

HOIST
FITNESS

DUAL SERIES®

HD





DUAL SERIES®

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. By combining multiple exercises in each selectorized unit, the HD Dual Series allows facilities to maximize space and fitness offerings. Unique features such as patented Flip N Dip® and Flip N Grip® handles, Silent Steel® Weight Stacks and Rock Grips, make the HOIST HD Dual Series the stand-out choice for prestigious gym brands, hotels and universities around the world.

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

EACH HD DUAL MACHINE COMES WITH A QR CODE DECAL FOR QUICK AND EASY EXERCISE INSTRUCTION.

SCAN HERE TO SEE ALL HD DUAL EXERCISES. (VISIT HOISTFITNESS.COM/SCAN ON YOUR SMART PHONE TO DOWNLOAD A FREE QR CODE SCANNER.)

SCAN HERE:



* USING YOUR SMARTPHONE, VISIT WWW.HOISTFITNESS.COM/SCAN TO DOWNLOAD A FREE QR CODE SCANNER.

DUAL SERIES® FEATURES

Comfort & Durability

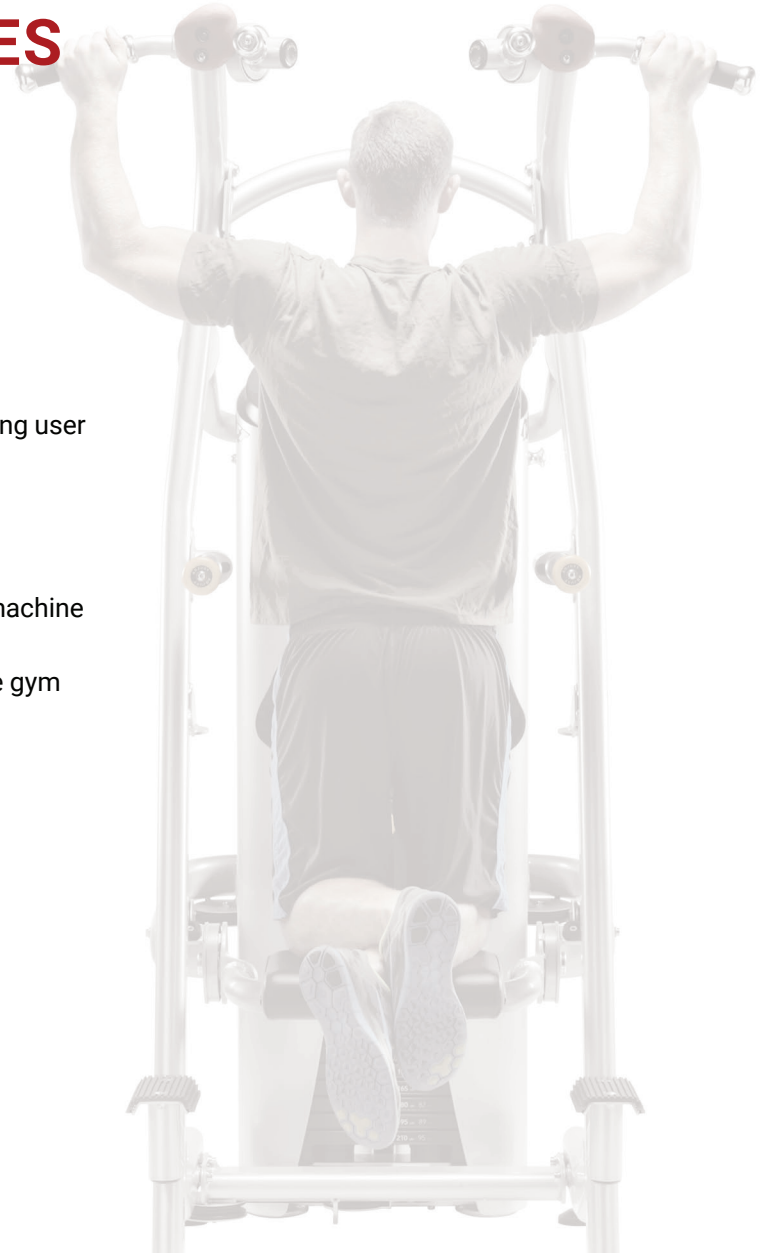
- Head Support & Oversized Handles
Provide a more comfortable and secure workout
- Oval Tube Frame
Provides unsurpassed strength and durability

Convenience

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

Sleek & Appealing

- Large Radius Bends
Add beauty as well as frame rigidity
- Silent Steel® Weight Stacks
Designed to reduce noise during exercise



FUNCTIONAL TRAINER

HD-3000



- Space efficient functional trainer featuring convenient corner design
- Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- 27 pulley positions placed at 2.5" increments
- Five pull-up/ chin-up grip options including patented Flip N Grip® handles and rock grips
- Integrated step-up assist for easy access to pull-up grips
- Suspension trainer attachment for TRX®* and suspension trainer exercises
- Steel weight shields surround sides and back of weight stacks
- Comes standard with two Medicine Ball/Accessory racks,* (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, and Dual-Attachment Long Strap
- 200 lb weight stack

*TRX Strap and Medicine Balls not included.
TRX is a registered trademark of Fitness Anywhere LLC (TRX).



BICEPS CURL & PULL-UP

PREACHER CURL / TRICEPS EXTENSION

HD/HDG-3100



- 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
- 190 lb weight stack / 225 lb weight stack (HD)



PREACHER CURL



TRICEPS EXTENSION

LAT PULLDOWN / MID ROW

HD/HDG-3200



- Telescoping chest pad with integrated thigh pads provide 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
- 225 lb weight stack (HD) / 250 lb weight stack (HDG)



MID ROW



LAT PULLDOWN

CHEST PRESS / SHOULDER PRESS

HD/HDG-3300



- Multiple seat and press arm positions
- Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- Dual-position hand grips
- 215 lb weight stack (HD) / 240 lb weight stack (HDG)



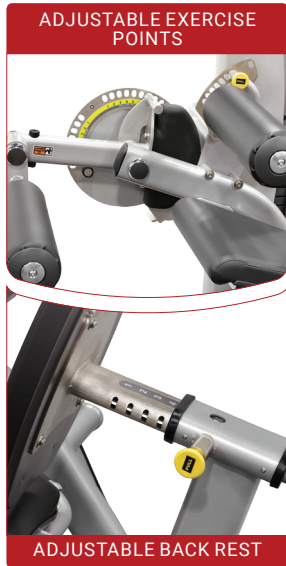
CHEST PRESS



SHOULDER PRESS

LEG CURL / LEG EXTENSION

HD/HDG-3400



- 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 on the ankle joints
- 215 lb weight stack (HD) / 240 lb weight stack (HDG)



LEG EXTENSION

LEG CURL

LEG PRESS / CALF RAISE

HD/HDG-3403



- Eleven linear seat adjustments to accommodate varying leg lengths
- Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- Step-through design
- 280 lb weight stack (HD) / 380 lb weight stack (HDG)



LEG PRESS

CALF RAISE

AB CRUNCH / LOWER BACK

HD/HDG-3600

MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



- Allows for 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 placement options
- 180 lb weight stack (HD) / 215 lb weight stack (HDG)



LOWER BACK



AB CRUNCH

CHIN / DIP ASSIST

HD-3700



- Offers 14 exciting exercise variations; 7 with assistance and 7 without
- Patented Flip N Grip® upper handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- Patented Flip N Dip® grips flip between wide and narrow grips to accommodate all user types
- Rock grip handles that develop wrist, arm and shoulder strength
- Knee pad adjusts to accommodate assisted exercises or can be placed into stowed position for unassisted exercises
- 210 lb weight stack (HD)



CHIN UP (ASSISTED)



DIP (UNASSISTED)

OUTER THIGH / INNER THIGH

HD/HDG-3800



- 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 seated position
- Multiple range-of-motion adjustments for both exercises
- 180 lb weight stack (HD) / 215 lb weight stack (HDG)



INNER THIGH

OUTER THIGH

PEC FLY / REAR DELT

HD-3900



- 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
- 310 lb weight stack (HD)



PEC FLY

REAR DELT



HOIST CUSTOM SHIELD WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility. Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching please provide CMYK color codes.



*Actual frame and upholstery colors may differ from printed color samples shown.



STANDARD COLORS

..... FRAME UPHOLSTERY

TEXTURED
WHITE

PLATINUM

BLACK

Actual frame and upholstery colors may differ from color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000 FUNCTIONAL TRAINER	72.00" (183 CM)	52.00" (132 CM)	94.00" (239 CM)	671 LBS (304 KG)	200 LBS (91 KG)
HD-3100 PREACHER CURL / TRICEPS EXT.	49.00" (124 CM)	62.00" (157 CM)	55.00" (140 CM)	475 LBS (215 KG)	190 LBS (86 KG)
HDG-3100 PREACHER CURL / TRICEPS EXT.	49.00" (124 CM)	62.00" (157 CM)	55.00" (140 CM)	510 LBS (231 KG)	225 LBS (102 KG)
HD-3200 LAT PULLDOWN / MID ROW	49.00" (124 CM)	66.00" (168 CM)	86.00" (218 CM)	551 LBS (250 KG)	225 LBS (102 KG)
HDG-3200 LAT PULLDOWN / MID ROW	49.00" (124 CM)	66.00" (168 CM)	86.00" (218 CM)	576 LBS (261 KG)	250 LBS (113 KG)
HD-3300 CHEST PRESS / SHOULDER RAISE	62.00" (157 CM)	60.00" (152 CM)	58.00" (147 CM)	566 LBS (257 KG)	215 LBS (98 KG)
HDG-3300 CHEST PRESS / SHOULDER RAISE	62.00" (157 CM)	60.00" (152 CM)	58.00" (147 CM)	591 LBS (268 KG)	240 LBS (109 KG)
HD-3400 LEG CURL / LEG EXTENSION	57.00" (145 CM)	51.00" (130 CM)	55.00" (140 CM)	566 LBS (257 KG)	215 LBS (98 KG)
HDG-3400 LEG CURL / LEG EXTENSION	57.00" (145 CM)	51.00" (130 CM)	55.00" (140 CM)	591 LBS (268 KG)	240 LBS (109 KG)
HD-3403 LEG PRESS / CALF RAISE	70.00" (178 CM)	50.00" (127 CM)	63.00" (161 CM)	696 LBS (316 KG)	280 LBS (127 KG)
HDG-3403 LEG PRESS / CALF RAISE	70.00" (178 CM)	50.00" (127 CM)	63.00" (161 CM)	796 LBS (361 KG)	380 LBS (172 KG)
HD-3600 AB CRUNCH / LOWER BACK	52.00" (132 CM)	48.00" (122 CM)	55.00" (140 CM)	553 LBS (251 KG)	180 LBS (82 KG)
HDG-3600 AB CRUNCH / LOWER BACK	52.00" (132 CM)	48.00" (122 CM)	55.00" (140 CM)	588 LBS (267 KG)	215 LBS (98 KG)
HD-3700 CHIN ASSIST / DIP ASSIST	48.00" (122 CM)	52.00" (132 CM)	83.00" (210 CM)	649 LBS (294 KG)	210 LBS (95 KG)
HD-3800 OUTER THIGH / INNER THIGH	68.00" (173 CM)	31.00" (79 CM)	55.00" (140 CM)	571 LBS (259 KG)	180 LBS (82 KG)
HDG-3800 OUTER THIGH / INNER THIGH	68.00" (173 CM)	31.00" (79 CM)	55.00" (140 CM)	606 LBS (275 KG)	215 LBS (98 KG)
HD-3900 PEC FLY / REAR DELT	69.00" (175 CM)	56.00" (142 CM)	78.00" (199 CM)	677 LBS (307 KG)	310 LBS (141 KG)



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness 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® Fitness reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

HOIST® Fitness 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®
- COMPOSITE MOTION™
- DUAL ACTION SMITH®
- EASY GLIDE™
- EZ-LOC LATCHING MECHANISM™
- FEEL THE RIDE®
- GLUTEMASTER®
- HOIST CLASSIC®
- QUIK-CHANGE®
- RADIAL LOC®
- RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- RIDE ORIENTED CONDITIONING®
- RIDE ORIENTED CONDITIONING SYSTEM®
- RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- RIDE ORIENTED XERCISE®
- ROC®
- ROCS®
- ROX®
- 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, D439,822, 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, D526,370, 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, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 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, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 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, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



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