

Инструкция

Силовой комплекс Hoist HV-3-ELITE

Полезные ссылки:

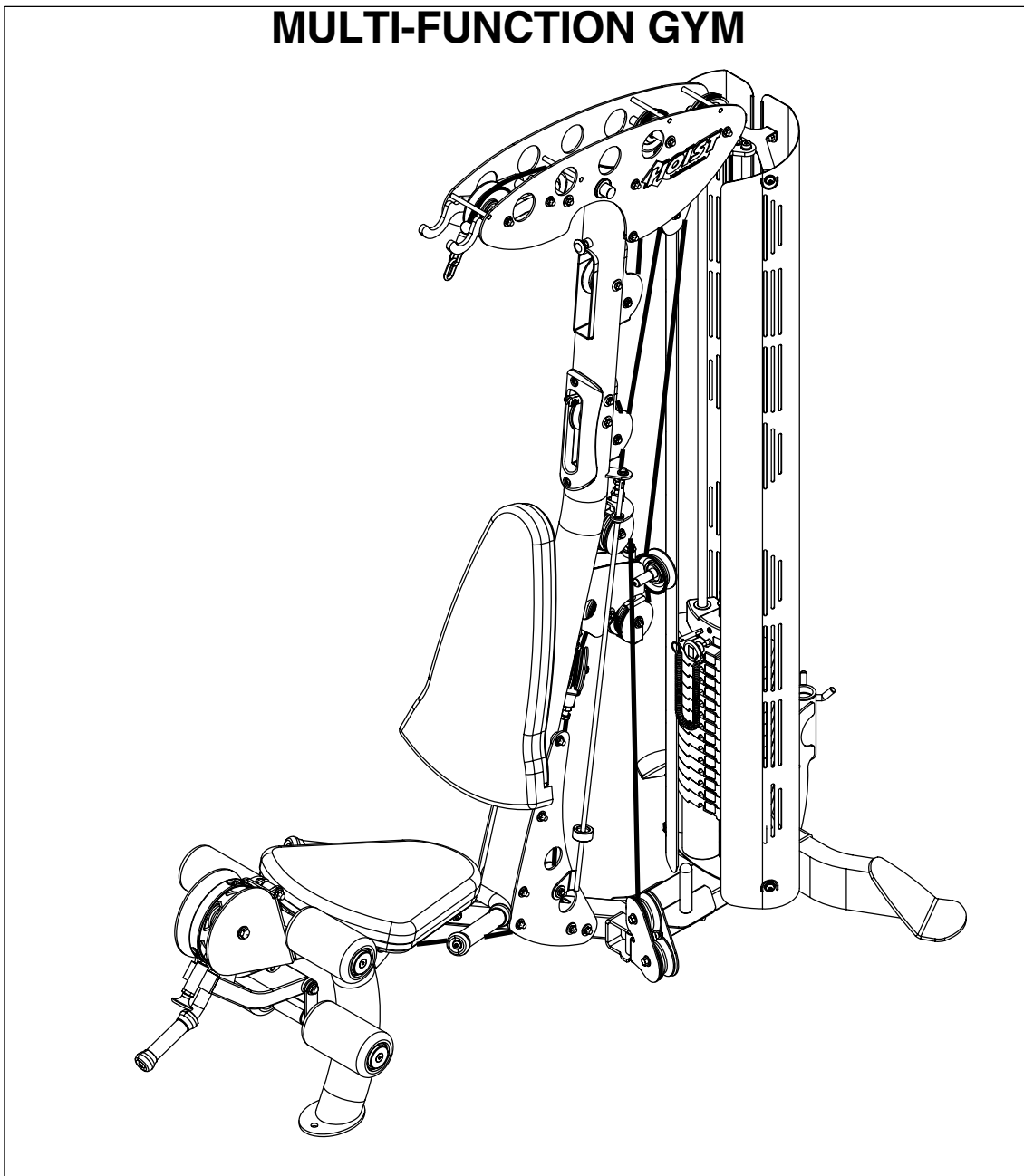
[Силовой комплекс Hoist HV-3-ELITE - смотреть на сайте](#)

[Силовой комплекс Hoist HV-3-ELITE - читать отзывы](#)

OWNER'S MANUAL

HIOIST

V-ELITE MULTI-FUNCTION GYM



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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

Hex Key Wrench Set

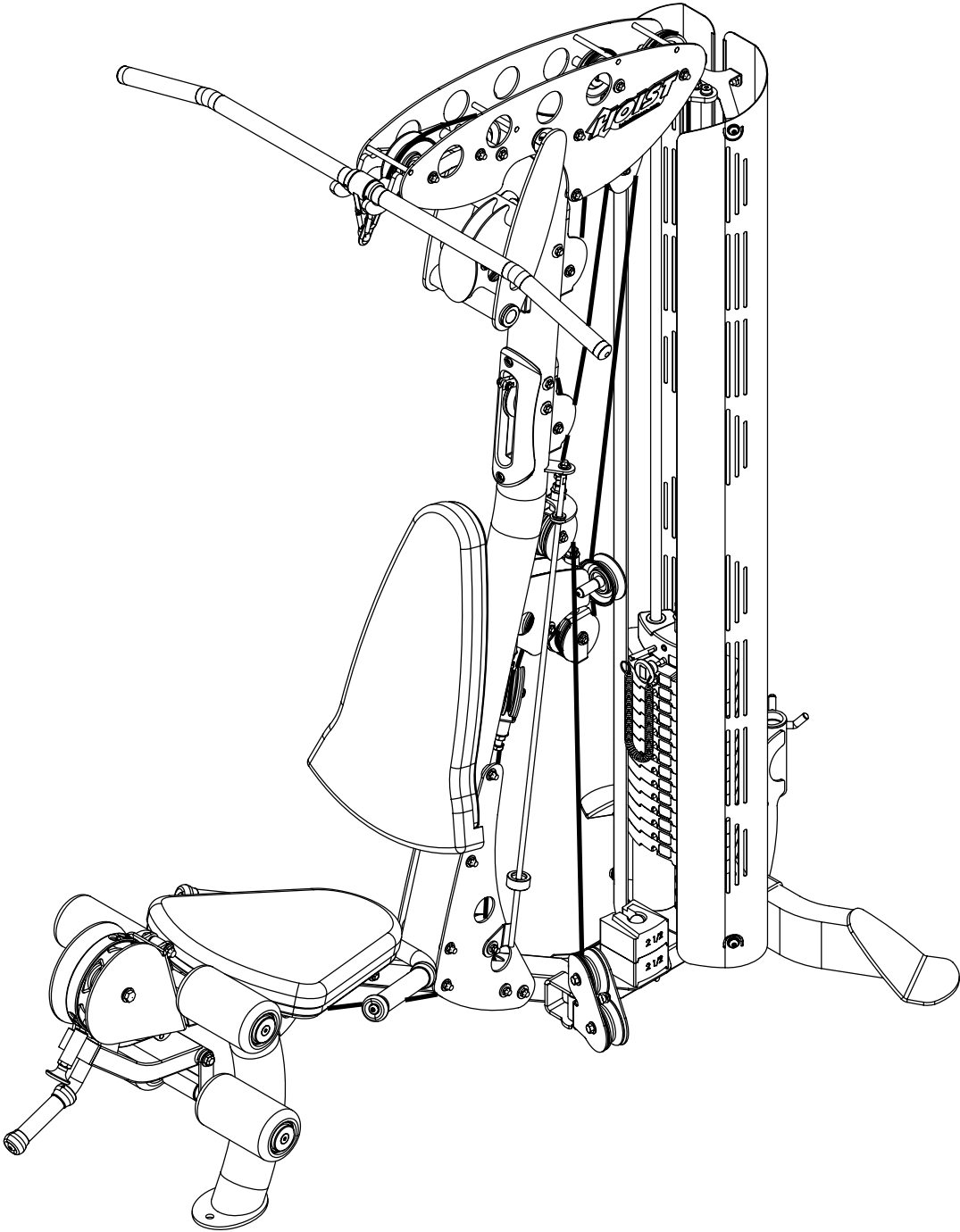
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

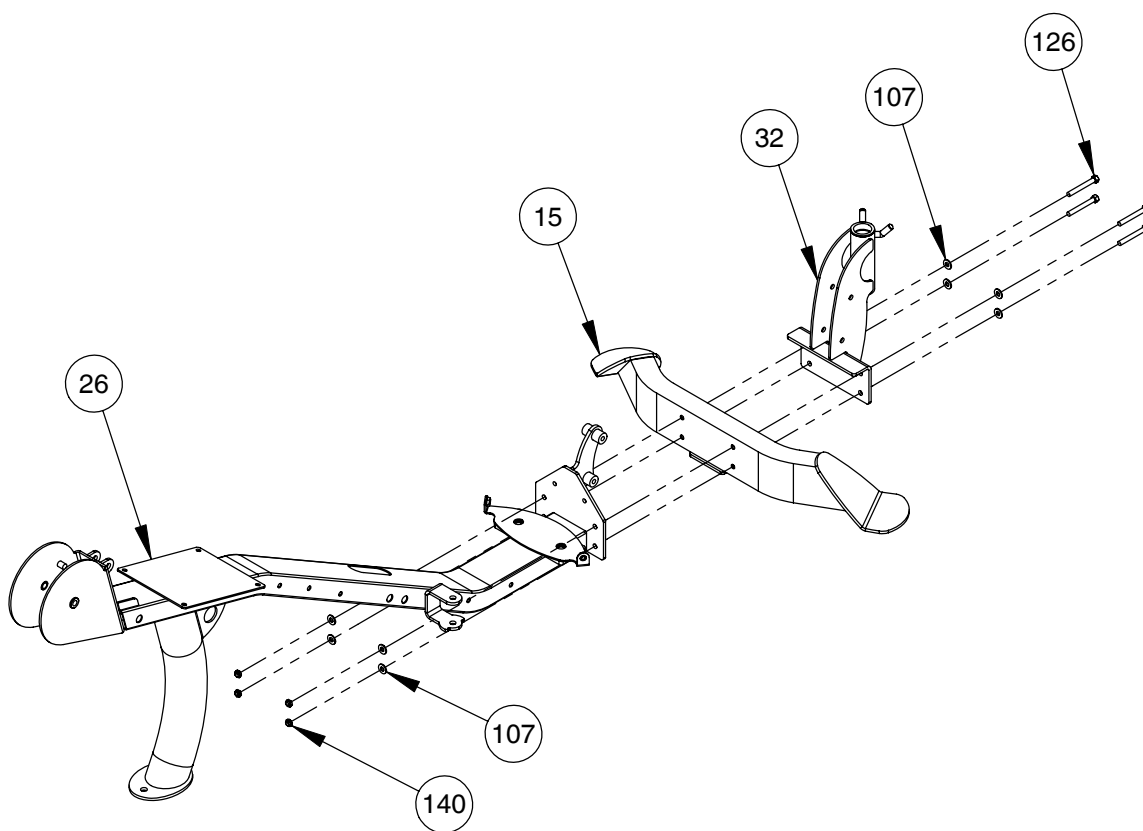
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

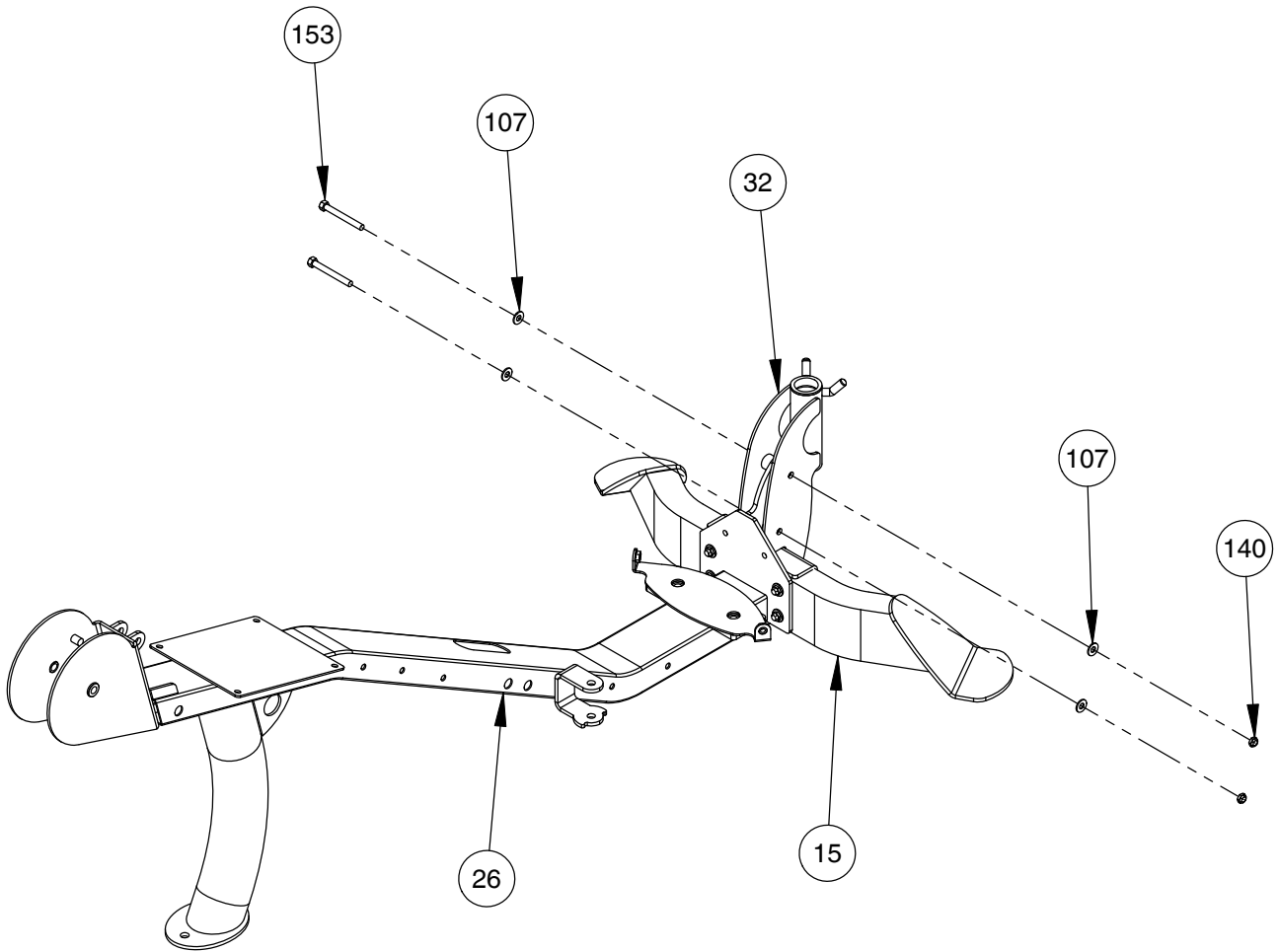
NOTE:
- HAND TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

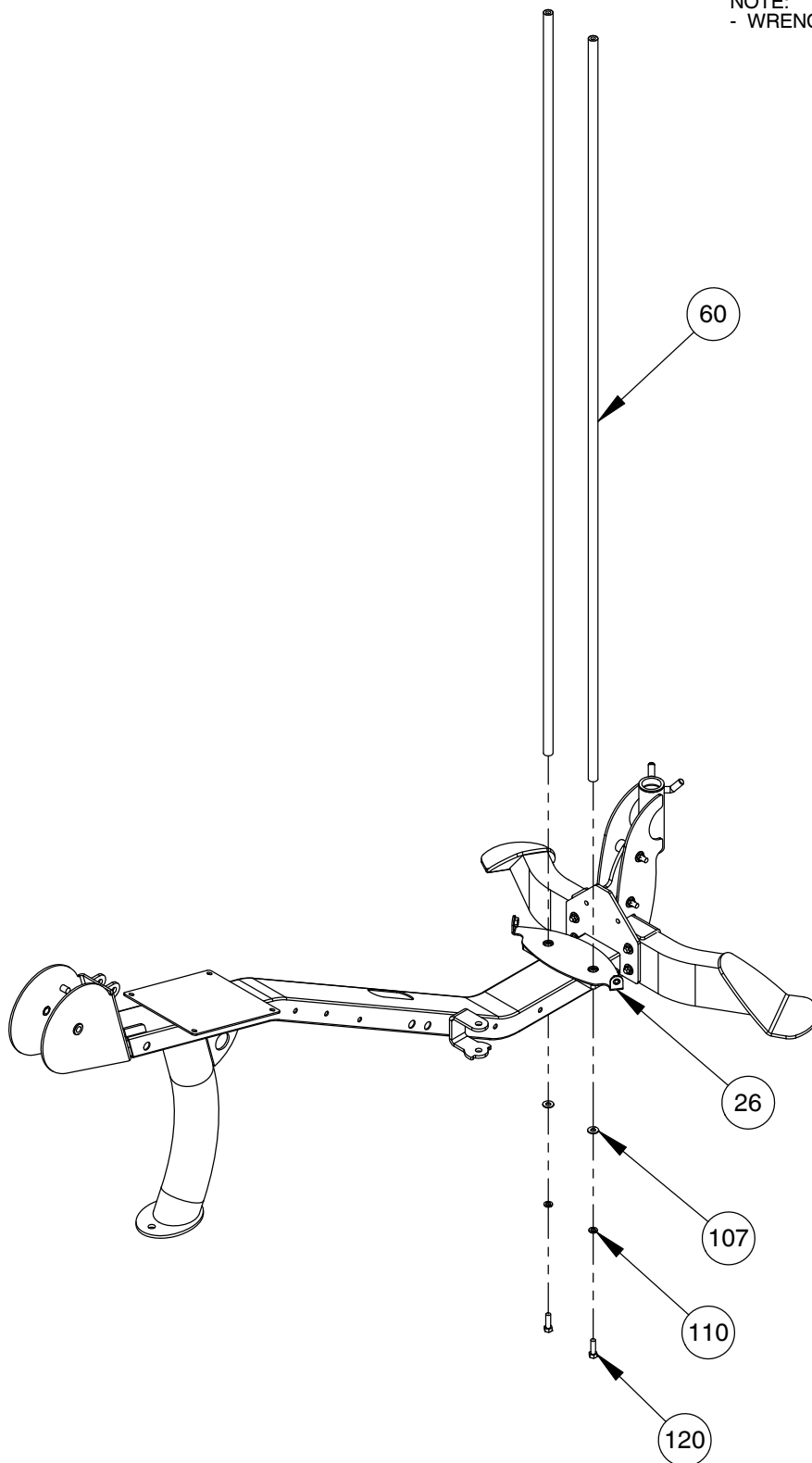
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

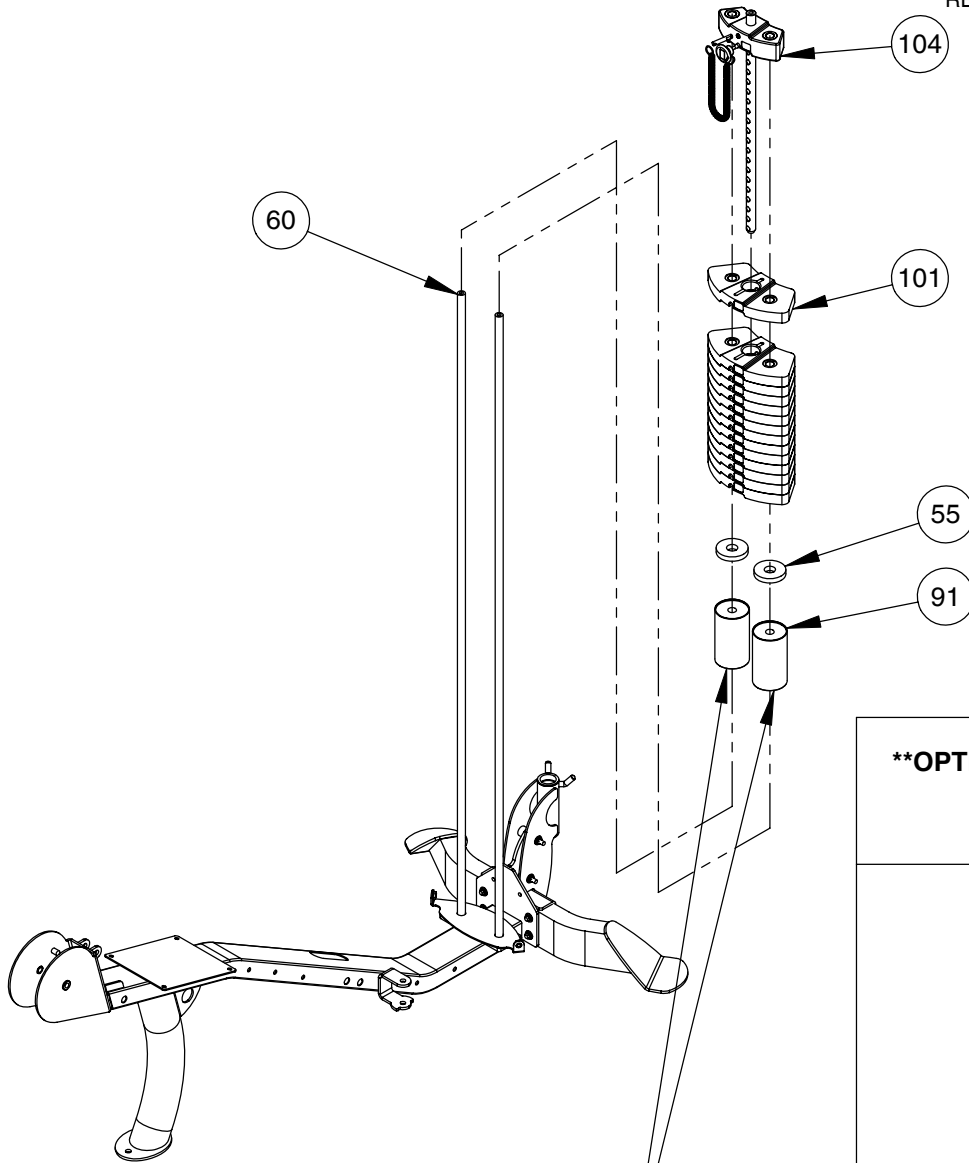
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

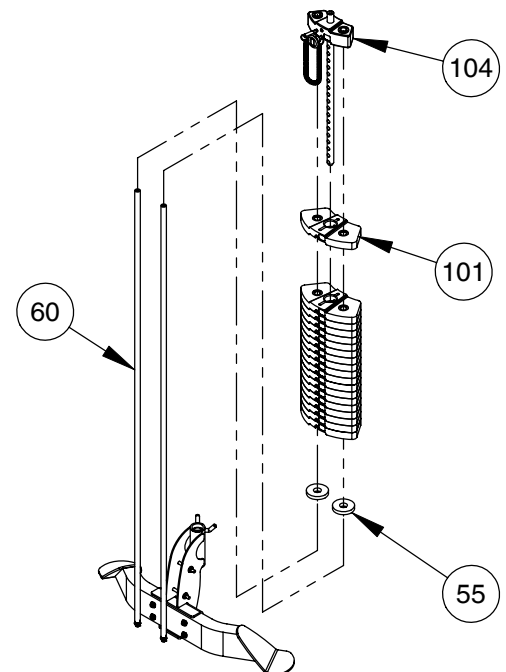
FRAME ASSEMBLY

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



IF OPTIONAL 200 LB. WEIGHT STACK IS
PURCHASED, REMOVE AND DISCARD ALL
STAND-OFFS (91) AND ASSEMBLE WEIGHT
STACK WITH 5 MORE WEIGHT PLATES, AS
SHOWN TO THE RIGHT.

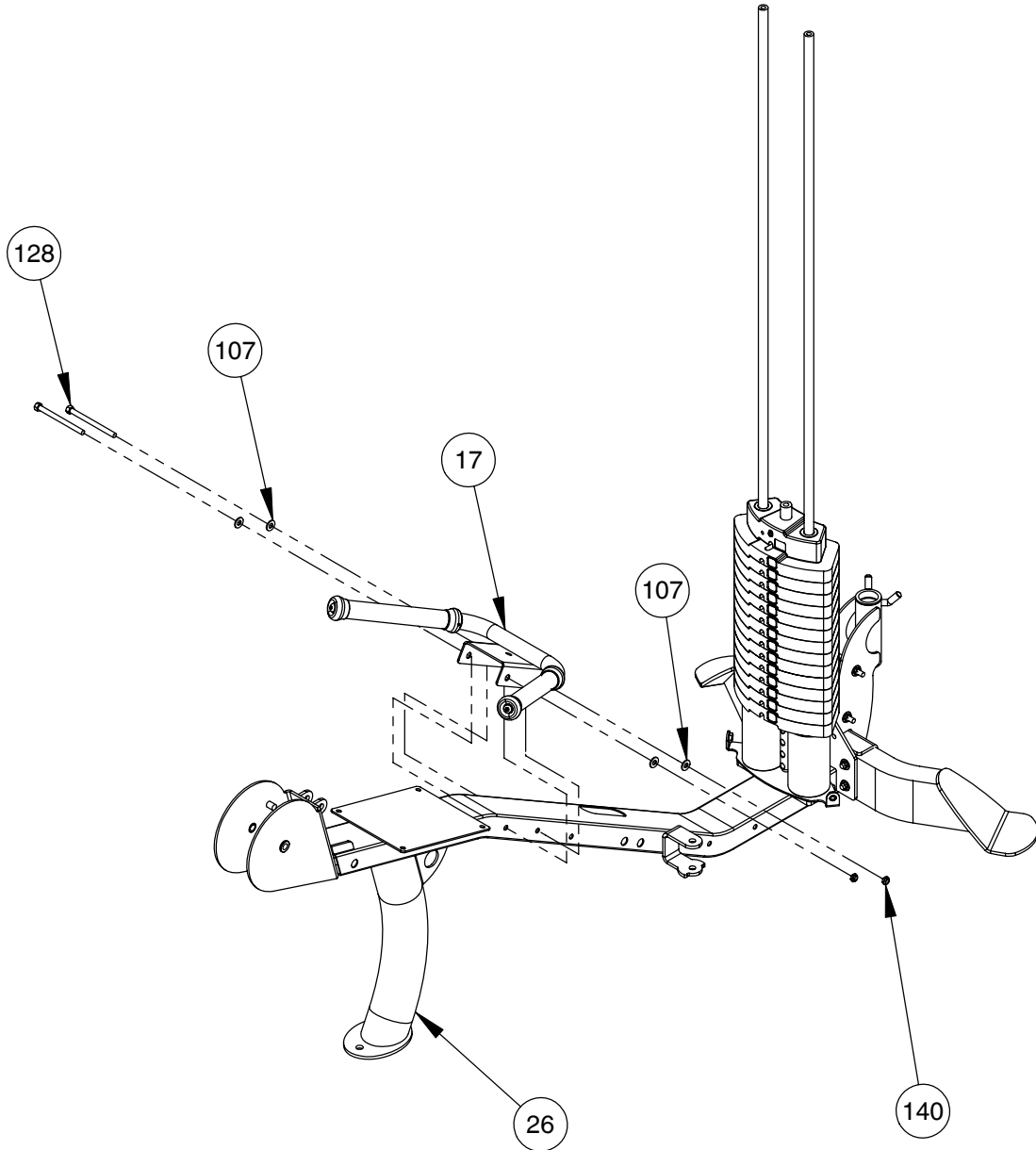
****OPTIONAL 200 LB. WEIGHT STACK**
CONSULT YOUR DEALER
FOR DETAILS**



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.



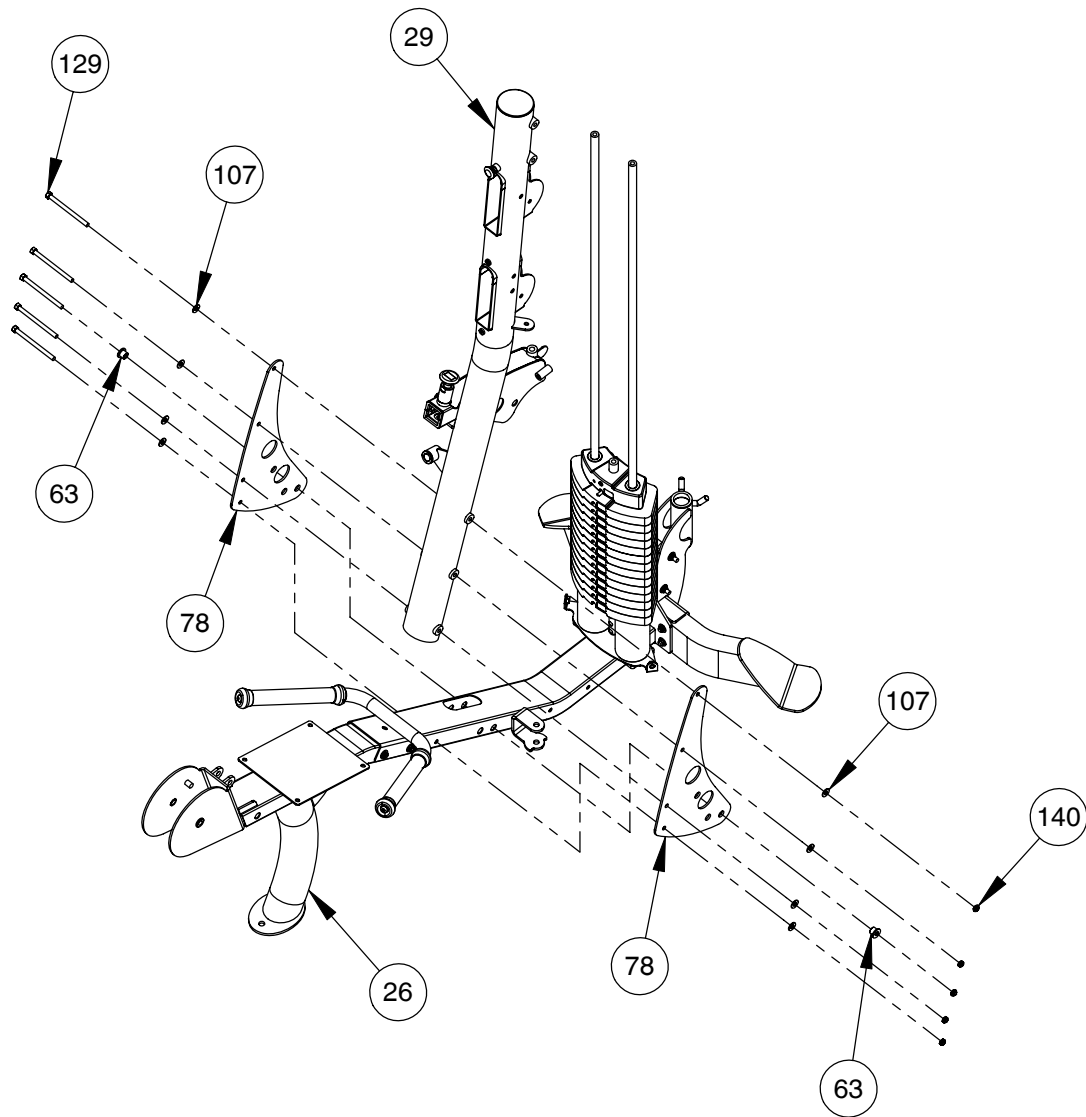
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

WARNING!

BE SURE TO HAVE ONE PERSON FULLY SUPPORT UPRIGHT (29) WHILE THE OTHER ALIGNS AND FASTENS HARDWARE. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.



OWNER'S MANUAL

FRAME ASSEMBLY

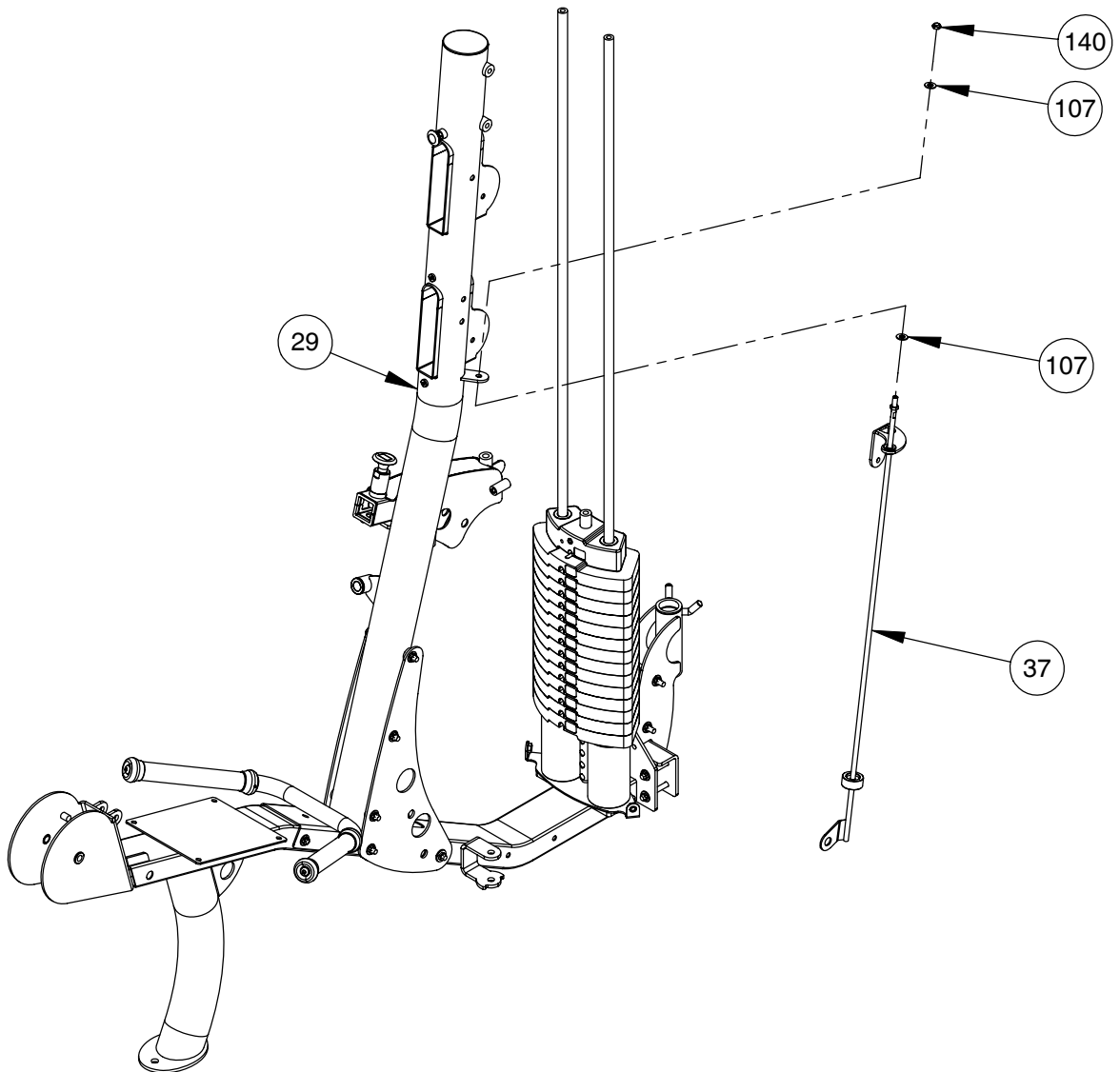
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
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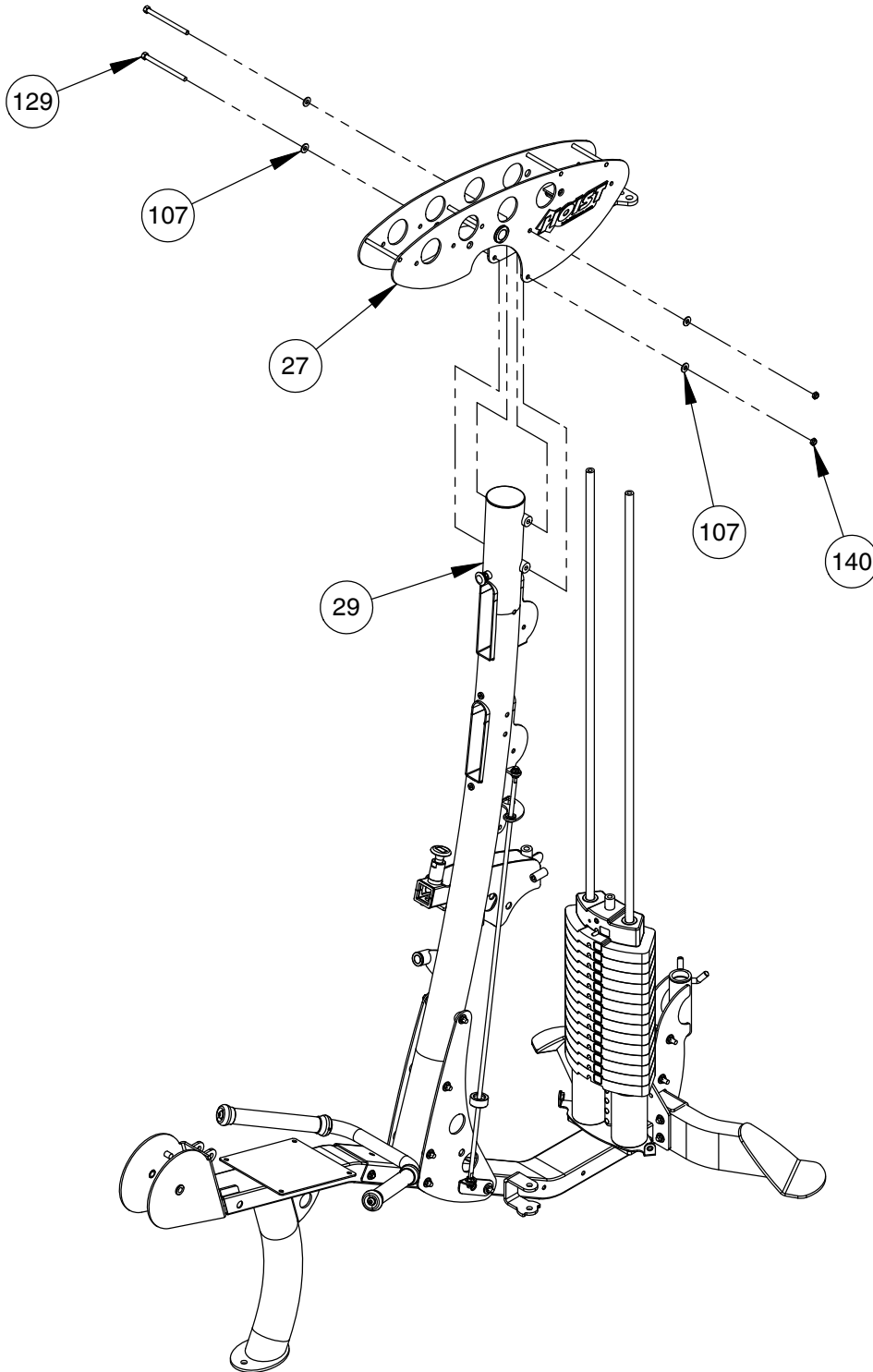
OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

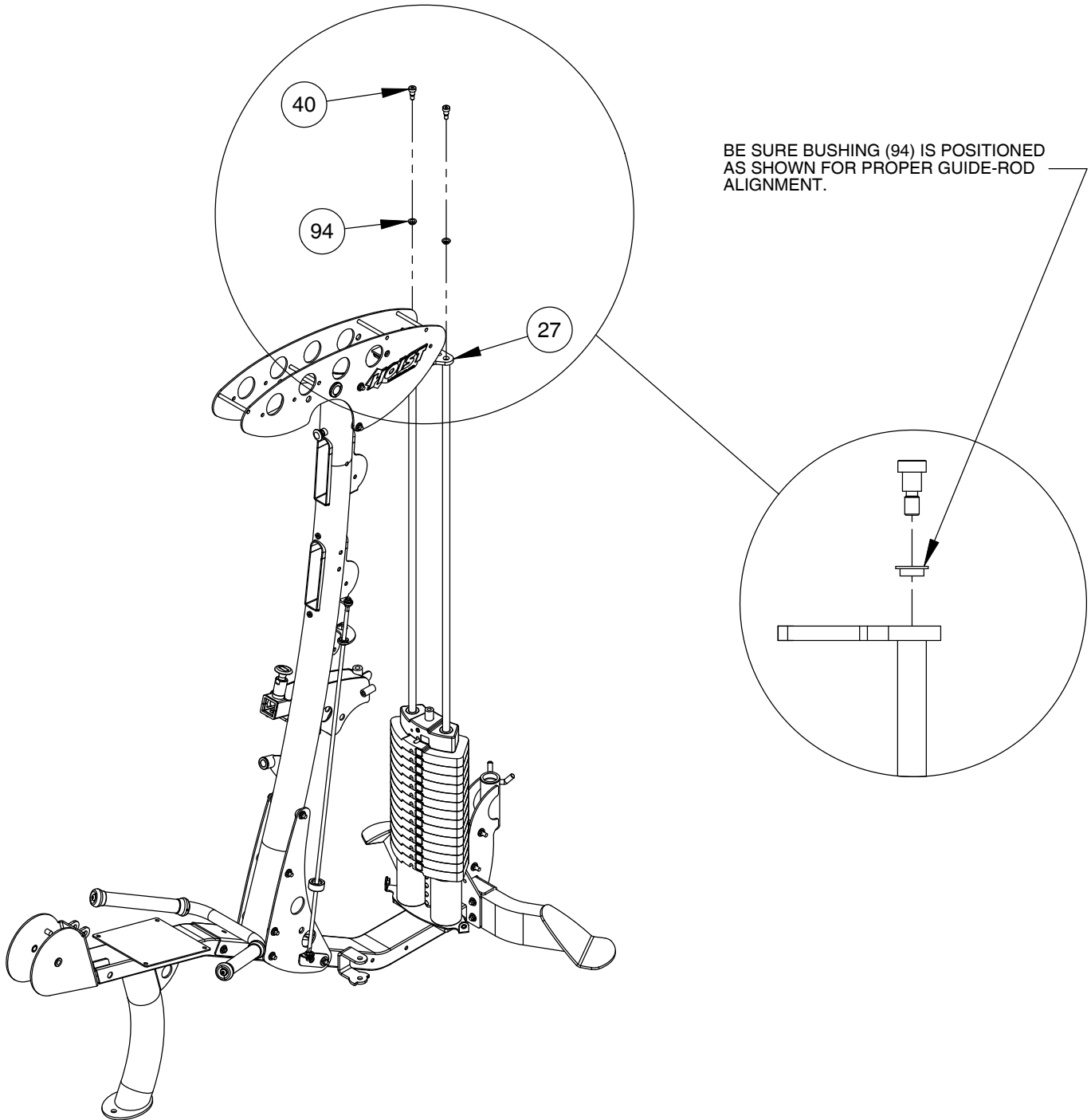
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



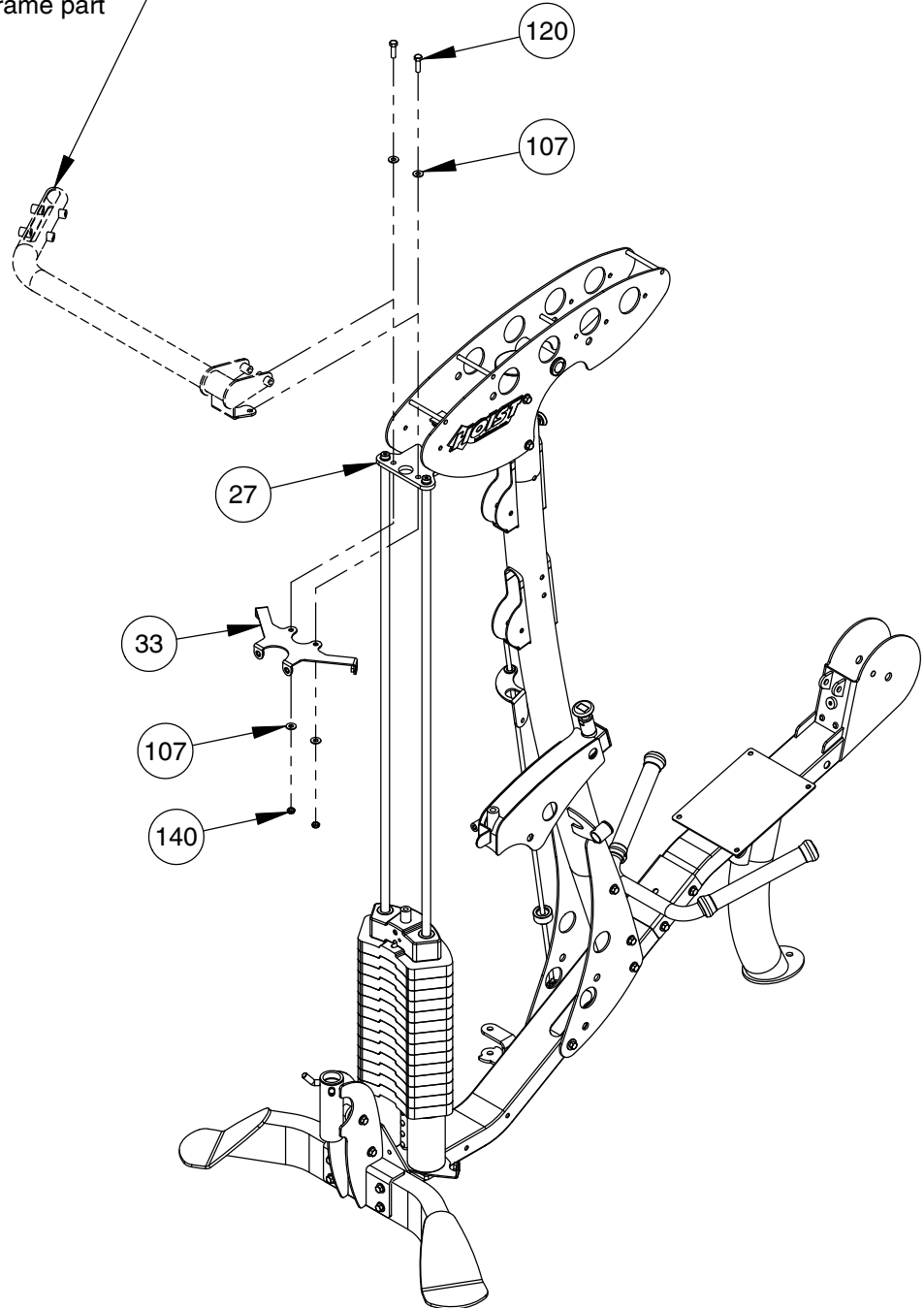
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

IMPORTANT

If you are installing a V HI-LO Option refer to the V HI-LO owner's manual and assemble the V HI-LO frame part at this time.



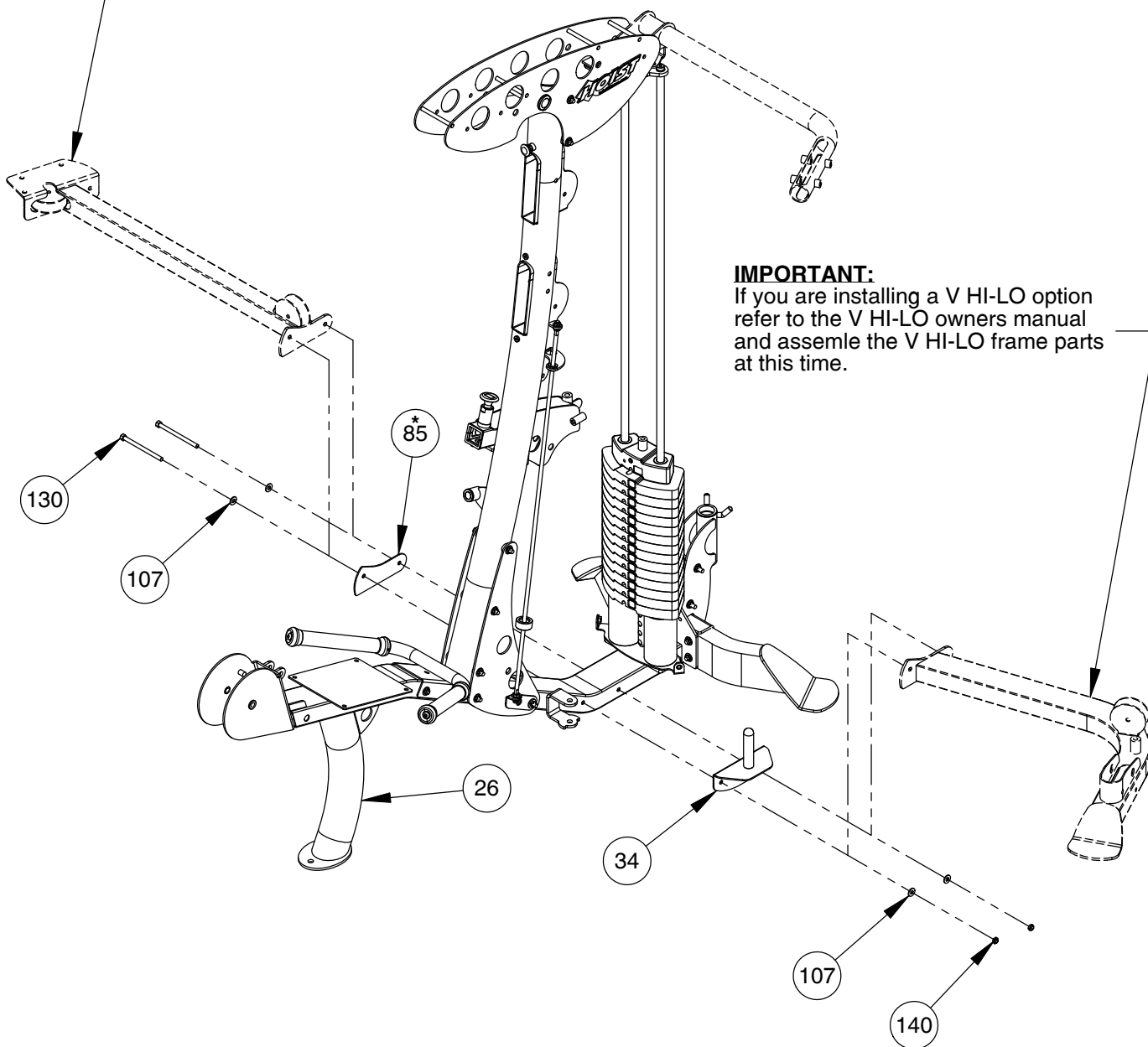
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
* FOR INSTALLATION OF V LEG PRESS OPTION ONLY, DISCARD PLATE (85).

IMPORTANT:

If you are installing a V Leg Press option refer to the V Leg Press owners manual and assemble the V Leg Press frame parts at this time.



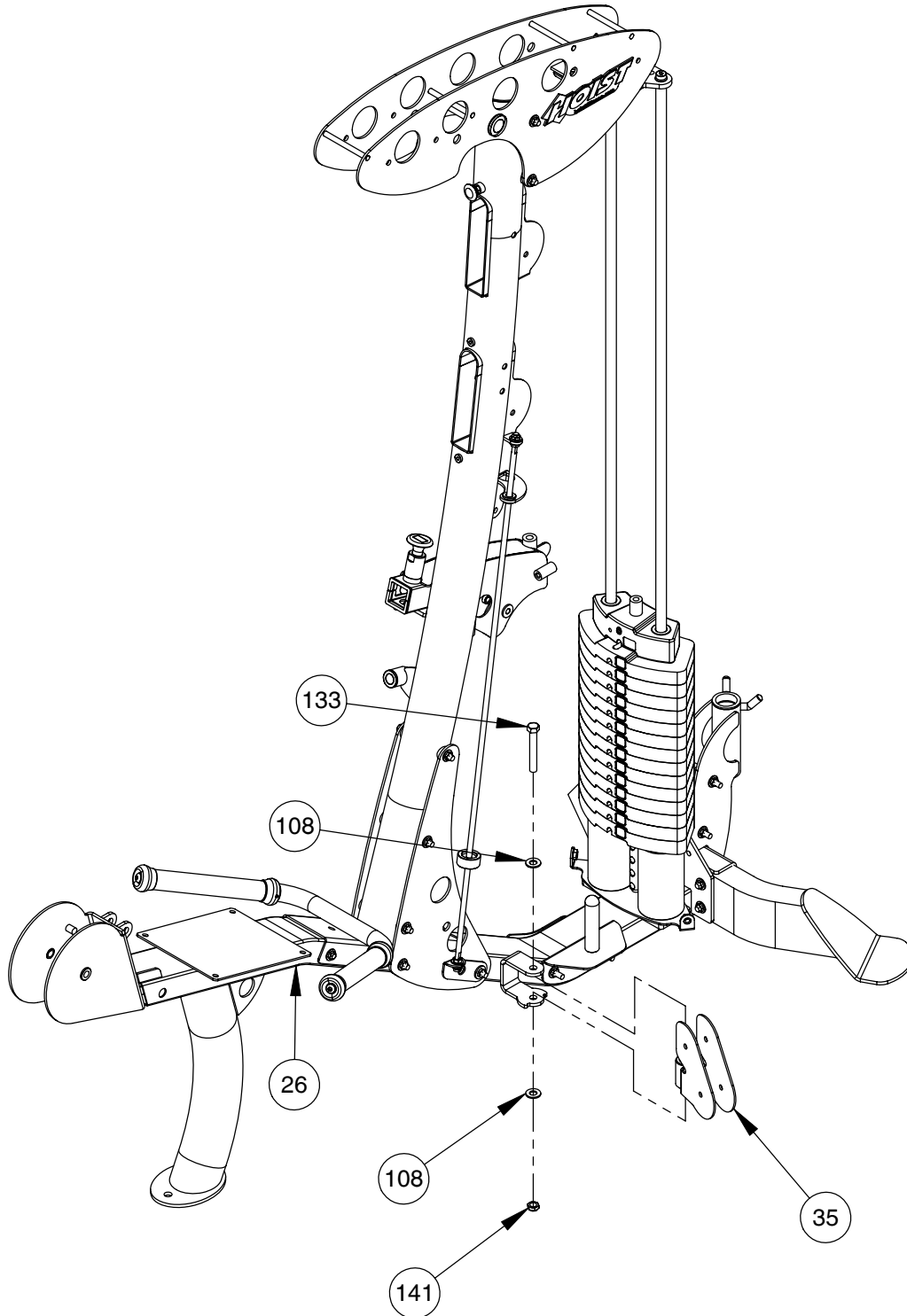
IMPORTANT:

If you are installing a V HI-LO option refer to the V HI-LO owners manual and assemble the V HI-LO frame parts at this time.

OWNER'S MANUAL

FRAME ASSEMBLY

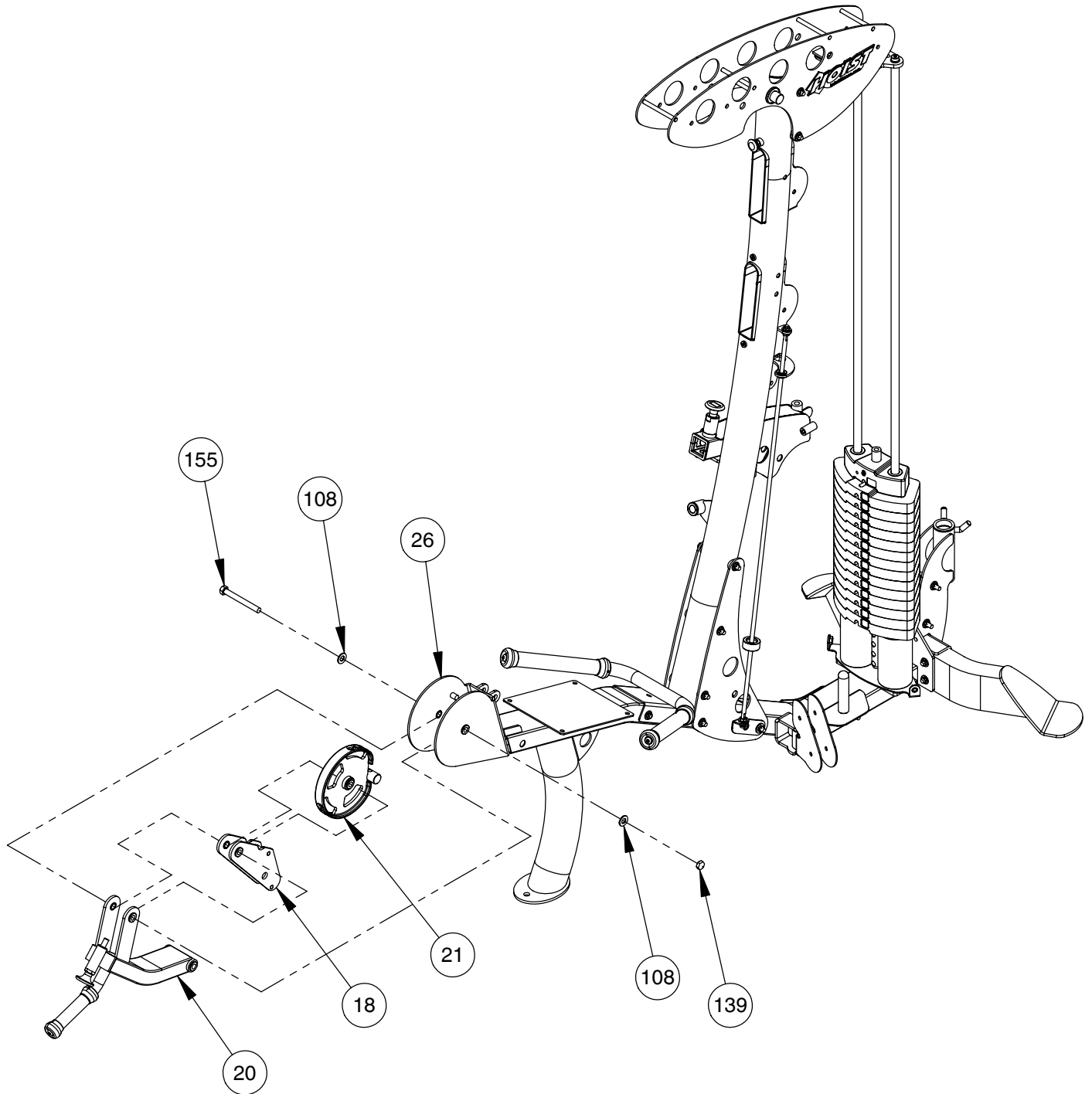
NOTE:
- WRENCH TIGHTEN HARDWARE (133) THEN
LOOSEN NUT JUST ENOUGH FOR (35) TO
PIVOT FREELY.



OWNER'S MANUAL

FRAME ASSEMBLY

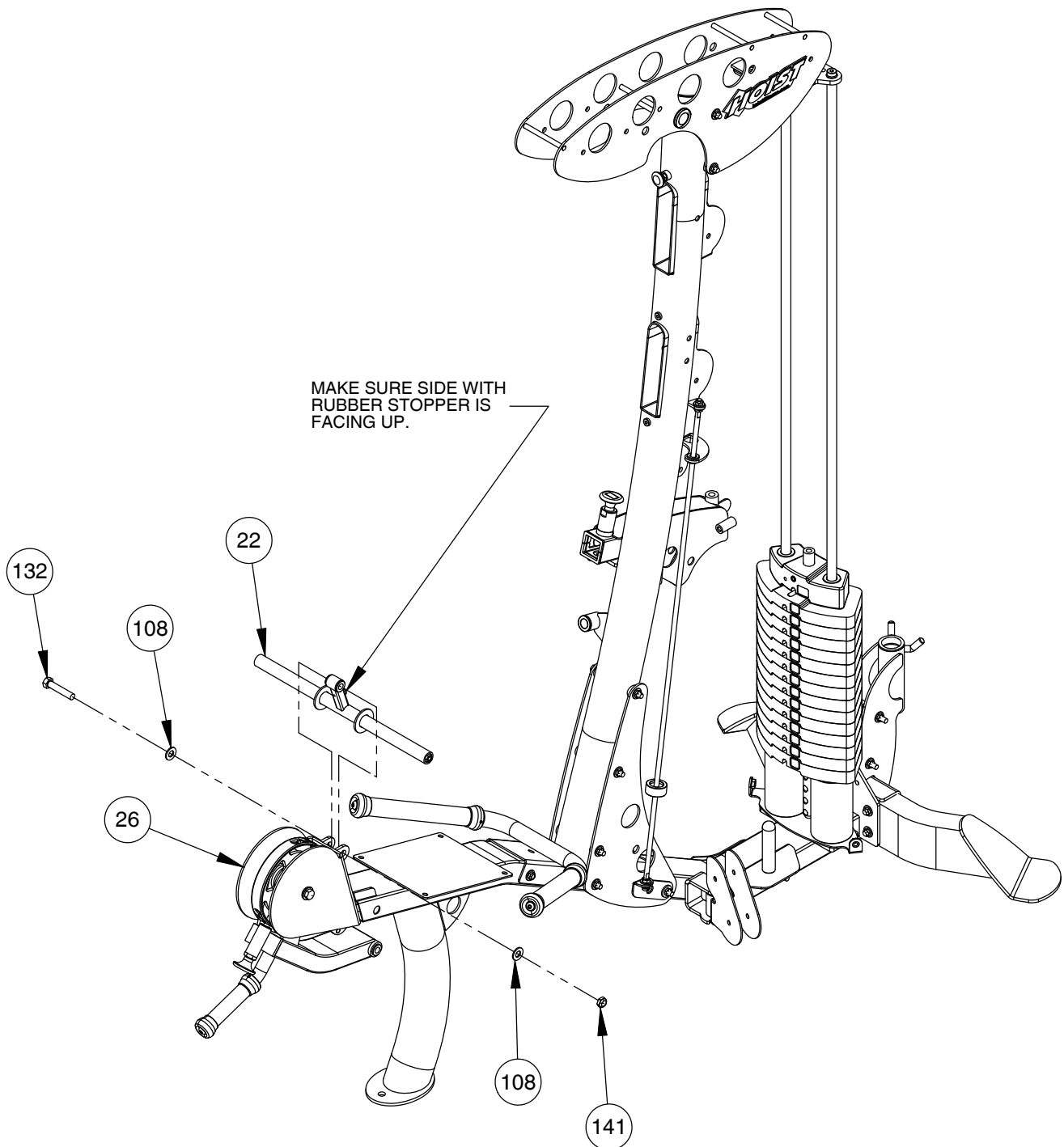
NOTE:
- WRENCH TIGHTEN HARDWARE (155) THEN
LOOSEN NUT JUST ENOUGH FOR (20) TO
PIVOT FREELY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE (132) THEN
LOOSEN NUT JUST ENOUGH FOR (22) TO
PIVOT FREELY.

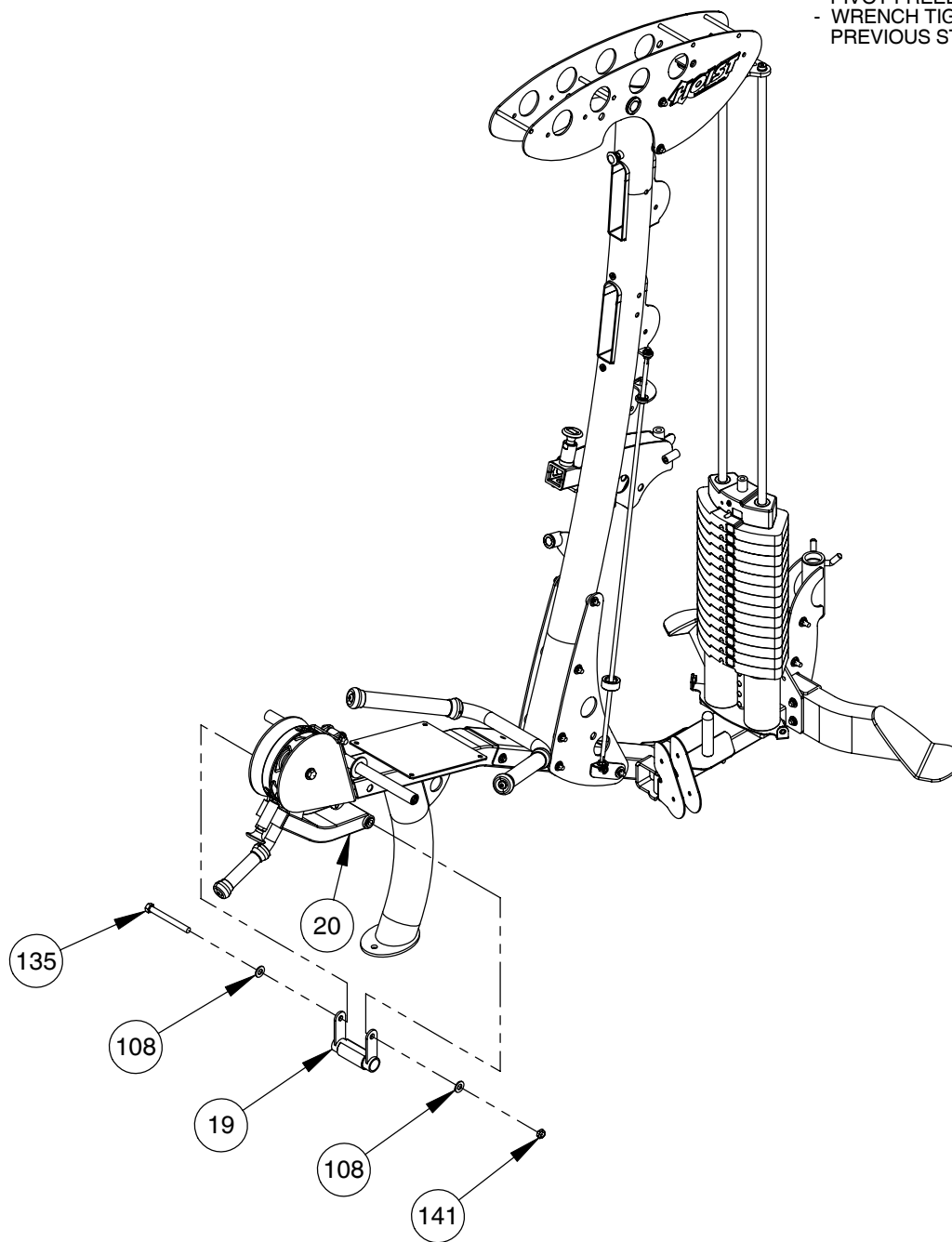


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE (135) THEN LOOSEN NUT JUST ENOUGH FOR (19) TO PIVOT FREELY.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.

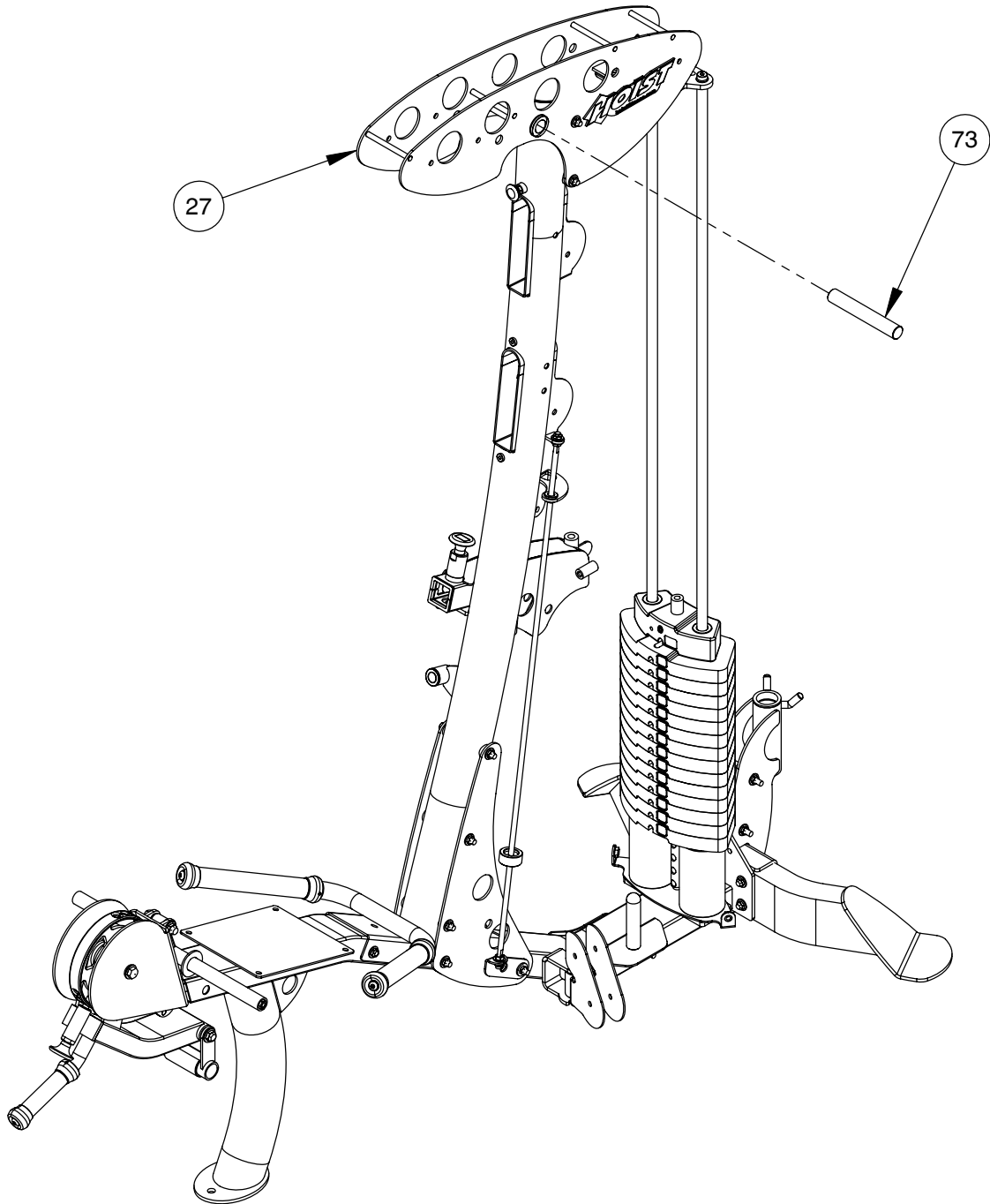


IMPORTANT

NOW THAT THE V-ELITE FRAME IS ASSEMBLED 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 NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

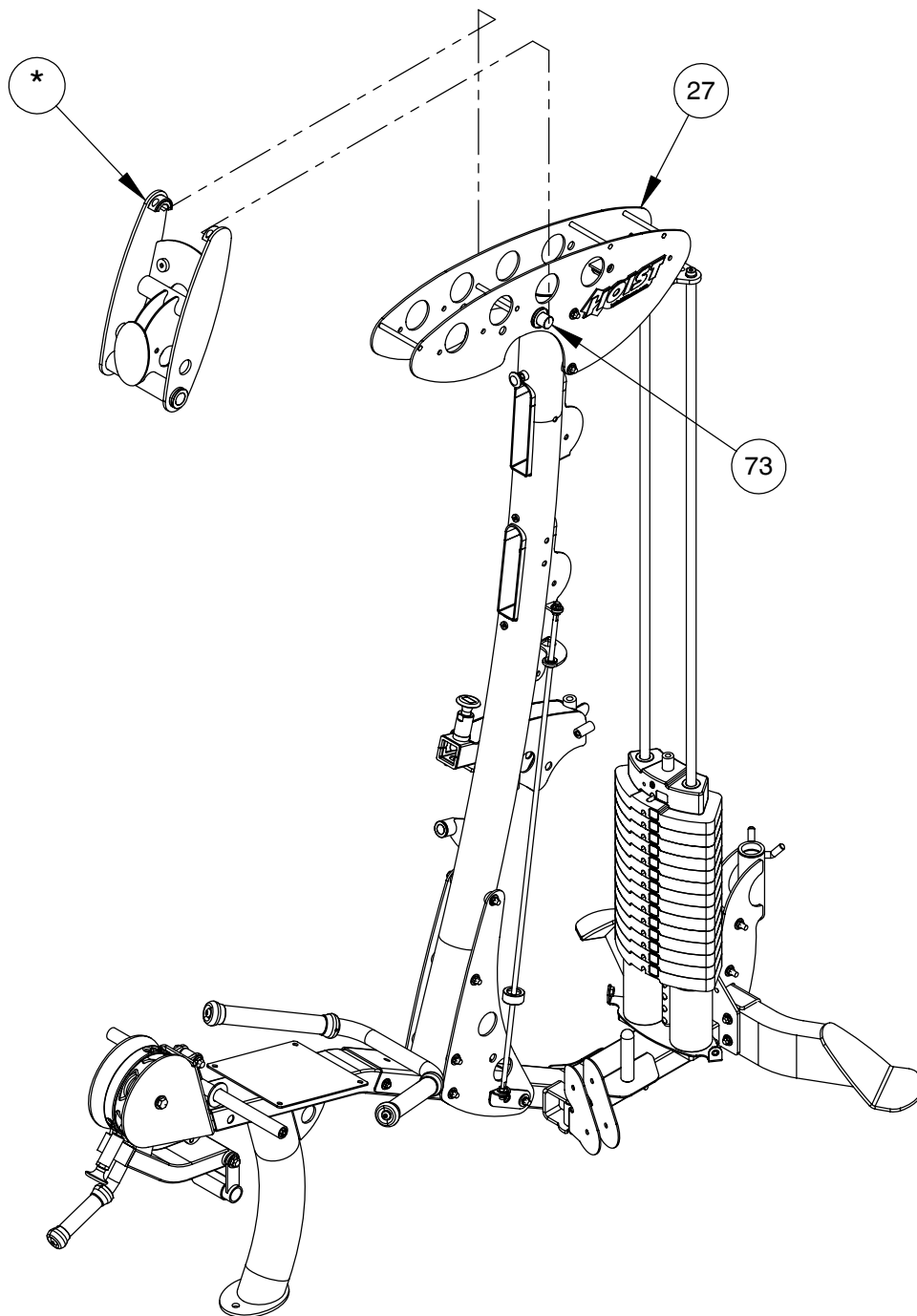
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

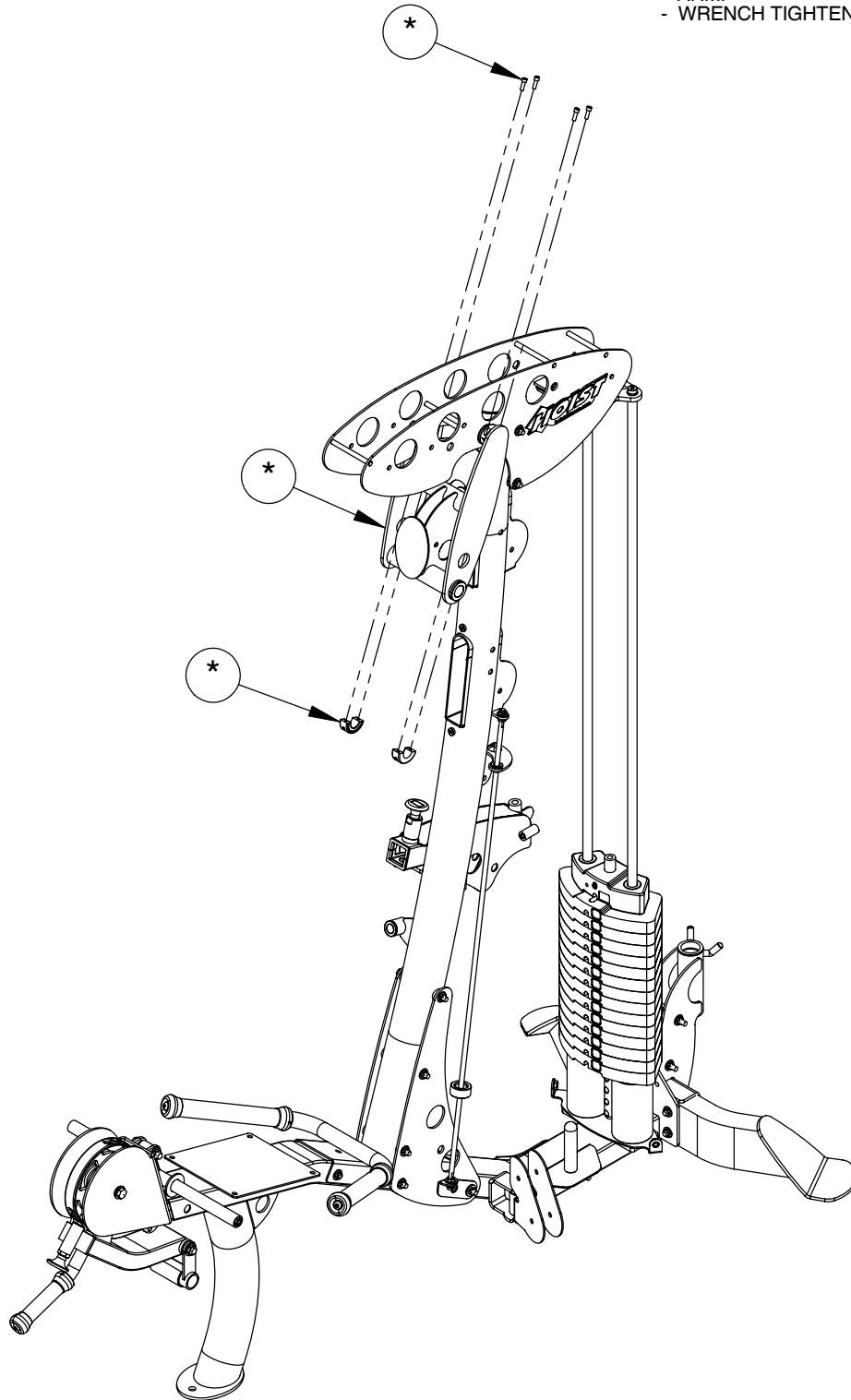
NOTE:
* HANGER ASSEMBLY ORIGINALLY
INCLUDED WITH V PRESS ARM.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
* HANGER ASSEMBLY & HARDWARE
ORIGINALLY INCLUDED WITH V PRESS
ARM.
- WRENCH TIGHTEN HARDWARE.



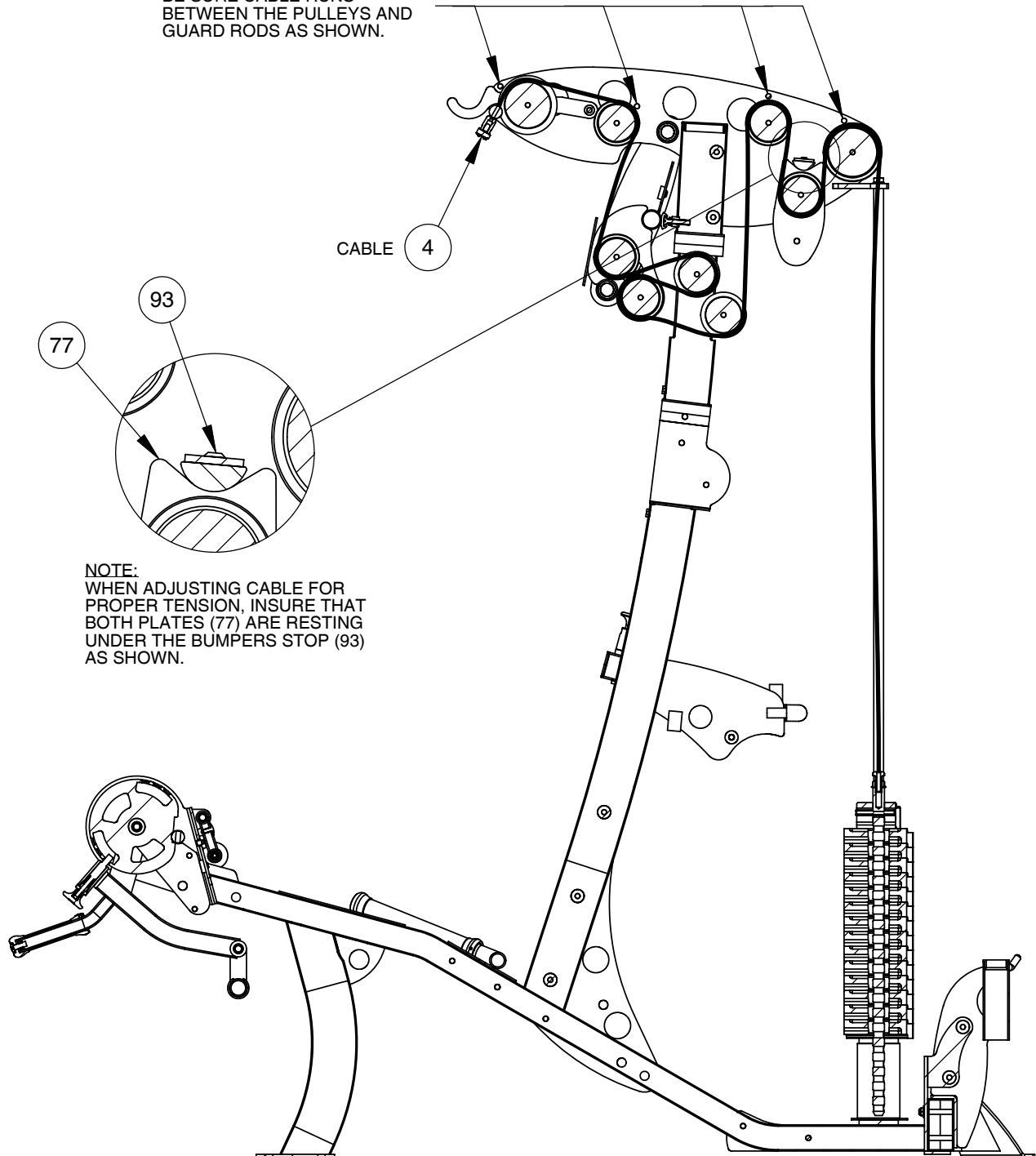
OWNER'S MANUAL

FRAME ASSEMBLY

CABLING PROFILE VIEW

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

NOTE:
BE SURE CABLE RUNS
BETWEEN THE PULLEYS AND
GUARD RODS AS SHOWN.



NOTE:
WHEN ADJUSTING CABLE FOR
PROPER TENSION, INSURE THAT
BOTH PLATES (77) ARE RESTING
UNDER THE BUMPERS STOP (93)
AS SHOWN.

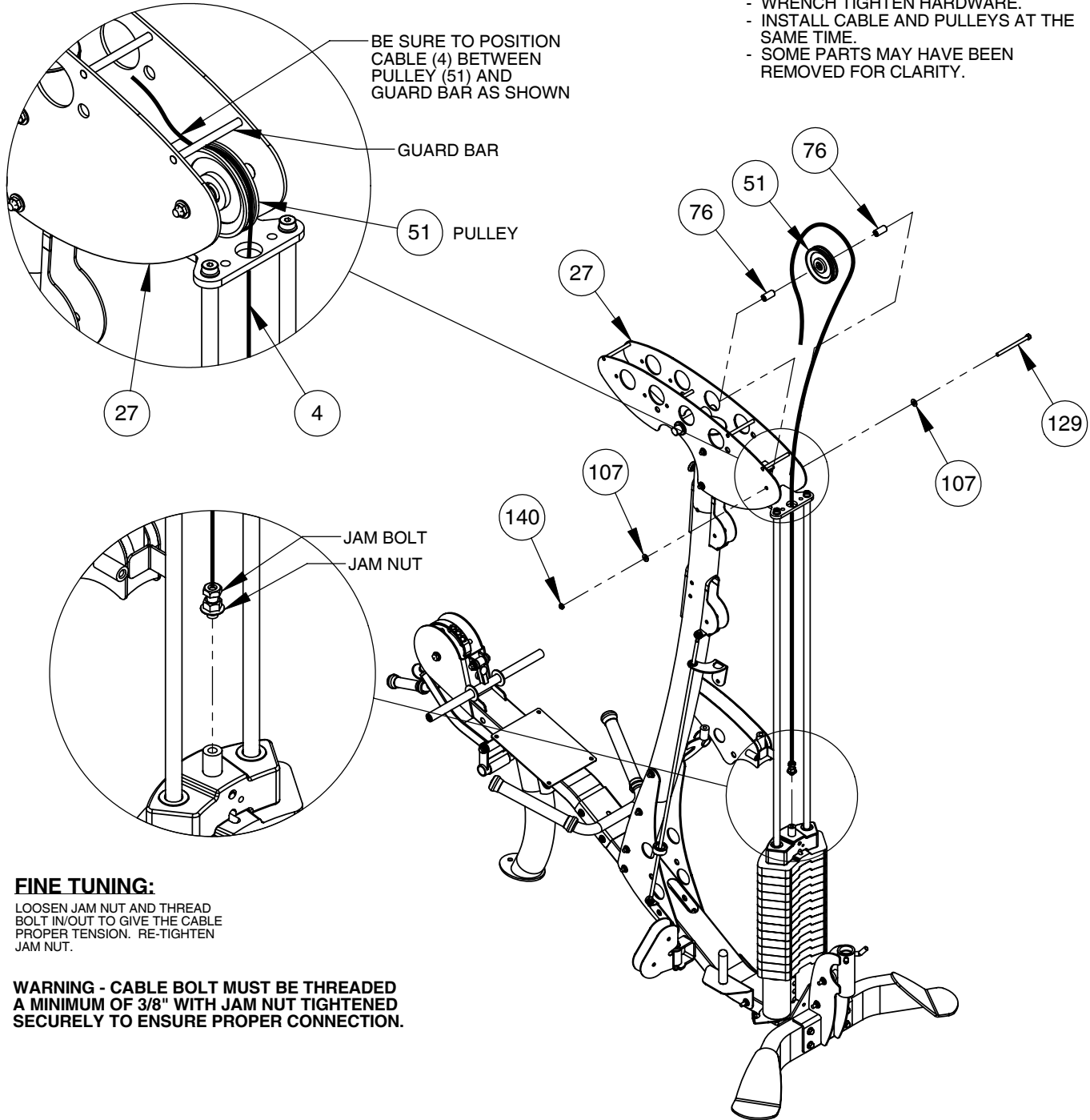
OWNER'S MANUAL

FRAME ASSEMBLY

PROPERLY INSTALLED VIEW

NOTE:

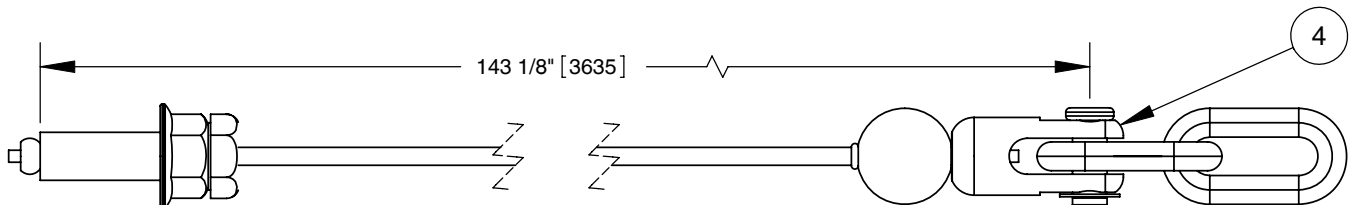
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

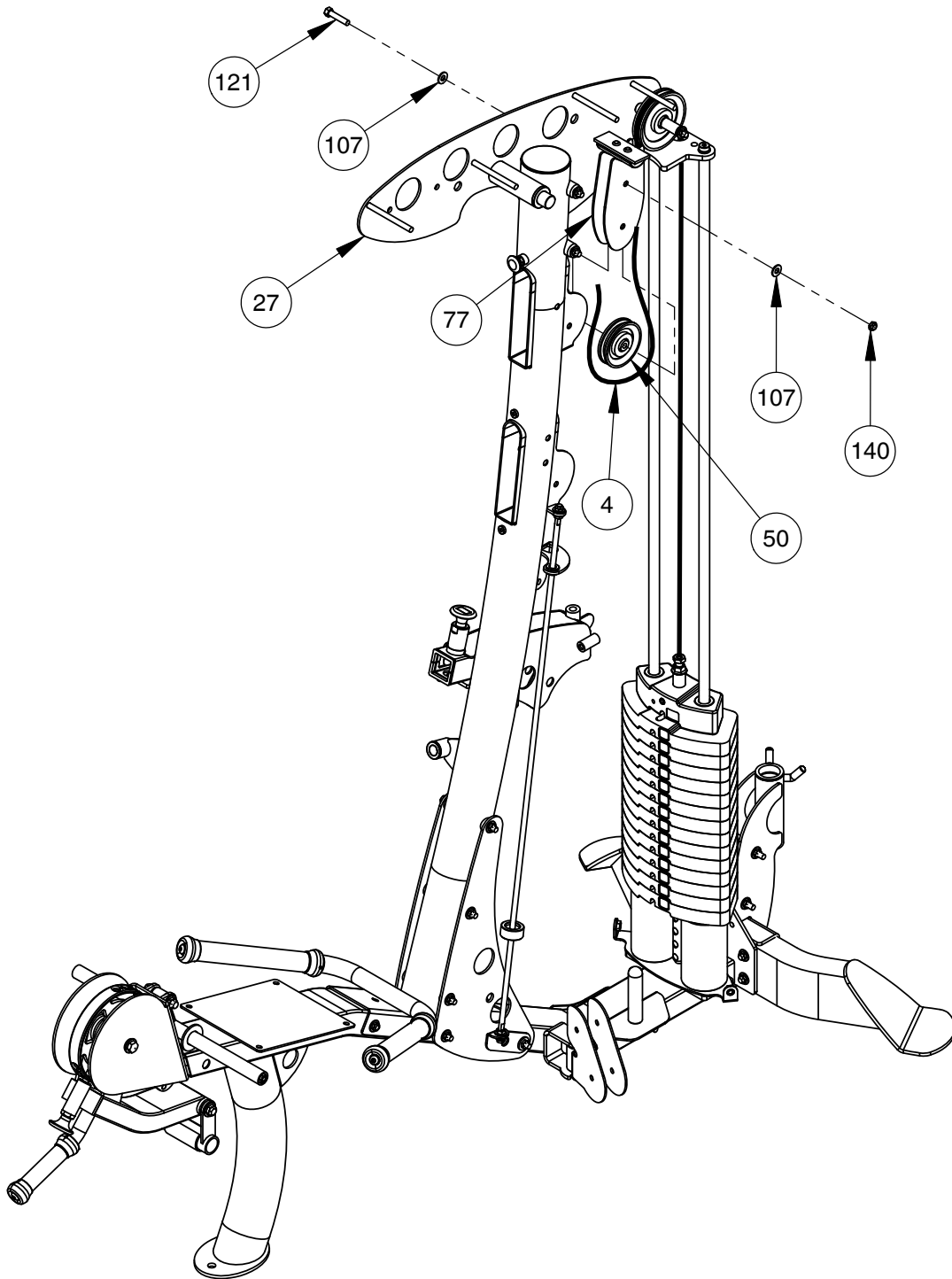


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

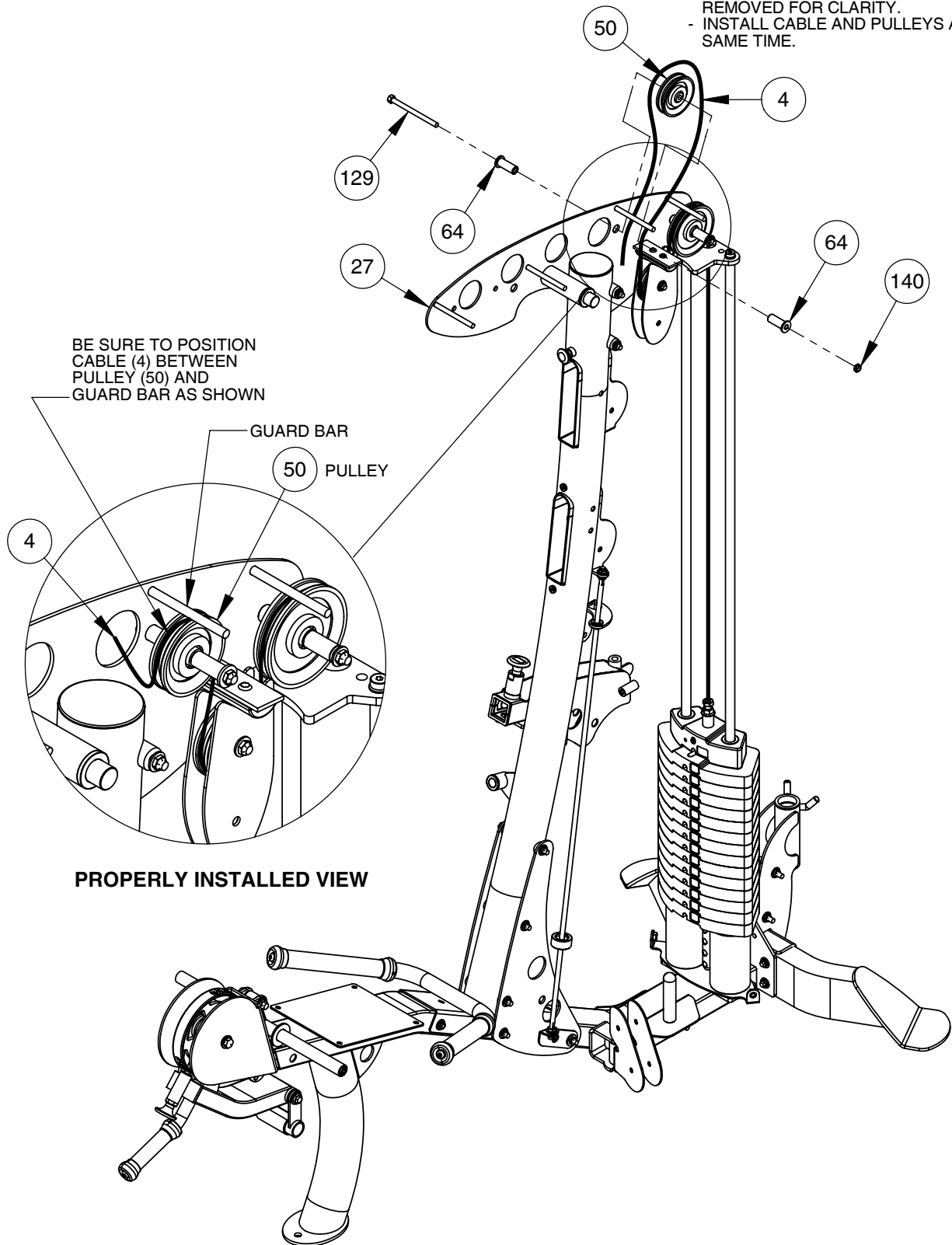


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

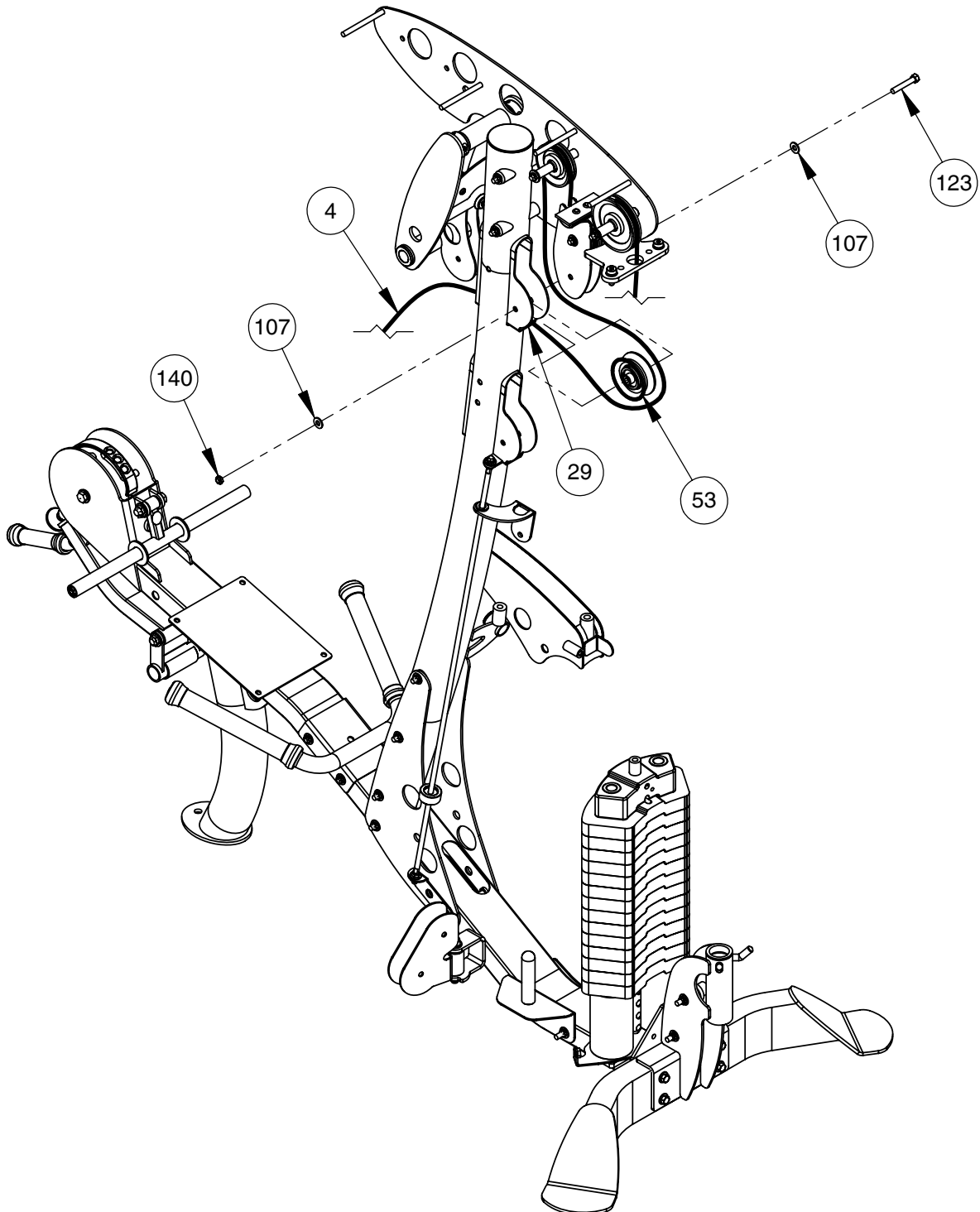
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OWNER'S MANUAL

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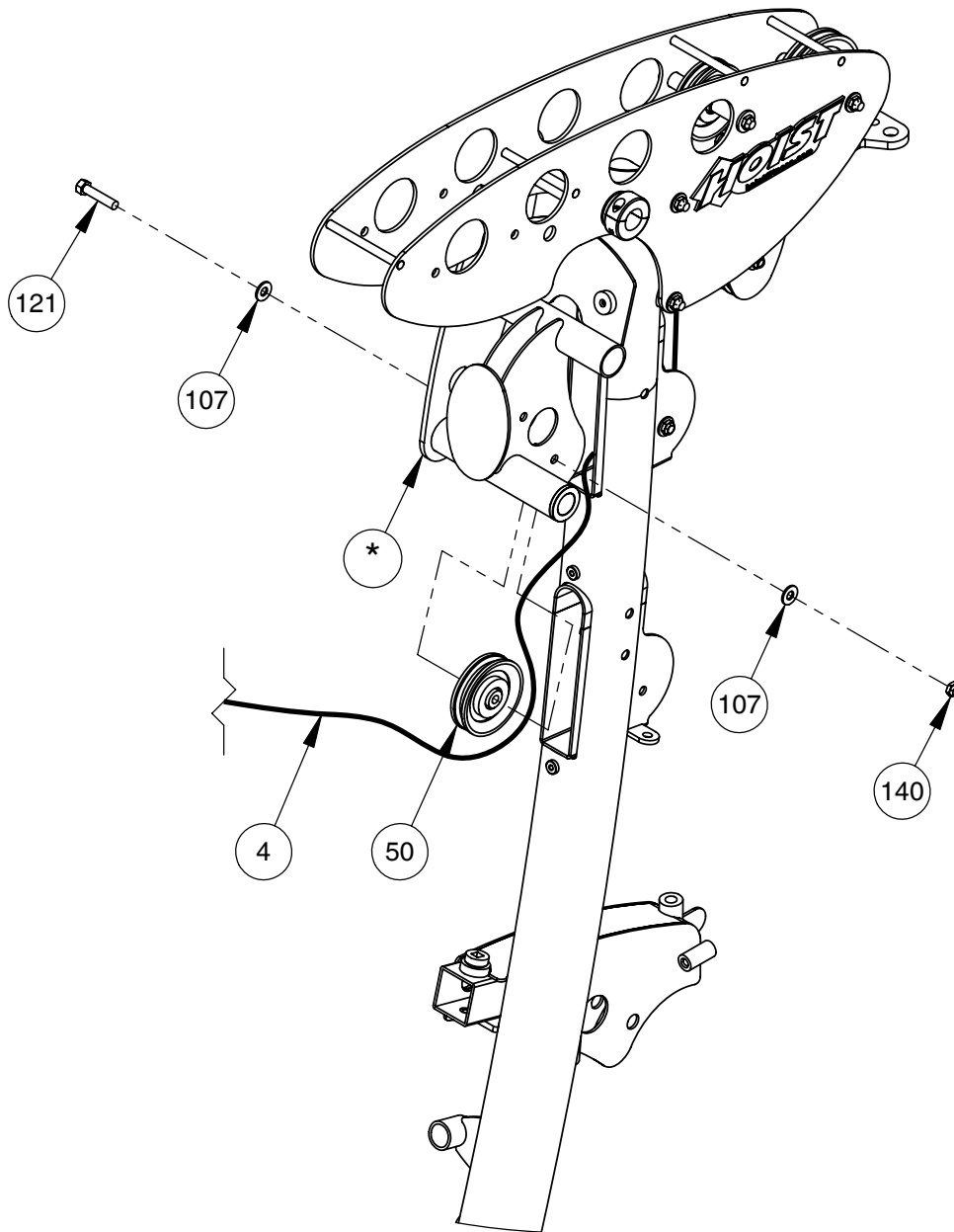
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

* THIS PART ORIGINALLY INCLUDED IN V-PRESS-ARM UNIT.

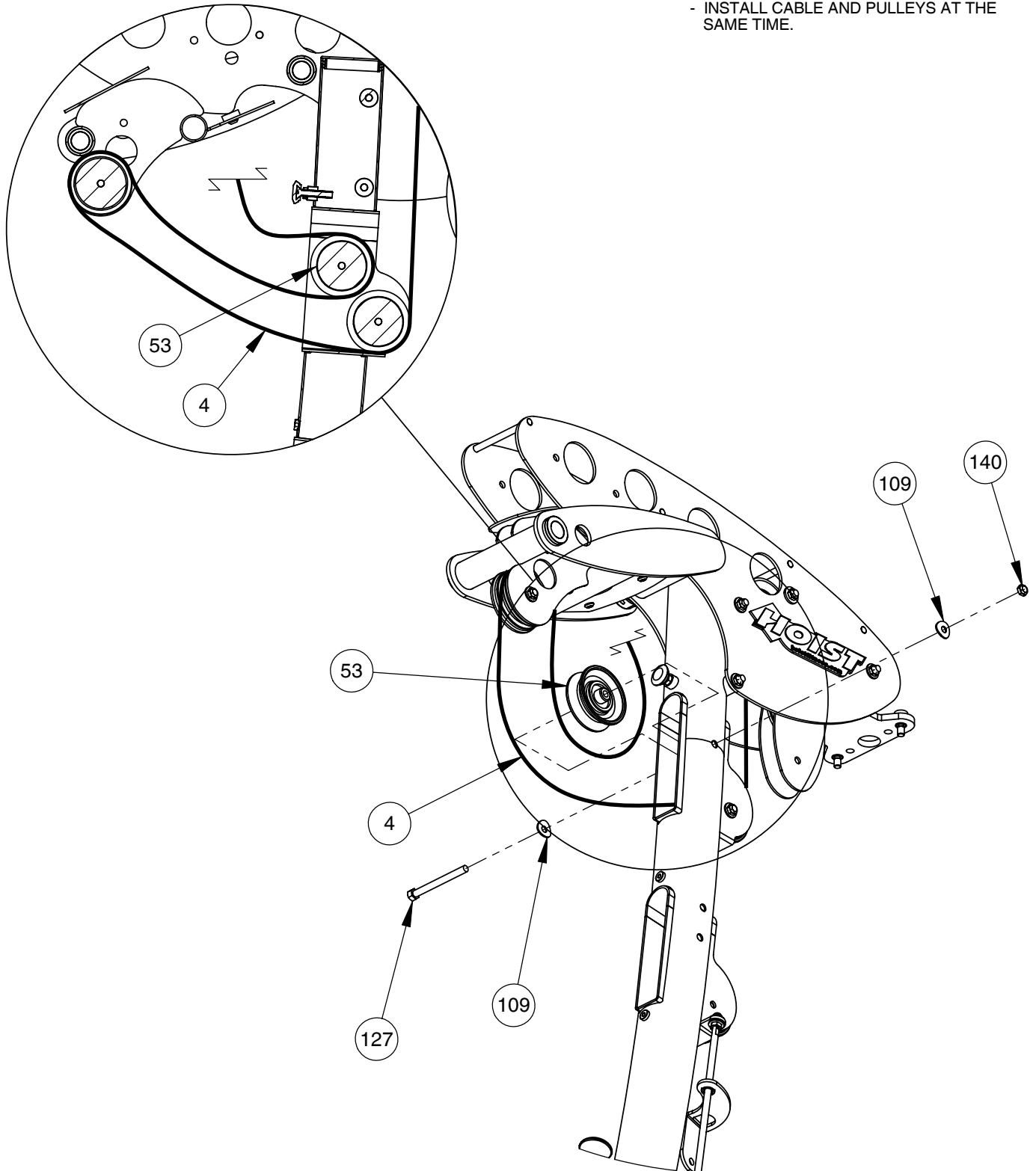


OWNER'S MANUAL

FRAME ASSEMBLY

PROPERLY INSTALLED VIEW

- NOTE:
- WRENCH TIGHTEN HARDWARE.
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
 - INSTALL CABLE AND PULLEYS AT THE SAME TIME.



OWNER'S MANUAL

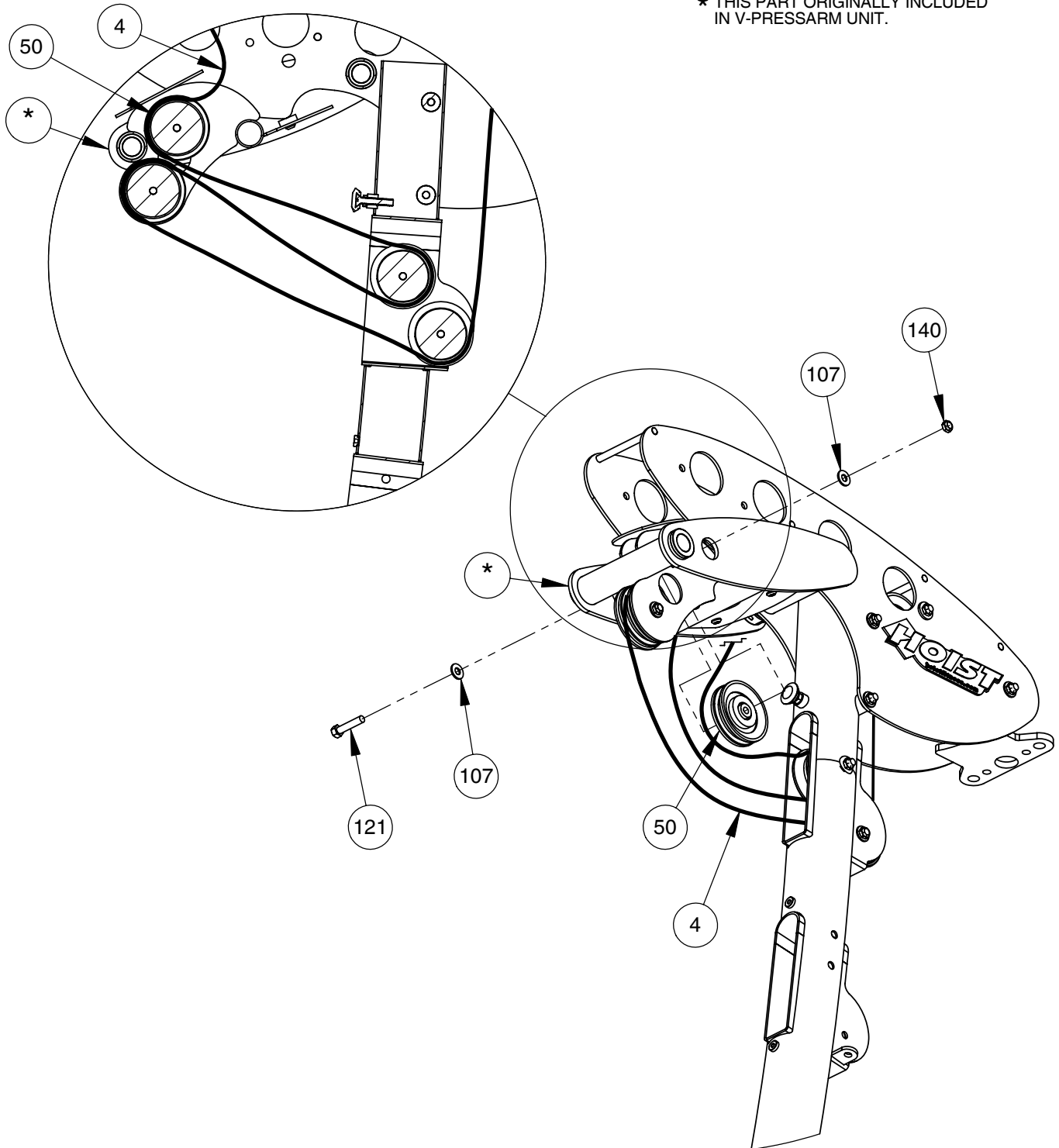
FRAME ASSEMBLY

NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

* THIS PART ORIGINALLY INCLUDED IN V-PRESSARM UNIT.

PROPERLY INSTALLED VIEW

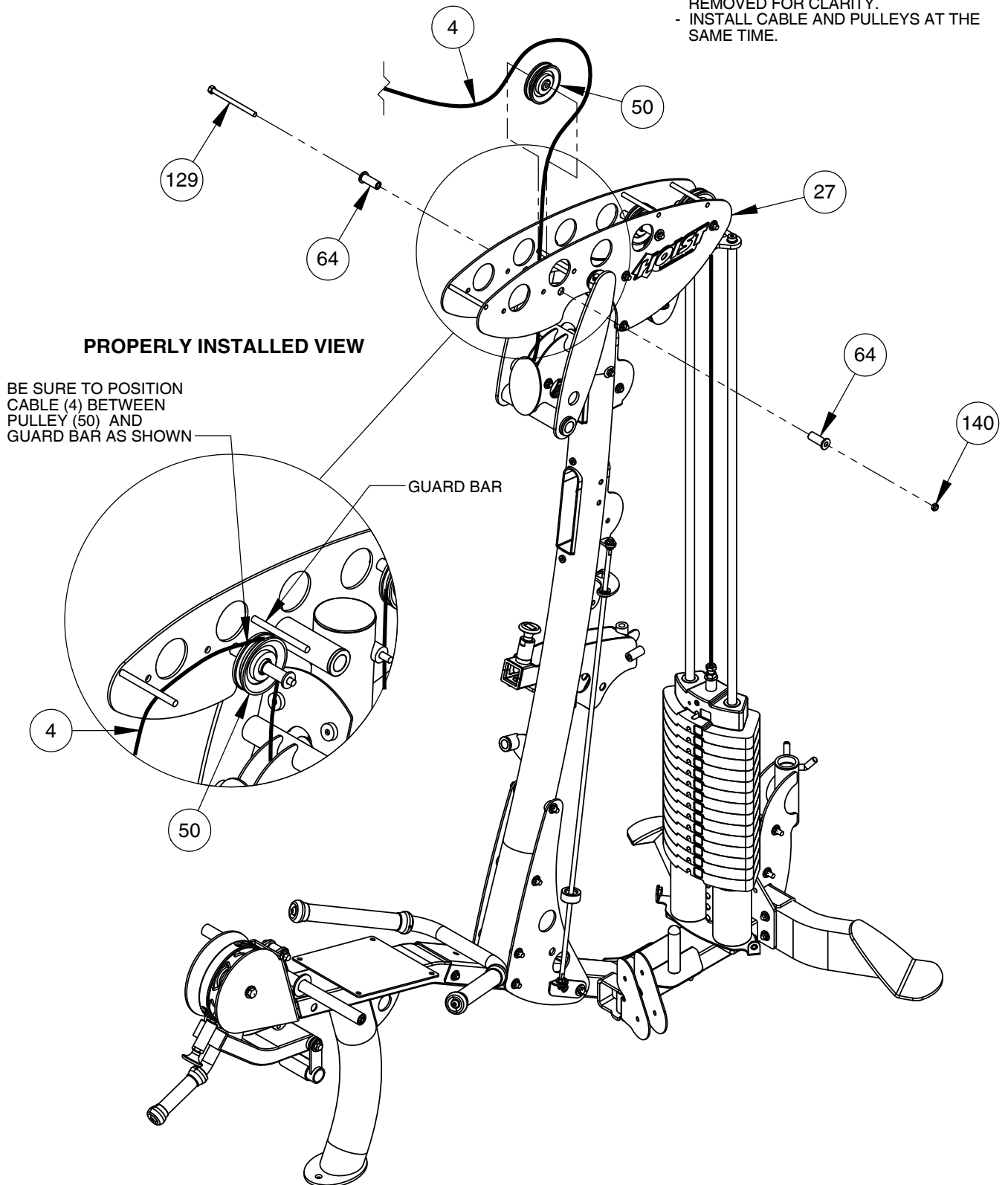


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

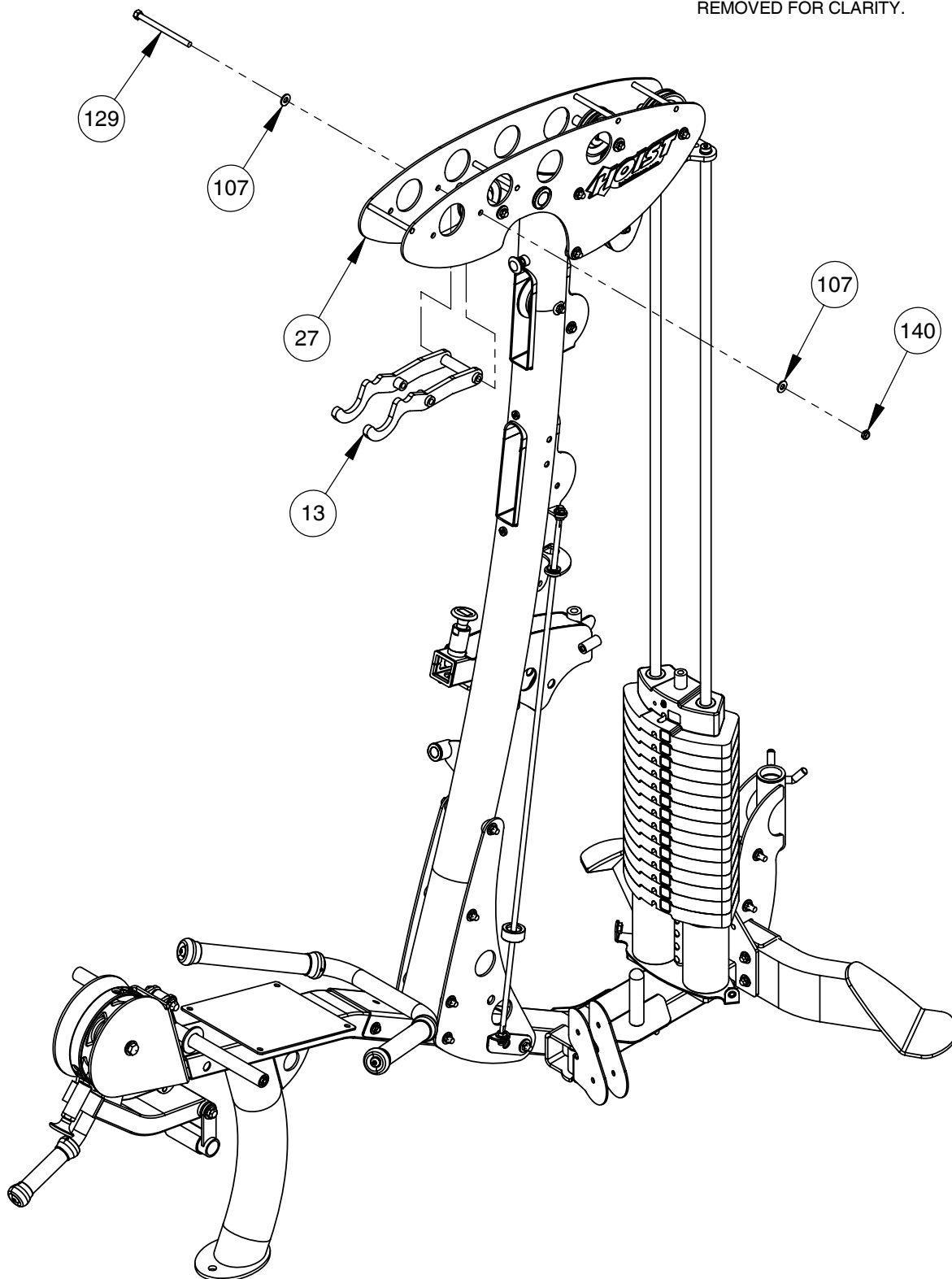
- HAND TIGHTEN HARDWARE.
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- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
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REMOVED FOR CLARITY.



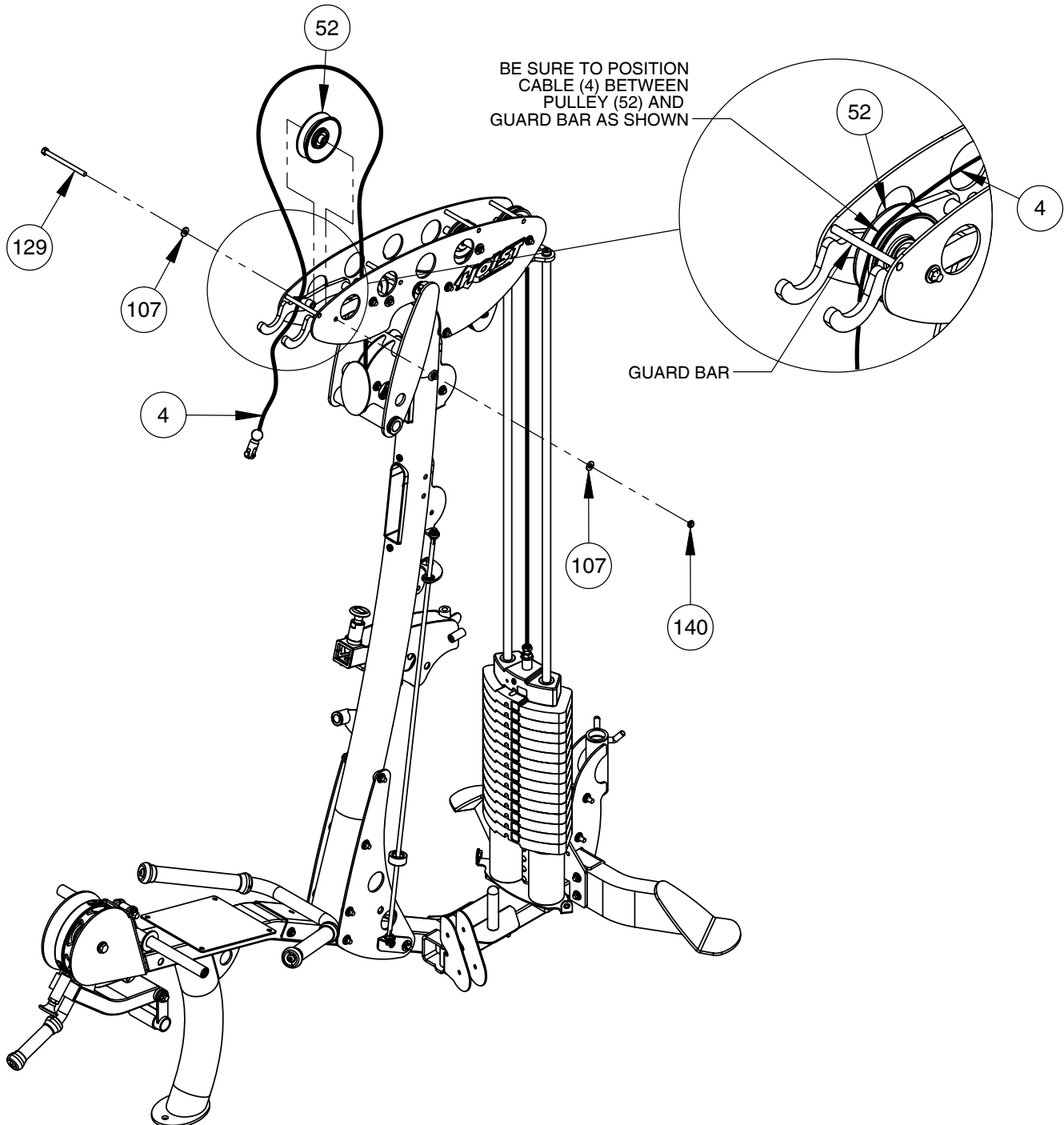
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

PROPERLY INSTALLED VIEW

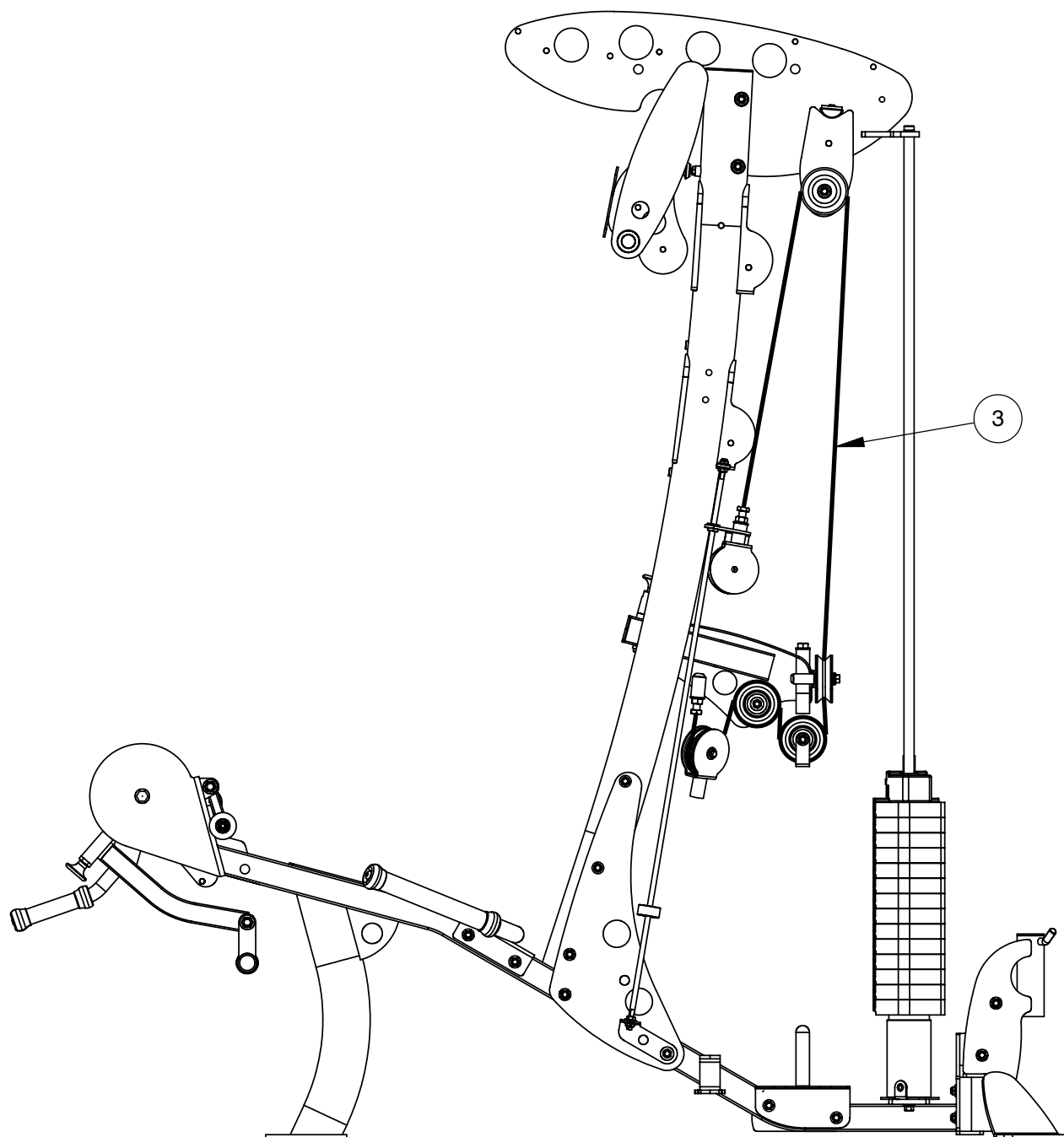


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
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REMOVED FOR CLARITY.

CABLING PROFILE VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

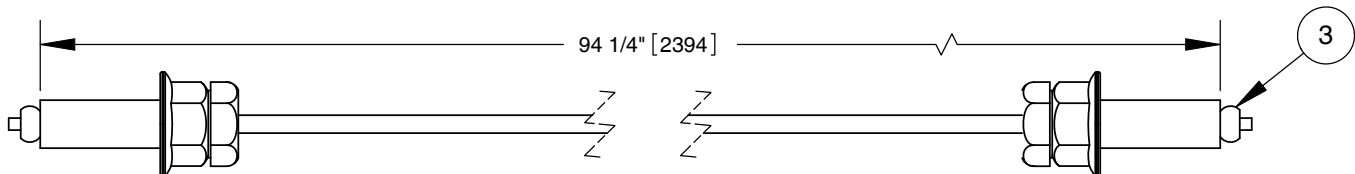
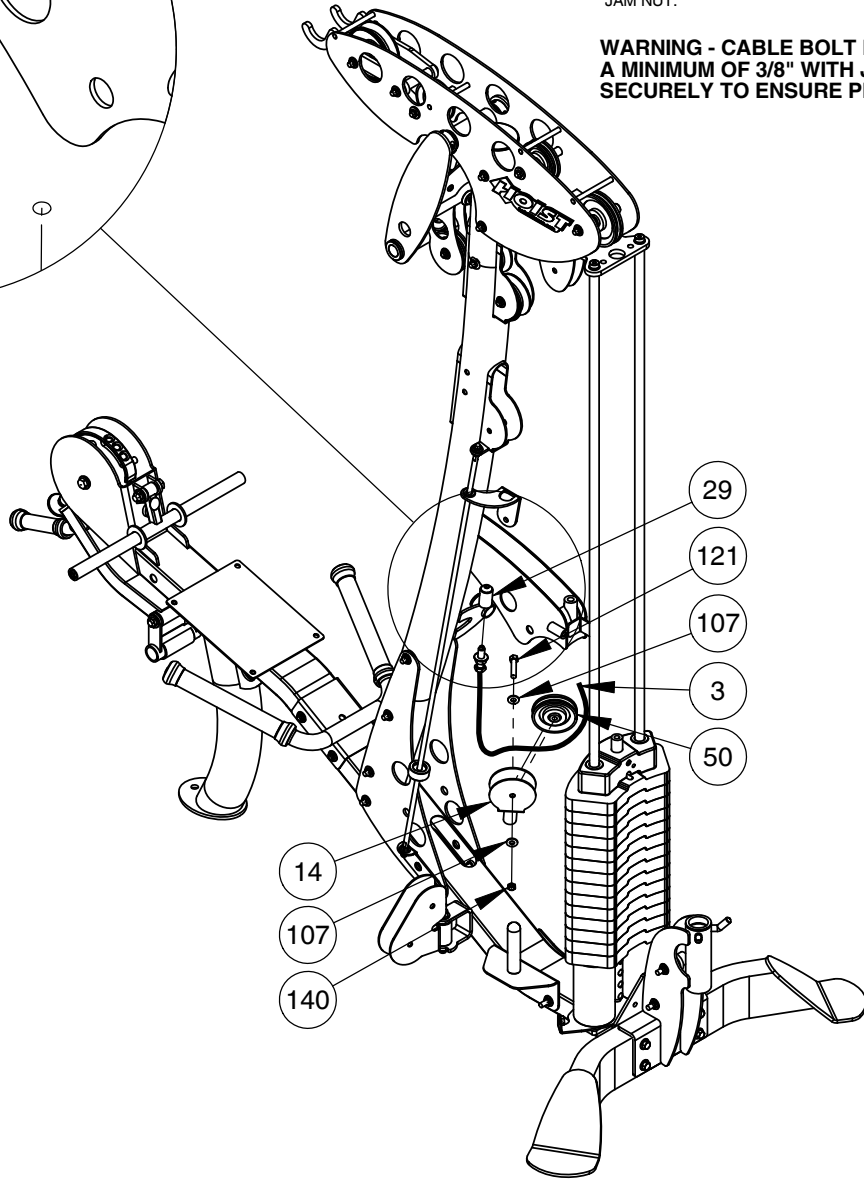
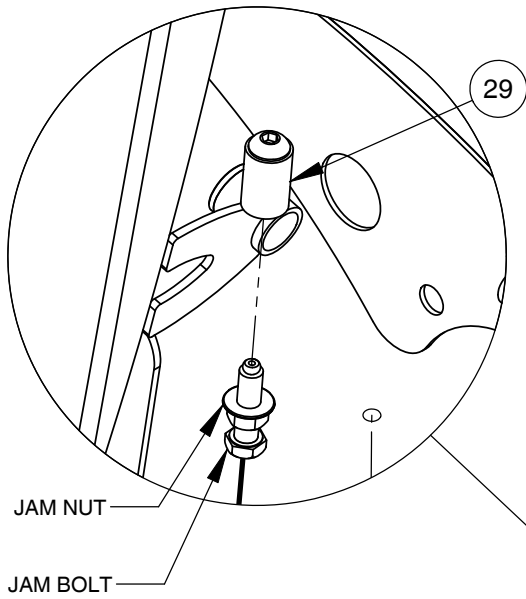
NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

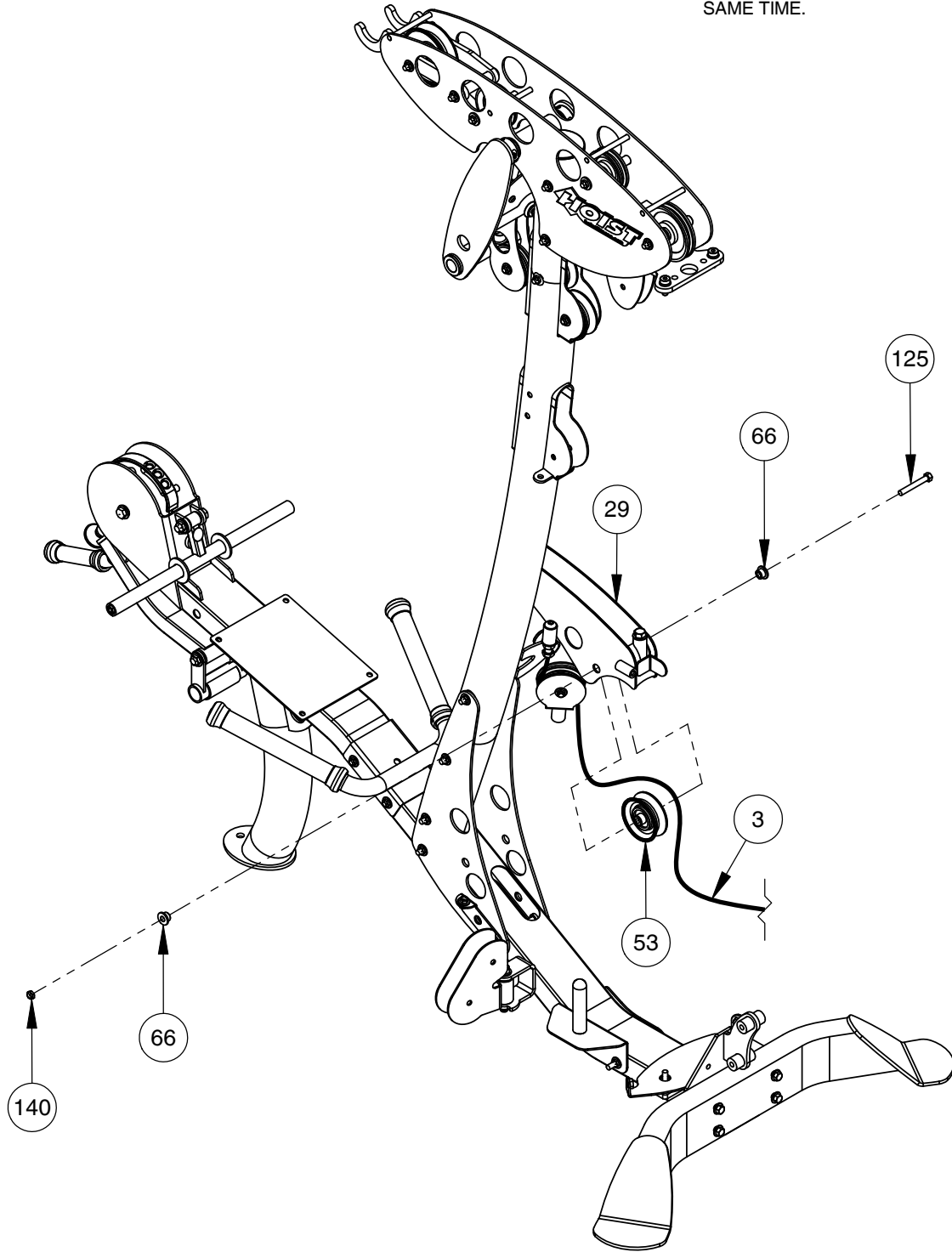


OWNER'S MANUAL

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NOTE:

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- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



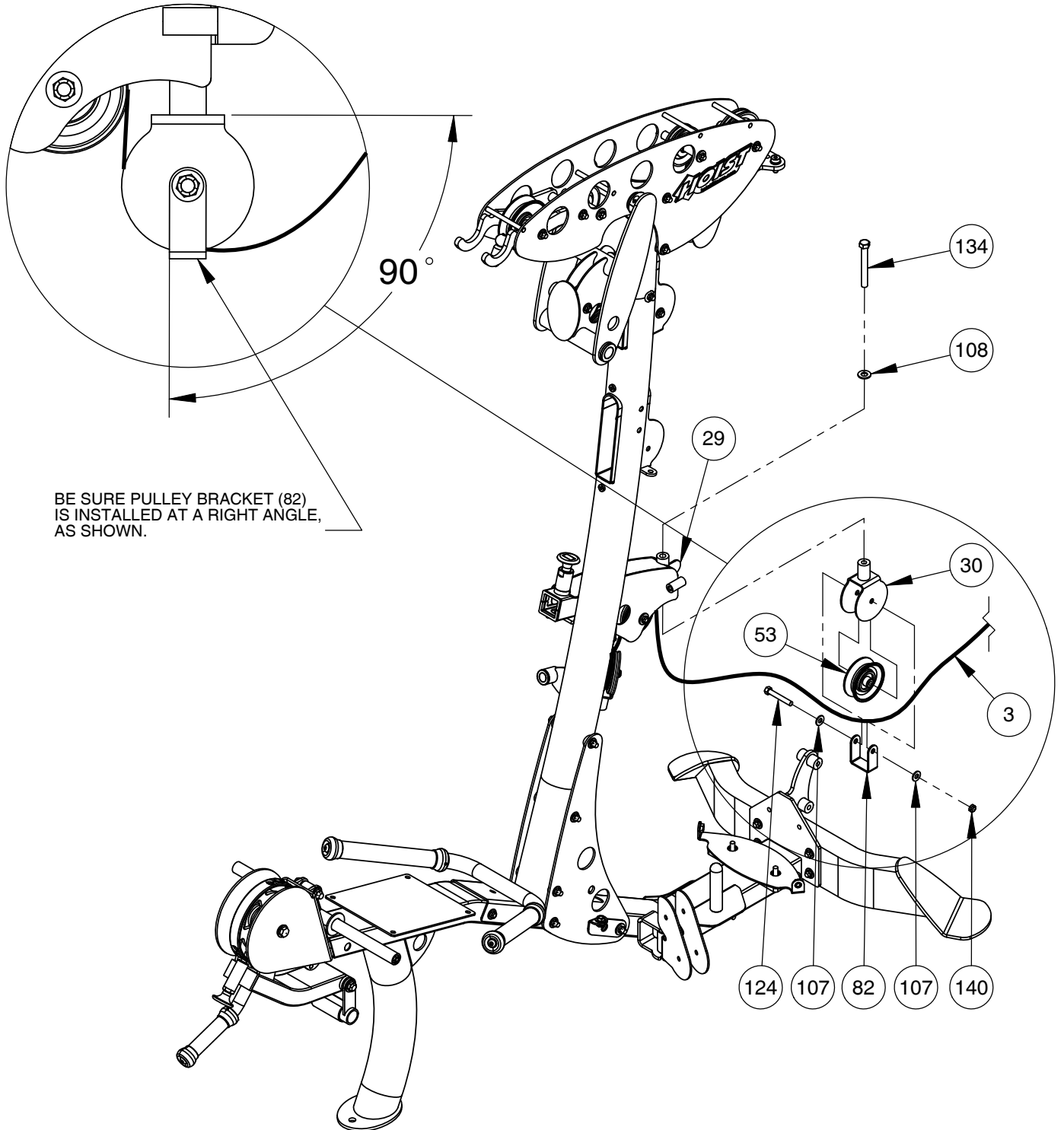
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

****PROPERLY INSTALLED VIEW****



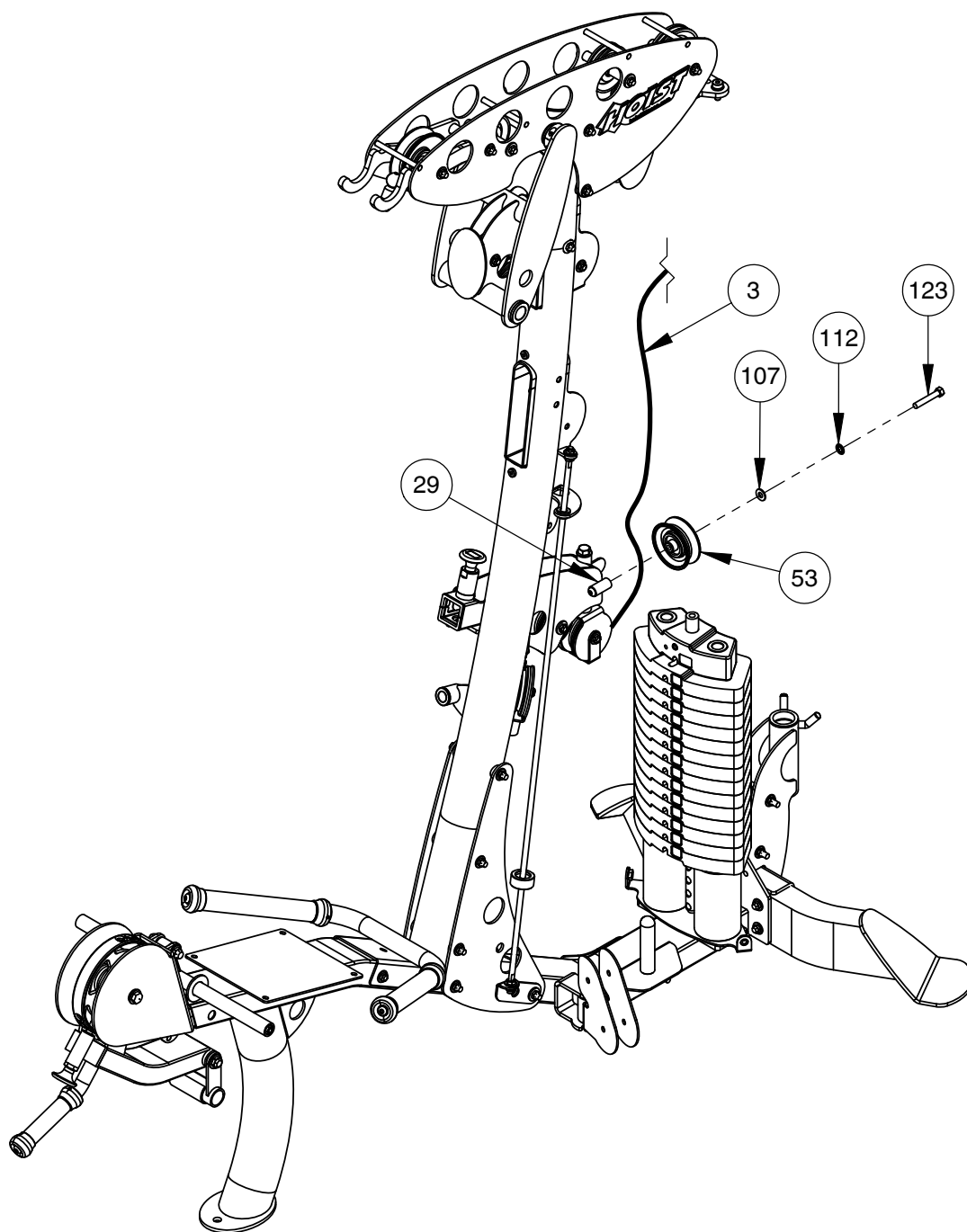
BE SURE PULLEY BRACKET (82)
IS INSTALLED AT A RIGHT ANGLE,
AS SHOWN.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



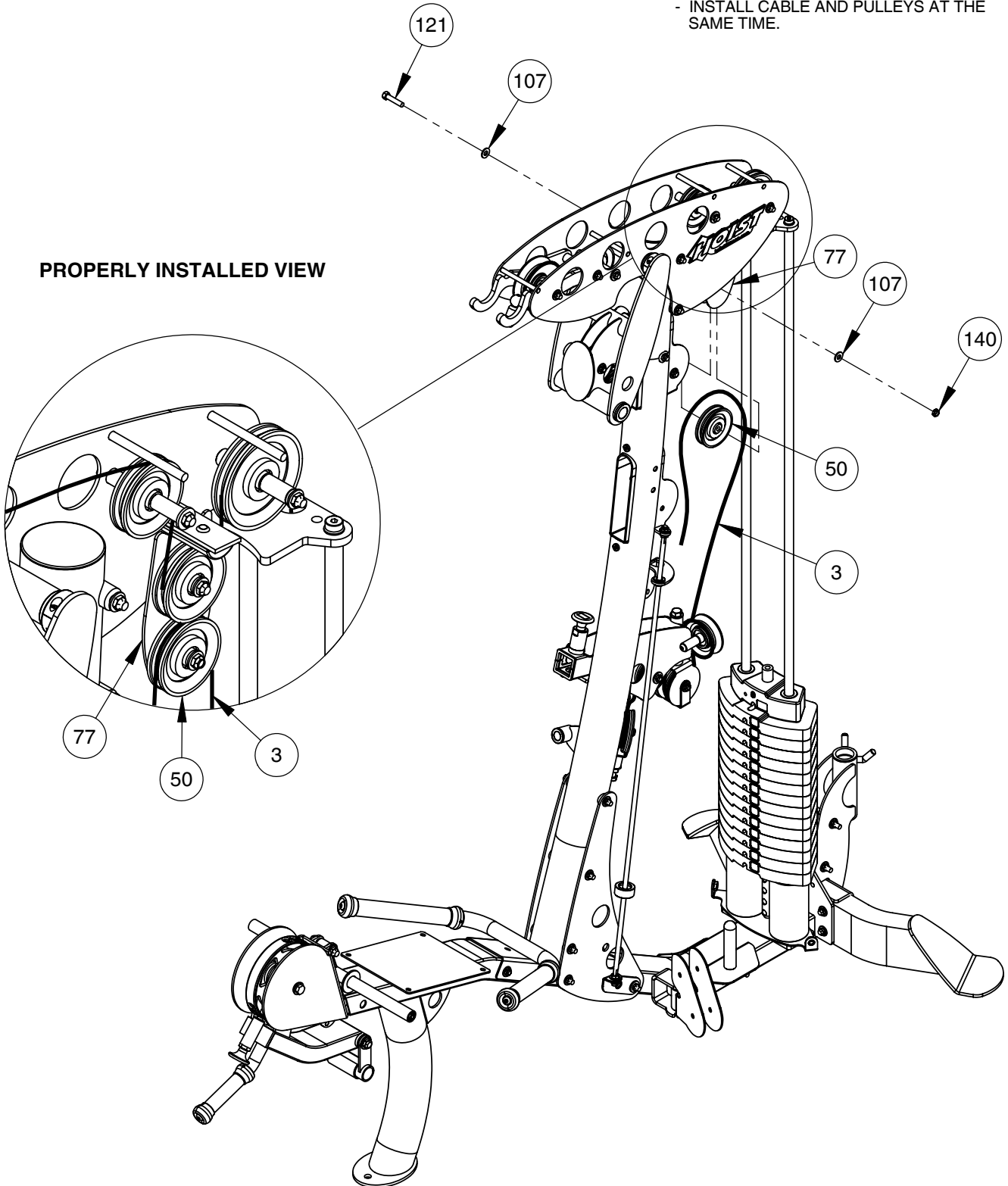
OWNER'S MANUAL

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NOTE:

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PROPERLY INSTALLED VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

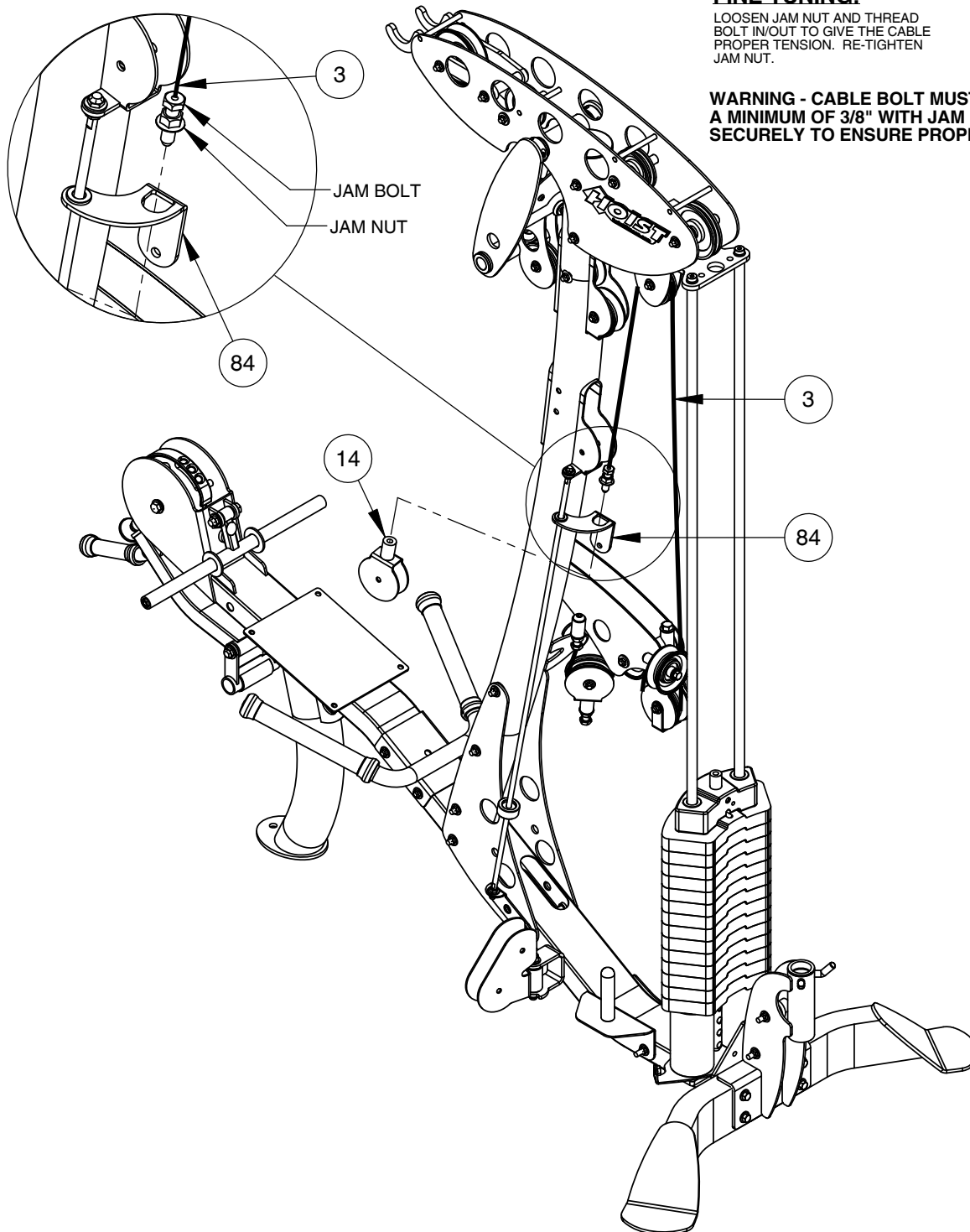
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FINE TUNING:

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WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

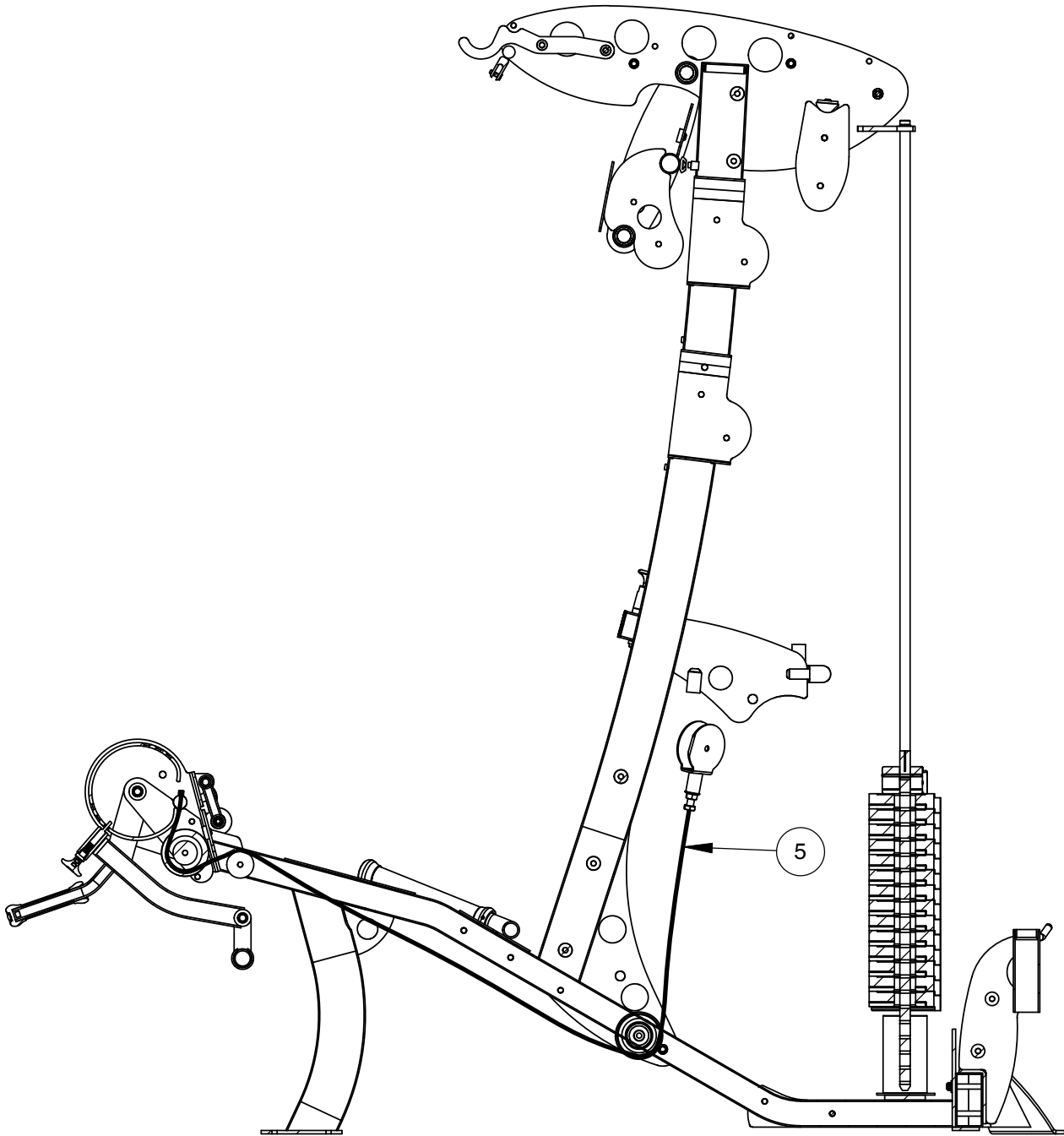


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
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CABLING PROFILE VIEW



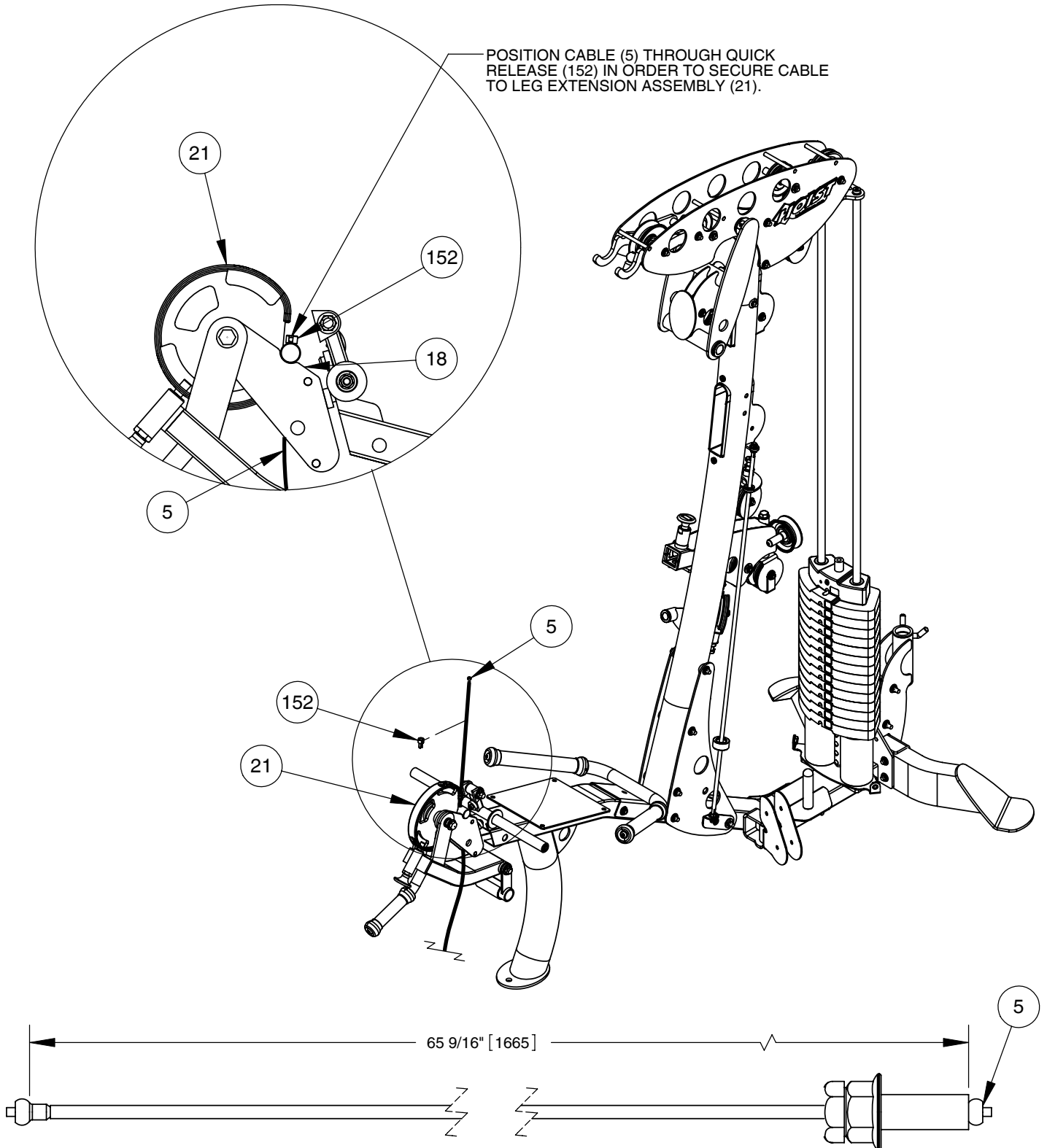
OWNER'S MANUAL

FRAME ASSEMBLY

PROPELY INSTALLED VIEW

NOTE:
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REMOVED FOR CLARITY.

POSITION CABLE (5) THROUGH QUICK
RELEASE (152) IN ORDER TO SECURE CABLE
TO LEG EXTENSION ASSEMBLY (21).



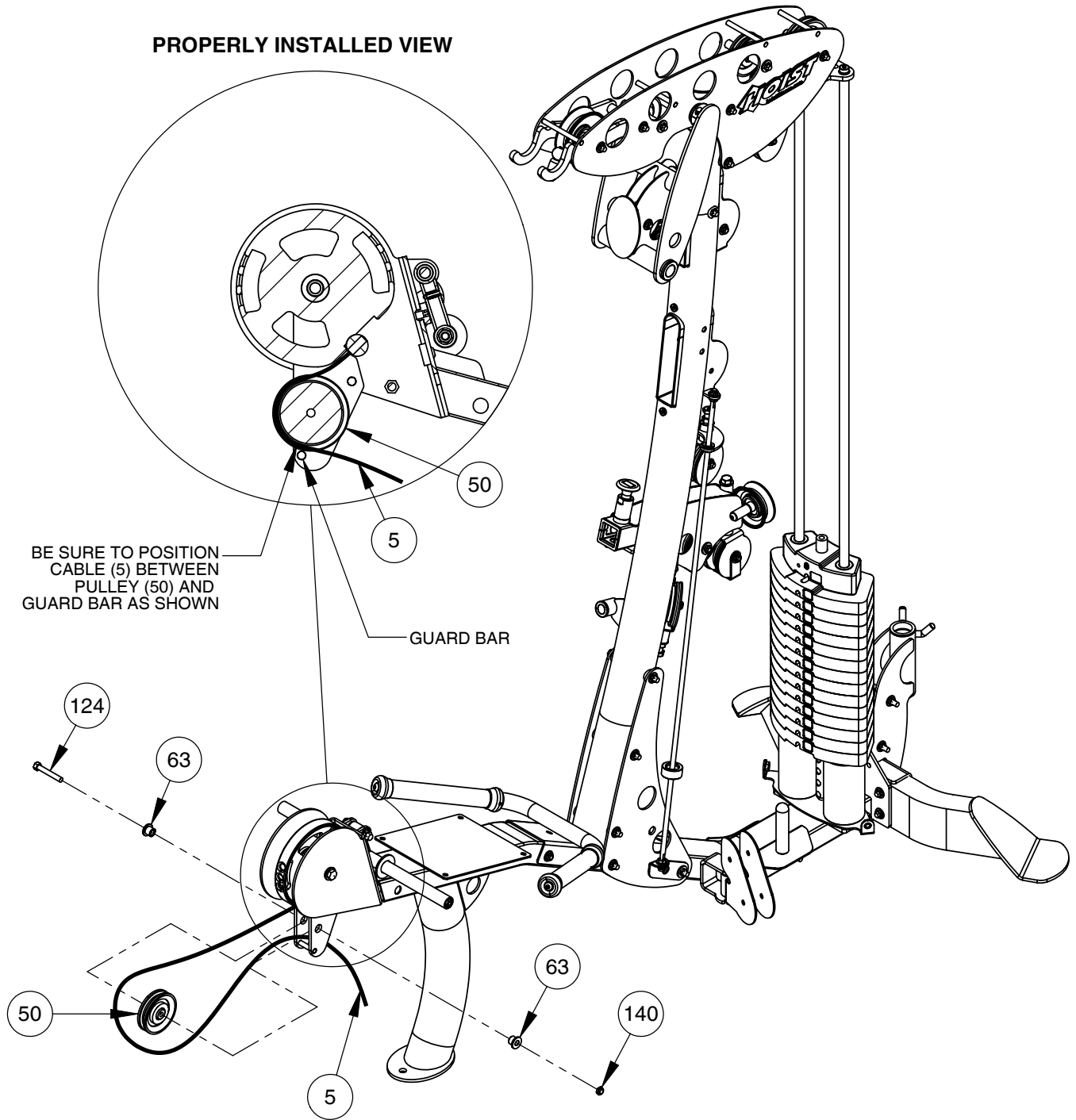
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.

PROPERLY INSTALLED VIEW



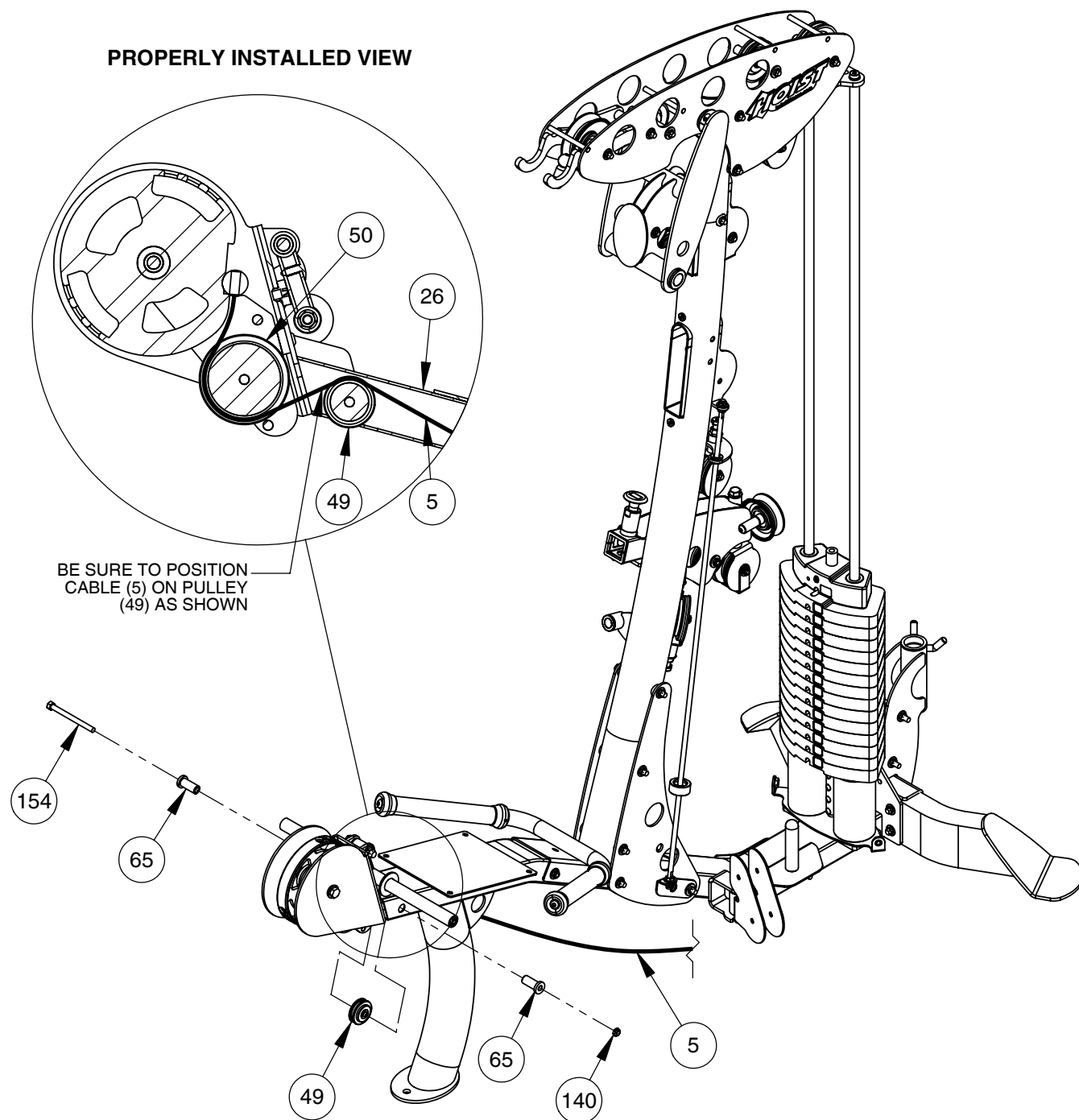
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PROPERLY INSTALLED VIEW



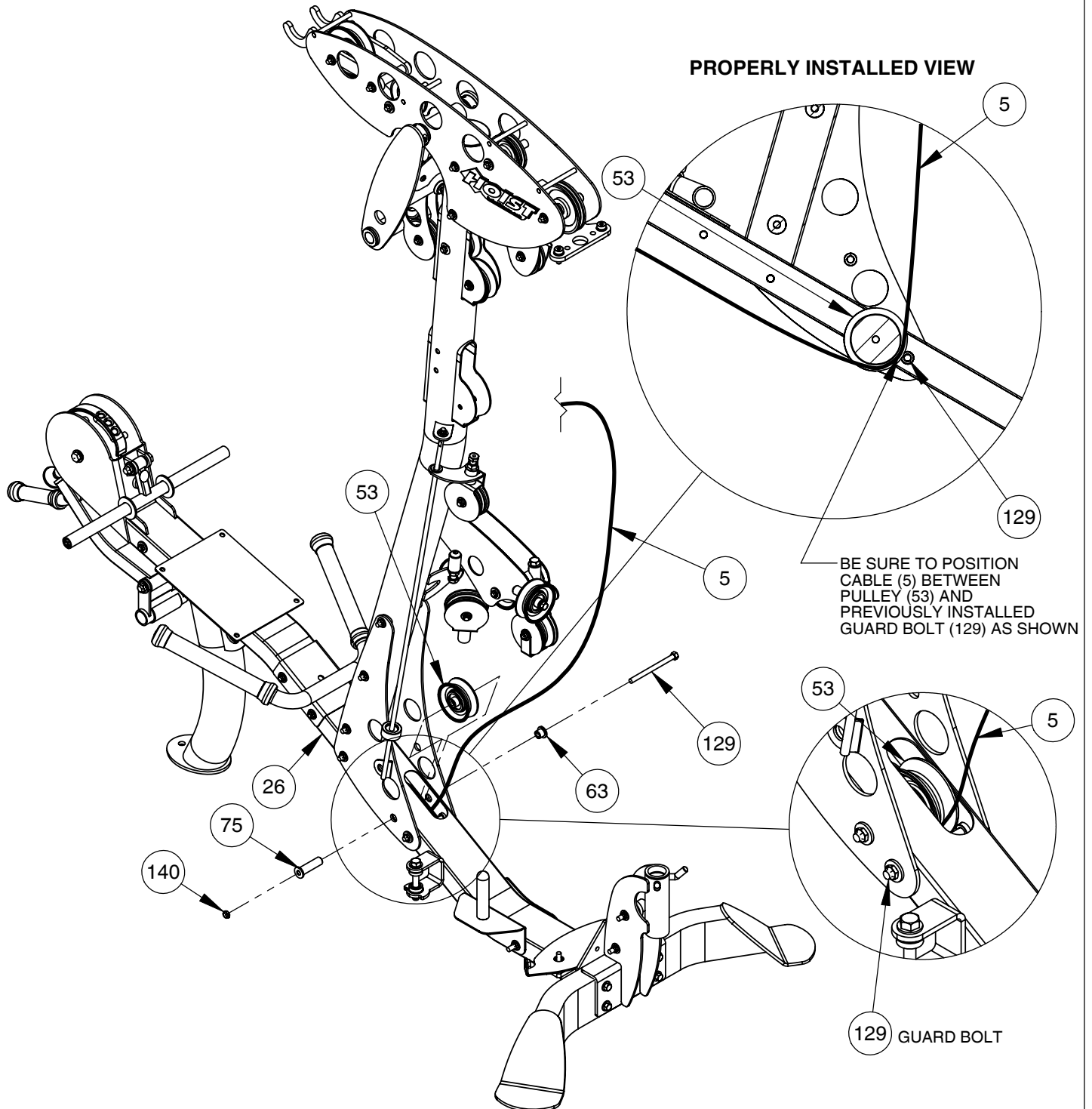
OWNER'S MANUAL

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PROPERLY INSTALLED VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

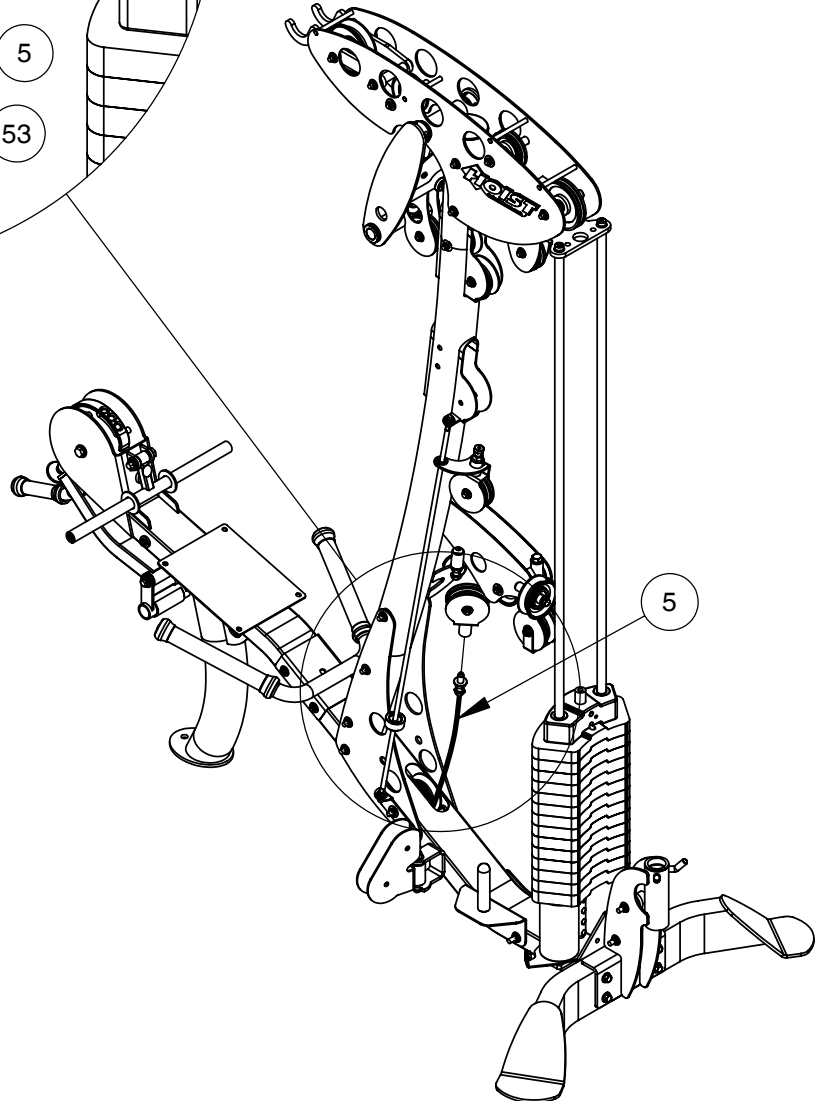
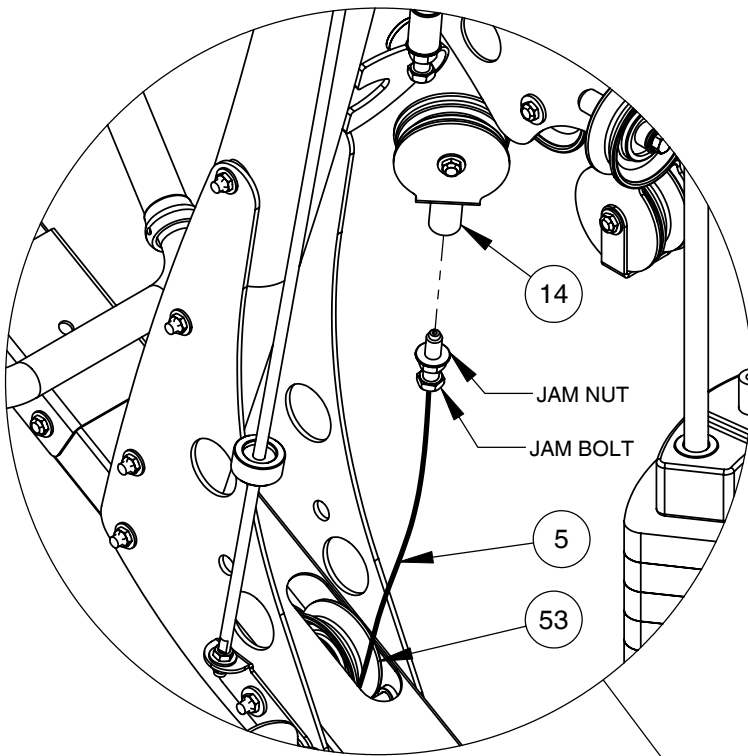
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN CABLE ASSEMBLY (5) TO SECURE ONTO (14).

FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

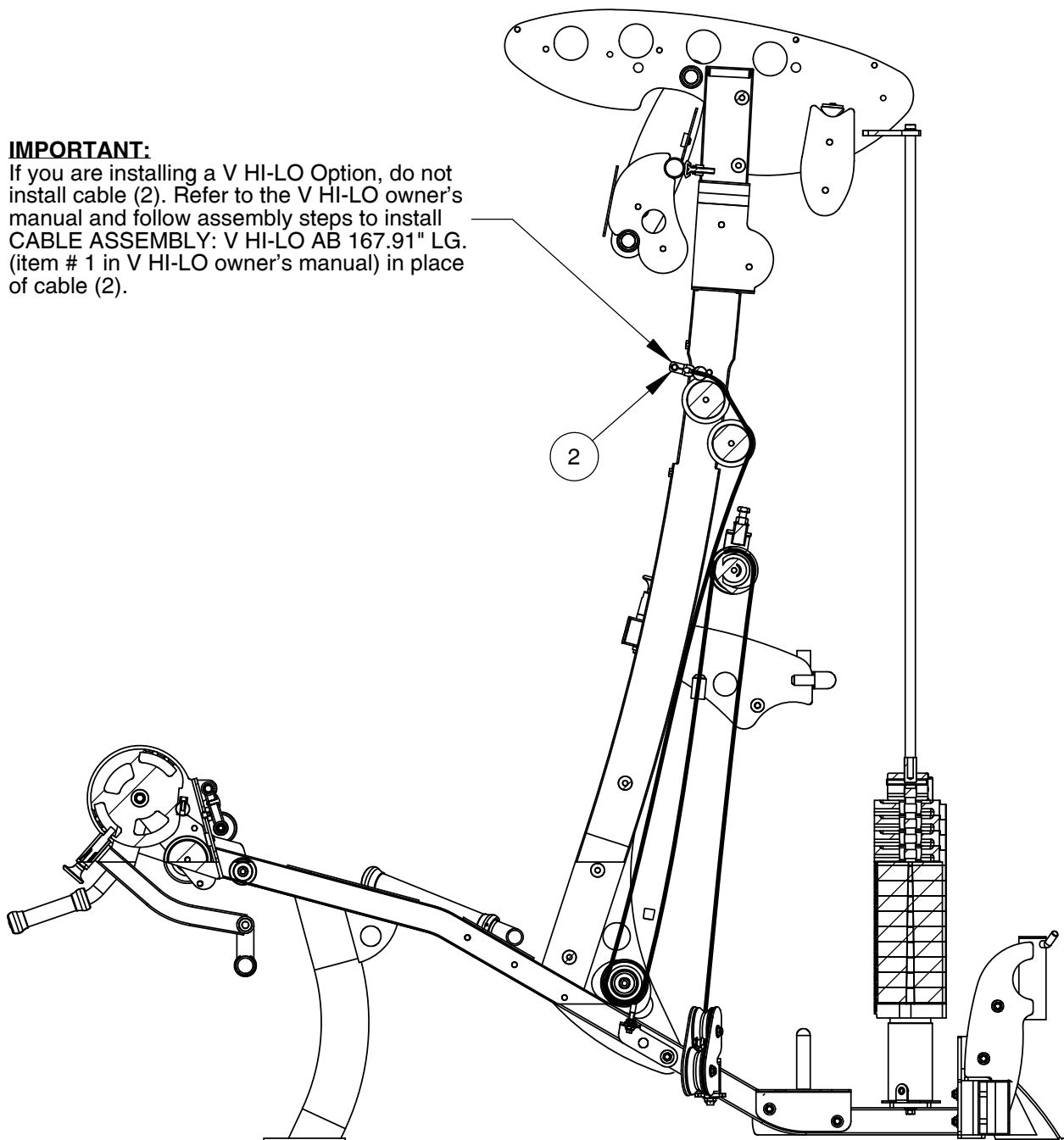


OWNER'S MANUAL

FRAME ASSEMBLY

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

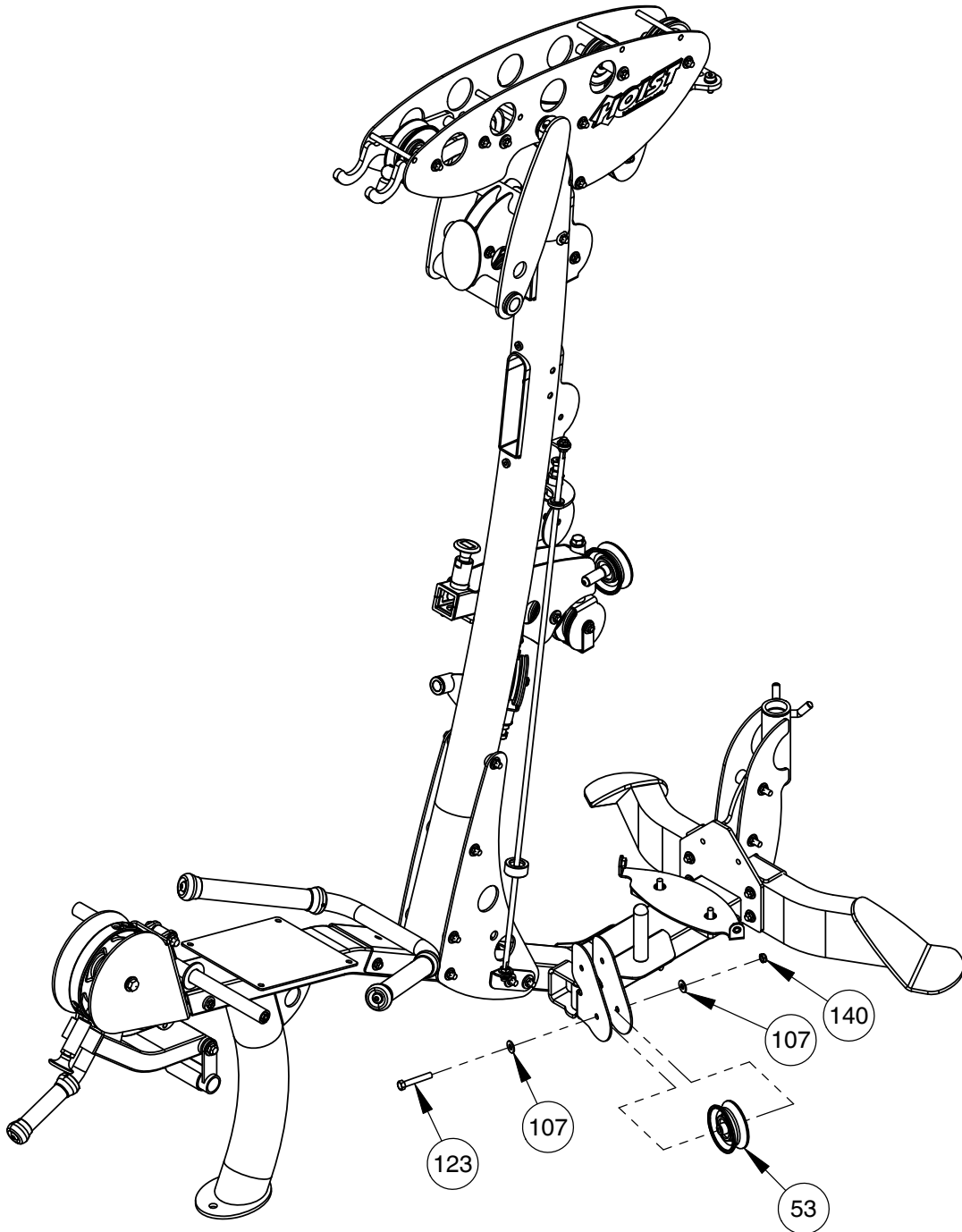
CABLING PROFILE VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

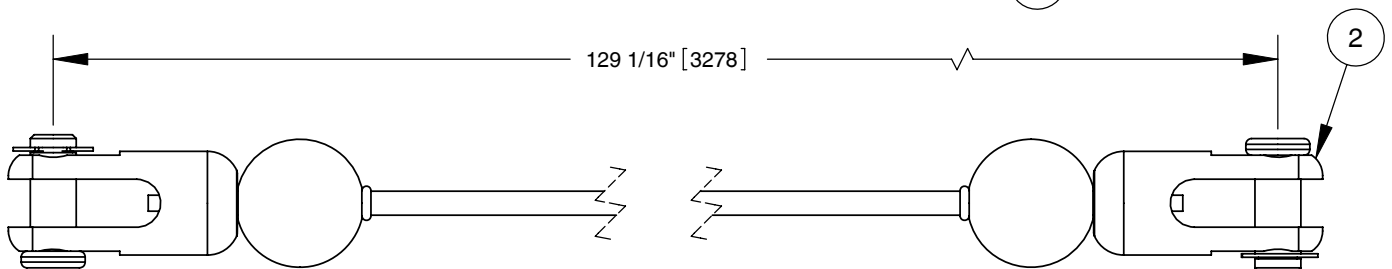
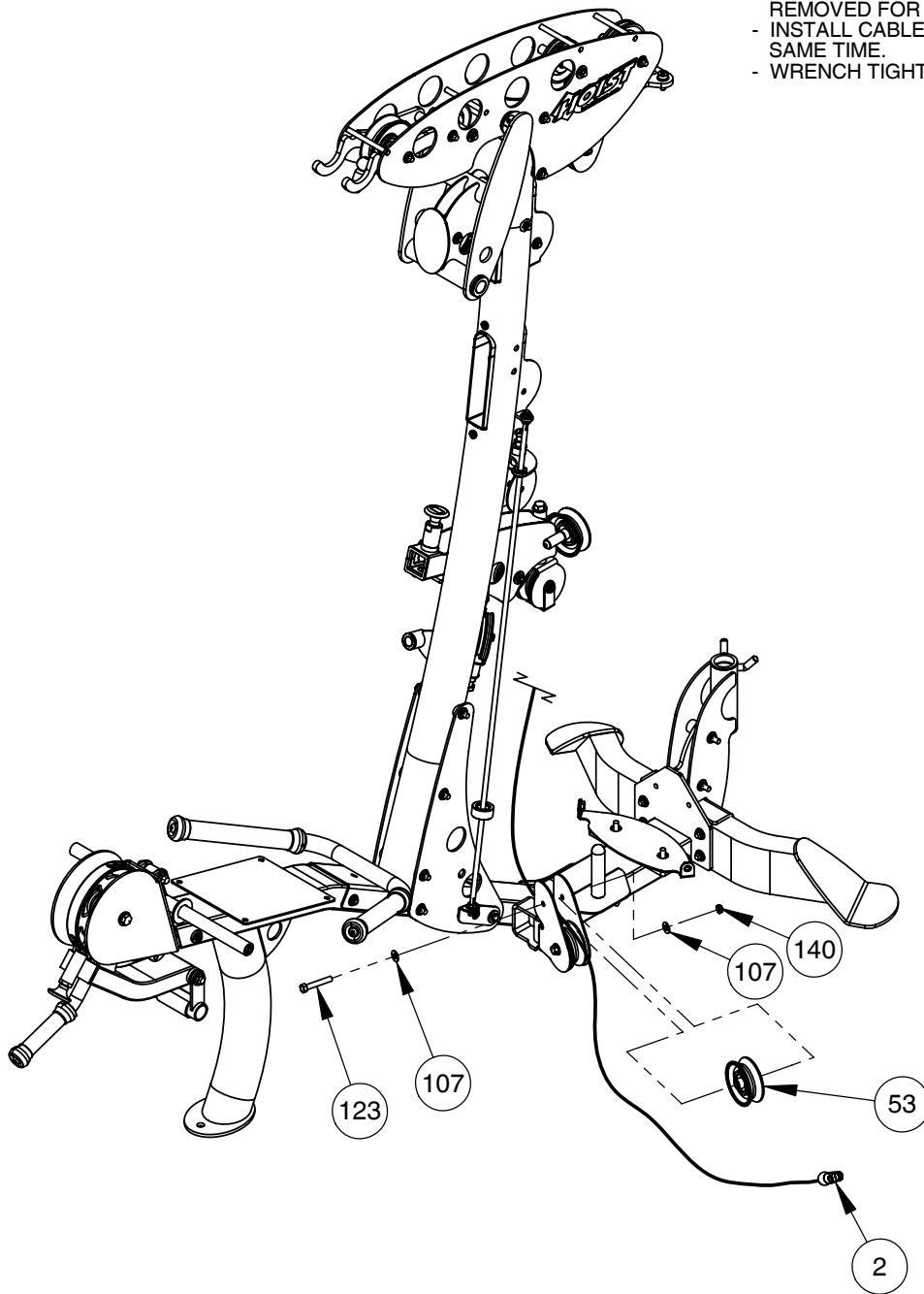
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
 - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
 - WRENCH TIGHTEN HARDWARE.

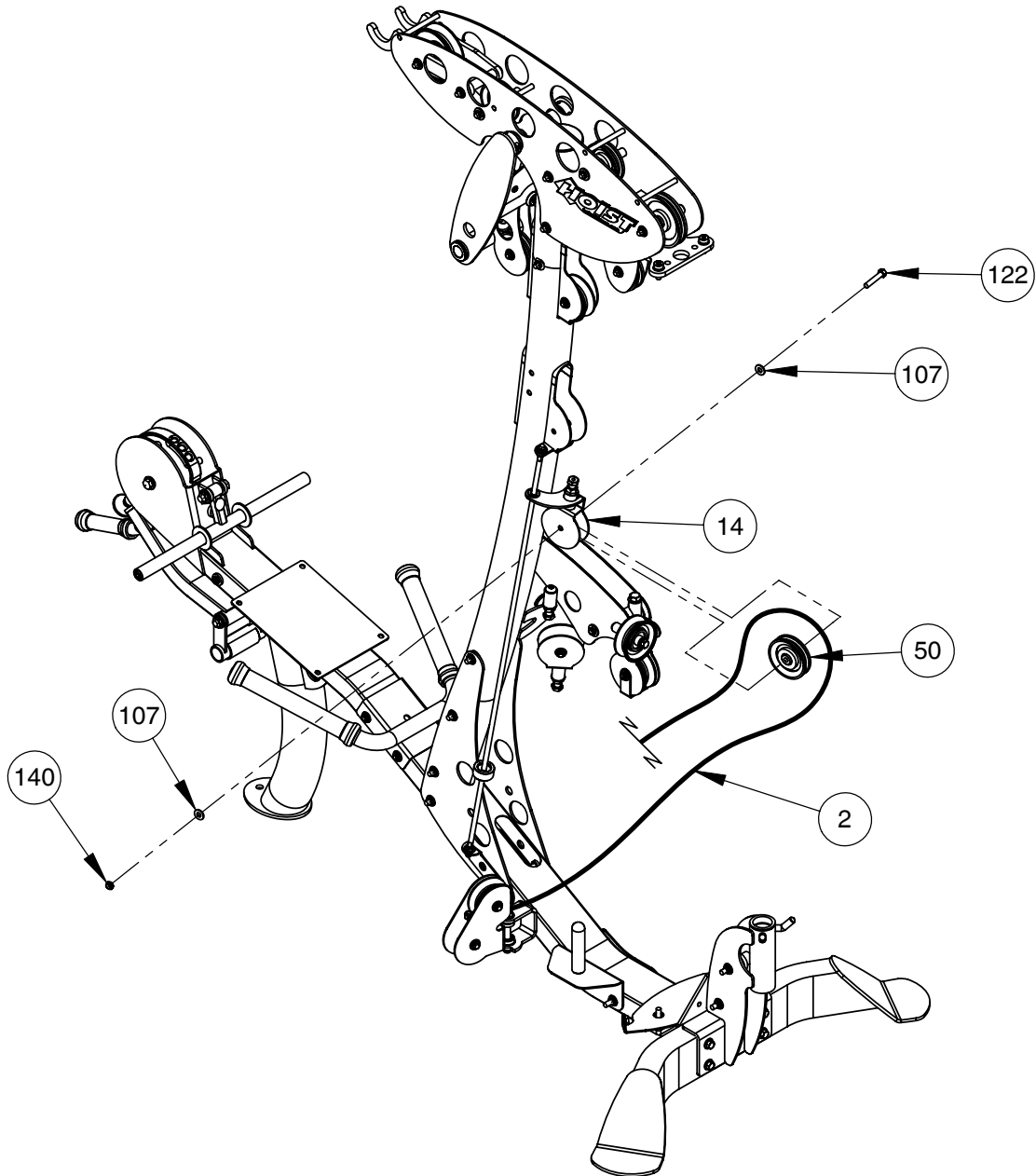


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.



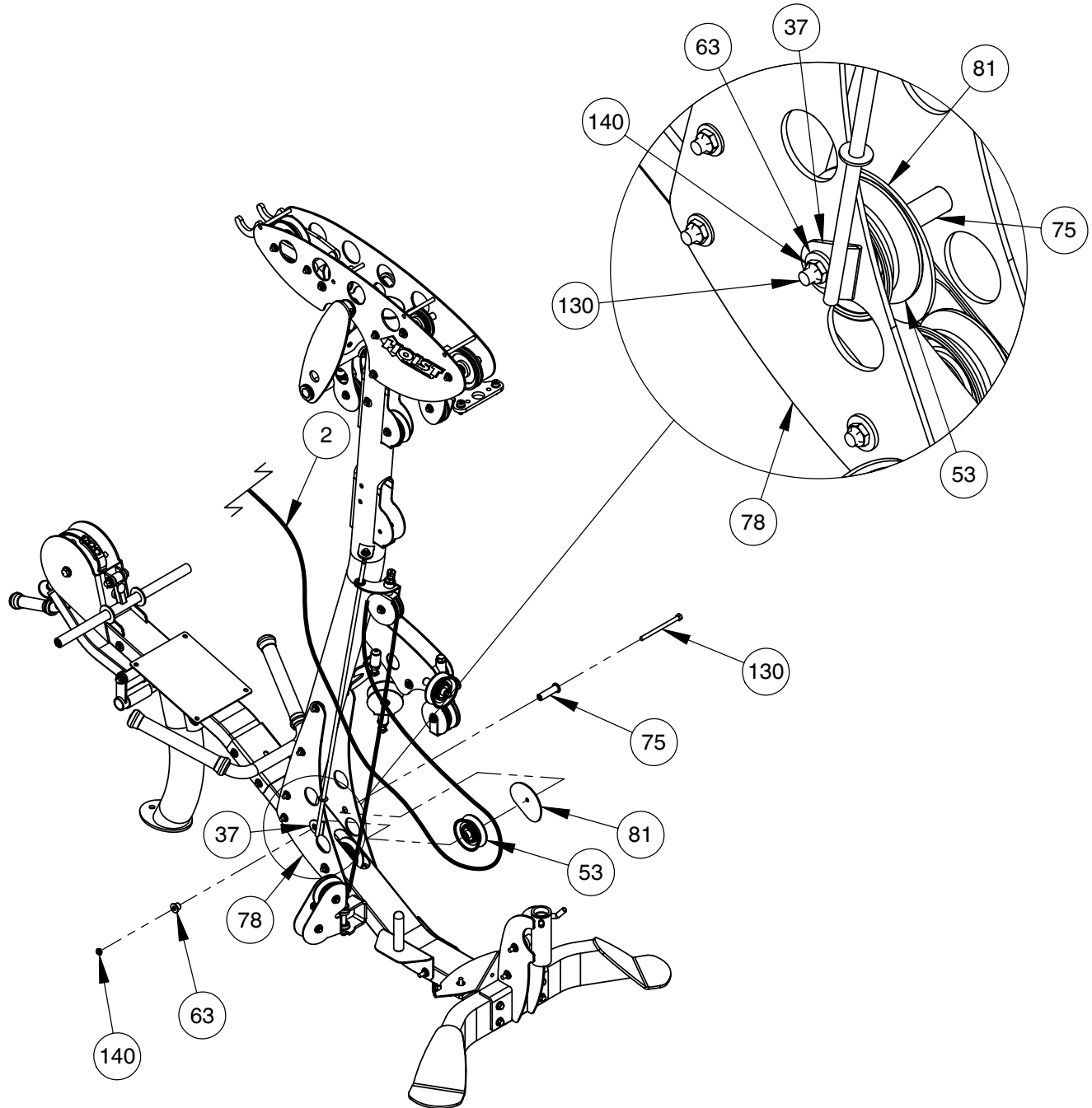
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.

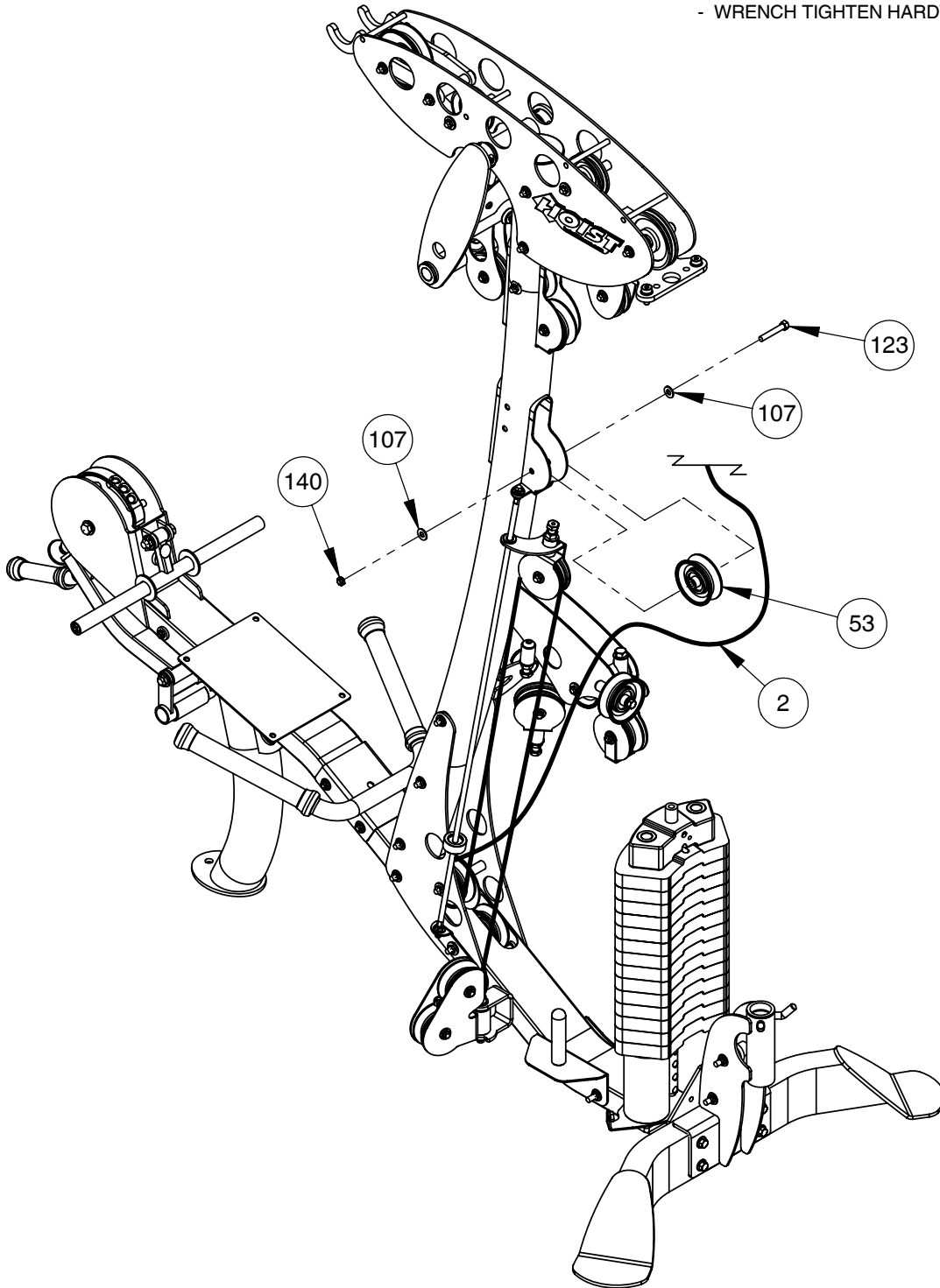
PROPERLY INSTALLED VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

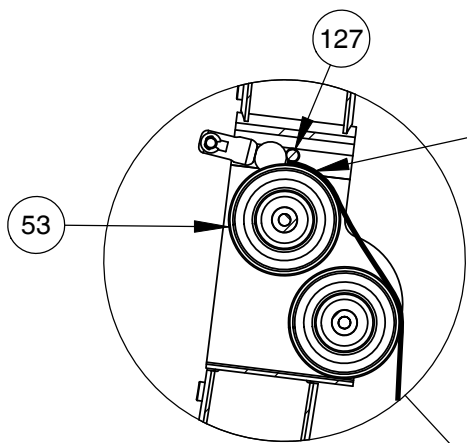
- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
 - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
 - WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

PROPERLY INSTALLED VIEW

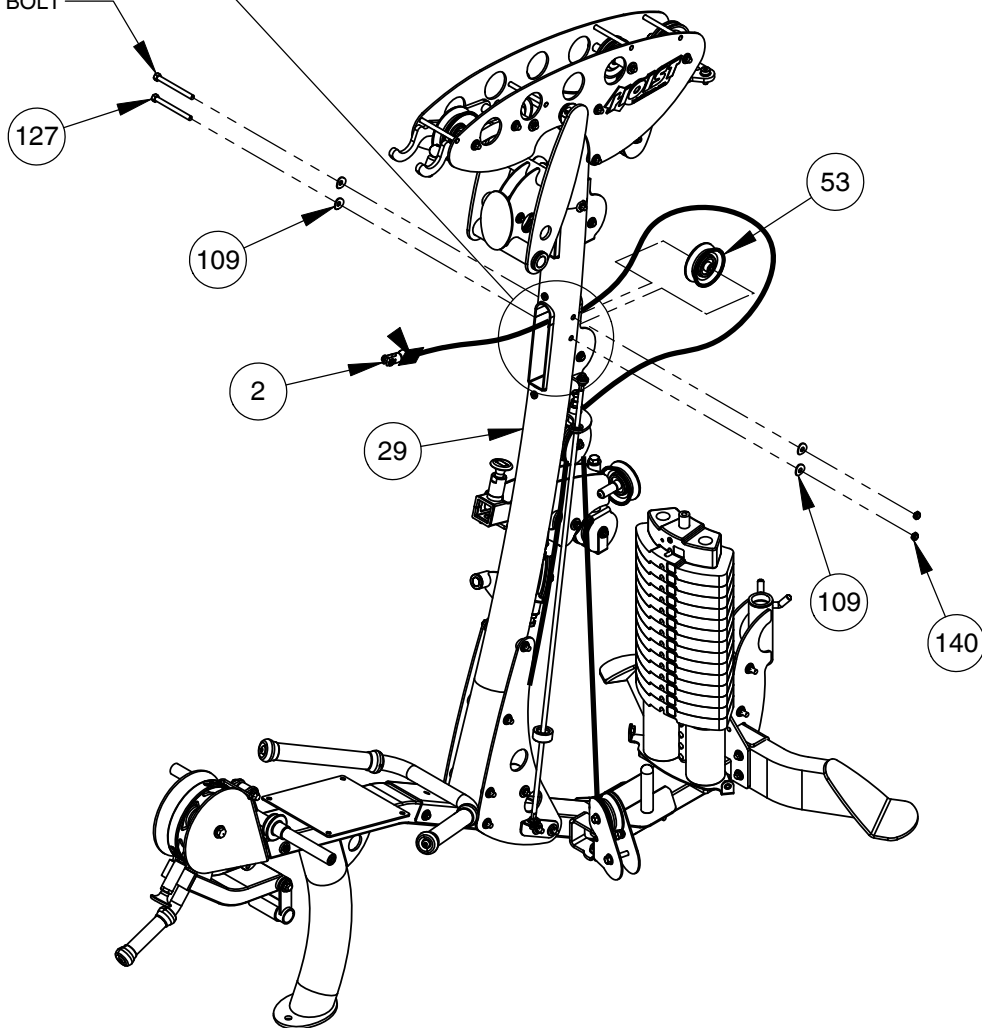


BE SURE TO POSITION
CABLE (2) BETWEEN
PULLEY (53) AND
CABLE GUARD BOLT (127)
AS SHOWN

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- WRENCH TIGHTEN HARDWARE.

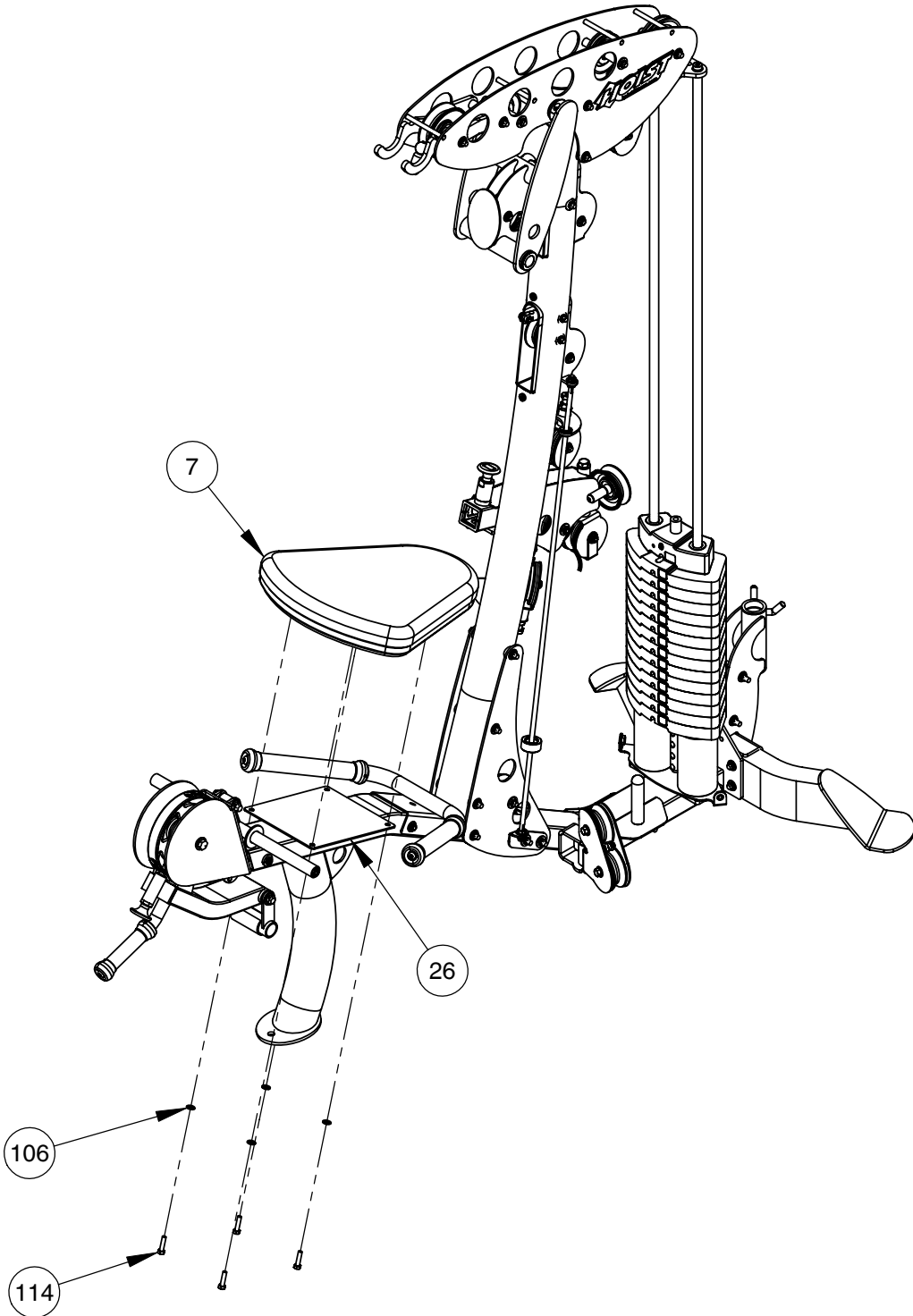
CABLE GUARD BOLT



OWNER'S MANUAL

FRAME ASSEMBLY

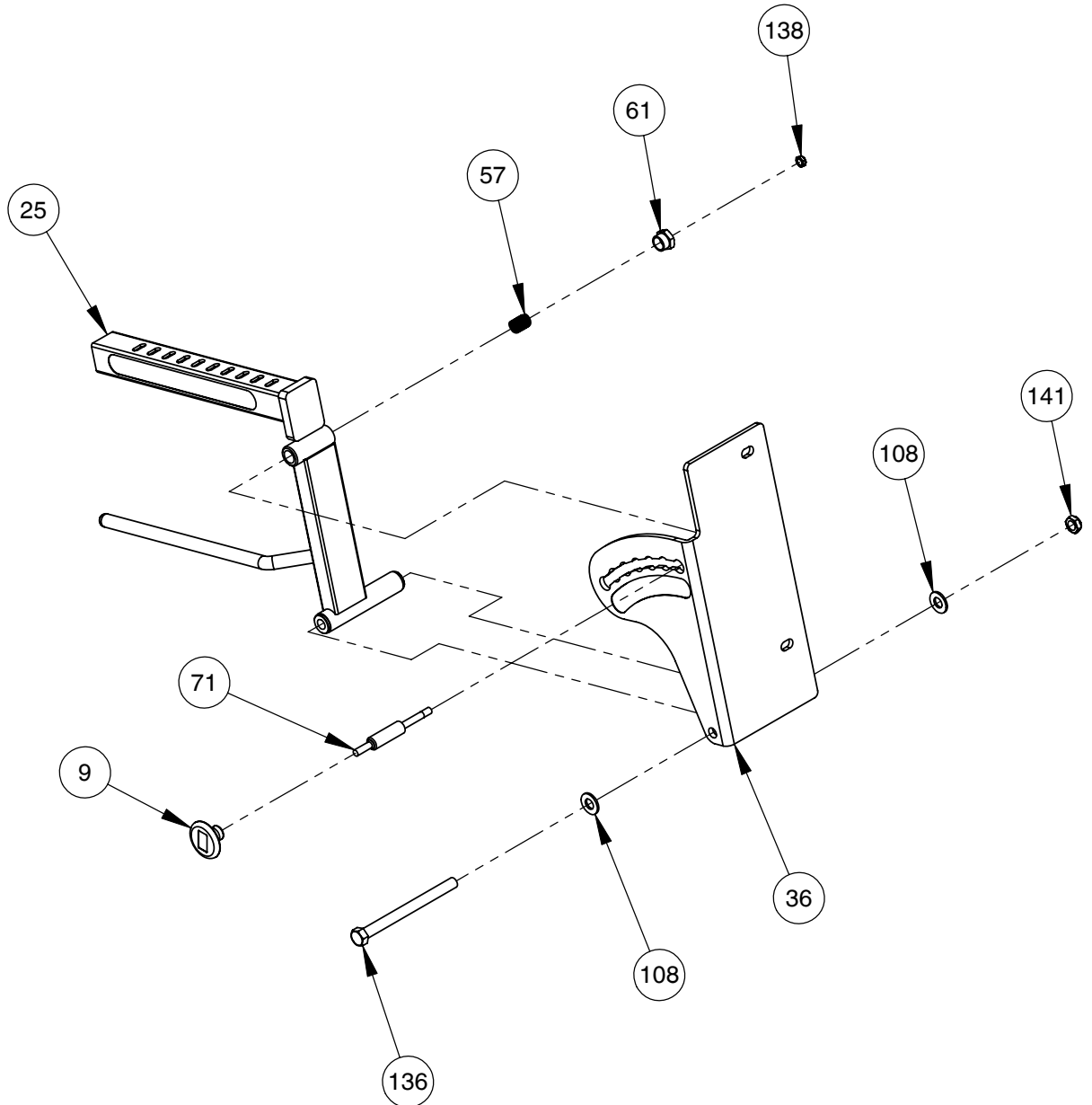
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

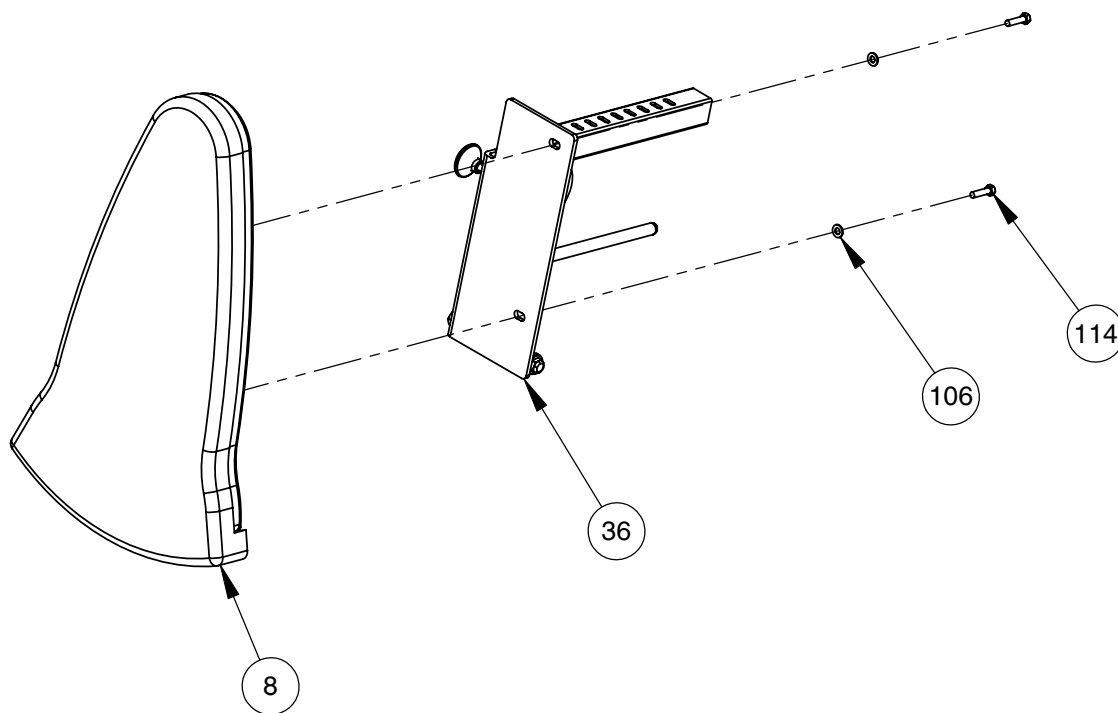
- NOTE:
- WRENCH TIGHTEN HARDWARE (136) THEN LOOSEN NUT JUST ENOUGH FOR (36) TO PIVOT FREELY.
 - WRENCH TIGHTEN HARDWARE.
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

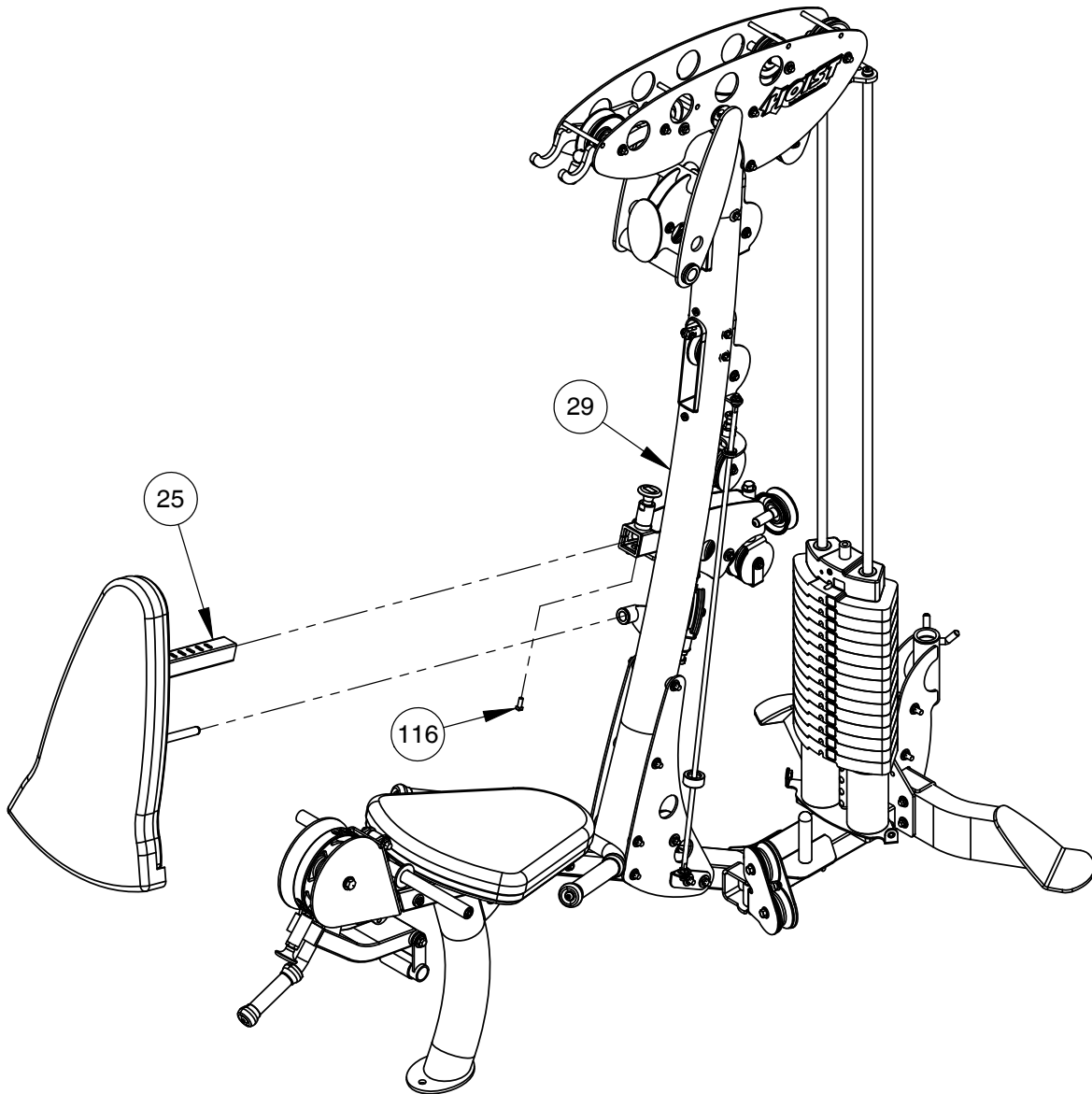
- NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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

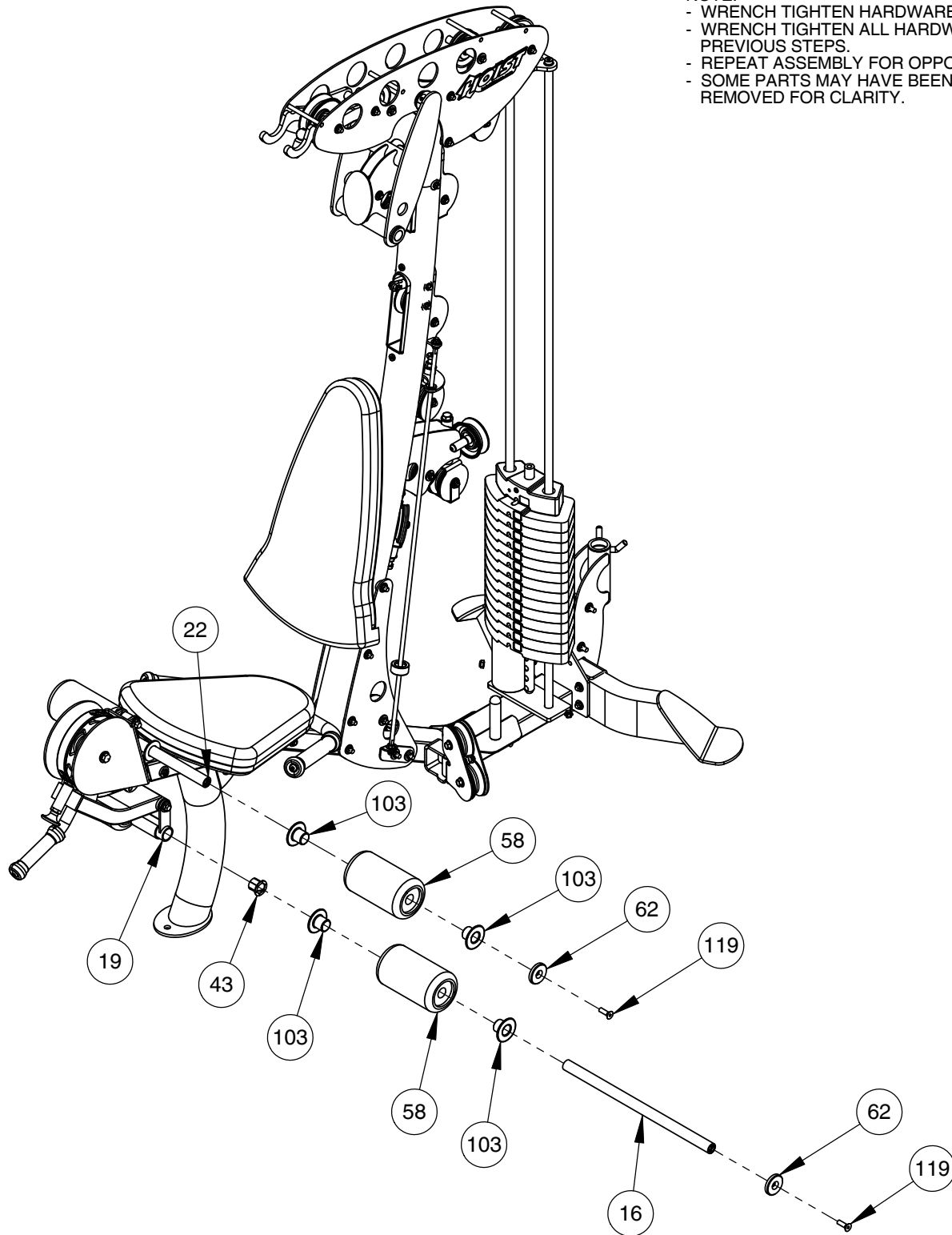


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

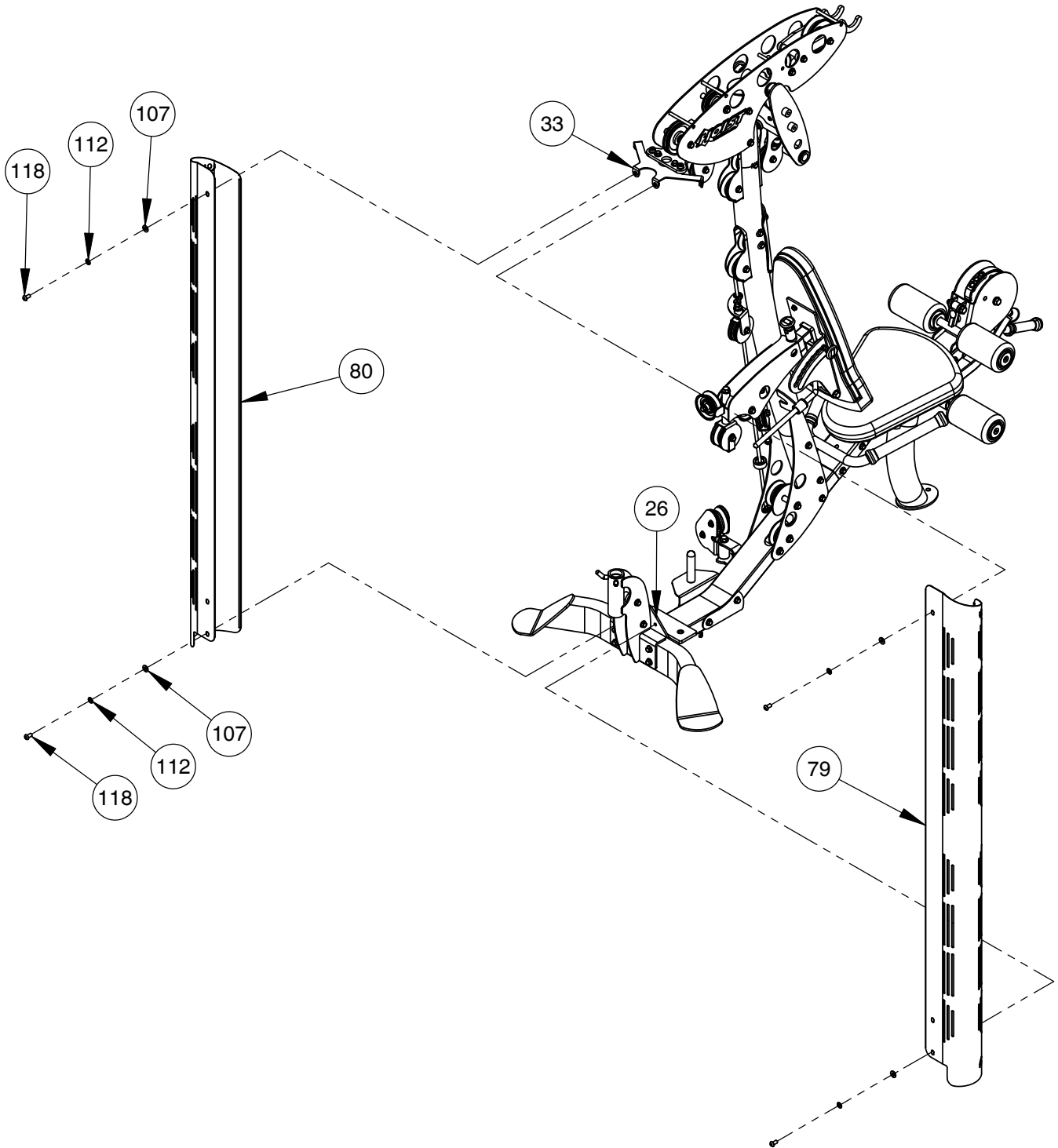
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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

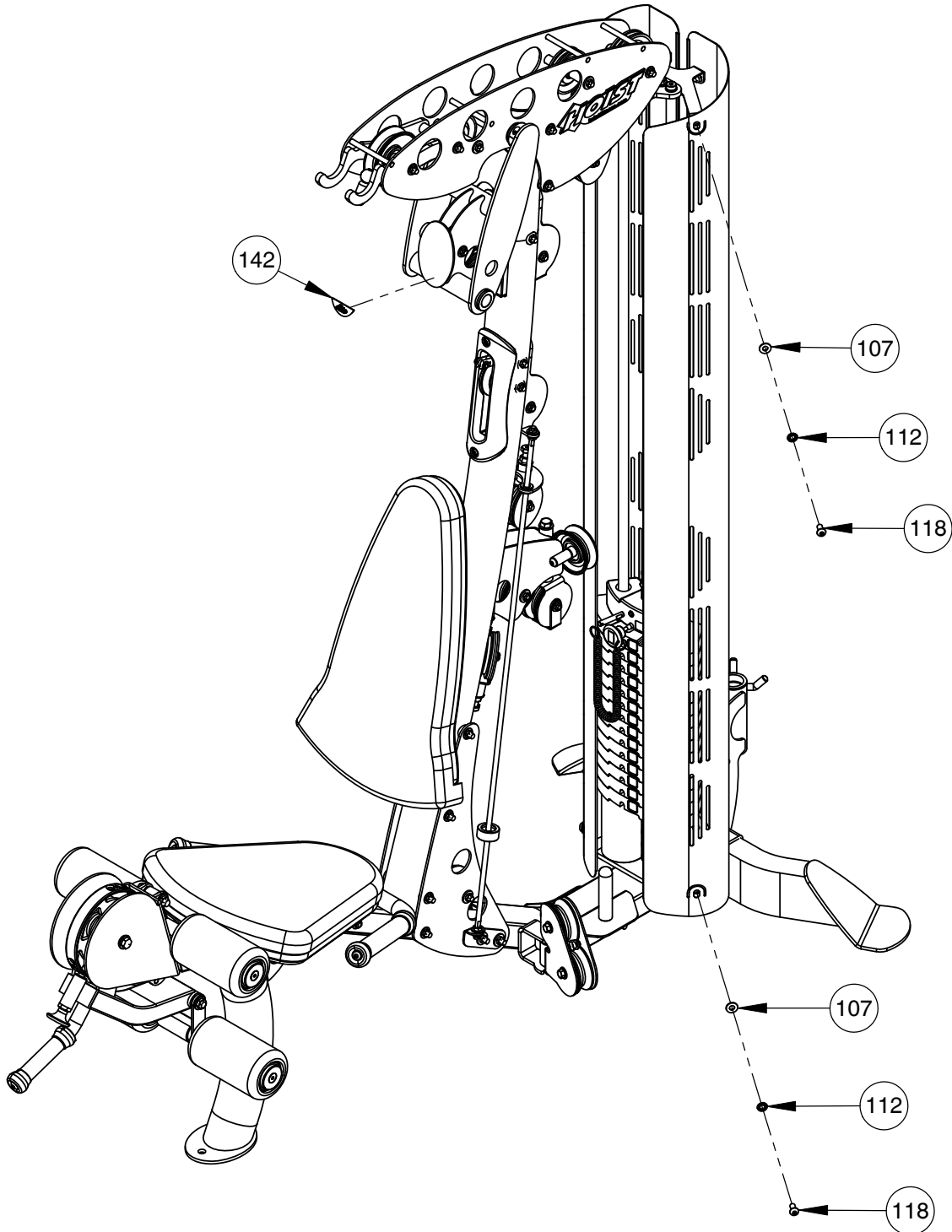


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

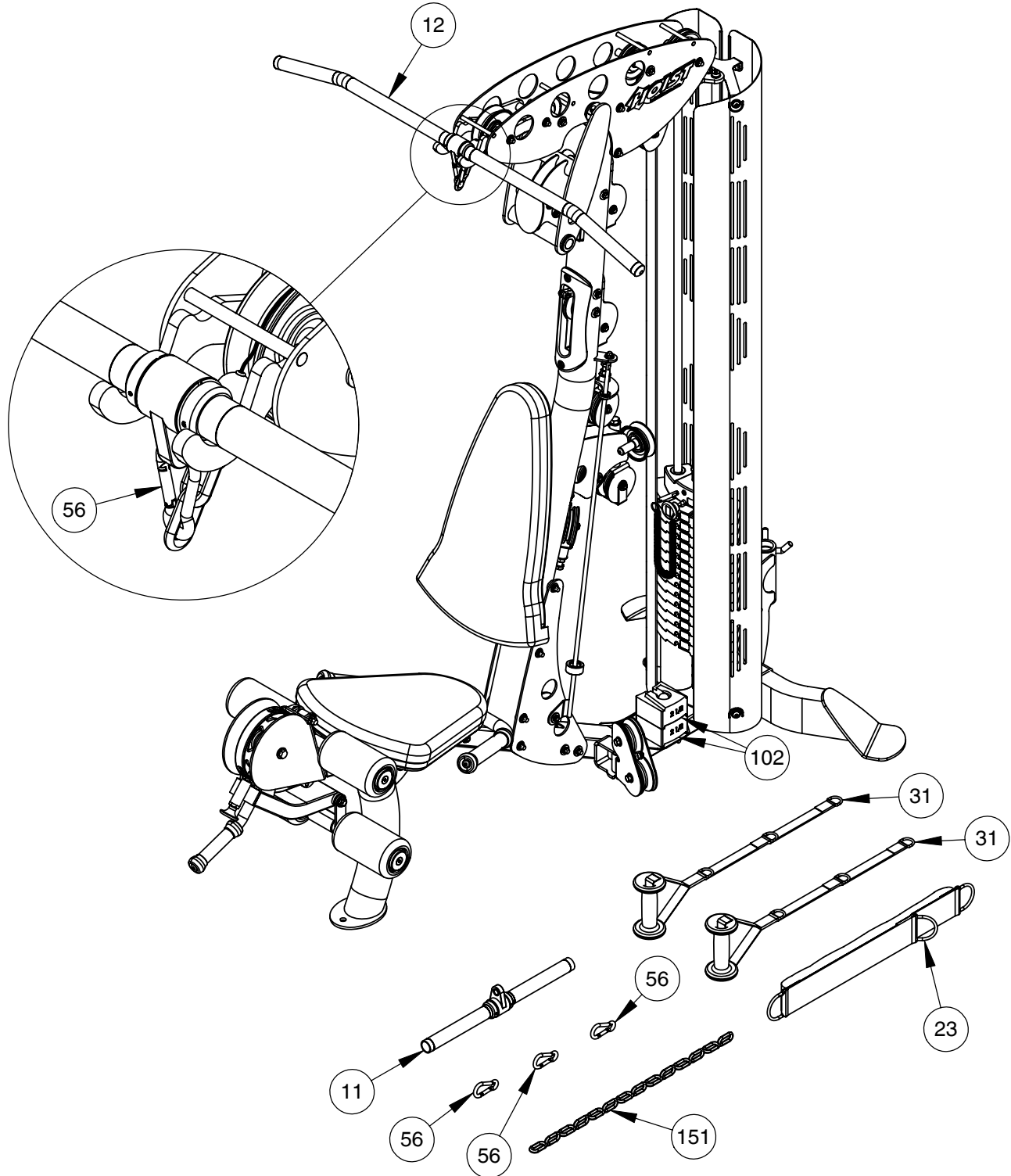
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL SHIELD HARDWARE FROM PREVIOUS STEPS.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

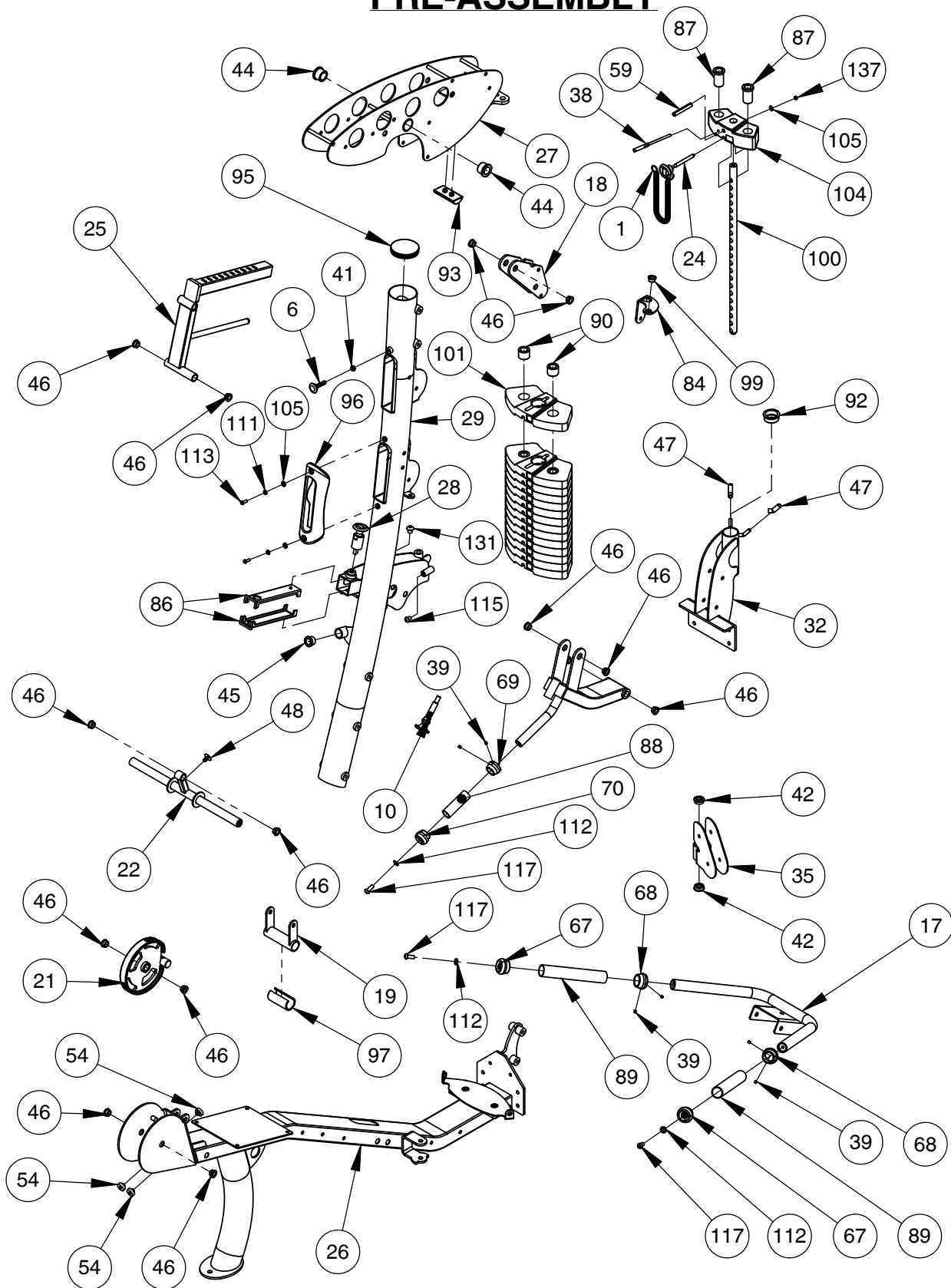
ACCESSORIES/MISC

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



OWNER'S MANUAL

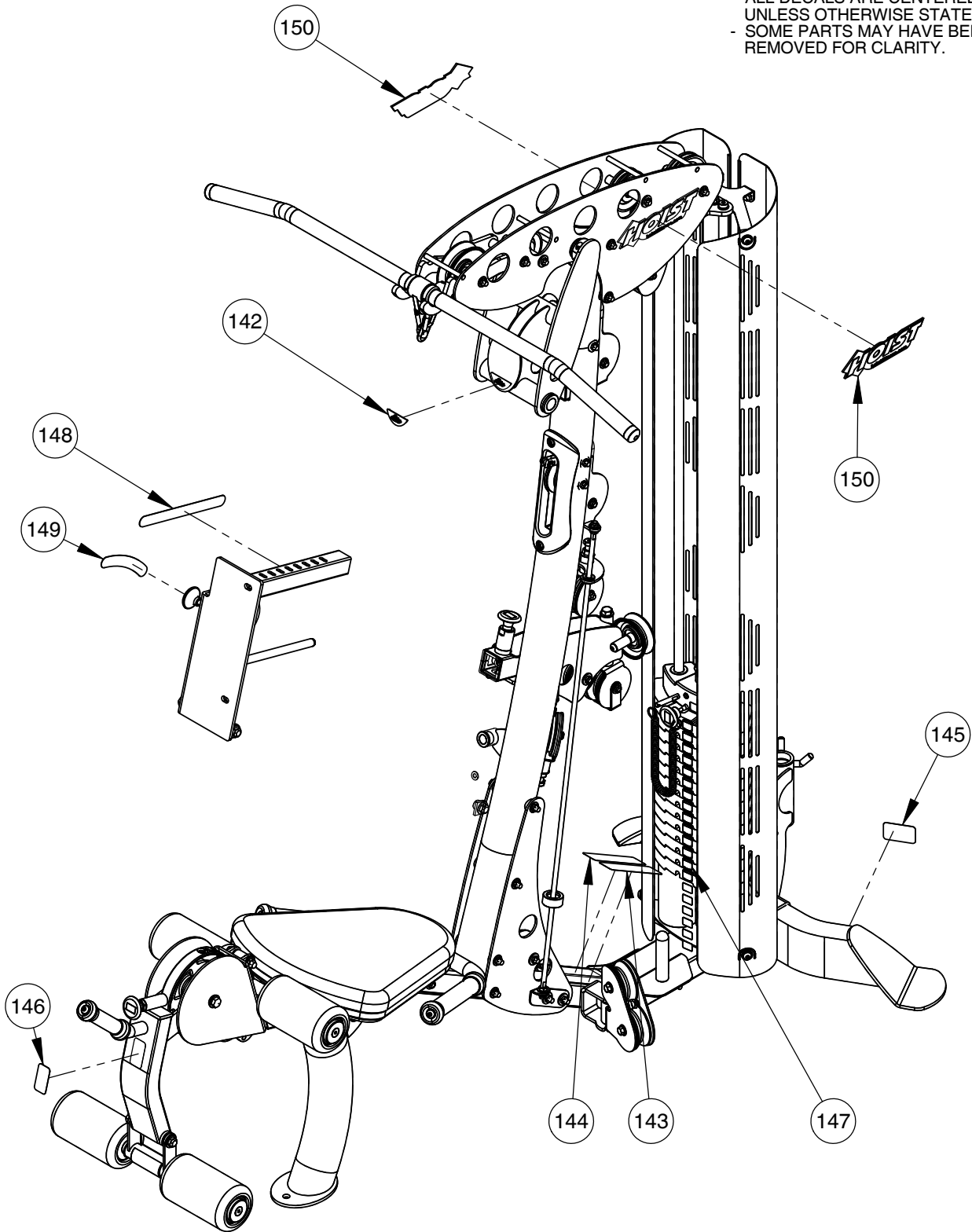
PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

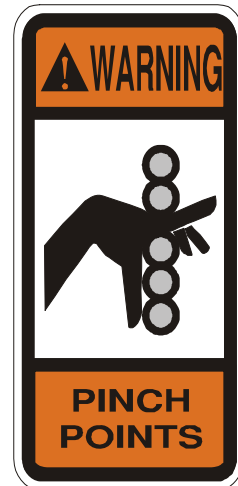
DECAL REFERENCE



021-0018022



SERIAL # DECAL



021-0003322



021-0003672



021-0003675

OWNER'S MANUAL

DECAL REFERENCE CONTINUED

NOTICE				
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	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 (Supertube)			X	
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X	
Clean & Wax; All Glossy Finishes				X
Repeck with Grease Linear Bearings				X
Replace; Cables, Belts and Connecting Parts.				X

021-0003008

WARNING	
<p>USE ONLY GENUINE 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.</p>	
<p>1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.</p>	
<p>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.</p>	
<p>3. FOLLOW ROUTINE MAINTENANCE SCHEDULE</p>	
<p>4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.</p>	
<p>5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.</p>	
<p>6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.</p>	
<p>7. 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.</p>	
<p>8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.</p>	

021-0003135

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021-0003198

OWNER'S MANUAL

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OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	010-0008001	LANYARD COIL	1
2	010-01C0372	CABLE ASSEMBLY: V BASE AB 129.06" LG.	1
3	010-01C0373	CABLE ASSEMBLY: V BASE FLOATING PULLEY 94.25" LG.	1
4	010-01C0374	CABLE ASSEMBLY: V BASE PULL DOWN 143.13" LG.	1
5	010-01C0377	CABLE ASSEMBLY: V ELITE BASE LEG EXTENSION 65.56" LG.	1
6	020-0014027	ADJUSTABLE STOP	1
7	022-01PD2092-A	SEAT PAD ASSEMBLY	1
8	022-01PD2304-A	PAD ASSEMBLY	1
9	026-01PL2175	PULL-PIN KNOB	1
10	026-01X0186	PULL-PIN ASSEMBLY	1
11	026-01X1118	ALUMINUM CURL BAR ASSEMBLY	1
12	026-01X1119	ALUMINUM LAT BAR ASSEMBLY	1
13	026-01X1404	BAR MOUNT ASSEMBLY	1
14	026-01X1414	ADJ. FLOATING PULLEY HOUSING ASSEMBLY	2
15	026-01X1419	FRAME BASE ASSEMBLY	1
16	026-01X1425	ROLLER MOUNT ASSEMBLY	1
17	026-01X1540	HANDLE ASSEMBLY	1
18	026-01X1543	RESISTANCE PUSH PLATE ASSEMBLY	1
19	026-01X1544	ROLLER PIVOT HANGER ASSEMBLY	1
20	026-01X1545	LEG EXTENSION ASSEMBLY	1
21	026-01X1546	R.O.M. ASSEMBLY	1
22	026-01X1547	ROLLER SWIVEL ASSEMBLY	1
23	026-01X1635	FLEECE KNEE STRAP WITH (3) D-RINGS ASSEMBLY	1
24	026-01X2039	RADIAL CAST WT.SELECTOR PIN ASSEMBLY	1
25	026-01X3080	PAD ADJUSTER	1
26	026-01X3095	SEAT FRAME	1
27	026-01X3104	TOP MAIN FRAME ASSEMBLY	1
28	026-01X3160	RATCHET PULL-PIN ASSEMBLY	1
29	026-01X5163	MAIN UPRIGHT ASSEMBLY	1
30	026-01X3177	WIDE ADJ. FLOATING PULLEY HOUSING ASSEMBLY	1
31	026-01X4057	STRAP HANDLE WITH (3) D-RINGS (LOWER) ASSEMBLY	2
32	026-01X5007	ACCESSORY RACK ASSEMBLY	1
33	026-01X5012	SHIELD MOUNT - TOP ASSEMBLY	1
34	026-01X5062	ADD ON WT. HOLDER ASSEMBLY	1
35	026-01X5079	SWIVEL PULLEY ASSEMBLY	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
36	026-01X5097	PAD R.O.M.	1
37	026-01X5164	PULLEY GUIDE ROD ASSEMBLY	1
38	010-0008002	LANYARD PIN	1
39	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	6
40	011-0112002	1/2" X .500" SHSS (WZ)	2
41	012-0305003	3/8"-16UNC JAM NUT (WZ)	2
42	014-0003003	BEARING: FLANGED BALL BEARING ϕ .50" I.D.	2
43	014-0011001	NYLINER BUSHING: ϕ 1.09" O.D. X ϕ 1.00" I.D. X 1.13" LG.	2
44	014-0101005	BUSHING: OILITE FLANGED ϕ 1.38" O.D. X ϕ 1.00" I.D. X .81" LG.	2
45	014-0101014	FLANGED OILITE 0.75" I.D. X .60" L.G.	1
46	014-0101015	1/2" I.D. FLANGED OILITE	14
47	016-0002007	VINYL SLEEVE ϕ .38" X 1.63"	2
48	016-0203003	PINETREE PLUG	1
49	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	1
50	018-0001002	CABLE PULLEY: ϕ 3.50"	9
51	018-0001003	CABLE PULLEY: ϕ 4.50"	1
52	018-0002014	CABLE PULLEY: WIDE (BORED HUB) ϕ 4.50"	1
53	018-0002015	CABLE PULLEY: WIDE (BORED HUB) ϕ 3.50"	11
54	019-0001001	PLUG BUMPER	3
55	019-0001006	THICK RUBBER DONUT ϕ 3.00" X .50" BLACK	2
56	020-0010002	SNAP LINK	4
57	020-0011009	SPRING	1
58	022-01PDR008	ROLLER PAD ϕ 4.00" X 7.00" LG.	4
59	030-0303006	ROLL PIN ϕ .44" O.D. X 3.00" LG. (WZ)	1
60	026-01G0177	GUIDE ROD ϕ .75" CRS X 71.44" LG.	2
61	026-01M0128-1	PULL PIN CAP	1
62	026-01M0238	FLATHEAD CAP ϕ 2.00" ALUM.	4
63	026-01M0760	HEAVY FLANGED SPACER: ϕ .67" O.D. X ϕ .39" I.D. X .50" LG.	6
64	026-01M0761	HEAVY FLANGED SPACER: ϕ .39" I.D. X 1.69" LG.	4
65	026-01M0762	HEAVY FLANGED SPACER .39" I.D. X 1.50" LG.	2
66	026-01M0863	HEAVY FLANGED SPACER: ϕ .39" I.D. X .38" LG.	2
67	026-01M0932	END CAP: ALUMINIUM ϕ 1.25" ID	2
68	026-01M0933	ALUMINIUM RING: ϕ 1.25" ID	2
69	026-01M0936	ALUMINIUM RING: ϕ 1.00" I.D.	1
70	026-01M0937	END CAP: ALUMINUM ϕ 1.0" I.D.	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
71	026-01M2199	PUSH-PIN PLUNGER	1
73	026-01M2268	SHAFT: Ø 1.00 X 6.56" LG.	1
75	026-01M2539	HEAVY FLANGED SPACER Ø.39" I.D. X 2.36" LG.	2
76	026-01M2553	SPACER .75" O.D. X .39" I.D. X 1.50" LG.	2
77	026-01P1689	DOUBLE PULLEY MOUNT PLATE	2
78	026-01P3368	GUSSET PLATE	2
79	026-01P6011	SHIELD, LEFT	1
80	026-01P6012	SHIELD, RIGHT	1
81	026-01P6073	PULLEY PLATE	1
82	026-01P6075	BRKT-U	1
84	026-01P6098	ANTI-TWIST BRKT	1
85	026-01P6119	BACKING PLATE	1
86	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
87	026-01PL0134	GUIDE ROD BUSHING	2
88	026-01PL0206-26	OPEN END GRIP Ø 1.00"	1
89	026-01PL0235-23	OPEN END GRIP: Ø1.188" X 8.75" LG.	2
90	026-01PL0269	CAST WEIGHT BUSHING	28
91	026-01PL0369	WEIGHT STAND OFF	2
92	026-01PL0371	DELTRIN BUSHING	1
93	026-01PL0381	BUMPER, HALF ROUND, DUAL STEM	1
94	026-01PL2201	PLASTIC SLEEVE Ø.75" O.D.	2
95	026-01PL2316	ENDCAP (DOMED) - GREY Ø 1.00"	1
96	026-01PL2413	SLOT COVER	1
97	026-01PL2420	SPLIT SLEEVE Ø 1.25" X 2.38"	1
98	026-01PL2422	STOP DISK	1
99	026-01PL2245	PLASTIC FLANGED BUSHING Ø.75" O.D X Ø.50" I.D X .38" LG.	1
100	026-01W0139	21 HOLE STEM	1
101	026-01W0142	10 LBS. INTERMEDIATE RADIAL LOC WEIGHT PLATE	14
102	026-01WADD-02	2 1/2 LB. ADD-ON WEIGHT (RADIAL CAST WT.)	2
103	026-STD-06-0254	ROLLER BUSHING, 1"	8
104	026-STD-SWTOP9	CAST RADIAL TOP WEIGHT	1
105	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	3

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
106	013-0302008	5/16" SAE FLAT WASHER (WZ)	6
107	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	77
108	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	11
109	013-0102028	3/8" CURVED WASHER (WZ)	6
110	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	2
111	013-0102023	1/4" INTERNAL LOCK WASHER	2
112	013-0102022	3/8" INTERNAL LOCK WASHER	12
113	011-0102008	1/4"-20UNC X .75" BHCS (WZ)	2
114	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	6
115	011-0101107	3/8"-16UNC X .50" BHCS (WZ)	1
116	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
117	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	3
118	011-0101041	3/8"-16UNC X .75" BHCS (WZ)	8
119	011-0002033	3/8"-16UNC X 1.25" FHCS (WZ)	4
120	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	4
121	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	5
122	011-0407058	3/8"-16UNC X 2.00" HHB (WZ)	1
123	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)	5
124	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	2
125	011-0007050	3/8"-16UNC X 2.75" HHB (WZ)	1
126	011-0407026	3/8"-16UNC X 3.00" HHB (WZ)	4
127	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)	3
128	011-0107049	3/8"-16UNC X 4.75" HHB (WZ)	2
129	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)	13
130	011-0407070	3/8"-16UNC X 5.25" HHB (WZ)	3
131	011-0101085	1/2"-13UNC X .50" BHCS (WZ)	1
132	011-0407018	1/2"-13UNC X 2.50" HHB (WZ)	1
133	011-0407000	1/2"-13UNC X 3.50" HHB (WZ)	1
134	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	1
135	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	1
136	011-0307060	1/2"-13UNC X 6.00" HHB (WZ)	1
137	012-0104009	1/4"-20 UNC THIN NYLOCK NUT (WZ)	1
138	012-0102006	5/16"-18UNC THICK NYLOCK NUT (WZ)	1
139	012-0105008	1/2"-13 ACORN NUT (WZ)	1
140	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	44

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
141	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	4
142	021-0003672	DECAL: V ELITE BADGE	1
143	021-0003135	DECAL WARNING 1.50" X 6.69"	1
144	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50" X 6.69"	1
145	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
146	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1
147	021-0003198	DECAL 200 lb RADIAL WEIGHT STACK # (1-20)	1
148	021-0003675	DECAL V BACK ADJUSTER	1
149	021-0003676	BACK PAD R.O.M. DECAL	1
150	021-0018022	DECAL HOISTFITNESS.COM LOGO	2
151	020-0014028	14 LINK CHAIN	1
152	026-01M0200	QUICK RELEASE CABLE LOCK Ø.34" I.D. X 1.00"LG.	1
153	011-0107020	3/8"-16UNC X 3.25" HHB (WZ)	2
154	011-0407031	3/8"-16UNC X 4.50" HHB (WZ)	1
155	011-0207030	1/2"-13UNC X 4.50" HHB (WZ)	1

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

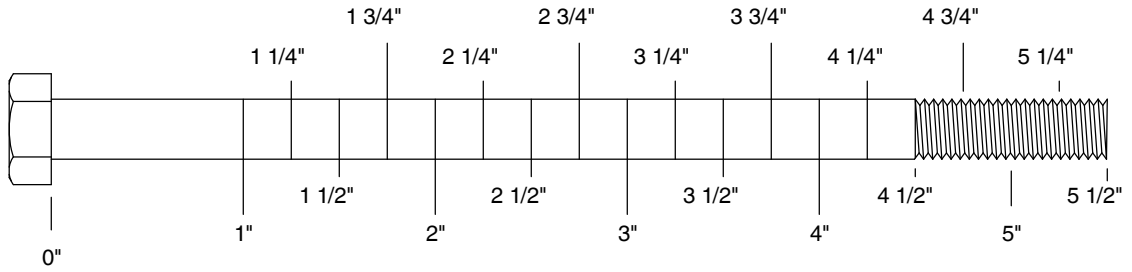
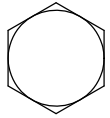
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

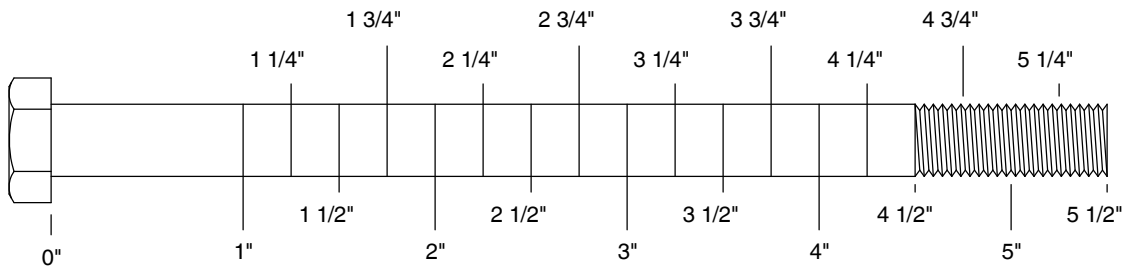
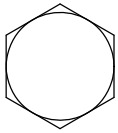
OWNER'S MANUAL

BOLT SIZING CHART

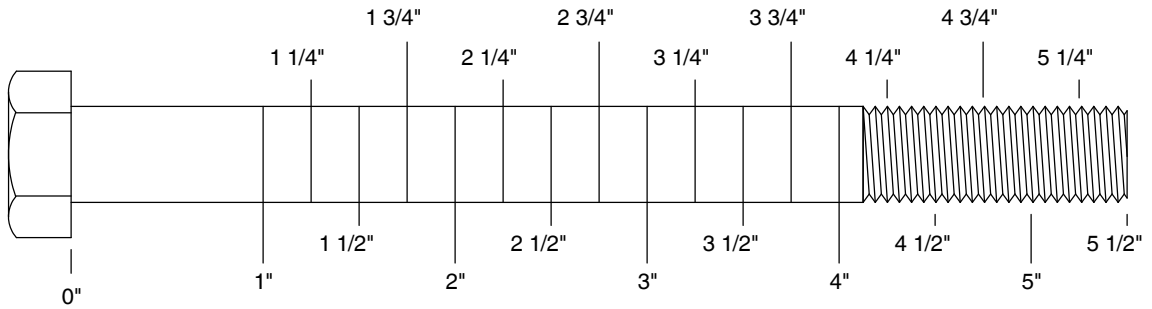
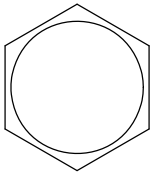
5/16" HHB



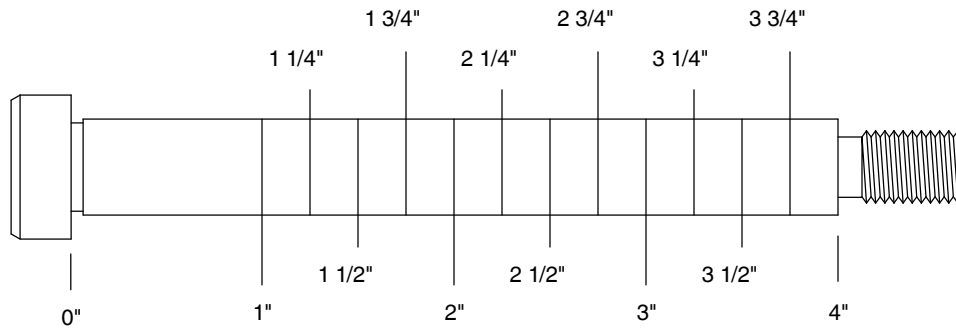
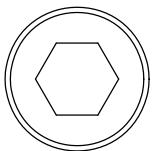
3/8" HHB



1/2" HHB

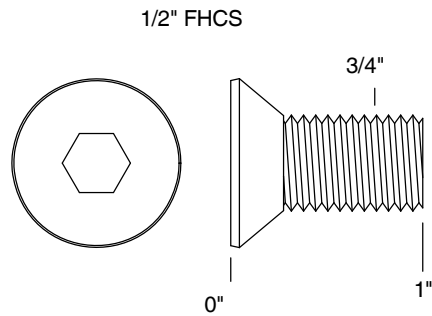
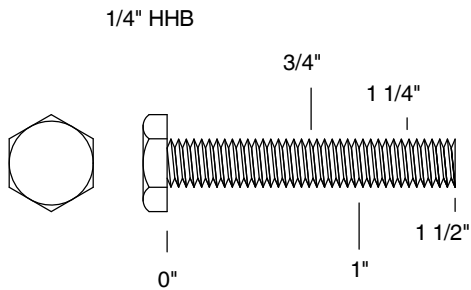
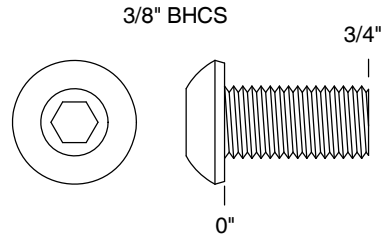
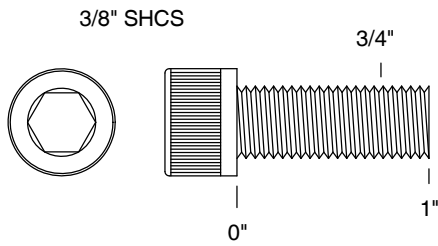
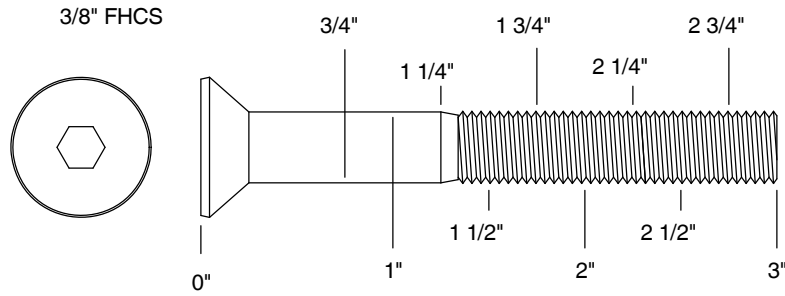


1/2" SHSS



OWNER'S MANUAL

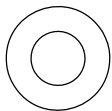
BOLT SIZING CHART (CONTINUED)



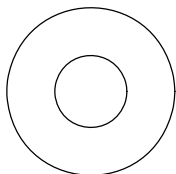
OWNER'S MANUAL

WASHER SIZING CHART

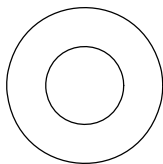
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



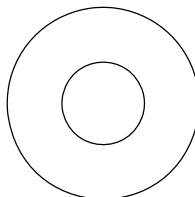
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



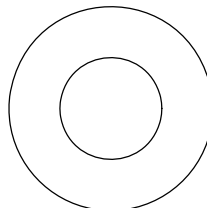
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



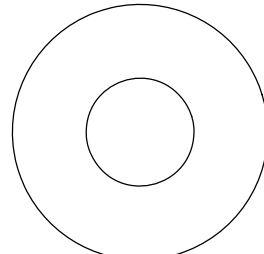
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



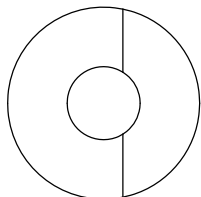
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



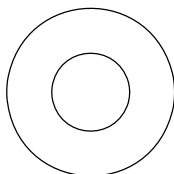
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



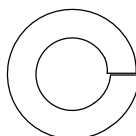
013-0402007
3/8"
FLAT WASHER
22mm O.D.



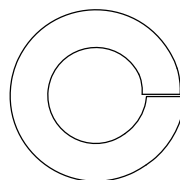
013-0102019
1/4"
LOCK WASHER



013-0102020
3/8"
LOCK WASHER



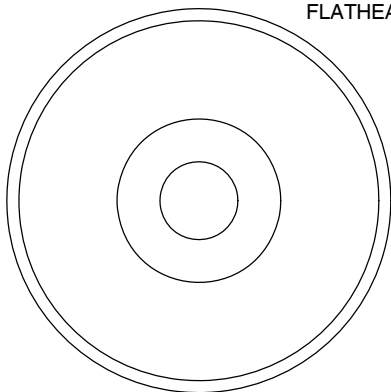
013-0102018
1/2"
LOCK WASHER



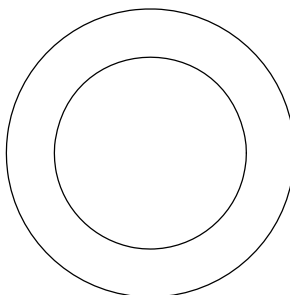
014-0018001
1/2" LONG
SPACER



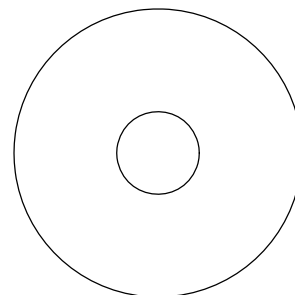
026-01M0238
2" ALUMINUM
FLATHEAD CAP



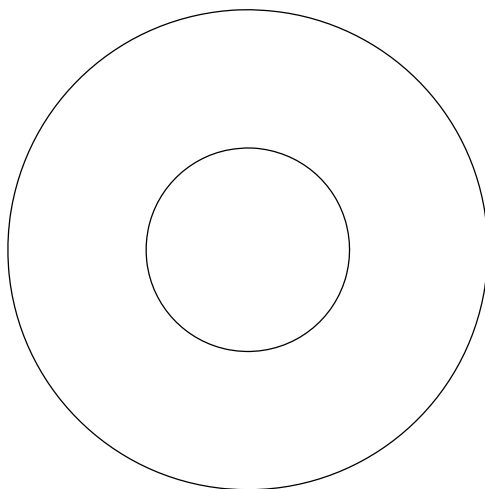
016-0009003
1" SHIM WASHER



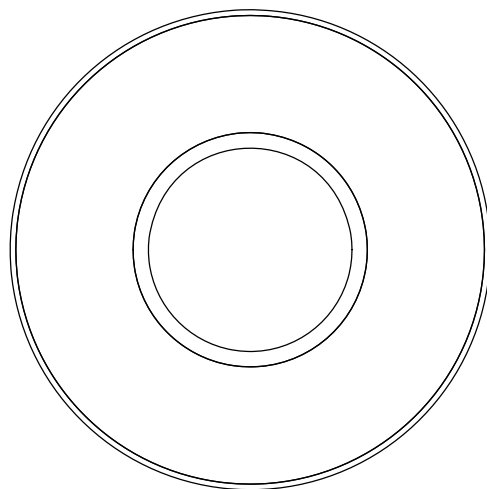
013-0003002
3/8" FENDER WASHER



013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



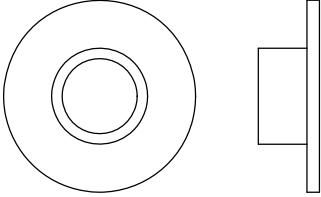
014-0018002
1" LONG
SPACER



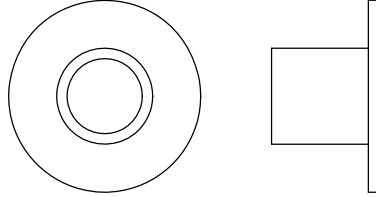
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

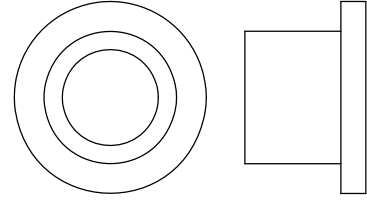
026-01M0211
1/4" LONG
FLANGED SPACER



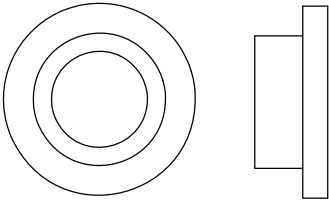
026-01M0198
1/2" LONG
FLANGED SPACER



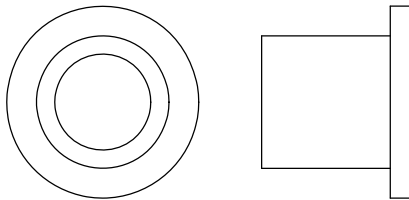
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



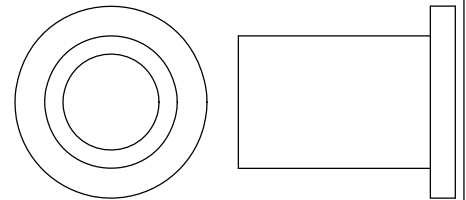
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



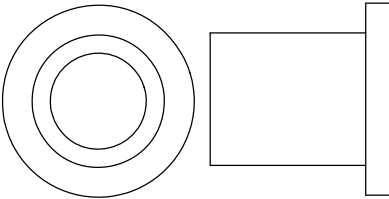
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



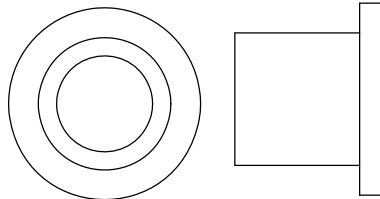
026-01M0551
1" LONG HEAVY
FLANGED SPACER



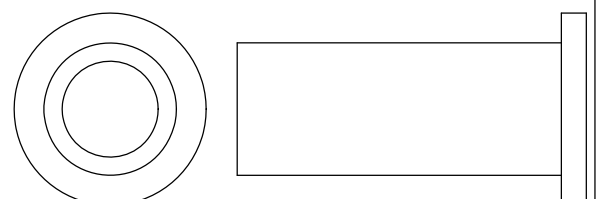
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



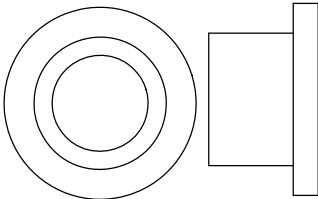
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



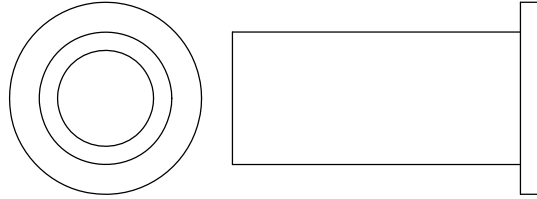
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



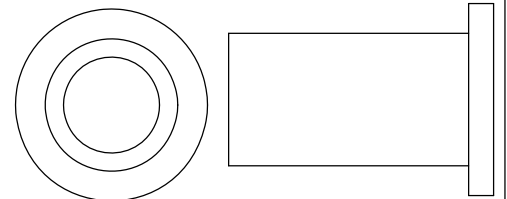
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



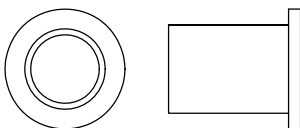
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



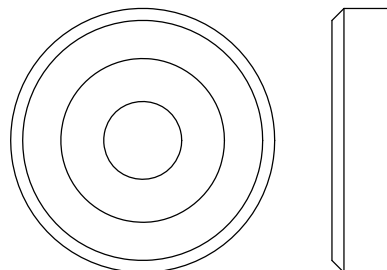
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



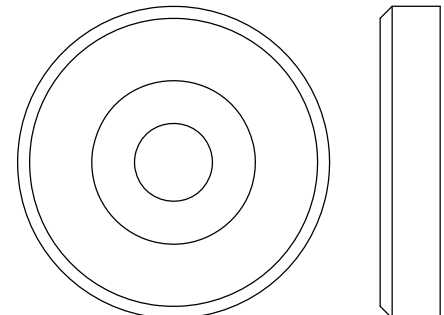
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNER'S MANUAL

MAINTENANCE SCHEDULE

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

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 V-ELITE 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 V-ELITE 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 V-ELITE HOIST® Fitness System!

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
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, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after 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.

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
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS