

HOIST
FITNESS



MOTIONCAGE[®]
A FUNCTIONAL TRAINING SYSTEM BY HOIST[®] FITNESS

MC/S



MOTIONCAGE® FEATURES

The MotionCage® by HOIST® Fitness offers a series of functional training system exercise stations that can be configured in several ways to best suit any facility's layout and its members' fitness needs. MotionCage (MC) and MotionCage Studio (MCS) configurations can include a Squat Rack, Renegade Station, Dual Hi-Lo Pulleys (4:1), Boxing Station, Rebounder Station, Wall Target Station and more. A sleek design and colorful finish invites gym-goers to jump on and "Start a ComMOTION".

Convenience

- Integrated User Adjustment Points
Quick and easy adjustments to accommodate varying user sizes
- Integrated Scuff Guards & Rubber Foot Protectors
Protects the machine's frame finish and facility floor
- Permanently Anchor All MC/S Products In Place
HOIST recommends that the MotionCage / Studio be bolted to the floor to maximize user safety
- Integrated Strap & Band Storage
Keeps equipment organized and reduces clutter on the gym floor
- Polyurethane Rack-Out Covers on Squat Rack
Provide protection for the Olympic Bar and frame
- Integrated Accessory Shelves
Provide padded storage for kettle-bells or medicine balls; accessory basket also available

Comfort & Durability

- Multiple Grip Options & Oversized Handles
Provide a more comfortable and secure workout
- Round Tube Frame
Provides unsurpassed strength and durability

Sleek & Appealing

- Large Radius Bends
Add beauty as well as frame rigidity
- Silent Steel® Weight Stacks
Designed to reduce noise during exercise
- Customizable Frame Color
Personalize your equipment to better fit the look of your facility at an additional charge



Check out the HOIST MotionCage in action!
(Visit hoistfitness.com/scan on your smart phone to download a free QR Code Scanner.)

MOTIONCAGE FEATURES

- 1. Accessory Storage Hooks
- 2. Rock Climbing Grip Wall
- 3. Upper & Lower Target Stations
- 4. Multi-Level Monkey Bars
- 5. Peg Board With Integrated Pull-Up Bar & Strap Points
- 6. Multi-Grip Pull-Up Station
- 7. Polyurethane Protective Covers
- 8. Automatic Ready-Loaded Renegade Receiver
- 9. Adjustable Hi-Lo Pulleys
- 10. Zero Balance Easy-To-Adjust Handles On Dip Station
- 11. Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips
- 12. Rebound Station With 8 Adjustable Angles 40° - 71°
- 13. Battle Rope Loops
- 14. Quick Attach / Detach Jump Platform & Dip Stations
- 15. Integrated Strap & Band Points
- 16. Accessory Storage Shelves
- 17. Patented 360° Heavy Bag Joint



(Package Shown: MC-7005)

[Accessories shown are NOT included]

MOTIONCAGE CONFIGURATIONS

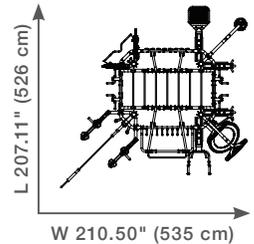
The MotionCage (MC) series offers a wide range of customization and is built on a large, rigid frame that allows for several gym-goers to exercise simultaneously. The full MotionCage(MC) series features a large walk-through center frame that allows for many gym-goers or trainers to use the MotionCage simultaneously. Each MotionCage comes standard with Monkey Bars, Integrated Pull-Up Station, Peg Board with Elevated Pull-Up Bar, Rock Wall, Dip Station, Jump Platform, Padded Accessory Shelves, Storage Hooks and Battle Rope Loops. The MotionCage offers a wide range of customizable stations and can be ordered in many unique configurations. For your convenience, HOIST offers five standard configuration packages. Each package was designed with gym owners, trainers and users in mind to fully optimize your space and equipment offerings. The versatility of the Motioncage can not be understated and is only truly limited by your imagination.

Available Exercise Station Options:

- | | | |
|---|---|---|
|  5-Grip Chin-Up Station
<small>(Option of Standard 93.14" or Tall 105.55" Stations)</small> |  Dual Hi-Lo Station (4:1) |  Renegade Station |
|  Accessory Shelves |  Heavy Bag |  Squat Rack |
|  Battle Rope Loops |  Jump Platform |  Straps & Bands |
|  Dip Station |  Rebound Station |  Target Station |

MOTIONCAGE PACKAGE 05

MC-7005



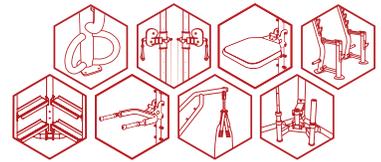
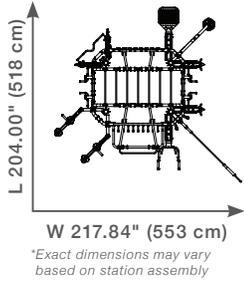
*Exact dimensions may vary based on station assembly

[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Olympic Bar shown NOT included]



MOTIONCAGE PACKAGE 04

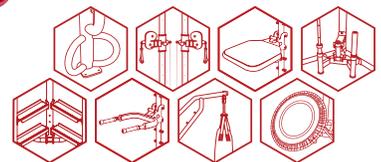
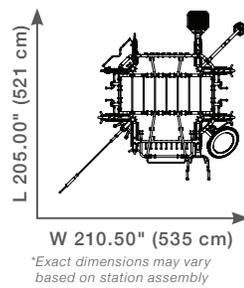
MC-7004



[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Olympic Bar shown NOT included]

MOTIONCAGE PACKAGE 03

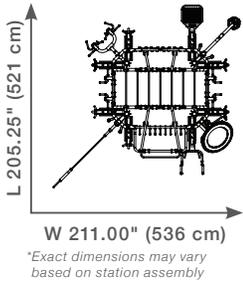
MC-7003



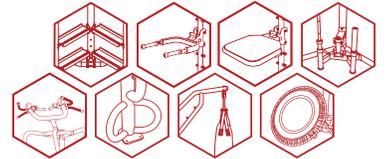
[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Olympic Bar shown NOT included]

MOTIONCAGE PACKAGE 02

MC-7002

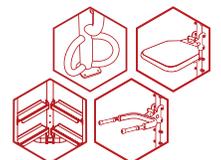
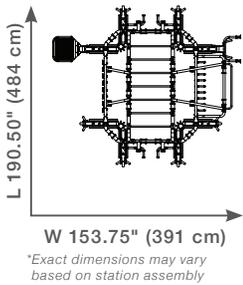


[Olympic Bar shown NOT included]
[If MC-7037 Standard Chin-Up Station is selected, package SKU is MC-7002-S]



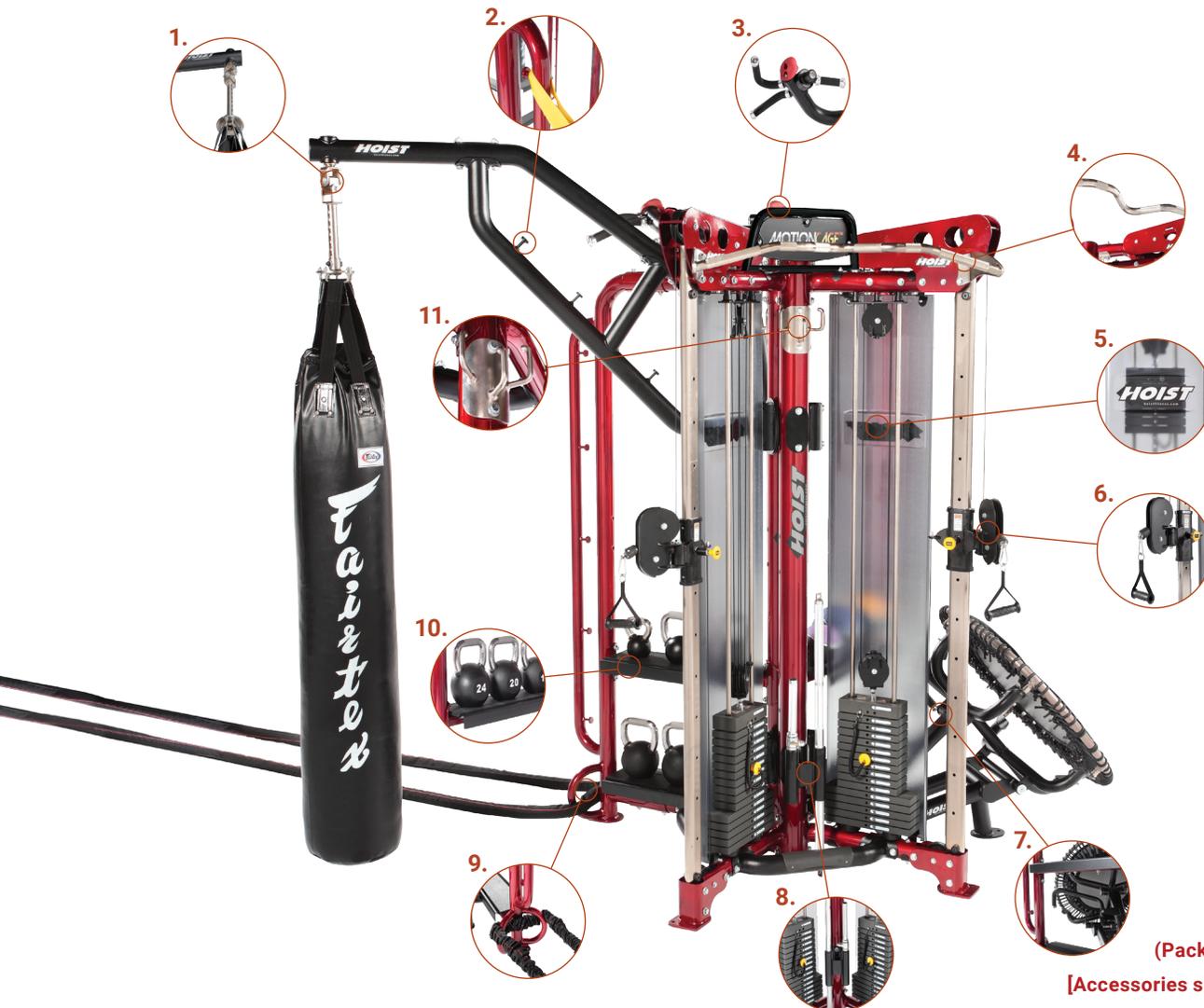
MOTIONCAGE PACKAGE 01

MC-7001



MOTIONCAGE STUDIO FEATURES

1. Patented 360° Heavy Bag Joint
2. Integrated Strap & Band Points
3. Multi-Grip Pull-Up Station
4. Dual Hi-Lo Station Pull-Up Bar
5. Semi-Transparent Weight Stack Shield
6. Adjustable Hi-Lo Pulleys
7. Rebound Station With 8 Adjustable Angles 40° - 71°
8. Hi-Lo Bar Handle Storage Tubes
9. Battle Rope Loops
10. Accessory Storage Shelves
11. Accessory Storage Hooks
12. Automatic Ready-Loaded Renegade Receiver*
13. Quick Attach / Detach Jump Platform & Dip Stations*
14. Zero Balance Easy-To-Adjust Handles On Dip Station*
15. Dip Station With Patented Flip N Dip Adjustable Handles With Wide / Narrow Grips*
16. Upper & Lower Target Stations*
17. Polyurethane Protective Covers*



*Accessory not shown

(Package Shown: MCS-7004)

[Accessories shown are NOT included]

MOTIONCAGE STUDIO CONFIGURATIONS

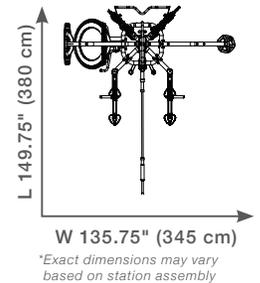
The [MCS] series MotionCage Studio is designed to be a space saver compared to its bigger brother. The MotionCage Studio can be configured using many of the same stations as the larger MotionCage while offering a much smaller footprint.

Available Exercise Station Options:

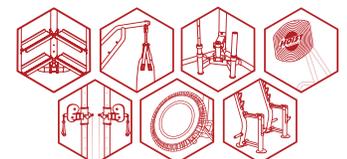
-  **5-Grip Chin-Up Station**
(Option of Standard 93.14" or Tall 105.55" Stations)
-  **Dual Hi-Lo Station (4:1)**
-  **Rebound Station**
-  **Squat Rack**
-  **Accessory Shelves**
-  **Heavy Bag**
-  **Renegade Station**
-  **Straps & Bands**
-  **Battle Rope Loops**
-  **Jump Platform**
-  **Single Hi-Lo Station (4:1)**
-  **Target Station**
-  **Dip Station**

MOTIONCAGE STUDIO PACKAGE 05

MCS-8005

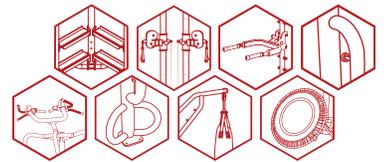
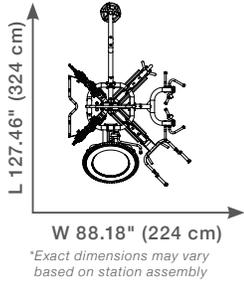


[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Olympic Bar shown NOT included]
[Shelving NOT available with this configuration]



MOTIONCAGE PACKAGE 04

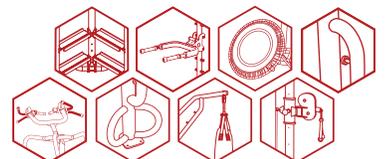
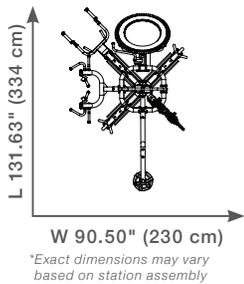
MCS-8004



[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Available with either the Dip Station (Standard) or Jump Platform (Upon Request)]

MOTIONCAGE PACKAGE 03

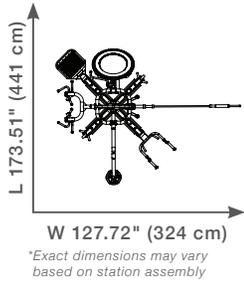
MCS-8003



[Hi-Lo Cable 2:1 Ratio Kit (MC-7028-OPT-01) available]
[Available with either the Dip Station (Standard) or Jump Platform (Upon Request)]

MOTIONCAGE STUDIO PACKAGE 02

MCS-8002

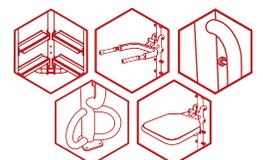
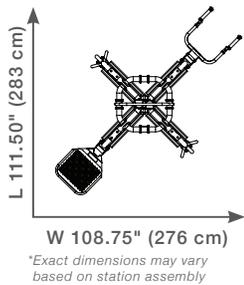


[Olympic Bar shown NOT included]



MOTIONCAGE STUDIO PACKAGE 01

MCS-8001



OPTIONAL ACCESSORIES

ROPEFLEX ROPE PULL PACKAGE
MC-ROPE-KIT / MC-7036



SUSPENSION TRAINER CROSSBAR STATION
MC-7035



THIRD ACCESSORY SHELF
MC-7032



ACCESSORY BASKET
MC-7031



STANDARD HI-LO CABLES

4:1 WEIGHT RATIO (188" CABLE TRAVEL DISTANCE)



OPTIONAL HI-LO CABLES

2:1 WEIGHT RATIO (94" CABLE TRAVEL DISTANCE)



UTILITY STOOL

CF-3950



STANDARD COLORS

..... FRAME

CANDY-APPLE
RED

PLATINUM

..... SUB-FRAME

TEXTURED
BLACK

Actual frame colors may differ from color samples shown.

PRODUCT NAME	LENGTH*	WIDTH*	HEIGHT*	PROD. WEIGHT	WEIGHT STACK
MC-7005 MOTIONCAGE PACKAGE 05	204" (519 CM)	211" (536 CM)	122" (311 CM)	2,822 Lbs. (1,280 KG)	195 Lbs. (88 KG) / EA
MC-7004 MOTIONCAGE PACKAGE 04	204" (519 CM)	218" (553 CM)	110" (279 CM)	2,565 Lbs. (1,163 KG)	195 Lbs. (88 KG) / EA
MC-7003 MOTIONCAGE PACKAGE 03	205.00" (521 CM)	210.50" (535 CM)	109.50" (278 CM)	2,687 Lbs. (1,219 KG)	195 Lbs. (88 KG) / EA
MC-7002 MOTIONCAGE PACKAGE 02	205.25" (521 CM)	211.00" (536 CM)	109.50" (278 CM)	2,359 Lbs. (1,070 KG)	N/A
MC-7001 MOTIONCAGE PACKAGE 01	190.50" (484 CM)	153.75" (391 CM)	105.76" (269 CM)	2,006 Lbs. (910 KG)	N/A
MCS-8005 MOTIONCAGE STUDIO PACKAGE 05	149.75" (380 CM)	135.75" (345 CM)	122.50" (311 CM)	1,643 Lbs. (745 KG)	195 Lbs. (88 KG) / EA
MCS-8004 MOTIONCAGE STUDIO PACKAGE 04	127.46" (324 CM)	88.18" (224 CM)	109.50" (278 CM)	1,581 Lbs. (717 KG)	195 Lbs. (88 KG) / EA
MCS-8003 MOTIONCAGE STUDIO PACKAGE 03	131.63" (334 CM)	90.50" (230 CM)	109.75" (279 CM)	1,361 Lbs. (618 KG)	195 Lbs. (88 KG) / EA
MCS-8002 MOTIONCAGE STUDIO PACKAGE 02	173.51" (441 CM)	127.72" (324 CM)	109.75" (279 CM)	1,266 Lbs. (574 KG)	N/A
MCS-8001 MOTIONCAGE STUDIO PACKAGE 01	111.50" (283 CM)	108.75" (276 CM)	109.21" (277 CM)	913 Lbs. (414 KG)	N/A

*Dimensions will vary depending on configuration



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.

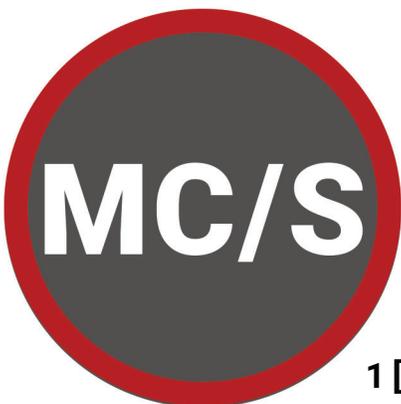
TRADEMARKS AND PATENTS

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™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, 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, 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

† Other Patents Pending



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