



V SERIES HOME GYM

[V/S]



[V] SERIES HOME GYM

The unique V Series by HOIST® features 64 different configurations to accommodate every lifestyle. Engineered with users in mind, the V Select Series and V Elite Series provide you with the flexibility to customize your home gym to your own needs and achieve your personal fitness goals.

Sleek and attractive, the compact design of the V Series Gym requires minimal floor space allowing you to maximize the efficiency of performing one exercise to the next.

- **Patented Radial LOC® weight system** reduces shifting between weight plates for smoother exercise movements.
- **Wide groove pulleys** on high, mid, and low cable stations provide greater range of motion and longer cable life.
- **Split Weight Cabling™** increases cable travel and delivers 50% resistance to mid and low pulley exercises.
- **Fully enclosed weight stacks with steel vented shrouds** for noise reduction.
- **Solid stainless steel guide rods and durable marine grade upholstery** contributes to longer machine life.
- **Compact design** requires minimal floor space.

- **2.5/5 lb. add-on weights** for smaller increases.
- **Instructional DVD** demonstrating a variety of exercises (V-Premier base frame not included).
- **Exercise poster** showing proper form and exercises.
- **Integrated accessory rack that includes:**
 - Two adjustable strap handles for varying user sizes
 - Curl bar and lat bar made from ultra-lite aluminum
 - 14-link chain to ensure proper range of motion
 - One padded ankle and thigh strap for leg exercises
 - One ab strap for abdominal exercises

Thinking about adding Cardio product to your home gym?

Check out our line of innovative Indoor Cycling products at lemondfitness.com.



[MY] HOIST IPAD APP

APP FEATURES

- Hundreds of exercise photos and videos with detailed exercise instructions
- Exercise categorization (by muscle)

BODY METRICS TRACKING

- Track your body weight and metrics, and body progress. Export workout history.

WORKOUT ROUTINES

- Routines specific to your fitness ability (Beginner, Intermediate, Advanced)
- On the go, try our quick whole body workout
- Routines specific to your gym
- Build your own workout routines with supplied exercises

[V] ELITE BASE FRAME



- Patented leg station allows users to perform both leg extension and leg curl exercises from the seated position
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths
- Multi-function back pad provides telescoping and tilting adjustments for enhanced upper body support
- Can be upgraded with the V Stationary Leg Press (VS-LP) or the V Ride Leg Press (VR-LP), and the V-HiLo Pulley (V-HILO)

See below for specifications

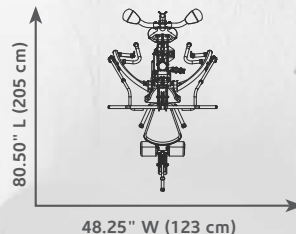


* Unit shown with V4 Press Arm

SPECIFICATIONS

US / METRIC

Length: 80.50" / 205 cm
 Width: 48.25" / 123 cm
 Height: 83.50" / 212 cm
 Weight: 460 lbs. / 209 kg



* NOTE: Press arm sold separately. Unit comes with standard weight stack (150 lbs.) Optional 50lb. weight stack upgrade available (200 lbs. total – as shown above) for additional charge.

CONFIGURATIONS	LENGTH	WIDTH	HEIGHT	WEIGHT
V-ELITE BASE FRAME	80.50" / 205 cm	48.25" / 123 cm	83.50" / 212 cm	544 lbs. / 247 kg
V-ELITE BASE FRAME WITH HI-LO PULLEY	80.50" / 205 cm	61.50" / 157 cm	83.50" / 212 cm	673 lbs. / 305 kg
V-ELITE BASE FRAME WITH VS-LP	80.50" / 205 cm	79.25" / 201 cm	83.50" / 212 cm	709 lbs. / 322 kg
V-ELITE BASE FRAME WITH VS-LP AND HI-LO PULLEY	80.50" / 205 cm	92.50" / 236 cm	83.50" / 212 cm	808 lbs. / 367 kg
V-ELITE BASE FRAME WITH VR-LP	82.50" / 211 cm	82.25" / 208 cm	83.50" / 212 cm	794 lbs. / 360 kg
V-ELITE BASE FRAME WITH VR-LP AND HI-LO PULLEY	82.50" / 211 cm	102.25" / 259 cm	83.50" / 212 cm	893 lbs. / 405 kg



* Unit shown with V3 Press Arm

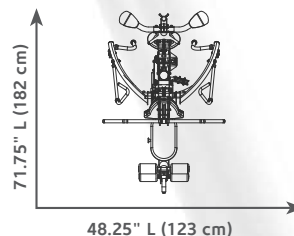


[V] SELECT BASE FRAME

- Ratcheting seat and adjustable back pad provide quick and easy exercise positioning for varying body sizes
- Multi-function roller pads ensure correct exercise alignment during both leg extension and standing leg curls
- Standing leg curl allows users to exercise legs independently
- Can be upgraded with the V Stationary Leg Press (VS-LP) or the V Ride Leg Press (VR-LP), and the V-HiLo Pulley (V-HILO)
See below for specifications

SPECIFICATIONS US / METRIC

Length: 71.75" / 182 cm
 Width: 48.25" / 123 cm
 Height: 83.50" / 212 cm
 Weight: 460 lbs. / 209 kg



* NOTE: Press arm sold separately. Unit comes with standard weight stack (150 lbs.) Optional 50lb. weight stack upgrade available (200 lbs. total – as shown above) for additional charge.

CONFIGURATIONS	LENGTH	WIDTH	HEIGHT	WEIGHT
V-SELECT BASE FRAME	71.75" / 182 cm	48.25" / 123 cm	83.50" / 212 cm	460 lbs. / 209 kg
V-SELECT BASE FRAME WITH HI-LO PULLEY	71.75" / 182 cm	61.50" / 157 cm	83.50" / 212 cm	573 lbs. / 260 kg
V-SELECT BASE FRAME WITH VS-LP	71.75" / 182 cm	79.25" / 201 cm	83.50" / 212 cm	609 lbs. / 276 kg
V-SELECT BASE FRAME WITH VS-LP AND HI-LO PULLEY	71.75" / 182 cm	92.50" / 236 cm	83.50" / 212 cm	708 lbs. / 321 kg
V-SELECT BASE FRAME WITH VR-LP	73.75" / 188 cm	82.25" / 208 cm	83.50" / 212 cm	694 lbs. / 315 kg
V-SELECT BASE FRAME WITH VR-LP AND HI-LO PULLEY	73.75" / 188 cm	95.75" / 244 cm	83.50" / 212 cm	793 lbs. / 360 kg



[V] SERIES PRESS ARMS

It's not often something so simple does so much. Especially with such an outstanding outcome. From legs to arms, chest to back, every inch is sure to see results with the help of the V Series Gym, V Press Arms and these optional fitness attachments that connect directly to the main unit and add to your ever evolving workout needs.

[V1] PRESS ARM

- Follows a predetermined exercise path and features a range of motion adjustment to quickly and easily set for different arm lengths and beginning stretch preferences



[V3] PRESS ARM

- Designed to mimic freeweight exercises
- Features three dimensional exercise movements allowing users to perform flat, incline, and decline presses and fly exercises.

[V4] PRESS ARM

- The ultimate press arm combining the range of motion adjustment of the V1 with the user-defined exercise movement of the V3.
- Includes attachable strap handles to further increase exercise options



* NOTE: Each V Series Home Gym comes with your choose of press arm. Each press arm sold separately. Prices will vary based on Press Arm model

[V] SERIES ATTACHMENTS



[V] STATIONARY LEG PRESS

- Ratcheting back pad provides easy adjustment for varying leg lengths
- Swiveling foot plate that automatically self aligns during exercise
- Multiple positions for leg presses and calf raises

[V] HI-LO PULLEY

- 35 pulley positions designed to perform an array of upper and lower body exercises
- Unique integrated adjuster system allows for quick, smooth one-handed adjustments



[V] RIDE LEG PRESS

- Includes all of the features outlined with V Stationary Leg Press
- ROX technology makes the user part of the exercise motion for optimal biomechanical positioning and increased range of motion

OPTION	COMPATIBILITY	SIDE	LENGTH	WIDTH	HEIGHT	WEIGHT
V STATIONARY LEG PRESS (VS-LP)	V SELECT AND ELITE	USER'S RIGHT	64.50" (164 cm)	46.25" (117 cm)	33.50" (85 cm)	135 lbs. (61 kg)
V HI-LO PULLEY (V-HILO)	V SELECT AND ELITE	USER'S LEFT	22.00" (56 cm)	39.50" (100 cm)	83.75" (213 cm)	99 lbs. (45 kg)
V RIDE LEG PRESS (VR-LP)	V SELECT AND ELITE	USER'S RIGHT	71.00" (180 cm)	48.50" (123 cm)	41.00" (104 cm)	220 lbs. (100 kg)



WARRANTY POLICY

HOIST offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST 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 reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

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

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- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ GLUTEMASTER KICKS ASS®
- ◆ HOIST CLASSIC®
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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, D526,330, 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, 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, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 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, 7,993,215, 8,002,679, 8,007,411, 8,021,070, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,317,665, 8,328,698

† Other Patents Pending



JOIN THE MOVEMENT®



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