



# **HD DUAL SERIES**

2022 BROCHURE

**HOIST**<sup>®</sup>  
FITNESS

# DUAL SERIES®

## FEATURES

From the creators of the original Dual Series comes the expanded 3<sup>rd</sup> generation HOIST® HD Dual Series®, offering a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT® line, the HD Dual Series® offers dual or multi-function stations.

By combining multiple exercises in each selectorized unit, the HD Dual Series® allows facilities to maximize space and fitness offerings. Unique features such as patented FLIP-N-DIP® and FLIP-N-GRIP® handles, Silent Steel® Weight Stacks and Rock Grips, make the HOIST HD Dual Series® the stand-out choice for prestigious gym brands, hotels and universities around the world.

Utilizing flexibility in design, HOIST® Fitness can provide a state-of-the-art strength circuit for almost any fitness center. The HD Dual Series® offers an exciting blend of quality components, intuitive adjustments, superior biomechanics and excellent value.

### COMFORT & DURABILITY

- ◆ Head support and oversized handles provides a more comfortable and secure workout
- ◆ Oval tube frame provides unsurpassed strength and durability

### CONVENIENCE

- ◆ Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- ◆ Integrated scuff guards and rubber foot protectors safeguard the machine's frame and facility floor
- ◆ Workout instructions for each machine available for download on your smartphone
- ◆ Integrated towel/bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

### SLEEK & APPEALING

- ◆ Large radius bends add beauty as well as frame rigidity
- ◆ Silent Steel® Weight Stack designed to reduce noise during exercise

# SIMPLE TRAINER

## HD-4000



ARM ADJUSTMENT



### SPECS

- ◆ **PRODUCT DIMENSIONS**  
**MAXIMUM FOOTPRINT (ARMS OUT, L x W)**  
 68" x 124" (173 cm x 315 cm)
- ◆ **PRODUCT DIMENSIONS MINIMUM FOOTPRINT**  
**(ARMS FULLY DOWN/UP, L x W)**  
 46" x 82" (117 cm x 208cm)
- ◆ **PRODUCT HEIGHT (ARMS DOWN/UP)**  
 82" - 92" (208 cm - 234 cm)
- ◆ **PRODUCT WEIGHT**  
 903 lbs (410 kg)
- ◆ **CABLE TRAVEL**  
 100" (254 cm) - each side
- ◆ **WEIGHT STACKS**  
 2 x 240 lbs (109 kg) - each
- ◆ **WEIGHT RATIO**  
 3 to 1 = 80 lbs (36 kg) max. at each handle

### FEATURES

- ◆ HOIST Fitness' patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- ◆ For added safety, the arms are slightly over-balanced\* to prevent falling, and bold indicators show users when they are locked and ready to use
- ◆ Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- ◆ Arm adjustments features 12 height positions and 9 width positions on each side
- ◆ Accessories include stabilizing handles and water bottle/phone holder
- ◆ Comes standard with HOIST x2 strap handles

\*when paired with HOIST strap handles (x2 included)

# DUAL PULLEY FUNCTIONAL TRAINER

## HD-3000



\*Kettlebells and other accessories not included

### SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
71.6" x 51.1" x 91.7" (130 cm x 181 cm x 233 cm)
- ◆ **PRODUCT WEIGHT**  
918 lbs (416 kg)
- ◆ **WEIGHT STACK**  
2x 200 lbs (91 kg)

### FEATURES

- ◆ Space efficient functional trainer featuring convenient corner design and accessory racks
- ◆ Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- ◆ 27 pulley positions placed at 2.5" increments
- ◆ Five pull-up/chin-up grip options including patented FLIP-N-GRIP® handles and rock climbing grips
- ◆ Integrated step-up assist for easy access to pull-up grips
- ◆ Suspension trainer attachment for TRX®\* and suspension trainer exercises
- ◆ Steel weight shields surround sides and back of weight stacks
- ◆ Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap

\*TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX)

# PREACHER CURL / TRICEPS EXTENSION

## HD-3100



TRICEPS EXTENSION



PREACHER CURL



LOWER BACK SUPPORT ON SEAT



MULTIPLE GRIP OPTIONS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
51.0" x 48.5" x 55.0" (129 cm x 123.1 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
476 lbs (216 kg)
- ◆ **PRODUCT WEIGHT HDG**  
510 lbs (231 kg)
- ◆ **WEIGHT STACK HD**  
190 lbs (86 kg)
- ◆ **WEIGHT STACK HDG**  
225 lbs (102 kg)

## FEATURES

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises

# LAT PULLDOWN / MID ROW

## HD-3200

MID ROW



LAT PULLDOWN



MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
49.0" x 66.0" x 86.0" (122 cm x 168 cm x 218 cm)
- ◆ **PRODUCT WEIGHT HD**  
624 lbs (283 kg)
- ◆ **PRODUCT WEIGHT HDG**  
649 lbs (294 kg)
- ◆ **WEIGHT STACK HD**  
225 lbs (102 kg)
- ◆ **WEIGHT STACK HDG**  
250 lbs (113 kg)

## FEATURES

- ◆ Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- ◆ Dual-position hand grips for mid row exercises
- ◆ Includes ultra-lite aluminum lat bar for lat pulldown exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Integrated storage for lat bar during mid row exercises

## CHEST PRESS / SHOULDER PRESS

### HD-3300

CHEST PRESS



SHOULDER PRESS



PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
60.1" x 62.0" x 58.0" (152 cm x 157 cm x 147 cm)
- ◆ **PRODUCT WEIGHT HD**  
557 lbs (252 kg)
- ◆ **PRODUCT WEIGHT HDG**  
580 lbs (263 kg)
- ◆ **WEIGHT STACK HD**  
215 lbs (98 kg)
- ◆ **WEIGHT STACK HDG**  
240 lbs (109 kg)

## FEATURES

- ◆ Multiple seat and press arm positions
- ◆ Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- ◆ Dual-position hand grips

# LEG CURL / LEG EXTENSION

## HD-3400

LEG EXTENSION



LEG CURL



ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
51.0" x 57.0" x 55.0" (130 cm x 145 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
557 lbs (253 kg)
- ◆ **PRODUCT WEIGHT HDG**  
580 lbs (263 kg)
- ◆ **WEIGHT STACK HD**  
215 lbs (98 kg)
- ◆ **WEIGHT STACK HDG**  
240 lbs (109 kg)

## FEATURES

- ◆ Eight back pad adjustments for varying leg lengths
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Self-aligning roller pad

# LEG PRESS / CALF RAISE

## HD-3403

LEG PRESS



CALF RAISE



OVERSIZED  
NON-SLIP PLATE



ADJUSTABLE SEAT  
PLACEMENT



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
70.0" x 50.0" x 63.0" (178 cm x 127 cm x 161 cm)
- ◆ **PRODUCT WEIGHT HD**  
746 lbs (338 kg)
- ◆ **PRODUCT WEIGHT HDG**  
846 lbs (383 kg)
- ◆ **WEIGHT STACK HD**  
280 lbs (127 kg)
- ◆ **WEIGHT STACK HDG**  
380 lbs (172 kg)

## FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- ◆ Step-through design

# AB CRUNCH / LOWER BACK

## HD-3600

LOWER BACK



AB CRUNCH



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
52.0" x 48.0" x 55.0" (132 cm x 122 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
505 lbs (229 kg)
- ◆ **PRODUCT WEIGHT HDG**  
538 lbs (244 kg)
- ◆ **WEIGHT STACK HD**  
180 lbs (82 kg)
- ◆ **WEIGHT STACK HDG**  
215 lbs (98 kg)

## FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options

# CHIN / DIP ASSIST

## HD-3700

CHIN UP (ASSISTED)



DIP (UNASSISTED)



EASY ASSIST  
PAD STORAGE



PULL-UP / CHIN-UP  
GRIPS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
52.0" x 48.0 x 83.0" (132 cm x 122 cm x 210 cm)
- ◆ **PRODUCT WEIGHT HD**  
579 lbs (262 kg)
- ◆ **WEIGHT STACK HD**  
210 lbs (95 kg)

## FEATURES

- ◆ Compact, kneeling design saves space for a smaller footprint in fitness facilities
- ◆ Four pull-up/chin-up grip options including HOIST's patented FLIP-N-GRIP® handles and rock climbing grips
- ◆ Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises
- ◆ Dual-position dip handles (wide and narrow)

# INNER THIGH / OUTER THIGH

## HD-3800

INNER THIGH



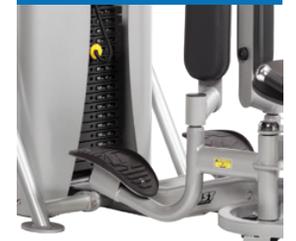
OUTER THIGH



ROTATING EXERCISE PADS



WALK THROUGH DESIGN



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
72.0" x 31.0" x 55.0" (183 cm x 79 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
525 lbs (238 kg)
- ◆ **PRODUCT WEIGHT HDG**  
558 lbs (253 kg)
- ◆ **WEIGHT STACK HD**  
180 lbs (82 kg)
- ◆ **WEIGHT STACK HDG**  
215 lbs (98 kg)

## FEATURES

- ◆ Adjustable-angle back pad to accommodate varying flexibility and body sizes
- ◆ Thigh pads swivel for each exercise position
- ◆ Exercise arms can be adjusted from the seated position
- ◆ Multiple range-of-motion adjustments for both exercises

# PEC FLY / REAR DELT

## HD-3900

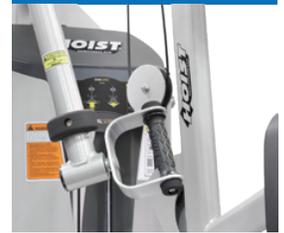
PEC FLY



REAR DELT



PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
56.0" x 67.0" x 78.0" (142 cm x 170 cm x 198 cm)
- ◆ **PRODUCT WEIGHT HD**  
649 lbs (249 kg)
- ◆ **WEIGHT STACK HD**  
310 lbs (141 kg)

## FEATURES

- ◆ Swiveling handles with rotating grips provide multiple hand positions
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Each exercise arm has dual pivots for user-defined exercise path
- ◆ Seven seat pad adjustments for varying user heights

# HOIST CUSTOM

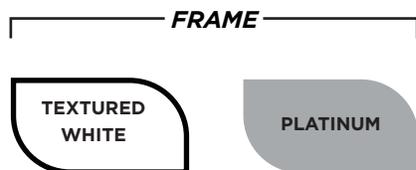
## WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.



## STANDARD COLORS



*\*Actual frame and upholstery colors may differ from printed color samples shown.*

# HD DUAL SERIES

## FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000 FUNCTIONAL TRAINER	71.6" (130 cm)	51.1" (181 cm)	91.7" (233 cm)	918 lbs (416 kg)	2 x 200lbs (91 kg)
HD-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	476 lbs (216 kg)	190 lbs (86 kg)
HDG-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	510 lbs (231 kg)	225 lbs (102 kg)
HD-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	624 lbs (283 kg)	225 lbs (102 kg)
HDG-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	649 lbs (294 kg)	250 lbs (113 kg)
HD-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	557 lbs (252 kg)	215 lbs (98 kg)
HDG-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	557 lbs (253 kg)	215 (98 kg)
HDG-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	746 lbs (338 kg)	280 lbs (127 kg)
HDG-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	846 lbs (383 kg)	380 lbs (172 kg)
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HDG-3600 AB CRUNCH / LOWERBACK	52" (132 cm)	48" (122 cm)	55" (140 cm)	538 lbs (244 kg)	215 lbs (98 kg)
HD-3700 CHIN ASSIST / DIP ASSIST	52" (132 cm)	48" (122 cm)	83" (210 cm)	579 lbs (262 kg)	210 lbs (95 kg)
HD-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	525 lbs (238 kg)	180 lbs (82 kg)
HDG-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	558 lbs (253 kg)	215 lbs (98 kg)
HD-3900 PEC FLY / REAR DELT	56" (142 cm)	67" (170 cm)	78" (198 cm)	649 lbs (249 kg)	310 lbs (141 kg)
HD-4000 SIMPLE TRAINER	68" (173 cm)	124" (315 cm)	92" (208 cm)	903 lbs (410 kg)	2 x 240lbs (109 kg)



# WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- ◆ HOIST®
- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ COMPOSITE MOTION™
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ HOIST CLASSIC®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED XERCISE®
- ◆ ROC®
- ◆ ROCS®
- ◆ ROX®
- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™
- ◆ DUAL SERIES™
- ◆ FLIP-N-DIP®
- ◆ FLIP-N-GRIP®

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, D836,733, D852,291, D857,812, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,086,229, 10,220,240, 10,307,630, 10,350,445, 10,391,352, 10,420,985, 10,426,990, 10,486,012, 10,532,244, 10,639,513, 10,646,739, 10,709,922, 10,737,131, 10,780,310, 11,013,949, 11,135,475

† Other Patents Pending