



WARNING

HOIST
FITNESS

ROC-IT[®]

SELECTORIZED

155
175
195
215
235
275
295
315
335

1
2
3
5

BROCHURE

HOIST[®]
FITNESS

ROC-IT® SELECTORIZED

The ROC-IT® line, is unlike any other selectorized equipment. ROC-IT products make the user an integral part of the exercise motion by continually adjusting the position of the user as they engage the target muscles to move the exercise arm. By continually moving and adjusting the users' body throughout the range of motion, the ROC-IT products ensure correct biomechanics throughout the exercise.

OPTIMAL BIOMECHANICS

The ROC-IT technology allows for an exercise movement that results in optimal biomechanic positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable movements of free weight training. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core muscles while maintaining adequate stability and proper form.

The ROC-IT line represents a training technology optimally suited to meet the training needs of diverse population groups ranging from the deconditioned and sedentary to the more athletic and well-conditioned.

ROC-IT® SELECTORIZED

FEATURES

INCREASE BRAND AWARENESS

- ◆ **Shield Wrap-** Opportunity to add custom weight stack shield wrap with shield designed with your company logo or banding

CONVENIENCE

- ◆ **Integrated Towel Hook, Bottle Holder & Accessory Tray-** Keeps personal items organized and reduce clutter on the gym floor
- ◆ **Ratcheting Adjuster System-** Quick and easy seat adjustments to accommodate varying user sizes
- ◆ **Easy Step-Through Design-** Speeds up workouts and allows for user to quickly enter/exit the machine
- ◆ **Integrated Scuff Guards & Rubber Foot Protectors-** Protects the machine's frame finish and facility floor
- ◆ **Wide & Narrow Hand Grip Positions-** Accommodating hand grip positions to fit all body types
- ◆ **Permanently Anchor All RS Products In Place-** Maximizes space planning
- ◆ **Optional add-on weight system**
- ◆ **Ergonomic Grips**

COMFORT

- ◆ **Reduced Noise-** Silent Steel® weight stacks are specifically designed for noise reduction during exercise
- ◆ **Head Support & Oversized Handles-** Provides a more comfortable and secure workout

SLEEK & APPEALING

- ◆ **Enclosed Weight Stacks-** Offers privacy to the user while exercising
- ◆ **Molded Plastic Upholstery Covers & Contoured Foot Rests-** Adds a contemporary and finished look

ROC-IT® SELECTORIZED

ROC-IT® SCIENCE

ROC-IT products capture attention and make strength training more enjoyable, but the foundation of the ROC-IT design isn't based on appearance—it's rooted in extensive biomechanical research.

ROC-IT technology addresses the human body as a complete system, not as isolated groups of muscles. The movement designed in each ROC-IT product more closely mimics the way a body operates in everyday life, enhancing results and reducing risk of injury.

Traditional machine-based exercise is muscle-centric and provides a stable platform, which helps beginners and casual users. But it comes at the cost of isolating individual muscles in a stable environment. Effective strength training challenges the entire Human Movement System, which has nervous, muscle and skeletal components working in harmony to achieve optimal results. This is where most traditional machines fail.

Fixed machine design restricts natural movement, especially at the end of the range of motion. It forces unnatural positions that put unnecessary stress on the body, increasing the risk for injury.

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise.

With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

ROC-IT products continuously adjust a user's position, maintaining optimal positioning throughout the entire exercise range of motion. Essentially, the machine transforms to accommodate the movement of the human body.

“With its dynamically rocking technology, the HOIST ROC-IT line reveals numerous biomechanical and physiological advantages missing with most traditional exercise machines. This includes a dynamically-adjusted user position to optimally align and maintain joint position throughout motion. Shear-stress forces are thus reduced within joints by creating multiple segment movement, providing small yet appropriate proprioceptive challenges to the lumbopelvic hip complex (LPHC). This improves stability, and provides greater muscle pre-stretch or loading to overload muscles..”

- FABIO COMANA, MA., MS., NASM CPT, CES & PES; NSCA CSCS; ACSM HFS; ACE CPT & LWMC; CISSN, DIRECTOR, CONTINUING EDUCATION, NASM

ROC-IT® SELECTORIZED

ROC-IT® SCIENCE

Effective strength training requires an efficient way to condition and challenge a body's functional capabilities. It utilizes systems that promote optimal biomechanics throughout the full range of motion. It trains the body in a way that challenges and incorporates the body's stability centers.

Each ROC-IT machine is designed to continuously shift the user's center of gravity to impose appropriate challenges to the Lumbo-Pelvic- Hip Complex (LPHC). This advanced exercise movement enhances core involvement and the number of LPHC muscles needed to stabilize the hips and trunk. ROC-IT products yield more stability, more strength applied to the exercise path, and more calories burned— for a more complete exercise.

HOIST's ROC-IT products achieve many othersignificant biomechanical advantages over fixed machines:

- ◆ *They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.*
- ◆ *They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.*

- ◆ *They allow users to impose a “pre-stretch” that improves muscle activation and strength increases.*
- ◆ *They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.*

Fitness facilities exist because of their members, and it's imperative that owners install the safest and most effective equipment available. HOIST's ROC-IT line is an industry leader when it comes to selecting equipment that minimizes risk during strength training exercise. When you add ROC-IT products to your facility, you're not just installing machines designed and engineered with unique patented ROC-IT technology, you're installing machines people can't wait to use!

“The ROC-IT line is a true innovation in strength training that combines superior biomechanics with fun to create an unforgettable experience. Kudos to HOIST for developing equipment that will help club operators attract all types of individuals to strength training.”

**-CEDRIC X. BRYANT, PH.D., FACSM,
CHIEF SCIENCE OFFICER - ACE®**

KEY CHANGES ACROSS THE RS-LINE

CHANGES



GRIPS

- ◆ Change rubber grips to Ergo-grips



BOLT CAPS

- ◆ Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- ◆ New molded footplates



SCUFF GUARDS

- ◆ Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- ◆ Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- ◆ Redesigned weight cage

ADD ON WEIGHT



OPTIONS

RS-CAGE-NG-OPT1

5 lbs

RS-CAGE-NG-OPT2

10 lbs

RS-CAGE-NG-OPT3

5 lbs

RS-CAGE-NG-63-OPT1

5 lbs

RS-CAGE-NG-63-OPT2

10 lbs

RS-CAGE-NG-63-OPT3

10 lbs

FEATURES

- ◆ **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- ◆ **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- ◆ RS-2101
- ◆ RS-2102
- ◆ RS-2103
- ◆ RS-2201
- ◆ RS-2203
- ◆ RS-2204
- ◆ RS-2301
- ◆ RS-2302
- ◆ RS-2401
- ◆ RS-2402
- ◆ RS-2406
- ◆ RS-2407
- ◆ RS-2408
- ◆ RS-2412
- ◆ RS-2415
- ◆ RS-2501
- ◆ RS-2502
- ◆ RS-2601
- ◆ RS-2602

HD-DUAL

- ◆ HD-3100
- ◆ HD-3600
- ◆ HD-3800
- ◆ HD-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- ◆ RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- ◆ HD-3300
- ◆ HD-3400

ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- ◆ HD-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- ◆ HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- ◆ HD-3403

SEATED DIP

RS-2101



ADJUSTABLE SEAT HEIGHT



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.00" X 49.75" X 54.75" (152 cm X 126 cm X 139 cm)

PRODUCT WEIGHT

616 lbs (279 kg)

WEIGHT STACK

255 lbs (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- ◆ Functional movement for tricep muscles
- ◆ Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- ◆ Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- ◆ Naturally mimics the exercise motion of the bar dip
- ◆ Ratcheting seat adjustment

BICEPS CURL

RS-2102



SELF-ALIGNING PULLEY HOUSING



SPECS

PRODUCT DIMENSIONS (L X W X H)

64.50" X 59.00" X 58.00" (164 cm X 150 cm X 148 cm)

PRODUCT WEIGHT

631 lbs (286 kg)

WEIGHT STACK

255 lbs (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- ◆ Cable-Driven™ exercise movement automatically adjusts to accommodate varying arm lengths and shoulder widths
- ◆ Swiveling pulleys provide pronated, neutral or supinated grip positions
- ◆ Starts the body in an upright posture to improve arm extension for biceps recruitment, then rocks rearward during the exercise to reduce shoulder and back involvement
- ◆ Rocking motion mimics the natural movement of a standing barbell/dumbbell curl without involving the lower back

TRICEPS EXTENSION

RS-1103



SPECS

PRODUCT DIMENSIONS (L X W X H)

66.00" X 59.00" X 57.75" (168 cm X 150 cm X 139 cm)

PRODUCT WEIGHT

557 lbs (253 kg)

WEIGHT STACK

178 lbs (81 kg)

FEATURES

- ◆ Functional movement for tricep muscles
- ◆ Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- ◆ Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- ◆ Naturally mimics the exercise motion of the bar dip
- ◆ Ratcheting seat adjustment

LAT PULLDOWN

RS-2201



SPECS

PRODUCT DIMENSIONS (L X W X H)

65.50" X 56.50" X 84.75" (166 cm X 144 cm X 215 cm)

PRODUCT WEIGHT

759 lbs (344 kg)

771 lbs with RS-CAGE-NG-OPT1 (350 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- ◆ Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- ◆ Multiple grip positions accommodate varying body sizes/arm lengths
- ◆ Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps, then rocks the seat forward to a more neutral position
- ◆ Patented counter-balanced exercise arm and adjustable thigh pad
- ◆ Optional add-on weight system

SEATED MID ROW

RS-2203



SPECS

PRODUCT DIMENSIONS (L X W X H)

67.50" X 47.75" X 54.75" (171 cm X 121 cm X 139 cm)

PRODUCT WEIGHT

595 lbs (270 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- ◆ Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- ◆ Swiveling handles provide pronated, neutral and supinated grip positions
- ◆ Pull movement lifts the seat while rocking the body rearward to avoid unsafe lower back hyperextension
- ◆ Greater activation of the core muscles to maintain balance during unsupported torso movement

LOW BACK

RS-2204



SPECS

PRODUCT DIMENSIONS (L X W X H)

67.75" X 55.50" X 54.75" (172 cm X 141 cm X 139 cm)

PRODUCT WEIGHT

620 lbs (281 kg)

WEIGHT STACK

255 lbs. (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- ◆ Starts the body in a forward lean with knees bent, then rocks rearward to maintain proper alignment between hips and low back while reducing stress to the low back
- ◆ Swivel back pad is designed to ensure a safe and comfortable exercise movement while providing optimal support to the hips and spine
- ◆ Adjustable foot rests to accommodate varying user sizes

CHEST PRESS

RS-2301



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.75" X 58.25" X 58.00" (152 cm X 148 cm X 147 cm)

PRODUCT WEIGHT

668 lbs (303 kg)

680 lbs with RS-CAGE-NG-OPT1 (308 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0,45, and 90 degrees)
- ◆ Designed to reduce stress placed on the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- ◆ Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- ◆ Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch
- ◆ Optional add-on weight system

PEC FLY

RS-2302



ADJUSTABLE START ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.50" X 64.25" X 55.50" (187 cm X 163 cm X 141 cm)

PRODUCT WEIGHT

591 lbs (268 kg)

WEIGHT STACK

255 lbs. (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- ◆ Each exercise arm has a range-of-motion adjuster that facilitates the press arm handle positioning to safely maximize exercise pre-stretch
- ◆ Starts with the exercise handles positioned at the upper-chest level, then rocks rearward which recruits the mid and low chest muscles during exercise movement
- ◆ Designed to reduce the stress placed upon the anterior shoulder capsule associated with horizontal extension and rotation of the arm
- ◆ Swiveling handles self-align to the user's wrist during exercise

LEG EXTENSION

RS-2401



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.25" X 50.00" X 55.00" (107 cm X 127 cm X 140 cm)

PRODUCT WEIGHT

623 lbs (284 kg)

635 lbs with RS-CAGE-NG-OPT1 (288 kg)

WEIGHT STACK

270 lbs (122 kg)

275 lbs with RS-CAGE-NG-OPT1 (125 kg)

FEATURES

- ◆ Easy-to-use, the gas shock assisted adjustable back pad accommodates varying leg lengths
- ◆ Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints
- ◆ Begins in a upright posture, then rocks rearward during the exercise providing a greater range-of-motion and a more natural hinge movement
- ◆ Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- ◆ Optional add-on weight system

LEG CURL

RS-2402



ADJUSTABLE SHIN PAD



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.75" X 50.00" X 55.00" (127 cm X 127 cm X 140 cm)

PRODUCT WEIGHT

636 lbs (288 kg)

648 lbs with RS-CAGE-NG-OPT1 (294 kg)

WEIGHT STACK

270 lbs (122 kg)

275 lbs with RS-CAGE-NG-OPT1 (125 kg)

FEATURES

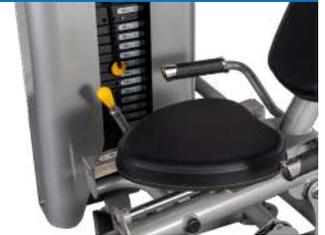
- ◆ Gas shock assisted back pad accommodates varying leg lengths
- ◆ Self-aligning roller pad automatically adjusts to reduce potential stress on the ankle joints
- ◆ Adjustable shin pad creates a natural hinge movement and reduces shearing force and stress on the knee joints
- ◆ Begins in a upright posture, then rocks rearward during the exercise providing a greater range-of-motion
- ◆ Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- ◆ Optional add-on weight system

LEG PRESS

RS-2403



ADJUSTABLE SEAT



MOLDED FOOT PLATFORM



SPECS

PRODUCT DIMENSIONS (L X W X H)

75.50" X 48.50" X 55.75" (192 cm X 123 cm X 142 cm)

PRODUCT WEIGHT

798 lbs (362 kg)

815 lbs with RS-CAGE-NG-OPT2 (370 kg)

WEIGHT STACK

380 lbs (172 kg)

390 lbs with RS-CAGE-NG-OPT2 (177 kg)

FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Large oval molded foot plate provides multiple foot placement positions for both leg press and calf exercises
- ◆ Starts the body in the traditional leg press position, then rocks the upper torso rearward to provide greater activation of the gluteal muscles
- ◆ Optional add-on weight system

INNER THIGH

RS-2406



SPECS

PRODUCT DIMENSIONS (L X W X H)

68.25" X 37.50" X 56.50" (173 cm X 95 cm X 144 cm)

PRODUCT WEIGHT

631 lbs (286 kg)

WEIGHT STACK

190 lbs (86 kg)

195 lbs with RS-CAGE-NG-OPT1 (89 kg)

FEATURES

- ◆ Range of motion adjustment accommodates starting position
- ◆ Starts the body in a decline position to enhance user comfort by facilitating hip abduction to open the thigh muscles while maintaining proper alignment of the spine
- ◆ The forward rocking movement reduces stress on the body by allowing the hips to naturally flex forward, while supporting the low back

OUTER THIGH

RS-2407



ADJUSTABLE START ANGLE

SPECS

PRODUCT DIMENSIONS (L X W X H)

68.25" X 37.50" X 56.50" (173 cm X 95 cm X 144 cm)

PRODUCT WEIGHT

631 lbs (286 kg)

WEIGHT STACK

190 lbs (86 kg)

195 lbs with RS-CAGE-NG-OPT1 (89 kg)

FEATURES

- ◆ Range of motion adjustment accommodates starting position
- ◆ Starts the body in a forward position to enhance user comfort by positioning the hips for optimal exercise movement while maintaining proper alignment of the spine
- ◆ The rearward rocking movement reduces low back stress by allowing the hips to naturally tilt backwards and reducing stress to the spine

PRONE LEG CURL

RS-2408



NON-SLIP HAND GRIP



ADJUSTABLE LEG PAD



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.75" X 42.75" X 55.00" (144 cm X 109 cm X 140 cm)

PRODUCT WEIGHT

571 lbs (259 kg)

583 lbs with RS-CAGE-NG-OPT1 (264 kg)

WEIGHT STACK

180 lbs (82 kg)

190 lbs with RS-CAGE-NG-OPT1 (86 kg)

FEATURES

- ◆ Starts the body in a more upright angle making it easier to enter and exit the machine
- ◆ Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- ◆ Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- ◆ Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height
- ◆ Optional add-on weight system

GLUTEMASTER®

RS-2412



MOLDED FOOT PADS



PADDED ARM RESTS



SPECS

PRODUCT DIMENSIONS (L X W X H)

52.60" X 57.50" X 54.75" (134 cm X 146 cm X 139 cm)

PRODUCT WEIGHT

580 lbs (263 kg)

WEIGHT STACK

180 lbs (82 kg)

190 lbs with RS-CAGE-NG-OPT1 (86 kg)

FEATURES

- ◆ Added forearm support and angled-grip handles allow users to engage core muscles throughout the exercise
- ◆ Downward rocking movement of the upper torso during the exercise offers an optimal range of exercise motion
- ◆ Angled forearm and pivoting knee pad offer constant upper and lower body support to avoid unnatural loading of the spine
- ◆ Knee pad adjusts with pivoting movement for accurate exercise positioning. Foot plate adjusts to accommodate varied leg lengths

ROTARY CALF RAISE

RS-2415



MOLDED FOOT PADS



SPECS

PRODUCT DIMENSIONS (L X W X H)

71.75" X 49.50" X 54.75" (182 cm X 126 cm X 139 cm)

PRODUCT WEIGHT

736 lbs (334 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Designed to emphasize movement through the ankle, promoting a greater range of exercise motion
- ◆ Rocking movement intensifies the work load to the calf muscle while reducing undesired stress placed on the feet

SHOULDER PRESS

RS-2501



SPECS

PRODUCT DIMENSIONS (L X W X H)

66.75" X 53.50" X 54.75" (170 cm X 136 cm X 139 cm)

PRODUCT WEIGHT

622 lbs (282 kg)

WEIGHT STACK

255 lbs (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- ◆ Designed to place hands in a neutral grip position to reduce potential shoulder impingements
- ◆ Starts with the exercise handles positioned in front of the body, then rocks rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- ◆ Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the shoulder and reduce lower back arching

LATERAL RAISE

RS-1502



ADJUSTABLE SEAT HEIGHT



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.00" X 47.25" X 56.50" (150 cm X 120 cm X 144 cm)

PRODUCT WEIGHT

526 lbs (239 kg)

WEIGHT STACK

298 lbs (135 kg)

FEATURES

- ◆ Rocking forward movement of the torso during the exercise challenges core muscles while engaging an optimal range of deltoid muscle flexion
- ◆ Swiveling stabilizer handles to accommodate varying user sizes
- ◆ Bi-lateral functionality allows for single-arm exercising
- ◆ Adjustable seat for varying user sizes

ABS

RS-2601



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.25" X 61.50" X 64.50" (107 cm X 156 cm X 162 cm)

PRODUCT WEIGHT

759 lbs (344 kg)

771 lbs with RS-CAGE-NG-OPT1 (350 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

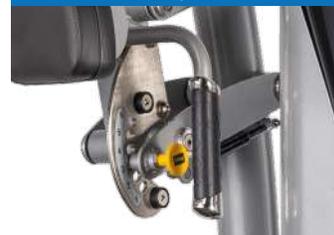
- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Begins in an upright posture with exercise handles overhead to prestretch the abdominal muscles
- ◆ Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- ◆ Designed to offer constant lumbar, thoracic and cervical support to avoid hyper extension or unnatural loading of the spine
- ◆ Optional add-on weight system

ROTARY TORSO

RS-2602



ADJUSTABLE CHEST PAD HEIGHT



ADJUSTABLE STARTING ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.75" X 43.50" X 59.25" (109 cm X 111 cm X 151 cm)

PRODUCT WEIGHT

459 lbs (208 kg)

471 lbs with RS-CAGE-NG-OPT1 (214 kg)

WEIGHT STACK

130 lbs (159 kg)

135 lbs with RS-CAGE-NG-OPT1 (61 kg)

FEATURES

- ◆ Incorporates ROC-IT technology by offering users an instability option (ROC-IT or LOCK IT™) for muscle engagement
- ◆ Starting positions in 40, 60, 80, and 100 degrees from “face forward” offer an optimal range of exercise motion in both directions
- ◆ Chest pad adjusts to accommodate varied torso lengths. Stabilizing handles offer upper body support to minimize low back stress
- ◆ Ergonomic kneeling pad minimizes low back stress
- ◆ Optional add-on weight system

CHIN/DIP ASSIST

RS-2700



MULTIPLE GRIP OPTIONS



MOLDED FOOT GRIP



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.25" X 66.75" X 96.75" (125 cm X 170 cm X 246 cm)

PRODUCT WEIGHT

857 lbs (389 kg)

WEIGHT STACK

380 lbs (172 kg)

FEATURES

- ◆ Offers 14 exciting exercise variations, 7 with assistance, and 7 without
- ◆ Flip 'N Grip® handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- ◆ Rock-climbing handles to develop wrist, arm, and shoulder strength
- ◆ Adjustable foot plate to accommodate assisted and unassisted exercise positions

HOIST CUSTOM

WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, CF-3365 and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.



DISCLAIMER PLEASE READ CAREFULLY: Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available. Please note that as standard practice we will be placing HOIST logos at the top of the artwork as depicted in the proof.

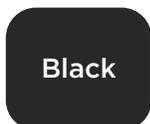
STANDARD COLORS

ROC-IT (RS, RPL)
 COMMERCIAL FREEWEIGHTS (CF)
 COMMERCIAL MULTI JUNGLE (CMJ)
 CLUB LINE (CL)

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

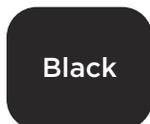
HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



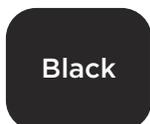
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL / HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

*HF AND MISERIES ESTIMATED MATTE BLACK
 AVAILABILITY 8/15 - 9/15

NO CUSTOM COLORS AVAILABLE



ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2101 SEATED DIP	60.00" (152 CM)	49.75" (126 CM)	54.75" (139 CM)	616 LBS (279 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2102 BICEPS CURL	64.50" (164 CM)	59.00" (150 CM)	58.00" (148 CM)	631 LBS (286 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-1103 TRICEPS EXTENSION	66.00" (168 CM)	59.00" (150 CM)	57.75" (139 CM)	557 LBS (253 KG)	178 LBS (81 KG)
RS-2201 LAT PULLDOWN	65.50" (166 CM)	56.50" (144 CM)	84.75" (215 CM)	759 LB. (344 KG) 771 LBS WITH RS- CAGE-NG-OPT1 (350 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2203 SEATED MID ROW	67.50" (171 CM)	47.75" (121 CM)	54.75" (139 CM)	595 LBS. (270 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2204 LOW BACK	67.75" (172 CM)	55.50" (141 CM)	54.75" (139 CM)	620 LBS. (281 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2301 CHEST PRESS	59.75" (152 CM)	58.25" (148 CM)	58.00" (147 CM)	668 LBS (303 KG) 680 LBS WITH RS-CAGE-NG-OPT1 (308 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2302 PEC FLY	73.50" (187 CM)	64.25" (163 CM)	55.50" (141 CM)	591 LBS. (268 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2401 LEG EXTENSION	42.25" (107 CM)	50.00" (127 CM)	55.00" (140 CM)	623 LBS (284 KG) 635 LBS WITH RS-CAGE-NG-OPT1 (288 KG)	270 LBS (122 KG) 275 LBS WITH RS-CAGE-NG-OPT1 (125 KG)
RS-2402 LEG CURL	49.75" (127 CM)	50.00" (127 CM)	55.00" (140 CM)	636 LBS (289 KG) 648 LBS WITH RS-CAGE-NG-OPT1 (294 KG)	270 LBS (122 KG) 275 LBS WITH RS-CAGE-NG-OPT1 (125 KG)
RS-2403 LEG PRESS	75.50" (192 CM)	48.50" (123 CM)	55.75" (142 CM)	798 LBS (362 KG) 815 LBS WITH RS- CAGE-NG-OPT2 (370 KG)	380 LBS (172 KG) 390 LBS WITH RS- CAGE-NG-OPT2 (177 KG)



ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2406 INNER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS (86 KG) 195 LBS WITH RS-CAGE-NG-OPT1 (89 KG)
RS-2407 OUTER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS (86 KG) 195 LBS WITH RS-CAGE-NG-OPT1 (89 KG)
RS-2408 PRONE LEG CURL	56.75" (144 CM)	42.75" (109 CM)	55.00" (140 CM)	571 LBS (259 KG) 583 LBS WITH RS-CAGE-NG-OPT1 (264 KG)	180 LBS (82 KG) 190 LBS WITH RS-CAGE-NG-OPT1 (86 KG)
RS-2412 GLUTEMASTER	52.60" (134 CM)	57.50" (146 CM)	54.75" (139 CM)	580 LBS. (263 KG)	180 LBS (82 KG) 190 LBS WITH RS-CAGE-NG-OPT1 (86 KG)
RS-2415 ROTARY CALF	71.75" (182 CM)	49.50" (126 CM)	54.75" (139 CM)	736 LBS. (334 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2501 SHOULDER PRESS	66.75" (170 CM)	53.50" (136 CM)	54.75" (139 CM)	622 LBS. (282 KG)	255 LBS (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-1502 LATERAL RAISE	59.00" (150 CM)	47.25" (120 CM)	56.50" (144 CM)	526 LBS. (239 KG)	298 LBS (135 KG)
RS-2601 ABS	42.25" (107 CM)	61.50" (156 CM)	64.50" (162 CM)	759 LBS (344 KG) 771 LBS WITH RS-CAGE-NG-OPT1 (350 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2602 ROTARY TORSO	42.75" (109 CM)	43.50" (111 CM)	59.25" (151 CM)	459 LBS (208 KG) 471 LBS WITH RS-CAGE-NG-OPT1 (214 KG)	130 LBS (159 KG) 135 LBS WITH RS-CAGE-NG-OPT1 (61 KG)
RS-2700 CHIN/DIP ASSIST	49.25" (125 CM)	66.75" (170 CM)	96.75" (246 CM)		380 LBS (172 KG)



ROC-IT[®]

PLATE LOADED

BROCHURE





ROC-IT® PLATE LOADED

OPTIMAL BIOMECHANICS AND DYNAMIC ADJUSTMENT:

THE ESSENCE OF HOIST'S ROC-IT® LINE

ROC-IT® LINE MACHINES TRANSFORM TO ACCOMMODATE THE MOVEMENT OF THE HUMAN BODY

Dynamic adjustment, designed to provide a more comfortable and secure workout based upon the body's natural posture and flexibility, is the essence behind the ROC-IT® line from HOIST®.

Using ROX™ technology, ROC-IT® products continuously adjust to a user's movements, helping them maintain optimal positioning while allowing for maximum range of motion on these innovative machines.

SUPERIOR BIO MECHANICS COMBINED WITH 'FUN' CREATE AN UNFORGETTABLE EXERCISE EXPERIENCE

Traditional machine-based exercise is 'muscle-centric' with the equipment providing a stable platform for users. But it comes at an expense. Fixed machine designs restrict natural movement, forcing users into unnatural positions that place unnecessary stress on the body and increase the risk of injury.

ROC-IT® products exercise motion mimics the more natural, comfortable and functional movement of free weight training. The 'fun' rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

ROC-IT® PLATE LOADED

WHY IS THE ROC-IT® LINE A GOOD FIT FOR YOUR CLUB OR FACILITY?

- ◆ Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- ◆ Easy step through design speeds up workouts and allows for users to quickly enter/exit the machine
- ◆ Head support and oversized handles provides a more comfortable and secure workout for users
- ◆ Integrated scuff guards and rubber foot protectors safeguard the machine's frame and the facility floor
- ◆ Wide and narrow hand grip positions fit all body types
- ◆ Integrated bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

A TRUE INNOVATION IN STRENGTH TRAINING - BUILT FOR EVERYONE!

“Kudos to HOIST® for developing equipment that will help club operators attract all types of individuals to strength training.” - Cedric X. Bryant, Ph.D., FACSM, Chief Science Officer - ACE®

SEATED DIP

RPL-5101



WIDE / NARROW
ANGLE GRIPS



HEIGHT ADJUSTABLE
SEAT



SPECS

PRODUCT DIMENSIONS (L X W X H)

72" x 52.75" x 52.25" (183 cm x 134 cm x 133 cm)

PRODUCT WEIGHT

305 lbs (138 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip
- ◆ Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- ◆ Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- ◆ Generous built-in weight storage

BICEPS CURL

RPL-5102



PADDED ELBOW BRACE



SELF ALIGNING HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.00" x 53.75" x 47.00"
(152 cm x 137 cm x 120 cm)

PRODUCT WEIGHT

332 lbs (151 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Exercise arms move independently for alternating curls
- ◆ Self-aligning exercise arms automatically adjusts to the user
- ◆ Contoured handles provide multiple grip positions
- ◆ Rocking movement provides a greater range of exercise motion
- ◆ Ratcheting seat adjustment
- ◆ Generous built-in weight storage

LAT PULLDOWN

RPL-5201



MULTIPLE GRIP HANDLES



PADDED LEG BRACE



SPECS

PRODUCT DIMENSIONS (L X W X H)

72" x 52.75" x 52.25" (183 cm x 134 cm x 133 cm)

PRODUCT WEIGHT

305 lbs (138 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip
- ◆ Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- ◆ Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- ◆ Generous built-in weight storage

SEATED MID ROW

RPL-5203



ROTATING HANDLES



ADJUSTABLE PADDED CHEST BRACE



SPECS

PRODUCT DIMENSIONS (L X W X H)

70.50" x 52.75" x 47.00" (179 cm x 134 cm x 119 cm)

PRODUCT WEIGHT

381 lbs (173 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology aligns the user with the motion of the pull-arms, leaning the torso forward for a good stretch at the start and rocking back through the motion for a comfortable, low finish
- ◆ Independent, diverging pull arms provide a natural motion and minimize stress to the shoulder joints
- ◆ Swiveling handles provide 360 degrees of grip options
- ◆ Adjustable, hinged chest pad
- ◆ Fixed center grip handle for one-handed rows
- ◆ Generous built-in weight storage

CHEST PRESS

RPL-5301



SPECS

PRODUCT DIMENSIONS (L X W X H)

82.25" x 52.75" x 72.00"
(209 cm x 134 cm x 183 cm)

PRODUCT WEIGHT

437 lbs (198 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms throughout the movement, for a start with the handles positioned at chest level and a finish with the handles level with the chin
- ◆ Independent, converging press-arms provide a natural motion and minimize stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

INCLINE CHEST PRESS

RPL-5303



COUNTER-WEIGHTED ARMS



MOLDED CONTOUR FOOT RESTS



SPECS

PRODUCT DIMENSIONS (L X W X H)

90.25" x 52.75" x 56.25"
(229 cm x 134 cm x 142 cm)

PRODUCT WEIGHT

425 lbs (193 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level and rocking backward to replicate the motion of an incline chest press
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

DECLINE CHEST PRESS

RPL-5305



CONTOURED HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.00" x 52.75" x 56.25"
(185 cm x 134 cm x 143 cm)

PRODUCT WEIGHT

366 lbs (166 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

HACK SQUAT/DEAD LIFT/SHRUG

RPL-5356

HACK SQUAT



ROTATING HANDLES



DEAD LIFT / SHRUG



ADJUSTABLE BACK REST



SPECS

PRODUCT DIMENSIONS (L X W X H)

89.50" x 59.00" x 59.5" (227 cm x 150 cm x 151 cm)

PRODUCT WEIGHT

533 lbs (242 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Oversized foot plate allows for multiple foot positions to ensure correct bio mechanics for both hack squat and dead lift
- ◆ Self-aligning hand grips adjust to accommodate varying shoulder widths while providing proper positioning
- ◆ Counter-balanced to reduce starting weight
- ◆ Seat provides proper alignment and support at the beginning and end of exercise and drops away during exercise movement
- ◆ Generous built-in weight storage

SEATED CALF RAISE

RPL-5363



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.00" x 52.75" x 56.25"
(185 cm x 134 cm x 143 cm)

PRODUCT WEIGHT

366 lbs (166 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

DUAL ACTION LEG PRESS

RPL-5403



ADJUSTABLE SHOULDER PADS



WIDE AREA FOOT PLATE



SPECS

PRODUCT DIMENSIONS (L X W X H)

97.00" x 50.25" x 61.50" (247 cm x 128 cm x 157 cm)

PRODUCT WEIGHT

582 lbs (264 kg)

MAX CAPACITY

1,300 lbs (590 kg)

FEATURES

- ◆ ROC-IT® Technology creates a dual action motion that moves the user support and foot plate simultaneously while maintaining alignment throughout the body
- ◆ Adjustable shoulder pads accommodate a wide range of body sizes
- ◆ Easy to use lockout mechanism, automatically disengages at the start of the exercise
- ◆ Oversized foot plate provides multiple foot placements for both leg press and calf exercises

STANDING CALF RAISE

RPL-5405



**PIVOTING HEIGHT
ADJUSTABLE
SHOULDER PADS**



WIDE AREA FOOT PLATE



SPECS

PRODUCT DIMENSIONS (L X W X H)

58.00" x 52.50" x 82.75"
(147 cm x 133 cm x 210 cm)

PRODUCT WEIGHT

365 lbs (166 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Angled foot plate rotates to isolate the exercise movement to the ankle and calf muscles while creating more dorsiflexion which reduces excess stress to the ball of the foot
- ◆ Adjustable shoulder support pads to accommodate varying body sizes
- ◆ Generous built-in weight storage

SHOULDER PRESS

RPL-5501



PERSONAL ACCESSORY
CAP



RATCHETING SEAT
ADJUSTER



SPECS

PRODUCT DIMENSIONS (L X W X H)

81.75" x 52.75" x 55.25" (208 cm x 134 cm x 141 cm)

PRODUCT WEIGHT

402 lbs (182 kg)

MAX STORAGE

360 lbs (163 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Roc-it® technology rocks the user rearward as the press-arms rise, replicating the natural motion of a dumbbell or barbell shoulder press while minimizing stress to the shoulder joints
- ◆ Independent, converging press-arms
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

ABDOMINALS

RPL-5601



LOCKABLE PIVOTING EXERCISE SEAT



WIDE RANGE GRIP HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.75" x 41.50" x 62.50"
(109 cm x 106 cm x 159 cm)

PRODUCT WEIGHT

231 lbs (105 kg)

MAX STORAGE

180 lbs (82 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Seat pad can be locked in place or unlocked for swiveling movement
- ◆ Rocking movement lowers the hips to increase the involvement of the abdominal muscles
- ◆ Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- ◆ Generous built-in weight storage

HOIST CUSTOM

WRAPS & LOGO DECALS

Provide your company logo and HOIST will develop custom logo decals that are placed under the instructional placards on the machine.

Only available to purchasers of a ROC-IT® line consisting of 8 or more machines.



STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



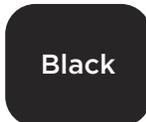
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



ROC-IT® PLATE LOADED

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX STORAGE*	MAX CAPACITY**
RPL-5101 SEATED DIP	72" (183 cm)	52.75" (134 cm)	52.25" (133 cm)	305 lbs (138 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5102 BICEPS CURL	60" (152 cm)	53.75" (137 cm)	47" (120 cm)	332 lbs (151 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5201 LAT PULLDOWN	76.5" (194 cm)	52.75" (134 cm)	85.75" (218 cm)	469 lbs (213 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5203 SEATED MID ROW	70.5" (179 cm)	52.75" (134 cm)	47" (119 cm)	381 lbs (173 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5301 CHEST PRESS	82.25" (209 cm)	52.75" (134 cm)	72" (183 cm)	437 lbs (198 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5303 INCLINE PRESS	90.25" (229 cm)	52.75" (134 cm)	56.25" (142 cm)	425 lbs (193 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5305 DECLINE PRESS	73" (185 cm)	52.75" (134 cm)	56.25" (143 cm)	366 lbs (166 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5356 HACK SQUAT/DEAD LIFT	89.5" (227 cm)	59" (150 cm)	59.5" (151 cm)	533 lbs (242 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5363 SEATED CALF RAISE	62.5" (159 cm)	30.25" (77 cm)	40.25" (103 cm)	146 lbs (66 kg)	N/A	800 lbs (363 kg)
RPL-5403 DUAL ACTION LEG PRESS	97" (247 cm)	50.25" (128 cm)	61.5" (157 cm)	539 lbs (245 kg)	N/A	1,300 lbs (590 kg)
RPL-5405 STANDING CALF RAISE	58" (147 cm)	52.50" (133 cm)	82.75" (210 cm)	365 lbs (166 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5501 SHOULDER PRESS	81.75" (208 cm)	52.75" (134 cm)	55.25" (141 cm)	402 lbs (182 kg)	360 lbs (163 kg)	800 lbs (363 kg)
RPL-5601 ABDOMINALS	42.75" (109 cm)	41.5" (106 cm)	62.5" (159 cm)	231 lbs (105 kg)	180 lbs (82 kg)	800 lbs (363 kg)

PLEASE NOTE: DO NOT PLACE MORE THAN 450 LBS OF PLATES ONTO ANY RPL MACHINE LIFTING WEIGHT HORNS WHILE IN USE.

**Machine at rest
(Total weight of plates that can be stored on the storage weight horns while it is not in use)*

***Machine in use
(Total weight of equipment user + weight of plates that can be safely placed on the lifting weight horn while it is in use).*



CLUB LINE

BROCHURE



SLIDE SELECT SYSTEM

FEATURES

Introducing the revolutionary Club Line, featuring the highly acclaimed Slide Select System. Unlike traditional selectorized machines, the Slide Select System eliminates guide rods and selector pins, reducing the need for maintenance and providing a smoother function for a more comfortable workout experience. And with built-in smaller weight adjustment in five-pound increments on the two hundred- and three-hundred-pound systems, the Club Line offers unrivaled versatility for your fitness needs.

But what truly sets the Club Line apart is its leverage weight system. Say goodbye to the clanging noise of weight plates with our innovative design that significantly reduces noise during your workout. In fact, tests conducted in our R&D lab using a decibel meter and vibration testing showed that the Club Line machines were 30% quieter on average when taking readings from the user's position during each repetition. This means you can enjoy a peaceful workout environment, free from the distractions of traditional weight stack systems.

Choose the Club Line for a unique and unparalleled fitness experience that's both effective and enjoyable.



EASY TO USE



CLUB LINE

The new CLUB LINE from HOIST® fitness offers a smaller, quieter option to owners looking for more space in their facility with the premium equipment that only HOIST® Fitness can offer.

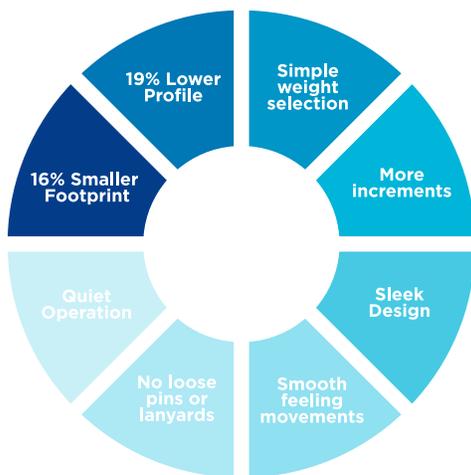
Compared to six major competitors, the original 8 CLUB LINE units take up 8-25% less floor space per machine, leaving more room for facilities to utilize. Competitors also have machine profiles that are 8-27% taller, significantly obstructing and cluttering views.

Each unit has a convenient accessory tray for keys, a phone, and water bottle as well as easy weight selection from a seated position.

"The Club Line has a very naturally smooth and consistent feel across the line. And I like the dampening feeling after completing a rep with no crashing weight stacks. Also, the Slide Select System is completely unique and easy to use.

- ANTHONY WALL WITH THE AMERICAN COUNCIL ON EXERCISE (ACE)

WHAT IS UNIQUE ABOUT THE CLUB LINE?



- ◆ **CL-3102**
PREACHER CURL - 200LB
- ◆ **CL-3103**
TRICEPS PRESS - 200LB
- ◆ **CL-3201**
LAT PULLDOWN - 300LB
- ◆ **CL-3203**
MID ROW - 300LB
- ◆ **CL-3301**
CHEST PRESS - 300LB
- ◆ **CL-3309**
PEC FLY/REAR DELT - 200LB
- ◆ **CL-3401**
LEG EXTENSION - 300LB
- ◆ **CL-3402**
LEG CURL - 300LB
- ◆ **CL-3403**
LEG PRESS - 300LB (400LB AVAILABLE)
- ◆ **CL-3408**
STANDING/PRONE LEG CURL - 200LB
- ◆ **CL-3501**
SHOULDER PRESS - 200LB
- ◆ **CL-3502**
LATERAL RAISE - 200LB
- ◆ **CL-3601**
ABDOMINALS - 300LB
- ◆ **CL-3800**
INNER/OUTER THIGH - 200LB

PREACHER CURL

CL-3102



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.25" X 43.50" X 48.50" (138 cm X 111 cm X 123 cm)

PRODUCT WEIGHT

481 lbs (218 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Oversized, wrap around arm pad with ergonomically optimized 40 degree angle
- ◆ Independent exercise arms with rotating grips
- ◆ Gas-spring assisted seat adjuster with easy-to-reach handle

TRICEPS PRESS

CL-3103



SPECS

PRODUCT DIMENSIONS (L X W X H)

53.50" X 40.75" X 48.50" (136 cm X 104 cm X 123 cm)

PRODUCT WEIGHT

502 lbs (228 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Oversized, wrap around arm pad with ergonomically optimized 40 degree angle
- ◆ Easy to adjust counterbalanced arm
- ◆ Stabilizing bar to lock feet underneath while exercising
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

LAT PULL DOWN

CL-3201



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.50" X 55.00" X 80.75" (138 cm X 140 cm X 205 cm)

PRODUCT WEIGHT

692 lbs (314 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Independent handles with multiple grips including rock climbing grips and HOIST®'s unique Flip 'N Grip® handles
- ◆ Oversized seat fits wide range of users
- ◆ Counterbalanced arm
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

MID ROW

CL-3203



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.50" X 48.75" X 48.50" (144 cm X 124 cm X 123 cm)

PRODUCT WEIGHT

625 lbs (283 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0, 45, and 90)
- ◆ Oversized seat fits wide range of users
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

CHEST PRESS

CL-3301



SPECS

PRODUCT DIMENSIONS (L X W X H)

58.00" X 53.75" X 48.50" (147 cm X 137 cm X 123 cm)

PRODUCT WEIGHT

613 lbs (278 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0, 45, and 90 degrees)
- ◆ Foot assist to help get into a starting position and complete those final reps
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

PEC FLY / REAR DELT

CL-3309



SPECS

PRODUCT DIMENSIONS (L X W X H)

45.25" X 63.75" X 48.50" (115 cm X 162 cm X 123 cm)

PRODUCT WEIGHT

425 lbs (192 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Multiple grip options
- ◆ First machine ever to offer both exercises facing the same direction
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle
- ◆ Self-aligning, independent exercise arms

LEG EXTENSION

CL-3401



SPECS

PRODUCT DIMENSIONS (L X W X H)

61.25" X 41.50" X 48.50" (156 cm X 105 cm X 123 cm)

PRODUCT WEIGHT

626 lbs (284 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Self-adjusting roller pad
- ◆ Large, easy to control range of motion lever for exercise arm
- ◆ Counterbalanced arm for easy adjustments
- ◆ Stabilizing handles
- ◆ Gas-spring assisted seat back adjustment with easy-to-reach lever

LEG CURL

CL-3402



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.75" X 41.50" X 48.50" (152 cm X 105 cm X 123 cm)

PRODUCT WEIGHT

629 lbs (285 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Self-adjusting roller pad
- ◆ Large, easy to control range of motion lever for exercise arm
- ◆ Counterbalanced arm with large range of motion lever for easy, controlled adjustments
- ◆ Stabilizing handles
- ◆ Gas-spring assisted seat back adjustment with easy-to-reach lever

LEG PRESS

CL-3403 / CL-3403-HS



SPECS

PRODUCT DIMENSIONS (L X W X H)

67.25" X 44.25" X 49.25" (171 cm X 112 cm X 125 cm)

PRODUCT WEIGHT

782 lbs (355 kg)

WEIGHT STACK

300 lbs (136 kg)

400 lb Heavy Stack (HS) Option available

FEATURES

- ◆ Unique suspended 4-bar linkage creates one of the smallest leg press footprints and a strength curve with no drop off
- ◆ Oversized foot plate with anti-slip rubber surface
- ◆ Extra raised foot plates for calf presses
- ◆ Entry / exit assist handle

STANDING / PRONE LEG CURL

CL-3408



SPECS

PRODUCT DIMENSIONS (L X W X H)

62.75" X 42.75" X 48.50" (159 cm X 109 cm X 123 cm)

PRODUCT WEIGHT

550 lbs (249 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Adjustments allow for standing and prone leg curl variations with ability to do unilateral or bilateral in the laying position
- ◆ Self-adjusting roller pad
- ◆ Stabilizing grips for both standing and laying variations

SHOULDER PRESS

CL-3501



SPECS

PRODUCT DIMENSIONS (L X W X H)

46.00" X 53.00" X 67.75" (117 cm X 135 cm X 172 cm)

PRODUCT WEIGHT

568 lbs (258 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0, 45, and 90 degrees)
- ◆ Counterbalanced arm
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

LATERAL RAISE

CL-3502



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.75" X 55.50" X 50.00" (109 cm X 141 cm X 127 cm)

PRODUCT WEIGHT

550 lbs (249 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Independent exercise arms with rotating grips
- ◆ Counterbalanced arm
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

ABDOMINALS

CL-3601



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.50" X 49.50" X 61.50" (108 cm X 126 cm X 156 cm)

PRODUCT WEIGHT

650 lbs (294 kg)

WEIGHT STACK

300 lbs (136 kg)

FEATURES

- ◆ Foot stabilizing bar and elbow pads for proper leverage
- ◆ Counterbalanced arm
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

INNER / OUTER THIGH

CL-3800



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.25" X 62.75" X 48.50" (143 cm X 159 cm X 123 cm)

PRODUCT WEIGHT

650 lbs (294 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES

- ◆ Standing and sitting variation grip handles
- ◆ Independent swiveling thigh pads
- ◆ Gas-spring assisted seat adjuster with large easy-to-reach handle

HOIST CUSTOM

WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.



DISCLAIMER PLEASE READ CAREFULLY: Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available. Please note that as standard practice we will be placing HOIST logos at the top of the artwork as depicted in the proof.

STANDARD COLORS

ROC-IT (RS, RPL)
 COMMERCIAL FREEWEIGHTS (CF)
 COMMERCIAL MULTI JUNGLE (CMJ)
 CLUB LINE (CL)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

- | | | | | | |
|------------------------------|--------------------------------|-----------------------------|---------------------------|-----------------------------------|----------------------------|
| Black
OLY-115 | Slate Gray
OLY-185 | Dove Gray
OLY-120 | Sky Blue
US 516 | Royal Blue
OLY-190 | Navy
NAVY SR-302 |
| Blue Ridge
OLY-125 | Hunter Green
OLY-155 | Suede
46848300 | Wheat
36349900 | American Beauty
OLY-130 | Burgundy
OLY-105 |

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

- Black
OLY-115

FRAME

- Platinum
- Matte Black

SUB FRAME

- Black

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL / HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME

- Matte Black

UPHOLSTERY

- Black
OLY-115

*HF AND MISERIES ESTIMATED MATTE BLACK AVAILABILITY 8/15 - 9/15

NO CUSTOM COLORS AVAILABLE

CLUB LINE

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
CL-3102 PREACHER CURL	54.25" (138 CM)	43.50" (111 CM)	48.50" (123 CM)	481 LBS (218 KG)	200 LBS (91 KG)
CL-3103 TRICEPS PRESS	53.50" (136 CM)	40.75" (104 CM)	48.50" (123 CM)	502 LBS (228 KG)	200 LBS (91 KG)
CL-3201 LAT PULLDOWN	54.50" (138 CM)	55.00" (140 CM)	80.75" (205 CM)	692 LBS (314 KG)	300 LBS (136 KG)
CL-3203 MID ROW	56.50" (144 CM)	48.75" (124 CM)	48.50" (123 CM)	625 LBS (283 KG)	300 LBS (136 KG)
CL-3301 CHEST PRESS	58.00" (147 CM)	53.75" (137 CM)	48.50" (123 CM)	613 LBS (278 KG)	300 LBS (136 KG)
CL-3309 PEC FLY / REAR DELT	45.25" (115 CM)	63.75" (162 CM)	48.50" (123 CM)	425 LBS (192 KG)	200 LBS (91 KG)
CL-3401 LEG EXTENSION	61.25" (156 CM)	41.50" (105 CM)	48.50" (123 CM)	626 LBS (284 KG)	300 LBS (136 KG)
CL-3402 LEG CURL	59.75" (152 CM)	41.50" (105 CM)	48.50" (123 CM)	629 LBS (285 KG)	300 LBS (136 KG)
CL-3403 LEG PRESS	67.25" (171 CM)	44.25" (112 CM)	49.25" (125 CM)	782 LBS (355 KG)	300 LBS (136 KG)
CL-3408 STANDING / PRONE LEG CURL	62.75" (159 CM)	42.75" (109 CM)	48.50" (123 CM)	550 LBS (249 KG)	200 LBS (91 KG)
CL-3501 SHOULDER PRESS	46.00" (117 CM)	53.00" (135 CM)	67.75" (172 CM)	568 LBS (258 KG)	200 LBS (91 KG)
CL-3502 LATERAL RAISE	42.75" (109 CM)	55.50" (141 CM)	50.00" (127 CM)	550 LBS (249 KG)	200 LBS (91 KG)
CL-3601 ABDOMINALS	42.50" (108 CM)	49.50" (126 CM)	61.50" (156 CM)	650 LBS (294 KG)	300 LBS (136KG)
CL-3800 INNER / OUTER THIGH	56.25" (143 CM)	62.75" (159 CM)	48.50" (123 CM)	650 LBS (294 KG)	200 LBS (91 KG)



HD DUAL SERIES

BROCHURE

HOIST[®]
FITNESS

DUAL SERIES[®]

FEATURES

From the creators of the original Dual Series comes the expanded 3rd generation HOIST[®] HD Dual Series[®], offering a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT[®] line, the HD Dual Series[®] offers dual or multi-function stations.

By combining multiple exercises in each selectorized unit, the HD Dual Series[®] allows facilities to maximize space and fitness offerings. Unique features such as patented FLIP-N-DIP[®] and Flip 'N Grip[®] handles, Silent Steel[®] Weight Stacks and Rock Grips, make the HOIST HD Dual Series[®] the stand-out choice for prestigious gym brands, hotels and universities around the world.

Utilizing flexibility in design, HOIST[®] Fitness can provide a state-of-the-art strength circuit for almost any fitness center. The HD Dual Series[®] offers an exciting blend of quality components, intuitive adjustments, superior bio mechanics and excellent value.

COMFORT & DURABILITY

- ◆ Head support and oversized handles provides a more comfortable and secure workout
- ◆ Oval tube frame provides unsurpassed strength and durability

CONVENIENCE

- ◆ Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- ◆ Integrated scuff guards and rubber foot protectors safeguard the machine's frame and facility floor
- ◆ Workout instructions for each machine available for download on your smartphone
- ◆ Integrated towel/bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

SLEEK & APPEALING

- ◆ Large radius bends add beauty as well as frame rigidity
- ◆ Silent Steel[®] Weight Stack designed to reduce noise during exercise

SIMPLE TRAINER

HD-4000



SPECS

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

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

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

PRODUCT WEIGHT
903 lbs (410 kg)

CABLE TRAVEL
100" (254 cm) - each side

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

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

FEATURES

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

*when paired with HOIST strap handles (x2 included)

DUAL PULLEY FUNCTIONAL TRAINER

HD-3000



NEW 360 ROTATING COLUMNS



CONVENIENT STEP-UP ASSIST



SPECS

PRODUCT DIMENSIONS (L X W X H)

71.6" x 51.1" x 91.7" (130 cm x 181 cm x 233 cm)

PRODUCT WEIGHT

935 lbs (424 kg)

WEIGHT STACK

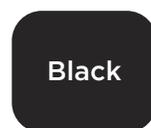
2x 200 lbs (91 kg)

COLORS

FRAME



COLUMNS*



*CUSTOM COLORS AVAILABLE UPON REQUEST
CONTACT US FOR PRICING AND LEAD TIMES*

FEATURES

- ◆ Space efficient functional trainer featuring convenient corner design and accessory racks
- ◆ Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- ◆ 32 pulley positions placed at 2.5" increments
- ◆ Five pull-up/chin-up grip options including patented Flip 'N Grip® handles and rock climbing grips
- ◆ Integrated step-up assist for easy access to pull-up grips
- ◆ Suspension trainer attachment for TRX®** and suspension trainer exercises
- ◆ Steel weight shields surround sides and back of weight stacks
- ◆ Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap
- ◆ 2-Tier shelf comes standard
- ◆ Pulley columns combine full 360 degree rotation, and a unique, patented, Integrated Adjustment System to provide smooth and easy one-handed adjustments

*Column and number colors are not customizable.

**TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX)

PREACHER CURL / TRICEPS EXTENSION

HD-3100

TRICEPS EXTENSION



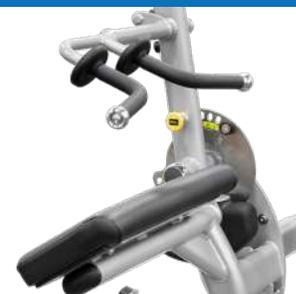
PREACHER CURL



LOWER BACK SUPPORT ON SEAT



MULTIPLE GRIP OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.0" x 48.5" x 55.0" (129 cm x 123.1 cm x 140 cm)

PRODUCT WEIGHT HD

476 lbs (216 kg)

PRODUCT WEIGHT HDG

510 lbs (231 kg)

WEIGHT STACK HD

190 lbs (86 kg)

WEIGHT STACK HDG

225 lbs (102 kg)

FEATURES

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises

LAT PULLDOWN / MID ROW

HD-3200

MID ROW



LAT PULLDOWN



MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.0" x 66.0" x 86.0" (122 cm x 168 cm x 218 cm)

PRODUCT WEIGHT HD

624 lbs (283 kg)

PRODUCT WEIGHT HDG

649 lbs (294 kg)

WEIGHT STACK HD

225 lbs (102 kg)

WEIGHT STACK HD

250 lbs (113 kg)

FEATURES

- ◆ Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- ◆ Dual-position hand grips for mid row exercises
- ◆ Includes ultra-lite aluminum lat bar for lat pulldown exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Integrated storage for lat bar during mid row exercises

CHEST PRESS / SHOULDER PRESS

HD-3300

CHEST PRESS



SHOULDER PRESS



PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.1" x 62.0" x 58.0" (152 cm x 157 cm x 147 cm)

PRODUCT WEIGHT HD

557 lbs (252 kg)

PRODUCT WEIGHT HDG

580 lbs (263 kg)

WEIGHT STACK HD

215 lbs (98 kg)

WEIGHT STACK HDG

240 lbs (109 kg)

FEATURES

- ◆ Multiple seat and press arm positions
- ◆ Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- ◆ Dual-position hand grips

LEG CURL / LEG EXTENSION

HD-3400

LEG EXTENSION



LEG CURL



ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.0" x 57.0" x 55.0" (130 cm x 145 cm x 140 cm)

PRODUCT WEIGHT HD

557 lbs (253 kg)

PRODUCT WEIGHT HDG

580 lbs (263 kg)

WEIGHT STACK HD

215 lbs (98 kg)

WEIGHT STACK HDG

240 lbs (109 kg)

FEATURES

- ◆ Eight back pad adjustments for varying leg lengths
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Self-aligning roller pad

LEG PRESS / CALF RAISE

HD-3403

LEG PRESS



CALF RAISE



OVERSIZED
NON-SLIP PLATE



ADJUSTABLE SEAT
PLACEMENT



SPECS

PRODUCT DIMENSIONS (L X W X H)

70.0" x 50.0" x 63.0" (178 cm x 127 cm x 161 cm)

PRODUCT WEIGHT HD

746 lbs (338 kg)

PRODUCT WEIGHT HDG

846 lbs (383 kg)

WEIGHT STACK HD

280 lbs (127 kg)

WEIGHT STACK HDG

380 lbs (172 kg)

FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- ◆ Step-through design

AB CRUNCH / LOWER BACK

HD-3600

LOWER BACK



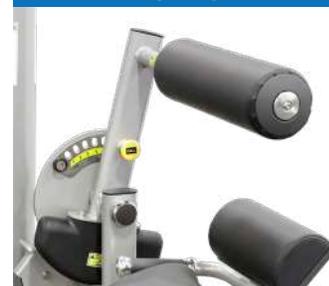
AB CRUNCH



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



SPECS

PRODUCT DIMENSIONS (L X W X H)

52.0" x 48.0" x 55.0" (132 cm x 122 cm x 140 cm)

PRODUCT WEIGHT HD

505 lbs (229 kg)

PRODUCT WEIGHT HDG

538 lbs (244 kg)

WEIGHT STACK HD

180 lbs (82 kg)

WEIGHT STACK HDG

215 lbs (98 kg)

FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options

CHIN / DIP ASSIST

HD-3700

CHIN UP (ASSISTED)



DIP (UNASSISTED)



EASY ASSIST
PAD STORAGE



PULL-UP / CHIN-UP
GRIPS



SPECS

PRODUCT DIMENSIONS (L X W X H)

52.0" x 48.0 x 83.0" (132 cm x 122 cm x 210 cm)

PRODUCT WEIGHT HD

579 lbs (262 kg)

PRODUCT WEIGHT HDG

579 lbs (262 kg)

WEIGHT STACK HD

210 lbs (95 kg)

WEIGHT STACK HD

210 lbs (95 kg)

FEATURES

- ◆ Compact, kneeling design saves space for a smaller footprint in fitness facilities
- ◆ Four pull-up/chin-up grip options including HOIST's patented Flip 'N Grip® handles and rock climbing grips
- ◆ Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises
- ◆ Dual-position dip handles (wide and narrow)

INNER THIGH / OUTER THIGH

HD-3800

INNER THIGH



OUTER THIGH



ROTATING EXERCISE PADS



WALK THROUGH DESIGN



SPECS

PRODUCT DIMENSIONS (L X W X H)

72.0" x 31.0" x 55.0" (183 cm x 79 cm x 140 cm)

PRODUCT WEIGHT HD

525 lbs (238 kg)

PRODUCT WEIGHT HDG

558 lbs (253 kg)

WEIGHT STACK HD

180 lbs (82 kg)

WEIGHT STACK HDG

215 lbs (98 kg)

FEATURES

- ◆ Adjustable-angle back pad to accommodate varying flexibility and body sizes
- ◆ Thigh pads swivel for each exercise position
- ◆ Exercise arms can be adjusted from the seated position
- ◆ Multiple range-of-motion adjustments for both exercises

PEC FLY / REAR DELT

HD-3900

PEC FLY



REAR DELT



PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.0" x 67.0" x 78.0" (142 cm x 170 cm x 198 cm)

PRODUCT WEIGHT HD

649 lbs (249 kg)

WEIGHT STACK HD

310 lbs (141 kg)

FEATURES

- ◆ Swiveling handles with rotating grips provide multiple hand positions
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Each exercise arm has dual pivots for user-defined exercise path
- ◆ Seven seat pad adjustments for varying user heights

HOIST CUSTOM

WRAPS & LOGO DECALS

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STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



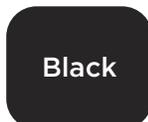
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE

HD DUAL SERIES

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000 FUNCTIONAL TRAINER	71.6" (130 cm)	51.1" (181 cm)	91.7" (233 cm)	918 lbs (416 kg)	2 x 200lbs (91 kg)
HD-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	476 lbs (216 kg)	190 lbs (86 kg)
HDG-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	510 lbs (231 kg)	225 lbs (102 kg)
HD-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	624 lbs (283 kg)	225 lbs (102 kg)
HDG-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	649 lbs (294 kg)	250 lbs (113 kg)
HD-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	557 lbs (252 kg)	215 lbs (98 kg)
HDG-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	557 lbs (253 kg)	215 (98 kg)
HDG-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	746 lbs (338 kg)	280 lbs (127 kg)
HDG-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	846 lbs (383 kg)	380 lbs (172 kg)
HD-3600 AB CRUNCH / LOWERBACK	52" (132 cm)	48" (122 cm)	55" (140 cm)	505 lbs (229 kg)	180 lbs (82 kg)
HDG-3600 AB CRUNCH / LOWERBACK	52" (132 cm)	48" (122 cm)	55" (140 cm)	538 lbs (244 kg)	215 lbs (98 kg)
HD-3700 CHIN ASSIST / DIP ASSIST	52" (132 cm)	48" (122 cm)	83" (210 cm)	579 lbs (262 kg)	210 lbs (95 kg)
HD-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	525 lbs (238 kg)	180 lbs (82 kg)
HDG-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	558 lbs (253 kg)	215 lbs (98 kg)
HD-3900 PEC FLY / REAR DELT	56" (142 cm)	67" (170 cm)	78" (198 cm)	649 lbs (249 kg)	310 lbs (141 kg)
HD-4000 SIMPLE TRAINER	68" (173 cm)	124" (315 cm)	92" (208 cm)	903 lbs (410 kg)	2 x 240lbs (109 kg)

COMMERCIAL

FREEWEIGHTS

BROCHURE



COMMERCIAL FREeweIGHTS

FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Free weight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

CONVENIENCE

- ◆ Ratcheting Adjuster System allows for quick and easy seat adjustments to accommodate varying user sizes
- ◆ Easy Step Through Design speeds up workout and allows for user to quickly enter/exit the machine
- ◆ Integrated Scuff Guards & Rubber Foot Protectors protect the machine's frame finish and facility floor
- ◆ Polyurethane Covers For Bar Rack-Outs provide protection for the Olympic Bar and reduce noise
- ◆ Permanently Anchor All CF Products in Place to maximize user safety.

COMFORT & DURABILITY

- ◆ Head Support & Oversized Handles provide a more comfortable and secure workout
- ◆ Large Radius Sweeps (Bands) add beauty as well as frame rigidity.
- ◆ Customizable Upholstery and frame color allows you to personalize your equipment to better fit the look of your facility

3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

CF-2179-B



SPECS

PRODUCT DIMENSIONS (L X W X H)

95.24" X 64.75" X 56.00" (242 cm X 164 cm X 142 cm)

PRODUCT WEIGHT

384 lbs (174 kg)

MAX EXERCISE WEIGHT

870 lbs (395 kg)

MAX STORAGE CAPACITY

1000 lbs (454 kg)

FEATURES

- ◆ 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- ◆ Integrated dual position foot rests to allow proper exercise positions
- ◆ 16 linear adjustments to accommodate varying user heights
- ◆ Spotter stand provides more leverage and better positioning
- ◆ Generous built in weight storage

FLAT/INCLINE BENCH

CF-3160



SPECS

PRODUCT DIMENSIONS (L X W X H)

53.00" X 33.00" X 20.00" (135 cm X 84 cm X 51 cm)

PRODUCT WEIGHT

104 lbs (47 kg)

MAX WEIGHT CAPACITY

1,000 lbs (454 kg)

FEATURES

- ◆ Six adjustable back pad positions from 0°, 15°, 30°, 45°, 60° and 80° for incline and flat bench exercises
- ◆ Five adjustable ratcheting seat positions accommodate varying user heights
- ◆ Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage

SUPER ADJUSTABLE FLAT/DECLINE BENCH

CF-3162



SPECS

PRODUCT DIMENSIONS (L X W X H)

61.75" X 30.75" X 27.75" (157 cm X 78 cm X 70 cm)

PRODUCT WEIGHT

97 lbs (44 kg)

MAX WEIGHT CAPACITY

1,000 lbs (454 kg)

FEATURES

- ◆ Five angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- ◆ Multi-purpose design also allows for abdominal bench exercises
- ◆ Self-aligning roller pads accommodate varying leg lengths

FLAT BENCH

CF-3163



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.25" X 32.75" X 16.95" (130 cm X 83 cm X 43 cm)

PRODUCT WEIGHT

53 lbs (24 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Removable non-skid foot pads

SUPER FLAT/INCLINE/DECLINE BENCH

CF-3165



SPECS

PRODUCT DIMENSIONS (L X W X H)

57.00" X 33.00" X 20.00" (145 cm X 84 cm X 51 cm)

PRODUCT WEIGHT

121 lbs (55 kg)

MAX WEIGHT CAPACITY

1,000 lbs (454 kg)

FEATURES

- ◆ Seven back pad positions adjust from -15°, 0°, 15°, 30°, 45°, 60° and 80° to accommodate flat, incline and decline bench exercises
- ◆ Gas-shock assisted seat easily adjusts into five seat positions for varying user heights
- ◆ Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- ◆ Self-aligning roller pads provide leg support during exercises
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage

FLAT OLYMPIC BENCH

CF-3170-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

72.00" X 67.50" X 53.00" (183 cm X 171 cm X 135 cm)

PRODUCT WEIGHT

203 lbs (92 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

MAX STORAGE CAPACITY

900 lbs (408 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

INCLINE OLYMPIC BENCH

CF-3172-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.50" X 67.50" X 57.00" (187 cm X 171 cm X 145 cm)

PRODUCT WEIGHT

254 lbs (115 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

MAX STORAGE CAPACITY

900 lbs (408 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ 30° angle on back pad for incline bench exercises
- ◆ Eight adjustable ratcheting seat positions to accommodate varying user heights
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Integrated foot rests provide proper exercise alignment
- ◆ Generous built in weight storage

OLYMPIC DECLINE BENCH

CF-3177-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

84.00" X 67.50" X 53.00" (187 cm X 171 cm X 135 cm)

PRODUCT WEIGHT

240 lbs (109 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

MAX STORAGE CAPACITY

900 lbs (408 kg)

FEATURES

- ◆ Angled frame uprights match the natural arc of the exercise movement
- ◆ -15° angle on back pad for decline bench exercises
- ◆ Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- ◆ Two start / finish rack points for varying user heights
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

VERTICAL KNEE RAISE/DIP

CF-3252



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.25" X 34.25" X 67.50" (138 cm X 87 cm X 171 cm)

PRODUCT WEIGHT

178 lbs (81 kg)

MAX EXERCISE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Two sets of hand grips for dip and vertical knee raise exercises
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths
- ◆ Optional Fitness Tree CF-3962-A attachment provides additional exercises (sold separately)

AB BENCH

CF-3264



SPECS

PRODUCT DIMENSIONS (L X W X H)

63.00" X 30.00" X 46.75" (160 cm X 76 cm X 119 cm)

PRODUCT WEIGHT

132 lbs (60 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

FEATURES

- ◆ Seven adjustable angle positions ranging from 10° to -20° in 5° increments
- ◆ Easy to use, gas-shock assisted angle adjustments for flat, incline and decline exercise positions
- ◆ Self-aligning leg roller pads accommodate varying leg lengths

ANGLED LINEAR LEG PRESS

CF-3355

SPECS

PRODUCT DIMENSIONS (L X W X H)

93.00" X 60.50" X 71.00" (237 cm X 154 cm X 181 cm)

PRODUCT WEIGHT

634 lbs (288 kg)

MAX WEIGHT STORAGE

720 lbs (327 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

FEATURES

- ◆ Back pad adjusts to five different positions
- ◆ Assist bar positioned on foot plate for easy entry/exit
- ◆ Dual 1/4 turn lock-outs for user safety
- ◆ Fully enclosed linear bearing allows for a smooth and quiet motion
- ◆ Polyurethane covered weight racks to protect frame and reduce noise
- ◆ Can accommodate up to 26 weight plates on integrated exercise weight horns
- ◆ Generous built in weight storage

HACK SQUAT

CF-3356



SPECS

PRODUCT DIMENSIONS (L X W X H)

84.75" x 60.50" x 52.00" (216 cm x 155 cm x 140 cm)

PRODUCT WEIGHT

494 lbs (224 kg)

MAX WEIGHT STORAGE

720 lbs (327 kg)

MAX EXERCISE WEIGHT

630 lbs (286 kg)

STARTING WEIGHT (UNLOADED)

88 lbs (40 kg)

FEATURES

- ◆ Space saving 42 degree design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides of the machine
- ◆ Fully enclosed linear bearings for smooth, quiet motion
- ◆ High Impact Polypropylene covered weight racks to protect frame and reduce noise
- ◆ Generous Integrated weight storage

POWER SQUAT

CF-3359



SPECS

PRODUCT DIMENSIONS (L X W X H)

65.25" x 64.50" x 63.25" (166 cm x 164 cm x 161 cm)

PRODUCT WEIGHT

340 lbs (154 kg)

MAX WEIGHT STORAGE

720 lbs (327 kg)

MAX EXERCISE WEIGHT

630 lbs (286 kg)

STARTING WEIGHT (UNLOADED)

67 lbs (30 kg)

FEATURES

- ◆ Ergonomically correct pad and footplate positions accommodate a wide range of users
- ◆ Space saving upright design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides
- ◆ Intuitive, easy-to-use lockout system for safety
- ◆ Sealed ball-bearing pivot for smooth and quiet motion
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous Integrated weight storage

POWER CAGE

CF-3364-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

71.00" X 65.50" X 91.00" (180 cm X 167 cm X 231 cm)

PRODUCT WEIGHT

495 lbs (225 kg)

MAX WEIGHT STORAGE

940 lbs (426 kg)

MAX EXERCISE WEIGHT

540 lbs (245 kg)

FEATURES

- ◆ Adjustable safety tiers with 20 height positions spaced 2.5 inches apart
- ◆ Adjustable locking bar rack-outs
- ◆ Integrated pull-up station with rock climbing holds
- ◆ Polyurethane covered weight racks to protect frame and reduce noise
- ◆ Generous built in weight storage

HALF RACK

CF-3365



OPTIONAL ADD ONS:

- 4' SOUND DAMPENING WOOD PLATFORM (SOLD SEPARATELY)
- 6' SOUND DAMPENING WOOD PLATFORM (SOLD SEPARATELY)
- 6' SOUND DAMPENING RUBBER PLATFORM (SOLD SEPARATELY)

SPECS

PRODUCT DIMENSIONS (L X W X H)

66.50" X 67.88" X 97.81" (170 cm X 173 cm X 249 cm)

CF3365-PLATW-4:

116.33" X 96.10" X 98" (295 cm X 244 cm X 249 cm)

CF3365-PLATW-6:

140.33" X 96.10" X 3.00" (356 cm X 244 cm X 8 cm)

CF3365-PLATR-6:

131.90" X 96.00" X 0.7" (335 cm X 244 cm X 2 cm)

PRODUCT WEIGHT

611 lbs (277 kg)

MAX EXERCISE WEIGHT

875 lbs (397 kg)

MAX WEIGHT STORAGE

1260 lbs (572 kg)

FEATURES

- ◆ Non-Removable Counterbalanced Safety Arms * Patent Pending
- ◆ Non-Removable Easily Adjustable J-Hooks* Patent Pending
- ◆ Five pull-up/chin-up grip options including patented Flip 'N Grip® handles and rock-climbing grips
- ◆ Pegs for adding resistance bands on both sides
- ◆ TPU covered J-Hooks
- ◆ UHMW Shielding on safety tiers
- ◆ 20 available adjustment points at 3.5" increments with Non-Removable Counterbalanced Safety Arms for varying user heights

HALF RACK

CF-3365



OPTIONAL ADD ONS:

6' SOUND DAMPENING RUBBER PLATFORM (SOLD SEPARATELY)

SPECS

PRODUCT DIMENSIONS (L X W X H)

66.50" X 67.88" X 97.81" (170 cm X 173 cm X 249 cm)

(DIMENSIONS BELOW REPRESENT RUBBER PLATFORM COMBINED WITH MACHINE)

CF3365-PLATR-6*:

139.00" X 96.00" X 98.00" (353 cm X 244 cm X 249 cm)

PRODUCT WEIGHT

611 lbs (277 kg)

MAX EXERCISE WEIGHT

875 lbs (397 kg)

MAX WEIGHT STORAGE

1260 lbs (572 kg)

FEATURES

- ◆ Non-Removable Counterbalanced Safety Arms * Patent Pending
- ◆ Non-Removable Easily Adjustable J-Hooks* Patent Pending
- ◆ Five pull-up/chin-up grip options including patented Flip 'N Grip® handles and rock-climbing grips
- ◆ Pegs for adding resistance bands on both sides
- ◆ TPU covered J-Hooks
- ◆ UHMW Shielding on safety tiers
- ◆ 20 available adjustment points at 3.5" increments with Non-Removable Counterbalanced Safety Arms for varying user heights

6' SOUND DAMPENING RUBBER PLATFORM

CF-3365-PLATR-6



SPECS

PRODUCT DIMENSIONS (L X W X H)

131.90" X 96.00" X 0.7" (335 cm X 244 cm X 2 cm)

PRODUCT WEIGHT

213 lbs (97 kg)

FEATURES

- ◆ 18mm Waffle Bottom
- ◆ Rubber

4 FT WOODEN PLATFORM

CF-3359-PLATW-4



SPECS

PRODUCT DIMENSIONS (L X W X H)

116.33" X 96.10" X 3.00" (295 cm X 244 cm X 8 cm)

PRODUCT WEIGHT

PENDING

FEATURES

- ◆ Sound dampening
- ◆ Wood

6 FT WOODEN PLATFORM

CF-3359-PLATW-6



SPECS

PRODUCT DIMENSIONS (L X W X H)

140.33" X 96.10" X 3.00" (356 cm X 244 cm X 8 cm)

PRODUCT WEIGHT

PENDING

FEATURES

- ◆ Sound dampening
- ◆ Wood

SQUAT RACK

CF-3367-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

69.00" X 66.00" X 77.00" (175 cm X 168 cm X 196 cm)

PRODUCT WEIGHT

336 lbs (152 kg)

MAX WEIGHT STORAGE

900 lbs (408 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ Five start / finish rack points for varying user heights
- ◆ Permanent safety tiers
- ◆ Front rack-outs for shoulder shrug and dead lift exercises
- ◆ Polyurethane covered bar rack-outs and weight-racks to protect the Olympic Bar and frame
- ◆ Generous built in weight storage

KNEELING LEG CURL

CF-3411



SPECS

PRODUCT DIMENSIONS (L X W X H)

47.00" X 53.00" X 52.75" (120 cm X 135 cm X 134 cm)

PRODUCT WEIGHT

244 lbs (111 kg)

MAX WEIGHT STORAGE

450 lbs (204 kg)

MAX EXERCISE WEIGHT

175 lbs (79 kg) - per horn (350 lb/159 kg total)

STARTING WEIGHT

11 lbs (5 kg) - per horn (22 lb/10 kg total)

FEATURES

- ◆ Kneeling configuration allows for easy alignment with the pivot point and focuses the resistance on the hamstrings throughout the movement
- ◆ Padded knee rest pivots from side to side and holds its position automatically
- ◆ Textured ergonomic grips and informational exercise placard
- ◆ Contoured pads for maximum comfort and support
- ◆ Sturdy commercial grade steel frame construction with a durable powder-coated finish
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous built in weight storage

GLUTE THRUST

CF-3416



SPECS

PRODUCT DIMENSIONS (L X W X H)

66.50" X 55.50" X 37.75" (169 cm X 141 cm X 96 cm)

PRODUCT WEIGHT

308 lbs (140 kg)

MAX WEIGHT STORAGE

275 lbs (125 kg)

MAX EXERCISE WEIGHT

225 lbs (102 kg)
equal to 340 lbs at bar pad (154 kg)

STARTING WEIGHT (UNLOADED)

45 lbs (20 kg)

FEATURES

- ◆ The patented, 4-Bar support system keeps the knees bent, limiting the engagement of the quadriceps to focus on the glutes
- ◆ Oversized, adjustable pad ensures a comfortable and secure user experience
- ◆ Sealed ball-bearing pivots for a smooth and quiet motion
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Generous built in weight storage

OLYMPIC PLATE TREE

CF-3443



SPECS

PRODUCT DIMENSIONS (L X W X H)

30.00" X 33.25" X 53.25" (76 cm X 84 cm X 135 cm)

PRODUCT WEIGHT

84 lbs (38 kg)

MAX WEIGHT STORAGE

1,500 lbs (680 kg)

FEATURES

- ◆ 8 impact-resistant plastic covered weight horns for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 (*Maximum 2 per unit - sold separately*)

4-SIDED OLYMPIC PLATE TREE

CF-3444



SPECS

PRODUCT DIMENSIONS (L X W X H)

45.00" X 45.00" X 51.25" (114 cm X 114 cm X 130 cm)

PRODUCT WEIGHT

123 lbs (56 kg)

MAX WEIGHT STORAGE

1,500 lbs (680 kg)

FEATURES

- ◆ 12 impact-resistant plastic covered weight horns for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 available (*Maximum two per unit - sold separately*)

1-TIER DUMBBELL RACK

CF-3461-1-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

98.27" X 27.00" X 29.00" (250 cm X 69 cm X 74 cm)

PRODUCT WEIGHT

170 lbs (77 kg)

MAX WEIGHT PER TIER

1,400 lbs (635 kg)

MAX WEIGHT STORAGE

1,400 lbs (635 kg)

FEATURES

- ◆ Stores up to 5 pairs of dumbbells on each tier
- ◆ Polypropylene covered weight saddles

2-TIER DUMBBELL RACK

CF-3461-2



SPECS

PRODUCT DIMENSIONS (L X W X H)

98.27" X 27.00" X 29.00" (250 cm X 69 cm X 74 cm)

PRODUCT WEIGHT

170 lbs (77 kg)

MAX WEIGHT PER TIER

1,400 lbs (635 kg)

MAX WEIGHT STORAGE

2,800 lbs (1,270 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Stores up to 5 pairs of dumbbells on each tier (10 pairs total)

3-TIER DUMBBELL RACK

CF-3461-3



SPECS

PRODUCT DIMENSIONS (L X W X H)

98.20" X 27.25" X 38.63" (249 cm X 69 cm X 98 cm)

PRODUCT WEIGHT

268 lbs (122 kg)

MAX WEIGHT PER TIER

1,400 lbs (635 kg)

MAX WEIGHT STORAGE

4,200 lbs (1,905 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Stores up to 5 pairs of dumbbells on each tier (15 pairs total)

2-TIER BEAUTY BELL RACK

CF-3462-2



SPECS

PRODUCT DIMENSIONS (L X W X H)

26.00" X 55.00" X 37.50" (66 cm X 140 cm X 95 cm)

PRODUCT WEIGHT

135 lbs (61 kg)

MAX WEIGHT PER TIER

400 lbs (181 kg)

MAX WEIGHT STORAGE

800 lbs (363 kg)

FEATURES

- ◆ Polypropylene covered weight saddles
- ◆ Designed to hold beauty bells up to 50 lbs (23 kg)
- ◆ Stores up to eight beauty bells on each tier (8 pairs total)

3-TIER BEAUTY BELL RACK

CF-3462-3



SPECS

PRODUCT DIMENSIONS (L X W X H)

26.00" X 55.00" X 37.50" (66 cm X 140 cm X 95 cm)

PRODUCT WEIGHT

157 lbs (71 kg)

MAX WEIGHT PER TIER

400 lbs (181 kg)

MAX WEIGHT STORAGE

1,200 lbs (544 kg)

FEATURES

- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Polypropylene covered weight saddles
- ◆ Designed to hold beauty bells up to 50 lbs (23 kg)
- ◆ Stores up to eight beauty bells on each tier (12 pairs total)

BARBELL RACK

CF-3465-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

34.98" X 33.56" X 54.75" (89 cm X 85 cm X 139 cm)

PRODUCT WEIGHT

150 lbs (68 kg)

MAX WEIGHT STORAGE

1,500 lbs (680 kg)

FEATURES

- ◆ Upright frame design for easy access to barbells
- ◆ Polyurethane covers for bar rack-outs to protect the barbell and frame
- ◆ Ten barbell holders to organize all your bars

ACCESSORY RACK

CF-3466



SPECS

PRODUCT DIMENSIONS (L X W X H)

23.81" X 42.86" X 49.27" (60 cm X 109 cm X 125 cm)

PRODUCT WEIGHT

215 lbs (98 kg)

MAX WEIGHT STORAGE

1,000 lbs (454 kg)

FEATURES

- ◆ Ten bar rack outs for varying sized bars
- ◆ Two padded trays for loose accessories
- ◆ Polyurethane covers for bar rack-outs to protect the barbell and frame

PREACHER CURL

CF-3550



SPECS

PRODUCT DIMENSIONS (L X W X H)

46.70" X 33.69" X 36.52" (119 cm X 86 cm X 93 cm)

PRODUCT WEIGHT

87 lbs (39 kg)

MAX STORAGE

600 lbs (272 kg)

FEATURES

- ◆ 60° pad angle increases resistance while decreasing elbow strain
- ◆ Seven adjustable ratcheting seat positions to accommodate varying user heights
- ◆ Two bar rack-out positions
- ◆ Polyurethane covered bar rack-outs to protect the barbell and frame

STANDING PREACHER CURL

CF-3555



SPECS

PRODUCT DIMENSIONS (L X W X H)

43.39" X 32.00" X 39.21" (110 cm X 81 cm X 100 cm)

PRODUCT WEIGHT

145 lbs (66 kg)

MAX STORAGE

400 lbs (181 kg)

FEATURES

- ◆ Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- ◆ Two-sided pad to accommodate two different curl positions (angled / vertical)
- ◆ Walk-up design for easy entry and exit
- ◆ Polyurethane covered drop-rails to protect the barbell and frame

INCLINE LEVERAGE ROW

CF-3661-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

73.23" X 44.82" X 48.00" (186 cm X 114 cm X 122 cm)

PRODUCT WEIGHT

170 lbs (77 kg)

MAX WEIGHT CAPACITY

600 lbs (272 kg)

FEATURES

- ◆ No adjustment necessary
- ◆ Multiple grip positions (narrow / wide) for exercise variation
- ◆ PVC covered exercise bar
- ◆ Dual position foot plates for varying user heights

BACK HYPER

CF-3663



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.45" X 30.75" X 34.23" (126 cm X 78 cm X 87 cm)

PRODUCT WEIGHT

120 lbs (54 kg)

MAX EXERCISE WEIGHT

600 lbs (272 kg)

MAX WEIGHT STORAGE

90 lbs (41 kg)

FEATURES

- ◆ Four adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- ◆ 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- ◆ Contoured foot rests and leg roller pads provide lower body stabilization
- ◆ Integrated weight plate holders on base of frame

DUAL ACTION SMITH

CF-3754



SPECS

PRODUCT DIMENSIONS (L X W X H)

95.50" X 89.00" X 83.50" (243 cm X 226 cm X 212 cm)

PRODUCT WEIGHT

824 lbs (374 kg)

MAX WEIGHT STORAGE

1,350 lbs (612 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

OLYMPIC BAR WEIGHT

52 lbs (24 kg)

FEATURES

- ◆ Racking system provides nine positions for Smith exercises
- ◆ Dual Action technology produces simultaneous horizontal and vertical bar movement
- ◆ Adjustable safety tiers
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Bar supported by heavy duty 25 and 30 mm linear bearings
- ◆ 30.25" (77 cm) of horizontal bar movement
- ◆ 63.50" of vertical bar movement
- ◆ Generous built-in weight storage

DUAL ANGLE SMITH

CF-3755

MULTIPLE ASSEMBLY
OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.93" X 88.31" X 88.68" (132 cm X 223 cm X 226 cm)

PRODUCT WEIGHT

610 lbs (277 kg)

MAX WEIGHT STORAGE

1350 lbs (612 kg)

MAX EXERCISE WEIGHT

540 lbs (245kg)

OLYMPIC BAR WEIGHT

25 lbs (11kg)

FEATURES

- ◆ During the assembly process, the Dual Angle Smith can be configured either in a vertical orientation or with a 7-degree angle
- ◆ The CF-3755 employs TPU covered rack outs for silent racking and protection of bar
- ◆ During assembly, the columns of the CF-3755 can be flipped to position the rack-outs facing rearward, offering four setup options. This flexibility allows customers to choose their preferred orientation for bar engagement/disengagement with the rack-outs
- ◆ The safety stop mechanism has been streamlined for enhanced simplicity. Users can swivel it outward or inward, slide it vertically to the desired position, and then swivel it back into place on top of the rack-out

MILITARY PRESS

CF-3860



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.00" X 69.00" X 70.00" (152 cm X 175 cm X 178 cm)

PRODUCT WEIGHT

310 lbs (141 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

MAX STORAGE CAPACITY

740 lbs (336 kg)

FEATURES

- ◆ Five adjustable seat heights
- ◆ Six adjustable ratcheting back pad positions
- ◆ One rear facing start / finish rack point and two forward facing start / finish rack points for varying user heights
- ◆ Permanent safety tiers for user safety
- ◆ Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- ◆ Integrated foot rests provide proper exercise alignment
- ◆ Integrated spotter stand
- ◆ Generous built in weight storage

UTILITY STOOL

CF-3950



SPECS

PRODUCT DIMENSIONS (L X W X H)

30.00" X 27.75" X 16.88" (76 cm X 70 cm X 43 cm)

PRODUCT WEIGHT

25 lbs (11 kg)

MAX EXERCISE WEIGHT

1000 lbs (454 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Integrated carrying handle

UTILITY BENCH

CF-3960



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.00" X 30.00" X 36.64" (124 cm X 76 cm X 93 cm)

PRODUCT WEIGHT

54 lbs (24 kg)

MAX EXERCISE WEIGHT

800 lbs (363 kg)

FEATURES

- ◆ Tripod frame design provides greater stability
- ◆ Integrated foot rests allow for proper exercise alignment

FITNESS TREE

CF-3962-A



SPECS

PRODUCT DIMENSIONS (L X W X H)

54.25" X 48.25" X 97.75" (138 cm X 123 cm X 248 cm)

PRODUCT WEIGHT

216 lbs (98 kg)

MAX EXERCISE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Two sets of hand grips for dip and vertical knee raise exercises
- ◆ Upper hand grips for neutral and wide pull-up exercises
- ◆ Integrated rock climbing grips offer an exciting exercise variation
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths

STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY

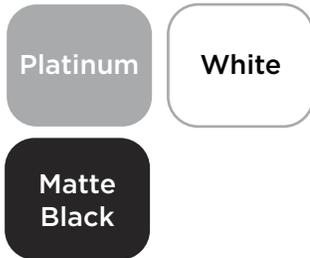


CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

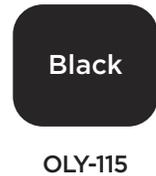
HOIST DUAL SERIES (HD)

*MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)*

FRAME



UPHOLSTERY



FRAME



SUB FRAME



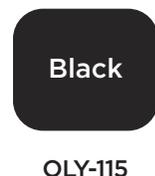
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



NO CUSTOM COLORS AVAILABLE



COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CF-2179-B	3 WAY OLYMPIC BENCH FLAT / INCLINE / DECLINE	95.24" (242 CM)	64.75" (164 CM)	56.00" (142 CM)	384 LBS (174 KG)
CF-3160	FLAT/INCLINE BENCH	53.00" (135 CM)	33.00" (84 CM)	20.00" (51 CM)	104 LBS (47 KG)
CF-3162	SUPER ADJUSTABLE FLAT/DECLINE BENCH	61.75" (157 CM)	30.75" (78 CM)	27.75" (70 CM)	97 LBS (44 KG)
CF-3163	FLAT BENCH	51.25" (130 CM)	32.75" (83 CM)	16.95" (43 CM)	53 LBS (24 KG)
CF-3165	SUPER FLAT/INCLINE/DECLINE BENCH	57.00" (145 CM)	33.00" (84 CM)	20.00" (51 CM)	121 LBS (55 KG)
CF-3170-A	FLAT OLYMPIC BENCH WITH STORAGE	72.00" (183 CM)	67.50" (171 CM)	53.00" (135 CM)	203 LBS (92 KG)
CF-3172-A	INCLINE OLYMPIC BENCH WITH STORAGE	73.50" (187 CM)	67.50" (171 CM)	57.00" (145 CM)	254 LBS (115 KG)
CF-3177-A	DECLINE OLYMPIC BENCH WITH STORAGE	84.00" (187 CM)	67.50" (171 CM)	53.00" (135 CM)	240 LBS (109 KG)
CF-3252-A	VERTICAL KNEE RAISE/DIP	54.25" (138 CM)	34.25" (87 CM)	67.50" (171 CM)	178 LBS (81 KG)
CF-3264	ADJUSTABLE DECLINE AB BENCH	63.00" (160 CM)	30.00" (76 CM)	46.75" (119 CM)	132 LBS (60 KG)
CF-3355	LINEAR LEG PRESS	93.00" (237 CM)	60.50" (181 CM)	71.00" (181 CM)	634 LBS (288 KG)
CF-3356	HACK SQUAT	84.75" (216 CM)	60.50" (155 CM)	52.00" (140 CM)	494 LBS (224 KG)
CF-3359	POWER SQUAT	65.25" (166 CM)	64.50" (164 CM)	63.25" (161 CM)	340 LBS (154 KG)
CF-3364-A	POWER CAGE	71.00" (180 CM)	65.50" (167 CM)	91.00" (231 CM)	495 LBS (225 KG)
CF-3365-COLOR EXTENSION	HALF RACK	66.50" (170 CM)	67.88" (173 CM)	97.81" (249 CM)	611 LBS (277 KG)



COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CF-3365-PLATR-6	6' SOUND DAMPENING RUBBER PLATFORM	131.90" (335 CM)	96.00" (244 CM)	0.7" (2 CM)	213 LBS (97 KG)
CF-3365-PLATW-4	4' SOUND DAMPENING WOOD PLATFORM	116.33" (295 CM)	96.10" (244 CM)	3.00" (8 CM)	PENDING
CF-3365-PLATW-6	6' SOUND DAMPENING WOOD PLATFORM	140.33" (356 CM)	96.10" (244 CM)	98.00" (249 CM)	PENDING
CF-3367-A	SQUAT RACK	69.00" (175 CM)	65.25" (166 CM)	77.00" (196 CM)	310 LBS (141 KG)
CF-3411	KNEELING LEG CURL	46.65" (118.49 CM)	52.93" (134.44 CM)	52.68" (133.8)	244 LBS (110.68KG)
CF-3416	GLUTE THRUST	66.50" (169 CM)	55.50" (141 CM)	37.75 (96 CM)	330 LBS (150 KG)
CF-3443	OLYMPIC PLATE TREE	30.00" (76 CM)	33.25" (84 CM)	53.25" (135 CM)	84 LBS (38 KG)
CF-3444	4 SIDED OLYMPIC PLATE TREE	45.00" (114 CM)	45.00" (114 CM)	51.25" (130 CM)	123 LBS (56 KG)
CF-3461-1-A	1-TIER HORIZONTAL DUMBBELL RACK (5 PAIRS)	98.27" (250 CM)	27.00" (69 CM)	29.00" (74 CM)	170 LBS (77 KG)
CF-3461-2	2-TIER HORIZONTAL DUMBBELL RACK (10 PAIRS)	98.27" (250 CM)	27.00" (69 CM)	29.00" (74 CM)	175 LBS (79 KG)
CF-3461-3	3-TIER HORIZONTAL DUMBBELL RACK (15 PAIRS)	98.20" (249 CM)	27.25" (69 CM)	38.63" (98 CM)	268 LBS (122 KG)
CF-3462-2	2-TIER HORIZONTAL BEAUTY BELL RACK (8 PAIRS)	26.00" (66 CM)	55.00" (140 CM)	37.50" (95 CM)	135 LBS (61 KG)
CF-3462-3	3-TIER HORIZONTAL BEAUTY BELL RACK (12 PAIRS)	26.00" (66 CM)	55.00" (140 CM)	37.50" (95 CM)	157 LBS (71 KG)
CF-3465-A	BARBELL RACK (10 PAIRS)	34.98" (89 CM)	33.56" (85 CM)	54.75" (139 CM)	150 LBS (68 KG)
CF-3466	ACCESSORY RACK	23.81" (60 CM)	42.86" (109 CM)	49.27" (125 CM)	215 LBS (98 KG)

COMMERCIAL FREeweIGHTS

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CF-3550	PREACHER CURL	46.70" (119 CM)	33.69" (86 CM)	36.52" (93 CM)	87 LBS (39 KG)
CF-3555	PREACHER CURL, STANDING	43.39" (110 CM)	32.00" (81 CM)	39.21" (100 CM)	145 LBS (66 KG)
CF-3661-A	INCLINE LEVERAGE ROW	73.23" (186 CM)	44.82" (114 CM)	48.00" (122 CM)	170 LBS (77 KG)
CF-3663	BACK HYPER	49.45" (126 CM)	30.75" (78 CM)	34.23" (87 CM)	120 LBS (54 KG)
CF-3753	7-DEGREE SMITH	42.00" (107 CM)	88.28" (224 CM)	88.28" (224 CM)	663 LBS (301 KG)
CF-3754	DUAL ACTION SMITH®	95.50" (243 CM)	89.00" (226 CM)	83.50" (212 CM)	824 LBS (374 KG)
CF-3860	MILITARY PRESS	60.00" (152 CM)	69.00" (175 CM)	70.00" (178 CM)	310 LBS (141 KG)
CF-3950	UTILITY STOOL	30.00" (76 CM)	27.75" (70 CM)	16.88" (43 CM)	25 LBS (11 KG)
CF-3960	UTILITY BENCH	49.00" (124 CM)	30.00" (76 CM)	36.64" (93 CM)	54 LBS (24 KG)
CF-3962-A	FITNESS TREE	54.25" (138 CM)	48.25" (123 CM)	97.75" (248 CM)	216 LBS (98 KG)

COMMERCIAL **MULTI-JUNGLE**

BROCHURE



COMMERCIAL MULTI-JUNGLE

FEATURES

The HOIST® Fitness Commercial Multi-Jungle System can be configured to meet both the needs of your facility and the fitness requirements of your members. Expand the jungle from the standard four (4) station pod to a six (6) station, nine (9) station or fourteen (14) station with the addition of the Crossover Pull-up Bar (CMJ-OPT-01). The Jungle System keeps users interested by offering the ability to work their entire body and the flexibility to create their own circuit routines.

CONVENIENCE

- ◆ Easy Step-Through design speeds up workout and allows for user to quickly enter/exit the machine
- ◆ Easy Adjustments with one-handed Hi-Lo adjusters
- ◆ Integrated Scuff Guards & Rubber Foot Protectors protects the machine's frame finish and facility floor
- ◆ Permanent Anchor Points secure to your facility floor to maximize user safety

COMFORT & DURABILITY

- ◆ Oversized Handles provide a more comfortable and secure workout
- ◆ Round Tube Frame provides unsurpassed strength and durability
- ◆ Commercial Quality Grips add stability and comfort

SLEEK & APPEALING

- ◆ Large Radius Sweeps (bends) add beauty as well as frame rigidity
- ◆ Silent Steel® Weight Stacks designed to reduce noise during exercise

4 STATION SINGLE POD

CMJ-6000-1



SPECS

PRODUCT DIMENSIONS (L X W X H)
76" X 143" X 93" (194 cm X 362 cm X 236 cm)

PRODUCT WEIGHT
1,571 lbs (713 kg)

FEATURES

- ◆ CMJ-CAGE Base Cage
- ◆ CMJ-6101 Triceps Extension*
- ◆ CMJ-6175 EZG Hi-Lo Pulley**
- ◆ CMJ-6201 Lat Pulldown***
- ◆ CMJ-6203 Low Row***
- ◆ Standard CMJ Accessories (see page 10)

* 170 LB. WEIGHT STACK
** 195 LB. WEIGHT STACK
*** 295 LB. WEIGHT STACK

4 STATION SINGLE POD DUAL PULLEY

CMJ-6000-1D



RUBBER FOOT PROTECTORS



EZ GLIDE COLUMNS



SPECS

PRODUCT DIMENSIONS (L X W X H)

76" X 143" X 93" (194 cm X 362 cm X 236 cm)

PRODUCT WEIGHT

1,571 lbs (713 kg)

FEATURES

- ◆ CMJ-CAGE Base Cage
- ◆ CMJ-6101 Triceps Extension*
- ◆ CMJ-6175 EZG Hi-Lo Pulley**
- ◆ CMJ-6201D Lat Pulldown***
- ◆ CMJ-6203D Low Row***
- ◆ Standard CMJ Accessories (see page 10)

* 170 LB. WEIGHT STACK

** 195 LB. WEIGHT STACK

*** 295 LB. WEIGHT STACK

6 STATION SINGLE POD & STAND ALONE HI-LO

CMJ-6600-S



WIDE, NARROW & ROCK CLIMBING GRIPS



SPECS

PRODUCT DIMENSIONS (L X W X H)

195" X 145" X 93" (495 cm X 362 cm X 236 cm)

PRODUCT WEIGHT

2,017 lbs (915 kg)

FEATURES

- ◆ CMJ-CAGE Base Cage
- ◆ CMJ-6101 Triceps Extension*
- ◆ CMJ-6175 EZG Hi-Lo Pulley**
- ◆ CMJ-6201 Lat Pulldown***
- ◆ CMJ-6203 Low Row***
- ◆ CMS-6175 EZG Hi-Lo Pulley**
- ◆ CMJ-OPT-01 Cross Over Pull Up Station
- ◆ Standard CMJ Accessories (see page 10)

* 170 LB. WEIGHT STACK

** 195 LB. WEIGHT STACK

*** 295 LB. WEIGHT STACK

9 STATION DUAL POD

CMJ-6000-2



WIDE, NARROW & ROCK
CLIMBING GRIPS



SPECS

PRODUCT DIMENSIONS (L X W X H)

236" X 143" X 93" (598 cm X 362 cm X 236 cm)

PRODUCT WEIGHT

3,195 lbs (713 kg)

FEATURES

- ◆ 2 CMJ-CAGE Base Cages
- ◆ 2 CMJ-6101 Triceps Extensions*
- ◆ 2 CMJ-6175 EZG Hi-Lo Pulley**
- ◆ 2 CMJ-6201 Lat Pulldowns***
- ◆ 2 CMJ-6203 Low Rows***
- ◆ CMJ-OPT-01 Cross Over Pull Up Station
- ◆ Standard CMJ Accessories (see page 10)

* 170 LB. WEIGHT STACK

** 195 LB. WEIGHT STACK

*** 295 LB. WEIGHT STACK

14 STATION TRI POD

CMJ-6000-3



WIDE, NARROW & ROCK CLIMBING GRIPS



SPECS

PRODUCT DIMENSIONS (L X W X H)
387" X 143" X 93" (982 cm X 362 cm X 236 cm)

PRODUCT WEIGHT
4,819 lbs (2,189 kg)

FEATURES

- ◆ 3 CMJ-CAGE Base Cages
- ◆ 2 CMJ-6101 Triceps Extensions*
- ◆ 4 CMJ-6175 EZG Hi-Lo Pulley**
- ◆ 3 CMJ-6201 Lat Pulldowns***
- ◆ 3 CMJ-6203 Low Rows***
- ◆ 2 CMJ-OPT-01 Pull Up Stations
- ◆ Standard CMJ Accessories (see page 10)

* 170 LB. WEIGHT STACK
** 195 LB. WEIGHT STACK
*** 295 LB. WEIGHT STACK

HI-LO PULLEY

CMS-6175 EZG



SPECS

PRODUCT DIMENSIONS (L X W X H)

40" X 35" X 91" (100 cm X 90 cm X 231 cm)

PRODUCT WEIGHT

393 lbs (178 kg)

FEATURES

- ◆ Padded exercise handles
- ◆ Comes standard with ankle strap and strap handle

CABLE CROSSOVER

CMD-6180



WIDE, NARROW & ROCK CLIMBING GRIPS



SPECS

PRODUCT DIMENSIONS (L X W X H)

153.25" X 39.5" X 92.5" (398 cm X 100 cm X 235 cm)

PRODUCT WEIGHT

839 lbs (381 kg)

FEATURES

- ◆ 2 CMJ-6175 EZG Hi-Lo Pulley*
- ◆ CMJ-OPT-01 Cross Over Pull Up Station

* 195 LB. WEIGHT STACK

ACCESSORIES

STANDARD

LOW ROW DOUBLE D HANDLE

026-01X3659

TRICEPS EXTENSION ROPE

026-01X3658

DUAL PULLEY STRAP HANDLES

026-01X1633

LAT PULLDOWN BAR

026-01X1119

HI-LO CURL & TRICEPS BAR

026-01X1118

HI-LO D HANDLE

026-01X3657

HI-LO ANKLE STRAP

022-0008033



OPTIONAL

TRICEPS EXTENSION BAR

026-01X3696

REVOLVING EZ BAR

026-01X3831

PULLDOWN AND ROW BAR

026-01X3704



STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

*MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)*

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



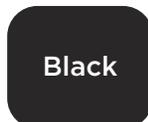
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



COMMERCIAL MULTI-JUNGLE

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
CMJ-6000-1	4-STATION SINGLE POD	76.25" (194 CM)	142.50" (362 CM)	93.00" (236 CM)	1,571 LBS (713 KG)
CMJ-6000-1D	4-STATION SINGLE POD DUAL PULLEY	76.25" (194 CM)	142.50" (362 CM)	93.00" (236 CM)	1,571 LBS (713 KG)
CMJ-6600-S	6-STATION SINGLE POD & STAND ALONE HI-LO	194.50" (495 CM)	142.50" (362 CM)	93.00" (236 CM)	2,017 LBS (915 KG)
CMJ-6000-2	9-STATION DUAL POD	235.50" (598 CM)	142.50" (362 CM)	93.00" (236 CM)	3,195 LBS (1,449 KG)
CMJ-6000-3	14-STATION TRI POD	386.75" (982 CM)	142.50" (362 CM)	93.00" (236 CM)	4,819 LBS (2,189 KG)
CMS-6175 EZG	HI-LO PULLEY	39.50" (100 CM)	35.25" (90 CM)	91.00" (231 CM)	393 LBS (178 KG)
CMD-6180	CABLE CROSSOVER	153.25" (398 CM)	39.50" (100 CM)	92.50" (235 CM)	839 LBS (381 KG)

MOTIONCAGE®

BROCHURE



The MotionCage® by HOIST® Fitness offers a series of functional training system exercise stations that can be configured in several ways to best suit any facility's layout and its members' fitness needs. MotionCage® (MC) and MotionCage® Studio (MCS) configurations can include a Squat Rack, Renegade Station, Dual Hi-Lo Pulleys (4:1), Boxing Station, Rebounder Station, Wall Target Station and more. A sleek design and colorful finish invites gym-goers to jump on and "Start a ComMOTION".

CONVENIENCE

- ◆ Integrated User Adjustment Points Quick and easy adjustments to accommodate varying user sizes
- ◆ Integrated Scuff Guards & Rubber Foot Protectors Protects the machine's frame finish and facility floor
- ◆ Permanently Anchor All MC/S Products In Place HOIST recommends that the MotionCage® / Studio be bolted to the floor to maximize user safety
- ◆ Integrated Strap & Band Storage Keeps equipment organized and reduces clutter on the gym floor
- ◆ Polyurethane Rack-Out Covers on Squat Rack Provide protection for the Olympic Bar and frame
- ◆ Integrated Accessory Shelves Provide padded storage for kettle-bells or medicine balls; accessory basket also available

COMFORT & DURABILITY

- ◆ Multiple Grip Options & Oversized Handles Provide a more comfortable and secure workout
- ◆ Round Tube Frame Provides unsurpassed strength and durability

SLEEK & APPEALING

- ◆ Large Radius Bends Add beauty as well as frame rigidity
- ◆ Silent Steel® Weight Stacks Designed to reduce noise during exercise
- ◆ Customizable Frame Color Personalize your equipment to better fit the look of your facility at an additional charge

MOTIONCAGE®

CONFIGURATIONS

The MotionCage® (MC) series offers a wide range of customization and is built on a large, rigid frame that allows for several gym-goers to exercise simultaneously. The full MotionCage® (MC) series features a large walk-through center frame that allows for many gymgoers or trainers to use the MotionCage® simultaneously. Each MotionCage® comes standard with Monkey Bars, Integrated Pull-Up Station, Peg Board with Elevated Pull-Up Bar, Rock Wall, Dip Station, Jump Platform, Padded Accessory Shelves, Storage Hooks and Battle Rope Loops. The MotionCage® offers a wide range of customizable stations and can be ordered in many unique configurations. For your convenience, HOIST offers five standard configuration packages. Each package was designed with gym owners, trainers and users in mind to fully optimize your space and equipment offerings. The versatility of the MotionCage® can not be understated and is only truly limited by your imagination.

AVAILABLE EXERCISE STATION OPTIONS

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Rebound Station
- ◆ Renegade Station
- ◆ Squat Rack
- ◆ Straps & Bands
- ◆ Target Station

MOTIONCAGE® STUDIO

CONFIGURATIONS

The [MCS] series MotionCage® Studio is designed to be a space saver compared to its bigger brother. The MotionCage® Studio can be configured using many of the same stations as the larger MotionCage® while offering a much smaller footprint.

AVAILABLE EXERCISE STATION OPTIONS

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Rebound Station
- ◆ Renegade Station
- ◆ Single Hi-Lo Station (4:1)
- ◆ Squat Rack
- ◆ Straps & Bands
- ◆ Target Station

MOTIONCAGE® PACKAGE 5

MC-7005



HI-LO CABLE 2:1 RATIO KIT (MC-7028-OPT-01) AVAILABLE
OLYMPIC BAR SHOWN NOT INCLUDED

SPECS

PRODUCT DIMENSIONS (L X W X H)

204" X 211" X 122" (519 cm X 536 cm X 311 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,822 lbs (1,280 kg)

WEIGHT STACK

195 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Dip Station
- ◆ Heavy Bag
- ◆ Rebound Station
- ◆ Squat Rack
- ◆ Target Station
- ◆ Battle Rope Loops
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Jump Platform
- ◆ Straps & Bands

FEATURES

- ◆ Accessory Storage Hooks
- ◆ Rock Climbing Grip Wall
- ◆ Upper & Lower Target Stations
- ◆ Multi-Level Monkey Bars
- ◆ Peg Board With Integrated Pull-Up Bar & Strap Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Polyurethane Protective Covers
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Battle Rope Loops
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Integrated Strap & Band Points
- ◆ Accessory Storage Shelves
- ◆ Patented 360° Heavy Bag Joint

MOTIONCAGE® PACKAGE 4

MC-7004



OLYMPIC BAR SHOWN NOT INCLUDED

SPECS

PRODUCT DIMENSIONS (L X W X H)

204" X 218" X 110" (519 cm X 553 cm X 279 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,565 lbs (1,163 kg)

WEIGHT STACK

196 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Renegade Station
- ◆ Squat Rack

FEATURES

- ◆ Accessory Storage Hooks
- ◆ Rock Climbing Grip Wall
- ◆ Upper & Lower Target Stations
- ◆ Multi-Level Monkey Bars
- ◆ Peg Board With Integrated Pull-Up Bar & Strap Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Polyurethane Protective Covers
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Battle Rope Loops
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Integrated Strap & Band Points
- ◆ Accessory Storage Shelves
- ◆ Patented 360° Heavy Bag Joint

MOTIONCAGE® PACKAGE 3

MC-7003



OLYMPIC BAR SHOWN NOT INCLUDED

SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Rebound Station
- ◆ Renegade Station

FEATURES

- ◆ Accessory Storage Hooks
- ◆ Rock Climbing Grip Wall
- ◆ Upper & Lower Target Stations
- ◆ Multi-Level Monkey Bars
- ◆ Peg Board With Integrated Pull-Up Bar & Strap Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Polyurethane Protective Covers
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Battle Rope Loops
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Integrated Strap & Band Points
- ◆ Accessory Storage Shelves
- ◆ Patented 360° Heavy Bag Joint

MOTIONCAGE® PACKAGE 2

MC-7002



OLYMPIC BAR SHOWN NOT INCLUDED
 IF MC-7037 STANDARD CHIN-UP STATION IS SELECTED, PACKAGE SKU IS MC-7002-S

SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,359 lbs (1,070 kg)

CONFIGURATION

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Rebound Station
- ◆ Renegade Station

FEATURES

- ◆ Accessory Storage Hooks
- ◆ Rock Climbing Grip Wall
- ◆ Upper & Lower Target Stations
- ◆ Multi-Level Monkey Bars
- ◆ Peg Board With Integrated Pull-Up Bar & Strap Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Polyurethane Protective Covers
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Battle Rope Loops
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Integrated Strap & Band Points
- ◆ Accessory Storage Shelves
- ◆ Patented 360° Heavy Bag Joint

MOTIONCAGE® PACKAGE 1

MC-7001



SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Jump Platform

FEATURES

- ◆ Accessory Storage Hooks
- ◆ Rock Climbing Grip Wall
- ◆ Upper & Lower Target Stations
- ◆ Multi-Level Monkey Bars
- ◆ Peg Board With Integrated Pull-Up Bar & Strap Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Polyurethane Protective Covers
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Battle Rope Loops
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Integrated Strap & Band Points
- ◆ Accessory Storage Shelves
- ◆ Patented 360° Heavy Bag Joint

MOTIONCAGE® STUDIO PACKAGE 5

MCS-8005



HI-LO CABLE 2:1 RATIO KIT (MC-7028-OPT-01) AVAILABLE
OLYMPIC BAR SHOWN NOT INCLUDED

SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Jump Platform

FEATURES

- ◆ Patented 360° Heavy Bag Joint
- ◆ Integrated Strap & Band Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Dual Hi-Lo Station Pull-Up Bar
- ◆ Semi-Transparent Weight Stack Shield
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Hi-Lo Bar Handle Storage Tubes
- ◆ Battle Rope Loops
- ◆ Accessory Storage Shelves
- ◆ Accessory Storage Hooks
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Upper & Lower Target Stations
- ◆ Polyurethane Protective Covers

MOTIONCAGE® STUDIO PACKAGE 4

MCS-8004



AVAILABLE WITH EITHER THE DIP STATION (STANDARD) OR JUMP PLATFORM (UPON REQUEST)

SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dual Hi-Lo Station (4:1)
- ◆ Heavy Bag
- ◆ Jump Platform
- ◆ Rebound Station
- ◆ Straps & Bands

FEATURES

- ◆ Patented 360° Heavy Bag Joint
- ◆ Integrated Strap & Band Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Dual Hi-Lo Station Pull-Up Bar
- ◆ Semi-Transparent Weight Stack Shield
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Hi-Lo Bar Handle Storage Tubes
- ◆ Battle Rope Loops
- ◆ Accessory Storage Shelves
- ◆ Accessory Storage Hooks
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Upper & Lower Target Stations
- ◆ Polyurethane Protective Covers

MOTIONCAGE® STUDIO PACKAGE 3

MCS-8003



AVAILABLE WITH EITHER THE DIP STATION (STANDARD) OR JUMP PLATFORM (UPON REQUEST)

SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Heavy Bag
- ◆ Rebound Station
- ◆ Single Hi-Lo Station (4:1)
- ◆ Straps & Bands

FEATURES

- ◆ Patented 360° Heavy Bag Joint
- ◆ Integrated Strap & Band Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Dual Hi-Lo Station Pull-Up Bar
- ◆ Semi-Transparent Weight Stack Shield
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Hi-Lo Bar Handle Storage Tubes
- ◆ Battle Rope Loops
- ◆ Accessory Storage Shelves
- ◆ Accessory Storage Hooks
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Upper & Lower Target Stations
- ◆ Polyurethane Protective Covers

MOTIONCAGE® STUDIO PACKAGE 2

MCS-8002



SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ 5-Grip Chin-Up Station
(Option of Standard 93.14" or Tall 105.55" Stations)
- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Heavy Bag
- ◆ Straps & Bands
- ◆ Rebound Station
- ◆ Renegade Station
- ◆ Straps & Bands

FEATURES

- ◆ Patented 360° Heavy Bag Joint
- ◆ Integrated Strap & Band Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Dual Hi-Lo Station Pull-Up Bar
- ◆ Semi-Transparent Weight Stack Shield
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Hi-Lo Bar Handle Storage Tubes
- ◆ Battle Rope Loops
- ◆ Accessory Storage Shelves
- ◆ Accessory Storage Hooks
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Upper & Lower Target Stations
- ◆ Polyurethane Protective Covers

MOTIONCAGE® STUDIO PACKAGE 1

MCS-8001



SPECS

PRODUCT DIMENSIONS (L X W X H)

205" X 211" X 110" (521 cm X 535 cm X 278 cm)

Exact dimensions may vary based on station assembly

PRODUCT WEIGHT

2,687 lbs (1,219 kg)

WEIGHT STACK

197 lbs (88 kg) / EA

CONFIGURATION

- ◆ Accessory Shelves
- ◆ Battle Rope Loops
- ◆ Dip Station
- ◆ Jump Platform
- ◆ Straps & Bands

FEATURES

- ◆ Patented 360° Heavy Bag Joint
- ◆ Integrated Strap & Band Points
- ◆ Multi-Grip Pull-Up Station
- ◆ Dual Hi-Lo Station Pull-Up Bar
- ◆ Semi-Transparent Weight Stack Shield
- ◆ Adjustable Hi-Lo Pulleys
- ◆ Rebound Station With 8 Adjustable Angles 40° - 71°
- ◆ Hi-Lo Bar Handle Storage Tubes
- ◆ Battle Rope Loops
- ◆ Accessory Storage Shelves
- ◆ Accessory Storage Hooks
- ◆ Automatic Ready-Loaded Renegade Receiver
- ◆ Quick Attach / Detach Jump Platform & Dip Stations
- ◆ Zero Balance Easy-To-Adjust Handles On Dip Station
- ◆ Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- ◆ Upper & Lower Target Stations
- ◆ Polyurethane Protective Covers

OPTIONAL ACCESSORIES

ROPEFLEX ROPE PULL PACKAGE



MC-ROPE-KIT / MC-7036

SUSPENSION TRAINER CROSSBAR STATION



MC-ROPE-KIT / MC-7036

THIRD ACCESSORY SHELF



MC-ROPE-KIT / MC-7036

ACCESSORY BASKET



MC-ROPE-KIT / MC-7036

STANDARD HI-LO CABLES



MC-ROPE-KIT / MC-7036

OPTIONAL HI-LO CABLES



MC-ROPE-KIT / MC-7036

UTILITY STOOL



MC-ROPE-KIT / MC-7036

STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY

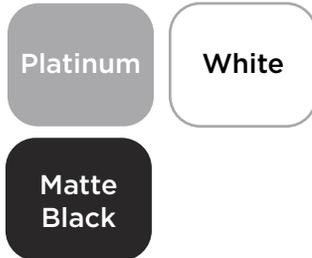


CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

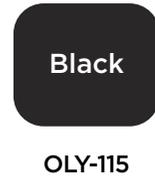
HOIST DUAL SERIES (HD)

*MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)*

FRAME



UPHOLSTERY



FRAME



SUB FRAME



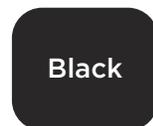
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



TEMPLATE

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
MC-7005	MOTIONCAGE PACKAGE 5	204" (519 CM)	211" (536 CM)	122" (311 CM)	2,822 LBS. (1,280 KG)	195 LBS. (88 KG) / EA
MC-7004	MOTIONCAGE PACKAGE 4	204" (519 CM)	218" (553 CM)	110" (279 CM)	2,565 LBS. (1,163 KG)	196 LBS. (88 KG) / EA
MC-7003	MOTIONCAGE PACKAGE 3	205.00" (521 CM)	210.50" (535 CM)	109.50" (278 CM)	2,687 LBS. (1,219 KG)	197 LBS. (88 KG) / EA
MC-7002	MOTIONCAGE PACKAGE 2	205.25" (521 CM)	211.00" (536 CM)	109.50" (278 CM)	2,359 LBS. (1,070 KG)	-
MC-7001	MOTIONCAGE PACKAGE 1	190.50" (484 CM)	153.75" (391 CM)	105.76" (269 CM)	2,006 LBS. (910 KG)	-
MCS-8005	MOTIONCAGE STUDIO PACKAGE 5	149.75" (380 CM)	135.75" (345 CM)	122.50" (311 CM)	1,643 LBS. (745 KG)	195 LBS. (88 KG) / EA
MCS-8004	MOTIONCAGE STUDIO PACKAGE 4	127.46" (324 CM)	88.18" (224 CM)	109.50" (278 CM)	1,581 LBS. (717 KG)	195 LBS. (88 KG) / EA
MCS-8003	MOTIONCAGE STUDIO PACKAGE 3	131.63" (334 CM)	90.50" (230 CM)	109.75" (279 CM)	1,361 LBS. (618 KG)	195 LBS. (88 KG) / EA
MCS-8002	MOTIONCAGE STUDIO PACKAGE 2	173.51" (441 CM)	127.72" (324 CM)	109.75" (279 CM)	1,266 LBS. (574 KG)	-
MCS-8001	MOTIONCAGE STUDIO PACKAGE 1	111.50" (283 CM)	108.75" (276 CM)	109.21" (277 CM)	913 LBS. (414 KG)	-

MiSERIES

GYMS

BROCHURE



**STRAP HANDLES WITH
3 LENGTH CHOICE RINGS****V-RIDE LEG PRESS****ARTICULATING PRESS
HANDLES**

SPECS

PRODUCT DIMENSIONS (L X W X H)

58" X 48" X 84" (147 cm X 122 cm X 213 cm)

PRODUCT WEIGHT

402 lbs (182 kg)

FEATURES

- ◆ Quick Release Adapters for easy one handed accessory adjustments
- ◆ 150 lb. Silent Steel™ weight stack (upgradeable to 200 lbs.)
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction
- ◆ Built in accessory holders

Compact multi-gym provides an uncompromised range of exercises commonly found in health clubs

Included Accessories are; Lat Bar ,Curl Bar, Fleece Knee Strap, Fleece Ankle Strap, Strap Handles with 3 length choice rings, Articulating Press Handles

Mi 5 GYM



EASY ONE-HANDED ADJUSTMENTS



SUSPENSION EXERCISES



SPECS

PRODUCT DIMENSIONS (L X W X H)

51" X 53" X 84" (130 cm X 134 cm X 212 cm)

PRODUCT WEIGHT

442 lbs (201 kg)

FEATURES

- ◆ Fully enclosed weight stack for safety and quiet weight plate movement
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- ◆ Adjustable Core Stabilizer Pad (sold separately)
- ◆ Counterbalanced carriage system for easy one-handed adjustments
- ◆ Two adjustable pulley arms with 7 horizontal angle adjustments ranging from 80 degrees above and 80 degrees below flat horizontal

Mi 6 GYM



SILENT STEEL® WEIGHT SYSTEM



ADJUSTABLE TABLET HOUSING



INTERNAL PULLEY ADJUSTMENT SYSTEM



ACCESSORY STORAGE POINTS



SPECS

PRODUCT DIMENSIONS (L X W X H)

38" X 54" X 83" (96 cm X 137 cm X 211 cm)

PRODUCT WEIGHT

611 lbs (277 kg)

FEATURES

- ◆ A streamlined design conceals all of the unit's hardware from view and includes an Adjustable Tablet Housing
- ◆ A streamlined design conceals all of the unit's hardware from view and includes an Adjustable Tablet Housing
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- ◆ Multi-position chin-up bar with diamond pattern for improved grip
- ◆ Comes standard with 300 lbs of total weight (150 lbs per side) and is upgradeable to 400 lbs

Mi7 FUNCTIONAL TRAINER



SPECS

PRODUCT DIMENSIONS (L X W X H)

60" X 84" X 66" (153 cm X 212 cm X 169 cm)

PRODUCT WEIGHT

711 lbs (323 kg)

FEATURES

- ◆ Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips
- ◆ Patent pending Flip N Dip™ technology provides narrow/wide grip dips
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- ◆ Adjustable Core Stabilizer Pad
- ◆ Included Accessories are; Three Square-Ring Adjustable Strap Handles (one pair), Dual-Attachment Long Strap, Padded Ankle / Thigh Strap, Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points, Ultra-Light Aluminum Curl Bar

MISMITH DUAL ACTION SMITH



SPECS

PRODUCT DIMENSIONS (L X W X H)

49" X 83" X 83" (124 cm X 211 cm X 210 cm)

PRODUCT WEIGHT

985 lbs (447 kg)

FEATURES

- ◆ Ultra-Light Lifting System™ that reduces the bar weight to a mere 30 lbs
- ◆ Polyurethane covered rack outs for silent racking and protection of bar and frame
- ◆ Non-marring feet to protect flooring
- ◆ Commercial quality linear bearings and shafting for frictionless guided motion
- ◆ Adjustable safety tiers
- ◆ Racking tier index numbers highlight tier levels on the front of machine

Mi7SMITH FUNCTIONAL TRAINER



SPECS

PRODUCT DIMENSIONS (L X W X H)

92" X 83" X 84" (124 cm X 211 cm X 212 cm)

PRODUCT WEIGHT

985 lbs (447 kg)

FEATURES

- ◆ Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips*
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- ◆ Commercial quality components including linear bearings and shafting for frictionless guided motion
- ◆ Included Accessories are; Three Square-Ring Adjustable Strap Handles (one pair), Dual-Attachment Long Strap, Padded Ankle / Thigh Strap, Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points, Ultra-Light Aluminum Curl Bar

Mi SERIES

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
MI1	M11 HOME GYM	58" (147.32 CM)	48" (121.92 CM)	84" (213.36 CM)	402 LBS (182.34 KG)
MI5	M15 FUNCTIONAL TRAINER	51" (129.53 CM)	52.6" (133.62 CM)	83.5" (212.08 CM)	442 LBS (200.48 KG)
MI6	M16 FUNCTIONAL TRAINER	37.75" (95.89 CM)	54" (137.16 CM)	83" (210.82 CM)	610.5 LBS (276.92 KG)
MI7-PL	M17 FUNCTIONAL TRAINER	60.4" (153.42 CM)	83.5" (212.09 CM)	66.4" (168.66 CM)	711 LBS (322.50 KG)
MI-SMITH-ENS-PL	MISMITH DUAL ACTION SMITH	49" (124.46 CM)	83" (210.82 CM)	82.5" (209.66 CM)	386 LBS (175.09 KG)
MI7-SMITH-PL	M17SMITH ENSEMBLE	92" (233.68 CM)	83" (210.82 CM)	83.5" (212.08 CM)	985 LBS (446.79 KG)

PERFORMANCE
SERIES

The image features a light gray background with a dark gray gradient at the bottom. A thick, vibrant blue curved line sweeps across the bottom of the frame. Centered in the upper half is the text "PERFORMANCE" in a bold, italicized, white sans-serif font, with "SERIES" in a regular, white sans-serif font directly below it.



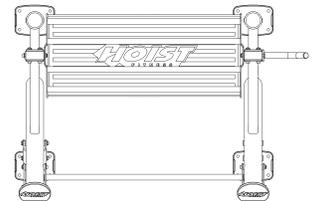
PERFORMANCE SERIES CONFIGURATIONS

1 ELEMENT SINGLE SIDED STORAGE

PS-1E-SS



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

41.75" X 62.75" X 96.00" (106 cm X 159 cm X 244 cm)

PRODUCT WEIGHT

472 lbs (214 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

200 lbs (90 kg) per ball rack shelf

COMPONENTS

- ◆ Side Mount Accessory Hook
- ◆ Battle Rope Anchor

FEATURES

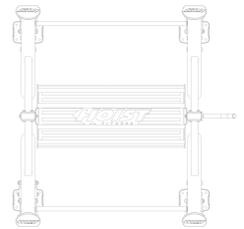
- ◆ Textured Pull Up Bar
- ◆ Suspension Anchors
- ◆ Low-profile hardware
- ◆ Rubber feet
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

1 ELEMENT DUAL SIDED STORAGE

PS-1E-DS



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

62.00" X 62.75" X 96.00" (158 cm X 159 cm X 244 cm)

PRODUCT WEIGHT

519 lbs (236 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

200 lbs (90 kg) per ball rack shelf

COMPONENTS

- ◆ Side Mount Accessory Hook
- ◆ Battle Rope Anchor

FEATURES

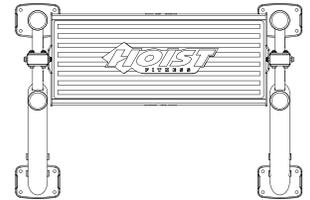
- ◆ Textured Pull Up Bar
- ◆ Suspension Anchors
- ◆ Low-profile hardware
- ◆ Rubber feet
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

4 FT UNIVERSAL STORAGE RACK

PS-4USR



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

37.60" X 55.00" X 62.40" (95 cm X 140 cm X 158 cm)

PRODUCT WEIGHT

351 lbs (160 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

FEATURES

- ◆ Low-profile hardware
- ◆ Rubber feet for stability
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

6 FT UNIVERSAL STORAGE RACK

PS-6USR



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

37.60" X 78.20" X 62.40" (95 cm X 199 cm X 158 cm)

PRODUCT WEIGHT

421 lbs (191 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

FEATURES

- ◆ Low-profile hardware
- ◆ Rubber feet for stability
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

8 FT UNIVERSAL STORAGE RACK

PS-8USR



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

37.60" X 101.50" X 62.40" (95 cm X 258 cm X 158 cm)

PRODUCT WEIGHT

598 lbs (272 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

FEATURES

- ◆ Low-profile hardware
- ◆ Rubber feet for stability
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

4 ELEMENT FUNCTIONAL SINGLE SIDED OPTION 1

PS-4E-FSS-01



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

63.68" X 222.50" X 95.90" (162 cm X 565 cm X 243 cm)

PRODUCT WEIGHT

1559 lbs (708 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf

200 lbs (90 kg) per ball rack shelf

315 lbs (142 kg) per weight horn

585 lbs (265 kg) per "bookshelf" bumper plate rack

FEATURES

- ◆ Textured Pull Up Bar
- ◆ Suspension Anchors
- ◆ Low-profile hardware
- ◆ Rubber feet
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

COMPONENTS

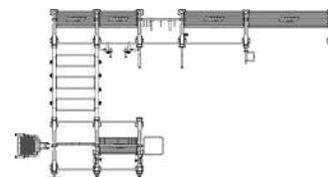
- ◆ 4 ft. Center Accessory Rack
- ◆ 4 ft. Stall Bar Set
- ◆ Wall Target Pad
- ◆ Band Peg / Battle Rope Posts
- ◆ Plyo/ Dip Station
- ◆ Vertical Dumbbell Racks 5 Pair
- ◆ Land-Mine
- ◆ Side Mount Accessory Hook
- ◆ Low Battle Rope Anchor
- ◆ Vertical Oly Bar Holder

7 ELEMENT FUNCTIONAL BRIDGE

PS-7E-FB



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

188.25" X 349.30" X 126.00" (478 cm X 887 cm X 320 cm)

PRODUCT WEIGHT

3,892 lbs (1,765 kg)

MAX STORAGE CAPACITY

600 lbs (272 kg) per flat shelf (4 FT)

650 lbs (250 kg) per flat shelf (6 FT)

200 lbs (90 kg) per ball rack shelf (4 FT)

315 lbs (142 kg) per weight horn (4 FT)

585 lbs (265 kg) per "bookshelf" bumper plate rack (4 FT)

FEATURES

- ◆ Textured Pull Up Bar
- ◆ Suspension Anchors
- ◆ Low-profile hardware
- ◆ Rubber feet
- ◆ Stylish powder coated uprights
- ◆ Performance Black Core uprights
- ◆ 10mm Heavy Duty accessory tray rubber mats
- ◆ Flat or 15-degree shelving tray configuration

COMPONENTS

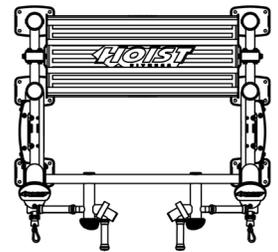
- ◆ 4 ft. Center Accessory Rack
- ◆ 4 ft. Stall Bar Set
- ◆ Wall Target Pad
- ◆ Band & Battle Rope Post
- ◆ Dip & Plyo Station
- ◆ Dip Platform - Motion Cage
- ◆ Plyo Platform - Motion Cage
- ◆ 4 ft. Horizontal Plate Tree
- ◆ Land-Mine
- ◆ Olympic lifting station
- ◆ 4 ft. Horizontal Plate Rack
- ◆ Side Mount Balance Trainer Rack
- ◆ Battle Rope Anchor
- ◆ Assist Step
- ◆ 6 ft. Bumper Plate Rack
- ◆ Vertical Olympic Bar Holder
- ◆ Rope Pull Mount
- ◆ High Ball Target
- ◆ 13 ft. Bridge
- ◆ Performance Series EZG Upright

PS-EZG UNIT

PS-EZG UNIT



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

52.50" X 55.00" X 96.00" (133 cm X 140 cm X 244 cm)

PRODUCT WEIGHT

PENDING

MAX STORAGE CAPACITY

PENDING

FEATURES

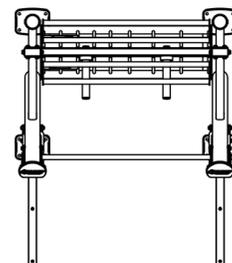
- ◆ Customizable with standard colors: Matte Black, Platinum, White

PS-HALF RACK

PS-HALF RACK



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

63.75" X 55.00" X 96.00" (162 cm X 140 cm X 244 cm)

PRODUCT WEIGHT

PENDING

MAX STORAGE CAPACITY

PENDING

FEATURES

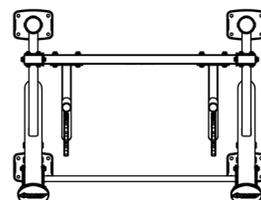
- ◆ Customizable with standard colors: Matte Black, Platinum, White

PS-BARBELL RACK

PS-BARBELL RACK



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

41.75" X 55.00" X 96.00" (106 cm X 140 cm X 244 cm)

PRODUCT WEIGHT

PENDING

FEATURES

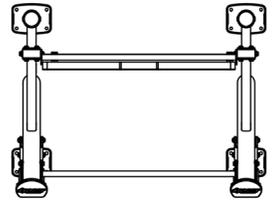
- ◆ Customizable with standard colors: Matte Black, Platinum, White

PS-STALL BAR/WALL TARGET UNIT

PS-STALL BAR/WALL TARGET UNIT



TOP VIEW



SPECS

PRODUCT DIMENSIONS (L X W X H)

41.75" X 55.00" X 96.00" (106 cm X 140 cm X 244 cm)

PRODUCT WEIGHT

PENDING

FEATURES

- ◆ Customizable with standard colors: Matte Black, Platinum, White



PERFORMANCE SERIES

CONFIGURATIONS - FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT
PS-1E-SS	ONE ELEMENT SINGLE SIDED STORAGE	41.75" (106 CM)	62.75" (159 CM)	96.00" (244 CM)
PS-1E-DS	ONE ELEMENT DUAL SIDED STORAGE	62.00" (158 CM)	62.75" (159 CM)	96.00" (244 CM)
PS-4USR	4 FOOT UNIVERSAL STORAGE RACK	37.60" (95 CM)	55.00" (140 CM)	62.40" (158 CM)
PS-6USR	6 FOOT UNIVERSAL STORAGE RACK	37.60" (95 CM)	78.20" (199 CM)	62.40" (158 CM)
PS-8USR	8 FOOT UNIVERSAL STORAGE RACK	37.60" (95 CM)	101.50" (258 CM)	62.40" (158 CM)
PS-4E-FSS-O1	4 ELEMENT FUNCTIONAL SINGLE SIDED OPTION 1	63.68" (162 CM)	222.50" (565 CM)	95.90" (243 CM)
PS-7E-FB	SEVEN ELEMENT FUNCTIONAL BRIDGE	188.25" (478 CM)	349.30" (887 CM)	126.00" (320 CM)
PS-EZG UNIT	PS-EZG UNIT	52.50" (133 CM)	55.00" (140 CM)	96.00" (244 CM)
PS-HALF RACK	PS-HALF RACK	63.75" (162 CM)	55.00" (140 CM)	96.00" (244 CM)
PS-BARBELL RACK	PS-BARBELL RACK	41.75" (106 CM)	55.00" (140 CM)	96.00" (244 CM)
PS-STALL BAR/WALL TARGET UNIT	PS-STALL BAR/WALL TARGET UNIT	41.75" (106 CM)	55.00" (140 CM)	96.00" (244 CM)



**CONSUMER/LIGHT
COMMERCIAL
FREEWEIGHTS**

BROCHURE

HOIST[®]
FITNESS



FREWEIGHT PRODUCTS

HOIST® Fitness has become a leader in the strength training equipment industry through proven effectiveness, durability and versatility. Designed upon these principles, all HOIST Fitness freeweight products are precision built with superb components and unique space saving designs.

Our home products can be found around the world in consumers' homes and multifamily gyms. Numerous celebrities & world leaders' estates boast having HOIST Fitness Systems in them. Home products can be purchased through specialty fitness retailers throughout the world as well as online at: hoistfitness.com.

FOLDING MULTI-POSITION WORKOUT BENCH

HF-4145



SPECS

PRODUCT DIMENSIONS (L X W X H)

50 - 53" X 17" X 8 - 41"
(127 cm - 133 cm X 44 cm X 20 cm - 104 cm)

PRODUCT WEIGHT

53 lbs (24 kg)

MAX EXERCISE WEIGHT

53 lbs (24 kg)

MAX STORAGE CAPACITY

500 lbs (227 kg)

FEATURES

- ◆ 5 adjustable back pad positions from -15° to 65° in 20° increments to accommodate incline and decline bench exercises
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ◆ Foot pegs provide leg support during exercise
- ◆ Folds flat for easy storage
- ◆ No assembly required

ADJUSTABLE AB/BACK HYPER BENCH

HF-4263



SPECS

PRODUCT DIMENSIONS (L X W X H)

39 - 46" X 18" X 12 - 34"
(98 cm - 116 cm X 44 cm X 30 cm - 86 cm)

PRODUCT WEIGHT

53 lbs (24 kg)

FEATURES

- ◆ 11 adjustable angle positions from 25° to 60° in 3.25° increments to accommodate ab and back exercises
- ◆ Self-aligning leg roller pads
- ◆ Integrated wheels provide tilt 'n roll capability for mobility
- ◆ Folds flat for easy storage

LEG PRESS / HACK COMBO

HF-4357



SPECS

PRODUCT DIMENSIONS (L X W X H)

83" X 31" X 57" (212 cm X 77 cm X 57 cm)

PRODUCT WEIGHT

488 lbs (221 kg)

MAX EXERCISE WEIGHT

720 lbs (327 kg)

FEATURES

- ◆ Dual purpose back pad attaches for both exercises
- ◆ Adjustable platform provides proper positioning
- ◆ Multi-position lockouts for both exercises
- ◆ Designed for Olympic weight plates only

PREACHER CURL

HF-4550



SPECS

PRODUCT DIMENSIONS (L X W X H)

43" X 31" X 35" (108 cm X 79 cm X 88 cm)

PRODUCT WEIGHT

71 lbs (32 kg)

FEATURES

- ◆ 60° pad angle increases resistance while decreasing elbow strain
- ◆ 8 adjustable ratcheting seat positions
- ◆ Two adjustable bar rack-out positions
- ◆ Non-skid surface assures secure foot placement

FLAT BENCH

HF-5163



SPECS

PRODUCT DIMENSIONS (L X W X H)

49" X 23" X 16" (123 cm X 57 cm X 40 cm)

PRODUCT WEIGHT

31 lbs (14 kg)

MAX EXERCISE WEIGHT

600 lbs (272 kg)

FEATURES

- ◆ Rugged, lightweight design
- ◆ Non-metallic foot covers to protect flooring

7-POSITION F.I.D BENCH

HF-5165



SPECS

PRODUCT DIMENSIONS (L X W X H)

66" X 25" X 47" (166 cm X 64 cm X 119 cm)

PRODUCT WEIGHT

77 lbs (35 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ 7 adjustable back pad positions from -20° to 80° to accommodate incline, flat, and decline bench exercises
- ◆ 3 adjustable seat positions from 0° to 20° in 10° increments to accommodate varying user heights
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ◆ Adjustable foot pegs provide leg support during exercise
- ◆ Thermoplastic Polyurethane covers for back pad adjusters to reduce wear

7-POSITION FOLDING F.I.D BENCH

HF-5167



FOLDS FOR EASY
TRANSPORT & STORAGE



7 ANGLE POSITIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

21 - 55" X 23" X 21 - 38"
(53 cm - 138 cm X 64 cm X 53 cm - 95 cm)

PRODUCT WEIGHT

77 lbs (35 kg)

MAX EXERCISE WEIGHT

1,000 lbs (454 kg)

FEATURES

- ◆ 7 adjustable angle positions from -15° to 75° to accommodate incline, flat and decline bench exercises
- ◆ Folds up to a compact position for easy transport or storage and locks into position for safety
- ◆ Integrated wheels allow for easy tilt 'n roll movability
- ◆ Back pad includes a rolled edge to lean against for partial core support
- ◆ Non-metallic foot covers to protect flooring
- ◆ Upgraded modern frame with oval tubing

7-POSITION F.I.D OLYMPIC BENCH

HF-5170



SPECS

PRODUCT DIMENSIONS (L X W X H)

80" X 51" X 70" (204 cm X 129 cm X 178 cm)

PRODUCT WEIGHT

147 lbs (67 kg)

MAX EXERCISE WEIGHT

600 lbs (272 kg)

FEATURES

- ◆ 7 adjustable angle positions from -10° to 75° to accommodate incline, flat and decline bench or shoulder exercises
- ◆ Sturdy, stationary frame design
- ◆ Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- ◆ Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

ADJUSTABLE AB BENCH

HF-5264



SPECS

PRODUCT DIMENSIONS (L X W X H)

58" X 28" X 54" (146 cm X 71 cm X 136 cm)

PRODUCT WEIGHT

59 lbs (27 kg)

FEATURES

- ◆ 10 adjustable angle positions from -5° to 40° in 5° increments to accommodate ab exercises
- ◆ Self-aligning leg roller pads
- ◆ Integrated wheels provide tilt 'n roll capability for mobility

OLYMPIC WEIGHT TREE

HF-5444



SPECS

PRODUCT DIMENSIONS (L X W X H)

25" X 21" X 44" (62 cm X 52 cm X 113 cm)

PRODUCT WEIGHT

33 lbs (15 kg)

MAX STORAGE WEIGHT

680 lbs (308 kg)

FEATURES

- ◆ Convenient storage system designed for Olympic weight plates only
- ◆ Space saving vertical design
- ◆ 1.5" weight horns
- ◆ Durable, high-impact polypropolene weight horn sleeves
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

5 PAIR VERTICAL DUMBBELL RACK

HF-5459



SPECS

PRODUCT DIMENSIONS (L X W X H)

19" X 17" X 44" (49 cm X 44 cm X 111 cm)

PRODUCT WEIGHT

44 lbs (20 kg)

MAX STORAGE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Holds five pairs of dumbbells
- ◆ Space efficient vertical design
- ◆ Polypropylene covered rack outs to reduce noise and protect weights
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

8 PAIR VERTICAL DUMBBELL RACK

HF-5460



SPECS

PRODUCT DIMENSIONS (L X W X H)

19" X 17" X 52" (49 cm X 44 cm X 131 cm)

PRODUCT WEIGHT

51 lbs (23 kg)

MAX STORAGE WEIGHT

520 lbs (236 kg)

FEATURES

- ◆ Holds eight pairs of dumbbells
- ◆ Space efficient vertical design
- ◆ Polypropylene covered rack outs to reduce noise and protect weights
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

36" HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-36



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)

43" X 25" X 36" (109 cm X 62 cm X 91 cm)

PRODUCT WEIGHT

84 lbs (38 kg)

MAX STORAGE WEIGHT

600 lbs / tier

FEATURES

- ◆ Non-skid surface on tiers
- ◆ 2-Tier horizontal rack
- ◆ Holds Hex dumbbell pairs
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

48" HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-48



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)

55" X 25" X 36" (140 cm X 62 cm X 91 cm)

PRODUCT WEIGHT

99 lbs (45 kg)

MAX STORAGE WEIGHT

600 lbs / tier

FEATURES

- ◆ Non-skid surface on tiers
- ◆ 2-Tier horizontal rack
- ◆ Holds Hex dumbbell pairs
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

60" HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-60



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)

67" X 25" X 36" (170 cm X 62 cm X 91 cm)

PRODUCT WEIGHT

115 lbs (52 kg)

MAX STORAGE WEIGHT

600 lbs / tier

FEATURES

- ◆ Non-skid surface on tiers
- ◆ 2-Tier horizontal rack
- ◆ Holds Hex dumbbell pairs
- ◆ Upgraded modern frame with oval tubing
- ◆ Non-metallic foot covers to protect flooring

AB / BACK ROMAN HYPER

HF-5664



SPECS

PRODUCT DIMENSIONS (L X W X H)

53" X 32" X 40" (133 cm X 80 cm X 100 cm)

PRODUCT WEIGHT

77 lbs (35 kg)

FEATURES

- ◆ 8 adjustable angle positions from 0° to 35° in 5° increments to accommodate ab and back exercises
- ◆ 9 adjustable leg roller pads and foot bar positions
- ◆ Non-skid foot bar secures foot placement during exercise
- ◆ Integrated locking pull-pins safely secure frame in place
- ◆ Non-metallic foot covers to protect flooring

FITNESS TREE**HF-5962****SPECS****PRODUCT DIMENSIONS (L X W X H)**

44" X 44" X 83" (112 cm X 112 cm X 212 cm)

PRODUCT WEIGHT

150 lbs (68 kg)

MAX EXERCISE WEIGHT

400 lbs (181 kg)

FEATURES

- ◆ Perform multiple body weight exercises such as dips, knee raises, pull-ups, leg raises, ab crunches and push ups
- ◆ Upper hand grips for neutral and wide pull up exercises
- ◆ Dual purpose back pad attaches for both vertical knee raise and abdominal exercise positions
- ◆ Dual purpose low handles for footstep and push up exercise positions
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises

SQUAT RACK

HF-5970



SPECS

PRODUCT DIMENSIONS (L X W X H)

54" X 70" X 82" (137 cm X 178 cm X 207 cm)

PRODUCT WEIGHT

123 lbs (56 kg)

MAX EXERCISE WEIGHT

600 lbs (272 kg)

FEATURES

- ◆ Racking system provides 8 positions for Olympic Bar
- ◆ Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- ◆ Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- ◆ Non-metallic foot covers to protect
- ◆ Pull-up bar for wide or narrow pull up exercises

LEG EXTENSION / CURL ATTACHMENT

HF-OPT-4000-01



SPECS

PRODUCT DIMENSIONS (L X W X H)

18" X 17" X 18" (46 cm X 44 cm X 46 cm)

PRODUCT WEIGHT

15.2 lbs (6.90 kg)

FEATURES

- ◆ Optional attachment for the following products:

HF-5165 7-Position F.I.D. Bench

HF-5170 7-Position F.I.D.
Olympic Bench

Can be stored in HF-
OPT-5000-03 (sold separately)

PREACHER CURL ATTACHMENT

HF-OPT-4000-02



SPECS

PRODUCT DIMENSIONS (L X W X H)

20" X 17" X 34" (51 cm X 44 cm X 86 cm)

PRODUCT WEIGHT

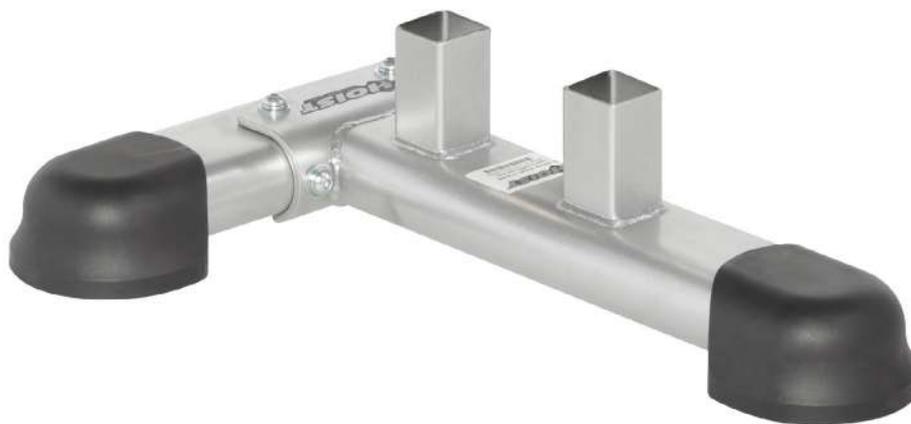
19 lbs (8 kg)

FEATURES

- ◆ Optional attachment for the following products:
 - HF-5165 7-Position F.I.D. Bench
 - HF-5170 7-Position F.I.D. Olympic Bench
 - Can be stored in HF-OPT-5000-03 (sold separately)

ACCESSORY STAND

HF-OPT-4000-03



SPECS

PRODUCT DIMENSIONS (L X W X H)

22" X 21" X 6" (56 cm X 52 cm X 14 cm)

PRODUCT WEIGHT

12 lbs (5 kg)

FEATURES

- ◆ Optional Storage Stand for the following products:

HF-5165 7-Position F.I.D. Bench

HF-5170 7-Position F.I.D.
Olympic Bench

RACK OUT SAFETY TIERS

HF-OPT-4000-04



SPECS

PRODUCT DIMENSIONS (L X W X H) (PER TIER)

16" X 4" X 11" (42 cm X 11 cm X 28 cm)

PRODUCT WEIGHT (PER TIER)

7 lbs (3 kg)

FEATURES

- ◆ One pair of polyurethane padded Safety Tiers. Optional attachment for the following products:

HF-5170 7-Position F.I.D. Olympic Bench

HF-5970 Squat Rack

STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



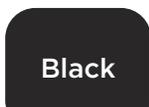
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



CONSUMER/LIGHT COMMERCIAL

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
HF-4145	FOLDING MULTI-POSITION WORKOUT BENCH	"52.50" (133 CM) / *50.00" (127 CM)"	17.25" (44 CM)	40.75" (104 CM) / *7.75" (20 CM)	53 LBS (24 KG)
HF-4263	ADJUSTABLE AB BACK HYPER BENCH	"38.75" (98 CM) / *45.50" (116 CM)"	17.50" (44 CM)	34.00" (86 CM) / *11.75" (30 CM)	52 LBS (24 KG)
HF-4357	LEG PRESS / HACK COMBO	83.25" (212 CM)	30.50" (77 CM)	56.50" (144 CM)	488 LBS (221 KG)
HF-4550	PREACHER CURL	42.50" (108 CM)	31.00" (79 CM)	34.75" (88 CM)	71 LBS (32 KG)
HF-5163	FLAT BENCH	48.60" (123 CM)	22.60" (57.4 CM)	15.60" (40 CM)	31 LBS (14 KG)
HF-5165	7-POSITION F.I.D BENCH	65.50" (166 CM)	25.00" (64 CM)	47.00" (119 CM)	77 LBS (35 KG)
HF-5167	7-POSITION FOLDING F.I.D. BENCH	"54.50" (138 CM) / *20.75" (53 CM)"	22.50" (57 CM)	37.50" (95 CM) / *21.00" (53 CM)	63 LBS (29 KG)
HF-5170	7-POSITION F.I.D. OLYMPIC BENCH	80.25" (204 CM)	50.75" (129 CM)	70.00" (178 CM)	147 LBS (67 KG)
HF-5264	ADJUSTABLE AB BENCH	57.50" (146 CM)	28.07" (71 CM)	53.49" (136 CM)	59 LBS (27 KG)
HF-5444	OLYMPIC WEIGHT TREE	24.50" (62 CM)	20.50" (52 CM)	44.30" (113 CM)	33 LBS (15 KG)
HF-5459	5 PAIR VERTICAL DUMBBELL RACK	19.30" (49 CM)	17.30" (44 CM)	43.50" (111 CM)	44 LBS (20 KG)
HF-5460	8 PAIR VERTICAL DUMBBELL RACK	19.30" (49 CM)	17.30" (44 CM)	51.70" (131 CM)	51 LBS (23 KG)
HF-5461-36	36" HORIZONTAL DUMBBELL RACK (2-TIER)	43.00" (109 CM)	24.50" (62 CM)	36.00" (91 CM)	84 LBS (38 KG)
HF-5461-48	48" HORIZONTAL DUMBBELL RACK (2-TIER)	55.00" (140 CM)	24.50" (62 CM)	36.00" (91 CM)	99.00 LBS (45 KG)
HF-5461-60	60" HORIZONTAL DUMBBELL RACK (2-TIER)	67.00" (170 CM)	24.50" (62 CM)	36.00" (91 CM)	115 LBS (52 KG)



CONSUMER/LIGHT COMMERCIAL

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
HF-5664	AB / BACK ROMAN HYPER	52.50" (133 CM)	31.50" (80 CM)	39.50" (100 CM)	77 LBS (35 KG)
HF-5962	FITNESS TREE	44.00" (112 CM)	44.25" (112 CM)	83.25" (212 CM)	150 LBS (68 KG)
HF-5970	SQUAT RACK	54.00" (137 CM)	70.00" (178 CM)	81.50" (207 CM)	123 LBS (56 KG)
HF-OPT-4000-01	LEG EXTENSION / CURL ATTACHMENT	18.18" (45.72 CM)	17.35" (44.10 CM)	18.07" (45.90 CM)	15.2 LBS (6.90 KG)
HF-OPT-4000-02	PREACHER CURL ATTACHMENT	20.25" (51.44 CM)	17.37" (44.12 CM)	33.61" (85.67 CM)	18.57 LBS (8.42 KG)
HF-OPT-5000-03	ACCESSORY STAND	22.04" (55.98 CM)	20.50" (52.07 CM)	5.51" (14 CM)	11.63 LBS (5.28 KG)
HF-OPT-5000-04	RACK OUT SAFETY TIERS (PER TIER)	16.35" (41.52 CM)	4.39" (11.15 CM)	11.08" (28.14 CM)	7.47 LBS (3.4 KG)

MULTI STACK **GYMS**

BROCHURE



MULTI STACK GYMS

HOIST FITNESS

The HOIST Fitness H2200 2 Stack Multi-Gym and H4400 4 Stack Multi-Gym bring 40 years of innovation with their recent redesigns by our engineering team. Designed with the same smooth, natural, quiet motions that have become the HOIST® trademark, the H2200 and H4400 are the most up-to-date premium 2 and 4-station gyms for light commercial and commercial settings.

H-2200

FEATURES

- ◆ 200 lb. Silent Steel™ weight stacks: Each solid steel individual plate receives pressed-in industrial plastic bushings and then is machined to exacting specifications to insure glass smooth operation plus eliminating any metal to metal contact or sound.
- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.

ACCESSORIES

- ◆ Ab Strap
- ◆ Curl Bar
- ◆ Fleece Knee Strap
- ◆ Strap Handles with 3 length choice rings

H-2200

FEATURES

- ◆ 200 lb. Silent Steel™ weight stacks: Each solid steel individual plate receives pressed-in industrial plastic bushings and then is machined to exacting specifications to insure glass smooth operation plus eliminating any metal to metal contact or sound.
- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.
- ◆ Compact 2-stack gym provides an uncompromised range of exercises commonly found in health clubs.
- ◆ Space saving “L” shaped design fits easily into a corner and efficiently accommodates 2 users.

ACCESSORIES

- ◆ Two Strap Handles with 3 length choice rings
- ◆ Curl Bar
- ◆ Fleece Knee Strap

2 STACK MULTIGYM

H-2200



ARTICULATING ARM
OPTION AVAILABLE



FEATURES - STATION 2

CHEST PRESS, MID ROW, LEG EXTENSION, AND STANDING LEG CURL

- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.
- ◆ Low and mid pulley stations allow users to perform a variety of upper and lower body exercises.
- ◆ Dual adjusters on the back pad offer telescoping and angular adjustments for proper positioning and back support.
- ◆ Locking pull pin provides stable pad positioning.

SPECS

PRODUCT DIMENSIONS (L X W X H)

90" X 106" X 83" (229 cm X 269 cm X 211 cm)

PRODUCT WEIGHT

1,005 lbs (456 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES - STATION 1

LAT PULLDOWN, LEG PRESS, AND HIGH PULLEY

- ◆ Counter-balanced arm and self-aligning handles provide a smooth, natural feel to the lat pulldown.
- ◆ Angled thigh brace rollers on the lat pulldown allow users to quickly and easily slip into position without the need for adjustment.
- ◆ Self-aligning foot plate on leg press station automatically adjusts during the exercise to follow the natural movement of a user's feet, taking the strain off of the ankles.
- ◆ 2:1 Split Weight Cabling™ ratio on the leg press provides 400 pounds of resistance.
- ◆ High pulley station allows a user to perform a variety of exercises.

MULTI-STACK

H-4400



FIXED ARM OPTION
AVAILABLE



FEATURES - STATION 1

LEG PRESS

- ◆ Pillow block bearings and 4-bar linkage system provide smoother motion and increased durability.
- ◆ Foot plate follows natural movement of a user's feet, taking the strain off the ankles.
- ◆ Adjustable back pad accommodates different sized users.
- ◆ 2:1 Split Weight Cabling™ ratio provides 400 pounds of resistance.

SPECS

PRODUCT DIMENSIONS (L X W X H)

105" X 107" X 84" (267 cm X 272 cm X 213 cm)

PRODUCT WEIGHT

1,645 lbs (746 kg)

WEIGHT STACK

200 lbs (91 kg)

FEATURES - STATION 2

ADJUSTABLE CABLE COLUMN

- ◆ Pulley adjusts to 23 different positions.
- ◆ Split Weight Cabling™ reduces resistance by 50% to accommodate more exercises.

FEATURES - STATION 3

LAT PULLDOWN

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.

FEATURES - STATION 4

CHEST PRESS, MID ROW, LEG EXTENSION AND STANDING LEG CURL

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.
- ◆ Angled thigh brace rollers eliminate the need for adjustments.
- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.

STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

FRAME



UPHOLSTERY



OLY-115

FRAME



SUB FRAME



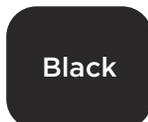
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

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

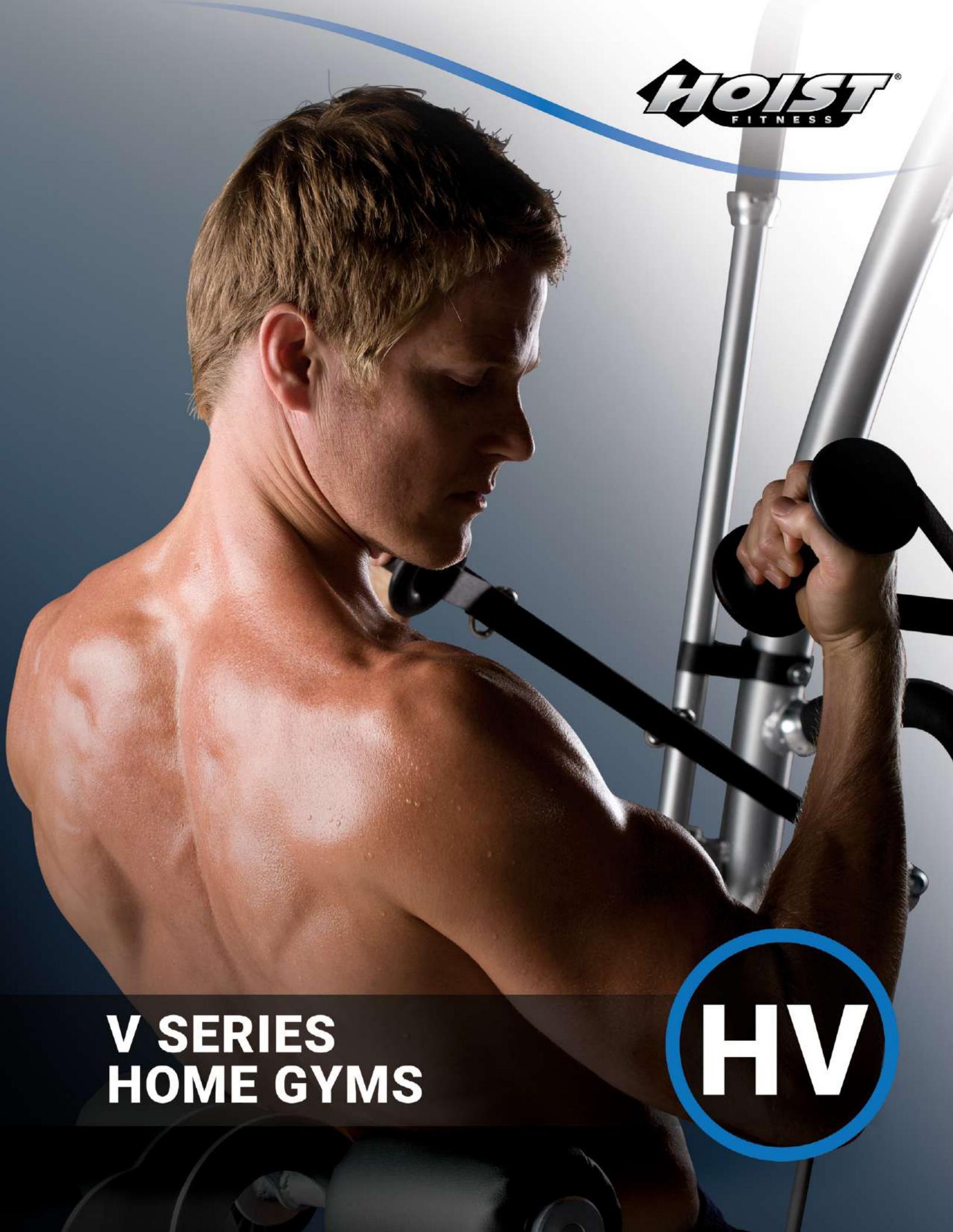
TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- ◆ HOIST®
- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ COMPOSITE MOTION™
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ HOIST CLASSIC®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED XERCISE®
- ◆ ROC®
- ◆ ROCS®
- ◆ ROX®
- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™
- ◆ DUAL SERIES™
- ◆ FLIP-N-DIP®
- ◆ FLIP-N-GRIP®

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,
 D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046,
 D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459,
 D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757,
 D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444,
 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878,
 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066,
 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156,
 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940,
 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953,
 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679,
 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698,
 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298,
 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850,
 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,101,740, 11,135,475, 11,013,949, 10,780,310,
 10,737,131, 10,709,922, 10,646,739, 10,639,513, 10,532,244, 10,486,012, 10,426,990, 10,420,985, D857,812, 10,391,352,
 10,350,445, D852,291, 10,307,630, 10,220,240, WW, D836,733, 10,086,229

† Other Patents Pending

A muscular man with short brown hair is shown in profile, working out on a piece of exercise equipment. He is shirtless, and his back and shoulder muscles are well-defined. He is holding onto a black handle of the machine. The background is a light blue gradient with a blue curved line. The Hoist Fitness logo is in the top right corner.

HOIST
FITNESS

**V SERIES
HOME GYMS**

HV



V SERIES HOME GYM

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

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

- **Patented Radial LOC® weight system** reduces shifting between weight plates for smoother exercise movements.
- **Wide groove pulleys** on high, mid, and low cable stations provide greater range of motion and longer cable life.
- **Split Weight Cabling™** increases cable travel and delivers 50% resistance to mid and low pulley exercises.
- **Fully enclosed weight stacks with steel vented shrouds** for noise reduction.
- **Solid stainless steel guide rods and durable marine grade upholstery** contributes to longer machine life.
- **Compact design** requires minimal floor space.
- **2.5/5 lb. add-on weights** for smaller increases.
- **Instructional DVD** demonstrating a variety of exercises (V-Premier base frame not included).
- **Exercise poster** showing proper form and exercises.
- **Integrated accessory rack that includes:**
 - Two adjustable strap handles for varying user sizes
 - Curl bar and lat bar made from ultra-lite aluminum
 - 14-link chain to ensure proper range of motion
 - One padded ankle and thigh strap for leg exercises
 - One ab strap for abdominal exercises

Thinking about adding Cardio product to your home gym?

Check out our line of innovative Indoor Cycling products at hoistfitness.com/lemond.



HOIST STRENGTH

APP FEATURES

- Hundreds of exercise photos and videos with detailed exercise instructions
- Exercise categorization (by muscle)

BODY METRICS TRACKING

- Track your body weight and metrics, and body progress. Export workout history.

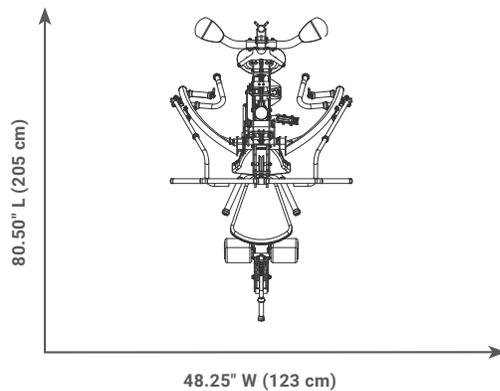
WORKOUT ROUTINES

- Routines specific to your fitness ability (Beginner, Intermediate, Advanced)
- On the go, try our quick whole body workout
- Routines specific to your gym
- Build your own workout routines with supplied exercises

ELITE BASE FRAME HV-ELITE



- Patented leg station allows users to perform both leg extension and leg curl exercises from the seated position
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths
- Multi-function back pad provides telescoping and tilting adjustments for enhanced upper body support
- Can be upgraded with the V Stationary Leg Press (VS-LP) or the V Ride Leg Press (VR-LP), and the V-HiLo Pulley (V-HILO)
- 150 lb standard weight stack with 50 lb upgrade available



* Unit shown with V4 Press Arm

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

V SERIES PRESS ARMS



It's not often something so simple does so much. Especially with such an outstanding outcome. From legs to arms, chest to back, every inch is sure to see results with the help of the V Series Gym, V Press Arms and these optional fitness attachments that connect directly to the main unit and add to your ever evolving workout needs.

V1 PRESS ARM

HV-1-PA

- Follows a predetermined exercise path and features a range of motion adjustment to quickly and easily set for different arm lengths and beginning stretch preferences



V4 PRESS ARM

HV-4-PA

- The ultimate press arm combining the range of motion adjustment of the V1 with the user-defined exercise movement of the V3.
- Includes attachable strap handles to further increase exercise options



* NOTE: Each V Series Home Gym comes with your choose of press arm. Each press arm sold separately. Prices will vary based on Press Arm model

V SERIES ATTACHMENTS



V STATIONARY LEG PRESS

HV-SLP

- Ratcheting back pad provides easy adjustment for varying leg lengths
- Swiveling foot plate that automatically self aligns during exercise
- Multiple positions for leg presses and calf raises



V-HILO PULLEY

HV-HILO

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



V-RIDE LEG PRESS

HV-RLP

- Includes all of the features outlined with V Stationary Leg Press
- ROC-IT technology makes the user part of the exercise motion for optimal biomechanical positioning and increased range of motion





CONFIGURATIONS	LENGTH	WIDTH	HEIGHT	WEIGHT
V-ELITE BASE FRAME	80.50" / 205 cm	48.25" / 123 cm	83.50" / 212 cm	544 lbs. / 247 kg
V-ELITE BASE FRAME WITH HI-LO PULLEY	80.50" / 205 cm	61.50" / 157 cm	83.50" / 212 cm	673 lbs. / 305 kg
V-ELITE BASE FRAME WITH VS-LP	80.50" / 205 cm	79.25" / 201 cm	83.50" / 212 cm	709 lbs. / 322 kg
V-ELITE BASE FRAME WITH VS-LP AND HI-LO PULLEY	80.50" / 205 cm	92.50" / 236 cm	83.50" / 212 cm	808 lbs. / 367 kg
V-ELITE BASE FRAME WITH VR-LP	82.50" / 211 cm	82.25" / 208 cm	83.50" / 212 cm	794 lbs. / 360 kg
V-ELITE BASE FRAME WITH VR-LP AND HI-LO PULLEY	82.50" / 211 cm	102.25" / 259 cm	83.50" / 212 cm	893 lbs. / 405 kg

OPTION	COMPATIBILITY	SIDE	LENGTH	WIDTH	HEIGHT	WEIGHT
V STATIONARY LEG PRESS (VS-LP)	V SELECT AND ELITE	USER'S RIGHT	64.50" (164 cm)	46.25" (117 cm)	33.50" (85 cm)	135 lbs. (61 kg)
V HI-LO PULLEY (V-HILO)	V SELECT AND ELITE	USER'S LEFT	22.00" (56 cm)	39.50" (100 cm)	83.75" (213 cm)	99 lbs. (45 kg)
V RIDE LEG PRESS (VR-LP)	V SELECT AND ELITE	USER'S RIGHT	71.00" (180 cm)	48.50" (123 cm)	41.00" (104 cm)	220 lbs. (100 kg)

EXERCISE **BIKES**

BROCHURE



EXERCISE BIKES

FEATURES

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COMFORT & DURABILITY

- ◆ Head Support & Oversized Handles provide a more comfortable and secure workout
- ◆ Head Support & Oversized Handles provide a more comfortable and secure workout

CONVENIENCE

- ◆ Ratcheting Adjuster System allows for quick and easy seat adjustments to accommodate varying user sizes
- ◆ Easy Step Through Design speeds up workout and allows for user to quickly enter/exit the machine
- ◆ Integrated Scuff Guards & Rubber Foot Protectors protect the machine's frame finish and facility floor
- ◆ Polyurethane Covers For Bar Rack-Outs provide protection for the Olympic Bar and reduce noise
- ◆ Permanently Anchor All CF Products in Place to maximize user safety.

COMFORT & DURABILITY

- ◆ Large Radius Sweeps (Bands) add beauty as well as frame rigidity.
- ◆ Customizable Upholstery and frame color allows you to personalize your equipment to better fit the look of your facility

ELITE CYCLE BIKE

L-15900



**BUILT-IN CONSOLE WITH
CaloriePUMP™**



SPECS

PRODUCT DIMENSIONS (L X W X H)

66" X 24" X 55" (166 cm X 60 cm X 139 cm)

PRODUCT WEIGHT

116 lb (53 kg)

MAX USER WEIGHT

350 lb (159 kg)

USER HEIGHT RANGE

58" - 78" (147 cm - 198 cm)

FEATURES

- ◆ Magnetic resistance provides smooth frictionless resistance
- ◆ A built-in generator powers the computer console eliminating the constant need to replace batteries
- ◆ One-of-a-kind CaloriePUMP™ to track calories with every pedal stroke
- ◆ Poly-V Belt for a smooth and quiet ride. Our belt never needs to be replaced or oiled
- ◆ Built-in Bluetooth LE connectivity
- ◆ Easy-to-adjust indexing lever with 20 resistance levels
- ◆ Equipped with dual-sided pedals featuring both SPD clips and pedal cages

REVMASTER PRO

L-15300-A



ADJUSTABLE SEAT WITH
MICRO-ADJUST FIT



COMPATIBLE WITH THE
PILOT



*THE PILOT NOT INCLUDED

SPECS

PRODUCT DIMENSIONS (L X W X H)

42" X 23" X 46" (107 cm X 58 cm X 117 cm)

PRODUCT WEIGHT

143 lb (65 kg)

MAX USER WEIGHT

300 lb (136 kg)

USER HEIGHT RANGE

58" - 78" (147 cm - 198 cm)

FEATURES

- ◆ Kevlar belt instead of a chain
- ◆ Bottom seat post lock keeps users from sliding seat post completely off the bike for added safety and security
- ◆ Patented next generation X-Frame is more stable and allows for fast, easy access to all seat, handlebar & height adjustments
- ◆ Equipped with dual-sided pedals featuring both SPD clips and toe clip cages
- ◆ Cam Handles: Comfortable and easy to use; offer quicker adjustments without the hassle of pop-pins and threaded handles
- ◆ Micro adjustments allow for a better fit with more comfort

REVMASTM SPORT

L-15700-A



ADJUSTABLE SEAT



CLASSIC HANDLEBARS



SPECS

PRODUCT DIMENSIONS (L X W X H)

45" X 23" X 45" (114 cm X 58 cm X 114 cm)

PRODUCT WEIGHT

112 lb (50.80 kg)

MAX USER WEIGHT

300 lb (136 kg)

USER HEIGHT RANGE

58" - 78" (147 cm - 198 cm)

FEATURES

- ◆ Kevlar belt instead of a chain
- ◆ Designed with the resistance pad on top of the flywheel for improved long-term durability
- ◆ Cranks designed to withstand greater force loads than conventional bikes, the RevMaster Sport features an exceptionally strong custom BMX bottom bracket and cranks for superior product durability
- ◆ Unique V-clamp and rotated tube design for enhanced stability
- ◆ Transport Wheels designed for easy transport
- ◆ Numbered dual position seat slider for fore/aft fit provides more than enough range to properly fit almost any person, regardless of height

RECUMBENT TRAINER

L-80900

**BLUETOOTH LE ENABLED
CONSOLE**



**PATENTED CaloriePUMP™
MONITOR**



**REVOLUTIONARY SEAT
DESIGN**



WALK THROUGH DESIGN



SPECS

PRODUCT DIMENSIONS (L X W X H)

60" X 26" X 50" (152 cm X 66 cm X 127 cm)

PRODUCT WEIGHT

201 lb (91 kg)

MAX USER WEIGHT

350 lb (159 kg)

USER HEIGHT RANGE

58" - 80" (147 cm - 203 cm)

FEATURES

- ◆ Walk-through frame design
- ◆ CaloriePump™ feature to highlight calories burned
- ◆ Bluetooth LE enabled with free HOIST Bikes app to track fitness progress
- ◆ Option for cordless or with power cord for 24/7 power (power cord not included)
- ◆ Actual recumbent bike versus semi-recumbent
- ◆ Calibration free – unbox, then hop on and ride
- ◆ Five reclining seat angles
- ◆ Attractive, sleek and compact design – takes up less space than an elliptical or treadmill

UPRIGHT TRAINER

L-81100

BLUETOOTH LE ENABLED
CONSOLE



PATENTED CaloriePUMP™
MONITOR



ADJUSTABLE SEAT



SPECS

PRODUCT DIMENSIONS (L X W X H)

66" X 24" X 55" (166 cm X 60 cm X 139 cm)

PRODUCT WEIGHT

135 lb (61 kg)

MAX USER WEIGHT

350 lb (159 kg)

USER HEIGHT RANGE

58" - 80" (147 cm - 203 cm)

FEATURES

- ◆ CaloriePump™ feature to highlight calories burned
- ◆ Large range of resistance levels — set between 1 and 20 for a usable watt range from 33 to over 1,200
- ◆ Upgraded larger pedals with ratchet style straps for secure and comfortable foot positioning
- ◆ Vertical and fore & aft handlebar and seat adjustability - find your perfect fit!
- ◆ Self-powered option or power cord for 24/7 power (power cord not included)
- ◆ Narrow crank design — replicates the geometry of a road bike for greater comfort
- ◆ Standard threaded cranks — compatible with all standard cycling pedals
- ◆ Calibration free — unbox, then hop on and ride

RECUMBENT CLUB BIKE

L-90900

BLUETOOTH LE ENABLED CONSOLE



PATENTED CaloriePUMP™ MONITOR



REVOLUTIONARY ADJUSTMENTS



WALK THROUGH DESIGN



SPECS

PRODUCT DIMENSIONS (L X W X H)

58" X 29" X 48" (148 cm X 73 cm X 163 cm)

PRODUCT WEIGHT

209 lb (95 kg)

MAX USER WEIGHT

350 lb (159 kg)

USER HEIGHT RANGE

58" - 80" (147 cm - 203 cm)

FEATURES

- ◆ Actual recumbent bike versus semi-recumbent — innovative pedal to seat relationship
- ◆ Bluetooth LE enabled to pair with free HOIST Bikes app to track fitness progress
- ◆ TV or entertainment console ready with TV bracket kit (sold separately) and integrated CSAFE port for wireless TV models (such as MYE Entertainment or Broadcast Vision)
- ◆ Patented adjustable seat with five reclining seat angles — provides proper knee alignment and designed to change muscle recruitment
- ◆ Patent-pending CaloriePump™ feature to highlight calories burned
- ◆ Walk-through frame design

UPRIGHT CLUB BIKE

L-91100

**BLUETOOTH LE ENABLED
CONSOLE**



**PATENTED CaloriePUMP™
MONITOR**



ADJUSTABLE SEAT



SPECS

PRODUCT DIMENSIONS (L X W X H)

49" X 26" X 64" (124 cm X 66 cm X 163 cm)

PRODUCT WEIGHT

209 lb (95 kg)

MAX USER WEIGHT

350 lb (159 kg)

USER HEIGHT RANGE

58" - 80" (147 cm - 203 cm)

FEATURES

- ◆ Patent-Pending CaloriePump™ feature to highlight calories burned
- ◆ TV or entertainment console ready with TV bracket kit (sold separately) and integrated CSAFE port for wireless TV models (such as MYE Entertainment or Broadcast Vision)
- ◆ Upgraded large pedals with ratchet style straps for secure and comfortable foot positioning
- ◆ Large range of resistance levels — set between 1 and 20 for a usable watt range from 33 to 1,200
- ◆ Self-powered — option for cordless or power cord for 24/7 power (cord sold separately)
- ◆ Upgraded handle bar design featuring two sets of contact heart rate sensors
- ◆ Upgraded polyurethane foam seat for extra durability and comfort



EXERCISE BIKES

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX WT	USER HEIGHT
L-15900 ELITE CYCLE BIKE	65.5" (166.37 CM)	23.78" (60.40 CM)	54.75" (139.07 CM)	116 LB (52.62 KG)	350 LB (159 KG)	58" (147 CM) - 78" (198 CM)
L-15300-A REVMASER PRO	42" (106.68 CM)	23" (58.42 CM)	46" (116.84 CM)	143 LB (64.86 KG)	300 LB (136 KG)	58" (147 CM) - 78" (198 CM)
L-15700-A REVMASER SPORT	45" (114.30 CM)	23" (58.42 CM)	45" (114.30 CM)	112 LB (50.80 KG)	300 LB (136 KG)	58" (147 CM) - 78" (198 CM)
L-80900 RT RECUMBENT TRAINER	60" (152.40 CM)	26" (66.04 CM)	50" (127.00 CM)	201 LB (91.17 KG)	350 LB (159 KG)	58" (147 CM) - 80" (203 CM)
L-81100 UT UPRIGHT TRAINER	50" (127 CM)	26" (66.04 CM)	67" (170.18 CM)	135 LB (61.23 KG)	350 LB (159 KG)	58" (147 CM) - 80" (203 CM)
L-90900 RC RECUMBENT COMMERCIAL	58.3" (148.10 CM)	28.6" (72.64 CM)	48" (121.92 CM)	209 LB (94.80 KG)	350 LB (159 KG)	58" (147 CM) - 80" (203 CM)
L-91100 UC UPRIGHT COMMERCIAL	49" (124.46 CM)	26" (66.04 CM)	64" (162.56 CM)	209 LB (94.80 KG)	350 LB (159 KG)	58" (147 CM) - 80" (203 CM)



HOIST® PRODUCT WARRANTY ELITE CYCLE BIKE

COMMERCIAL WARRANTY	LIGHT COMMERCIAL WARRANTY	RESIDENTIAL WARRANTY
<p><i>Applies to Elite Cycle Bikes</i></p> <p><i>Our HOIST Exercise Bikes Commercial Warranty applies to facilities that charge monthly membership dues and/or where the equipment would be used by more than 50 people per day.</i></p>	<p><i>Applies to Elite Cycle Bikes</i></p> <p><i>Our HOIST Exercise Bikes Light Commercial Warranty applies to facilities that DO NOT charge monthly membership dues and where the equipment would be used by no more than 50 people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.</i></p>	<p><i>Applies to Elite Cycle Bikes</i></p> <p><i>Our HOIST Exercise Bikes Residential Warranty applies to equipment used in a home setting and where the equipment will be used by home occupants only</i></p>
<p>Frame: 5 Years</p> <p>Bottom bracket cartridge assembly, pillow block bearings, tension assembly: 2 Years</p> <p>Electronic Components: 2 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, pedal toe cages, and pedal straps): 90 Days</p> <p>Labor: 1 Year</p> <p>Finish & Paint: 90 Days</p>	<p>Frame: 5 Years</p> <p>Bottom bracket cartridge assembly, pillow block bearings, tension assembly: 2 Years</p> <p>Electronic Components: 2 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, pedal toe cages, and pedal straps): 90 Days</p> <p>Labor: 1 Year</p> <p>Finish & Paint: 90 Days</p>	<p>Frame: 5 Years</p> <p>Bottom bracket cartridge assembly, pillow block bearings, tension assembly: 2 Years</p> <p>Electronic Components: 2 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, pedal toe cages, and pedal straps): 90 Days</p> <p>Labor: 1 Year</p> <p>Finish & Paint: 90 Days</p>

PLEASE NOTE. HOIST® Fitness Systems Inc. neither makes, assumes nor authorizes any representative or other person to make or assume, any other warranty whatsoever, whether expressed or implied, in connection with the sale, service, or shipment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your machine, only authorized replacement parts can be used. This warranty is void if parts other than those provided by HOIST Fitness are used.

WHAT WILL VOID THE WARRANTY: Any attachments, modifications or use outside the intended methods of use are not recommended by the manufacturer and will consequentially void the warranty.

WHAT IS NOT COVERED BY THIS WARRANTY: HOIST's sole obligation under this warranty is limited to the repair or replacement of parts, subject to the additions below. This warranty does not cover costs of removal, transportation, delivery or reinstallation. You are responsible for freight charges on warranty parts. HOIST will accept parts covered under this warranty freight collect, provided that shipment has received prior approval.

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. 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. If warranty replacement parts are shipped to you, you may be required to return the inoperable part.

NO CONSEQUENTIAL DAMAGES: HOIST is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

PRODUCT SUPPORT: For product questions, please contact Product Support at [800.548.5438](tel:800.548.5438) or email webprodsupport@hoistfitness.com

HOIST® PRODUCT WARRANTY REVMASER PRO & REVMASER SPORT



Please check the product Owner’s Manual for complete warranty information.

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 discretion) in accordance to the terms listed below. 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 of the product purchased.

WARRANTY CLAIMS

All claims require: Model number(s), Serial number(s), Date of installation and any information supporting the existence of the alleged defect.

COMPLETE WARRANTY REGISTRATION ONLINE: Visit www.hoistfitness.com and click on the Support/Warranty Registration link.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL WARRANTY <i>Applies to RevMaster Pro (Produced after 1/1/2013)</i> <i>Our HOIST Exercise Bikes Commercial Warranty applies to facilities that charge monthly membership dues and/or where the equipment would be used by more than 50 people per day.</i>	LIGHT COMMERCIAL WARRANTY <i>Applies to RevMaster Pro (Produced after 1/1/2013)</i> <i>Our HOIST Exercise Bikes Light Commercial Warranty applies to facilities that DO NOT charge monthly membership dues and where the equipment would be used by no more than 50 people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.</i>	RESIDENTIAL WARRANTY <i>Applies to RevMaster Pro (Produced after 1/1/2013)</i> <i>Our HOIST Exercise Bikes Residential Warranty applies to equipment used in a home setting and where the equipment will be used by home occupants only</i>
<p>Body/Frame: 5 Years</p> <p>Structural Moving Parts (Crank, flywheel, handlebar, handlebar post, seat post): 3 Years</p> <p>Bearings (Bottom bracket cartridge assembly, pillow block bearings, tension assembly): 3 Years</p> <p>Labor: 1 Year</p> <p>Pedals: 1 Year</p> <p>Wear and Tear Items (Seat, grip, handles, pedal straps, brake pad): 6 Months</p> <p>Accessories: 6 Months <i>Applies to defects from manufacturer only</i></p> <p>Finish & Paint: 90 Days</p>	<p>Body/Frame: 5 Years</p> <p>Structural Moving Parts (Crank, flywheel, handlebar, handlebar post, seat post): 3 Years</p> <p>Bearings (Bottom bracket cartridge assembly, pillow block bearings, tension assembly): 3 Years</p> <p>Labor: 1 Year</p> <p>Pedals: 1 Year</p> <p>Wear and Tear Items (Seat, grip, handles, pedal straps, brake pad): 1 Year</p> <p>Accessories: 6 Months <i>Applies to defects from manufacturer only</i></p> <p>Finish & Paint: 90 Days</p>	<p>Body/Frame: 5 Years</p> <p>Structural Moving Parts (Crank, flywheel, handlebar, handlebar post, seat post): 3 Years</p> <p>Bearings (Bottom bracket cartridge assembly, pillow block bearings, tension assembly): 3 Years</p> <p>Labor: 1 Year</p> <p>Pedals: 1 Year</p> <p>Wear and Tear Items (Seat, grip, handles, pedal straps, brake pad): 1 Year</p> <p>Accessories: 6 Months <i>Applies to defects from manufacturer only</i></p> <p>Finish & Paint: 90 Days</p>



HOIST® PRODUCT WARRANTY

UT UPRIGHT TRAINER & RT RECUMBENT TRAINER BIKES

LIGHT COMMERCIAL WARRANTY

Applies to all Exercise Bikes RT and UT bikes.

Our HOIST Exercise Bikes Light Commercial Warranty applies to facilities that DO NOT charge monthly membership dues and where the equipment would be used by no more than 50 people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

Body/Frame: 10 Years

Electronic Break: 2 Years

Electronic Components: 2 Years

Bearings (bottom bracket assembly, generator bearings): 2 Year

Labor: 1 Year

Parts (pedal straps, saddle, console overlay, etc.): 1 Year

Applies to defects from manufacturer only

Finish & Paint: 90 Days

RESIDENTIAL WARRANTY

Applies to all Exercise Bikes RT and UT bikes.

Our HOIST Exercise Bikes Residential Warranty applies to equipment used in a home setting and where the equipment will be used by home occupants only

Body/Frame: Lifetime

Wear Items: 3 Years (seat, grips, handles, pedals, and pedal straps)

Labor: 2 Years

Parts (pedal straps, saddle, console overlay, etc.): 5 Years

Applies to defects from manufacturer only

Finish & Paint: 90 Days

PLEASE NOTE. HOIST® Fitness Systems Inc. neither makes, assumes nor authorizes any representative or other person to make or assume, any other warranty whatsoever, whether expressed or implied, in connection with the sale, service, or shipment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your machine, only authorized replacement parts can be used. This warranty is void if parts other than those provided by HOIST Fitness are used.

WHAT WILL VOID THE WARRANTY: Any attachments, modifications or use outside the intended methods of use are not recommended by the manufacturer and will consequentially void the warranty.

WHAT IS NOT COVERED BY THIS WARRANTY: HOIST's sole obligation under this warranty is limited to the repair or replacement of parts, subject to the additions below. This warranty does not cover costs of removal, transportation, delivery or reinstallation. You are responsible for freight charges on warranty parts. HOIST will accept parts covered under this warranty freight collect, provided that shipment has received prior approval.

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. 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. If warranty replacement parts are shipped to you, you may be required to return the inoperable part.

NO CONSEQUENTIAL DAMAGES: HOIST is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

PRODUCT SUPPORT: For product questions, please contact Product Support at [800.548.5438](tel:800.548.5438) or email webprodsupport@hoistfitness.com



HOIST® PRODUCT WARRANTY UC UPRIGHT CLUB & RC RECUMBENT CLUB BIKES

COMMERCIAL WARRANTY	LIGHT COMMERCIAL WARRANTY	RESIDENTIAL WARRANTY
<p><i>Applies to all Exercise Bikes RC and UC bikes.</i></p> <p><i>Our HOIST Exercise Bikes Commercial Warranty applies to facilities that charge monthly membership dues and/or where the equipment would be used by more than 50 people per day.</i></p>	<p><i>Applies to all Exercise Bikes RC and UC bikes.</i></p> <p><i>Our HOIST Exercise Bikes Light Commercial Warranty applies to facilities that DO NOT charge monthly membership dues and where the equipment would be used by no more than 50 people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.</i></p>	<p><i>Applies to all Exercise Bikes RC and UC bikes.</i></p> <p><i>Our HOIST Exercise Bikes Residential Warranty applies to equipment used in a home setting and where the equipment will be used by home occupants only</i></p>
<p>Frame: Lifetime</p> <p>Labor: 3 Years (The Headphone Port and USB Port are not covered under the labor warranty.)</p> <p>Parts: 3 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, Grips, Handles and Pedal Straps): 90 Days</p> <p>Finish & Paint: 90 Days</p>	<p>Frame: Lifetime</p> <p>Labor: 3 Years (The Headphone Port and USB Port are not covered under the labor warranty.)</p> <p>Parts: 3 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, Grips, Handles and Pedal Straps): 90 Days</p> <p>Finish & Paint: 90 Days</p>	<p>Frame: Lifetime</p> <p>Labor: 3 Years (The Headphone Port and USB Port are not covered under the labor warranty.)</p> <p>Parts: 3 Years</p> <p>Pedals: 1 Year</p> <p>Wear Items (Seat, Grips, Handles and Pedal Straps): 90 Days</p> <p>Finish & Paint: 90 Days</p>

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PRODUCT SUPPORT: For product questions, please contact Product Support at [800.548.5438](tel:800.548.5438) or email webprodsupport@hoistfitness.com

FREESTANDING RIDE LEG PRESS

HV-LP-FSK-RLP



FEATURES

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

SPECS

- Product Dimensions L x W x H
73.31" (186 cm) / 87.76" (223 cm) x 51.72" (131 cm) x 54.41" (138 cm)
- Product Weight
537 lbs (243 kg)
- Maximum User Weight Capacity
300 lbs (136 kg)



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

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

TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- ◆ HOIST®
- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ COMPOSITE MOTION™
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ HOIST CLASSIC®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED XERCISE®
- ◆ ROC®
- ◆ ROCS®
- ◆ ROX®
- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™
- ◆ DUAL SERIES™
- ◆ FLIP-N-DIP®
- ◆ FLIP-N-GRIP®

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, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,101,740, 11,135,475, 11,013,949, 10,780,310, 10,737,131, 10,709,922, 10,646,739, 10,639,513, 10,532,244, 10,486,012, 10,426,990, 10,420,985, D857,812, 10,391,352, 10,350,445, D852,291, 10,307,630, 10,220,240, WW, D836,733, 10,086,229

† Other Patents Pending