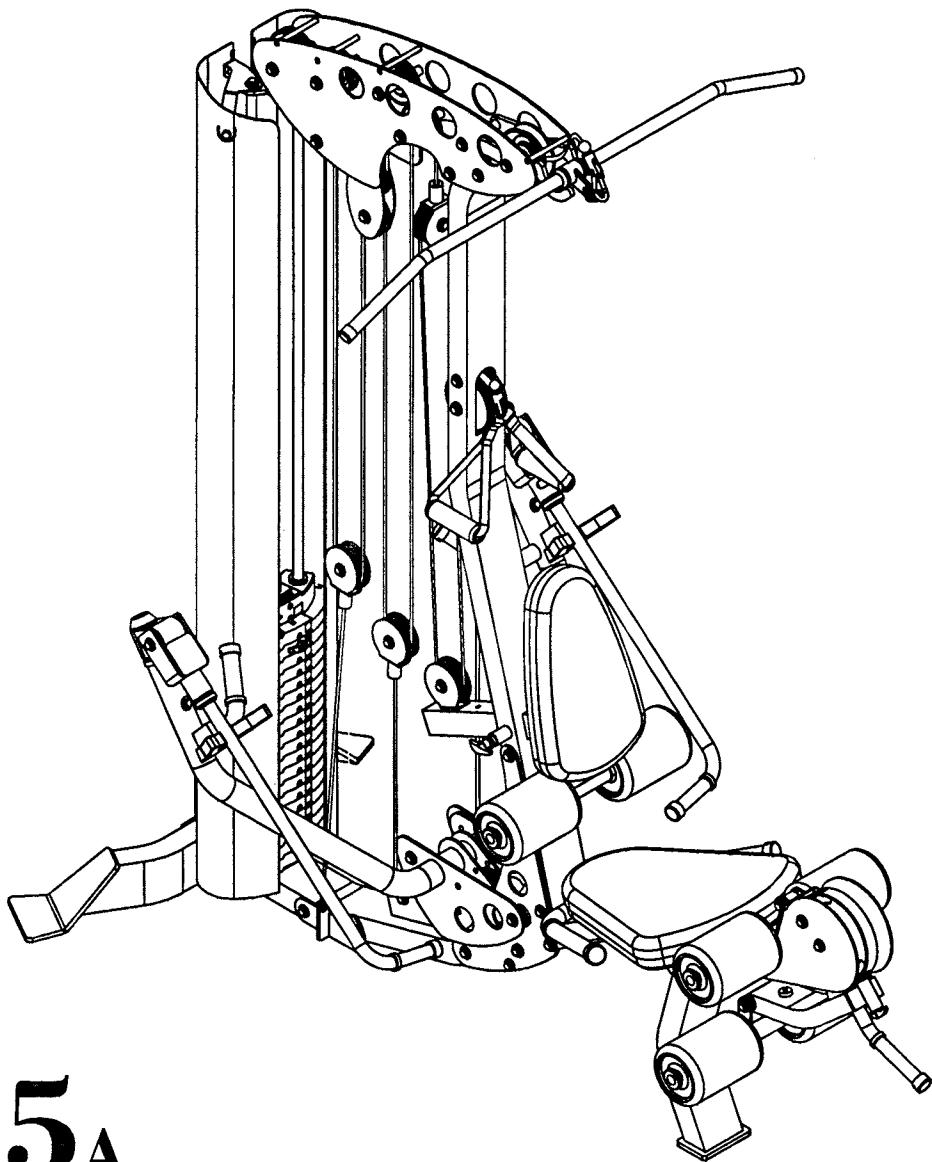


# OWNERS MANUAL

**HOIST**



**V-5A**

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

**RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER**

0204-001

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

# OWNERS MANUAL

## CONTENTS

<b>INSTRUCTIONS (Step 1).....</b>	<b>2</b>
<b>FRAME ASSEMBLY (Step 2).....</b>	<b>4</b>
<b>CABLE ASSEMBLY.....</b>	<b>23</b>
<b>UPHOLSTERY ASSEMBLY.....</b>	<b>40</b>
<b>SHIELD ASSEMBLY.....</b>	<b>45</b>
<b>ACCESSORIES/MISC.....</b>	<b>53</b>
<b>PRE-ASSEMBLY.....</b>	<b>55</b>
<b>DECAL PLACEMENT .....</b>	<b>58</b>
<b>PART LISTING.....</b>	<b>61</b>
<b>HARDWARE LISTING.....</b>	<b>62</b>
<b>ABBREVIATION LISTING.....</b>	<b>64</b>
<b>BOLT SIZING CHART.....</b>	<b>65</b>
<b>WASHER SIZING CHART.....</b>	<b>67</b>
<b>MAINTENANCE SCHEDULE .....</b>	<b>70</b>
<b>GENERAL MAINTENANCE INFORMATION.....</b>	<b>71</b>
<b>WEIGHT TRAINING TIPS .....</b>	<b>73</b>
<b>WEIGHT RATIOS.....</b>	<b>74</b>
<b>EXERCISE DESCRIPTIONS.....</b>	<b>75</b>
<b>EXERCISE LOG.....</b>	<b>90</b>
<b>LIMITED WARRANTY.....</b>	<b>91</b>

# OWNERS MANUAL

## Step 1 INSTRUCTIONS

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

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

## TOOLS REQUIRED

**Socket Wrench**

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

**Crescent Wrench**

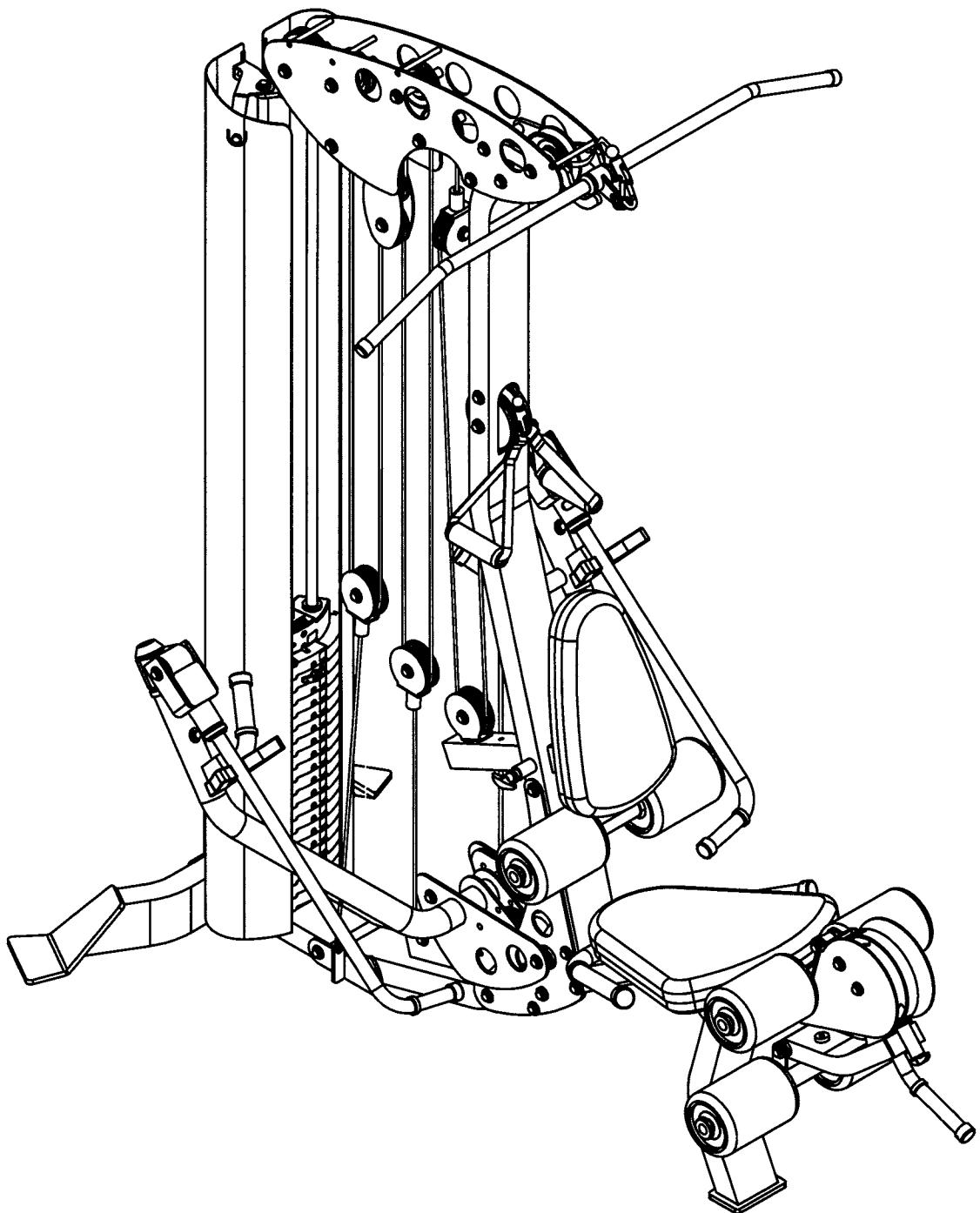
**Rubber Mallet**

**Tape Measure**

# OWNERS MANUAL

# OWNERS MANUAL

## Step 2 FRAME ASSEMBLY



# OWNERS MANUAL

## Step 2a FRAME ASSEMBLY

**Start assembly by bolting (41) and (50) on opposite sides of to (1) as shown. Wrench Tighten bolts.**

### Part Descriptions

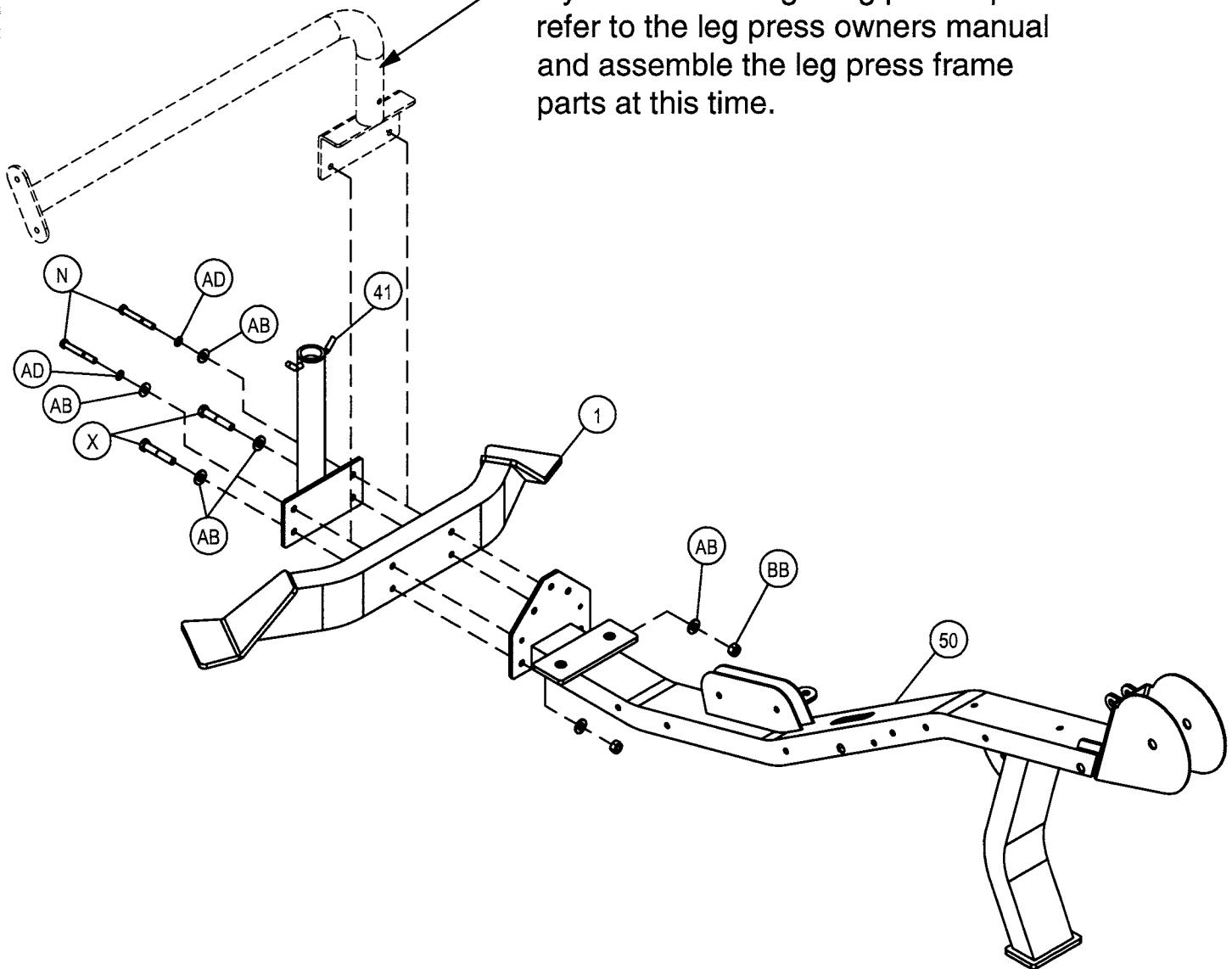
1 - Rear Support Foot  
41 - Accessory Rack  
50 - Base Assembly

### Hardware Descriptions

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

# OWNERS MANUAL

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.



# OWNERS MANUAL

## Step 2b FRAME ASSEMBLY

**Start assembly by bolting (17)'s to (50). Then slide (CA) onto each (17) followed by nineteen (15)'s. Finally slide (25) onto stack.**

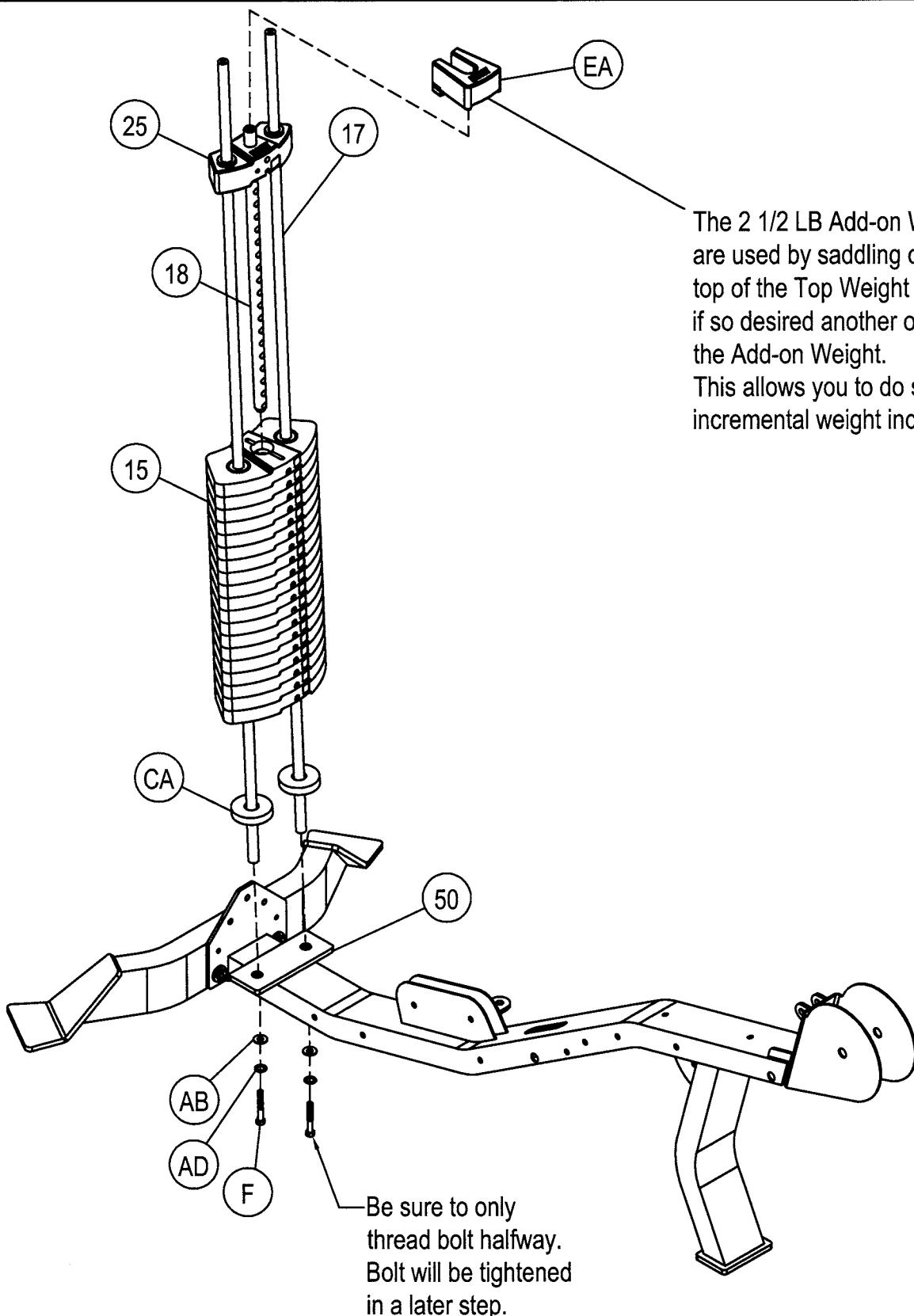
### Part Descriptions

**15 - 10lbs. Intermediate Radial Weight  
17 - Guide Rod (.75 dia X 71.44")  
18 - 21 Hole Weight Stem  
25 - 8.50 lbs Cast Radial Top Weight  
50 - Base Assembly**

### Hardware Descriptions

**F - 3/8"-16UNC x 1 1/4" HHB (WZ)  
AB - 3/8 USS Flat Washer (WZ)  
AD - 3/8" Split Lock Washer (WZ)  
CA - 1/2" Thick Weight Stack Bumper  
EA - 2 1/2LB Add On Weight**

# OWNERS MANUAL



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## Step 2c FRAME ASSEMBLY

**Attach (51) to (50).** Next place (52) between (51), and attach.  
**Hand Tighten bolts**, they will be tightened in a later step.

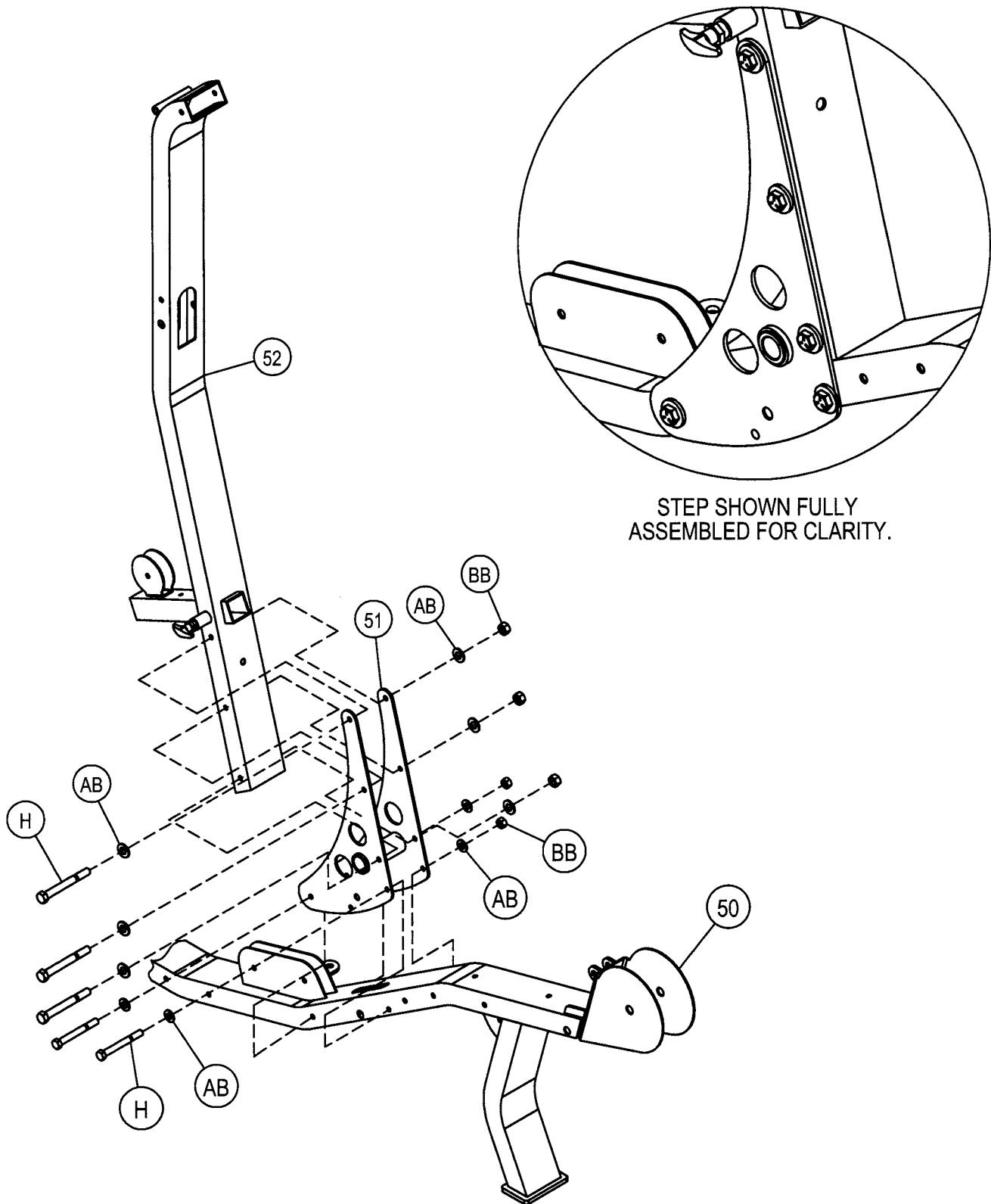
### Part Descriptions

**50 - Base Assembly**  
**51 - Bottom Upright Support**  
**52 - Main Upright**

### Hardware Descriptions

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

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2d FRAME ASSEMBLY

In this assembly start by positioning (53) to (52). Then, bolt (53) to (17). Wrench Tighten all bolts up to this point.

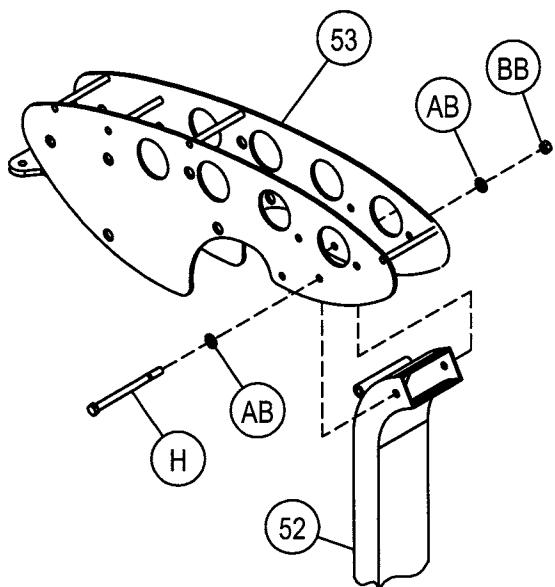
### Part Descriptions

**17 - Guide Rod (.75 dia X 71.44)**  
**51 - Bottom Upright Support**  
**52 - Main Upright Assembly**  
**53 - Top Frame Assembly**

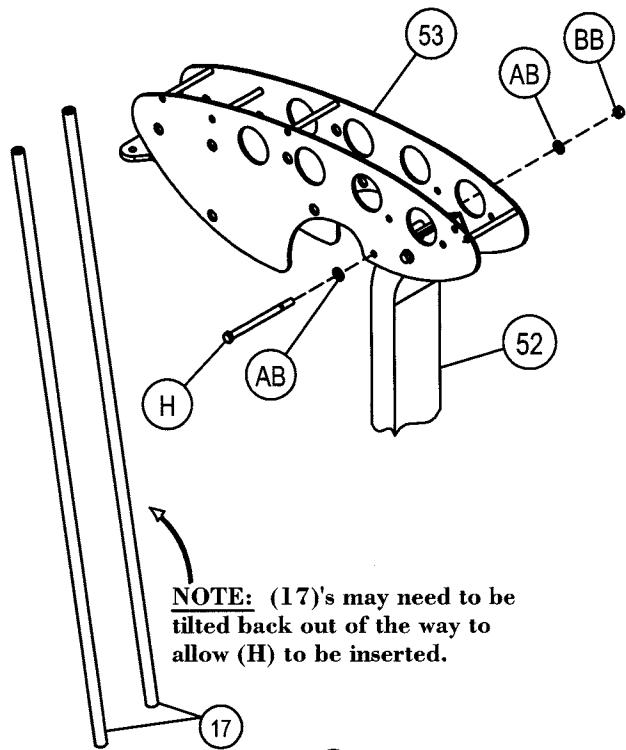
### Hardware Descriptions

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

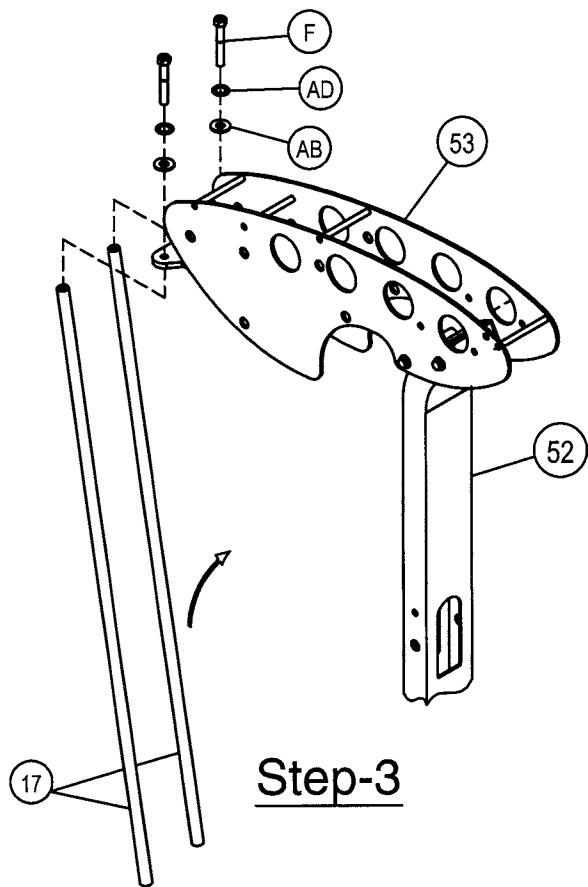
# OWNERS MANUAL



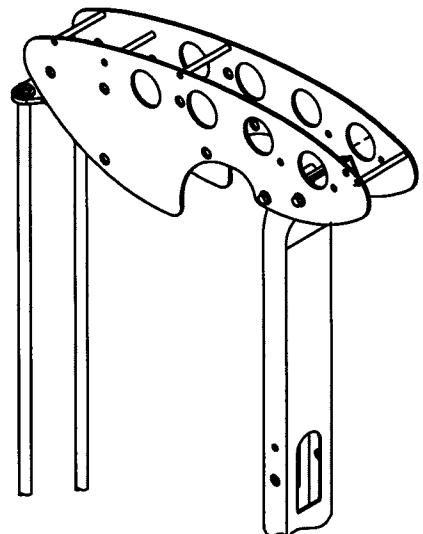
Step-1



Step-2



Step-3



# OWNERS MANUAL

## Step 2e FRAME ASSEMBLY

**Start by attaching the backside of (12) to (53) and let the front of (12) hang downward, it will be assembled in a later step. Hand Tighten bolt.**

### Part Descriptions

**12 - Bar Mount Assembly**

**53 - Top Frame Assembly**

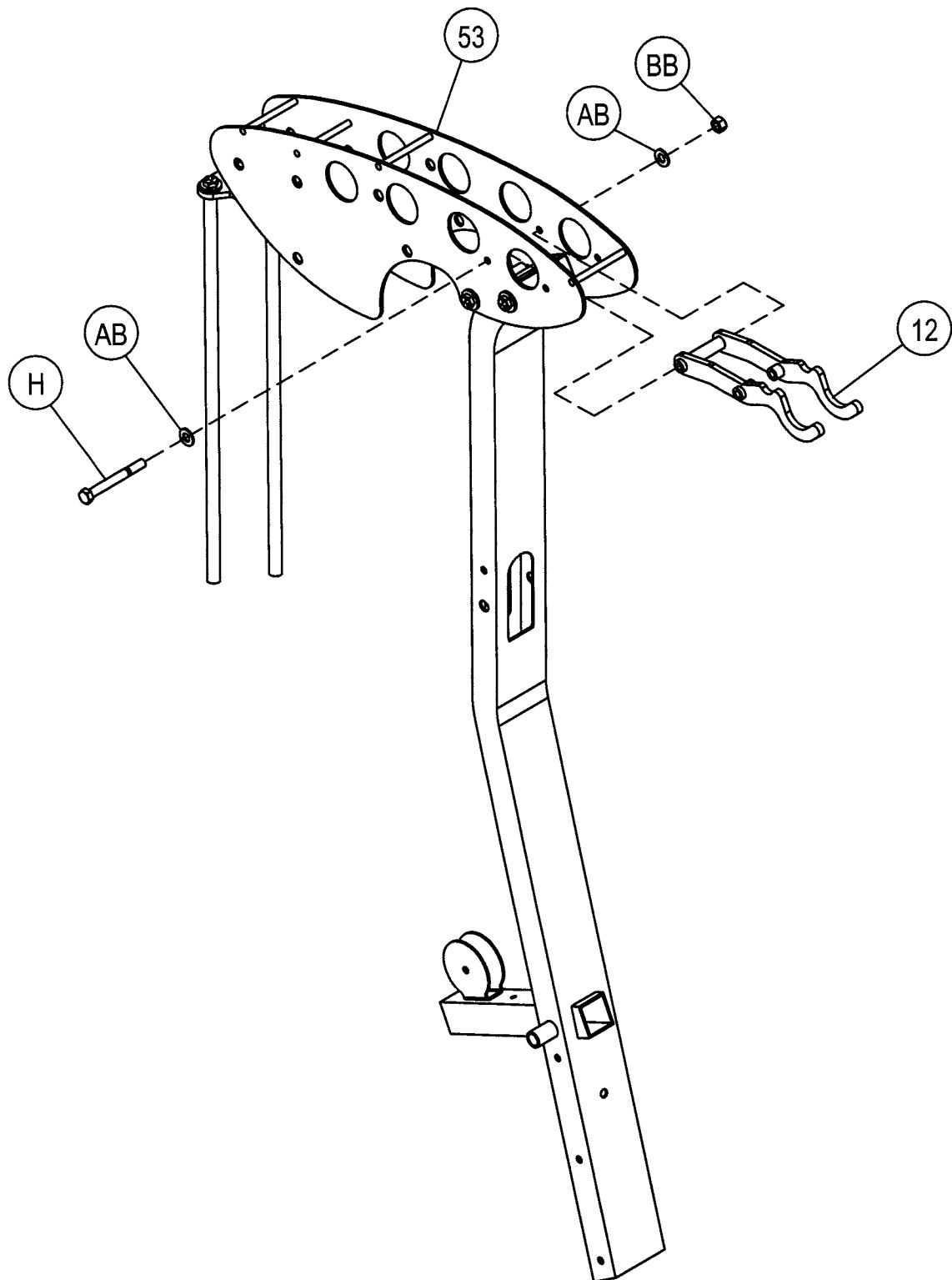
### Hardware Descriptions

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

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

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

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2f FRAME ASSEMBLY

In Step: 2f-1 attach (54) to (50). Wrench Tighten bolts. In Step: 2f-2 attach (55) to (50). Wrench Tighten bolt then loosen enough so (55) pivots freely.

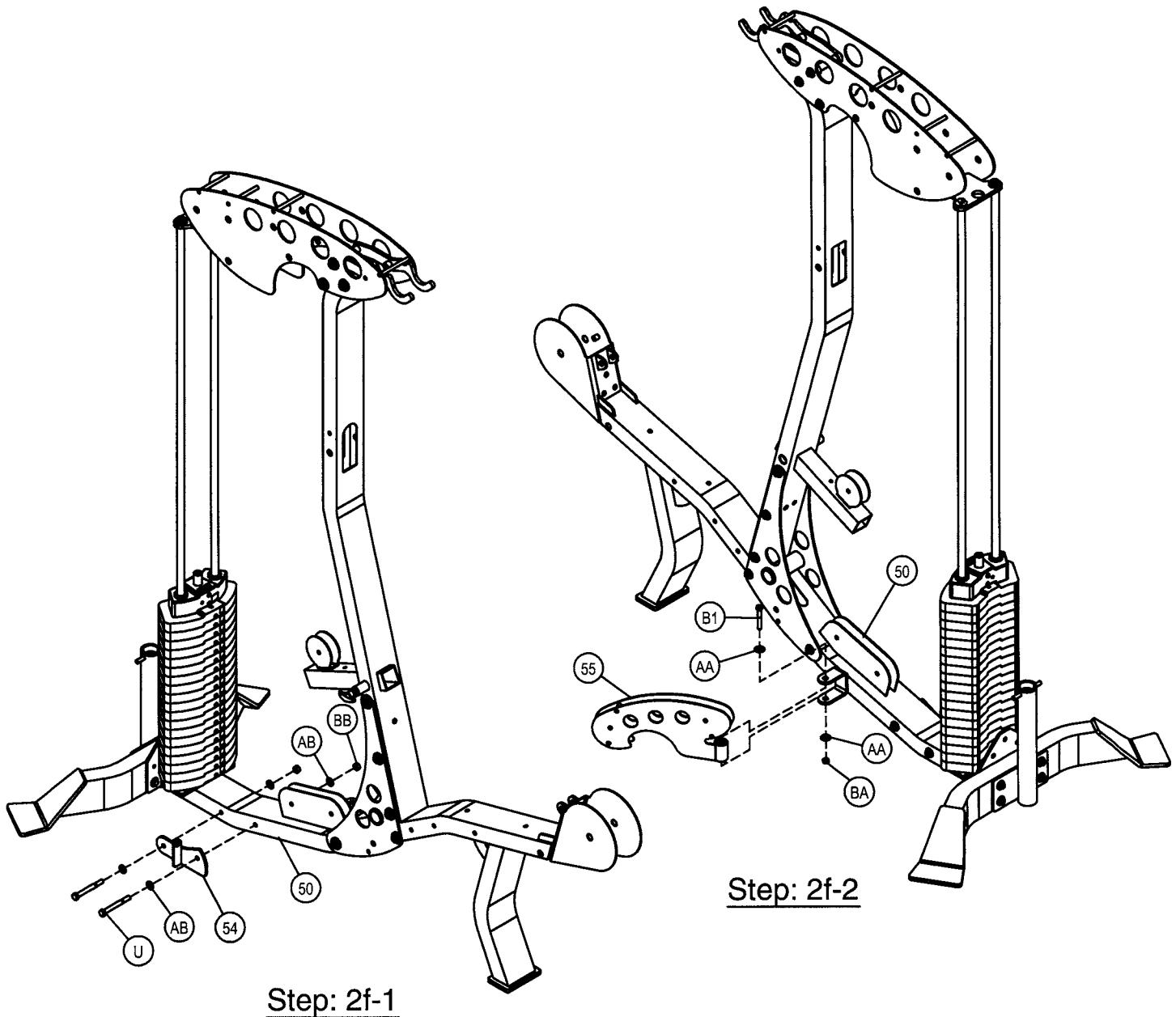
### Part Descriptions

**50** - Base Assembly  
**54** - Cable Anchor  
**55** - Pully Swivel Assembly

### Hardware Descriptions

'U - 3/8"-16UNC x 4 3/4" HHB (WZ)  
B1 - 1/2"-13UNC x 3 1/2" HHB (WZ)  
AA - 1/2 SAE Flat Washer (WZ)  
AB - 3/8 USS Flat Washer (WZ)  
BA - 1/2-13UNC Thin Nylok Nut (WZ)  
BB - 3/8-16UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL



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## Step 2g FRAME ASSEMBLY

In Step: 2g-1 attach (CD) to (56). Wrench Tighten bolts. In Step: 2g-2 attach (57) and (58) to (56). Hand Tighten bolts they will be tightened later. In Step: 2g-3 slide (59) into (51) as shown. Next attach the fully assembled arms from step 2g-2 to (51) as shown. Wrench tighten bolts.

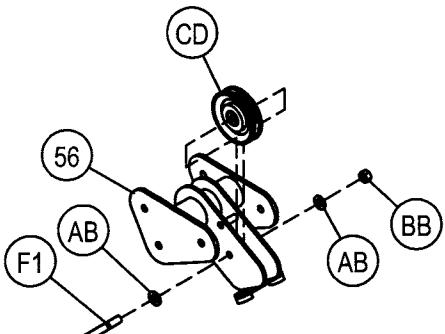
### Part Descriptions

**50** - Base Assembly  
**51** - Bottom Upright Support Assy.  
**56** - Arm Pivoting Linkage Assy.  
**57** - Right Arm Assembly  
**58** - Left Arm Assembly  
**59** - Ø1.00 X 5.37 CRS Axle

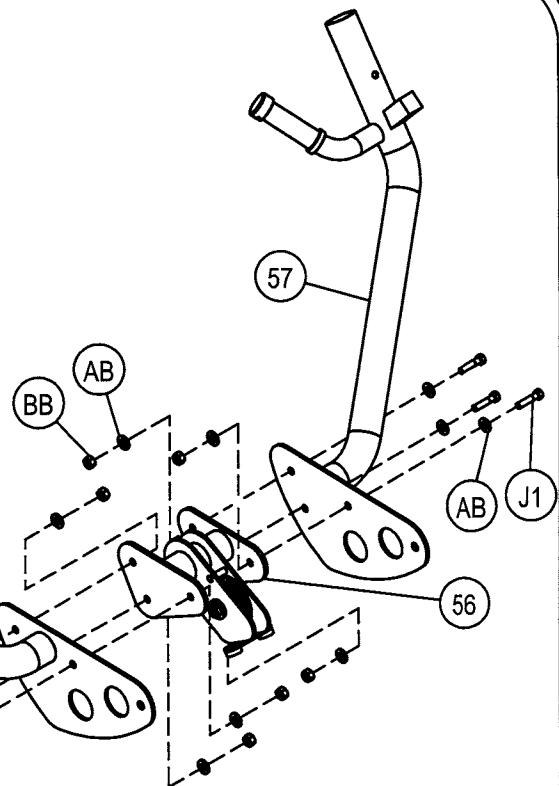
### Hardware Descriptions

**E1** - 1/2-13UNC x 6 3/8" HHB (WZ)  
**F1** - 3/8-16UNC x 2" HHB (WZ)  
**J1** - 3/8-16UNC x 1" HHB (WZ)  
**AA** - 1/2 SAE Flat Washer (WZ)  
**AB** - 3/8 USS Flat Washer (WZ)  
**BA** - 1/2-13UNC Thin Nylok Nut (WZ)  
**BB** - 3/8-16UNC Thin Nylok Nut (WZ)  
**CD** - Ø3 1/2" Standard Pulley

# OWNERS MANUAL

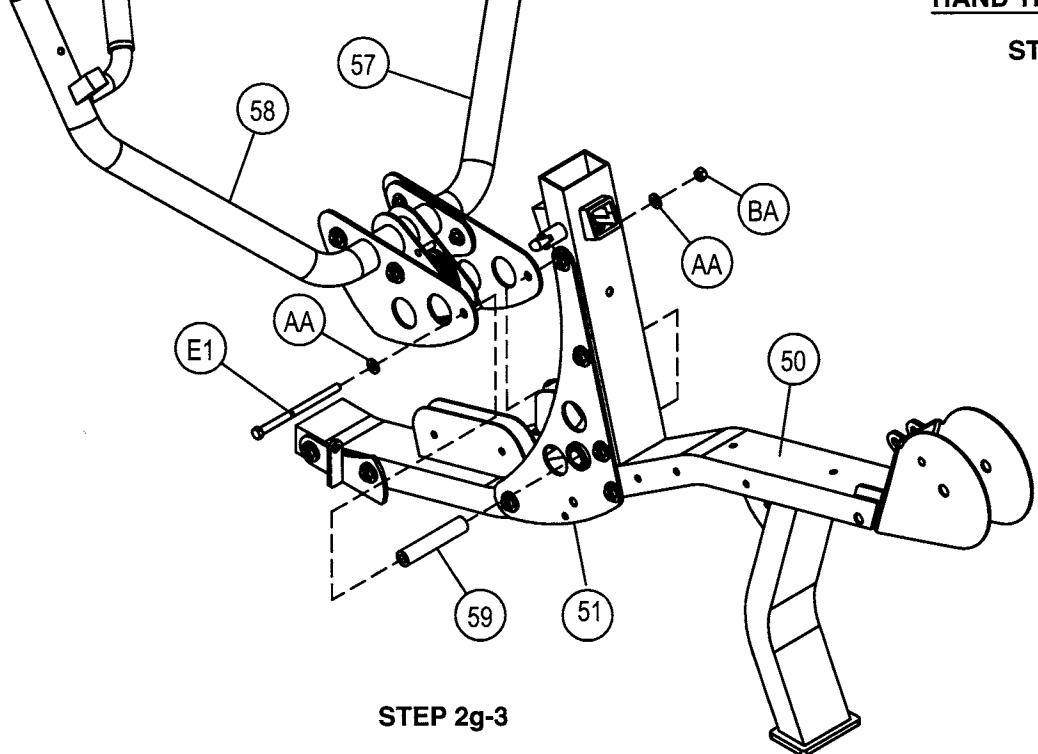


STEP 2g-1



HAND TIGHTENED ONLY

STEP 2g-2



STEP 2g-3

# OWNERS MANUAL

## Step 2h FRAME ASSEMBLY

**In Step 2h-1:** insert (21) into (60). Attach (CD) to (60). Wrench Tighten bolt. **In Step 2h-2:** attach (62) to (61). Wrench Tighten bolt then loosen enough so (62) pivots freely. **In Step 2h-3:** align the pivot centers of (60), (61), and (63) as shown with the pivot center on (50) and attach by inserting bolt (C1) through all. Wrench Tighten bolt then loosen enough so (61) pivots freely.

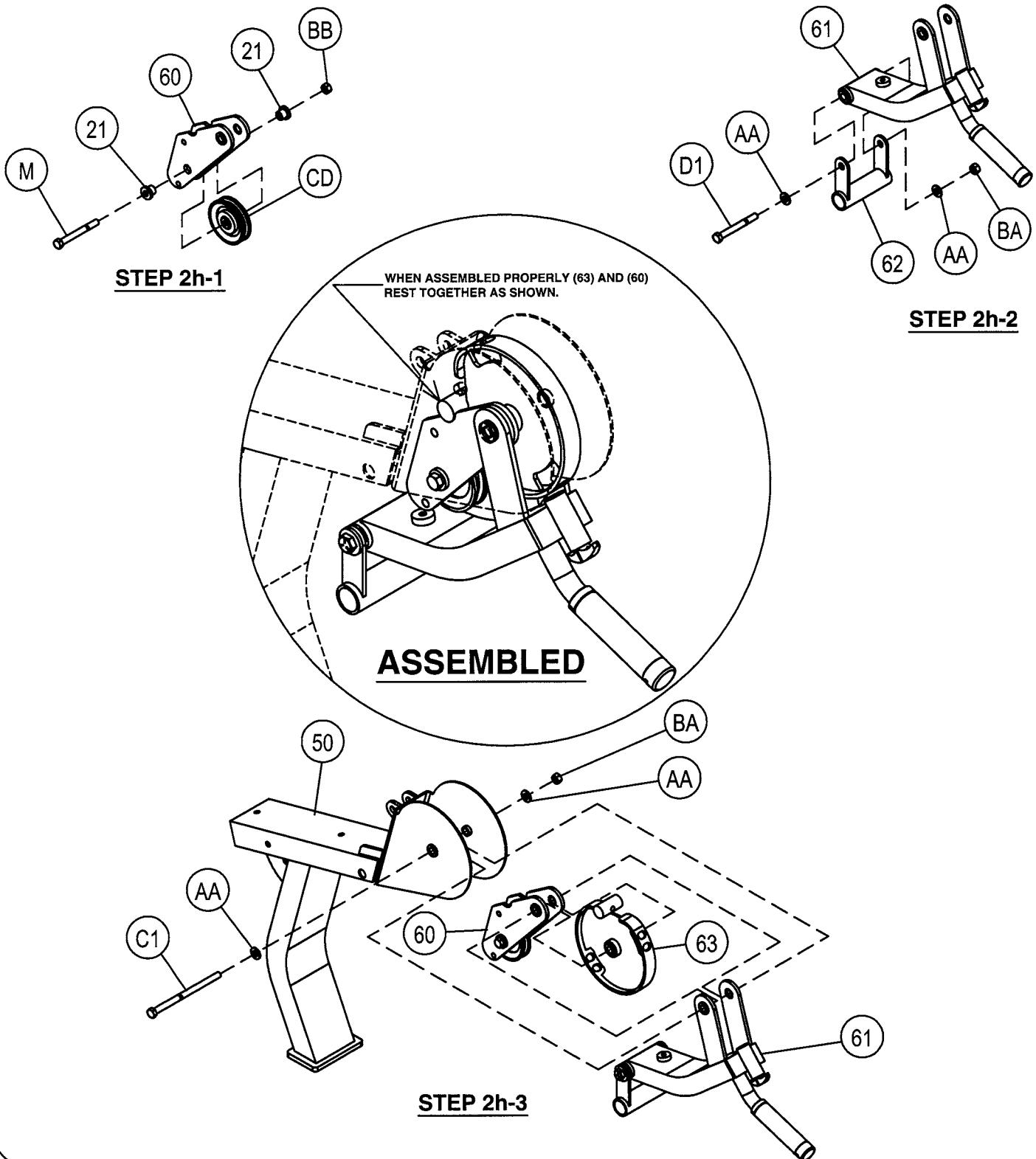
### Part Descriptions

21 - .50" lg Heavy Flanger Spacer  
50 - Base Assembly  
60 - Resistance Push Plate  
61 - Leg Extension Assembly  
62 - Roller Pivot Hanger  
63 - ROM Assembly

### Hardware Descriptions

M - 3/8"-16UNC x 2 1/2" HHB (WZ)  
C1 - 1/2"-13UNC x 4 1/2" HHB (WZ)  
D1 - 1/2"-13UNC x 4 3/4" HHB (WZ)  
AA - 1/2 SAE Flat Washer (WZ)  
BA - 1/2-13UNC Thin Nylok Nut (WZ)  
BB - 3/8-16UNC Thin Nylok Nut (WZ)  
CD - 3 1/2" Dia Cable Pulley

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2i FRAME ASSEMBLY

Take (64) and attach it to (50). Wrench Tighten bolt then loosen nut enough for (64) to pivot freely.

### Part Descriptions

50 - Base Assembly

64 - Roller Swivel Assy.

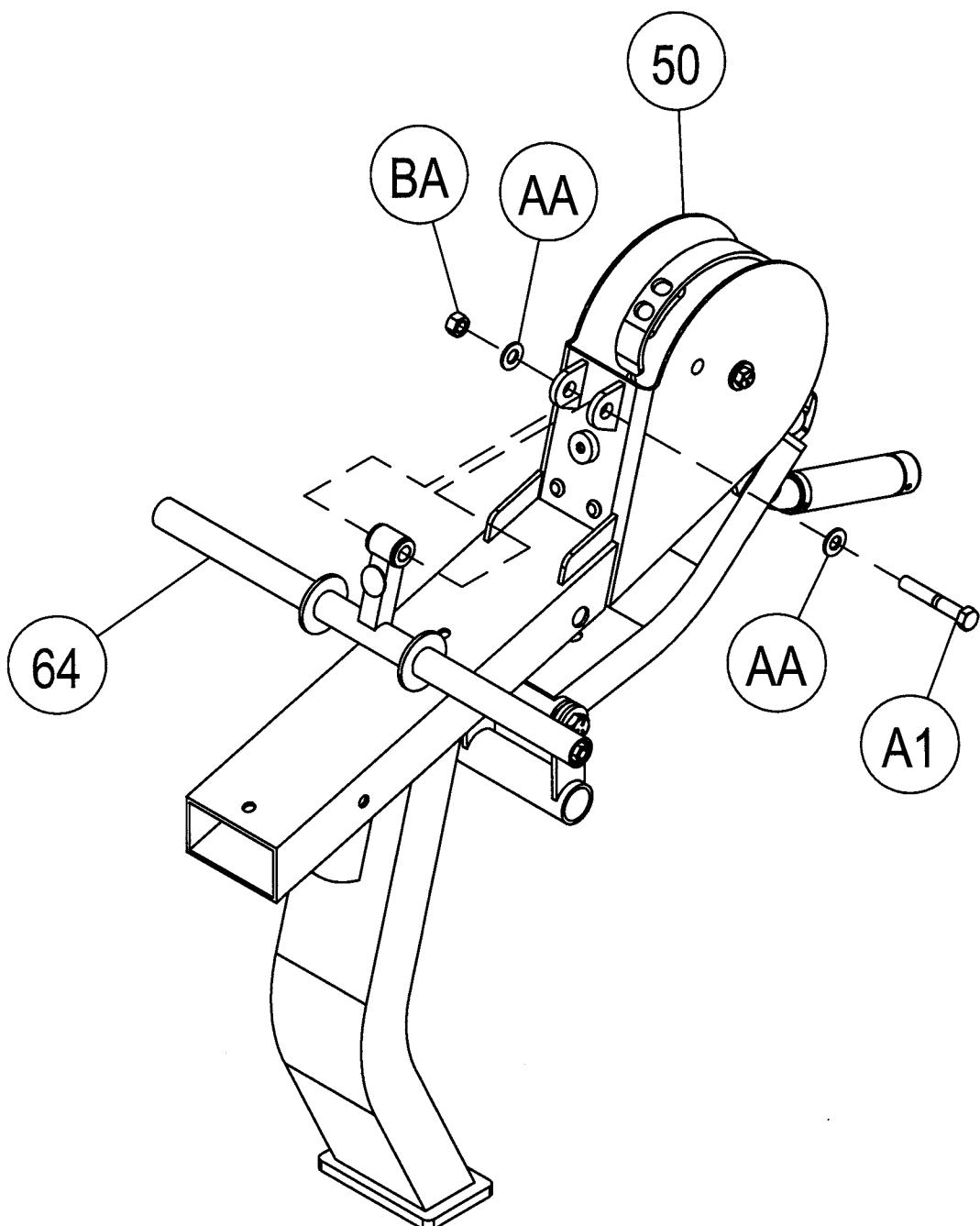
### Hardware Descriptions

A1 - 1/2"-13UNC x 2 1/2" HHB (WZ)

AA - 1/2 SAE Flat Washer (WZ)

BA - 1/2-13UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL



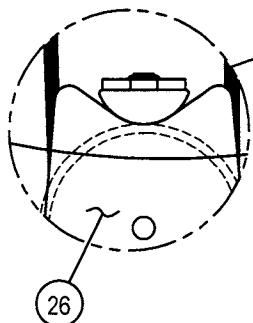
# OWNERS MANUAL

## Step 2j

### CABLE #1 INSTALLATION

NOTE:

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



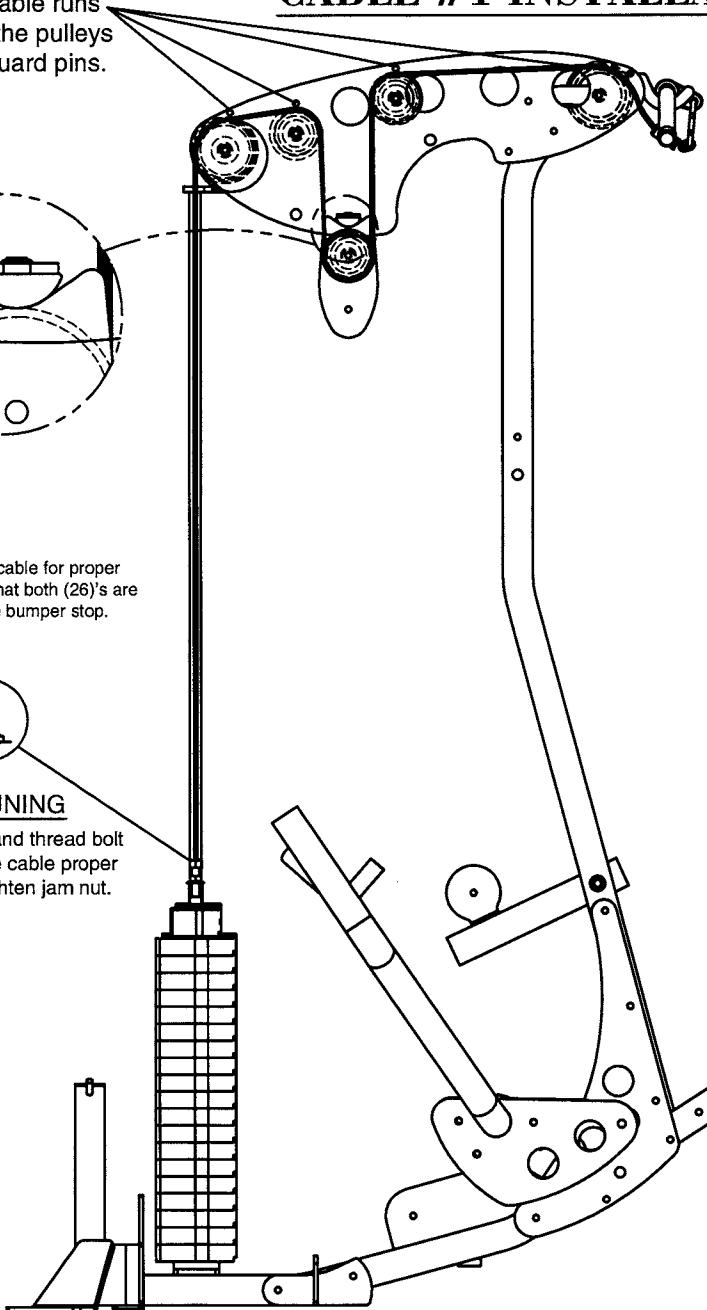
NOTE:

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



FINE TUNING

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



### Part Descriptions

22 - 1.69" Heavy Flanged Pulley Spacer

26 - Pulley Plate

53 - Top Assembly

### Hardware Descriptions

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

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

AB - 3/8" USS Flat Washer

BB - 3/8-16UNC Thin Nylok Nut

CB - Ø4 1/2" Wide Groove Pulley

CD - Ø3 1/2" Standard Pulley

CE - Ø4 1/2" Standard Pulley

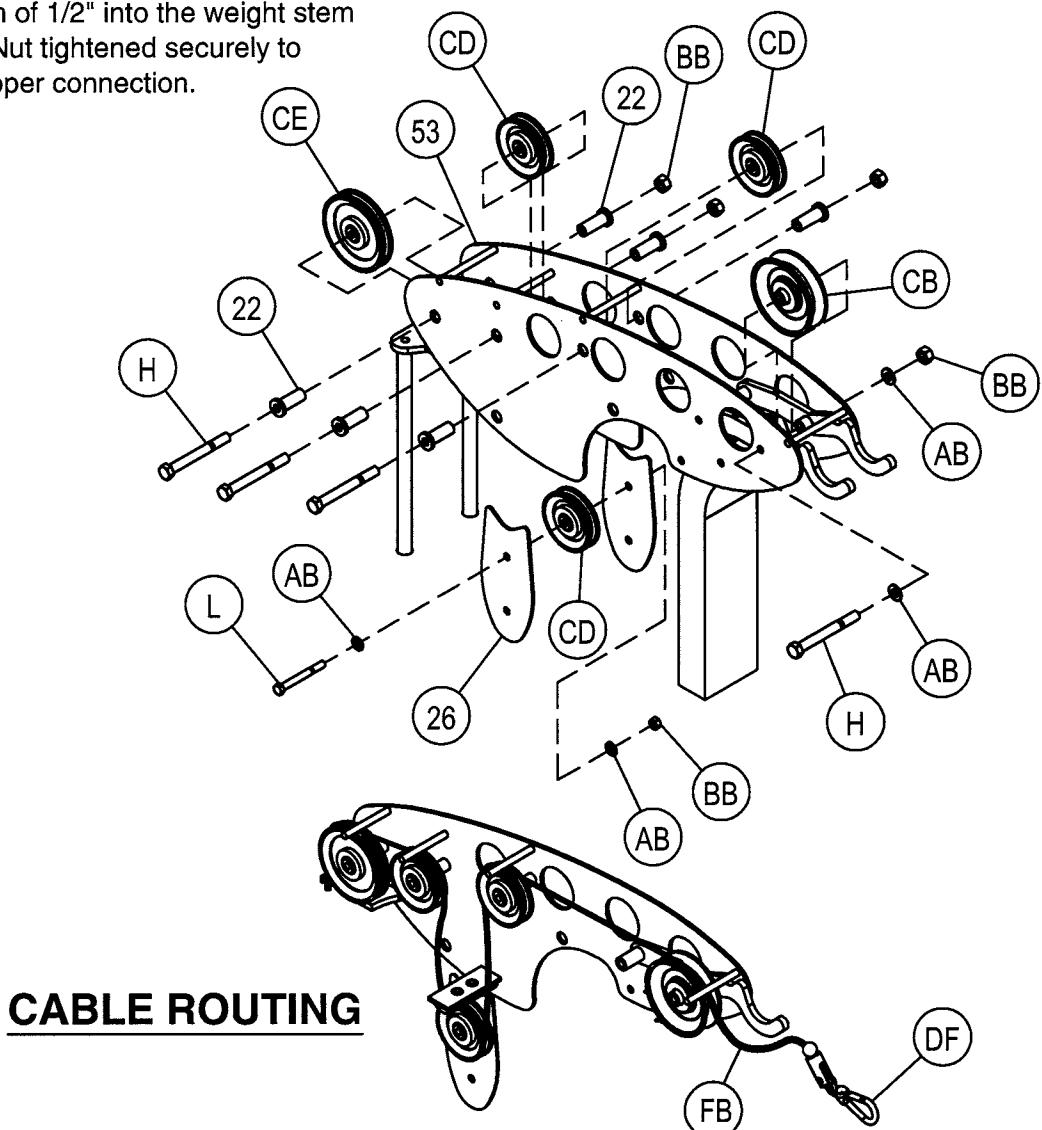
DF - Snap Link

FB - Weight Stack Cable

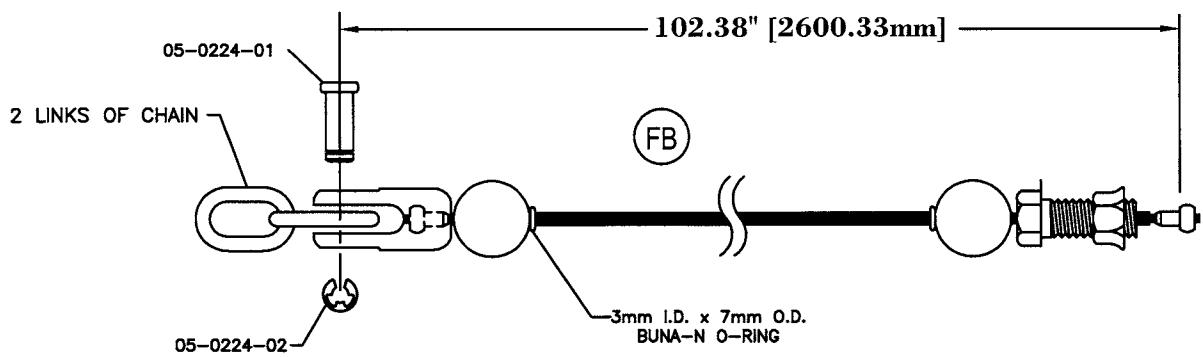
**Warning** - Cable Bolt must be threaded a minimum of 1/2" into the weight stem with Jam Nut tightened securely to ensure proper connection.

# OWNERS MANUAL

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



**INSTALL CABLE & PULLEYS AT THE SAME TIME.**

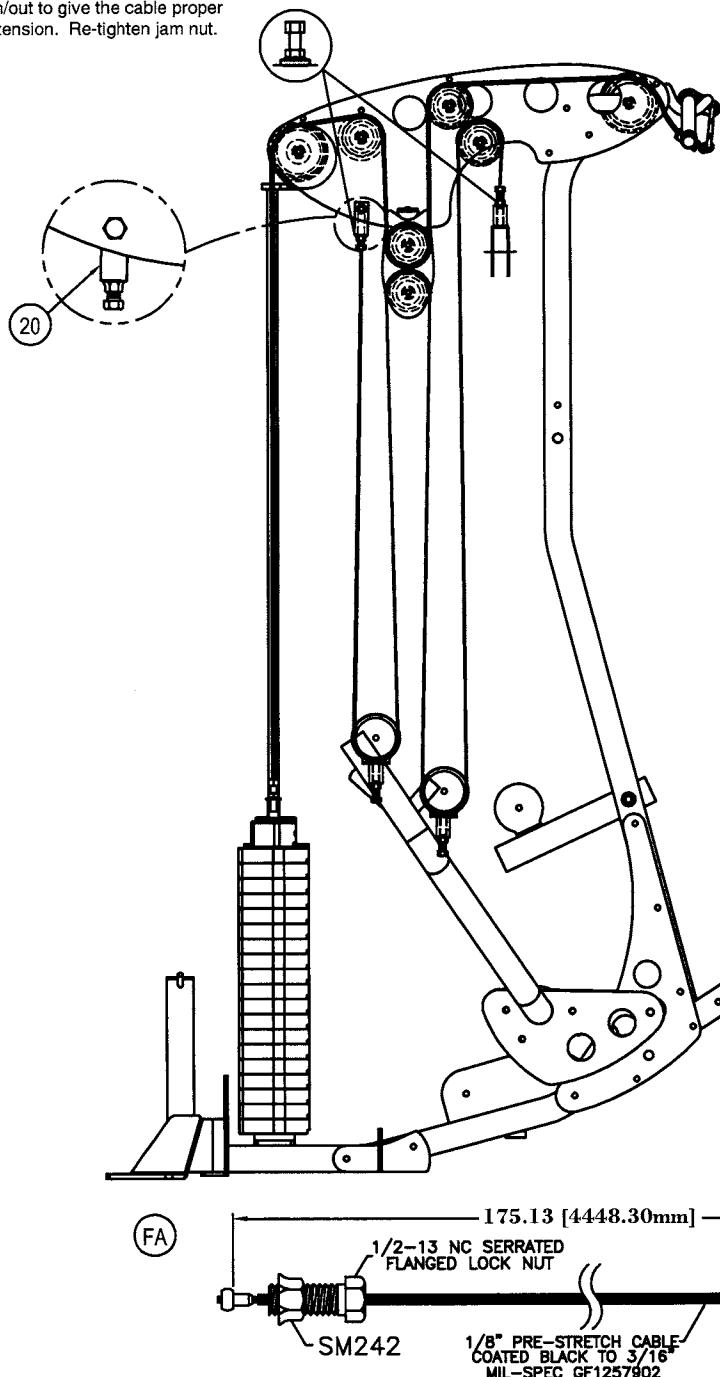


# OWNERS MANUAL

## Step 2k CABLE #2 INSTALLATION

### FINE TUNING

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



### Part Descriptions

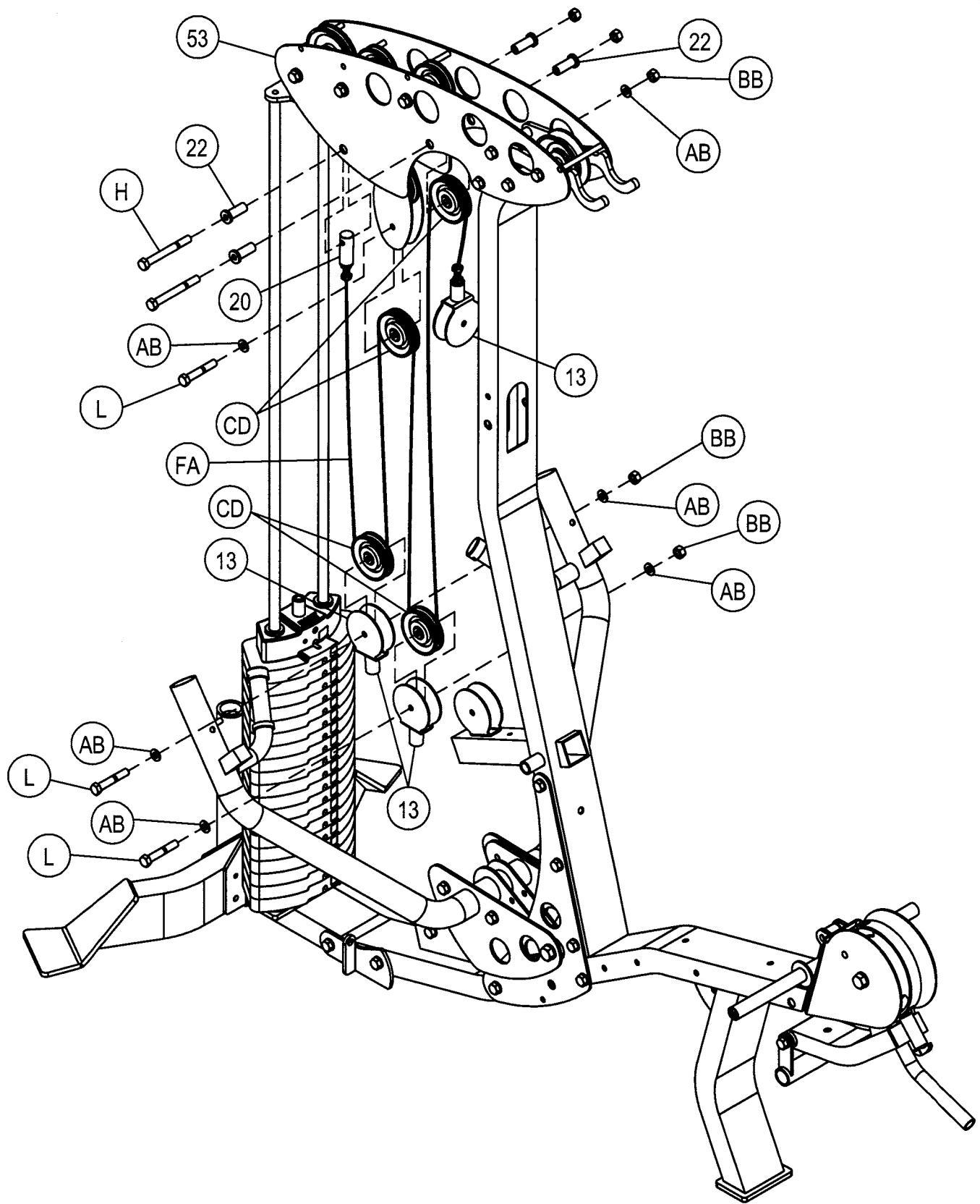
- 13 - Floating Pulley Assembly
- 20 - Cable Anchor
- 22 - 1.69" Heavy Flanged Pulley Spacer
- 53 - Top Assembly

### Hardware Descriptions

- H - 3/8-16UNC x 5" HHB (WZ)
- L - 3/8-16UNC x 1 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BB - 3/8-16UNC Thin Nylok Nut
- CD - Ø3 1/2 Standard Pulley
- FA - Middle Cable

**INSTALL CABLE & PULLEYS AT THE SAME TIME.**

# OWNERS MANUAL



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## Step 2I CABLE #3 INSTALLATION

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

### Part Descriptions

13 - Floating Pulley Assembly

52 - Main Upright Assembly

55 - Swivel Pulley Assembly

77 - Pulley Shield

78 - 1.00" Heavy Flanged Pulley Spacer

**NOTE:**  
Be sure cable runs  
between the pulleys  
and the guard pins.

### FINE TUNING

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

### Hardware Descriptions

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

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

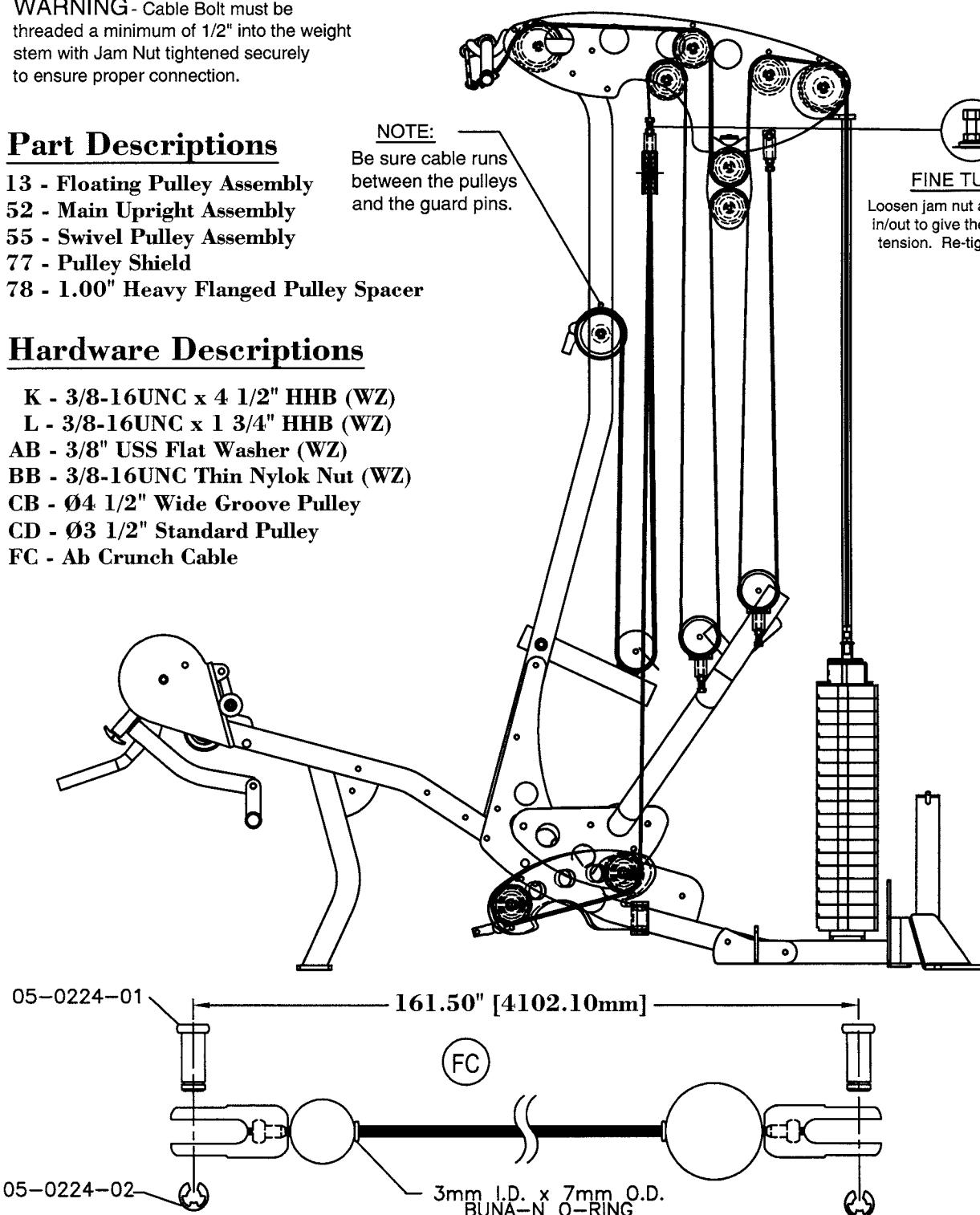
AB - 3/8" USS Flat Washer (WZ)

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

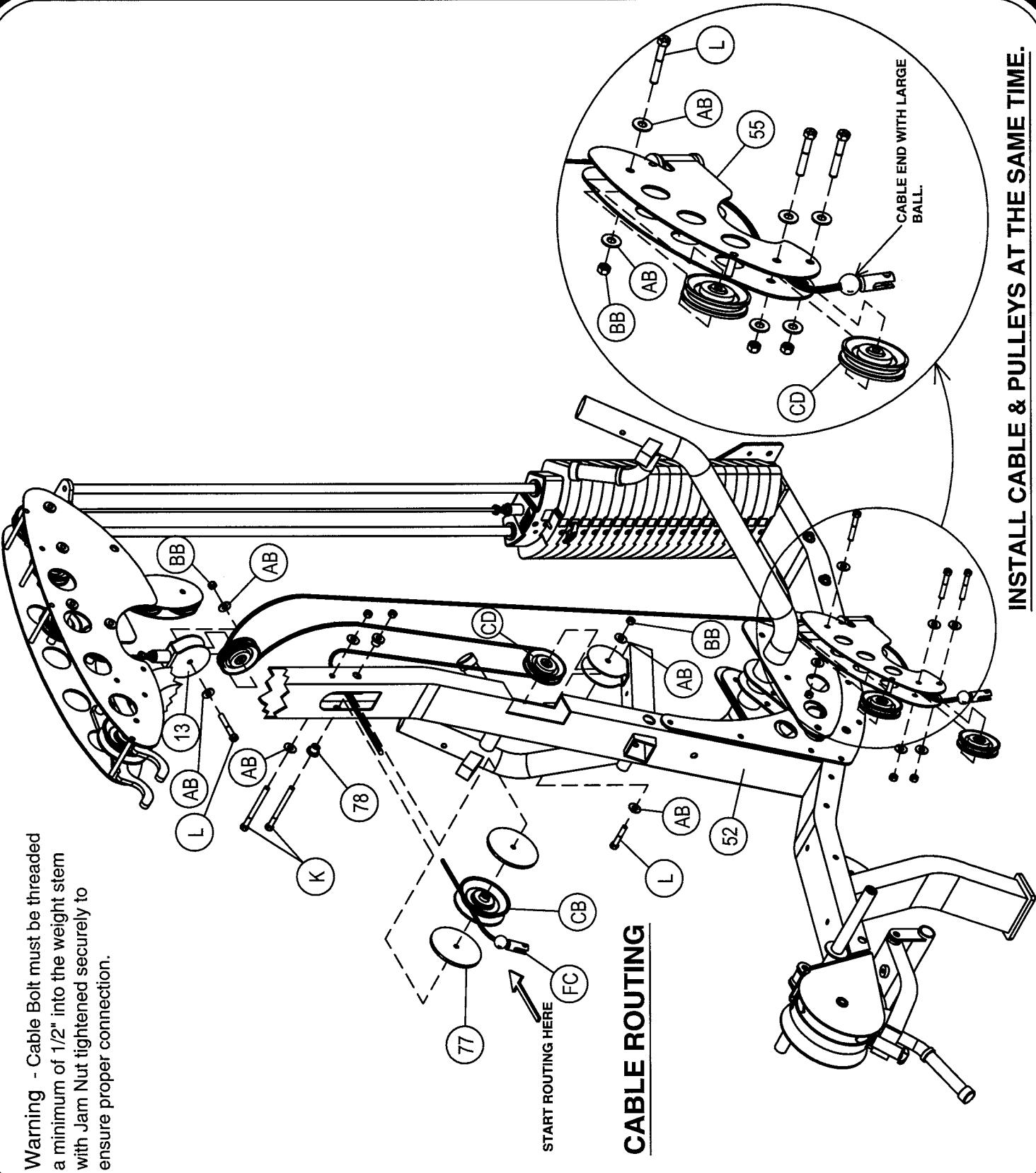
CB - Ø4 1/2" Wide Groove Pulley

CD - Ø3 1/2" Standard Pulley

FC - Ab Crunch Cable



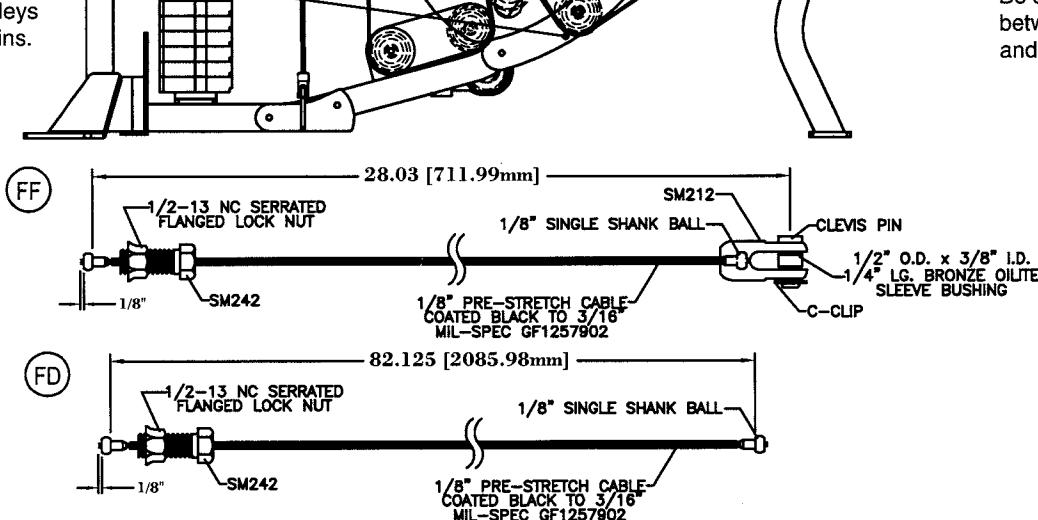
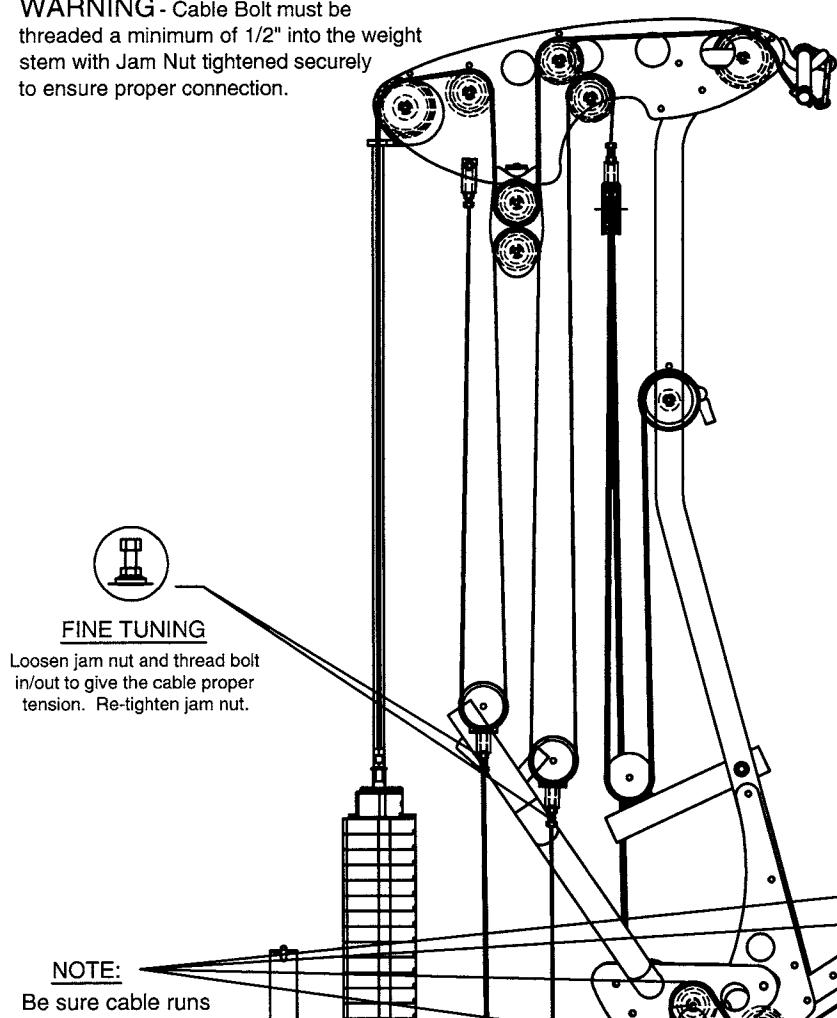
# OWNERS MANUAL



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## Step 2m CABLE #4 & #5 INSTALLATION

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



### Part Descriptions

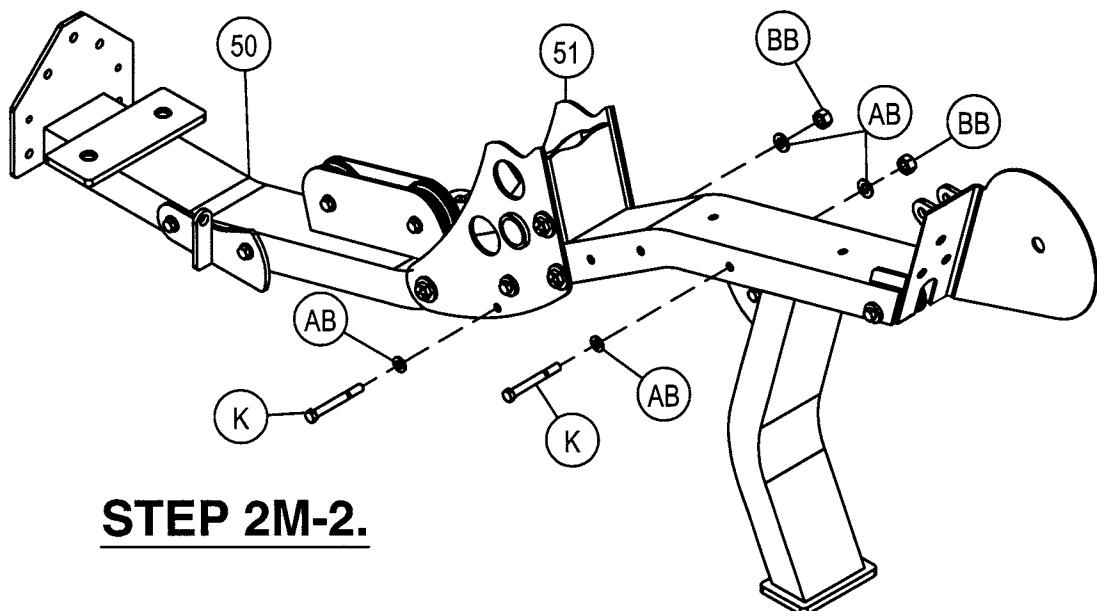
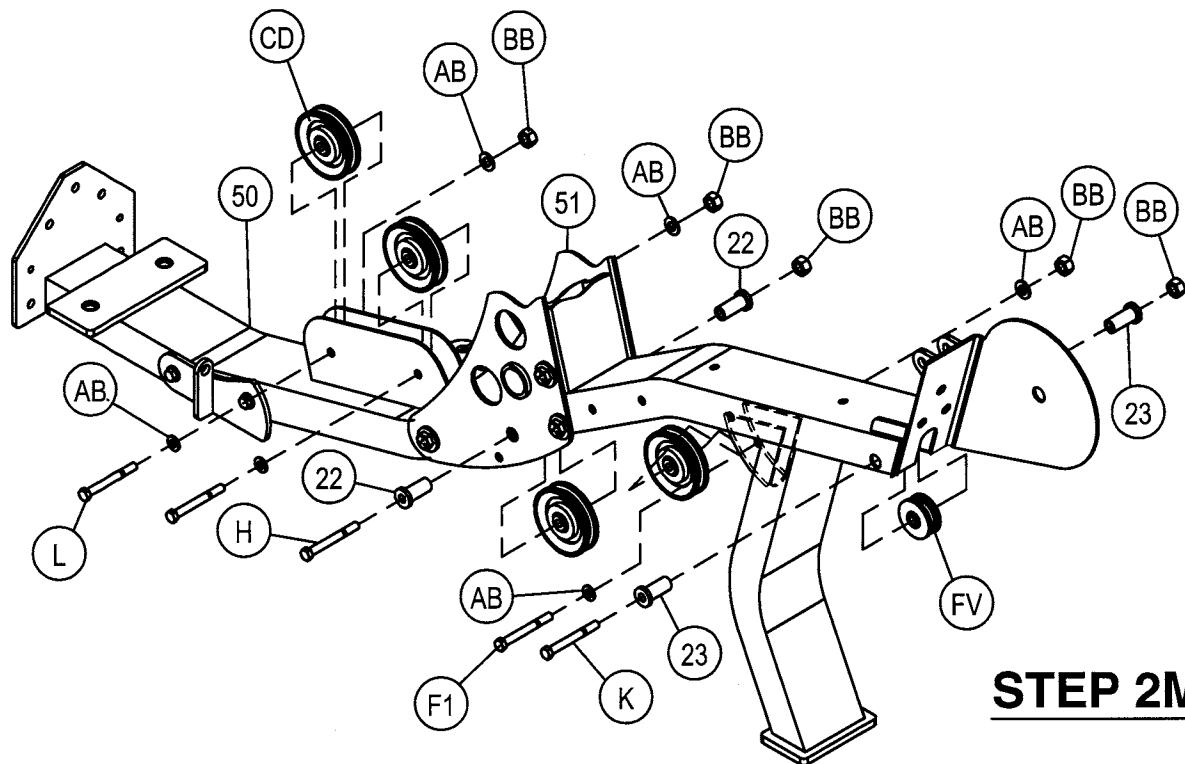
- 13 - Pulley Mount Assembly
- 22 - 1.69 Lg Heavy Flanged Pulley Spacer
- 23 - 1.50 Lg Heavy Flanged Pulley Spacer
- 50 - Rear Support Foot
- 51 - Bottom Upright Support
- 63 - ROM Assembly
- 67 - Cable Quick Release

### Hardware Descriptions

- H - 3/8-16UNC x 5" HHB (WZ)
- K - 3/8-16UNC x 4 1/2" HHB (WZ)
- FI - 3/8-16UNC x 2" HHB (WZ)
- AB - 3/8 USS Flat Washer (WZ)
- BB - 3/8-16UNC Thin Nylok Nut (WZ)
- CD - Ø3 1/2" Standard Pulley
- FD - Leg Extension Cable
- FF - Floating Pulley Anchor Cable
- FV - Ø2.00" Standard Pulley
- FX - Quick Release Cable Anchor

# OWNERS MANUAL

**INSTALL CABLE & PULLEYS AT THE SAME TIME.  
CONTINUE THIS STEP ON PAGE 31.**

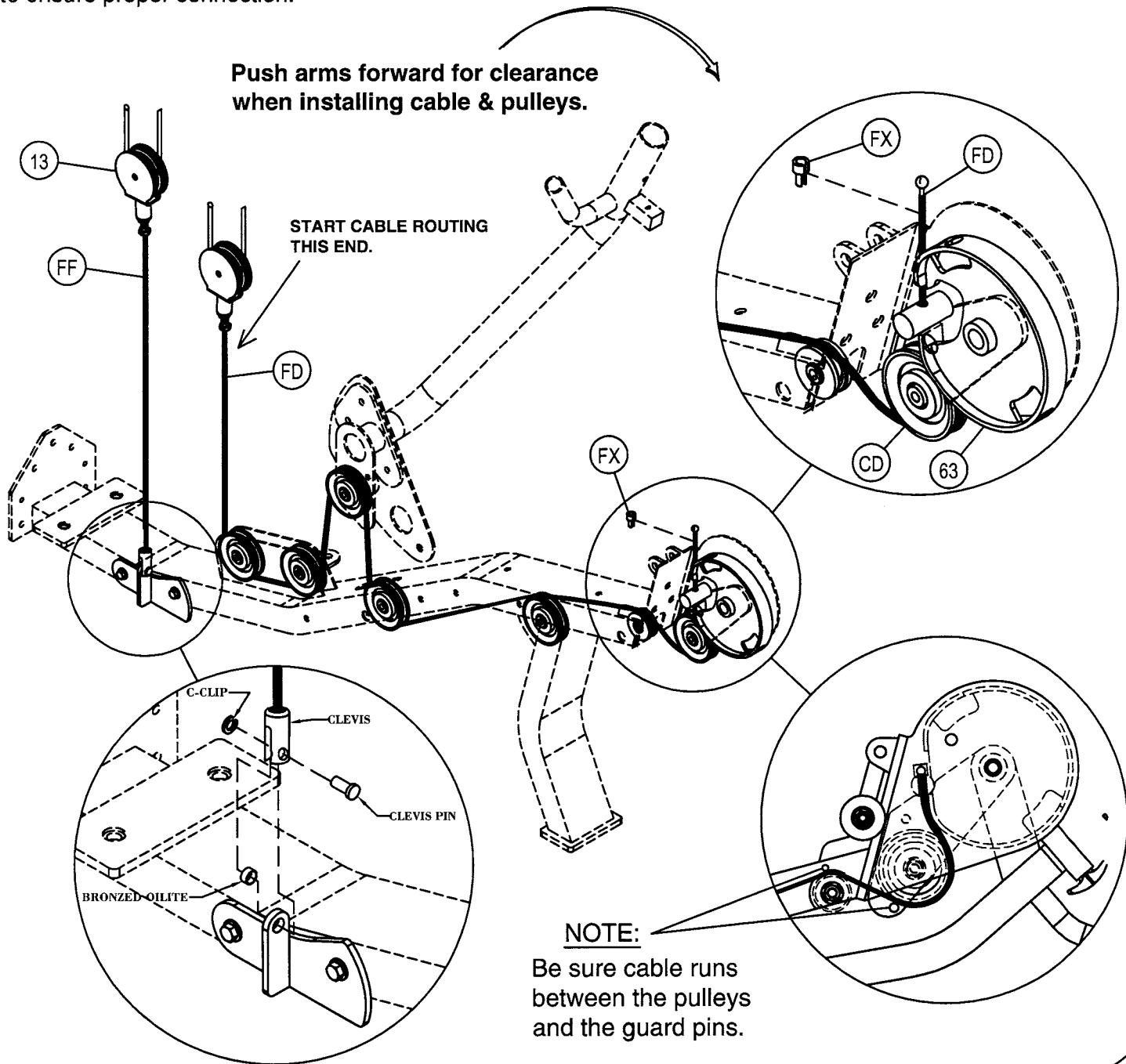


# OWNERS MANUAL

## INSTALL CABLE & PULLEYS AT THE SAME TIME.

### CABLE ROUTING

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



# OWNERS MANUAL

# OWNERS MANUAL

## Step 2n FRAME ASSEMBLY

Take (65) and slide it into (58), and attach it. Wrench Tighten bolts. Next slide (66) onto (65) followed by (67) and Wrench Tighten bolt; then, if necessary, loosen bolt enough so (66) pivots freely.

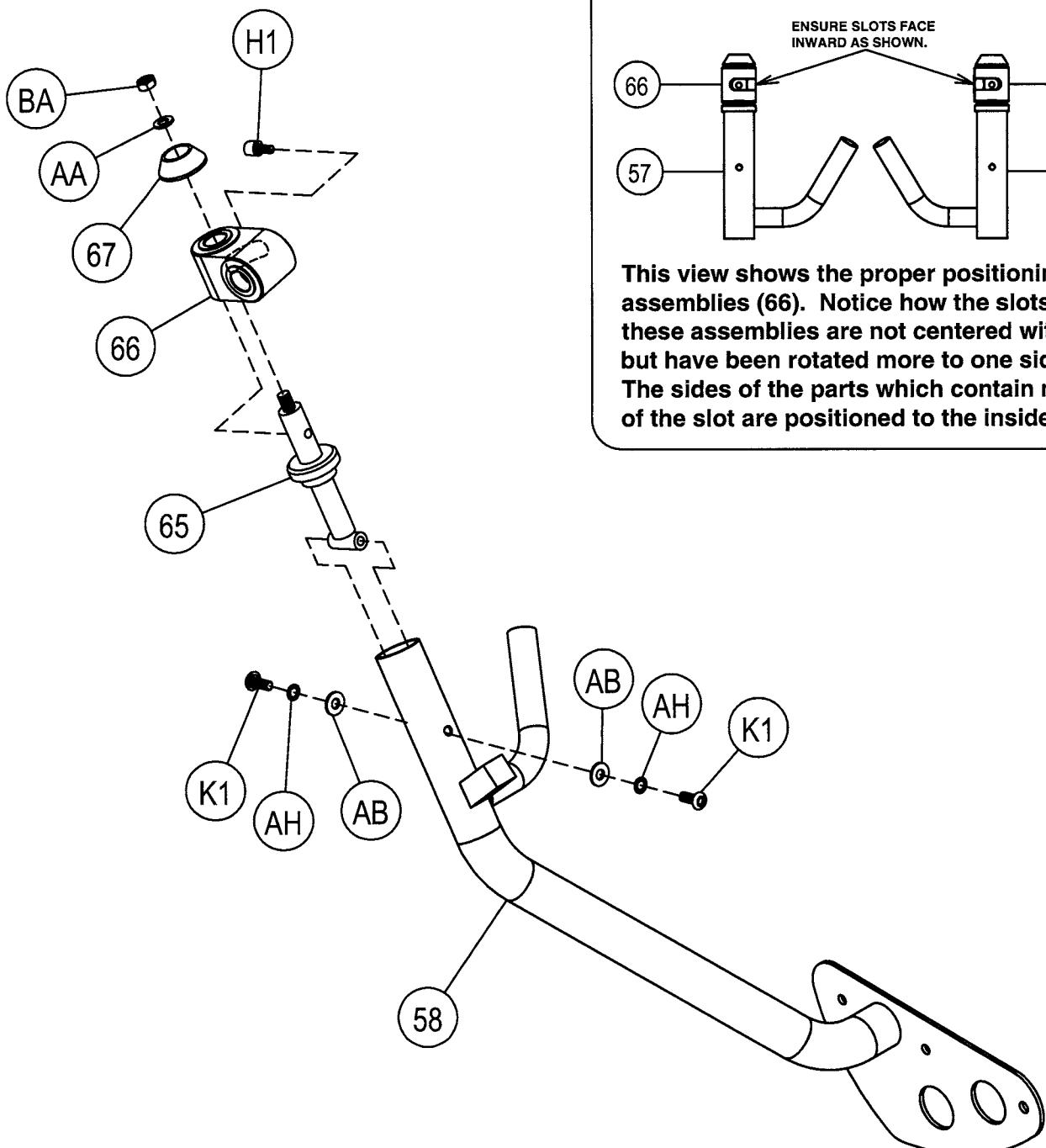
### Part Descriptions

**58** - Left Arm Assembly  
**65** - Handle Assembly  
**66** - Bearing Housing  
**67** - Aluminum Bolt On Cap

### Hardware Descriptions

**H1** - 3/8-16UNC x 3/4" SHB (WZ)  
**K1** - 3/8-16UNC x 3/4" BHS (WZ)  
**AA** - 1/2 SAE Flat Washer (WZ)  
**AB** - 3/8" USS Flat Washer (WZ)  
**AH** - 3/8" Internal Lock Washer (WZ)  
**BA** - 1/2-13UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL



**NOTE: REPEAT ASSEMBLIES ON BOTH SIDES.**

# OWNERS MANUAL

## Step 2o FRAME ASSEMBLY

**Start assembly by sliding (68)'s into (69) and (70) as shown.  
Wrench Tighten Bolts.**

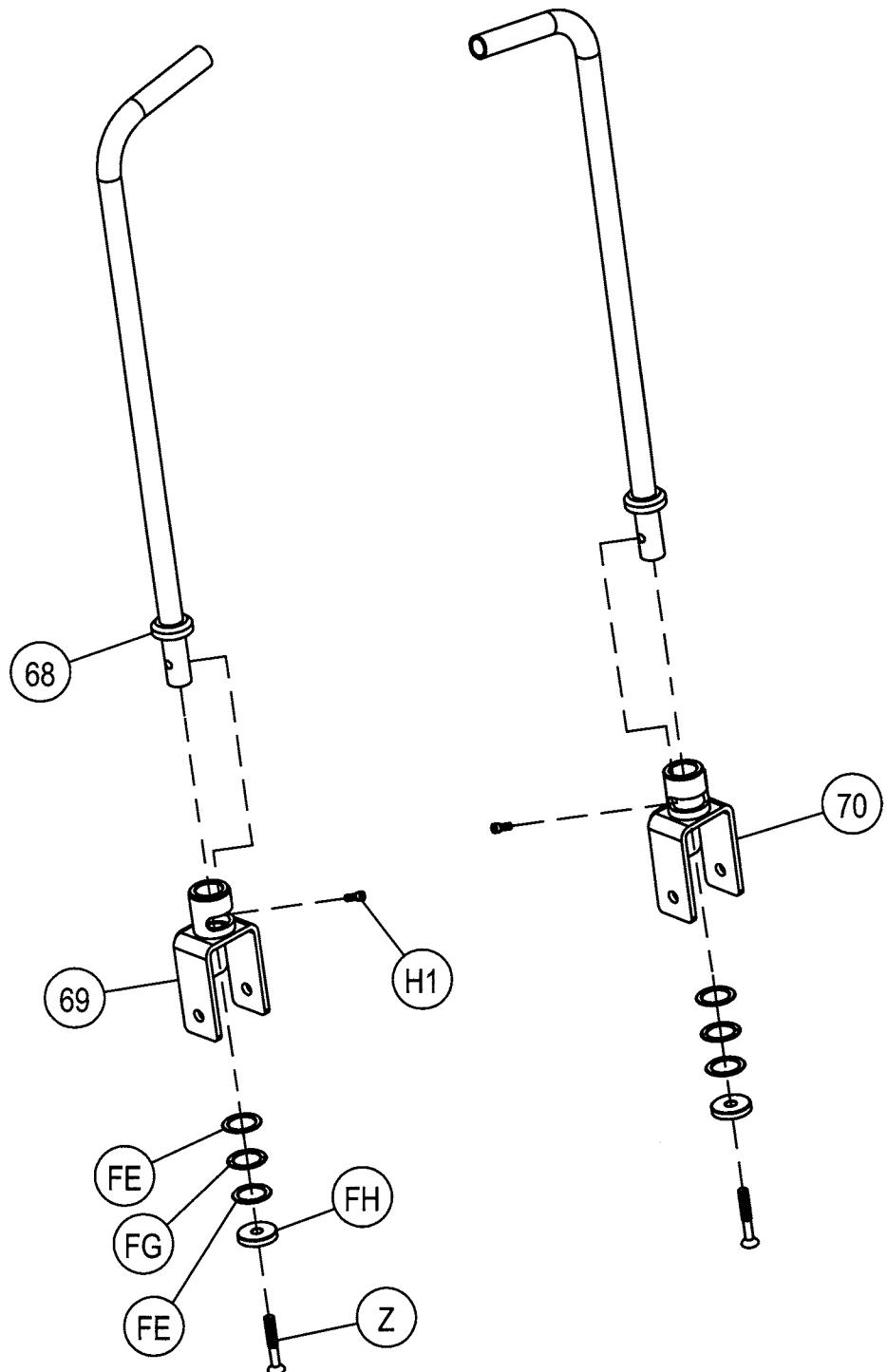
### Part Descriptions

**68 - Articulating Arm Assembly  
69 - Pivoting Base Handle Assembly (Left)  
70 - Pivoting Base Handle Assembly (Right)**

### Hardware Descriptions

**Z - 3/8-16UNC x 1" FHS (WZ)  
H1 - 3/8-16UNC x 3/4" SHB (WZ)  
FE - Ø1.00" Thrust Washer  
FG - Ø1.00" Thrust Bearing  
FH - Ø1.38" x 5/16" THK Cap**

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2p FRAME ASSEMBLY

**Start assembly by attaching (76)'s to (57) and (58). Next slide (71)'s into (66)'s as shown. Now Attach (69) and (70) to (66)s. Wrench tighten bolts then loosen nut's enough so (69) and (70) pivot freely.**

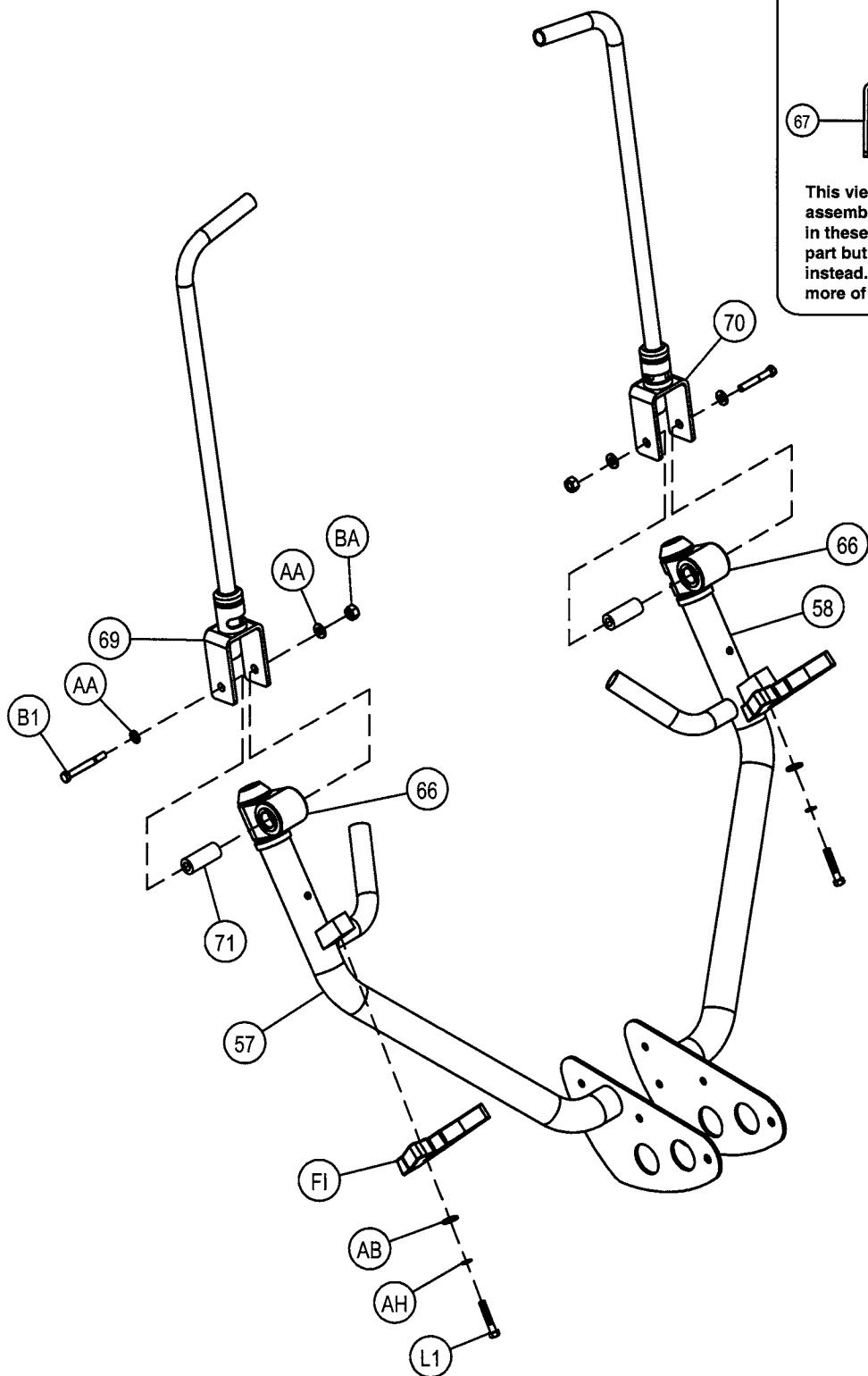
### Part Descriptions

57 - Right Arm Assembly  
58 - Left Arm Assembly  
69 - Pivoting Base Handle Assembly (Left)  
70 - Pivoting Base Handle Assembly (Right)  
71 - Ø1.00 X 2.45" lg. Axle  
76 - Plastic Handle Rest

### Hardware Descriptions

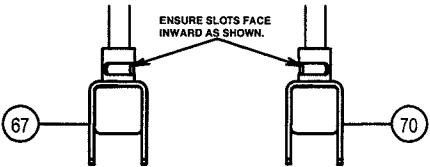
L1 - 3/8-16UNC x 1 3/4" BHS (WZ)  
B1 - 1/2-13UNC x 3 1/2" HHB (WZ)  
AA - 1/2" SAE Flat Washer (WZ)  
AB - 3/8" USS Flat Washer (WZ)  
AH - 3/8" Internal Lock Washer (WZ)  
BA - 1/2-13UNC Thin Lock Nut (WZ)

# OWNERS MANUAL



## ASSEMBLY NOTE:

This view is shown from the front for clarity.



This view shows the proper positioning of assemblies (69) & (70). Notice how the slots in these assemblies are not centered with the part but have been rotated more to one side instead. The sides of the parts which contain more of the slot are positioned to the inside.

# OWNERS MANUAL

## Step 2q PAD ASSEMBLY

In step 2q-1, attach (74) to (73). In step 2q-2, attach (72) to (50) as shown. Wrench Tighten Bolts.

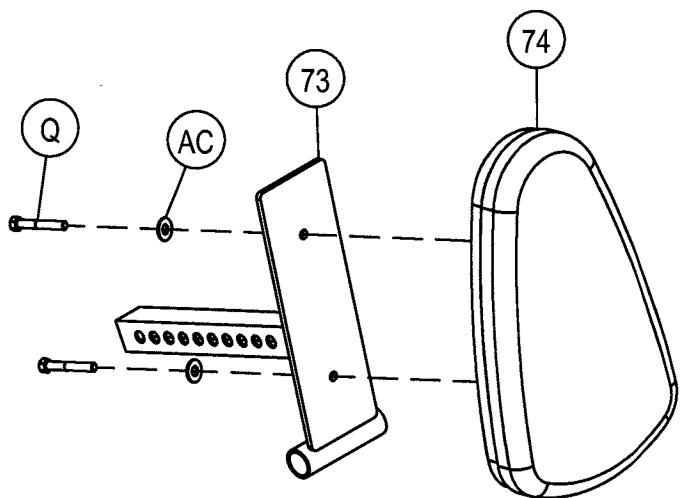
### Part Descriptions

**50** - Base Assembly  
**72** - Base Seat Handle Assembly  
**73** - Back Adjuster Assembly  
**74** - Back Pad Assembly

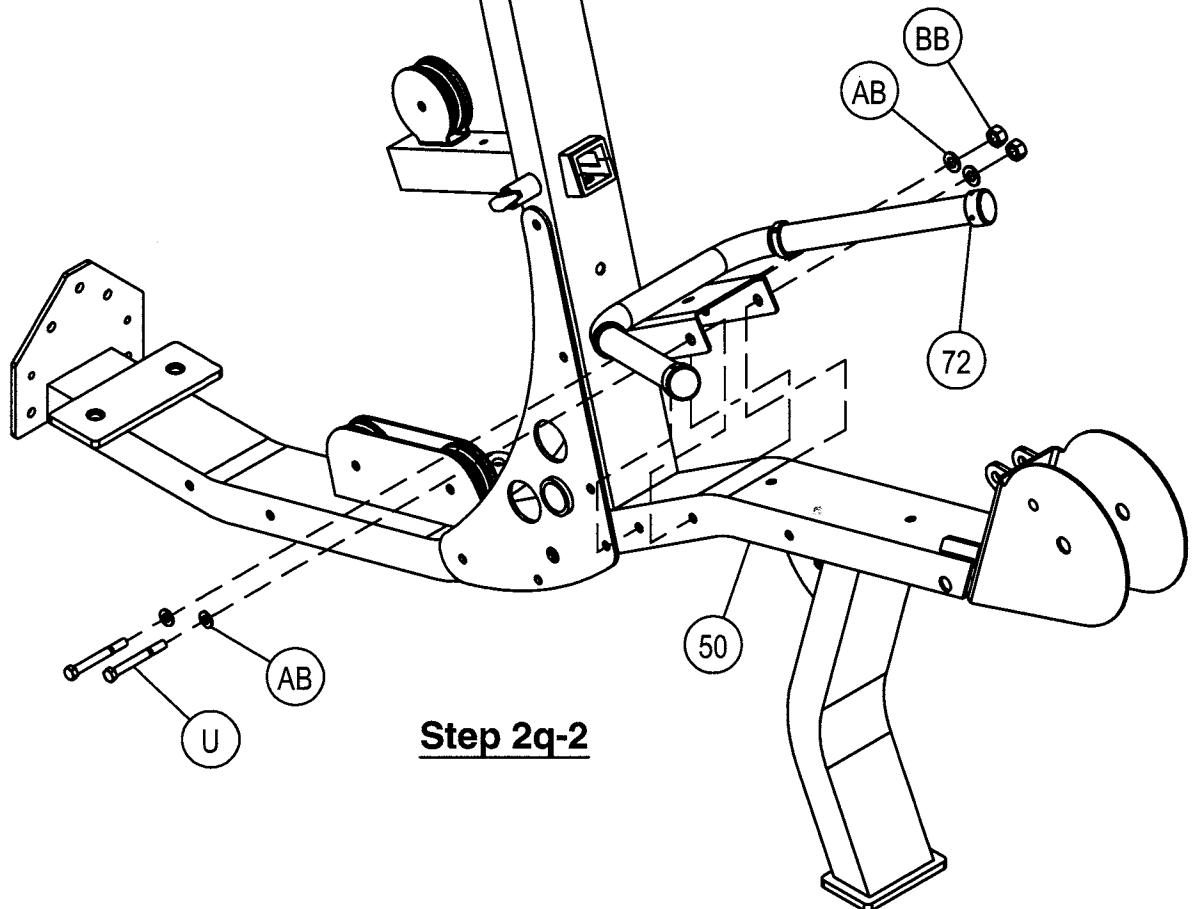
### Hardware Descriptions

**U** - 3/8-16UNC x 4 3/4" HHB (WZ)  
**Q** - 5/16-18UNC x 1 1/4" HHB (WZ)  
**AB** - 3/8" USS Flat Washer (WZ)  
**AC** - 5/16" SAE Flat Washer (WZ)

# OWNERS MANUAL



**Step 2q-1**



**Step 2q-2**

# OWNERS MANUAL

## Step 2r PAD ASSEMBLY

**Start assembly by sliding (73) into (52) as shown. Next attach (75) to (50). Wrench Tighten Bolts.**

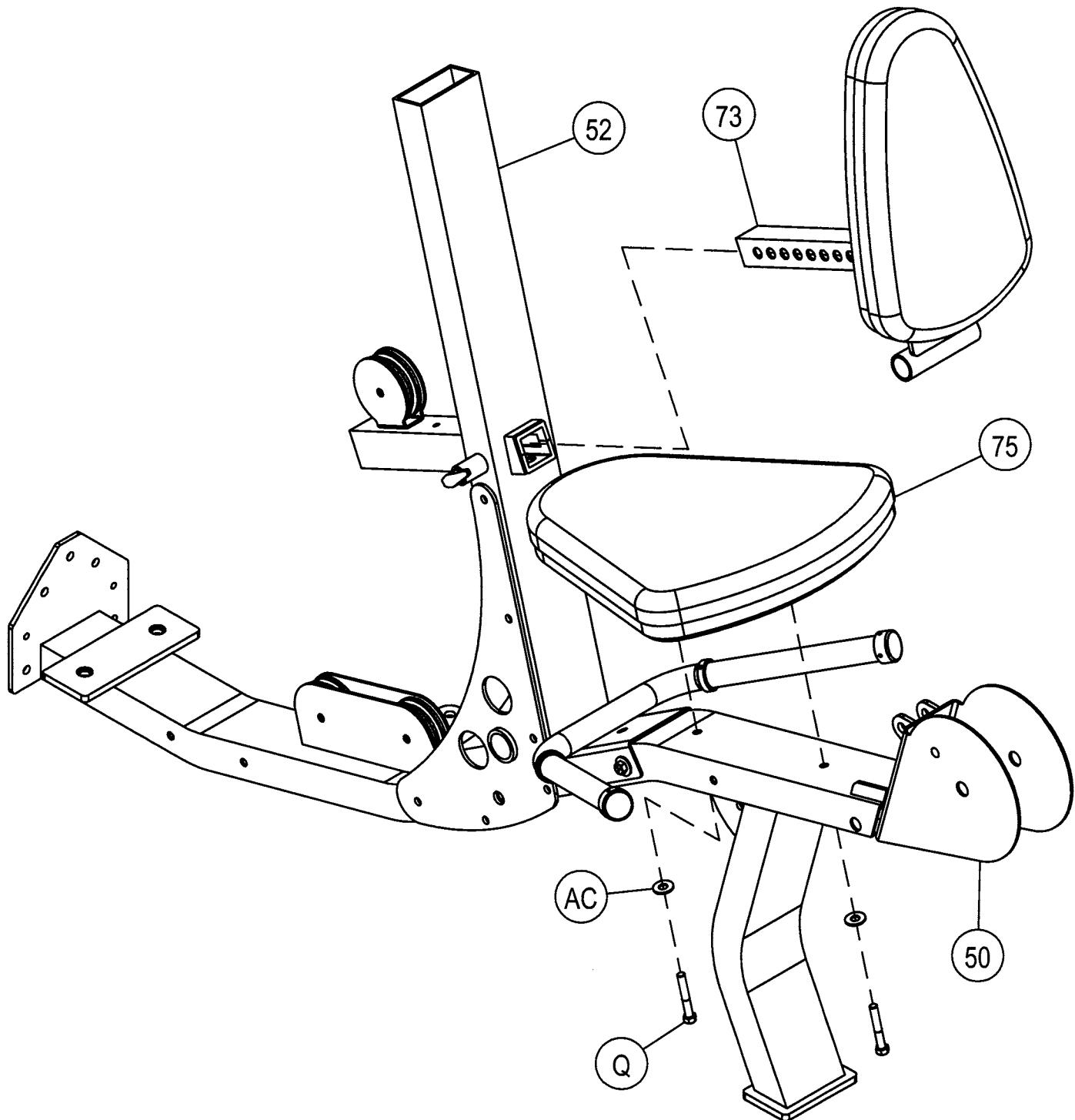
### Part Descriptions

**50 - Base Assembly  
52 - Main Upright Assembly  
73 - Back Adjuster Assembly  
75 - Seat Pad Assembly**

### Hardware Descriptions

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

# OWNERS MANUAL



# OWNERS MANUAL

## Step 2s PAD ASSEMBLY

Start by sliding (CF)'s into both sides of (62), and (73) as shown. Next insert (CQ)'s into both sides of (8)'s. Now slide (5)'s into (62) and (73). Slide (8)'s onto both sides of (5)'s and (64) as shown. Wrench Tighten Bolts.

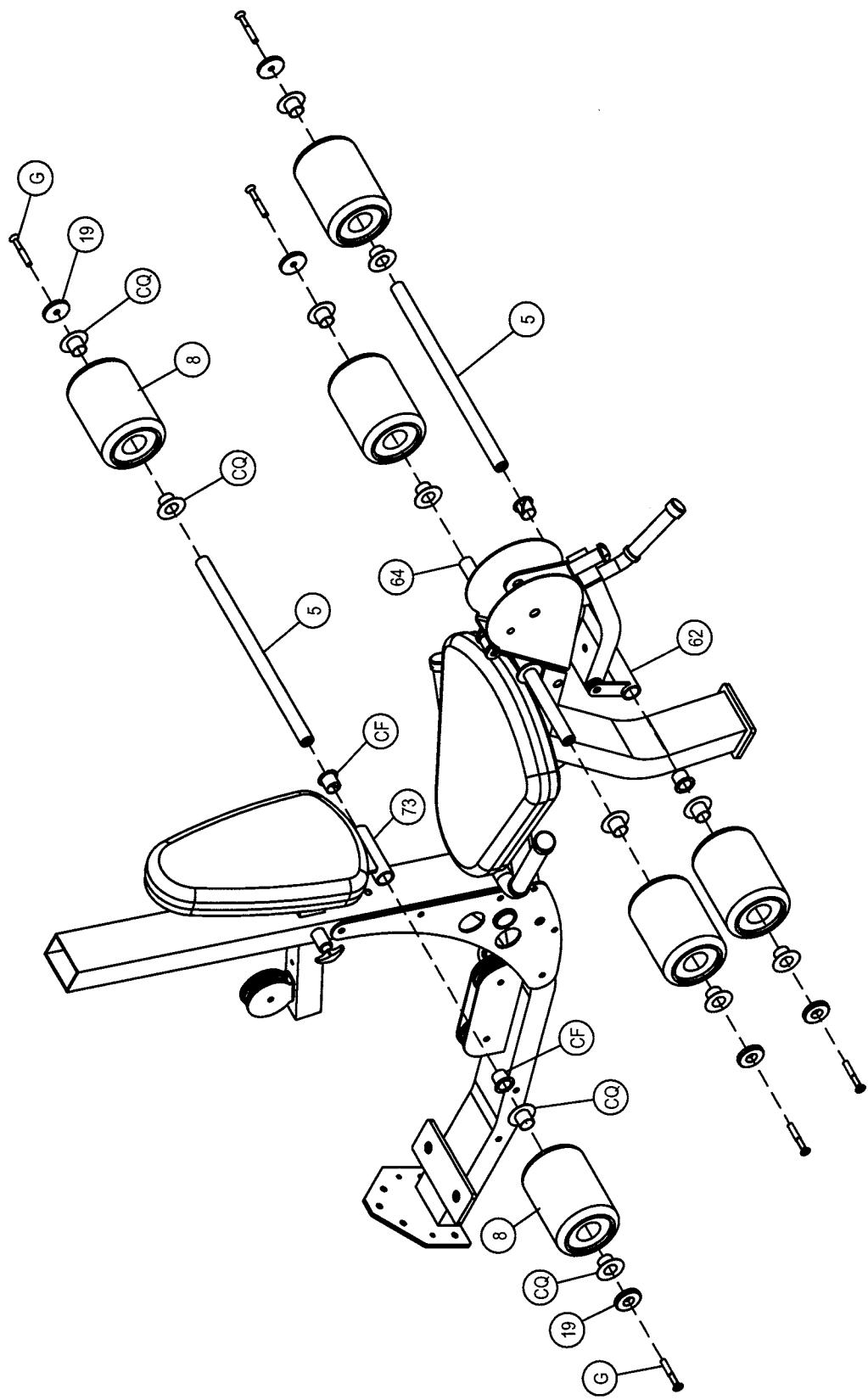
### Part Descriptions

5 - 18.69" lg. Roller Bar Assembly  
8 - Roller Pad  
19 - Aluminum Cap 2.00" O.D. x .31" thk  
62 - Roller Pivot Hanger Assembly  
64 - Roller Swivel Assembly  
73 - Back Adjuster Assembly

### Hardware Descriptions

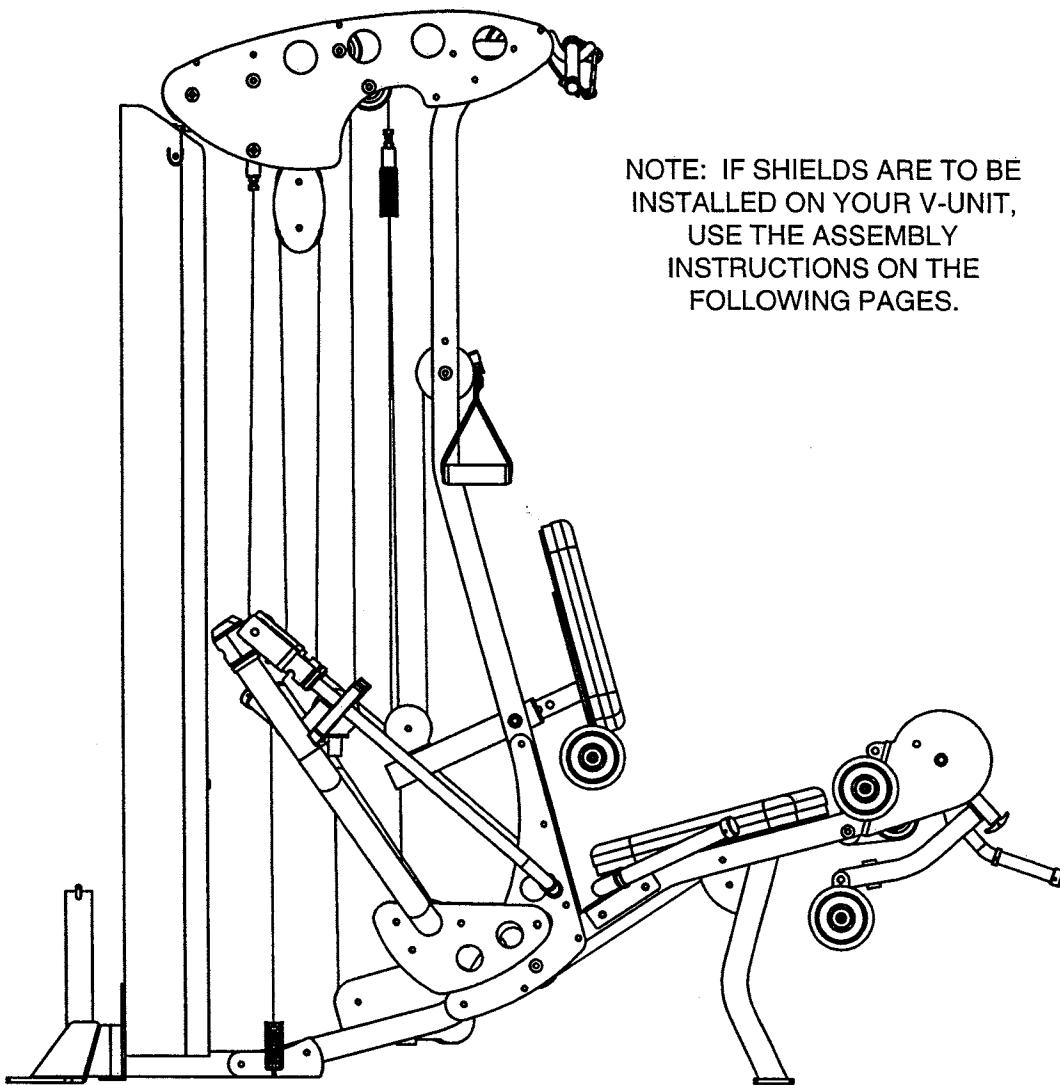
G - 3/8-16UNC x 1 1/4" FHS (WZ)  
CF - Nyliner Bushing  
CQ - Roller Bushing

# OWNERS MANUAL



# OWNERS MANUAL

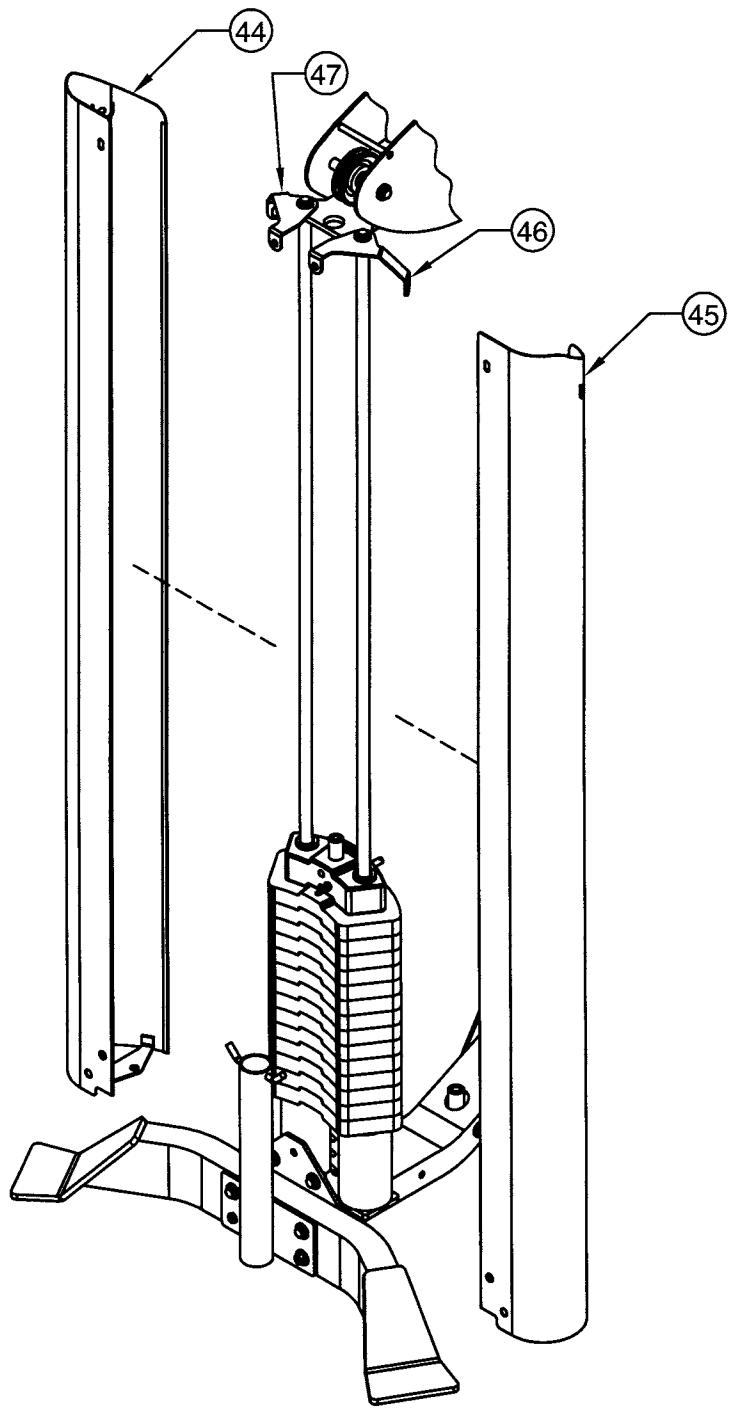
## SHIELD ASSEMBLY



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)

# OWNERS MANUAL



# OWNERS MANUAL

## Step 3a SHIELD ASSEMBLY

Start assembly by removing existing hardware as shown in Step 3a-1. Attach (47) and (46) and Hand Tighten Bolts Only using existing Hardware. Remove existing hardware as shown in Step 3a-2 and set aside for a later step.

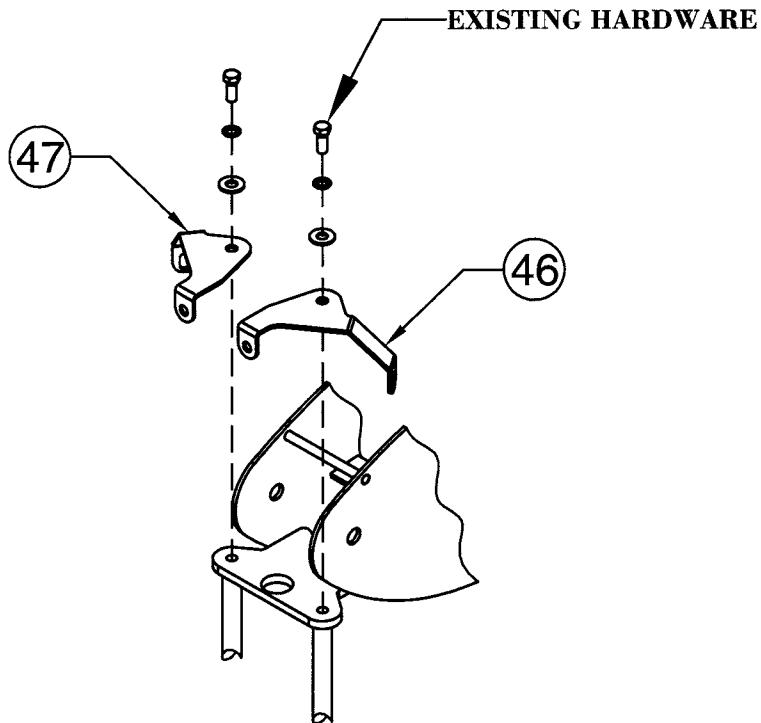
### Part Descriptions

**44 - RIGHT SHIELD**  
**45 - LEFT SHIELD**  
**46 - LEFT BRACKET**  
**47 - RIGHT BRACKET**

### Hardware Descriptions

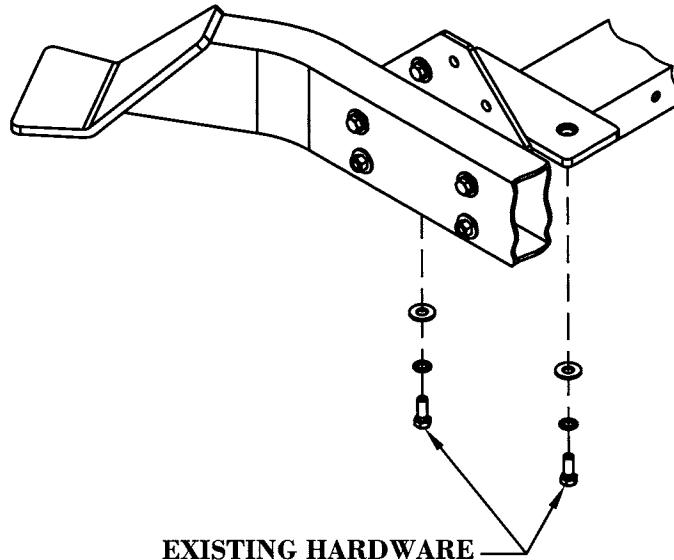
**USING EXISTING HARDWARE**

# OWNERS MANUAL



STEP 3a-2

STEP 3a-1



# OWNERS MANUAL

## Step 3b SHIELD ASSEMBLY

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

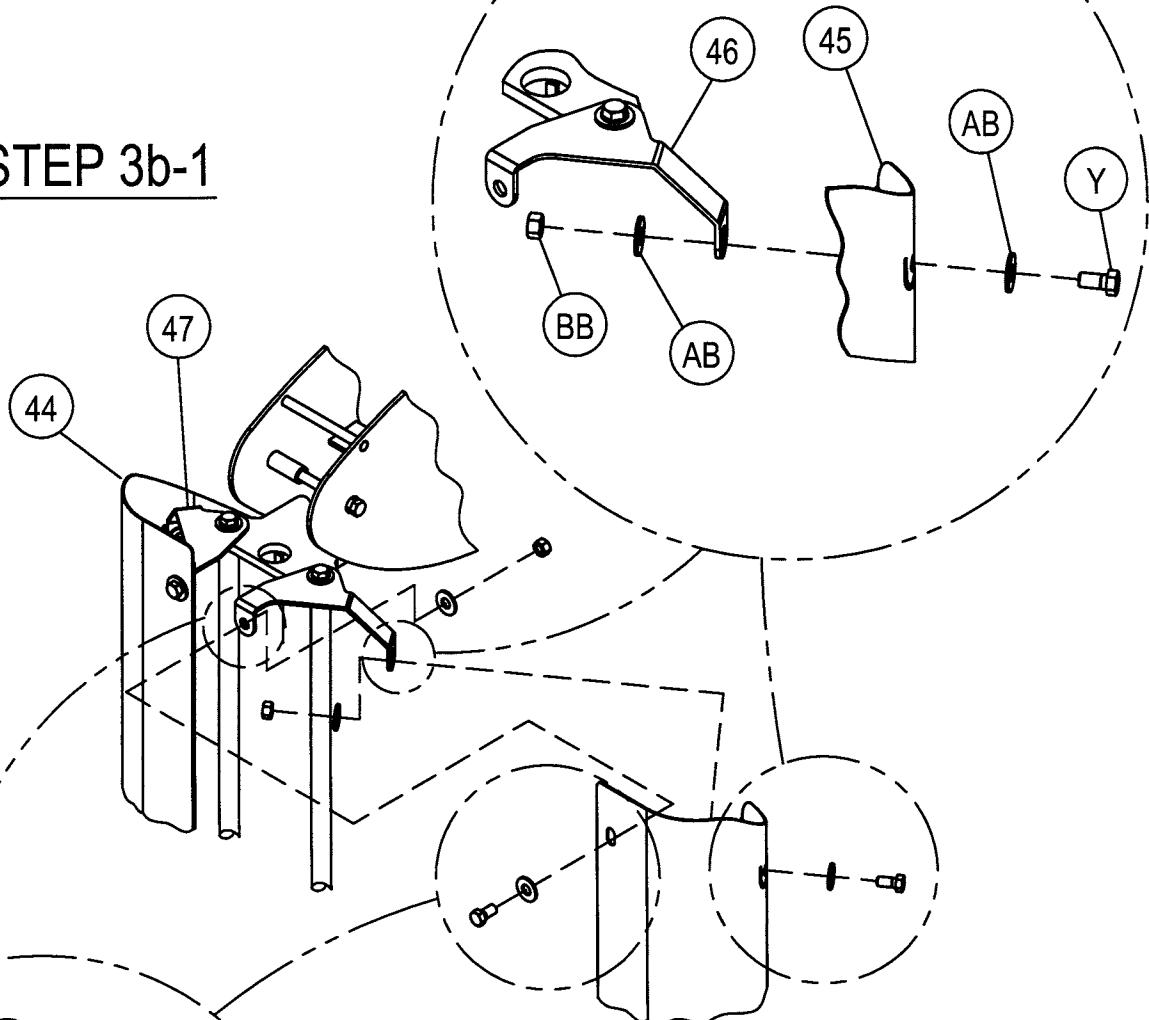
- 44 - Right Shield
- 45 - Left Shield
- 46 - Left Bracket
- 47 - Right Bracket

### Hardware Descriptions

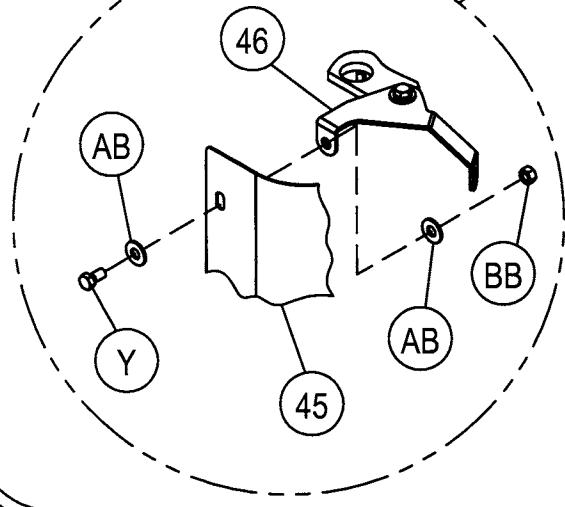
- Y - 3/8-16UNC x 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BB - 3/8-16UNC Thin Nylok Nut (WZ)

# OWNERS MANUAL

## STEP 3b-1



## STEP 3b-2



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

# OWNERS MANUAL

## Step 3c SHIELD ASSEMBLY

Start assembly by aligning hole of bracket on the bottom of (45) to the hole on weight stack mount plate, and attach with existing hardware. This will be done blindly as with the weight stack in place. You will have to feel around wth the fastening bolt to find the mounting hole. Be sure that the bracket on (45) is mounted to the bottom of the weight stack mount plate.

### Part Descriptions

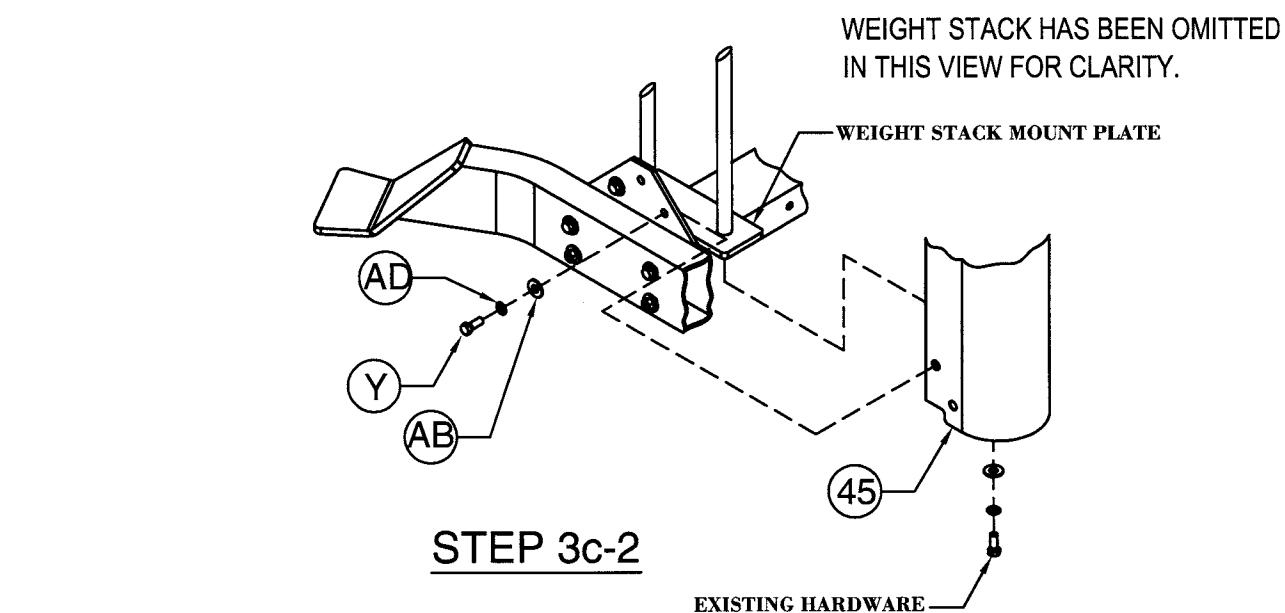
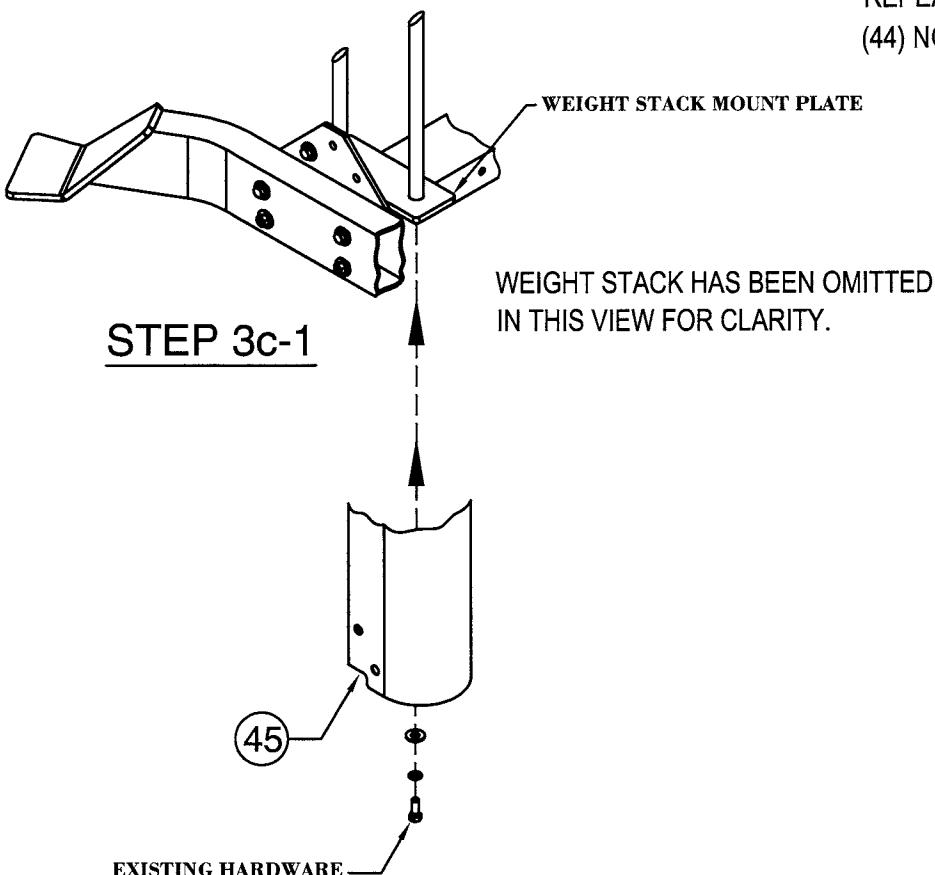
45 - LEFT SHIELD  
44 - RIGHT SHIELD

### 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).  
(44) NOT SHOWN ASSEMBLED FOR CLARITY.



# OWNERS MANUAL

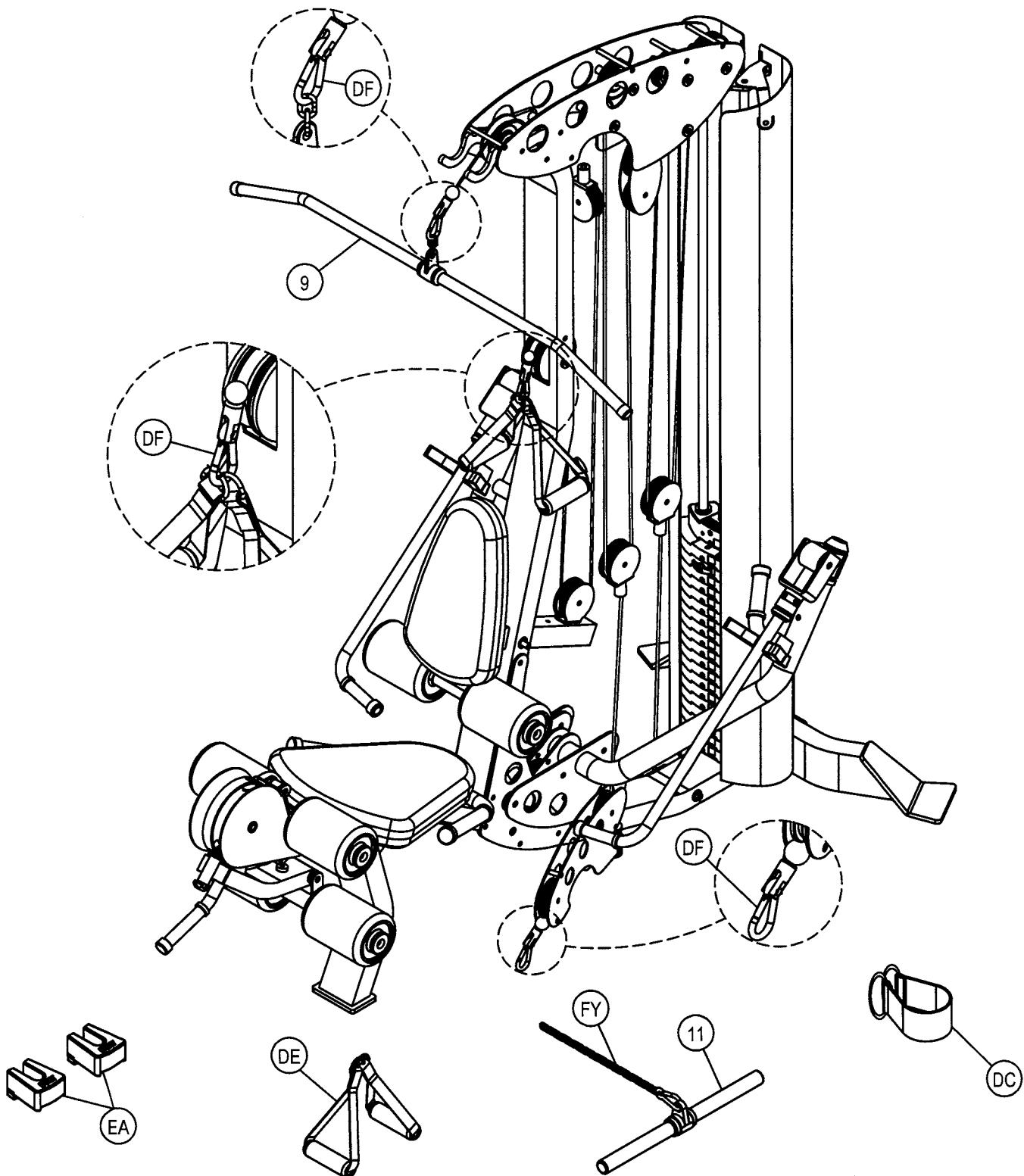
## ACCESSORIES ASSEMBLY

<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 Lat Bar
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
1		Exercise Chart
1		Accent Touch Up Paint
1		Base Touch Up Paint

# OWNERS MANUAL



# OWNERS MANUAL

## PRE-ASSEMBLY

### Part Descriptions

- 10 - 1/2" Long Pullpin (Hex Head) Assy.
- 15 - 10 lbs. Intermediate Radial Loc®Weight Plate
- 18 - 21 Holes Stem
- 25 - Cast Radial Loc®Top Weight
- 28 - Lanyard Pin
- 41 - Accessory Rack
- 50 - Base Assembly
- 51 - Bottom Upright Support Assembly
- 52 - Main Upright Assembly
- 53 - Top Main Frame Assembly
- 55 - Pulley Swivel Assembly
- 56 - Arm Pivoting Linkage Assembly
- 57 - Right Arm Assembly
- 58 - Left Arm Assembly
- 60 - Resistance Push Plate Assembly
- 61 - Leg Extension Assembly
- 63 - R.O.M Assembly
- 64 - Roller Swivel Assembly
- 66 - Bearing Housing
- 68 - Articulating Arm Assembly
- 69 - Pivoting Base Handle Assembly (Left)
- 70 - Pivoting Base Handle Assembly (Right)
- 72 - Base Seat Handle Assembly
- 73 - Back Adjuster Assembly

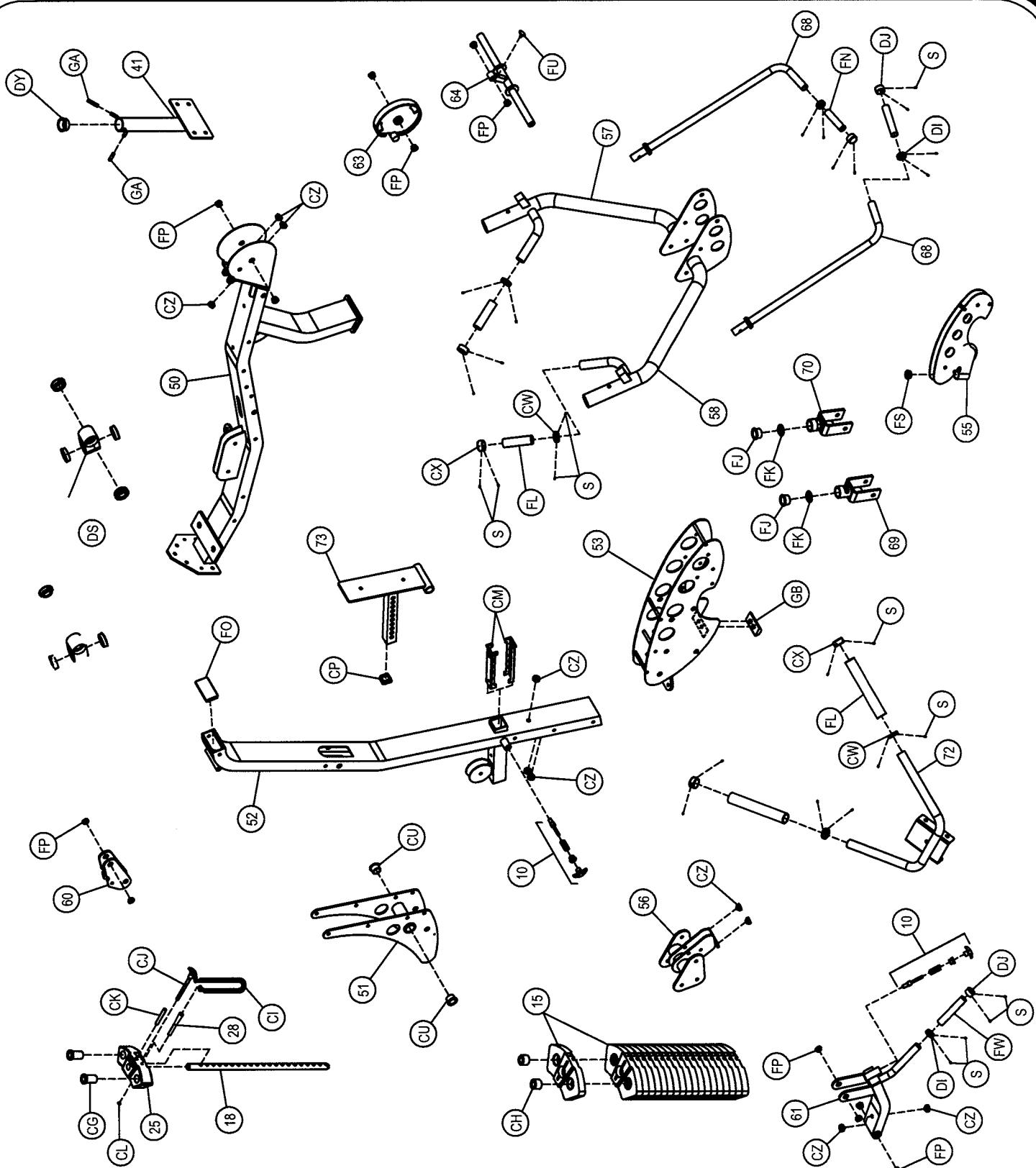
### Hardware Descriptions

- S - 10-32 x 1/8" Set Screw
- 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
- CP - 1 1/2" x 1 1/2" End Cap
- CU - Ø1" Flanged Oilite
- CW - 1.28" I.D. Aluminum Ring
- CX - 1.28" I.D. Aluminum Cap
- CZ - Plug Bumper
- DI - 1.03" I.D. Aluminum Ring
- DJ - 1.03" I.D. Aluminum Cap
- DS - 1" Flanged Ball Bearing
- DY - Delrin Bushing
- FJ - 1.00" I.D. Flanged Plastic Bushing
- FK - 0.25" Thin Plastic Bushing
- FL - Ø1.188" I.D. x 8.75" lg. Rubber Grip
- FN - Ø.937" I.D. x 12.00" lg. Rubber Grip
- FO - Standard 2" x 4" End Cap
- FP - Ø1/2" I.D. x 7/16" lg. Flanged Oilite
- FR - Ø1" I.D. Flanged Oilite
- FS - 1/2" Flanged Ball Bearing
- FU - Bumper Tree
- FW - Ø1.188" I.D. x 3.75" lg. Rubber Grip
- GA - Ø.375" x 1.60" Vinyl Sleeve
- GB - Bumper, Half Round, Dual Stem

## **\*IMPORTANT\***

Now that the V5A 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.

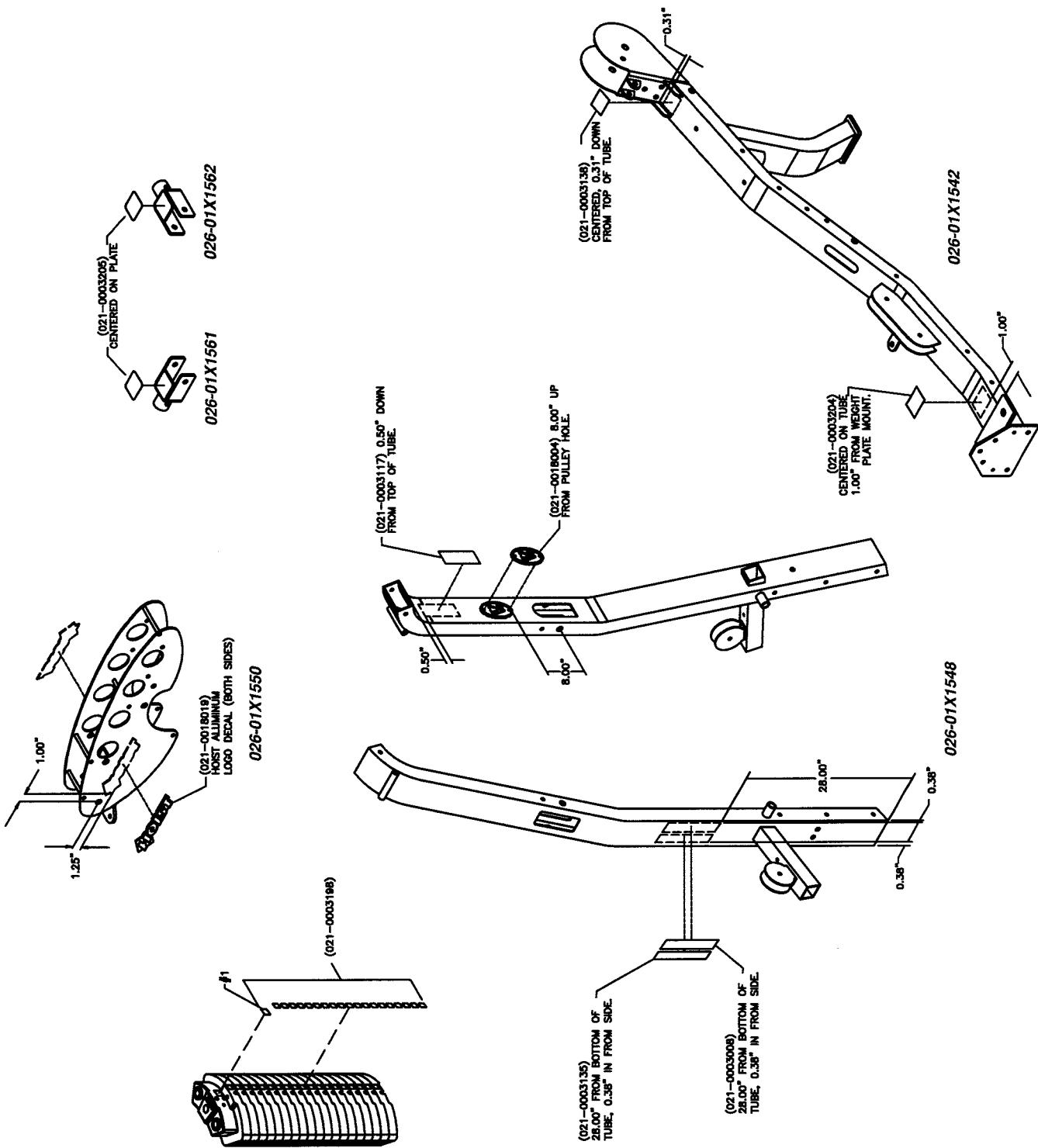
# OWNERS MANUAL



# OWNERS MANUAL

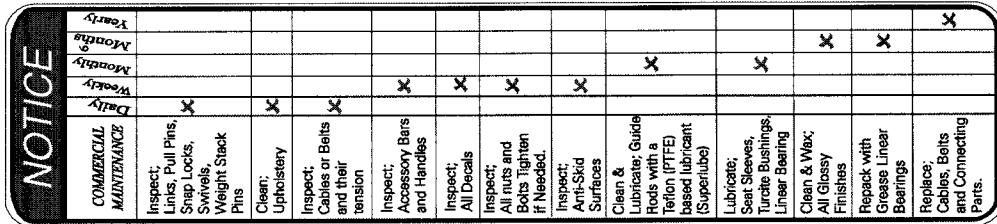
# OWNERS MANUAL

## DECAL PLACEMENTS



# OWNERS MANUAL

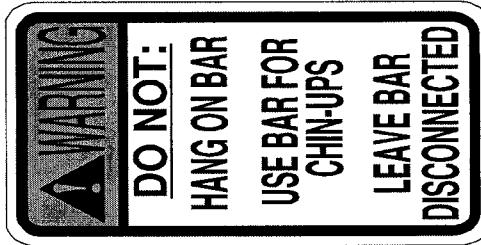
## DECAL REFERENCE



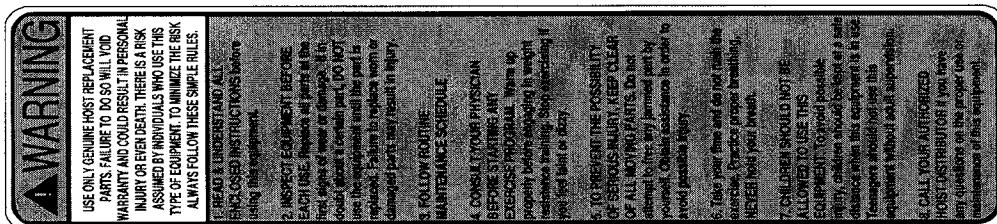
021-0003008



021-0003114



021-0003117



021-0003135

# OWNERS MANUAL

## DECAL REFERENCE



**021-0018019**

**11**

**12**

**13**

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**18**

**19**

**20**

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**9**

**10**

**021-0003198**



**021-0003024**

**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
5	2	026-01X1425	18.69" lg. Roller Bar Assy.
8	6	022-01PDR005	Roller Pad
10	2	026-01X0186	1/2" Long Pullpin (Hex Head) Assy.
12	1	026-01X1404	Bar Mount Assembly
13	3	026-01X1414	Pulley Mount
15	19	026-01W0142	10 lbs. Intermediate Radial Weight
17	2	026-01G0177	Ø0.75 CRS x 71.31 lg.
18	1	026-01W0139	21 Hole Weight Stem
19	6	026-01M0238	Aluminum Cap Ø2.00 X .31 THK
20	1	026-01M0586	Ø1.00 X 2.50 lg. CRS Cable Anchor
21	2	026-01M0760	.50" lg. Heavy Flanged Spacer
22	12	026-01M0761	1.69" Heavy Flanged Spacer
23	2	026-01M0762	1.50" Heavy Flanged Spacer
25	1	26-STD-SWTOP9	8.50 lbs. Cast Radial Top Weight
26	2	026-01P1689	.125 HRS Plate
28	1	10-LRD-1012T	Lanyard Pin
41	1	026-01X1453	Accessory Rack Assembly
50	1	026-01X1542	Base Assembly
51	1	026-01X1559	Bottom Upright Support Assembly
52	1	026-01X1548	Main Upright Assembly
53	1	026-01X1550	Top Main Frame Assembly
54	1	026-01X1552	Cable Anchor
55	1	026-01X1660	Pulley Swivel Assembly
56	1	026-01X1558	Arm Pivoting Linkage Assembly
57	1	026-01X1556	Right Arm Assembly
58	1	026-01X1557	Left Arm Assembly
59	1	026-01M0820	Ø1.00 CRS x 5.37 lg. Axel
60	1	026-01X1543	Resistance Push Plate Assembly
61	1	026-01X1545	Leg Extension Assembly
62	1	026-01X1544	Roller Pivot Hanger
63	1	026-01X1546	R.O.M Assembly
64	1	026-01X1547	Roller Swivel Assembly
65	2	026-01X0877	Handle Assembly
66	2	026-01M0521	Bearing Housing
67	2	026-01M0519	Aluminum Bolt on Cap
68	2	026-01X1563	Articulating Arm Assembly
69	1	026-01X1561	Pivoting Base Handle Assembly (Left)
70	1	026-01X1562	Pivoting Base Handle Assembly (Right)
71	2	026-01M0526	Ø1.00" x 2.45" lg. Axel
72	1	026-01X1540	Base Seat Handle Assembly
73	1	026-01X1560	Back Adjuster Assembly
74	1	022-01PD0115A	Back Pad Assembly
75	1	022-01PD0116A	Seat Pad Assembly
76	2	026-01PL374	Plastic Handle Rest
77	2	026-01P1564	Pulley Shield
78	2	026-01M0551	1.00" lg. Heavy Flanged Pulley Spacer

# OWNERS MANUAL

## HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Key#	Qty.	Part Number	Description
F	4	011-0107037	3/8-16UNC x 1 1/4" HHB (WZ)
G	6	011-0002003	3/8-16UNC x 1 1/4" FHS (WZ)
H	16	011-0107022	3/8-16UNC x 5" HHB (WZ)
K	4	011-0107046	3/8-16UNC x 4 1/2" HHB (WZ)
L	11	011-0407020	3/8-16UNC x 1 3/4" HHB (WZ)
M	1	011-0007048	3/8-16UNC x 2 1/2" HHB (WZ)
N	2	011-0107047	3/8-16UNC x 3" HHB (WZ)
Q	4	011-0107011	5/16-18UNC x 1 1/4" HHB (WZ)
S	28	011-0311005	10-32 x 1/8" Set Screw
U	4	011-0107049	3/8-16UNC x 4 3/4" HHB (WZ)
X	2	011-0107020	3/8-16UNC x 3 1/4" HHB (WZ)
Z	2	011-0002042	3/8-16UNC x 1" FHB (WZ)
A1	1	011-0407018	1/2-13UNC x 2 1/2" HHB (WZ)
B1	3	011-0207026	1/2-13UNC x 3 1/2" HHB (WZ)
C1	1	011-0407055	1/2-13UNC x 4 1/2" HHB (WZ)
D1	1	011-0407055	1/2-13UNC x 4 3/4" HHB (WZ)
E1	1	011-0107054	1/2-13UNC x 6 3/8" HHB (WZ)
F1	2	011-0104041	3/8-16UNC x 2" HHB (WZ)
H1	4	011-0101005	3/8-16UNC x 3/4" SHB (WZ)
J1	6	011-0101026	3/8-16UNC x 1" HHB (WZ)
K1	4	011-0101041	3/8-16UNC x 3/4" BHS (WZ)
L1	2	011-0101061	3/8-16UNC x 1 3/4" BHS (WZ)
AA	16	013-0102003	1/2" SAE Flat Washer (WZ)
AB	86	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	6	013-0102016	3/8" Internal Lock Washer (WZ)
BA	9	012-0304011	1/2-13UNC Thin Nylok Nut (WZ)
BB	46	012-0104008	3/8-16UNC Thin Nylok Nut (WZ)
CA	2	26-STD-06-0153	1/2" THK Weight Stacker Bumper
CB	2	018-0002014	Ø4 1/2" Wide Groove Pulley
CD	17	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	026-01PL269	Ø7/16" x 3" Roll Pin
CL	1	014-001-5009	Lanyard Pin C-Clip
CM	2	026-01PL125	EZ Glide Sleeve
CP	1	016-0201004	1 1/2" x 1 1/2" End Cap
CQ	12	26-STD-06-0481	Roller Pad Bushing
CU	2	014-0101009	Ø1" Flanged Oilite
CW	4	026-01M0392	1.28" I.D. Aluminum Ring
CX	4	026-01M0391	1.28" I.D. Aluminum Cap
CZ	10	019-0001001	Plug Bumper
DI	3	026-01M0324	Ø1.030" I.D. x .375" Aluminum Ring
DJ	3	026-01M0323	Ø1.030" I.D. x .75" Aluminum Cap
DS	8	014-0009007	1" Flanged Ball Bearing
DY	1	026-01PL371	Delrin Bushing
FA	1	026-01SC0283t	Middle Cable
FB	1	026-01SC0284t	Weight Stack Cable
FC	1	026-01SC0285t	Ab Crunch Cable
FD	1	026-01SC0286t	Leg Extension Cable
FE	4	014-0024001	Ø1" Thrust Washer
FF	1	026-01SC0287t	Floating Pulley Anchor Cable
FG	2	014-0012001	Ø1" Thrust Bearing
FH	2	026-01M0240	Ø1.38 x 5/16" THK Cap
FJ	2	26-STD-V510800	1.00" I.D. Flanged Plastic Bushing
FK	2	026-01PL178	0.25" Thin Plastic Bushing
FL	4	026-01PL235-23	Ø1.188" I.D. x 8.75" lg. Rubber Grip
FN	2	026-01PL206-22	Ø.937" I.D. X 12.00" lg. Rubber Grip
FO	1	016-0201016	Standard 2" x 4" End Cap
FP	12	014-0101015	Ø1/2" I.D. x 7/16" lg. Flanged Oilite
FS	2	014-0003003	1/2" Flanged Ball Bearing
FU	1	016-0203003	Bumper Tree
FV	1	018-0001001	Ø2.00" Standard Pulley
FW	1	026-01PL235-25	Ø1.188" I.D. x 3.75" lg. Rubber Grip
FX	1	026-01M0200	Quick Release Cable Anchor
GA	2	016-0002007	Ø.375 x 1.60 Vinyl Sleeve
GB	1	026-01PL381	Bumper, Half Round, Dual Stem

# OWNERS MANUAL

**OWNERS  
MANUAL**

**ABBREVIATION LISTING**

**BZ = Black Zinc**

**WZ = White Zinc**

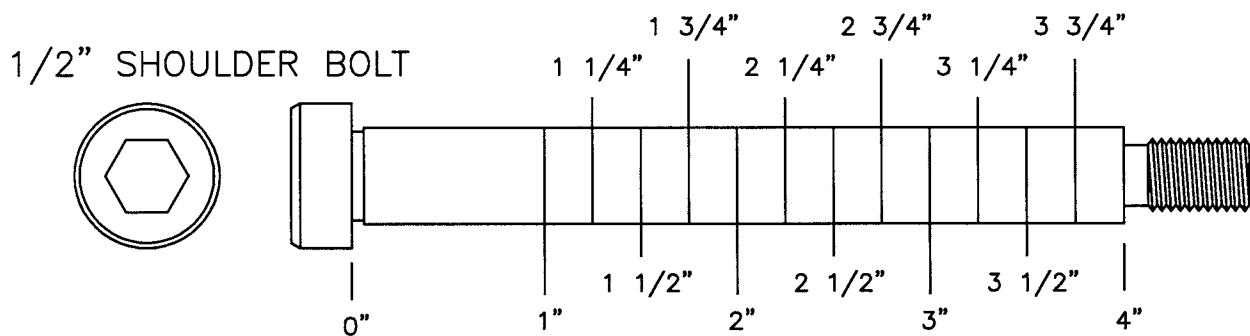
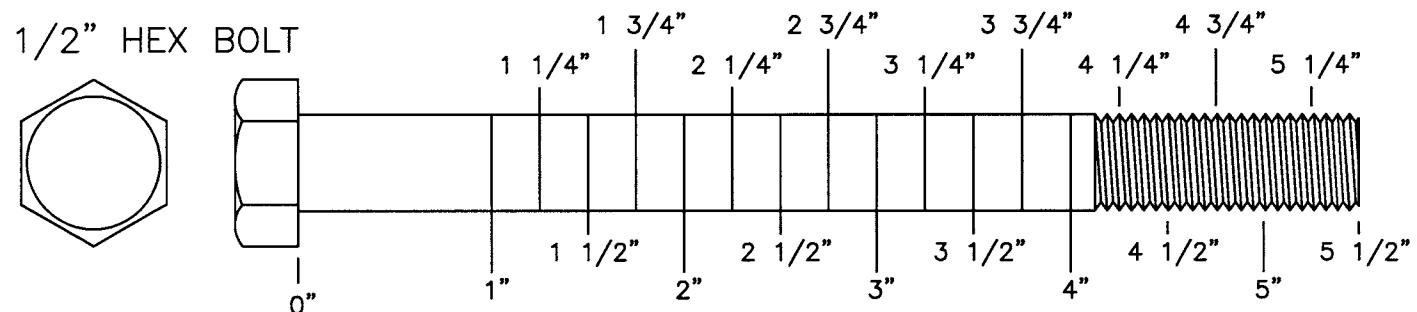
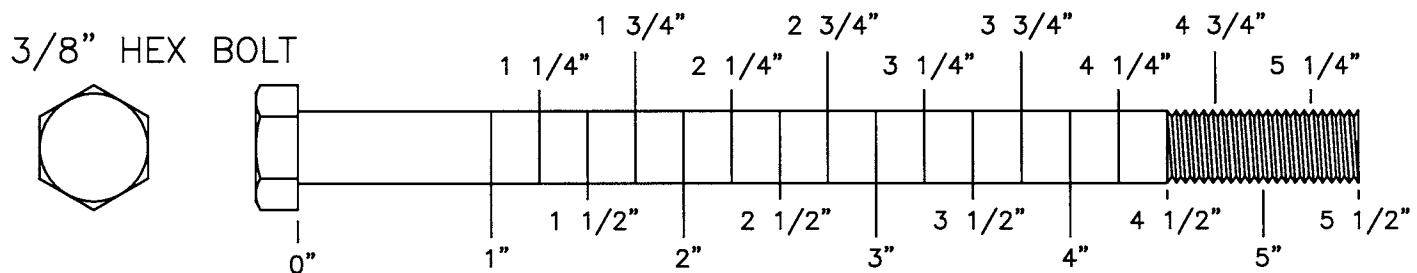
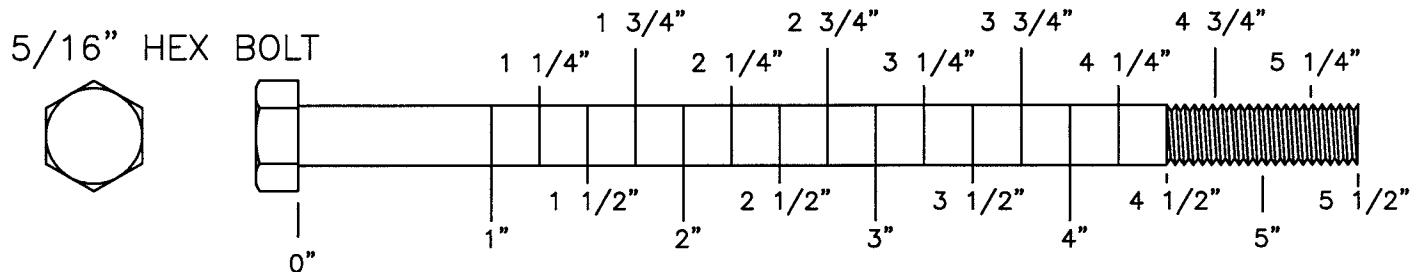
**FHS = Flat Head Screw**

**BHS = Button Head Screw**

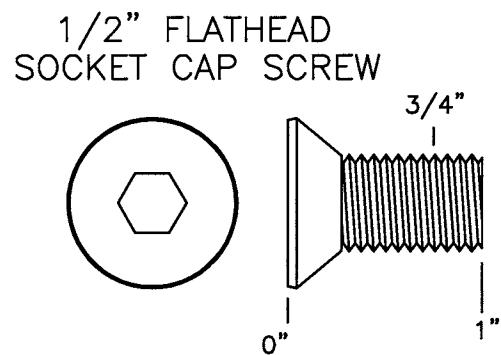
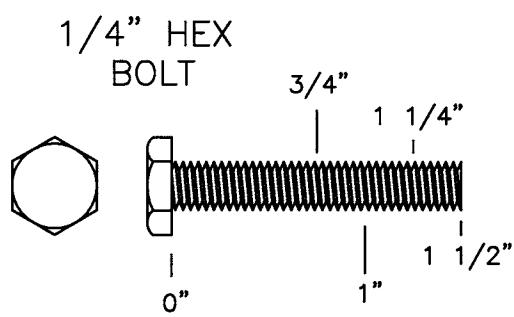
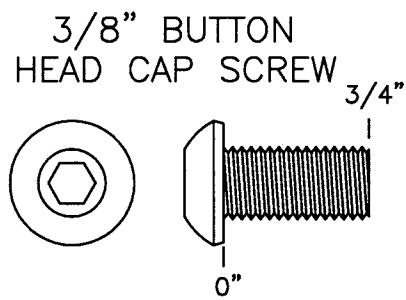
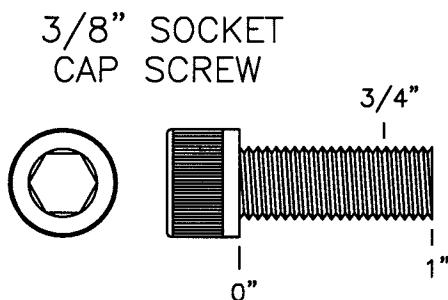
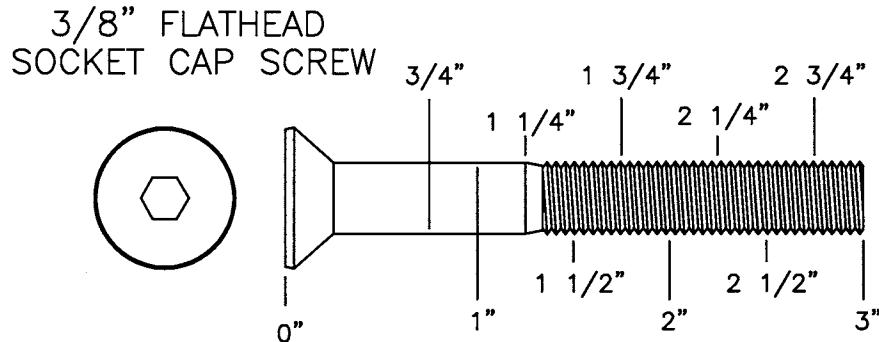
**SHS = Socket Head Screw**

**HHB = Hex Head Bolt**

# OWNERS MANUAL



# OWNERS MANUAL



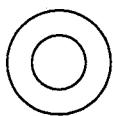
# OWNERS MANUAL

013-0002003

1/4"

FLAT WASHER

SMALL, SAE, 13mm

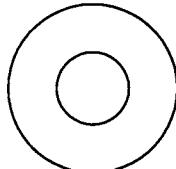


013-0102004

5/16"

FLAT WASHER

LARGE, USS, 22mm

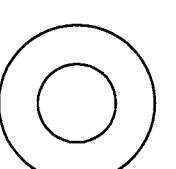


013-0002004

3/8"

FLAT WASHER

SMALL, SAE, 21mm

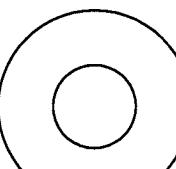


013-0402005

3/8"

FLAT WASHER

LARGE, USS, 25mm

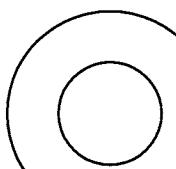


013-0102003

1/2"

FLAT WASHER

SMALL, SAE, 27mm

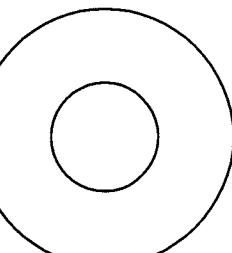


013-0102026

1/2"

FLAT WASHER

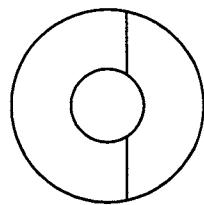
LARGE, USS, 34mm



013-0102028

3/8"

CURVED WASHER

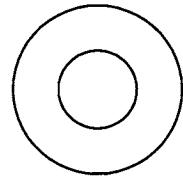


013-0402007

3/8"

FLAT WASHER

22mm O.D.



013-0102019

1/4"

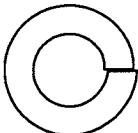
LOCK WASHER



013-0102020

3/8"

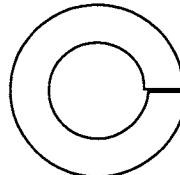
LOCK WASHER



013-0102018

1/2"

LOCK WASHER



014-0018001

1/2" LONG

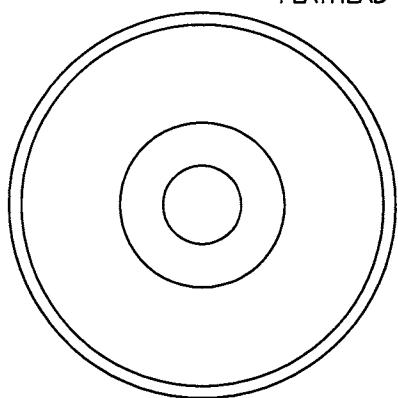
SPACER



026-01M0238

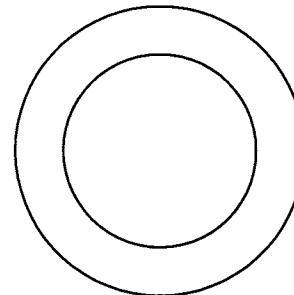
2" ALUMINUM

FLATHEAD CAP



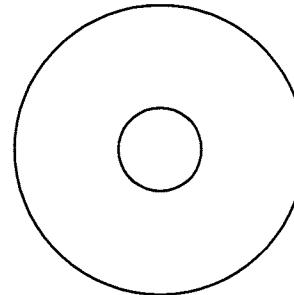
016-0009003

1" SHIM WASHER



013-0003002

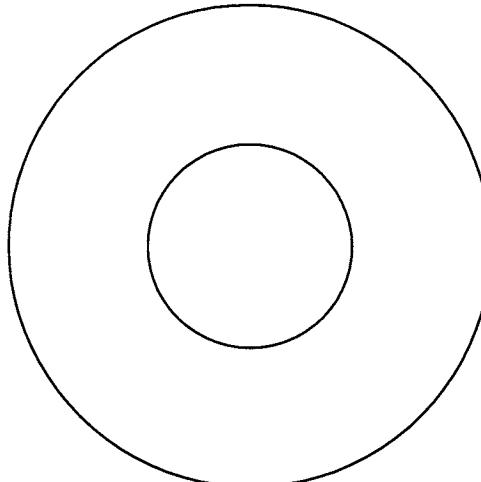
3/8" FENDER WASHER



013-0003004

1 1/16"

FENDER WASHER

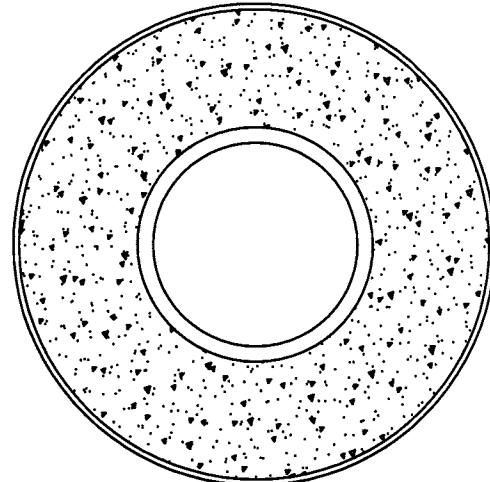


026-01PL151

PLASTIC

1 1/16"

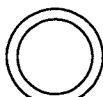
FENDER WASHER



014-0018002

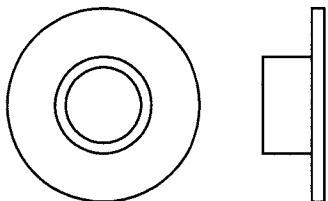
1" LONG

SPACER

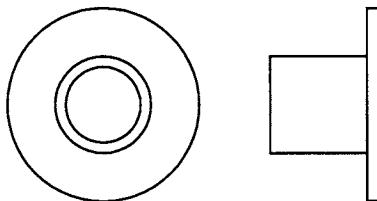


# OWNERS MANUAL

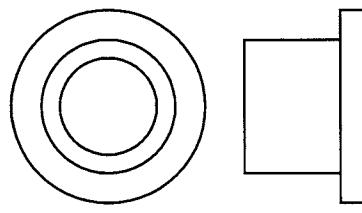
026-01M0211  
1/4" LONG  
FLANGED SPACER



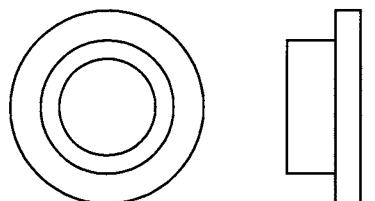
026-01M0198  
1/2" LONG  
FLANGED SPACER



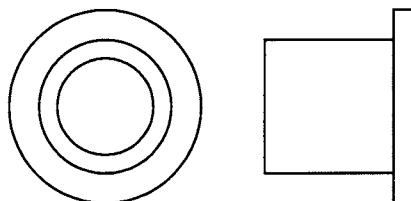
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1/2" LONG HEAVY  
FLANGED SPACER



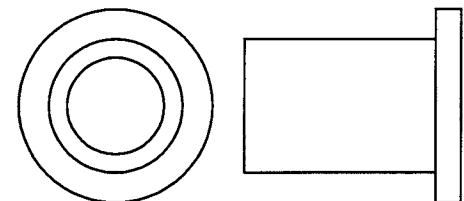
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1/4" LONG HEAVY  
FLANGED SPACER



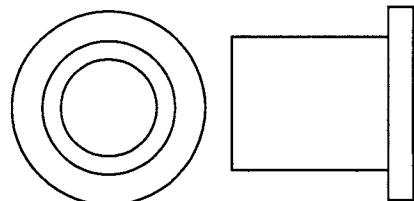
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



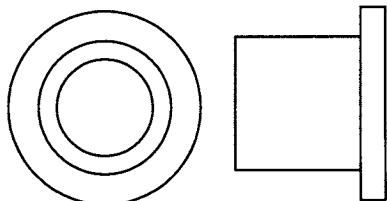
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



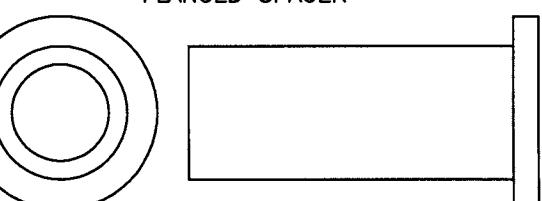
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.81" LONG HEAVY  
FLANGED SPACER



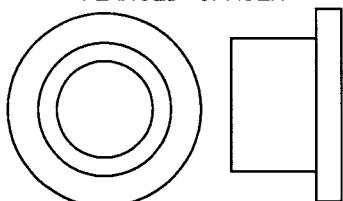
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.65" LONG HEAVY  
FLANGED SPACER



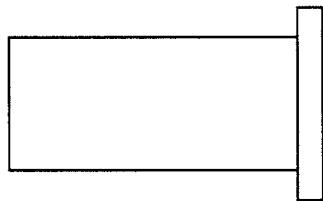
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



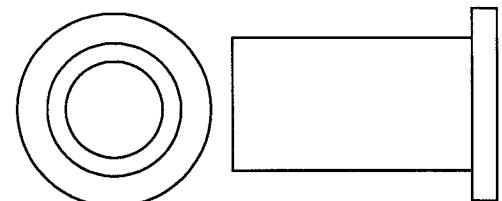
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.44" LONG HEAVY  
FLANGED SPACER



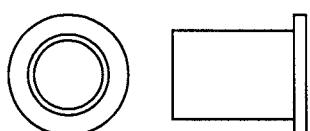
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FLANGED SPACER



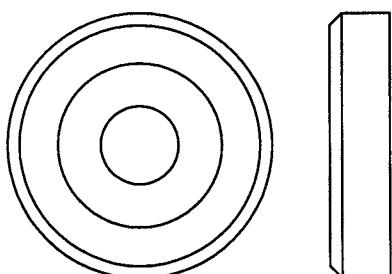
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



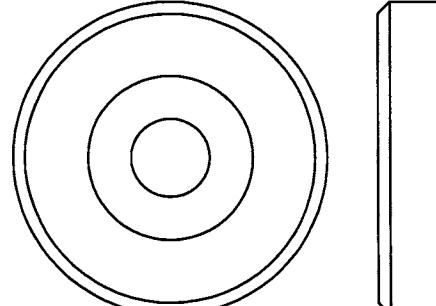
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNERS MANUAL

# 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										
Rearrange 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 V5 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.**

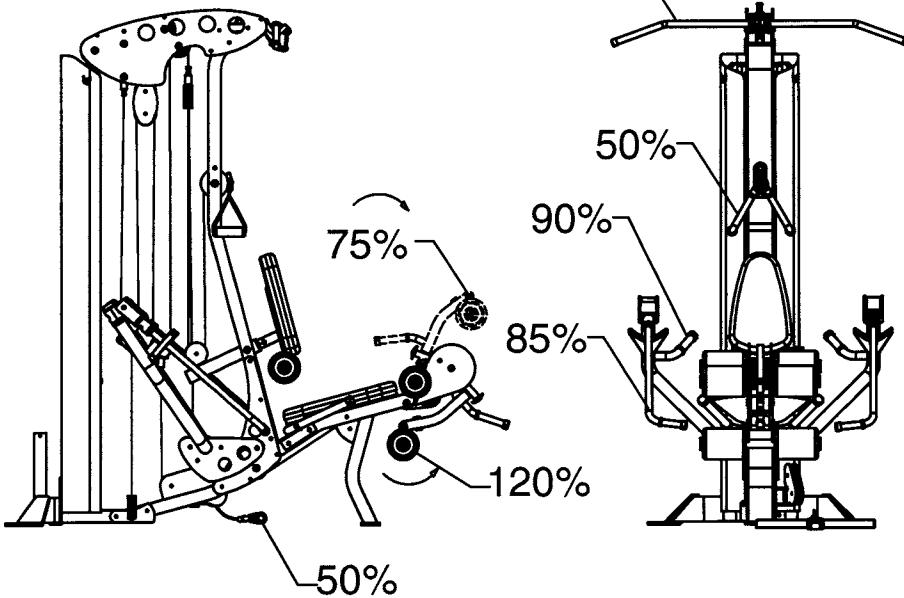
**Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.**

**Use this manual to guide you through the basic exercises you can perform on your V5 machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.**

**Enjoy your V5 HOIST® Fitness System!**

# OWNERS MANUAL

## WEIGHT RATIOS



120% 100% 90% 85% 75% 50%

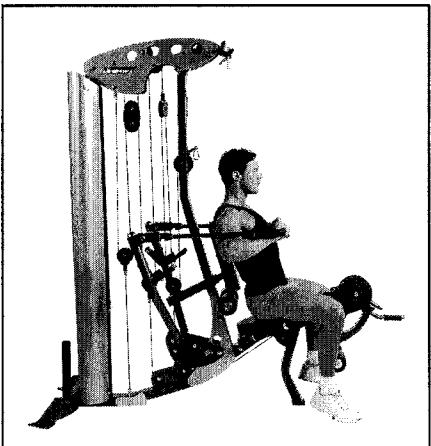
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1	16					
2	28	23	21	20	17	12
3	40	33	30	28	25	17
4	52	43	28	37	32	22
5	64	53	48	45	40	27
6	76	63	57	54	47	32
7	88	73	66	63	55	37
8	100	83	75	71	62	42
9	112	93	84	79	70	47
10	124	103	93	88	77	52
11	136	113	102	96	85	57
12	148	123	111	105	92	62
13	160	133	120	113	100	67
14	172	143	129	122	107	72
15	184	153	138	130	115	77
16	196	163	147	139	122	82
17	208	173	156	147	130	87
18	220	183	165	156	137	92
19	232	193	174	164	145	97
20	244	203	183	173	152	102

The above chart shows the standard weight stack 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.

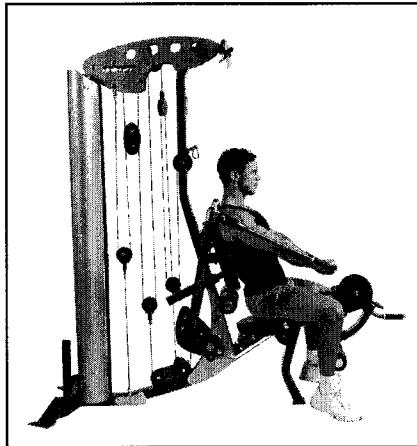
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### DECLINE PRESS



**Start**



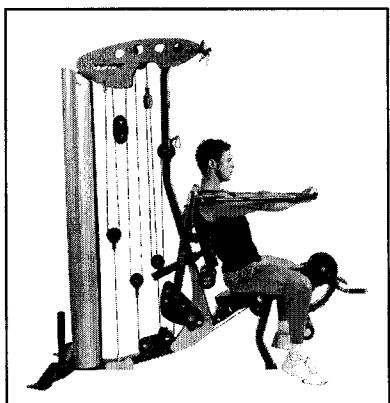
**Finish**

1. Sit upright with your back supported by the back pad. Adjust the back pad, if needed.
2. Hold the articulating handles at chest height.
3. Press handles at a downward angle until your arms are fully extended.
4. Slowly return to the starting position.

### VERTICAL BENCH PRESS



**Start**



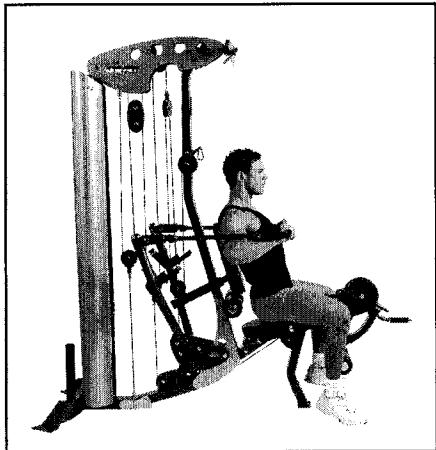
**Finish**

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

# OWNERS MANUAL

## EXERCISE DESCRIPTION

### INCLINE PRESS



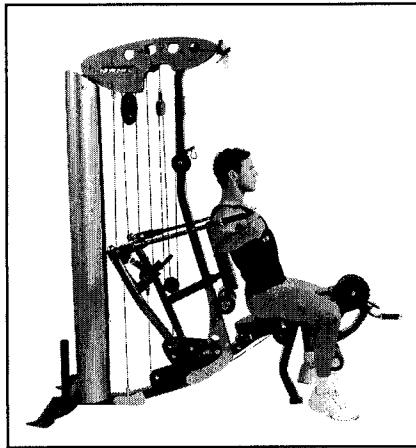
**Start**



**Finish**

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

### DECLINE FLY



**Start**

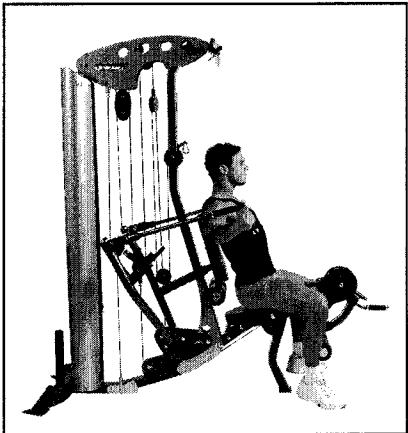


**Finish**

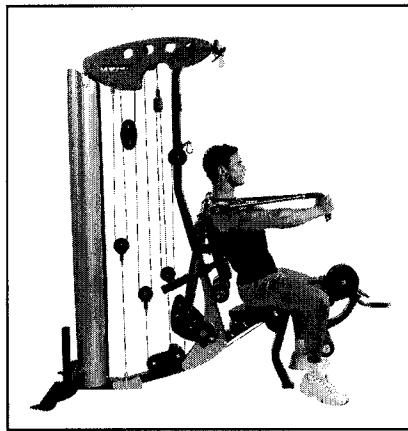
1. Sit upright with your back supported by the back pad, adjust the back pad, if needed.
2. Grip the articulating handles in a neutral position. Keep your arms out, at chest level, with your elbows slightly bent.
3. Rotate arms in a forward and downward motion, pivoting from the shoulder and finish by bringing hands together.
4. Slowly return to the starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION PECTORAL FLY



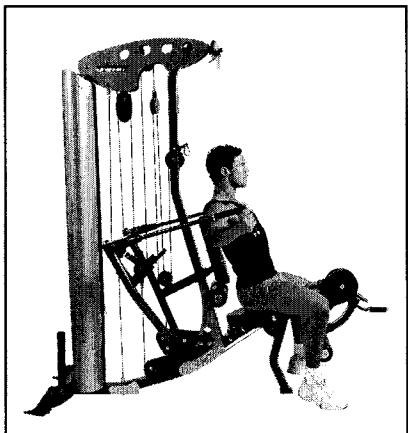
**Start**



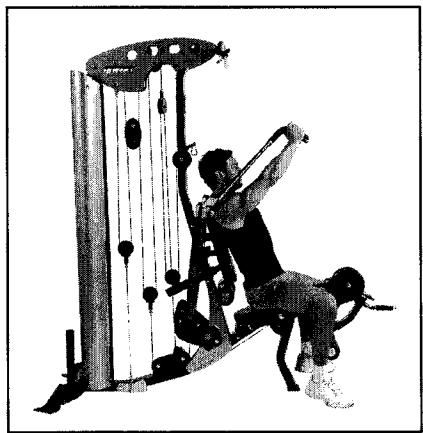
**Finish**

1. Sit it upright with your back supported by the back pad. Adjust the back pad, if needed.
2. Grip the articulating handles in a neutral position. Keep your arms out, at chest level, with your elbows slightly bent.
3. Rotate arms forward, pivoting from your shoulders. Finish by bringing hands together in front of your chest.
4. Slowly return to the starting position.

## INCLINE FLY



**Start**



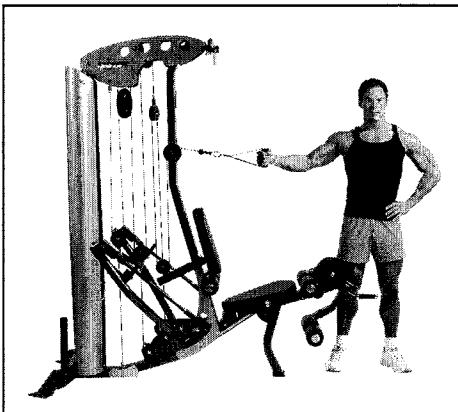
**Finish**

1. Sit upright with your back supported by the back pad, adjust the back pad, if needed.
2. Grip the articulating handles in a neutral position. Keep your arms out, at chest level, with your elbows slightly bent.
3. Rotate arms in a forward and upward motion, pivoting from the shoulder and finish by bringing hands together.
4. Slowly return to the starting position.

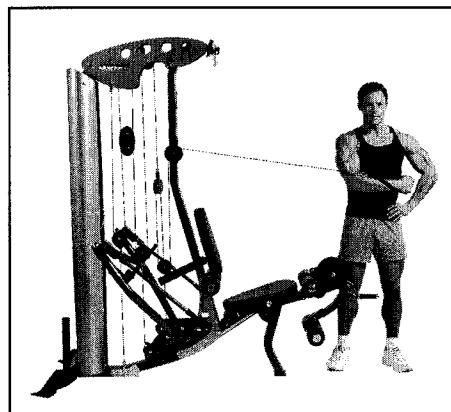
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### PECTORAL CROSSOVER



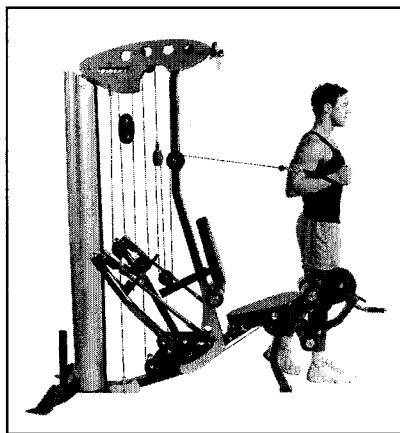
**Start**



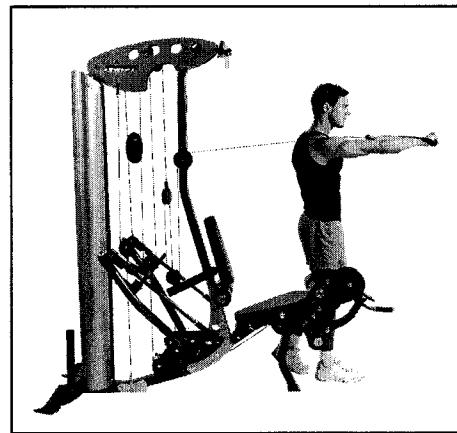
**Finish**

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.

## **PUNCH**



**Start**

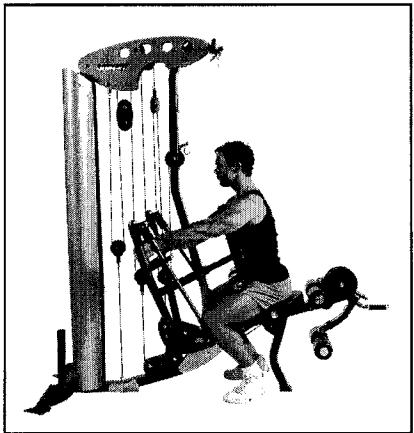


**Finish**

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**

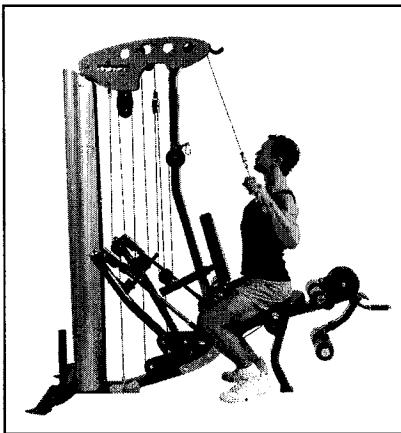
1. Sit facing the machine. Adjust the back pad so that your chest is supported when the mid row handles are just beyond your reach.
3. Pull the handles towards you.
4. Slowly return to the starting position.

---

## LAT PULLDOWN



**Start**



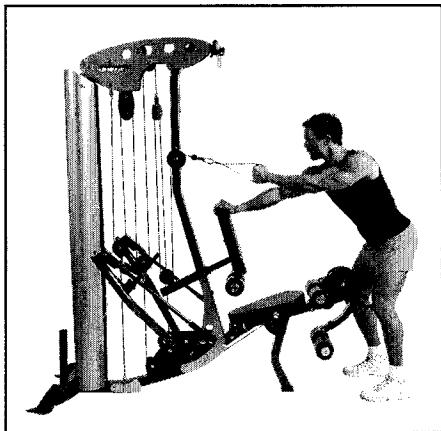
**Finish**

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

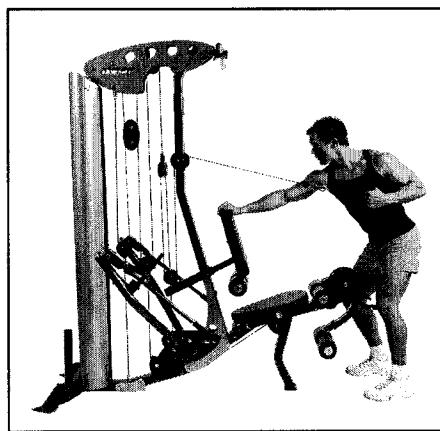
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### STANDING ONE ARM MID ROW



**Start**

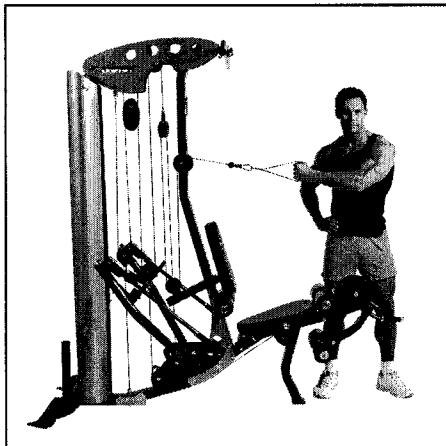


**Finish**

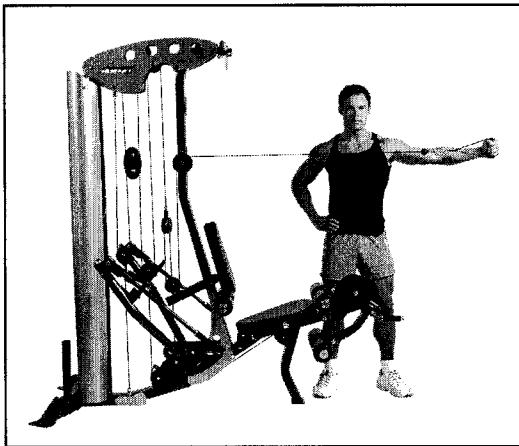
1. Attach one strap handle to the mid-pulley.
2. Grasp the handle. Use the back pad for support keeping knees bent.
3. Pull arm rearward keeping your elbow close to your body.
4. Slowly return to the starting position.

---

### STANDING REAR DELT



**Start**



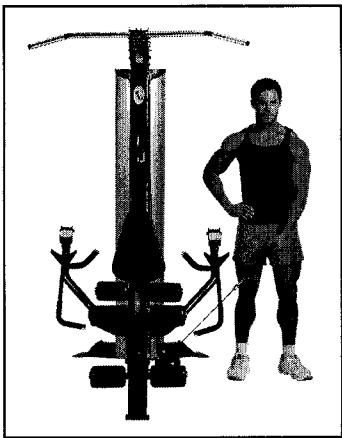
**Finish**

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 at the elbow. Be sure your movement stays parallel to the floor.
4. Slowly return to the starting position.

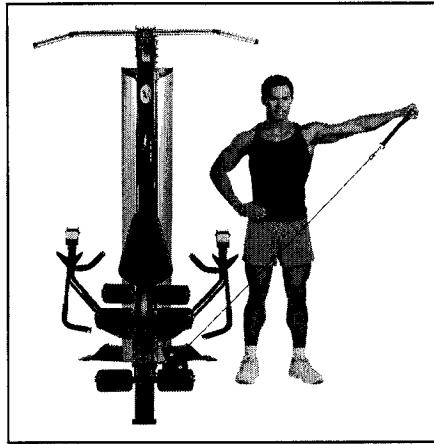
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LATERAL DELTOID



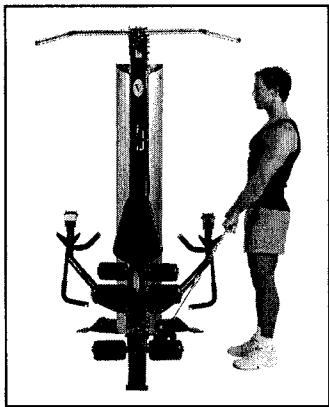
**Start**



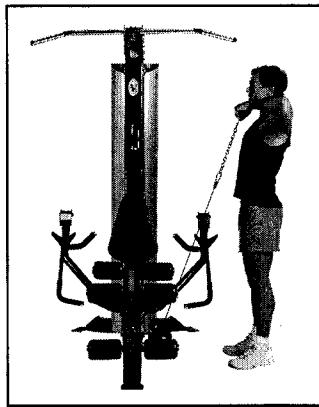
**Finish**

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**

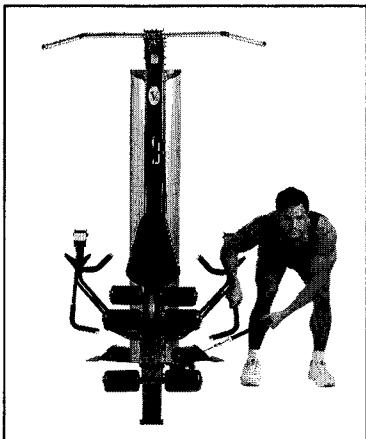


**Finish**

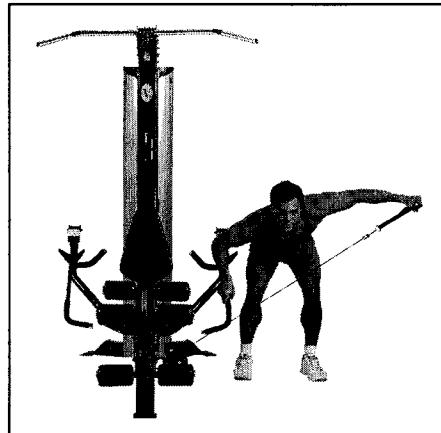
1. Attach the curl bar to the lower pulley.
2. Grip the bar with your hands in an overhand position. Keep your hands approximately 4" to 6" apart.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION **BENT OVER REAR DELT**



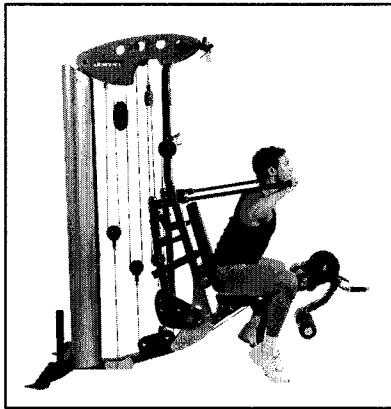
**Start**



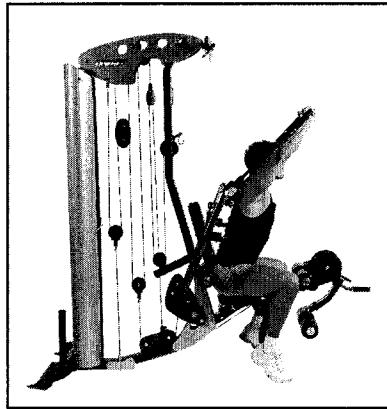
**Finish**

1. Attach one strap handle to the lower pulley.
2. Stand sideways to machine, and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the articulating handle for support.
3. Grip the strap handle with the hand furthest from the machine, and arc your arm upwards, keeping a slight bend in your elbow.
4. Slowly return to the starting position.

## **SHOULDER PRESS**



**Start**



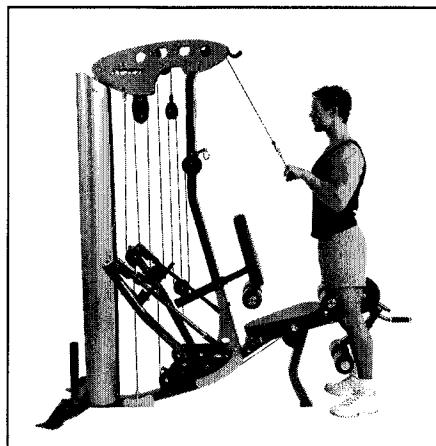
**Finish**

1. Sit Leaning forward with your buttocks against the back pad.
2. Hold the articulating handles slightly above shoulder height.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.

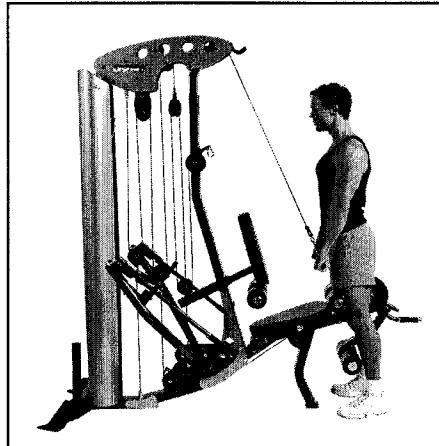
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### TRICEPS PUSHDOWN



Start

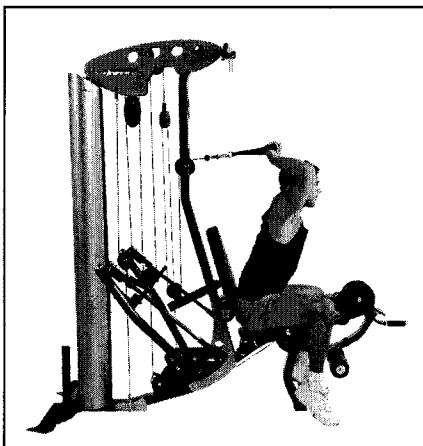


Finish

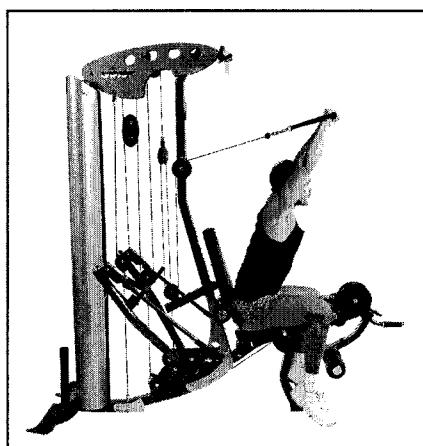
1. Stand facing towards the machine.
2. Grip the lat bar with your hands 4" to 6" apart, palms facing forward.
3. Bring the bar to chest height. Keep your arms tight against your body, and push the bar down slowly.
4. Slowly return to the starting position.

---

### SEATED TRICEPS EXTENSION



Start



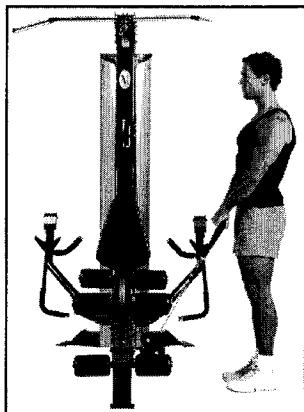
Finish

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

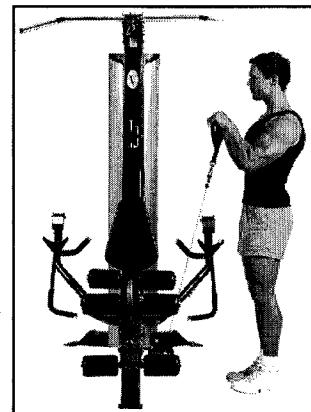
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### REVERSE CURL



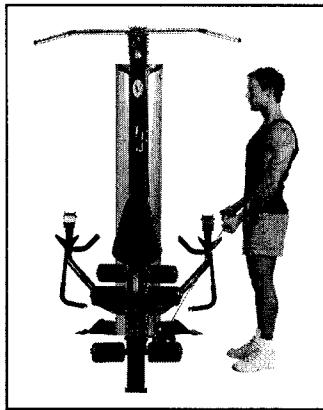
**Start**



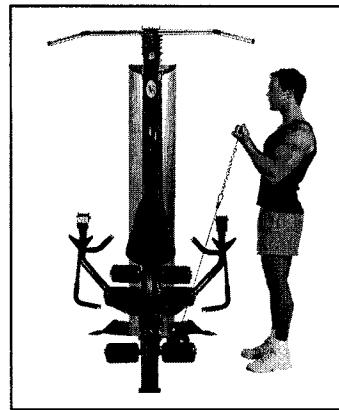
**Finish**

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**

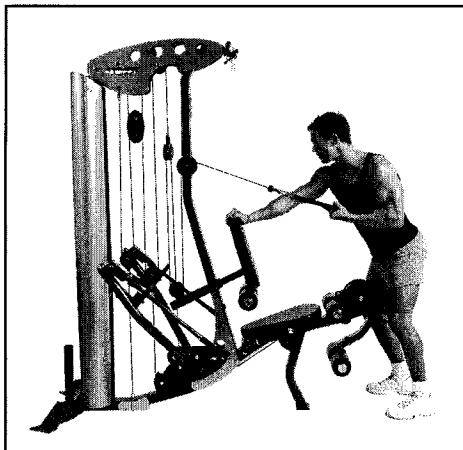


**Finish**

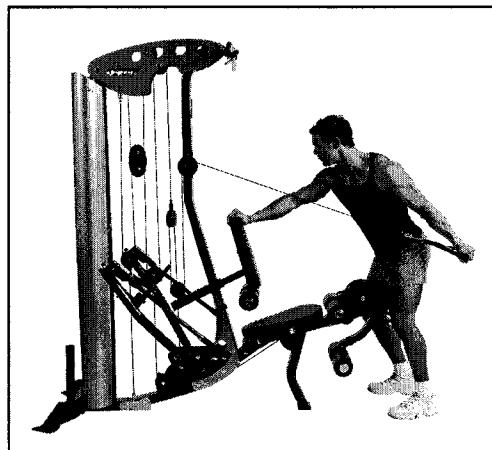
1. Attach the curl bar to the lower pulley.
2. Stand facing the machine, grip the bar with your hands in an underhand position. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION STANDING TRICEPS KICK BACK



**Start**



**Finish**

1. Attach one strap handle to the middle pulley.
2. Stand facing the machine, grip the strap handle with an underhand grip, and use the back pad for support.
4. Slowly extend your arm until fully extended.
5. Slowly return to the starting position.

# OWNERS MANUAL

## EXERCISE DESCRIPTION

### ABDOMINAL CRUNCH



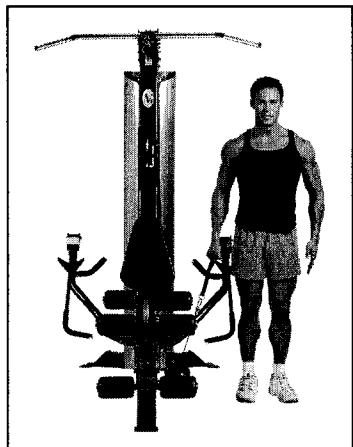
**Start**



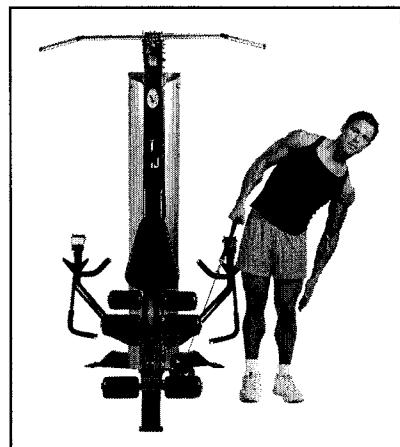
**Finish**

1. Attach both strap handles to middle 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 your upper abdominal area.
5. Slowly return to the starting position.

### SIDE BEND



**Start**



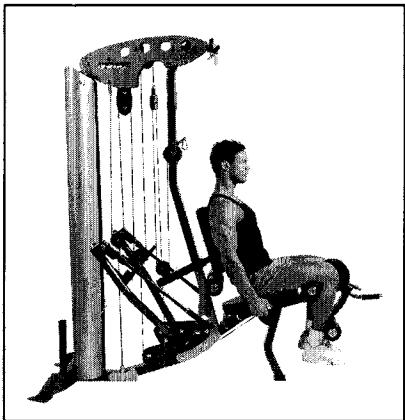
**Finish**

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip 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.

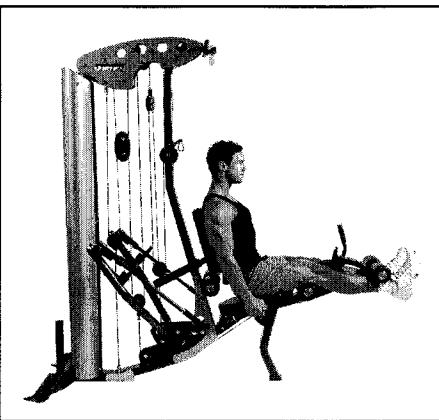
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LEG EXTENSION

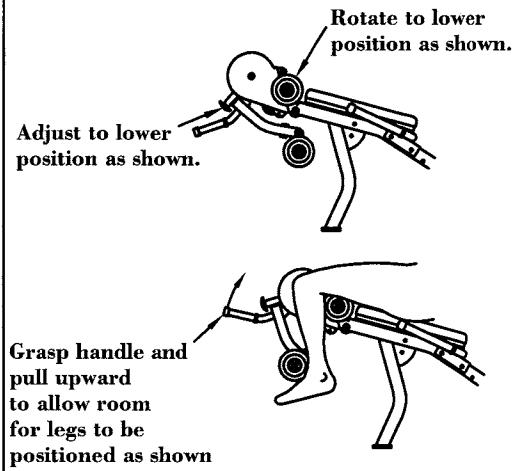


Start



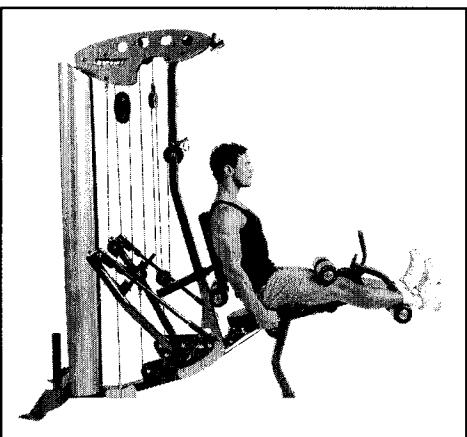
Finish

### LEG EXTENSION POSITIONING



1. Adjust back pad so that the pivot points of your knees are lined up with the center of cam.
2. Adjust the leg extension/leg curl arm to the lower set of holes on the range of motion.
3. Hook your legs over the upper roller pads and your feet under the lower roller pads.
4. Slowly extend your legs forward, and hold your position momentarily.
5. Slowly return to the starting position.

### SEATED HAMSTRING CURL

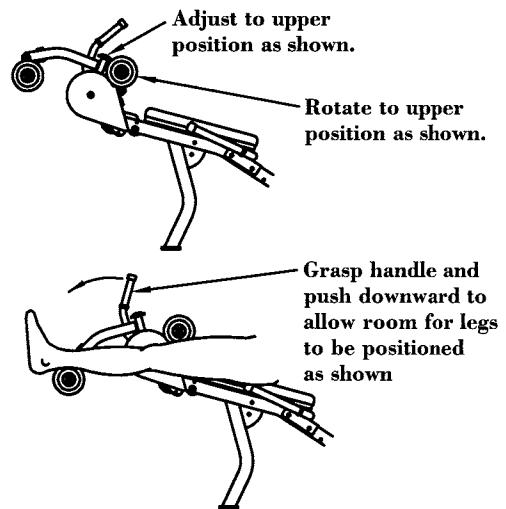


Start



Finish

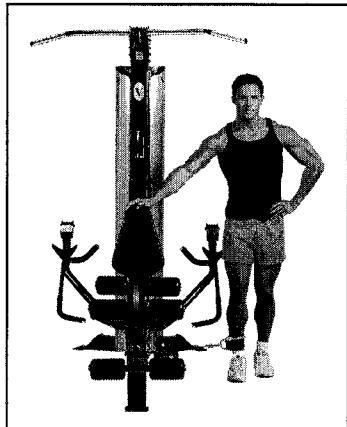
### LEG CURL POSITIONING



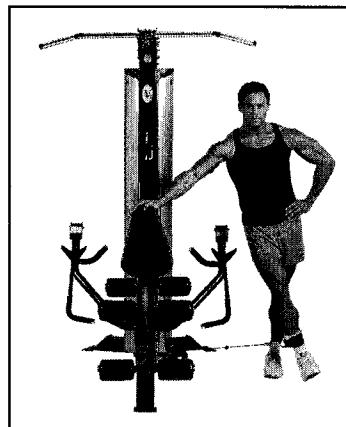
1. Adjust back pad so that the pivot points of your knees are lined up with the center of the cam. Swing the rotating roller assembly up to allow legs to fit underneath.
2. Adjust the leg extension/leg curl arm to the upper set of holes on the range of motion.
3. Hook your leg under the upper roller pads and your feet over the lower roller pads.
4. Slowly curl your legs straight down, and hold your position momentarily.
5. Slowly raise legs back to starting position

# OWNERS MANUAL

## EXERCISE DESCRIPTION INNER THIGH



**Start**

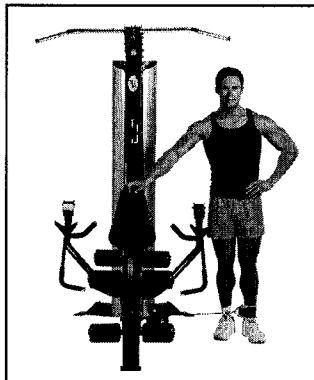


**Finish**

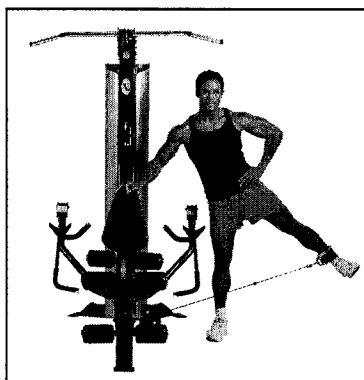
1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the machine. Balance yourself by holding the back pad.
4. Slowly scissor your leg across your body keeping your body straight.
5. Slowly return to the starting position.

---

## OUTER THIGH



**Start**



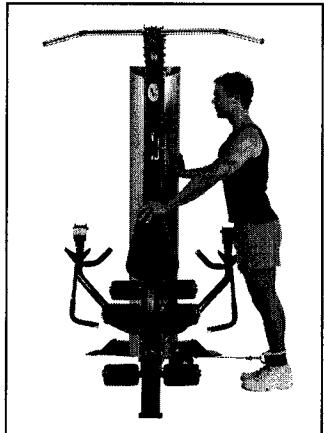
**Finish**

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 back pad.
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.

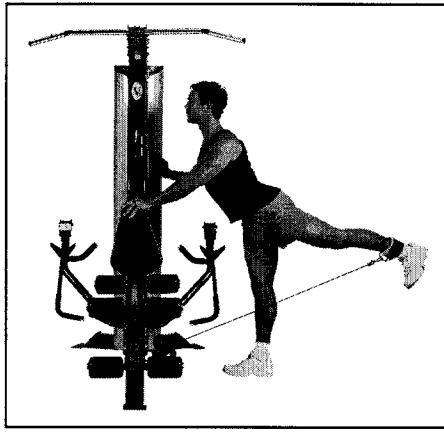
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### GLUTE KICK



**Start**



**Finish**

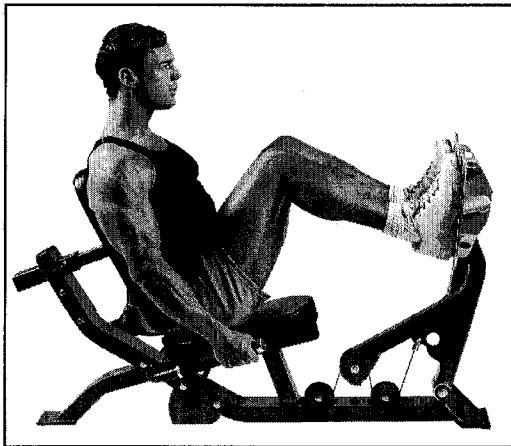
1. Attach the padded cuff to the lower pulley.
2. Attach the cuff to your ankle, angle your upper body forward; use the back pad for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, as far as possible. Keep your toe pointed straight down.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

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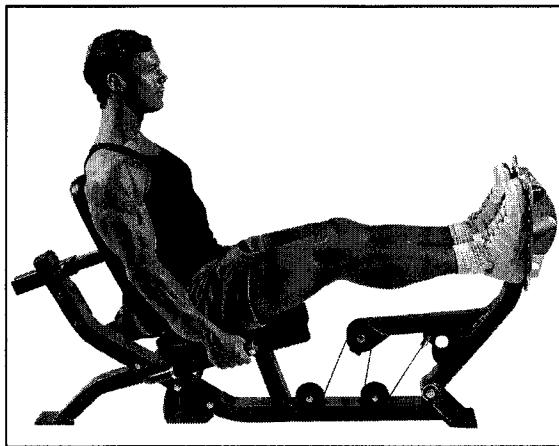
# OWNERS MANUAL

## EXERCISE DESCRIPTION

### LEG PRESS (optional)



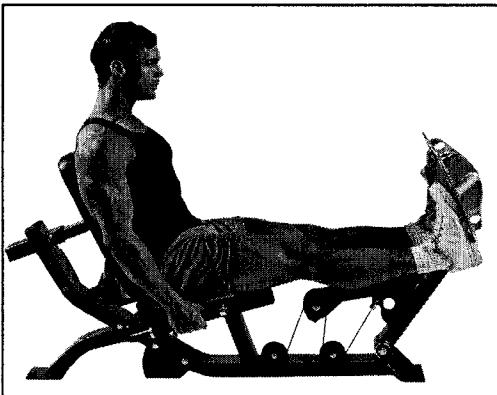
**Start**



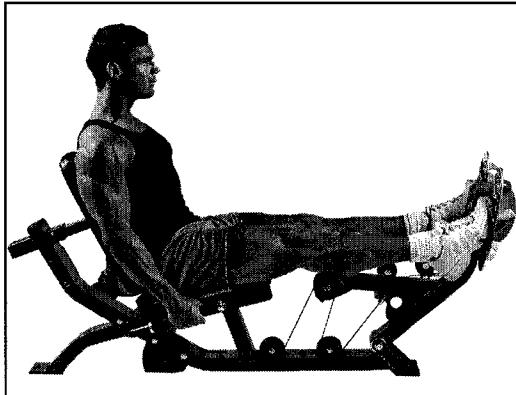
**Finish**

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.

# OWNERS MANUAL

# WEIGHT TRAINING EXERCISE LOG

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

# 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, NEGLECT, 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  
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San Diego, Calif. 92126  
(800)548-5438  
Web Site - [www.hoistfitness.com](http://www.hoistfitness.com)

**PLEASE KEEP THIS FOR YOUR RECORDS**

