



# FUNCTIONAL TRAINER

The HOIST® Mi7 Functional Trainer is a personal pulley gym from the new line of HOIST Fitness MiSeries home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion, five pull-up / chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym, perfect to build full body strength and improve overall fitness.

## COMMERCIAL QUALITY FEATURES

- Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip N Dip™ technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- Commercial quality components
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

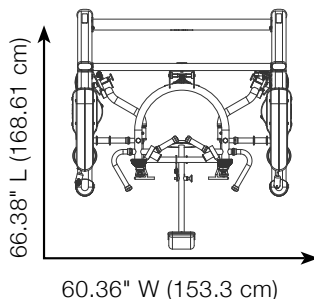
- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Wider walk-in design allows space for bench exercises
- Split Weight Cabling™ delivers 50% resistance for increased cable travel (114" with strap handles)
- Standard 150 lb (68 kg) weight stacks (quantity two) (upgradeable)

## INCLUDED ACCESSORIES

- Three Square-Ring Adjustable Strap Handles (one pair)
- Dual-Attachment Long Strap
- Padded Ankle / Thigh Strap
- Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- Ultra-Light Aluminum Curl Bar

## AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)
- Ultra-Light Aluminum Curl Bar



(\*Max user weight for Flip N Grip™ pull-up grips and Flip N Dip™ dip bars is 300 lbs)



Check out the Mi7 in action! (Visit [hoistfitness.com/scan](https://hoistfitness.com/scan) on your smart phone to download a free QR Code Scanner.)



Free HOIST Strength app provides access to dozens of exercise tutorials, workout plans and fitness training





MODEL	DESCRIPTION	LENGTH	WIDTH	HEIGHT	MACHINE WT
Mi1	Mi1 HOME GYM	58" (147.32 cm)	48" (121.92 cm)	84" (213.36 cm)	402 lbs (182.34 kg)
Mi5	Mi5 FUNCTIONAL TRAINER	51" (129.53 cm)	52.6" (133.62 cm)	83.5" (212.08 cm)	442 lbs (200.48 kg)
Mi6	Mi6 FUNCTIONAL TRAINER	37.75" (95.89 cm)	54" (137.16 cm)	83" (210.82 cm)	610.5 lbs (276.92 kg)
Mi7-PL	Mi7 FUNCTIONAL TRAINER	60.4" (153.42 cm)	83.5" (212.09 cm)	66.4" (168.66 cm)	711 lbs (322.50 kg)
Mi7-SMITH-PL	Mi7SMITH DUAL ACTION SMITH	49" (124.46 cm)	83" (210.82 cm)	82.5" (209.66 cm)	386 lbs (175.09 kg)
Mi-SMITH-ENS-PL	Mi7SMITH ENSEMBLE	92" (233.68 cm)	83" (210.82 cm)	83.5" (212.08 cm)	985 lbs (446.79 kg)