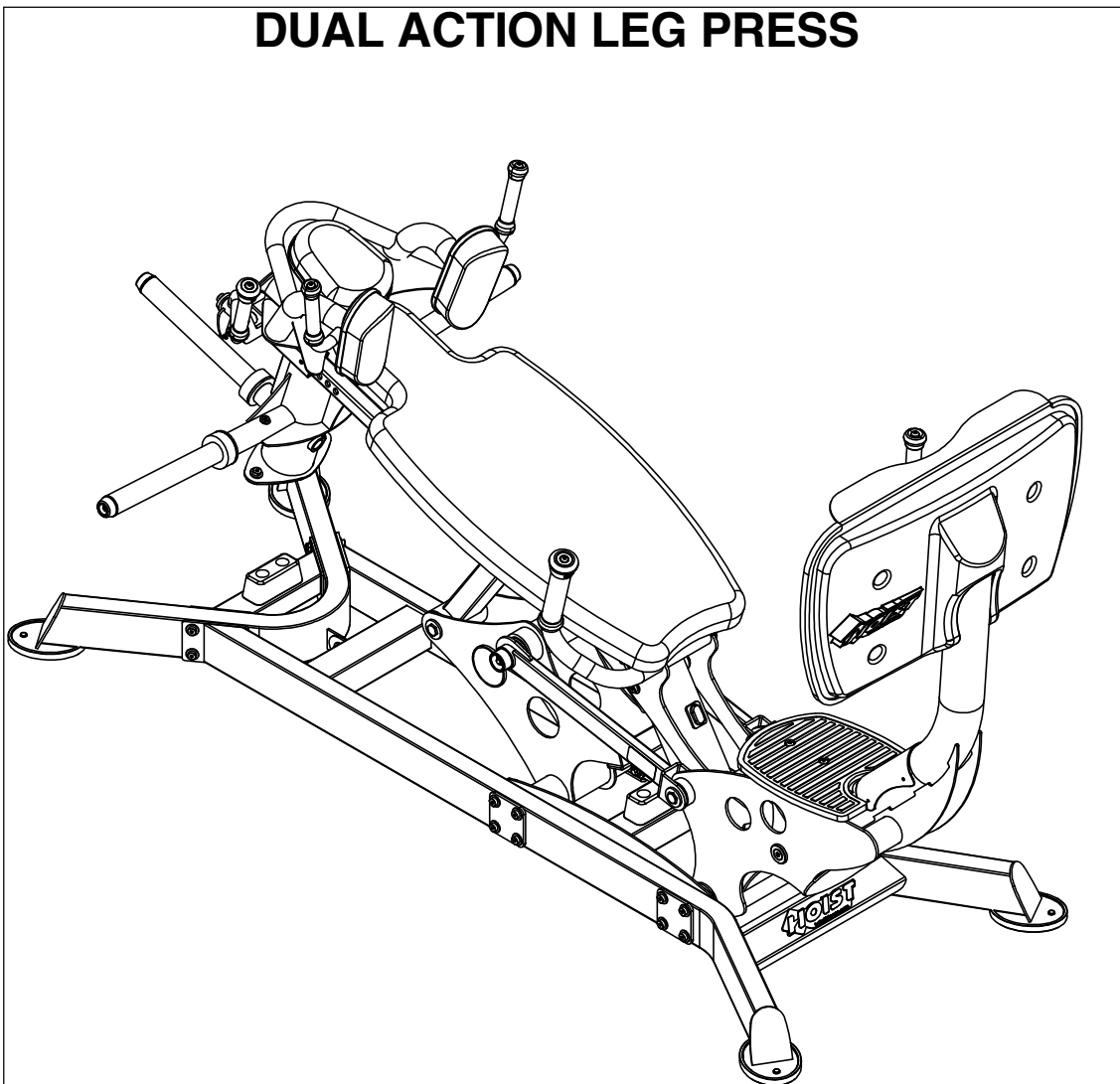


# OWNER'S MANUAL



## RPL-5403-B DUAL ACTION LEG PRESS



**\*\*WARNING!\*\***  
TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LONG BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558



[www.facebook.com/hoistfitness](http://www.facebook.com/hoistfitness)

# OWNER'S MANUAL

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# OWNER'S MANUAL

## **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**

**Hex Key Wrench Set**

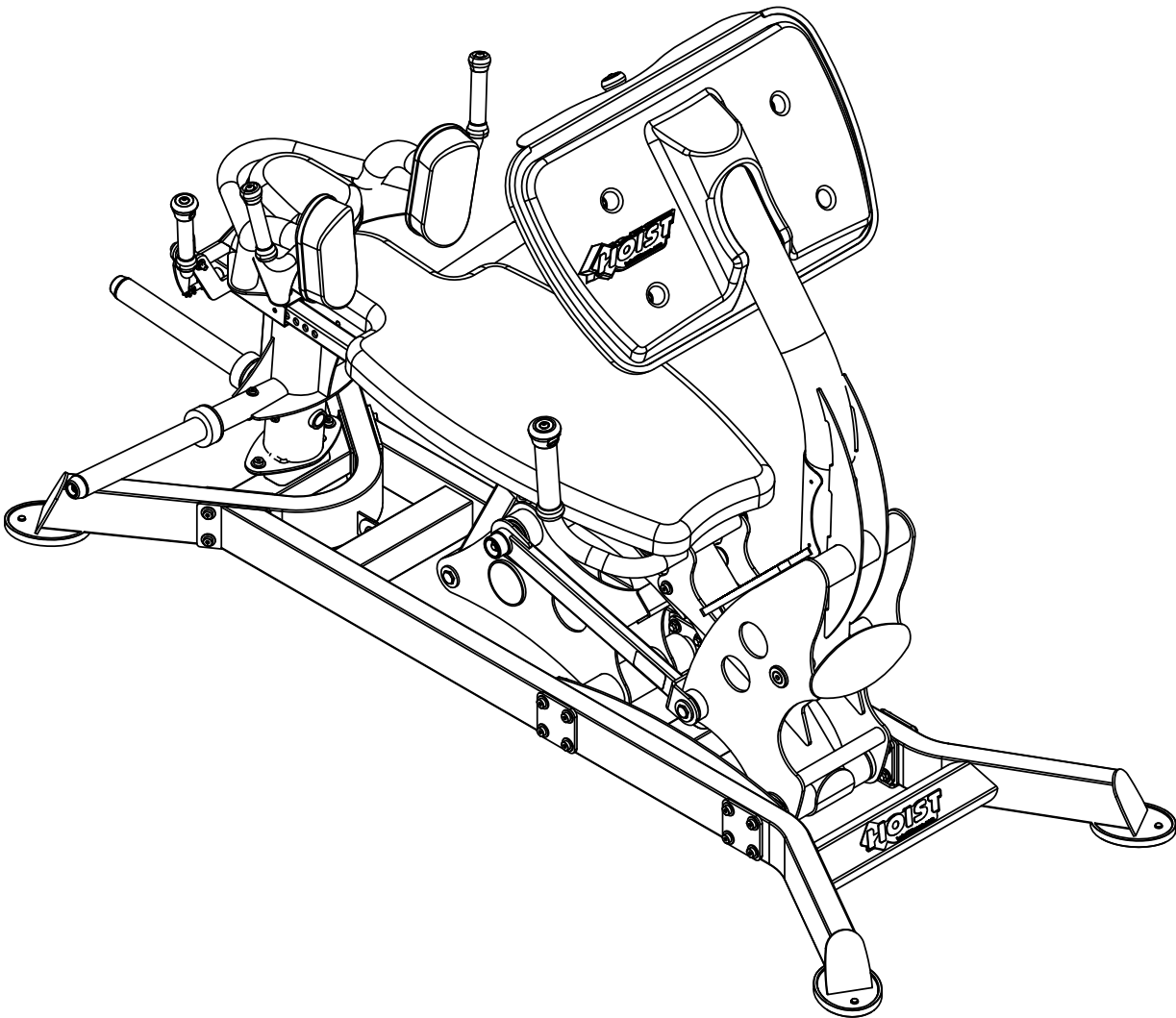
**2 PEOPLE REQUIRED FOR ASSEMBLY**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## FRAME ASSEMBLY

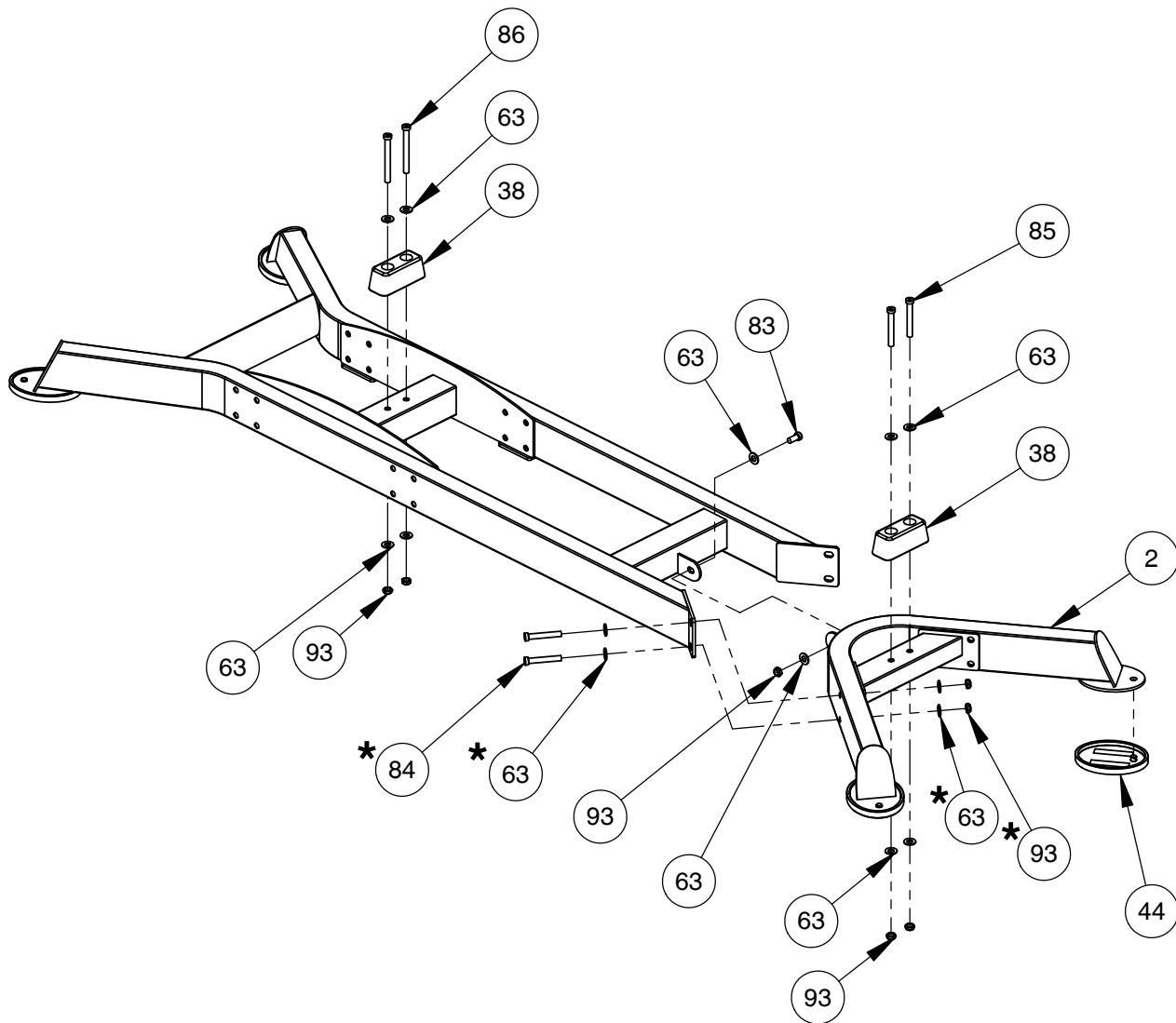


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

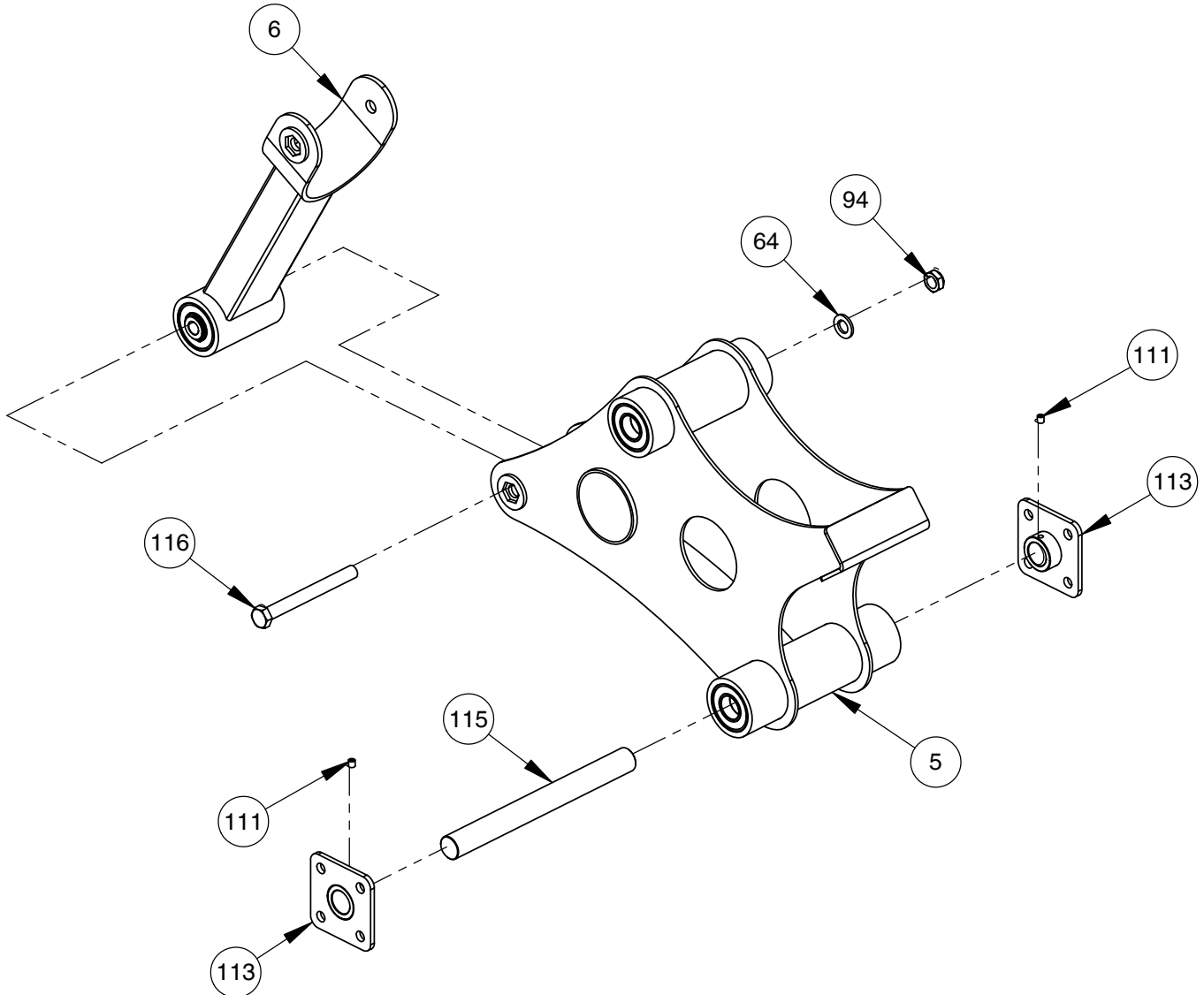
- HAND TIGHTEN HARDWARE.
- \* - REPEAT ASSEMBLY FOR OTHER SIDE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

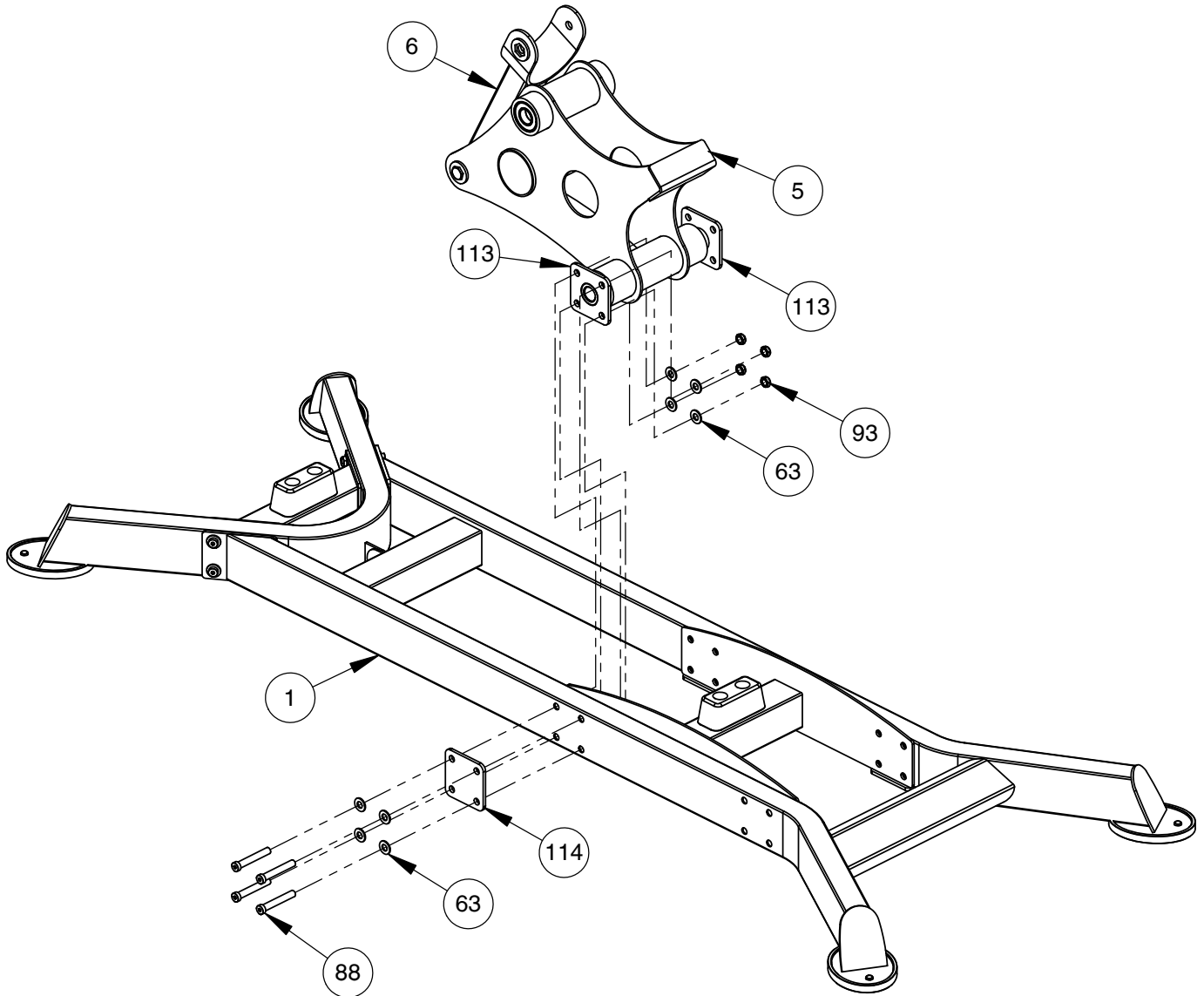
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

- NOTE:
- HAND TIGHTEN HARDWARE.
  - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
  - WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.

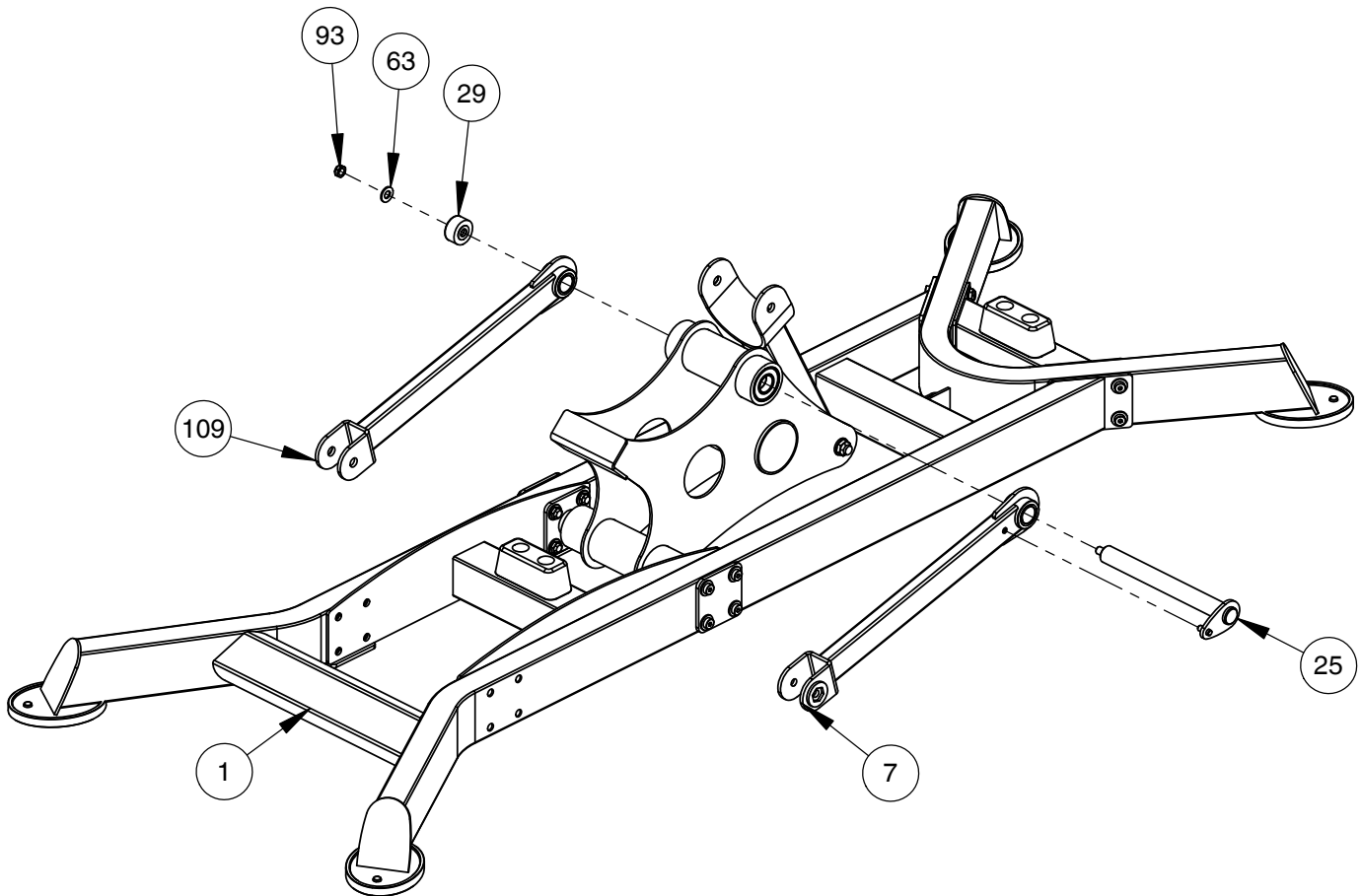




# OWNER'S MANUAL

## FRAME ASSEMBLY

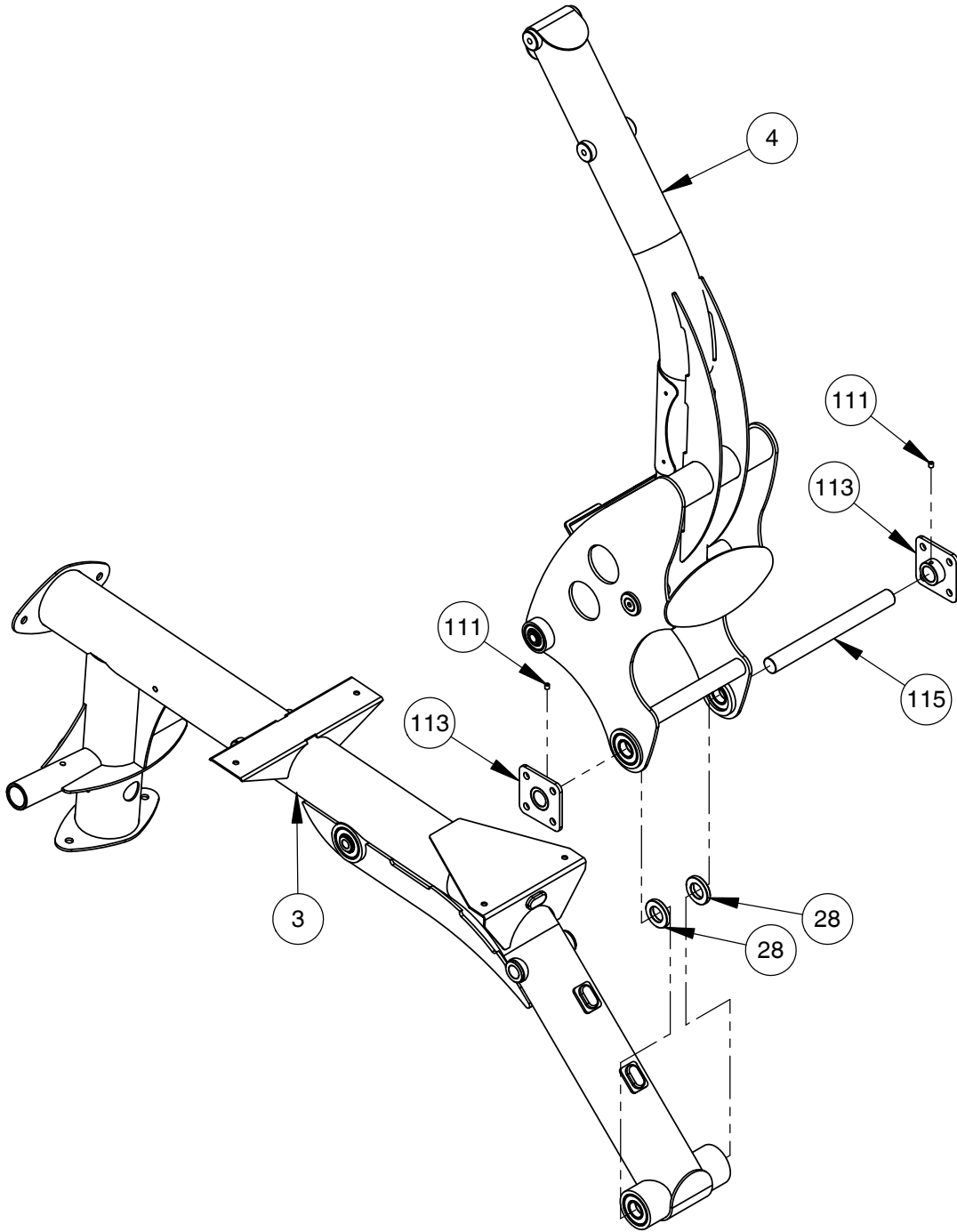
- NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- WRENCH TIGHTEN ALL PREVIOUSLY  
HAND TIGHTENED HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
-WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

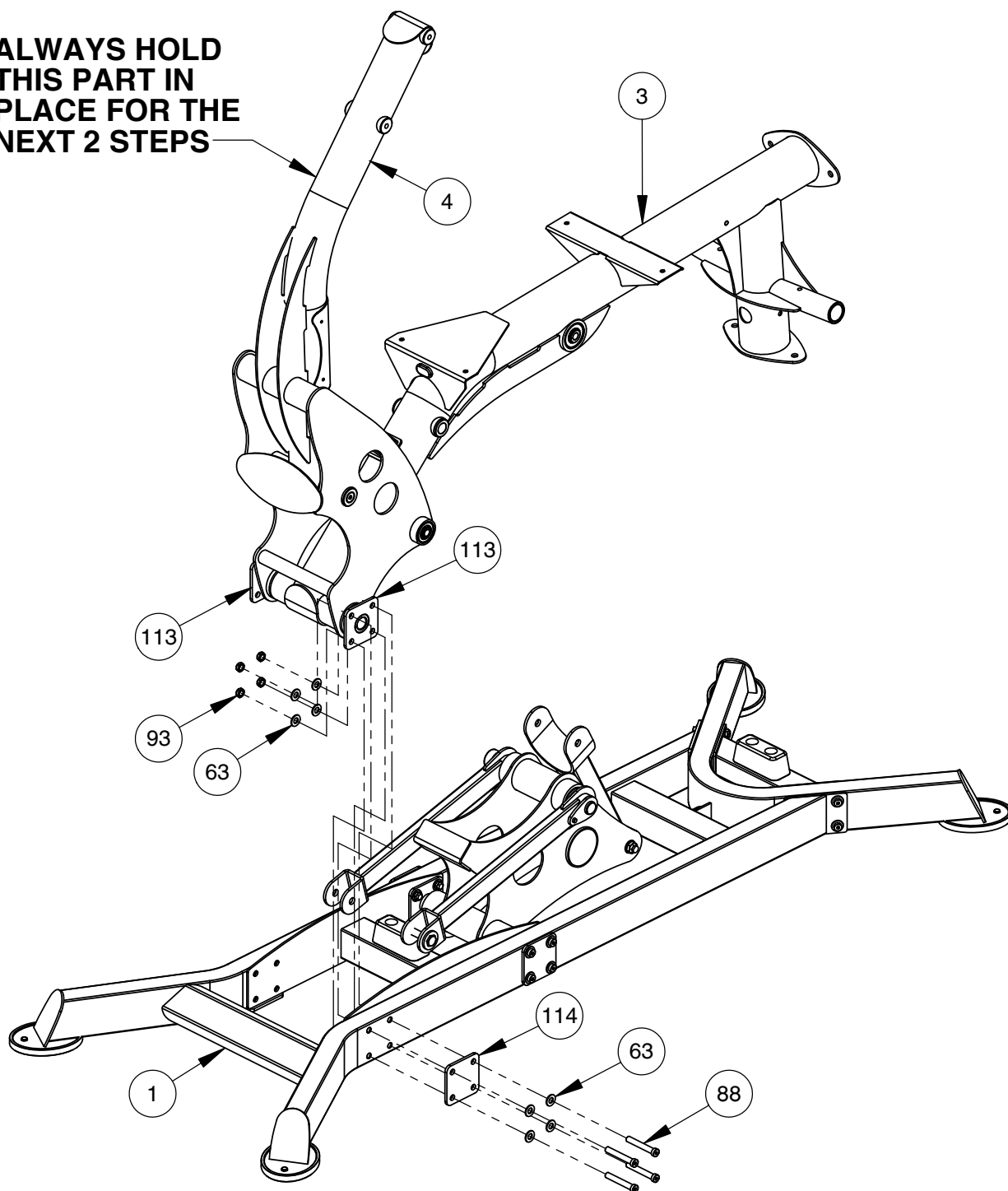
## FRAME ASSEMBLY

- NOTE:
- HAND TIGHTEN HARDWARE.
  - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
  - WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.

### WARNING:

BE SURE TO HAVE AT LEAST 1 PERSON TO HOLD THE PRESS ARM FRAME TO KEEP IT FROM FALLING FORWARD. FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH.

ALWAYS HOLD THIS PART IN PLACE FOR THE NEXT 2 STEPS



# OWNER'S MANUAL

## FRAME ASSEMBLY

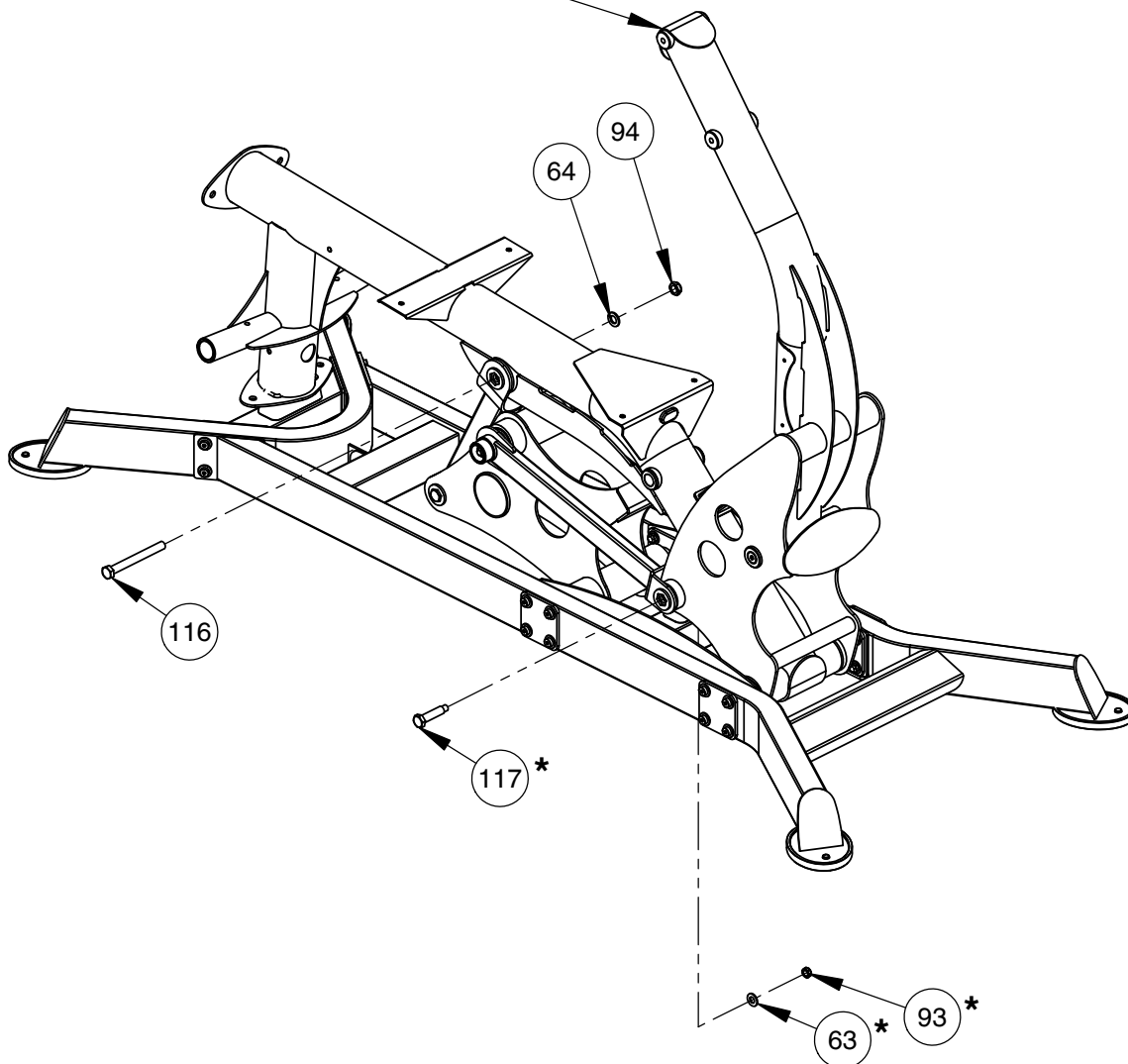
NOTE:

- WRENCH TIGHTEN HARDWARE.
- \* - REPEAT ASSEMBLY ON OPPOSITE SIDE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.

### **WARNING:**

**BE SURE TO HAVE AT LEAST 1 PERSON TO HOLD THE PRESS ARM FRAME TO KEEP IT FROM FALLING FORWARD. FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH.**

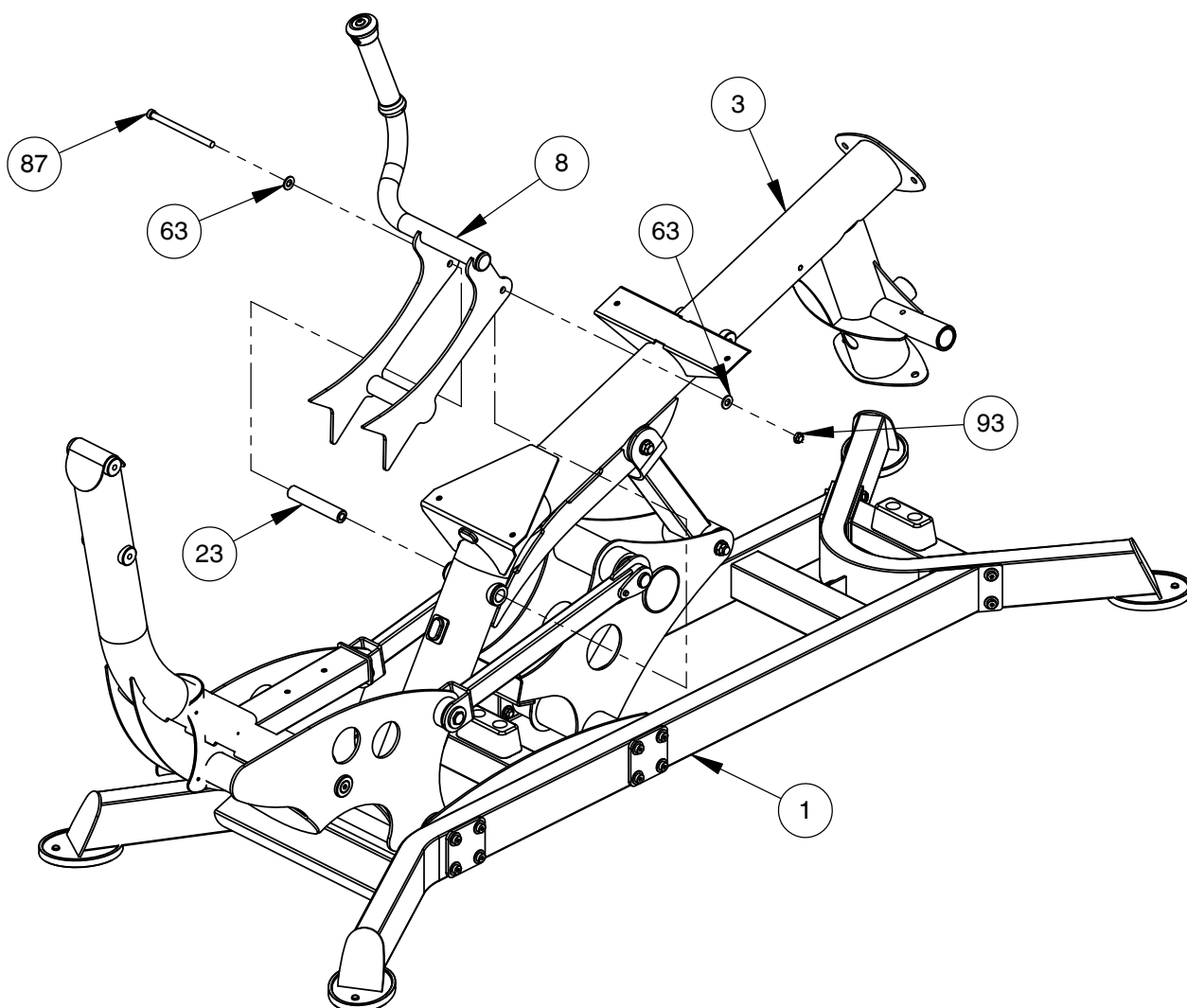
**ALWAYS HOLD THIS PART IN PLACE UNTILL THIS STEP IS COMPLETED**



# OWNER'S MANUAL

## FRAME ASSEMBLY

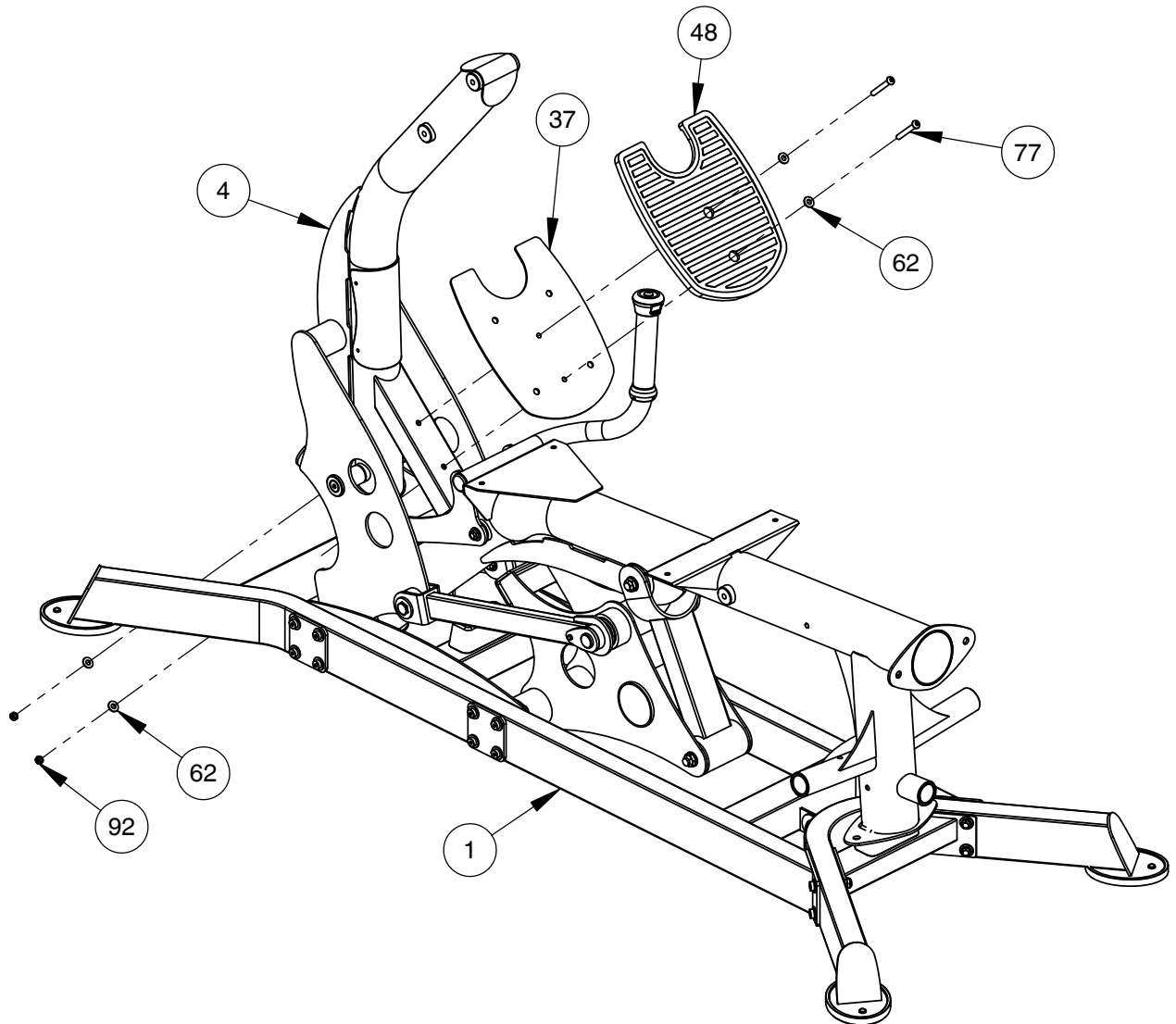
NOTE:  
- WRENCH TIGHTEN HARDWARE (87) THEN  
 LOOSEN (93) JUST ENOUGH FOR (8)  
 TO PIVOT FREELY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

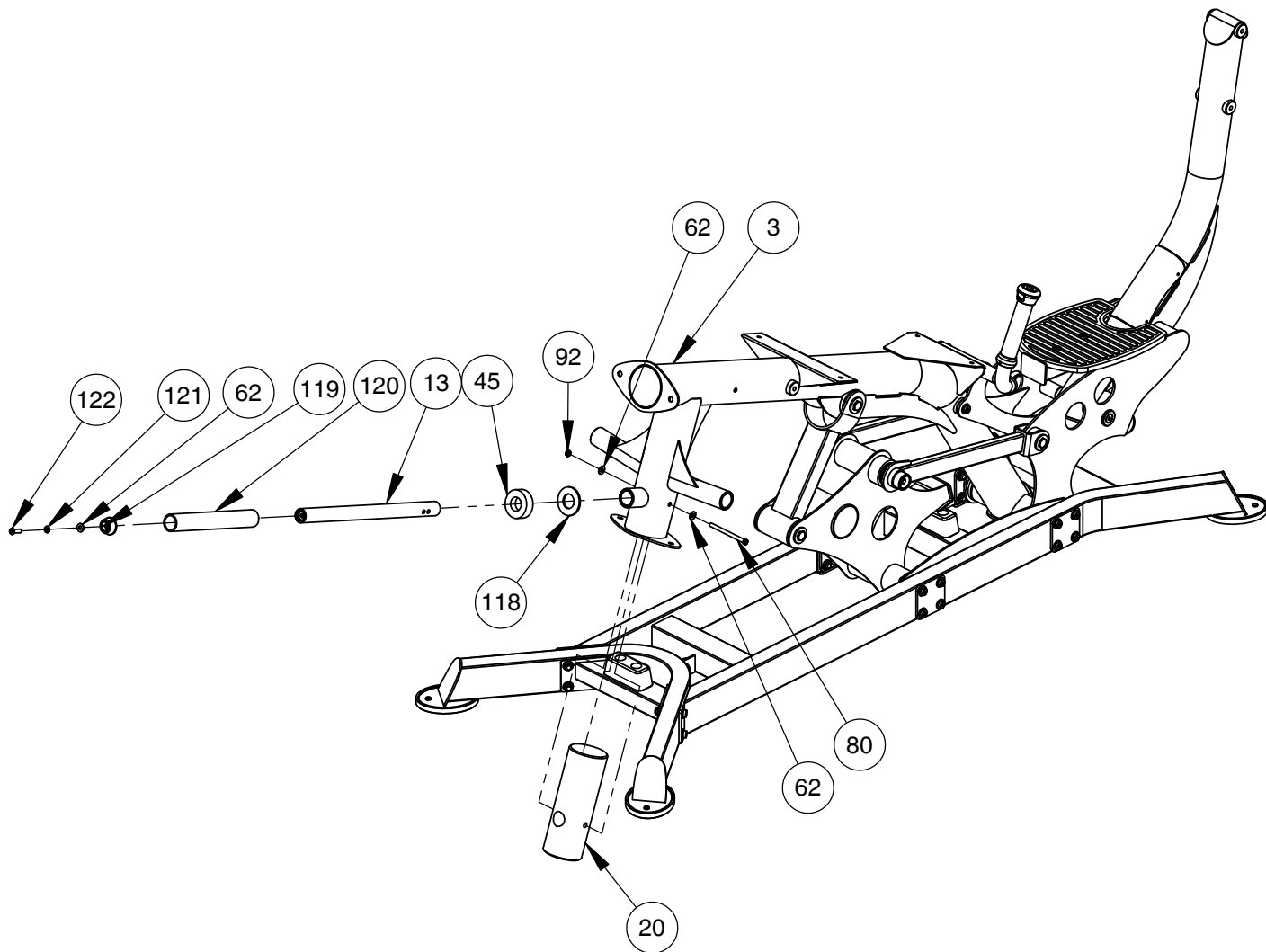
NOTE:  
-WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

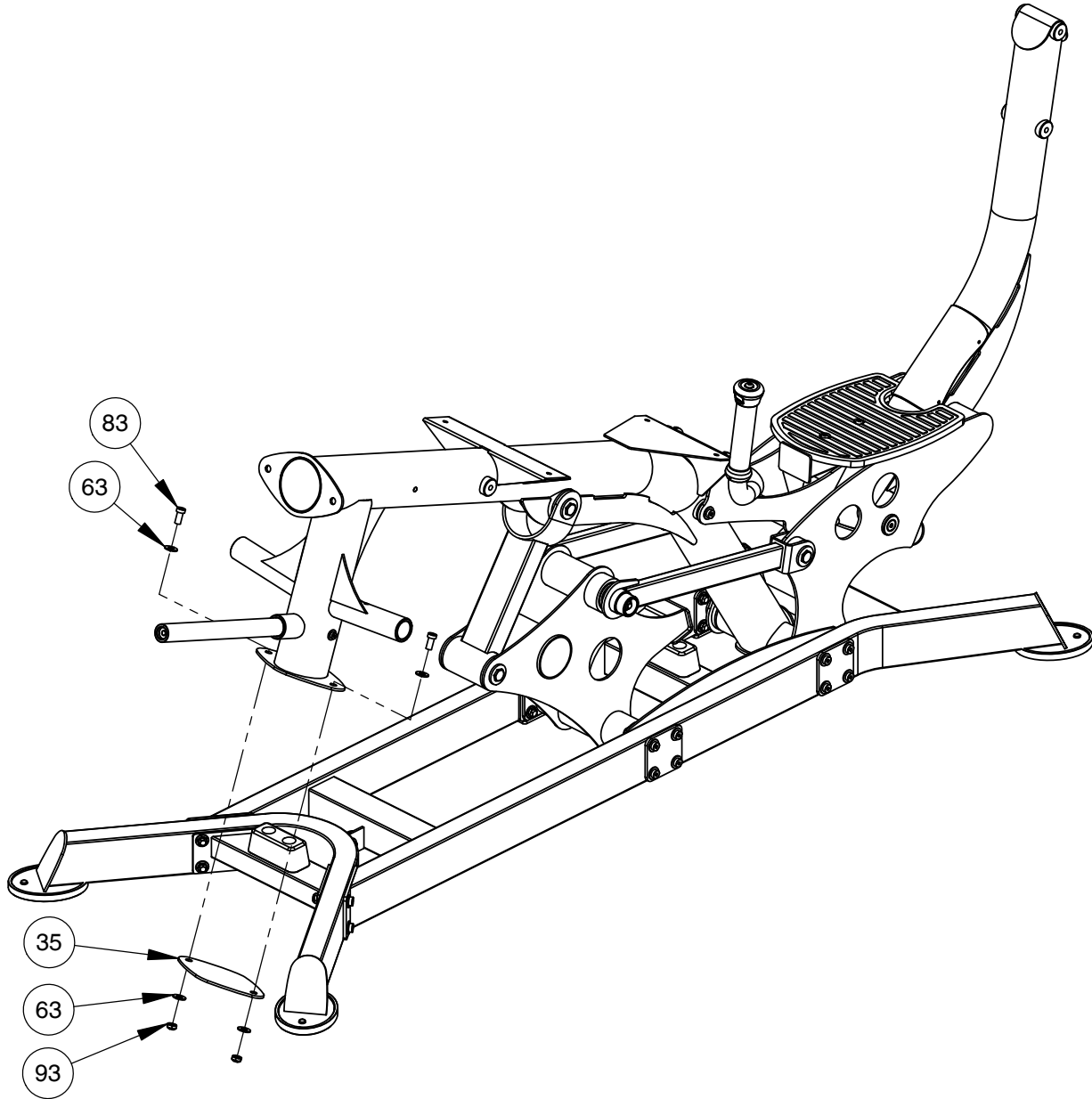
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



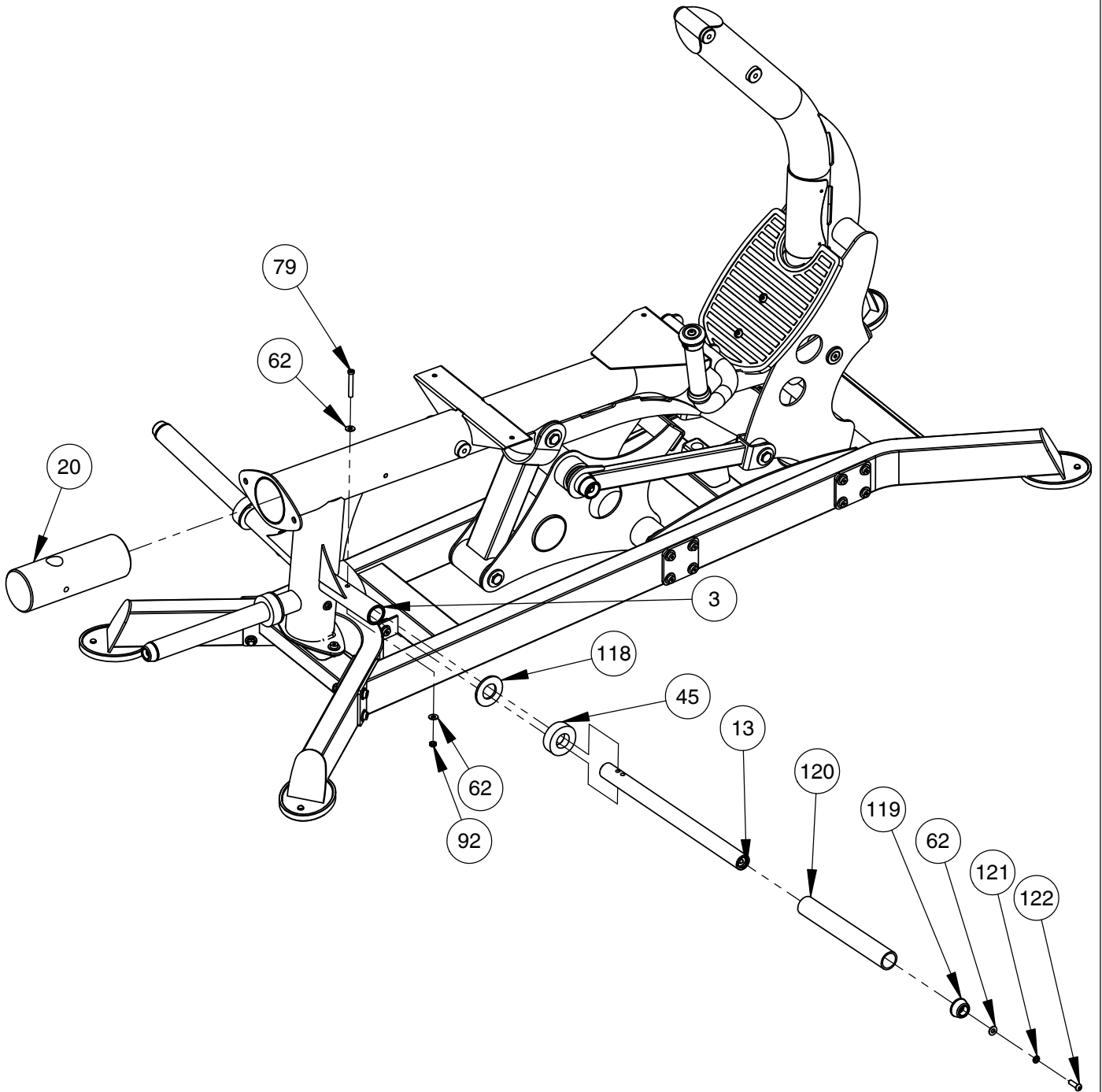


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

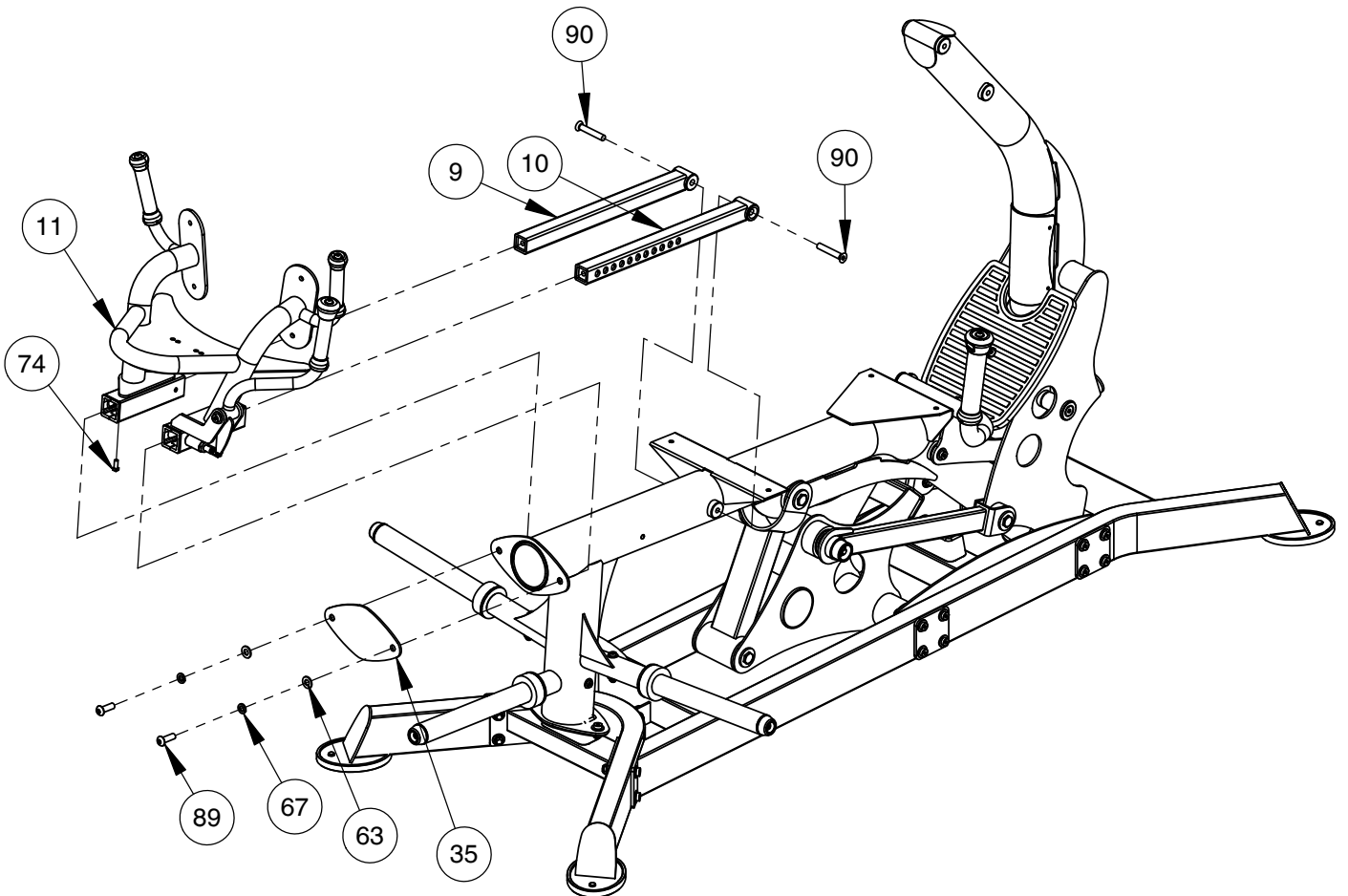
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

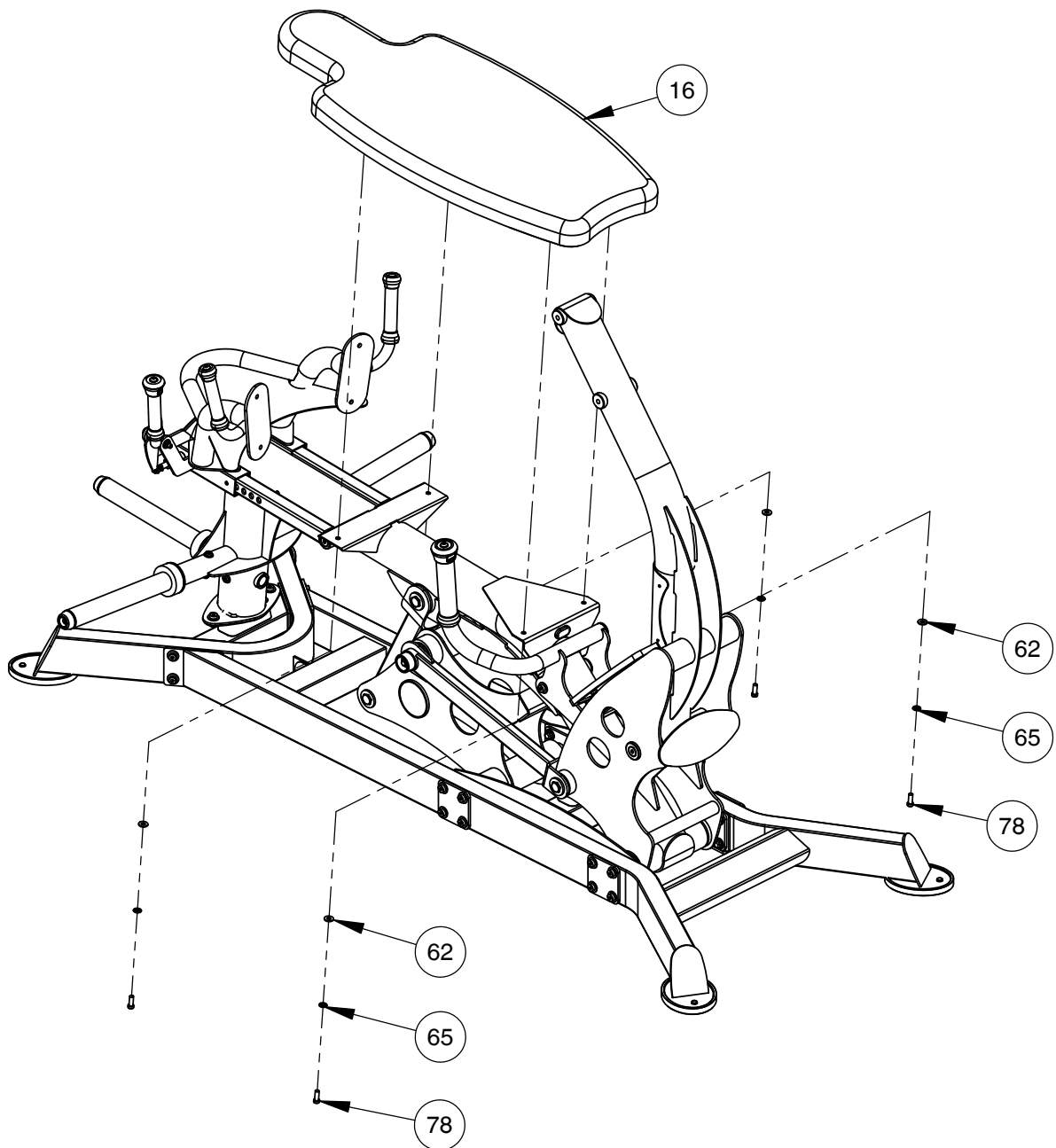
NOTE:  
-WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

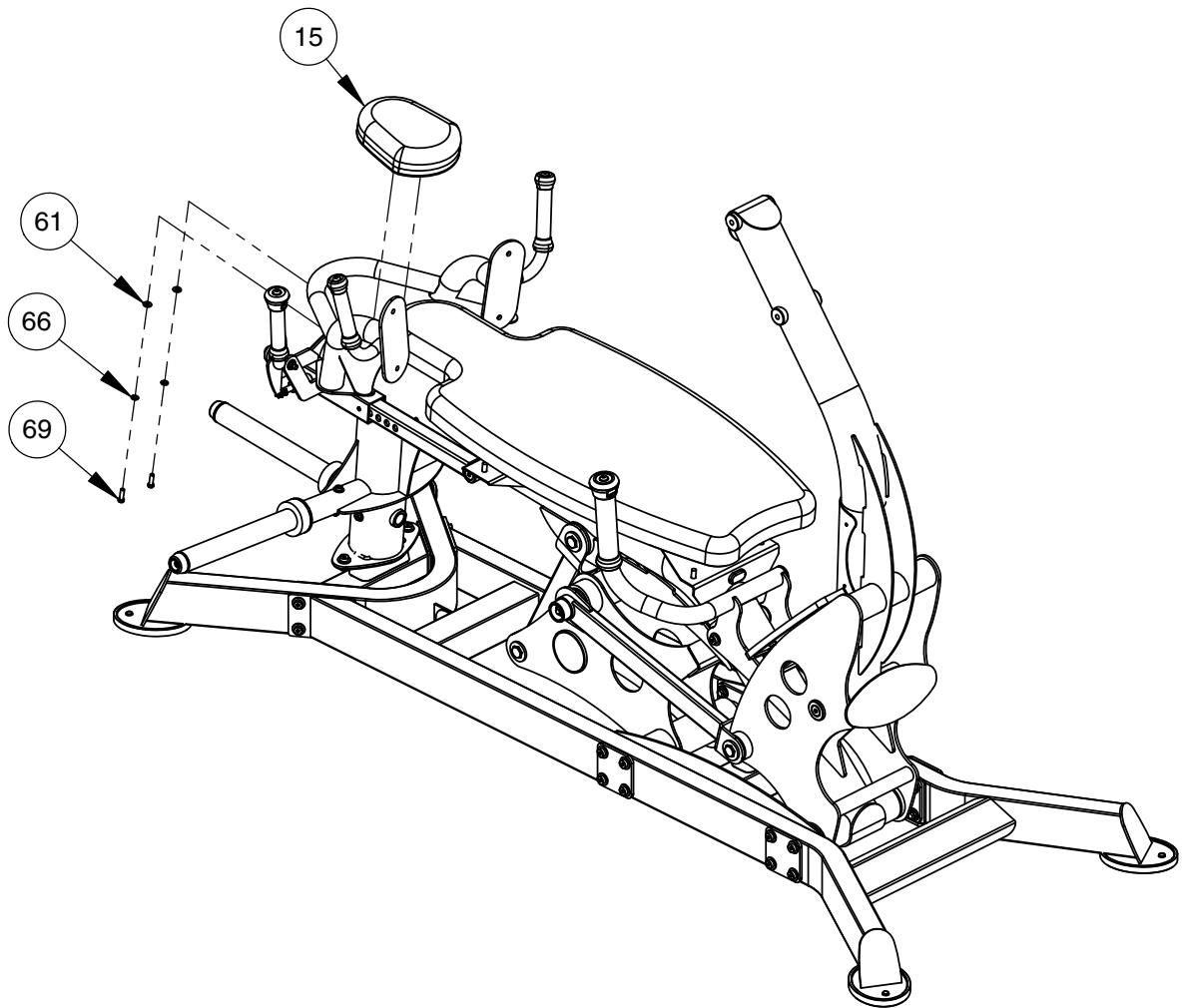
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

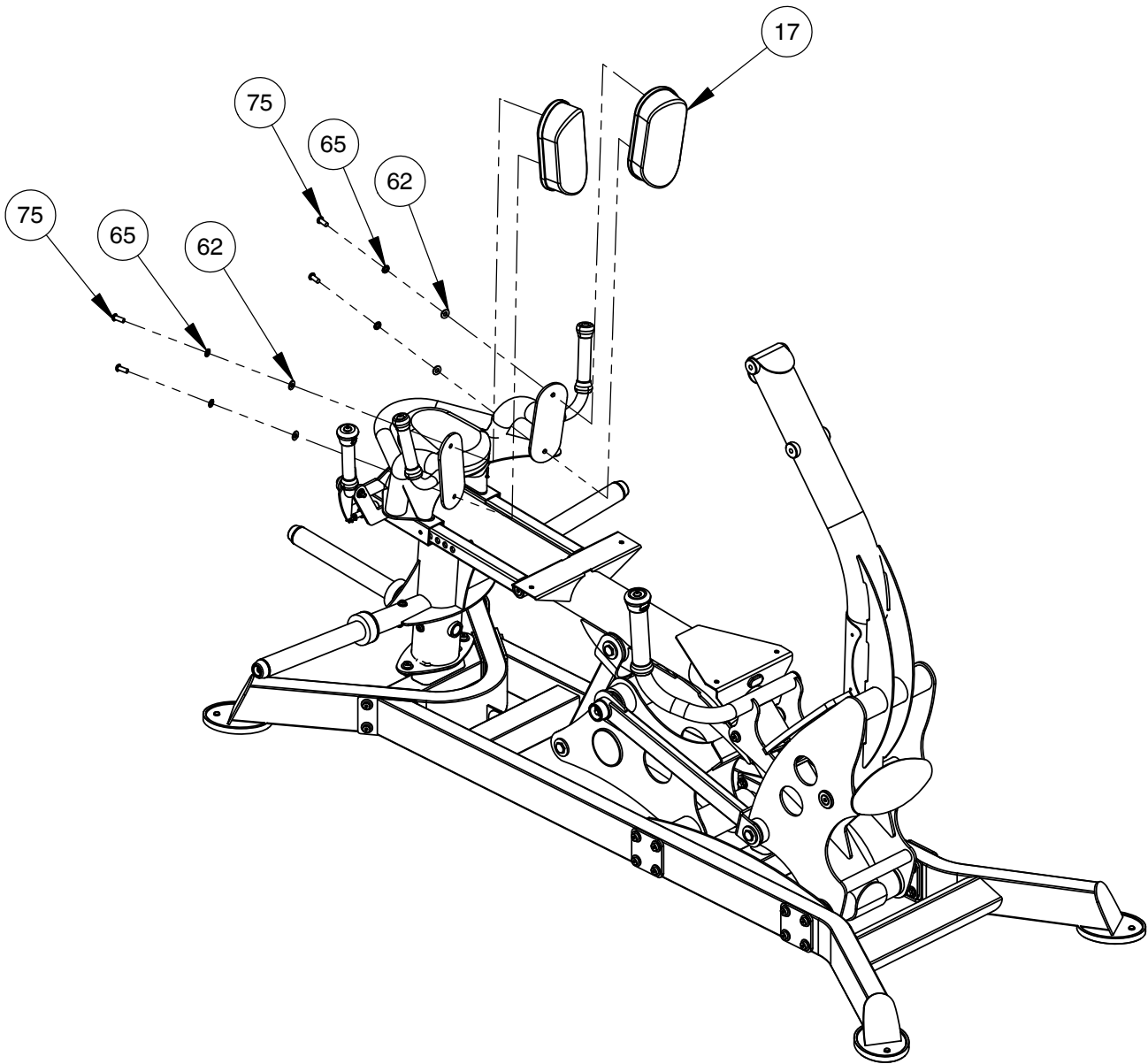
NOTE:  
-WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

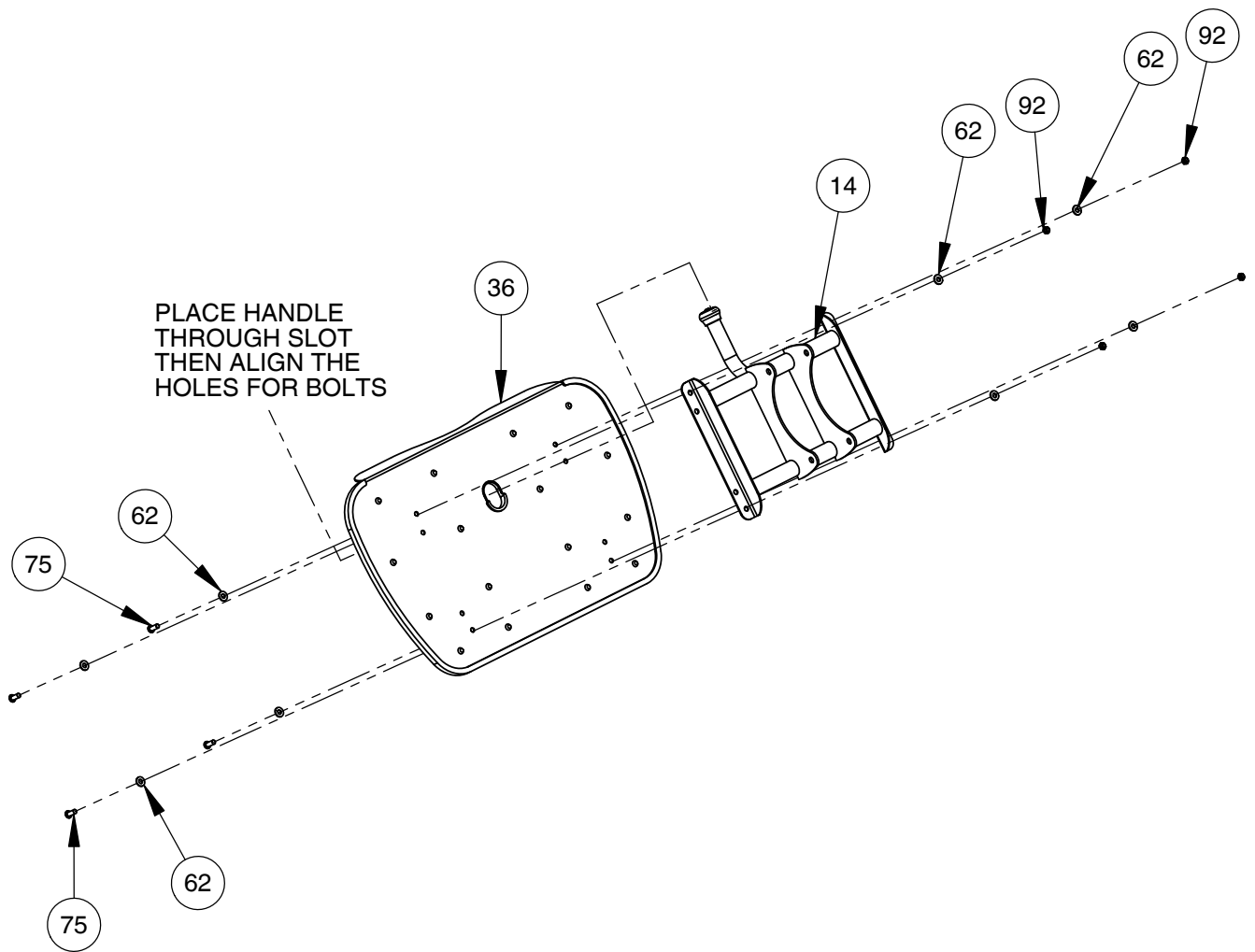
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



# OWNER'S MANUAL

## FRAME ASSEMBLY

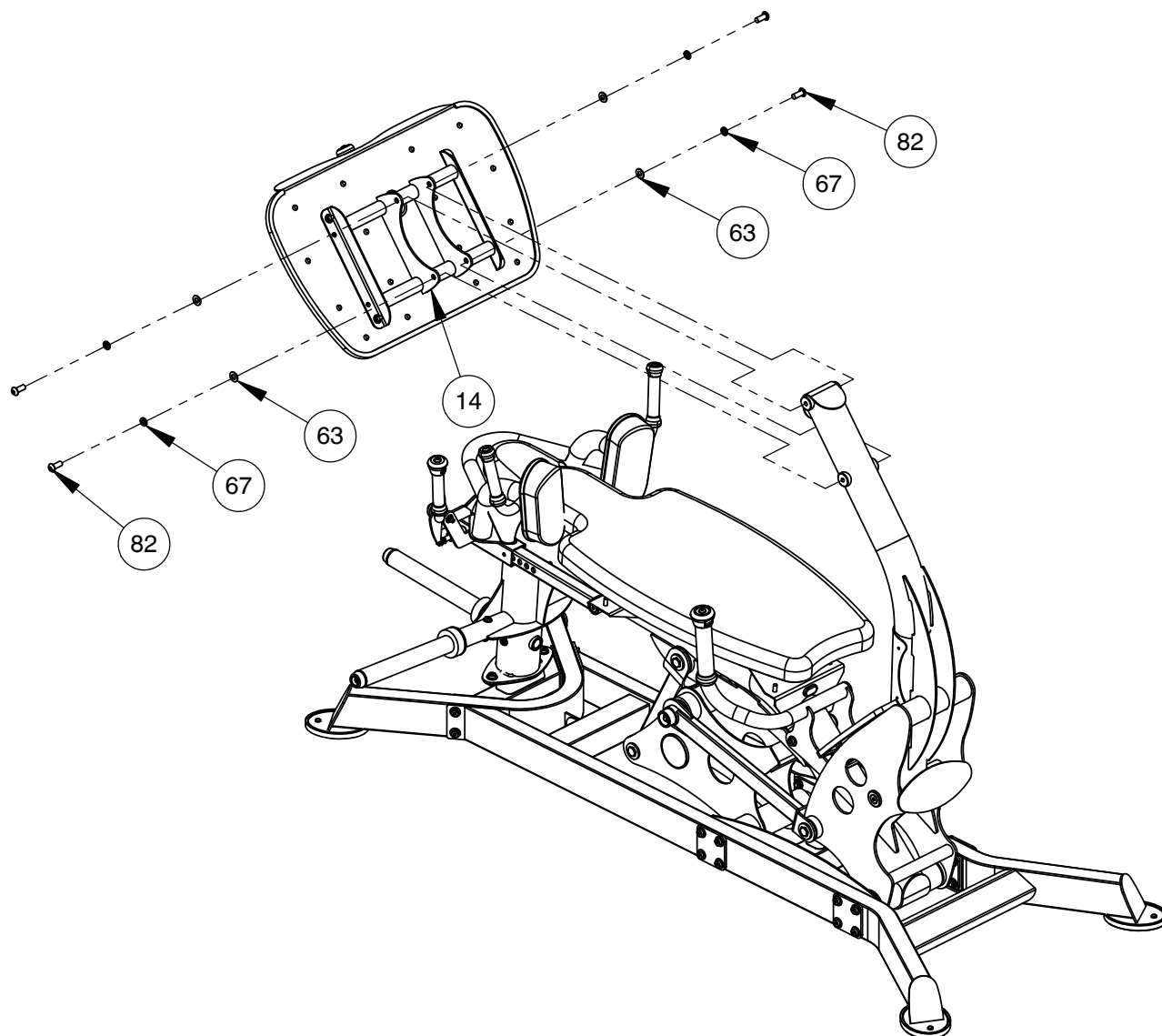
NOTE:  
-WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

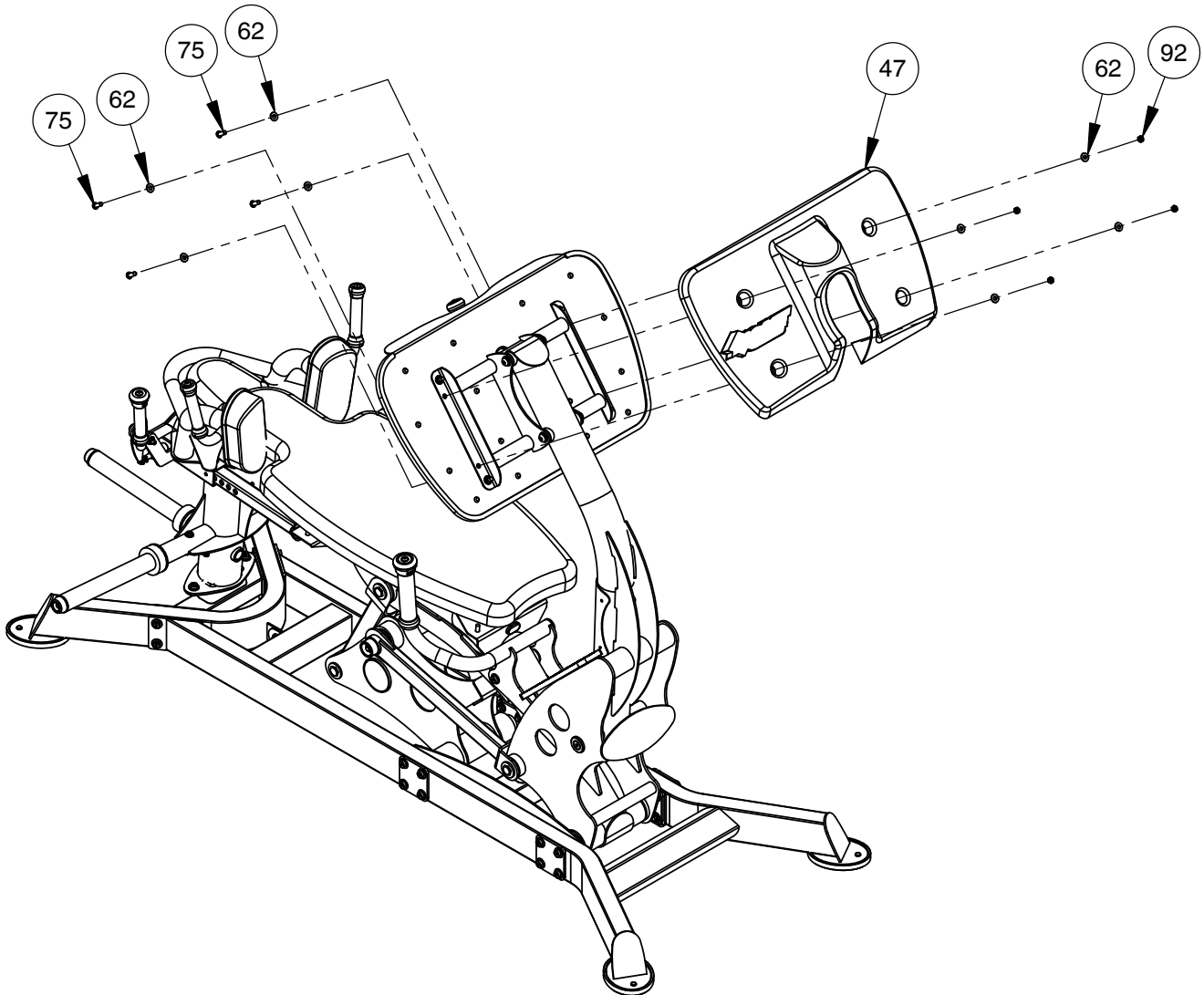
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



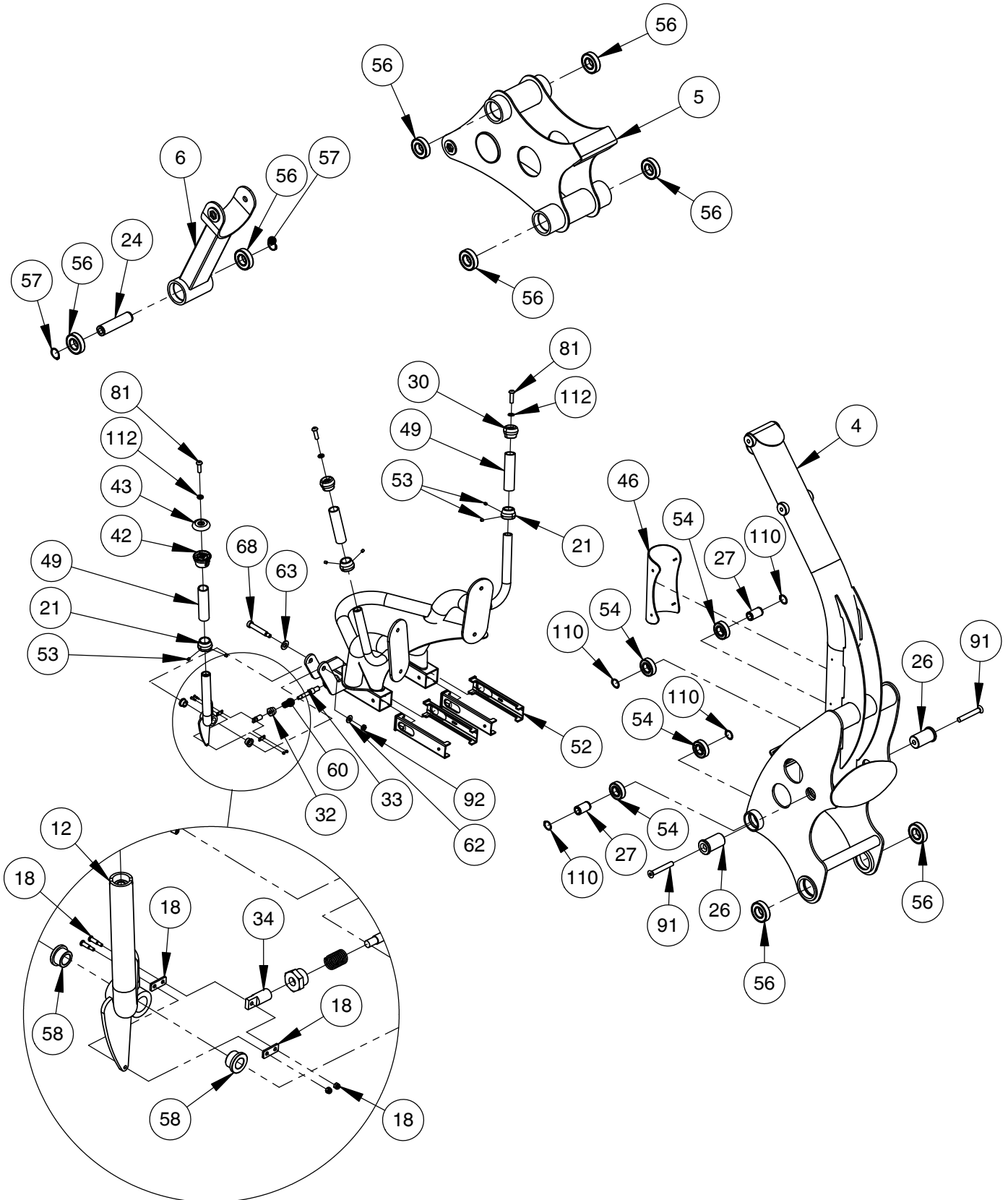
### \*IMPORTANT\*

NOW THAT THE RPL-5403-B IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF UNIT IS NOT SQUARE OR PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.



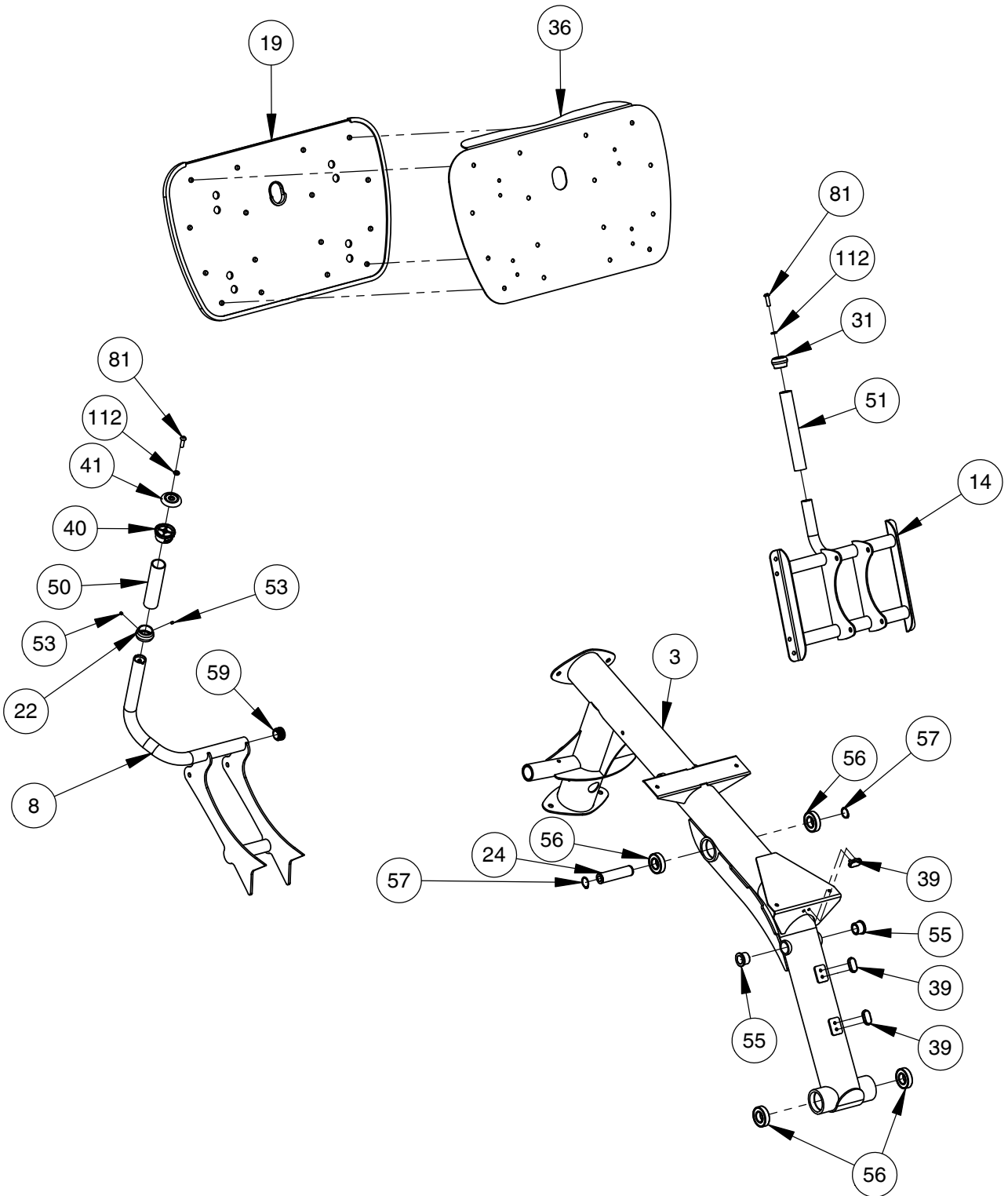
# OWNER'S MANUAL

## PRE-ASSEMBLY



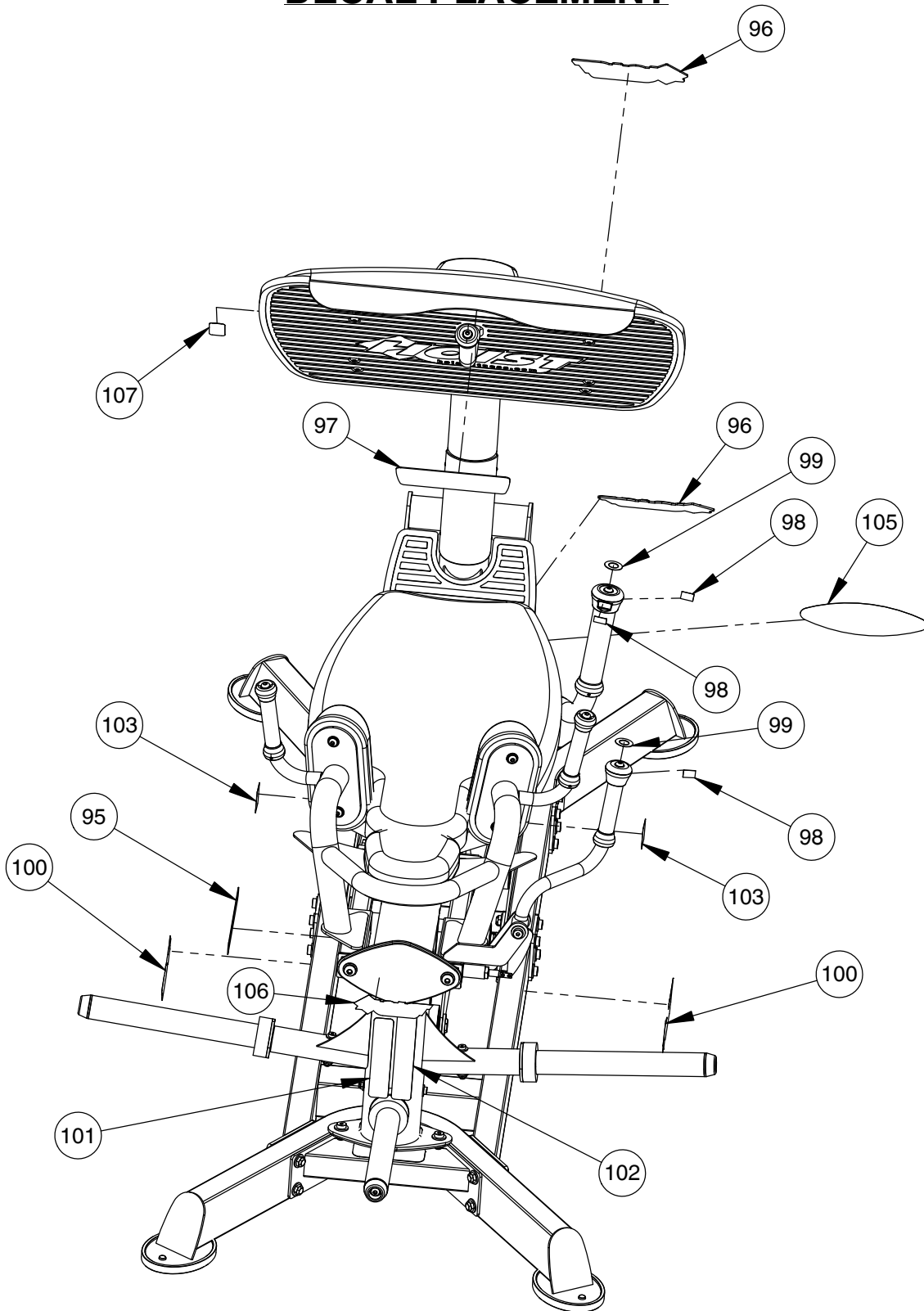
# OWNER'S MANUAL

## PRE-ASSEMBLY



# OWNER'S MANUAL

## DECAL PLACEMENT



# OWNER'S MANUAL

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# OWNER'S MANUAL

## DECAL REFERENCE

NOTICE	COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	5 Months	Yearly
		Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery		X				
Inspect; Cables or Belts and their tension		X				
Inspect; Accessory Bars and Handles			X			
Inspect; All Decals			X			
Inspect; All nuts and Bolts Tighten if Needed.			X			
Inspect; Anti-Skid Surfaces			X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based Lubricant (SuperLube)				X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing				X		
Clean & Wax; All Glossy Finishes					X	
Repack with Grease Linear Bearings						X
Replace; Cables, Belts and Connecting Parts.						X

021-0003008

**WARNING**  
 USE ONLY GENUINE HOKU REPAIRMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING, do not lean back too far. Failure to do so may result in serious injury or death.

021-0003135 (Rev. 1)

021-0003135



021-0003551

**WARNING**

**SAFETY LOCK ENGAGEMENT**

START EXERCISE TO AUTOMATICALLY DISENGAGE SAFETY LOCK.

PULL BACK SAFETY LOCK TO ENGAGE. SAFETY LOCK MUST BE ENGAGED BEFORE EXITING MACHINE.

021-0003630 (Rev. 1)

021-0003630

# OWNER'S MANUAL

## DECAL REFERENCE



021-0003221



021-0003230



021-0003427



021-0003426



021-0003114



021-0003543

# OWNER'S MANUAL

## DECAL REFERENCE



021-0003632 (REV.D)



021-0018022



SERIAL # DECAL

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X3629	BASE FRAME ASSEMBLY	1
2	026-01X3789	BASE FRAME SUPPORT ASSEMBLY	1
3	026-01X3634	SEAT FRAME ASSEMBLY	1
4	026-01X3630	PRESS ARM FRAME ASSEMBLY	1
5	026-01X3631	BELL-CRANK ASSEMBLY	1
6	026-01X3633	PUSH LINK ASSEMBLY	1
7	026-01X3635	PULL LINK ASSEMBLY	1
8	026-01X3100	LOCKOUT HANDLE ASSEMBLY	1
9	026-01X3108	BACK PAD ADJUSTER ASSEMBLY-A	1
10	026-01X3107	BACK PAD ADJUSTER-B	1
11	026-01X3109	SHOULDER PAD FRAME ASSEMBLY	1
12	026-01X3114	BACK PAD ADJUSTING HANDLE ASSEMBLY	1
13	026-01X6690	21.125" WEIGHT HORN	3
14	026-01X3121	FOOTPLATE MOUNT	1
15	022-01PD2205-A	HEAD PAD ASSEMBLY	1
16	022-01PD2086-A	BACK PAD ASSEMBLY	1
17	022-01PD0082-A	SHOULDER PAD ASSEMBLY	2
18	026-01X5630	CHAIN LINK REPLACEMENT	1
19	026-01PL2264	RUBBER FOOTPLATE COVER	1
20	026-01M1142	COUNTER WEIGHT	2
21	026-01M0936	ALUMINIUM RING: $\phi$ 1.00" I.D.	3
22	026-01M0935	ALUMINIUM RING: $\phi$ 1.50" I.D.	1
23	026-01M1151	SHAFT: $\phi$ 1.00 X 5.47 LG.	1
24	026-01M2905	SHAFT - $\phi$ 1.181 X 4.7100 LG.	2
25	026-01X3636	SHAFT PULL LINKS UPPER RPL-5403	1
26	026-01M1139	SPACER: $\phi$ 1.75 X 2.78 LG.	2
27	026-01M2904	SHAFT - $\phi$ .984 X 1.7610 LG.	2
28	026-01M2652	SPACER	2
29	026-01M1176	HANDLE END CAPS	1
30	026-01M0937	END CAP: ALUMINUM $\phi$ 1.0" I.D.	2
31	026-01M0932	ALUMINIUM CAP: $\phi$ 1.25" ID	1
32	026-01M0128-1	PULL PIN CAP	1
33	026-01M0128-3	PULL-PIN PLUNGER	1
34	026-01M0209	PULL-PIN TO CHAIN LINK	1
35	026-01P3284	PLATE: 5.00" X 9.2500	2
36	026-01P3938	FOOT PLATE	1
37	026-01P3917	LOWER FOOTPLATE	1
38	026-01PL2246	DUAL HOLE BUMPER 2.08" THICK	2
39	026-01PL2005	PLUG BUMPER (2 STEM)	3
40	026-01PL2158	PLASTIC KNOB: $\phi$ 1.50" - BASE	1



# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
41	026-01PL2159	PLASTIC KNOB: Ø1.50" - CAP	1
42	026-01PL2154	PLASTIC KNOB: BASE Ø1.00" ID	1
43	026-01PL2155	PLASTIC KNOB: CAP Ø1.00" ID	1
44	026-01PL2122	OVAL-SHAPED RUBBER FOOT	4
45	026-01PL0264	WEIGHT HORN RUBBER DONUT	3
46	026-01PL2521	PLASTIC SCUFF GUARD 8.98" LG. WITH RIVETS	1
47	026-01PL2239	FOOT PLATE PLASTIC BACKING	1
48	026-01PL2265	RUBBER FOOTPLATE COVER	1
49	026-01PL0206-5	GRIP: OPEN END Ø.94" X 4.00" LG.	3
50	026-01PL0209-2	GRIP: OPEN ENDED Ø1.50" X 6.5000 LG.	1
51	026-01PL0235-24	GRIP: OPEN ENDED Ø1.4280" X 9.50" LG.	1
52	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	4
53	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	8
54	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
55	014-0101005	BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG.	2
56	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	12
57	014-0012019	SNAP RING - 30mm EXTERNAL	4
58	014-0101002	BUSHING: OILITE FLANGED Ø.75" O.D X Ø.50" I.D X .38" LG.	2
59	016-0201023	END CAP Ø1.50" (BLACK)	1
60	020-0011009	SPRING	1
61	013-1002010	5/16" SAE FLAT WASHER (Ni)	2
62	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	38
63	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	66
64	013-1002013	M16-2.0 FLAT WASHER (Ni)	2
65	013-1010002	3/8" INTERNAL LOCK WASHER (Ni)	8
66	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	2
67	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	6
68	011-0112008	1/2" X 2.50" SHSS (WZ)	1
69	011-0116174	5/16"-18UNC X 1.00" LOW HEAD SHCS (Ni)	2
74	011-0704001	3/8"-16UNC X .75" SQUARE HEAD (Ni)	1
75	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	12
77	011-0701027	3/8"-16UNC X 2.75" BHCS (Ni)	2
78	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	4
79	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	2
80	011-0116158	3/8"-16UNC X 5.00" LOW HEAD SHCS (Ni)	1

# OWNER'S MANUAL

## PART LIST CONTINUED

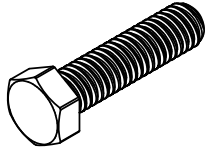
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
81	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	5
82	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	4
83	011-0116107	1/2"-13UNC X 1.00" LOW HEAD SHCS (Ni)	3
84	011-0116115	1/2"-13UNC X 3.00" LOW HEAD SHCS (Ni)	4
85	011-0116117	1/2"-13UNC X 3.50" LOW HEAD SHCS (Ni)	2
86	011-0116121	1/2"-13UNC X 4.50" LOW HEAD SHCS (Ni)	2
87	011-0116129	1/2"-13UNC X 6.50" LOW HEAD SHCS (Ni)	1
88	011-0116116	1/2"-13UNC X 3.25" LOW HEAD SHCS (Ni)	16
89	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	2
90	011-0702032	1/2"-13UNC X 3.00" FHS (Ni)	2
91	011-0702034	1/2"-13UNC X 3.50" FHS (Ni)	2
92	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	14
93	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	31
94	012-0504009	M16-2.0 THIN NYLOCK NUT (Ni)	2
95	021-0003551	DECAL ADJUST 1-11 DECAL VERTICAL TXT.	1
96	021-0018022	DECAL HOISTFITNESS.COM LOGO	2
97	021-0003630	PLACARD RPL-5403 LOCK-OUT	1
98	021-0003426	DECAL PULL	3
99	021-0003427	DECAL ADJUST	2
100	021-0003221	DECAL HOIST 2.50" X 9.13"	2
101	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
102	021-0003135	DECAL WARNING 1.50" X 7.75"	1
103	021-0003114	DECAL PINCH POINT 1.63" X 3.25" (HORIZONTAL)	2
105	021-0003632	DECAL RPL-5403 DUAL ACTION	1
106	021-0003230	DECAL HOIST 1.625" X 6.0613"	1
107	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	1
108	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
109	026-01X3637	PULL LINK ASSEMBLY	1
110	014-0012018	SNAP RING - 25mm EXTERNAL	4
111	011-0311012	SET SCREW: CUP POINT 5/16-18 X 5/16" LG.	4
112	013-0402011	3/8" SPLIT LOCK WASHER (SS)	5
113	026-01X3786	FLNG. SHAFT MOUNT	4
114	026-01F0337	BACKING PLATE	4
115	026-01M2930	PIVOT SHAFT	2
116	011-0107088	16MM ISO X 150 HHB (WZ)	2
117	026-01M2947	CUSTOM SHOULDER BOLT	2
118	026-01P5261	WASHER $\phi$ 3.00" OD X $\phi$ 1.53" ID X .188" T	3
119	026-01PL2535	WEIGHT HORN END CAP	3
120	026-01PL2577	12.88" WEIGHT HORN COVER	3
121	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	3
122	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	3

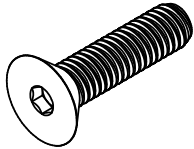
# OWNER'S MANUAL

## ABBREVIATIONS

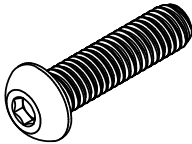
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



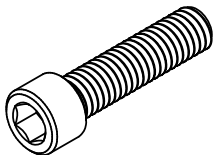
HHB = Hex Head Bolt



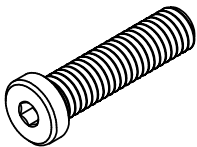
FHCS = Flat Head Cap Screw



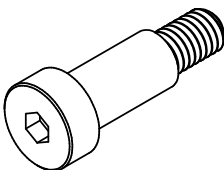
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



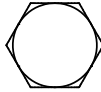
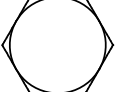
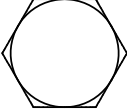
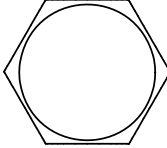
Low Head SHCS = Low Head Socket  
Head Cap Screw

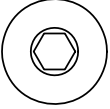
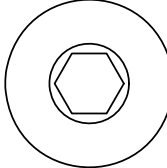



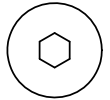
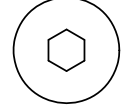
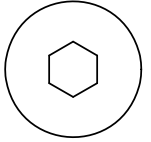
SHSS = Socket Head Shoulder Screw

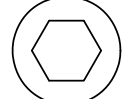
# OWNER'S MANUAL

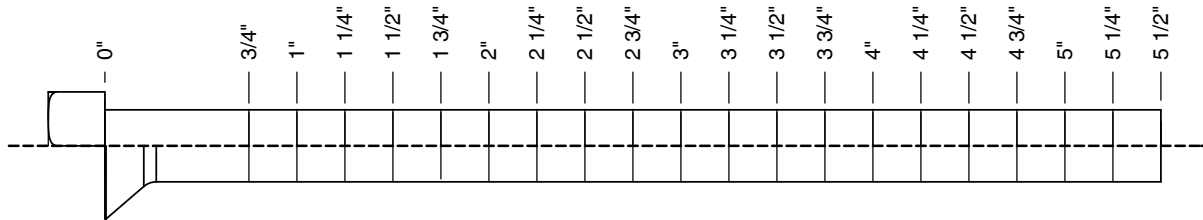
## BOLT SIZING CHART

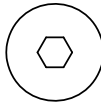
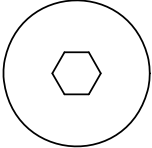
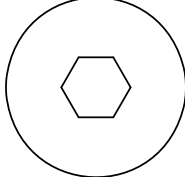
	<b>1/4" HHB</b> RECOMMENDED TORQUE RANGE: 6-8 ft-lbs		<b>5/16" HHB</b> RECOMMENDED TORQUE RANGE: 14-17 ft-lbs		<b>3/8" HHB</b> RECOMMENDED TORQUE RANGE: 24-30 ft-lbs		<b>1/2" HHB</b> RECOMMENDED TORQUE RANGE: 60-75 ft-lbs
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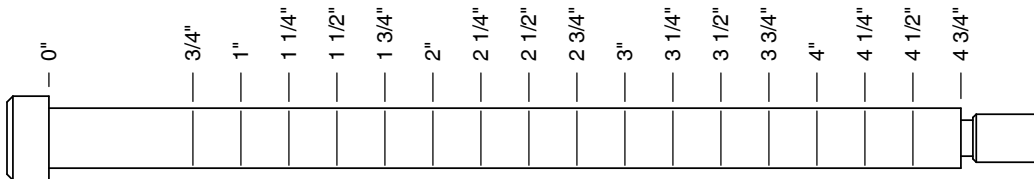
	<b>1/4" BHCS</b> RECOMMENDED TORQUE RANGE: 5-7 ft-lbs		<b>5/16" BHCS</b> RECOMMENDED TORQUE RANGE: 11-15 ft-lbs		<b>3/8" BHCS</b> RECOMMENDED TORQUE RANGE: 19-26 ft-lbs		<b>1/2" BHCS</b> RECOMMENDED TORQUE RANGE: 47-65 ft-lbs
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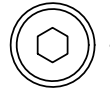
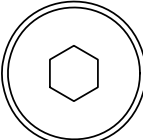
	<b>1/4" LOW HEAD SHCS</b> RECOMMENDED TORQUE RANGE: 4-6 ft-lbs		<b>5/16" LOW HEAD SHCS</b> RECOMMENDED TORQUE RANGE: 9-12 ft-lbs		<b>3/8" LOW HEAD SHCS</b> RECOMMENDED TORQUE RANGE: 18-23 ft-lbs		<b>1/2" LOW HEAD SHCS</b> RECOMMENDED TORQUE RANGE: 40-50 ft-lbs
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	<b>1/4" SHCS</b> RECOMMENDED TORQUE RANGE: 11-14 ft-lbs		<b>5/16" SHCS</b> RECOMMENDED TORQUE RANGE: 23-29 ft-lbs		<b>3/8" SHCS</b> RECOMMENDED TORQUE RANGE: 39-49 ft-lbs
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	<b>1/4" FHCS</b> RECOMMENDED TORQUE RANGE: 5-7 ft-lbs		<b>3/8" FHCS</b> RECOMMENDED TORQUE RANGE: 19-26 ft-lbs		<b>1/2" FHCS</b> RECOMMENDED TORQUE RANGE: 47-65 ft-lbs
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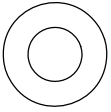


	<b>1/4" SHSS</b> RECOMMENDED TORQUE RANGE: 3-4 ft-lbs		<b>5/16" SHSS</b> RECOMMENDED TORQUE RANGE: 8-10 ft-lbs		<b>3/8" SHSS</b> RECOMMENDED TORQUE RANGE: 17-22 ft-lbs
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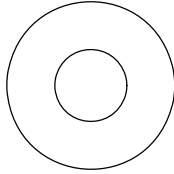
# OWNER'S MANUAL

## WASHER SIZING CHART

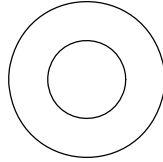
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



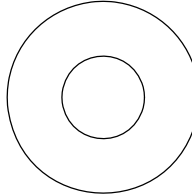
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



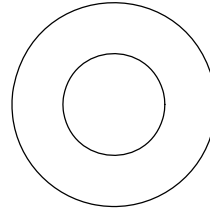
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



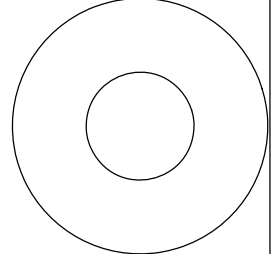
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



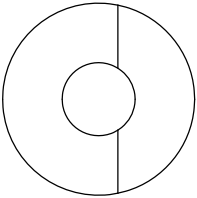
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



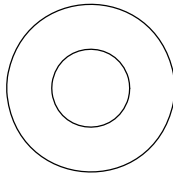
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



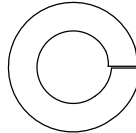
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



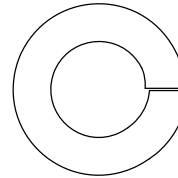
013-0102019  
1/4"  
LOCK WASHER



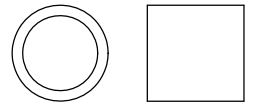
013-0102020  
3/8"  
LOCK WASHER



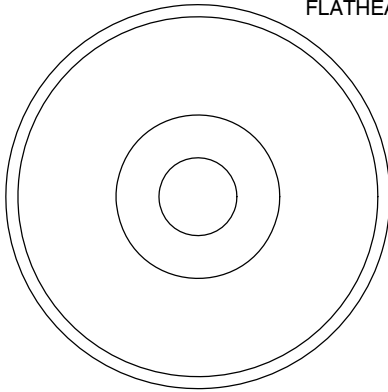
013-0102018  
1/2"  
LOCK WASHER



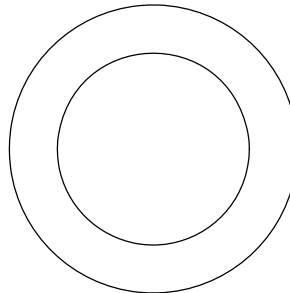
014-0018001  
1/2" LONG  
SPACER



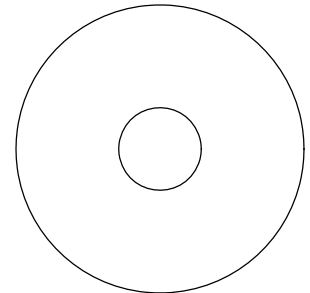
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



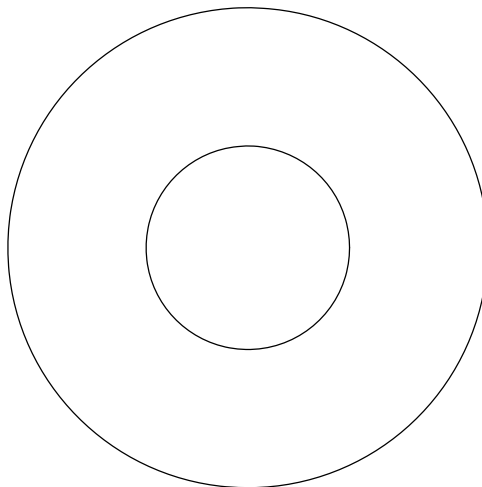
016-0009003  
1" SHIM WASHER



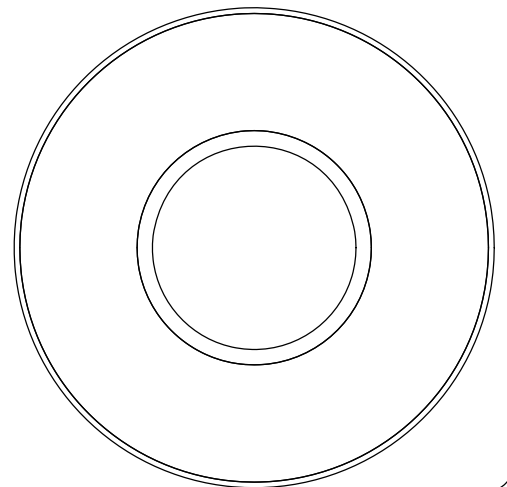
013-0003002  
3/8" FENDER WASHER



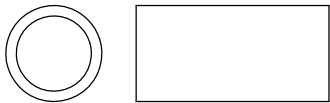
013-0003004  
1 1/16"  
FENDER WASHER



026-01PL151  
PLASTIC 1 1/16"  
FENDER WASHER



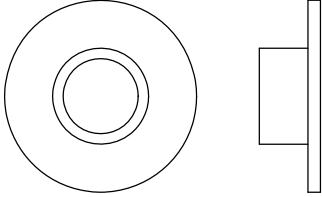
014-0018002  
1" LONG  
SPACER



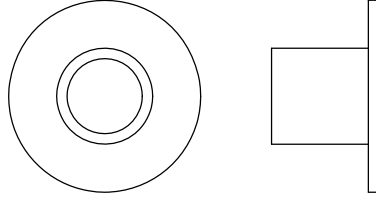
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

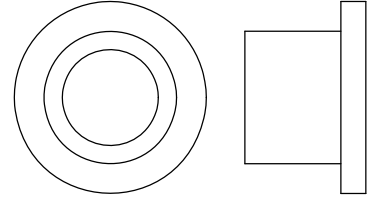
026-01M0211  
1/4" LONG  
FLANGED SPACER



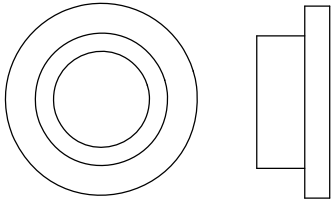
026-01M0198  
1/2" LONG  
FLANGED SPACER



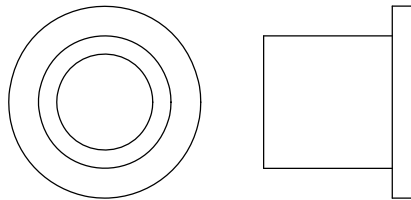
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



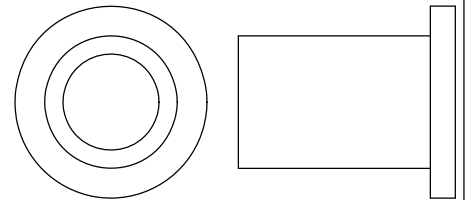
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



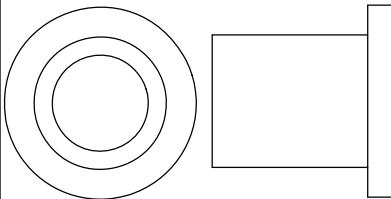
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



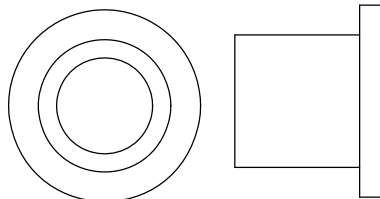
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



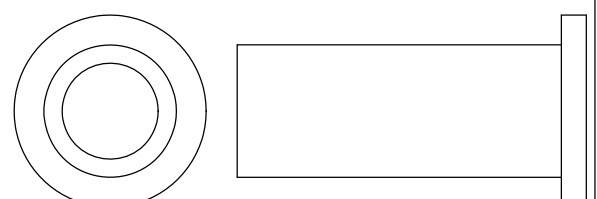
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



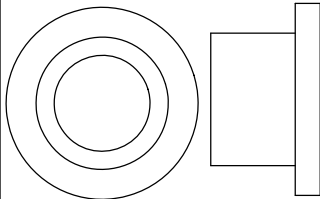
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



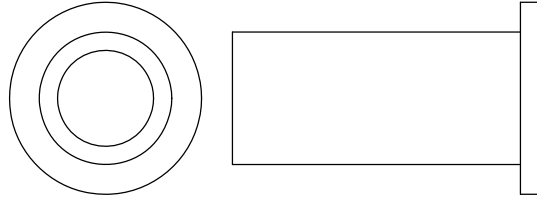
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



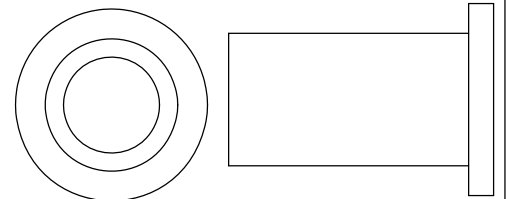
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



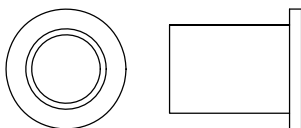
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



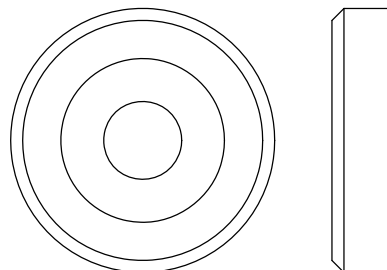
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



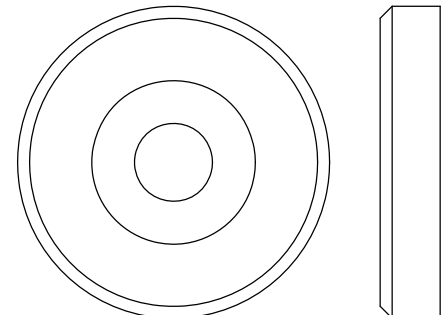
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

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

*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.***

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **GENERAL MAINTENANCE INFORMATION**

### **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 proper.

### **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**



# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your RPL-5403-B 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 RPL-5403-B 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 RPL-5403-B HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT TRAINING EXERCISE LOG

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

Exercise	Date														
	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals															

# OWNER'S MANUAL

## **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](http://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.

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**PLEASE KEEP THIS FOR YOUR RECORDS**