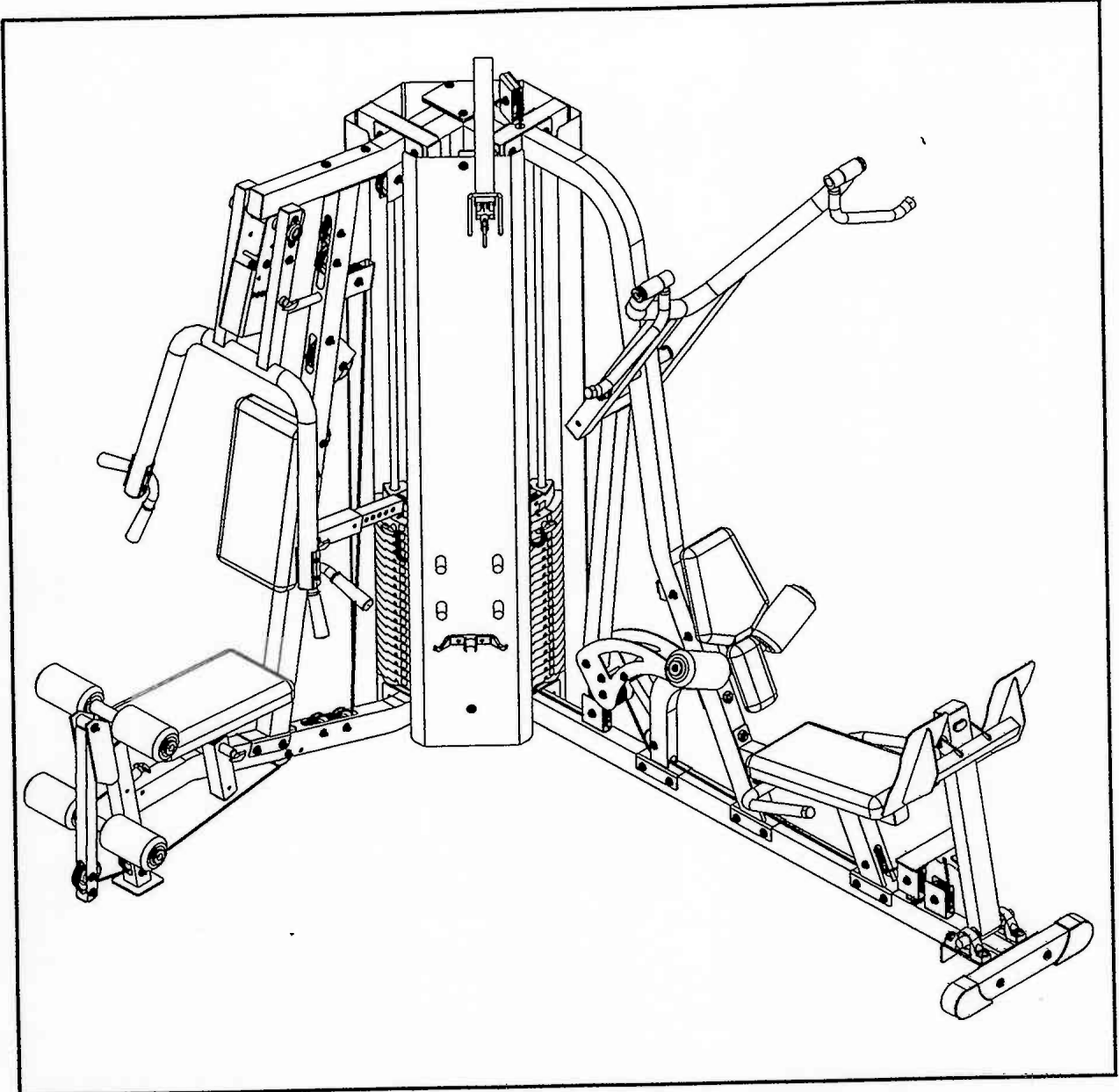


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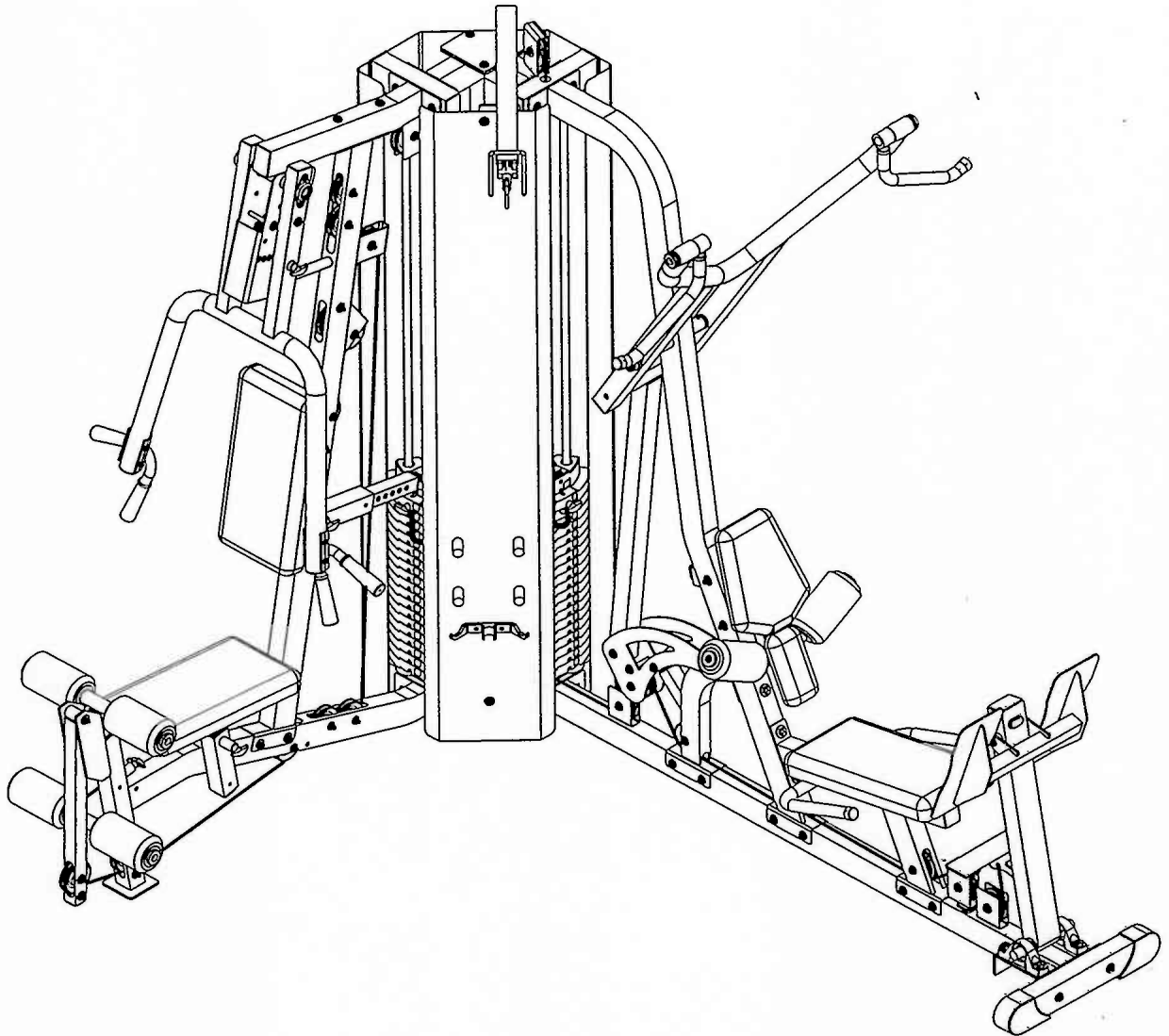
(619) 578-7676

Fax

(619) 578-9558

Jan 2001

Step 2
FRAME ASSEMBLY



EXERCISE DESCRIPTIONS

ABDOMINAL CRUNCH

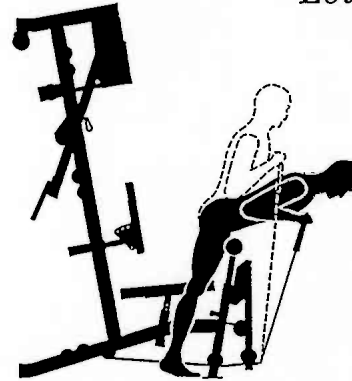
Upper Abdominal



1. Attach the strap handles to the middle pulley.
2. Grip a strap handle in each hand over your shoulders (crossing arms to grip opposing handles works better for some).
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Straighten to the starting position while maintaining tension on the abdominal area.
5. Slowly return to the starting position.

BACK HYPER

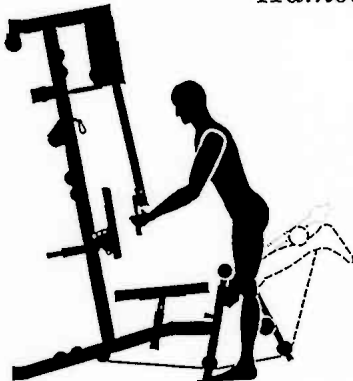
Lower Back



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to hit at the top of the thighs.
3. Straddle the seat, angle legs back slightly and lean against the roller pads. Bend your upper body over 90 degrees, grip and hold the strap handles against your chest throughout the movement.
4. Arc body upward, but not fully erect.
5. Slowly return to the starting position.

STANDING LEG CURL

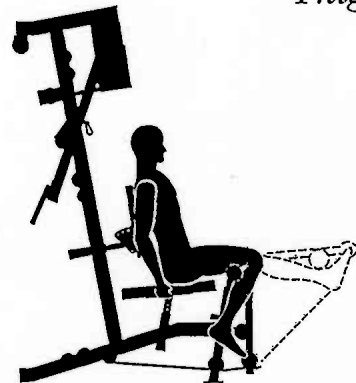
Hamstrings



1. Stand facing the machine, adjust the top roller pad to hit just above your knee.
2. Hook one leg under the lower roller pad and grip the press arm or back pad for balance.
3. Curl your leg upward and hold position momentarily before slowly returning to the starting position.

LEG EXTENSION

Thighs

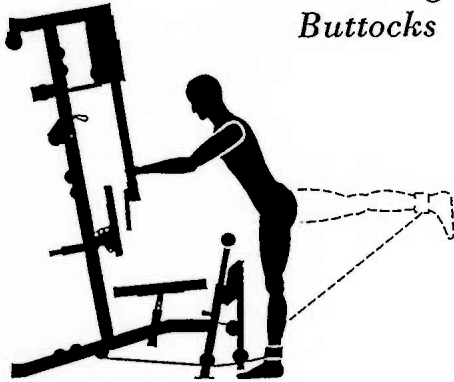


1. Move the leg roller adjust to the lowest position.
2. Adjust the seat height if necessary.
3. Hook your leg over the top roller and your feet under the lower roller.
4. Slowly extend your legs forward.
5. Hold position momentarily before slowly lowering your leg to the starting position.

EXERCISE DESCRIPTIONS

GLUTE KICK

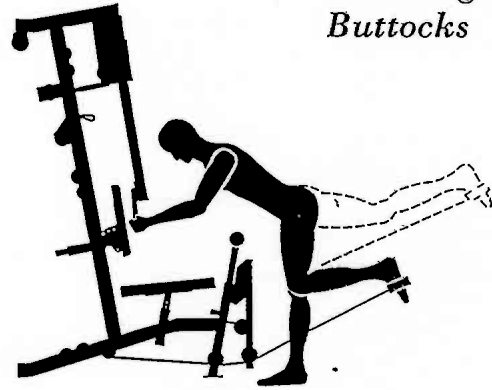
*Hamstrings
Buttocks*



1. Lock the leg extension arm with the hook latch and connect the padded cup to the lower pulley.
2. Attach cuff to your ankle, angle your upper body forward using the press arm or back pad for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
4. Contract the buttocks at the peak of movement then slowly lower your leg to the starting position.

DONKEY KICK

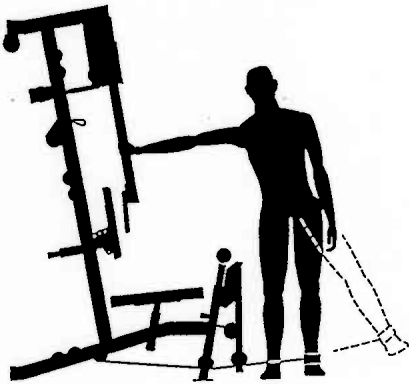
*Hamstrings
Buttocks*



1. Lock the leg extension arm with the hook latch and connect the padded cuff to the lower pulley.
2. Loop the padded cuff under your foot, angle your upper body forward using the press arm or back pad for balance.
3. Slowly raise your foot backwards and up as far as possible as shown.
4. Slowly return to the starting position.

OUTER THIGH

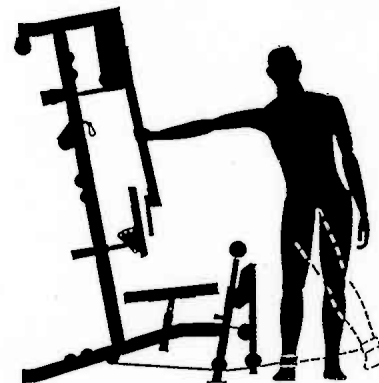
Outer Thigh



1. Lock the leg extension arm with the hook latch and connect the padded cuff to the lower pulley.
2. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the adjuster tube.
3. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
4. Slowly return to the starting position.

INNER THIGH

Inner Thigh

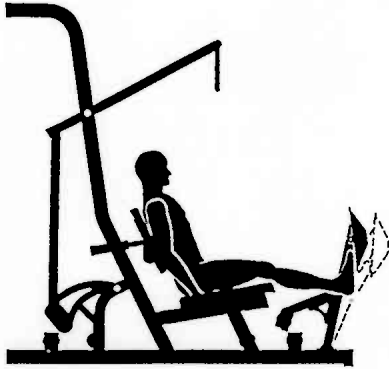


1. Lock the leg extension arm with the hook latch and connect the padded cuff to the lower pulley.
2. Attach cuff to the leg closest to the pulley. Balance yourself by holding the adjuster tube.
3. Slowly scissors your leg across your body keeping your body straight.
4. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

TOE RAISES

Calves



1. Sit with back supported and place feet on the foot plate.
2. Fully extend legs with your heels slightly lower than the bottom of the foot plate. (Keep a slight bend in your legs and do not allow them to lock out)
3. Keeping your knees in the above described position, flex toes forward as far as possible.
4. Allow the weight to push your toes back towards your body to a comfortable pre-stretch position.

LEG PRESS

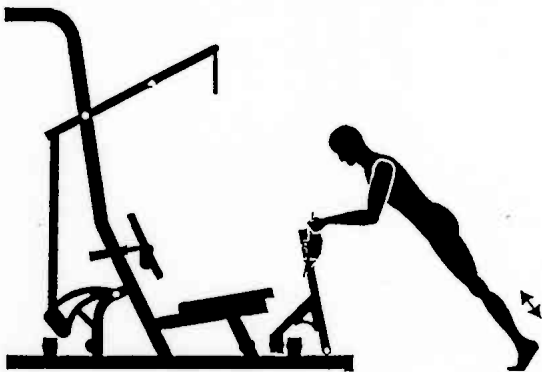
Thighs



1. Adjust the back pad so legs are almost fully bent when feet are placed on the foot plate. (Knees as close as to chest possible without bending legs past 90 degrees)
2. Slowly extend and straighten legs leaving a slight bend at the knees when fully extended. (Never allow knees to lock out during movement)
3. Slowly return legs to the starting position. (Remember not to let your legs go past 90 degrees)

45 DEGREE CALF RAISES

Calves



1. Stand at a 45 degree angle gripping the leg press foot rest with your feet together and your heels on the floor.
2. Keeping your knees in a locked position and your weight on the balls of your feet, raise up as far as possible.
3. Slowly return to the starting position.

SEATED CALF RAISE

Calves

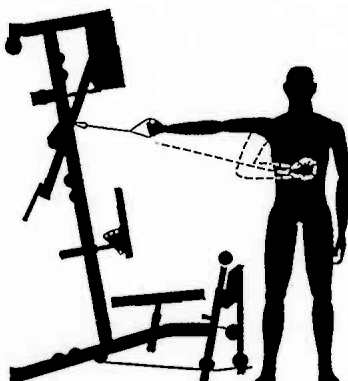


1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the top roller pad up out of your way.
3. Sit on the edge of the seat pad, bring handles up and rest them on top of your legs.
4. Push weight up on the balls of your feet, keep hands in place.
5. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

PECTORAL FLY

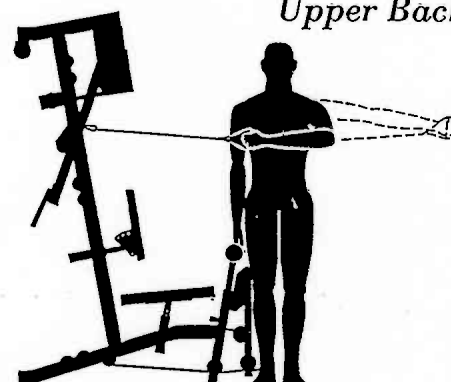
*Chest
Shoulders*



1. Attach a strap handle to the middle pulley.
2. Stand sideways to the machine.
3. With arm fully extended, grip strap handle in one hand.
4. Hold arm parallel to the floor then arc arm to chest.
5. Slowly return to starting point.

STANDING REAR DELT

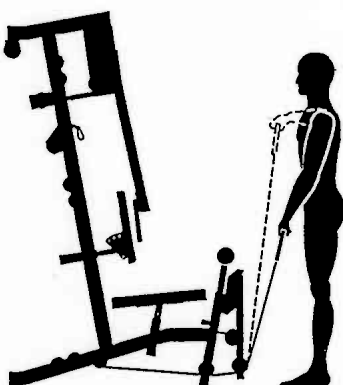
*Delts
Upper Back*



1. Attach a strap handle to the middle pulley.
2. Stand sideways to the machine and grip the strap handle with the hand furthest from the machine.
3. Start with your arm bent, arcing away from yourself and keeping the movement parallel to the floor.
4. Slowly return to the starting position.

UPRIGHT ROW

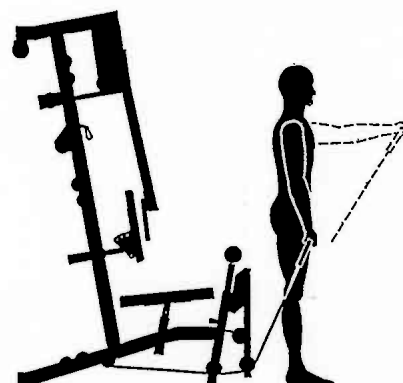
*Traps
Shoulders*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Grip handles with your palms down and your hands 4" to 6" apart.
3. Stand erect with feet shoulder width apart and hands at thighs.
4. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
5. Slowly return to starting position.

FRONT DELTOID RAISE

Frontal Delt

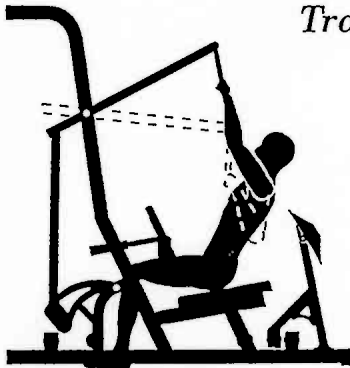


1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand with your back to the machine.
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep body straight throughout the movement.
5. Slowly bring arm back to the starting position.

EXERCISE DESCRIPTIONS

LAT PULL DOWN

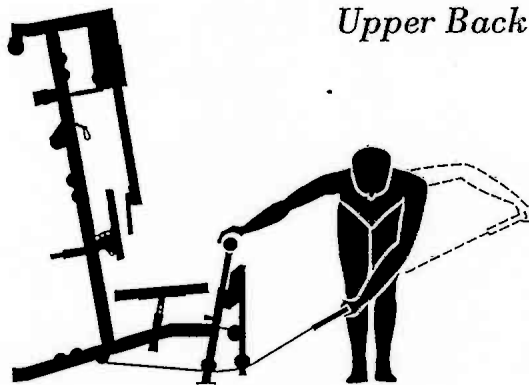
*Lats
Traps*



1. Sit facing the machine with your knees locked under the leg roller.
2. Grip lat handles with palms facing forward.
3. Lean back slightly pulling the bar down slowly until it reaches your upper chest area.
4. Slowly return to starting point.

BENT OVER REAR DELT

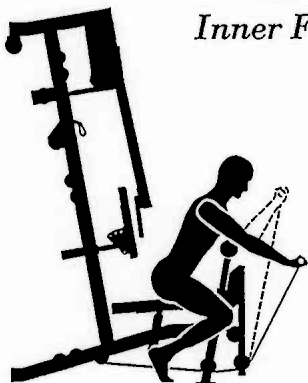
*Rear Shoulder
Upper Back*



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the upper roller for support.
3. Grip the handle with the hand furthest from the pulley and arc arm upwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

PREACHER CURL

*Biceps
Inner Forearm*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to a comfortable height.
3. Grip the handles and position body slightly angled with arms supported by the upper roller pads.
4. Curl arms upward slowly keeping your elbows on the roller.
5. Slowly return to the starting position.

TRICEPS EXTENSION

Triceps

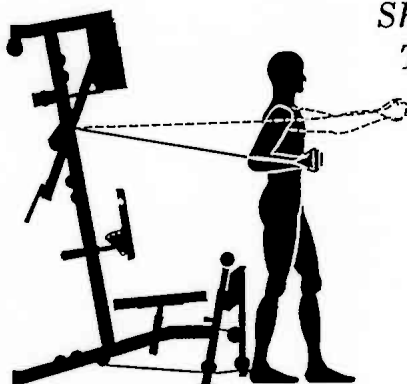


1. Attach the strap handles to the middle pulley.
2. Adjust back pad angle and position for comfort and pre-stretch.
3. Grip a strap handle in each hand and sit leaning forward with your buttocks against the back pad.
4. Position your elbows forward and close to the sides of your head and slowly extend your hands forward until your arms are fully extended.
5. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

PUNCH

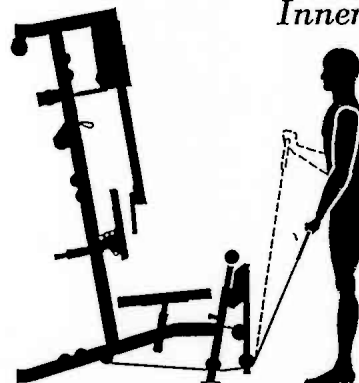
*Chest
Shoulders
Triceps*



1. Attach a strap handle to the middle pulley.
2. Stand with your back to the machine (body off to one side to keep handle in line with the middle pulley).
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep your body straight throughout the movement.
5. Slowly bring arm back to the starting position.

STANDING CURL

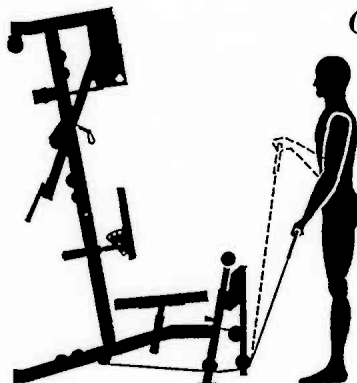
*Biceps
Inner Forearm*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles underhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

REVERSE CURL

*Biceps
Outer Forearm*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles overhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

TRICEPS PUSHDOWN

Triceps



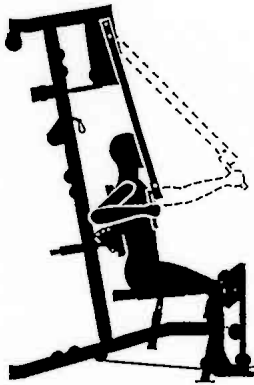
1. Stand facing the machine.
2. Grip the curl bar overhand with your hands 6" to 8" apart.
3. Keeping your arms tight against your body push the bar down slowly.
4. Slowly return to the starting position.

E X E R C I S E D E S C R I P T I O N S

BENCH PRESS

(HPA-1 PRESS ARM)

*Chest
Shoulders
Triceps*

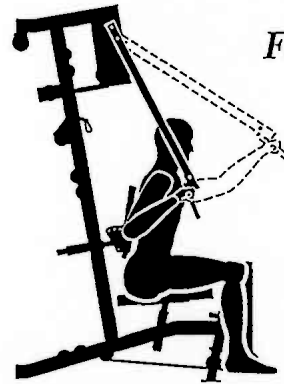


1. Sit upright with your back supported by pad (adjust pad angle if necessary).
2. Adjust the press arm and back pad to the desired beginning stretch.
3. Adjust the seat height if necessary to grip the handles as shown.
4. Grip upper or lower horizontal handles on press arm.
5. Press handles forward until arms are fully extended.
6. Slowly return to starting point.

INCLINE PRESS

(HPA-1 PRESS ARM)

*Upper Chest
Front Shoulders*



1. Adjust the back pad angle to slightly forward.
2. Adjust the press arm and back pad to the desired beginning stretch.
3. Adjust the seat height if necessary to grip the handles as shown.
4. Sit with your back aligned to the pad (slightly forward).
5. Grip the handles at chest height.
6. Press arms forward until your arms are fully extended.
7. Slowly return to the starting position.

SHOULDER PRESS

(HPA-1 PRESS ARM)

*Shoulders
Triceps*

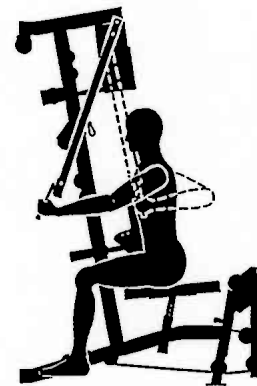


1. Adjust the press arm fully forward.
2. Adjust the back pad position for the desired beginning stretch and pad angle forward.
3. Sit all the way back into the angle of the back pad.
4. Adjust seat height so pressing handles are at shoulders height.
5. Press arms straight up over head until fully extended.
6. Slowly return to starting position.

SEATED MID ROW

(HPA-1 PRESS ARM)

*Lats
Traps
Biceps*

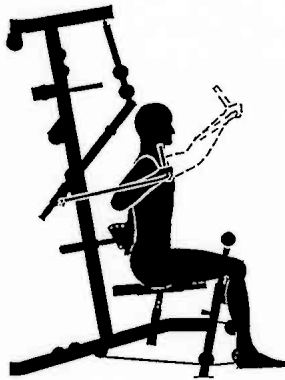


1. Adjust the press arm all the way back.
2. Sit facing your machine and adjust the back pad so that your chest is supported when the mid row handles are just beyond your reach (adjust pad angle if necessary).
3. Adjust the seat height if necessary to grip the handles as shown.
4. Pull the pressing arm towards you until the handles are even with your chest.
5. Slowly return to starting position.

EXERCISE DESCRIPTIONS

INCLINE PRESS
(HPA-2 PRESS ARM)

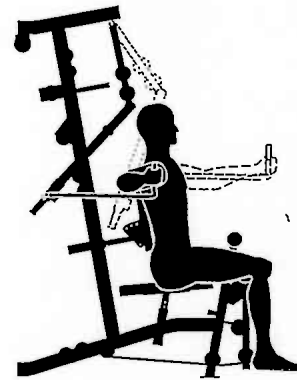
*Upper Chest
Front Shoulder*



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at top of chest.
3. Sit upright with your back supported by the back pad (adjust pad angle slightly forward and pre-stretch position if necessary).
4. Press handles forward and up until arms are fully extended.
5. Slowly bring arms back to the starting position.

PEC FLY
(HPA-2 PRESS ARM)

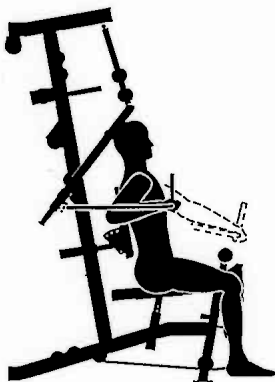
*Chest
Shoulders
Biceps*



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold with arms straight out at sides at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Rotate arms forward and finish by bringing hands together in front of chest.
5. Hold contracted position briefly.
6. Slowly return to the starting position.

DECLINE PRESS
(HPA-2 PRESS ARM)

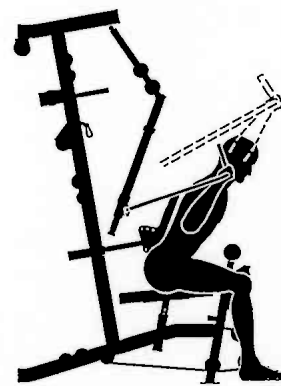
*Lower Chest
Triceps*



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Press handles forward and down until arms are fully extended.
5. Slowly bring arms back to the starting position.

SHOULDER PRESS
(HPA-2 PRESS ARM)

*Shoulder
Triceps*

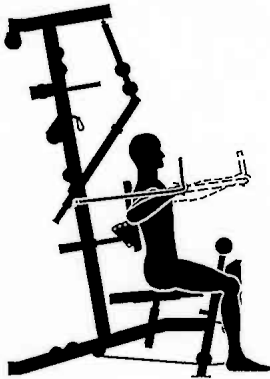


1. Adjust the seat height if necessary.
2. Adjust back pad for desired pre-stretch with pad angled fully forward.
3. Unclip press handles and hold slightly above shoulder height.
4. Sit all the way back into the angle of the back pad.
5. Press handles straight up over your head until arms are fully extended.
6. Slowly bring arms back to the starting position.

EXERCISE DESCRIPTIONS

VERTICAL BENCH PRESS

(HPA-2 PRESS ARM)



*Chest
Shoulders
Triceps*

1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Press handles forward until arms are fully extended, then slowly bring arms back to the starting position.

SEATED MID-ROW

(HPA-2 PRESS ARM)



*Lats
Traps
Biceps*

1. Make sure the pressing handles are clipped into their holders (the bottom handles are used instead).
2. Adjust the back pad out for desired pre-stretch (adjust pad angle if necessary).
3. Adjust seat height if necessary.
4. Sit facing the machine with chest resting against the back pad.
5. Grab the bottom handles.
6. Pull the pressing arm towards you, then slowly return to the starting position.

There are many more exercises that can be performed simply by varying hand positions. Changing widths between hands, using one arm instead of two, overhand or underhand grips, or combinations of all of the above can isolate muscles, even change to different muscle groups in an exercise.

Remember to always keep good form and start with light weights when trying new exercises.