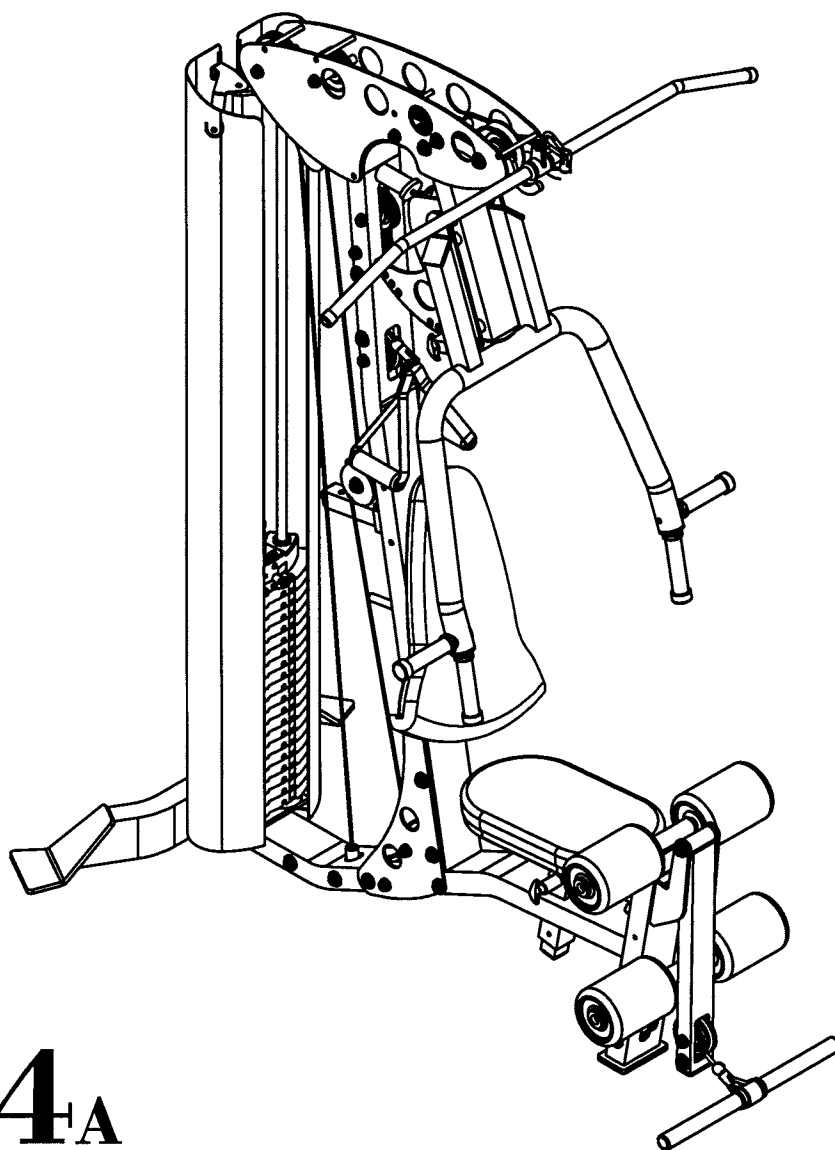


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V-4_A

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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0504-001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

OWNERS MANUAL

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OWNERS MANUAL

Step 1 **INSTRUCTIONS**

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.

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.

THIS PRODUCT IS RATED FOR HOME OR COMMERCIAL USE.

TOOLS REQUIRED

Socket Wrench

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

Crescent Wrench

Rubber Mallet

Tape Measure

Level

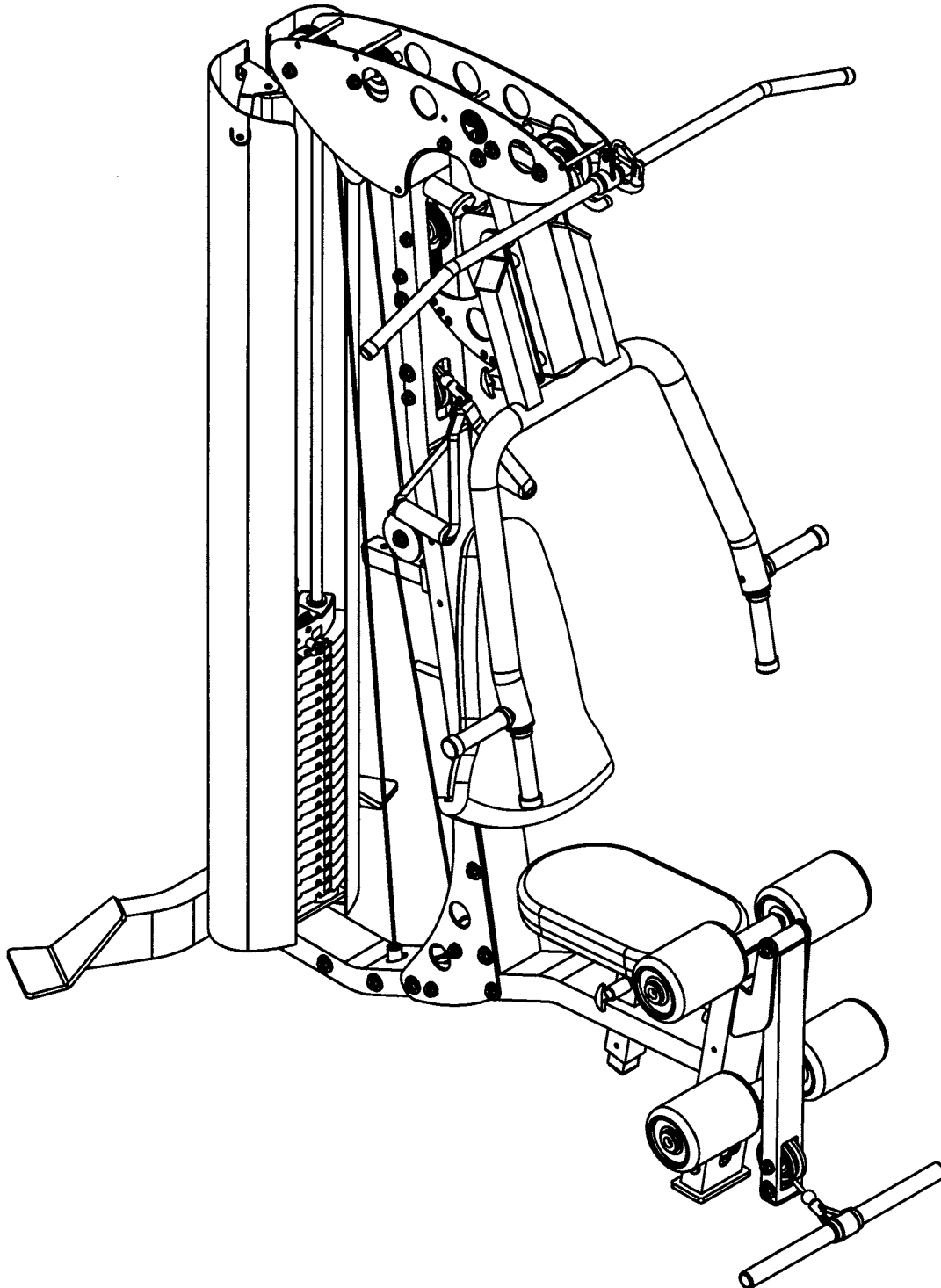
Allen Wrench Set

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by bolting (1) and (41) to (2). Wrench Tighten bolts. Then attach (3) to (2). Wrench Tighten bolts then loosen nut enough for (3) to pivot freely.

Part Descriptions

- 1 - Rear Support Foot
- 2 - Main Base Support
- 3 - Leg Extension Arm
- 41 - Accessory Rack

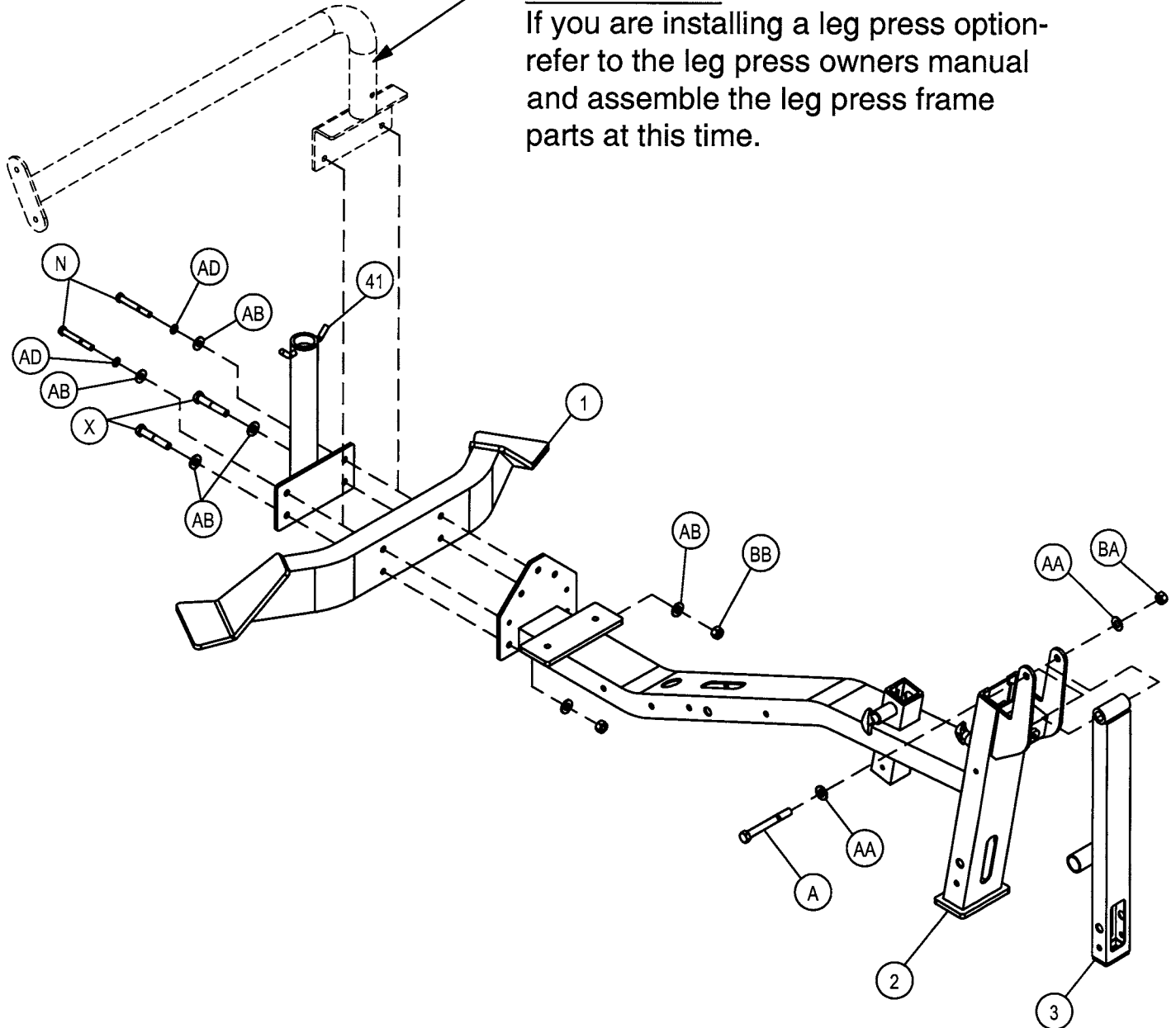
Hardware Descriptions

- A - 1/2"-13UNC x 4" HHB (WZ)
- N - 3/8"-16UNC x 3" HHB (WZ)
- X - 3/8"-16UNC x 3 1/4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- AD - 3/8" Split Lock Washer
- BA - 1/2"-13UNC Thin Nylok Nut (WZ)
- BB - 3/8"-16UNC Thin Nylok Nut (WZ)

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IMPORTANT:

If you are installing a leg press option-
refer to the leg press owners manual
and assemble the leg press frame
parts at this time.



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Step 2b FRAME ASSEMBLY

Start assembly by bolting (17) to (2). Only Thread Bolt Halfway!
Next slide (CA)'s, (15)'s, (18), and (25) onto (17)'s.

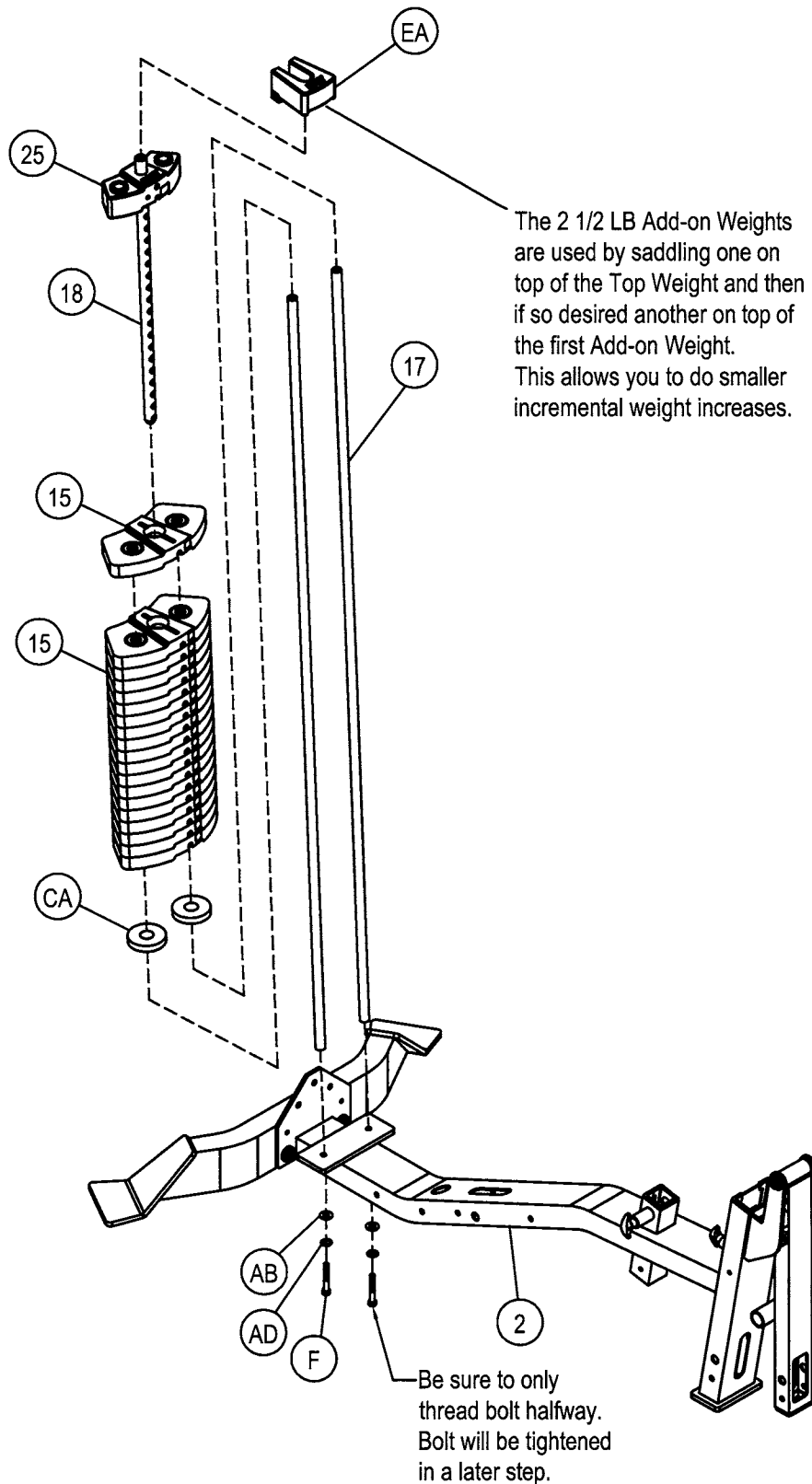
Part Descriptions

2 - Main Base Support
15 - 10 lb Radial Loc[®] Weight Plate
17 - Guide Rod (Ø0.75" x 71.44" lg.)
18 - 21 Holes Weight Selector Stem
25 - Cast Radial Loc[®] Top Weight

Hardware Descriptions

F - 3/8"-16UNC x 1 1/4" HHB (WZ)
AB - 3/8" USS Flat Washer
AD - 3/8" Split Lock Washer (WZ)
CA - Weight Stack Bumper
EA - Add On Weight

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Step 2c FRAME ASSEMBLY

Attach (6)'s to both sides of (2). Next place (50) in between both (6)'s and attach. Hand Tighten Bolts, they will be wrench tightened in a later step.

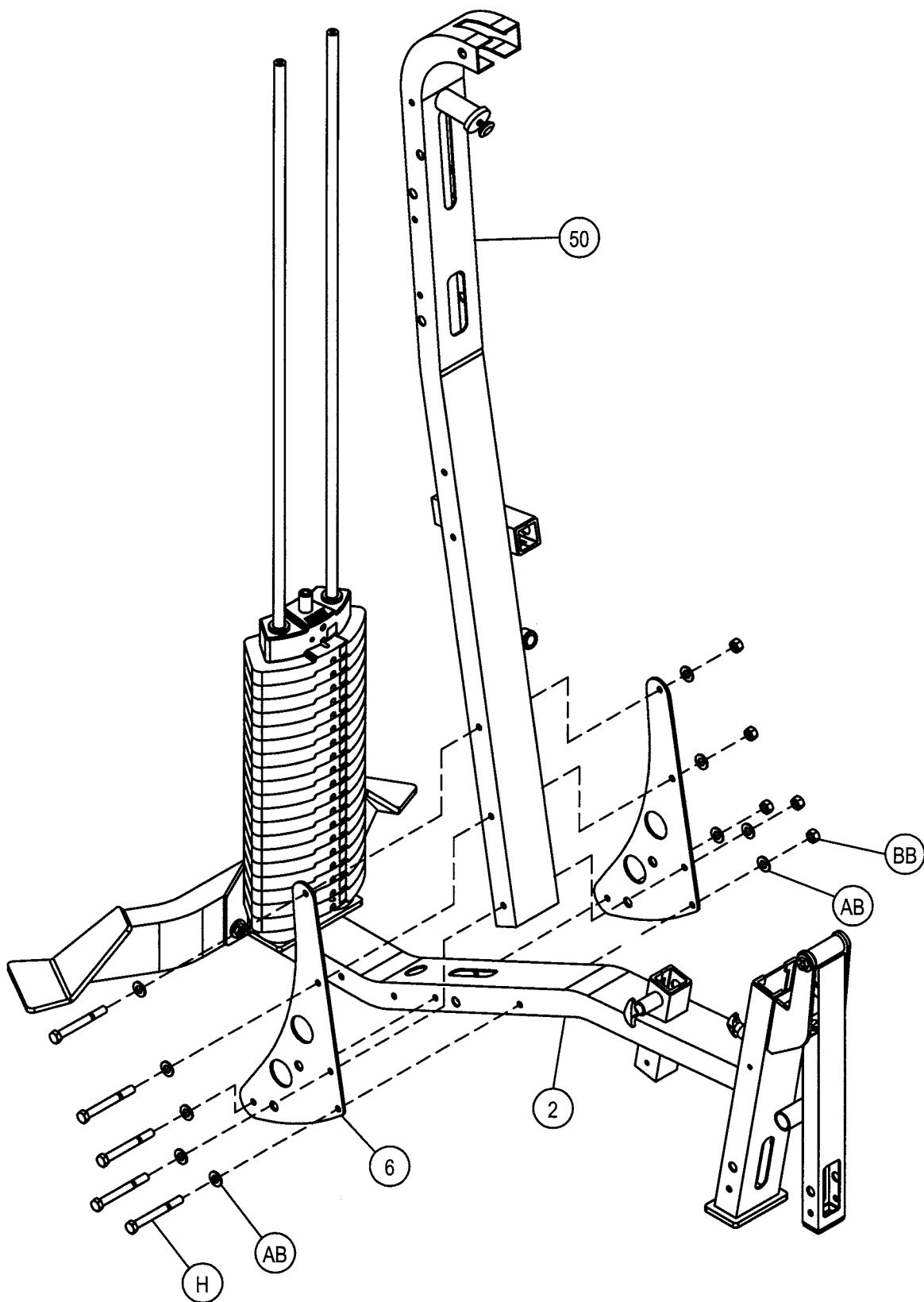
Part Descriptions

2 - Main Base Support
6 - Gusset Plate
50 - Main Upright Assembly

Hardware Descriptions

H - 3/8"-16UNC x 5" HHB (WZ)
AB - 3/8" USS Flat Washer
BB - 3/8"-16 Thin Nylok Nut (WZ)

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Step 2d FRAME ASSEMBLY

In this assembly start with Step d1 and attach (14) to (50) by inserting (22)'s. In Step d2 secure (14) to (50) with (H). (17)'s may need to be tilted back out of the way to allow (H) to be inserted. Finally in Step d3 attach (17)'s to (14). Wrench Tighten all bolts up to this step.

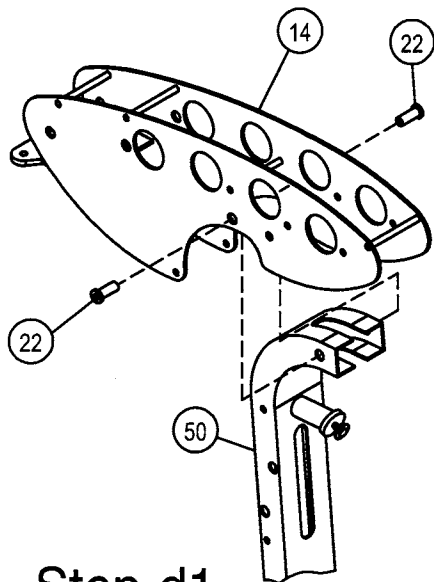
Part Descriptions

14 - Top Main Frame Assembly
17 - Guide Rod
22 - 1.69" lg. Heavy Flanged Spacer
50 - Main Upright Assembly

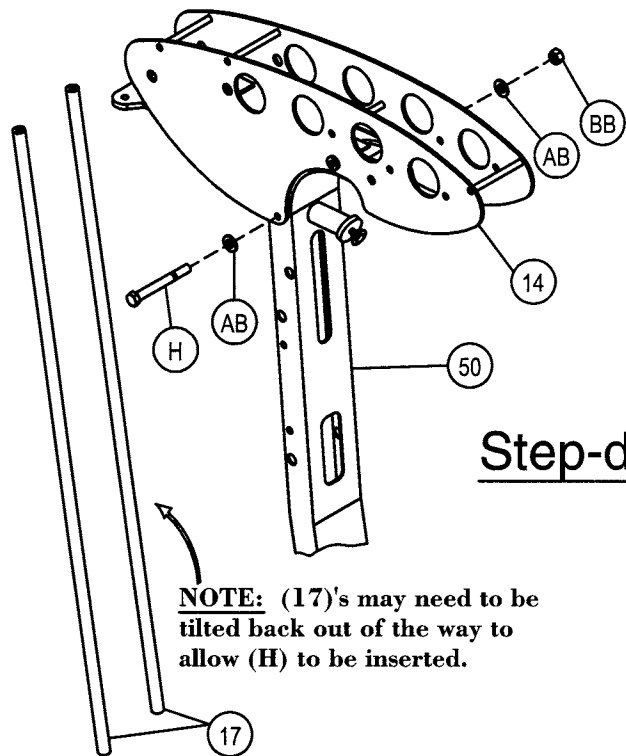
Hardware Descriptions

F - 3/8"-16UNC x 1 1/4" HHB (WZ)
H - 3/8"-16UNC x 5" HHB (WZ)
AB - 3/8" USS Flat Washer (WZ)
AD - 3/8" Split Lock Washer
BB - 3/8"-16UNC Thin Nylok Nut (WZ)

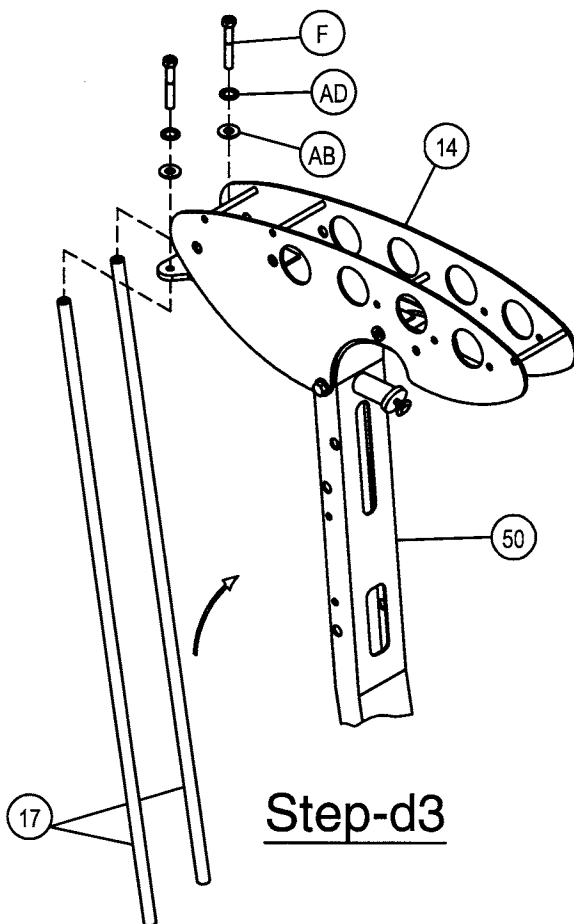
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Step-d1



Step-d2



Step-d3

NOTE: (17)'s may need to be tilted back out of the way to allow (H) to be inserted.

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Step 2e FRAME ASSEMBLY

In Step e1, start assembly by attaching (52) to (51). Wrench Tighten bolts. Next, slide (24) into the top of (51) and attach (51) to (14). Wrench tighten bolt then loosen nut enough for (51) to pivot freely. In step e2 attach the back side of (12) to (14), let the front of (12) hang downward, it will be assembled in a later step. Hand Tighten bolt, it will be tightened in a later step. In Step e3 slide (53) into (51) and then attach (54) to (51) as shown. Wrench Tighten bolt then loosen nut enough for (54) to pivot freely. Next attach both (55)'s to the arms of (54). Wrench tighten bolts.

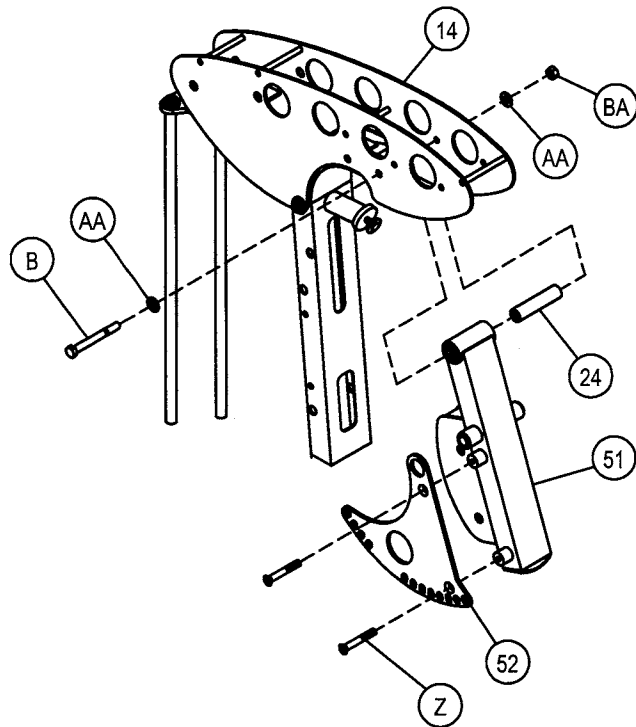
Part Descriptions

12 - Bar Mount Assembly
14 - Top Main Frame Assembly
24 - Ø1.00" x 4.00" lg. Shaft
51 - Upper Press Arm Assembly
52 - Upper Range of Motion
53 - Ø.75" x 5.69" lg. Shaft
54 - Press Arm Assembly
55 - Handle Assembly

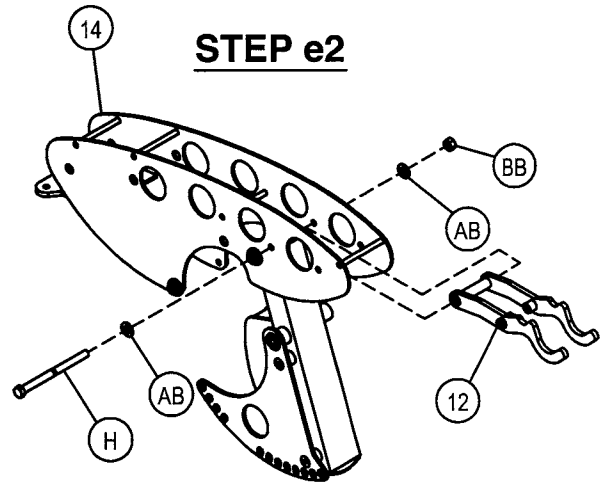
Hardware Descriptions

B - 1/2"-13UNC x 5" HHB (WZ)
C - 1/2"-13UNC x 6 3/4" HHB (WZ)
H - 3/8"-16UNC x 5" HHB (WZ)
J - 3/8"-16UNC x 1 1/2" BHB (WZ)
Z - 3/8"-13UNC x 1" FHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
AB - 3/8" USS Flat Washer (WZ)
AD - 3/8" Split Lock Washer (WZ)
AH - 3/8" Internal Lock Washer (WZ)
BA - 1/2"-13UNC Thin Nylok Nut (WZ)
BB - 3/8"-16UNC Thin Nylok Nut (WZ)

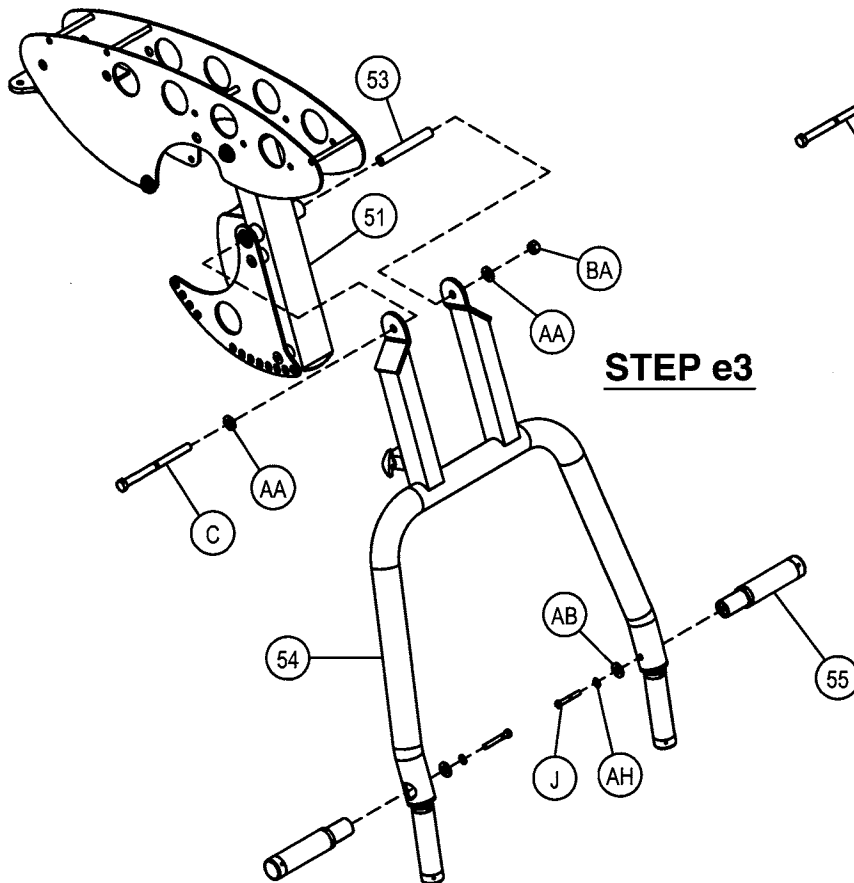
OWNERS MANUAL



STEP e1



STEP e2

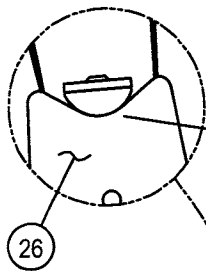


STEP e3

OWNERS MANUAL

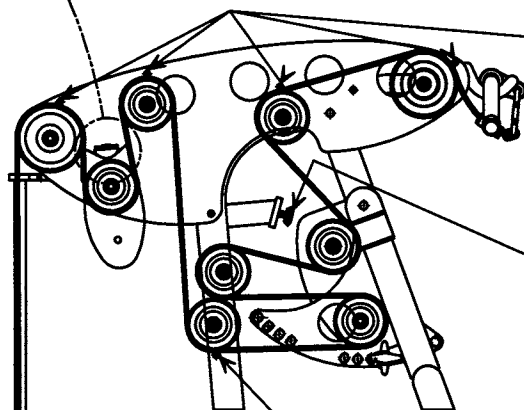
Step 2f

CABLE #1 INSTALLATION



NOTE:

When adjusting cable for proper tension, insure that both (26)'s are resting under the bumper stop.



NOTE:

Be sure cable runs between the pulleys and the cable guard rods.

MAJOR ADJUSTMENT

Loosen jam nut and thread the stop in/out to give the cable proper tension. Re-tighten jam nut.

NOTE:

Be sure cable runs between the pulleys and the cable guard bolts.



FINE TUNING

Loosen jam nut and thread bolt in/out to give the cable proper tension. Re-tighten jam nut.

Part Descriptions

14 - Top Assembly

21 - 0.50" lg. Heavy Flanged Spacer

22 - 1.69" lg. Heavy Flanged Spacer

23 - 1.50" lg. Heavy Flanged Spacer

26 - Pulley Plate

50 - Main Upright Assembly

51 - Upper Press Arm Pivot

Hardware Descriptions

H - 3/8"-16UNC x 5" HHB (WZ)

K - 3/8"-16UNC x 4 1/2" HHB (WZ)

L - 3/8"-16UNC x 1 3/4" HHB (WZ)

M - 3/8"-16UNC x 2 1/2" HHB (WZ)

AB - 3/8" USS Flat Washer (WZ)

BB - 3/8"-16UNC Thin Nylok Nut (WZ)

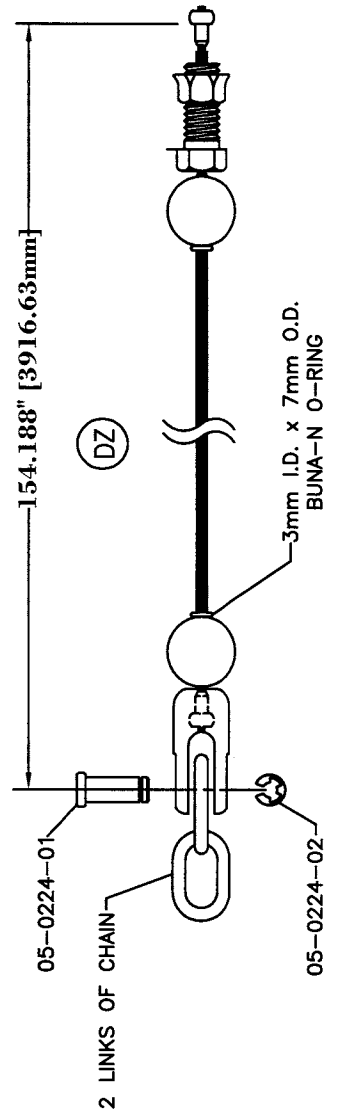
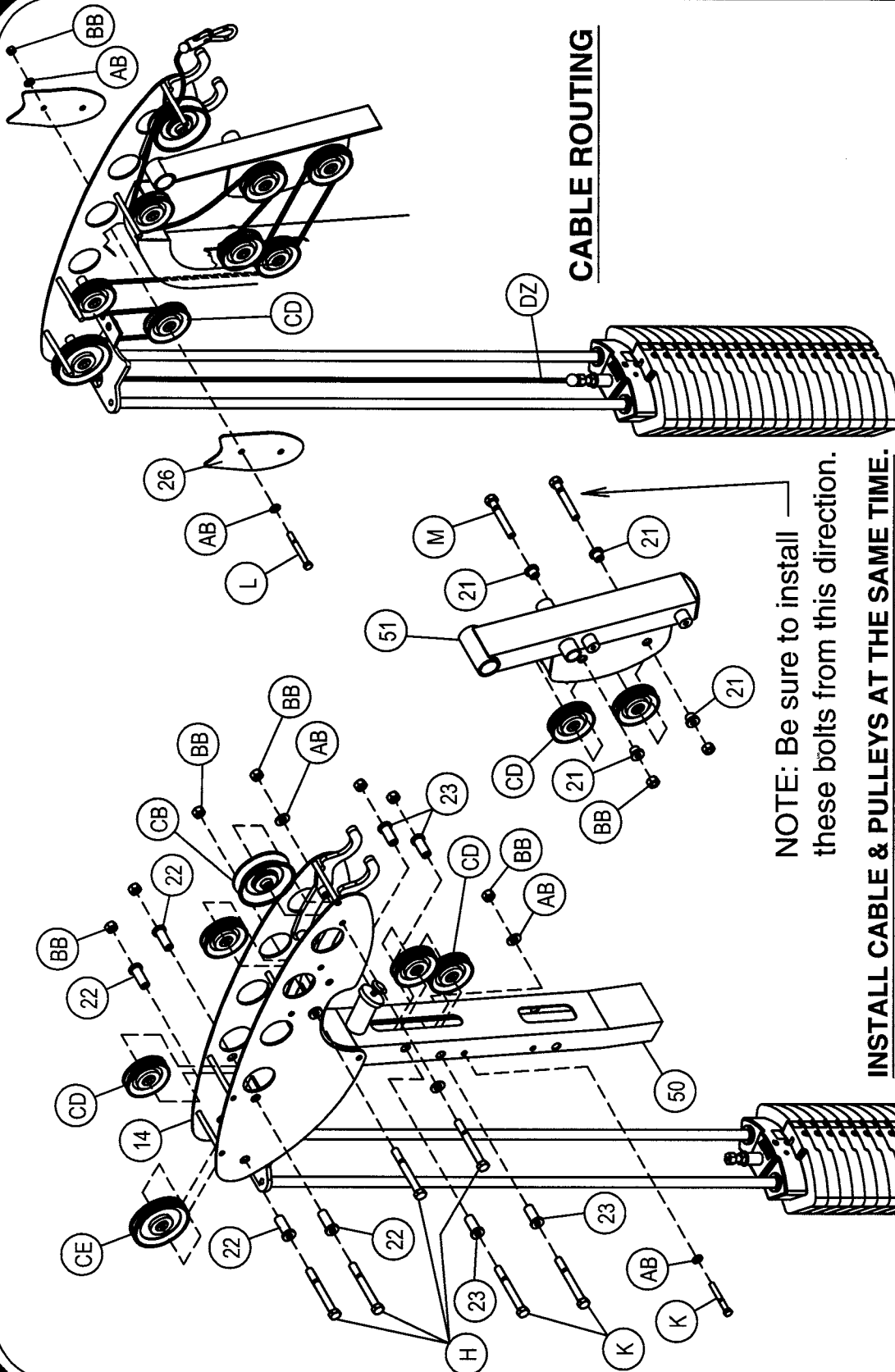
CB - Ø4 1/2" Wide Groove Pulley

CD - Ø3 1/2" Standard Pulley

CE - Ø4 1/2" Standard Pulley

DZ - Weight Stack Cable

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WARNING: Cable Bolt must be threaded a minimum of 1/2" into the weight stem with Jam Nut tightened securely to ensure proper connection.

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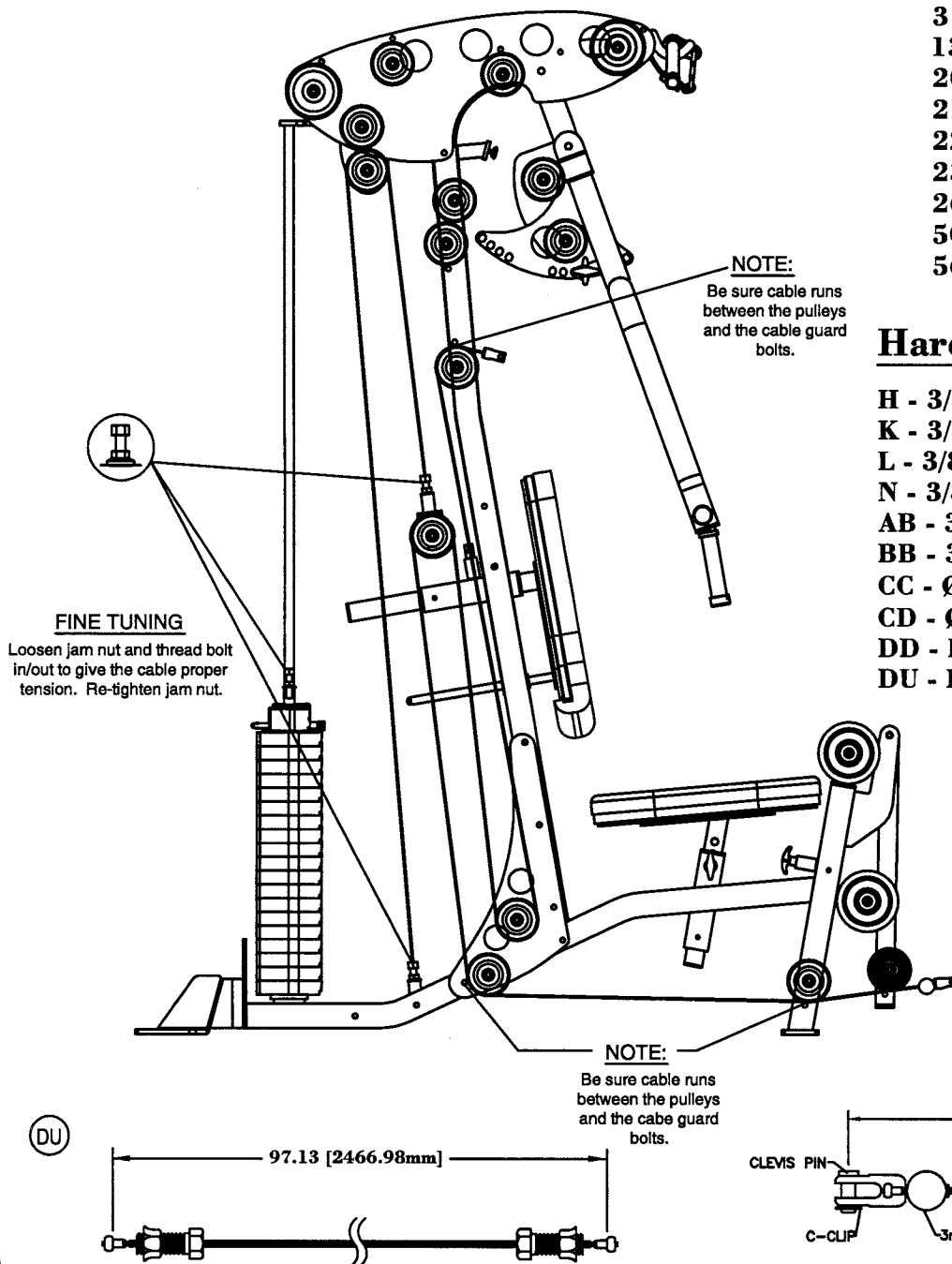
Step 2g CABLE #2 & #3 INSTALLATION

Part Descriptions

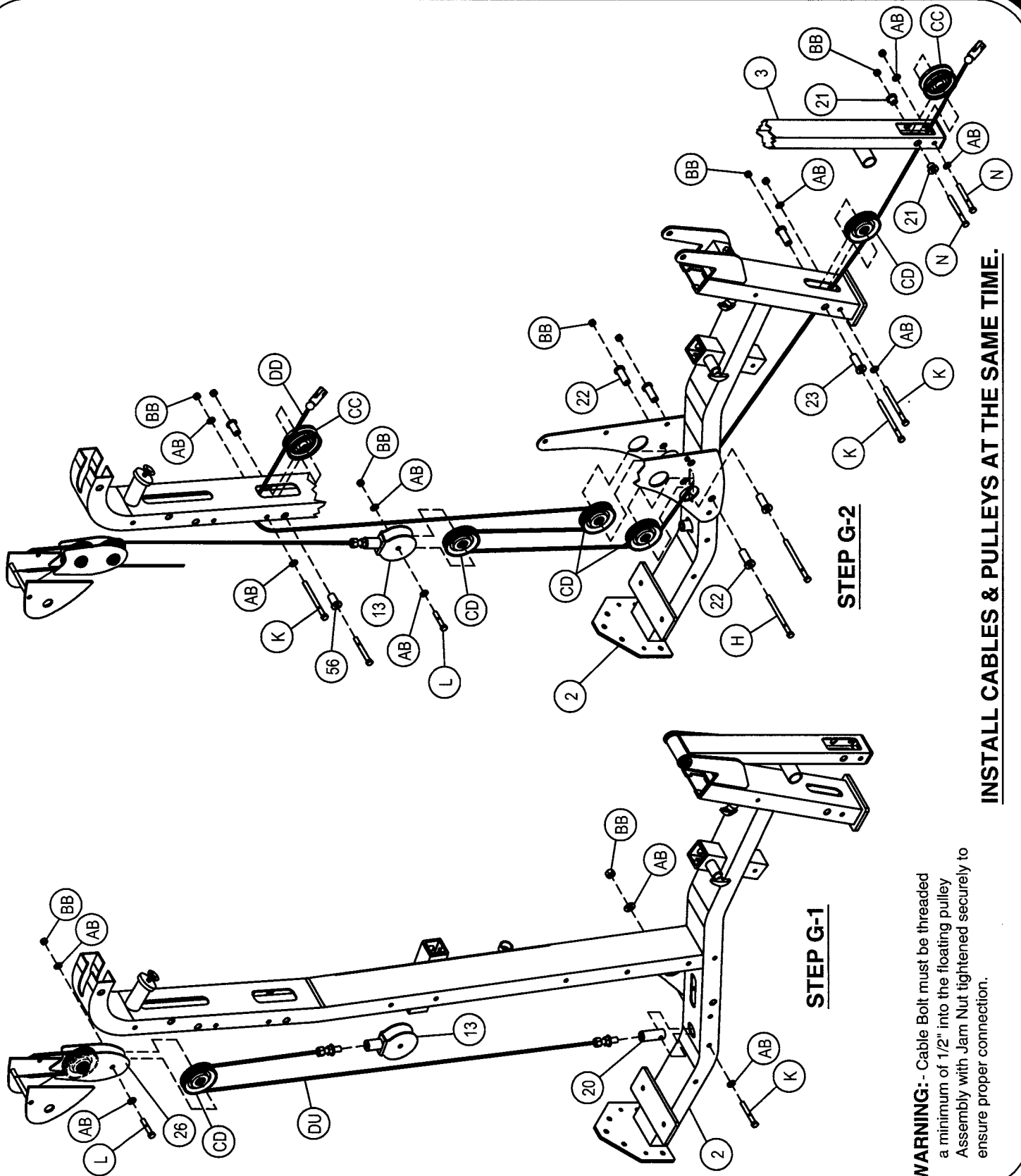
- 2 - Main Base Support
- 3 - Leg Extension Arm
- 13 - Floating Pulley Assembly
- 20 - Cable Adapter
- 21 - .50" lg. Heavy Flanged Spacer
- 22 - 1.69" lg. Heavy Flanged Spacer
- 23 - 1.50" lg. Heavy Flanged Spacer
- 26 - Double Floating Pulley Plate
- 50 - Main Upright Assembly
- 56 - 1.25" Heavy Flanged Spacer

Hardware Descriptions

- H - 3/8"-16UNC x 5" HHB (WZ)
- K - 3/8"-16UNC x 4 1/2" HHB (WZ)
- L - 3/8"-16UNC x 1 3/4" HHB (WZ)
- N - 3/8"-16UNC x 3" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BB - 3/8"-16UNC Thin Nylok Nut (WZ)
- CC - Ø3 1/2" Wide Groove Pulley
- CD - Ø3 1/2" Standard Pulley
- DD - Leg Extension Cable
- DU - Floating Pulley Cable



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INSTALL CABLES & PULLEYS AT THE SAME TIME.

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Step 2h PAD ASSEMBLY

Start assembly by sliding (5) into (3) and (48) as shown. Next, insert (CQ)'s into both sides of (8)'s and slide (8)'s onto both sides of (5)'s. Slide (48) into (2). Wrench Tighten bolts.

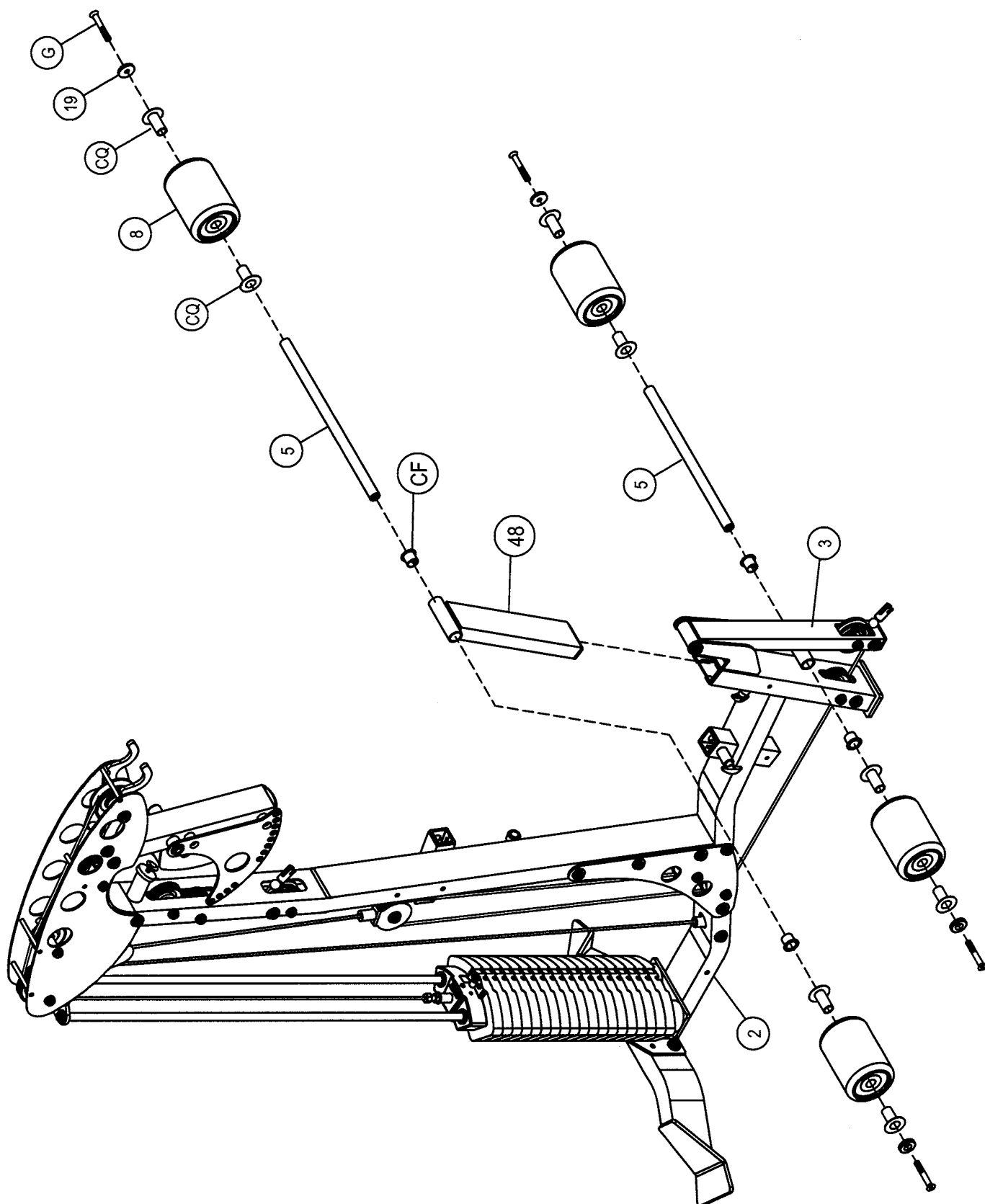
Part Descriptions

2 - Base Assembly
3 - Leg Extension Arm
5 - 18.69" lg. Roller Bar
8 - Roller Pad
19 - Aluminum Cap 2.00" O.D. x .31" thk
48 - Roller Pad Adjuster

Hardware Descriptions

G - 3/8"-16UNC x 1 1/4" FHS (WZ)
CF - Nyliner Bushing
CQ - Roller Pad Bushing

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Step 2i PAD ASSEMBLY

In this step, start assembly by attaching (7) to (4). Wrench Tighten bolts. Now slide (4) into (2). Next, attach (27) to (57) and Wrench Tighten bolts. Slide (57) to (50).

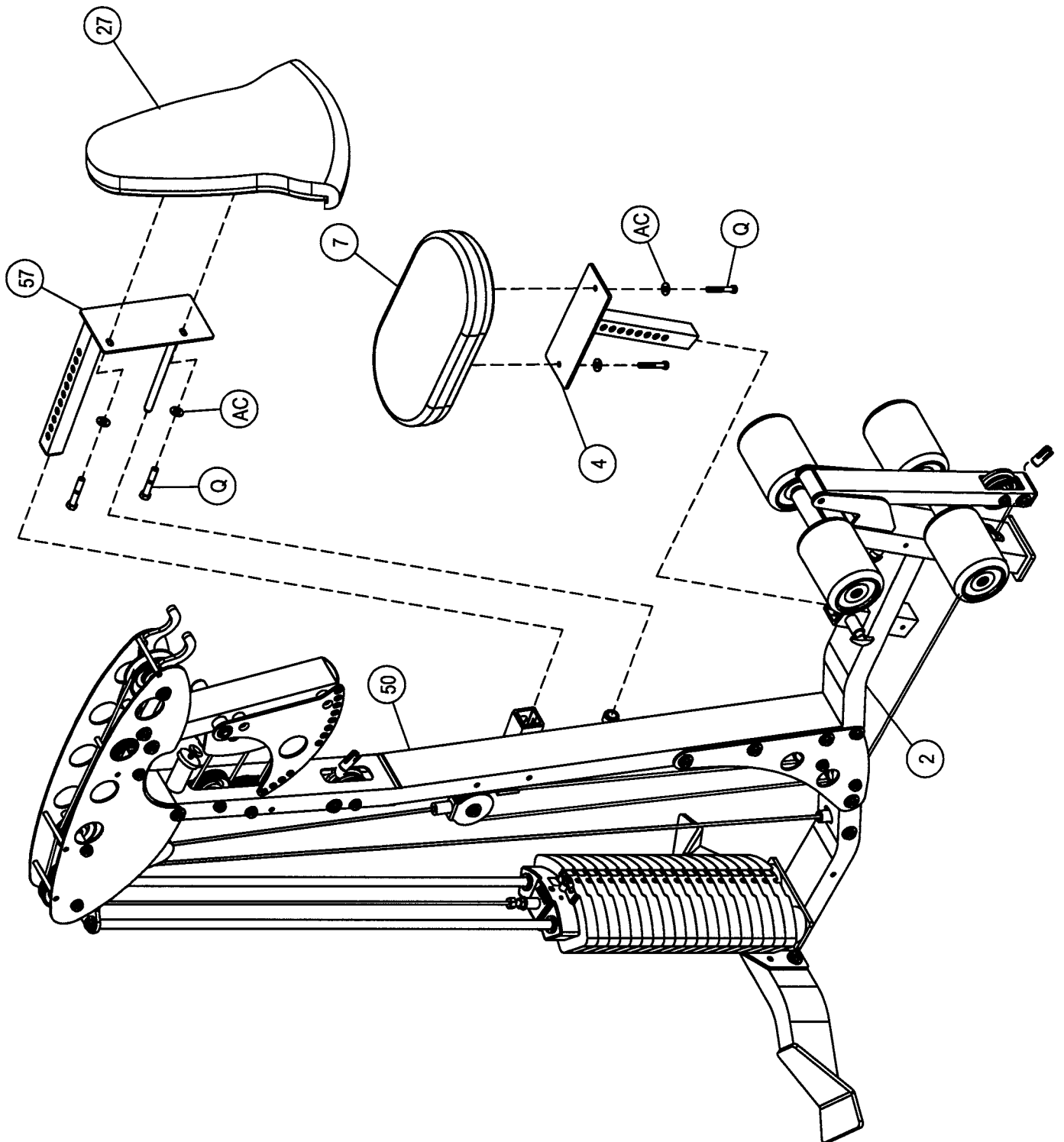
Part Descriptions

2 - Main Base Support
4 - Seat Assembly
7 - Seat Pad
27 - Back Pad
50 - Upright Assembly
57 - Adjuster Assembly

Hardware Descriptions

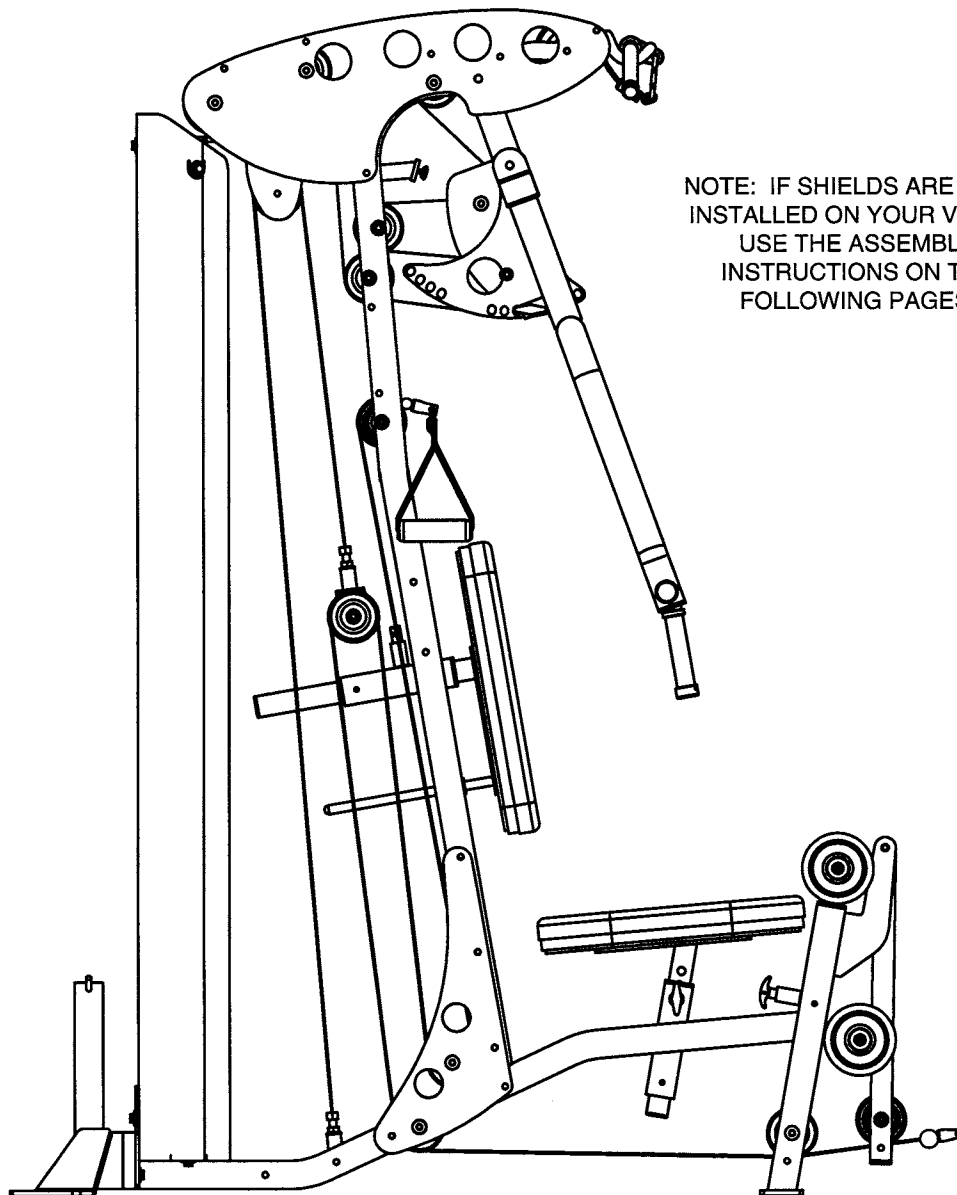
Q - 5/16"-18UNC x 1 1/4" HHB (WZ)
AC - 5/16" SAE Flat Washer (WZ)

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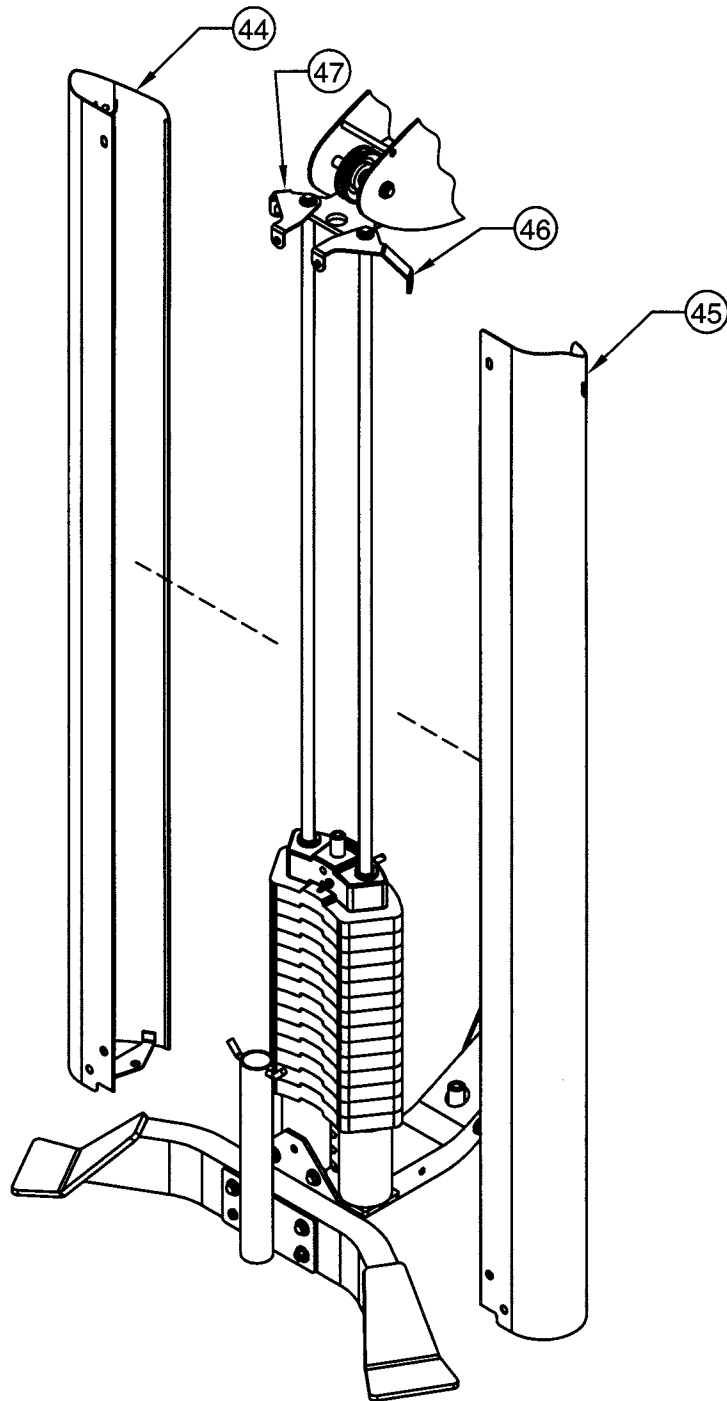
SHIELD ASSEMBLY



NOTE: IF SHIELDS ARE TO BE
INSTALLED ON YOUR V-UNIT,
USE THE ASSEMBLY
INSTRUCTIONS ON THE
FOLLOWING PAGES.

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
44	1	026-01X1442	Right Shield
45	1	026-01X1443	Left Shield
46	1	026-01P1450	Left Bracket
47	1	026-01P1451	Right Bracket
Y	6	011-0007035	3/8"-16 x 3/4" HHB (WZ)
AB	10	013-0002004	3/8" USS Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
BB	4	012-0104009	3/8"-16 Nylok Nut (WZ)

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SHIELD ASSEMBLY

STEP 1A & 1B

Start assembly by removing existing hardware as show in Step 1a. Attach (47) and (46) and Hand Tighten Bolts Only using existing Hardware. Remove existing harware as shown in Step 1b and set aside for a later step.

Part Descriptions

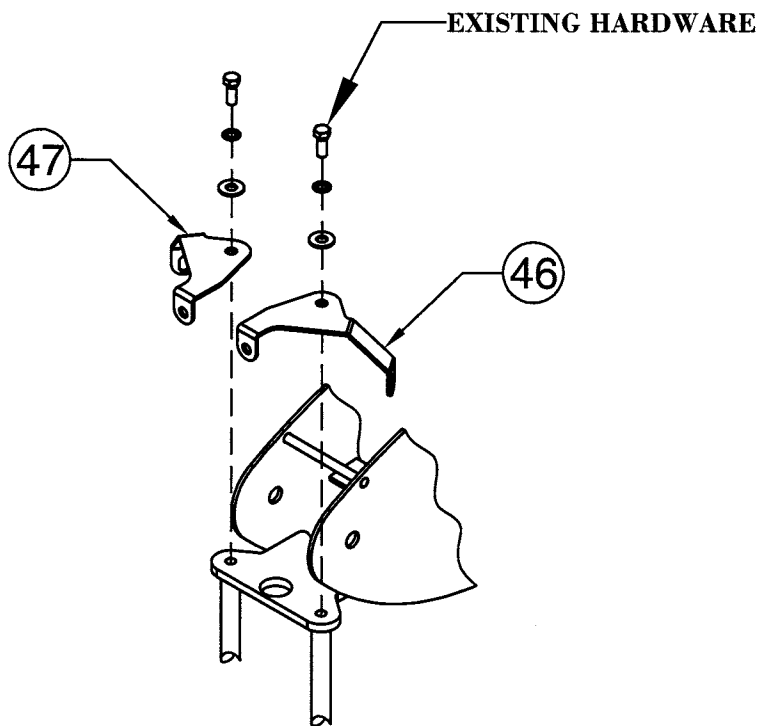
46 - Left Bracket
47 - Right Bracket

Hardware Descriptions

USING EXISTING HARDWARE

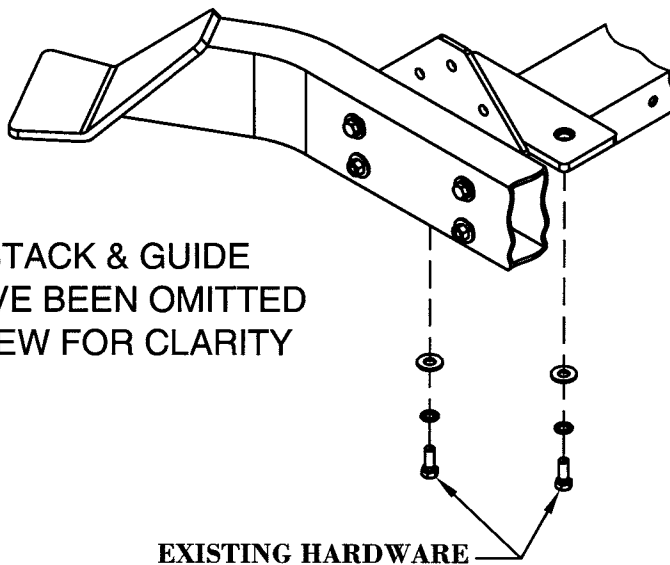
OWNERS MANUAL

REPEAT ASSEMBLY FOR (44)/(47).
(44)/(47) SHOWN ASSEMBLED FOR CLARITY



STEP 1A

STEP 1B



OWNERS MANUAL

SHIELD ASSEMBLY

STEP 2A & 2B

In this step, attach the top of the shields (45) to (46), and (44) to (47), as shown. Hand Tighten bolts only. they will be tightened in a later step.

Part Descriptions

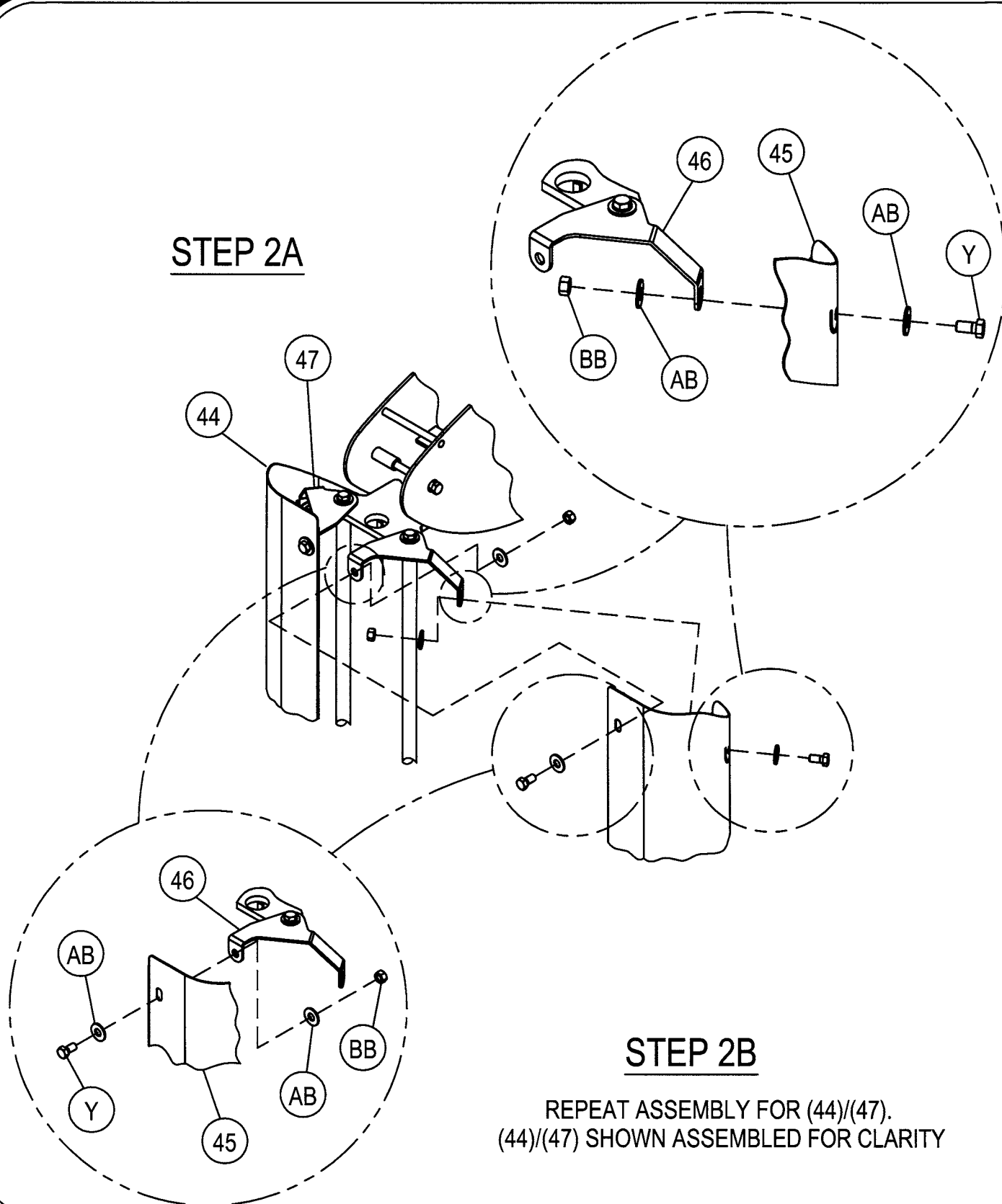
44 - Right Shield
45 - Left Shield
46 - Left Bracket
47 - Right Bracket

Hardware Descriptions

Y - 3/8"-16UNC x 3/4" HHB (WZ)
AB - 3/8" USS Flat Washer (WZ)
BB - 3/8"-16UNC Thin Nylok Nut (WZ)

OWNERS MANUAL

STEP 2A



STEP 2B

REPEAT ASSEMBLY FOR (44)/(47).
(44)/(47) SHOWN ASSEMBLED FOR CLARITY

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SHIELD ASSEMBLY

STEP 3A & 3B

Start assembly by aligning hole of bracket on (45) to hole on weight stack plate, and attach with existing hardware. Be sure that the bracket on (45) is mounted to the bottom of the weight stack plate. Finish by installing bolts (Y). Wrench Tighten these and previously hand tightened bolts.

Part Descriptions

44 - Right Shield

45 - Left Shield

Hardware Descriptions

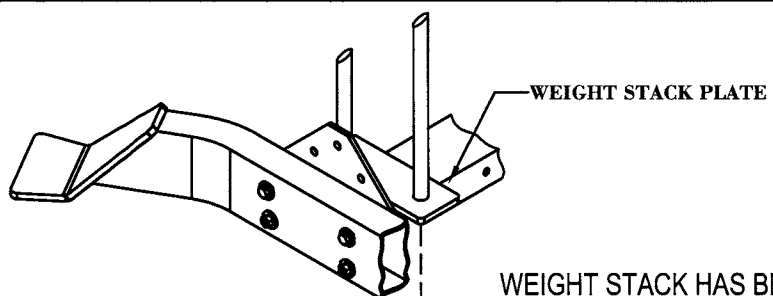
USING EXISTING HARDWARE

Y - 3/8"-16 x 3/4" HHB (WZ)

AB - 3/8" USS Flat Washer

AD - 3/8" Split Lock Washer

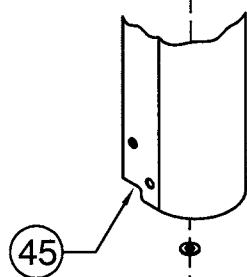
OWNERS MANUAL



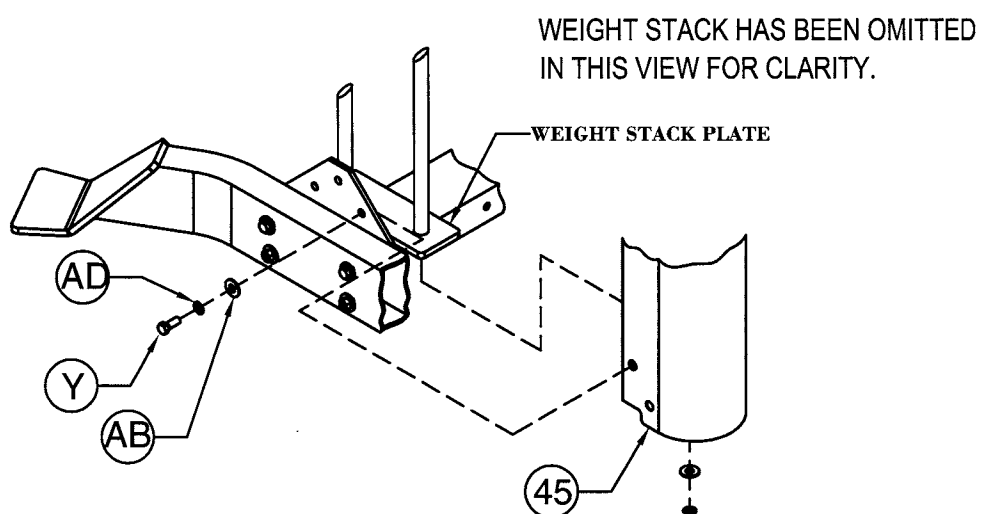
REPEAT ASSEMBLY ON OPPOSITE SIDE FOR (44)/(47).
(44)/(47) NOT SHOWN ASSEMBLED FOR CLARITY.

STEP 3A

WEIGHT STACK HAS BEEN OMITTED
IN THIS VIEW FOR CLARITY.



EXISTING HARDWARE



WEIGHT STACK HAS BEEN OMITTED
IN THIS VIEW FOR CLARITY.

STEP 3B

EXISTING HARDWARE

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ACCESSORIES ASSEMBLY

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
9	1	026-01X1119	Aluminum Lat Bar
11	1	026-01X1118	Aluminum Curl Bar Assembly
DC	1	022-008033	Ankle Strap
DE	2	022-0008032	Strap Handle
DF	4	020-0010002	Snap Link
EA	2	26-STD-SWADDON2	Add On Weight
FY	1	020-0014028	14 Link Chain

MISCELLANEOUS ITEMS

<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	021-0003159	Alert Wall Poster
2	023-0511006	Super Lube Exercise Chart Accent Touch Up Paint Base Touch Up Paint

This diagram illustrates the assembly of the seat and backrest components of a gym machine. The main assembly shows the seat (1) and backrest (2) mounted on a frame. The backrest is connected to a cable system (3) that runs over a series of pulleys (4) and is attached to a weight stack (5). The seat is connected to a cable system (6) that runs over a series of pulleys (7) and is attached to a weight stack (8). The diagram includes several callouts for specific parts and assembly steps:

- 9**: A long cable or rod connecting the backrest to the seat.
- DE**: A small component, possibly a pin or clip, used in the assembly of the cable system.
- DF**: A small component, possibly a pin or clip, used in the assembly of the cable system.
- EA**: A small component, possibly a pin or clip, used in the assembly of the cable system.
- FY**: A small component, possibly a pin or clip, used in the assembly of the cable system.
- 11**: A small component, possibly a pin or clip, used in the assembly of the cable system.
- DC**: A small component, possibly a pin or clip, used in the assembly of the cable system.

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PRE-ASSEMBLY

Part Descriptions

2 - Main Base Support
3 - Leg Extension Arm
4 - Seat Assembly
10 - 1/2" Short Pullpin (Hex Head) Assy.
14 - Top Assembly
15 - Intermediate Radial Loc® Weight Plate
18 - 21 Holes Stem
25 - Cast Radial Loc® Top Weight
28 - Lanyard Pin
41 - Accessory Rack
48 - Roller Pad Assembly
50 - Upright Assembly
51 - Upper Press Arm Pivot
54 - Press Arm

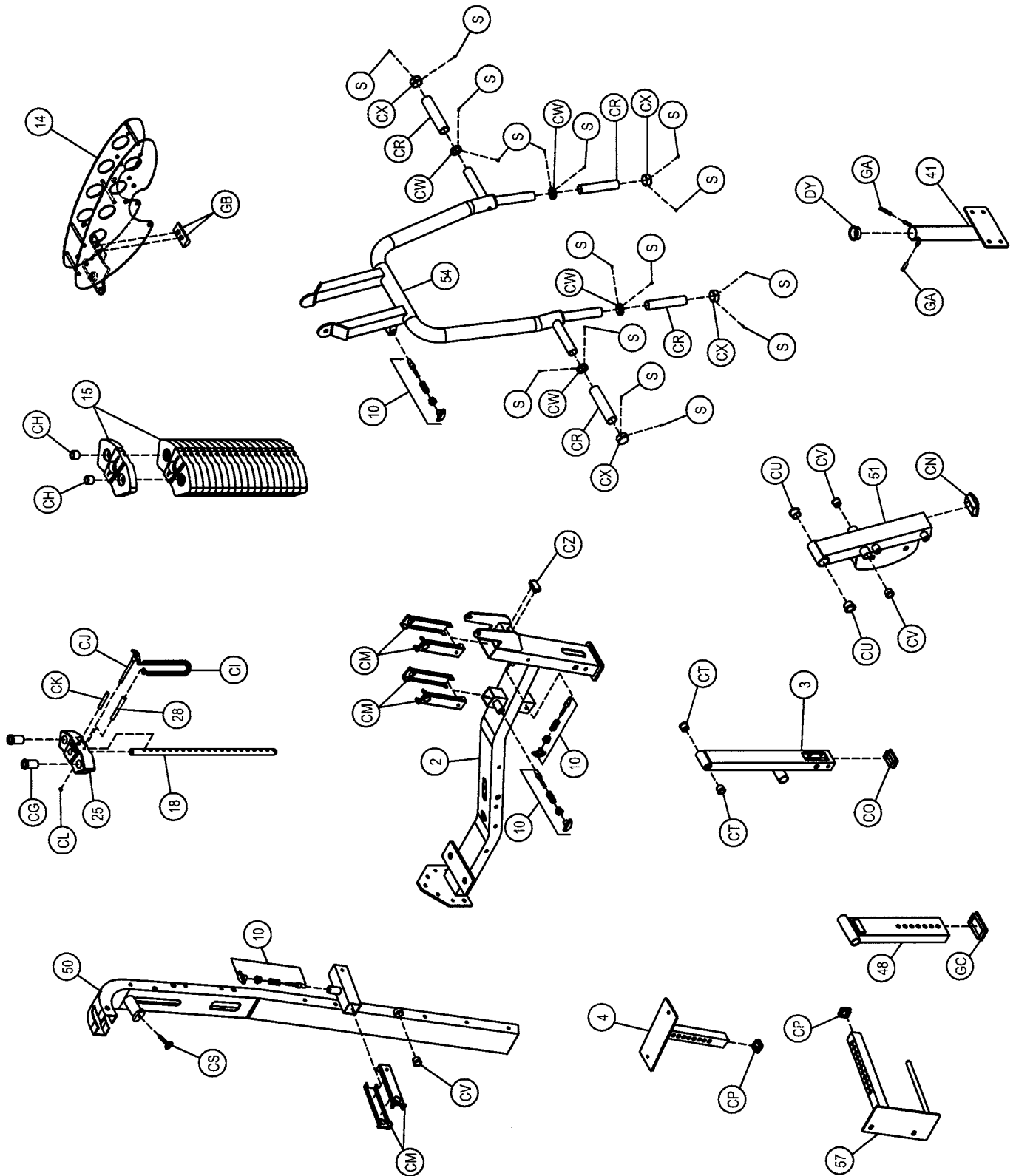
Hardware Descriptions

S - 10-32 x 1/8" Set Screw
CF - Nyliner Bearing
CG - Guide Rod Bushing
CH - Press Fit Cast Weight Bushing
CI - Lanyard Coil
CJ - Selector Pin
CK - 7/16" dia. x 3" Roll Pin
CL - Lanyard Pin C-Clip
CM - EZ Glide Sleeve
CN - 2" x 3" Bullnose End Cap
CO - 1 1/2" x 2 1/2" End Cap
CP - 1 1/2" x 1 1/2" End Cap
CR - 1.188" I.D. x 5.00" lg. Rubber Grip
CS - Adjustable Stop With Jam Nut
CT - 1/2" Flanged Oilite
CU - 1" Flanged Oilite
CV - 3/4" Flanged Oilite
CW - 1.28" I.D. Aluminum Ring
CX - 1.28" I.D. Aluminum Cap
CZ - Dual Stem, Plug Bumper
DY - Delrin Bushing
GA - Ø.375 X 1.60" Vinyl Sleeve
GB - Bumper, Half Round, Dual Stem
GC - 1 1/2" x 3 1/2" End Cap

IMPORTANT

Now that the V-4A machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

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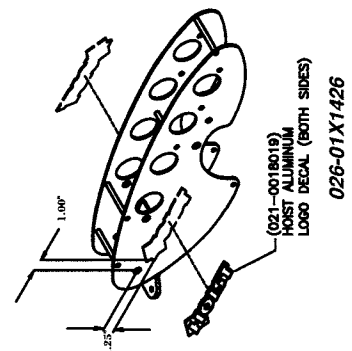
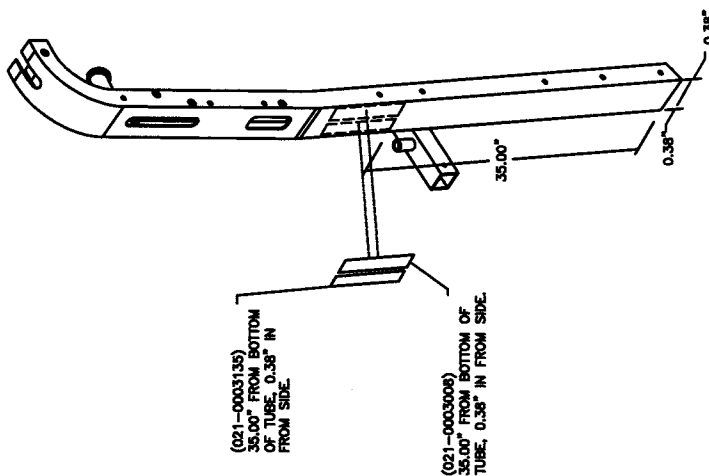
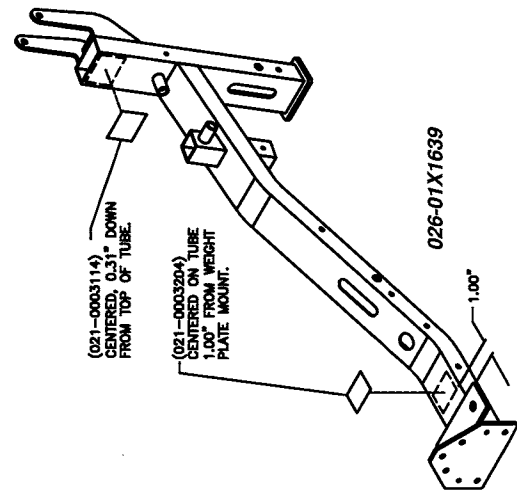
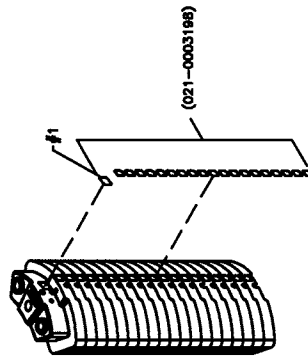
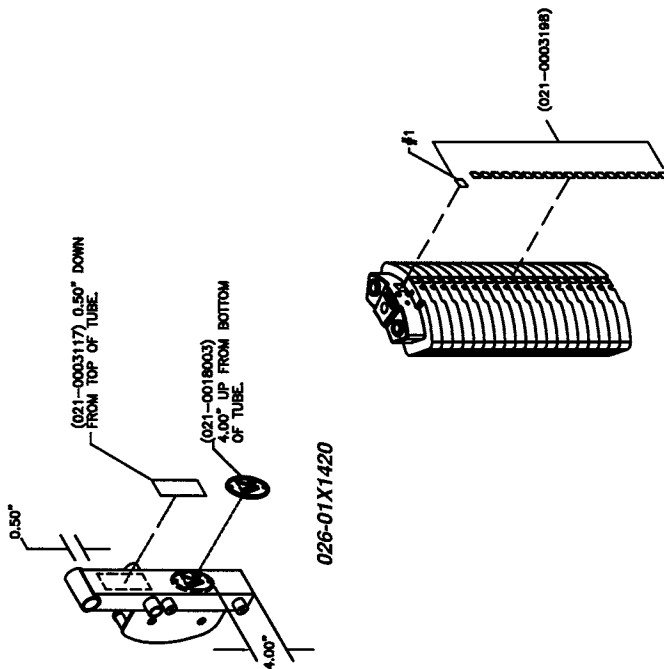


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OWNERS MANUAL

DECAL PLACEMENTS

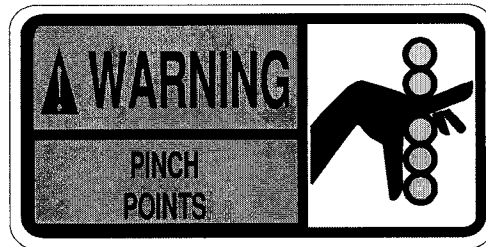


OWNERS MANUAL

DECAL REFERENCE

NOTICE				
	Weekly	Monthly	Monthly	Yearly
	Commercial	Maintenance		
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean: Upliftatory	X			
Inspect: Cables or Belts and their tension	X			
Inspect: Accessory Bars and Handles	X			
Inspect: All Decals	X			
Inspect: All nuts and Bolt 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

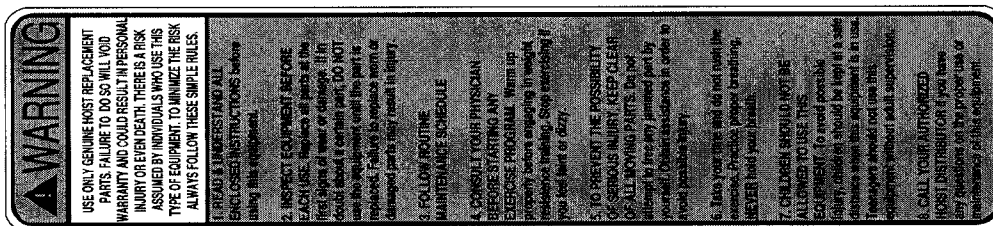
021-0003008



021-0003114



021-0003117



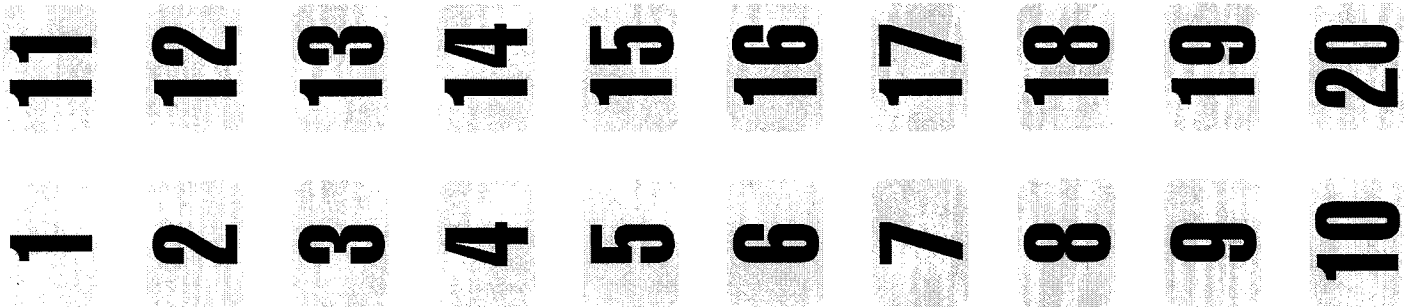
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OWNERS MANUAL

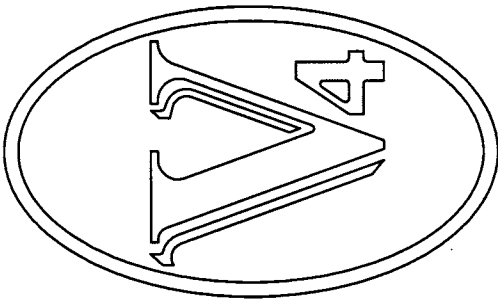
DECAL REFERENCE



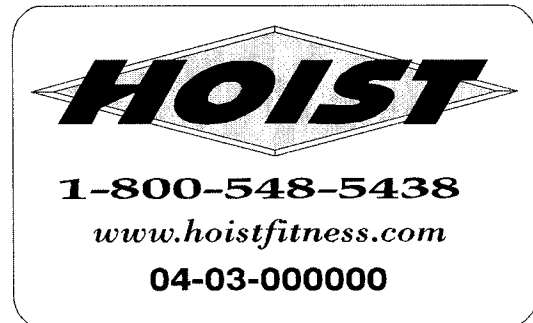
021-0018019



021-0003198



021-0018003



021-0003204

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

OWNERS MANUAL

PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1419	Rear Support Foot
2	1	026-01X1639	Base Assembly
3	1	026-01X1421	Leg Extension Arm
4	1	026-01X1640	Seat Pad Assembly
5	2	026-01X1425	18.69" lg. Roller Bar Assembly
6	2	026-01P1429	Gusset Plate
7	1	022-01PD0106-A	Seat Pad
8	4	022-01PDR005	Roller Pad
9	1	026-01X1119	Aluminum Lat Bar
10	4	026-01X0185	1/2" Short Pullpin (Hex Head) Assembly
11	1	026-01X1118	Aluminum Curl Bar Assembly
12	1	026-01X1404	Lat Bar Mount
13	1	026-01X1414	Floating Pulley Assembly
14	1	026-01X1426	Top Main Frame Assembly
15	19	026-01W0142	Intermediate Radial Loc® Weight Plate 22.94" lg. Roller Bar
17	2	026-01G0177	Guide Rod (Ø0.75" x 71.44" lg.)
18	1	026-01W0139	21 Holes Weight Selector Stem
19	4	026-01M0238	Aluminum Cap 2.00"O.D. x .31" thk
20	1	026-01M0586	Cable Adaptor
21	6	026-01M0760	.50" lg. Heavy Flanged Spacer
22	10	026-01M0761	1.69" lg. Heavy Flanged Spacer
23	6	026-01M0762	1.50" lg. Heavy Flanged Spacer
24	1	026-01M0767	Ø1.00" x 4.00" lg. Shaft
25	1	26-STD-SWTOP9	Cast Radial Loc® Top Weight
26	2	026-01P1689	Pulley Plate
27	1	022-01PD2024-A	Back Pad Assembly
28	1	10-LRD-1012T	Lanyard Pin
41	1	026-01X1453	Accessory Rack
48	1	026-01X1641	Roller Pad Adjuster
50	1	026-01X1417	Upright Assembly
51	1	026-01X1420	Upper Press Arm Pivot
52	1	026-01P1426	Upper R.O.M
53	1	026-01T1384	Ø0.75" x 5.69" lg. Shaft
54	1	026-01X1422	Press Arm
55	2	026-01X1433	Handle Assembly
56	2	026-01M0768	1.25" lg. Heavy Flanged Spacer
57	1	026-01X1659	Adjuster Assembly

OWNERS MANUAL

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	1	011-0101070	1/2"-13 x 4" HHB (WZ)
B	1	011-0107014	1/2"-13 x 5" HHB (WZ)
C	1	011-0407050	1/2"-13 x 6 3/4" HHB (WZ)
F	4	011-0107037	3/8"-16 x 1 1/4" HHB (WZ)
G	4	011-0002033	3/8"-16 x 1 1/4" FHB (WZ)
H	13	011-0107022	3/8"-16 x 5" HHB (WZ)
J	2	011-0101027	3/8"-16 x 1 1/2" BHB (WZ)
K	8	011-0107046	3/8"-16 x 4 1/2" HHB (WZ)
L	3	011-0407020	3/8"-16 x 1 3/4" HHB (WZ)
M	2	011-0007048	3/8"-16 x 2 1/2" HHB (WZ)
N	4	011-0107047	3/8"-16 x 3" HHB (WZ)
Q	4	011-0107011	5/16"-18 x 1 1/4" HHB (WZ)
S	16	011-0311005	10-32 x 1/8" Set Screw
X	2	011-0107020	3/8-16" x 3 1/4" HHB (WZ)
Z	2	011-0002042	3/8-16" x 1" FHB (WZ)
AA	4	013-0102003	1/2" SAE Flat Washer (WZ)
AB	44	013-0402005	3/8" USS Flat Washer (WZ)
AC	4	013-0302008	5/16" SAE Flat Washer (WZ)
AD	6	013-0102020	3/8" Split Lock Washer (WZ)
AH	2	013-0102016	3/8" Internal Lock Washer (WZ)
BA	2	012-0304011	1/2"-13UNC Thin Nylok Nut (WZ)
BB	30	012-0402005	3/8"-16UNC Thin Nylok Nut (WZ)
CA	2	26-STD-06-0153	1/2" THK Weight Stack Bumper
CB	1	018-0002015	Ø4 1/2" Wide Groove Pulley
CC	2	018-0002014	Ø3 1/2" Wide Groove Pulley
CD	12	018-0001002	Ø3 1/2" Standard Pulley
CE	1	018-0001003	Ø4 1/2" Standard Pulley
CF	4	014-0011001	Nyliner Bushing
CG	2	026-01PL134	Guide Rod Bushing
CH	38	026-01PL269	Press Fit Cast Weight Bushing
CI	1	010-0008001	Lanyard Coil
CJ	1	026-01W0138	Selector Pin
CK	1	030-0303006	Ø7/16" x 3" Roll Pin
CL	1	014-001-5009	Lanyard Pin C-Clip
CM	6	026-01PL125	EZ Glide Sleeve
CN	1	026-01PL192RH	2" x 3" Bullnose End Cap (Horizontal H)
CO	1	016-0001003	1 1/2" x 2 1/2" End Cap
CP	2	016-0201004	1 1/2" x 1 1/2" End Cap
CQ	8	26-STD-06-0481	Roller Pad Bushing
CR	4	026-01PL235-17	1.188" I.D. x 5.00" LG Rubber Grip
CS	1	020-0014027	Adjustable Stop With Jam Nut
CT	2	26-STD-08-0026	1/2" Flanged Oilite
CU	2	014-0101009	1" Flanged Oilite
CV	3	014-0101014	3/4" Flanged Oilite
CW	4	026-01M0392	1.28" I.D. Aluminum Ring
CX	4	026-01M0391	1.28" I.D. Aluminum Cap
CZ	1	026-01PL382	Dual Stem Plug Bumper
DD	1	026-01SC280T	Leg Extension Cable
DU	1	026-01SC272T	Floating Pulley Cable
DY	1	026-01PL371	Delrin Bushing
DZ	1	026-01SC279T	Weight Stack Cable
GA	2	016-0002007	Ø.375" x 1.60" Lg. Vinyl Sleeve
GB	1	026-01PL381	Bumper, Half Round, Dual Stem
GC	1	016-0201020	1 1/2" x 3 1/2" End Cap

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

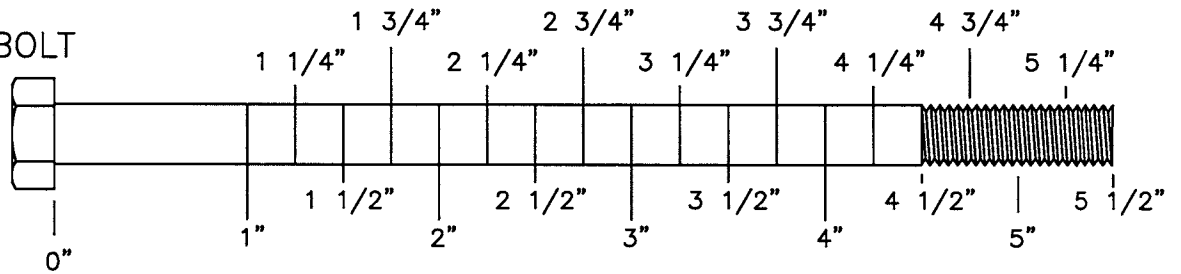
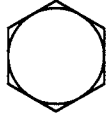
BHS = Button Head Screw

SHS = Socket Head Screw

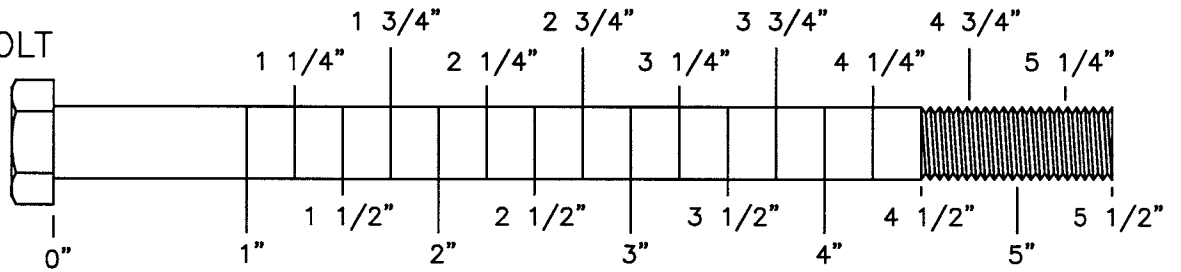
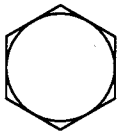
HHB = Hex Head Bolt

OWNERS MANUAL

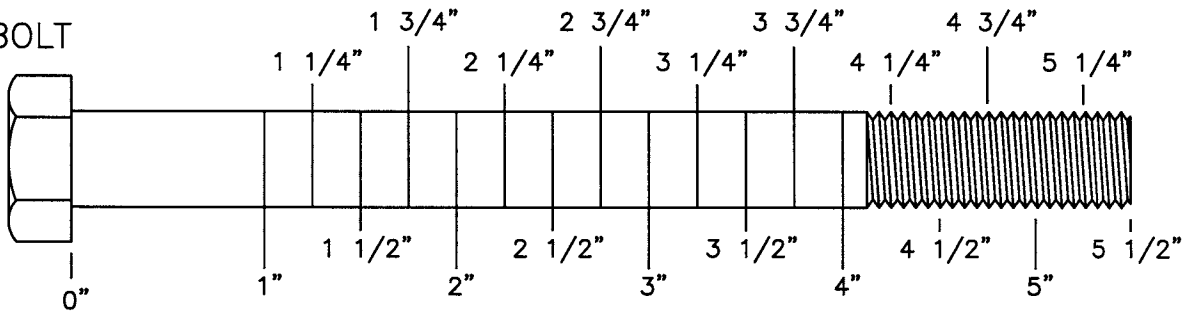
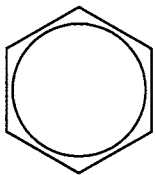
5/16" HEX BOLT



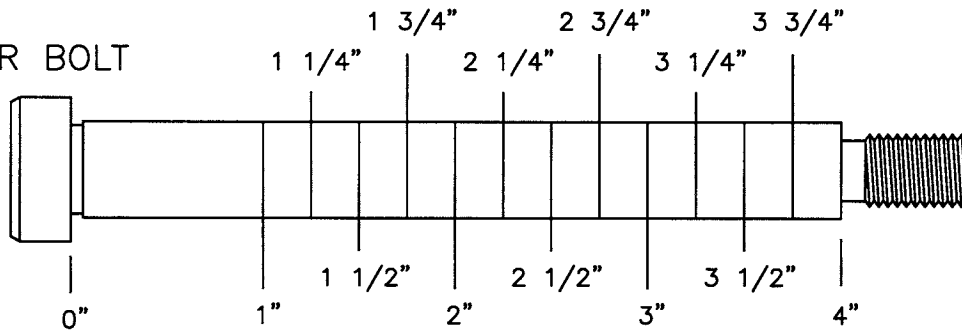
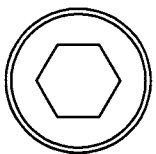
3/8" HEX BOLT



1/2" HEX BOLT

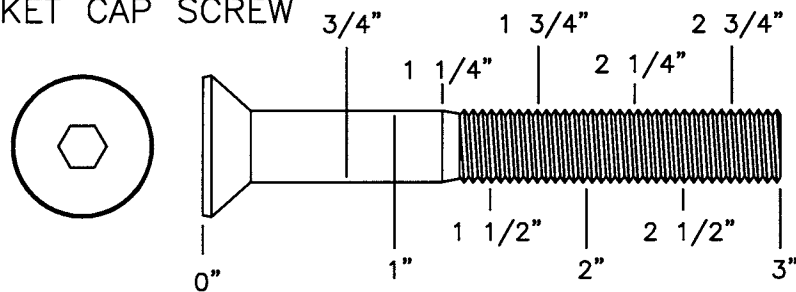


1/2" SHOULDER BOLT

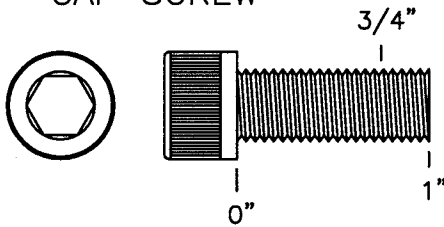


OWNERS MANUAL

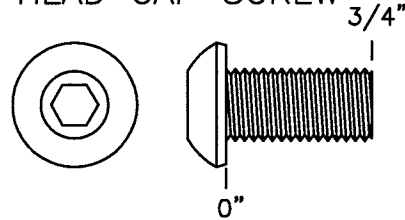
3/8" FLATHEAD
SOCKET CAP SCREW



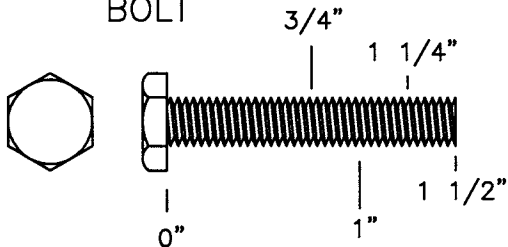
3/8" SOCKET
CAP SCREW



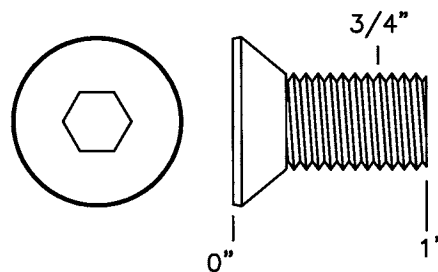
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

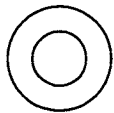


1/2" FLATHEAD
SOCKET CAP SCREW

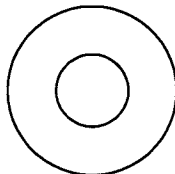


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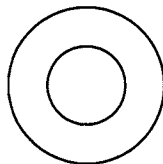
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



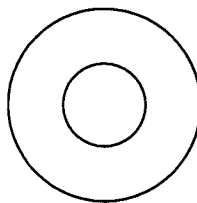
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



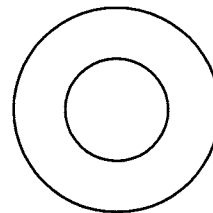
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



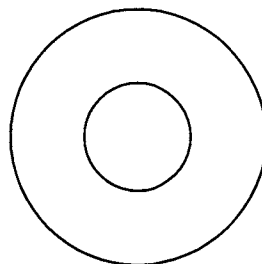
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



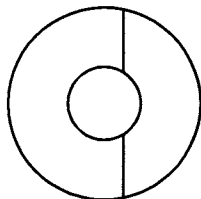
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



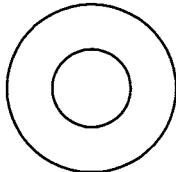
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



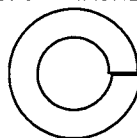
013-0402007
3/8"
FLAT WASHER
22mm O.D.



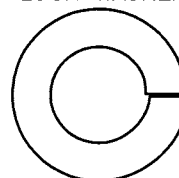
013-0102019
1/4"
LOCK WASHER



013-0102020
3/8"
LOCK WASHER



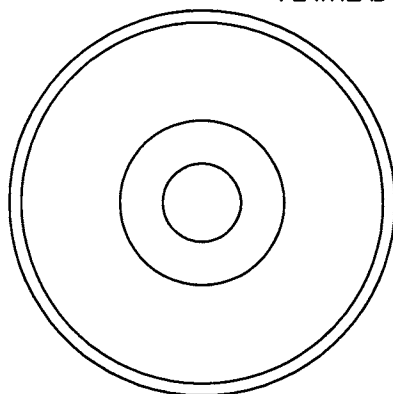
013-0102018
1/2"
LOCK WASHER



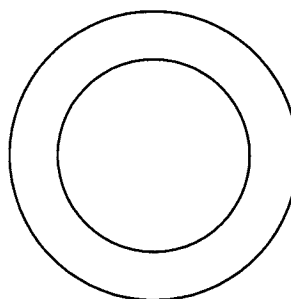
014-0018001
1/2" LONG
SPACER



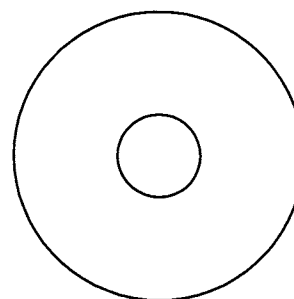
026-01M0238
2" ALUMINUM
FLATHEAD CAP



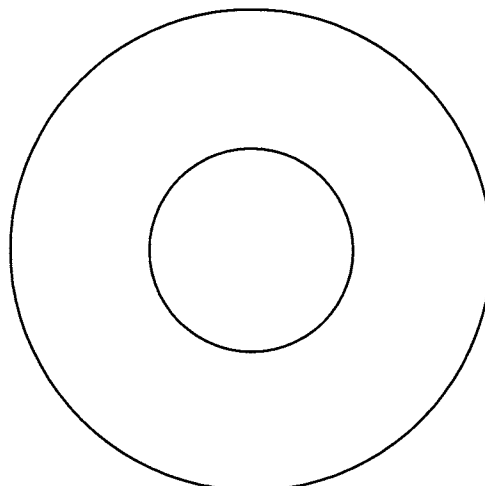
016-0009003
1" SHIM WASHER



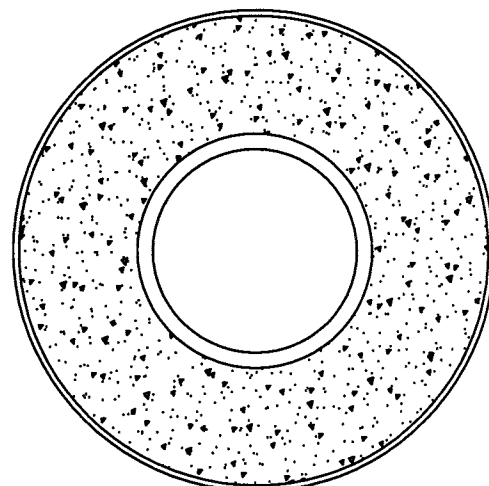
013-0003002
3/8" FENDER WASHER



013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER

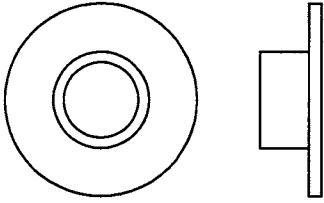


014-0018002
1" LONG
SPACER

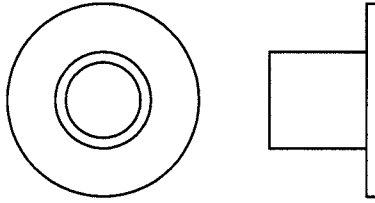


OWNERS MANUAL

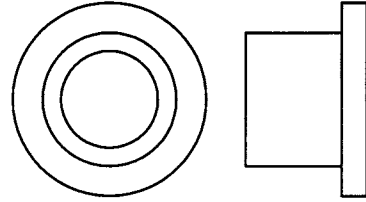
026-01M0211
1/4" LONG
FLANGED SPACER



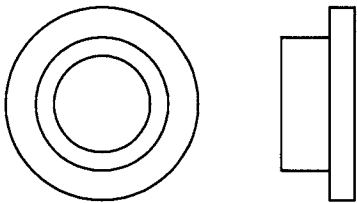
026-01M0198
1/2" LONG
FLANGED SPACER



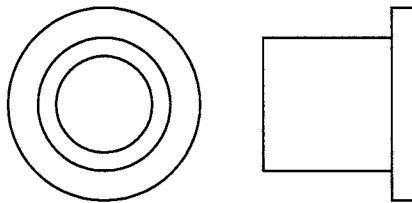
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



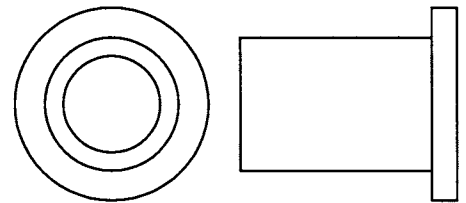
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



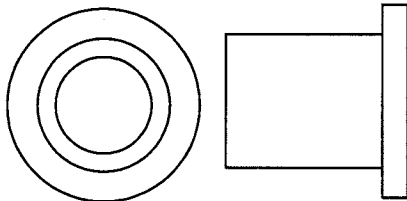
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



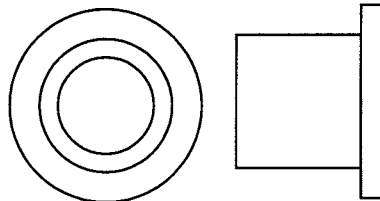
026-01M0551
1" LONG HEAVY
FLANGED SPACER



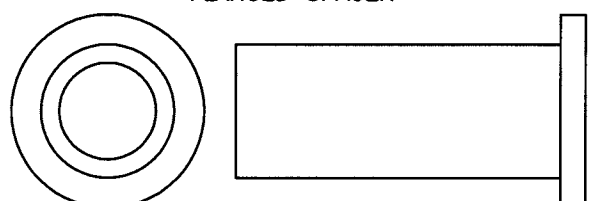
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



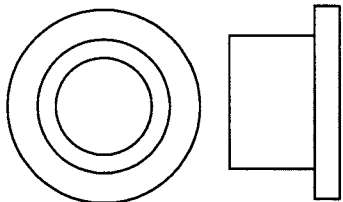
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



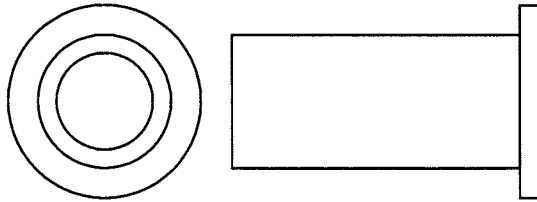
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



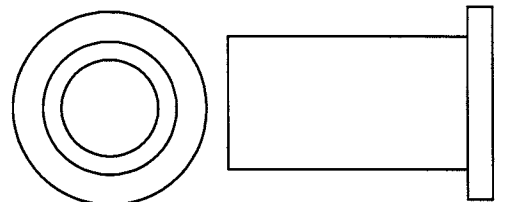
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



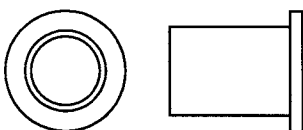
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



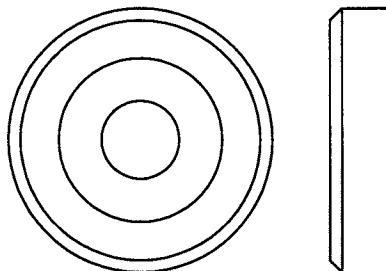
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



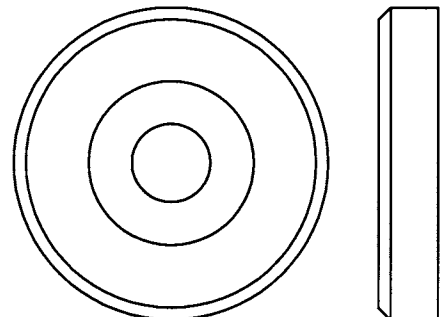
026-01M0600
.625" LONG
FLANGED SPACER



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



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



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.*

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 has 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, 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 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

WEIGHT TRAINING TIPS

Always consult your physician before starting any 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 V4 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.

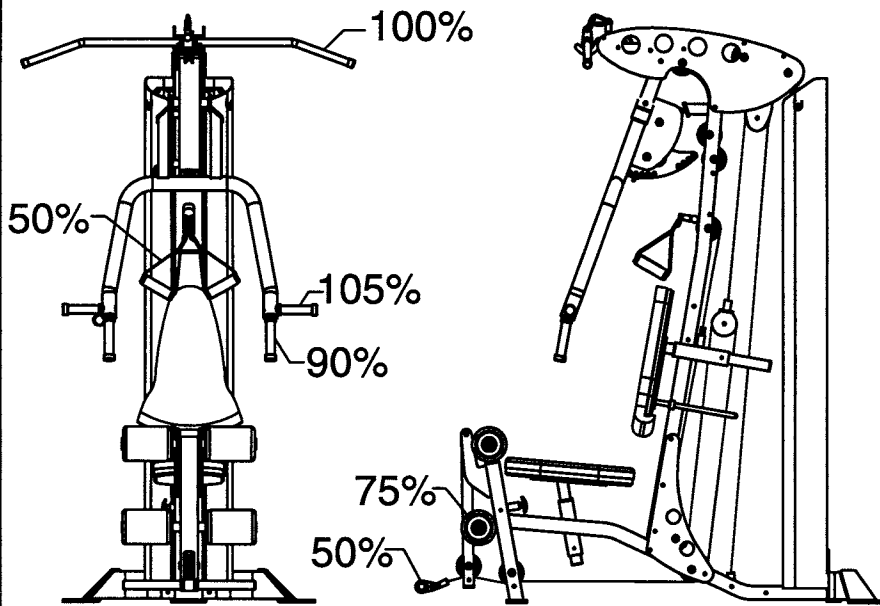
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Use this manual to guide you through the basic exercises you can perform on your V4 machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Enjoy your V4 HOIST® Fitness System!

OWNERS MANUAL

W E I G H T R A T I O S

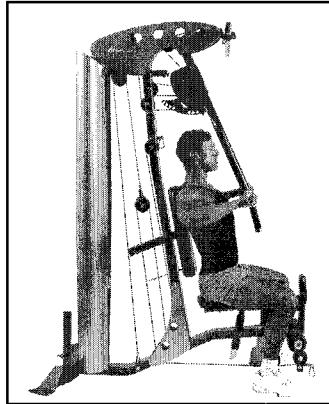


Number of Plates	105%	100%	90%	75%	50%
1	13	12	11	9	6
2	23	22	20	17	11
3	34	32	29	25	16
4	44	42	38	33	21
5	55	52	47	41	26
6	65	62	56	49	31
7	76	72	65	57	36
8	86	82	74	65	41
9	97	92	83	72	46
10	107	102	92	80	51
11	118	112	101	88	56
12	128	122	110	96	61
13	139	132	119	104	66
14	149	142	128	112	71
15	160	152	137	120	76
16	170	162	146	128	81
17	181	172	155	135	86
18	191	182	164	143	91
19	202	192	173	151	96
20	212	202	182	159	101

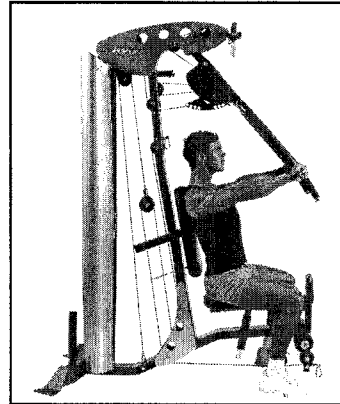
The above chart shows the standard weight stack plus the additional 5 plate option for this unit. The weights listed are approximate and have been rounded off to the nearest pound. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

OWNERS MANUAL

EXERCISE DESCRIPTION VERTICAL BENCH PRESS



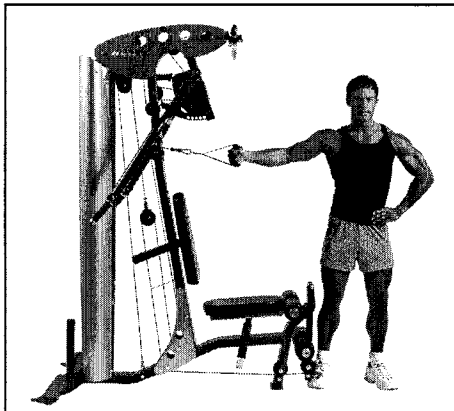
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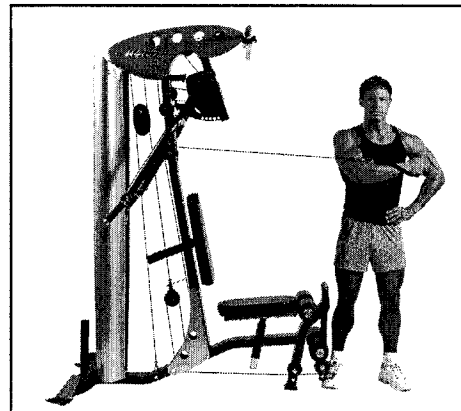
Finish

1. Sit upright with your back supported by the back pad.
2. Adjust the back pad and press arm, if needed.
3. Hold chest press handles at chest height; adjust the seat, if needed.
4. Press the handles forward until your arms are fully extended.
5. Slowly return to the starting position.

PECTORAL CROSSOVER



Start



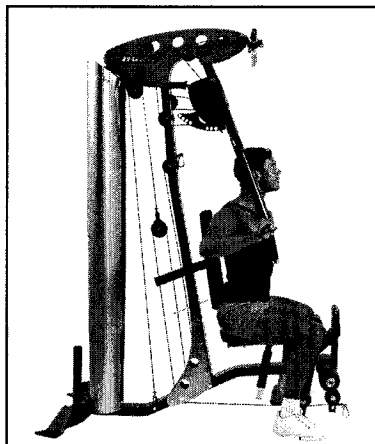
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand sideways to the machine.
3. Grip the handle with the hand closest to the machine, and arc your arm forward keeping a slight bend in your elbow.
4. Slowly return to the starting position.

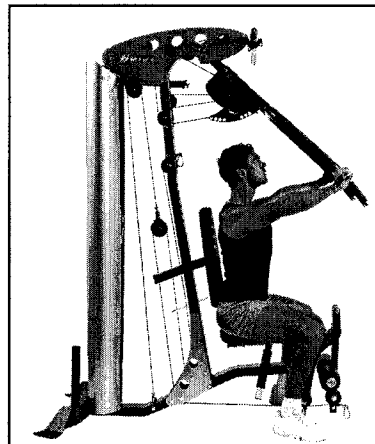
OWNERS MANUAL

EXERCISE DESCRIPTION

INCLINE PRESS



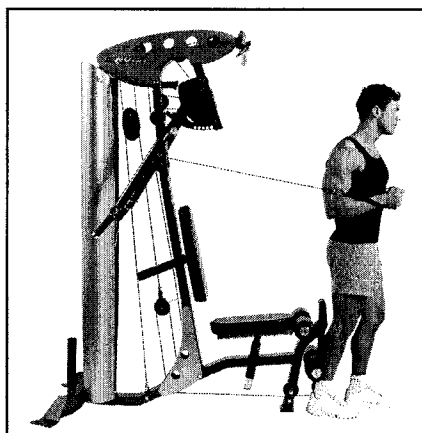
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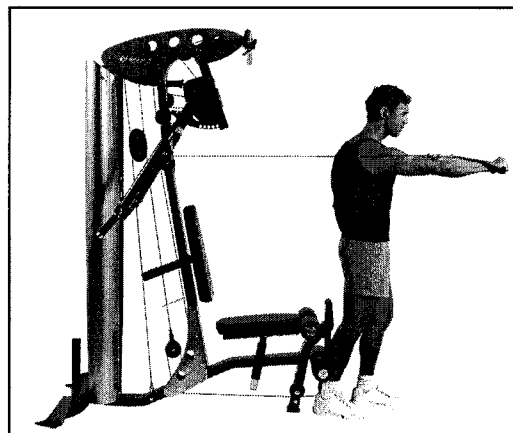
Finish

1. Sit upright with your back supported by the back pad. Adjust the pad and press arm forward, if needed.
2. Hold the press arm handles at chest height; adjust the seat, if necessary.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.

PUNCH



Start



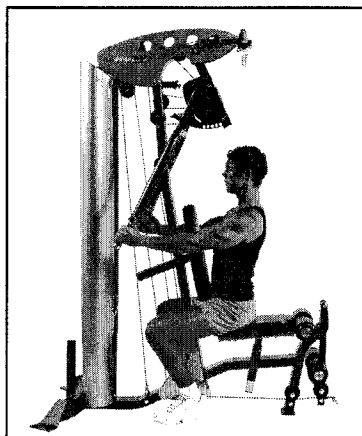
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand with your back to the machine.
3. Grip the handle, and slowly extend your arm straight out. Keep your body straight throughout the movement.
4. Slowly return arm to the starting position.

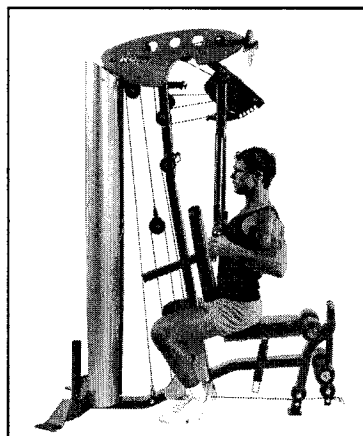
OWNERS MANUAL

EXERCISE DESCRIPTION

SEATED MID ROW



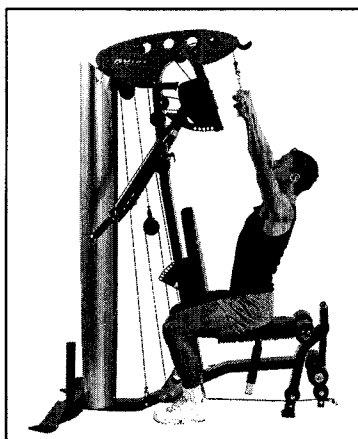
Start



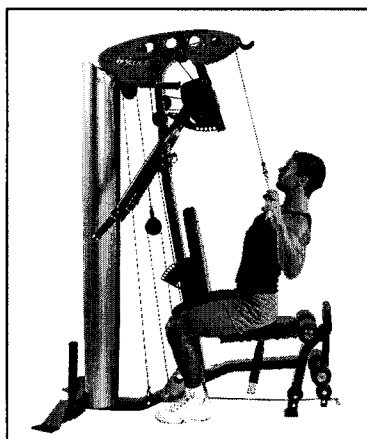
Finish

1. Sit facing the machine. Adjust the press arm and back pad so that your chest is supported when the press arm handles are just beyond your reach.
 2. Adjust the seat height, if necessary, to grip the handles as shown.
 3. Pull the handles towards you.
 4. Slowly return to the starting position.
-

LAT PULLDOWN



Start



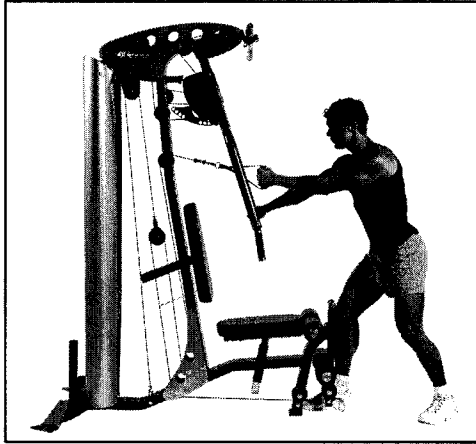
Finish

1. Sit facing forward with your knees locked under the upper roller pads.
2. Grip the lat bar with your hands slightly wider than shoulder width, with palms facing forward.
3. Lean back slightly pulling the bar down slowly until it touches your upper chest area.
4. Slowly return to the starting position.

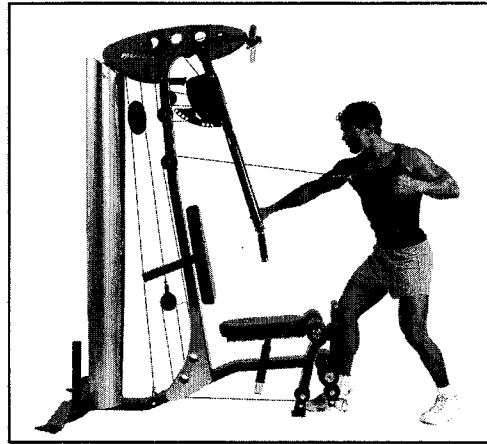
OWNERS MANUAL

EXERCISE DESCRIPTION

STANDING ONE ARM MID ROW



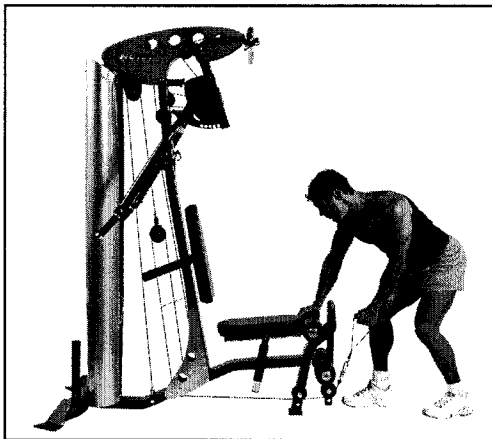
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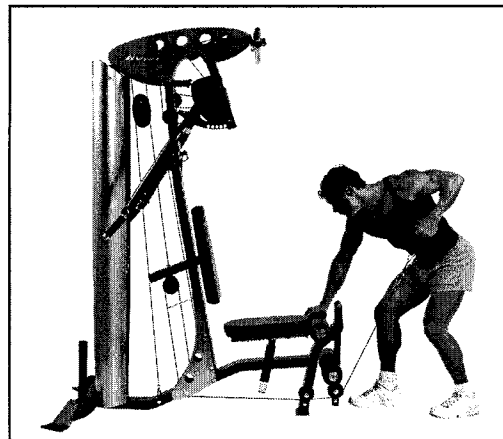
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand facing the machine, and grip the strap handle in one hand. Place your other hand on the press arm for support.
3. From a straight arm position, pull arm towards your body. Keep your elbow close to your side.
4. Slowly return to the starting position.

BENT OVER ROW



Start



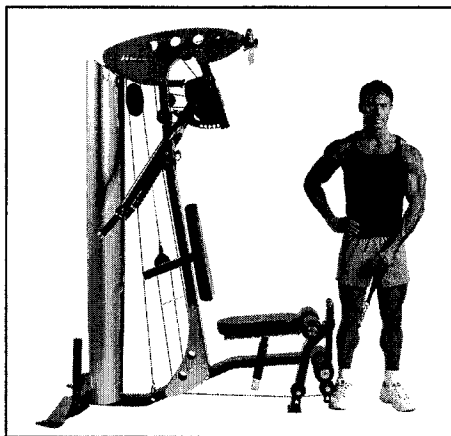
Finish

1. Attach one strap handle to the lower pulley.
2. Grip the handle, and bend over using the upper roller pad for support while keeping knees bent. Do not bend over further than 90°.
3. Pull your arm upward, keeping your elbow close to your body.
4. Slowly return to the starting position.

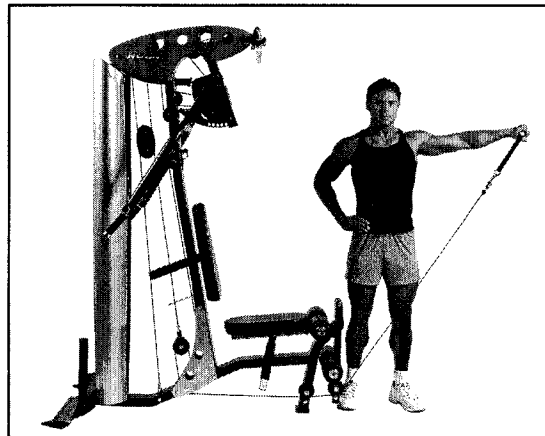
OWNERS MANUAL

EXERCISE DESCRIPTION

LATERAL DELTOID



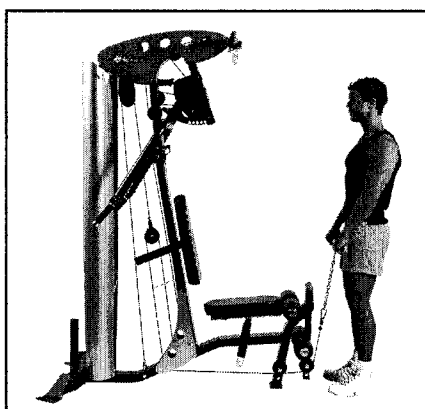
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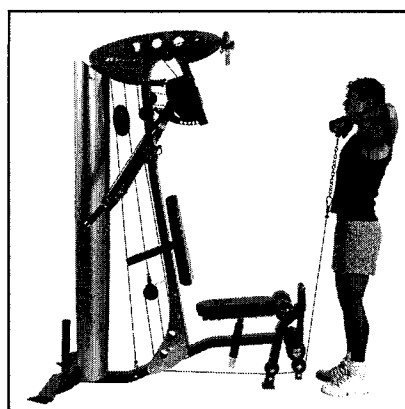
Finish

1. Attach one strap handle to the lower pulley.
 2. Stand sideways to the machine, and grip handle with the hand furthest away from the machine.
 3. Raise your arm laterally until it is approximately parallel with the floor. Keep a slight bend in your elbow.
 4. Slowly return to the starting position.
-

UPRIGHT ROW



Start



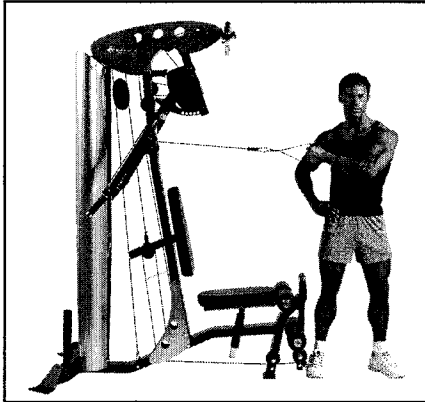
Finish

1. Attach the curl bar to the lower pulley.
2. Grip the bar with your hands in an overhand position. Keep your hands approximately 4" to 6" apart.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to starting position.

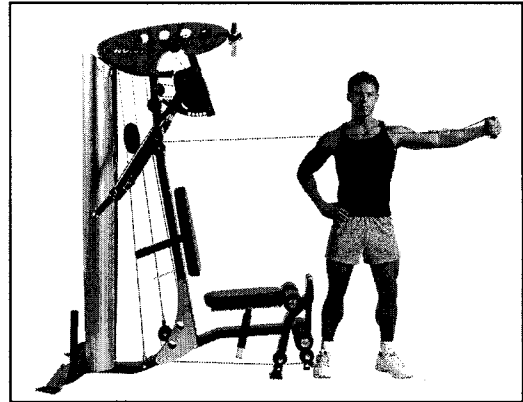
OWNERS MANUAL

EXERCISE DESCRIPTION

STANDING REAR DELT



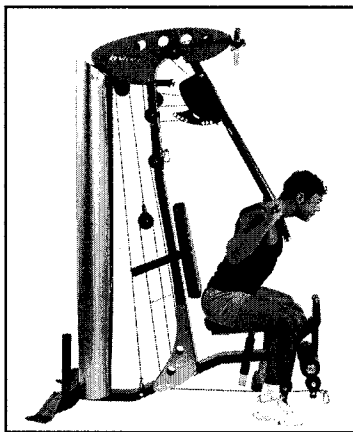
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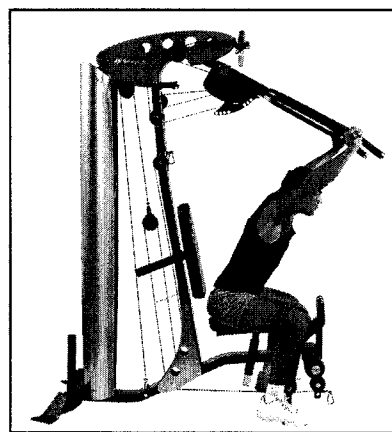
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand sideways to the machine and grip the handle with the hand furthest from the machine.
3. Arc your arm across your body, keeping a slight bend in your elbow. Be sure your movement stays parallel to the floor.
3. Slowly return to the starting position.

SHOULDER PRESS



Start



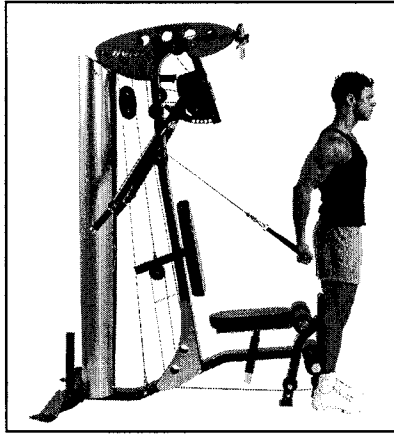
Finish

1. Sit leaning forward with your buttocks against the back pad.
2. Hold the press arm handles slightly above shoulder height. Adjust the press arm and seat if needed.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly bring arms back to the starting position.

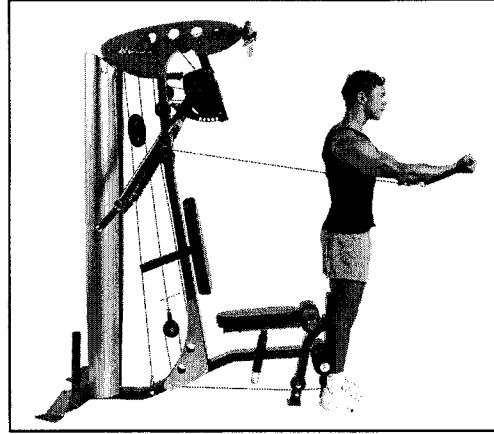
OWNERS MANUAL

EXERCISE DESCRIPTION

UNDERHAND PITCH



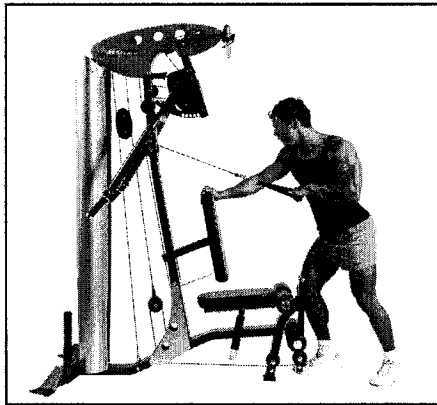
Start



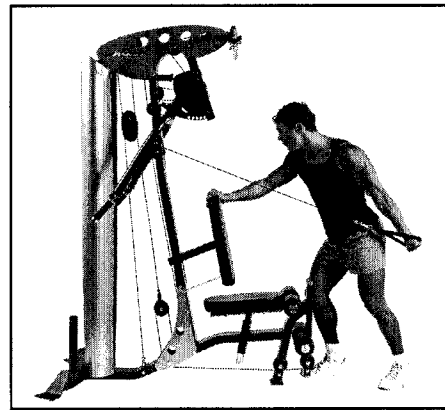
Finish

1. Attach one strap handle to the mid-pulley. Gripping the handle in an underhand palm forward grip.
2. Stand facing away from the machine.
3. Keeping arm slightly bent at the elbow, slowly swing arm forward rotating from the shoulders.
4. Slowly return to the starting position.

TRICEPS KICK BACK



Start



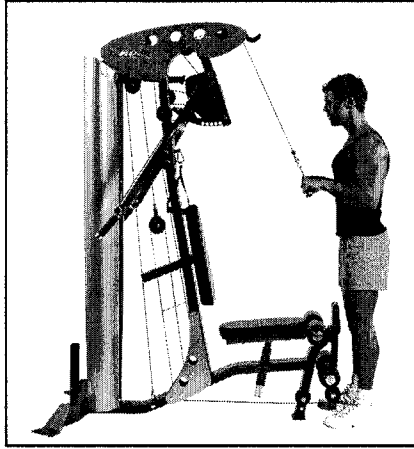
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand facing the machine and grip the handle with an overhand, palm downward grip.
3. Lean forward slightly using the back pad for support.
4. Keeping arm tight to your body and your elbow fixed, push strap handle downward.
5. Slowly return to the starting position.

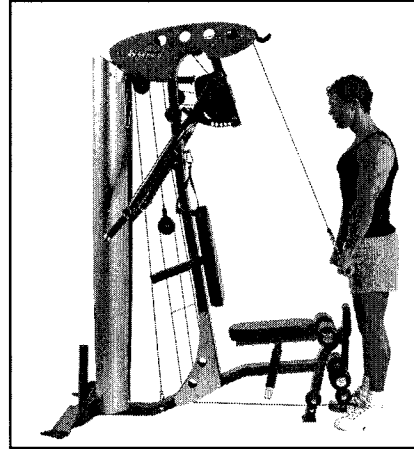
OWNERS MANUAL

EXERCISE DESCRIPTION

TRICEPS PUSHDOWN



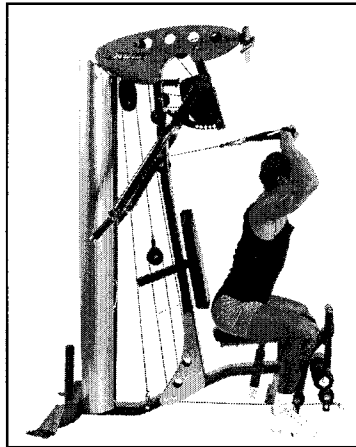
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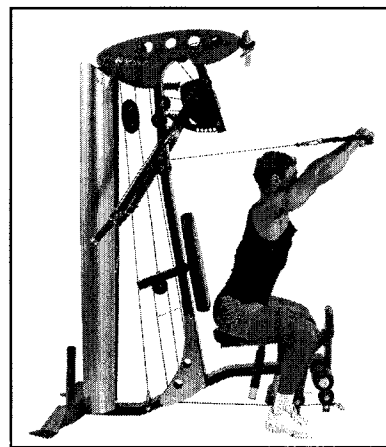
Finish

1. Stand facing towards the machine.
2. Grip the lat bar with your hands 4" to 6" apart, palms facing forward.
3. Bring the bar to chest height. Keep your arms tight against your body, and push the handle down slowly.
4. Slowly return to the starting position.

SEATED TRICEPS EXTENSION



Start



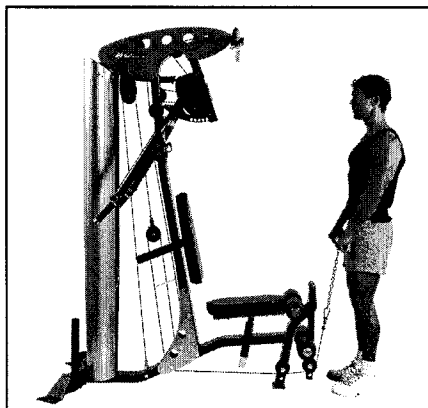
Finish

1. Attach both strap handles to the mid-pulley.
2. Sit leaning forward with your buttocks on the back of the seat pad.
3. Hold the handles behind your head. Keep your elbows close to the sides of your head.
4. Push the handles forward until your arms are fully extended.
5. Slowly return to the starting position.

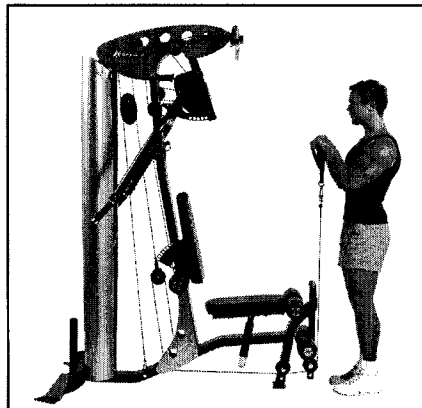
OWNERS MANUAL

EXERCISE DESCRIPTION

REVERSE CURL



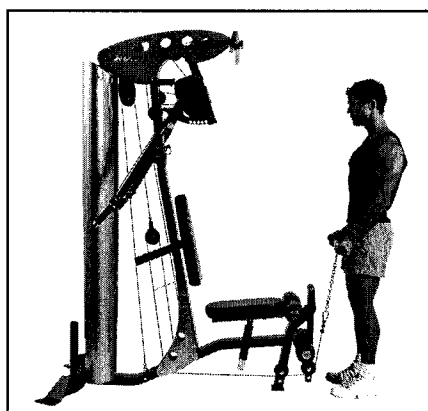
Start



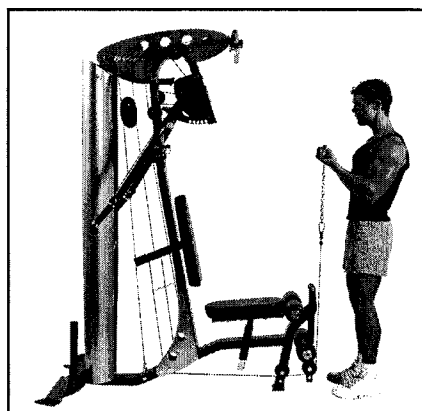
Finish

1. Attach both strap handles to the lower pulley.
2. Stand facing the machine. Grip the handles with your hands in an overhand position. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.

BICEPS CURL



Start



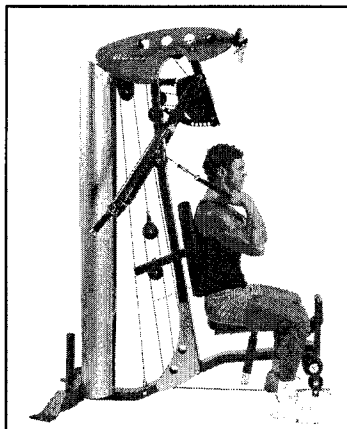
Finish

1. Attach the curl bar to the lower pulley.
2. Stand facing the machine, grip bar with your hands in an underhand position. Keep hands approximately 6" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

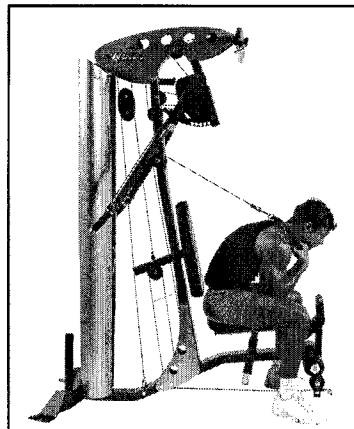
OWNERS MANUAL

EXERCISE DESCRIPTION

ABDOMINAL CRUNCH



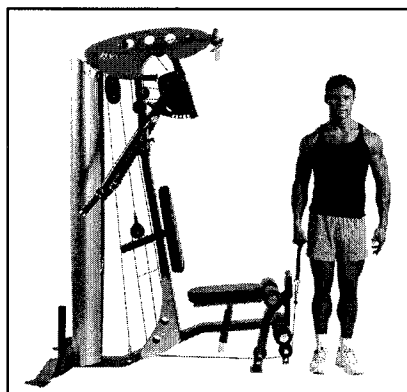
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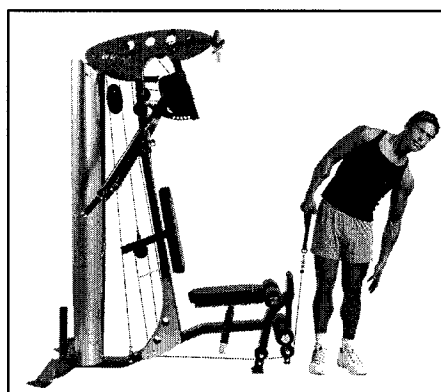
Finish

1. Attach both strap handles to the mid-pulley.
2. Sit on the seat with your back supported by the back pad.
3. Hold the handles at chest level.
4. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
5. Slowly return to the starting position.

SIDE BEND



Start



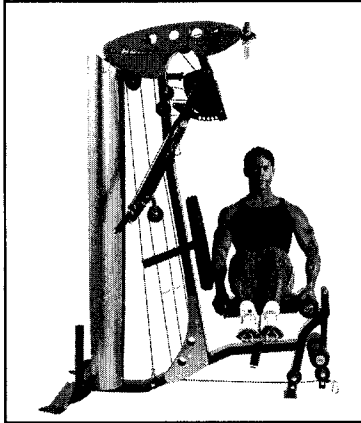
Finish

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip the handle with the hand closest to the machine.
3. Keep your arm straight while crunching your upper body over and away from the machine.
4. Slowly return to the starting position.

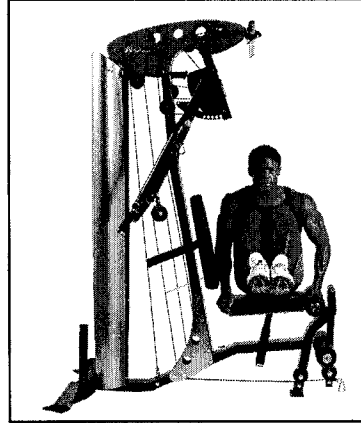
OWNERS MANUAL

EXERCISE DESCRIPTION

KNEE RAISE



Start



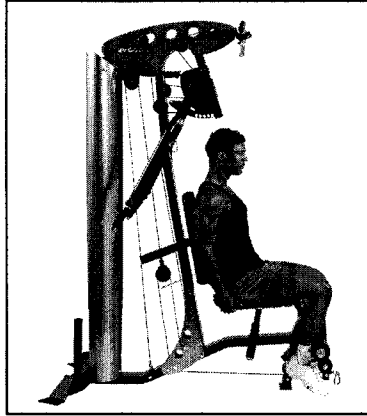
Finish

1. Sit on the seat with your legs extended to one side.
 2. Grip the ends of the seat pad for balance.
 3. Leaning back to balance yourself, lift feet slightly off the ground.
 4. Lift knees upwards towards your chest.
 5. Slowly return to the starting position.
-

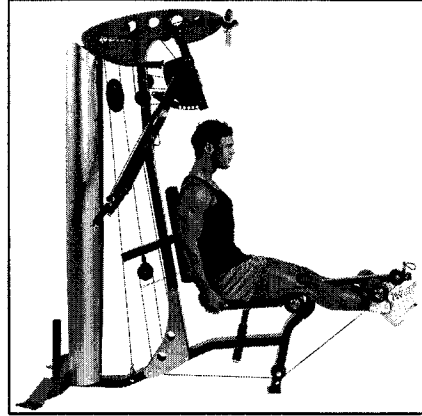
OWNERS MANUAL

EXERCISE DESCRIPTION

LEG EXTENSION



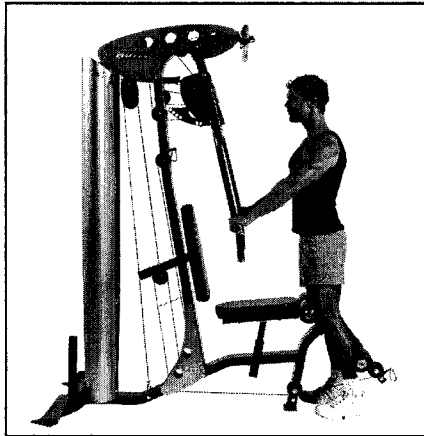
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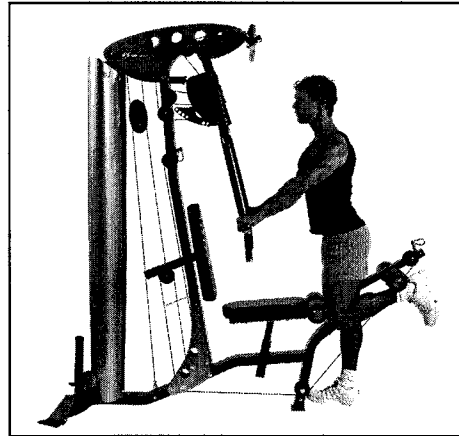
Finish

1. Adjust the seat, back pad and upper roller pads so that the pivot of the leg extension/leg curl arm lines up with the pivot point of your knees when seated.
2. Hook your legs over the top roller pads and your feet under the lower roller pads.
3. Slowly extend your legs forward, and hold your position momentarily.
4. Slowly return to the starting position.

STANDING LEG CURL



Start



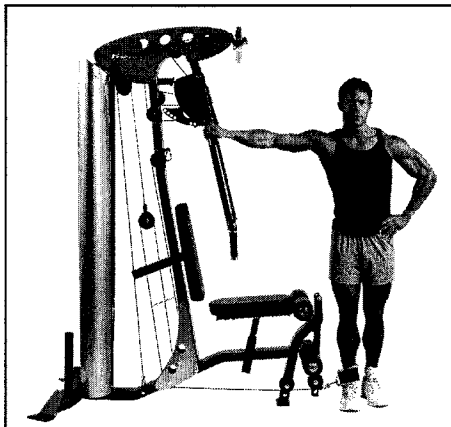
Finish

1. Stand facing the machine, and adjust the upper roller pads to hit just above your knees.
2. Hook one foot under the lower roller pad, and grip the press arm for balance.
3. Curl your leg upward, and hold your position momentarily.
4. Slowly return to the starting position.

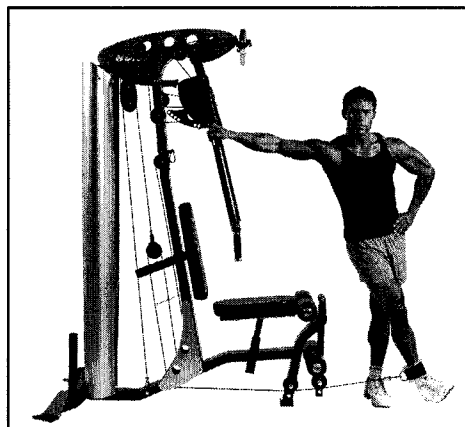
OWNERS MANUAL

EXERCISE DESCRIPTION

INNER THIGH



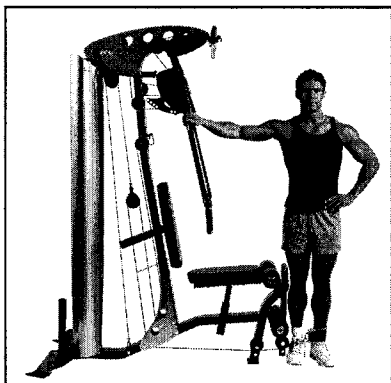
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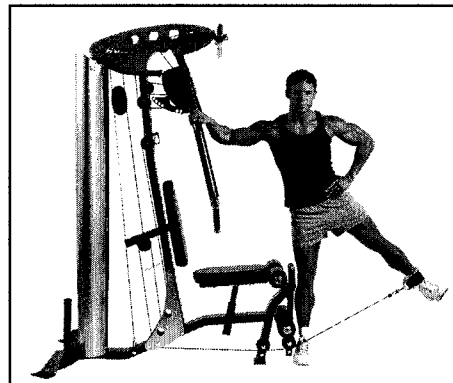
Finish

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the machine. Balance yourself by holding the press arm.
4. Slowly scissor your leg across your body while keeping your body straight.
5. Slowly return to the starting position.

OUTER THIGH



Start



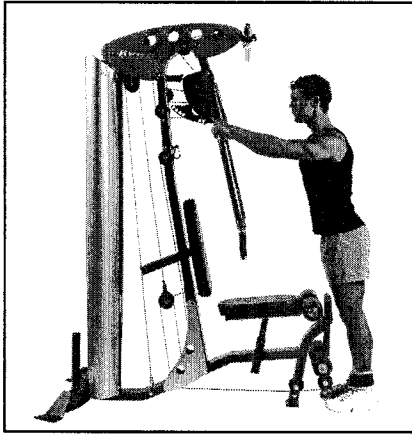
Finish

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach the cuff to the leg furthest from the machine. Balance yourself by holding the press arm.
4. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
5. Slowly return to the starting position.

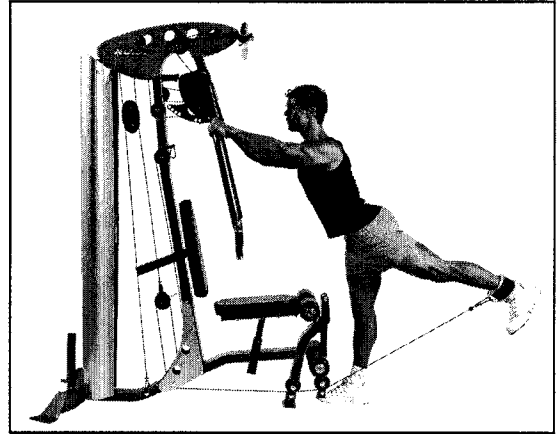
OWNERS MANUAL

EXERCISE DESCRIPTION

GLUTE KICK



Start



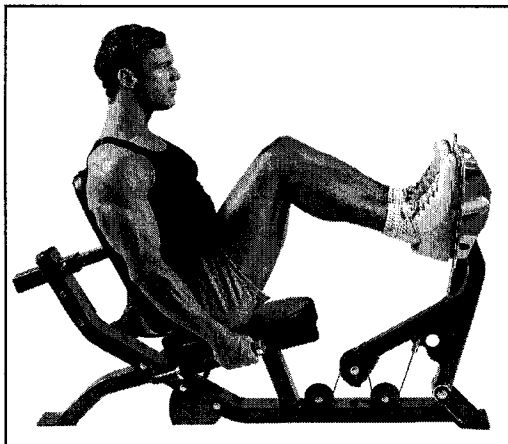
Finish

1. Attach the padded cuff to the lower pulley.
 2. Attach the cuff to your ankle. Angle your upper body forward; use the press arm for balance.
 3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, as far as possible. Keep your toe pointed straight down.
 4. Contract your buttock at the peak of the movement, and hold your position momentarily.
 5. Slowly return to the starting position.
-

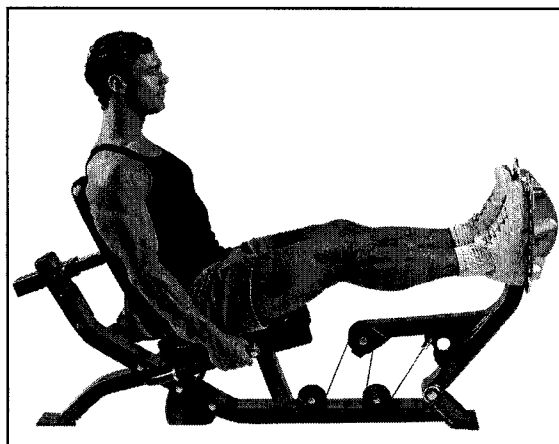
OWNERS MANUAL

EXERCISE DESCRIPTION

LEG PRESS (optional)



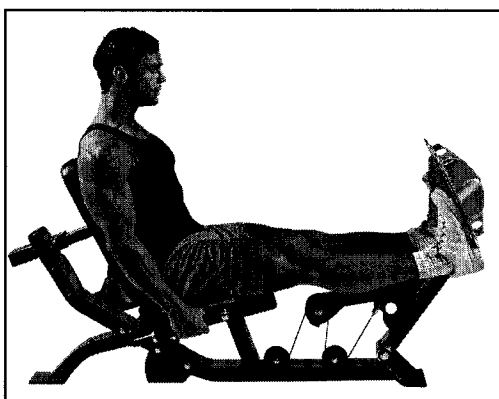
Start



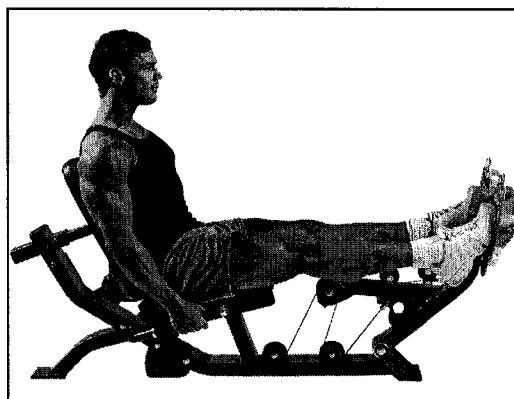
Finish

1. Adjust the back pad so legs are bent when your feet are placed on the foot plate. Position your knees as close to your body as possible without bending past a 90° angle.
2. Slowly push your legs to a straight position, leaving a slight bend in your knees when fully extended. Never allow your knees to lock during the movement.
3. Slowly return to the starting position.

TOE RAISES (optional)



Start



Finish

1. Adjust the back pad so legs are slightly bent when your feet are placed on the foot plate.
2. Fully extend legs with your heels slightly lower than the bottom of the foot plate. Do not lock your knees.
3. Keep your knees in the position described above; flex your toes forward as far as possible.
4. Slowly return to the starting position.

The Hoist logo, featuring the word "HOIST" in a bold, italicized, sans-serif font. The letters are filled with a dense, dark, textured pattern, possibly representing a rope or a heavy material. The logo is set against a dark, solid background.

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

Totals

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 one year; 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 ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten 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