**WARNING!**

THIS MACHINE HAS A MAX USER WEIGHT OF 250 LBS FOR SUSPENSION TRAINING.

Note: Both Serial Number and Model Number are Required when Ordering Parts

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

A02

Customer Service

(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

www.facebook.com/hoistfitness
INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench
1/2", 9/16" and 3/4" Sockets
Adjustable Wrench
Rubber Mallet
Tape Measure
Level
SAE Hex Key Wrench Set
Lubricant (WD-40)
Two People
Paper Towels
***THIS PAGE WAS INTENTIONALLY LEFT BLANK***
NOTE:
APPLY LUBRICATION (117) TO GUIDE RODS (20) AT THIS TIME

NOTE:

NOTE:
USING A SECOND PERSON, TILT THE BASE FRAME (4) OFF THE FLOOR TO INSTALL THE BOLTS (115) INTO THE SIDE UPRIGHT (5) AND GUIDE RODS (20)

NOTE:
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
LAY THE COLUMN (48) ON THE GROUND BEFORE INSTALLING THE HARDWARE INTO THE HOLE. THE HOLE IS PARALLEL TO NUMBER 9 ON THE SIDE OF THE COLUMN (48)

NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1
THE COLUMN SHOULD REMAIN ON THE GROUND FOR EASE OF ASSEMBLY IN THE FOLLOWING STEPS ON THIS PAGE AND PAGE 9.

STEP 2
INSTALL CABLE BOLT INTO COUNTERWEIGHT (31) AND WRENCH TIGHTEN THE CABLE BOLT.
FRAME ASSEMBLY

IMPORTANT:
USING A SECOND PERSON, HOLD THE COLUMN (48) WHILE INSTALLING THE HARDWARE ON THIS PAGE.

NOTE:
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
IMPORTANT:
SLIGHTLY LOOSEN THE HARDWARE (94) IN THE BOLT ON FOOT (41) UNTIL THE BOLT-ON FOOT (41) CAN MOVE UP AND DOWN. MOVE THE BOLT ON FOOT (41) DOWN UNTIL THE PLUG BUMPER (68) TOUCHES THE FLOOR. WRENCH TIGHTEN HARDWARE.
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
ENSURE THE CABLE (13) RUNS BETWEEN
THE PULLEY AND THE GUIDE BOLTS
NOTE:
- HAND TIGHTEN HARDWARE
- WRENCH TIGHTEN HARDWARE (92)
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
ENSURE CABLE (13) IS PROPERLY ASSEMBLED PER THE ROUTING VIEW ON PAGE 13
NOTE: 
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**STEP 1:**
UNSCREW THE PULL-PIN IN THE CARRIAGE (11) AND MOVE CARRIAGE INTO POSITION 7 ON THE COLUMN (48)

**STEP 2:**
ATTACH THE CABLE (13) INTO THE CARRIAGE (11)

**STEP 3:**
MOVE THE CARRIAGE (11) DOWN TO THE NUMBER 1 POSITION ON THE COLUMN (48) AND SCREW IN THE PULL PIN. HOLD THE CARRIAGE (11) CAREFULLY DURING THIS STEP. THIS WILL LIFT THE COUNTERWEIGHT OFF THE BOLT IT IS RESTING ON.

**STEP 4:**
REMOVE THE BOLT AND HARDWARE (92)(51)(100) IN THE COLUMN (48) AND SET ASIDE

**ASSEMBLED VIEW**
NOTE:
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
**IMPORTANT**

COMPLETE THE STEPS BELOW FOR ONE SIDE OF THE CABLE ONLY

NOTE:
UNINSTALL THE HOUSING FROM THE CABLE LOCK EYE ASSEMBLY AND SET ASIDE BOTH FOR LATER. CAREFULLY HOLD THE CABLE LOCK EYE ASSEMBLY TOGETHER TO ENSURE THAT THE SPRING DOES NOT FALL OUT.
FRAME ASSEMBLY

STEP 1: APPLY LUBRICANT TO THE CABLE STRESS RELIEVER.


NOTE: SEE PAGE 19 FOR STEP 3 AND 4
FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 3: PULL THE CABLE STRESS RELIEVER OUT OF THE CABLE HOUSING. DO NOT PULL ON THE CABLE, ONLY THE CABLE STRESS RELIEVER. IT DOES NOT PULL OUT EASILY BUT IT WILL PULL OUT.

STEP 4: SLIDE THE CABLE HOUSING OFF OF THE BALL SHANK AND CABLE REDUCER. SET ASIDE THE CABLE HOUSING UNTIL LATER.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

CABLE PROFILE VIEW

FRAME ASSEMBLY
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:
ENSURE THE CABLE (1) RUNS IN FRONT OF THE GUARD PIN

NOTE:
ENSURE THE CABLE (1) RUNS UNDER THE GUARD PIN

NOTE:
REMOVE CLEVIS PIN AND HARDWARE (83) (70) (27) (75) (123) AND LATCH ASSEMBLY (9) AND SET ASIDE UNTIL LATER. THEN STRING THE CABLE (1) THROUGH THE ARM (7) (17) AND THE CARRIAGE (11).

STEP 1
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

CABLE ROUTING VIEW

NOTE:
ENSURE THE CABLE (1) RUNS BETWEEN THE PULLEY (66) AND THE GUARD PIN
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:
ENSURE THE CABLE (1) RUNS BETWEEN THE PULLEY (66) AND THE GUARD PIN

NOTE:
PUSH THE HAIRSPRING COTTER (123) INTO THE HOLE ON THE CLEVIS PIN (83) UNTIL IT SNAPS INTO PLACE
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- HAND TIGHTEN HARDWARE (91)
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1:
REMOVE THE NUT (100) AND THE WASHER NEXT TO THE NUT (78) AND SET THEM ASIDE BUT DO NOT DISCARD THEM.

STEP 2:
REMOVE THE BOLT (91) FROM THE PULLEY MOUNT (16) JUST ENOUGH SO THAT YOU CAN INSTALL THE SECOND PULLEY (66). THEN REINSTALL THE NUT (100) AND THE WASHER (78) THAT WERE SET ASIDE AND THE BOLT (91) AND WRENCH TIGHTEN.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT:
The cable (1) and pulleys (66)(67) must be aligned to match this section view.

NOTE:
This pulley will be installed on page 49.

SECTION VIEW OF MI5 PULLEYS
NOTE:
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

FRAME ASSEMBLY

NOTE:
STRING THE CABLE (1) THROUGH THE ARM (8) AND CARRIAGE (11)

NOTE:
CABLE MUST BE IN FRONT OF THE GUARD PIN

NOTE:
CABLE MUST BE ABOVE THE GUARD PIN

CABLE ROUTING VIEW

CABLE ROUTING VIEW
FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
STEP 1: REMOVE THE SCOTCH TAPE FROM THE BALL SHANK AND THE CABLE REDUCER. PUT THE CABLE HOUSING THAT WAS SET ASIDE ON PAGE 17 ONTO THE CABLE REDUCER AND BALL SHANK.

STEP 2: APPLY LUBRICANT TO THE CABLE STRESS RELIEVER. (SEE PAGE 37 AND 38 FOR STEP 3 AND 4).
NOTE: TO INSERT THE CABLE STRESS RELIEVER INTO THE CABLE HOUSING, START BY INSERTING A CORNER OF THE STRESS RELIEVER INTO THE HOLE OF THE CABLE HOUSING AND ROTATING THE STRESS RELIEVER WHILE PUSHING IT INTO THE HOLE. IT WILL NOT BE EASY FOR THE CABLE STRESS RELIEVER TO GO INTO THE HOLE, BUT IT WILL GO IN.

STEP 3: PUSH THE CABLE STRESS RELIEVER INTO THE CABLE HOUSING.
STEP 4: REINSTALL THE CABLE LOCK EYE ASSEMBLY ONTO THE HOUSING. WRENCH TIGHTEN HARDWARE. CAREFULLY HOLD THE CABLE LOCK EYE ASSEMBLY TOGETHER TO ENSURE THAT THE SPRING DOES NOT FALL OUT.

NOTE:
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE: ENSURE THE CABLE BALL SHANK, CABLE REDUCER, AND CABLE STRESS RELIEVER ARE ASSEMBLED AS SHOWN IN THE ASSEMBLED VIEW BELOW.
NOTE:
LIFT THE TOP PLATE AND STEM SLIGHTLY AND REMOVE THE SELECTOR PIN FROM THE WEIGHT STEM AND LET THE TOP PLATE MOVE DOWN TO THE TOP OF THE WEIGHT STACK. BE CAREFUL TO KEEP CLEAR OF ANY PINCH POINTS WHILE DOING THIS.
**FRAME ASSEMBLY**

**NOTE:**
- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**IMPORTANT**

**WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE**

TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.
NOTE:
- REMOVE THE HARDWARE (83) (75) (27) (70)(123) AND LATCH ASSEMBLY (9) AND SET ASIDE FOR LATER
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
CABLE MUST BE BETWEEN THE PULLEY (66) AND THE GUARD PIN

CABLE ROUTING VIEW
NOTE: - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE: PUSH THE HAIRSPRING COTTER (123) INTO THE HOLE ON THE CLEVIS PIN (83) UNTIL IT SNAPS INTO PLACE.
NOTE:
- PUSH THE PUSH FASTENERS (61) INTO THE PANEL TRIM (121) AND SHIELD (46)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

DETAIL VIEW OF VERTICAL SHEILD BOLTS
NOTE:
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
INITIALLY, INSTALL THE SHIELD (47) AT AN ANGLE AS SHOWN. THE SHIELD MUST BE INSTALLED BEHIND THE CABLE (1), AS SHOWN IN THE ASSEMBLED VIEW.

NOTE:
BE CAREFUL NOT TO SCRATCH THE SHIELD (47) DURING ASSEMBLY. USE PAPER TOWELS TO PROTECT THE SHIELD DURING ASSEMBLY IF NEEDED.
NOTE:
- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

*IMPORTANT*
WRENCH TIGHTEN ALL HARDWARE FROM PAGES 45 THROUGH 46. ENSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

ASSEMBLED VIEW
THE FRONT COVER (29) SNAPS ONTO THE BASE FRAME (4) AND THE COLUMN (48)
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CABLE PROFILE VIEW
CABLE MUST BE BELOW THE GUARD PIN
NOTE:
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
ENSURE THE CABLE (1) RUNS BETWEEN THE PULLEY (66) AND THE GUARD PIN
FRAME ASSEMBLY

WARNING:
PULLEY MOUNT BOLT (16) MUST BE THREADED A MINIMUM OF 3/8" INTO THE WEIGHT STEM (109) WITH JAM NUTS (49) TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

NOTE:
ADJUST JAM NUTS SO THAT THE CABLE ENDS ARE HANGING LOOSELY.

NOTE:
- LOOSEN JAM NUTS (49) AND THREAD PULLEY MOUNT (16) IN/OUT TO GIVE THE CABLE (1) PROPER TENSION.
- RE-TIGHTEN JAM NUTS.
- ADJUST JAM NUTS AND PULLEY MOUNT SO THAT THE CABLE ENDS REMAIN HANGING LOOSELY.

NOTE:
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOW THAT THE Mi5 IS COMPLETELY ASSEMBLED, ENSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

*IMPORTANT*

NOTE:
- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
Download the FREE **HOIST Strength App** (available for Apple and Android phones and tablets) to access a library of strength training exercises and workout programs for the HOIST Mi5 Functional Trainer. Each exercise offers step-by-step instructions along with easy to follow photos and video. Use the Workout Log function to track your workouts and body measurements and even compare your progress over time. The HOIST Strength app also comes with a variety of pre-designed workout programs for beginner, intermediate and advanced athletes; or create and save your own workout routine.
PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 1
PRE-ASSEMBLY: CARRIAGE ASSEMBLY STEP 5
PRE-ASSEMBLY CONTINUED
DECAL PLACEMENT

DECAL PART #: 021-0003981
(INCLUDED WITH PULL-PIN ASSEMBLY (2))
### DECAL REFERENCE

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NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.
### Mi5 PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

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<td>026-01PL2694</td>
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<td>026-01PL2695</td>
<td>SHIELD-1</td>
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<td>50</td>
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<td>51</td>
<td>013-0903007</td>
<td>3/8&quot; PLASTIC WASHER O.D. 3/4&quot; X .062&quot; THICK</td>
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<td>52</td>
<td>014-0015009</td>
<td>.375&quot; E-CLIP</td>
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<td>53</td>
<td>026-01X7185</td>
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<td>014-0015023</td>
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<td>014-0012018</td>
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<td>5972K169</td>
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<td>58</td>
<td>60355K45</td>
<td>R6-2Z 7/8&quot;OD X 3/8&quot; ID X 9/32&quot; T BALL BRNG</td>
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<td>016-0203008</td>
<td>PUSH FASTENER, .18&quot; X .375&quot; GRIP</td>
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<td>62</td>
<td>016-0002011</td>
<td>VINYL SLEEVE Ø.38 X 2.5000, BLACK</td>
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<td>63</td>
<td>016-0002012</td>
<td>VINYL SLEEVE Ø.38 X 3.2500, BLACK</td>
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<td>026-01F0496</td>
<td>.118&quot; X 2.8750 X 4.5000 FLANGE</td>
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<td>018-0001001</td>
<td>PULLEY: 2&quot; BLACK W/ CONV. GRADE BEARINGS</td>
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<td>66</td>
<td>018-0001002</td>
<td>CABLE PULLEY: Ø3.50&quot;</td>
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<td>67</td>
<td>018-0001003</td>
<td>CABLE PULLEY: Ø4.50&quot;</td>
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<td>68</td>
<td>019-0001001</td>
<td>PLUG BUMPER</td>
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<td>69</td>
<td>019-0001006</td>
<td>THICK RUBBER DONUT Ø 3.00&quot; X .50&quot; BLACK</td>
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<td>70</td>
<td>020-0011010</td>
<td>CENTURY SPRING 3894</td>
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# Mi5 PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<table>
<thead>
<tr>
<th>ITEM NO.</th>
<th>PART NUMBER</th>
<th>DESCRIPTION</th>
<th>QTY.</th>
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<tbody>
<tr>
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<td>020-0005040</td>
<td>3M I.D. #70-0705-4882-4</td>
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<td>72</td>
<td>013-1002011</td>
<td>#10 FLAT WASHER (Ni)</td>
<td>22</td>
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<td>73</td>
<td>013-1010007</td>
<td>#10 INTERNAL LOCK WASHER (Ni)</td>
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<td>013-1006003</td>
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<td>M6-1.00 x 18 FH8 (Ni)</td>
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<td>87</td>
<td>011-0701111</td>
<td>3/8&quot;-16UNC X 1.00&quot; BHCS (Ni) W/ DRI-LOC PATCH</td>
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<td>88</td>
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<td>101</td>
<td>021-0003977</td>
<td>EMBLEM, Mi5 2.4924 X 4.1241</td>
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<td>102</td>
<td>021-0003230</td>
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<td>103</td>
<td>021-0003135</td>
<td>DECAL WARNING 1.50&quot; X 6.69&quot;</td>
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<td>104</td>
<td>021-0003008</td>
<td>DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69</td>
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<td>SERIAL # DECAL</td>
<td>DECAL SERIAL # 1.63&quot; X 2.63&quot;</td>
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### Mi5 PART LIST CONTINUED

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

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<th>ITEM NO.</th>
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<th>QTY.</th>
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<tbody>
<tr>
<td>106</td>
<td>021-0018022</td>
<td>HOIST EMBLEM + 2 SIDED TAPE</td>
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<td>107</td>
<td>021-0003980</td>
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<td>108</td>
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<td>109</td>
<td>WS#22 + 50 LBS UPGRADE</td>
<td>200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM</td>
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<td>110</td>
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<td>DECAL PINCH POINT 1.25&quot; X 2.13&quot; (VERTICAL)</td>
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<td>1cc of Synthetic Multi-Purpose Grease (PTFE)</td>
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<td>TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM</td>
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<td>119</td>
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<td>DECAL: WEIGHT STACK 22 (10-200 LBS.)</td>
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<td>120</td>
<td>026-01PL2697</td>
<td>PINETREE PLUG</td>
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<td>121</td>
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<td>PANEL H-TRIM</td>
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<td>122</td>
<td>021-0003993</td>
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<td>123</td>
<td>98335A044</td>
<td>0.25&quot;~0.313&quot; HAIRSPRING COTTER</td>
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ABBREVIATIONS

BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

Low Head SHCS = Low Head Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw
BOLT SIZING CHART

1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs

5/16" HHB
RECOMMENDED
TORQUE RANGE:
14-17 ft-lbs

3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs

1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs

1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs

5/16" BHCS
RECOMMENDED
TORQUE RANGE:
11-15 ft-lbs

3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs

1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs

1/4" SHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs

3/8" SHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs

1/2" SHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs

1/4" LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs

5/16" LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
9-12 ft-lbs

3/8" LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs

1/2" LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs

1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs

3/8" FHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs

1/2" FHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs

1/4" 1/4" SHSS
RECOMMENDED
TORQUE RANGE:
3-4 ft-lbs

5/16" 1/4" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs

3/8" 1/4" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

PAGE 71
Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.

<table>
<thead>
<tr>
<th>ROUTINE</th>
<th>COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE</th>
<th>HOME MAINTENANCE</th>
<th>LATEST DATE ENTRY</th>
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<tbody>
<tr>
<td>Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins</td>
<td>DAILY</td>
<td>WEEKLY</td>
<td></td>
</tr>
<tr>
<td>Clean; Upholstery</td>
<td>DAILY</td>
<td>WEEKLY</td>
<td></td>
</tr>
<tr>
<td>Inspect; Cables or Belts and their tension</td>
<td>DAILY</td>
<td>WEEKLY</td>
<td></td>
</tr>
<tr>
<td>Inspect; Accessory Bars, and Handles</td>
<td>WEEKLY</td>
<td>3 MONTHS</td>
<td></td>
</tr>
<tr>
<td>Inspect; All Decals</td>
<td>WEEKLY</td>
<td>3 MONTHS</td>
<td></td>
</tr>
<tr>
<td>Inspect; All Nuts and Bolts, Tighten if needed</td>
<td>WEEKLY</td>
<td>3 MONTHS</td>
<td></td>
</tr>
<tr>
<td>Inspect; Anti-Skid Surface</td>
<td>WEEKLY</td>
<td>3 MONTHS</td>
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<td>Clean &amp; Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)</td>
<td>MONTHLY</td>
<td>3 MONTHS</td>
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<tr>
<td>Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing</td>
<td>MONTHLY</td>
<td>3 MONTHS</td>
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<tr>
<td>Clean and Wax; All Glossy Finishes</td>
<td>6 MONTHS</td>
<td>YEARLY</td>
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<tr>
<td>Repack with Grease; Linear Bearings</td>
<td>6 MONTHS</td>
<td>YEARLY</td>
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<tr>
<td>Replace; Cables, Belts and Connecting Parts</td>
<td>YEARLY</td>
<td>3 YEARS</td>
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</table>
Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

* Check all pieces for signs of visible wear or damage.
* Check springs in snap hooks and pull-pins for proper tension and alignment.
* If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
* Replace ripped or worn upholstery immediately.
* Keep sharp or pointed objects clear of all upholstery.

Decals:

* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

* Inspect all nuts and bolts for any loosening and tighten if needed.
* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

* Hoist uses only high quality belt, and mil-spec cables.
* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
* Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

* Wipe down adjusting tubes with a dust free rag before applying lubricant.
* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS
Use this manual to guide you through the basic exercises you can perform on your Mi5 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your Mi5 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your Mi5 HOIST® Fitness System!
The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.
<table>
<thead>
<tr>
<th>Date</th>
<th>Exercise</th>
<th>S</th>
<th>R</th>
<th>W</th>
<th>S</th>
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<th>S</th>
<th>R</th>
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</tr>
</thead>
</table>

**Totals**

- **S = Sets**
- **R = Repetition per set**
- **W = Weight used**

**Weight Training Exercise Log**

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**Mi5 ASSEMBLY**

**Owner's Manual**

**Page 78**
HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit: www.HOISTFITNESS.com and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that DO NOT charge monthly membership dues and where the equipment would be used by no more than 50 people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

WHAT IS NOT COVERED BY THIS WARRANTY: Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES: Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE: This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS: Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS