



Hoist Fitness Mi7 Functional Trainer



The HOIST Mi7 Functional Trainer is a functional trainer from the HOIST MiSeries line. A wider walk-around frame provides more space for additional bench exercises, while the large selection of unique features maximizes workout options. The Mi7 is a product unlike any other home gym. It's perfect for training full body strength and improving overall fitness.

CHF 4'990.00

Equipment:

- 2 height-adjustable cable pulls (28 positions) for a variety of workout options
- 360 degree rotating columns with patent pending Integrated Adjustment System allow unlimited anatomical training exercises from multiple angles for general strength training or sport specific training exercises
- Split Weight Cabling provides 50% resistance to the pulleys for increased cable travel (289cm with hand straps)
- Two weight magazines allow left and right independent, isolateral or joint movement workouts
- adjustable back pad for torso exercises
- electro-welded sturdy frame construction
- plastic-coated steel cables from the aircraft industry
- pull-up grips with patented Flip'N'Grip technology (reversible pull-up grips) offers 5 pull-up grip options, including Rock Grips (climbing grips)
- patent-pending Flip'N'Dip technology offers narrow and wide dip grips
- 2 x 67,5kg weight magazine made of black high quality steel with weight magazine cover (optional available - 2 x 22,5kg additional weights)
- Silent Steel weight system eliminates metal-to-metal contact between plates and guide bars for smooth and quiet movement
- quick release adapters for quick, one-handed attachment of the handles
- adjustable safety shelves on the Smith rack
- plastic feet protect the floor
- optimized design covers most hardware
- compact, walk-in design requires minimal floor space
- integrated bottle holder and accessory rack provide convenient storage space



- adjustable tablet / mobile device holder
- free HOIST Strength app download with dozens of exercise examples and workout plans for the Mi7
- weight cover in black
- target price CHF 5'290.--

Use: home use to light institutional use, payload: approx. 300kg, payload Flip N Grip Pull Up handles and Flip N Dip Dip bars approx. 135kg

Equipment dimensions: L169 x W153 x H212.1cm, weight 322.5kg

Accessories: back pad for torso exercises, long aluminum bar with rotating connection points, aluminum curl bar, lined ankle cuff, 2 grip loops, long grip loop

Options: 2 x 22.5kg additional weights, discs

Warranty: 2 years on labor and spare parts (excludes consumables such as pads/cables)