

FUNCTIONAL TRAINER

MI-7

The HOIST® Mi7 Functional Trainer is a personal pulley gym from the new line of HOIST® Fitness MiSeries home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion, five pull-up / chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym, perfect to build full body strength and improve overall fitness.



COMMERCIAL QUALITY FEATURES

- ◆ Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips
- ◆ Patent pending Flip N Dip™ technology provides narrow/wide grip dips
- ◆ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- ◆ Commercial quality components
- ◆ Non-marring feet to protect flooring

ADDITIONAL FEATURES

- ◆ Adjustable Core Stabilizer Pad
- ◆ Streamlined design to conceal most hardware from view
- ◆ 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- ◆ 28 pulley adjustment points per column allow for sides to be used independently or together
- ◆ Integrated bottle holder and accessory rack offer convenient storage



Check out the Mi7 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



FUNCTIONAL TRAINER

MI-7

ADDITIONAL FEATURES (CONT)

- ◆ Adjustable tablet/mobile device holder
- ◆ Wider walk-in design allows space for bench exercises
- ◆ Split Weight Cabling™ delivers 50% resistance for increased cable travel (114" with strap handles)
- ◆ Standard 150 lb (68 kg) weight stacks (quantity two) (upgradeable)

INCLUDED ACCESSORIES

- ◆ Three Square-Ring Adjustable Strap Handles (one pair)
- ◆ Dual-Attachment Long Strap
- ◆ Padded Ankle / Thigh Strap
- ◆ Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- ◆ Ultra-Light Aluminum Curl Bar

AVAILABLE UPGRADES

- ◆ 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)
- ◆ Ultra-Light Aluminum Curl Bar



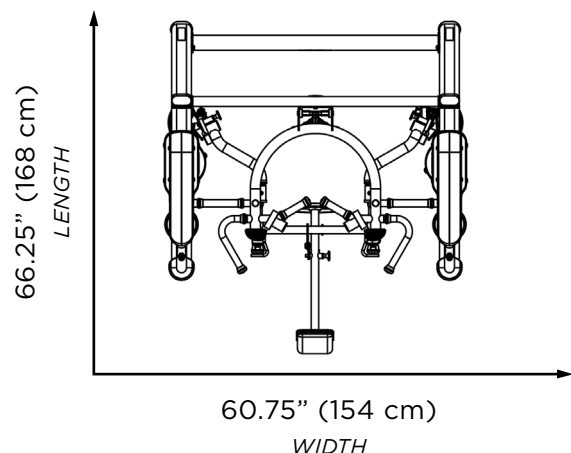
SPECS (L X W X H)

66.25" X 60.75" X 84.25" (168 cm X 154 cm X 214 cm)



Check out the MI7 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





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.)