

# The Greatest Thing to Happen *Fitness* to Kids Since Recess.

Phys Ed just got fun! The HOIST® KL Circuit is an innovative system that tackles obesity head on with breakthrough designs specifically engineered for children. The consideration for safety is addressed in the custom features of each piece, such as fully shielded weight stacks that protect little fingers. The dynamic action and movement of this cutting-edge equipment encourages children to exercise by simulating the motion of a ride. Finally, children will want to work out simply because it is fun!

## KL 2403 | SQUAT PRESS

*Extends with compound movement from squatting to standing position, limiting stress on the knees*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
78.72"	28.57"	58.37"	138.0 lbs.



## KL 2101 | SEATED DIP

*Simulates a fun ride; allows children to experience the sensation of completing a dip*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
67.35"	28.57"	58.37"	138.0 lbs.



## KL 2201 | PULL UP

*Replicates movement of a traditional pull up; gives child a subliminal "I can do it!" feeling*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
65.06"	32.00"	78.79"	154.5 lbs.



## KL 2203 | SEATED ROW

*Mimics the ride sensation of rowing*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
81.09"	27.35"	58.49"	138.0 lbs.



## KL YOUTH FITNESS CIRCUIT

FEEL THE RIDE

**KL 2301 | CHEST PRESS**

*Emulates a smooth forward and backward riding motion without shoulder impingement*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
76.40"	28.57"	58.37"	138.0 lbs.



**KL 2410 | LEG PRESS**

*Imitates the sensation of a ride in an adjustable unit; lets children experience a dramatic "wow" factor*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
75.80"	28.35"	58.48"	154.5 lbs.



**KL 2501 | SHOULDER PRESS**

*Provides a rocking motion and compound movement in an adjustable unit; minimizes any impingement of the shoulder*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
84.46"	28.35"	58.37"	138.0 lbs.



**KL 2261 | ABDOMINAL BENCH**

*Delivers flexibility of several body resistance exercises in an adjustable unit*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
67.25"	28.00"	34.00"	N/A



**KL 2662 | BACK/HIP EXTENSION**

*Allows children with excess upper body weight to successfully complete the extension by simply raising one or two legs*

LENGTH	WIDTH	HEIGHT	WEIGHT STACK
55.38"	34.75"	50.36"	N/A



**KL YOUTH FITNESS CIRCUIT**

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**HOIST**<sup>®</sup>

**KL** YOUTH FITNESS CIRCUIT



FEEL THE RIDE™

"At last, by taking the time to study kids and exercise, a manufacturer has combined innovation and technology to create a fun and exciting line of strength training equipment for kids. One that kids are sure to use to experience the many benefits of strength training while simultaneously forming important lifelong exercise habits." <sup>1</sup>

— **Ken Germano**  
President, the American  
Council on Exercise



### OUR SOLUTION TO THE YOUTH OBESITY PROBLEM

A twin epidemic of obesity and inactivity is running rampant amongst our youth today. Over time, obesity can lead to chronic health problems including cardiovascular disease and diabetes. The menacing problem thrives within the socially encouraged, sedentary activities commonly engaged in by children. However, there is a promising solution. By establishing a consistent childhood regimen of mutually fun and beneficial workout habits, we can promote a bright outlook and healthy lifestyle for a new generation.

Our challenge is to motivate children to join in activities that encourage fitness and healthy growth.

But, it is not as simple as putting them on a treadmill. Several primary concerns must be identified first. Generally, children do not have the discipline level of adults. They tend to lose interest quickly, and as a result, veer towards passive activities rather than active exercise. Safety is another major concern. Equipment suited for the adult physique may not be appropriate for the developing bodies of children. Also, time is a key factor to consider. An early change in a child's lifestyle is an integral step to producing regular fitness and health habits in adulthood. With these issues taken into account, we have developed a revolutionary, new product line.

Our solution is the HOIST KL Circuit. This innovative system tackles obesity head on with breakthrough designs specifically engineered for children. The KL Circuit program targets specific muscle groups while simultaneously eliciting fun and excitement. The dynamic action and movement of the cutting-edge equipment encourages children to exercise by simulating the motion of a ride. Ultimately, the enticing format of the program works hand in hand with a child's natural body progression to produce maximum health benefits and attract consistent workout habits. In short, children will want to exercise because it's fun.



“One in three U.S. children born in 2000 will become diabetic unless people start eating less and exercising more...the odds are worse for black and Hispanic children. Nearly half of them are likely to develop the disease.”<sup>2</sup>

— Venkat Narayan  
MD, MPH, MBA, Chief Diabetic  
Epidemiologist at the Centers for  
Disease Control and Prevention

“Preliminary evidence indicates that strength training, when performed appropriately, decreases the incidence of some overuse and acute injuries. It is clear that many athletic injuries can be prevented. An estimated 50% of overuse injuries sustained by active children and adolescents are preventable.”<sup>3</sup>

— American College of  
Sports Medicine

"Children should be encouraged to perform full-range, multi-joint strength training exercises (e.g., leg presses, squats, pull-ups, dips, etc.), as opposed to single-joint exercises (e.g., leg extensions, leg curls, biceps curls, triceps extensions, etc.), whenever possible, because such exercises tend to develop functional strength." <sup>4</sup>

— Cedric X. Bryant

Ph. D., Chief Exercise Physiologist and Vice President of Educational Services, The American Council on Exercise



"The focus of any weight-training program for children should be on safety and having fun." <sup>5</sup>

— Kenneth H. Cooper

MD, MPH, Founder, President, CEO of the Cooper Aerobics Center

## BENEFITS OF RESISTANCE TRAINING

Children who participate in conditioning programs that include resistance training can expect benefits that go well beyond the loss of body fat. In a well designed program, participants can expect an improvement in bone density as well as tendon and ligament strength. Skeletal muscular strength, joint stability and endurance are also enhanced. These benefits can help prevent injuries and boost performance in a wide range of sports and recreational activities.

Resistance training also enhances nervous system function and promotes emotional health. When the program is carefully designed and properly supervised, children experience improvements in self-esteem and self-confidence. Children will be eager to exercise when participating in a program that delivers safety, awards positive results, and excites them with the fun and allure of a ride.

## WHAT HOIST FITNESS HAS CREATED

HOIST Fitness has conducted extensive research and development in search of a solution suitable for children's fitness conditioning. The result is a complete, all-in-one system that meets our demanding criteria. HOIST Fitness proudly introduces the KL Circuit – consisting of seven weight resistance units and two body resistance units, the HOIST KL Circuit provides the state-of-the-art equipment and superior instruction that children need today.

The HOIST Fitness concept is driven by three major principles of conditioning for children: fun, safety and results. The HOIST KL Circuit equipment gives children the experience of fun with effective

exercises that simulate rides rather than dull, monotonous movements. The consideration for safety is addressed in the custom design of each piece of equipment, such as the fully enclosed, shielded HOIST safety weight stacks that minimize the chance of a user pinching a finger.



Adult bodies are able to handle the stress of single joint movements, such as leg extensions and bicep curls. However, these open kinetic chain movements put a much greater degree of bone shear force on the joints of long bones in a young person's body. For children, it is necessary to spread the forces across more than one isolated joint. HOIST Fitness designed the KL Circuit to focus on multi-joint, closed kinetic chain movements appropriate for children's growing bodies. Research shows that these types of movements reduce the potential likelihood of damage to developing growth platelets found at the ends of the long bones.<sup>6</sup> The HOIST Fitness movements also maximize the compression forces that will increase bone density in adolescents and pre-adolescents. Such compression forces contribute to the development of joint stability.

“Strength training is an ideal physical activity for over weight boys and girls-- although their excess weight works against them in endurance exercise such as running, soccer and basketball, it works for them in strength training. Heavier children generally use more resistance than lighter children, which tends to increase their status in the weight room. Strength training also helps them burn excess calories, both during exercise sessions and following the training sessions, due to its elevating effect on metabolic rate.”<sup>7</sup>

— Avery Faigenbaum

Ed. D., Department of Exercise  
Science and Physical Education,  
University of Massachusetts, Boston, MA,  
and

— Wayne Westcott

Ph.D., Fitness Research  
Director at the North Shore YMCA, Quincy, MA.



## HOIST FITNESS KL CIRCUIT FEATURES

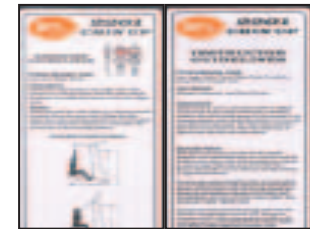
The HOIST KL Circuit incorporates advanced research and aesthetics to create a complete high performance system. Simple to set up and inviting to use, The KL Circuit consists of nine units (seven weight resistance units and two body resistance units) and is offered with the option of stationary feet or casters for easy movement. To help fitness centers introduce the program to their clients, the HOIST Fitness package includes an instructional video that provides an explanation of proper biomechanics, a tutorial for teaching children how to use the equipment, a discussion of fitness safety on the KL machines, and a guide to equipment maintenance. Individual instructor and user placards explain how the units should be used.

Beyond functional sophistication, the HOIST KL Circuit enhances the appearance of a professional fitness center. The unique designs feature a high-tech, contemporary look of high contrast charcoal gray, black and white components. Concise descriptions and clear graphics guide both the instructor and the child through each step of the workout. The HOIST Fitness commitment to safety is addressed in every sleek detail, including the SilentSteel™ safety weight stacks with fully shielded enclosures and oversized footpads to help guide proper body positioning. Each component is designed and manufactured under strict quality maintenance protocols.

Finally, a solution is available that is an essential part of a youth conditioning program! The HOIST KL Circuit is designed to encourage participation and provides workouts that are appropriate, beneficial and fun for all children.



Optional Mobile Casters



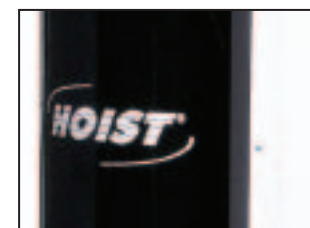
Instruction Placards



Oversized Foot Pads



Safety Weight Stack



Safety Shield

**KL** - 24 0 3 SQUAT PRESS



**Movement:** Extends with compound movement from squatting to standing position, limiting stress on the knees

**Features:** Dynamic Linkage Movement System, Oversized Foot Placement Pads, Drop Away Seat, Safety Shield and Safety Weight Stack

**Muscle Groups:** Quadriceps, Gluteals and Hamstrings





**KL** -210 1 SEATED DIP



**Movement:** Simulates a fun ride; allows children to experience the sensation of completing a dip

**Features:** Dynamic Linkage Movement System, Safety Shield and Safety Weight Stack

**Muscle Groups:** Pectorals, Triceps and Deltoids

**KL**-2201 PULL UP



**Movement:** Replicates movement of a traditional pull up; gives child a subliminal "I can do it!" feeling

**Features:** Seat and Bar Position Height Adjustments, Counter Balance, Dynamic Linkage Movement System, Safety Shield and Safety Weight Stack

**Muscle Groups:** Lats, Teres Major and Biceps

**KL**-2203 SEATED ROW



**Movement:** Mimics the ride sensation of rowing

**Features:** Adjustable Chest Pad to accommodate differences in arm lengths, Self Aligning Linear Ball Bearings, Induction Hardened Steel Shafting, Safety Shield and Safety Weight Stack

**Muscle Groups:** Lats, Teres Major and Biceps

**KL**-2301 CHEST PRESS



**Movement:** Emulates a smooth forward and backward riding motion without shoulder impingement

**Features:** Adjustable Seatback to accommodate children of varying sizes and arm lengths, Self Aligning Linear Ball Bearings, Induction Hardened Steel Shafting, Safety Shield and Safety Weight Stack

**Muscle Groups:** Pectorals, Anterior Deltoids and Triceps



**KL**-24 10 LEG PRESS



**Movement:** Imitates the sensation of a ride in an adjustable unit; lets children experience a dramatic “wow” factor

**Features:** Oversized Foot Placement Pads, Self Aligning Linear Ball Bearings, Induction Hardened Steel Shafting, Safety Shield and Safety Weight Stack

**Muscle Groups:** Quads, Gluts and Hamstrings



**KL** -25 0 1 SHOULDER PRESS



**Movement:** Provides a rocking motion and compound movement in an adjustable unit; minimizes any impingement of the shoulder

**Features:** Adjustable Seat Cushion accommodates participants of varying sizes. Dynamic Linkage Movement System, Safety Shield and Safety Weight Stack

**Muscle Groups:** Deltoids and Triceps



**KL** -2261 ABDOMINAL BENCH



Incline position shown



Decline position shown

**Movement:** Delivers flexibility of several body resistance exercises in an adjustable unit

**Features:** Decline, Flat and Incline Bench Positions allow an immediate experience of success for both beginners and advanced children, Four Upholstered Roller Pads for stabilization

**Muscle Groups:** Rectus Abdominis and Hip Flexors



**KL**-2662 BACK/HIP EXTENSION



**Movement:** Allows children with excess upper body weight to successfully complete the extension by simply raising one or two legs

**Features:** Foot Mount Pedestals for ease of access and use

**Muscle Groups:** Gluteals, Erector Spinae and Hamstrings





## KL Assembled Units Specifications and Safety Weight Stacks

Machine	Description	Length	Width	Height	Weight stack
KL2101	SEATED DIP	67.35"	28.57"	58.37"	138.0 lbs.
KL2201	PULL UP	65.06"	32.00"	78.79"	154.5 lbs.
KL2203	SEATED ROW	81.09"	27.35"	58.49"	138.0 lbs.
KL2261	ABDOMINAL BENCH	67.25"	28.00"	34.00"	N/A
KL2301	CHEST PRESS	76.40"	28.57"	58.37"	138.0 lbs.
KL2403	SQUAT PRESS	78.72"	28.57"	58.37"	138.0 lbs.
KL2410	LEG PRESS	75.80"	28.35"	58.48"	154.5 lbs.
KL2501	SHOULDER PRESS	82.46"	28.35"	58.37"	138.0 lbs.
KL2662	BACK/HIP EXTENSION	55.38"	34.75"	50.36"	N/A

### Safety Weight Stack Information

**138 lb. Safety Weight Stack consists of:**

	Qty.	Lbs
Top Plate	1	13.0 lbs. (with stem)
Weight Plates	10	12.5 lbs.
<b>Total</b>	<b>11</b>	<b>138.0 lbs.</b>

**154.5 lb. Safety Weight Stack consists of:**

	Qty.	Lbs.
Top Plate	1	29.5 lbs. (with stem)
Weight Plates	10	12.5 lbs.
<b>Total</b>	<b>11</b>	<b>154.5 lbs.</b>

“Weight training for strength, performed with knowledgeable instruction and adequate supervision, is safe for children and adolescents.”<sup>8</sup>

— American College of Sports Medicine

### References

1. Germano, K. Personal Communication, July 9, 2003
2. McConnaughey, Janet, “Today’s kids face ‘shocking’ risk of developing diabetes, CDC says,” The San Diego Union-Tribune. 15 Jun. 2003: A9.
3. American College of Sports Medicine (ACSM). “The Prevention of Sports Injuries of Children and Adolescents.” Medicine & Science in Sports & Exercise. 8 (1993): 1-2.
4. Bryant, C.X., Franklin, B.A., Conviser, J.M. Exercise Testing and Program Design: A Fitness Professional’s Handbook. (Monterey, CA: Exercise Science Publishers, 2002) 79.
5. Cooper, K.H. Fit Kids! The Complete Shape-Up Program From Birth Through High School. (Nashville, TN: Broadman & Holman, 1999) 180.
6. Westcott, Wayne L. “From Myths to Muscles: Giving Kids a Lift.” Perspective. 5 (1999): 20.
7. Faigenbaum, Avery, Ed.D. and Westcott, Wayne, Ph.D. Strength & Power for Young Athletes. (Champaign, IL: Human Kinetics, 2000) ix.
8. American College of Sports Medicine. “The Prevention of Sports Injuries of Children and Adolescents.” Medicine & Science in Sports & Exercise. 8 (1993): 1.



The HOIST Fitness Systems KL Children's Fitness Circuit was developed in connection with the National School Fitness Foundation Program for Elementary Schools.



Authorized Dealer

**Support for properly designed and competently supervised strength-training programs for children:**

The American Academy of Pediatrics: Pediatrics, 1990

The American College of Sports Medicine: "ACSM's Guidelines for Exercise Testing and Prescription," 1995

The United States Surgeon General's Report: "Physical Activity and Health," 1996

The American Orthopedic Society for Sports Medicine: "Proceedings of the Conference on Strength Training and the Pre-pubescent," 1988

The National Strength & Conditioning Association: Position Statements, 1996

The President's Council on Physical Fitness and Sports and Society of Pediatric Orthopedics: Presentation: "Youth Strength-Training Guidelines," 1985, 1988



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