

[V] SERIES BASE FRAME



The unique V Series by HOIST® features 64 different configurations to accommodate every lifestyle. Engineered with users in mind, the V Select and V Elite provide you with the flexibility to customize your home gym to your own needs and achieve your personal fitness goals.

Sleek and attractive, the compact design of the V Series Gyms require minimal floor space, allowing you to maximize the efficiency of performing one exercise to the next.

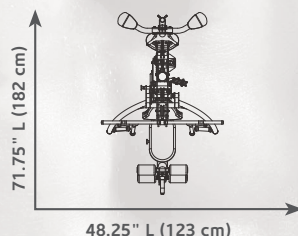
[V] SELECT BASE FRAME

- Ratcheting seat and adjustable back pad provide quick and easy exercise positioning for varying body sizes
- Multi-functional roller pads ensure correct exercise alignment during both seated leg extensions and standing leg curls
- Press arm follows a predetermined exercise path and features a range of motion adjustment for ease of use

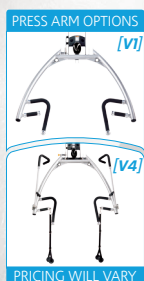
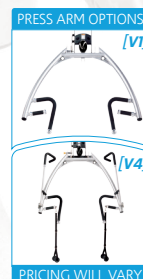
SPECIFICATIONS

US / METRIC

Length:	71.75" / 182 cm
Width:	48.25" / 123 cm
Height:	83.50" / 212 cm
Weight:	513 lbs. / 233 kg



* Unit shown with V1 Press Arm



* Unit shown with V4 Press Arm

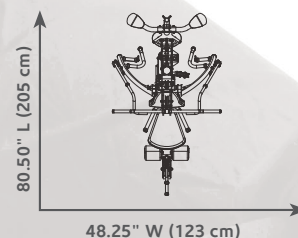
[V] ELITE BASE FRAME

- Patented leg station allows users to perform both leg extension and leg curl exercises from the seated position
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths
- Multi-function back pad provides telescoping and tilting adjustments for enhanced upper body support

SPECIFICATIONS

US / METRIC

Length:	80.50" / 205 cm
Width:	48.25" / 123 cm
Height:	83.50" / 212 cm
Weight:	609 lbs. / 276 kg



*NOTE: Press arm sold separately. Unit comes with standard weight stack (150 lbs.) Optional 50 lb. weight stack upgrade available (200 lbs. total – as shown above) for additional charge.

[V] SERIES ATTACHMENTS



Unlike other gyms, the V Series offers a great deal of flexibility to its already extensive list of capabilities. The V Series gyms are designed with the ability to add additional equipment to their frame, allowing them to challenge users with any number of exercise variations, limited only by the users' imagination.

From legs to arms and chest to back, every inch is sure to see results with the help of these optional fitness attachments that connect directly to the main unit and expand upon your ever evolving workout needs.



[V] STATIONARY LEG PRESS

- Ratcheting back pad provides easy adjustments for varying leg lengths
- Swiveling Foot Plate that automatically self aligns during exercise
- Multiple positions for leg presses and calf raises

[V] HI-LO PULLEY

- 35 pulley positions designed to perform an array of upper and lower body exercises
- Unique integrated adjuster system allows for quick, smooth, one-handed adjustments



[V] RIDE LEG PRESS

- Ratcheting back pad provides easy adjustments for varying leg lengths
- Oversized, diamond pattern footplate
- Multiple positions for leg press and calf raise exercises
- Features Ride Oriented Exercise (ROX) Technology (the same commercial quality technology from HOIST's renowned ROC-IT products) that allows the seat to adjust the user's position throughout the exercise, providing optimal biomechanics and increased range of motion

OPTION	SIDE	LENGTH	WIDTH	HEIGHT	WEIGHT
V STATIONARY LEG PRESS (VS-LP)	USER'S RIGHT	64.50" (164 cm)	46.25" (117 cm)	33.50" (85 cm)	135 lbs. (61 kg)
V HI-LO PULLEY (V-HILO)	USER'S LEFT	22.25" (57 cm)	39.50" (100 cm)	83.75" (213 cm)	99 lbs. (45 kg)
V RIDE LEG PRESS (VR-LP)	USER'S RIGHT	71.00" (180 cm)	48.50" (123 cm)	41.25" (105 cm)	220 lbs. (100 kg)