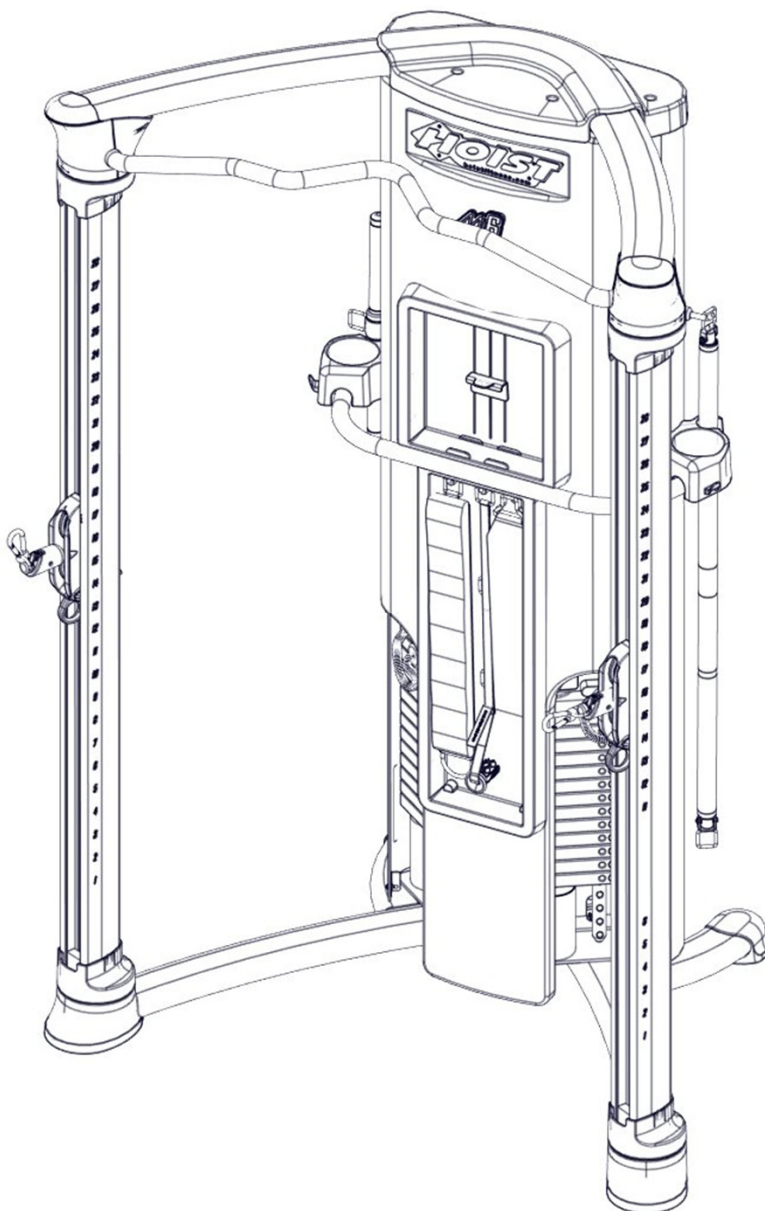


# OWNER'S MANUAL



## Mi6 PERSONAL PULLEY GYM



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

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**B02**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**



[www.facebook.com/hoistfitness](http://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**

**Two People**

**Phillips Head Screwdriver**

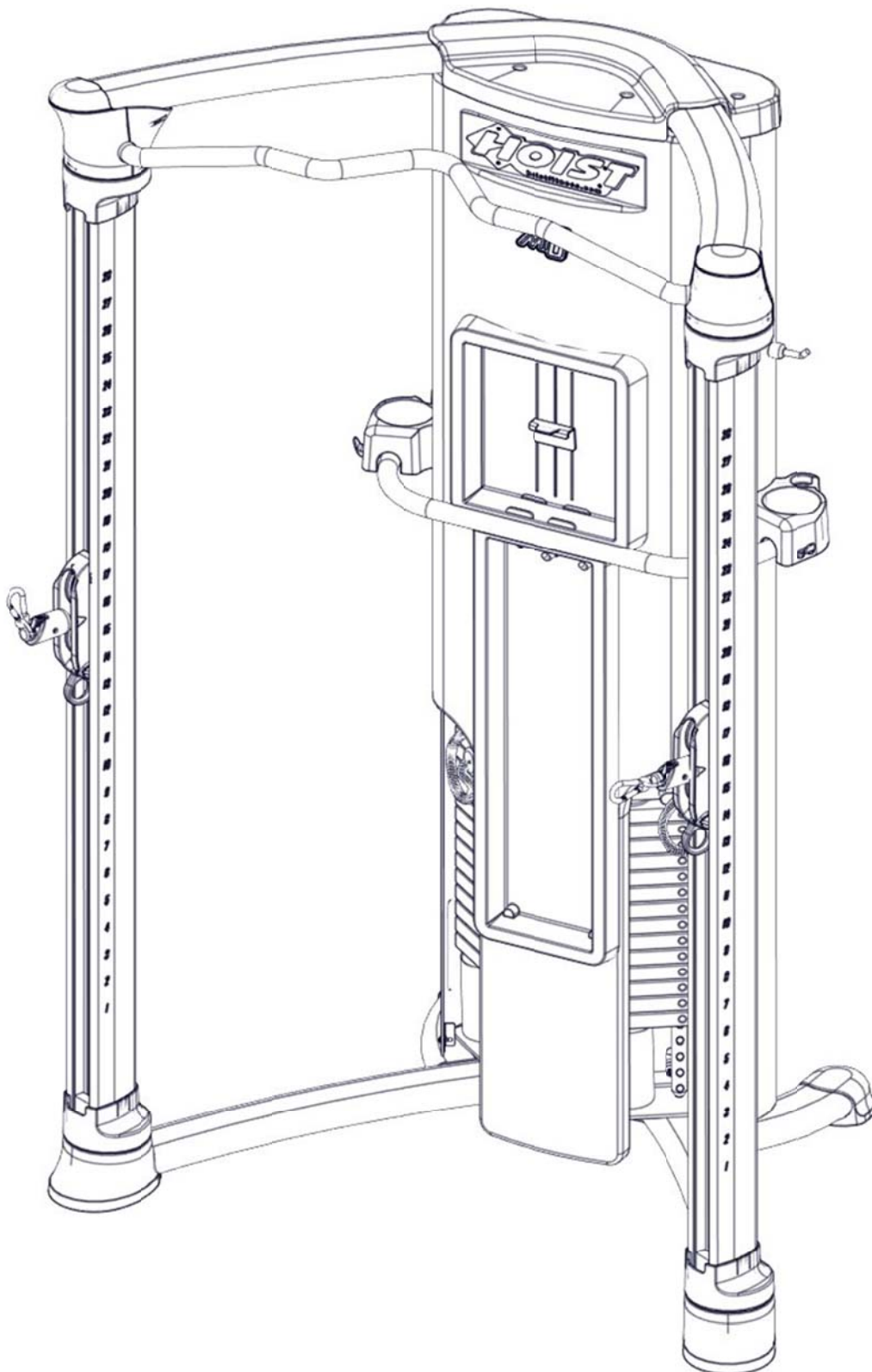
# **OWNER'S MANUAL**

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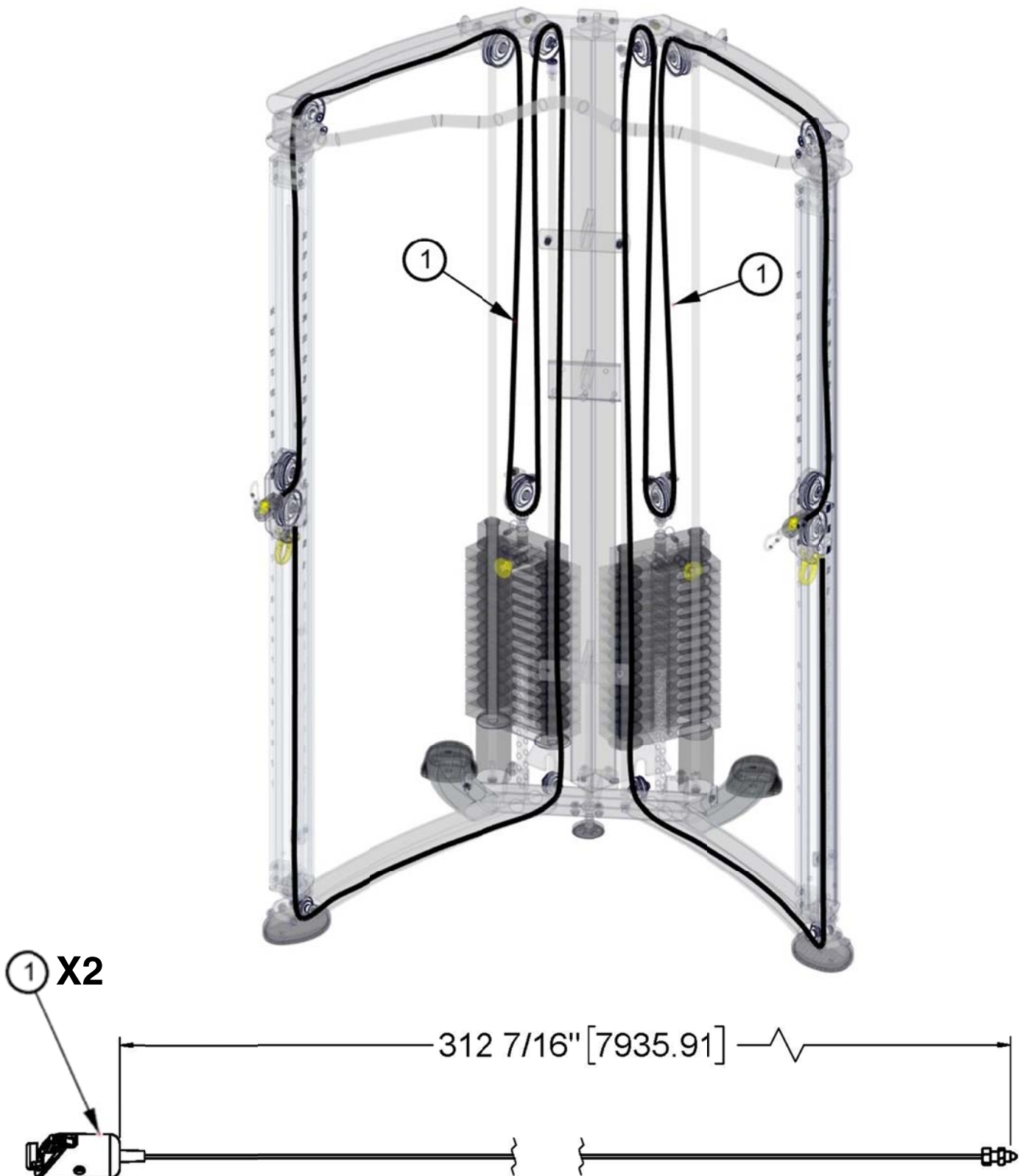
# OWNER'S MANUAL

## FRAME ASSEMBLY



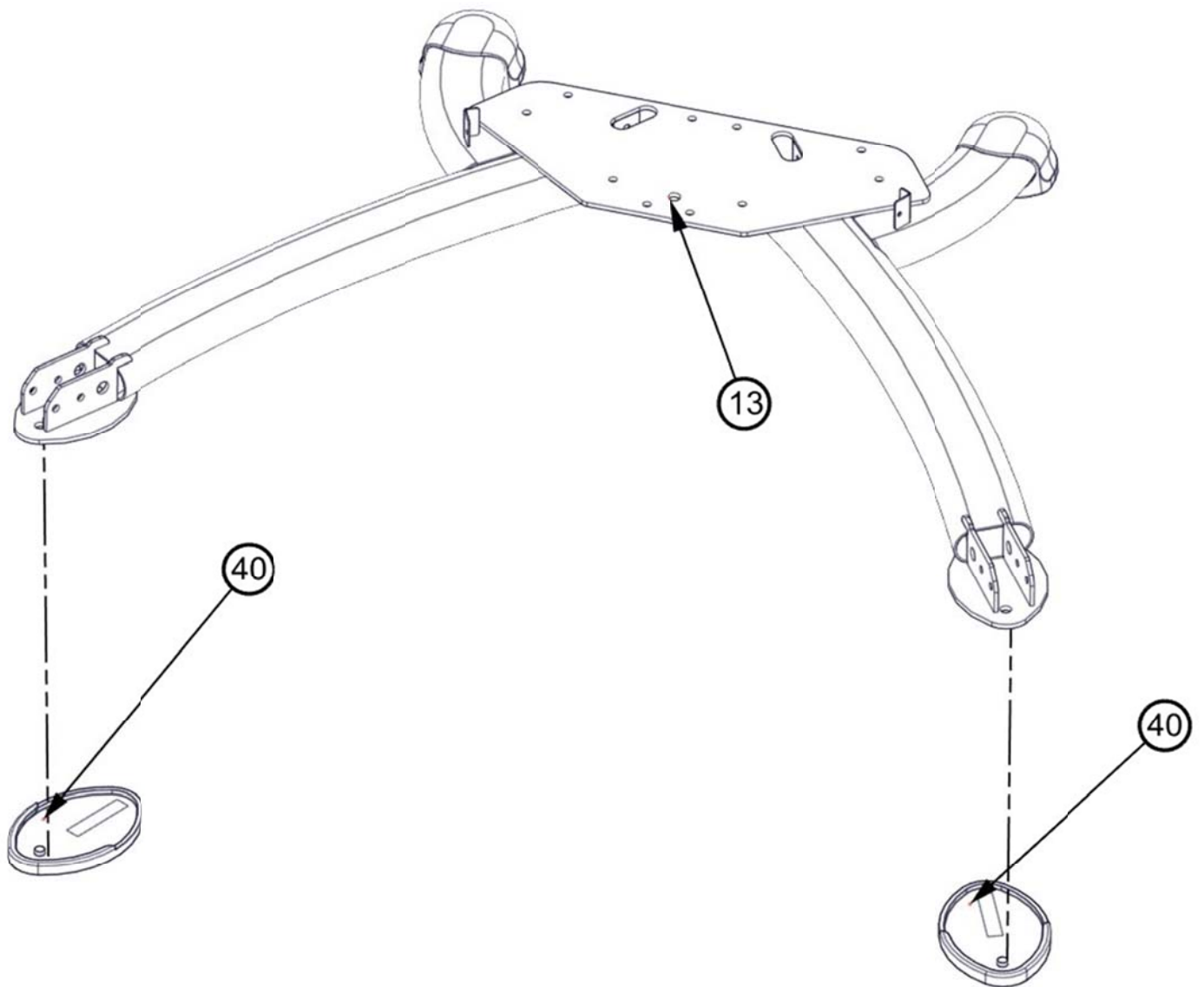
# OWNER'S MANUAL

## **FRAME ASSEMBLY** **CABLE PROFILE VIEW**



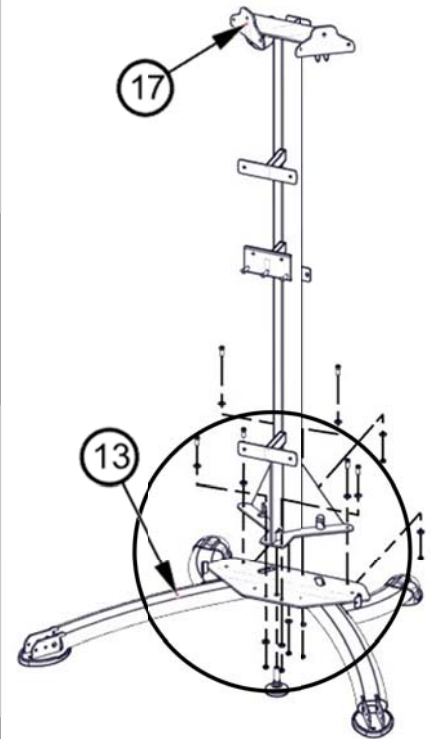
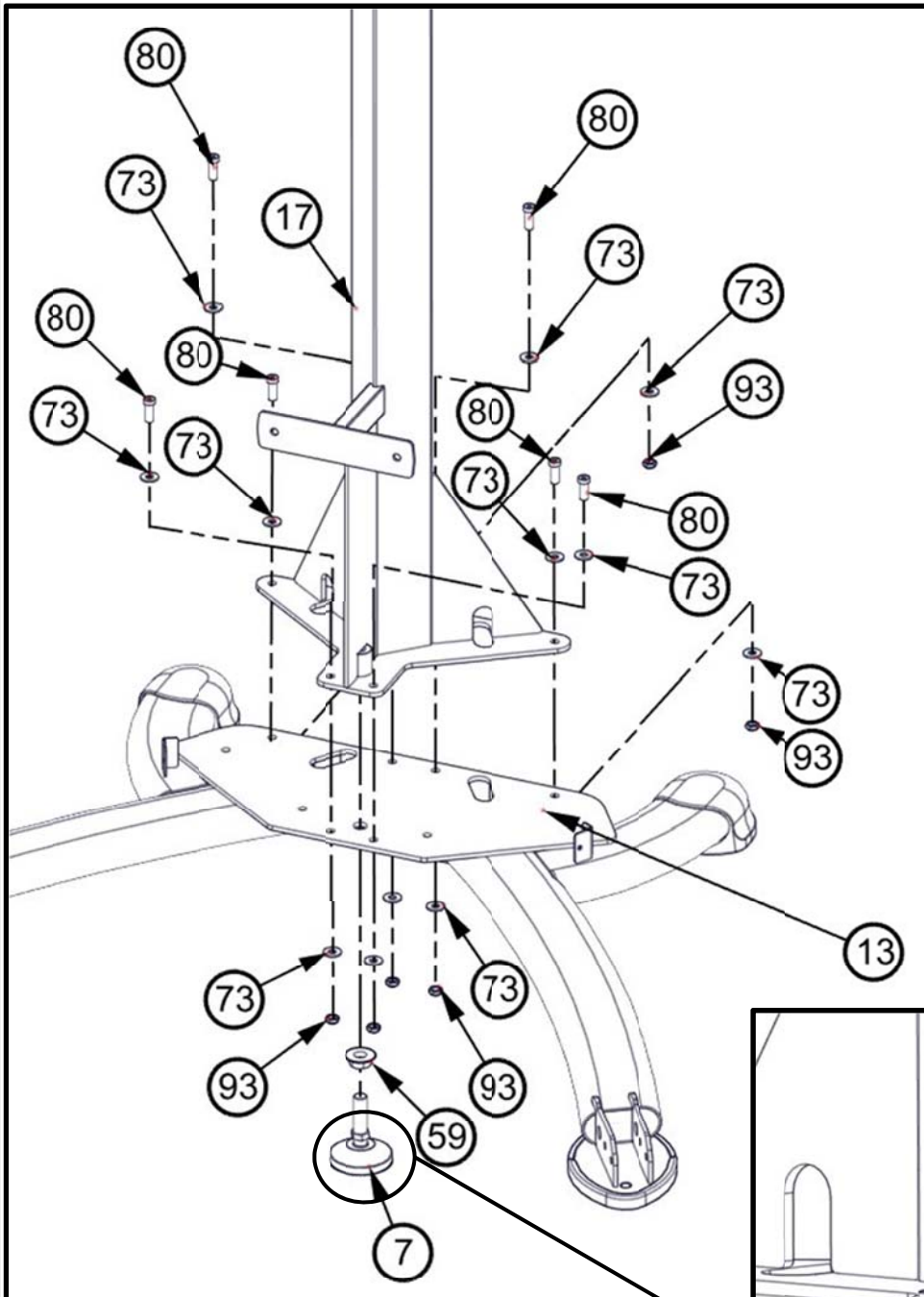
# OWNER'S MANUAL

## FRAME ASSEMBLY

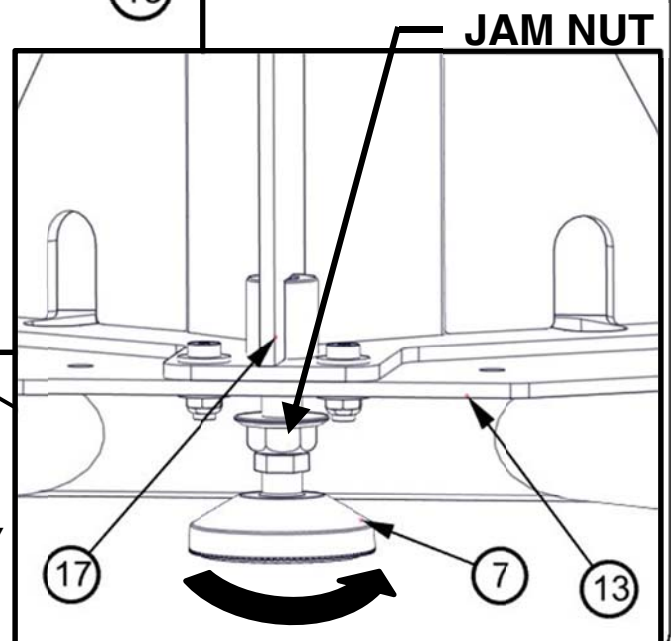


# OWNER'S MANUAL

## FRAME ASSEMBLY



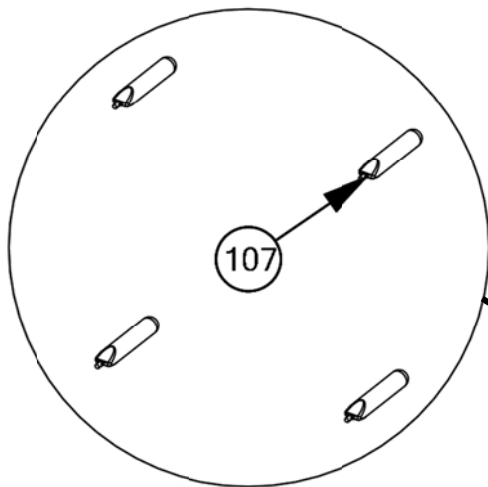
**NOTE:**  
SCREW THE LEVELING  
FOOT (7) IN ALL THE WAY  
AND WRENCH TIGHTEN  
JAM NUT



# OWNER'S MANUAL

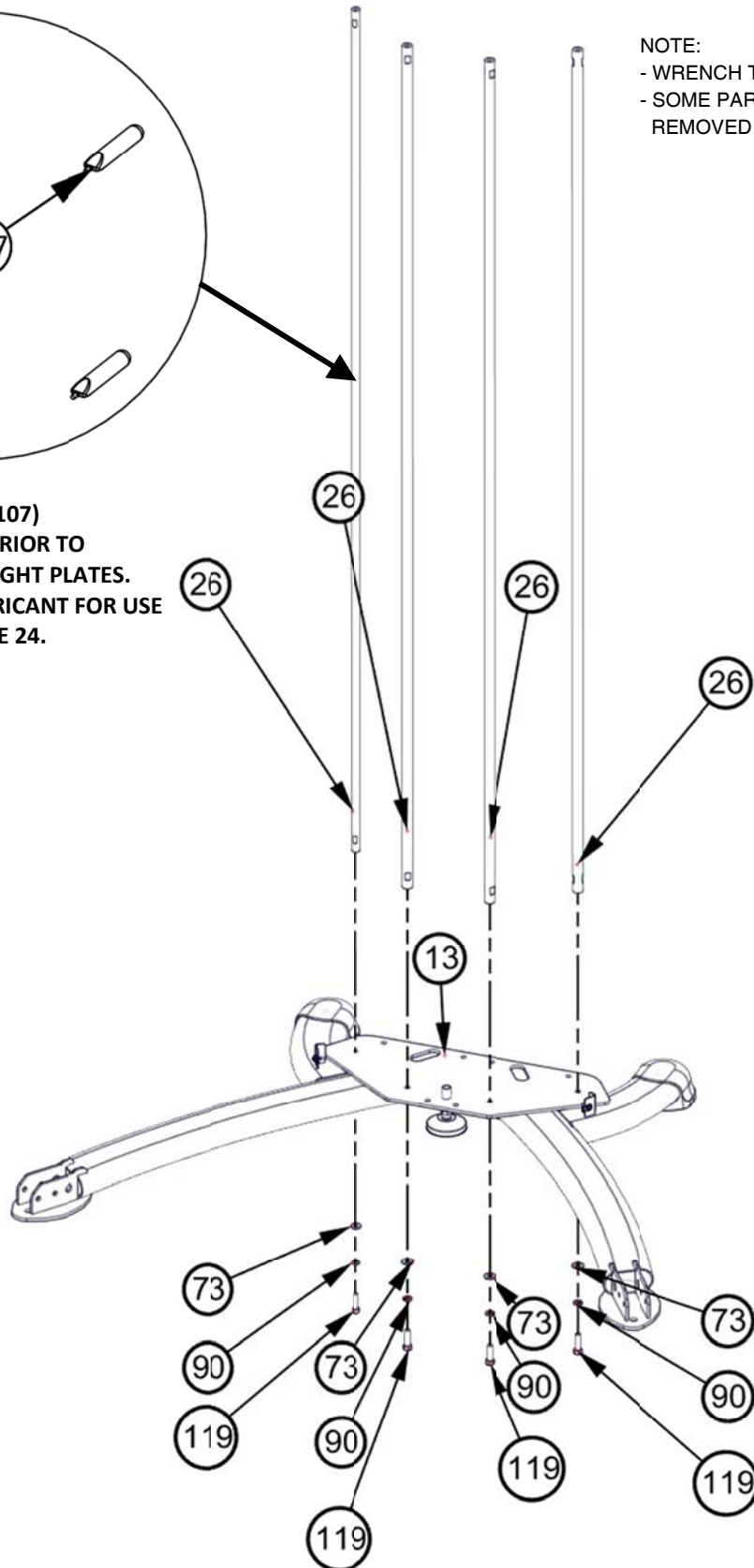
## FRAME ASSEMBLY

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



### **IMPORTANT**

APPLY LUBRICATION (107)  
TO GUIDE RODS (26) PRIOR TO  
INSTALLATION OF WEIGHT PLATES.  
SAVE ANY EXTRA LUBRICANT FOR USE  
ON PAGE 13 AND PAGE 24.





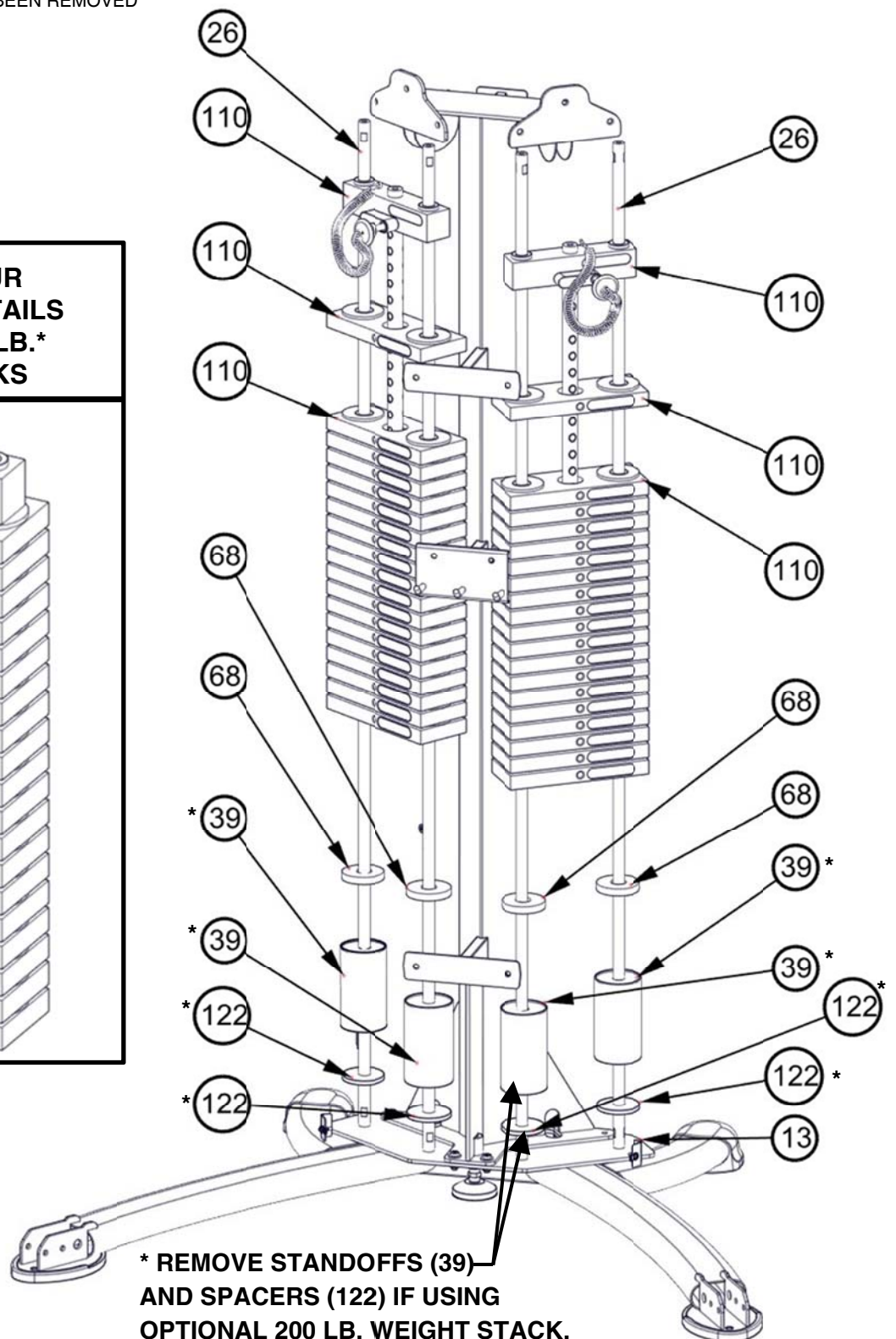
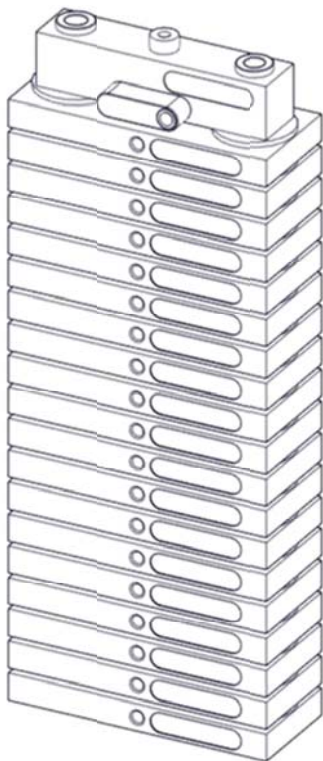
# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED  
FOR CLARITY.

**CONSULT YOUR  
DEALER FOR DETAILS  
\*OPTIONAL 200 LB.\*  
WEIGHT STACKS**

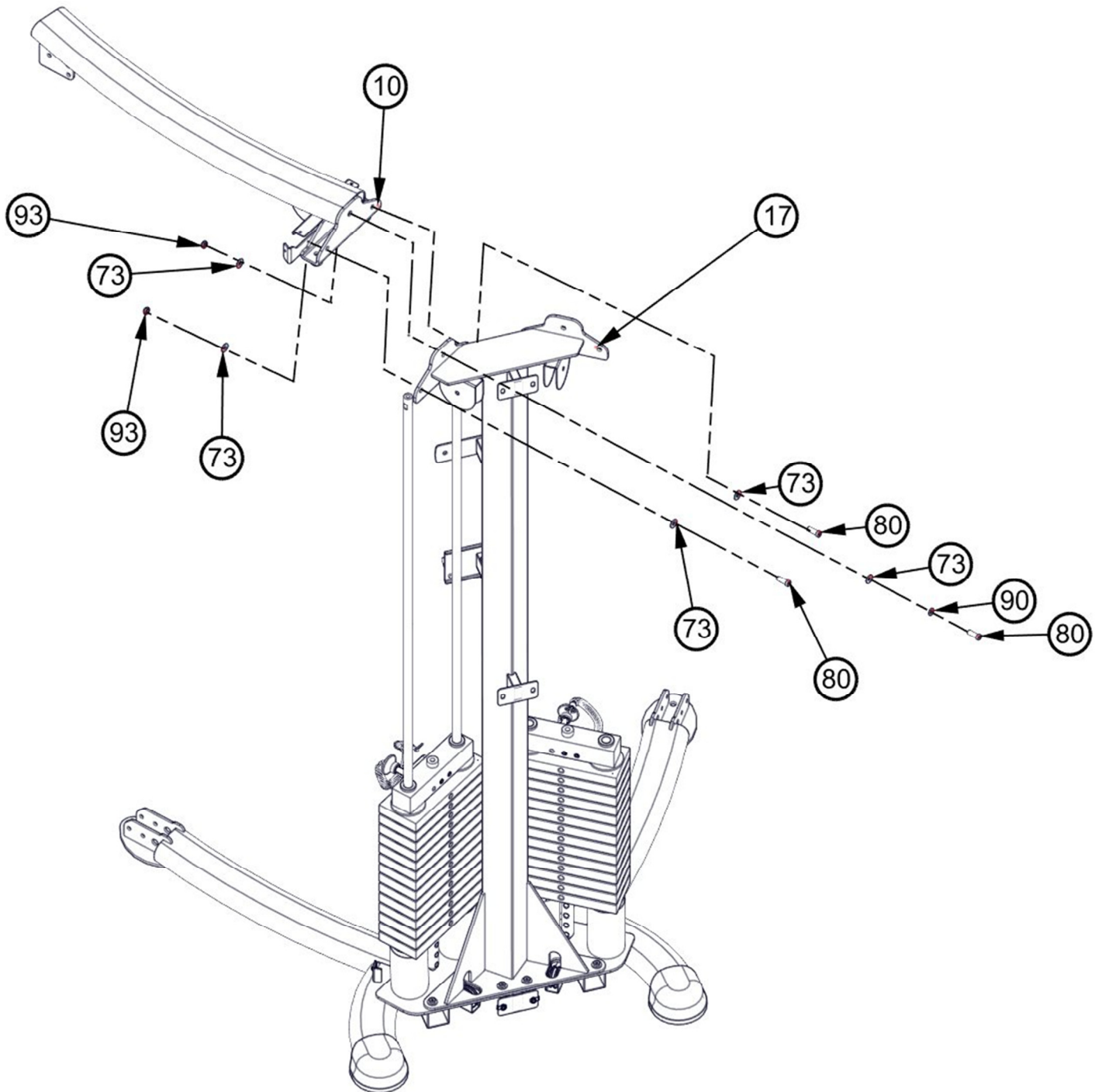


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



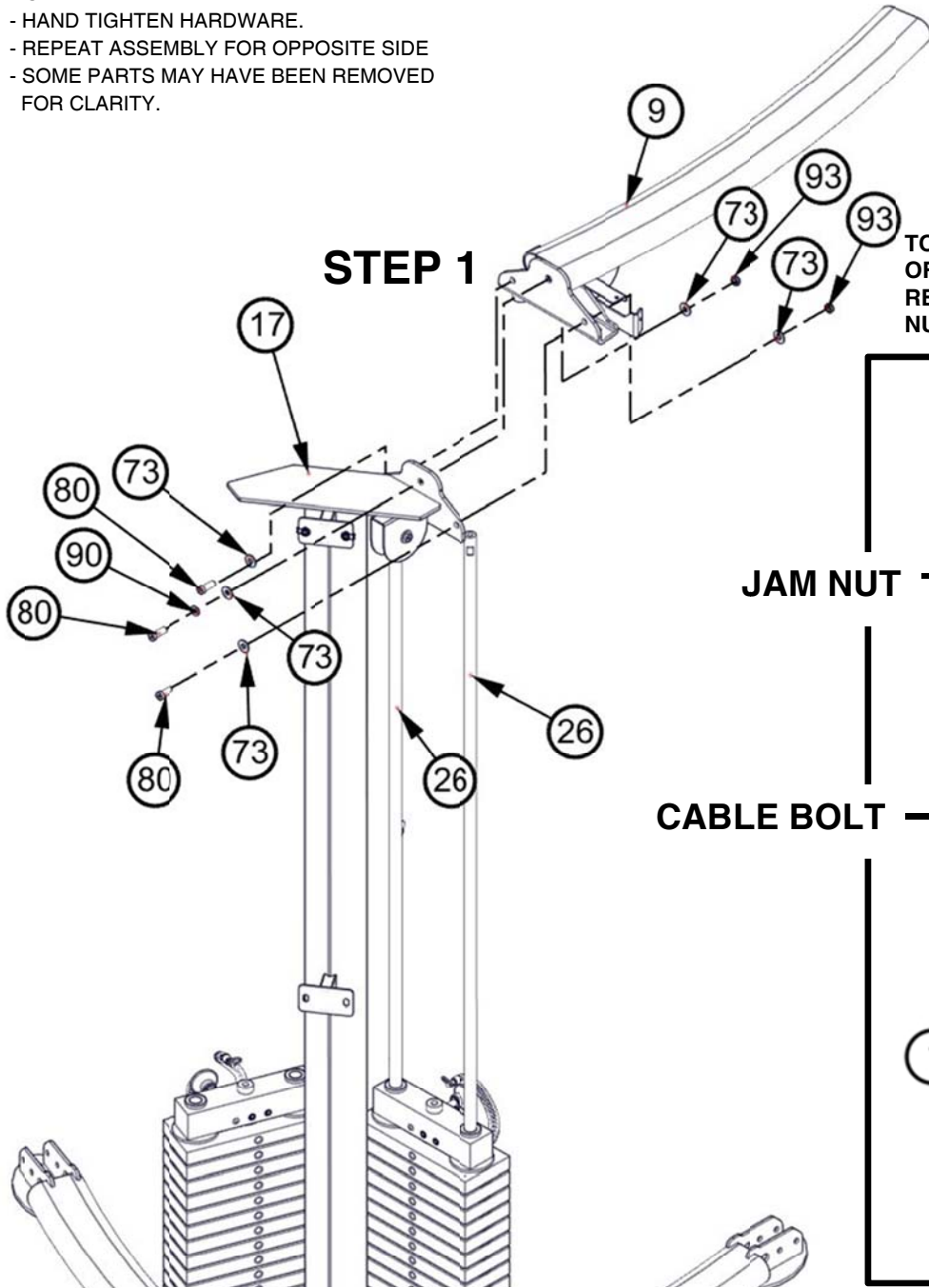
# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### STEP 1



### STEP 2

TO PREPARE FOR THE INSTALLATION OF THE CABLES, AT THIS TIME REMOVE THE CABLE BOLT AND JAM NUT FROM BOTH CABLES (1)

**\*\*IMPORTANT\*\***

**\*\*FOR PAGES 11-32, REPEAT ALL STEPS FOR OPPOSITE SIDE OF Mi6\*\***

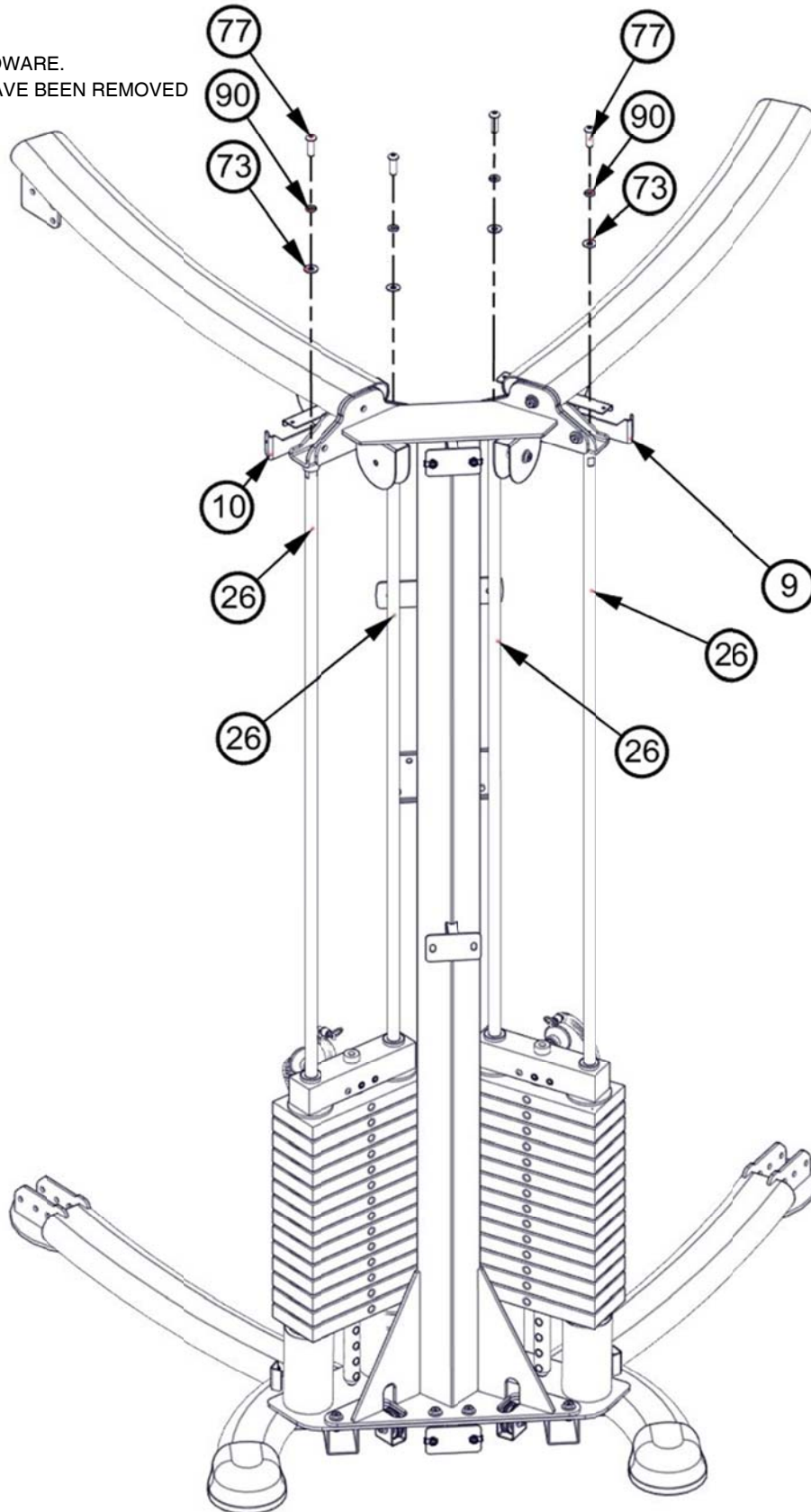


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**NOTE:**

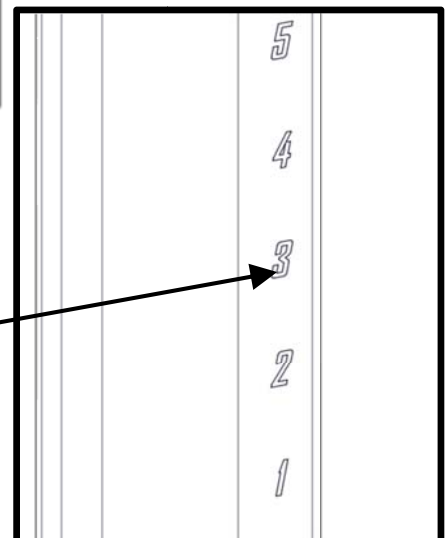
LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (46), THEN PUSH THE SLEEVE ABOUT 12" DOWN THE COLUMN (30). REPEAT FOR OPPOSITE COLUMN.

**NOTE:**

APPLY LUBRICATION (107) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (46). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.

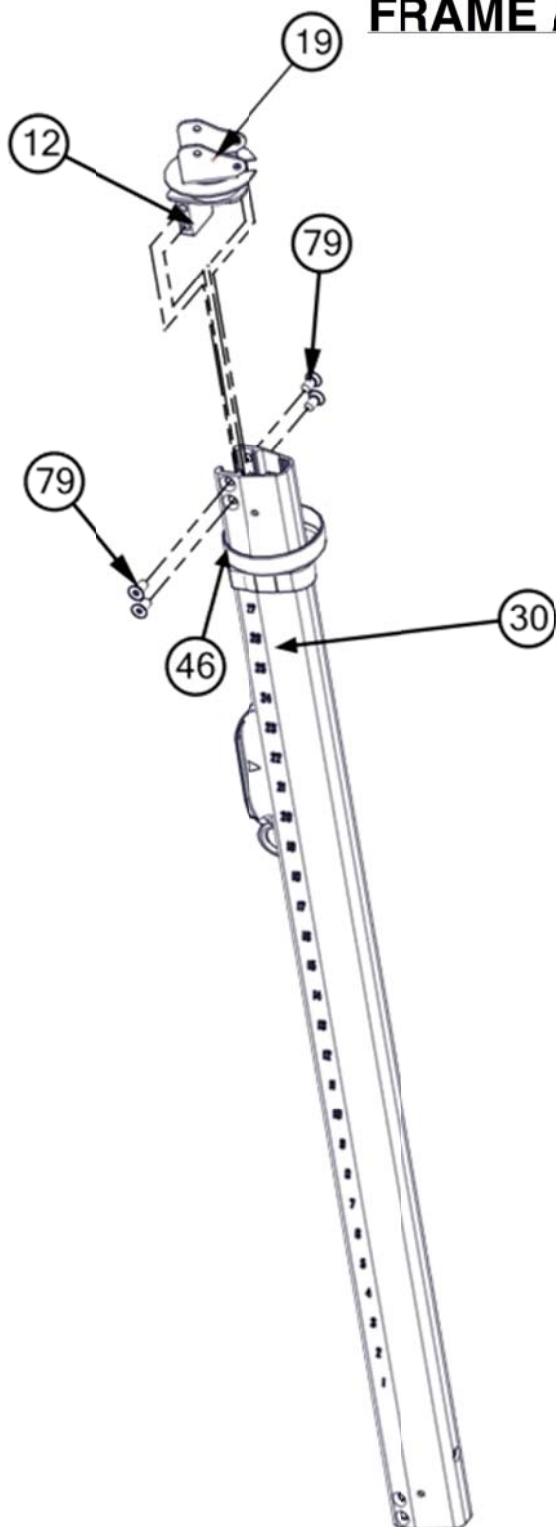
**NOTE**

ENSURE NUMBERS ON THE COLUMN ARE ASCENDING UPWARDS, AS SHOWN



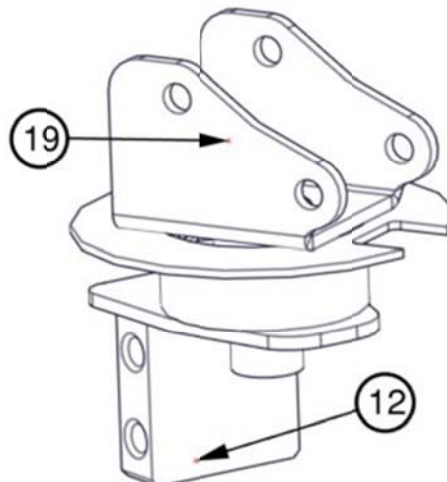
# OWNER'S MANUAL

## FRAME ASSEMBLY



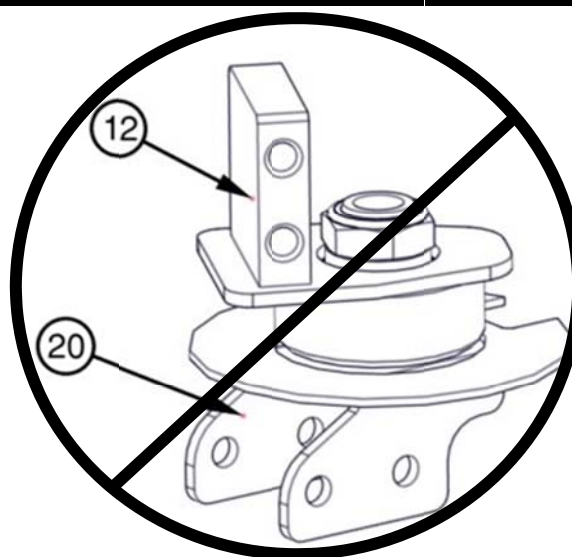
### NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**SPINDLE MOUNT-1 (19)**

**NOTE: CURVED TOP EDGE.**

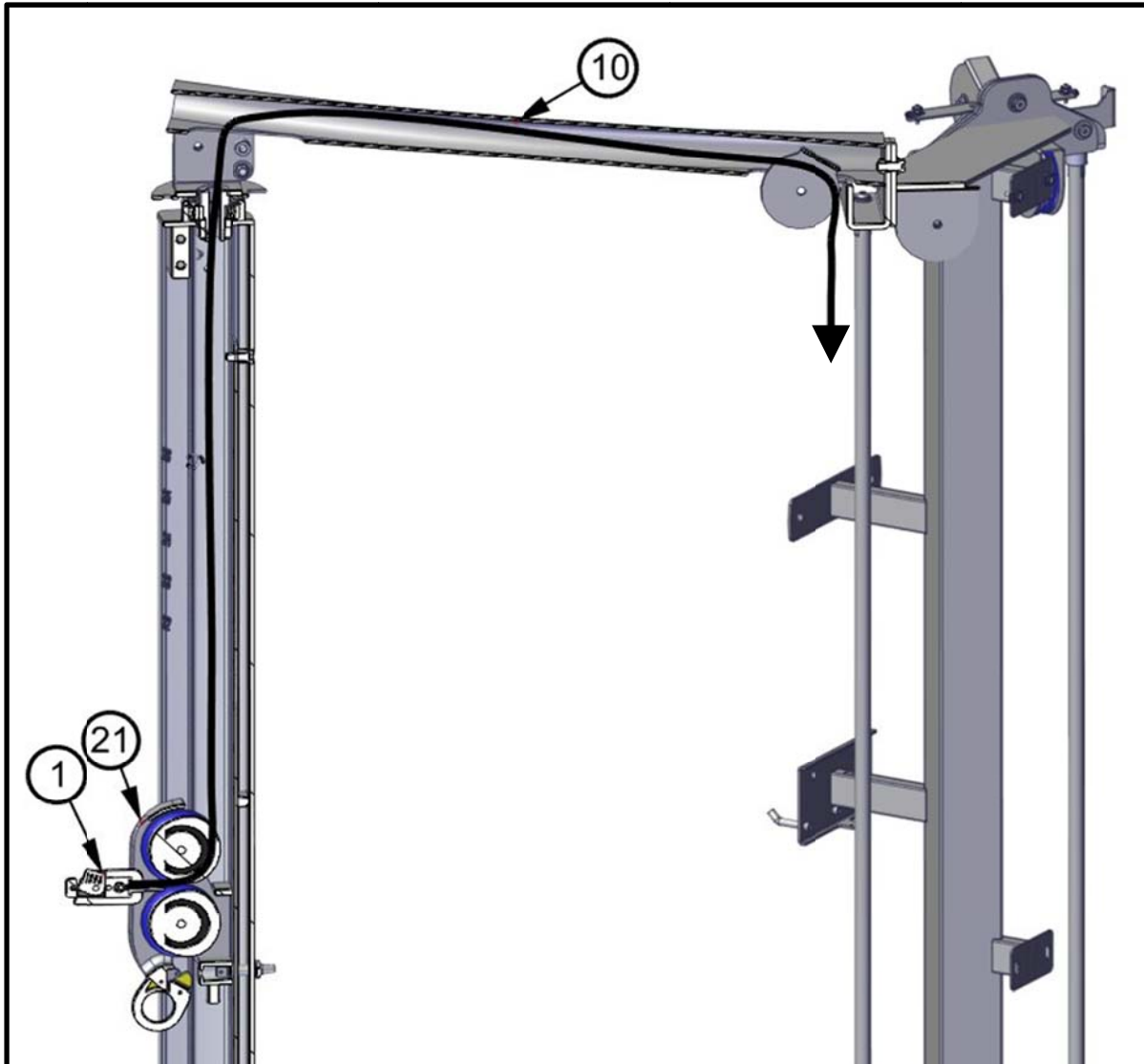


**SPINDLE MOUNT-2 (20)**

**NOTE: FLAT BOTTOM EDGE  
DO NOT USE IN THIS STEP.**

# OWNER'S MANUAL

## FRAME ASSEMBLY



## CABLE PROFILE VIEW

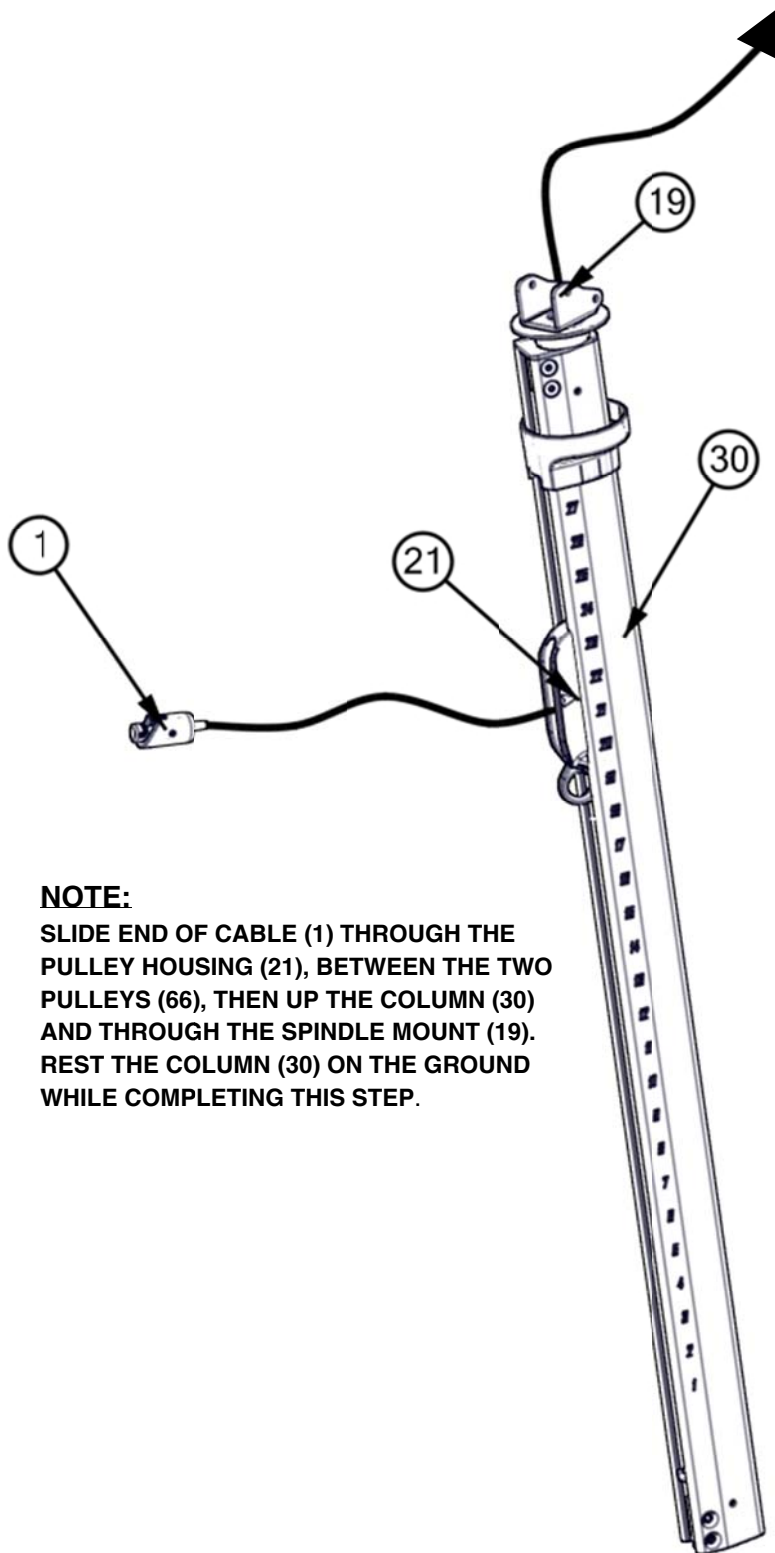
# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

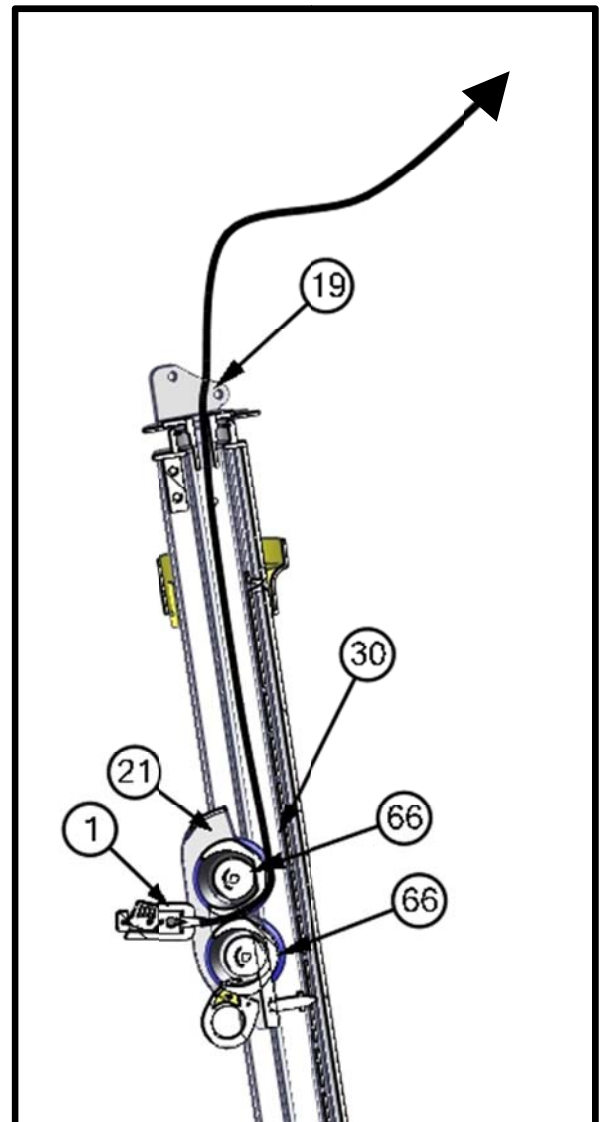
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### CABLE PROFILE VIEW



**NOTE:**

SLIDE END OF CABLE (1) THROUGH THE PULLEY HOUSING (21), BETWEEN THE TWO PULLEYS (66), THEN UP THE COLUMN (30) AND THROUGH THE SPINDLE MOUNT (19). REST THE COLUMN (30) ON THE GROUND WHILE COMPLETING THIS STEP.



# OWNER'S MANUAL

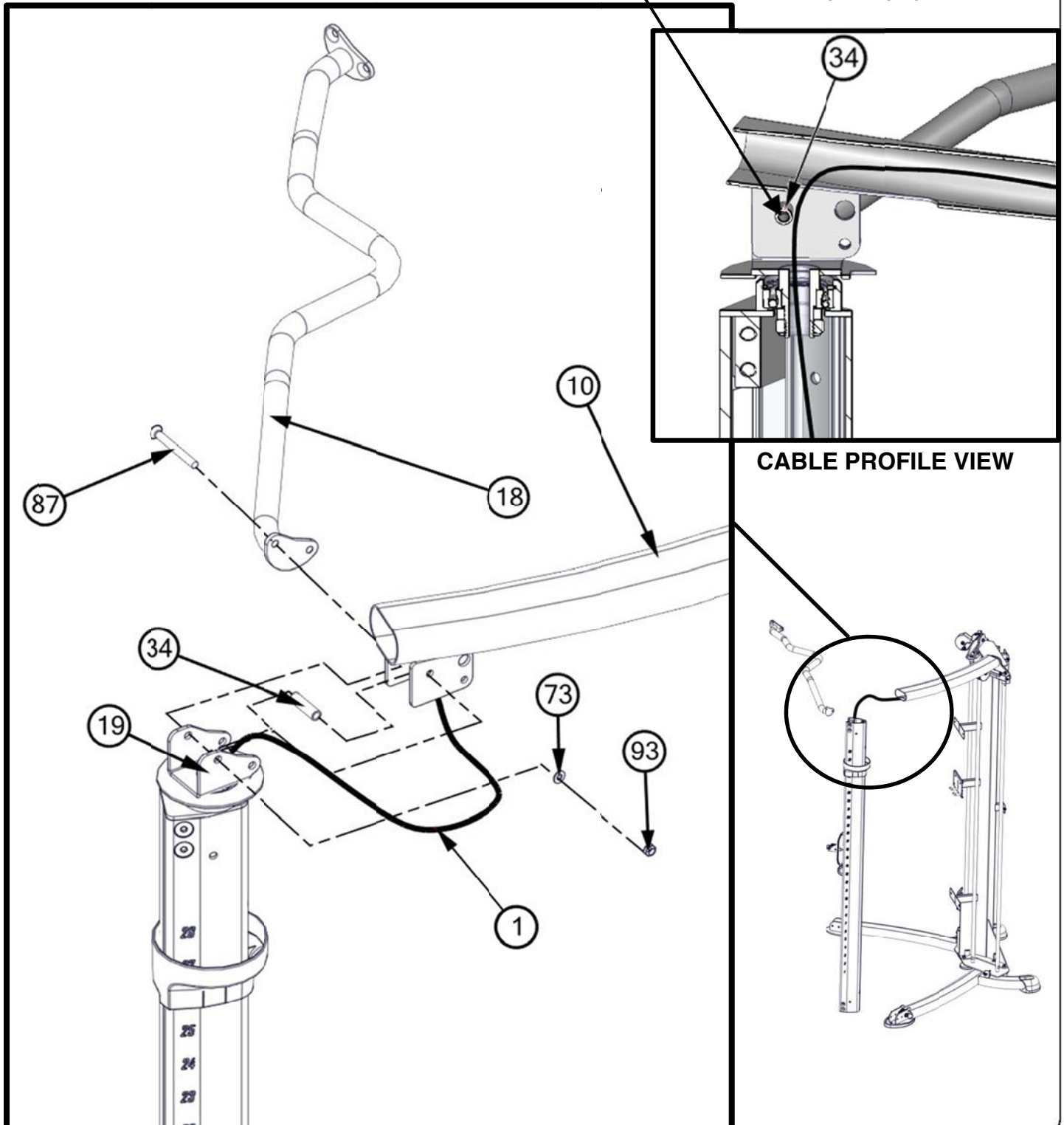
## FRAME ASSEMBLY

### NOTE:

ENSURE THE CABLE RUNS  
BEHIND THE SPACER (34)  
AS SHOWN

### NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



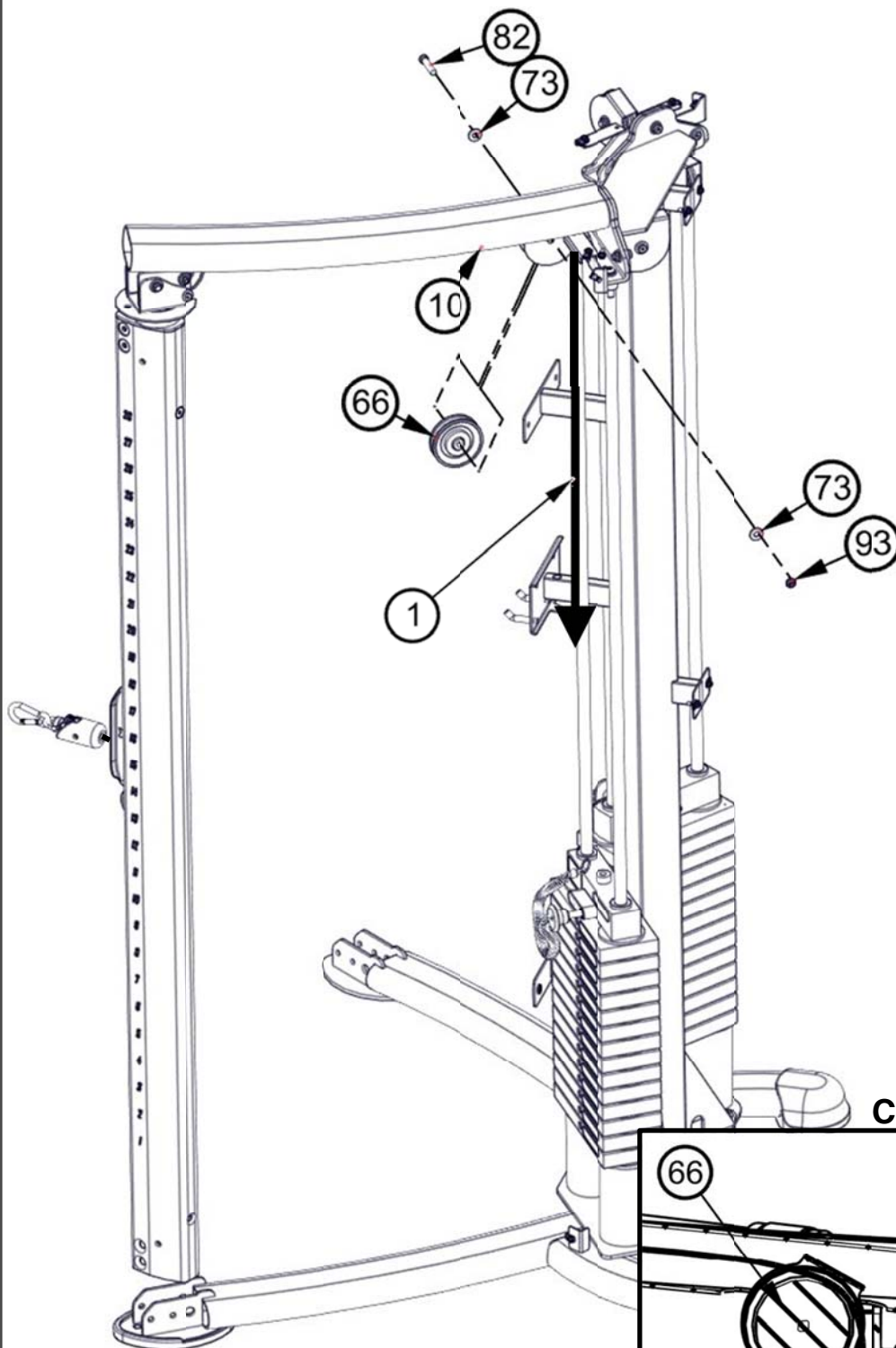


# OWNER'S MANUAL

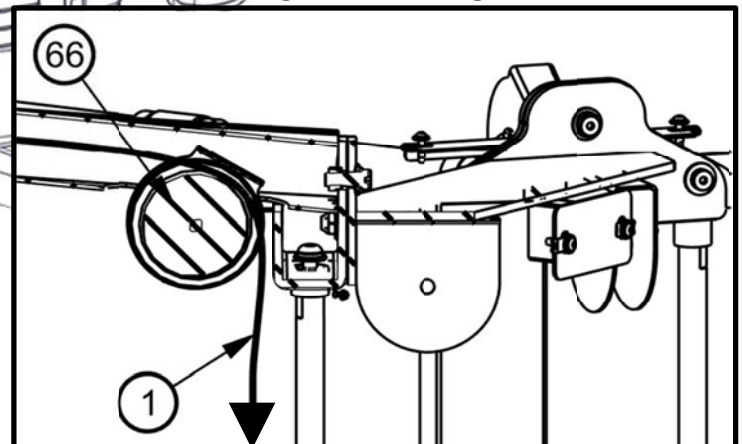
## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- ASSEMBLE CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### CABLE PROFILE VIEW

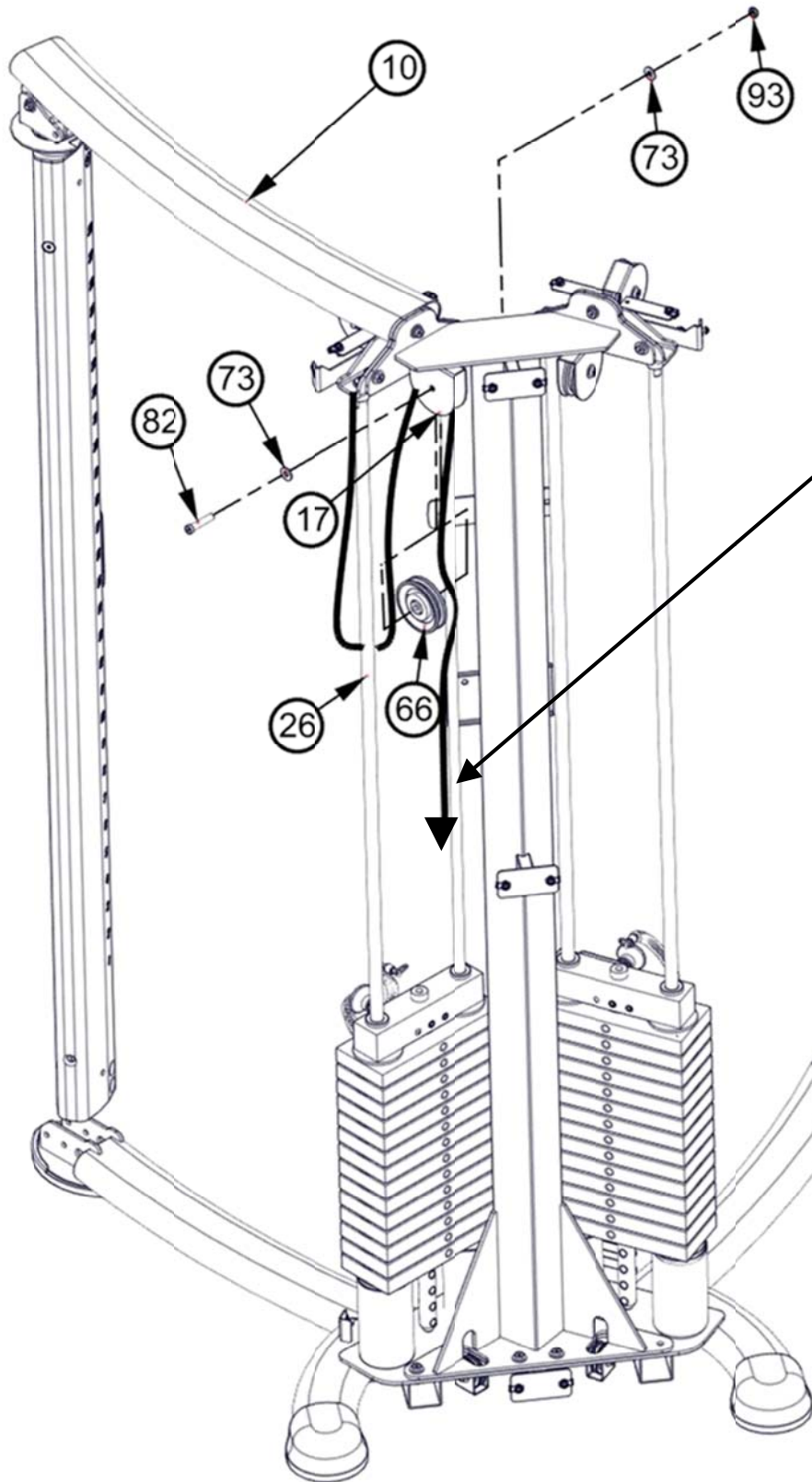


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

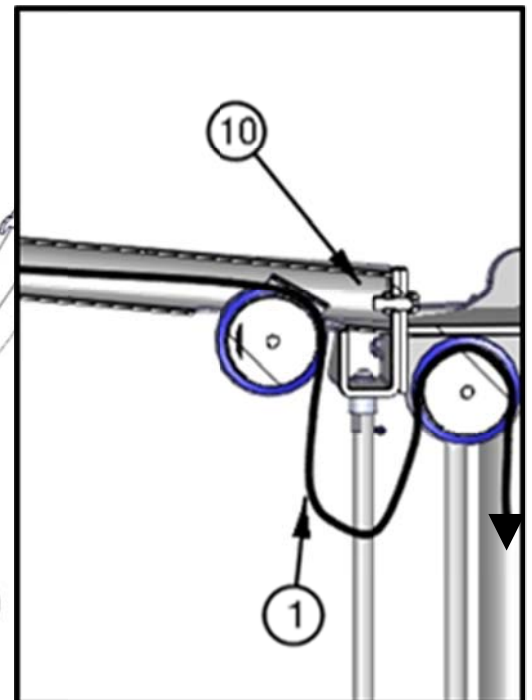
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE
- ASSEMBLE CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**NOTE:**

ENSURE CABLE RUNS BETWEEN THE TWO GUIDE RODS (26)

### CABLE PROFILE VIEW



# OWNER'S MANUAL

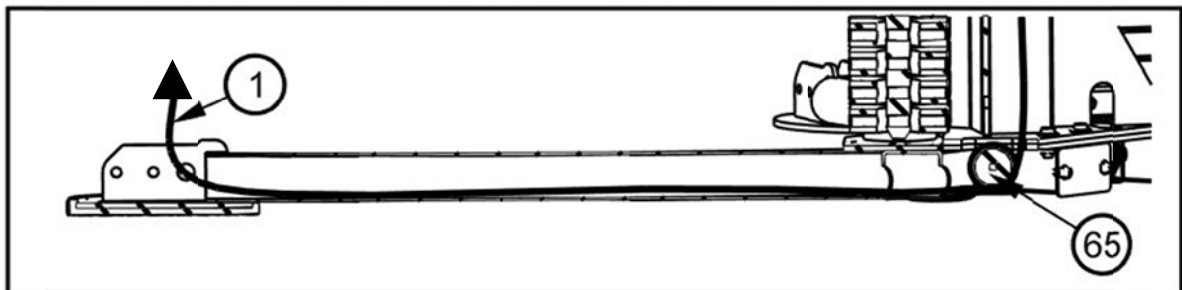
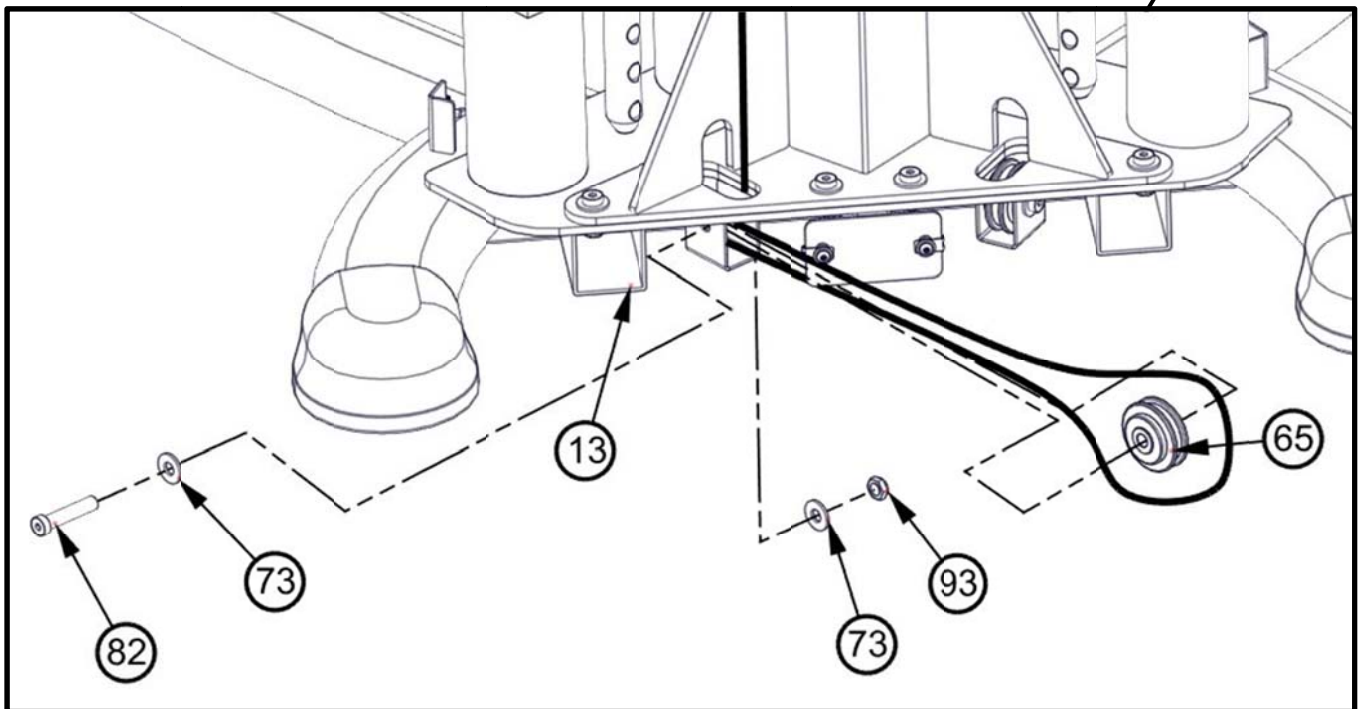
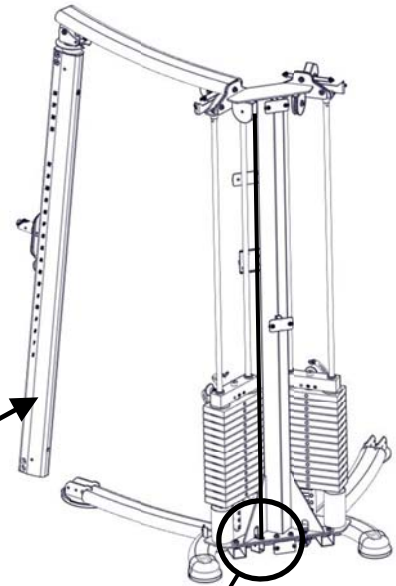
## FRAME ASSEMBLY

**NOTE:**

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

**NOTE:**

TILT COLUMN FORWARD  
DURING THIS STEP



## CABLE PROFILE VIEW

# OWNER'S MANUAL

## FRAME ASSEMBLY

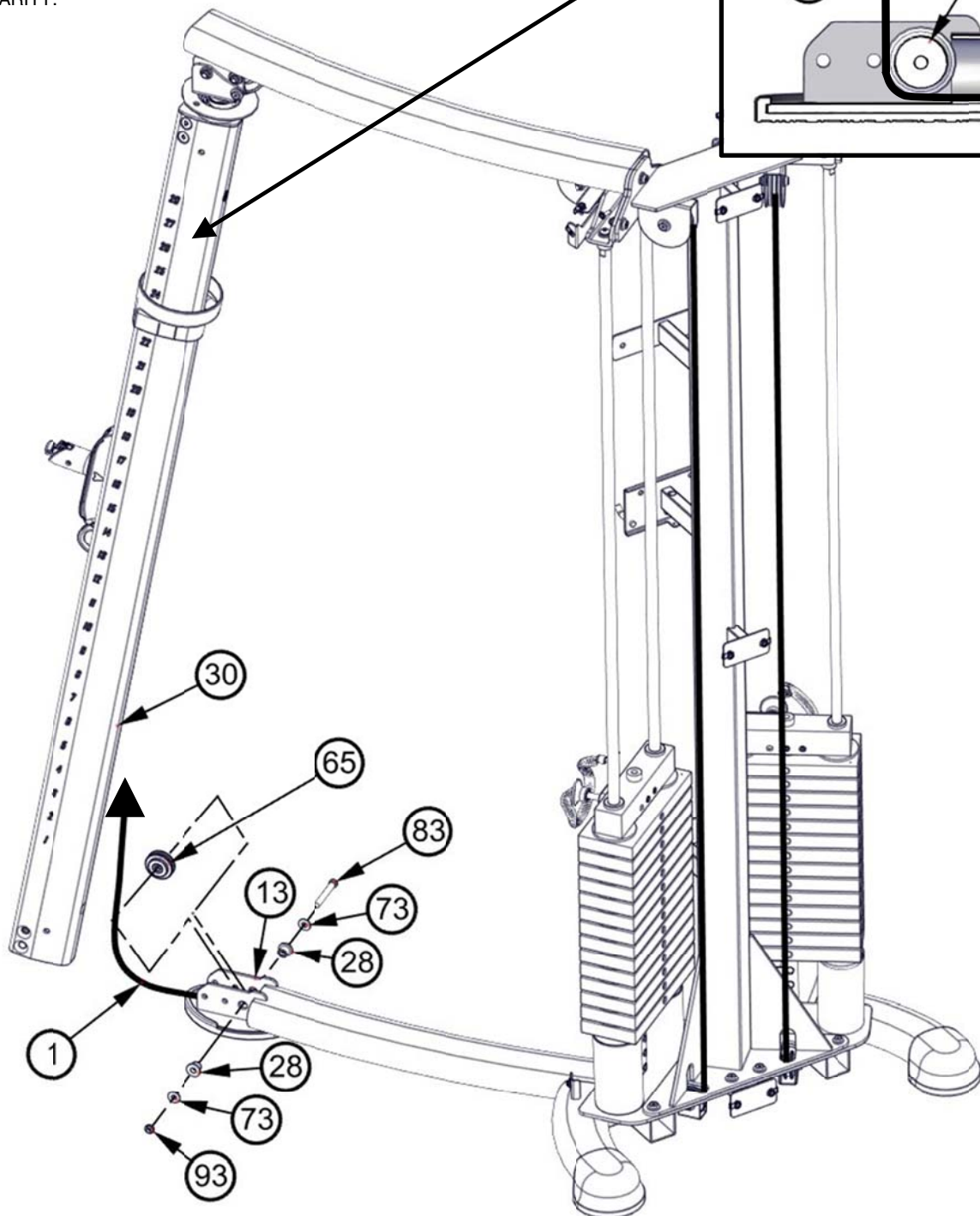
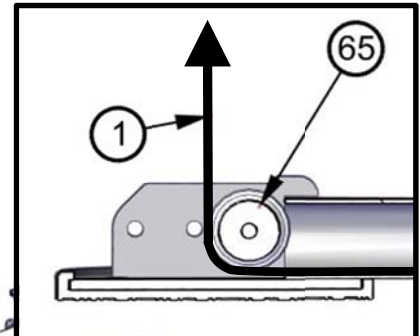
**NOTE:**

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

**NOTE:**

**TILT COLUMN (30) FORWARD DURING THIS STEP**

### CABLE PROFILE VIEW





# OWNER'S MANUAL

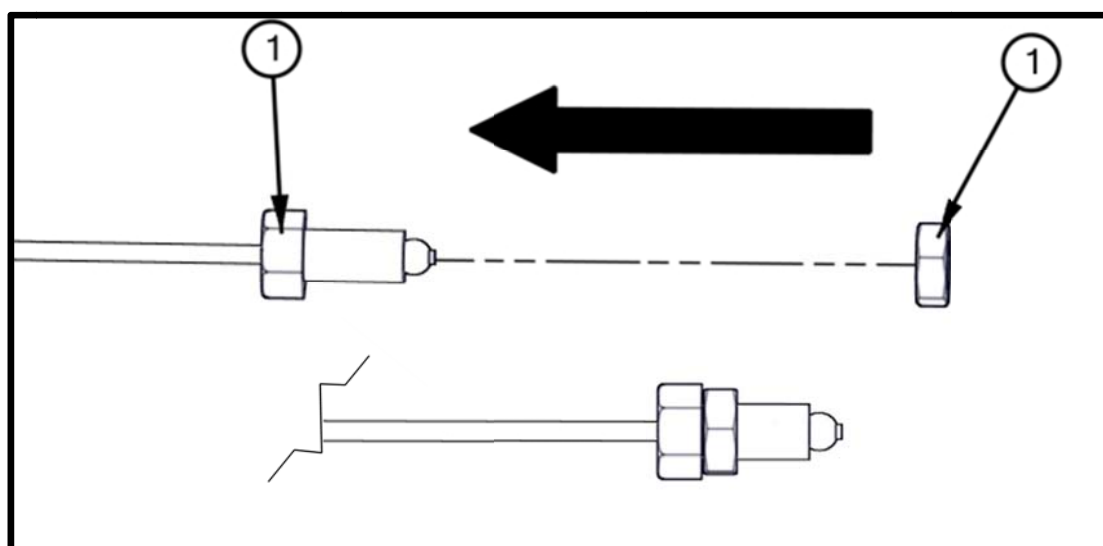
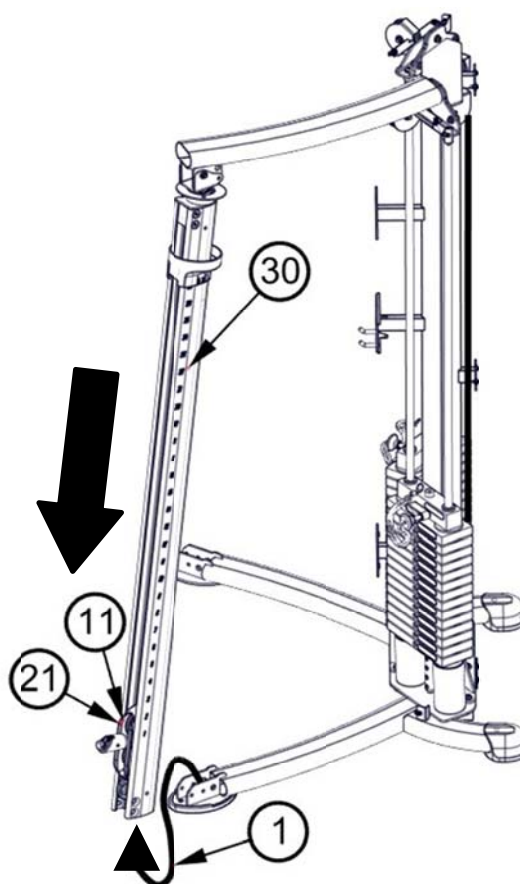
## FRAME ASSEMBLY

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE

**NOTE:**

ADJUST THE PULLEY CARRIAGE (11) AND HOUSING (21) DOWN TO THE BOTTOM OF THE COLUMN (30). DO NOT FULLY REMOVE THE PULLEY CARRIAGE FROM THE COLUMN.



**NOTE:**

INSTALL BOLT ONTO CABLE END, THEN THREAD JAM NUT ONTO THE BOLT. REPEAT FOR OPPOSITE SIDE.

## FRAME ASSEMBLY

## Mi6 ASSEMBLY

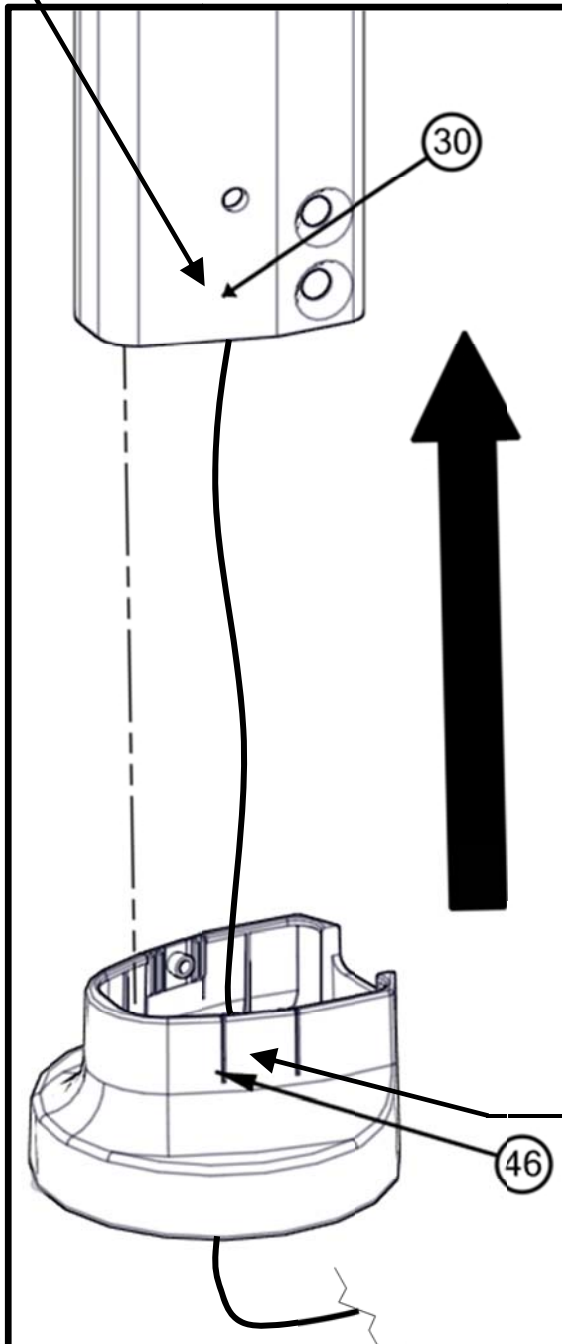


# OWNER'S MANUAL

## FRAME ASSEMBLY

### STEP 3

APPLY LUBRICATION (107) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (46). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.

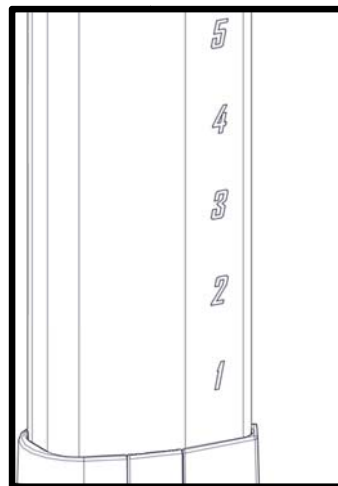


### STEP 2

LIFT THE PULLEY CARRIAGE UP TO THE MIDDLE OF THE COLUMN SO THAT THE COLUMN SLEEVE (46) CAN BE INSTALLED

### STEP 1

ENSURE THE COLUMN IS POSITIONED RIGHT SIDE UP, WITH THE COLUMN NUMBERS ASCENDING UPWARDS, AS SHOWN

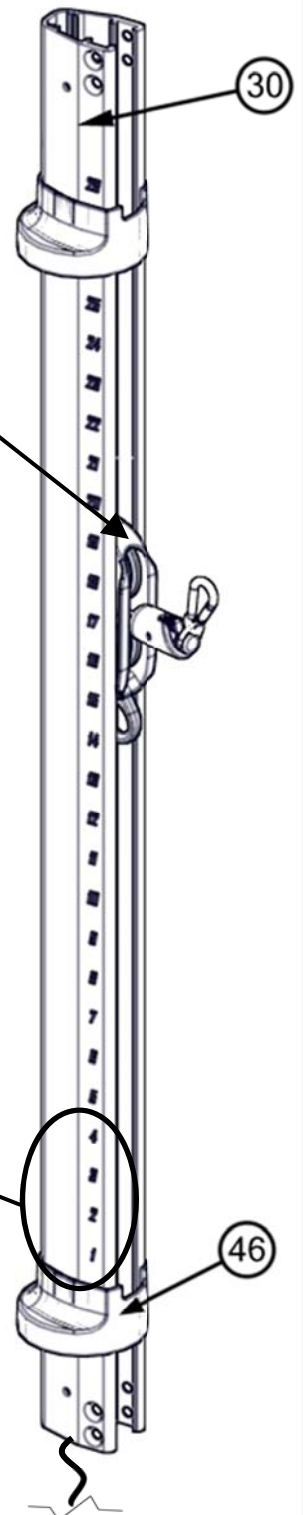


### STEP 4

LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (46), THEN PUSH THE SLEEVE ABOUT 12 INCHES UP THE COLUMN (30). REPEAT STEP 1, 2, 3, AND 4 FOR OTHER COLUMN.

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE

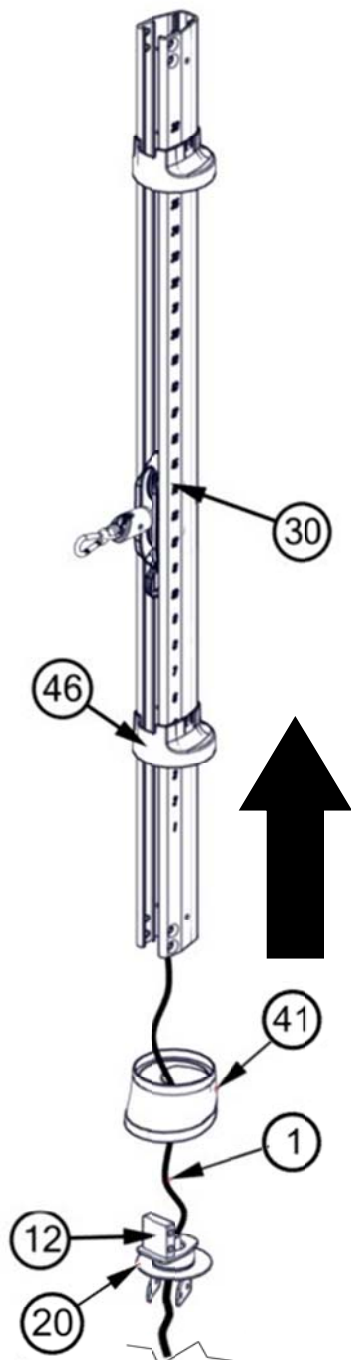


# OWNER'S MANUAL

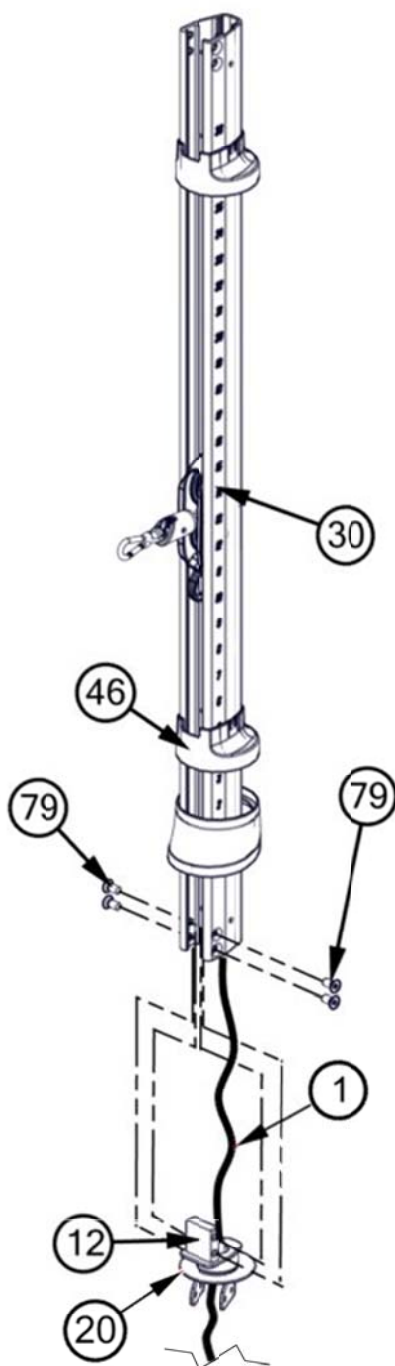
## FRAME ASSEMBLY

### STEP 1

**PUSH THE BOOT (41)  
UP THE COLUMN  
AND HOLD IT THERE.**

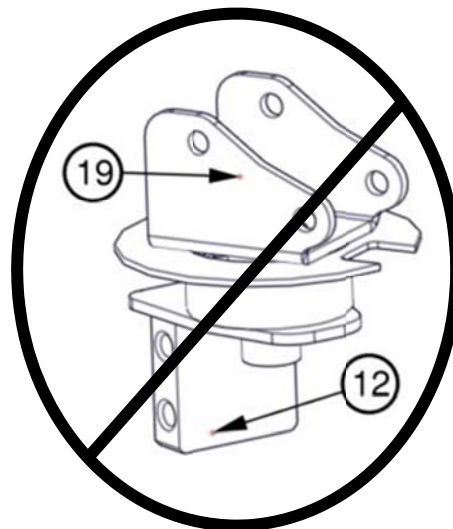


### STEP 2



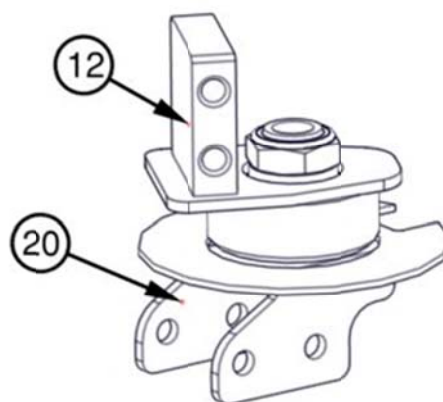
NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE



**SPINDLE MOUNT-1 (19)**

**NOTE: CURVED TOP EDGE.  
DO NOT USE IN THIS STEP**



**SPINDLE MOUNT-2 (20)**

**NOTE: FLAT BOTTOM EDGE**

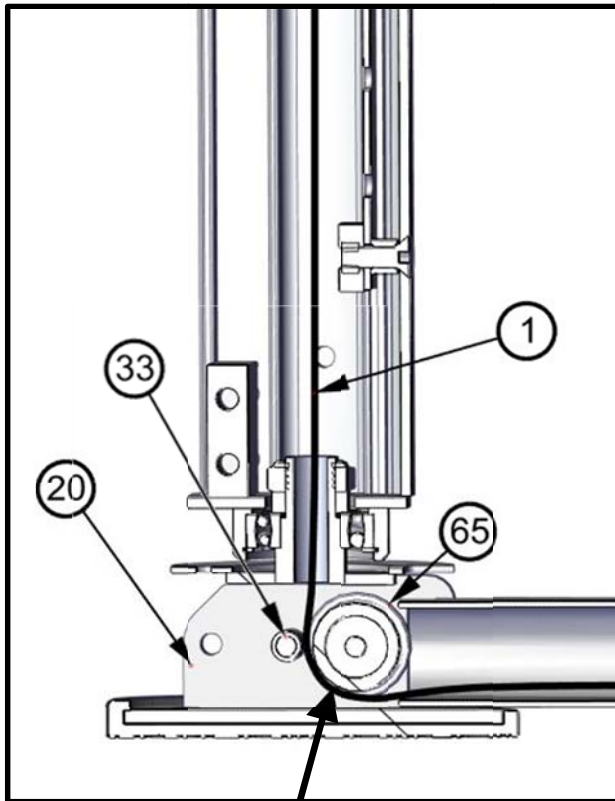
# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

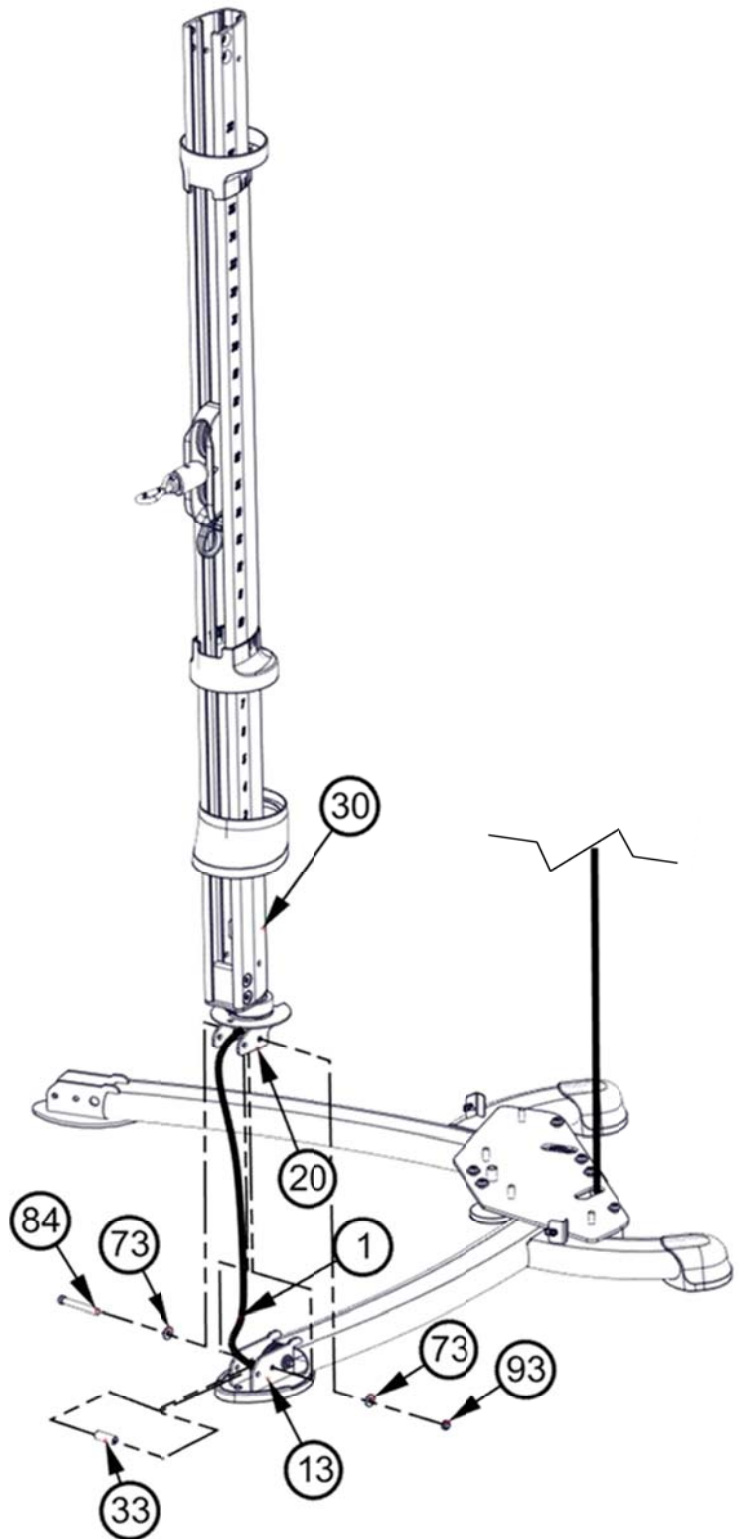
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE

### CABLE PROFILE VIEW



**NOTE:**

ENSURE THAT THE CABLE RUNS BETWEEN THE SPACER (33) AND THE PULLEY (65), AS SHOWN

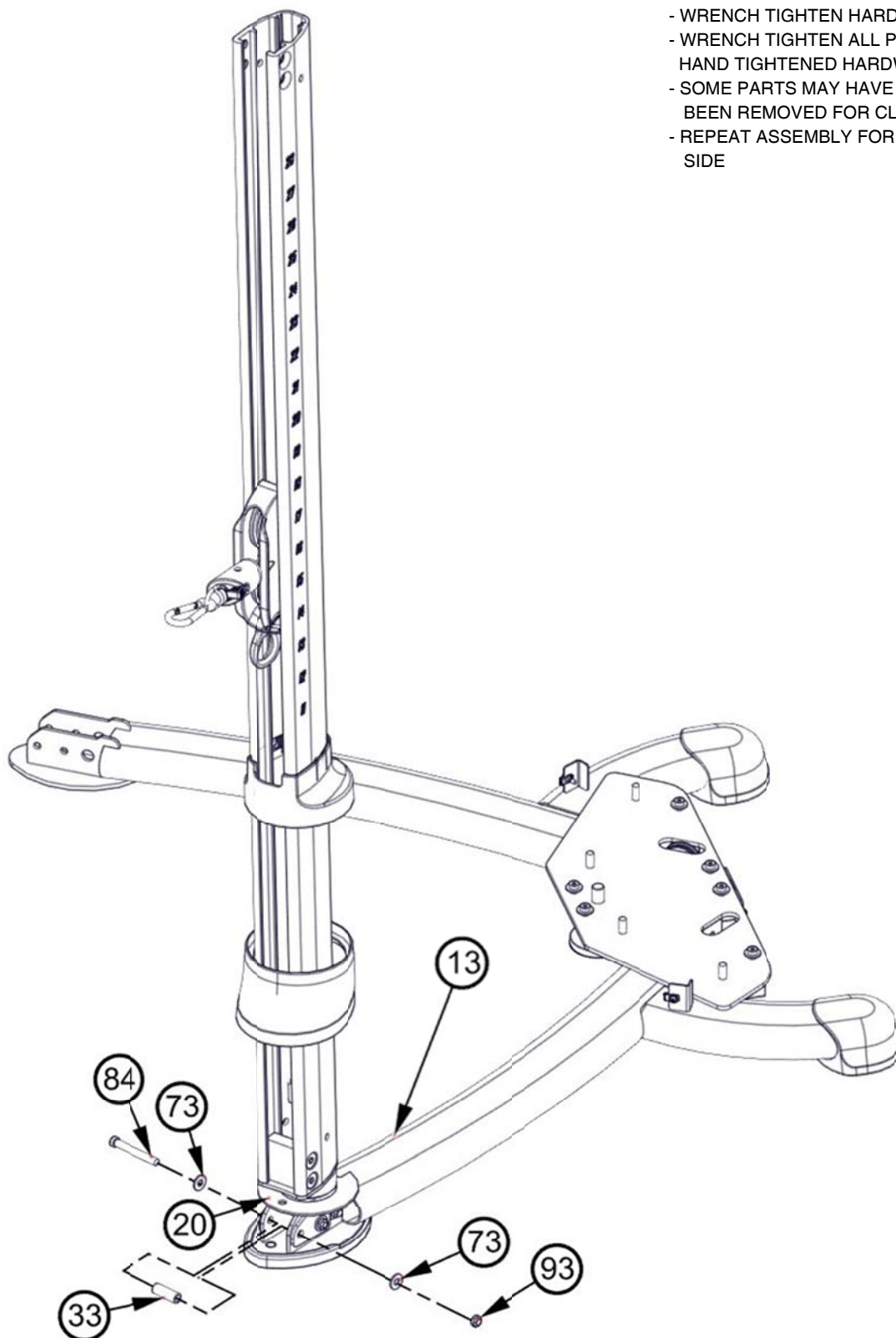


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

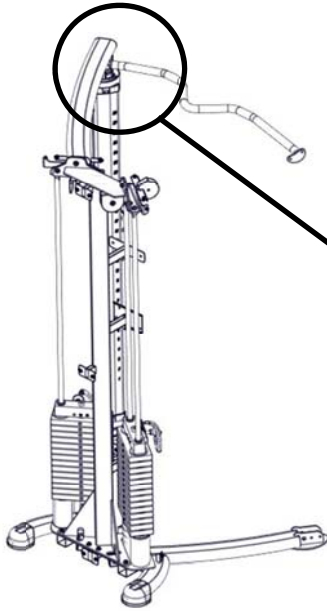
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE



**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

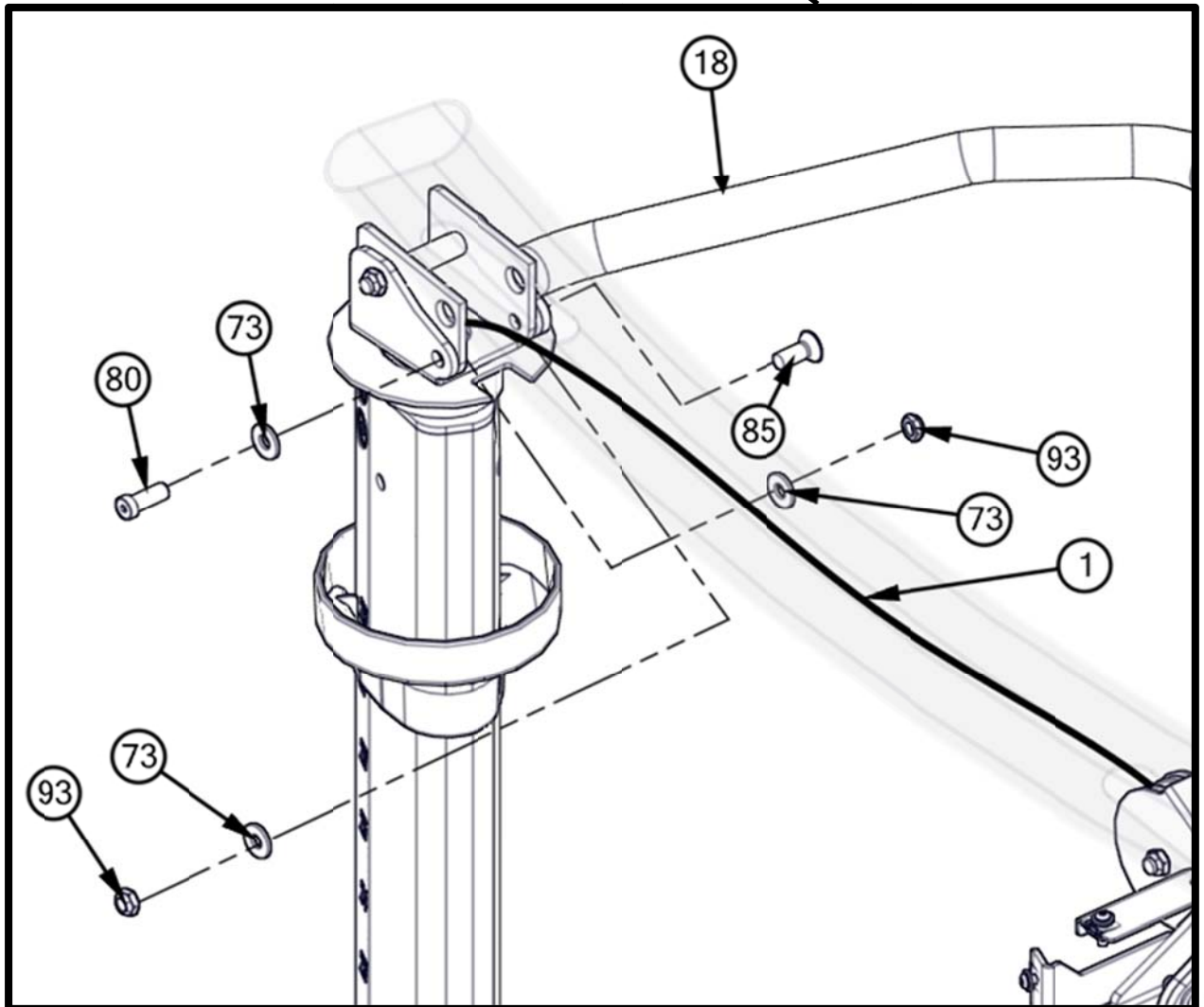
# OWNER'S MANUAL

## FRAME ASSEMBLY



NOTE:

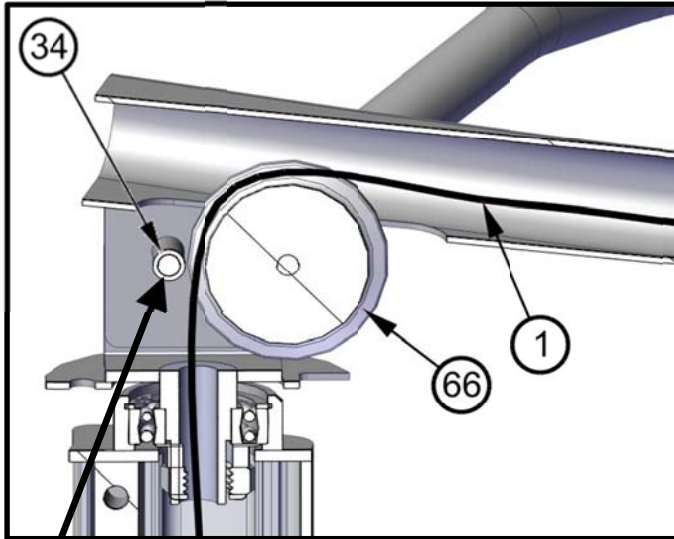
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.





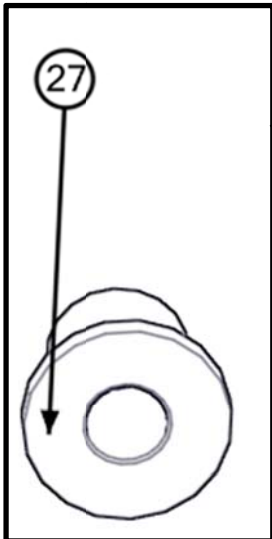
# OWNER'S MANUAL

## CABLE PROFILE VIEW



**NOTE:**

ENSURE THAT THE CABLE RUNS BETWEEN THE SPACER (34) AND THE PULLEY (66), AS SHOWN



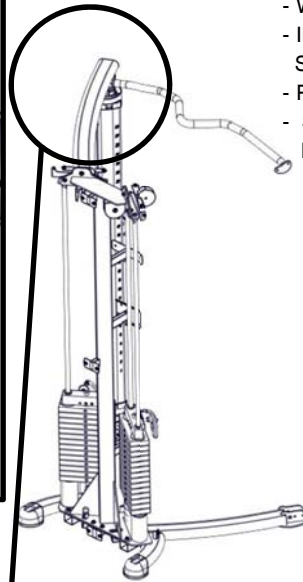
**NOTE:**

FLANGED SPACER (27) DOES NOT HAVE A COUNTERSINK AND MUST BE USED HERE, FACING THE OUTSIDE OF THE MACHINE.

## FRAME ASSEMBLY

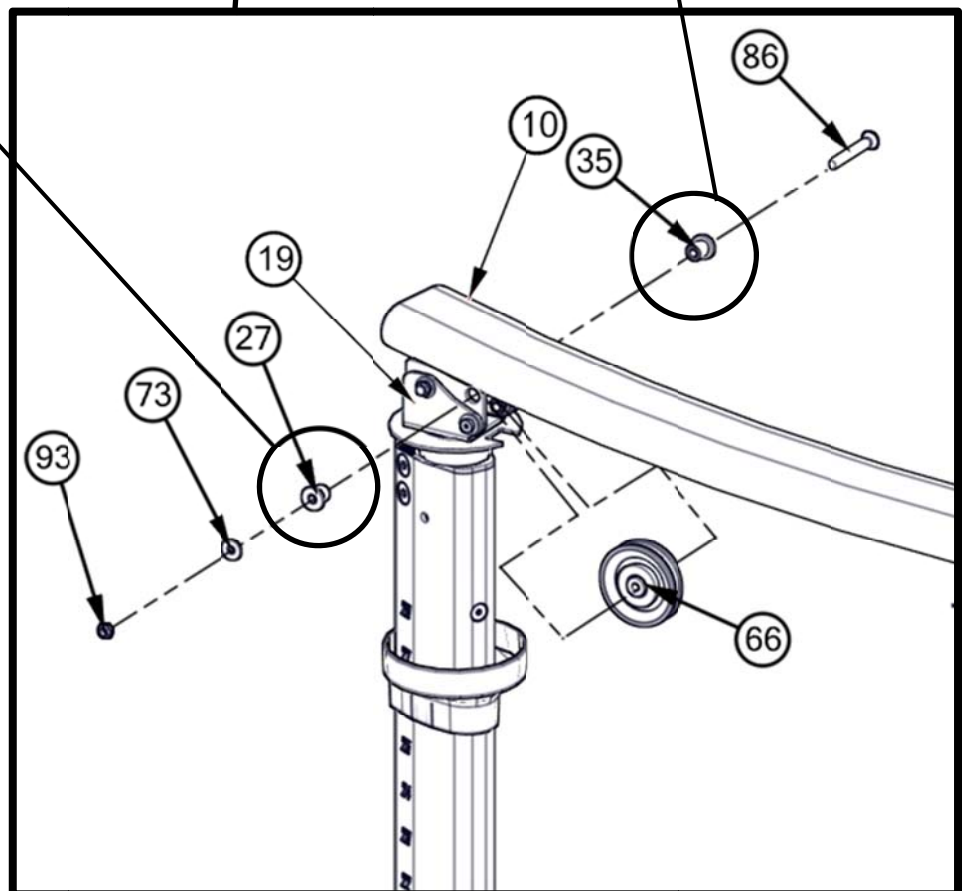
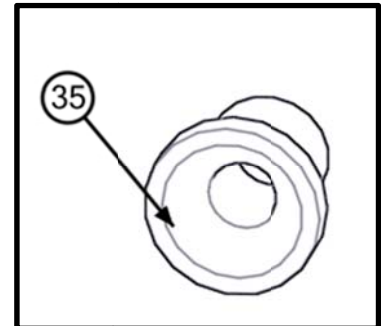
**NOTE:**

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



**NOTE:**

COUNTERSUNK SPACER (35) MUST BE USED HERE, FACING THE INSIDE OF THE MACHINE



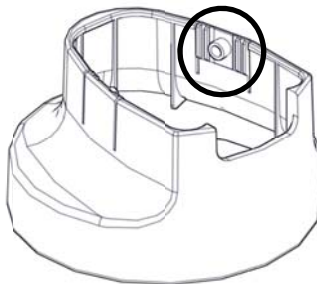
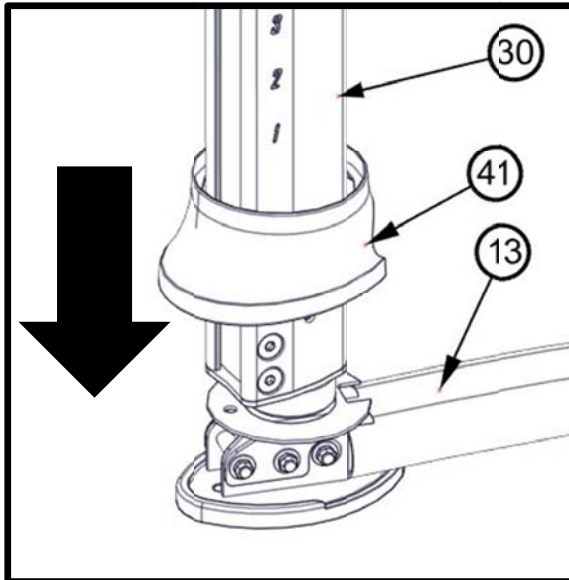


# OWNER'S MANUAL

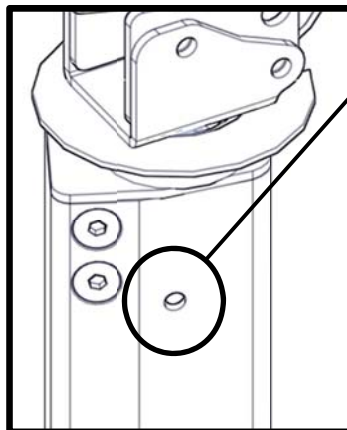
## FRAME ASSEMBLY

### STEP 1

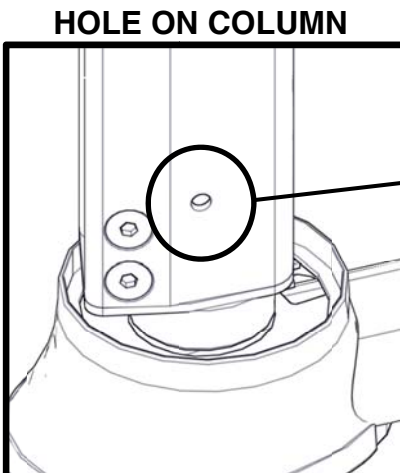
**PUSH BOOT DOWN UNTIL  
IT SNAPS ON THE LOWER BEAM**



**TAB ON SLEEVE**



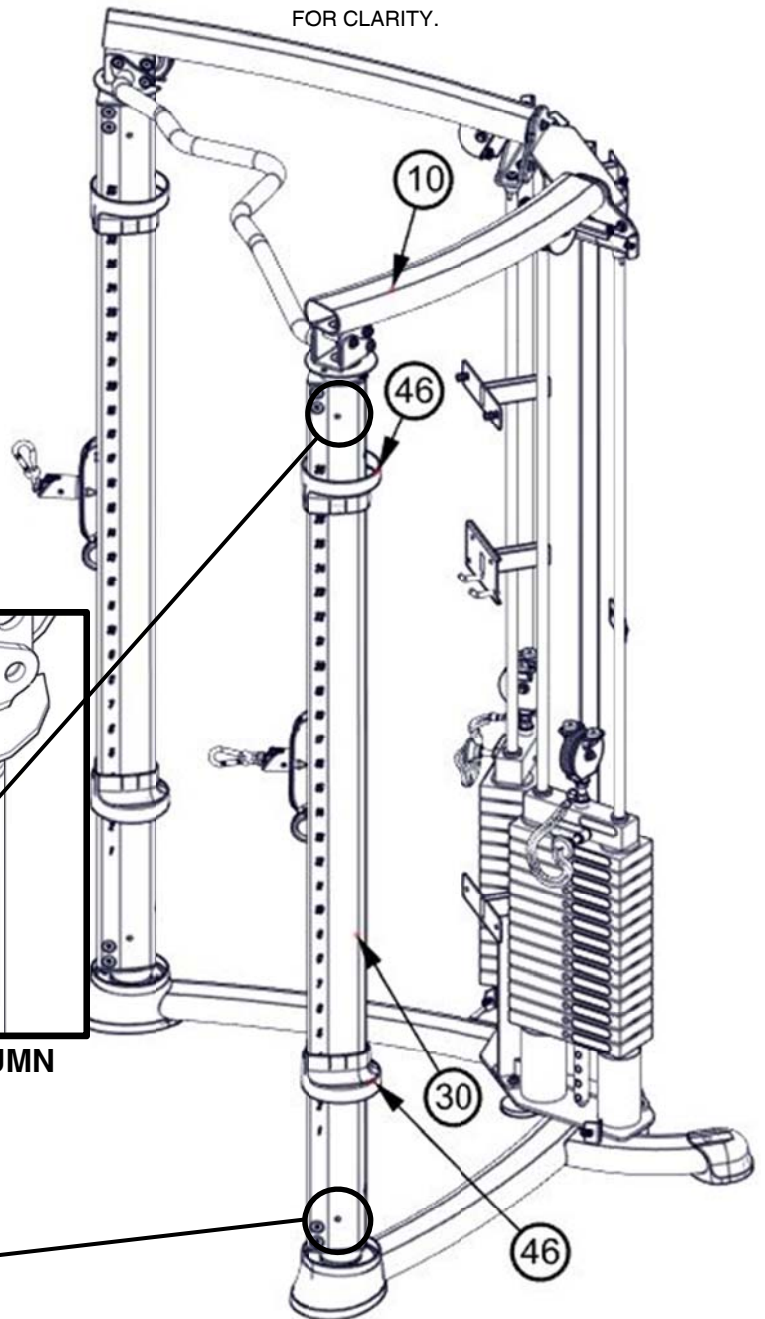
**HOLE ON COLUMN**



**HOLE ON COLUMN**

NOTE:

- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 2

**PUSH TOP SLEEVE UP (46)  
AND BOTTOM SLEEVE DOWN (46)  
UNTIL THE TABS ON THE SLEEVES  
SNAP INTO THE HOLES  
ON THE COLUMN**

# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**  
ADJUST CABLE SO CABLE-END  
REMAINS HANGING LOOSELY AS SHOWN

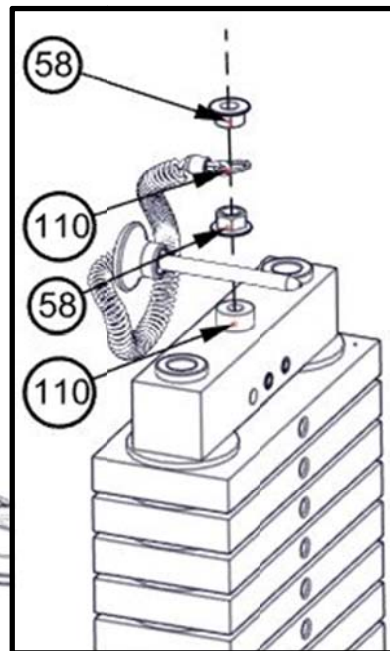
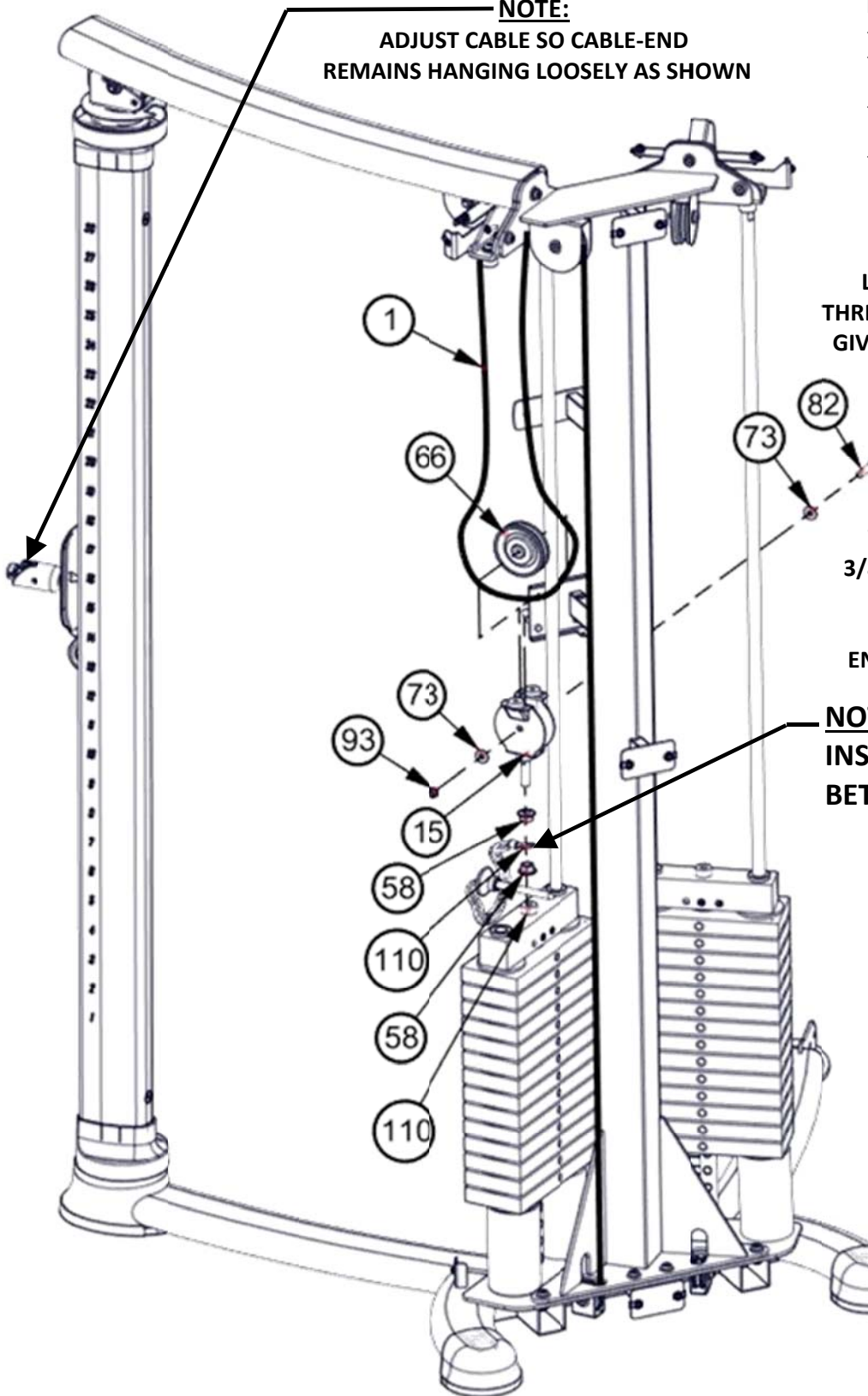
**NOTE:**

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

**NOTE:**  
LOOSEN JAM NUTS (58) AND  
THREAD PULLEY MOUNT IN/OUT TO  
GIVE THE CABLE PROPER TENSION.  
RE-TIGHTEN JAM NUTS.

**WARNING**  
CABLE BOLT (15) MUST BE  
THREADED A MINIMUM OF  
3/8" INTO THE TOP PLATE (110),  
WITH JAM NUTS (58)  
TIGHTENED SECURELY TO  
ENSURE PROPER CONNECTION.

**NOTE:**  
INSERT LANYARD RING (110)  
BETWEEN JAM NUTS (58)

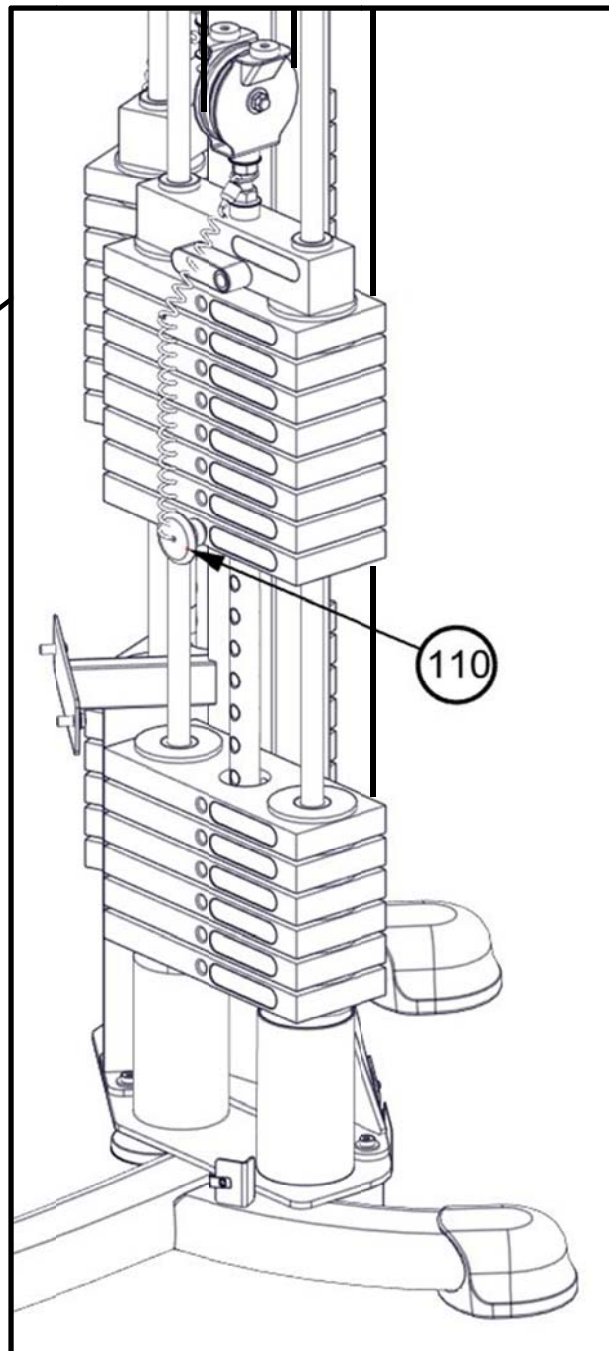
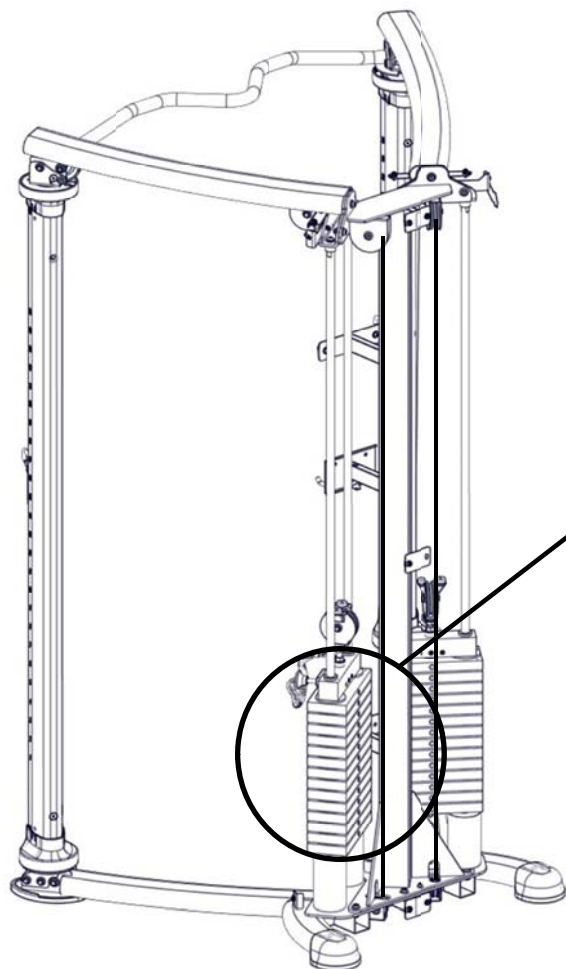


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### **IMPORTANT:**

HAVE A SECOND PERSON INSERT THE WEIGHT PIN (110) INTO THE NINTH PLATE OF THE WEIGHT STACK. USING THE CABLE END IN THE FRONT OF THE COLUMN, PULL THE WEIGHT STACK UP ABOUT 18 INCHES AND HOLD IT THERE UNTIL THE ASSEMBLY ON PAGE 33 IS COMPLETE. REPEAT FOR OPPOSITE SIDE.

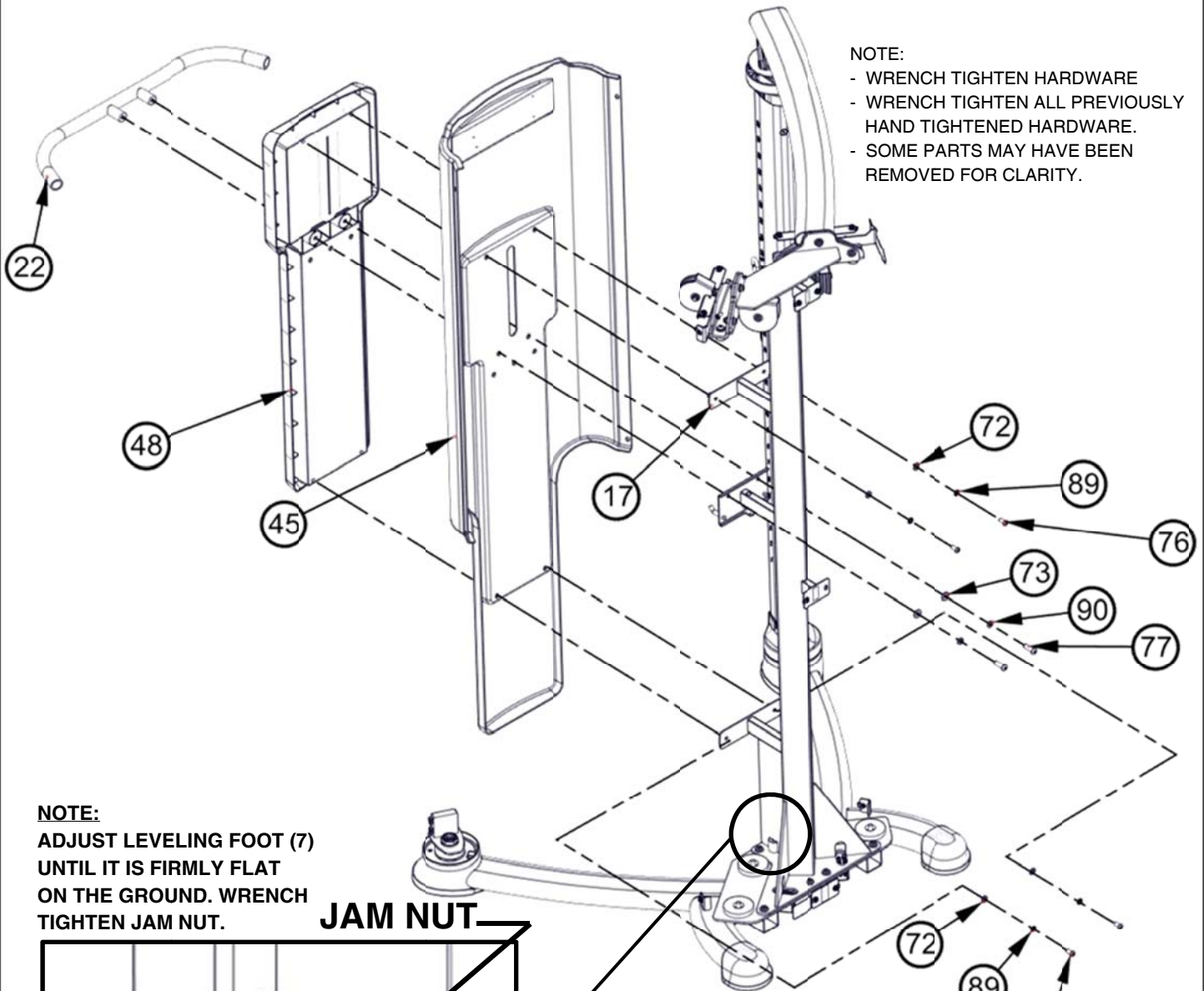


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

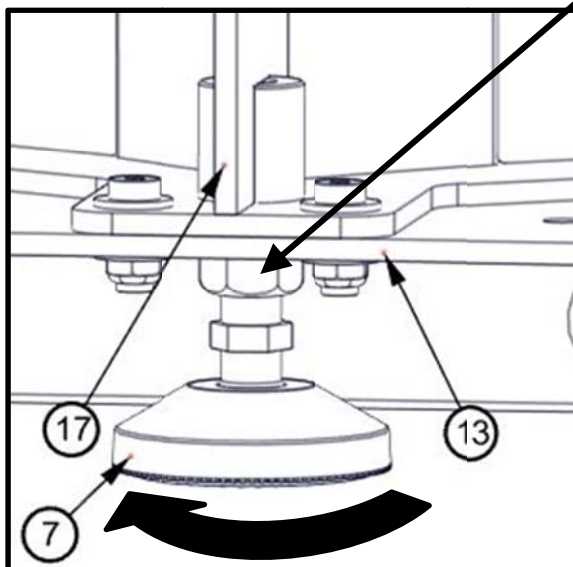
- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

ADJUST LEVELING FOOT (7) UNTIL IT IS FIRMLY FLAT ON THE GROUND. WRENCH TIGHTEN JAM NUT.

**JAM NUT**



**\*IMPORTANT\***

**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

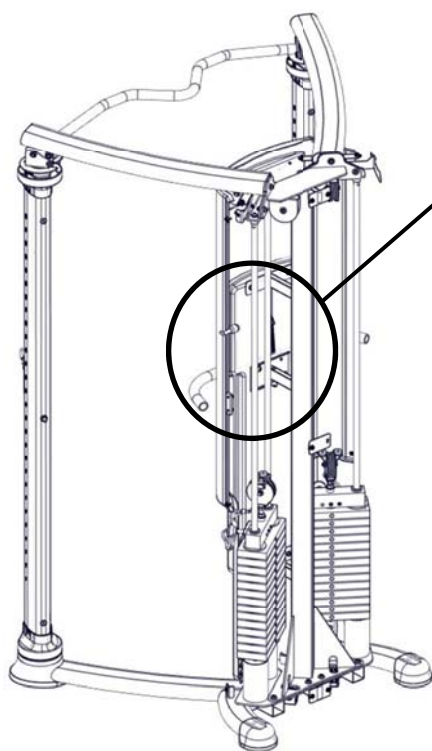
AT THIS STEP, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN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

# OWNER'S MANUAL

## FRAME ASSEMBLY

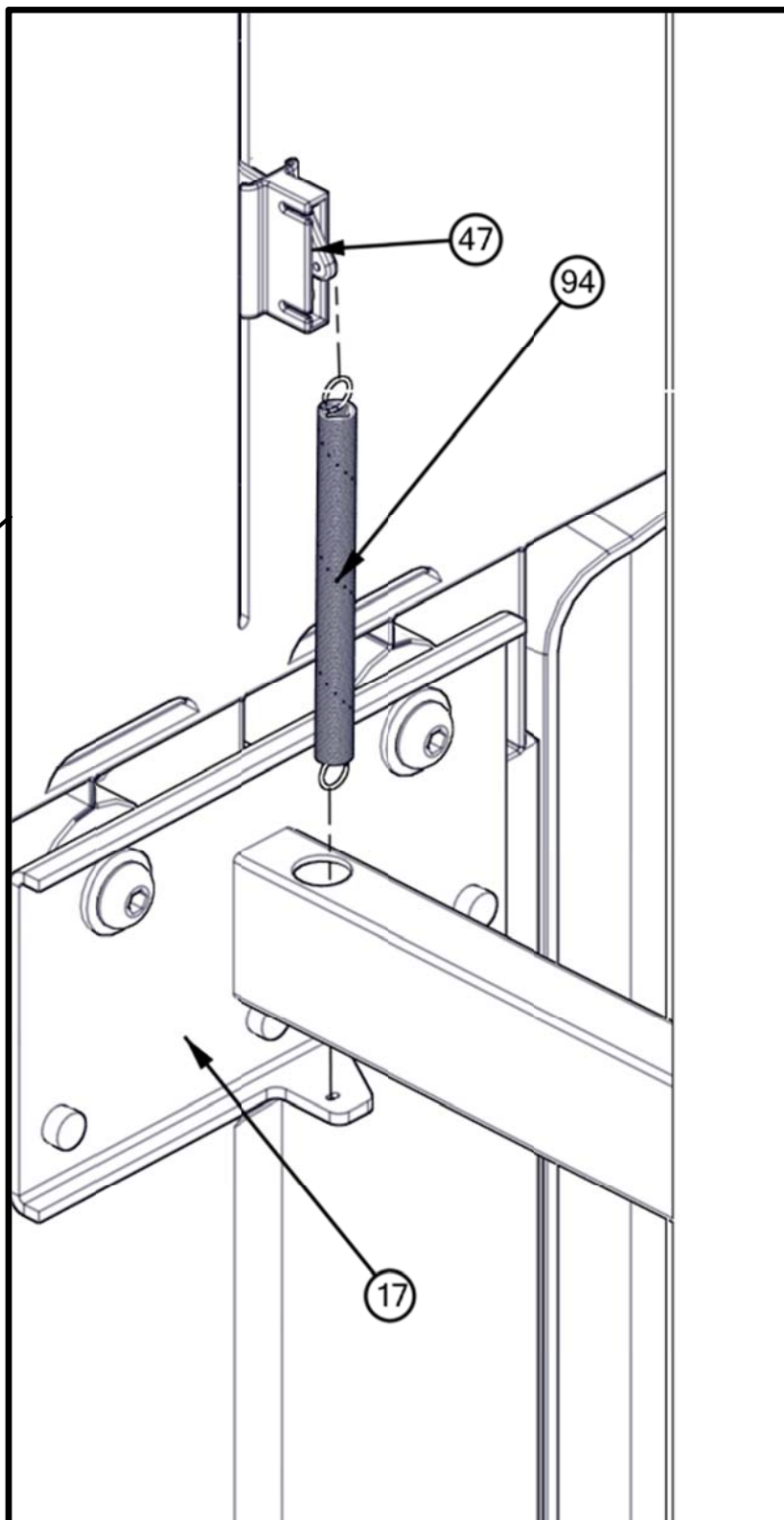
**NOTE:**

- INSERT END OF SPRING (94) INTO HOLE IN THE END OF CATCH (47)
- INSERT END OF SPRING (94) INTO HOLE IN BACKBONE ASSEMBLY (17)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### **IMPORTANT:**

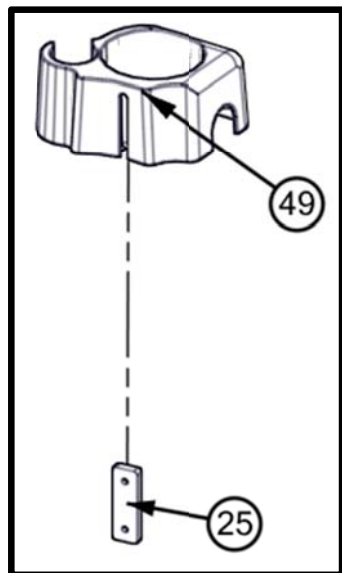
ENSURE THAT THIS STEP IS PERFORMED NOW. THE SPRING CANNOT BE ASSEMBLED AFTER THIS STEP.





# OWNER'S MANUAL

## FRAME ASSEMBLY



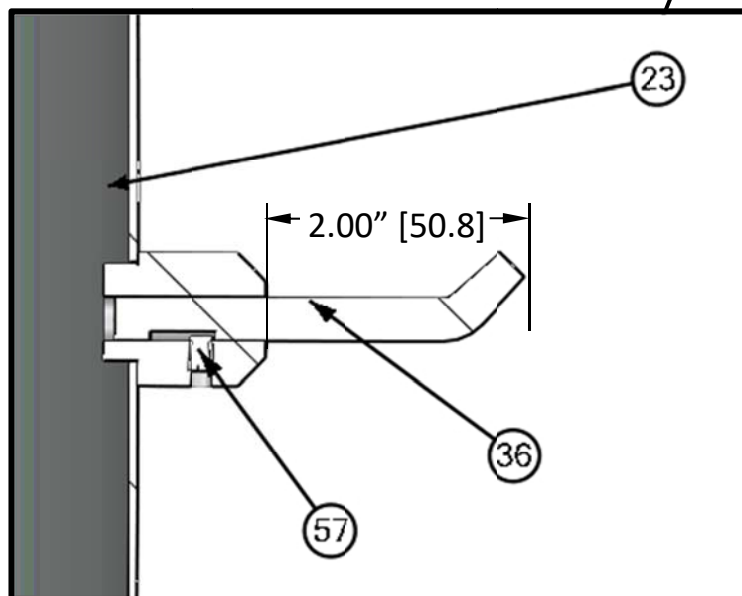
### STEP 1

#### NOTE:

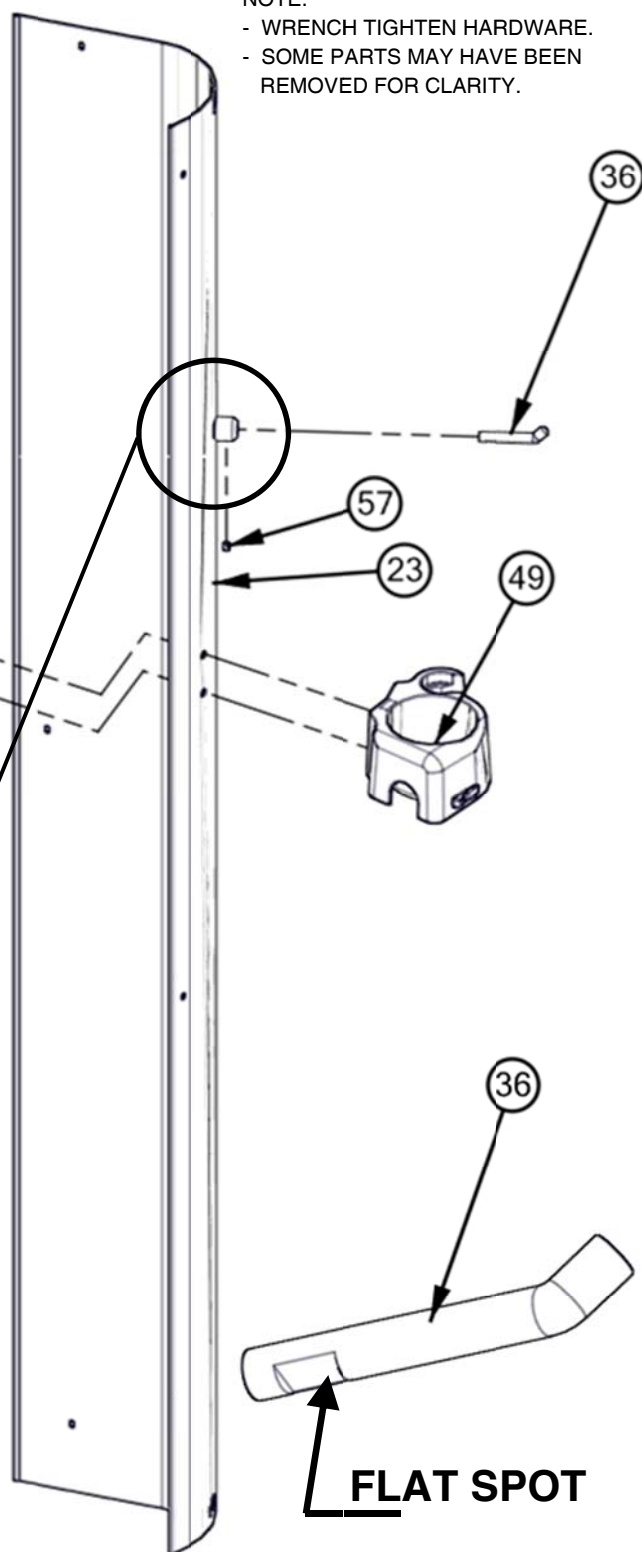
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

#### NOTE:

ADJUST THE HANGER (36) SO THAT IT POINTS UPWARDS. WHEN FULLY INSERTED, THE VISIBLE PORTION OF THE HANGER WILL EXTEND 2" FROM THE SHEILD (SEE BELOW). THIS ENSURES THAT THE SET SCREW (57) IS TIGHTENED INTO THE FLAT SPOT ON THE HANGER.



### STEP 2

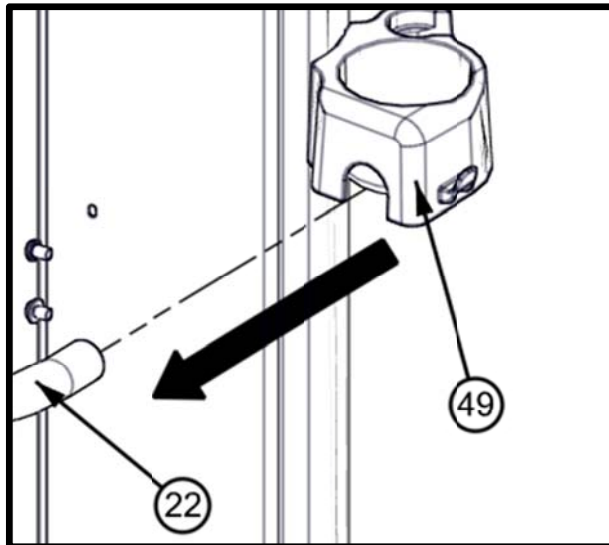


# OWNER'S MANUAL

## FRAME ASSEMBLY

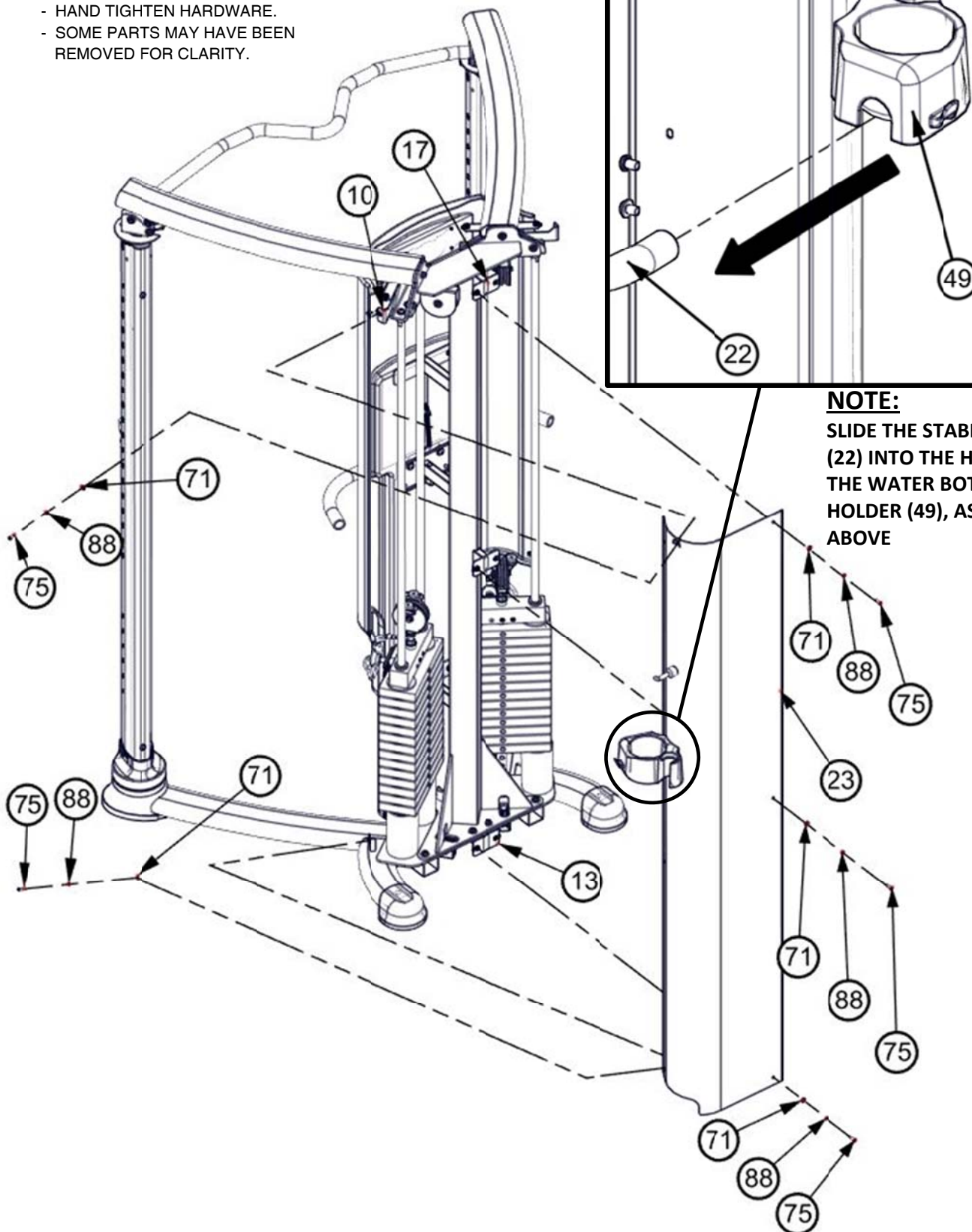
NOTE:

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



**NOTE:**

SLIDE THE STABILITY BAR (22) INTO THE HOLE ON THE WATER BOTTLE HOLDER (49), AS SHOWN ABOVE

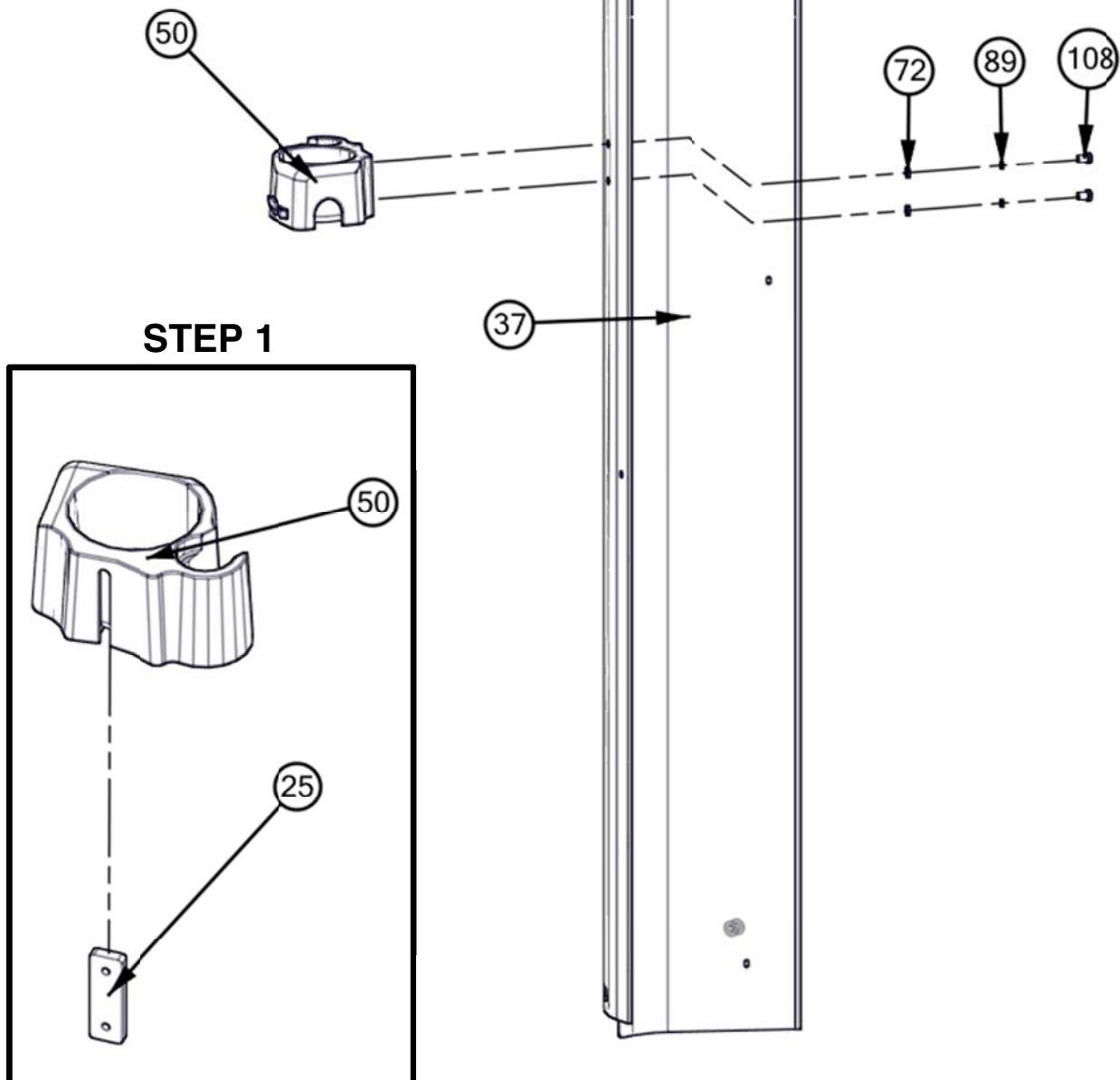


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

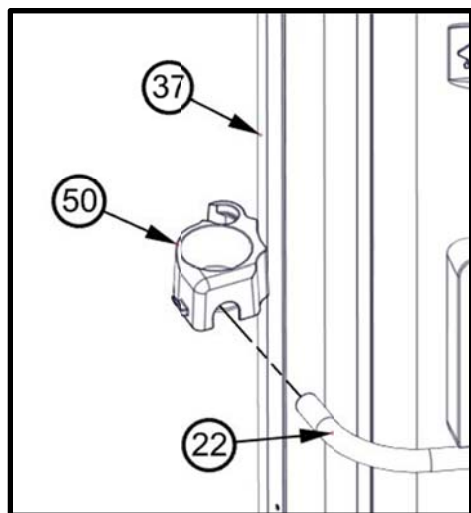
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



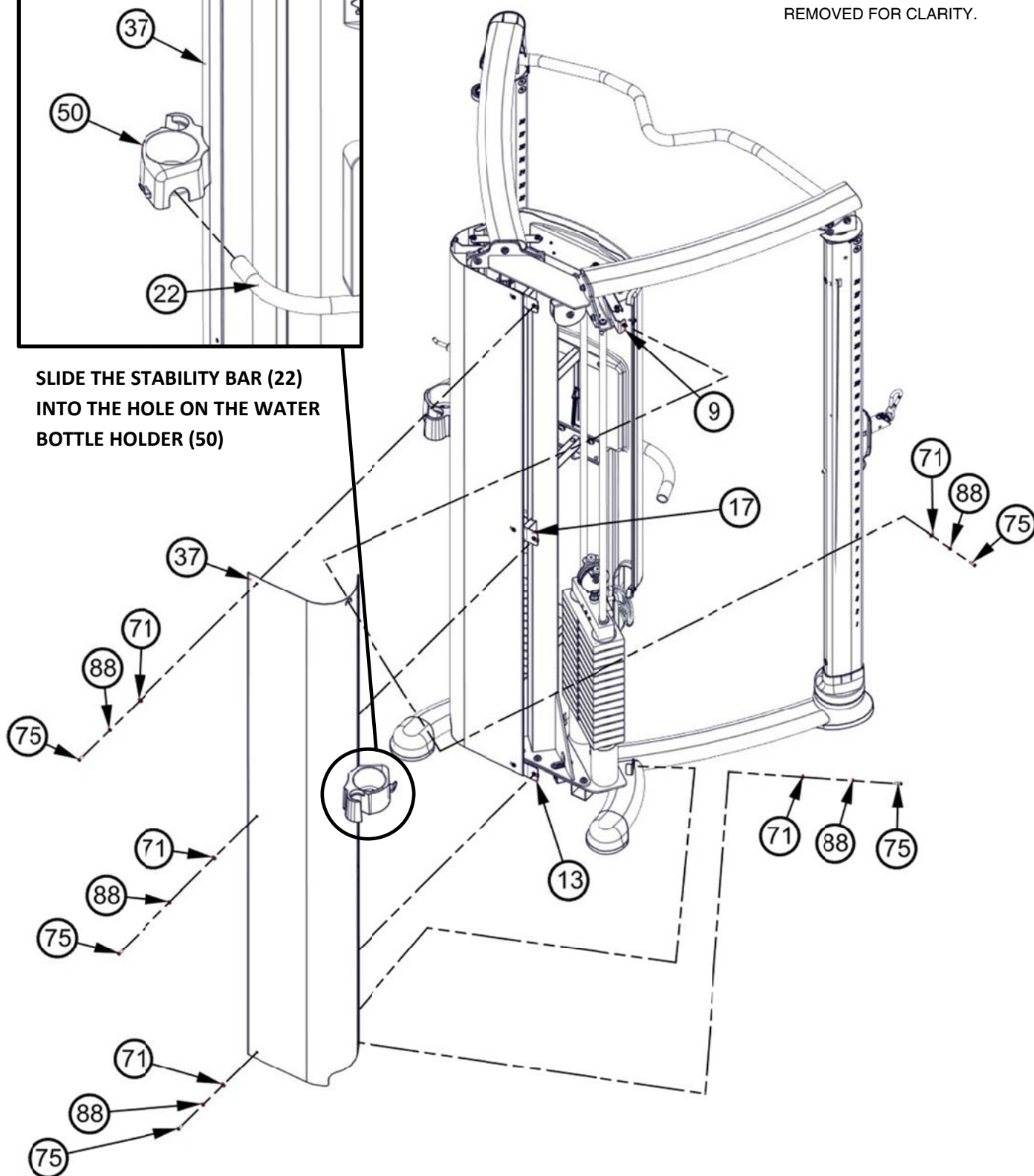
## FRAME ASSEMBLY

NOTE:

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



SLIDE THE STABILITY BAR (22)  
INTO THE HOLE ON THE WATER  
BOTTLE HOLDER (50)

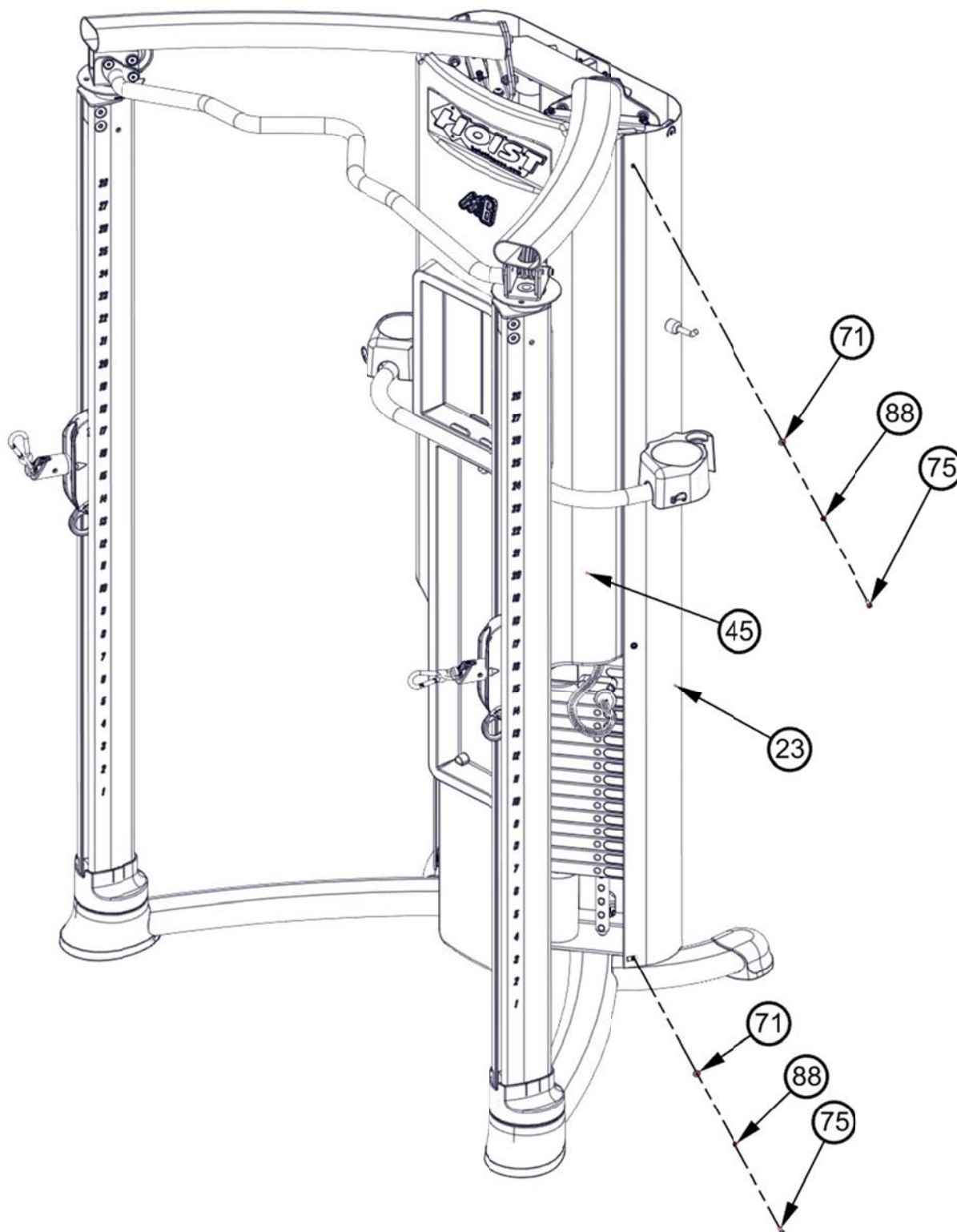


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



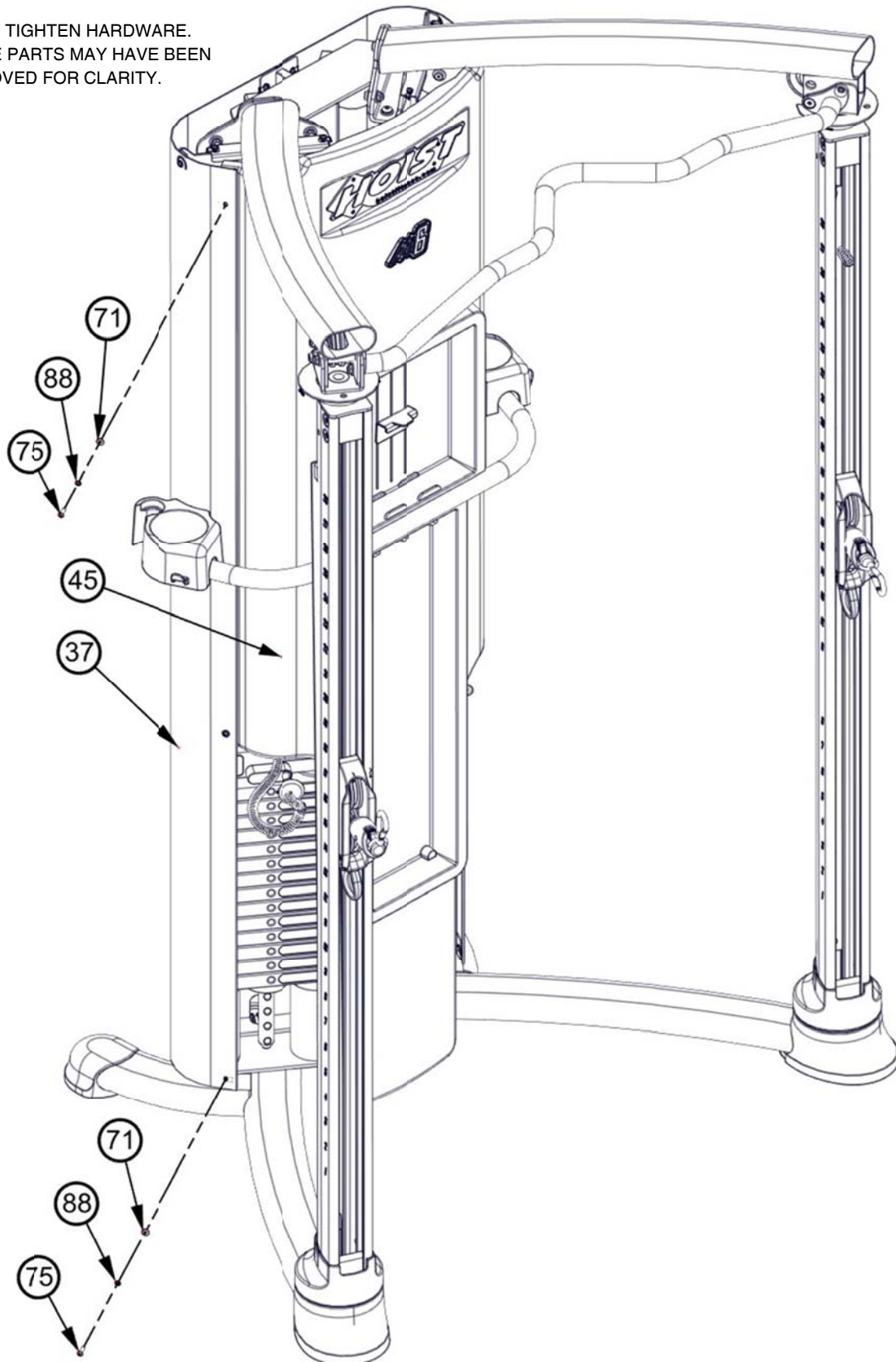


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

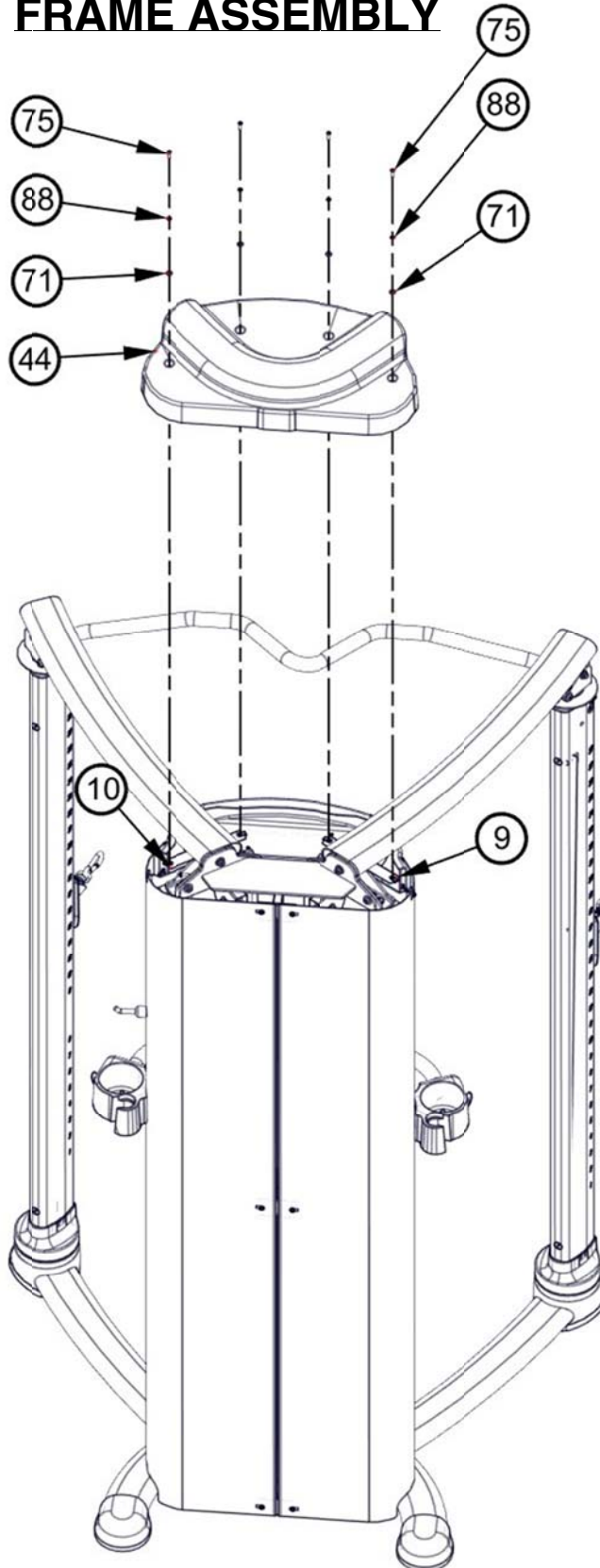


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



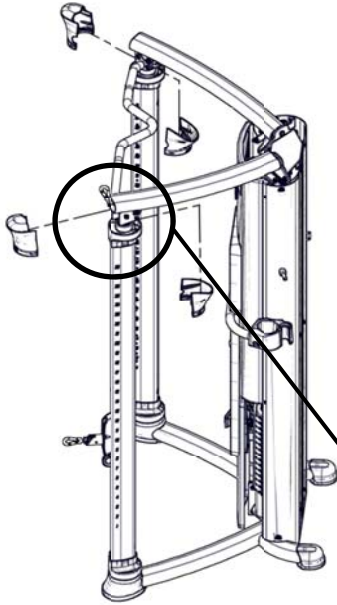
**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

# OWNER'S MANUAL

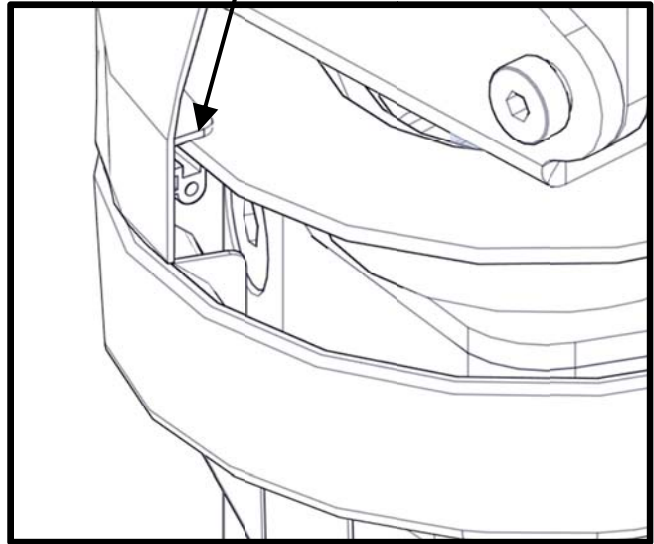
## FRAME ASSEMBLY

**NOTE:**

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- TIGHTEN SCREWS (112) WITH PHILLIPS HEAD SCREWDRIVER

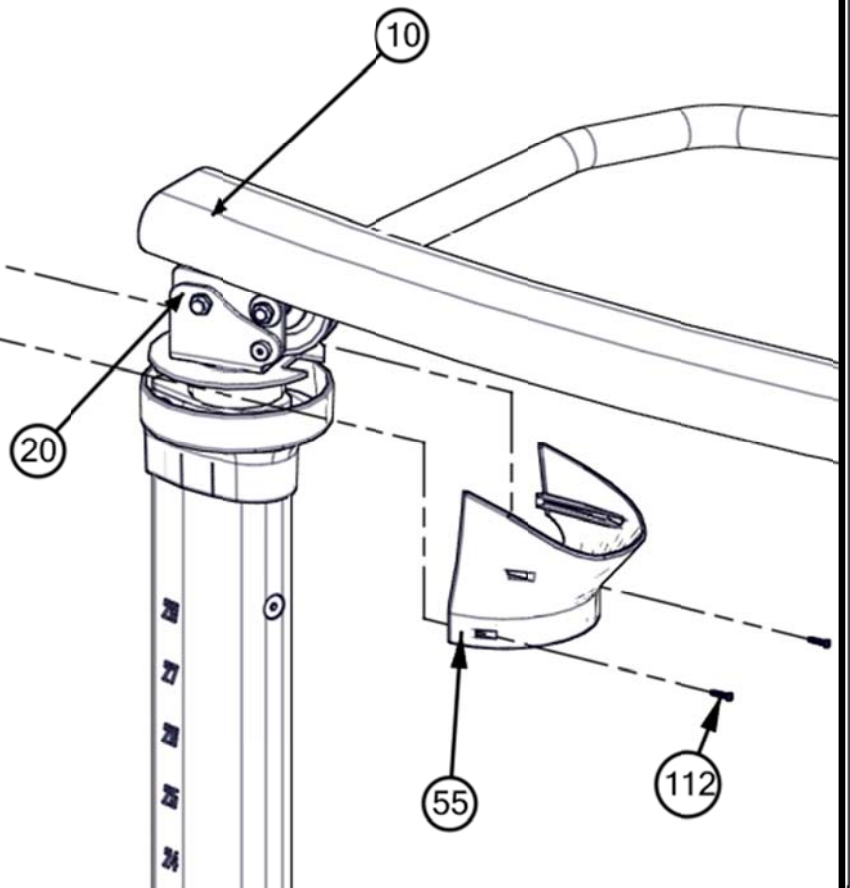
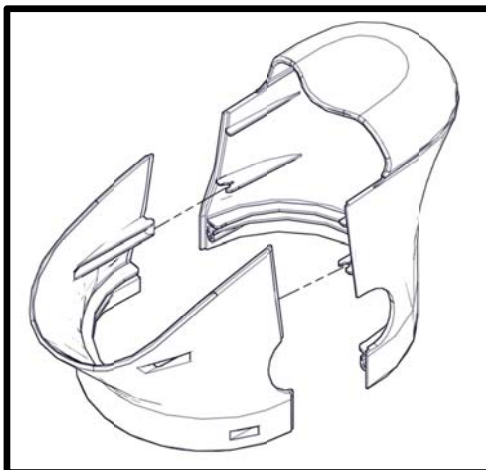


**IMPORTANT**  
ENSURE THAT THE SPINDLE  
PLATE SLIDES BETWEEN THE  
TABS ON THE BOOT, AS  
SHOWN



**NOTE:**

ENSURE THAT THE  
KNOB PINS ON THE  
BOOT SNAP INTO THE  
HOLDERS ON THE  
OPPOSITE BOOT,  
AS SHOWN BELOW



# OWNER'S MANUAL

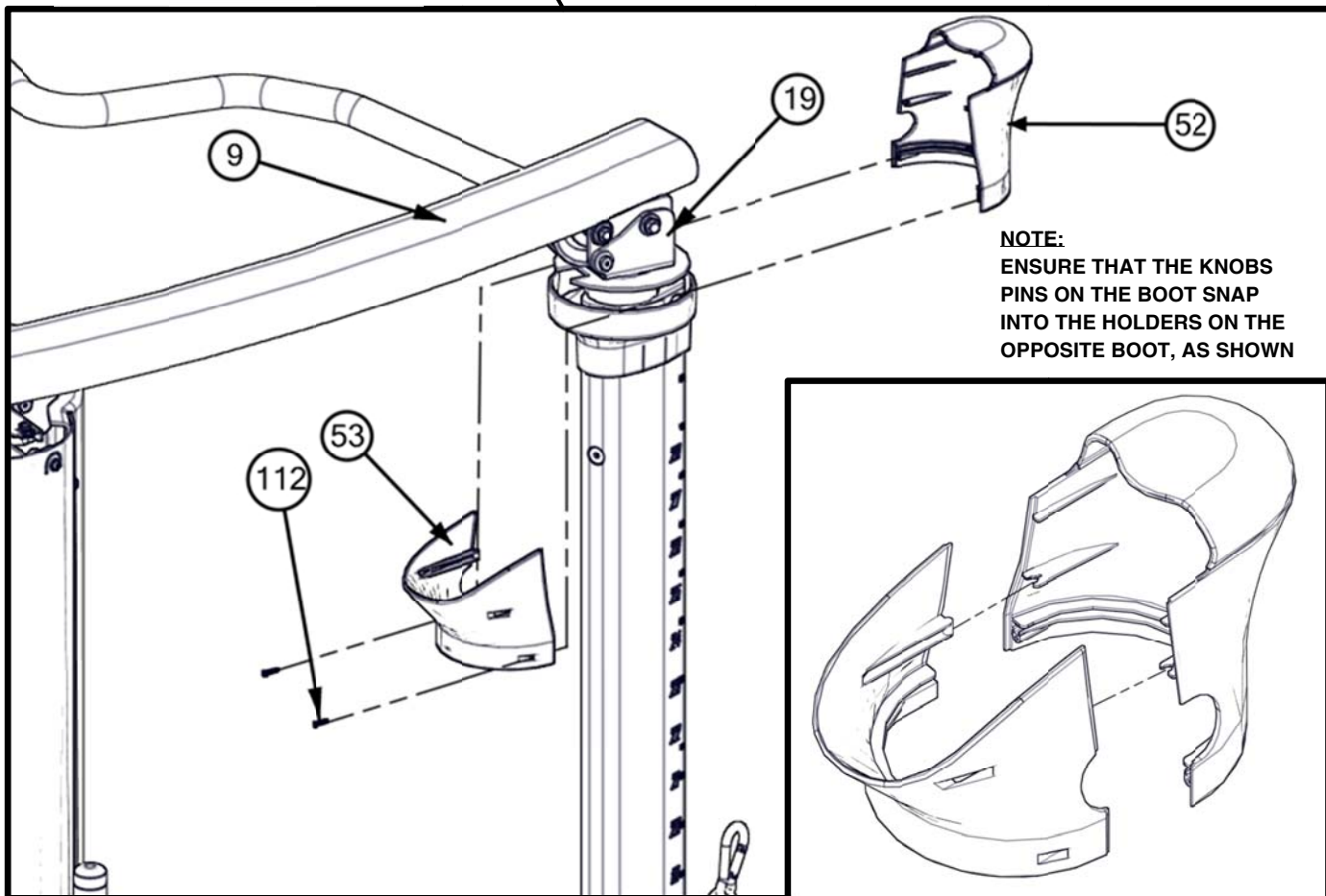
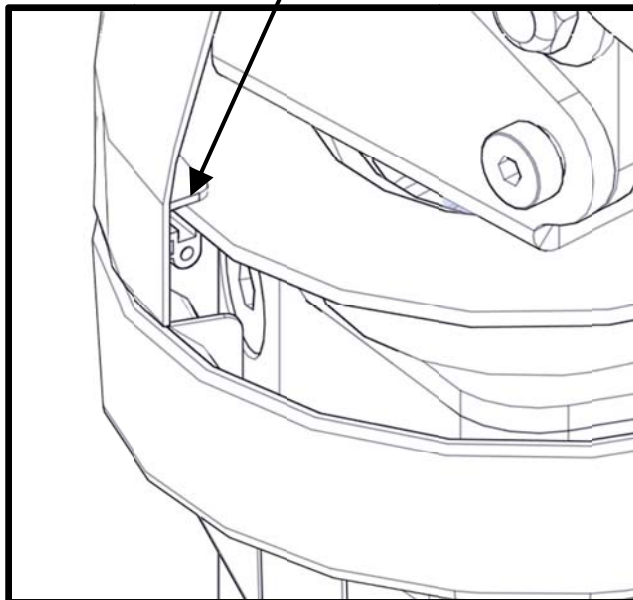
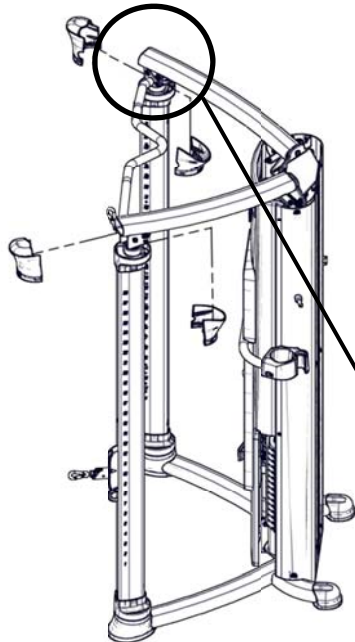
## FRAME ASSEMBLY

### NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- TIGHTEN SCREWS (112) WITH PHILLIPS HEAD SCREWDRIVER

### IMPORTANT

ENSURE THAT THE SPINDLE PLATE SLIDES BETWEEN THE TABS ON THE BOOT, AS SHOWN



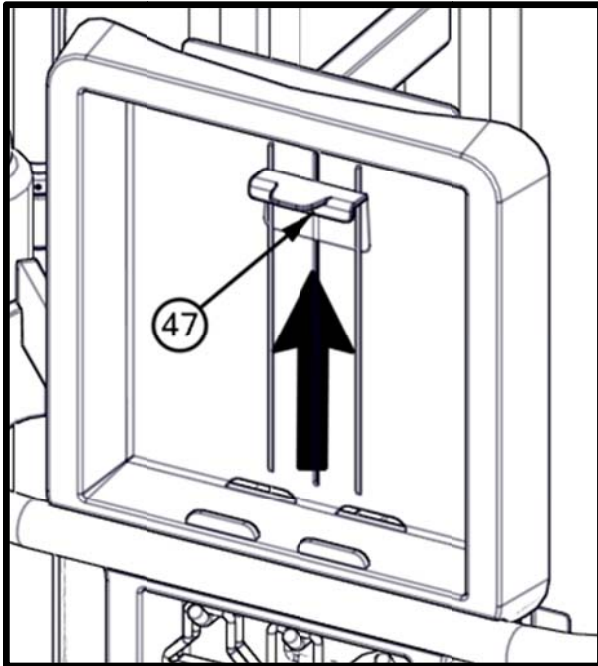
### NOTE:

ENSURE THAT THE KNOBS PINS ON THE BOOT SNAP INTO THE HOLDERS ON THE OPPOSITE BOOT, AS SHOWN

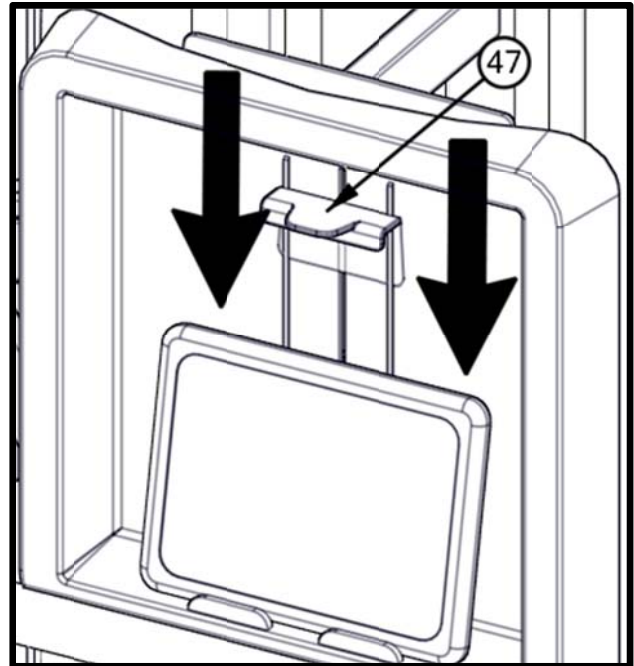


# OWNER'S MANUAL

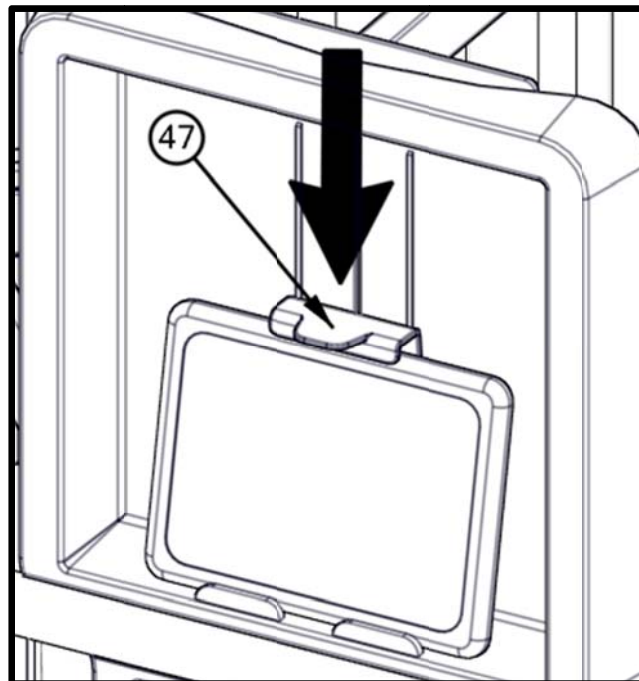
## TABLET/ PHONE MOUNT ASSEMBLY



**STEP 1: LIFT CATCH**



**STEP 2: INSERT TABLET  
OR PHONE**

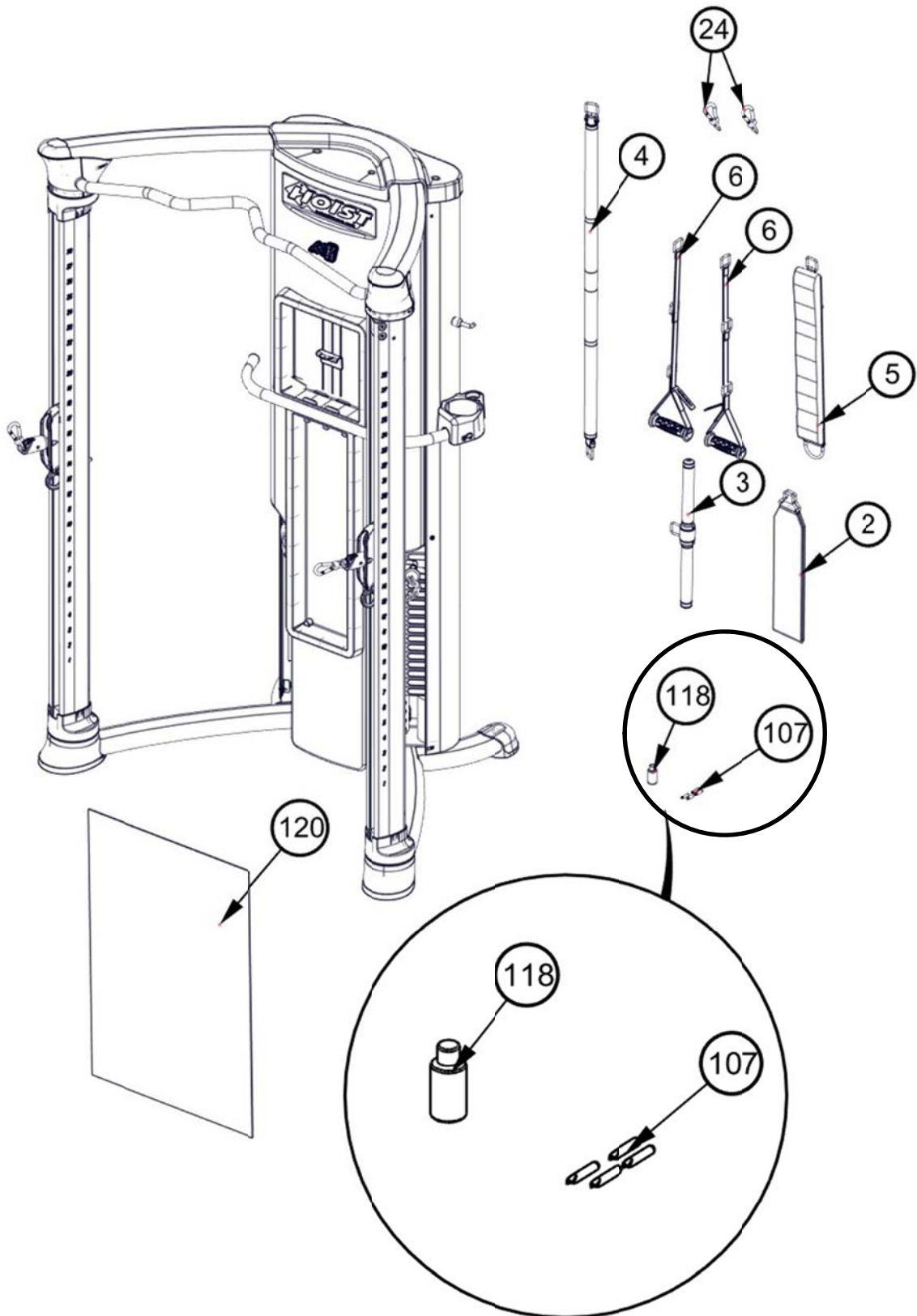


**STEP 3: PULL DOWN THE CATCH**



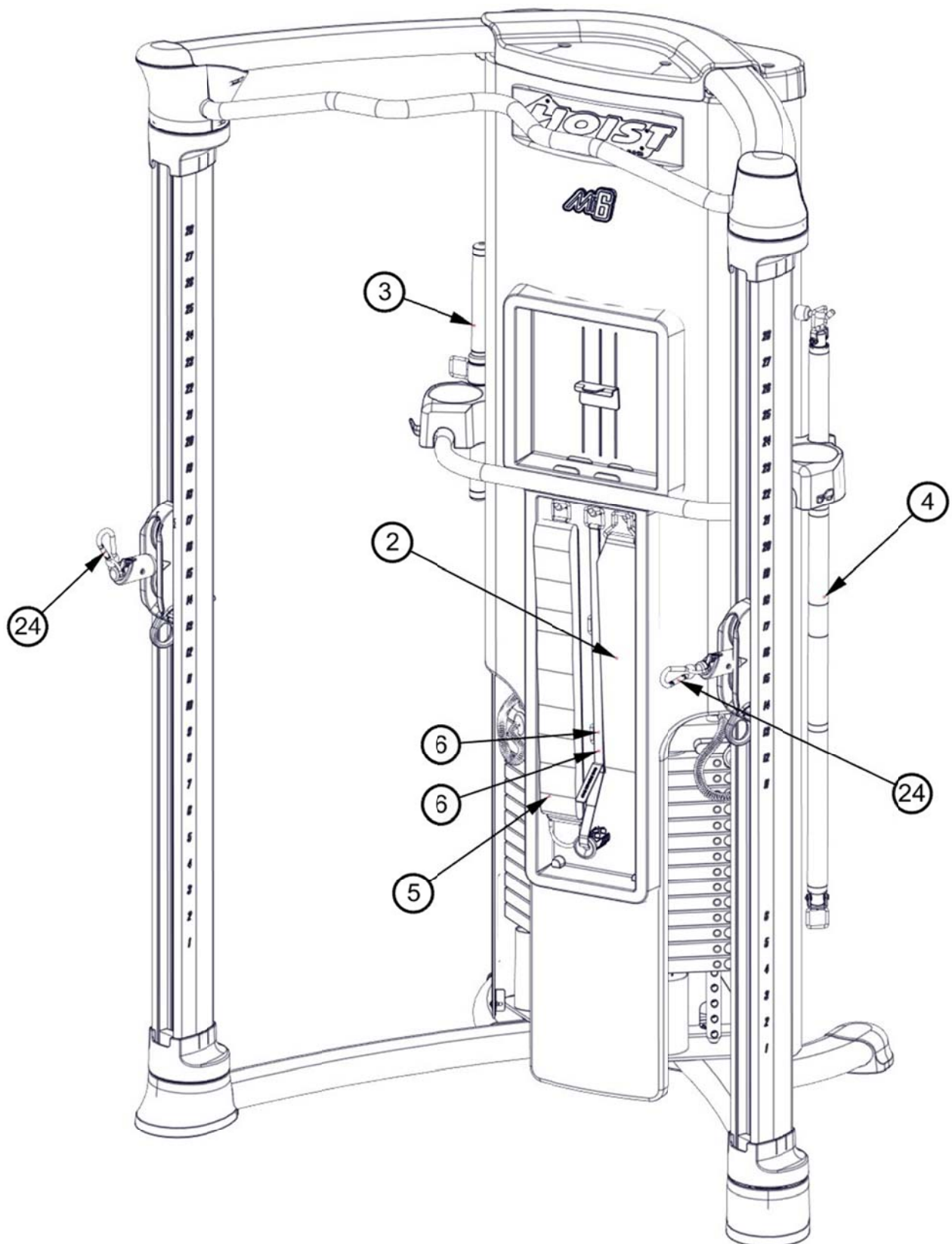
# OWNER'S MANUAL

## ACCESSORIES



# OWNER'S MANUAL

## ACCESSORIES (ASSEMBLED)

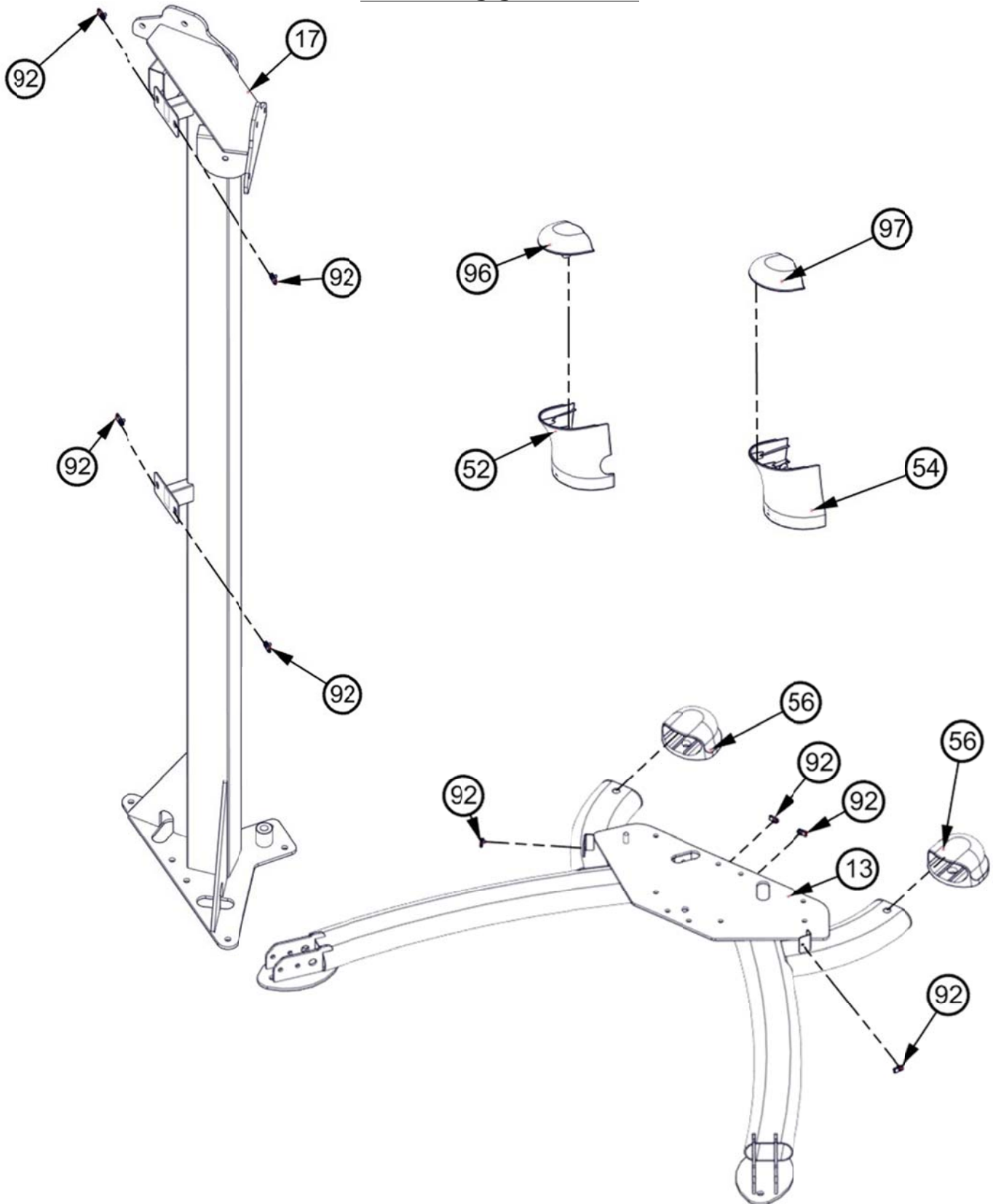


## PRE-ASSEMBLY



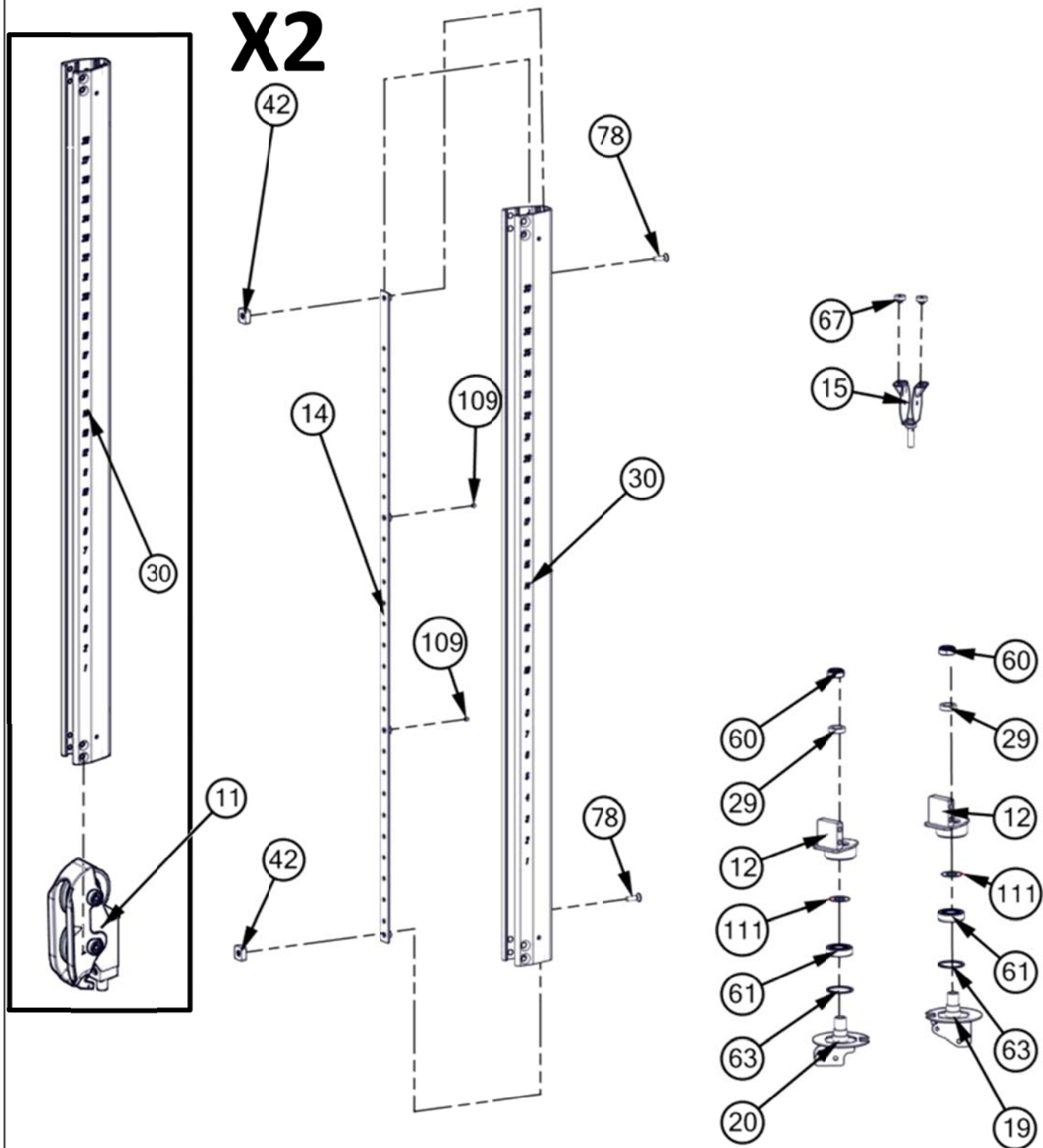
# OWNER'S MANUAL

## PRE-ASSEMBLY



# OWNER'S MANUAL

## PRE-ASSEMBLY CONTINUED





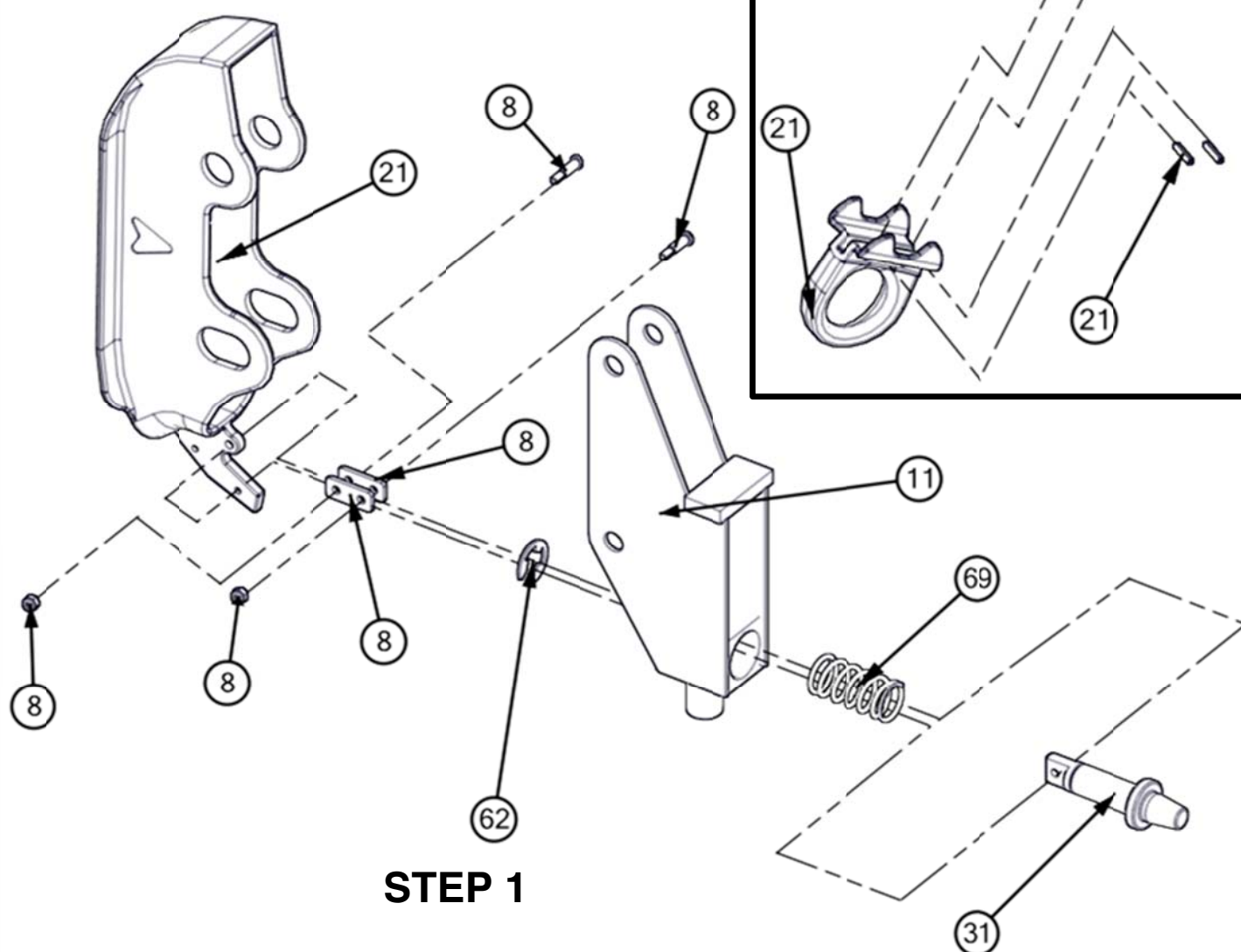
# OWNER'S MANUAL

## PRE-ASSEMBLY CONTINUED

# X2

### STEP 2

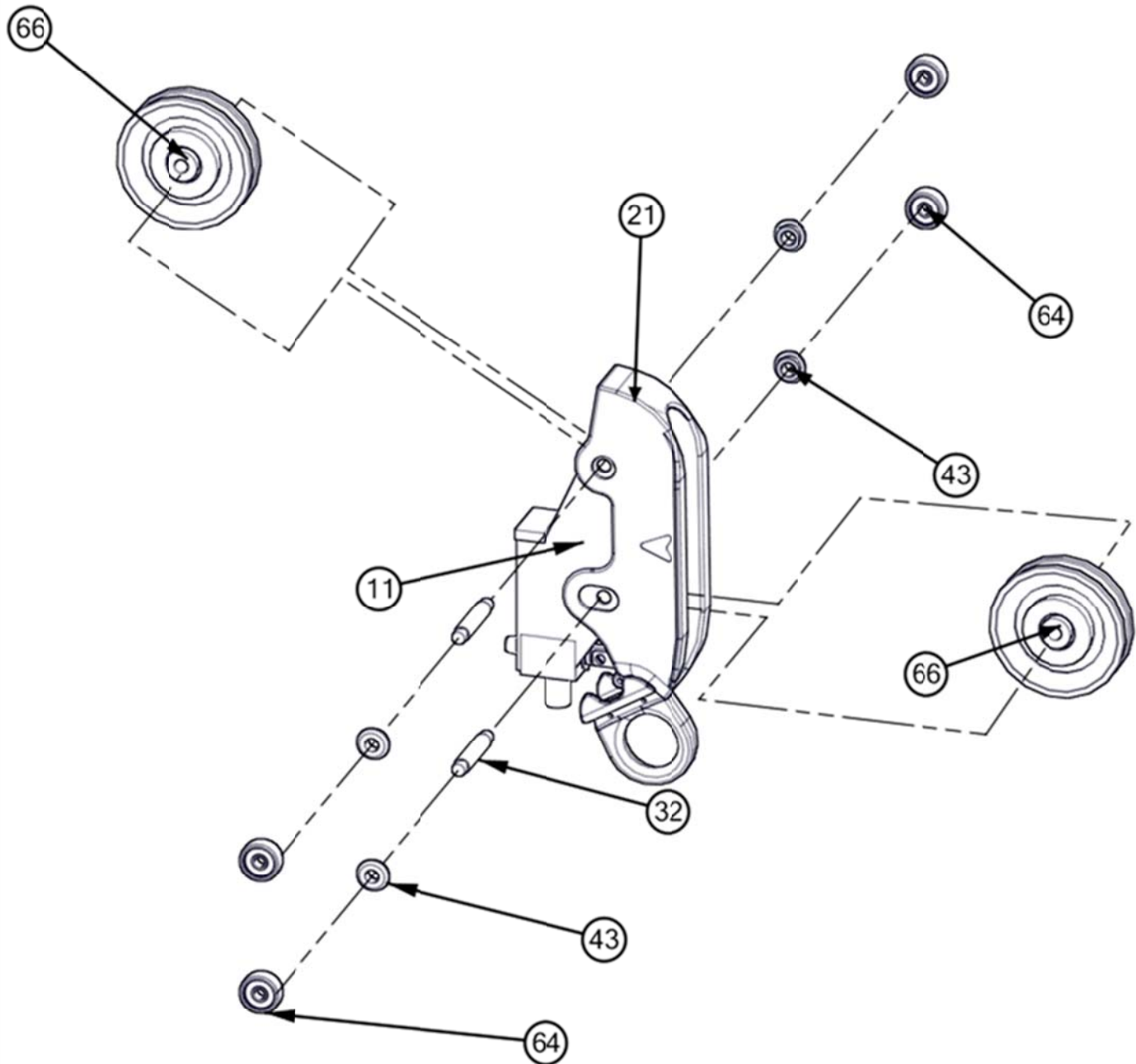
SEE PAGE 51 FOR STEP 3



# OWNER'S MANUAL

## PRE-ASSEMBLY CONTINUED

**X2**



### STEP 3

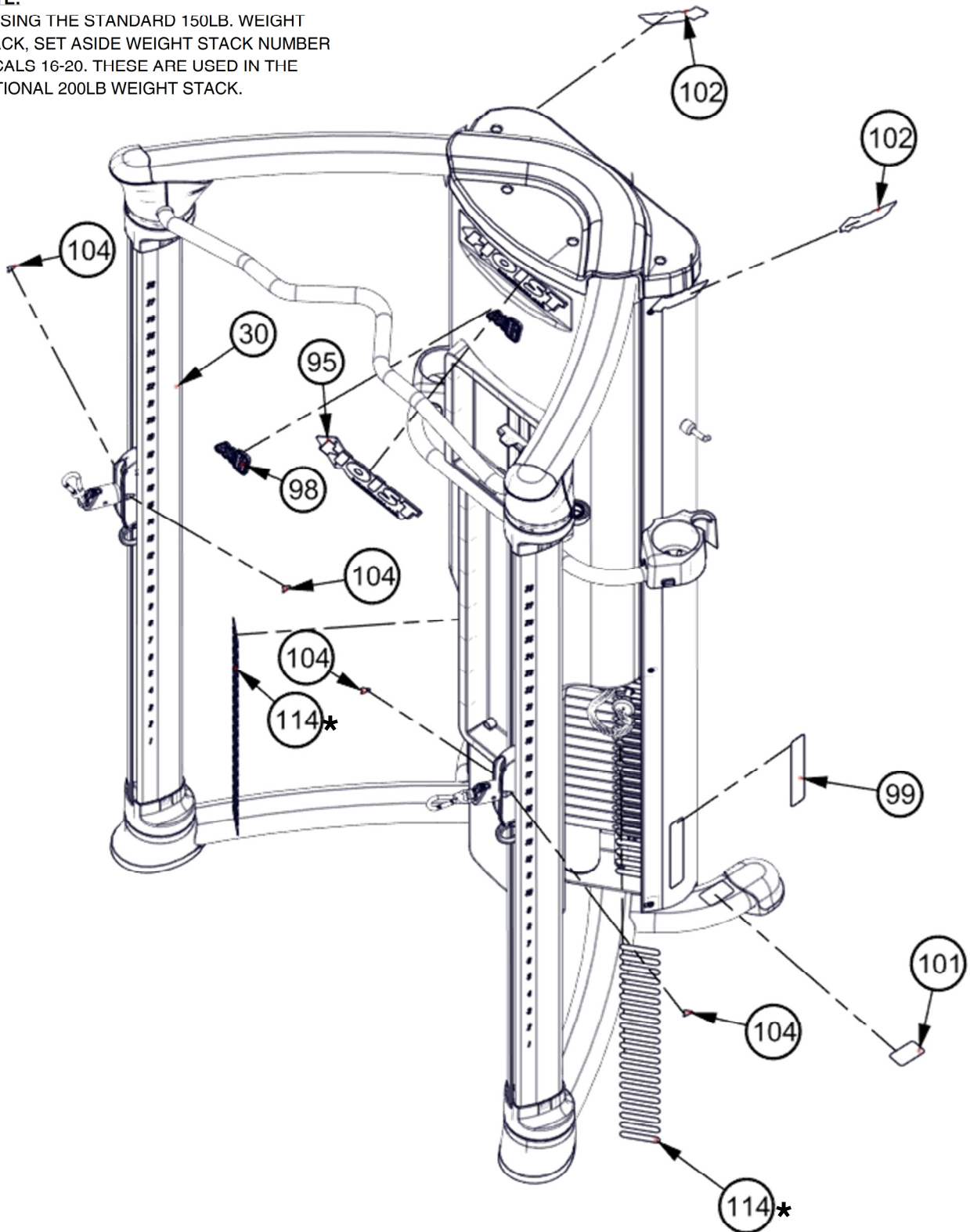
**FIRST COMPLETE STEP 1 AND STEP 2 ON PAGE 50**

# OWNER'S MANUAL

## DECAL PLACEMENT

**\* NOTE:**

IF USING THE STANDARD 150LB. WEIGHT STACK, SET ASIDE WEIGHT STACK NUMBER DECALS 16-20. THESE ARE USED IN THE OPTIONAL 200LB WEIGHT STACK.



# 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 |                  |

021-0003965

**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.

021-000313 (Rev. 17)

021-0003965

| NOTICE                                                                         |  | COMMERCIAL MAINTENANCE |        |         |          |        |
|--------------------------------------------------------------------------------|--|------------------------|--------|---------|----------|--------|
|                                                                                |  | Daily                  | Weekly | Monthly | 2 Months | 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, Turbine Bushings, Linear Bearing                      |  |                        |        | X       |          |        |
| Clean & Wax: All Glossy Finishes                                               |  |                        |        | X       |          |        |
| Repack with Grease Linear Bearings                                             |  |                        |        | X       |          |        |
| Replace: Cables, Belts and Connecting Parts.                                   |  |                        |        |         |          | X      |

021-0003965 (Rev. 17)

021-0003008



# OWNER'S MANUAL

## DECAL REFERENCE CONTINUED



021-0018030



021-0003230



SERIAL # DECAL



021-0003948



021-0003949



# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION                                                       | QTY. |
|----------|-------------|-------------------------------------------------------------------|------|
| 1        | 010-01C0441 | CABLE ASSY. 312 - 7/16" LG.                                       | 2    |
| 2        | 026-01X6689 | CHIN ASSIST STRAP 4" WIDE                                         | 1    |
| 3        | 026-01X7112 | ALUMINUM CURL BAR ASSEMBLY                                        | 1    |
| 4        | 026-01X7110 | ALUMINUM STRAIGHT BAR ASSEMBLY                                    | 1    |
| 5        | 026-01X6020 | FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY          | 1    |
| 6        | 026-01X7113 | STRAP HANDLE WITH (3) SQUARE RINGS                                | 2    |
| 7        | 026-01X5186 | LEVELING FOOT (M16X2.0)                                           | 1    |
| 8        | 026-01X5630 | CHAIN LINK REPLACEMENT                                            | 2    |
| 9        | 026-01X6789 | TOP FRAME-1                                                       | 1    |
| 10       | 026-01X6790 | TOP FRAME-2                                                       | 1    |
| 11       | 026-01X7090 | PULLEY CARRIAGE                                                   | 2    |
| 12       | 026-01X7091 | COLUMN MOUNT                                                      | 4    |
| 13       | 026-01X6787 | Mi-6 BASE FRAME                                                   | 1    |
| 14       | 026-01X7093 | INDEXING PLATE                                                    | 2    |
| 15       | 026-01X7094 | ADJUSTABLE PULLEY MOUNT ASSEMBLY $\phi$ 3.50"                     | 2    |
| 17       | 026-01X6788 | BACKBONE                                                          | 1    |
| 18       | 026-01X6791 | CHIN-UP BAR                                                       | 1    |
| 19       | 026-01X7098 | SPINDLE MOUNT-1                                                   | 2    |
| 20       | 026-01X7099 | SPINDLE MOUNT-2                                                   | 2    |
| 21       | 026-01X7100 | PULLEY COVER ASSY.                                                | 2    |
| 22       | 026-01X6792 | STABILIZATION HANDLE                                              | 1    |
| 23       | 026-01X6793 | SHIELD-2                                                          | 1    |
| 24       | 026-01X7108 | CARABINER ADAPTOR                                                 | 2    |
| 25       | 026-01F0483 | THREADED FLANGE                                                   | 2    |
| 26       | 026-01G0420 | GUIDE ROD: $\phi$ .7500" CRS X 72.6198" LG.                       | 4    |
| 27       | 026-01M0532 | HEAVY FLANGED SPACER: $\phi$ .391" I.D. X .688" LG.               | 2    |
| 28       | 026-01M0760 | HEAVY FLANGED SPACER: $\phi$ .67 O.D. X $\phi$ .39 I.D. X .50 LG. | 4    |
| 29       | 026-01M3311 | SPACER, $\phi$ 1.5000" X .250 X 1.00" ID X .3750" LG.             | 4    |
| 30       | 026-01M3313 | COLUMN                                                            | 2    |
| 31       | 026-01M3314 | PULL PIN: SHORT TAPERED END $\phi$ .5000"                         | 2    |
| 32       | 026-01M3315 | $\phi$ .375" SHAFT                                                | 4    |
| 33       | 026-01M3321 | SPACER, $\phi$ .55" X .39" ID X 1.55" LG                          | 4    |
| 34       | 026-01M3322 | SPACER, $\phi$ .55" X .39" ID X 1.94" LG                          | 2    |
| 35       | 026-01M3327 | HEAVY FLANGED SPACER: $\phi$ .391" I.D. X .688" LG.               | 2    |

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER     | DESCRIPTION                                                                                                      | QTY. |
|----------|-----------------|------------------------------------------------------------------------------------------------------------------|------|
| 36       | 026-01M3328     | Ø.375" CRS HANGER                                                                                                | 1    |
| 37       | 026-01P4781     | SHIELD-3                                                                                                         | 1    |
| 38       | 026-01PL0235-36 | OPEN END GRIP: Ø1.188" X 8.25" LG.                                                                               | 2    |
| 39       | 026-01PL0369    | WEIGHT STAND OFF                                                                                                 | 4    |
| 40       | 026-01PL2510    | ELLIPTICAL RUBBER FOOT W/ FRONT LIP & TAPE                                                                       | 2    |
| 41       | 026-01PL2614    | BOOT-3                                                                                                           | 2    |
| 42       | 026-01PL2615    | BUMPER                                                                                                           | 4    |
| 43       | 026-01PL2617    | FLANGED SPACER                                                                                                   | 8    |
| 44       | 026-01PL2825    | TOP CAP                                                                                                          | 1    |
| 45       | 026-01PL2824    | SHIELD-1                                                                                                         | 1    |
| 46       | 026-01PL2628    | COLUMN SLEEVE                                                                                                    | 4    |
| 47       | 026-01PL2631    | CATCH                                                                                                            | 1    |
| 48       | 026-01PL2632    | PANEL-1                                                                                                          | 1    |
| 49       | 026-01PL2634    | CUP / BAR HOLDER-1                                                                                               | 1    |
| 50       | 026-01PL2635    | CUP / BAR HOLDER-2                                                                                               | 1    |
| 51       | 026-01PL2636    | CATCH RETAINER                                                                                                   | 1    |
| 52       | 026-01PL2644    | BOOT 2-1                                                                                                         | 1    |
| 53       | 026-01PL2645    | BOOT 2-2                                                                                                         | 1    |
| 54       | 026-01PL2646    | BOOT 1-1                                                                                                         | 1    |
| 55       | 026-01PL2647    | BOOT 1-2                                                                                                         | 1    |
| 56       | 026-01PL2641    | FOOTCAP, 1.9685" X 3.9370" F.O.                                                                                  | 2    |
| 57       | 011-0711001     | SET SCREW: 1/4"-28 X .25" LG. (Ni)                                                                               | 1    |
| 58       | 012-0503001     | 1/2"-13 FLANGED NUT (Ni)                                                                                         | 4    |
| 59       | 012-0504009     | 16M X 2.0 FLANGED NUT (Ni)                                                                                       | 1    |
| 60       | 012-0504017     | 1"-8 Thin Nylock Nut (Ni)                                                                                        | 4    |
| 61       | 014-0012025     | BALL BEARING: SELF ALIGNING, Ø30mm I.D. X Ø62mm O.D. X 16mm                                                      | 4    |
| 62       | 014-0015040     | Retaining Ring, E clip, 1/2"                                                                                     | 2    |
| 63       | 014-0015041     | Internal Retaining Ring, 2.44"                                                                                   | 4    |
| 64       | 014-0012024     | BEARING: 608-2RS BEARING (8mm BORE) with 1.00" OD PVC outer ring<br>608-2RS Bearing with 1.00" OD PVC outer ring | 8    |
| 65       | 018-0001001     | PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS                                                                         | 4    |
| 66       | 018-0001002     | CABLE PULLEY: Ø3.50"                                                                                             | 12   |
| 67       | 019-0001001     | PLUG BUMPER                                                                                                      | 4    |
| 68       | 019-0001006     | THICK RUBBER DONUT Ø3.00" X .50" BLACK                                                                           | 4    |
| 69       | 020-0011018     | Compression Spring                                                                                               | 2    |
| 70       | 013-1002014     | 3/8" FENDER WASHER (BZ)                                                                                          | 4    |

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER    | DESCRIPTION                                             | QTY. |
|----------|----------------|---------------------------------------------------------|------|
| 71       | 013-1002011    | #10 FLAT WASHER (Ni)                                    | 18   |
| 72       | 013-1002010    | 5/16" SAE FLAT WASHER (Ni)                              | 8    |
| 73       | 013-1002007    | 3/8" X 22mm FLAT WASHER (Ni)                            | 70   |
| 74       | 011-0101230    | M3-.5 X 10mm FHB (BZ)                                   | 4    |
| 75       | 011-0701113    | #10-32UNC x .75 BHCS (Ni)                               | 18   |
| 76       | 011-0701002    | 5/16"-18UNC X .75" BHCS (Ni)                            | 4    |
| 77       | 011-0701021    | 3/8"-16UNC X 1.25" BHCS (Ni)                            | 6    |
| 78       | 011-0702021    | 3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH              | 4    |
| 79       | 011-0702024    | 1/2"-13UNC X 1.00" FHS (Ni)                             | 16   |
| 80       | 011-0116142    | 3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)                   | 14   |
| 82       | 011-0116145    | 3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)                   | 8    |
| 83       | 011-0116149    | 3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)                   | 2    |
| 84       | 011-0116150    | 3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)                   | 4    |
| 85       | 011-0702003    | 3/8"-16UNC X 1.00" FHCS (Ni)                            | 2    |
| 86       | 011-0702011    | 3/8"-16UNC X 3.00" FHCS (Ni)                            | 2    |
| 87       | 011-0702013    | 3/8"-16UNC X 3.50" FHCS (Ni)                            | 2    |
| 88       | 013-1010007    | #10 INTERNAL LOCK WASHER (Ni)                           | 18   |
| 89       | 013-1010003    | 5/16" INTERNAL LOCK WASHER (Ni)                         | 8    |
| 90       | 013-1006003    | 3/8" SPLIT LOCK WASHER (Ni)                             | 12   |
| 91       | 012-0504016    | M3 THIN NYLOCK NUT (BZ)                                 | 4    |
| 92       | 012-0609007    | CLIP ON NUT, 10-32                                      | 18   |
| 93       | 012-0504005    | 3/8"-16 UNC THIN NYLOCK NUT (Ni)                        | 32   |
| 94       | 020-0011019    | TABLET MOUNT SPRING, .34" OD X 4.5" LG, WIRE DIA. .025" | 1    |
| 95       | 021-0018030    | BADGE, HOISTFITNESS.COM, 12.8982"                       | 1    |
| 96       | 026-01PL2642   | BOOT LEFT                                               | 1    |
| 97       | 026-01PL2643   | BOOT RIGHT                                              | 1    |
| 98       | 021-0003948    | EMBLEM, Mi6                                             | 1    |
| 99       | 021-0003135    | DECAL WARNING 1.50" X 6.69"                             | 1    |
| 100      | 021-0003008    | DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69                | 1    |
| 101      | SERIAL # DECAL | DECAL HOIST SERIAL # 1.63" X 2.63"                      | 1    |
| 102      | 021-0003230    | DECAL HOIST 1.625" X 6.0613"                            | 2    |

# OWNER'S MANUAL

## **PART LIST CONTINUED**

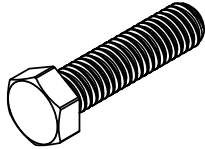
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER  | DESCRIPTION                                          | QTY. |
|----------|--------------|------------------------------------------------------|------|
| 104      | 021-0003949  | COLUMN ARROW DECAL                                   | 4    |
| 107      | 002-0001013  | 1cc of Synthetic Multi-Purpose Grease (PTFE)         | 4    |
| 108      | 011-0701001  | 5/16"-18UNC X .5" BHCS (Ni)                          | 4    |
| 109      | 011-0711002  | SET SCREW: 5/16UNC-18 X .25" LG. (Ni)                | 4    |
| 110      | WS#22        | 150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM) | 2    |
| 111      | 026-01P5845  | WASHER 1.88 OD x 1.00 ID x 1mm T                     | 4    |
| 112      | 011-0210001  | 4-20,Thread-Forming Screw for Plastics               | 4    |
| 114      | 021-0003965  | DECAL: WEIGHT STACK 22 (10-200 LBS.)                 | 2    |
| 118      | 002-0001036  | TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM      | 1    |
| 119      | 011-0107037  | 3/8"-16UNC X 1.25" HHB (WZ)                          | 4    |
| 120      | 021-0014035  | POSTER: Mi6                                          | 1    |
| 122      | 026-01PL2393 | Ø3.0000" X .8125" ID X.313" T SPACER                 | 4    |

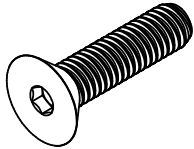
# OWNER'S MANUAL

## ABBREVIATIONS

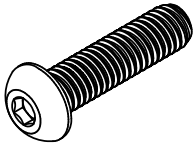
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



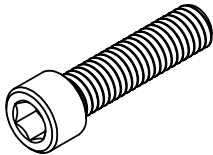
HHB = Hex Head Bolt



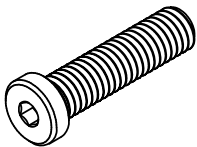
FHCS = Flat Head Cap Screw



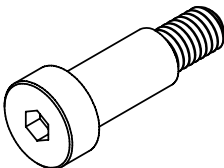
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



Low Head SHCS = Low Head Socket  
Head Cap Screw

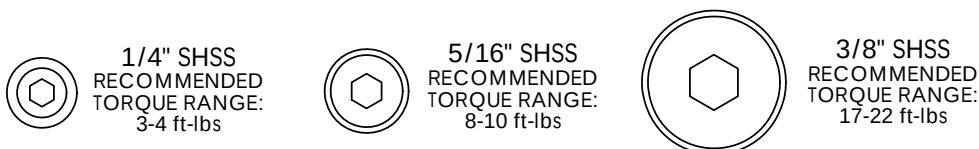
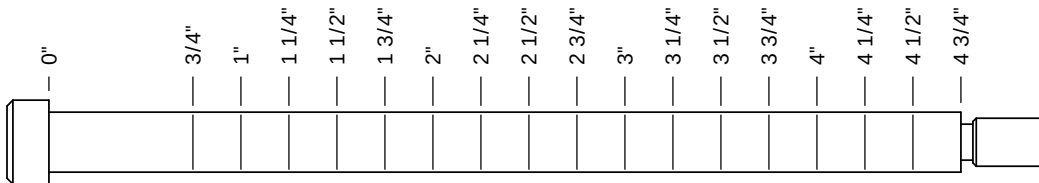
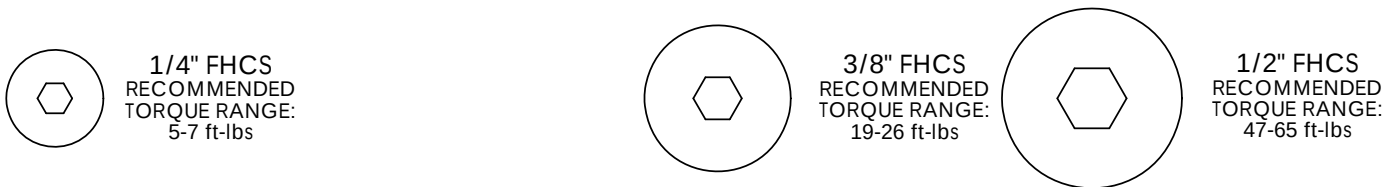
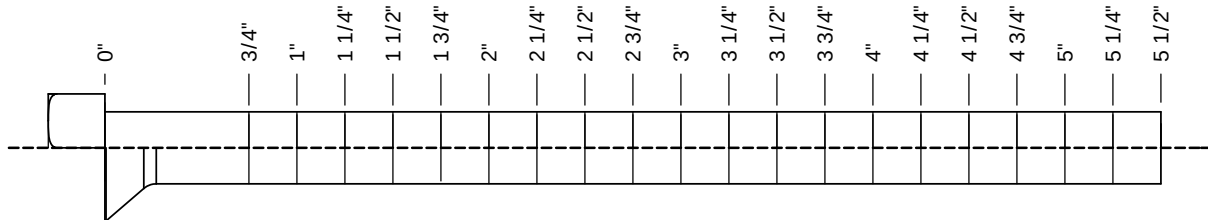
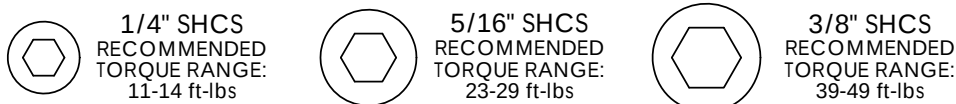
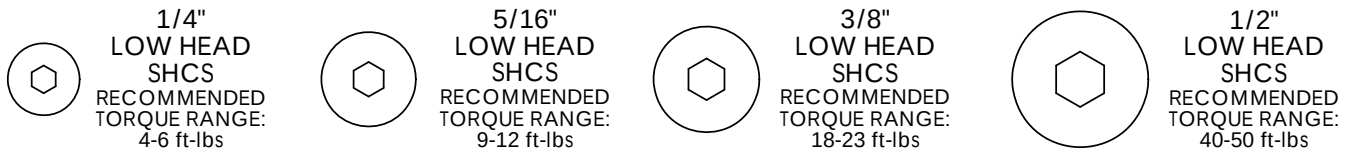
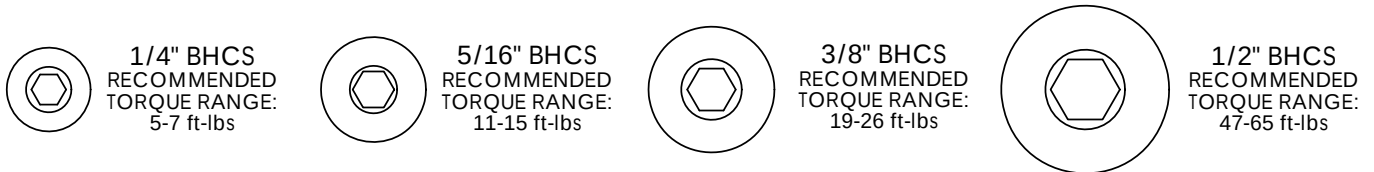
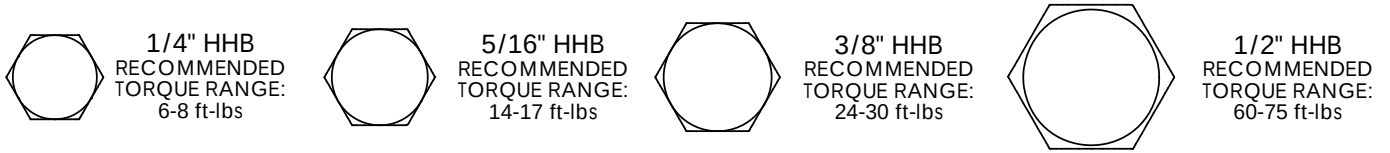


SHSS = Socket Head Shoulder Screw



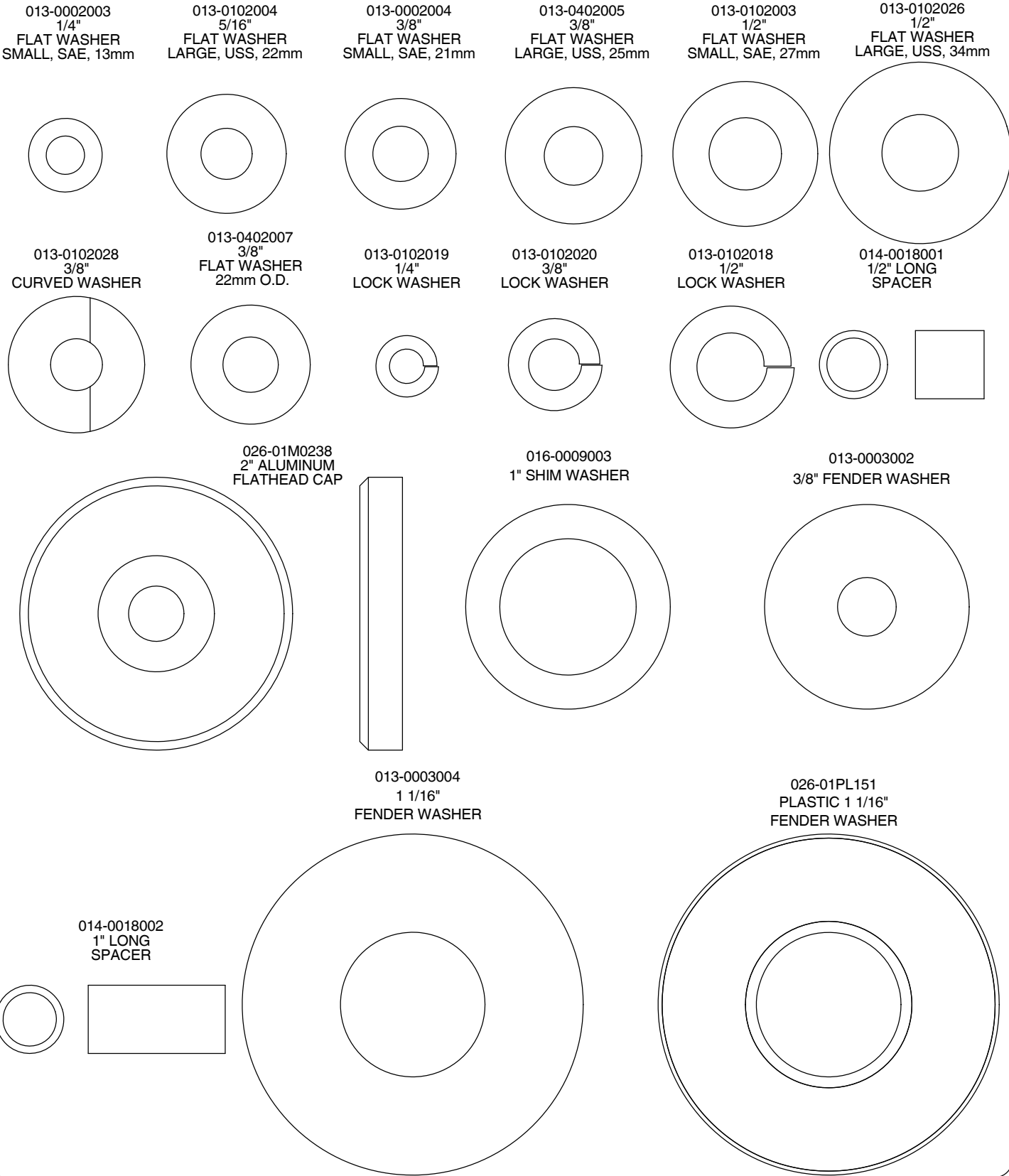
# OWNER'S MANUAL

## BOLT SIZING CHART



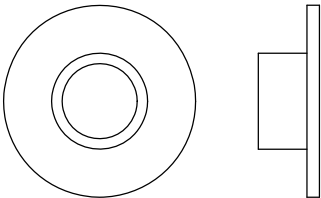
OWNER'S MANUAL

WASHER SIZING CHART

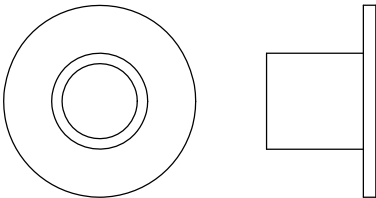


WASHER SIZING CHART  
(CONTINUED)

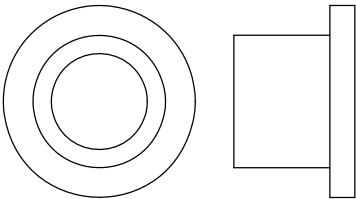
026-01M0211  
1/4" LONG  
FLANGED SPACER



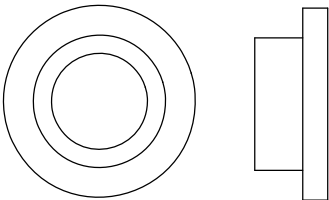
026-01M0198  
1/2" LONG  
FLANGED SPACER



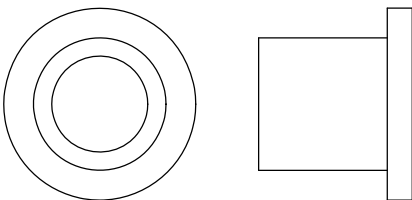
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



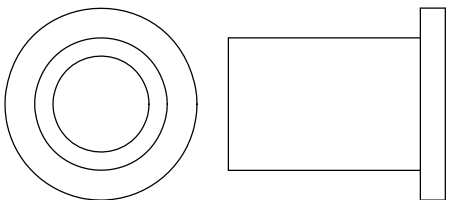
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



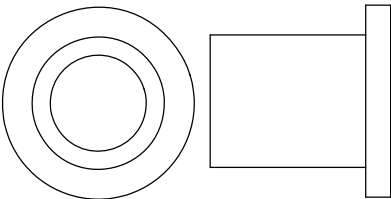
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



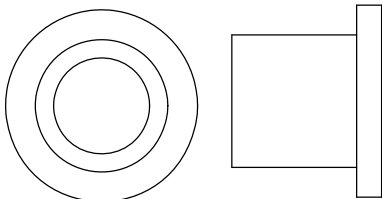
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



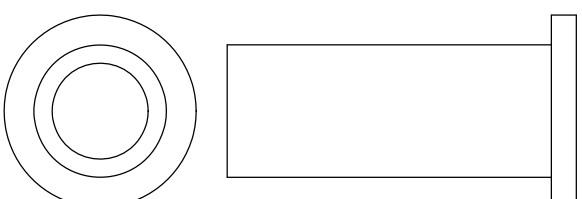
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



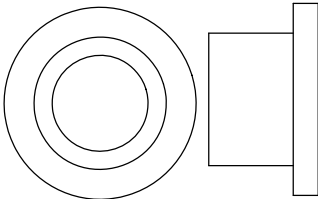
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



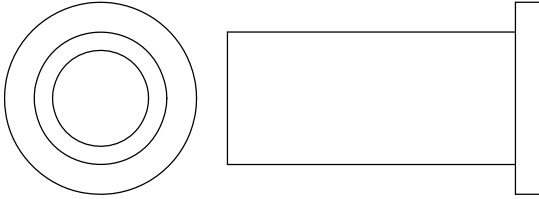
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



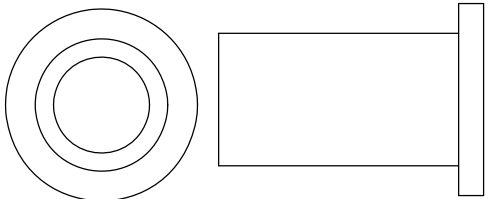
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



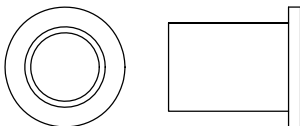
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



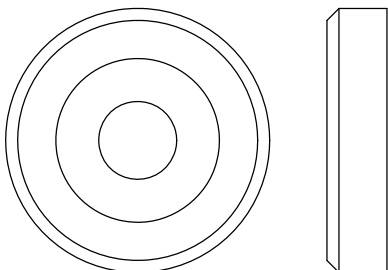
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



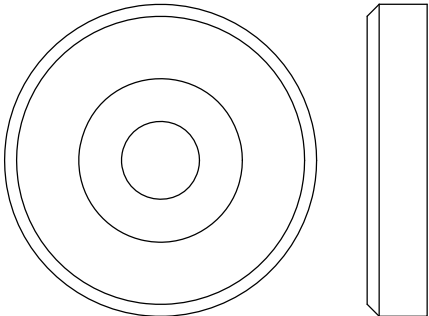
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

| ROUTINE                                                                              | COMMERCIAL /<br>LIGHT COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------------------------------------------|-------------------------------------------------|---------------------|-------------------|--|--|--|--|--|--|--|--|--|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                                           | WEEKLY              |                   |  |  |  |  |  |  |  |  |  |
| Clean;<br>Upholstery                                                                 | DAILY                                           | WEEKLY              |                   |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their<br>tension                                     | DAILY                                           | WEEKLY              |                   |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles                                              | WEEKLY                                          | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Inspect;<br>All Decals                                                               | WEEKLY                                          | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if needed                                    | WEEKLY                                          | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface                                                        | WEEKLY                                          | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                                         | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                                         | 3 MONTHS            |                   |  |  |  |  |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes                                                | 6 MONTHS                                        | YEARLY              |                   |  |  |  |  |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings                                               | 6 MONTHS                                        | YEARLY              |                   |  |  |  |  |  |  |  |  |  |
| Replace;<br>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 Mi6 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 Mi6 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.

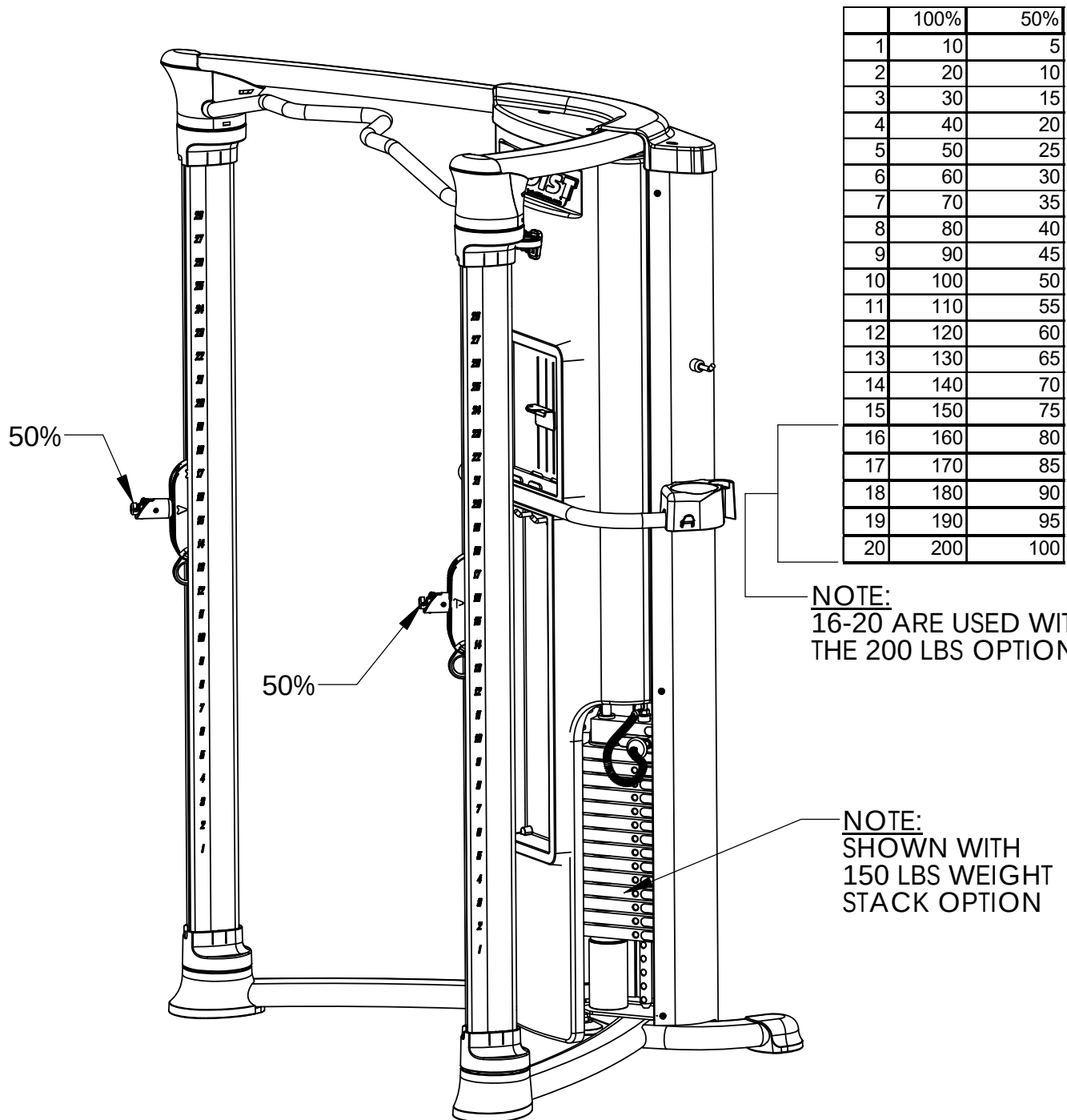
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

**Enjoy your Mi6 HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS



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](http://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  
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**PLEASE KEEP THIS FOR YOUR RECORDS**