

# SIMPLE TRAINER

## HD-4000



## SPECS

**PRODUCT DIMENSIONS MAXIMUM FOOTPRINT (ARMS OUT, L X W)**  
68" x 124" (173 cm x 315 cm)

**PRODUCT DIMENSIONS MINIMUM FOOTPRINT (ARMS FULLY DOWN/UP, L X W)**  
46" x 82" (117 cm x 208cm)

**PRODUCT HEIGHT (ARMS DOWN/UP)**  
82" - 92" (208 cm - 234 cm)

**PRODUCT WEIGHT**  
903 lbs (410 kg)

**CABLE TRAVEL**  
100" (254 cm) - each side

**WEIGHT STACKS**  
2 x 240 lbs (109 kg) - each

**WEIGHT RATIO**  
3 to 1 = 80 lbs (36 kg) max. at each handle

## FEATURES

- ◆ HOIST® Fitness' patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- ◆ For added safety, the arms are slightly over-balanced\* to prevent falling, and bold indicators show users when they are locked and ready to use
- ◆ Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- ◆ Arm adjustments features 12 height positions and 9 width positions on each side
- ◆ Accessories include stabilizing handles and water bottle/phone holder
- ◆ Comes standard with HOIST® x2 strap handles

\*when paired with HOIST® strap handles (x2 included)