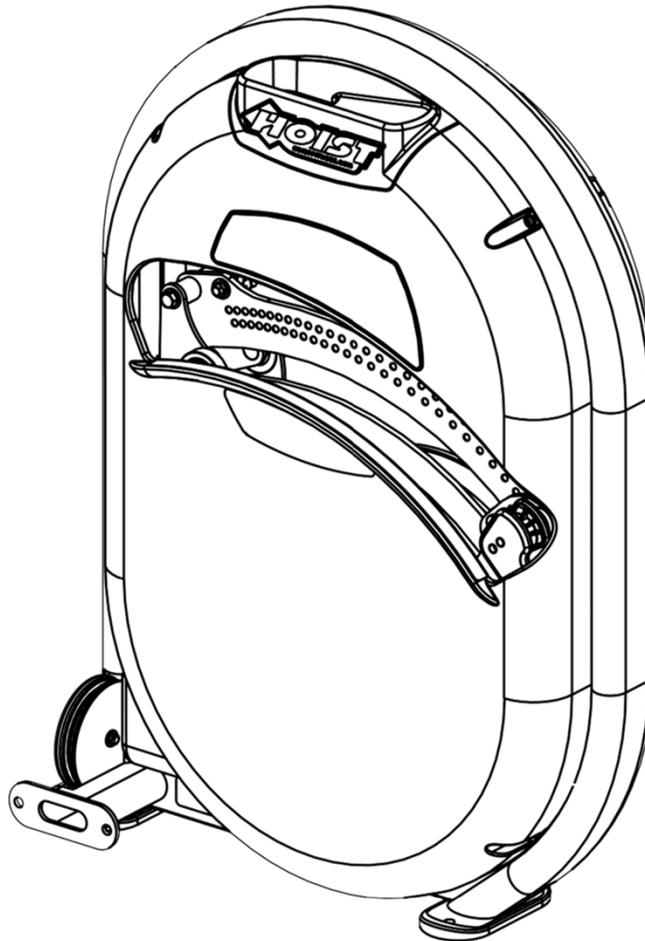


OWNER'S MANUAL



SSS CAGE 40 WEIGHT CAGE



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4 – ½" LONG BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

RECORD SERIAL NUMBER HERE

MACHINE CODE

B06

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", 1-1/16", 9/16" and 3/4" Sockets

**8"-12" Adjustable Wrench (must
open to 1-1/16")**

Rubber Mallet

Tape Measure

Level

SAE Hex Key Wrench Set

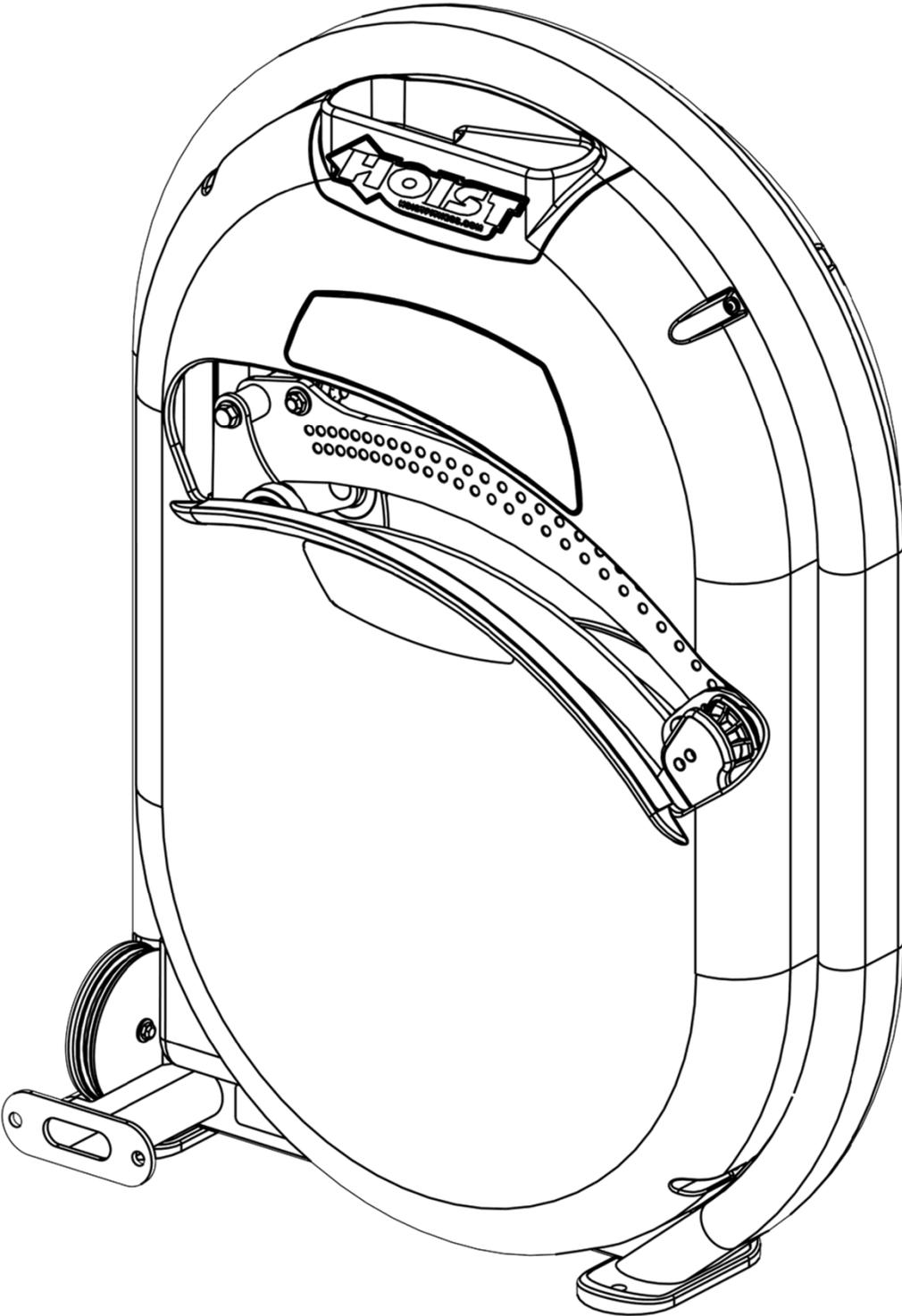
Two People

OWNER'S MANUAL

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

OWNER'S MANUAL

FRAME ASSEMBLY

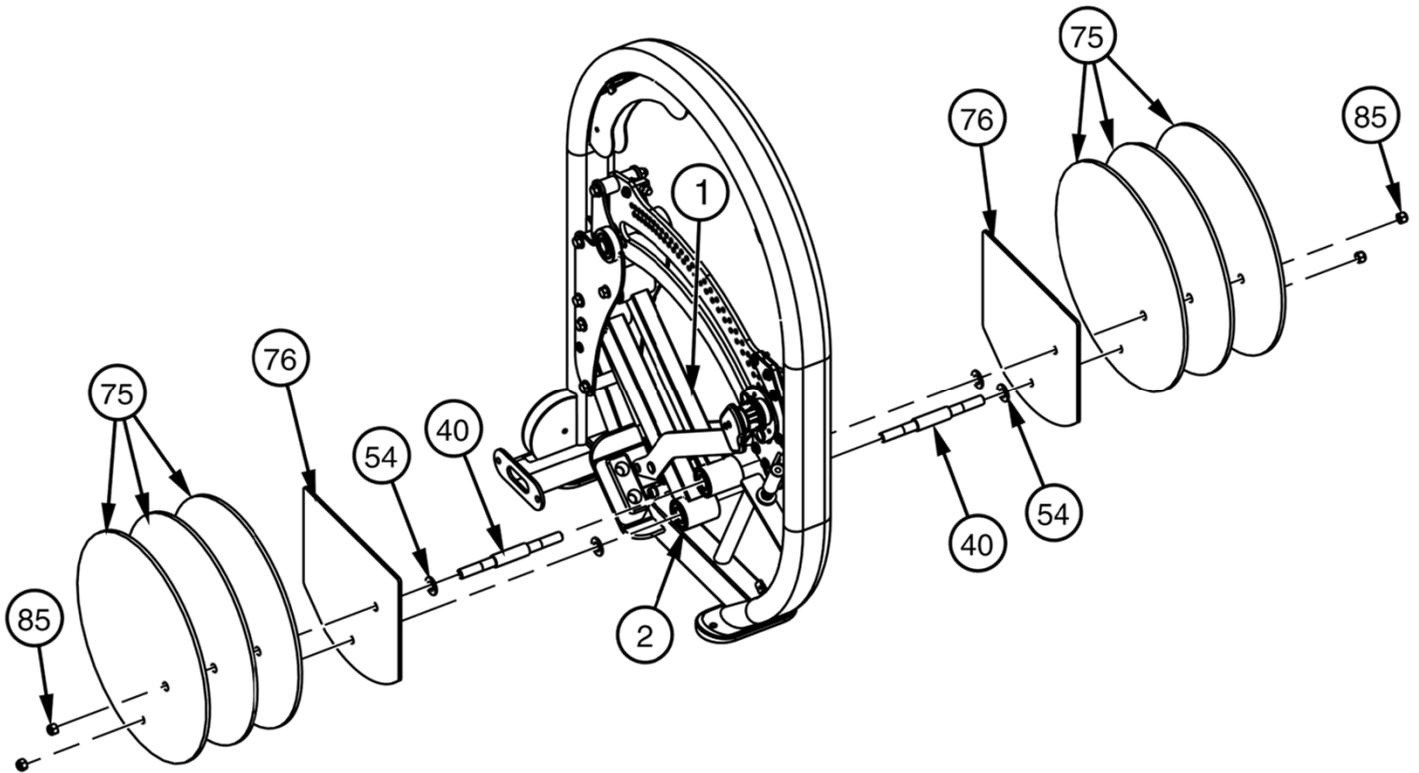


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



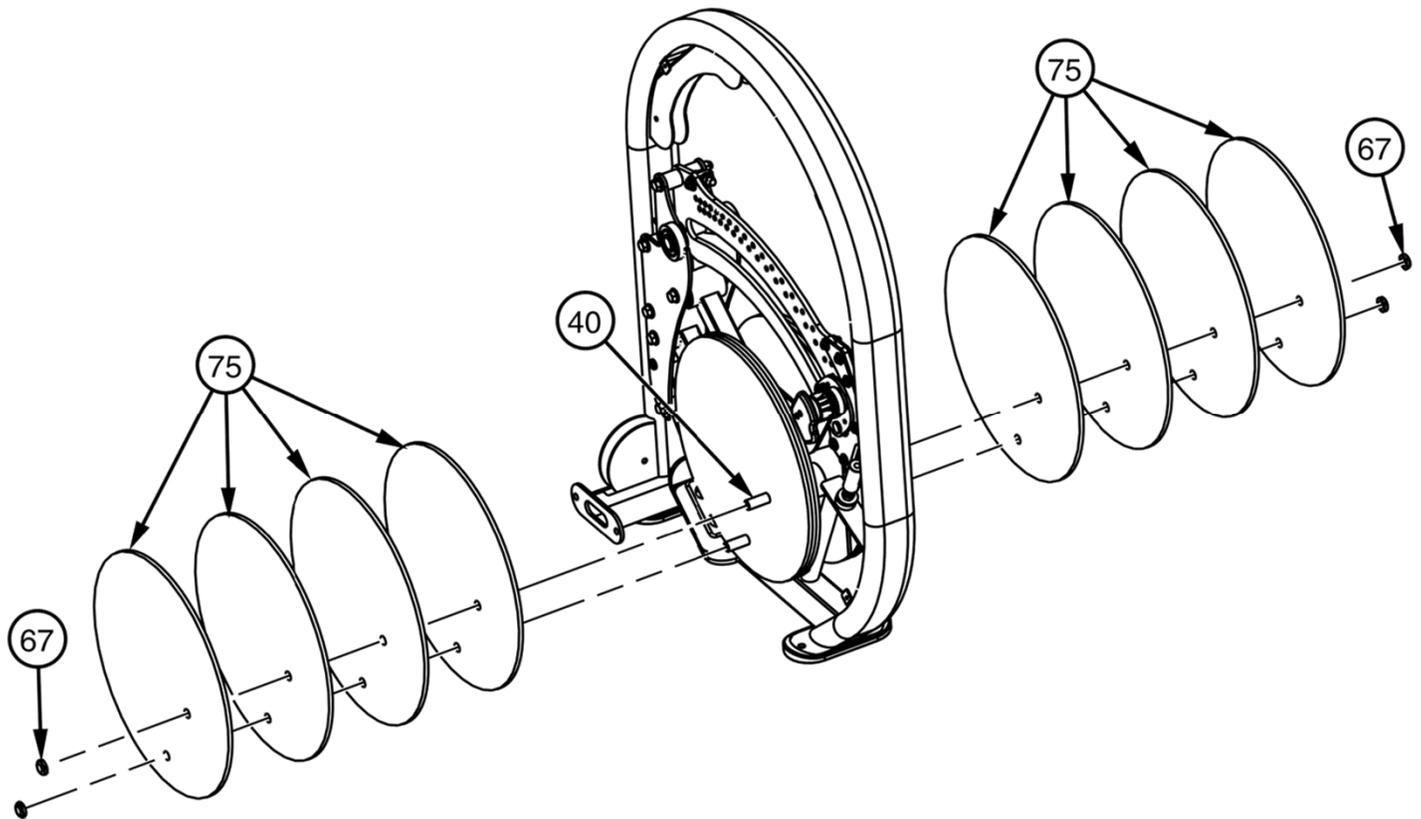
****PLEASE NOTE:
THIS IS FOR THE 200 LB ASSEMBLY.****

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



****PLEASE NOTE:**

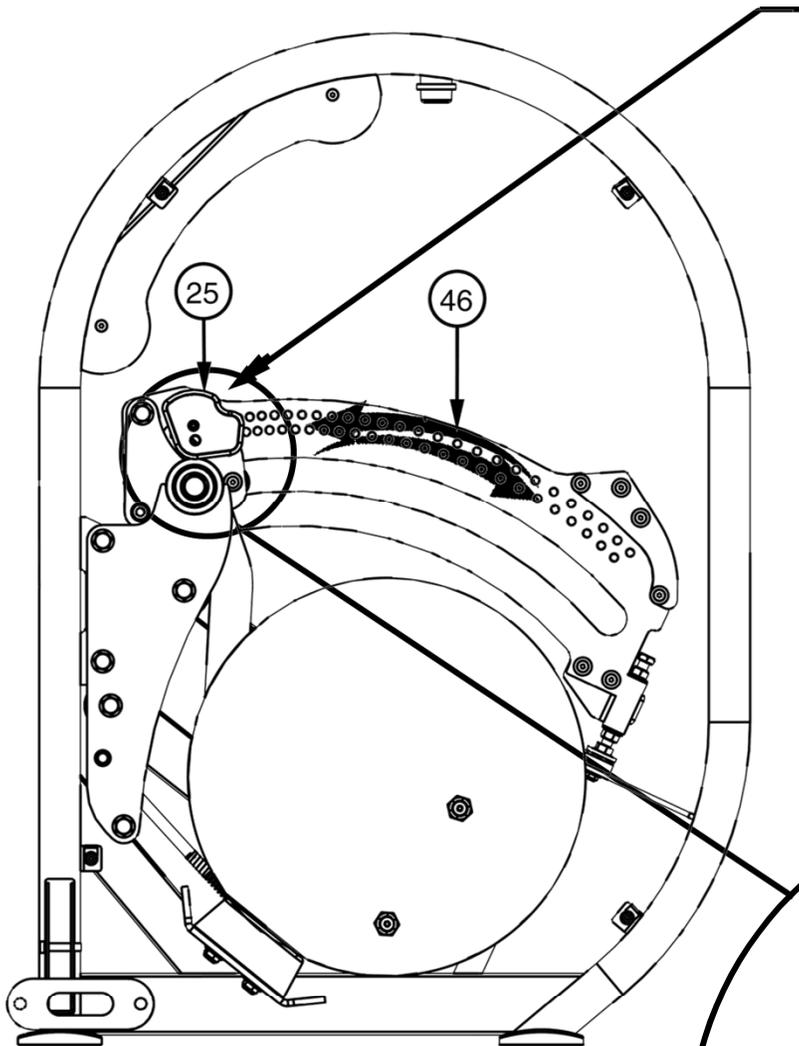
**IF THE “400LB OPTION” HAS BEEN PURCHASED AN
ADDITIONAL QTY. 4 WEIGHT PLATES (75) WILL NEED TO BE
INSTALLED PER SIDE AS SHOWN ABOVE.****

OWNER'S MANUAL

FRAME ASSEMBLY

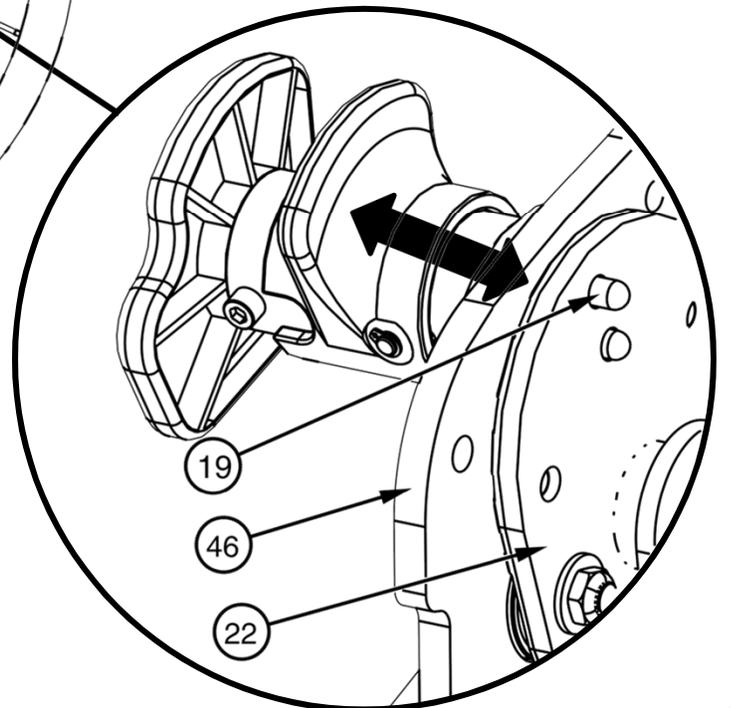
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

Move the Adjuster Handle (25) to the far left and right positions. If the Adjuster Handle (25) moves freely, and the Lift Arm (46) does not move up or down, and the selector pins easily engage in the far left and right positions, then skip to Page 10. If not, then follow the steps on Pages 7 & 8 to adjust the position of the Lift Arm (46).



OWNER'S MANUAL

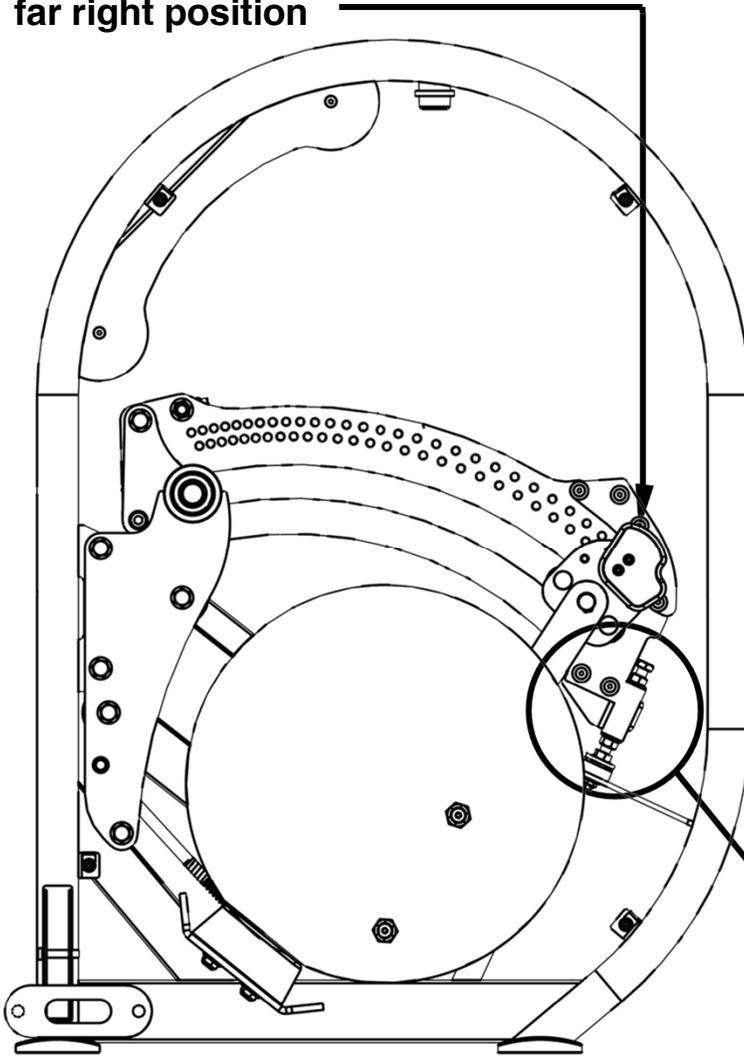
FRAME ASSEMBLY

STEP 1:

Move the adjuster handle to the far right position

NOTE:

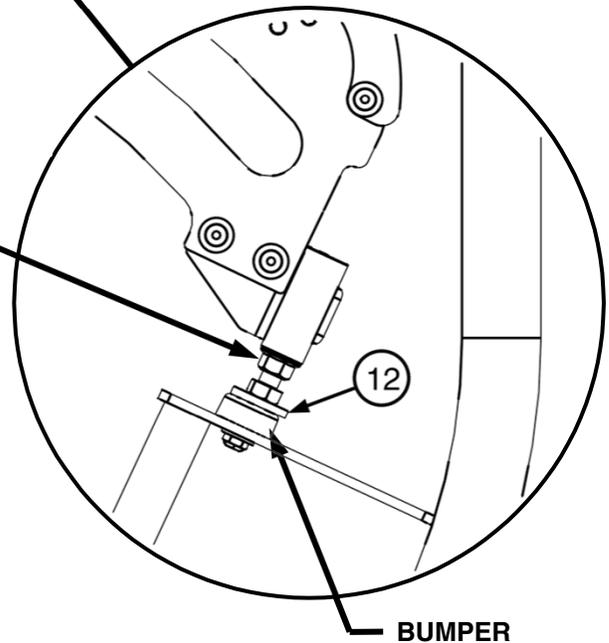
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



JAM NUT

STEP 2:

Loosen the jam nut and adjust the stop (12) until it just touches the bumper



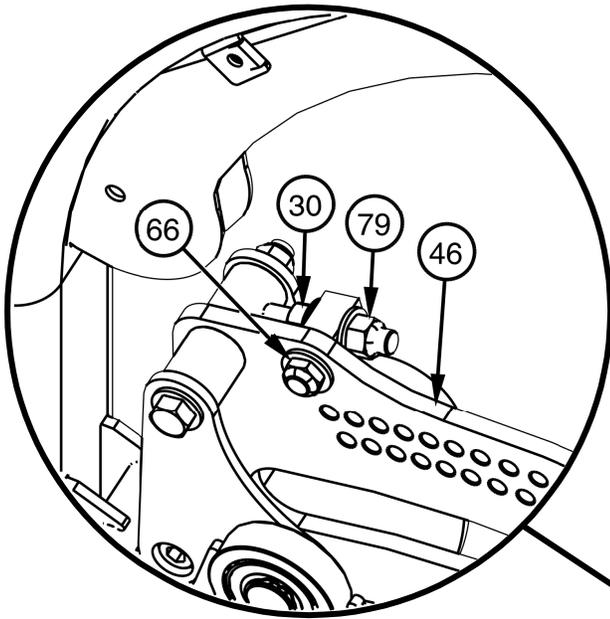
BUMPER

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



STEP 4B:

Move the Adjuster Handle to the far right. If the Lift Arm (46) moves up or down, re-adjust the Stop (12). Re-check the far left position and adjust Nylon nuts (30) or (79) if necessary.

STEP 4C:

Wrench tighten the Flanged Nut (66), Nylon Nut (30), Nylon nut (79), and jam nut on the Adjustable Stop (12).

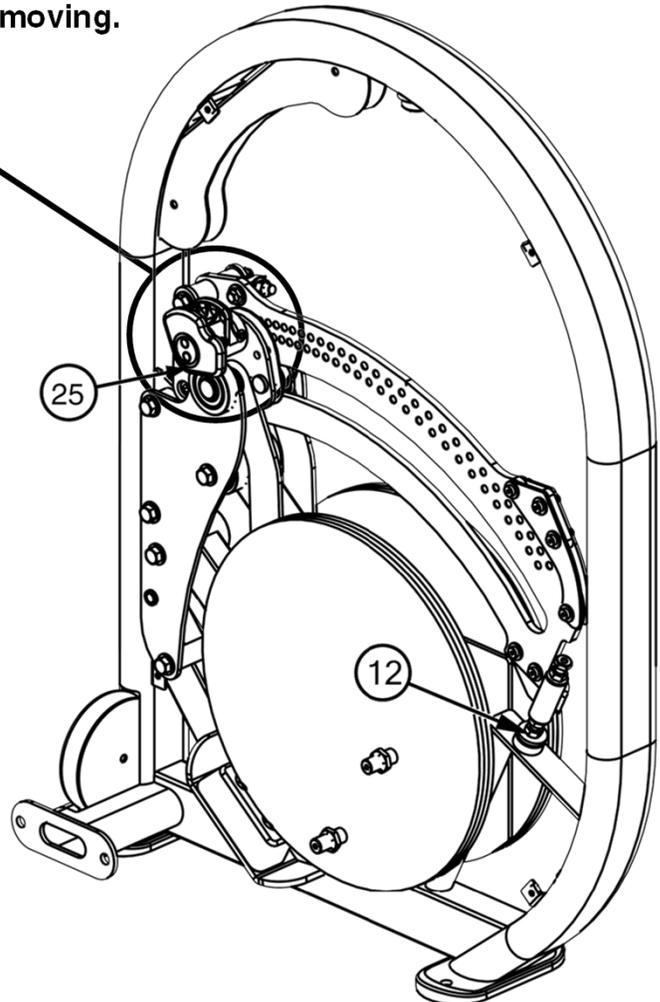
STEP 3:

Move the Adjustment Handle to the furthest left position.

STEP 4A:

Loosen Flanged Nut (66) and Nylon Nuts (30) and (79). Move Adjuster Handle (25) to the far left. If the right end of the lift arm (46) rises, then tighten nylon nut (79) slightly until the stop (12) makes contact with the bumper and the adjuster moves freely without the lift arm (46) moving.

If the right end of the lift arm (46) presses down as you move the adjuster to the left, then tighten nylon nut (30) slightly until the adjuster moves freely without the lift arm (46) moving.

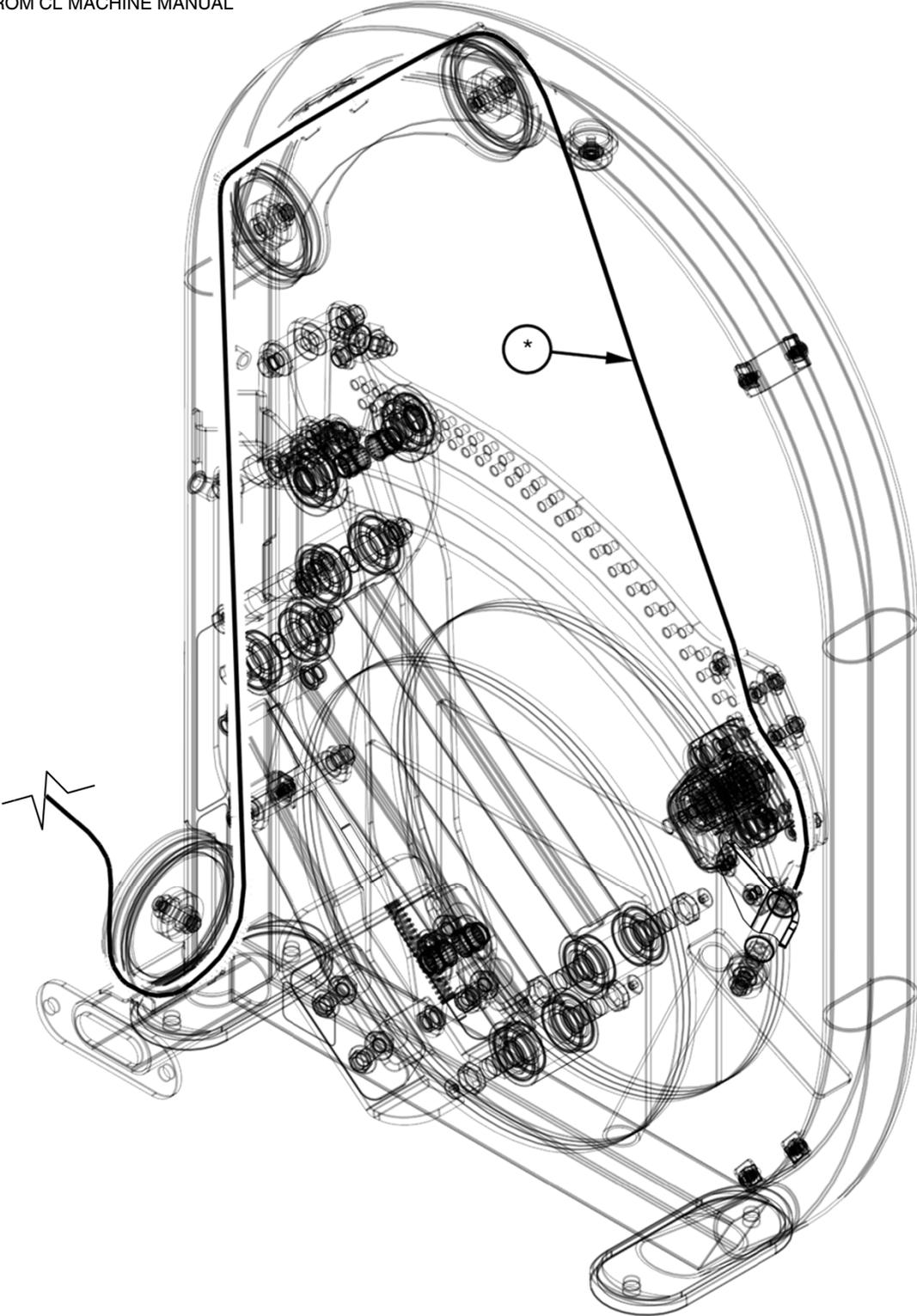


OWNER'S MANUAL

FRAME ASSEMBLY CABLE ROUTING VIEW

NOTE:

* CABLE FROM CL MACHINE MANUAL

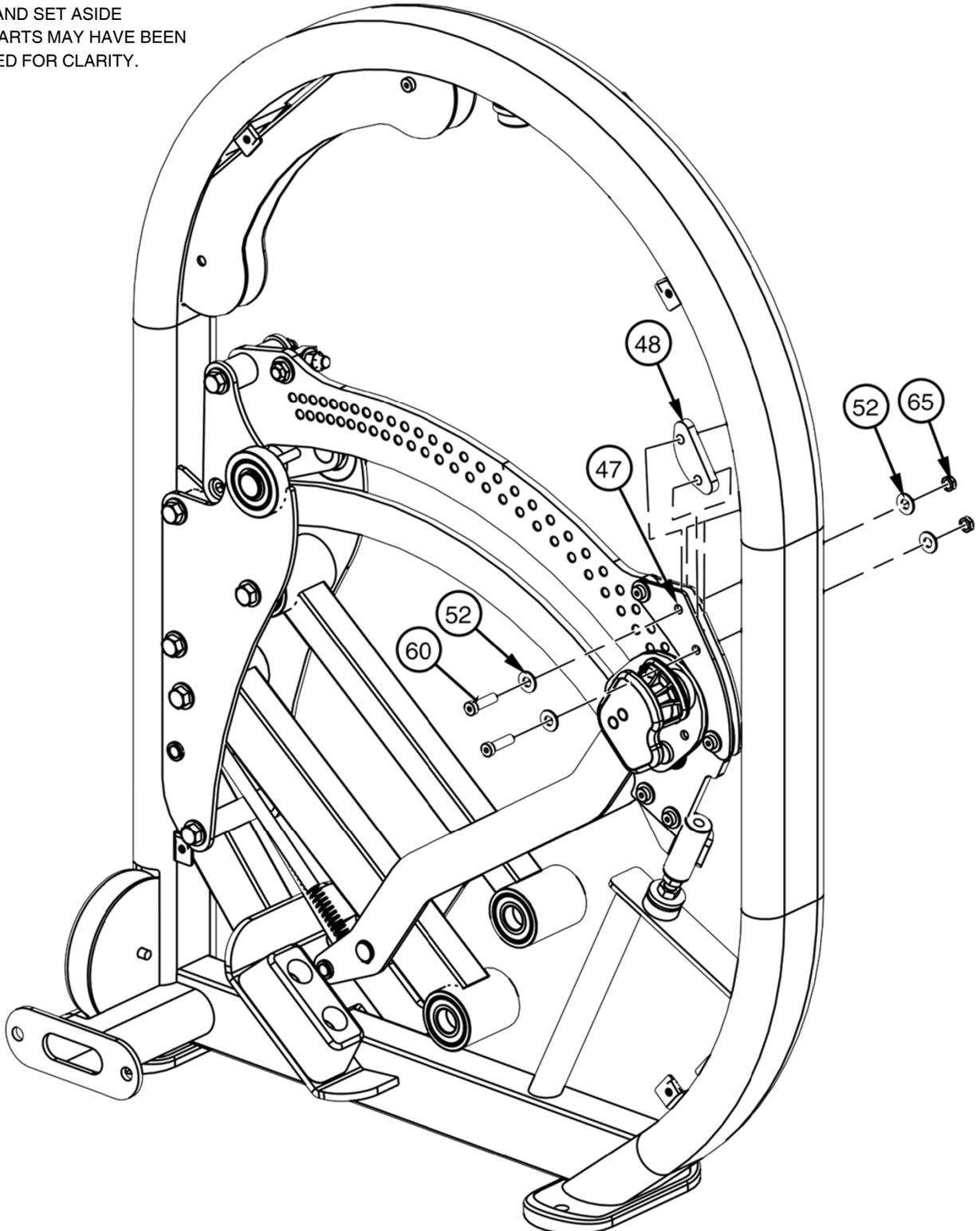


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- REMOVE THE CABLE SADDLE PARTS AND SET ASIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



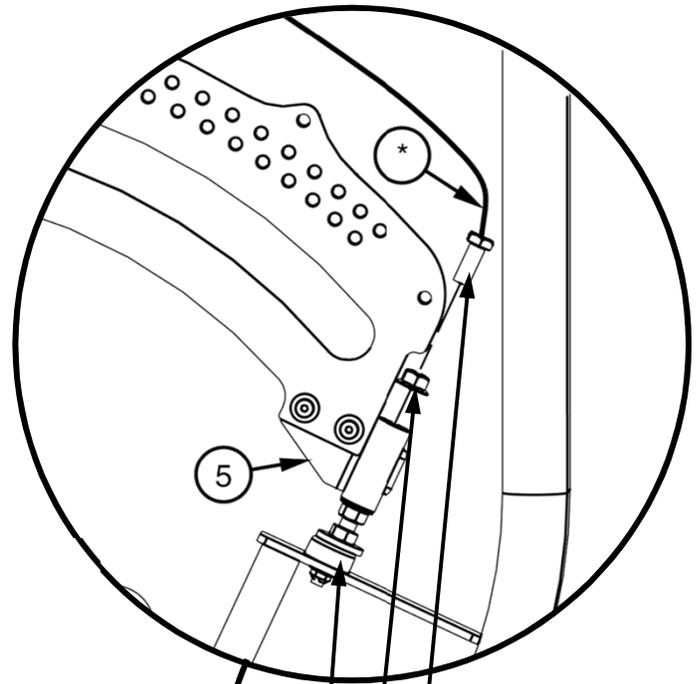
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- * CABLE FROM CL MACHINE MANUAL
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

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

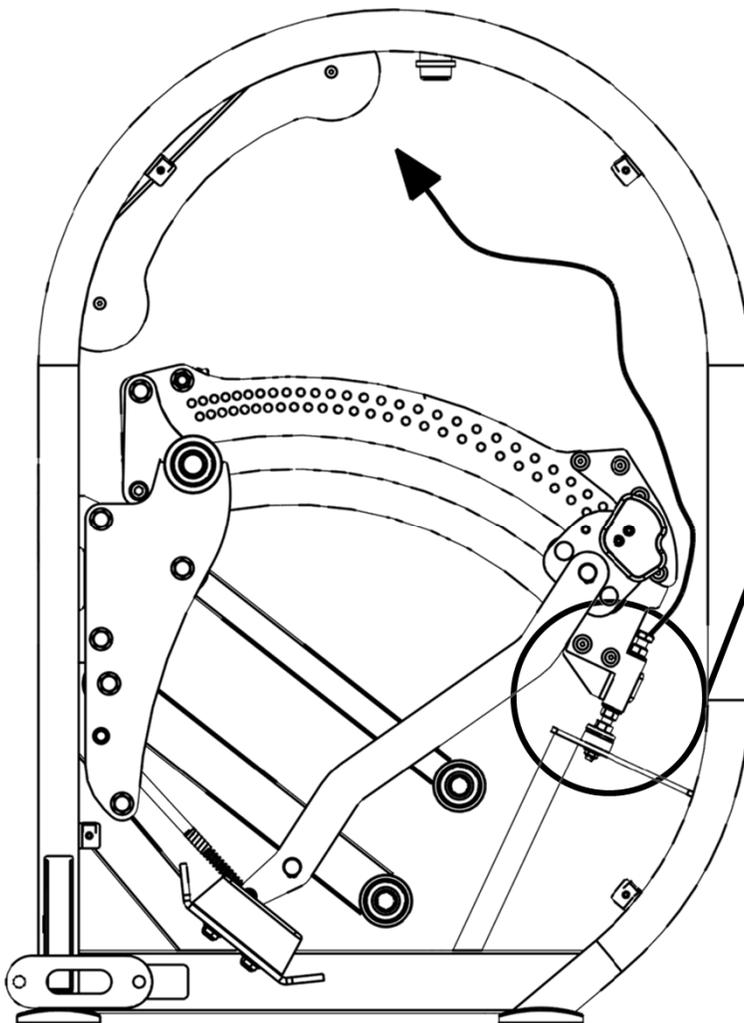


CABLE BOLT

JAM NUT

NOTE:

Once the cable has been installed completely and tensioned, be sure to come back and inspect that the stop is still in contact with the bumper. Adjust the cable tension if needed.



OWNER'S MANUAL

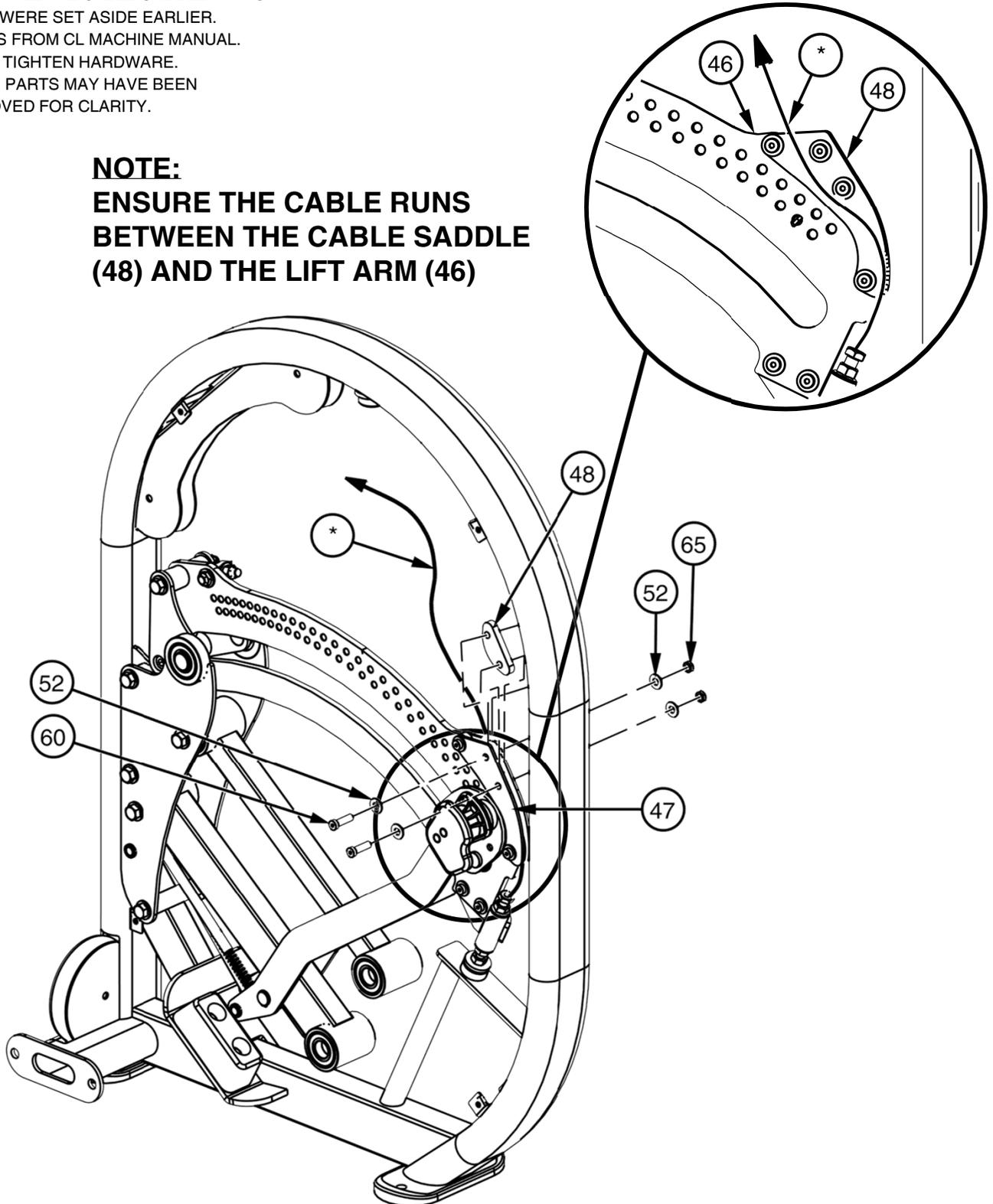
FRAME ASSEMBLY

NOTE:

- REINSTALL THE CABLE SADDLE PARTS THAT WERE SET ASIDE EARLIER.
- * PARTS FROM CL MACHINE MANUAL.
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
ENSURE THE CABLE RUNS BETWEEN THE CABLE SADDLE (48) AND THE LIFT ARM (46)

CABLE ROUTING VIEW

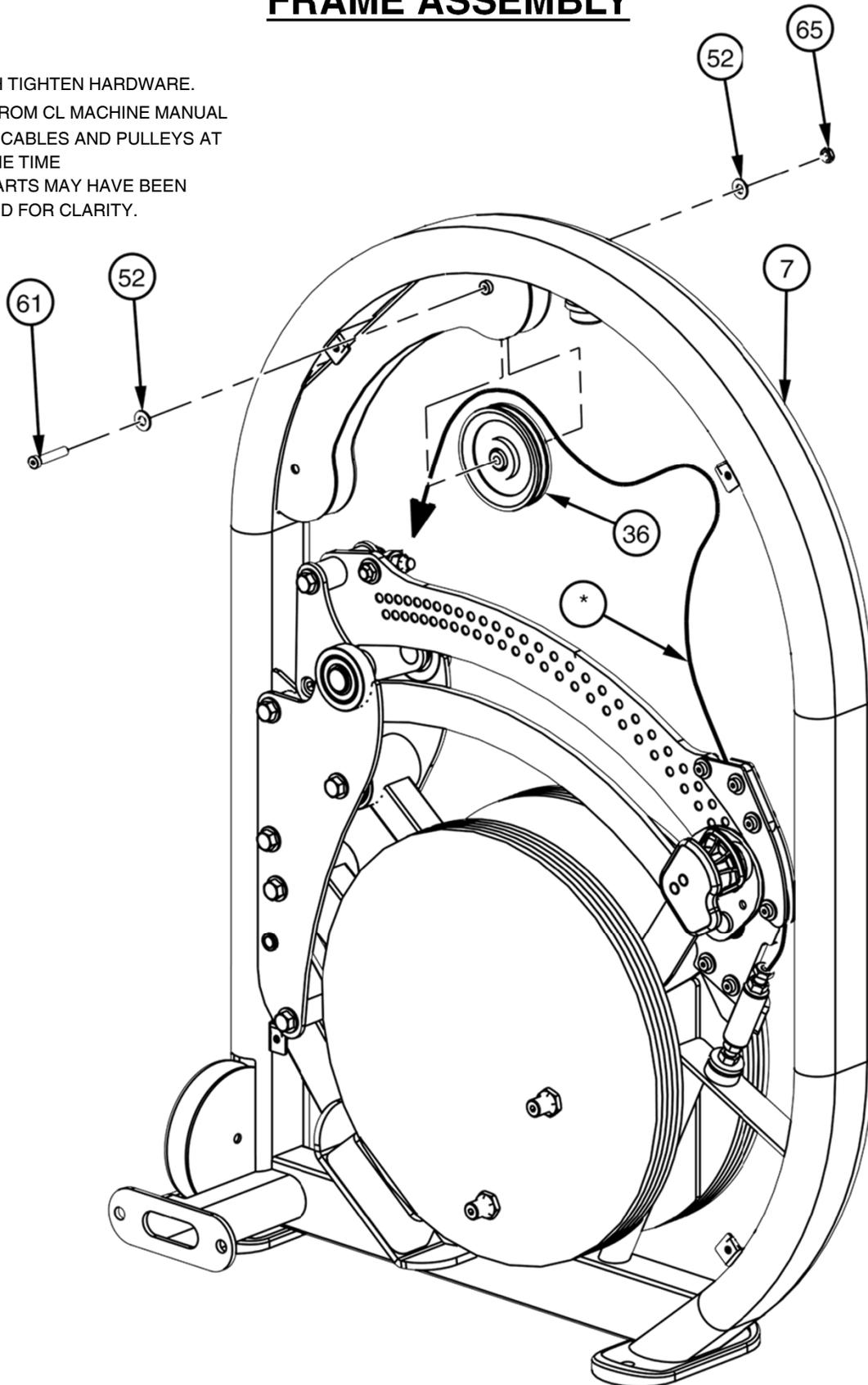


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- * CABLE FROM CL MACHINE MANUAL
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

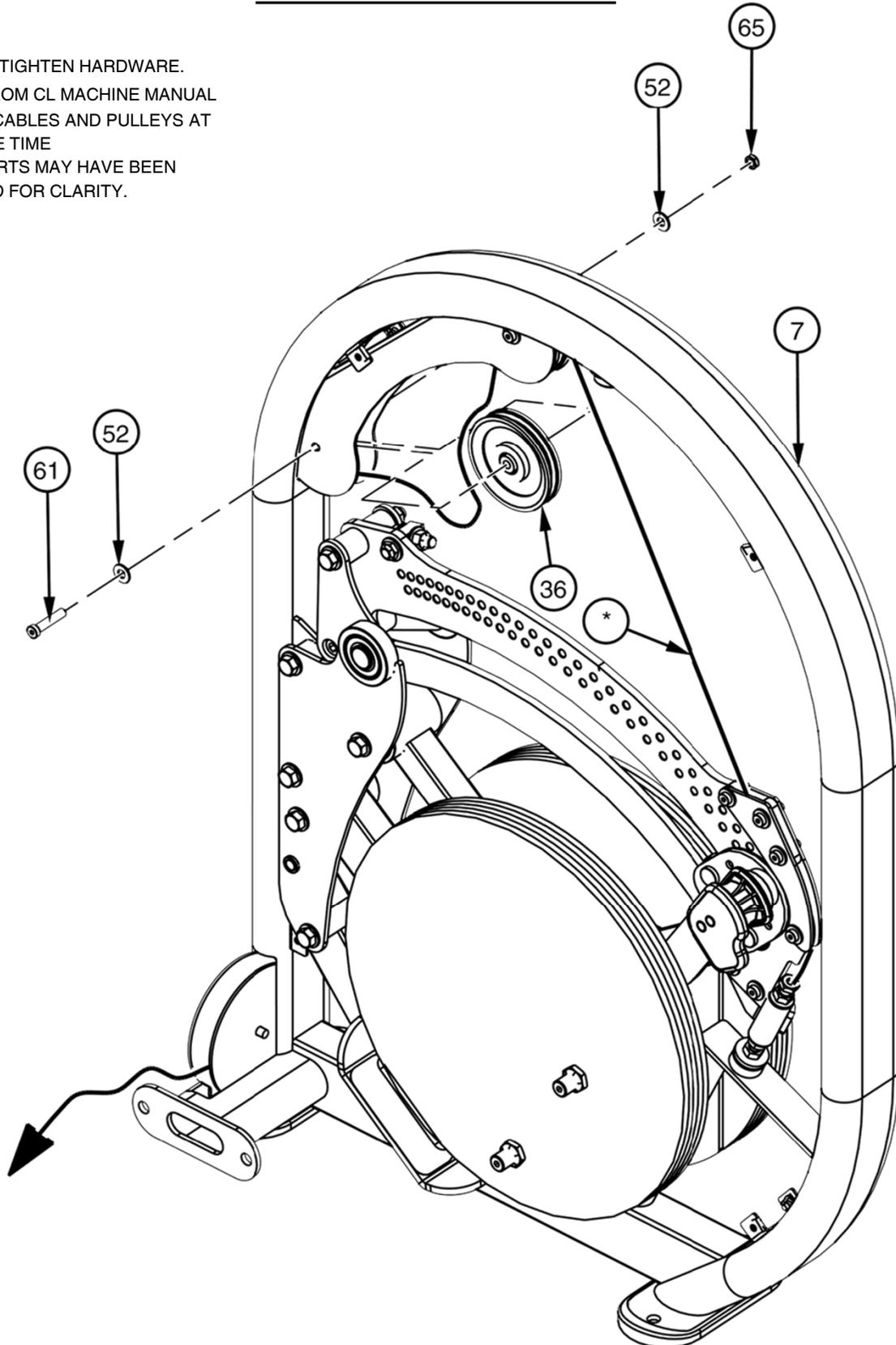


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- * CABLE FROM CL MACHINE MANUAL
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

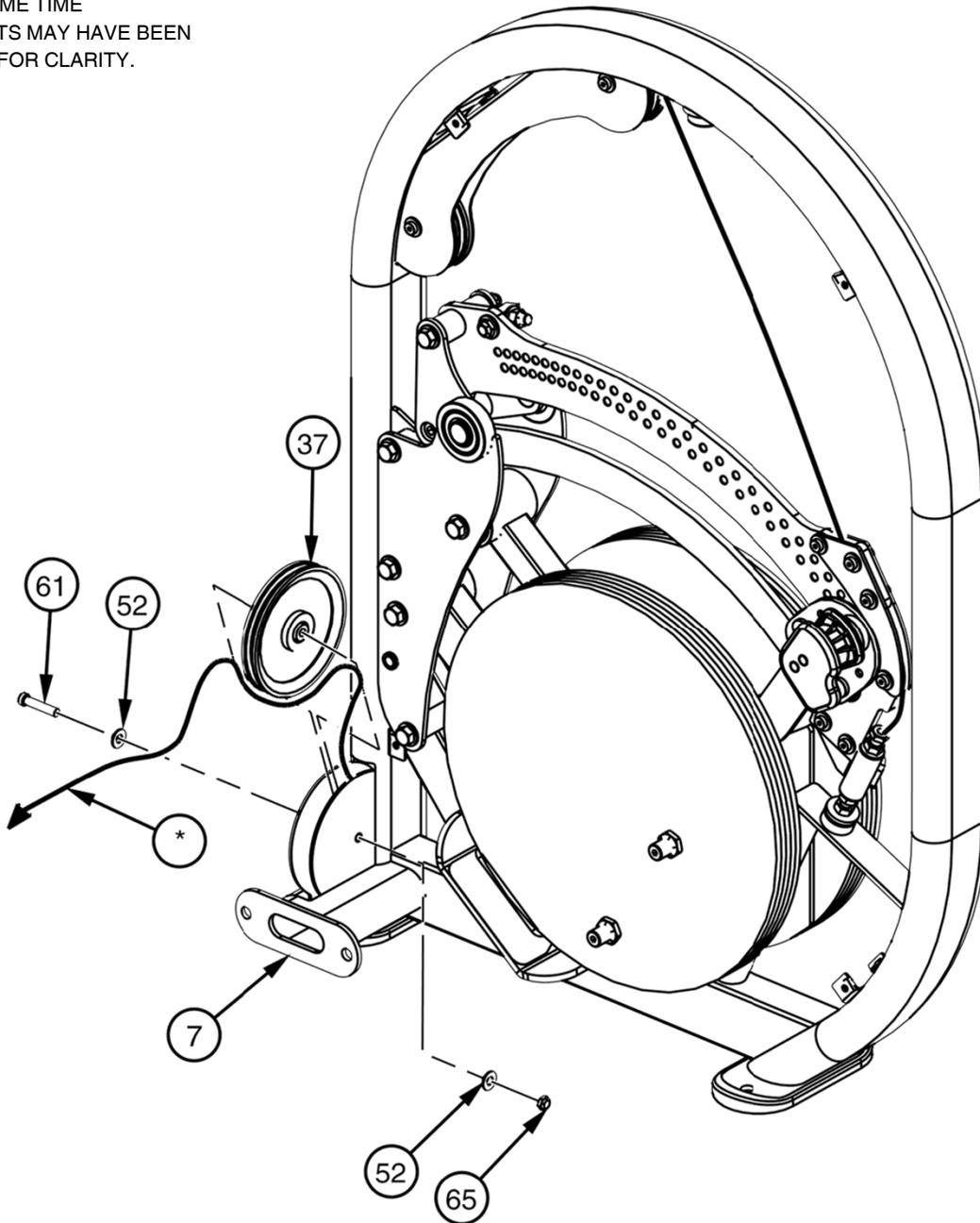


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- * CABLE FROM CL MACHINE MANUAL
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE: WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

OWNER'S MANUAL

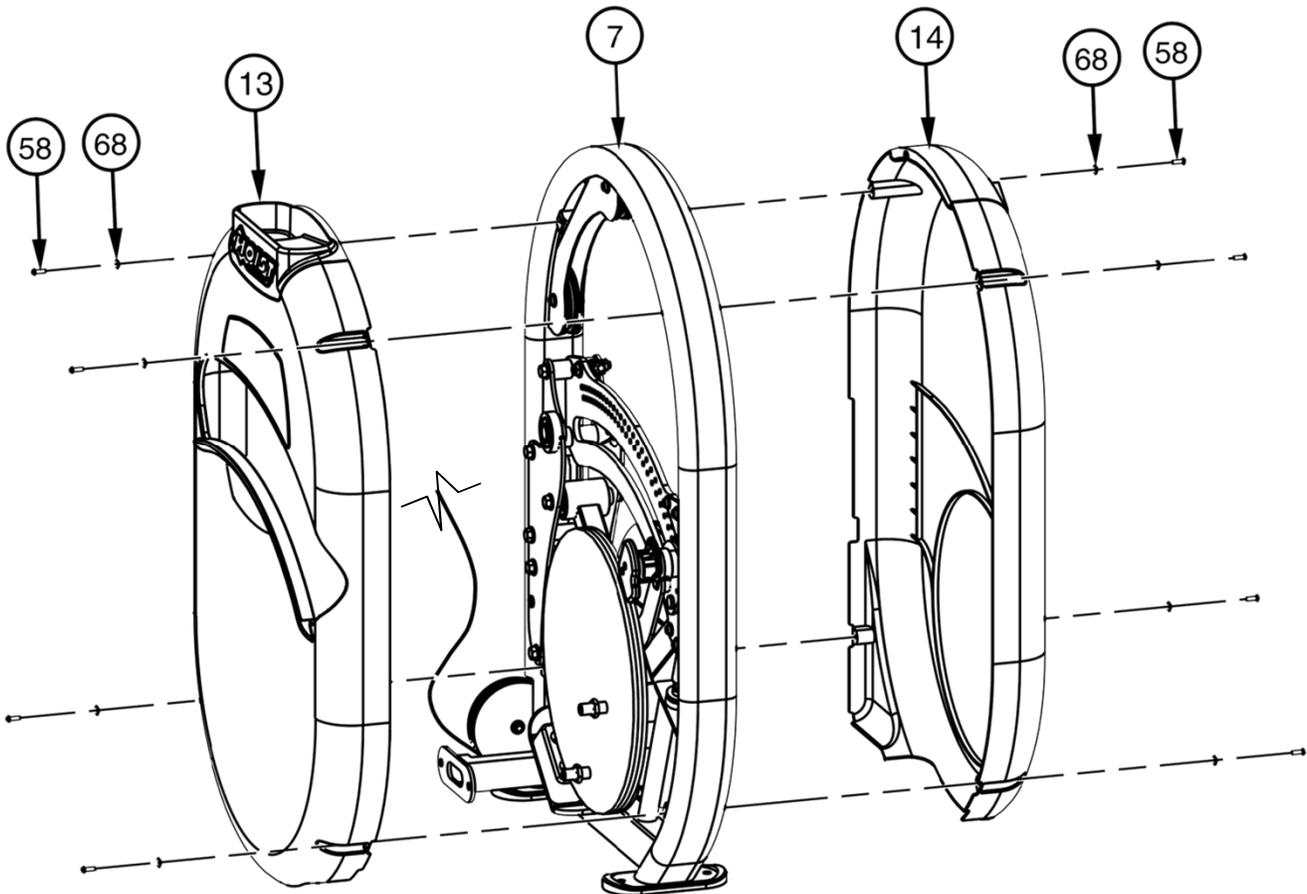
FRAME ASSEMBLY

NOTE:

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

****STOP****

AT THIS TIME, REFER TO THE CL MACHINE MANUAL AND FOLLOW THE STEPS THERE



IMPORTANT

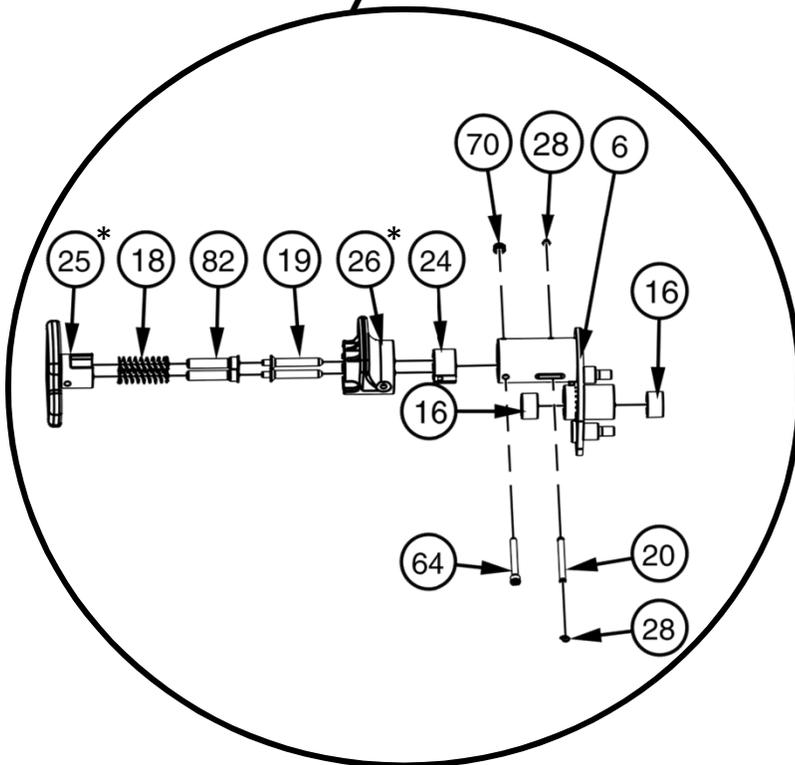
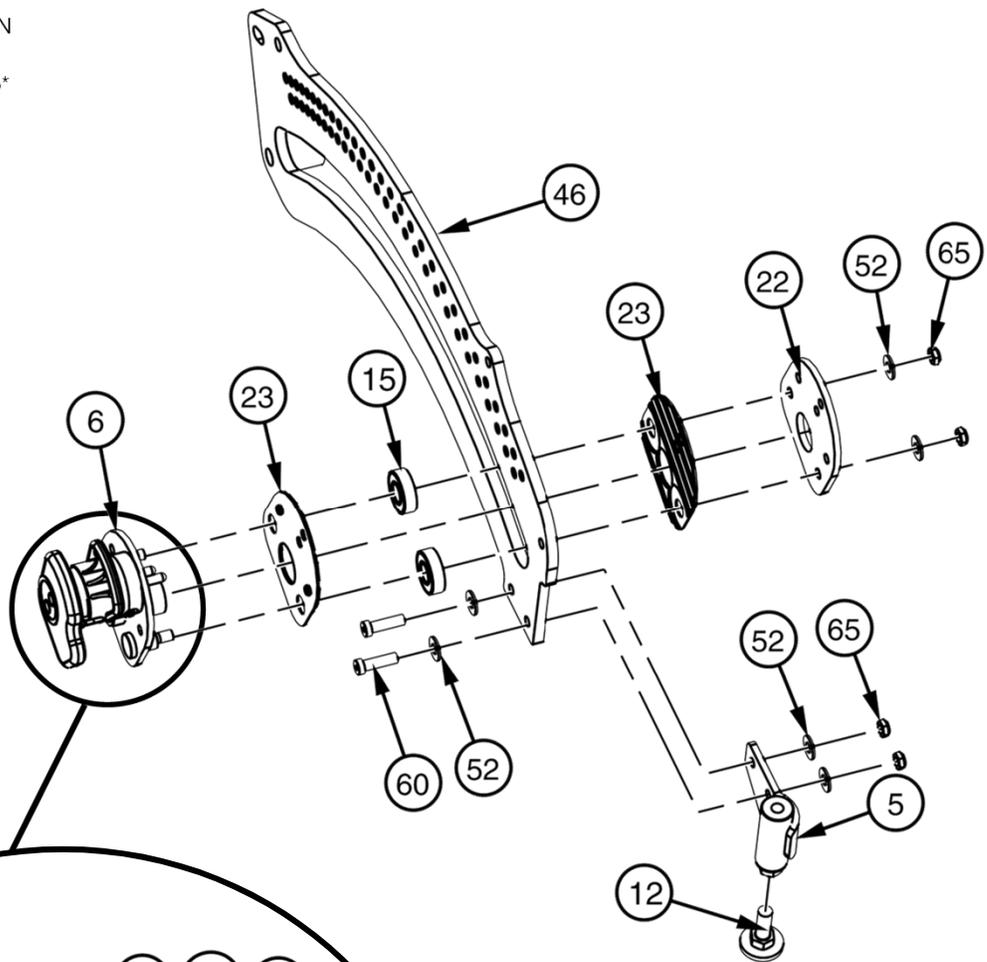
NOW THAT THE SSS CAGE 40 IS COMPLETELY ASSEMBLED, RE-CHECK THE ADJUSTMENT OF THE LIFT ARM AND ADJUSTER HANDLE ONE LAST TIME BEFORE INSTALLING THE SHIELDS

OWNER'S MANUAL

PRE-ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL PARTS (25)* AND (26)* FIRST BEFORE INSTALLING (20), (28), (64), & (70).

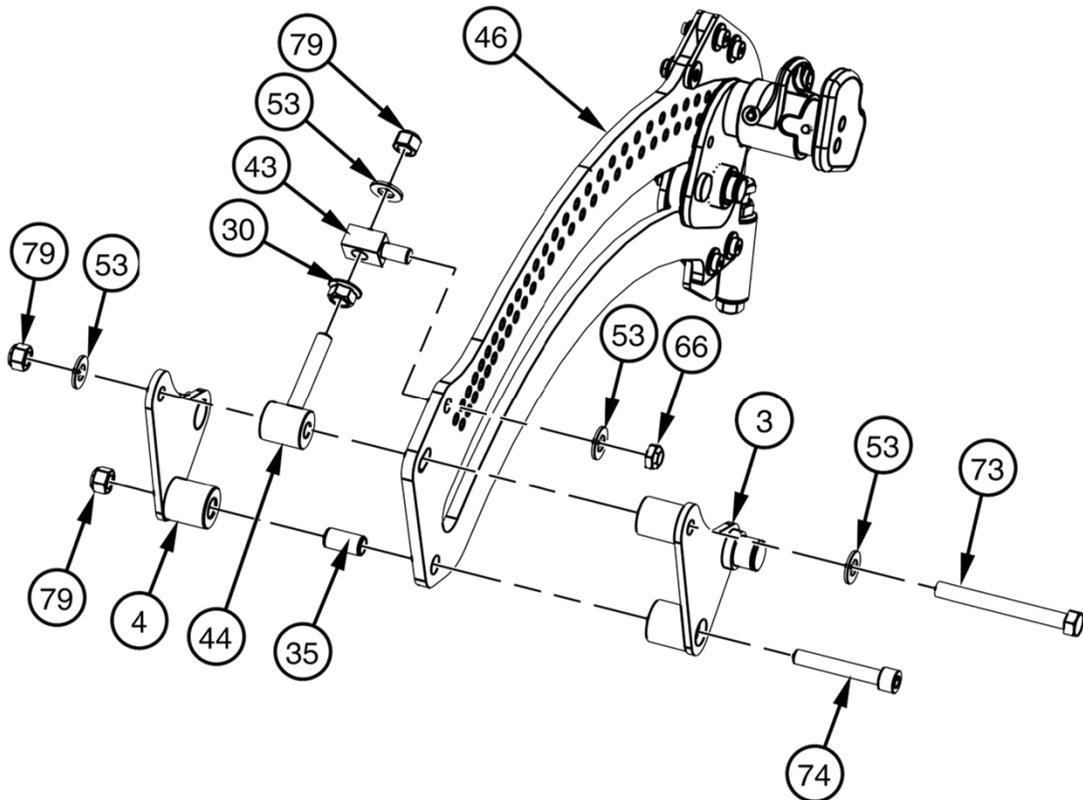
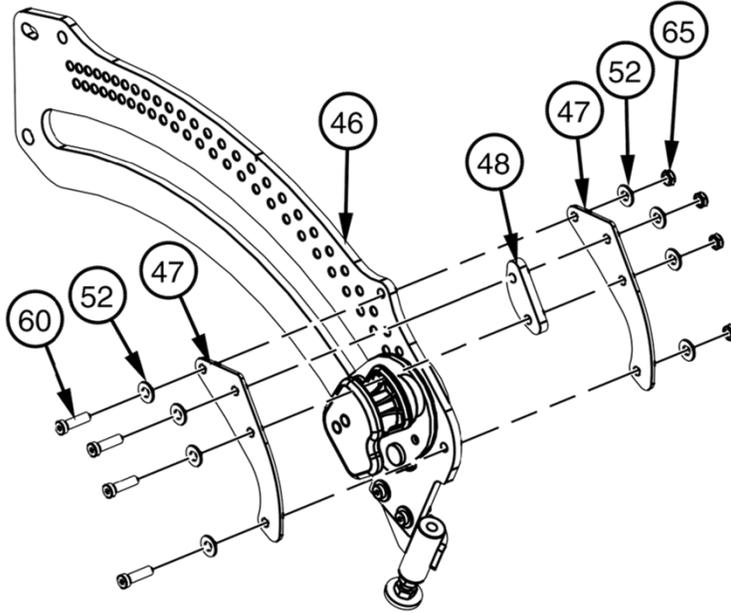


OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

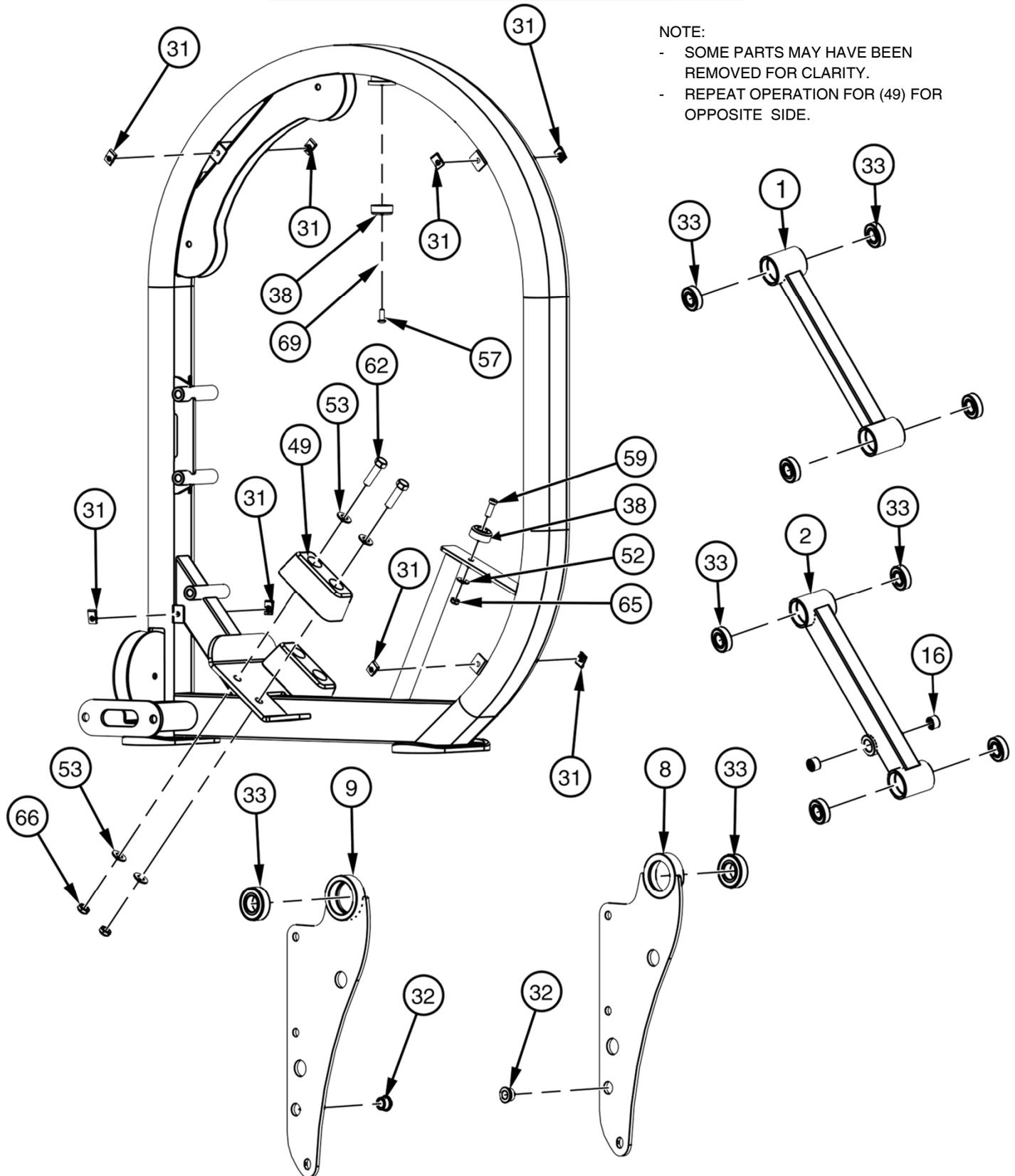


OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

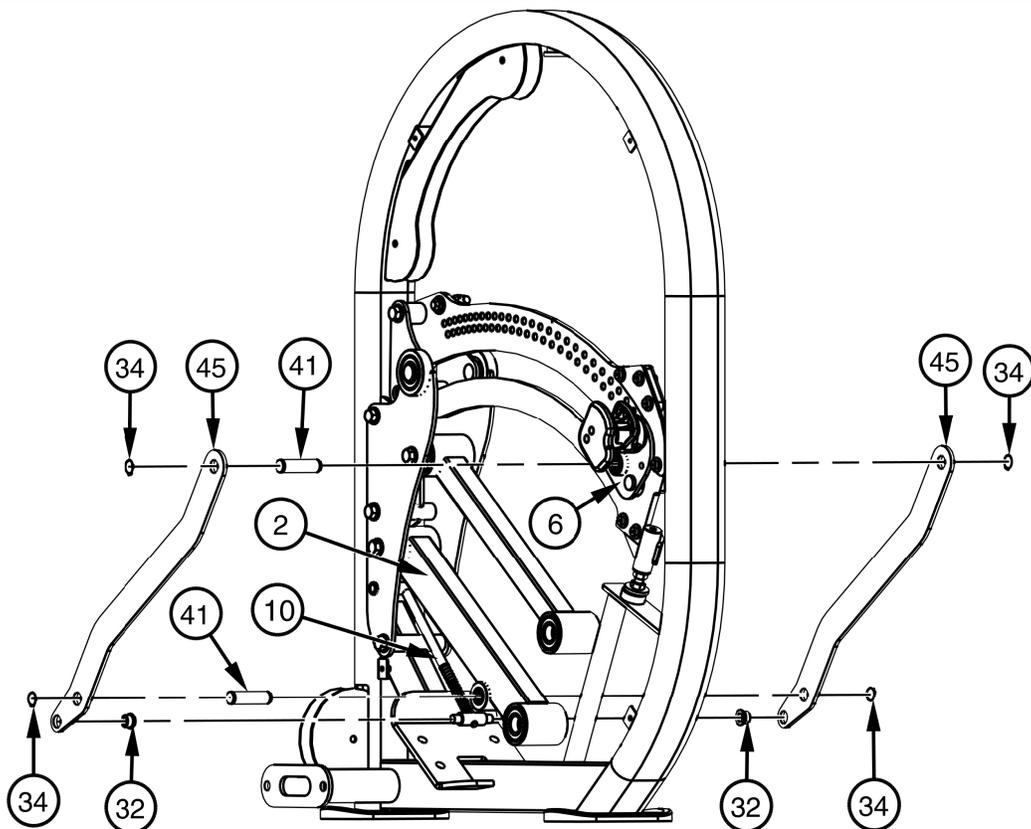
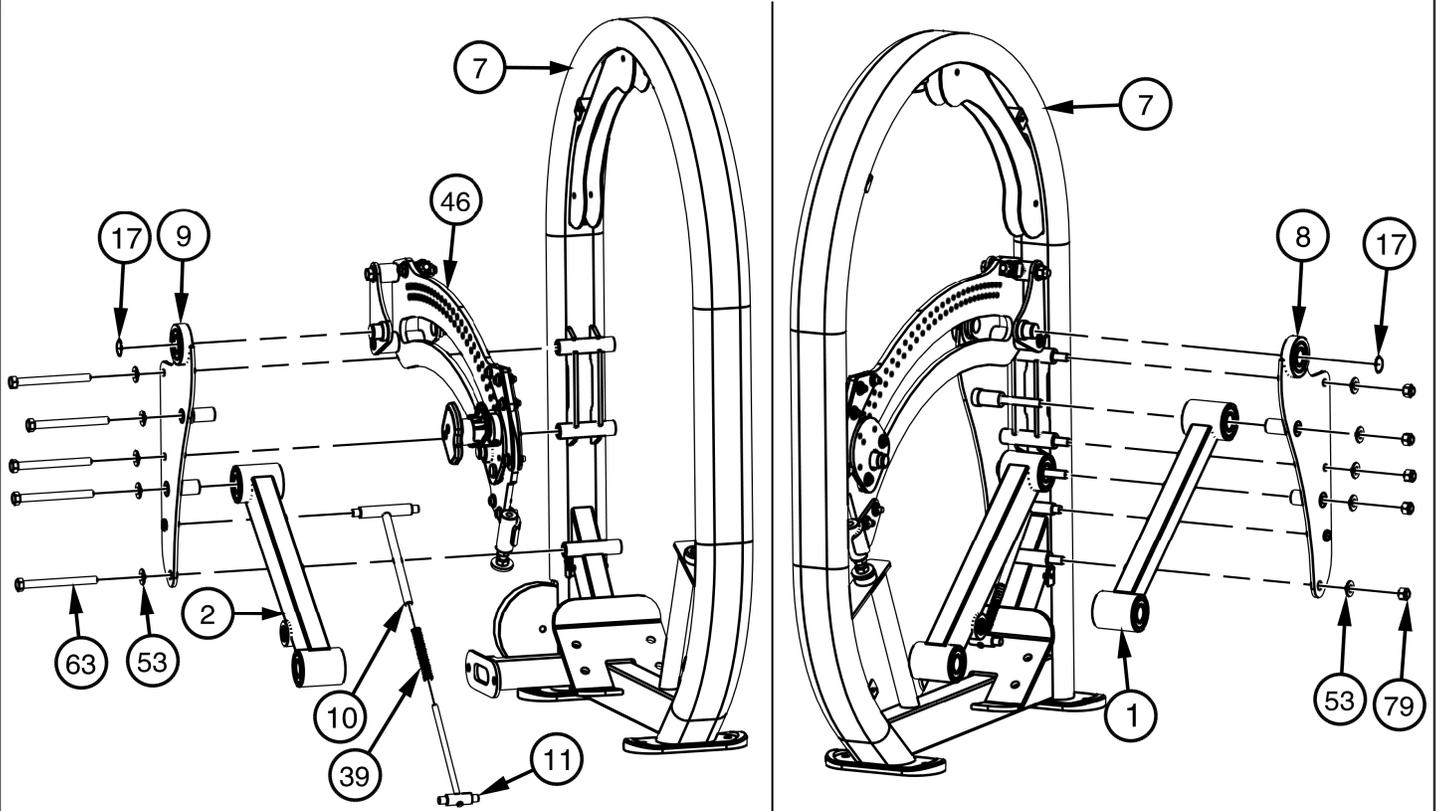
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT OPERATION FOR (49) FOR OPPOSITE SIDE.



OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED



OWNER'S MANUAL

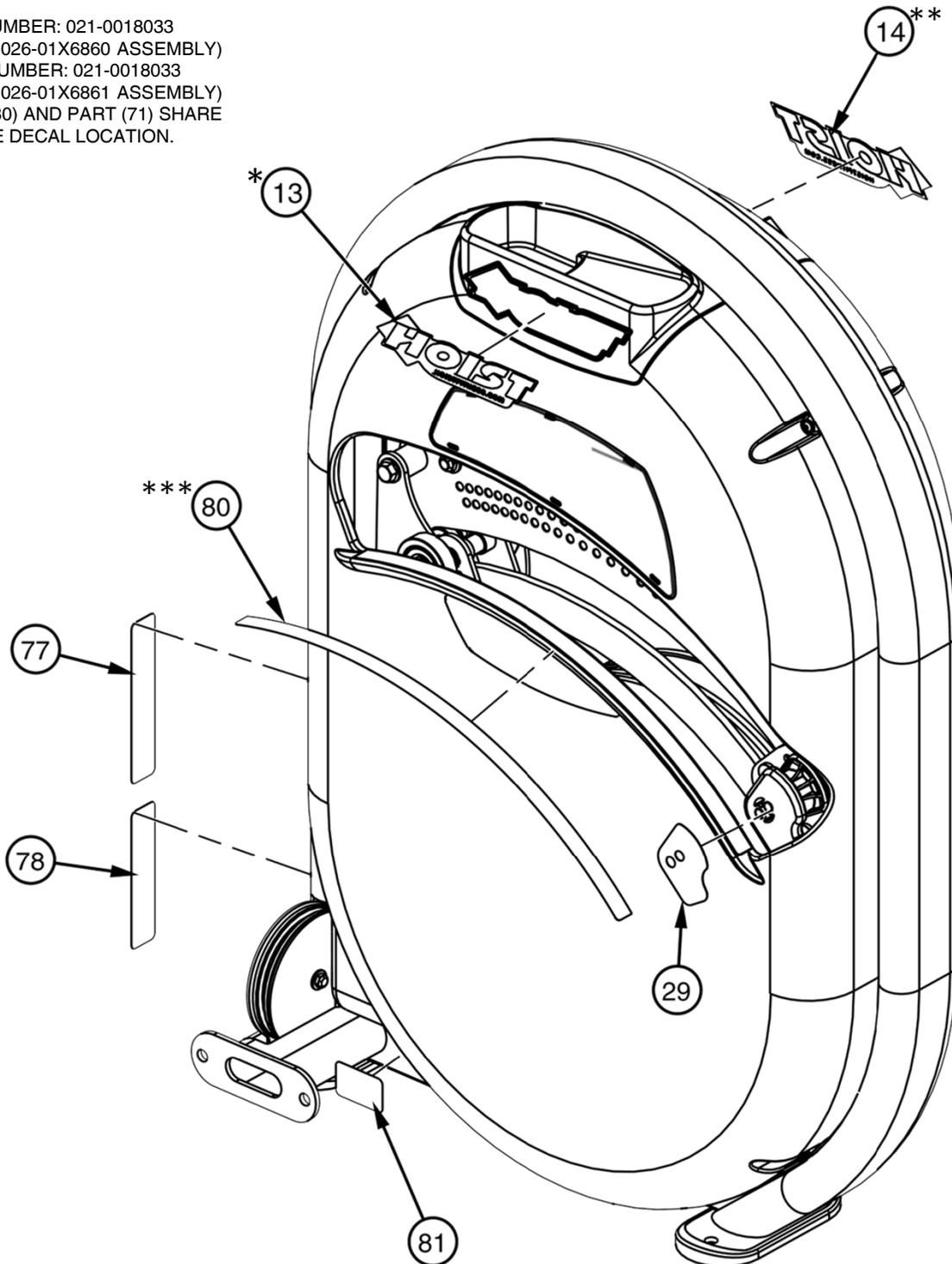
DECAL PLACEMENT

NOTE:

* PART NUMBER: 021-0018033
(PART OF 026-01X6860 ASSEMBLY)

** PART NUMBER: 021-0018033
(PART OF 026-01X6861 ASSEMBLY)

***PART (80) AND PART (71) SHARE
THE SAME DECAL LOCATION.



PLEASE NOTE:

STANDARD ADJUSTER DECAL IS ITEM #71

IF HEAVY OPTION IS ORDERED UTILIZE 400LB ADJUSTER DECAL – ITEM #80

OWNER'S MANUAL

DECAL REFERENCE



SERIAL # DECAL



021-0018033

(PART OF 026-01X6860 AND 026-01X6861 ASSEMBLY)



021-0004161

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, tip this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135

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

021-0003008

OWNER'S MANUAL

DECAL REFERENCE CONTINUED



021-0004156



021-0004158



021-0004199



021-0004201

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X6798	UPPER CONTROL LINK	1
2	026-01X6799	LOWER CONTROL LINK	1
3	026-01X6900	LIFT ARM PIVOT FRONT	1
4	026-01X6899	LIFT-ARM PIVOT REAR	1
5	026-01X6805	CABLE ANCHOR	1
6	026-01X6921	ADJUSTER ASSEMBLY	1
7	026-01X6849	SSS WEIGHT CAGE FRAME	1
8	026-01X6897	4 BAR PIVOT SUPPORT, REAR	1
9	026-01X6898	4 BAR PIVOT SUPPORT, FRONT	1
10	026-01X6814	SPRING BALANCE OUTER	1
11	026-01X6815	SPRING BALANCE INNER	1
12	026-01X6857	ADJUSTABLE STOP	1
13	026-01X6860	CAGE SHIELD ASSY., FRONT	1
14	026-01X6861	CAGE SHIELD ASSY., REAR	1
15	026-01X6924	STEEL GUIDE ROLLER W BUSHING	2
16	014-0006008	20 X 26 X 16mm NEEDLE BRNG	4
17	014-0012018	SNAP RING - 25mm EXTERNAL	2
18	020-0011023	CENTURY 71736	2
19	026-01M3680	SELECTOR PIN	2
20	026-01M3478	RETAINING PIN	1
22	026-01P4819	ADJUSTER PLATE	1
23	026-01PL2828	WEAR PLATE	2
24	026-01PL2829	SELECTOR PIN BARREL	1
25	026-01PL2865	ADJUSTER HANDLE	1
26	026-01PL2835	PIN RETRACTOR	1
28	014-0015044	EXTERNAL RETAINING RING 5.7MM ID	2
29	021-0004161	CL ADJUSTMENT HANDLE DECAL	1
30	012-0202001	1/2"-13 FLANGED NUT (WZ)	2
31	012-0509001	1/4-20 CLIP-ON BARREL NUT	8
32	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	4
33	014-0012014	BEARING: FLANGELESS - 25mm I.D.	10
34	014-0012017	SNAP RING - 20mm EXTERNAL	4
35	030-0303019	16mm ALIGNMENT SLEEVE	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	018-0001003	CABLE PULLEY: Ø4.50"	2
37	018-0002017	PULLEY 6.00" OD	1
38	019-0001003	BUMPER Ø 1.50" X .625" T	2
39	020-0011024	4" COMPRESSION SPRING	1
40	026-01M3468	WEIGHT PLATE SHAFT	2
41	026-01M3471	PIVOT SHAFT	2
43	026-01M3659	ADJUSTMENT ANCHOR	1
44	026-01X6901	ADJUSTER BOSS	1
45	026-01P4797	PULL LINK	2
46	026-01P4937	LIFT ARM [200 or 400 lb.]	1
47	026-01P4804	CABLE GUIDE PLATES	2
48	026-01P4805	CABLE SADDLE	1
49	026-01PL2246	DUAL HOLE BUMPER 2.08" THICK	2
50	026-01PL2838	RUBBER FOOT PAD	2
52	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	22
53	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	22
54	013-1002016	3/4" SAE FLAT WASHER (Ni)	4
57	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	1
58	011-0701076	1/4"-20UNC X .75" BHCS (Ni)	8
59	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	1
60	011-0116143	3/8"-16UNC X 1.25" LOW HEAD SHCS (Ni)	6
61	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	3
62	011-0707008	1/2"-13UNC X 1.75" HHB (Ni)	4
63	011-0707020	1/2"-13UNC X 5.25" HHB (WZ)	5
64	011-0701148	1/4"-20UNC X 2.00 SHCS (Ni)	1
65	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	12
66	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	5
67	012-0504022	3/4"-16 UNF THIN NYLOCK NUT (Ni)	4
68	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	8
69	013-1006002	5/16" SPLIT LOCK WASHER (Ni)	1
70	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	1

OWNER'S MANUAL

PART LIST CONTINUED

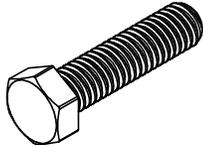
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	021-0004156	200 LB. SELECTION DECAL	1
73	011-0707017	1/2"-13UNC X 4.50" HHB (WZ)	1
74	011-0001002	1/2"-13UNC X 3.00" SHCS (WZ)	1
75	026-01P4820	25 LB. WEIGHT PLATE	6
76	026-01P4821	11 LB. WEIGHT PLATE	2
77	021-0003135	DECAL WARNING 1.50" X 7.75"	1
78	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
79	012-0504015	1/2" THICK NYLOCK NUT (WZ)	8
80	021-0004158	400 LB. SELECTION DECAL	1
81	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
82	021-0004199	200 LB. SELECTION DECAL (Metric Units)	1
83	021-0004201	400 LB. SELECTION DECAL (Metric Units)	1
84	026-01PL2866	INDICATOR PIN	2
85	012-0104024	3/4"-16 THICK NYLOCK NUT (WZ)	4

OWNER'S MANUAL

ABBREVIATIONS

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



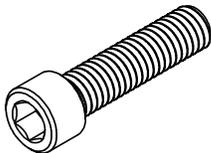
HHB = Hex Head Bolt



FHCS = Flat Head Cap Screw



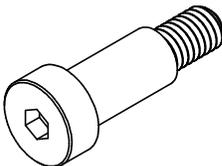
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



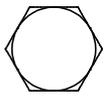
Low Head SHCS = Low Head Socket
Head Cap Screw



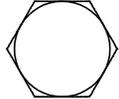
SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

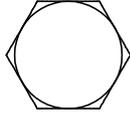
BOLT SIZING CHART



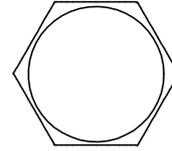
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



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



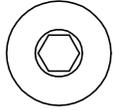
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



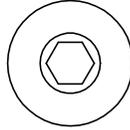
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



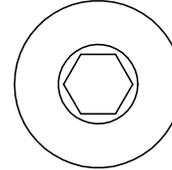
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



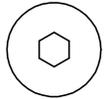
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



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



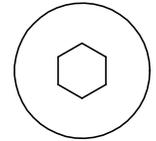
1/4" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



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



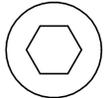
3/8" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



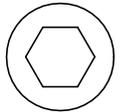
1/2" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



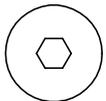
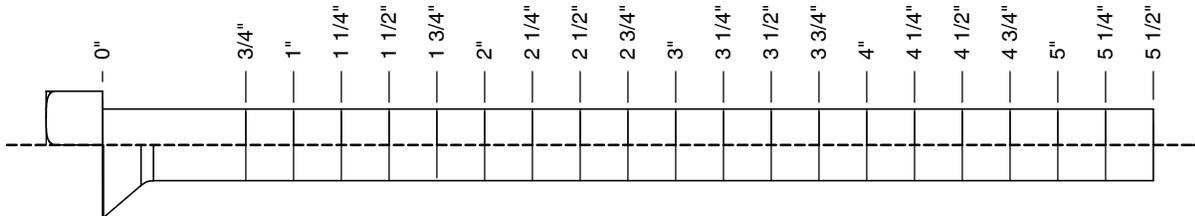
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs



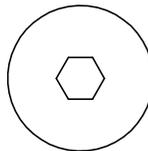
5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs



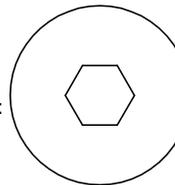
3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs



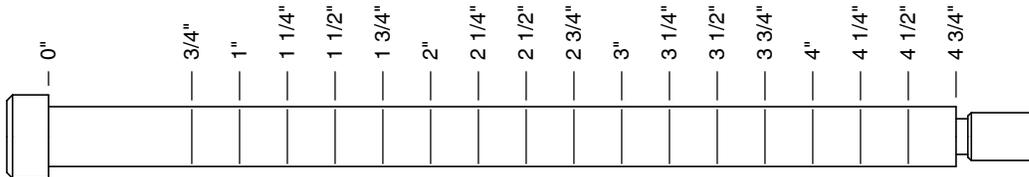
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



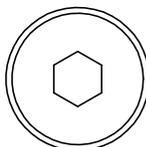
1/2" FHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



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



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

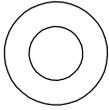


3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

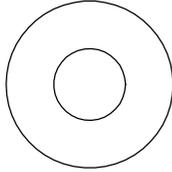
OWNER'S MANUAL

WASHER SIZING CHART

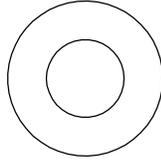
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



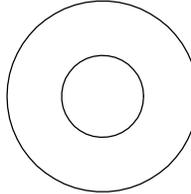
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



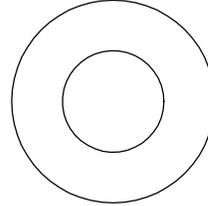
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



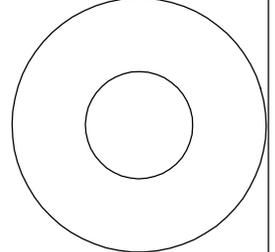
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



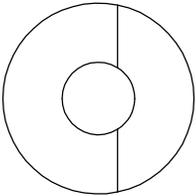
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



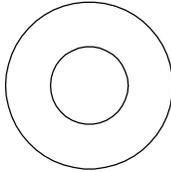
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



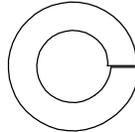
013-0402007
3/8"
FLAT WASHER
22mm O.D.



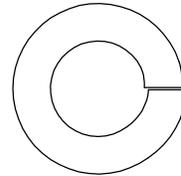
013-0102019
1/4"
LOCK WASHER



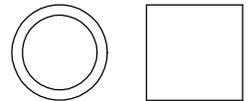
013-0102020
3/8"
LOCK WASHER



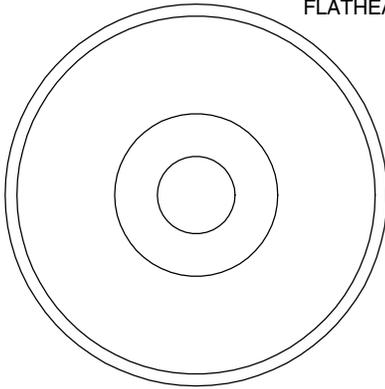
013-0102018
1/2"
LOCK WASHER



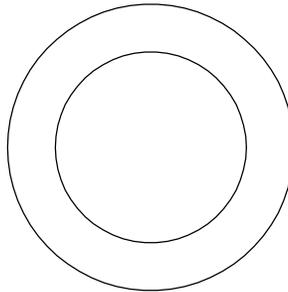
014-0018001
1/2" LONG
SPACER



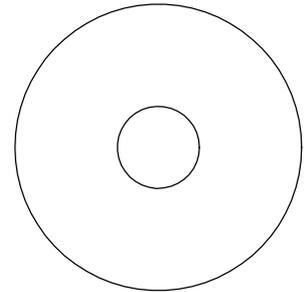
026-01M0238
2" ALUMINUM
FLATHEAD CAP



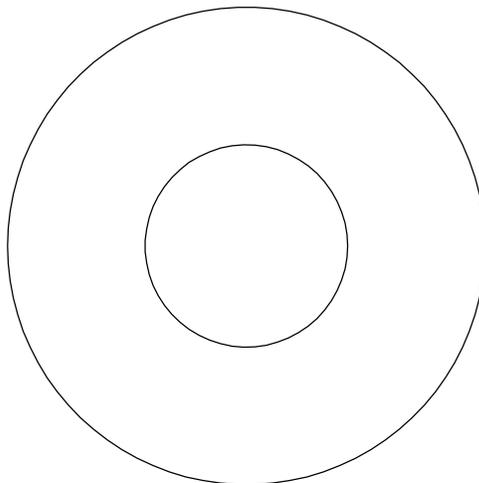
016-0009003
1" SHIM WASHER



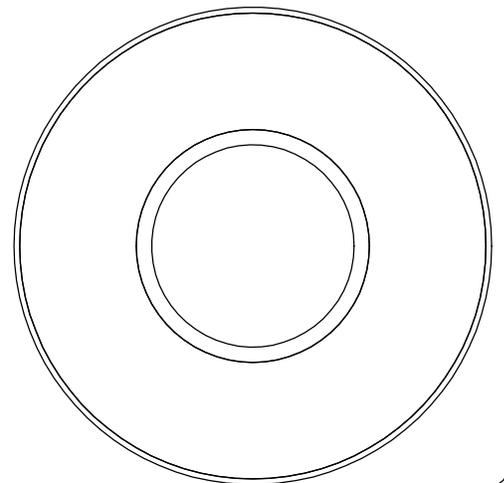
013-0003002
3/8" FENDER WASHER



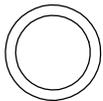
013-0003004
1 1/16"
FENDER WASHER



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



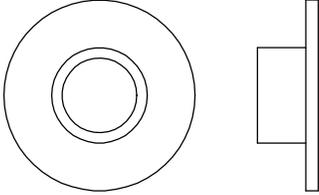
014-0018002
1" LONG
SPACER



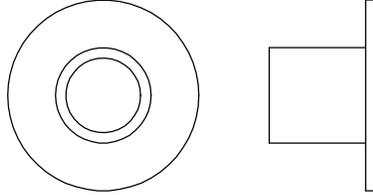
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

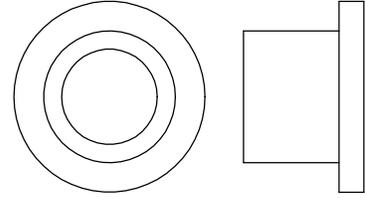
026-01M0211
1/4" LONG
FLANGED SPACER



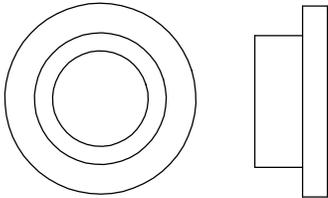
026-01M0198
1/2" LONG
FLANGED SPACER



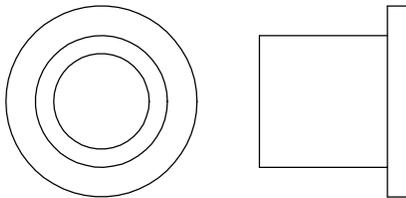
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



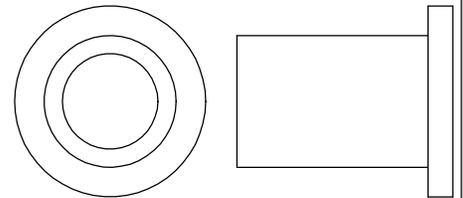
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



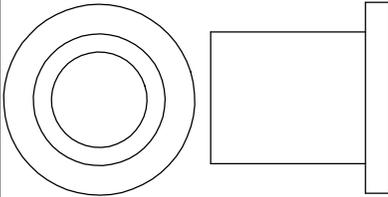
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



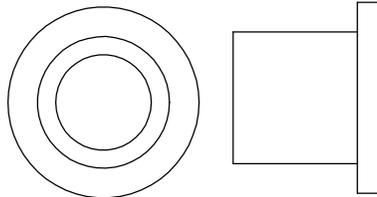
026-01M0551
1" LONG HEAVY
FLANGED SPACER



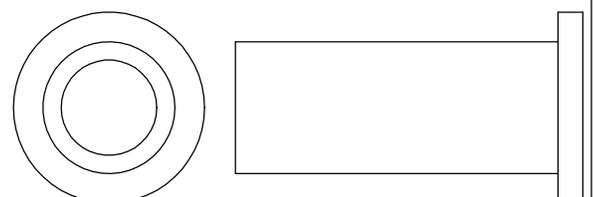
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



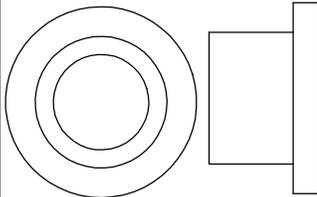
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



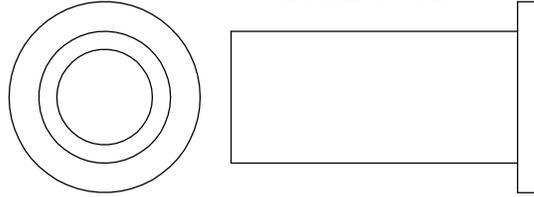
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



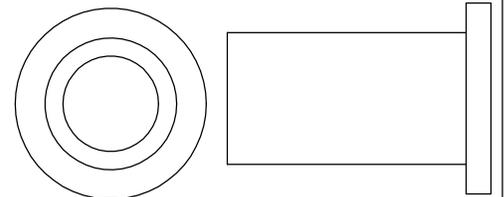
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



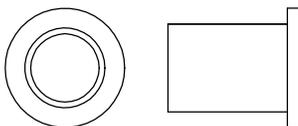
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



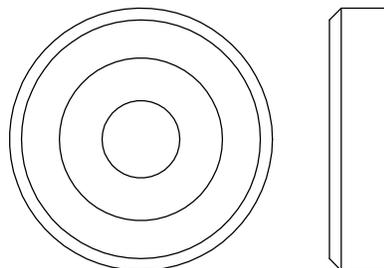
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



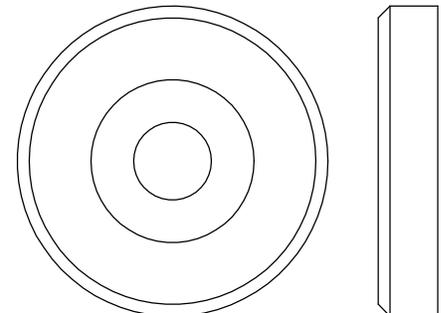
026-01M0600
.625" LONG
FLANGED SPACER



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 SSS CAGE 40 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 SSS CAGE 40 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 SSS CAGE 40 HOIST® Fitness System!

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, this warranty covers the following:

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

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

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

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

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

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

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

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

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

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

PLEASE KEEP THIS FOR YOUR RECORDS