



FUNCTIONAL TRAINER

MI-6

The unique and stylish HOIST® Fitness Mi6 Functional Trainer is a personal pulley gym that is engineered with both the innovative excellence and aesthetic appeal that the fitness industry has come to expect from HOIST® Fitness.

The Mi6 offers revolutionary technology unlike any other functional trainer. One-of-a-kind 360 degree rotating columns allow for flexibility within your workout space, while patent-pending Integrated Pulley Adjustment Systems and Quick-Release Adapters hide all hardware from view and provide easy one-handed adjustments. And don't forget to download the FREE HOIST® Strength app to find workout guides and fitness logs.



FEATURES

- ◆ A streamlined design conceals all of the unit's hardware from view and includes an Adjustable Tablet Housing
- ◆ Pulley columns combine full 360 degree rotation, a unique patent pending Integrated
- ◆ Adjustment System and Quick-Release Adapters to provide smooth and easy one-handed adjustments
- ◆ 28 pulley adjustment points per column allow for sides to be used independently or together
- ◆ Integrated Recessed Accessory Rack, Bottle Holders and Towel Hooks offer convenient storage of accessories and personal items
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- ◆ Fully enclosed weight stacks offer clean lines, additional safety and noise reduction
- ◆ Compact, walk-through design requires minimal floor space and is designed to easily fit into a corner
- ◆ Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- ◆ Multi-position chin-up bar with diamond pattern for improved grip
- ◆ Comes standard with 300 lbs of total weight (150 lbs per side) and is upgradeable to 400 lbs



Check out the Mi6 in action! (Visit hoistfitness.com/scan on your smart phone to download a free QR Code Scanner.)

Free HOIST® Strength app provides access to dozens of exercise tutorials, workout plans and fitness training



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INCLUDED ACCESSORIES

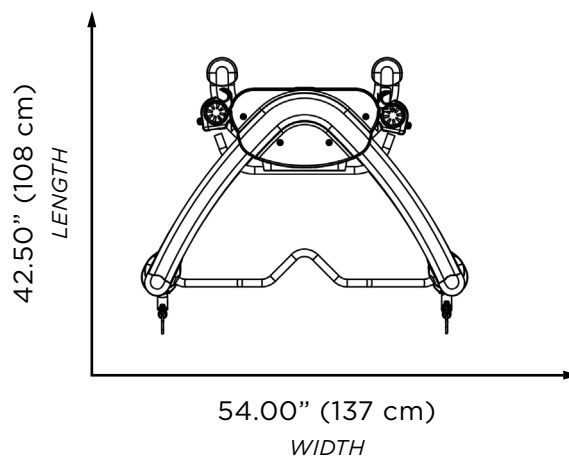
- ◆ Two (2) Three-Square Ring Adjustable Strap Handles
- ◆ Dual-Attachment Long Strap for weight-assisted pull-ups and other exercises
- ◆ Padded Ankle / Thigh Strap for comfortable leg exercises
- ◆ Dual-Attachment Ultra-Light Aluminum Long Bar to use both pulleys simultaneously

AVAILABLE UPGRADES

- ◆ 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)

SPECS (L X W X H)

42.50" X 54.00" X 83.25" (108 cm X 137 cm X 212 cm)



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MI-6**INTERNAL PULLEY ADJUSTMENT SYSTEM**

A newly designed Internal Pulley Adjustment System with Quick-Release Adapters allow for easy one-handed adjustments while hiding hardware from view for a clean, sleek look.

**ACCESSORY STORAGE POINTS**

Multiple integrated storage points provide convenient places to store straps, handles and bars while not in use

**SILENT STEEL® WEIGHT SYSTEM**

A patented Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion.

**ADJUSTABLE TABLET HOUSING**

A built-in adjustable tablet holder and sound box amplifier allows you to securely store your device while working out; perfect when using the HOIST® Strength app for workout reference guides.



MI SERIES

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
MI-1	MI1 GYM	76.75" (195 CM)	48.25" (123 CM)	83.50" (212 CM)	402 LBS (182 KG)	200 LBS (91 KG)
MI-5	MI5 FUNCTIONAL TRAINER	60.00" (152 CM)	52.75" (134 CM)	83.50" (212 CM)	442 LBS (201 KG)	200 LBS (91 KG)
MI-6-B	MI6 FUNCTIONAL TRAINER	42.50" (108 CM)	54.00" (137 CM)	83.25" (212 CM)	611 LBS (277 KG)	200 LBS (91 KG)
MI-7	MI7 FUNCTIONAL TRAINER	66.25" (168 CM)	60.75" (154 CM)	84.25" (214 CM)	711 LBS (323 KG)	200 LBS (91 KG)
MI-SMITH	MISMITH DUAL ACTION SMITH	49.00" (125 CM)	83.00" (211 CM)	82.75" (210 CM)	386 LBS (175 KG)	-
MI-7-SMITH	MI7SMITH FUNCTION TRAINING SYSTEM	92.00" (234 CM)	83.00" (211 CM)	84.25" (214 CM)	985 LBS (447 KG)	200 LBS (91 KG)
MI-8	MI8 FUNCTIONAL TRAINER	56.00" (142 CM)	80.25" (204 CM)	83.75" (213 CM)	938 LBS. (426 KG)	2 × 150 LBS. UPGRADEABLE TO 2 × 200 LBS.)