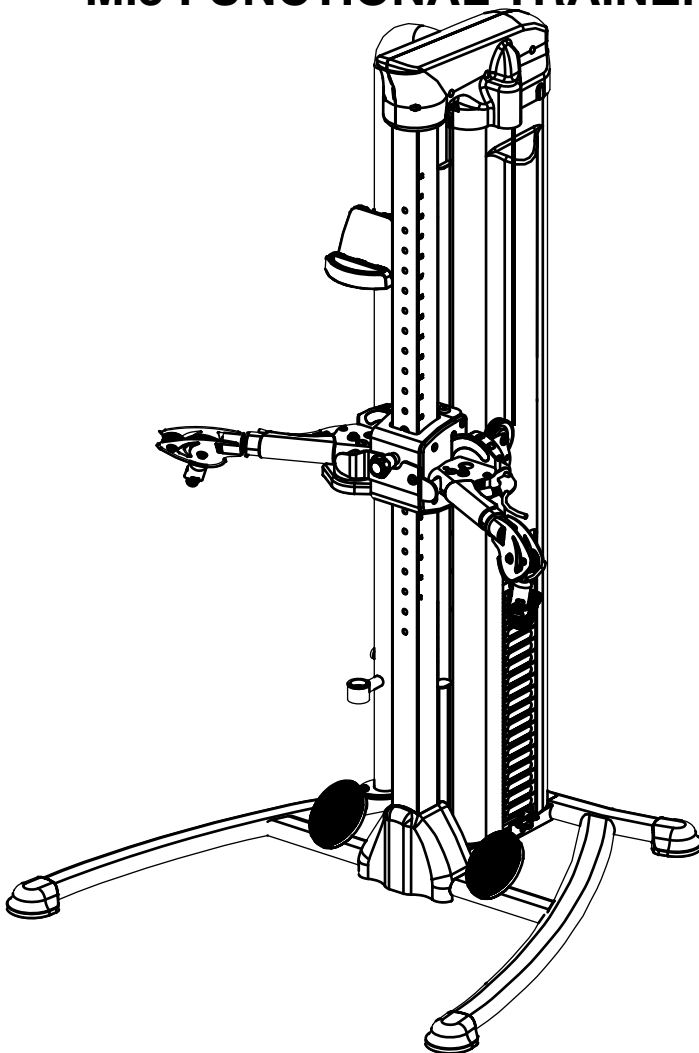


OWNER'S MANUAL



Mi5

Mi5 FUNCTIONAL TRAINER



****WARNING!****

THIS MACHINE HAS A MAX USER WEIGHT OF 250 LBS FOR SUSPENSION TRAINING.

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

RECORD SERIAL NUMBER HERE

MACHINE CODE

A02

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



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

Lubricant (WD-40)

Two People

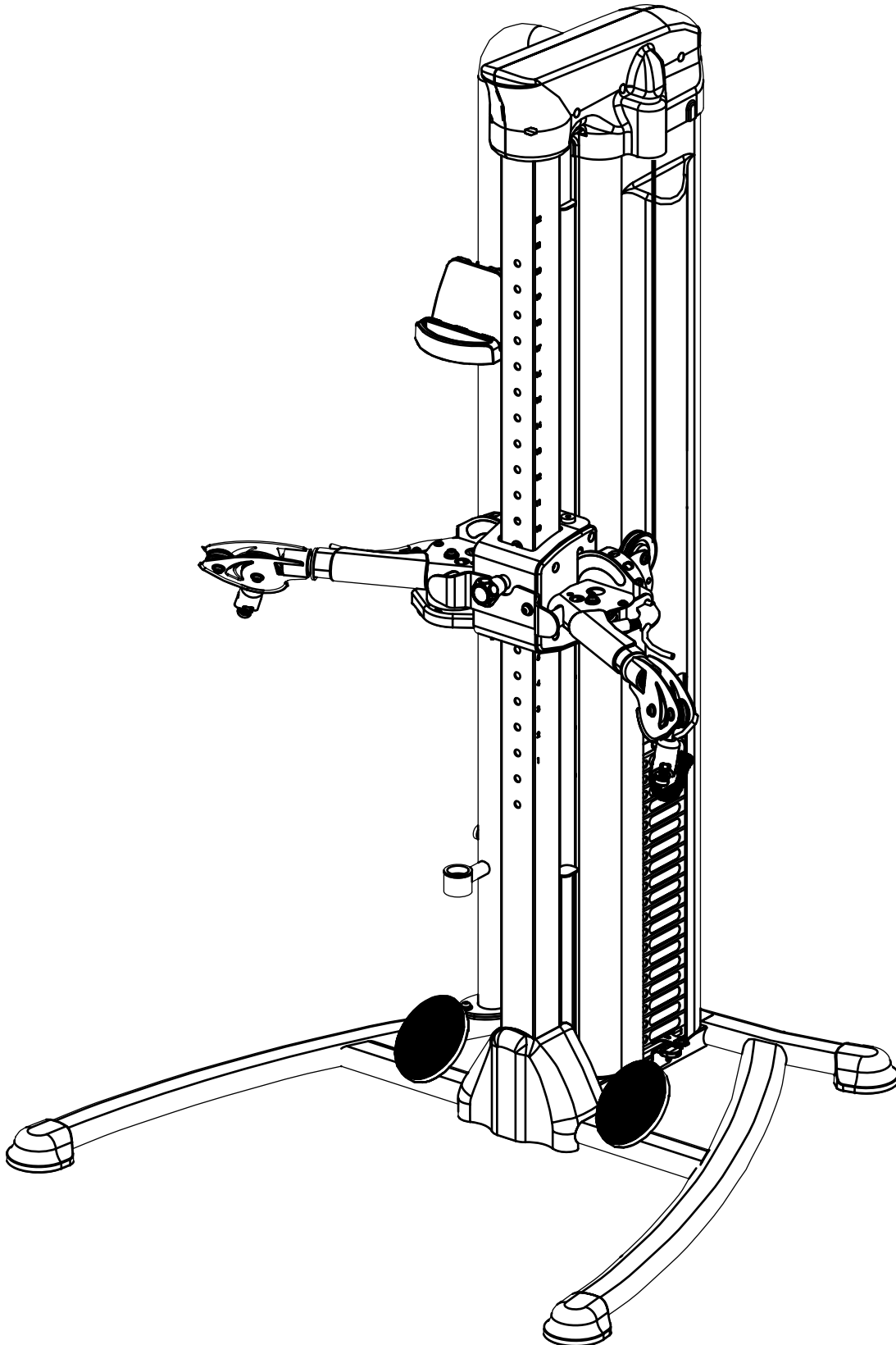
Paper Towels

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

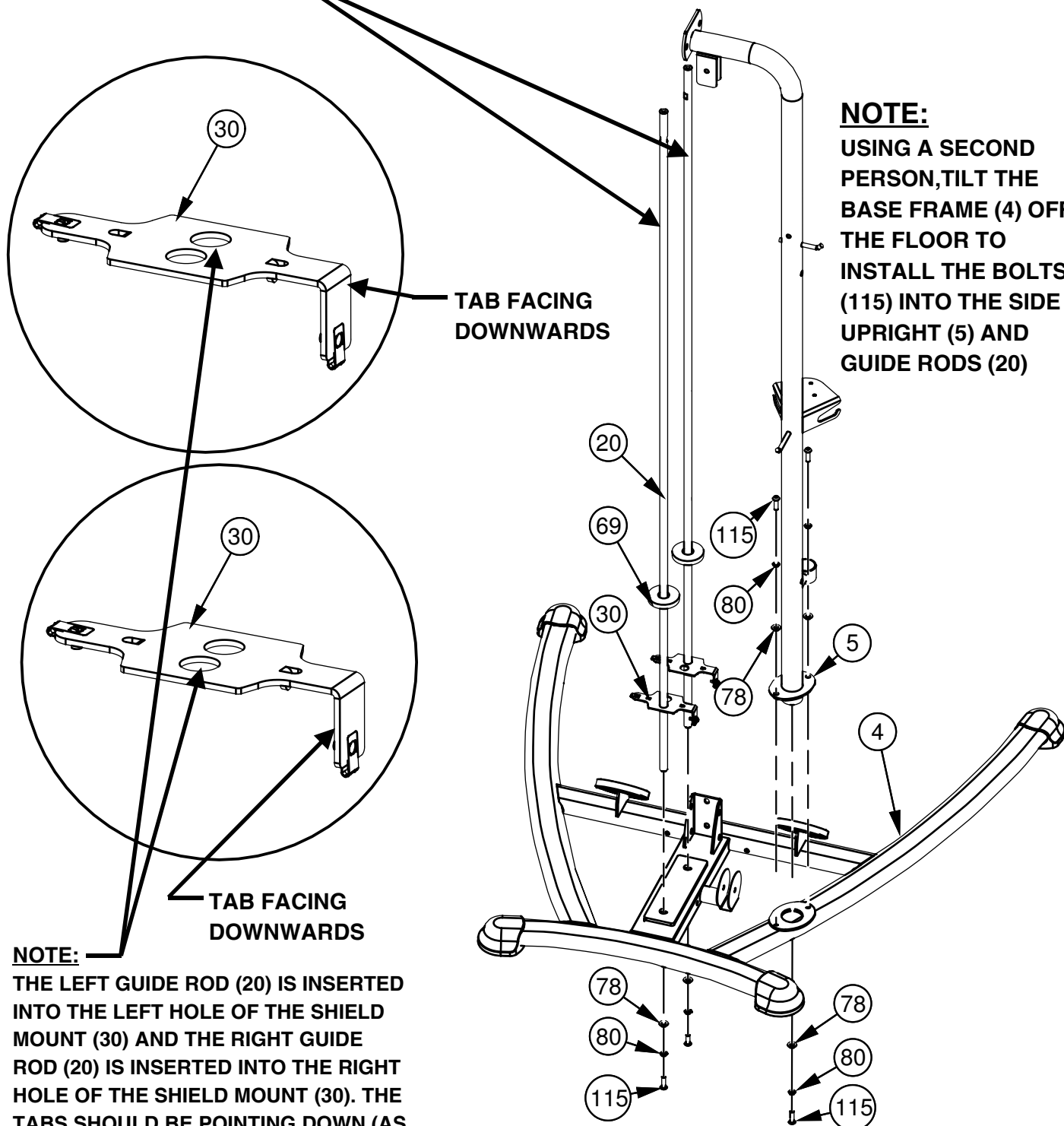
APPLY LUBRICATION (117) TO GUIDE RODS (20) AT THIS TIME

NOTE:

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

NOTE:

USING A SECOND PERSON, TILT THE BASE FRAME (4) OFF THE FLOOR TO INSTALL THE BOLTS (115) INTO THE SIDE UPRIGHT (5) AND GUIDE RODS (20)



NOTE:

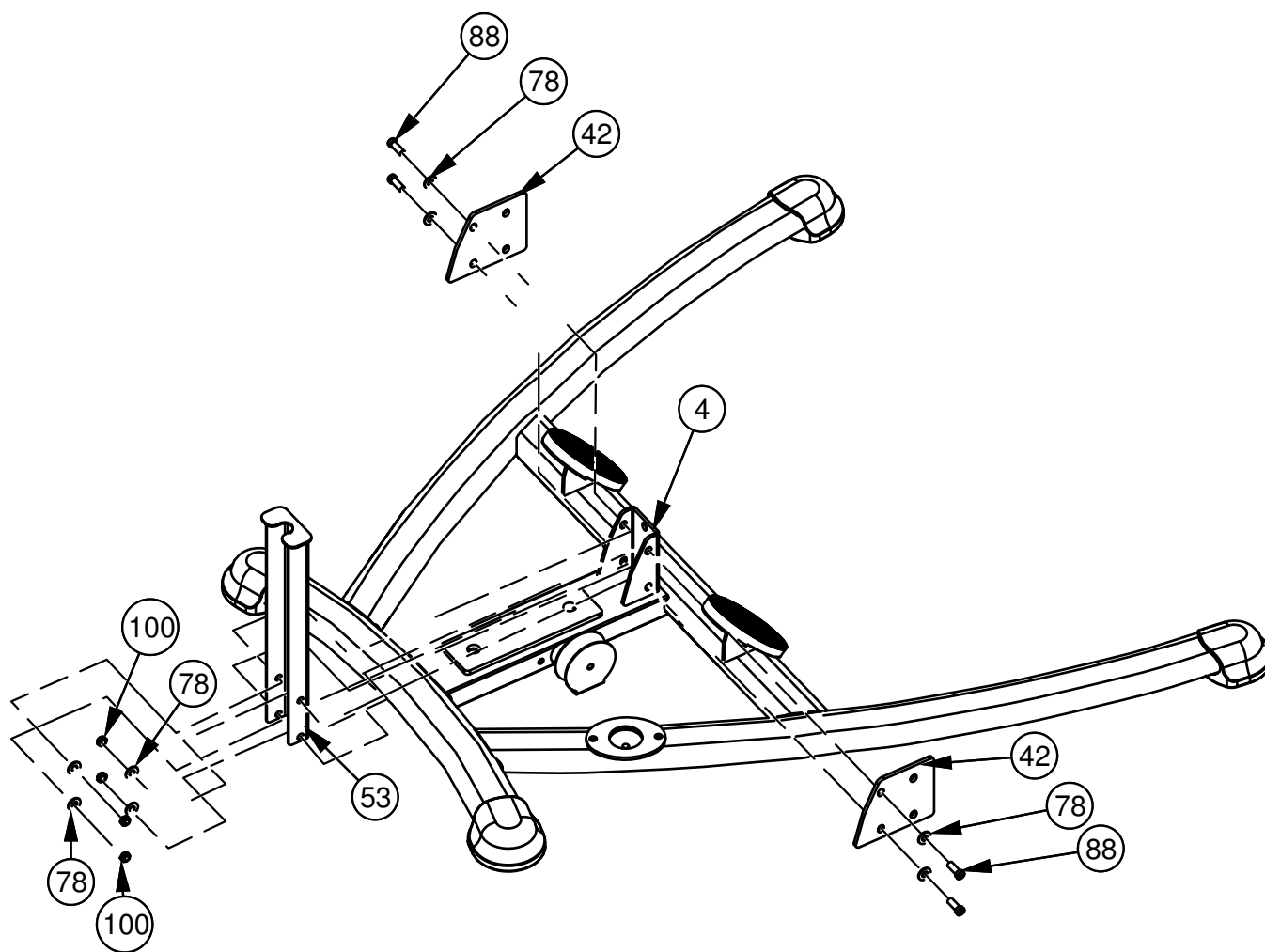
THE LEFT GUIDE ROD (20) IS INSERTED INTO THE LEFT HOLE OF THE SHIELD MOUNT (30) AND THE RIGHT GUIDE ROD (20) IS INSERTED INTO THE RIGHT HOLE OF THE SHIELD MOUNT (30). THE TABS SHOULD BE POINTING DOWN (AS SHOWN).

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



OWNER'S MANUAL

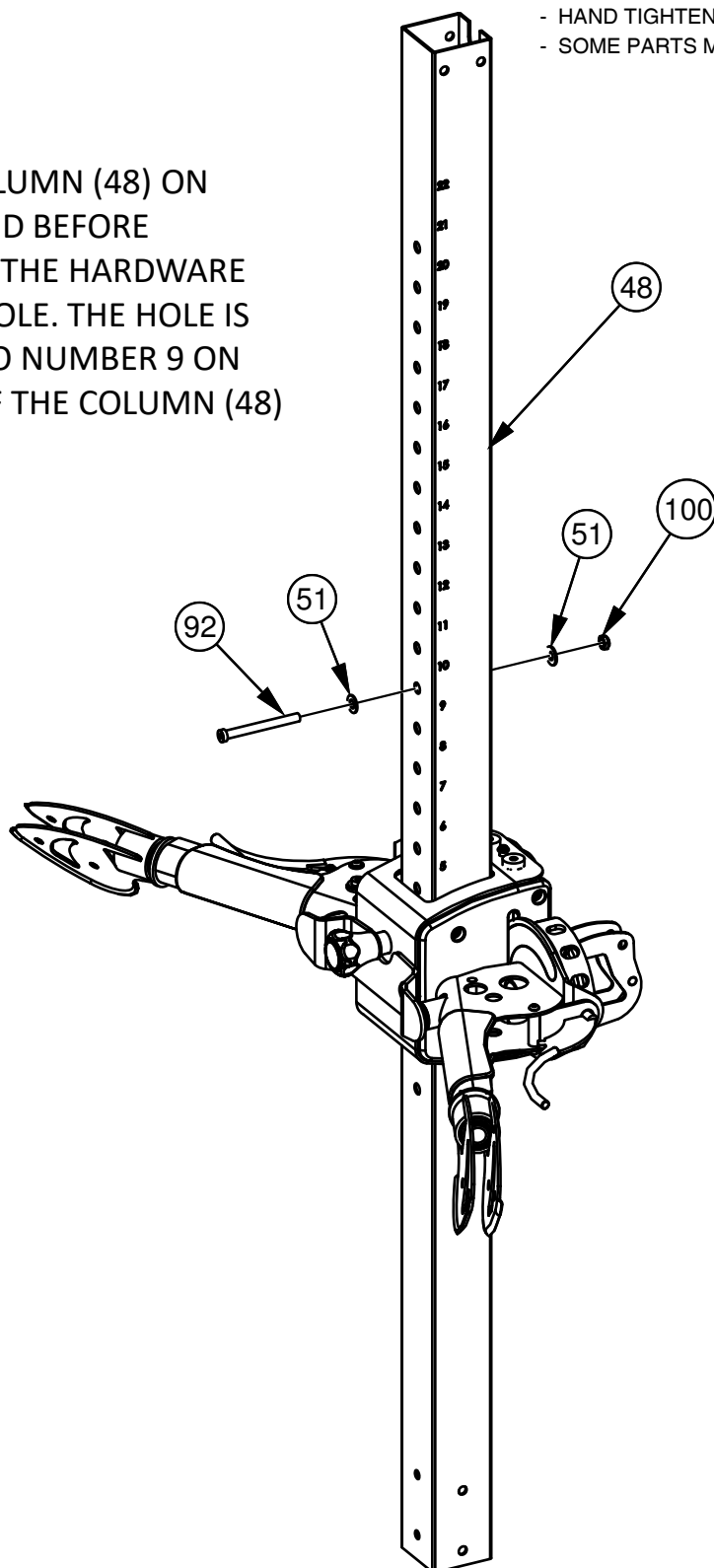
FRAME ASSEMBLY

NOTE:

LAY THE COLUMN (48) ON THE GROUND BEFORE INSTALLING THE HARDWARE INTO THE HOLE. THE HOLE IS PARALLEL TO NUMBER 9 ON THE SIDE OF THE COLUMN (48)

NOTE:

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



OWNER'S MANUAL

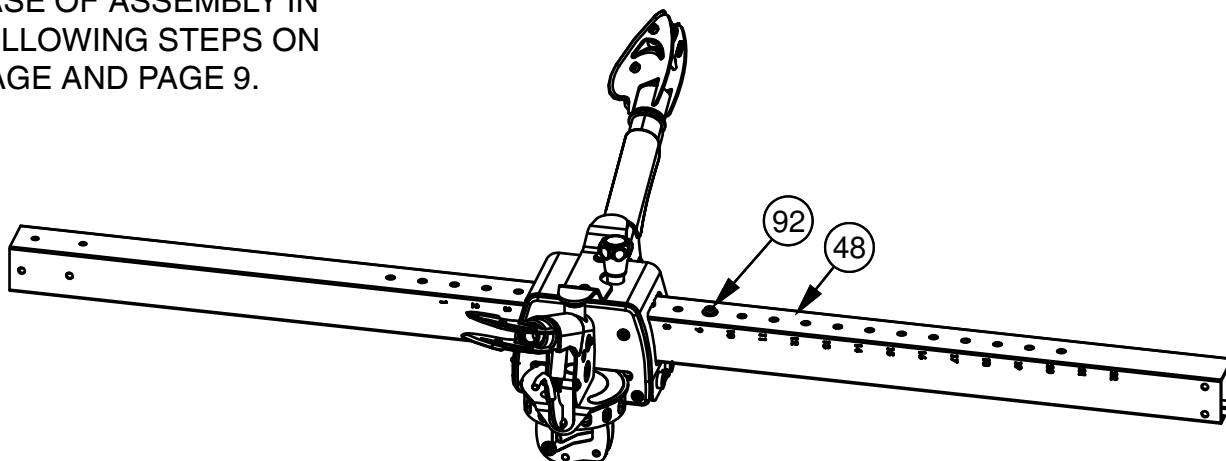
FRAME ASSEMBLY

STEP 1

THE COLUMN SHOULD REMAIN ON THE GROUND FOR EASE OF ASSEMBLY IN THE FOLLOWING STEPS ON THIS PAGE AND PAGE 9.

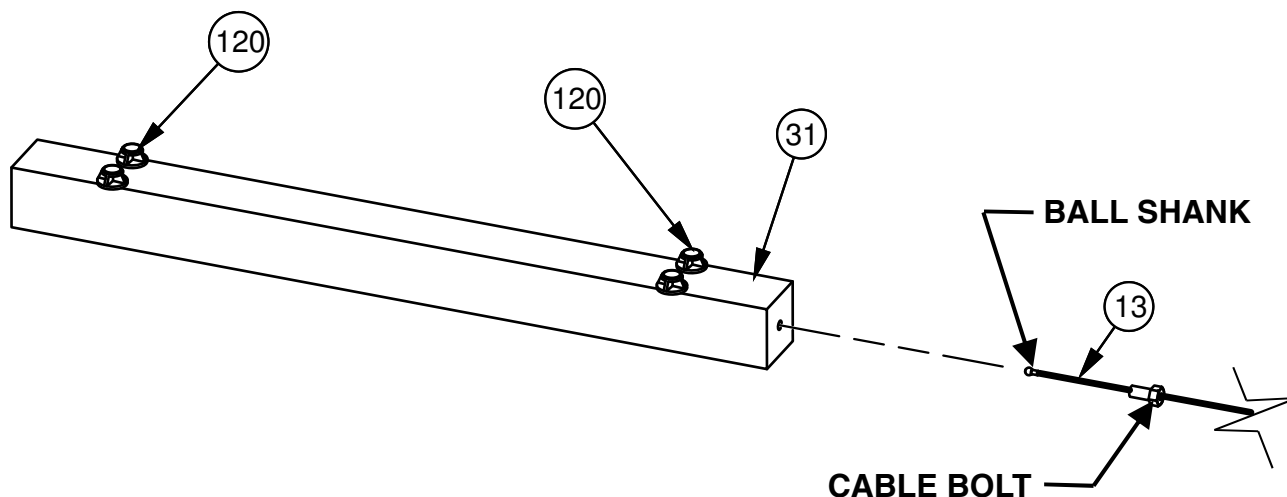
NOTE:

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



STEP 2

INSTALL CABLE BOLT INTO COUNTERWEIGHT (31) AND WRENCH TIGHTEN THE CABLE BOLT.



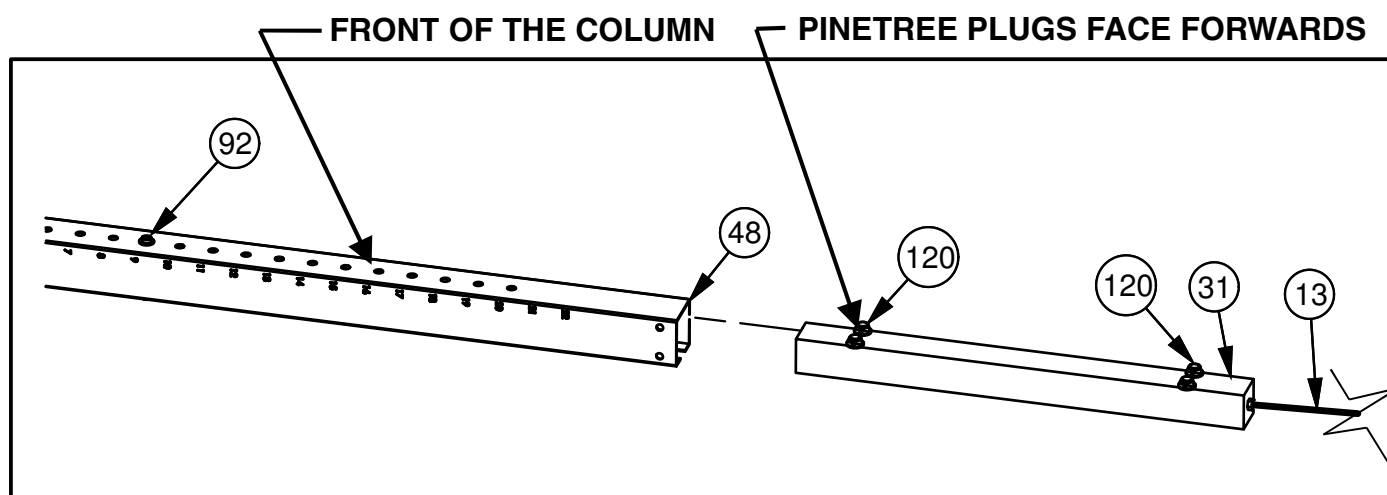
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

THE COLUMN AND COUNTERWEIGHT WILL REMAIN ON THE GROUND FOR THIS STEP. INSTALL THE COUNTERWEIGHT (31) INTO THE COLUMN (48) UNTIL IT RESTS ON THE BOLT (92). BE CAREFUL NOT TO DAMAGE THE PINETREE PLUGS (120). ENSURE THAT THE PINETREE PLUGS (120) ARE FACING TOWARDS THE FRONT OF THE COLUMN (48) (THE FRONT OF THE COLUMN HAS THE ADJUSTMENT HOLES).



OWNER'S MANUAL

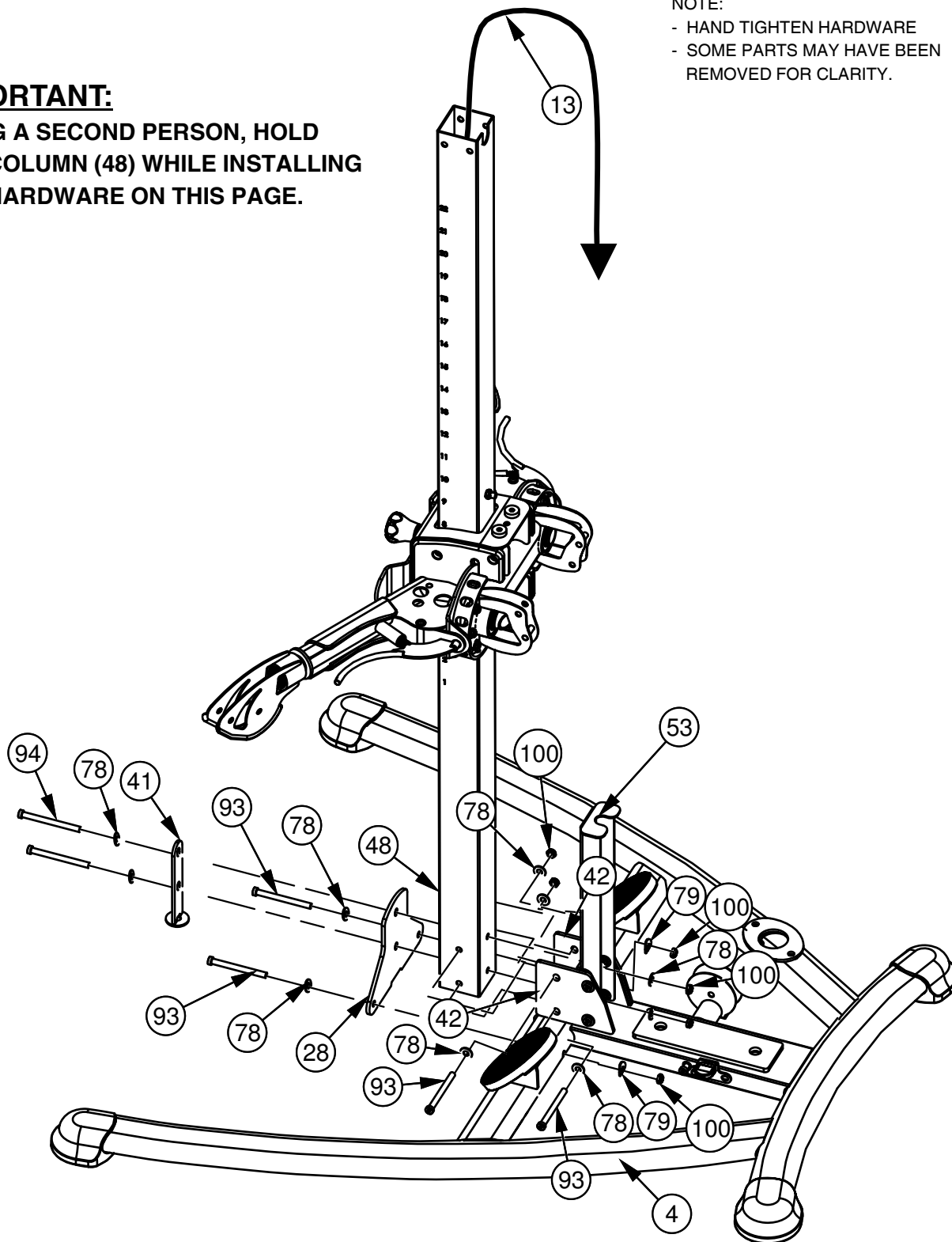
FRAME ASSEMBLY

IMPORTANT:

USING A SECOND PERSON, HOLD THE COLUMN (48) WHILE INSTALLING THE HARDWARE ON THIS PAGE.

NOTE:

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

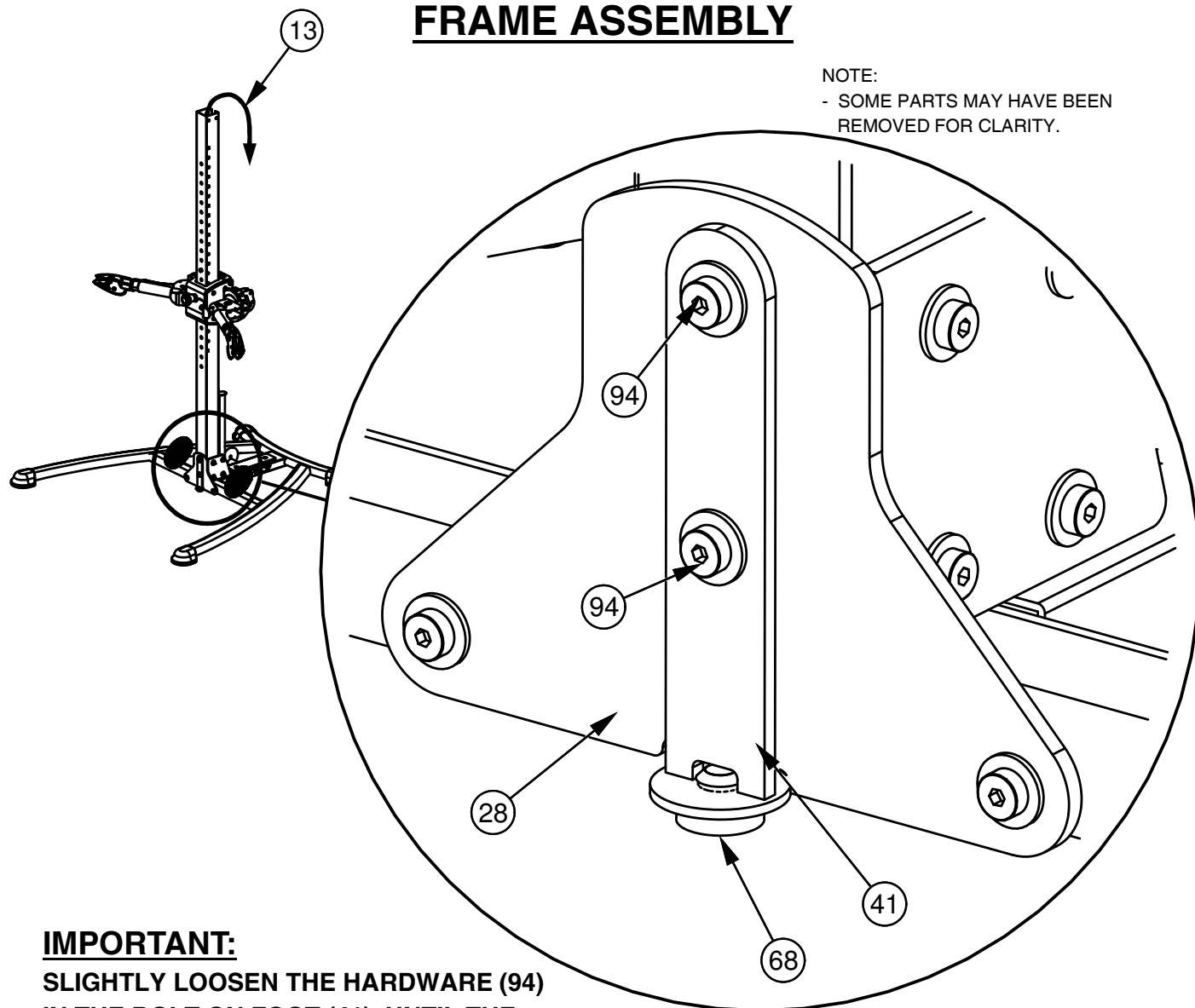


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



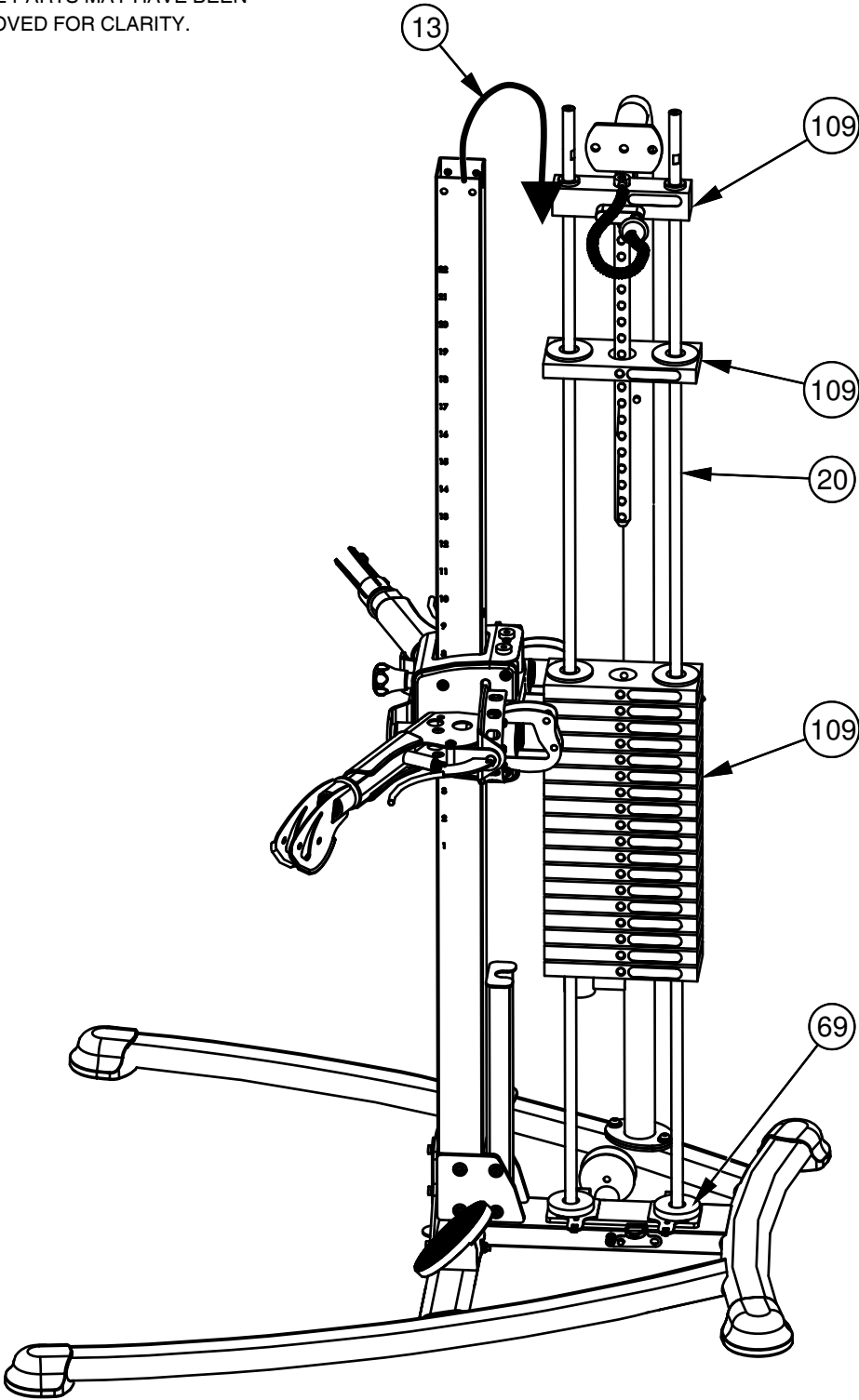
IMPORTANT:

SLIGHTLY LOOSEN THE HARDWARE (94) IN THE BOLT ON FOOT (41) UNTIL THE BOLT-ON FOOT (41) CAN MOVE UP AND DOWN. MOVE THE BOLT ON FOOT (41) DOWN UNTIL THE PLUG BUMPER (68) TOUCHES THE FLOOR. WRENCH TIGHTEN HARDWARE.

OWNER'S MANUAL

FRAME ASSEMBLY

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



OWNER'S MANUAL

FRAME ASSEMBLY

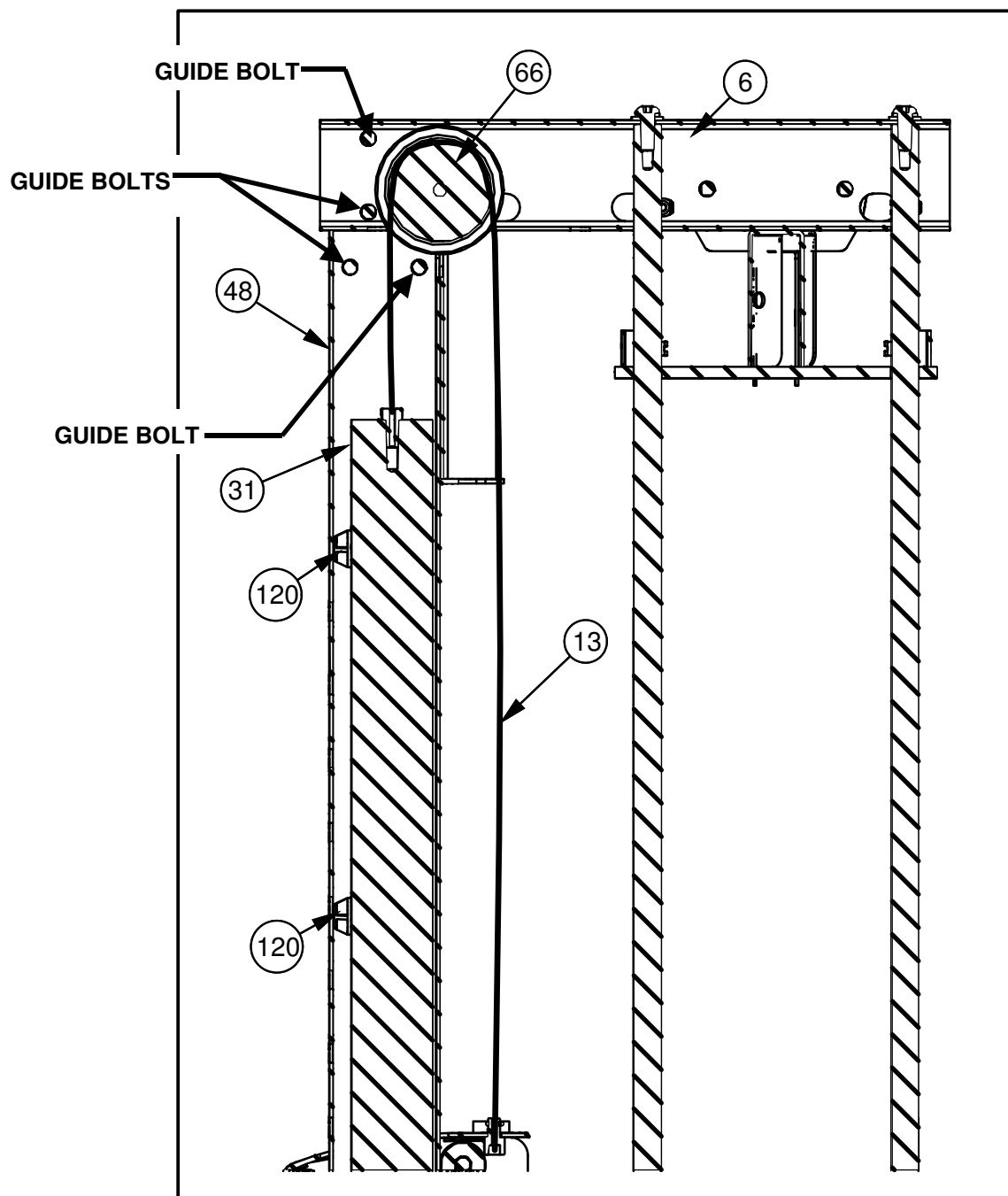
CABLE ROUTING VIEW

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

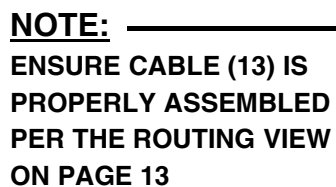
NOTE:

ENSURE THE CABLE (13) RUNS BETWEEN
THE PULLEY AND THE GUIDE BOLTS



FRAME ASSEMBLY

- HAND TIGHTEN HARDWARE
- WRENCH TIGHTEN HARDWARE (92)
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

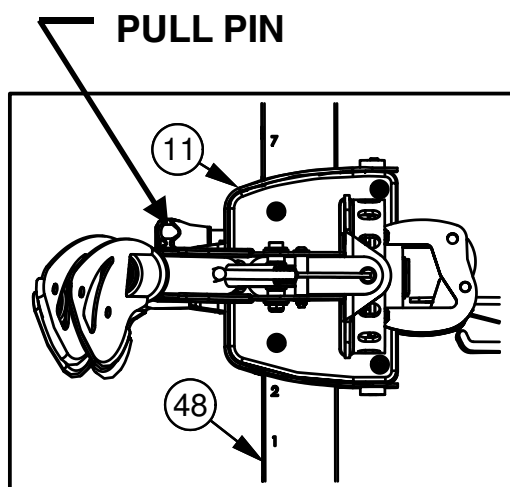
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

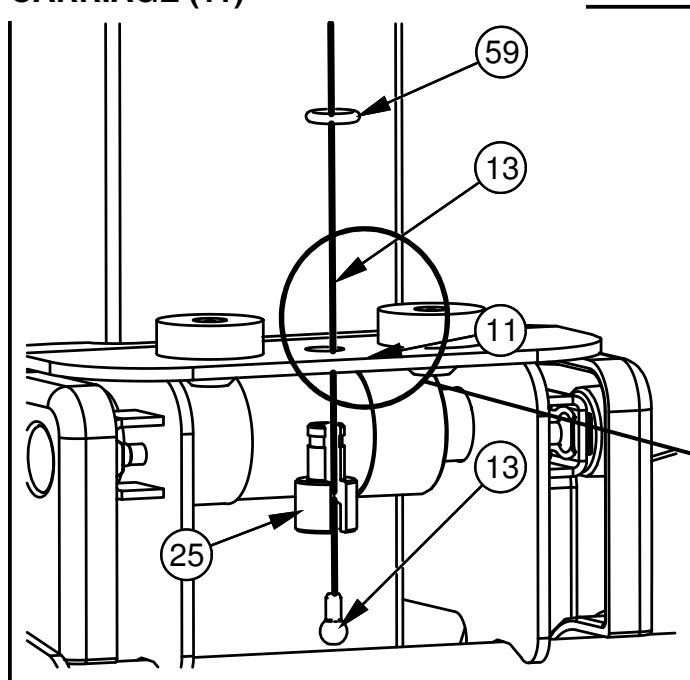
STEP 1:

UNSCREW THE PULL-PIN IN
THE CARRIAGE (11) AND MOVE CARRIAGE
INTO POSITION 7 ON THE COLUMN (48)

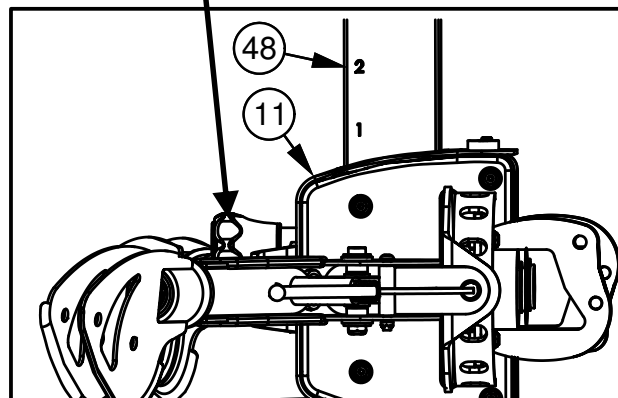


STEP 2:

ATTACH THE CABLE (13) INTO THE
CARRIAGE (11)



PULL PIN

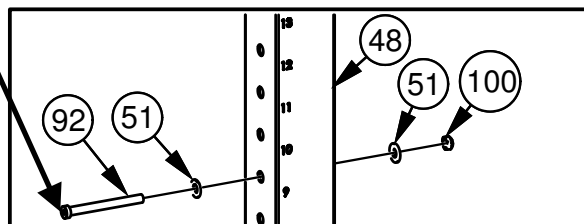


STEP 3:

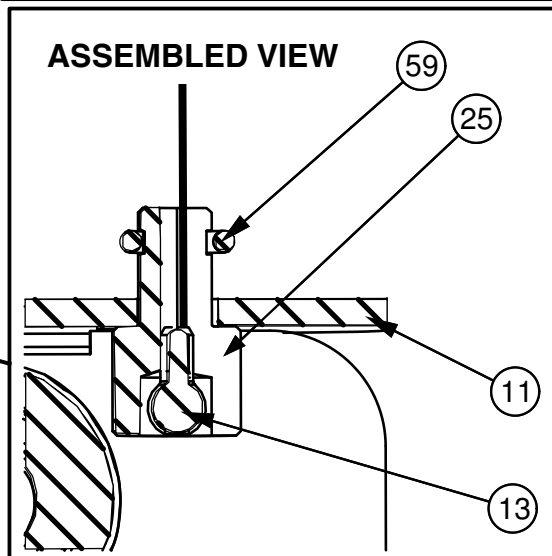
MOVE THE CARRIAGE (11) DOWN TO THE
NUMBER 1 POSITION ON THE COLUMN (48) AND
SCREW IN THE PULL PIN. HOLD THE CARRIAGE
(11) CAREFULLY DURING THIS STEP. THIS WILL
LIFT THE COUNTERWEIGHT OFF THE BOLT IT IS
RESTING ON.

STEP 4:

REMOVE THE BOLT AND
HARDWARE (92)(51)(100)
IN THE COLUMN (48) AND SET
ASIDE



ASSEMBLED VIEW

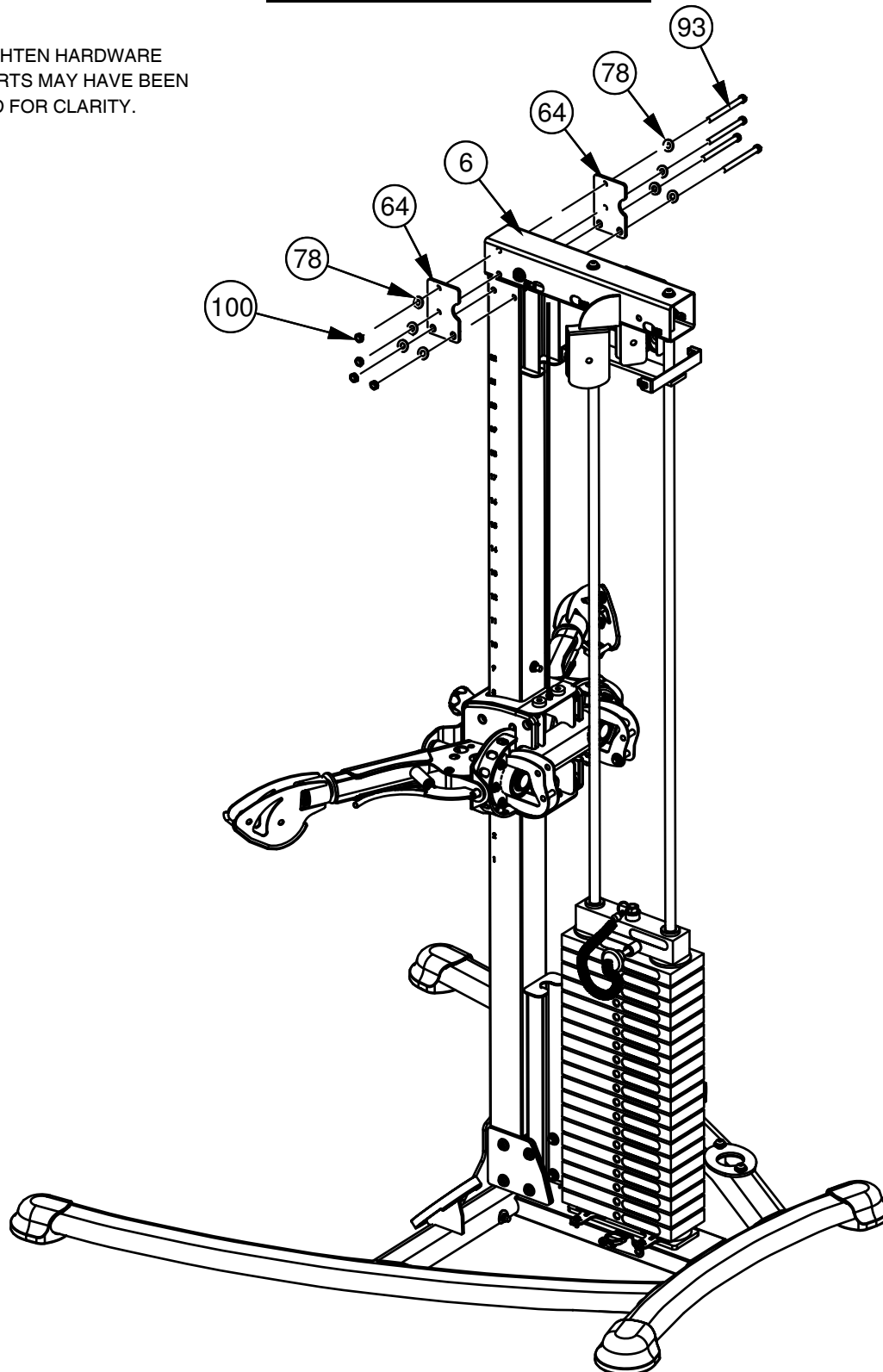


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



FRAME ASSEMBLY

- SOME PARTS MAY HAVE BEEN REMOVED
FOR CLARITY

COMPLETE THE STEPS BELOW FOR ONE SIDE OF THE CABLE ONLY

UNINSTALL THE HOUSING FROM THE CABLE LOCK EYE ASSEMBLY AND SET ASIDE BOTH FOR LATER. CAREFULLY HOLD THE CABLE LOCK EYE ASSEMBLY TOGETHER TO ENSURE THAT THE SPRING DOES NOT FALL OUT.

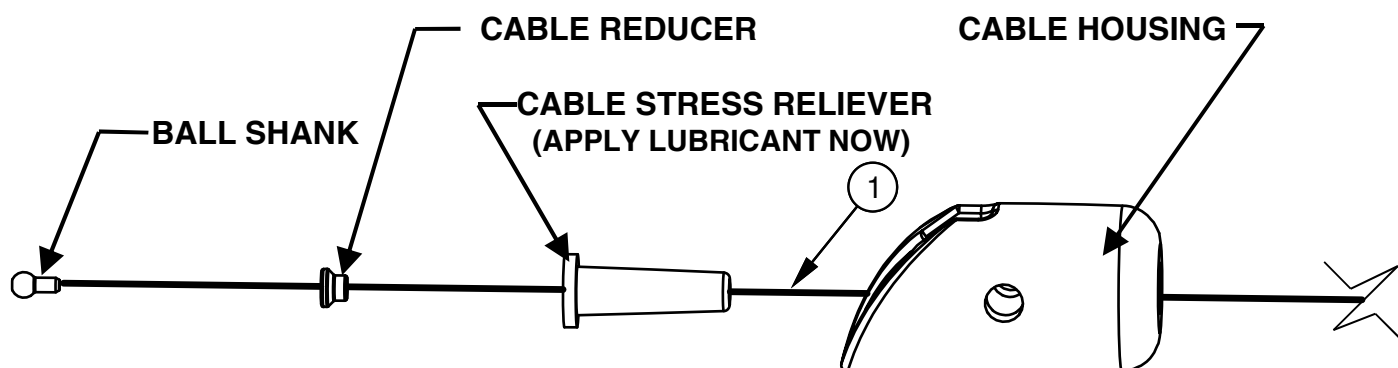


OWNER'S MANUAL

FRAME ASSEMBLY

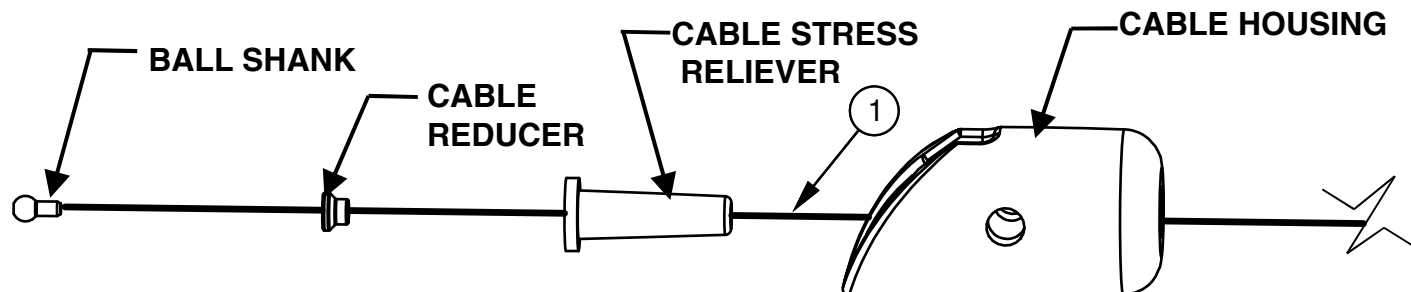
NOTE:
- SOME PARTS MAY HAVE
BEEN REMOVED FOR CLARITY

STEP 1: APPLY LUBRICANT TO THE CABLE STRESS RELIEVER.



STEP 2: USE SCOTCH TAPE TO HOLD THE CABLE REDUCER AND THE BALL SHANK TOGETHER. THIS WILL PREVENT THE BALL SHANK AND THE CABLE REDUCER FROM INTERFERING WITH REMOVING THE CABLE HOUSING IN STEP 4 ON PAGE 19.

NOTE: SEE PAGE 19 FOR STEP 3 AND 4



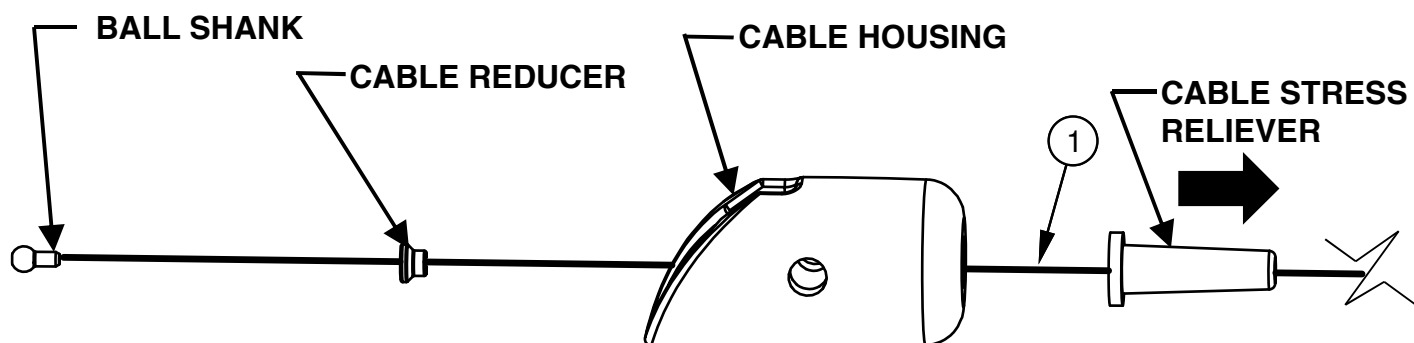
OWNER'S MANUAL

FRAME ASSEMBLY

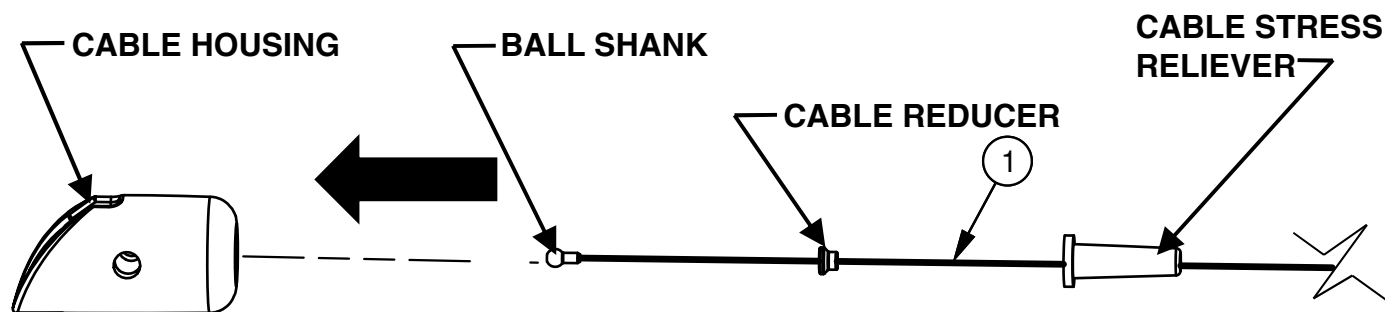
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 3: PULL THE CABLE STRESS RELIEVER OUT OF THE CABLE HOUSING. DO NOT PULL ON THE CABLE, ONLY THE CABLE STRESS RELIEVER. IT DOES NOT PULL OUT EASILY BUT IT WILL PULL OUT.



STEP 4: SLIDE THE CABLE HOUSING OFF OF THE BALL SHANK AND CABLE REDUCER. SET ASIDE THE CABLE HOUSING UNTIL LATER.

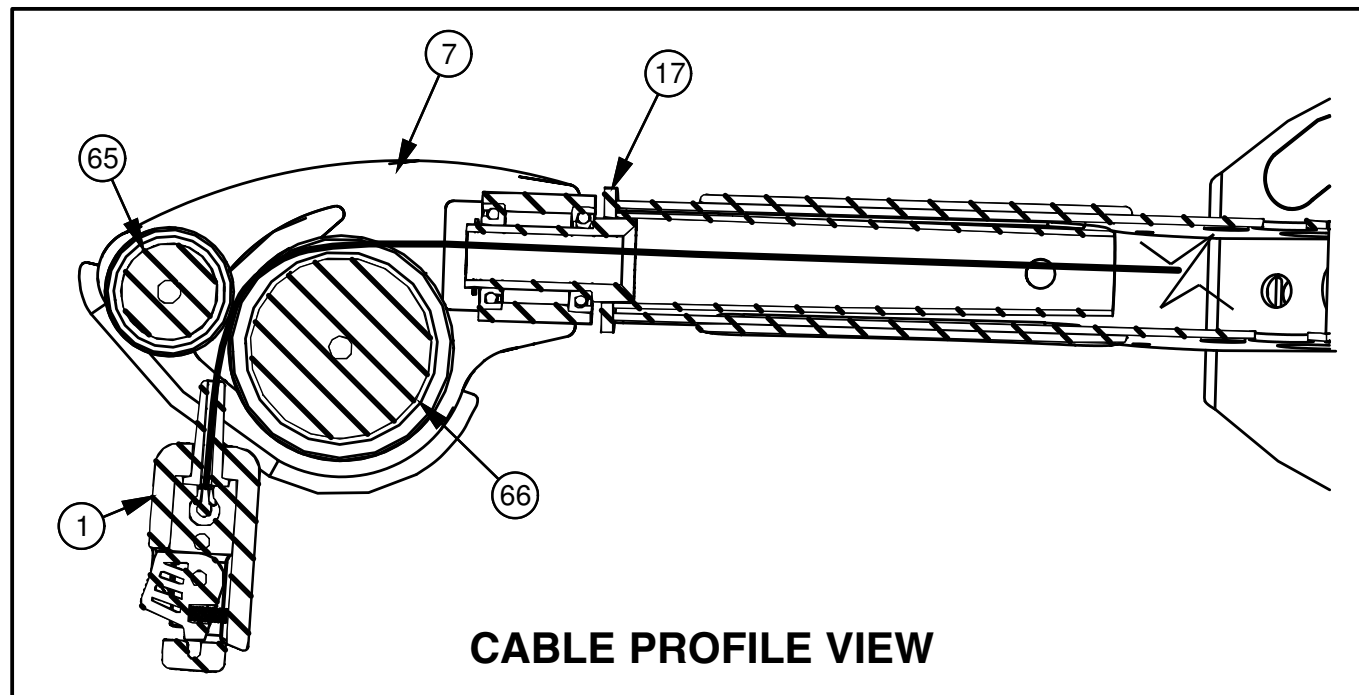
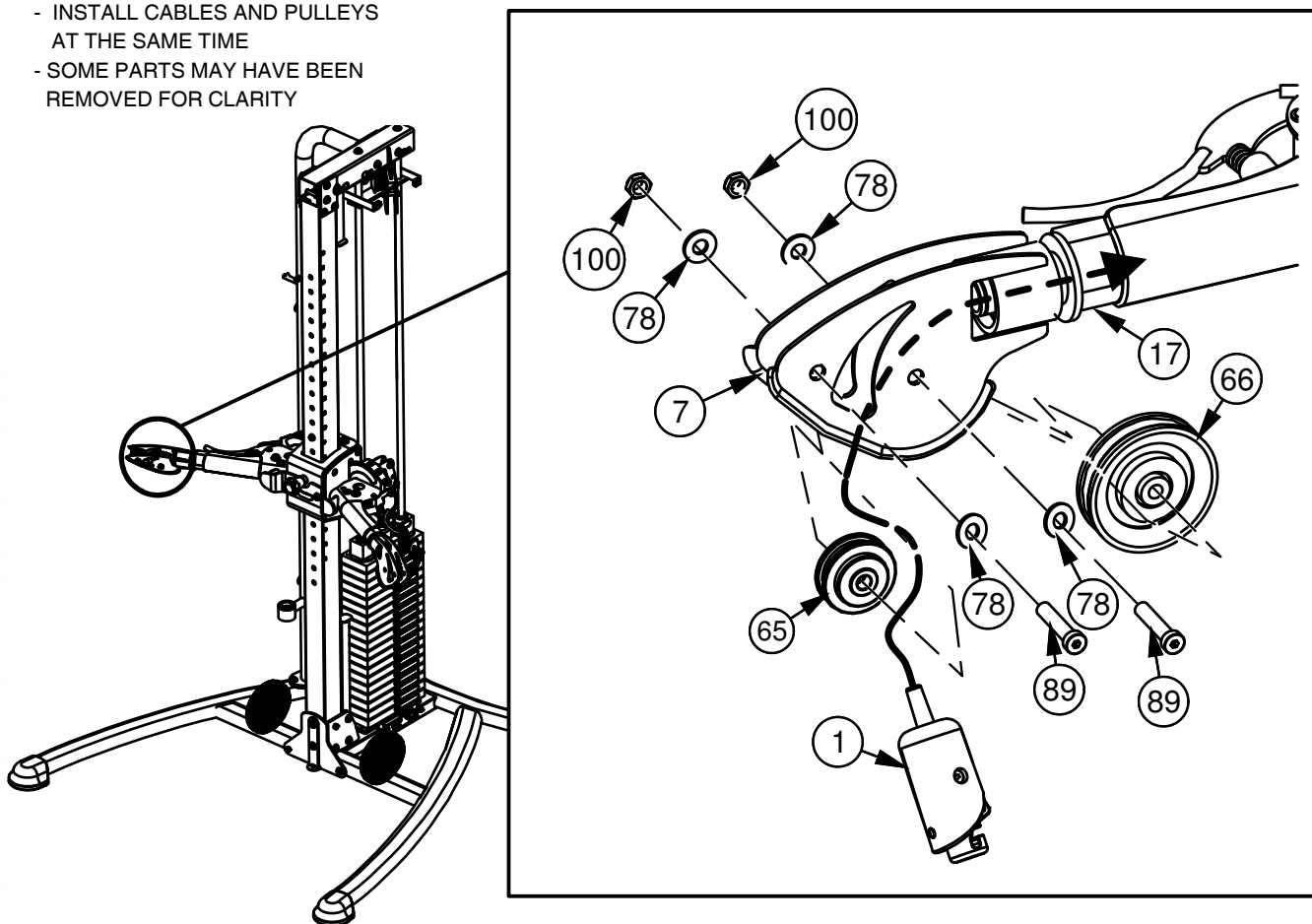


OWNER'S MANUAL

NOTE:

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

FRAME ASSEMBLY



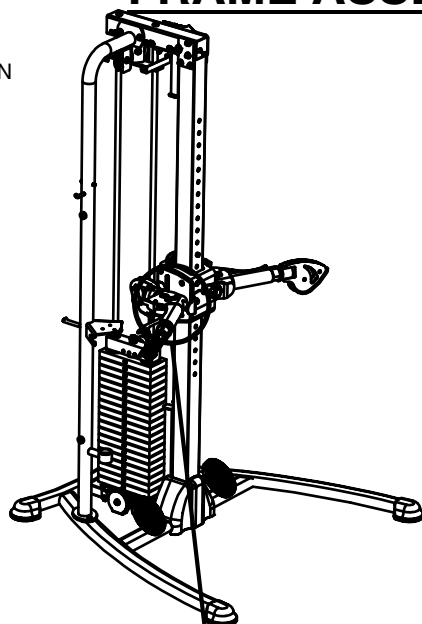
CABLE PROFILE VIEW

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

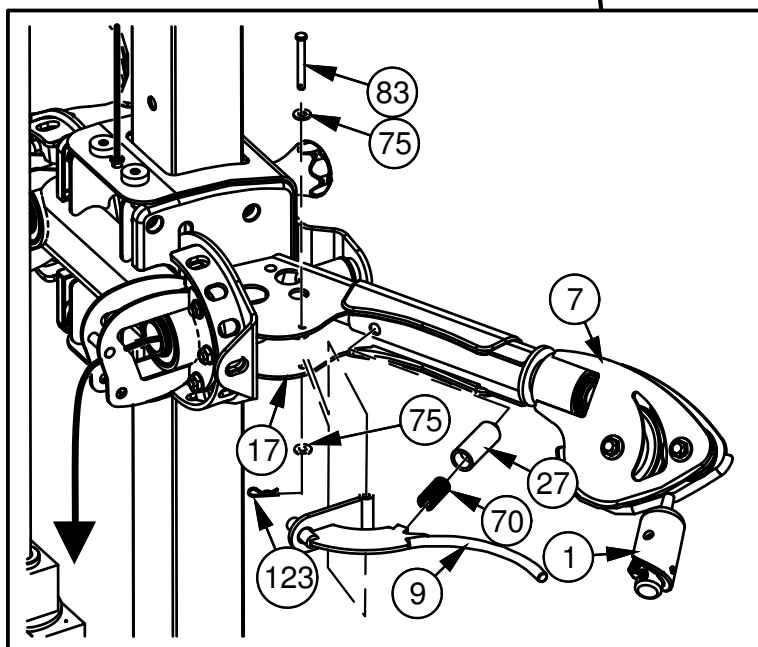
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



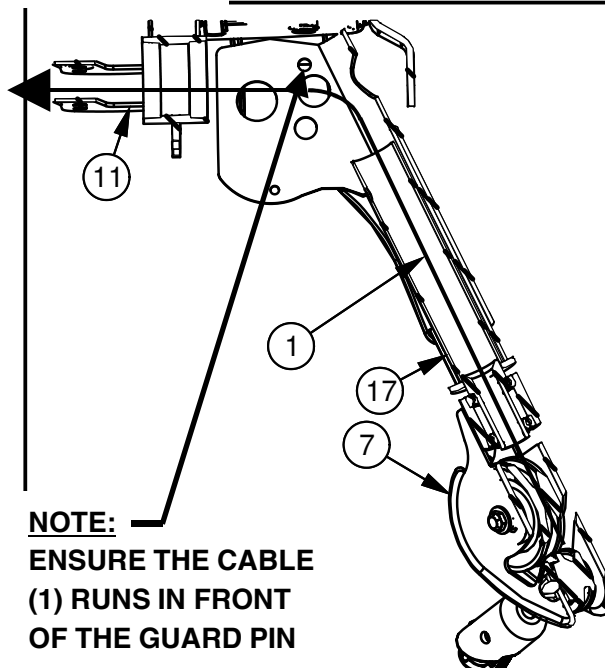
NOTE:

REMOVE CLEVIS PIN AND
HARDWARE (83) (70) (27) (75)
(123) AND LATCH ASSEMBLY (9)
AND SET ASIDE UNTIL LATER.
THEN STRING THE CABLE (1)
THROUGH THE ARM (7) (17) AND
THE CARRIAGE (11).

STEP 1

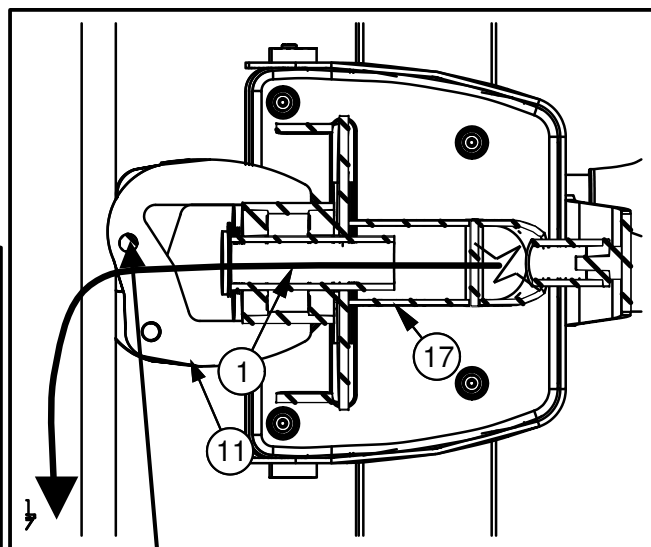


CABLE PROFILE VIEW



NOTE:

ENSURE THE CABLE
(1) RUNS IN FRONT
OF THE GUARD PIN



NOTE:

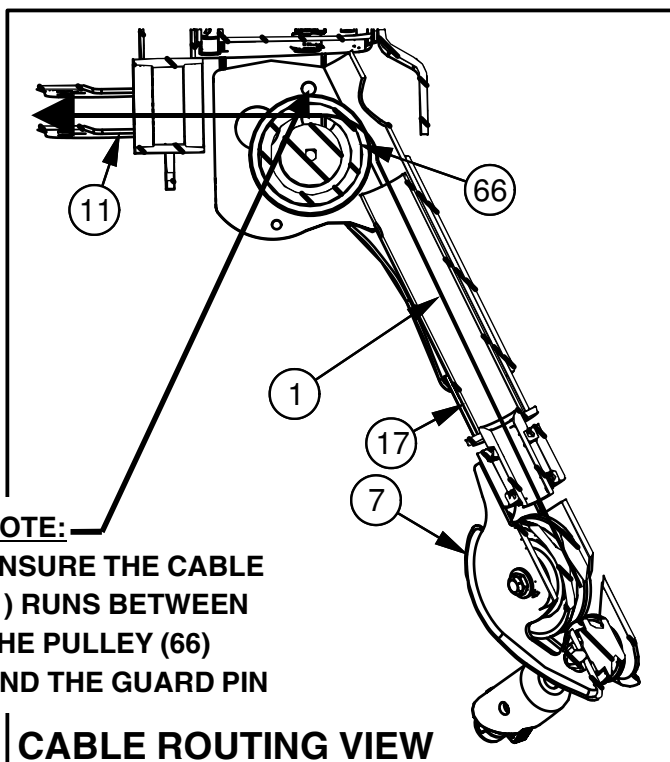
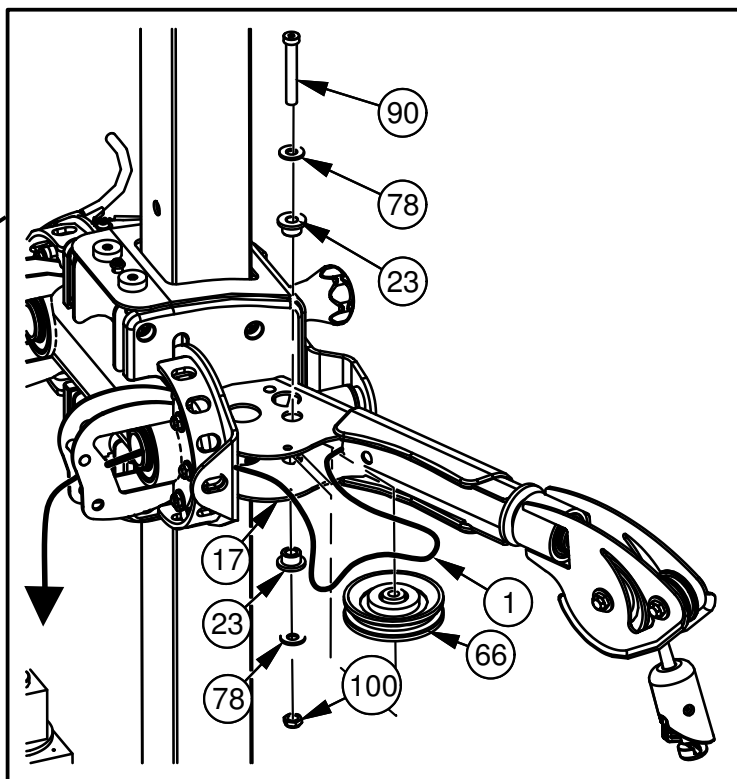
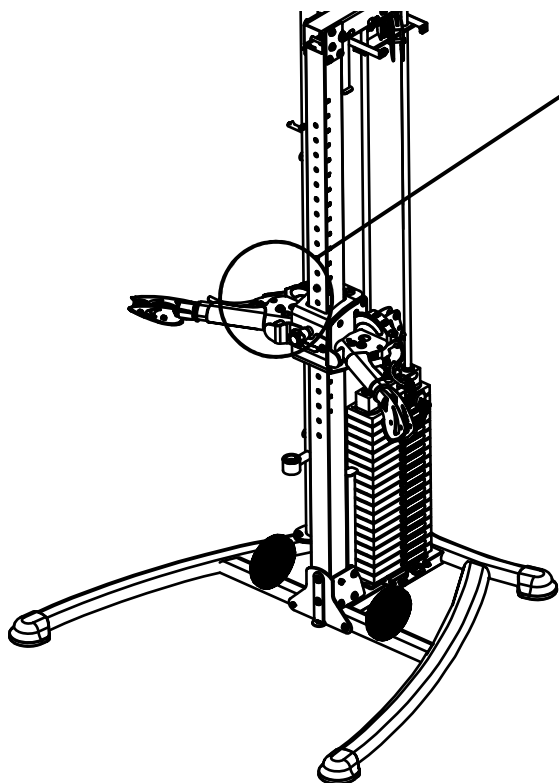
ENSURE THE CABLE
(1) RUNS UNDER THE
GUARD PIN

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



NOTE:

ENSURE THE CABLE
(1) RUNS BETWEEN
THE PULLEY (66)
AND THE GUARD PIN

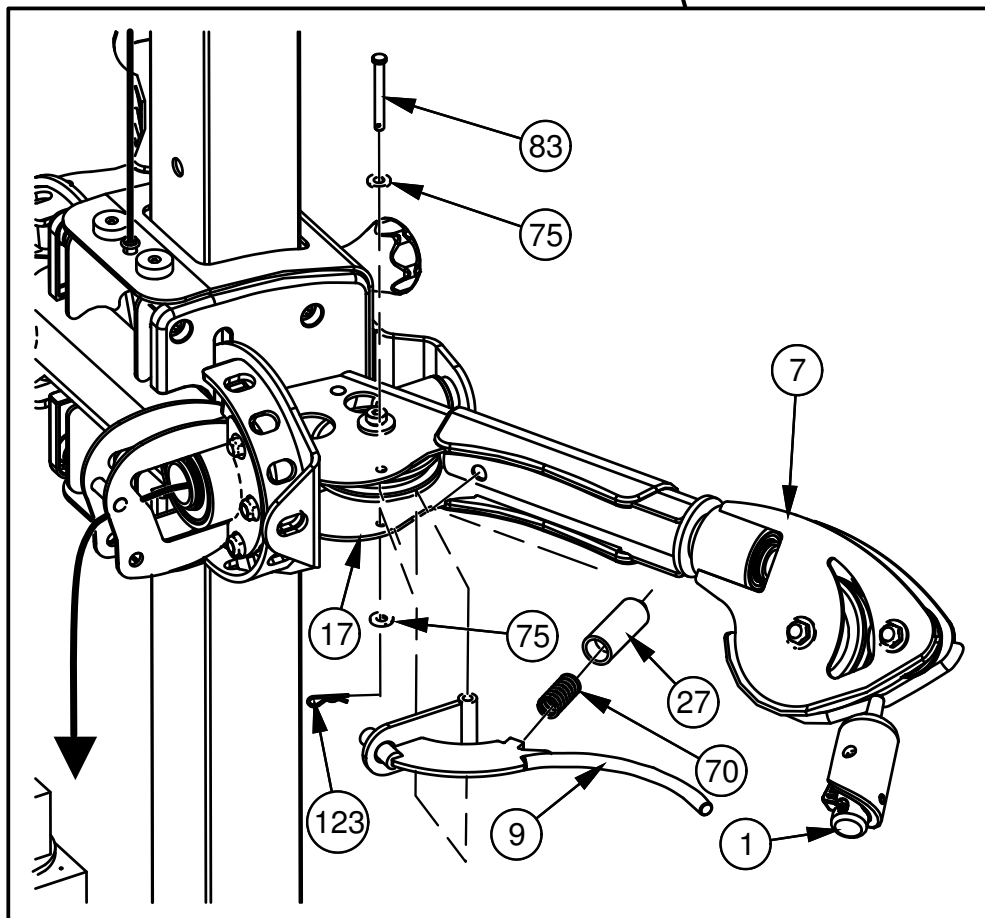
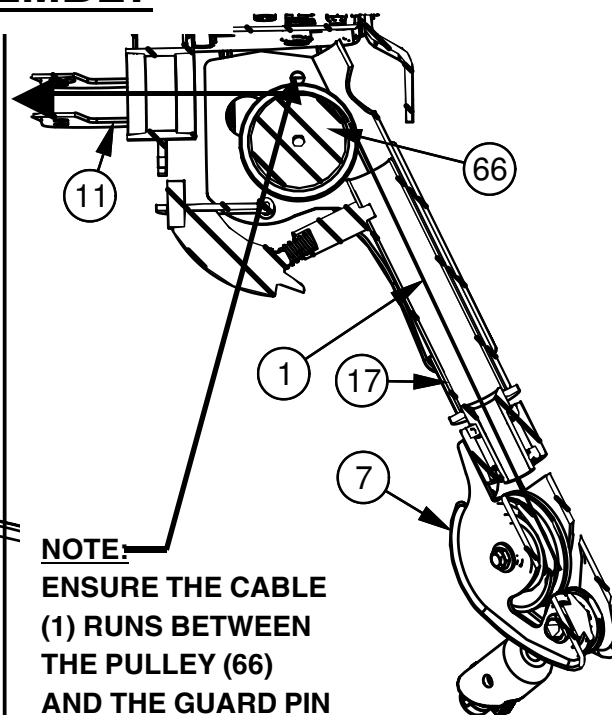
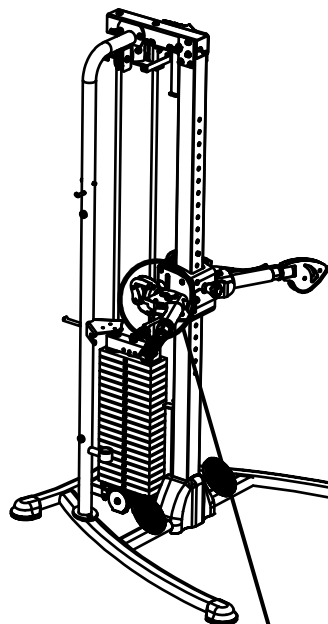
CABLE ROUTING VIEW

OWNER'S MANUAL

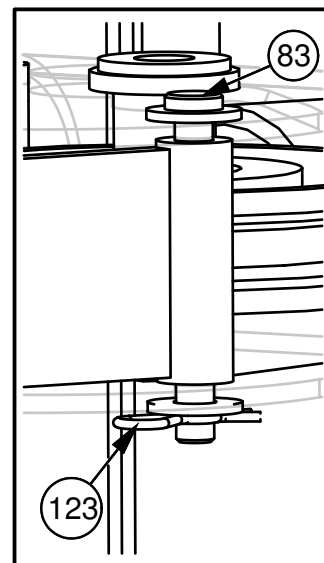
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



NOTE: PUSH THE
HAIRSPRING COTTER (123)
INTO THE HOLE ON THE
CLEVIS PIN (83) UNTIL IT
SNAPS INTO PLACE



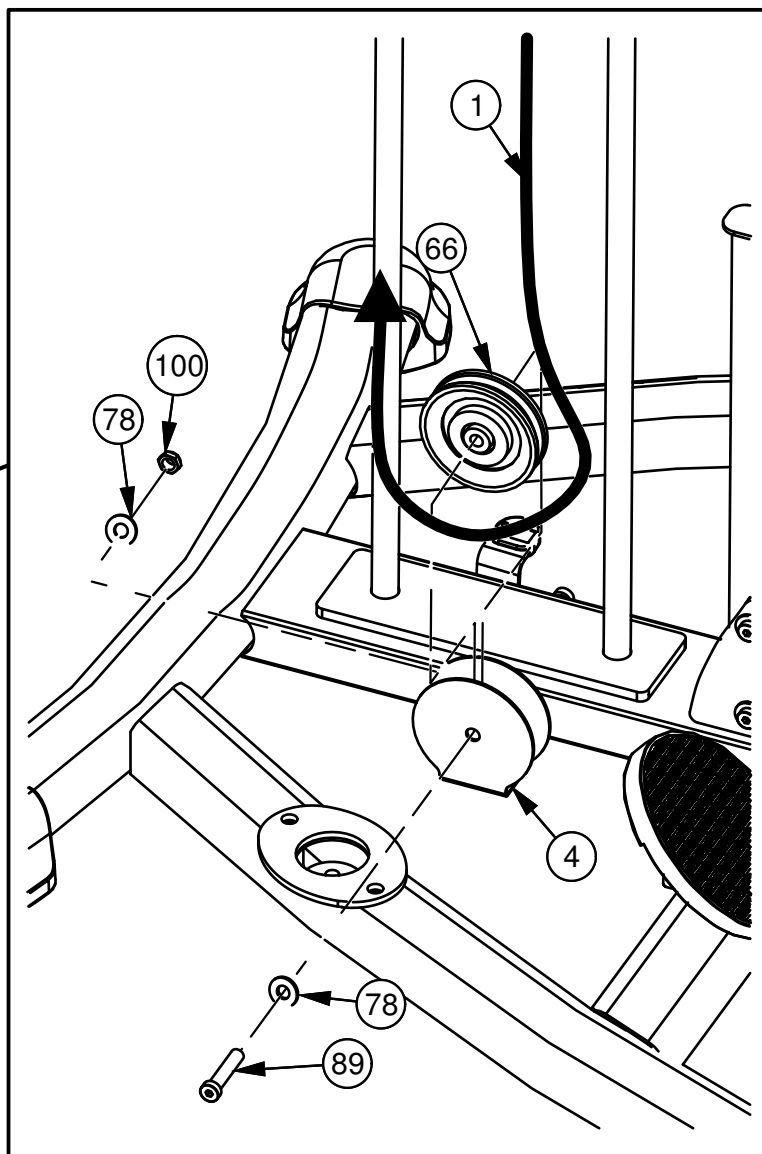
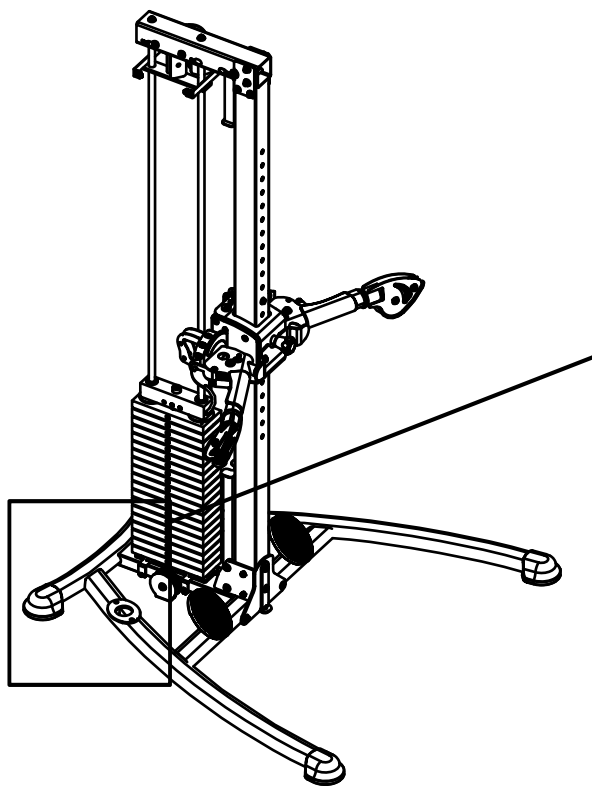
INSTALLED VIEW

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

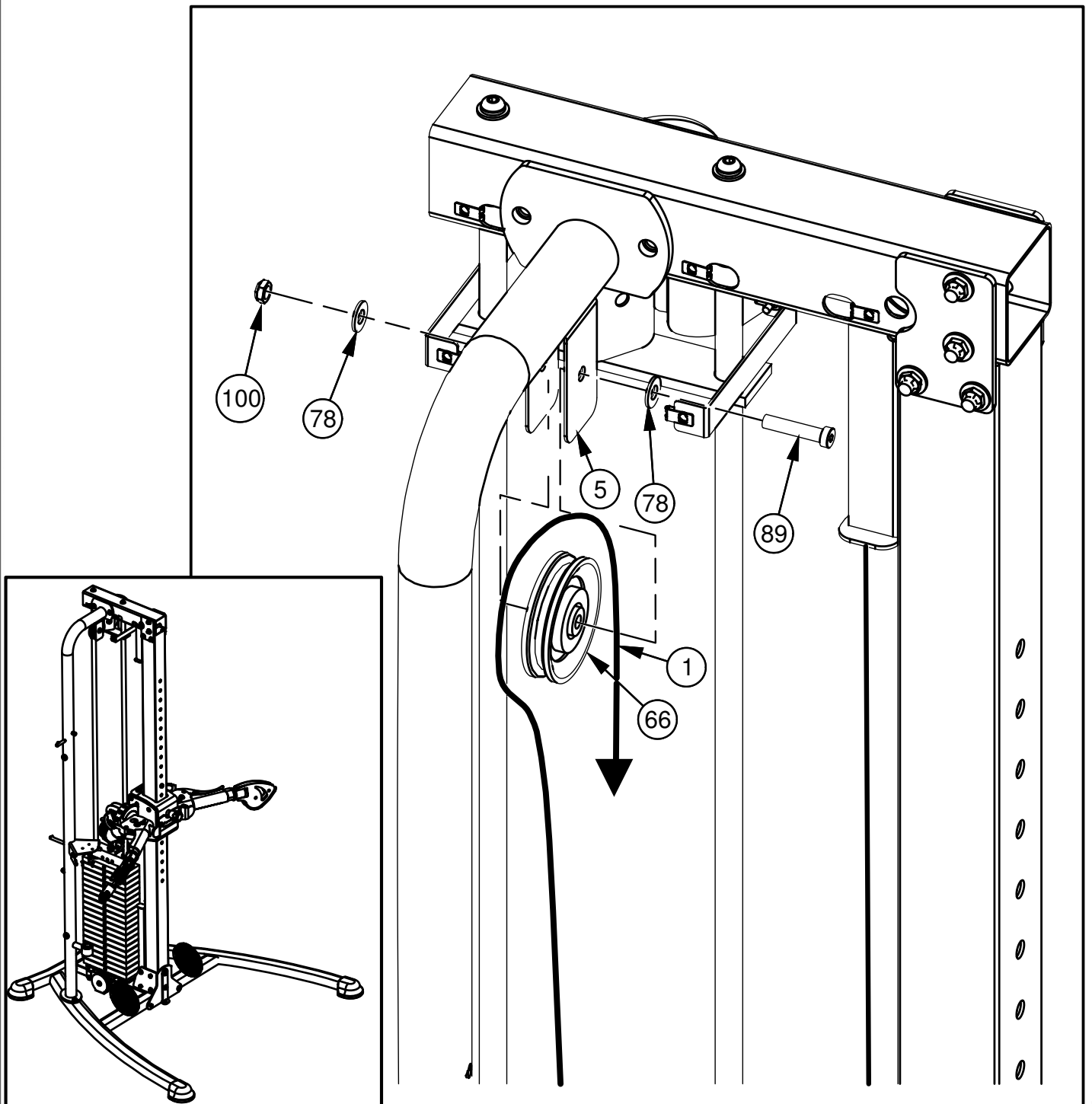


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

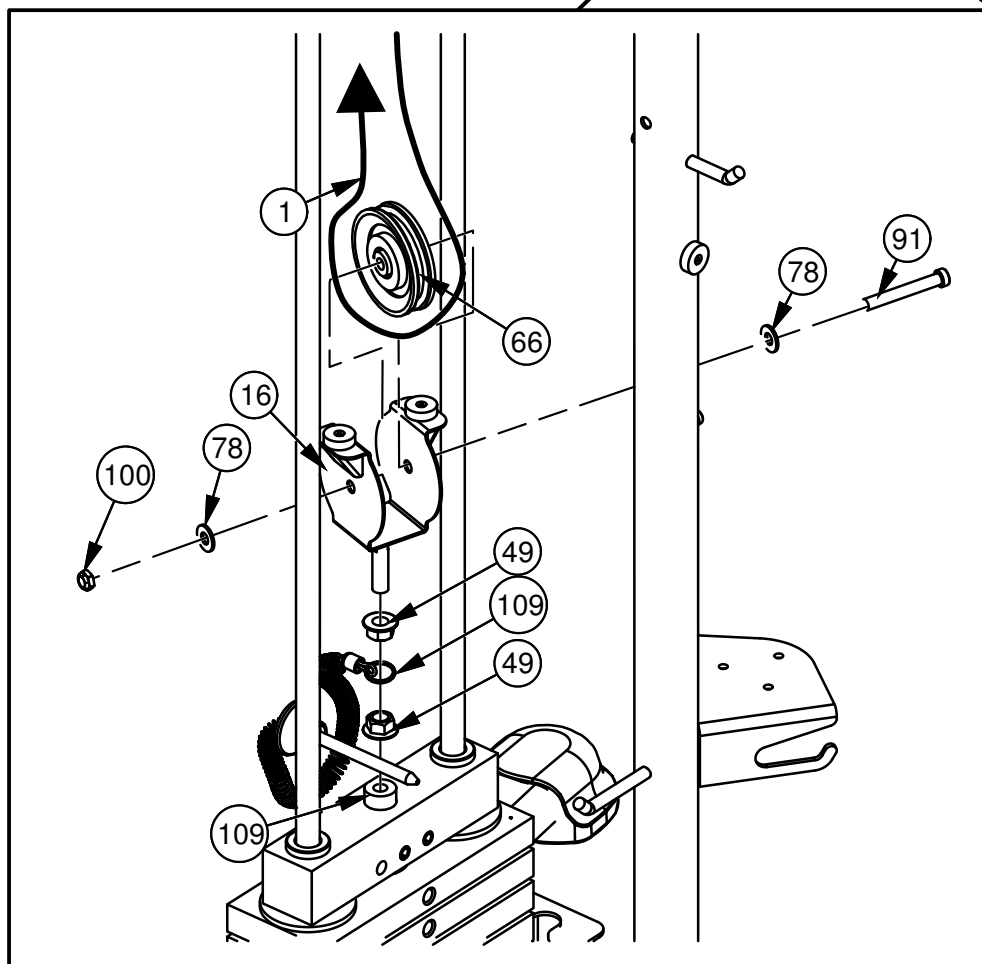
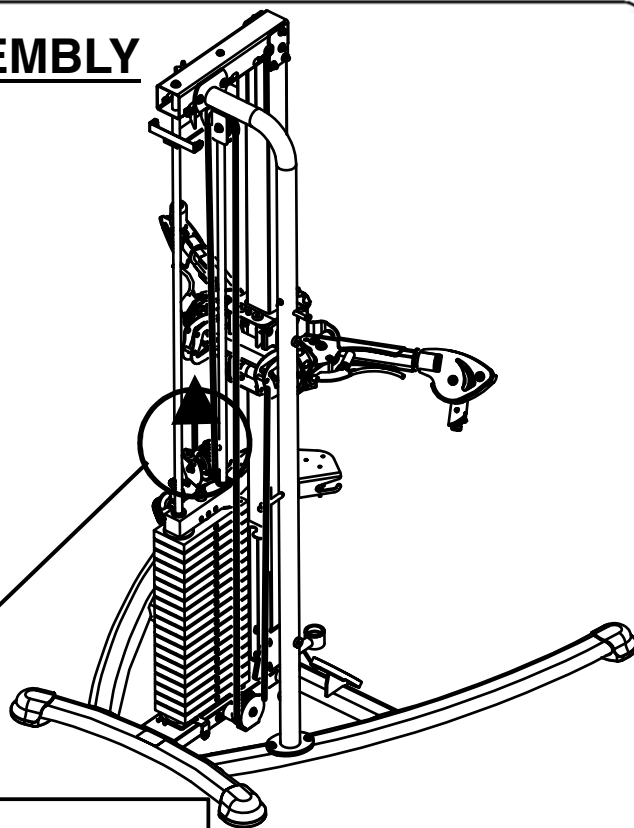


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE (91)
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



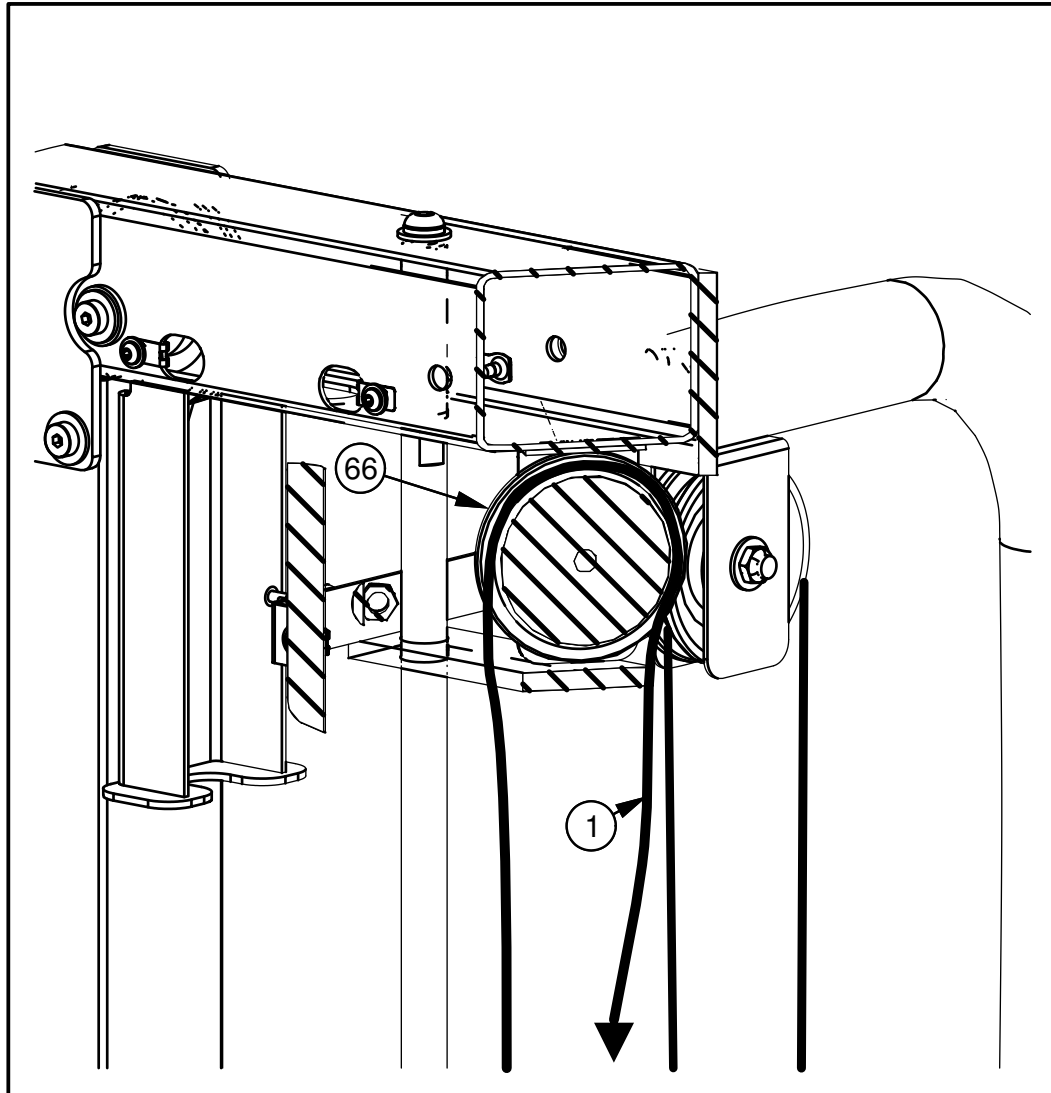
OWNER'S MANUAL

FRAME ASSEMBLY

CABLE ROUTING VIEW

NOTE:

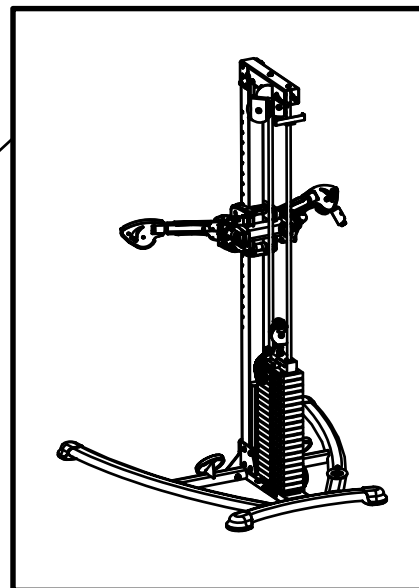
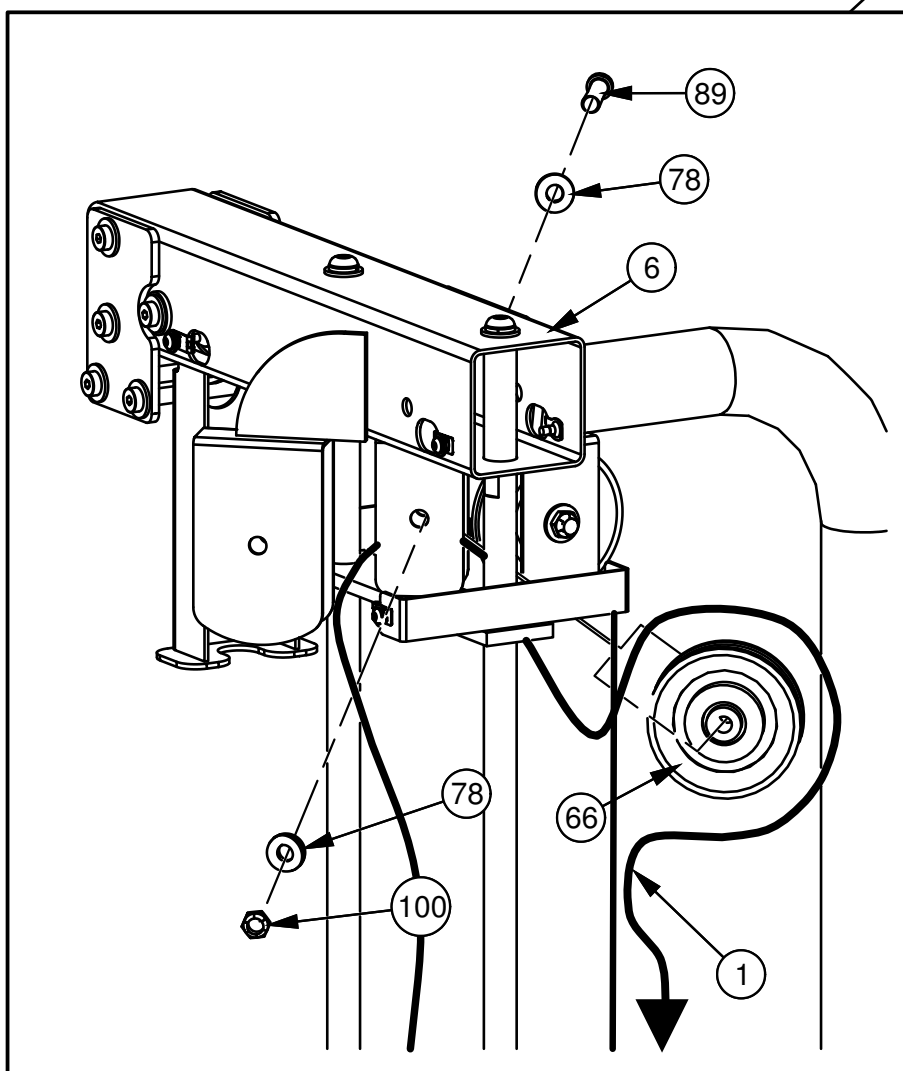
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

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



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

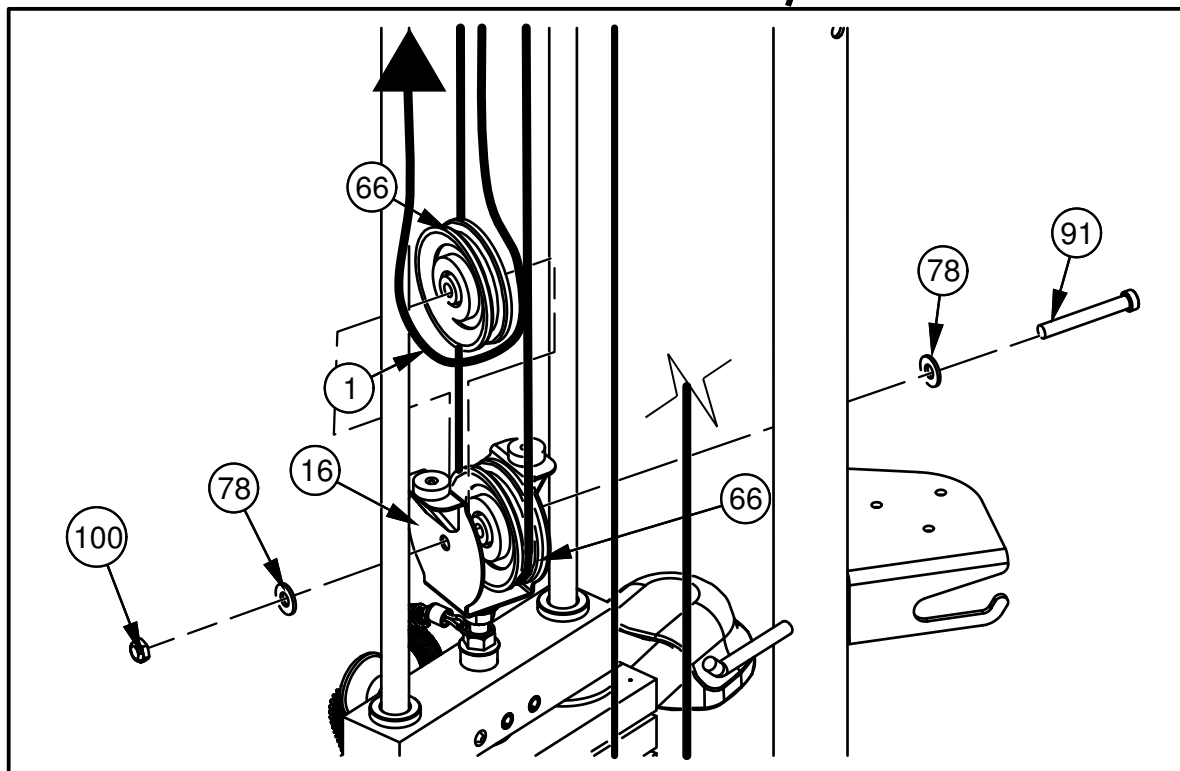
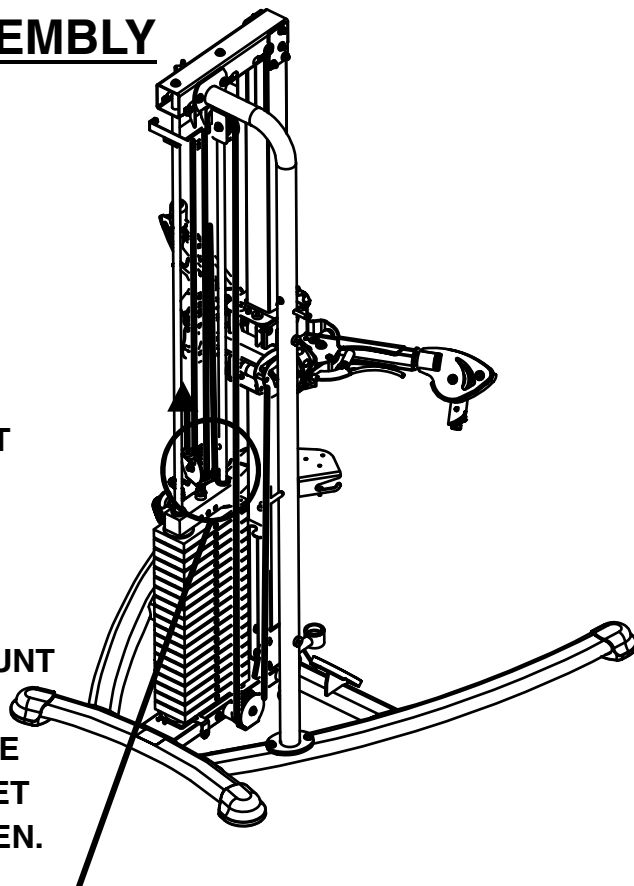
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1:

REMOVE THE NUT (100) AND THE WASHER NEXT TO THE NUT (78) AND SET THEM ASIDE BUT DO NOT DISCARD THEM.

STEP 2:

REMOVE THE BOLT (91) FROM THE PULLEY MOUNT (16) JUST ENOUGH SO THAT YOU CAN INSTALL THE SECOND PULLEY (66). THEN REINSTALL THE NUT (100) AND THE WASHER (78) THAT WERE SET ASIDE AND THE BOLT (91) AND WRENCH TIGHTEN.



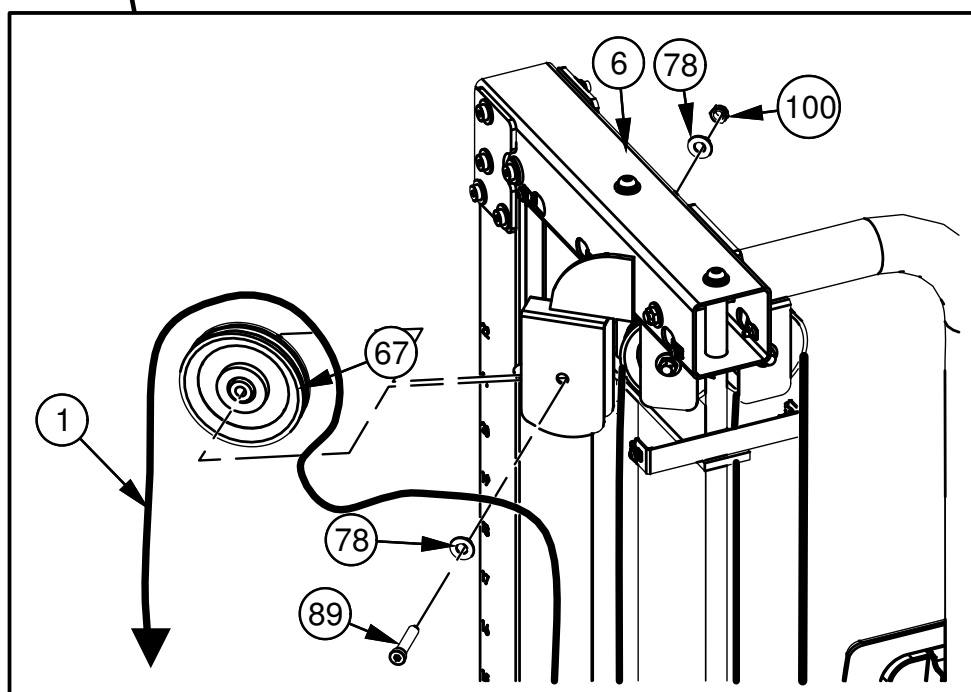
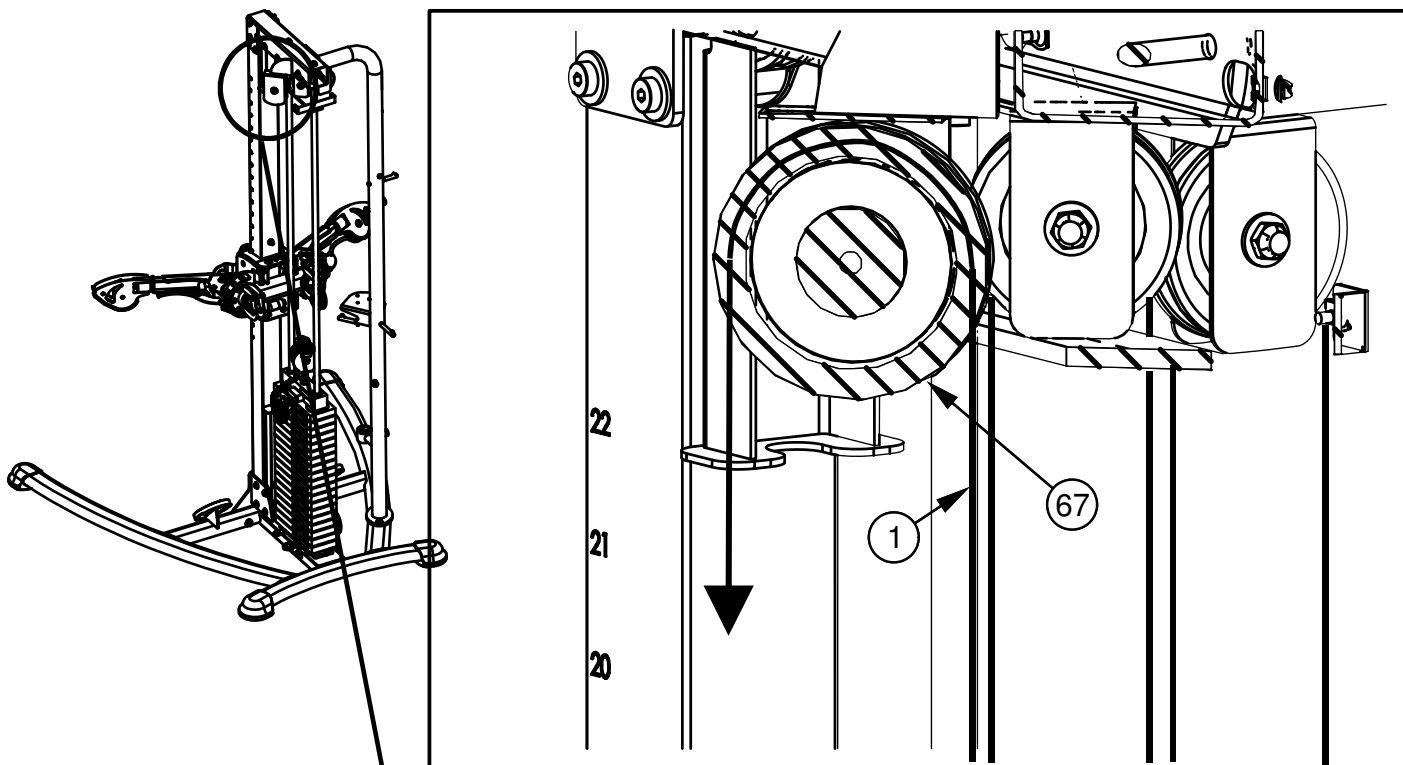
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

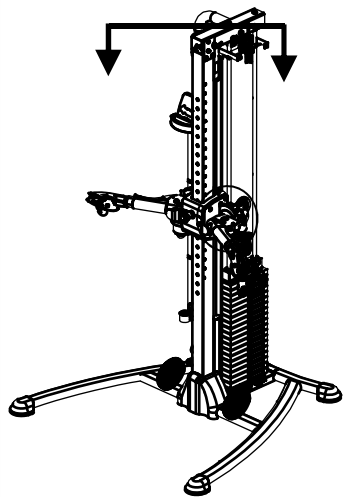
CABLE REFERENCE VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

SECTION VIEW OF PULLEYS

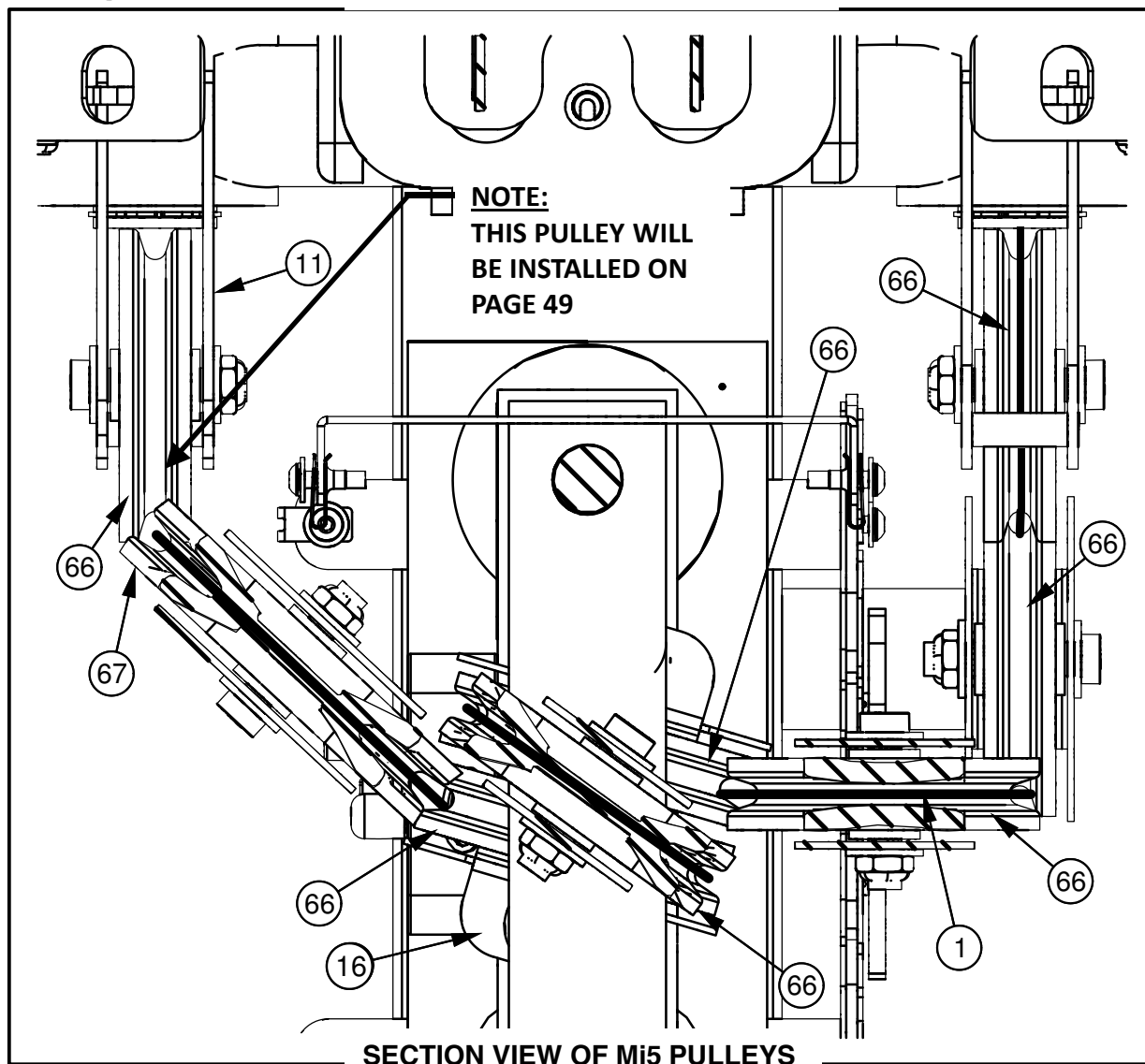


NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT:

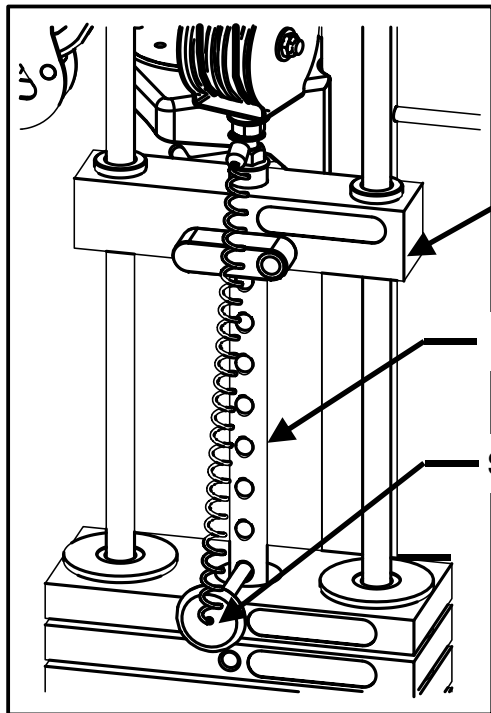
THE CABLE (1) AND PULLEYS (66)(67)
MUST BE ALIGNED TO MATCH THIS
SECTION VIEW.



SECTION VIEW OF Mi5 PULLEYS

FRAME ASSEMBLY

DETAIL VIEW



TOP PLATE

WEIGHT STEM

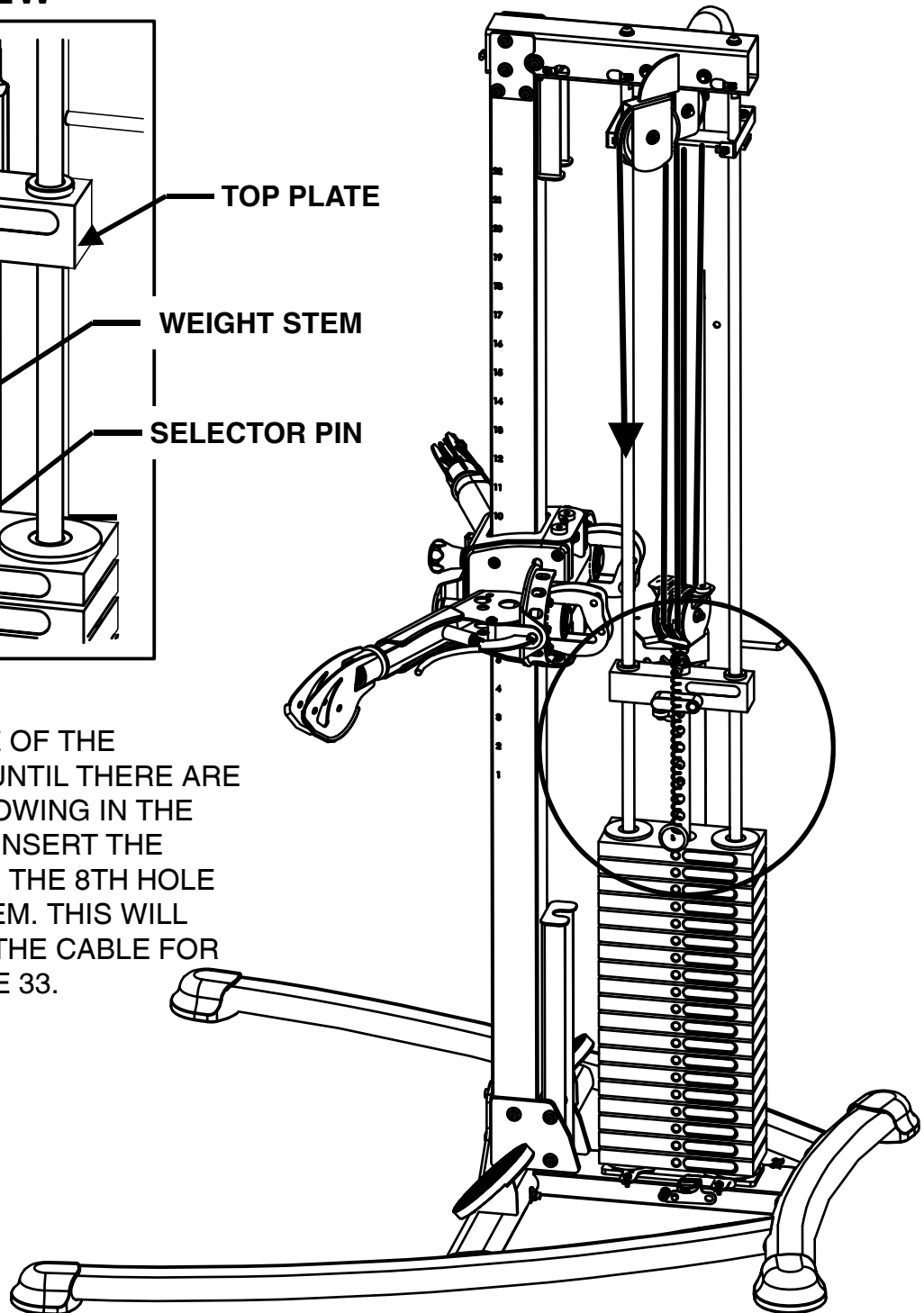
SELECTOR PIN

NOTE:

LIFT THE TOP PLATE OF THE WEIGHT STACK UP UNTIL THERE ARE ABOUT 8 HOLES SHOWING IN THE WEIGHT STEM AND INSERT THE SELECTOR PIN INTO THE 8TH HOLE OF THE WEIGHT STEM. THIS WILL PROVIDE SLACK IN THE CABLE FOR THE STEPS ON PAGE 33.

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

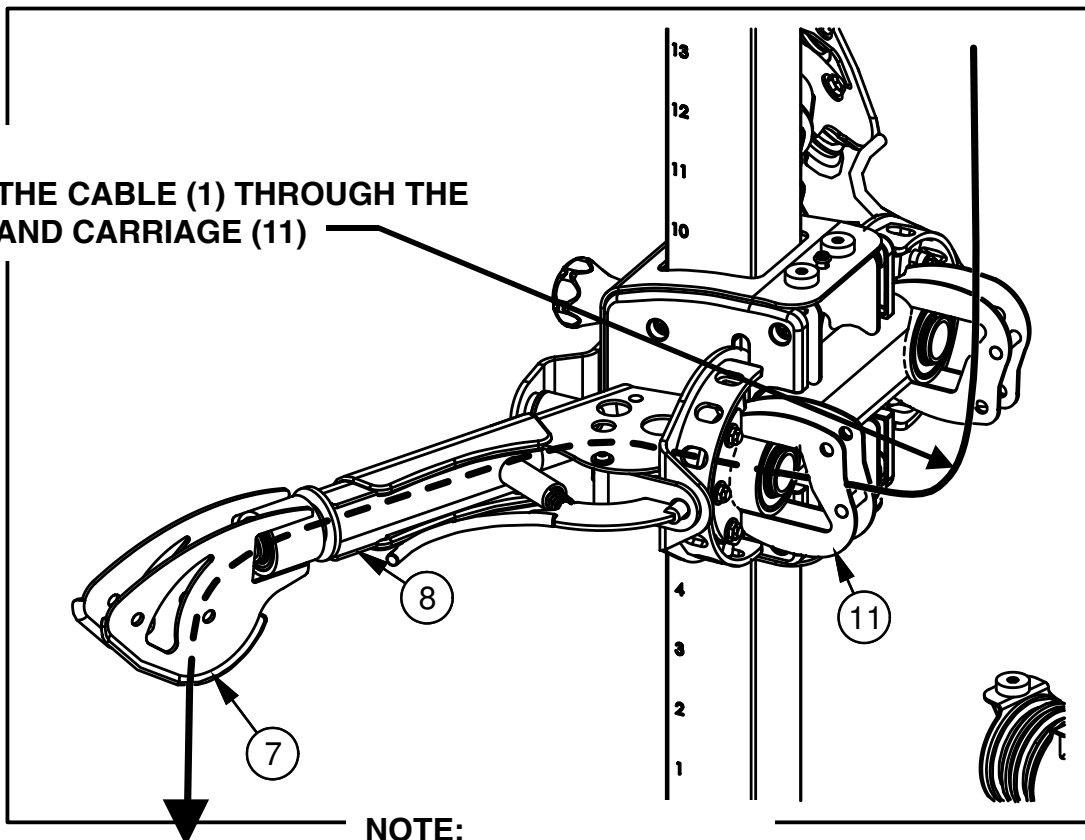
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

NOTE:

STRING THE CABLE (1) THROUGH THE
ARM (8) AND CARRIAGE (11)

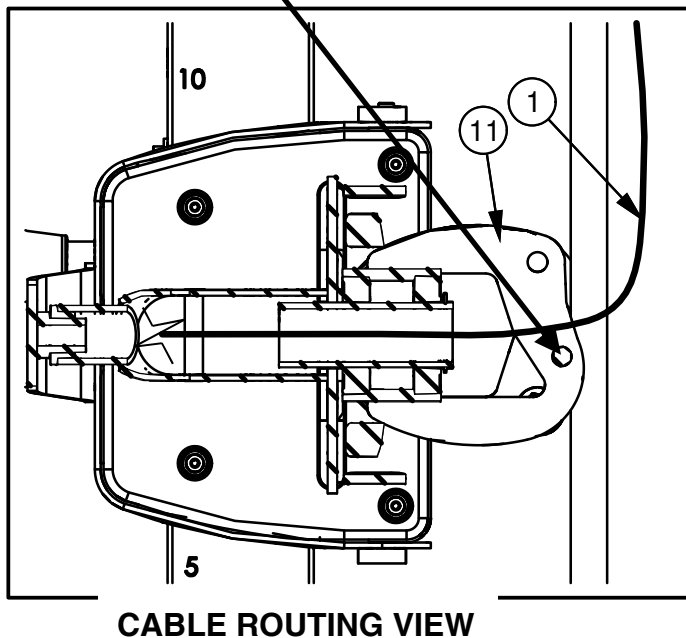
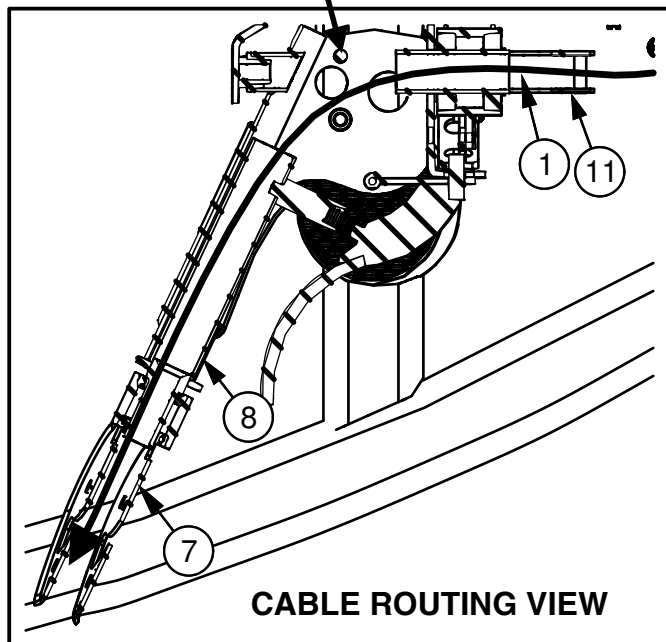


NOTE:

CABLE MUST
BE IN FRONT OF
THE GUARD PIN

NOTE:

CABLE MUST BE ABOVE
THE GUARD PIN



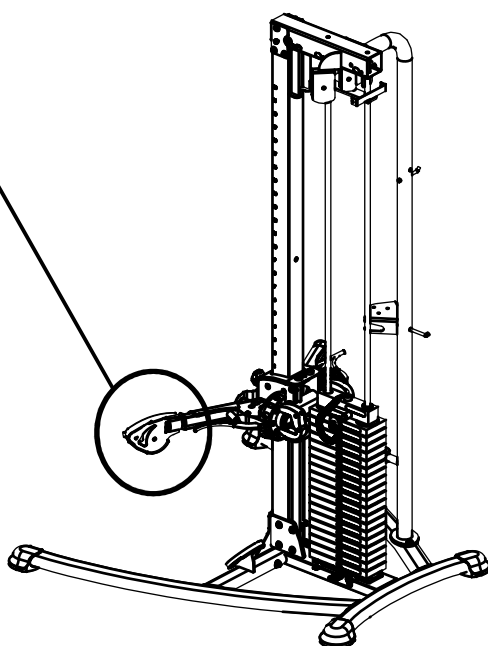
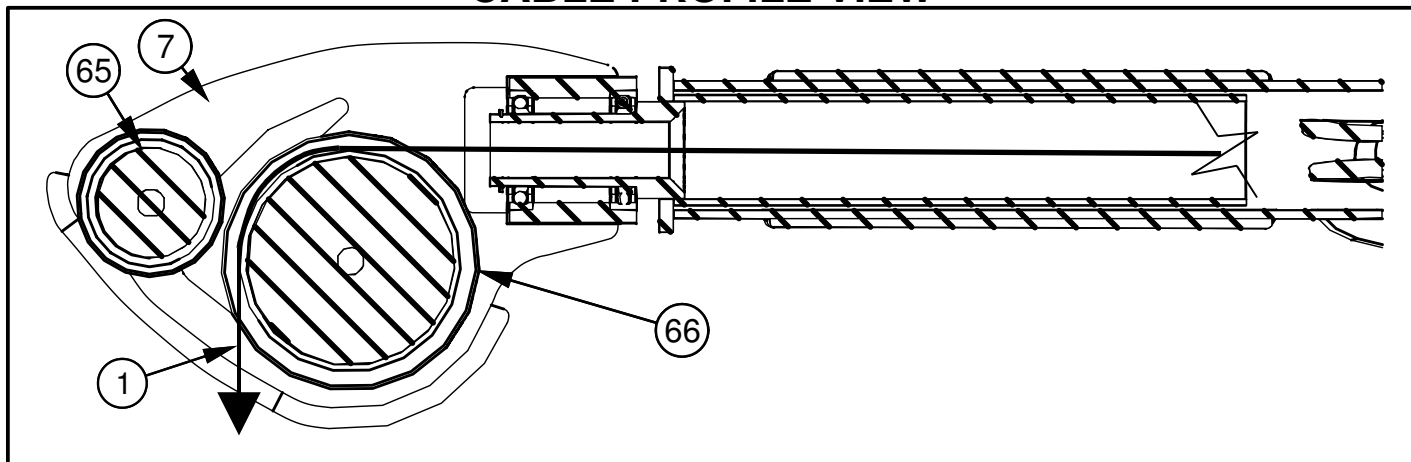
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

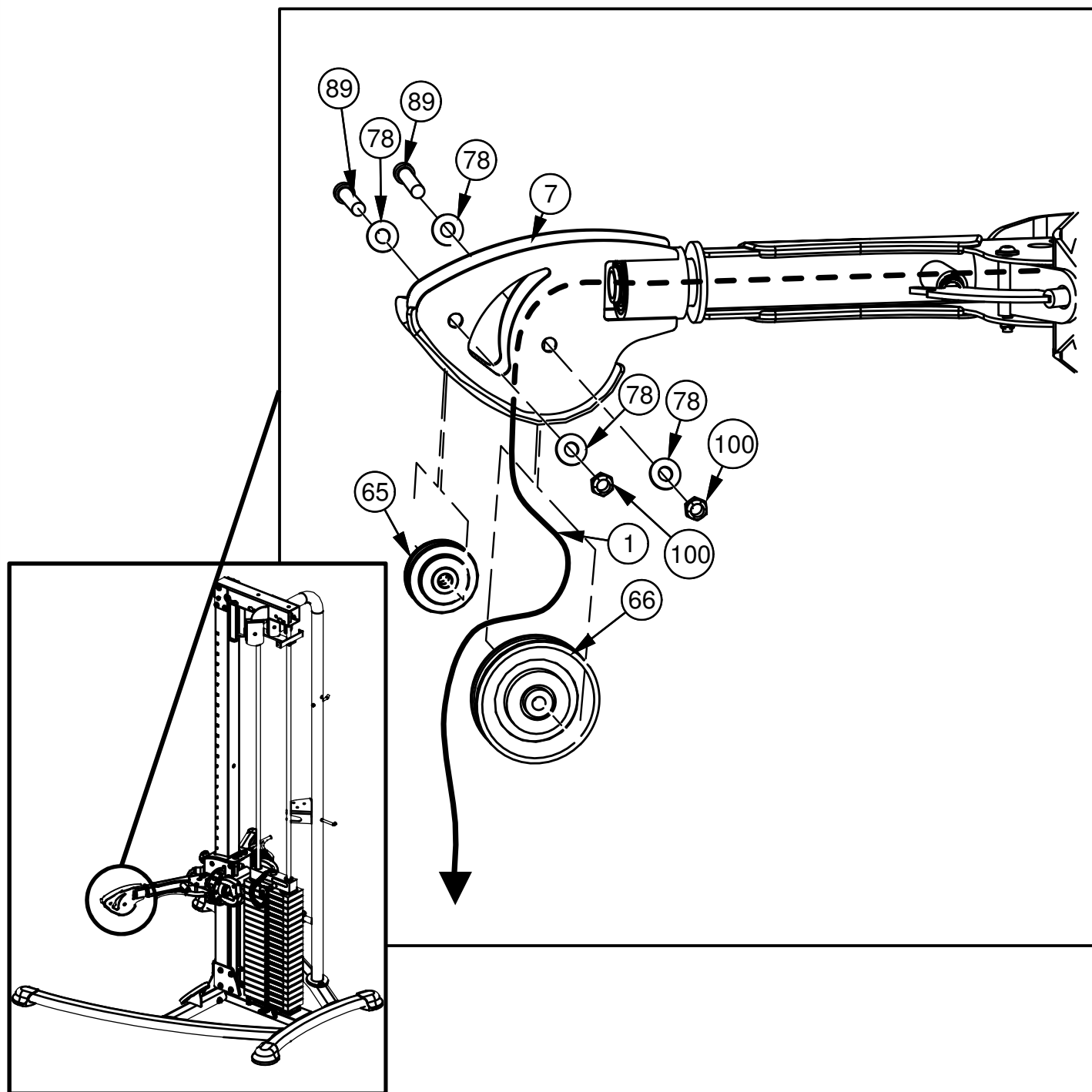
CABLE PROFILE VIEW



FRAME ASSEMBLY

NOTE:

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

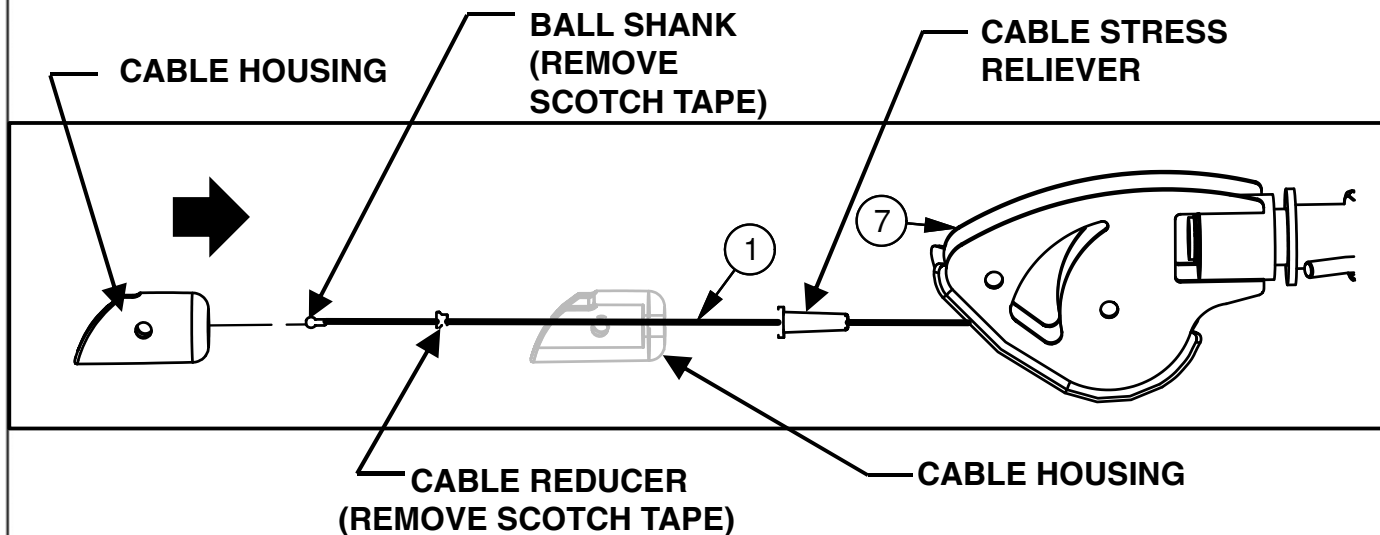


FRAME ASSEMBLY

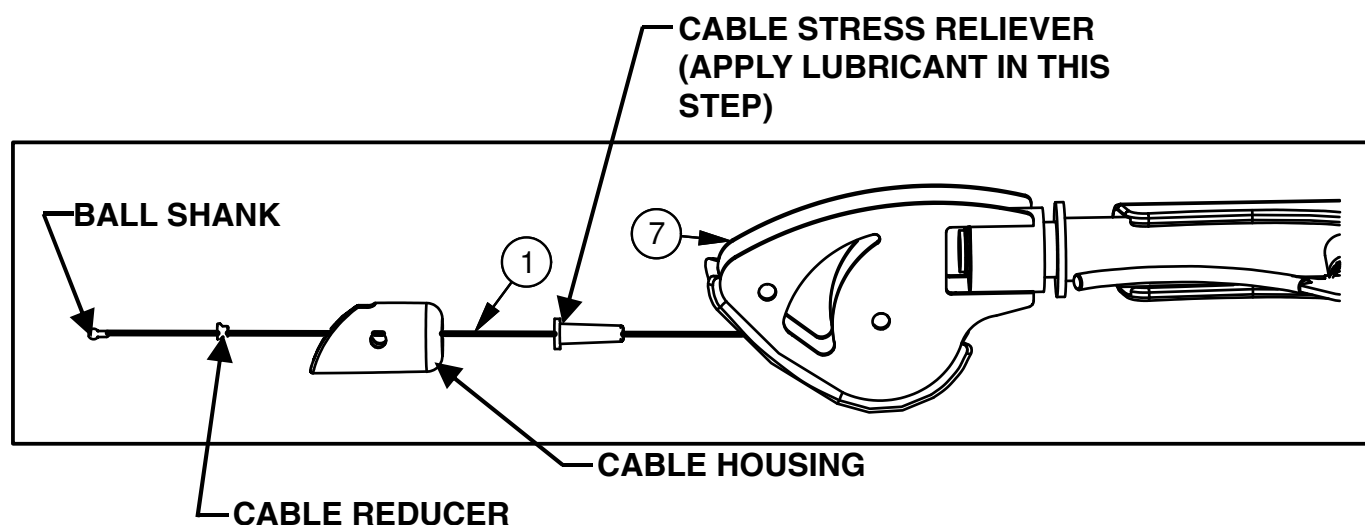
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 1: REMOVE THE SCOTCH TAPE FROM THE BALL SHANK AND THE CABLE REDUCER. PUT THE CABLE HOUSING THAT WAS SET ASIDE ON PAGE 17 ONTO THE CABLE REDUCER AND BALL SHANK.



**STEP 2: APPLY LUBRICANT TO THE CABLE STRESS RELIEVER.
(SEE PAGE 37 AND 38 FOR STEP 3 AND 4).**



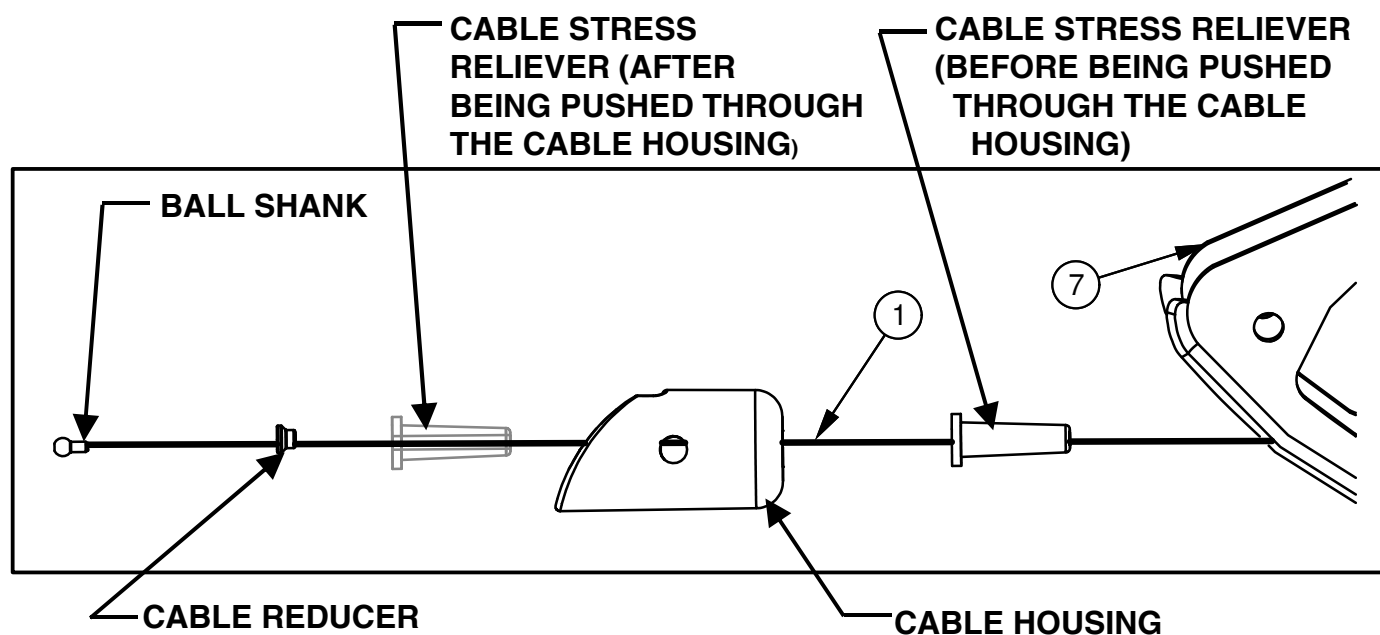
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE
BEEN REMOVED FOR CLARITY

NOTE: TO INSERT THE CABLE STRESS RELIEVER INTO THE CABLE HOUSING, START BY INSERTING A CORNER OF THE STRESS RELIEVER INTO THE HOLE OF THE CABLE HOUSING AND ROTATING THE STRESS RELIEVER WHILE PUSHING IT INTO THE HOLE. IT WILL NOT BE EASY FOR THE CABLE STRESS RELIEVER TO GO INTO THE HOLE, BUT IT WILL GO IN.

STEP 3: PUSH THE CABLE STRESS RELIEVER INTO THE CABLE HOUSING.

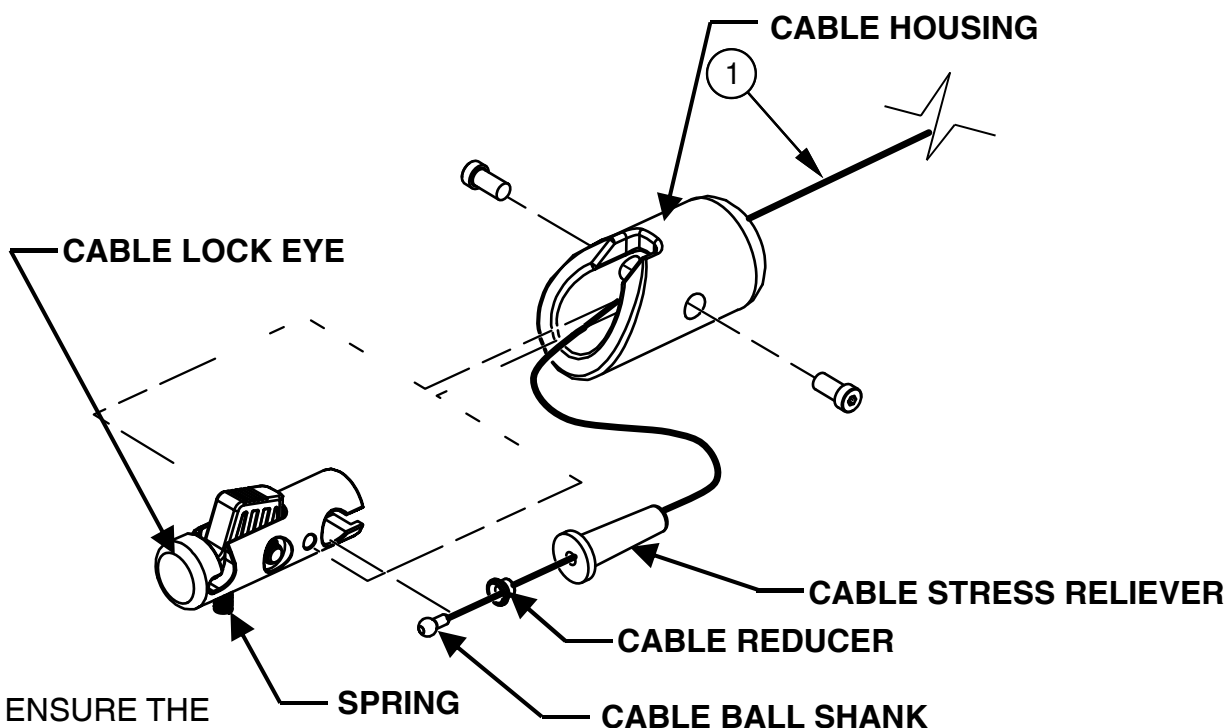


FRAME ASSEMBLY

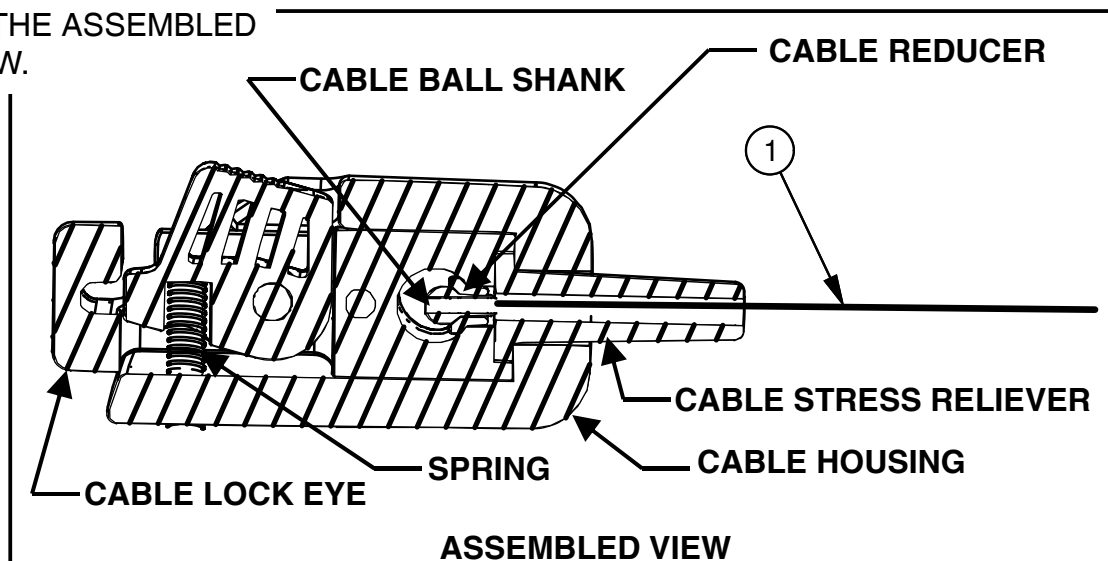
NOTE:

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

STEP 4: REINSTALL THE CABLE LOCK EYE ASSEMBLY ONTO THE HOUSING. WRENCH TIGHTEN HARDWARE. CAREFULLY HOLD THE CABLE LOCK EYE ASSEMBLY TOGETHER TO ENSURE THAT THE SPRING DOES NOT FALL OUT.

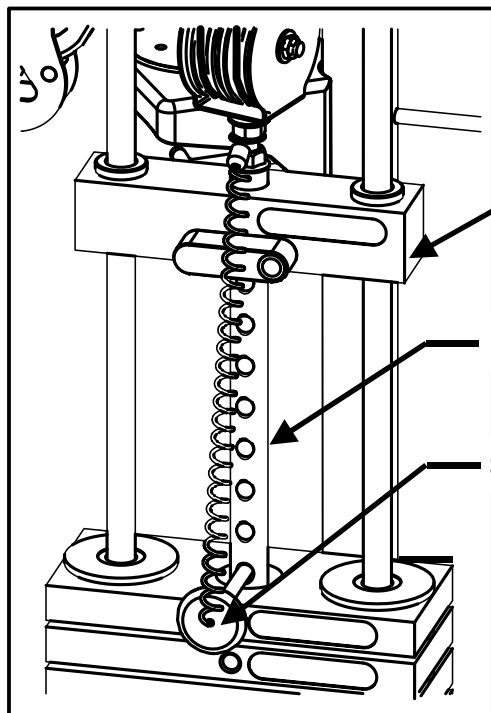


NOTE: ENSURE THE CABLE BALL SHANK, CABLE REDUCER, AND CABLE STRESS RELIEVER ARE ASSEMBLED AS SHOWN IN THE ASSEMBLED VIEW BELOW.



FRAME ASSEMBLY

DETAIL VIEW



TOP PLATE

WEIGHT STEM

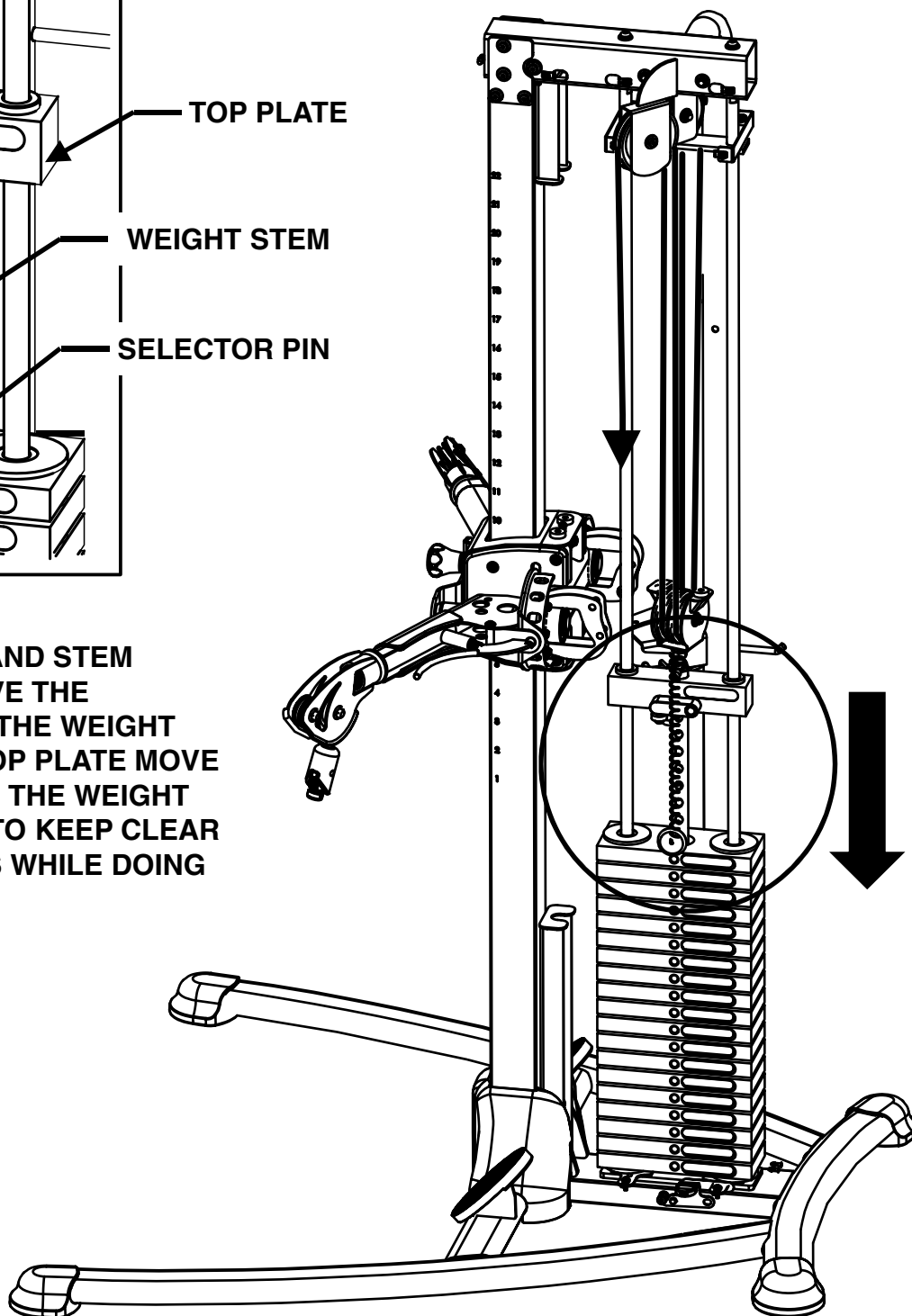
SELECTOR PIN

NOTE:

LIFT THE TOP PLATE AND STEM SLIGHTLY AND REMOVE THE SELECTOR PIN FROM THE WEIGHT STEM AND LET THE TOP PLATE MOVE DOWN TO THE TOP OF THE WEIGHT STACK. BE CAREFUL TO KEEP CLEAR OF ANY PINCH POINTS WHILE DOING THIS.

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

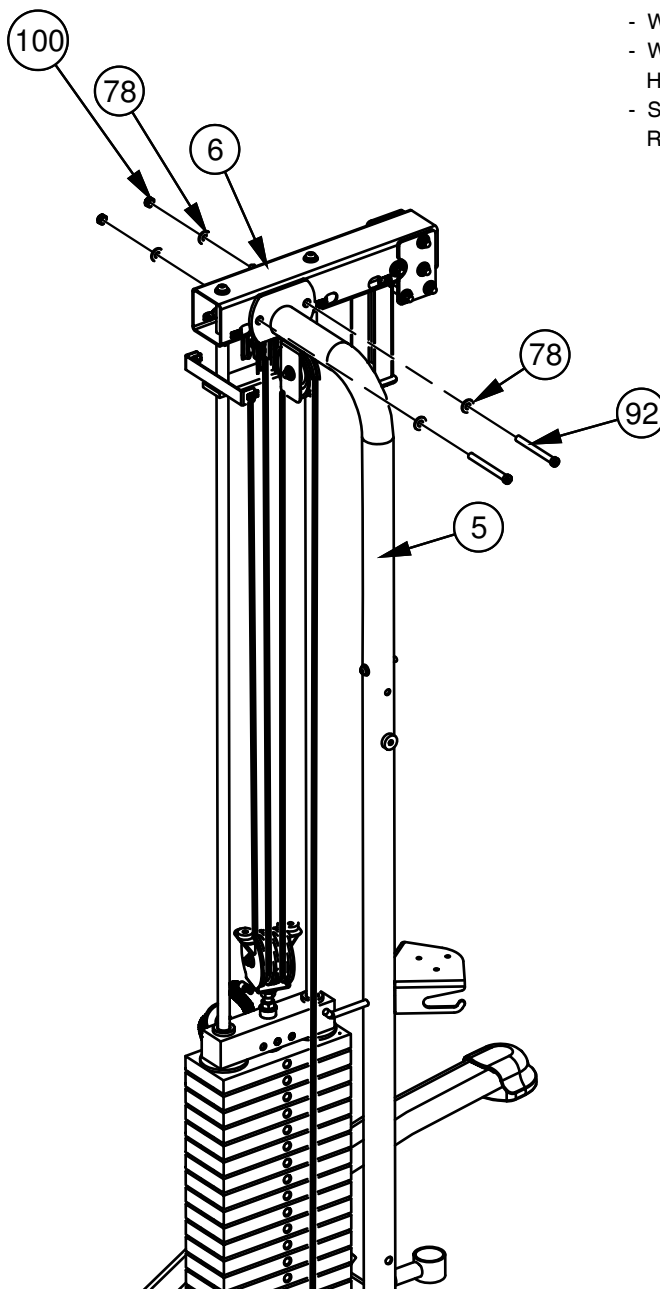


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



IMPORTANT

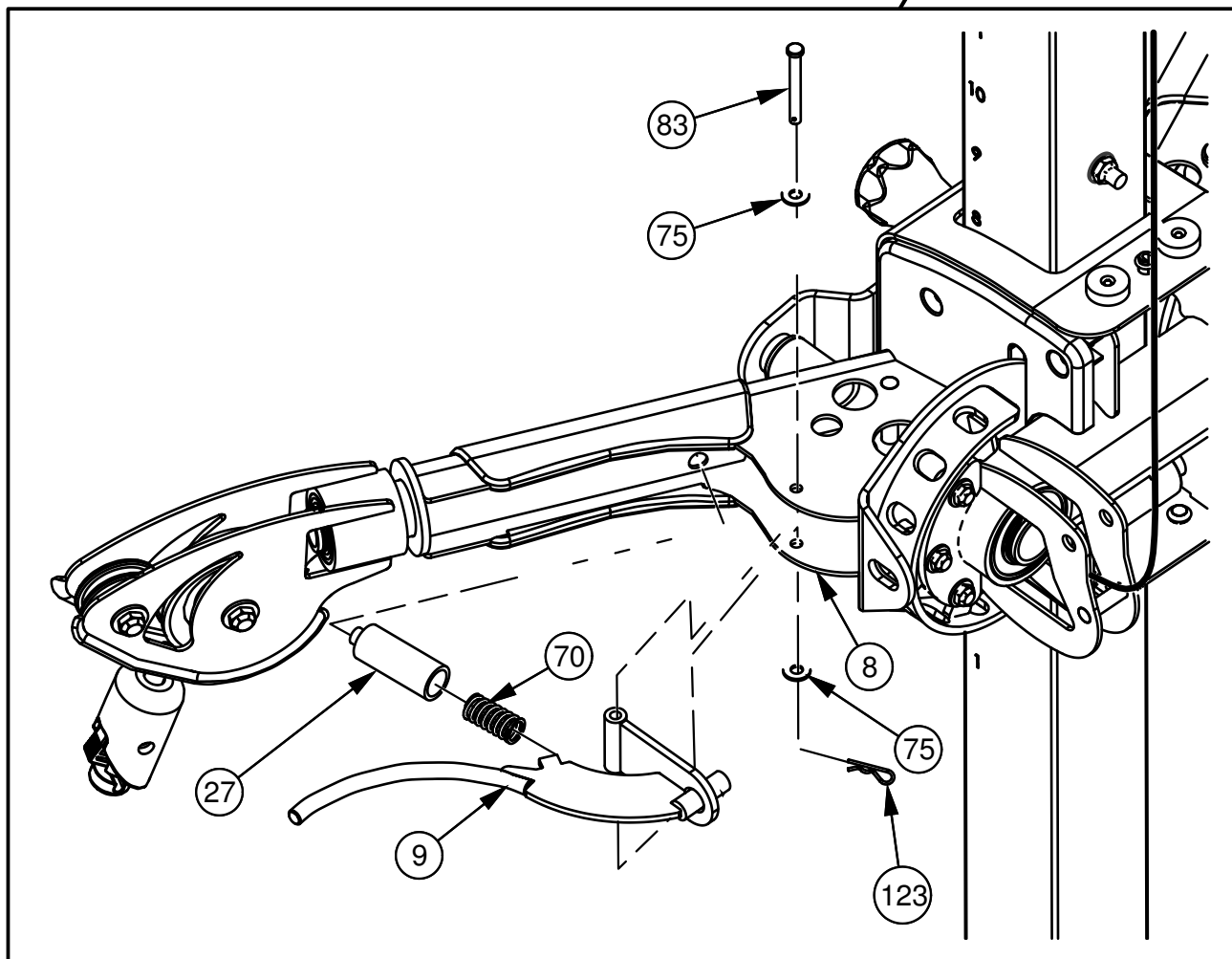
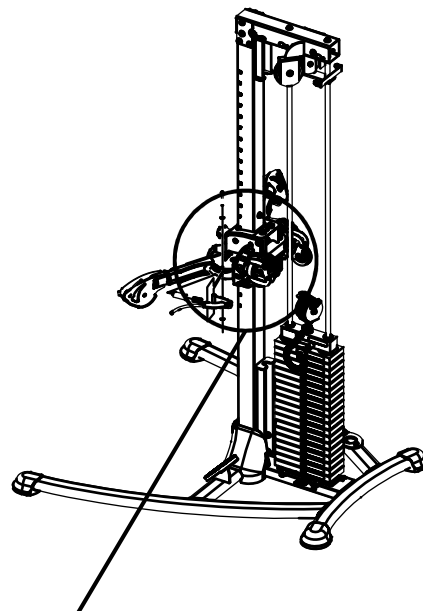
****WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE**** TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- REMOVE THE HARDWARE (83) (75) (27) (70)(123) AND LATCH ASSEMBLY (9) AND SET ASIDE FOR LATER
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

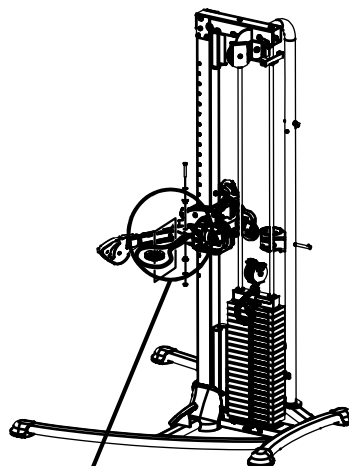


OWNER'S MANUAL

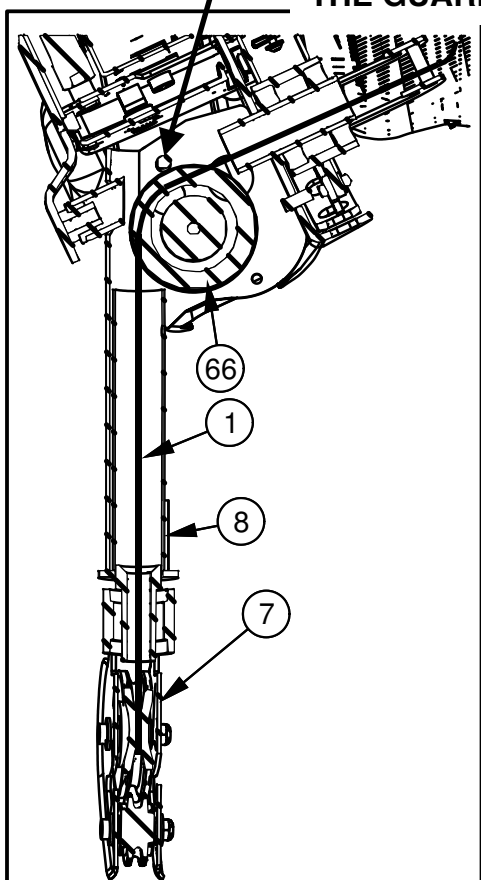
FRAME ASSEMBLY

NOTE:

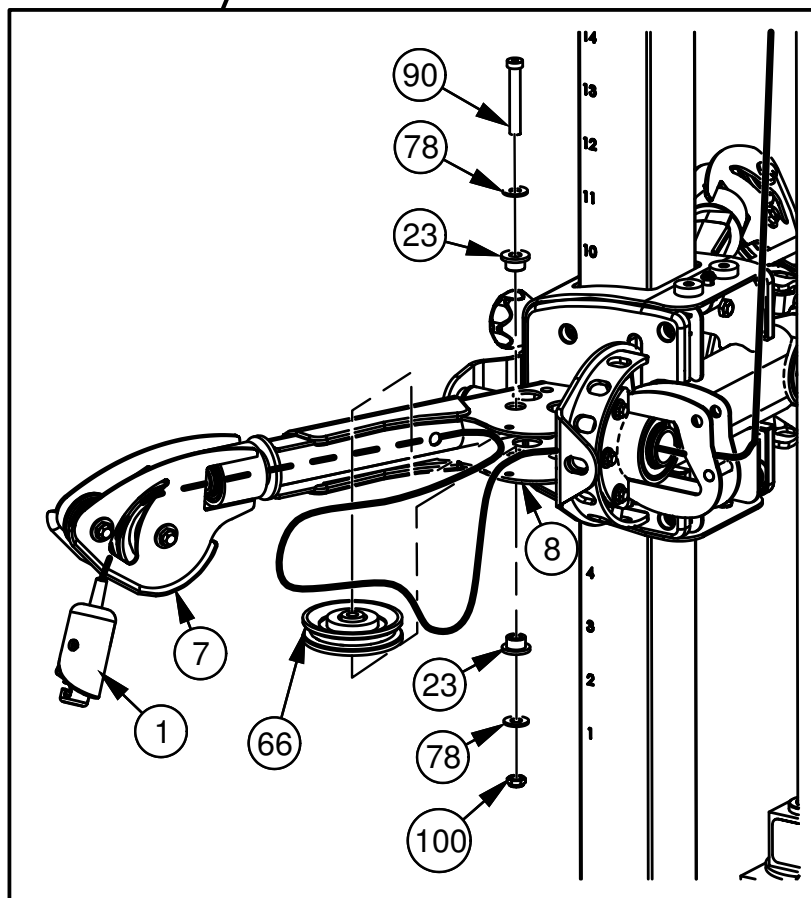
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:
CABLE MUST BE
BETWEEN THE
PULLEY (66) AND
THE GUARD PIN



CABLE ROUTING VIEW

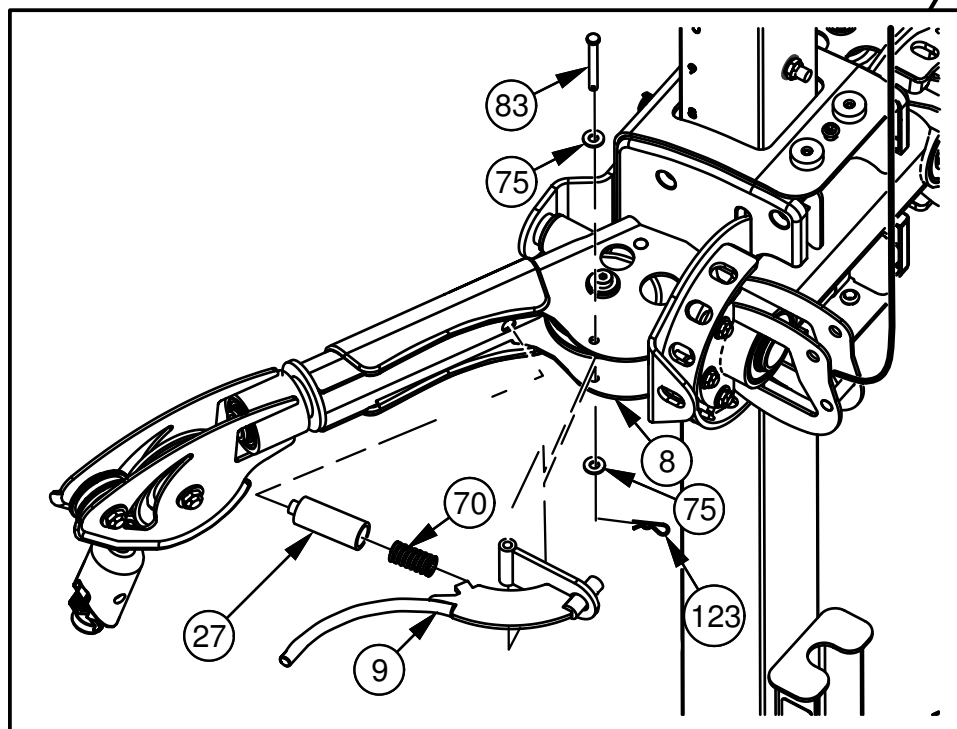
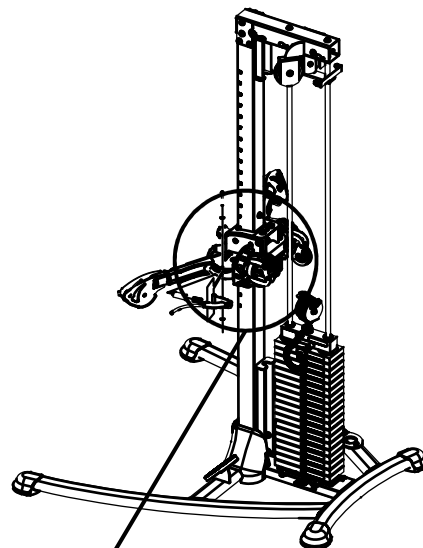


OWNER'S MANUAL

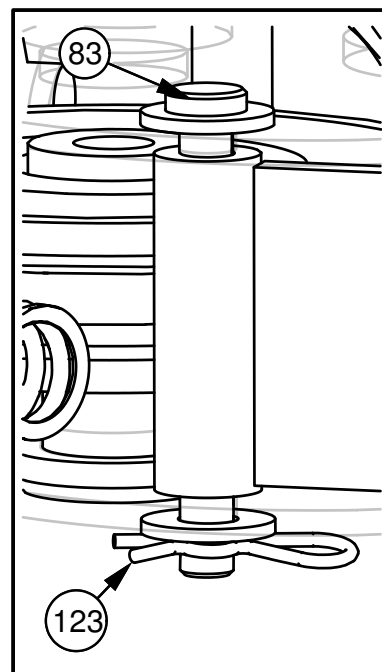
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE: PUSH THE HAIRSPRING COTTER (123) INTO THE HOLE ON THE CLEVIS PIN (83) UNTIL IT SNAPS INTO PLACE

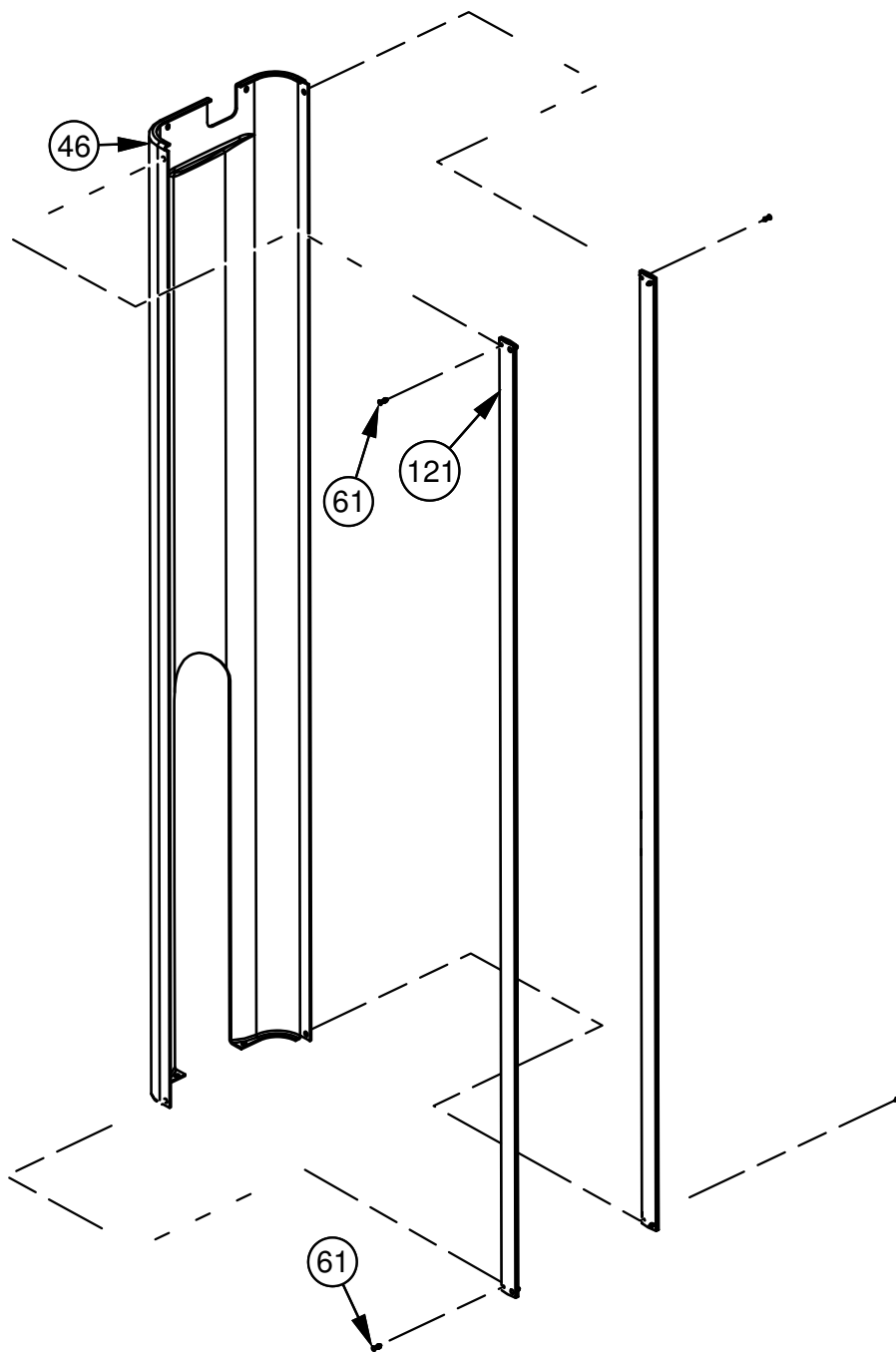


INSTALLED VIEW

FRAME ASSEMBLY

NOTE:

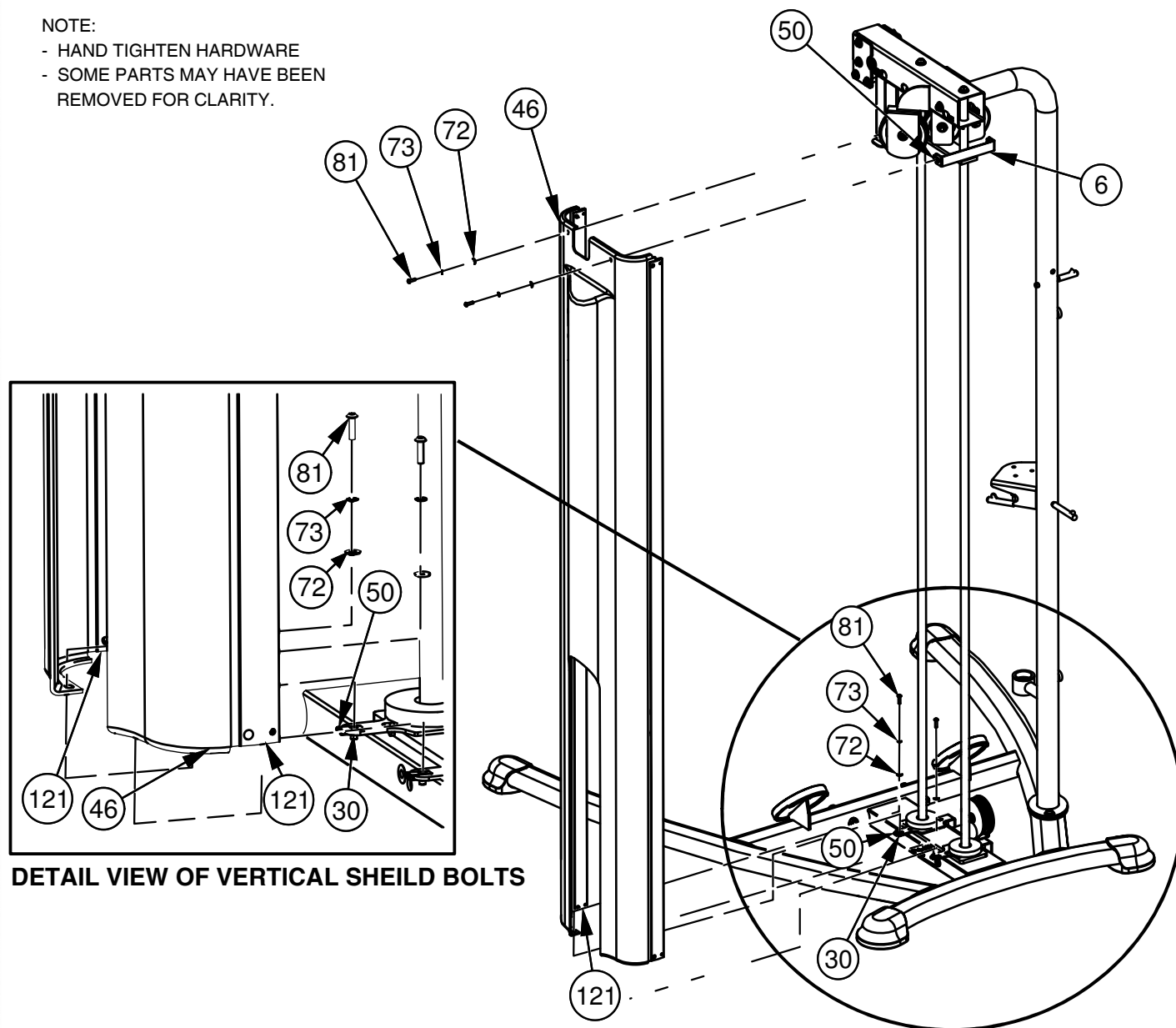
- PUSH THE PUSH FASTENERS (61) INTO THE PANEL TRIM (121) AND SHIELD (46)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

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



DETAIL VIEW OF VERTICAL SHIELD BOLTS

OWNER'S MANUAL

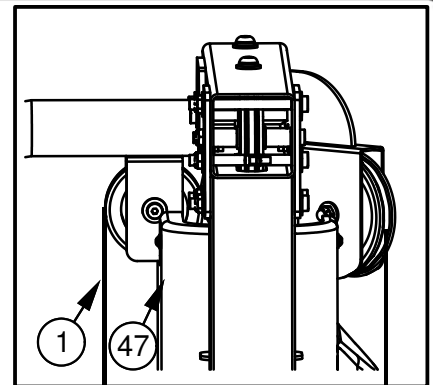
FRAME ASSEMBLY

NOTE:

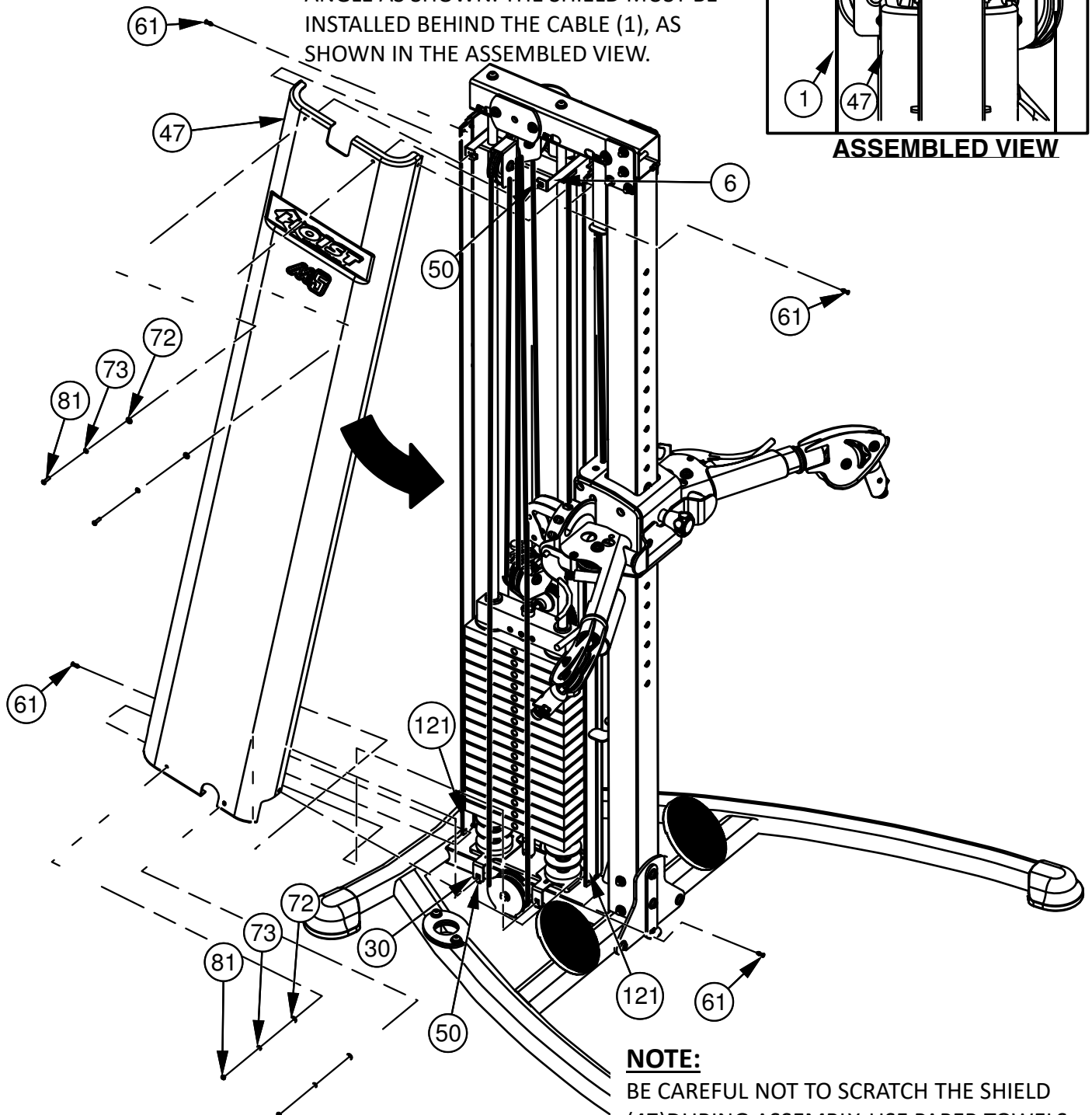
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

INITIALLY, INSTALL THE SHIELD (47) AT AN ANGLE AS SHOWN. THE SHIELD MUST BE INSTALLED BEHIND THE CABLE (1), AS SHOWN IN THE ASSEMBLED VIEW.



ASSEMBLED VIEW



NOTE:

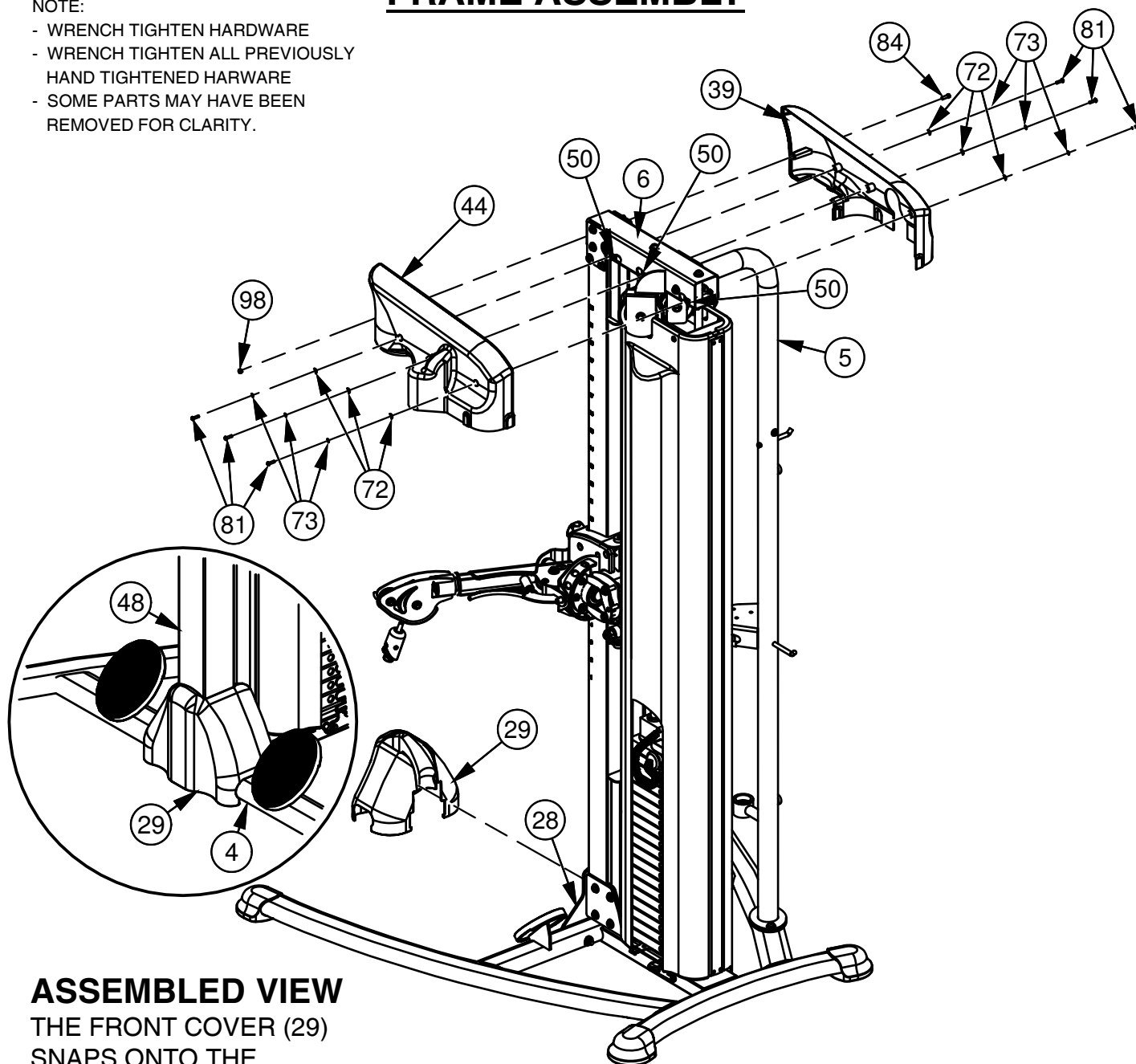
BE CAREFUL NOT TO SCRATCH THE SHIELD (47) DURING ASSEMBLY. USE PAPER TOWELS TO PROTECT THE SHIELD DURING ASSEMBLY IF NEEDED.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



ASSEMBLED VIEW

THE FRONT COVER (29)
SNAPS ONTO THE
BASE FRAME (4)
AND THE COLUMN (48)

IMPORTANT

WRENCH TIGHTEN ALL HARDWARE FROM PAGES 45 THROUGH 46. ENSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

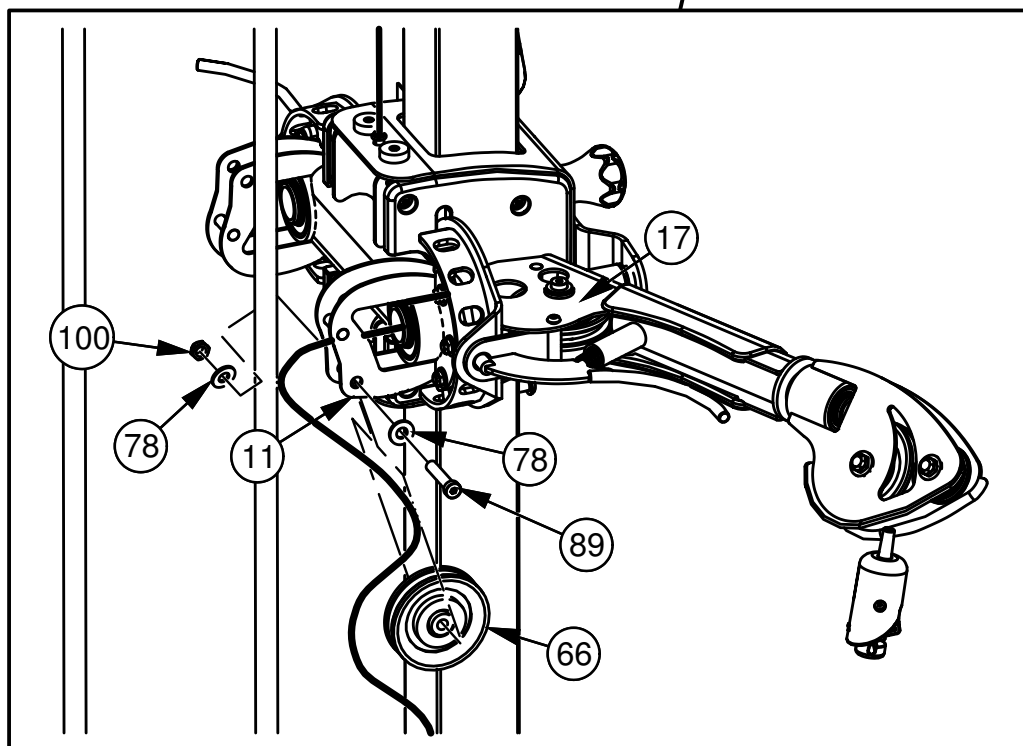
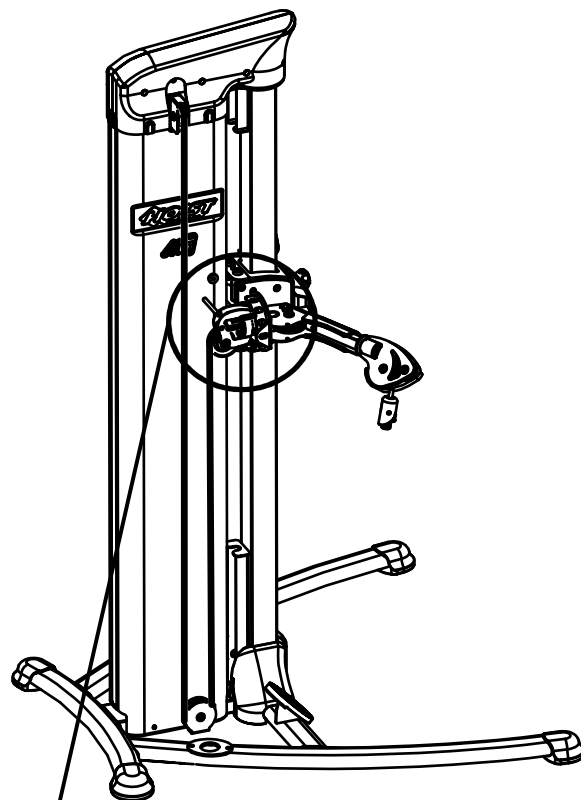
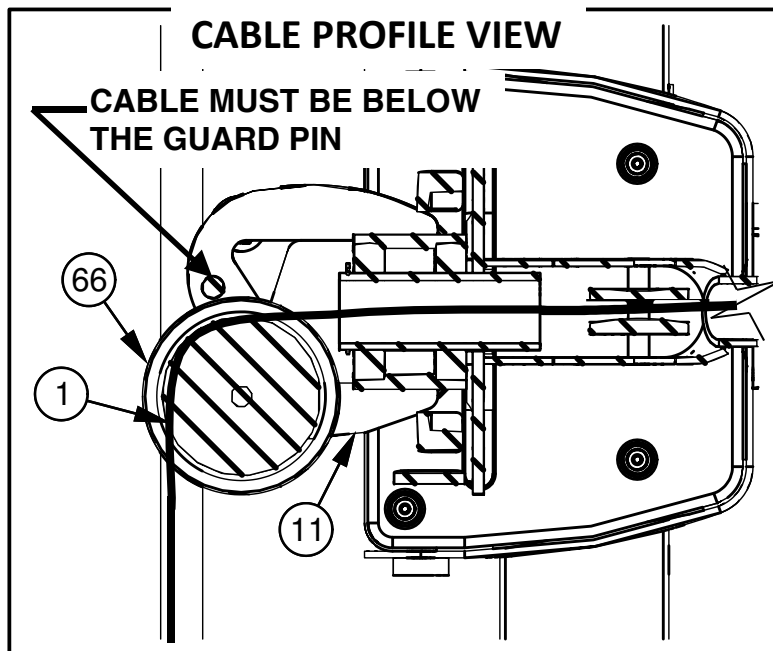
FRAME ASSEMBLY

NOTE:

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

CABLE PROFILE VIEW

CABLE MUST BE BELOW
THE GUARD PIN

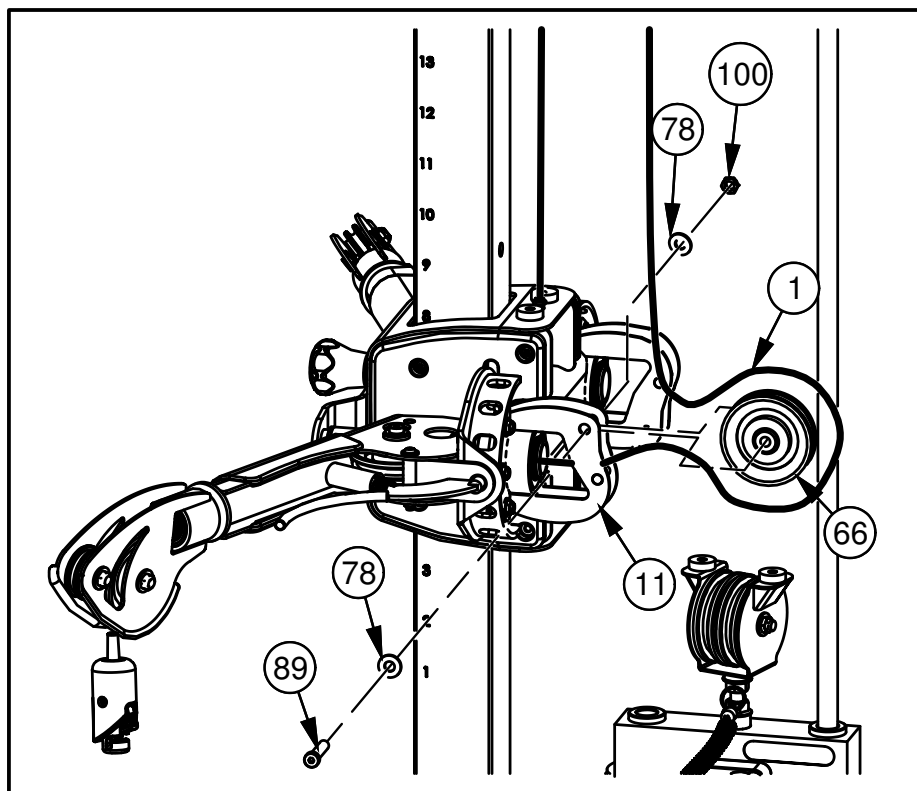


OWNER'S MANUAL

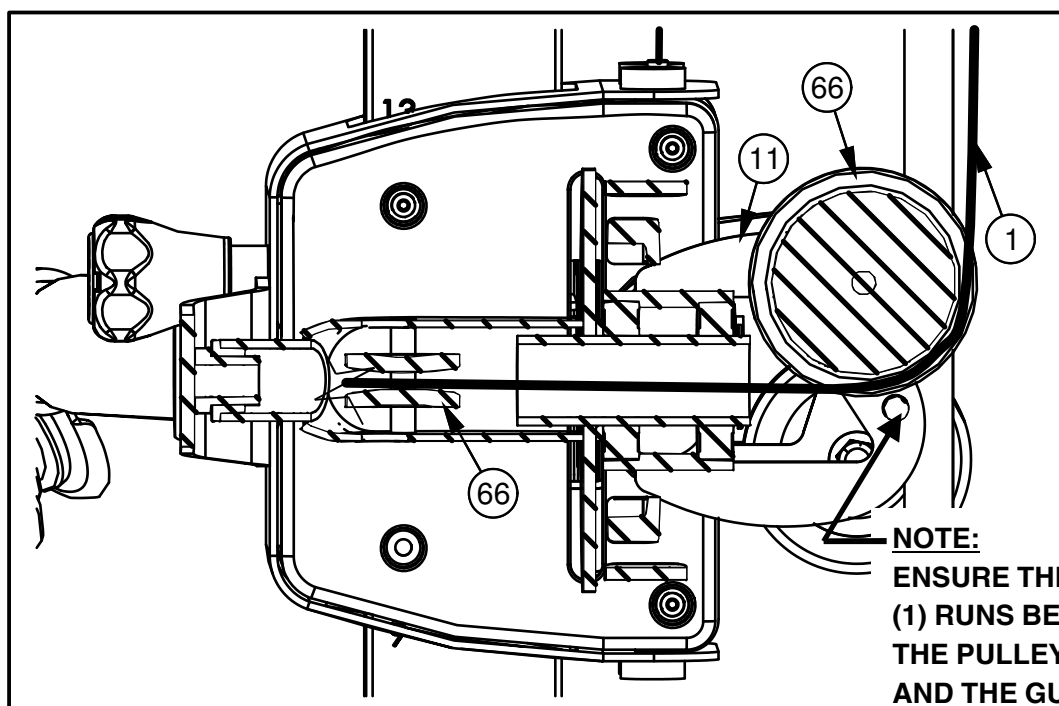
FRAME ASSEMBLY

NOTE:

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



CABLE REFERENCE VIEW

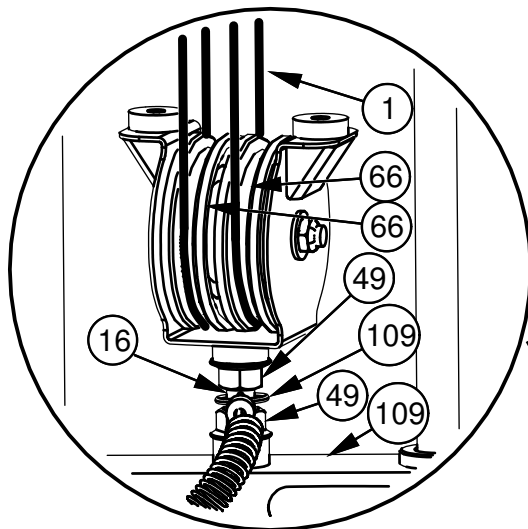


NOTE:
ENSURE THE CABLE
(1) RUNS BETWEEN
THE PULLEY (66)
AND THE GUARD PIN

FRAME ASSEMBLY

NOTE:

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



DETAIL VIEW

NOTE:

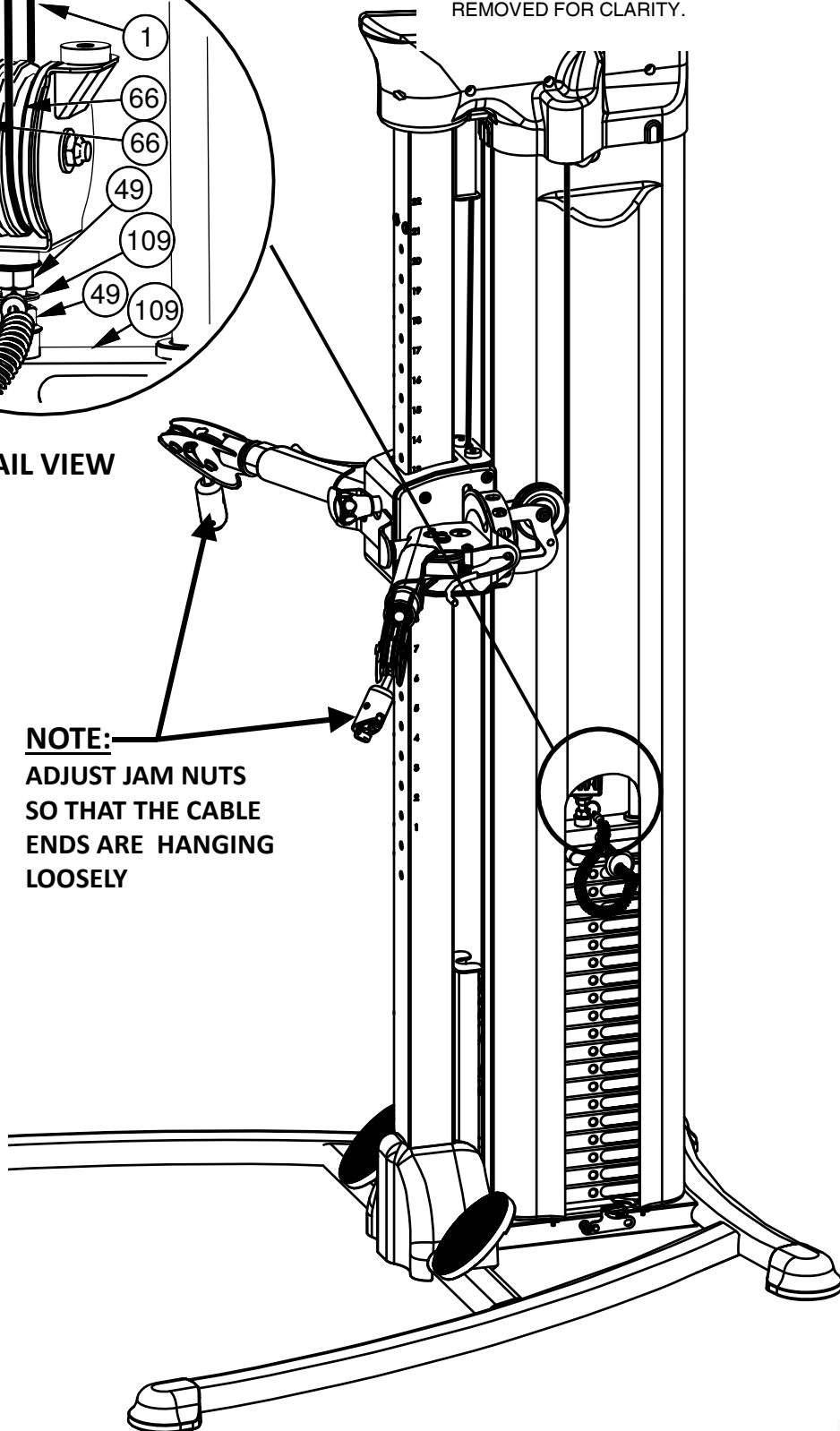
ADJUST JAM NUTS
SO THAT THE CABLE
ENDS ARE HANGING
LOOSELY

WARNING:

PULLEY MOUNT BOLT (16)
MUST BE THREADED A
MINIMUM OF 3/8" INTO THE
WEIGHT STEM (109) WITH JAM
NUTS (49) TIGHTENED
SECURELY TO ENSURE PROPER
CONNECTION

NOTE:

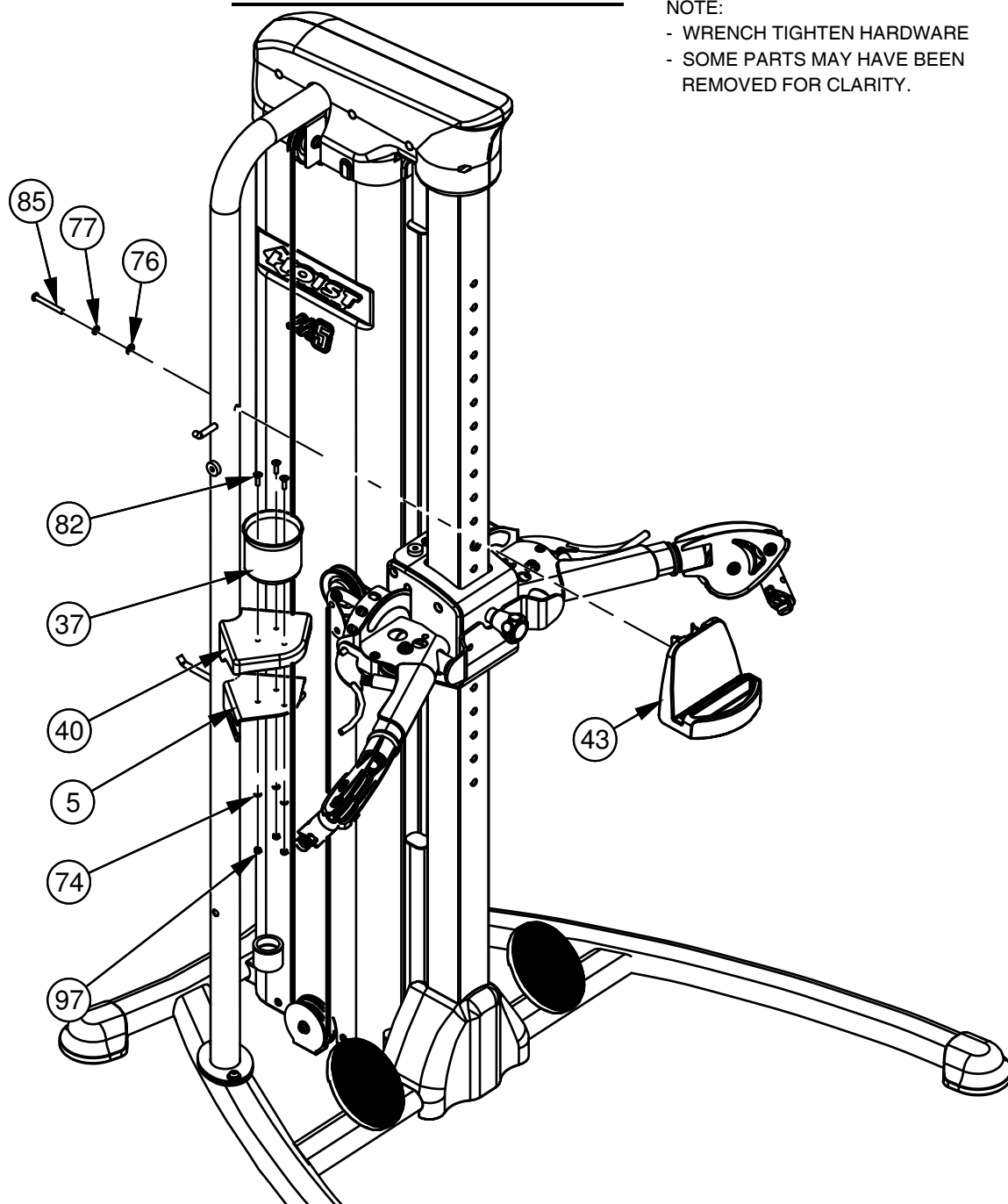
LOOSEN JAM NUTS (49) AND
THREAD PULLEY MOUNT (16)
IN/OUT TO GIVE THE
CABLE (1) PROPER TENSION.
RE-TIGHTEN JAM NUTS.
ADJUST JAM NUTS AND
PULLEY MOUNT SO THAT
THE CABLE ENDS REMAIN
HANGING LOOSELY.



FRAME ASSEMBLY

NOTE:

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



IMPORTANT

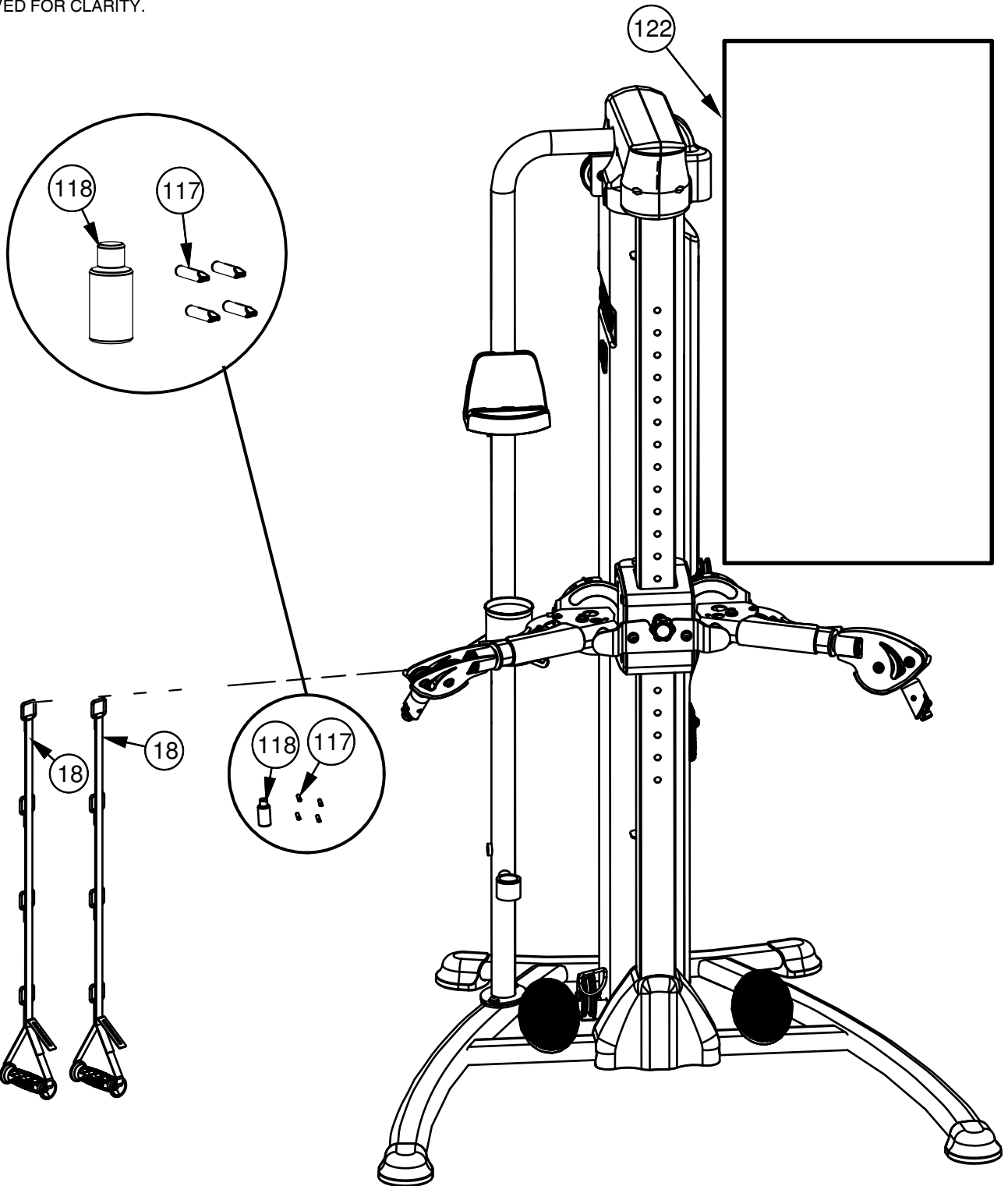
NOW THAT THE Mi5 IS COMPLETELY ASSEMBLED, ENSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

ACCESSORIES

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

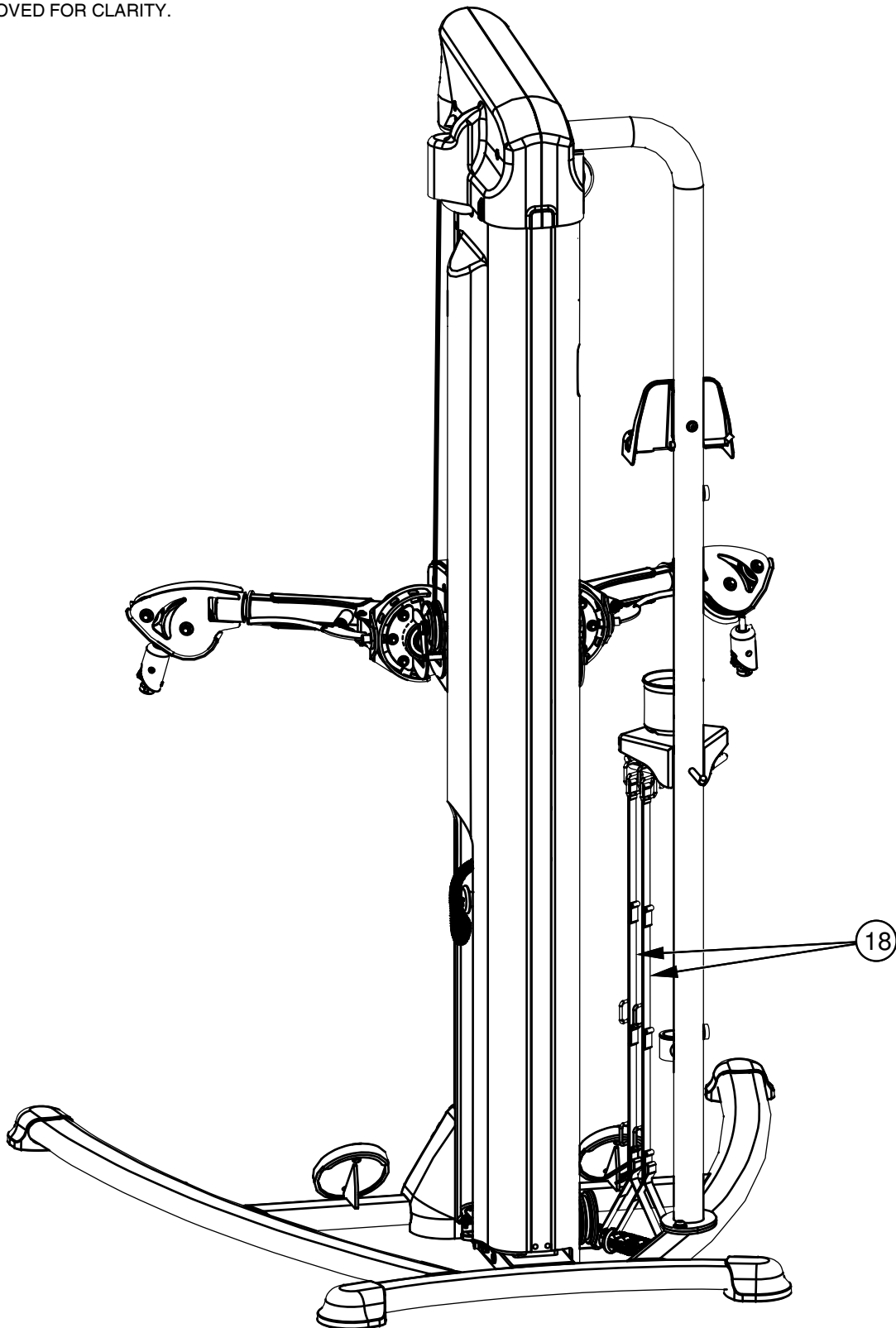


OWNER'S MANUAL

ACCESSORIES (ASSEMBLED)

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



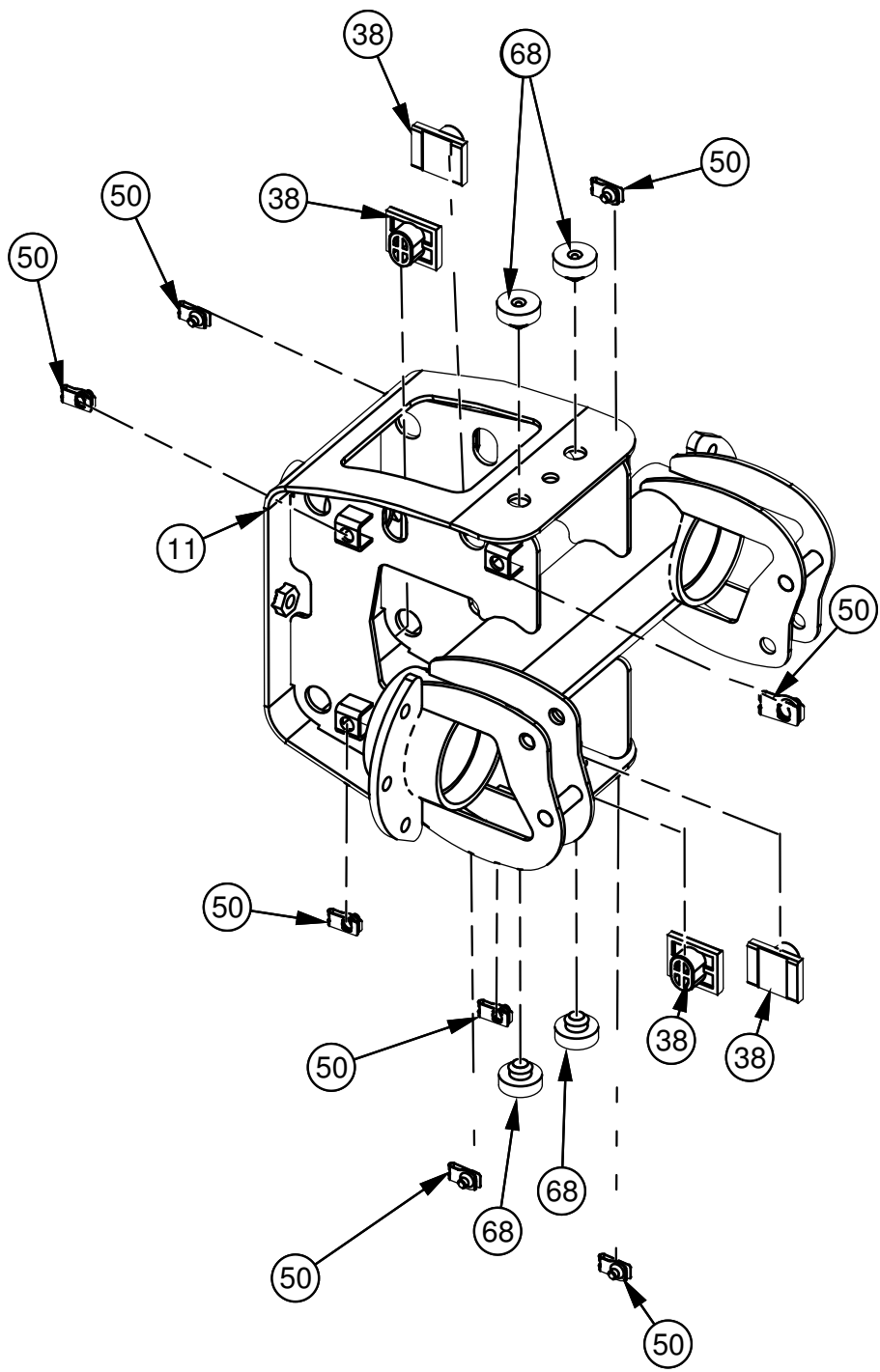
HOIST STRENGTH APP



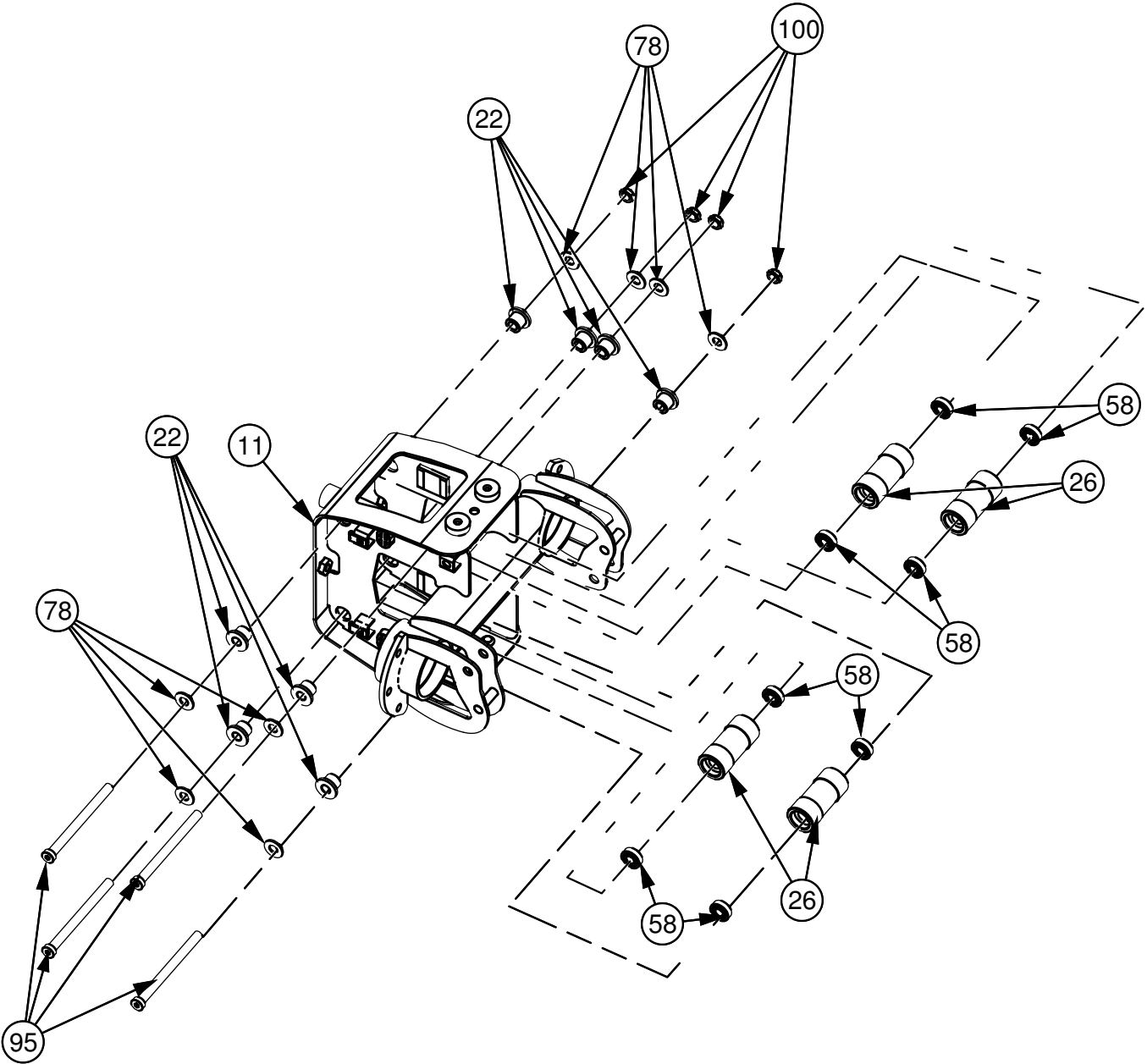
*Download the FREE **HOIST Strength App** (available for Apple and Android phones and tablets) to access a library of strength training exercises and workout programs for the HOIST Mi5 Functional Trainer. Each exercise offers step-by-step instructions along with easy to follow photos and video. Use the Workout Log function to track your workouts and body measurements and even compare your progress over time. The HOIST Strength app also comes with a variety of pre-designed workout programs for beginner, intermediate and advanced athletes; or create and save your own workout routine.*

OWNER'S MANUAL

PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 1

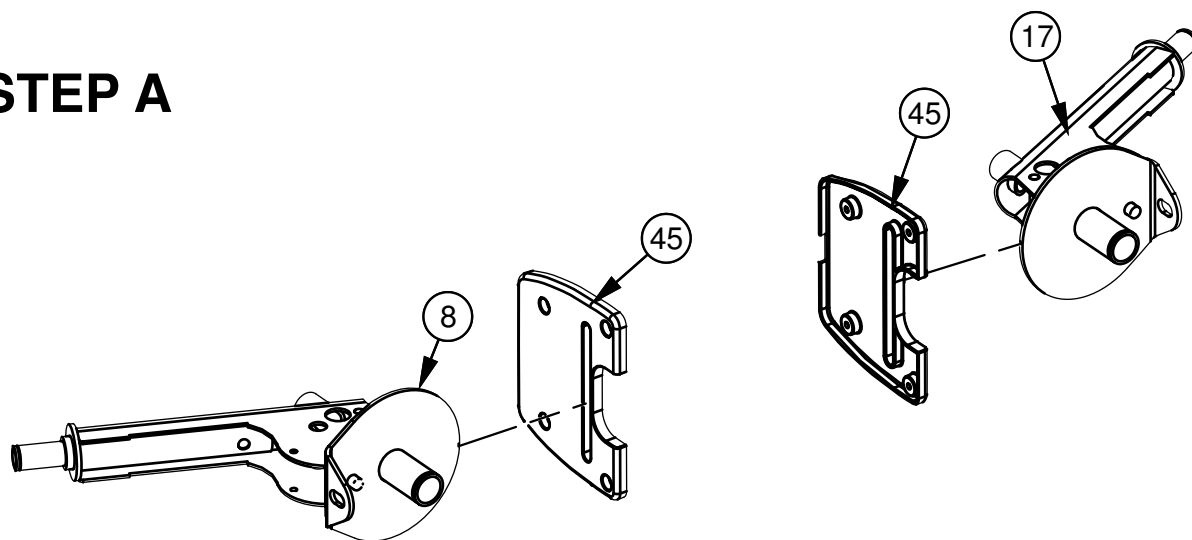


PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 2

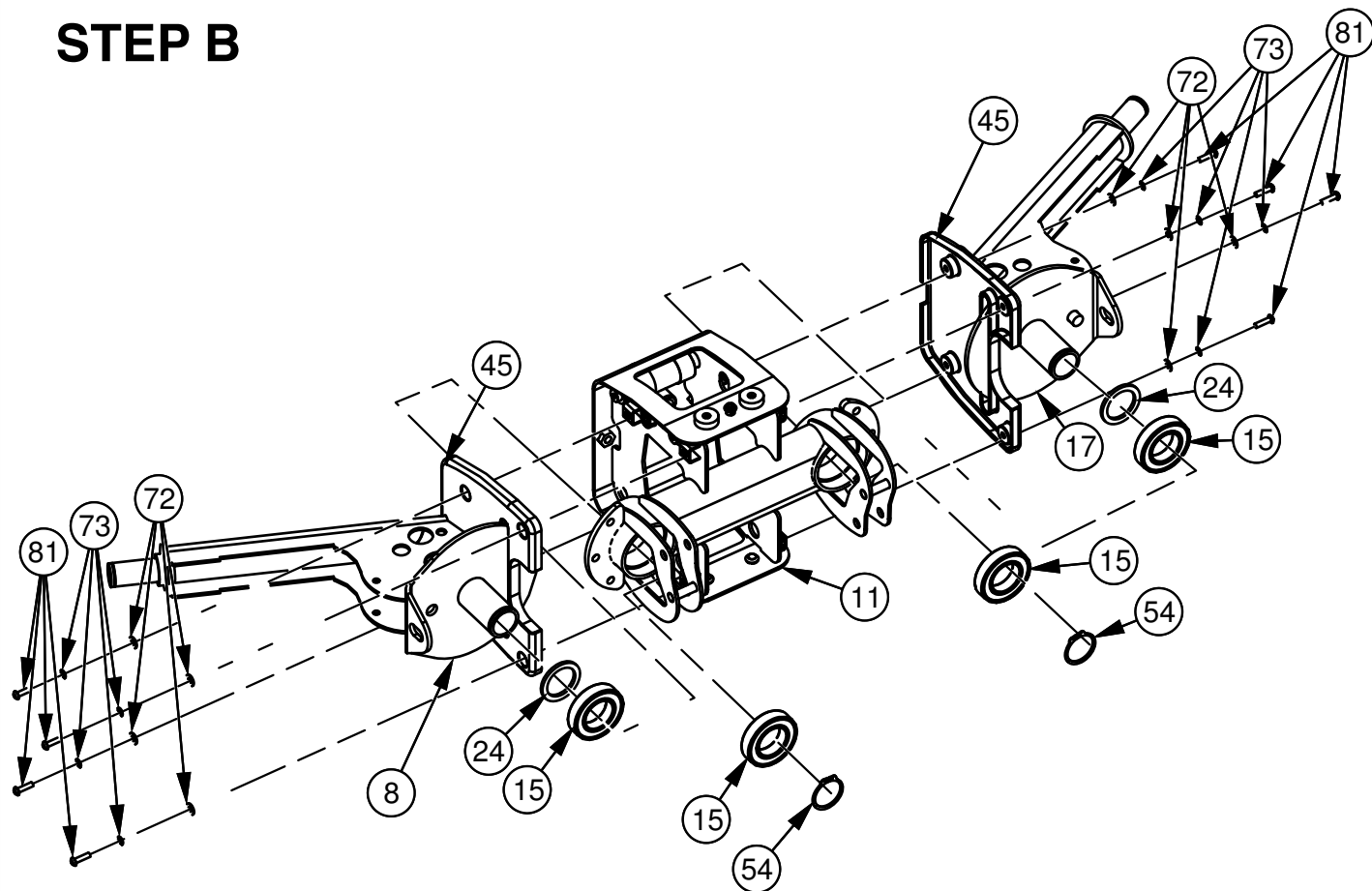


PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 3

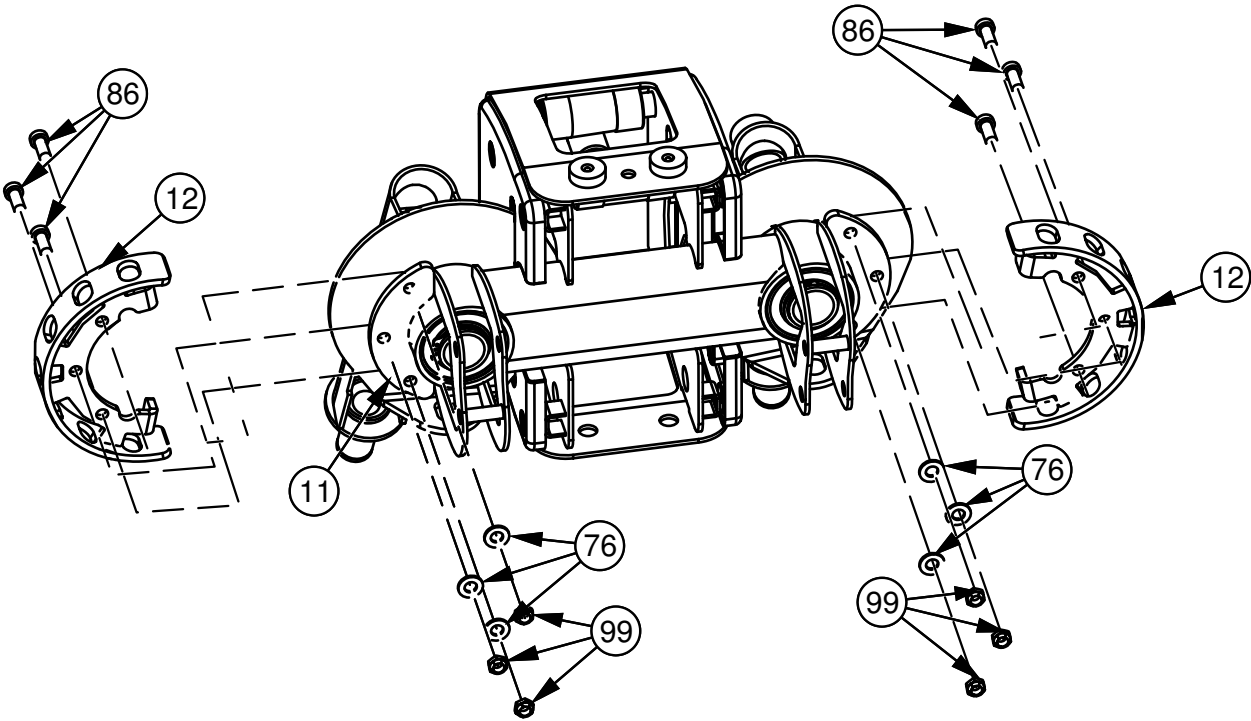
STEP A



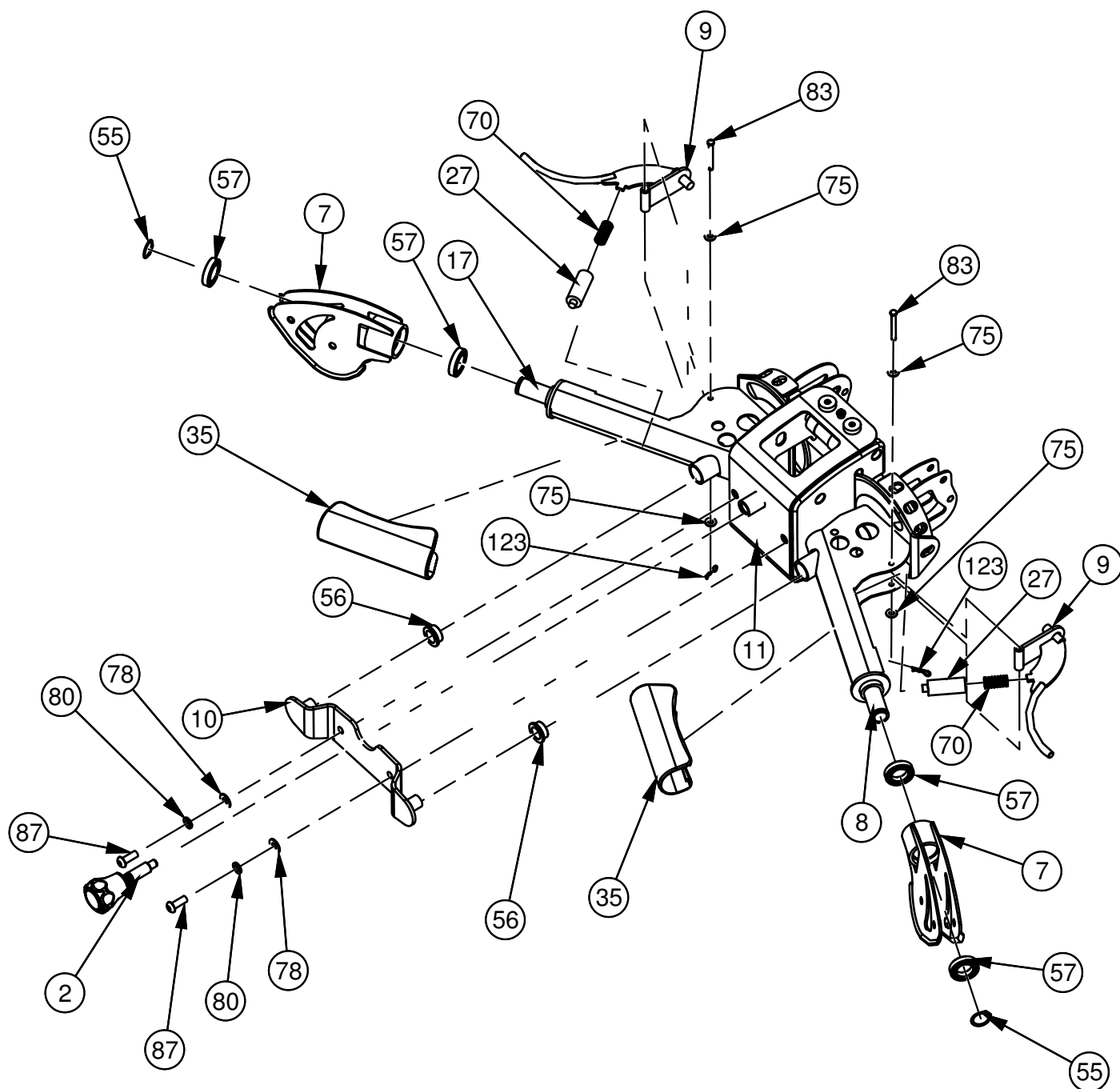
STEP B



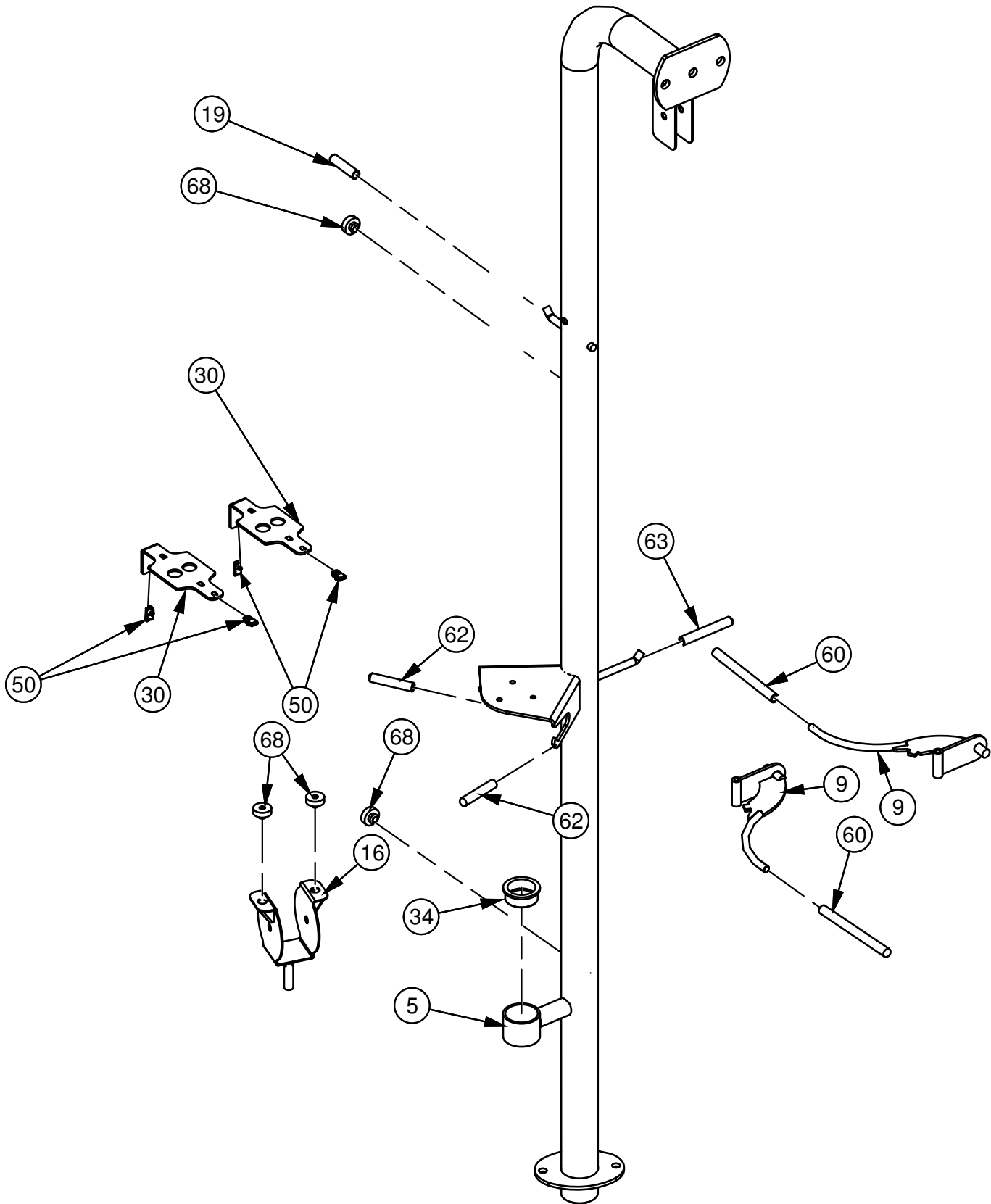
PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 4



PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 5



PRE-ASSEMBLY

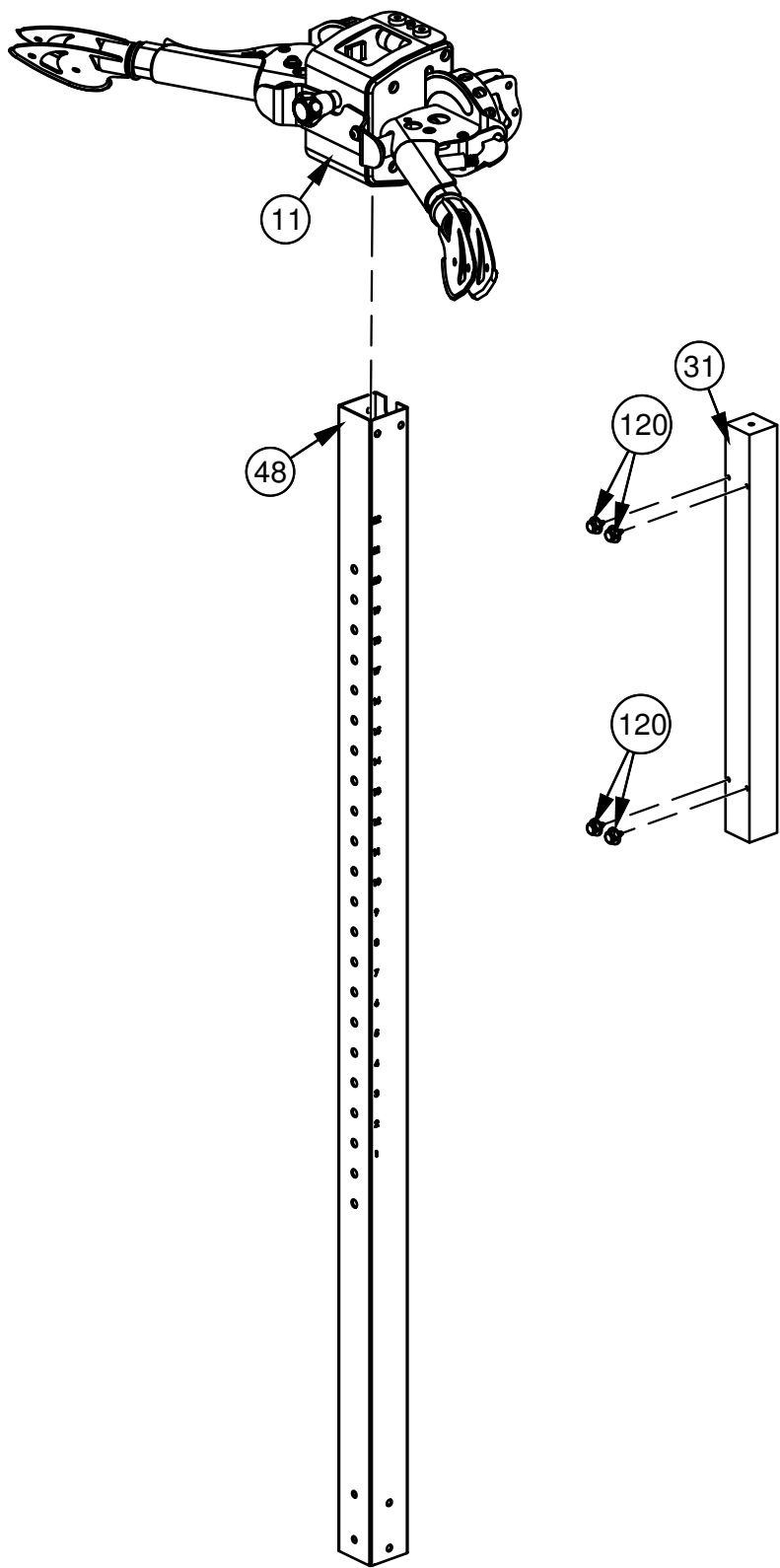


PRE-ASSEMBLY CONTINUED

This diagram illustrates the pre-assembly of a mechanical component, likely a part of a larger machine. It shows an exploded view of several parts, with dashed lines indicating their assembly paths. The components are labeled with circled numbers:

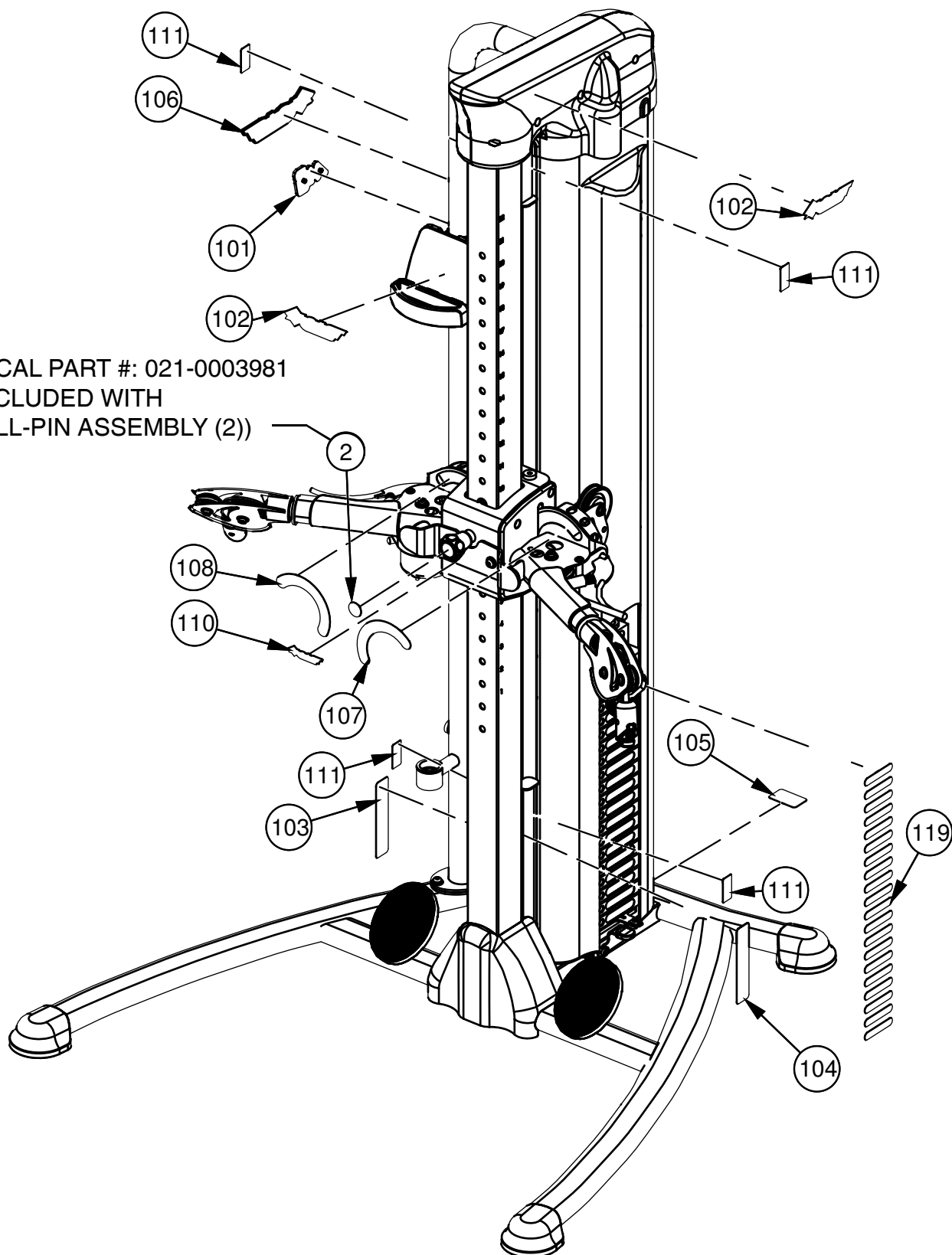
- 50**: Multiple small pins or fasteners used to secure the upper assembly.
- 6**: A long, rectangular metal bracket or support structure.
- 3**: A small pin or fastener located on the right side of the lower assembly.
- 32**: A small circular component, possibly a washer or a small pulley, located on the right side.
- 36**: Four large, dome-shaped components, likely rollers or guides, positioned at the ends of the main frame.
- 41**: A vertical pin or fastener located in the center of the lower assembly.
- 4**: A long, curved metal frame or support structure.
- 51**: A small pin or fastener located on the right side of the upper assembly.
- 52**: A small pin or fastener located in the center of the upper assembly.
- 68**: A small circular component, possibly a washer or a small pulley, located in the center of the lower assembly.
- 96**: A small pin or fastener located on the right side of the lower assembly.
- 112**: A small circular component, possibly a washer or a small pulley, located in the center of the upper assembly.

PRE-ASSEMBLY CONTINUED



DECAL PLACEMENT

DECAL PART #: 021-0003981
(INCLUDED WITH
PULL-PIN ASSEMBLY (2))



OWNER'S MANUAL

DECAL REFERENCE

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



021-0003322

021-0003965

NOTICE	COMMERCIAL MAINTENANCE									
	Daily	Weekly	Monthly	Monthly	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

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



021-0003230



1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-A-000000



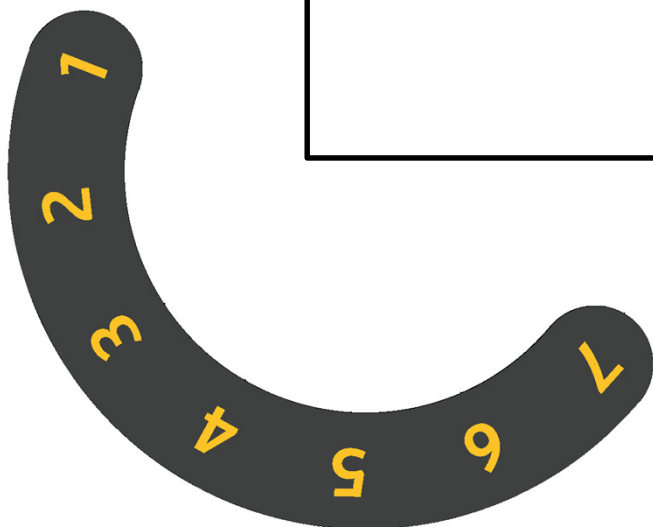
SERIAL # DECAL

OWNER'S MANUAL

DECAL REFERENCE CONTINUED



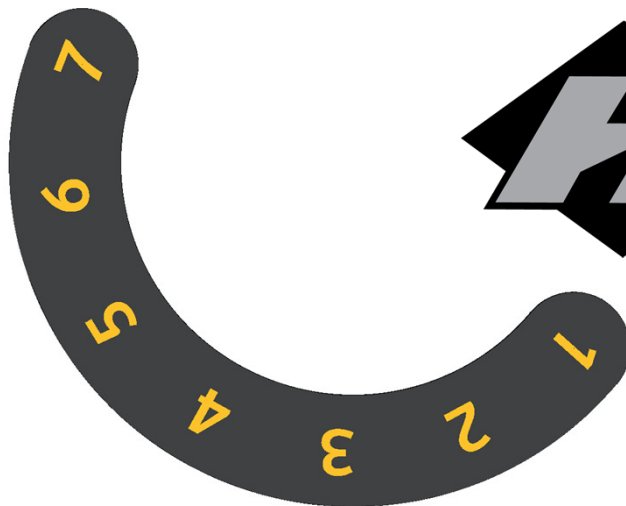
020-0005040



021-0003979



021-0003981



021-0003980



021-0018022



021-0003254



021-0003980

OWNER'S MANUAL

Mi5 PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0676	CABLE ASSY. - Mi5 - 406 7/8" LG.	1
2	026-01X7181	THREADED PULL-PIN ASSEMBLY	1
3	026-01X7186	WEIGHT STEM ANCHOR	1
4	026-01X7172	BASE ASSY.	1
5	026-01X7173	SIDE UPRIGHT	1
6	026-01X7174	TOP TUBE ASSY.	1
7	026-01X7175	SWIVEL PULLEY HOUSING	2
8	026-01X7176	ARM ASSY.- 2	1
9	026-01X7177	LATCH ASSY.	2
10	026-01X7178	DUAL HUB	1
11	026-01X7179	CARRIAGE ASSY.	1
12	026-01X7180	R.O.M. ASSY.	2
13	010-01C0675	CABLE ASSEMBLY 59"	1
15	014-0012020	BEARING - FLANGELESS BALL 2.44" O.D. X 35MM I.D. X .55"	4
16	026-01X7152	ADJ.DUAL PULLEY MOUNT ϕ 3.5"	1
17	026-01X7187	ARM ASSY.-1	1
18	026-01X7188	STRAP HANDLE WITH (4) SQUARE RINGS	2
19	016-0002013	VINYL SLEEVE ϕ .38 X 2.0000, BLACK	1
20	026-01G0423	GUIDE ROD: 80.2036 LG.	2
21	026-01M0551	HEAVY FLANGED SPACER: .391" I.D. X 1.00" LG.	2
22	026-01M0760	HEAVY FLANGED SPACER: ϕ .67 O.D. X ϕ .39 I.D. X .50 LG.	8
23	026-01M3530	HEAVY FLANGED SPACER: ϕ .39" I.D. X .44 LG.	4
24	026-01M2724	WASHER, 1.8750 OD X 1.4060 ID X .125 T	2
25	026-01M2562A	QUICK RELEASE CABLE LOCK - 1/8" CABLE	1
26	026-01M3503	ROLLER	4
27	026-01M3502	SPRING ANCHOR	2
28	026-01P5963	FRONT FLANGE	1
29	026-01PL2689	COVER	1
30	026-01P5965	SHIELD MOUNT	2
31	026-01P5973	37 LB. COUNTERWEIGHT	1
32	026-01PL0239	THUMB LATCH	1
33	026-01PL2501	OVAL-SHAPED RUBBER FOOT	2
34	026-01PL0371	DELTRIN BUSHING	1
35	026-01PL2450	GRIP GUARD	2

OWNER'S MANUAL

Mi5 PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01PL2600	FOOTCAP, 1.5748 X 3.1496 F.O.	4
37	026-01PL2653	CUP HOLDER	1
38	026-01PL2666	SLIDE	4
39	026-01PL2692	TOP CAP-1	1
40	026-01PL2696	CUP HOLDER BASE	1
41	026-01X7183	FOOT, BOLT-ON	1
42	026-01P5964	GUSSETING FLANGE	2
43	026-01PL2690	TABLET HOLDER	1
44	026-01PL2691	TOP CAP-2	1
45	026-01PL2693	SIDE COVER	2
46	026-01PL2694	SHIELD-2	1
47	026-01PL2695	SHIELD-1	1
48	026-01T6770	MECHANICAL TUBE	1
49	012-0202001	1/2"-13 FLANGED NUT (WZ)	2
50	012-0609007	CLIP ON NUT, 10-32	22
51	013-0903007	3/8" PLASTIC WASHER O.D. 3/4" X .062" THICK	3
52	014-0015009	.375" E-CLIP	1
53	026-01X7185	CARRIAGE STOP	1
54	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	2
55	014-0012018	SNAP RING - 25mm EXTERNAL	2
56	014-0101026	BUSHING: OILITE FLANGED Ø.75" ID X Ø1.00" OD X .50" LG.	2
57	5972K169	6905-2Z FLANGELESS BEARING	4
58	60355K45	R6-2Z 7/8"OD X 3/8" ID X 9/32" T BALL BRNG	8
59	015-0003006	RUBBER O-RING: 5/16" ID X 1/2" OD	1
60	016-0002009	VINYL SLEEVE Ø .38" X 5.50" LG.	2
61	016-0203008	PUSH FASTENER, .18" X .375" GRIP	8
62	016-0002011	VINYL SLEEVE Ø.38 X 2.5000, BLACK	2
63	016-0002012	VINYL SLEEVE Ø.38 X 3.2500, BLACK	1
64	026-01F0496	.118" X 2.8750 X 4.5000 FLANGE	2
65	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	2
66	018-0001002	CABLE PULLEY: Ø3.50"	12
67	018-0001003	CABLE PULLEY: Ø4.50"	1
68	019-0001001	PLUG BUMPER	9
69	019-0001006	THICK RUBBER DONUT Ø 3.00" X .50" BLACK	2
70	020-0011010	CENTURY SPRING 3894	2

OWNER'S MANUAL

Mi5 PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	020-0005040	3M I.D. #70-0705-4882-4	2
72	013-1002011	#10 FLAT WASHER (Ni)	22
73	013-1010007	#10 INTERNAL LOCK WASHER (Ni)	22
74	013-1002012	M6 FLAT WASHER (Ni)	3
75	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	4
76	013-1002010	5/16" SAE FLAT WASHER (Ni)	7
77	013-1006002	5/16" SPLIT LOCK WASHER (Ni)	1
78	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	75
79	013-1009001	3/8" CURVED WASHER (Ni)	2
80	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	9
81	011-0701113	#10-32UNC x .75 BHCS (Ni)	22
82	011-0702089	M6-1.00 x 18 FHB (Ni)	3
83	026-01M3529	Ø.2500" CLEVIS PIN	2
84	011-0116204	1/4"-20UNC X .75" LOW HEAD SHCS (Ni)	1
85	011-0701009	5/16"-18UNC X 2.50" BHCS (Ni)	1
86	011-0116173	5/16"-18UNC X .75" LOW HEAD SHCS (Ni)	6
87	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	4
88	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	4
89	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	10
90	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	2
91	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	1
92	011-0116153	3/8"-16UNC X 3.75" LOW HEAD SHCS (Ni)	4
93	011-0116154	3/8"-16UNC X 4.00" LOW HEAD SHCS (Ni)	8
94	011-0116155	3/8"-16UNC X 4.25" LOW HEAD SHCS (Ni)	2
95	011-0116156	3/8"-16UNC X 4.50" LOW HEAD SHCS (Ni)	4
96	011-0712010	3/8" X .50" SHSS (Ni)	1
97	012-0504018	8M X 1.25 THIN NYLOCK NUT (Ni)	3
98	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	1
99	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	6
100	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	35
101	021-0003977	EMBLEM, Mi5 2.4924 X 4.1241	1
102	021-0003230	DECAL HOIST 1.625" X 6.0613"	2
103	021-0003135	DECAL WARNING 1.50" X 6.69"	1
104	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
105	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1

OWNER'S MANUAL

Mi5 PART LIST CONTINUED

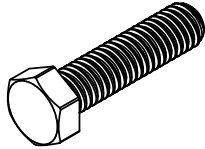
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
106	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	1
107	021-0003980	Mi5 ROM DECAL, ARM-2	1
108	021-0003979	Mi5 ROM DECAL, ARM-1	1
109	WS#22 + 50 LBS UPGRADE	200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM	1
110	021-0003254	DECAL HOIST .92" X 3.43"	1
111	021-0003322	DECAL PINCH POINT 1.25" X 2.13" (VERTICAL)	4
112	013-1002005	3/8" X 21mm SAE FLAT WASHER (Ni)	1
115	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	5
117	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
118	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	1
119	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	1
120	026-01PL2697	PINETREE PLUG	4
121	026-01PL2684	PANEL H-TRIM	2
122	021-0003993	Mi5 EXCERCISE POSTER 24" X 36"	1
123	98335A044	0.25"~0.313" HAIRSPRING COTTER	2

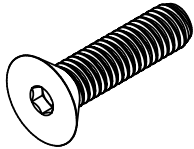
OWNER'S MANUAL

ABBREVIATIONS

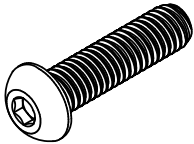
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



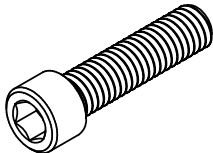
HHB = Hex Head Bolt



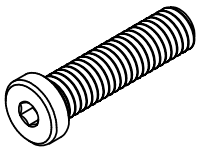
FHCS = Flat Head Cap Screw



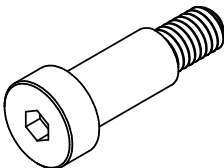
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



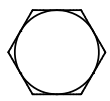
Low Head SHCS = Low Head Socket
Head Cap Screw



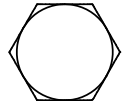
SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

BOLT SIZING CHART



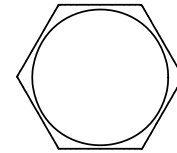
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



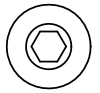
5/16" HHB
RECOMMENDED
TORQUE RANGE:
14-17 ft-lbs



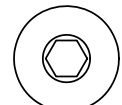
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



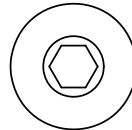
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



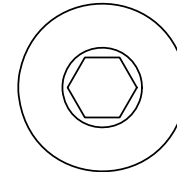
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



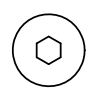
5/16" BHCS
RECOMMENDED
TORQUE RANGE:
11-15 ft-lbs



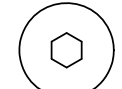
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



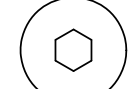
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



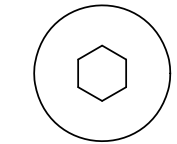
1/4"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



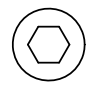
5/16"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
9-12 ft-lbs



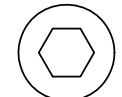
3/8"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



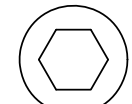
1/2"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



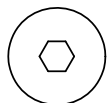
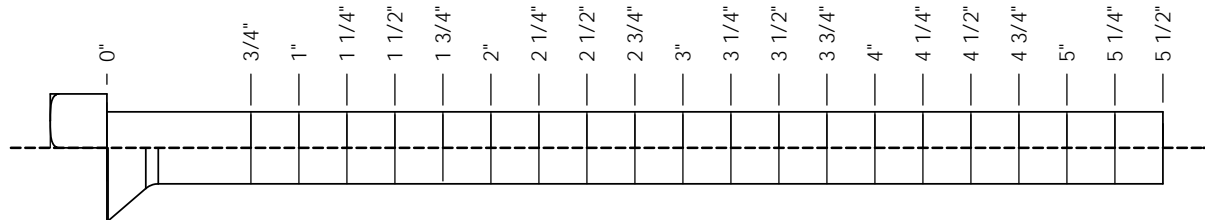
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs



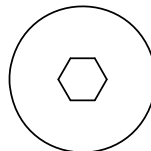
5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs



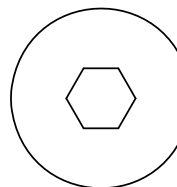
3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs



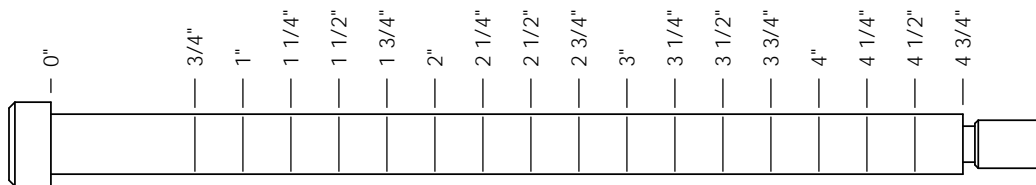
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



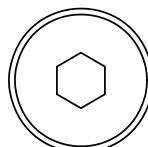
1/2" FHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



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



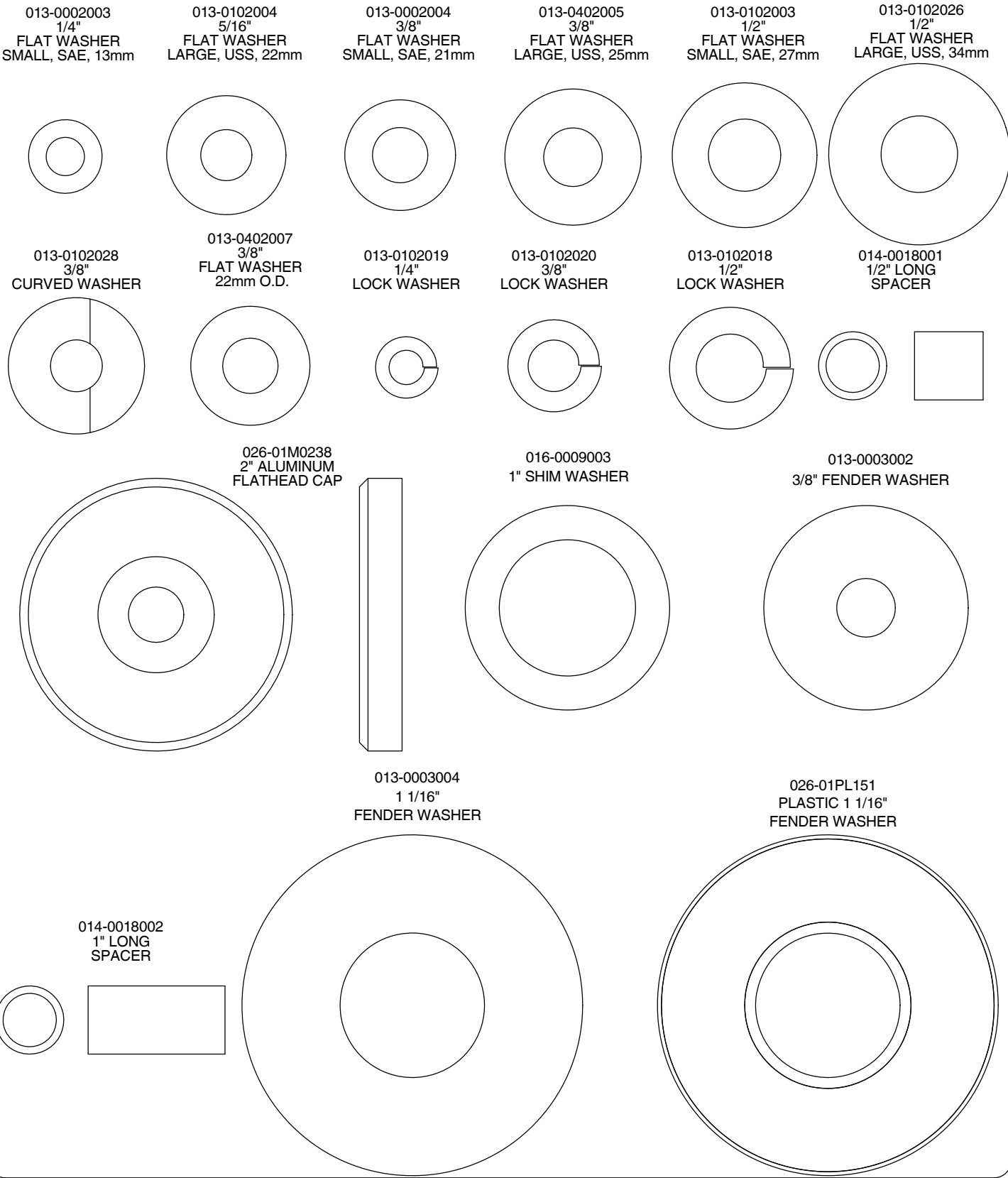
5/16" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs



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

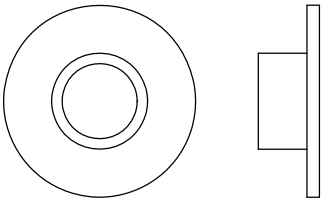
OWNER'S MANUAL

WASHER SIZING CHART

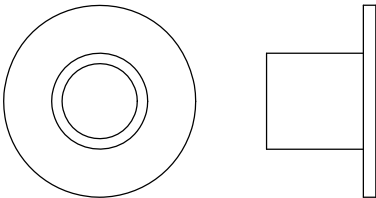


WASHER SIZING CHART
(CONTINUED)

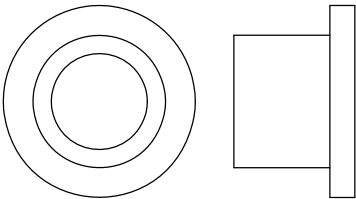
026-01M0211
1/4" LONG
FLANGED SPACER



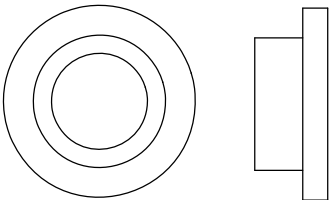
026-01M0198
1/2" LONG
FLANGED SPACER



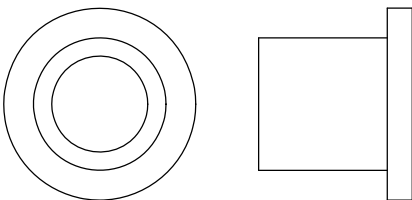
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



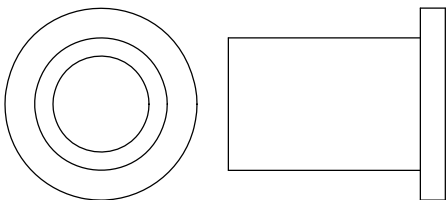
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



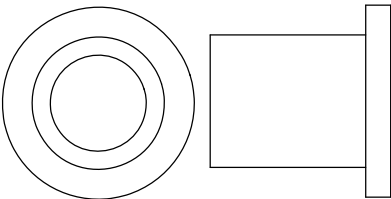
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



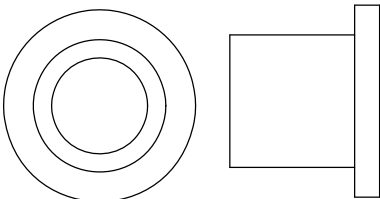
026-01M0551
1" LONG HEAVY
FLANGED SPACER



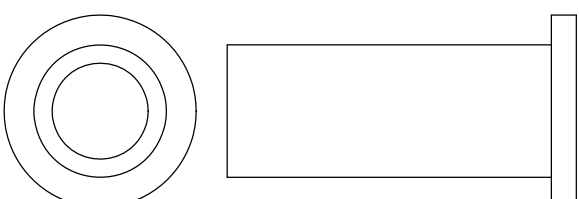
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



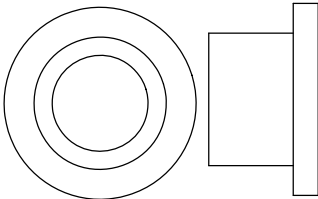
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



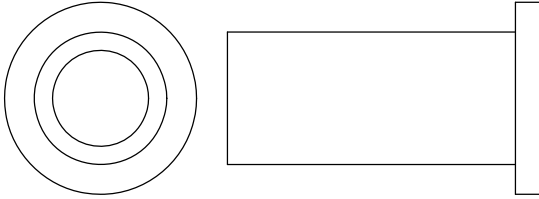
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



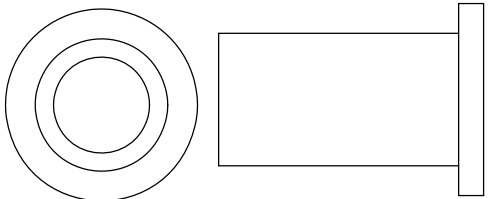
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



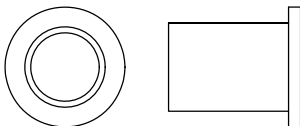
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



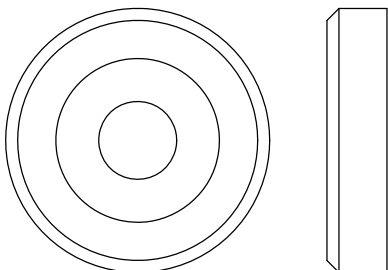
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



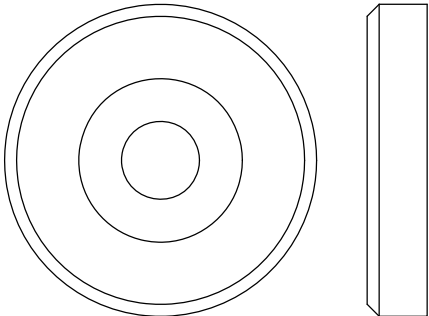
026-01M0600
.625" LONG
FLANGED SPACER



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

Use this manual to guide you through the basic exercises you can perform on your Mi5 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 Mi5 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.

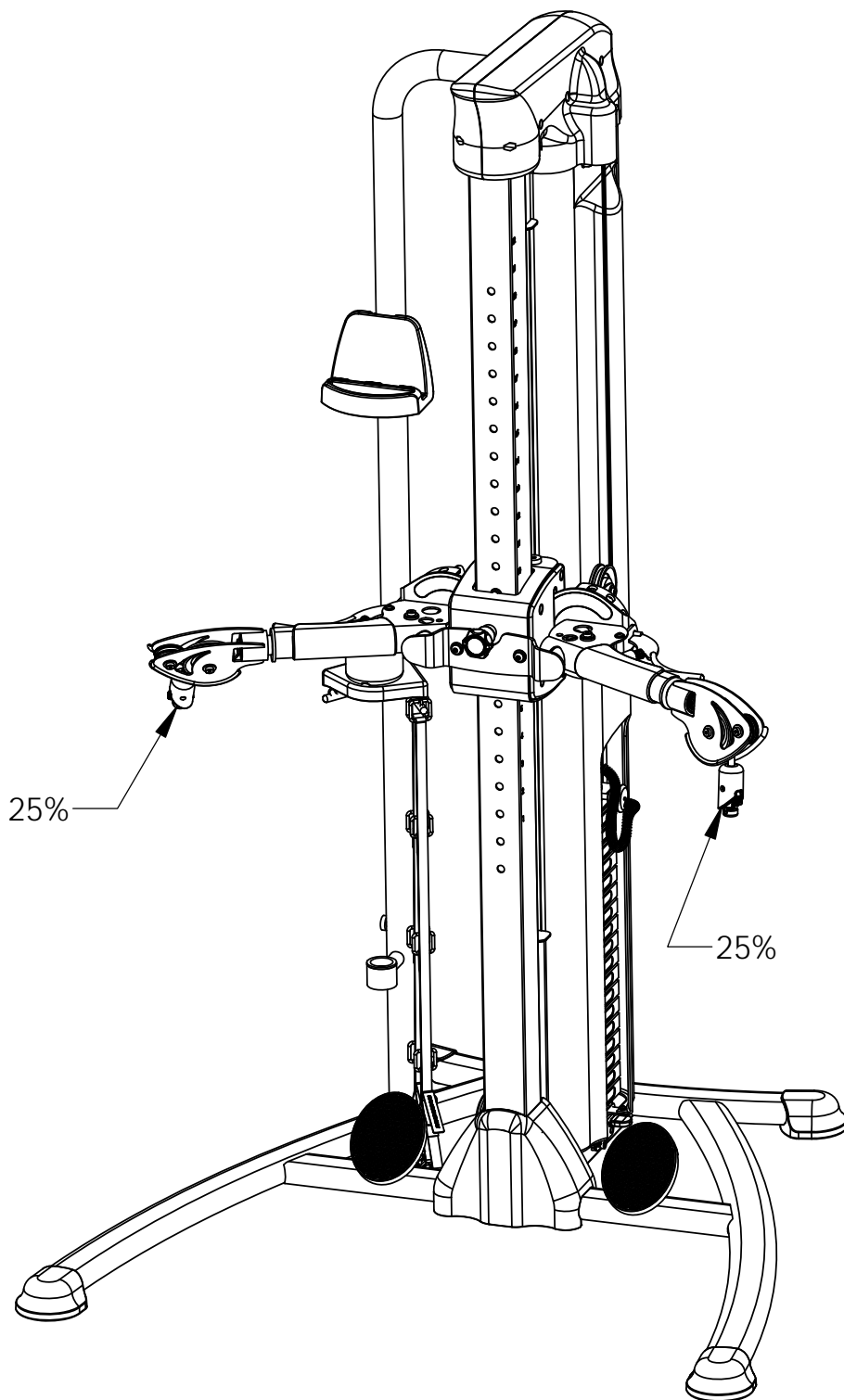
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your Mi5 HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS

WEIGHT #	25%
1	2.5
2	5
3	7.5
4	10
5	12.5
6	15
7	17.5
8	20
9	22.5
10	25
11	27.5
12	30
13	32.5
14	35
15	37.5
16	40
17	42.5
18	45
19	47.5
20	50



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
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