

CL SERIES :: CD/D SERIES :: CF SERIES :: F SERIES



**2005 PRODUCT CATALOG**  
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## **PRECISION EQUIPMENT PARTNERED WITH NATURAL BODY MOTION PRODUCES THE MAXIMUM RESULTS...**

This has been the essential concept inspiring the HOIST® corporate evolution. It began with the modest beginnings in 1977, when 2 friends partnered on a passion for fitness and a dream that was to become HOIST® Fitness Systems. The San Diego partners exercised and trained others, managed their own health club, then designed and manufactured a premium line of fitness equipment. Their personal perspective regarding the problems and strengths of traditional fitness equipment has remained the motivating factor for HOIST's® engineering transformation and dynamic growth.

Today, HOIST® boasts a 130,000 square foot facility in San Diego, California, home to the pioneering research, development and production of superlative fitness equipment. With a long history of innovation and quality the industry has come to expect from HOIST®, our standards have become the very measure of excellence in the realm of strength training equipment worldwide.

HOIST® continues to revolutionize the fitness specialty industry with original concepts and

patented technology. The HOIST® design team persistently seizes every opportunity to create ergonomically designed machines that focus on biomechanics. Their objective is to develop equipment which utilize natural body motion while capitalizing on what produces optimal results. Clients have recognized the brilliance in this fusion of outstanding ideas and technology continually being born at HOIST®.

HOIST® products are sold throughout the globe, providing a powerful worldwide service support system to keep equipment trouble free. HOIST® equipment can be found in hotels, universities, professional training facilities, corporations, government facilities, schools, hospitals, resorts, police and fire stations everywhere.

With the ownership of a HOIST® product, customers worldwide gain an enduring membership entitled to comprehensive customer service, an impressive warranty coverage and unsurpassed performance that is the HOIST® experience.



## CUSTOMER SERVICE

HOIST® Fitness Systems has established a quality customer service center located at the San Diego manufacturing facility where all customer service calls are answered and resolved within the same business day they are received. HOIST® customers buy more than product—they gain a long lasting relationship with a company that is committed to supporting their customers and products.

## SAFETY COMPLIANCE

HOIST® Fitness Systems equipment complies with the safety standards of ASTM (Designation F1749-96), ANSI (Designation: ANZI Z535.4-1991) and the American College of Sports Medicine's Health/Fitness Facility Standards Guidelines.

## WARRANTY POLICY

HOIST® Fitness Systems stands behind all of its products by offering the best warranty policy in the industry, reaffirming our ongoing commitment to quality and customer satisfaction. HOIST® Fitness's full Commercial Warranty policy can be found on page 26 of this brochure.

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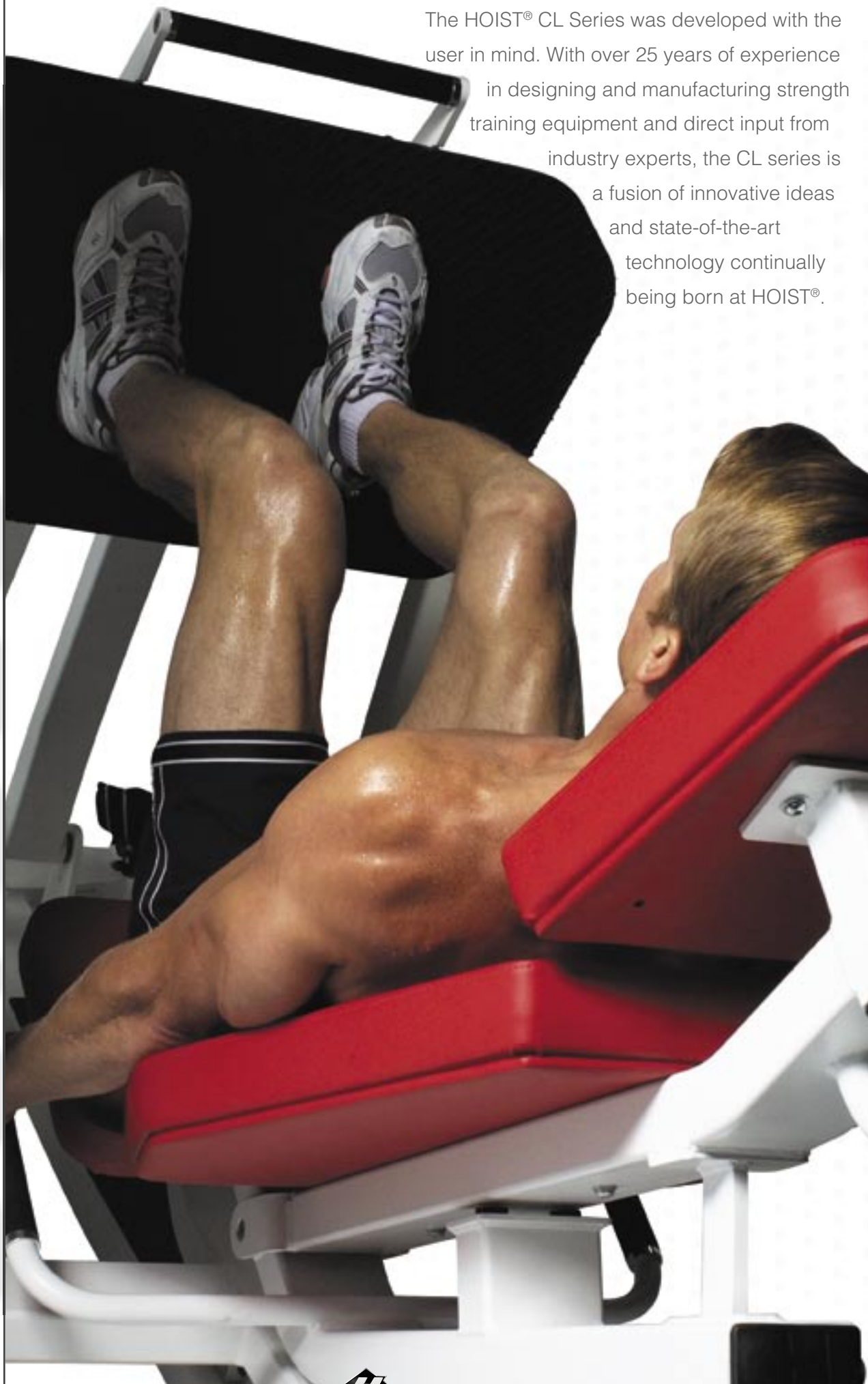
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# CL SERIES

The HOIST® CL Series was developed with the user in mind. With over 25 years of experience in designing and manufacturing strength training equipment and direct input from industry experts, the CL series is a fusion of innovative ideas and state-of-the-art technology continually being born at HOIST®.



## CL 2102



L :: 34.50" W :: 51.75" H :: 54.50" WT STACK :: 255 LBS. MACHINE :: 437 LBS.



### SEATED TRICEPS EXTENSION

- :: Colored locator for proper axis of rotation positioning
- :: Concentric CAM simulates freeweight biomechanic motion
- :: Self-aligning handle grips adjust to the user's arm length
- :: Adjustable lower back support

## CL 2103



L :: 34.50" W :: 60.00" H :: 54.50" WT STACK :: 230 LBS. MACHINE :: 437 LBS.



### SEATED BICEPS CURL

- :: Colored locator for proper axis of rotation positioning
- :: Concentric CAM simulates freeweight biomechanic motion
- :: Self-aligning handle grips adjust to the user's arm length

## CL 2501



L :: 50.00" W :: 51.00" H :: 55.00" WT STACK :: 330 LBS. MACHINE :: 671 LBS.



### VERTICAL SHOULDER PRESS

- :: Concentric CAM simulates freeweight biomechanic motion
- :: Multiple handle grips to accommodate various body widths and hand positions
- :: Dual contoured torso pads for proper head and back support

## CL 2301



L :: 50.00" W :: 41.00" H :: 75.50" WT STACK :: 330 LBS. MACHINE :: 611 LBS.



### VERTICAL CHEST PRESS

- :: Multiple handle grips to accommodate various body widths and hand positions
- :: Easy overhead range-of-motion adjustment
- :: Dual contoured torso pads for proper head and back support

## CL 2065



L :: 77.75" W :: 39.00" H :: 81.00" WT STACK :: 341 LBS. MACHINE :: 640 LBS.

### LOW ROW

- :: Angled seat provides greater range-of-motion
- :: Silent Steel® weight stack
- :: Fiberglass-impregnated nylon pulleys
- :: Weight stack safety shields



## CL 2203



L :: 59.50" W :: 38.00" H :: 80.00" WT STACK :: 340 LBS. MACHINE :: 663 LBS.

### MID ROW

- :: Swiveling chest pad helps conform to a natural body motion with less pressure on the chest
- :: Dual position handle grips for a varied exercise
- :: Oversize foot plate offers a variety of foot placement options



## CL 2201



L :: 51.75" W :: 39.25" H :: 86.25" WT STACK :: 355 LBS. MACHINE :: 585 LBS.

### LAT PULLDOWN

- :: Adjustable thigh pad accommodates various leg lengths
- :: Seat pad easily adjusts to accommodate various torso lengths
- :: Safety shin pads



## CL 2601



L :: 56.00" W :: 44.25" H :: 54.50" WT STACK :: 210 LBS. MACHINE :: 671 LBS.

### ABDOMINAL CRUNCH

- :: User friendly range-of-motion device for desired starting point
- :: Incline/knee-up position for optimum isolation
- :: Unique back support for comfort and greater exercise range-of-motion





## CL 2063

## CL SERIES

L :: 169.00"  
W :: 38.50"  
H :: 88.50"  
WT STACK :: 255 LBS.  
MACHINE :: 1,006 LBS.

### CABLE CROSSOVER

- :: Patented one-handed adjustable hi/lo pulley
- :: User-friendly ballet handles
- :: Weigh stack safety shields
- :: Multiple overhead pullup handles



## CL 2061



L :: 38.50" W :: 38.50" H :: 88.50" WT STACK :: 255 LBS. MACHINE :: 474 LBS.

### HI/LOW PULLEY

- :: Patented one-handed adjustable hi/lo pulley
- :: User-friendly ballet handles
- :: Weight stack safety shields



## CL 2412



L :: 44.00" W :: 39.00" H :: 55.00" WT STACK :: 210 LBS. MACHINE :: 596 LBS.

### GLUTE MASTER®

- :: Walk-in design
- :: Non-compromising position throughout exercise
- :: Angled foot plate maintains correct position for muscle isolation
- :: Adjustable abdominal support to prevent lower back stress



## CL 2401



L :: 39.00" W :: 52.00" H :: 54.50" WT STACK :: 355 LBS. MACHINE :: 611 LBS.



### LEG EXTENSION

- :: Colored locator for proper axis of rotation positioning
- :: Self-aligning roller pads to accommodate various leg lengths
- :: Range-of-motion adjustments

## CL 2408



L :: 41.25" W :: 57.75" H :: 54.50" WT STACK :: 280 LBS. MACHINE :: 514 LBS.



### LYING LEG CURL

- :: Colored locator for proper axis of rotation positioning
- :: Self-aligning roller pads to accommodate various leg lengths
- :: Range-of-motion adjustments
- :: Dual contoured pads for proper position and lower back support

## CL 2403



L :: 95.00" W :: 44.00" H :: 64.50" WT STACK :: 455 LBS. MACHINE :: 1,018 LBS.



### SEATED LEG PRESS

- :: Seat adjusts to accommodate various leg lengths
- :: Adjustable back pad angle for proper alignment and comfort
- :: Dual contoured pads for proper position and head/back support

## CL 2415



L :: 63.50" W :: 37.50" H :: 54.50" WT STACK :: 340 LBS. MACHINE :: 698 LBS.



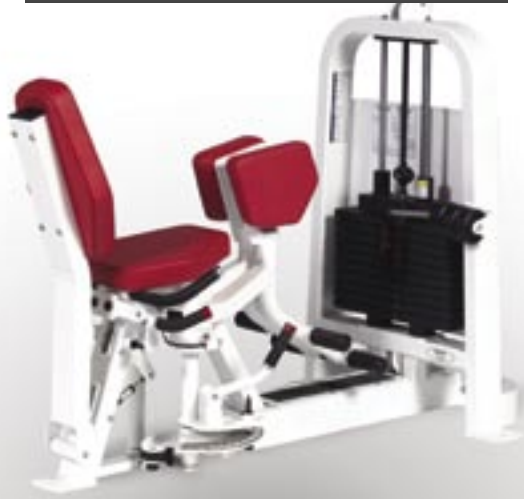
### ROTARY CALF

- :: Effortless linear seat adjustment
- :: Curved foot plate helps create a natural exercise motion





## CL 2406



L :: 58.50" W :: 57.00" H :: 49.75" WT STACK :: 240 LBS. MACHINE :: 523 LBS.



### INNER THIGH

- :: Adjustable back support for varied body types
- :: Non-compromising position throughout exercise
- :: Range-of-motion device allows the user to select a comfortable starting position

## CL 2407



L :: 58.50" W :: 57.00" H :: 49.75" WT STACK :: 240 LBS. MACHINE :: 523 LBS.



### OUTER THIGH

- :: Adjustable back support for varied body types
- :: Non-compromising position throughout exercise
- :: Range-of-motion device allows the user to select a comfortable starting position

L :: 60.00"  
W :: 36.50"  
H :: 54.50"  
WT STACK :: 355 LBS.  
MACHINE :: 710 LBS.

## CL 2402

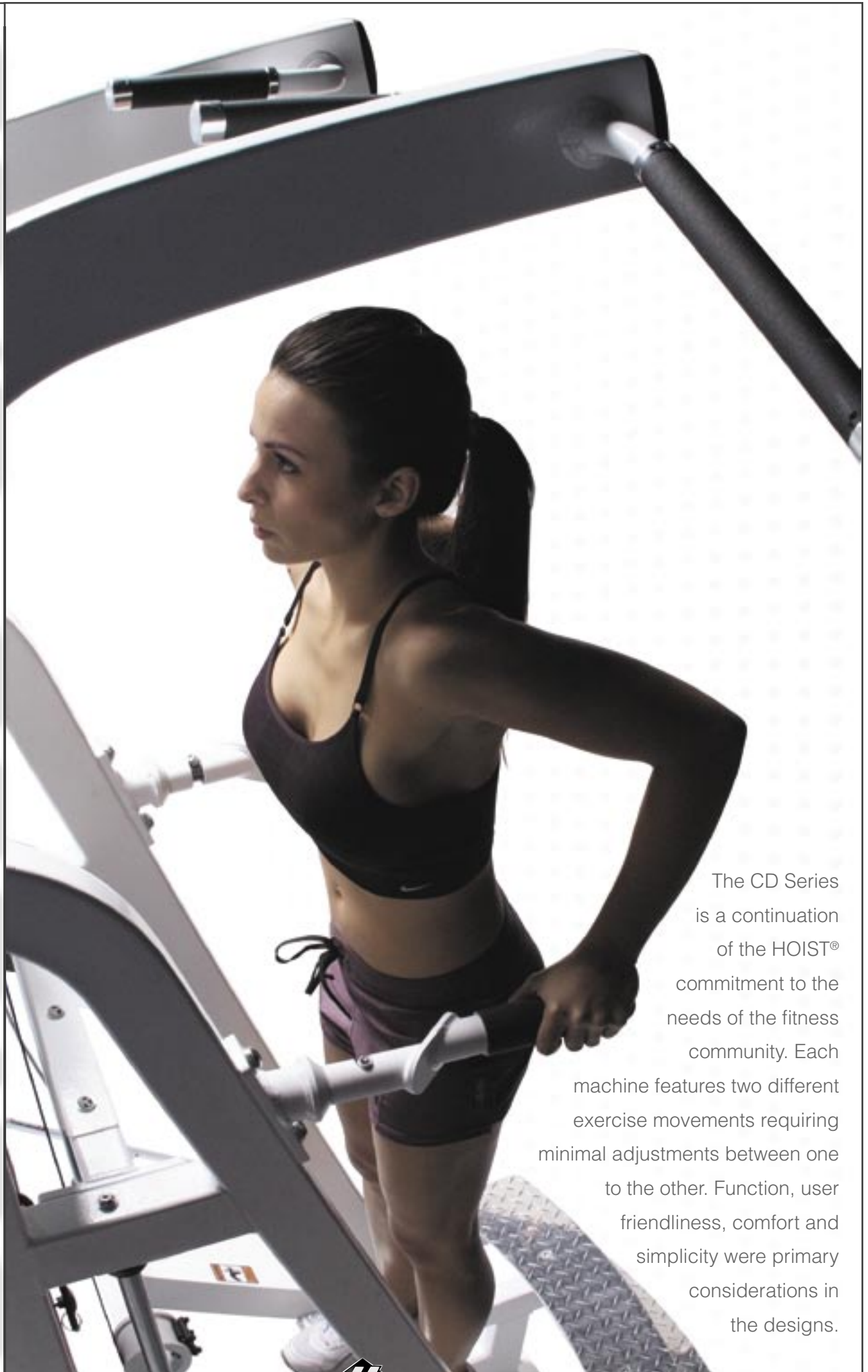


### SEATED LEG CURL

- :: Self-aligning roller pad to accommodate various leg lengths
- :: Range-of-motion adjustments
- :: Colored locator for proper axis of rotation positioning
- :: Advanced 4 bar linkage thigh pad adjustment provides greater stability



# CD/O SERIES



The CD Series is a continuation of the HOIST® commitment to the needs of the fitness community. Each machine features two different exercise movements requiring minimal adjustments between one to the other. Function, user friendliness, comfort and simplicity were primary considerations in the designs.



## CD 2400



L :: 51.50" W :: 38.50" H :: 54.50" WT STACK :: 355 LBS. MACHINE :: 729 LBS.



### HAMSTRING CURL/ LEG EXTENSION

- :: Self-aligning roller pad to accommodate various leg lengths
- :: Range-of-motion adjustments for both exercises
- :: Advanced 4 bar linkage thigh pad adjustment provides greater stability



## CD 2600



L :: 56.00" W :: 41.00" H :: 54.50" WT STACK :: 355 LBS. MACHINE :: 636 LBS.



### ABDOMINALS/ LOWER BACK

- :: 2 foot rests accommodate users of different heights
- :: Self-aligning roller pad to accommodate various leg lengths
- :: Range-of-motion adjustments for both exercises
- :: Performs assisted sit-ups



## CD 2700



L :: 61.00" W :: 51.00" H :: 99.00" WT STACK :: 355 LBS. MACHINE :: 720 LBS.



### CHIN/DIP ASSIST

- :: Performs standing assisted dips and chin-ups
- :: Carriage tracks at a 2° angle to mimic the natural body motion of chin-ups and dips
- :: Multiple handle grips to accommodate various hand positions
- :: Accommodates users up to 6'8" tall



## CD 2900



L :: 56.00" W :: 38.00" H :: 78.50" WT STACK :: 355 LBS. MACHINE :: 603 LBS.



### REAR DELTOID/ PECTORAL FLY

- :: Range-of-motion adjustments for both exercises
- :: Revolving handle grips accommodate various hand positions
- :: Self-aligning exercise arms adjust to the user throughout the exercise motion





## D 100



L :: 40.00" W :: 65.50" H :: 59.00" WT STACK :: 215 LBS. MACHINE :: 515 LBS.



### BICEPS CURL/ TRICEPS EXTENSION

- :: Gas loaded spring back and seat adjuster with Easy Glide™ inserts
- :: 360° rotating handles
- :: Ultra rigid thermoplastic cam
- :: 215 lbs. Silent Steel® weight stack
- :: Range-of-motion adjustments



## D 200



L :: 62.50" W :: 48.00" H :: 87.50" WT STACK :: 430 LBS. MACHINE :: 775 LBS.



### LAT PULLDOWN/ MID ROW

- :: Self-aligning chest pad
- :: Easy Glide™ inserts on seat, chest and thigh adjuster
- :: Gas loaded spring seat adjuster
- :: Low inertia cabling system
- :: 430 lbs. Silent Steel® weight stack



## D 300



L :: 57.00" W :: 41.50" H :: 61.00" WT STACK :: 300 LBS. MACHINE :: 560 LBS.



### MULTI CHEST

- :: Patented 3-D articulating exercise arm provides User Defined Motion™
- :: Gas loaded spring back and seat adjuster with Easy Glide™ inserts
- :: 300 lbs. Silent Steel® weight stack



## D 500



L :: 55.00" W :: 37.00" H :: 61.00" WT STACK :: 300 LBS. MACHINE :: 580 LBS.



### SHOULDER PRESS/ SHOULDER SHRUG

- :: Ergonomically positioned handle grips on shoulder press
- :: Gas loaded spring back and seat adjuster with Easy Glide™ inserts
- :: 300 lbs. Silent Steel® weight stack



At HOIST®, the owners exercised, trained others, and managed their own health clubs long before they created strength equipment. Their experience provides them with an insider's perspective. The result is the superlative design and quality manufacturing of HOIST® commercial freeweight equipment.



# CF SERIES



## CF 2170



Bar and weight plates not included.

L :: 76.00" W :: 65.00" H :: 47.50" MACHINE :: 215 LBS.

### OLYMPIC FLAT BENCH W/PLATE HOLDERS

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Built-in plate holders and foot rest

## CF 2172



Bar and weight plates not included.

L :: 74.00" W :: 65.00" H :: 52.00" MACHINE :: 255 LBS.

### OLYMPIC INCLINE BENCH W/PLATE HOLDERS

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: 30° angle on backrest

## CF 2177



Bar and weight plates not included.

L :: 83.00" W :: 65.00" H :: 47.00" MACHINE :: 245 LBS.

### OLYMPIC DECLINE BENCH W/PLATE HOLDERS

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Adjusts to accommodate the height of the user
- :: Nickel-plated bar rack-out system protects the frame finish
- :: 15° angle on back rest

## CF 2860



Bar and weight plates not included.

L :: 55.50" W :: 64.75" H :: 71.00" MACHINE :: 307 LBS.

### OLYMPIC SHOULDER PRESS W/PLATE HOLDERS

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Built-in plate holders
- :: Adjustable backrests and multiple lift-off positions





## CF 2179



Bar and weight plates not included.

L :: 79.00" - 94.00"  
W :: 65.00"  
H :: 56.25"  
MACHINE :: 384 LBS.

### 3-WAY OLYMPIC INCLINE/FLAT/ DECLINE BENCH

- :: Adjusts to accommodate the height of user
- :: Dual position foot rest
- :: Space efficient design
- :: Complete plate storage
- :: Degree of incline and decline shown below



## CF 2550



Bar and weight plates not included.

L :: 47.00" W :: 30.00" H :: 37.50" MACHINE :: 110 LBS.

### SEATED PREACHER CURL

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Ratcheting seat adjustment
- :: Upholstery wear-sleeve on arm pad

## CF 2363



Weight plate not included.

L :: 56.50" W :: 31.50" H :: 38.25" MACHINE :: 180 LBS.

### SEATED CALF RAISE

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Mar resistant nickel-plated weight peg
- :: Lock-out automatically releases at the start of the exercise
- :: Pillow block bearings



## CF 2364



L :: 88.00" W :: 64.00" H :: 91.00" MACHINE :: 256 LBS.

### SUPER POWER RACK

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Dual position chin-up handles
- :: Adjustable spotter bar stores conveniently out of the way

## CF 2367



L :: 92.00" W :: 64.00" H :: 90.50" MACHINE :: 670 LBS.

### SUPER HALF RACK

- :: Open half cage design
- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Dual position chin-up handles

## CF 2752

L :: 47.25"  
W :: 86.00"  
H :: 86.00"  
MACHINE :: 509 LBS.

### SMITH MACHINE

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Removable non-skid rubber foot pads
- :: Can be permanently anchored in place
- :: Ultra-Lite Lifting System™ combines high strength aluminum and titanium for a bar that is light, yet stronger than steel
- :: Mar resistant stainless steel weight sleeves, built-in plate holders, and EZ-Loc Latching Mechanism™



:: EZ-Loc Latching Mechanism™



Weight plates not included.



## CF 2355



Weight plates not included.

L :: 87.00"  
W :: 49.00"  
H :: 61.00"  
MACHINE :: 638 LBS.

### COMPOSITE MOTION™ LEG PRESS

- :: Composite Motion™ technology creates a dual action movement
- :: System allows the back pad/support frame and the footplate to move simultaneously
- :: Heavy duty construction features include dual Kevlar belts, pillow block bearings and linear bearings
- :: Thick padded head and shoulder supports easily adjust from the user position and fits virtually any size user
- :: Lockout mechanism is easy to access

## CF 2366



Weight plates not included.

L :: 91.90" W :: 64.13" H :: 108.00" MACHINE :: 669 LBS.

### FULL CAGE SQUAT RACK

- :: 2" x 4" tubing provides unsurpassed durability
- :: Nickel-plated bar rack-out system protects the frame finish
- :: Adjustable spotter bar stores conveniently out of the way
- :: Oversized to accommodate taller users

## CF 2252



L :: 57.50" W :: 27.00" H :: 68.00" MACHINE :: 180 LBS.

### VERTICAL KNEE RAISE/DIP

- :: 2" x 4" tubing provides unsurpassed durability
- :: Angled arm rests and handle grips
- :: Removable non-skid rubber foot pads





## CF 2663



L :: 50.00" W :: 33.50" H :: 31.50" - 38.00" MACHINE :: 105 LBS.

### ADJUSTABLE BACK HYPER-EXTENSION

- :: 9 adjustments on the leg pads to accommodate user height
- :: 4 adjustable angles for increased versatility
- :: Patented ratcheting adjustment system
- :: Non-skid diamond foot plate

## CF 2962



L :: 57.50" W :: 52.00" H :: 101.00" MACHINE :: 256 LBS.

### FITNESS TREE

- :: 2" x 4" tubing provides unsurpassed durability
- :: Pull-up bar, dip and vertical knee raise exercises
- :: Dual position pull-up handles

## CF 2164



L :: 52.25" W :: 26.00" H :: 18.25" MACHINE :: 60 LBS.

### STANDARD FLAT/INCLINE BENCH

- :: Mar resistant nickel-plated adjuster
- :: Back rest adjusts from 0° to +80° in 10° increments
- :: The 2 position seat adjusts separately for multiple positioning options

## CF 2168



L :: 51.00" W :: 28.00" H :: 37.00" min MACHINE :: 85 LBS.

### ADJUSTABLE INCLINE BENCH

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Mar resistant nickel-plated adjuster
- :: Adjusts from +35° to +75° in 10° increments



## CF 2160



L :: 56.00" max  
W :: 28.00"  
H :: 19.00" flat  
MACHINE :: 108 LBS.

### **SUPER FLAT/INCLINE BENCH**

:: 2" x 4" tubing provides a framework of unsurpassed durability

:: Removable non-skid rubber foot pads

:: Can be permanently anchored in place

:: Back rest adjusts to 0° to +80° in 10° increments

:: The 4 position ratcheting seat adjusts separately for multiple positioning options

:: Wheels and handle provide tilt 'n roll capability

## CF 2162



L :: 63.50" max W :: 28.00" H :: 32.50" max MACHINE :: 111 LBS.

### **SUPER ADJUSTABLE DECLINE BENCH**

:: Self-aligning roller pads to accommodate various leg lengths

:: Bench adjusts from -20° to +15° and doubles as abdominal bench

:: Wheels and handle provide tilt 'n roll capability

## CF 2165



L :: 66.00" W :: 28.00" H :: 19.00" flat MACHINE :: 143 LBS.

### **SUPER FLAT/INCLINE/DECLINE BENCH**

:: The 7 position back rest adjusts from -18° to +80°

:: The 4 position ratcheting seat adjusts separately for multiple positioning options

:: Wheels and handle provide tilt 'n roll capability



## CF 2960



L :: 50.00" W :: 30.50" H :: 40.50" MACHINE :: 111 LBS.

### SUPER UTILITY SEAT

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Mar resistant nickel-plated foot rest

## CF 2161



L :: 51.50" W :: 28.00" H :: 18.00" flat MACHINE :: 108 LBS.

### ADJUSTABLE FLAT BENCH

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Mar resistant nickel-plated adjuster
- :: Bench adjusts from 0° to 10°
- :: Wheels and handle provide tilt 'n roll capability

## CF 2443



Weight plates not included.

L :: 32.50" W :: 28.50" H :: 48.00" MACHINE :: 121 LBS.

### WEIGHT TREE

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: 5 position plate storage
- :: Mar resistant nickel-plated weight pegs

## CF 2453



L :: 32.00" W :: 32.75" H :: 56.50" MACHINE :: 104 LBS.

### WEIGHT STORAGE STATION

- :: 2" x 4" tubing provides a framework of unsurpassed durability
- :: Mar resistant nickel-plated weight pegs
- :: Designed for 45 lb. plates on all legs
- :: Holds 2 Olympic bars





## CF 2461-1



L :: 87.25"      W :: 30.00"  
H :: 34.25"      MACHINE :: 153 LBS.

**DUMBBELL RACK (5 PAIR)**

- :: Steel reinforced rubber saddles are quiet and durable
- :: Extra wide saddles fit a greater variety of dumbbells

## CF 2461-2



L :: 87.25"      W :: 30.00"  
H :: 34.25"      MACHINE :: 242 LBS.

**DUMBBELL RACK (10 PAIR)**

- :: Steel reinforced rubber saddles are quiet and durable
- :: Extra wide saddles fit a greater variety of dumbbells

## CF 2461-3



L :: 87.25"      W :: 30.00"  
H :: 43.00"      MACHINE :: 337 LBS.

**DUMBBELL RACK (15 PAIR)**

- :: Steel reinforced rubber saddles are quiet and durable
- :: Extra wide saddles fit a greater variety of dumbbells

## CF 2462-1



L :: 55.75"      W :: 30.00"  
H :: 34.00"      MACHINE :: 86 LBS.

**BEAUTY BELLE RACK (4 PAIR)**

- :: Center recess protect fingers when racking dumbbells
- :: Custom designed saddles

## CF 2462-2



L :: 55.75"      W :: 30.50"  
H :: 34.00"      MACHINE :: 123 LBS.

**BEAUTY BELLE RACK (8 PAIR)**

- :: Center recess protect fingers when racking dumbbells
- :: Custom designed saddles

## CF 2462-3



L :: 55.75"      W :: 30.50"  
H :: 36.50"      MACHINE :: 160 LBS.

**BEAUTY BELLE RACK (12 PAIR)**

- :: Center recess protect fingers when racking dumbbells
- :: Custom designed saddles

## CF 2463-1



L :: 80.00"      W :: 30.00"  
H :: 33.00"      MACHINE :: 123 LBS.

**HEX HEAD DUMBBELL RACK (5 PAIR)**

- :: 2" x 4" tubing provides unsurpassed durability
- :: Can be permanently anchored in place

## CF 2463-2



L :: 80.25"      W :: 30.00"  
H :: 33.00"      MACHINE :: 200 LBS.

**HEX HEAD DUMBBELL RACK (10 PAIR)**

- :: 2" x 4" tubing provides unsurpassed durability
- :: Can be permanently anchored in place

## CF 2463-3



L :: 80.25"      W :: 28.50"  
H :: 41.50"      MACHINE :: 272 LBS.

**HEX HEAD DUMBBELL RACK (15 PAIR)**

- :: 2" x 4" tubing provides unsurpassed durability
- :: Can be permanently anchored in place



# F S E R I E S



When it comes to freeweight equipment, the HOIST® F series is known for its durability, ease of use and dynamic design. HOIST® offers a comprehensive state-of-the-art freeweight product line to enhance any fitness center.



## F 661



Weight plate not included.

L :: 62.00" W :: 28.00" H :: 49.00" MACHINE :: 162 LBS.

#### INCLINE LEVERAGE ROW

- :: Easy Glide™ seat sleeves provide smooth, quiet seat adjustments
- :: Dual hand position
- :: Seated position provides greater support and stability
- :: Pillow block bearings

## F 662



L :: 50.50" W :: 26.25" H :: 41.25" MACHINE :: 85 LBS.

#### ROMAN CHAIR

- :: Easy Glide™ seat sleeves provides smooth, quiet pad adjustments
- :: Step through design
- :: Adjustable roller pads allow you to perform abdominal and low back exercises

## F 261



L :: 71.00" W :: 26.00" H :: 38.50" - 43.00" MACHINE :: 89 LBS.

#### ADJUSTABLE SIT-UP BENCH

- :: Easy Glide™ seat sleeves provides smooth, quiet pad adjustments
- :: Multi angle positions from +5° to +30°

## F 260



L :: 67.50" - 58.25" W :: 24.00" H :: 36.00" - 59.00" MACHINE :: 120 LBS.

#### SUPER ADJUSTABLE MULTI-ABDOMINAL BENCH

- :: Easy Glide™ seat sleeves provides smooth, quiet pad adjustments
- :: Angle indicator +5° to +30°
- :: Multi adjustable roller pads
- :: Wheels and handle provide tilt n' roll capability





**F 067**

L :: 163.25"  
W :: 212.00"  
H :: 89.00"  
WT STACK :: 1,600 LBS.  
MACHINE :: 2,862 LBS.

**8-STATION CABLE GYM**

- :: 8 weight stacks, 1,600 lbs. total
- :: 2 pull-down stations (250 lbs. each)
- :: 2 low row stations (250 lbs. each)
- :: 2 triceps stations (150 lbs. each)
- :: 2 high/low stations (150 lbs. each)
- :: Dual position pull-up station



**F 066**



L :: 133.75" W :: 65.00" H :: 89.00" WT STACK :: 800 LBS. MACHINE :: 1,356 LBS.

**4-STATION CABLE GYM**

- :: 4 weight stacks, 800 lbs. total
- :: Pull-down and low row station (250 lbs. each)
- :: Triceps and high/low station (150 lbs. each)

**F 355**



L :: 83.25" - 87.00" W :: 68.00" H :: 50.00" - 63.00" MACHINE :: 464 LBS.

**ANGLED LEG PRESS**

- :: Easy Glide™ seat sleeves provide smoother, quieter pad adjustments
- :: Adjustable back pad with angled head rest
- :: Lockouts automatically release at the start of movement



## F 356



L :: 85.00" W :: 67.00" H :: 50.00" MACHINE :: 500 LBS.

**42° HACK SQUAT**

- :: Easy Glide™ seat sleeves provides easy platform adjustment
- :: Lockouts automatically release at the start of movement
- :: Angled head rest and built-in plate holders

## F 465



L :: 31.00" W :: 33.00" H :: 56.00" MACHINE :: 90 LBS.

**HORIZONTAL BARBELL RACK**

- :: Nickel-plated bar rack-out system protects the frame finish
- :: Holds up to 12 bars
- :: Angled frame provides easy bar access

## F 466



L :: 51.50" W :: 26.00" H :: 58.00" MACHINE :: 90 LBS.

**ACCESSORY RACK**

- :: Holds up to 12 bars
- :: Angled frame provides easy bar access

## F 467



L :: 48.50" W :: 29.50" H :: 32.50" MACHINE :: 90 LBS.

**CURL STAND**

- :: Nickel-plated bar rack-out system protects the frame finish
- :: Built-in plate holders
- :: Step through design



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- |                   |                         |
|-------------------|-------------------------|
| GLUTEMASTER®      | FEEL THE RIDE™          |
| SILENT STEEL®     | ROX™                    |
| HOIST®            | RIDE ORIENTED           |
| CLUB QUALITY      | XERCISE™                |
| GUARANTEED®       | ACT NOW™                |
| RADIAL LOC®       | EASY GLIDE™             |
| QUIK-CHANGE™      | EZ-LOC LATCHING         |
| HOIST CLASSIC™    | MECHANISM™              |
| ROCKETLOK™        |                         |
| COMPOSITE MOTION™ | † Other Patents Pending |


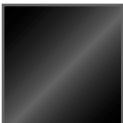









D370,950, D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, 4,949,95, 5,236,406, 5,401,22, 5,681,24, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,938,574, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,030,322, 6,039,678, 6,090,020, 6,102,835, 6,193,635, 6,264,586, 6,264,588, 6,287,241, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,645,130.

HOIST® Fitness Systems reserves the right to change product specifications, design and function at any time.

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Visit us at **HOISTFITNESS.COM** for your nearest dealer location.

COLOR OPTIONS

Pad Upholstery	Powder Coating
 Black	 Textured Black
 Slate	 V Charcoal
 Tomato	 Textured Red
 Bluejay	 V Platinum
 Hunter Green	 Textured White
 Turk	

EQUIPMENT SAFETY

Read and understand the Owner's Manual, all warning labels and decals on equipment. Please use all precautionary measures necessary for safety.

Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the equipment.

Always stay clear of weights and moving parts. Obtain assistance to free any jammed parts.

Sweat is corrosive—wipe down the machines on a regular basis with water and dry completely to avoid rust.

Maintain a regular routine for preventative maintenance. Carefully inspect the equipment before each use. Replace or repair any frayed, loose or otherwise damaged parts at the first sign of a problem with genuine HOIST® replacement parts.

EXERCISE SAFETY

Consult a physician before beginning an exercise program.

Always warm up before a workout.

Maintain proper spinal alignment and head positioning throughout workout.

To gain maximum results and avoid possible injury, follow a complete fitness program including proper nutrition, aerobic exercise and strength training. Be sure to consult a fitness professional to develop a complete exercise program.

The body will respond to weight training and conditioning only when completing workouts on a regular basis.

Do not attempt to lift more weight than can be comfortably handled. Avoid the risk of injury by remaining within safe limits.

Do not hold breath. Exhale during pressing action, and inhale upon returning to start position.



## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

All products manufactured by HOIST® Fitness Systems listed on this price list are warranted to the original purchaser to be free from defects in workmanship and/or materials under normal use or service as follows:



:: Structural frame:	Lifetime
:: Pulleys, bearings and bushings:	5 years
:: Belts, cables, upholstery, paint:	1 year

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.

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

The sole obligation of HOIST® 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, express, implied or statutory, except the one (1) and (5) year warranty 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.





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Visit us on the web at

**[hoistfitness.com](http://hoistfitness.com)**