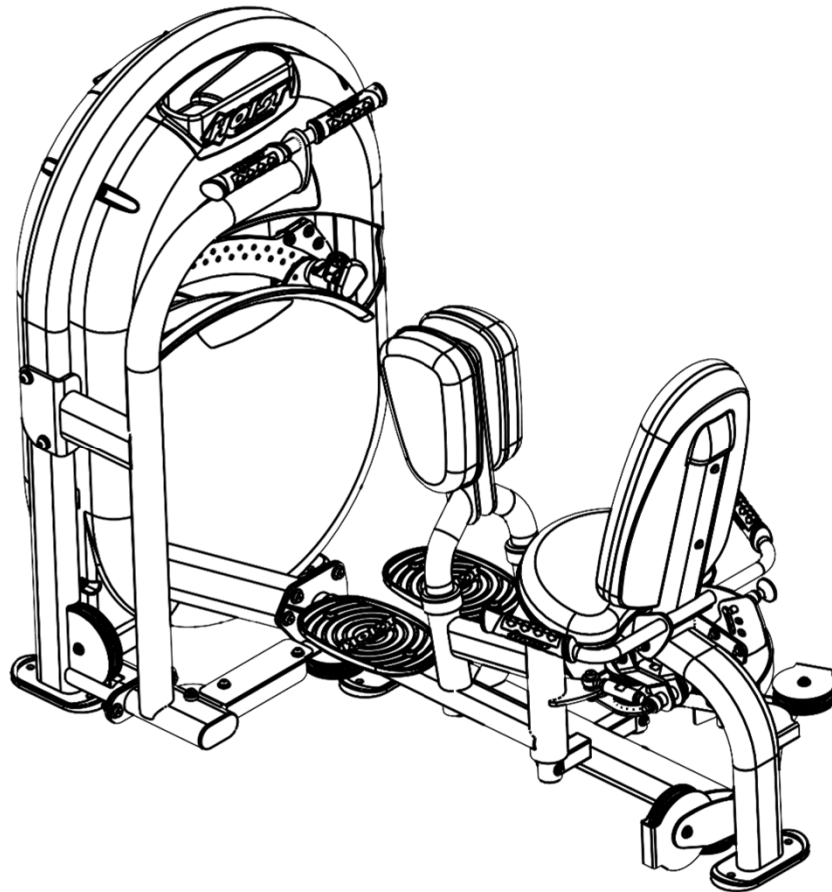


# OWNER'S MANUAL



**CL-3800**

**INNER/OUTER THIGH**



**\*\*WARNING!\*\***

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH 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

## CONTENTS

INSTRUCTIONS.....	02
FRAME ASSEMBLY.....	04
PRE-ASSEMBLY.....	35
DECAL PLACEMENT.....	37
DECAL REFERENCE.....	38
PART LIST.....	39
ABBREVIATIONS.....	42
BOLT SIZING CHART.....	43
WASHER SIZING CHART.....	44
MAINTENANCE SCHEDULE.....	46
GENERAL MAINTENANCE INFORMATION.....	47
WEIGHT TRAINING TIPS.....	48
EXERCISE LOG.....	50
LIMITED WARRANTY.....	51

# 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**

**SAE Hex Key Wrench Set**

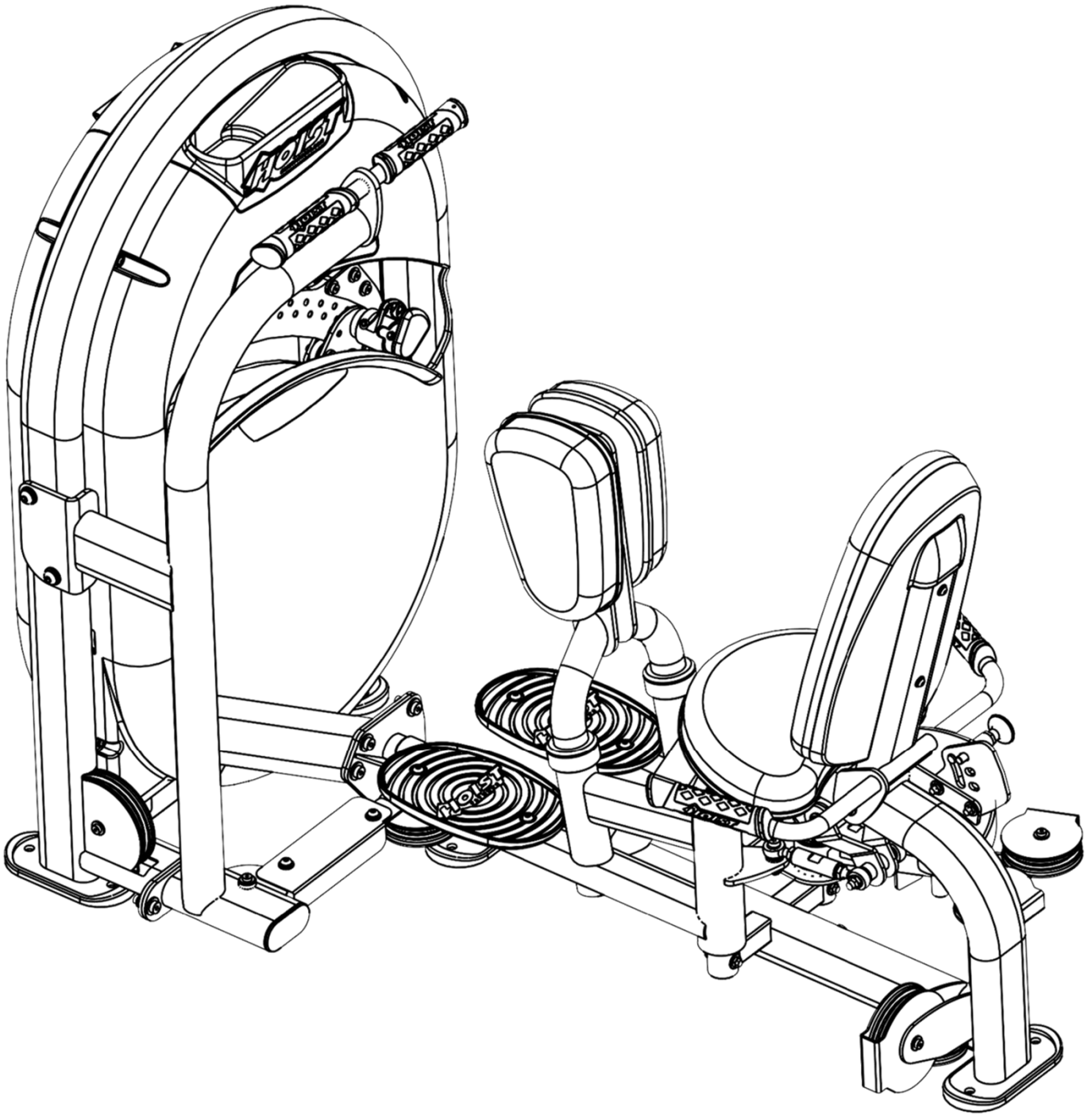
**Two People**

# OWNER'S MANUAL

\*\*\*THIS PAGE WAS INTENTIONALLY LEFT BLANK\*\*\*

# OWNER'S MANUAL

## FRAME ASSEMBLY

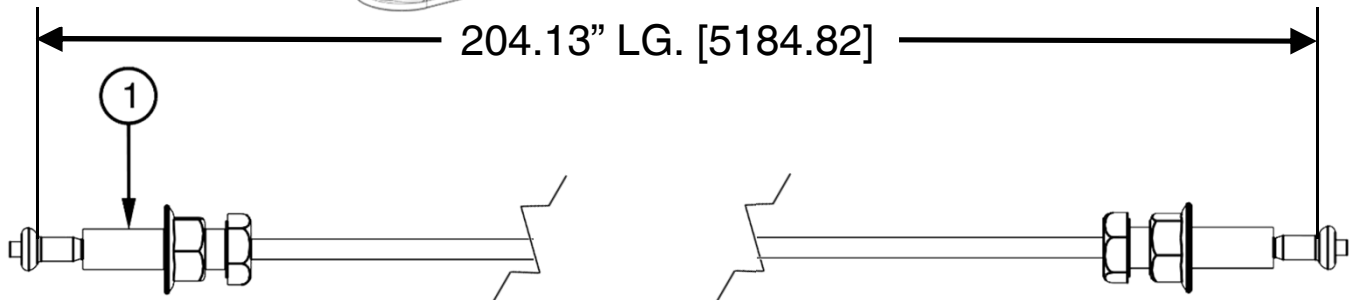
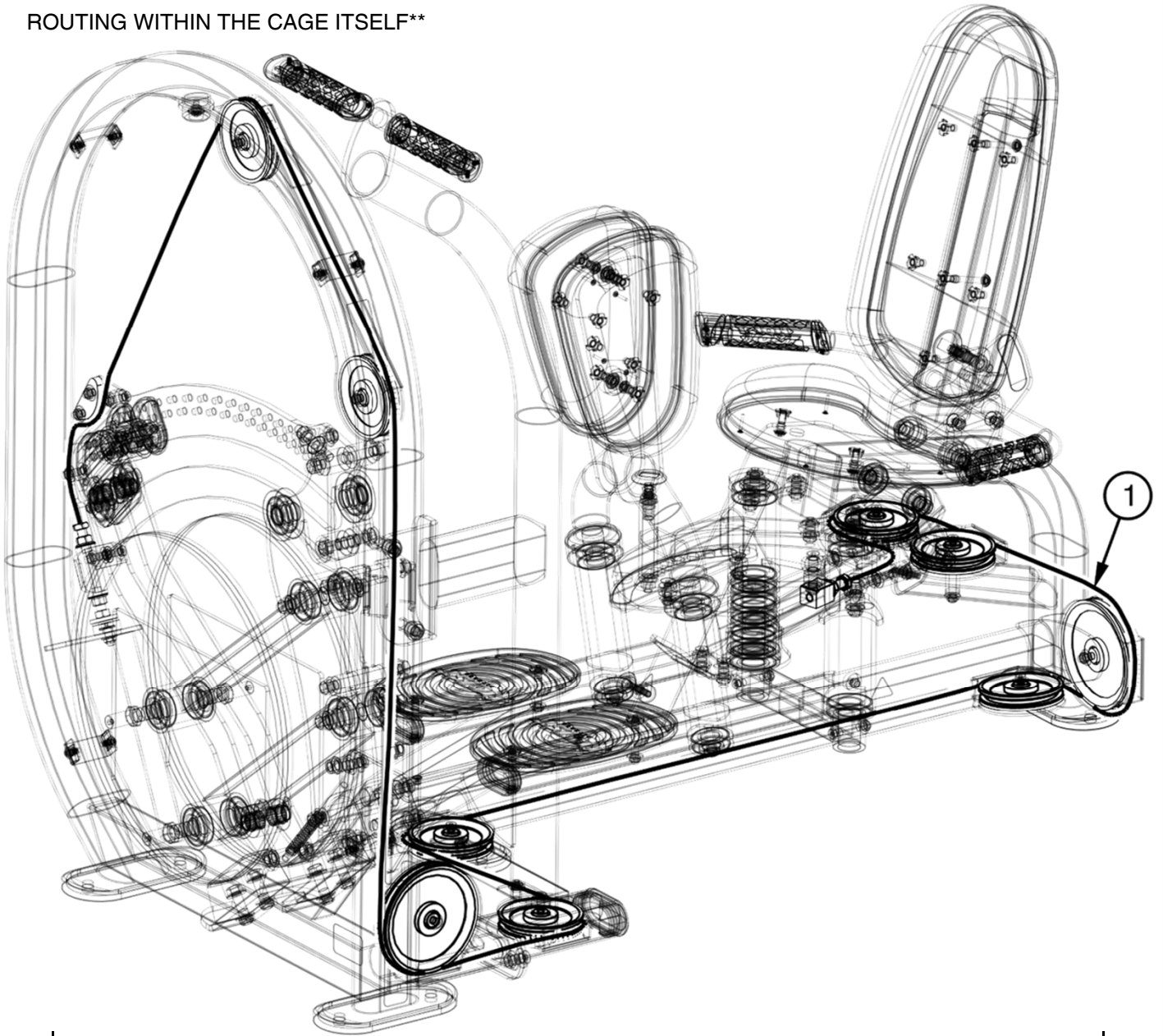


# OWNER'S MANUAL

## CABLE PROFILE VIEW

NOTE:

\*\*REFER TO SSS-CAGE-40 MANUAL FOR  
DETAILED INSTRUCTIONS ON CABLE  
ROUTING WITHIN THE CAGE ITSELF\*\*

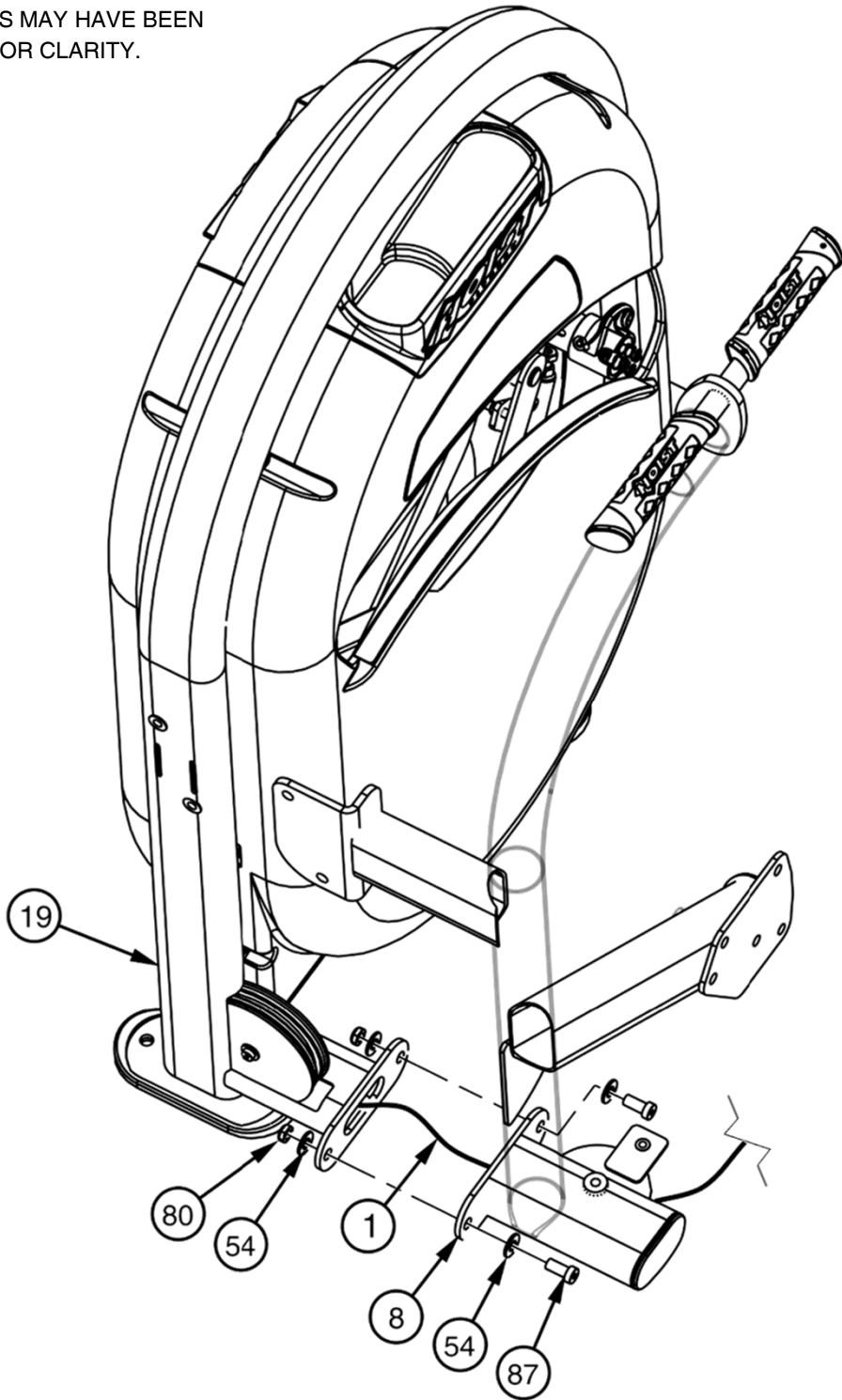


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- WHEN ATTACHING CAGE (19) TO FRAME (8) PULL CABLE (1) THROUGH FRAME AS SHOWN.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

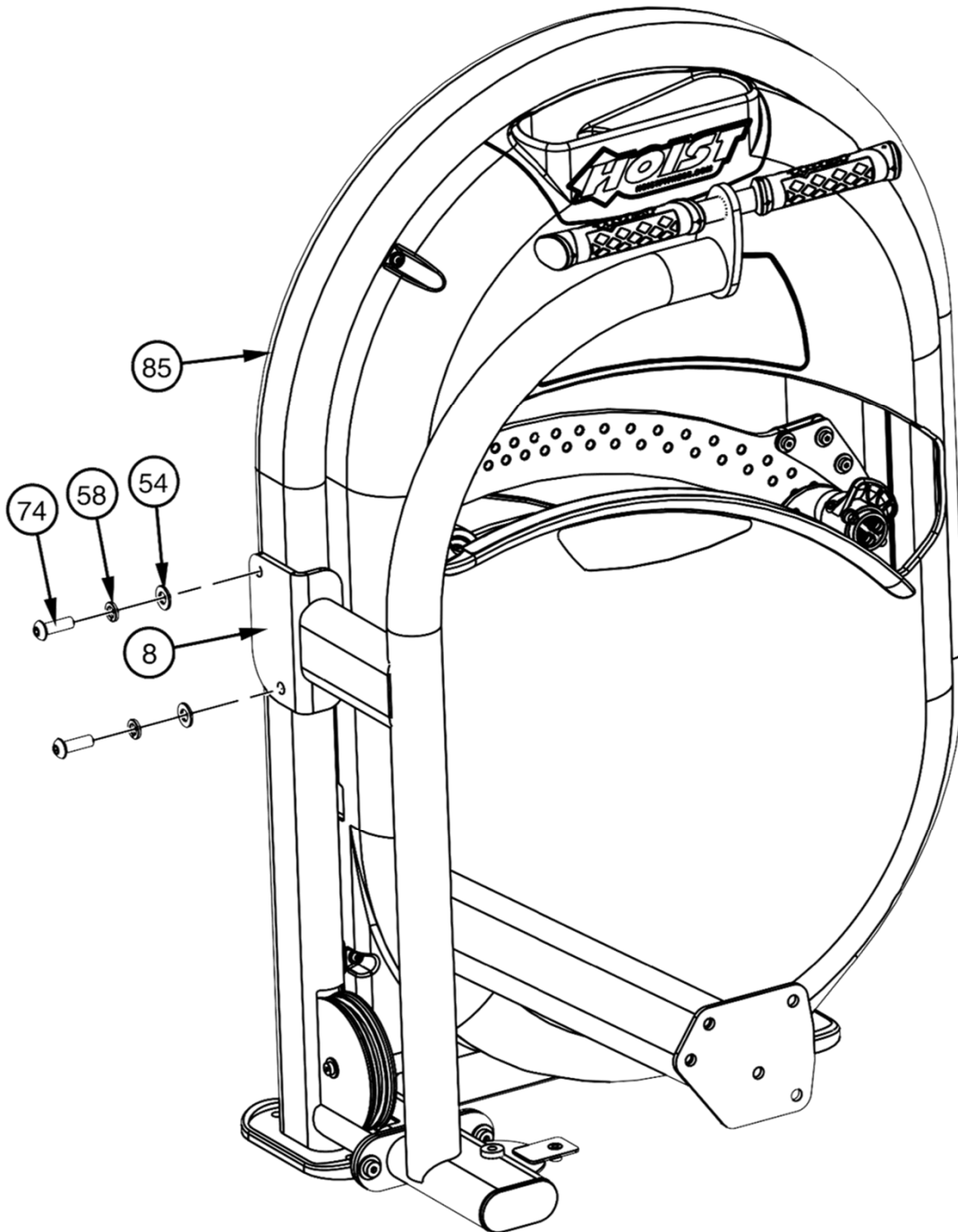


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



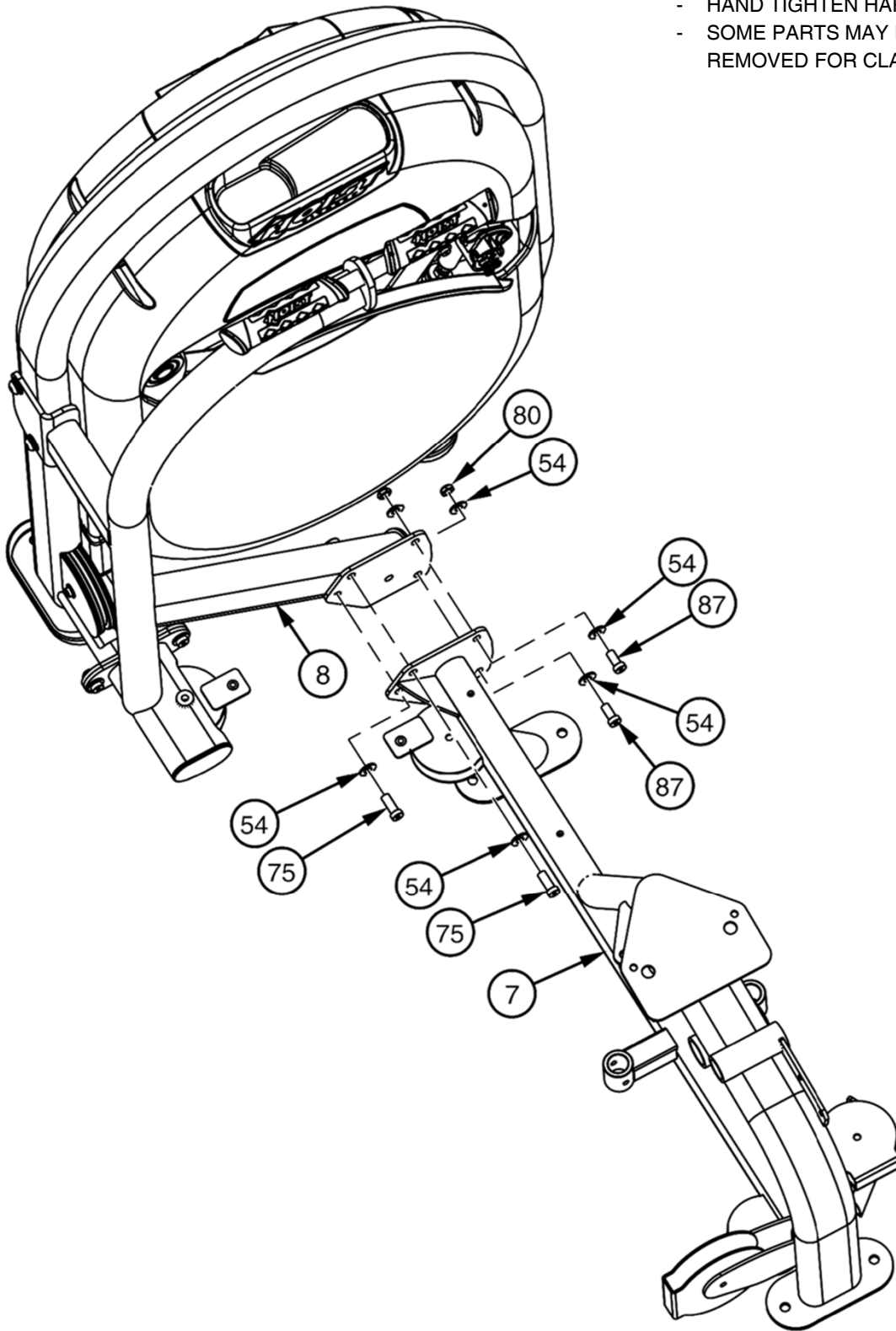


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

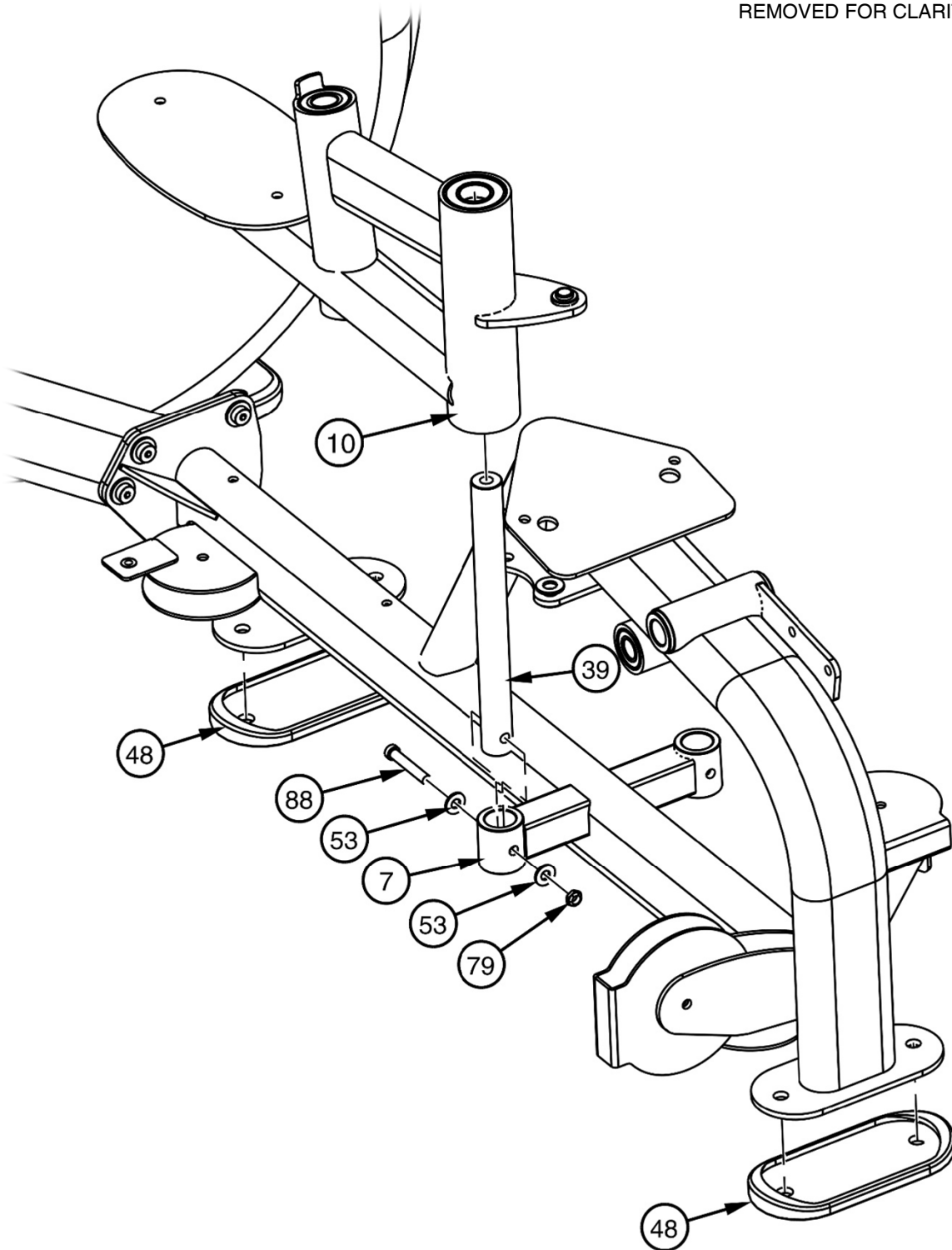


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

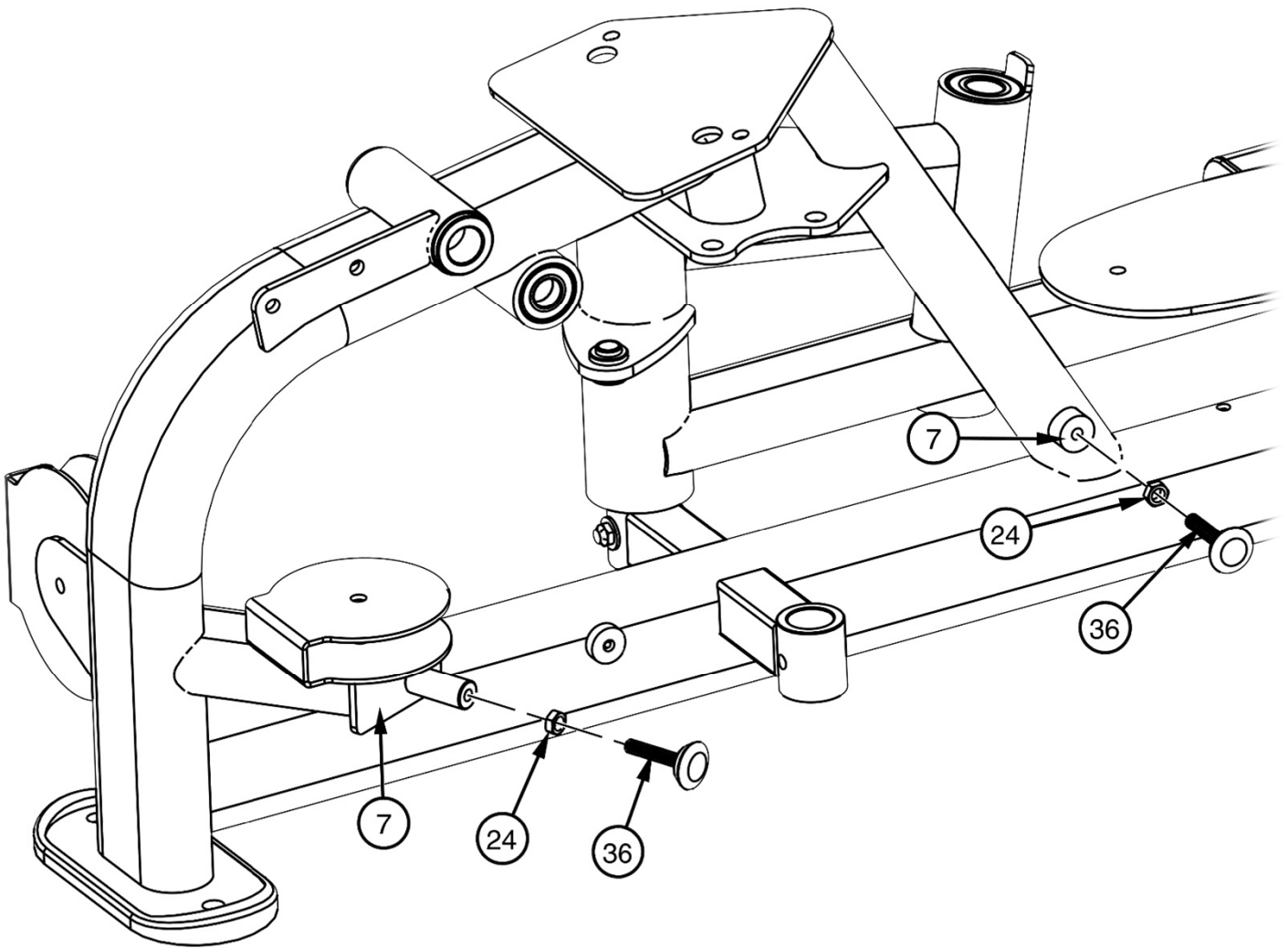


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



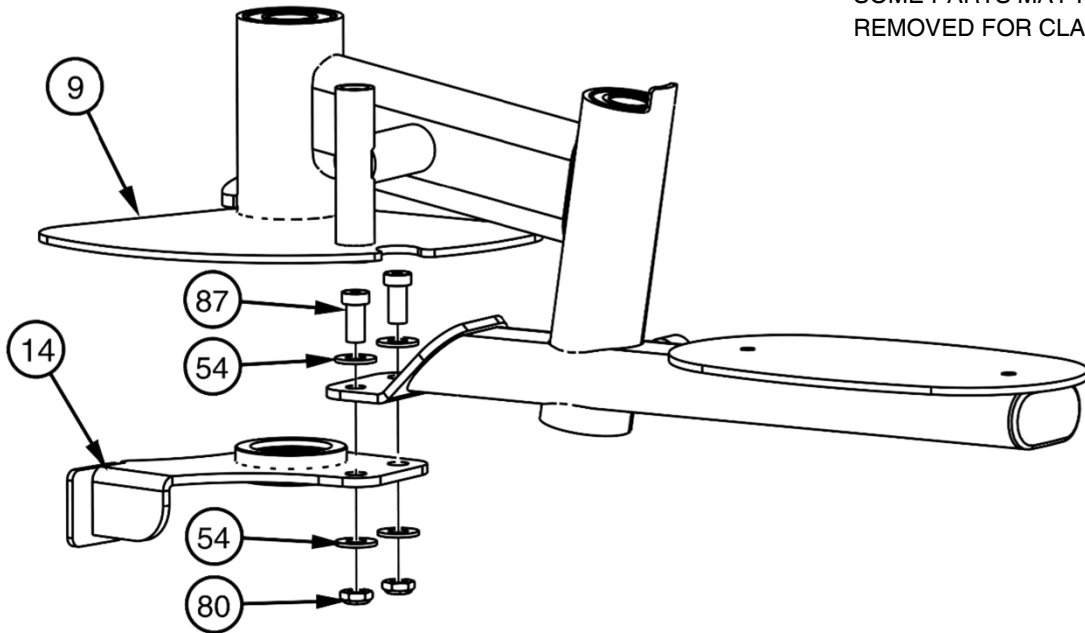
# OWNER'S MANUAL

## FRAME ASSEMBLY

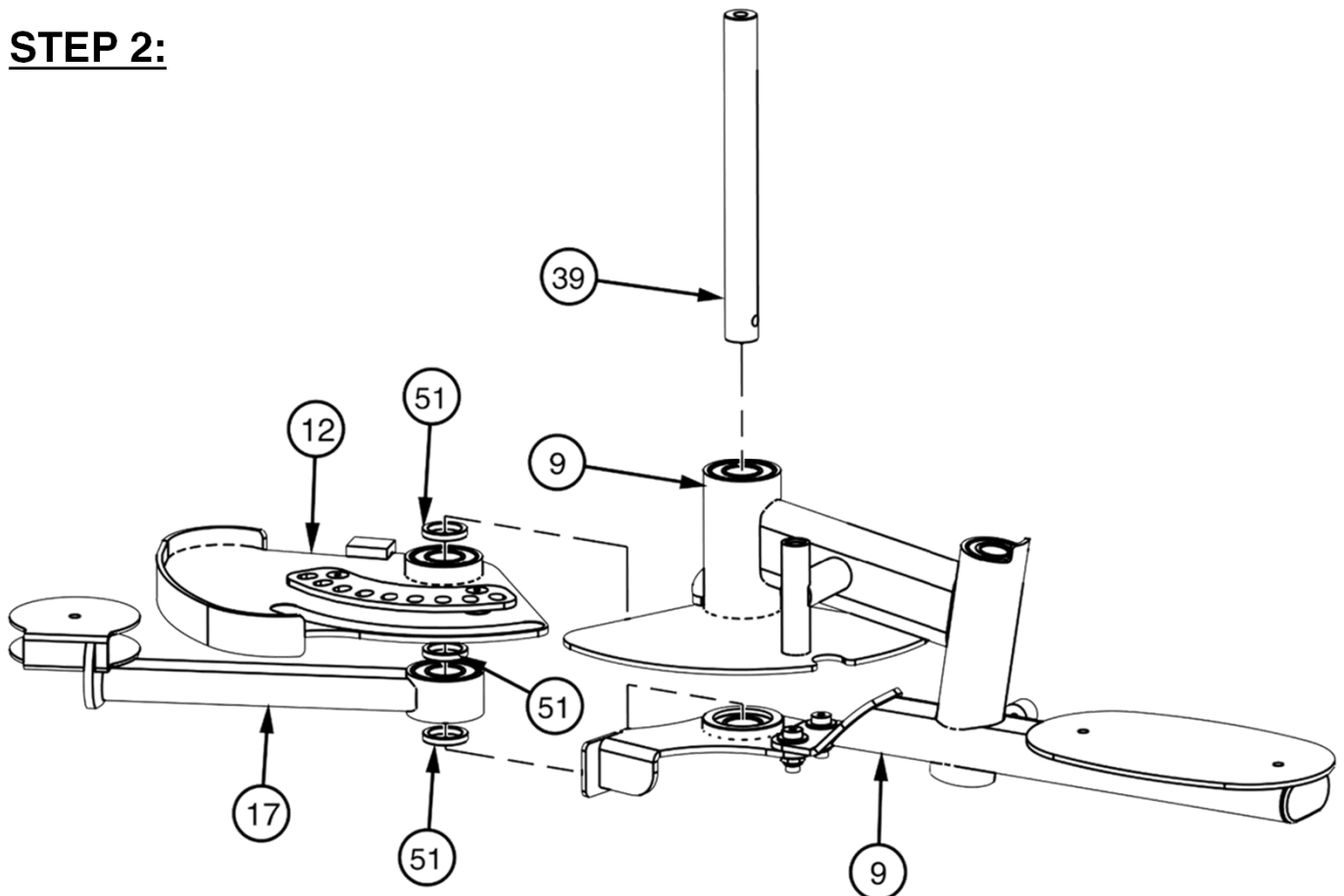
### STEP 1:

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 2:



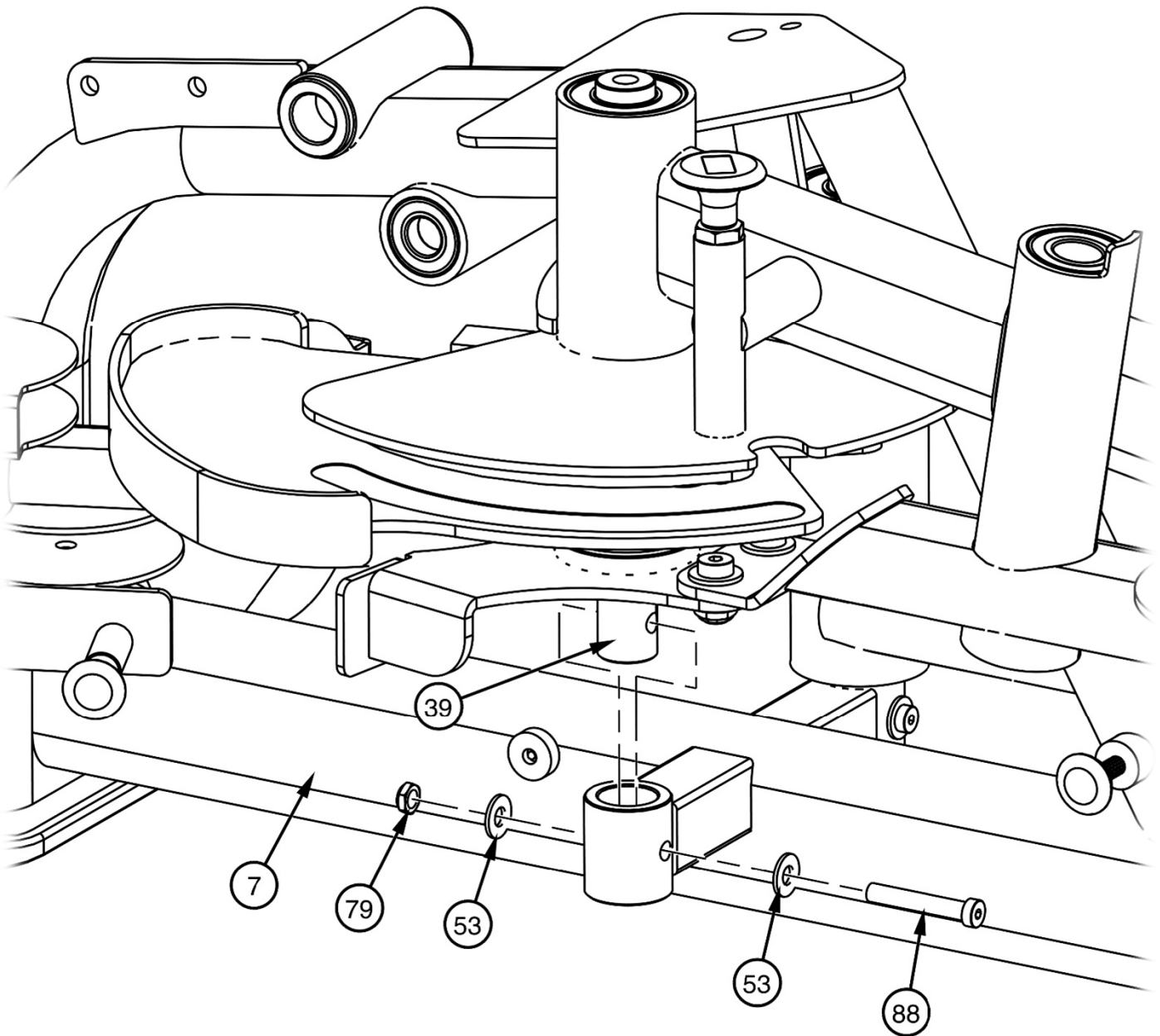
# OWNER'S MANUAL

## FRAME ASSEMBLY

### STEP 3:

NOTE:

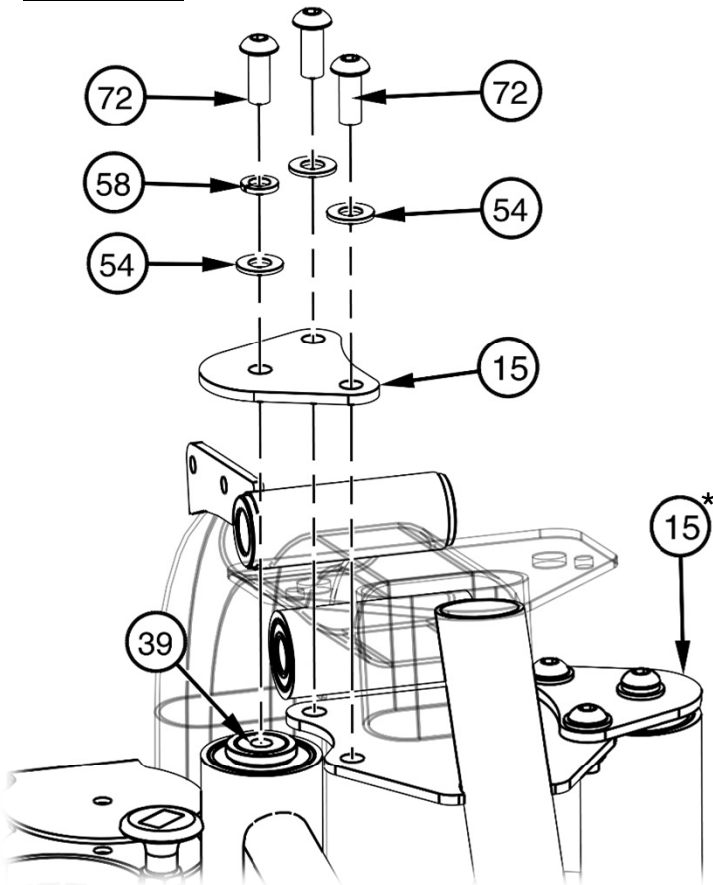
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

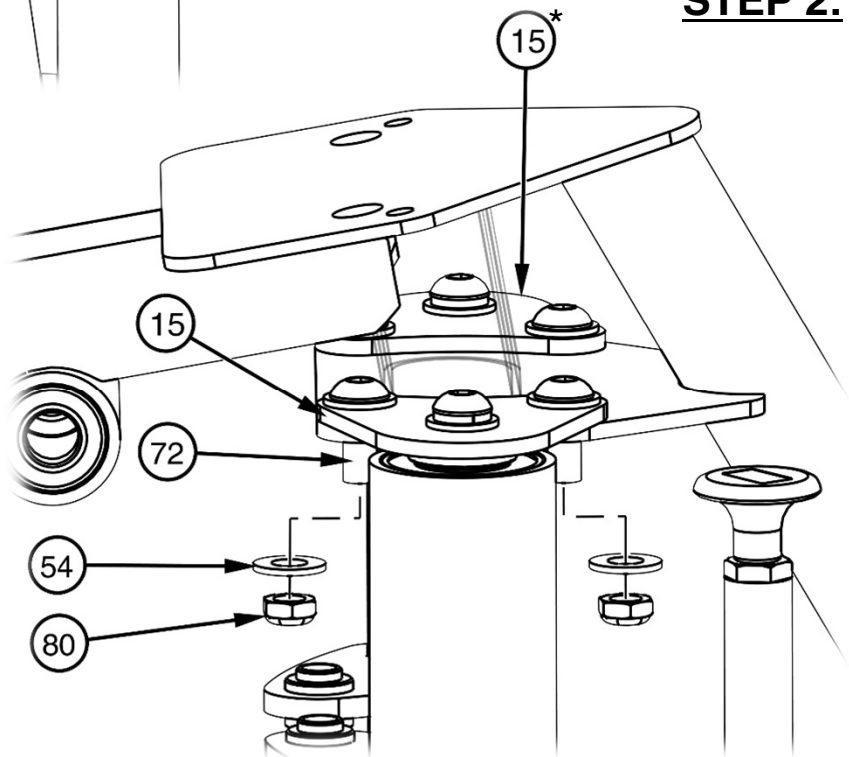
### STEP 1:



### NOTE:

- HAND TIGHTEN HARDWARE
- REPEAT ASSEMBLY FOR (15) ON OPPOSITE SIDE (15)\*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### STEP 2:

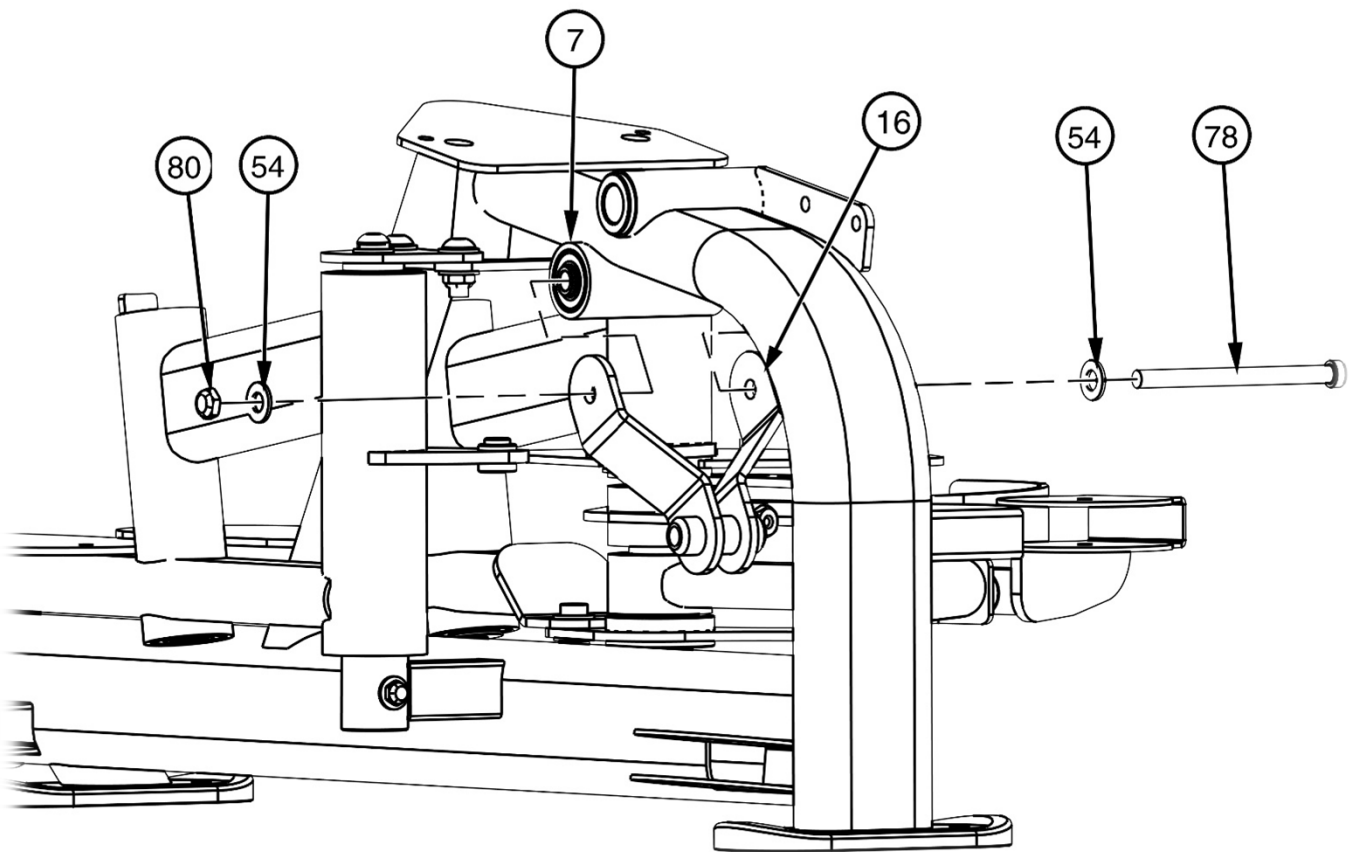


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

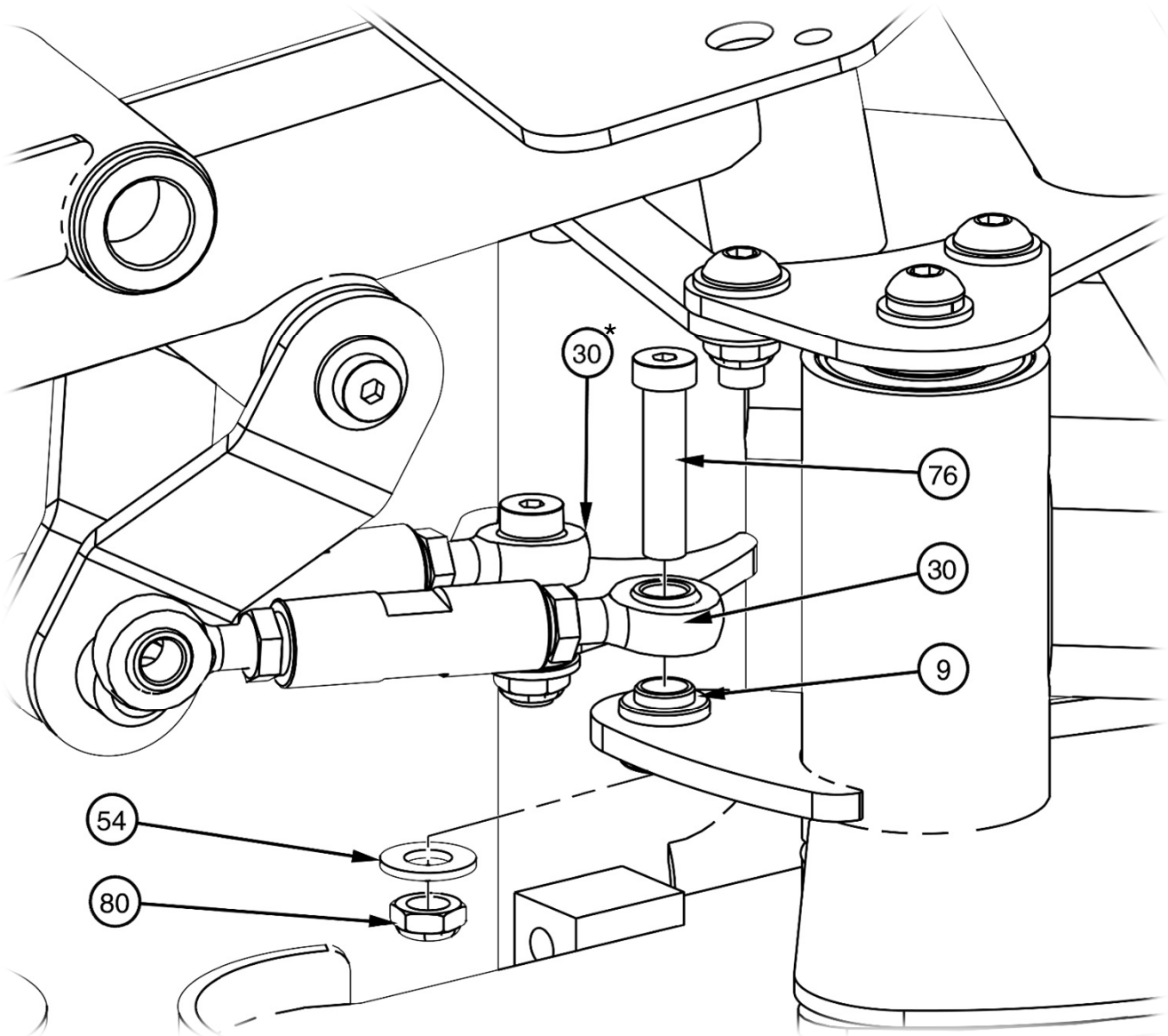


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR (30) ON OPPOSITE SIDE (30)\*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



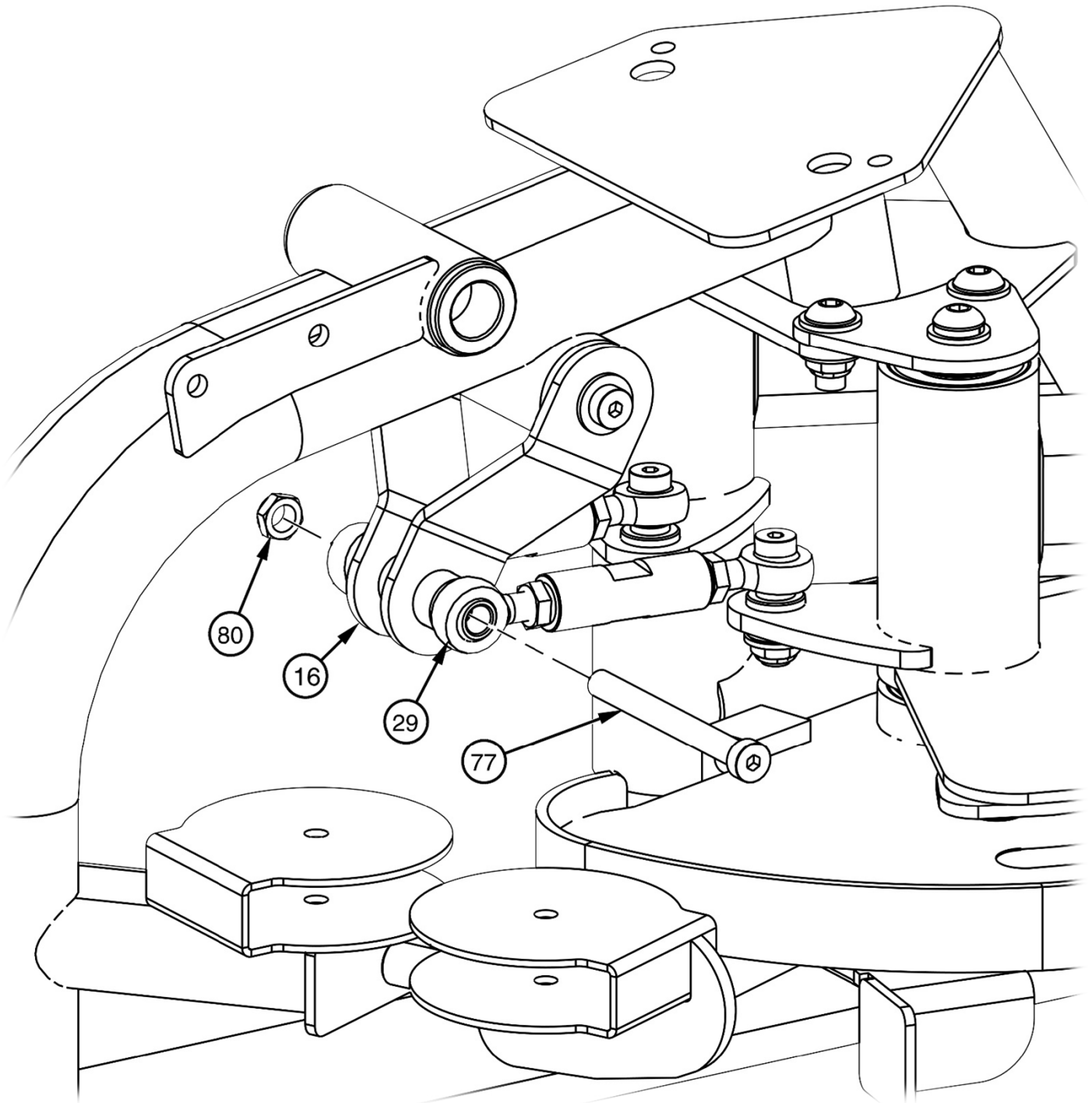


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

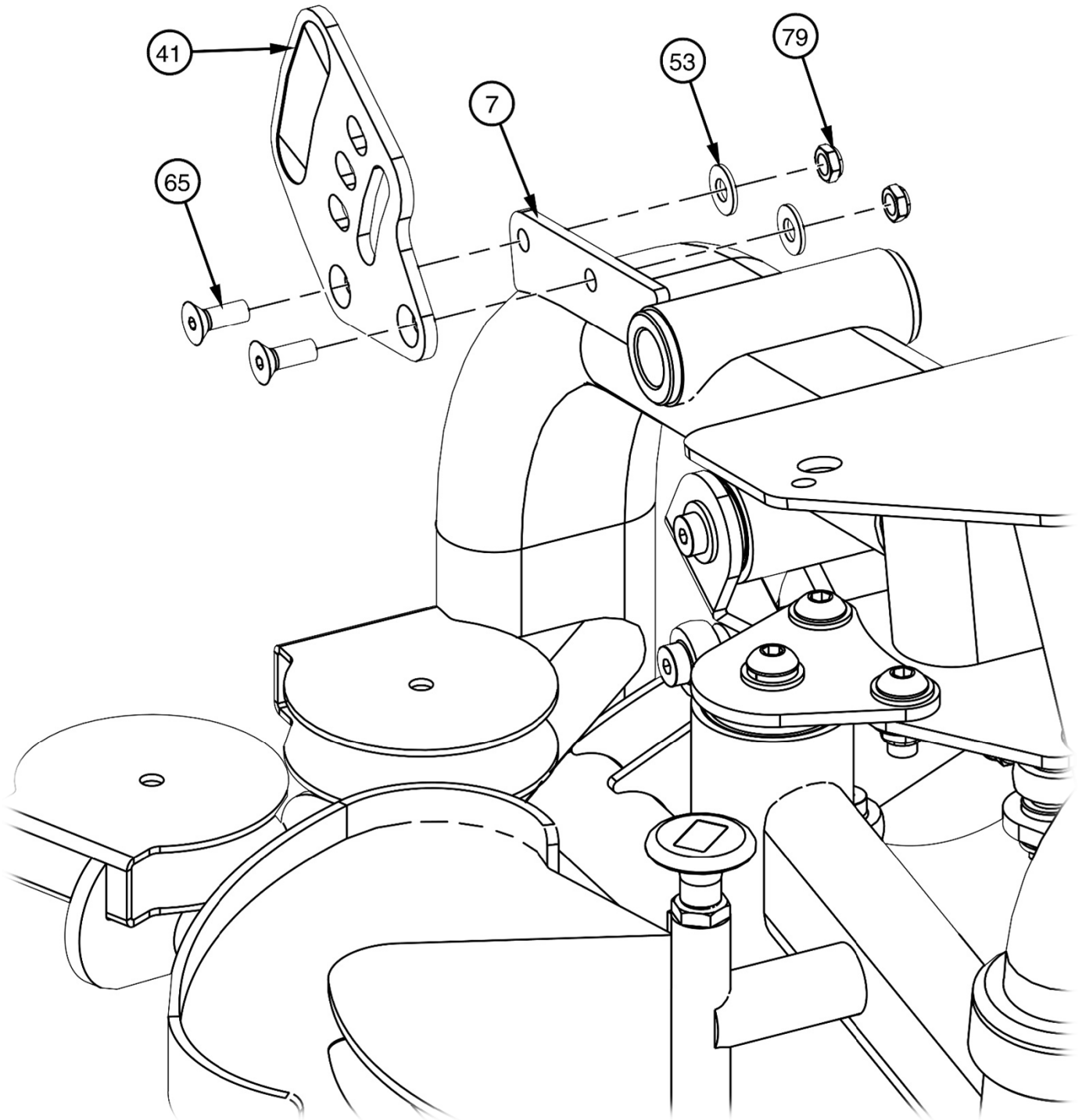


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

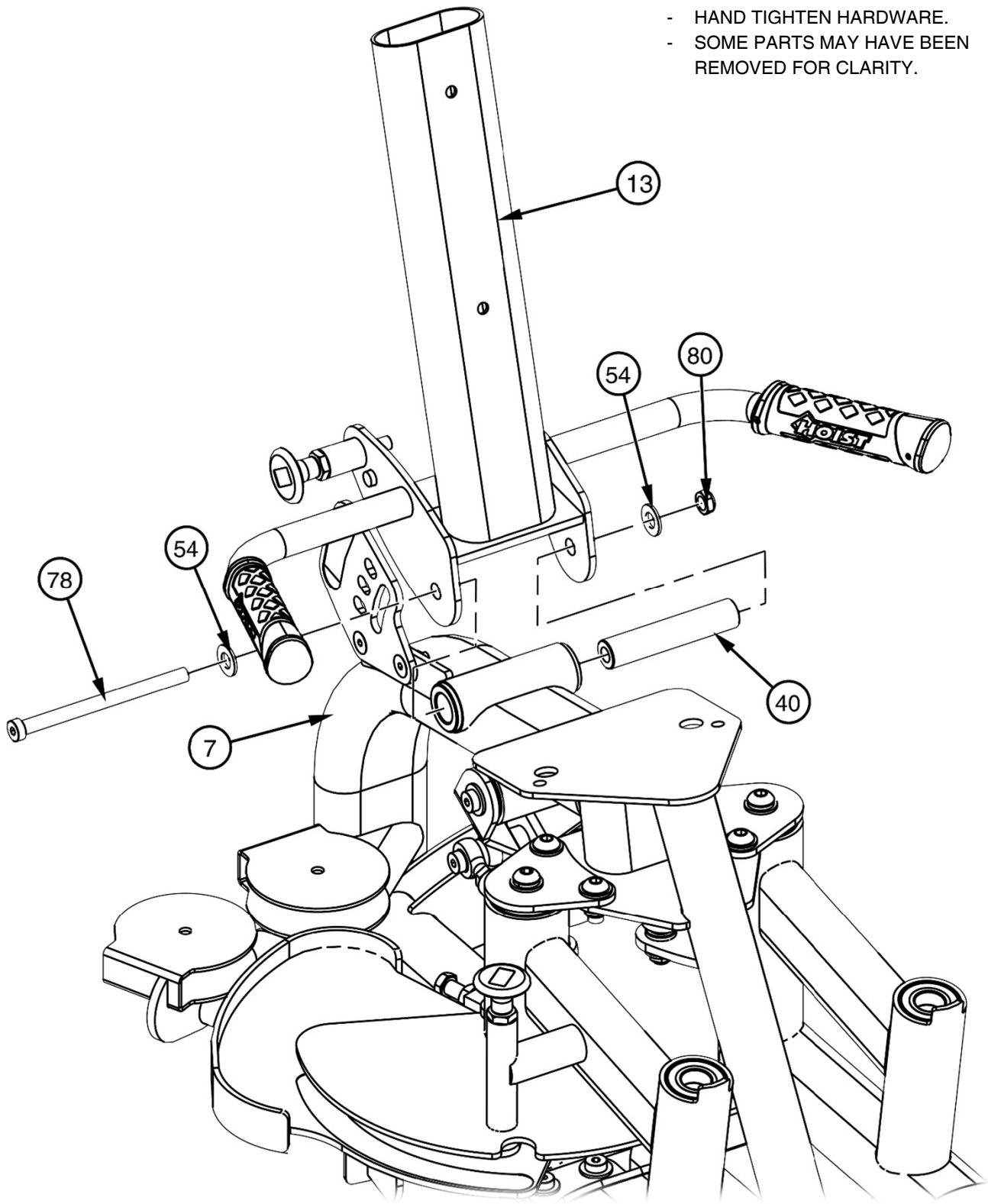


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

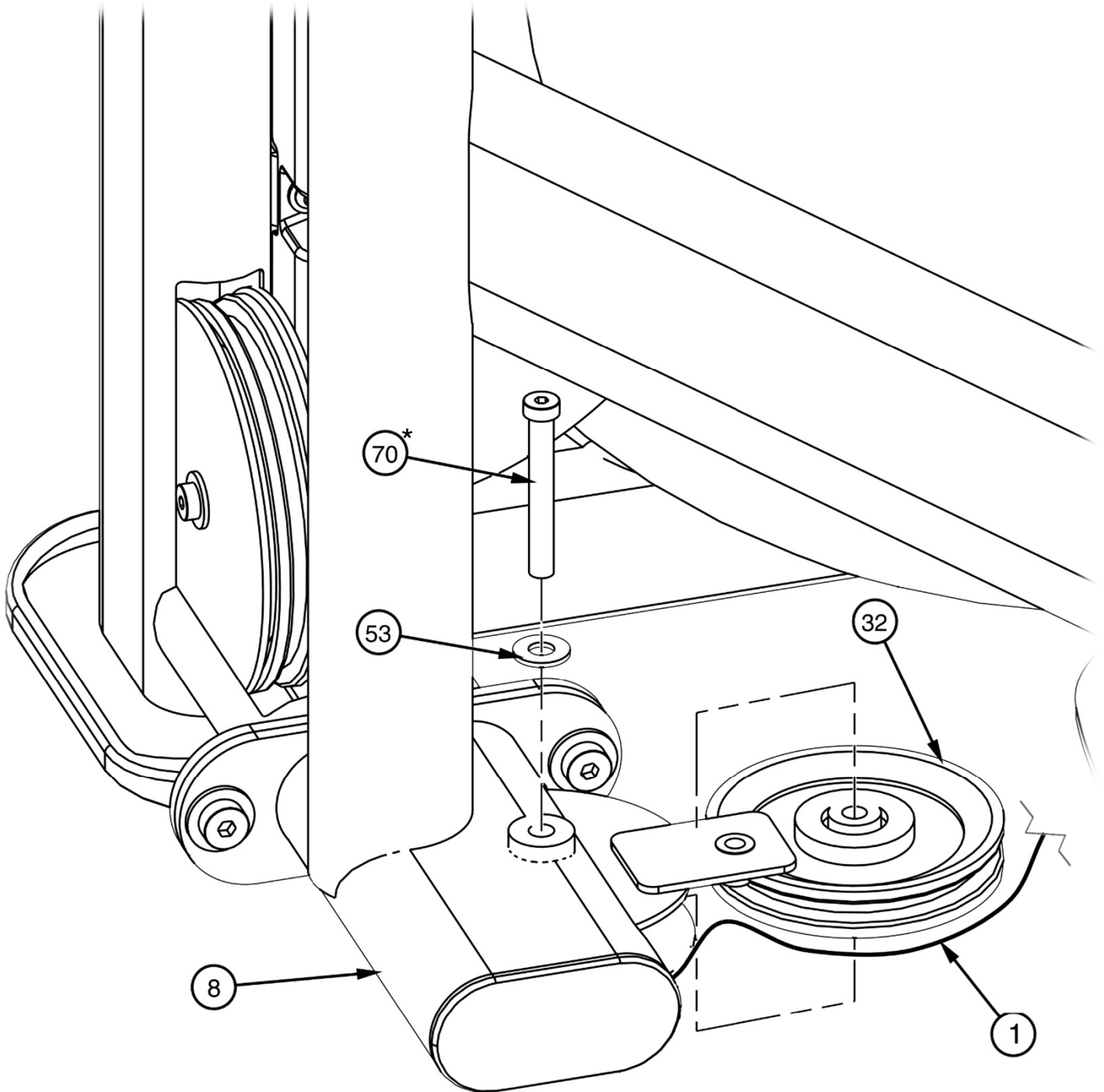


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLES AND PULLEYS AT THE SAME TIME..
- APPLY BLUE LOCTITE FOR (70).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

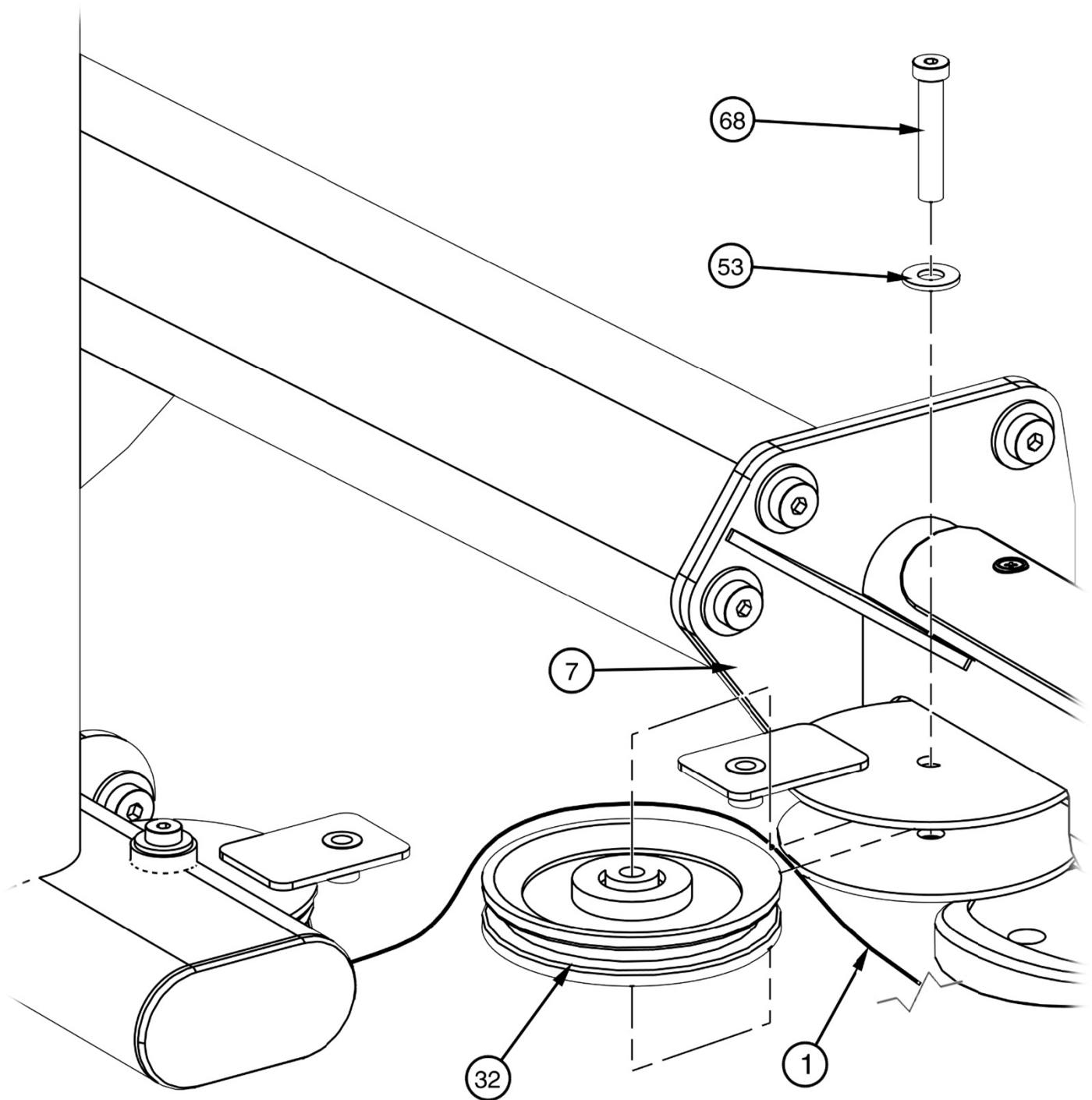


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

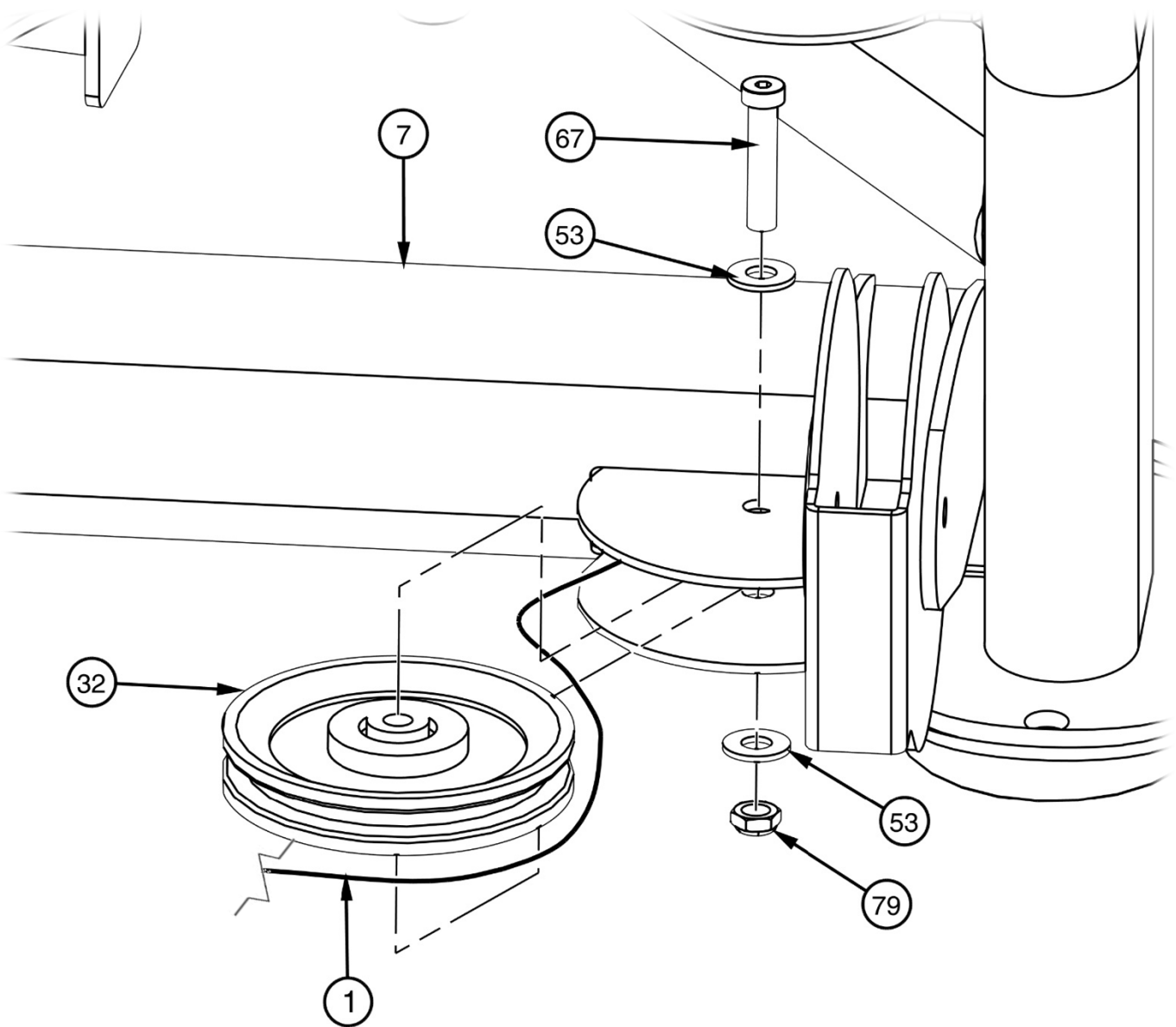


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

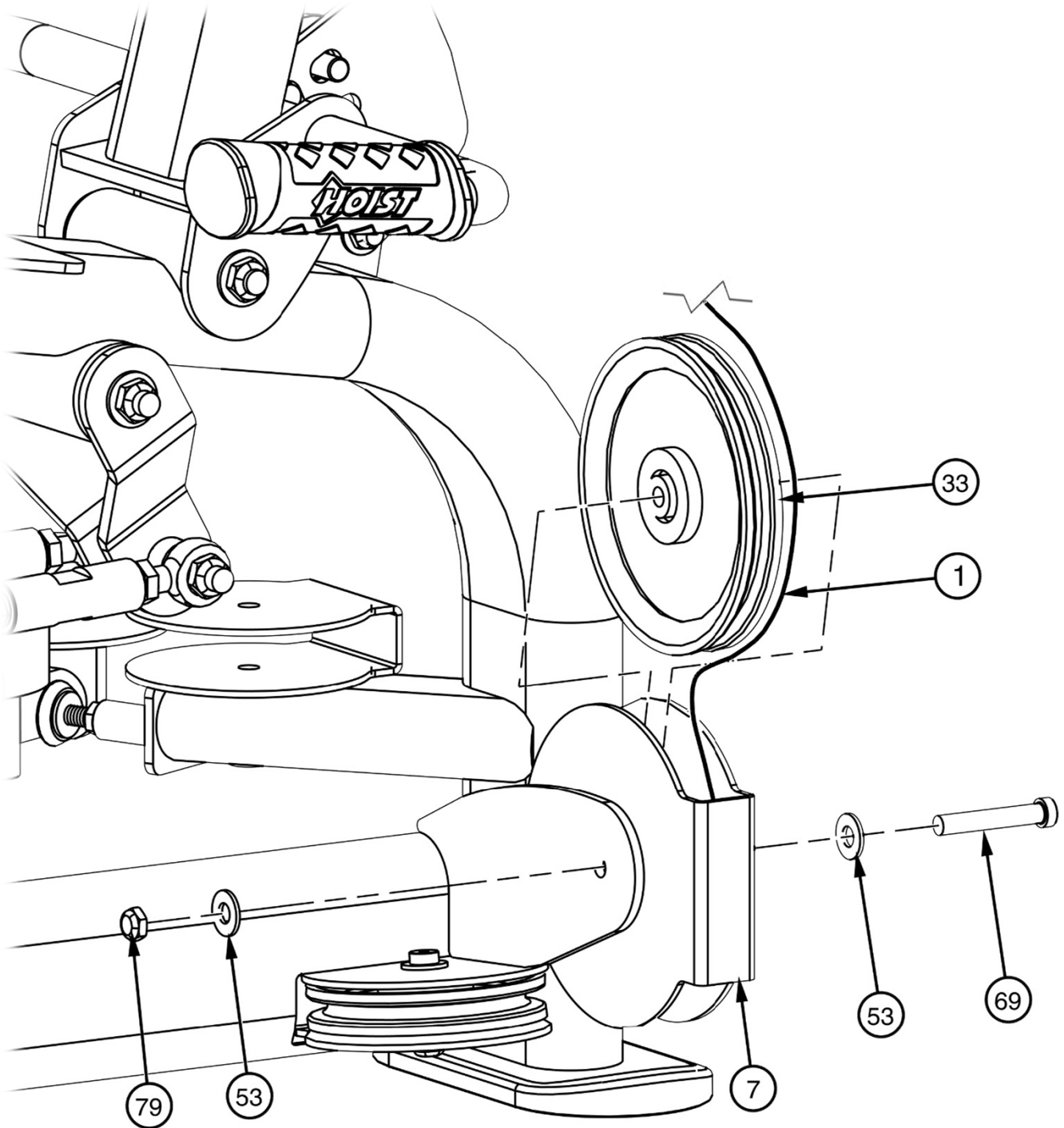


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

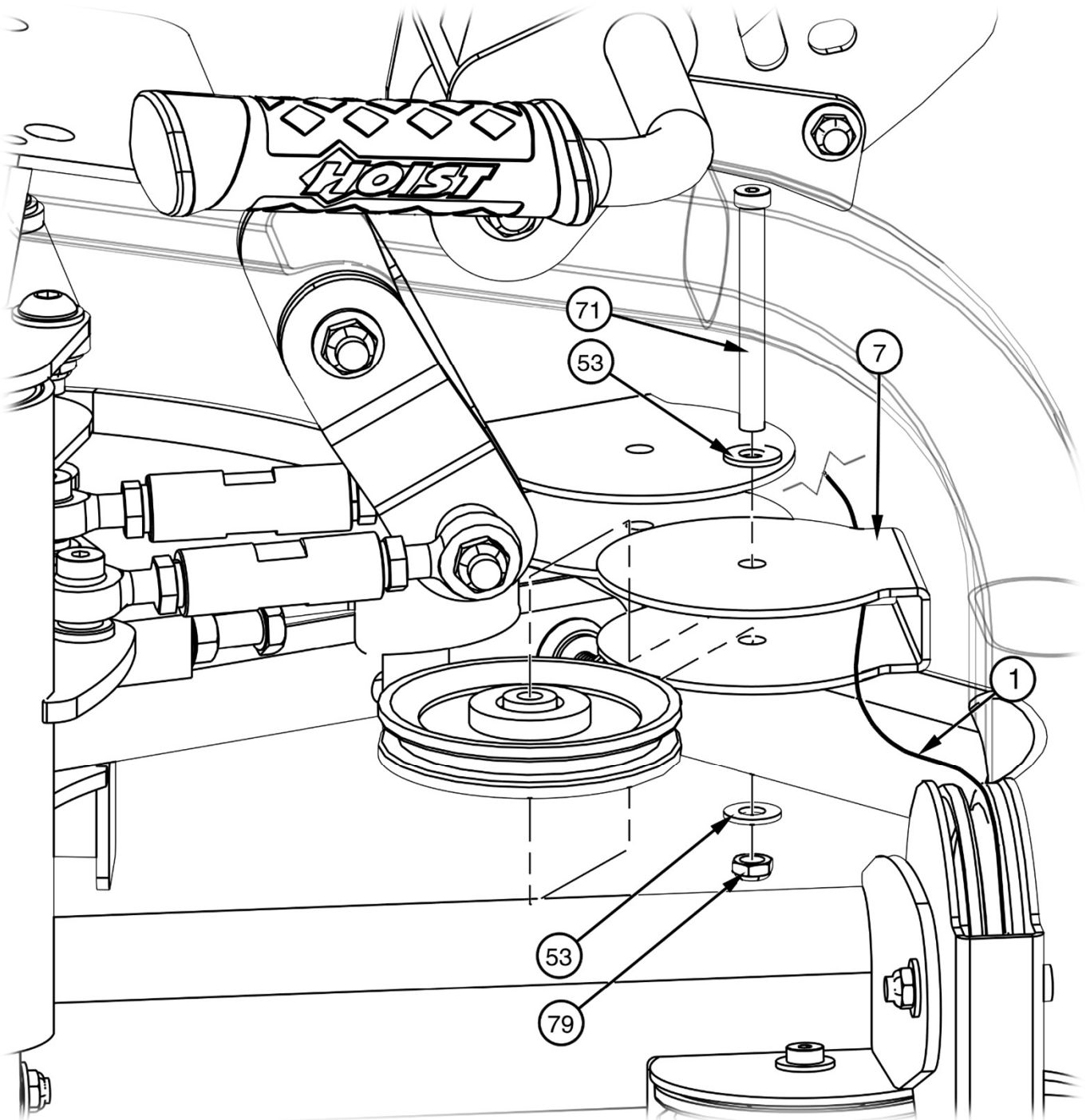


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



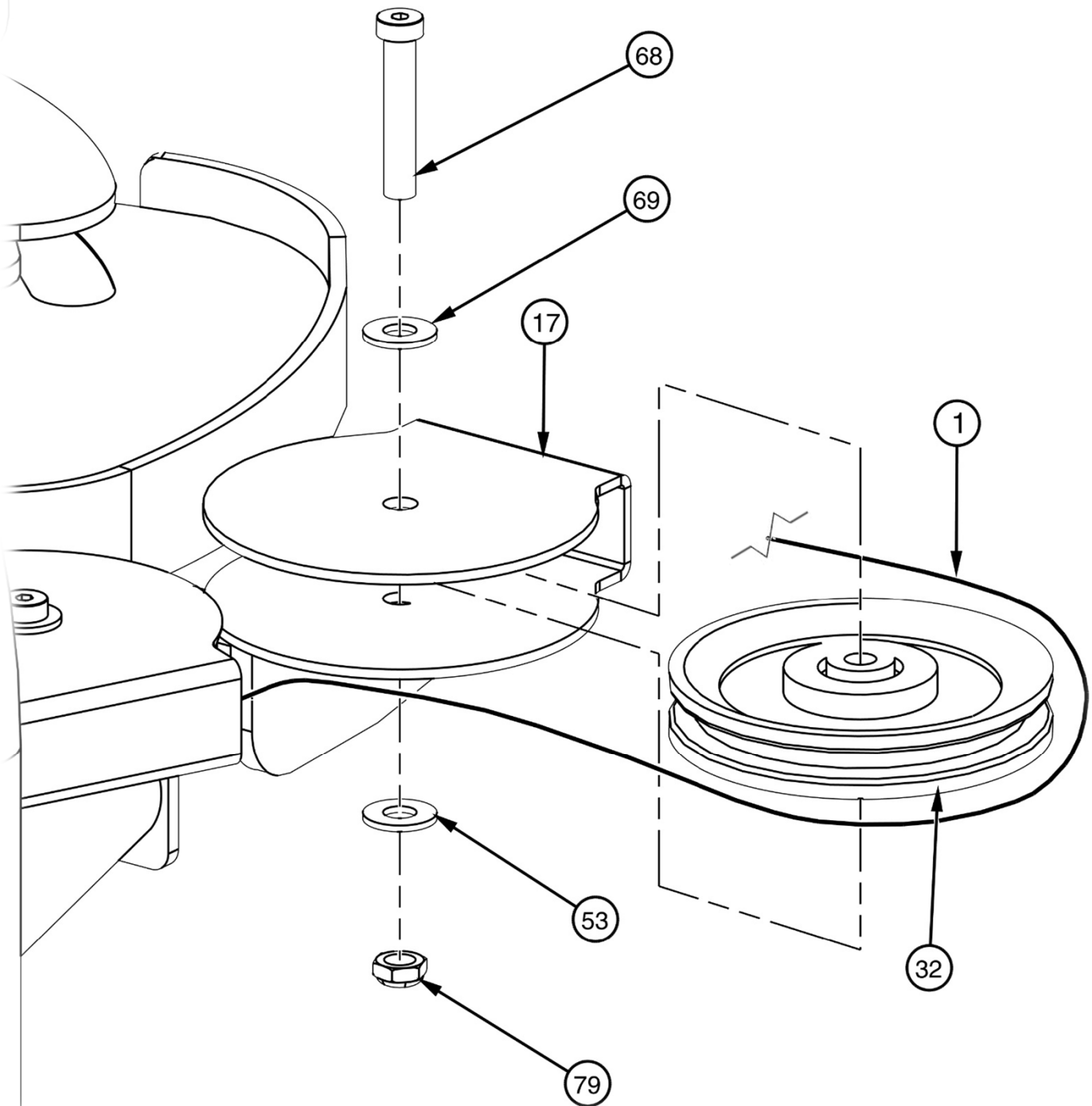


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

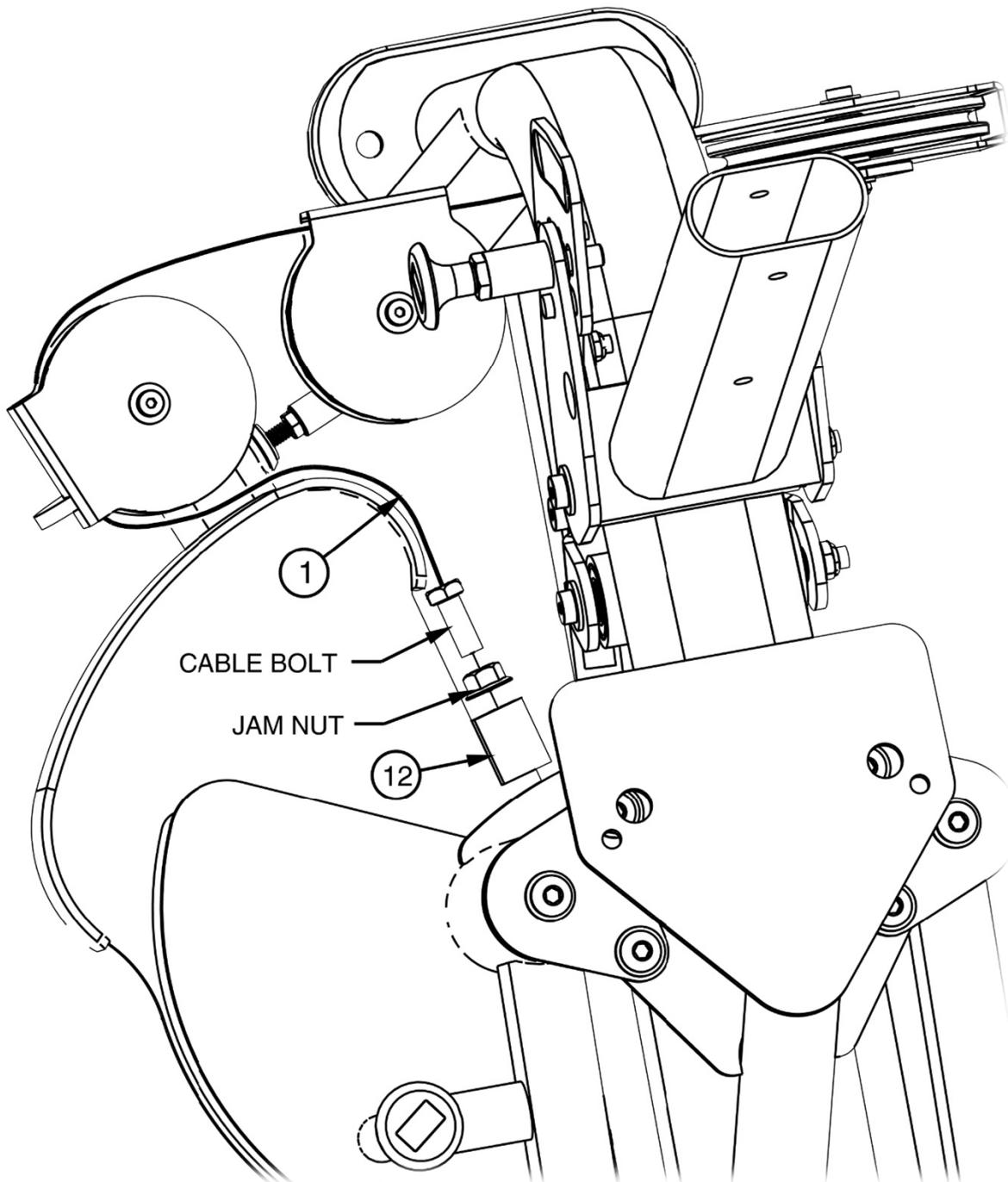
### **FINE TUNING**

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

### NOTE:

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

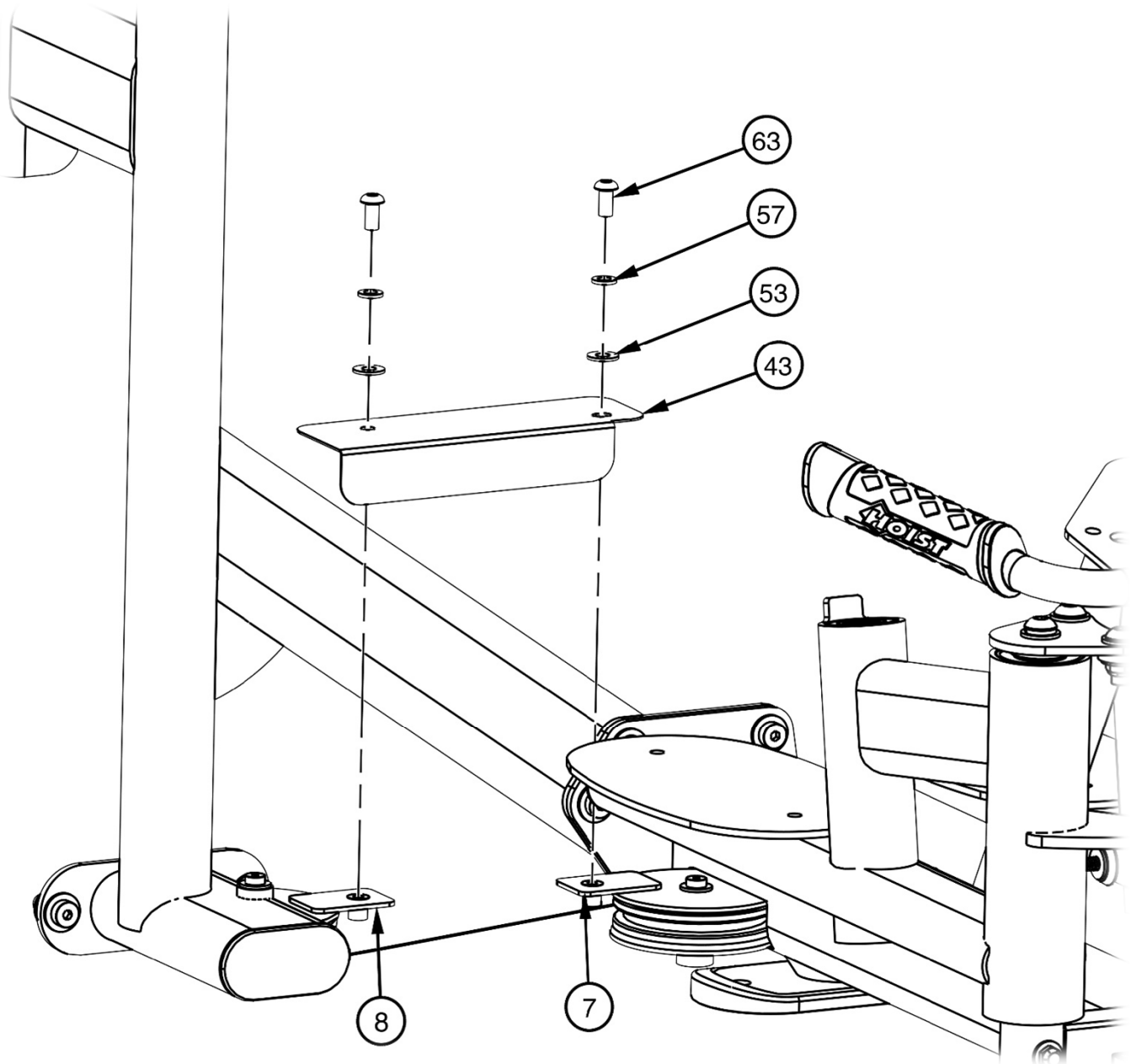


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

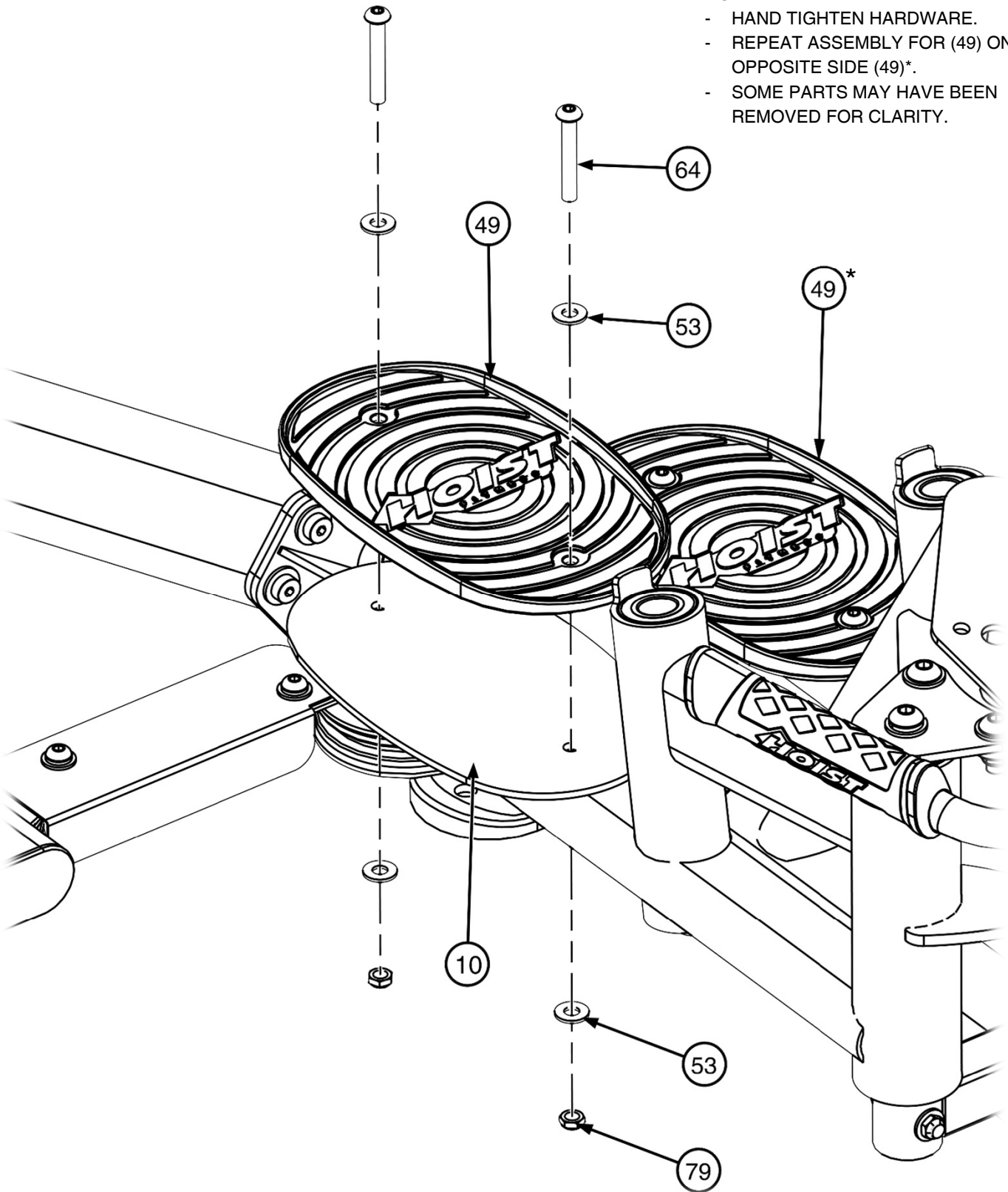


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR (49) ON OPPOSITE SIDE (49)\*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



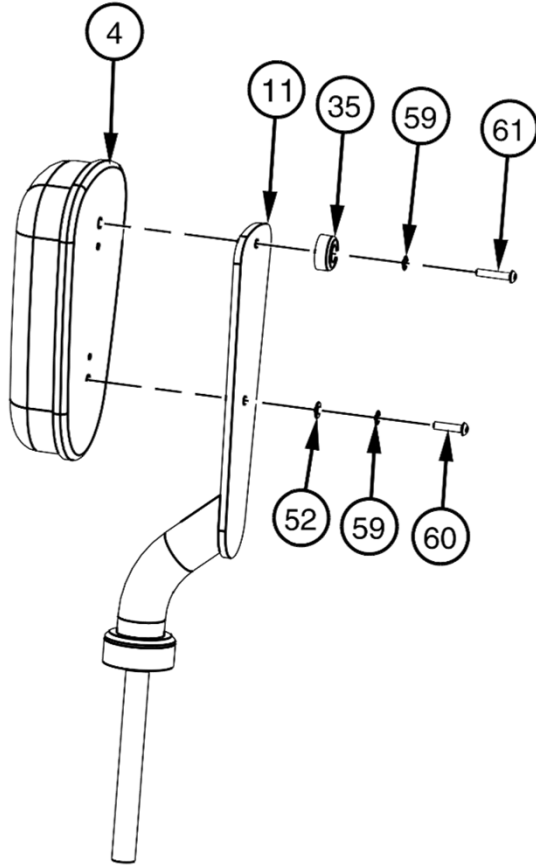
# OWNER'S MANUAL

## FRAME ASSEMBLY

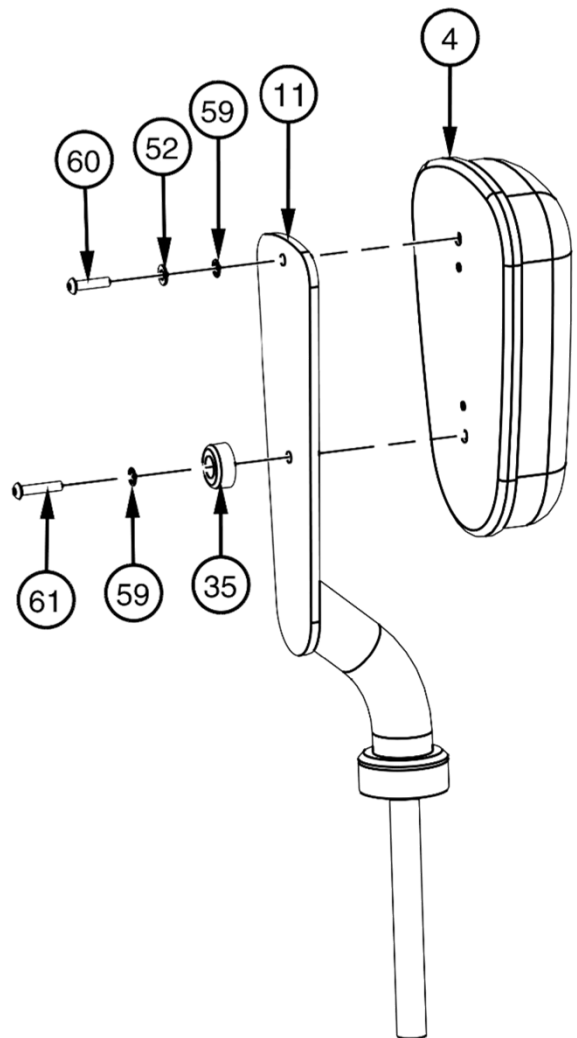
NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### LEFT SIDE



### RIGHT SIDE

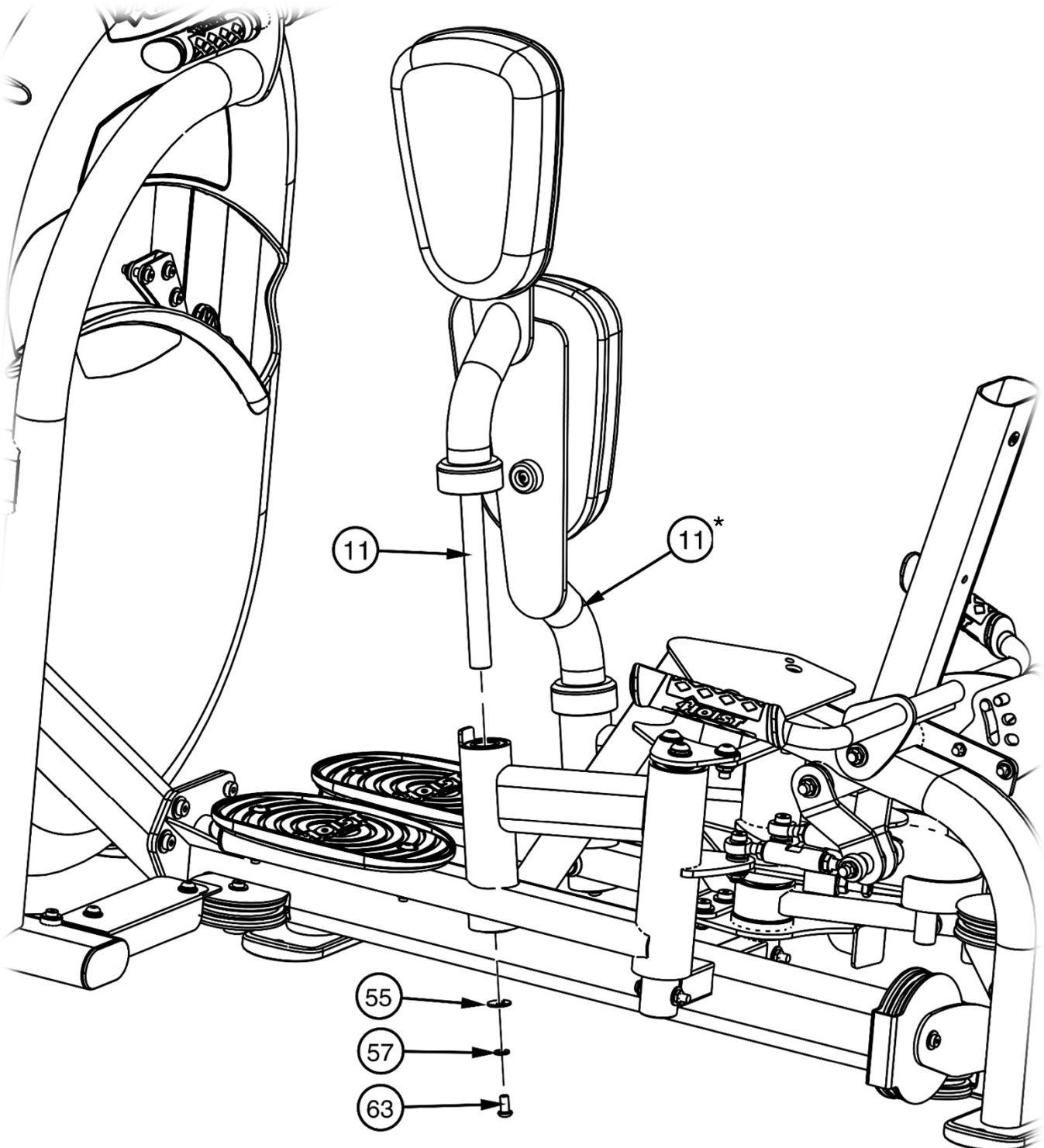


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT OPERATION FOR (11) ON OPPOSITE SIDE (11)\*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

### **STEP 1:**

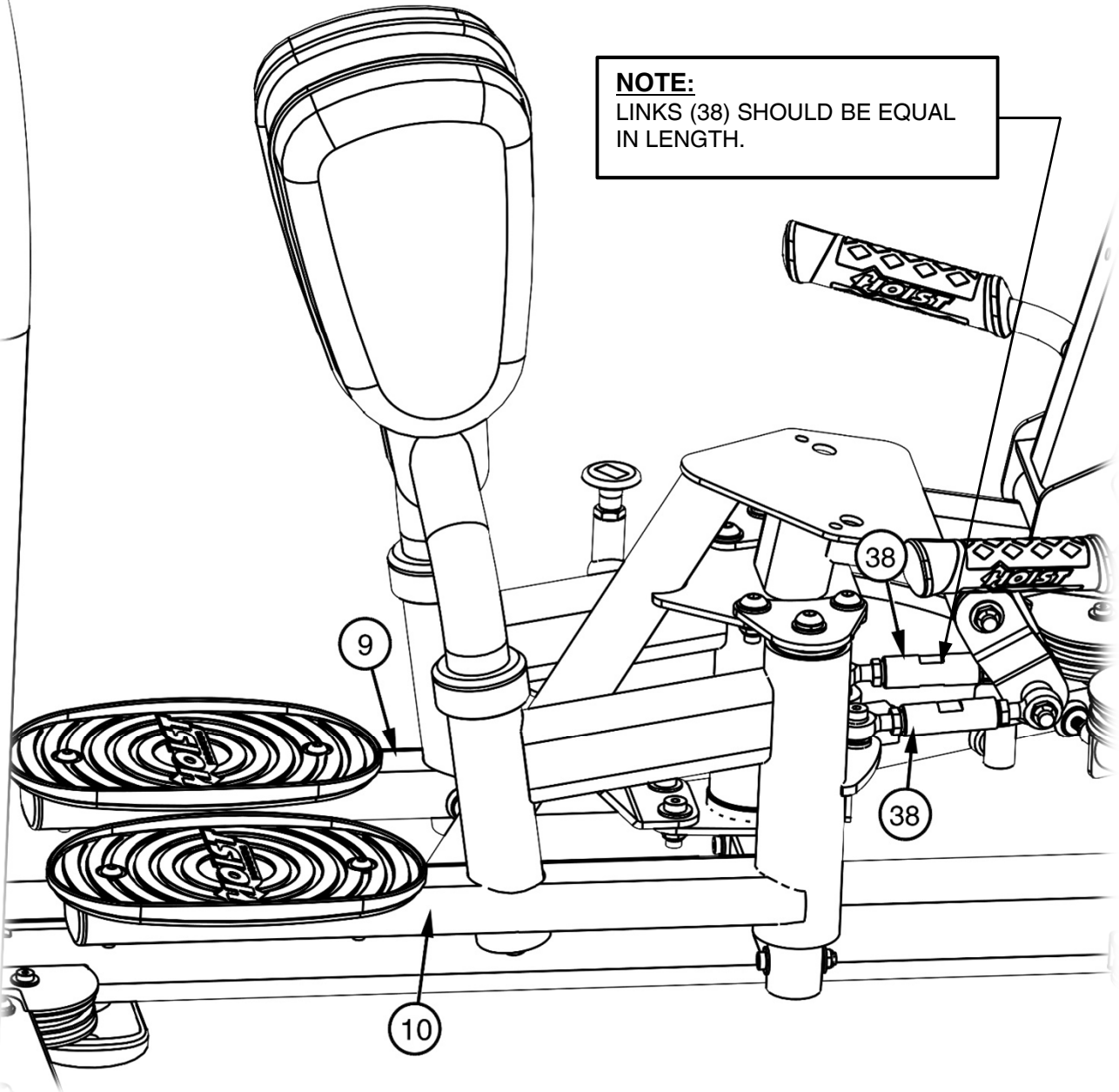
ADJUST LINKS (38) SO THAT MOVEMENT ARM (9)  
AND (10) ARE PARALLEL TO ONE ANOTHER.

### NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### **NOTE:**

LINKS (38) SHOULD BE EQUAL  
IN LENGTH.



# OWNER'S MANUAL

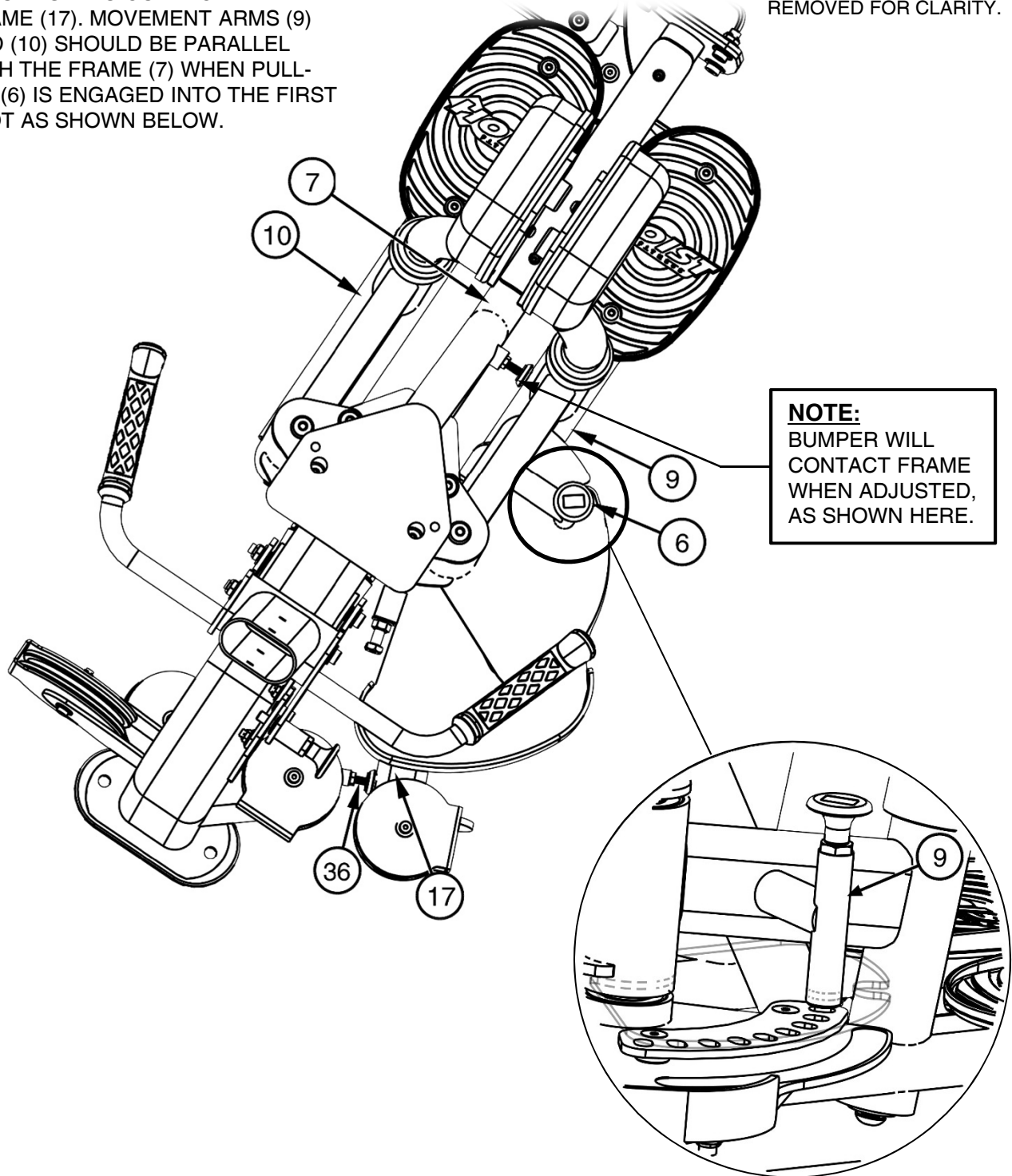
## FRAME ASSEMBLY

### **STEP 2:**

ADJUST REAR BUMPER (36) UNTIL IT COMES INTO CONTACT WITH FRAME (17). MOVEMENT ARMS (9) AND (10) SHOULD BE PARALLEL WITH THE FRAME (7) WHEN PULL-PIN (6) IS ENGAGED INTO THE FIRST SLOT AS SHOWN BELOW.

### NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



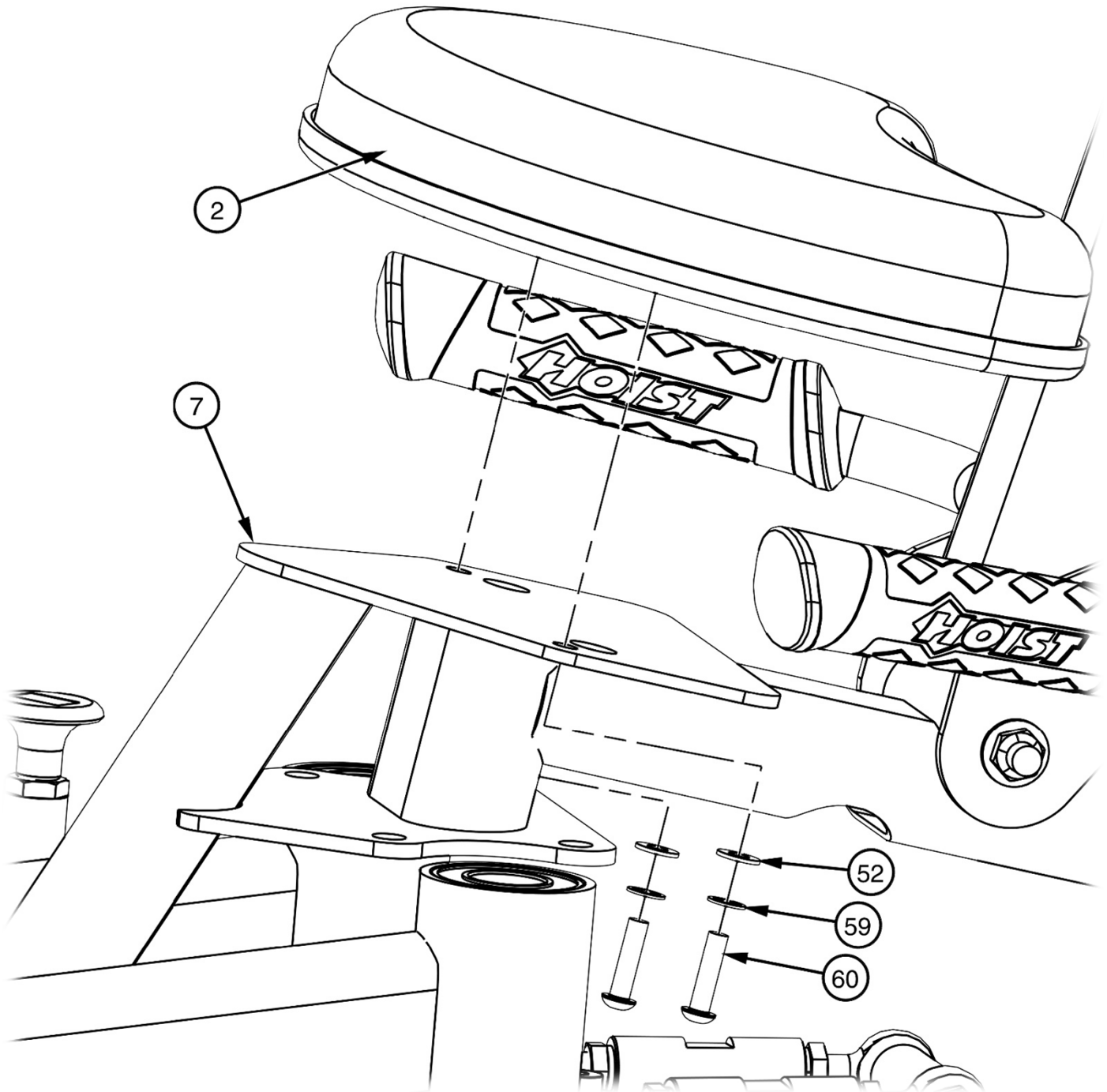


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

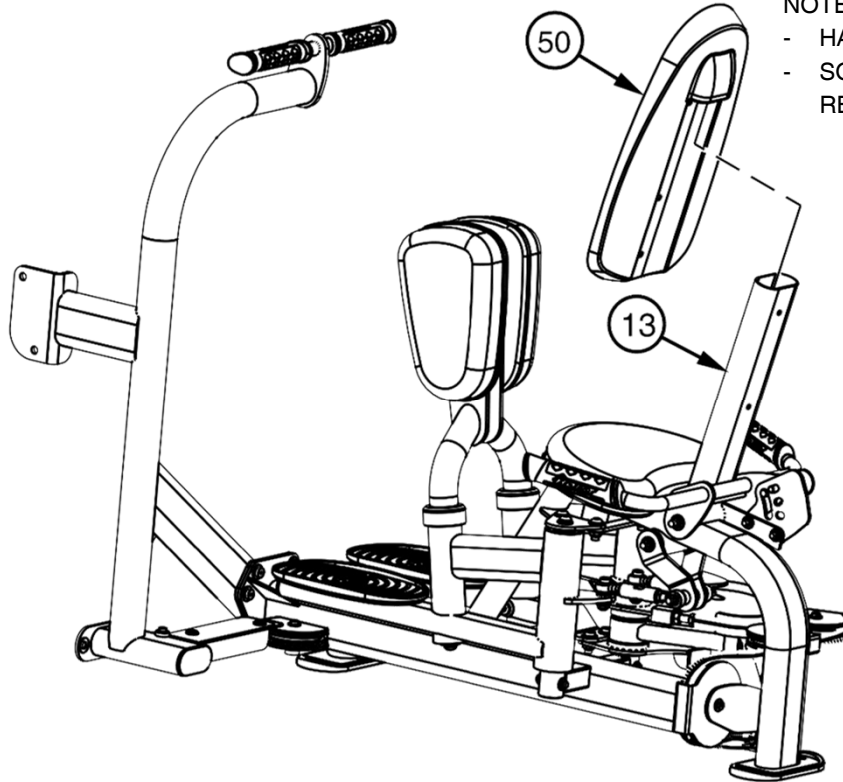
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

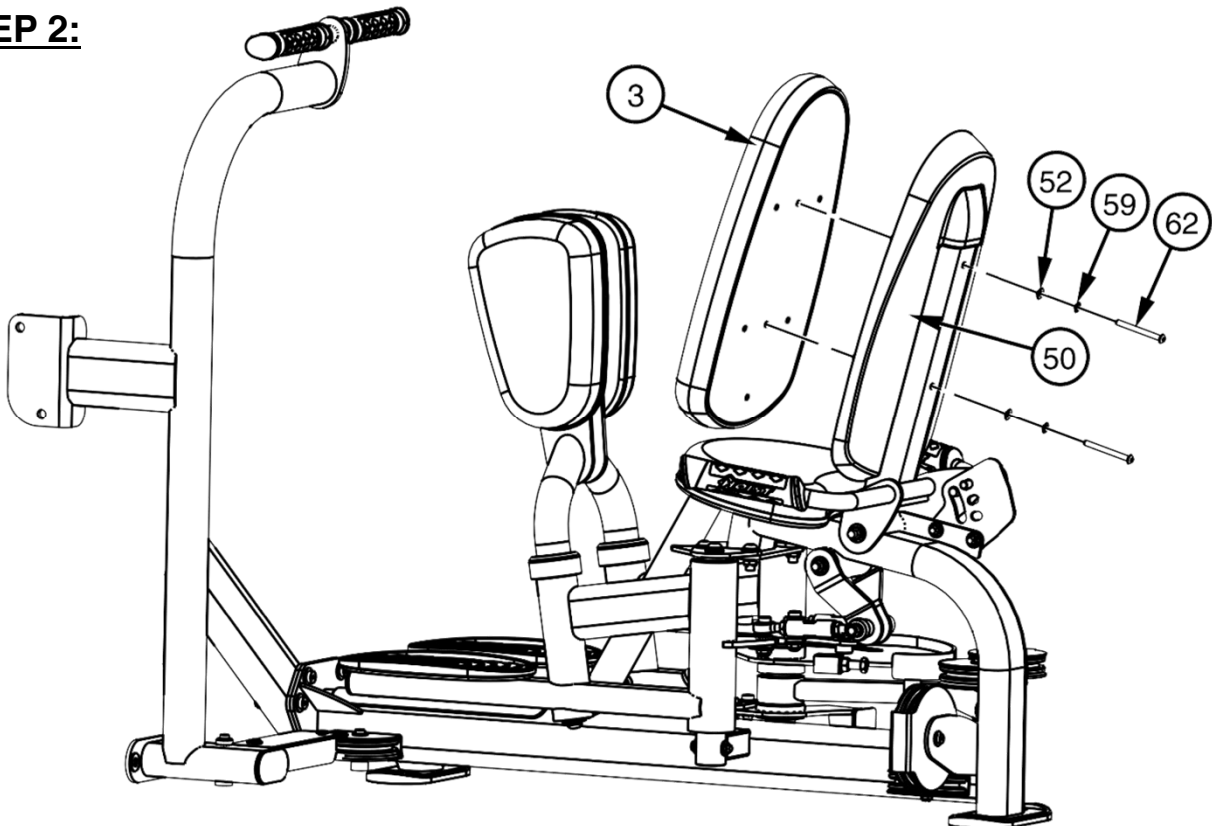
### STEP 1:



#### NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### STEP 2:

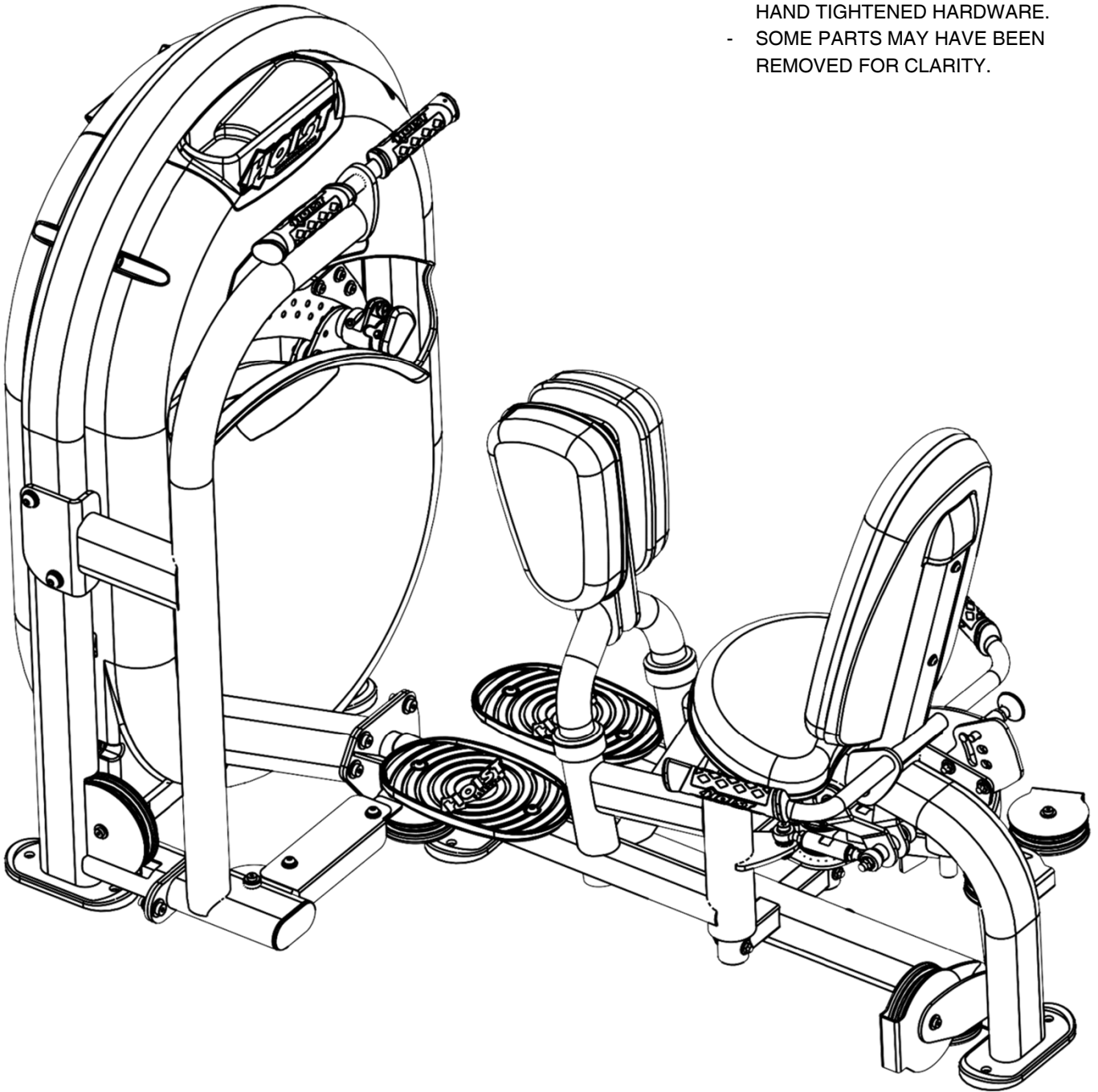


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



**\*IMPORTANT\***

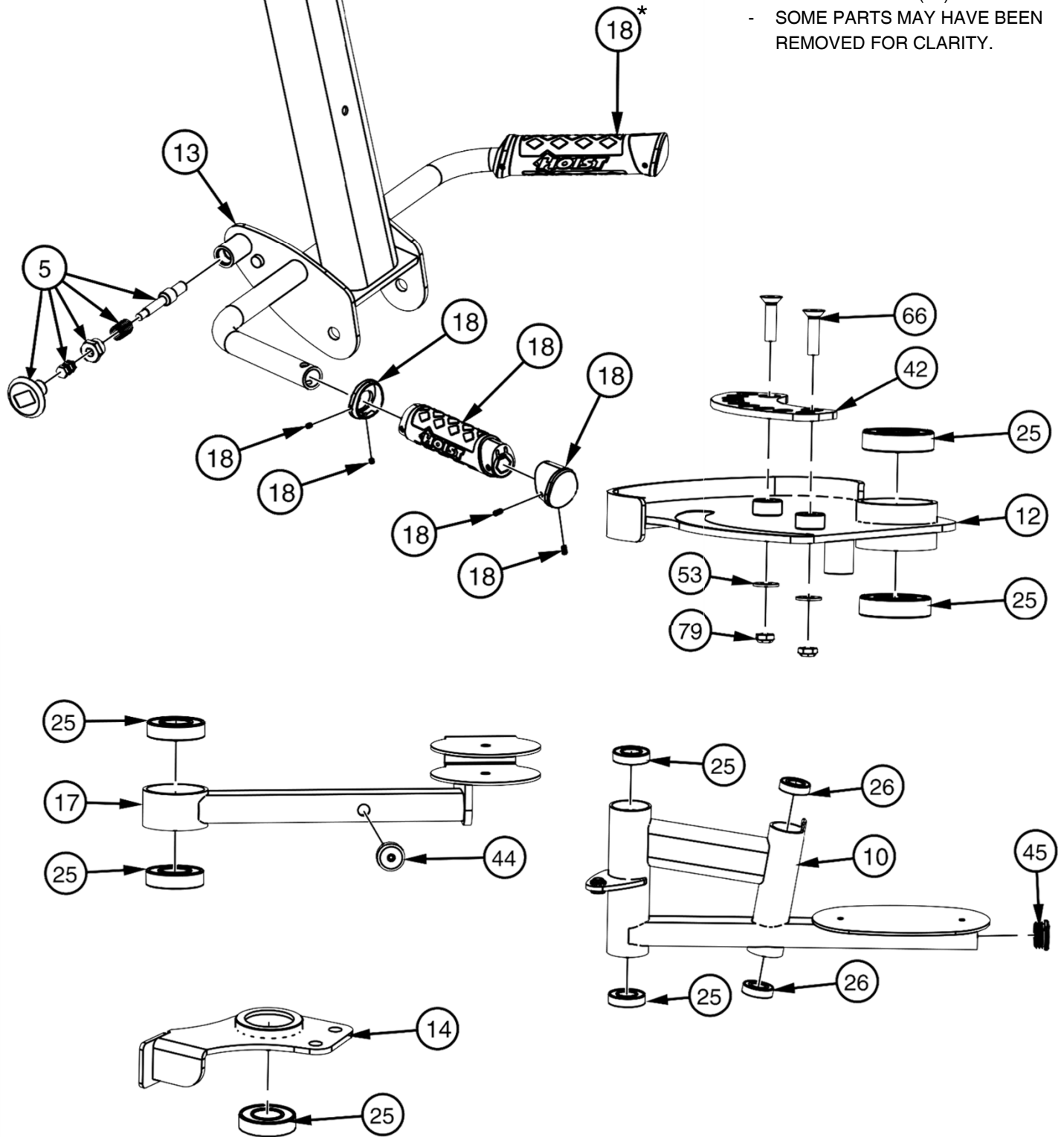
NOW THAT THE CL-3800 IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

## PRE-ASSEMBLY

NOTE:

- REPEAT OPERATION (18) FOR OPPOSITE SIDE (18)\*
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

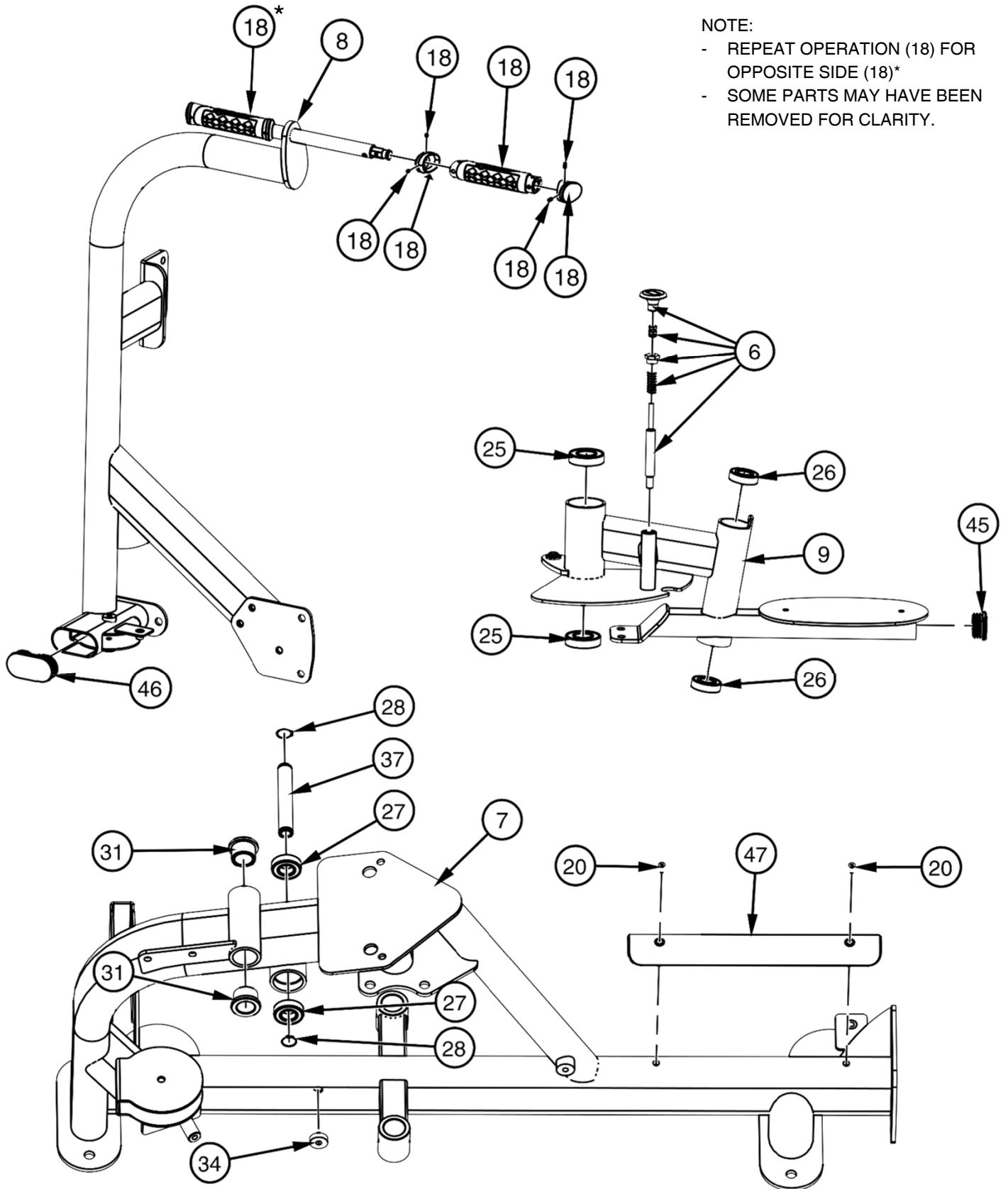


# OWNER'S MANUAL

## PRE-ASSEMBLY CONTINUED

NOTE:

- REPEAT OPERATION (18) FOR OPPOSITE SIDE (18)\*
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

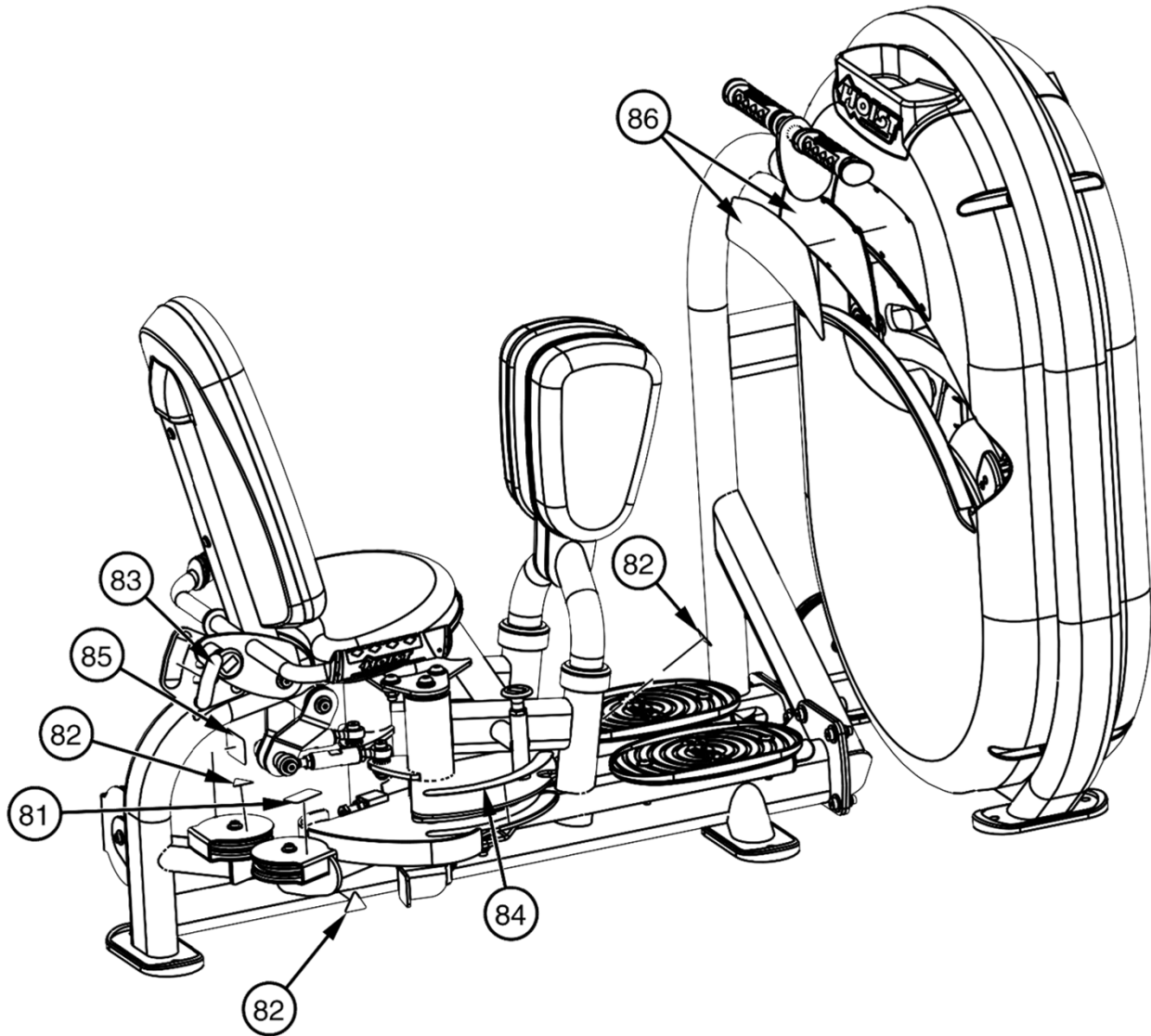


# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL REFERENCE

**CLUB LINE**  
*Inner Thigh / Outer Thigh CL-3800*

1. Select appropriate weight.
2. Adjust backrest and range of motion.
3. Position pads on thighs.
4. Grasp handles and exercise as shown.



**WARNING! ONLY ADJUST WEIGHT WHILE MACHINE IS AT REST**

TO ADJUST WEIGHT  
SQUEEZE AND SLIDE



021-0013328  
Assembly P/N: 026-01X7322



021-0004206



026-0003512



021-0003924



**1-800-548-5438**  
[www.hoistfitness.com](http://www.hoistfitness.com)  
Serial # 00-00-A00-000000



SERIAL # DECAL



021-0003093

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0445	CL-3800 CABLE	1
2	022-01PD2103-A	SEAT PAD ASSEMBLY	1
3	022-01PD2114-2-M	MOLDED PAD ASSY.	1
4	022-01PD2143-B	CHEST PAD ASSEMBLY	2
5	026-01X0185	PULL-PIN ASSEMBLY	1
6	026-01X2416	PULL-PIN ASSEMBLY	1
7	026-01X6902	BASE FRAME ASSEMBLY	1
8	026-01X6903	CL-3800 CAGE TIE & HANDLE MOUNT	1
9	026-01X6904	RIGHT MOVEMENT ARM	1
10	026-01X6905	LEFT MOVEMENT ARM	1
11	026-01X6906	ARM ASSEMBLY	2
12	026-01X6907	CL-3800 CAM	1
13	026-01X6908	BACK PAD MOUNT	1
14	026-01X6909	LOWER BEARING CARRIER	1
15	026-01X6910	UPPER SHAFT SUPPORT	2
16	026-01X6911	SYNCHRONIZING LINK	1
17	026-01X6912	RESISTANCE ARM	1
18	026-01X7351	HOIST ERGO GRIP-01	4
19	SSS-CAGE40	CL-S3 RESISTANCE SYSTEM (200 or 400 LB.)	1
20	011-0413001	M5 - .8 X 16mm FHS (SS)	2
21	012-0105007	1/2-20 JAMNUT RH	2
22	012-0105012	1/2-20 JAMNUT LH	2
23	012-0202001	1/2"-13 FLANGED NUT (WZ)	1
24	012-0505001	3/8"-16UNC JAM NUT (Ni)	2
25	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	9
26	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
27	014-0012015	BEARING: FLANGELESS Ø 1.65" O.D. X Ø .79" I.D. X .47" WIDE	2
28	014-0012017	SNAP RING - 20mm EXTERNAL	2
29	014-0013003	1/2-20 LH, MALE ROD END	2
30	014-0013005	1/2-20 RH, MALE ROD END	2
31	014-0101005	BUSHING: OILITE FLANGED Ø1.34" O.D. X Ø1.00" I.D. X .79" LG.	2
32	018-0001003	CABLE PULLEY: Ø4.50"	5
33	018-0002017	PULLEY 6.00" OD	1
34	019-0001001	PLUG BUMPER	1
35	019-0001003	BUMPER Ø 1.50" X .625" T	2



# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	020-0014027	ADJUSTABLE STOP	2
37	026-01M2659	SHAFT - $\phi$ 20mm X .5156" ID X 4.71 LG.	1
38	026-01M3670	THREADED LINK	2
39	026-01M3671	PIVOT SHAFT	2
40	026-01M3672	SHAFT	1
41	026-01P4956	ROM PLATE	1
42	026-01P4965	ROM PLATE	1
43	026-01P4966	SCUFF GUARD	1
44	026-01PL2561	PLUG BUMPER, COPED	1
45	026-01PL2565	3.15" X 1.57" CAP	2
46	026-01PL2566	50 X 100 OVAL DOMED END CAP	1
47	026-01PL2836	SCUFF GUARD, 50 X 100mm, CURVED SIDE	1
48	026-01PL2838	RUBBER FOOT PAD	3
49	026-01PL2864	FLAT FOOT PLATE, MOLDED	2
50	026-01PL2936	BACK PAD PLASTIC BACKING	1
51	026-01T8297	SPACER (30MM)	3
52	013-1002010	5/16" SAE FLAT WASHER (Ni)	6
53	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	29
54	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	32
55	013-1003001	3/8" FENDER WASHER (Ni)	2
56	013-1006012	M12 HIGH COLLAR SPLIT LOCK WASHER (Ni)	4
57	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	4
58	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	4
59	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	8
60	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni) WITH DRI-LOC PATCH	4
61	011-0701005	5/16"-18UNC X 1.50" BHCS (Ni)	2
62	011-0701011	5/16"-18UNC X 3.00" BHCS (Ni)	2
63	011-0701019	3/8"-16UNC X .75" BHCS (Ni)	4
64	011-0701026	3/8"-16UNC X 2.50" BHCS (Ni)	4
65	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	2
66	011-0702005	3/8"-16UNC X 1.50" FHCS (Ni)	2
67	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	2
68	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	1
69	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	1
70	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	1

# OWNER'S MANUAL

## PART LIST CONTINUED

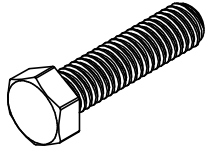
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	011-0116152	3/8"-16UNC X 3.50" LOW HEAD SHCS (Ni)	1
72	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	6
74	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	2
75	011-0116108	1/2"-13UNC X 1.25" LOW HEAD SHCS (Ni)	2
76	011-0116111	1/2"-13UNC X 2.00" LOW HEAD SHCS (Ni)	2
77	011-0116121	1/2"-13UNC X 4.50" LOW HEAD SHCS (Ni)	1
78	011-0116127	1/2"-13UNC X 6.00" LOW HEAD SHCS (Ni)	2
79	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	15
80	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	15
81	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
82	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	3
83	021-0003924	HD-3800 ROM Back Pad	1
84	021-0004206	CL-3800 ROM Knee Pad	1
85	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
86	026-01X6922	CL-3800 EXERCISE PLACARD, MOUNTED	1
87	011-0116107	1/2"-13UNC X 1.00" LOW HEAD SHCS (Ni)	6
88	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	2

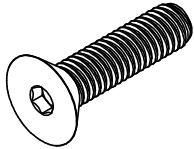
# OWNER'S MANUAL

## ABBREVIATIONS

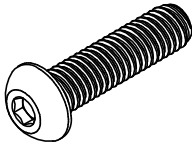
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



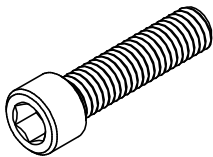
HHB = Hex Head Bolt



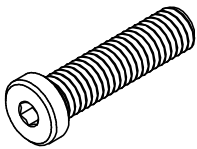
FHCS = Flat Head Cap Screw



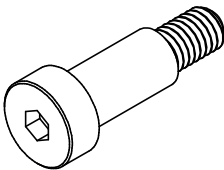
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



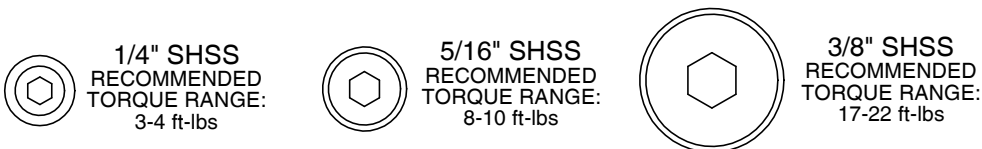
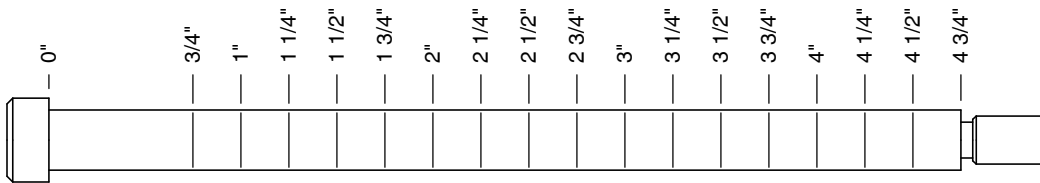
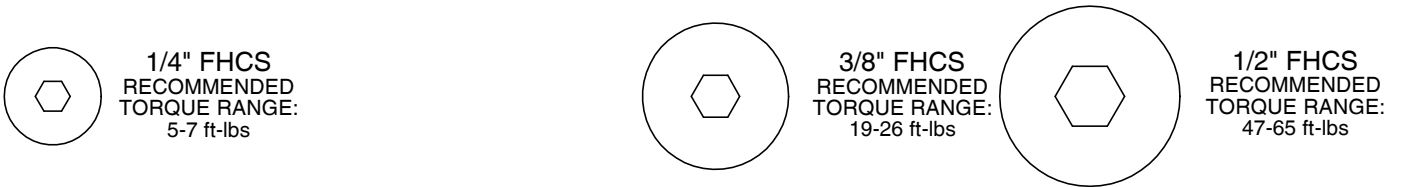
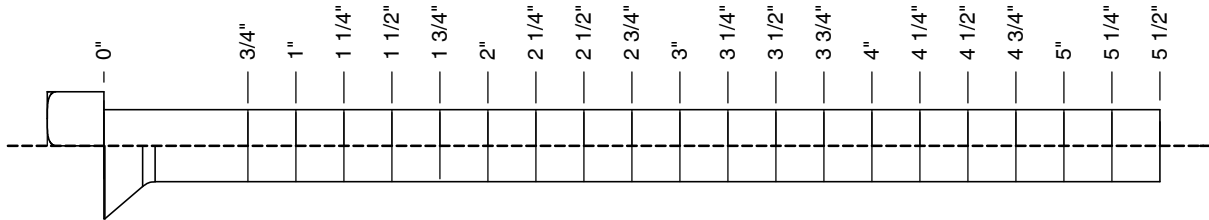
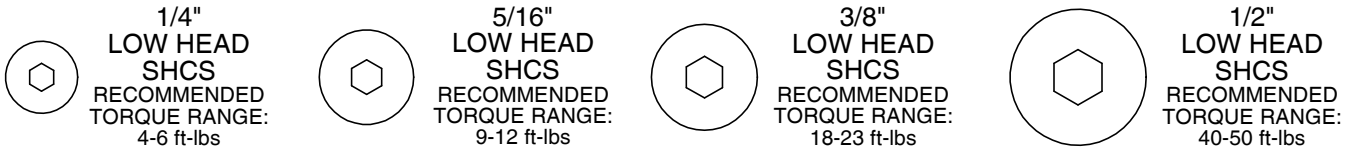
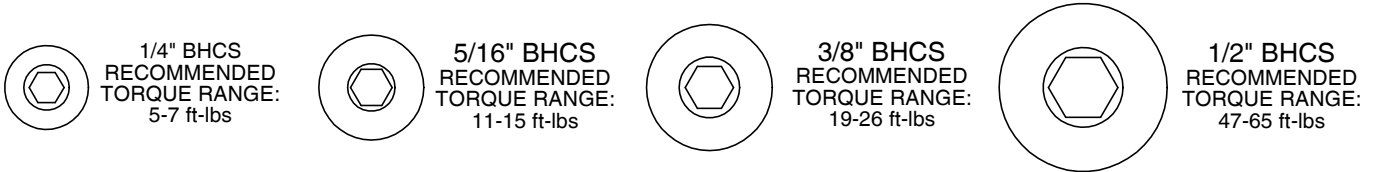
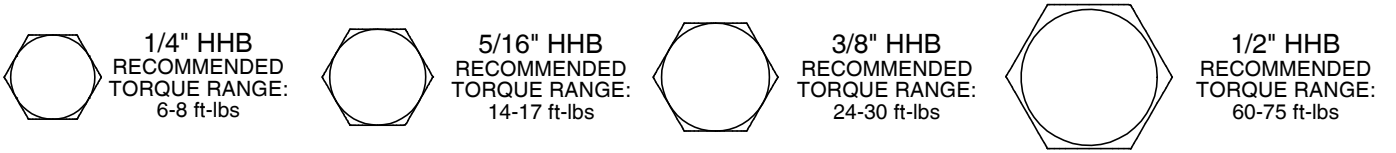
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

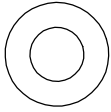
## BOLT SIZING CHART



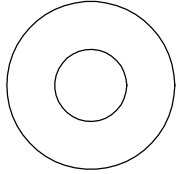
# OWNER'S MANUAL

## WASHER SIZING CHART

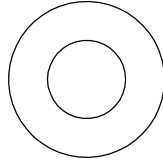
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



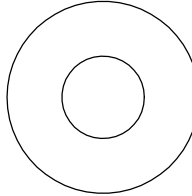
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



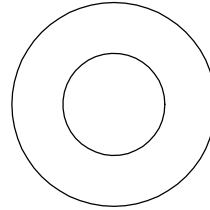
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



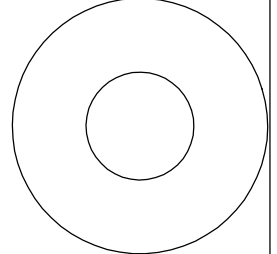
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



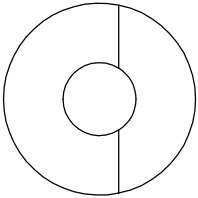
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



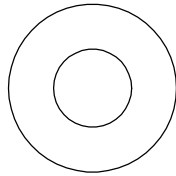
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



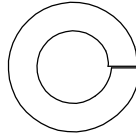
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



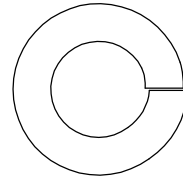
013-0102019  
1/4"  
LOCK WASHER



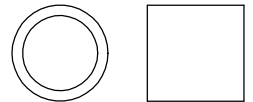
013-0102020  
3/8"  
LOCK WASHER



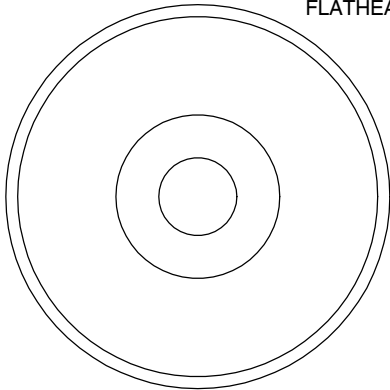
013-0102018  
1/2"  
LOCK WASHER



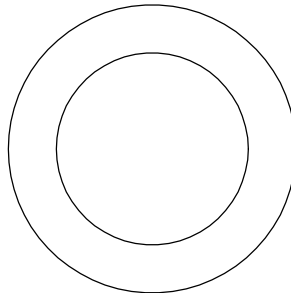
014-0018001  
1/2" LONG  
SPACER



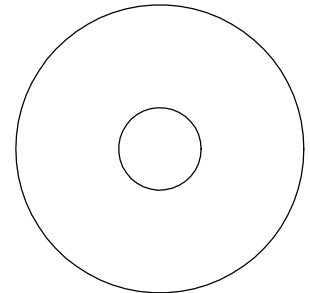
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



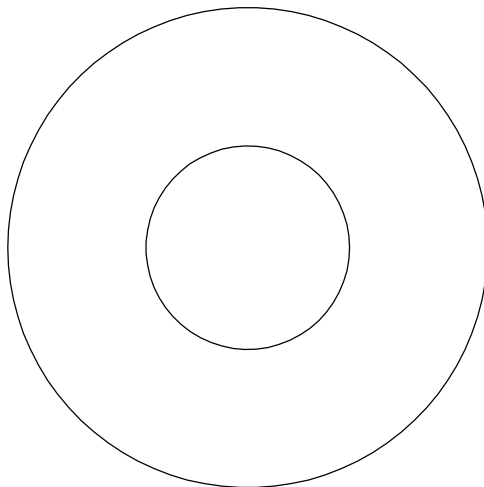
016-0009003  
1" SHIM WASHER



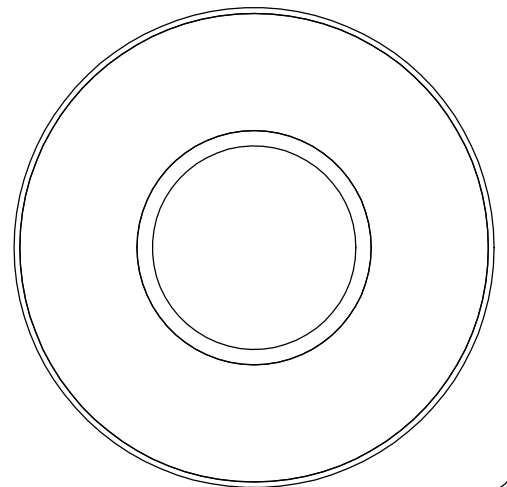
013-0003002  
3/8" FENDER WASHER



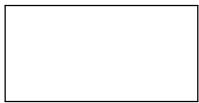
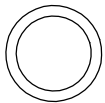
013-0003004  
1 1/16"  
FENDER WASHER



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



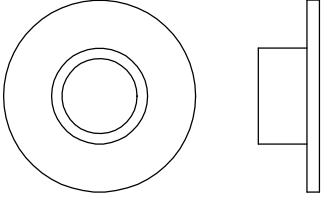
014-0018002  
1" LONG  
SPACER



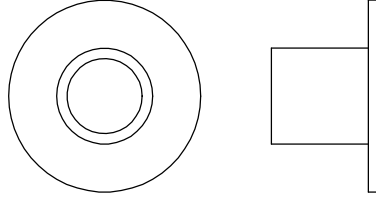
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

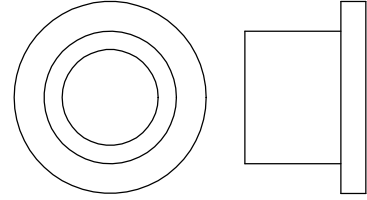
026-01M0211  
1/4" LONG  
FLANGED SPACER



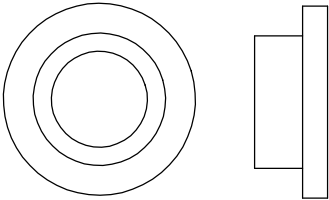
026-01M0198  
1/2" LONG  
FLANGED SPACER



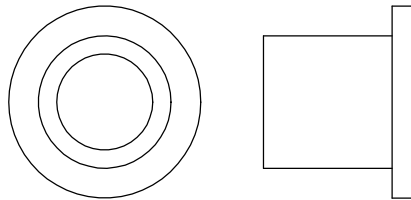
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



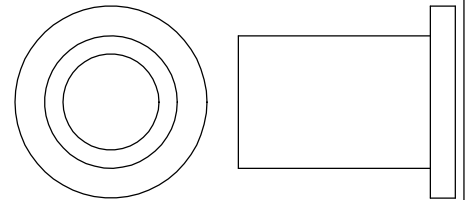
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



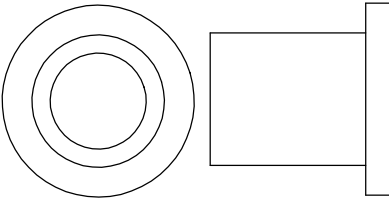
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



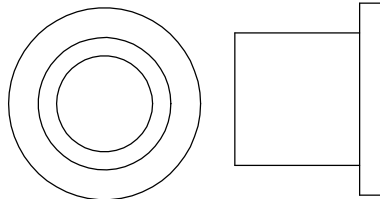
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



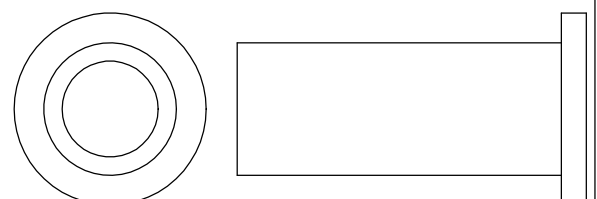
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



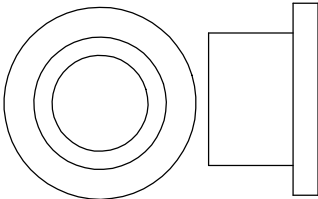
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



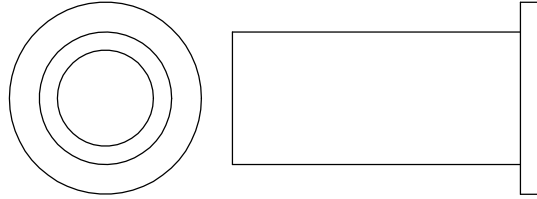
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



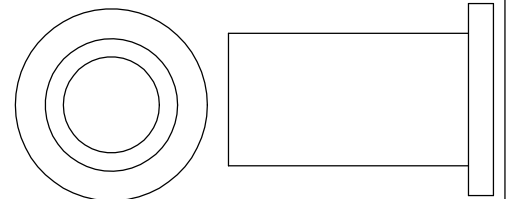
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



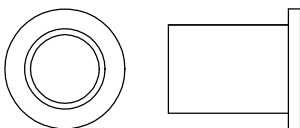
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



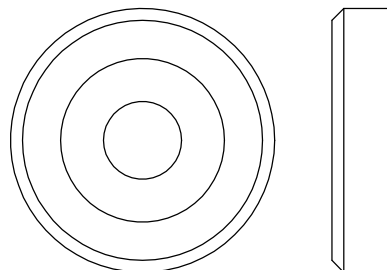
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



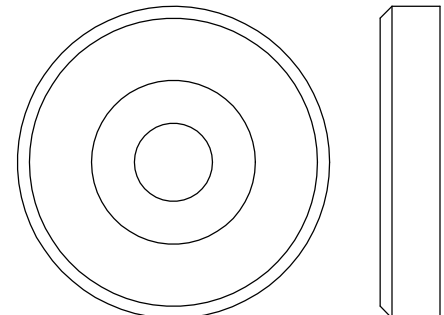
026-01M0600  
.625" LONG  
FLANGED SPACER



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 CL-3800 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 CL-3800 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 CL-3800 HOIST® Fitness System!**

# OWNER'S MANUAL

\*\*\*THIS PAGE WAS INTENTIONALLY LEFT BLANK\*\*\*



# 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.

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

**PLEASE KEEP THIS FOR YOUR RECORDS**