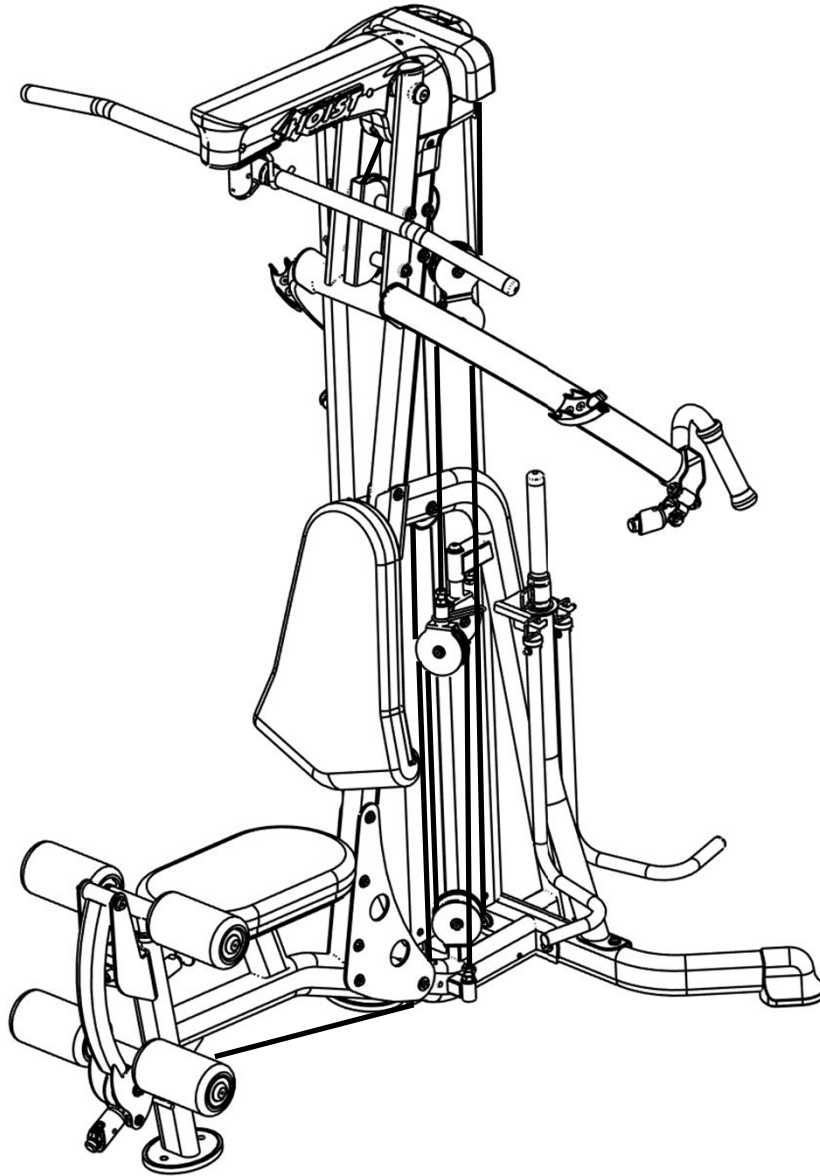


OWNER'S MANUAL



Mi1

MULTI-FUNCTION GYM



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

RECORD SERIAL NUMBER HERE

MACHINE CODE

A18

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



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

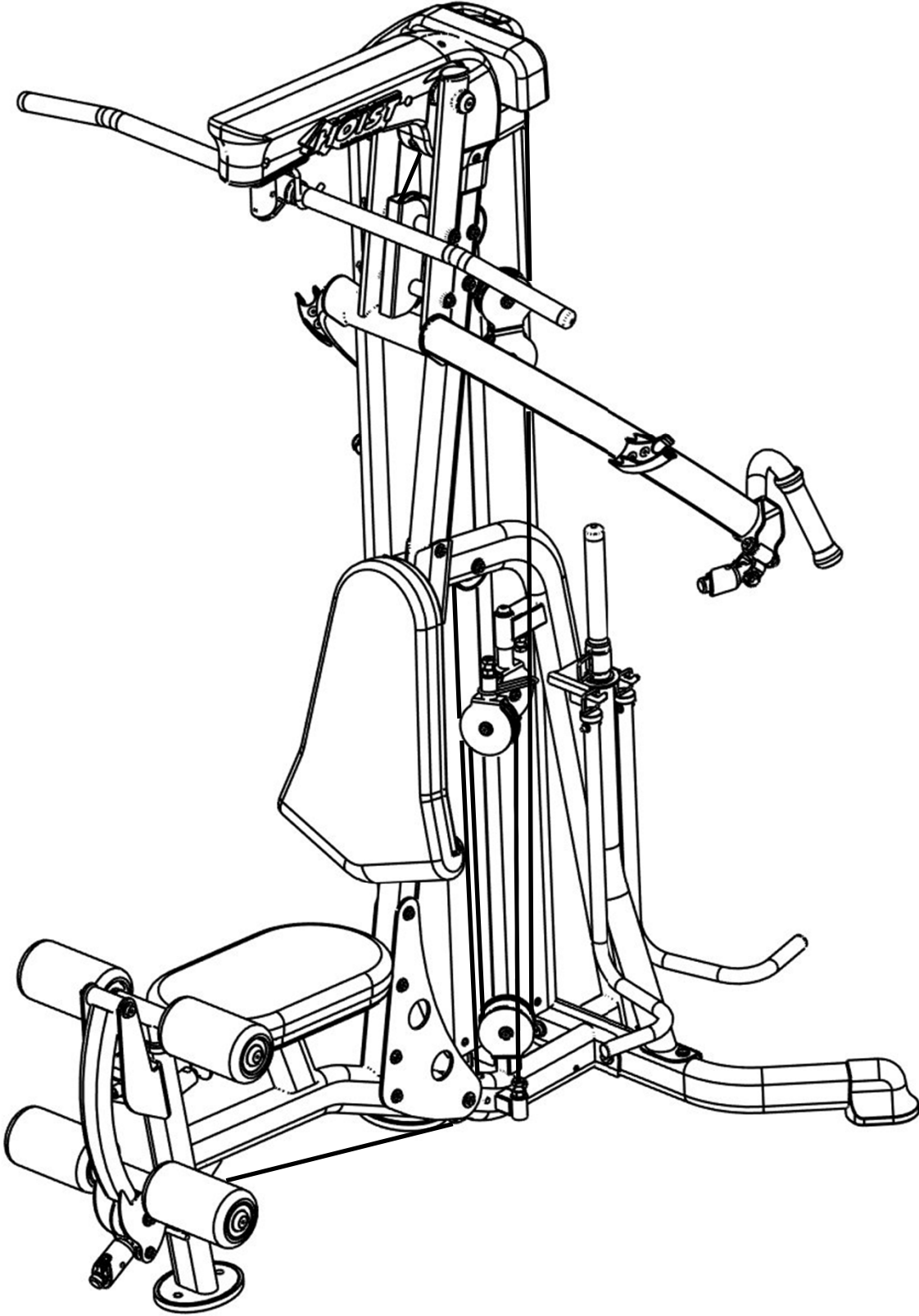
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

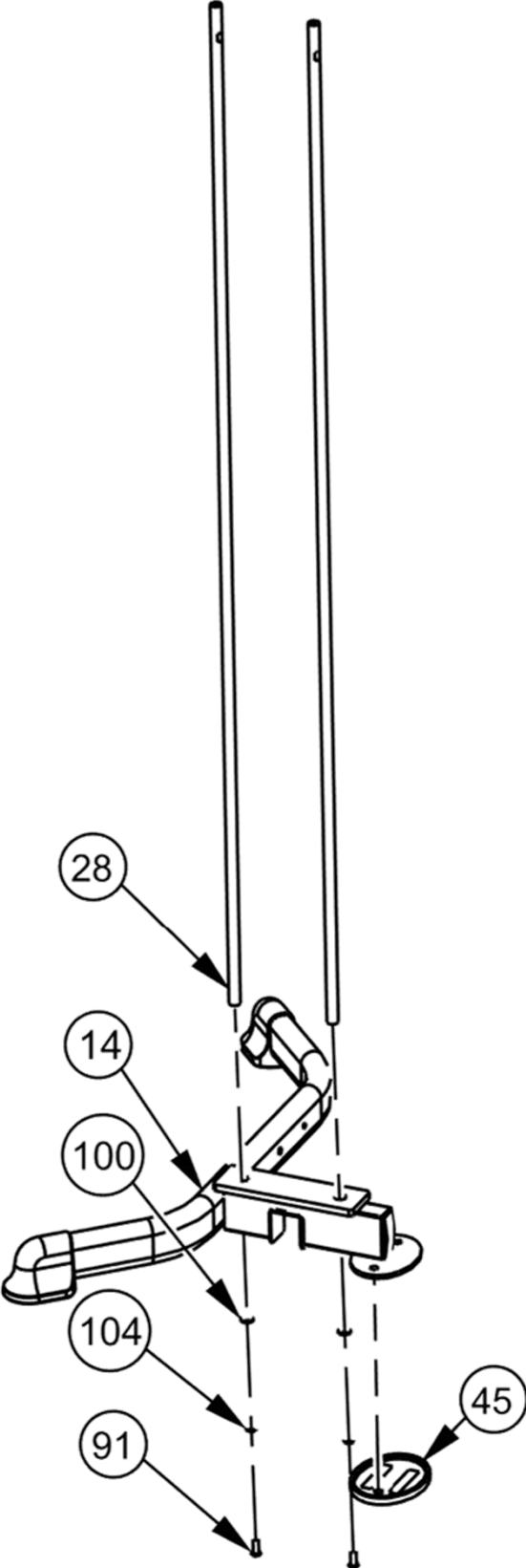


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

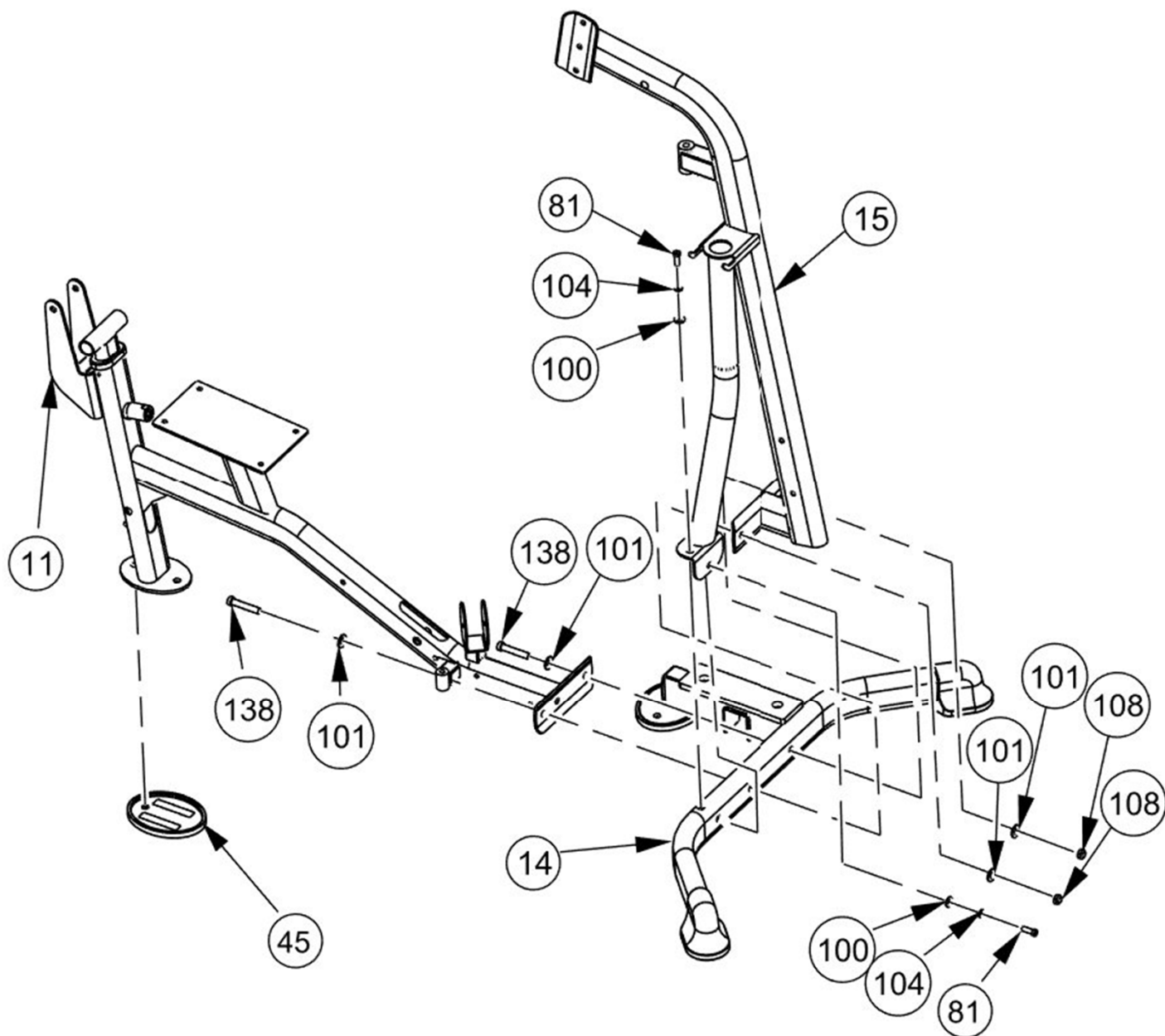


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



OWNER'S MANUAL

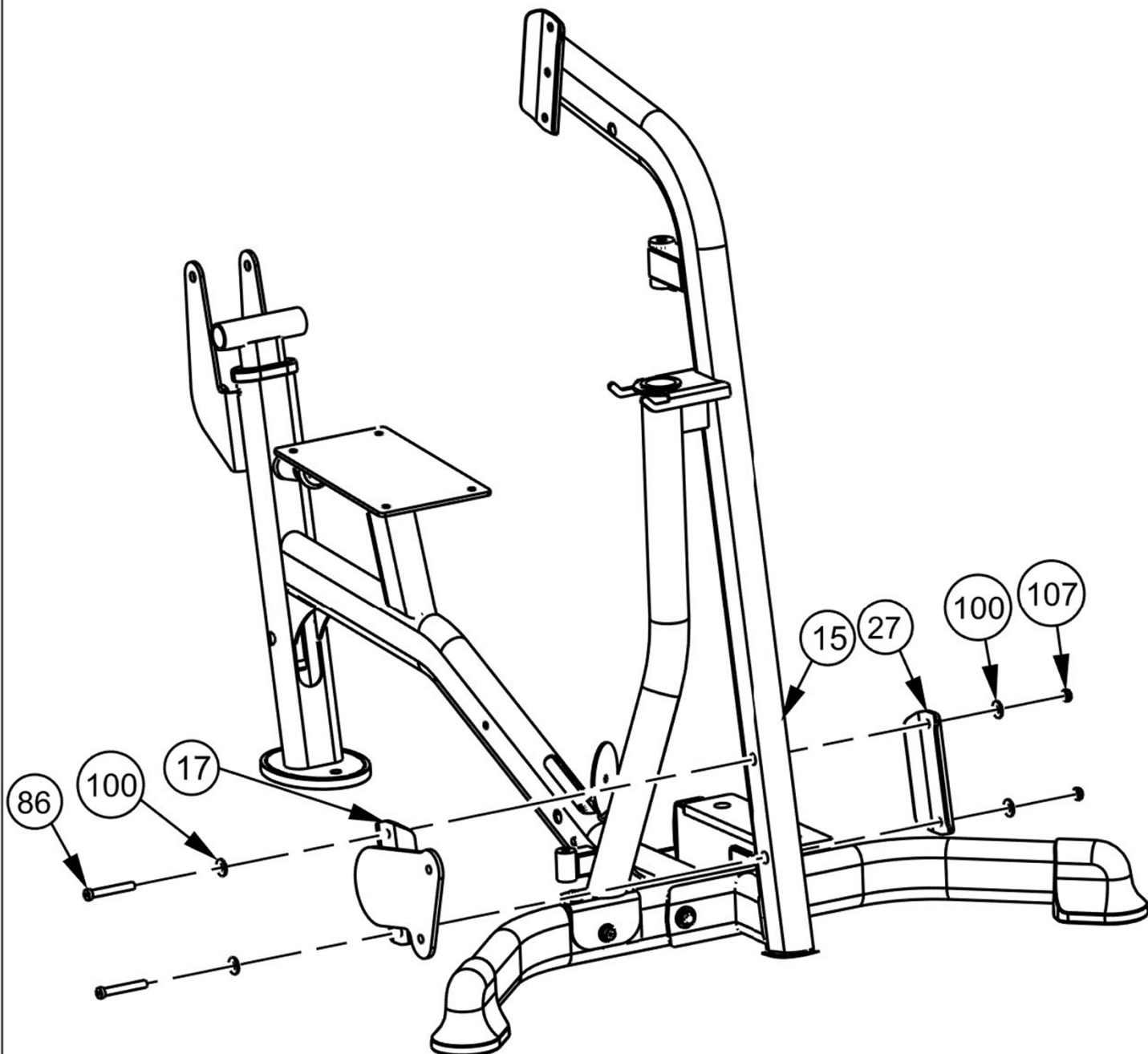
FRAME ASSEMBLY

NOTE:

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

NOTE:

**IF YOU ARE NOT INSTALLING A V LEG
PRESS OPTION, SKIP THIS STEP**



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

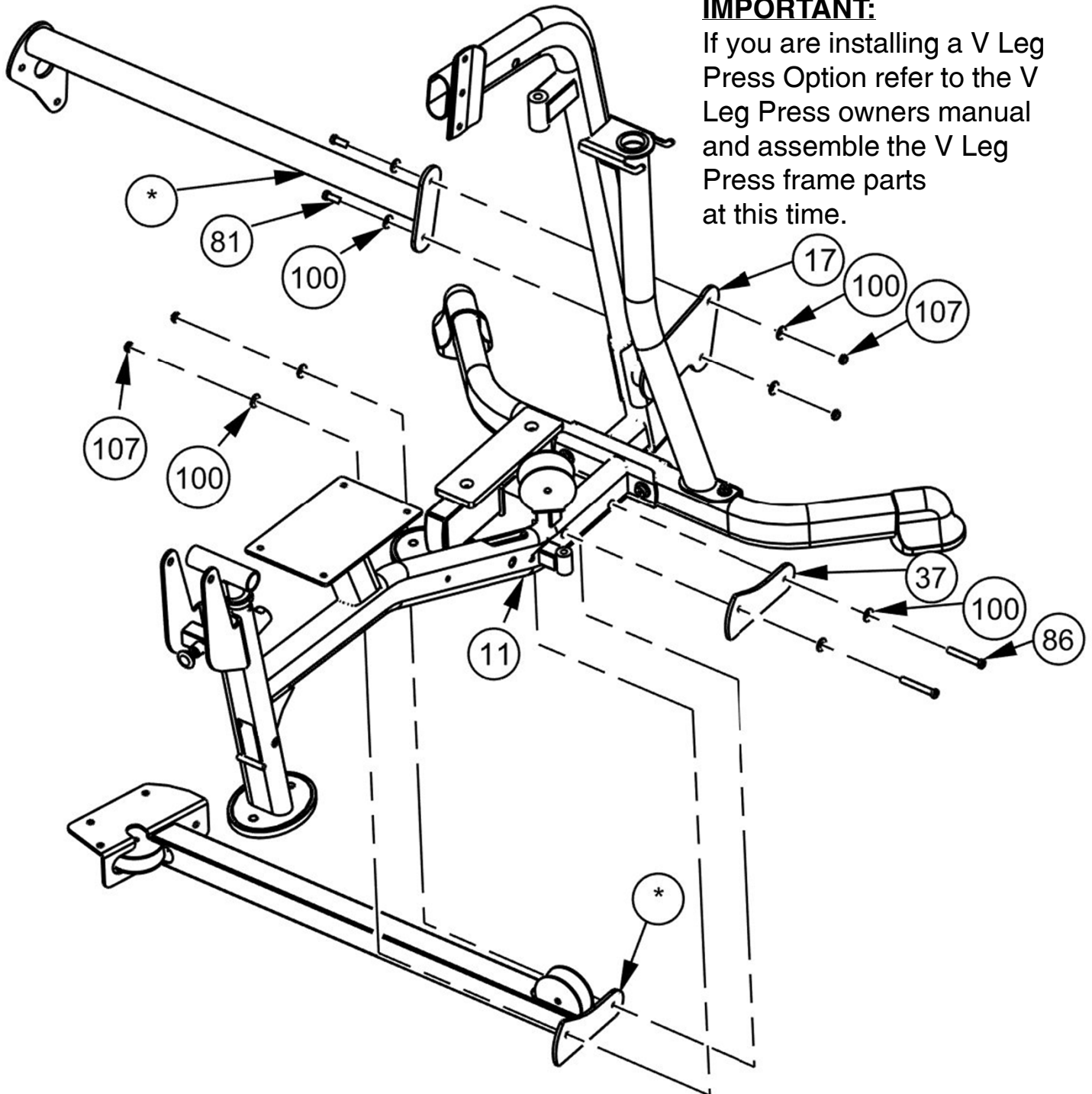
**IF YOU ARE NOT INSTALLING
A V LEG PRESS OPTION, SKIP
THIS STEP**

NOTE:

- HAND TIGHTEN HARDWARE.
- * PARTS FROM V LEG PRESS OPTION
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT:

If you are installing a V Leg Press Option refer to the V Leg Press owners manual and assemble the V Leg Press frame parts at this time.

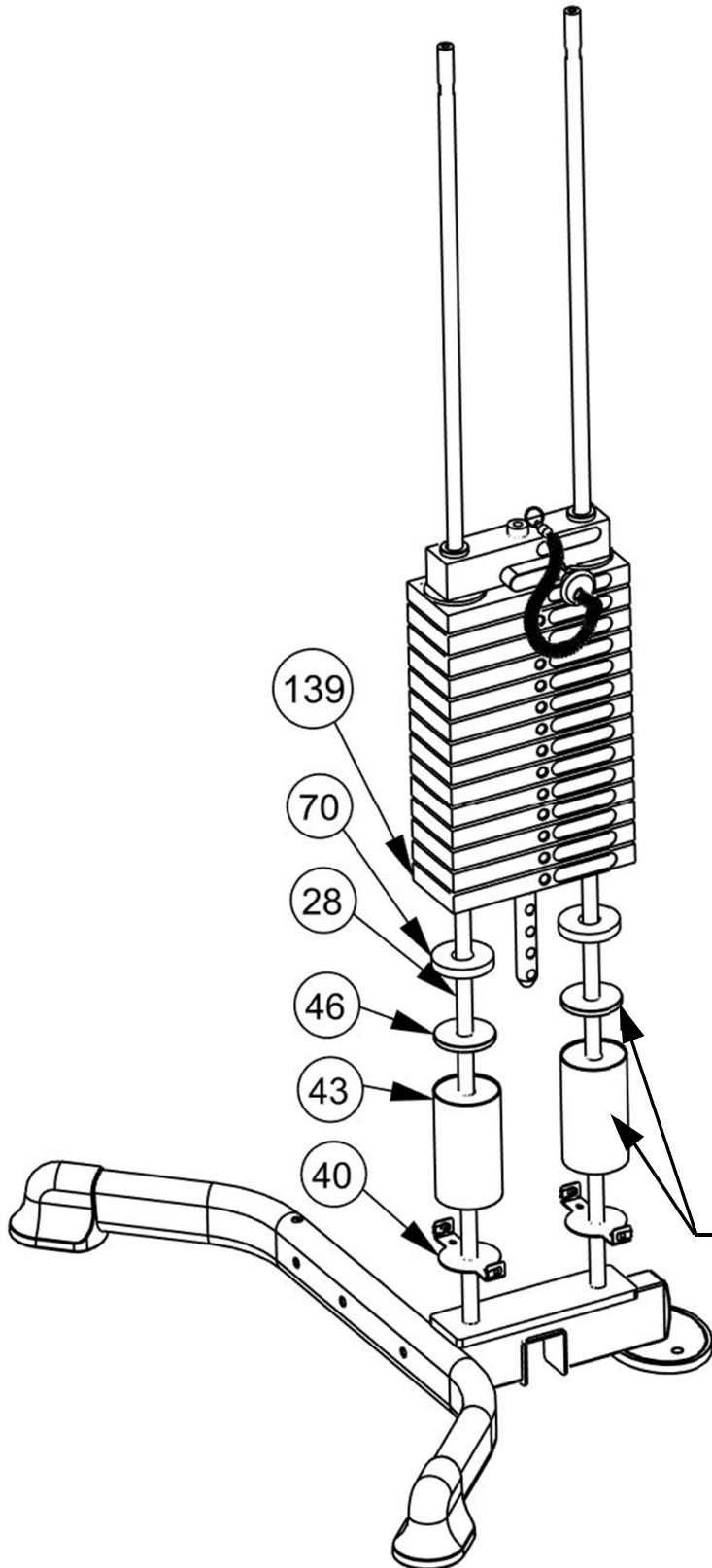


OWNER'S MANUAL

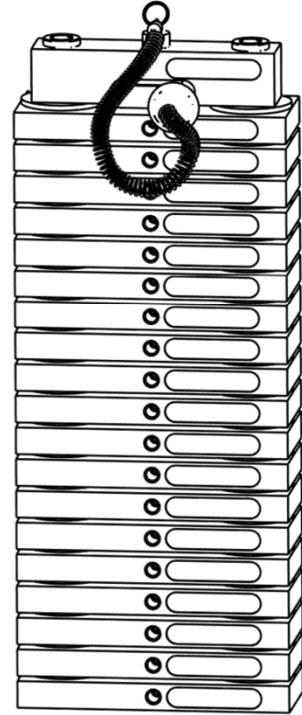
FRAME ASSEMBLY

NOTE:.

- ADD LUBRICANT (PART NUMBER 135) TO GUIDE RODS (28)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



****200 LBS. WEIGHT STACKS****
CONSULT YOUR DEALER
FOR DETAILS

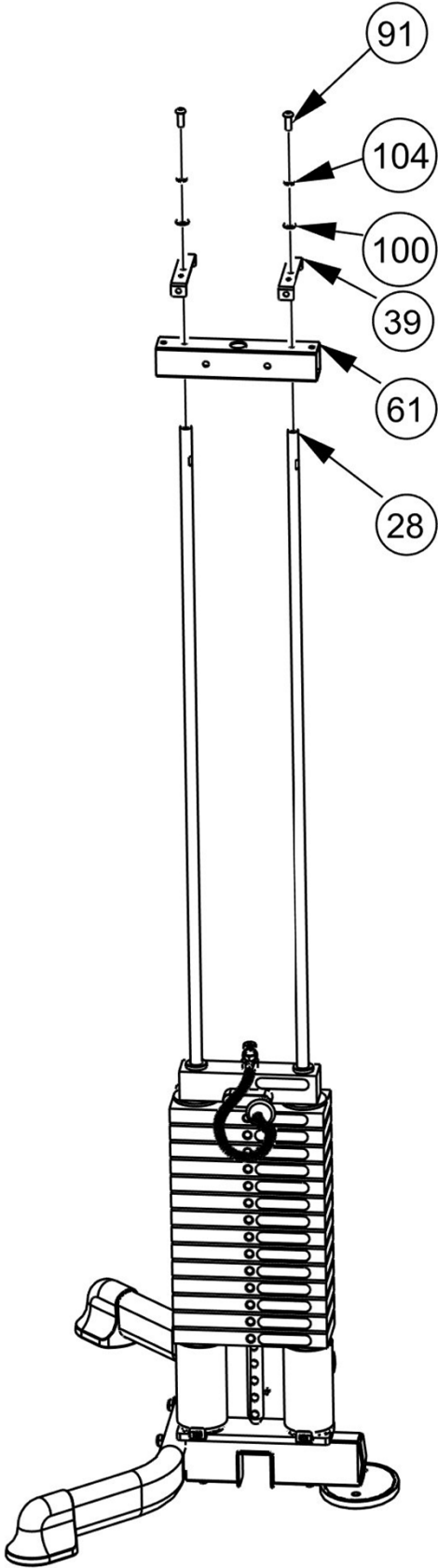


NOTE:

IF YOU ARE USING THE
OPTIONAL 200 LBS WEIGHT
STACK, REMOVE THE
STANDOFFS (43) AND
SPACERS (46)

OWNER'S MANUAL

FRAME ASSEMBLY



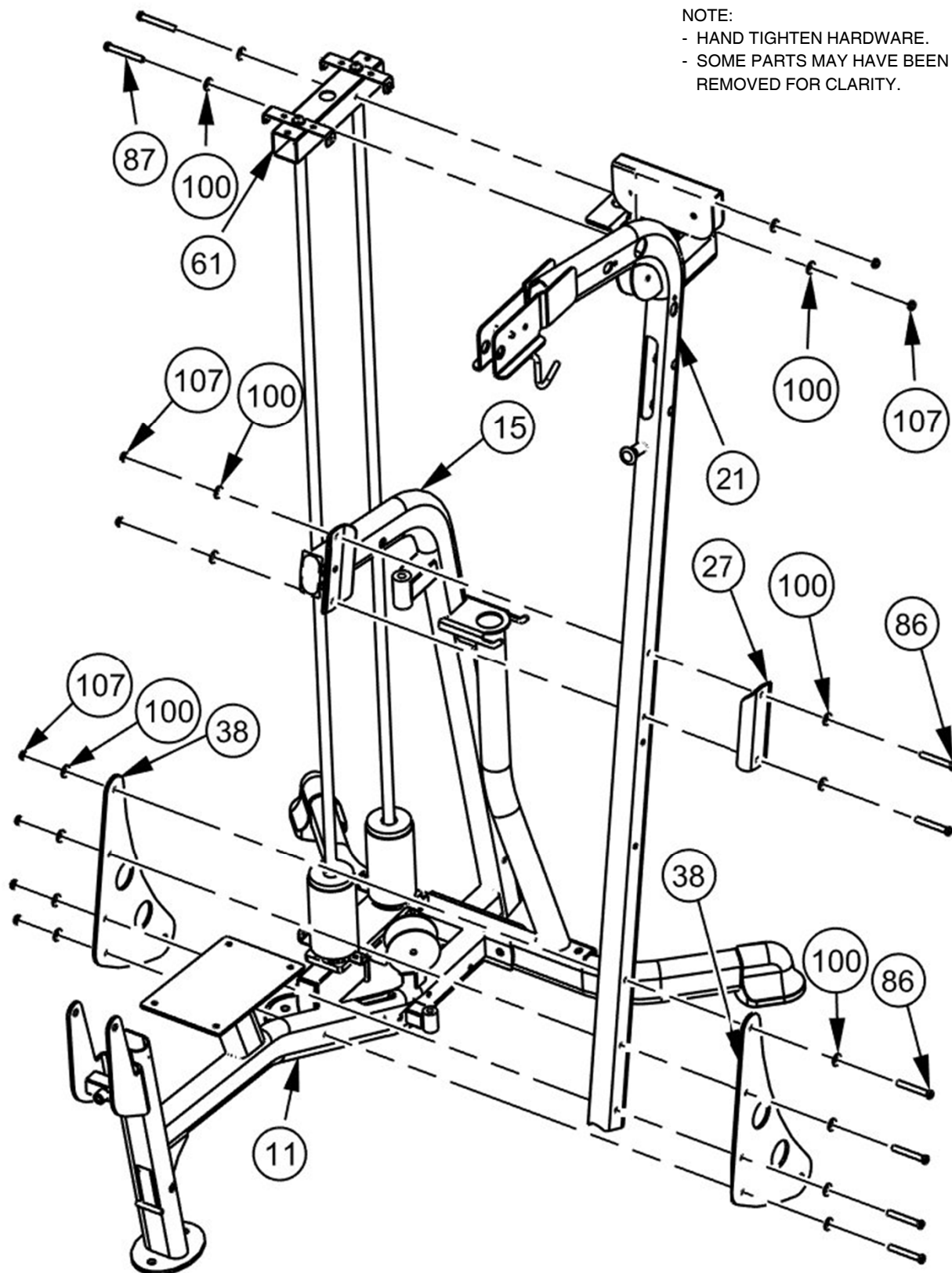
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

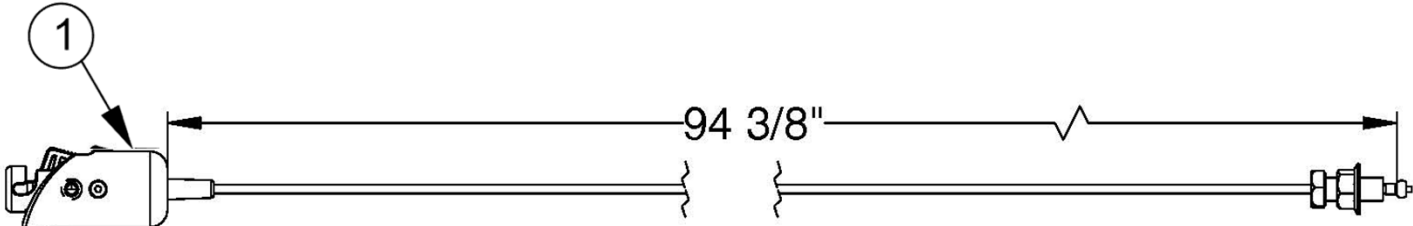
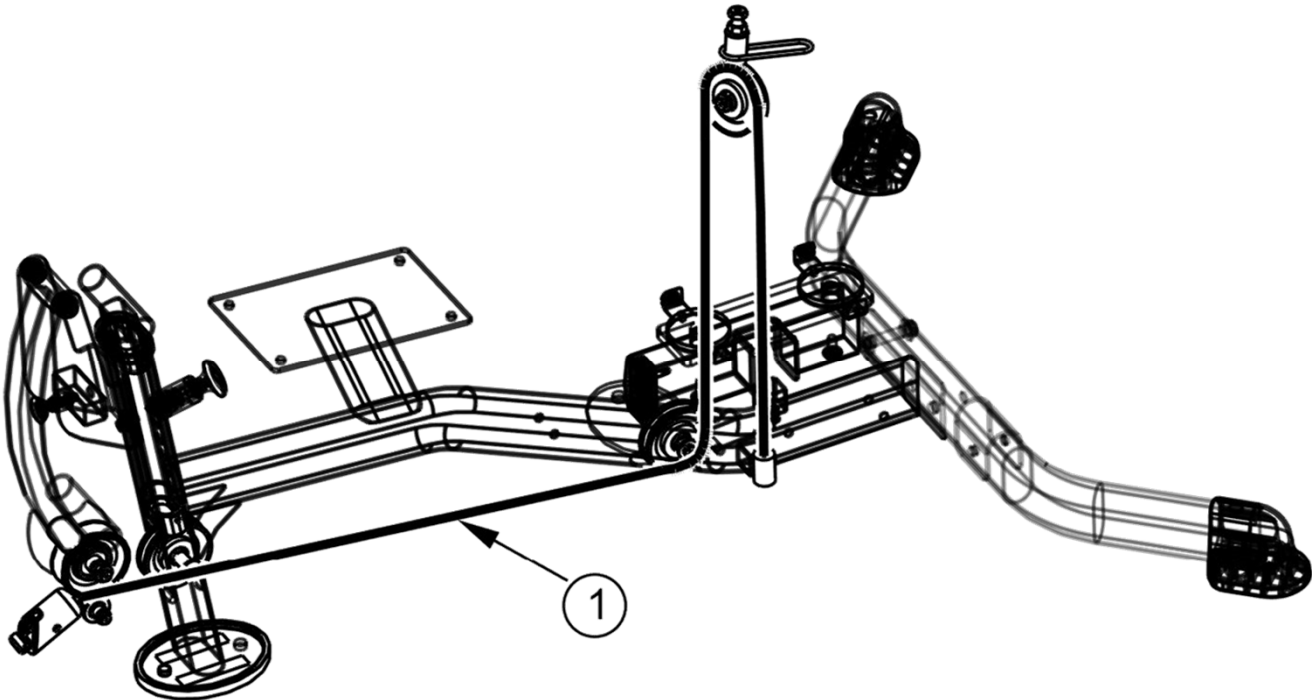
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY CABLE REFERENCE VIEW

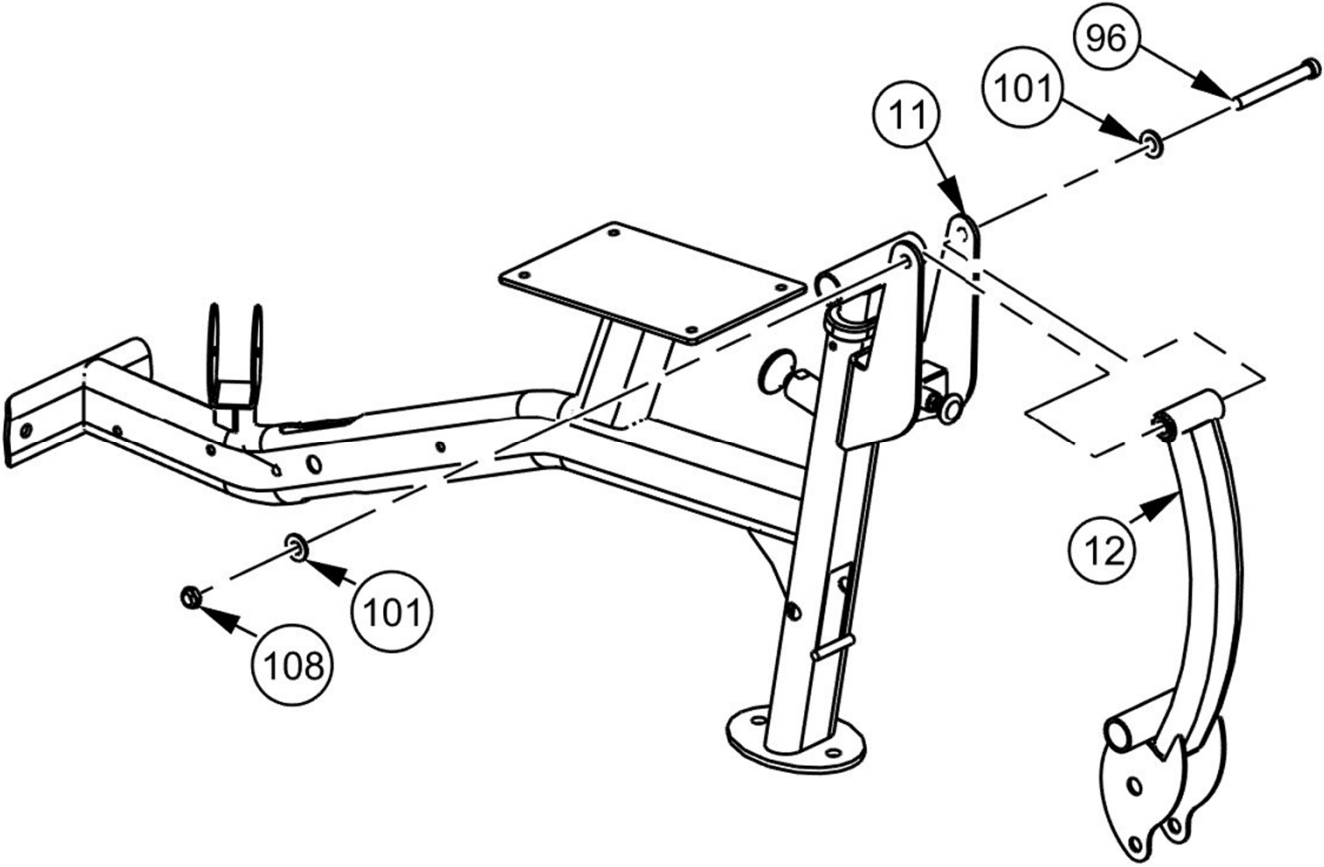
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE, THEN LOOSEN SLIGHTLY UNTIL THE CURL ARM (12) ROTATES FREELY
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

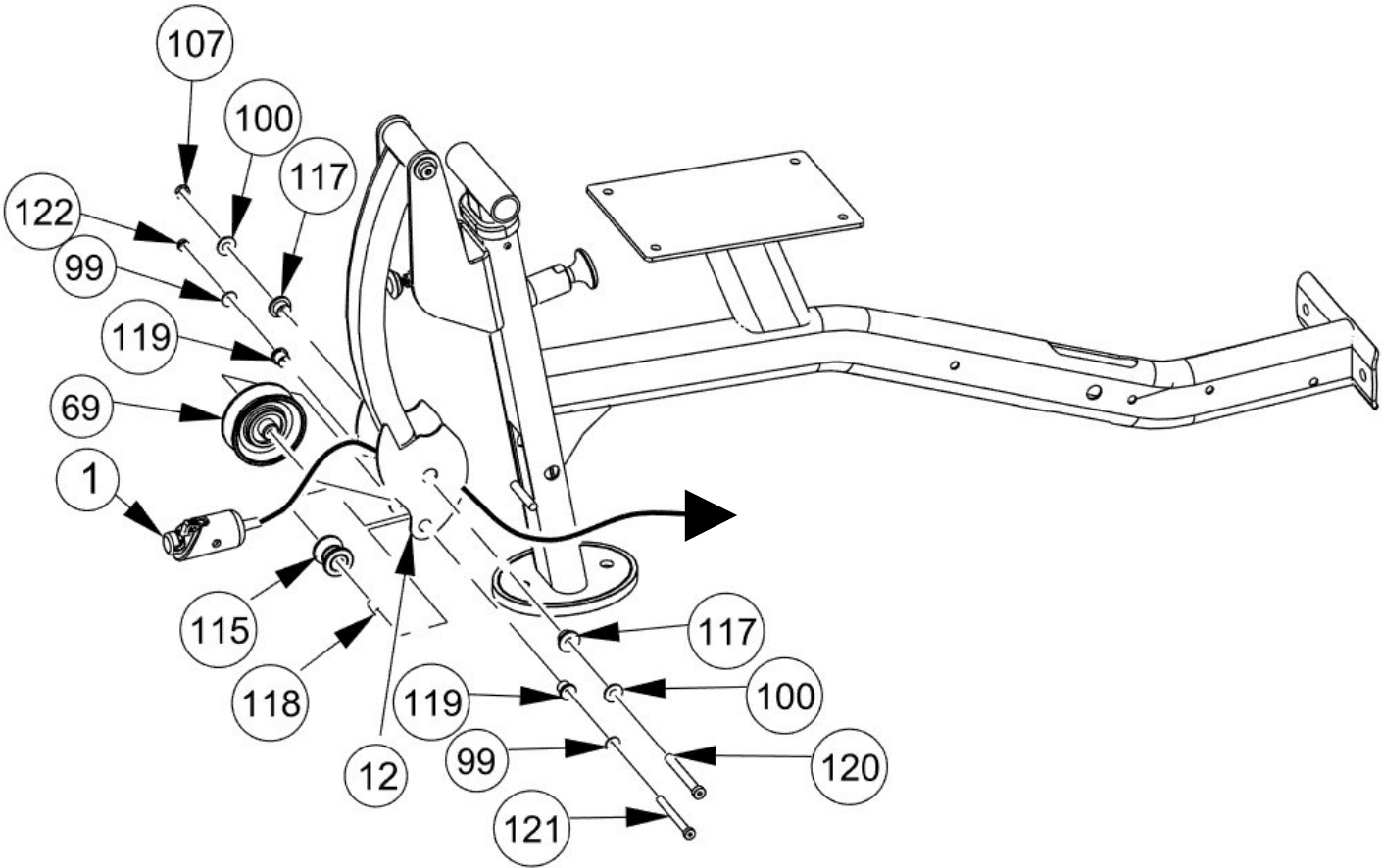


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

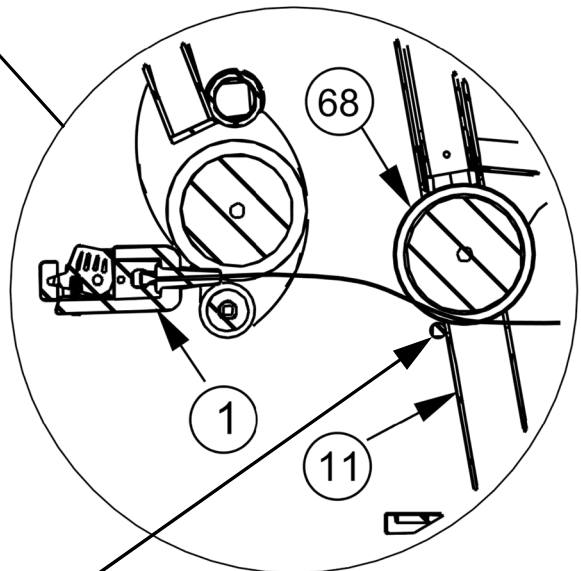
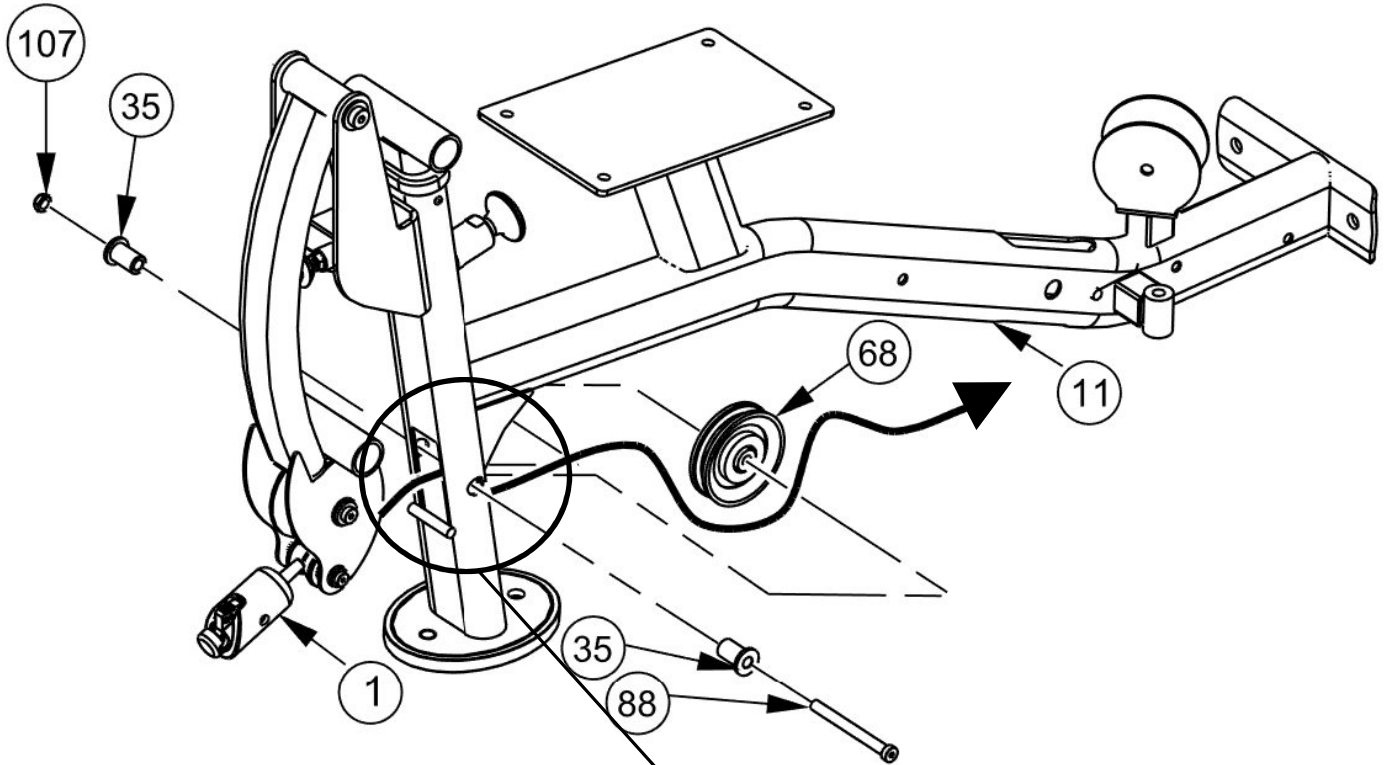


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



NOTE:
ENSURE THE CABLE RUNS
BETWEEN THE PULLEY AND
THE GUARD PIN

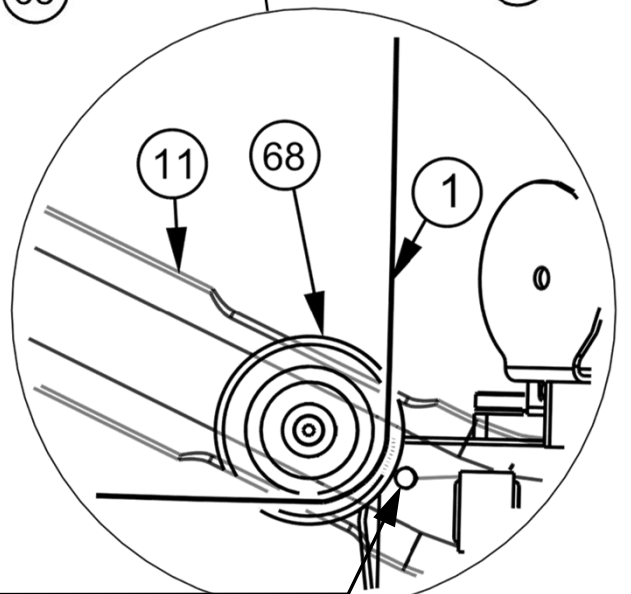
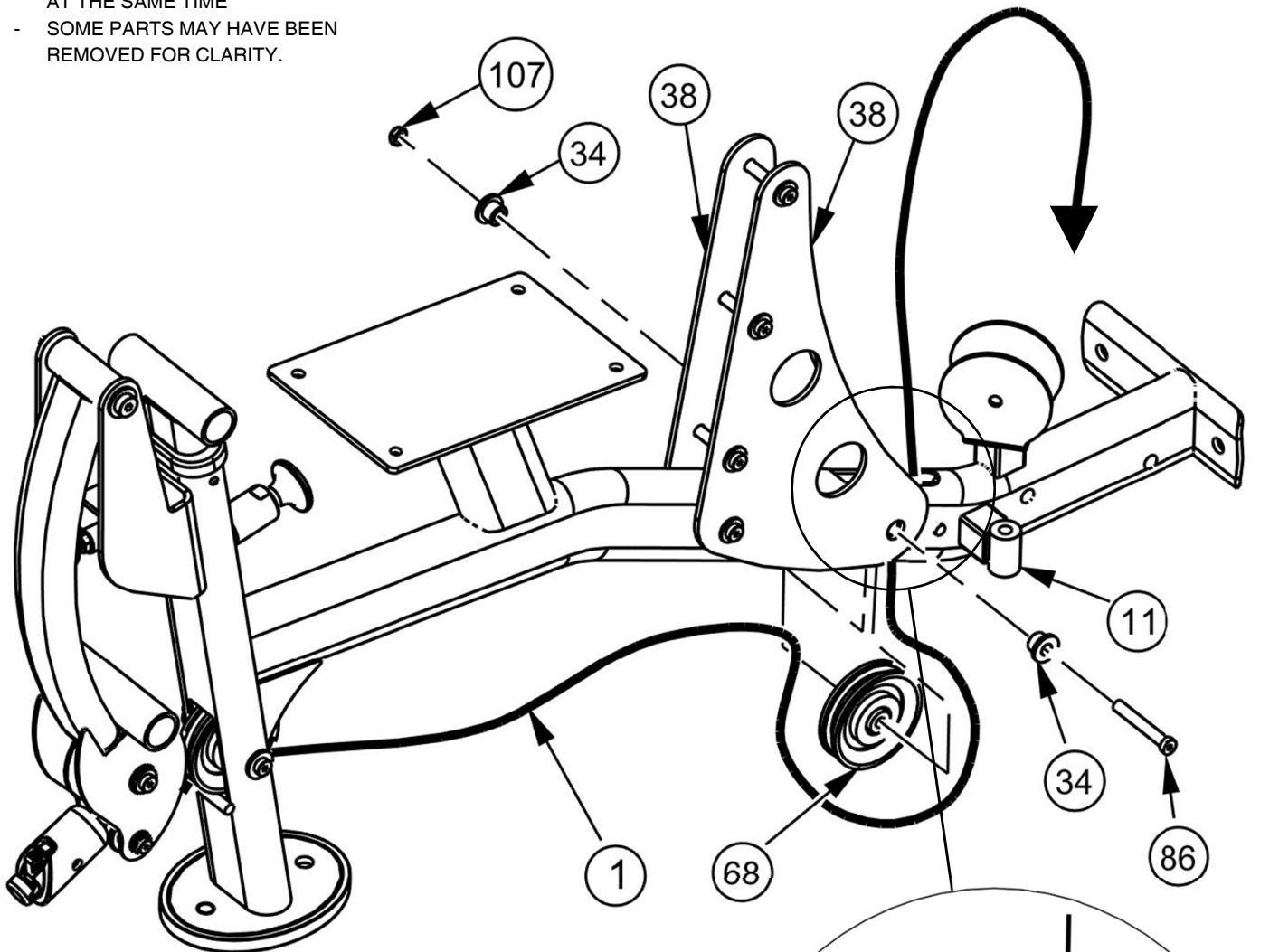
CABLE ROUTING VIEW

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.



NOTE:

ENSURE THE CABLE RUNS BETWEEN THE PULLEY AND THE GUARD PIN

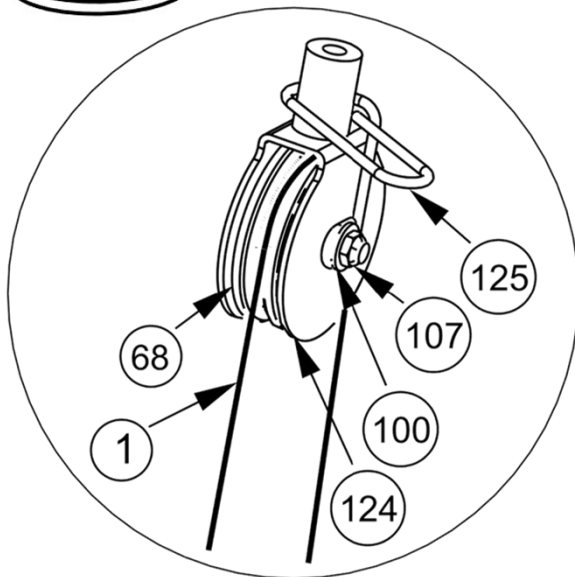
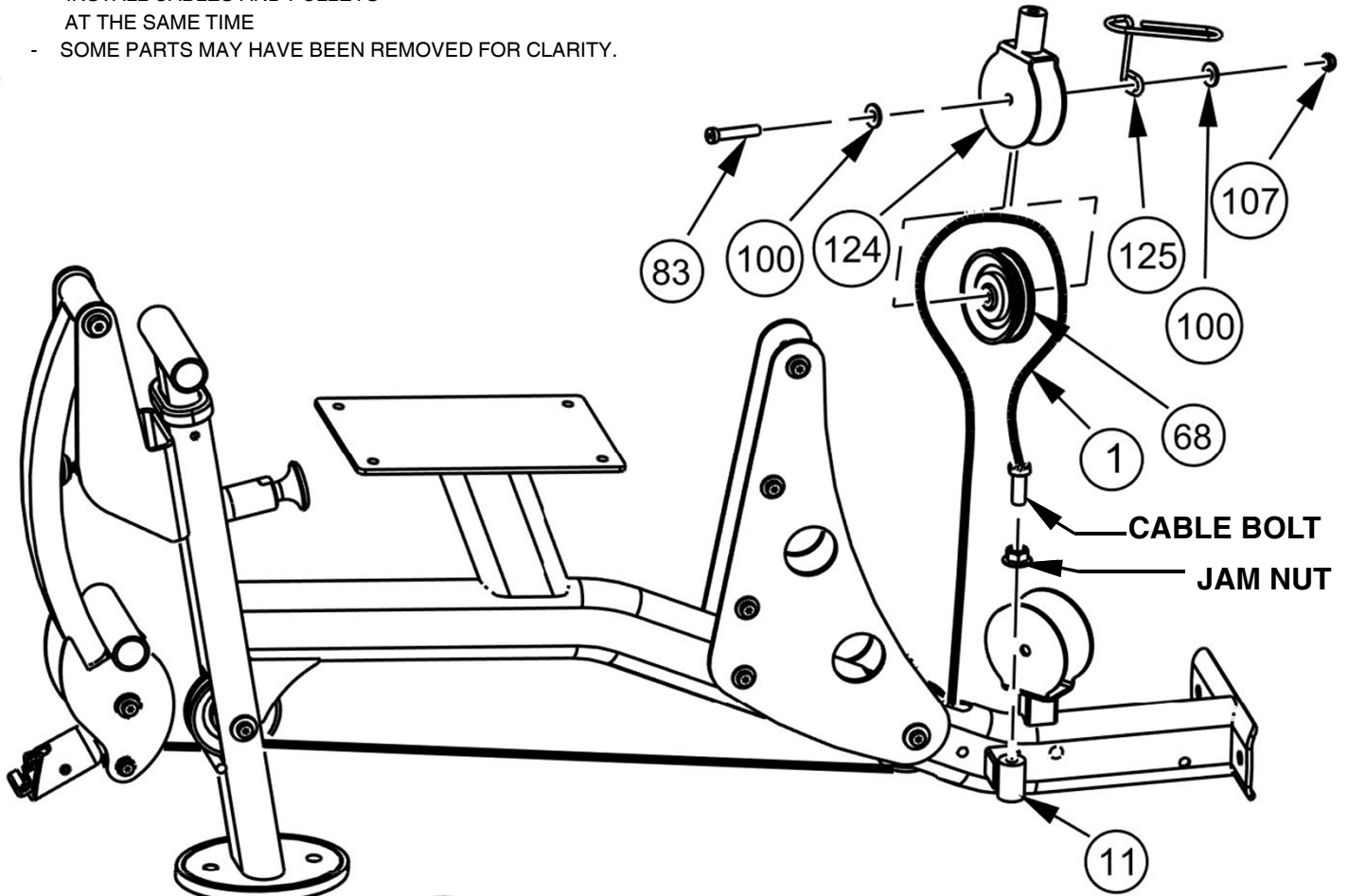
CABLE ROUTING VIEW

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.



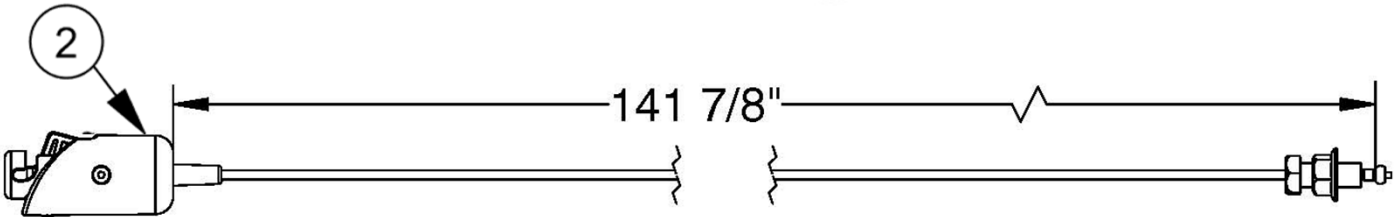
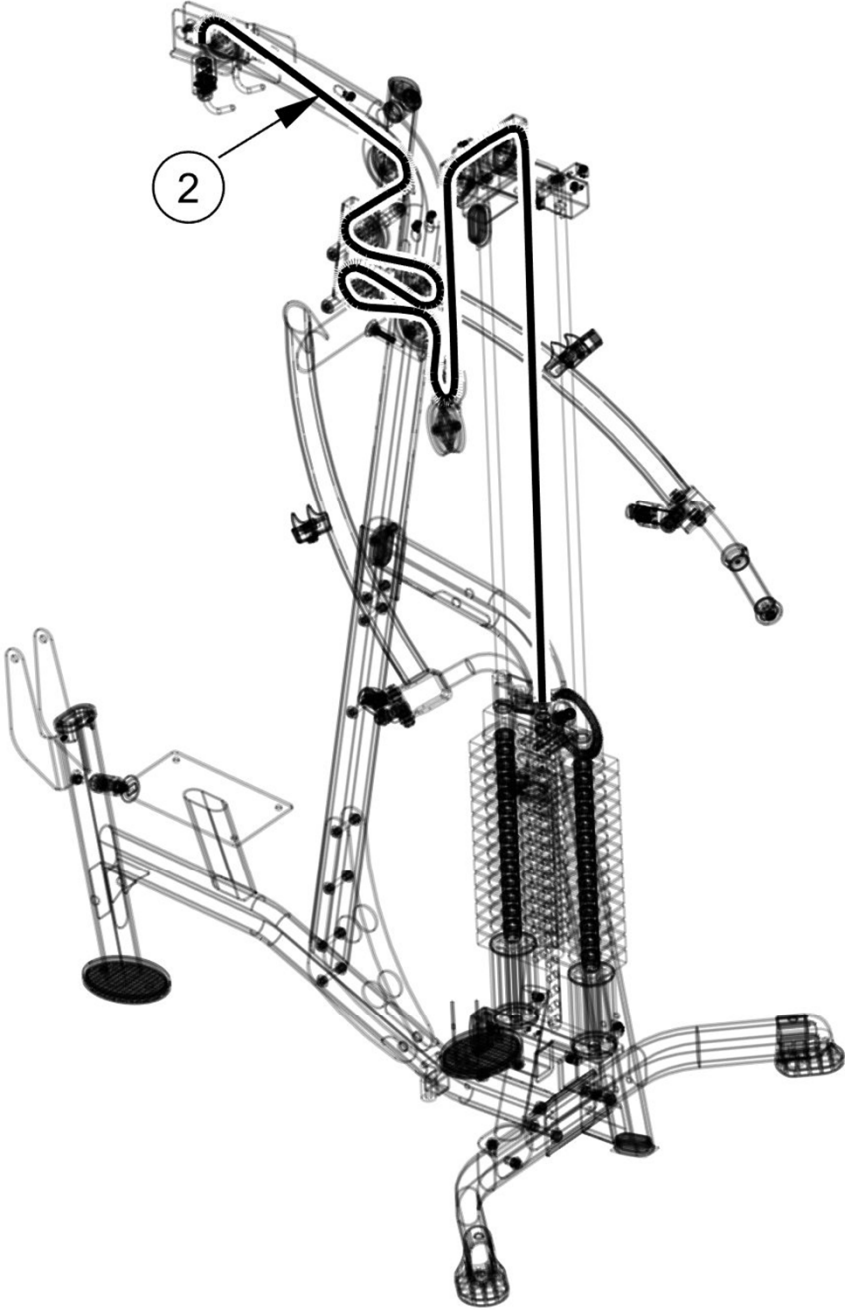
ASSEMBLED VIEW

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

OWNER'S MANUAL

FRAME ASSEMBLY CABLE REFERENCE VIEW

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

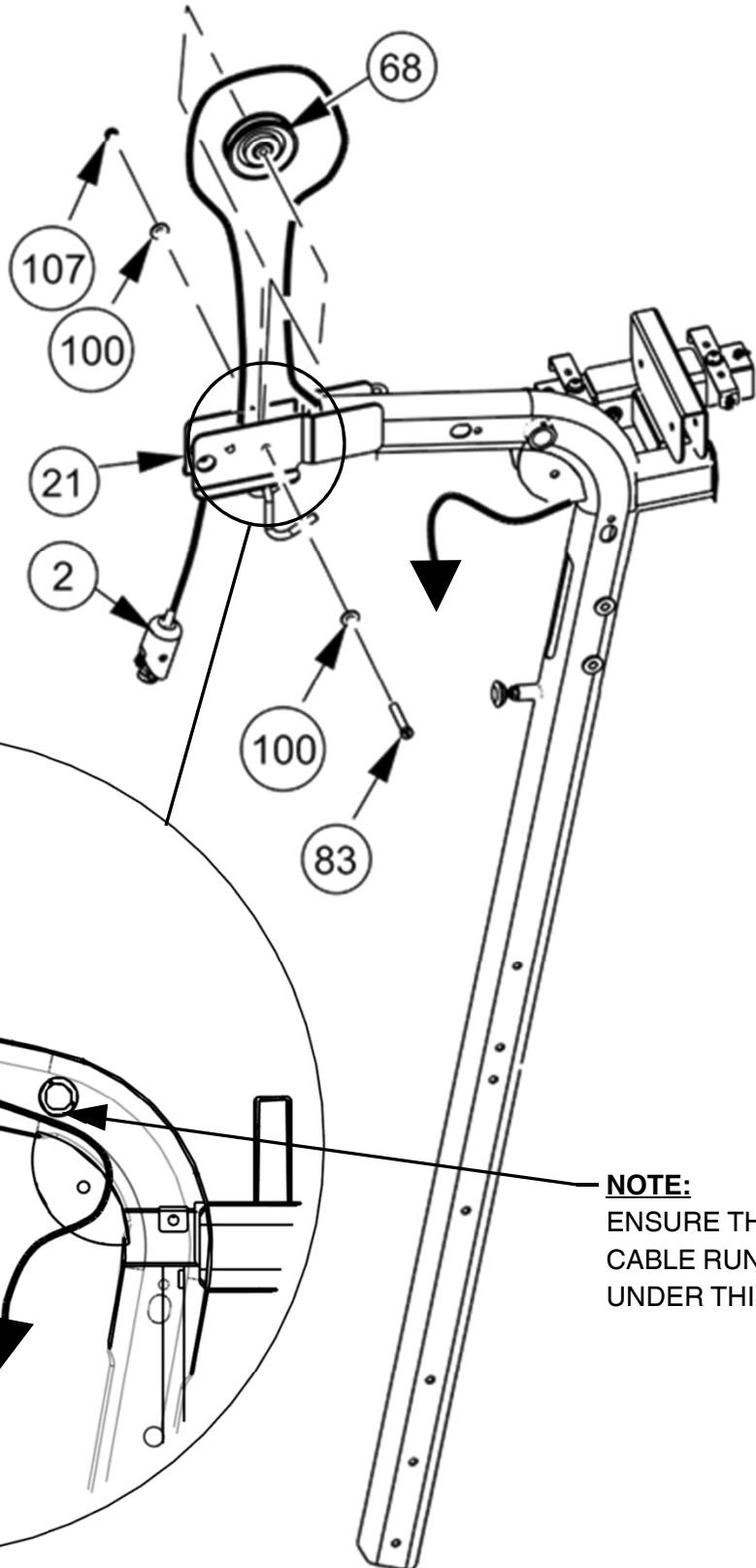


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



NOTE:

ENSURE THE CABLE RUNS BETWEEN THE PULLEY AND THE GUARD PIN

NOTE:

ENSURE THE CABLE RUNS UNDER THIS TUBE

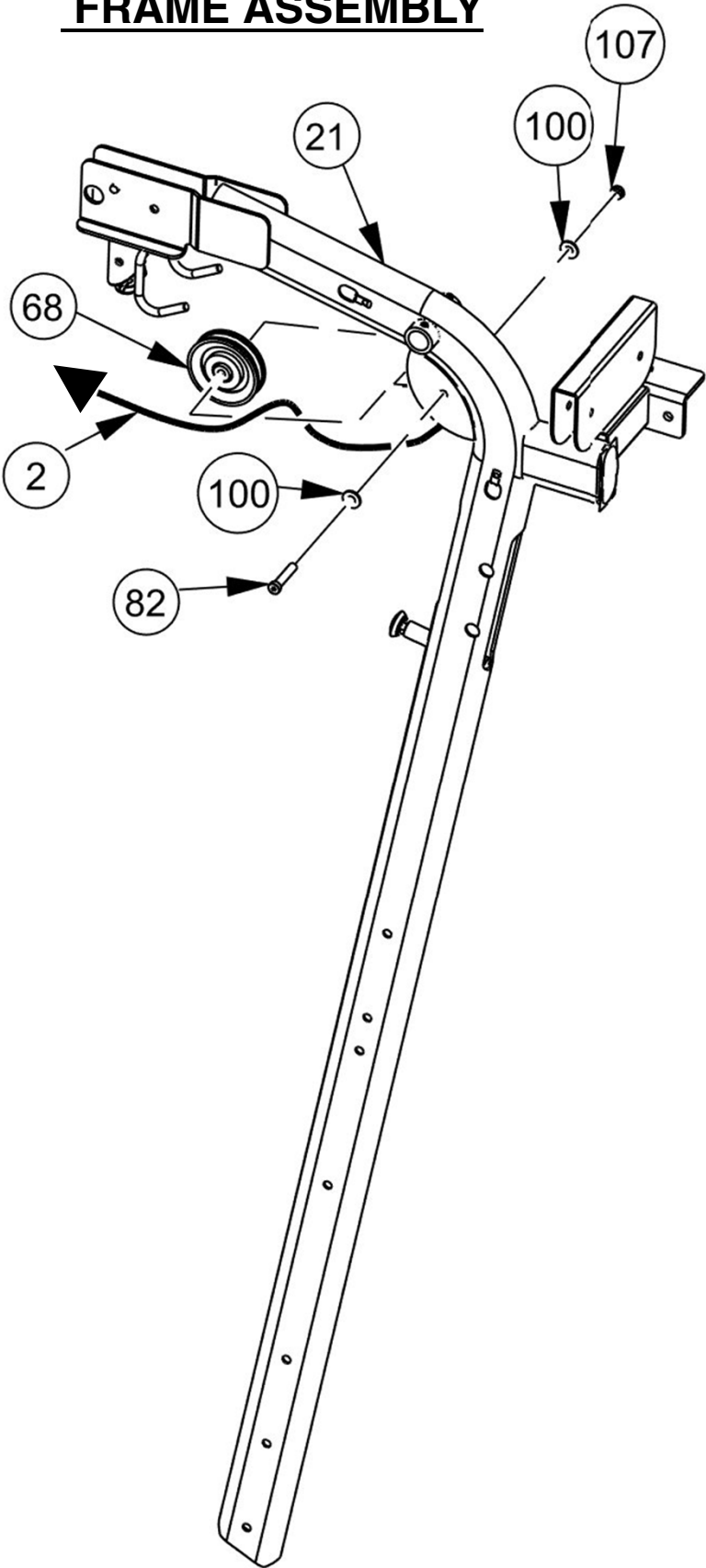
CABLE ROUTING VIEW

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.

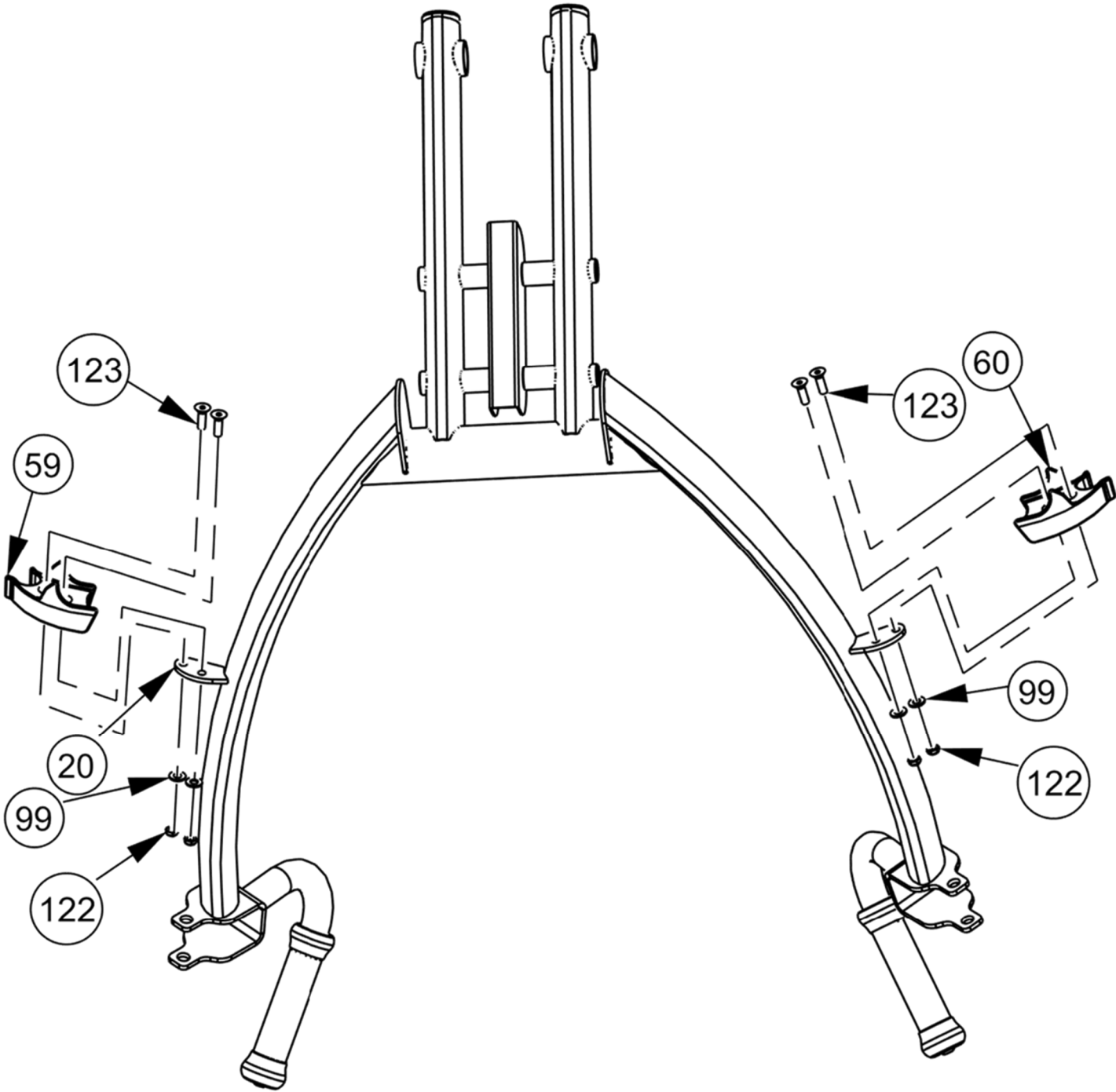


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

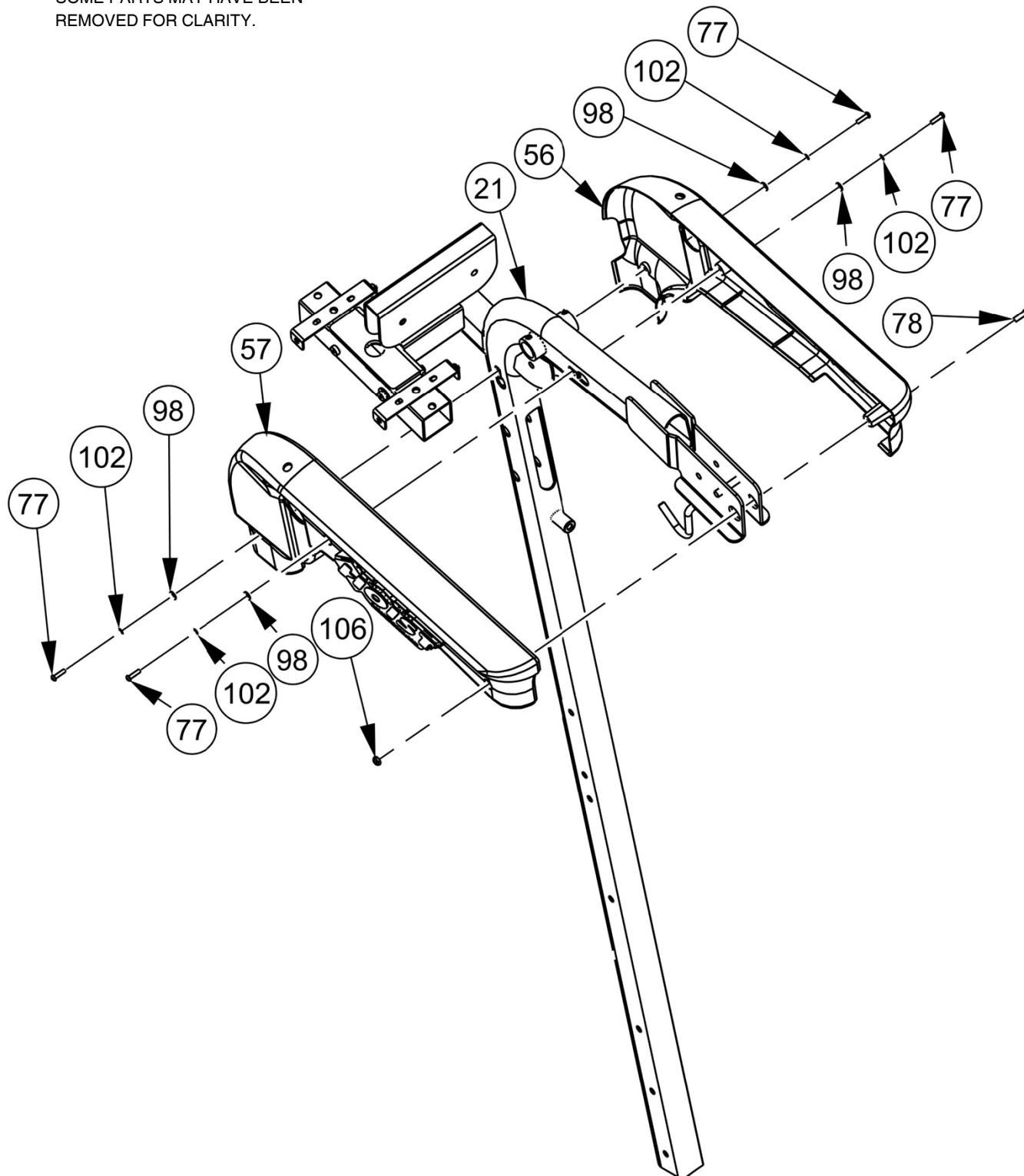


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

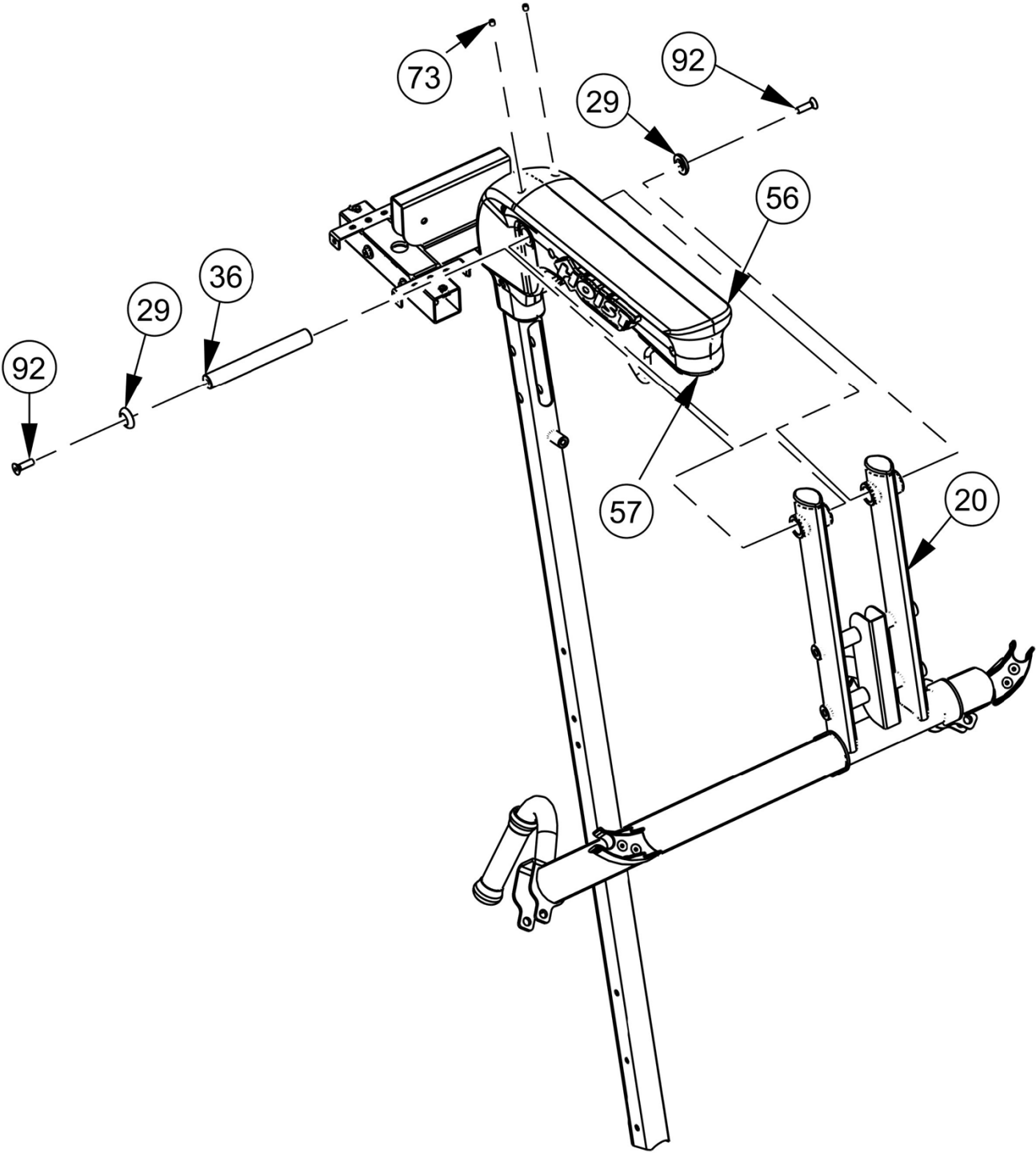
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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

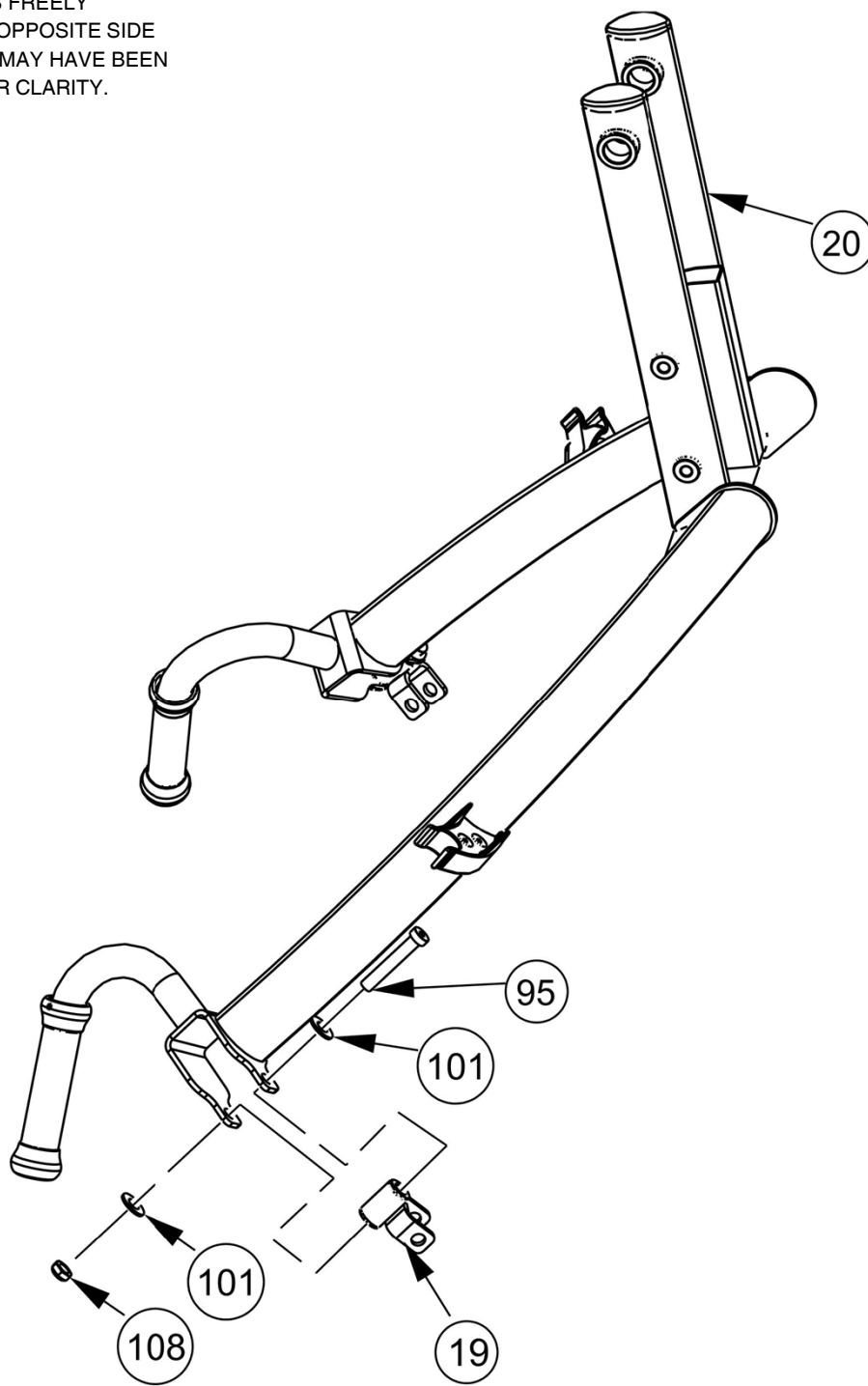


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN
HARDWARE, THEN LOOSEN
SLIGHTLY UNTIL THE U-JOINT
(19) ROTATES FREELY
- REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

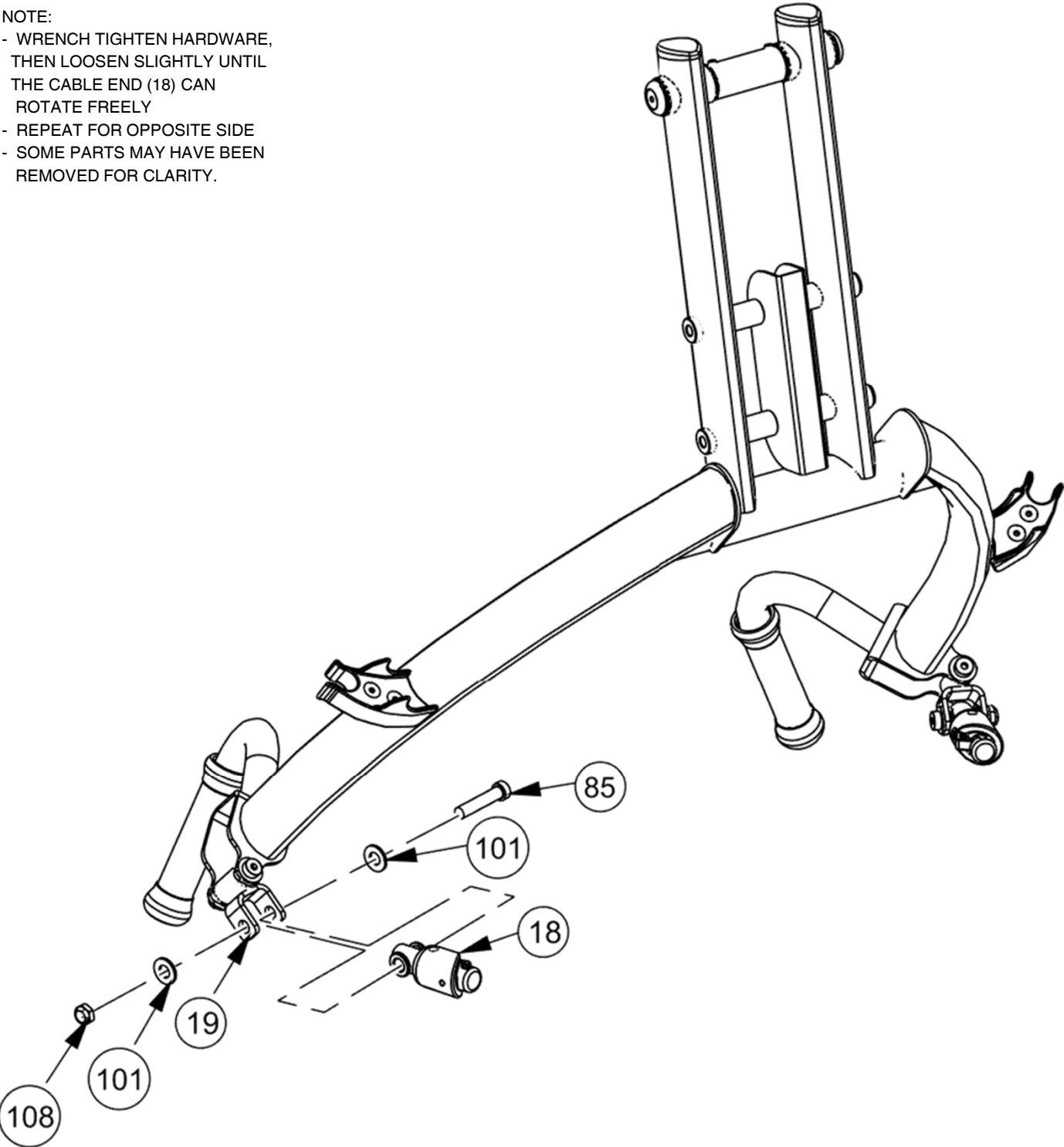


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE, THEN LOOSEN SLIGHTLY UNTIL THE CABLE END (18) CAN ROTATE FREELY
- REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

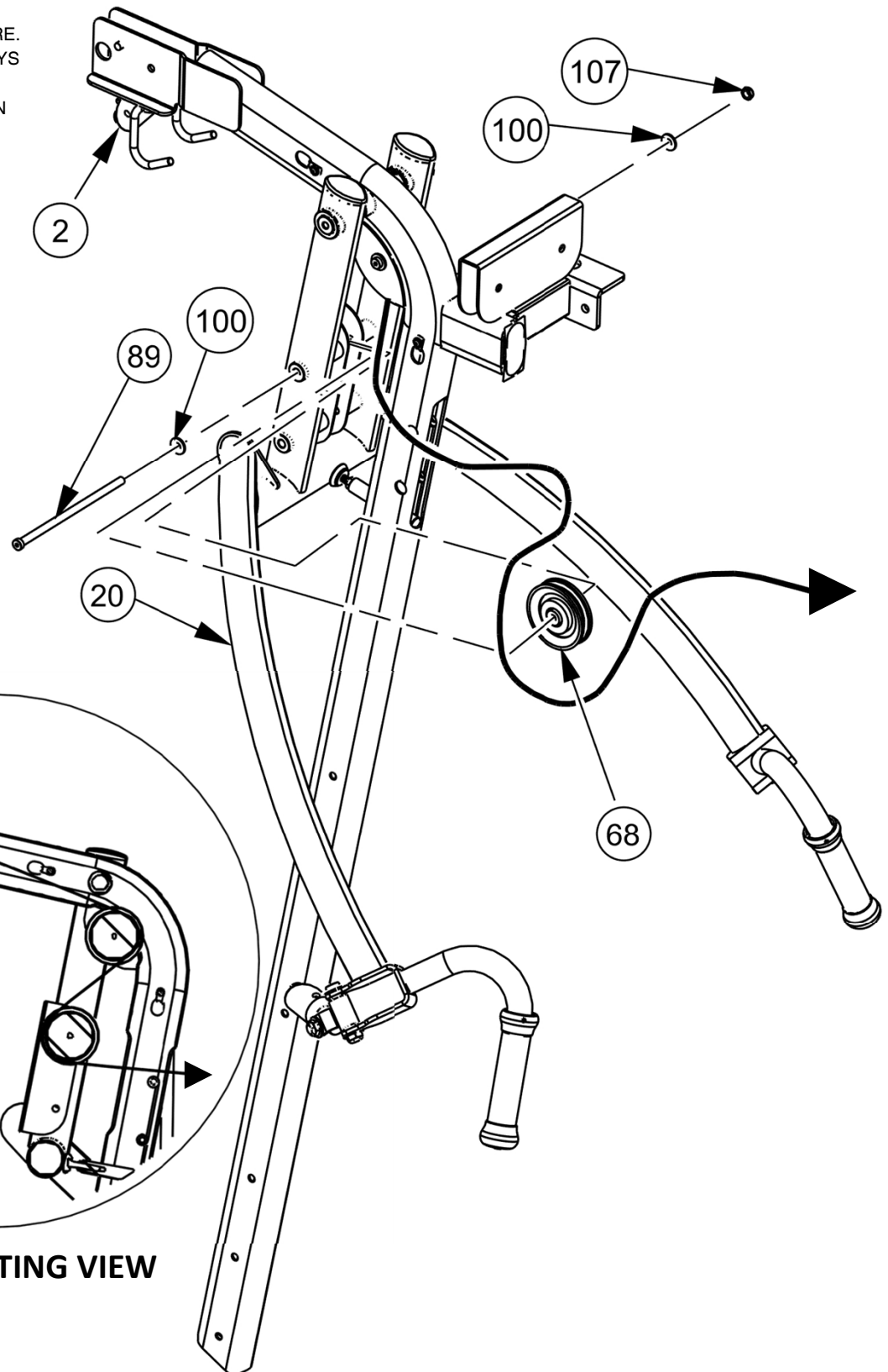


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



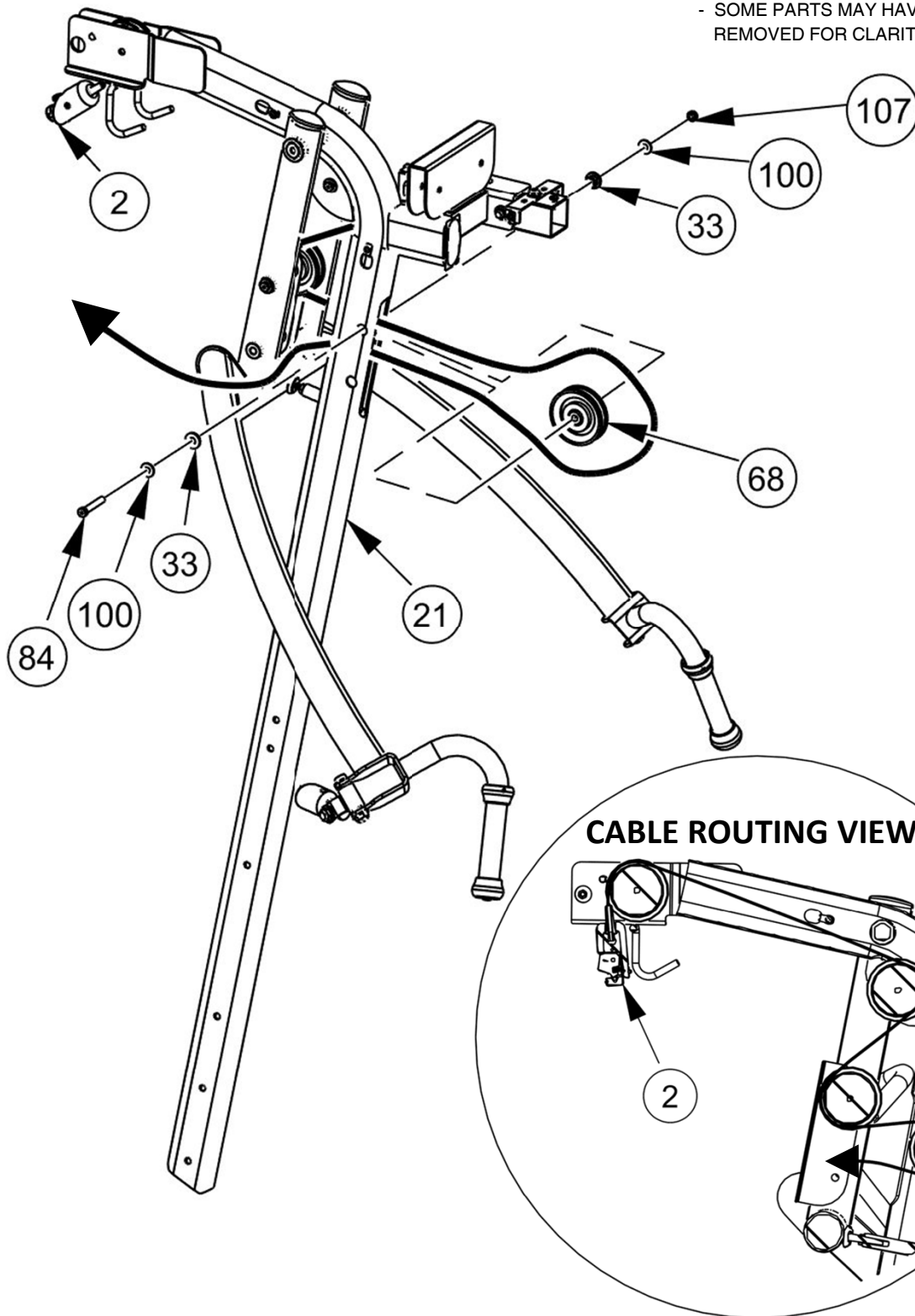
CABLE ROUTING VIEW

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.

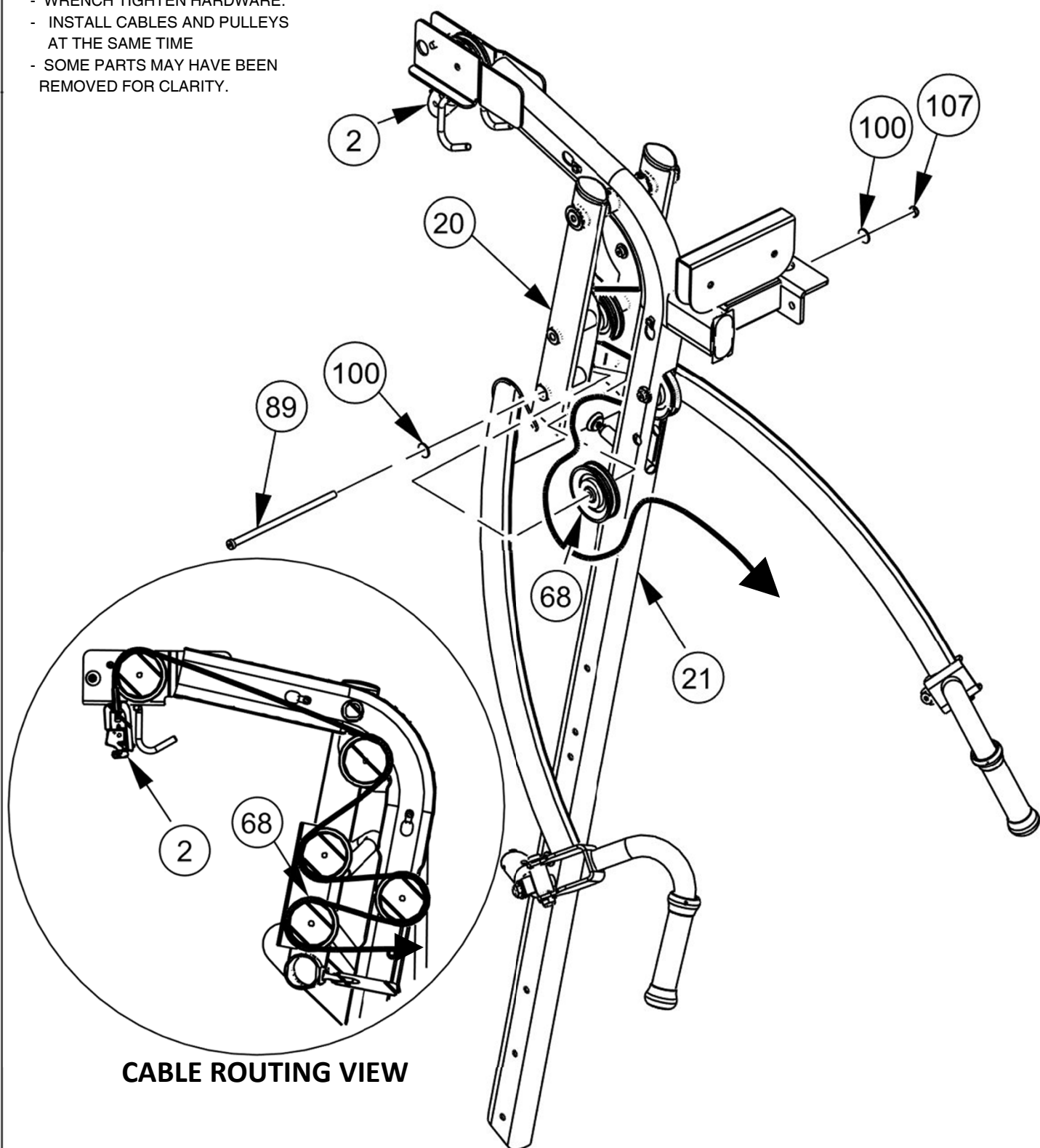


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

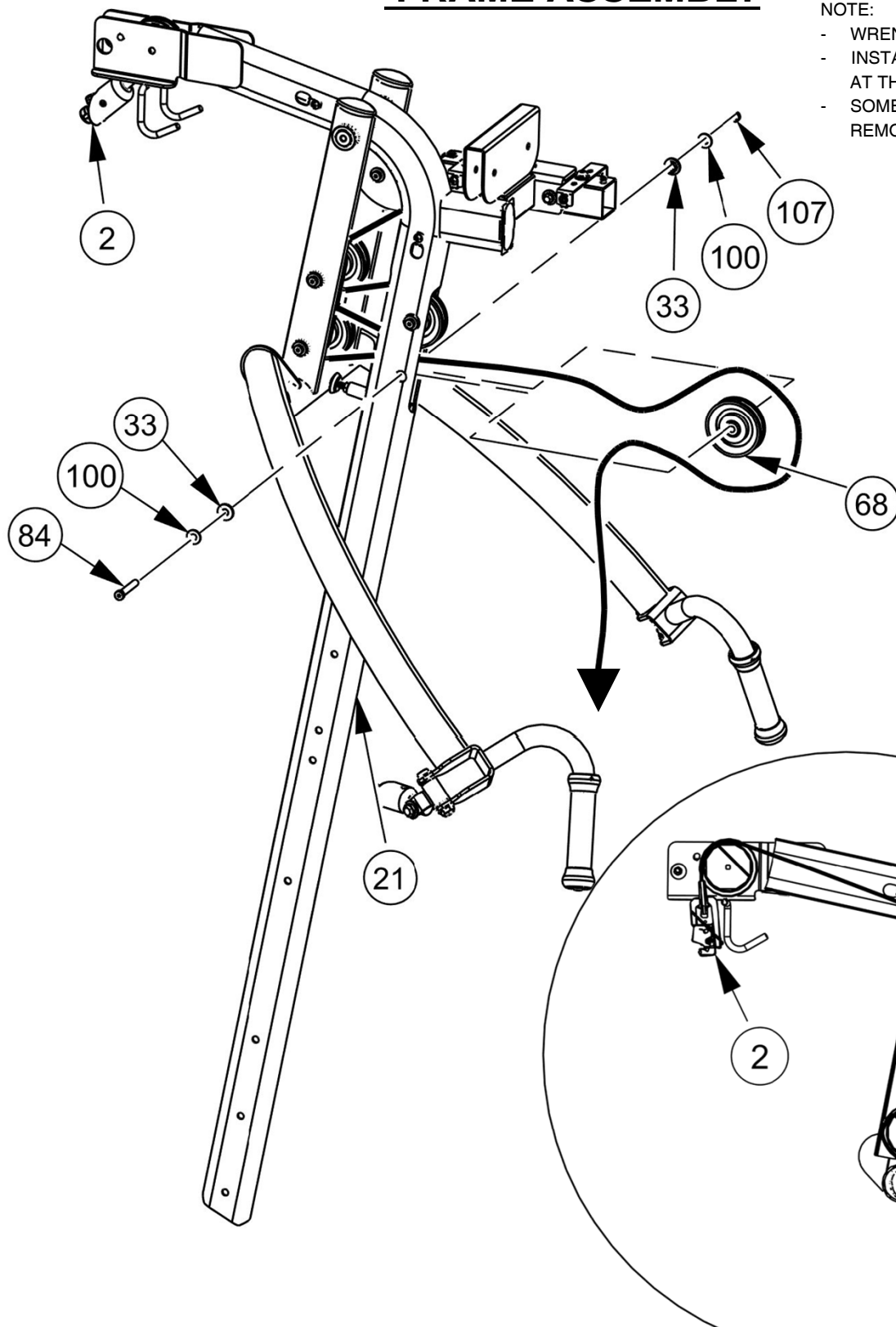


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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

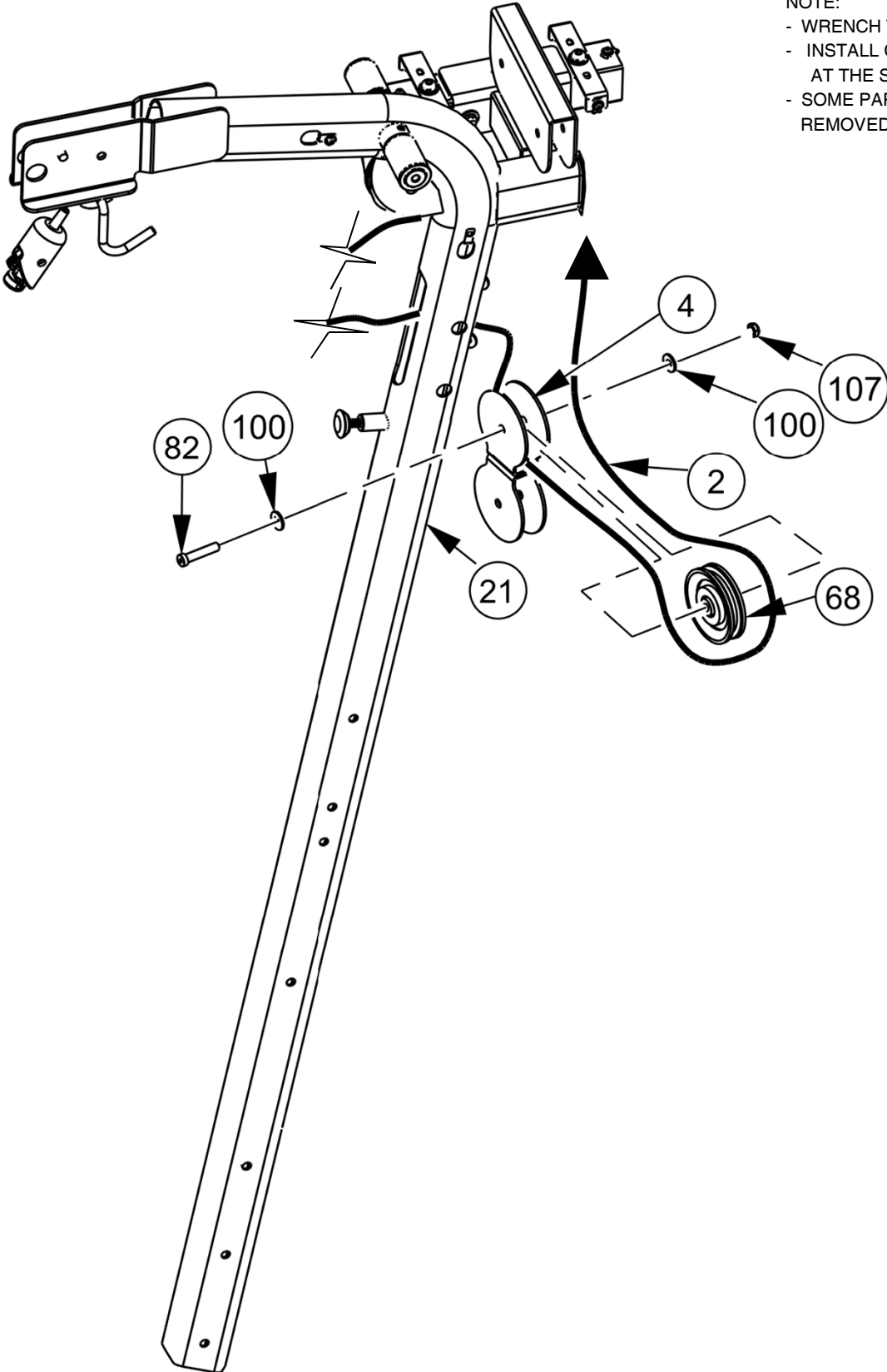


CABLE ROUTING VIEW

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.

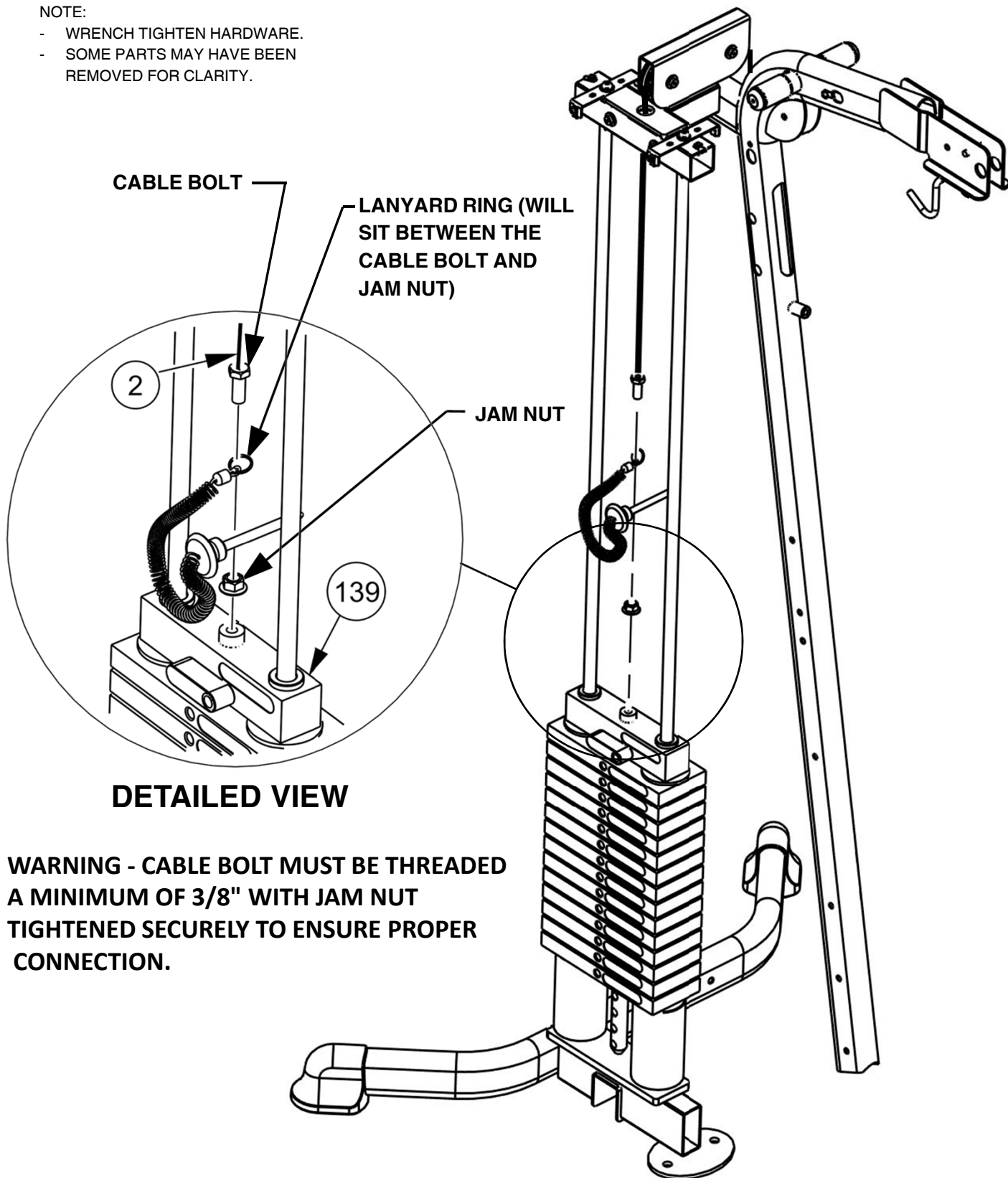


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



DETAILED VIEW

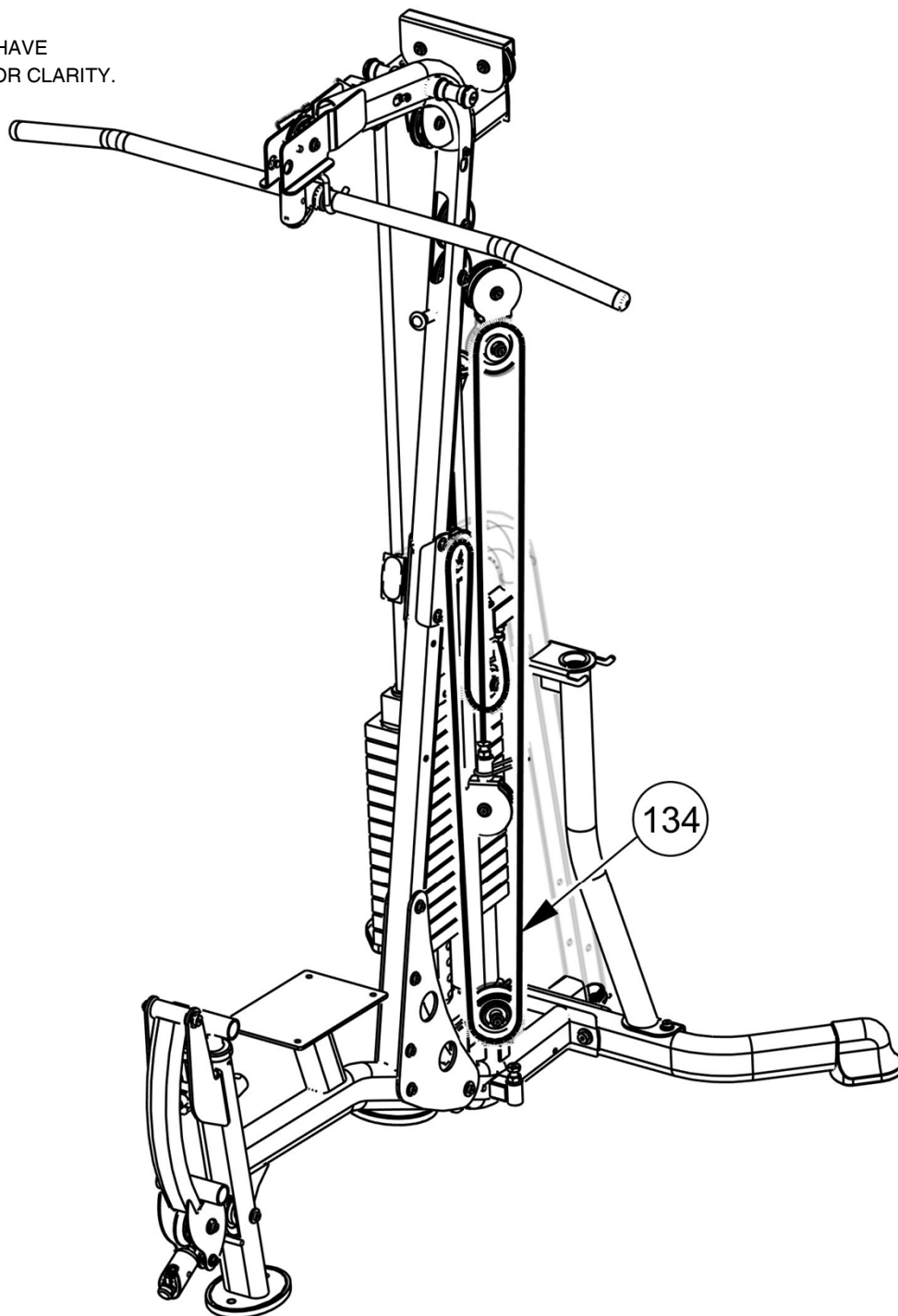
WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

OWNER'S MANUAL

FRAME ASSEMBLY CABLE REFERENCE VIEW

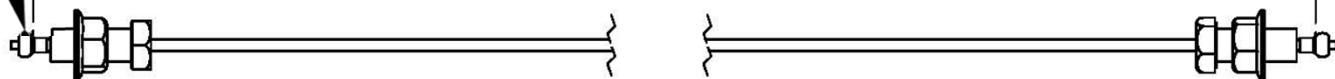
NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



134

136 1/4"

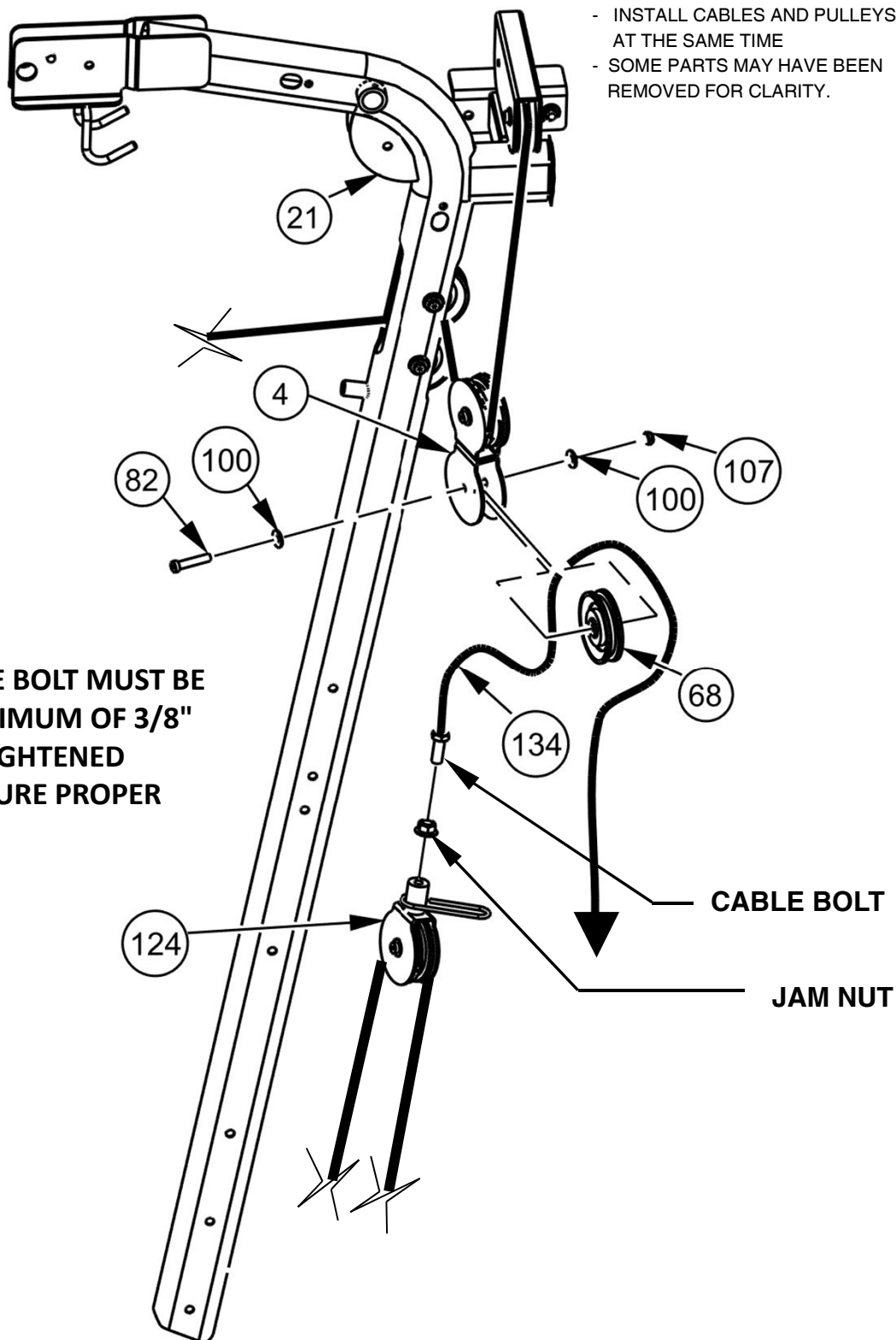


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



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

CABLE BOLT

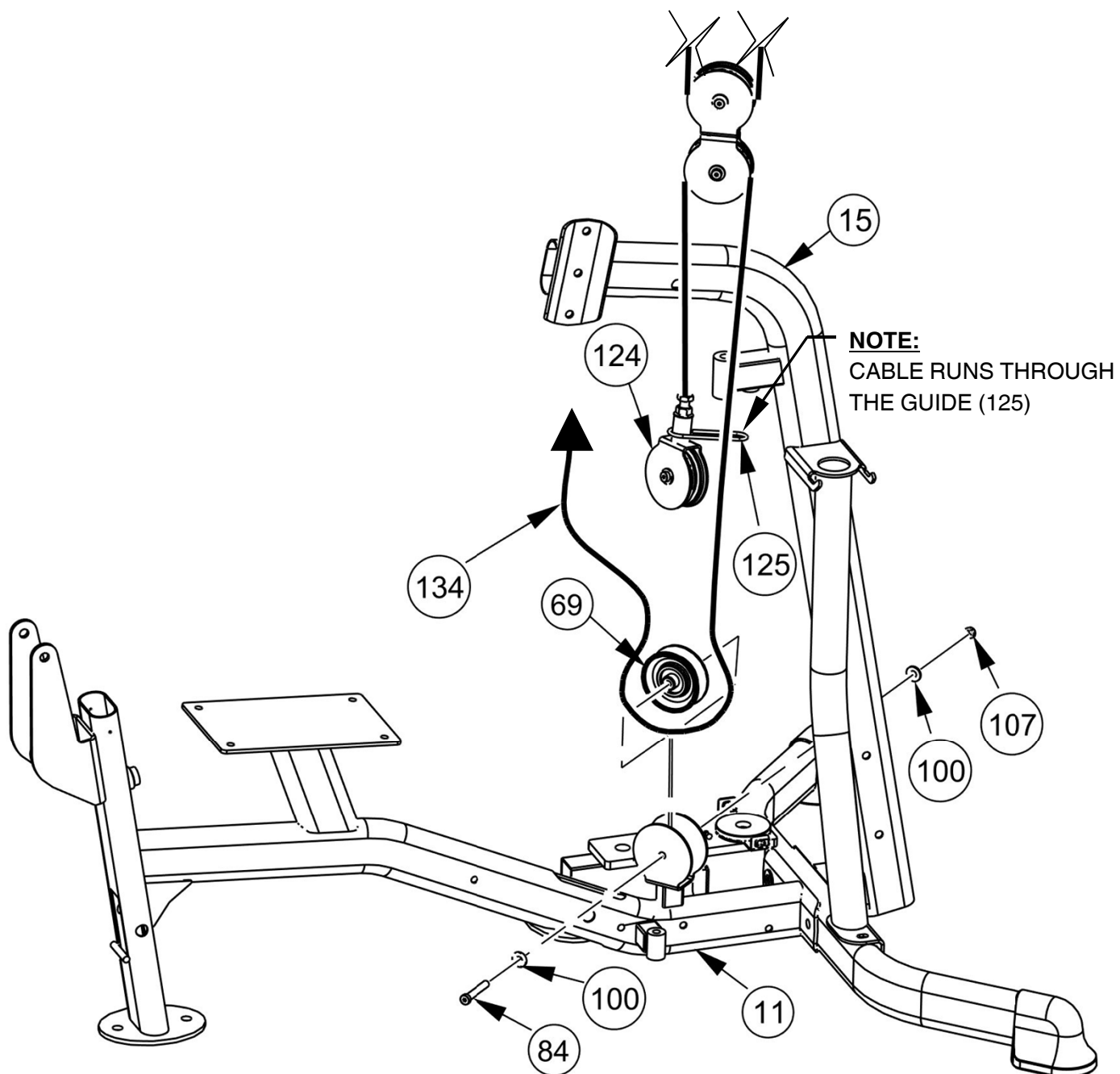
JAM NUT

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.

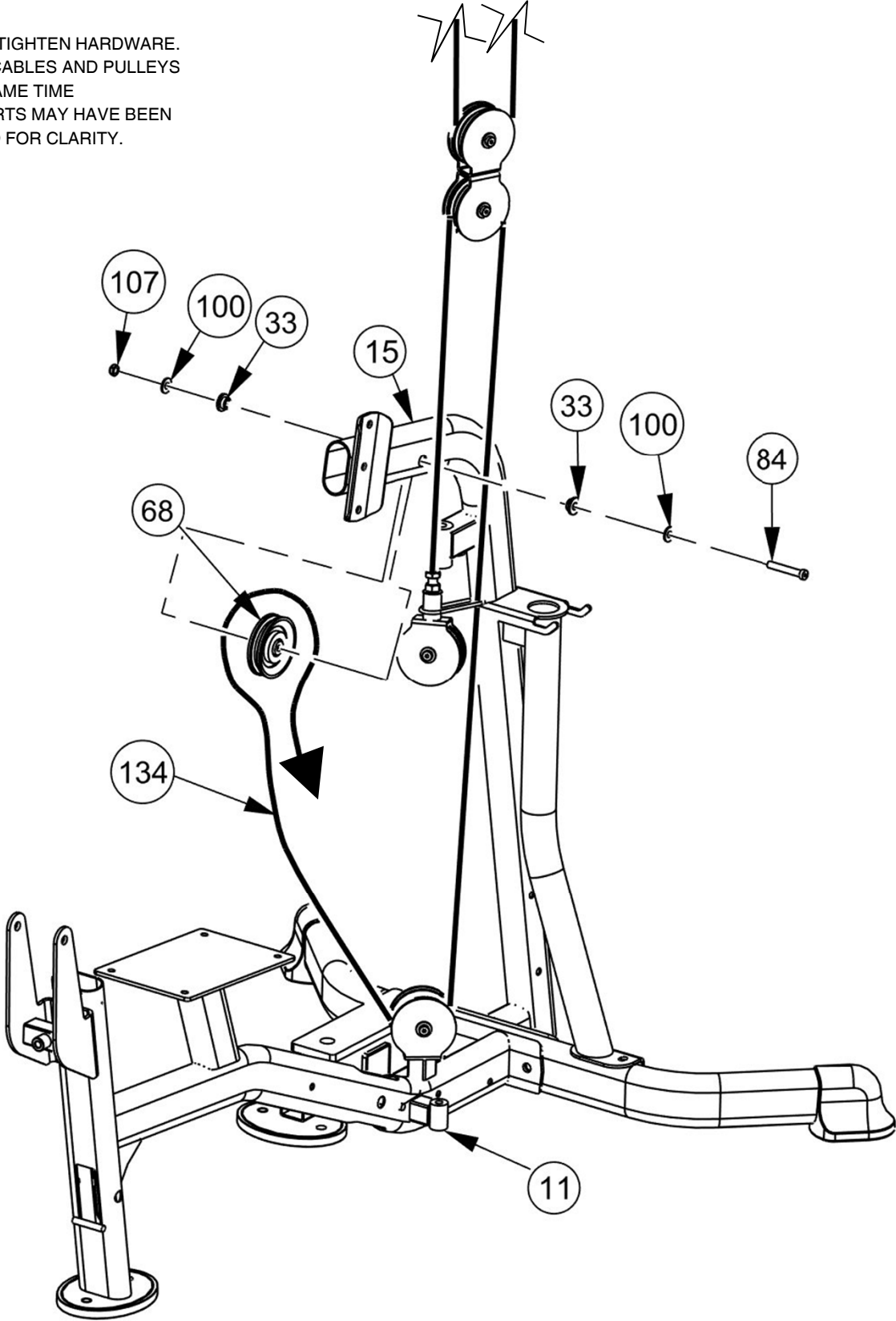


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



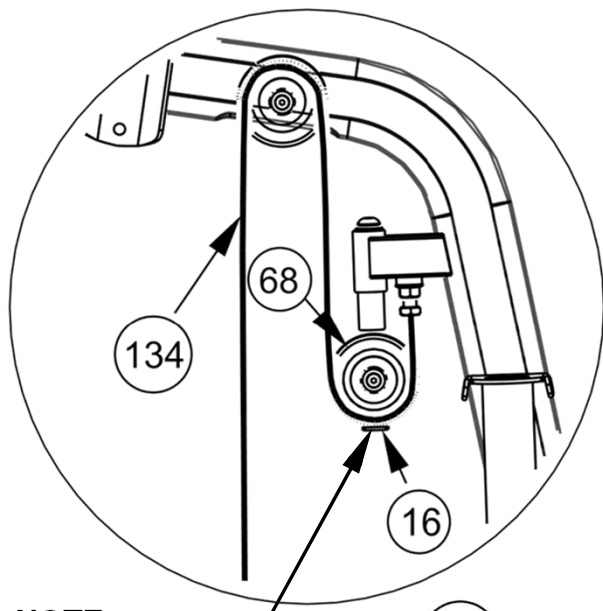
OWNER'S MANUAL

CABLE ROUTING VIEW

FRAME ASSEMBLY

NOTE:

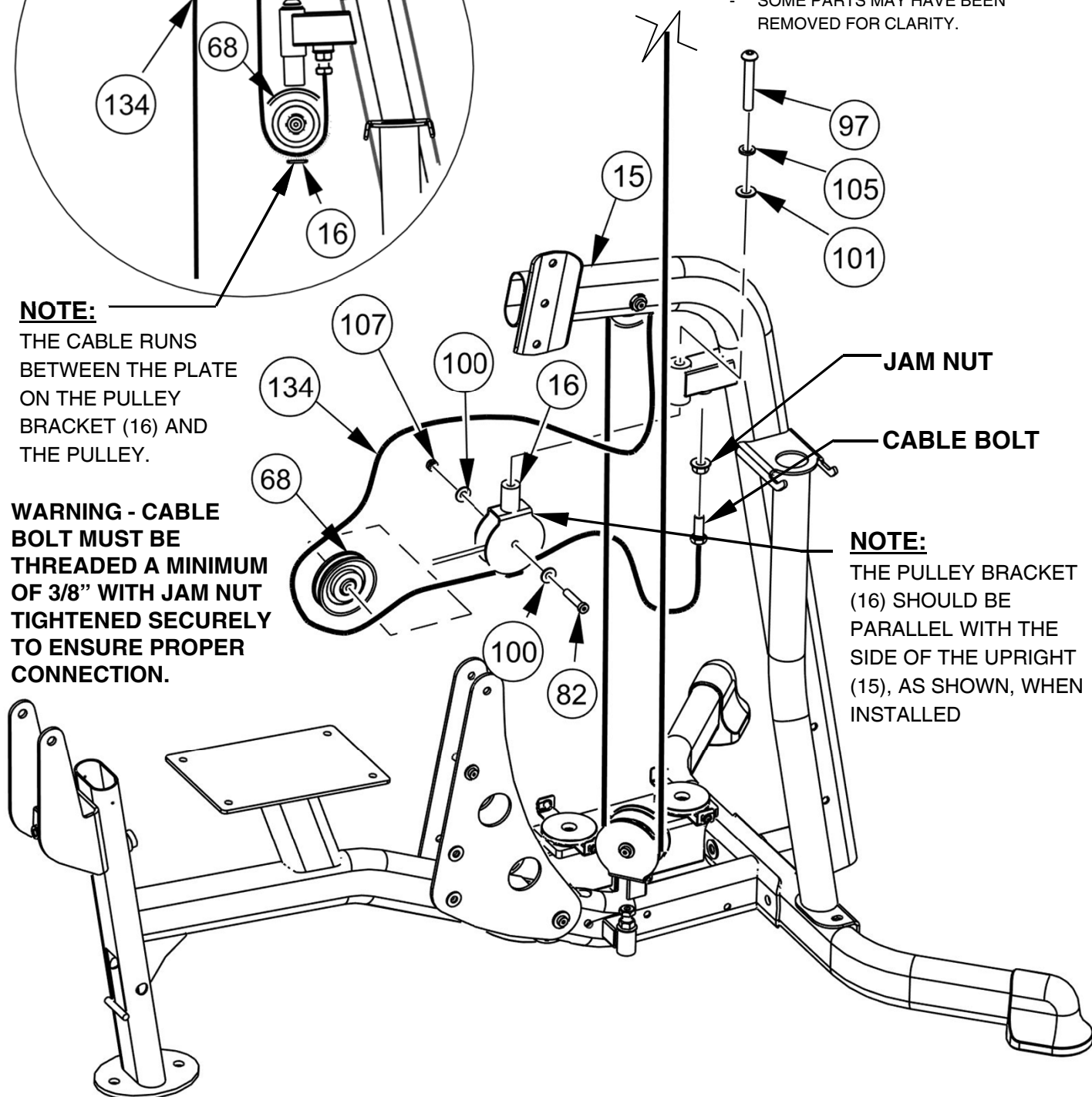
- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



NOTE:

THE CABLE RUNS BETWEEN THE PLATE ON THE PULLEY BRACKET (16) AND THE PULLEY.

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



JAM NUT

CABLE BOLT

NOTE:

THE PULLEY BRACKET (16) SHOULD BE PARALLEL WITH THE SIDE OF THE UPRIGHT (15), AS SHOWN, WHEN INSTALLED

OWNER'S MANUAL

FRAME ASSEMBLY

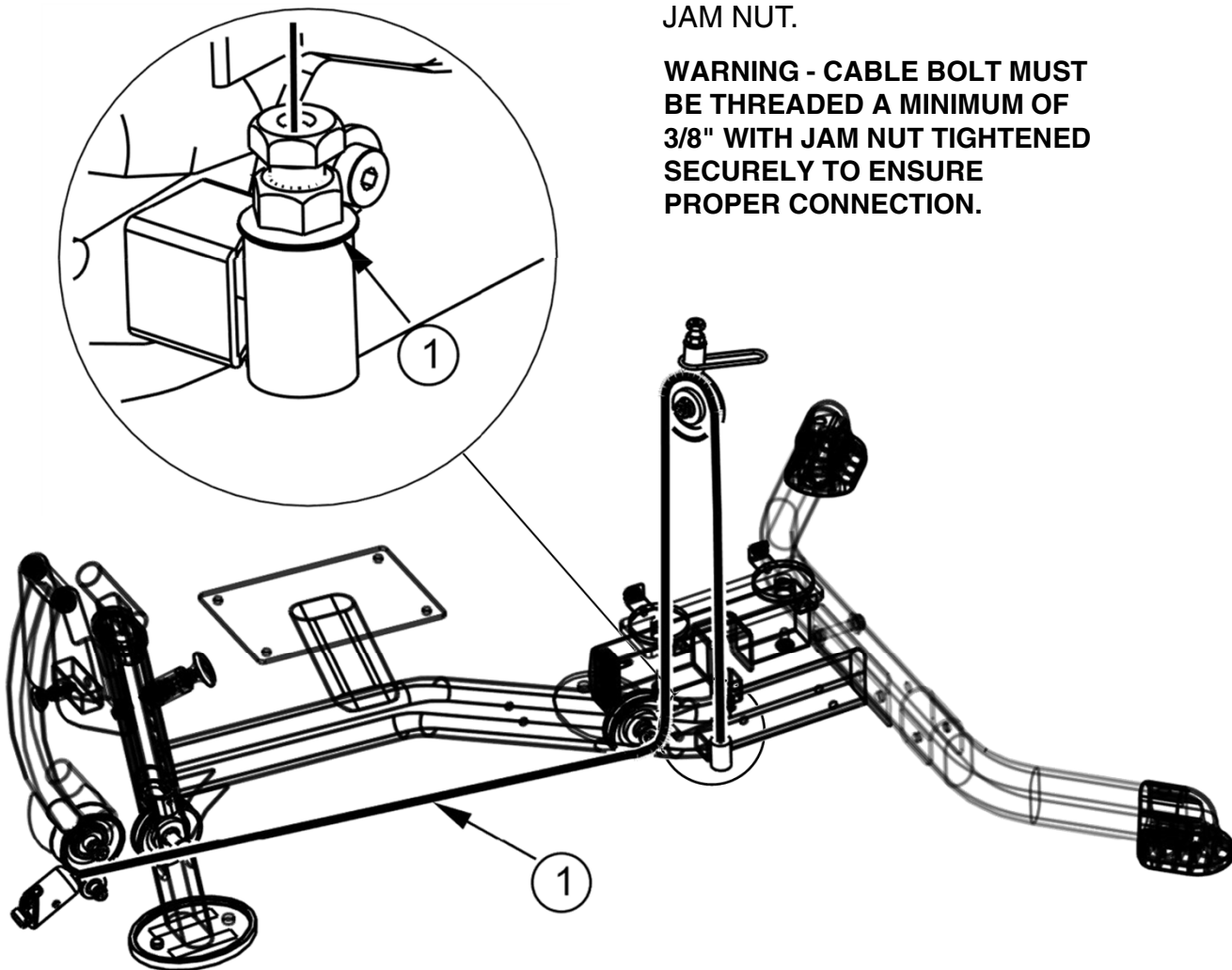
NOTE:

- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- 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.



IMPORTANT

****WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE****

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 THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO REALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

FRAME ASSEMBLY

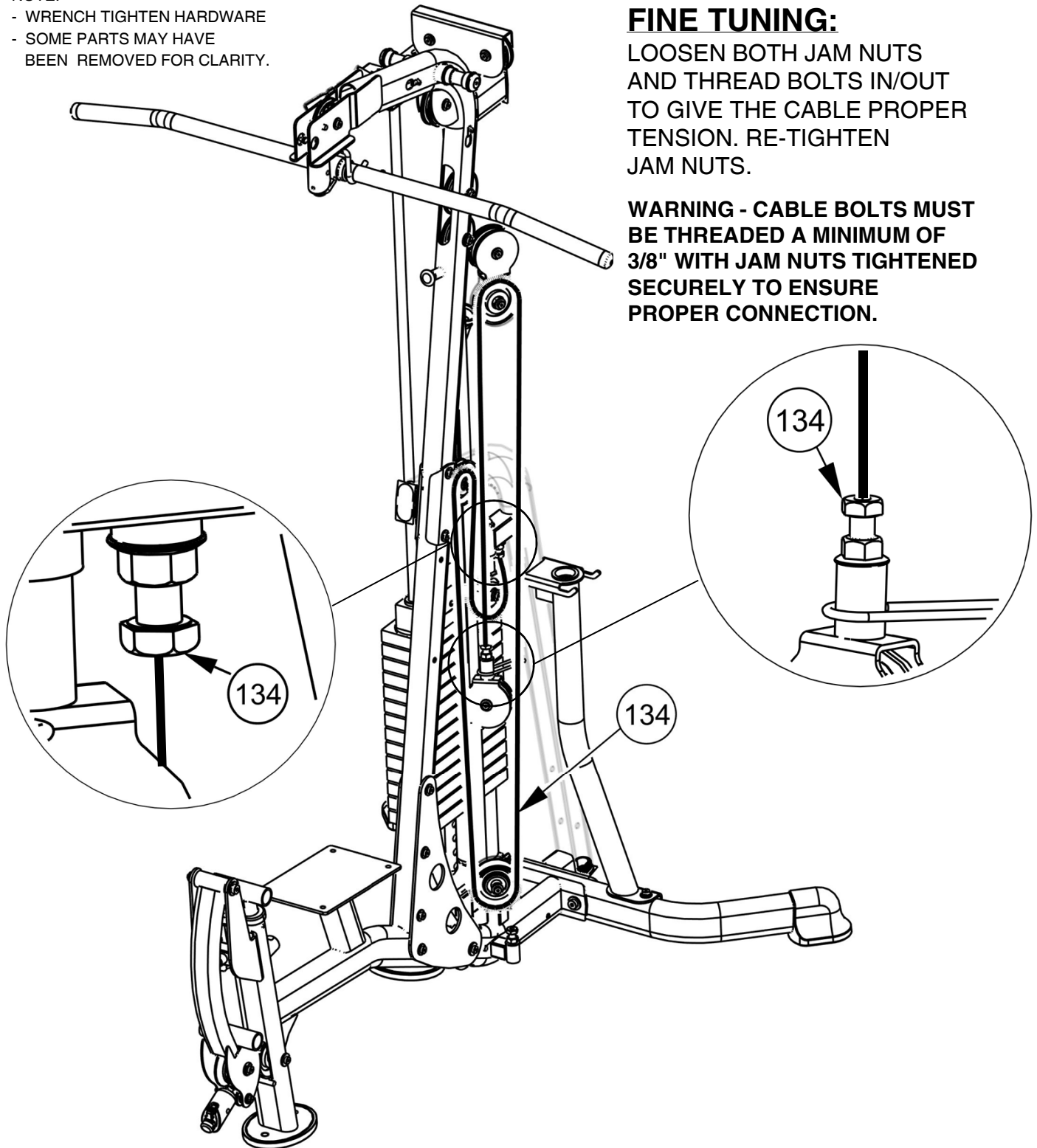
NOTE:

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

FINE TUNING:

LOOSEN BOTH JAM NUTS AND THREAD BOLTS IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUTS.

WARNING - CABLE BOLTS MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUTS TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

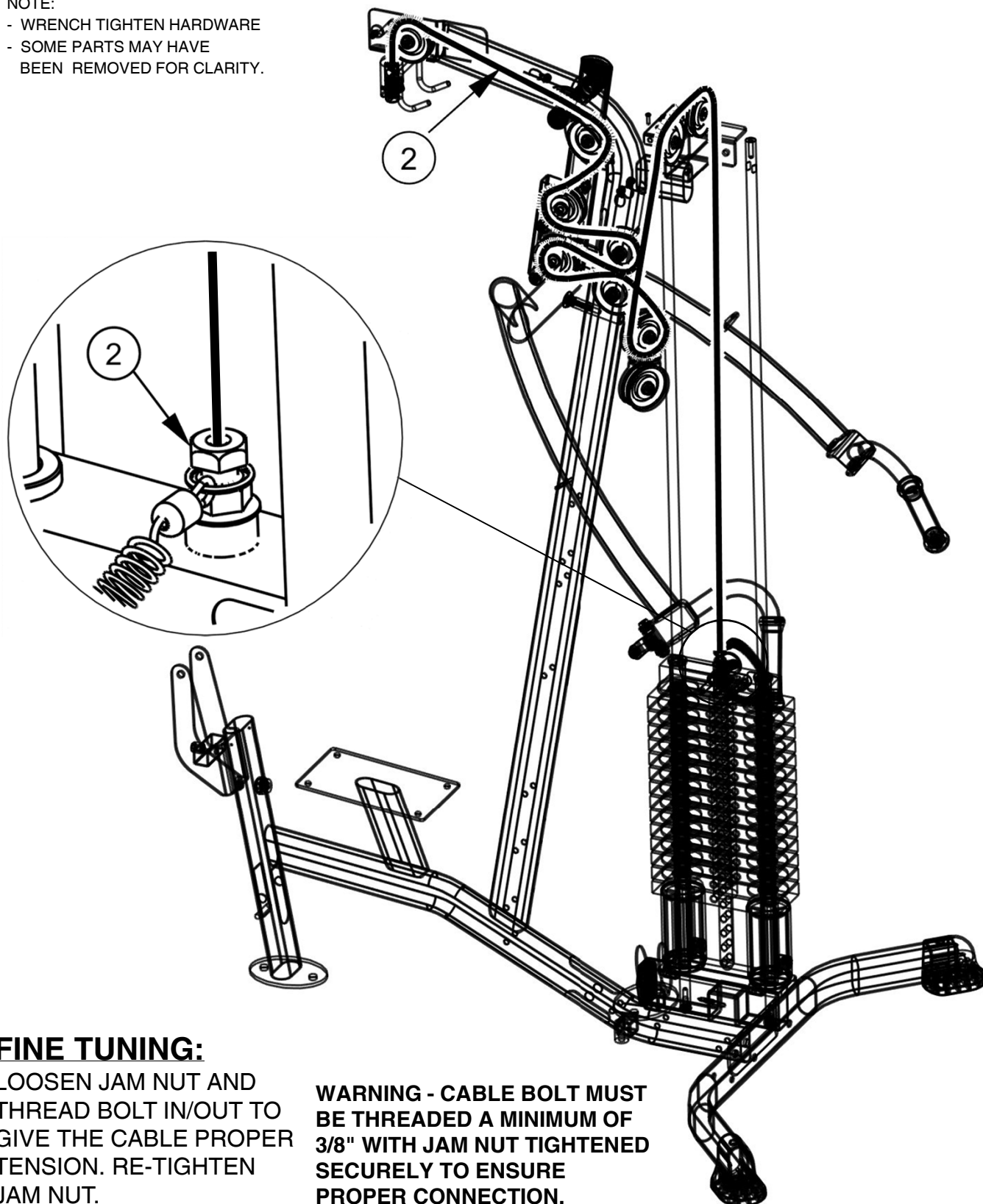


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



FINE TUNING:

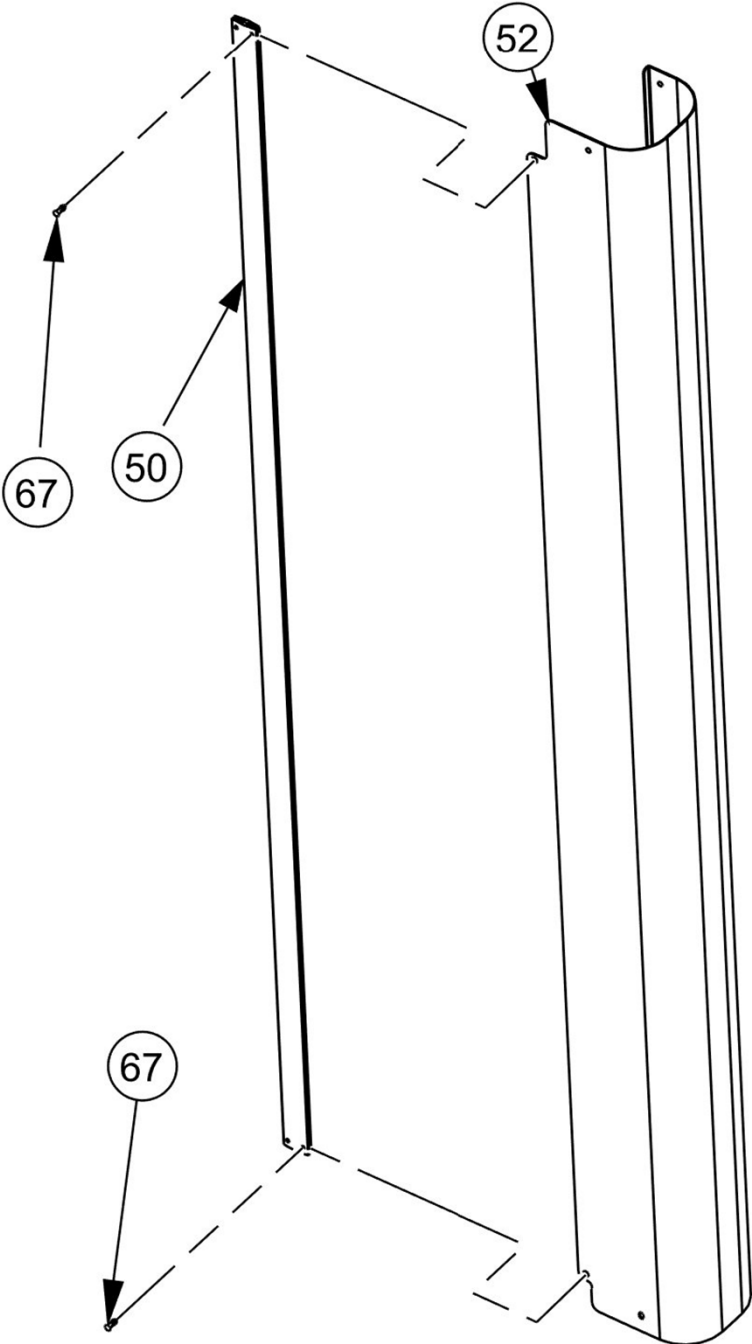
LOOSEN JAM NUT AND
THREAD BOLT IN/OUT TO
GIVE THE CABLE PROPER
TENSION. RE-TIGHTEN
JAM NUT.

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

OWNER'S MANUAL

FRAME ASSEMBLY

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

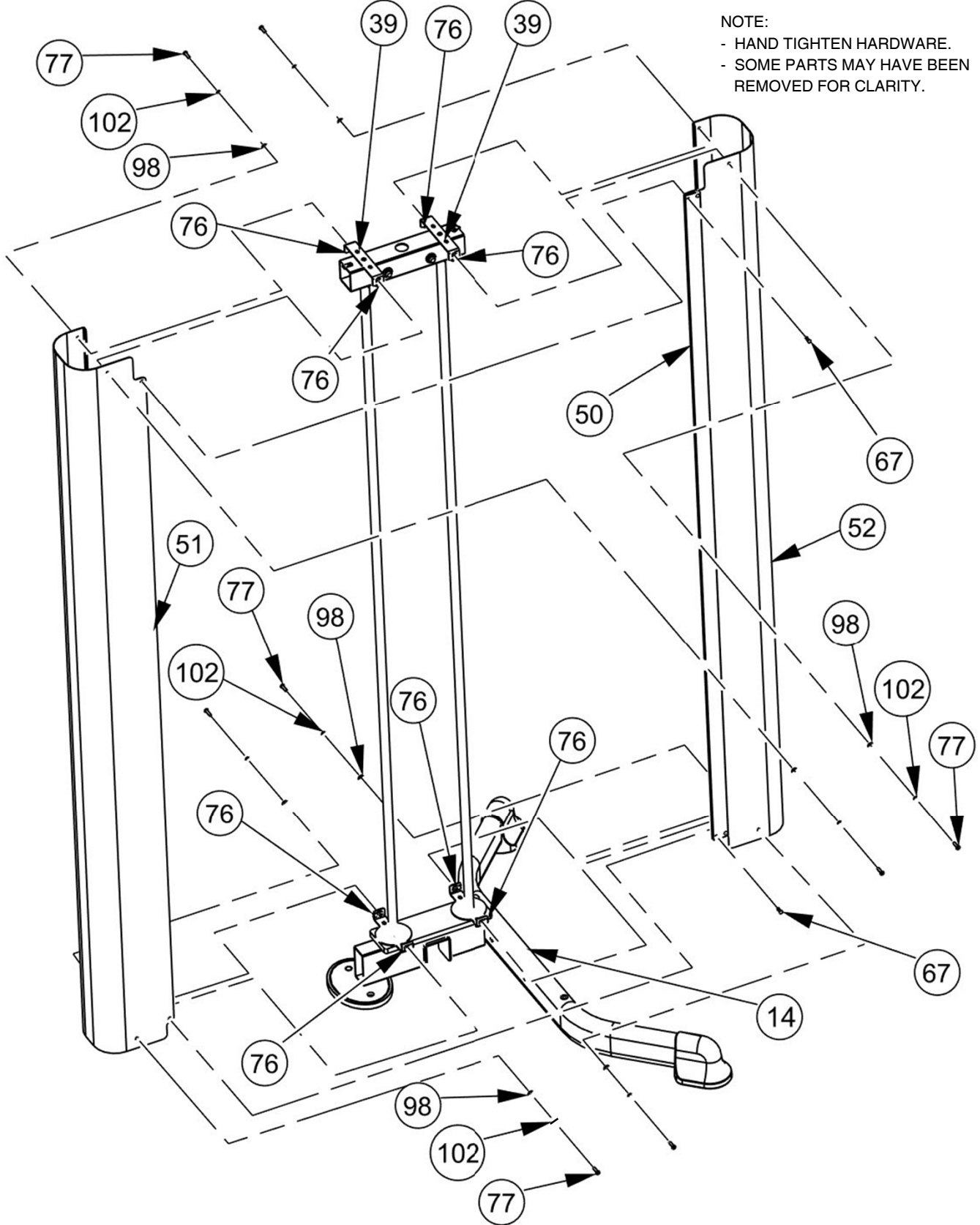


OWNER'S MANUAL

FRAME ASSEMBLY

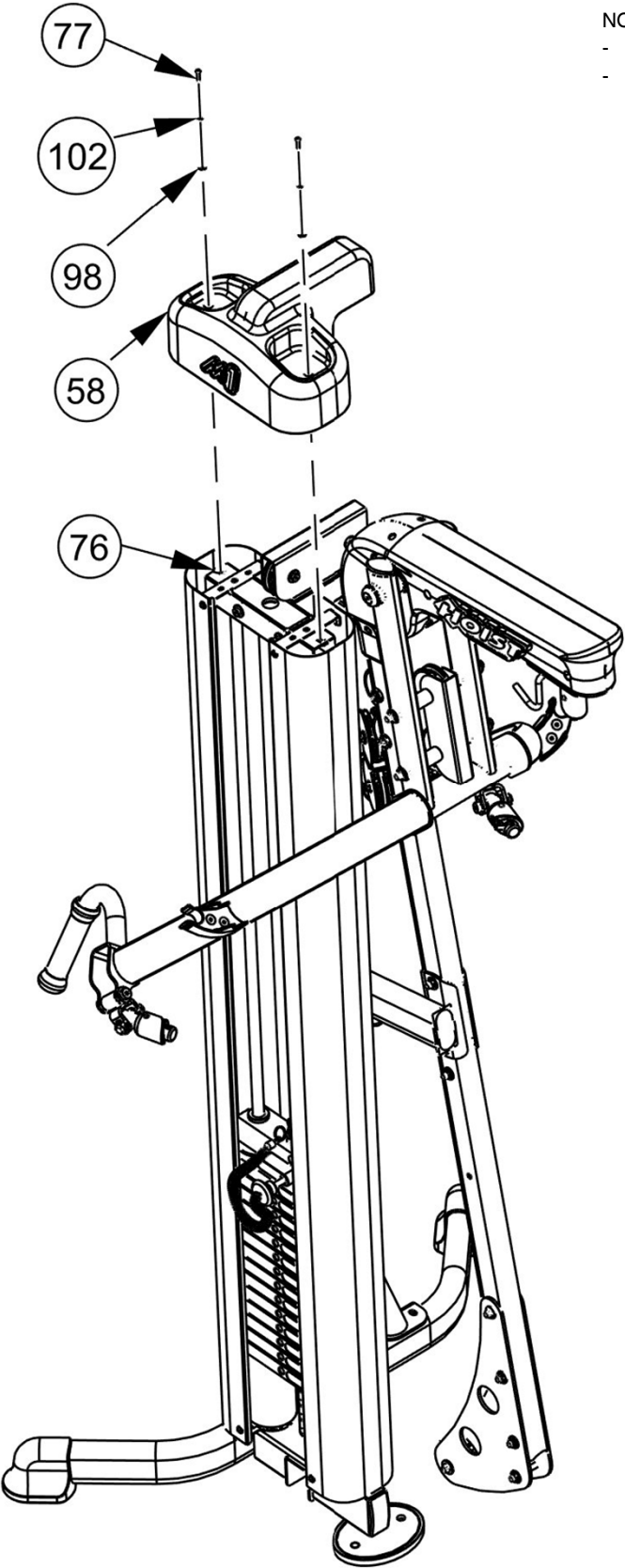
NOTE:

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



OWNER'S MANUAL

FRAME ASSEMBLY



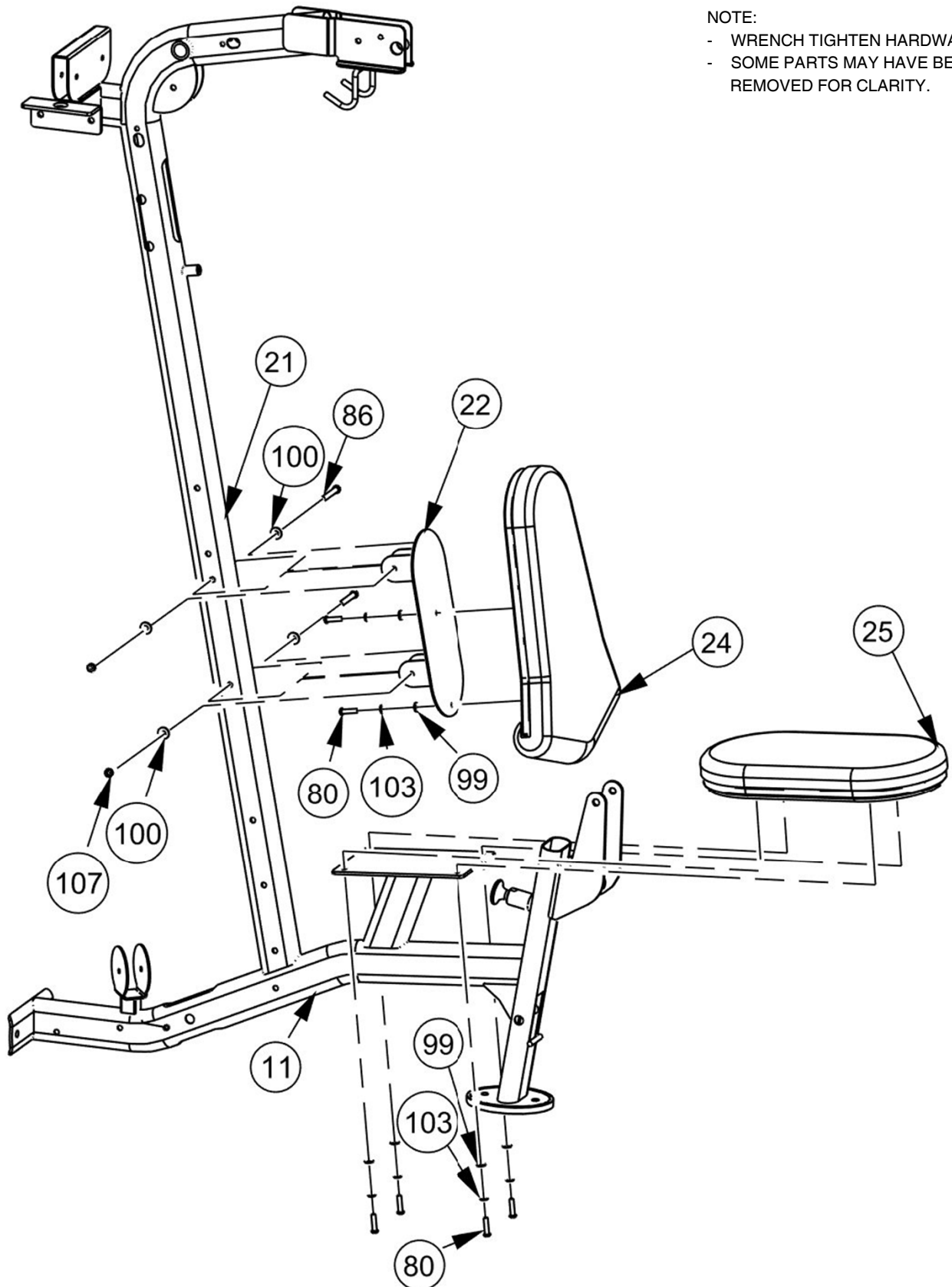
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



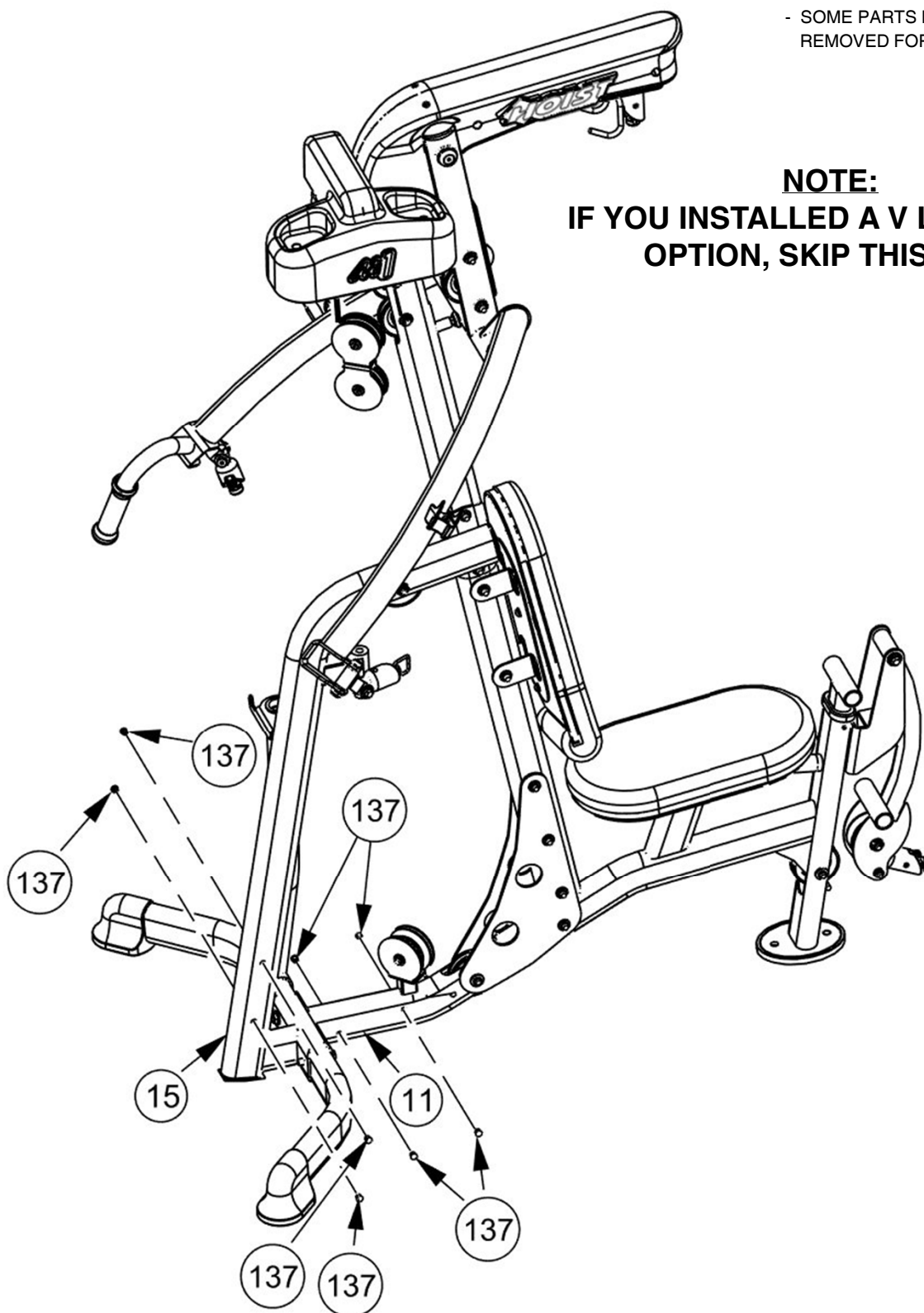
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
IF YOU INSTALLED A V LEG PRESS OPTION, SKIP THIS STEP

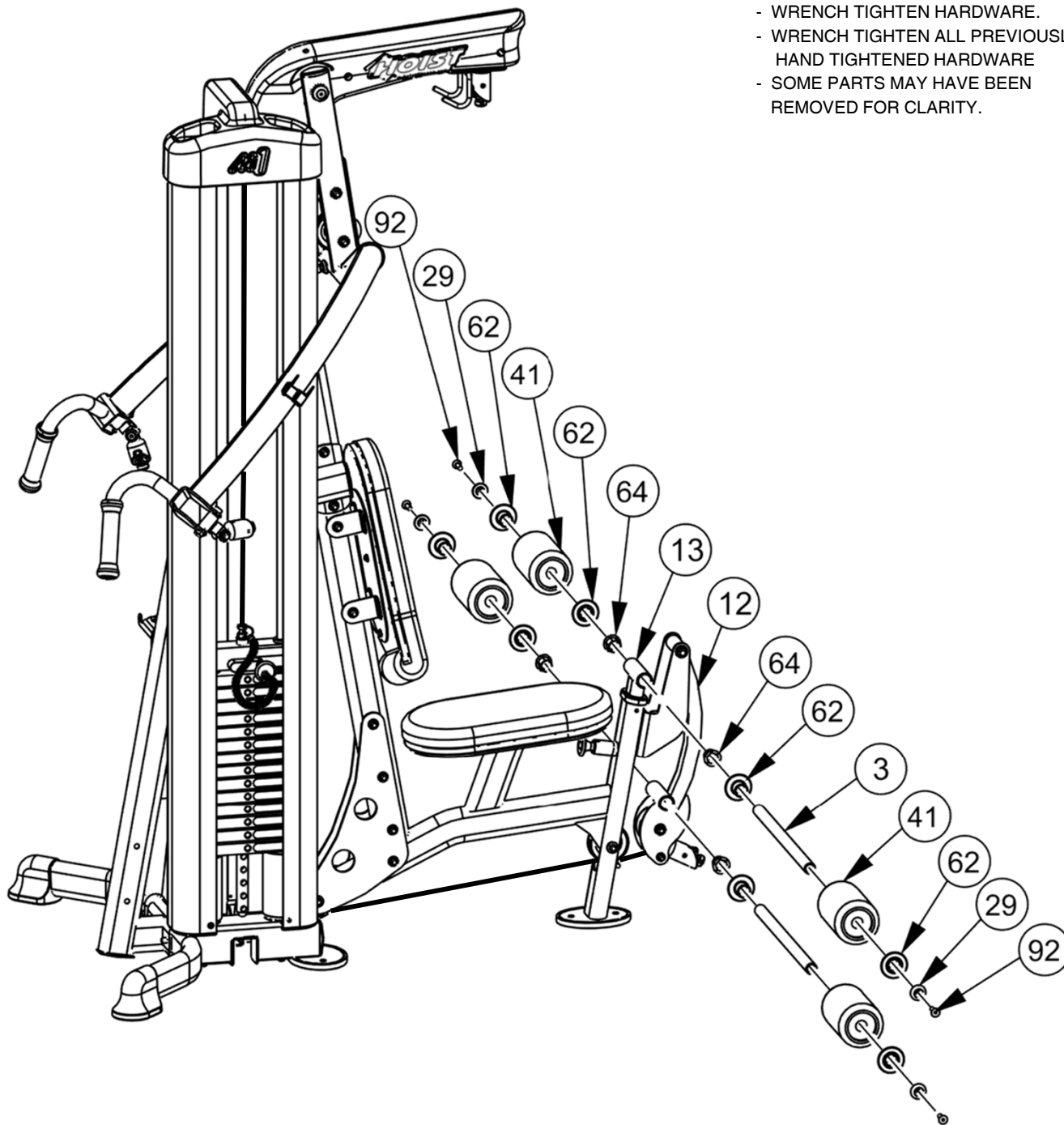


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



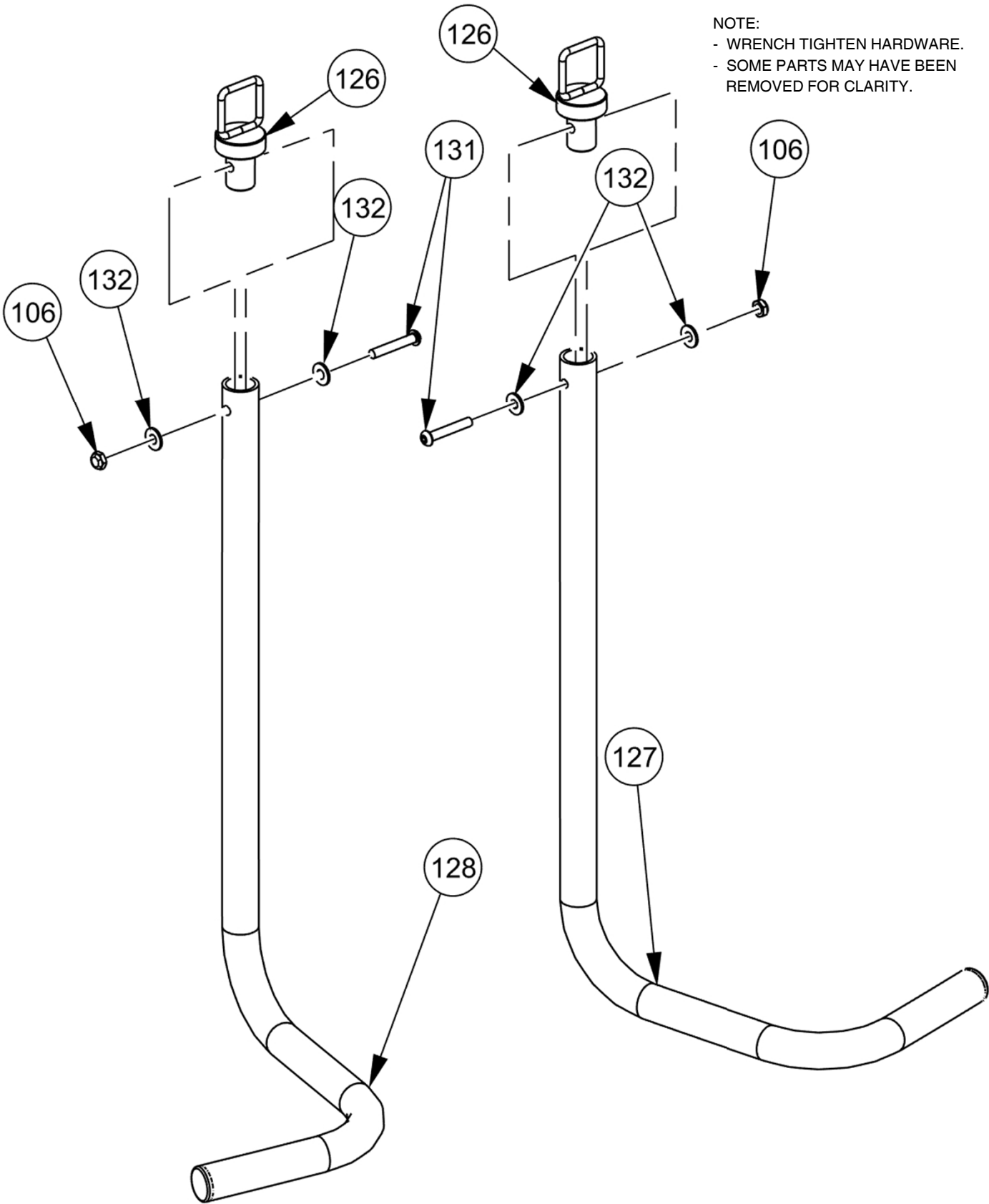
IMPORTANT

NOW THAT THE Mi1 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 THEY ARE 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

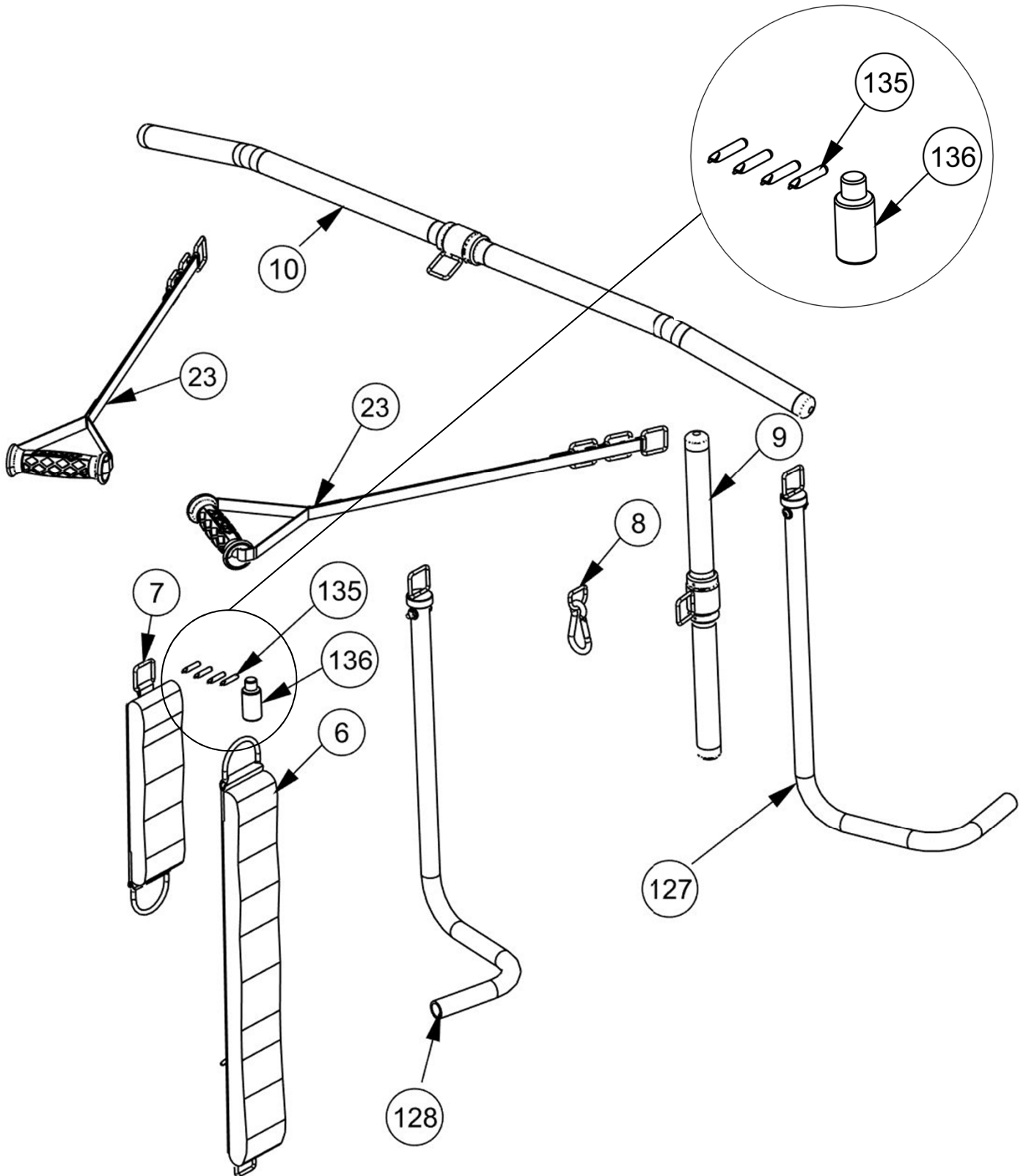
FRAME ASSEMBLY

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



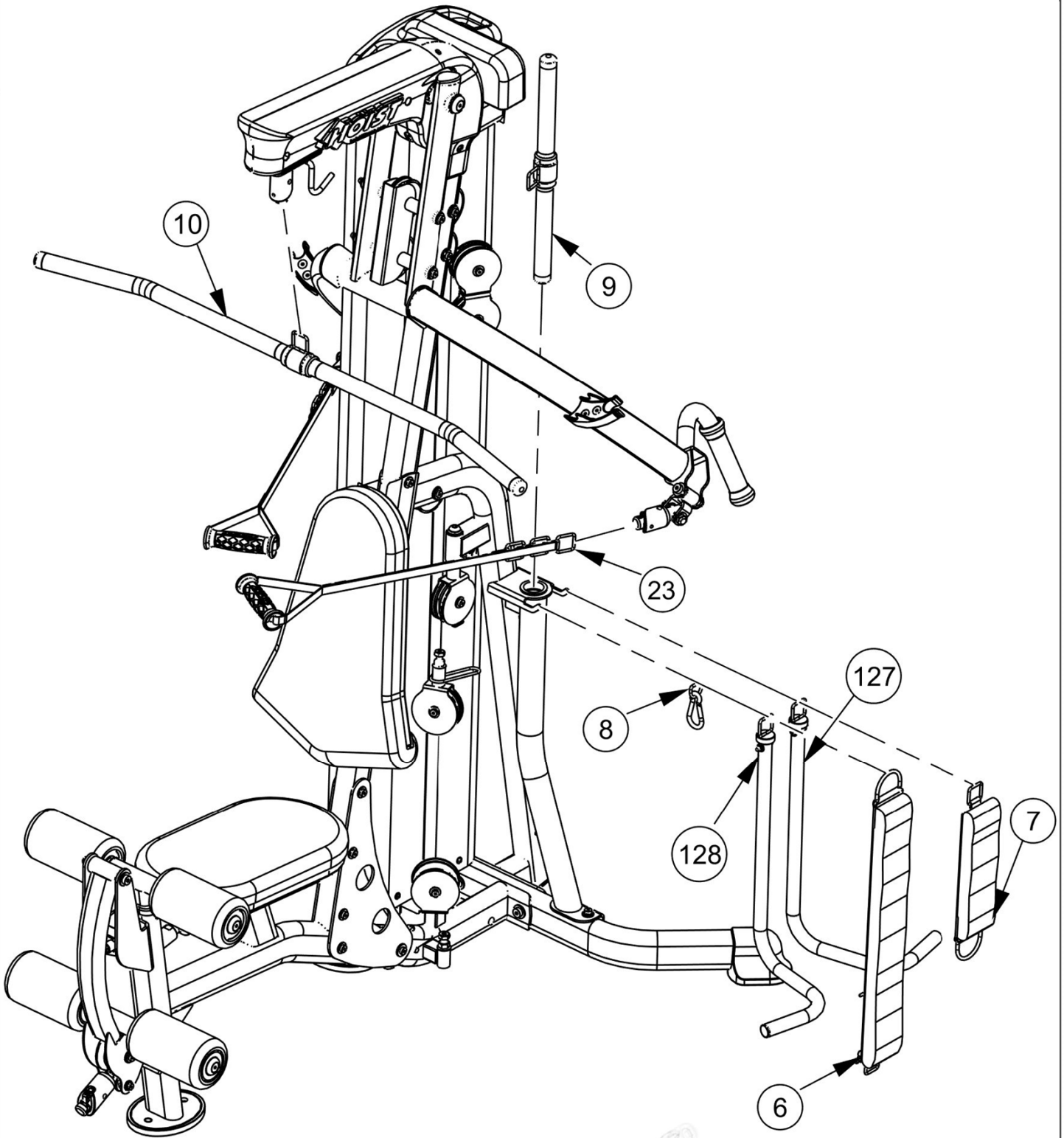
OWNER'S MANUAL

ACCESSORIES



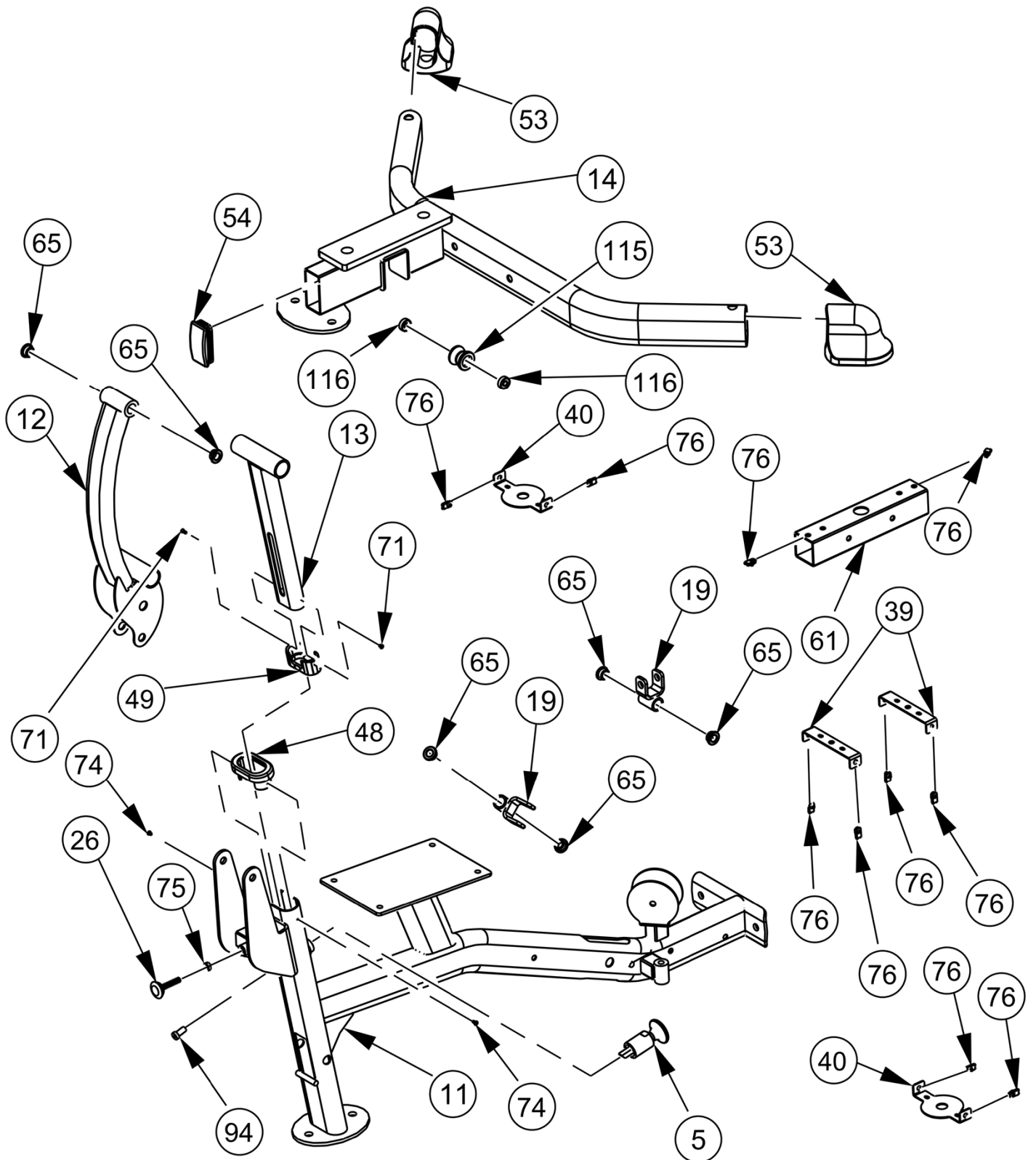
OWNER'S MANUAL

ACCESSORIES CONTINUED



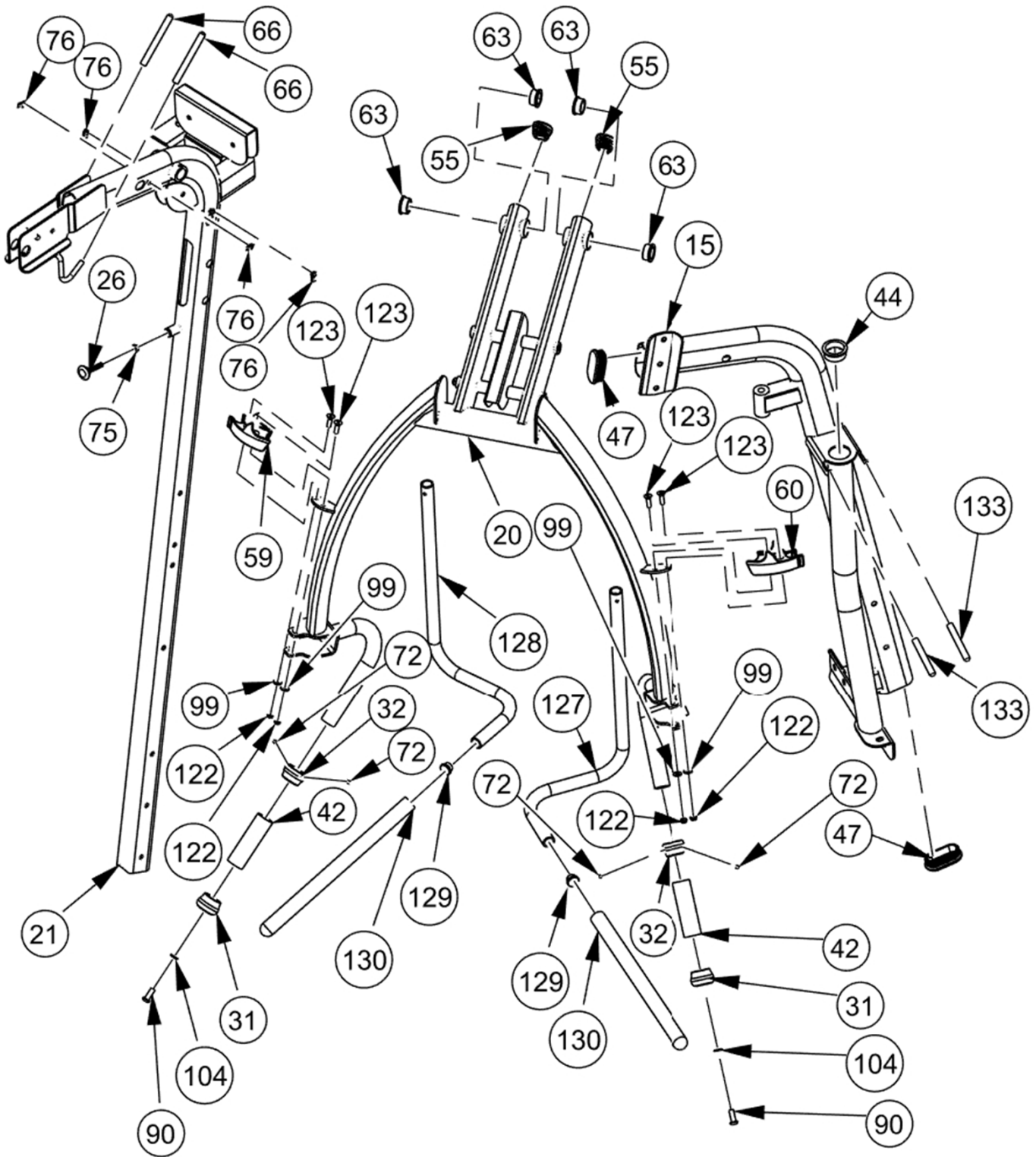
OWNER'S MANUAL

PRE-ASSEMBLY



OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

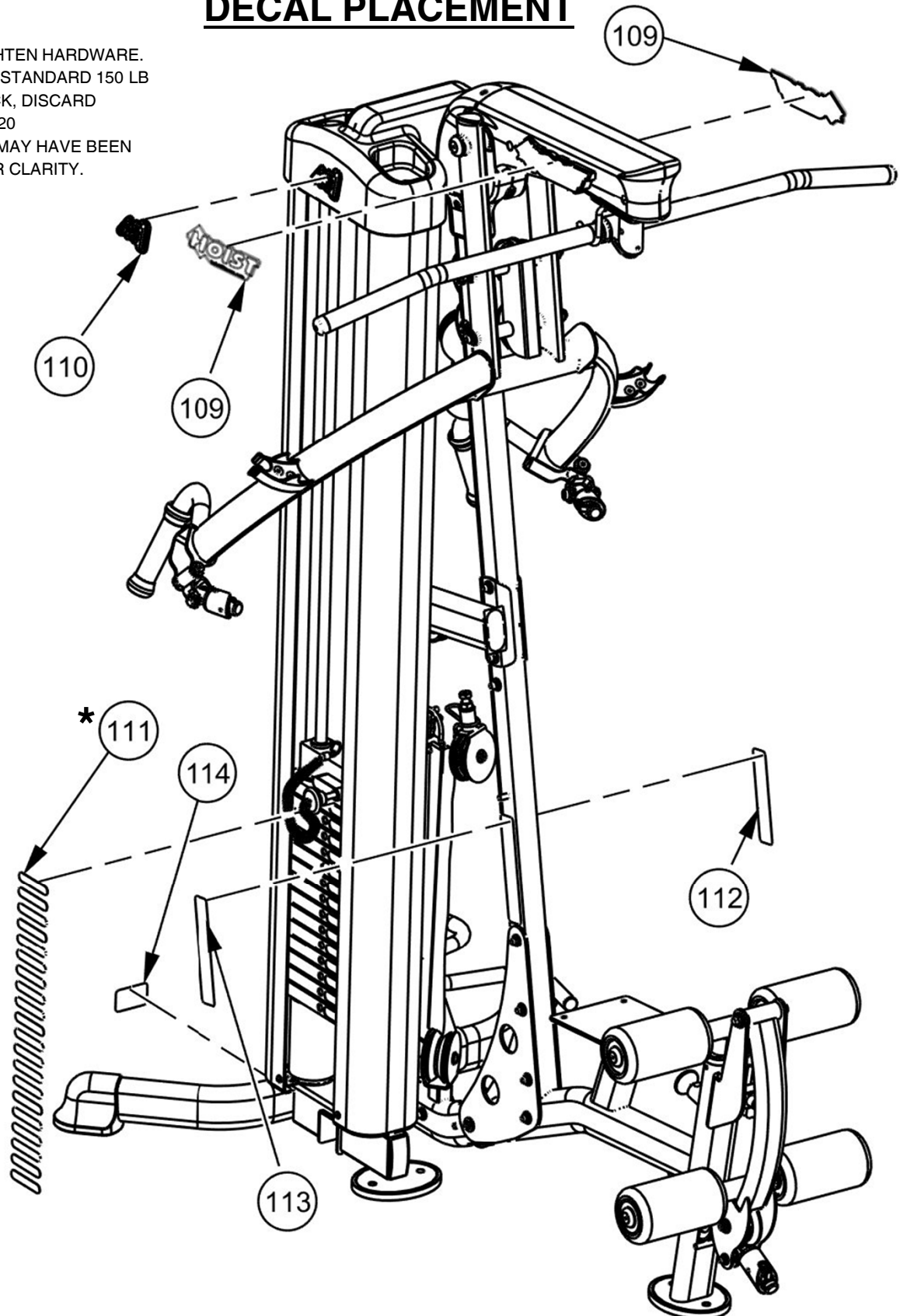


OWNER'S MANUAL

DECAL PLACEMENT

NOTE:

- WRENCH TIGHTEN HARDWARE.
- * IF USING THE STANDARD 150 LB WEIGHT STACK, DISCARD NUMBERS 16-20
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

DECAL REFERENCE

WARNING

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

1. READ AND 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 NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135 (Rev.F)

021-0003135

NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
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



021-0003997



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



1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-A-000000



SERIAL # DECAL

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0680	Mi1 CABLE -2 94 3/8" LG.	1
2	010-01C0679	Mi1 CABLE -1 141 - 7/8" LG.	1
3	026-01X1425	ROLLER MOUNT ASSEMBLY	2
4	026-01X7283	DBL FLOATING PULLEY	1
5	026-01X3160	RATCHET PULL-PIN ASSEMBLY	1
6	026-01X6020	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
7	026-01X6021	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
8	026-01X7108	CARABINER ADAPTOR	1
9	026-01X7112	ALUMINUM CURL BAR ASSEMBLY	1
10	026-01X7192	ALUMINUM LAT BAR W/SQUARE RING	1
11	026-01X7216	BASE FRAME	1
12	026-01X7217	LEG EXT. / CURL ARM	1
13	026-01X7218	ROLLER PAD ADJUSTER	1
14	026-01X7219	REAR BASE ASSY.	1
15	026-01X7220	SUPPORT, UPRIGHT	1
16	026-01X7221	ADJ. FLOATING PULLEY HOUSING ASSY.	1
17	026-01X7222	LP OPTION MOUNT	1
18	026-01X7223	QUICK RELEASE CABLE END	2
19	026-01X7224	U-JOINT	2
20	026-01X7225	PRESS ARM	1
21	026-01X7226	MAIN UPRIGHT	1
22	026-01X7227	PAD MOUNT	1
23	026-01X7228	STRAP HANDLE	2
24	022-01PD2053-A	PAD ASSEMBLY X 22" LONG	1
25	022-01PD2301-A	SEAT PAD ASSEMBLY	1
26	020-0014027	ADJUSTABLE STOP	2
27	026-01F0536	FLNG. 40 X 80mm FLAT OVAL	2
28	026-01G0426	GUIDE ROD 73.4754" LG.	2
29	026-01M3527	ALUMINUM FLATHEAD CAP	6
31	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	2
32	026-01M0933	ALUMINUM RING: Ø1.25" ID	2
33	026-01M1018	HEAVY FLANGED SPACER: Ø .67" I.D. X .25" LG.	6
34	026-01M3518	FLANGED SPACER: Ø.67 O.D. X Ø.39 I.D. X .44 LG.	2
35	026-01M3519	HVY FLNGD SPACER: Ø.67 O.D. X Ø.39 I.D. X 1.07 LG.	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01M3520	SHAFT, ϕ 1.000" X 7.6500 LG.	1
37	026-01P1456	.25 LASER CUT	1
38	026-01P6575	GUSSET PLATE	2
39	026-01P6576	SHIELD MOUNT	2
40	026-01P6577	SHIELD MOUNT	2
41	022-01PDR008	ROLLER PAD ϕ 4.00" X 7.00" LG.	4
42	026-01PL0235-16	GRIP OPEN END ϕ 1.188" X 4.50"	2
43	026-01PL0369	WEIGHT STAND OFF	2
44	026-01PL0371	DELTRIN BUSHING	1
45	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	2
46	026-01PL2393	ϕ 3.0000" X .8125" ID X.313" T SPACER	2
47	026-01PL2565	3.15" X 1.57" CAP	3
48	026-01PL2674	GLIDE SLEEVE	1
49	026-01PL2675	INNER SEAT ADJUSTER BUSHING	1
50	026-01PL2699	PANEL H-TRIM	1
51	026-01P6655	SHIELD-1	1
52	026-01P6656	SHIELD-2	1
53	026-01PL2902	FOOTCAP, 1.5748" X 3.1496" F.O.	2
54	026-01PL2903	END CAP- 1.5748" X 3.1496" (BLACK)	1
55	026-01PL2904	END CAP- 1.4244" X 2.5000" OVAL (BLACK)	2
56	026-01PL2905	TOP CAP-1	1
57	026-01PL2906	TOP CAP-2	1
58	026-01PL2907	CAP, WT. CAGE	1
59	026-01PL2914	HANDLE BRACKET-1	1
60	026-01PL2915	HANDLE BRACKET-2	1
61	026-01T6838	WEIGHT STACK TOP TUBE	1
62	026-01PL2937	RELAX ROLLER BUSHING - 1.02" I.D.	8
63	014-0101023	FLANGED OILITE 1.0039 I.D. x 1.2598 O.D. x .6250 LG.	4
64	014-0011001	NYLINER BUSHING: ϕ 1.09" O.D. X ϕ 1.00" I.D X 1.13" LG.	4
65	014-0101034	BUSHING: OILITE FLANGED 12.8mm I.D. X 19.3mm O.D. X 11.1mm LG.	6
66	016-0002008	VINYL SLEEVE ϕ .38" X 4.50" L	2
67	016-0203008	PUSH FASTENER, .18" X .375" GRIP	4
68	018-0001002	CABLE PULLEY: ϕ 3.50"	15
69	018-0002015	CABLE PULLEY: WIDE (BORED HUB) ϕ 3.50"	2
70	019-0001006	THICK RUBBER DONUT ϕ 3.00" X .50" BLACK	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	011-0115005	M4 X 10mm FHMS (Ni)	2
72	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	4
73	011-0311012	SET SCREW: CUP POINT 5/16-18 X 5/16" LG.	2
74	011-0701120	M4 BHB x 8mm(Ni)	2
75	012-0305003	3/8"-16UNC JAM NUT (WZ)	2
76	012-0609007	CLIP ON NUT, 10-32	14
77	011-0701113	#10-32UNC x .75 BHCS (Ni)	14
78	011-0116204	1/4"-20UNC X .75" LOW HEAD SHCS (Ni)	1
80	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	6
81	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	4
82	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	6
83	011-0116146	3/8"-16UNC X 2.00" LOW HEAD SHCS (Ni)	2
84	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	4
85	011-0116112	1/2"-13UNC X 2.25" LOW HEAD SHCS (Ni)	2
86	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	13
87	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	2
88	011-0116153	3/8"-16UNC X 3.75" LOW HEAD SHCS (Ni)	1
89	011-0116170	3/8"-16UNC X 8.00" LOW HEAD SHCS (Ni)	2
90	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	2
91	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	4
92	011-0702004	3/8"-16UNC X 1.25" FHCS (Ni)	6
94	011-0116141	3/8"-16UNC X .75" LOW HEAD SHCS (Ni)	1
95	011-0116114	1/2"-13UNC X 2.75" LOW HEAD SHCS (Ni)	2
96	011-0116119	1/2"-13UNC X 4.00" LOW HEAD SHCS (Ni)	1
97	011-0701055	1/2"-13UNC X 3.25" BHCS (Ni)	1
98	013-1002011	#10 FLAT WASHER (Ni)	14
99	013-1002010	5/16" SAE FLAT WASHER (Ni)	12
100	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	68
101	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	15
102	013-1010007	#10 INTERNAL LOCK WASHER (Ni)	14
103	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	6
104	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	8
105	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	1

OWNER'S MANUAL

PART LIST CONTINUED

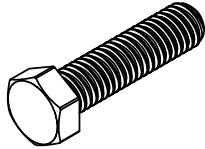
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
106	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	3
107	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	33
108	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	7
109	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	2
110	021-0003997	EMBLEM, Mi1 2 1/2" X 4 1/8"	1
111	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	1
112	021-0003008	DECAL COMMERCIAL MAINTENANCE 1 1/2" X 6 11/16"	1
113	021-0003135	DECAL WARNING 1.50" X 7.75"	1
114	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
115	026-01PL2344	GROOVED WHEEL	1
116	014-0003008	BEARING: 608-2RS or 608Z (8mm BORE)	2
117	026-01M0863	HEAVY FLANGED SPACER: ϕ .39" I.D. X 3/8" LG.	2
118	026-01M2938	SPACER ϕ 1/4" I.D. X ϕ 7/16" O.D. X 3/4" LG.	1
119	026-01M3549	5/16" HEAVY FLANGED SPACER X 1/2"	2
120	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	1
121	011-0116182	5/16"-18UNC X 3.00" LOW HEAD SHCS (Ni)	1
122	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	5
123	011-0702062	5/16"-18UNC X 1.00" FHCS (Ni)	4
124	026-01X1414	ADJ. FLOATING PULLEY HOUSING ASSEMBLY	1
125	026-01M3551	GUIDE	1
126	026-01X7248	SQUARE RING MOUNT	2
127	026-01T6850	HANDLE-1	1
128	026-01T6849	HANDLE-2	1
129	016-0201007	END CAP ϕ 1.00" (BLACK)	2
130	019-0002056	ϕ 1.20" O.D X 16" LG. CLOSED END GRIP	2
131	011-0701078	1/4"-20UNC X 1.50" BHCS (Ni)	2
132	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	4
133	016-0002017	POLYURETHANE SLEEVE ϕ 3/8" X 1.63"	2
134	010-01C0697	Mi1 CABLE -3 136 1/4"	1
135	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	8
136	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	2
137	016-0203009	3/8" HOLE PLUG	8
138	011-0116113	1/2"-13UNC X 2.50" LOW HEAD SHCS (Ni)	2
139	WS#22	150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM)	1

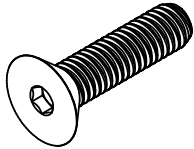
OWNER'S MANUAL

ABBREVIATIONS

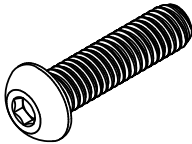
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



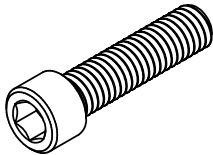
HHB = Hex Head Bolt



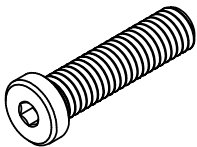
FHCS = Flat Head Cap Screw



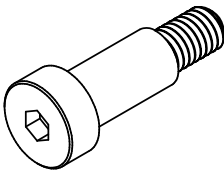
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



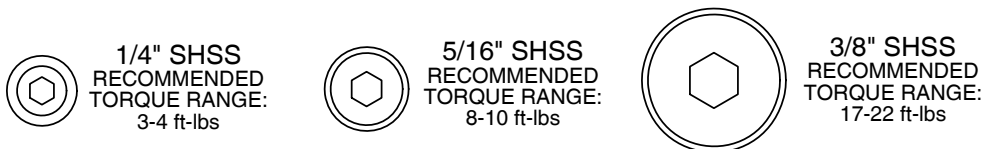
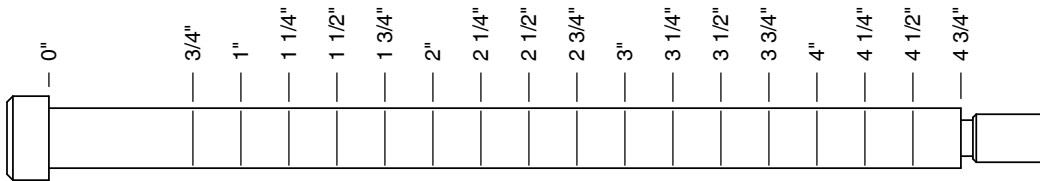
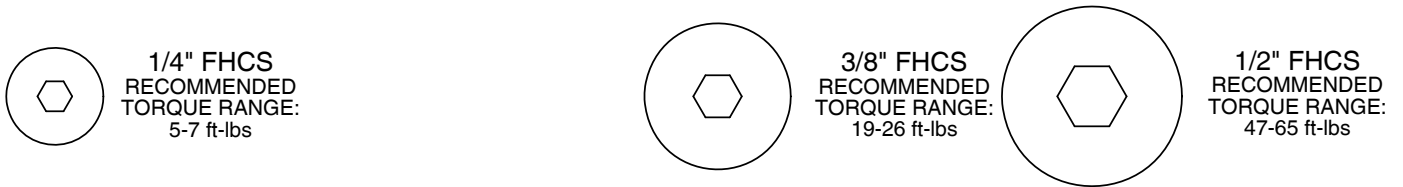
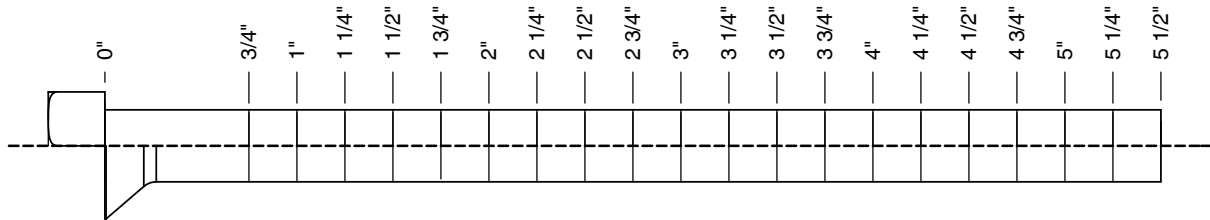
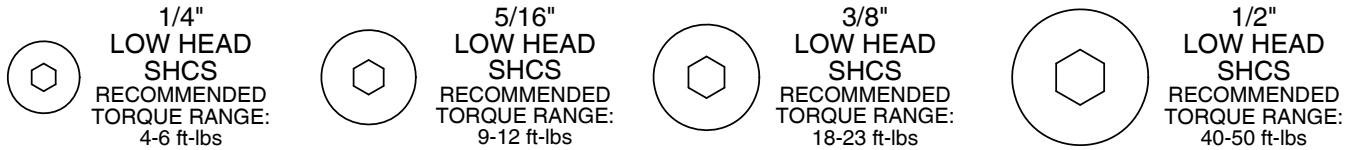
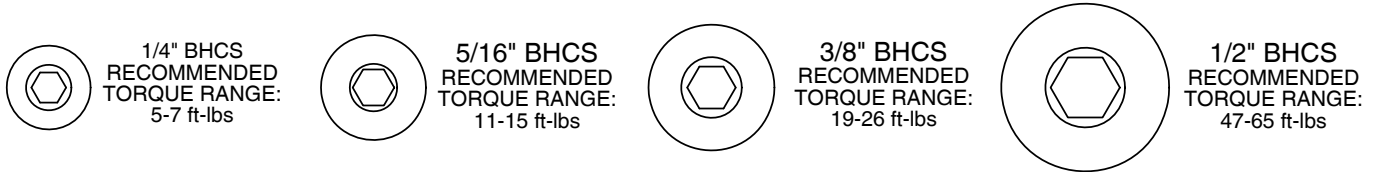
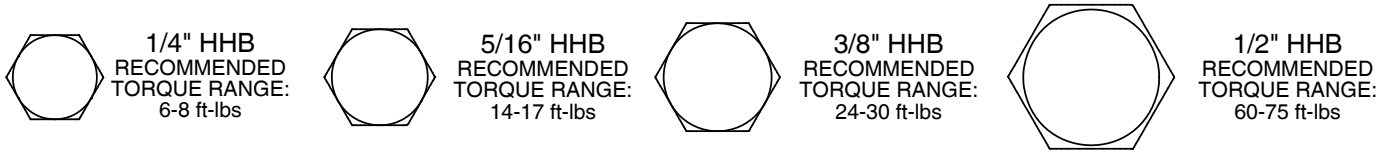
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

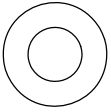
BOLT SIZING CHART



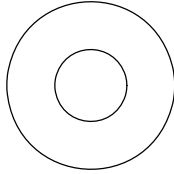
OWNER'S MANUAL

WASHER SIZING CHART

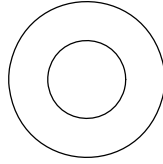
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



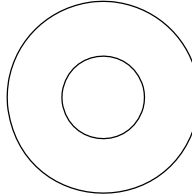
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



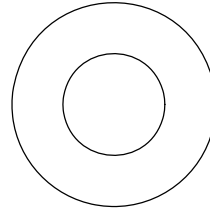
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



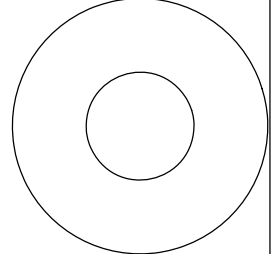
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



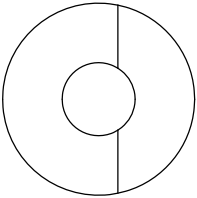
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



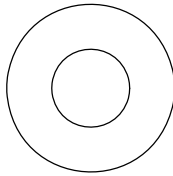
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



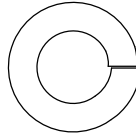
013-0402007
3/8"
FLAT WASHER
22mm O.D.



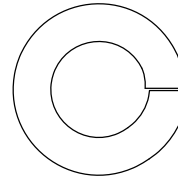
013-0102019
1/4"
LOCK WASHER



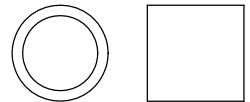
013-0102020
3/8"
LOCK WASHER



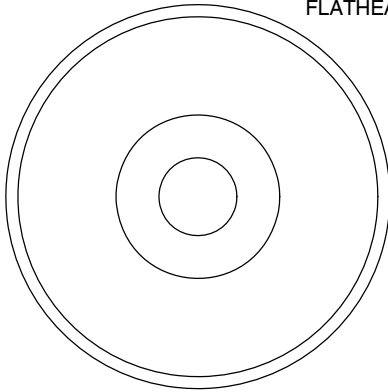
013-0102018
1/2"
LOCK WASHER



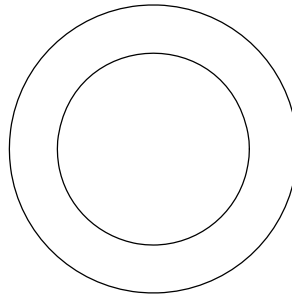
014-0018001
1/2" LONG
SPACER



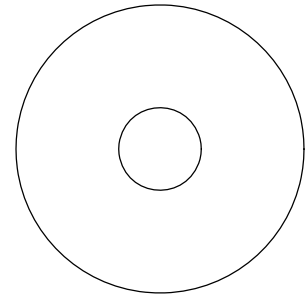
026-01M0238
2" ALUMINUM
FLATHEAD CAP



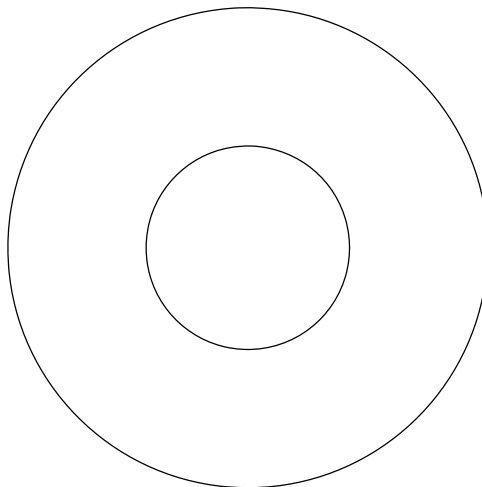
016-0009003
1" SHIM WASHER



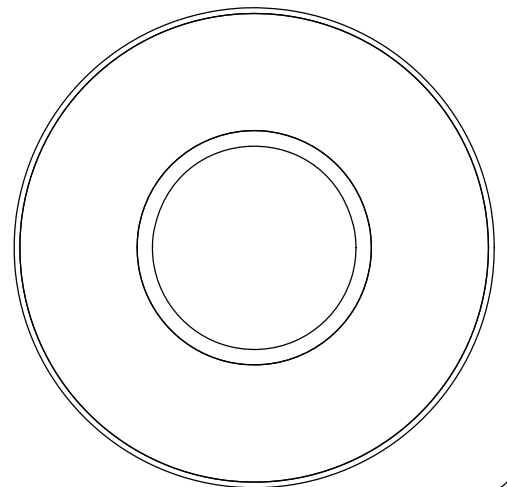
013-0003002
3/8" FENDER WASHER



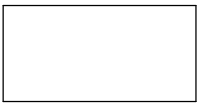
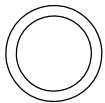
013-0003004
1 1/16"
FENDER WASHER



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



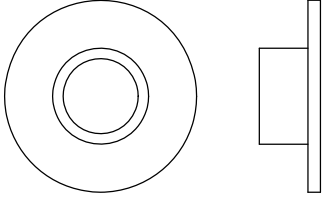
014-0018002
1" LONG
SPACER



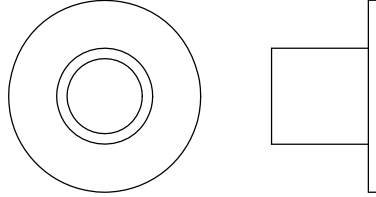
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

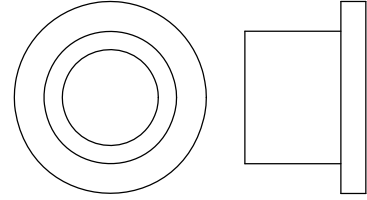
026-01M0211
1/4" LONG
FLANGED SPACER



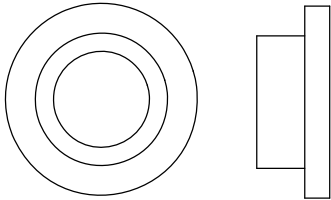
026-01M0198
1/2" LONG
FLANGED SPACER



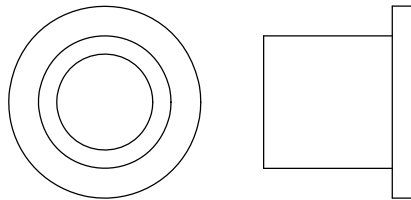
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



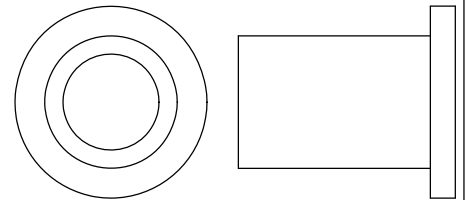
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



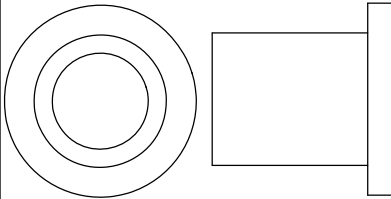
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



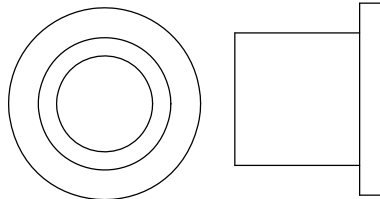
026-01M0551
1" LONG HEAVY
FLANGED SPACER



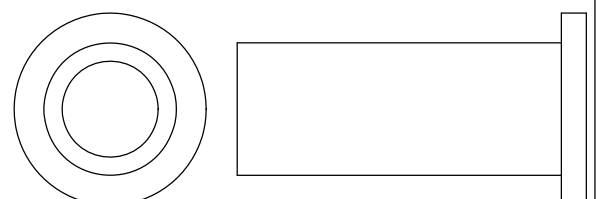
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



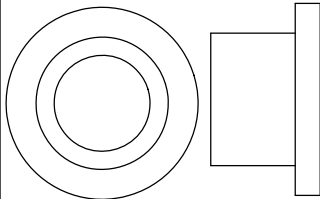
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



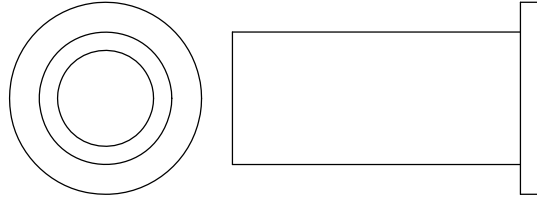
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



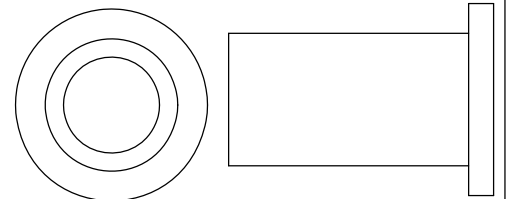
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



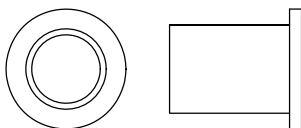
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



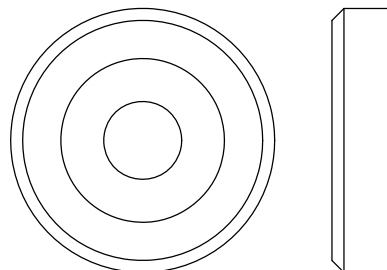
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



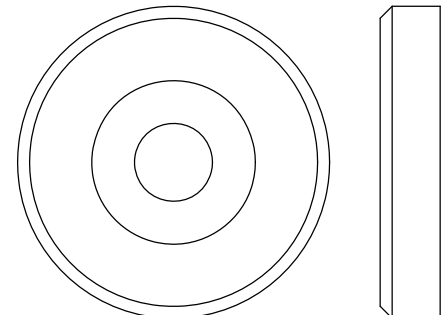
026-01M0600
.625" LONG
FLANGED SPACER



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 Mi1 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 Mi1 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.

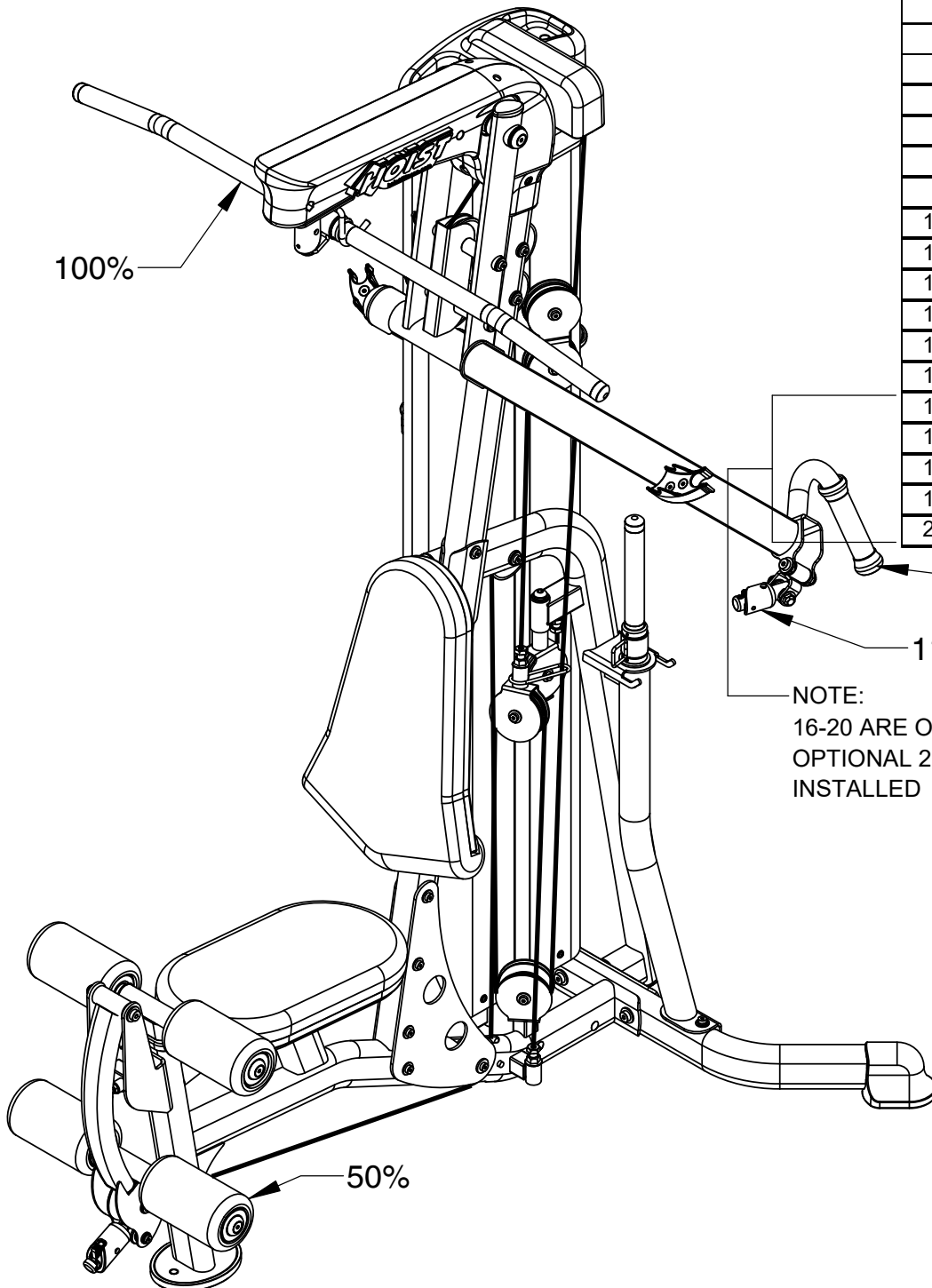
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your Mi1 HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS

	50%	100%	111%
1	5	10	11.1
2	10	20	22.2
3	15	30	33.3
4	20	40	44.4
5	25	50	55.5
6	30	60	66.6
7	35	70	77.7
8	40	80	88.8
9	45	90	99.9
10	50	100	111
11	55	110	122.1
12	60	120	133.2
13	65	130	144.3
14	70	140	155.4
15	75	150	166.5
16	80	160	177.6
17	85	170	188.7
18	90	180	199.8
19	95	190	210.9
20	100	200	222



NOTE:

16-20 ARE ONLY APPLICABLE IF
OPTIONAL 200LB. WEIGHT STACK IS
INSTALLED

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

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

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