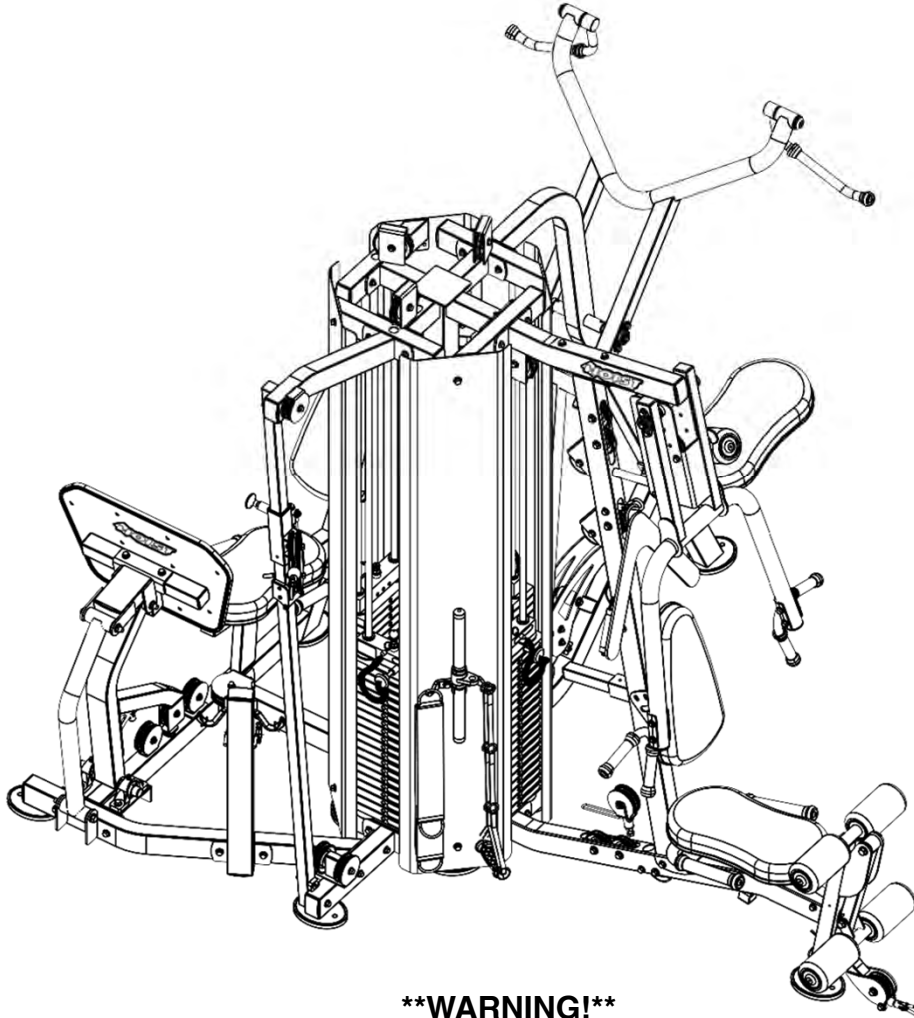


# OWNER'S MANUAL



## H4400-B

### MULTI-FUNCTION GYM



**\*\*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**

**A12**

**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**

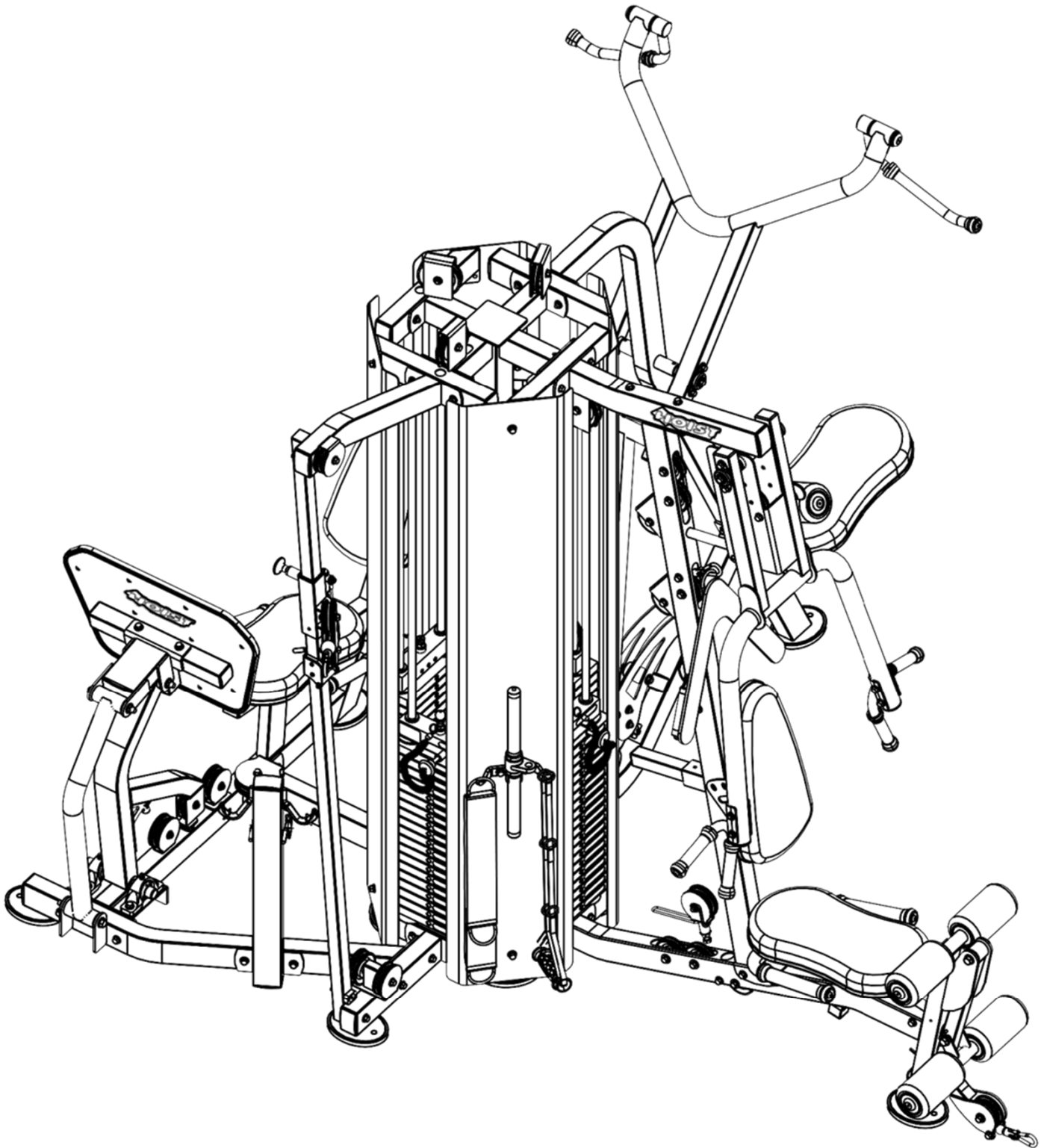
**SAE Hex Key Wrench Set**

**Two People**

# OWNER'S MANUAL

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## FRAME ASSEMBLY

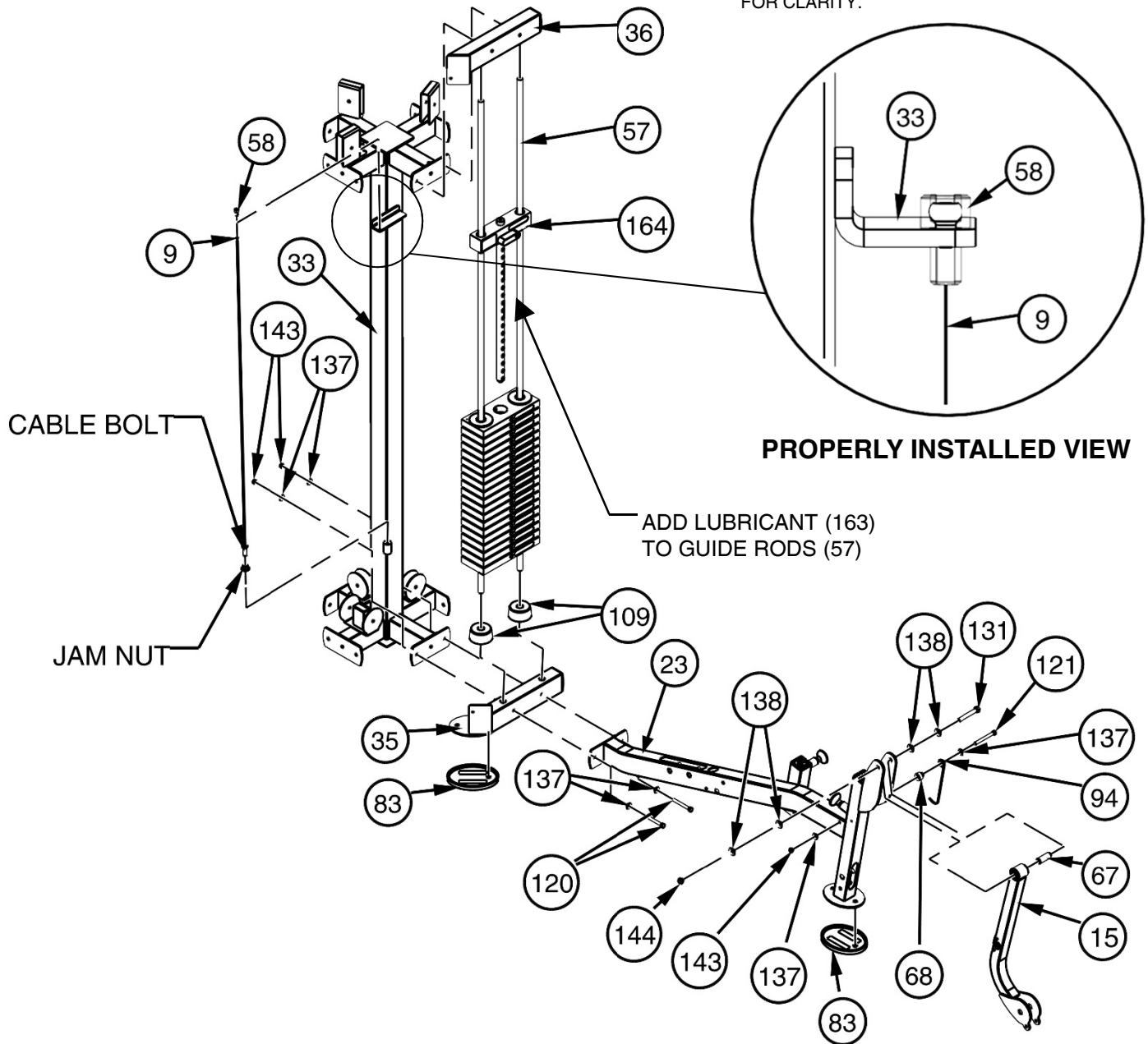


# OWNER'S MANUAL

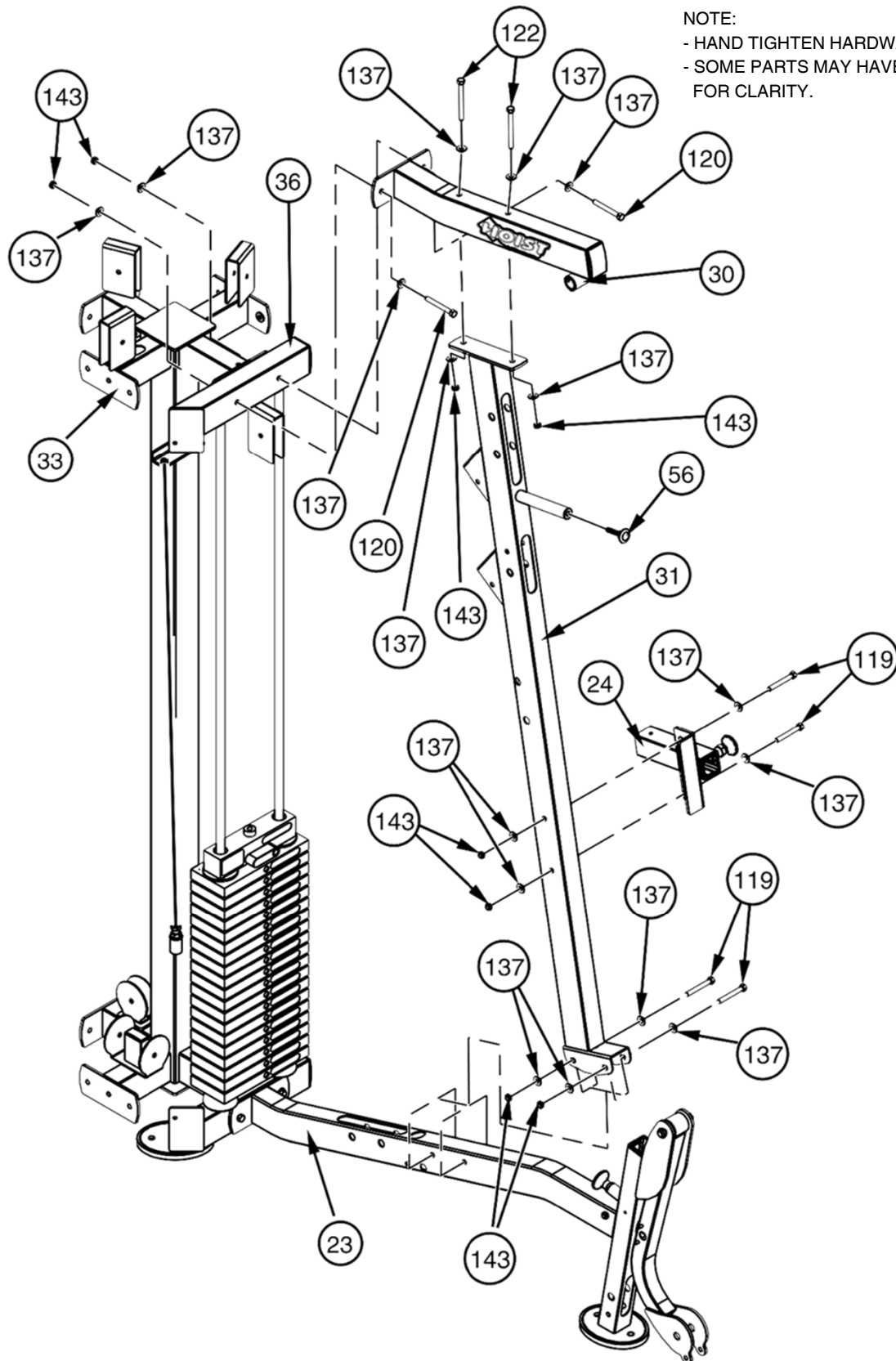
## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE.
- WRENCH TIGHTEN HARDWARE (131) AND (144). THEN BACK OFF APPROXIMATELY ½ TURN OR UNTIL (15) PIVOTS FREELY
- REST (36) ON GUIDE RODS. DO NOT SECURE TO CENTER COLUMN AT THIS TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY



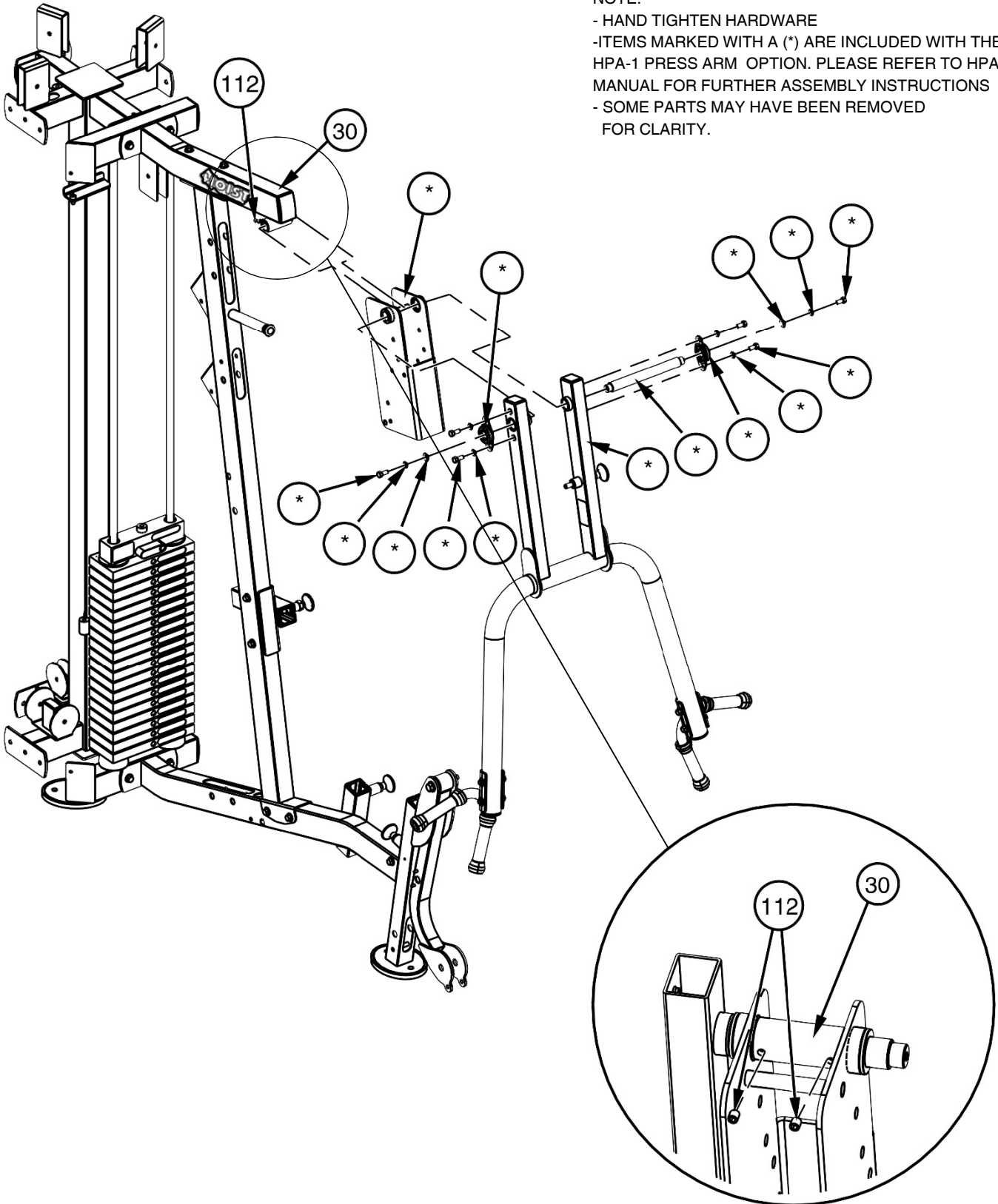
**NOTE:**

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

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE
- ITEMS MARKED WITH A (\*) ARE INCLUDED WITH THE HPA-1 PRESS ARM OPTION. PLEASE REFER TO HPA-1 MANUAL FOR FURTHER ASSEMBLY INSTRUCTIONS
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



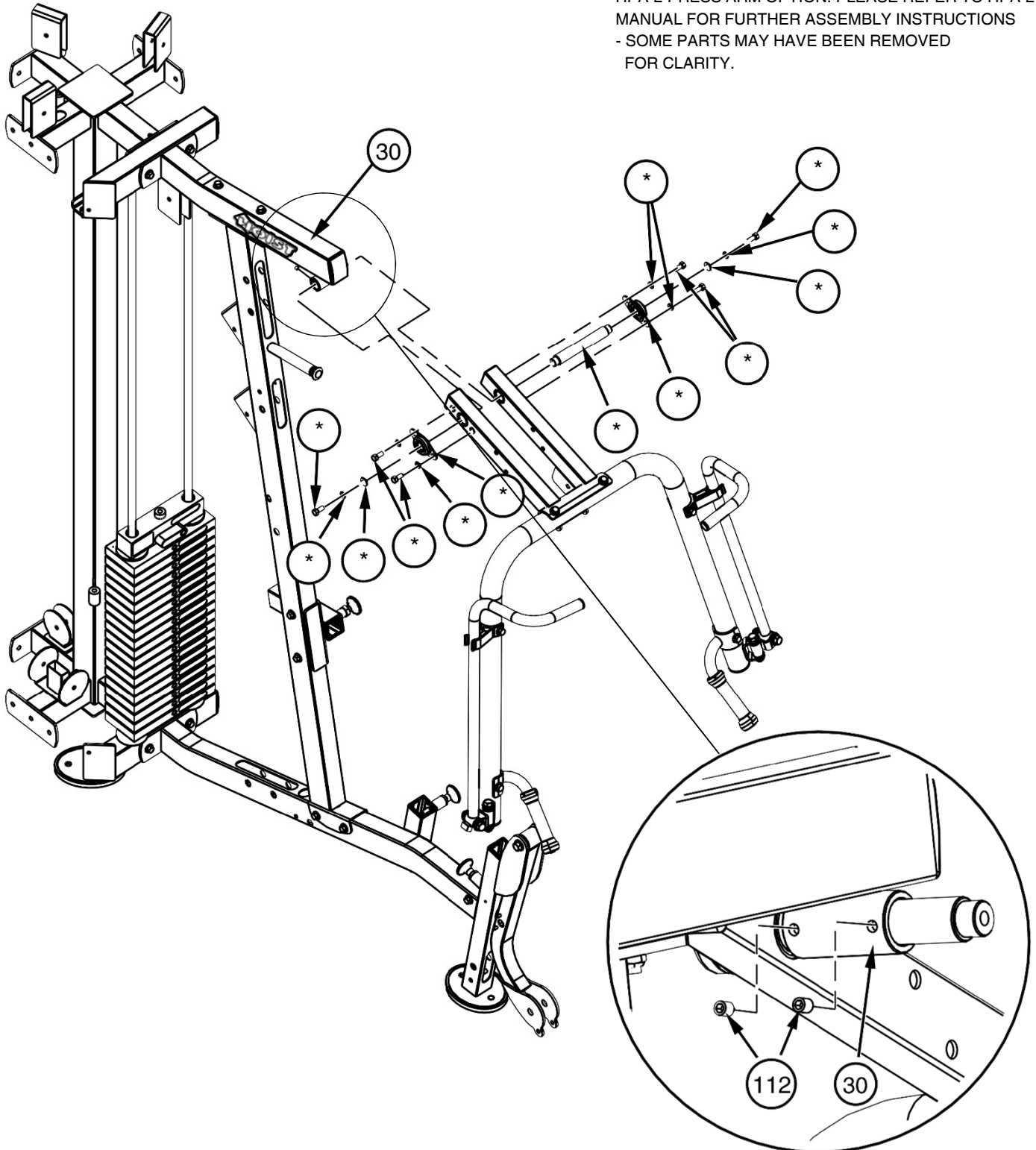


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE
- ITEMS MARKED WITH A (\*) ARE INCLUDED WITH THE HPA-2 PRESS ARM OPTION. PLEASE REFER TO HPA-2 MANUAL FOR FURTHER ASSEMBLY INSTRUCTIONS
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

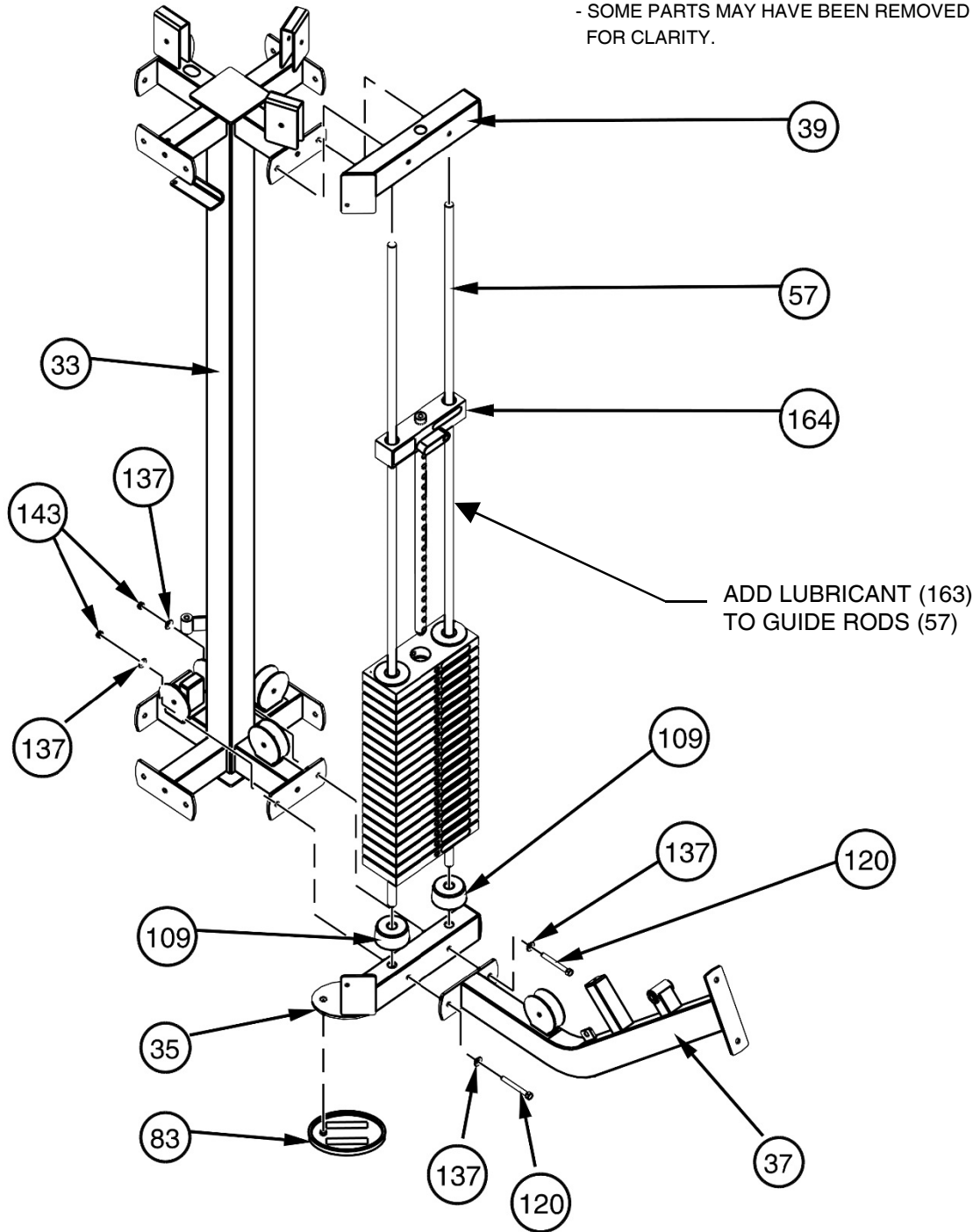


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE
- REST (39) ON GUIDE RODS. DO NOT SECURE TO CENTER COLUMN AT THIS TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

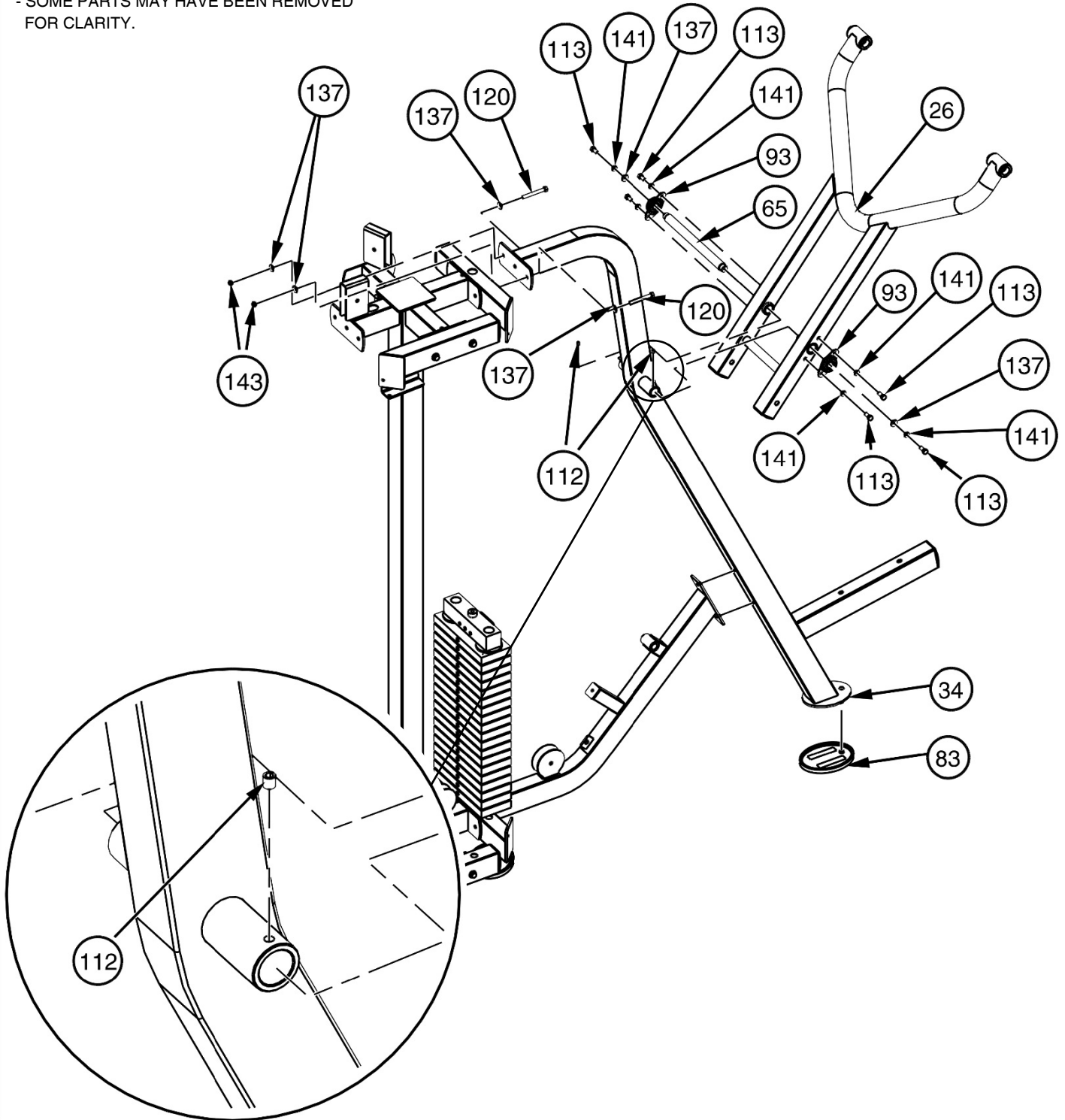


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE
- ENSURE (65) IS CENTERED ON (34) AND SECURE WITH (112) SET SCREWS.
- ENSURE (26) PIVOTS FREELY WHEN INSTALLATION IS COMPLETE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

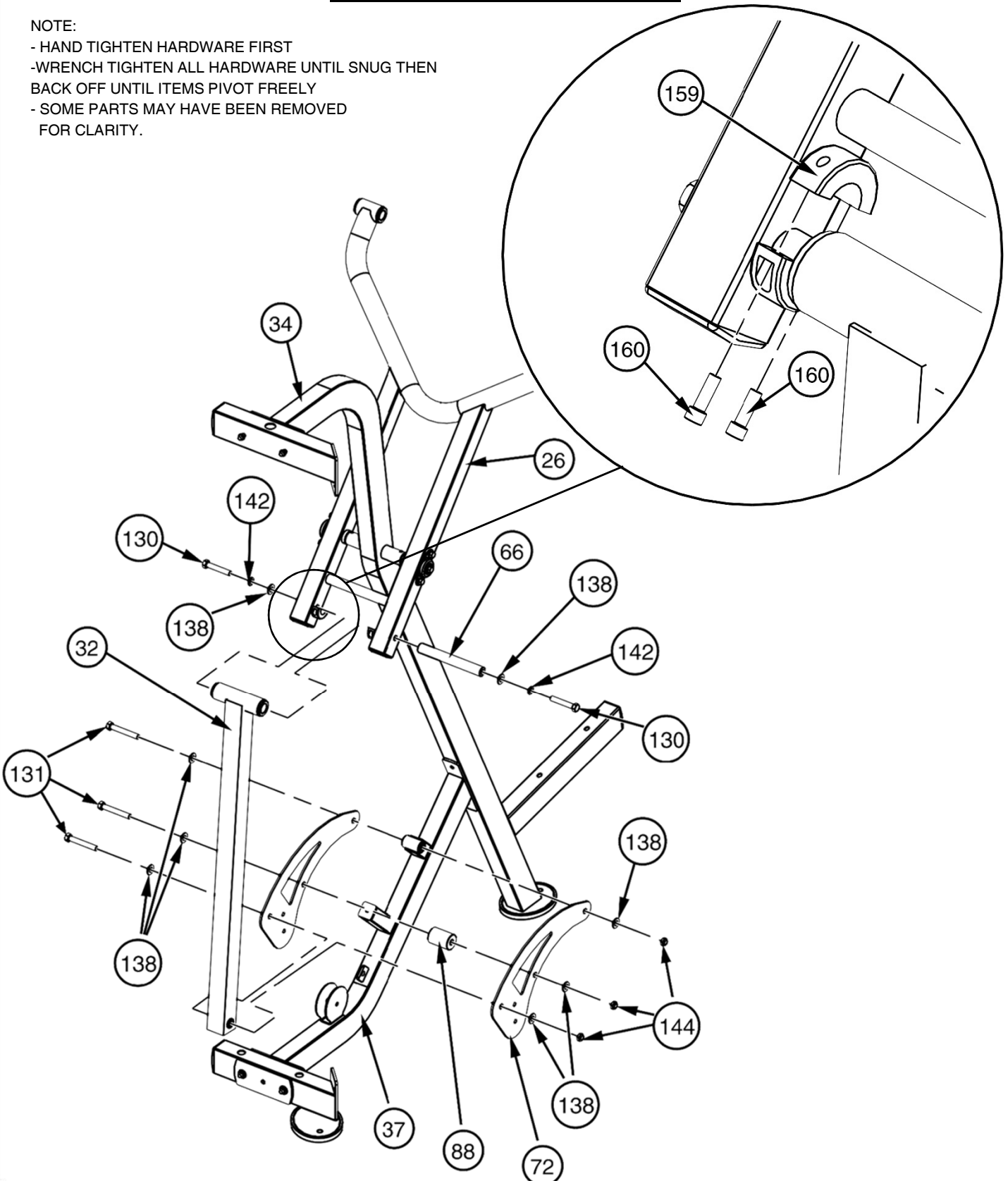


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE FIRST
- WRENCH TIGHTEN ALL HARDWARE UNTIL SNUG THEN BACK OFF UNTIL ITEMS PIVOT FREELY
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

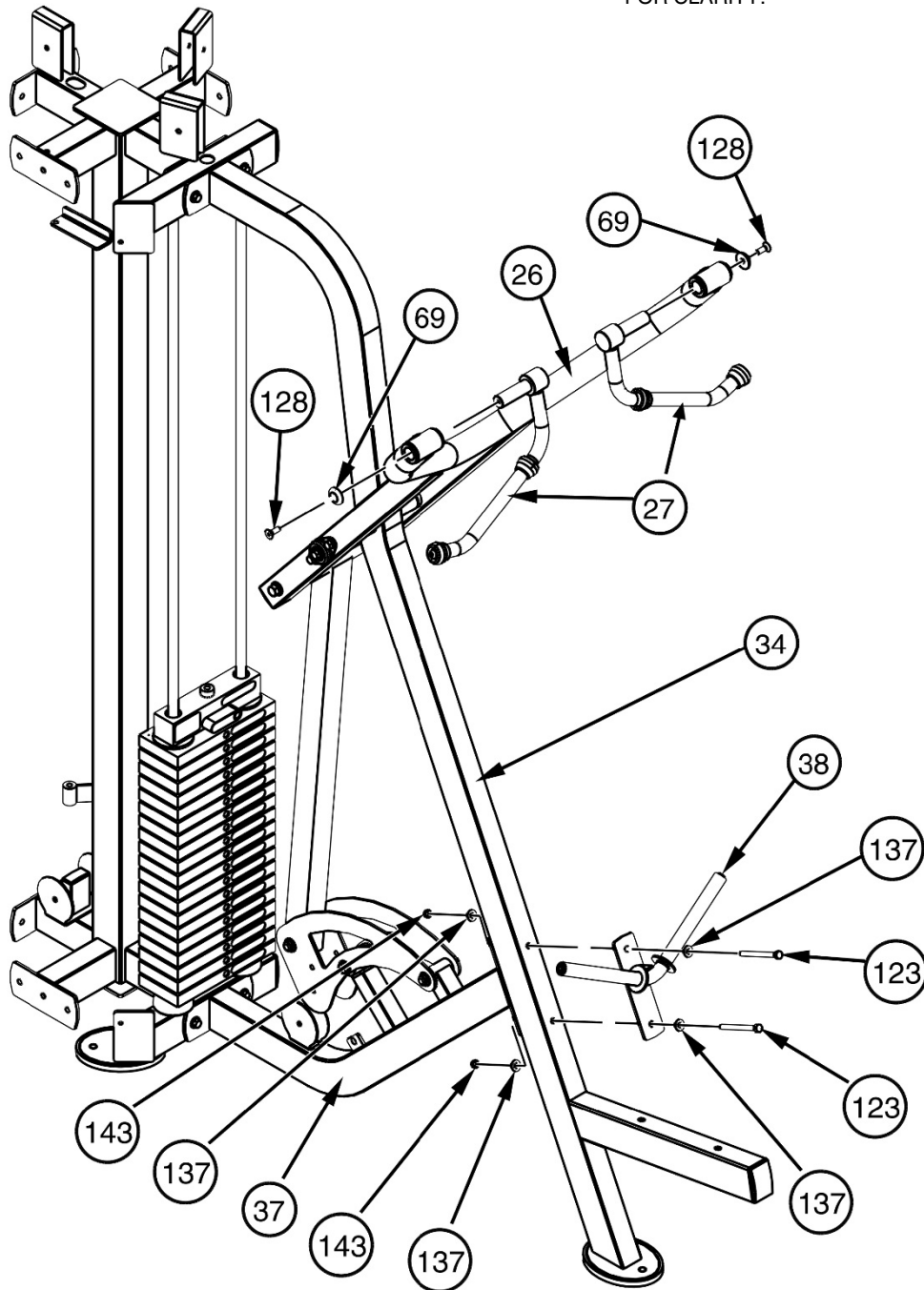


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

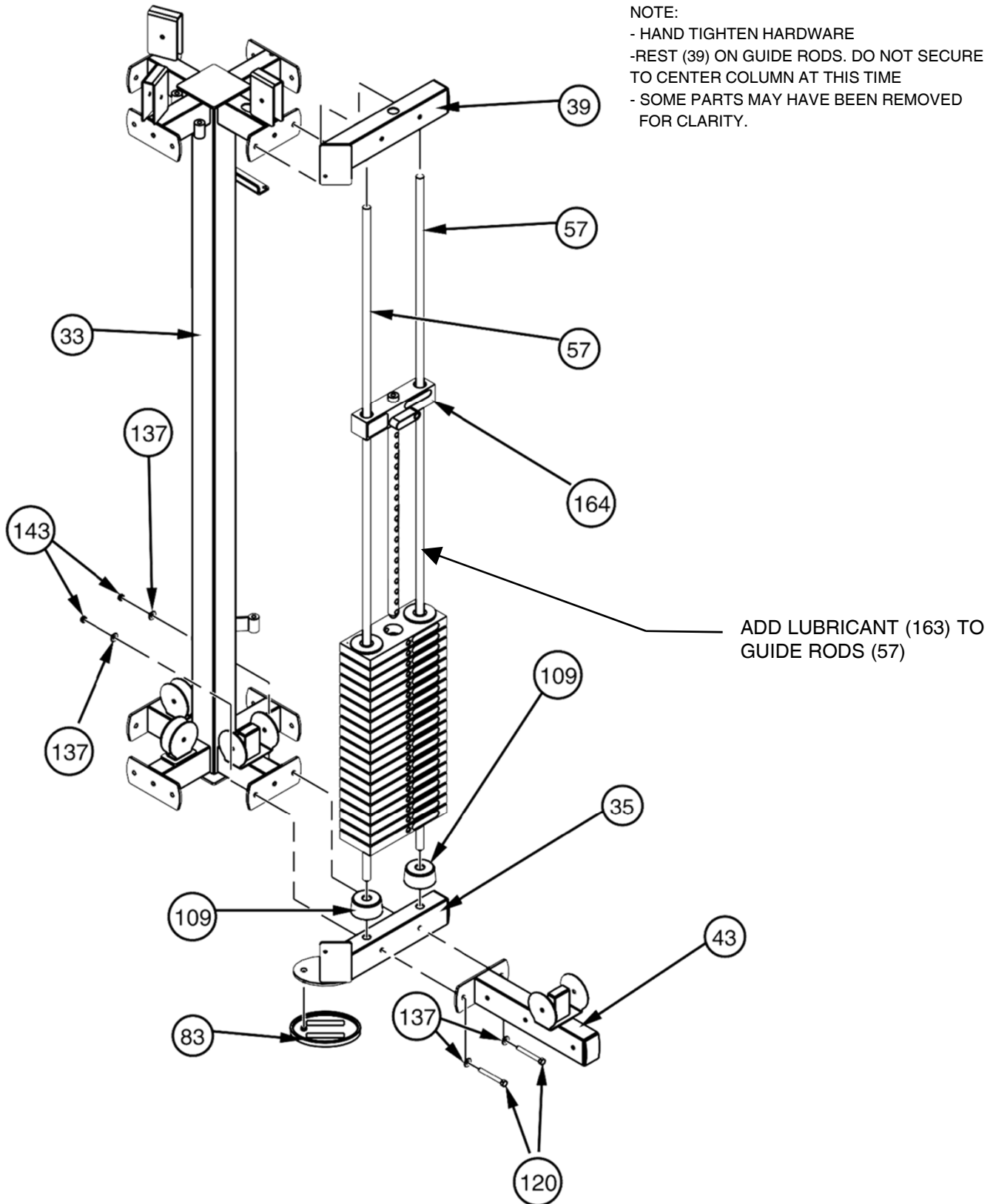
- HAND TIGHTEN HARDWARE FIRST
- WRENCH TIGHTEN (128) HARDWARE UNTIL SNUG THEN BACK OFF UNTIL (27) PIVOTS FREELY. REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY


NOTE:

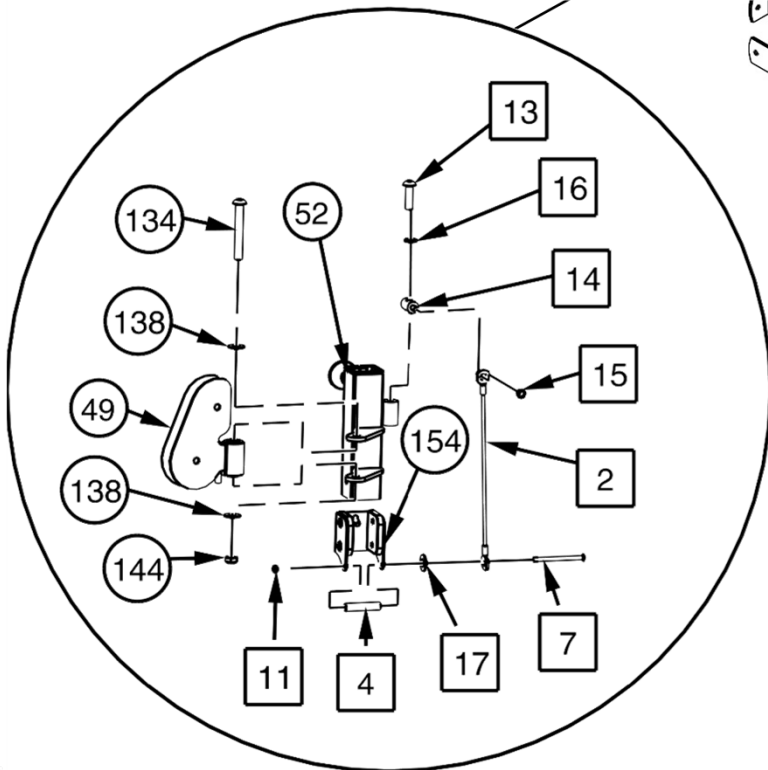
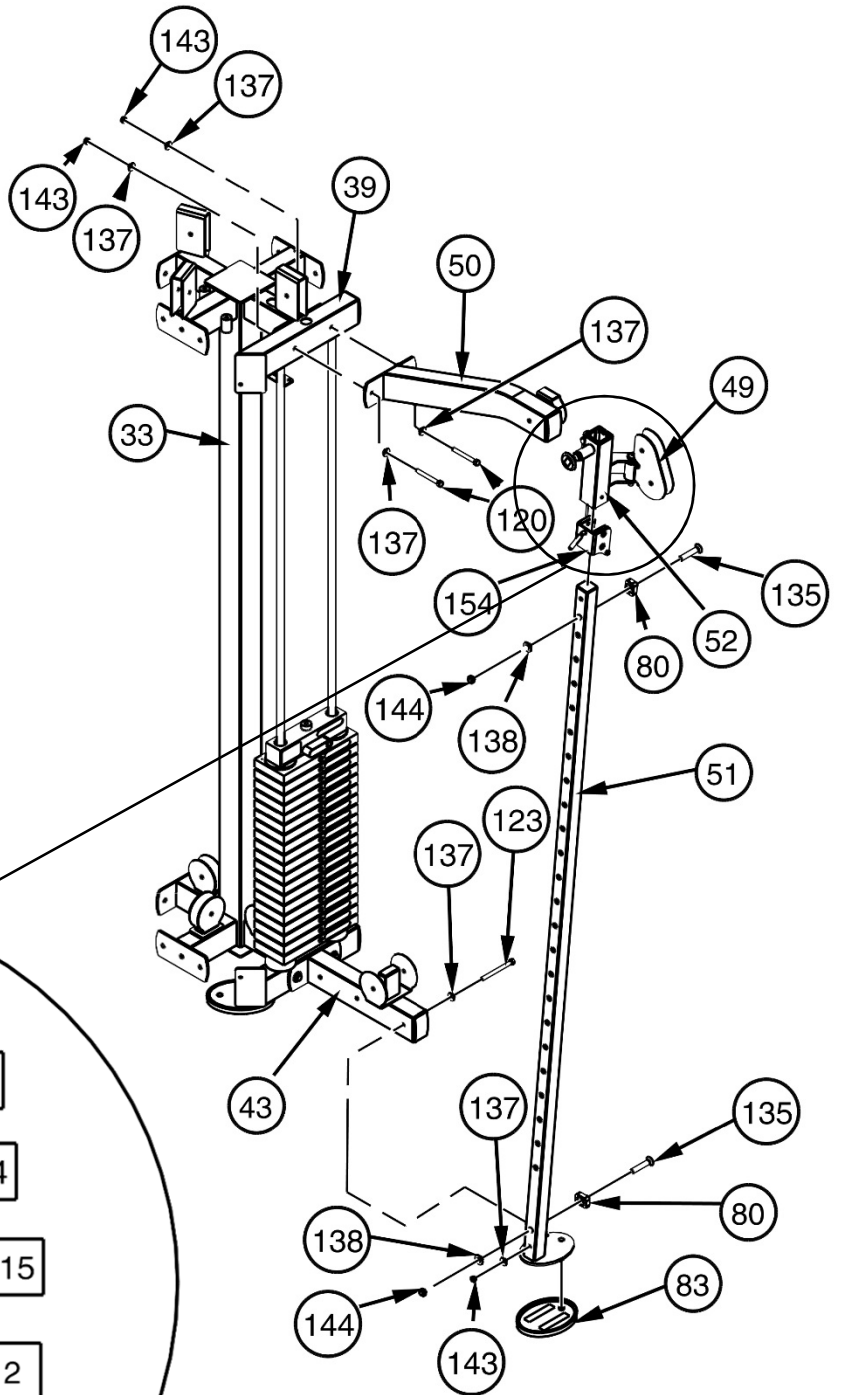
- HAND TIGHTEN HARDWARE
- REST (39) ON GUIDE RODS. DO NOT SECURE TO CENTER COLUMN AT THIS TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

**NOTE:**

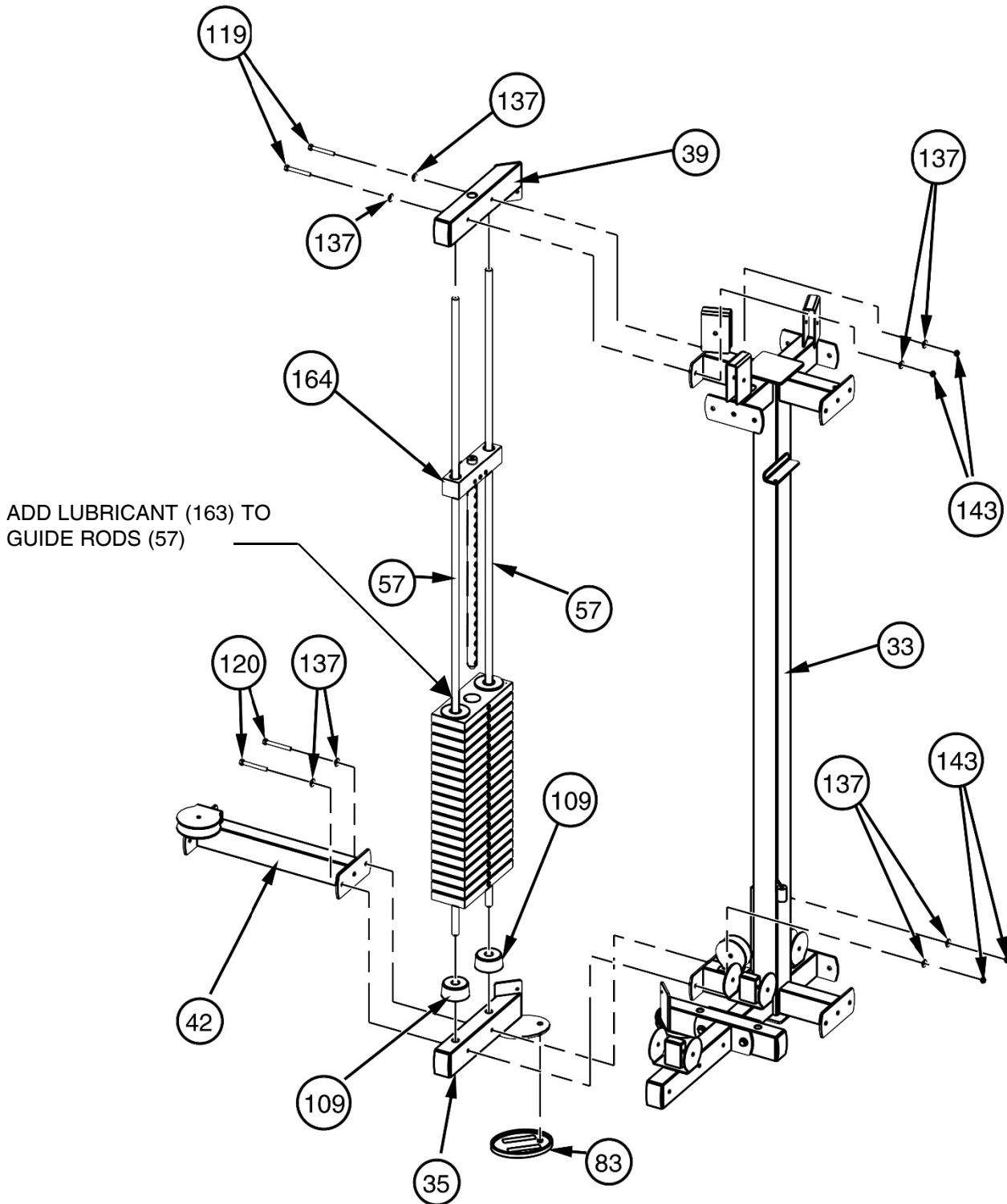
- HAND TIGHTEN HARDWARE
- ITEMS MARKED WITH A  BALLOON IN THE DETAIL VIEW BELOW ARE INCLUDED AS PART OF THE SAFETY STOP ASSEMBLY (154)
- DO NOT SECURE THE TOP OF (51) TO (50) AT THIS TIME. IT WILL BE DONE IN A LATER STEP
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

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



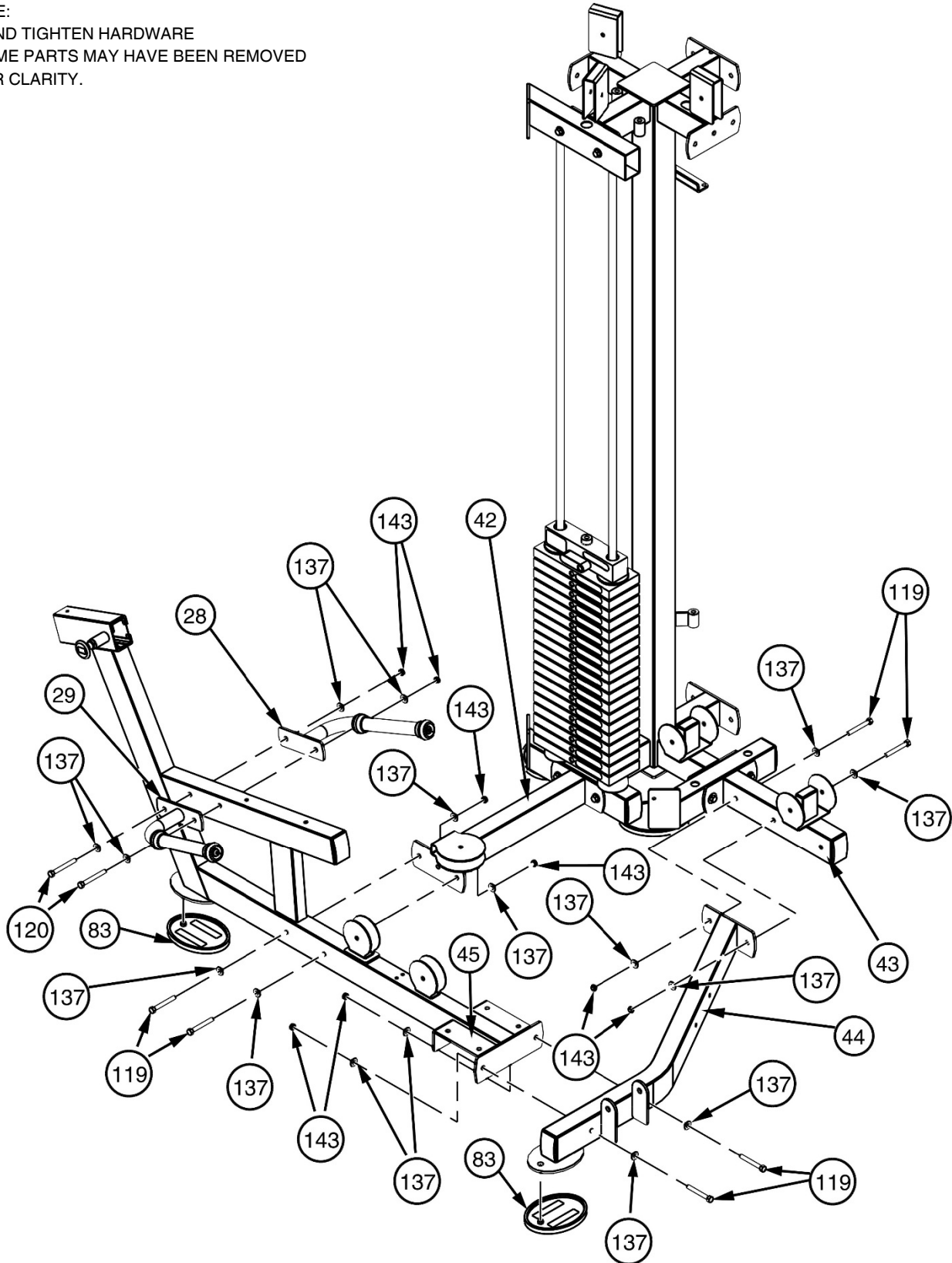


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

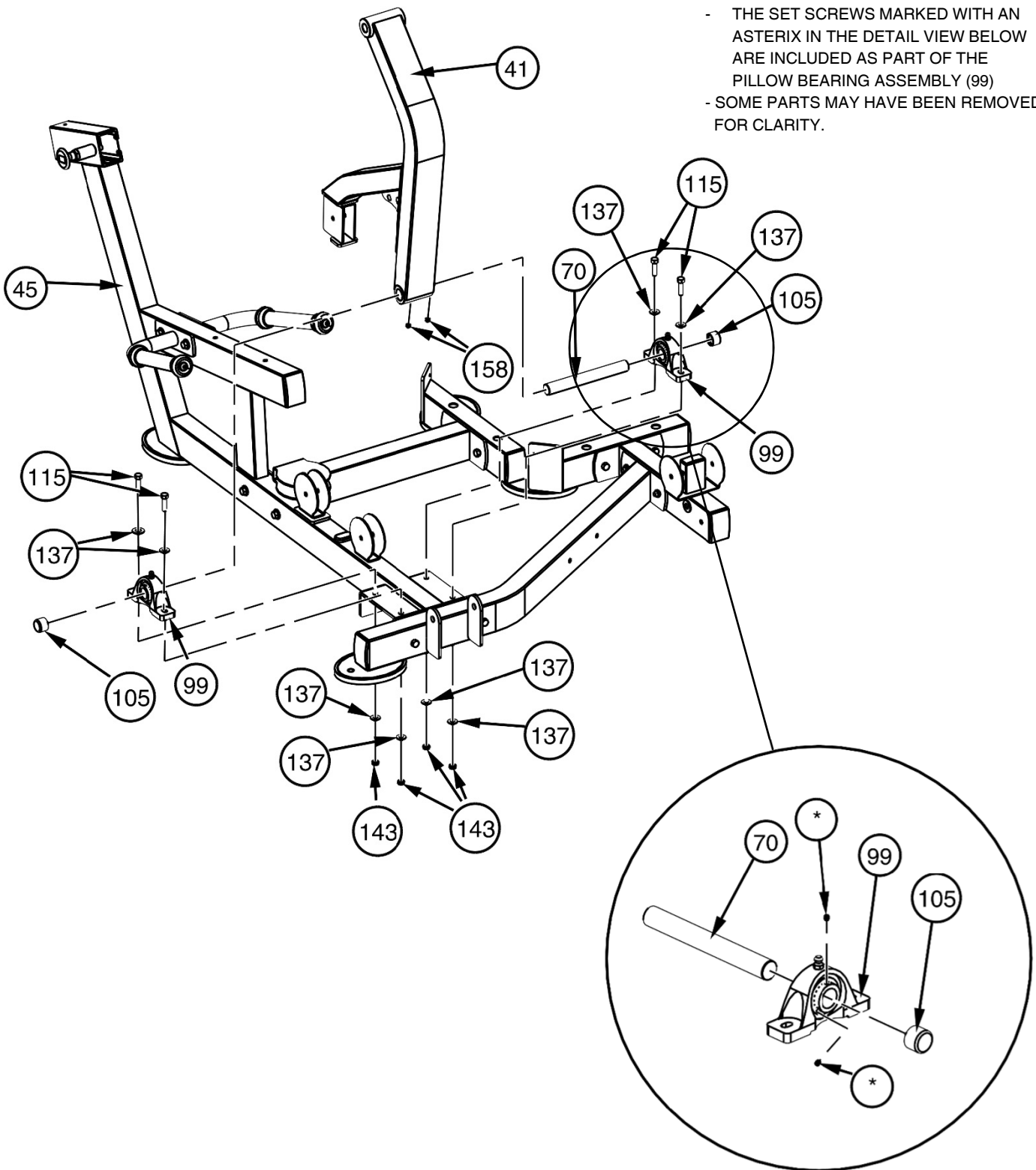


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

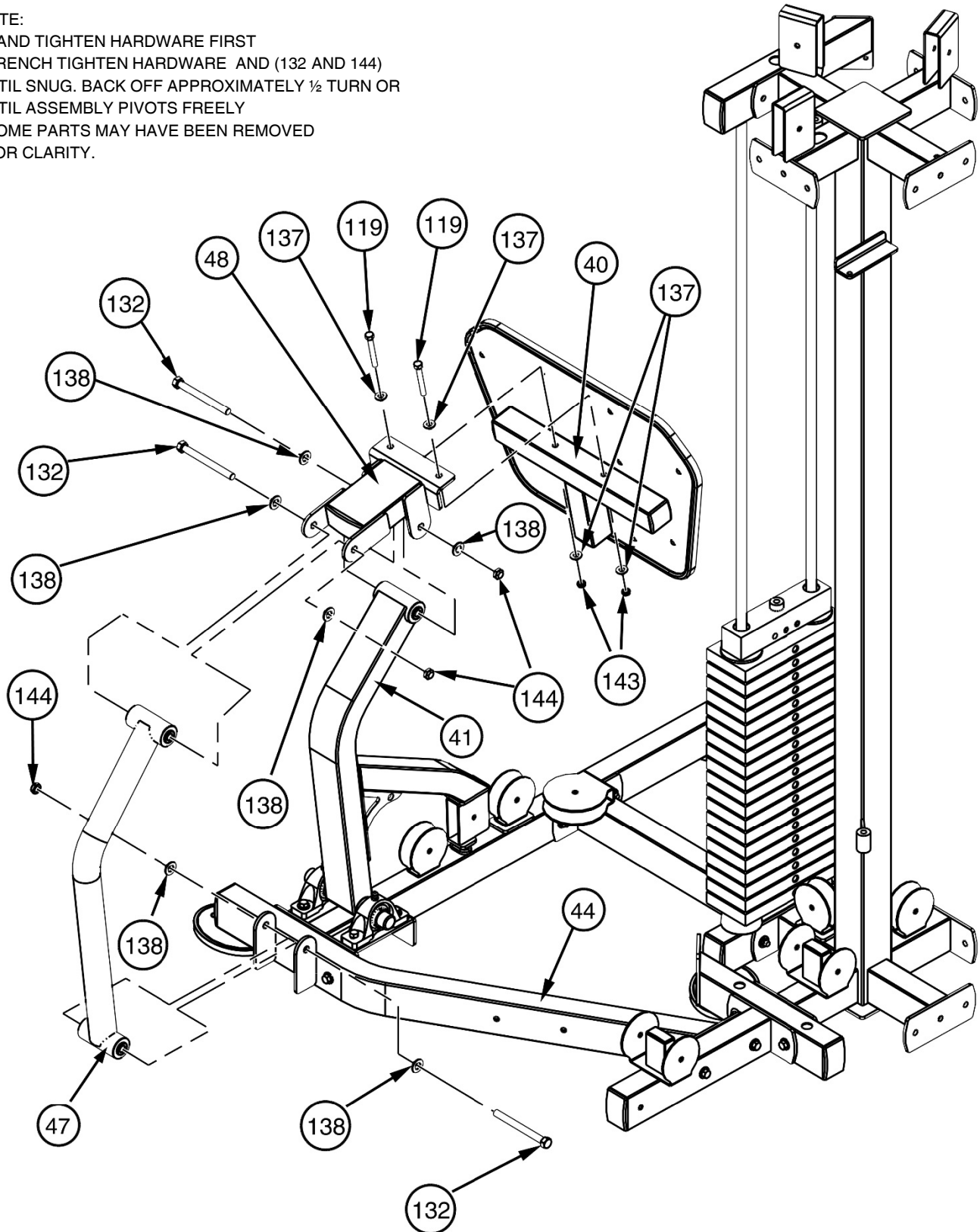
- HAND TIGHTEN HARDWARE
- THE SET SCREWS MARKED WITH AN ASTERISK IN THE DETAIL VIEW BELOW ARE INCLUDED AS PART OF THE PILLOW BEARING ASSEMBLY (99)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE FIRST
- WRENCH TIGHTEN HARDWARE AND (132 AND 144) UNTIL SNUG. BACK OFF APPROXIMATELY ½ TURN OR UNTIL ASSEMBLY PIVOTS FREELY
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

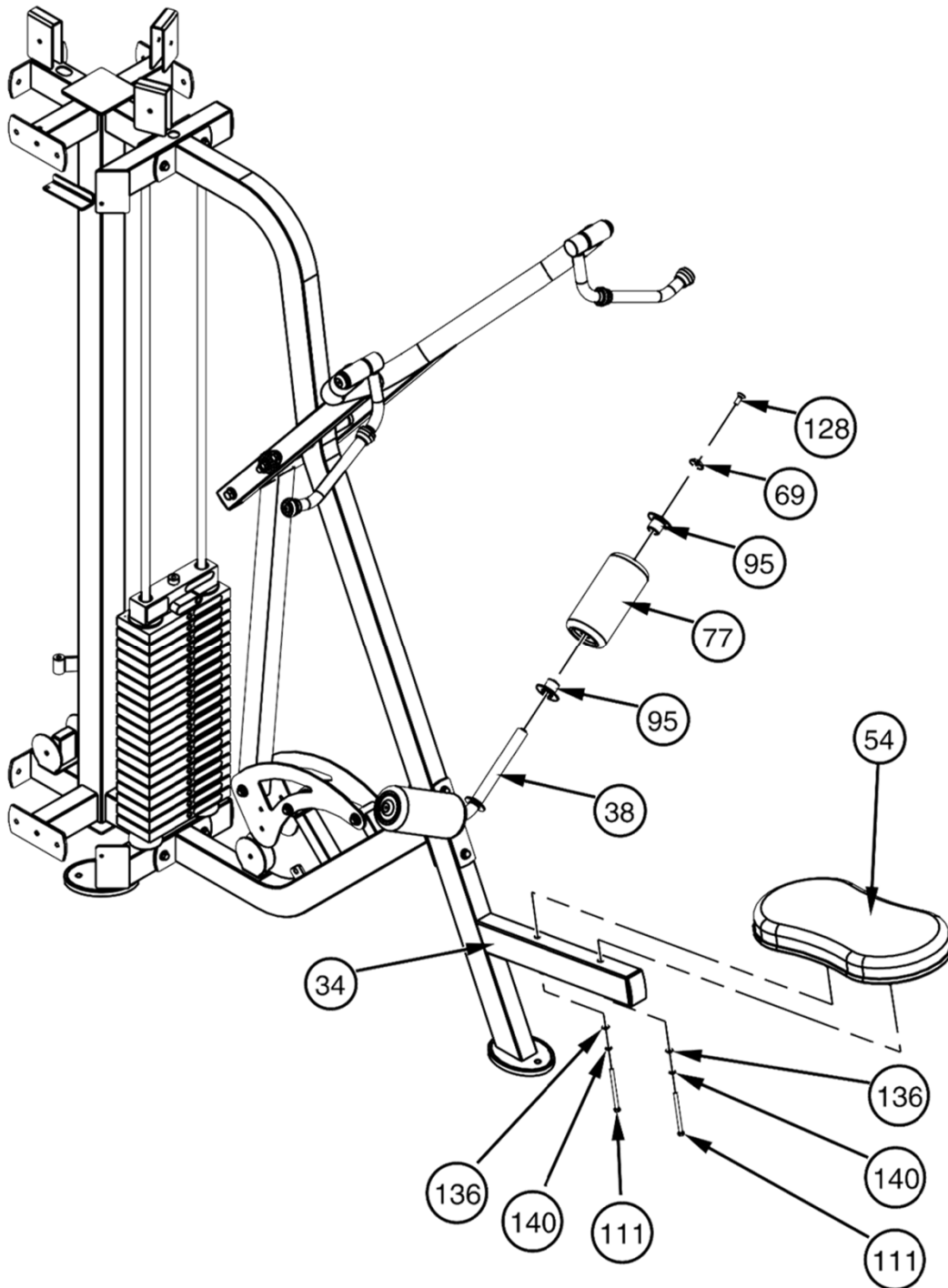


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT PAD INSTALLATION FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

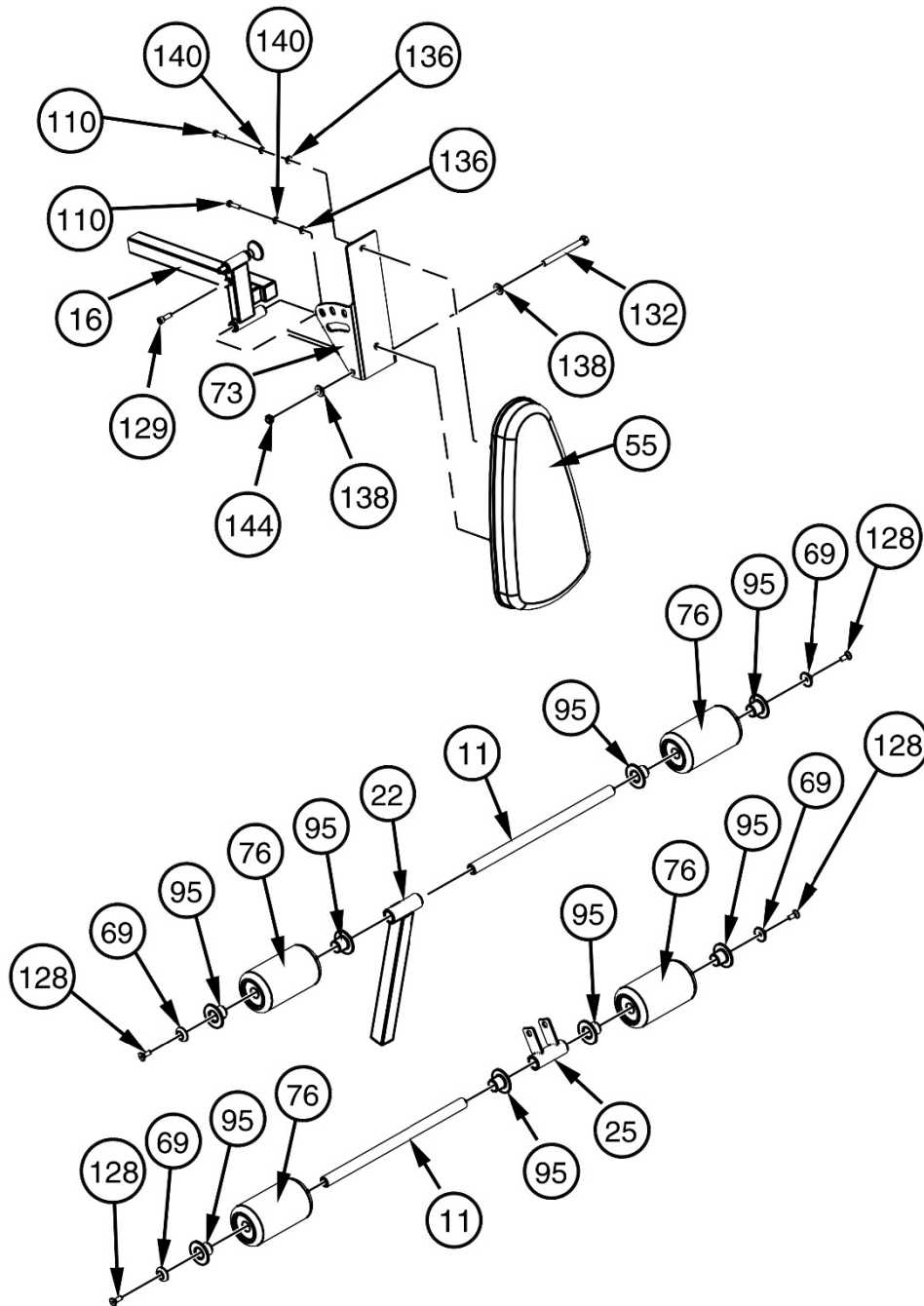


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN (132) THEN BACK OFF APPROXIMATELY ½ TURN OR UNTIL SEAT BRACKET (73) PIVOTS FREELY
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

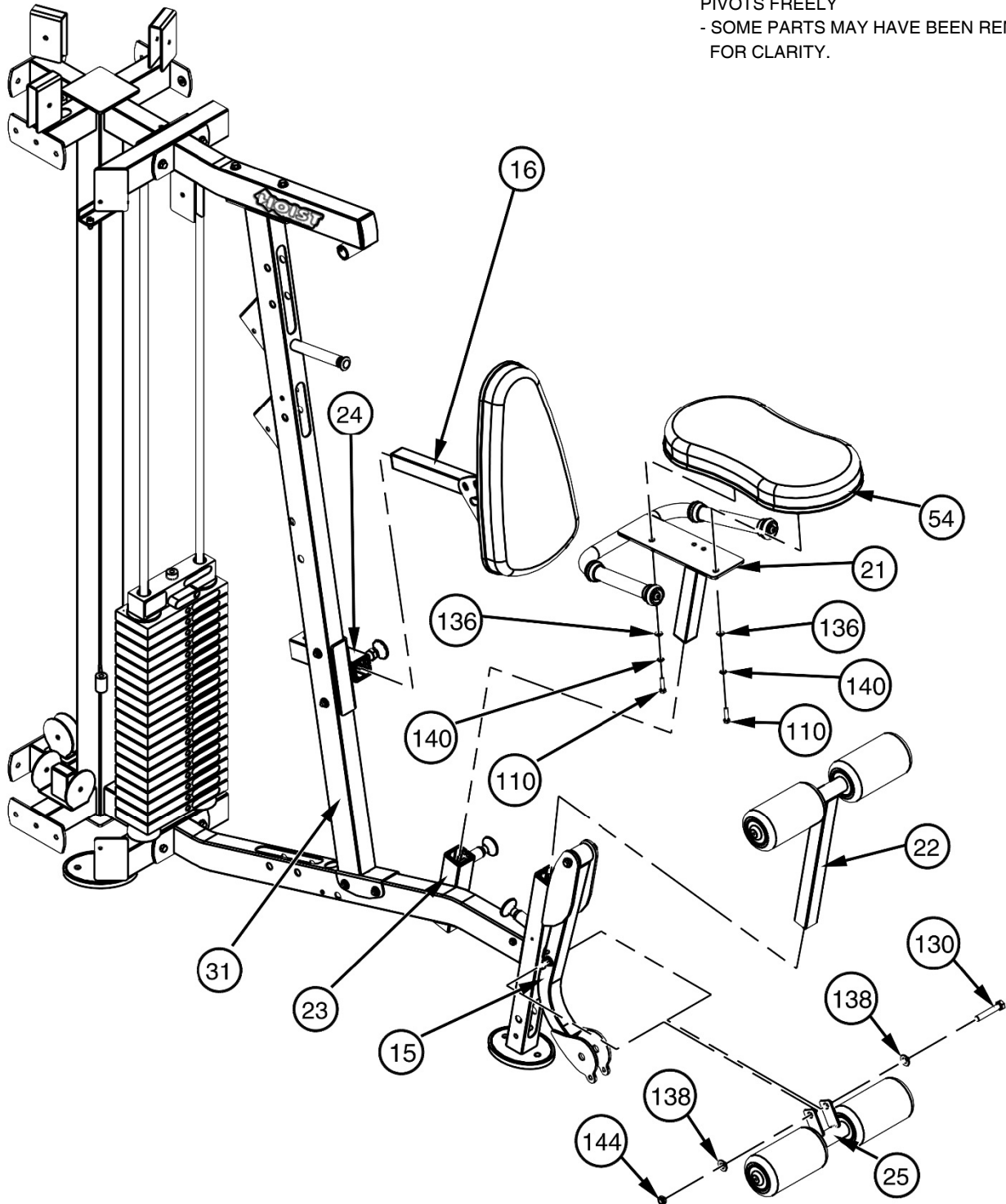


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN (130) THEN BACK OFF APPROXIMATELY ½ TURN OR UNTIL (25) PIVOTS FREELY
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

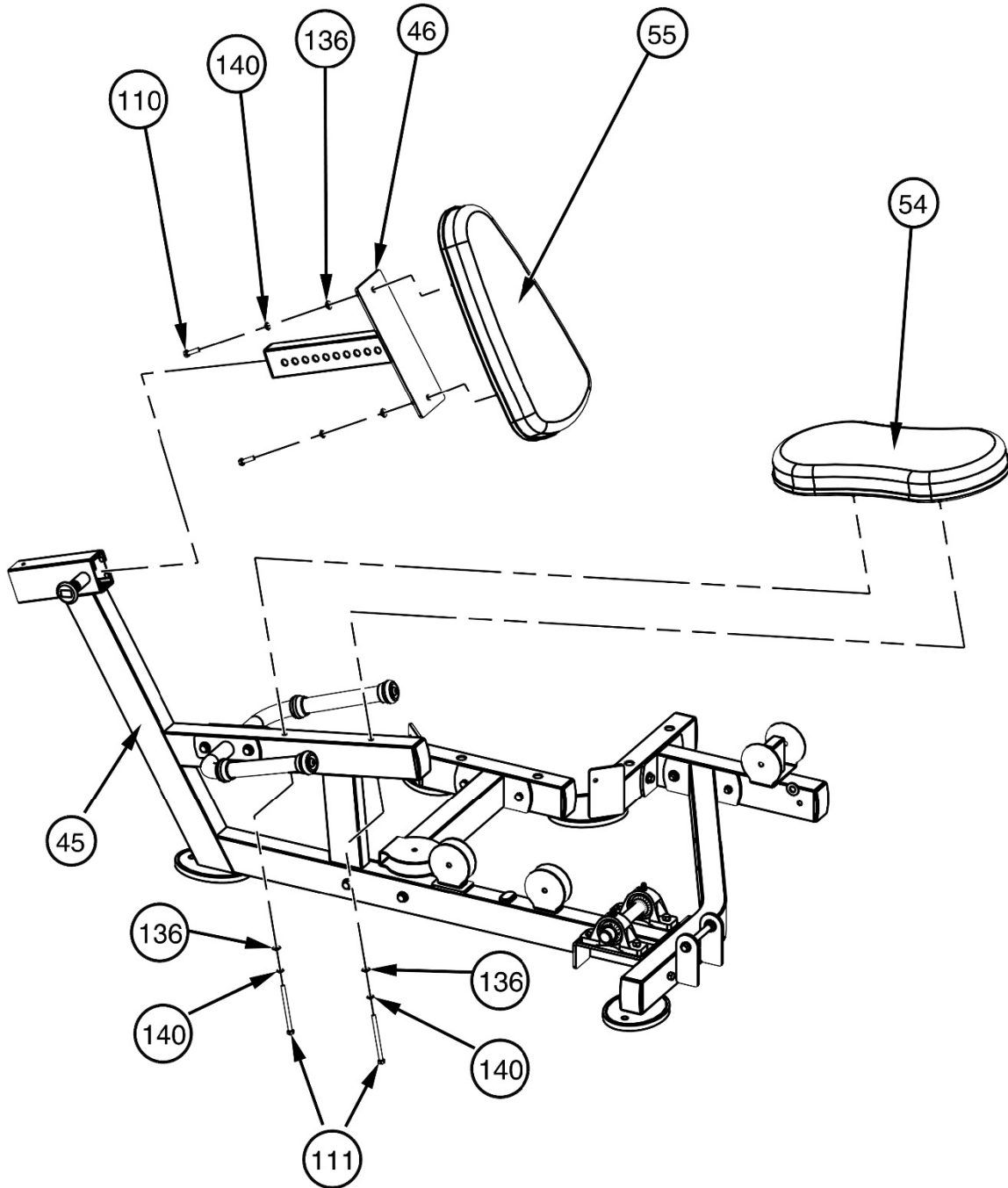


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

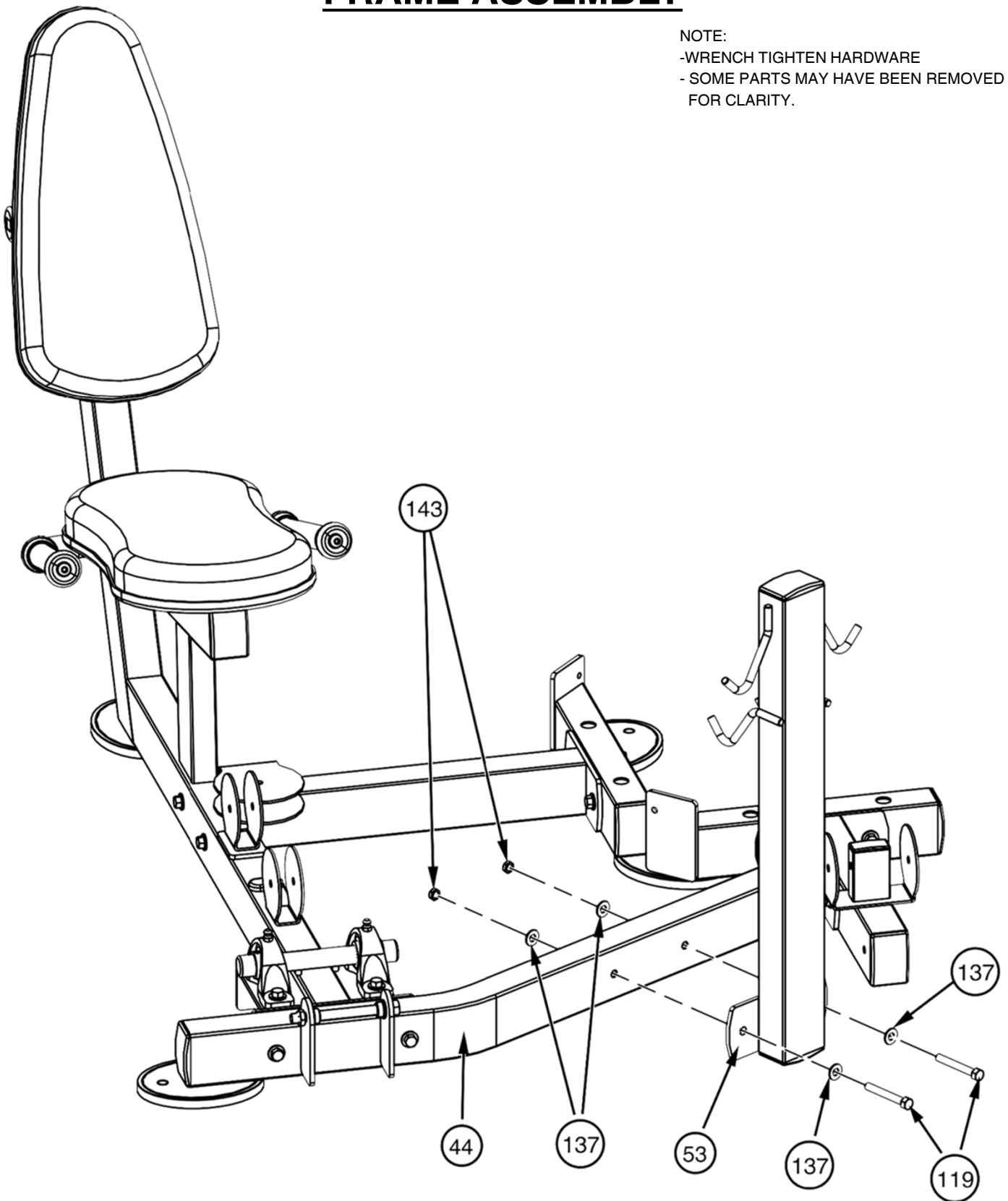


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



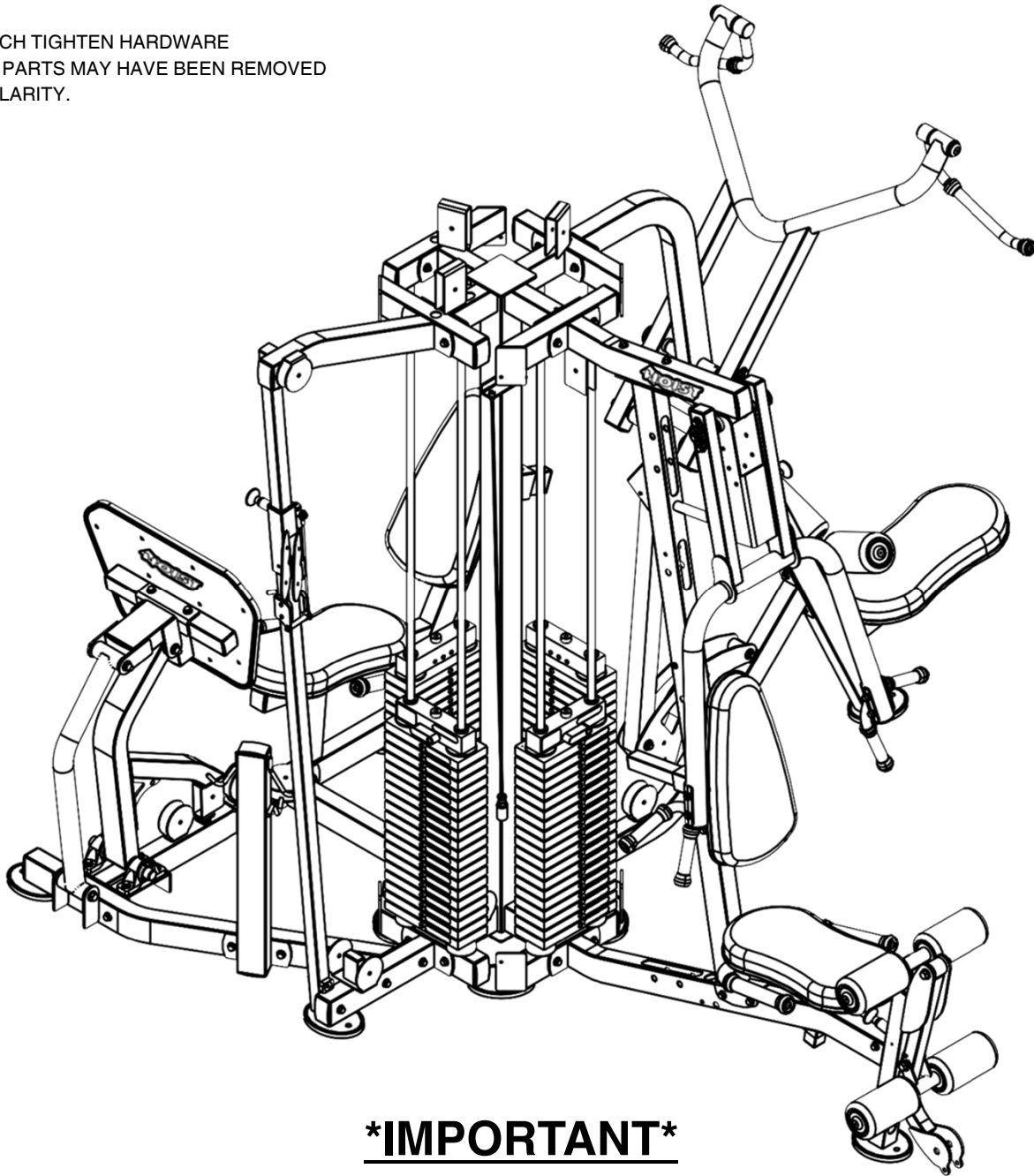


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



### \*IMPORTANT\*

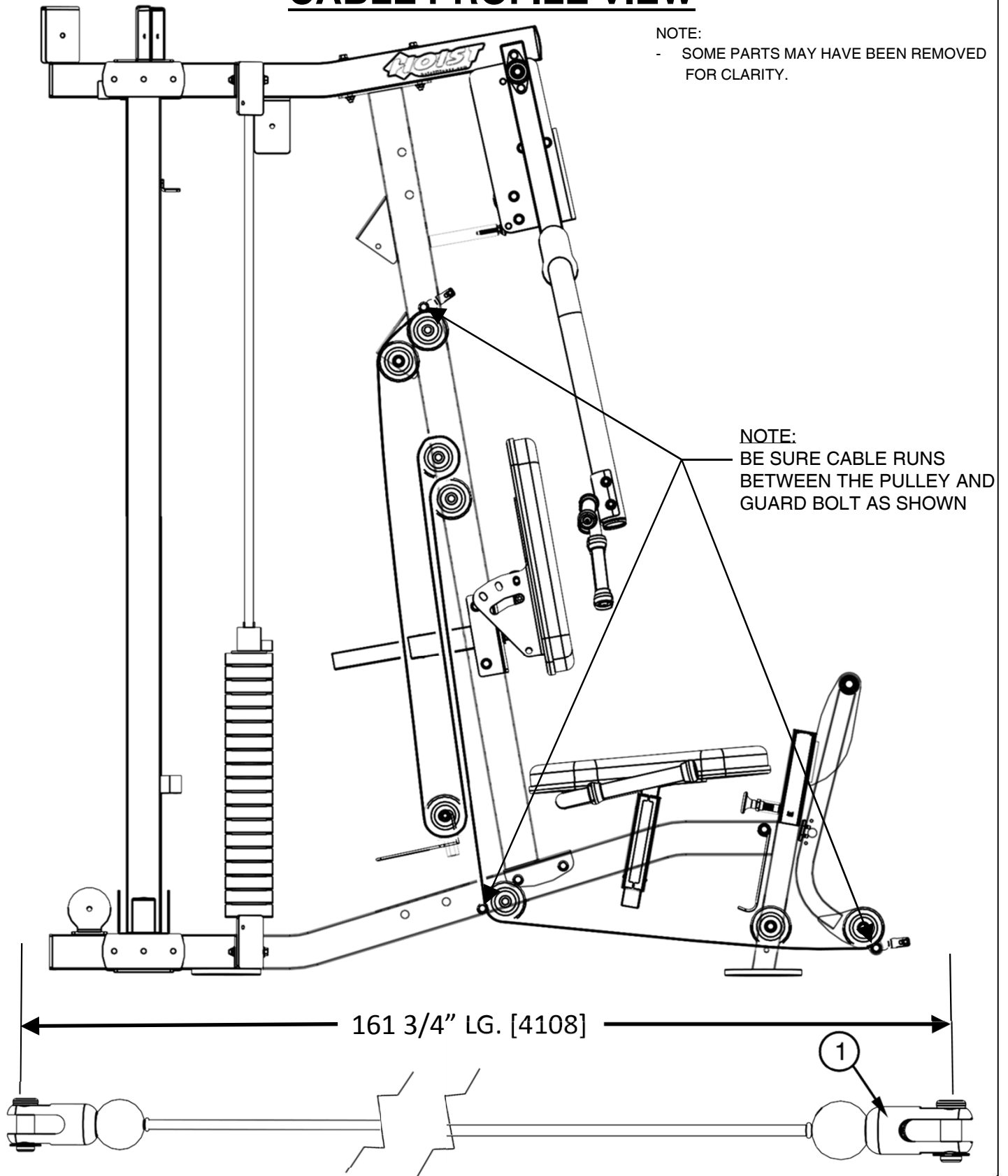
WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE. NOW THAT THE H4400-B FRAME IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

## CABLE PROFILE VIEW

NOTE:

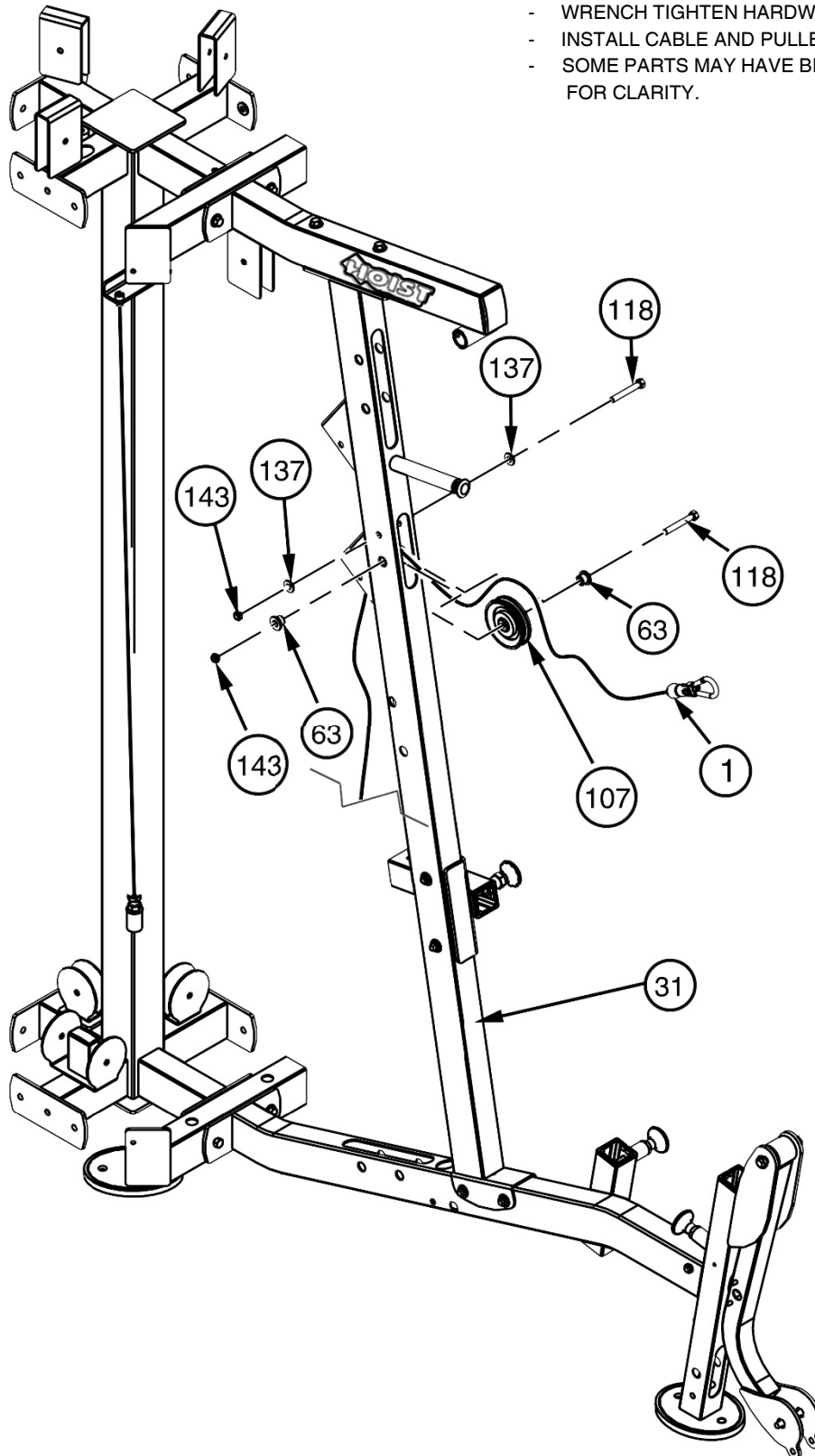
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

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

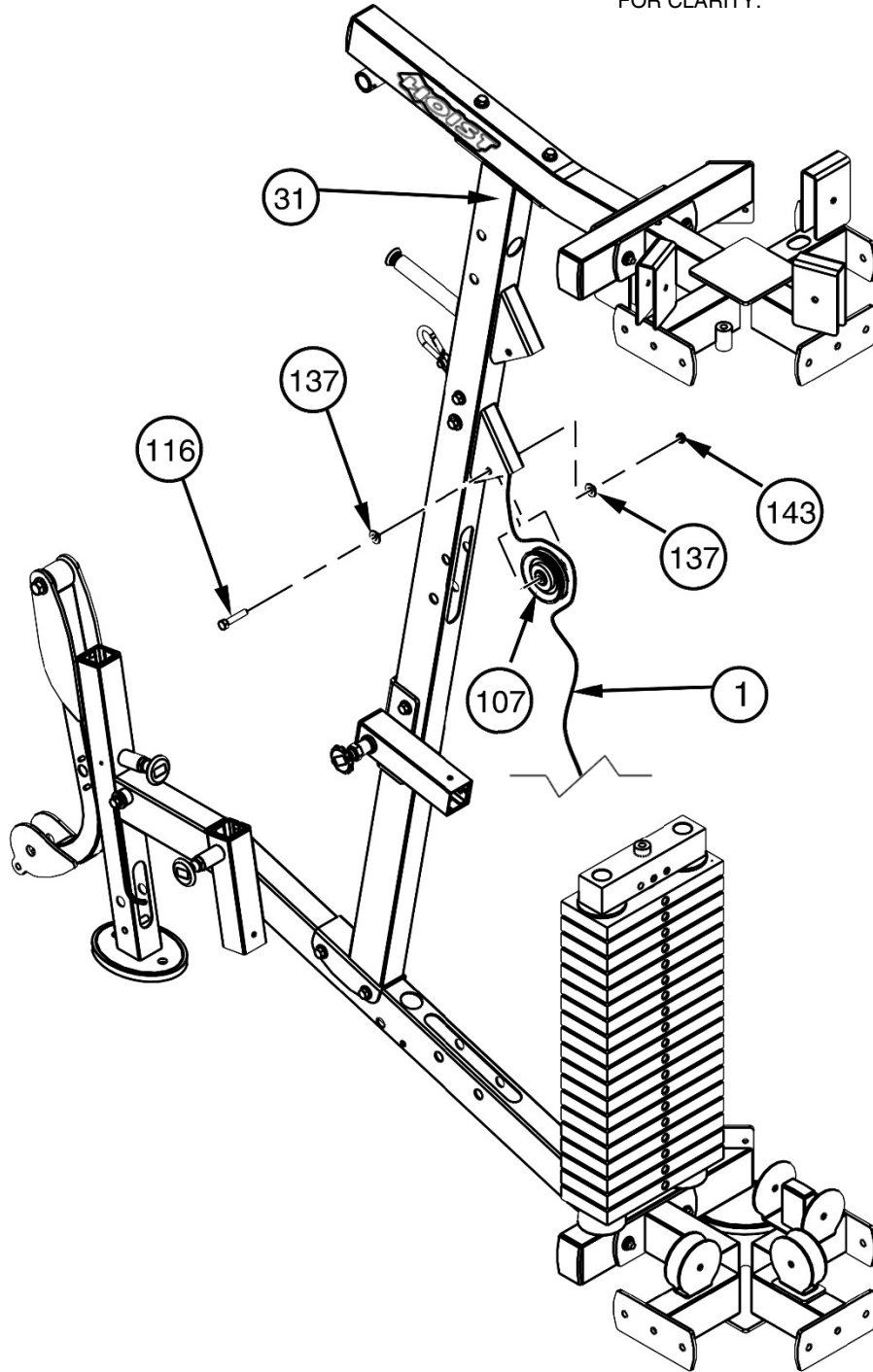


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

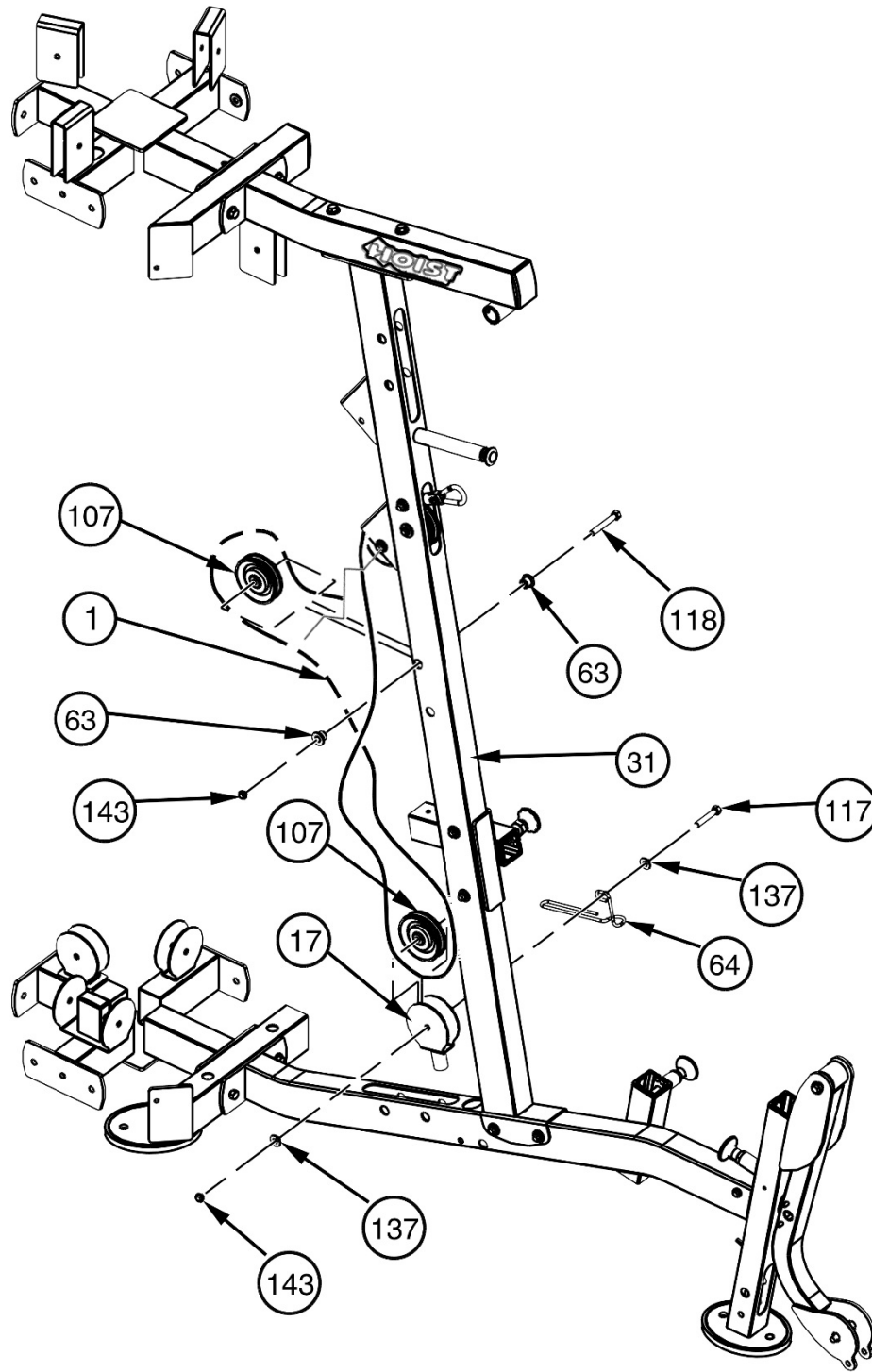
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

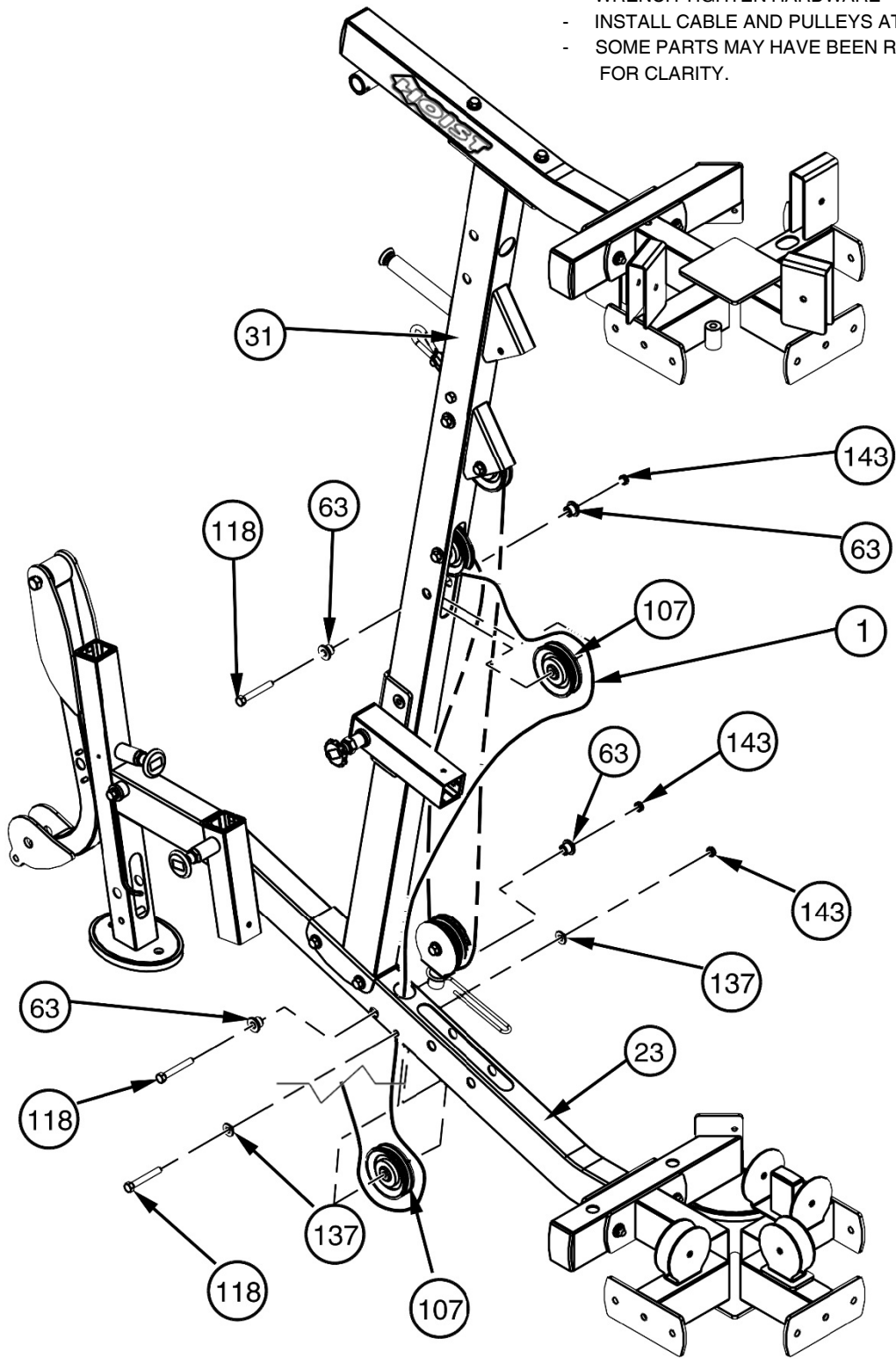
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

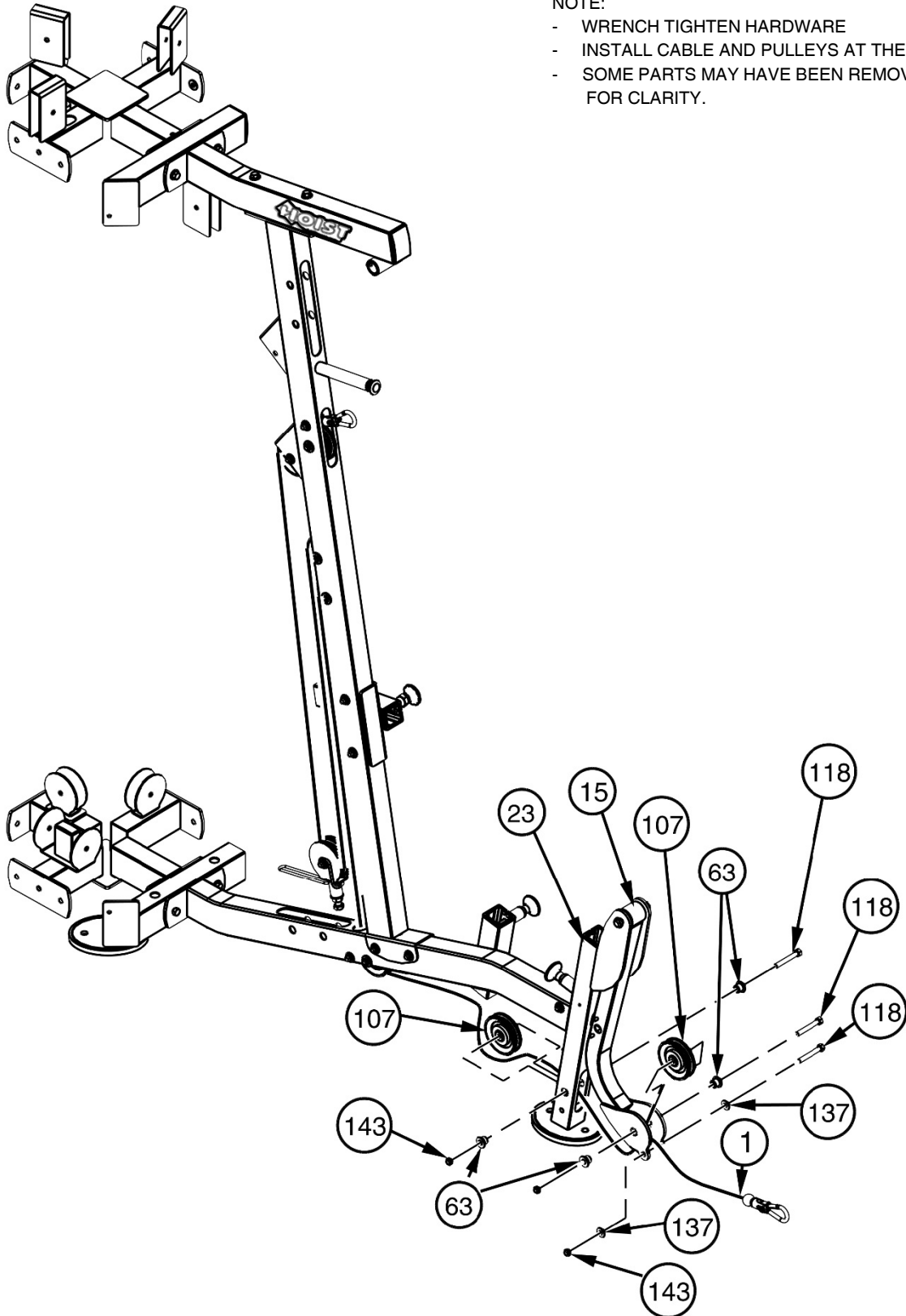
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

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



# OWNER'S MANUAL

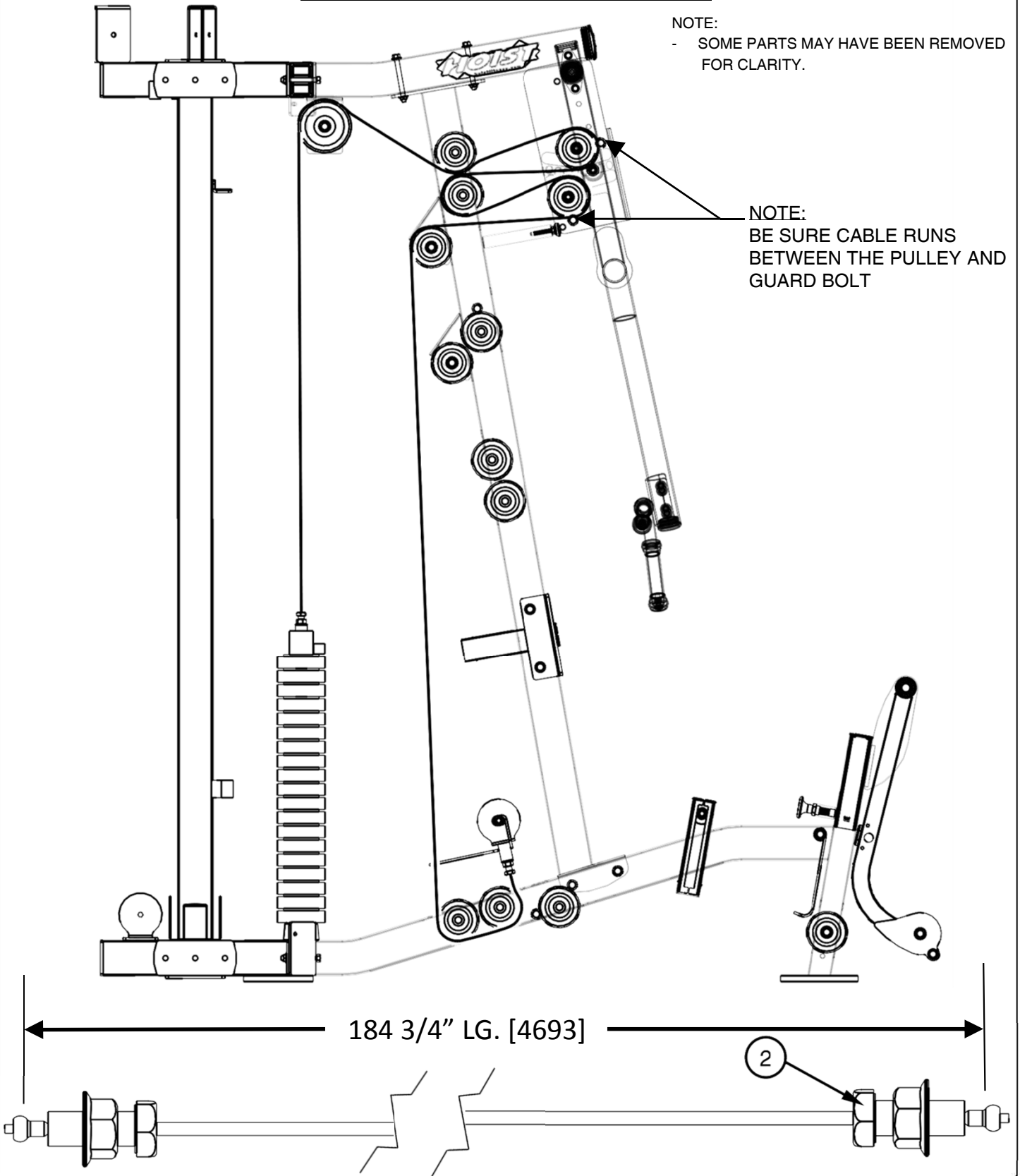
## CABLE PROFILE VIEW

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

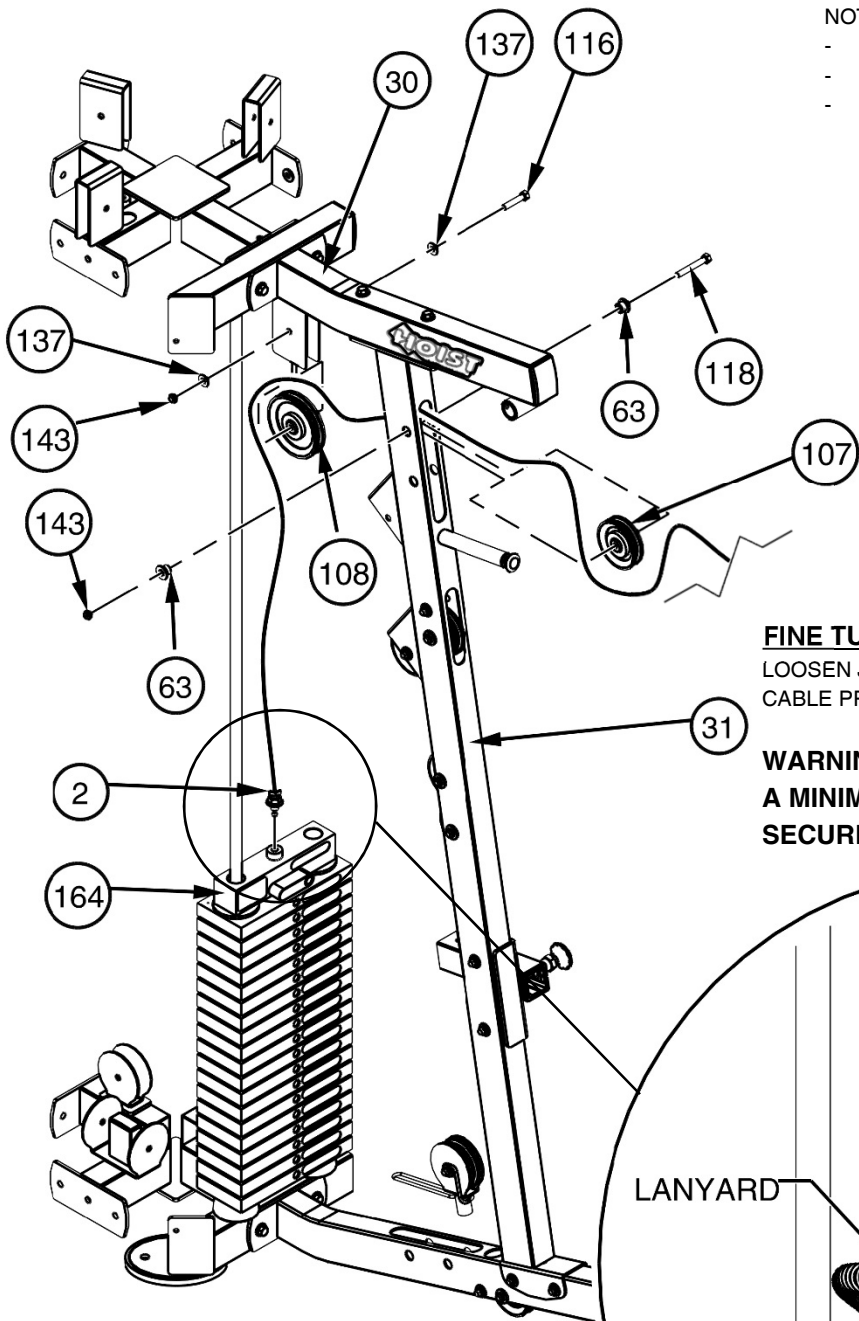
NOTE:

- BE SURE CABLE RUNS BETWEEN THE PULLEY AND GUARD BOLT





## FRAME ASSEMBLY



### NOTE:

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

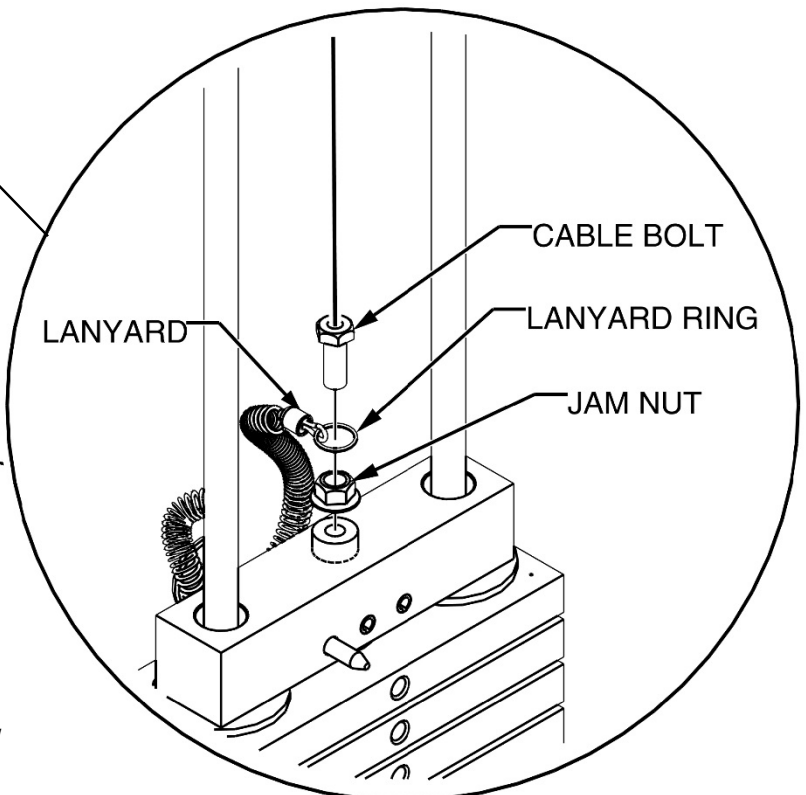
### FINE TUNING

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.**

### LANYARD INSTALLATION:

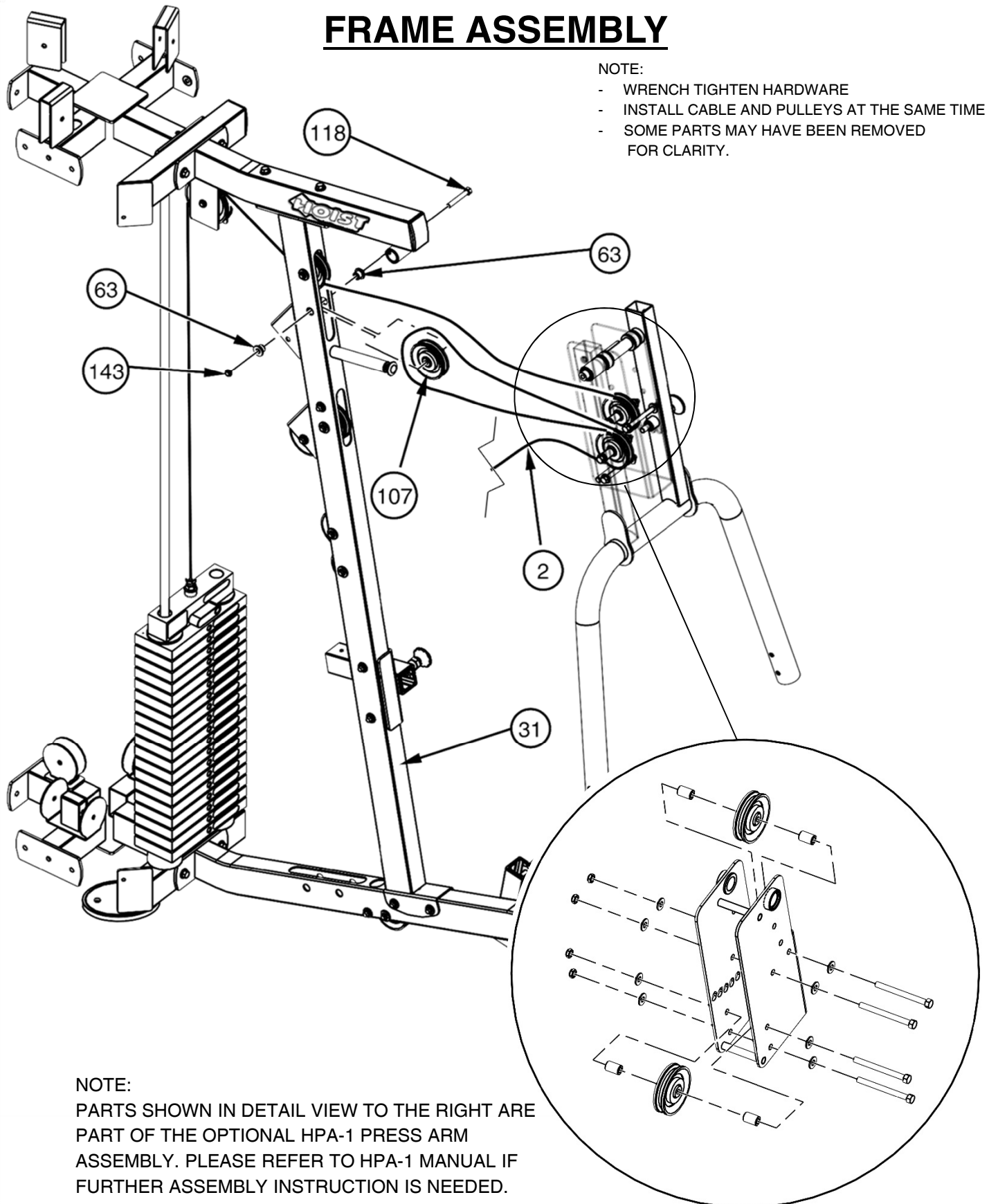
DURING INSTALLATION OF YOUR UNIT, ENSURE THAT THE LANYARD RING IS INSTALLED BETWEEN THE JAM NUT AND CABLE BOLT AS SHOWN BELOW



## FRAME ASSEMBLY

NOTE:

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



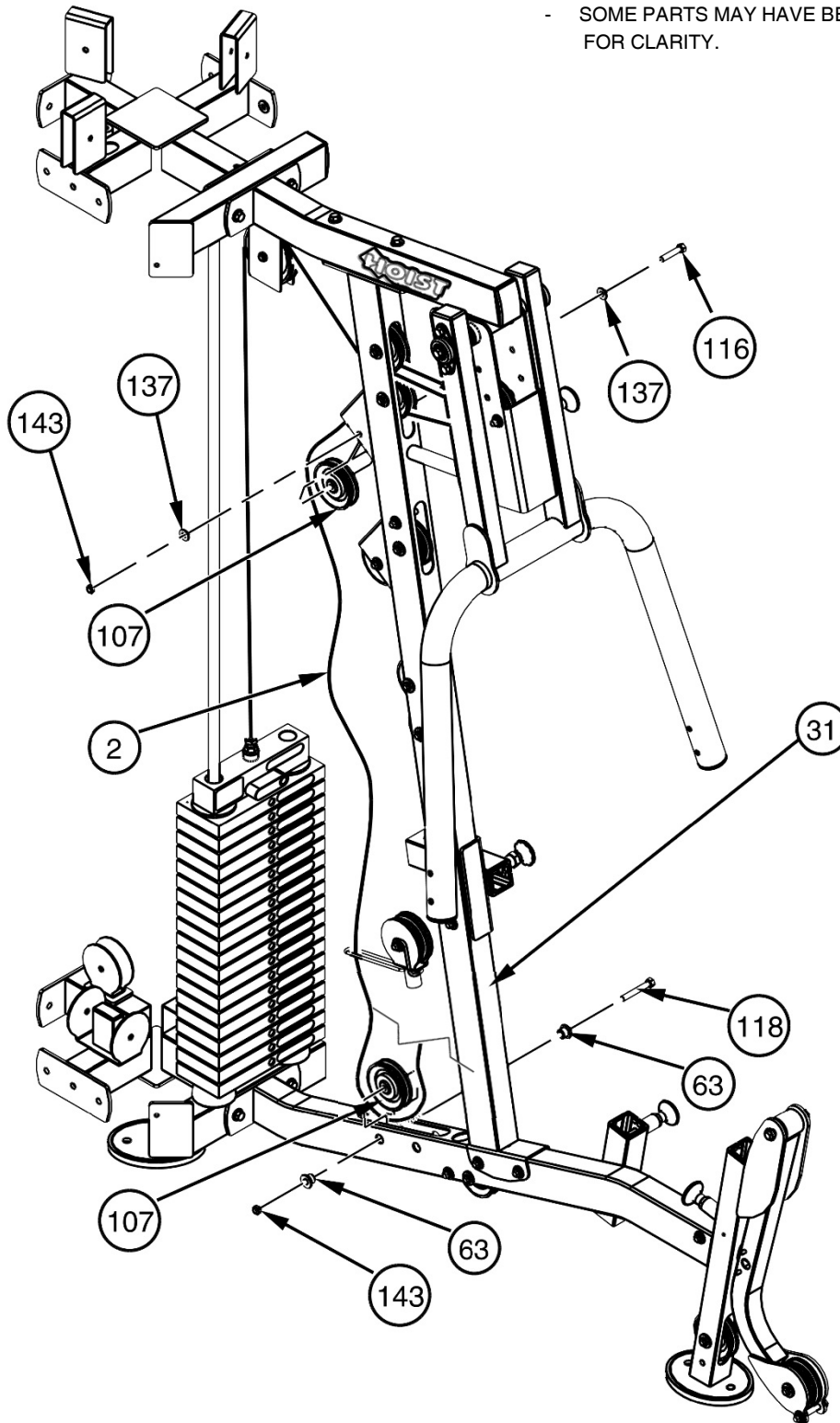
NOTE:

PARTS SHOWN IN DETAIL VIEW TO THE RIGHT ARE PART OF THE OPTIONAL HPA-1 PRESS ARM ASSEMBLY. PLEASE REFER TO HPA-1 MANUAL IF FURTHER ASSEMBLY INSTRUCTION IS NEEDED.

## FRAME ASSEMBLY

NOTE:

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



## FRAME ASSEMBLY

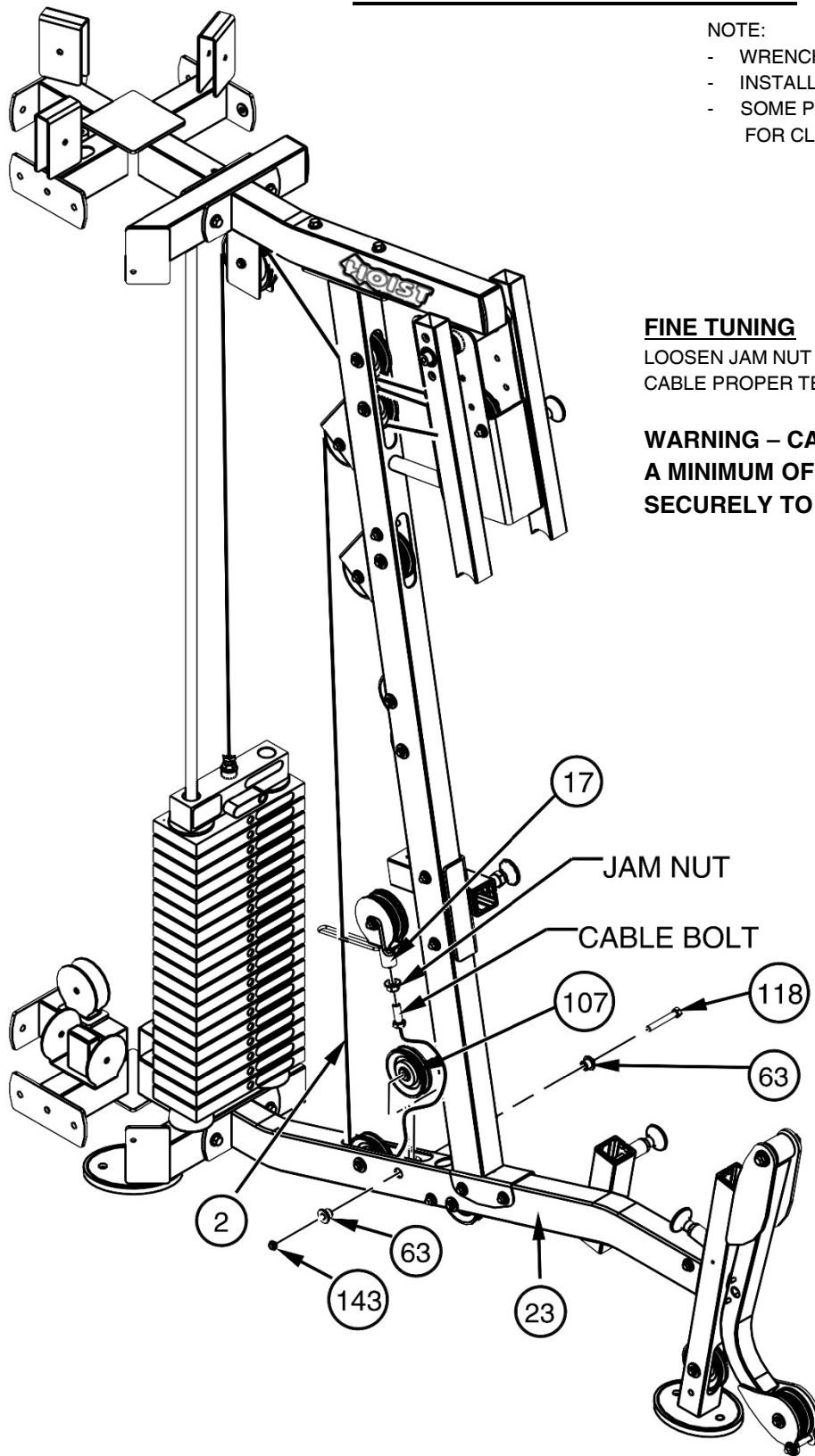
**NOTE:**

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

**FINE TUNING**

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

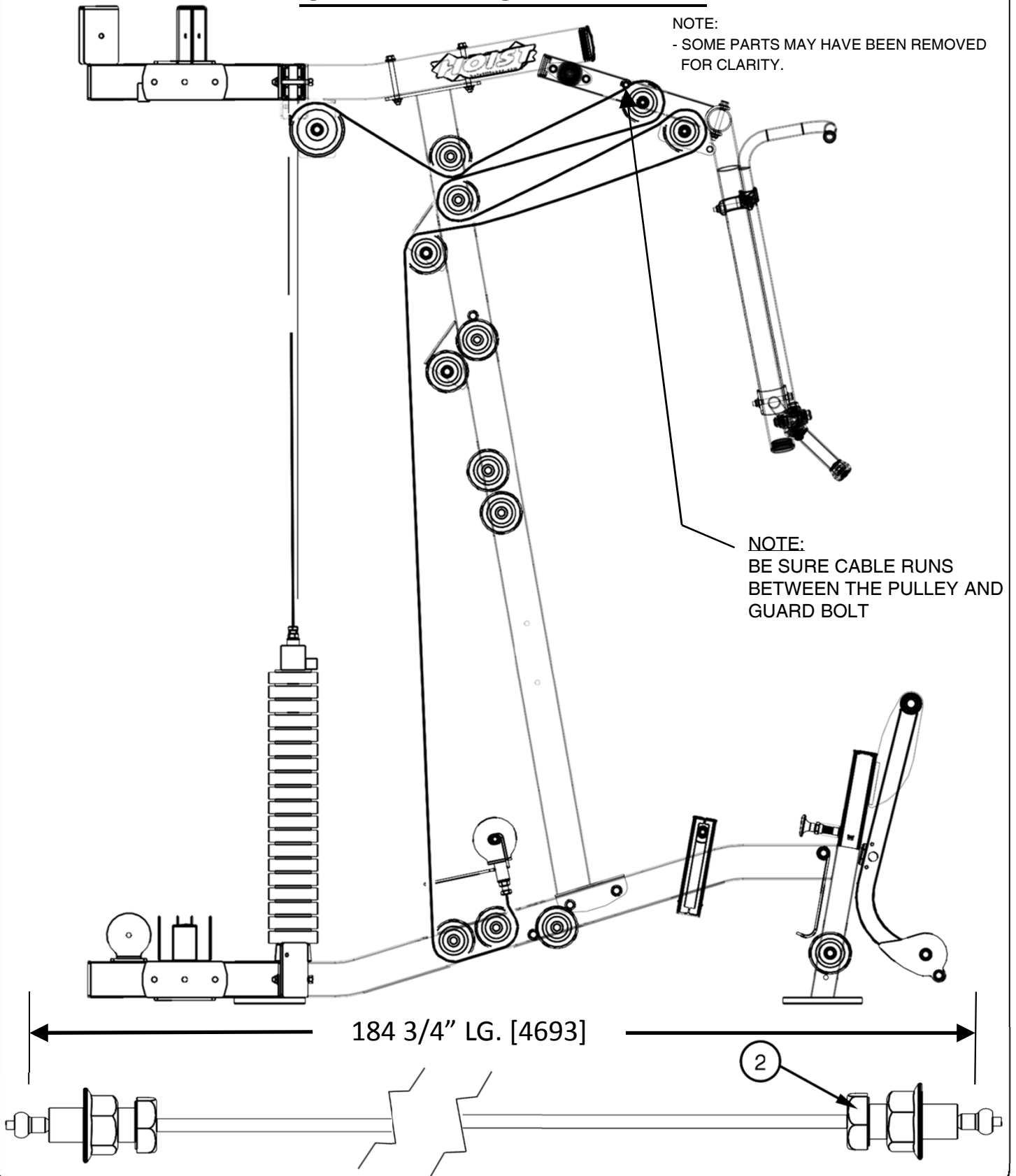
**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**



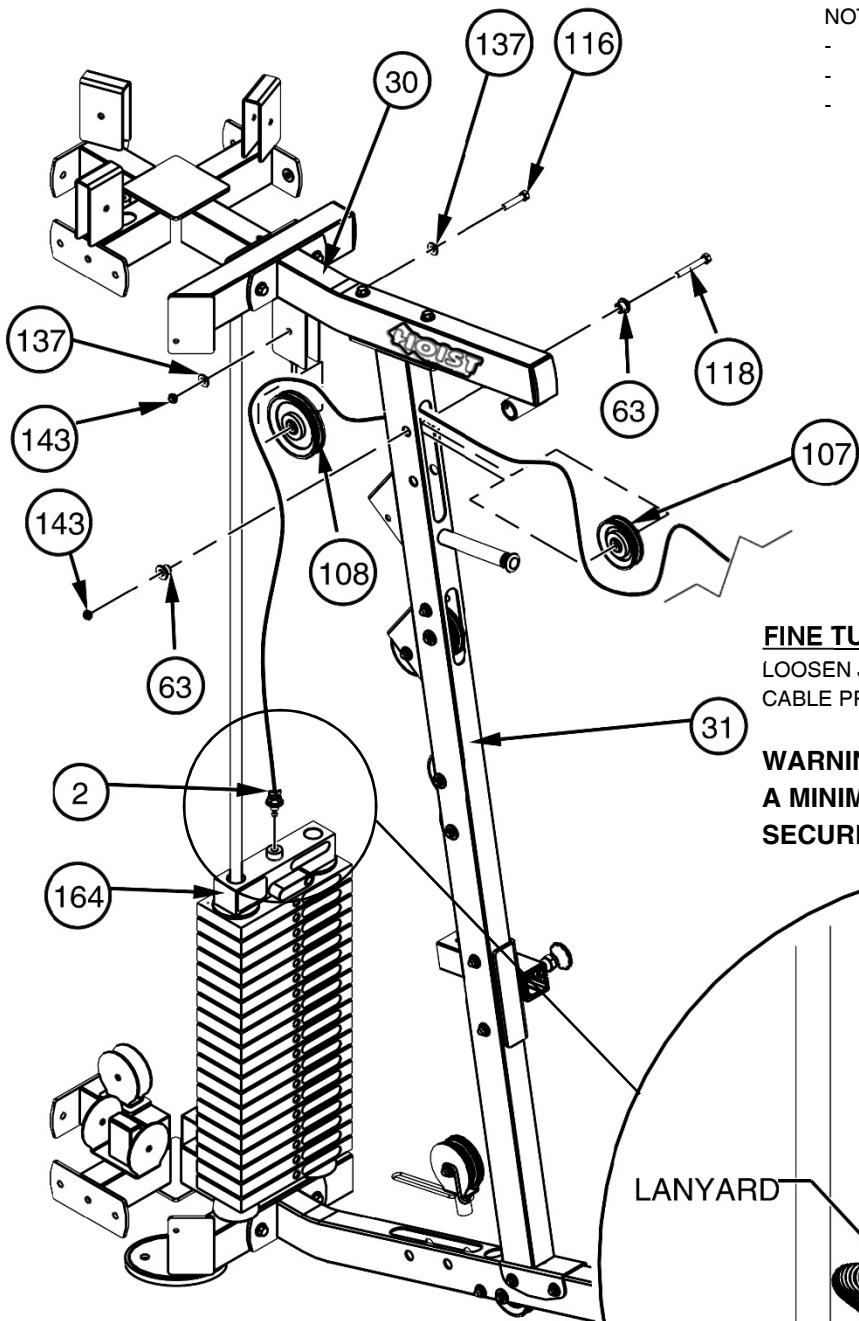
# OWNER'S MANUAL

## CABLE PROFILE VIEW

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



## FRAME ASSEMBLY



### NOTE:

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

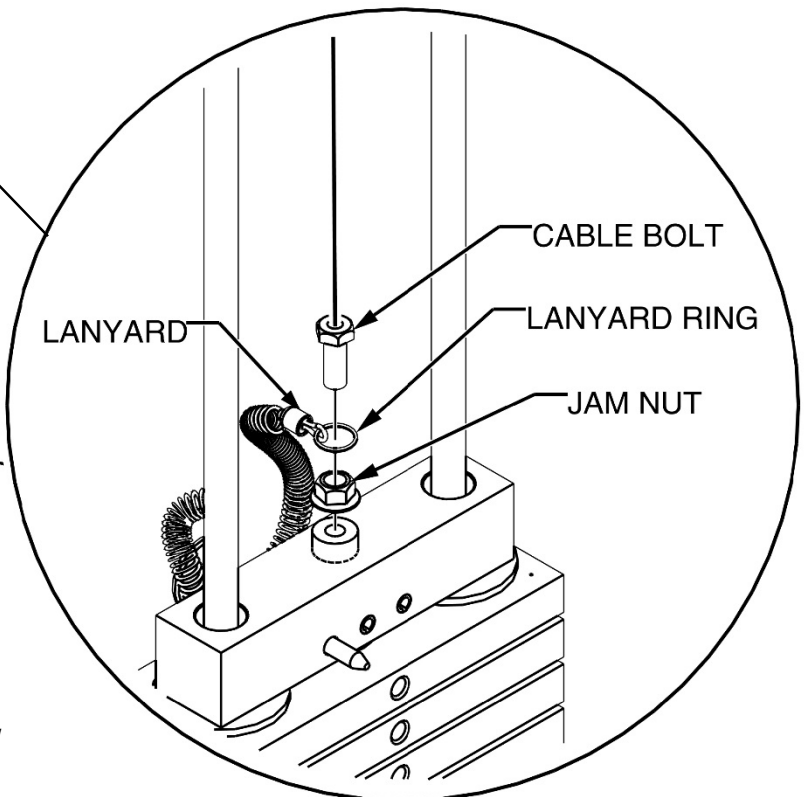
### FINE TUNING

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

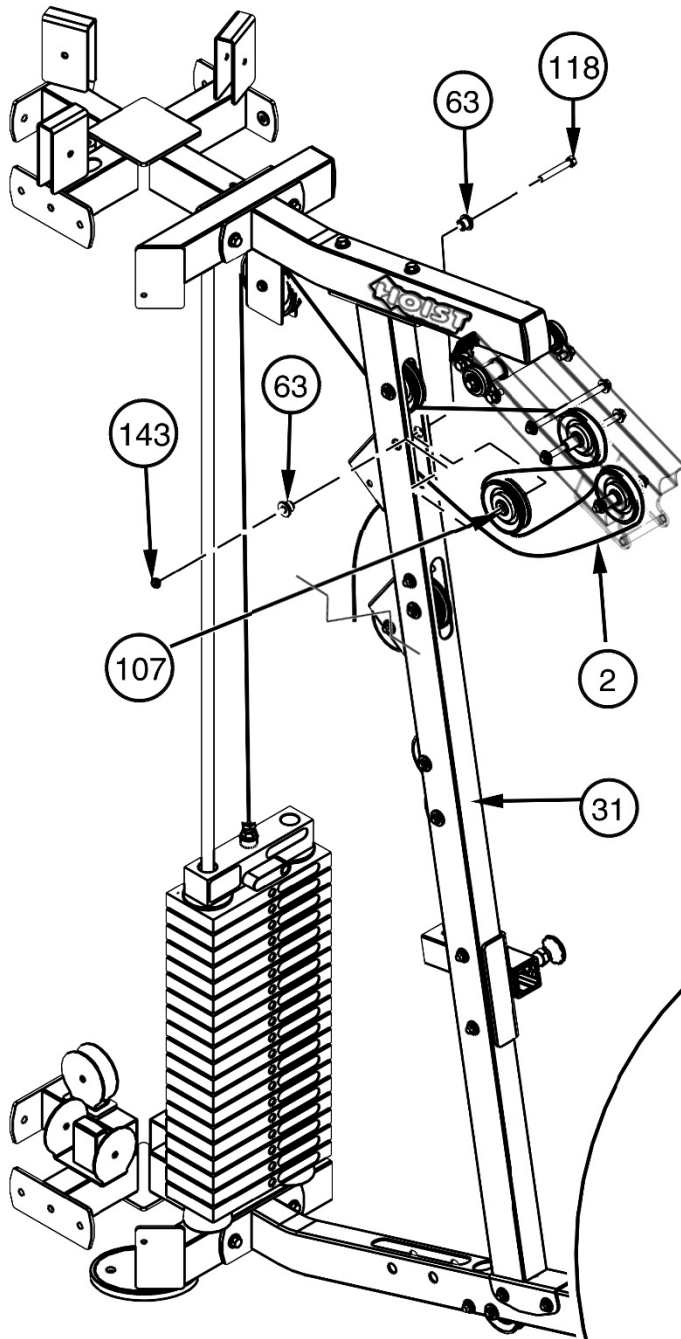
**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**

### LANYARD INSTALLATION:

DURING INSTALLATION OF YOUR UNIT, ENSURE THAT THE LANYARD RING IS INSTALLED BETWEEN THE JAM NUT AND CABLE BOLT AS SHOWN BELOW



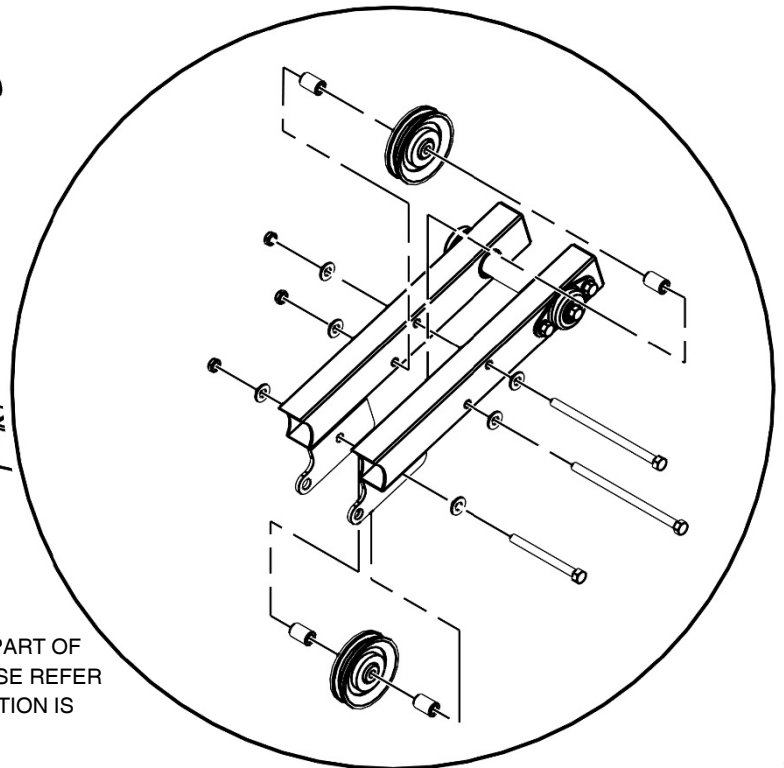
## FRAME ASSEMBLY



**NOTE:**

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

**NOTE:**  
PARTS SHOWN IN DETAIL VIEW TO THE RIGHT ARE PART OF THE OPTIONAL HPA-2 PRESS ARM ASSEMBLY. PLEASE REFER TO HPA-2 MANUAL IF FURTHER ASSEMBLY INSTRUCTION IS NEEDED.



## FRAME ASSEMBLY

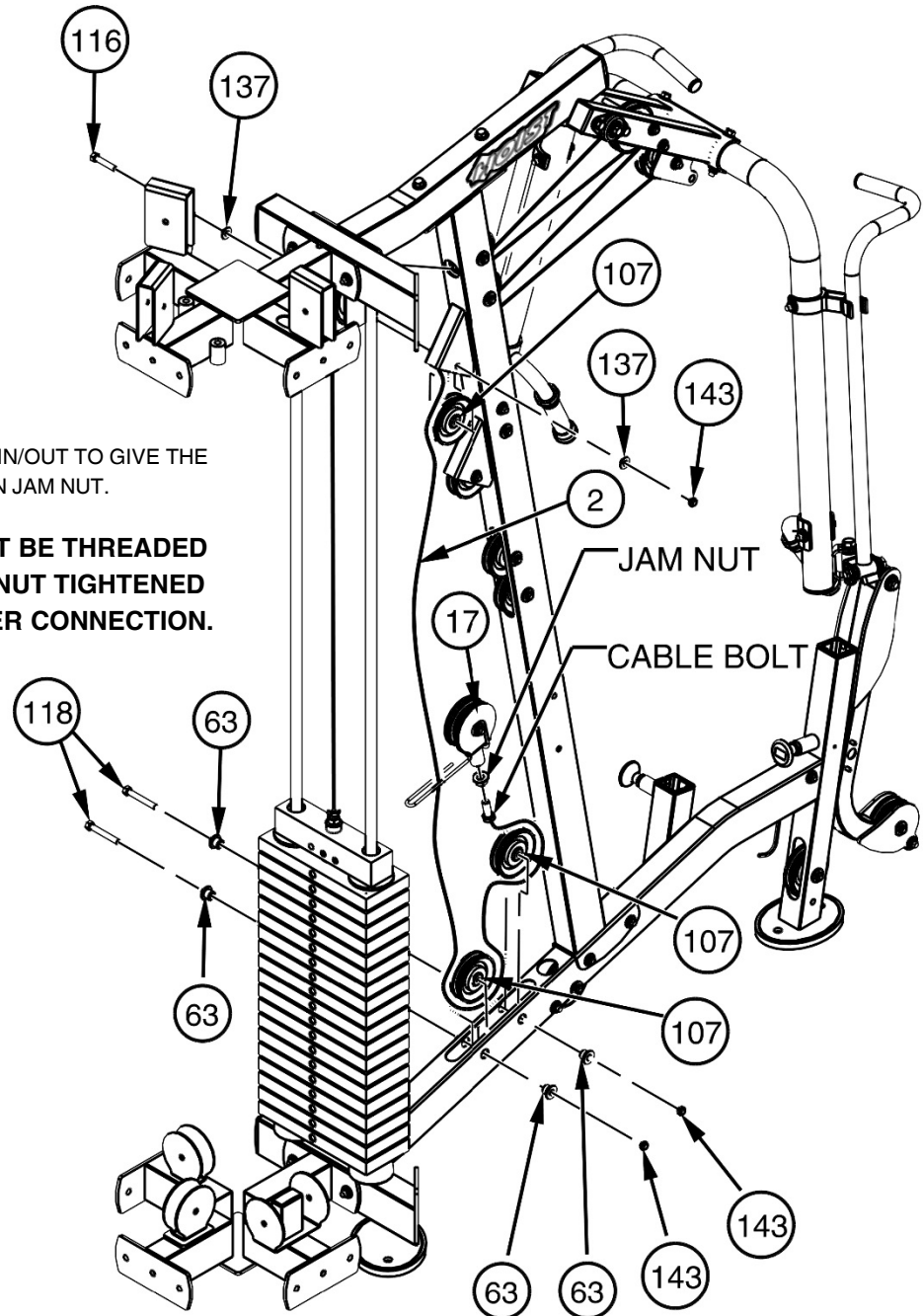
NOTE:

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

### 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.**





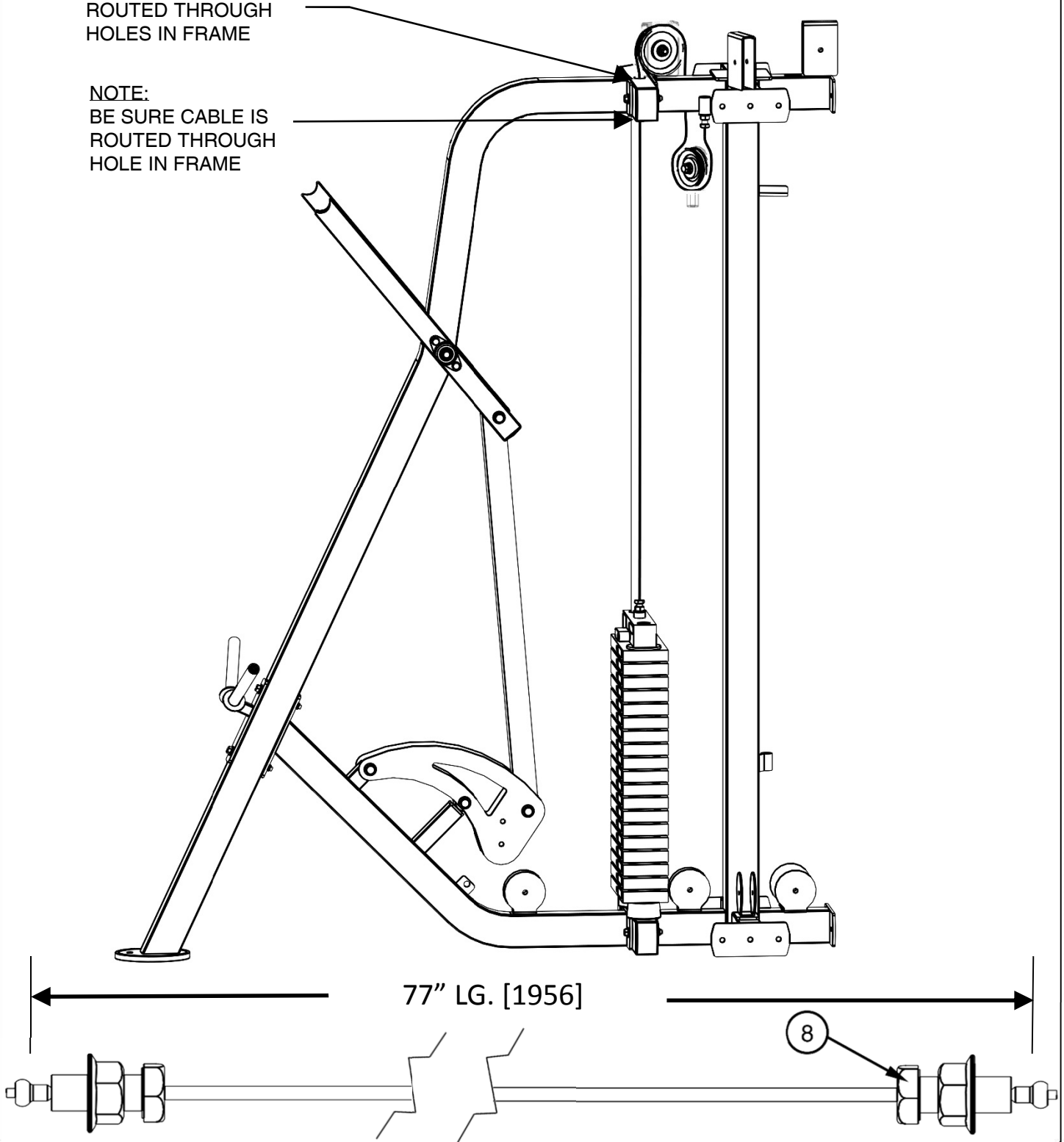
# OWNER'S MANUAL

## CABLE PROFILE VIEW

NOTE:  
BE SURE CABLE IS  
ROUTED THROUGH  
HOLES IN FRAME

NOTE:  
BE SURE CABLE IS  
ROUTED THROUGH  
HOLE IN FRAME

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

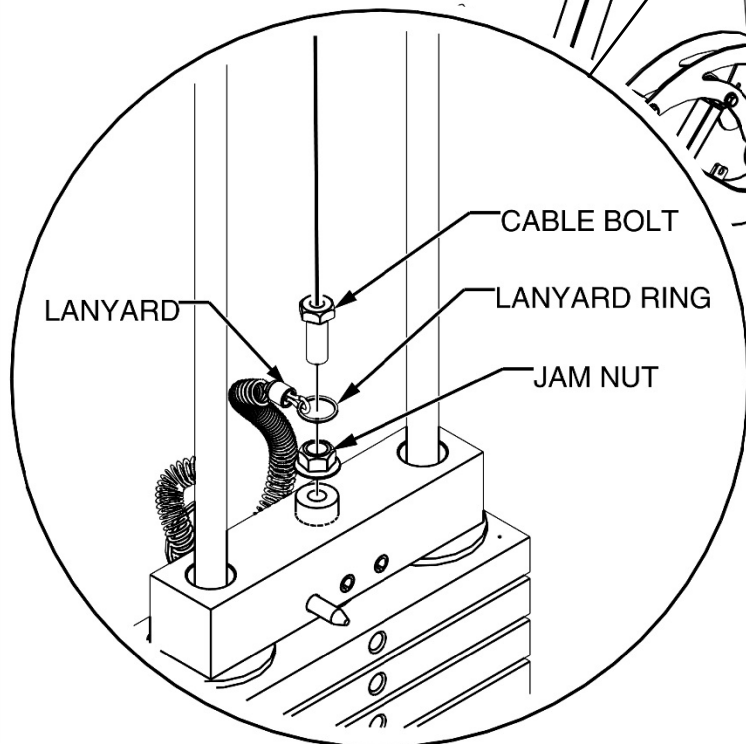
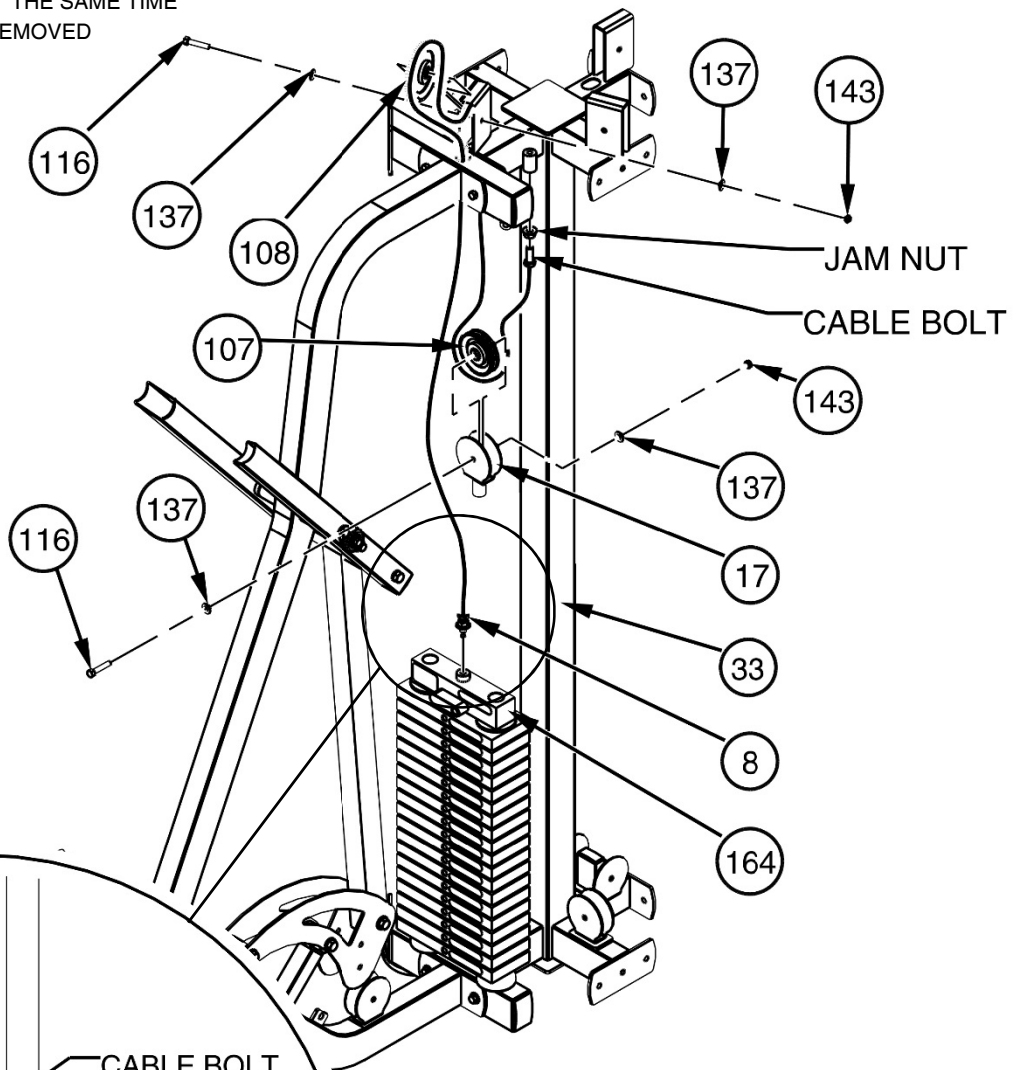


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

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



### **LANYARD INSTALLATION:**

DURING INSTALLATION OF YOUR UNIT, ENSURE THAT THE LANYARD RING IS INSTALLED BETWEEN THE JAM NUT AND CABLE BOLT AS SHOWN BELOW

### **FINE TUNING**

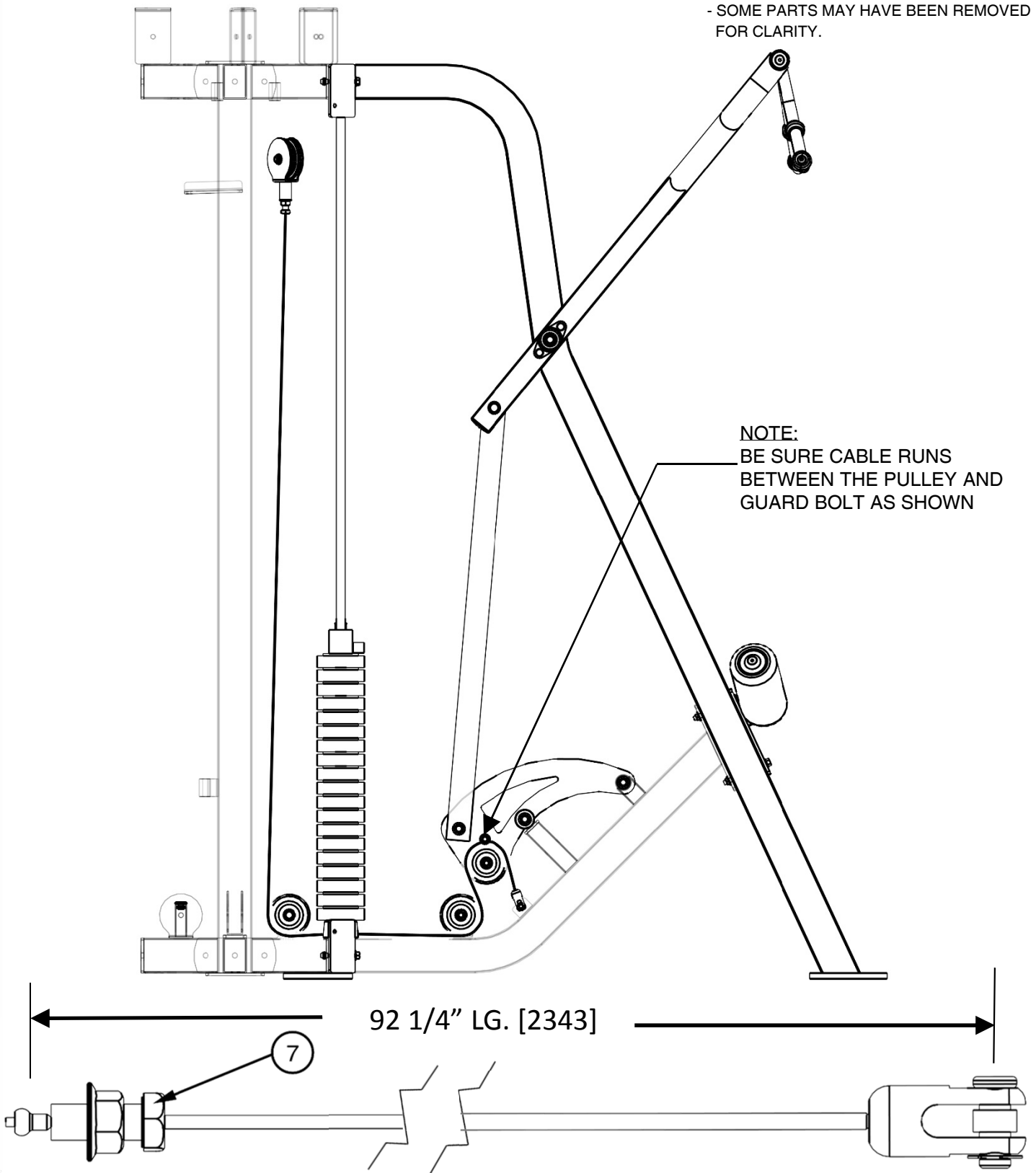
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

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

# OWNER'S MANUAL

## CABLE PROFILE VIEW

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

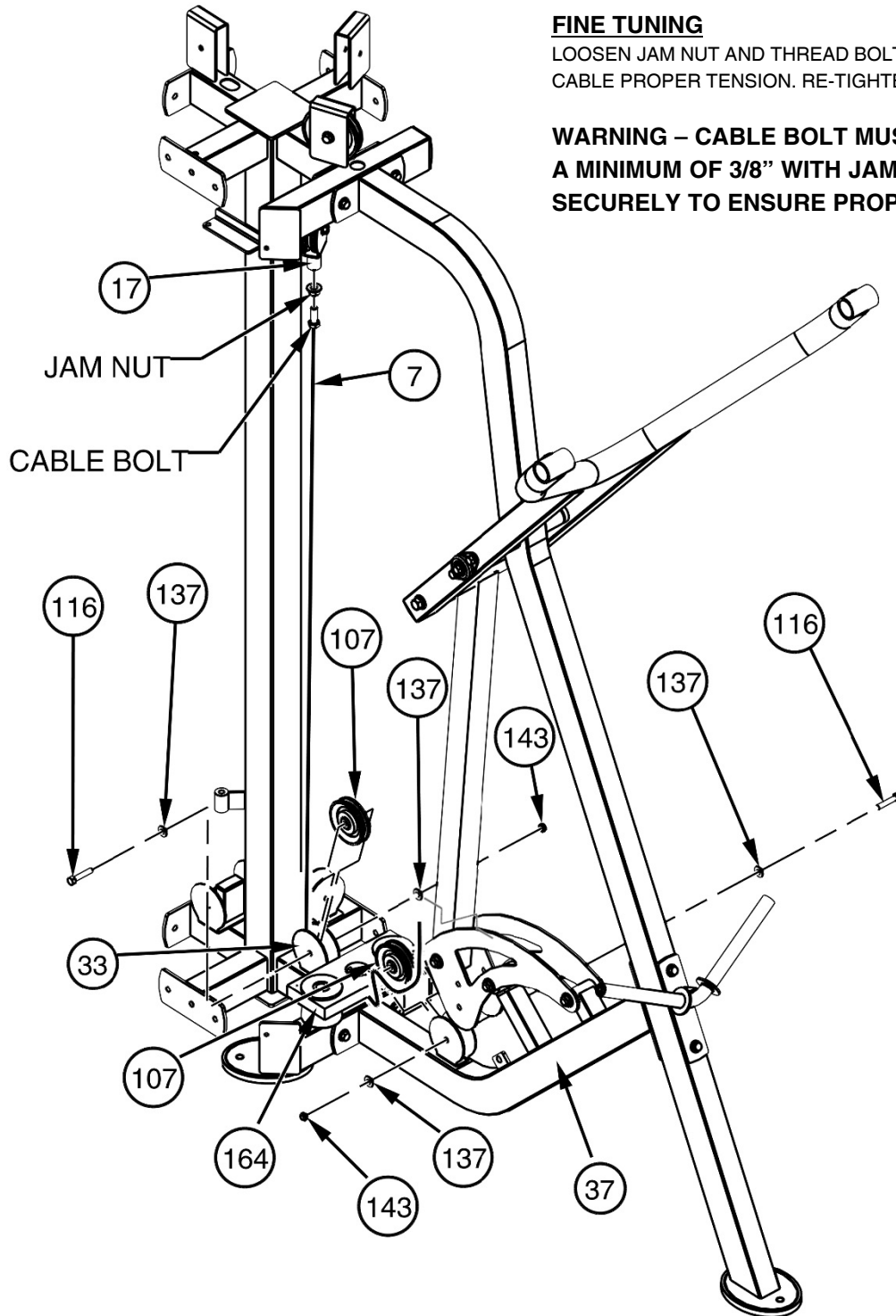
**NOTE:**

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

**FINE TUNING**

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

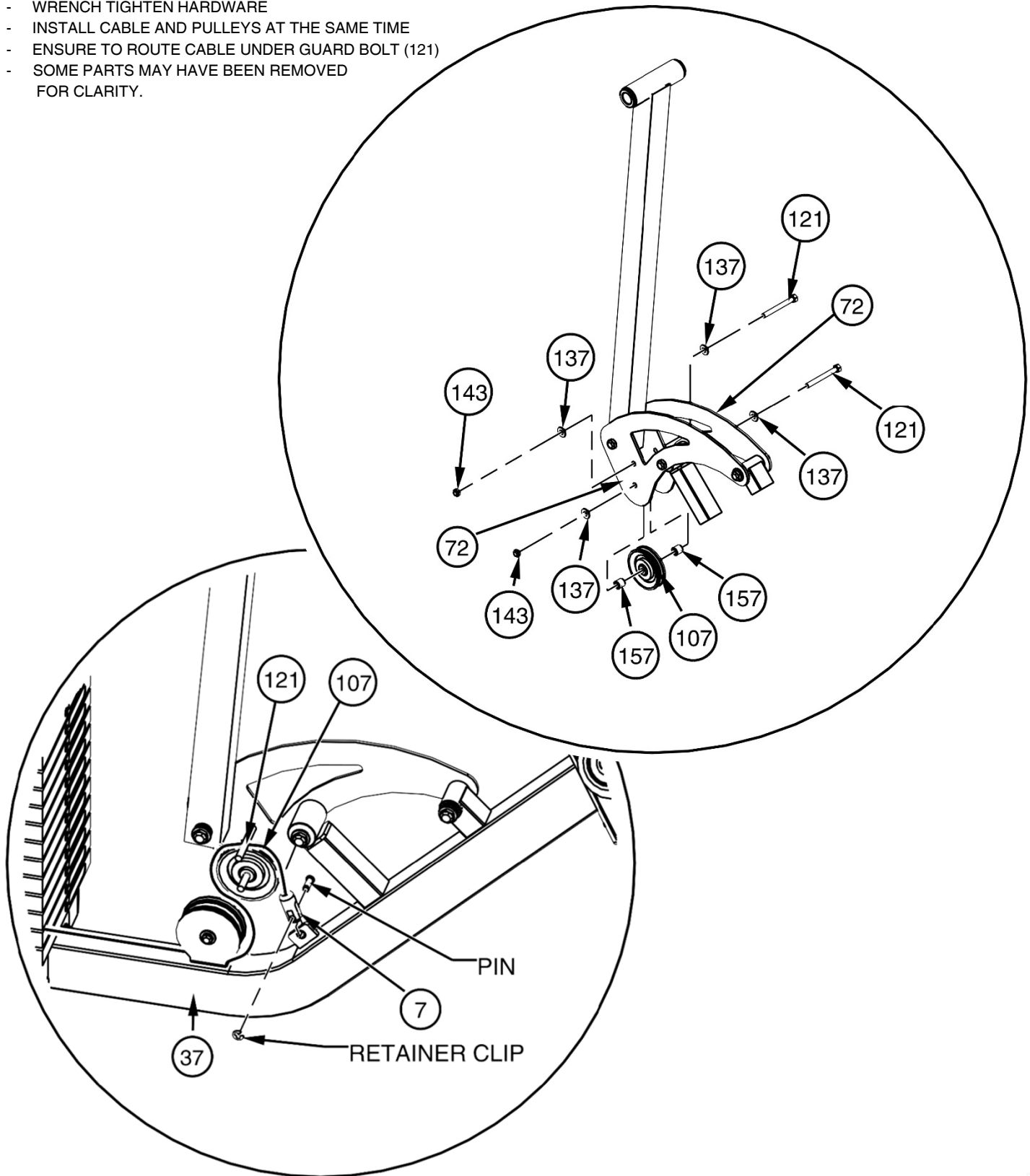
**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**



## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- ENSURE TO ROUTE CABLE UNDER GUARD BOLT (121)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

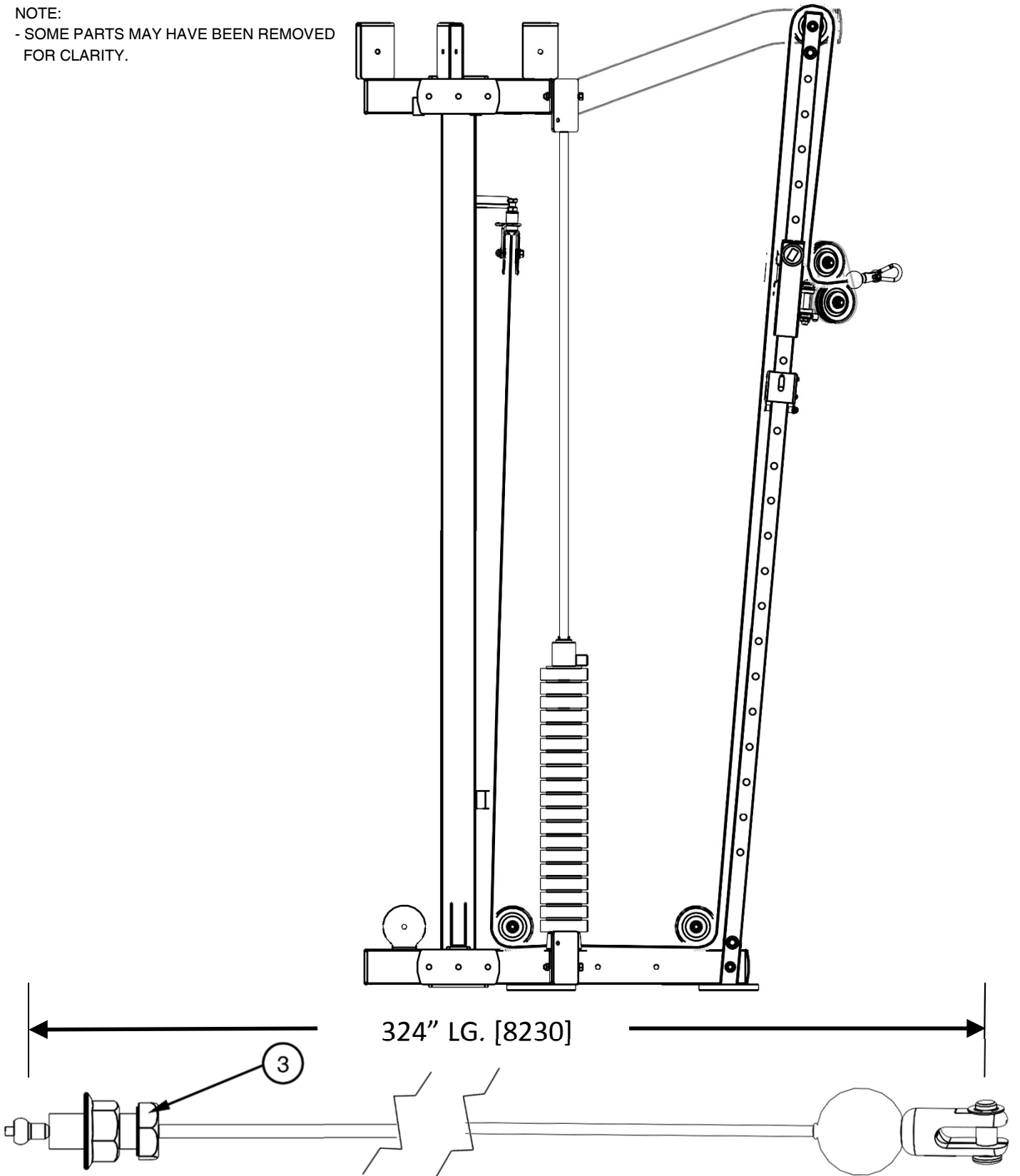


# OWNER'S MANUAL

## CABLE PROFILE VIEW

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

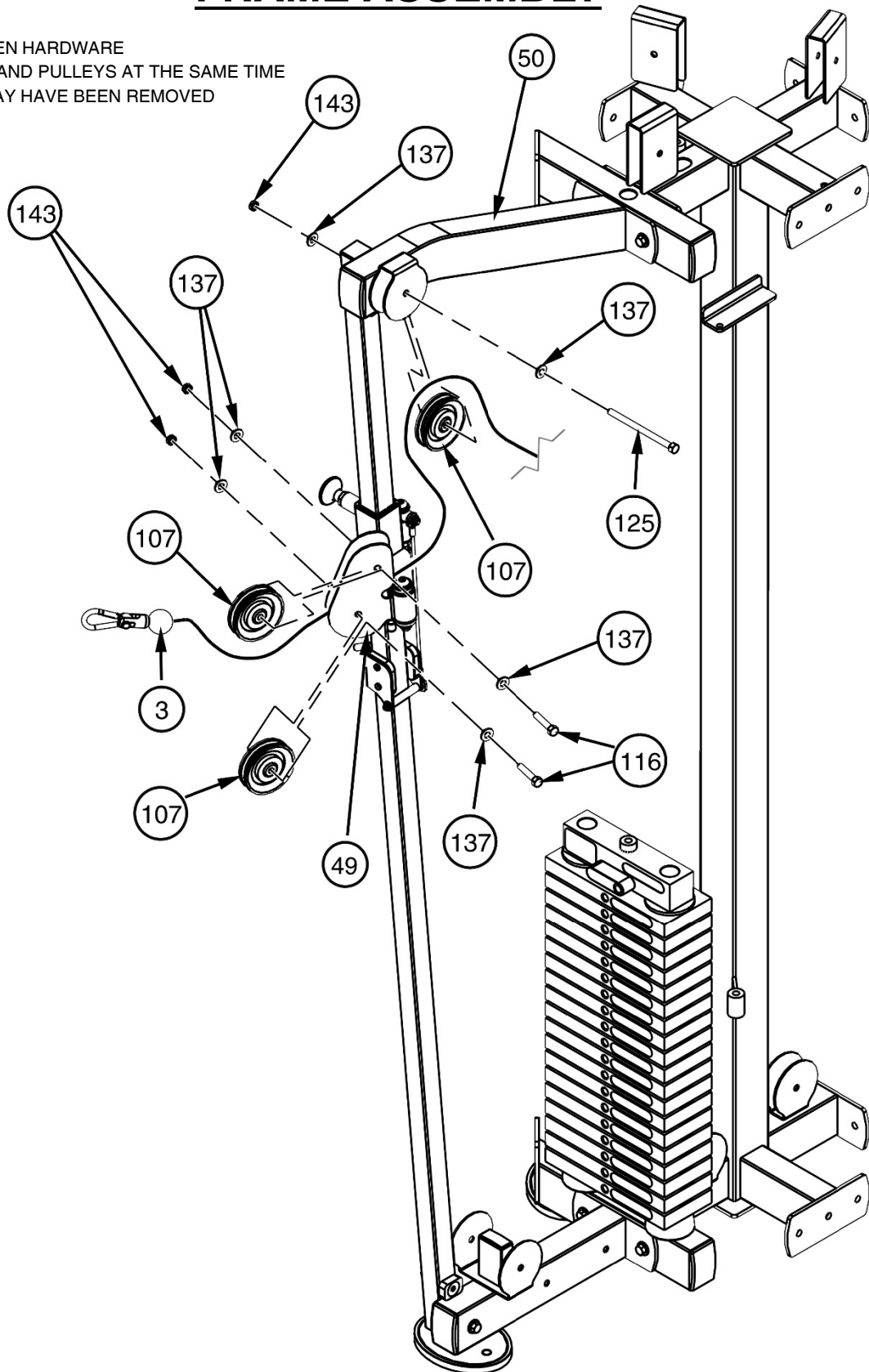


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



## FRAME ASSEMBLY

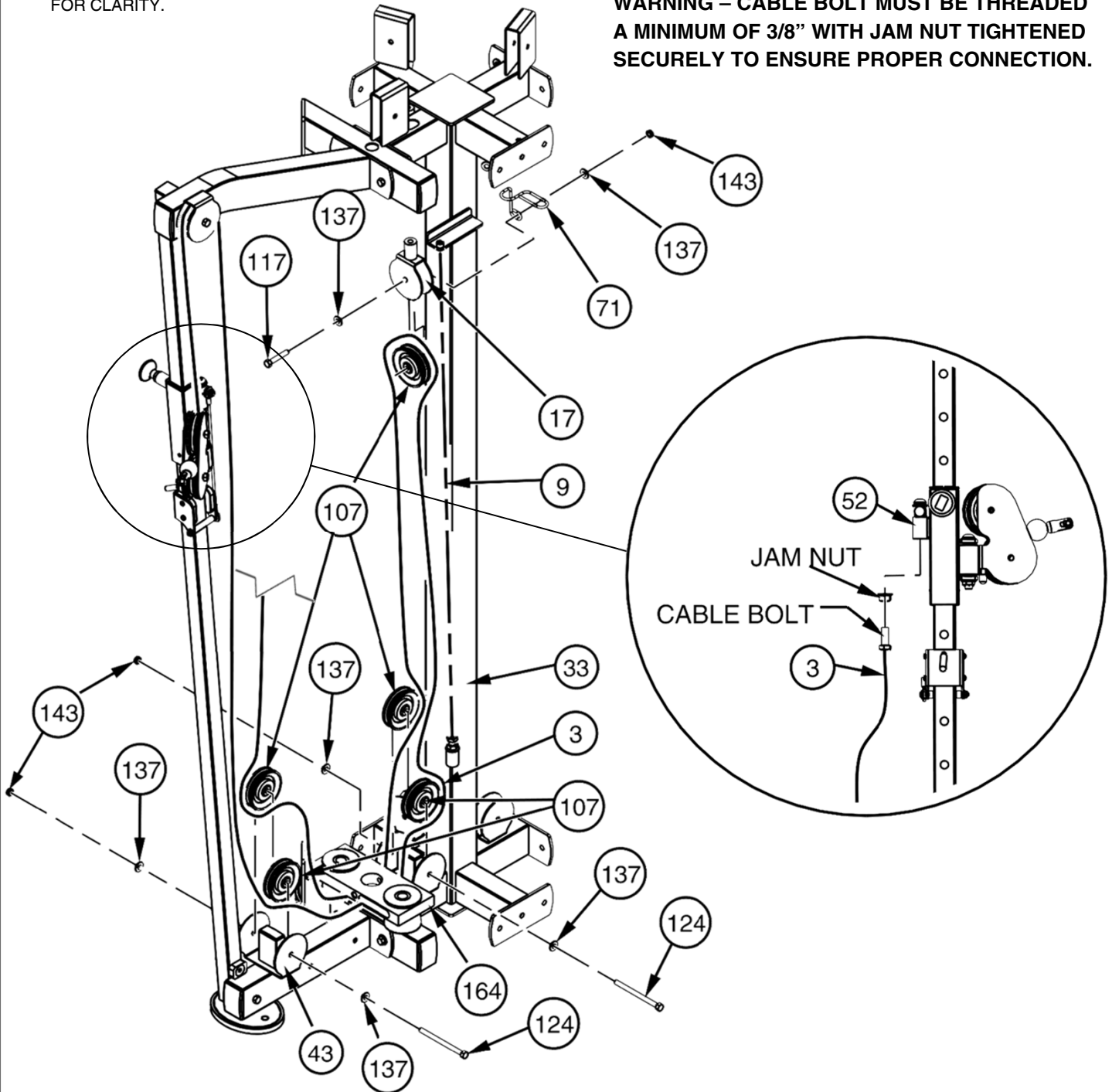
### NOTE:

- WRENCH TIGHTEN HARDWARE
- INSTALL CABLE AND PULLEYS AT THE SAME TIME
- TEMPORARILY UN-INSTALL CABLE (9) IN ORDER TO ROUTE IT THROUGH GUIDE (71) THEN RE-INSTALL CABLE (9)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

### 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.**





# OWNER'S MANUAL

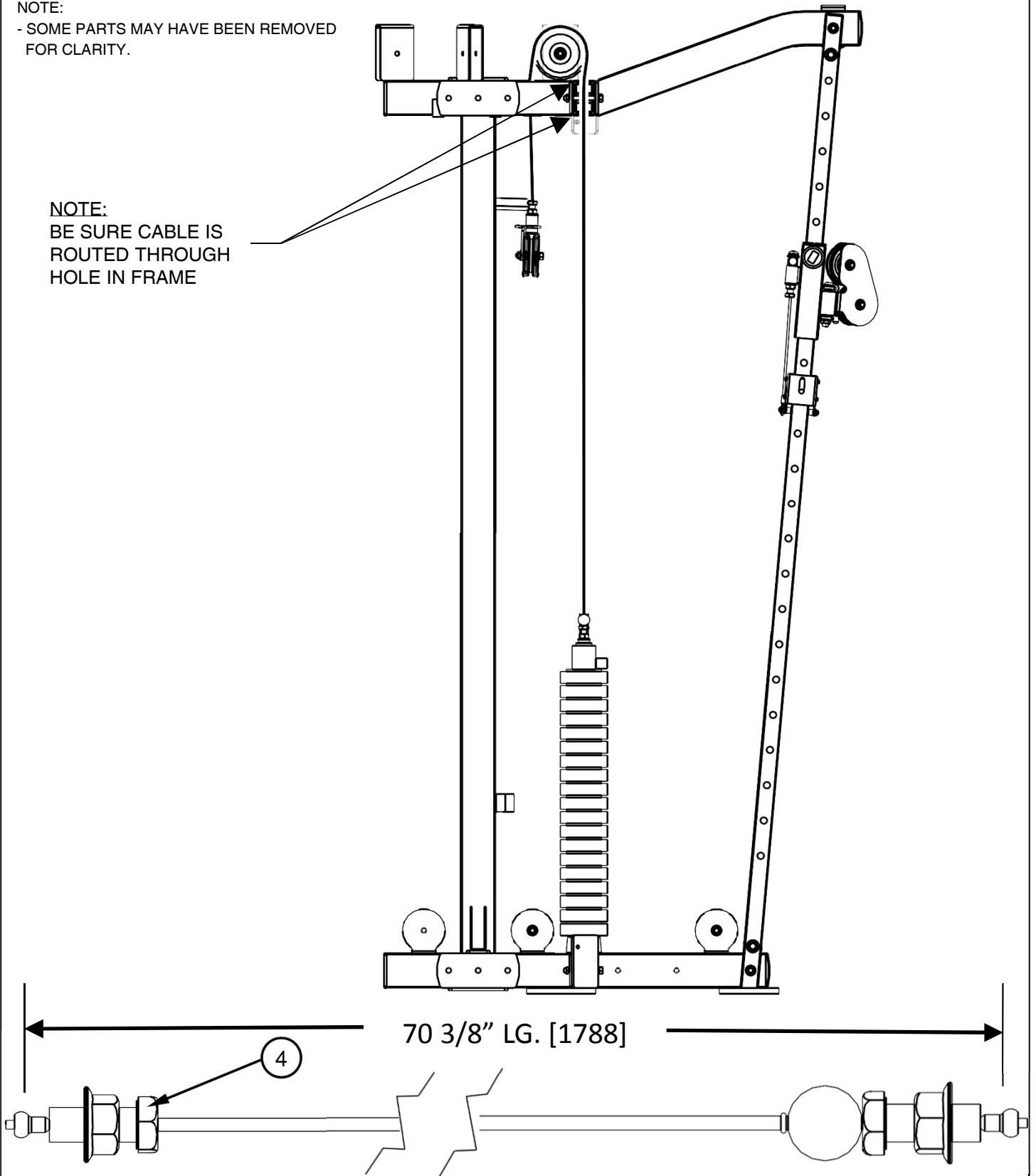
## CABLE PROFILE VIEW

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

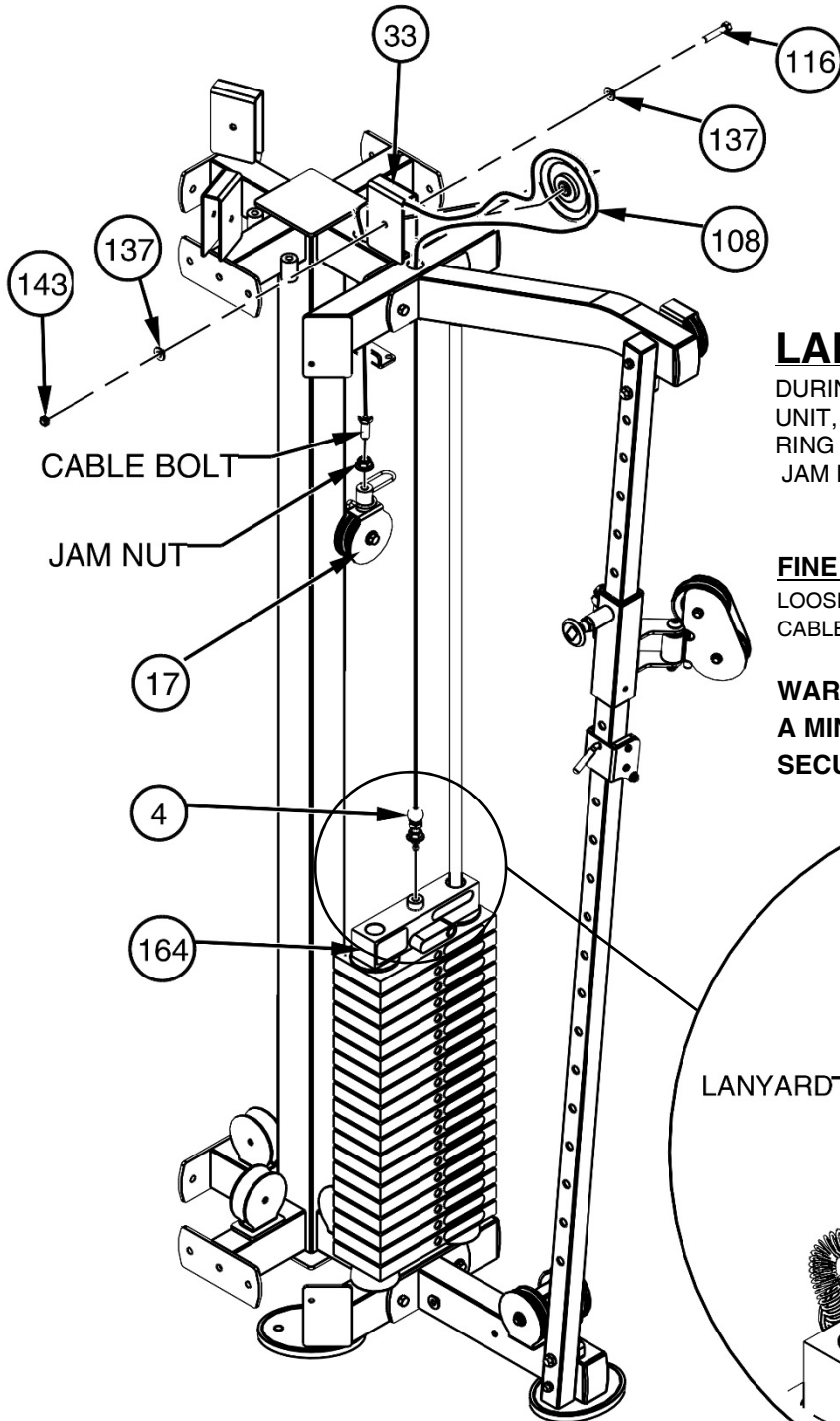
BE SURE CABLE IS ROUTED THROUGH HOLE IN FRAME



## FRAME ASSEMBLY

**NOTE:**

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



CABLE BOLT

JAM NUT

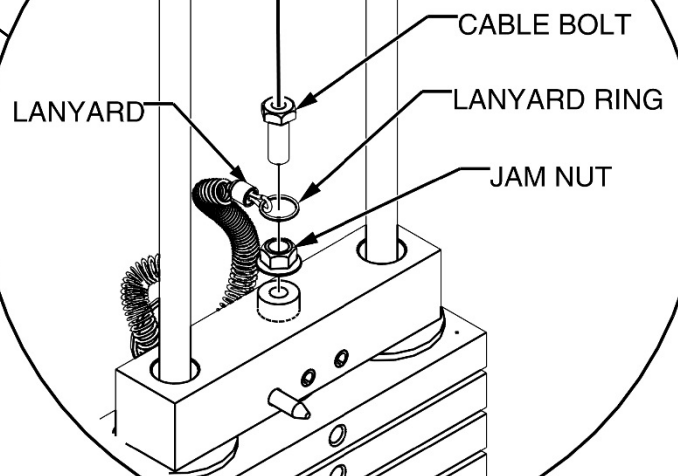
### **LANYARD INSTALLATION:**

DURING INSTALLATION OF YOUR UNIT, ENSURE THAT THE LANYARD RING IS INSTALLED BETWEEN THE JAM NUT AND CABLE BOLT AS SHOWN BELOW

### **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.**



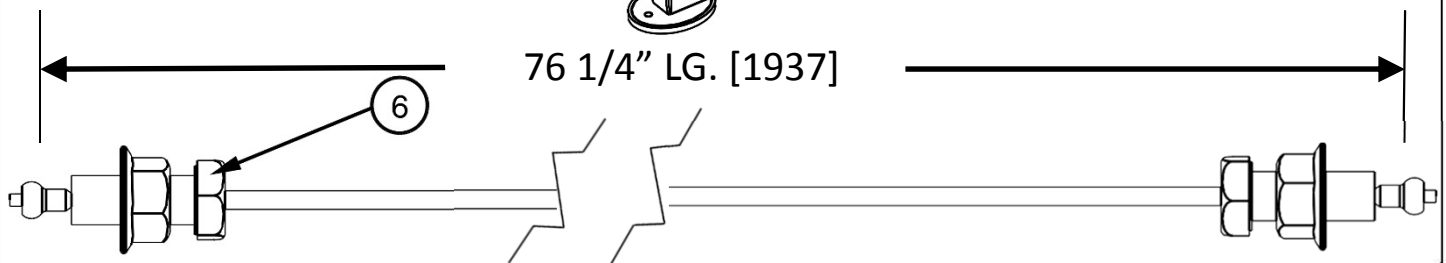
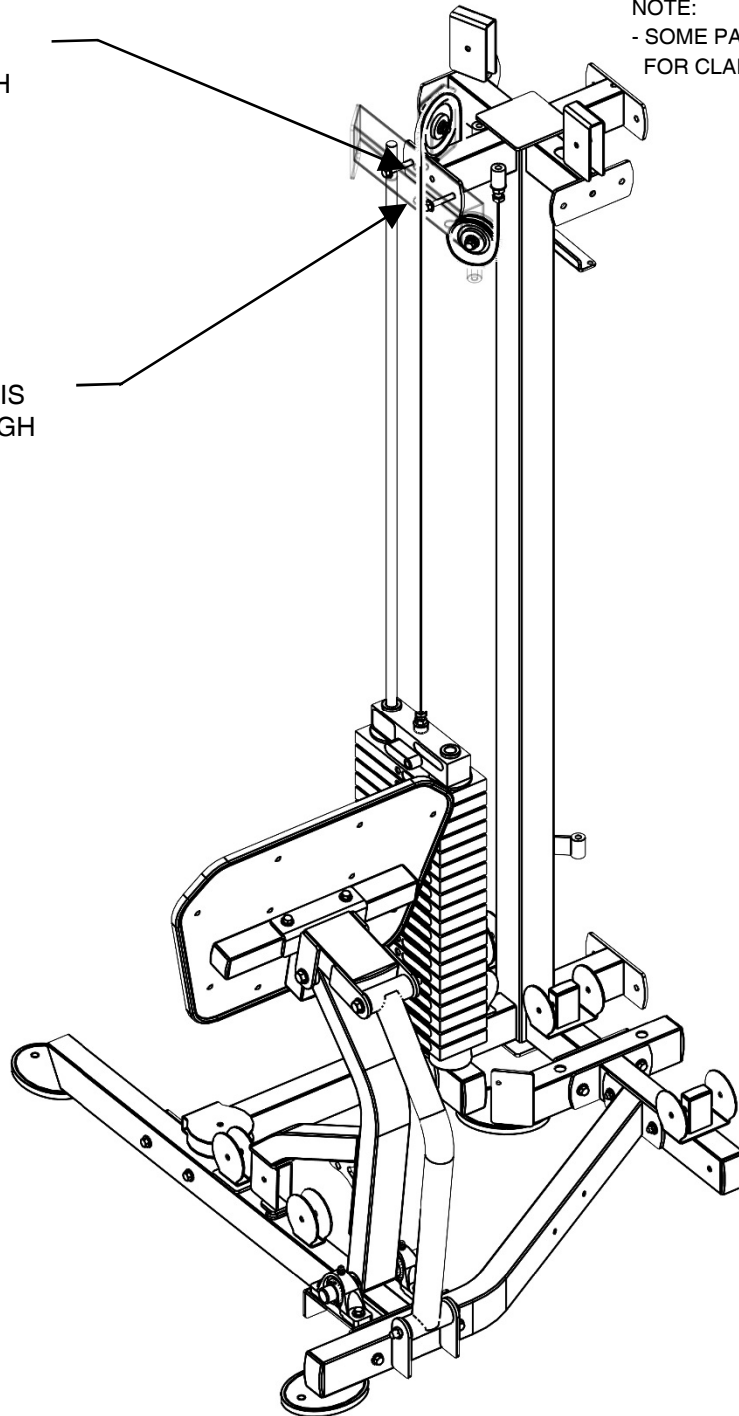
# OWNER'S MANUAL

## CABLE PROFILE VIEW

**NOTE:**  
BE SURE CABLE IS  
ROUTED THROUGH  
HOLE IN FRAME

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

**NOTE:**  
BE SURE CABLE IS  
ROUTED THROUGH  
HOLE IN FRAME



76 1/4" LG. [1937]

6

## FRAME ASSEMBLY

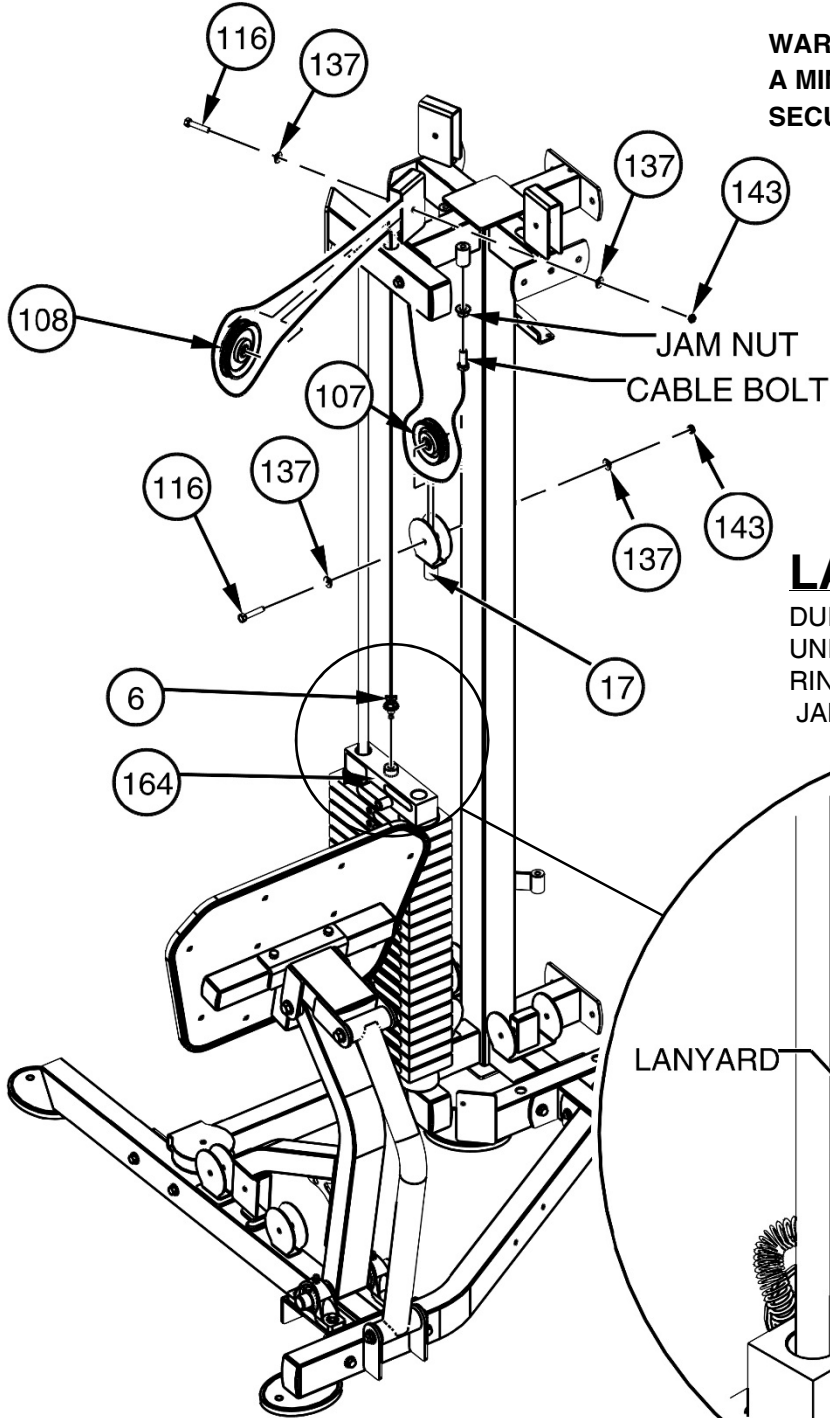
**NOTE:**

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

**FINE TUNING**

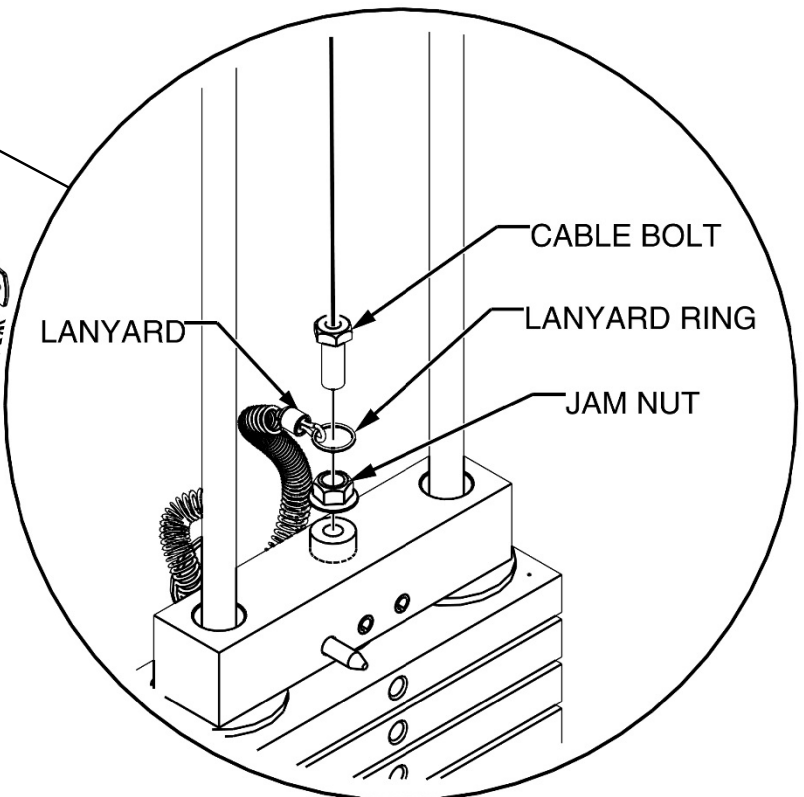
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

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



### **LANYARD INSTALLATION:**

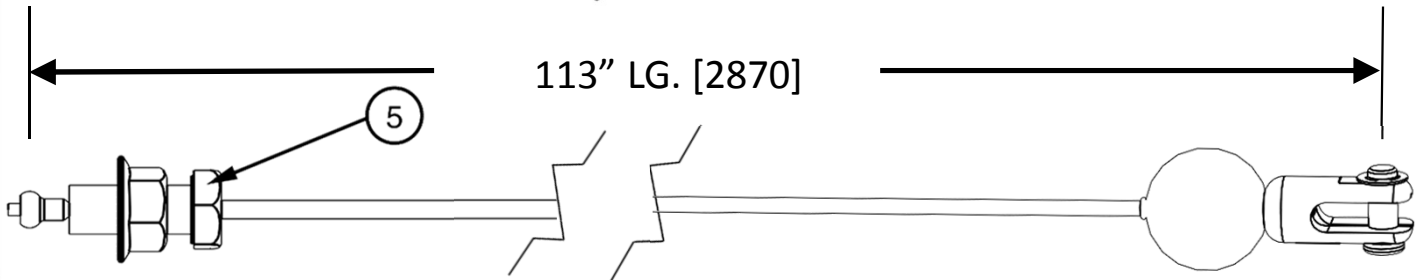
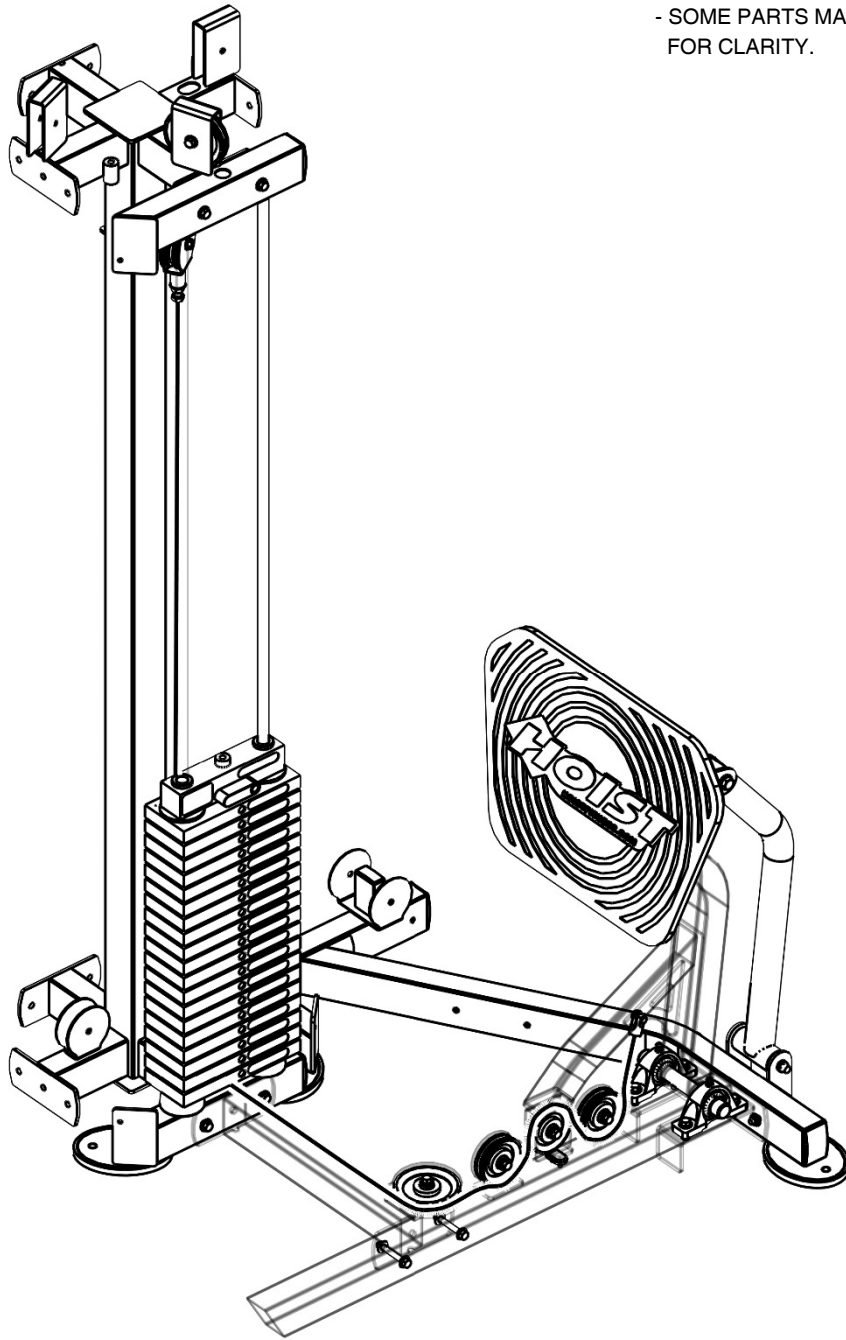
DURING INSTALLATION OF YOUR UNIT, ENSURE THAT THE LANYARD RING IS INSTALLED BETWEEN THE JAM NUT AND CABLE BOLT AS SHOWN BELOW



# OWNER'S MANUAL

## CABLE PROFILE VIEW

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

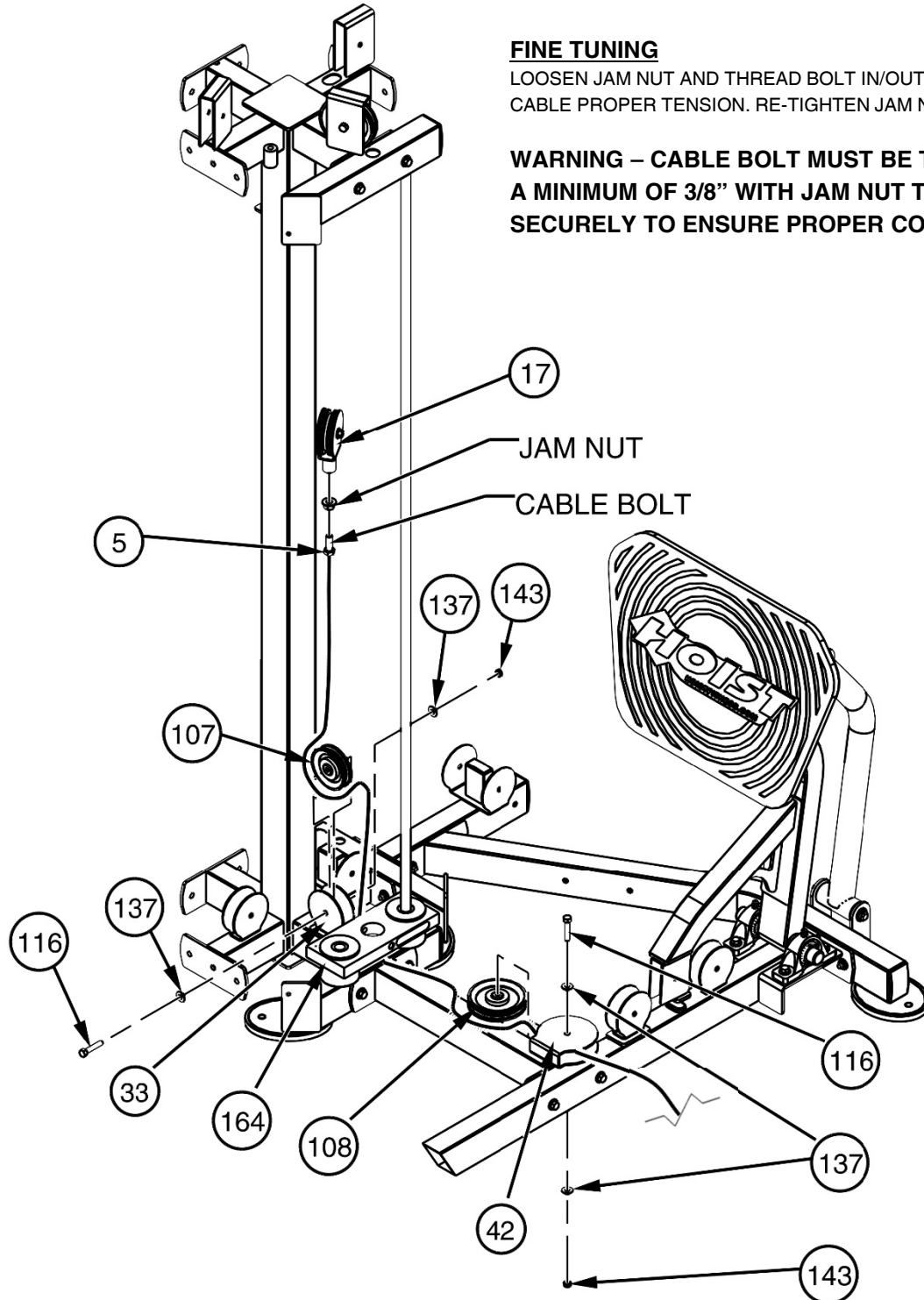
**NOTE:**

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

**FINE TUNING**

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

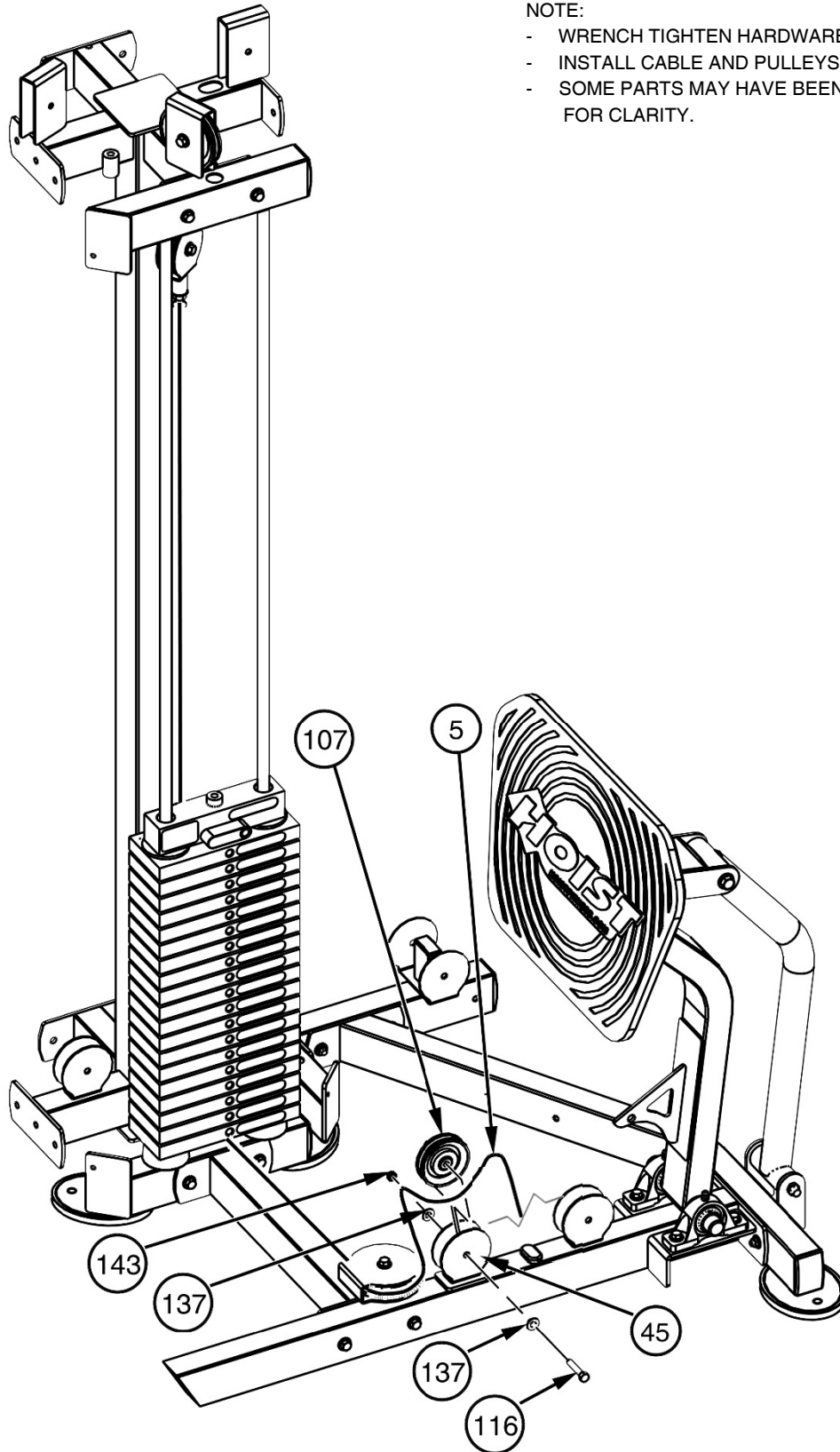
**WARNING – CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**



## FRAME ASSEMBLY

NOTE:

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

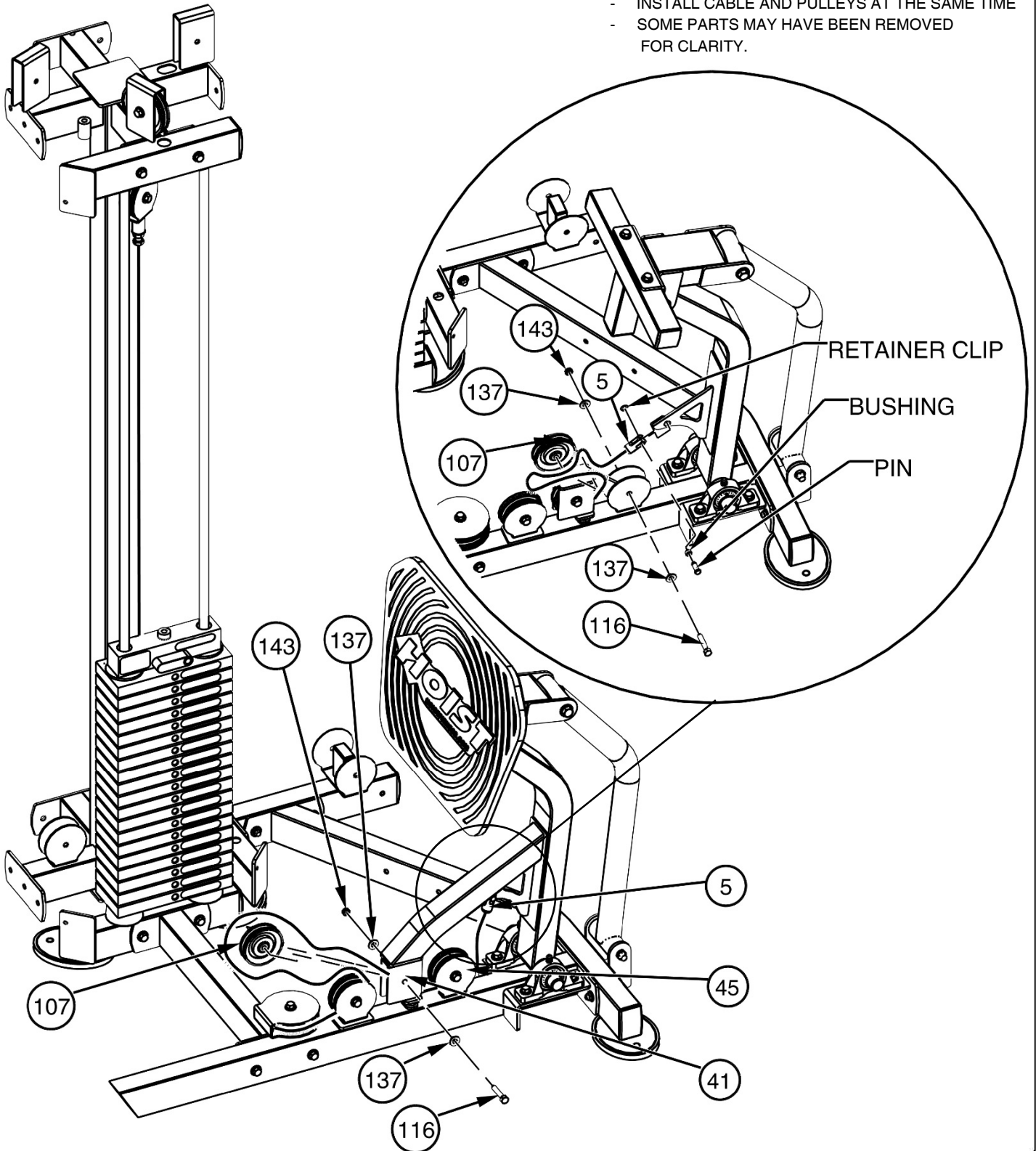


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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

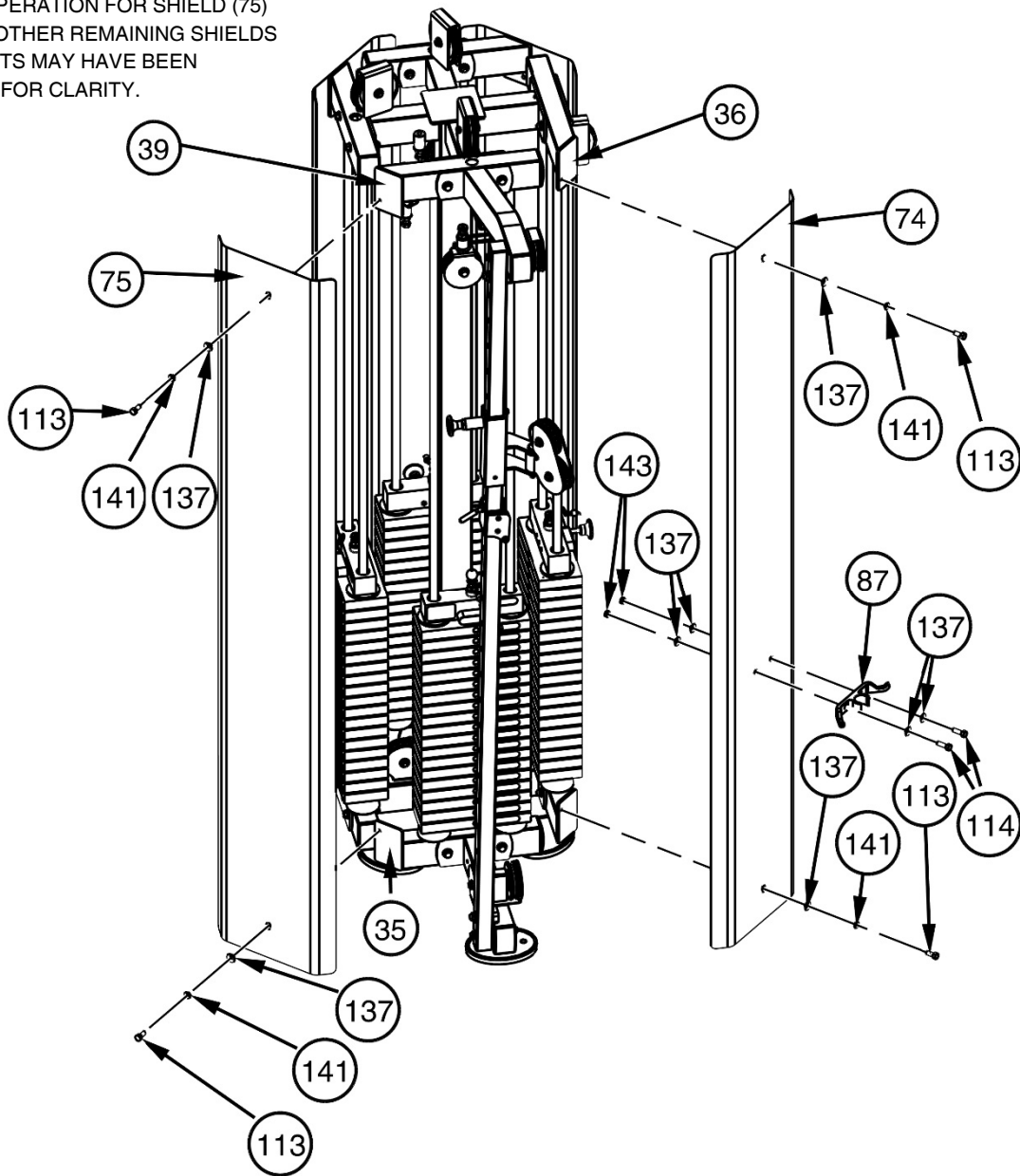




## FRAME ASSEMBLY

NOTE:

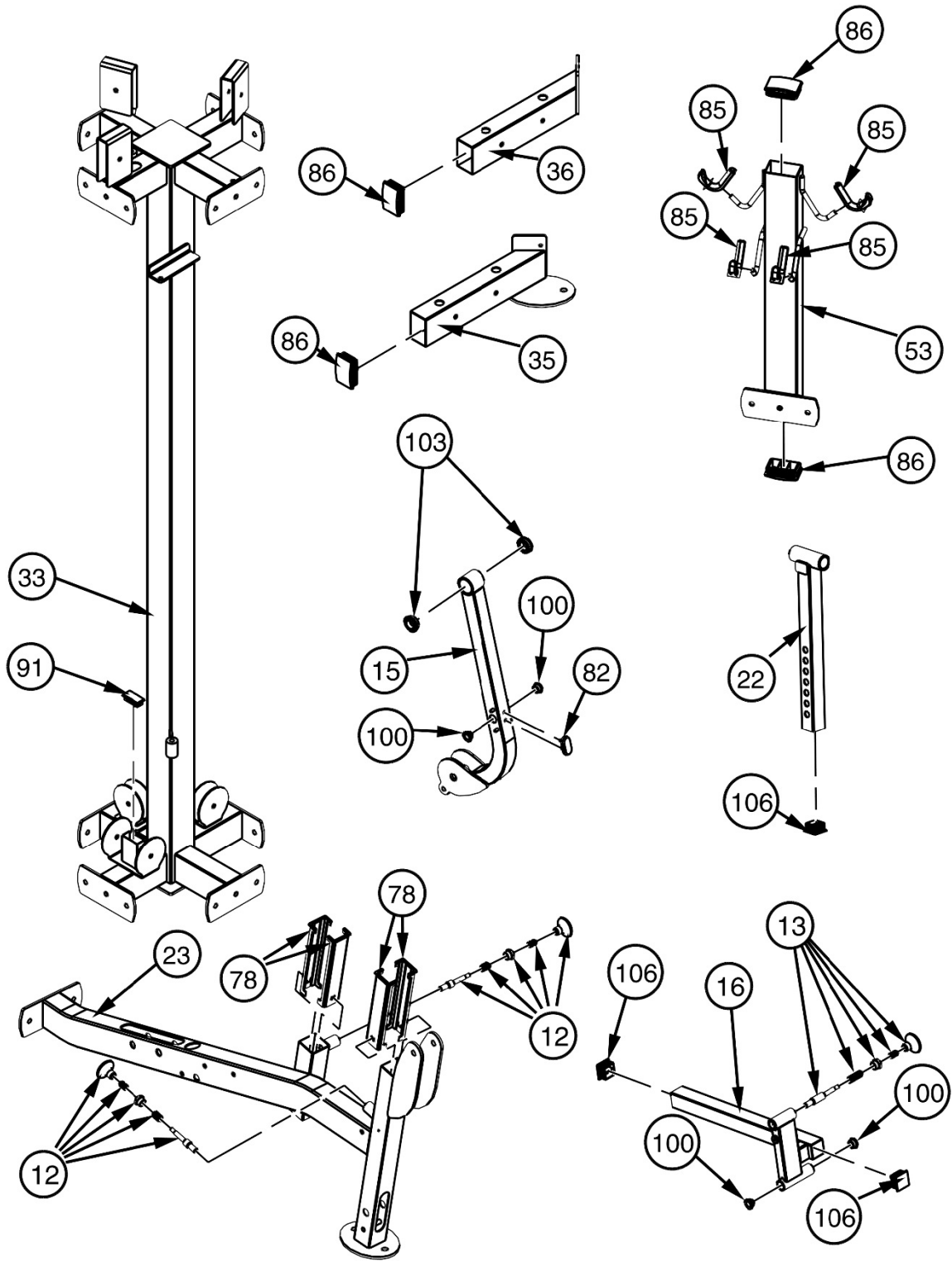
- WRENCH TIGHTEN HARDWARE
- REPEAT OPERATION FOR SHIELD (75) FOR TWO OTHER REMAINING SHIELDS
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



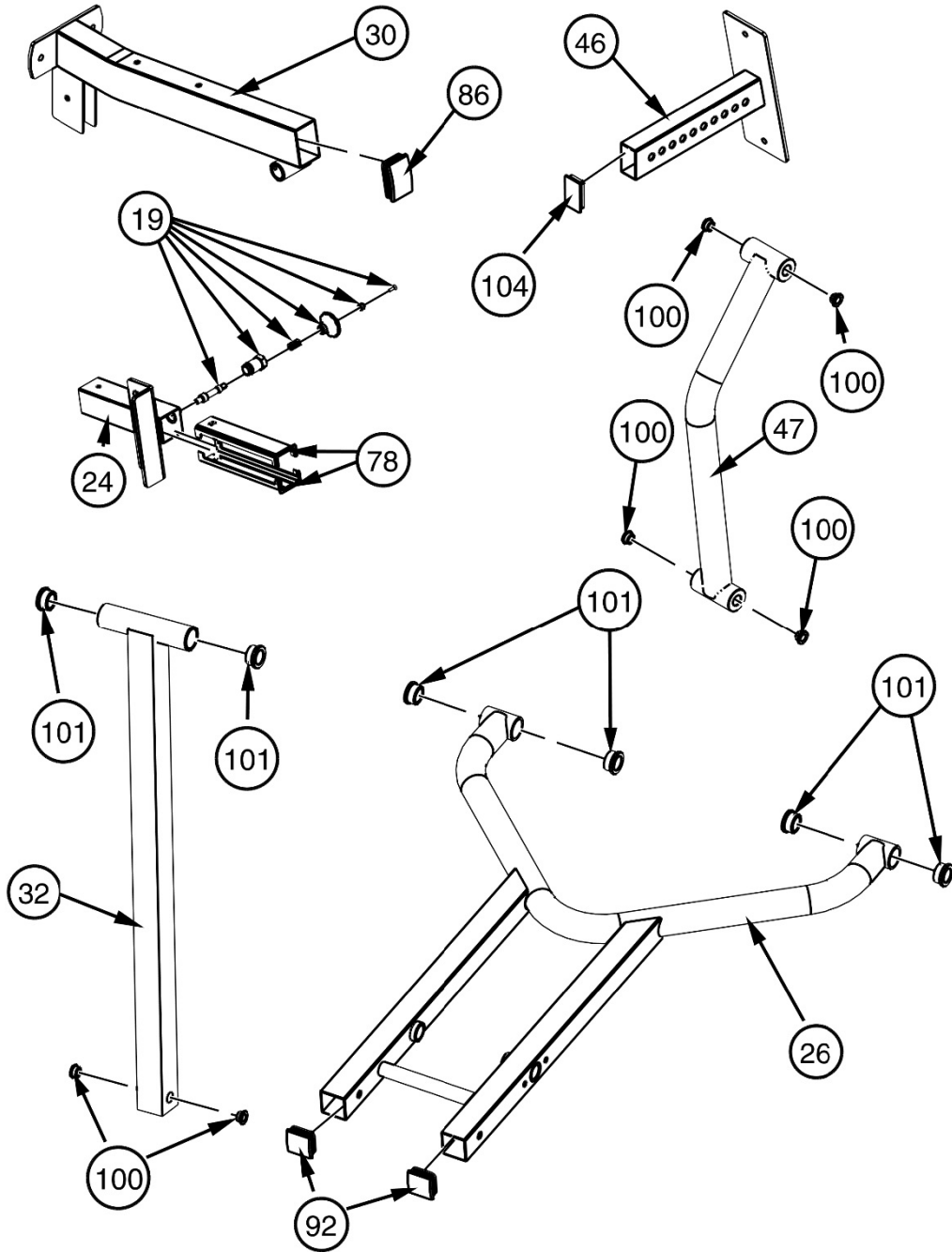
### **\*IMPORTANT\***

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE. NOW THAT THE H4400-B IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

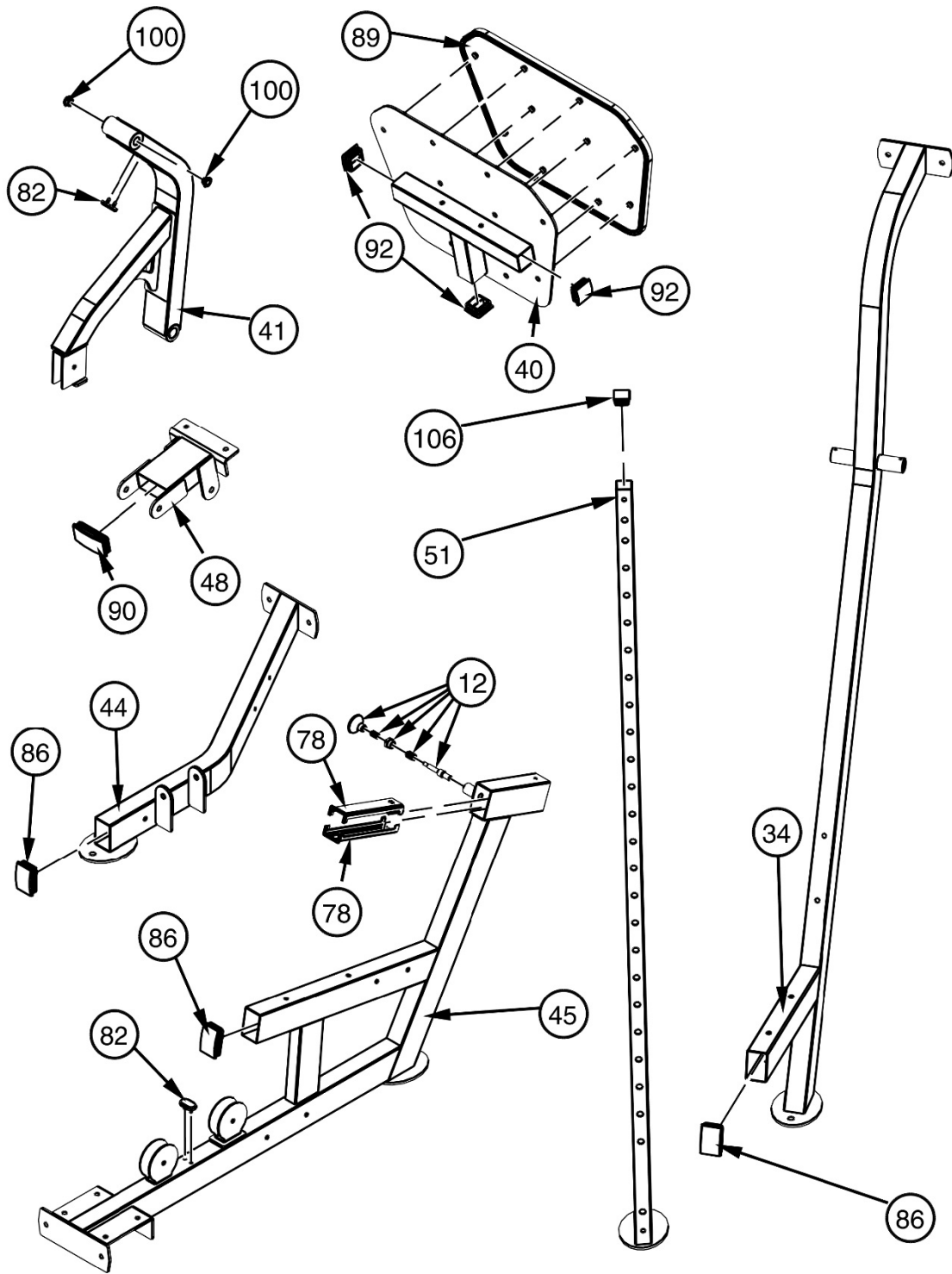
## PRE-ASSEMBLY



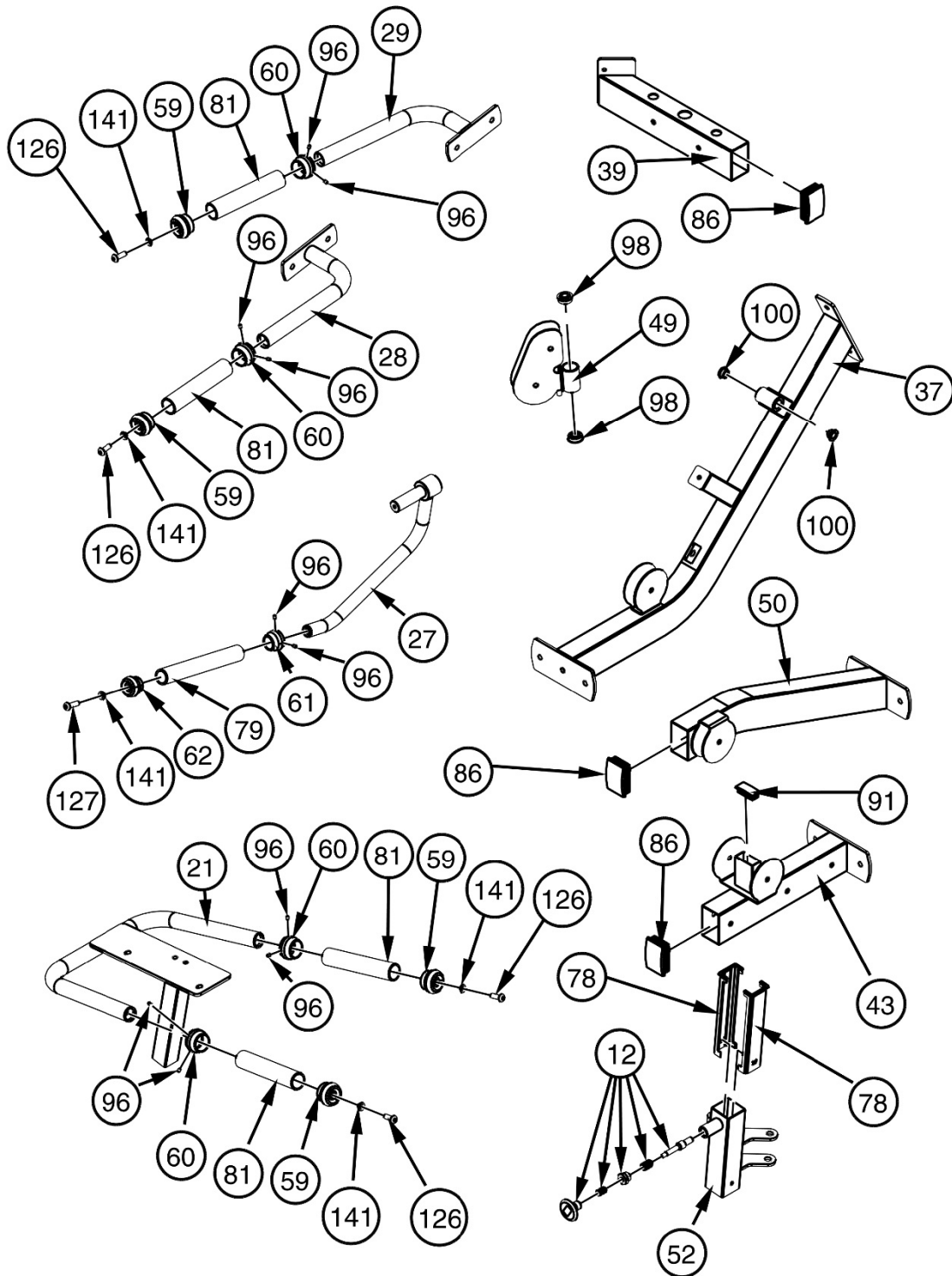
## PRE-ASSEMBLY



## PRE-ASSEMBLY



## PRE-ASSEMBLY

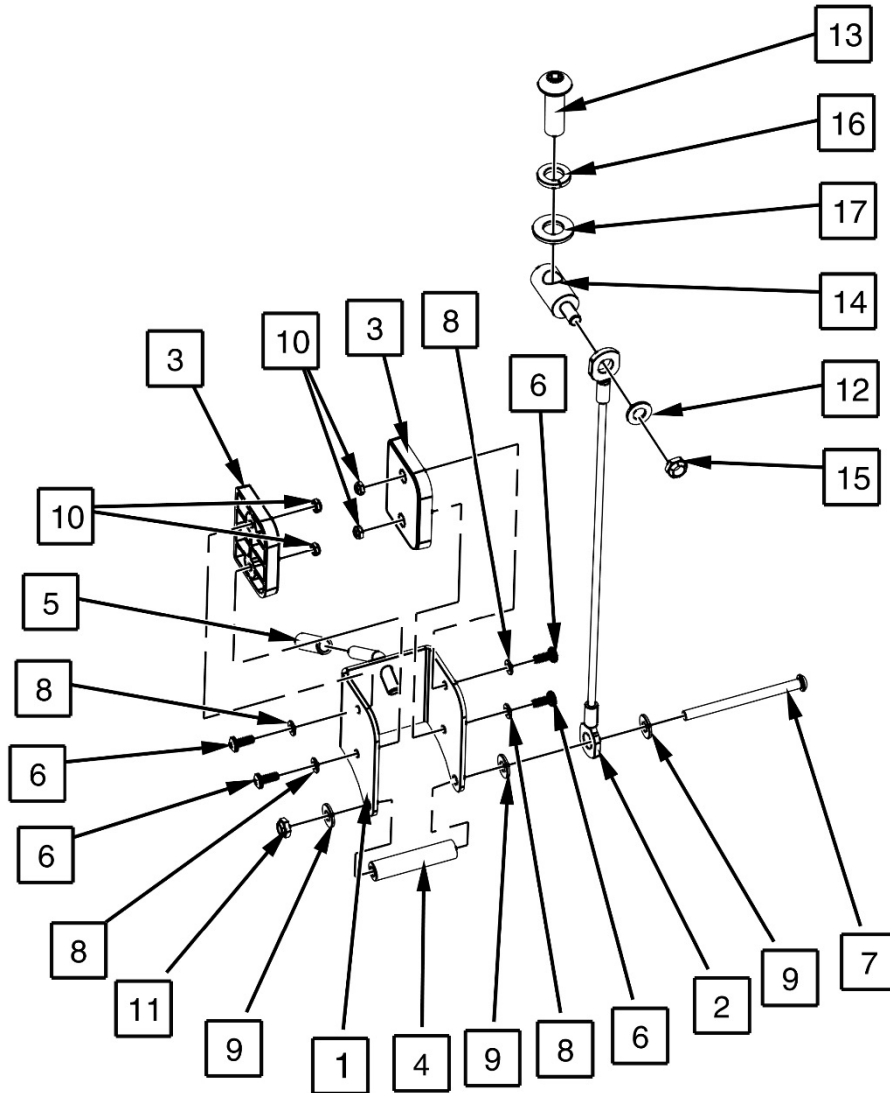


# OWNER'S MANUAL

## PRE-ASSEMBLY

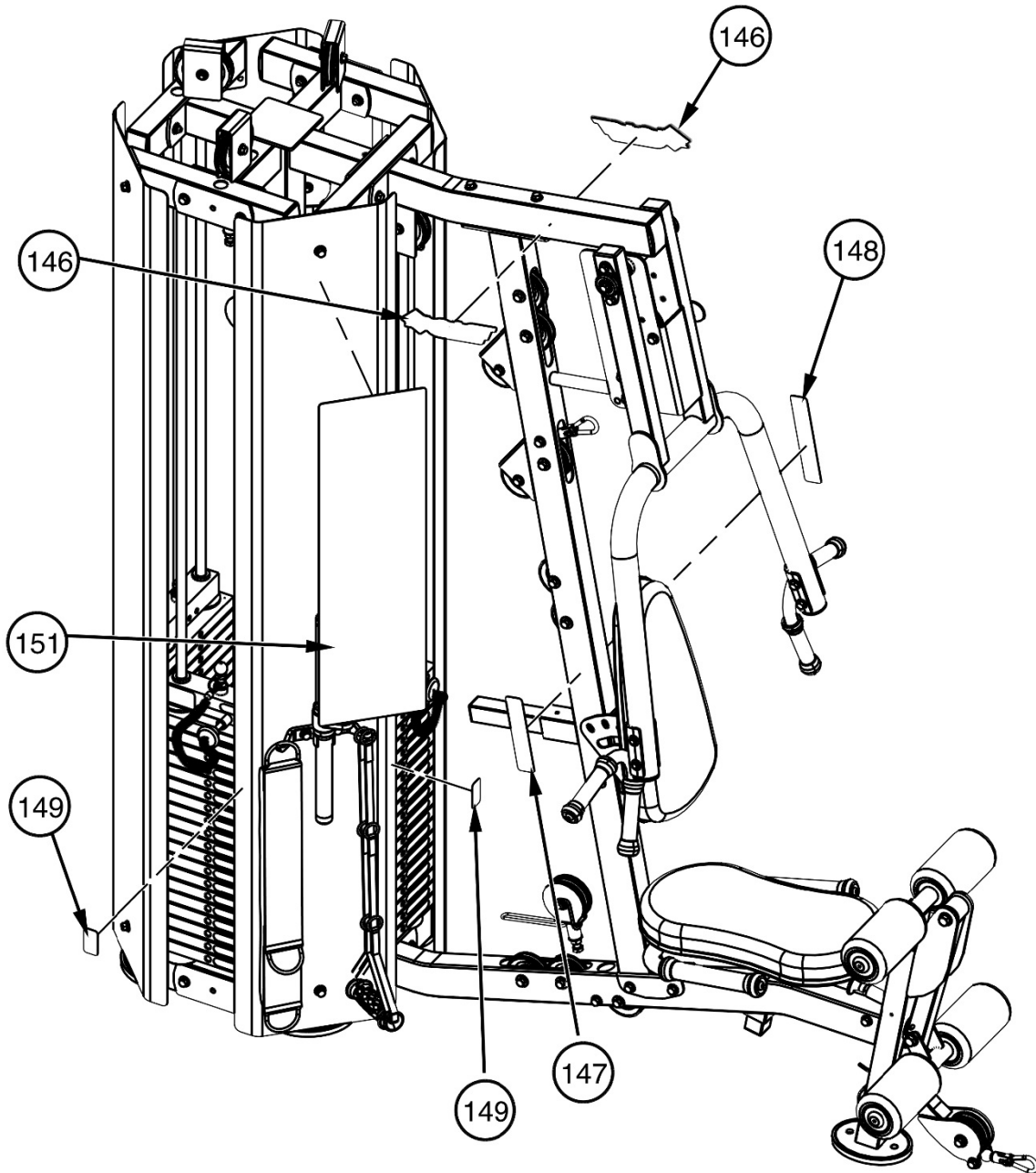
NOTE:

- THE PARTS SHOWN BELOW MAKE UP SAFETY STOP ASSEMBLY (154) LISTED IN THE H4400-B PARTS LIST. A SEPARATE SAFETY STOP ASSEMBLY PARTS LIST CAN BE FOUND AFTER THE H4400-B PARTS LIST.



## DECAL PLACEMENT

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



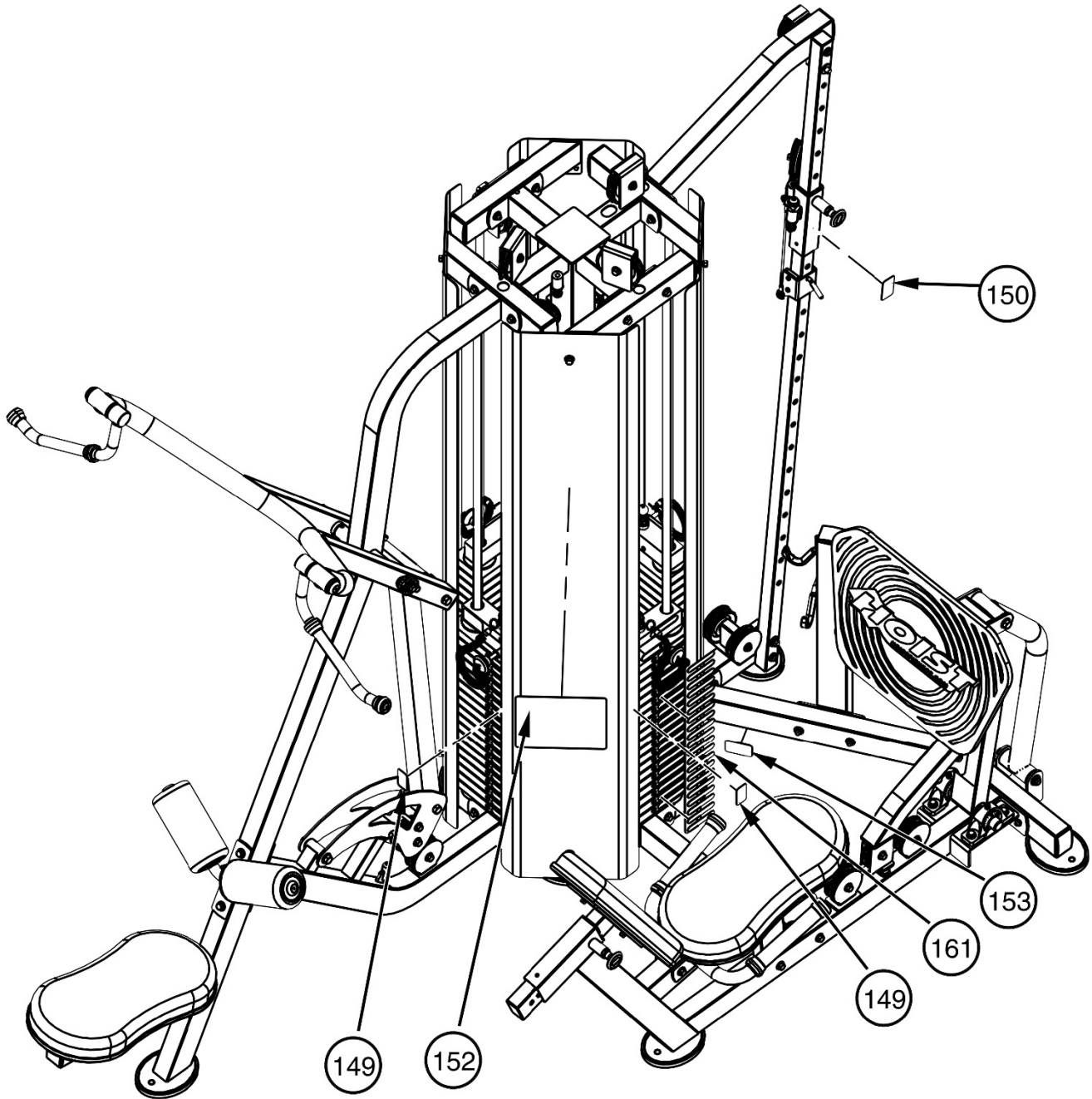
# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:

-REPEAT PLACEMENT FOR WEIGHT STACK  
DECALS (161) FOR REMAINING THREE  
WEIGHT STACKS

- SOME PARTS MAY HAVE BEEN REMOVED  
FOR CLARITY.



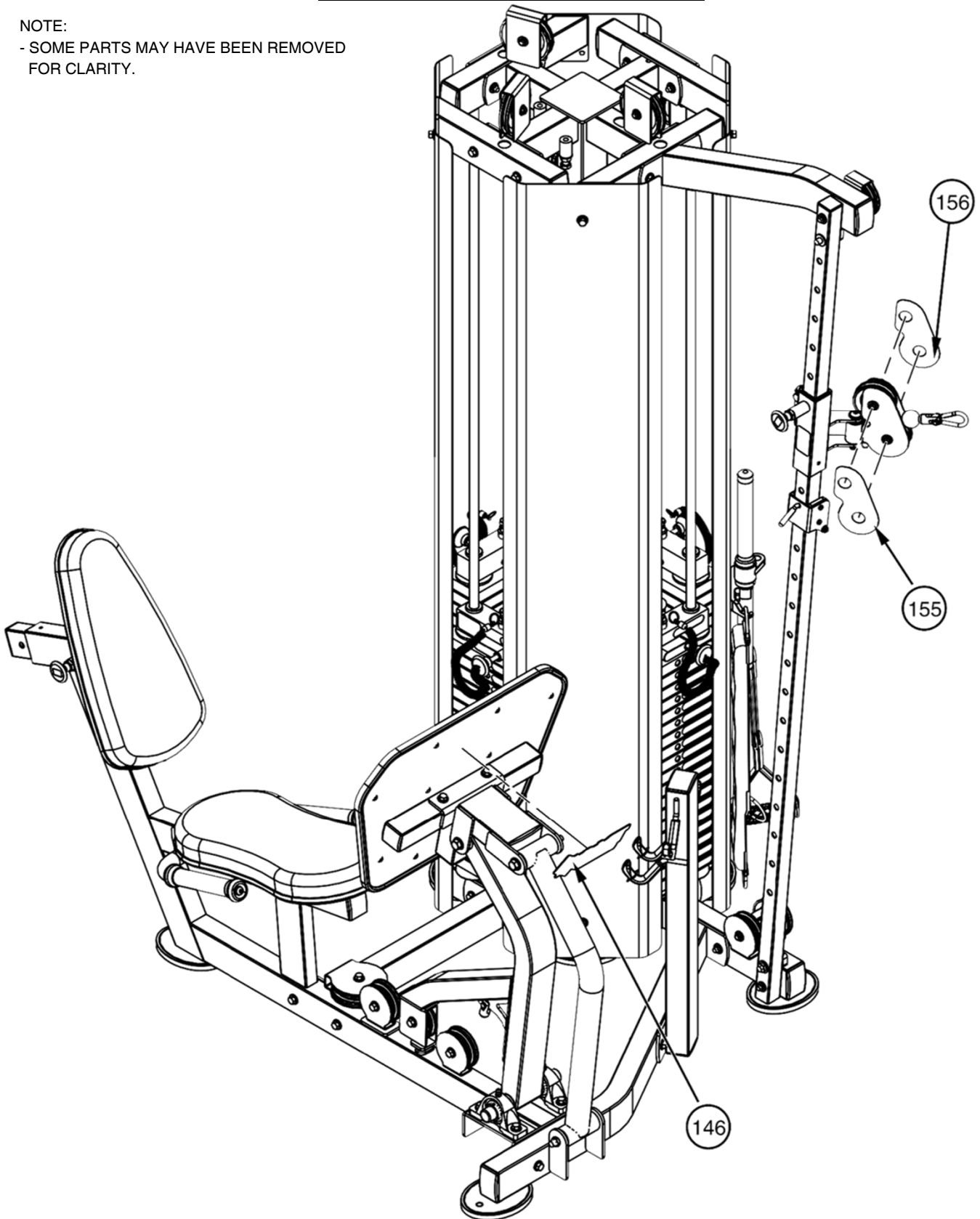


# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:

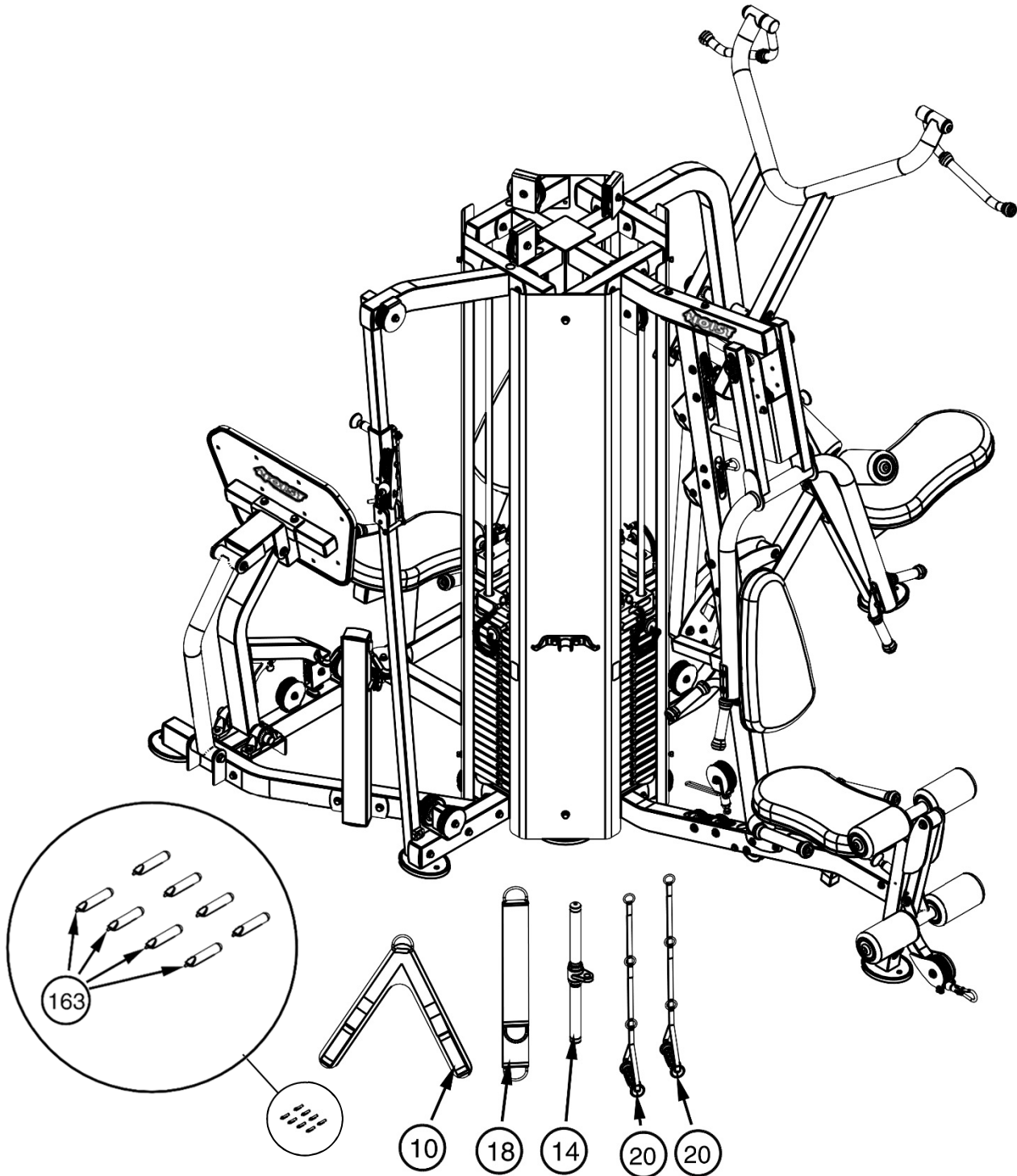
- SOME PARTS MAY HAVE BEEN REMOVED  
FOR CLARITY.



## ACCESSORIES

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



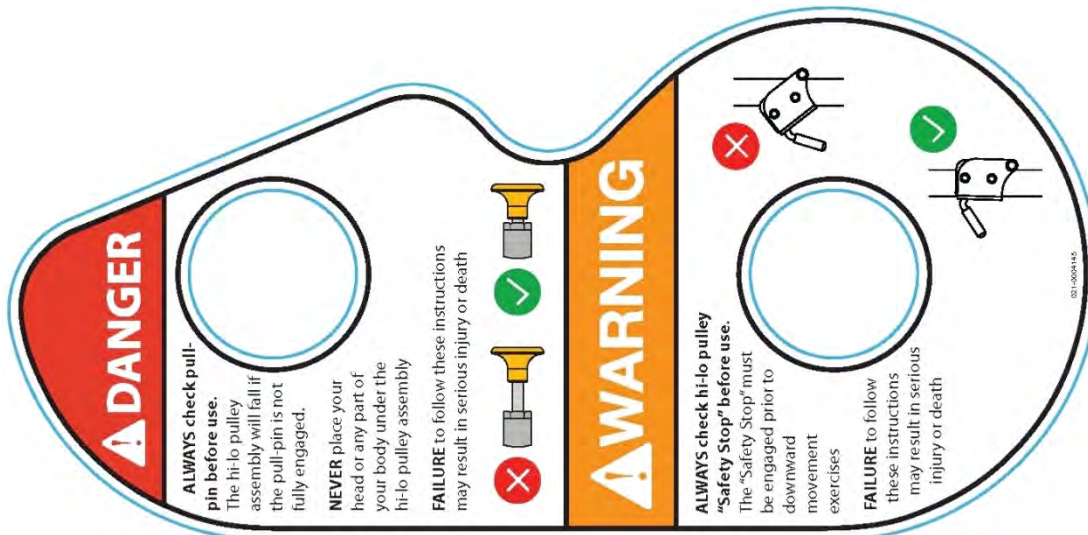
## DECAL REFERENCE



021-0004139



021-0004144



021-0004145

## DECAL REFERENCE



021-0003322



021-0004138



SERIAL # DECAL



021-0004140



021-0003135

NOTICE		Daily	Weekly	Monthly	3 Months	Yearly
COMMERCIAL MAINTENANCE						
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

## DECAL REFERENCE



021-0018022

**10** LBS / **5** KGS

**90** LBS / **41** KGS

**170** LBS / **77** KGS

**20** LBS / **9** KGS

**100** LBS / **45** KGS

**180** LBS / **82** KGS

**30** LBS / **14** KGS

**110** LBS / **50** KGS

**190** LBS / **86** KGS

**40** LBS / **18** KGS

**120** LBS / **54** KGS

**200** LBS / **91** KGS

**50** LBS / **23** KGS

**130** LBS / **59** KGS

**60** LBS / **27** KGS

**140** LBS / **64** KGS

**70** LBS / **32** KGS

**150** LBS / **68** KGS

**80** LBS / **36** KGS

**160** LBS / **73** KGS

021-0003965

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0681	LEG EXT / CURL CABLE	1
2	010-01C0682	CABLE ASSEMBLY	1
3	010-01C0685	CABLE ASSEMBLY	1
4	010-01C0686	CABLE ASSEMBLY	1
5	010-01C0687	CABLE ASSEMBLY	1
6	010-01C0688	CABLE ASSEMBLY	1
7	010-01C0689	CABLE ASSEMBLY	1
8	010-01C0690	CABLE ASSEMBLY	1
9	010-01C0691	CABLE ASSEMBLY	1
10	022-0008032	AB STRAP	1
11	026-01X7305	ROLLER BAR ASSEMBLY (H4400-B)	2
12	026-01X0185	PULL-PIN ASSEMBLY	4
13	026-01X0186	PULL-PIN ASSEMBLY	1
14	026-01X1118	ALUMINUM CURL BAR ASSEMBLY	1
15	026-01X1141	LEG EXT /CURL ARM	1
16	026-01X1161	PAD ADJUST FOR ROM ASSY.	1
17	026-01X1414	ADJ. FLOATING PULLEY HOUSING ASSEMBLY	4
18	026-01X1635	FLEECE KNEE STRAP WITH (3) D-RINGS ASSEMBLY	1
19	026-01X2161	THREADED PULL-PIN ASSEMBLY	1
20	026-01X5760	STRAP HANDLE WITH (3) O-RINGS (LOWER) ASSEMBLY	2
21	026-01X7193	SEAT ADJUSTER	1
22	026-01X7194	ROLLER PAD ADJUSTER	1
23	026-01X7195	BOTTOM TUBE ASSY.	1
24	026-01X7196	BACK ADJUSTER MOUNT	1
25	026-01X7197	LEG ROLLER PIVOT	1
26	026-01X7198	TOP ARM	1
27	026-01X7199	HANDLE ASSY.	2
28	026-01X7200	LEG PRESS HANDLE-1	1
29	026-01X7202	LEG PRESS HANDLE-2	1
30	026-01X7203	BENCH PRESS TOP MOUNT	1
31	026-01X7213	CHEST PRESS UPRIGHT	1
32	026-01X7229	LAT PULL MIDDLE ARM ASSY.	1
33	026-01X7242	WEIGHT CAGE UPRIGHT	1
34	026-01X7243	LAT UPRIGHT	1
35	026-01X7244	GUIDE ROD MOUNT BASE	4
36	026-01X7245	GUIDE ROD MOUNT TOP-1	1
37	026-01X7246	LAT PULL BASE ASSY.	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
38	026-01X7247	ROLLER PAD MOUNT	1
39	026-01X7249	GUIDE ROD MOUNT TOP-2	3
40	026-01X7250	FOOTPLATE ASSY.	1
41	026-01X7251	ARM ASSY.	1
42	026-01X7252	CROSSMEMBER	1
43	026-01X7253	HI-LO BASE	1
44	026-01X7254	LEG PRESS FRONT MOUNT	1
45	026-01X7255	LP MAIN FRAME	1
46	026-01X7256	PAD ADJUSTER	1
47	026-01X7257	LINK	1
48	026-01X7258	FOOT REST MOUNT	1
49	026-01X7259	SWIVEL PULLEY ASSEMBLY	1
50	026-01X7260	HI-LO TOP MOUNT	1
51	026-01X7261	HI-LO COLUMN	1
52	026-01X7262	SWIVEL PULLEY ADJUSTER	1
53	026-01X7263	ACCESSORY RACK	1
54	022-01PD2349	SEAT PAD ASSEMBLY	3
55	022-01PD2350	BACK PAD ASSEMBLY	2
56	020-0014027	ADJUSTABLE STOP	1
57	026-01G0425	GUIDE ROD, .750" X 76.7624" LG.	8
58	026-01M0200	QUICK RELEASE CABLE LOCK Ø.34" I.D. X .9990"LG.	1
59	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	4
60	026-01M0933	ALUMINUM RING: Ø1.25" ID	4
61	026-01M0936	ALUMINIUM RING: Ø 1.00" I.D.	2
62	026-01M0937	END CAP: ALUMINUM Ø1.0" I.D.	2
63	026-01M2336	HEAVY FLANGED SPACER: Ø.3910" I.D. X .4375" LG	20
64	026-01M2940	GUIDE	1
65	026-01M3522	SHAFT, Ø.982" X 12.4409" LG.	1
66	026-01M3523	SHAFT, Ø.984" X 7.5197" LG.	1
67	026-01M3524	SHAFT, Ø.787" x 1.94" LG.	1
68	026-01M3526	LATCH SPACER	1
69	026-01M3527	ALUMINUM FLATHEAD CAP	8
70	026-01M3528	SHAFT Ø.984" X 8.0315" LG.	1
71	026-01M3532	GUIDE	1
72	026-01P6579	LAT PULL, LOWER ARM	2
73	026-01P6580	PAD ROM ASSY.	1
74	026-01P6596	SHIELD- 1	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
75	026-01P6606	SHIELD- 2	3
76	022-01PDR008	ROLLER PAD $\phi$ 4.00" X 7.00" LG.	4
77	022-01PDR016	ROLLER PAD $\phi$ 4.00" X 8.00" LG.	2
78	026-01PL0125A	E-Z GLIDE PLASTIC SLEEVE	10
79	026-01PL0206-29	GRIP - OPEN END $\phi$ 1.00" X 9.25" LG.	2
80	026-01PL0221	PLASTIC LIMITER	2
81	026-01PL0235-31	$\phi$ 1.188" X 7.00" OPEN END GRIP	4
82	026-01PL2005	PLUG BUMPER (2 STEM)	3
83	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	9
84	026-01PL2427	VINYL SLEEVE $\phi$ .50" OD X .38" ID	1
85	026-01PL2821	ACCESSORY HOOK COVER	4
86	026-01PL2908	END CAP- 1.9685" X 2.9528" (BLACK)	16
87	026-01PL2910	ACCESSORY HOLDER	1
88	026-01PL2912	STOP BUMPER	1
89	026-01PL2916	FOOTPLATE RUBBER	1
90	026-01PL2917	END CAP- 1.9685" X 3.9370" (BLACK)	1
91	026-01PL2918	END CAP- .9843" X 1.9685" (BLACK)	2
92	026-01PL2919	END CAP-1.9685" X 1.9685" (BLACK)	5
93	26-STD-02-0277	BEARING MOUNT, 2 BOLT,6004-2Z	2
94	026-STD-05-0129	LATCH HOOK	1
95	026-01PL2937	RELAX ROLLER BUSHING - 1.02" I.D.	12
96	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	12
97	012-0305003	3/8"-16UNC JAM NUT (WZ)	1
98	014-0003003	BEARING: FLANGED BALL BEARING $\phi$ .50" I.D.	2
99	014-0010010	PILLOW BLOCK BEARING, 25mm + SET SCREWS	2
100	014-0101034	BUSHING: OILITE FLANGED 12.8mm I.D. X 19.3mm O.D. X 11.1mm LG.	14
101	014-0101035	BEARING,FLANGED,25mm I.D X 32mm O.D X 20mm LG	6
103	014-0101037	BEARING,FLANGED,20mm I.D X 35mm O.D X 12mm LG	2
104	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
105	016-0201006	RUBBER ROUND CAP	2
106	016-0201024	END CAP-F 38mm X 38mm (BLACK)	5
107	018-0001002	CABLE PULLEY: $\phi$ 3.50"	30
108	018-0001003	CABLE PULLEY: $\phi$ 4.50"	5
109	026-01PL2927	WEIGHT STACK BUMPER	8
110	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	6
111	011-0107028	5/16"-18UNC X 4.00" HHB (WZ)	4
112	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4



# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
113	011-0007035	3/8"-16UNC X .75" HHB (WZ)	14
114	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	2
115	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	4
116	011-0407027	3/8"-16UNC X 1.75" HHB (WZ)	17
117	011-0407058	3/8"-16UNC X 2.00" HHB (WZ)	2
118	011-0107009	3/8"-16UNC X 2.50" HHB (WZ)	13
119	011-0007050	3/8"-16UNC X 2.75" HHB (WZ)	16
120	011-0407026	3/8"-16UNC X 3.00" HHB (WZ)	16
121	011-0107020	3/8"-16UNC X 3.25" HHB (WZ)	3
122	011-0107018	3/8"-16UNC X 3.75" HHB (WZ)	2
123	011-0407025	3/8"-16UNC X 4.00" HHB (WZ)	3
124	011-0107049	3/8"-16UNC X 4.75" HHB (WZ)	2
125	011-0407070	3/8"-16UNC X 5.25" HHB (WZ)	1
126	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	4
127	011-0109004	3/8"-16UNC X 1.25" BHCS (WZ)	2
128	011-0002044	3/8"-16UNC X 1.00" FHCS (WZ) W/NYLON PATCH	8
129	011-0101063	3/8"-16UNC X 1.00" SHCS (WZ)	1
130	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)	3
131	011-0107034	1/2"-13UNC X 3.25" HHB (WZ)	4
132	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	4
134	011-0101090	1/2"-13UNC X 3.50" BHCS (WZ)	1
135	011-0002046	1/2"-13UNC X 2.50" FHB (WZ)	2
136	013-0302008	5/16" SAE FLAT WASHER (WZ)	10
137	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	152
138	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	26
140	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	10
141	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	20
142	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	2
143	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	81
144	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	12
146	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	3
147	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
148	021-0003135	DECAL WARNING 1.50" X 7.75"	1
149	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	4
150	021-0004138	DECAL, PULLEY WARNING	1
151	021-0004139	H440 EXERCISE PLACARD - 1	1

# OWNER'S MANUAL

## **PART LIST CONTINUED**

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
152	021-0004140	H440 EXERCISE PLACARD - 2	1
153	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
154	026-01X7275	HI-LO SAFETY STOP KIT FOR H4400	1
155	021-0004144	H4400-B HI-LO DANGER DECAL	1
156	021-0004145	H4400-B HI-LO DANGER DECAL	1
157	014-0602004	SPACER .6250" LG.	2
158	011-0311015	3/8-16UNC X 3/8" CUP POINT SET SCREW (WZ)	2
159	014-0019005-1	Ø 1.0000" ID SPLIT COLLAR, THREADED HALF	2
160	011-0007097	1/4"-20UNC X .75" SHCS (BZ)	4
161	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	4
162	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	1
163	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	8
164	WS#22 + 50 LBS UPGRADE	200 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM	4

# OWNER'S MANUAL

## SAFETY STOP PART LIST

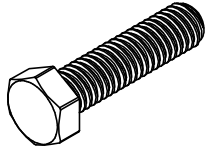
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X7276	SAFETY STOP	1
2	010-01C0694	SAFETY STOP LANYARD	1
3	026-01PL2922	STOP	2
4	026-01PL2925	SPACER, $\phi$ .500" OD X 2.2500" LG.	1
5	016-0002015	VINYL SLEEVE $\phi$ .3000" X 1.63"	1
6	011-0111014	M5- 0.8 mm x 12mm Pan Head Phillips	4
7	14-20UNC x 3.25	1/4"-20UNC X 3.25" BHCB (WZ)	1
8	013-0102039	M5 FLAT WASHER (WZ)	4
9	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	3
10	012-0104022	M5-.08 NYLOCK NUT (WZ)	4
11	012-0104009	1/4"-20 UNC THIN NYLOCK NUT (WZ)	1
12	013-0302008	5/16" SAE FLAT WASHER (WZ)	1
13	011-0101047	1/2"-13UNC X 1.50" BHCS (WZ)	1
14	026-01M3543	LANYARD MOUNT	1
15	012-0102006	5/16"-18UNC THIN NYLOCK NUT (WZ)	1
16	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	1
17	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	1

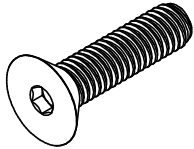
# OWNER'S MANUAL

## ABBREVIATIONS

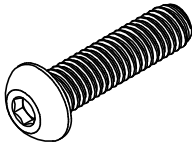
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



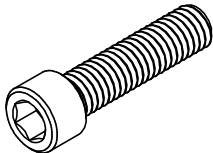
HHB = Hex Head Bolt



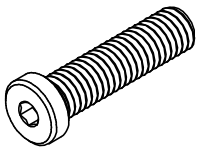
FHCS = Flat Head Cap Screw



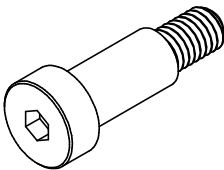
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



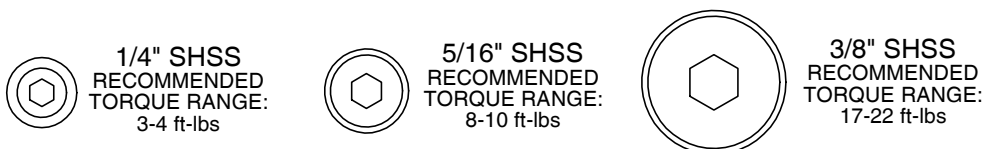
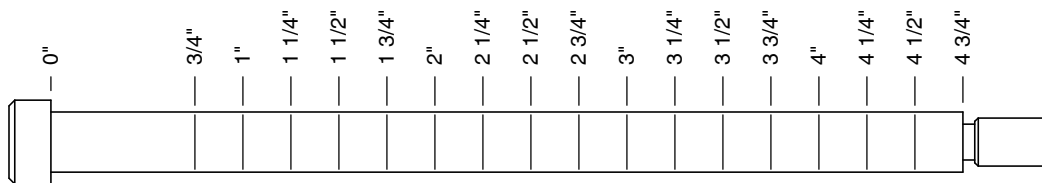
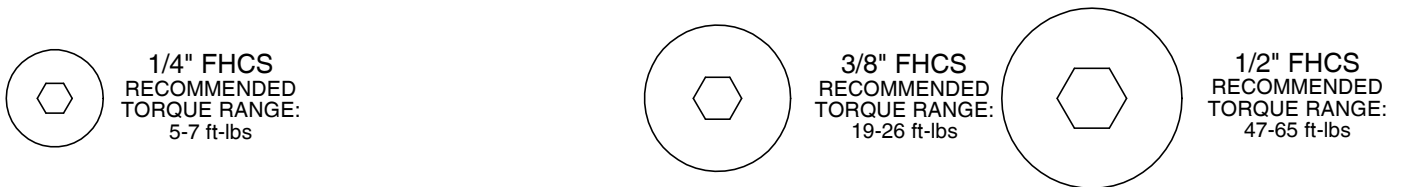
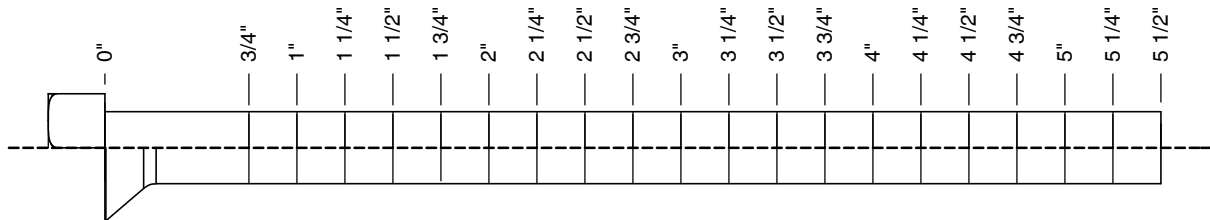
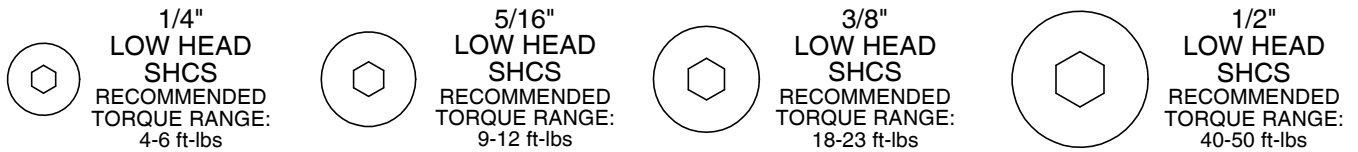
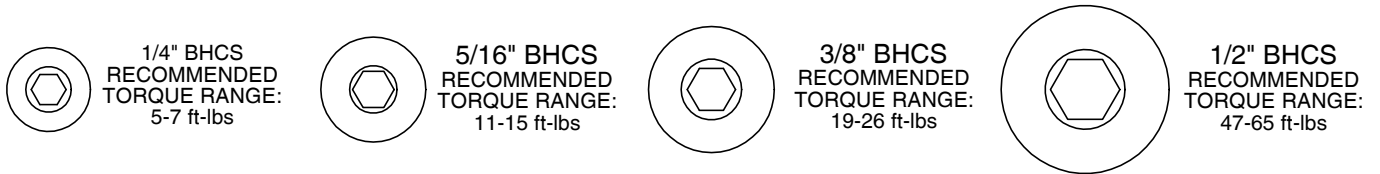
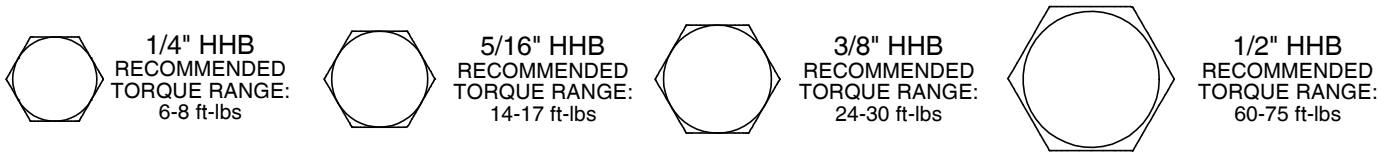
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

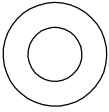
## BOLT SIZING CHART



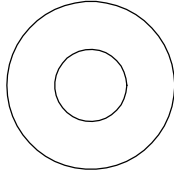
# OWNER'S MANUAL

## WASHER SIZING CHART

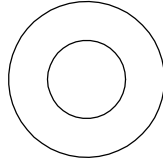
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



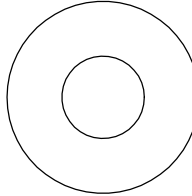
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



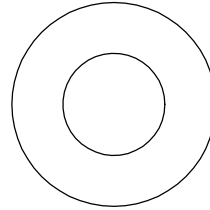
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



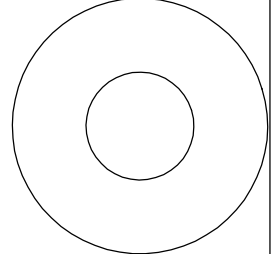
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



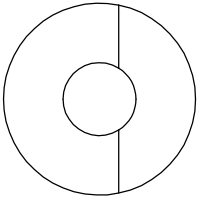
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



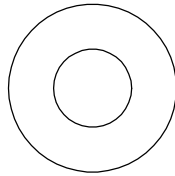
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



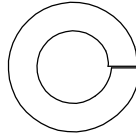
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



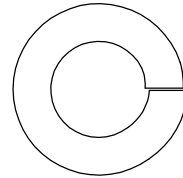
013-0102019  
1/4"  
LOCK WASHER



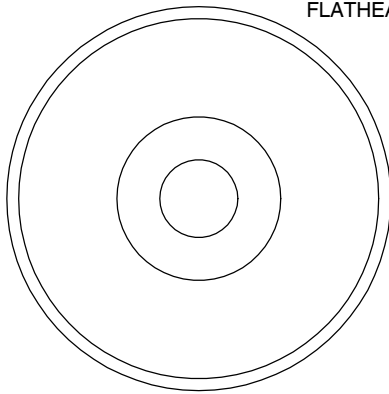
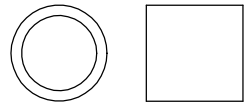
013-0102020  
3/8"  
LOCK WASHER



013-0102018  
1/2"  
LOCK WASHER



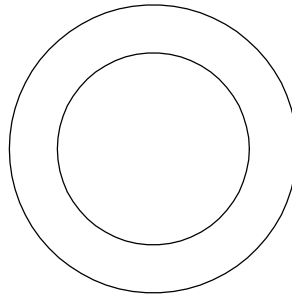
014-0018001  
1/2" LONG  
SPACER



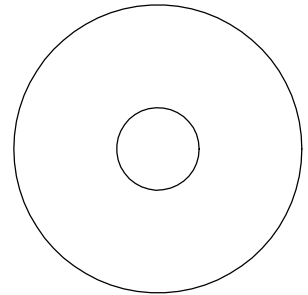
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



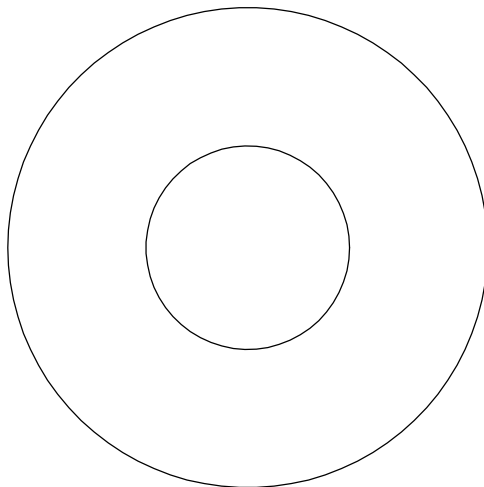
016-0009003  
1" SHIM WASHER



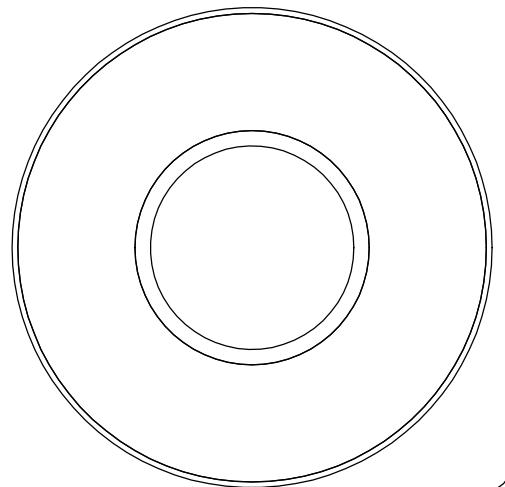
013-0003002  
3/8" FENDER WASHER



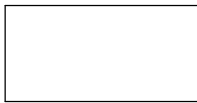
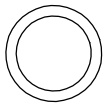
013-0003004  
1 1/16"  
FENDER WASHER



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



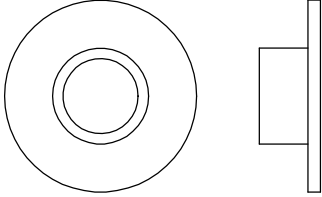
014-0018002  
1" LONG  
SPACER



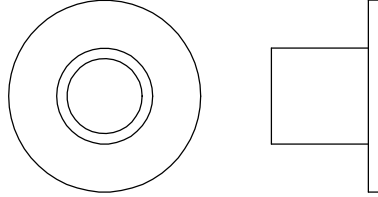
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

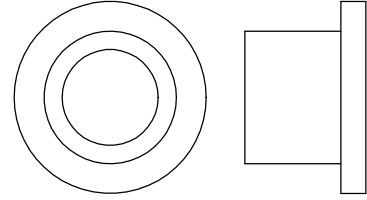
026-01M0211  
1/4" LONG  
FLANGED SPACER



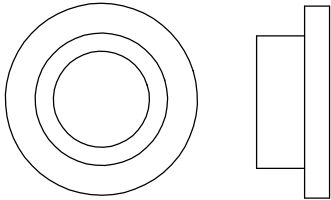
026-01M0198  
1/2" LONG  
FLANGED SPACER



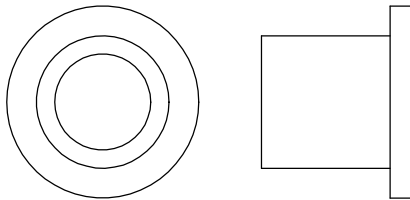
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



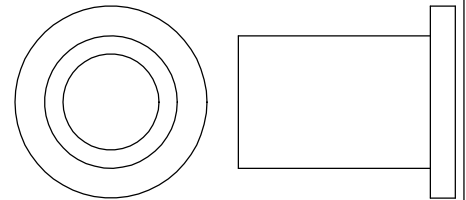
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



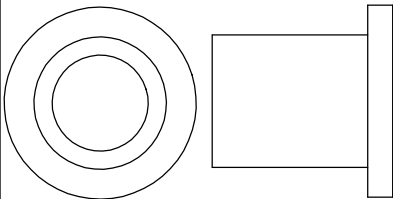
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



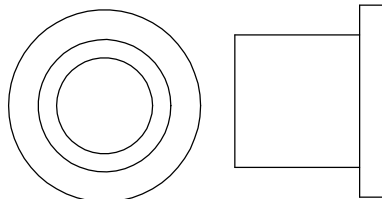
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



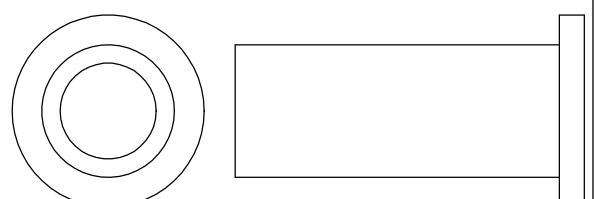
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



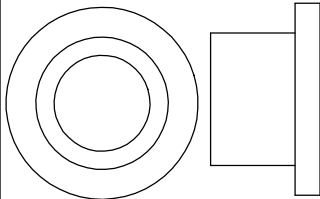
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



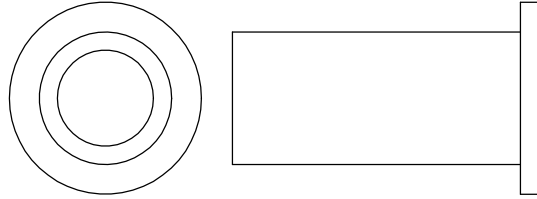
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



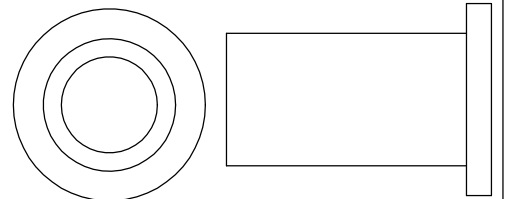
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



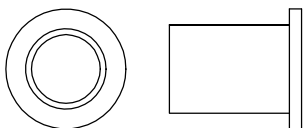
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



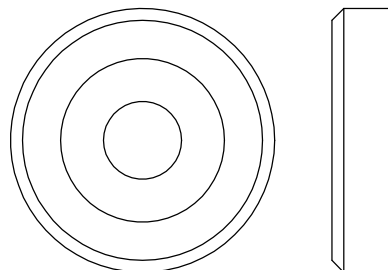
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



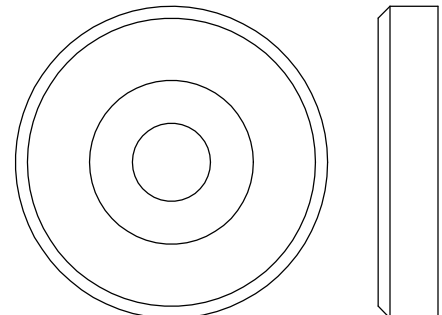
026-01M0600  
.625" LONG  
FLANGED SPACER



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 H4400-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 H4400-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.

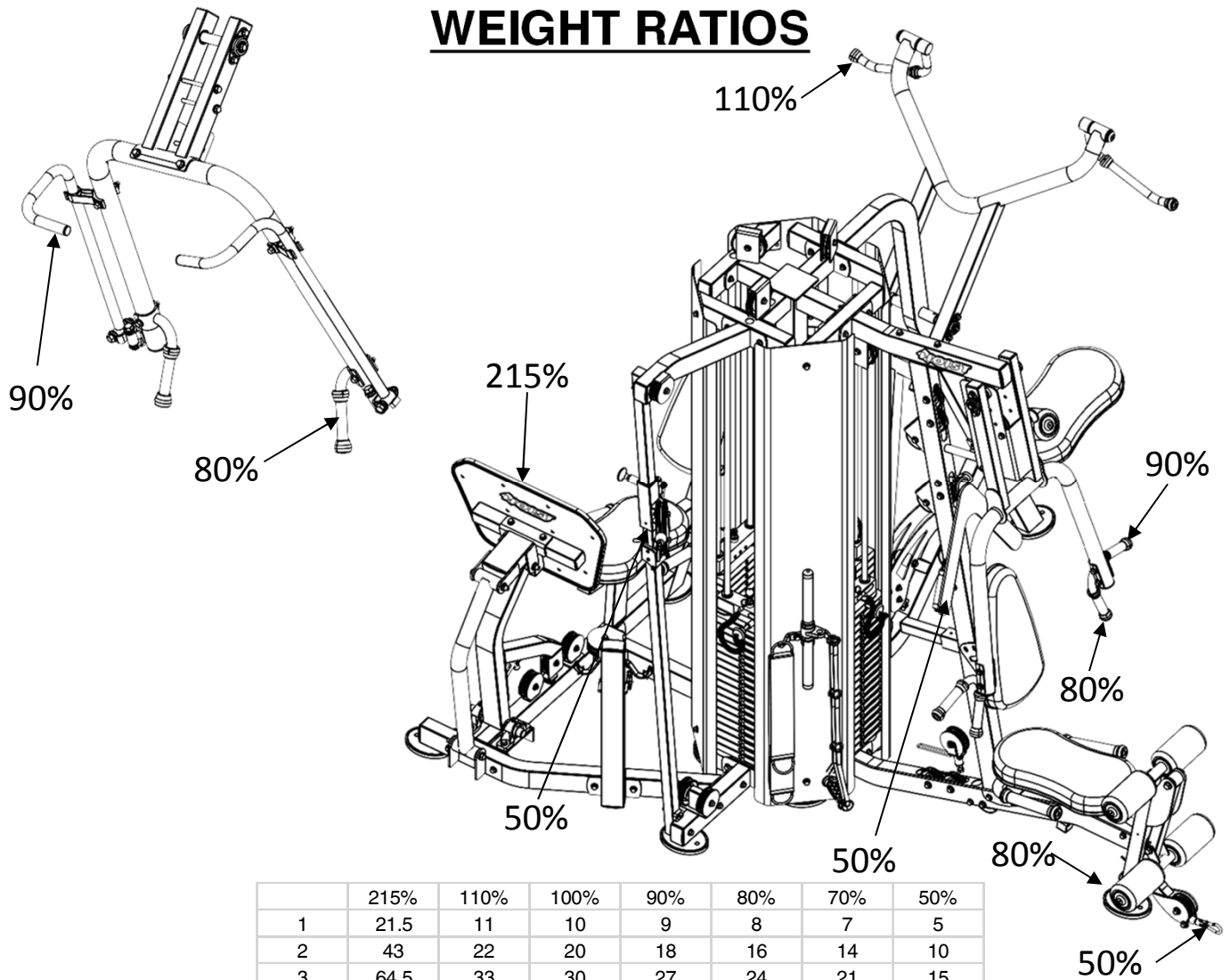
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

**Enjoy your H4400-B HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS



	215%	110%	100%	90%	80%	70%	50%
1	21.5	11	10	9	8	7	5
2	43	22	20	18	16	14	10
3	64.5	33	30	27	24	21	15
4	86	44	40	36	32	28	20
5	107.5	55	50	45	40	35	25
6	129	66	60	54	48	42	30
7	150.5	77	70	63	56	49	35
8	172	88	80	72	64	56	40
9	193.5	99	90	81	72	63	45
10	215	110	100	90	80	70	50
11	236.5	121	110	99	88	77	55
12	258	132	120	108	96	84	60
13	279.5	143	130	117	104	91	65
14	301	154	140	126	112	98	70
15	322.5	165	150	135	120	105	75
16	344	176	160	144	128	112	80
17	365.5	187	170	153	136	119	85
18	387	198	180	162	144	126	90
19	408.5	209	190	171	152	133	95
20	430	220	200	180	160	140	100

The chart above shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting look in the column for the corresponding ratio and then come down to the number of the weight plate(s) that you have pinned.



# 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**