



**HOIST**  
FITNESS



A woman with brown hair tied back, wearing a red sports bra and black shorts, is performing a squat on a Hoist Commercial Freeweight rack. She is holding a barbell across her shoulders. The rack is silver and black with multiple weight plates. The background is a solid red color.

**COMMERCIAL  
FREEWEIGHT**



**CF**



## COMMERCIAL FREEWEIGHT FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Freeweight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

### Convenience

- **Ratcheting Adjuster System:**  
Allows for quick and easy seat adjustments to accommodate varying user sizes
- **Easy Step Through Design:**  
Speeds up workout and allows for user to quickly enter/exit the machine
- **Integrated Scuff Guards & Rubber Foot Protectors:**  
Protect the machine's frame finish and facility floor
- **Polyurethane Covers For Bar Rack-Outs:**  
Provide protection for the Olympic Bar and reduce noise
- **Permanently Anchor All CF Products In Place:**  
To maximize user safety

### Sleek & Appealing

- **Large Radius Sweeps (bends):**  
Adds beauty as well as frame rigidity
- **Customizable Upholstery & Frame Color:**  
Allows you to personalize your equipment to better fit the look of your facility

### Comfort & Durability

- **Head Support & Oversized Handles:**  
Provide a more comfortable and secure workout
- **Round Tube Frame:**  
Provides unsurpassed strength and durability





## PREACHER CURL

### CF-3550

- 60° pad angle increases resistance while decreasing elbow strain
- Seven adjustable ratcheting seat positions to accommodate varying user heights
- Two bar rack-out positions
- Polyurethane covered bar rack-outs to protect the barbell and frame
- Maximum exercise weight capacity: 600 lbs (272 kg)



(Weight bars NOT included)

## STANDING PREACHER CURL

### CF-3555

- Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- Two-sided pad to accommodate two different curl positions (angled / vertical)
- Walk-up design for easy entry and exit
- Polyurethane covered drop-rails to protect the barbell and frame
- Maximum exercise weight capacity: 400 lbs (181 kg)



(Weight bars NOT included)

## FLAT/INCLINE BENCH

### CF-3160

- Six adjustable back pad positions from 0°, 15°, 30°, 45°, 60° and 80° for incline and flat bench exercises
- Five adjustable ratcheting seat positions accommodate varying user heights
- Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## SUPER ADJUSTABLE FLAT/DECLINE BENCH

### CF-3162

- Five angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- Multi-purpose design also allows for abdominal bench exercises
- Self-aligning roller pads accommodate varying leg lengths
- Maximum exercise weight capacity: 1,000 lbs (454 kg)





## SUPER FLAT/INCLINE/DECLINE BENCH

### CF-3165

- Seven back pad positions adjust from -15°, 0°, 15°, 30°, 45°, 60° and 80° to accommodate flat, incline and decline bench exercises
- Gas-shock assisted seat easily adjusts into five seat positions for varying user heights
- Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- Self-aligning roller pads provide leg support during exercises
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## INCLINE LEVERAGE ROW

### CF-3661-A

- No adjustment necessary
- Multiple grip positions (narrow / wide) for exercise variation
- Polyurethane covered exercise bar
- Dual position foot plates for varying user heights
- Maximum exercise weight capacity: 600 lbs (272 kg)



(Weight plates NOT included)

## FLAT OLYMPIC BENCH

### CF-3170-A

- Angled frame uprights match the natural arc of the exercise movement
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Incorporates eight weight plate storage points
- Maximum weight storage capacity: 900 lbs (408 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## INCLINE OLYMPIC BENCH

### CF-3172-A

- Angled frame uprights match the natural arc of the exercise movement
- 30° angle on back pad for incline bench exercises
- Eight adjustable ratcheting seat positions to accommodate varying user heights
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Integrated foot rests provide proper exercise alignment
- Integrated spotter stand (sold separately)
- Incorporates eight weight plate storage points
- Maximum weight storage capacity: 900 lbs (408 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)





## FLAT BENCH

### CF-3163

- Tripod frame design provides greater stability
- Removable non-skid foot pads
- Bench height: 16.95" (43 cm)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## OLYMPIC DECLINE BENCH

### CF-3177-A

- Angled frame uprights match the natural arc of the exercise movement
- -15° angle on back pad for decline bench exercises
- Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Incorporates eight weight plate storage points
- Maximum weight storage capacity: 900 lbs (408 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## MILITARY PRESS

### CF-3860

- Five adjustable seat heights
- Six adjustable ratcheting back pad positions
- One rear facing start / finish rack point and two forward facing start / finish rack points for varying user heights
- Permanent safety tiers for user safety
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Integrated foot rests provide proper exercise alignment
- Integrated spotter stand
- Integrated weight storage with six weight plate holders
- Maximum weight storage capacity: 740 lbs (336 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



(Weight plates and Olympic Bar NOT included)



## 3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

### CF-2179-B

- Ten adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- Integrated dual position foot rests to allow proper exercise positions
- 16 linear adjustments to accommodate varying user heights
- Spotter stand provides more leverage and better positioning
- Incorporates 12 weight plate holders for easy storage
- Maximum weight storage capacity: 870 lbs (395 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## UTILITY STOOL

### CF-3950

- Tripod frame design provides greater stability
- Integrated carrying handle
- Bench height: 16.88" (43 cm)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



## UTILITY BENCH

### CF-3960

- Tripod frame design provides greater stability
- Integrated foot rests allow for proper exercise alignment
- Bench height: 36.64" (93 cm)
- Maximum exercise weight capacity: 800 lbs (363 kg)





## VERTICAL KNEE RAISE/DIP

### CF-3252-A

- Two sets of hand grips for dip and vertical knee raise exercises
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths
- Optional Fitness Tree CF-3962-A attachment provides additional exercises (sold separately)
- Maximum exercise weight capacity: 400 lbs (181 kg)



## FITNESS TREE

### CF-3962-A

- Two sets of hand grips for dip and vertical knee raise exercises
- Upper hand grips for neutral and wide pull-up exercises
- Integrated rock climbing holds offer an exciting exercise variation
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths
- Maximum exercise weight capacity: 400 lbs (181 kg)



## BACK HYPER

### CF-3663

- Four adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- Polyurethane covered weight racks
- Contoured foot rests and leg roller pads provide lower body stabilization
- Integrated weight plate holders on base of frame
- Maximum exercise weight capacity: 600 lbs (272 kg)
- Maximum weight storage capacity: 90 lbs (41 kg)



## AB BENCH

### CF-3264

- Seven adjustable angle positions ranging from 10° to -20° in 5° increments
- Easy to use, gas-shock assisted angle adjustments for flat, incline and decline exercise positions
- Self-aligning leg roller pads accommodate varying leg lengths
- Maximum exercise weight capacity: 800 lbs (363 kg)



## ANGLED LINEAR LEG PRESS

### CF-3355

- Back pad adjusts to five different positions
- Assist bar positioned on foot plate for easy entry/exit
- Dual turn lock-outs for user safety
- Fully enclosed linear bearing allows for a smooth and quiet motion
- Polyurethane covered weight racks to protect frame and reduce noise
- Can accommodate up to 26 weight plates on integrated exercise weight horns
- Integrated weight storage
- Maximum weight storage capacity: 720 lbs (327 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)





## KNEELING LEG CURL

### CF-3411

- Kneeling configuration allows for easy pivot point location and focuses resistance in target muscles throughout the movement
- Pivoting padded knee rest allows user to move from left leg to right leg without other adjustments
- Stabilizing ergonomic grips made of thermoplastic polyurethane improve elasticity complete with anti-slip aluminum end caps
- Contoured pads for a comfortable form-fitting feel
- 1.5" dia. x 3mm wall storage and exercise weight horns
- Sturdy commercial grade frame construction: 2.5mm wall thickness tubing (~12 gauge)
- Length: 46.65" (118.49 cm)
- Width: 52.93" (134.44 cm)
- Height: 52.68" (133.8 cm)
- Weight: 244 lb (110.68 kg)
- Exercise capacity: 125 lb (56.69 kg) per horn (250 lb total)
- Storage capacity: 125 lb (56.69 kg) per horn (250 lb total)
- Starting exercise weight = 11 lb (5 kg) per horn (22 lb total)



## 7 DEGREE SMITH

### CF-3753

- 7° angle on linear exercise movement
- EZ-LOC LATCHING MECHANISM™ automatically locks and unlocks weight bar and safety stops
- Easy one-handed adjustable safety stops
- Polyurethane covered weight racks to protect frame and reduce noise
- Incorporates ten weight plate holders for easy storage
- Starting weight of Olympic Bar: 25 lbs (11 kg)
- Maximum weight storage capacity: 1,350 lbs (612 kg)
- Maximum exercise weight capacity: 540 lbs (245 kg)



*(Weight plates NOT included)*

## POWER CAGE

### CF-3364-A

- 20 available adjustment points at 2.5" increments with adjustable bar rack-outs for varying user heights
- Adjustable safety tiers with front Olympic Bar rack-out
- Integrated pull-up station with rock climbing holds
- Polyurethane covered weight racks to protect frame and reduce noise
- Integrated weight storage
- Maximum weight storage capacity: 940 lbs (426 kg)
- Maximum exercise weight capacity: 540 lbs (245 kg)



*(Weight plates and Olympic Bar NOT included)*

## SQUAT RACK

### CF-3367-A

- Five start / finish rack points for varying user heights
- Permanent safety tiers
- Front rack-outs for shoulder shrug and dead lift exercises
- Polyurethane covered bar rack-outs and weight-racks to protect the Olympic Bar and frame
- Integrated weight storage with ten weight plate holders
- Maximum weight storage capacity: 900 lbs (408 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)



(Weight plates and Olympic Bar NOT included)



## DUAL ACTION SMITH®

### CF-3754

- Racking system provides nine positions for Smith exercises
- Dual Action technology produces simultaneous horizontal and vertical bar movement
- Adjustable safety tiers
- Polyurethane covered weight racks to protect frame and reduce noise
- Travel distance of horizontal bar movement: 30.25" (77 cm)
- Travel distance of vertical bar movement: 63.50" (161 cm)
- Starting weight of Olympic Bar: 52 lbs (24 kg)
- Incorporates ten weight plate holders for easy storage
- Maximum weight storage capacity: 1,350 lbs (612 kg)
- Maximum exercise weight capacity: 540 lbs (245 kg)



(Weight plates NOT included)

## BARBELL RACK

### CF-3465-A

- Unique upright frame design provides convenience for easy barbell access
- Polyurethane covers for bar rack-outs to protect the barbell and frame
- Incorporates ten barbell holders for organized storage
- Maximum weight storage capacity: 1,500 lbs (680 kg)



*(Barbell weights are NOT included)*

## ACCESSORY RACK

### CF-3466

- Ten bar rackouts for varying sized bars
- Two padded trays for loose accessories
- Polyurethane covers for bar rack-outs to protect the barbell and frame
- Maximum weight storage capacity: 300 lbs (136 kg)



## WEIGHT PLATE STORAGE SYSTEMS

HOIST® Fitness has a variety of weight plate storage systems to keep any workout area clean and organized. The compact and space efficient designs of the weight storage systems are built with maximum strength and durability.

### OLYMPIC PLATE TREE

#### CF-3443

- Incorporates eight impact-resistant plastic covered weight pegs for easy storage
- Optional Olympic Bar Holders CF-OPT-02  
(Maximum 2 per unit - sold separately)
- Maximum weight storage capacity: 1,500 lbs (680 kg)



(Weight plates and Olympic Bar NOT included)

### 4-SIDED OLYMPIC PLATE TREE

#### CF-3444

- Incorporates 12 impact-resistant plastic covered weight pegs for easy storage
- Optional Olympic Bar Holders CF-OPT-02 available  
(Maximum two per unit - sold separately)
- Maximum weight storage capacity 1,500 lbs (680 kg)



(Shown with optional Olympic Bar Holder CF-OPT-02)  
(Weight plates and Olympic Bars NOT included)

## DUMBBELL RACKS

Engineered specifically for PRO style dumbbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity.

### 3-TIER DUMBBELL RACK

#### CF-3461-3

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddle
- Stores up to ten dumbbells on each tier (15 pairs total)
- Height of top tier: 38.63" (98 cm)
- Maximum weight per tier: 1,400 lbs (635 kg)
- Maximum weight storage capacity: 4,200 lbs (1,905 kg)



### 2-TIER DUMBBELL RACK

#### CF-3461-2

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddle
- Stores up to ten dumbbells on each tier (10 pairs total)
- Height of top tier: 29.00" (74 cm)
- Maximum weight per tier: 1,400 lbs (635 kg)
- Maximum weight storage capacity: 2,800 lbs (1,270 kg)

### 1-TIER DUMBBELL RACK

#### CF-3461-1-A

- Stores up to ten dumbbells on each tier (5 pairs total)
- Polypropylene covered weight saddle
- Height of top tier: 29.00" (74 cm)
- Maximum weight per tier: 1,400 lbs (635 kg)
- Maximum weight storage capacity: 1,400 lbs (635 kg)





## BEAUTY BELL & BARBELL RACKS

Engineered specifically for beauty bells and barbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity.

### 3-TIER BEAUTY BELL RACK

#### CF-3462-3

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddle
- Designed to hold up to 50 lbs (23 kg) beauty bells
- Stores up to eight beauty bells on each tier (12 pairs total)
- Height of top tier: 37.50" (95 cm)
- Maximum weight per tier: 400 lbs (181 kg)
- Maximum weight storage capacity: 1,200 lbs (544 kg)



*(Beauty bell and barbell weights are NOT included)*

### 2-TIER BEAUTY BELL RACK

#### CF-3462-2

- Polypropylene covered weight saddle
- Designed to hold up to 50 lbs (23 kg) beauty bells
- Stores up to eight beauty bells on each tier (8 pairs total)
- Height of top tier: 37.50" (95 cm)
- Maximum weight per tier: 400 lbs (181 kg)
- Maximum weight storage capacity: 800 lbs (363 kg)



*(Beauty bell and barbell weights are NOT included)*



## STANDARD COLORS

### ----- FRAME -----

TEXTURED  
WHITE

PLATINUM

### ----- UPHOLSTERY -----

DOVE GREY

SLATE GREY

BLACK

SKY BLUE

ROYAL

AMERICAN BEAUTY

SUEDE

WHEAT

BURGUNDY

BLUE RIDGE

NAVY

HUNTER

Actual frame and upholstery colors may differ from color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
CF-2179-B -WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH	95.24" (242 cm)	64.75" (164 cm)	56.00" (142 cm)	384 lbs (174 kg)	870 lbs (395 kg)	1,000 lbs (454 kg)
CF-3160 FLAT/INCLINE BENCH	53.00" (135 cm)	33.00" (84 cm)	20.00" (51 cm)	104 lbs (47 kg)	N/A	1,000 lbs (454 kg)
CF-3162 SUPER ADJUSTABLE FLAT/DECLINE BENCH	61.75" (157 cm)	30.75" (78 cm)	27.75" (70 cm)	97 lbs (44 kg)	N/A	1,000 lbs (454 kg)
CF-3163 FLAT BENCH	51.25" (130 cm)	32.75" (83 cm)	16.95" (43 cm)	53 lbs (24 kg)	N/A	1,000 lbs (454 kg)
CF-3165 SUPER FLAT/INCLINE/ DECLINE BENCH	57.00" (145 cm)	33.00" (84 cm)	20.00" (51 cm)	121 lbs (55 kg)	N/A	1,000 lbs (454 kg)
CF-3170-A FLAT OLYMPIC BENCH	72.00" (183 cm)	67.50" (171 cm)	53.00" (135 cm)	203 lbs (92 kg)	900 lbs (408 kg)	1,000 lbs (454 kg)
CF-3172-A INCLINE OLYMPIC BENCH	73.50" (187 cm)	67.50" (171 cm)	57.00" (145 cm)	254 lbs (115 kg)	900 lbs (408 kg)	1,000 lbs (454 kg)
CF-3177-A OLYMPIC DECLINE	84.00" (213 cm)	67.50" (171 cm)	53.00" (135 cm)	240 lbs (109 kg)	900 lbs (408 kg)	1,000 lbs (454 kg)
CF-3252-A VERTICAL KNEE RAISE/	54.25" (138 cm)	34.25" (87 cm)	67.50" (171 cm)	178 lbs (81 kg)	N/A	400 lbs (181 kg)
CF-3264 AB BENCH	64.50" (164 cm)	30.00" (76 cm)	38.00" (97 cm)	103 lbs (47 kg)	N/A	800 lbs (363 kg)
CF-3355 ANGLED LINEAR LEG	97.25" (247 cm)	61.25" (156 cm)	78.25" (199 cm)	590 lbs (268 kg)	720 lbs (327 kg)	1,000 lbs (454 kg)
CF-3364-A POWER CAGE	71.00" (180 cm)	86.25" (219 cm)	91.00" (231 cm)	434 lbs (197 kg)	940 lbs (426 kg)	540 lbs (245 kg)
CF-3367-A SQUAT RACK	69.00" (175 cm)	65.25" (166 cm)	77.00" (196 cm)	310 lbs (141 kg)	900 lbs (408 kg)	1,000 lbs (454 kg)
CF-3411 KNEELING LEG CURL	46.65" (118.49 cm)	52.93" (134.44 cm)	52.68" (133.8)	244 lbs (110.68kg)	125 lbs (56.69 kg)	125 lbs (56.69 kg)



PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
CF-3443	OLYMPIC PLATE TREE	30.00" (76 cm)	33.25" (84 cm)	53.25" (135 cm)	84 lbs (38 kg)	1,500 lbs (680 kg)	N/A
CF-3443	OLYMPIC PLATE TREE W/ 1 CF-OPT-02 OLYMPIC BAR HOLDER	30.00" (76 cm)	36.50" (93 cm)	53.25" (135 cm)	89 lbs (40 kg)	1,280 lbs (581 kg)	N/A
CF-3443	OLYMPIC PLATE TREE W/ 2 CF-OPT-02 OLYMPIC BAR HOLDER	30.00" (76 cm)	39.75" (101 cm)	53.25" (135 cm)	94 lbs (43 kg)	1,280 lbs (581 kg)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE	45.00" (114 cm)	45.00" (114 cm)	51.25" (130 cm)	123 lbs (56 kg)	1,500 lbs (680 kg)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE W/ 1 CF-OPT-02 OLYMPIC BAR HOLDER	43.50" (110 cm)	43.50" (110 cm)	51.25" (130 cm)	128 lbs (58 kg)	1,500 lbs (680 kg)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE W/ 2 CF-OPT-02 OLYMPIC BAR HOLDER	43.50" (110 cm)	43.50" (110 cm)	51.25" (130 cm)	133 lbs (60 kg)	1,500 lbs (680 kg)	N/A
CF-3461-1-A	1-TIER DUMBBELL RACK	98.27" (250 cm)	27.00" (69 cm)	29.00" (74 cm)	170 lbs (77 kg)	1,400 lbs (635 kg)	N/A
CF-3461-2	2-TIER DUMBBELL RACK	98.27" (250 cm)	27.00" (69 cm)	29.00" (74 cm)	175 lbs (79 kg)	2,800 lbs (1,270 kg)	N/A
CF-3461-3	3-TIER DUMBBELL RACK	98.20" (249 cm)	27.25" (69 cm)	38.63" (98 cm)	268 lbs (122 kg)	4,200 lbs (1,905 kg)	N/A
CF-3462-2	2-TIER BEAUTY BELL RACK	26.00" (66 cm)	55.00" (140 cm)	37.50" (95 cm)	135 lbs (61 kg)	800 lbs (363 kg)	N/A
CF-3462-3	3-TIER BEAUTY BELL RACK	26.00" (66 cm)	55.00" (140 cm)	37.50" (95 cm)	157 lbs (71 kg)	1,200 lbs (544 kg)	N/A
CF-3465-A	BARBELL RACK	34.98" (89 cm)	33.56" (85 cm)	54.75" (139 cm)	150 lbs (68 kg)	1,500 lbs (680 kg)	N/A
CF-3466	ACCESSORY RACK	23.81" (60 cm)	42.86" (109 cm)	49.27" (125 cm)	215 lbs (98 kg)	300 lbs (136 kg)	N/A
CF-3550	PREACHER CURL	46.70" (119 cm)	33.69" (86 cm)	36.52" (93 cm)	87 lbs (39 kg)	N/A	600 lbs (272 kg)
CF-3555	STANDING PREACHER CURL	43.39" (110 cm)	32.00" (81 cm)	39.21" (100 cm)	145 lbs (66 kg)	N/A	400 lbs (181 kg)
CF-3661-A	INCLINE LEVERAGE ROW	73.23" (186 cm)	44.82" (114 cm)	48.00" (122 cm)	170 lbs (77 kg)	N/A	600 lbs (272 kg)
CF-3663	BACK HYPER	49.45" (126 cm)	30.75" (78 cm)	34.23" (87 cm)	120 lbs (54 kg)	90 lbs (41 kg)	600 lbs (272 kg)
CF-3753	7 DEGREE SMITH	42.00" (107 cm)	88.28" (224 cm)	87.25" (222 cm)	663 lbs (301 kg)	1,350 lbs (612 kg)	540 lbs (245 kg)
CF-3754	DUAL ACTION SMITH®	95.50" (243 cm)	89.00" (226 cm)	83.50" (212 cm)	824 lbs (374 kg)	1,350 lbs (612 kg)	540 lbs (245 kg)
CF-3860	MILITARY PRESS	60.00" (152 cm)	69.00" (175 cm)	70.0" (178 cm)	310 lbs (141 kg)	740 lbs (336 kg)	1,000 lbs (454 kg)
CF-3950	UTILITY STOOL	30.00" (76 cm)	27.75" (70 cm)	16.88" (43 cm)	25 lbs (11 kg)	N/A	1,000 lbs (454 kg)
CF-3960	UTILITY BENCH	49.00" (124 cm)	30.00" (76 cm)	36.64" (93 cm)	54 lbs (24 kg)	N/A	800 lbs (363 kg)
CF-3962-A	FITNESS TREE	54.25" (138 cm)	48.25" (123 cm)	97.75" (248 cm)	216 lbs (98 kg)	N/A	400 lbs (181 kg)



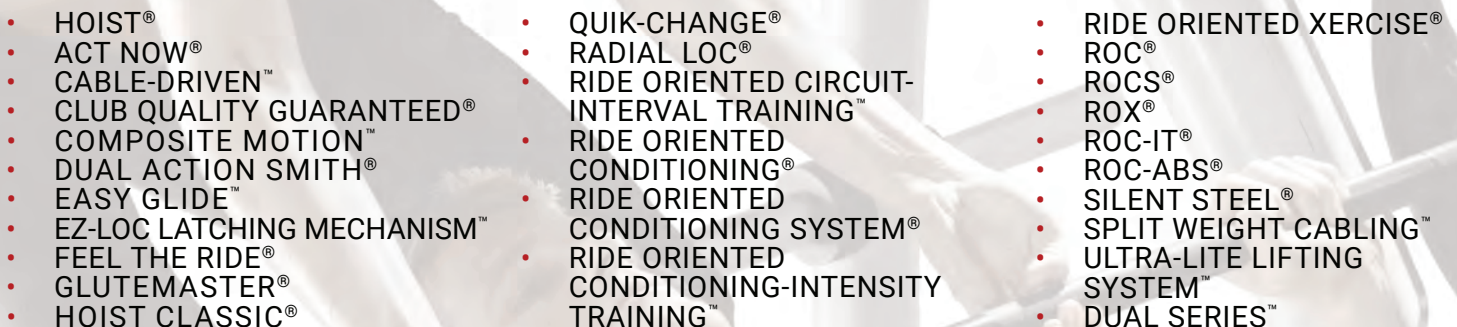
## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warrants this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](https://www.hoistfitness.com) AND CLICK ON THE "SUPPORT" LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

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- HOIST®
  - ACT NOW®
  - CABLE-DRIVEN™
  - CLUB QUALITY GUARANTEED®
  - COMPOSITE MOTION™
  - DUAL ACTION SMITH®
  - EASY GLIDE™
  - EZ-LOC LATCHING MECHANISM™
  - FEEL THE RIDE®
  - GLUTEMASTER®
  - HOIST CLASSIC®
  - QUIK-CHANGE®
  - RADIAL LOC®
  - RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
  - RIDE ORIENTED CONDITIONING®
  - RIDE ORIENTED CONDITIONING SYSTEM®
  - RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
  - RIDE ORIENTED XERCISE®
  - ROC®
  - ROCS®
  - ROX®
  - ROC-IT®
  - ROC-ABS®
  - SILENT STEEL®
  - SPLIT WEIGHT CABLING™
  - ULTRA-LITE LIFTING SYSTEM™
  - DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, D5683,334, D5733,233, D5800,321, D5807,219, D5916,072, D5951,444, D5961,428, D5980,434, D6004,247, D6193,635, D6264,586, D6319,178, D6338,701, D6347,777, D6409,637, D6443,878, D6491,606, D6491,609, D6497,639, D6551,226, D6561,960, D6579,213, D6605,022, D6988,977, D7052,444, D7166,066, D7316,634, D7322,906, D7322,911, D7331,911, D7335,140, D7361,125, D7384,381, D7393,309, D749,143, D7468,024, D7544,156, D7549,880, D7549,949, D7563,209, D7563,214, D7594,880, D7597,655, D7601,187, D7641,600, D7654,938, D7654,940, D7670,269, D7713,179, D7717,832, D7731,638, D7749,371, D7749,372, D7766,802, D7806,809, D7815,555, D7867,149, D7878,953, D7901,335, D7901,337, D7909,743, D7938,760, D7963,890, D7976,440, D7981,010, D7988,603, D7993,251, D8002,679, D8007,411, D8021,070, D8057,368, D8162,807, D8172,732, D8177,693, D8257,231, D8308,620, D8317,665, D8328,698, D8562,496, D8702,573, D8734,304, D8852,060, D8870,720, D8915,667, D8926,480, D9017,238, D9126,081, D9205,298, D9302,136, D9440,106, D9517,379, D9522,297, D9604,086, D9682,276, D9707,448, D9808,699, D9833,656, D9861,850, D9868,016, D9255,448, D9437,721, D9502,210, D968,819, D999,797, D1010,740

† Other Patents Pending



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GSA Contract # 47QSMA19D08PY  
Mario Lopez 800.548.5438 x124





**CLUB LINE**

**CL**



## THE SLIDE SELECT SYSTEM

The most talked about feature of the Club Line, the **Slide Select System**, eliminates guide rods and selector pins, requires less maintenance, and has a smoother function than a traditional selectorized machine. It also features a built-in smaller weight adjustment in five pound increments on the two hundred and three hundred pound systems. Finally, with no clanging weights, the Slide Select System is much quieter than the traditional weight stack resistance system.







## CLUB LINE

### WHAT'S UNIQUE ABOUT THE CLUB LINE?

- 16% smaller footprint
- 19% lower profile
- Quiet operation
- No loose pins or lanyards
- Smooth feeling movements
- Sleek design
- More increments
- Simple weight selection
- CL-3102 Preacher Curl 200 lb
- CL-3103 Triceps Press 200 lb
- CL-3201 Lat Pulldown 300 lb
- CL-3203 Mid Row 300 lb - **New**
- CL-3301 Chest Press 300 lb
- CL-3309 Pec Fly / Rear Delt 200 lb - **New**
- CL-3401 Leg Extension 300 lb
- CL-3402 Leg Curl 300 lb
- CL-3403 Leg Press 300 lb (\*400 lb option available)
- CL-3408 Standing / Prone Leg Curl 300 lb - **New**
- CL-3501 Shoulder Press 200 lb
- CL-3502 Lateral Raise 200 lb - **New**
- CL-3601 Abdominals 300 lb - **New**
- CL-3800 Inner / Outer Thigh 200 lb - **New**

The new CLUB LINE from HOIST Fitness offers a smaller, quieter option to owners looking for more space in their facility with the premium equipment that only HOIST Fitness can offer.

Compared to six major competitors, the original 8 CLUB LINE units take up 8-25% less floor space per machine, leaving more room for facilities to utilize. Competitors also have machine profiles that are 8-27% taller, significantly obstructing and cluttering views.

Each unit has a convenient accessory tray for keys, a phone, and water bottle as well as easy weight selection from a seated position.

**"The Club Line has a very naturally smooth and consistent feel across the line. And I like the dampening feeling after completing a rep with no crashing weight stacks. Also, the Slide Select System is completely unique and easy to use"**

***-Anthony Wall with the American Council on Exercise (ACE)***

## PREACHER CURL

**CL-3102**



### FEATURES:

- Oversized, wrap around arm pad with ergonomically optimized 40 degree angle
- Independent exercise arms with rotating grips
- Gas-spring assisted seat adjuster with easy-to-reach handle
- 200 lb weight stack

## TRICEPS PRESS

**CL-3103**



### FEATURES:

- Oversized, wrap around arm pad with ergonomically optimized 40 degree angle
- Easy to adjust counter balanced arm
- Stabilizing bar to lock feet underneath while exercising
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 200 lb weight stack



## LAT PULLDOWN

CL-3201



### FEATURES:

- Independent handles with multiple grips including rock climbing grips and HOIST's unique flip-n-grip handles
- Oversized seat fits wide range of users
- Counter-balanced arm
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 300 lb weight stack

## MID ROW

CL-3203



### FEATURES:

- Select-A-Grip handles provide the options for vertical, angled, and horizontal grips
- Oversized seat fits wide range of users
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 300 lb weight stack

## CHEST PRESS

**CL-3301**



### FEATURES:

- Multiple grip options
- Foot assist to help get into a starting position and complete those final reps
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 300 lb weight stack

## PEC FLY / REAR DELT

**CL-3309**



### FEATURES:

- Multiple grip options
- First machine ever to offer both exercises facing the same direction
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 200 lb weight stack

## LEG EXTENSION

**CL-3401**



### FEATURES:

- Self-adjusting roller pad
- Large, easy to control range of motion lever for exercise arm
- Counter-balanced arm for easy adjustments
- Stabilizing handles
- Gas-spring assisted seat back adjustment with easy-to-reach lever
- 300 lb weight stack



## LEG CURL

**CL-3402**



### FEATURES:

- Self-adjusting roller pad
- Large, easy to control range of motion lever for exercise arm
- Counterbalanced arm with large range of motion lever for easy, controlled adjustments
- Stabilizing handles
- Gas-spring assisted seat back adjustment with easy-to-reach lever
- 300 lb weight stack

## LEG PRESS

**CL-3403 / CL-3403-HS**



### FEATURES:

- Unique suspended 4-bar linkage creates one of the smallest leg press footprints and a strength curve with no drop off
- Oversized foot plate with anti-slip rubber surface
- Extra raised foot plates for calf presses
- Entry / exit assist handle
- 300 lb weight stack and 400 lb Heavy Stack (HS) option available

## STANDING / PRONE LEG CURL

**CL-3408**



### FEATURES:

- Adjustments allow for standing and prone leg curl variations with ability to do unilateral or bilateral in the laying position
- Self-adjusting roller pad
- Stabilizing grips for both standing and laying variations
- 300 lb weight stack

## SHOULDER PRESS

**CL-3501**



### FEATURES:

- Multiple grip handles
- Counter-balanced arm
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 200 lb weight stack



## LATERAL RAISE

CL-3502



### FEATURES:

- Independent exercise arms with rotating grips
- Counter-balanced arm
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 200 lb weight stack



## ABDOMINALS

CL-3601



### FEATURES:

- Foot stabilizing bar and elbow pads to get proper leverage
- Counter-balanced arm
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 300 lb weight stack

## INNER / OUTER THIGH

**CL-3800**



### FEATURES:

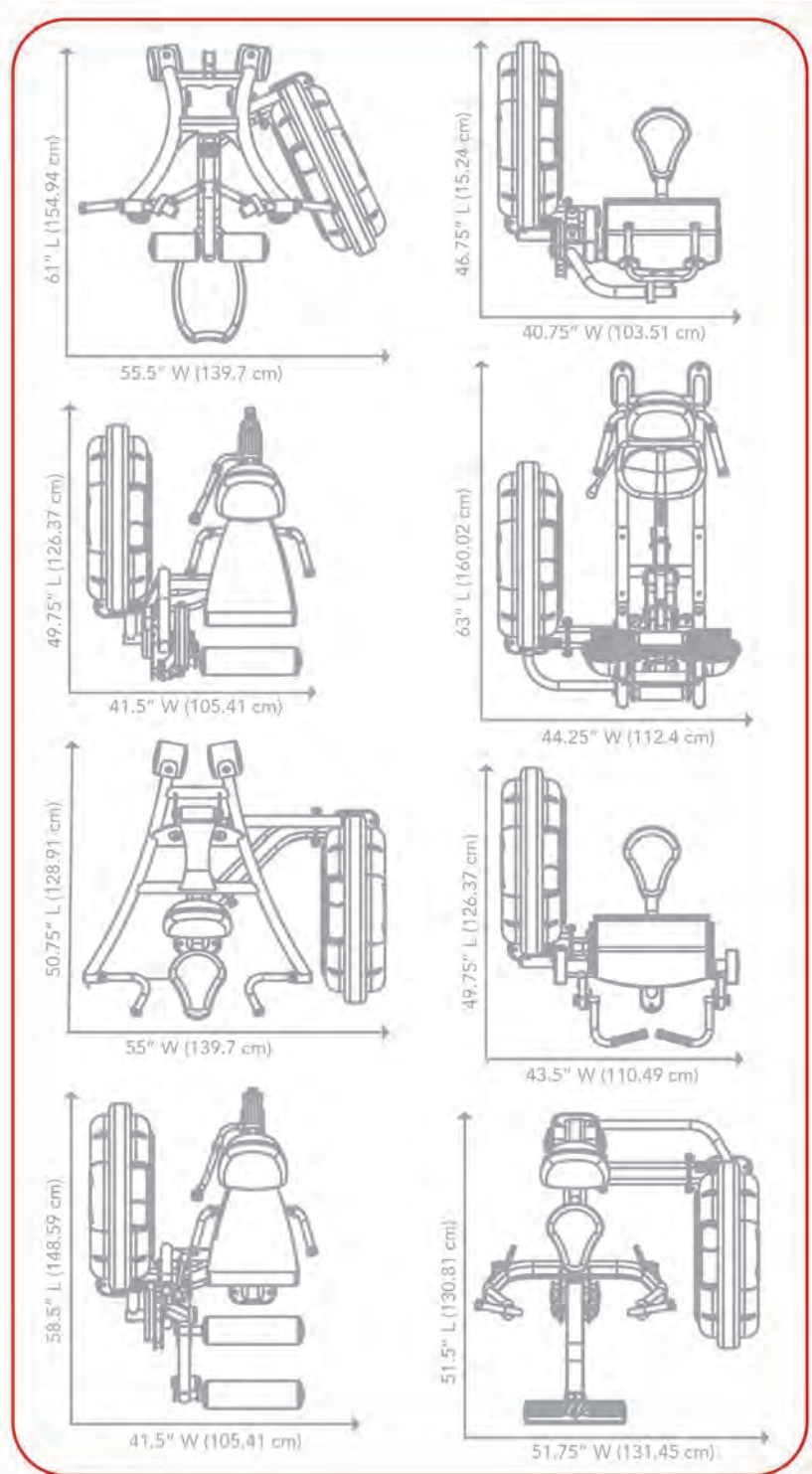
- Standing and sitting variation grip handles
- Independent swiveling thigh pads
- Gas-spring assisted seat adjuster with large easy-to-reach handle
- 200 lb weight stack

## 16% SMALLER, 19% LOWER PROFILE

ORIGINAL 8 PIECES OF  
THE CLUB LINE FIT IN  
THE SPACE OF A  
ONE CAR GARAGE

\*Diagram is to scale

22 ft



12 ft

# HOIST Custom Artwork

## Shield Wraps and Logo Decals

HOIST Fitness is pleased to offer custom designed shield wraps for Club Line equipment to brand the units to your facility's unique style. Designed to complement the elegant CL shields, wraps can be customized for the front and back of each piece.

To best assist the designer in creating your custom artwork, please provide frame and upholstery colors for the units being ordered and art direction such as branding guidelines or a website that can be used as a basis for your design. If you would like to have a matching logo decal created with your shield wrap, please specify that when ordering.

### ARTWORK SPECIFICATIONS:

Vectorized artwork is the preferred format, be it a logo or graphic, as this can be scaled to any size without loss of quality to the artwork.

Vector Artwork File Types: .EPS, .PDF, .AI

All other artwork must be provided at 300 DPI and at the minimum dimensions to fit into the chosen shield size. Active artwork is preferred in order to properly set the artwork to the proper size and angle. Outlined fonts are requested if fonts files are not provided.  
Editable Artwork File Types: .PSD, .PDF

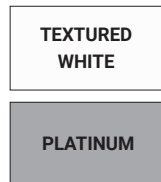


**DISCLAIMER PLEASE READ CAREFULLY:** Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available.



## STANDARD COLORS

### ----- FRAME -----



### ----- UPHOLSTERY -----



Actual frame and upholstery colors may differ from color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
CL-3102	PREACHER CURL	49.75" (126 cm)	43.50" (110 cm)	48.50" (123 cm)	481 lbs (218 kg)	200 lbs (91 kg)
CL-3103	TRICEPS PRESS	47.50" (121 cm)	40.75" (104 cm)	48.50" (123 cm)	502 lbs (228 kg)	200 lbs (91 kg)
CL-3201	LAT PULLDOWN	54.50" (138 cm)	55.50" (141 cm)	81.00" (206 cm)	692 lbs (314 kg)	300 lbs (136 kg)
CL-3203	MID ROW	56.13" (143 cm)	48.38" (123 cm)	48.38" (123 cm)	625 lbs (283 kg)	300 lbs (136 kg)
CL-3301	CHEST PRESS	51.50" (131 cm)	51.75" (131 cm)	50.00" (127 cm)	613 lbs (278 kg)	300 lbs (136 kg)
CL-3309	PEC FLY / REAR DELT	45.25" (115 cm)	66.38" (169 cm)	48.38" (123 cm)	425 lbs (192 kg)	200 lbs (91 kg)
CL-3401	LEG EXTENSION	49.75" (126 cm)	41.50" (105 cm)	48.50" (123 cm)	626 lbs (284 kg)	300 lbs (136 kg)
CL-3402	LEG CURL	58.50" (149 cm)	41.50" (105 cm)	48.50" (123 cm)	629 lbs (285 kg)	300 lbs (136 kg)
CL-3403	LEG PRESS	63.00" (160 cm)	44.25" (112 cm)	48.50" (123 cm)	782 lbs (355 kg)	300 lbs (136 kg)
CL-3408	STANDING / PRONE LEG CURL	53.00" (135 cm)	42.50" (108 cm)	48.38" (123 cm)	550 lbs (249 kg)	300 lbs (136 kg)
CL-3501	SHOULDER PRESS	50.75" (129 cm)	55.00" (140 cm)	50.00" (127 cm)	568 lbs (258 kg)	200 lbs (91 kg)
CL-3502	LATERAL RAISE	42.75" (109 cm)	47.88" (122 cm)	49.13" (125 cm)	550 lbs (249 kg)	200 lbs (91 kg)
CL-3601	ABDOMINALS	41.25" (105 cm)	49.38" (125 cm)	61.38" (156 cm)	650 lbs (294 kg)	300 lbs (136kg)
CL-3800	INNER / OUTER THIGH	62.63" (159 cm)	35.00" (89 cm)	48.38" (123 cm)	700 lbs (317 kg)	200 lbs (91 kg)





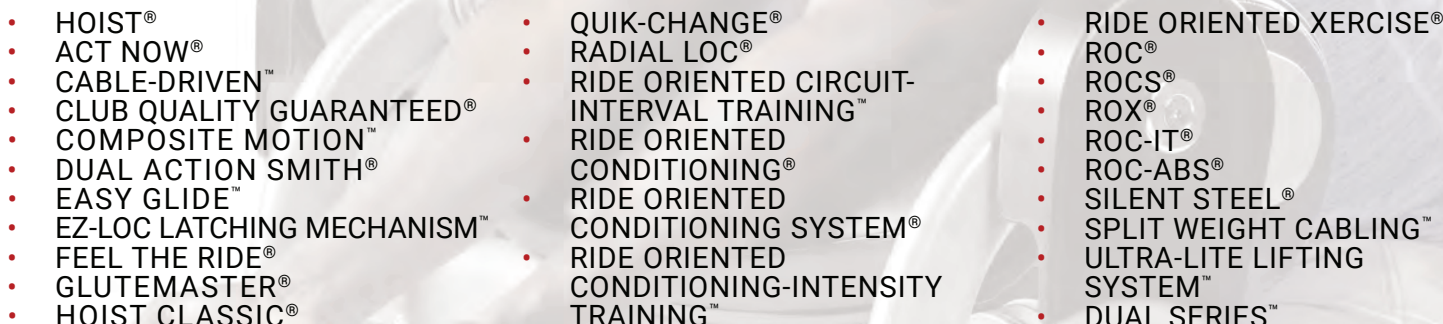
## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warrants this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](https://hoistfitness.com) AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- 
- HOIST®
  - ACT NOW®
  - CABLE-DRIVEN™
  - CLUB QUALITY GUARANTEED®
  - COMPOSITE MOTION™
  - DUAL ACTION SMITH®
  - EASY GLIDE™
  - EZ-LOC LATCHING MECHANISM™
  - FEEL THE RIDE®
  - GLUTEMASTER®
  - HOIST CLASSIC®
  - QUIK-CHANGE®
  - RADIAL LOC®
  - RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
  - RIDE ORIENTED CONDITIONING®
  - RIDE ORIENTED CONDITIONING SYSTEM®
  - RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
  - RIDE ORIENTED XERCISE®
  - ROC®
  - ROCS®
  - ROX®
  - ROC-IT®
  - ROC-ABS®
  - SILENT STEEL®
  - SPLIT WEIGHT CABLING™
  - ULTRA-LITE LIFTING SYSTEM™
  - DUAL SERIES™

D427,652,	D431,059,	D431,615,	D437,370,	D437,371,	D438,267,	D439,292,	D439822,	D439,943,	D440,610,	D444,190,	D444,518,	D446,440,
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D528,023,	D528,172,	D533,608,	D536,046,	D539,857,	D541,357,	D541,358,	D541,893,	D542,868,	D544,050,	D545,383,	D556,842,	D561,276,
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6,264,586,	6,319,178,	6,338,701,	6,347,777,	6,409,637,	6,443,878,	6,491,606,	6,491,609,	6,497,639,	6,551,226,	6,561,960,	6,579,213,	
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† Other Patents Pending



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**HOIST**  
FITNESS



A large, silver, multi-functional cable machine with multiple pulleys and weight stacks. A woman in a purple sports bra and black leggings is using the machine, pulling a rope handle. Another person in a green shirt is partially visible on the left. The machine has several instructional diagrams and labels.

**COMMERCIAL  
MULTI-JUNGLE**



**CMJ**



## COMMERCIAL MULTI-JUNGLE

The HOIST® Fitness Commercial Multi-Jungle System can be configured to meet both the needs of your facility and the fitness requirements of your members. Expand the jungle from the standard four (4) station pod to a six (6) station, nine (9) station or fourteen (14) station with the addition of the Crossover Pull-up Bar (CMJ-OPT-01). The Jungle System keeps users interested by offering the ability to work their entire body and the flexibility to create their own circuit routines.

### Convenience

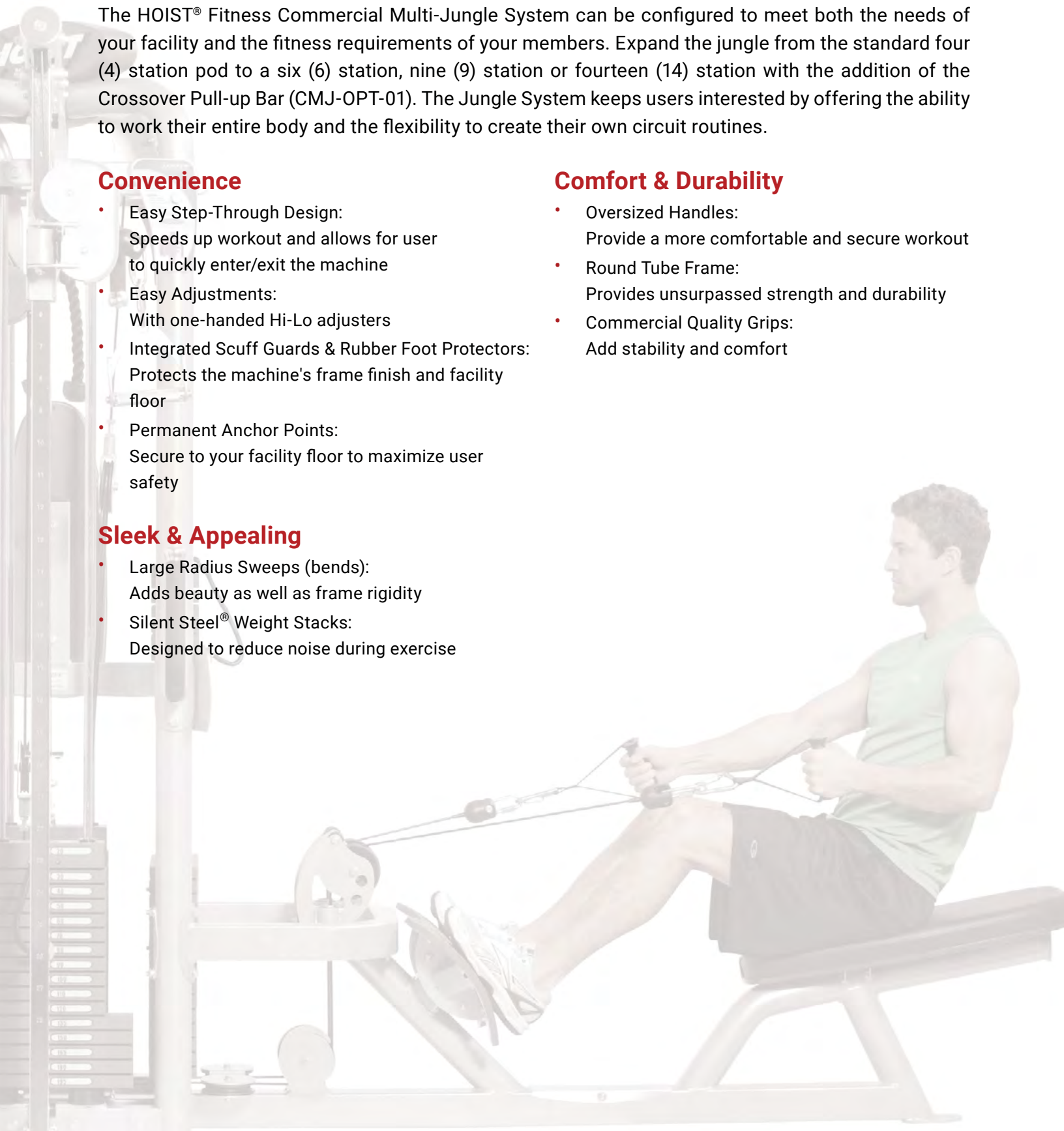
- **Easy Step-Through Design:**  
Speeds up workout and allows for user to quickly enter/exit the machine
- **Easy Adjustments:**  
With one-handed Hi-Lo adjusters
- **Integrated Scuff Guards & Rubber Foot Protectors:**  
Protects the machine's frame finish and facility floor
- **Permanent Anchor Points:**  
Secure to your facility floor to maximize user safety

### Sleek & Appealing

- **Large Radius Sweeps (bends):**  
Adds beauty as well as frame rigidity
- **Silent Steel® Weight Stacks:**  
Designed to reduce noise during exercise

### Comfort & Durability

- **Oversized Handles:**  
Provide a more comfortable and secure workout
- **Round Tube Frame:**  
Provides unsurpassed strength and durability
- **Commercial Quality Grips:**  
Add stability and comfort

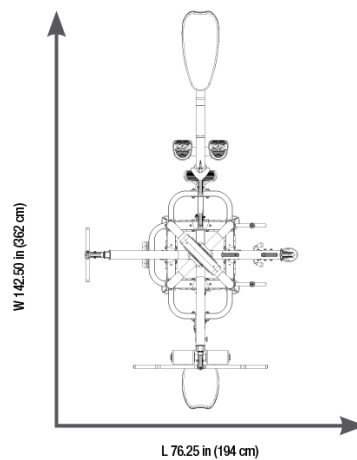




## 4-STATION SINGLE POD CMJ-6000-1



- CMJ-CAGE Base Cage
- CMJ-6101 Triceps Extension\*
- CMJ-6175 Hi-Lo Pulley\*\*
- CMJ-6201 Lat Pulldown\*\*\*
- CMJ-6203 Low Row\*\*\*
- Standard CMJ Accessories (see page 6)



- \* 170 LB. WEIGHT STACK
- \*\* 195 LB. WEIGHT STACK
- \*\*\* 295 LB. WEIGHT STACK



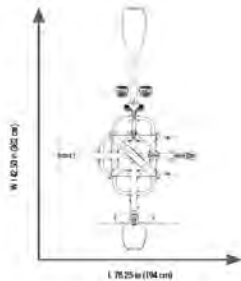
## 4-STATION

### SINGLE POD DUAL PULLEY

CMJ-6000-1D

#### INCLUDES THE FOLLOWING:

- CMJ-CAGE Base Cage
- CMJ-6101 Triceps Extension\*
- CMJ-6175 Hi-Lo Pulley\*\*
- CMJ-6201D Dual Pulley Lat Pulldown\*\*\*
- CMJ-6203D Dual Pulley Low Row\*\*\*
- Standard CMJ Accessories (see page 6)



DUAL PULLEY LAT PULLDOWN



DUAL PULLEY LOW ROW



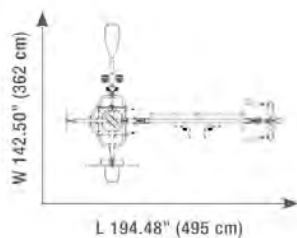
## 6-STATION

### SINGLE POD & STAND ALONE HI-LO

CMJ-6600-S

#### INCLUDES THE FOLLOWING:

- CMJ-CAGE Base Cage
- CMJ-6101 Triceps Extension\*
- CMJ-6175 Hi-Lo Pulley\*\*
- CMJ-6201 Lat Pulldown\*\*\* †
- CMJ-6203 Low Row\*\*\* †
- CMS-6175 Stand Alone Hi-Lo\*\* (see page 5)
- CMJ-OPT-01 Cross Over Pull Up Station
- Standard CMJ Accessories (see page 6)



† DUAL PULLEY OPTION AVAILABLE

\* 170 LB. WEIGHT STACK

\*\* 195 LB. WEIGHT STACK

\*\*\* 295 LB. WEIGHT STACK

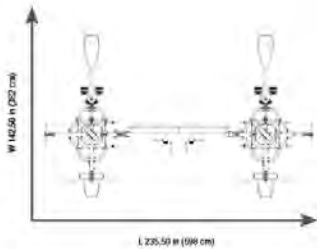
## 9-STATION

DUAL POD

CMJ-6000-2

### INCLUDES THE FOLLOWING:

- 2 CMJ-CAGE Base Cages
- 2 CMJ-6101 Triceps Extensions\*
- 2 CMJ-6175 Hi-Lo Pulleys\*\*
- 2 CMJ-6201 Lat Pulldowns\*\*\* †
- 2 CMJ-6203 Low Rows\*\*\* †
- CMJ-OPT-01 Cross Over Pull Up Station
- Standard CMJ Accessories (see page 6)



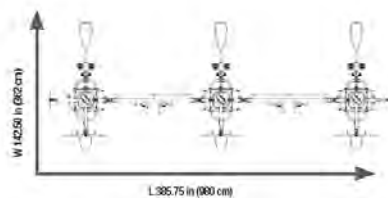
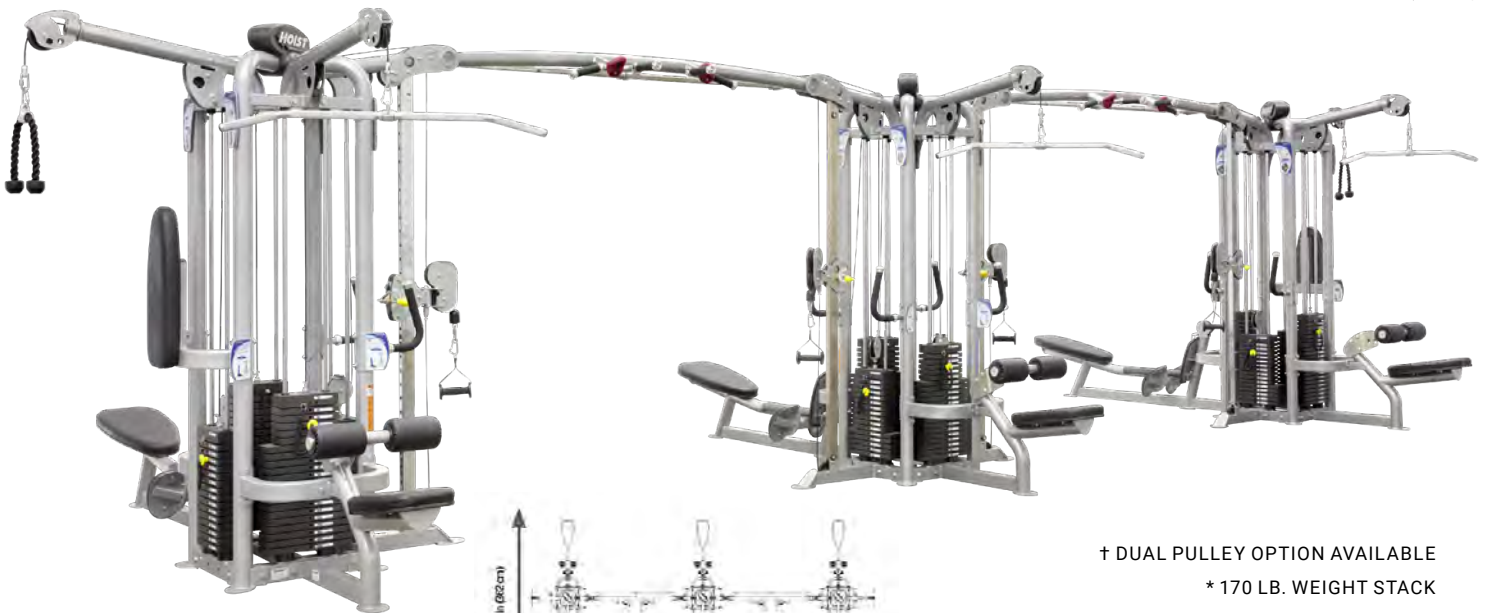
## 14-STATION

TRI POD

CMJ-6000-3

### INCLUDES THE FOLLOWING:

- 3 CMJ-CAGE Base Cages
- 3 CMJ-6101 Triceps Extensions\*
- 4 CMJ-6175 Hi-Lo Pulleys\*\*
- 3 CMJ-6201 Lat Pulldowns\*\*\* †
- 3 CMJ-6203 Low Rows\*\*\* †
- 2 CMJ-OPT-01 Pull Up Stations
- Standard CMJ Accessories (see page 6)



† DUAL PULLEY OPTION AVAILABLE

\* 170 LB. WEIGHT STACK

\*\* 195 LB. WEIGHT STACK

\*\*\* 295 LB. WEIGHT STACK

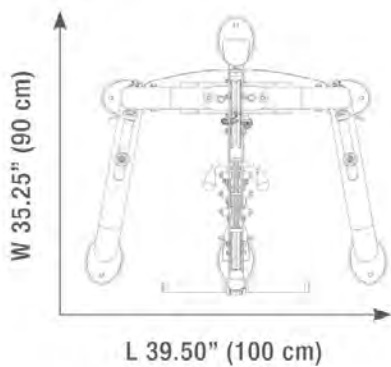
## HI-LO PULLEY

STAND ALONE

**CMS-6175\***

### INCLUDES THE FOLLOWING:

- Padded exercise handles
- Comes standard with ankle strap and strap handle



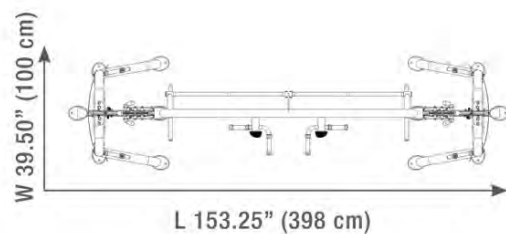
## CROSSOVER

CABLE CROSSOVER

**CMD-6180**

### INCLUDES THE FOLLOWING:

- 2 CMS-6175 Adjustable Hi-Lo Pulleys\*
- CMJ-OPT-01 Cross Over Pull Up Station



\* 195 LB. WEIGHT STACK

## ACCESSORIES

### STANDARD

- Low Row Double D Handle (026-01X3659)
- Triceps Extension Rope (026-01X3658)
- Dual Pulley Strap Handles (026-01X1633)
- Lat Pulldown Bar (026-01X1119)
- Hi-Lo Curl and Triceps Bar (026-01X1118)
- Hi-Lo D Handle (026-01X3657)
- Hi-Lo Ankle Strap (022-0008033)

### OPTIONAL

- Triceps Extension Bar (026-01X3696)
- Revolving EZ Bar (026-01X3831)
- Pulldown and Row Bar (026-01X3704)



## STANDARD COLORS

### FRAME

TEXTURED  
WHITE

PLATINUM

### UPHOLSTERY



Actual frame and upholstery colors may differ from color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
CMJ-6000-1	SINGLE POD	76.25" (194 cm)	142.50" (362 cm)	93.00" (236 cm)	1,571 Lbs. (713 kg)
CMJ-6000-1D	SINGLE POD DUAL PULLEY	76.25" (194 cm)	142.50" (362 cm)	93.00" (236 cm)	1,571 Lbs. (713 kg)
CMJ-6000-S	SINGLE POD / STAND ALONE HI-LO	194.50" (495 cm)	142.50" (362 cm)	93.00" (236 cm)	2,017 Lbs. (915 kg)
CMJ-6000-2	DUAL POD	235.50" (598 cm)	142.50" (362 cm)	93.00" (236 cm)	3,195 Lbs. (1,449 kg)
CMJ-6000-3	TRI POD	386.75" (982 cm)	142.50" (362 cm)	93.00" (236 cm)	4,819 Lbs. (2,189 kg)
CMS-6175	STAND ALONE HI-LO PULLEY	39.50" (100 cm)	35.25" (90 cm)	91.00" (231 cm)	393 Lbs. (178 kg)
CMD-6180	CABLE CROSSOVER	153.25" (398 cm)	39.50" (100 cm)	92.50" (235 cm)	839 Lbs. (381 kg)





## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](http://HOISTFITNESS.COM) AND CLICK ON THE "SUPPORT" LINK.** Warranty policy applies to defects from the manufacturer only.

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## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- HOIST®
- ACT NOW®
- CABLE-DRIVEN™
- CLUB QUALITY GUARANTEED®
- COMPOSITE MOTION™
- DUAL ACTION SMITH®
- EASY GLIDE™
- EZ-LOC LATCHING MECHANISM™
- FEEL THE RIDE®
- GLUTEMASTER®
- HOIST CLASSIC®
- QUIK-CHANGE®
- RADIAL LOC®
- RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- RIDE ORIENTED CONDITIONING®
- RIDE ORIENTED CONDITIONING SYSTEM®
- RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- RIDE ORIENTED XERCISE®
- ROC®
- ROCS®
- ROX®
- ROC-IT®
- ROC-ABS®
- SILENT STEEL®
- SPLIT WEIGHT CABLING™
- ULTRA-LITE LIFTING SYSTEM™
- DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



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GSA Contract # 47QSM19D08PY  
Mario Lopez 800.548.5438 x124

A black and white photograph of a muscular man from behind, performing a pull-up on a Hoist HD Dual Series machine. He is wearing a dark tank top and shorts. The machine's frame is visible, and a blue diagonal stripe runs across the bottom right of the image.

# ***HD DUAL SERIES***

**2022 BROCHURE**



From the creators of the original Dual Series comes the expanded 3<sup>rd</sup> generation HOIST® HD Dual Series®, offering a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT® line, the HD Dual Series® offers dual or multi-function stations.

By combining multiple exercises in each selectorized unit, the HD Dual Series® allows facilities to maximize space and fitness offerings. Unique features such as patented FLIP-N-DIP® and FLIP-N-GRIP® handles, Silent Steel® Weight Stacks and Rock Grips, make the HOIST HD Dual Series® the stand-out choice for prestigious gym brands, hotels and universities around the world.

Utilizing flexibility in design, HOIST® Fitness can provide a state-of-the-art strength circuit for almost any fitness center. The HD Dual Series® offers an exciting blend of quality components, intuitive adjustments, superior biomechanics and excellent value.

### COMFORT & DURABILITY

- ◆ Head support and oversized handles provides a more comfortable and secure workout
- ◆ Oval tube frame provides unsurpassed strength and durability

### CONVENIENCE

- ◆ Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- ◆ Integrated scuff guards and rubber foot protectors safeguard the machine's frame and facility floor
- ◆ Workout instructions for each machine available for download on your smartphone
- ◆ Integrated towel/bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

### SLEEK & APPEALING

- ◆ Large radius bends add beauty as well as frame rigidity
- ◆ Silent Steel® Weight Stack designed to reduce noise during exercise

# SIMPLE TRAINER

## HD-4000



### ARM ADJUSTMENT



## SPECS

- ◆ **PRODUCT DIMENSIONS**  
**MAXIMUM FOOTPRINT (ARMS OUT, L x W)**  
68" x 124" (173 cm x 315 cm)
- ◆ **PRODUCT DIMENSIONS MINIMUM FOOTPRINT**  
**(ARMS FULLY DOWN/UP, L x W)**  
46" x 82" (117 cm x 208cm)
- ◆ **PRODUCT HEIGHT (ARMS DOWN/UP)**  
82" - 92" (208 cm - 234 cm)
- ◆ **PRODUCT WEIGHT**  
903 lbs (410 kg)
- ◆ **CABLE TRAVEL**  
100" (254 cm) - each side
- ◆ **WEIGHT STACKS**  
2 x 240 lbs (109 kg) - each
- ◆ **WEIGHT RATIO**  
3 to 1 = 80 lbs (36 kg) max. at each handle

## FEATURES

- ◆ HOIST Fitness' patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- ◆ For added safety, the arms are slightly over-balanced\* to prevent falling, and bold indicators show users when they are locked and ready to use
- ◆ Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- ◆ Arm adjustments features 12 height positions and 9 width positions on each side
- ◆ Accessories include stabilizing handles and water bottle/phone holder
- ◆ Comes standard with HOIST x2 strap handles

\*when paired with HOIST strap handles (x2 included)



# DUAL PULLEY FUNCTIONAL TRAINER

## HD-3000



\*Kettlebells and other accessories not included

## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
71.6" x 51.1" x 91.7" (130 cm x 181 cm x 233 cm)
- ◆ **PRODUCT WEIGHT**  
918 lbs (416 kg)
- ◆ **WEIGHT STACK**  
2x 200 lbs (91 kg)

## FEATURES

- ◆ Space efficient functional trainer featuring convenient corner design and accessory racks
- ◆ Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- ◆ 27 pulley positions placed at 2.5" increments
- ◆ Five pull-up/chin-up grip options including patented FLIP-N-GRIP® handles and rock climbing grips
- ◆ Integrated step-up assist for easy access to pull-up grips
- ◆ Suspension trainer attachment for TRX®\* and suspension trainer exercises
- ◆ Steel weight shields surround sides and back of weight stacks
- ◆ Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap

\*TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX)

**PREACHER CURL / TRICEPS EXTENSION****HD-3100****TRICEPS EXTENSION****PREACHER CURL****LOWER BACK SUPPORT  
ON SEAT****MULTIPLE GRIP OPTIONS****SPECS**

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
51.0" x 48.5" x 55.0" (129 cm x 123.1 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
476 lbs (216 kg)
- ◆ **PRODUCT WEIGHT HDG**  
510 lbs (231 kg)
- ◆ **WEIGHT STACK HD**  
190 lbs (86 kg)
- ◆ **WEIGHT STACK HDG**  
225 lbs (102 kg)

**FEATURES**

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises

## LAT PULLDOWN / MID ROW

### HD-3200

MID ROW



LAT PULLDOWN



MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
49.0" x 66.0" x 86.0" (122 cm x 168 cm x 218 cm)
- ◆ **PRODUCT WEIGHT HD**  
624 lbs (283 kg)
- ◆ **PRODUCT WEIGHT HDG**  
649 lbs (294 kg)
- ◆ **WEIGHT STACK HD**  
225 lbs (102 kg)
- ◆ **WEIGHT STACK HDG**  
250 lbs (113 kg)

## FEATURES

- ◆ Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- ◆ Dual-position hand grips for mid row exercises
- ◆ Includes ultra-lite aluminum lat bar for lat pulldown exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Integrated storage for lat bar during mid row exercises

## CHEST PRESS / SHOULDER PRESS

### HD-3300

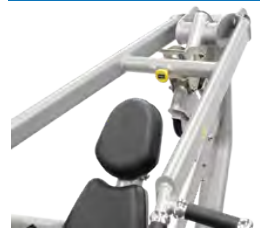
CHEST PRESS



SHOULDER PRESS



PRESS ANGLE  
ADJUSTER



ADJUSTABLE INCLINE  
OPTIONS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
60.1" x 62.0" x 58.0" (152 cm x 157 cm x 147 cm)
- ◆ **PRODUCT WEIGHT HD**  
557 lbs (252 kg)
- ◆ **PRODUCT WEIGHT HDG**  
580 lbs (263 kg)
- ◆ **WEIGHT STACK HD**  
215 lbs (98 kg)
- ◆ **WEIGHT STACK HDG**  
240 lbs (109 kg)

## FEATURES

- ◆ Multiple seat and press arm positions
- ◆ Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- ◆ Dual-position hand grips



## LEG CURL / LEG EXTENSION

### HD-3400

LEG EXTENSION



LEG CURL



ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
51.0" x 57.0" x 55.0" (130 cm x 145 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
557 lbs (253 kg)
- ◆ **PRODUCT WEIGHT HDG**  
580 lbs (263 kg)
- ◆ **WEIGHT STACK HD**  
215 lbs (98 kg)
- ◆ **WEIGHT STACK HDG**  
240 lbs (109 kg)

## FEATURES

- ◆ Eight back pad adjustments for varying leg lengths
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Self-aligning roller pad

# LEG PRESS / CALF RAISE

## HD-3403

LEG PRESS



CALF RAISE



OVERSIZED  
NON-SLIP PLATE



ADJUSTABLE SEAT  
PLACEMENT



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
70.0" x 50.0" x 63.0" (178 cm x 127 cm x 161 cm)
- ◆ **PRODUCT WEIGHT HD**  
746 lbs (338 kg)
- ◆ **PRODUCT WEIGHT HDG**  
846 lbs (383 kg)
- ◆ **WEIGHT STACK HD**  
280 lbs (127 kg)
- ◆ **WEIGHT STACK HDG**  
380 lbs (172 kg)

## FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- ◆ Step-through design

# AB CRUNCH / LOWER BACK

## HD-3600

LOWER BACK



AB CRUNCH



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
52.0" x 48.0" x 55.0" (132 cm x 122 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
505 lbs (229 kg)
- ◆ **PRODUCT WEIGHT HDG**  
538 lbs (244 kg)
- ◆ **WEIGHT STACK HD**  
180 lbs (82 kg)
- ◆ **WEIGHT STACK HDG**  
215 lbs (98 kg)

## FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options

# CHIN / DIP ASSIST

## HD-3700

CHIN UP (ASSISTED)



DIP (UNASSISTED)



EASY ASSIST  
PAD STORAGE



PULL-UP / CHIN-UP  
GRIPS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
52.0" x 48.0 x 83.0" (132 cm x 122 cm x 210 cm)
- ◆ **PRODUCT WEIGHT HD**  
579 lbs (262 kg)
- ◆ **WEIGHT STACK HD**  
210 lbs (95 kg)

## FEATURES

- ◆ Compact, kneeling design saves space for a smaller footprint in fitness facilities
- ◆ Four pull-up/chin-up grip options including HOIST's patented FLIP-N-GRIP® handles and rock climbing grips
- ◆ Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises
- ◆ Dual-position dip handles (wide and narrow)



# INNER THIGH / OUTER THIGH

## HD-3800

INNER THIGH



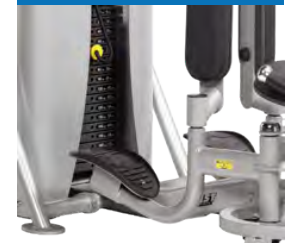
OUTER THIGH



ROTATING EXERCISE PADS



WALK THROUGH DESIGN



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
72.0" x 31.0" x 55.0" (183 cm x 79 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
525 lbs (238 kg)
- ◆ **PRODUCT WEIGHT HDG**  
558 lbs (253 kg)
- ◆ **WEIGHT STACK HD**  
180 lbs (82 kg)
- ◆ **WEIGHT STACK HDG**  
215 lbs (98 kg)

## FEATURES

- ◆ Adjustable-angle back pad to accommodate varying flexibility and body sizes
- ◆ Thigh pads swivel for each exercise position
- ◆ Exercise arms can be adjusted from the seated position
- ◆ Multiple range-of-motion adjustments for both exercises

# PEC FLY / REAR DELT

## HD-3900

PEC FLY



REAR DELT



PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
56.0" x 67.0" x 78.0" (142 cm x 170 cm x 198 cm)
- ◆ **PRODUCT WEIGHT HD**  
649 lbs (249 kg)
- ◆ **WEIGHT STACK HD**  
310 lbs (141 kg)

## FEATURES

- ◆ Swiveling handles with rotating grips provide multiple hand positions
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Each exercise arm has dual pivots for user-defined exercise path
- ◆ Seven seat pad adjustments for varying user heights

# HOIST CUSTOM

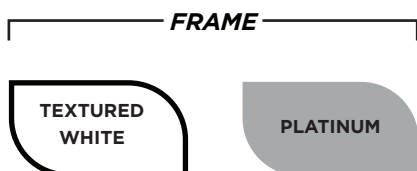
## WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.



## STANDARD COLORS



*\*Actual frame and upholstery colors may differ from printed color samples shown.*

# HD DUAL SERIES

## FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000 FUNCTIONAL TRAINER	71.6" (130 cm)	51.1" (181 cm)	91.7" (233 cm)	918 lbs (416 kg)	2 x 200lbs (91 kg)
HD-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	476 lbs (216 kg)	190 lbs (86 kg)
HDG-3100 PREACHER CURL / TRICEPS EXT.	51" (129 cm)	48.5" (123.1 cm)	55" (140 cm)	510 lbs (231 kg)	225 lbs (102 kg)
HD-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	624 lbs (283 kg)	225 lbs (102 kg)
HDG-3200 LAT PULLDOWN / MID ROW	49" (122 cm)	66" (168 cm)	86" (218 cm)	649 lbs (294 kg)	250 lbs (113 kg)
HD-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	557 lbs (252 kg)	215 lbs (98 kg)
HDG-3300 CHEST PRESS / SHOULDER RAISE	60.1" (152 cm)	62" (157 cm)	58" (147 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	557 lbs (253 kg)	215 (98 kg)
HDG-3400 LEG CURL / LEG EXTENSION	51" (130 cm)	57" (145 cm)	55" (140 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	746 lbs (338 kg)	280 lbs (127 kg)
HDG-3403 LEG PRESS / CALF RAISE	70" (178 cm)	50" (127 cm)	63" (161 cm)	846 lbs (383 kg)	380 lbs (172 kg)
HD-3600 AB CRUNCH / LOWERBACK	52" (132 cm)	48" (122 cm)	55" (140 cm)	505 lbs (229 kg)	180 lbs (82 kg)
HDG-3600 AB CRUNCH / LOWERBACK	52" (132 cm)	48" (122 cm)	55" (140 cm)	538 lbs (244 kg)	215 lbs (98 kg)
HD-3700 CHIN ASSIST / DIP ASSIST	52" (132 cm)	48" (122 cm)	83" (210 cm)	579 lbs (262 kg)	210 lbs (95 kg)
HD-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	525 lbs (238 kg)	180 lbs (82 kg)
HDG-3800 INNER THIGH / OUTER THIGH	72" (183 cm)	31" (79 cm)	55" (140 cm)	558 lbs (253 kg)	215 lbs (98 kg)
HD-3900 PEC FLY / REAR DELT	56" (142 cm)	67" (170 cm)	78" (198 cm)	649 lbs (249 kg)	310 lbs (141 kg)
HD-4000 SIMPLE TRAINER	68" (173 cm)	124" (315 cm)	92" (208 cm)	903 lbs (410 kg)	2 x 240lbs (109 kg)



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- |                              |  |                              |
|------------------------------|--|------------------------------|
| ◆ HOIST®                     | ◆ QUIK-CHANGE®                                   | ◆ ROCS®                      |
| ◆ ACT NOW®                   | ◆ RADIAL LOC®                                    | ◆ ROX®                       |
| ◆ CABLE-DRIVEN™              | ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™       | ◆ ROC-IT®                    |
| ◆ CLUB QUALITY GUARANTEED®   | ◆ RIDE ORIENTED CONDITIONING®                    | ◆ ROC-ABS®                   |
| ◆ COMPOSITE MOTION™          | ◆ RIDE ORIENTED CONDITIONING SYSTEM®             | ◆ SILENT STEEL®              |
| ◆ DUAL ACTION SMITH®         | ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™ | ◆ SPLIT WEIGHT CABLING™      |
| ◆ EASY GLIDE™                | ◆ RIDE ORIENTED XERCISE®                         | ◆ ULTRA-LITE LIFTING SYSTEM™ |
| ◆ EZ-LOC LATCHING MECHANISM™ | ◆ ROC®   | ◆ DUAL SERIES™               |
| ◆ FEEL THE RIDE®             |  | ◆ FLIP-N-DIP®                |
| ◆ GLUTEMASTER®               |  | ◆ FLIP-N-GRIP®               |
| ◆ HOIST CLASSIC®             |  |                              |

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, D836,733, D852,291, D857,812, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,746,024, 7,744,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,086,229, 10,220,240, 10,307,630, 10,350,445, 10,391,352, 10,420,985, 10,426,990, 10,486,012, 10,532,244, 10,639,513, 10,646,739, 10,709,922, 10,737,131, 10,780,310, 11,013,949, 11,135,475

† Other Patents Pending

**HOIST**  
FITNESS

**YOUTH FITNESS LINE**

**KL**



# YOUTH FITNESS LINE

THE HOIST® FITNESS KL LINE WAS DESIGNED WITH  
THREE MAJOR PRINCIPLES OF CHILDREN'S FITNESS IN MIND

## SAFETY, FUN AND RESULTS!

**SAFETY:** Equipment suited for adults is not appropriate for the developing body of a child. Designed specifically for kids, our KL line focuses on multi-joint movements to effectively spread the pressure across more than just one isolated joint. KL's neutral hand grips eliminate shoulder rotation, reducing the chance of injury to developing muscles, joints, therefore reducing additional tension on the body and bones.

**FUN:** Kids will want to work out because it's FUN! The dynamic movement (Roc-It Technology) of KL targets specific muscle groups and encourages children to exercise by simulating the motion of a ride. A physical activity that is both fun and beneficial encourages a child to develop healthy exercise habits.

**RESULTS:** Participants can expect an improvement in bone density and tendon/ligament strength. Skeletal muscular strength, joint stability and endurance are also enhanced. The benefits of strength training play an important role in the prevention of injuries. Resistance training enhances nervous system function and promotes emotional health, and can provide improvements in self-esteem and confidence.

According to Mayo Clinic, children as young as 7 or 8 can participate in, and benefit from, strength training exercise. Young adults do not add muscular power the same way adults do. Rather, performing strength training exercises are important to promote healthy bone density, increase neuromuscular development, promote healthy blood pressure and cholesterol, protect muscles and joints from sports-related injuries and to teach healthy lifestyle habits.



ALL KL CIRCUITS INCLUDE AN EXERCISE TRAINING PROGRAM DEVELOPED  
IN CONJUNCTION WITH THE AMERICAN COUNCIL ON EXERCISE®.

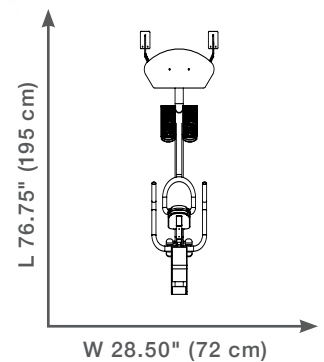


## SEATED DIP

**KL-2101**



- Allows children to experience the sensation of completing a dip
- Dynamic linkage movement system
- Safety shield and weight stack with exercise placards
- 138 lb weight stack



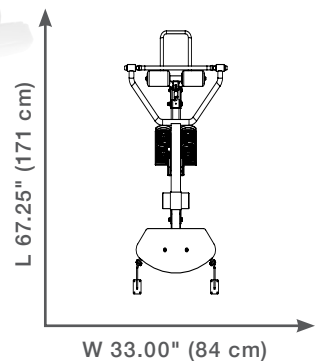


## CHIN-UP

KL-2201



- Replicates movement of a pull up
- Adjustable seat and bar positions
- Counter-balanced exercise arm
- 155 lb weight stack

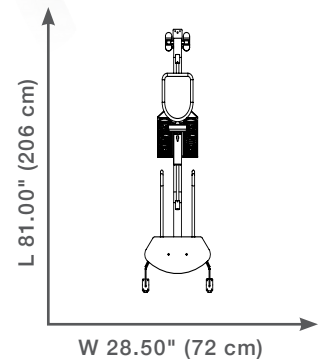


## MID ROW

KL-2203



- Mimics the ride sensation of rowing
- Adjustable chest pad to accommodate varying arm lengths
- Self-aligning linear ball bearings
- 138 lb weight stack

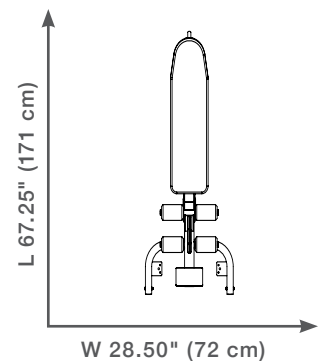


## ABDOMINAL BENCH

KL-2261



- Flexibility of several body resistance exercises in an adjustable unit
- Decline/Flat/Incline exercise angles
- Four upholstered roller pads for stabilization

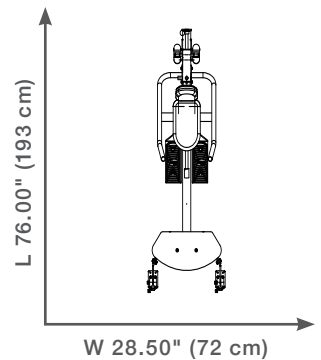


## CHEST PRESS

**KL-2301**



- Emulates a smooth riding motion without shoulder impingement
- Adjustable back pad to accommodate children of varying sizes and arm lengths
- Induction hardened steel shafting
- 138 lb weight stack



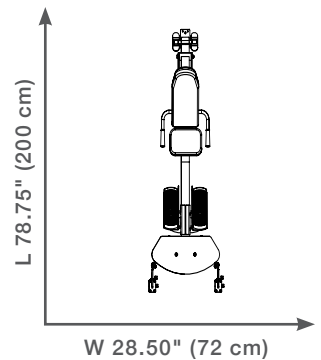


## SQUAT PRESS

**KL-2403**



- Extends with compound movement from squatting to standing positions
- Oversized foot placement pads
- Drop away seat
- 138 lb weight stack

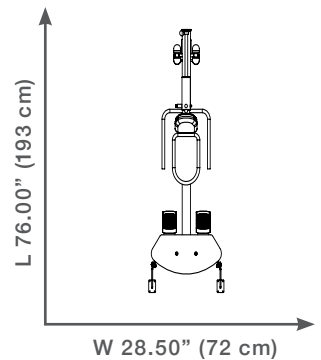


## LEG PRESS

**KL-2410**



- Imitates the sensation of a ride in an adjustable unit
- Adjustable back pad to accommodate children of varying sizes and arm lengths
- Oversized foot placement pads
- 155 lb weight stack

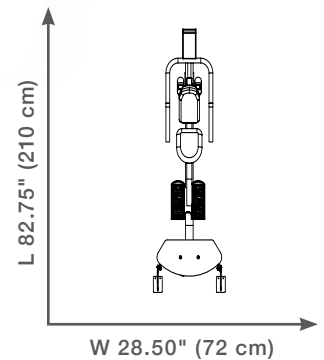


## SHOULDER PRESS

**KL-2501**



- Provides a rocking motion and compound movement; minimizes any impingement of the shoulder
- Adjustable seat pad to accommodate children of varying sizes
- 138 lb weight stack

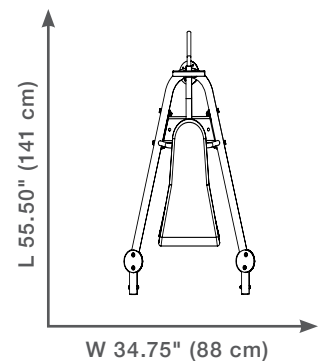


## BACK/HIP EXTENSION

**KL-2662**



- Allows children with excess upper body weight to complete the extension by simply raising their legs
- Foot mount pedestals for ease of access and use







PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT STACK	MACHINE WEIGHT
KL-2101 SEATED DIP	76.75" (195 cm)	28.50" (72 cm)	58.50" (149 cm)	138 lbs (63 kg)	473 lbs (215 kg)
KL-2201 CHIN UP	67.25" (171 cm)	33.00" (84 cm)	77.00" (196 cm)	155 lbs (71 kg)	563 lbs (256 kg)
KL-2203 MID ROW	81.00" (206 cm)	28.50" (72 cm)	58.50" (149 cm)	138 lbs (63 kg)	491 lbs (223 kg)
KL-2261 AB CRUNCH	67.25" (171 cm)	28.50" (72 cm)	34.00" (87 cm)	N/A	110 lbs (50 kg)
KL-2301 BENCH PRESS	76.00" (193 cm)	28.50" (72 cm)	58.50" (149 cm)	138 lbs (63 kg)	493 lbs (224 kg)
KL-2403 SQUAT PRESS	78.50" (200 cm)	28.50" (72 cm)	58.50" (149 cm)	138 lbs (63 kg)	482 lbs (219 kg)
KL-2410 SEATED LEG PRESS	76.00" (193 cm)	28.50" (72 cm)	58.50" (149 cm)	155 lbs (71 kg)	510 lbs (232 kg)
KL-2501 SHOULDER PRESS	82.75" (210 cm)	28.50" (72 cm)	58.50" (149 cm)	138 lbs (63 kg)	510 lbs (232 kg)
KL-2662 BACK / HIP EXTENSION	55.50" (141 cm)	34.75" (88 cm)	50.50" (128 cm)	N/A	119 lbs (54 kg)



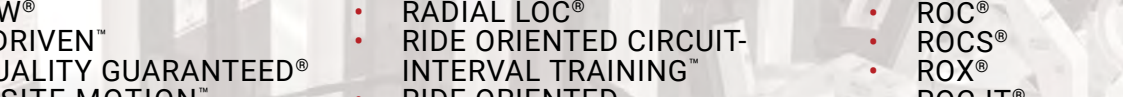
## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warrants this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](https://www.hoistfitness.com) AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- 
- HOIST®
  - ACT NOW®
  - CABLE-DRIVEN™
  - CLUB QUALITY GUARANTEED®
  - COMPOSITE MOTION™
  - DUAL ACTION SMITH®
  - EASY GLIDE™
  - EZ-LOC LATCHING MECHANISM™
  - FEEL THE RIDE®
  - GLUTEMASTER®
  - HOIST CLASSIC®
  - QUIK-CHANGE®
  - RADIAL LOC®
  - RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
  - RIDE ORIENTED CONDITIONING®
  - RIDE ORIENTED CONDITIONING SYSTEM®
  - RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
  - RIDE ORIENTED XERCISE®
  - ROC®
  - ROCS®
  - ROX®
  - ROC-IT®
  - ROC-ABS®
  - SILENT STEEL®
  - SPLIT WEIGHT CABLING™
  - ULTRA-LITE LIFTING SYSTEM™
  - DUAL SERIES™

D427,652,	D431,059,	D431,615,	D437,370,	D437,371,	D438,267,	D439,292,	D439822,	D439,943,	D440,610,	D444,190,	D444,518,	D446,440,
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7,654,940,	7,670,269,	7,713,179,	7,717,832,	7,731,638,	7,749,371,	7,749,372,	7,766,802,	7,806,809,	7,815,555,	7,867,149,	7,878,953,	7,901,335,
7,901,337,	7,909,743,	7,938,760,	7,963,890,	7,976,440,	7,981,010,	7,988,603,	7,993,251,	8,002,679,	8,007,411,	8,021,070,	8,057,368,	
8,162,807,	8,172,732,	8,177,693,	8,257,231,	8,308,620,	8,317,665,	8,328,698,	8,562,496,	8,702,573,	8,734,304,	8,852,060,	8,870,720,	
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9,808,699,	9,833,656,	9,861,850,	9,868,016,	9,925,448,	9,943,721,	9,950,210,	9,968,819,	9,999,797,	10,010,740,			

† Other Patents Pending



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GSA Contract # 47QSMA19D08PY  
Mario Lopez 800.548.5438 x124





**MOTIONCAGE®**  
A FUNCTIONAL TRAINING SYSTEM BY HOIST® FITNESS

**MC/S**



# MOTIONCAGE® FEATURES

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

## Convenience

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

## Comfort & Durability

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

## Sleek & Appealing

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

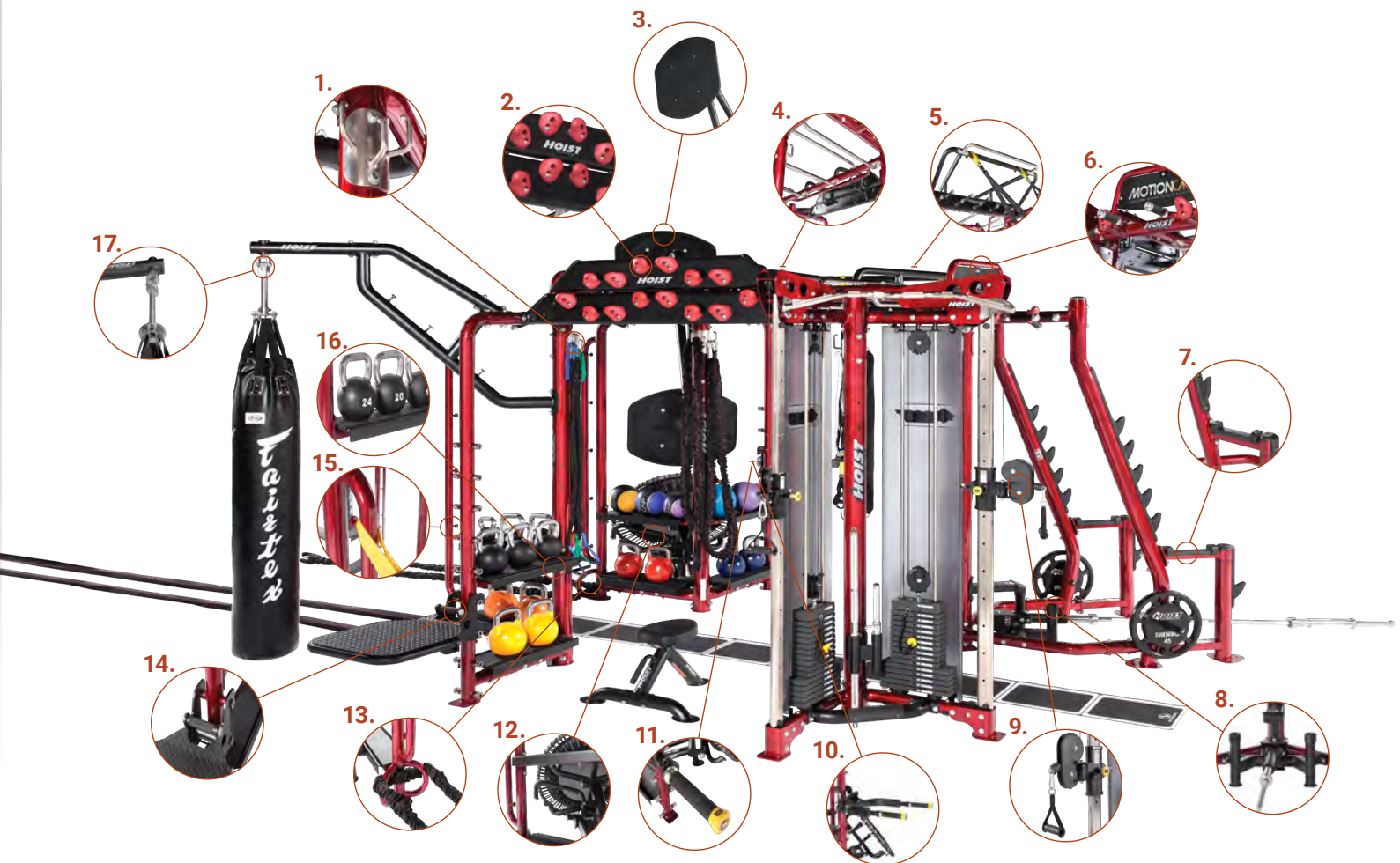


Check out the HOIST MotionCage in action!  
(Visit [hoistfitness.com/scan](https://hoistfitness.com/scan) on your smart phone to download a free QR Code Scanner.)



# MOTIONCAGE FEATURES

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



(Package Shown: MC-7005)  
[Accessories shown are NOT included]

# MOTIONCAGE CONFIGURATIONS

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

## Available Exercise Station Options:



**5-Grip Chin-Up Station**  
(Option of Standard 93.14" or Tall 105.55" Stations)



**Dual Hi-Lo Station**



**Renegade Station**



**Accessory Shelves**



**Heavy Bag**



**Squat Rack**



**Battle Rope Loops**



**Jump Platform**



**Straps & Bands**



**Dip Station**



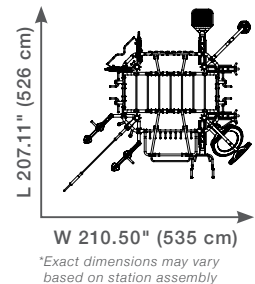
**Rebound Station**



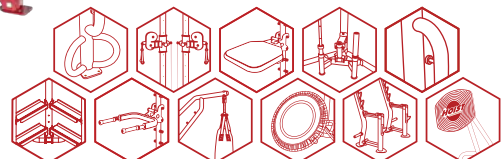
**Target Station**

## MOTIONCAGE PACKAGE 05

**MC-7005**

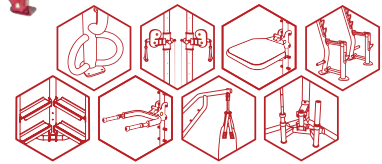
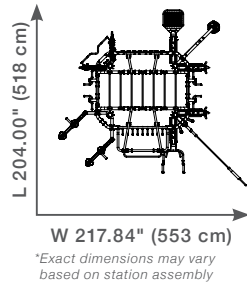


[Olympic Bar shown NOT included]



## MOTIONCAGE PACKAGE 04

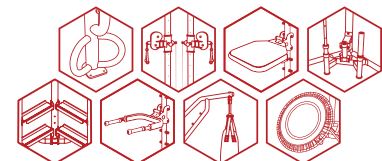
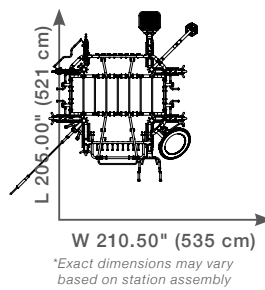
**MC-7004**



[Olympic Bar shown NOT included]

## MOTIONCAGE PACKAGE 03

**MC-7003**



[Olympic Bar shown NOT included]

## MOTIONCAGE PACKAGE 02

### MC-7002



## MOTIONCAGE PACKAGE 01

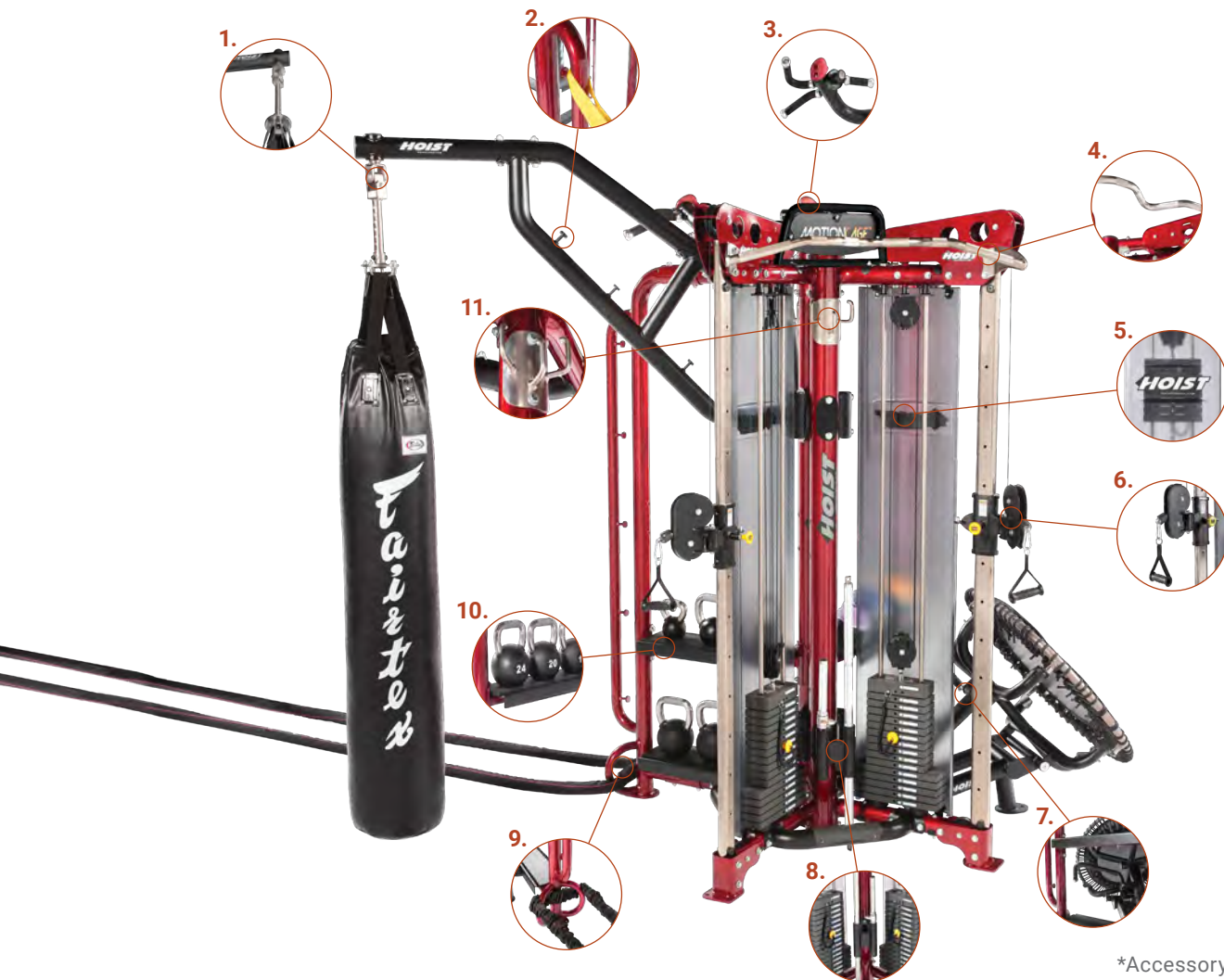
### MC-7001





# MOTIONCAGE STUDIO FEATURES

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



\*Accessory not shown  
(Package Shown: MCS-7004)  
[Accessories shown are NOT included]

# MOTIONCAGE STUDIO CONFIGURATIONS

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

## Available Exercise Station Options:



**5-Grip Chin-Up Station**

(Option of Standard 93.14" or Tall 105.55" Stations)



**Dual Hi-Lo Station**



**Renegade Station**



**Accessory Shelves**



**Heavy Bag**



**Single Hi-Lo Station**



**Battle Rope Loops**



**Jump Platform**



**Squat Rack**



**Dip Station**



**Rebound Station**



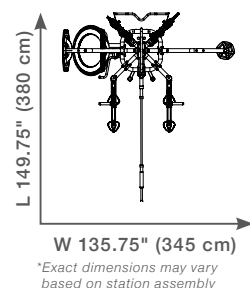
**Straps & Bands**



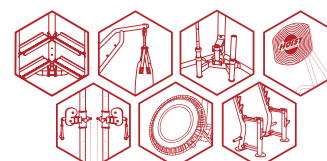
**Target Station**

## MOTIONCAGE STUDIO PACKAGE 05

**MCS-8005**

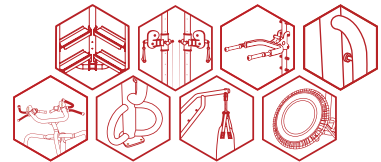
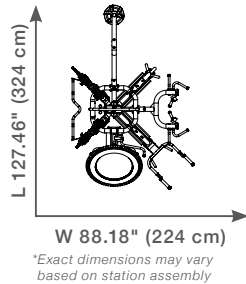


[Olympic Bar shown NOT included]  
[Shelving NOT available with this configuration]



## MOTIONCAGE PACKAGE 04

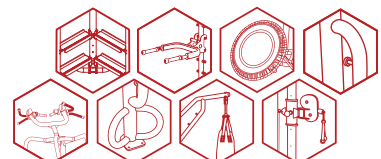
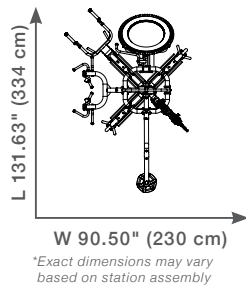
### MCS-8004



[Available with either the Dip Station (Standard) or Jump Platform (Upon Request)]

## MOTIONCAGE PACKAGE 03

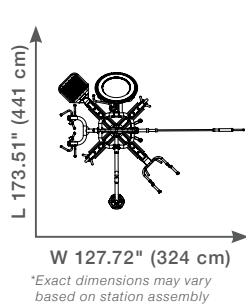
### MCS-8003



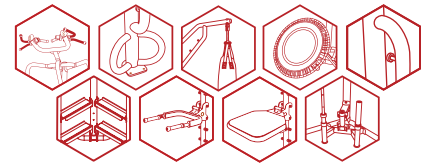
[Available with either the Dip Station (Standard) or Jump Platform (Upon Request)]

# MOTIONCAGE STUDIO PACKAGE 02

**MCS-8002**

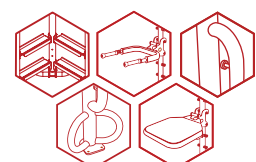
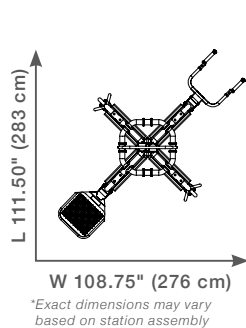


[Olympic Bar shown NOT included]



# MOTIONCAGE STUDIO PACKAGE 01

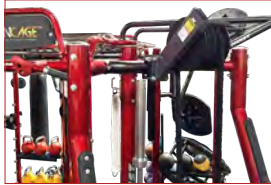
**MCS-8001**





## OPTIONAL ACCESSORIES

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



**SUSPENSION TRAINER  
CROSSBAR STATION**  
MC-7035



**THIRD ACCESSORY  
SHELF**  
MC-7032



**ACCESSORY BASKET**  
MC-7031



**STANDARD HI-LO CABLES**  
4:1 WEIGHT RATIO  
(188" CABLE TRAVEL DISTANCE)



**OPTIONAL HI-LO CABLES**  
2:1 WEIGHT RATIO  
(94" CABLE TRAVEL DISTANCE)



**UTILITY STOOL**  
CF-3950

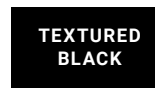


## STANDARD COLORS

..... FRAME .....



..... SUB-FRAME .....



Actual frame colors may differ from color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	PROD. WEIGHT	WEIGHT STACK
MC-7005 MOTIONCAGE PACKAGE 05	207.11" (526 CM)	210.50" (535 CM)	122.25" (311 CM)	2,822 Lbs. (1,280 KG)	195 Lbs. (88 KG) / EA
MC-7004 MOTIONCAGE PACKAGE 04	204.00" (518 CM)	217.84" (553 CM)	109.50" (278 CM)	2,565 Lbs. (1,163 KG)	195 Lbs. (88 KG) / EA
MC-7003 MOTIONCAGE PACKAGE 03	205.00" (521 CM)	210.50" (535 CM)	109.50" (278 CM)	2,687 Lbs. (1,219 KG)	195 Lbs. (88 KG) / EA
MC-7002 MOTIONCAGE PACKAGE 02	205.25" (521 CM)	211.00" (536 CM)	109.50" (278 CM)	2,359 Lbs. (1,070 KG)	N/A
MC-7001 MOTIONCAGE PACKAGE 01	190.50" (484 CM)	153.75" (391 CM)	105.76" (269 CM)	2,006 Lbs. (910 KG)	N/A
MCS-8005 MOTIONCAGE STUDIO PACKAGE 05	149.75" (380 CM)	135.75" (345 CM)	122.50" (311 CM)	1,643 Lbs. (745 KG)	195 Lbs. (88 KG) / EA
MCS-8004 MOTIONCAGE STUDIO PACKAGE 04	127.46" (324 CM)	88.18" (224 CM)	109.50" (278 CM)	1,581 Lbs. (717 KG)	195 Lbs. (88 KG) / EA
MCS-8003 MOTIONCAGE STUDIO PACKAGE 03	131.63" (334 CM)	90.50" (230 CM)	109.75" (279 CM)	1,361 Lbs. (618 KG)	195 Lbs. (88 KG) / EA
MCS-8002 MOTIONCAGE STUDIO PACKAGE 02	173.51" (441 CM)	127.72" (324 CM)	109.75" (279 CM)	1,266 Lbs. (574 KG)	N/A
MCS-8001 MOTIONCAGE STUDIO PACKAGE 01	111.50" (283 CM)	108.75" (276 CM)	109.21" (277 CM)	913 Lbs. (414 KG)	N/A



## WARRANTY POLICY

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- HOIST®
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- CABLE-DRIVEN™
- CLUB QUALITY GUARANTEED®
- COMPOSITE MOTION™
- DUAL ACTION SMITH®
- EASY GLIDE™
- EZ-LOC LATCHING MECHANISM™
- FEEL THE RIDE®
- GLUTEMASTER®
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- RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- RIDE ORIENTED XERCISE®
- ROC®
- ROCS®
- ROX®
- ROC-IT®
- ROC-ABS®
- SILENT STEEL®
- SPLIT WEIGHT CABLING™
- ULTRA-LITE LIFTING SYSTEM™
- DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



GSA Contract # 47QSM19D08PY  
Mario Lopez 800.548.5438 x124

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**ROC-IT<sup>®</sup>**  
**PLATE LOADED**

**RPL**



# ROC-IT® PLATE LOADED FEATURES

Traditional machine based exercises are not considered functional by virtue of their inability to mimic activities of daily life. Their rigid, fixed designs impose limitations to joint movement that necessitate continuous adjustments by the joints to follow the unnatural movements of the machine. This increases the potential for injury.

The ROC-IT® line embodies a unique training experience that achieves the unrestricted joint movement and core activating benefits of functional training coupled with the stabilizing benefits of machine-based equipment.

## Comfort

- Head Support & Oversized Handles  
Provides a more comfortable and secure workout

## Sleek & Appealing

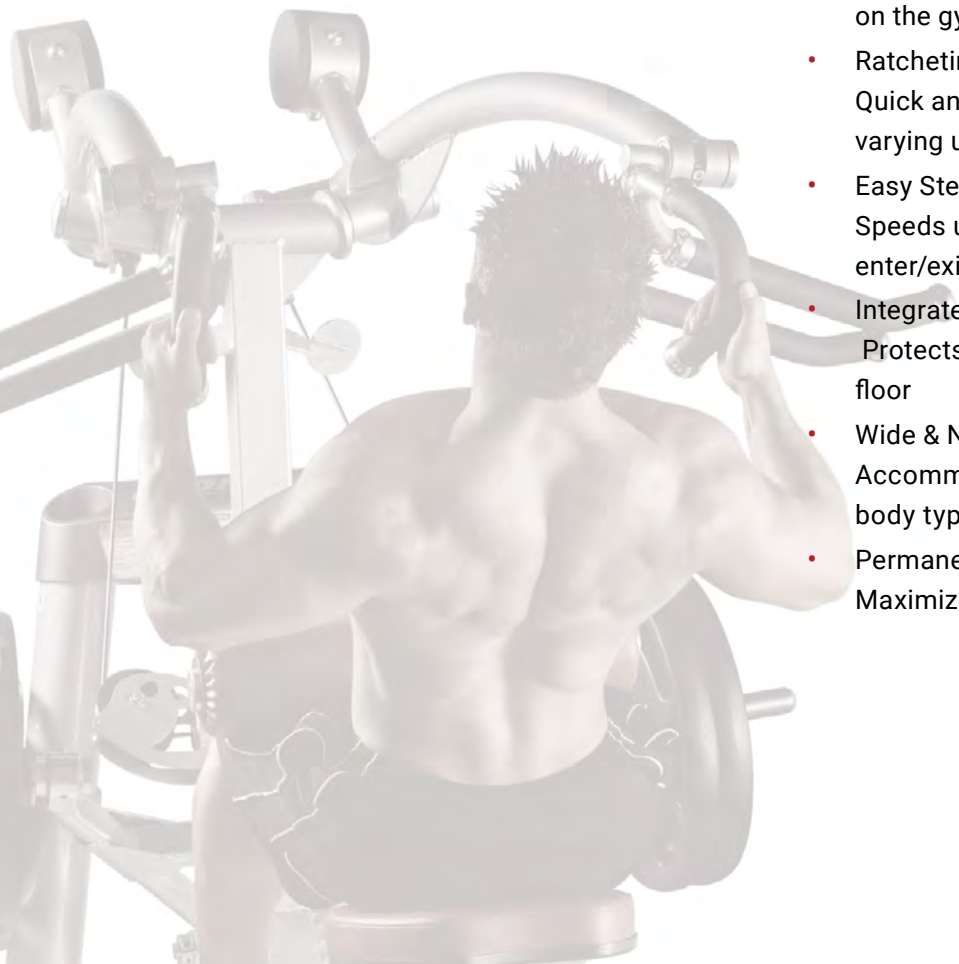
- Molded Plastic Upholstery Covers & Contoured Foot Rests  
Adds a contemporary and finished look

## Increase Brand Awareness

- Logo Decals\*  
Provide your company logo and HOIST will develop custom logo decals that are placed under the instructional placards on the machine (\*only available to purchasers of a ROC-IT® line consisting of 8 or more machines)

## Convenience

- Integrated Bottle Holder & Accessory Tray  
Keep personal items organized and reduce clutter on the gym floor
- Ratcheting Adjuster System  
Quick and easy seat adjustments to accommodate varying user sizes
- Easy Step Through Design  
Speeds up workouts and allows for user to quickly enter/exit the machine
- Integrated Scuff Guards & Rubber Foot Protectors  
Protects the machine's frame finish and facility floor
- Wide & Narrow Hand Grip Positions  
Accommodating hand grip positions to fit all body types
- Permanently Anchor All RPL Products In Place  
Maximizes space planning







## **DYNAMIC ADJUSTMENT IS THE ESSENCE OF ROC-IT**

Using ROC-IT technology, the ROC-IT line makes the user an integral part of the exercise motion by continuously adjusting the position of the user with the movement of the exercise arm.

## **OPTIMAL BIOMECHANICS**

ROC-IT technology achieves an exercise movement that results in optimal biomechanical positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable, and functional movements of free weight training. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

### **Multiple Exercise Movements**

Press your limits while performing at your best with the multiple exercise movements offered with the ROC-IT plate loaded line. The converging and diverging movement provides a unique, yet natural exercise motion.

### **Bilateral**

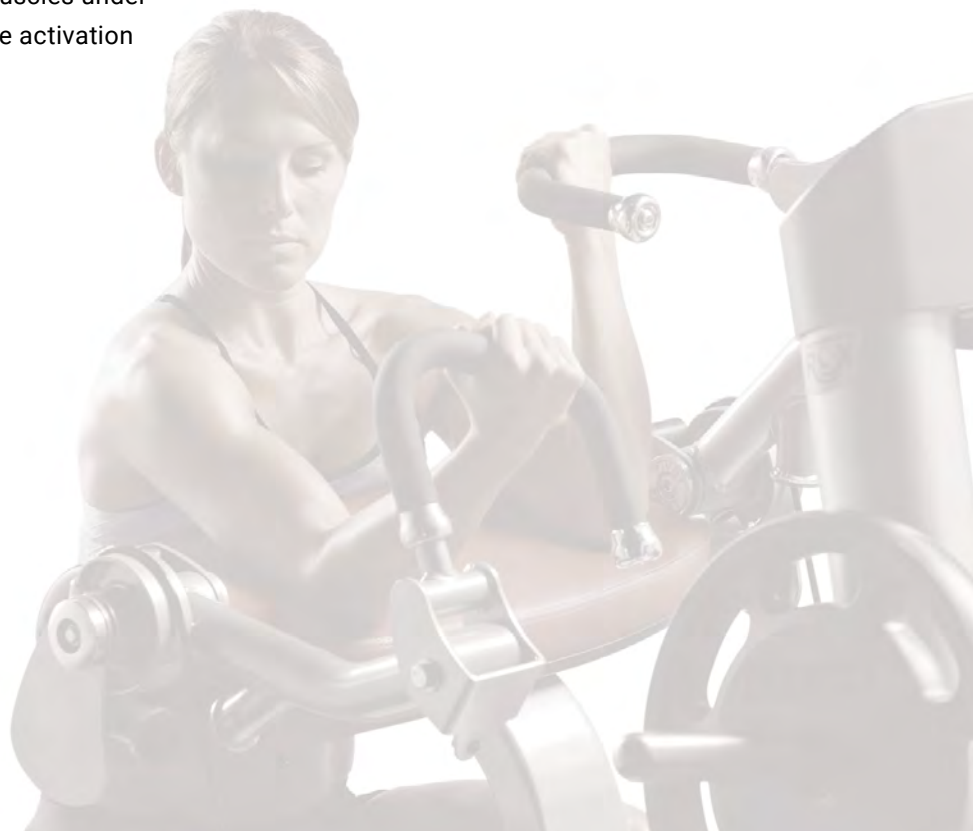
Working both arms simultaneously in the same direction while providing an even distribution of weight during exercise

### **Unilateral**

Isolateral movement — focuses on each arm working independently while targeting specific muscle groups and improving balance

### **The Pump**

Ride Suspending Exercise Movement keeps muscles under constant load while providing continuous core activation and increasing heart rate





# ROC-IT® SCIENCE.

ROC-IT products capture attention and make strength training more enjoyable, but the foundation of the ROC-IT design isn't based on appearance—it's rooted in extensive biomechanical research.

ROC-IT technology addresses the human body as a complete system, not as isolated groups of muscles. The movement designed in each ROC-IT product more closely mimics the way a body operates in everyday life, enhancing results and reducing risk of injury.

Traditional machine-based exercise is muscle-centric and provides a stable platform, which helps beginners and casual users. But it comes at the cost of isolating individual muscles in a stable environment. Effective strength training challenges the entire Human Movement System, which has nervous, muscle and skeletal components working in harmony to achieve optimal results. This is where most traditional machines fail.

Fixed machine design restricts natural movement, especially at the end of the range of motion. It forces unnatural positions that put unnecessary stress on the body, increasing the risk for injury.

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise. With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

ROC-IT products continuously adjust a user's position, maintaining optimal positioning throughout the entire exercise range of motion. Essentially, the machine transforms to accommodate the movement of the human body.

*"With its dynamically rocking technology, the HOIST ROC-IT line reveals numerous biomechanical and physiological advantages missing with most traditional exercise machines. This includes a dynamically-adjusted user position to optimally align and maintain joint position throughout motion. Shear-stress forces are thus reduced within joints by creating multiple segment movement, providing small yet appropriate proprioceptive challenges to the lumbopelvic hip complex (LPHC). This improves stability, and provides greater muscle pre-stretch or loading to overload muscles.."*

**—FABIO COMANA, MA., MS., NASM CPT, CES & PES; NSCA CSCS; ACSM HFS; ACE CPT & LWMC; CISSN, DIRECTOR, CONTINUING EDUCATION, NASM**



Effective strength training requires an efficient way to condition and challenge a body's functional capabilities. It utilizes systems that promote optimal biomechanics throughout the full range of motion. It trains the body in a way that challenges and incorporates the body's stability centers.

Each ROC-IT machine is designed to continuously shift the user's center of gravity to impose appropriate challenges to the Lumbo-Pelvic-Hip Complex (LPHC). This advanced exercise movement enhances core involvement and the number of LPHC muscles needed to stabilize the hips and trunk. ROC-IT products yield more stability, more strength applied to the exercise path, and more calories burned— for a more complete exercise.

HOIST's ROC-IT products achieve many other significant biomechanical advantages over fixed machines:

- They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.
- They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.
- They allow users to impose a "pre-stretch" that improves muscle activation and strength increases.
- They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.



Fitness facilities exist because of their members, and it's imperative that owners install the safest and most effective equipment available. HOIST's ROC-IT line is an industry leader when it comes to selecting equipment that minimizes risk during strength training exercise. When you add ROC-IT products to your facility, you're not just installing machines designed and engineered with unique patented ROC-IT technology, you're installing machines people can't wait to use!

FOR MORE INFORMATION ABOUT HOIST PRODUCTS, Contact HOIST Sales at 800.548.5438 or [sales@hoistfitness.com](mailto:sales@hoistfitness.com).

**"THE ROC-IT LINE IS A TRUE INNOVATION IN STRENGTH TRAINING THAT COMBINES SUPERIOR BIOMECHANICS WITH FUN TO CREATE AN UNFORGETTABLE EXPERIENCE. KUDOS TO HOIST FOR DEVELOPING EQUIPMENT THAT WILL HELP CLUB OPERATORS ATTRACT ALL TYPES OF INDIVIDUALS TO STRENGTH TRAINING."** —CEDRIC X. BRYANT, PH.D., FACSM, CHIEF SCIENCE OFFICER - ACE®



**“The ROC-IT® line is a true innovation in strength training that effectively combines superior biomechanics with FUN to create an unforgettable movement experience.**

**Kudos to HOIST® for developing equipment that will help club operators attract all types of individuals to strength training.”**

***- Cedric X. Bryant, Ph.D., FACSM  
Chief Science Officer - ACE®***



## SEATED DIP

RPL-5101

WIDE/NARROW ANGLE GRIPS



HEIGHT ADJUSTABLE SEAT



- Functional movement for triceps muscles
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- Naturally mimics the exercise motion of a bar dip

*(Weight plates NOT included)*

## PREACHER CURL

RPL-5102



- Exercise arms move independently for alternating curls
- Self-aligning exercise arms automatically adjusts to the user
- Contoured handles provide multiple grip positions
- Rocking movement provides a greater range of exercise motion
- Ratcheting seat adjustment

*(Weight plates NOT included)*

## LAT PULLDOWN

**RPL-5201**



- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps
- Pull movement lifts the seat while rocking the body rearward, mimicking a natural pull up movement and avoiding unsafe lower back hyperextension  
*(Weight plates NOT included)*

## SEATED MID ROW

**RPL-5203**



- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Adjustable ratcheting chest pad accommodates varying arm lengths and self-aligns to offer support throughout exercise motion
- Synchronized diverging exercise motion keeps the shoulders and scapula stable throughout the exercise

*(Weight plates NOT included)*



## CHEST PRESS

### RPL-5301



- Contoured press arm handles provide multiple grip positions
- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch

*(Weight plates NOT included)*

## INCLINE PRESS

**RPL-5303**



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward to mimic the natural angular or arched movement of a incline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arms

*(Weight plates NOT included)*

## DECLINE PRESS

**RPL-5305**



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward mimicking the natural angular or arched movement of a decline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Ratcheting seat adjustment

*(Weight plates NOT included)*

## HACK SQUAT/DEAD LIFT

**RPL-5356**



- Oversized foot plate allows for multiple foot positions to ensure correct biomechanics during exercises
- Self-aligning hand grips adjust to accommodate varying shoulder widths while providing proper positioning
- Counter-balanced to reduce starting weight
- Seat provides proper alignment and support at the beginning and end of exercise and drops away during exercise movement

*(Weight plates NOT included)*



## ENHANCE ANY FITNESS FACILITY— **3 EXERCISE VARIATIONS** IN ONE MACHINE!

### **EXERCISE: HACK SQUAT**

- Naturally mimics the exercise motion of a traditional hack squat while offering a more supportive environment
- Adjustable back and seat pad helps to maintain a neutral spine during the exercise movement which results in less stress to the back muscles

*(Weight plates NOT included)*



### **EXERCISE: DEAD LIFT/SHRUG**

- Angled foot plate provides a stable foundation especially those with limited/tight calf muscles
- Compound exercise movement brings the weight back to draw the shoulders back and sets the scapula to a stable finished exercise

*(Weight plates NOT included)*



## SEATED CALF RAISE

**RPL-5363**



- Lock-out automatically releases at the start of the exercise
- Adjustable thigh pad to accommodate varying leg lengths
- Thigh pad automatically self-aligns to the user during exercise
- Mar resistant nickel-plated weight peg

*(Weight plates NOT included)*

## DUAL ACTION LEG PRESS

### RPL-5403



- ROC-IT Technology creates a Dual Action movement that moves the user support and foot plate simultaneously while maintaining alignment throughout the body
- Support adjustments to accommodate varying body sizes
- Easy to access lockout mechanism, automatically disengages at the start of the exercise
- Oversized foot plate provides multiple foot placements for both leg press and calf exercises

*(Weight plates NOT included)*

## STANDING CALF RAISE

### RPL-5405

HEIGHT ADJUSTABLE  
SHOULDER PADS



PIVOTING FOOT PLATES



- Angled foot plate rotates to isolate the exercise movement to the ankle and calf muscles while creating more dorsiflexion which reduces excess stress to the underside/ball of the foot
- Adjustable shoulder support pads to accommodate varying body sizes

*(Weight plates NOT included)*



## SHOULDER PRESS

RPL-5501



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned in front of the body, then rocks the user rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the arm and shoulder and reduce lower back arching
- Synchronized converging exercise motion replicates dumbbell presses

*(Weight plates NOT included)*

## ABS

### RPL-5601



- Seat pad can be locked in place or unlocked for swiveling movement
- Swiveling seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine

*(Weight plates NOT included)*

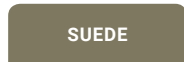


## STANDARD COLORS

### FRAME



### UPHOLSTERY



Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
RPL-5101	SEATED DIP	72.00" (183 CM)	52.75" (134 CM)	52.25" (133 CM)	327 Lbs. (149 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5102	BICEPS CURL	60.00" (152 CM)	53.75" (137 CM)	47.00" (120 CM)	362 Lbs. (165 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5201	LAT PULLDOWN	76.50" (194 CM)	52.75" (134 CM)	85.75" (218 CM)	409 Lbs. (186 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5203	SEATED MID ROW	70.50" (179 CM)	52.75" (134 CM)	47.00" (119 CM)	372 Lbs. (169 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5301	CHEST PRESS	82.25" (209 CM)	52.75" (134 CM)	72.00" (183 CM)	441 Lbs. (200 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5303	INCLINE PRESS	90.25" (229 CM)	52.75" (134 CM)	56.25" (142 CM)	428 Lbs. (194 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5305	DECLINE PRESS	73.00" (185 CM)	52.75" (134 CM)	56.25" (143 CM)	375 Lbs. (170 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5356	HACK SQUAT/DEAD LIFT	89.50" (227 CM)	59.00" (150 CM)	59.25" (150 CM)	502 Lbs. (228 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5363	SEATED CALF RAISE	62.50" (159 CM)	30.25" (77 CM)	40.25" (103 CM)	132 Lbs. (60 KG)	N/A	800 Lbs. (363 KG)
RPL-5403	DUAL ACTION LEG PRESS	97.00" (247 CM)	50.25" (128 CM)	61.50" (157 CM)	539 Lbs. (245 KG)	N/A	1,300 Lbs. (590 KG)
RPL-5405	STANDING CALF RAISE	58.00" (147 CM)	52.50" (133 CM)	82.75" (210 CM)	321 Lbs. (146 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5501	SHOULDER PRESS	81.75" (208 CM)	52.75" (134 CM)	55.25" (141 CM)	396 Lbs. (180 KG)	360 Lbs. (163 KG)	800 Lbs. (363 KG)
RPL-5601	ABDOMINALS	42.75" (109 CM)	41.50" (106 CM)	62.50" (159 CM)	100 Lbs. (45 KG)	180 Lbs. (82 KG)	800 Lbs. (363 KG)



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- ULTRA-LITE LIFTING SYSTEM™
- DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



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GSA Contract # 47QSM19D08PY  
Mario Lopez 800.548.5438 x124





**HOIST**  
FITNESS

**ROC-IT<sup>®</sup>**  
**SELECTORIZED**

**RS**



## ROC-IT® SELECTORIZED

The ROC-IT® line, is unlike any other selectorized equipment. ROC-IT products make the user an integral part of the exercise motion by continually adjusting the position of the user as they engage the target muscles to move the exercise arm. By continually moving and adjusting the users' body throughout the range of motion, the ROC-IT products ensure correct biomechanics throughout the exercise.

### OPTIMAL BIOMECHANICS

The ROC-IT technology allows for an exercise movement that results in optimal biomechanic positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable movements of free weight training. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core muscles while maintaining adequate stability and proper form.

The ROC-IT line represents a training technology optimally suited to meet the training needs of diverse population groups ranging from the deconditioned and sedentary to the more athletic and well-conditioned.





# ROC-IT<sup>®</sup> SELECTORIZED FEATURES

## INCREASE BRAND AWARENESS

- **Logo Decals\***— Provide your company logo and HOIST will develop custom logo decals that are placed under the instructional placards on the machine (\*only available to purchasers of a ROC-IT<sup>®</sup> line consisting of 8 or more machines)
- **Shield Wrap**— Opportunity to add custom weight stack shield wrap with shield designed with your company logo or banding

## CONVENIENCE

- **Integrated Towel Hook, Bottle Holder & Accessory Tray**— Keeps personal items organized and reduce clutter on the gym floor
- **Ratcheting Adjuster System**— Quick and easy seat adjustments to accommodate varying user sizes
- **Easy Step-Through Design**— Speeds up workouts and allows for user to quickly enter/exit the machine
- **Integrated Scuff Guards & Rubber Foot Protectors**— Protects the machine's frame finish and facility floor
- **Wide & Narrow Hand Grip Positions**— Accommodating hand grip positions to fit all body types
- **Permanently Anchor All RS Products In Place**— Maximizes space planning

## COMFORT

- **Reduced Noise**— Silent Steel<sup>®</sup> weight stacks are specifically designed for noise reduction during exercise
- **Head Support & Oversized Handles**— Provides a more comfortable and secure workout

## SLEEK & APPEALING

- **Enclosed Weight Stacks**— Offers privacy to the user while exercising
- **Molded Plastic Upholstery Covers & Contoured Foot Rests**— Adds a contemporary and finished look







# ROC-IT® SCIENCE.

ROC-IT products capture attention and make strength training more enjoyable, but the foundation of the ROC-IT design isn't based on appearance—it's rooted in extensive biomechanical research.

ROC-IT technology addresses the human body as a complete system, not as isolated groups of muscles. The movement designed in each ROC-IT product more closely mimics the way a body operates in everyday life, enhancing results and reducing risk of injury.

Traditional machine-based exercise is muscle-centric and provides a stable platform, which helps beginners and casual users. But it comes at the cost of isolating individual muscles in a stable environment. Effective strength training challenges the entire Human Movement System, which has nervous, muscle and skeletal components working in harmony to achieve optimal results. This is where most traditional machines fail.

Fixed machine design restricts natural movement, especially at the end of the range of motion. It forces unnatural positions that put unnecessary stress on the body, increasing the risk for injury.

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise. With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

ROC-IT products continuously adjust a user's position, maintaining optimal positioning throughout the entire exercise range of motion. Essentially, the machine transforms to accommodate the movement of the human body.

*"With its dynamically rocking technology, the HOIST ROC-IT line reveals numerous biomechanical and physiological advantages missing with most traditional exercise machines. This includes a dynamically-adjusted user position to optimally align and maintain joint position throughout motion. Shear-stress forces are thus reduced within joints by creating multiple segment movement, providing small yet appropriate proprioceptive challenges to the lumbopelvic hip complex (LPHC). This improves stability, and provides greater muscle pre-stretch or loading to overload muscles.."*

**—FABIO COMANA, MA., MS., NASM CPT, CES & PES; NSCA CSCS; ACSM HFS; ACE CPT & LWMC; CISSN, DIRECTOR, CONTINUING EDUCATION, NASM**





Effective strength training requires an efficient way to condition and challenge a body's functional capabilities. It utilizes systems that promote optimal biomechanics throughout the full range of motion. It trains the body in a way that challenges and incorporates the body's stability centers.

Each ROC-IT machine is designed to continuously shift the user's center of gravity to impose appropriate challenges to the Lumbo-Pelvic-Hip Complex (LPHC). This advanced exercise movement enhances core involvement and the number of LPHC muscles needed to stabilize the hips and trunk. ROC-IT products yield more stability, more strength applied to the exercise path, and more calories burned— for a more complete exercise.

HOIST's ROC-IT products achieve many other significant biomechanical advantages over fixed machines:

They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.

They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.

They allow users to impose a "pre-stretch" that improves muscle activation and strength increases.

They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.



Fitness facilities exist because of their members, and it's imperative that owners install the safest and most effective equipment available. HOIST's ROC-IT line is an industry leader when it comes to selecting equipment that minimizes risk during strength training exercise. When you add ROC-IT products to your facility, you're not just installing machines designed and engineered with unique patented ROC-IT technology, you're installing machines people can't wait to use!

FOR MORE INFORMATION ABOUT HOIST PRODUCTS,  
Contact HOIST Sales at 800.548.5438 or [sales@hoistfitness.com](mailto:sales@hoistfitness.com).

**"THE ROC-IT LINE IS A TRUE INNOVATION IN STRENGTH TRAINING THAT COMBINES SUPERIOR BIOMECHANICS WITH FUN TO CREATE AN UNFORGETTABLE EXPERIENCE. KUDOS TO HOIST FOR DEVELOPING EQUIPMENT THAT WILL HELP CLUB OPERATORS ATTRACT ALL TYPES OF INDIVIDUALS TO STRENGTH TRAINING."** —CEDRIC X. BRYANT, PH.D., FACSM, CHIEF SCIENCE OFFICER - ACE®

## SEATED DIP

RS-1101



- Functional movement for tricep muscles
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- Naturally mimics the exercise motion of the bar dip
- Ratcheting seat adjustment
- 345 lb weight stack

## BICEPS CURL

**RS-1102**



- Cable-Driven™ exercise movement automatically adjusts to accommodate varying arm lengths and shoulder widths
- Swiveling pulleys provide pronated, neutral or supinated grip positions
- Starts the body in an upright posture to improve arm extension for biceps recruitment, then rocks rearward during the exercise to reduce shoulder and back involvement
- Rocking motion mimics the natural movement of a standing barbell/ dumbbell curl without involving the lower back
- 345 lb weight stack

## TRICEPS EXTENSION

RS-1103



- Functional movement for tricep muscles
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- Naturally mimics the exercise motion of the bar dip
- Ratcheting seat adjustment
- 178 lb weight stack



## LAT PULLDOWN

**RS-1201**



- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes/arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps, then rocks the seat forward to a more neutral position
- Patented counter-balanced exercise arm and adjustable thigh pad
- 345 lb weight stack

## SEATED MID ROW

**RS-1203**



- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Pull movement lifts the seat while rocking the body rearward to avoid unsafe lower back hyperextension
- Greater activation of the core muscles to maintain balance during unsupported torso movement
- 345 lb weight stack

## LOW BACK

### RS-1204



- Starts the body in a forward lean with knees bent, then rocks rearward to maintain proper alignment between hips and low back while reducing stress to the low back
- Swivel back pad is designed to ensure a safe and comfortable exercise movement while providing optimal support to the hips and spine
- Adjustable foot rests to accommodate varying user sizes
- 345 lb weight stack

## CHEST PRESS

**RS-1301**

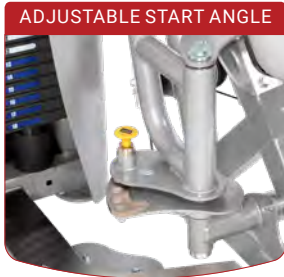


- Contoured press arm handles provide multiple grip positions
- Designed to reduce stress placed on the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch
- 345 lb weight stack



## PEC FLY

### RS-1302



- Each exercise arm has a range-of-motion adjuster that facilitates the press arm handle positioning to safely maximize exercise pre-stretch
- Starts with the exercise handles positioned at the upper-chest level, then rocks rearward which recruits the mid and low chest muscles during exercise movement
- Designed to reduce the stress placed upon the anterior shoulder capsule associated with horizontal extension and rotation of the arm
- Swiveling handles self-align to the user's wrist during exercise
- 345 lb weight stack

## LEG EXTENSION

### RS-1401



- Easy-to-use, the gas shock assisted adjustable back pad accommodates varying leg lengths
- Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints
- Begins in an upright posture, then rocks rearward during the exercise providing a greater range-of-motion and a more natural hinge movement
- Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- 345 lb weight stack

## LEG CURL

RS-1402



- Gas shock assisted back pad accommodates varying leg lengths
- Self-aligning roller pad automatically adjusts to reduce potential stress on the ankle joints
- Adjustable shin pad creates a natural hinge movement and reduces shearing force and stress on the knee joints
- Begins in an upright posture, then rocks rearward during the exercise providing a greater range-of-motion
- 360 lb weight stack

## LEG PRESS

RS-1403



- Eleven linear seat adjustments to accommodate varying leg lengths
- Large oval molded foot plate provides multiple foot placement positions for both leg press and calf exercises
- Starts the body in the traditional leg press position, then rocks the upper torso rearward to provide greater activation of the gluteal muscles
- 380 lb weight stack



## INNER THIGH

RS-1406



- Range of motion adjustment accommodates starting position
- Starts the body in a decline position to enhance user comfort by facilitating hip abduction to open the thigh muscles while maintaining proper alignment of the spine
- The forward rocking movement reduces stress on the body by allowing the hips to naturally flex forward, while supporting the low back
- 190 lb weight stack

## OUTER THIGH

**RS-1407**

ADJUSTABLE START ANGLE



- Range of motion adjustment accommodates starting position
- Starts the body in a forward position to enhance user comfort by positioning the hips for optimal exercise movement while maintaining proper alignment of the spine
- The rearward rocking movement reduces low back stress by allowing the hips to naturally tilt backwards and reducing stress to the spine
- 190 lb weight stack

## PRONE LEG CURL

RS-1408



- Starts the body in a more upright angle making it easier to enter and exit the machine
- Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height
- 178 lb weight stack

## GLUTE MASTER

RS-1412

MOLDED FOOT PADS



PADDED ARM RESTS



- Added forearm support and angled-grip handles allow users to engage core muscles throughout the exercise
- Downward rocking movement of the upper torso during the exercise offers an optimal range of exercise motion
- Angled forearm and pivoting knee pad offer constant upper and lower body support to avoid unnatural loading of the spine
- Knee pad adjusts with pivoting movement for accurate exercise positioning. Foot plate adjusts to accommodate varied leg lengths
- 178 lb weight stack



## ROTARY CALF

**RS-1415**

MOLDED FOOT PADS



- Eleven linear seat adjustments to accommodate varying leg lengths
- Designed to emphasize movement through the ankle, promoting a greater range of exercise motion
- Rocking movement intensifies the work load to the calf muscle while reducing undesired stress placed on the feet
- 345 lb weight stack

## SHOULDER PRESS

**RS-1501**



- Designed to place hands in a neutral grip position to reduce potential shoulder impingements
- Starts with the exercise handles positioned in front of the body, then rocks rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the shoulder and reduce lower back arching
- 338 lb weight stack

## LATERAL RAISE

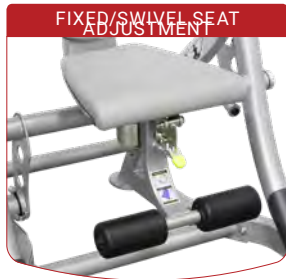
RS-1502



- Rocking forward movement of the torso during the exercise challenges core muscles while engaging an optimal range of deltoid muscle flexion
- Swiveling stabilizer handles to accommodate varying user sizes
- Bi-lateral functionality allows for single-arm exercising
- Adjustable seat for varying user sizes
- 298 lb weight stack

## ABS

### RS-1601



- Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Begins in an upright posture with exercise handles overhead to pre-stretch the abdominal muscles
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyper extension or unnatural loading of the spine
- 345 lb weight stack



## ROTARY TORSO

### RS-1602



- Incorporates ROC-IT technology by offering users an instability option (ROC-IT or LOCK IT™) for muscle engagement
- Starting positions in 40, 60, 80, and 100 degrees from “face forward” offer an optimal range of exercise motion in both directions
- Chest pad adjusts to accommodate varied torso lengths. Stabilizing handles offer upper body support to minimize low back stress
- Ergonomic kneeling pad minimizes low back stress
- 128 lb weight stack

## CHIN/DIP ASSIST

### RS-1700



- Offers 14 exciting exercise variations, 7 with assistance, and 7 without
- Flip 'N Grip™ handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- Rock-climbing handles to develop wrist, arm, and shoulder strength
- Adjustable foot plate to accommodate assisted and unassisted exercise positions
- 380 lb weight stack

# HOIST Custom Artwork

## Shield Wraps and Logo Decals

HOIST Fitness is pleased to offer custom designed shield wraps for ROC-IT Selectorized equipment to brand the units to your facility's unique style.

Artwork will be identical on both sides of the machine unless otherwise instructed. To best assist the designer in creating your custom artwork, please provide frame and upholstery colors for the units being ordered and art direction such as branding guidelines or a website that can be used as a basis for your design. If you would like to have a matching logo decal created with your shield wrap, please specify that when ordering.

### ARTWORK SPECIFICATIONS:

Shield Wraps will be printed using CMYK Color Printers and all provided artwork is requested in this color mode.

Vectorized artwork is the preferred format, be it a logo or graphic, as this can be scaled to any size without loss of quality to the artwork.

**Vector Artwork File Types:** .EPS, .PDF, .AI

All other artwork must be provided at 300 DPI and at the minimum dimensions to fit into the chosen shield size. Active artwork is preferred in order to properly set the artwork to the proper size and angle. Outlined fonts are requested if fonts files are not provided.

**Editable Artwork File Types:** .PSD, .PDF

#### Standard RS-HD Shield:

Width: 22" / 56 cm  
Height: 52" / 132 cm

#### HD-3200 & 3403 Shield:

Width: 22" / 56 cm  
Height: 60" / 152.5 cm

#### RS-1700 Shield:

Width: 22" / 56 cm  
Height: 84" / 213.5 cm

\*If JPG format is provided, artwork must meet sizing indicated above at 300 DPI and have no borders

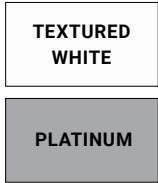


**DISCLAIMER PLEASE READ CAREFULLY:** Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available. Please note that as standard practice we will be placing HOIST logos at the top of the artwork as depicted in the proof.

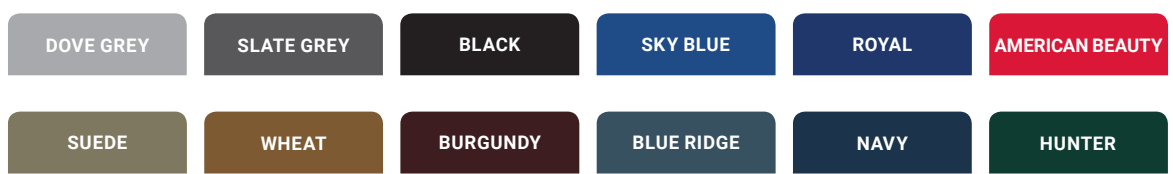


## STANDARD COLORS

### ----- FRAME -----



### ----- UPHOLSTERY -----



Actual frame and upholstery colors may differ from color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-1101	SEATED DIP	60.00" (152 CM)	49.75" (126 CM)	54.75" (140 CM)	616 LBS. (279 KG)	345 LBS. (157 KG)
RS-1102	BICEPS CURL	64.50" (164 CM)	59.00" (150 CM)	58.00" (148 CM)	631 LBS. (286 KG)	345 LBS. (157 KG)
RS-1103	TRICEPS EXTENSION	66.00" (168 CM)	59.00" (150 CM)	54.74" (139 CM)	557 LBS. (253 KG)	178 LBS. (81 KG)
RS-1201	LAT PULLDOWN	65.50" (167 CM)	59.00" (150 CM)	86.00" (218 CM)	728 LBS. (330 KG)	345 LBS. (157 KG)
RS-1203	MID ROW	67.50" (171 CM)	47.75" (121 CM)	54.75" (140 CM)	595 LBS. (270 KG)	345 LBS. (157 KG)
RS-1204	LOW BACK	67.75" (172 CM)	55.50" (141 CM)	54.75" (140 CM)	620 LBS. (281 KG)	345 LBS. (157 KG)
RS-1301	CHEST PRESS	59.50" (151 CM)	60.50" (154 CM)	57.50" (146 CM)	624 LBS. (283 KG)	345 LBS. (157 KG)
RS-1302	PEC FLY	73.50" (187 CM)	64.25" (163 CM)	55.50" (141 CM)	591 LBS. (268 KG)	345 LBS. (157 KG)
RS-1401	LEG EXTENSION	46.00" (117 CM)	53.25" (135 CM)	60.00" (152 CM)	665 LBS. (302 KG)	345 LBS. (157 KG)
RS-1402	LEG CURL	51.75" (131 CM)	53.25" (135 CM)	60.25" (153 CM)	698 LBS. (317 KG)	360 LBS. (164 KG)
RS-1403	LEG PRESS	75.00" (190 CM)	50.50" (128 CM)	55.75" (141 CM)	882 LBS. (400 KG)	380 LBS. (173 KG)
RS-1406	INNER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS. (86 KG)
RS-1407	OUTER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS. (86 KG)
RS-1408	PRONE LEG CURL	54.75" (139 CM)	45.50" (116 CM)	54.75" (140 CM)	511 LBS. (232 KG)	178 LBS. (81 KG)
RS-1412	GLUTE MASTER	52.60" (134 CM)	57.50" (146 CM)	54.75" (140 CM)	580 LBS. (263 KG)	178 LBS. (81 KG)
RS-1415	ROTARY CALF RAISE	71.75" (182 CM)	49.50" (126 CM)	54.75" (140 CM)	736 LBS. (334 KG)	345 LBS. (157 KG)
RS-1501	SHOULDER PRESS	66.75" (170 CM)	53.50" (136 CM)	54.75" (140 CM)	622 LBS. (282 KG)	338 LBS. (153 KG)
RS-1502	LATERAL RAISE	59.00" (150 CM)	47.25" (120 CM)	56.50" (144 CM)	526 LBS. (239 KG)	298 LBS. (135 KG)
RS-1601	ABS	41.00" (104 CM)	63.50" (161 CM)	61.75" (156 CM)	553 LBS. (251 KG)	345 LBS. (157 KG)
RS-1602	ROTARY TORSO	45.50" (116 CM)	42.00" (107 CM)	56.75" (144 CM)	451 LBS. (205 KG)	128 LBS. (58 KG)
RS-1700	CHIN/DIP ASSIST	66.50" (169 CM)	48.00" (122 CM)	100.00" (254 CM)	857 LBS. (389 KG)	380 LBS. (172 KG)





## WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT [HOISTFITNESS.COM](http://HOISTFITNESS.COM) AND CLICK ON THE "SUPPORT" LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- |                              |  |                              |
|------------------------------|--|------------------------------|
| • HOIST®                     | • QUIK-CHANGE®                                   | • RIDE ORIENTED XERCISE®     |
| • ACT NOW®                   | • RADIAL LOC®                                    | • ROC®                       |
| • CABLE-DRIVEN™              | • RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™       | • ROCS®                      |
| • CLUB QUALITY GUARANTEED®   | • RIDE ORIENTED CONDITIONING®                    | • ROX®                       |
| • COMPOSITE MOTION™          | • RIDE ORIENTED CONDITIONING SYSTEM®             | • ROC-IT®                    |
| • DUAL ACTION SMITH®         | • RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™ | • ROC-ABS®                   |
| • EASY GLIDE™                |  | • SILENT STEEL®              |
| • EZ-LOC LATCHING MECHANISM™ |  | • SPLIT WEIGHT CABLING™      |
| • FEEL THE RIDE®             |  | • ULTRA-LITE LIFTING SYSTEM™ |
| • GLUTEMASTER®               |  | • DUAL SERIES™               |
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D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



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