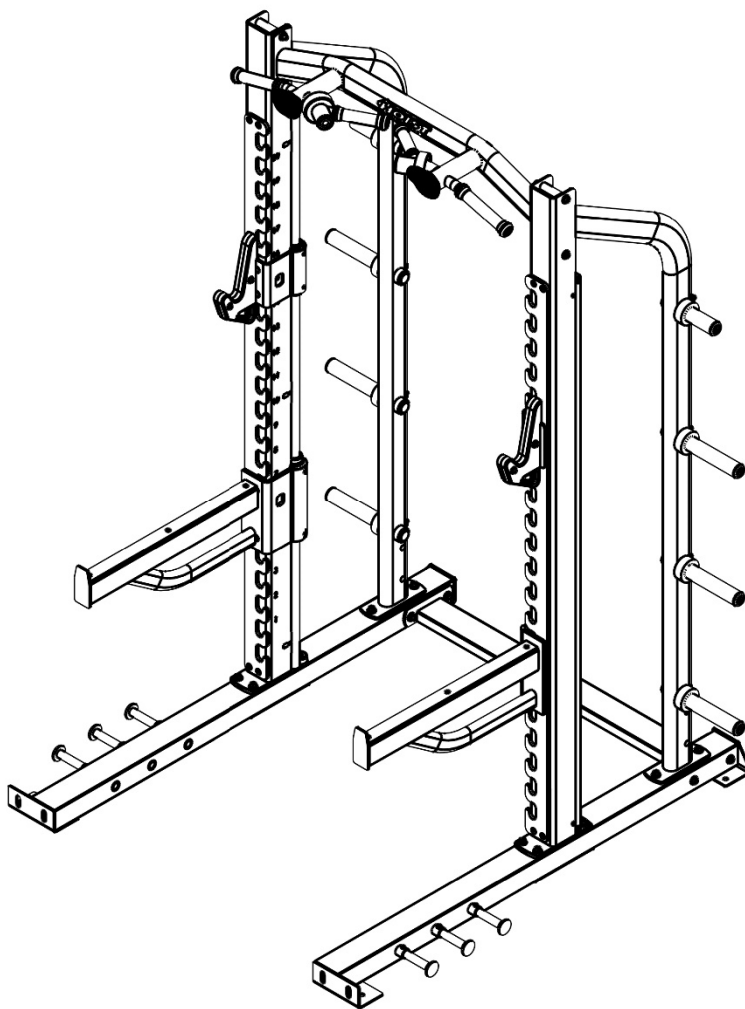


# OWNER'S MANUAL



## CF-3365 HALF RACK



### **\*\*WARNING!\*\***

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558



[www.facebook.com/hoistfitness](http://www.facebook.com/hoistfitness)

# OWNER'S MANUAL

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# OWNER'S MANUAL

## **INSTRUCTIONS**

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

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

## **TOOLS REQUIRED**

**Ratchet Wrench**

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

**Adjustable Wrench**

**Rubber Mallet**

**Tape Measure**

**Level**

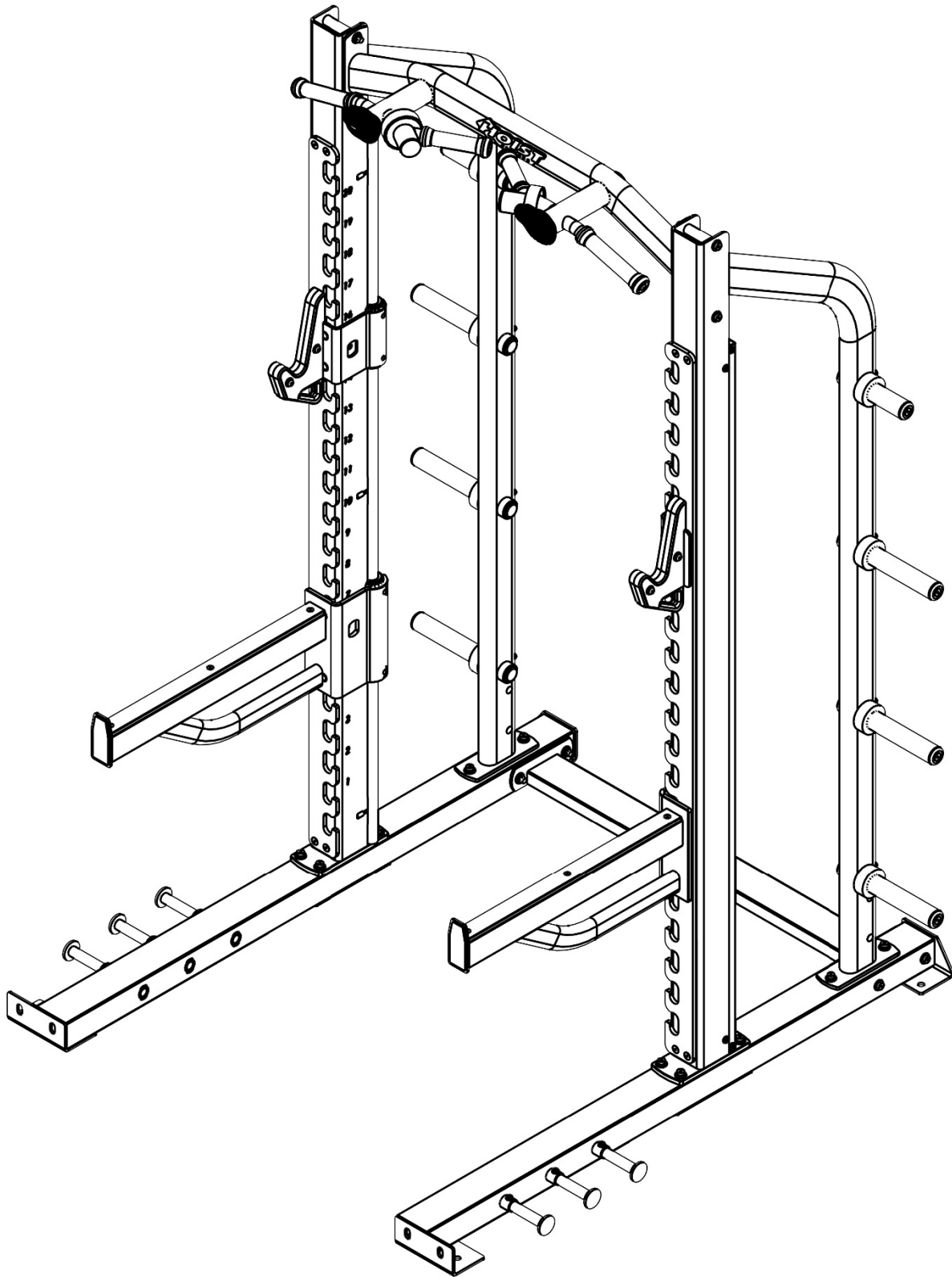
**SAE Hex Key Wrench Set**

**Two People**

# **OWNER'S MANUAL**

**\*\*\*THIS PAGE WAS INTENTIONALLY LEFT BLANK\*\*\***

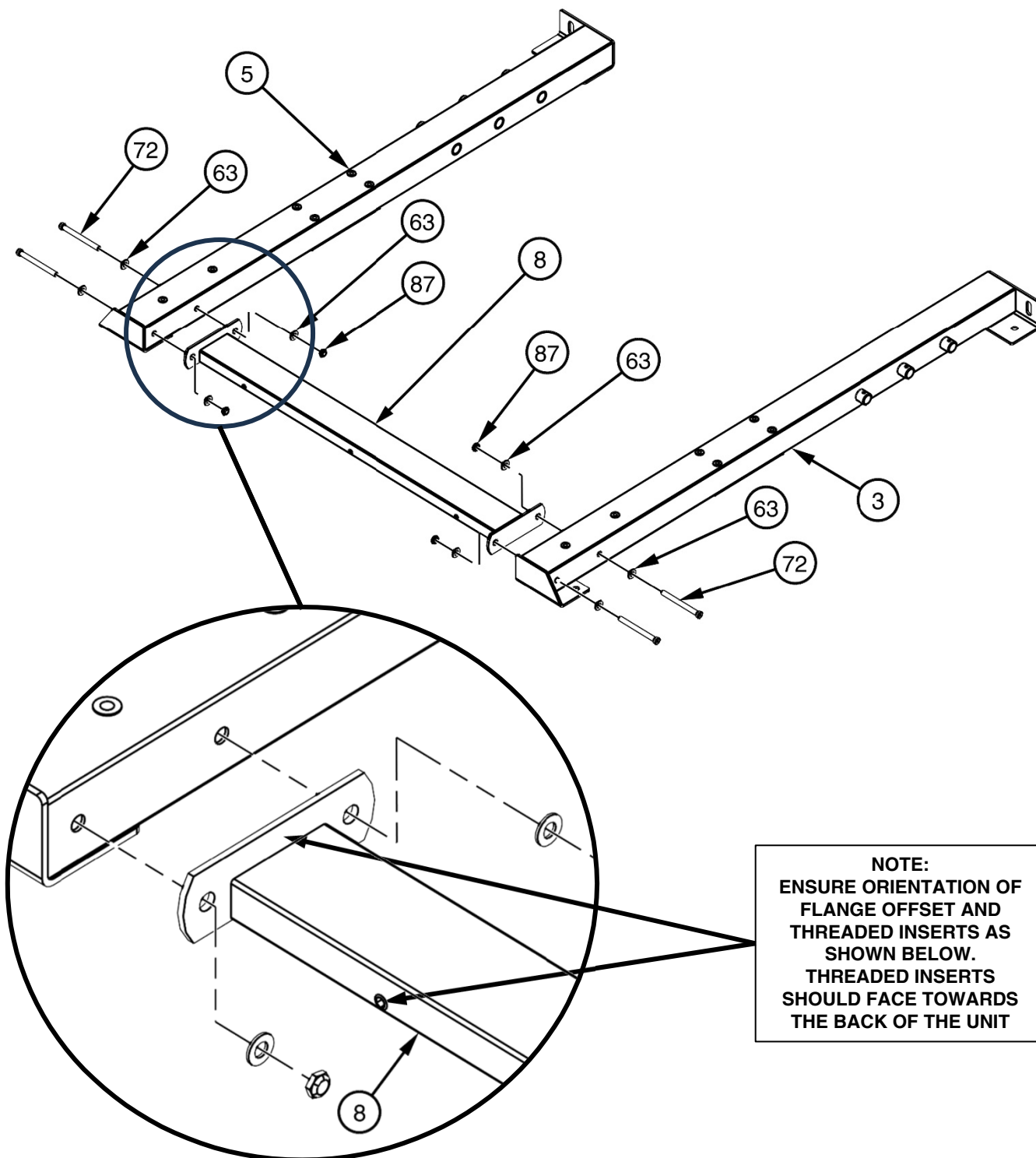
## FRAME ASSEMBLY



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

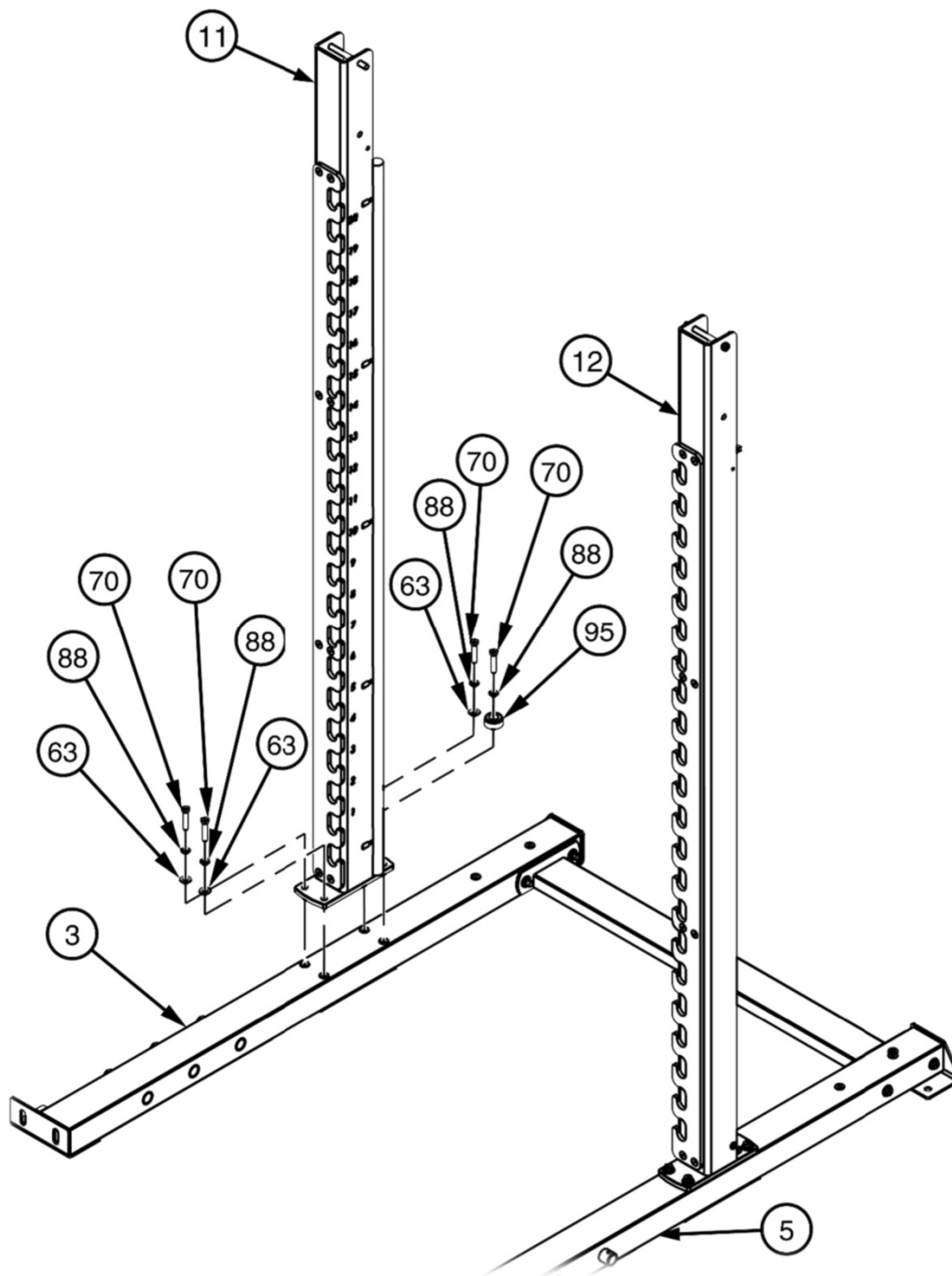


## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

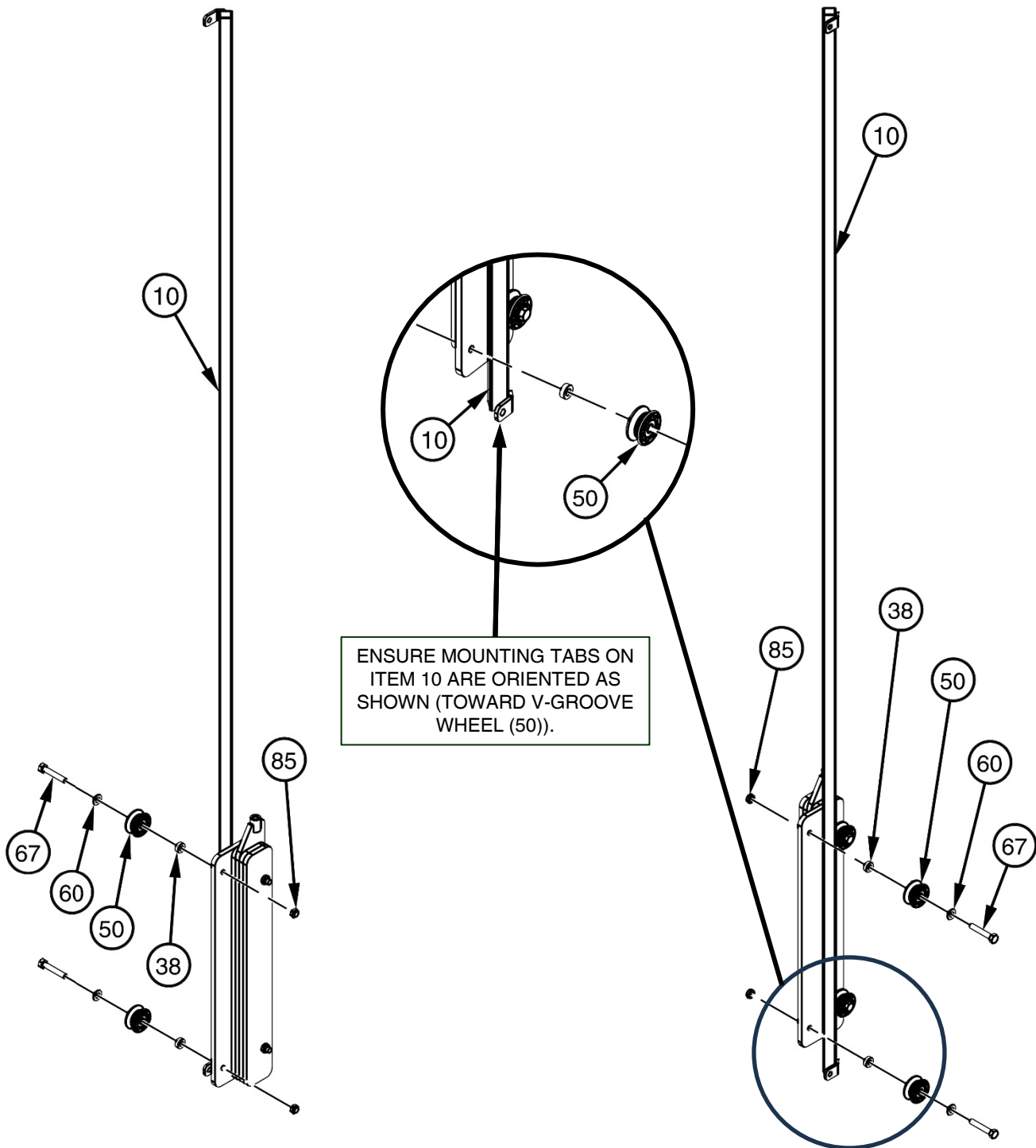
**\*BE SURE TO ALWAYS SUPPORT UPRIGHTS (11 & 12) THROUGH THE FOLLOWING STEPS UNTIL ASSEMBLY IS SECURED. FAILURE TO FOLLOW THESE DIRECTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.\***



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

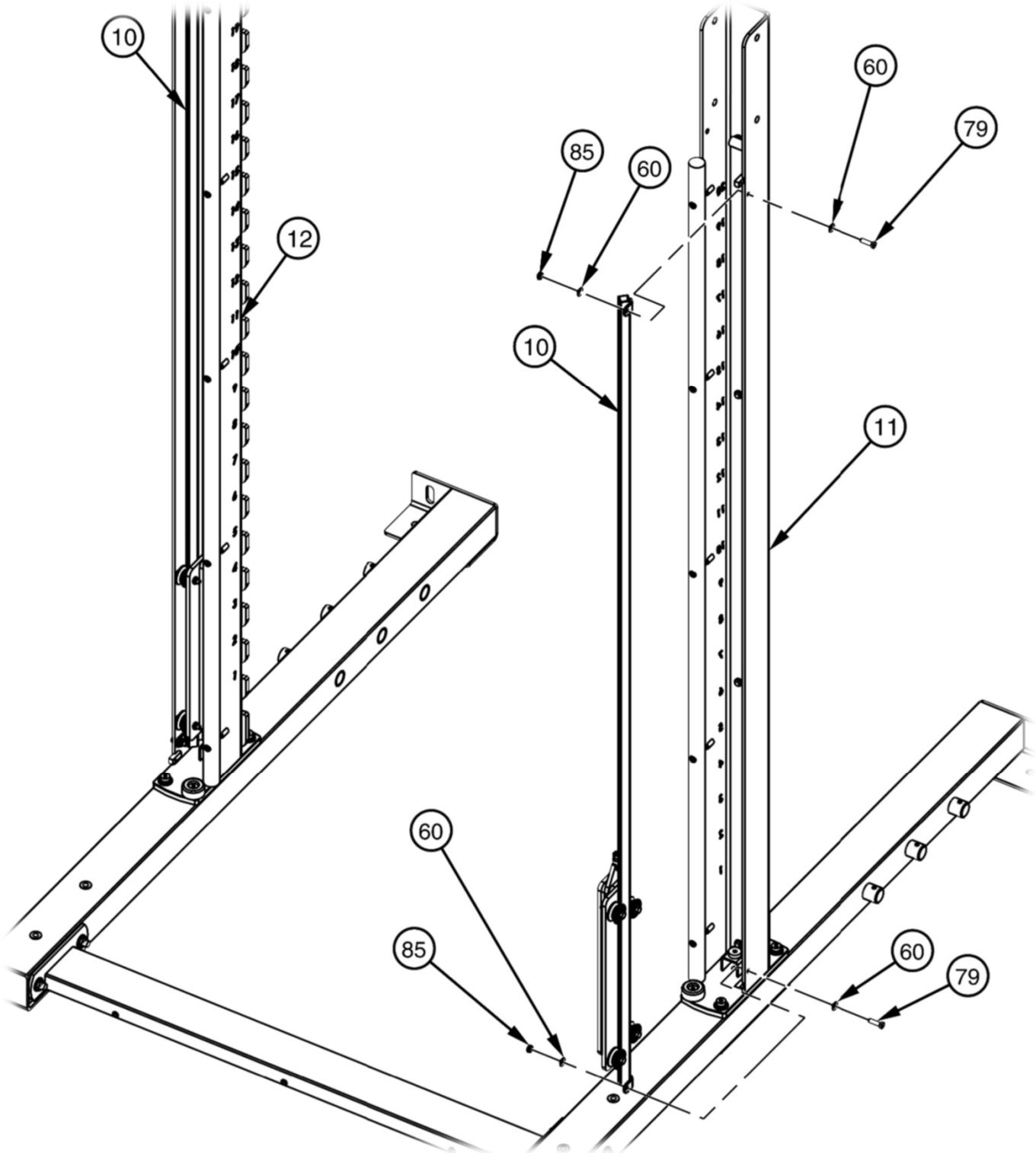




## FRAME ASSEMBLY

NOTE:

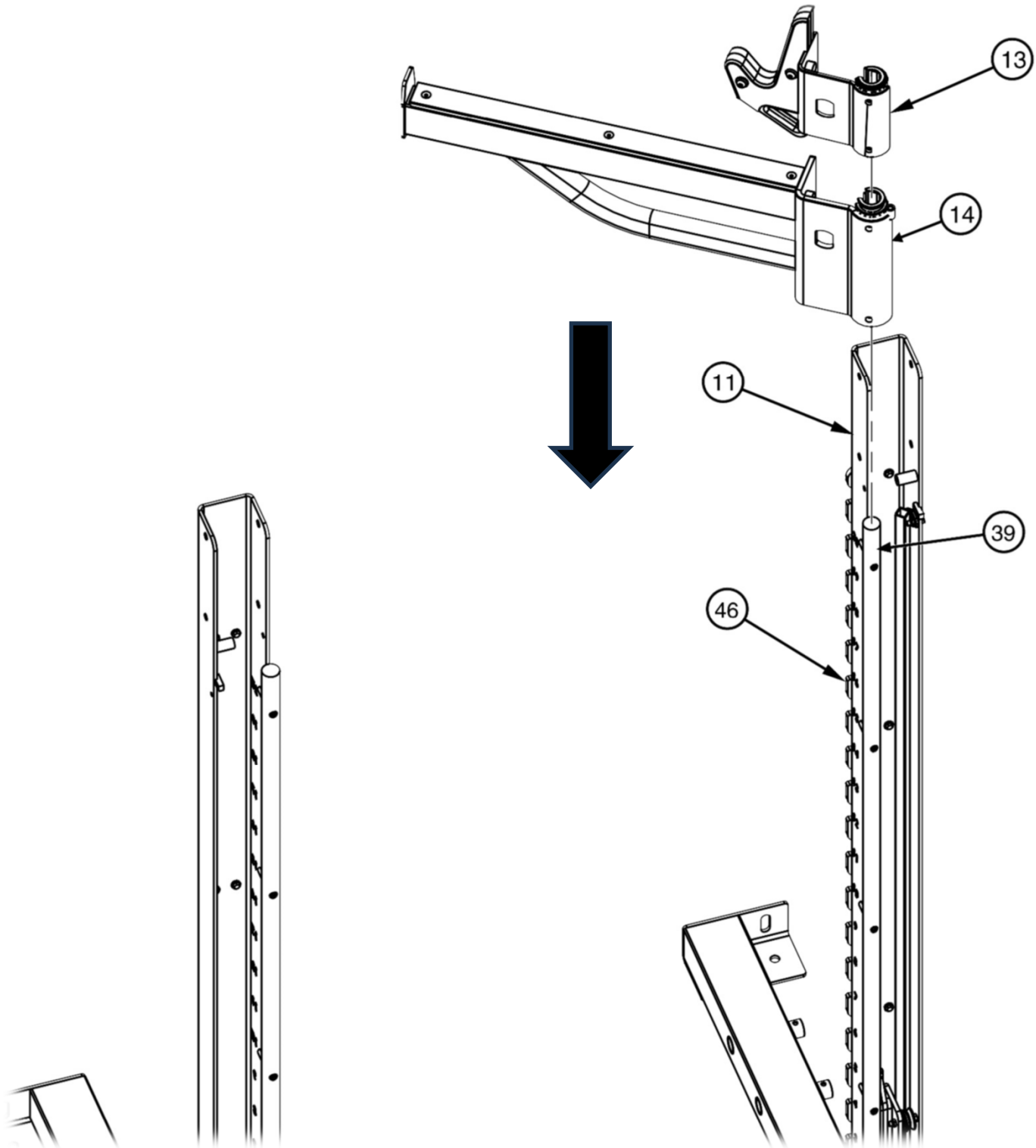
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (10 & 12).



## FRAME ASSEMBLY

NOTE:.

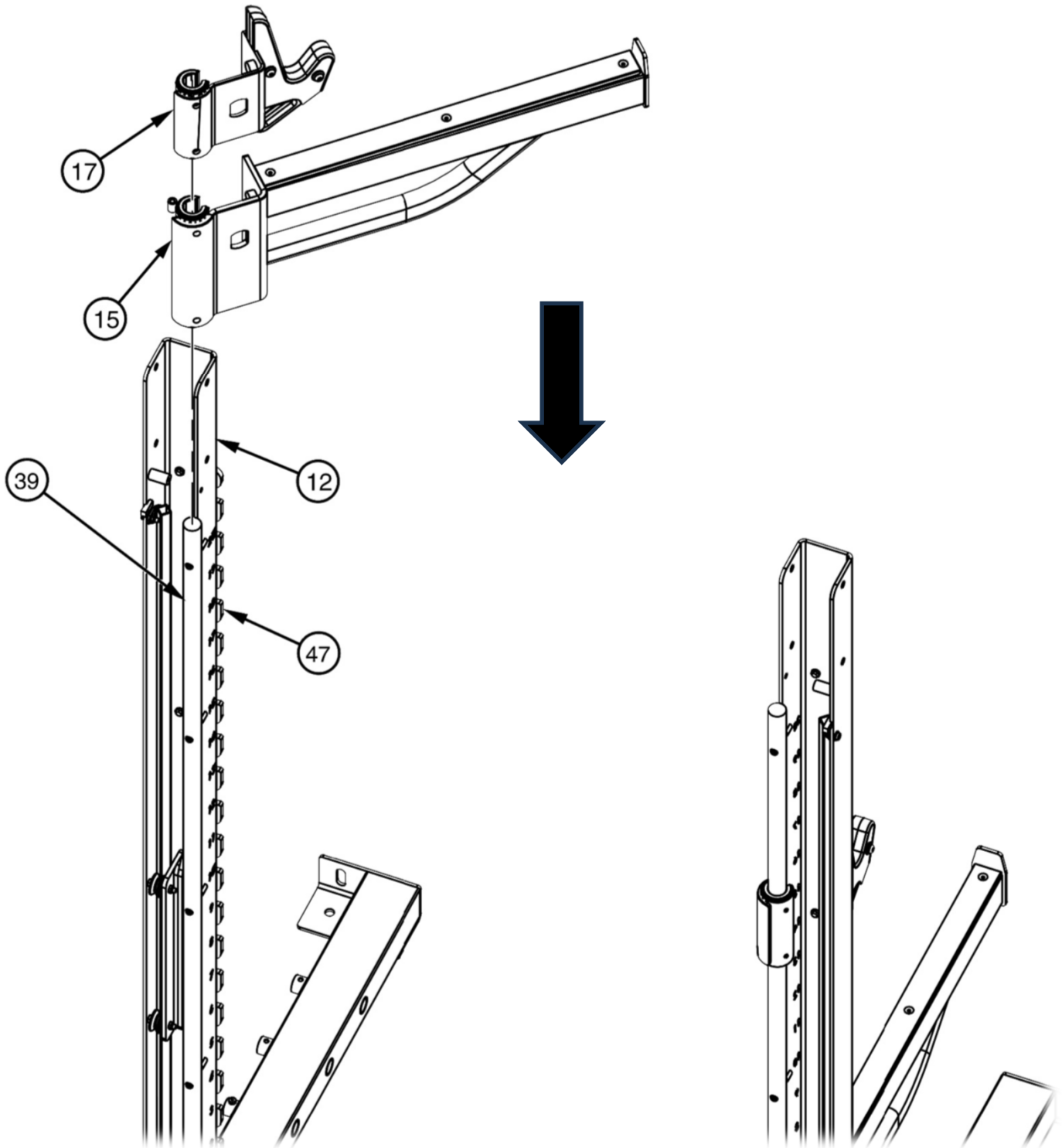
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- SLIDE (13 & 14) DOWN (39), THEN ROTATE (13 & 14) TOWARD (46) TO LOCK IN PLACE.



## FRAME ASSEMBLY

NOTE:.

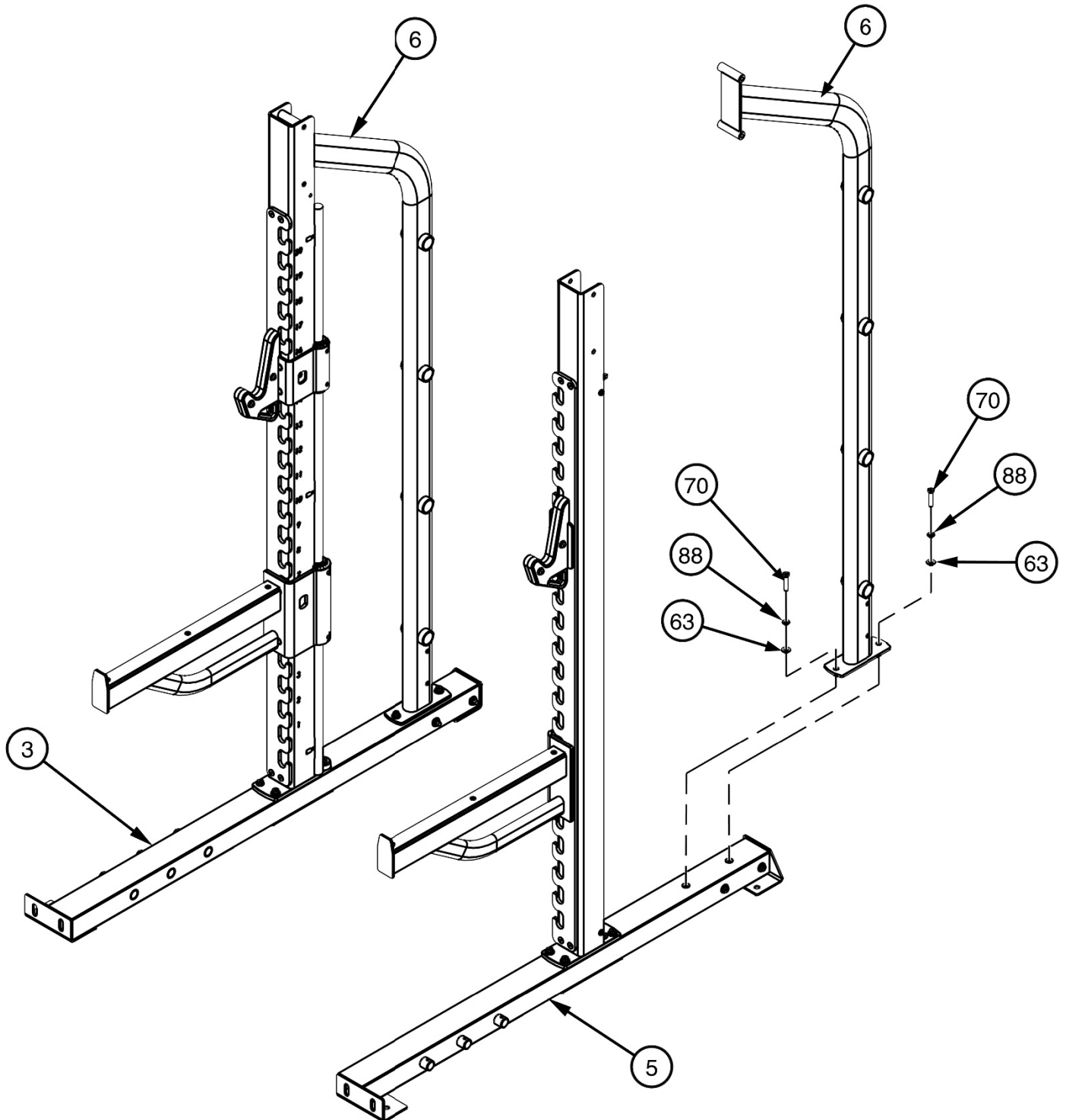
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- SLIDE (15 & 17) DOWN (39), THEN ROTATE (15 & 17) TOWARD (47) TO LOCK IN PLACE.



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (3 & 6).

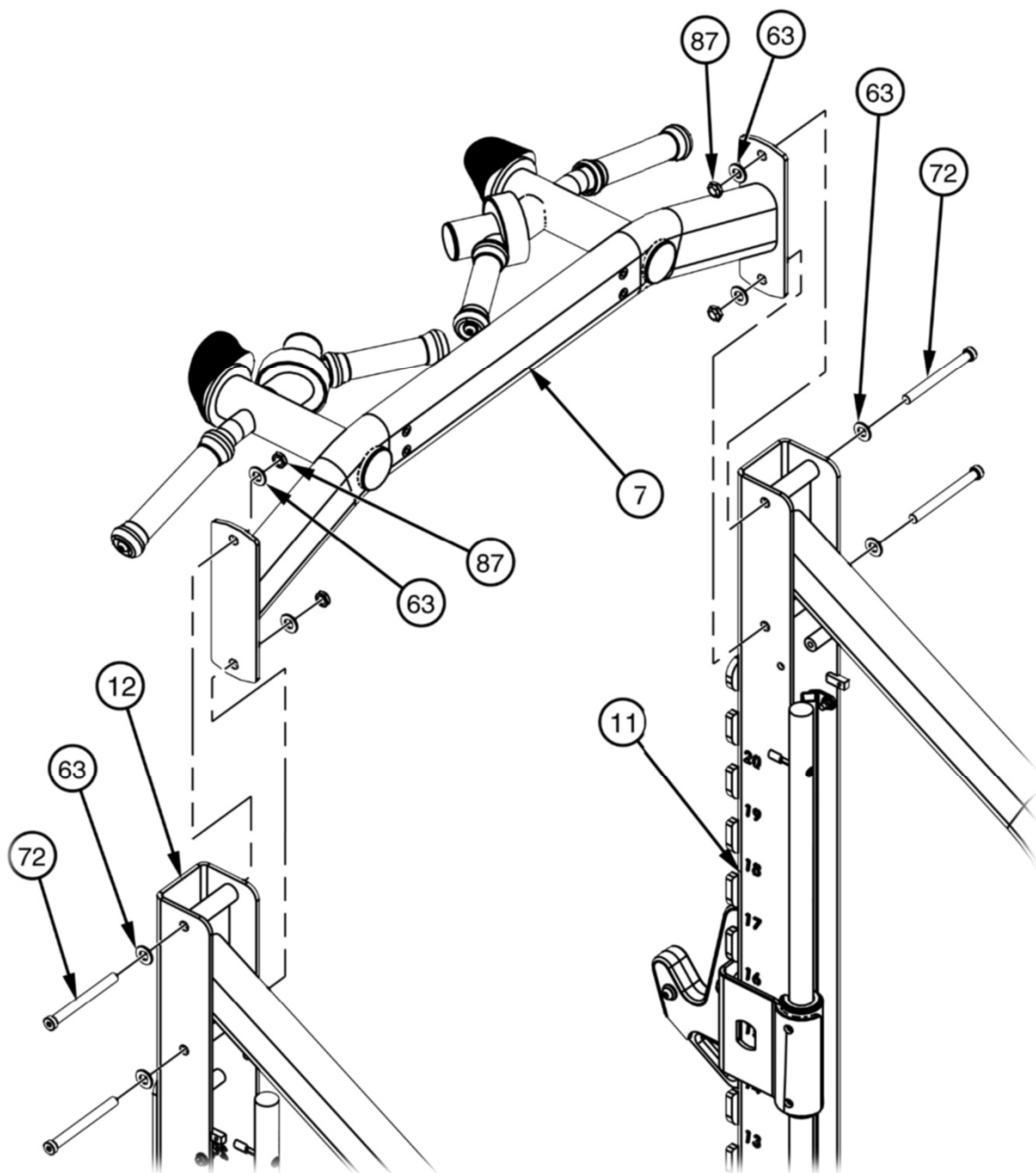


## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

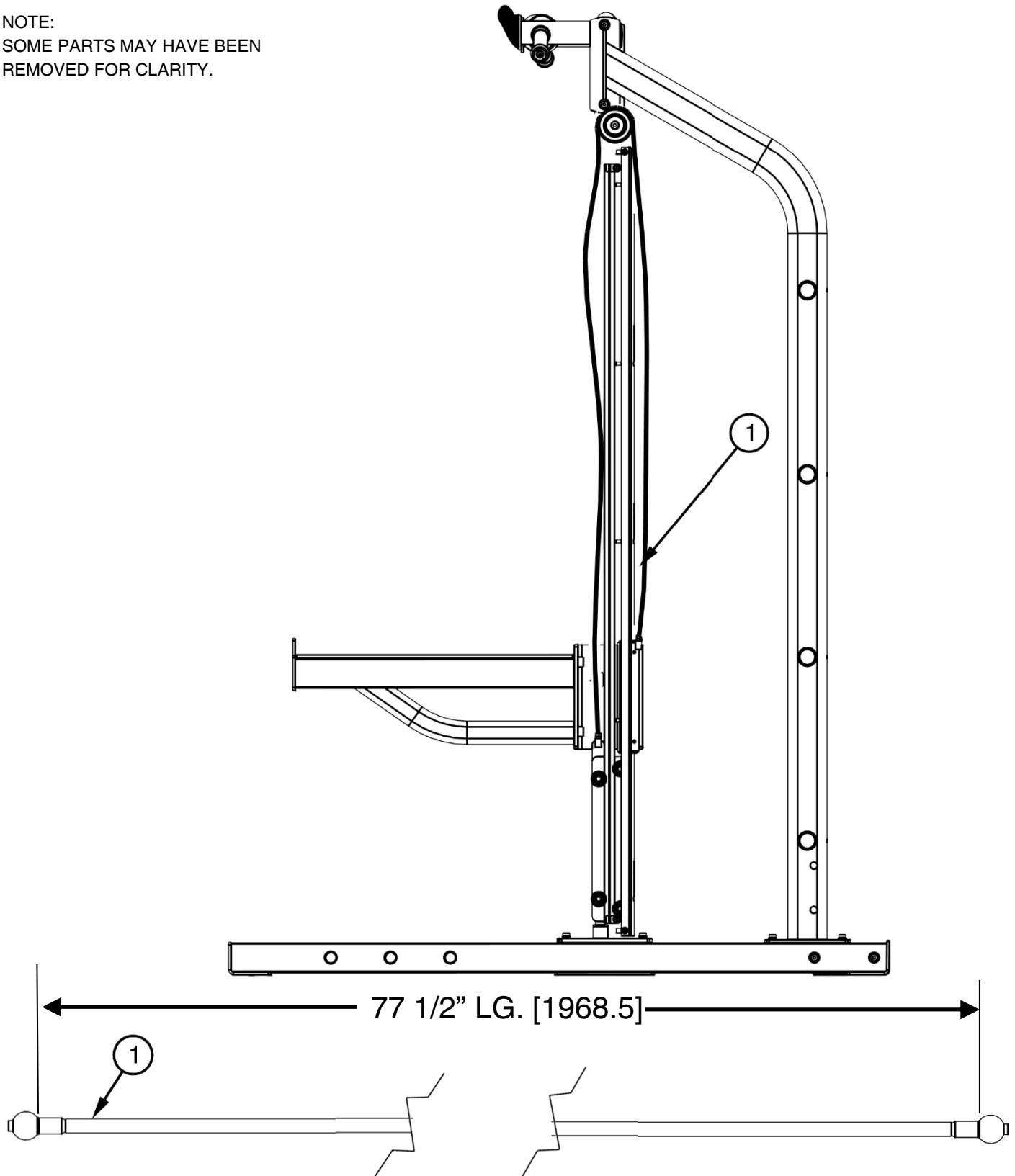
**\*BE SURE TO ALWAYS SUPPORT ASSEMBLY (7) THROUGH THE FOLLOWING STEPS UNTIL ASSEMBLY IS SECURED. FAILURE TO FOLLOW THESE DIRECTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.\***



# OWNER'S MANUAL

## CABLE PROFILE VIEW

NOTE:  
SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

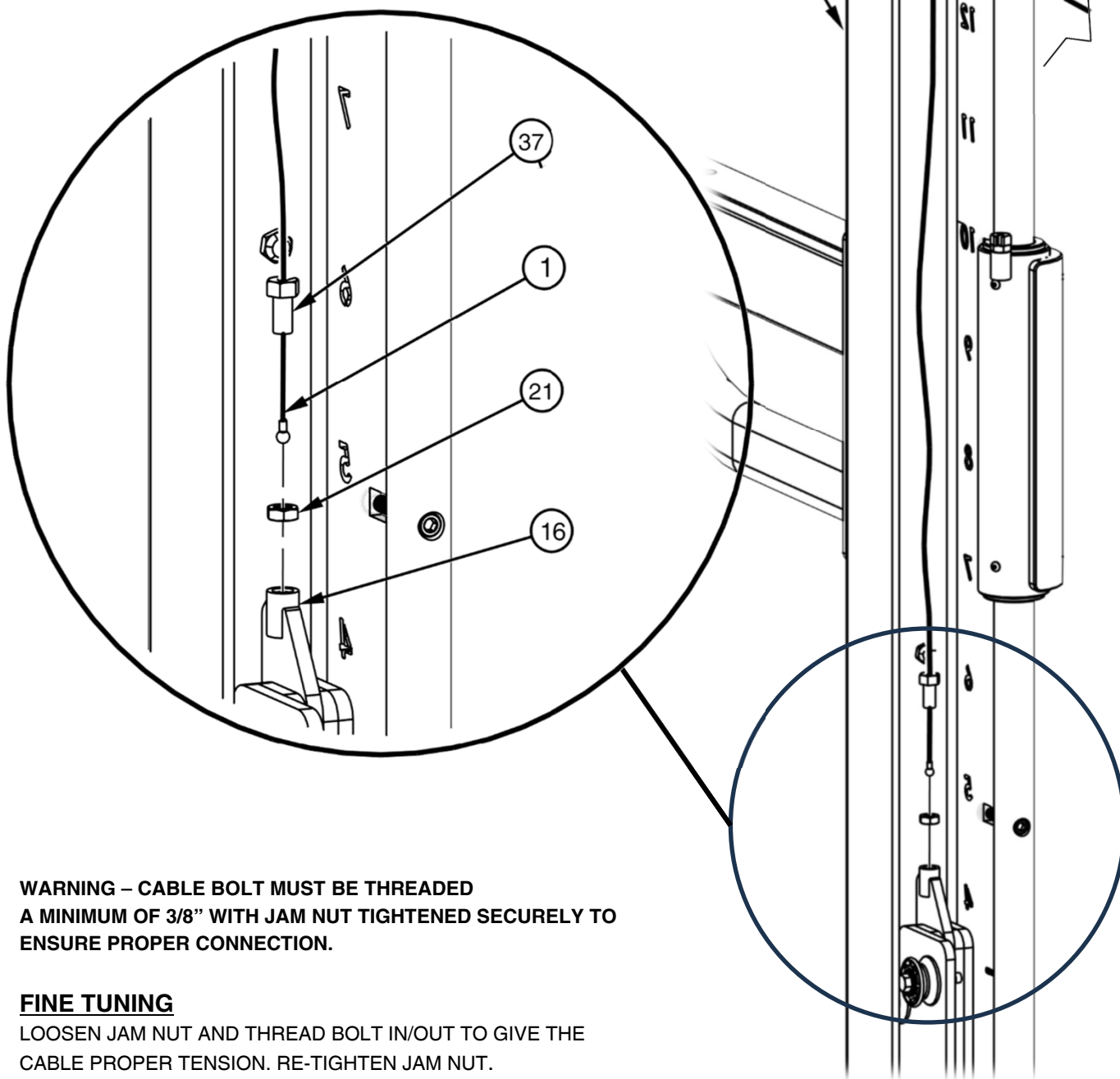


## FRAME ASSEMBLY

### NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (1, 11, 16, 21 & 37).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT: THE CABLE (1) MUST BE INSERTED INTO THE SLOTTED BOLT (37) BEFORE INSTALLING THE CABLE COUPLING NUT (21).



**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

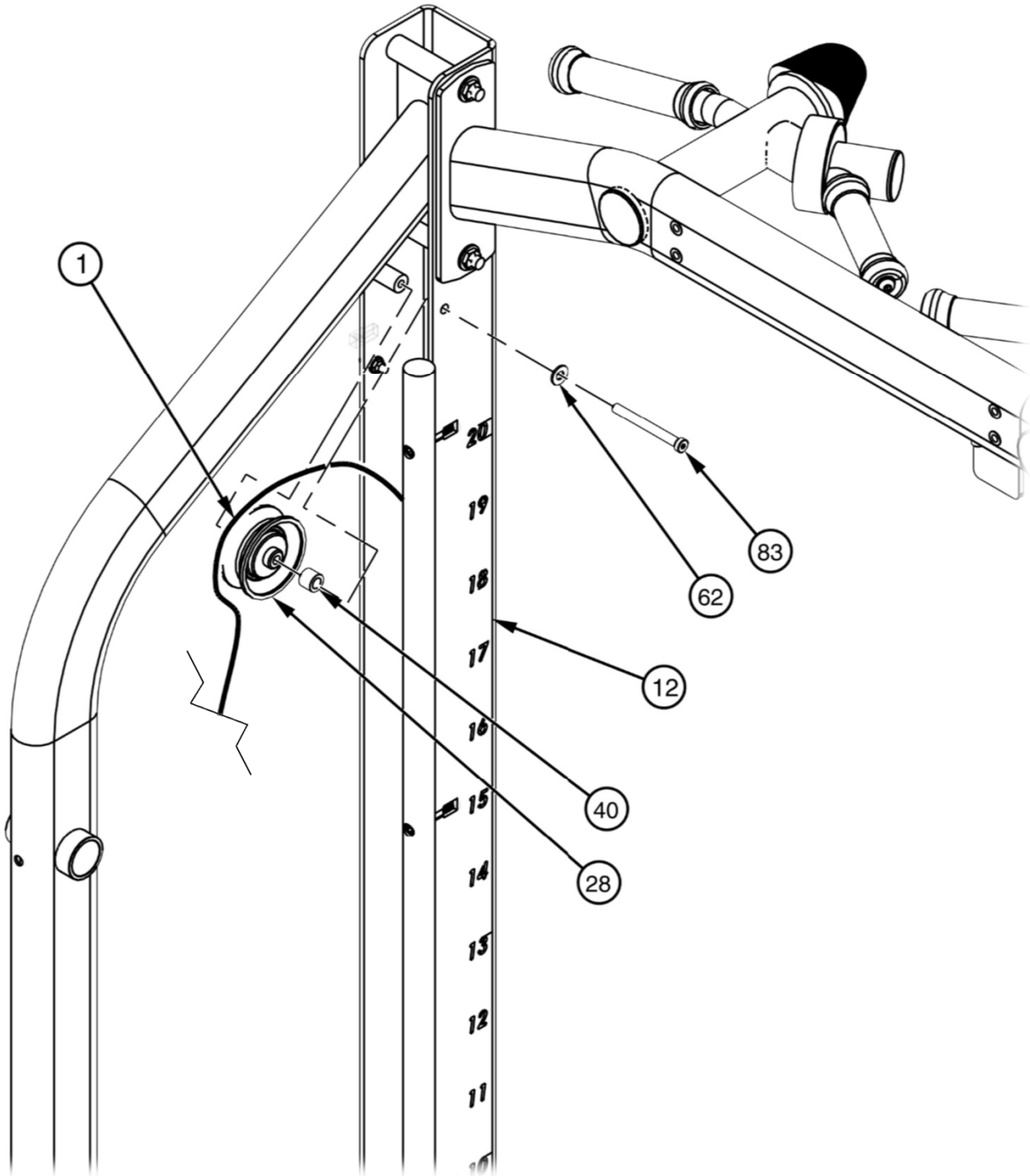
### FINE TUNING

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (1, 11, 28 & 40)
- INSTALL CABLE AND PULLEYS AT SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY





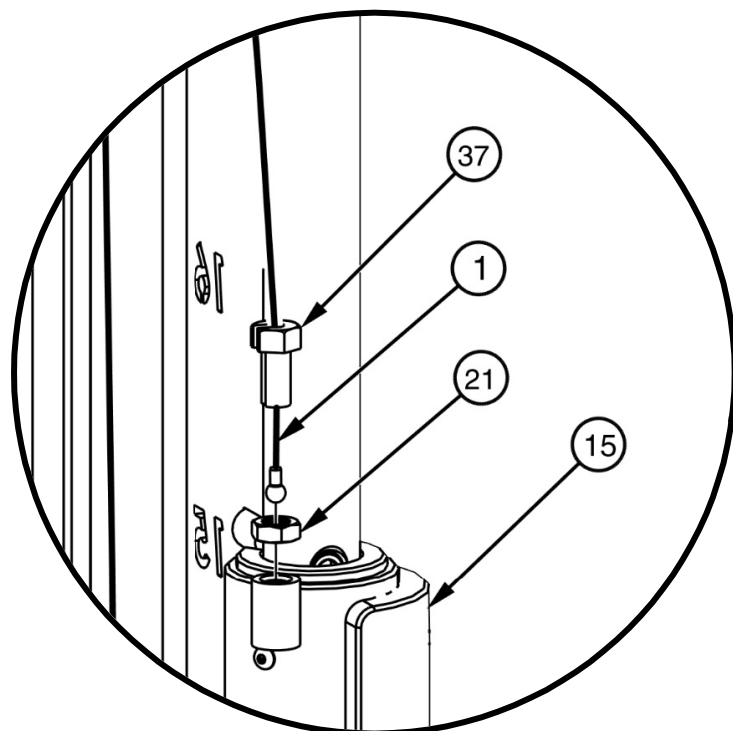
## FRAME ASSEMBLY

### NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (1, 11, 16, 21 & 37).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT: THE CABLE (1) MUST BE INSERTED INTO THE SLOTTED BOLT (37) BEFORE INSTALLING THE CABLE COUPLING NUT (21).

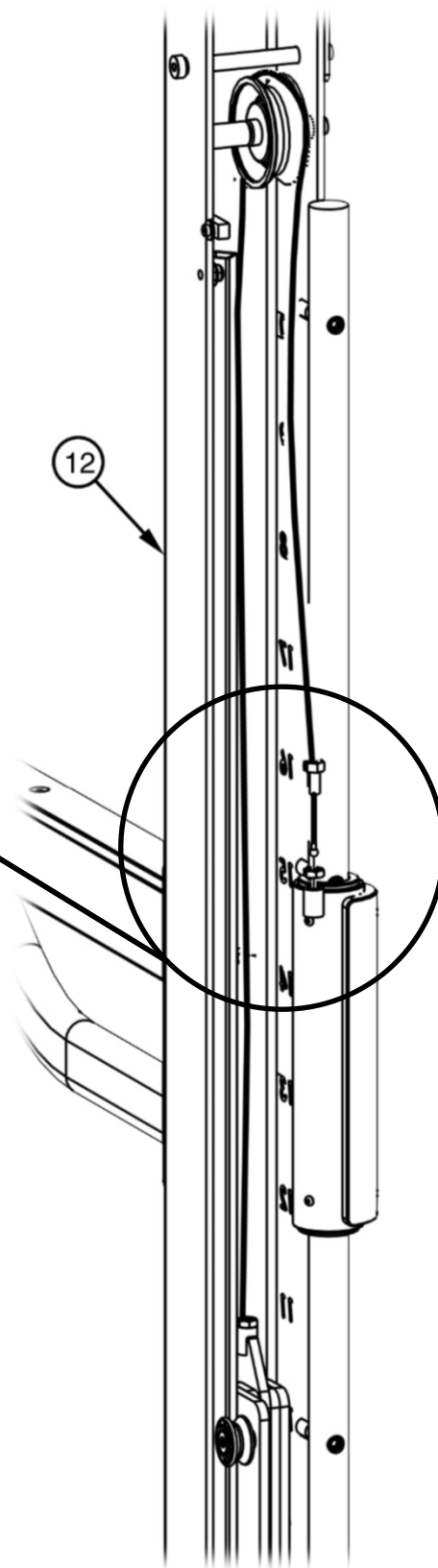
**\*\*\*WARNING\*\*\* – ENSURE COUNTERWEIGHT IS FULLY SUPPORTED BEFORE SECURING CABLE.**



**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

### FINE TUNING

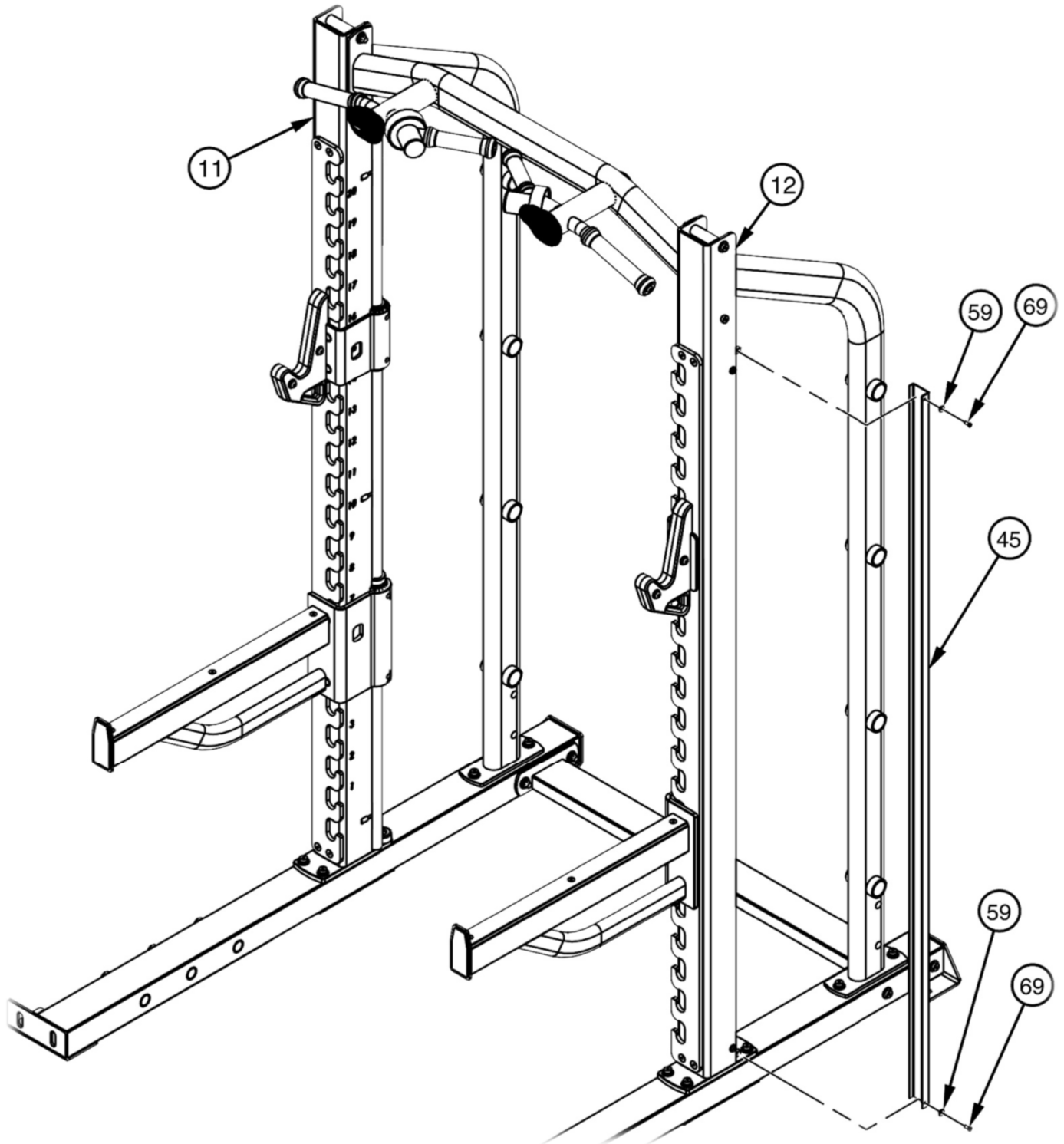
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.



## FRAME ASSEMBLY

NOTE:

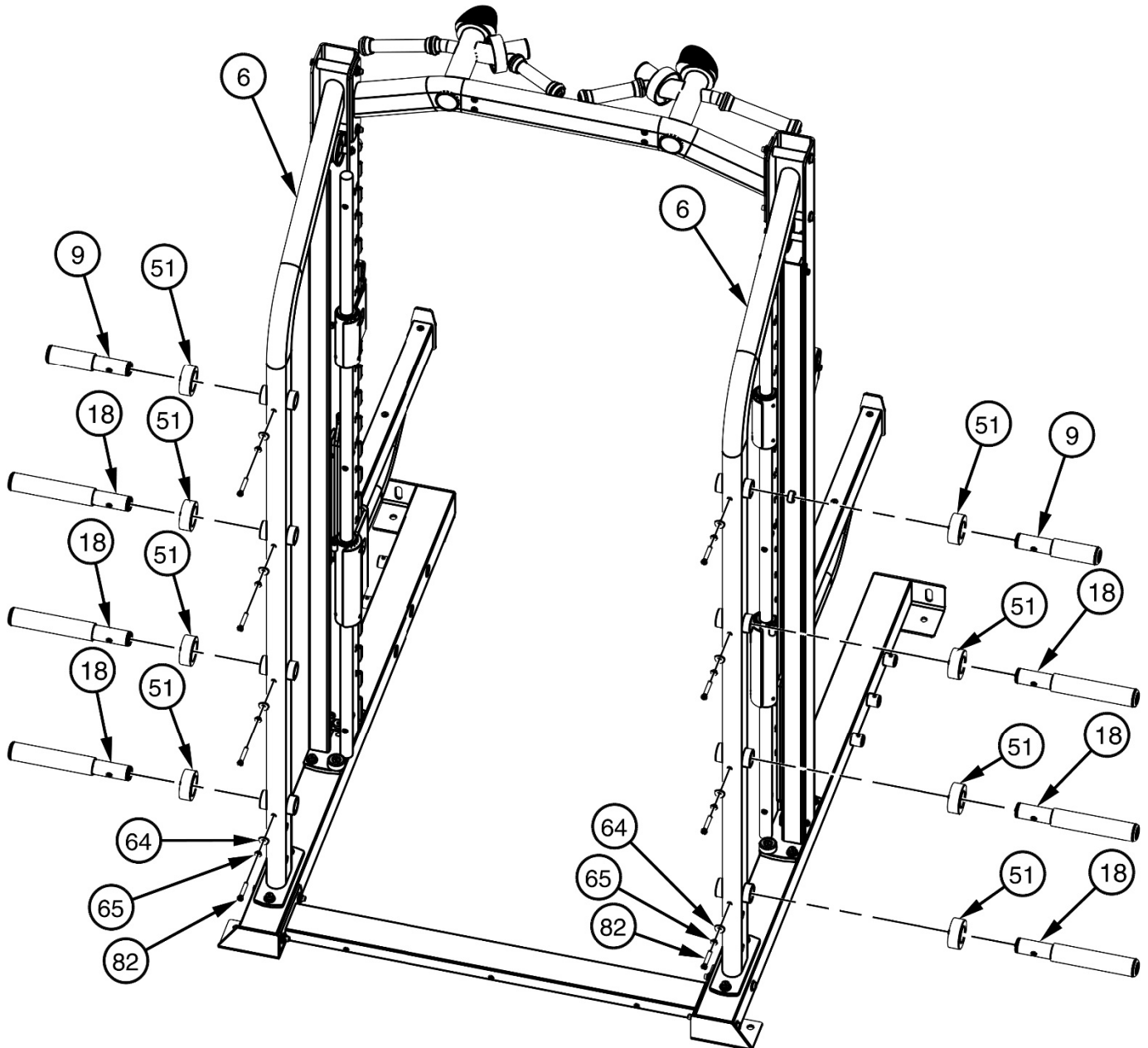
- WRENCH TIGHTEN HARDWARE
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (11 & 45).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



## FRAME ASSEMBLY

NOTE:

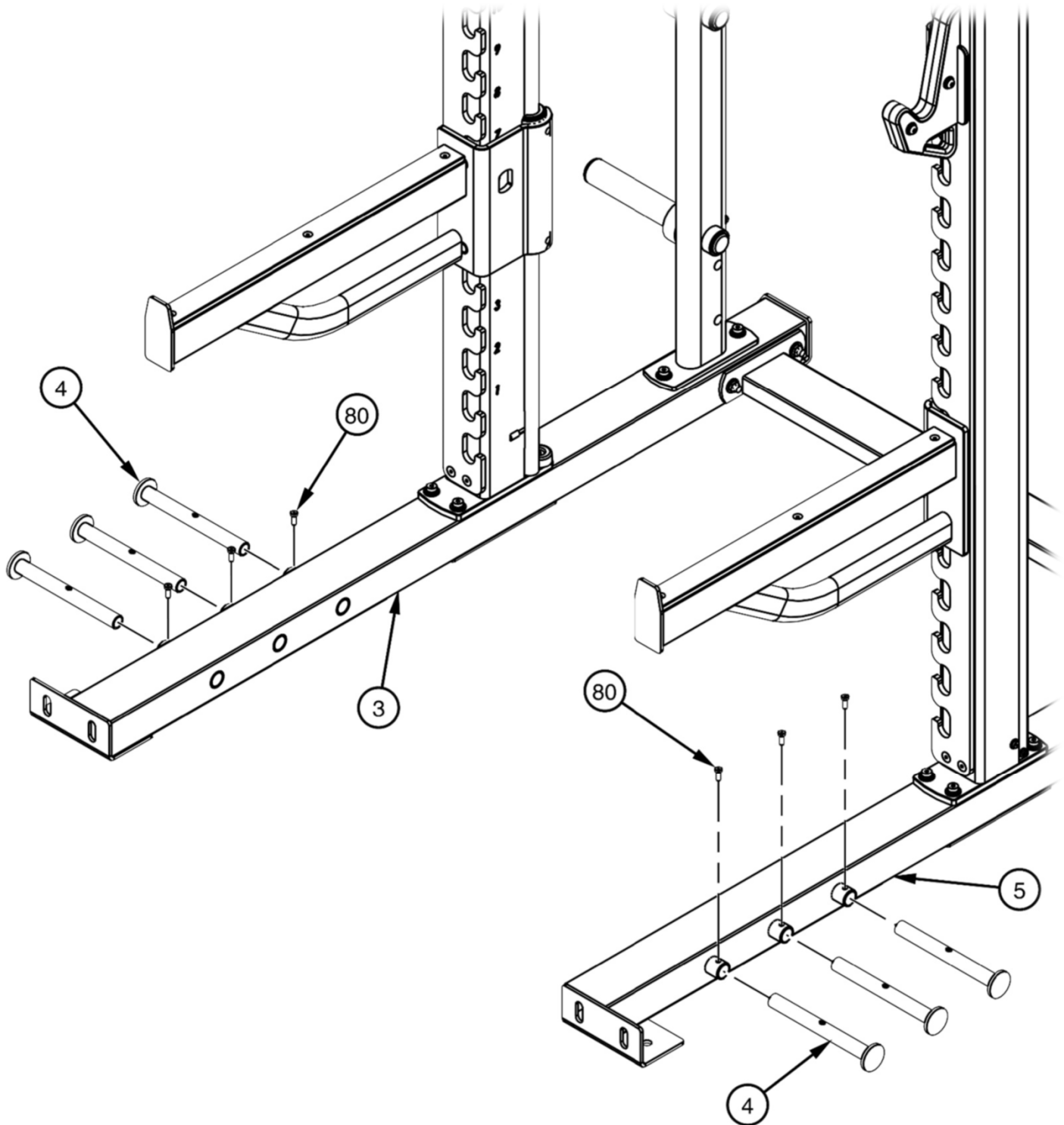
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

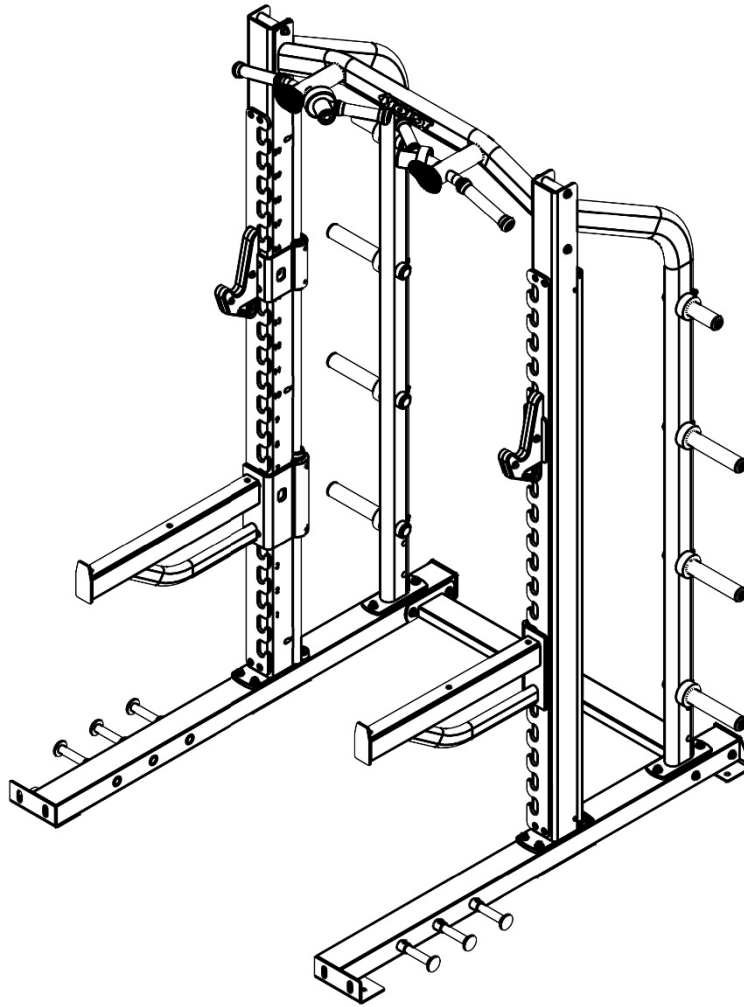
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

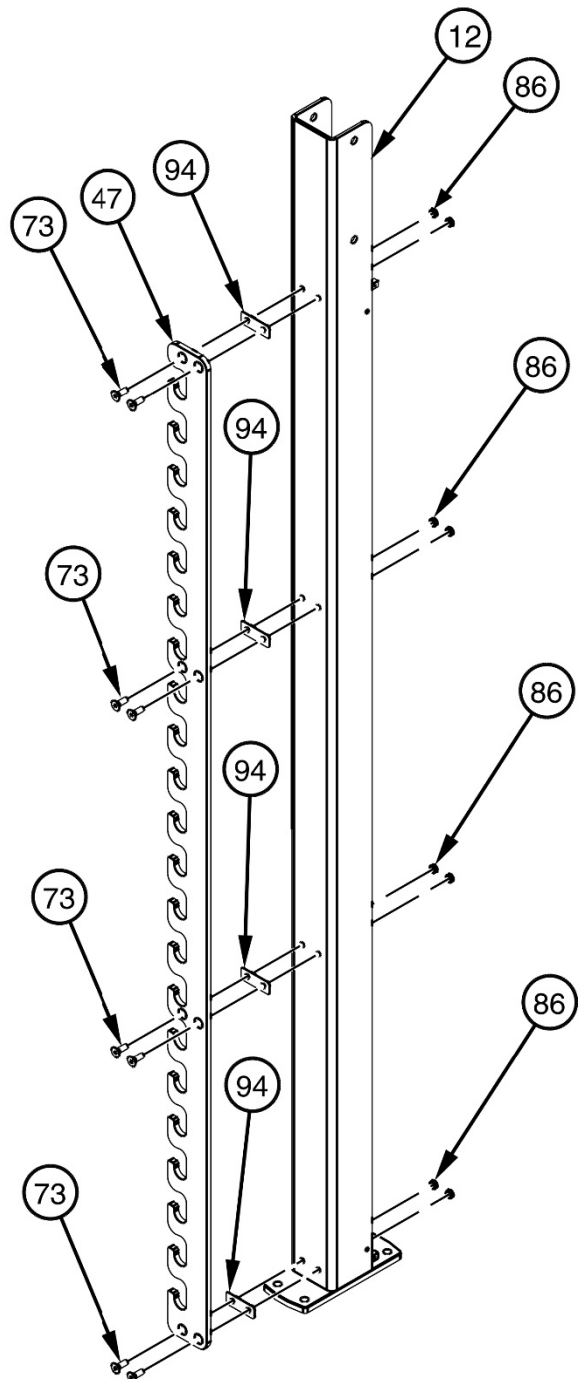
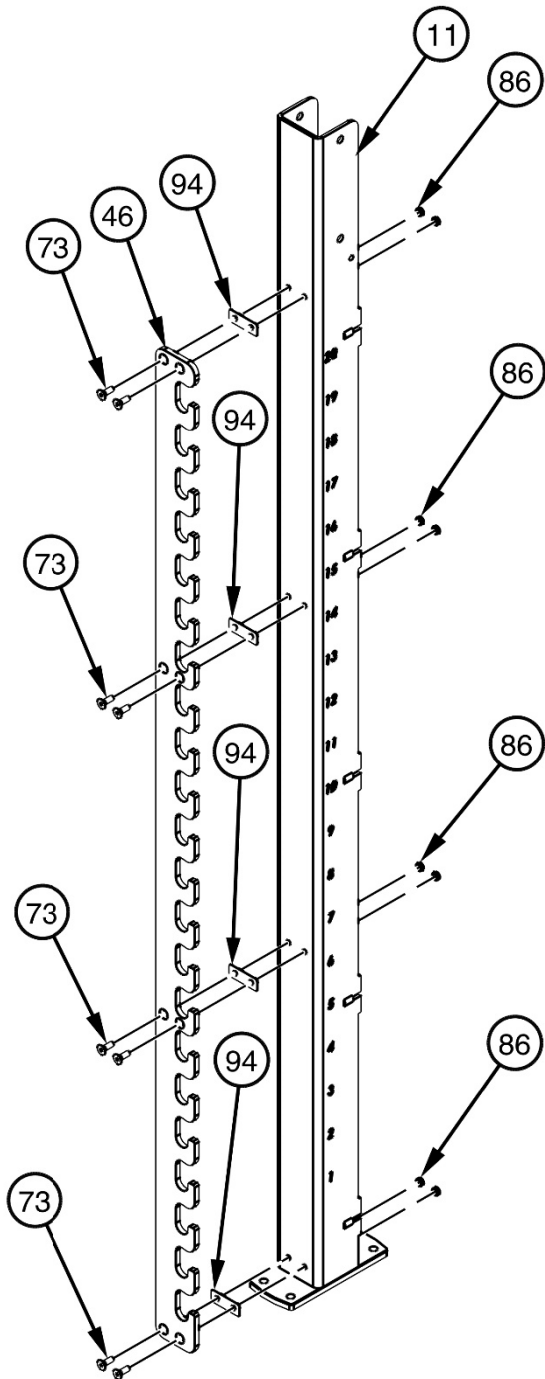
**\*IMPORTANT\***

NOW THAT THE CF-3365 IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

## PRE-ASSEMBLY

NOTE:

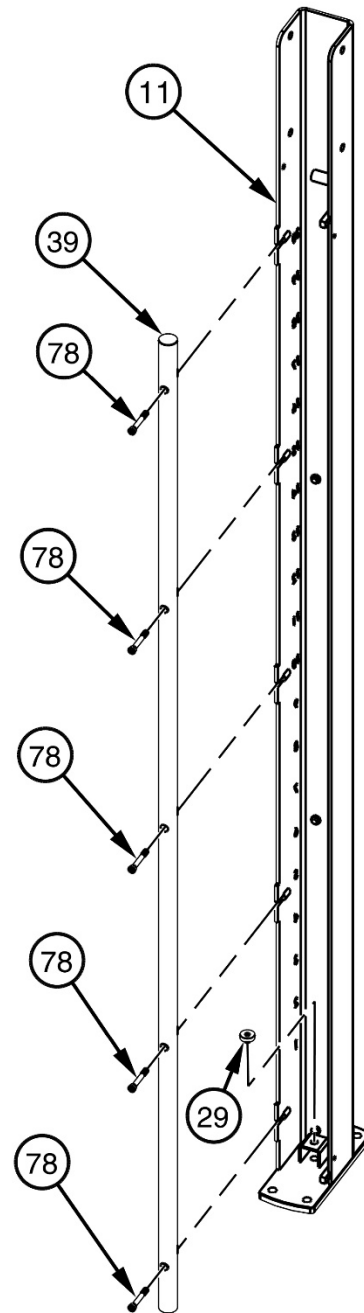
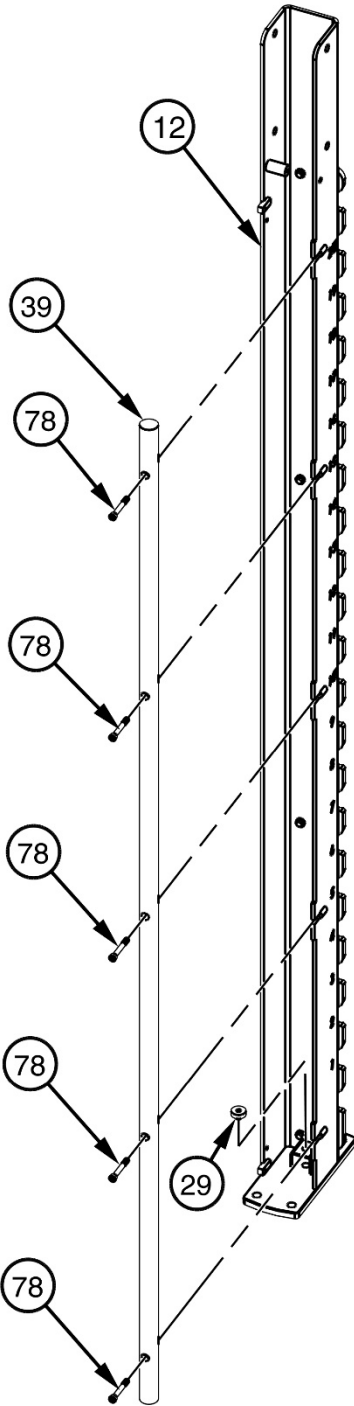
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

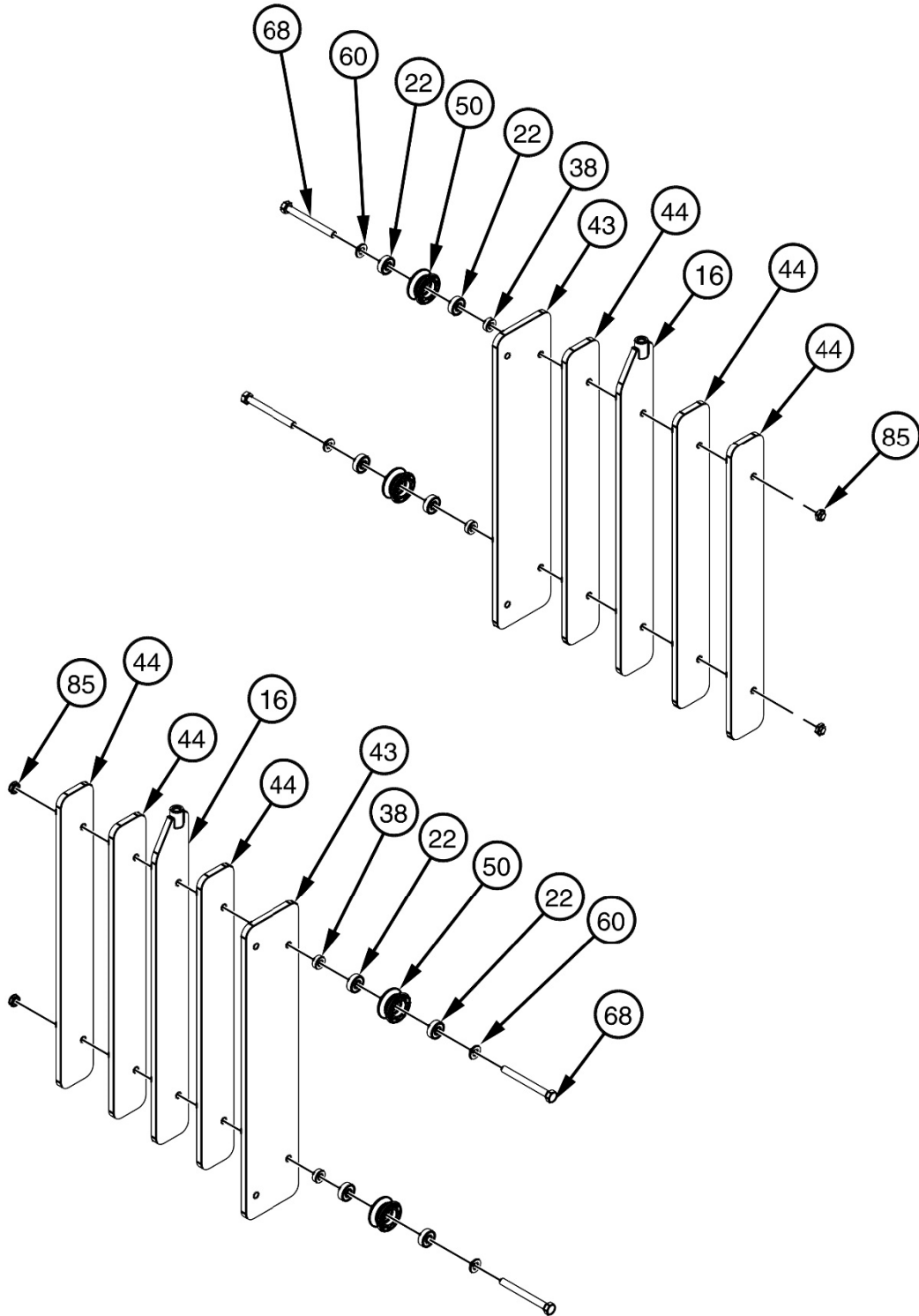


# OWNER'S MANUAL

## PRE-ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

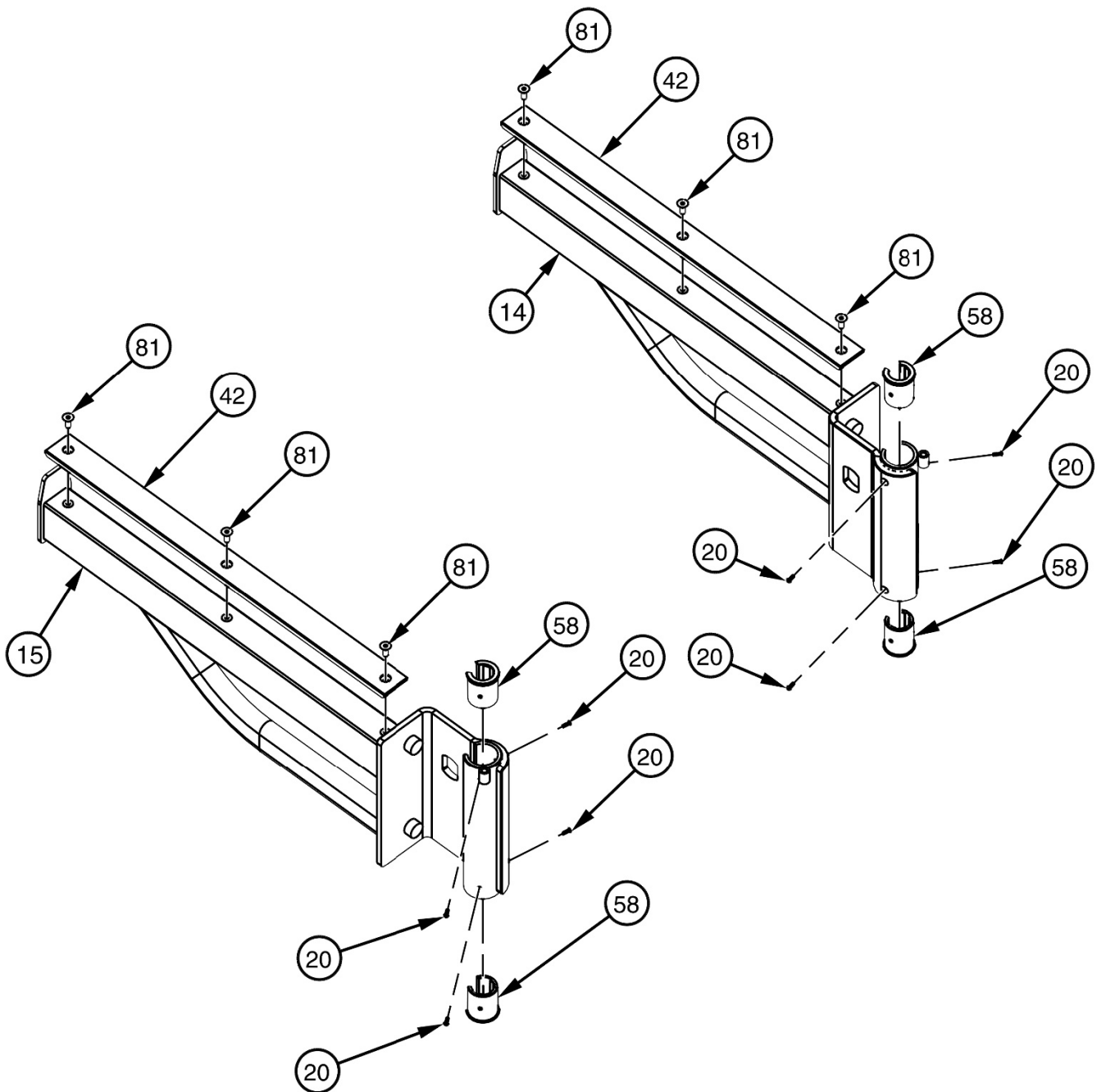




## PRE-ASSEMBLY

NOTE:

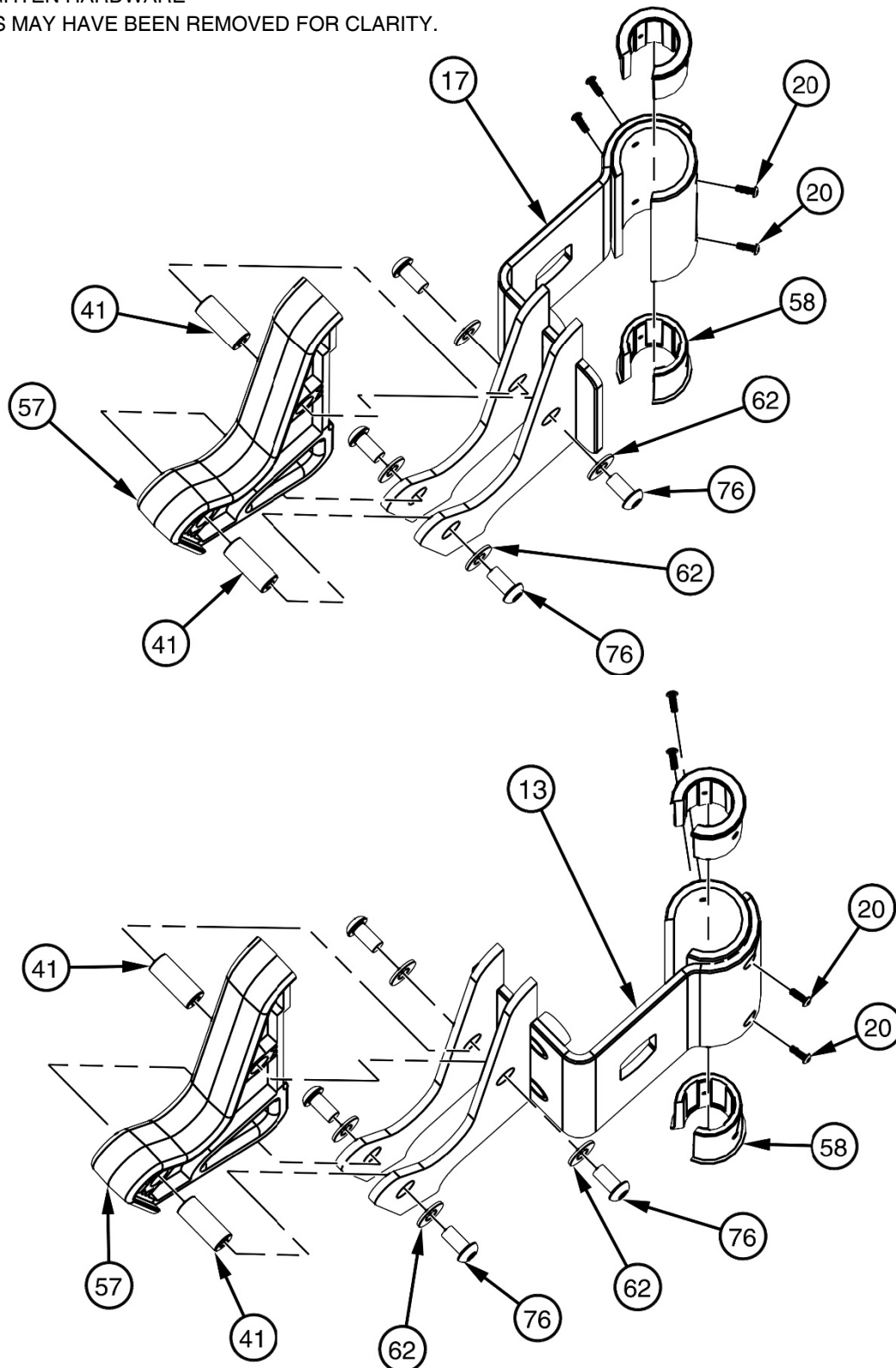
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY

NOTE:

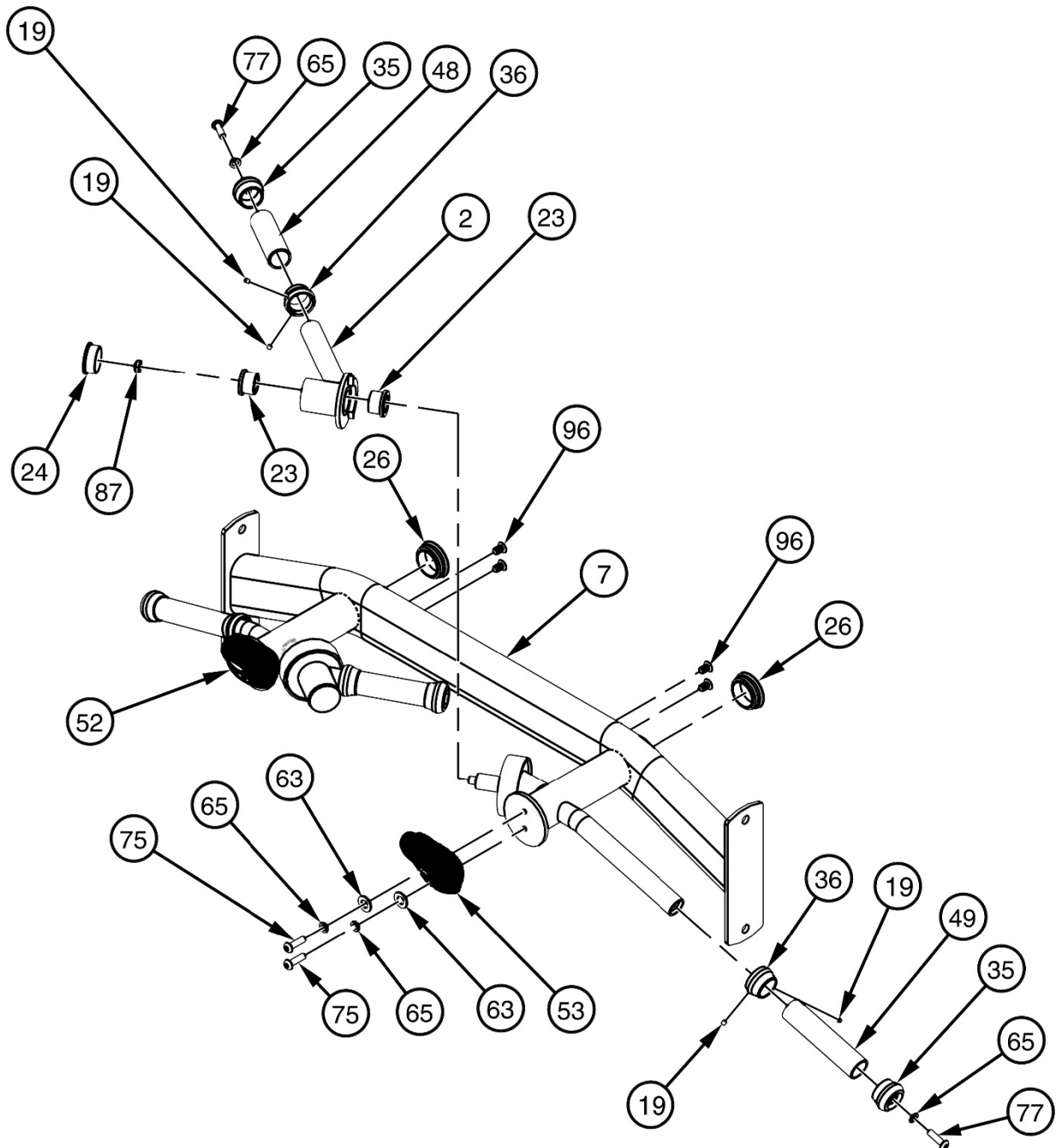
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY

NOTE:

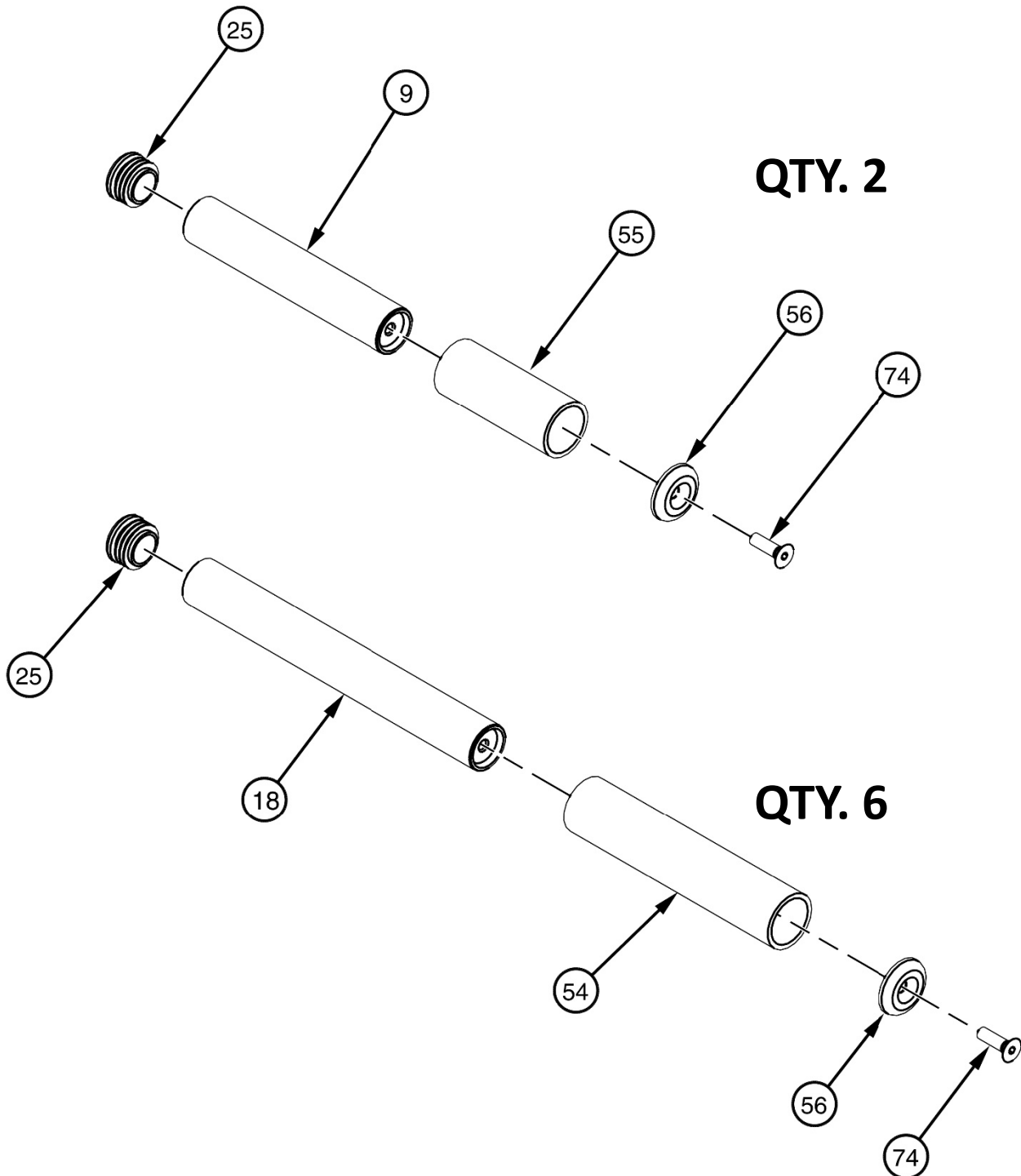
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (2 & 52).



## PRE-ASSEMBLY

NOTE:

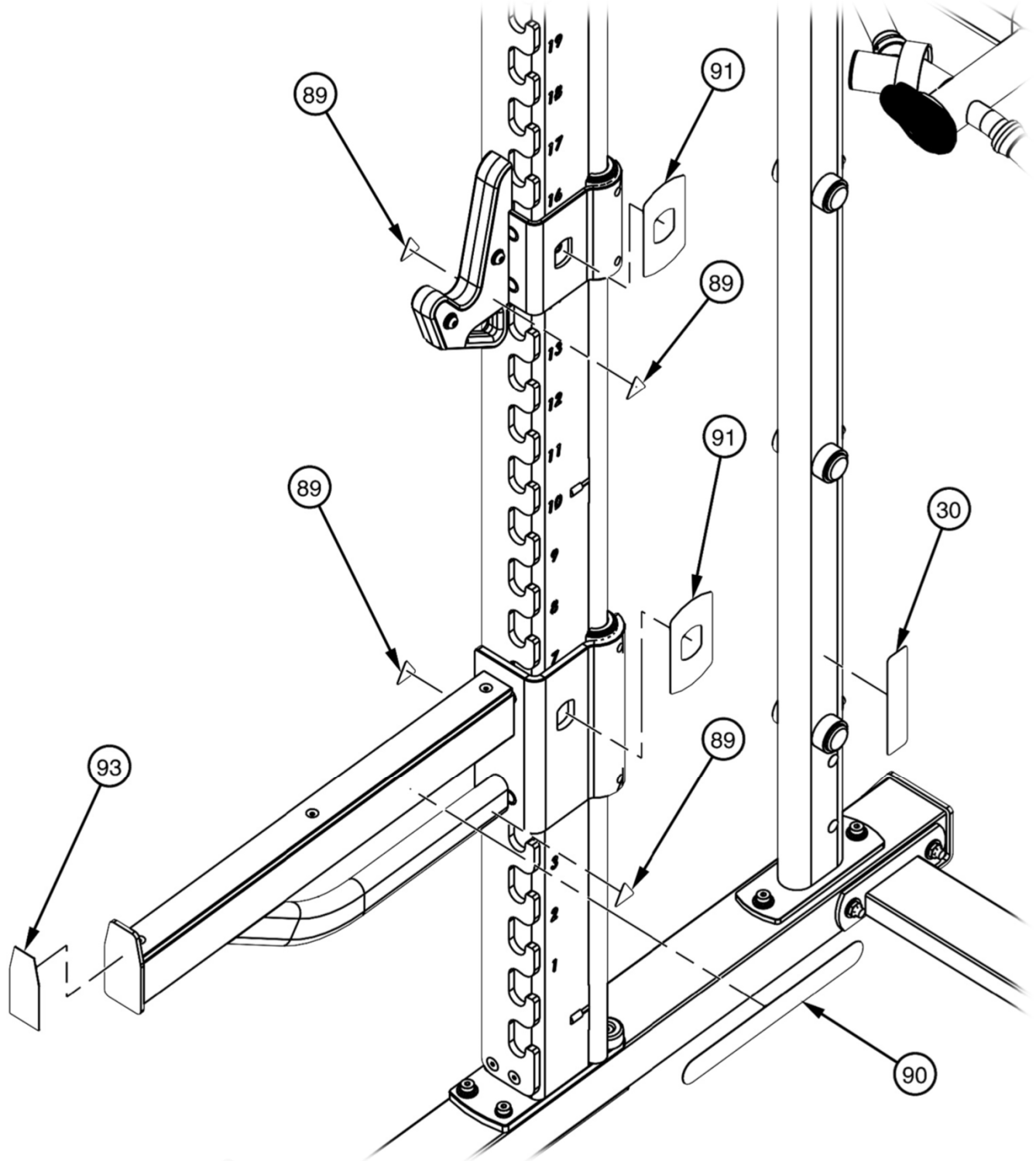
- WRENCH TIGHTEN ALL HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## DECAL PLACEMENT

NOTE:

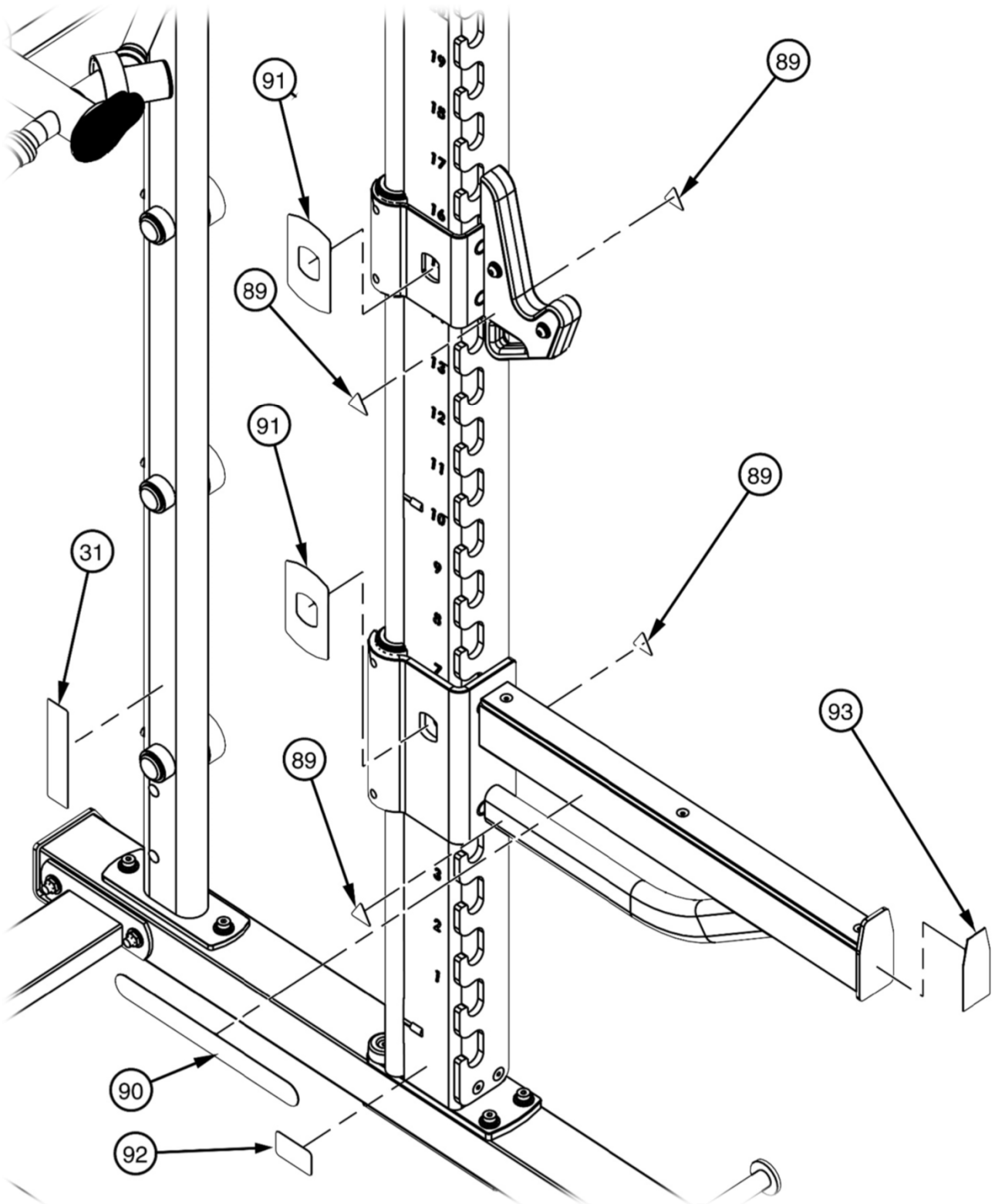
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## DECAL PLACEMENT

NOTE:

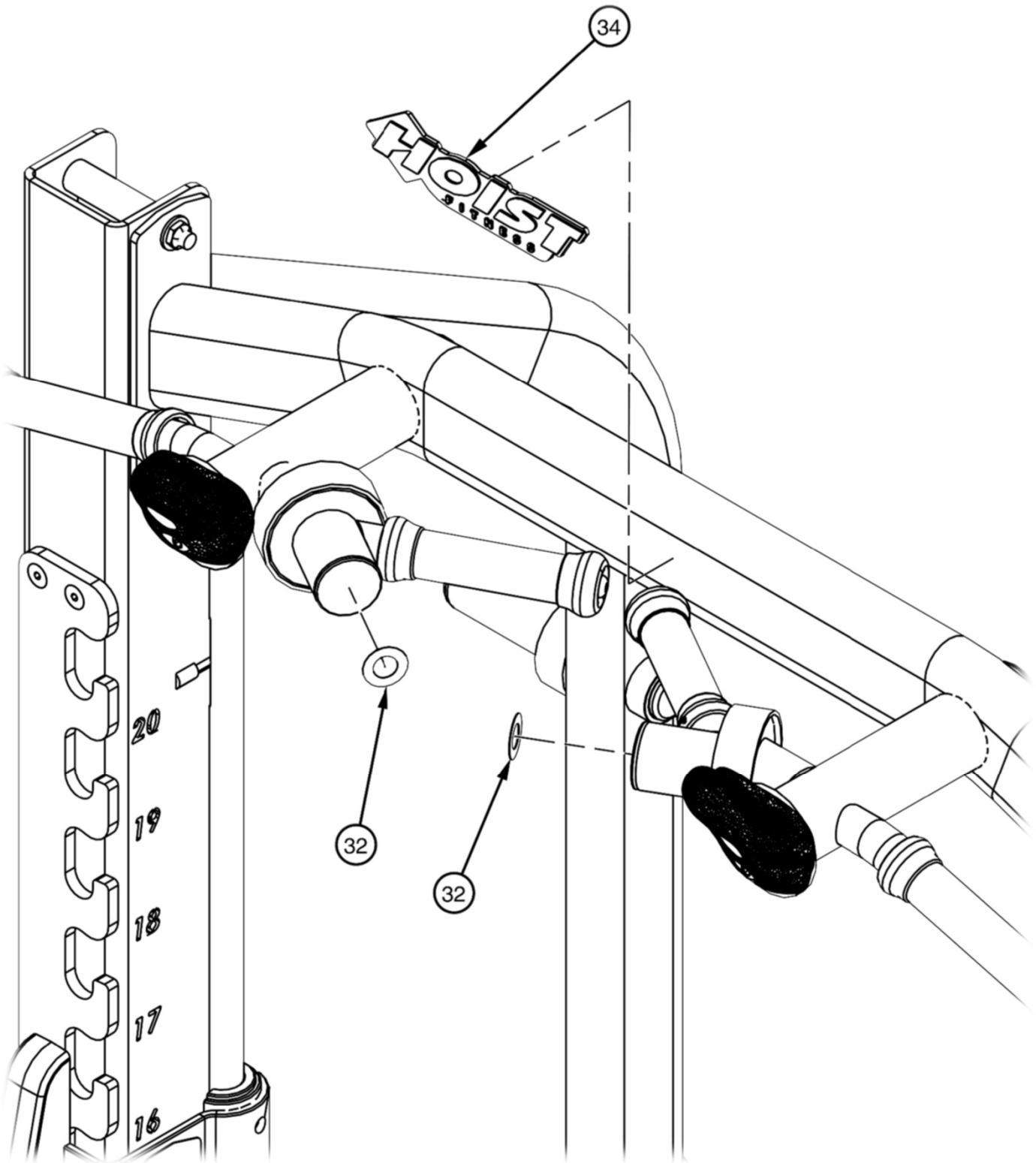
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## DECAL PLACEMENT

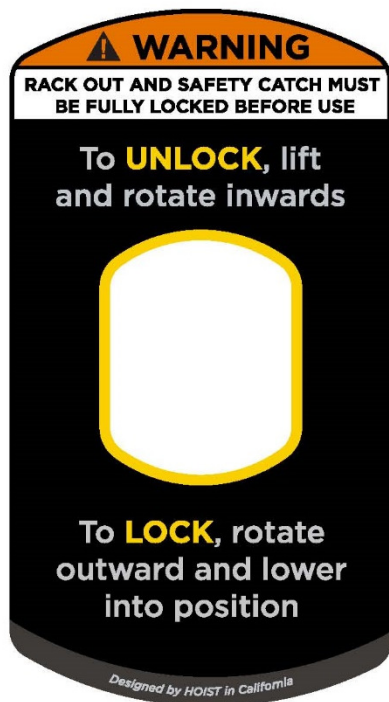
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL REFERENCE



021-0013342



021-0003247



021-0003512



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

Serial # 00-00-A00-000000



SERIAL # DECAL



021-0018022



021-0004264



# OWNER'S MANUAL

## DECAL REFERENCE CONTINUED

**⚠ WARNING**

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135 (Rev.F)

021-0003135

**⚠**

**CAUTION**

**MAX. WEIGHT**

**875 LBS.**

**396 KG.**

**⚠**

**CAUTION**

021-0004265

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	×				
Clean; Upholstery	×				
Inspect; Cables or Belts and their tension	×				
Inspect; Accessory Bars and Handles		×			
Inspect; All Decals		×			
Inspect; All nuts and Bolts Tighten if Needed.		×			
Inspect; Anti-Skid Surfaces		×			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			×		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			×		
Clean & Wax; All Glossy Finishes				×	
Repack with Grease Linear Bearings				×	
Replace; Cables, Belts and Connecting Parts.					×

021-0003008 (Rev.F)

021-0003008

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0455	CABLE ASSY.	2
2	026-01X3728	45 DEG. SWIVEL HANDLE ASSEMBLY	2
3	026-01X4104	BASE-1	1
4	026-01X4105	RESISTANCE BAND PEG	6
5	026-01X4106	BASE-2	1
6	026-01X4107	REAR FRAME SUPPORT	2
7	026-01X4108	UPPER CROSSMEMBER	1
8	026-01X4133	LOWER CROSSMEMBER	1
9	026-01X4110	WEIGHT HORN	2
10	026-01X4111	COUNTERWEIGHT GUIDE ROD	2
11	026-01X4112	LEFT UPRIGHT	1
12	026-01X4113	RIGHT UPRIGHT	1
13	026-01X4114	LEFT RACK-OUT	1
14	026-01X4115	LEFT SAFTEY CATCH	1
15	026-01X4116	RIGHT SAFETY CATCH	1
16	026-01X4117	COUNTERWEIGHT CABLE PLATE	2
17	026-01X4118	RIGHT RACK-OUT	1
18	026-01X7470	WEIGHT HORN	6
19	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	8
20	011-0701155	M4 BHB x 12mm(Ni)	16
21	012-0105002	3/8-16 JAM NUT	4
22	014-0003008	BEARING: 608-2RS or 608Z (8mm BORE)	18
23	014-0101005	BUSHING: OILITE FLANGED Ø1.34" O.D. X Ø1.00" I.D. X .79" LG.	4
24	016-0201022	END CAP Ø 2.00" (BLACK)	2
25	016-0201023	END CAP Ø 1.50" (BLACK)	8
26	016-0201052	Ø 2.375" END CAP (DOMED)	2
27	016-0203005-B	Ø ".56"" PLASTIC PLUG	8
28	018-0002008	Ø3.50" WIDE GROOVE PULLEY	2
29	019-0001001	PLUG BUMPER	2
30	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
31	021-0003135	DECAL WARNING 1.50" X 7.75"	1
32	021-0003427	DECAL ADJUST	2
34	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
35	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	4
36	026-01M0933	ALUMINUM RING: Ø1.25" ID	4
37	026-01M3326	CABLE BOLT, 3/8"-16UNC X .75" HHB (WZ)	4
38	026-01M3854	SPACER	8
39	026-01M3867	GUIDE ROD	2
40	026-01M3868	DOM	2
41	026-01M3869	DOM	4
42	026-01PL2979	SAFETY CATCH WEAR GUARD	2
43	026-01P7185	COUNTERWEIGHT MOUNTING PLATE	2
44	026-01P7186	COUNTERWEIGHT PLATE	6
45	026-01P7187	SHIELD	2
46	026-01P7188	LEFT INDEXING PLATE	1
47	026-01P7189	RIGHT INDEXING PLATE	1
48	026-01PL0235-12	GRIP OPEN END Ø1.43" X 4.25" LG.	2
49	026-01PL0235-18	GRIP: OPEN ENDED Ø 1.25" X 6.00" LG.	2
50	026-01PL2225	V GROOVE WHEEL	8
51	026-01PL2544	RUBBER DONUT FOR PLASTIC WEIGHT HORN	8
52	026-01PL2444	ROCK CLIMBING HOLD (LEFT)	1
53	026-01PL2445	ROCK CLIMBING HOLD (RIGHT)	1
54	026-01PL2532	LONG WEIGHT HORN COVER	6
55	026-01PL2534	SHORT WEIGHT HORN COVER	2
56	026-01PL2861	WEIGHT HORN END-CAP, SHORT	8
57	026-01PL2977	RACK-OUT SADDLE	2
58	026-01PL2978	GUIDE ROD BUSHING	8
59	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	4
60	013-1002010	5/16" SAE FLAT WASHER (Ni)	16
62	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	14
63	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	30
64	013-1009001	3/8" CURVED WASHER (Ni)	8
65	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	24

# OWNER'S MANUAL

## PART LIST CONTINUED

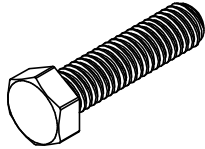
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
67	011-0407056	5/16"-18UNC X 1.75" HHB (WZ)	4
68	011-0407030	5/16"-18UNC X 3.00" HHB (WZ)	4
69	011-0116203	1/4"-20UNC X .50" LOW HEAD SHCS (Ni)	4
70	011-0702100	1/2"-13UNC X 2.00" LOW HEAD SHCS (Ni) W/NYLON PATCH	12
72	011-0116122	1/2"-13UNC X 4.75" LOW HEAD SHCS (Ni)	8
73	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	16
74	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	8
75	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	4
76	011-0701089	3/8"-16UNC X .75" BHCS (Ni) W/ DRI-LOC PATCH	8
77	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	4
78	011-0701154	5/16" X 2.00" UNC SHCS (Ni) W/ NYLON PATCH	10
79	011-0116174	5/16"-18UNC X 1.00" LOW HEAD SHCS (Ni)	4
80	011-0716023	5/16"-18UNC X .75" LOW HEAD SHCS (Ni) W/ DRI-LOC PATCH	6
81	011-0702079	3/8"-16UNC X .75" FHCS (Ni) W/NYLON PATCH	6
82	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	8
83	011-0116152	3/8"-16UNC X 3.50" LOW HEAD SHCS (Ni)	2
85	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	12
86	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	16
87	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	10
88	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	12
89	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	8
90	021-0004264	DECAL "LIFT HERE"	2
91	021-0013342	PLACARD: CF-3365	4
92	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
93	021-0004265	CAUTION DECAL	2
94	026-01P7170	SPACER PLATE	8
95	019-0001015	RUBBER BUMP STOP	2
96	016-0203006	PINETREE PLUG	4

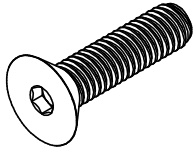
# OWNER'S MANUAL

## ABBREVIATIONS

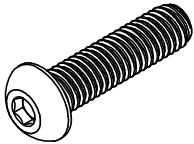
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



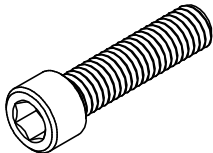
HHB = Hex Head Bolt



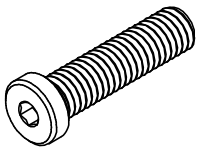
FHCS = Flat Head Cap Screw



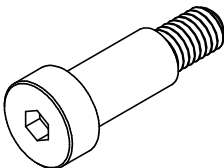
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



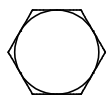
Low Head SHCS = Low Head Socket  
Head Cap Screw



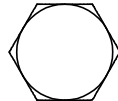
SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

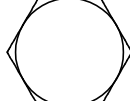
## BOLT SIZING CHART



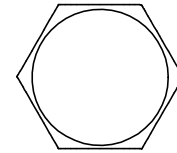
**1/4" HHB**  
RECOMMENDED  
TORQUE RANGE:  
6-8 ft-lbs



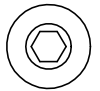
**5/16" HHB**  
RECOMMENDED  
TORQUE RANGE:  
14-17 ft-lbs



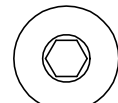
**3/8" HHB**  
RECOMMENDED  
TORQUE RANGE:  
24-30 ft-lbs



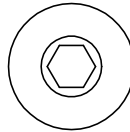
**1/2" HHB**  
RECOMMENDED  
TORQUE RANGE:  
60-75 ft-lbs



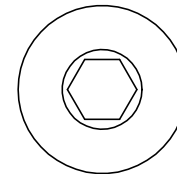
**1/4" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



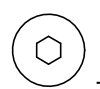
**5/16" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
11-15 ft-lbs



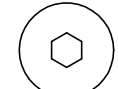
**3/8" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



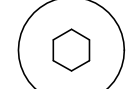
**1/2" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs



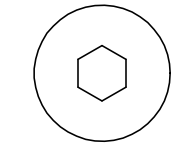
**1/4" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
4-6 ft-lbs



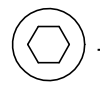
**5/16" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
9-12 ft-lbs



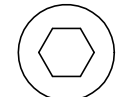
**3/8" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
18-23 ft-lbs



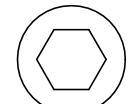
**1/2" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
40-50 ft-lbs



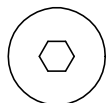
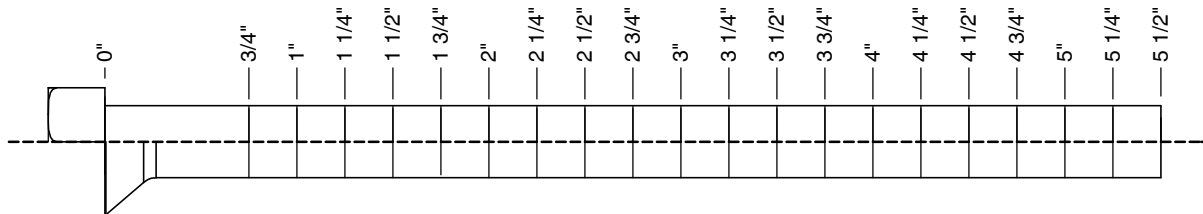
**1/4" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
11-14 ft-lbs



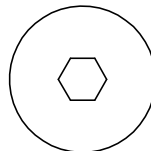
**5/16" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
23-29 ft-lbs



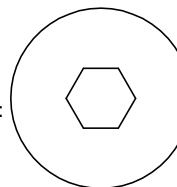
**3/8" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
39-49 ft-lbs



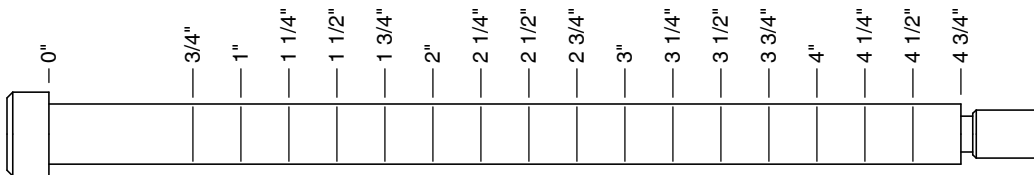
**1/4" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



**3/8" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



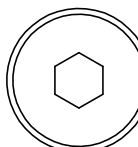
**1/2" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs



**1/4" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
3-4 ft-lbs



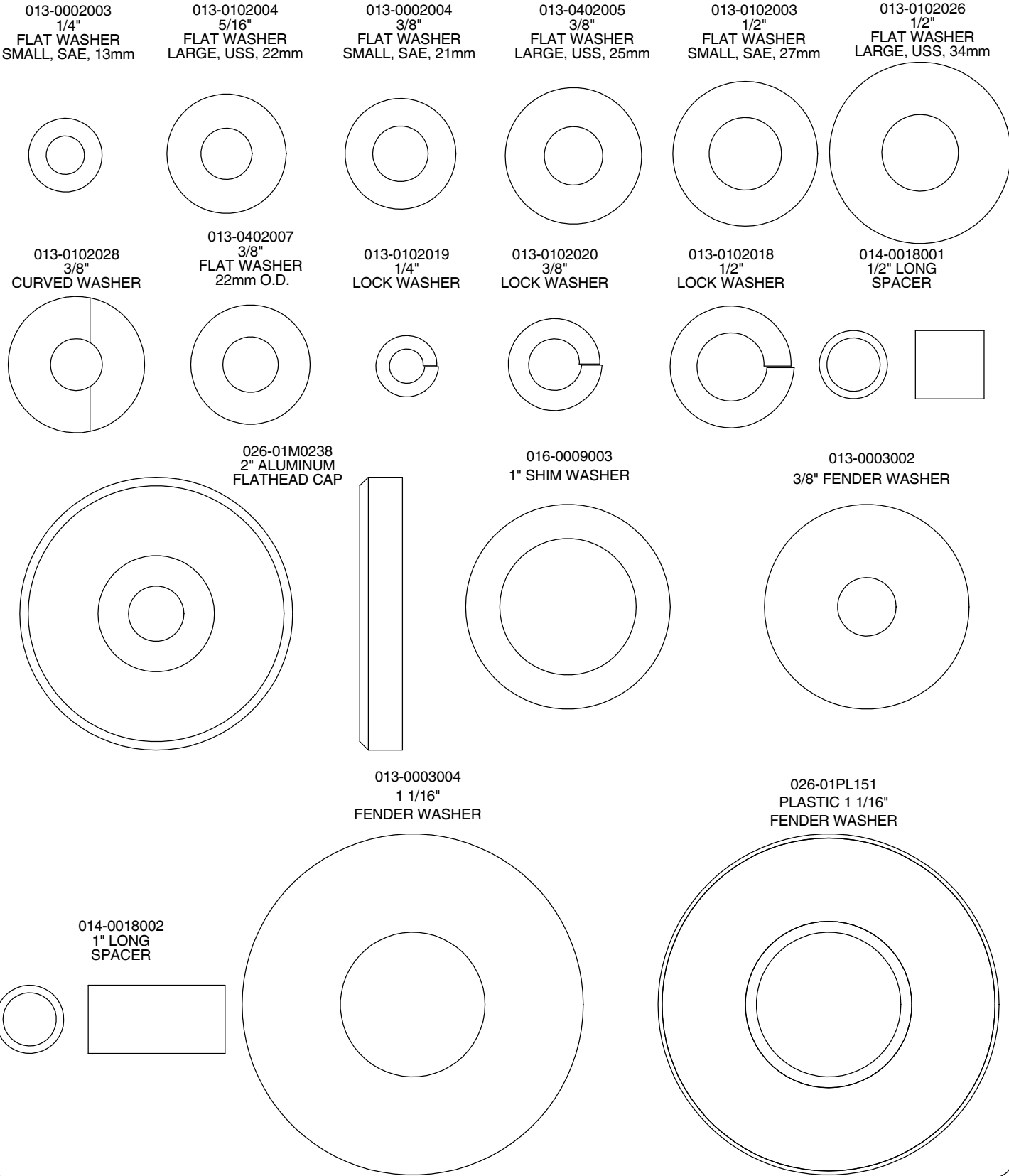
**5/16" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
8-10 ft-lbs



**3/8" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
17-22 ft-lbs

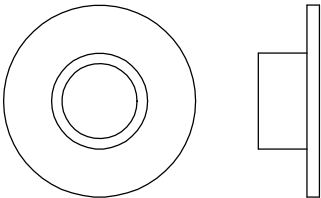
OWNER'S MANUAL

WASHER SIZING CHART

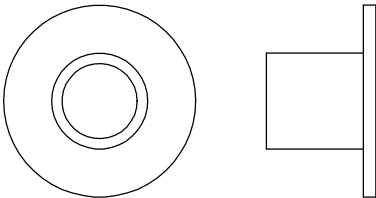


WASHER SIZING CHART  
(CONTINUED)

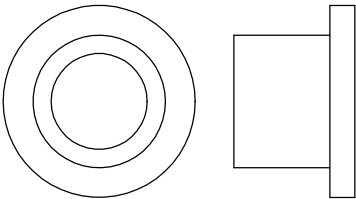
026-01M0211  
1/4" LONG  
FLANGED SPACER



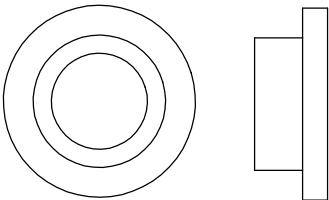
026-01M0198  
1/2" LONG  
FLANGED SPACER



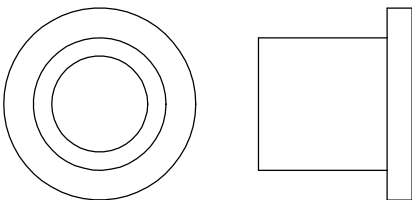
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



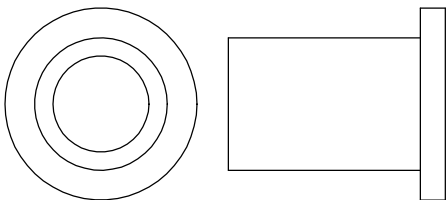
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



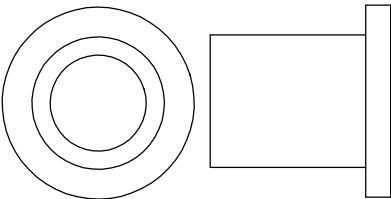
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



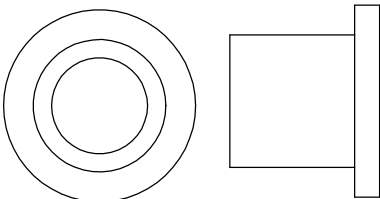
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



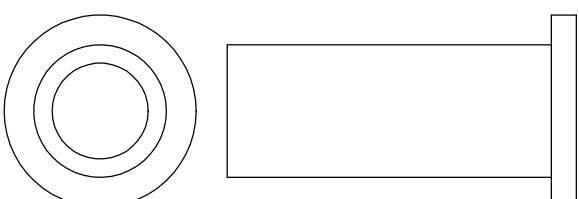
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



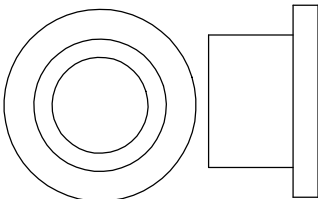
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



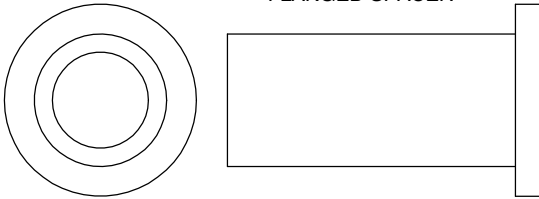
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



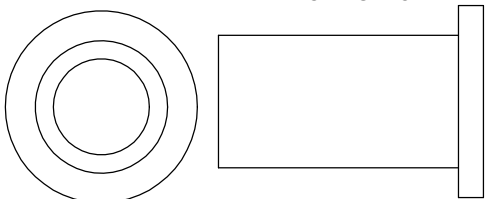
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



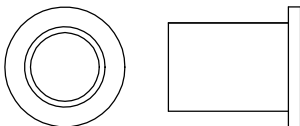
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



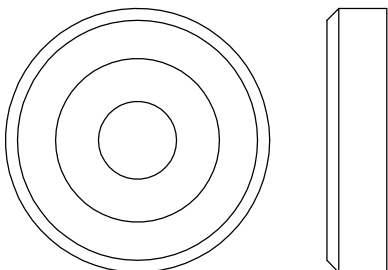
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



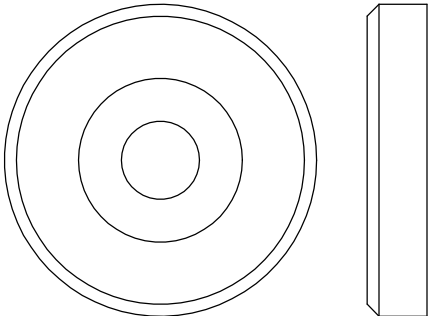
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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





# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY									
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY										
Clean; Upholstery	DAILY	WEEKLY										
Inspect; Cables or Belts and their tension	DAILY	WEEKLY										
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS										
Inspect; All Decals	WEEKLY	3 MONTHS										
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS										
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS										
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS										
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS										
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY										
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY										
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS										

*Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.*

***Never use ammonia, acid-based, or petroleum-based solvents on  
any portion of the machine as it may damage the finish.***

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION**

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \*Hoist uses only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

In order to gain maximum results from your CF-3365 and to avoid possible injury, always consult your physician before starting any exercise program and consult a fitness professional to develop your complete exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your CF-3365, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

**Enjoy your CF-3365!**

# OWNER'S MANUAL

# WEIGHT TRAINING EXERCISE LOG

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

[illegible]

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

**WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.**

**To complete Warranty Registration visit:**

**[www.HOISTFITNESS.com](http://www.HOISTFITNESS.com)**

**and click on the Warranty Registration link**

Starting from the original date of purchase, this warranty covers the following:

**COMMERCIAL USE:** All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

**LIGHT COMMERCIAL USE:** All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

**HOME USE:** All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

**PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.** Refer to the instructions page of your owner's manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

**LIGHT COMMERCIAL USE:** Our 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.

**WHAT IS NOT COVERED BY THIS WARRANTY:** Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

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

**WARRANTY IS NOT TRANSFERABLE:** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**TRANSPORTATION COSTS:** Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems  
11900 Community Rd.  
Poway, CA. 92064  
(800)548-5438

**PLEASE KEEP THIS FOR YOUR RECORDS**