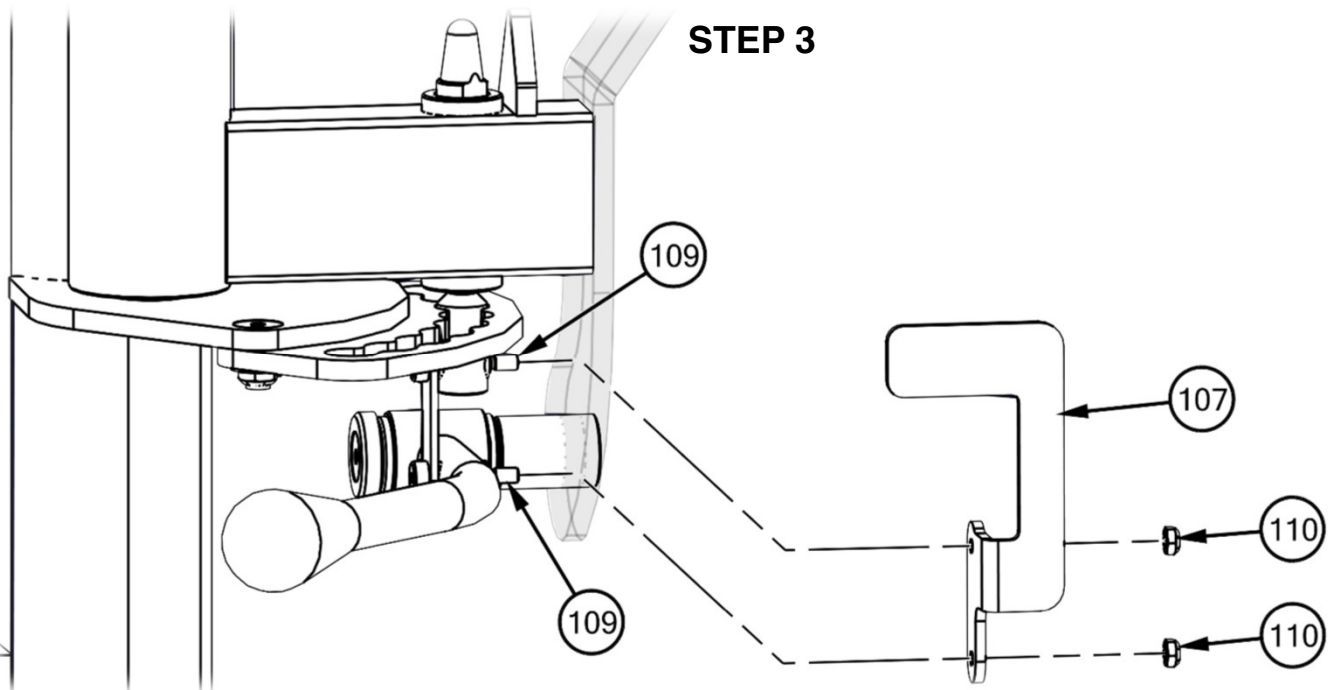
STEP 1



STEP 2



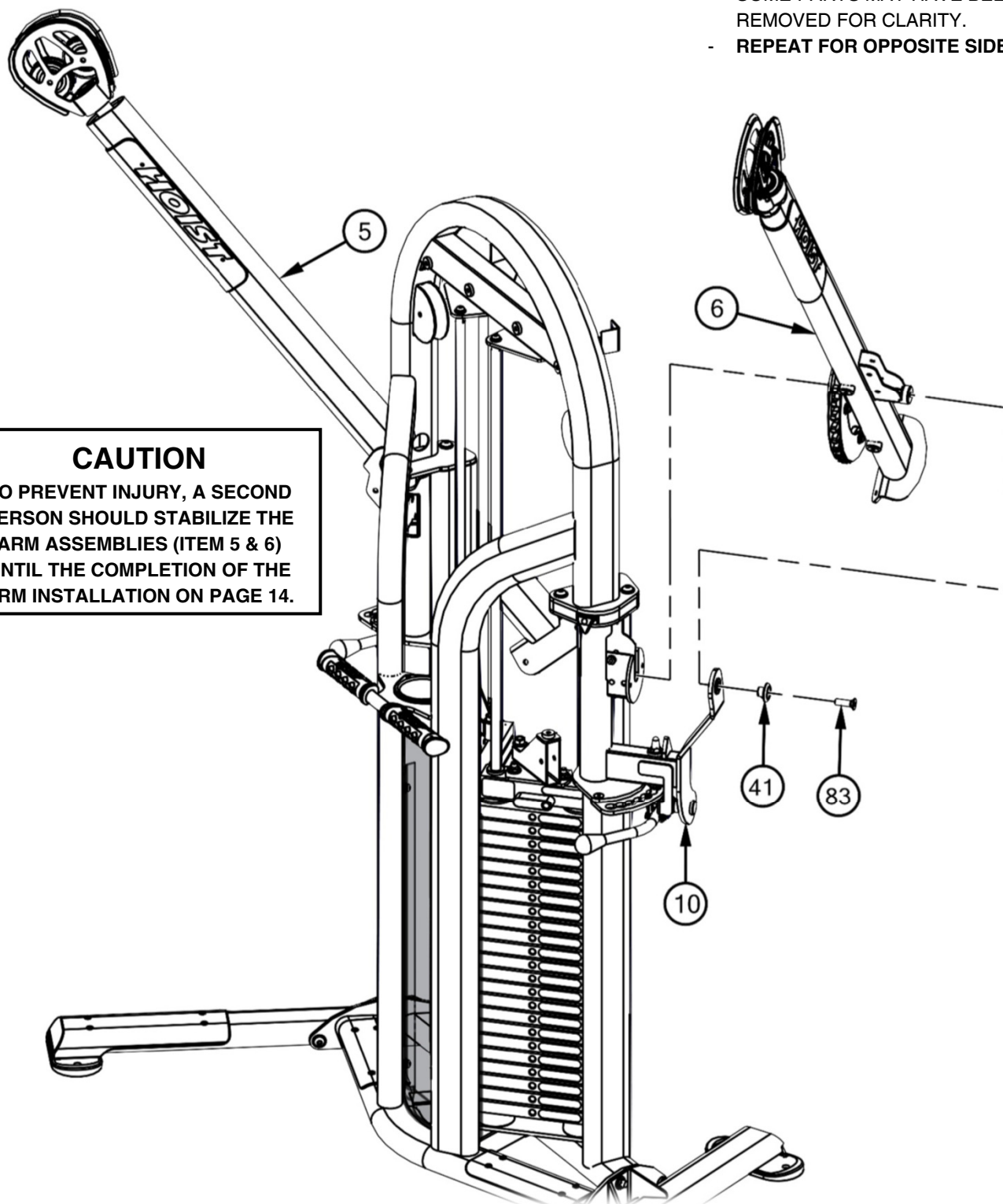
STEP 3



FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (5).



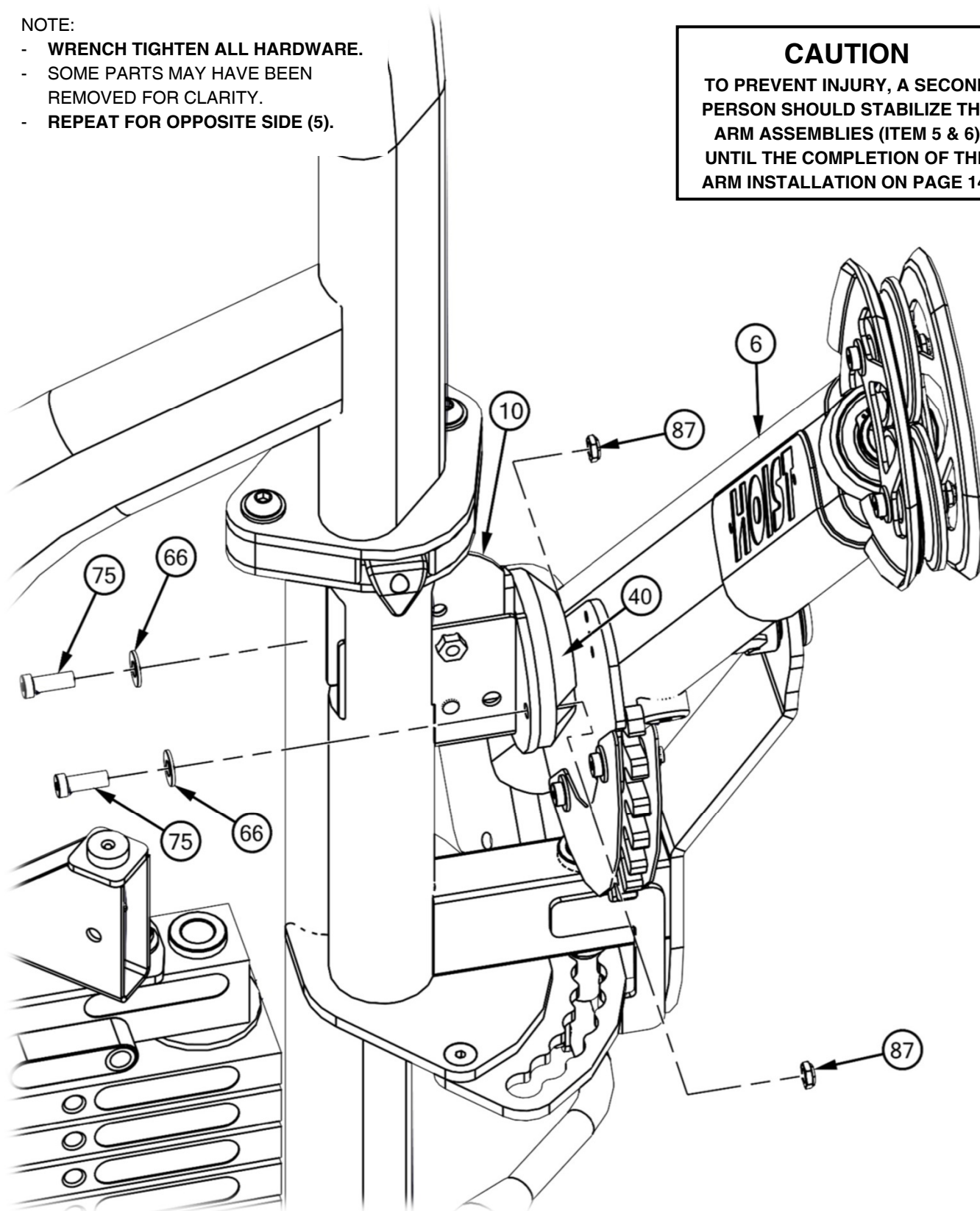
CAUTION

TO PREVENT INJURY, A SECOND PERSON SHOULD STABILIZE THE ARM ASSEMBLIES (ITEM 5 & 6) UNTIL THE COMPLETION OF THE ARM INSTALLATION ON PAGE 14.

FRAME ASSEMBLY

- **WRENCH TIGHTEN ALL HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE (5).**

TO PREVENT INJURY, A SECOND PERSON SHOULD STABILIZE THE ARM ASSEMBLIES (ITEM 5 & 6) UNTIL THE COMPLETION OF THE ARM INSTALLATION ON PAGE 14.



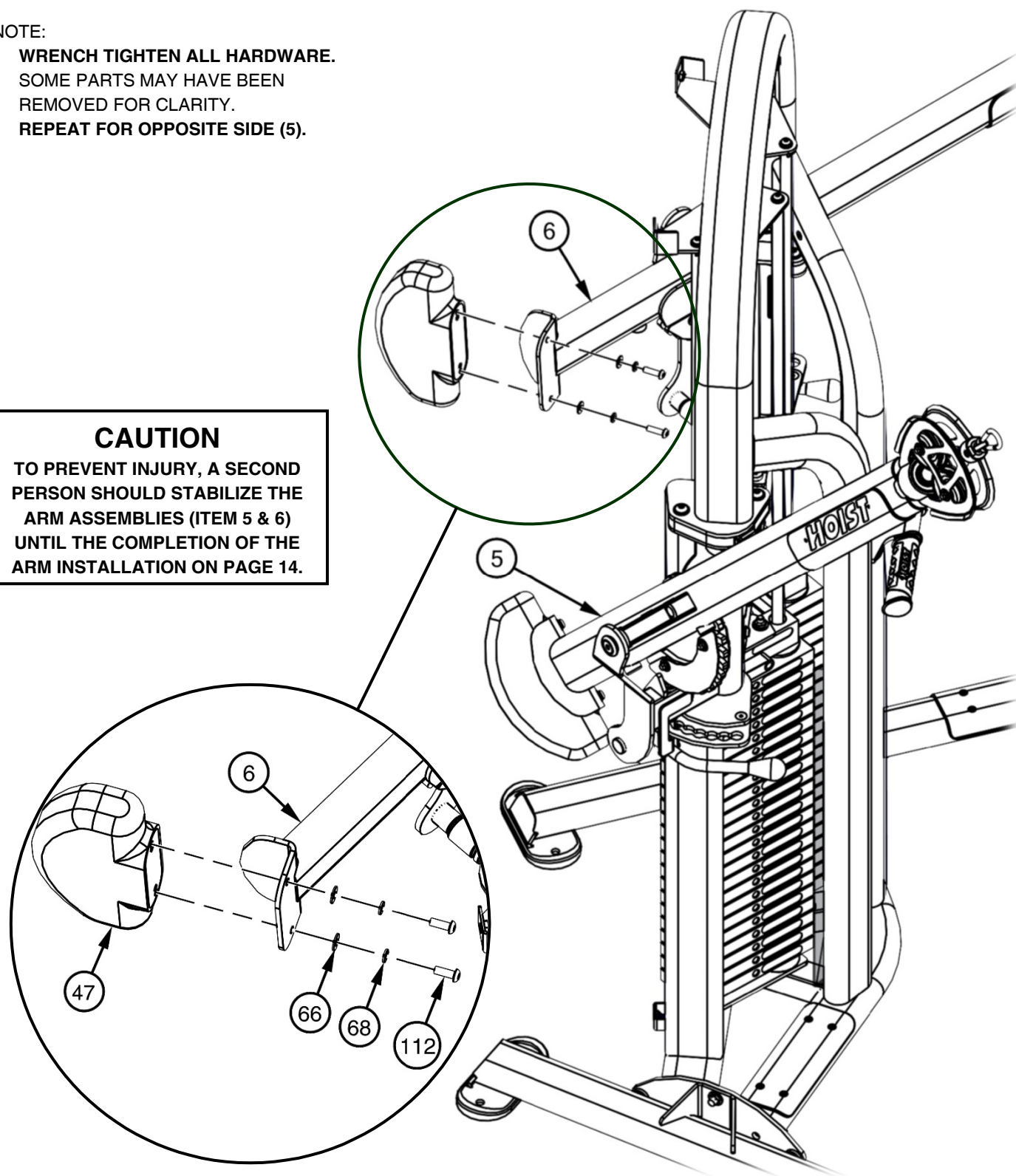
FRAME ASSEMBLY

NOTE:

- **WRENCH TIGHTEN ALL HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE (5).**

CAUTION

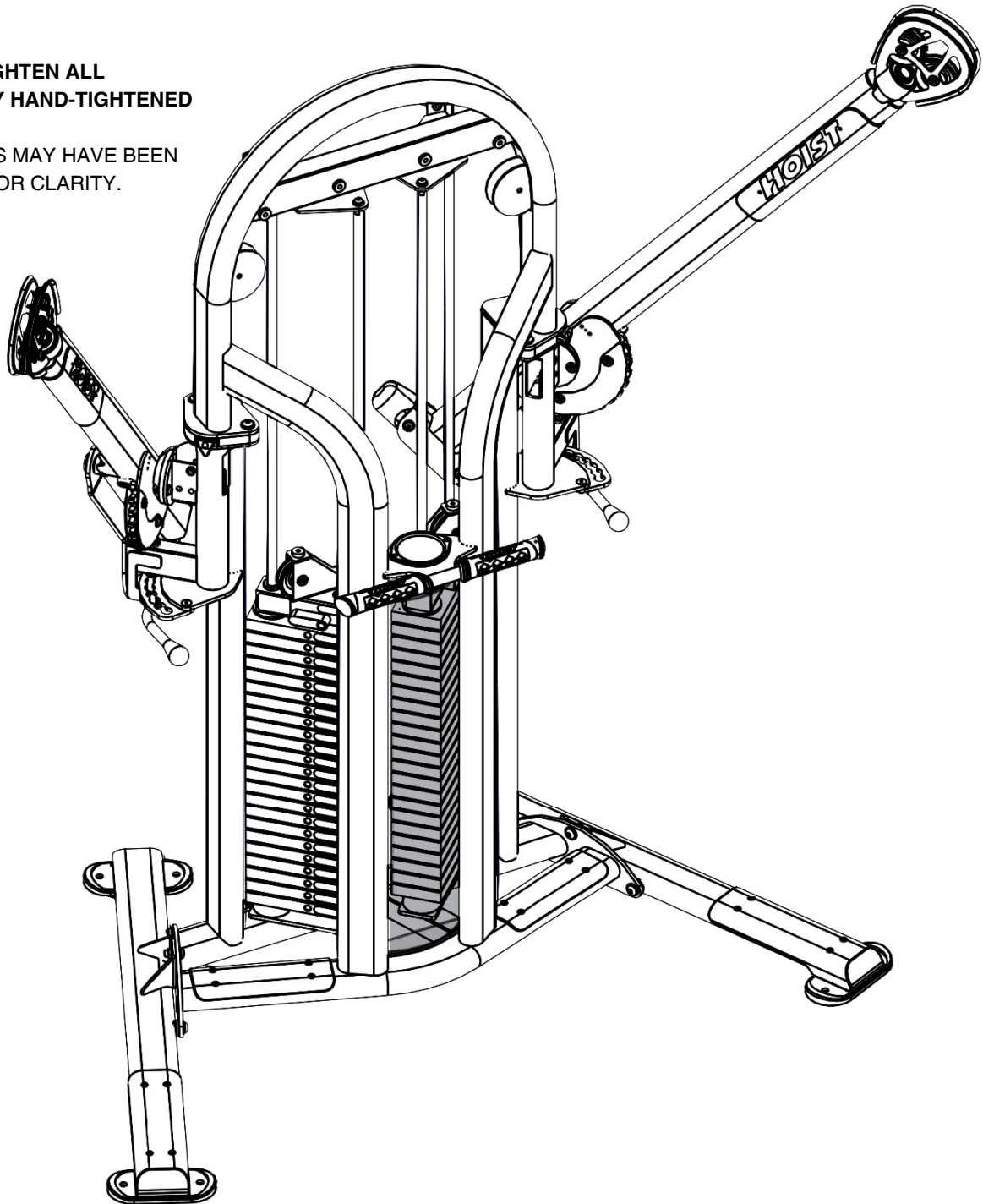
TO PREVENT INJURY, A SECOND PERSON SHOULD STABILIZE THE ARM ASSEMBLIES (ITEM 5 & 6) UNTIL THE COMPLETION OF THE ARM INSTALLATION ON PAGE 14.



FRAME ASSEMBLY

NOTE:

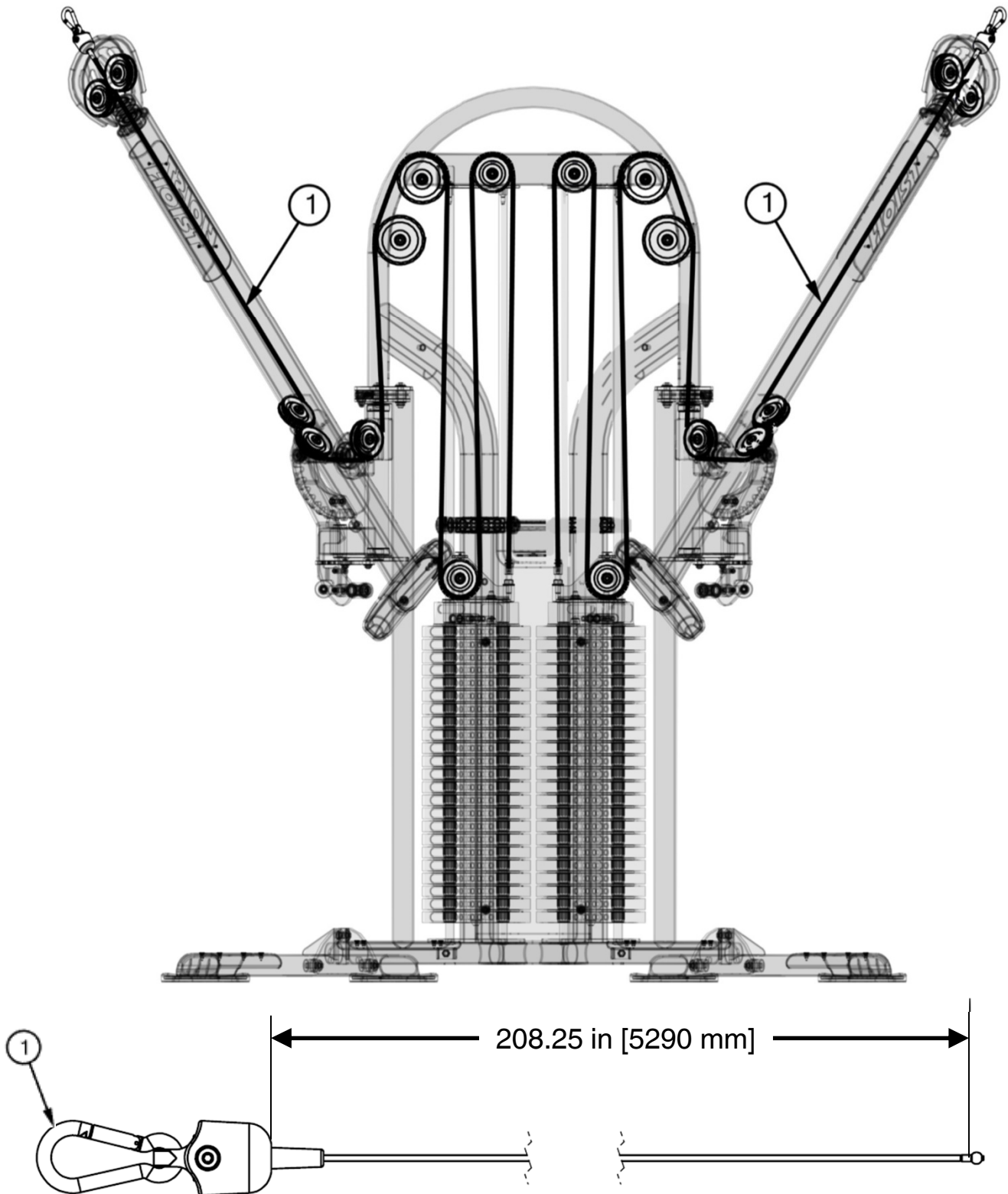
- **WRENCH TIGHTEN ALL PREVIOUSLY HAND-TIGHTENED HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



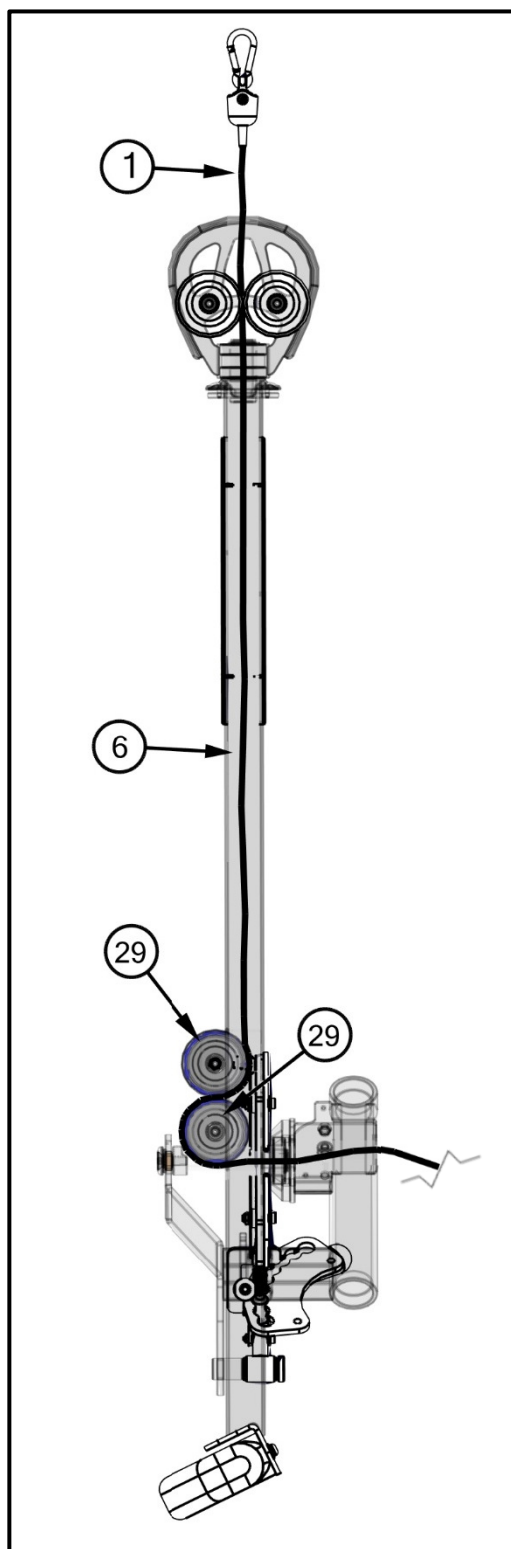
IMPORTANT

NOW THAT THE FRAME OF THE HD-4000 IS ASSEMBLED, TAKE TIME TO CONFIRM THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RE-TIGHTEN THE BOLTS.

CABLE PROFILE



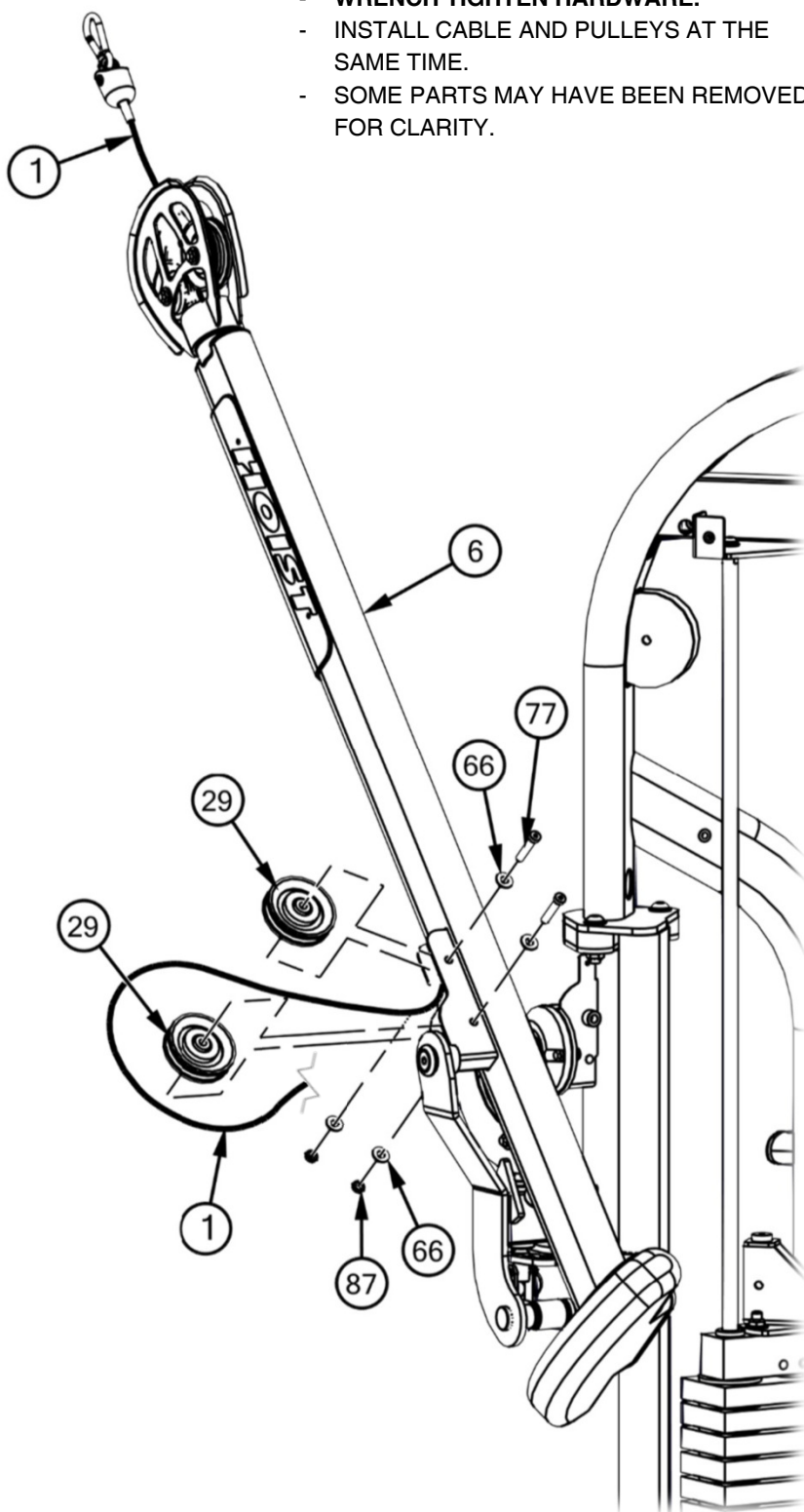
CABLE INSTALLATION



CABLE (1) PROPERLY INSTALLED.

NOTE:

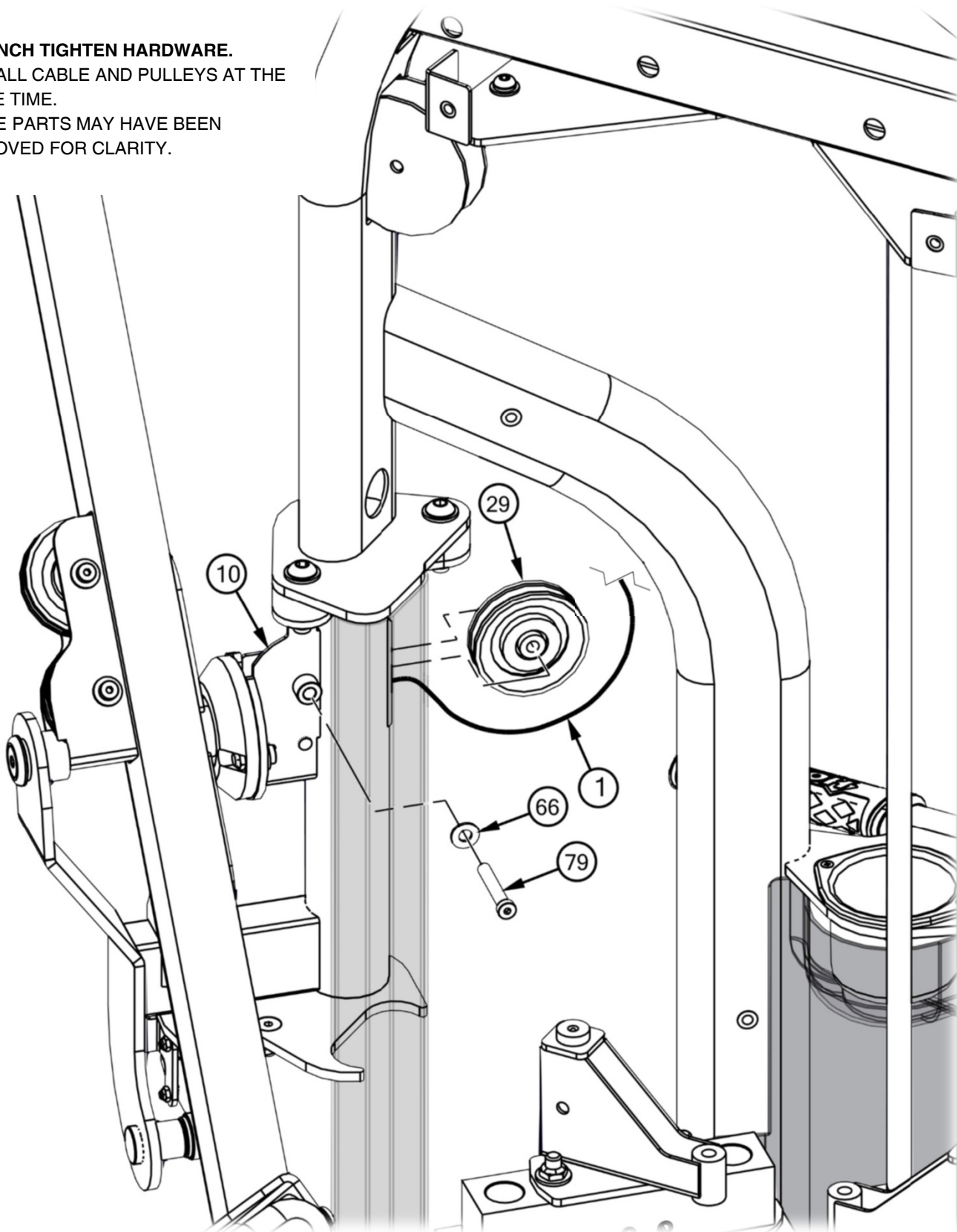
- **WRENCH TIGHTEN HARDWARE.**
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



CABLE INSTALLATION

NOTE:

- **WRENCH TIGHTEN HARDWARE.**
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



CABLE INSTALLATION

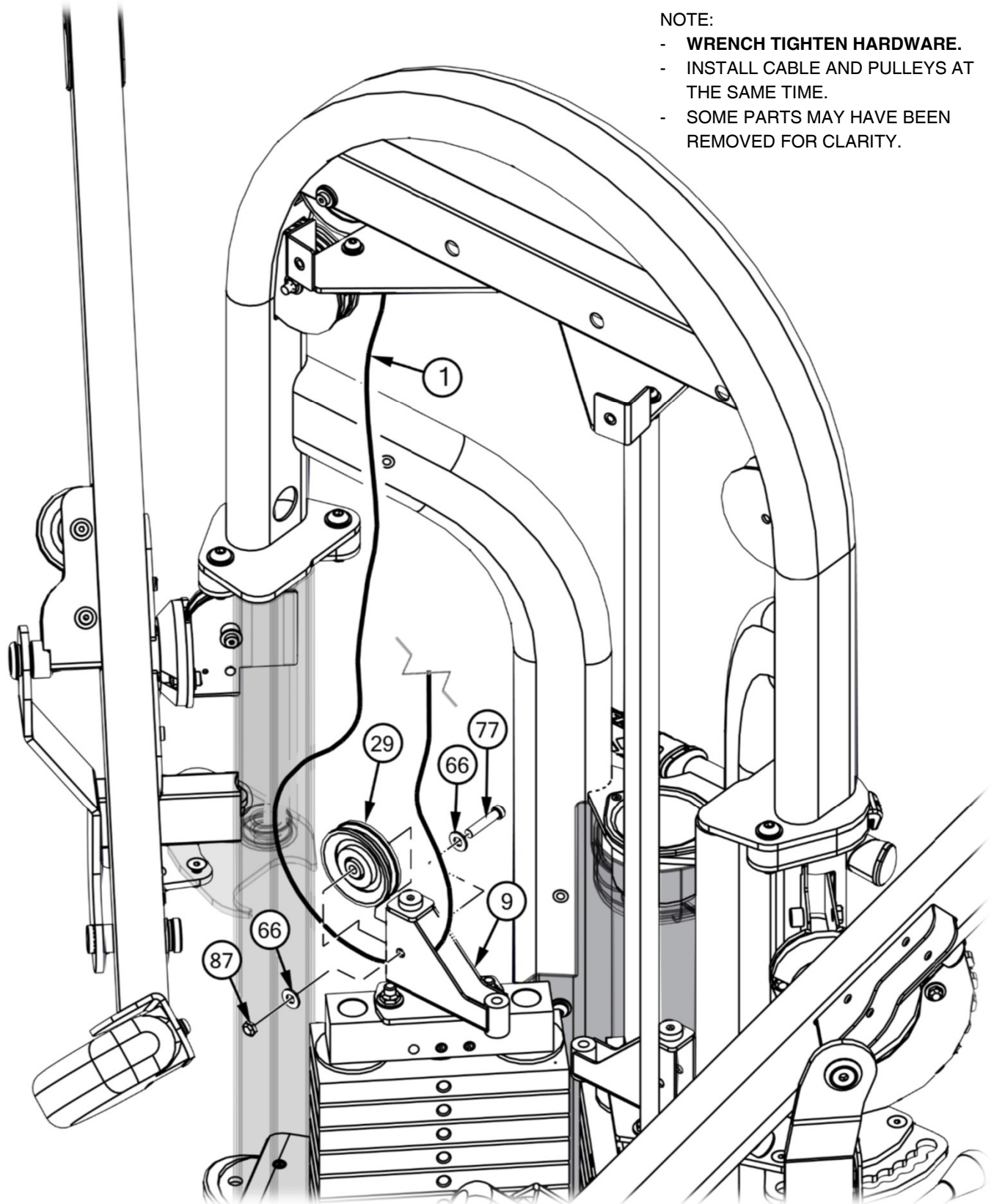
- **WRENCH TIGHTEN HARDWARE**
- **ENSURE CABLE IS POSITIONED WITHIN THE PULLEY'S GROOVE.**
- **SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.**



CABLE INSTALLATION

NOTE:

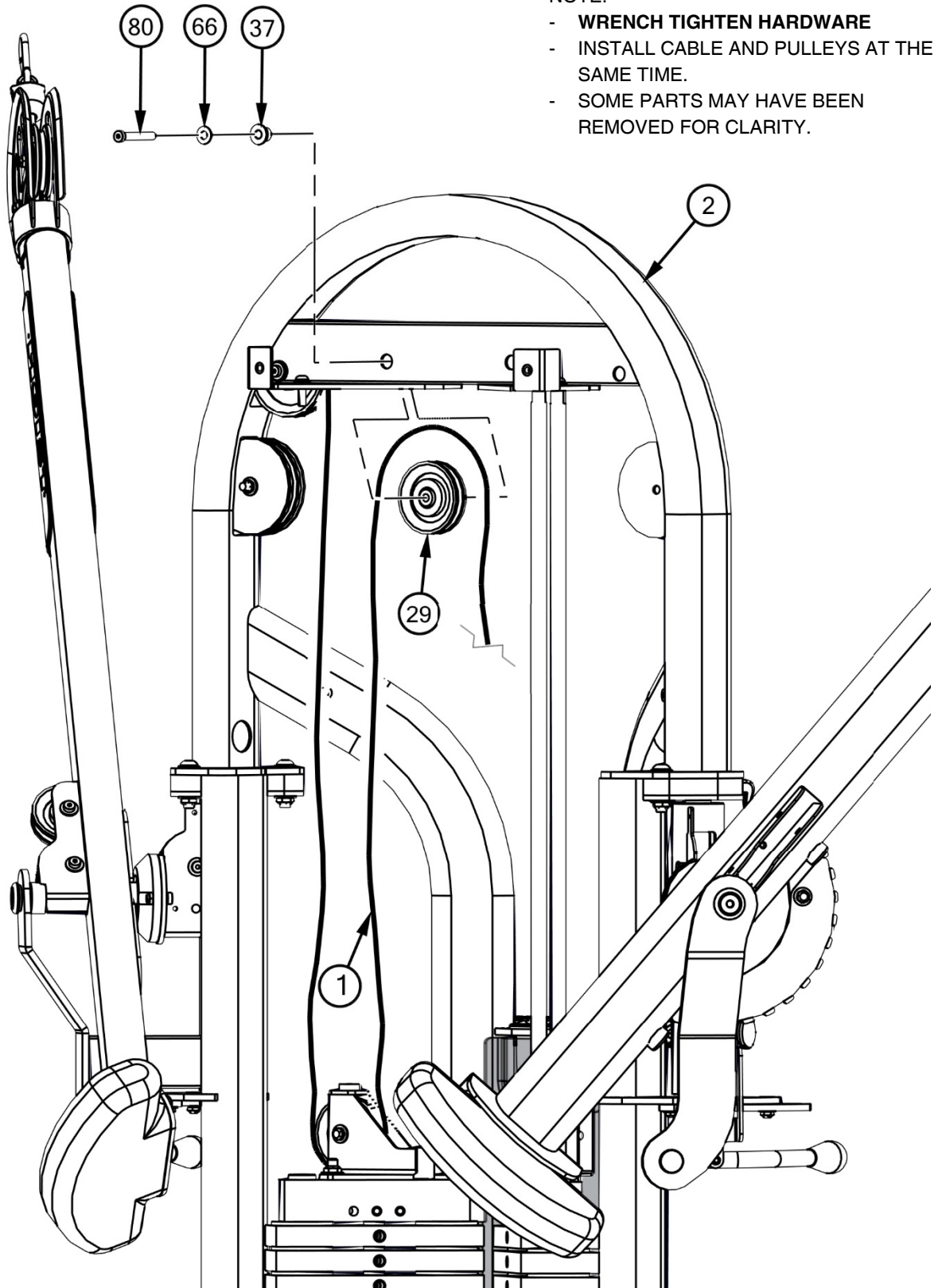
- **WRENCH TIGHTEN HARDWARE.**
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



CABLE INSTALLATION

NOTE:

- **WRENCH TIGHTEN HARDWARE**
- **INSTALL CABLE AND PULLEYS AT THE SAME TIME.**
- **SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.**



OWNER'S MANUAL

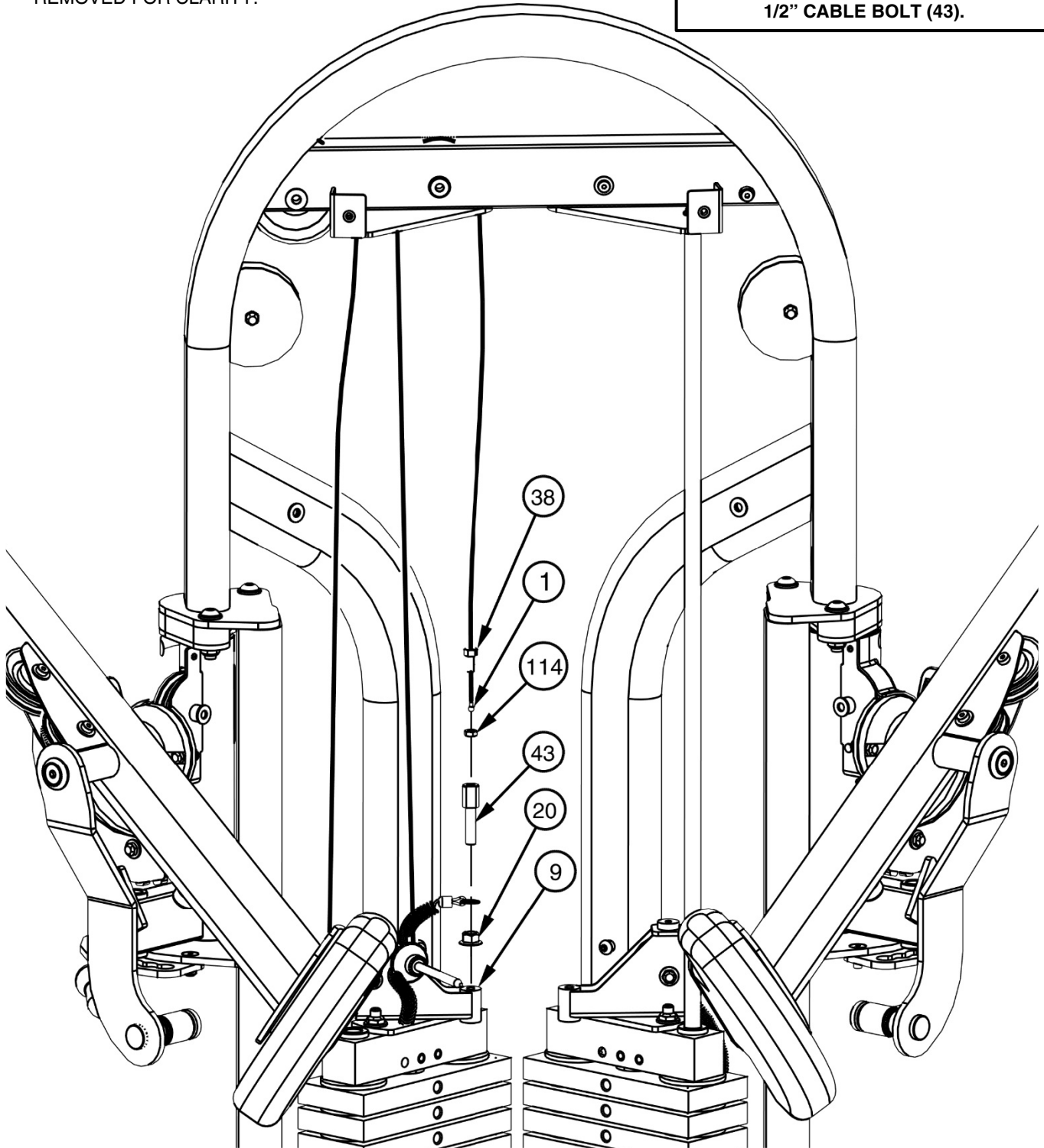
CABLE INSTALLATION

NOTE:

- **HAND TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

ATTENTION

ENSURE 3/8" CABLE BOLT (38) IS FULLY WRENCH TIGHTENED INTO 1/2" CABLE BOLT (43).



CABLE INSTALLATION

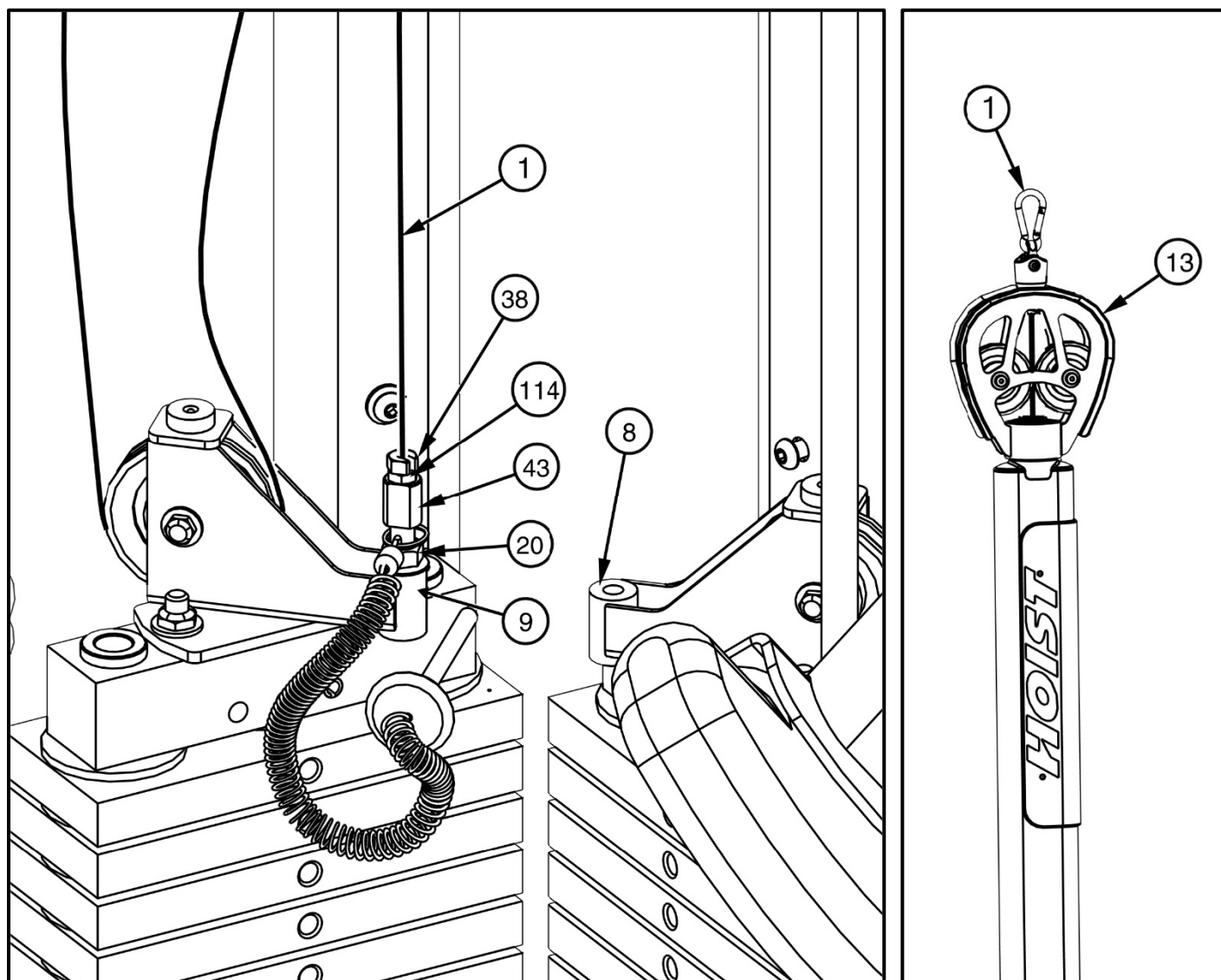
NOTE:

- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE (8).**

Setting Cable Tension: To properly set cable tension, thread Cable Bolt (43) into the Weight Stack Pulley Mount (9) until the end of the Cable (1) gently rests against the Swivel Pulley Housing (13), then tighten the Jam Nut (20) against the Weight Stack Pulley Mount (9).

WARNING

CABLE BOLT (43) MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT (20) TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

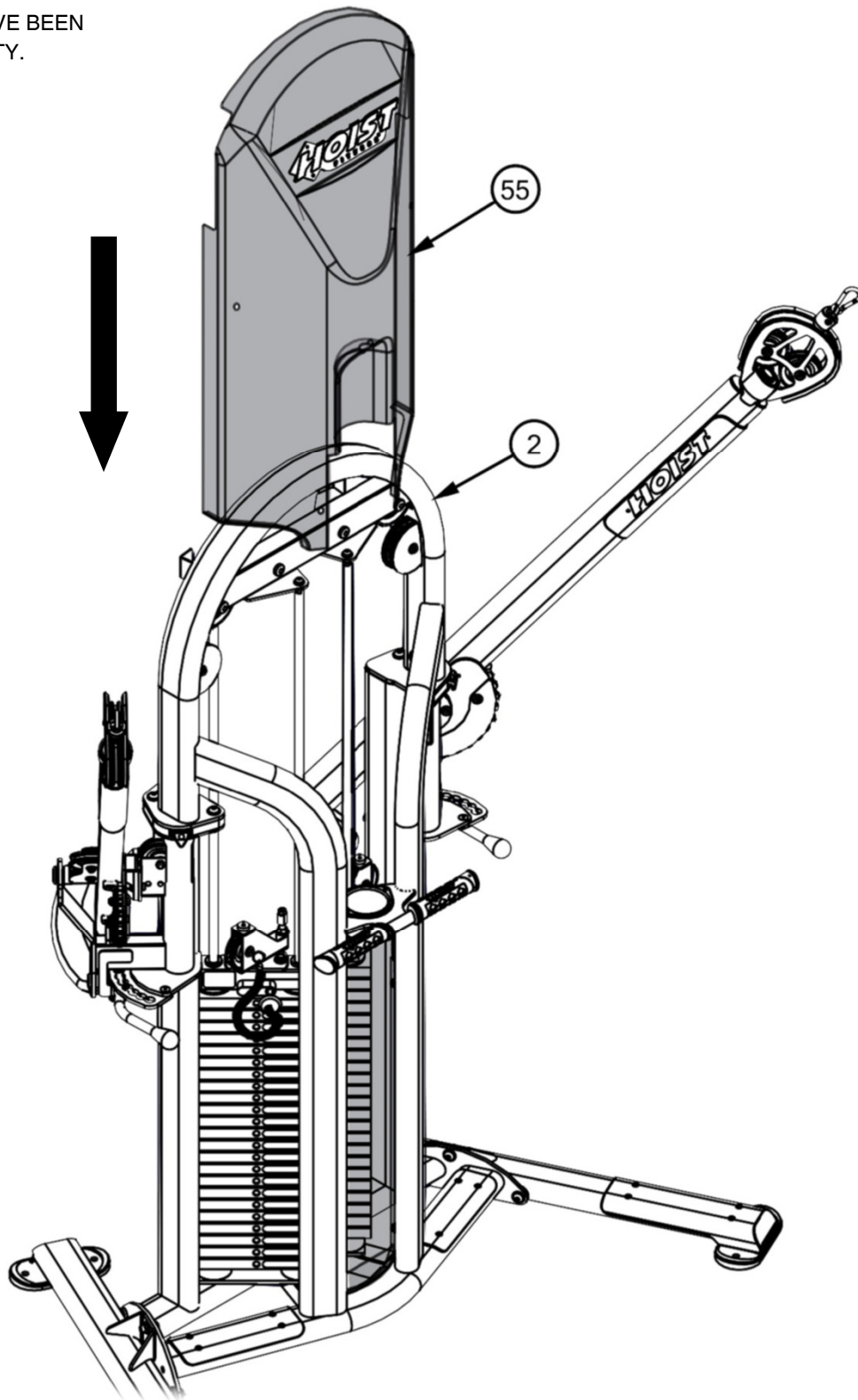


*** Repeat Cable Routing (Pg. 17-23) for Opposite Side of HD-4000***

FRAME ASSEMBLY (Cont.)

NOTE:

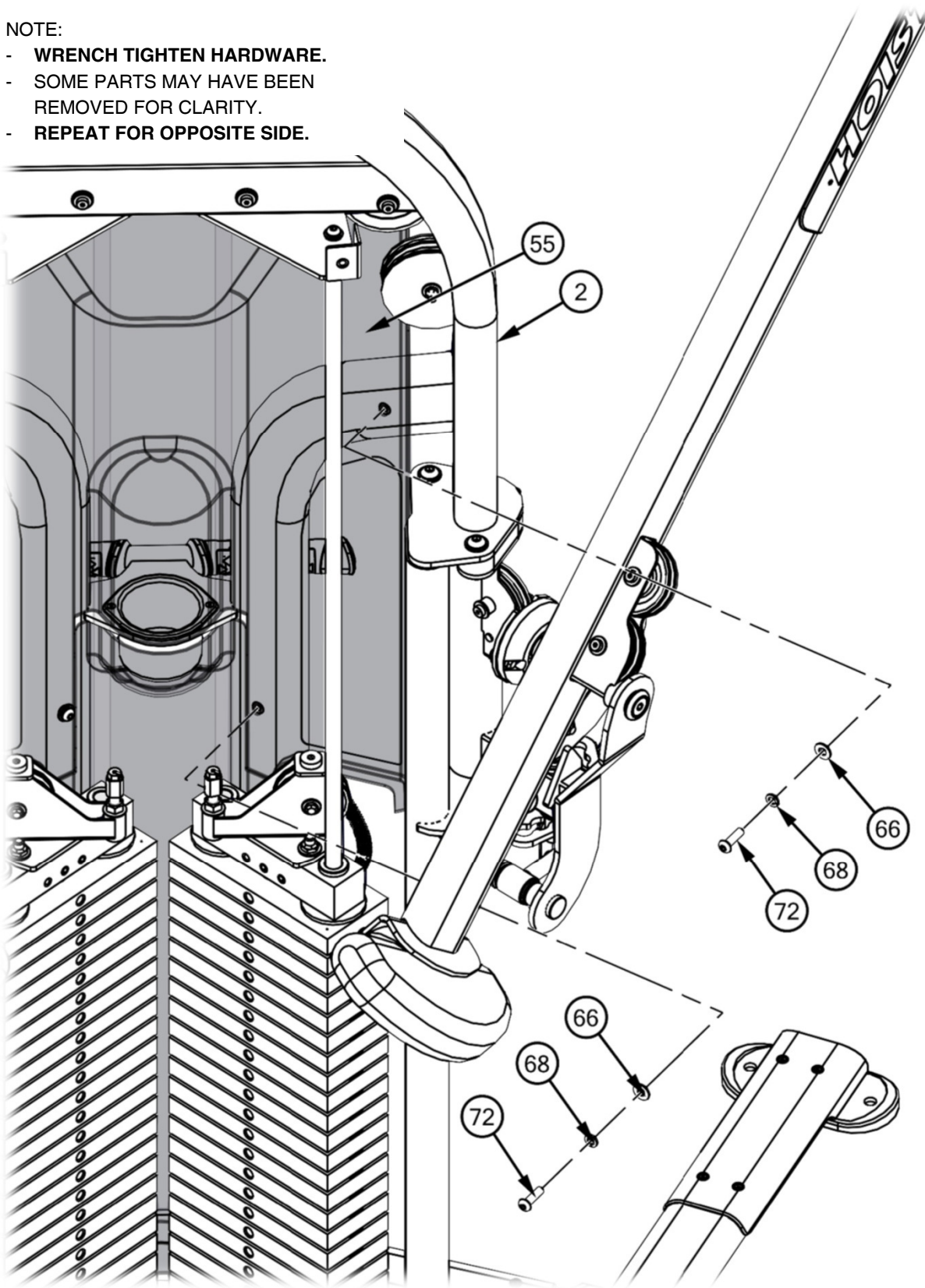
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

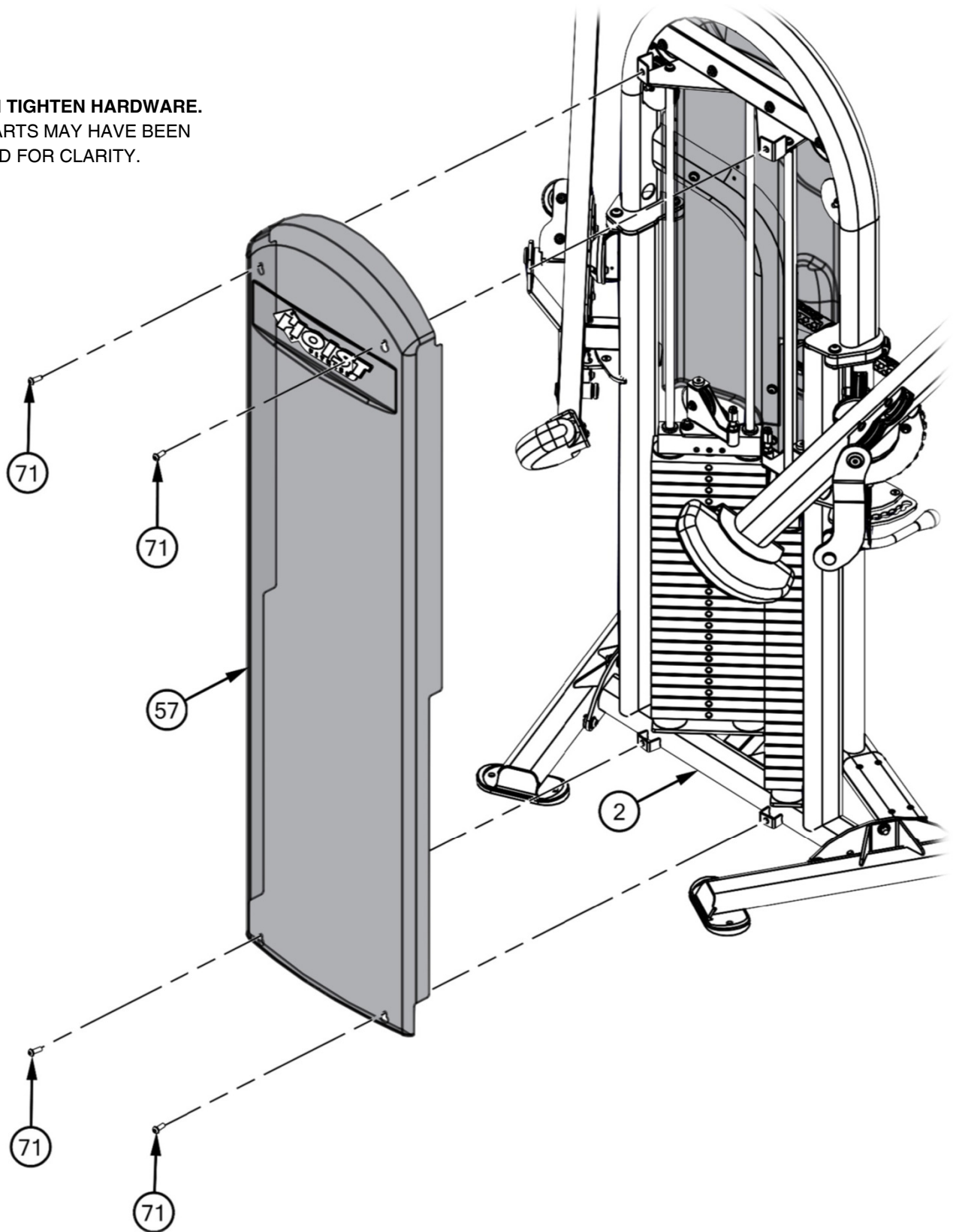
- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT FOR OPPOSITE SIDE.**



FRAME ASSEMBLY

NOTE:

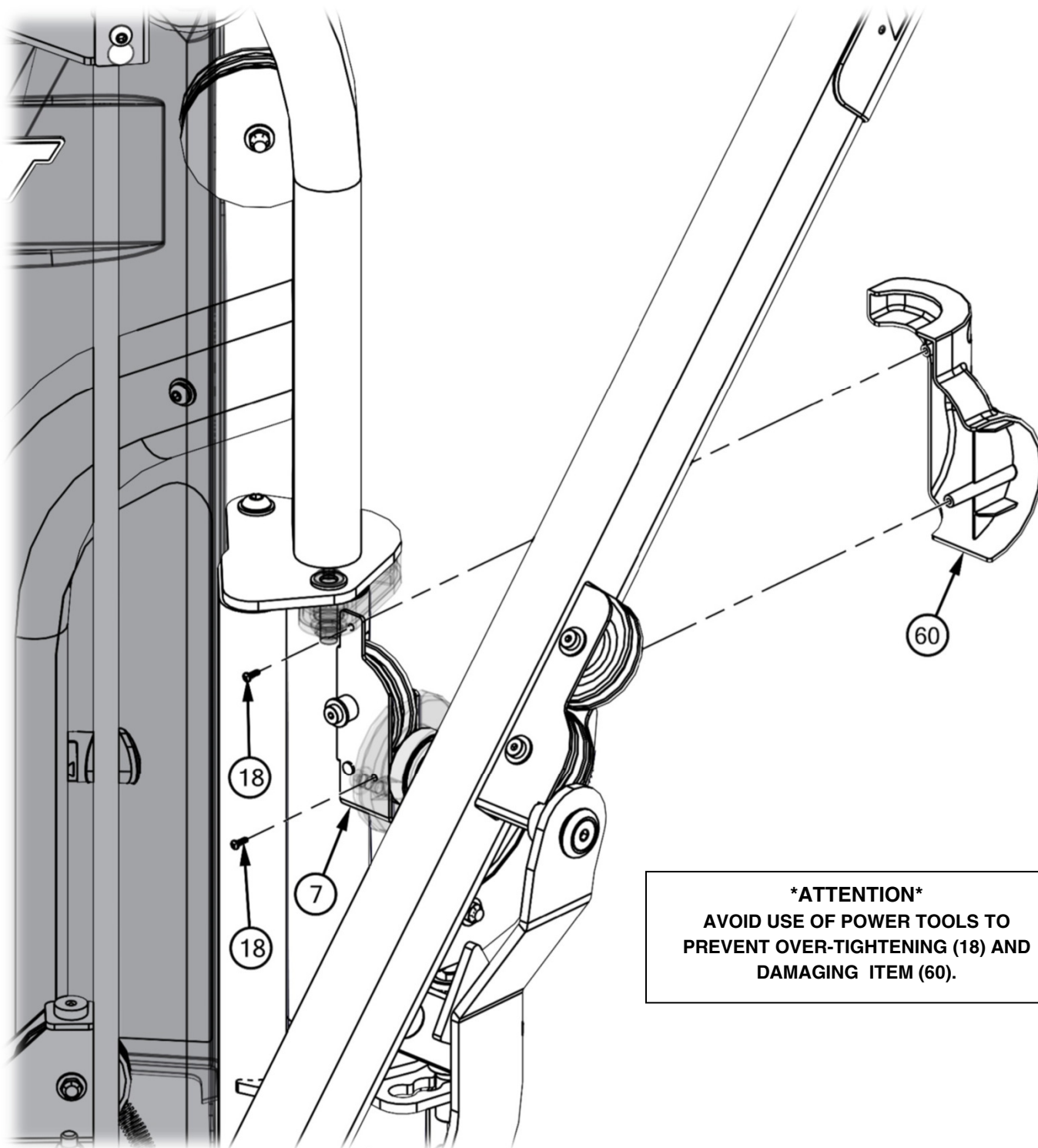
- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (61).



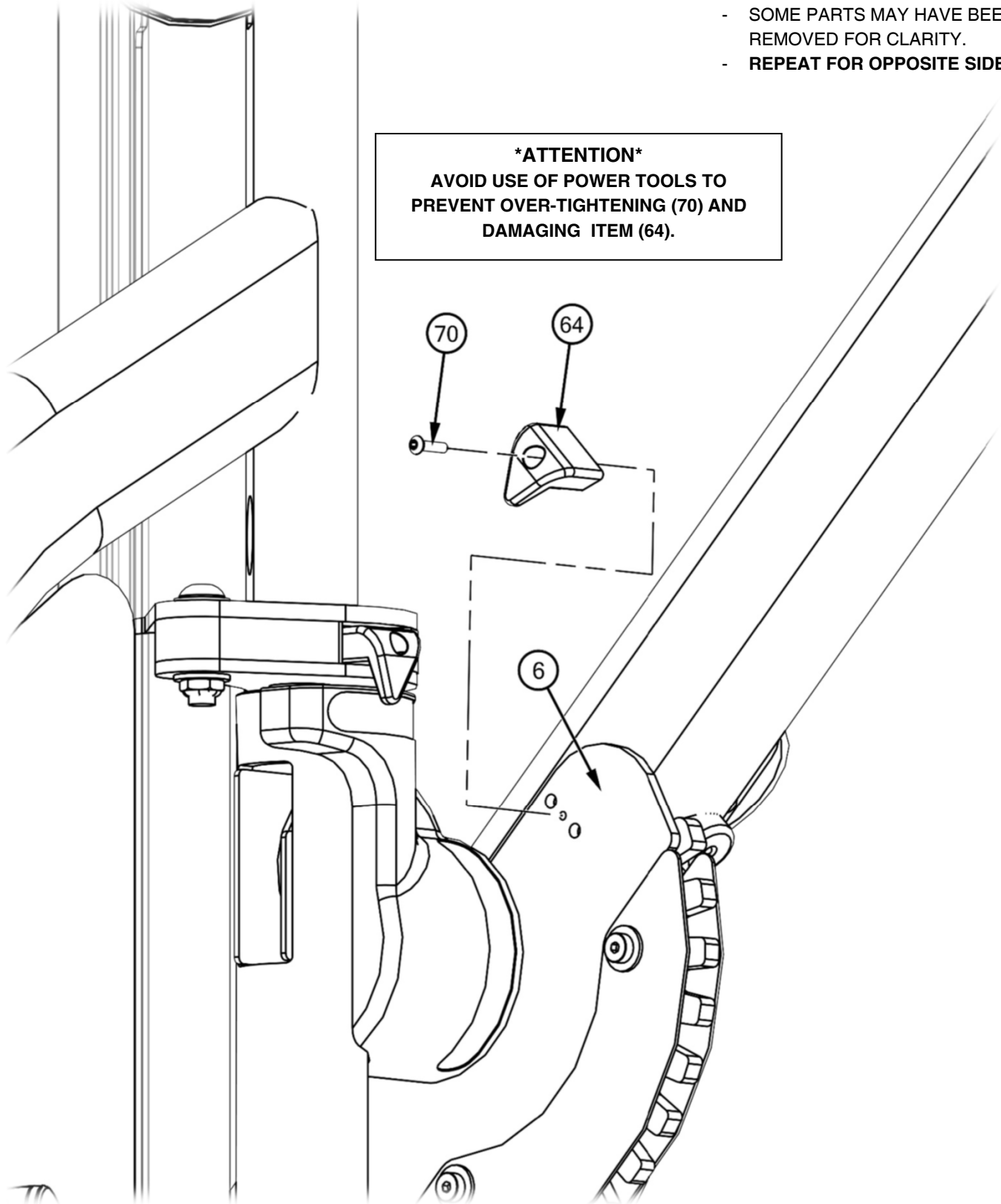
ATTENTION
AVOID USE OF POWER TOOLS TO
PREVENT OVER-TIGHTENING (18) AND
DAMAGING ITEM (60).

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOR OPPOSITE SIDE (5).

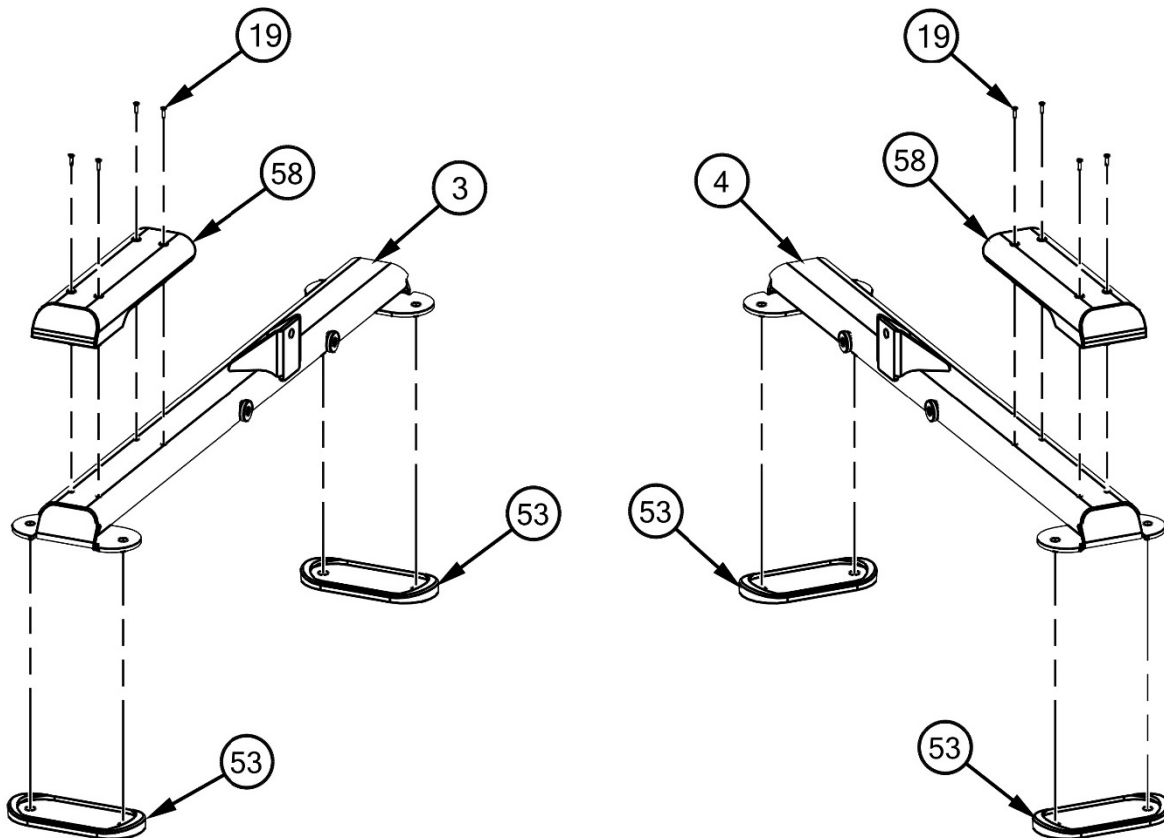
ATTENTION
AVOID USE OF POWER TOOLS TO
PREVENT OVER-TIGHTENING (70) AND
DAMAGING ITEM (64).



PRE-ASSEMBLY

NOTE:

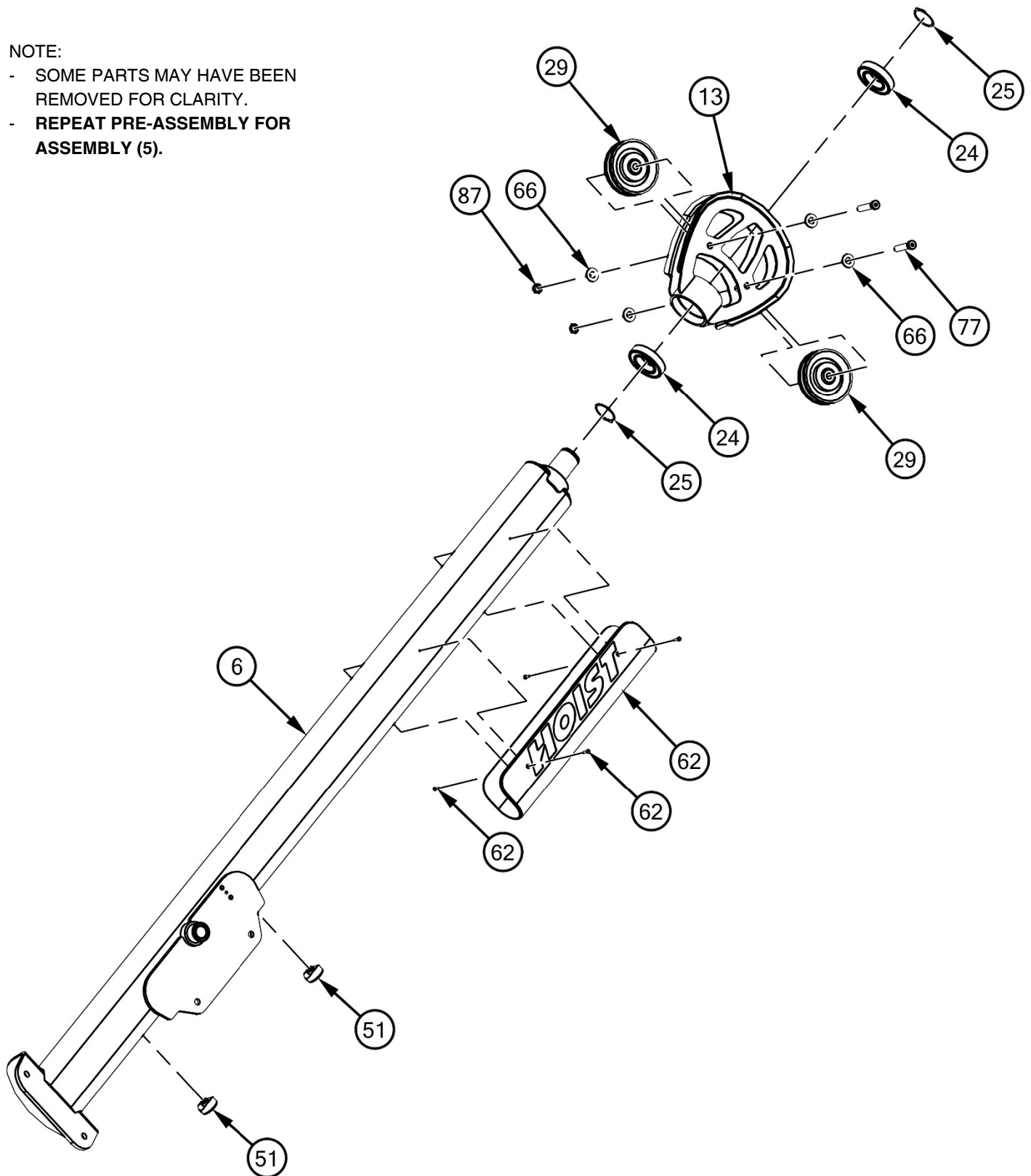
- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



PRE-ASSEMBLY

NOTE:

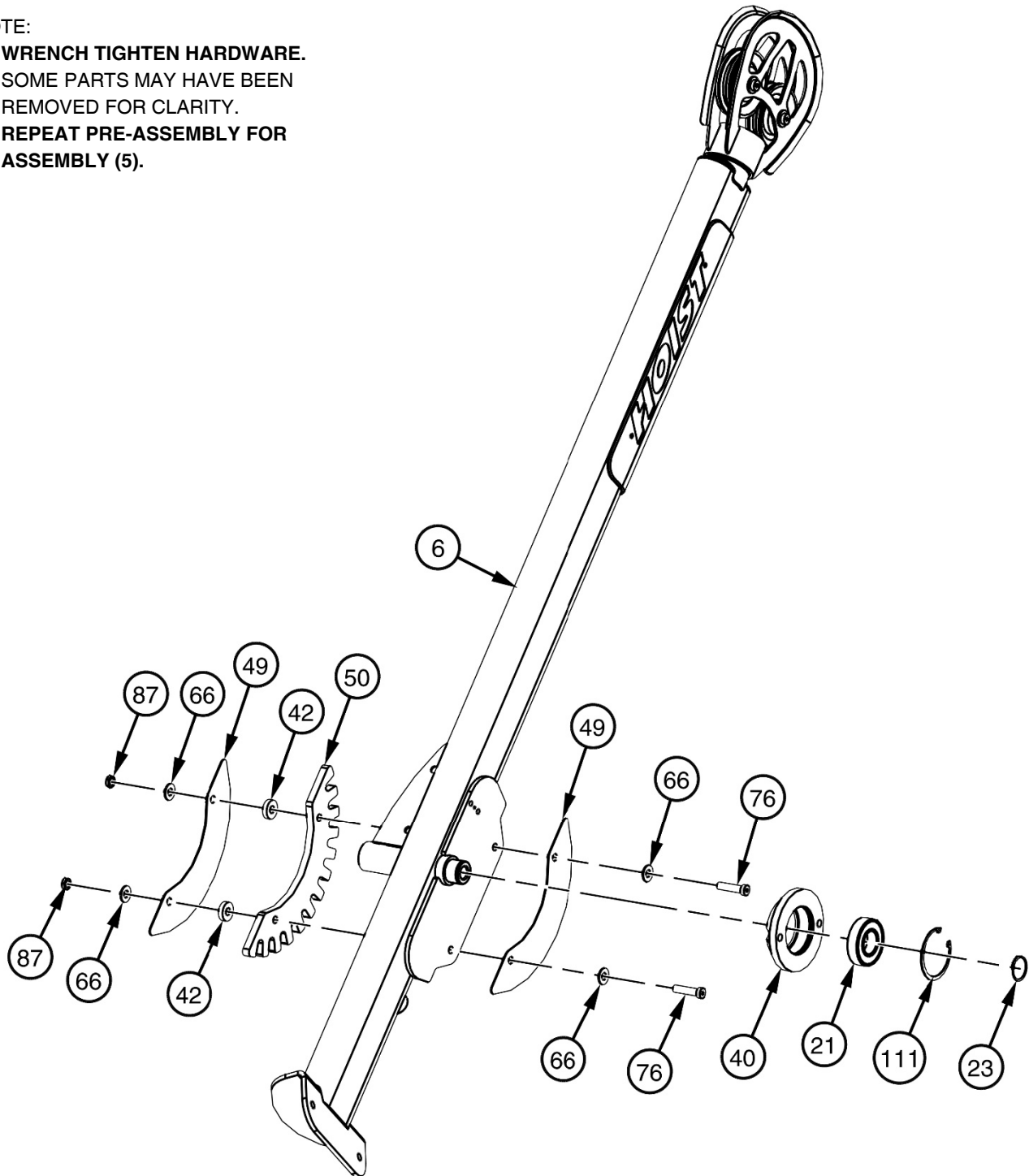
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT PRE-ASSEMBLY FOR ASSEMBLY (5).**



PRE-ASSEMBLY

NOTE:

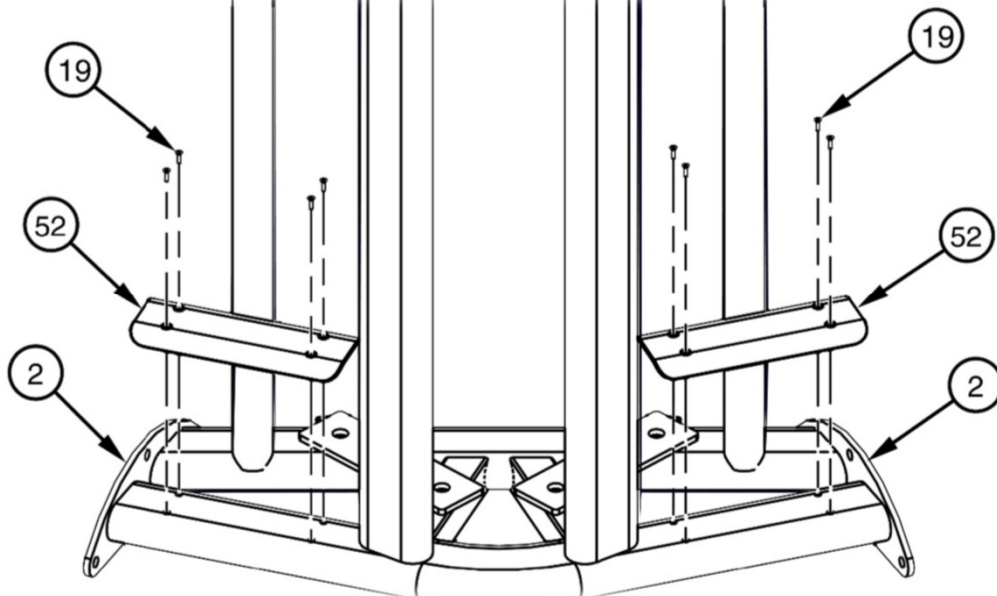
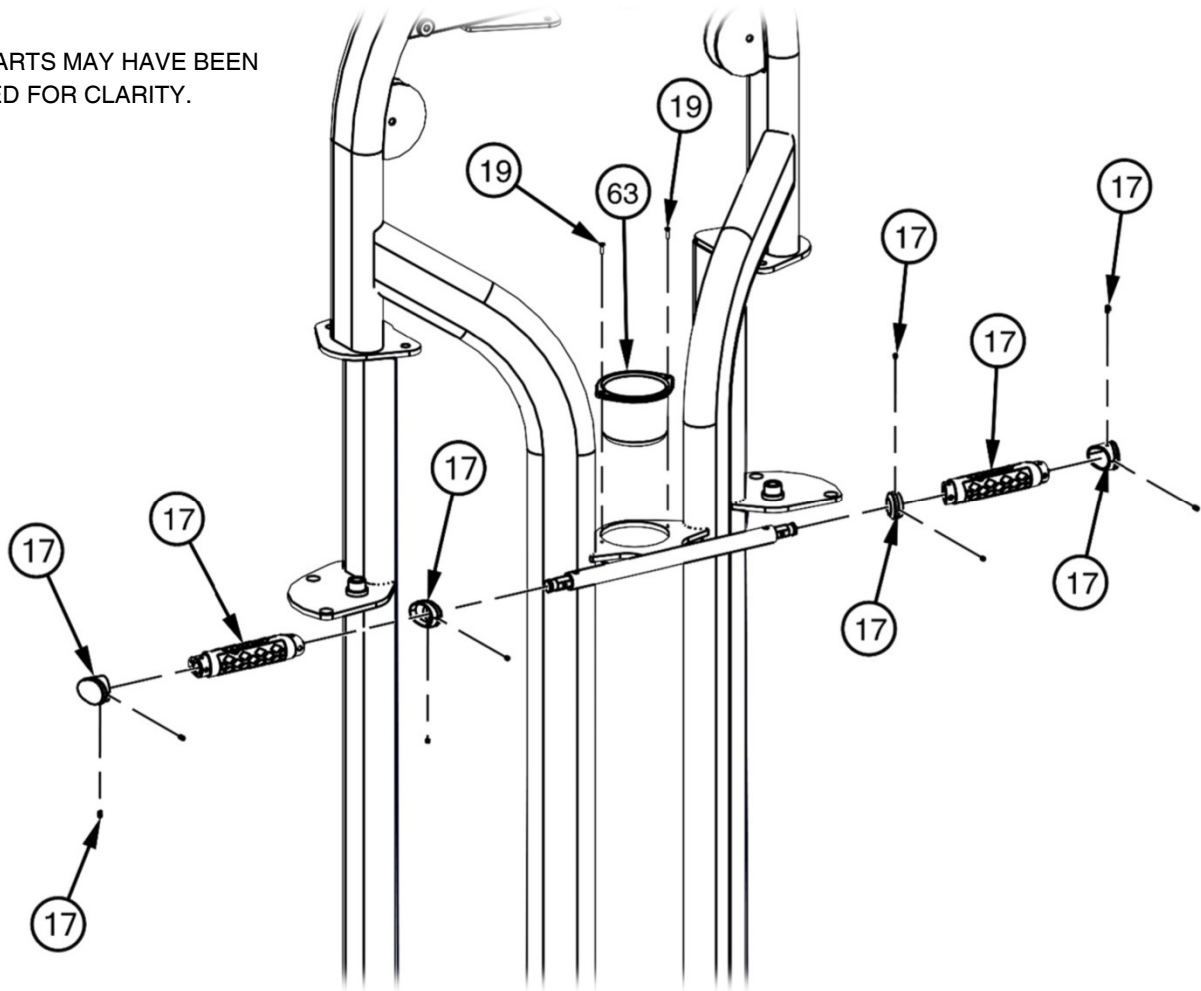
- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT PRE-ASSEMBLY FOR ASSEMBLY (5).**



PRE-ASSEMBLY

NOTE:

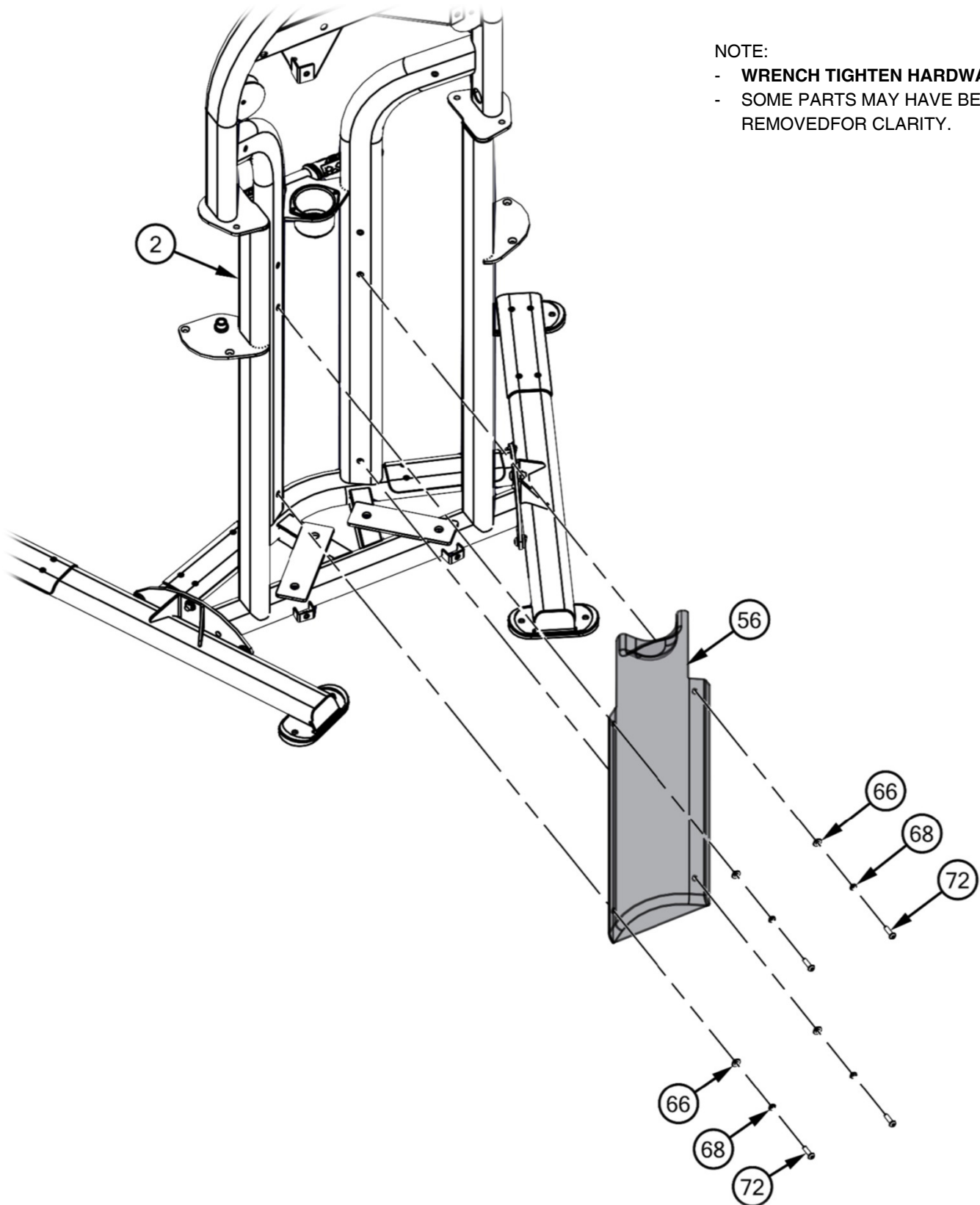
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



PRE-ASSEMBLY

NOTE:

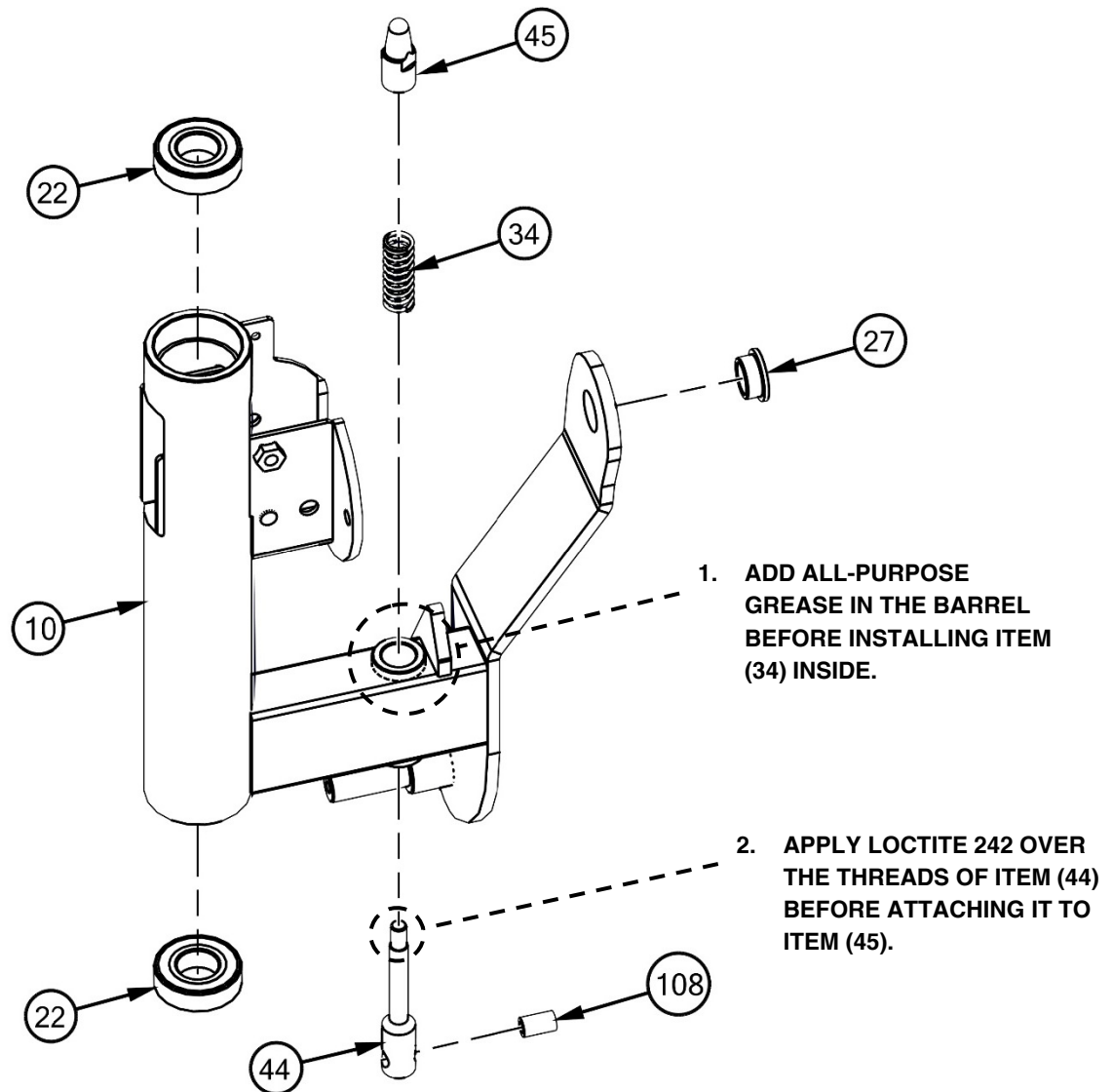
- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



PRE-ASSEMBLY

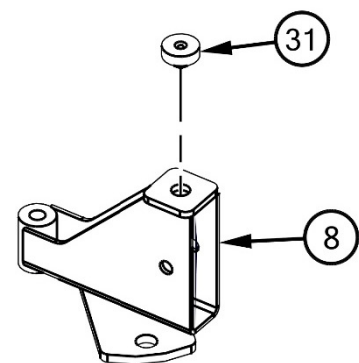
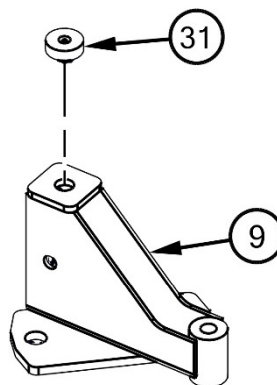
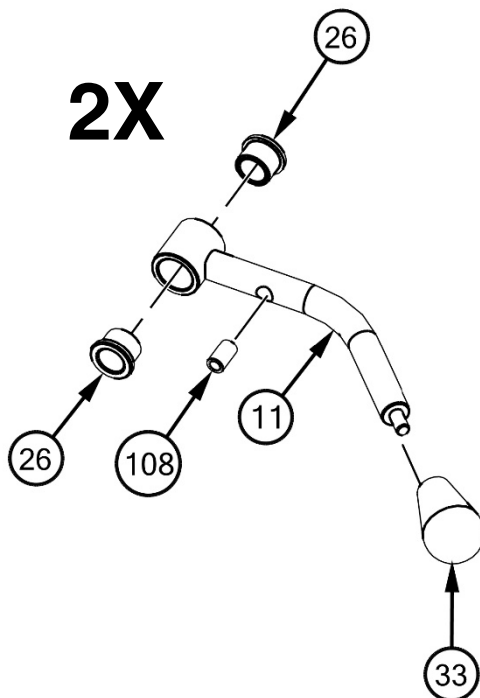
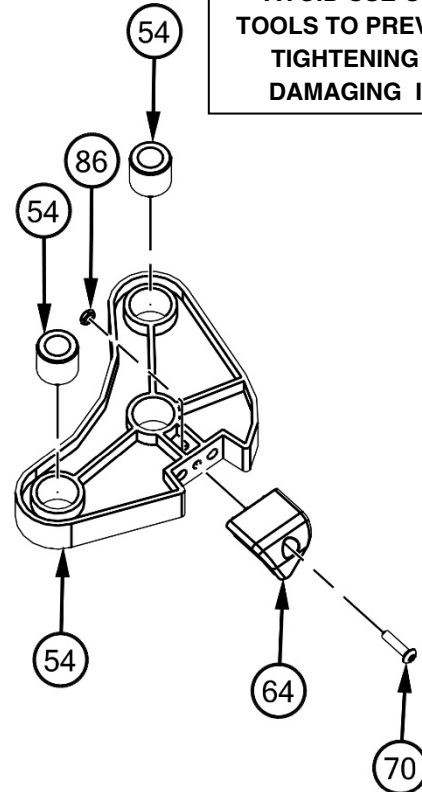
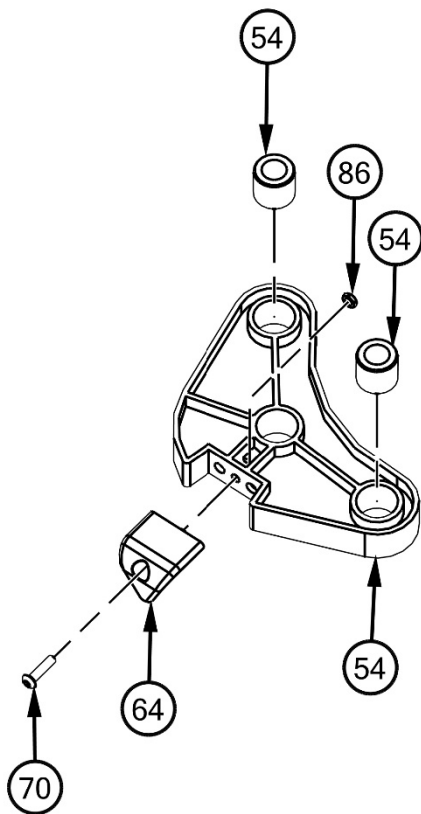
NOTE:

- **WRENCH TIGHTEN HARDWARE.**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- **REPEAT PRE-ASSEMBLY FOR ASSEMBLY (7).**

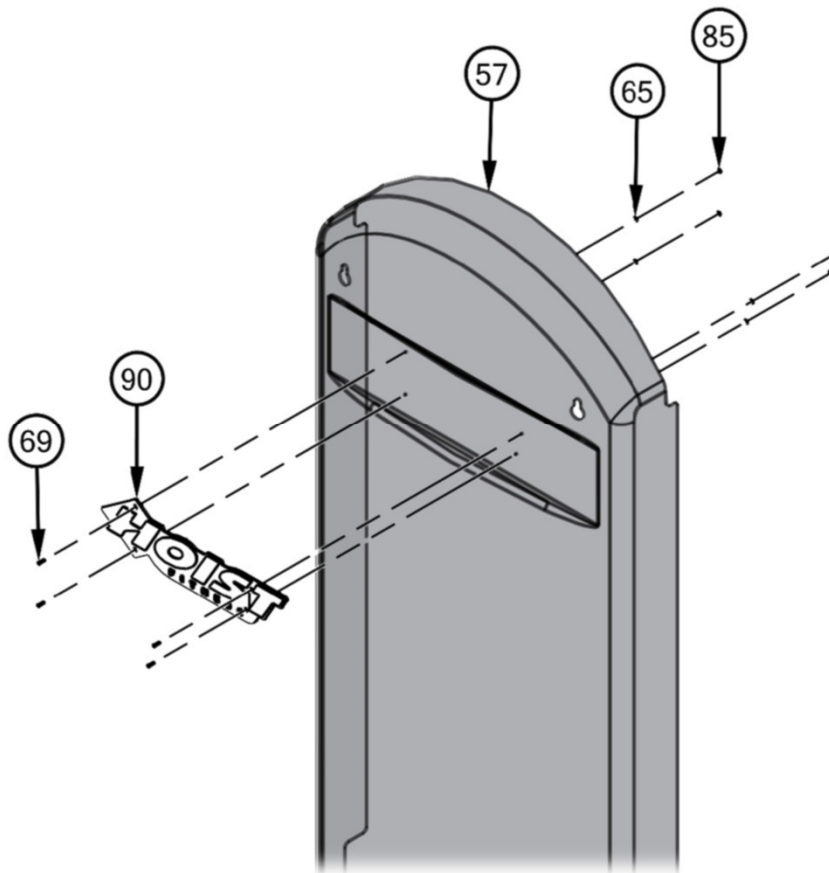
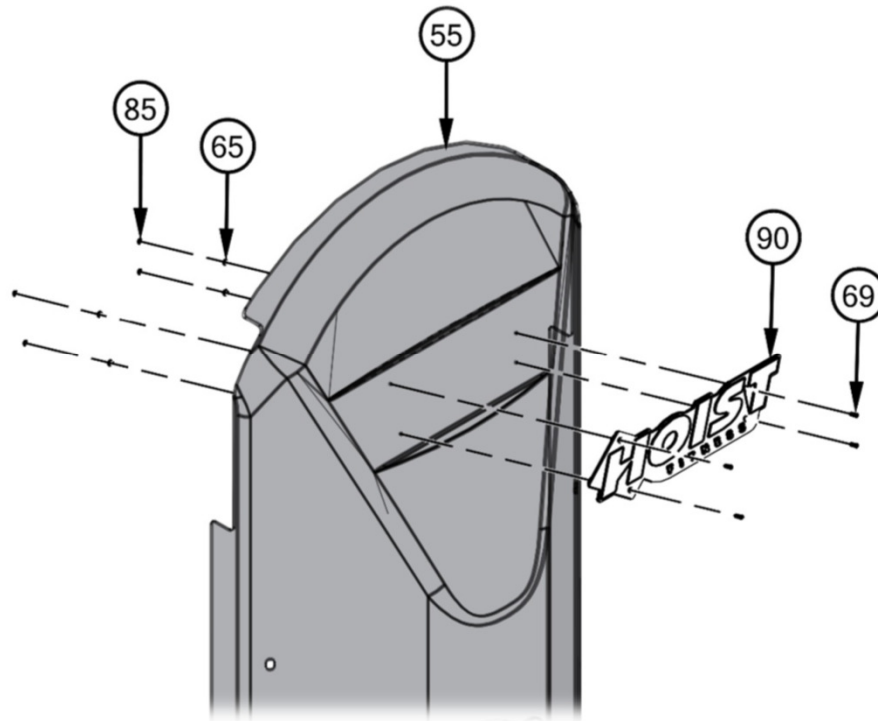


PRE-ASSEMBLY

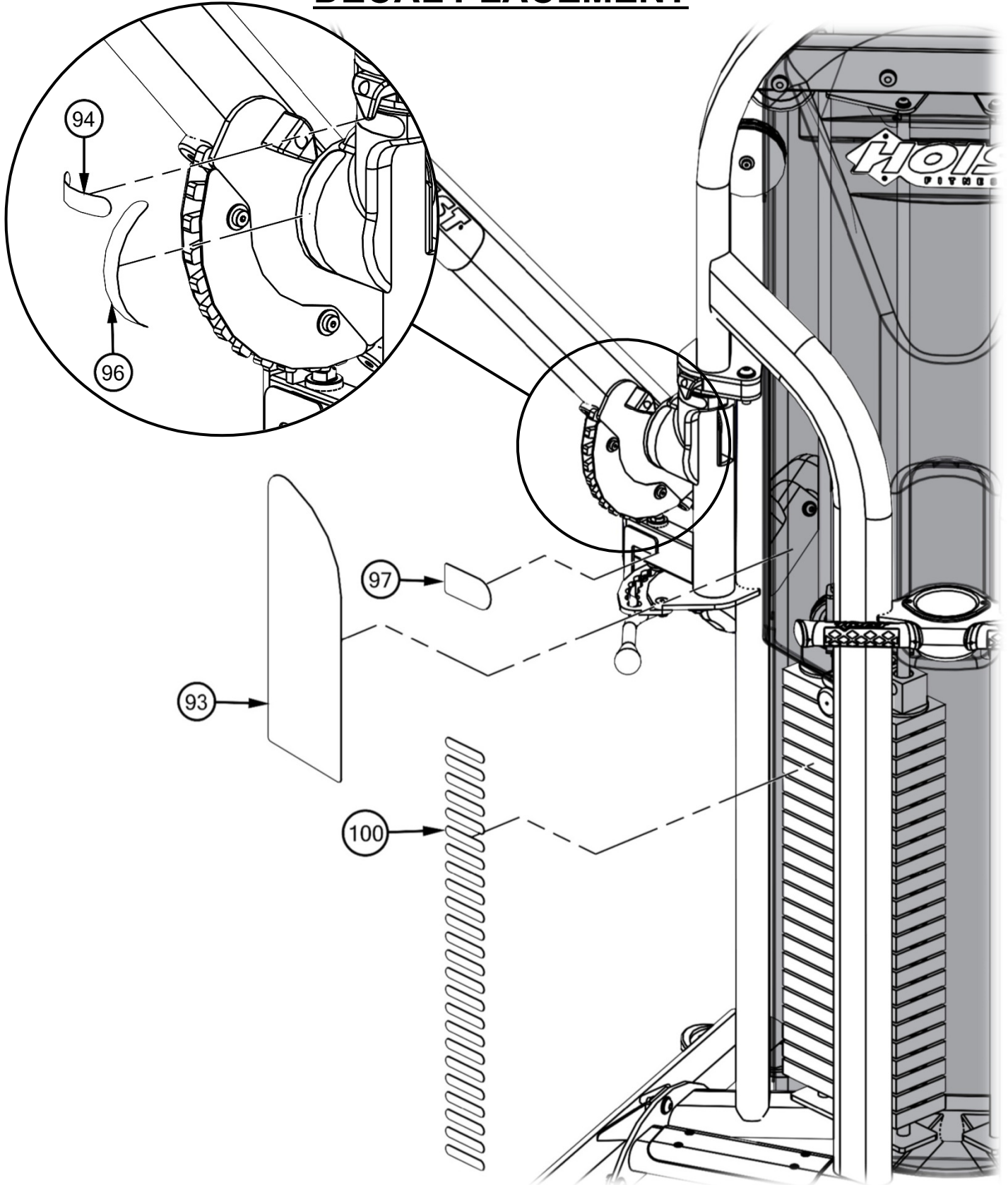
ATTENTION
AVOID USE OF POWER
TOOLS TO PREVENT OVER-
TIGHTENING (70) AND
DAMAGING ITEM (64).



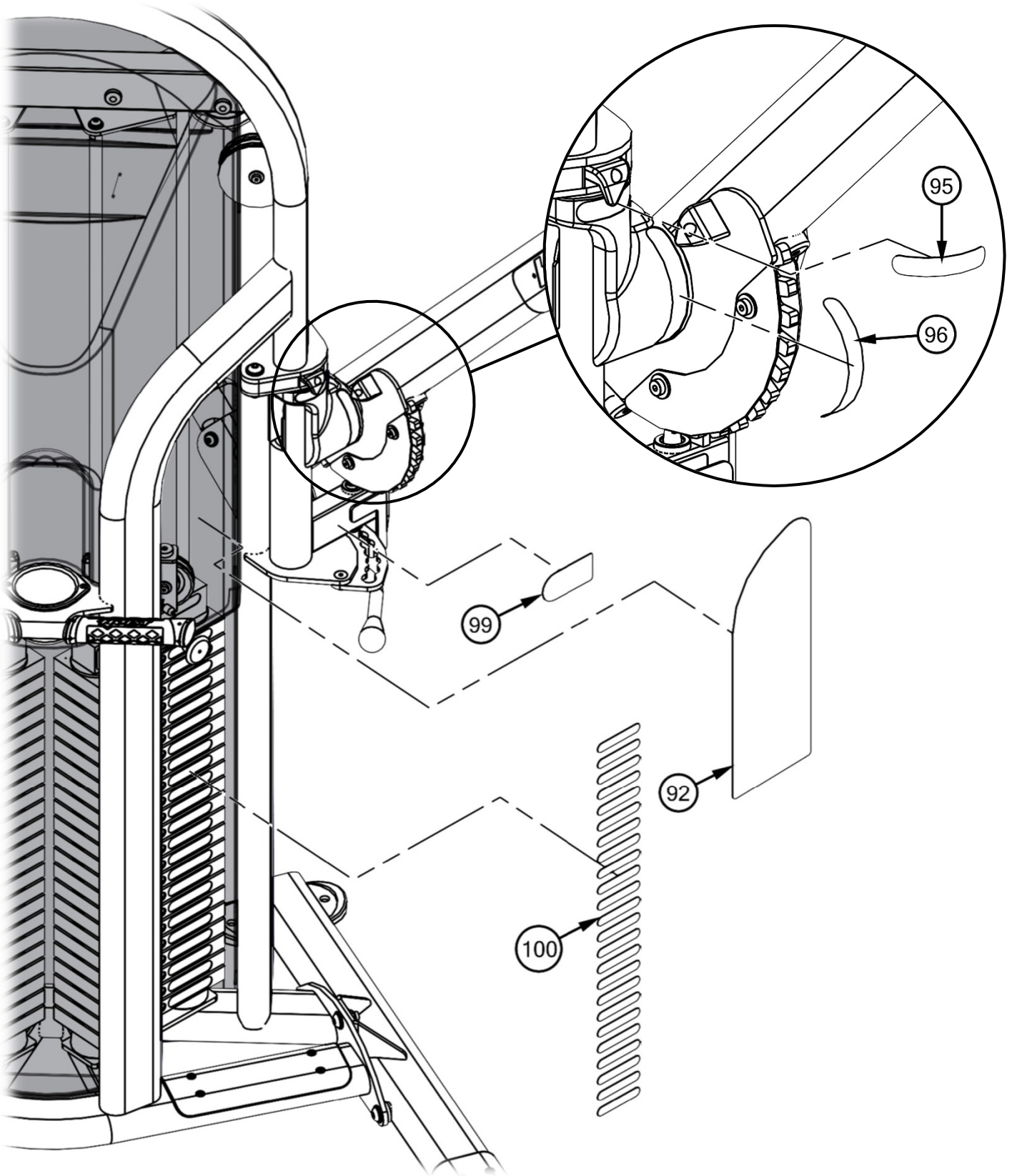
PRE- ASSEMBLY



DECAL PLACEMENT



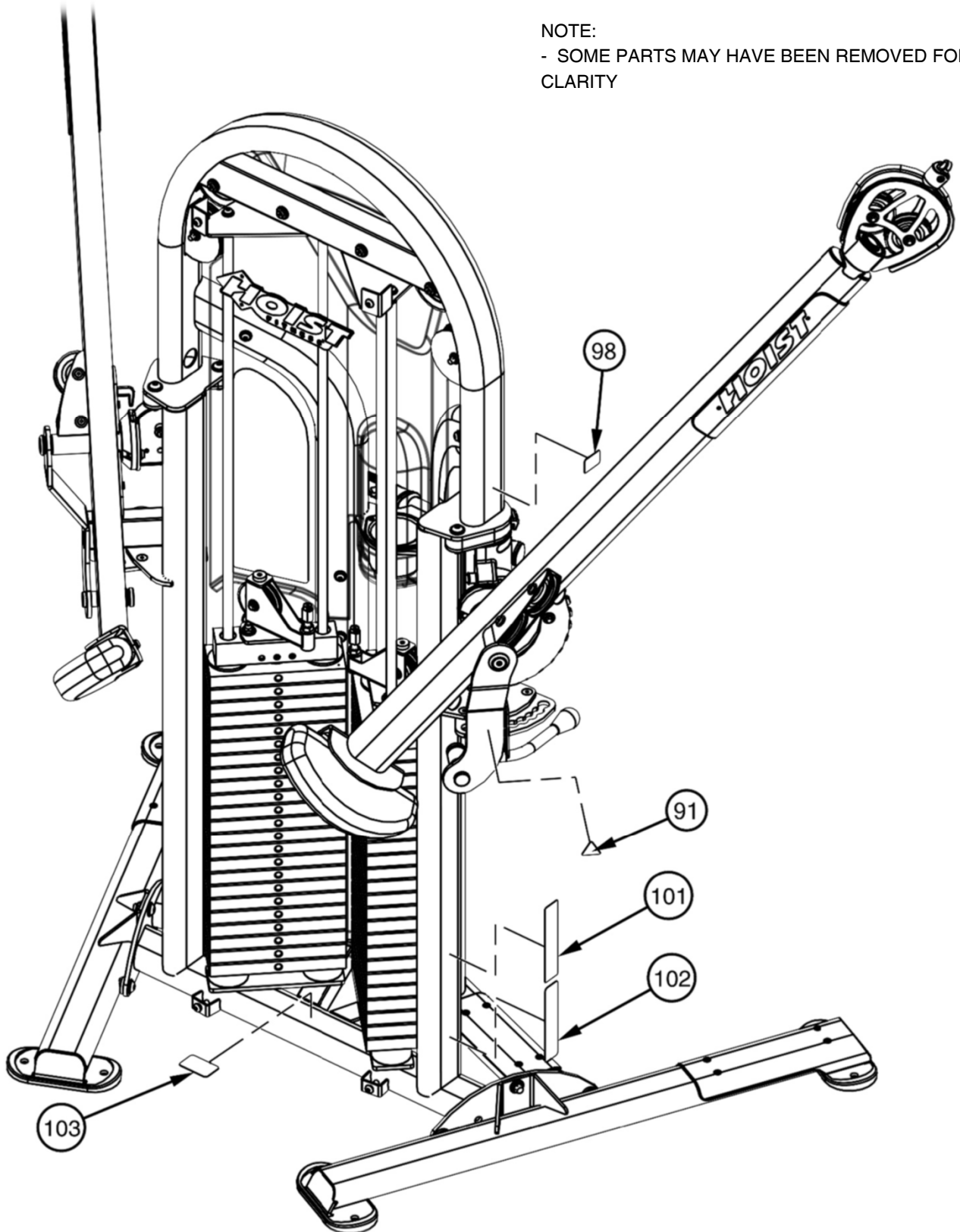
DECAL PLACEMENT



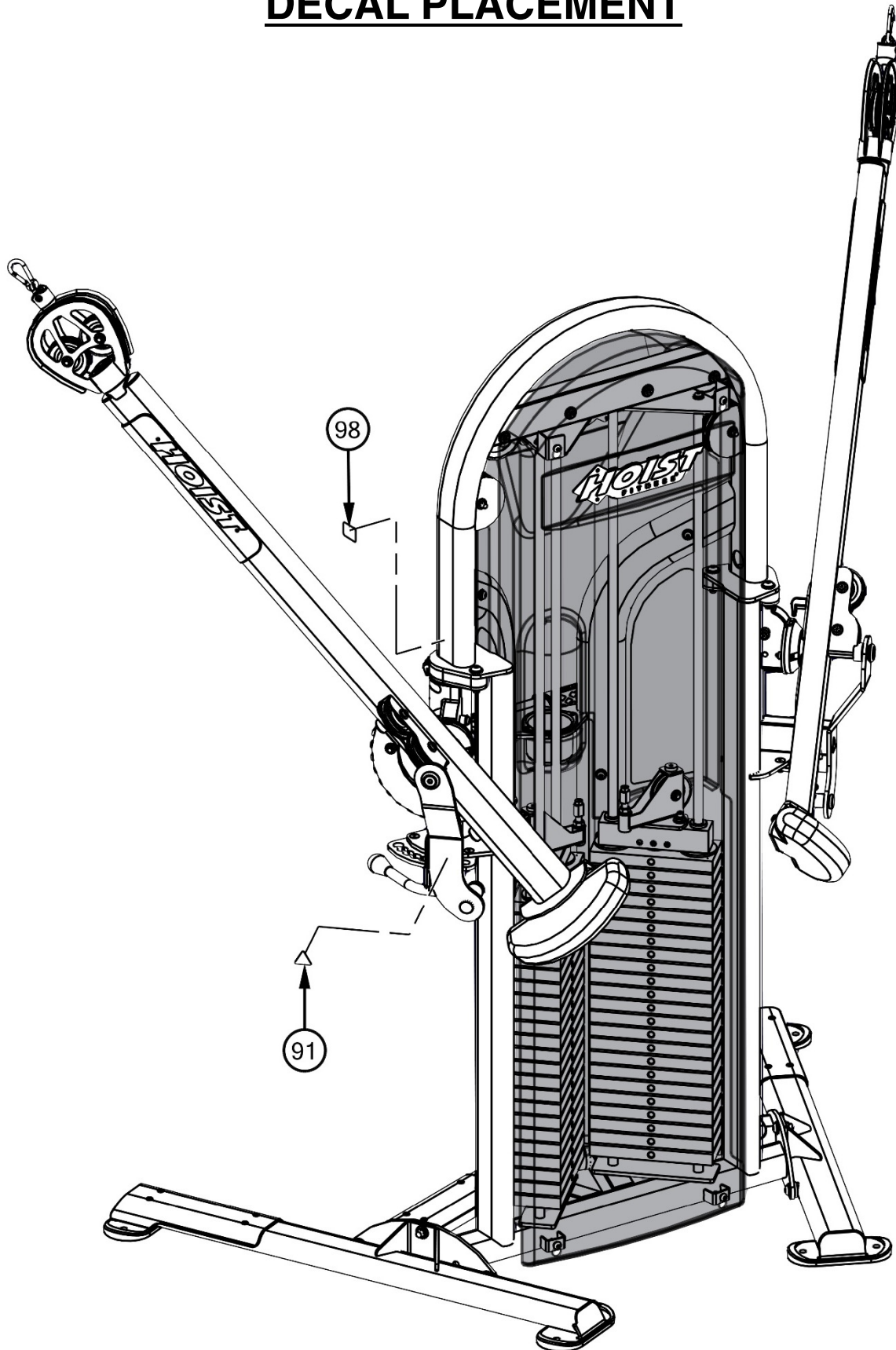
DECAL PLACEMENT

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



DECAL PLACEMENT



OWNER'S MANUAL

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OWNER'S MANUAL

DECAL REFERENCE



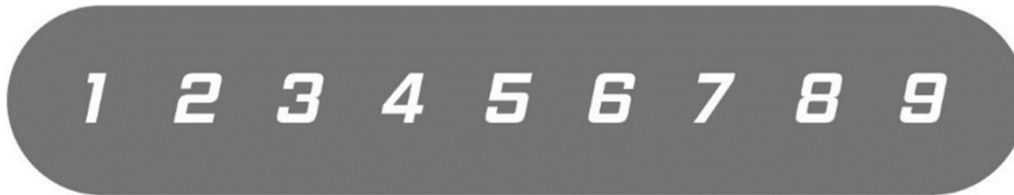
021-0018030



SERIAL # DECAL



021-0003512



021-0004226



021-0004227



021-0003135

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Months	Yearly
Inspect; Links, Pull 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 Bearing			x		
Clean & Wax; All Glossy Finishes				x	
Repack with Grease Linear Bearings				x	
Replace; Cables, Belts and Connecting Parts.					x

021-0003008

DECAL REFERENCE



021-0004229



021-0004231



021-0004230

12

11

10

9

8

7

6

5

4

3

2

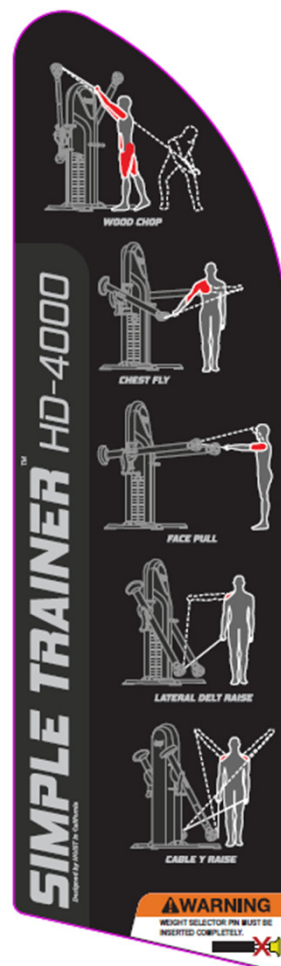
1

021-0004228

DECAL REFERENCE



021-0004224



021-0004225

10 LBS / 5 KGS	70 LBS / 32 KGS	130 LBS / 59 KGS	190 LBS / 86 KGS
20 LBS / 9 KGS	80 LBS / 36 KGS	140 LBS / 64 KGS	200 LBS / 91 KGS
30 LBS / 14 KGS	90 LBS / 41 KGS	150 LBS / 68 KGS	210 LBS / 95 KGS
40 LBS / 18 KGS	100 LBS / 45 KGS	160 LBS / 73 KGS	220 LBS / 100 KGS
50 LBS / 23 KGS	110 LBS / 50 KGS	170 LBS / 77 KGS	230 LBS / 104 KGS
60 LBS / 27 KGS	120 LBS / 54 KGS	180 LBS / 82 KGS	240 LBS / 109 KGS

021-0004232

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0449	CABLE ASSY. 208.77"	2
2	026-01X6972	MAIN FRAME	1
3	026-01X6973	BASE SIDE LEFT	1
4	026-01X6974	BASE SIDE RIGHT	1
5	026-01X6975	ARM ASSEMBLY LEFT	1
6	026-01X6976	ARM ASSEMBLY RIGHT	1
7	026-01X6977	2 AXIS PIVOT ASSY. LEFT	1
8	026-01X6978	WT. STK. PULLEY MOUNT LEFT	1
9	026-01X6979	WT. STK. PULLEY MOUNT RIGHT	1
10	026-01X6980	2 AXIS PIVOT ASSY. RIGHT	1
11	026-01X4086	ARM ADJUSTMENT LEVER	2
12	026-01X6982	UPPER PIVOT SUPPORT	2
13	026-01X6983	SWIVEL PULLEY HOUSING	2
17	026-01X7351	HOIST ERGO GRIP-01	2
18	011-0210002	M4 X 12MM PAN HEAD SCREW FOR PLASTICS	4
19	011-0413001	M5 - .8 X 16mm FHS (SS)	18
20	012-0202001	1/2"-13 FLANGED NUT (WZ)	2
21	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	2
22	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
23	014-0012019	SNAP RING - 30mm EXTERNAL	2
24	014-0012020	BEARING - FLANGELESS BALL 2.44" O.D. X 35MM I.D. X .55"	4
25	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	4
26	014-0101003	BUSHING: OILITE FLANGED Ø1.0000" O.D. X Ø.7480" I.D. X .630" LG.	4
27	014-0101026	BUSHING: OILITE FLANGED Ø.75" ID X Ø1.00" OD X .50" LG.	2
28	015-0001005	3/32" CABLE SHANK BALL	2
29	018-0001002	CABLE PULLEY: Ø3.50"	14
30	018-0001003	CABLE PULLEY: Ø4.50"	4
31	019-0001001	PLUG BUMPER	2
32	026-01PL2927	WEIGHT STACK BUMPER	4
33	020-0007004	KNOB - OVAL	2
34	020-0011028	Compression Spring: 2.25" Long, 0.72" OD, 0.528" ID	2
35	026-01G0226	GUIDE ROD: Ø.7500" CRS X 69.2500" LG.	4
36	026-01M0240	1.38" DIA. ALUMINUM FLATHEAD CAP	2
37	026-01M0760	HEAVY FLANGED SPACER: Ø.67 O.D. X Ø.39 I.D. X .50 LG.	4
38	026-01M3326	CABLE BOLT, 3/8"-16UNC X .75" HHB (WZ)	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
40	026-01M3699	BEARING CARRIER	2
41	026-01M3806	PIVOT SHAFT/ CAP	2
42	026-01M3807	M25 X .25" SPACER	4
43	026-01M3808	1/2"-13 TO 3/8"-16 CABLE BOLT	2
44	026-01M3834	HD-4000 PULL PIN 1	2
45	026-01M3835	HD-4000 PULL PIN 2	2
47	026-01P4508	COUNTERWEIGHT W/ COATING	2
48	026-01P7078	VERTICAL AXIS ROM PLATE	2
49	026-01P7086	ROM PLATE GUARD	4
50	026-01P7087	HORIZONTAL AXIS ROM PLATE	2
51	026-01PL2561	PLUG BUMPER, COPED	4
52	026-01PL2834	SCUFF GUARD, 50 X 100mm FLAT SIDE	2
53	026-01PL2838	RUBBER FOOT PAD	4
54	026-01PL2876	FILLER PLATE ASSEMBLY	2
55	026-01PL2877	FRONT SHIELD, UPPER	1
56	026-01PL2878	FRONT SHIELD, LOWER	1
57	026-01PL2879	REAR SHIELD	1
58	026-01PL2880	SCUFF GUARD, 50 X 100mm FLAT SIDE	2
59	026-01PL2881	END CAP, CABLE CROSS	2
60	026-01PL2882	PULLEY COVER, LEFT	1
61	026-01PL2883	PULLEY COVER, RIGHT	1
62	026-01PL2884	HD-4000 ARM GRIP ASSY	2
63	026-01PL2885	CUP HOLDER	1
64	026-01PL2939	POINTER	4
65	013-1002014	M3 FLAT WASHER (BZ)	8
66	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	62
67	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	20
68	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	16
69	011-0101230	M3-.5 X 10mm FHB (BZ)	8
70	011-0701113	#10-32UNC x .75 BHCS (Ni)	4
71	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	4
72	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	12
73	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	4
74	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	2
75	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	4
76	011-0116144	3/8"-16UNC X 1.50" LOW HEAD SHCS (Ni)	4

OWNER'S MANUAL

PART LIST CONTINUED

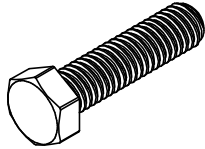
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
77	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	10
78	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	2
79	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	2
80	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	4
81	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	6
82	011-0701050	1/2"-13UNC X 2.00" BHCS (Ni)	4
83	011-0702026	1/2"-13UNC X 1.50" FHS (Ni)	2
84	011-0101305	1/2"-13UNC X 2.50" SHCS (WZ)	4
85	012-0504016	M3 THIN NYLOCK NUT (BZ)	8
86	012-0504001	#10-32 THIN NYLOCK NUT (Ni)	2
87	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	24
89	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	10
90	021-0018030	BADGE, HOISTFITNESS.COM, 12.8982"	2
91	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	2
92	021-0004224	PLACARD, RIGHT	1
93	021-0004225	PLACARD, LEFT	1
94	021-0004226	DECAL HORIZONTAL ROM, LEFT	1
95	021-0004227	DECAL HORIZONTAL ROM, RIGHT	1
96	021-0004228	DECAL VERTICAL ROM	2
97	021-0004229	DECAL LOCKED / UNLOCKED WARNING LEFT	1
98	021-0004230	DECAL DO NOT PULL FROM SIDE	2
99	021-0004231	DECAL LOCKED / UNLOCKED WARNING RIGHT	1
100	021-0004232	DECAL WEIGHT STACK (1-24)	2
101	021-0003135	DECAL WARNING 1.50" X 7.75"	1
102	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
103	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
104	WEIGHT STACK 23	24 HOLE TOP WEIGHT ASSY.	2
105	026-01P7129	PULL-PIN LINK, INNER	2
106	026-01P7130	PULL-PIN LINK, OUTER LEFT	1
107	026-01P7131	PULL-PIN LINK, OUTER RIGHT	1
108	014-0101039	8mm X 11 mm X 16mm L BUSHING	4
109	011-0712014	8MM X 25MM SHOULDER BOLT (NI)	4
110	012-0504018	M6-1.00 Thin Nylock Nut (Ni)	4
111	014-0015041	Internal Retaining Ring, 2.44"	2
112	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	4
113	026-01X1633	STRAP HANDLE WITH (1) O-RINGS (UPPER)	2
114	012-0305003	3/8"-16UNC JAM NUT (WZ)	2

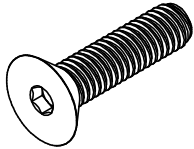
OWNER'S MANUAL

ABBREVIATIONS

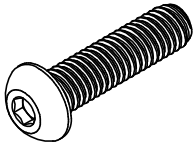
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



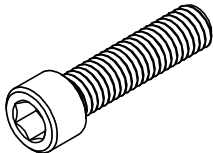
HHB = Hex Head Bolt



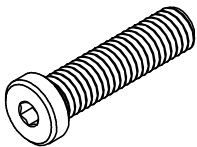
FHCS = Flat Head Cap Screw



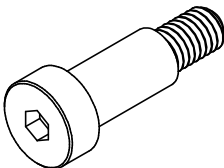
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



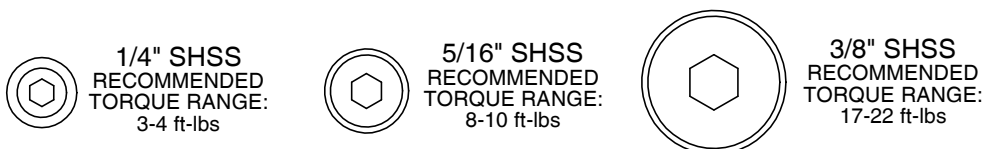
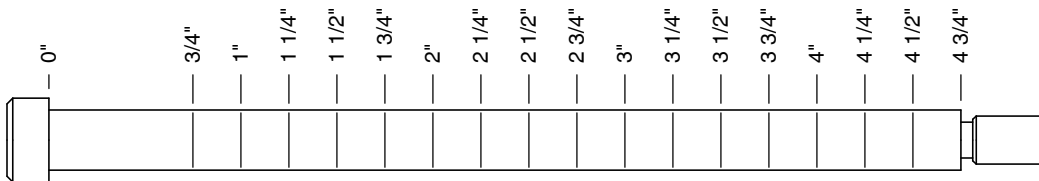
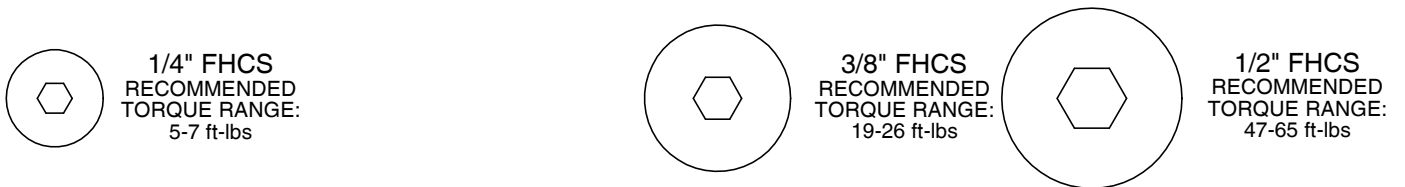
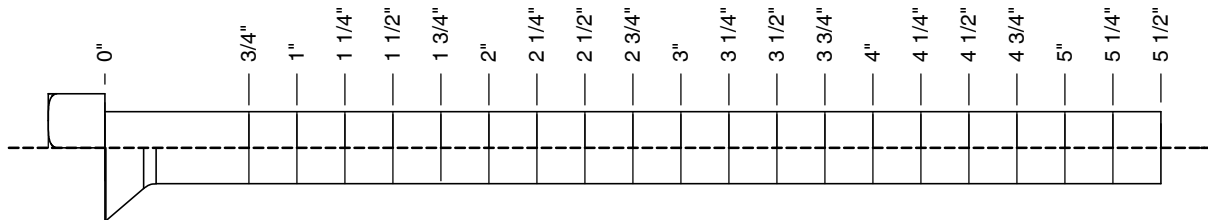
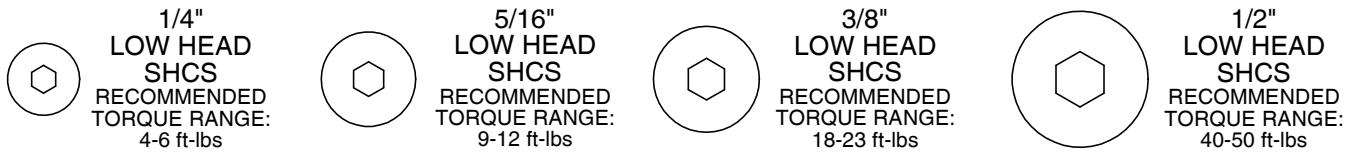
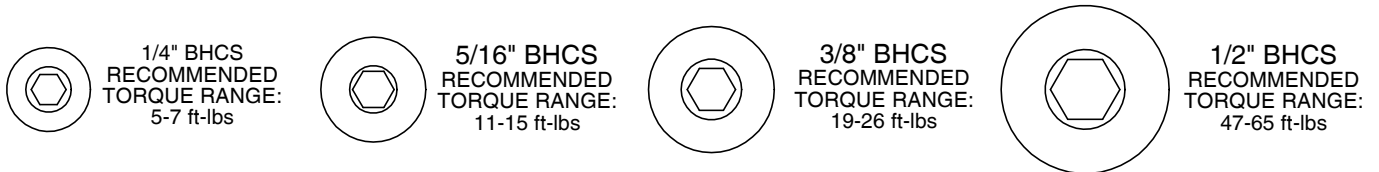
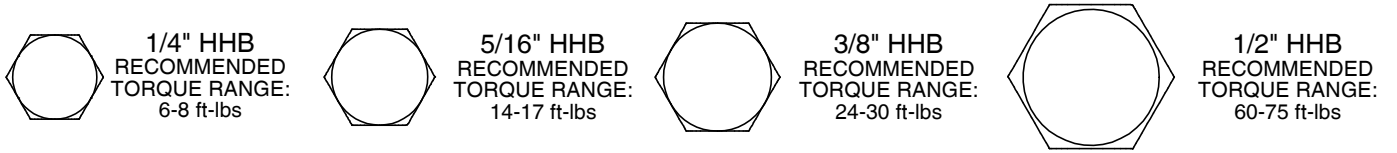
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

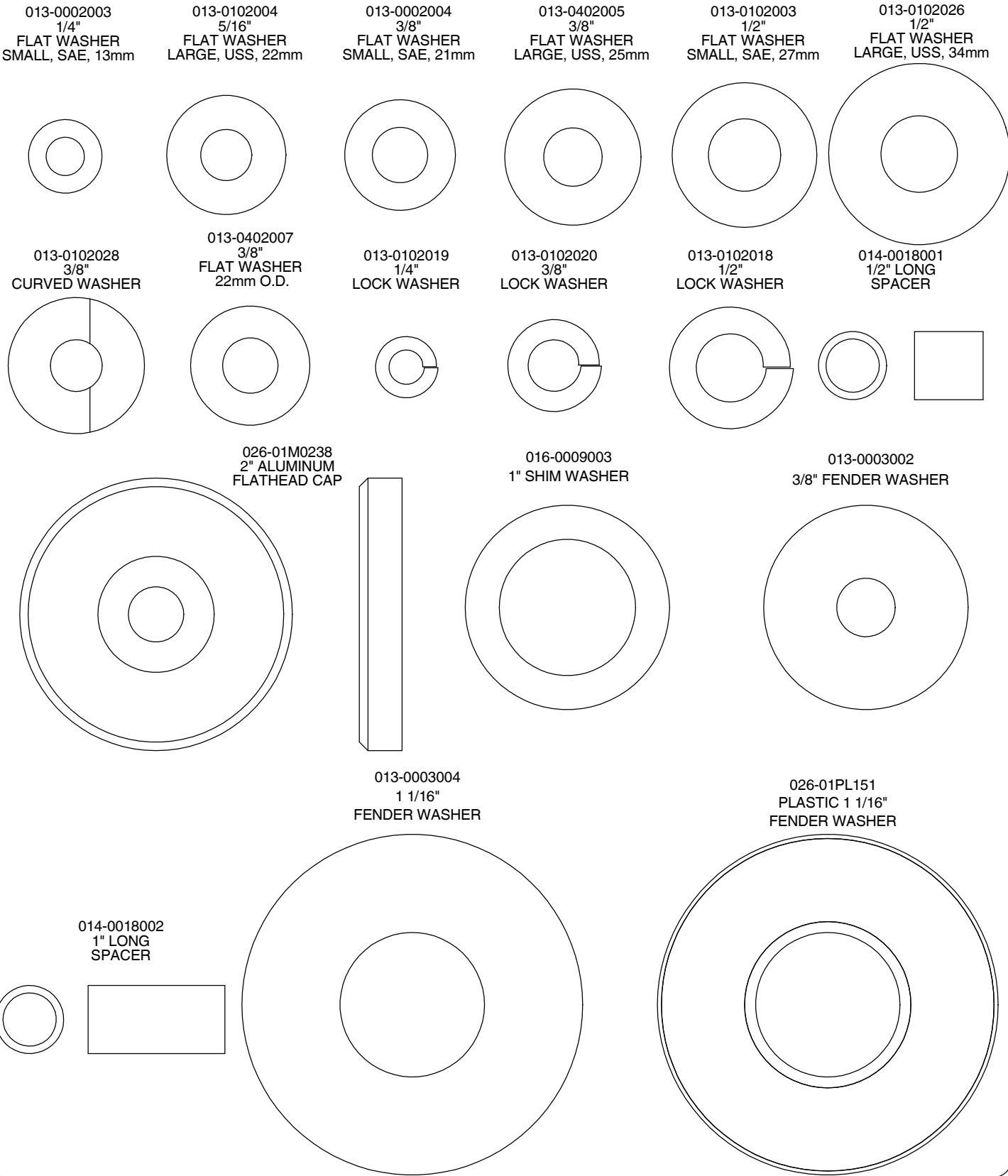
OWNER'S MANUAL

BOLT SIZING CHART



OWNER'S MANUAL

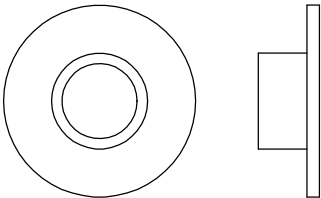
WASHER SIZING CHART



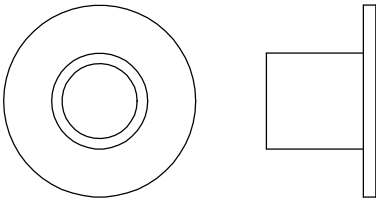
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

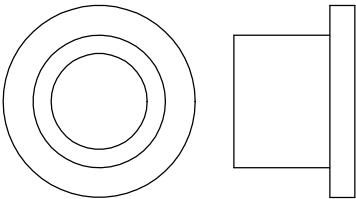
026-01M0211
1/4" LONG
FLANGED SPACER



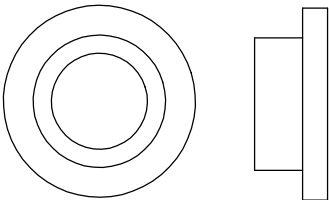
026-01M0198
1/2" LONG
FLANGED SPACER



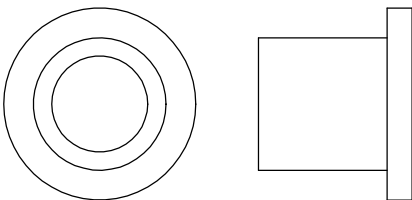
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



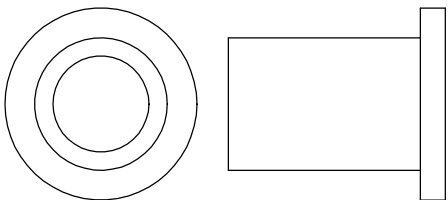
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



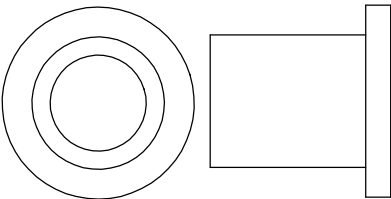
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



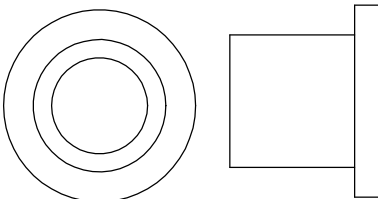
026-01M0551
1" LONG HEAVY
FLANGED SPACER



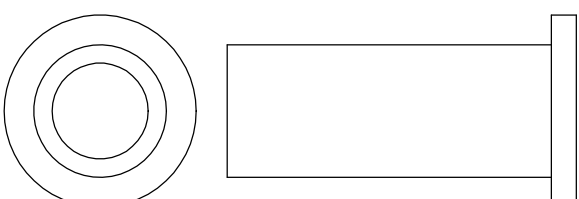
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



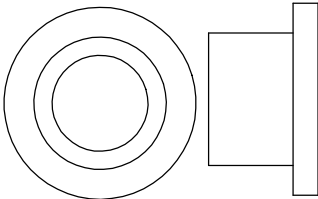
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



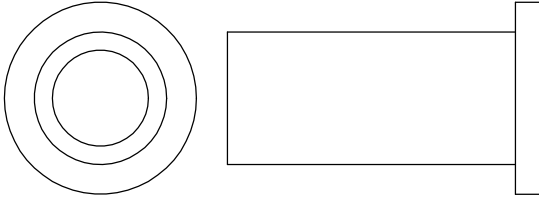
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



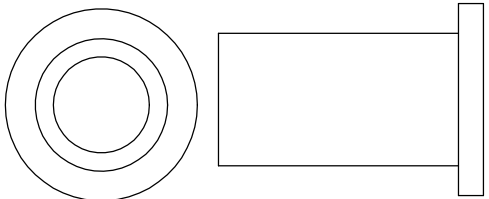
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



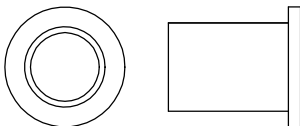
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



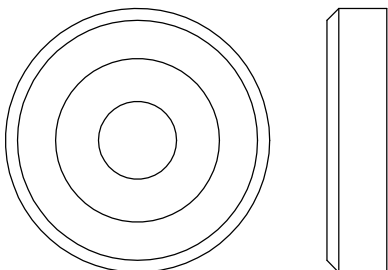
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



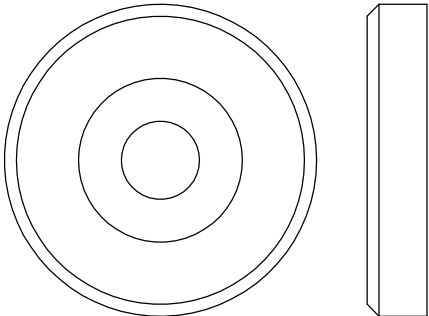
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT 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.*

***Never use ammonia, acid-based, or petroleum-based solvents on
any portion of the machine as it may damage the finish.***

OWNER'S MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, 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.

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.

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 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.

Belt and Cable Tension:

- *Refer to the Owner's 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, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble 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

OWNER'S MANUAL

WEIGHT TRAINING TIPS

In order to gain maximum results from your HD-4000 and to avoid possible injury, always consult your physician before starting any exercise program and consult a fitness professional to develop your complete exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your HD-4000 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

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.

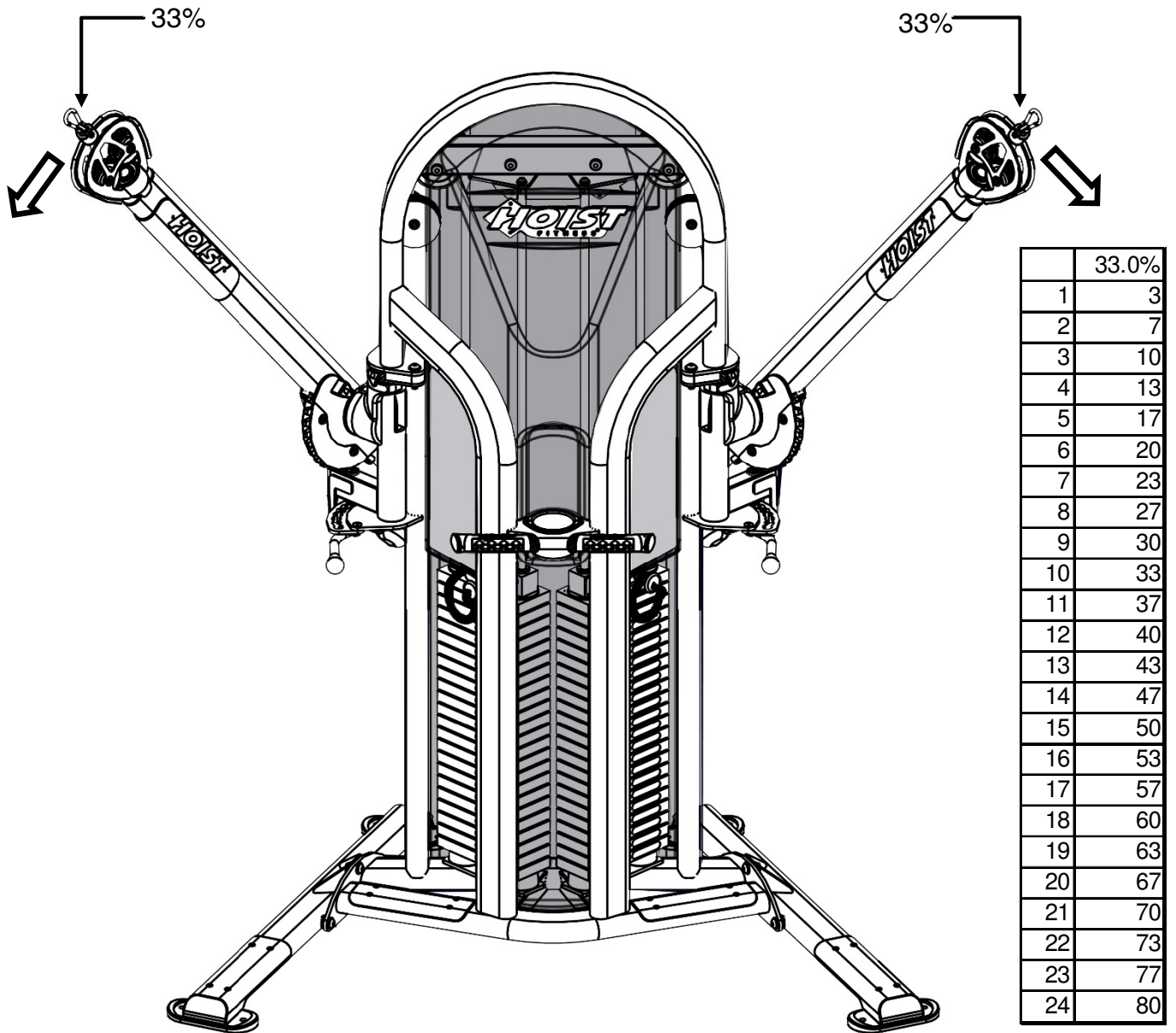
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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.

Enjoy your HD-4000 HOIST® Fitness System!

WEIGHT RATIOS



The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

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

[illegible]

OWNER'S 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.

WARRANTY CLAIMS. All claims require: **Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.**

To complete Warranty Registration visit:

www.HOISTFITNESS.com

and click on the Warranty Registration link

Starting from the original date of purchase, this warranty covers the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owner's manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! 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.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

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.

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.

Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800) 548-5438

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