



# FUNCTIONAL TRAINER

The HOIST® Mi7 Functional Trainer is a personal pulley gym from the new line of HOIST Fitness MiSeries home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion, five pull-up / chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym, perfect to build full body strength and improve overall fitness.

## COMMERCIAL QUALITY FEATURES

- Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip N Dip™ technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- Commercial quality components
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

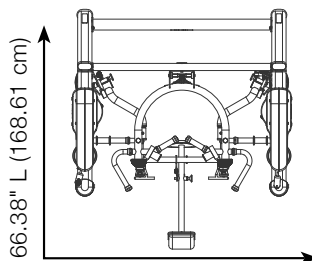
- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Wider walk-in design allows space for bench exercises
- Split Weight Cabling™ delivers 50% resistance for increased cable travel (114" with strap handles)
- Standard 150 lb (68 kg) weight stacks (quantity two) (upgradeable)

## INCLUDED ACCESSORIES

- Three Square-Ring Adjustable Strap Handles (one pair)
- Dual-Attachment Long Strap
- Padded Ankle / Thigh Strap
- Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- Ultra-Light Aluminum Curl Bar

## AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)
- Ultra-Light Aluminum Curl Bar



60.36" W (153.3 cm)

(\*Max user weight for Flip N Grip™ pull-up grips and Flip N Dip™ dip bars is 300 lbs)



Check out the Mi7 in action! (Visit [hoistfitness.com/scan](http://hoistfitness.com/scan) on your smart phone to download a free QR Code Scanner.)



Free HOIST Strength app provides access to dozens of exercise tutorials, workout plans and fitness training





| MODEL           | DESCRIPTION               | LENGTH            | WIDTH             | HEIGHT            | MACHINE WT            |
|-----------------|---------------------------|-------------------|-------------------|-------------------|-----------------------|
| Mi1             | Mi1 HOME GYM              | 58" (147.32 cm)   | 48" (121.92 cm)   | 84" (213.36 cm)   | 402 lbs (182.34 kg)   |
| Mi5             | Mi5 FUNCTIONAL TRAINER    | 51" (129.53 cm)   | 52.6" (133.62 cm) | 83.5" (212.08 cm) | 442 lbs (200.48 kg)   |
| Mi6             | Mi6 FUNCTIONAL TRAINER    | 37.75" (95.89 cm) | 54" (137.16 cm)   | 83" (210.82 cm)   | 610.5 lbs (276.92 kg) |
| Mi7-PL          | Mi7 FUNCTIONAL TRAINER    | 60.4" (153.42 cm) | 83.5" (212.09 cm) | 66.4" (168.66 cm) | 711 lbs (322.50 kg)   |
| Mi7-SMITH-PL    | MiSMITH DUAL ACTION SMITH | 49" (124.46 cm)   | 83" (210.82 cm)   | 82.5" (209.66 cm) | 386 lbs (175.09 kg)   |
| Mi-SMITH-ENS-PL | Mi7SMITH ENSEMBLE         | 92" (233.68 cm)   | 83" (210.82 cm)   | 83.5" (212.08 cm) | 985 lbs (446.79 kg)   |