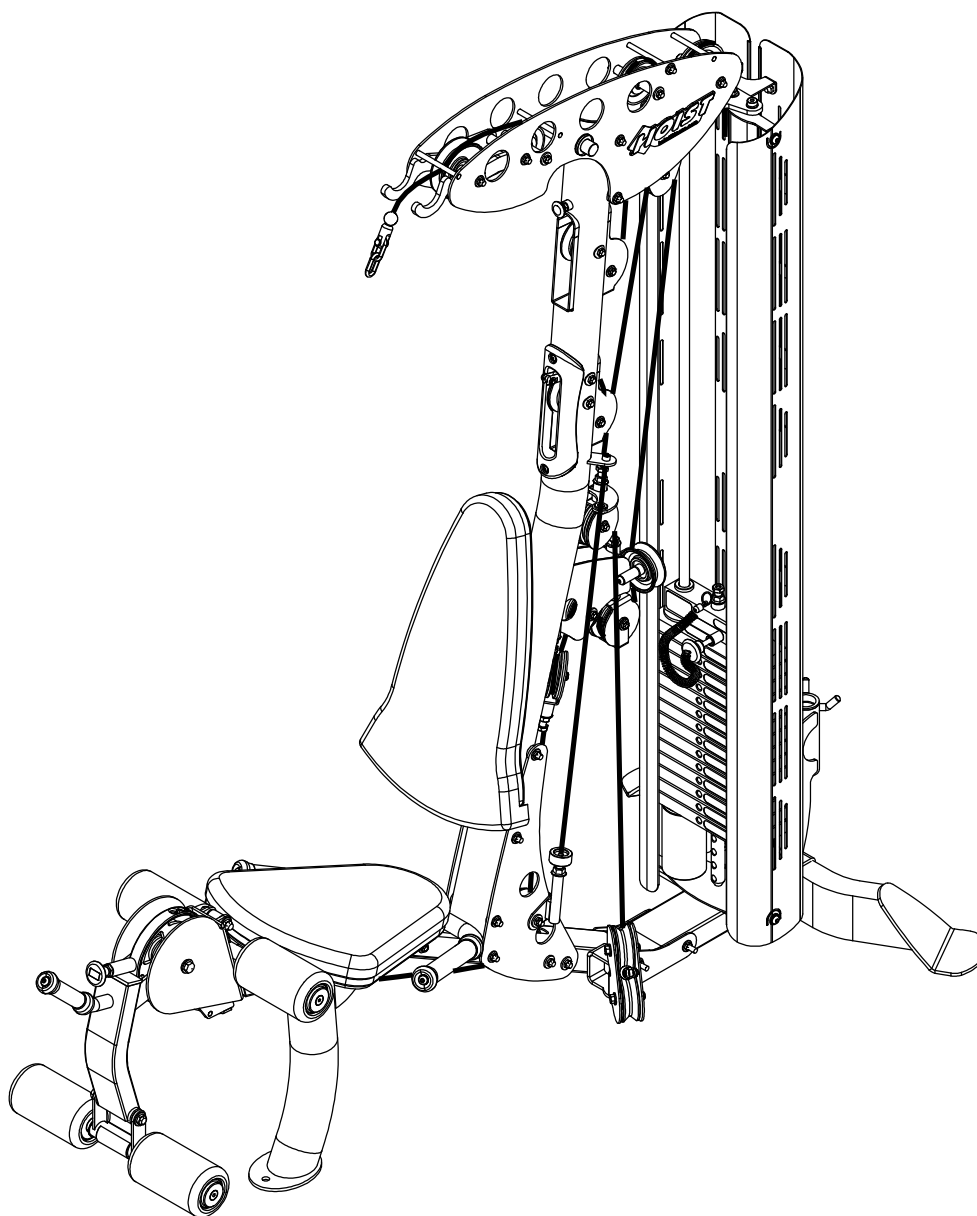


# OWNER'S MANUAL



## V-ELITE MULTI-FUNCTION GYM



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

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**G00**

**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**

**Hex Key Wrench Set**

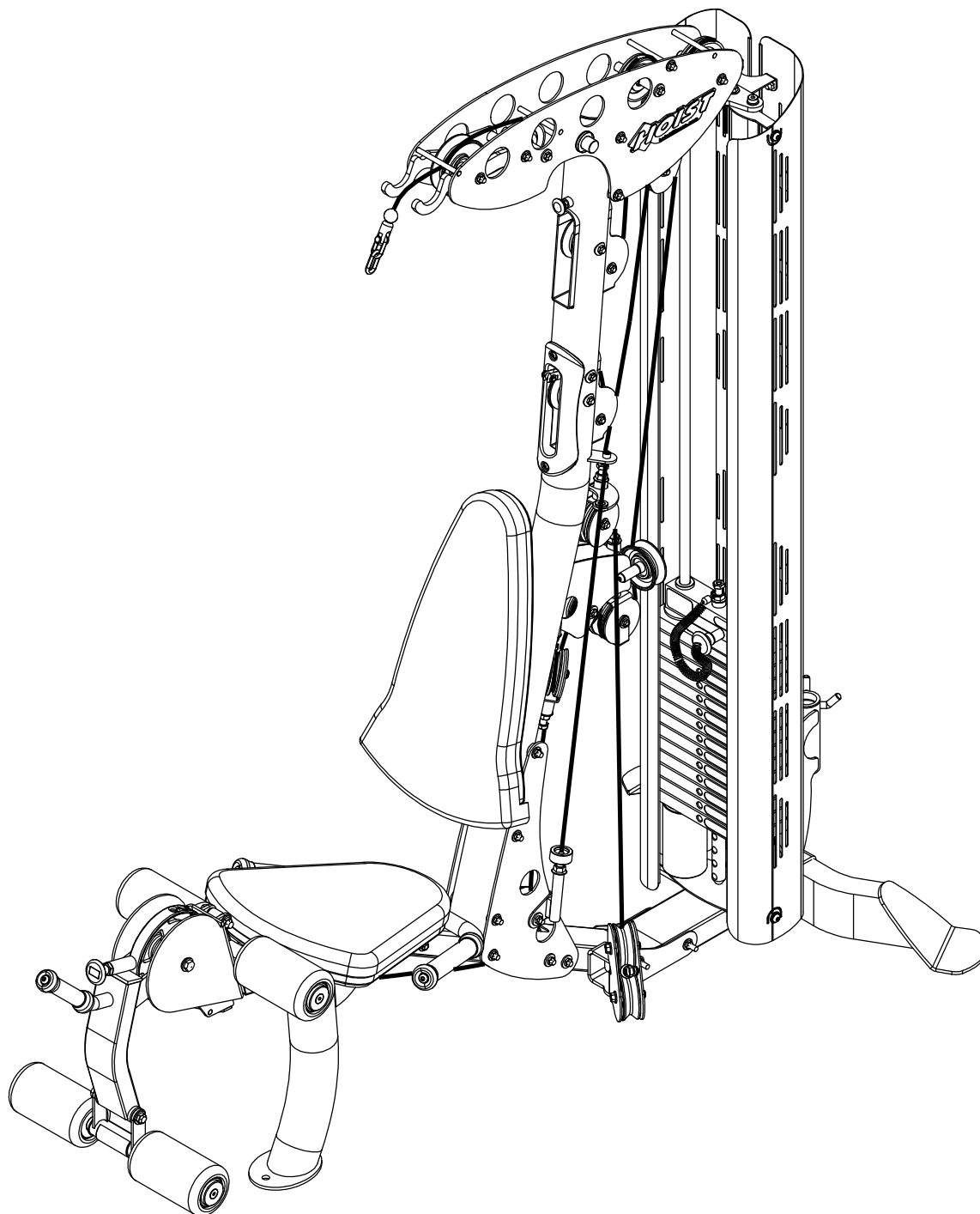
**Two People**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

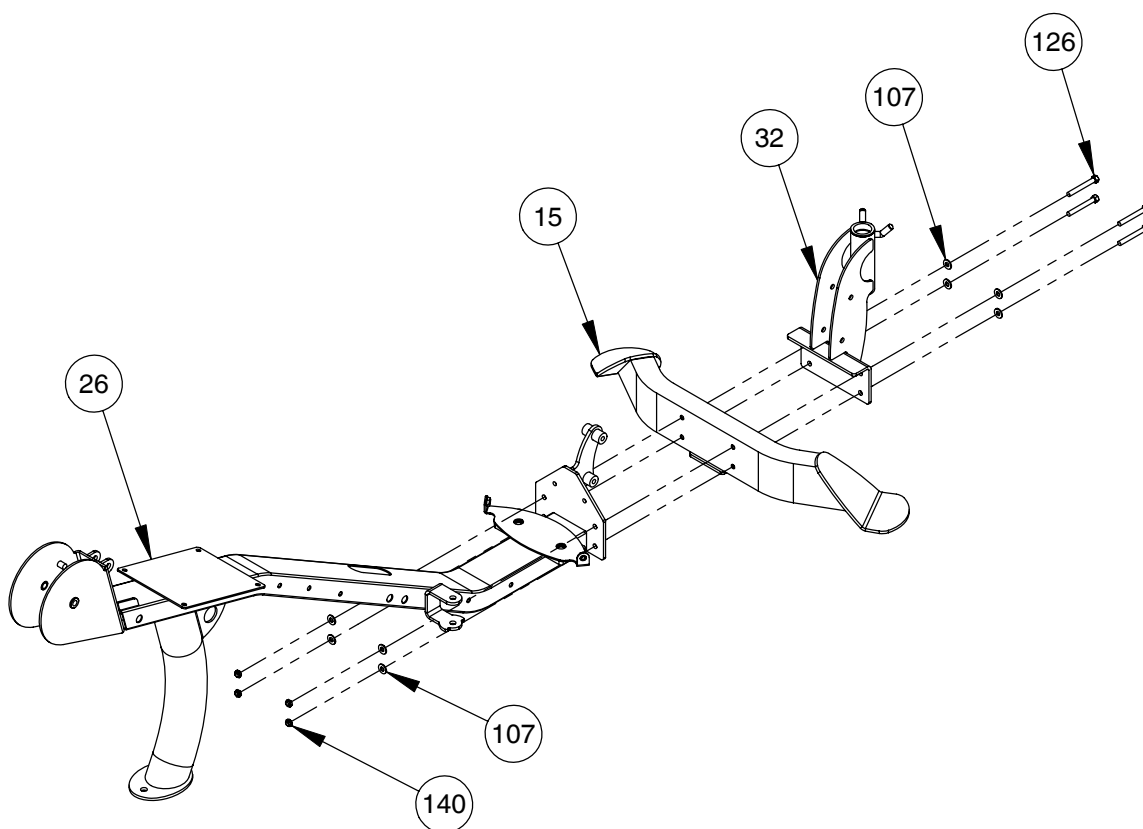
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

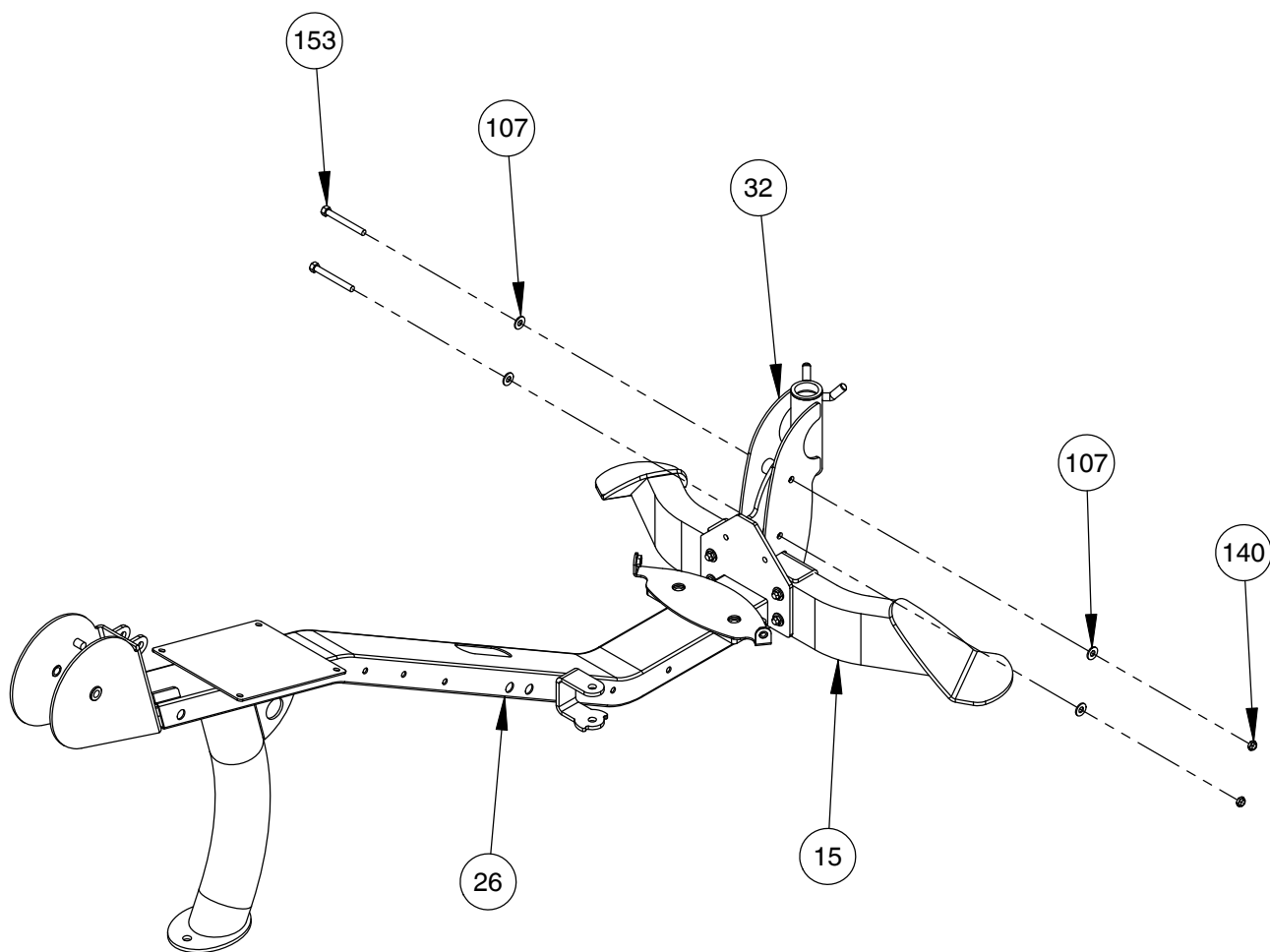
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

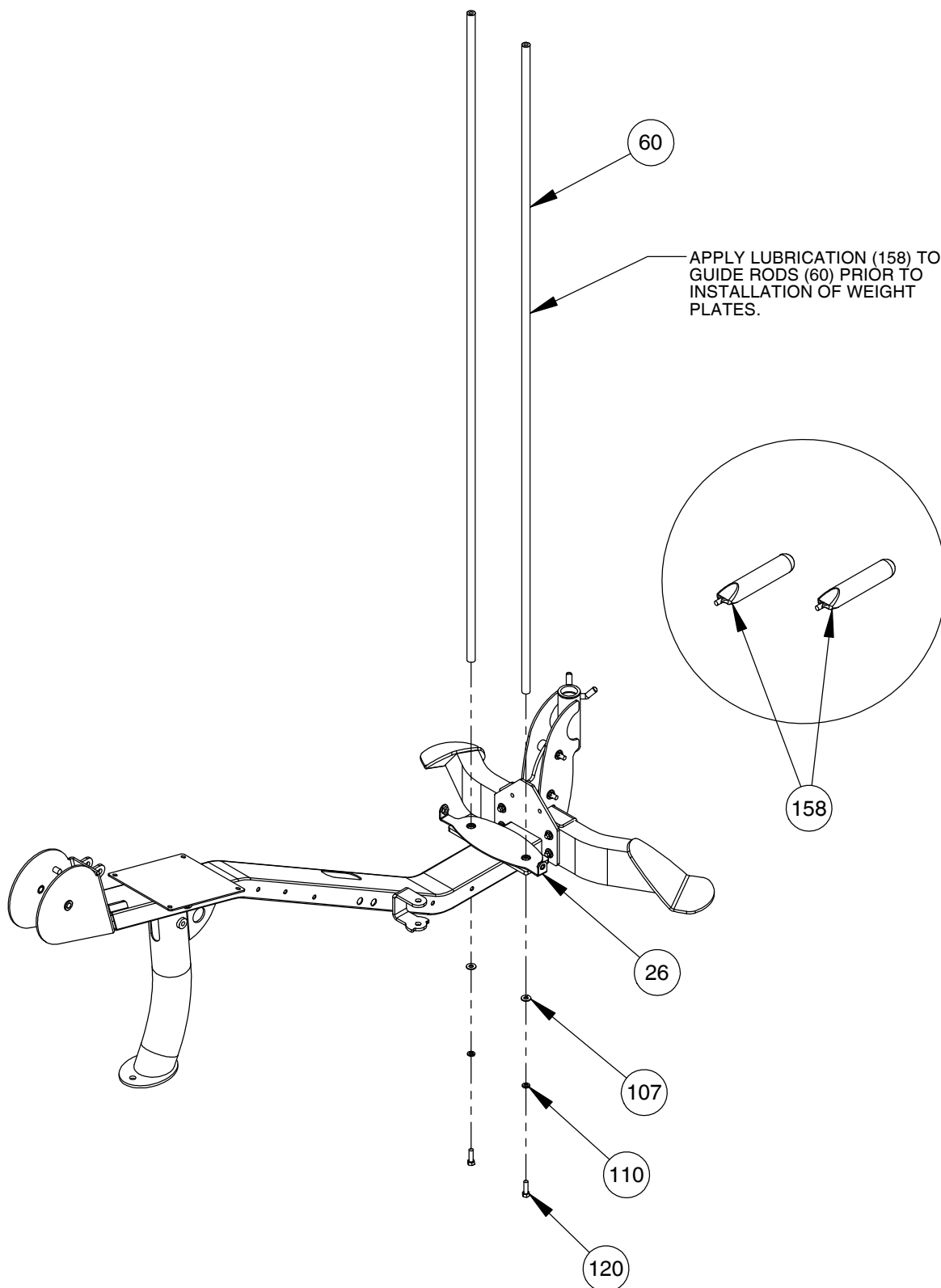
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



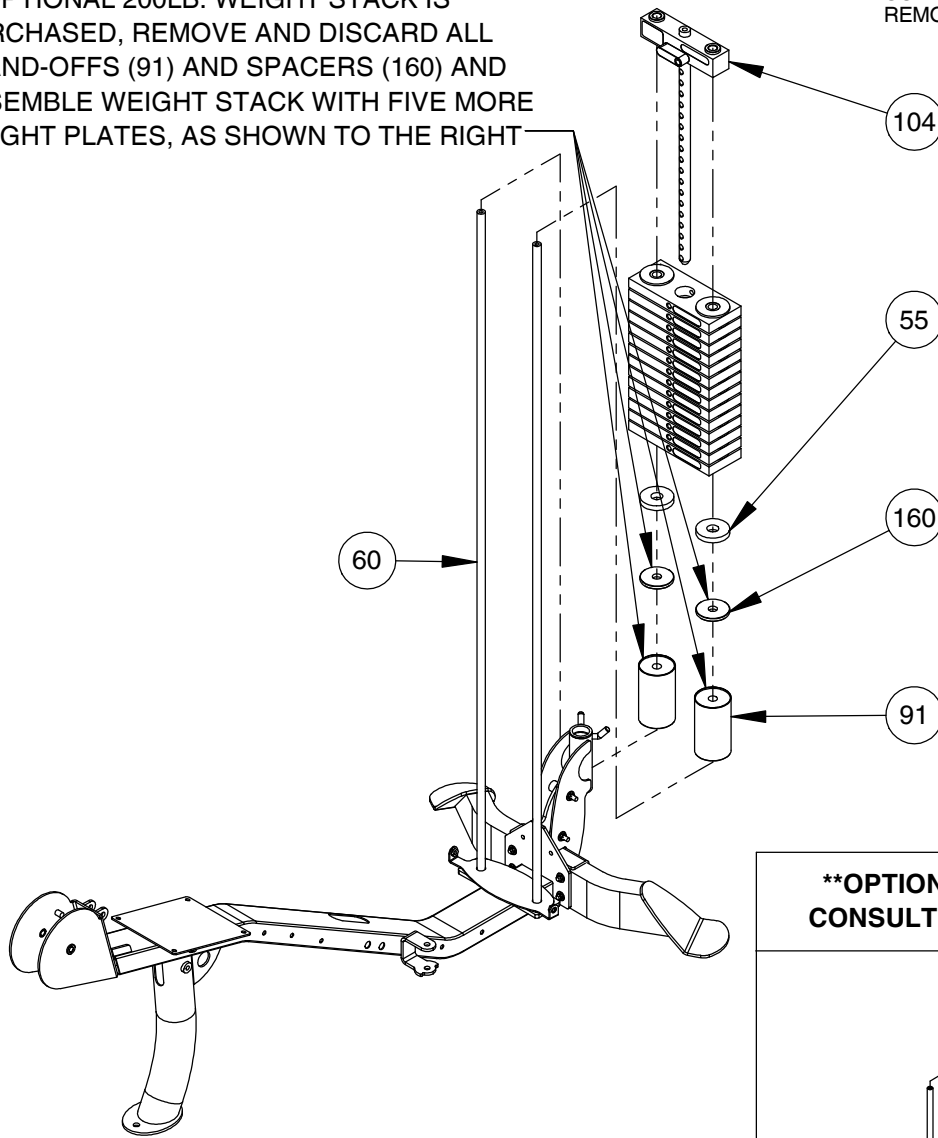


# OWNER'S MANUAL

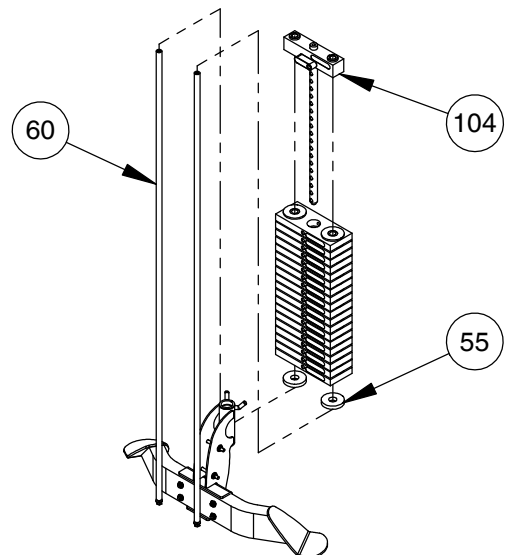
## FRAME ASSEMBLY

IF OPTIONAL 200LB. WEIGHT STACK IS PURCHASED, REMOVE AND DISCARD ALL STAND-OFFS (91) AND SPACERS (160) AND ASSEMBLE WEIGHT STACK WITH FIVE MORE WEIGHT PLATES, AS SHOWN TO THE RIGHT

NOTE:  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



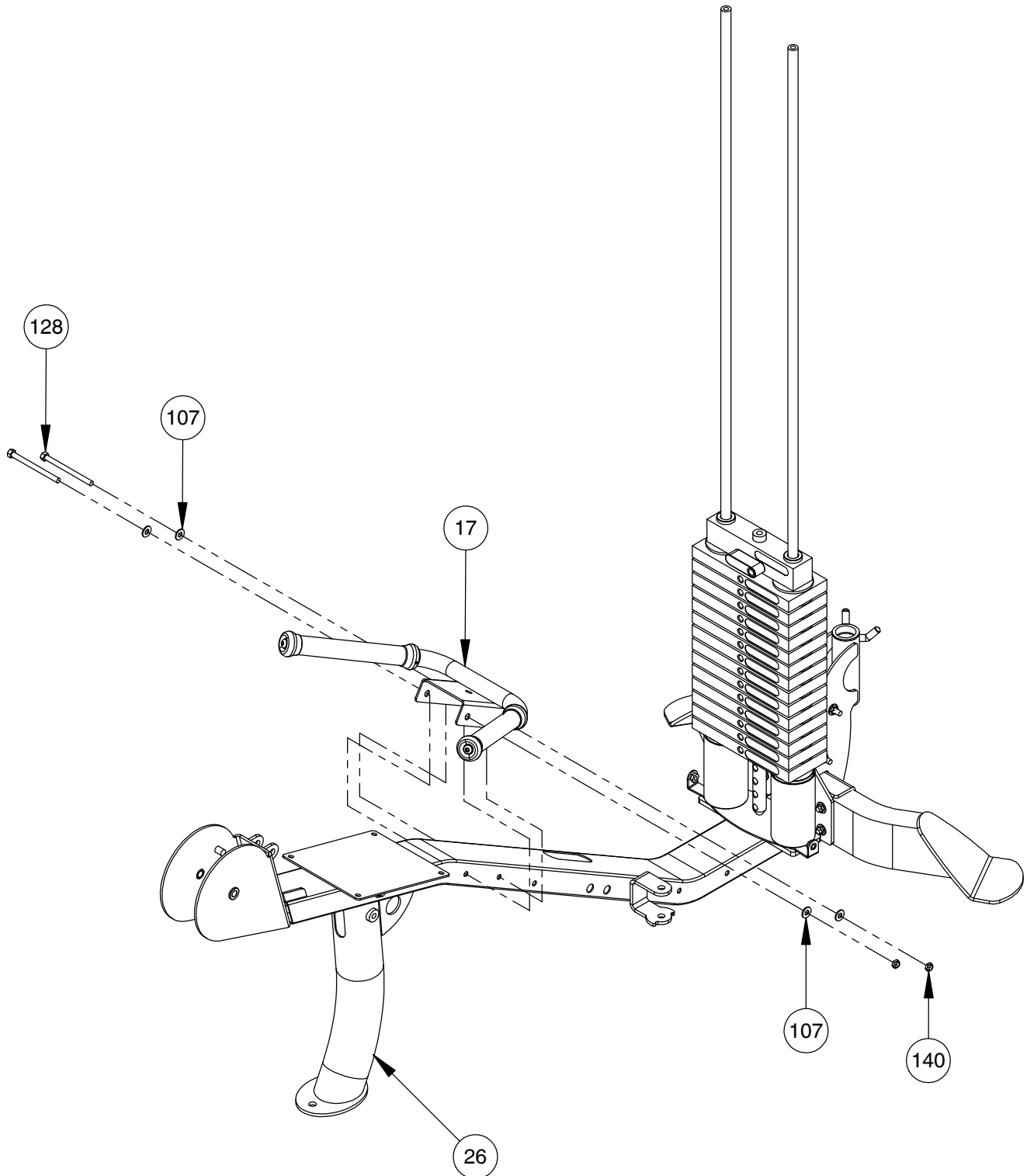
**\*\*OPTIONAL 200LB. WEIGHT STACK\*\***  
**CONSULT YOUR DEALER FOR DETAILS**



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.



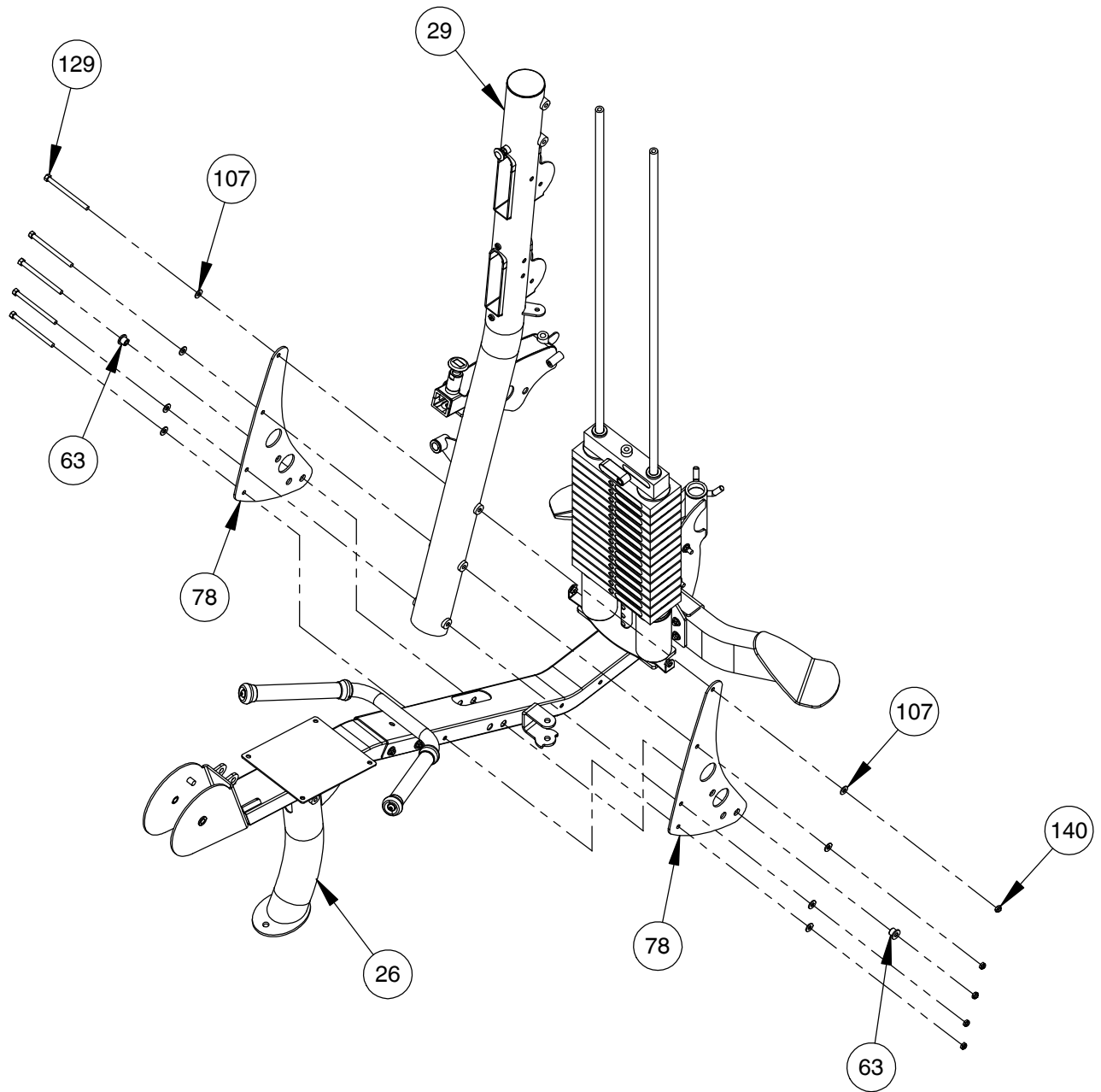
# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.

### WARNING!

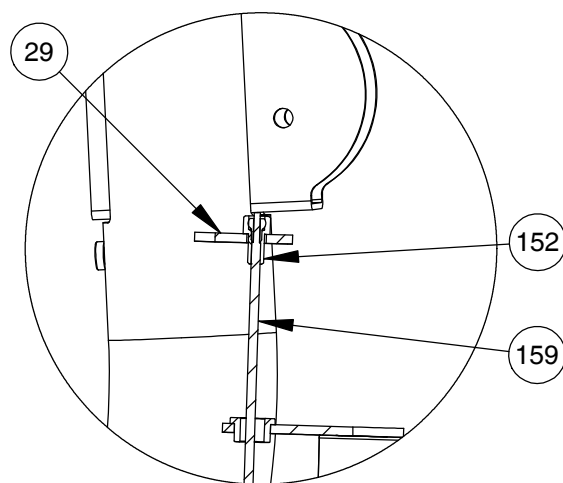
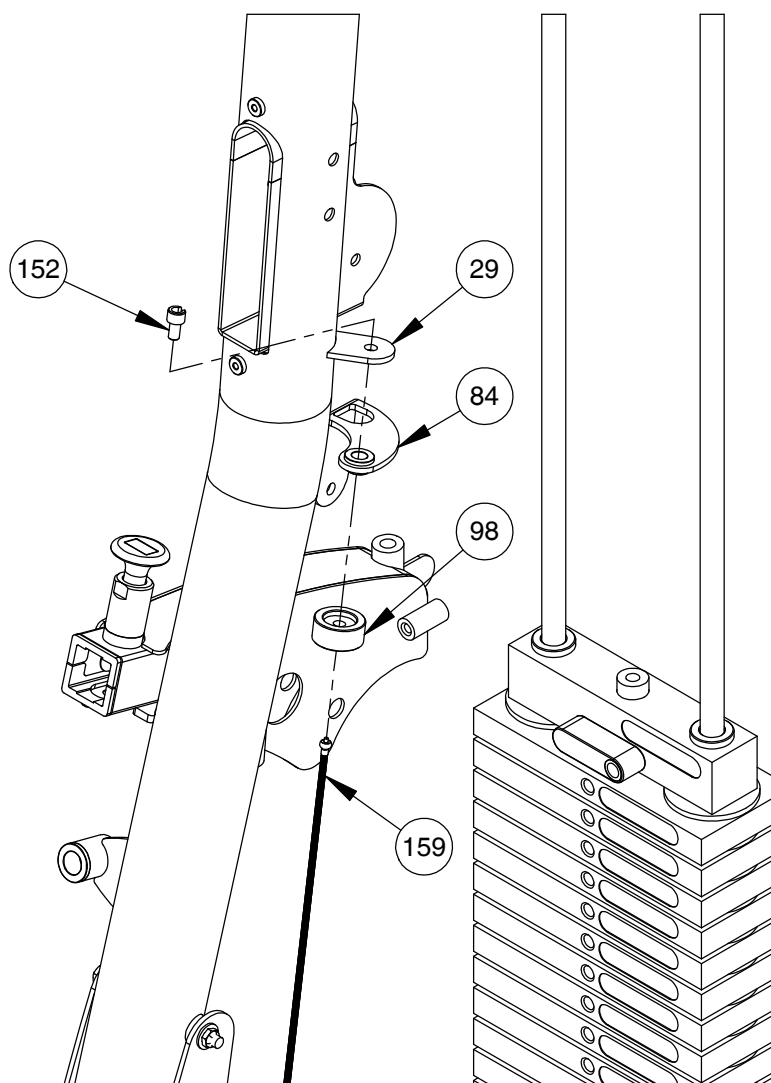
BE SURE TO HAVE ONE PERSON FULLY SUPPORT UPRIGHT (29) WHILE THE OTHER ALIGNS AND FASTENS HARDWARE. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.



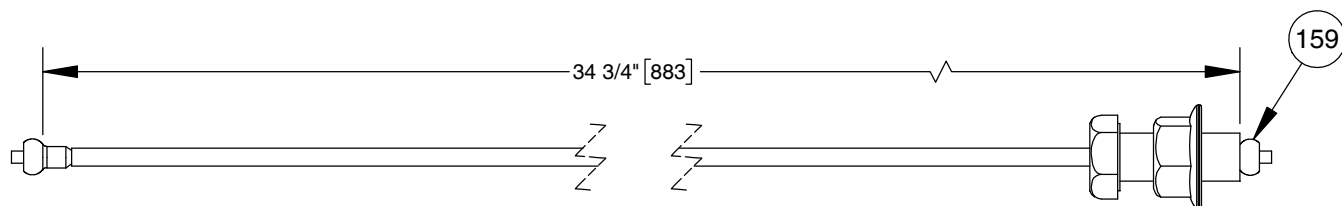
# OWNER'S MANUAL

## FRAME ASSEMBLY

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



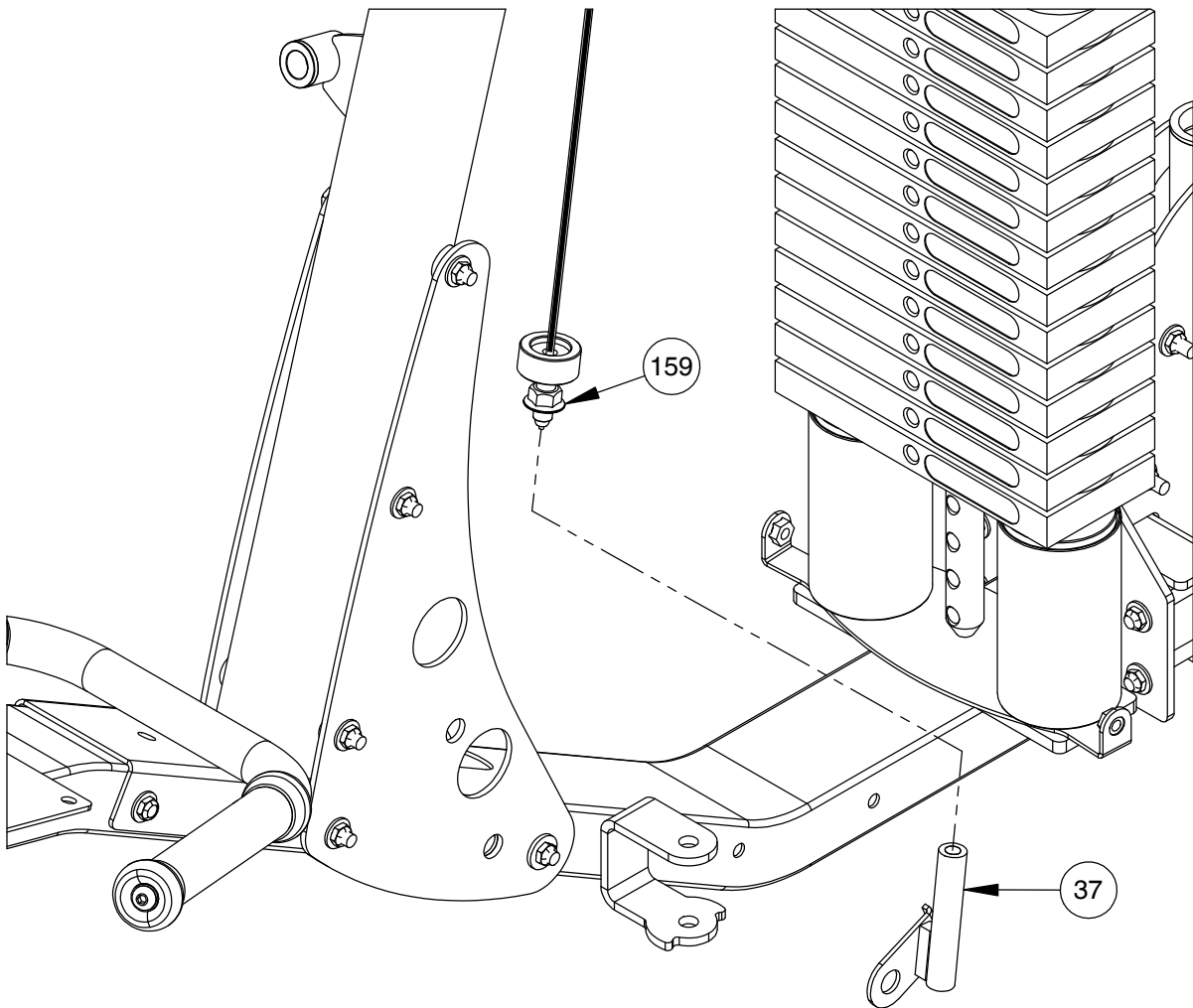
**PROPERLY INSTALLED VIEW**



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.



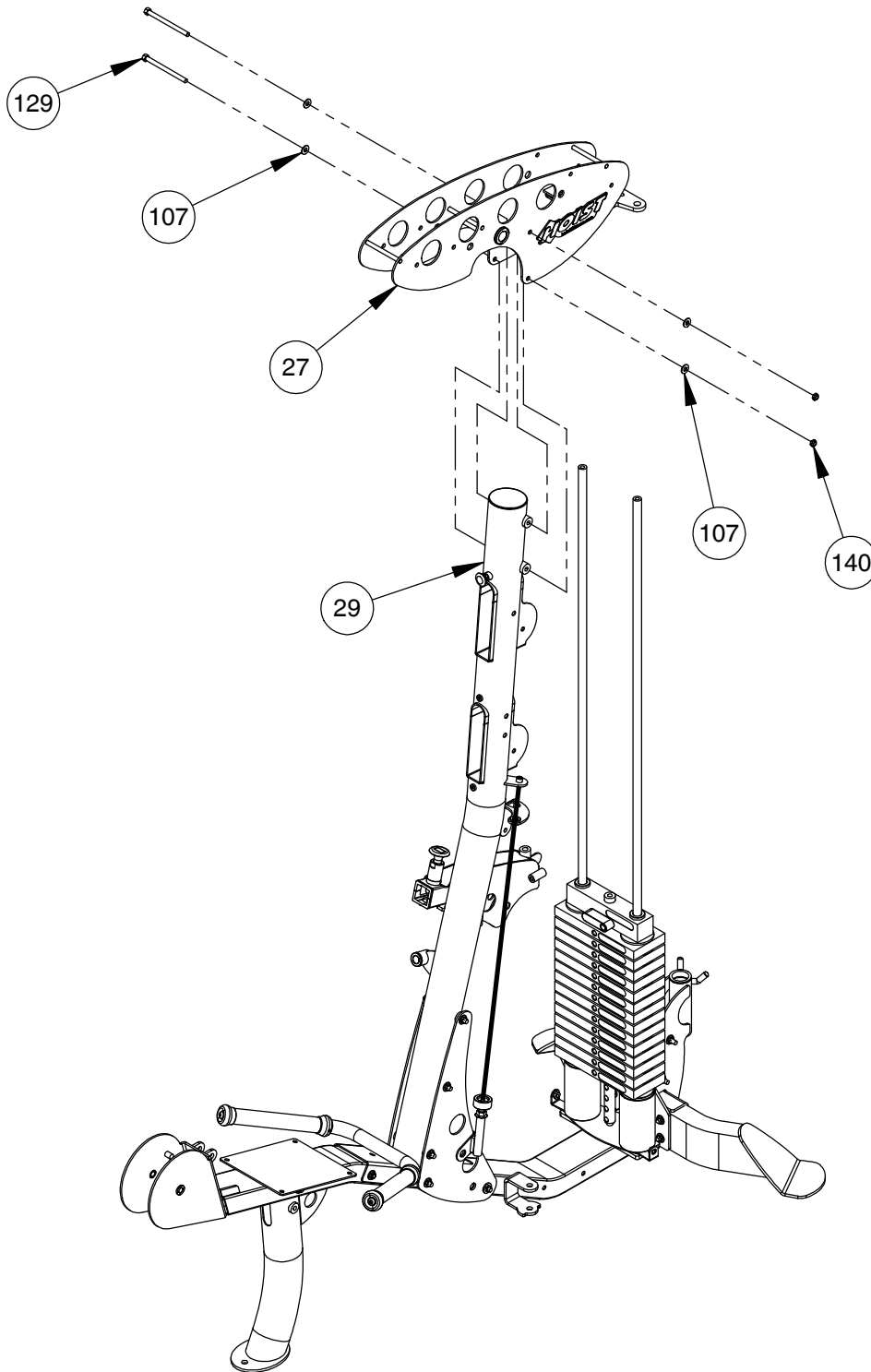
# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## FRAME ASSEMBLY

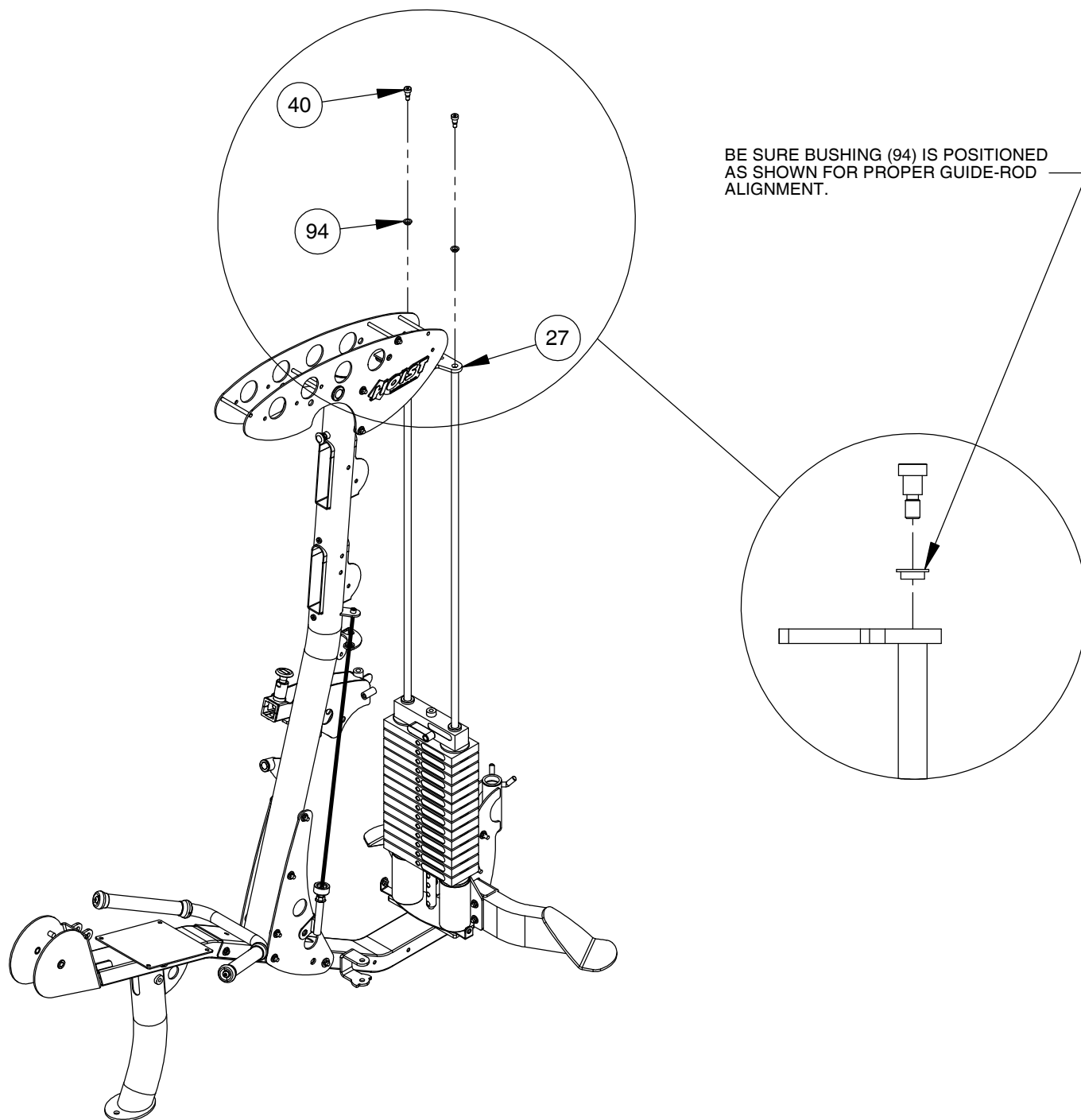
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.





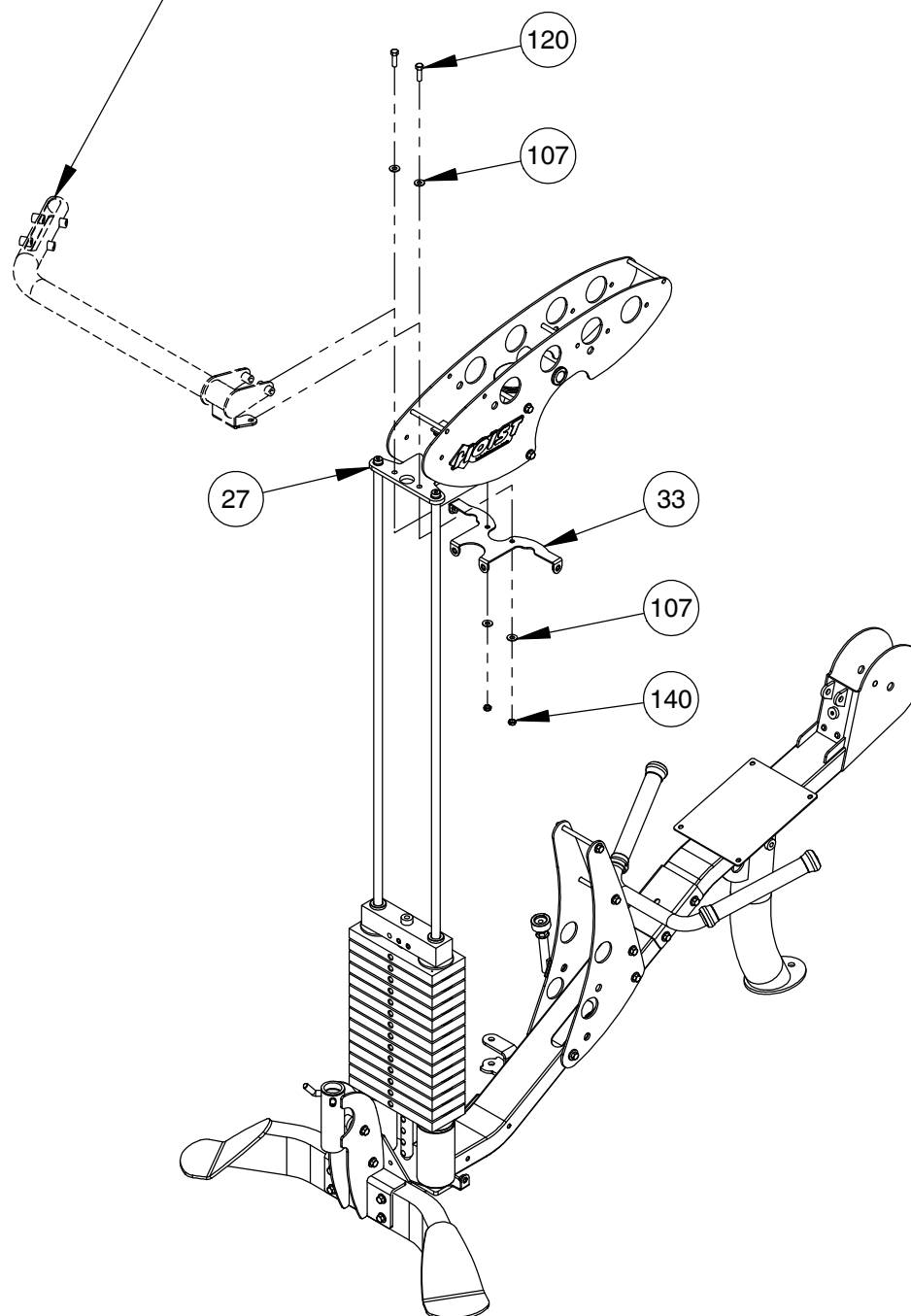
# OWNER'S MANUAL

## FRAME ASSEMBLY

### IMPORTANT

If you are installing a V HI-LO Option refer to the V HI-LO owner's manual and assemble the V HI-LO frame part at this time.

NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

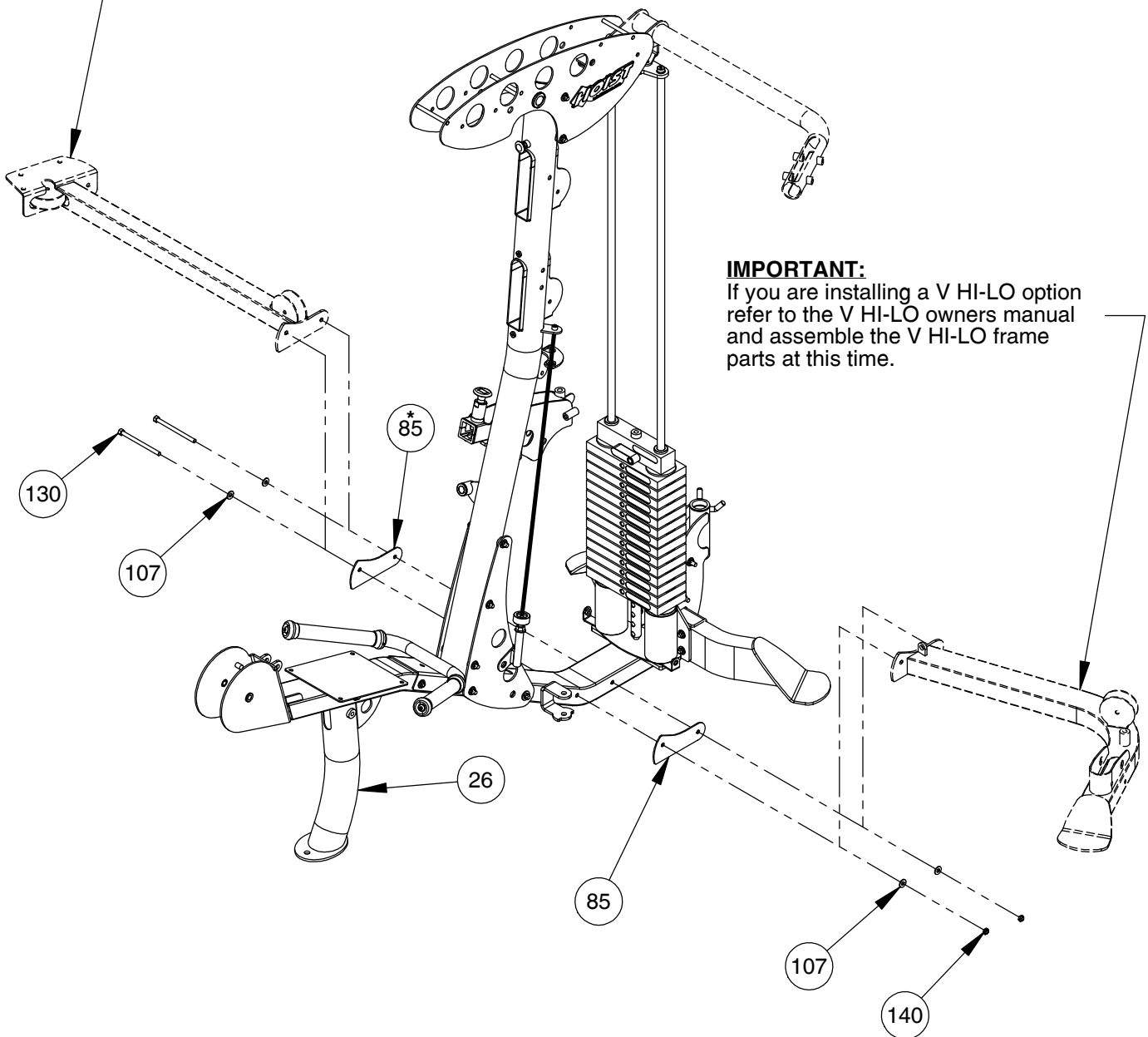
## FRAME ASSEMBLY

### NOTE:

- HAND TIGHTEN HARDWARE.
- \* FOR INSTALLATION OF V LEG PRESS OPTION ONLY, DISCARD PLATE (85).

### IMPORTANT:

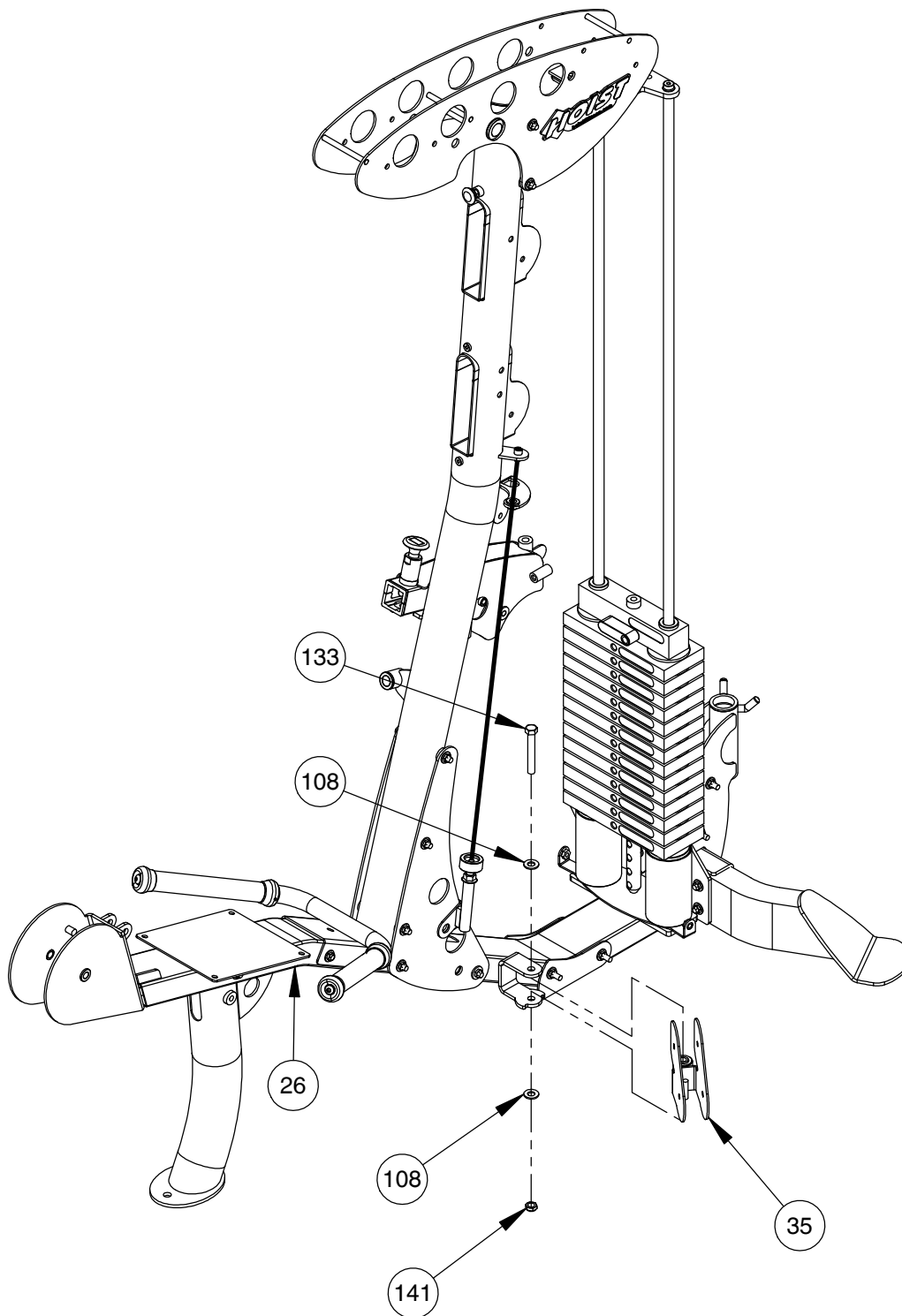
If you are installing a V Leg Press option refer to the V Leg Press owners manual and assemble the V Leg Press frame parts at this time.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE (133) THEN  
LOOSEN NUT JUST ENOUGH FOR (35) TO  
PIVOT FREELY.

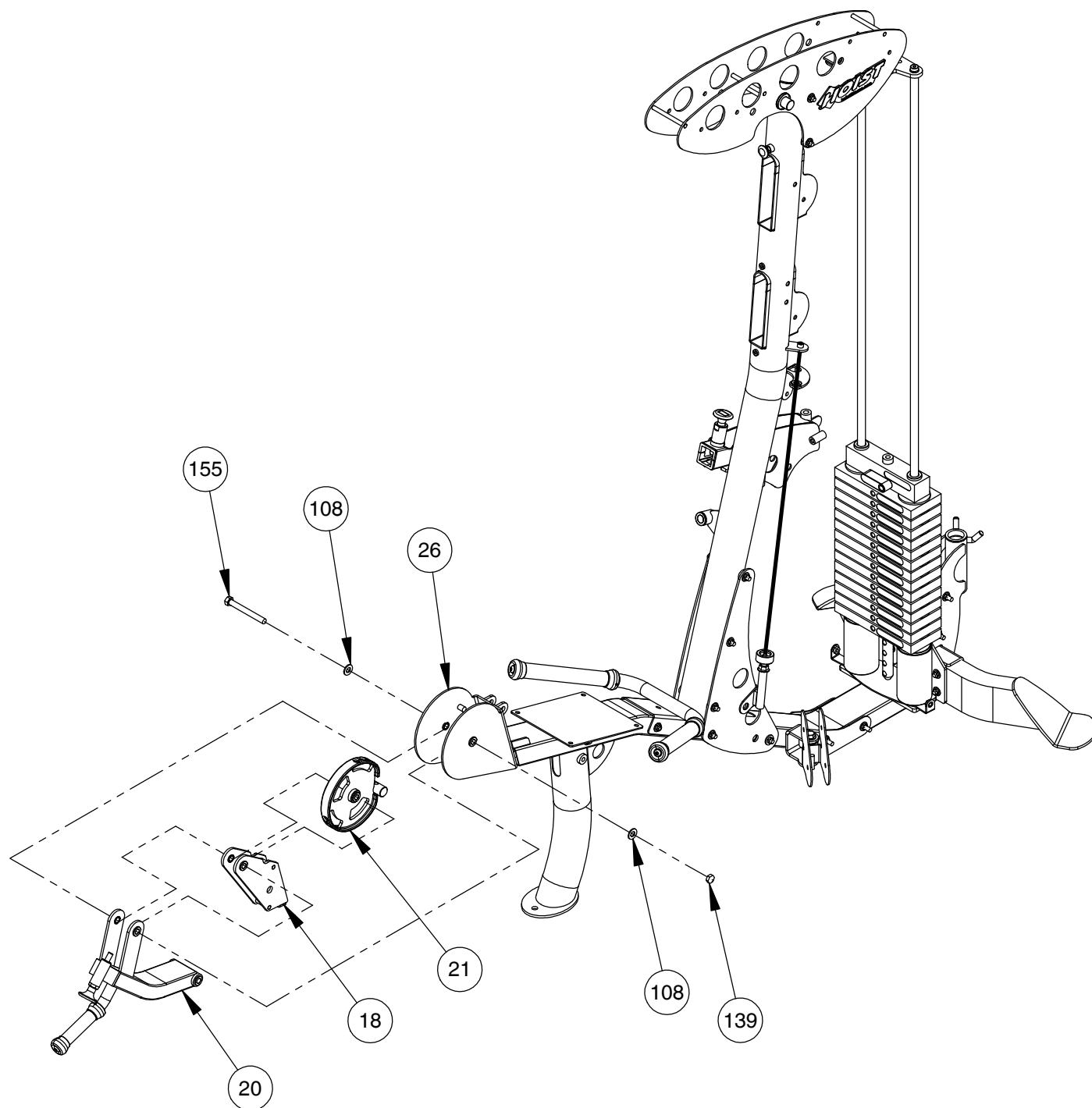


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

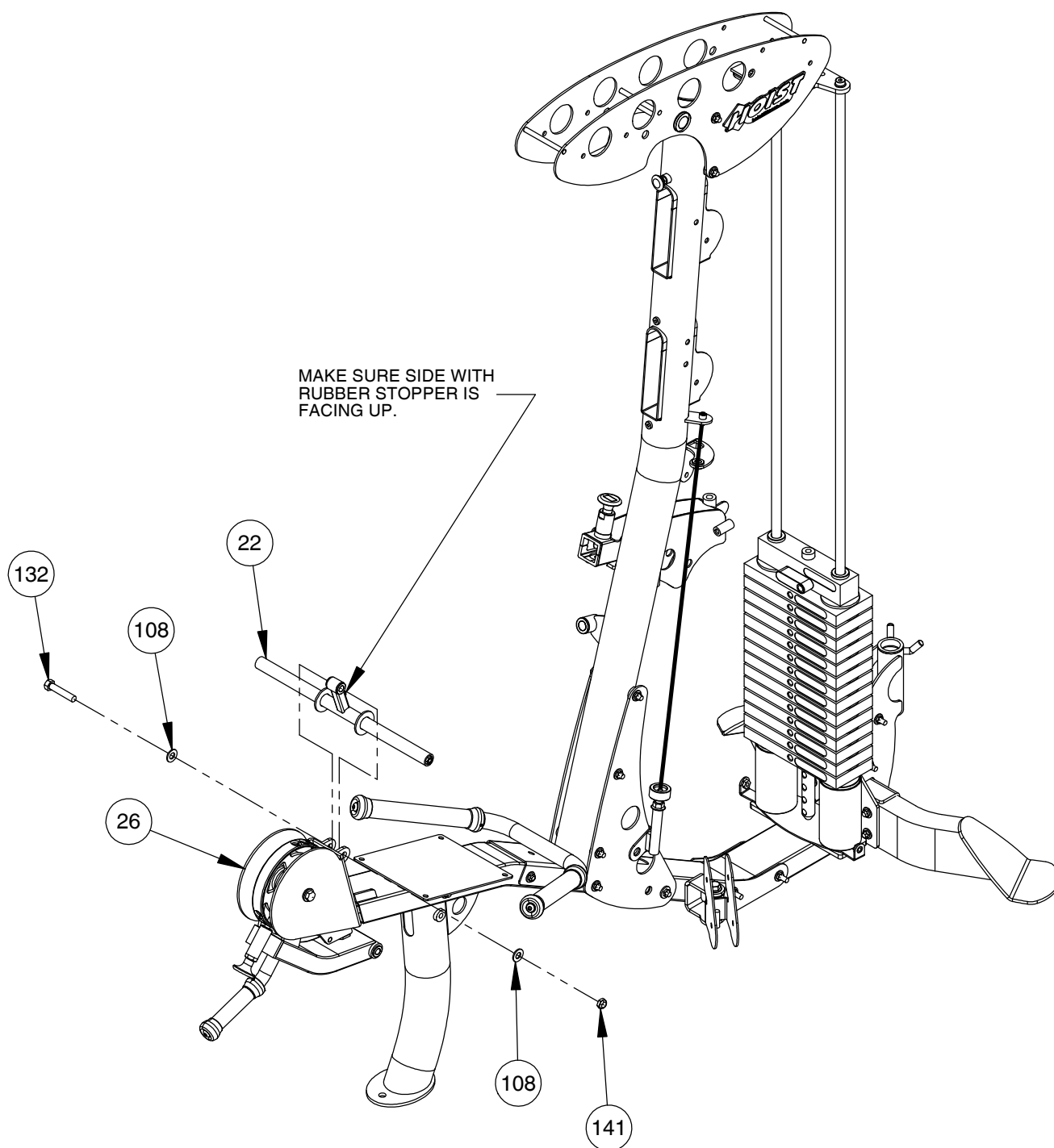
- WRENCH TIGHTEN HARDWARE (155) THEN LOOSEN NUT JUST ENOUGH FOR (20) TO PIVOT FREELY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE (132) THEN  
LOOSEN NUT JUST ENOUGH FOR (22) TO  
PIVOT FREELY.

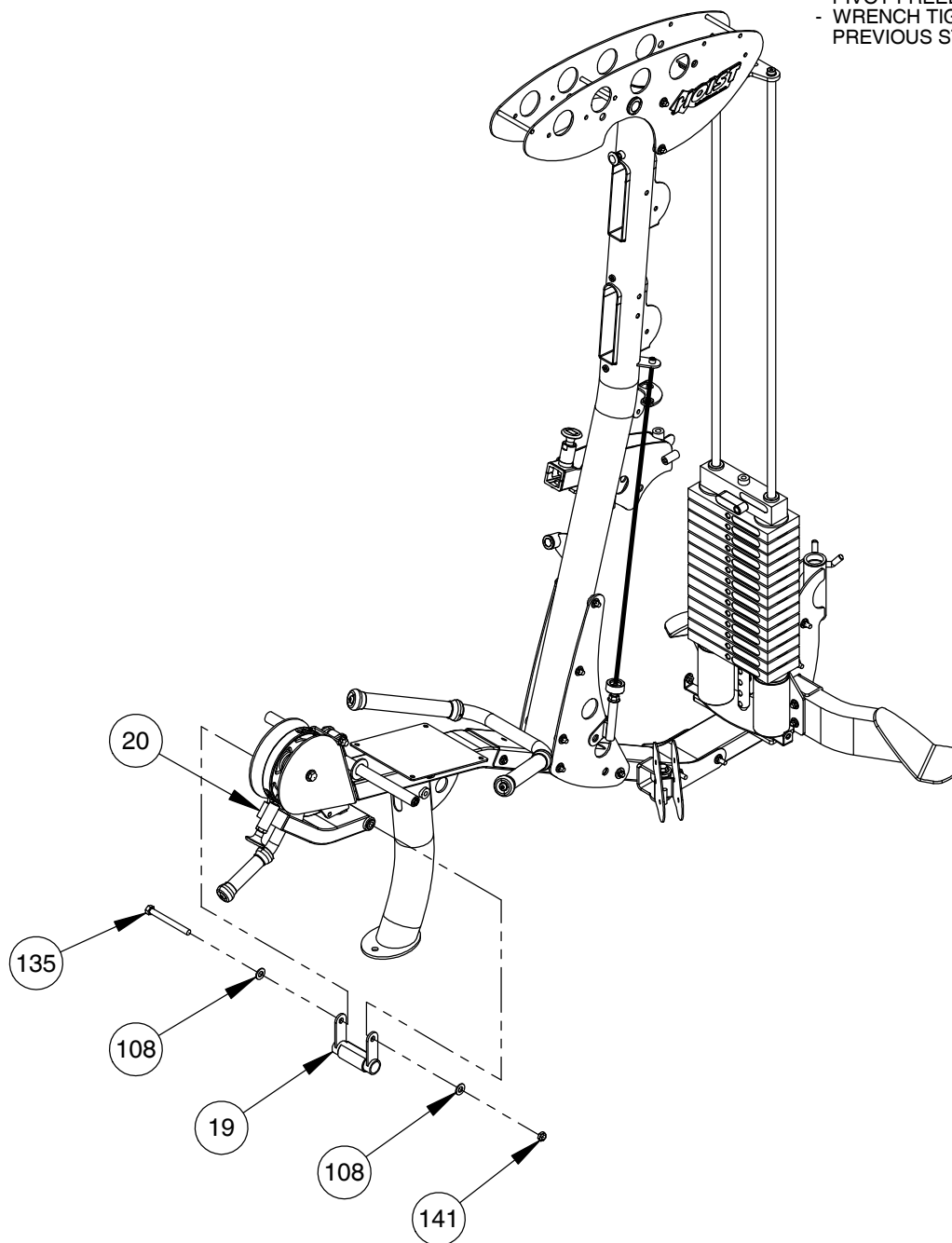


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (135) THEN LOOSEN NUT JUST ENOUGH FOR (19) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.

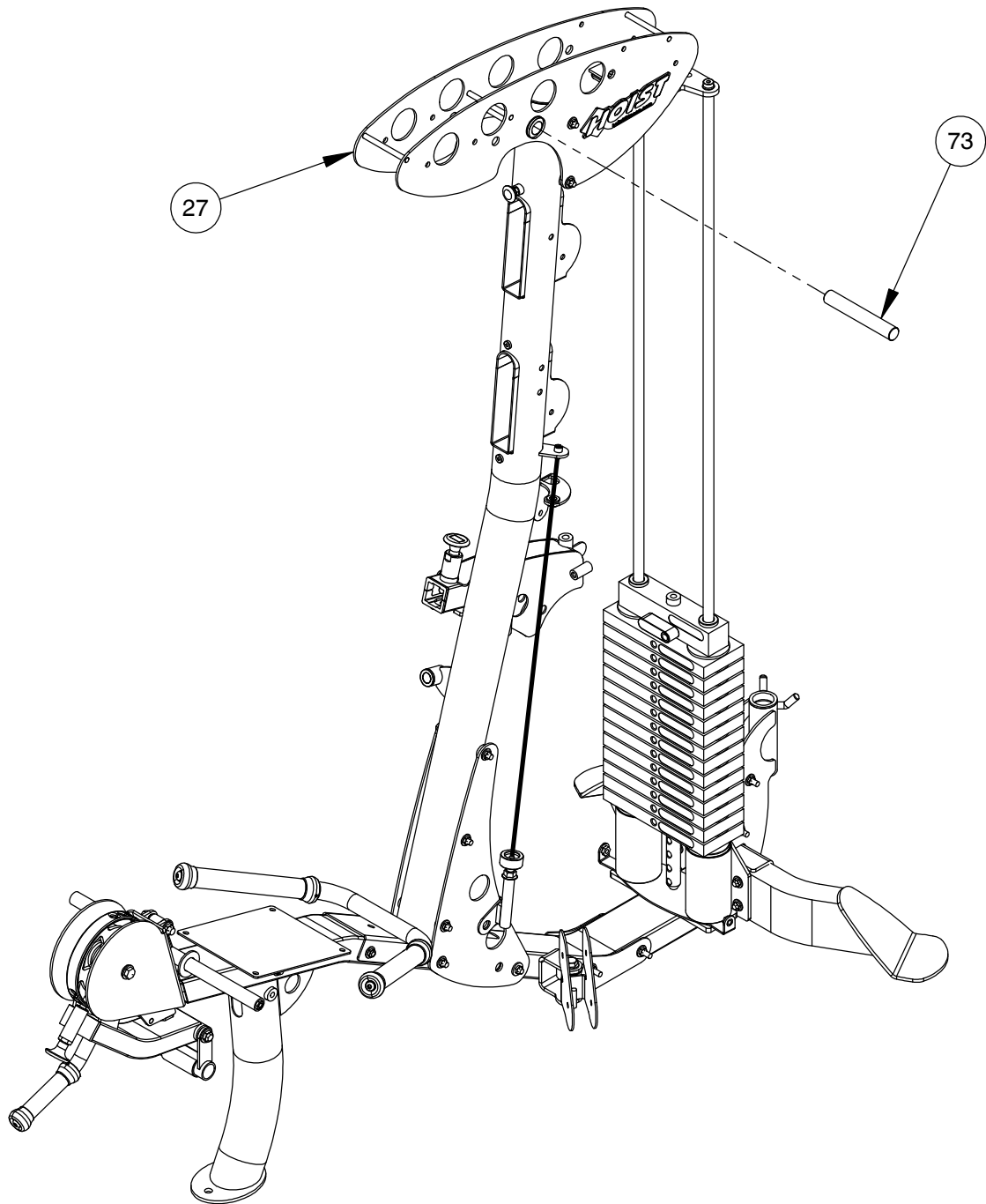


### **\*IMPORTANT\***

NOW THAT THE V-ELITE FRAME IS ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

## FRAME ASSEMBLY



# OWNER'S MANUAL

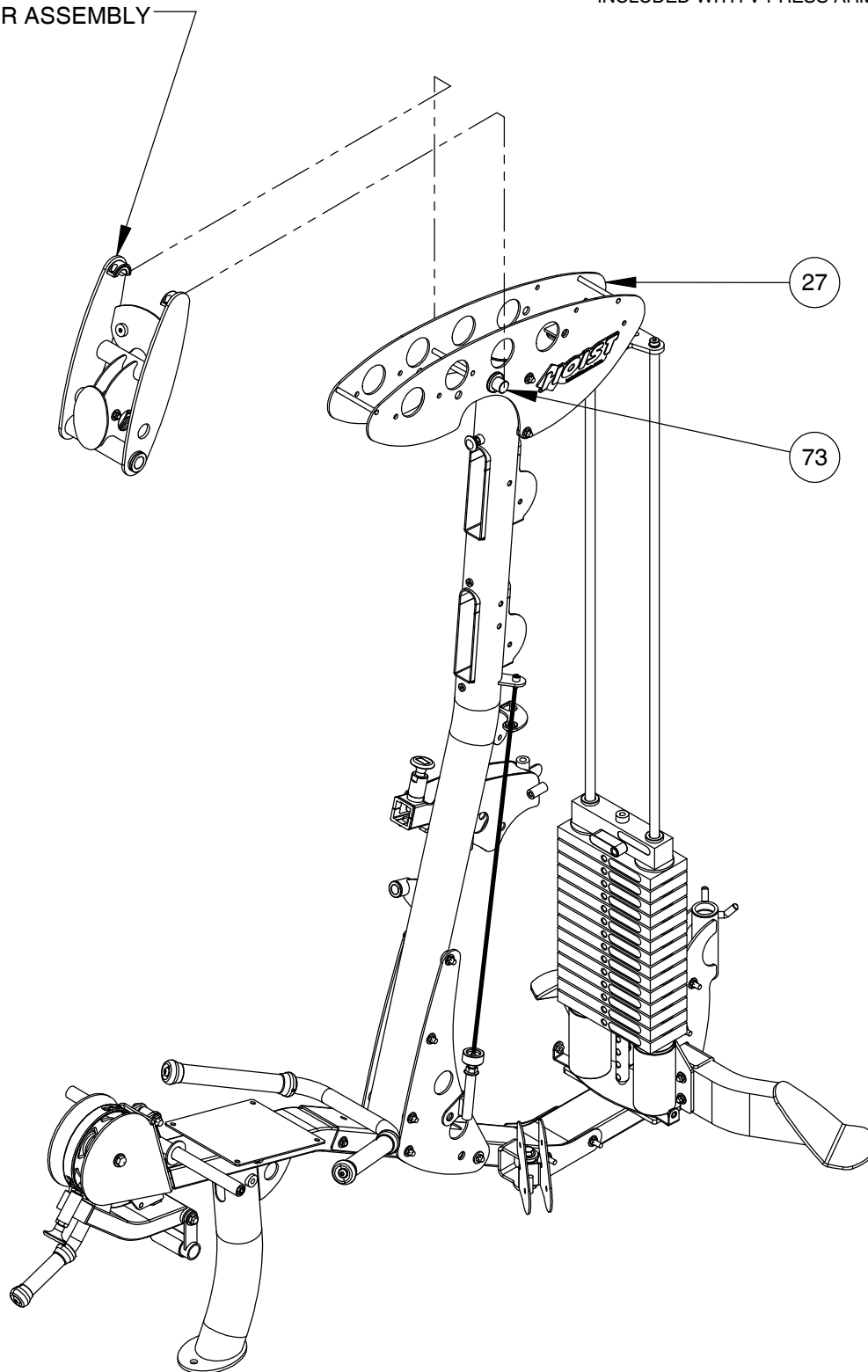
## FRAME ASSEMBLY

\*026-01X5083

PRESS ARM HANGER ASSEMBLY

NOTE:

\* HANGER ASSEMBLY ORIGINALLY  
INCLUDED WITH V PRESS ARM.

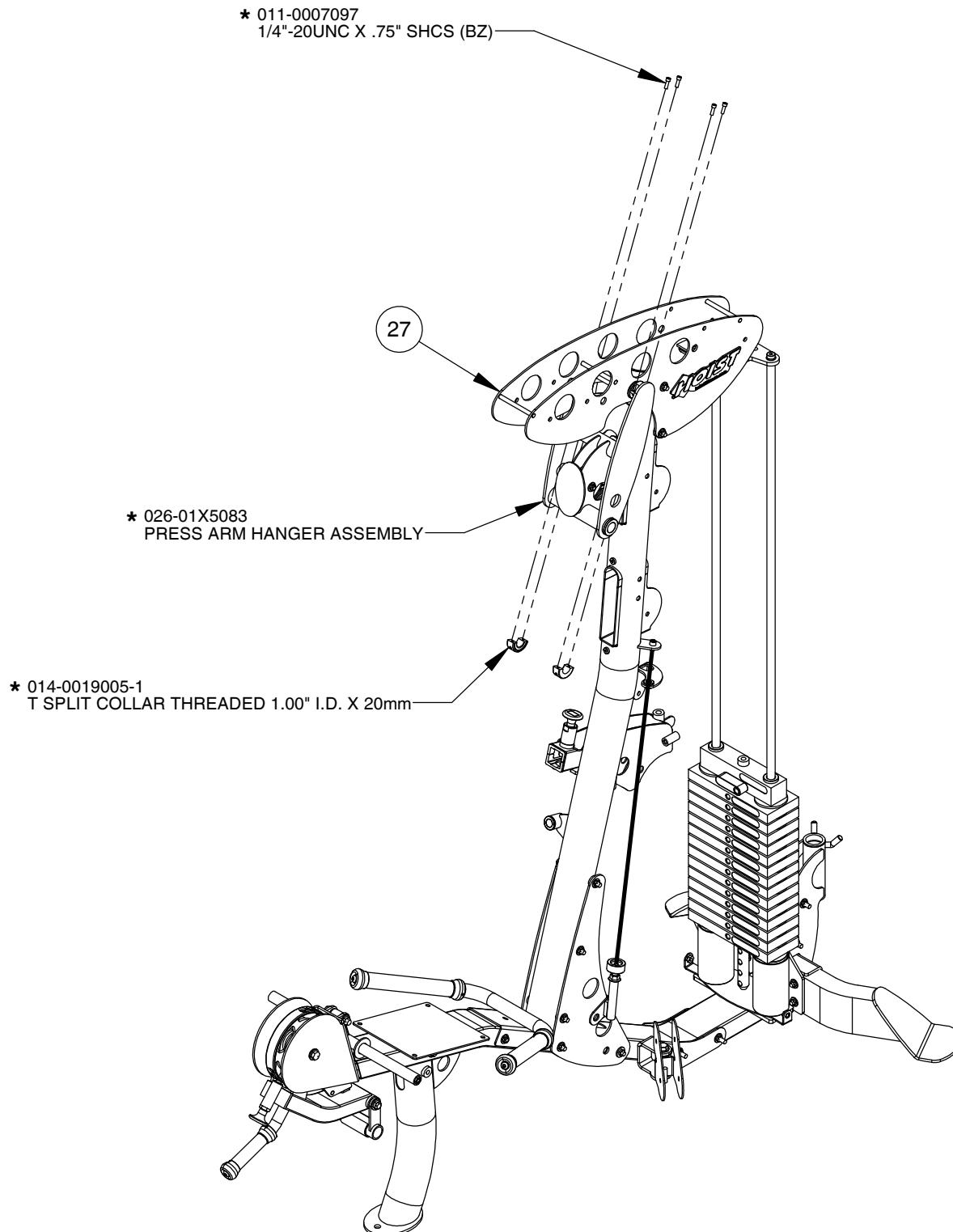




# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
\* HANGER ASSEMBLY & HARDWARE  
ORIGINALLY INCLUDED WITH V PRESS  
ARM.  
- WRENCH TIGHTEN HARDWARE.



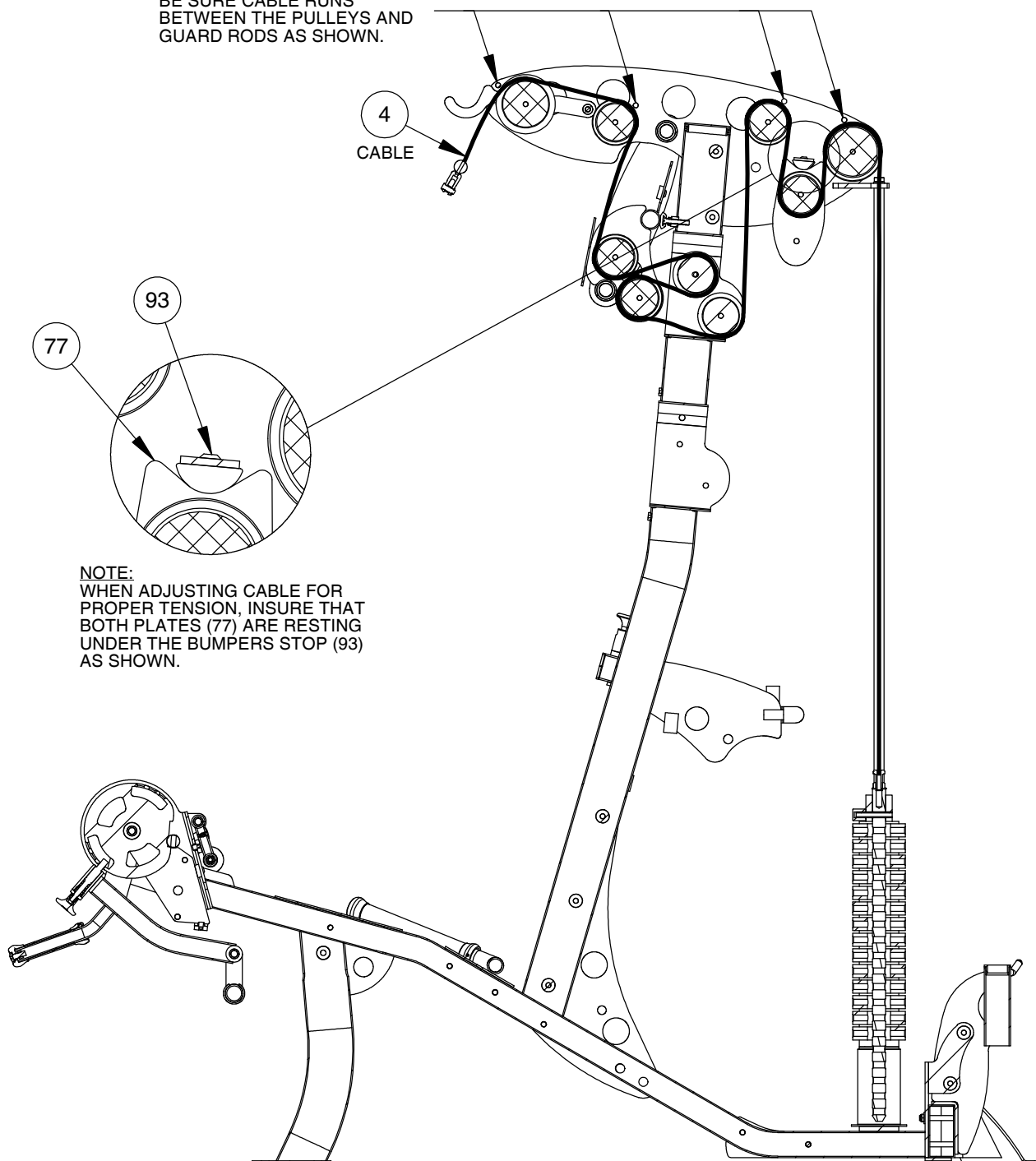
# OWNER'S MANUAL

## FRAME ASSEMBLY

### CABLING PROFILE VIEW

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

NOTE:  
BE SURE CABLE RUNS  
BETWEEN THE PULLEYS AND  
GUARD RODS AS SHOWN.



NOTE:  
WHEN ADJUSTING CABLE FOR  
PROPER TENSION, INSURE THAT  
BOTH PLATES (77) ARE RESTING  
UNDER THE BUMPERS STOP (93)  
AS SHOWN.

# OWNER'S MANUAL

## FRAME ASSEMBLY

### PROPERLY INSTALLED VIEW

BE SURE TO POSITION  
CABLE (4) BETWEEN  
PULLEY (51) AND  
GUARD BAR AS SHOWN

GUARD BAR

51

4

27

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

LANYARD

CABLE BOLT

LANYARD RING

JAM NUT

140

107

27

76

51

76

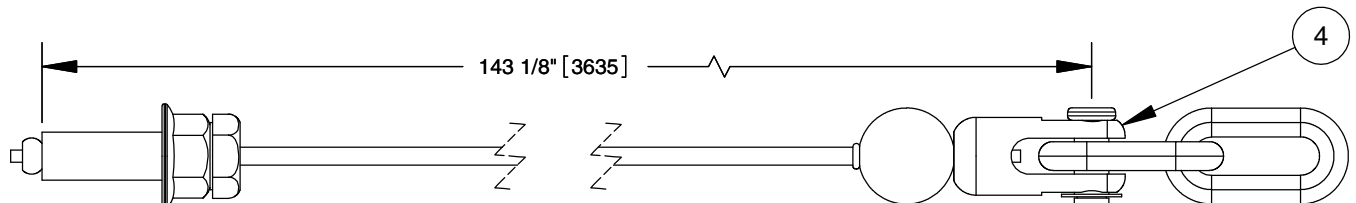
107

129

### FINE TUNING:

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

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



## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

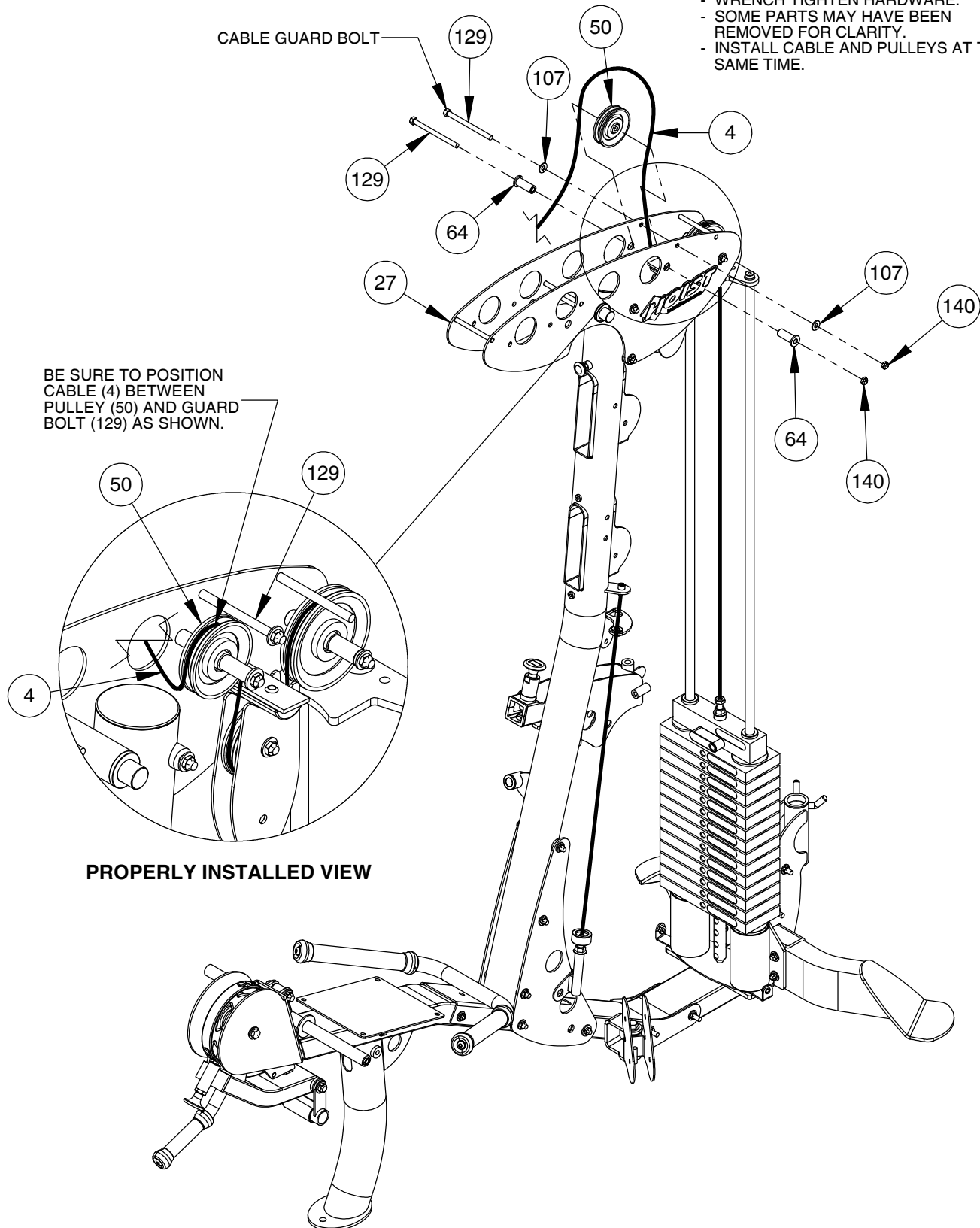


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

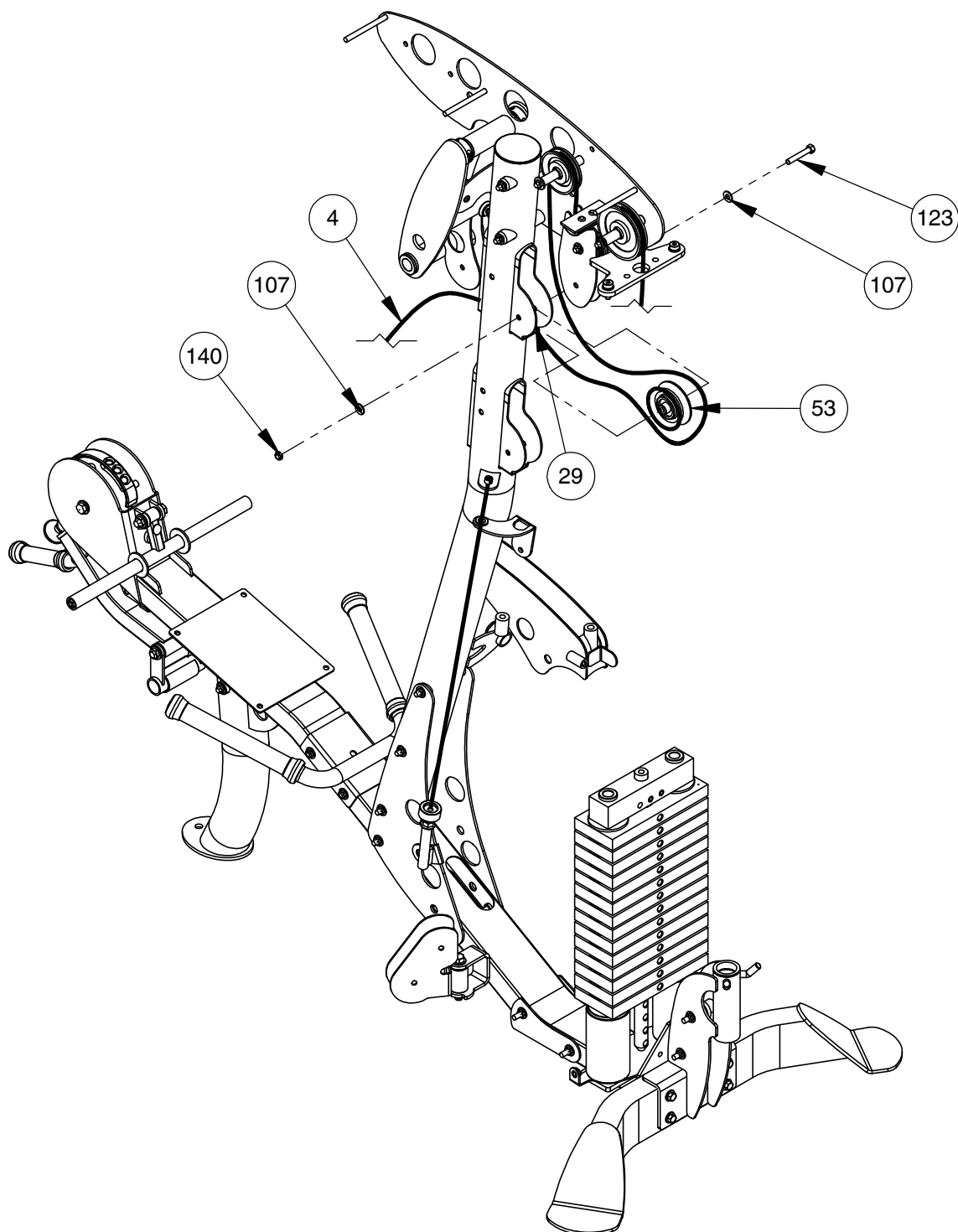


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



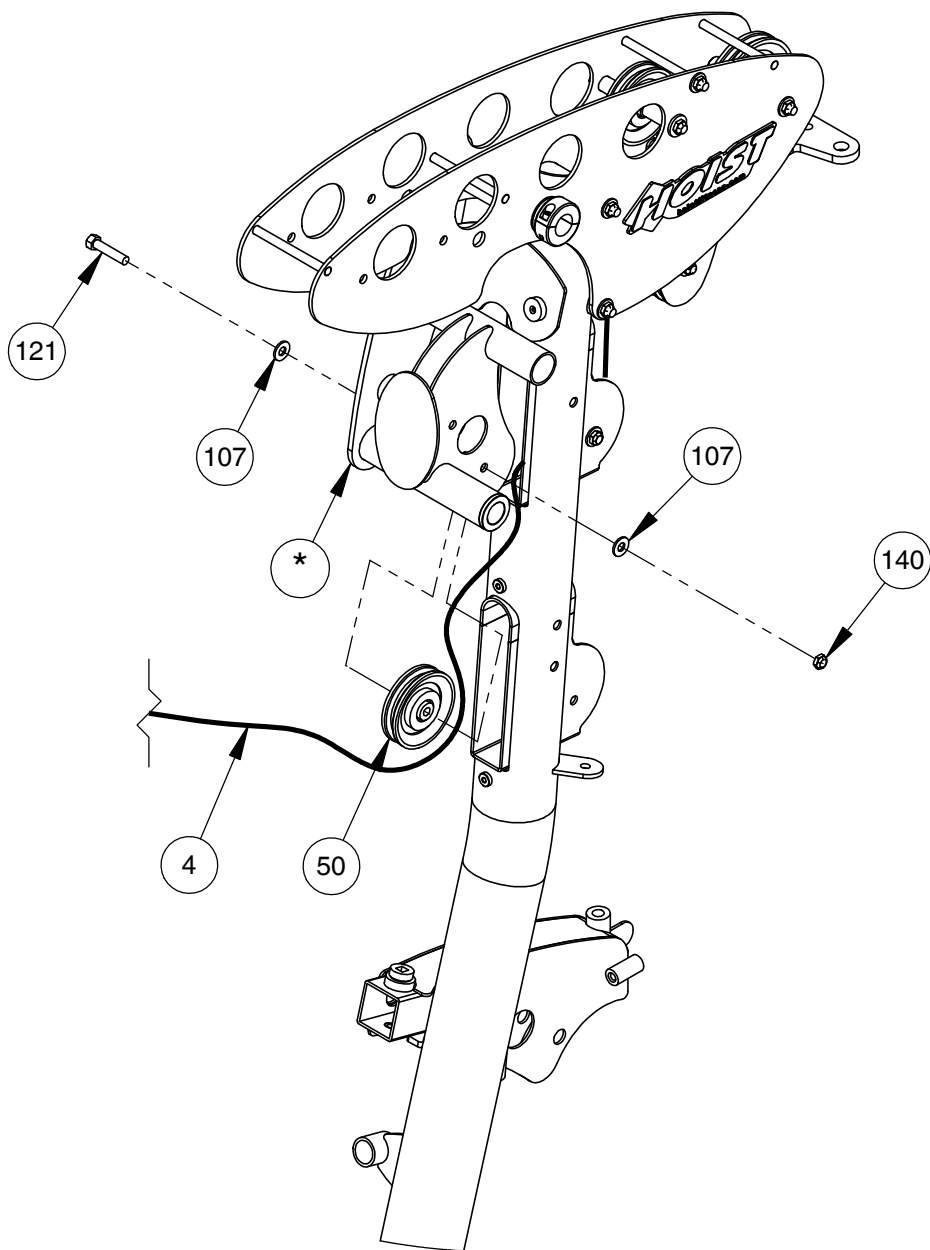
# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

★ THIS PART ORIGINALLY INCLUDED IN V-PRESS-ARM UNIT.

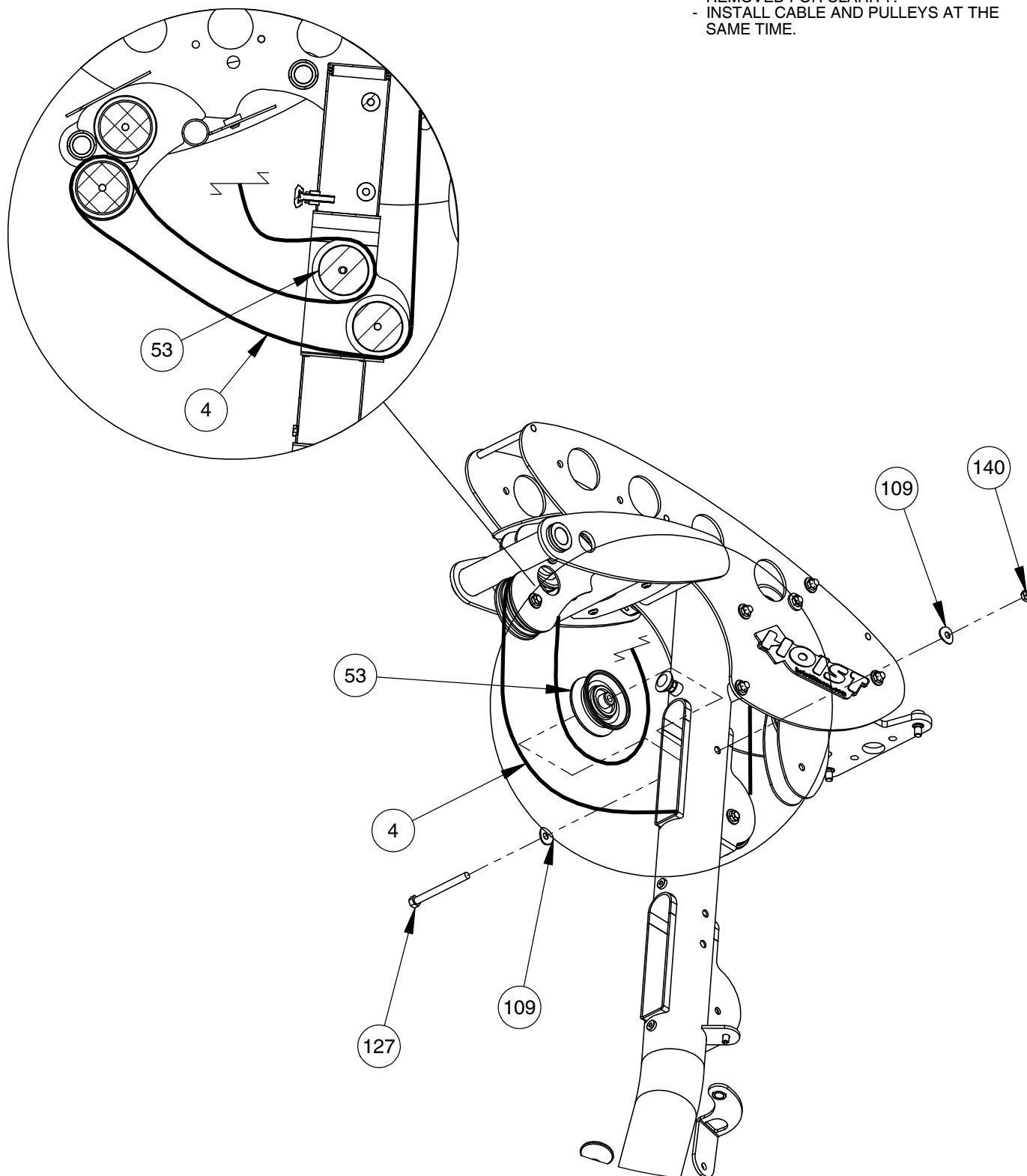


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.





# OWNER'S MANUAL

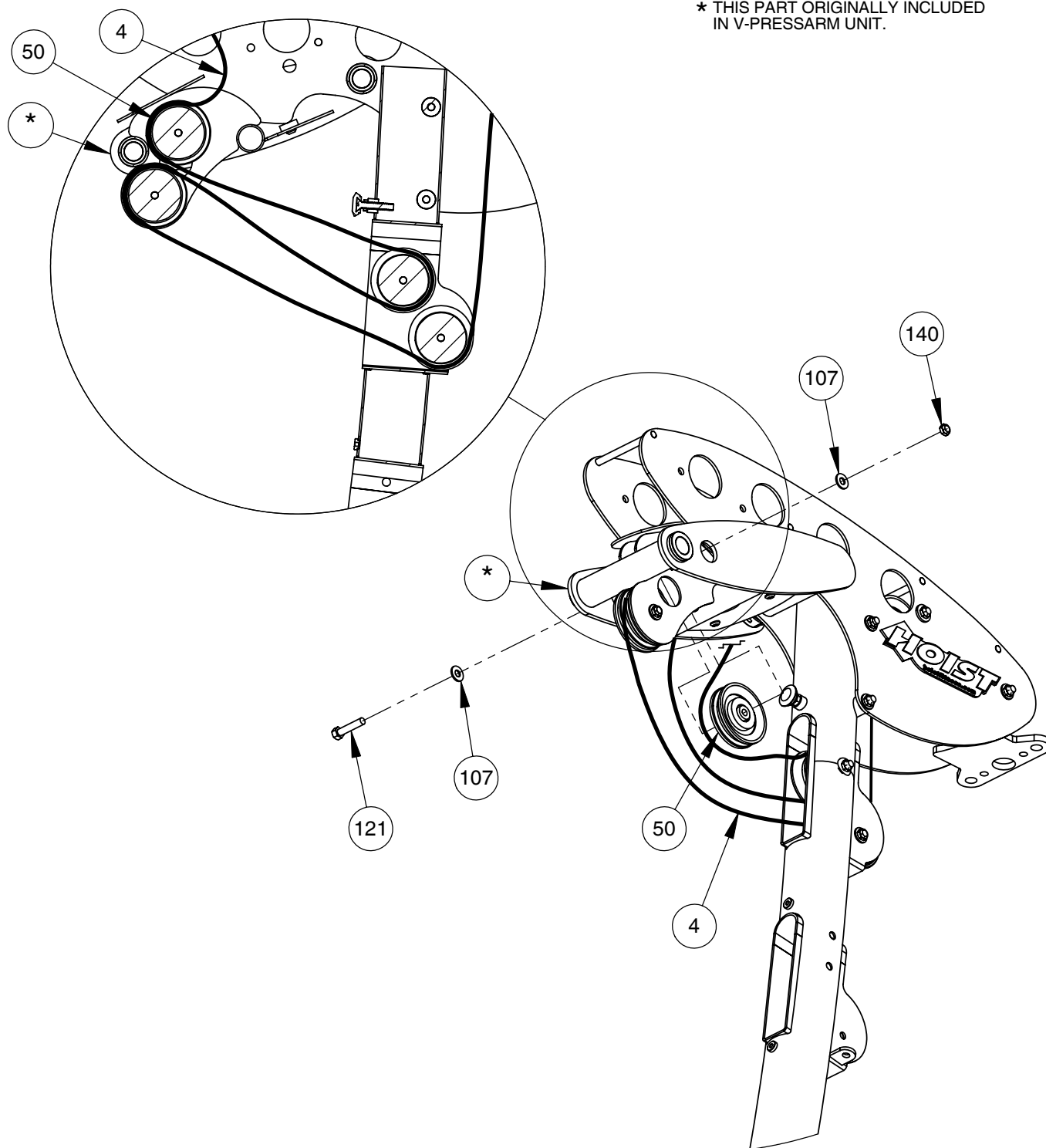
## FRAME ASSEMBLY

### NOTE:

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- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

★ THIS PART ORIGINALLY INCLUDED IN V-PRESSARM UNIT.

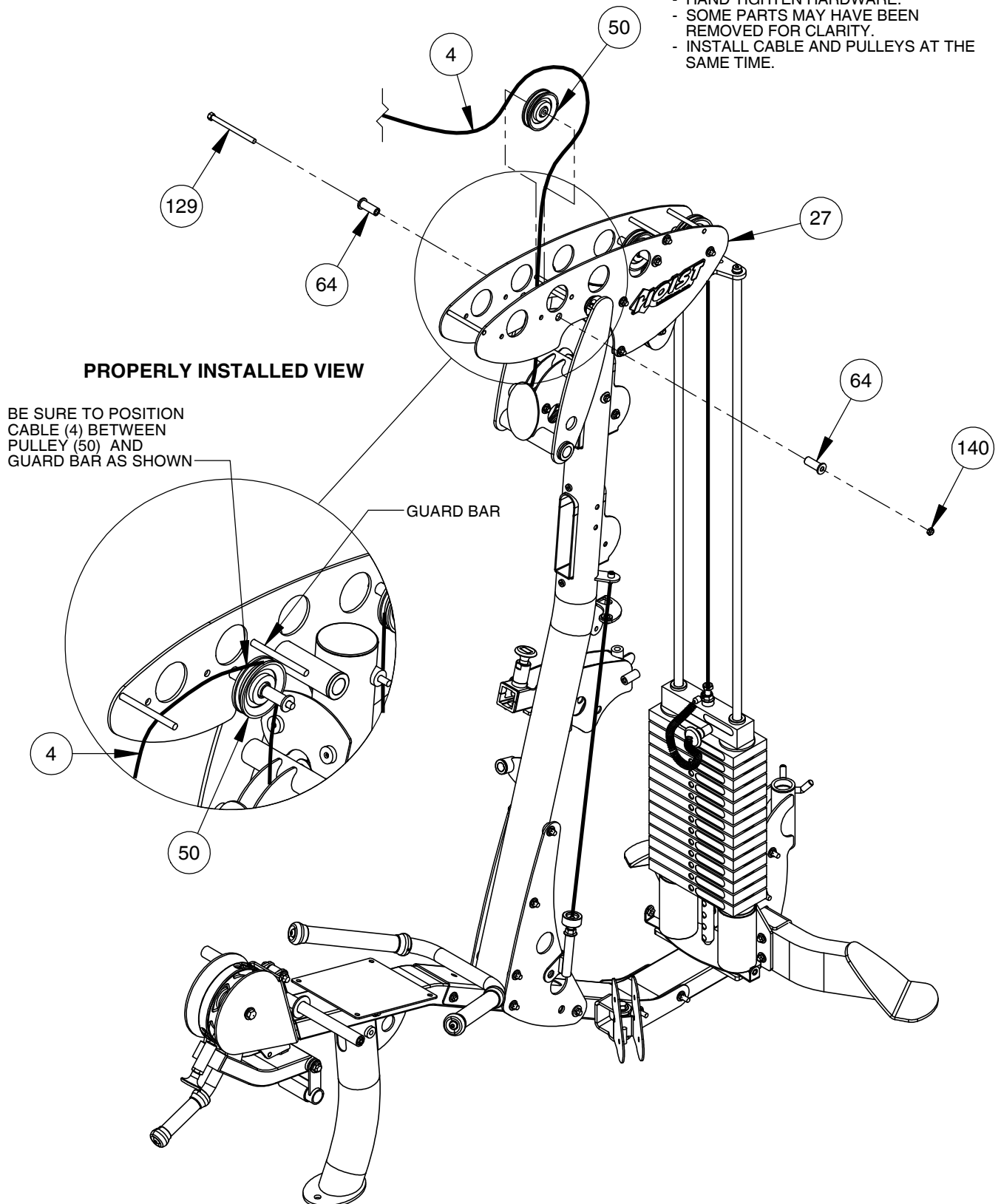
### PROPERLY INSTALLED VIEW



# OWNER'S MANUAL

## FRAME ASSEMBLY

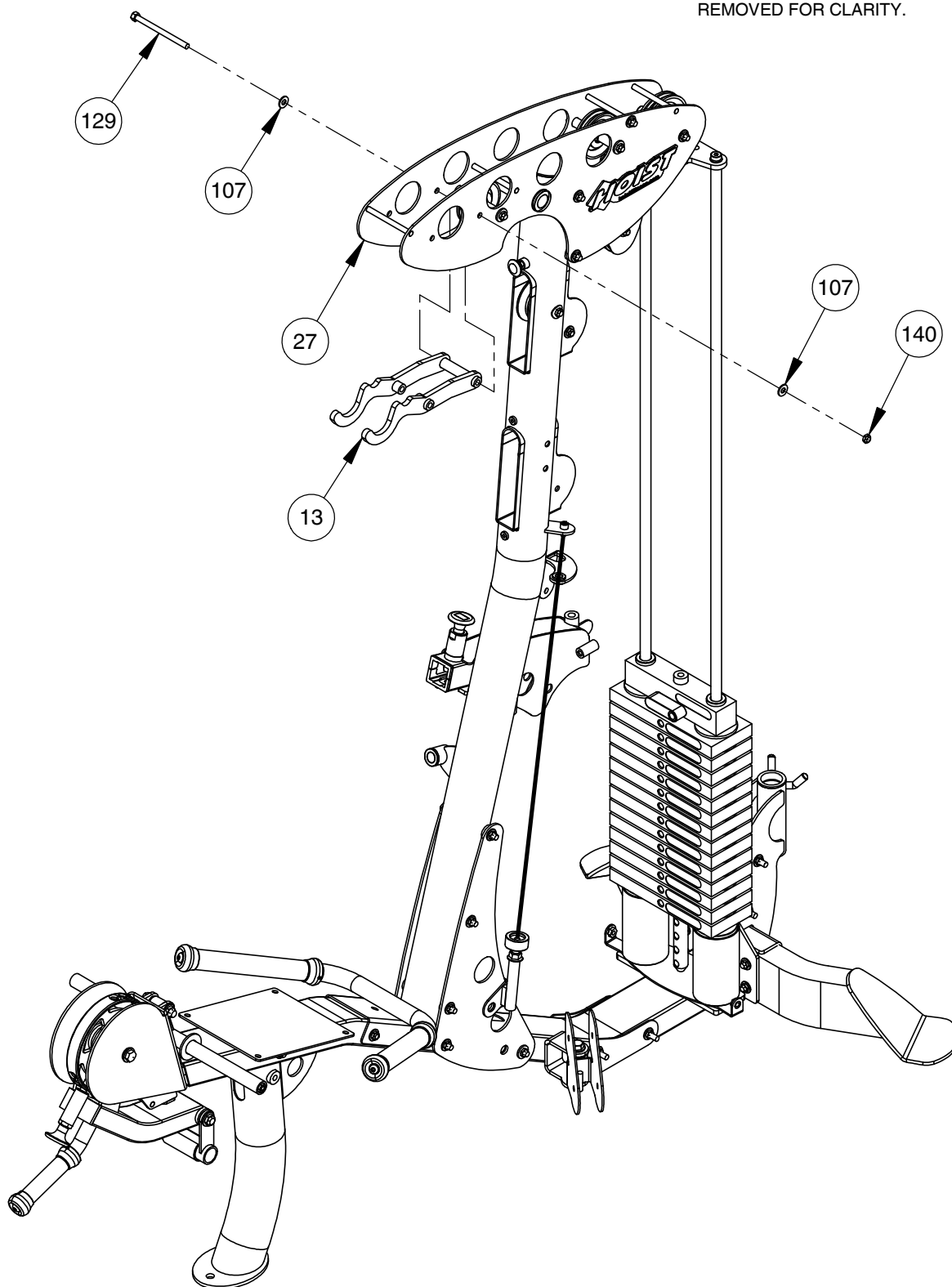
- NOTE:
- HAND TIGHTEN HARDWARE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
  - INSTALL CABLE AND PULLEYS AT THE SAME TIME.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.  
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REMOVED FOR CLARITY.



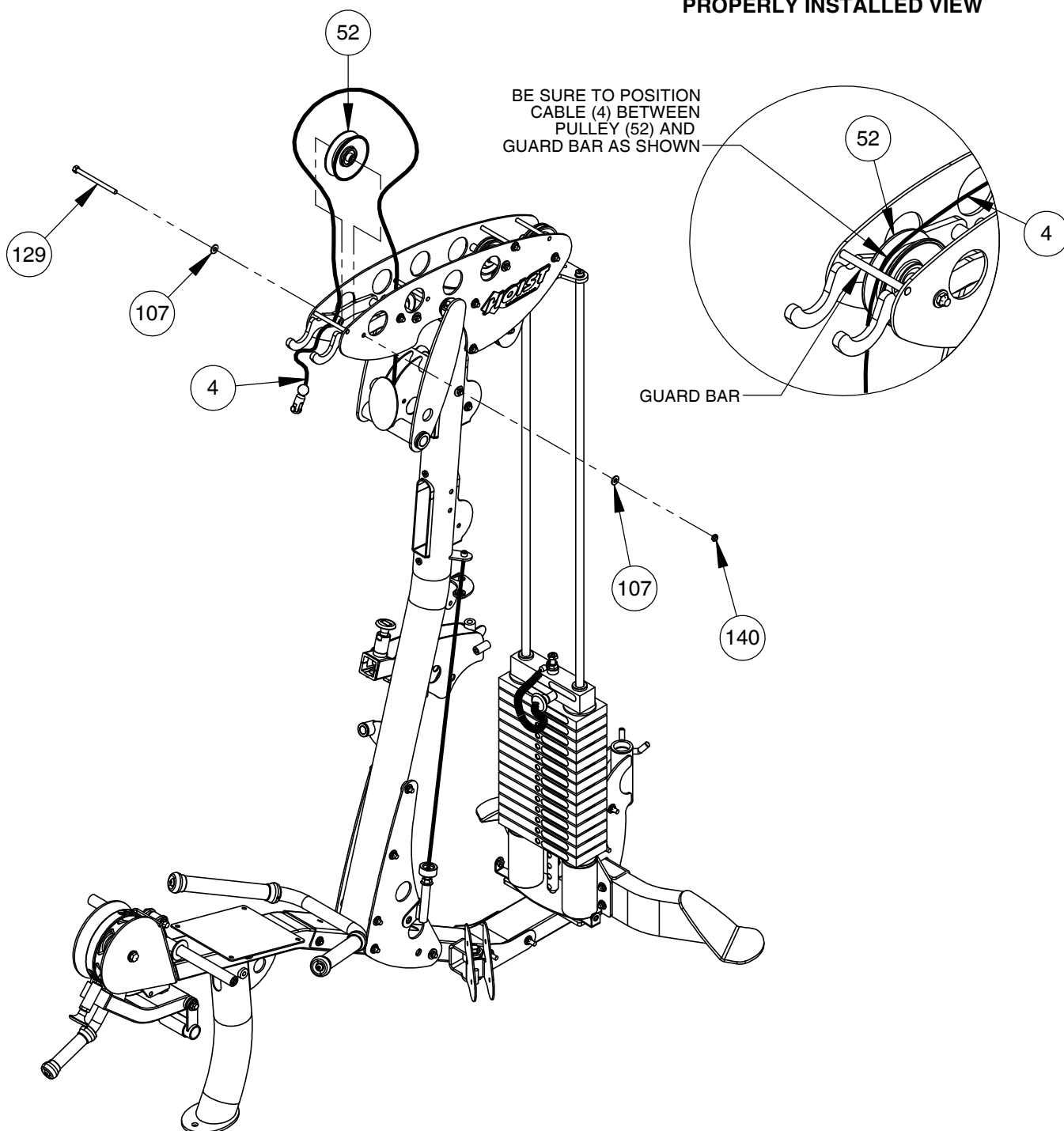
# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

### PROPERLY INSTALLED VIEW

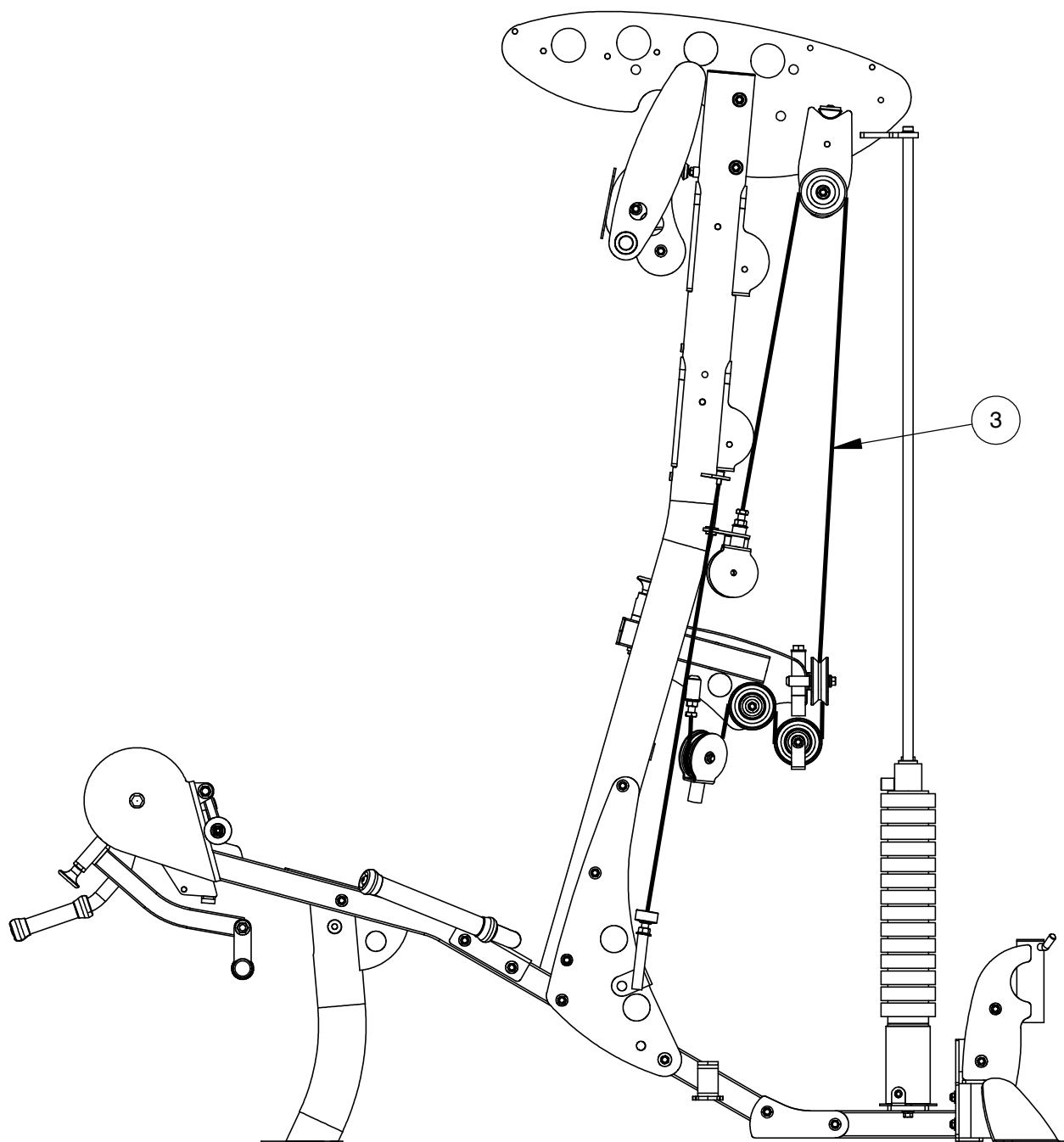


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

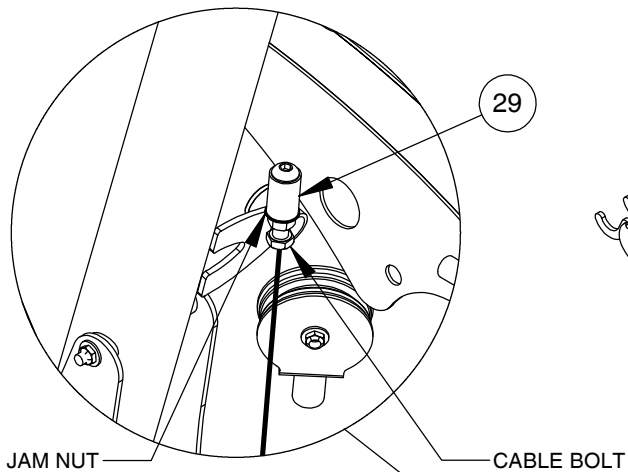
### CABLING PROFILE VIEW



# OWNER'S MANUAL

## FRAME ASSEMBLY

### PROPERLY INSTALLED VIEW



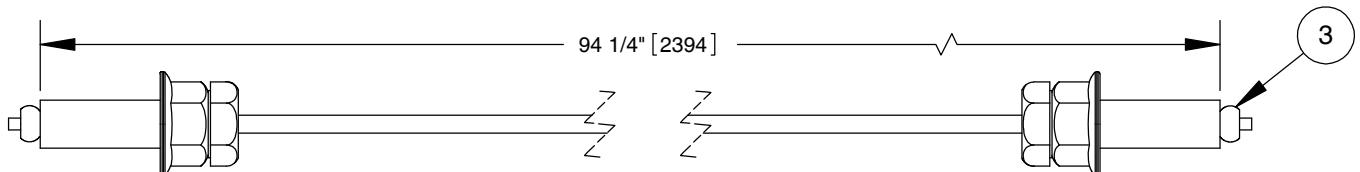
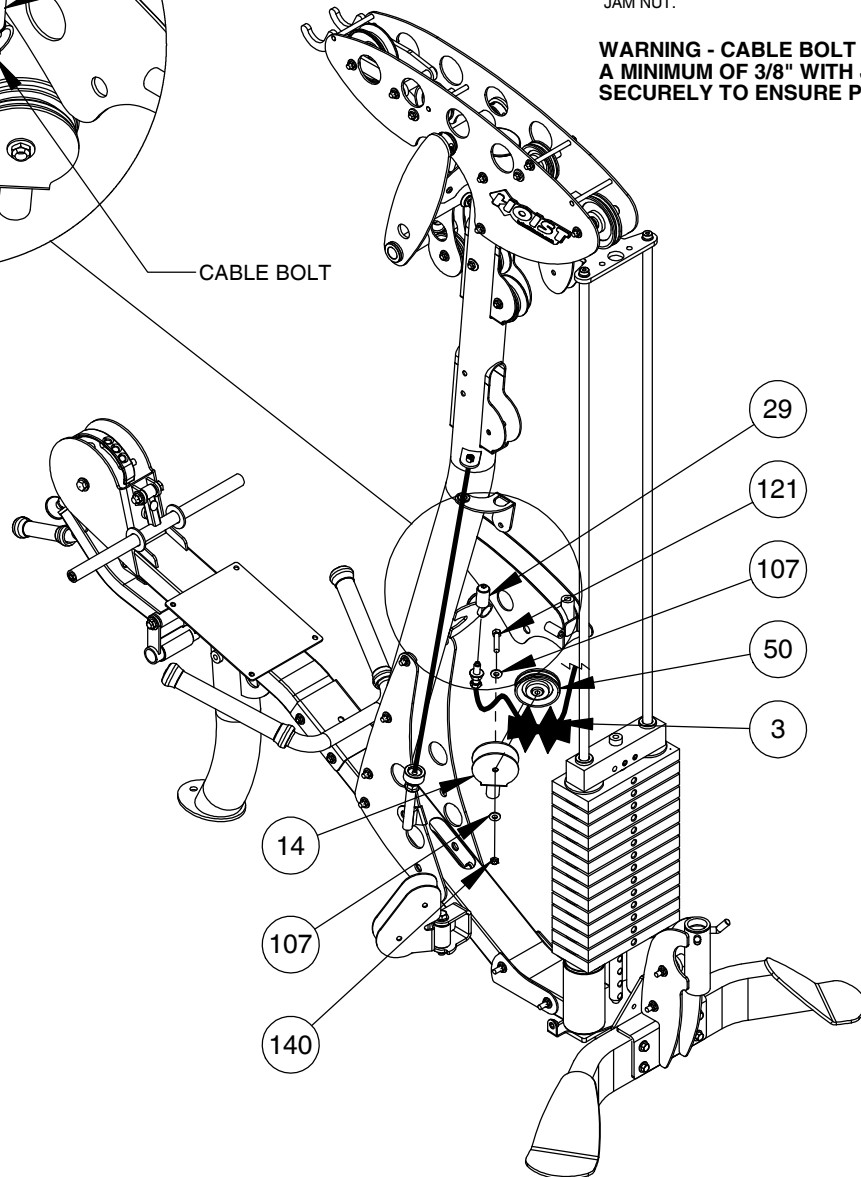
#### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

#### FINE TUNING:

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

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

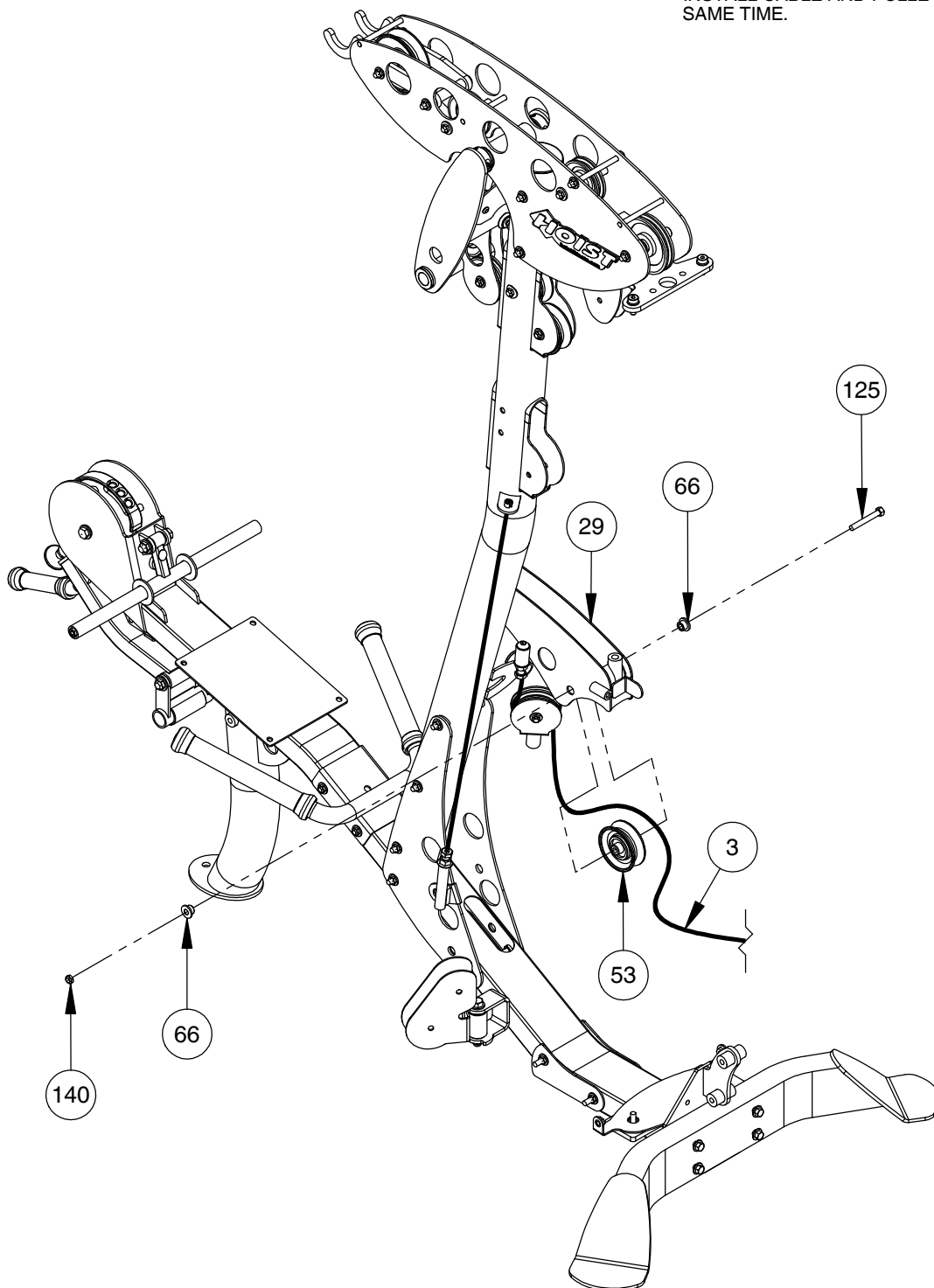


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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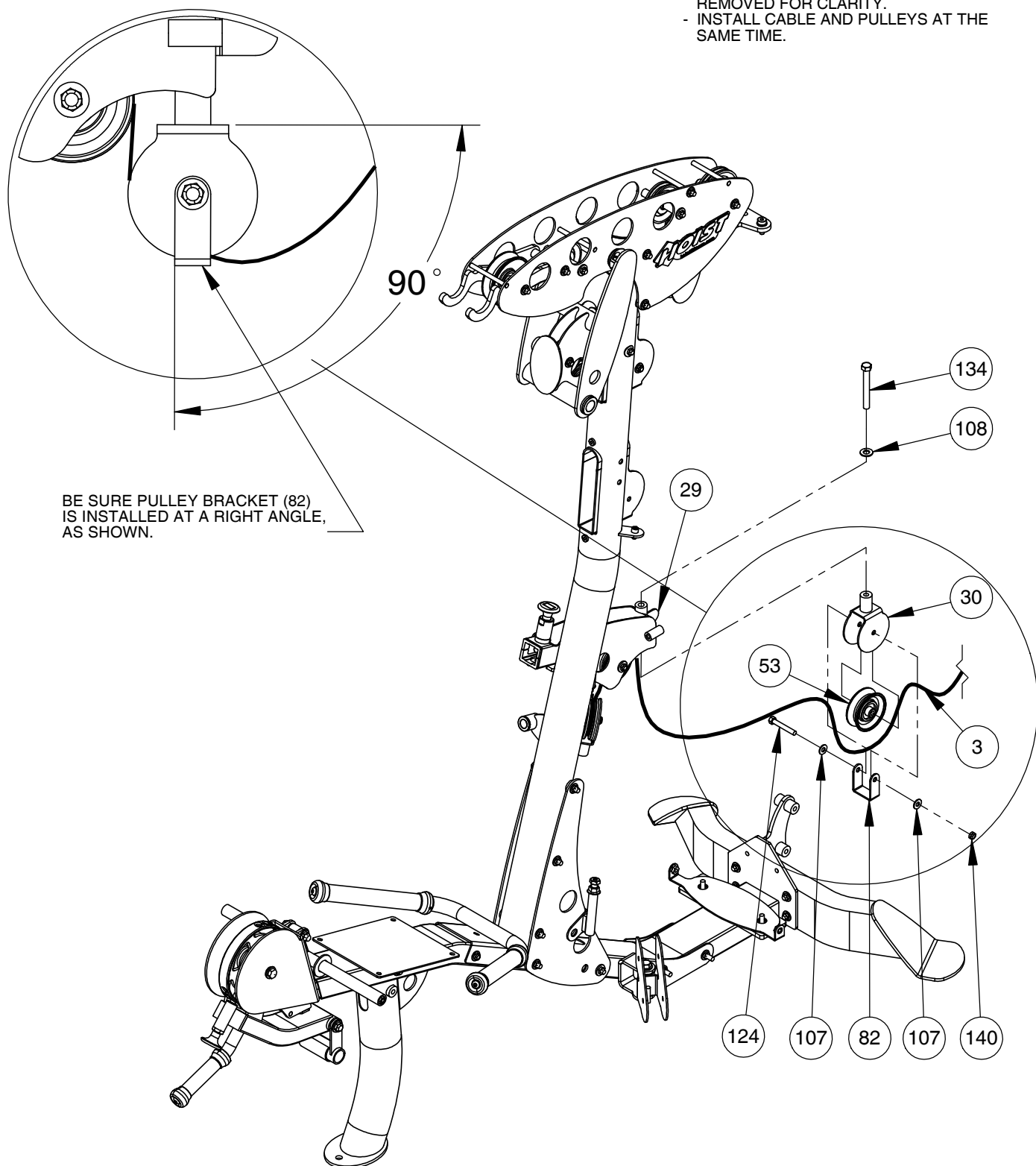
# OWNER'S MANUAL

## FRAME ASSEMBLY

**\*\*PROPERLY INSTALLED VIEW\*\***

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



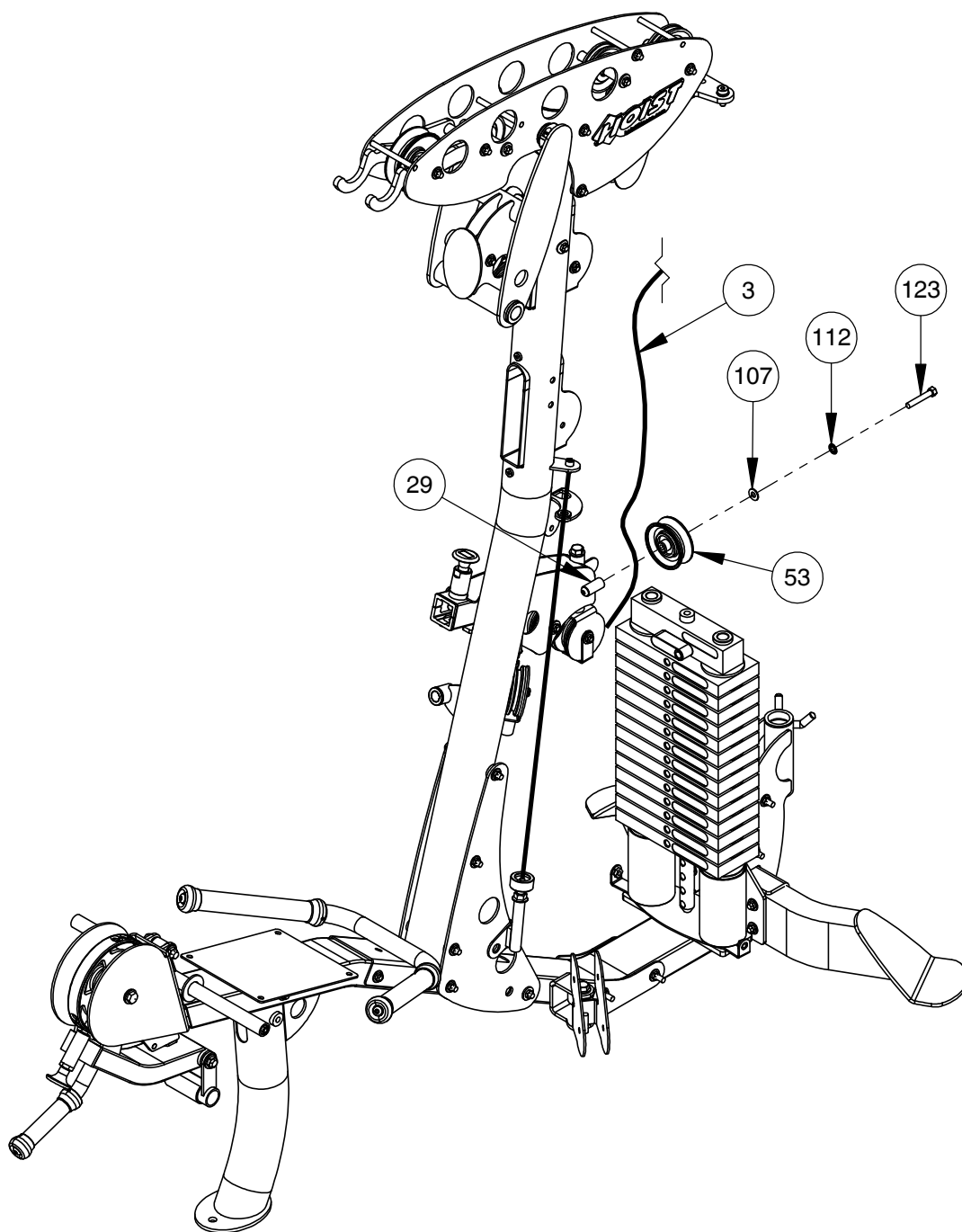


# OWNER'S MANUAL

## FRAME ASSEMBLY

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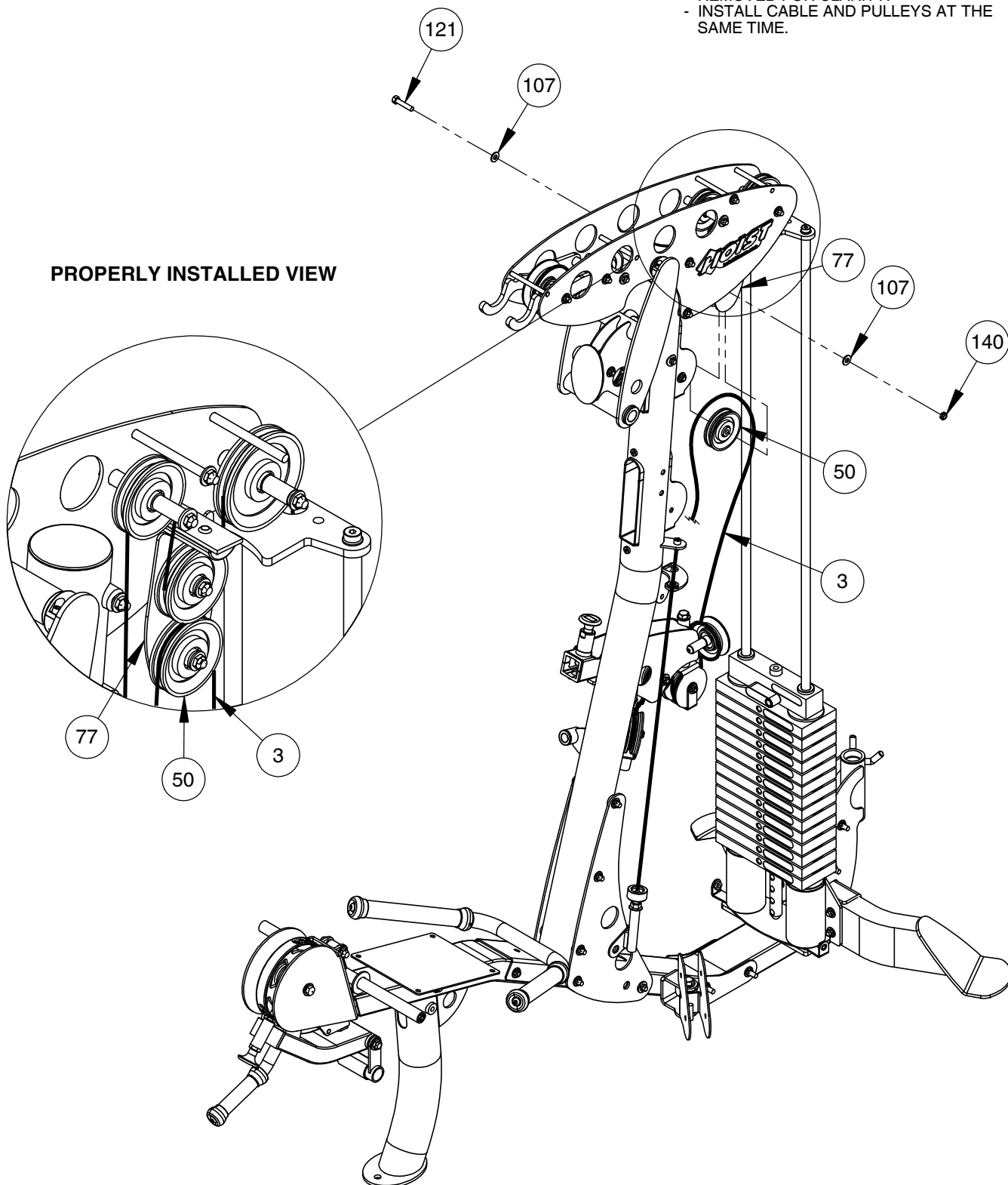


# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
  - INSTALL CABLE AND PULLEYS AT THE SAME TIME.

PROPERLY INSTALLED VIEW



# OWNER'S MANUAL

## FRAME ASSEMBLY

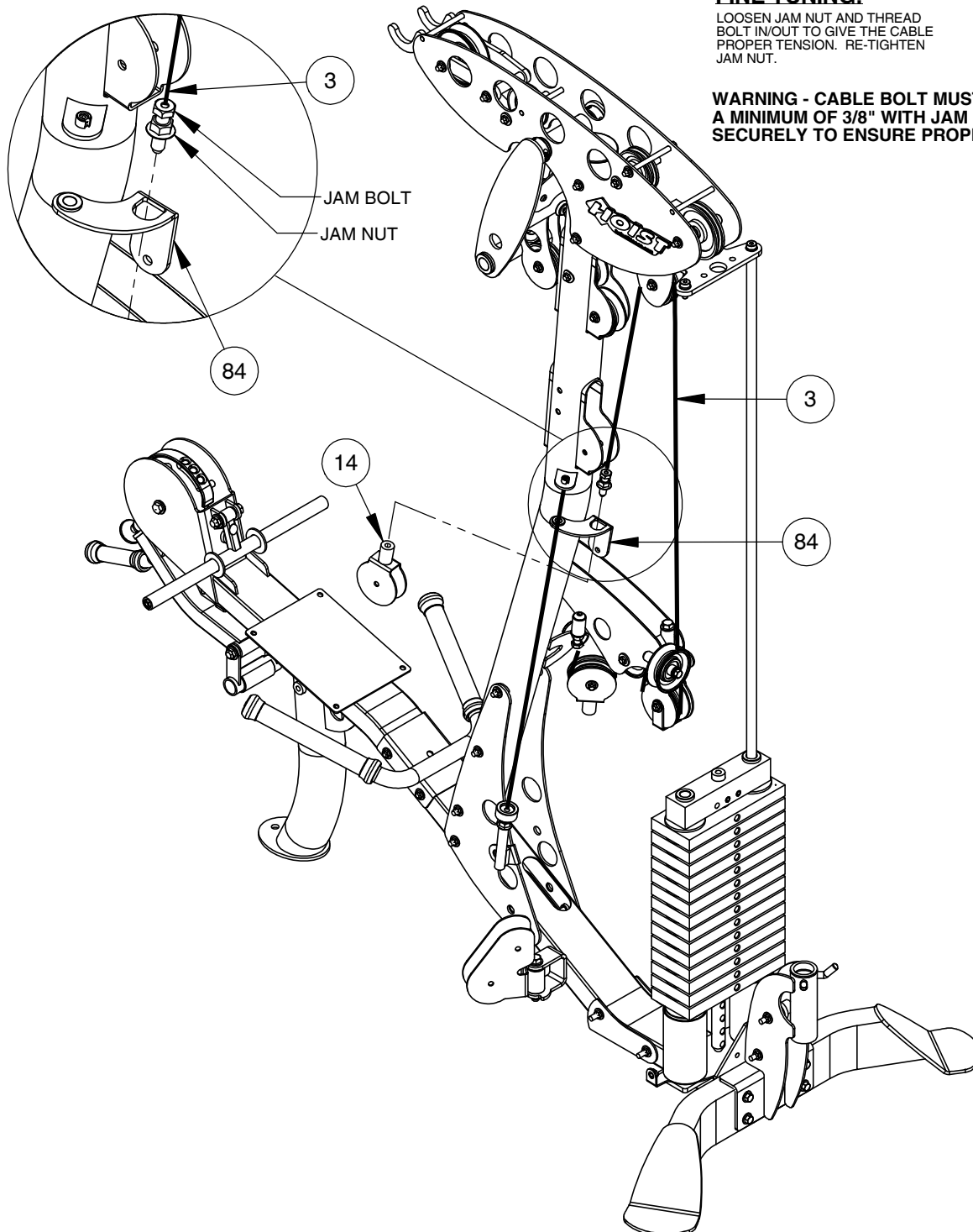
### NOTE:

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- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

### FINE TUNING:

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

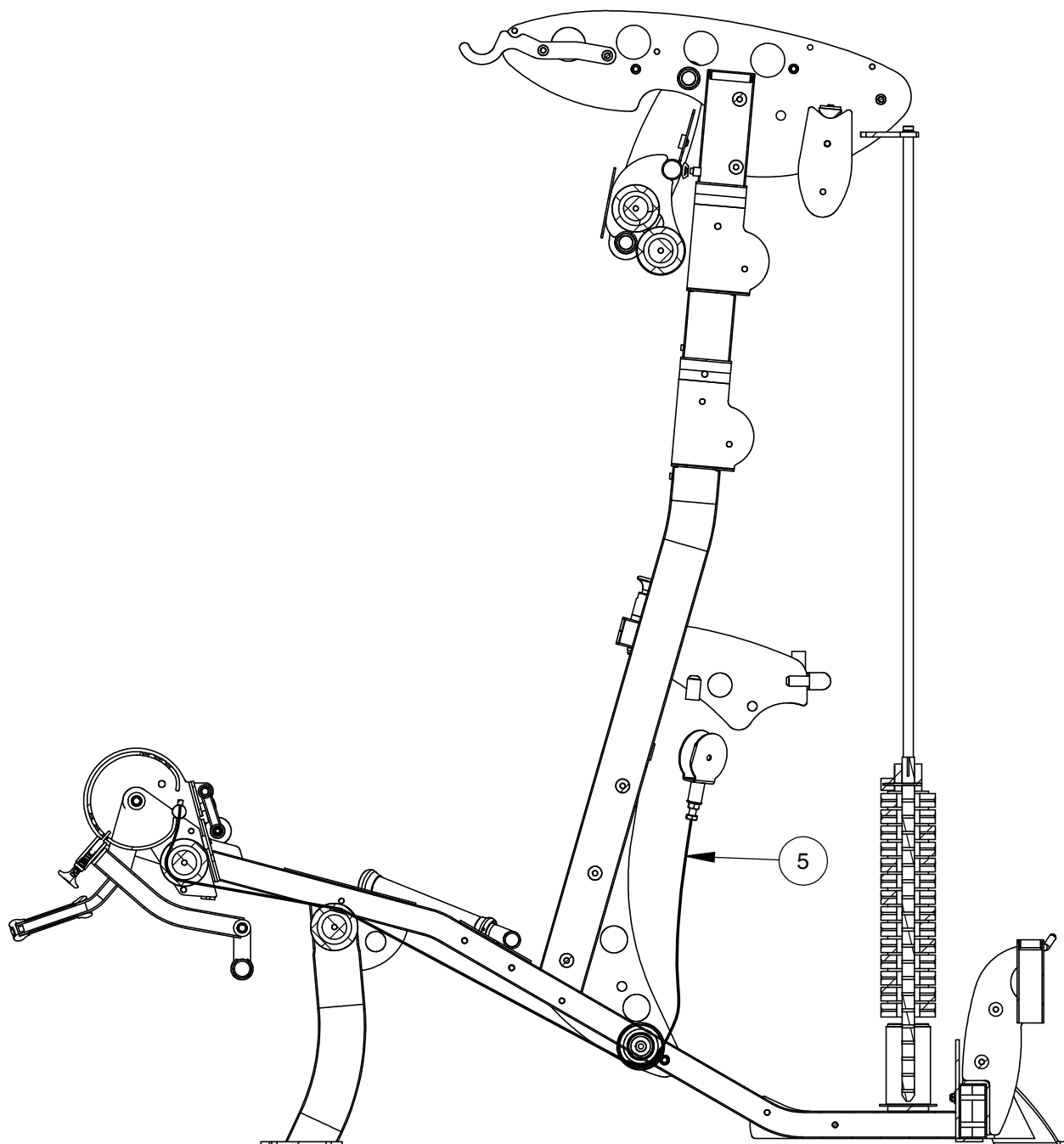


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

### CABLING PROFILE VIEW

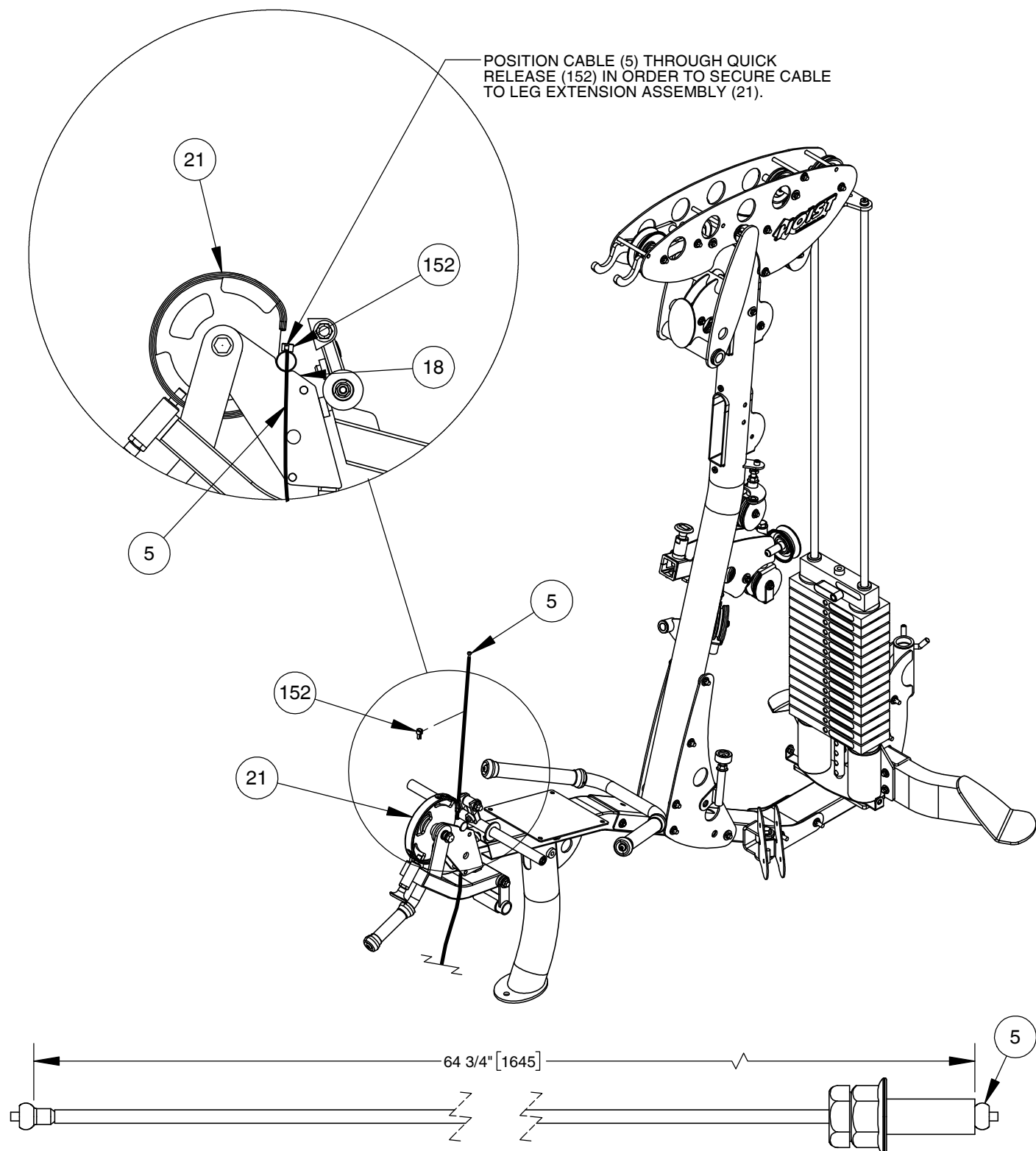


# OWNER'S MANUAL

## FRAME ASSEMBLY

### PROPERLY INSTALLED VIEW

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



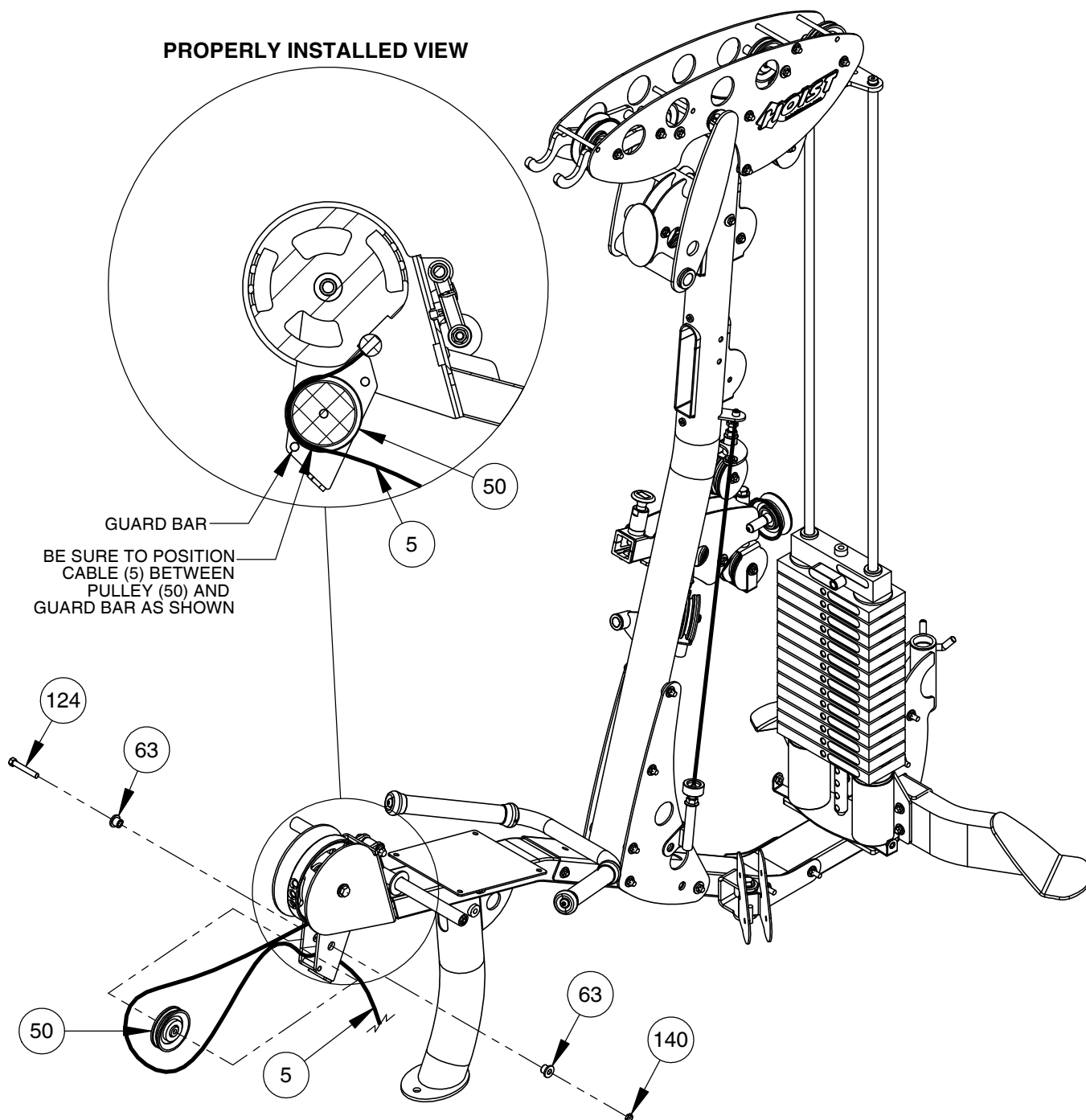
# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

### PROPERLY INSTALLED VIEW



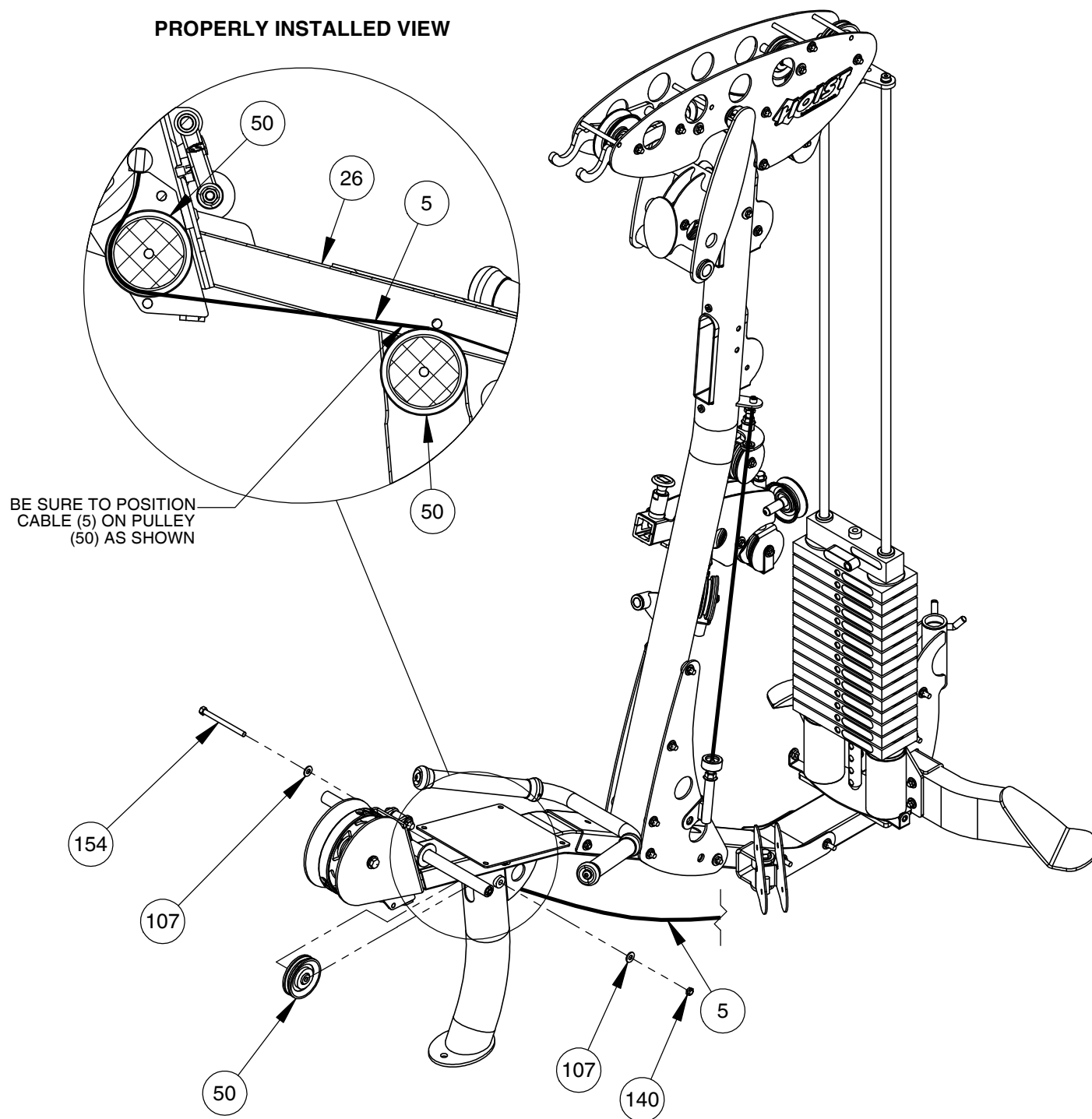
# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

### PROPERLY INSTALLED VIEW



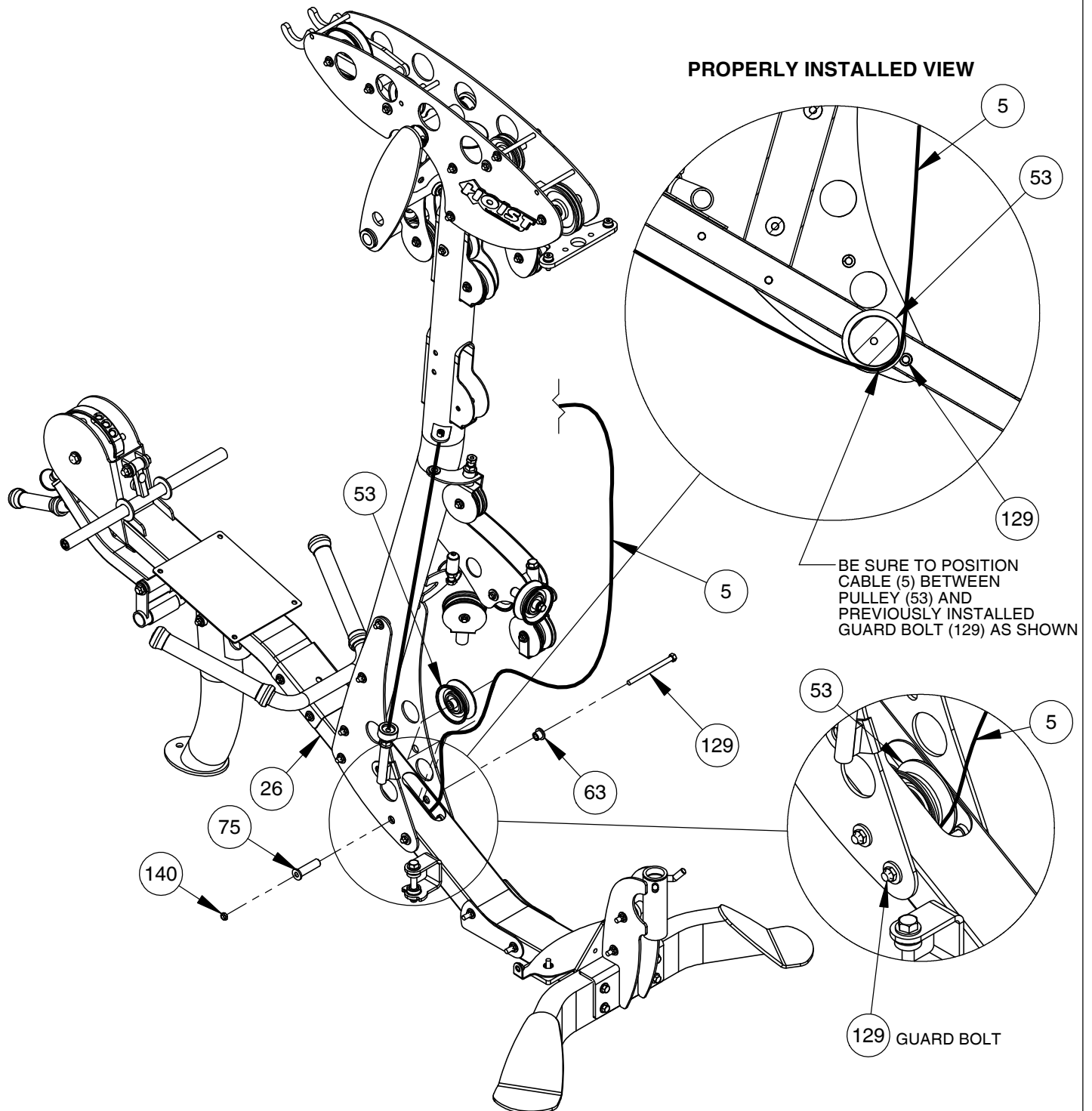
# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

**PROPERLY INSTALLED VIEW**





# OWNER'S MANUAL

## FRAME ASSEMBLY

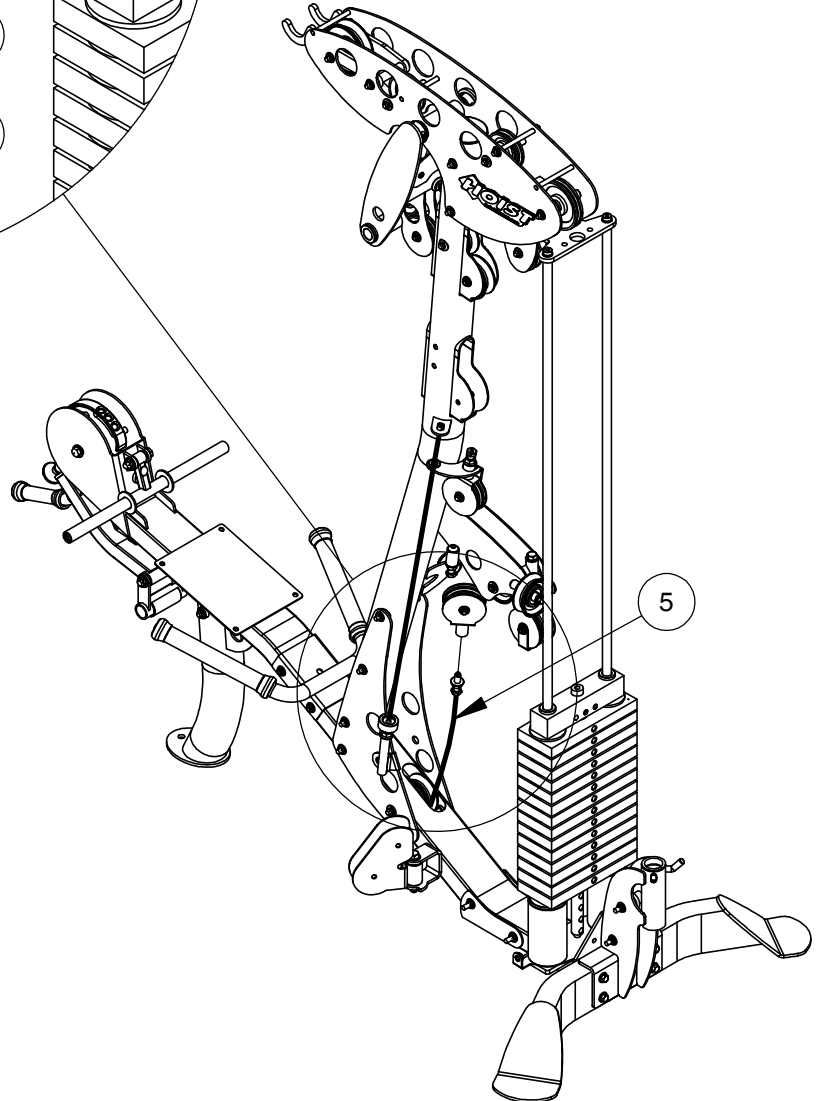
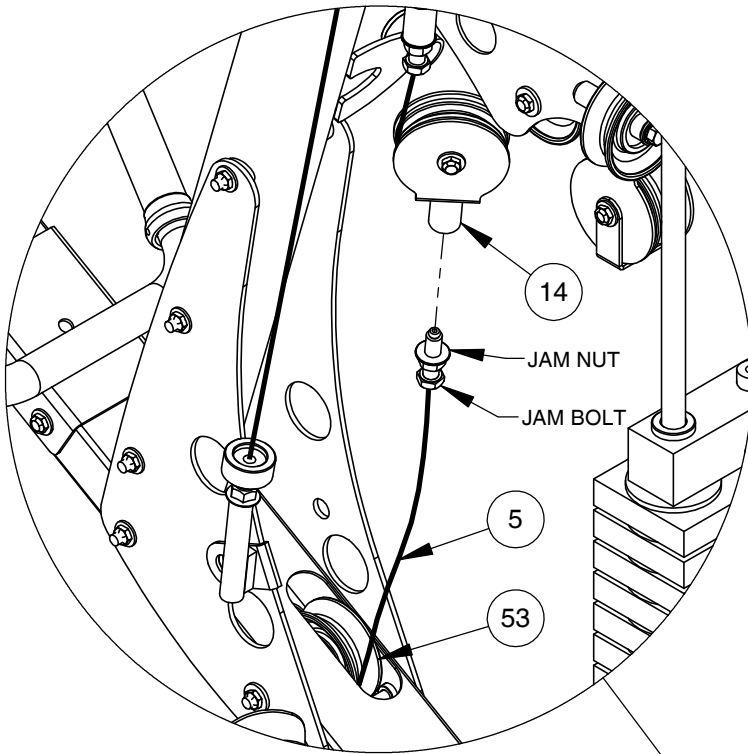
### NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN CABLE ASSEMBLY (5) TO SECURE ONTO (14).

### FINE TUNING:

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

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



# OWNER'S MANUAL

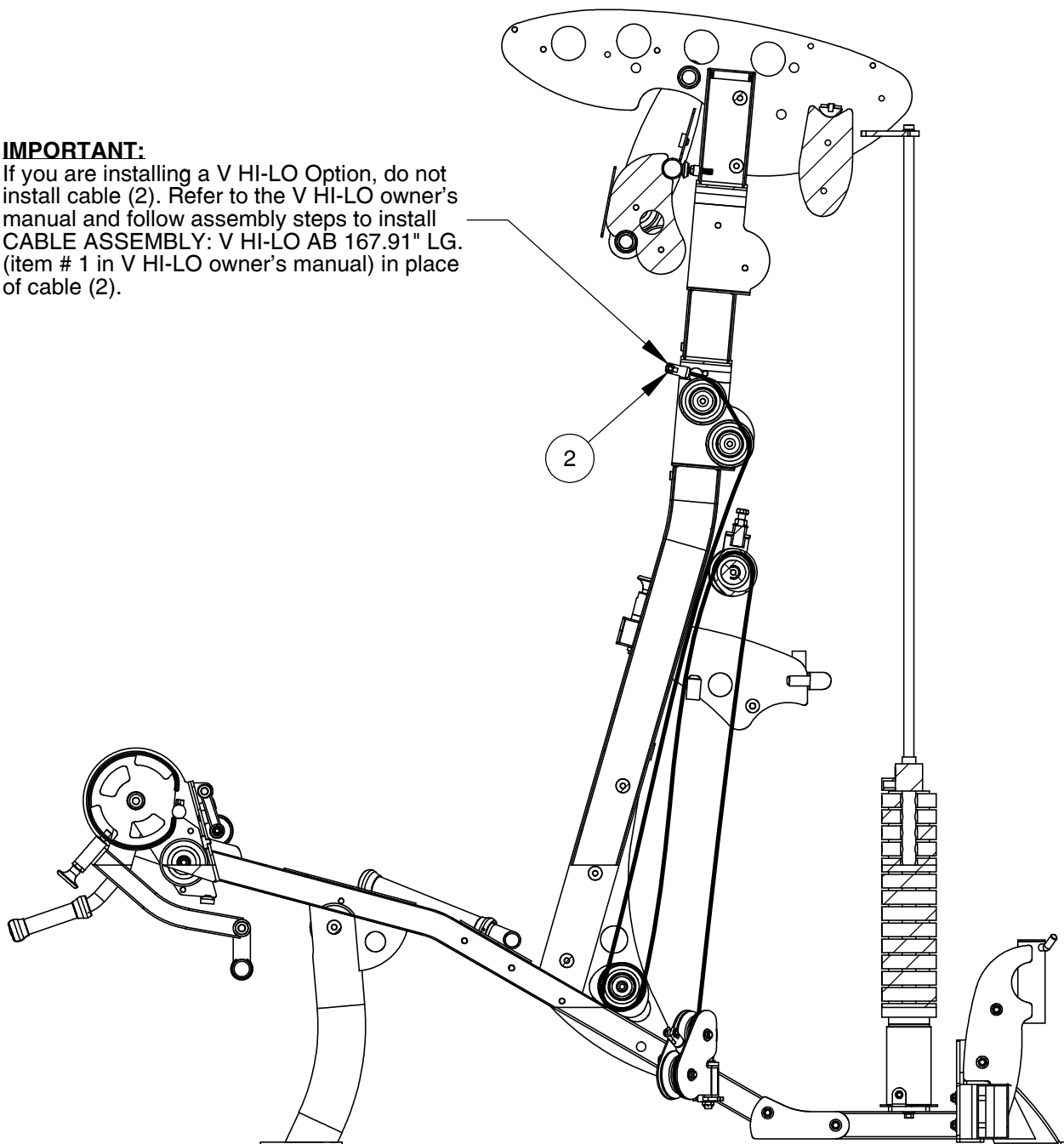
## FRAME ASSEMBLY

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

### CABLING PROFILE VIEW

#### **IMPORTANT:**

If you are installing a V HI-LO Option, do not install cable (2). Refer to the V HI-LO owner's manual and follow assembly steps to install CABLE ASSEMBLY: V HI-LO AB 167.91" LG. (item # 1 in V HI-LO owner's manual) in place of cable (2).

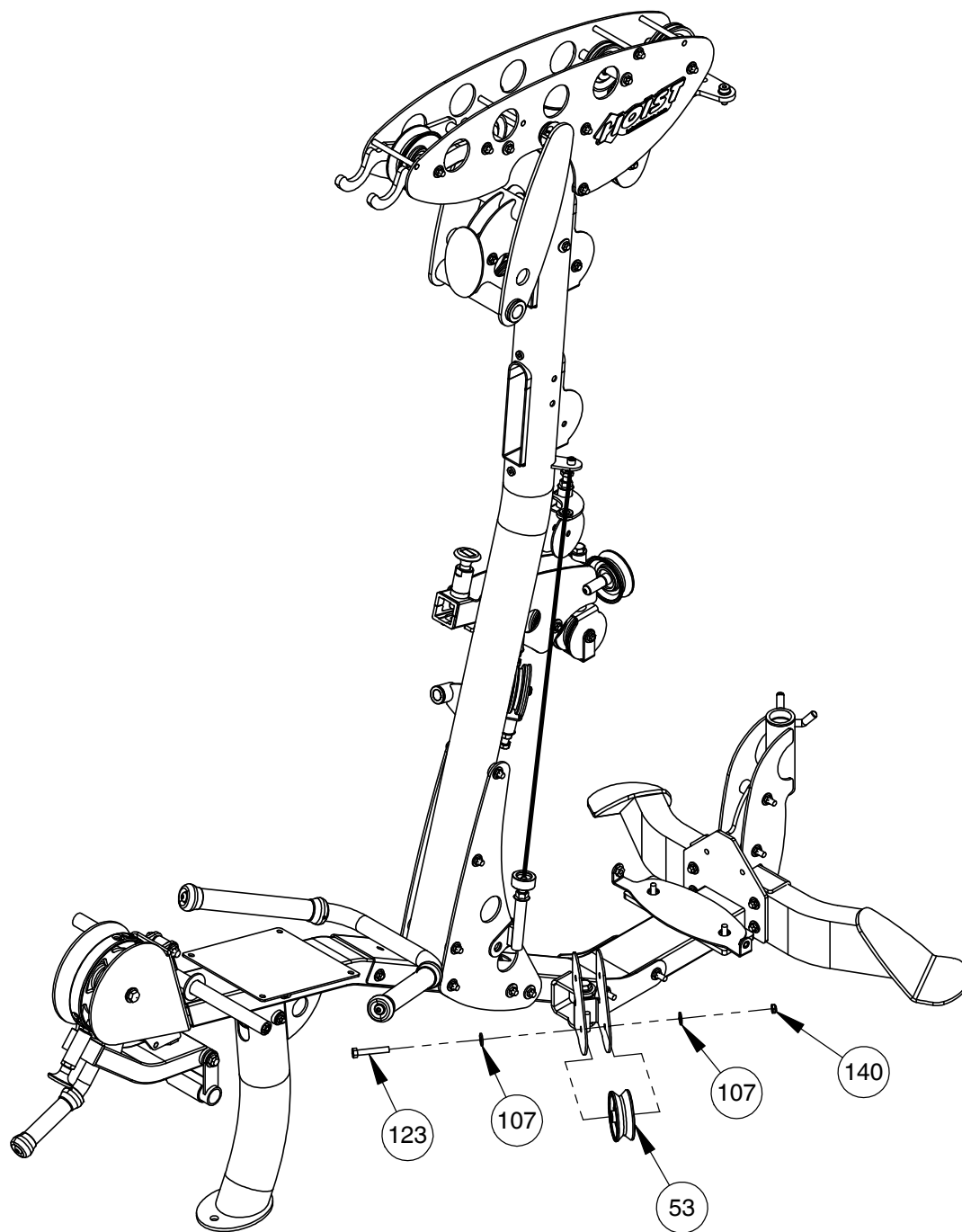


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

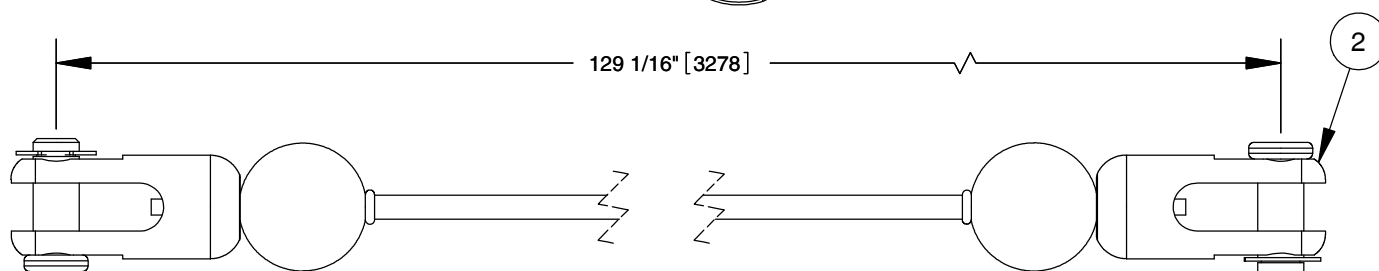
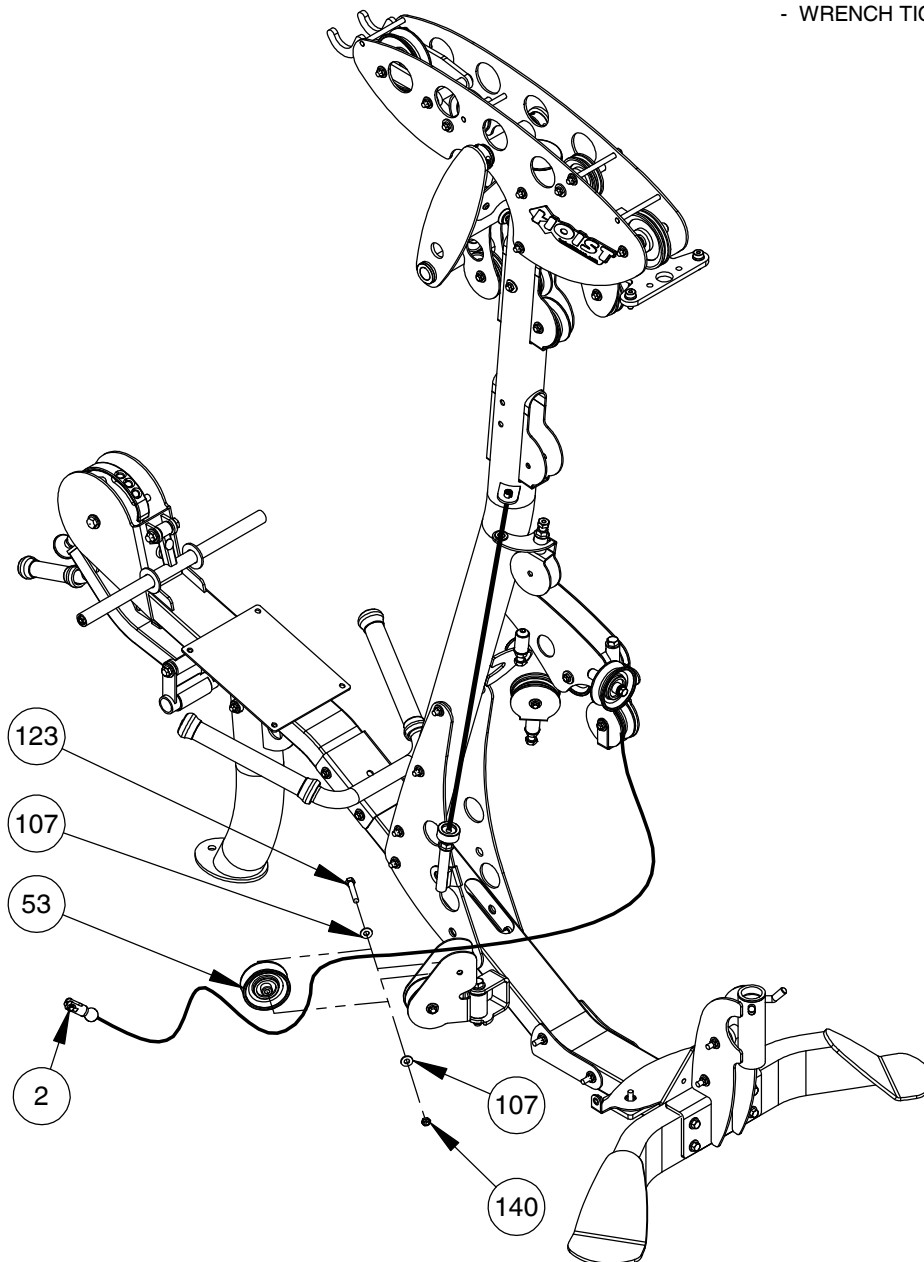


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.

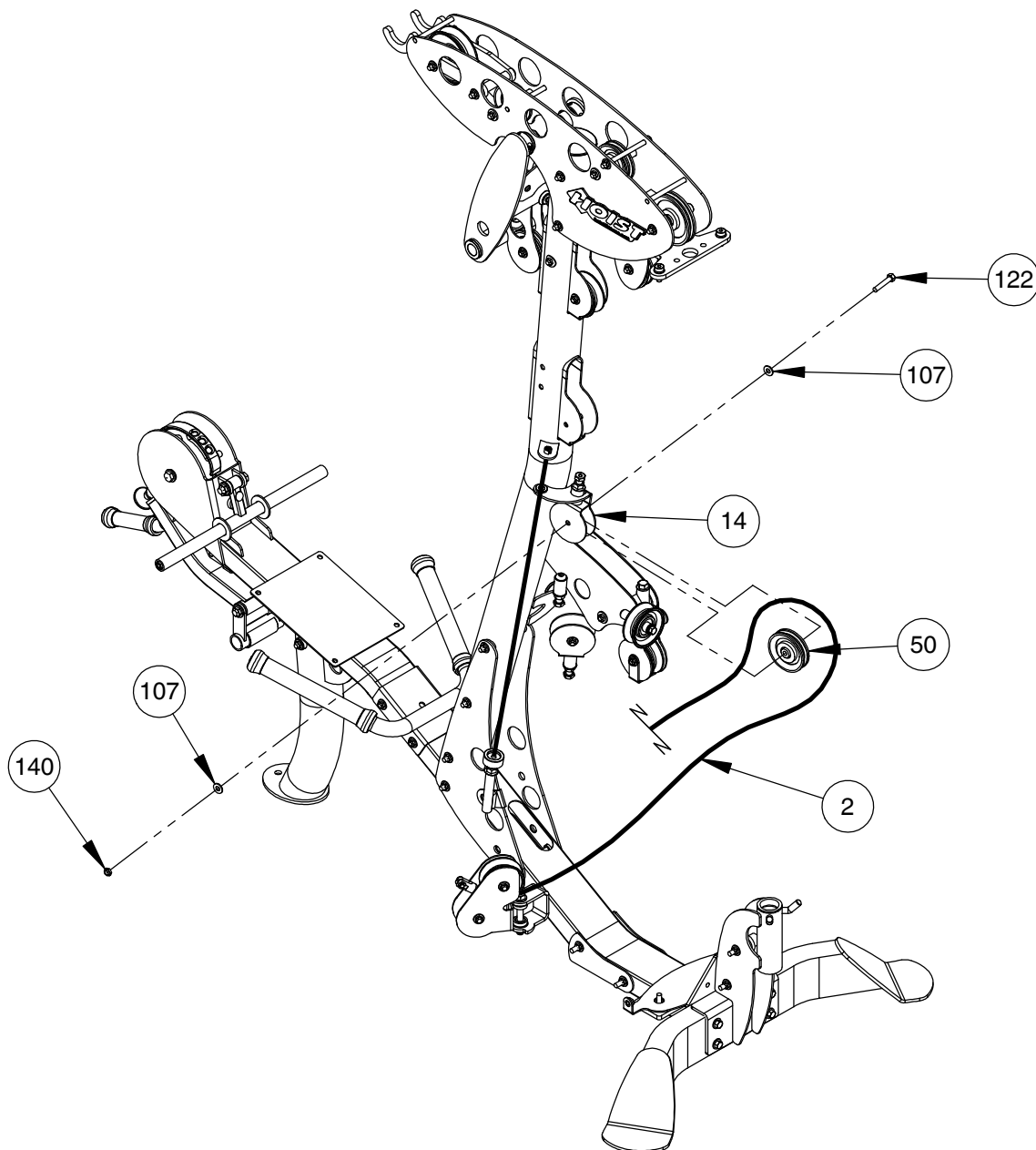


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.



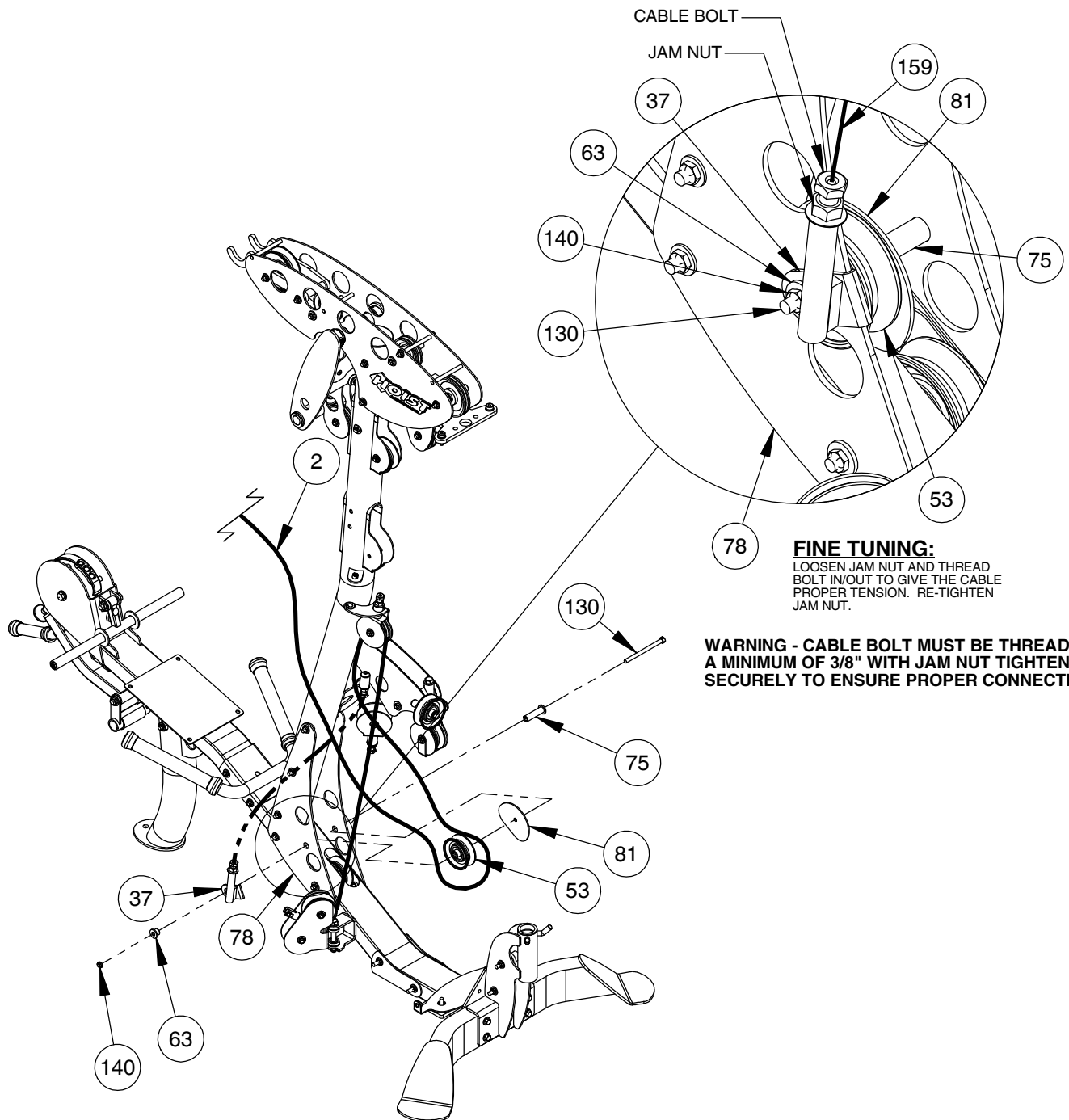
# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.

### PROPERLY INSTALLED VIEW



### FINE TUNING:

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

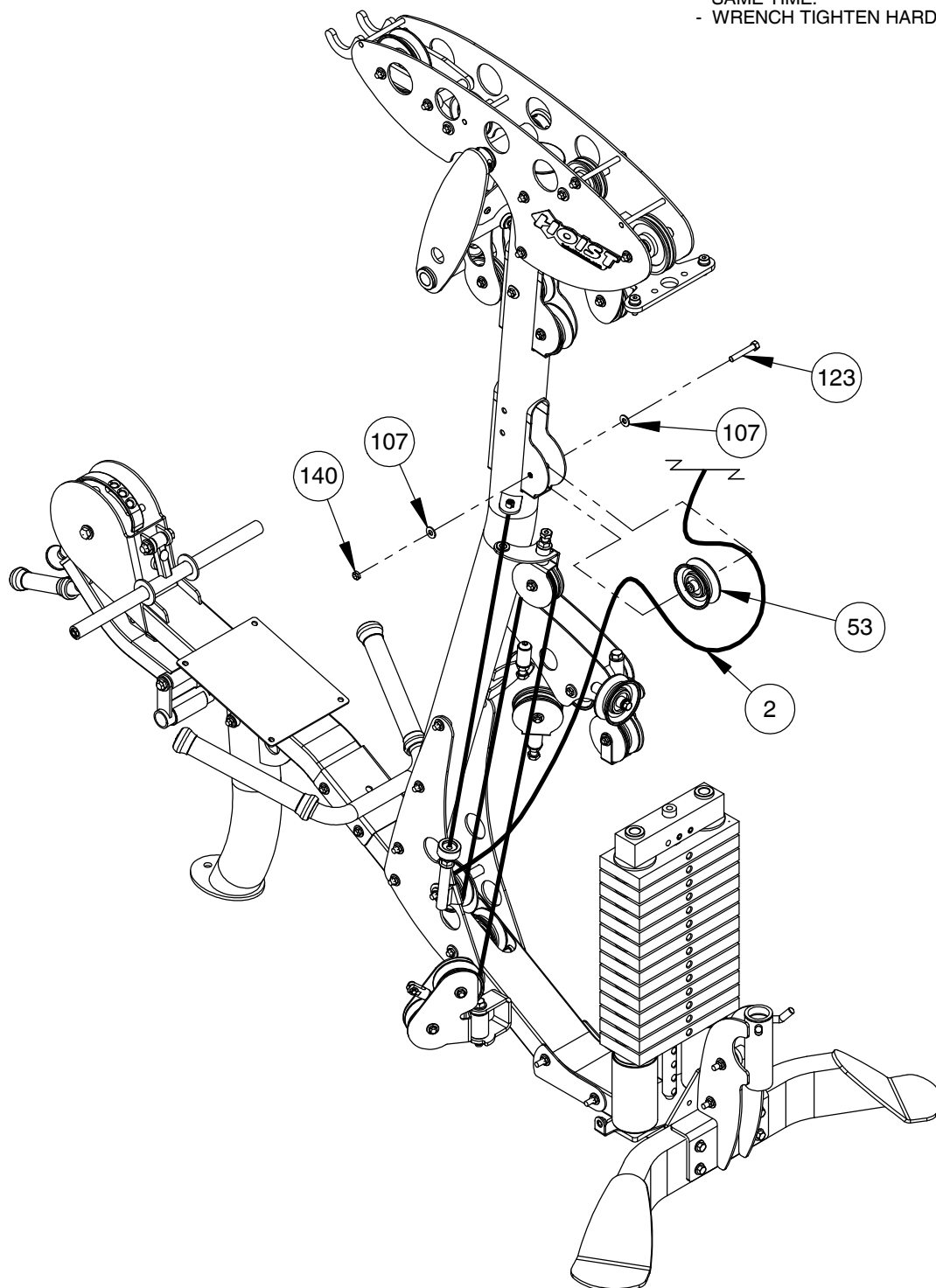
**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

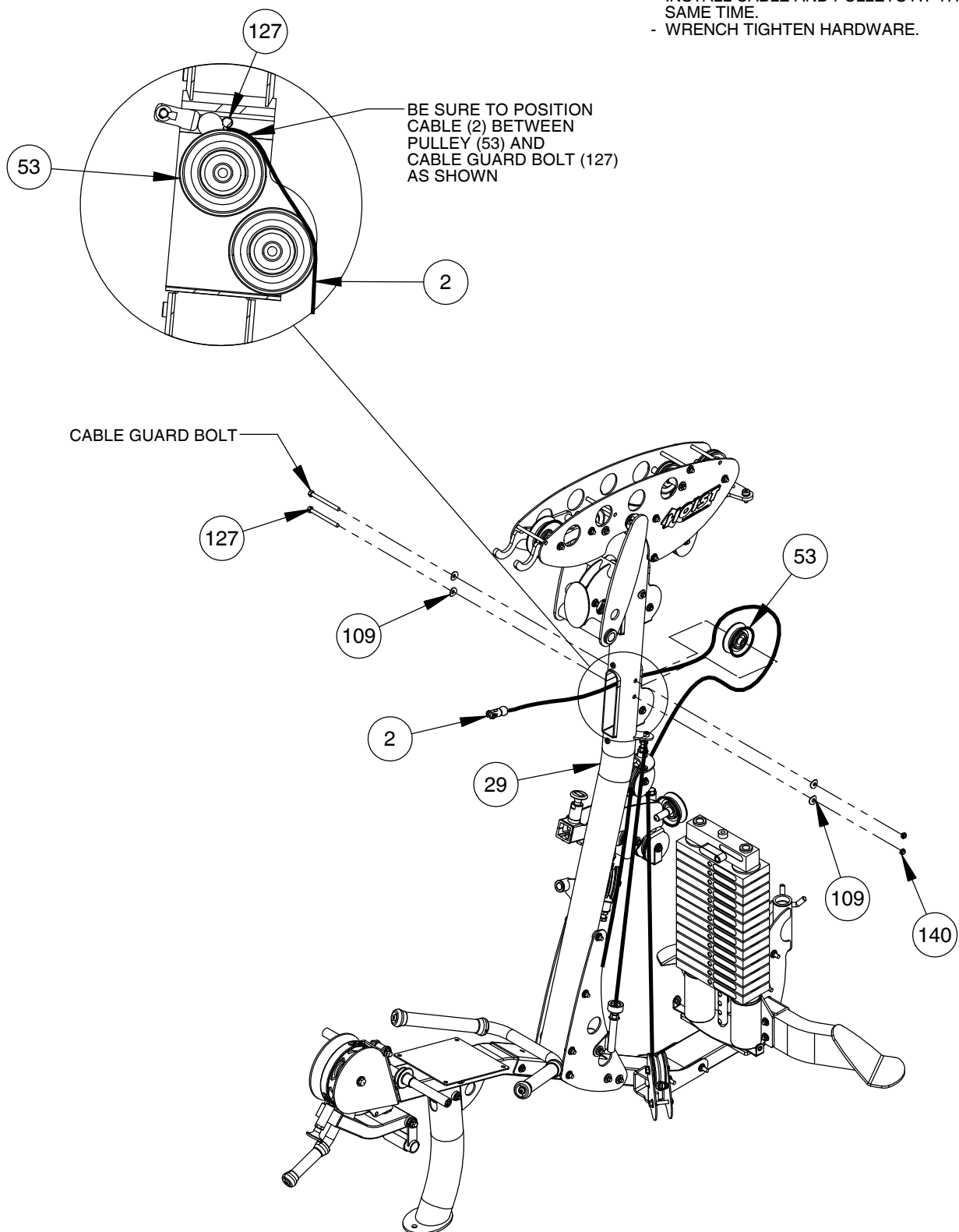
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### PROPERLY INSTALLED VIEW

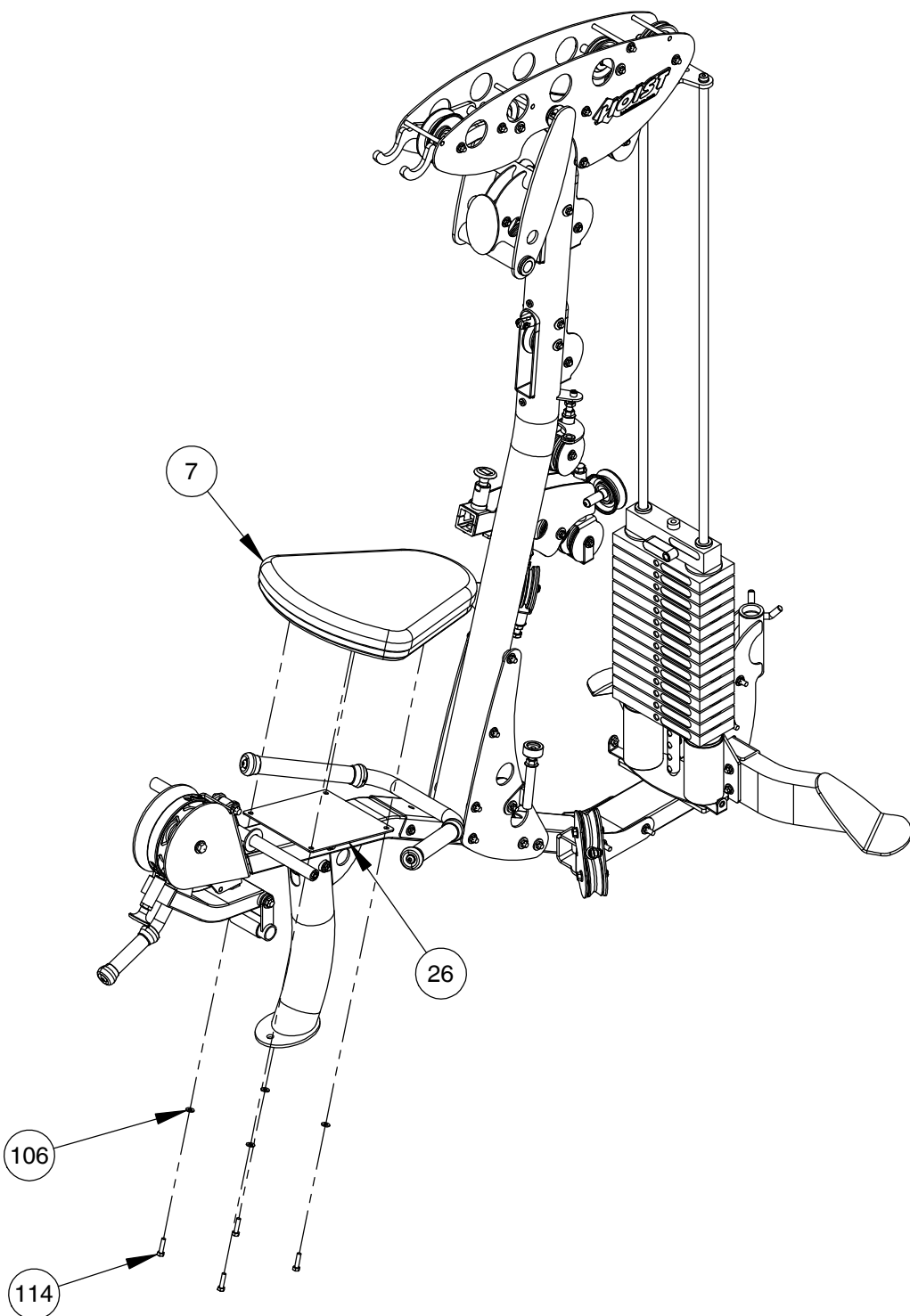




# OWNER'S MANUAL

## FRAME ASSEMBLY

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

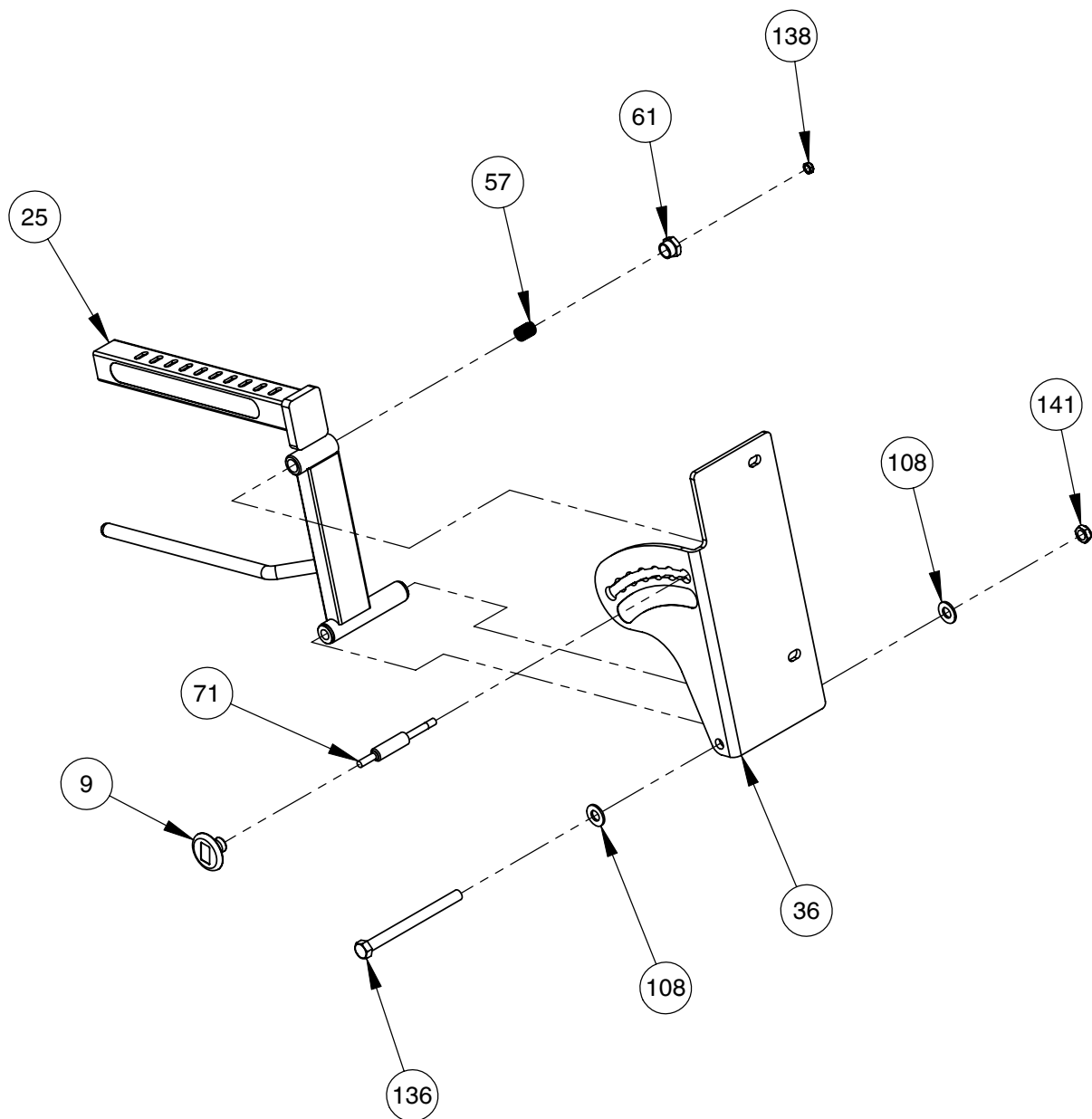


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

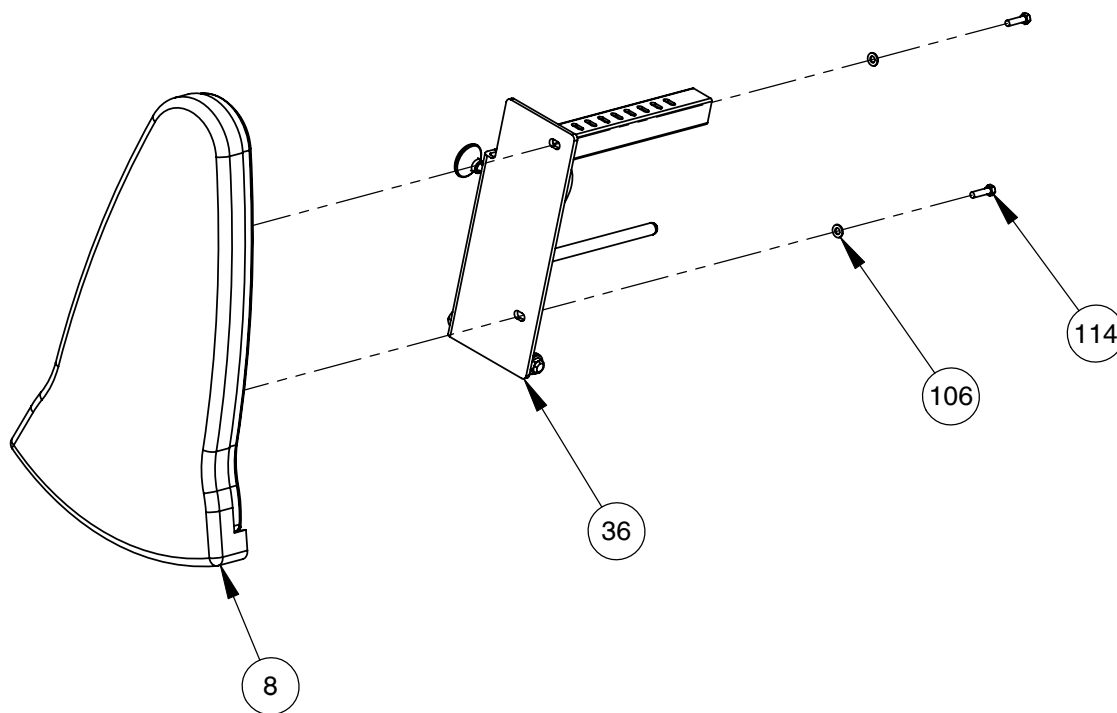
- WRENCH TIGHTEN HARDWARE (136) THEN LOOSEN NUT JUST ENOUGH FOR (36) TO PIVOT FREELY.
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

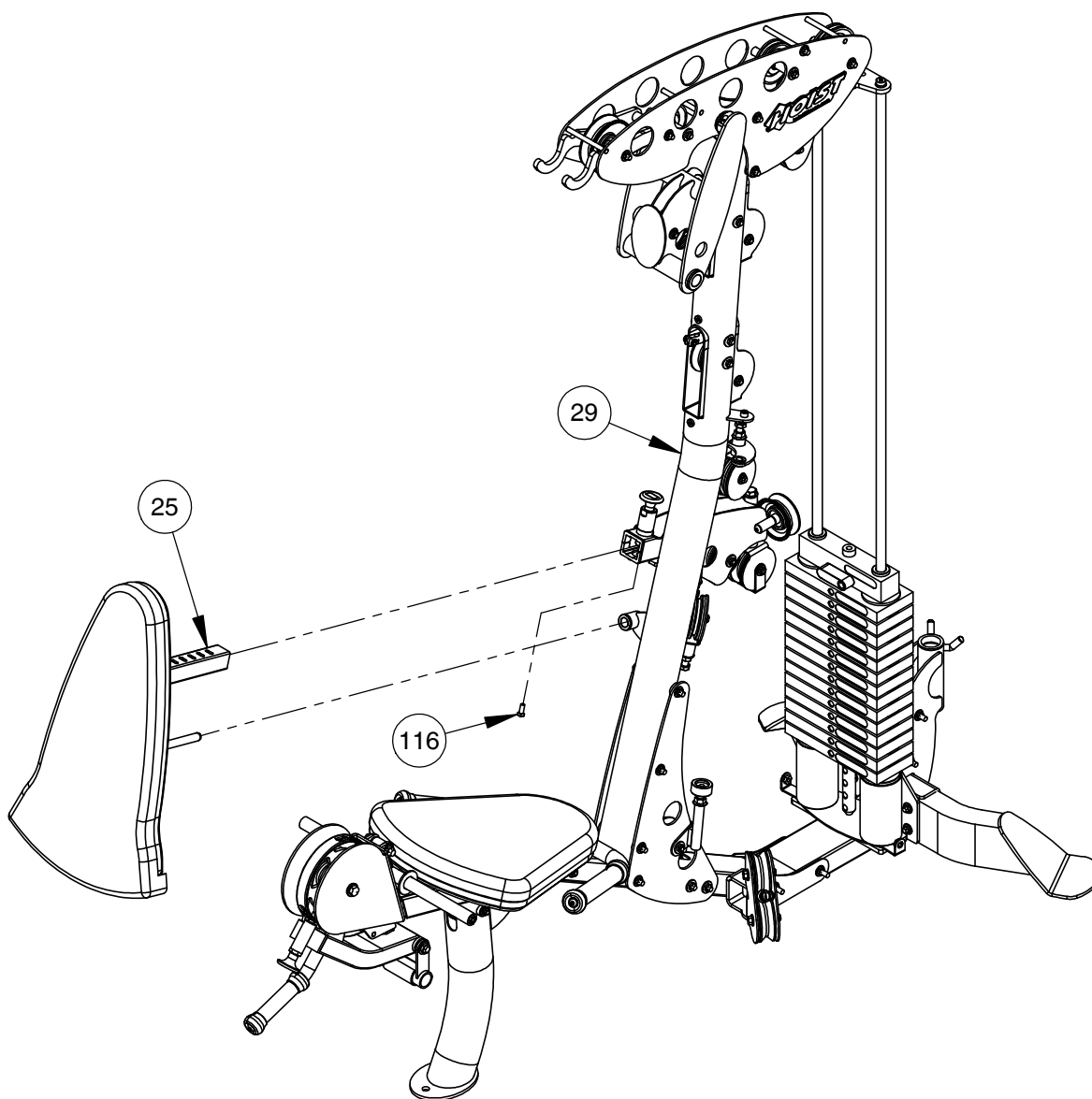
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

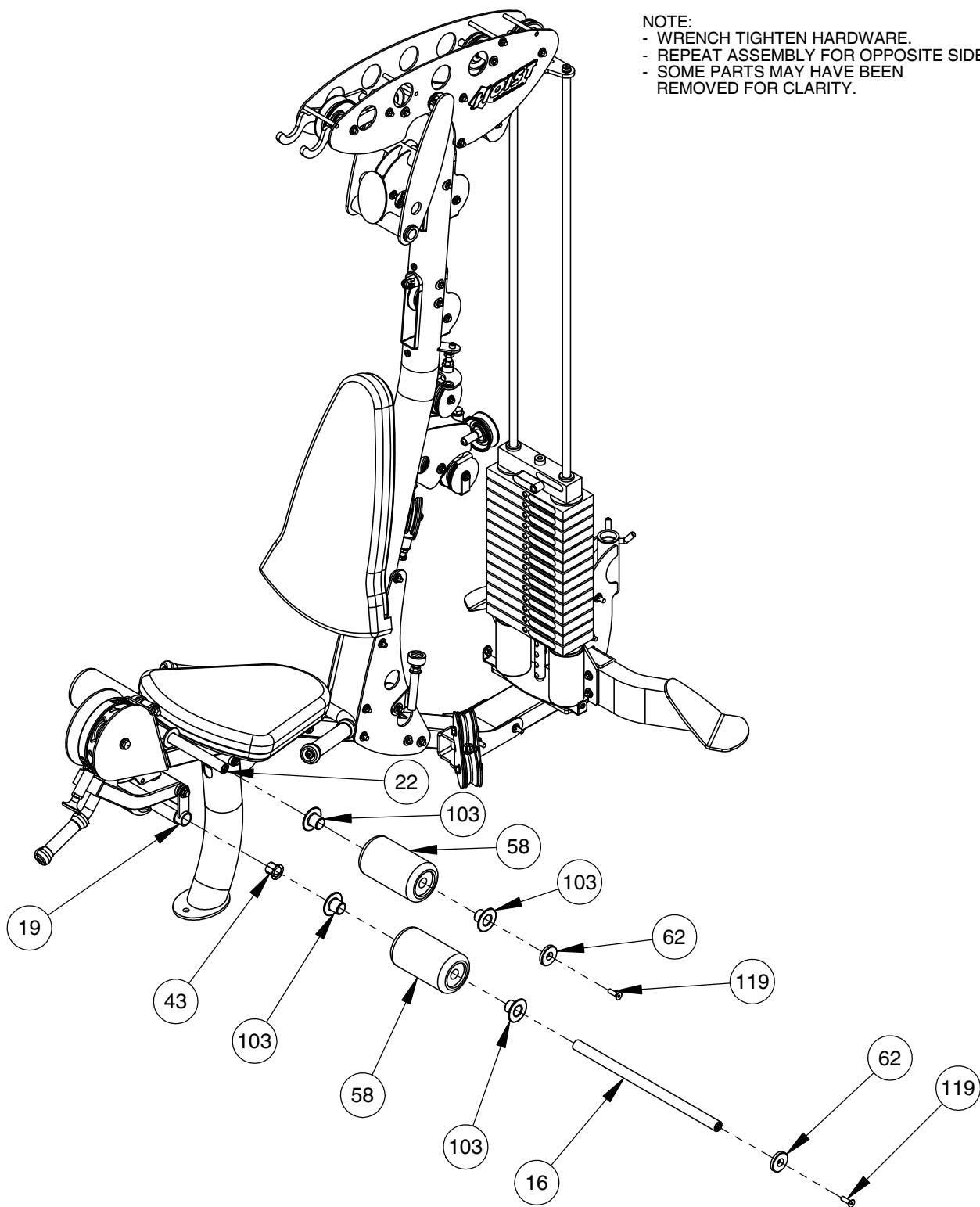
## FRAME ASSEMBLY

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



# OWNER'S MANUAL

## FRAME ASSEMBLY



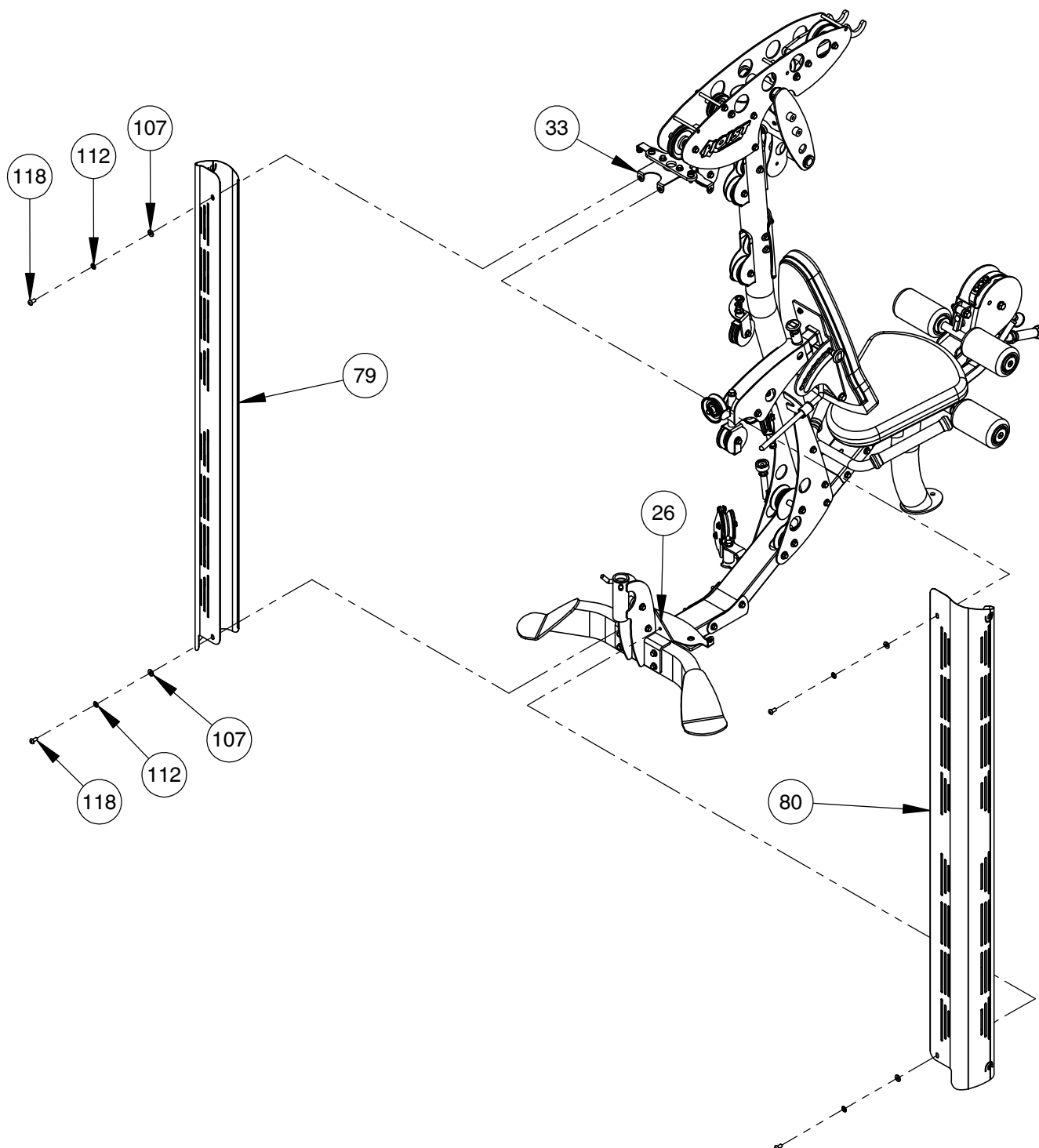
\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\*

# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

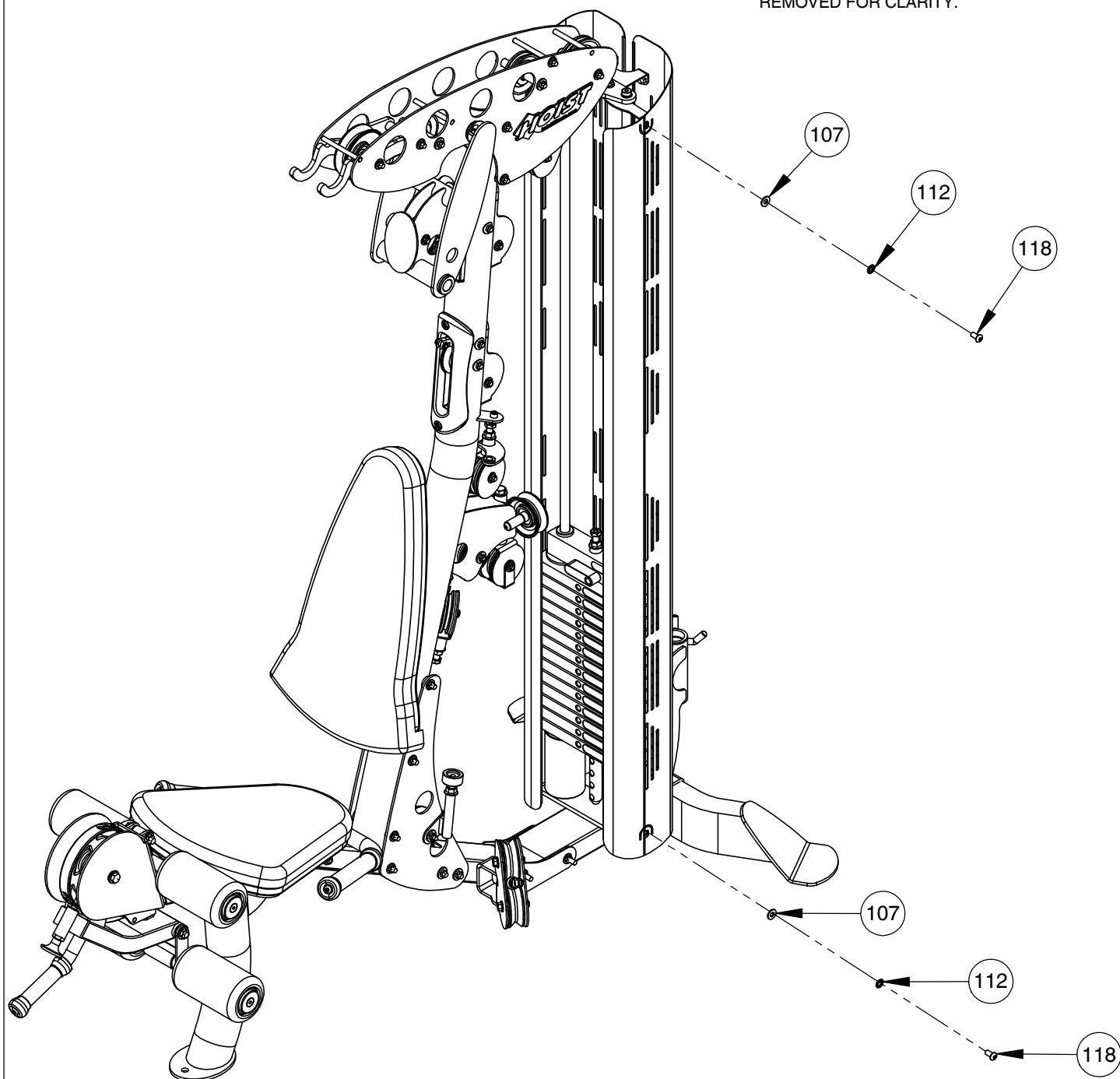


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

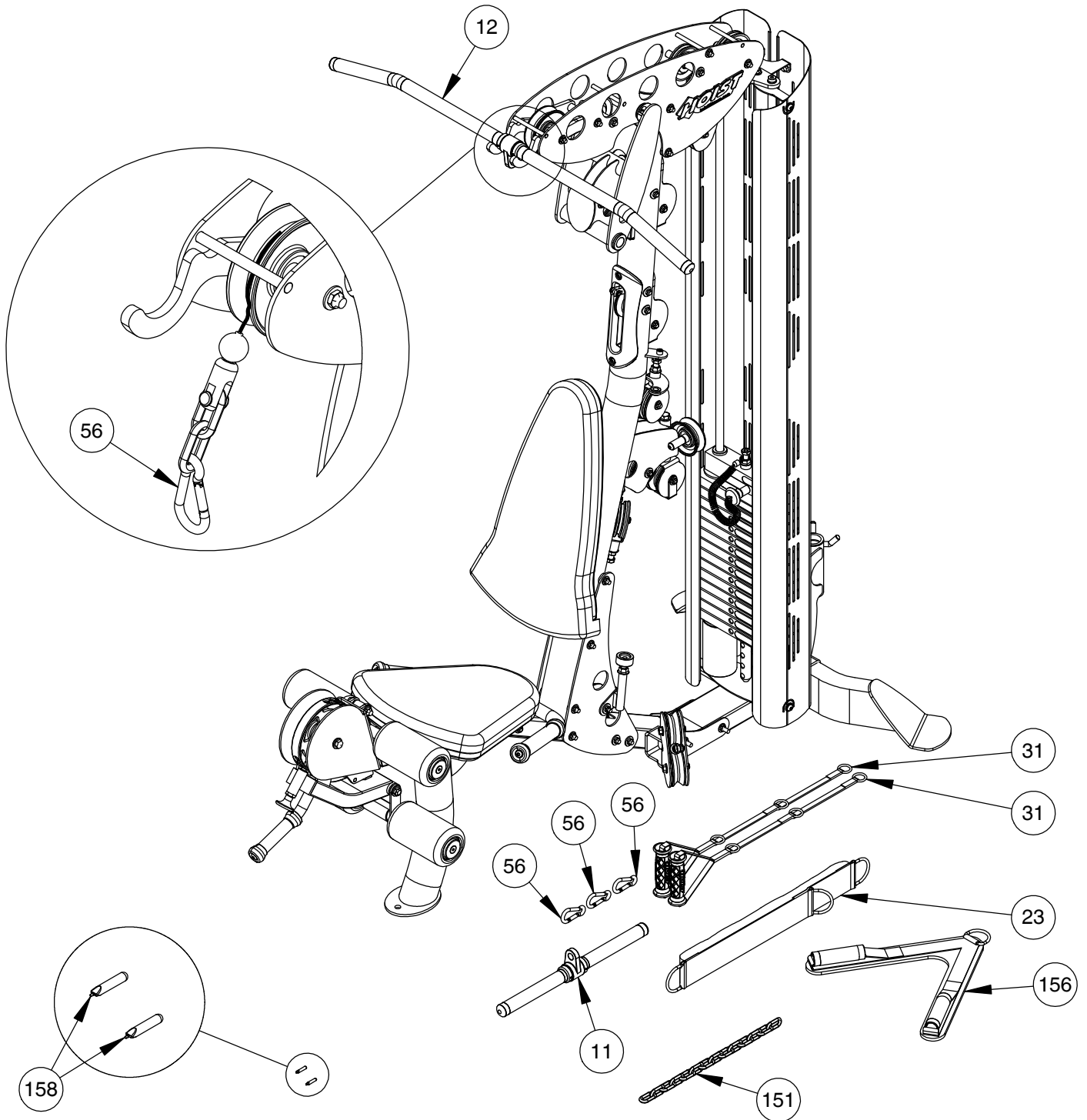
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL SHIELD HARDWARE FROM PREVIOUS STEPS.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## ACCESSORIES/MISC

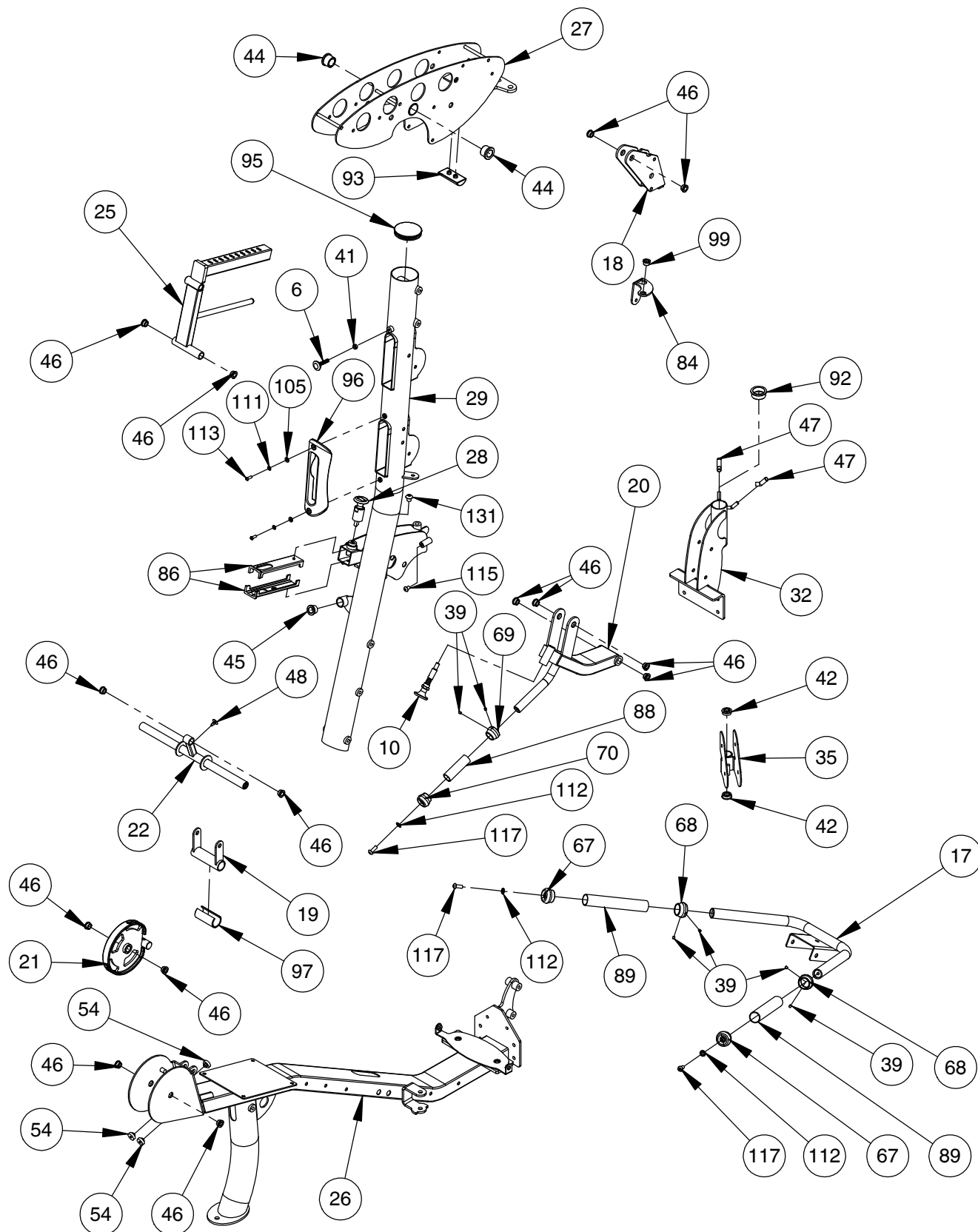
NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.





# OWNER'S MANUAL

## PRE-ASSEMBLY



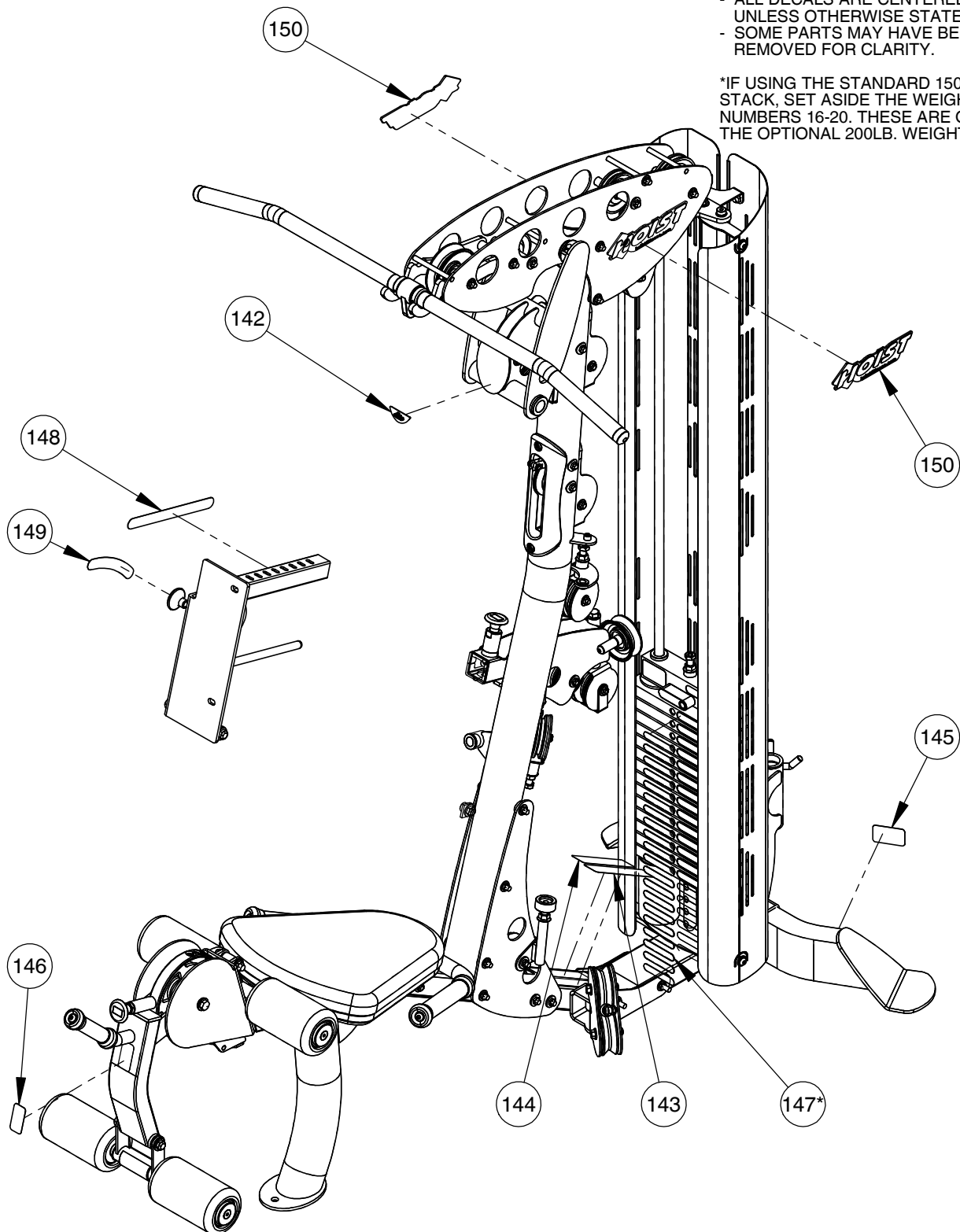
# OWNER'S MANUAL

## DECAL PLACEMENT

**NOTE:**

- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

\*IF USING THE STANDARD 150LB. WEIGHT STACK, SET ASIDE THE WEIGHT STACK NUMBERS 16-20. THESE ARE ONLY USED IN THE OPTIONAL 200LB. WEIGHT STACK\*



# OWNER'S MANUAL

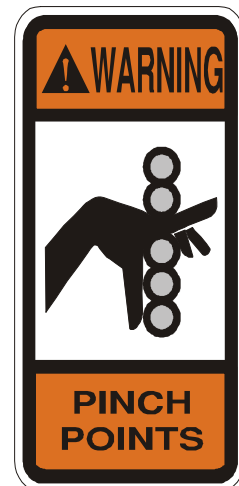
## DECAL REFERENCE



021-0018022



SERIAL # DECAL



021-0003322



021-0003672



021-0003675

# OWNER'S MANUAL

## DECAL REFERENCE CONTINUED

10 LBS / 5 KGS

90 LBS / 41 KGS

170 LBS / 77 KGS

20 LBS / 9 KGS

100 LBS / 45 KGS

180 LBS / 82 KGS

30 LBS / 14 KGS

110 LBS / 50 KGS

190 LBS / 86 KGS

40 LBS / 18 KGS

120 LBS / 54 KGS

200 LBS / 91 KGS

50 LBS / 23 KGS

130 LBS / 59 KGS

60 LBS / 27 KGS

140 LBS / 64 KGS

70 LBS / 32 KGS

150 LBS / 68 KGS

80 LBS / 36 KGS

160 LBS / 73 KGS

021-0003965

### 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.

021-0003965 (Rev. 7)

021-0003135

### NOTICE

| COMMERCIAL MAINTENANCE   | Daily | Weekly | Monthly | 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. 7)

021-0003008

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER    | DESCRIPTION   | QTY |
|----------|----------------|---|-----|
| 2        | 010-01C0372    | CABLE ASSEMBLY: V BASE AB 129.06" LG.                 | 1   |
| 3        | 010-01C0373    | CABLE ASSEMBLY: V BASE FLOATING PULLEY 94.25" LG.     | 1   |
| 4        | 010-01C0374    | CABLE ASSEMBLY: V BASE PULL DOWN 143.13" LG.          | 1   |
| 5        | 010-01C0659    | CABLE ASSEMBLY: V ELITE BASE LEG EXTENSION 64.77" LG. | 1   |
| 6        | 020-0014027    | ADJUSTABLE STOP                                       | 1   |
| 7        | 022-01PD2092-A | SEAT PAD ASSEMBLY                                     | 1   |
| 8        | 022-01PD2304-A | PAD ASSEMBLY  | 1   |
| 9        | 026-01PL2175   | PULL-PIN KNOB   | 1   |
| 10       | 026-01X0186    | PULL-PIN ASSEMBLY                                     | 1   |
| 11       | 026-01X1118    | ALUMINUM CURL BAR ASSEMBLY                            | 1   |
| 12       | 026-01X1119    | ALUMINUM LAT BAR ASSEMBLY                             | 1   |
| 13       | 026-01X1404    | BAR MOUNT ASSEMBLY                                    | 1   |
| 14       | 026-01X1414    | ADJ. FLOATING PULLEY HOUSING ASSEMBLY                 | 2   |
| 15       | 026-01X1419    | FRAME BASE ASSEMBLY                                   | 1   |
| 16       | 026-01X1425    | ROLLER MOUNT ASSEMBLY                                 | 1   |
| 17       | 026-01X1540    | HANDLE ASSEMBLY                                       | 1   |
| 18       | 026-01X1543    | RESISTANCE PUSH PLATE ASSEMBLY                        | 1   |
| 19       | 026-01X1544    | ROLLER PIVOT HANGER ASSEMBLY                          | 1   |
| 20       | 026-01X1545    | LEG EXTENSION ASSEMBLY                                | 1   |
| 21       | 026-01X1546    | R.O.M. ASSEMBLY                                       | 1   |
| 22       | 026-01X1547    | ROLLER SWIVEL ASSEMBLY                                | 1   |
| 23       | 026-01X1635    | FLEECE KNEE STRAP WITH (3) D-RINGS ASSEMBLY           | 1   |
| 25       | 026-01X3080    | PAD ADJUSTER  | 1   |
| 26       | 026-01X7240    | SEAT FRAME  | 1   |
| 27       | 026-01X7239    | TOP MAIN FRAME ASSEMBLY                               | 1   |
| 28       | 026-01X3160    | RATCHET PULL-PIN ASSEMBLY                             | 1   |
| 29       | 026-01X5163    | MAIN UPRIGHT ASSEMBLY                                 | 1   |
| 30       | 026-01X3177    | WIDE ADJ. FLOATING PULLEY HOUSING ASSEMBLY            | 1   |
| 31       | 026-01X5760    | STRAP HANDLE WITH (3) O-RINGS (LOWER) ASSEMBLY        | 2   |
| 32       | 026-01X5007    | ACCESSORY RACK ASSEMBLY                               | 1   |
| 33       | 026-01X7241    | SHIELD MOUNT - TOP ASSEMBLY                           | 1   |
| 35       | 026-01X5079    | SWIVEL PULLEY ASSEMBLY                                | 1   |

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER   | DESCRIPTION  | QTY |
|----------|---------------|--|-----|
| 36       | 026-01X5097   | PAD R.O.M.   | 1   |
| 37       | 026-01X7122   | ANTI-TWIST CABLE ANCHOR  | 1   |
| 39       | 011-0111008   | SET SCREW: 1/4"-28 X .25" LG. (WZ)                                       | 6   |
| 40       | 011-0112002   | 1/2" X .500" SHSS (WZ)   | 2   |
| 41       | 012-0305003   | 3/8"-16UNC JAM NUT (WZ)  | 1   |
| 42       | 014-0003003   | BEARING: FLANGED BALL BEARING $\phi$ .50" I.D.                           | 2   |
| 43       | 014-0011001   | NYLINER BUSHING: $\phi$ 1.09" O.D. X $\phi$ 1.00" I.D X 1.13" LG.        | 2   |
| 44       | 014-0101005   | BUSHING: OILITE FLANGED $\phi$ 1.38" O.D. X $\phi$ 1.00" I.D. X .81" LG. | 2   |
| 45       | 014-0101014   | FLANGED OILITE 0.75" I.D. X .60" L.G.                                    | 1   |
| 46       | 014-0101015   | 1/2" I.D. FLANGED OILITE   | 14  |
| 47       | 016-0002007   | VINYL SLEEVE $\phi$ .38" X 1.63"   | 2   |
| 48       | 016-0203003   | PINETREE PLUG  | 1   |
| 50       | 018-0001002   | CABLE PULLEY: $\phi$ 3.50"   | 10  |
| 51       | 018-0001003   | CABLE PULLEY: $\phi$ 4.50"   | 1   |
| 52       | 018-0002014   | CABLE PULLEY: WIDE (BORED HUB) $\phi$ 4.50"                              | 1   |
| 53       | 018-0002015   | CABLE PULLEY: WIDE (BORED HUB) $\phi$ 3.50"                              | 11  |
| 54       | 019-0001001   | PLUG BUMPER  | 4   |
| 55       | 019-0001006   | THICK RUBBER DONUT $\phi$ 3.00" X .50" BLACK                             | 2   |
| 56       | 020-0010002   | SNAP LINK  | 4   |
| 57       | 020-0011009   | SPRING   | 1   |
| 58       | 022-01PDR008  | ROLLER PAD $\phi$ 4.00" X 7.00" LG.                                      | 4   |
| 60       | 026-01G0177   | GUIDE ROD $\phi$ .75" X 71.44" LG.                                       | 2   |
| 61       | 026-01M0128-1 | PULL PIN CAP   | 1   |
| 62       | 026-01M0238   | FLATHEAD CAP $\phi$ 2.00" ALUM.  | 4   |
| 63       | 026-01M0760   | HEAVY FLANGED SPACER: $\phi$ .67 O.D. X $\phi$ .39 I.D. X .50 LG.        | 6   |
| 64       | 026-01M0761   | HEAVY FLANGED SPACER: $\phi$ .39" I.D X 1.69" LG.                        | 4   |
| 66       | 026-01M0863   | HEAVY FLANGED SPACER: $\phi$ .39" I.D. X .38" LG.                        | 2   |
| 67       | 026-01M0932   | ALUMINIUM CAP: $\phi$ 1.25" ID   | 2   |
| 68       | 026-01M0933   | ALUMINUM RING: $\phi$ 1.25" ID   | 2   |
| 69       | 026-01M0936   | ALUMINIUM RING: $\phi$ 1.00" I.D.  | 1   |
| 70       | 026-01M0937   | END CAP: ALUMINUM $\phi$ 1.0" I.D.                                       | 1   |

# OWNER'S MANUAL

## **PART LIST CONTINUED**

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER     | DESCRIPTION  | QTY |
|----------|-----------------|--|-----|
| 71       | 026-01M2199     | PUSH-PIN PLUNGER   | 1   |
| 73       | 026-01M2268     | SHAFT: Ø 1.00 X 6.56" LG.                                | 1   |
| 75       | 026-01M2539     | HEAVY FLANGED SPACER Ø.39" I.D. X 2.36" LG.              | 2   |
| 76       | 026-01M2553     | SPACER .75" O.D. X .39" I.D. X 1.50" LG.                 | 2   |
| 77       | 026-01P1689     | DOUBLE PULLEY MOUNT PLATE                                | 2   |
| 78       | 026-01P3368     | GUSSET PLATE   | 2   |
| 79       | 026-01P6593     | SHIELD-1   | 1   |
| 80       | 026-01P6594     | SHIELD-2   | 1   |
| 81       | 026-01P6073     | PULLEY PLATE   | 1   |
| 82       | 026-01P6075     | BRKT-U   | 1   |
| 84       | 026-01P6098     | ANTI-TWIST BRKT  | 1   |
| 85       | 026-01P6119     | BACKING PLATE  | 2   |
| 86       | 026-01PL0125    | E-Z GLIDE PLASTIC SLEEVE                                 | 2   |
| 88       | 026-01PL0206-26 | OPEN END GRIP Ø 1.00"                                    | 1   |
| 89       | 026-01PL0235-23 | GRIP OPEN END Ø1.188" X 8.75" LG.                        | 2   |
| 91       | 026-01PL0369    | WEIGHT STAND OFF   | 2   |
| 92       | 026-01PL0371    | DELFIN BUSHING   | 1   |
| 93       | 026-01PL0381    | BUMPER, HALF ROUND, DUAL STEM                            | 1   |
| 94       | 026-01PL2201    | PLASTIC SLEEVE Ø.75" O.D.                                | 2   |
| 95       | 026-01PL2316    | ENDCAP (DOMED) - GREY Ø 1.00"                            | 1   |
| 96       | 026-01PL2413    | SLOT COVER   | 1   |
| 97       | 026-01PL2420    | SPLIT SLEEVE Ø 1.25" X 2.38"                             | 1   |
| 98       | 026-01PL2422    | STOP DISK  | 1   |
| 99       | 026-01PL2245    | PLASTIC FLANGED BUSHING Ø.75" O.D X Ø.50" I.D X .38" LG. | 1   |
| 103      | 026-STD-06-0254 | ROLLER BUSHING - 1.00" I.D.                              | 8   |
| 104      | WS#22           | 150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM)     | 1   |
| 105      | 013-0002003     | 1/4" X 16mm SAE FLAT WASHER (WZ)                         | 2   |



# OWNER'S MANUAL

## **PART LIST CONTINUED**

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION                       | QTY |
|----------|-------------|-----------------------------------|-----|
| 106      | 013-0302008 | 5/16" SAE FLAT WASHER (WZ)        | 6   |
| 107      | 013-0402007 | 3/8" X 22mm FLAT WASHER (WZ)      | 81  |
| 108      | 013-0102003 | 1/2" X 27mm SAE FLAT WASHER (WZ)  | 11  |
| 109      | 013-0102028 | 3/8" CURVED WASHER (WZ)           | 6   |
| 110      | 013-0102020 | 3/8" SPLIT LOCK WASHER (WZ)       | 2   |
| 111      | 013-0102023 | 1/4" INTERNAL LOCK WASHER (WZ)    | 2   |
| 112      | 013-0102022 | 3/8" INTERNAL LOCK WASHER (WZ)    | 12  |
| 113      | 011-0102008 | 1/4"-20UNC X .75" BHCS (WZ)       | 2   |
| 114      | 011-0107011 | 5/16"-18UNC X 1.25" HHB (WZ)      | 6   |
| 115      | 011-0101107 | 3/8"-16UNC X .50" BHCS (WZ)       | 1   |
| 116      | 011-0311013 | 3/8-16UNC X .75" SQUARE HEAD (WZ) | 1   |
| 117      | 011-0101026 | 3/8"-16UNC X 1.00" BHCS (WZ)      | 3   |
| 118      | 011-0101041 | 3/8"-16UNC X .75" BHCS (WZ)       | 8   |
| 119      | 011-0002033 | 3/8"-16UNC X 1.25" FHCS (WZ)      | 4   |
| 120      | 011-0107037 | 3/8"-16UNC X 1.25" HHB (WZ)       | 4   |
| 121      | 011-0407027 | 3/8"-16UNC X 1.75" HHB (WZ)       | 5   |
| 122      | 011-0407058 | 3/8"-16UNC X 2.00" HHB (WZ)       | 1   |
| 123      | 011-0107026 | 3/8"-16UNC X 2.25" HHB (WZ)       | 5   |
| 124      | 011-0107009 | 3/8"-16UNC X 2.50" HHB (WZ)       | 2   |
| 125      | 011-0007050 | 3/8"-16UNC X 2.75" HHB (WZ)       | 1   |
| 126      | 011-0407026 | 3/8"-16UNC X 3.00" HHB (WZ)       | 4   |
| 127      | 011-0407025 | 3/8"-16UNC X 4.00" HHB (WZ)       | 3   |
| 128      | 011-0107049 | 3/8"-16UNC X 4.75" HHB (WZ)       | 2   |
| 129      | 011-0107022 | 3/8"-16UNC X 5.00" HHB (WZ)       | 14  |
| 130      | 011-0407070 | 3/8"-16UNC X 5.25" HHB (WZ)       | 3   |
| 131      | 011-0101085 | 1/2"-13UNC X .50" BHCS (WZ)       | 1   |
| 132      | 011-0407018 | 1/2"-13UNC X 2.50" HHB (WZ)       | 1   |
| 133      | 011-0407000 | 1/2"-13UNC X 3.50" HHB (WZ)       | 1   |
| 134      | 011-0407047 | 1/2"-13UNC X 4.00" HHB (WZ)       | 1   |
| 135      | 011-0407055 | 1/2"-13UNC X 4.75" HHB (WZ)       | 1   |
| 136      | 011-0307060 | 1/2"-13UNC X 6.00" HHB (WZ)       | 1   |
| 138      | 012-0102006 | 5/16"-18UNC THIN NYLOCK NUT (WZ)  | 1   |
| 139      | 012-0105008 | 1/2"-13 ACORN NUT (WZ)            | 1   |
| 140      | 012-0104008 | 3/8"-16 UNC THIN NYLOCK NUT (WZ)  | 45  |

# OWNER'S MANUAL

## PART LIST CONTINUED

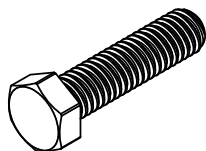
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER    | DESCRIPTION                                    | QTY |
|----------|----------------|--|-----|
| 141      | 012-0304011    | 1/2"-13 UNC THIN NYLOCK NUT (WZ)               | 4   |
| 142      | 021-0003672    | DECAL: V ELITE BADGE                           | 1   |
| 143      | 021-0003135    | DECAL WARNING 1.50" X 7.75"                    | 1   |
| 144      | 021-0003008    | DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69       | 1   |
| 145      | SERIAL # DECAL | DECAL HOIST SERIAL # 1.63" X 2.63"             | 1   |
| 146      | 021-0003322    | DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)     | 1   |
| 147      | 021-0003965    | DECAL: WEIGHT STACK 22 (10-200 LBS.)           | 1   |
| 148      | 021-0003675    | DECAL V BACK ADJUSTER                          | 1   |
| 149      | 021-0003676    | BACK PAD R.O.M. DECAL                          | 1   |
| 150      | 021-0018022    | DECAL HOISTFITNESS.COM LOGO                    | 2   |
| 151      | 020-0014028    | 14 LINK CHAIN                                  | 1   |
| 152      | 026-01M0200    | QUICK RELEASE CABLE LOCK Ø.34" I.D. X 1.00"LG. | 2   |
| 153      | 011-0107020    | 3/8"-16UNC X 3.25" HHB (WZ)                    | 2   |
| 154      | 011-0407031    | 3/8"-16UNC X 4.50" HHB (WZ)                    | 2   |
| 155      | 011-0207030    | 1/2"-13UNC X 4.50" HHB (WZ)                    | 1   |
| 156      | 022-0008032    | AB STRAP                                       | 1   |
| 158      | 002-0001013    | 1cc of Synthetic Multi-Purpose Grease (PTFE)   | 2   |
| 159      | 010-01C0666    | ANTI-TWIST CABLE: 34.76" LG.                   | 1   |
| 160      | 026-01PL2393   | Ø 3.00" X .81" ID X.313" T SPACER              | 2   |

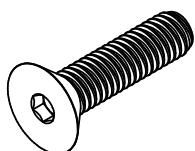
# OWNER'S MANUAL

## ABBREVIATIONS

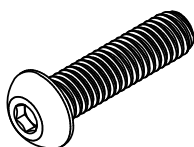
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



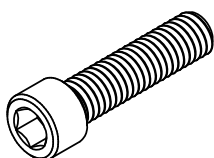
HHB = Hex Head Bolt



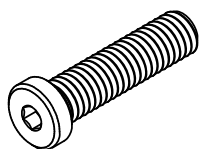
FHCS = Flat Head Cap Screw



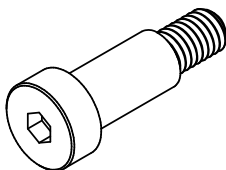
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



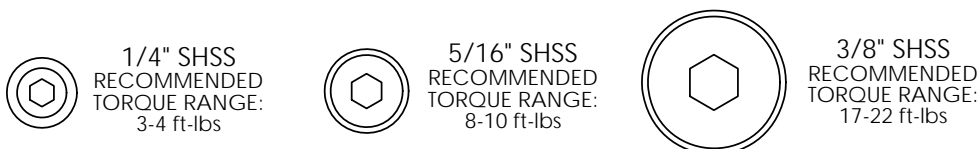
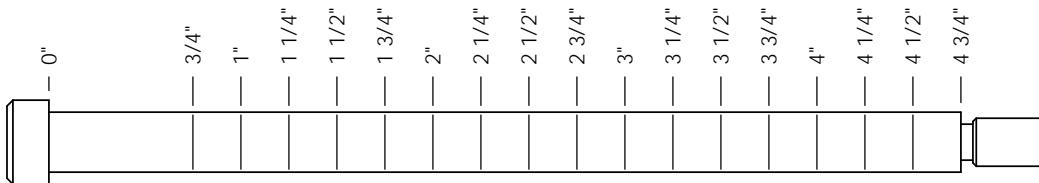
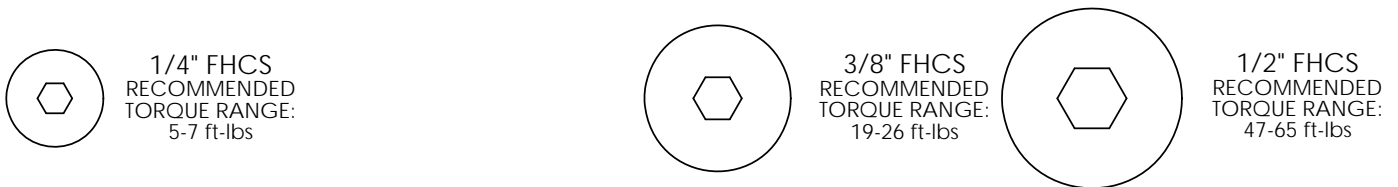
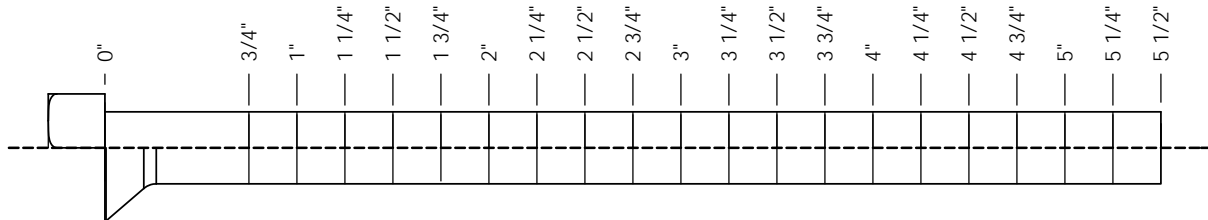
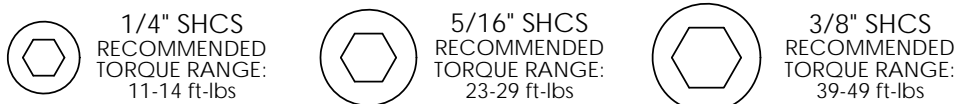
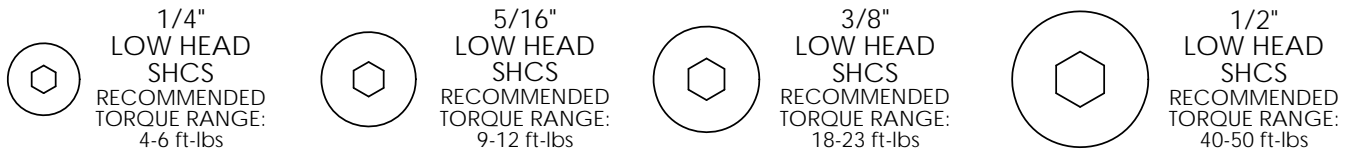
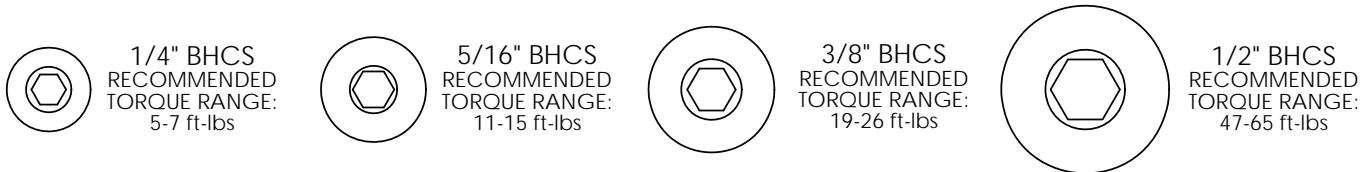
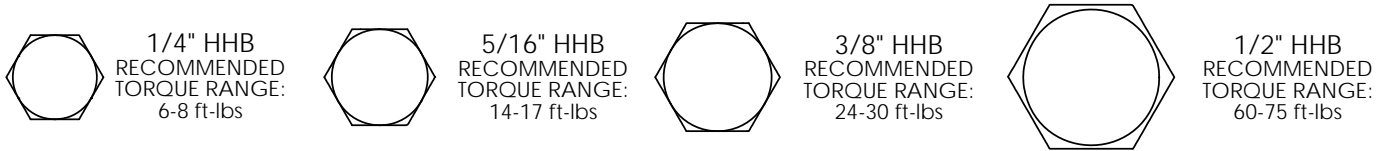
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

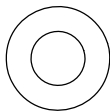
## BOLT SIZING CHART



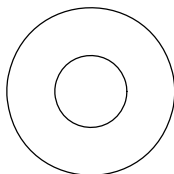
# OWNER'S MANUAL

## WASHER SIZING CHART

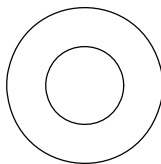
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



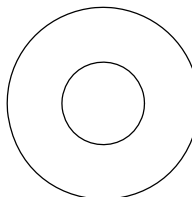
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



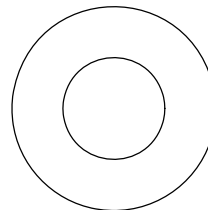
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



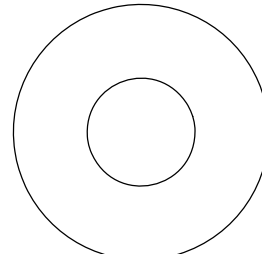
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3/8"  
FLAT WASHER  
LARGE, USS, 25mm



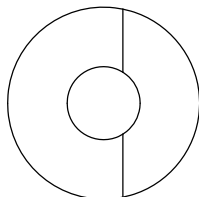
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



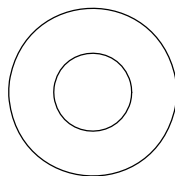
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



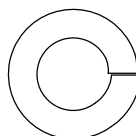
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



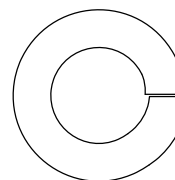
013-0102019  
1/4"  
LOCK WASHER



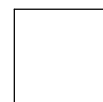
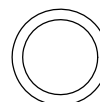
013-0102020  
3/8"  
LOCK WASHER



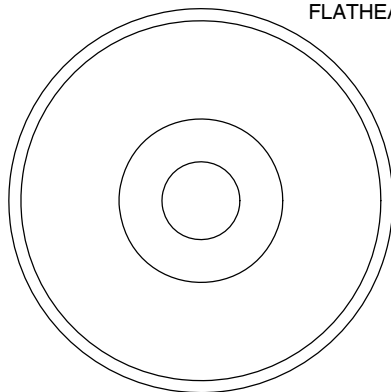
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1/2"  
LOCK WASHER



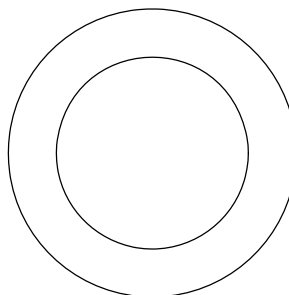
014-0018001  
1/2" LONG  
SPACER



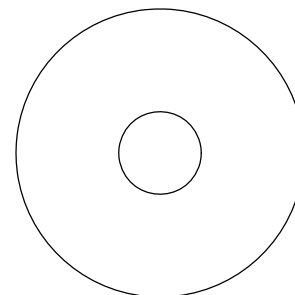
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



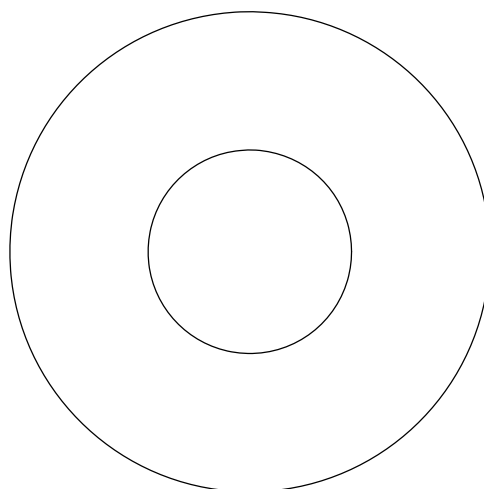
016-0009003  
1" SHIM WASHER



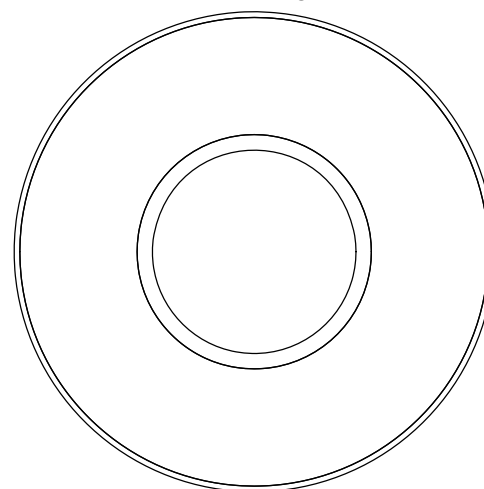
013-0003002  
3/8" FENDER WASHER



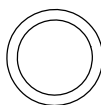
013-0003004  
1 1/16"  
FENDER WASHER



026-01PL151  
PLASTIC 1 1/16"  
FENDER WASHER



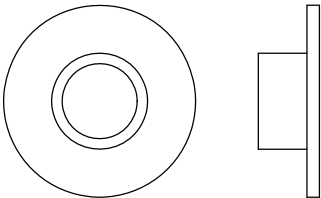
014-0018002  
1" LONG  
SPACER



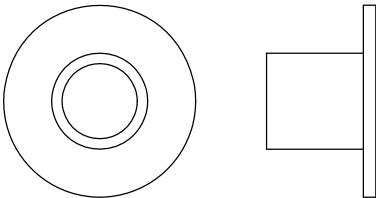
OWNER'S MANUAL

WASHER SIZING CHART  
(CONTINUED)

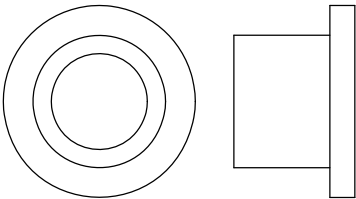
026-01M0211  
1/4" LONG  
FLANGED SPACER



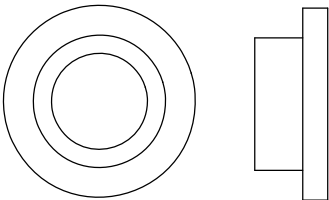
026-01M0198  
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FLANGED SPACER



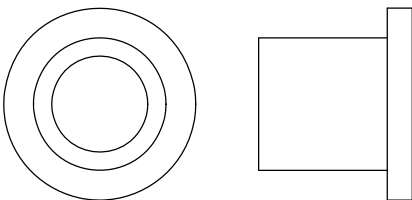
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1/2" LONG HEAVY  
FLANGED SPACER



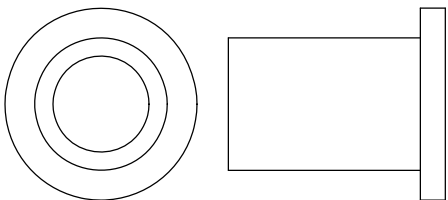
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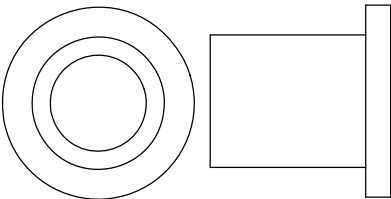
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FLANGED SPACER



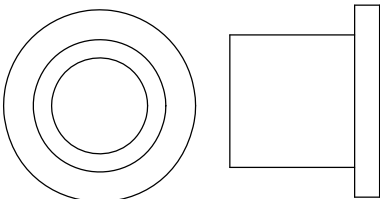
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1" LONG HEAVY  
FLANGED SPACER



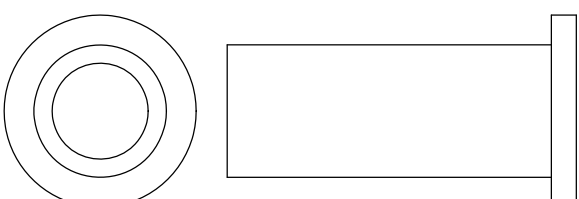
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



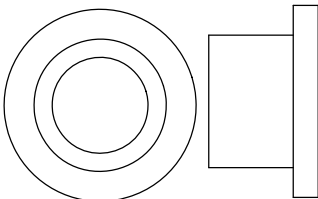
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FLANGED SPACER



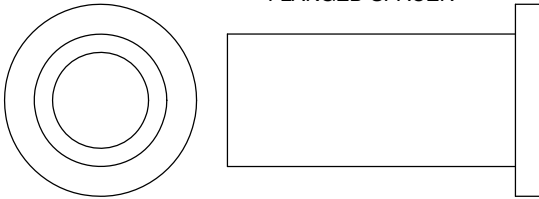
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



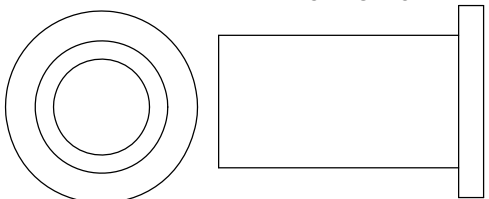
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.44" LONG HEAVY  
FLANGED SPACER



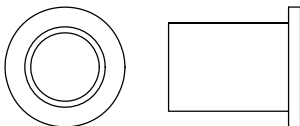
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1 1/2" LONG HEAVY  
FLANGED SPACER



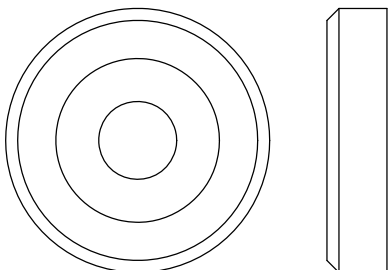
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1 1/4" LONG HEAVY  
FLANGED SPACER



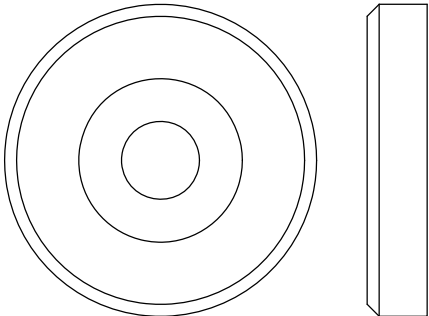
026-01M0600  
.625" LONG  
FLANGED SPACER



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



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



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

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

Use this manual to guide you through the basic exercises you can perform on your V-ELITE HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any 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 V-ELITE HOIST® Fitness System, 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.

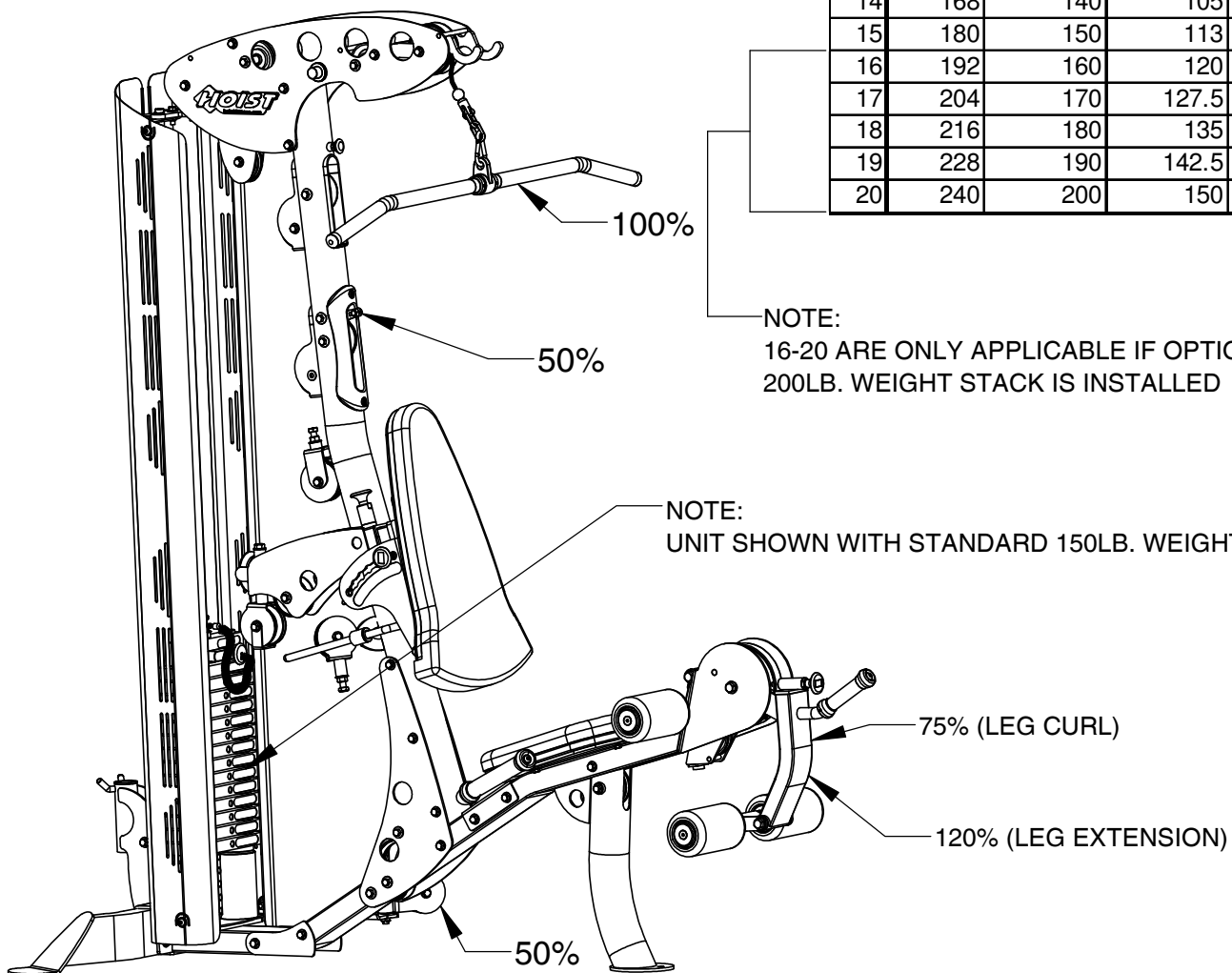
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

**Enjoy your V-ELITE HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS

|    | 120% | 100% | 75%   | 50% |
|----|------|------|-------|-----|
| 1  | 12   | 10   | 8     | 5   |
| 2  | 24   | 20   | 15    | 10  |
| 3  | 36   | 30   | 23    | 15  |
| 4  | 48   | 40   | 30    | 20  |
| 5  | 60   | 50   | 38    | 25  |
| 6  | 72   | 60   | 45    | 30  |
| 7  | 84   | 70   | 53    | 35  |
| 8  | 96   | 80   | 60    | 40  |
| 9  | 108  | 90   | 68    | 45  |
| 10 | 120  | 100  | 75    | 50  |
| 11 | 132  | 110  | 83    | 55  |
| 12 | 144  | 120  | 90    | 60  |
| 13 | 156  | 130  | 98    | 65  |
| 14 | 168  | 140  | 105   | 70  |
| 15 | 180  | 150  | 113   | 75  |
| 16 | 192  | 160  | 120   | 80  |
| 17 | 204  | 170  | 127.5 | 85  |
| 18 | 216  | 180  | 135   | 90  |
| 19 | 228  | 190  | 142.5 | 95  |
| 20 | 240  | 200  | 150   | 100 |



NOTE:

16-20 ARE ONLY APPLICABLE IF OPTIONAL 200LB. WEIGHT STACK IS INSTALLED

NOTE:

UNIT SHOWN WITH STANDARD 150LB. WEIGHT STACK

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

# 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, normal wear and tear shall be considered as 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 owners 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**