

HOIST RPL ROC-IT PLATE LOADED

SEATED DIP

RPL-5101

FEATURES

- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- Starts the body in a slightly forward lean, then rocks rearward to a stable exercise position
- Naturally mimics the exercise motion of a bar dip
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 72.00" x 52.75" x 52.25" (183 cm x 134 cm x 133 cm)
- Product Weight: 327 lbs (149 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



BICEPS CURL

RPL-5102

FEATURES

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

SPECS

- Product Dimensions (L x W x H): 60.00" x 53.75" x 47.00" (152 cm x 137 cm x 120 cm)
- Product Weight: 362 lbs (165 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



LAT PULLDOWN

RPL-5201

FEATURES

- Self-aligning handles automatically adjust to the user
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slightly 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
- Synchronized / independent diverging exercise motion follows natural rotation of the shoulder
- Adjustable thigh hold-down

SPECS

- Product Dimensions (L x W x H): 76.50" x 52.75" x 85.75" (194 cm x 134 cm x 218 cm)
- Product Weight: 409 lbs (186 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HOIST RPL ROC-IT PLATE LOADED

SEATED MID ROW

RPL-5203

FEATURES

- Self-aligning exercise arms recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Synchronized diverging exercise motion follows the natural movement of the shoulder
- Ratcheting seat adjustments and self-aligning ratcheting chest pad

SPECS

- Product Dimensions (L x W x H): 70.50" x 52.75" x 47.00" (179 cm x 134 cm x 119 cm)
- Product Weight: 372 lbs (169 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



CHEST PRESS

RPL-5301

FEATURES

- Contoured press handles allow multiple grips
- Starts with handles at chest level, then rocks rearward to align handles with the chin, mimicking the natural movement of a bench press
- Designed to reduce stress placed upon shoulder
- Synchronized converging exercise motion replicates exercise the dumbbell press exercise
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 82.50" x 52.75" x 72.00" (209 cm x 134 cm x 183 cm)
- Product Weight: 441 lbs (200 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



INCLINE PRESS

RPL-5303

FEATURES

- Contoured press handles allow multiple grips
- Starts with handles positioned at chest level, then rocks rearward to align handles with chin, mimicking the natural movement of an incline bench press
- Designed to reduce stress placed upon shoulder
- Synchronized converging exercise motion replicates the dumbbell press exercise
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 90.25" x 52.75" x 56.25" (229 cm x 134 cm x 143 cm)
- Product Weight: 428 lbs (194 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HOIST RPL ROC-IT PLATE LOADED

DECLINE PRESS

RPL-5305

FEATURES

- Contoured press handles multiple grips
- Starts with handles positioned at chest level, then rocks rearward to align with chin, mimicking the natural movement of a decline bench press
- Designed to reduce stress placed upon shoulder
- Synchronized converging exercise motion replicates dumbbell press
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 73.00" x 52.75" x 56.25" (185 cm x 134 cm x 143 cm)
- Product Weight: 375 lbs (170 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HACK SQUAT / DEAD LIFT

RPL-5356

FEATURES

HACK SQUAT FEATURES:

- Adjustable back and seat pad help to maintain a neutral spine resulting in less stress on back

DEAD LIFT / SHRUG FEATURES:

- 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 to a stable finished position

GENERAL FEATURES:

- Oversized foot plate allows for multiple foot positions
- Self-aligning rotational hand grips accommodate varying shoulder widths while providing positioning
- Counter-balanced to reduce starting weight

SPECS

- Product Dimensions (L x W x H): 89.50" x 59.00" x 58.75" (227 cm x 150 cm x 149 cm)
- Product Weight: 502 lbs (228 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HOIST RPL ROC-IT PLATE LOADED

SEATED CALF RAISE

RPL-5363

FEATURES

- Lock-out automatically releases at start of exercise
- Adjustable, self-aligning thigh pad to accommodate varying leg lengths

SPECS

- Product Dimensions (L x W x H): 62.50" x 30.25" x 40.25" (159 cm x 77 cm x 103 cm)
- Product Weight: 132 lbs (60 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



DUAL ACTION LEG PRESS

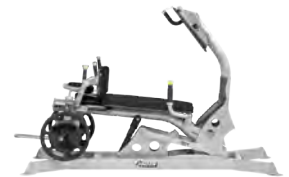
RPL-5403

FEATURES

- Head and shoulder support adjust to accommodate varying body sizes
- Easy-to-access lockout mechanism automatically disengages at start of exercise
- Oversized foot plate provides multiple foot placements for leg press and calf exercises

SPECS

- Product Dimensions (L x W x H): 97.00" x 50.25" x 61.50" (247 cm x 128 cm x 157 cm)
- Product Weight: 539 lbs (245 kg)
- Maximum Exercise Weight Capacity: 1,300 lbs (590 kg)



STANDING CALF RAISE

RPL-5405

FEATURES

- Angled foot plate rotates to on ankle and calf muscles while reducing excess stress to the ball of the foot
- Adjustable shoulder support pads self-align to accommodate the user
- Counter-balanced to reduce starting weight

SPECS

- Product Dimensions (L x W x H): 58.00" x 52.50" x 82.75" (147 cm x 133 cm x 210 cm)
- Product Weight: 321 lbs (146 kg)
- Maximum Weight Storage: 720 lbs (327 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HOIST RPL ROC-IT PLATE LOADED

SHOULDER PRESS

RPL-5501

FEATURES

- Starts with exercise handles positioned in front of body, then rocks rearward positioning handles over head to mimic natural movement of shoulder press
- Synchronized converging exercise motion replicates dumbbell press exercise
- Contoured handles provide multiple grip positions
- Counter-balanced to reduce starting weight
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 81.75" x 52.75" x 55.25" (208 cm x 134 cm x 141 cm)
- Product Weight: 396 lbs (180 kg)
- Maximum Weight Storage: 360 lbs (163 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



ABS

RPL-5601

FEATURES

- Seat pad can be locked in place or unlocked for pivoting movement and multiple exercise options
- Starts the body in an upright position with exercise handles overhead for pre-stretch
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- Avoids excessive hip flexion unlike traditional abdominal machines

SPECS

- Product Dimensions (L x W x H): 42.75" x 41.50" x 62.50" (109 cm x 106 cm x 159 cm)
- Product Weight: 195 lbs (89 kg)
- Maximum Weight Storage: 180 lbs (82 kg)
- Maximum Exercise Weight Capacity: 800 lbs (363 kg)



HOIST RS ROC-IT SELECTORIZED

SEATED DIP

RS-1101

FEATURES

- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Pivoting exercise handles provide proper positioning and reduce excessive shoulder stress
- Naturally mimics the exercise motion of a dip
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 60.00" x 49.75" x 54.75" (152 cm x 126 cm x 140 cm)
- Product Weight: 616 lbs (279 kg)
- Weight Stack: 345 lbs (157 kg)



BICEPS CURL

RS-1102

FEATURES

- Exercise movement automatically adjusts to accommodate varying arm lengths
- Swiveling pulleys allow for 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 natural movement of a standing barbell/dumbbell curl

SPECS

- Product Dimensions (L x W x H): 64.50" x 59.00" x 58.00" (164 cm x 150 cm x 148 cm)
- Product Weight: 631 lbs (286 kg)
- Weight Stack: 345 lbs (157 kg)



TRICEPS EXTENSION

RS-1103

FEATURES

- Contoured handles allow multiple grip positions
- Adjustable seat for varying user heights
- Articulating arms allow for a variety of exercises
- Effectively exercises all 3 heads of the triceps
- Foot assist bar brings exercise arms within closer reach for an easier starting position

SPECS

- Product Dimensions (L x W x H): 66.00" x 59.00" x 54.75" (168 cm x 150 cm x 139 cm)
- Product Weight: 557 lbs (253 kg)
- Weight Stack: 178 lbs (81 kg)



HOIST RS ROC-IT SELECTORIZED

LAT PULLDOWN

RS-1201

FEATURES

- Self-aligning handles automatically adjust to user to accommodate varying body sizes and arm lengths
- Multiple grip positions
- 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
- Patented counter-balanced exercise arm
- Adjustable thigh pad

SPECS

- Product Dimensions (L x W x H): 65.50" x 59.00" x 86.00" (167 cm x 150 cm x 218 cm)
- Product Weight: 728 lbs (330 kg)
- Weight Stack: 345 lbs (157 kg)



SEATED MID ROW

RS-1203

FEATURES

- Self-aligning arm allows the user to pull handles into a low row to recruit more 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
- No adjustments necessary

SPECS

- Product Dimensions (L x W x H): 67.50" x 47.75" x 54.75" (171 cm x 121 cm x 140 cm)
- Product Weight: 595 lbs (270 kg)
- Weight Stack: 345 lbs (157 kg)



LOW BACK

RS-1204

FEATURES

- Starts the body in a forward lean with knees bent, then rocks rearward to maintain proper alignment between hips and low back
- Swivel back pad is designed provide optimal support to the hips and spine
- Adjustable foot rests and self-aligning start position to accommodate varying user sizes

SPECS

- Product Dimensions (L x W x H): 67.75" x 55.50" x 54.75" (172 cm x 141 cm x 140 cm)
- Product Weight: 620 lbs (281 kg)
- Weight Stack: 345 lbs (157 kg)



HOIST RS ROC-IT SELECTORIZED

CHEST PRESS

RS-1301

FEATURES

- Contoured handles allow multiple grip positions
- Ratcheting seat adjustments
- Foot assist bar allows for optimal pre-stretch
- Starts with handles positioned at chest level, then rocks rearward, mimicking natural movement of a bench press
- Designed to reduce the stress placed upon the anterior shoulder capsule

SPECS

- Product Dimensions (L x W x H): 59.50" x 60.50" x 57.50" (151 cm x 154 cm x 146 cm)
- Product Weight: 624 lbs (283 kg)
- Weight Stack: 345 lbs (157 kg)



PEC FLY

RS-1302

FEATURES

- Exercise arms have dual pivots for a user defined exercise paths
- Swiveling handles self-align to user's wrist
- Starts with handles positioned at upper-chest level, then rocks rearward to engage chest muscles
- Designed to reduce the stress placed upon the anterior shoulder capsule
- Ratcheting seat adjustments

SPECS

- Product Dimensions (L x W x H): 73.50" x 64.25" x 55.50" (187 cm x 163 cm x 141 cm)
- Product Weight: 591 lbs (268 kg)
- Weight Stack: 345 lbs (157 kg)



LEG EXTENSION

RS-1401

FEATURES

- Easy-to-use, gas shock assisted adjustable back pad
- Self-aligning starting position
- Self-aligning roller pad automatically adjust to reduce stress on ankle joints
- Starts the body in upright posture, then rocks rearward providing a greater range-of-motion

SPECS

- Product Dimensions (L x W x H): 46.00" x 53.25" x 54.75" (117 cm x 135 cm x 139 cm)
- Product Weight: 665 lbs (302 kg)
- Weight Stack: 345 lbs (157 kg)



HOIST RS ROC-IT SELECTORIZED

LEG CURL

RS-1402

FEATURES

- Easy-to-use, gas shock assisted adjustable back pad
- Self-aligning starting position
- Self-aligning roller pad automatically adjusts to reduce stress on ankle joints
- Adjustable shin pad reduces stress on the knee joints
- Starts body in upright posture, then rocks rearward providing a greater range-of-motion
- Rocking movement lowers hips to prevent forward travel of the body unlike traditional machines

SPECS

- Product Dimensions (L x W x H): 46.00" x 53.25" x 54.75" (131 cm x 135 cm x 139 cm)
- Product Weight: 698 lbs (317 kg)
- Weight Stack: 360 lbs (164 kg)



LEG PRESS

RS-1403

FEATURES

- Eleven linear seat adjustments
- Large oval foot plate allows for both leg press and calf exercises
- Starts in traditional leg press position, then rocks rearward for greater gluteal muscle activation
- Step-through design and self-aligning starting position

SPECS

- Product Dimensions (L x W x H): 75.00" x 50.50" x 55.75" (190 cm x 128 cm x 141 cm)
- Product Weight: 882 lbs (400 kg)
- Weight Stack: 380 lbs (173 kg)
- Can Accomodate User Hights Between: 4.4" - 6.5" (11 cm - 16.5 cm)



INNER THIGH

RS-1406

FEATURES

- Range of motion adjustment accommodates starting position
- Starts body in a decline position to enhance user comfort, then rocks forward reducing stress on lower back

SPECS

- Product Dimensions (L x W x H): 68.25" x 37.50" x 56.50" (173 cm x 95 cm x 144 cm)
- Product Weight: 631 lbs (286 kg)
- Weight Stack: 190 lbs (86 kg)



HOIST RS ROC-IT SELECTORIZED

OUTER THIGH

RS-1407

FEATURES

- Range of motion adjustment accommodates starting position
- Starts body in a forward position to enhance user comfort, then rocks rearward reducing stress on lower back

SPECS

- Product Dimensions (L x W x H): 68.25" x 37.50" x 56.50" (173 cm x 95 cm x 144 cm)
- Product Weight: 631 lbs (286 kg)
- Weight Stack: 190 lbs (86 kg)



PRONE LEG CURL

RS-1408

FEATURES

- Starts body in upright angle making it easier to enter and exit
- Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- Self-aligning roller for reduced stress on the knees and ankles

SPECS

- Product Dimensions (L x W x H): 54.75" x 45.50" x 54.75" (139 cm x 116 cm x 140 cm)
- Product Weight: 511 lbs (232 kg)
- Weight Stack: 178 lbs (81 kg)



GLUTE MASTER®

RS-1412

FEATURES

- Knee pad adjusts with pivoting movement for left and right exercise positioning
- Foot plate adjusts to accommodate varied leg lengths
- Added forearm support and angled-grip handles allow users to engage core muscles throughout the exercise
- Rocking downward movement of upper torso exercise offers an optimal range of motion and avoids unnatural spine and neck arching

SPECS

- Product Dimensions (L x W x H): 52.60" x 62.00" x 54.75" (134 cm x 158 cm x 140 cm)
- Product Weight: 580 lbs (263 kg)
- Weight Stack: 178 lbs (81 kg)



HOIST RS ROC-IT SELECTORIZED

ROTARY CALF

RS-1415

FEATURES

- Eleven linear seat adjustments to accommodate varying leg lengths
- Designed to focus movement through the ankle, promoting a greater range of exercise motion
- Rocking movement intensifies the work load to the calf muscle

SPECS

- Product Dimensions (L x W x H): 71.75" x 49.50" x 54.75" (182 cm x 126 cm x 140 cm)
- Product Weight: 736 lbs (334 kg)
- Weight Stack: 345 lbs (157 kg)



SHOULDER PRESS

RS-1501

FEATURES

- Neutral grip position reduces potential shoulder impingements
- Starts exercise handles in front of the body, then rocks rearward positioning handles overhead to mimic the natural movement of a shoulder press
- Ratcheting seat adjustment

SPECS

- Product Dimensions (L x W x H): 66.75" x 53.50" x 54.75" (170 cm x 136 cm x 140 cm)
- Product Weight: 622 lbs (282 kg)
- Weight Stack: 338 lbs (153 kg)



LATERAL RAISE

RS-1502

FEATURES

- Swiveling stabilizer handles to accommodate varying user sizes
- Forward rocking movement of the torso challenges core muscles while engaging deltoid muscle flexion
- Bi-lateral functionality allows for single-arm exercises
- Adjustable seat for varying user sizes

SPECS

- Product Dimensions (L x W x H): 59.00" x 47.25" x 56.50" (150 cm x 120 cm x 144 cm)
- Product Weight: 526 lbs (239 kg)
- Weight Stack: 298 lbs (135 kg)



HOIST RS ROC-IT SELECTORIZED

ABS

RS-1601

FEATURES

- Seat pad can be locked in place or unlocked for pivoting movement and multiple exercise options
- Starts body in upright posture with exercise handles overhead to pre-stretch the abdominal muscles
- Rocking movement lowers the hips to increase involvement of abdominal muscles
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- Self-aligning starting position

SPECS

- Product Dimensions (L x W x H): 41.00" x 63.50" x 64.50" (104 cm x 161 cm x 164 cm)
- Product Weight: 553 lbs (251 kg)
- Weight Stack: 345 lbs (157 kg)



ROTARY TORSO

RS-1602

FEATURES

- Starting positions in 40, 60, 80, and 100 degrees angles offer a range of exercise motions
- 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

SPECS

- Product Dimensions (L x W x H): 45.50" x 42.00" x 56.75" (116 cm x 107 cm x 144 cm)
- Product Weight: 451 lbs (205 kg)
- Weight Stack: 128 lbs (58 kg)



CHIN DIP ASSIST

RS-1700

FEATURES

- Offers 14 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 grips develop wrist, arm, and shoulder strength
- Foot plate adjusts to accommodate assisted and unassisted exercise positions

SPECS

- Product Dimensions (L x W x H): 66.50" x 48.00" x 100.00" (169 cm x 122 cm x 254 cm)
- Product Weight: 857 lbs (389 kg)
- Weight Stack: 380 lbs (172 kg)



HOIST CL

CLUB LINE



CL-3102 Preacher Curl

(L x W x H): 49.75" x 43.50" x 48.50",
Weight: 481 lbs, Weight Stack: 200 lbs



CL-3103 Triceps Press

(L x W x H): 47.50" x 40.75" x 48.50",
Weight: 502 lbs, Weight Stack: 200 lbs



CL-3301 Chest Press

(L x W x H): 51.50" x 51.75" x 50.00",
Weight: 613 lbs, Weight Stack: 300 lbs



CL-3201 Lat Pulldown

(L x W x H): 54.50" x 55.50" x 81.00",
Weight: 692 lbs, Weight Stack: 300 lbs



HOIST CL CLUB LINE



CL-3401 Leg Extension

(L x W x H): 49.75" x 41.50" x 48.50",
Weight: 626 lbs, Weight Stack: 3z00 lbs



CL-3402 Leg Curl

(L x W x H): 58.50" x 41.50" x 48.50",
Weight: 629 lbs, Weight Stack: 300 lbs



CL-3501 Shoulder Press

(L x W x H): 50.75" x 55.00" x
50.00",
Weight: 568 lbs, Weight Stack:
200 lbs



CL-3403 Leg Press

(L x W x H): 63.00" x
44.25" x 48.50",
Weight: 782 lbs, Weight
Stack: 300 lbs

**CL-3403 Leg Press
(HS)**

(L x W x H): 63.00" x
44.25" x 48.50",
Weight: 882 lbs, Weight
Stack: 400 lbs





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)

HACK SQUAT

CF-3356



SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
85" x 61" x 52" (216 cm x 155 cm x 140 cm)
- ◆ **PRODUCT WEIGHT**
489 lbs (222 kg)
- ◆ **STARTING WEIGHT (UNLOADED)**
88 lbs (40 kg)
- ◆ **MAXIMUM WORKOUT WEIGHT**
630 lbs (286 kg)
- ◆ **MAXIMUM WEIGHT STORAGE CAPACITY**
720 lbs (327 kg)

FEATURES

- ◆ Space saving 42 degree design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides of the machine
- ◆ Intuitive, easy-to-use lockout system with dual handles for safety
- ◆ Fully enclosed linear bearings for smooth, quiet motion
- ◆ High Impact Polypropylene covered weight racks to protect frame and reduce noise
- ◆ Integrated weight storage

POWER SQUAT

CF-3359



SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
65.2" x 64.5" x 63.3" (166 cm x 164 cm x 161 cm)
- ◆ **PRODUCT WEIGHT**
340 lbs (154 kg)
- ◆ **STARTING WEIGHT (UNLOADED)**
67 lbs (30 kg)
- ◆ **MAXIMUM WORKOUT WEIGHT**
630 lbs (286 kg)
- ◆ **MAXIMUM WEIGHT STORAGE CAPACITY**
720 lbs (327 kg)

FEATURES

- ◆ Ergonomically correct pad and footplate positions accommodate a wide range of users
- ◆ Space saving upright design for a minimum footprint
- ◆ Pegs for adding resistance bands on both sides
- ◆ Intuitive, easy-to-use lockout system for safety
- ◆ Sealed ball-bearing pivot for smooth and quiet motion
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise
- ◆ Integrated weight storage

GLUTE THRUST

CF-3416



SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
66.5" x 55.3" x 37.6" (169 cm x 141 cm x 95.5 cm)
- ◆ **PRODUCT WEIGHT**
308 lbs (140 kg)
- ◆ **STARTING WEIGHT (UNLOADED)**
45 lbs (20 kg)
- ◆ **MAXIMUM WORKOUT WEIGHT**
225 lbs (102 kg)
equal to 340 lbs at bar pad (154 kg)
- ◆ **MAXIMUM WEIGHT STORAGE CAPACITY**
275 lbs (125 kg)

FEATURES

- ◆ The patented, 4-Bar support system keeps the knees bent, limiting the engagement of the quadriceps to focus on the glutes
- ◆ Oversized, adjustable pad ensures a comfortable and secure user experience
- ◆ Sealed ball-bearing pivots for a smooth and quiet motion
- ◆ Integrated weight storage
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise



HALF RACK CF-3365

RACK



NON REMOVABLE COUNTERBALANCED PATENT PENDING SAFETY ARMS GLIDE UP AND DOWN WITH ONE HAND



NON REMOVABLE EASILY ADJUSTABLE PATENT PENDING J-HOOKS GLIDE UP AND DOWN WITH ONE HAND



Introducing the Hoist Fitness CF-3365 Half Rack - your perfect fitness companion. With non-removable, easily adjustable patent pending rack outs and counterbalanced patent pending safety tiers, it enhances your confidence and safety during workouts while also protecting your floor from damage. TPU-covered Rack Outs protect your barbell, while UHMW shielding on the safety tiers reduces friction and extends equipment lifespan.



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COMMERCIAL FREEWEIGHT CF



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)



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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)



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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)



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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)



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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)



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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)



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HD DUAL SERIES

2022 BROCHURE

HOIST[®]
FITNESS

DUAL SERIES[®]

FEATURES

From the creators of the original Dual Series comes the expanded 3rd 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



CONVENIENT
STEP-UP ASSIST

*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



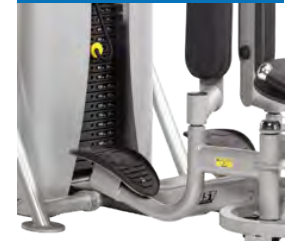
OUTER THIGH



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

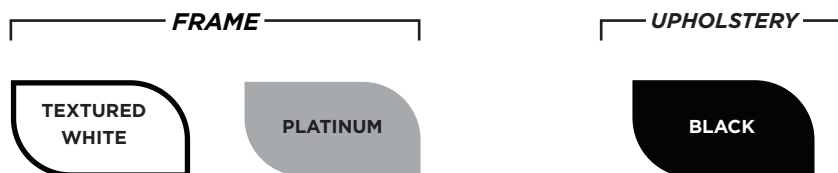
WRAPS & LOGO DECALS

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)



WARRANTY POLICY

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

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

TRADEMARKS AND PATENTS

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

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

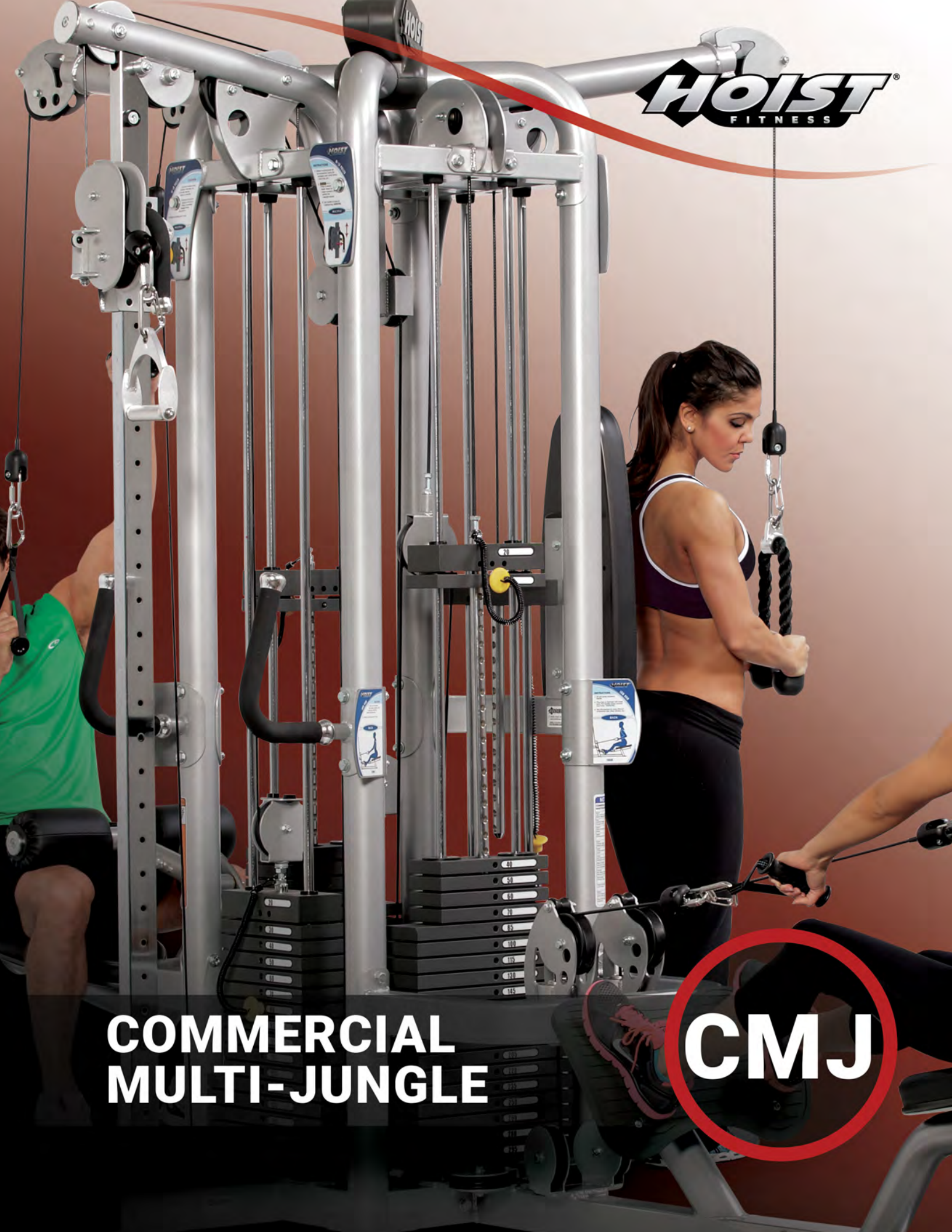
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† Other Patents Pending

HOIST
FITNESS

**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

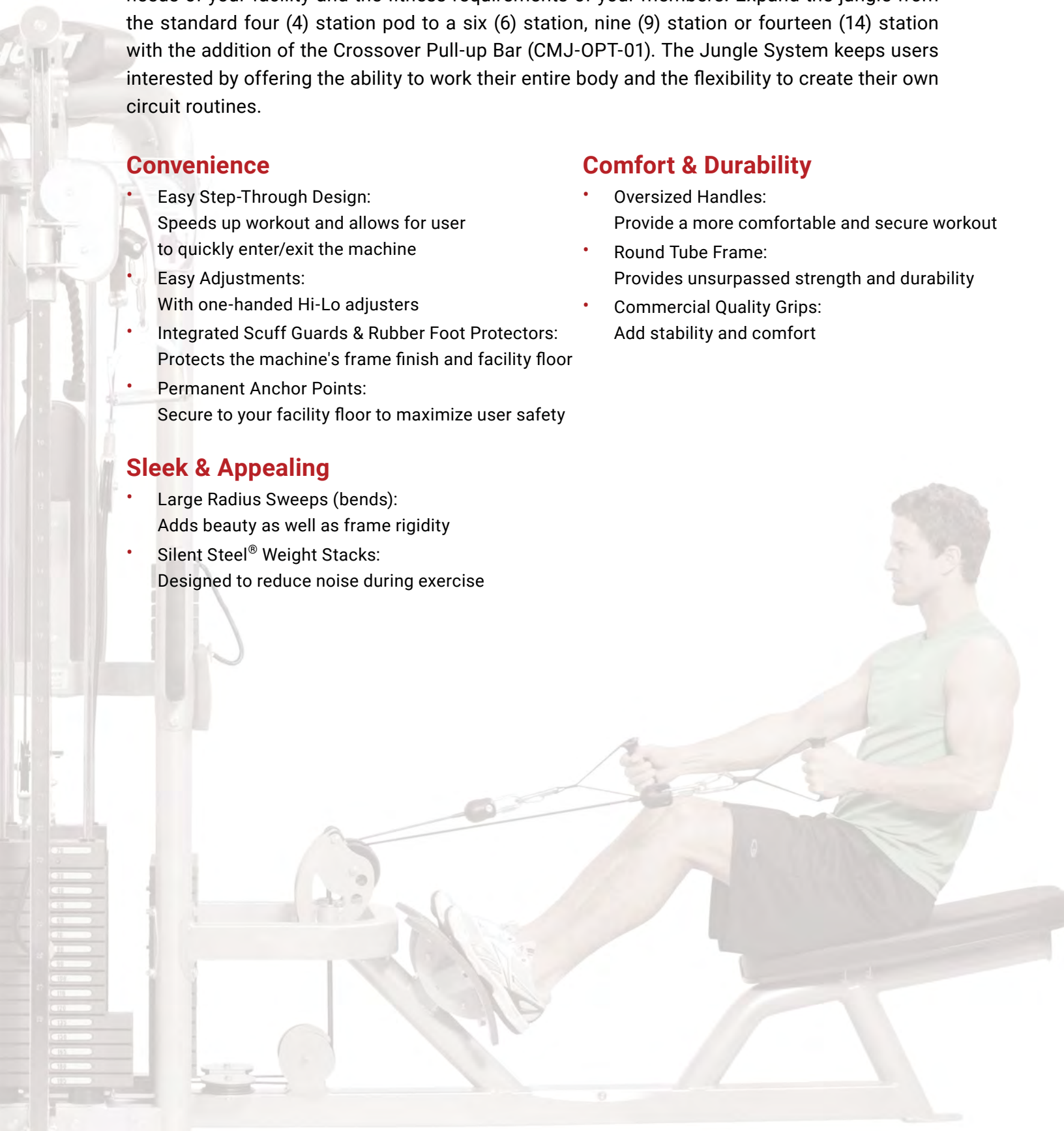
- **Easy Step-Through Design:**
Speeds up workout and allows for user to quickly enter/exit the machine
- **Easy Adjustments:**
With one-handed Hi-Lo adjusters
- **Integrated Scuff Guards & Rubber Foot Protectors:**
Protects the machine's frame finish and facility floor
- **Permanent Anchor Points:**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

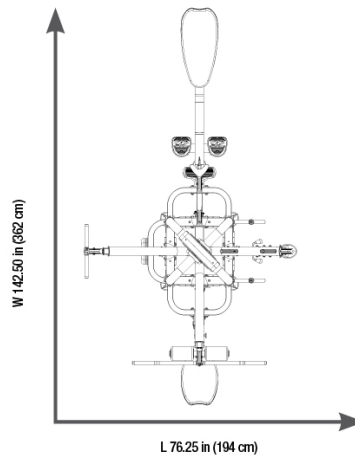
- **Oversized Handles:**
Provide a more comfortable and secure workout
- **Round Tube Frame:**
Provides unsurpassed strength and durability
- **Commercial Quality Grips:**
Add stability and comfort



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

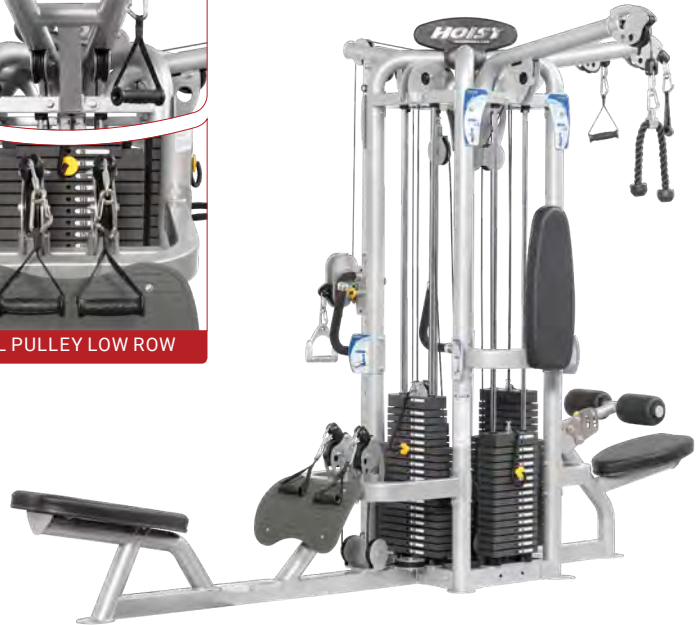
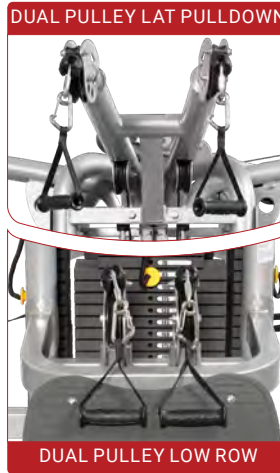
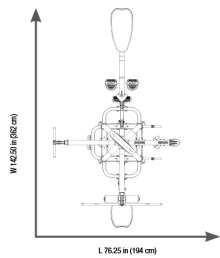


4-STATION

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)

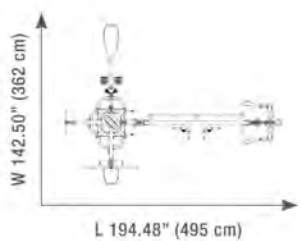


6-STATION

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

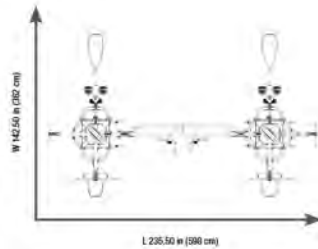
9-STATION

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)

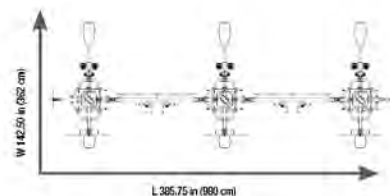
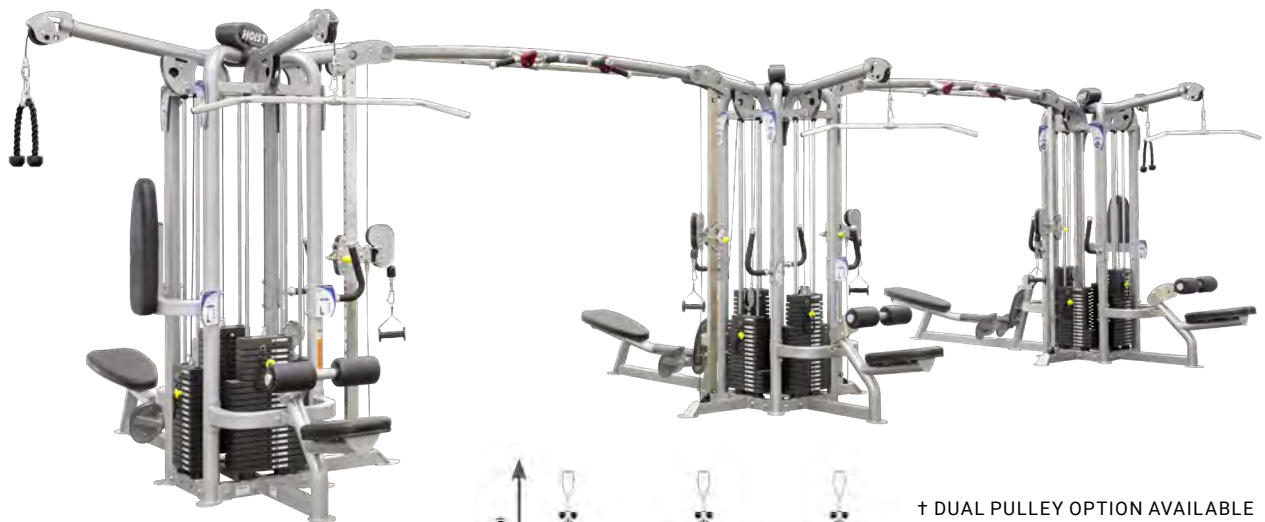


14-STATION

TRI POD
CMJ-6000-3

INCLUDES THE FOLLOWING:

- 3 CMJ-CAGE Base Cages
- 2 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



† DUAL PULLEY OPTION AVAILABLE

* 170 LB. WEIGHT STACK

** 195 LB. WEIGHT STACK

*** 295 LB. WEIGHT STACK

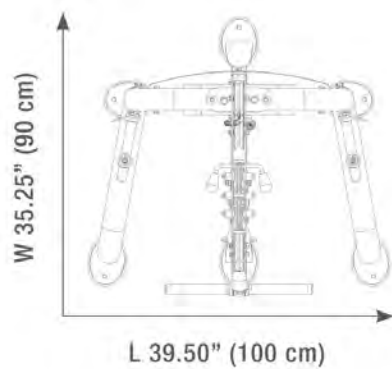
HI-LO PULLEY

STAND ALONE

CMS-6175*

INCLUDES THE FOLLOWING:

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



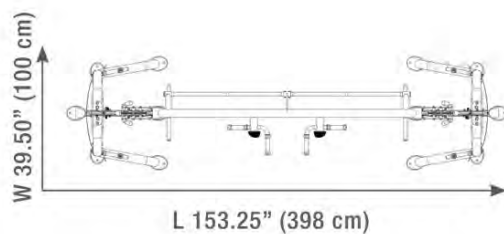
CROSSOVER

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	UPHOLSTERY					
TEXTURED WHITE	DOVE GREY	SLATE GREY	BLACK	SKY BLUE	ROYAL	AMERICAN BEAUTY
PLATINUM	SUEDE	WHEAT	BURGUNDY	BLUE RIDGE	NAVY	HUNTER

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 AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

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

TRADEMARKS AND PATENTS


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

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

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

† Other Patents Pending



 GSA Contract # 47QSM19D08PY
Mario Lopez 800.548.5438 x124

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HOIST
FITNESS



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

MC/S

MOTIONCAGE® FEATURES

The MotionCage® by HOIST® Fitness offers a series of functional training system exercise stations that can be configured in several ways to best suit any facility's layout and its members' fitness needs. MotionCage (MC) and MotionCage Studio (MCS) configurations can include a Squat Rack, Renegade Station, Dual Hi-Lo Pulleys, 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

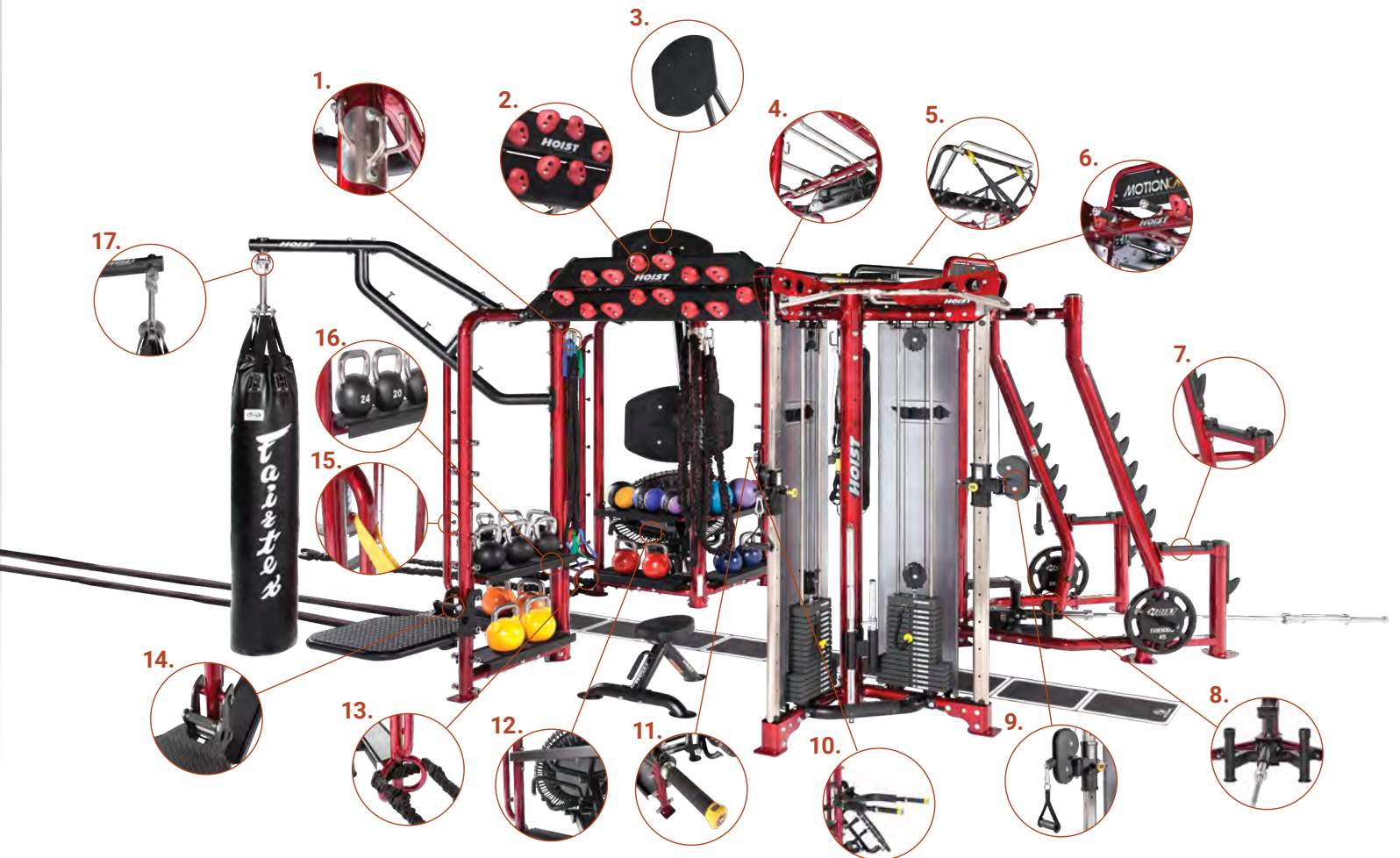
- **Large Radius Bends**
Add beauty as well as frame rigidity
- **Silent Steel® Weight Stacks**
Designed to reduce noise during exercise
- **Customizable Frame Color**
Personalize your equipment to better fit the look of your facility at an additional charge



Check out the HOIST MotionCage in action!
(Visit hoistfitness.com/scan 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

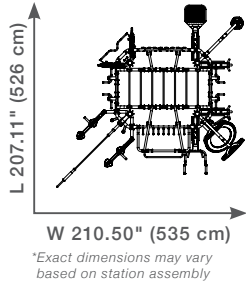
The MotionCage (MC) series offers a wide range of customization and is built on a large, rigid frame that allows for several gym-goers to exercise simultaneously. The full MotionCage(MC) series features a large walk-through center frame that allows for many gym-goers or trainers to use the MotionCage 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:

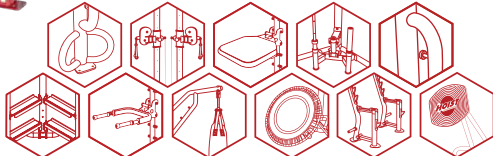
-  **5-Grip Chin-Up Station**
(Option of Standard 93.14" or Tall 105.55" Stations)
-  **Dual Hi-Lo Station**
-  **Renegade Station**
-  **Accessory Shelves**
-  **Heavy Bag**
-  **Squat Rack**
-  **Battle Rope Loops**
-  **Jump Platform**
-  **Straps & Bands**
-  **Dip Station**
-  **Rebound Station**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

MOTIONCAGE PACKAGE 05

MC-7005

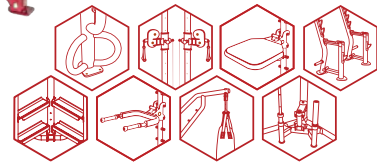
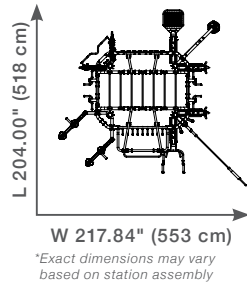


[Olympic Bar shown NOT included]



MOTIONCAGE PACKAGE 04

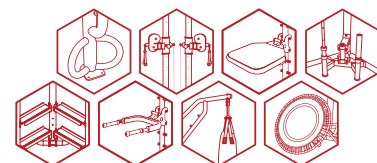
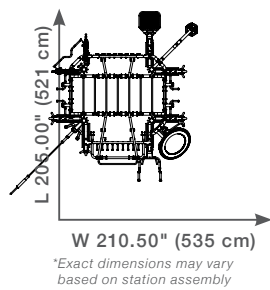
MC-7004



[Olympic Bar shown NOT included]

MOTIONCAGE PACKAGE 03

MC-7003



[Olympic Bar shown NOT included]

MOTIONCAGE PACKAGE 02

MC-7002



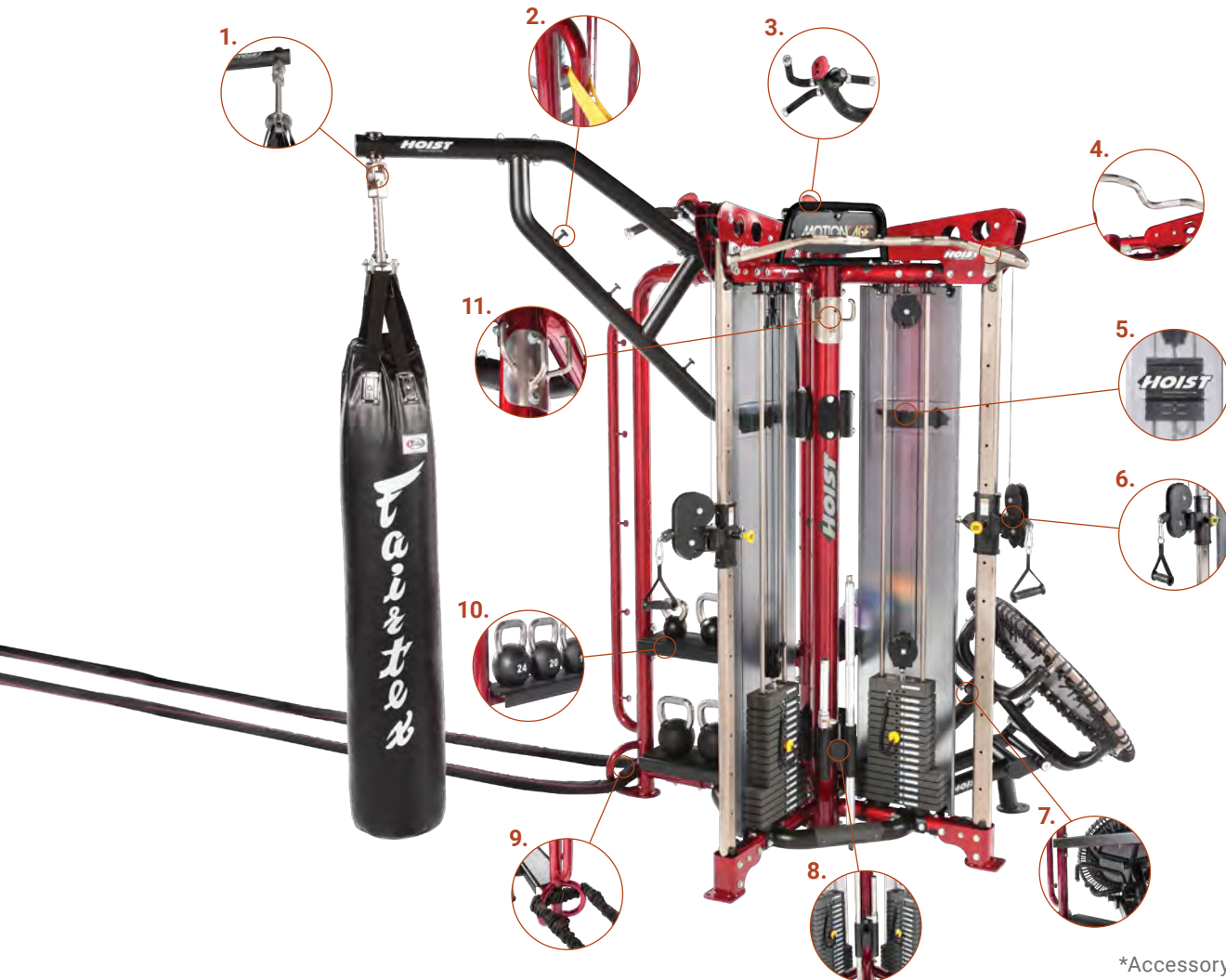
MOTIONCAGE PACKAGE 01

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

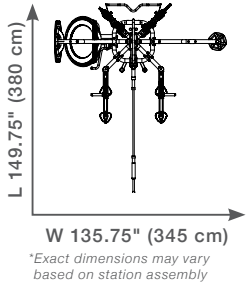
The [MCS] series MotionCage Studio is designed to be a space saver compared to its bigger brother. The MotionCage Studio can be configured using many of the same stations as the larger MotionCage while offering a much smaller footprint.

Available Exercise Station Options:

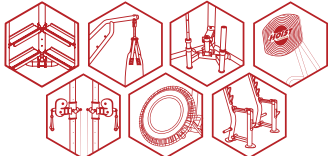
-  **5-Grip Chin-Up Station**
(Option of Standard 93.14" or Tall 105.55" Stations)
-  **Dual Hi-Lo Station**
-  **Renegade Station**
-  **Accessory Shelves**
-  **Heavy Bag**
-  **Single Hi-Lo Station**
-  **Battle Rope Loops**
-  **Jump Platform**
-  **Squat Rack**
-  **Dip Station**
-  **Rebound Station**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

MOTIONCAGE STUDIO PACKAGE 05

MCS-8005

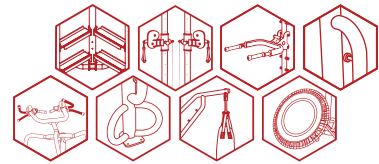
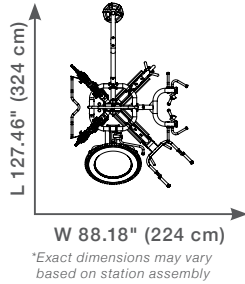


[Olympic Bar shown NOT included]
[Shelving NOT available with this configuration]



MOTIONCAGE PACKAGE 04

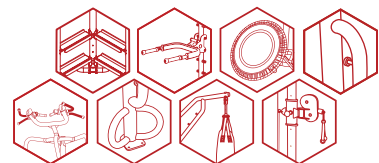
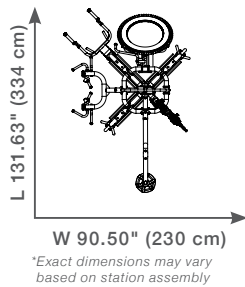
MCS-8004



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

MOTIONCAGE PACKAGE 03

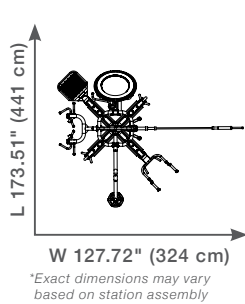
MCS-8003



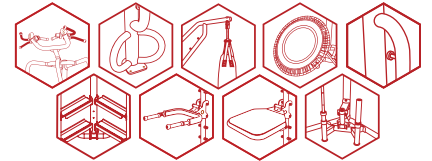
[Available with either the Dip Station (Standard) or Jump Platform (Upon Request)]

MOTIONCAGE STUDIO PACKAGE 02

MCS-8002

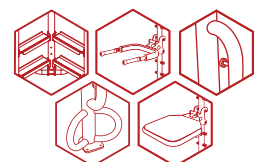
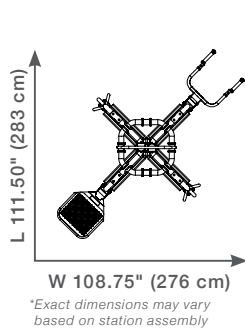


[Olympic Bar shown NOT included]



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)



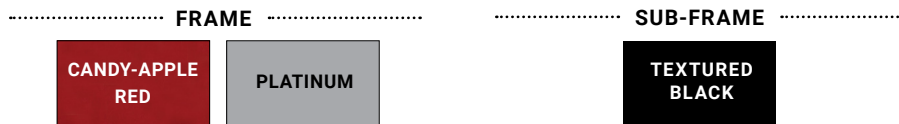
OPTIONAL HI-LO CABLES
2:1 WEIGHT RATIO
(94" CABLE TRAVEL DISTANCE)



UTILITY STOOL
CF-3950



STANDARD COLORS



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

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

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

TRADEMARKS AND PATENTS

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

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

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

† Other Patents Pending



GSA Contract # 47QSM19D08PY
Mario Lopez 800.548.5438 x124

1 [800] 548-LIFT | HOISTFITNESS.COM

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HOIST® LeMOND® SERIES ELITE CYCLE BIKE



The HOIST® LeMOND® Series Elite cycle bike offers a set of sophisticated upgrades built to maximize comfort and withstand the rigors of the club environment. There's no questioning why we named this our Elite bike with a rear fly wheel design, maintenance free magnetic resistance system and various technology upgrades including wattage readout.

FEATURES

- **Magnetic resistance** provides smooth frictionless resistance
- **Built-in LCD** computer monitor with 13 output settings including power (watts), time, distance, calories, cadence (RPM), heart rate*, level, max cadence, max power, max heart rate *When paired with heart rate strap (not included)
- A **built-in generator** powers the computer console eliminating the constant need to replace batteries
- **Rear flywheel** design protects from sweat and corrosion
- **One-of-a-kind CaloriePUMP™** to track calories with every pedal stroke
- **Poly-V Belt** for a smooth and quiet ride. Our belt never needs to be replaced or oiled
- **Built-in Bluetooth LE** connectivity
- **Free HOIST Bikes app** to track and compare your workouts
- **Universal seat and handlebar** fore / aft and vertical adjustments
- Easy-to-adjust **indexing lever** with 20 resistance levels
- Equipped with **dual-sided pedals** featuring both SPD clips and pedal cages
- Heavy duty **spline crank** for extra durability
- Frame designed with **protective covers** repels sweat and prevents cleat scratching on the frame
- Interchangeable **performance seat**
- Pre and post workout **stretch plate**
- Ergonomically designed handle bar integrated with **dual bottle holder**
- Secure **seat and handle bar lock** keeps the user from sliding the seat or handle bar completely off the bike
- **Tilt-and-push wheel system** allows the bike to be easily moved around



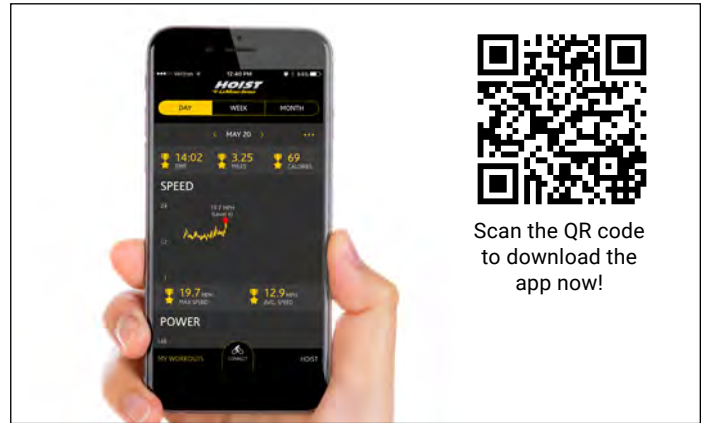


The HOIST® LeMond® Series Elite cycle bike not only features an appealing and low maintenance design, it also offers engaging tools to keep users motivated. Members can download the new HOIST Bikes app (free for both Apple and Android devices) to log and track their fitness progress. Workout results no longer have to disappear when the screen resets after your workout. Simply sync your device via the bike's Bluetooth connectivity and the app will alert you of new personal records, provide weekly and monthly totals, compare week-over-week and month-over-month results and even share results to social media.



PRE AND POST WORKOUT STRETCH PLATES

It's easy to get warmed up on the Elite Bike with built-in pre and post workout stretch plates that allow users to have an upper hand on the competition.



Scan the QR code to download the app now!

FREE HOIST BIKES APP

The FREE HOIST Bikes app allows users to seamlessly store, track and compare work outs. Simply sync the bike to the app via the built-in Bluetooth LE connection, begin your workout and revisit the app once you have completed to check your records and compare to previous workouts and even share on social media.



BUILT-IN CONSOLE WITH CALORIEPUMP™

In addition to 13 output settings, the Elite's built-in console features a one-of-a-kind CaloriePUMP™ that allows users to watch their calorie burn increase with each pedal stroke.

Download the HOIST® Bikes app and connect via Bluetooth LE to record all your workout data





PRODUCT NAME	LENGTH	WIDTH	HEIGHT	PROD. WEIGHT	MAX USER WT	USER HEIGHT RANGE
L-15900 ELITE CYCLE BIKE	65.5" (166.37 cm)	23.78" (60.40 cm)	54.75" (139.07 cm)	116 lb (52.62 kg)	350 lb (159 kg)	58" (147 cm) - 78" (198 cm)
L-15300-A REVMaster PRO	42" (106.68 cm)	23" (58.42 cm)	46" (116.84 cm)	143 lb (64.86 kg)	300 lb (136 kg)	58" (147 cm) - 78" (198 cm)
L-15700-A REVMaster SPORT	45" (114.30 cm)	23" (58.42 cm)	45" (114.30 cm)	112 lb (50.80 kg)	300 lb (136 kg)	58" (147 cm) - 78" (198 cm)
L-80900 RT RECUMBENT TRAINER	60" (152.40 cm)	26" (66.04 cm)	50" (127.00 cm)	201 lb (91.17 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-81100 UT UPRIGHT TRAINER	50" (127 cm)	26" (66.04 cm)	67" (170.18 cm)	135 lb (61.23 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-90900 RC RECUMBENT COMMERCIAL	58.3" (148.10 cm)	28.6" (72.64 cm)	48" (121.92 cm)	209 lb (94.80 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-91100 UC UPRIGHT COMMERCIAL	49" (124.46 cm)	26" (66.04 cm)	64" (162.56 cm)	209 lb (94.80 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)

HOIST[®] LEMOND SERIES REVMAS[™]TER PRO



The RevMaster Pro exercise bike, designed in partner with three-time Tour de France champion Greg LeMond, offers a set of sophisticated upgrades built to maximize comfort and withstand the rigors of the club environment. For HOIST[®], one of our paramount goals is developing bikes that provide the appropriate fit for a broad range of riders.

FEATURES

- **Kevlar Belt:** A Kevlar belt instead of a chain. The result is a smooth and QUIET ride. Our belt never needs to be replaced or oiled.
- **Secure Seat Lock:** Bottom seat post lock keeps users from sliding seat post completely off the bike for added safety and security.
- **Quality Design:** The RevMaster frame is made using a 17 step manufacturing process for quality and durability. (The steel main frame undergoes a rust inhibitor process).
- **Frame:** Patented next generation X-Frame is more stable and allows for fast, easy access to all seat, handlebar & height adjustments. This creates a comfortable, high performance custom fit for all users!
- **Cam Handles:** Comfortable and easy to use; offer quicker adjustments without the hassle of pop-pins and threaded handles.
- **More Adjustment Ranges:** Micro adjustments allow for a better fit with more comfort.
- **Improved Corrosion Resistance:** Aluminum components.
- **Fender With Integrated Brake Assembly:** Provides improved braking and doubles as a moisture guard.
- **Brake and Resistance:** Designed for ease of use, the resistance knob easily adjusts. Just turn the knob to adjust (increase or decrease) the intensity of your workout. By simply pressing down on the same knob, the braking system activates quickly and safely. Micro turn adjustment allows for smooth, safe transitions to higher intensity levels.
- **Custom Cranks:** Strong BMX custom cranks & bottom bracket designed to withstand greater force loads than conventional bikes.
- **Easy to Switch Seat Options:** Post will accommodate personal preferences.
- **Pedals:** Equipped with dual-sided pedals featuring both SPD clips and toe clip cages.



Unlike any other group cycling bike, the RevMaster Pro allows four-way adjustability of the height and fore-aft, with micro-adjustments possible on the seat and handlebars. This feature combined with a narrow crank width, ensures a customized fit that closely replicates a road bike— for even the most discriminating riders. The next-generation X-frame features greater corrosion resistance and a guaranteed long life. Plus, a two-piece bottom bracket cartridge and individual flywheel assembly pieces promise ease of service.



SEAT WITH MICRO-ADJUST FIT

Micro-adjust fit increase adjustable range for exact fit, accommodating customized user preferences.



IMPROVED CORROSION RESISTANCE

Finished and tested to high standards under extreme conditions.



KEVLAR BELT

Automotive-grade belt results in a smooth, quiet ride. Delivers long life and maintenance-free operation.



CUSTOM CRANKS

Forged crank and two-piece bottom bracket are designed to handle the demands of high-use settings.

The RevMaster Pilot II is an optional accessory that, when paired with the RevMaster Pro, is the most effective way to measure cycling performance, displaying cadence, time and distance cycled. The Pilot can also display heart rate and estimated calories burned when used with a chest strap heart rate transmitter (not included). The Pilot is sold separately and is only available for use with the RevMaster Pro.





PRODUCT NAME	LENGTH	WIDTH	HEIGHT	PROD. WEIGHT	MAX USER WT	USER HEIGHT RANGE
L-15900 ELITE CYCLE BIKE	65.5" (166.37 cm)	23.78" (60.40 cm)	54.75" (139.07 cm)	116 lb (52.62 kg)	350 lb (159 kg)	58" (147 cm) - 78" (198 cm)
L-15300-A REVMASER PRO	42" (106.68 cm)	23" (58.42 cm)	46" (116.84 cm)	143 lb (64.86 kg)	300 lb (136 kg)	58" (147 cm) - 78" (198 cm)
L-15700-A REVMASER SPORT	45" (114.30 cm)	23" (58.42 cm)	45" (114.30 cm)	112 lb (50.80 kg)	300 lb (136 kg)	58" (147 cm) - 78" (198 cm)
L-80900 RT RECUMBENT TRAINER	60" (152.40 cm)	26" (66.04 cm)	50" (127.00 cm)	201 lb (91.17 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-81100 UT UPRIGHT TRAINER	50" (127 cm)	26" (66.04 cm)	67" (170.18 cm)	135 lb (61.23 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-90900 RC RECUMBENT COMMERCIAL	58.3" (148.10 cm)	28.6" (72.64 cm)	48" (121.92 cm)	209 lb (94.80 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)
L-91100 UC UPRIGHT COMMERCIAL	49" (124.46 cm)	26" (66.04 cm)	64" (162.56 cm)	209 lb (94.80 kg)	350 lb (159 kg)	58" (147 cm) - 80" (203 cm)