

Инструкция

Жим ногами нагружаемый дисками Hoist ROC-IT RPL-5403

Полезные ссылки:

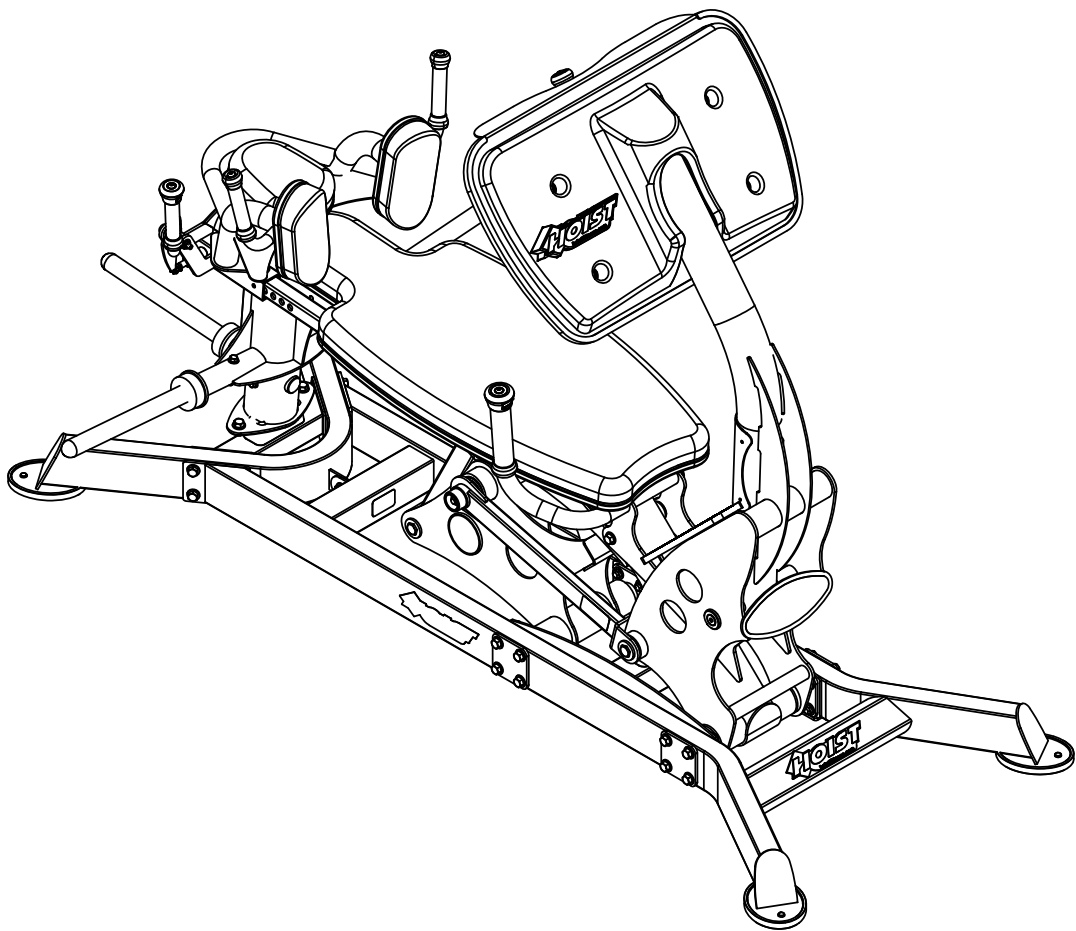
[Жим ногами нагружаемый дисками Hoist ROC-IT RPL-5403 - смотреть на сайте](#)

[Жим ногами нагружаемый дисками Hoist ROC-IT RPL-5403 - читать отзывы](#)

OWNER'S MANUAL



RPL-5403-B DUAL ACTION LEG PRESS



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

RECORD SERIAL NUMBER HERE

MACHINE CODE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



www.facebook.com/hoistfitness

OWNER'S MANUAL

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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

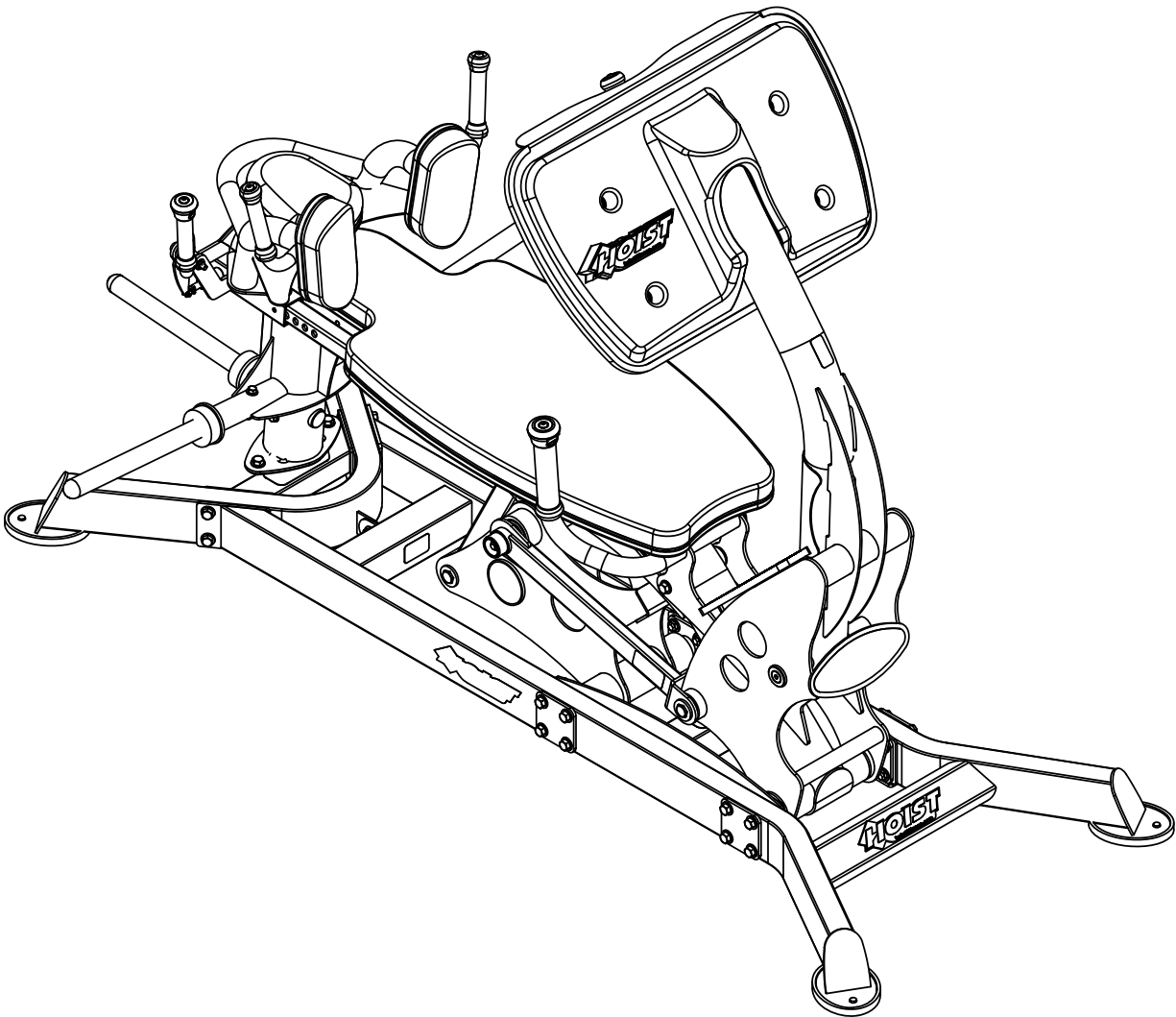
2 PEOPLE REQUIRED FOR ASSEMBLY

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FRAME ASSEMBLY

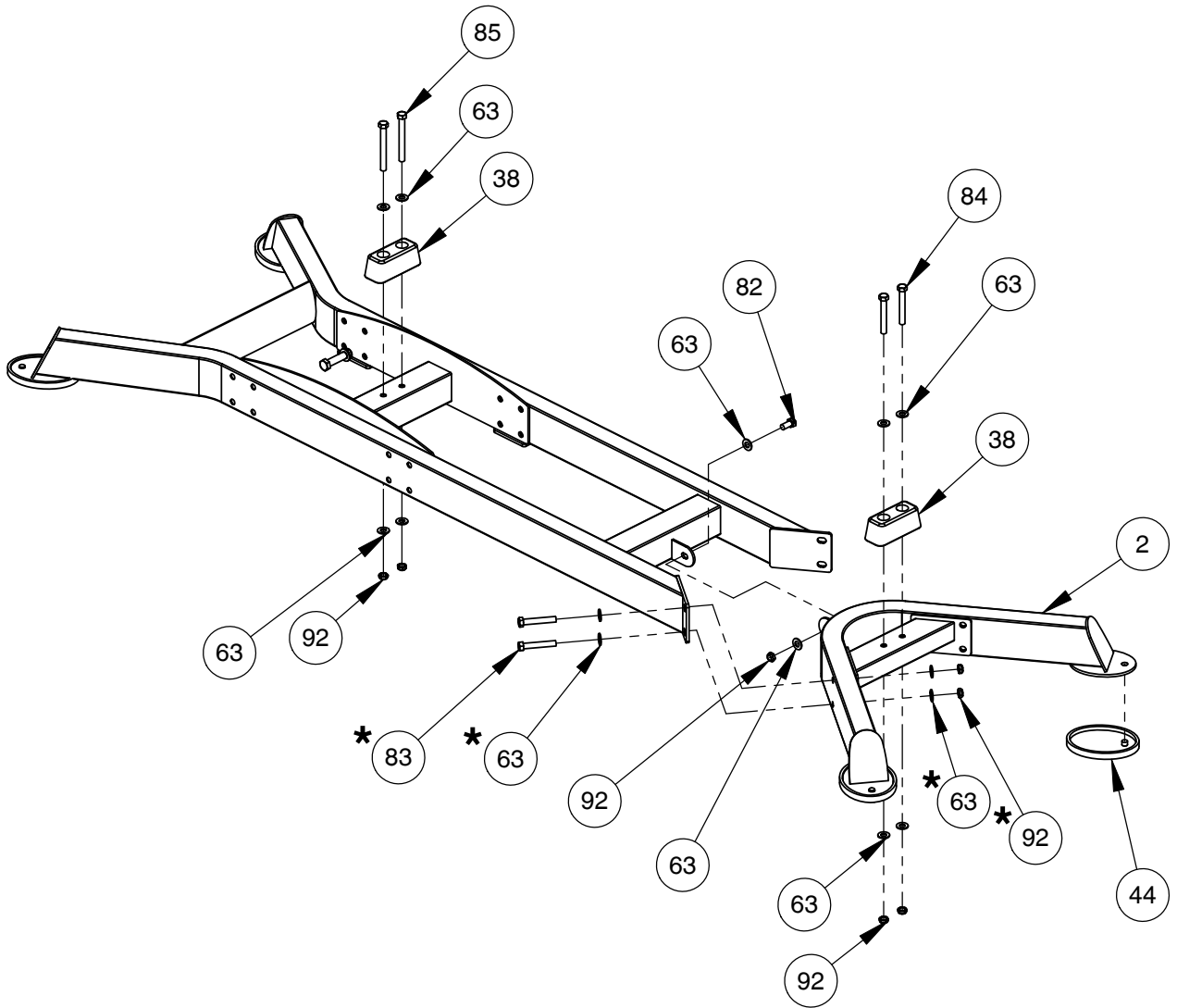


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FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- * - REPEAT ASSEMBLY FOR OTHER SIDE.



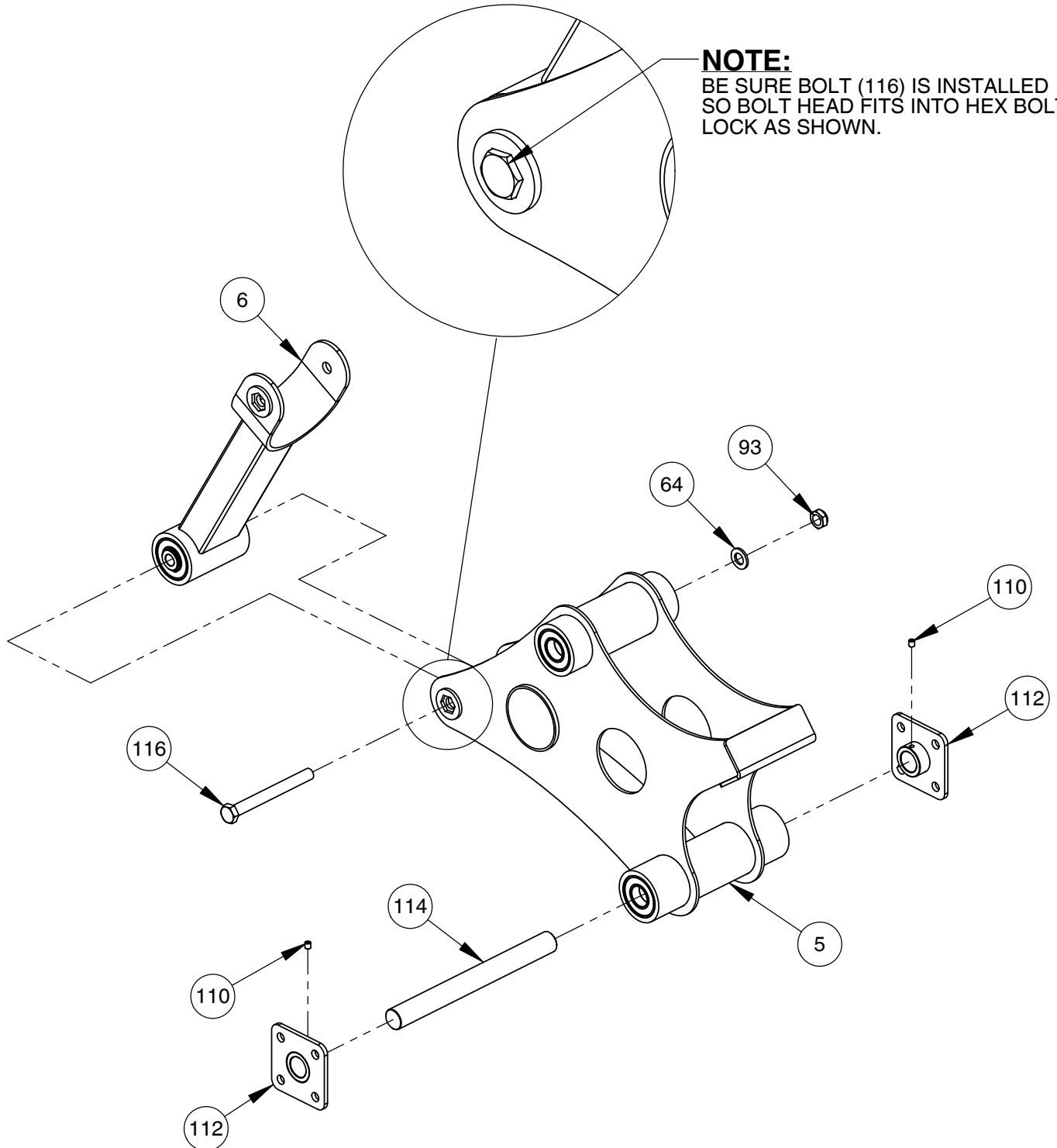
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

PROPERLY INSTALLED VIEW

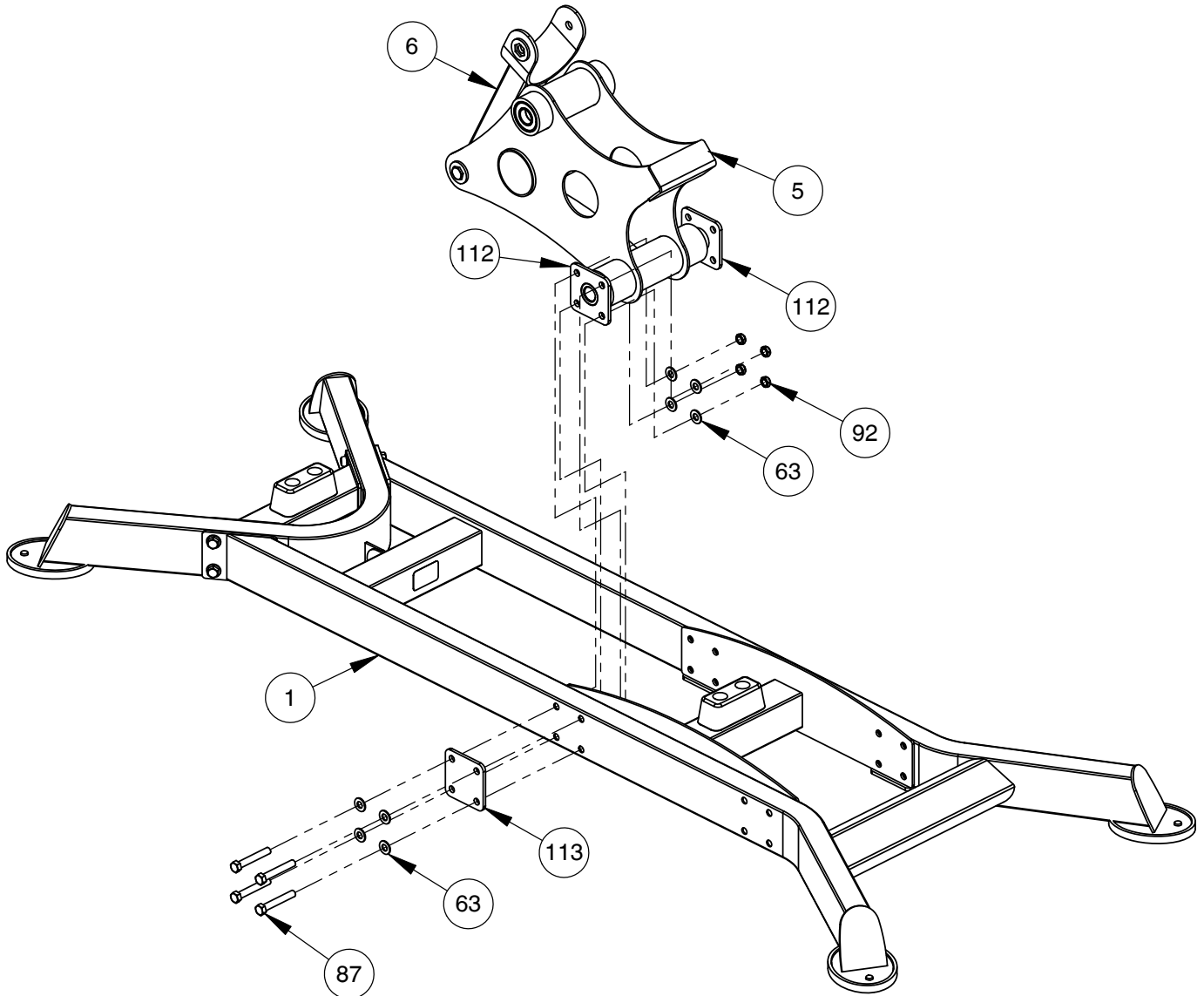
NOTE:
BE SURE BOLT (116) IS INSTALLED
SO BOLT HEAD FITS INTO HEX BOLT
LOCK AS SHOWN.



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FRAME ASSEMBLY

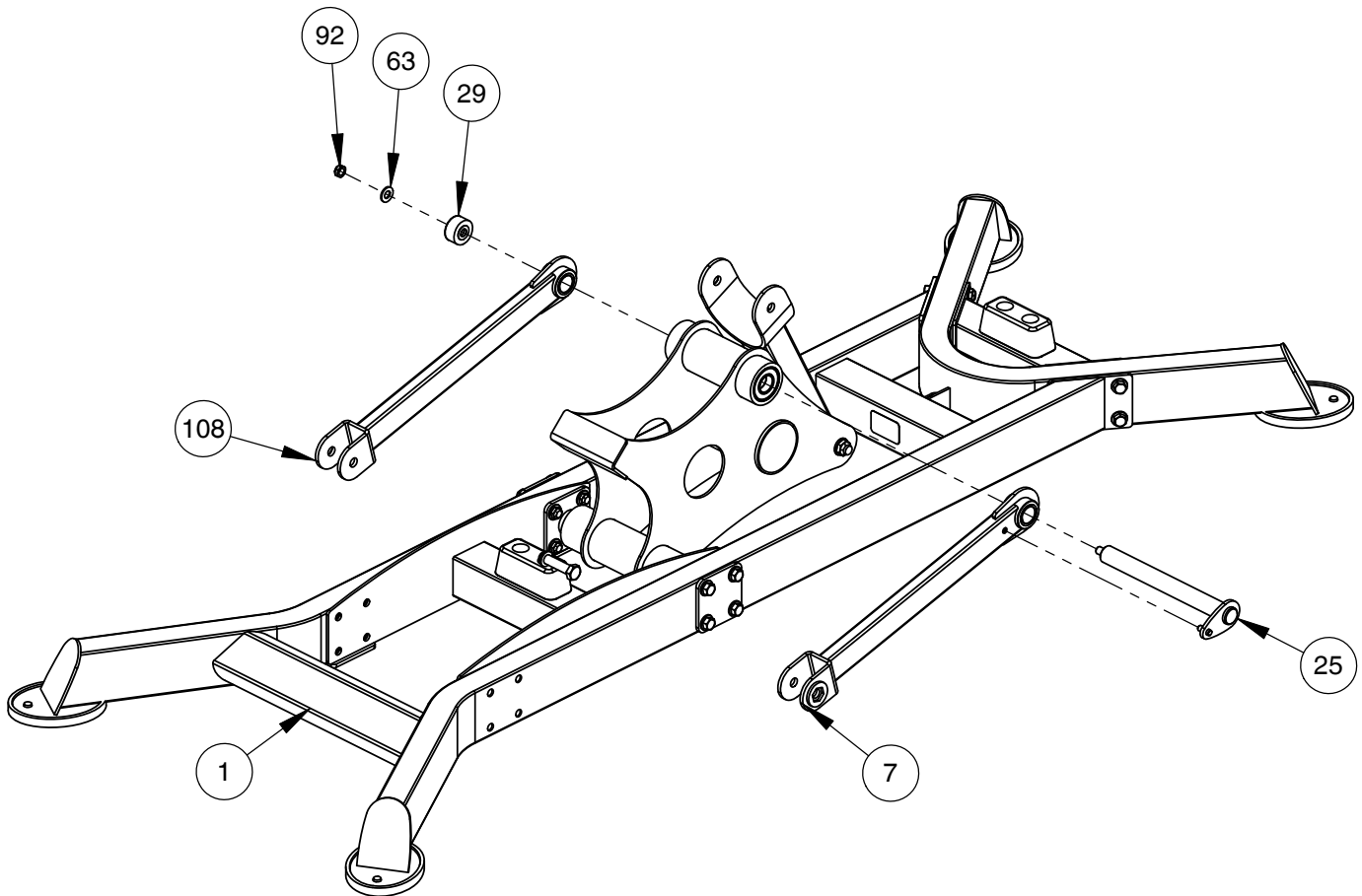
- NOTE:
- HAND TIGHTEN HARDWARE.
 - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
 - WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.



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FRAME ASSEMBLY

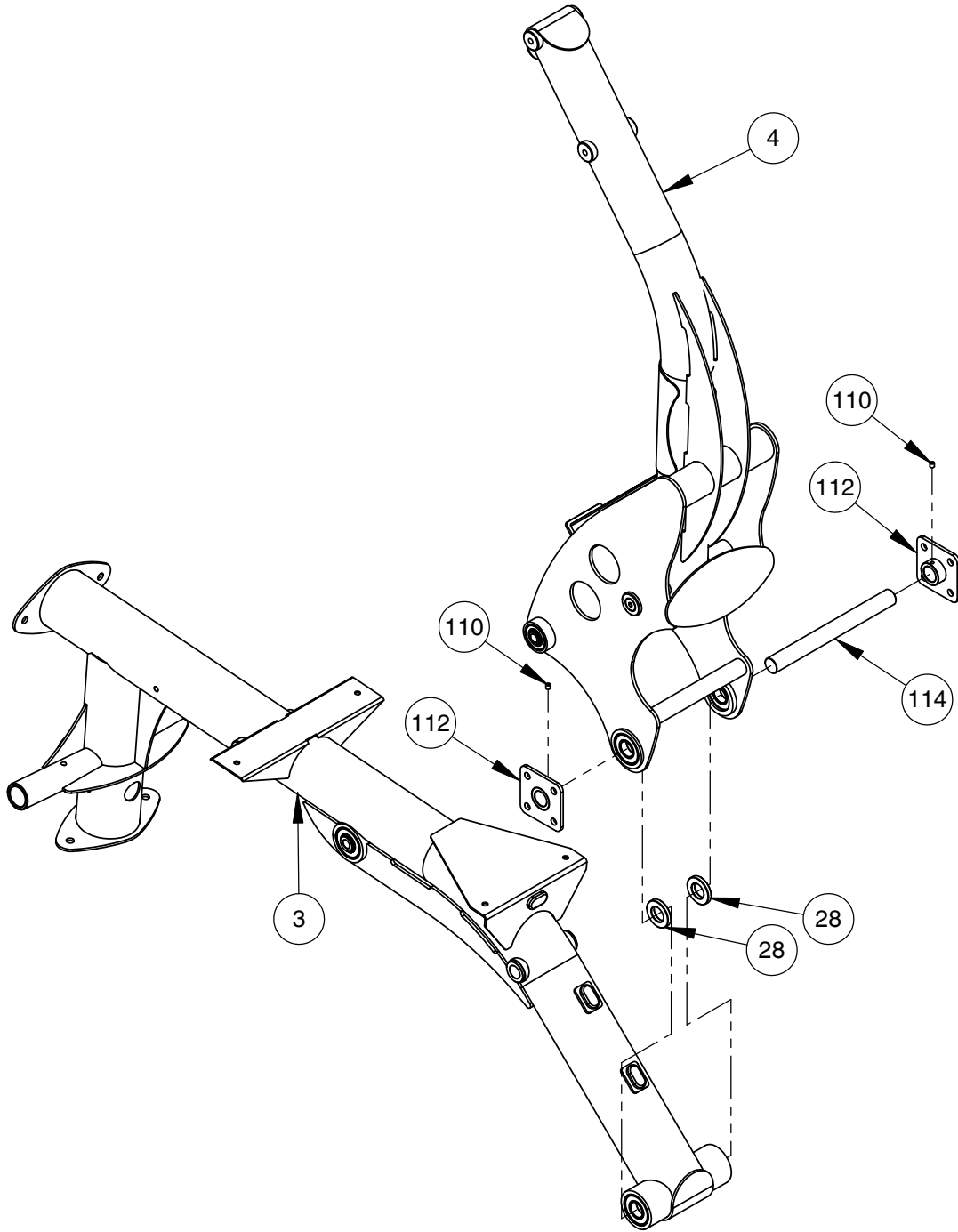
- NOTE:
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY
HAND TIGHTENED HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
-WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

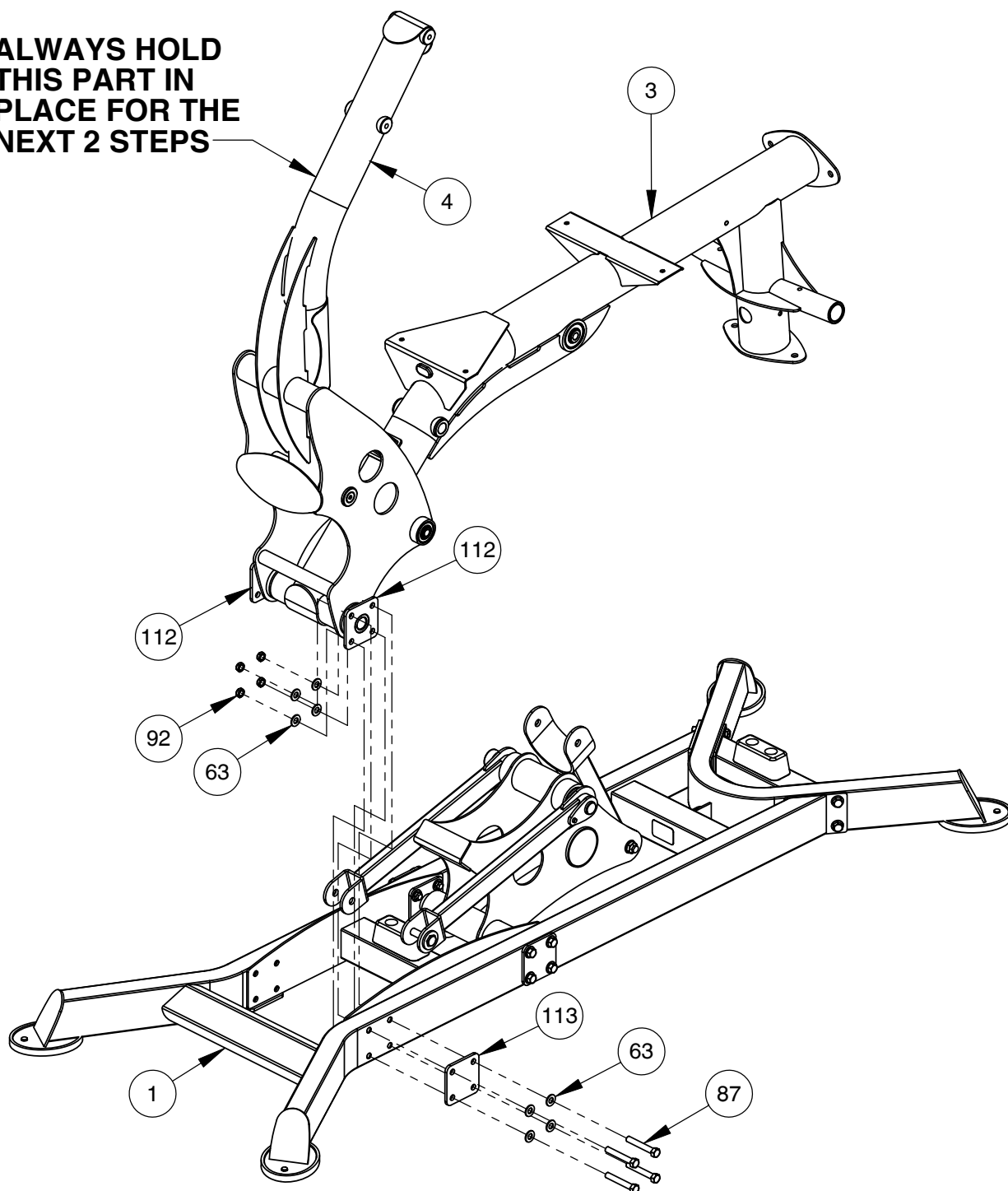
FRAME ASSEMBLY

- NOTE:
- HAND TIGHTEN HARDWARE.
 - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
 - WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.

WARNING:

BE SURE TO HAVE AT LEAST 1 PERSON TO HOLD THE PRESS ARM FRAME TO KEEP IT FROM FALLING FORWARD. FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH.

ALWAYS HOLD THIS PART IN PLACE FOR THE NEXT 2 STEPS



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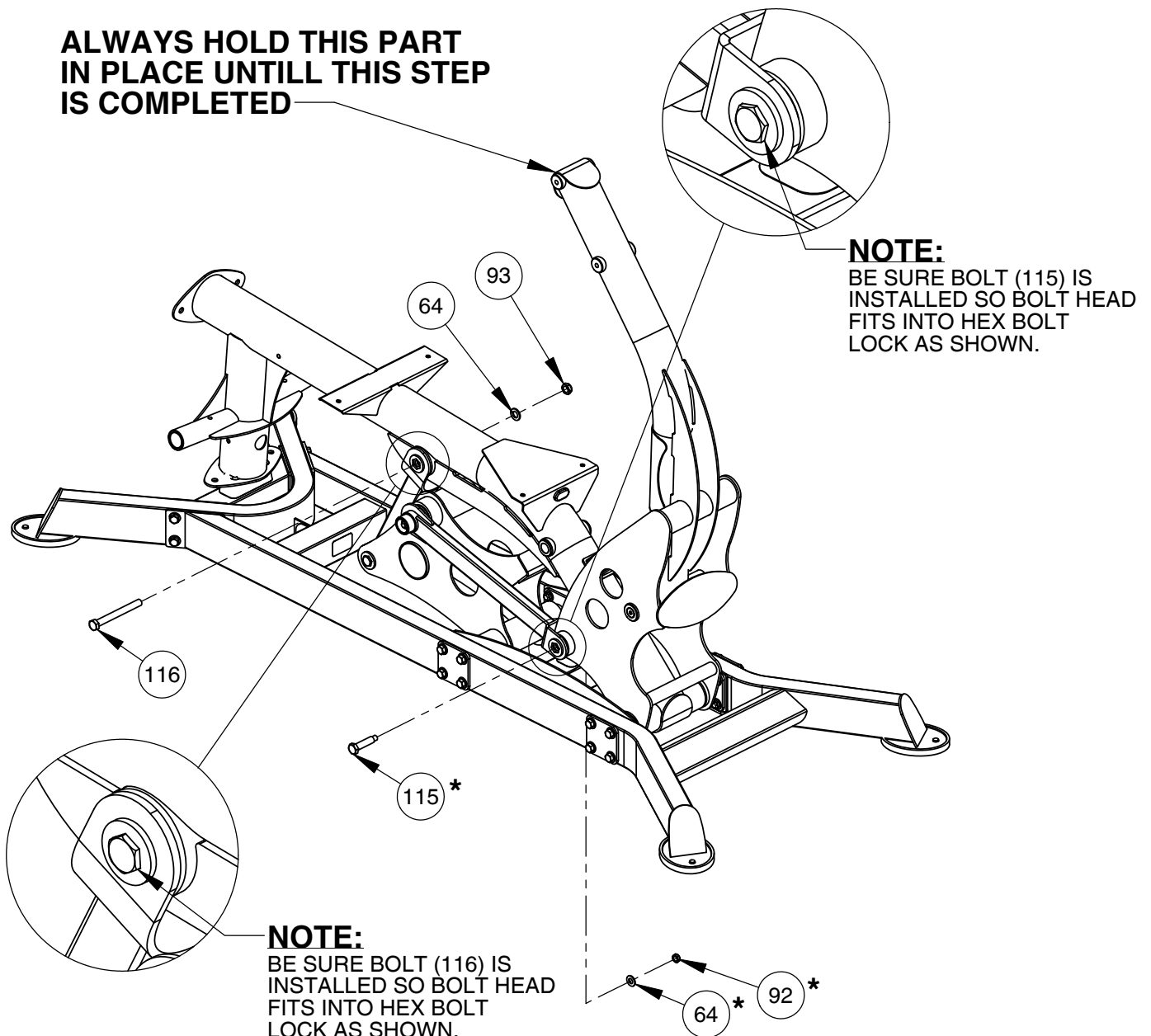
FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE.
* - REPEAT ASSEMBLY ON OPPOSITE SIDE.
- WRENCH TIGHTEN ALL PREVIOUSLY
HAND TIGHTENED HARDWARE.

WARNING:

BE SURE TO HAVE AT LEAST 1 PERSON TO HOLD THE PRESS ARM FRAME TO KEEP IT FROM FALLING FORWARD. FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH.

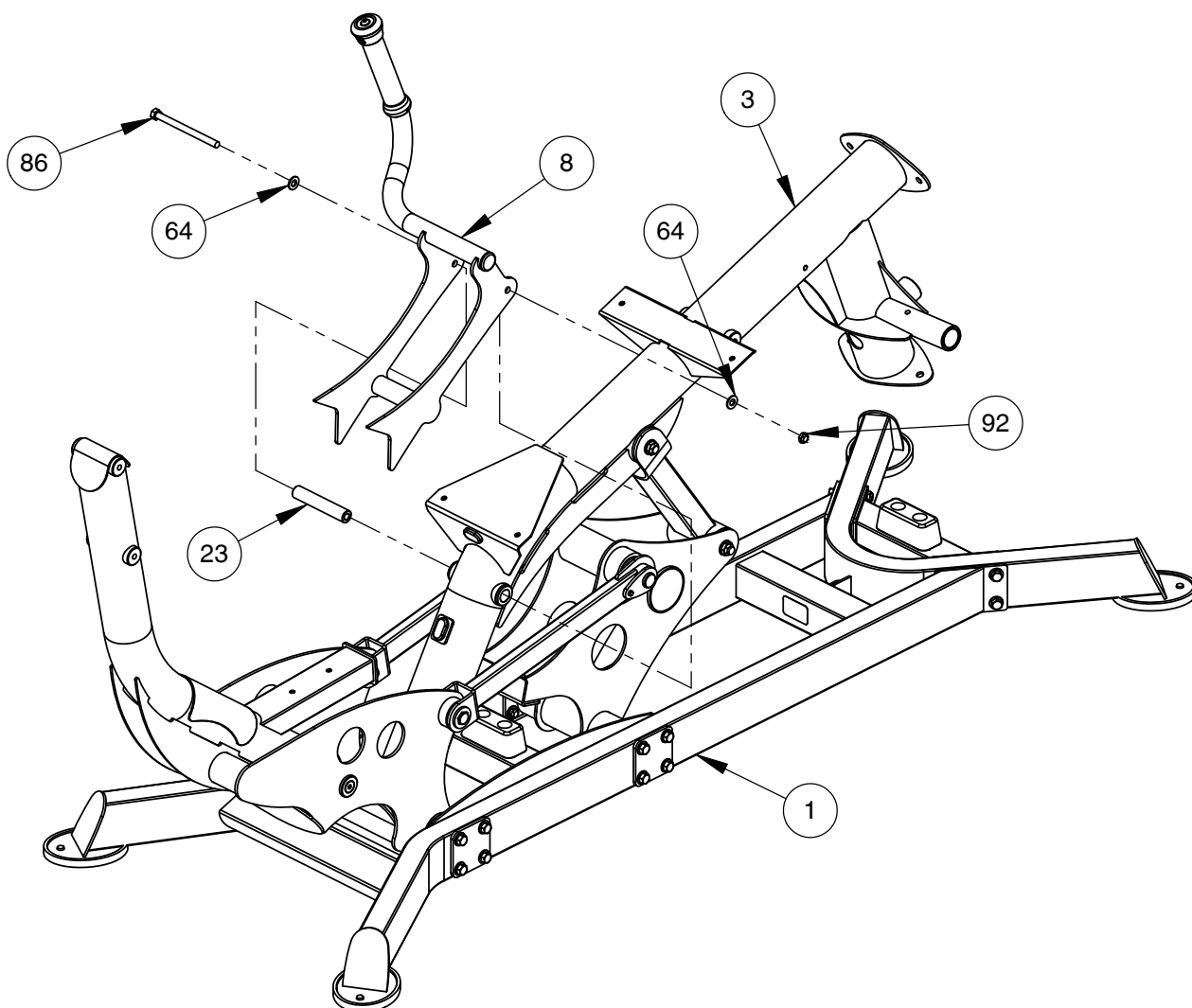
**ALWAYS HOLD THIS PART
IN PLACE UNTILL THIS STEP
IS COMPLETED**



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FRAME ASSEMBLY

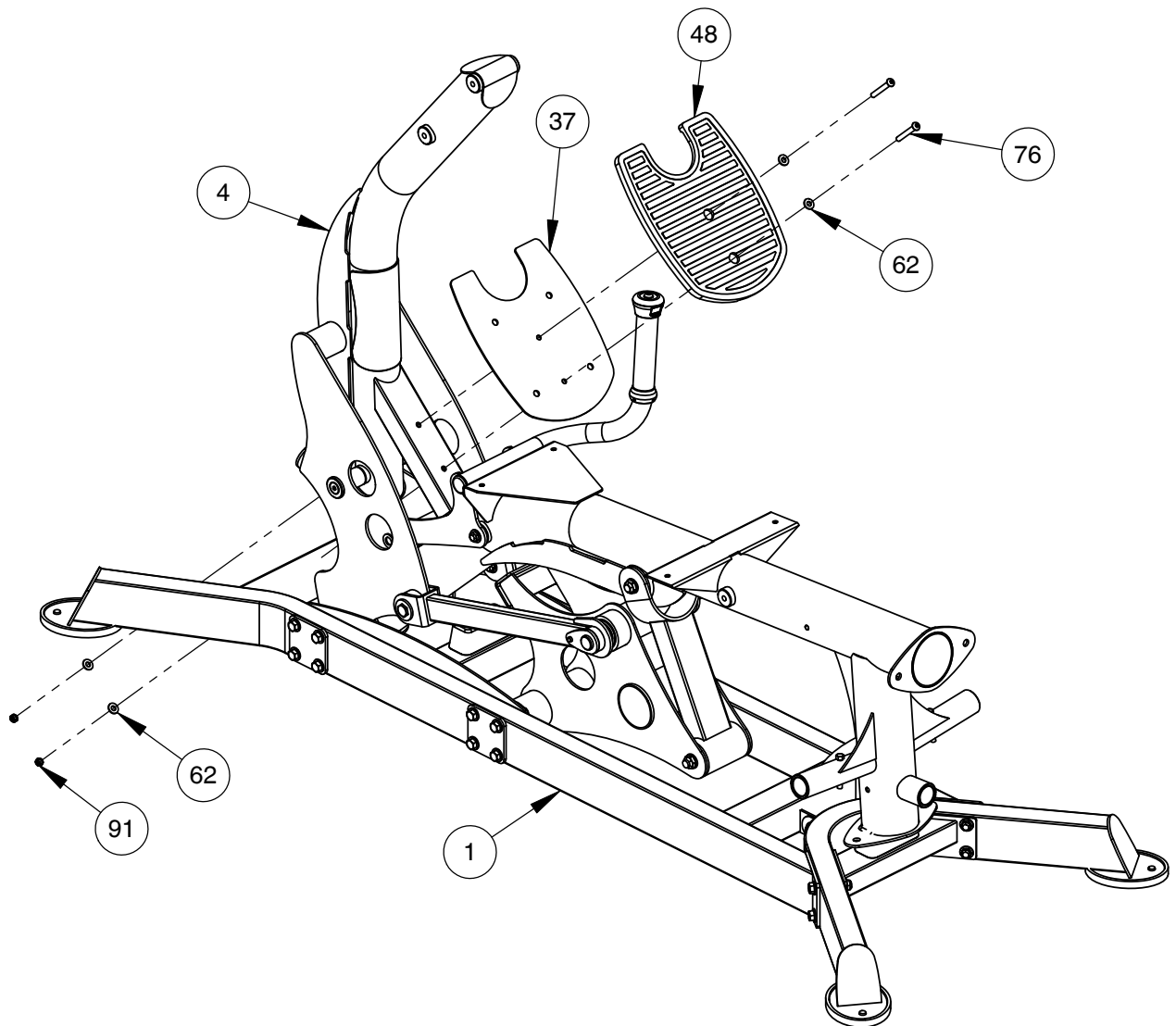
NOTE:
- WRENCH TIGHTEN HARDWARE (86) THEN
 LOOSEN (92) JUST ENOUGH FOR (8)
 TO PIVOT FREELY.



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FRAME ASSEMBLY

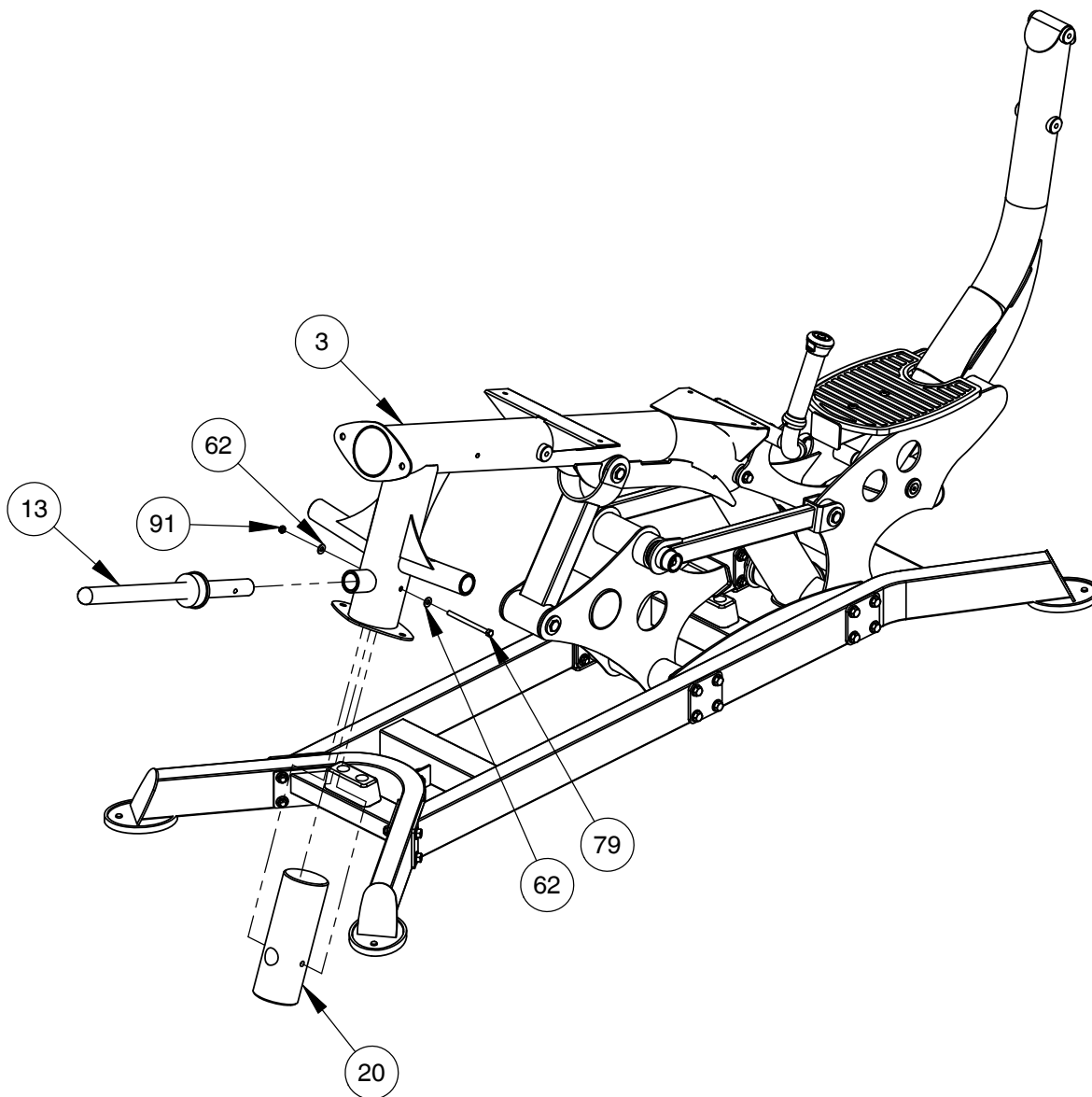
NOTE:
-WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

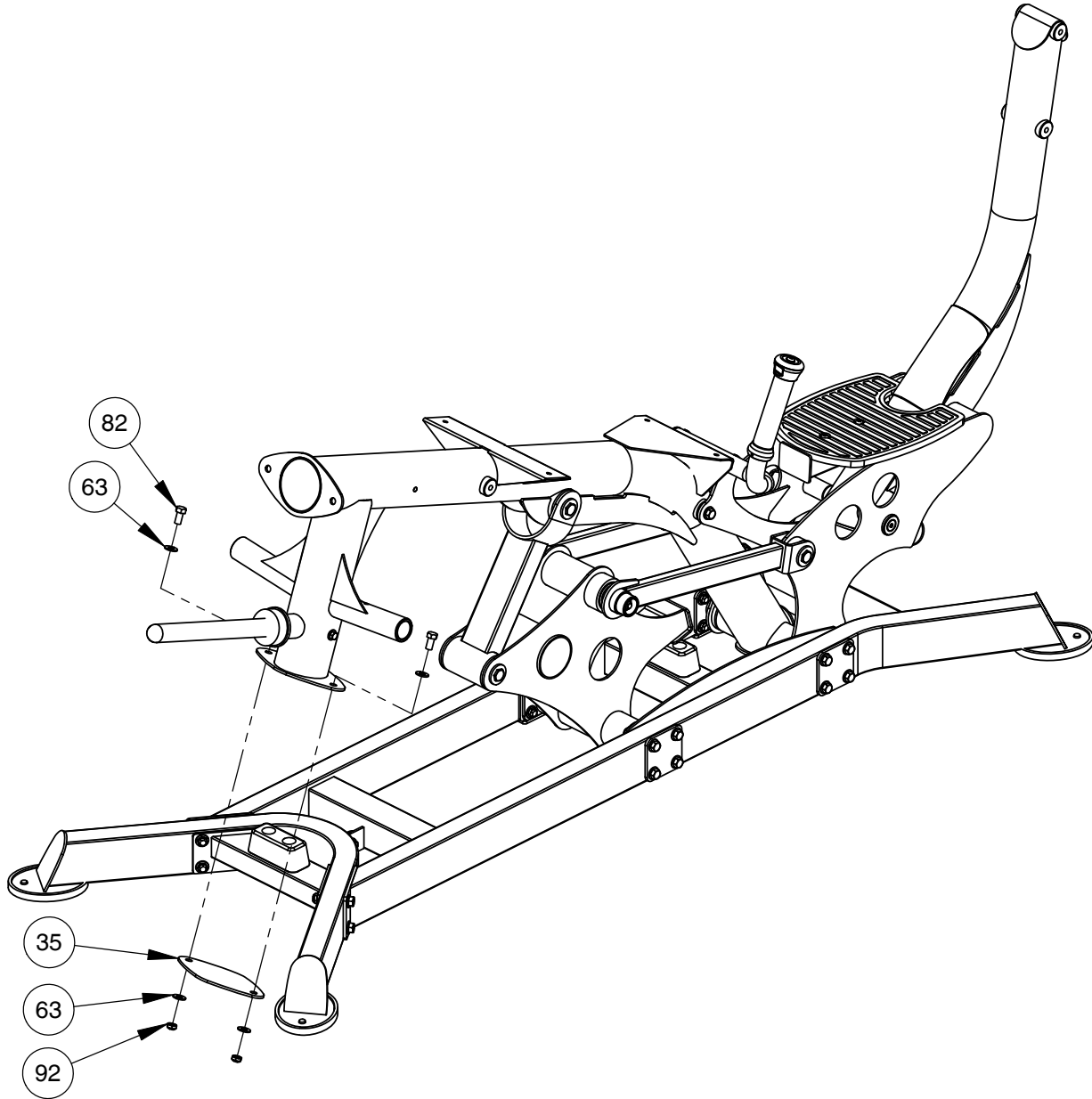
NOTE:
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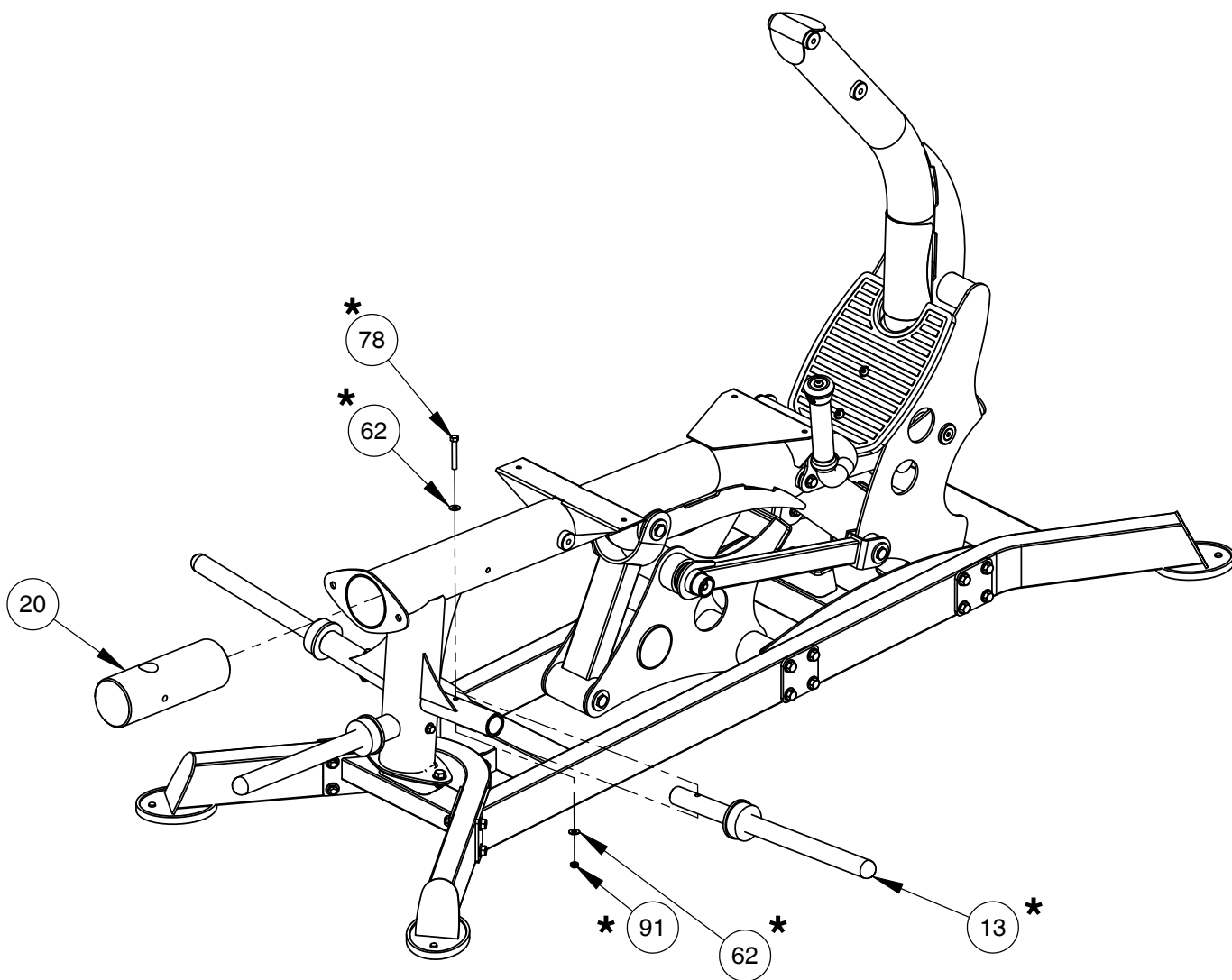
NOTE:
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FRAME ASSEMBLY

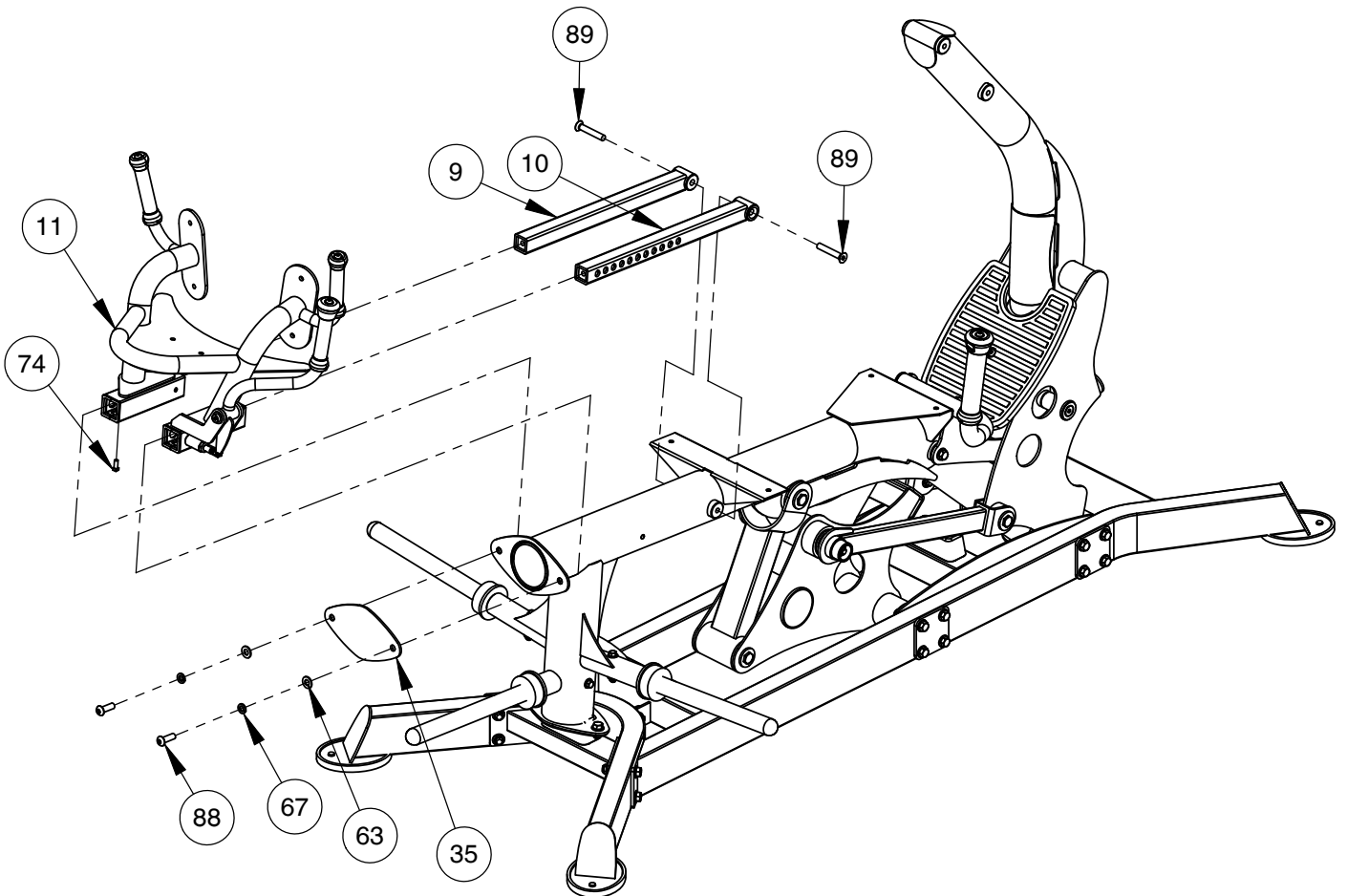
NOTE:
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★ - REPEAT ASSEMBLY FOR OPPOSITE SIDE.



OWNER'S MANUAL

FRAME ASSEMBLY

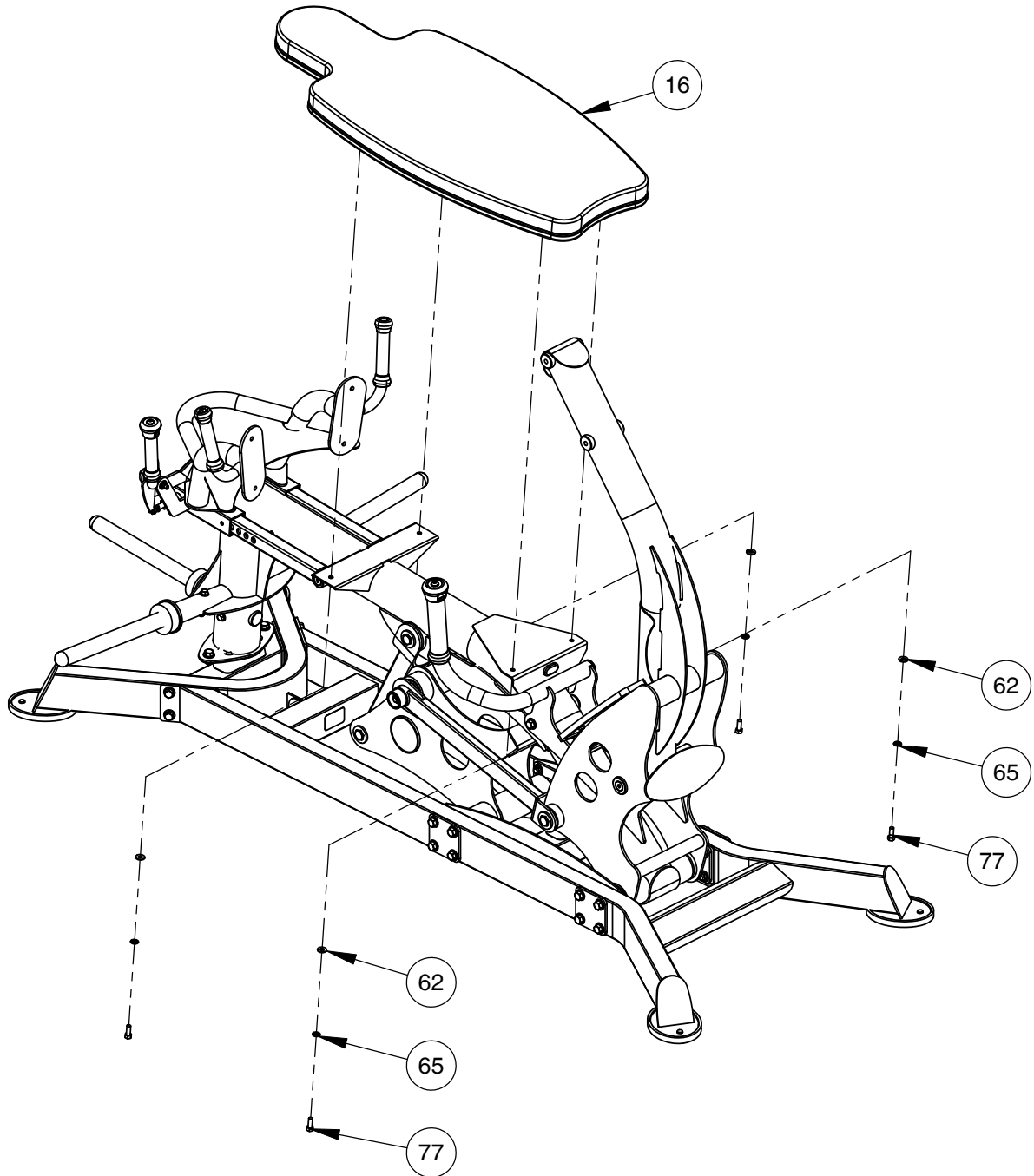
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

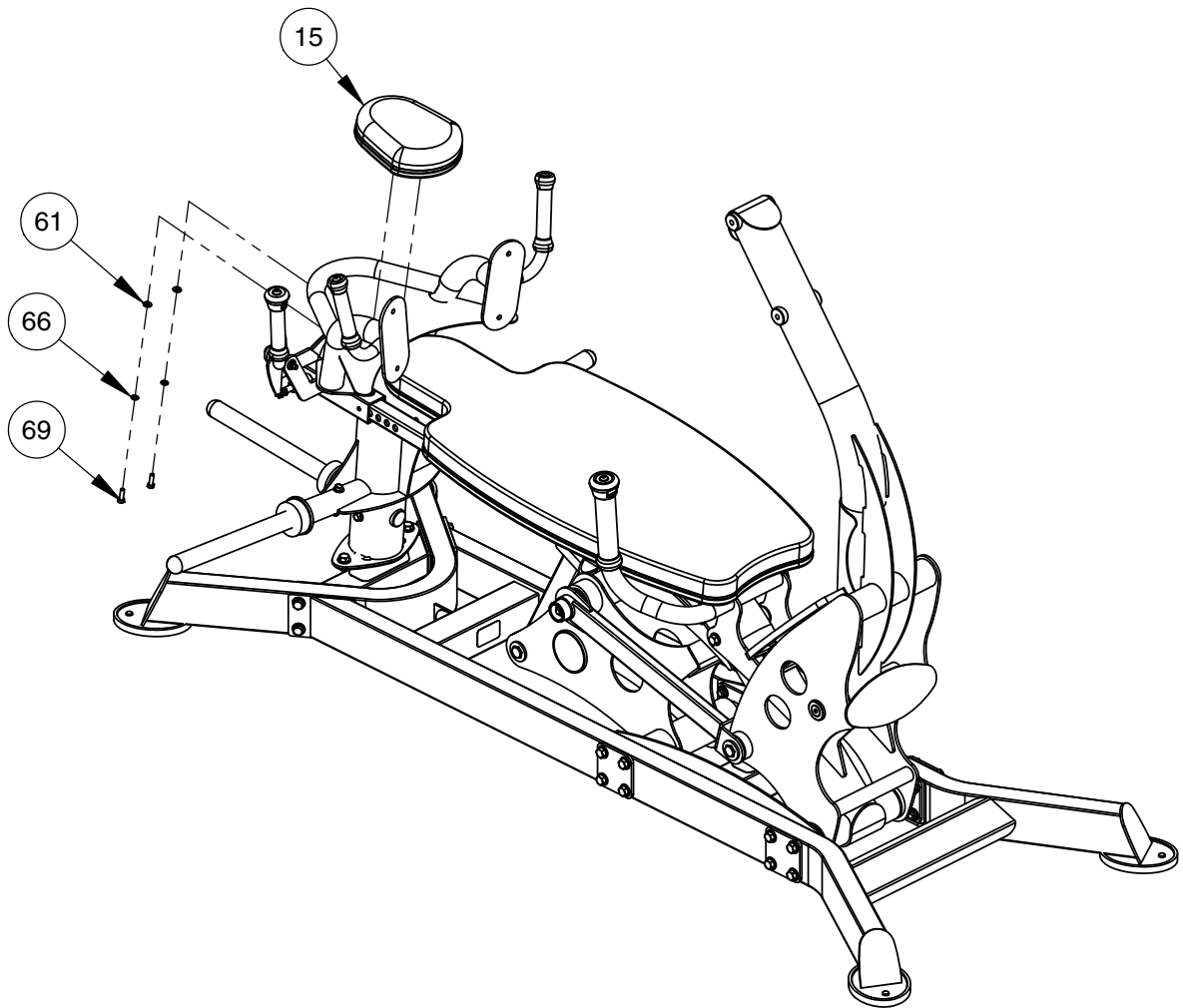
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

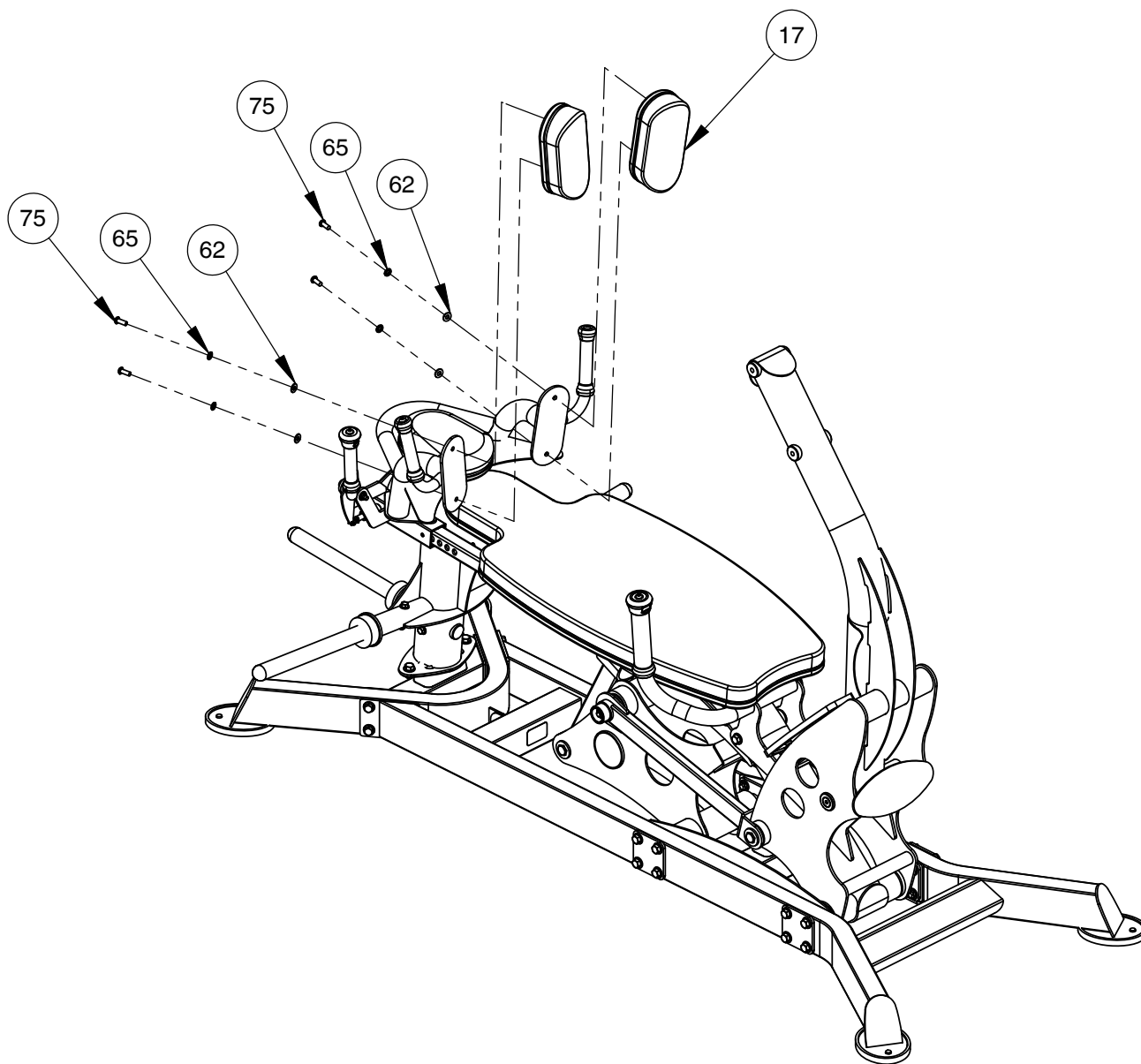
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

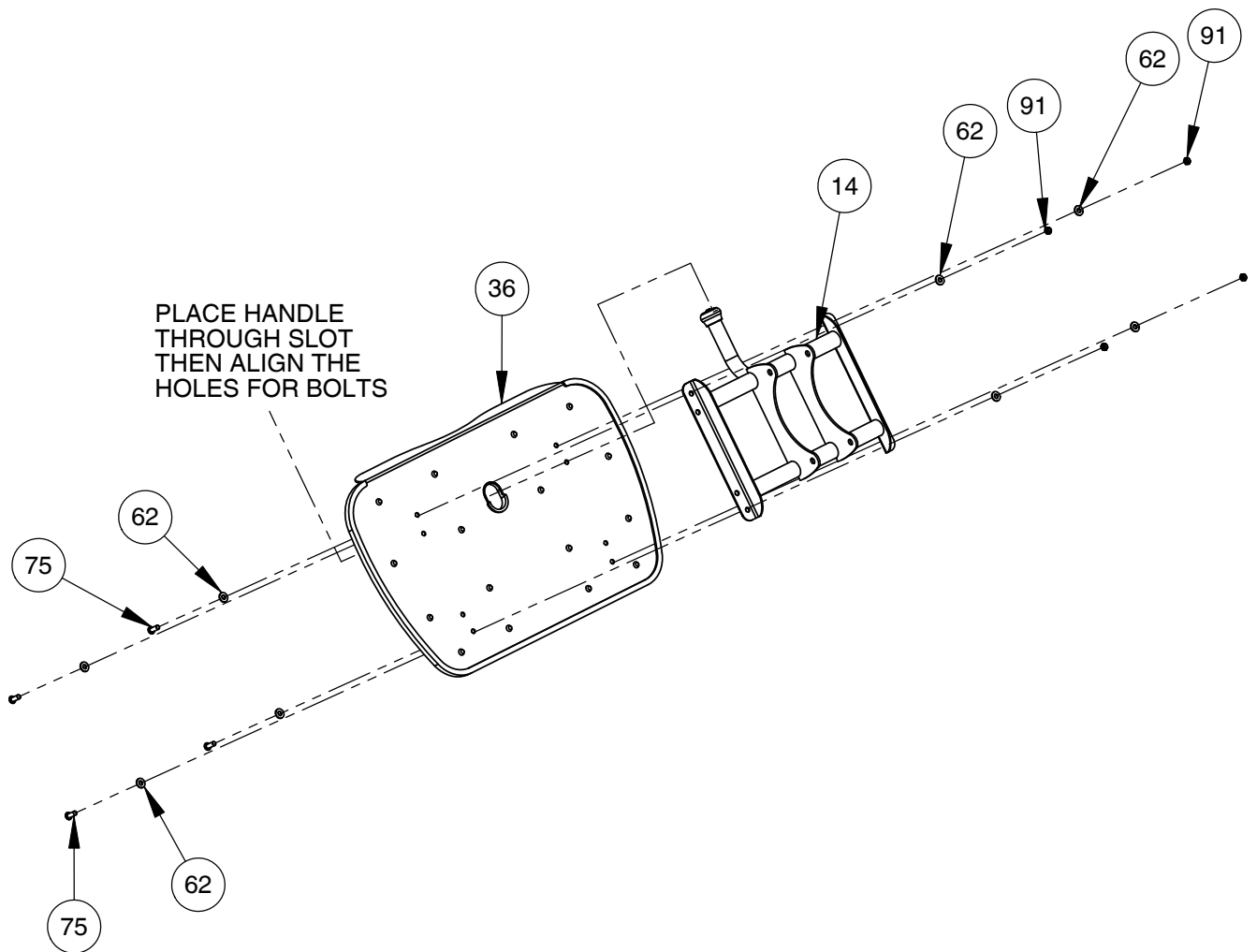
NOTE:
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OWNER'S MANUAL

FRAME ASSEMBLY

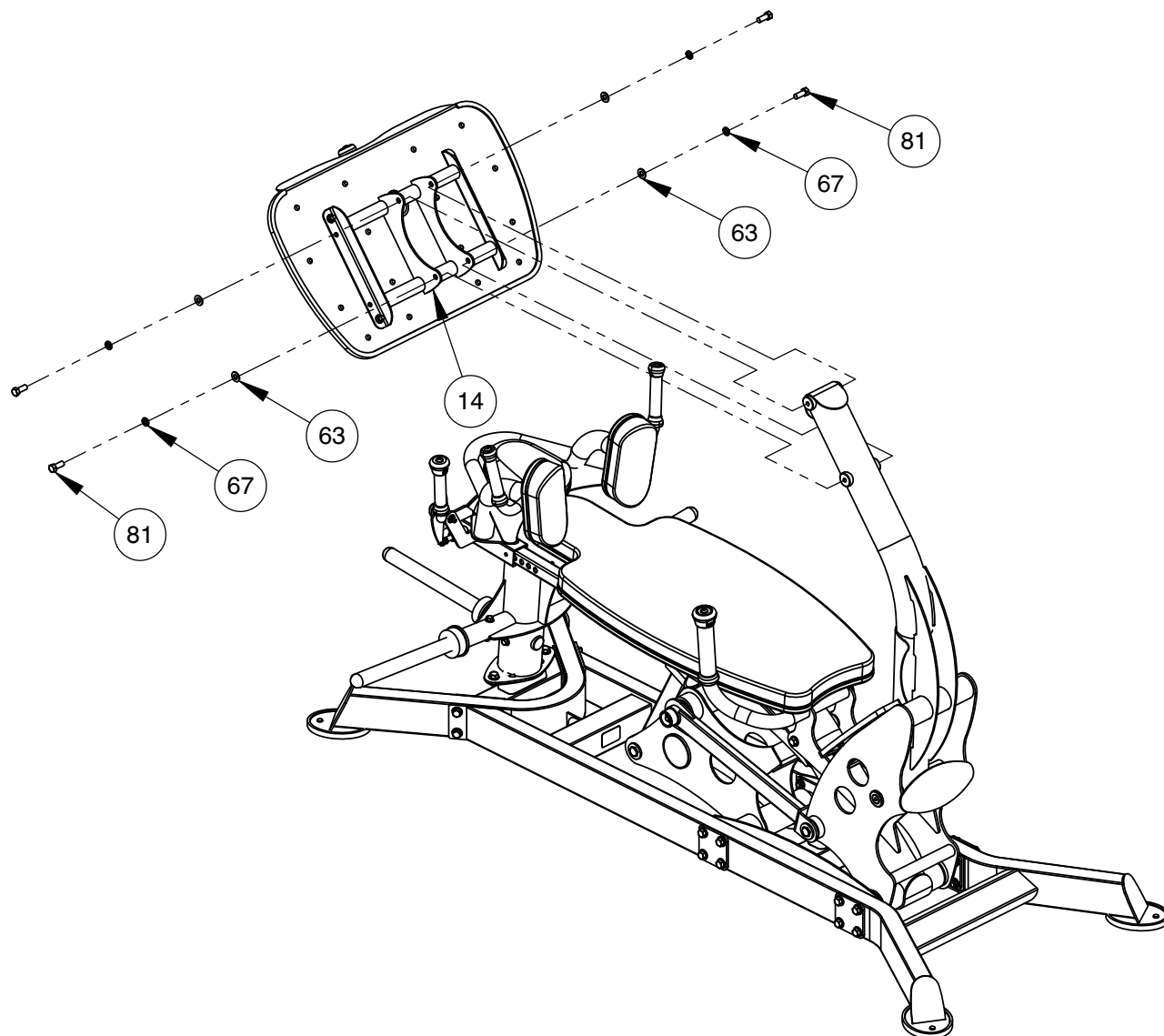
NOTE:
-WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

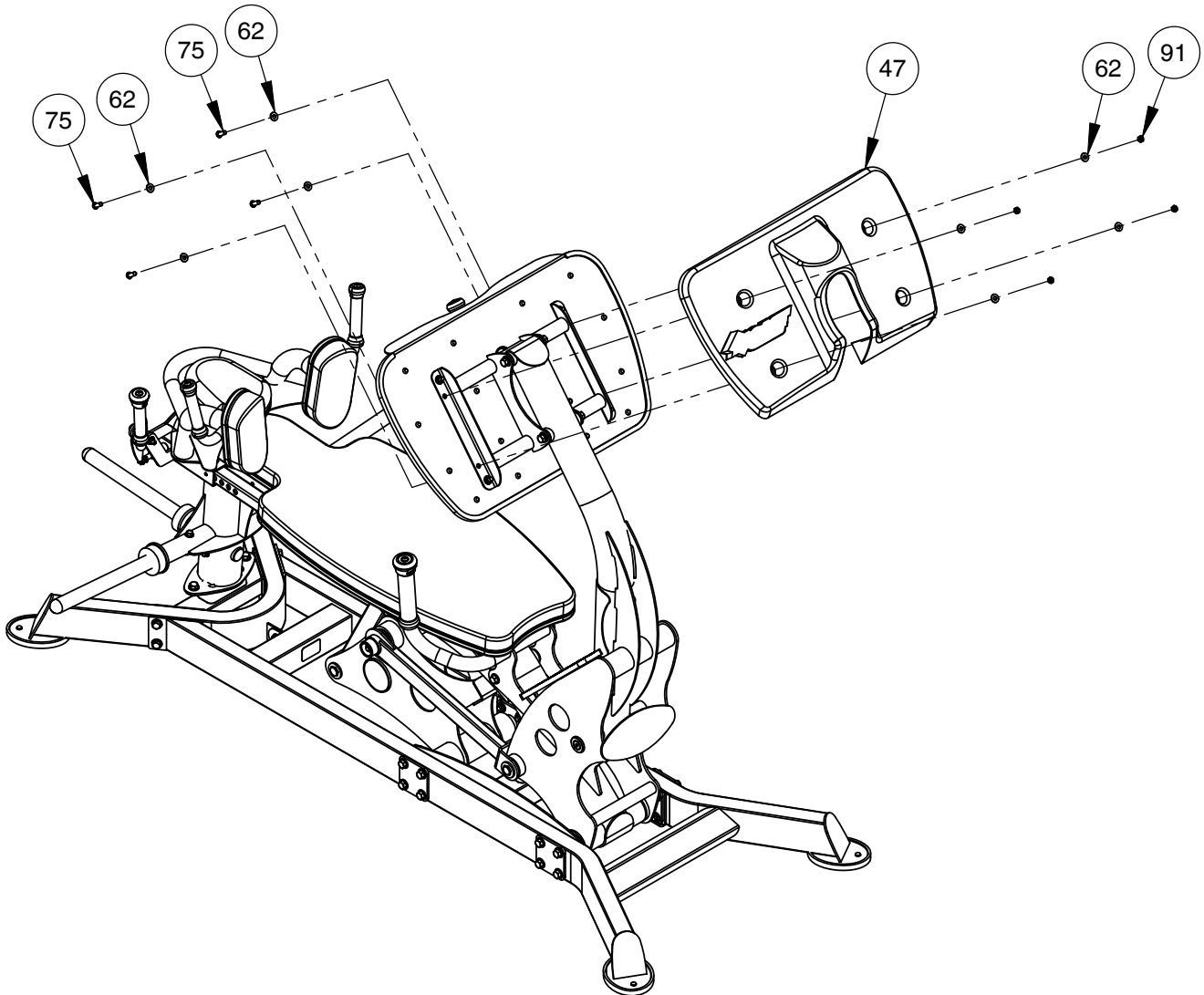
NOTE:
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.

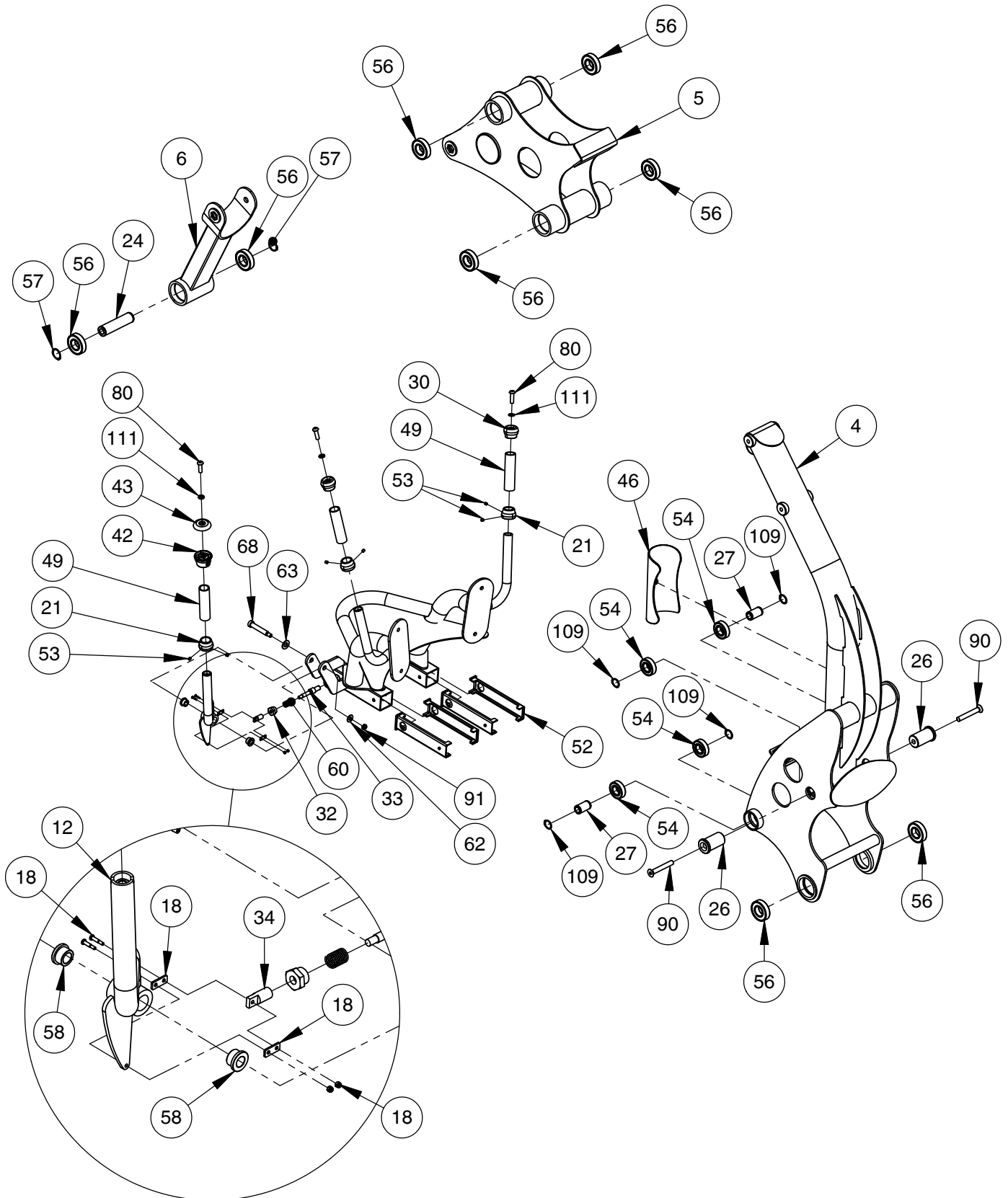


IMPORTANT

NOW THAT THE RPL-5403-B IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF UNIT IS NOT SQUARE OR PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

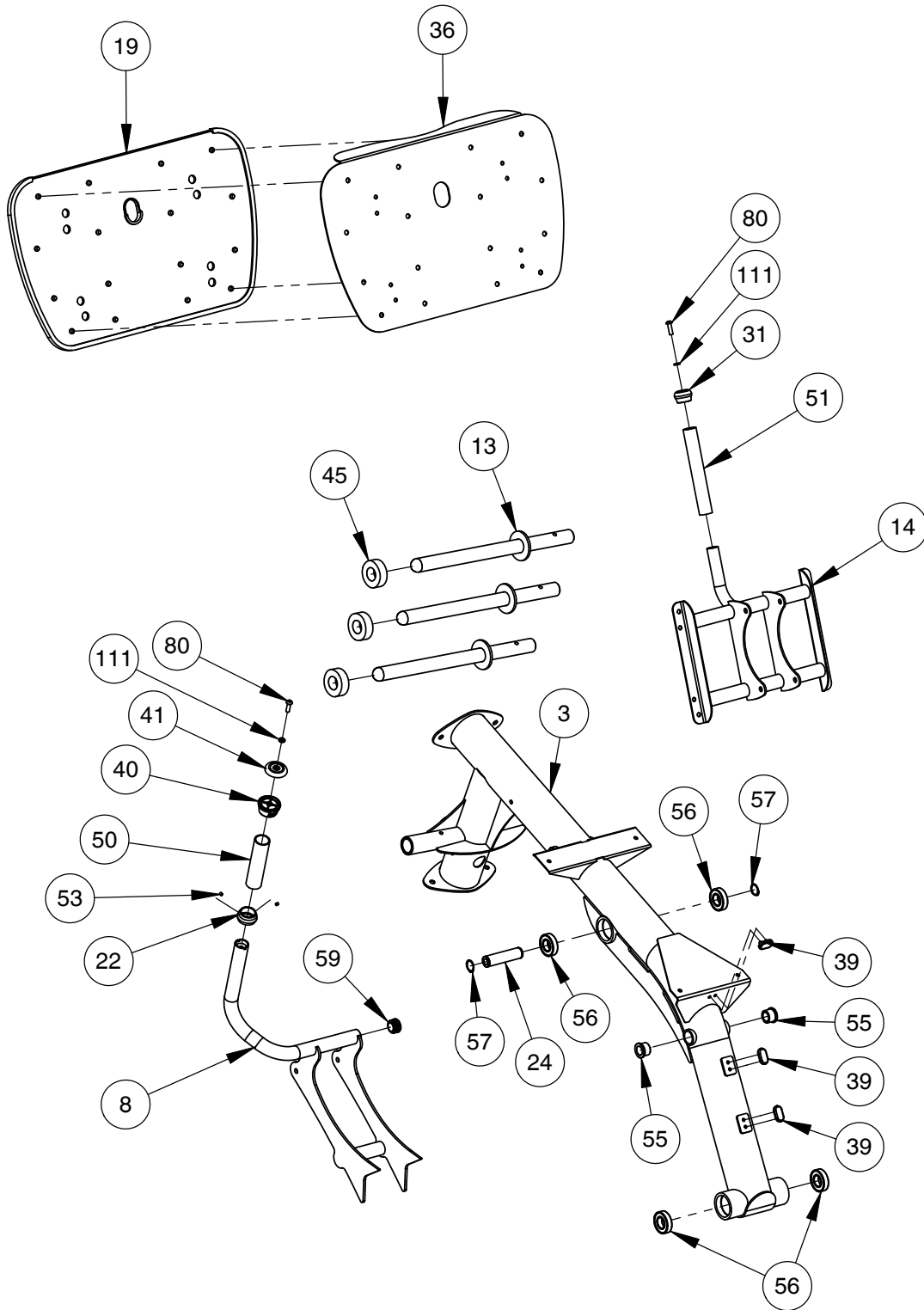
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PRE-ASSEMBLY



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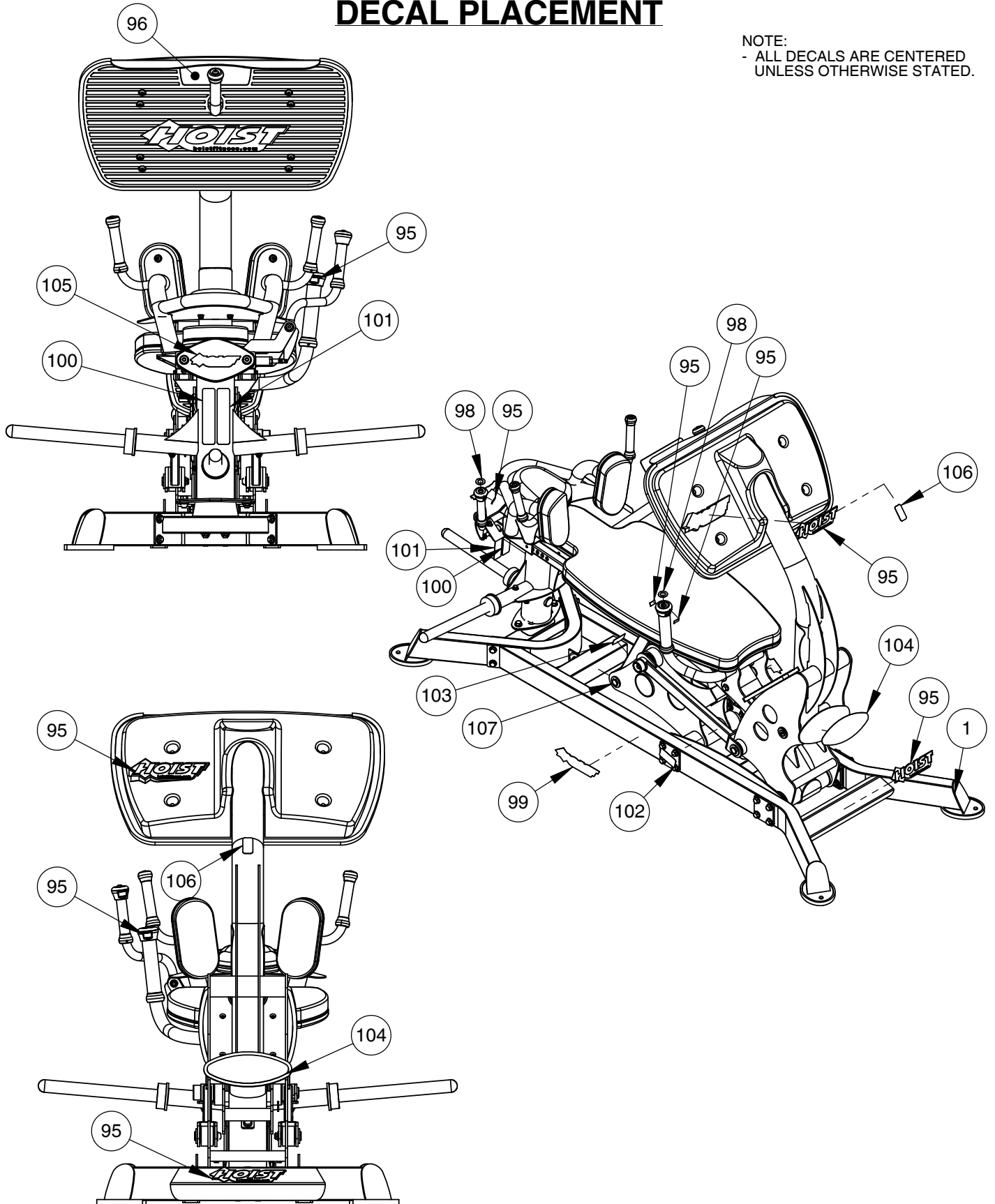
PRE-ASSEMBLY



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DECAL PLACEMENT

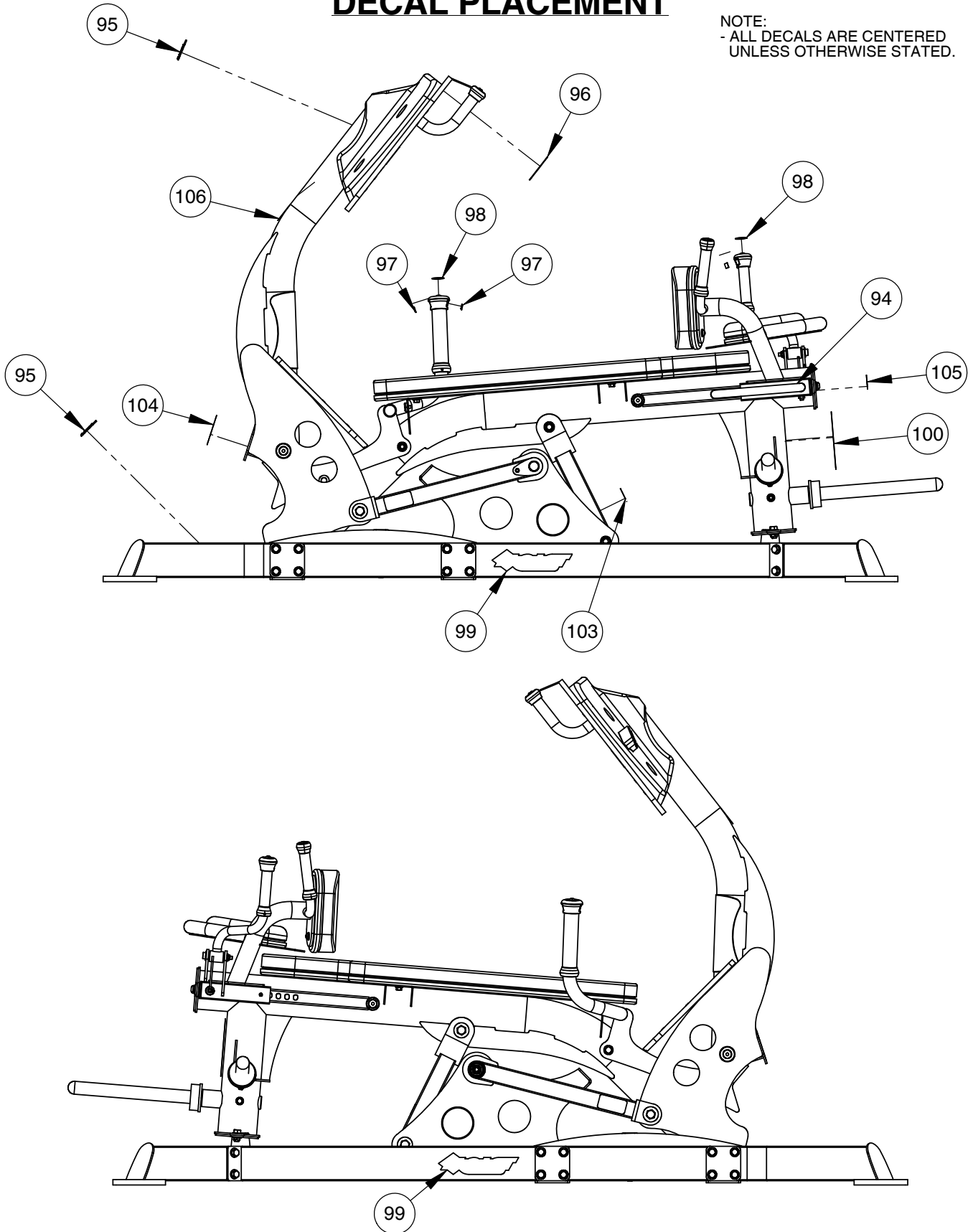
NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.



OWNER'S MANUAL

DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.



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DECAL REFERENCE

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 (SuperLube)			X	
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X	
Clean & Wax; All Glossy Finishes				X
Repack with Grease Linear Bearings				X
Replace; Cables, Belts and Connecting Parts.				X

021-0003008

WARNING
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.

1. READ & 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
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.
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.
6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.
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.
8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135



021-0003551

WARNING

SAFETY LOCK ENGAGEMENT

START EXERCISE TO AUTOMATICALLY DISENGAGE SAFETY LOCK.

PULL BACK SAFETY LOCK TO ENGAGE. SAFETY LOCK MUST BE ENGAGED BEFORE EXITING MACHINE.

021-0003630 (Rev. 2)

021-0003630

OWNER'S MANUAL

DECAL REFERENCE



021-0003221



021-0003230



021-0003405



021-0003427



021-0003426



021-0003114



021-0003543

OWNER'S MANUAL

DECAL REFERENCE



021-0003632 (REV.D)



021-0018022



SERIAL # DECAL

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X3629	BASE FRAME ASSEMBLY	1
2	026-01X3789	BASE FRAME SUPPORT ASSEMBLY	1
3	026-01X3634	SEAT FRAME ASSEMBLY	1
4	026-01X3630	PRESS ARM FRAME ASSEMBLY	1
5	026-01X3631	BELL-CRANK ASSEMBLY	1
6	026-01X3633	PUSH LINK ASSEMBLY	1
7	026-01X3635	PULL LINK ASSEMBLY	1
8	026-01X3100	LOCKOUT HANDLE ASSEMBLY	1
9	026-01X3108	BACK PAD ADJUSTER ASSEMBLY-A	1
10	026-01X3107	BACK PAD ADJUSTER-B	1
11	026-01X3109	SHOULDER PAD FRAME ASSEMBLY	1
12	026-01X3114	BACK PAD ADJUSTING HANDLE ASSEMBLY	1
13	026-01X3118	WEIGHT PEG	3
14	026-01X3121	FOOTPLATE MOUNT	1
15	022-01PD2205-A	HEAD PAD ASSEMBLY	1
16	022-01PD2086-A	BACK PAD ASSEMBLY	1
17	022-01PD0082-A	SHOULDER PAD ASSEMBLY	2
18	026-01X5630	CHAIN LINK REPLACEMENT	1
19	026-01PL2264	RUBBER FOOTPLATE COVER	1
20	026-01M1142	COUNTER WEIGHT	2
21	026-01M0936	ALUMINIUM RING: ϕ 1.00" I.D.	3
22	026-01M0935	ALUMINIUM RING: ϕ 1.50" I.D.	1
23	026-01M1151	SHAFT: ϕ 1.00 X 5.47 LG.	1
24	026-01M2905	SHAFT - ϕ 1.181 X 4.7100 LG.	2
25	026-01X3636	SHAFT PULL LINKS UPPER RPL-5403	1
26	026-01M1139	SPACER: ϕ 1.75 X 2.78 LG.	2
27	026-01M2904	SHAFT - ϕ .984 X 1.7610 LG.	2
28	026-01M2652	SPACER	2
29	026-01M1176	HANDLE END CAPS	1
30	026-01M0937	END CAP: ALUMINUM ϕ 1.0" I.D.	2
31	026-01M0932	ALUMINIUM CAP: ϕ 1.25" ID	1
32	026-01M0128-1	PULL PIN CAP	1
33	026-01M0128-3	PULL-PIN PLUNGER	1
34	026-01M0209	PULL-PIN TO CHAIN LINK	1
35	026-01P3284	PLATE: 5.00" X 9.2500	2
36	026-01P3938	FOOT PLATE	1
37	026-01P3917	LOWER FOOTPLATE	1
38	026-01PL2246	DUAL HOLE BUMPER 2.05" THICK	2
39	026-01PL2005	PLUG BUMPER (2 STEM)	3
40	026-01PL2158	PLASTIC KNOB: ϕ 1.50" - BASE	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
41	026-01PL2159	PLASTIC KNOB: Ø1.50" - CAP	1
42	026-01PL2154	PLASTIC KNOB: BASE Ø1.00" ID	1
43	026-01PL2155	PLASTIC KNOB: CAP Ø1.00" ID	1
44	026-01PL2122	OVAL-SHAPED RUBBER FOOT	4
45	026-01PL0264	WEIGHT HORN RUBBER DONUT	3
46	026-01PL2521	PLASTIC SCUFF GUARD 8.98" LG. WITH RIVETS/TAPE	1
47	026-01PL2239	FOOT PLATE PLASTIC BACKING	1
48	026-01PL2265	RUBBER FOOTPLATE COVER	1
49	026-01PL0206-5	GRIP: OPEN END Ø.94" X 4.00" LG.	3
50	026-01PL0209-2	GRIP: OPEN ENDED Ø1.50" X 6.5000 LG.	1
51	026-01PL0235-24	GRIP: OPEN ENDED Ø1.4280" X 9.50" LG.	1
52	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	4
53	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	8
54	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
55	014-0101005	BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG.	2
56	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	12
57	014-0012019	SNAP RING - 30mm EXTERNAL	4
58	014-0101002	BUSHING: OILITE FLANGED Ø.75 O.D X Ø.50 I.D X .38 LG.	2
59	016-0201023	END CAP Ø1.50" (BLACK)	1
60	020-0011009	SPRING	1
61	013-0302008	5/16" SAE FLAT WASHER (WZ)	2
62	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	35
63	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	66
64	013-0102034	M16-2.0 FLAT WASHER (WZ)	2
65	013-0102022	3/8" INTERNAL LOCK WASHER (WZ)	4
66	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	6
67	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	6
68	011-0112008	1/2" X 2.50" SHSS (WZ)	1
69	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	2
74	011-0311013	3/8"-16UNC X .75" SQUARE HEAD (WZ)	1
75	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	12
76	011-0101016	3/8"-16UNC X 2.75" BHCS (WZ)	2
77	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	4
78	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	2
79	011-0107022	3/8"-16UNC X 5.00" HHB (WZ)	1
80	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	5

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
81	011-0407038	1/2"-13UNC X 1.25" HHB (WZ)	4
82	011-0407042	1/2"-13UNC X 1.00" HHB (WZ)	3
83	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	4
84	011-0407000	1/2"-13UNC X 3.50" HHB (WZ)	2
85	011-0207030	1/2"-13UNC X 4.50" HHB (WZ)	2
86	011-0107027	1/2"-13UNC X 6.50" HHB (WZ)	1
87	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	16
88	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	2
89	011-0102039	1/2"-13UNC X 3.00" FHS (WZ)	2
90	011-0102041	1/2"-13UNC X 3.50" FHS (WZ)	2
91	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	14
92	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	31
93	012-0104017	M16-2.0 THIN NYLOCK NUT (WZ)	2
94	021-0003551	DECAL ADJUST 1-11 DECAL VERTICAL TXT.	1
95	021-0018022	DECAL HOISTFITNESS.COM LOGO	2
96	021-0003630	PLACARD RPL-5403 LOCK-OUT	1
97	021-0003426	DECAL PULL	3
98	021-0003427	DECAL ADJUST	2
99	021-0003221	DECAL HOIST 2.50" X 9.13"	2
100	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
101	021-0003135	DECAL WARNING 1.50" X 6.69"	1
102	021-0003114	DECAL PINCH POINT 1.63" X 3.25" (HORIZONTAL)	2
103	021-0003405	DECAL ROX	1
104	021-0003632	DECAL RPL-5403 DUAL ACTION	1
105	021-0003230	DECAL HOIST 1.625" X 6.0613"	1
106	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	1
107	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
108	026-01X3637	PULL LINK ASSEMBLY	1
109	014-0012018	SNAP RING - 25mm EXTERNAL	4
110	011-0311012	SET SCREW: CUP POINT 5/16-18 X 5/16" LG.	4
111	013-0402011	3/8" SPLIT LOCK WASHER (SS)	5
112	026-01X3786	FLNG. SHAFT MOUNT	4
113	026-01F0337	BACKING PLATE	4
114	026-01M2930	PIVOT SHAFT	2
115	026-01M2947	CUSTOM SHOULDER BOLT	2
116	011-0107088	16MM ISO X 150 HHB (WZ)	2

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

SS = Stainless Steel

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

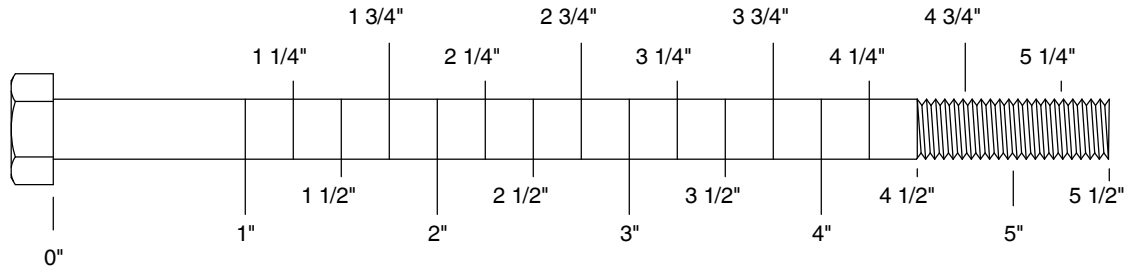
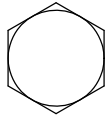
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

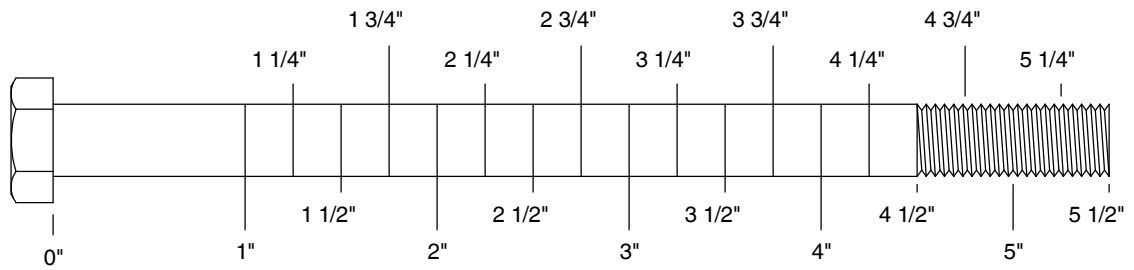
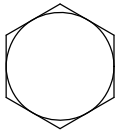
OWNER'S MANUAL

BOLT SIZING CHART

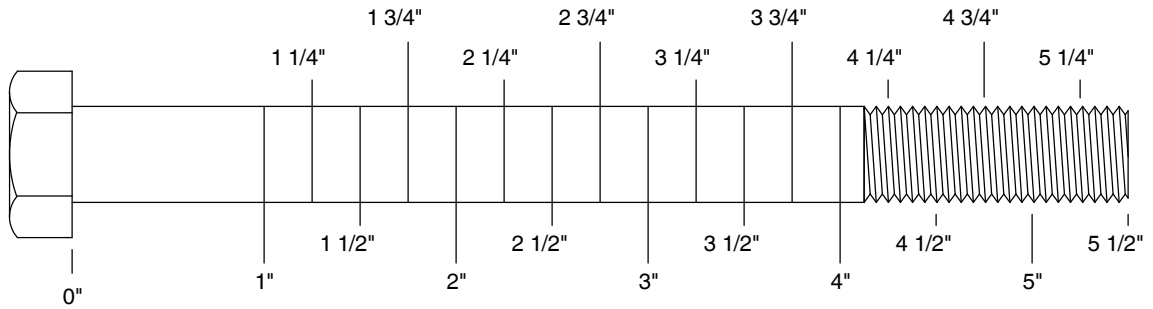
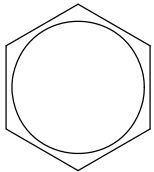
5/16" HHB



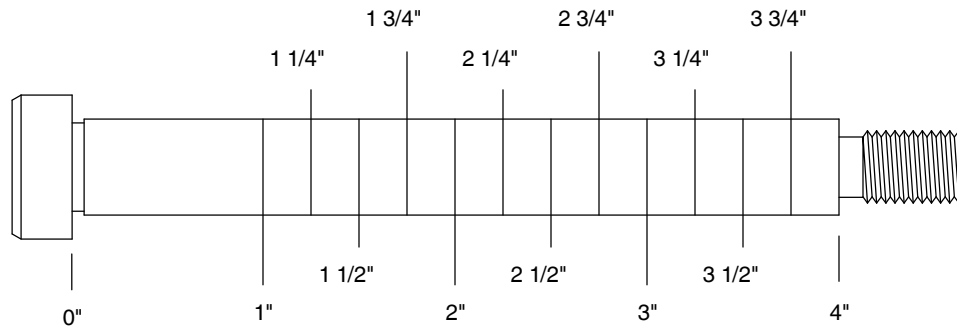
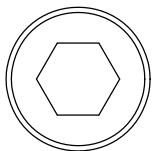
3/8" HHB



1/2" HHB

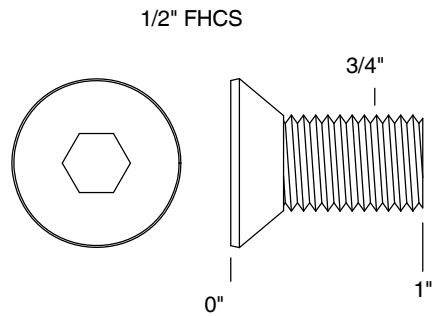
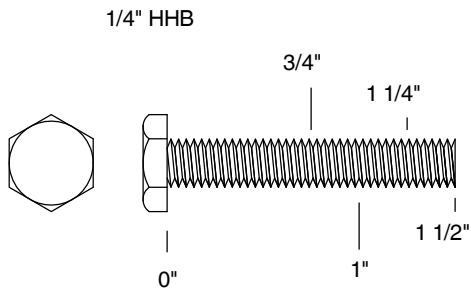
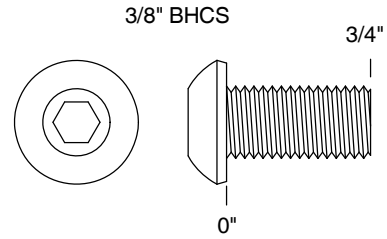
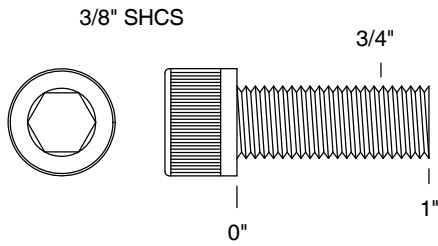
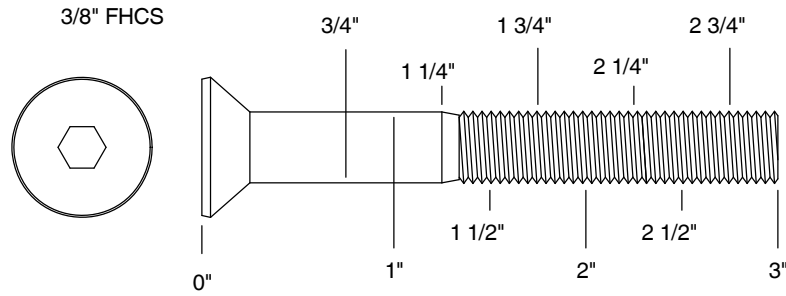


1/2" SHSS



OWNER'S MANUAL

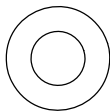
BOLT SIZING CHART (CONTINUED)



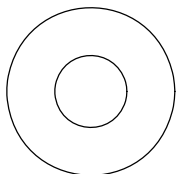
OWNER'S MANUAL

WASHER SIZING CHART

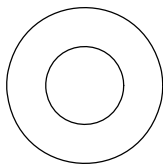
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



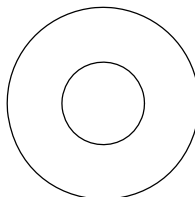
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



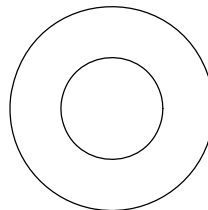
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



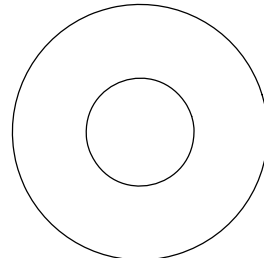
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



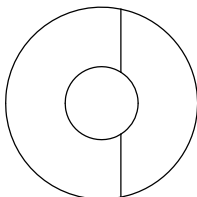
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



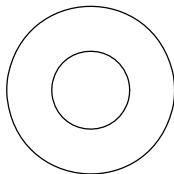
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



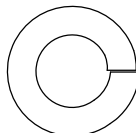
013-0402007
3/8"
FLAT WASHER
22mm O.D.



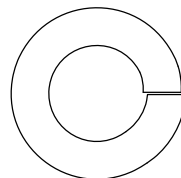
013-0102019
1/4"
LOCK WASHER



013-0102020
3/8"
LOCK WASHER



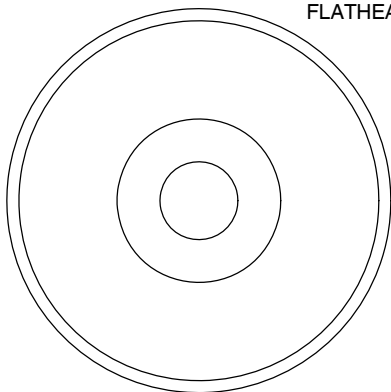
013-0102018
1/2"
LOCK WASHER



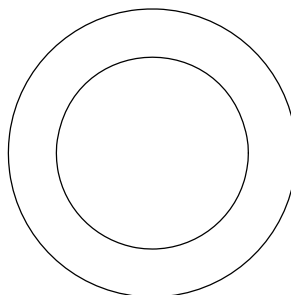
014-0018001
1/2" LONG
SPACER



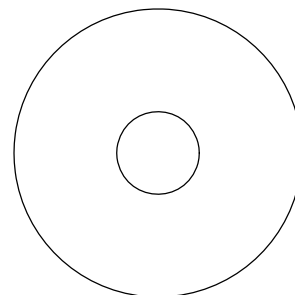
026-01M0238
2" ALUMINUM
FLATHEAD CAP



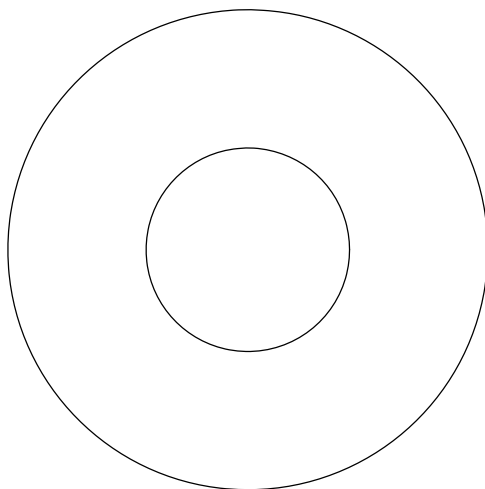
016-0009003
1" SHIM WASHER



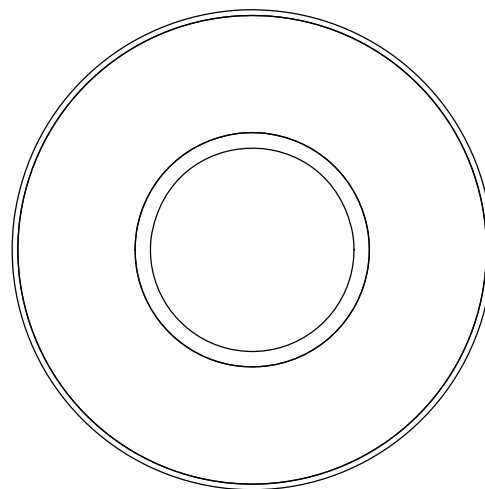
013-0003002
3/8" FENDER WASHER



013-0003004
1 1/16"
FENDER WASHER



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



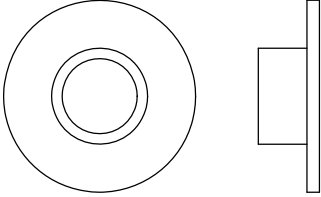
014-0018002
1" LONG
SPACER



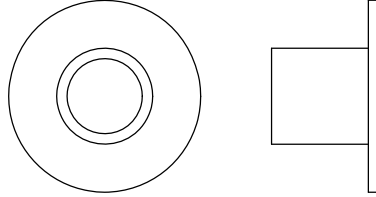
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

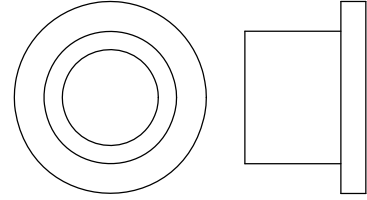
026-01M0211
1/4" LONG
FLANGED SPACER



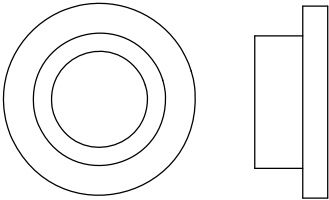
026-01M0198
1/2" LONG
FLANGED SPACER



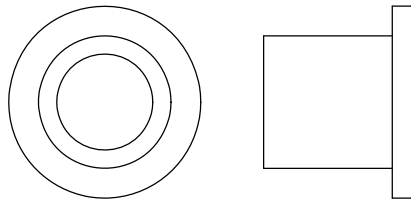
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



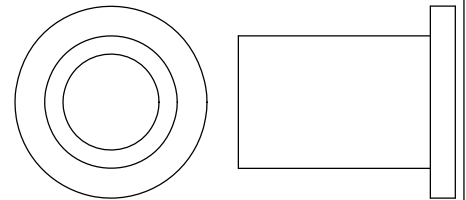
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



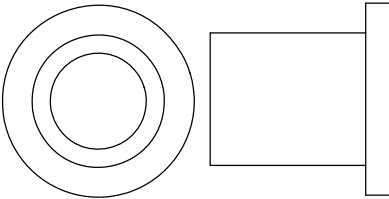
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



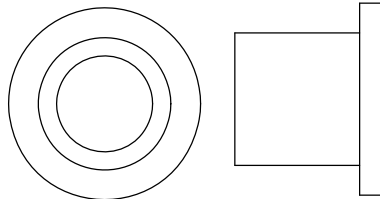
026-01M0551
1" LONG HEAVY
FLANGED SPACER



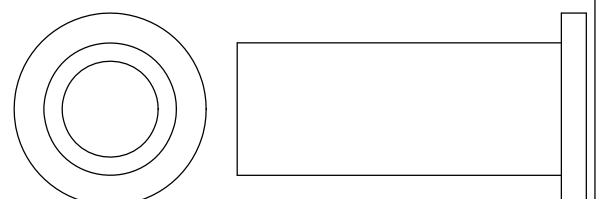
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



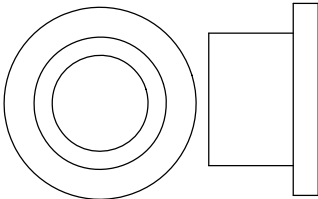
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



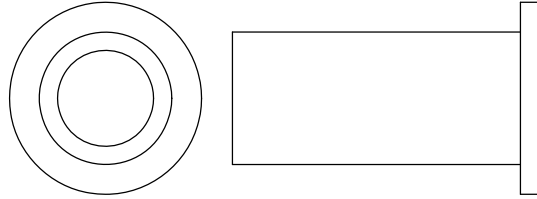
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



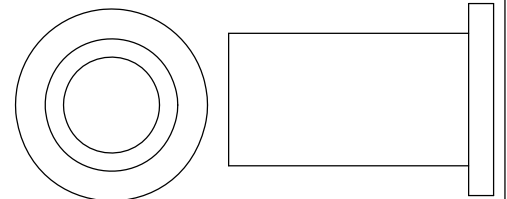
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



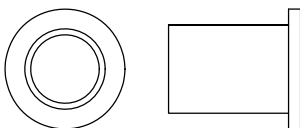
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



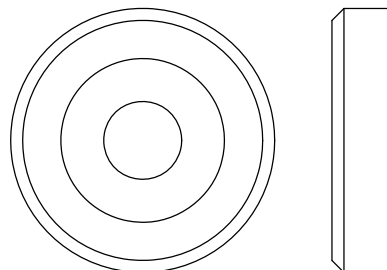
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



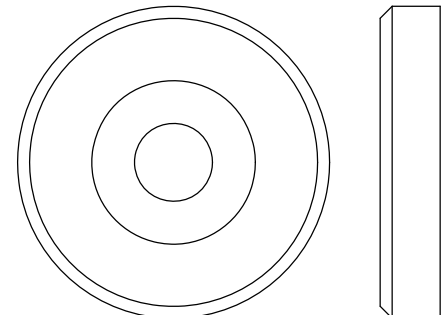
026-01M0600
.625" LONG
FLANGED SPACER



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 RPL-5403-B 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 RPL-5403-B 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 RPL-5403-B HOIST® Fitness System!