



DUAL SERIES™

[HD]

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

Comfort & Durability

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

Convenience

- **Ratcheting Adjuster System**
Quick and easy seat adjustments to accommodate varying user sizes
- **Integrated Scuff Guards & Rubber Foot Protectors**
Protects the machine's frame finish and facility floor
- **Permanently Anchor All HD Products in Place**
Maximizes user safety
- **Mobile Instruction From Your Phone**
Scannable QR code with workout instructions on each machine
- **Integrated Towel/Bottle Holder & Accessory Tray**
Keep personal items organized and reduce clutter on the gym floor

Sleek & Appealing

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



[HD] PREACHER CURL/TRICEPS EXTENSION

HD/HDG-3100

MULTIPLE GRIP OPTIONS



LOWER BACK SUPPORT ON SEAT



- 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



EXERCISE: BICEPS CURL

[HD] LAT PULLDOWN/MID ROW

HD/HDG-3200

MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



EXERCISE: MID ROW

- Telescoping chest pad with integrated thigh hold-down provides 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

[HD] CHEST PRESS/SHOULDER RAISE

HD/HDG-3300

PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS



- Multiple seat and press arm positions
- One handed rotational angle adjustment for vertical chest, incline, and shoulder press exercises
- Dual position hand grips



EXERCISE: CHEST PRESS

[HD] LEG CURL/LEG EXTENSION

HD/HDG-3400

ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



- Eight back pad adjustments for varying leg lengths
- Multiple range-of-motion adjustments for both exercises
- Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints

EXERCISE: LEG EXTENSION

[HD] LEG PRESS/CALF RAISE

HD/HDG-3403



OVERSIZED NON SLIP FOOT PLATE



ADJUSTABLE SEAT PLACEMENT

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



EXERCISE: LEG PRESS

[HD] AB CRUNCH/LOWER BACK

HD/HDG-3600

MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



EXERCISE: LOWER BACK

- Allows performance of back and ab 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 placements

[HD] OUTER THIGH/INNER THIGH

HD/HDG-3800

ROTATING EXERCISE PADS



WALK-THROUGH DESIGN



- 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 user position
- Multiple range-of-motion adjustments for both exercises



EXERCISE: INNER THIGH

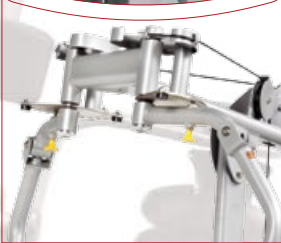
[HD] PEC FLY/REAR DELT

HD/HDG-3900

PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



EXERCISE: REAR DELT

- Swiveling handles with rotating grips provide multiple hand positions
- Adjustable range-of-motion exercise arms for pec fly or rear delt exercises
- Each exercise arm has dual pivots for user defined exercise path
- Seven seat pad adjustments for varying user heights

STANDARD COLORS

FRAME

TEXTURED
WHITE

PLATINUM

UPHOLSTERY

OLY-115

BLACK

Custom upholstery colors and/or shield wraps are available for an additional charge. For more information, please contact a HOIST Sales Representative at **800.548.5438** or **sales@hoistfitness.com**. Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	PROD. WEIGHT	WEIGHT STACK
HD-3100	PREACHER CURL/TRICEPS EXTENSION	51.00" (130 CM)	49.00" (125 CM)	55.00" (140 CM)	441 Lbs. (200 KG)	180 Lbs. (82 KG)
HDG-3100	PREACHER CURL/TRICEPS EXTENSION	51.00" (130 CM)	49.00" (125 CM)	55.00" (140 CM)	474 Lbs. (215 KG)	213 Lbs. (97 KG)
HD-3200	LAT PULLDOWN/MID ROW	66.00" (168 CM)	49.00" (125 CM)	87.00" (221 CM)	492 Lbs. (223 KG)	215 Lbs. (98 KG)
HDG-3200	LAT PULLDOWN/MID ROW	66.00" (168 CM)	49.00" (125 CM)	87.00" (221 CM)	515 Lbs. (234 KG)	238 Lbs. (108 KG)
HD-3300	CHEST PRESS/SHOULDER RAISE	61.00" (155 CM)	62.00" (158 CM)	59.00" (150 CM)	522 Lbs. (237 KG)	215 Lbs. (98 KG)
HDG-3300	CHEST PRESS/SHOULDER RAISE	61.00" (155 CM)	62.00" (158 CM)	59.00" (150 CM)	545 Lbs. (247 KG)	238 Lbs. (108 KG)
HD-3400	LEG CURL/LEG EXTENSION	50.00" (127 CM)	51.00" (130 CM)	55.00" (140 CM)	529 Lbs. (240 KG)	215 Lbs. (98 KG)
HDG-3400	LEG CURL/LEG EXTENSION	50.00" (127 CM)	51.00" (130 CM)	55.00" (140 CM)	552 Lbs. (250 KG)	238 Lbs. (108 KG)
HD-3403	LEG PRESS/CALF RAISE	50.00" (127 CM)	70.00" (178 CM)	63.00" (161 CM)	623 Lbs. (283 KG)	280 Lbs. (127 KG)
HDG-3403	LEG PRESS/CALF RAISE	50.00" (127 CM)	70.00" (178 CM)	63.00" (161 CM)	723 Lbs. (328 KG)	380 Lbs. (172 KG)
HD-3600	AB CRUNCH/LOWER BACK	48.00" (122 CM)	52.00" (133 CM)	55.00" (140 CM)	477 Lbs. (216 KG)	180 Lbs. (82 KG)
HDG-3600	AB CRUNCH/LOWER BACK	48.00" (122 CM)	52.00" (133 CM)	55.00" (140 CM)	510 Lbs. (231 KG)	213 Lbs. (97 KG)
HD-3800	OUTER THIGH/INNER THIGH	68.00" (173 CM)	32.00" (82 CM)	55.00" (140 CM)	486 Lbs. (220 KG)	180 Lbs. (82 KG)
HDG-3800	OUTER THIGH/INNER THIGH	68.00" (173 CM)	32.00" (82 CM)	55.00" (140 CM)	519 Lbs. (235 KG)	213 Lbs. (97 KG)
HD/G-3900	PEC FLY/REAR DELT	67.00" (171 CM)	31.00" (79 CM)	78.00" (199 CM)	617 Lbs. (280 KG)	310 Lbs. (141 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.†

- ◆ HOIST®
- ◆ 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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- ◆ RADIAL LOC®
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- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED EXERCISE®
- ◆ ROC®
- ◆ ROCS®
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- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™
- ◆ DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,330, 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

[HD]

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Gene Bruton 866.488.6853