

HF4357



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

RECORD SERIAL NUMBER HERE

CATALOG NUMBER
1205-000

Customer Service

(800) 548-5438

(619) 578-7676

<u>Fax</u>

 $(619) \ \overline{578} - 9558$

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Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. 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 catalog when calling. When all parts have been accounted for, continue on to Step 2.

SUGGESTED TOOLS

Socket Wrench

1/2", 9/16" & 3/4" Sockets

Crescent Wrench

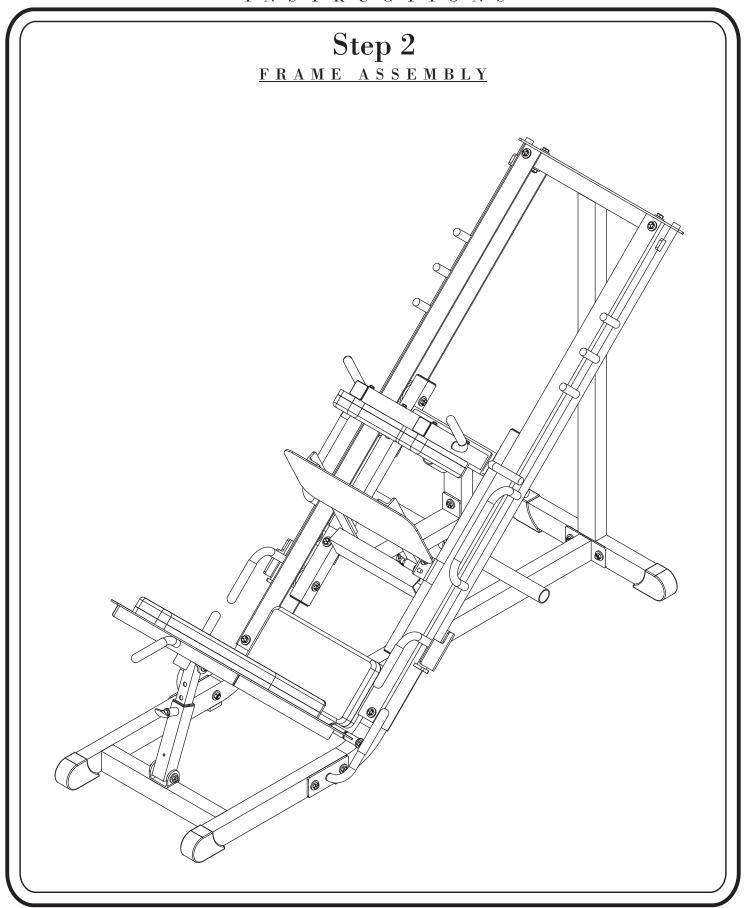
Rubber Mallet

Tape Measure



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$\underset{\text{I N S T R U C T I O N S}}{\textbf{OWNERS}}$



Step 2a

$\underline{F\ R\ A\ M\ E\ A\ S\ S\ E\ M\ B\ L\ Y}$

Start this assembly by attaching (2) to (1). Then you will attach (4) and (5) to (1). *Just Snug these bolts at this point*. Finish by attaching (8) and (9) to (1). *Wrench Tighten these bolts*.

Part Descriptions

- 1 Base Front
- 2 Base Runner
- 4 Left Rail
- 5 Right Rail
- 8 Right Handle
- 9 Left Handle

Hardware Descriptions

A - 1/2"-13 x 3" Hex Head Screw

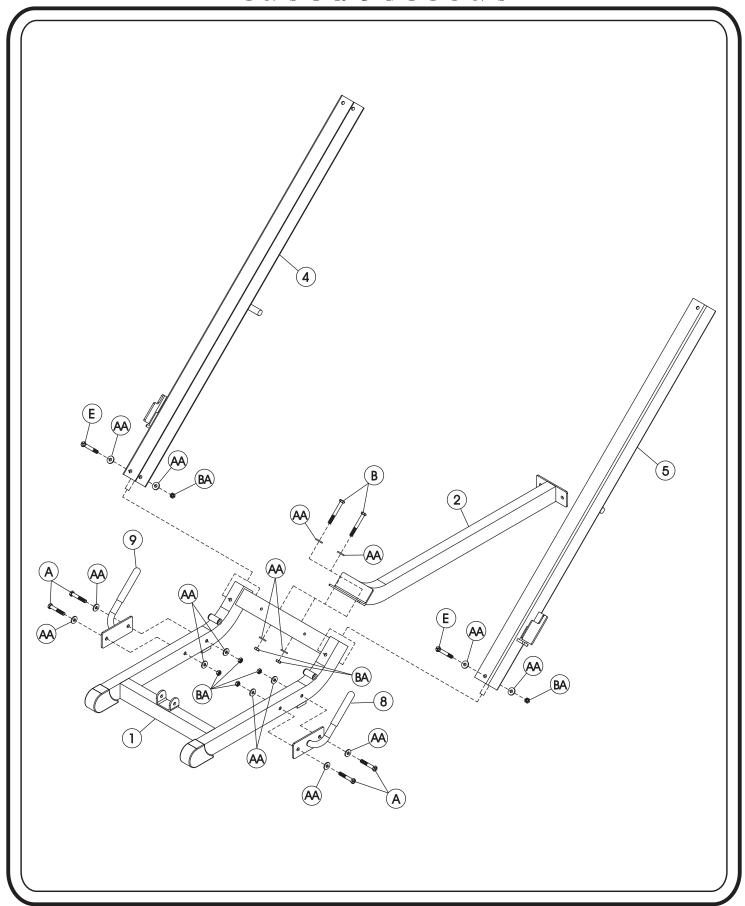
B - 1/2"-13 x 4" Hex Head Screw

E - 1/2"-13 x 4 1/4" Hex Head Screw

AA - 1/2" Flat Washer

BA - 1/2" Nylok Nut

OWNERS INSTRUCTIONS



Step 2b

FRAME ASSEMBLY

In this step you will attach (15) to (1). Now insert (18) into (10). Then attach (10) to (1) and (18) to (15). <u>Wrench Tighten bolts. Then</u> back off 1/2" turn or enough so these parts can adjust easily.

Part Descriptions

1 - Base Front

10 - Outer Footrest Adjuster

15 - Hack Footrest

18 - Inner Footrest Adjuster

Hardware Descriptions

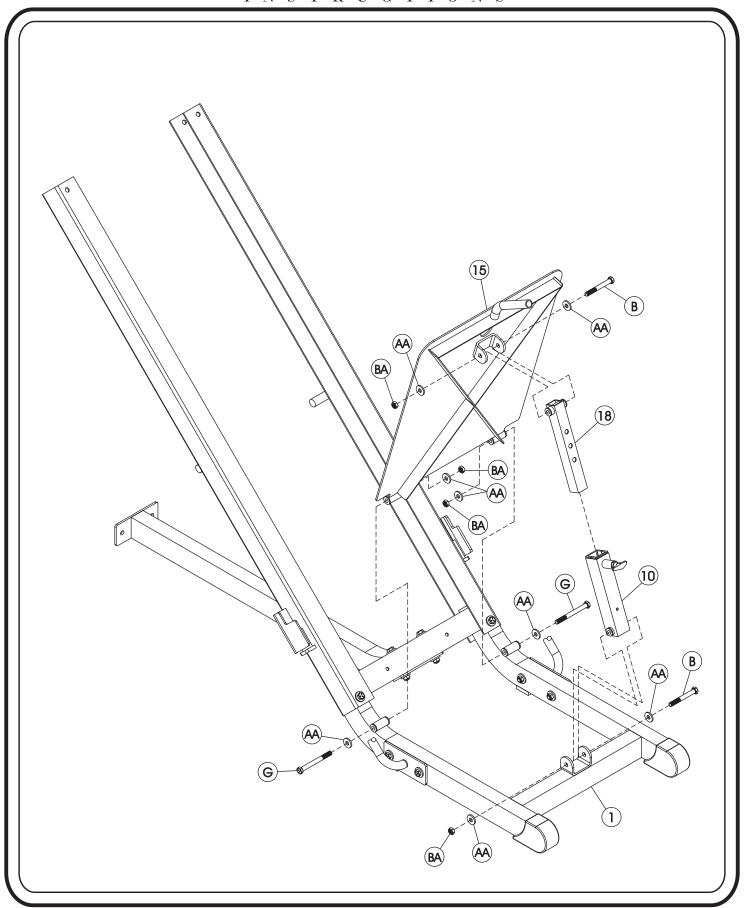
B - 1/2"-13 x 4" Hex Head Screw

G - 1/2"- $13 \times 5 \times 1/2$ " Hex Head Screw

AA - 1/2" Flat Washer

BA - 1/2" Nylok Nut

$\underset{\text{I N S T R U C T I O N S}}{\textbf{OWN E R S}}$



Step 2c

FRAME ASSEMBLY

Start by attaching (14) and (7) to (6). <u>Wrench Tighten bolts</u>. Attach (16) to (6). <u>Wrench Tighten bolts</u>. <u>Then back off 1/2" turn or enough so these parts can adjust easily</u>. Attach (CK) to the both sides of (6). And a (CJ) in each bracket on the right side of (6). <u>Wrench Tighten bolts</u>. (See Detail -A-). Attach two (CJ)'s to the two (11)'s. <u>Wrench Tighten bolts</u>. (See Detail -B-). Then attach both (11)'s to the left side of (6). Note that there is a slotted hole in (11) at this connection point which allows for adjustment of these wheels. At this point, position the (11)'s all the way in. <u>Just Snug bolts</u>. They will be adjusted out in Step 2e.

Part Descriptions

6 - Carriage

7 - Shoulder Pad Mount

11 - Wheel Mount

14 - Weight Carriage

16 - Leg Press Footrest

Hardware Descriptions

A - 1/2"-13 x 3" Hex Head Screw

C - 1/2"- $13 \times 3 \times 1/4$ " Hex Head Screw

D - 1/2"- $13 \times 1 \times 1/2$ " Hex Head Screw

F - 1/2"-13 x 4 1/2" Hex Head Screw

H - 3/8"- 16×2 " Hex Head Screw

AA - 1/2" Flat Washer

AB - 3/8" Flat Washer

AD - 1/2" Nylon Flat Washer

BA - 1/2" Nylok Nut

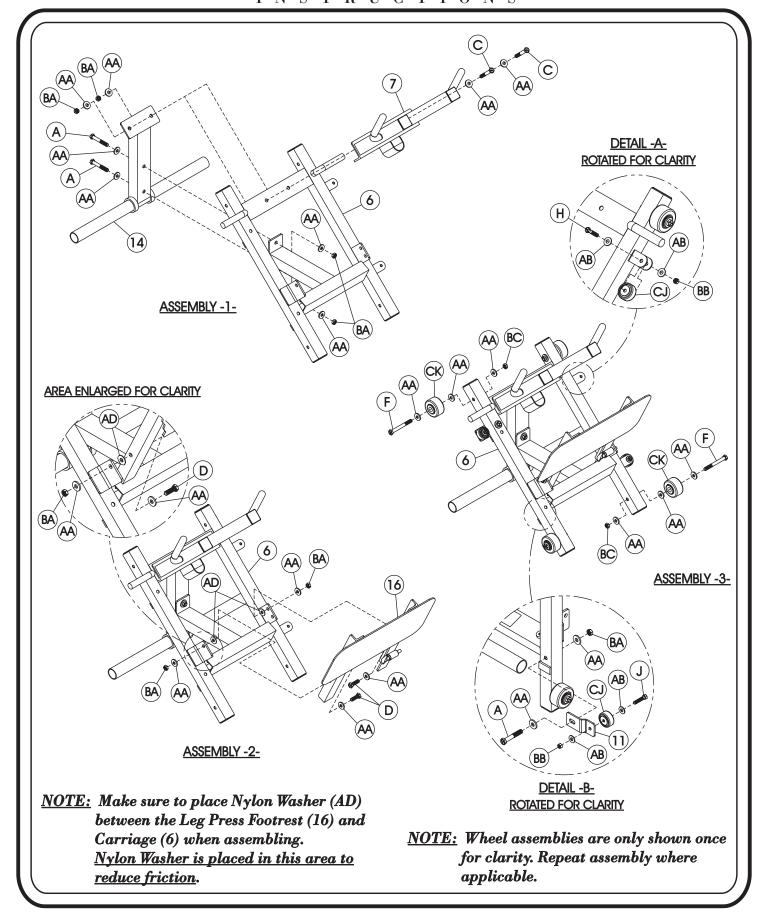
BB - 3/8" Nylok Nut

BC - 1/2" Nylok Nut (Thin)

CJ - 2" Dia. Wheel

CK - 3" Dia. Wheel

OWNERS INSTRUCTIONS



Step 2d

$\underline{F\ R\ A\ M\ E\ A\ S\ S\ E\ M\ B\ L\ Y}$

Start this assembly by sliding (6) into (4) and (5). Then attach (3) to both (4), (5) and (2). Wrench Tighten these bolts and the bolts that were Snug Tightened in Step 2a.

Part Descriptions

- 2 Base Runner
- 3 Rear Upright
- 4 Left Rail
- 5 Right Rail
- 6 Carriage

Hardware Descriptions

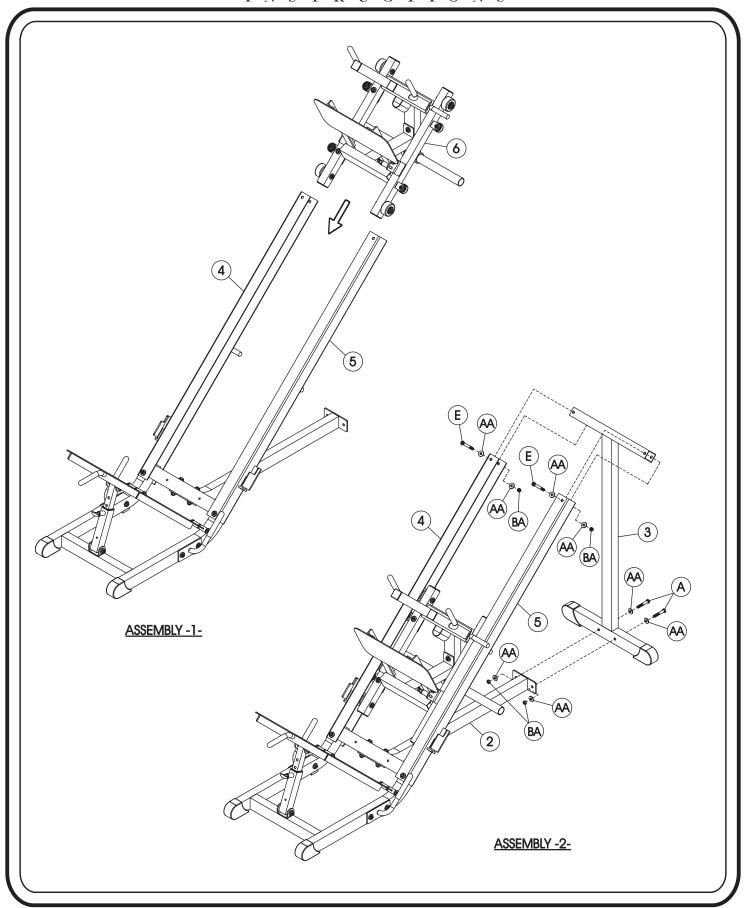
A - 1/2"-13 x 3" Hex Head Screw

E - 1/2"- $13 \times 4 \times 1/4$ " Hex Head Screw

AA - 1/2" Flat Washer

BA - 1/2" Nylok Nut

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Step 2e

FRAME ASSEMBLY

Now start this assembly by sliding each (12) into the holders on the sides of (4) and (5), (See Detail -C-). Then finish by sliding (13) onto the ends of both (12)'s, (See Detail -D-). Then attach (13) to the top of (3). Wrench Tighten bolts. Now adjust the side to side movement of the Carriage. To do this slide the Carriage as far towards the Right Rail as possible. Adjust the Wheel Mounts (11) out until the Wheels (CJ) contact the inside of the Left Rail. Wrench Tighten bolts. (See Detail -E-), Which is a reverse Carriage view for clarity.

Part Descriptions

- 3 Rear Upright
- 4 Left Rail
- 5 Right Rail
- 6 Carriage
- 11 Wheel Mount
- 12 Lockout Handles
- 13 Lockout Top Mount

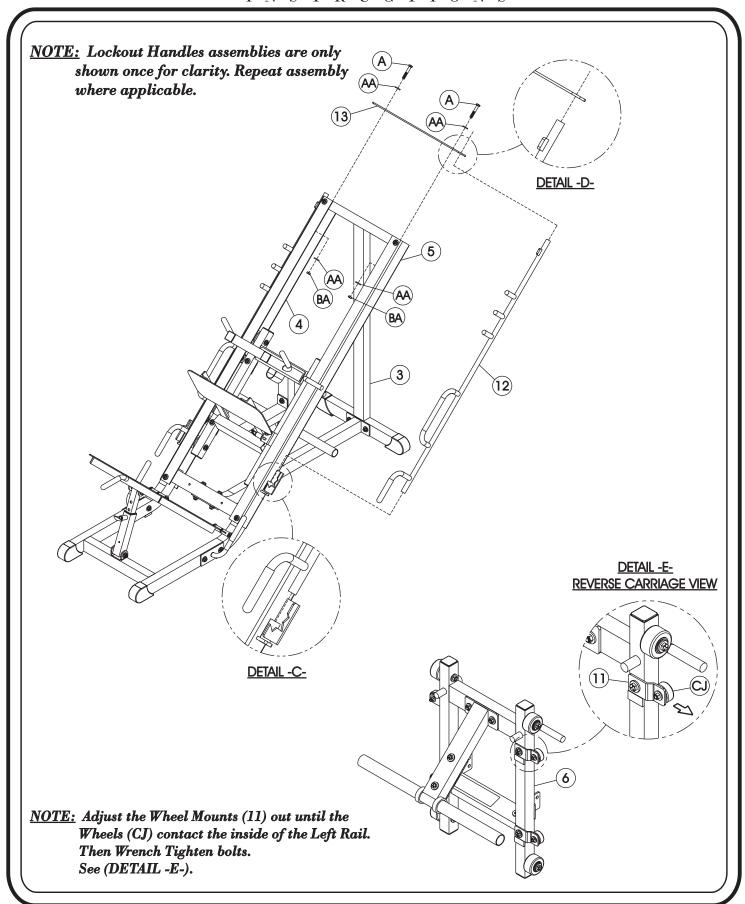
Hardware Descriptions

A - 1/2"-13 x 3" Hex Head Screw

AA - 1/2" Flat Washer

BA - 1/2" Nylok Nut

OWNERS INSTRUCTIONS



Step 2f

FRAME ASSEMBLY

Start by attaching (CM) to (1). Then you will attach both (CN)'s to (7). Now you will finish the assembly by attaching (17) to (CL). See note with assembly view on following page. <u>Wrench Tighten bolts</u>.

Part Descriptions

- 1 Base Front
- 7 Shoulder Pad Mount
- 17 Back Pad Anchor

Hardware Descriptions

K - 5/16"-18 x 3" Hex Head Screw

L - 5/16"- $18 \times 1 \frac{1}{2}$ " Hex Head Screw

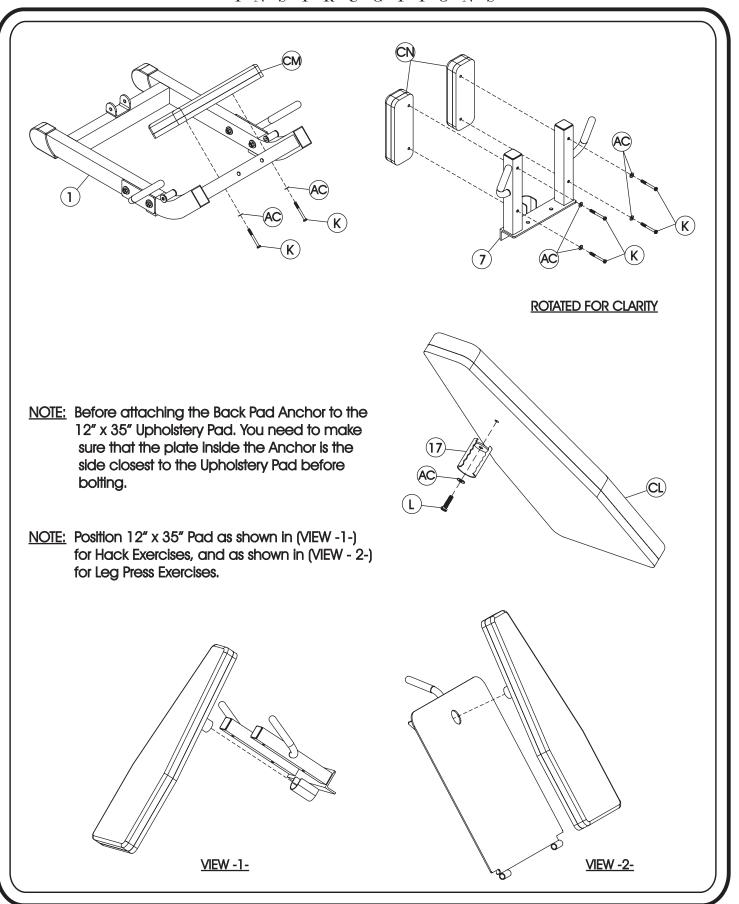
AC - 5/16" Flat Washer

CL - 12" x 35" Upholstery Pad

CM - 9" x 18" Upholstery Pad

CN - 4" x 12" Upholstery Pad

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PRE ASSEMBLED PARTS

Part Descriptions

CB - 2" x 2" End Cap

CC - Easy Glide Sleeve

CD - 6" Foam Grip

CE - Plug Bumper

CF - 1/2" Oilite

CG - Short Pull Pin

CH - Long Pull Pin

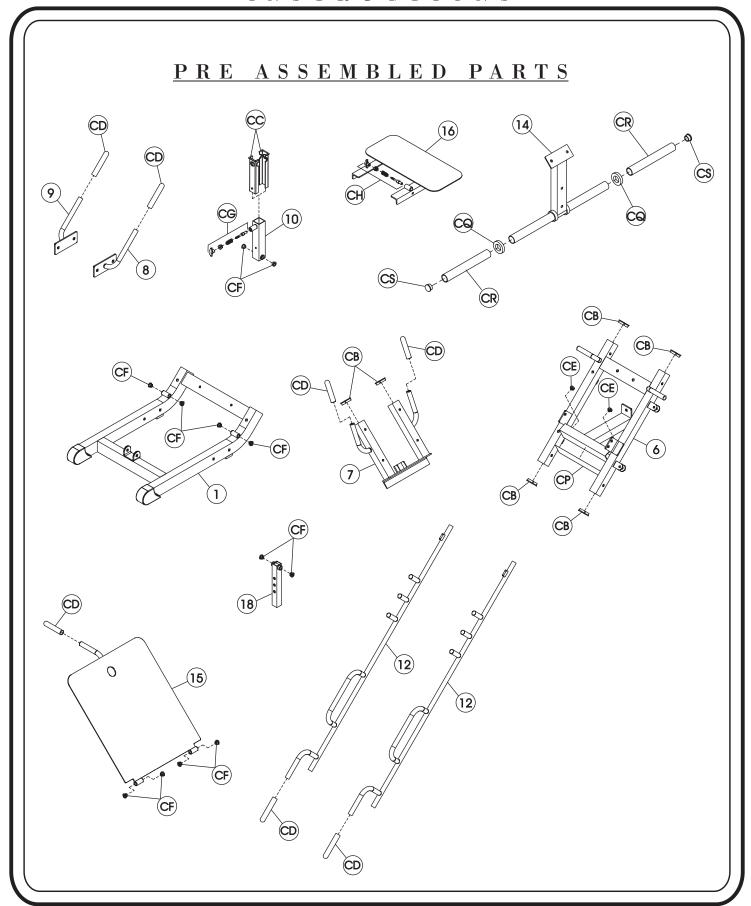
CP - 4" x 12" Non-Skid

CQ - Rubber Donut

CR - Weight Horn Sleeve

CS - 1 5/8 Dia. End Cap

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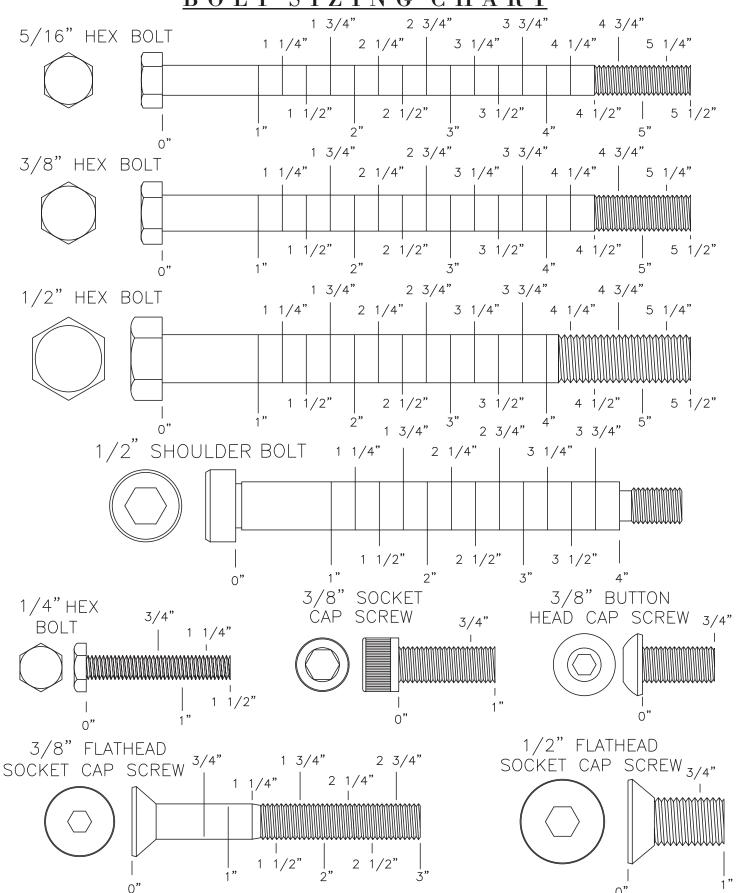
PART LISTING

<u>Key #</u>	Qty.	Part Number	<u>Description</u>
1	1	26-STD-HF357-01	Base Front
2	1	26-STD-HF357-02	Base Runner
3	1	26-STD-HF357-03	Rear Upright
4	1	26-STD-HF357-04	Left Rail
5	1	26-STD-HF357-05	Right Rail
6	1	26-STD-HF357-06	Carriage
7	1	26-STD-HF357-07	Shoulder Pad Mount
8	1	26-STD-HF357-08	Right Handle
9	1	26-STD-HF357-09	Left Handle
10	1	26-STD-HF357-10	Outer Footrest Adjuster
11	2	26-STD-HF357-11	Wheel Mount
12	2	26-STD-HF357-12	Lockout Handles
13	1	26-STD-HF357-13	Lockout top Mount
14	1	26-STD-HF357-14	Weight Carrier
15	1	26-STD-HF357-15	Hack Footrest
16	1	26-STD-HF357-16	Leg Press Footrest
17	1	26-STD-HF357-17	Back Pad Anchor
18	1	26-STD-HF357-18	Inner Footrest Adjuster

HARDWARE LISTING

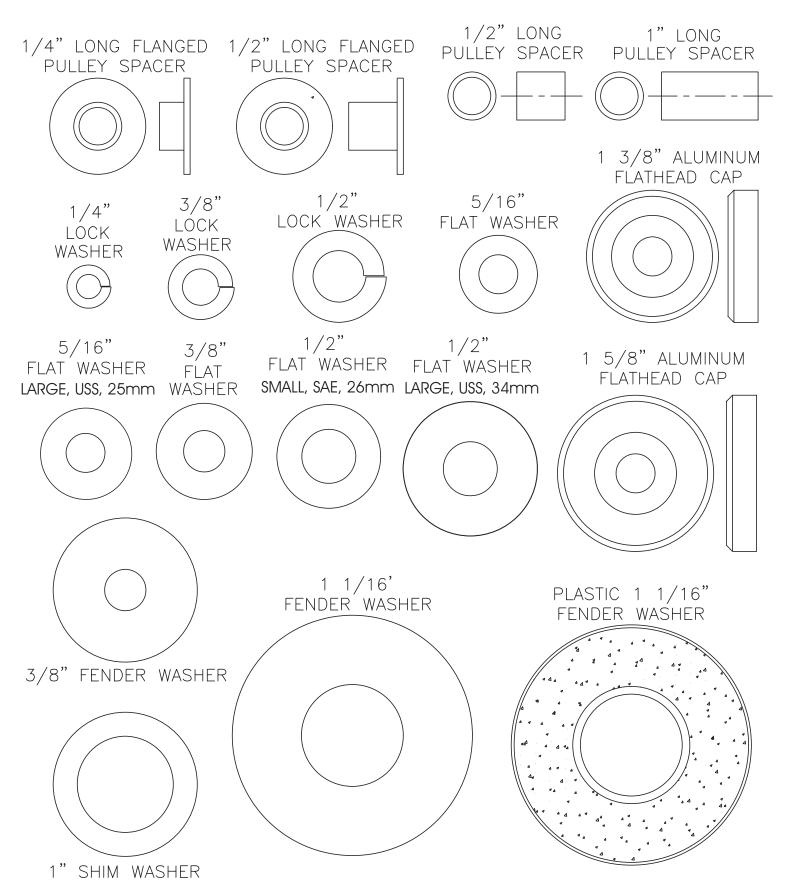
<u>Key#</u>	Qty.	Part Number	<u>Description</u>
Α	12	011-0207012	1/2"-13 x 3" Hex Head Screw
В	4	011-0007013	1/2"-13 x 4" Hex Head Screw
С	2	011-0207011	1/2"-13 x 3 1/4" Hex Head Screw
D	2	011-0007002	1/2"-13 x 1 1/2" Hex Head Screw
Ε	4	011-0007015	1/2"-13 x 4 1/4" Hex Head Screw
F	4	011-0207026	1/2"-13 x 4 1/2" Hex Head Screw
G	2	011-0007017	1/2"-13 x 5 1/2" Hex Head Screw
Н	2	011-0207007	3/8"-16 x 2" Hex Head Screw
J	2	011-0207006	3/8"-16 x 1 3/4" Hex Head Screw
K	6	011-0007075	5/16"-18 x 3" Hex Head Screw
L	1	011-0007093	5/16"-18 x 1 1/2" Hex Head Screw
AA	64	013-0302011	1/2" Flat Washer
AB	8	013-0202004	3/8" Flat Washer
AC	7	013-0202003	5/16" Flat Washer
AD	2	013-0102006	1/2" Nylon Washer
ВА	26	012-0004001	1/2" Nylok Nut
BB	4	012-0304004	3/8" Nylok Nut
ВС	4	012-0304001	1/2" Nylok Nut (Thin)
СВ	6	16-CAP-22	2" x 2" End Cap
CC	2	026-01PL125	Easy Glide Sleeve
CD	7	019-0002015	6" Foam Grip
CE	2	19-PAD-1	Plug Bumper
CF	12	26-STD-08-0026	1/2" Oilite
CG	1	26-STD-11-0018	Short Pull Pin
CH	1	26-STD-11-0040	Long Pull Pin
CJ	4	020-0014022	2" Dia. Wheel
CK	4	020-0014023	3" Dia. Wheel
CL	1	022-01PD0027	12" x 35" Upholstery Pad
CM	1	022-01PD0028	9" x 18" Upholstery Pad
CN	1	022-01PD0029	4" x 12" Upholstery Pad
CP	1	021-0005007	4" x 12" Non-Skid
CQ	2	26-STD-06-0200	Rubber Donut
CR	2	26-STD-06-0201	Weight Horn Sleeve
CS	2	026-01PL183	1 5/8" Dia. End Cap

OWNERS

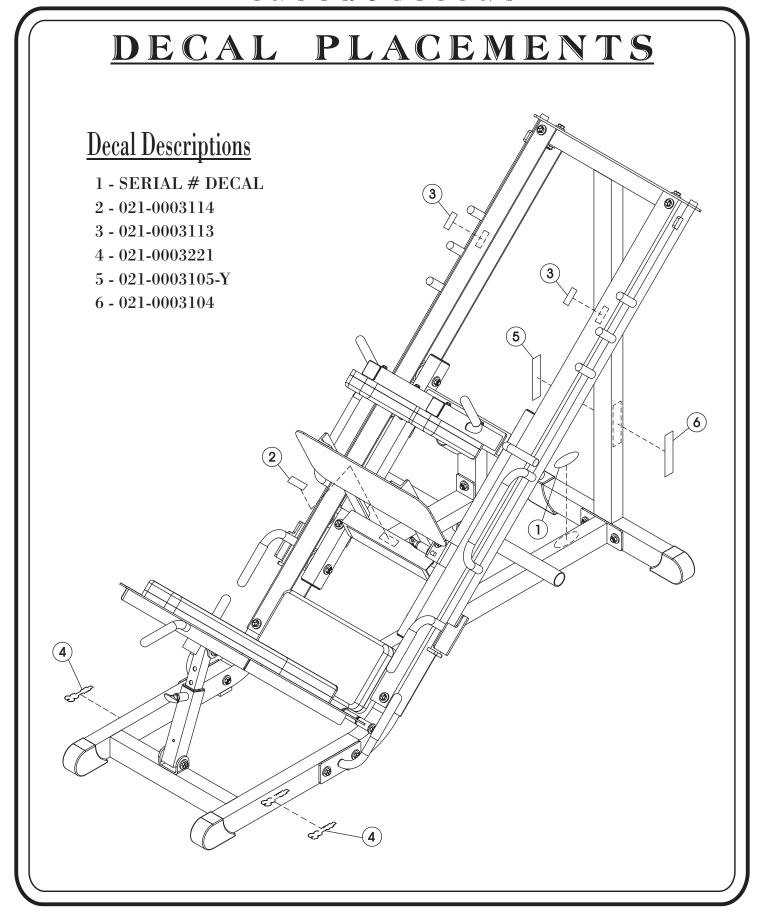


$\underset{\text{I N S T R U C T I O N S}}{\mathbf{OWNERS}}$

WASHER SIZING CHART



OWNERS INSTRUCTIONS



SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.



SERIAL # DECAL

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003114

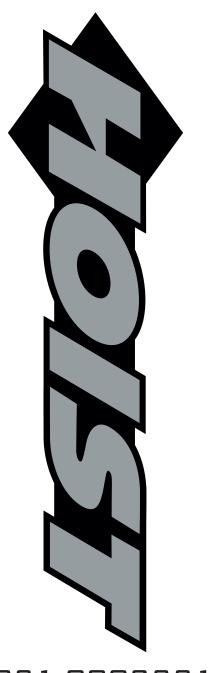


021-0003113

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

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021-0003221

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID MARRANTY AND COULD RESULT IN PERSONAL MUNITY OR EVEN DEATH, THERE IS A RISK ASSUMED BY INDVIDUALS WHO USE THIS TYPE OF EQUIPMENT, TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOI use the equipment until the part is replaced. Failure to replace worn o damaged parts may result in injury damaged parts may result in injury

MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN
BEFORE STARTING ANY
EXERCISE PROGRAM. Warm up
properly before engaging in weigh
resistence training. Stop exercisin

you reel raint or dizzy.
5. TO PREVENT THE POSSIBILITY
OF SERIOUS INJURY, KEEP CLEAR
OF ALL MOVING PARTS. Do not
attempt to free any jammed part by
yourself. Obtain assistance in order

avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.

7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use maintenance of this equipment.

021-0003105-Y

NOTICE

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

021-0003104

OWNERS INSTRUCTIONS

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

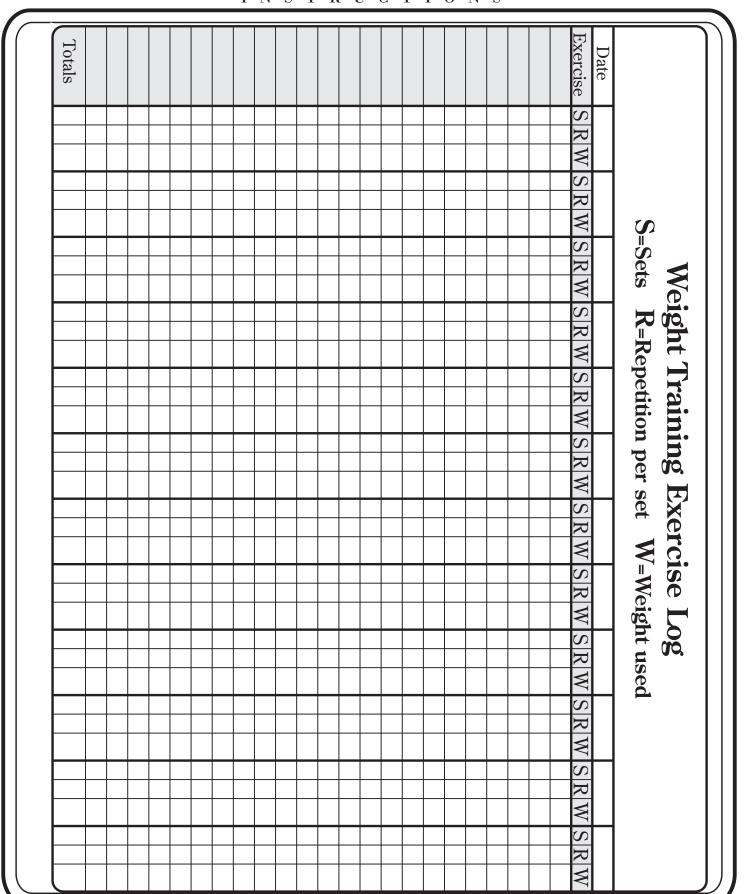
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.

$\underset{\text{I N S T R U C T I O N S}}{\textbf{OWNERS}}$







HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, 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.

Guide Rods:

* Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.

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 properly.

Anti-Skid Surfaces:

* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Cables:

- * Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.
- * Visually inspect the cable for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.
- * Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.



Continued: GENERAL MAINTENANCE INFORMATION

Cable Tension:

- * Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.
- * Check slack in cables and readjust cable tension if needed.

Seat Sleeves, Turcite Bushings:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.

Linear Bearings:

* Referring to the Assembly/ Owners manual carefully dis-assemble 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.

HF4357 Assembly



MAINTENANCE SCHEDULE

ROUTINE	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 Surfaces	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.

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

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