

# **MiSERIES**

## **GYMS**

**BROCHURE**

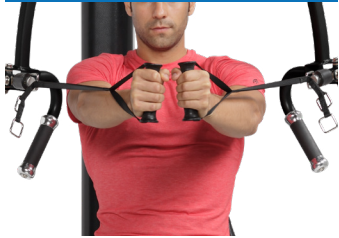


# Mi 1 GYM

MI-1



STRAP HANDLES WITH  
3 LENGTH CHOICE RINGS



V-RIDE LEG PRESS



ARTICULATING PRESS  
HANDLES



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

76.75" X 48.25" X 83.50" (195 cm X 123 cm X 212 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

MI-5



## EASY ONE-HANDED ADJUSTMENTS



## SUSPENSION EXERCISES



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

60.00" X 52.75" X 83.50" (152 cm X 134 cm X 212 cm)

### PRODUCT WEIGHT

442 lbs (201 kg)

## FEATURES

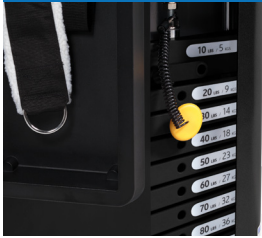
- ◆ Fully enclosed weight stack for safety and quiet weight plate movement
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- ◆ Adjustable Core Stabilizer Pad (sold separately)
- ◆ Counterbalanced carriage system for easy one-handed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

# Mi 6 GYM

## MI-6-B



**SILENT STEEL® WEIGHT SYSTEM**



**ADJUSTABLE TABLET HOUSING**



**INTERNAL PULLEY ADJUSTMENT SYSTEM**



**ACCESSORY STORAGE POINTS**



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**

42.50" X 54.00" X 83.25" (108 cm X 137 cm X 212 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

MI-7



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

66.25" X 60.75" X 84.25" (168 cm X 154 cm X 214 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

*MI-SMITH*



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

49.00" X 83.00" X 82.75" (125 cm X 211 cm X 210 cm)

### PRODUCT WEIGHT

386 lbs. (175 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

*MI-7-SMITH*



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

92.00" X 83.00" X 84.25" (234 cm X 211 cm X 214 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

# STANDARD COLORS

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

## FRAME

- Platinum
- White
- Matte Black

## UPHOLSTERY

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

- 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

\*PLEASE CONTACT A SALES REPRESENTATIVE FOR INFORMATION ON MATTE BLACK PRODUCT AVAILABILITY

NO CUSTOM COLORS AVAILABLE



# MI SERIES

## FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	
MI-1	MI1 GYM	76.75" (195 CM)	48.25" (123 CM)	83.50" (212 CM)	402 LBS (182 KG)
MI-5	MI5 FUNCTIONAL TRAINER	60.00" (152 CM)	52.75" (134 CM)	83.50" (212 CM)	442 LBS (201 KG)
MI-6-B	MI6 FUNTIONAL TRAINER	42.50" (108 CM)	54.00" (137 CM)	83.25" (212 CM)	611 LBS (277 KG)
MI-7	MI7 FUNCTIONAL TRAINER	66.25" (168 CM)	60.75" (154 CM)	84.25" (214 CM)	711 LBS (323 KG)
MI-SMITH	MISMITH DUAL ACTION SMITH	49.00" (125 CM)	83.00" (211 CM)	82.75" (210 CM)	386 LBS (175 KG)
MI-7-SMITH	MI7SMITH FUNCTION TRAINING SYSTEM	92.00" (234 CM)	83.00" (211 CM)	84.25" (214 CM)	985 LBS (447 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](http://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,  
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† Other Patents Pending