



Hoist Fitness Simple Trainer (HD-4000)



The Simple Trainer takes functional training to the next level with HOIST®'s patent-pending dual-axis adjustment system that controls both vertical and horizontal arm adjustment - simultaneously! - With a single easily adjustable lever per side. With 12 height positions and 9 width positions for each arm, this easy-to-use, quick-adjust functional trainer brings more fun to commercial or light-commercial fitness settings. The HOIST® Simple Trainer's cables stay centered with the arms' axis of rotation, preventing sagging during adjustments while giving users a smooth and consistent feel.

CHF 7'990.00

Equipment:

- the lever arms are adjustable 12 positions vertically and 9 positions horizontally
- for added safety, the arms are slightly balanced to prevent falling, and bold indicators tell the user when they are locked and ready for use
- Cables remain centered with the axis of rotation for the arms, preventing sagging when making adjustments while providing a smooth, even feel
- 360° rotation of the pull handles
- dual-axis adjustment system from HOIST® that controls both vertical (top-to-bottom) and horizontal (side-to-side) adjustment of the arms - simultaneously! - With a single easily adjustable lever per side
- 3-dimensional pull directions allow unlimited anatomical training exercises from different angles for general full-body strength training or sport-specific training exercises
- unilateral or bilateral movement execution possible
- 1:3 ratio delivers a maximum of 36kg on each lever arm
- cable travel 254cm on each side
- can be used either as a single pull or independent double pull
- central grab handle for assistance
- compact, space-saving design
- electro-welded sturdy frame construction



- plastic coated steel cables from the aircraft industry
- 2 independently working weight blocks of 109kg each made of black high quality steel
- wide base frame for easy accessibility of wheelchair, rehab material, training bench or exercise ball
- frame color: Platinum
- exercise illustrations on the weight magazine paneling

Use: home use to commercial use

Equipment dimensions: max. equipment dimensions with lever arms folded out L173 x W315cm, min. equipment dimensions with lever arms folded out L173 x W315cm, min. equipment dimensions with lever arms folded out L173 x W315cm, min. Equipment dimensions with top/bottom lever arms folded L117 x W208cm, equipment height with top/bottom lever arms folded H208-234cm, weight 410kg

Accessories: 2 handles, water bottle/phone holder

Option: training bench, exercise ball

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