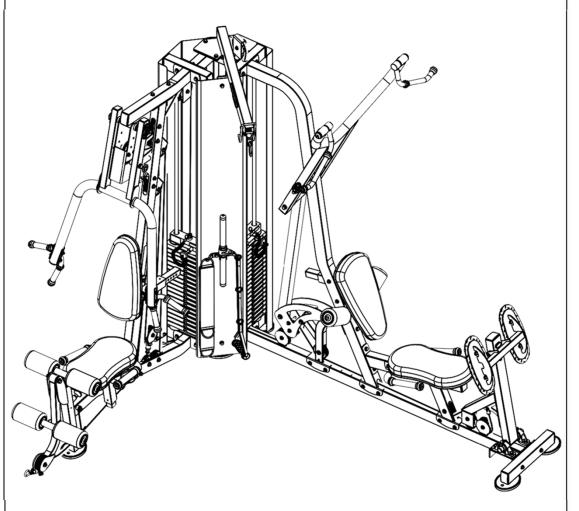


H2200-B

MULTI-FUNCTION GYM



WARNING!

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

Note: Both Serial Number and Model Number are Required when Ordering Parts
RECORD SERIAL NUMBER HERE
Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

MACHINE CODE A10



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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

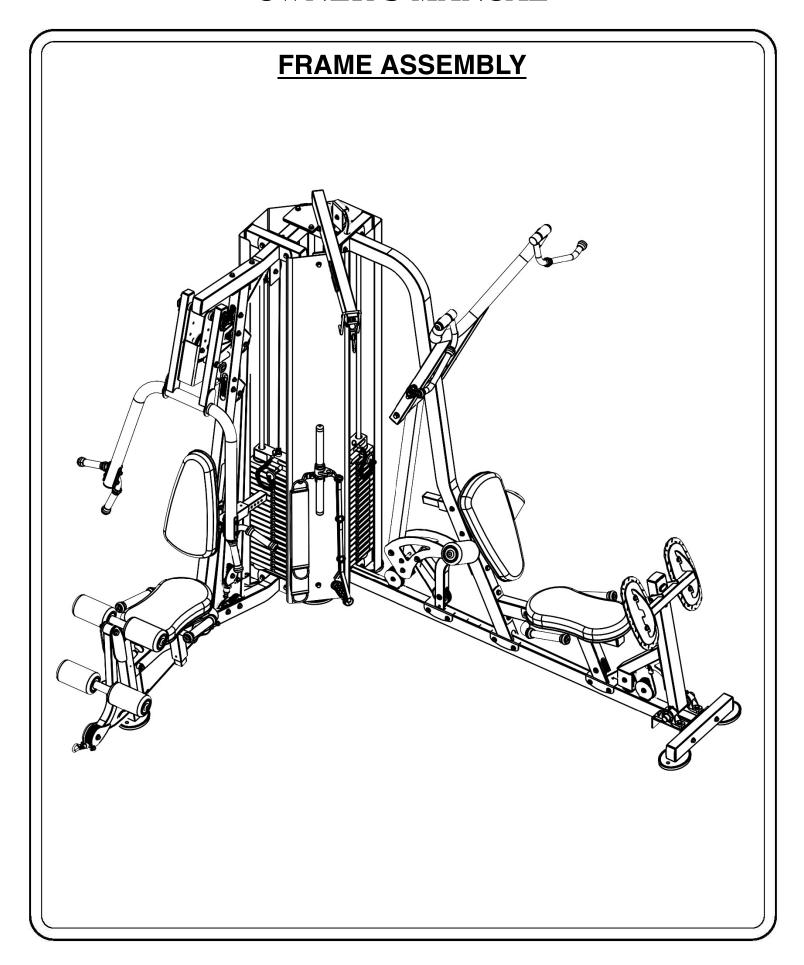
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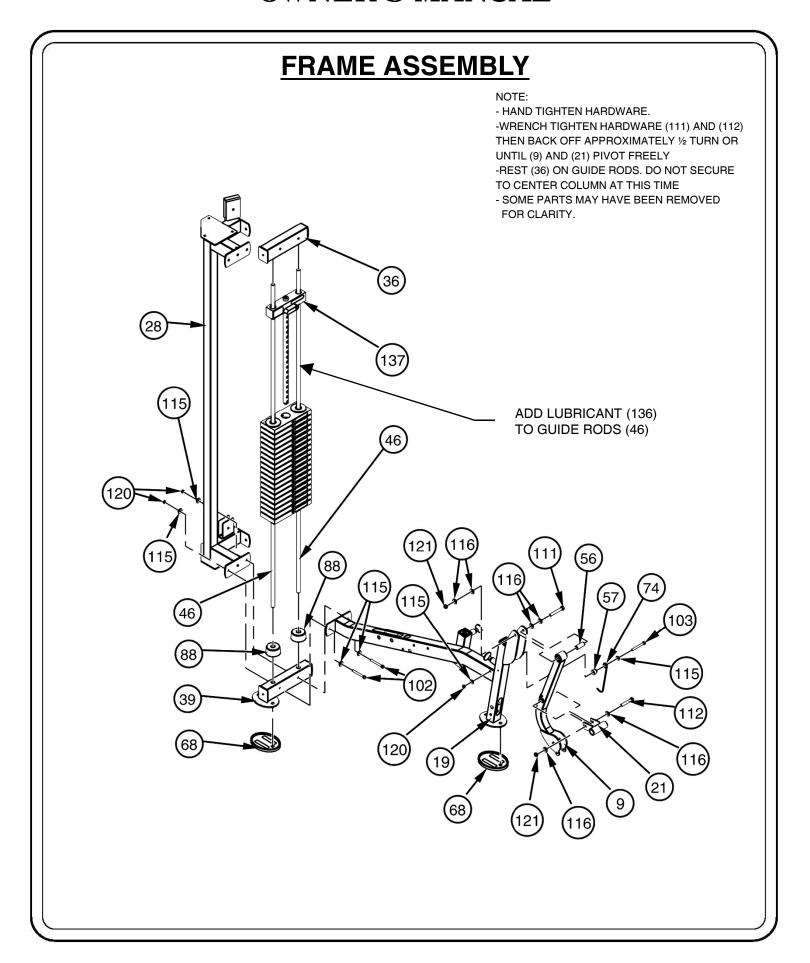
SAE Hex Key Wrench Set

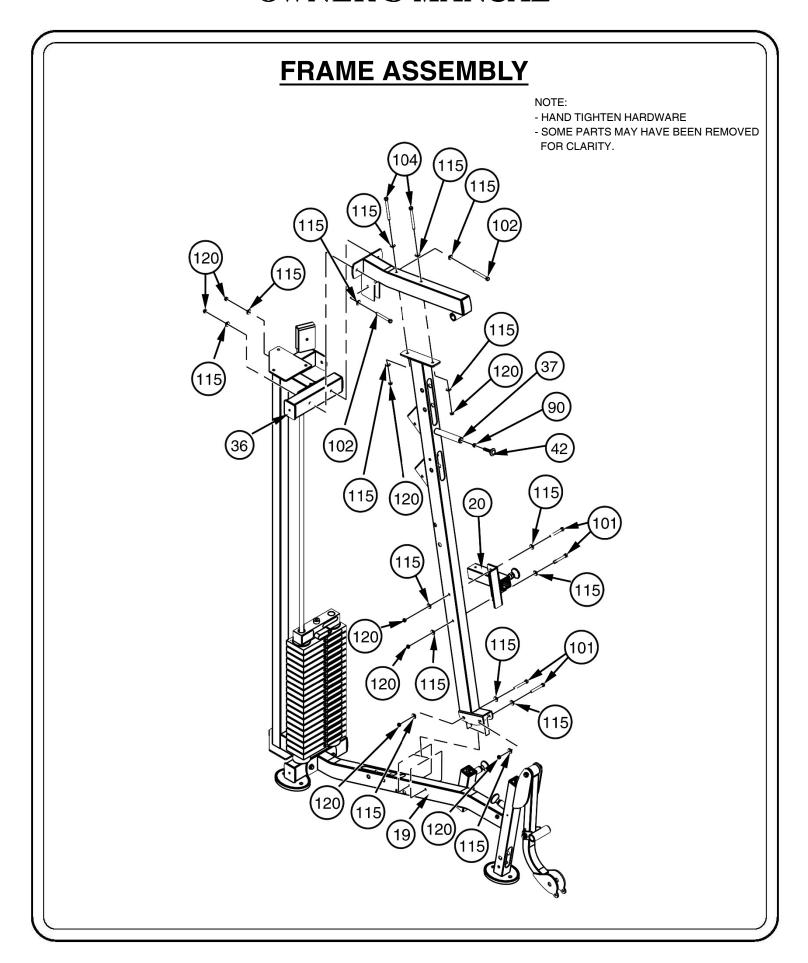
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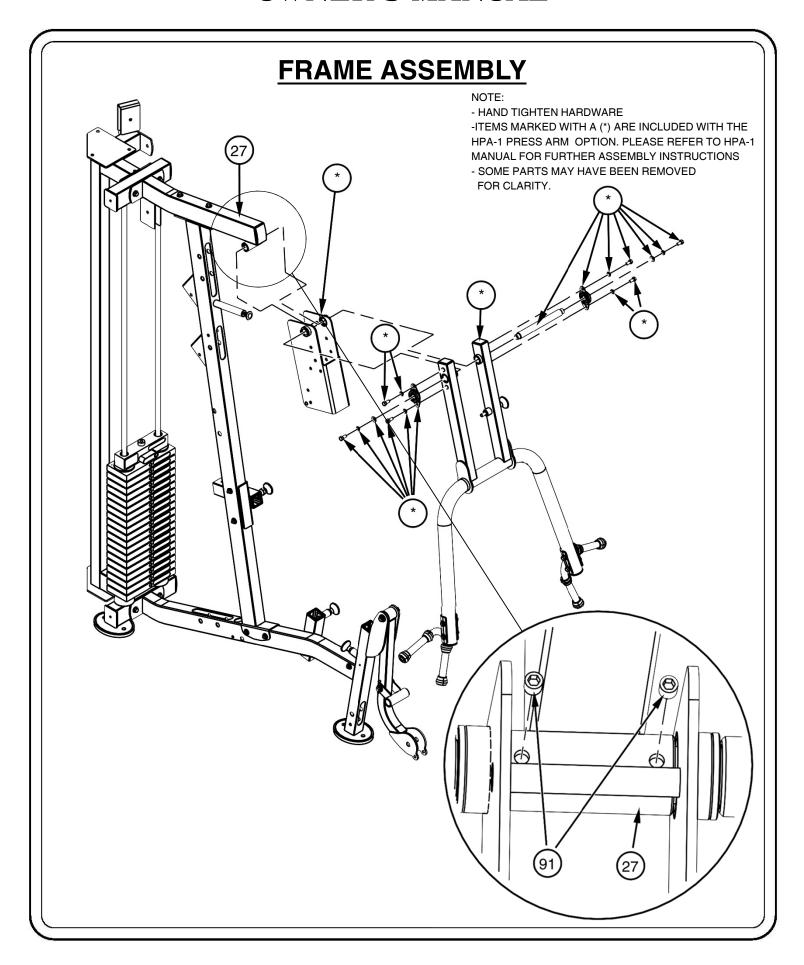
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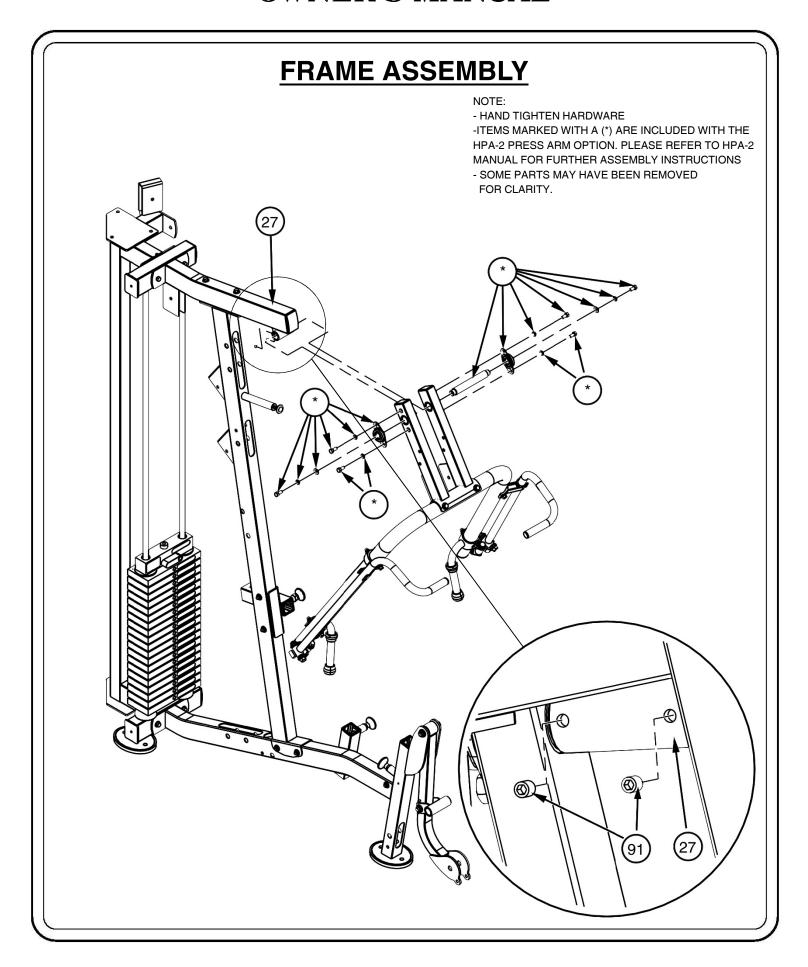
PAGE 03 H2200-B ASSEMBLY

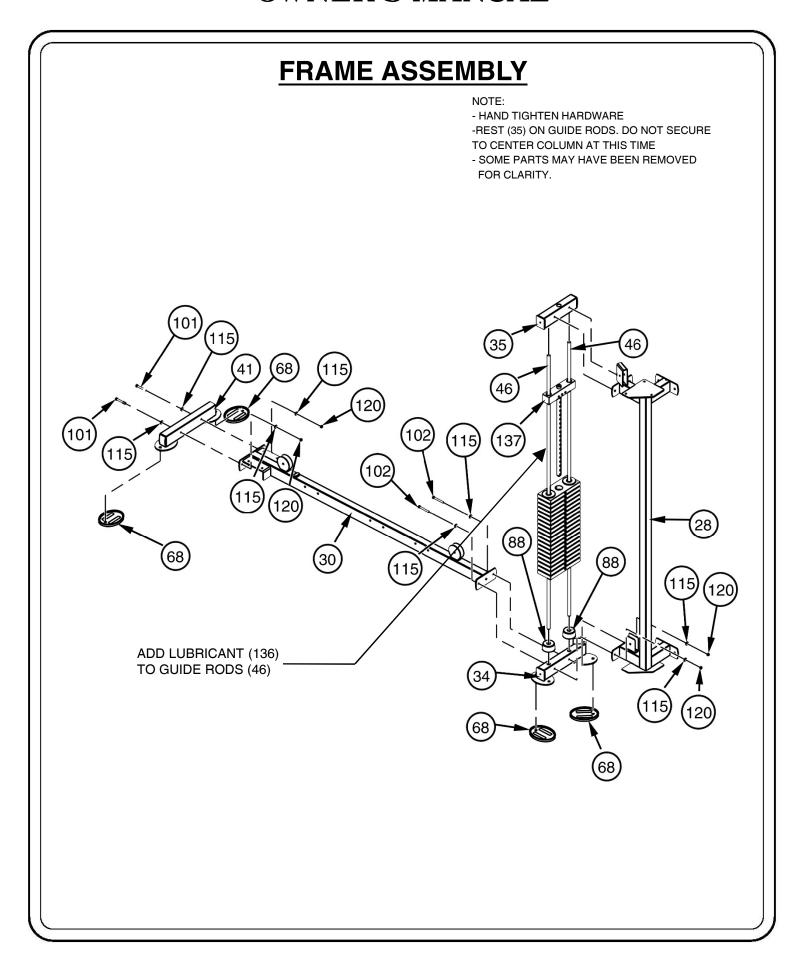


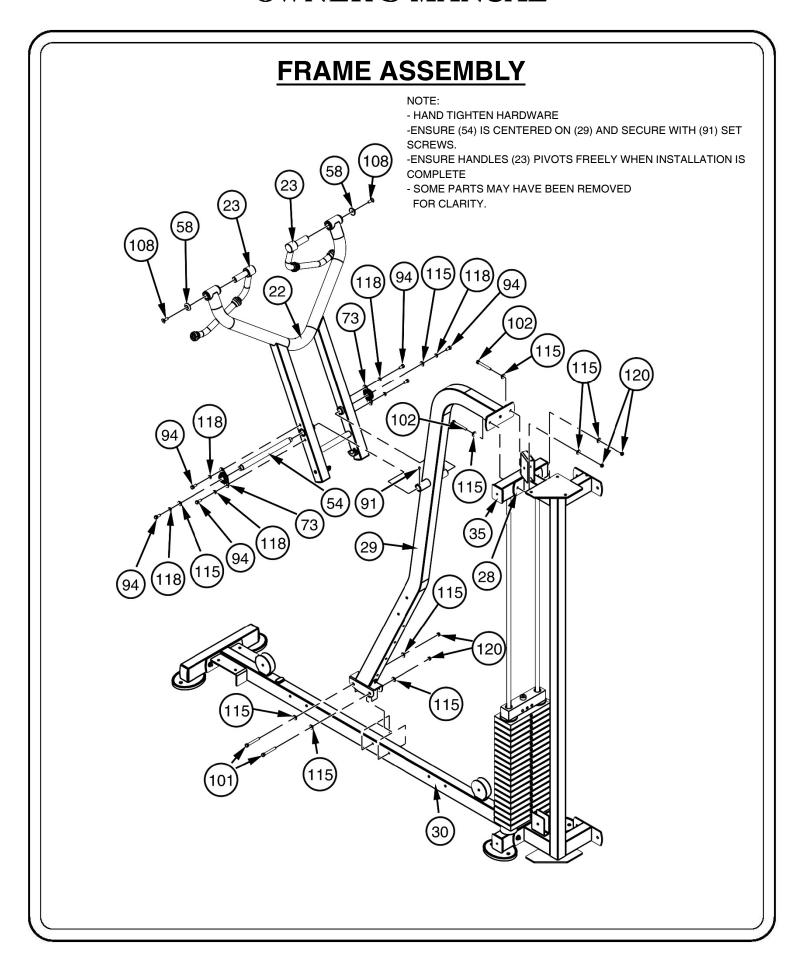


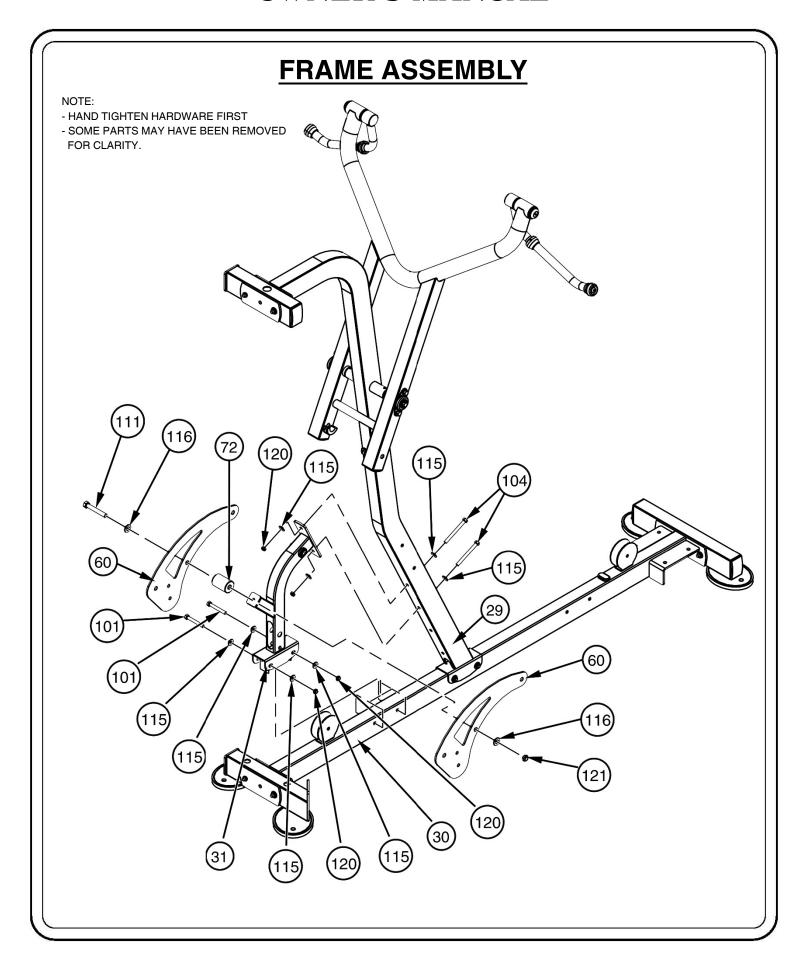


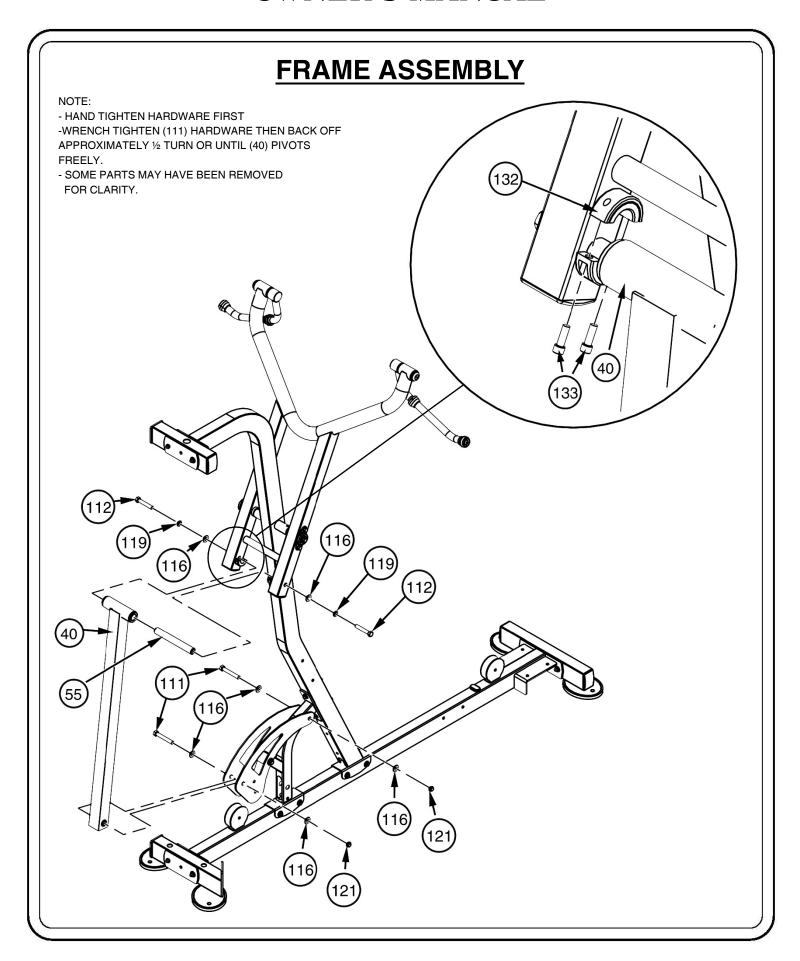


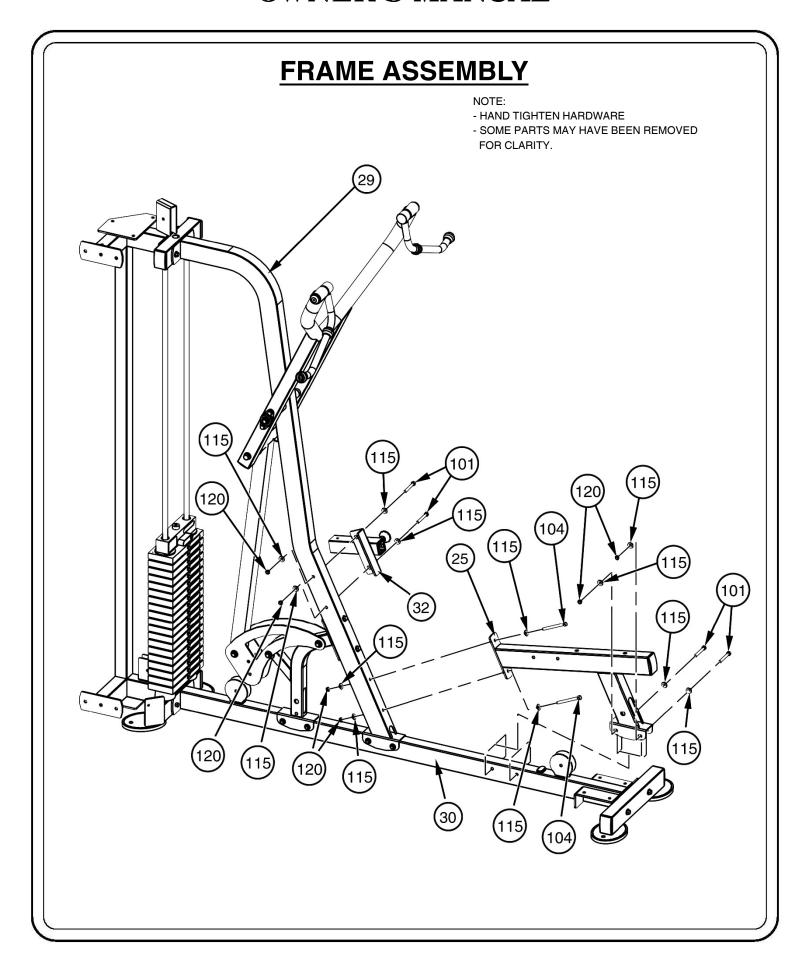


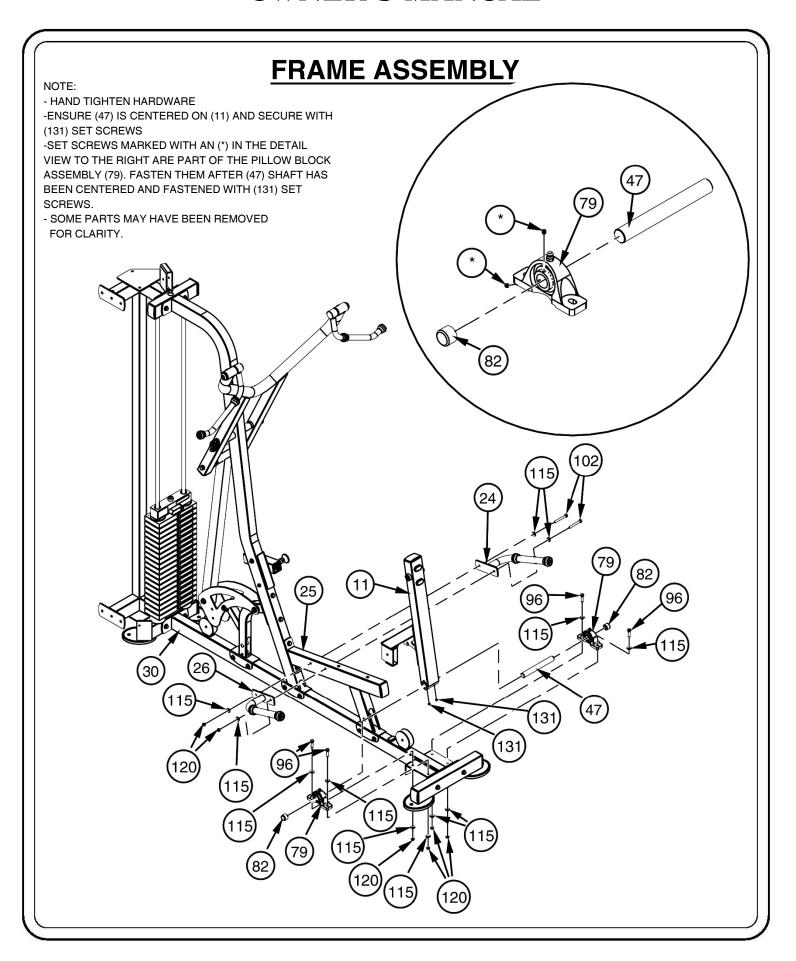


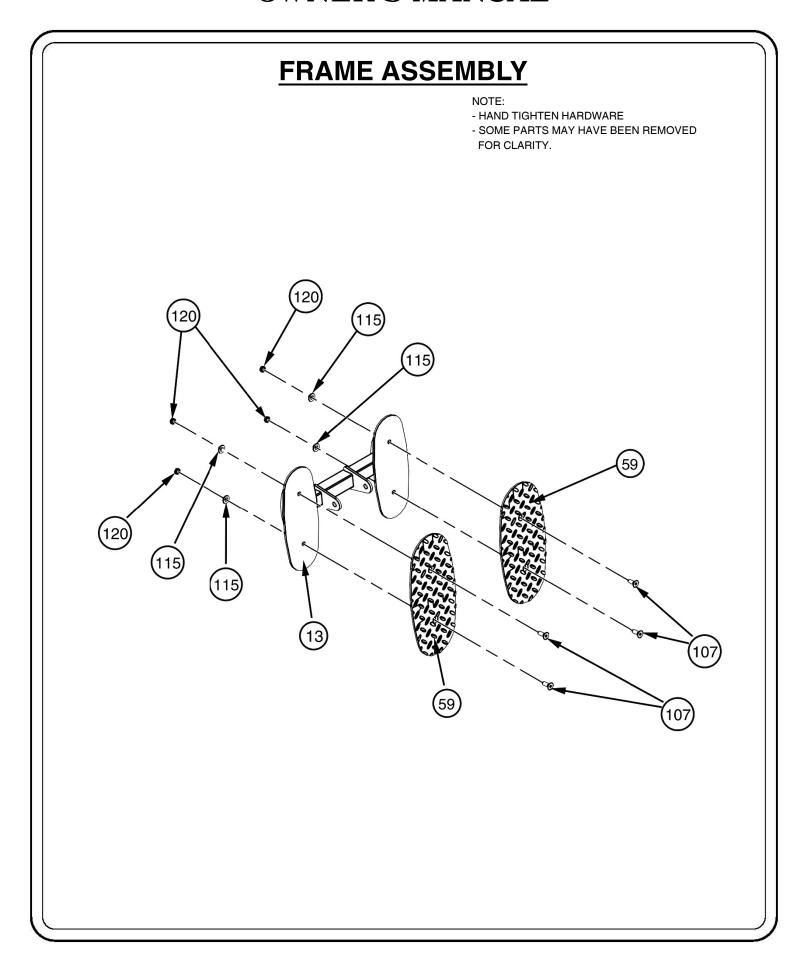


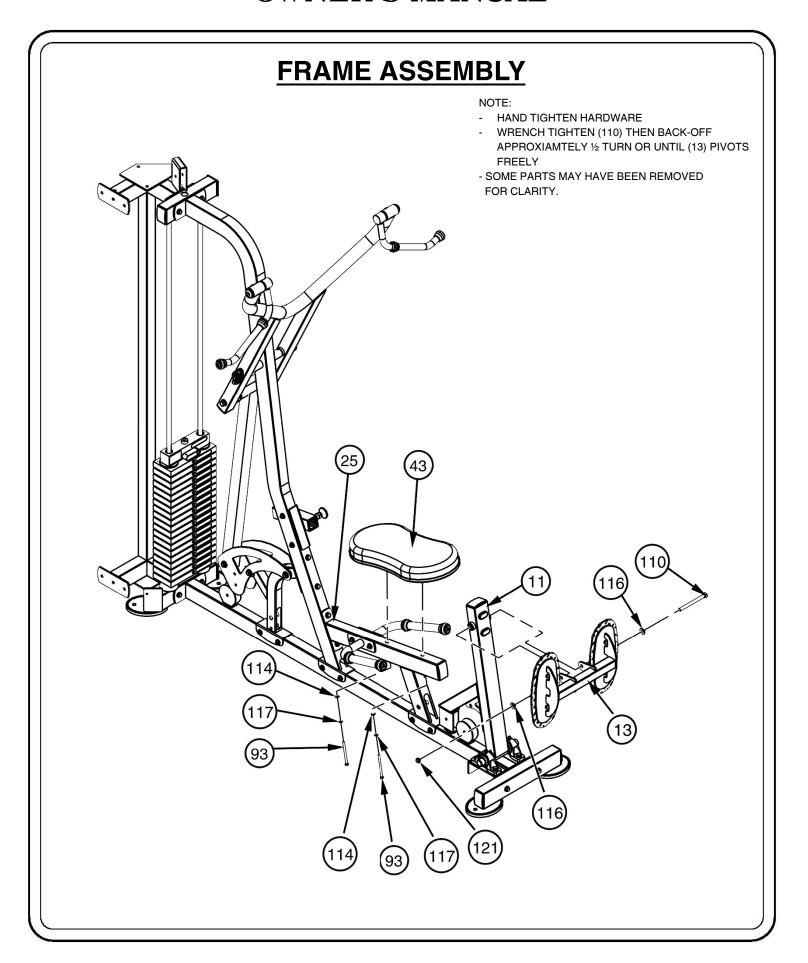


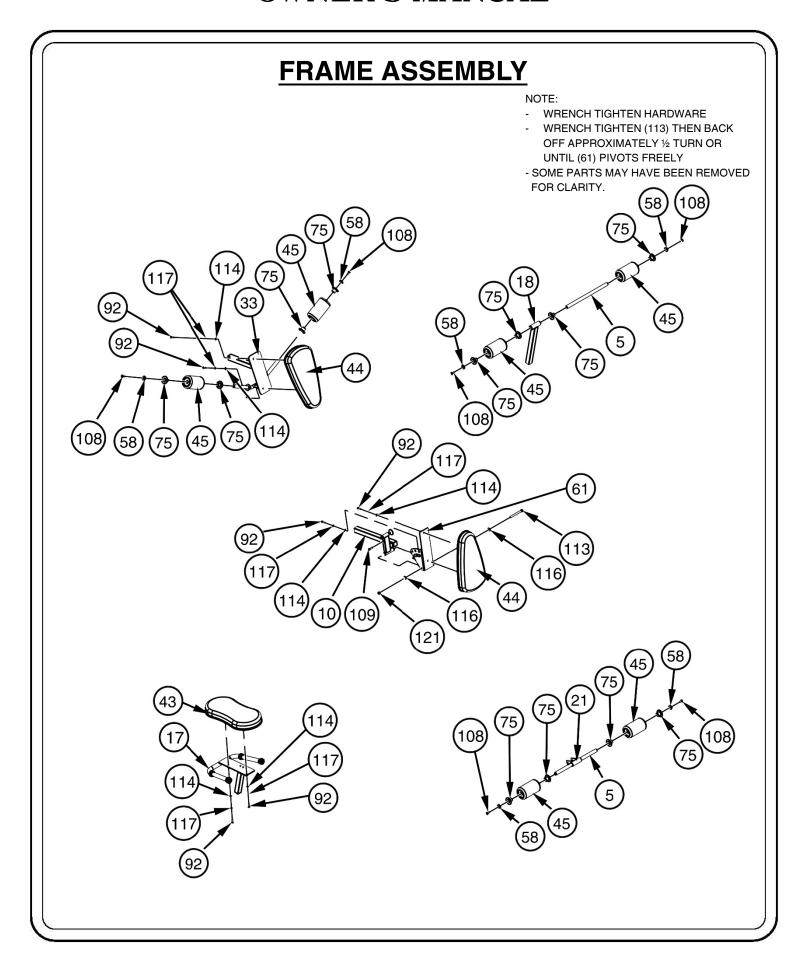


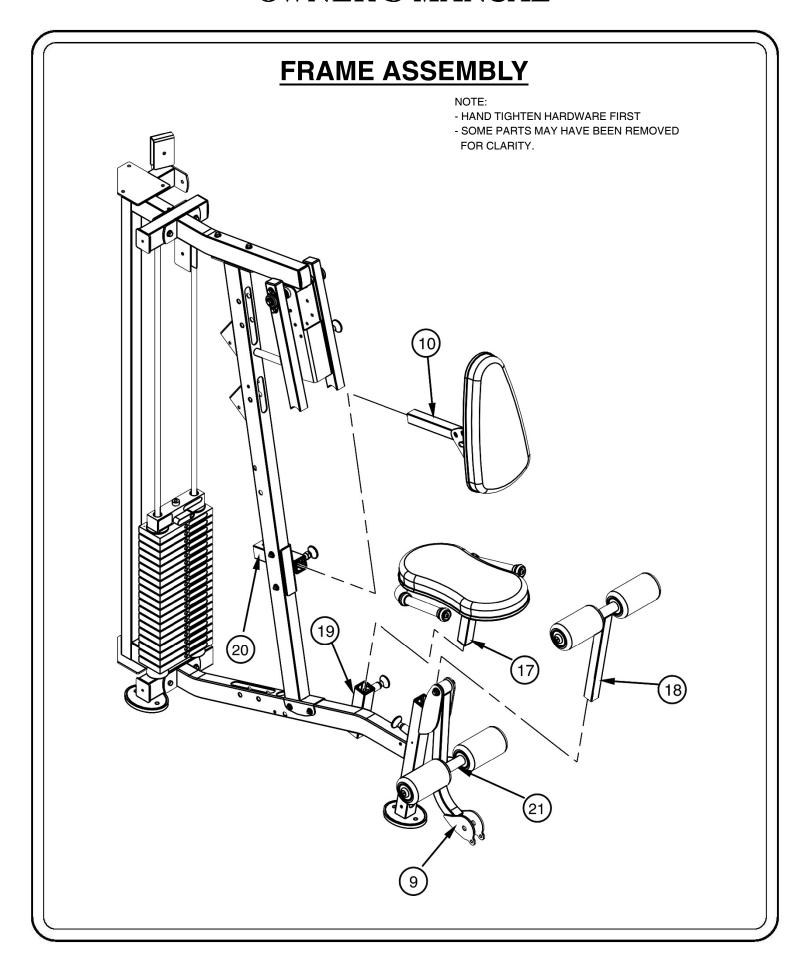


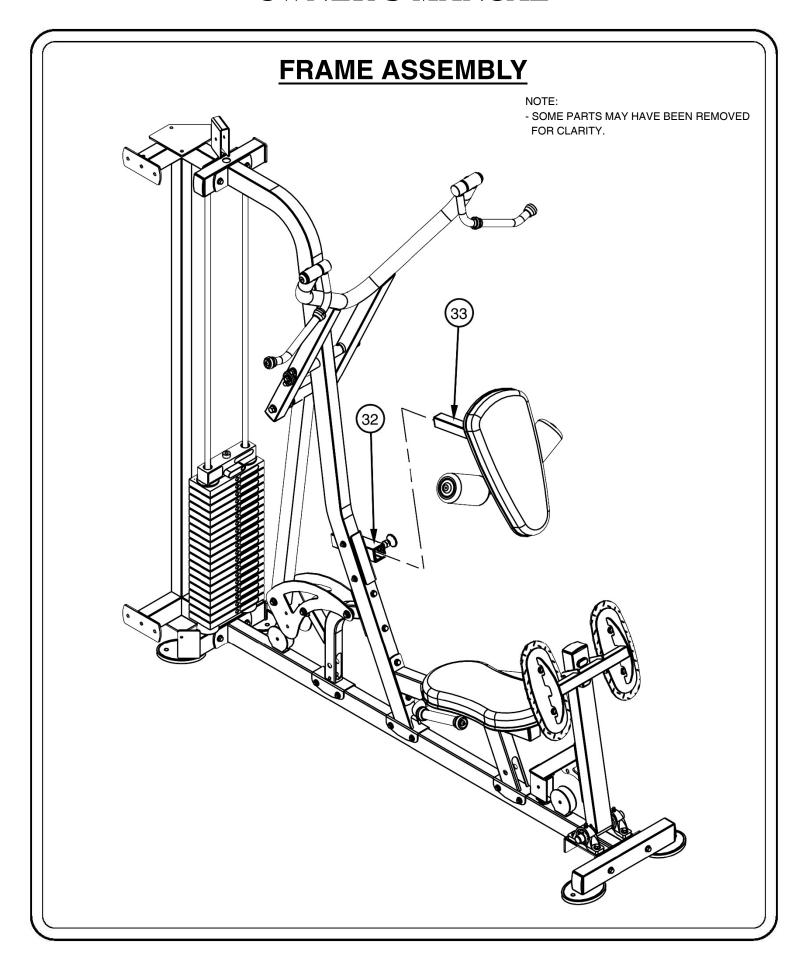


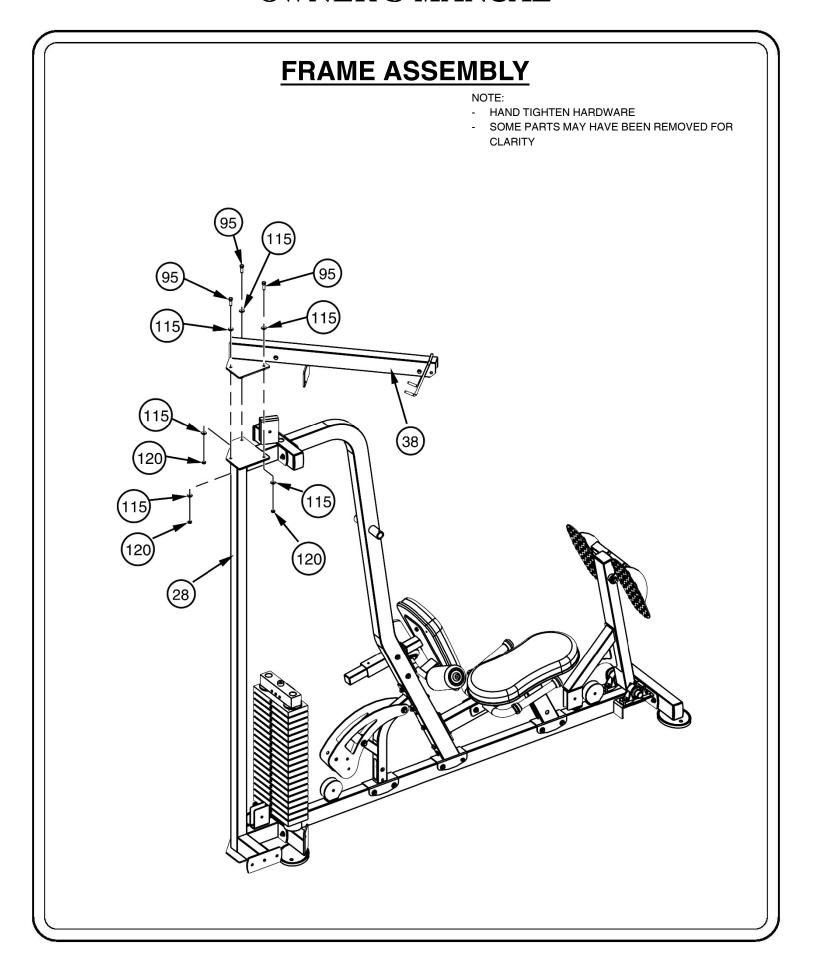








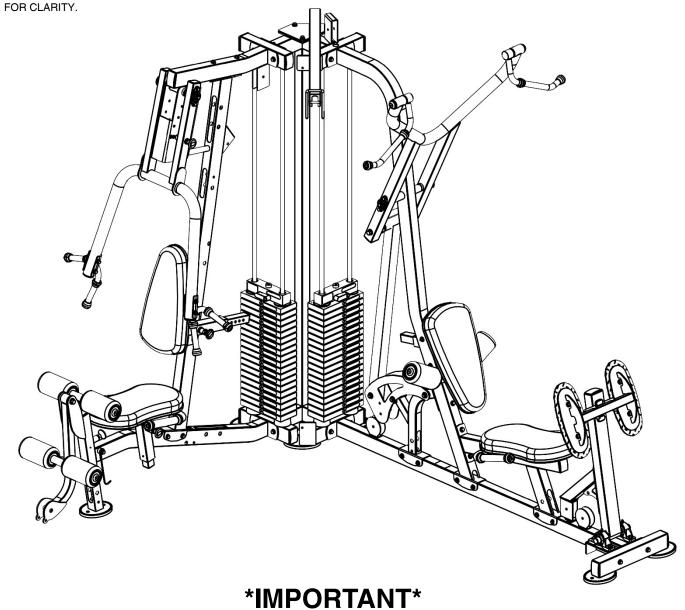




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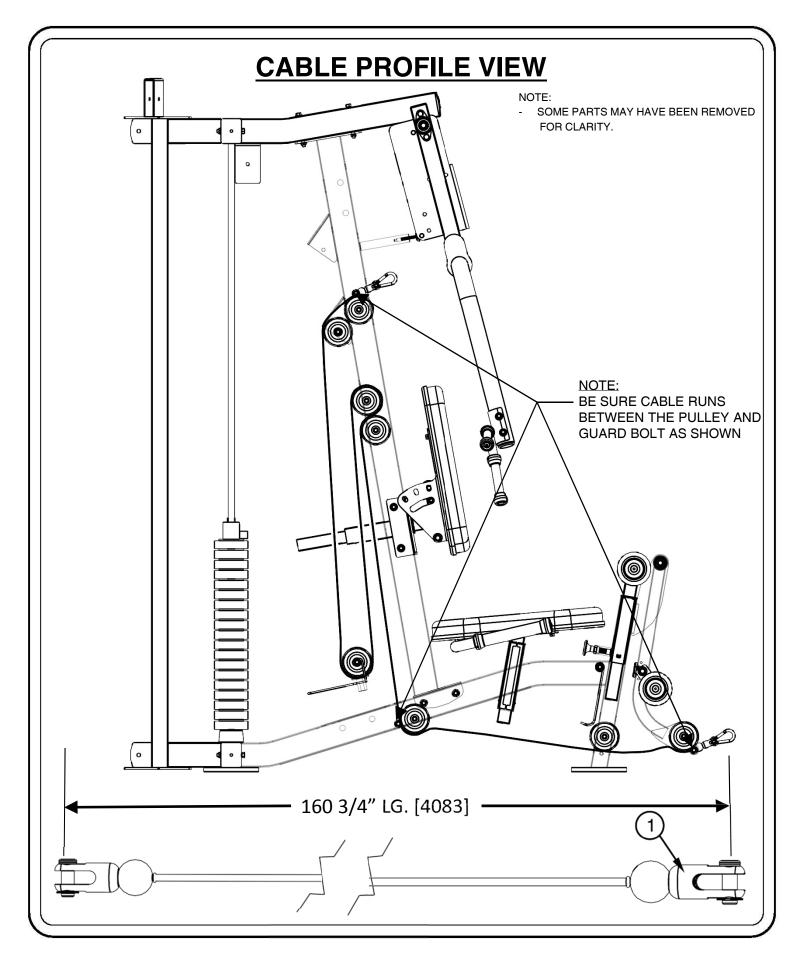
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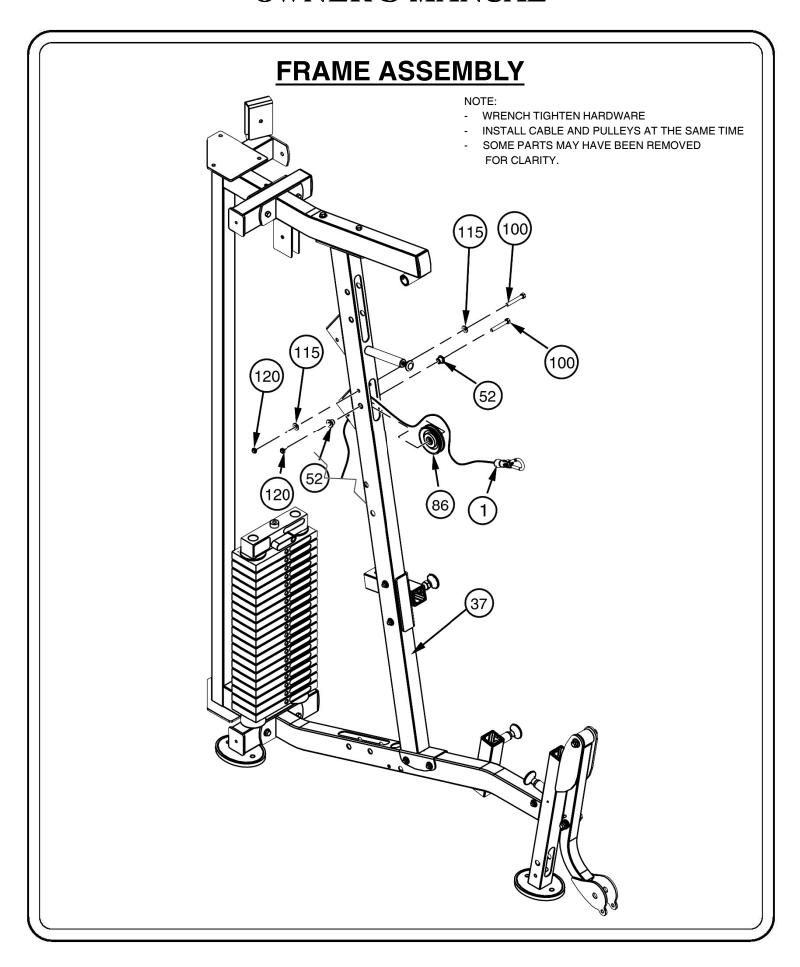
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- SOME PARTS MAY HAVE BEEN REMOVED

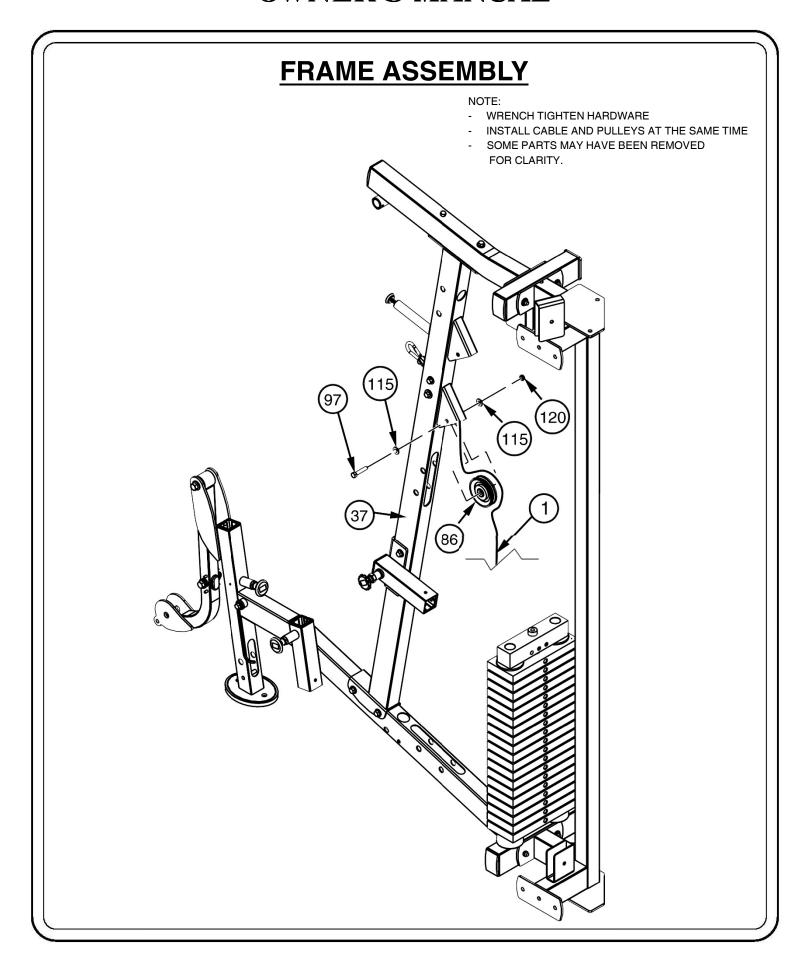


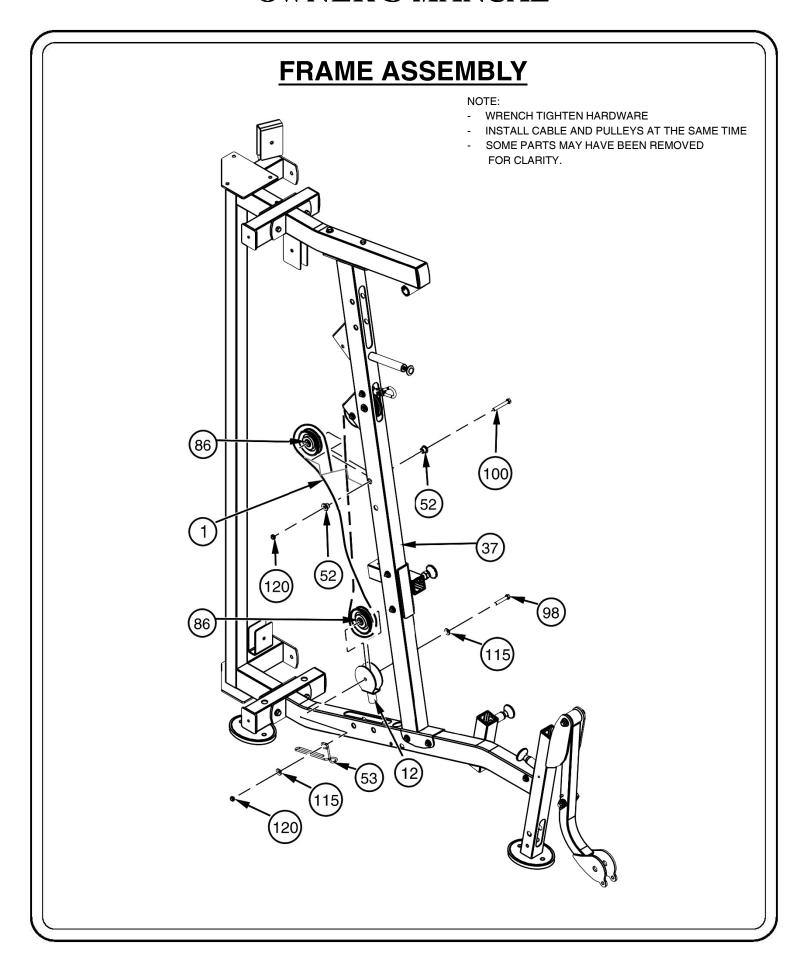
WRENCH TIGHTEN ALL PREVIOUSLY HAND

TIGHTENED HARDWARE. NOW THAT THE H2200-B FRAME IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPINDICULAR IN BOTH DIRECTIONS IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

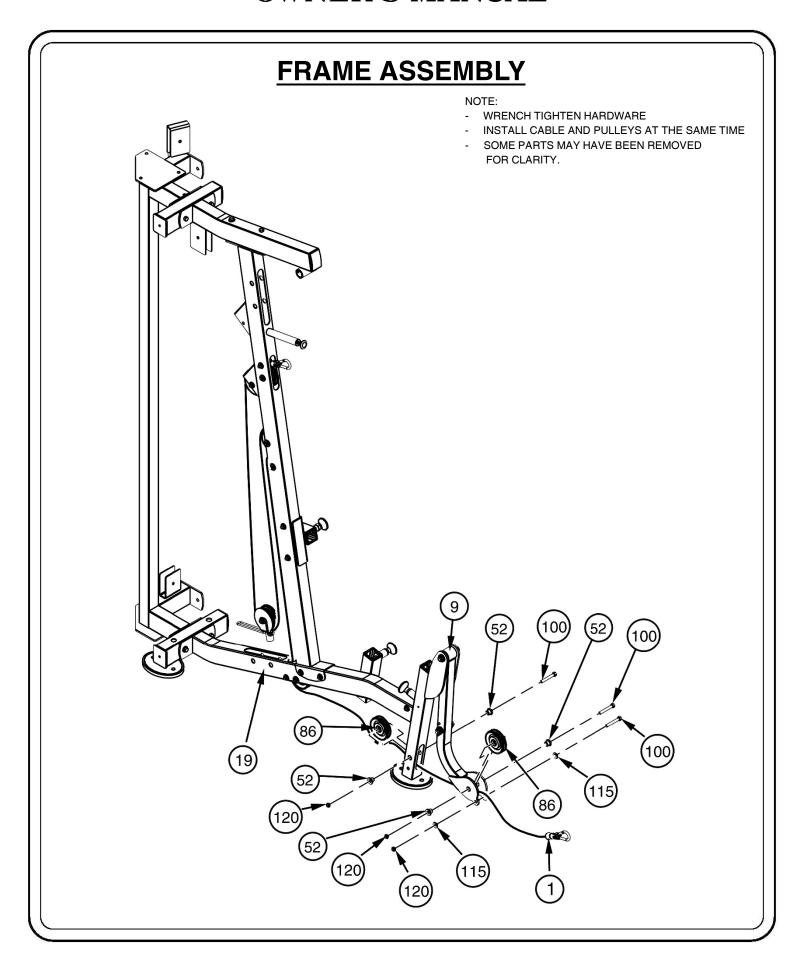


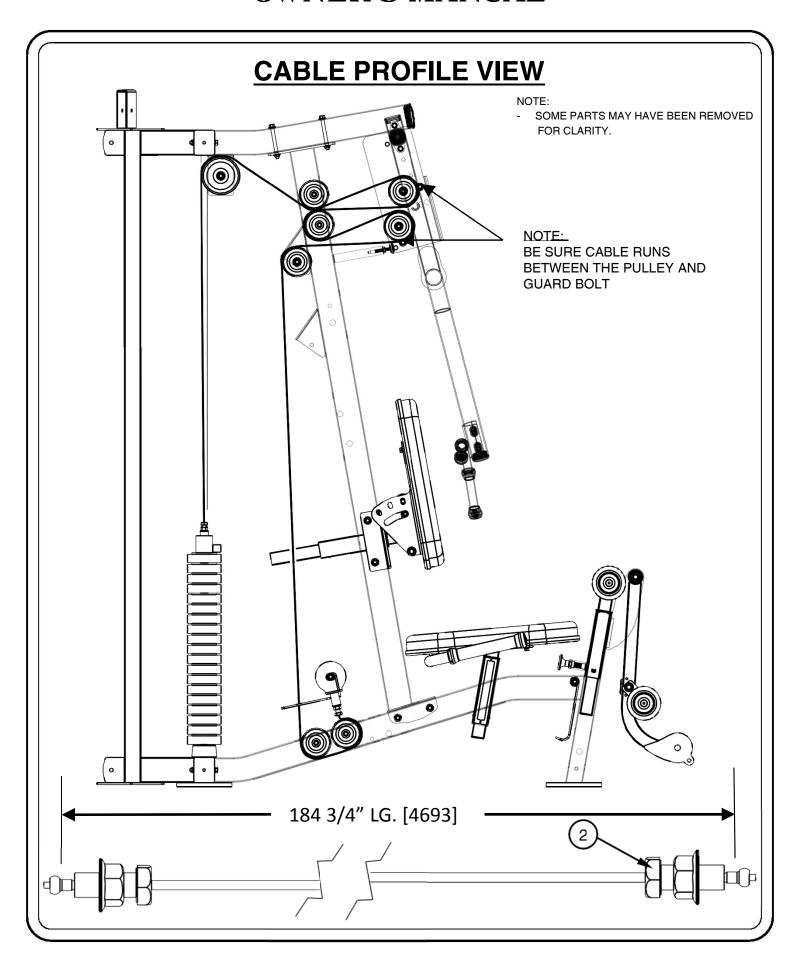


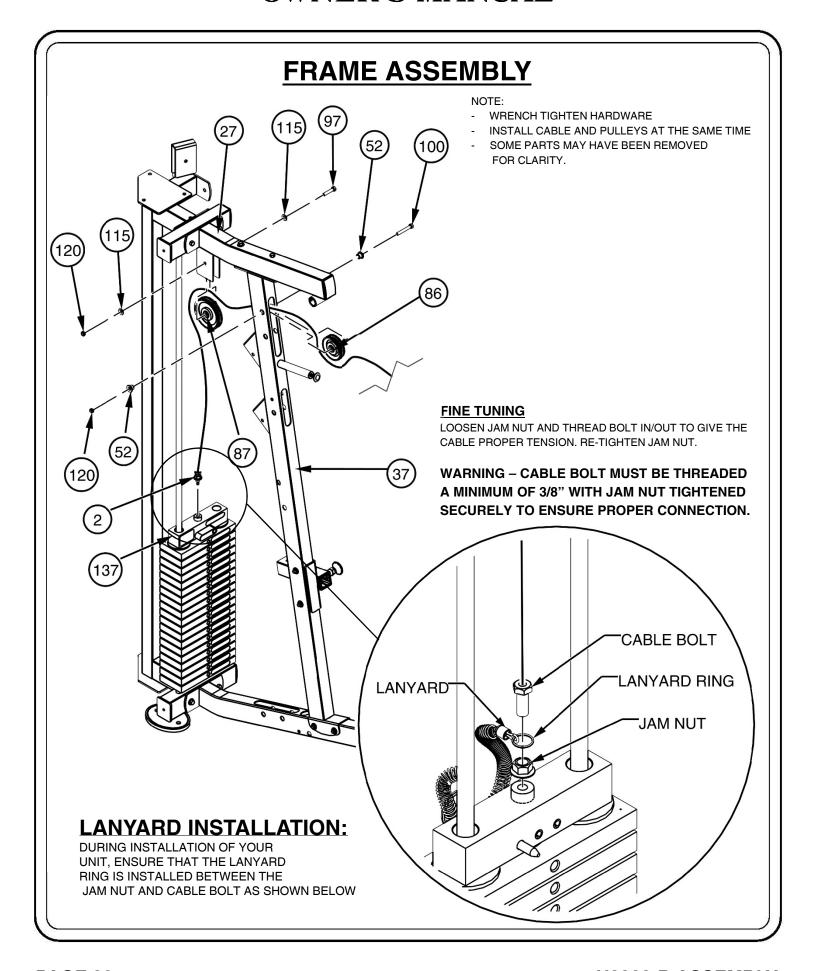


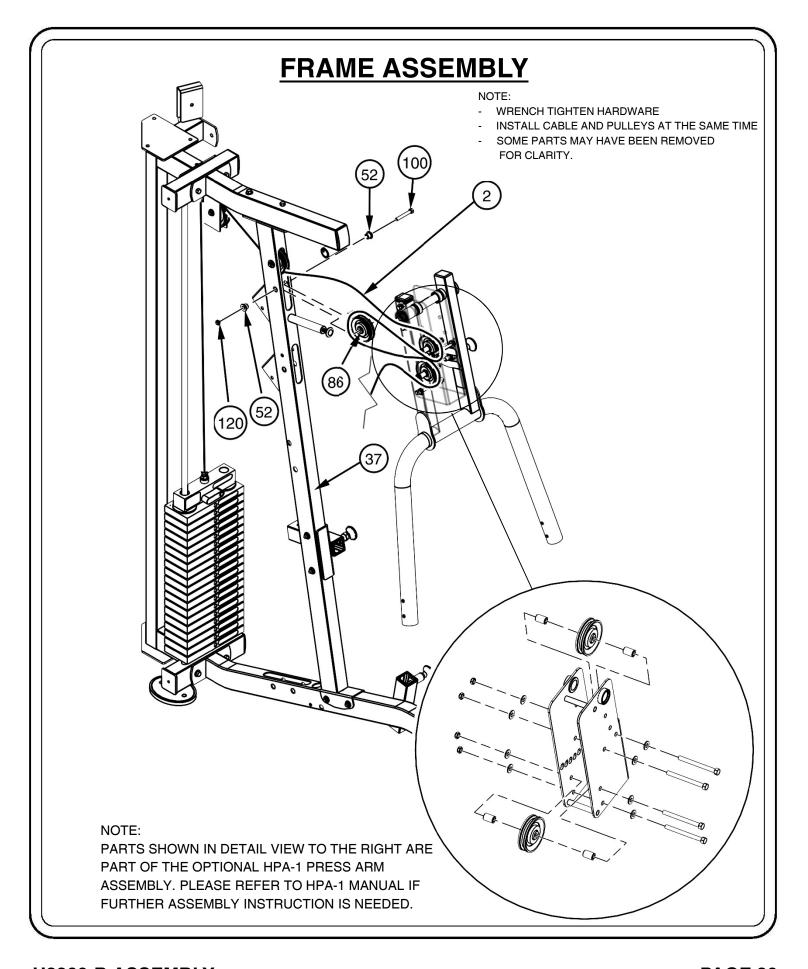


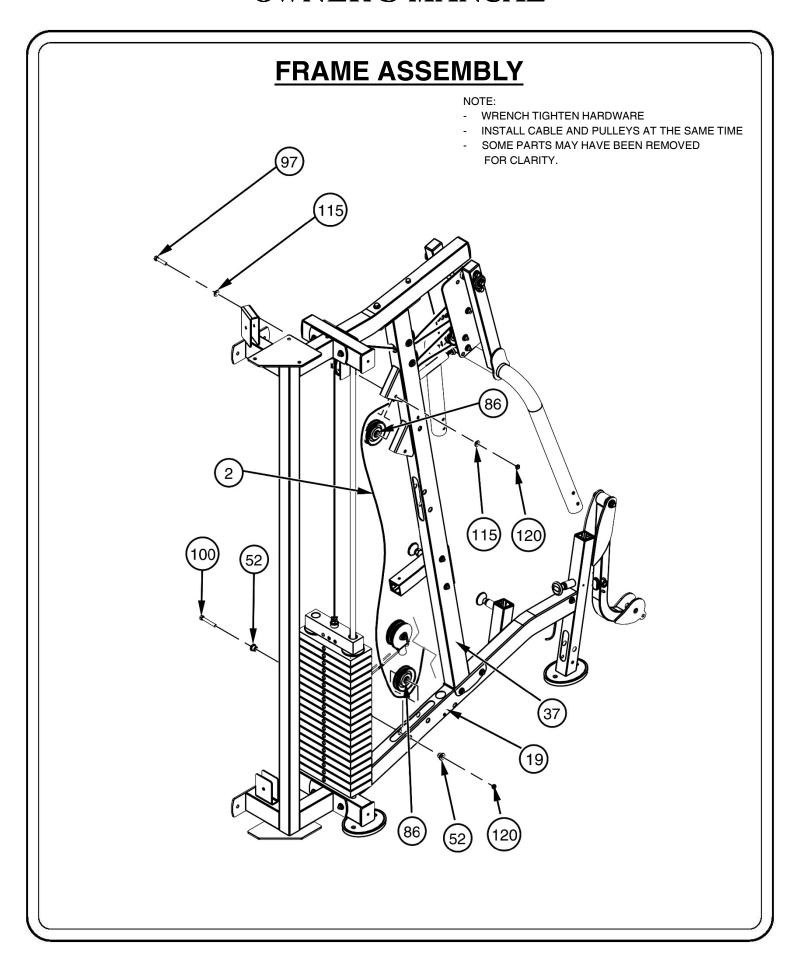
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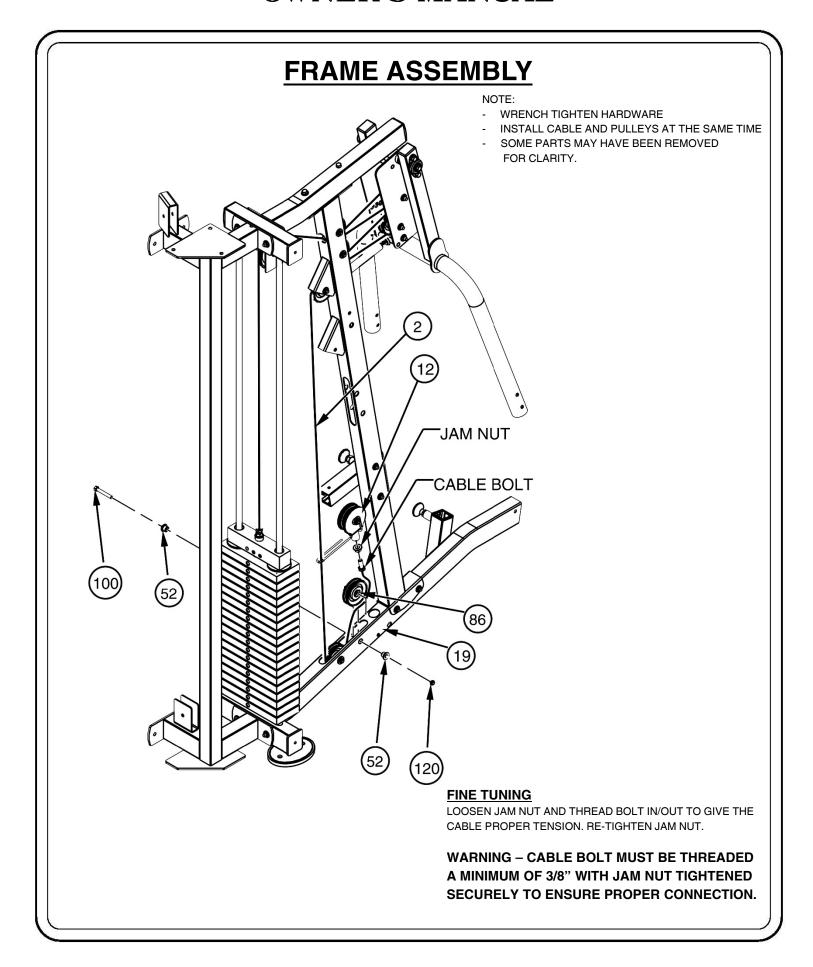


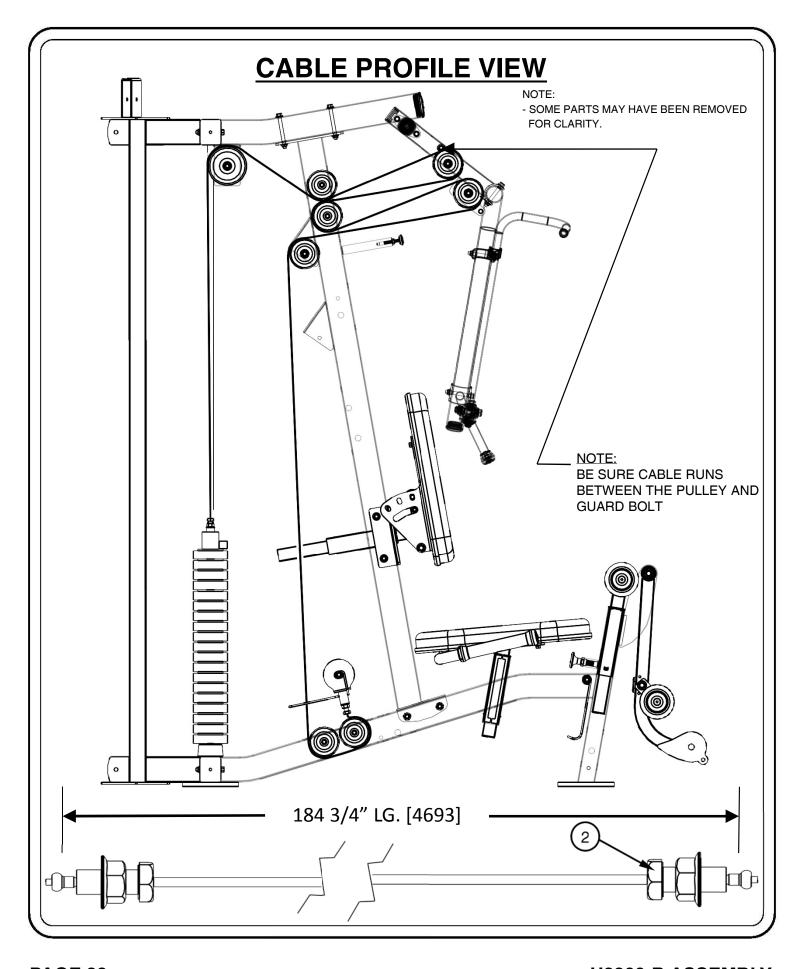




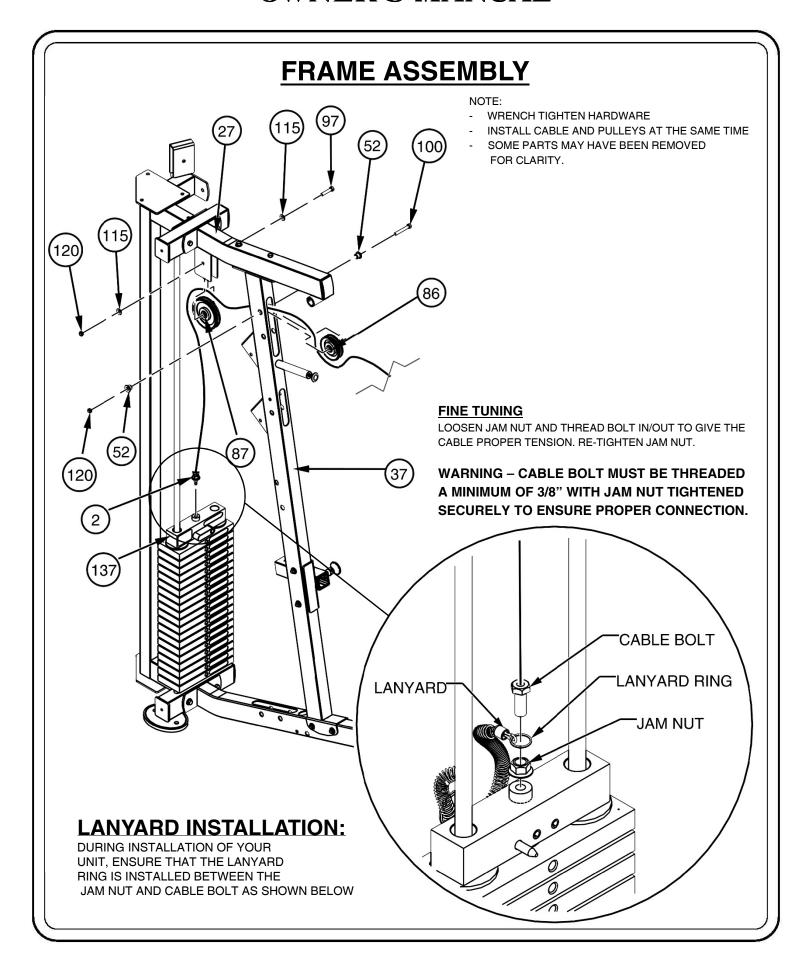


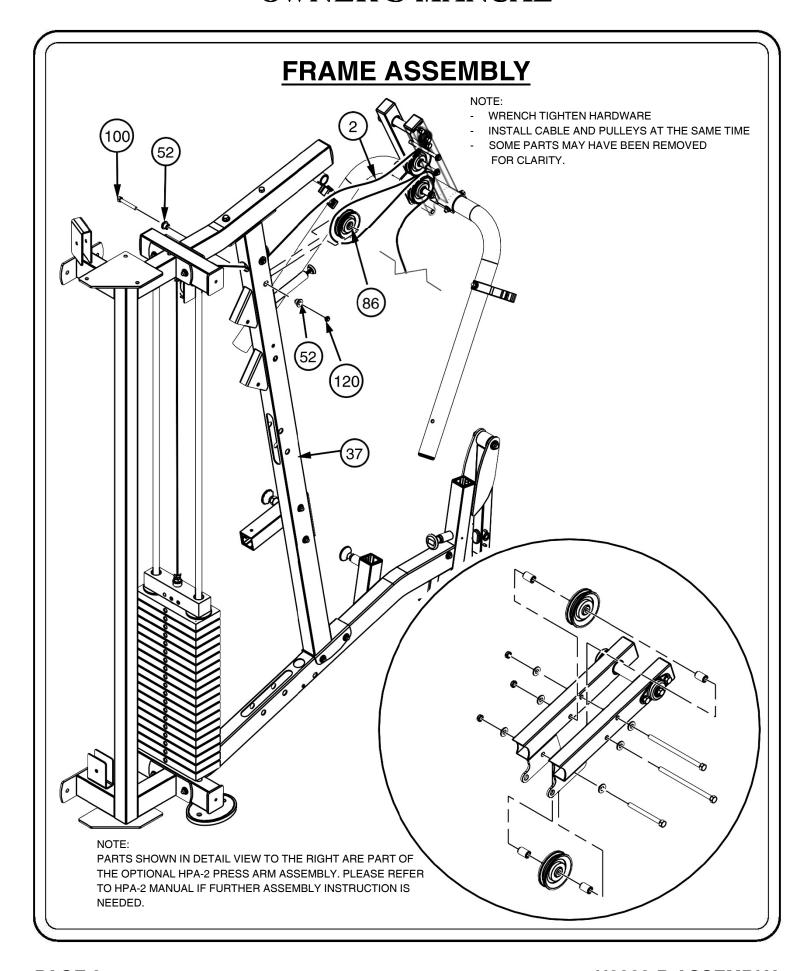


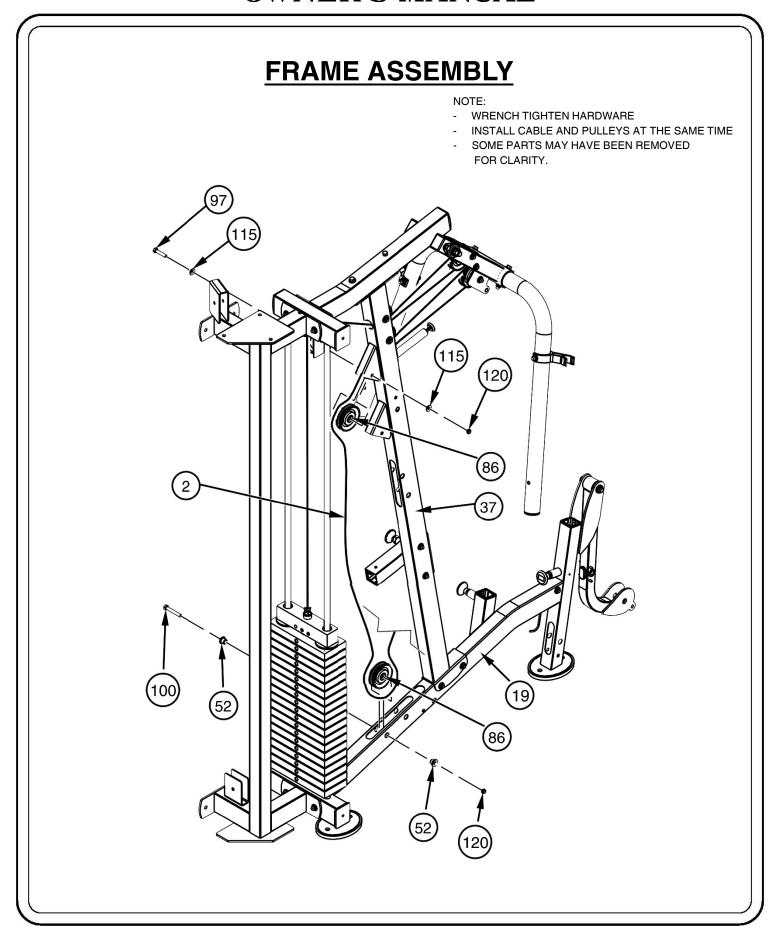




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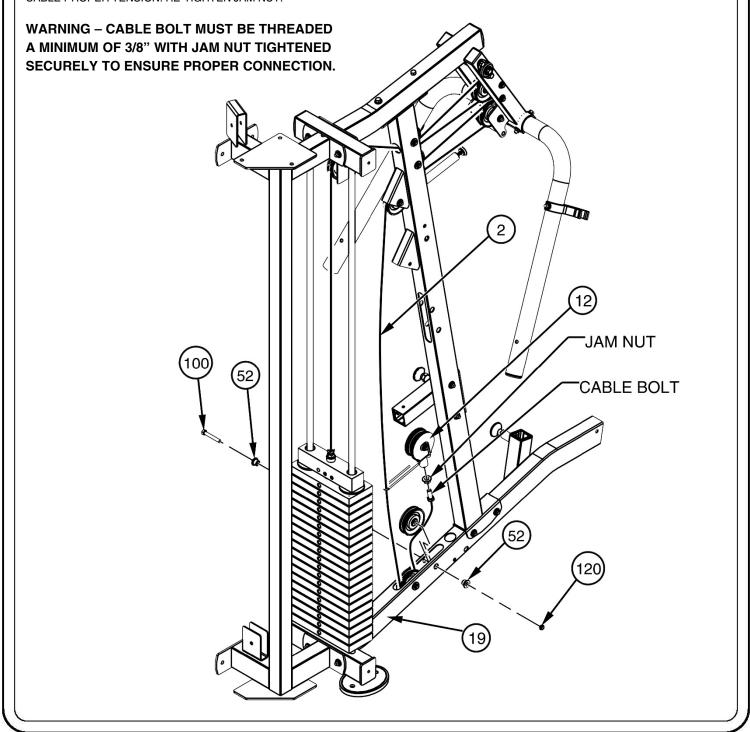
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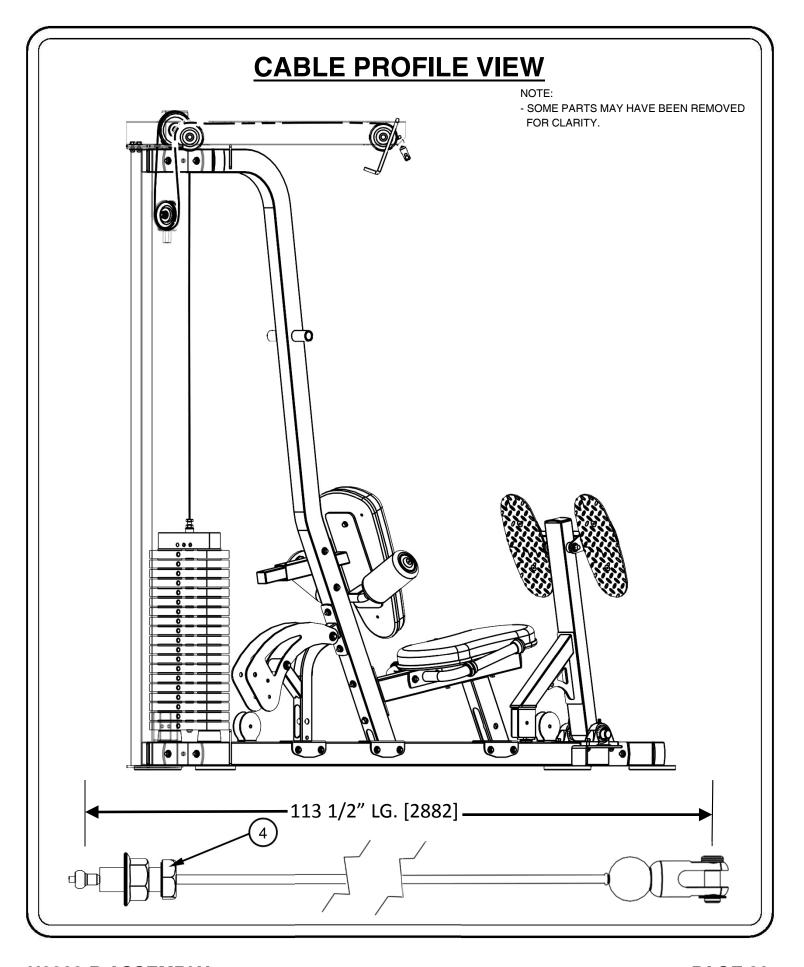
NOTE:

- 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.

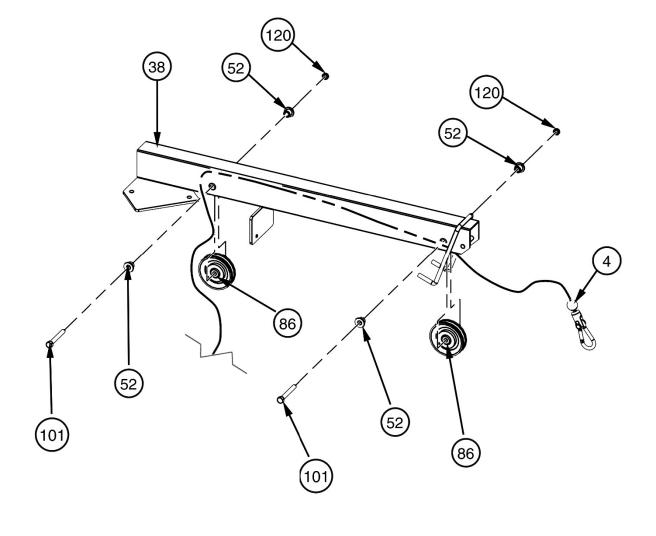




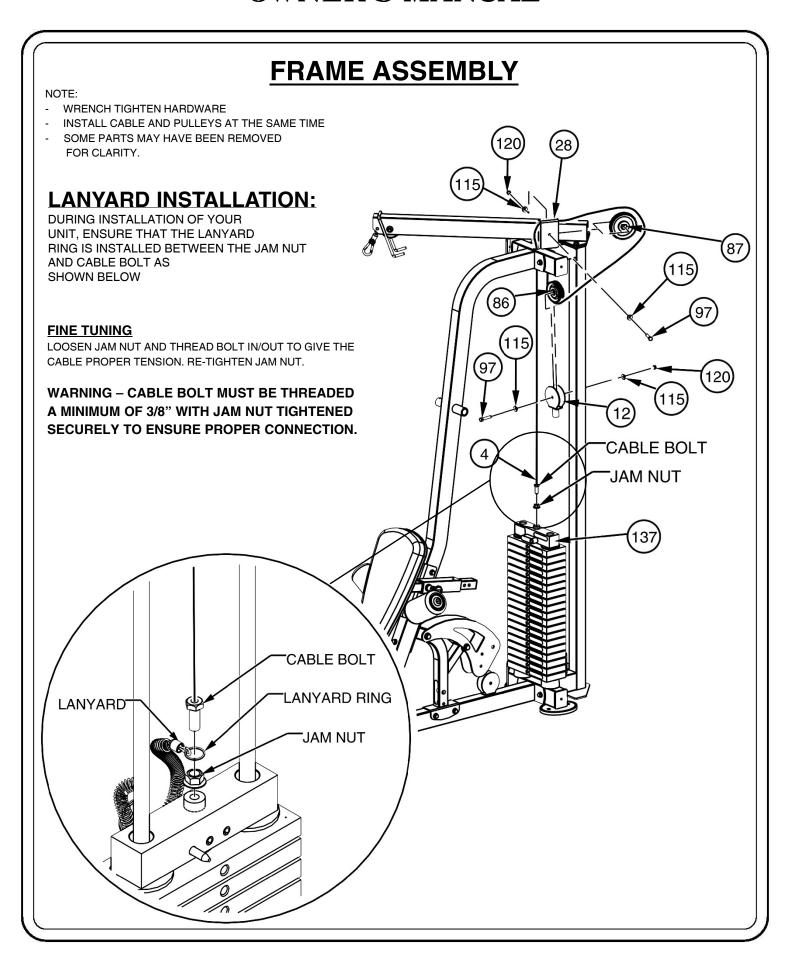
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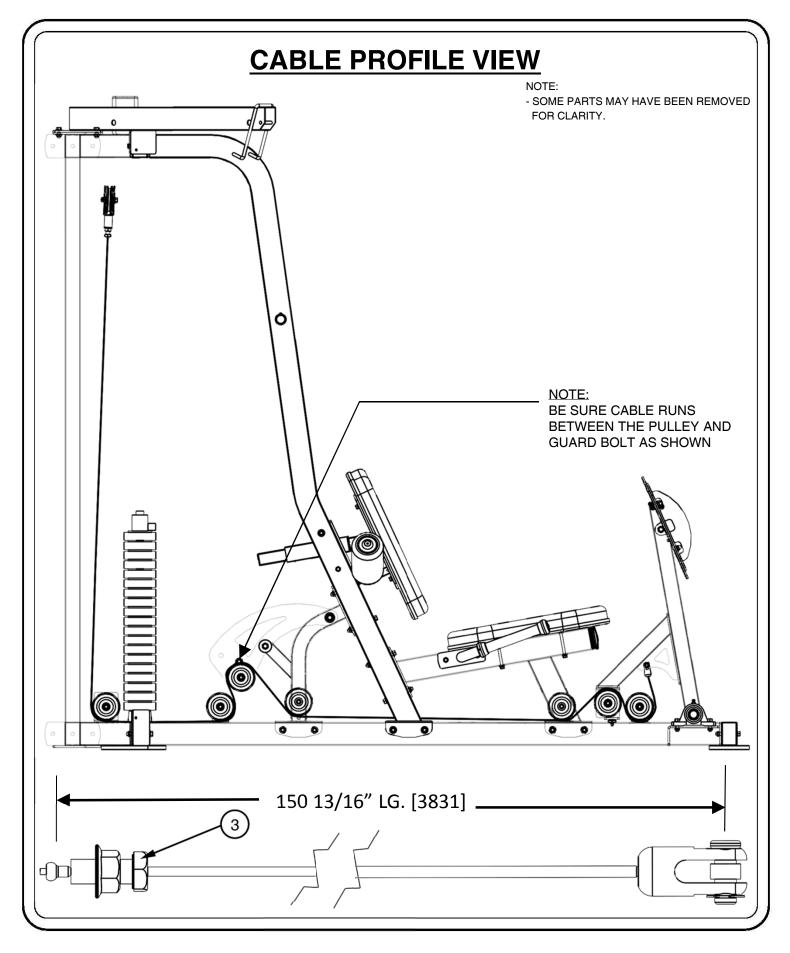
NOTE:

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



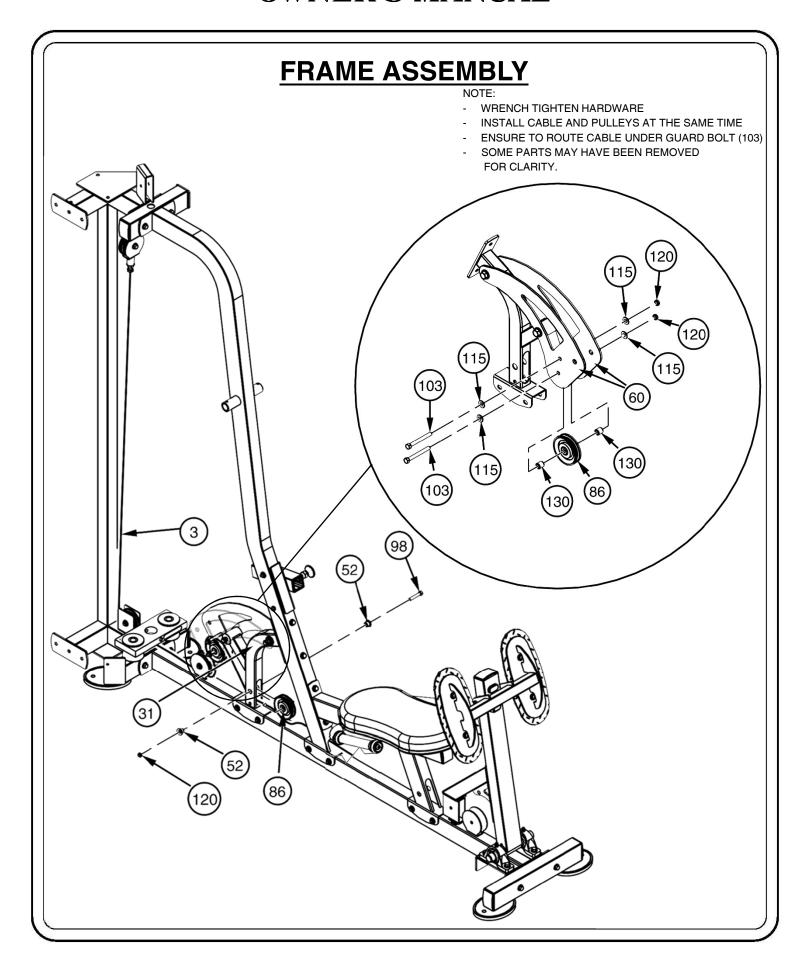
PAGE 39 H2200-B ASSEMBLY





PAGE 41 H2200-B ASSEMBLY

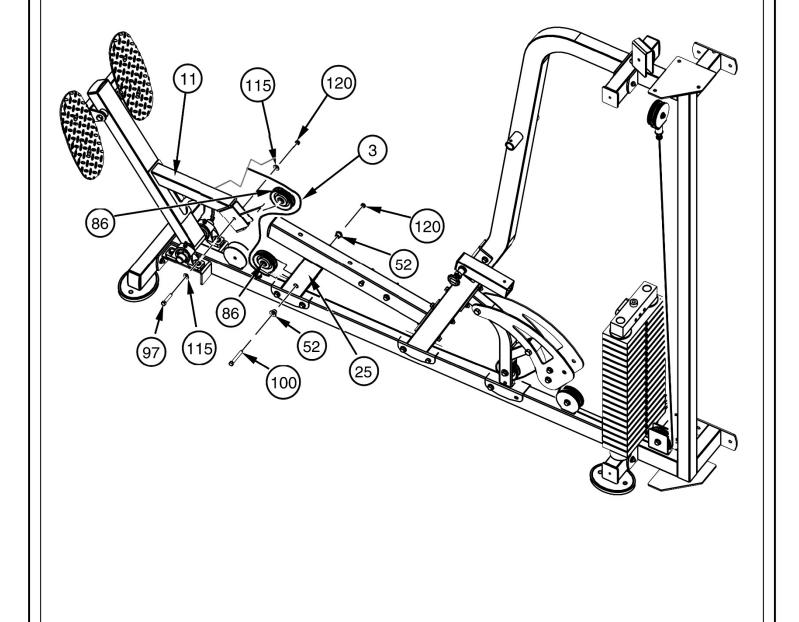
FRAME ASSEMBLY NOTE: WRENCH TIGHTEN HARDWARE INSTALL CABLE AND PULLEYS AT THE SAME TIME SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY. **FINE TUNING** LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT. WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION. JAM NUT **CABLE BOLT**

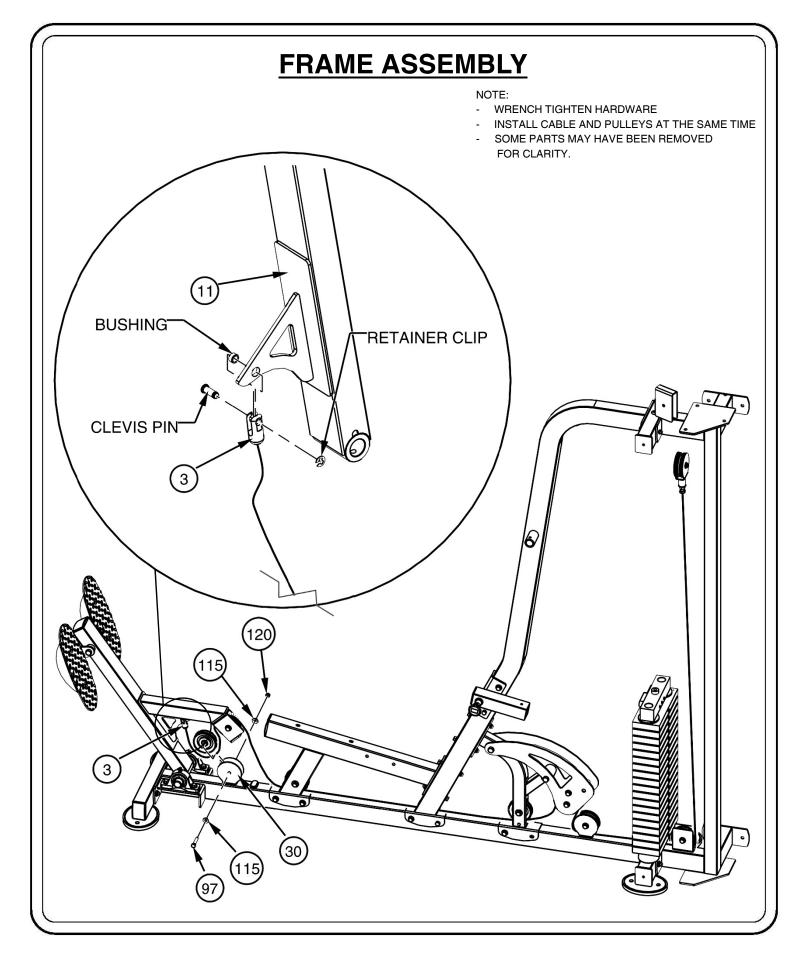


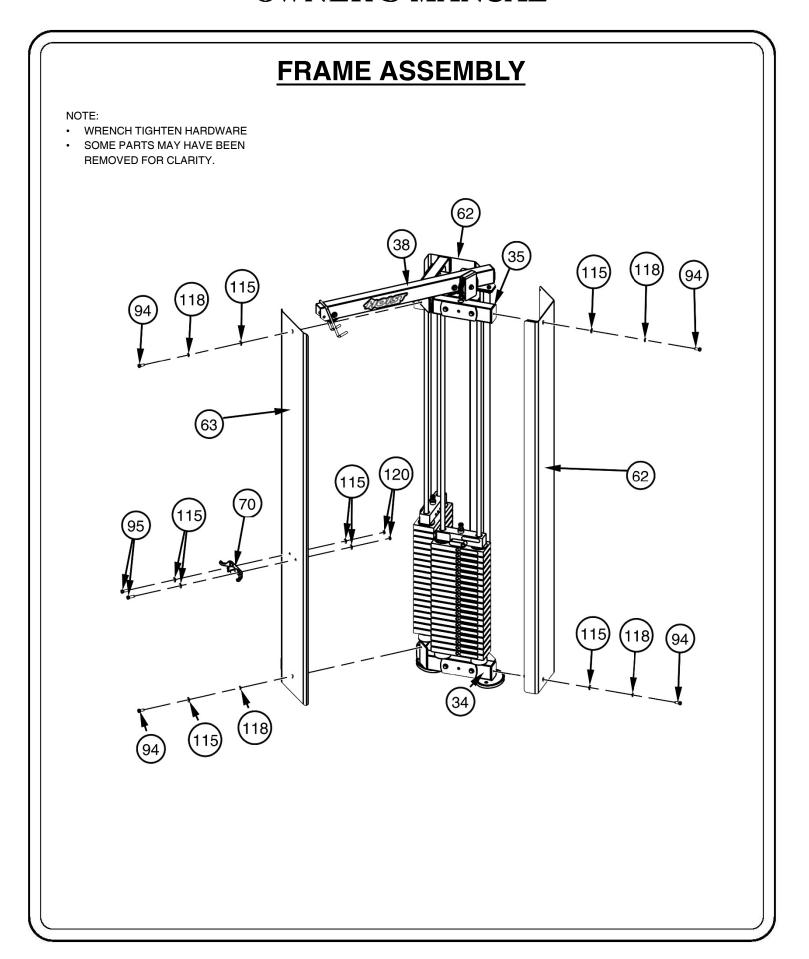
FRAME ASSEMBLY

NOTE

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



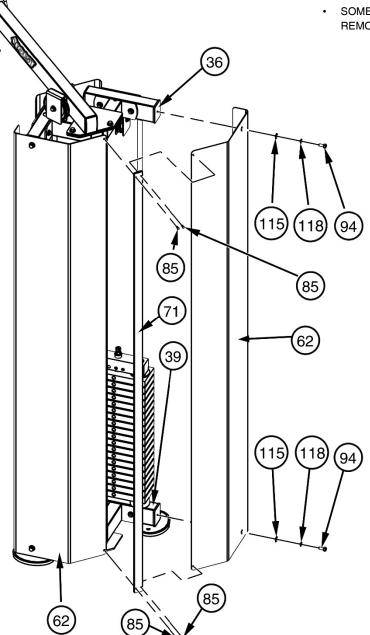




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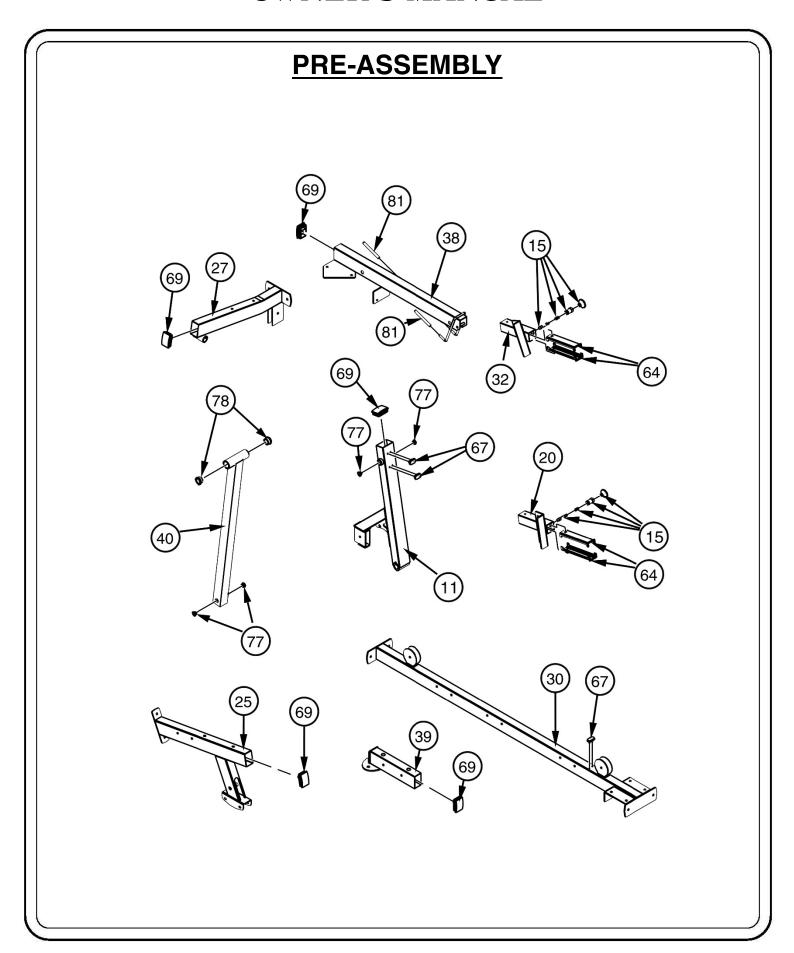
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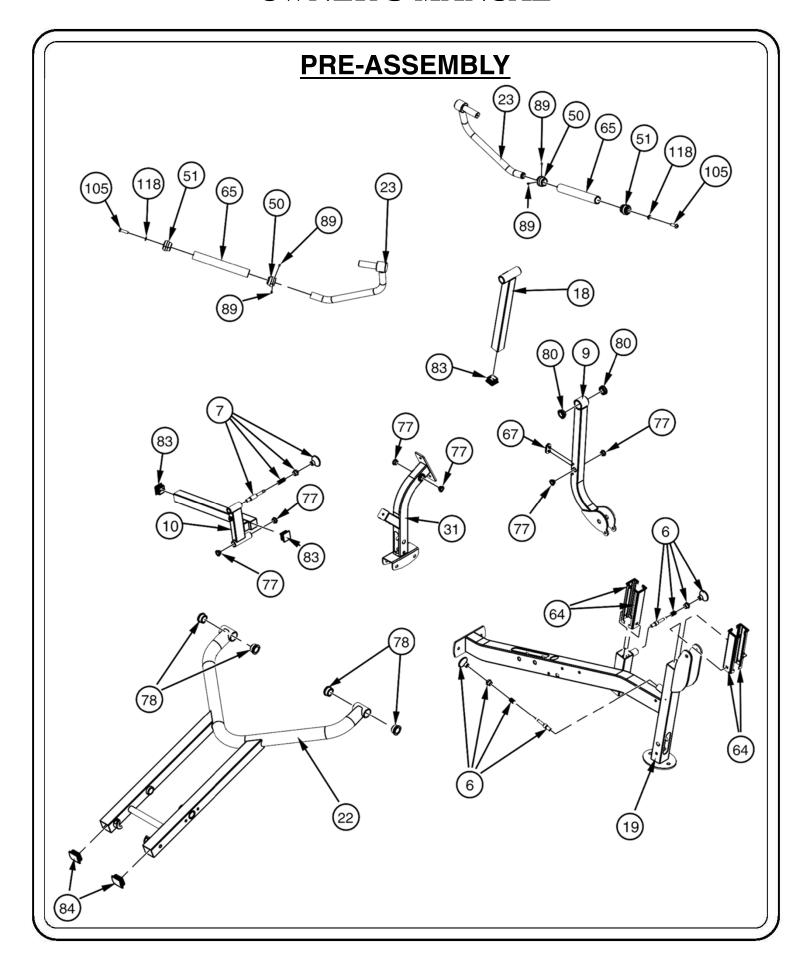
- · WRENCH TIGHTEN HARDWARE
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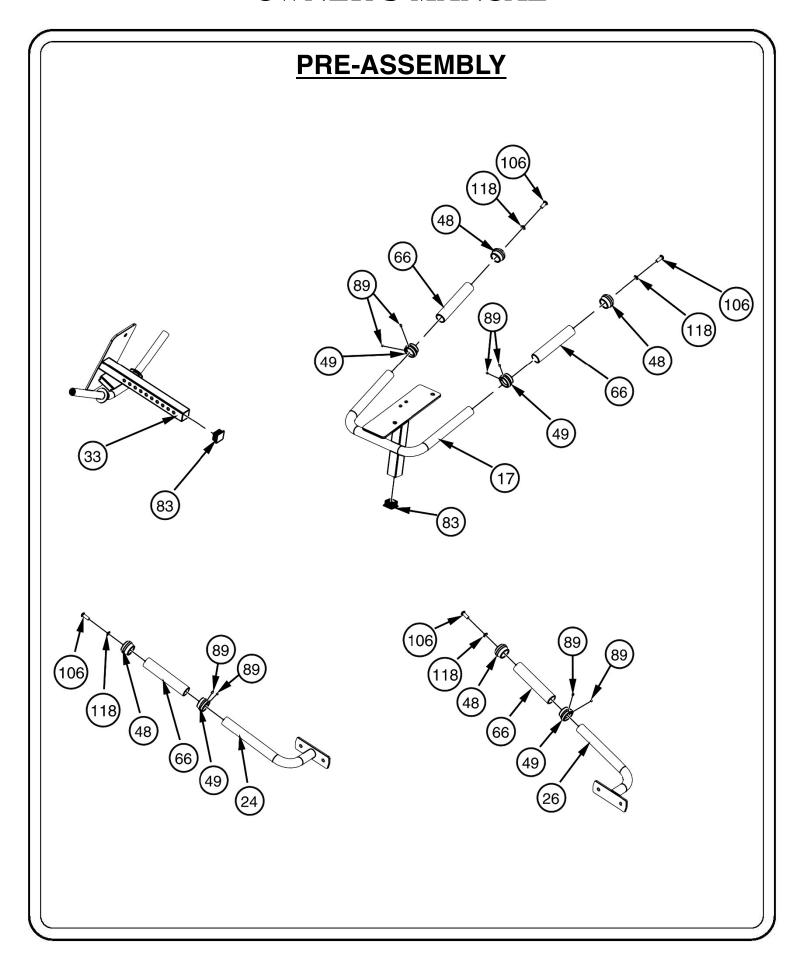


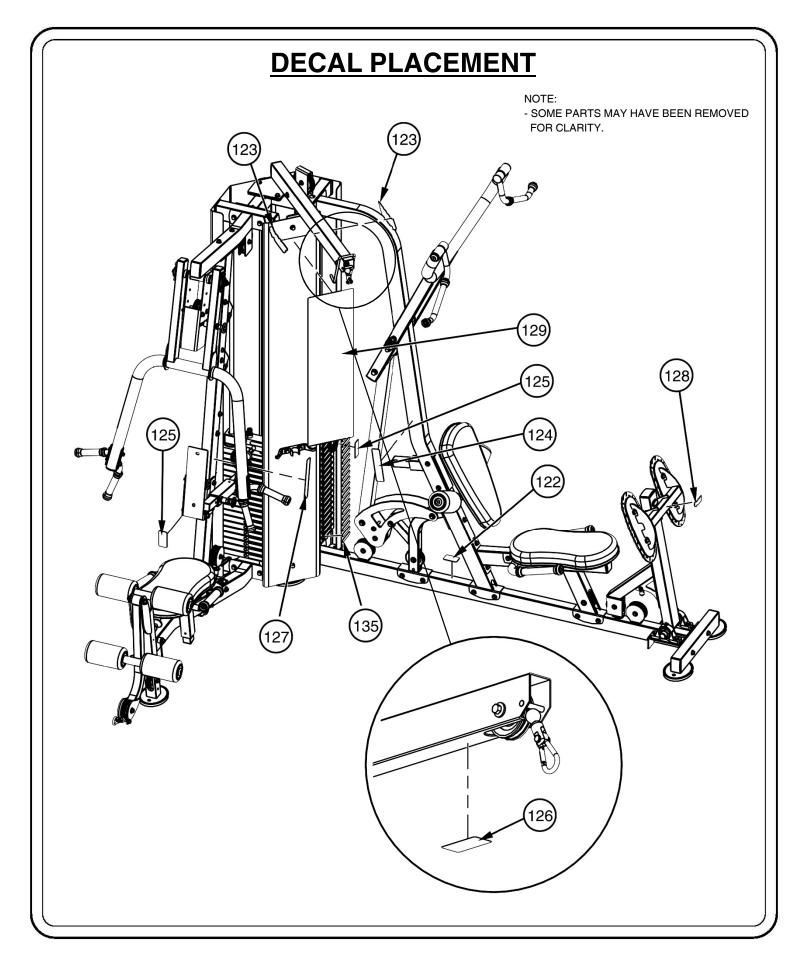
IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE. NOW THAT THE H2200-B IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR.USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPINDICULAR IN BOTH DIRECTIONS. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

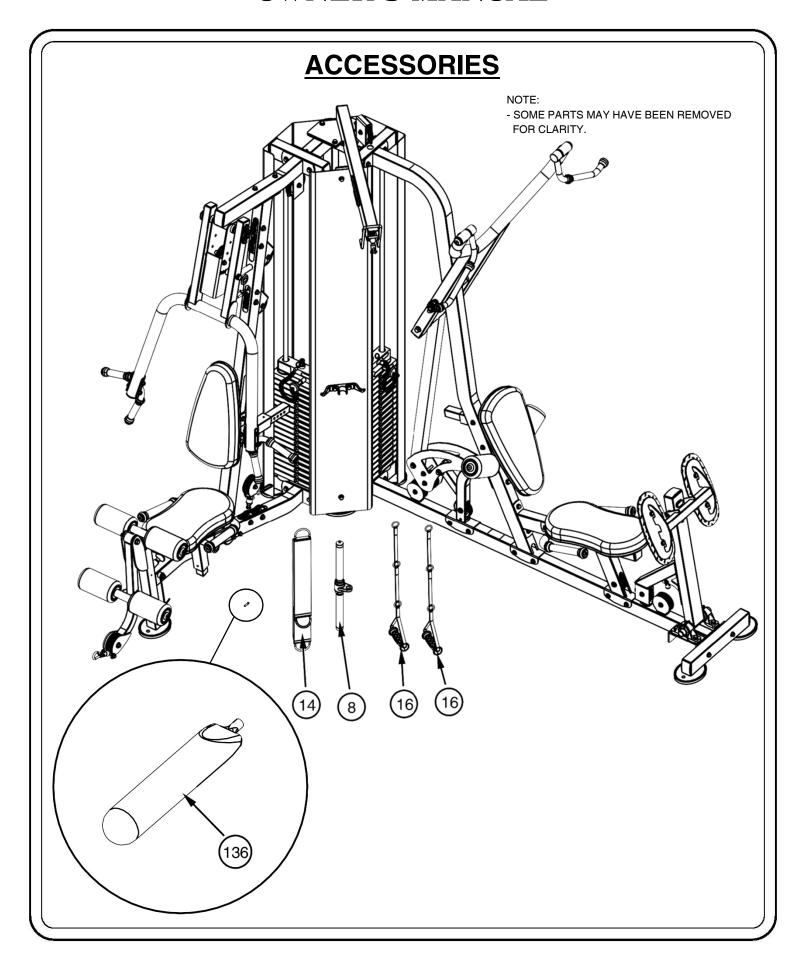








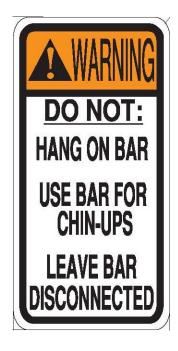
PAGE 51 H2200-B ASSEMBLY



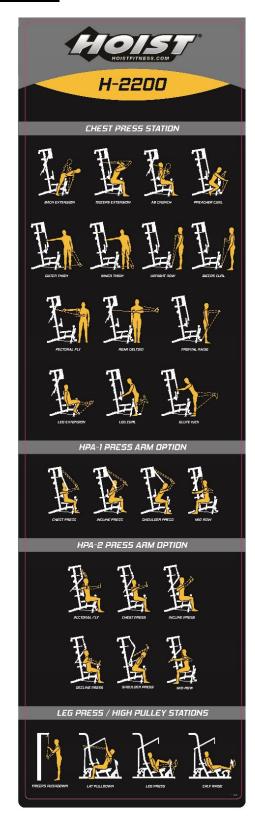
DECAL REFERENCE



021-0003254



021-0003117



021-0003995

DECAL REFERENCE



021-0003113



www.hoistfitness.com **Serial # 00-00-A00-000000**



SERIAL # DECAL

AWARNING

USE ONLY GENUINE HOIST
REPLACEMENT PARTS. FAILURE TO
DO SO WILL VOID WARRANTY AND
COULD RESULT IN PERSONAL
INJURY OR EVEN DEATH. THERE IS A
RISK ASSUMED BY INDIVIDUALS
WHO USE THIS TYPE OF EQUIPMENT.
TO MINIMIZE THE RISK, ALWAYS
FOLLOW THESE SIMPLE RULES.

- 1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
- INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
- 3. FOLLOW ROUTINE
 MAINTENANCE SCHEDULE.
 Refer to the owner's
 manual/maintenance decal.
- 4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
- 5. TO PREVENT THE
 POSSIBILITY OF SERIOUS
 INJURY, KEEP CLEAR OF ALL
 MOVING PARTS. Do not
 attempt to free any jammed
 parts by yourself. Obtain
 assistance to avoid possible
 injury.
- 6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
- CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
- 8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Fallure to do so may result in serious injury or death.

021-0003135

NOT		\Box	E		
COMMERCIAL MAINTENANCE	Daily	$Weekl_y$	Monthly	Months	Y_{early}
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	×				
Clean; Upholstery	×				
Inspect; Cables or Belts and their tension	×				
Inspect; Accessory Bars and Handles		×			
Inspect; All Decals		×			
Inspect; All nuts and Bolts Tighten if Needed.		×			
Inspect; Anti-Skid Surfaces		×			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			×		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			×		
Clean & Wax; All Glossy Finishes				×	
Repack with Grease Linear Bearings				×	
Replace; Cables, Belts and Connecting Parts.					×

021-0003008

DECAL REFERENCE



021-0018022

10 LBS / 5 KGS

90 LBS / 41 KGS

170 LBS / 77 KGS

20 LBS / 9 KGS

 $100~{\scriptscriptstyle LBS}~/~45~{\scriptscriptstyle KGS}$

180 LBS / 82 KGS

30 LBS / 14 KGS

110 LBS / 50 KGS

190 LBS / 86 KGS

40 LBS / 18 KGS

 $120~\text{\tiny LBS}~/~54~\text{\tiny KGS}$

200 LBS / 91 KGS

50 LBS / 23 KGS

130 LBS / 59 KGS

60 LBS / 27 KGS

140 LBS / 64 KGS

70 LBS / 32 KGS

150 LBS / 68 KGS

80 LBS / 36 KGS

 $160\ {\scriptstyle LBS}\ /\ 73\ {\scriptstyle KGS}$

021-0003965

PART LIST

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0681	LEG EXT / CURL CABLE	1
2	010-01C0682	CABLE ASSEMBLY	1
3	010-01C0683	LEG PRESS CABLE	1
4	010-01C0684	HIGH PULL CABLE	1
5	026-01X0139	ROLLER BAR ASSEMBLY 17.69" LG.	2
6	026-01X0185	PULL-PIN ASSEMBLY	2
7	026-01X0186	PULL-PIN ASSEMBLY	1
8	026-01X1118	ALUMINUM CURL BAR ASSEMBLY	1
9	026-01X1141	LEG EXT /CURL ARM	1
10	026-01X1161	PAD ADJUST FOR ROM ASSY.	1
11	026-01X1165	ARM ASSEMBLY	1
12	026-01X1414	ADJ. FLOATING PULLEY HOUSING ASSEMBLY	2
13	026-01X1576	FOOTPLATE ASSEMBLY	1
14	026-01X1635	FLEECE KNEE STRAP WITH (3) D-RINGS ASSEMBLY	1
15	026-01X2161	THREADED PULL-PIN ASSEMBLY	2
16	026-01X5760	STRAP HANDLE WITH (3) O-RINGS (LOWER) ASSEMBLY	2
17	026-01X7193	SEAT ADJUSTER	1
18	026-01X7194	ROLLER PAD ADJUSTER	1
19	026-01X7195	BOTTOM TUBE ASSY.	1
20	026-01X7196	BACK ADJUSTER MOUNT	1
21	026-01X7197	LEG ROLLER PIVOT	1
22	026-01X7198	TOP ARM	1
23	026-01X7199	HANDLE ASSY.	2
24	026-01X7200	LEG PRESS HANDLE-1	1
25	026-01X7201	LEG PRESS SEAT MOUNT	1
26	026-01X7202	LEG PRESS HANDLE-2	1
27	026-01X7203	BENCH PRESS TOP MOUNT	1
28	026-01X7204	CENTER COLUMN	1
29	026-01X7205	LAT UPRIGHT	1
30	026-01X7206	LEG PRESS BASE	1
31	026-01X7207	LAT PULL LOWER ARM MOUNT	1
32	026-01X7208	PAD ADJUSTER	1
33	026-01X7209	PAD / ROLLER ADJUSTER	1
34	026-01X7210	GUIDE ROD MOUNT BOTTOM-1	1
35	026-01X7211	GUIDE TOP MOUNT-1	1

PART LIST CONTINUED

TEM NO.	PART NUMBER	DESCRIPTION	QT\
36	026-01X7212	TOP GUIDE ROD MOUNT-2	1
37	026-01X7213	CHEST PRESS UPRIGHT	1
38	026-01X7214	HIGH PULLEY MOUNT	1
39	026-01X7215	GUIDE ROD MOUNT BOTTOM-2	1
40	026-01X7229	LAT PULL MIDDLE ARM ASSY.	1
41	026-01X7266	BASE FRONT	1
42	020-0014027	ADJUSTABLE STOP	1
43	022-01PD2349	SEAT PAD ASSEMBLY	2
44	022-01PD2350	BACK PAD ASSEMBLY	2
45	022-01PDR008	ROLLER PAD	6
46	026-01G0425	GUIDE ROD, .750" X 76.7624" LG.	4
47	026-01M3528	SHAFT ∅.984" X 8.0315" LG.	1
48	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	4
49	026-01M0933	ALUMINUM RING: Ø1.25" ID	4
50	026-01M0936	ALUMINIUM RING: ∅ 1.00" I.D.	2
51	026-01M0937	END CAP: ALUMINUM ϕ 1.0" I.D.	2
52	026-01M2336	HEAVY FLANGED SPACER: Ø.3910" I.D. X .4375" LG	28
53	026-01M2940	GUIDE	1
54	026-01M3522	SHAFT, ∅.982" X 12.4409" LG.	1
55	026-01M3523	SHAFT, ∅.984" X 7.5197" LG.	1
56	026-01M3524	SHAFT, ∅.787" x 1.94" LG.	1
57	026-01M3526	LATCH SPACER	1
58	026-01M3527	ALUMINUM FLATHEAD CAP	8
59	026-01P1476	FOOT PLATE	2
60	026-01P6579	LAT PULL, LOWER ARM	2
61	026-01P6580	PAD ROM ASSY.	1
62	026-01P6586	SHIELD-2	2
63	026-01P6587	SHIELD- 1	1
64	026-01PL0125A	E-Z GLIDE PLASTIC SLEEVE	8
65	026-01PL0206-29	GRIP - OPEN END ϕ 1.00" X 9.25" LG.	2
66	026-01PL0235-31	Ø 1.188" X 7.00" OPEN END GRIP	4
67	026-01PL2005	PLUG BUMPER (2 STEM)	4
68	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	6
69	026-01PL2908	END CAP- 1.9685" X 2.9528" (BLACK)	9
70	026-01PL2910	ACCESSORY HOLDER	1
71	026-01PL2911	PANEL H-TRIM	1
72	026-01PL2912	STOP BUMPER	1

PART LIST CONTINUED

ITEM NO.	PART NUMBER	DESCRIPTION	QT\
73	26-STD-02-0277	BEARING MOUNT, 2 BOLT,6004-2Z	2
74	026-STD-05-0129	LATCH HOOK	1
75	026-STD-06-0254	ROLLER BUSHING - 1.00" I.D.	12
77	014-0101034	BUSHING: OILITE FLANGED 12.8mm I.D. X 19.3mm O.D. X 11.1mm LG.	10
78	014-0101035	BEARING,FLANGED,25mm I.D X 32mm O.D X 20mm LG	6
79	014-0010010	PILLOW BLOCK BEARING, 25mm + SET SCREWS	2
80	014-0101037	BEARING,FLANGED,20mm I.D X 35mm O.D X 12mm LG	2
81	016-0002008	VINYL SLEEVE Ø .38" X 4.50" L	2
82	016-0201006	RUBBER ROUND CAP	2
83	016-0201024	END CAP-F 38mm X 38mm (BLACK)	5
84	016-0201032	END CAP-R 2.00" X 2.00" (BLACK)	2
85	016-0203008	PUSH FASTENER, .18" X .375" GRIP	4
86	018-0001002	CABLE PULLEY: Ø3.50"	23
87	018-0001003	CABLE PULLEY: Ø4.50"	2
88	026-01PL2927	WEIGHT STACK BUMPER	4
89	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	12
90	012-0305003	3/8"-16UNC JAM NUT (WZ)	1
91	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4
92	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	6
93	011-0107028	5/16"-18UNC X 4.00" HHB (WZ)	2
94	011-0007035	3/8"-16UNC X .75" HHB (WZ)	12
95	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	5
96	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	4
97	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	9
98	011-0407058	3/8"-16UNC X 2.00" HHB (WZ)	2
100	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	14
101	011-0007050	3/8"-16UNC X 2.75" HHB (WZ)	16
102	011-0407026	3/8"-16UNC X 3.00" HHB (WZ)	10
103	011-0107020	3/8"-16UNC X 3.25" HHB (WZ)	3
104	011-0107018	3/8"-16UNC X 3.75" HHB (WZ)	6
105	011-0109004	3/8"-16UNC X 1.25" BHCS (WZ)	2
106	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	4
107	011-0002042	3/8"-16UNC X 1.00" FHCS (WZ)	4
108	011-0002044	3/8"-16UNC X 1.00" FHCS (WZ) W/NYLON PATCH	8
109	011-0101063	3/8"-16UNC X 1.00" SHCS (WZ)	1
110	011-0107021	1/2"-13UNC X 5.50" HHB (WZ)	1
111	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4

PART LIST CONTINUED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
112	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)	3
113	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	1
114	013-0302008	5/16" SAE FLAT WASHER (WZ)	8
115	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	126
116	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	18
117	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	8
118	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	18
119	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	2
120	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	73
121	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	7
122	SERIAL # DECAL	DECAL TRION FITNESS SERIAL # 1.63" X 2.63"	1
123	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	2
124	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
125	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
126	021-0003117	DECAL DO NOT HANG (LAT AREA) 1.63" X 3.25"	1
127	021-0003135	DECAL WARNING 1.50" X 7.75"	1
128	021-0003254	DECAL HOIST .92" X 3.43"	1
129	021-0003995	H2200 EXERCISE PLACARD 8.7500" X 31.5000"	1
130	014-0602004	SPACER .6250" LG.	2
131	011-0311015	3/8-16UNC X 3/8" CUP POINT SET SCREW (WZ)	2
132	014-0019005-1	otin 1.0000" ID SPLIT COLLAR, THREADED HALF	2
133	011-0007097	1/4"-20UNC X .75" SHCS (BZ)	4
134	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz COLOR: PLATINUM	1
135	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	2
136	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
137	WS#22 + 50 LBS UPGRADE	200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM	2

ABBREVIATIONS

BZ = Black Zinc

Ni = Nickel Plated

SS = Stainless Steel

WZ = White Zinc



HHB = Hex Head Bolt



FHCS = Flat Head Cap Screw



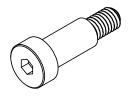
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

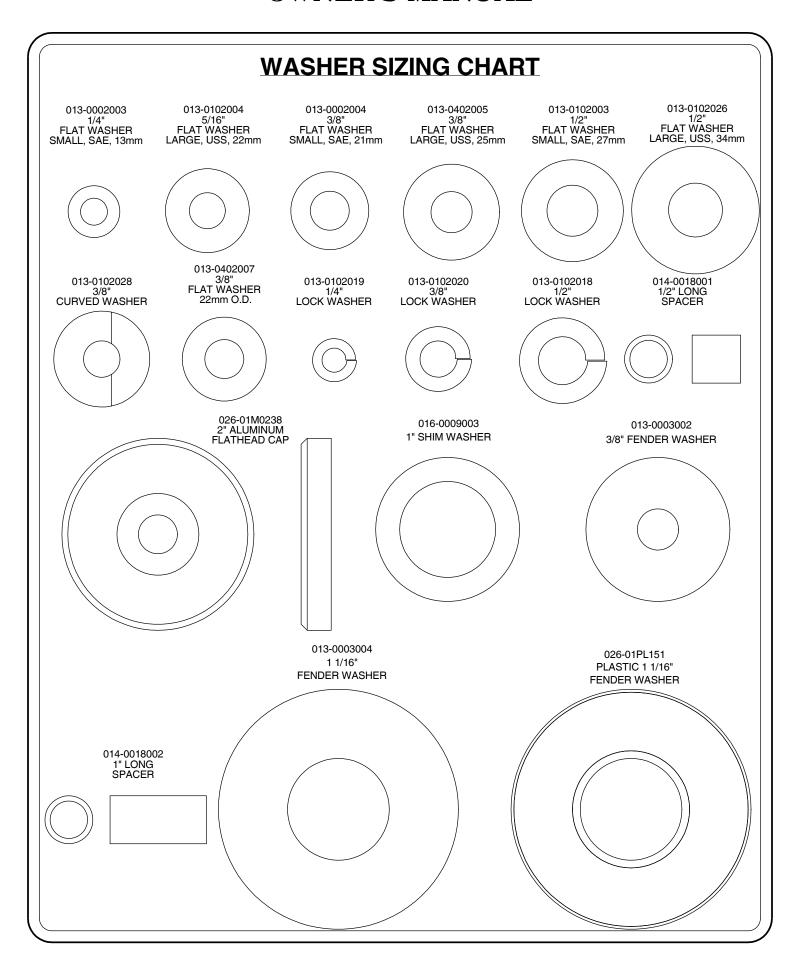


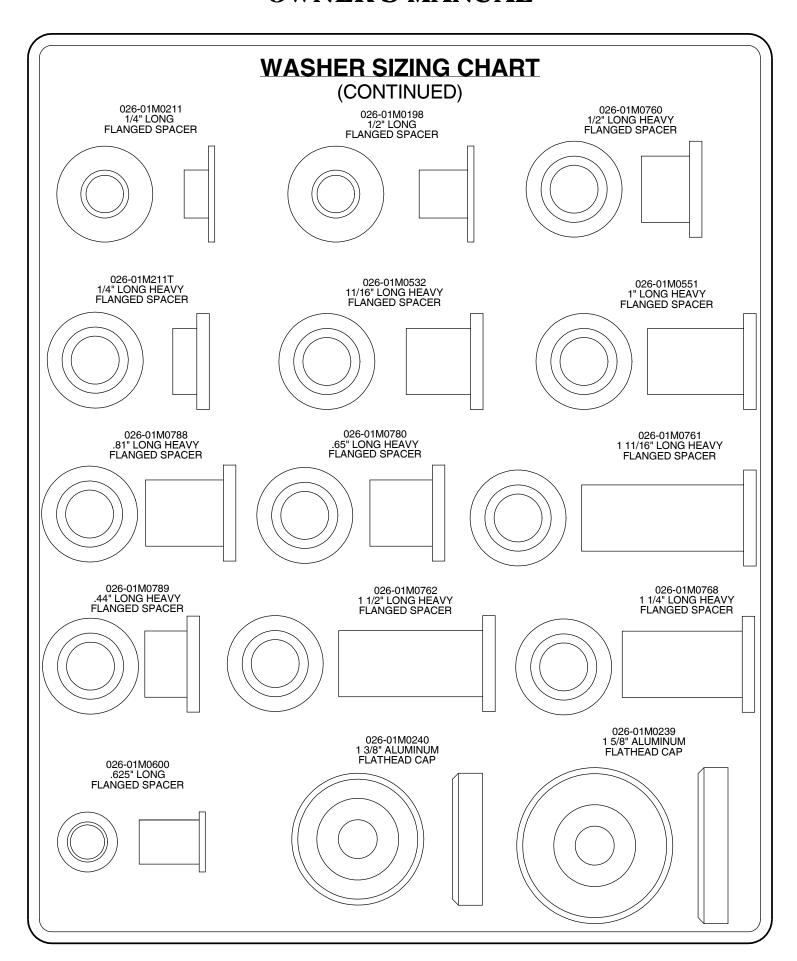
Low Head SHCS = Low Head Socket Head Cap Screw



SHSS = Socket Head Shoulder Screw

BOLT SIZING CHART 1/4" HHB 1/2" HHB 5/16" HHB 3/8" HHB RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE BANGE: TORQUE RANGE: TORQUE RANGE: 6-8 ft-lbs 14-17 ft-lbs 24-30 ft-lbs 60-75 ft-lbs 1/4" BHCS 5/16" BHCS 3/8" BHCS 1/2" BHCS RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 5-7 ft-lbs 11-15 ft-lbs 19-26 ft-lbs 47-65 ft-lbs 1/4" 5/16" 3/8" 1/2" **LOW HEAD** LOW HEAD LOW HEAD LOW HEAD SHCS **SHCS** SHCS **SHCS** \bigcirc RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 4-6 ft-lbs 9-12 ft-lbs 18-23 ft-lbs 40-50 ft-lbs 1/4" SHCS 5/16" SHCS 3/8" SHCS RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 23-29 ft-lbs 39-49 ft-lbs 11-14 ft-lbs 3/4 3/4" 3/4 3/4 3/4 0 ลื ო Ē 2 1/2" FHCS 1/4" FHCS 3/8" FHCS RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 47-65 ft-lbs 19-26 ft-lbs 5-7 ft-lbs 3/4 4/ 1/2 3/4 7 3/4 3/4 72 3/4" 2 0 <u></u> . თ ď à က Ø က 3/8" SHSS 5/16" SHSS 1/4" SHSS RECOMMENDED RECOMMENDED RECOMMENDED **TORQUE RANGE:** TORQUE RANGE: TORQUE RANGE: 17-22 ft-lbs 8-10 ft-lbs 3-4 ft-lbs





MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY
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.

Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.

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 warn 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

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your H2200-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 H2200-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 H2200-B HOIST® Fitness System!

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WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

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, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

WHAT IS NOT COVERED BY THIS WARRANTY: Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES: Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE: This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS: Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems 11900 Community Rd. Poway, CA. 92064 (800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS