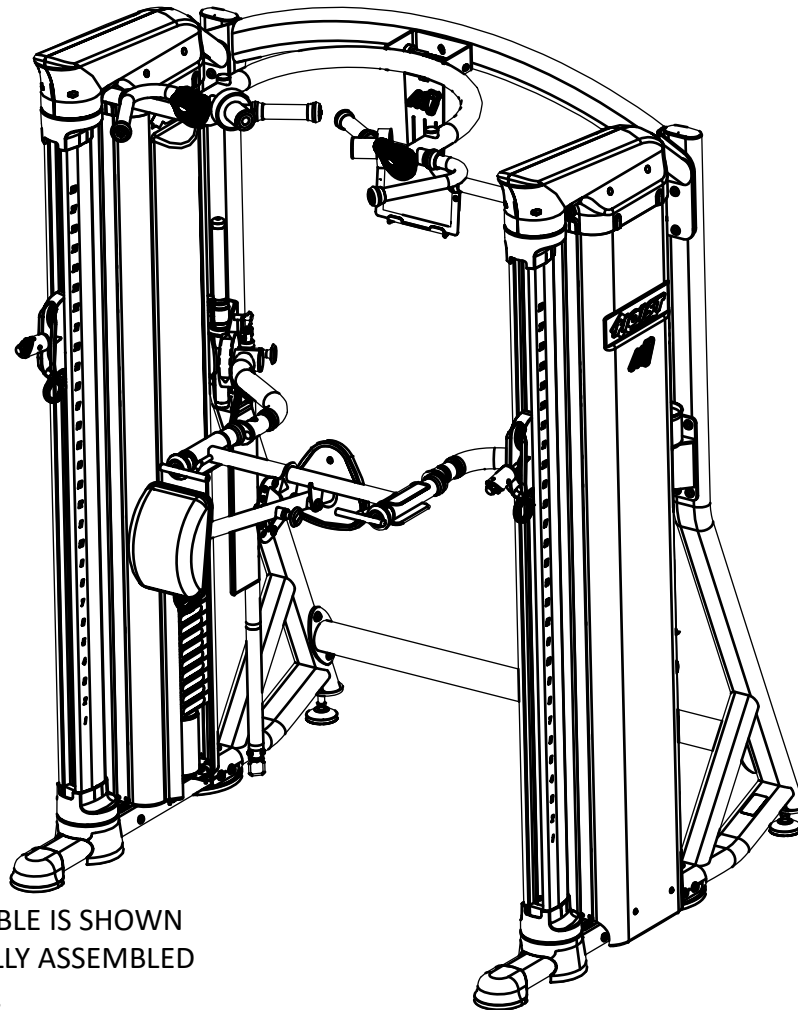


OWNER'S MANUAL



Mi7 CABLE DUAL HI-LO



NOTE:
THE Mi7 CABLE IS SHOWN
WITH A FULLY ASSEMBLED
Mi7 FRAME.

****WARNING****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE
EXERCISE FLOOR. 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

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

Phillips Screwdriver

SAE Hex Key Wrench Set

Two People

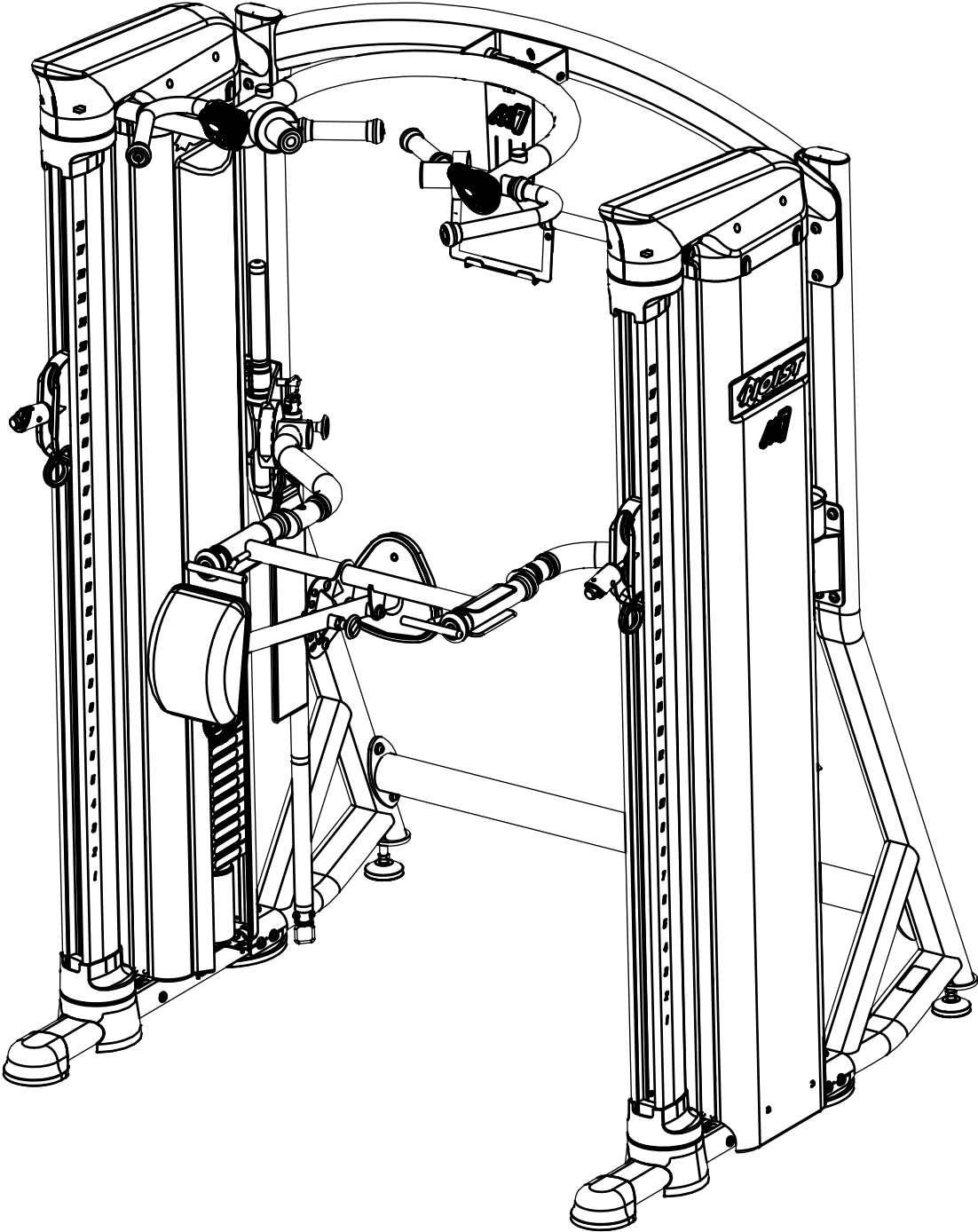
Teflon (PTFE) Based Lubricant

OWNER'S MANUAL

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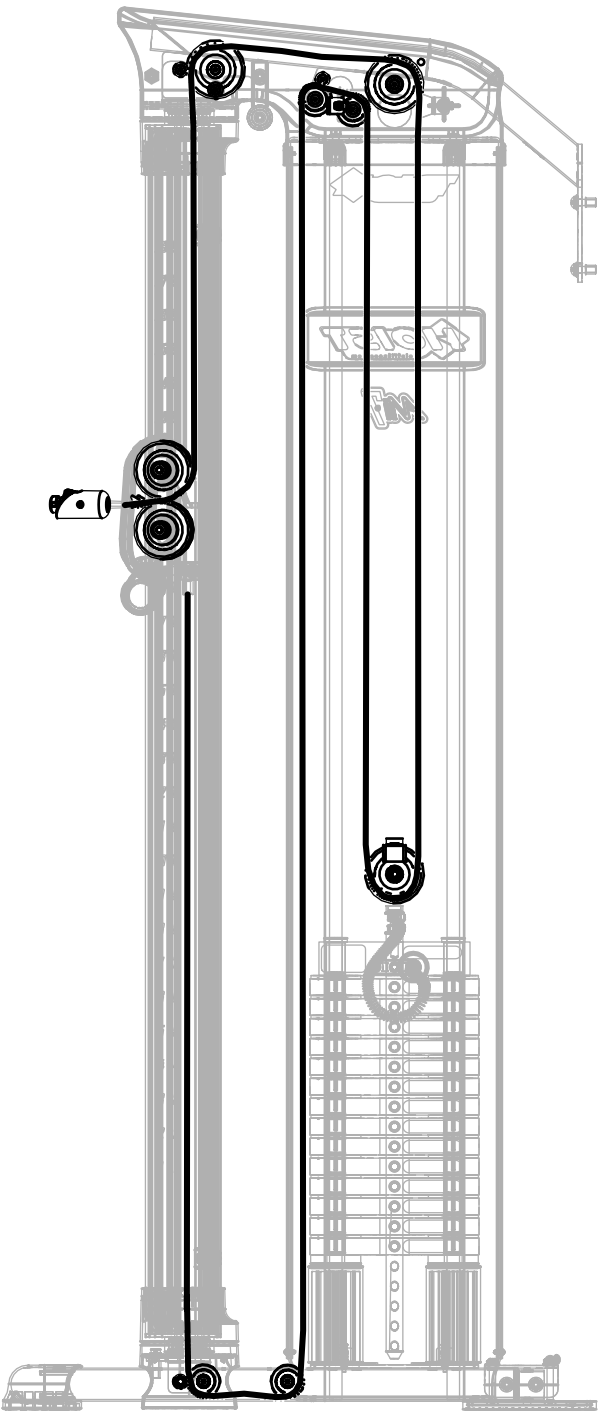
OWNER'S MANUAL

FRAME ASSEMBLY

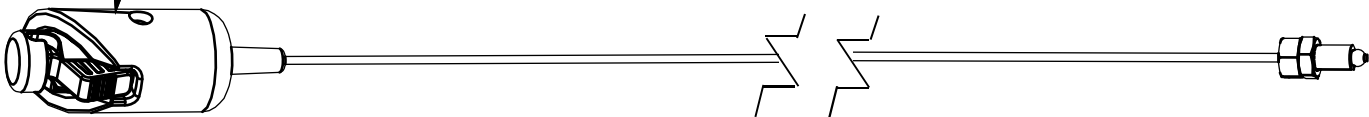


OWNER'S MANUAL

FRAME ASSEMBLY CABLE PROFILE VIEW



① X2



OWNER'S MANUAL

FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH

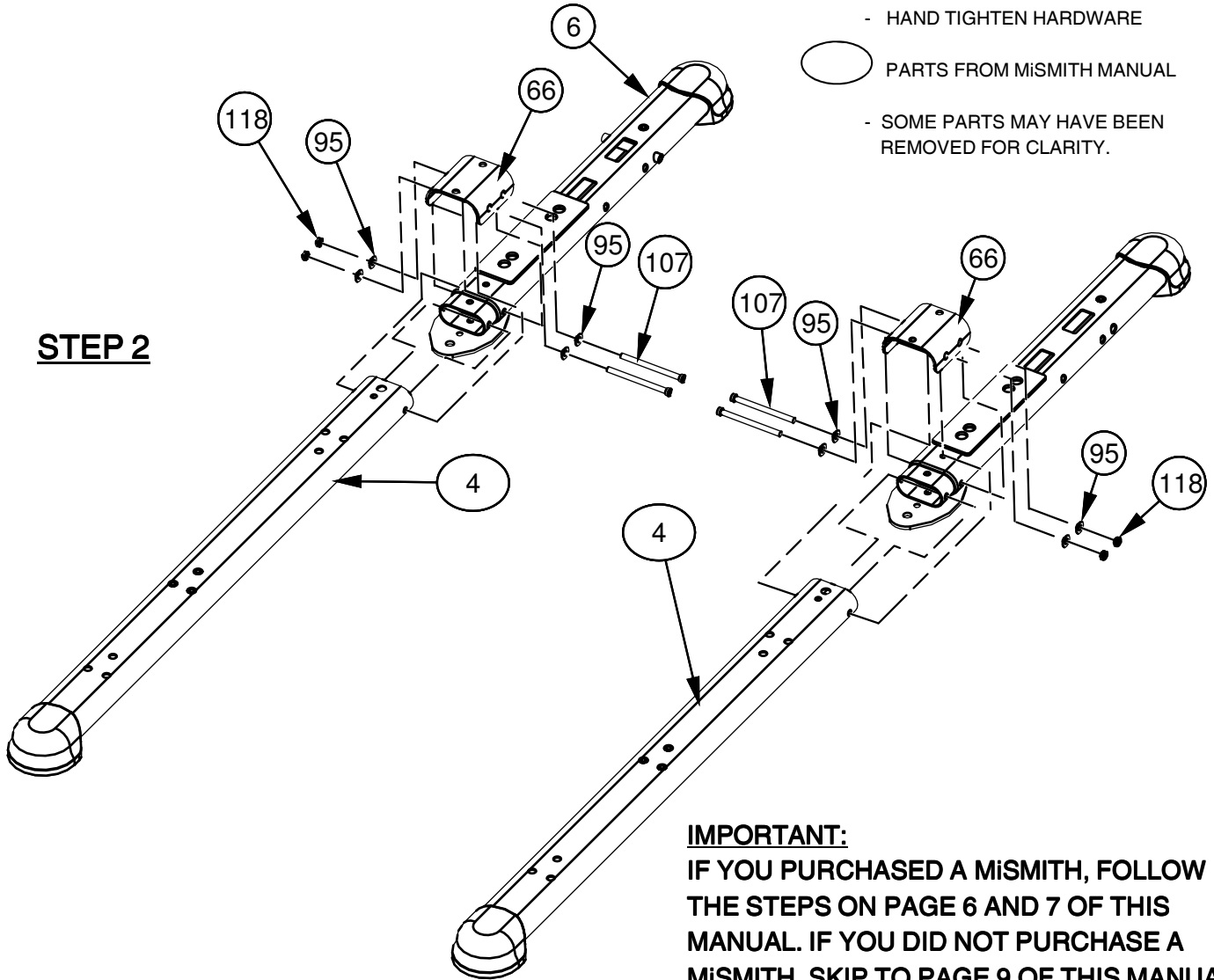
NOTE:

- HAND TIGHTEN HARDWARE

 PARTS FROM MiSMITH MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 2

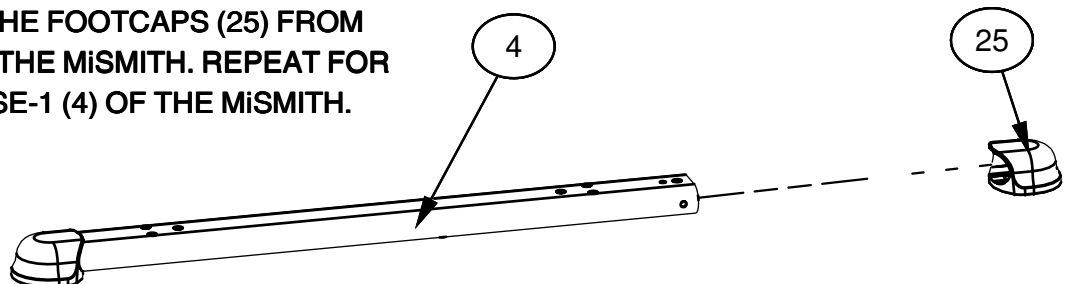


IMPORTANT:

IF YOU PURCHASED A MiSMITH, FOLLOW THE STEPS ON PAGE 6 AND 7 OF THIS MANUAL. IF YOU DID NOT PURCHASE A MiSMITH, SKIP TO PAGE 9 OF THIS MANUAL FOR ASSEMBLY OF THE Mi7 FRAME.

STEP 1:

REMOVE ONE OF THE FOOTCAPS (25) FROM THE BASE-1 (4) OF THE MiSMITH. REPEAT FOR THE OPPOSITE BASE-1 (4) OF THE MiSMITH.



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

IF YOU PURCHASED A MiSMITH, FOLLOW THE STEPS ON PAGE 6 AND 7 OF THIS MANUAL. IF YOU DID NOT PURCHASE A MiSMITH, SKIP TO PAGE 9 OF THIS MANUAL FOR ASSEMBLY OF THE Mi7 FRAME.

NOTE:

- WRENCH TIGHTEN HARDWARE

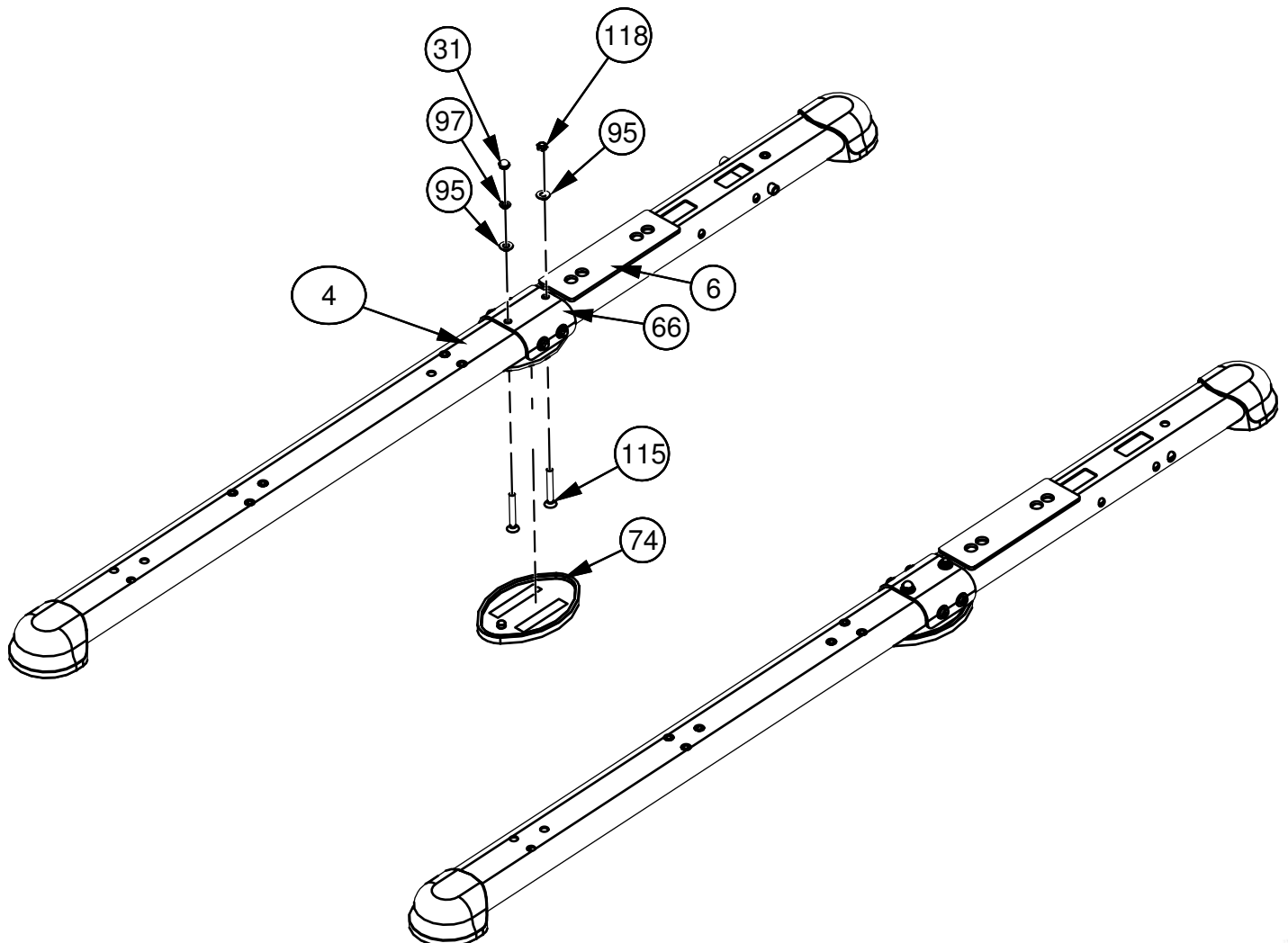


PARTS FROM MiSMITH MANUAL.

- REPEAT FOR OPPOSITE SIDE,
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT

IF YOU PURCHASED A MiSMITH, COMPLETE THE STEPS IN THE MiSMITH MANUAL BEFORE CONTINUING ON WITH THE Mi7 CABLE MANUAL.



OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE Mi7 FRAME

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

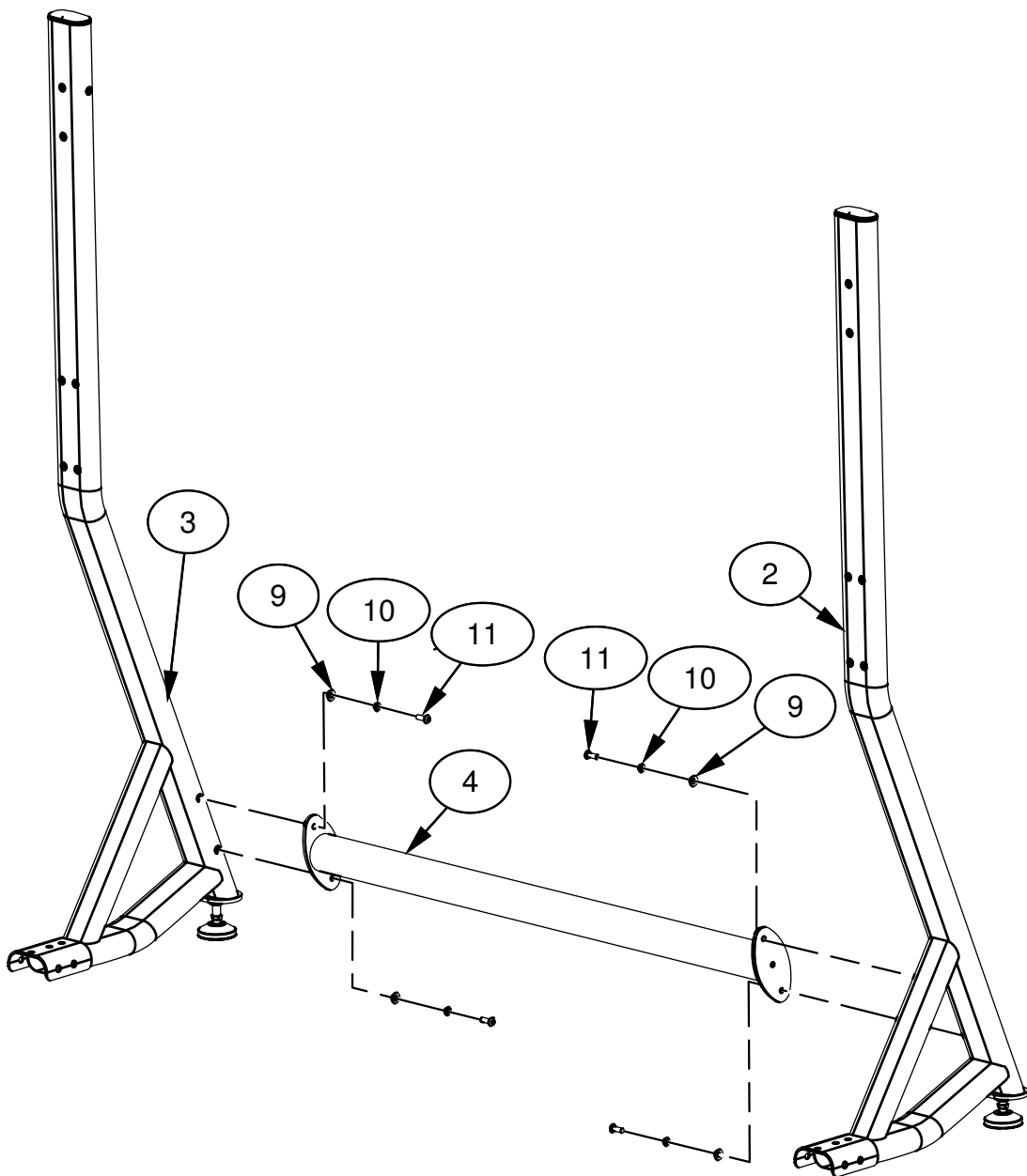
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

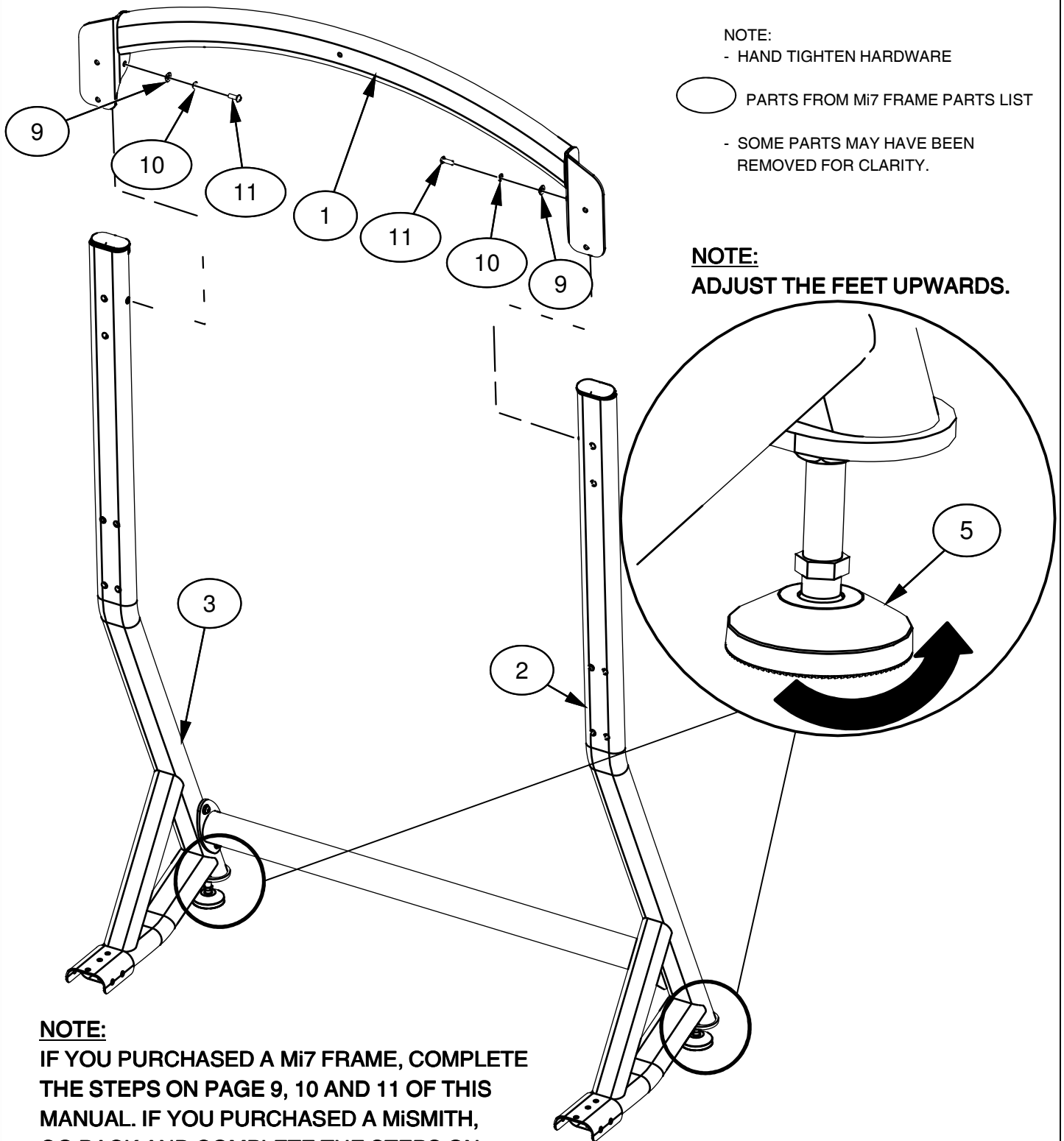
- REPEAT ASSEMBLY FOR OPPOSITE SIDE



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE Mi7 FRAME



NOTE:
- HAND TIGHTEN HARDWARE

○ PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
ADJUST THE FEET UPWARDS.

NOTE:
IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE Mi7 FRAME

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

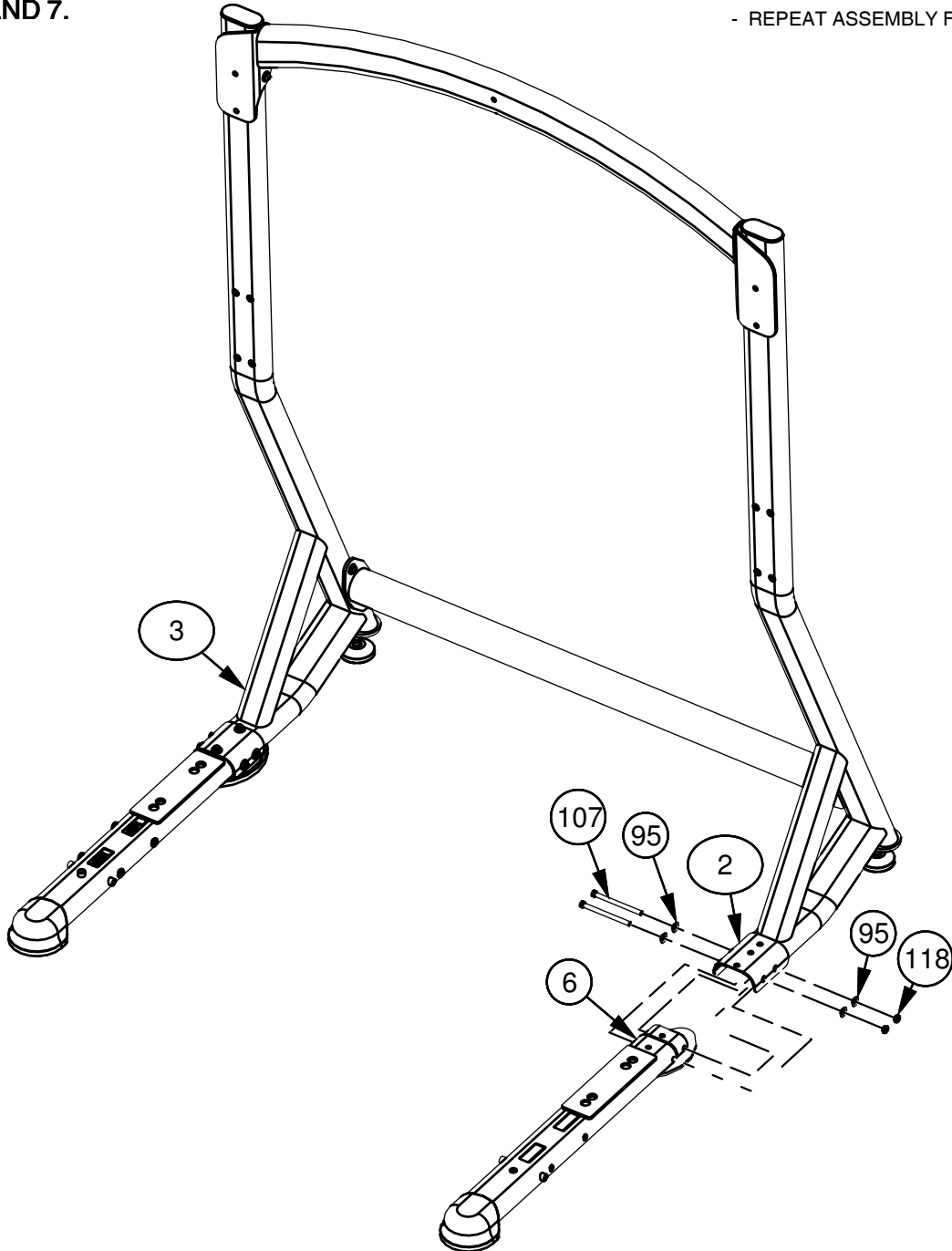
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 FRAME PARTS LIST

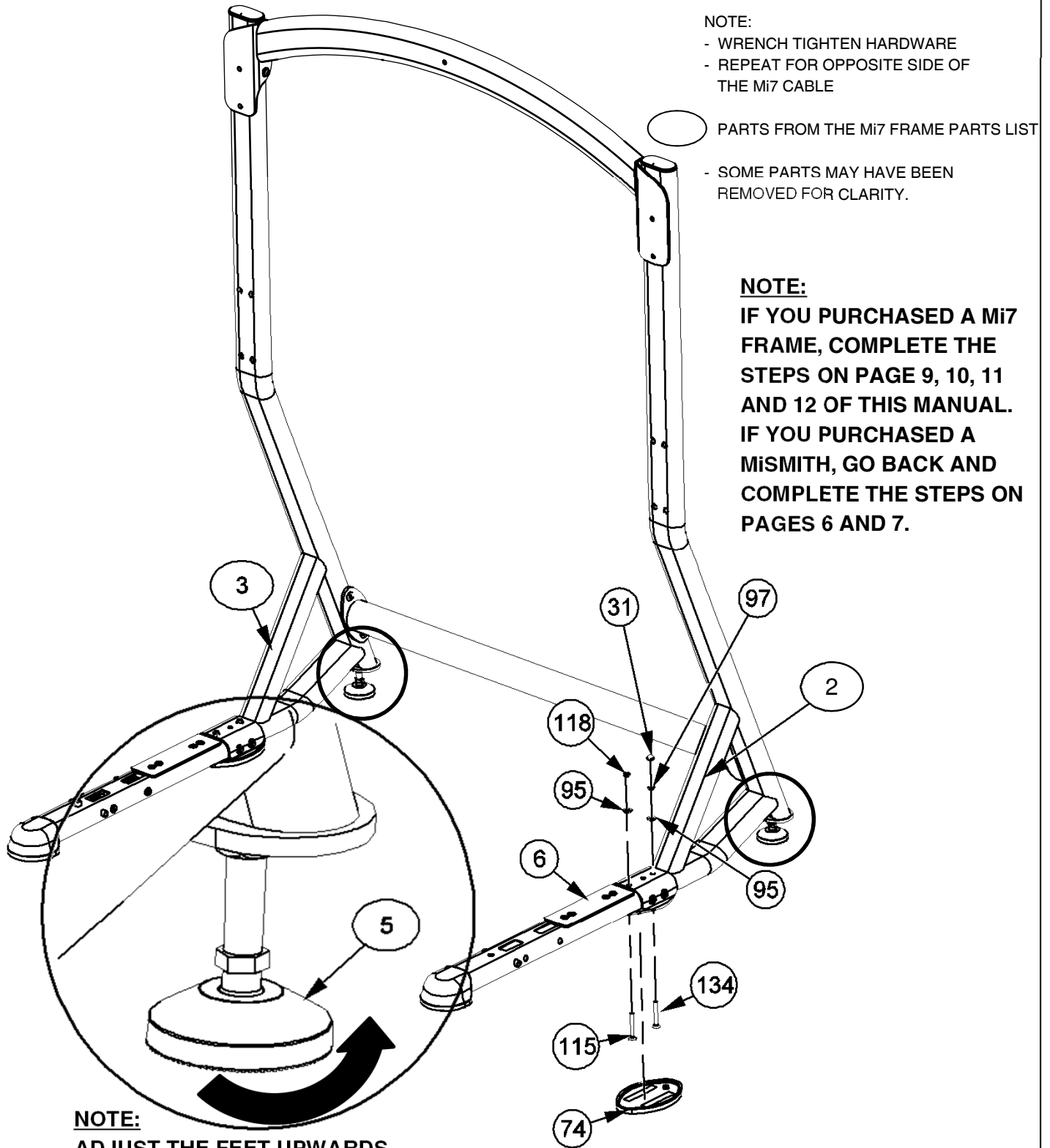
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

- REPEAT ASSEMBLY FOR OPPOSITE SIDE



OWNER'S MANUAL

FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE Mi7 FRAME



NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE

○ PARTS FROM THE Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10, 11 AND 12 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

ADJUST THE FEET UPWARDS.

OWNER'S MANUAL

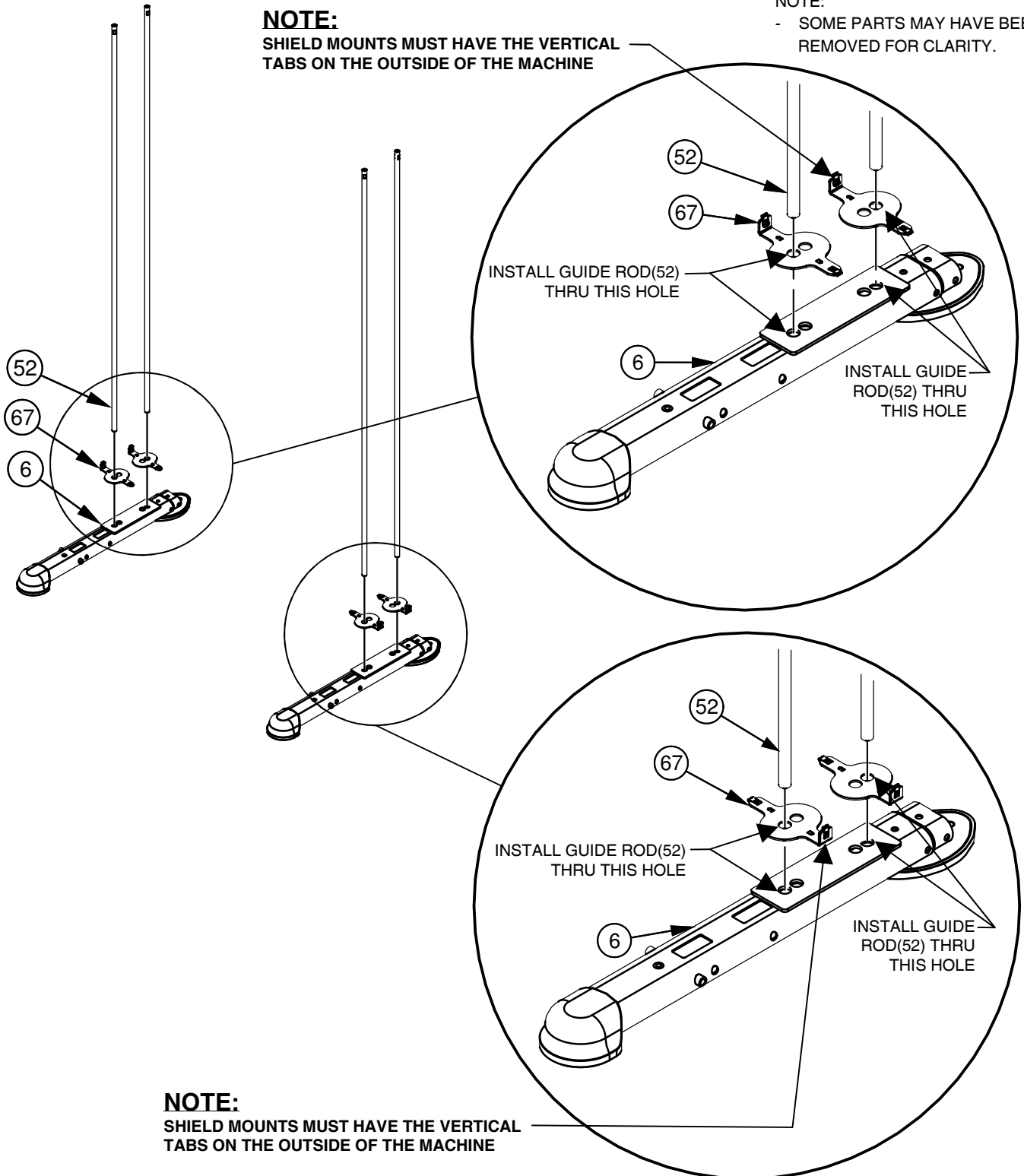
FRAME ASSEMBLY

****IMPORTANT****

FOR PAGES 13 THROUGH 55 REPEAT ALL STEPS FOR THE OPPOSITE SIDE OF THE Mi7 CABLE

NOTE:
SHIELD MOUNTS MUST HAVE THE VERTICAL
TABS ON THE OUTSIDE OF THE MACHINE

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

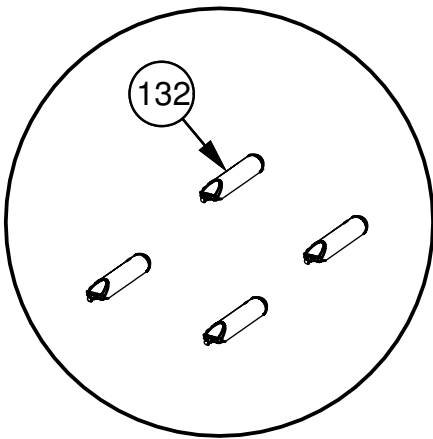


OWNER'S MANUAL

FRAME ASSEMBLY

IMPORTANT

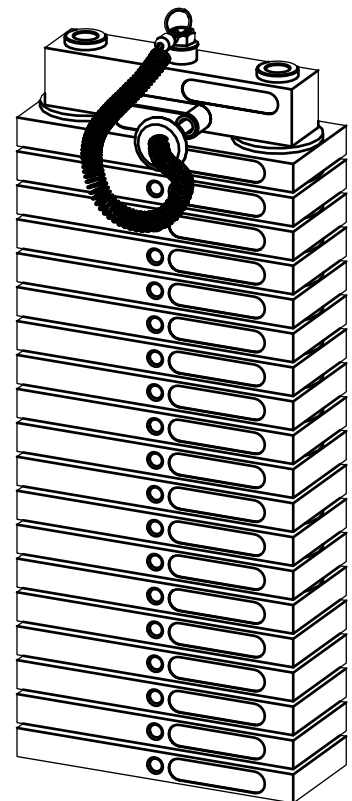
APPLY LUBRICATION (132) TO GUIDE RODS (52) PRIOR TO INSTALLATION OF WEIGHT PLATES. SAVE ANY EXTRA LUBRICANT FOR USE ON PAGE 18 AND PAGE 35.



NOTE:

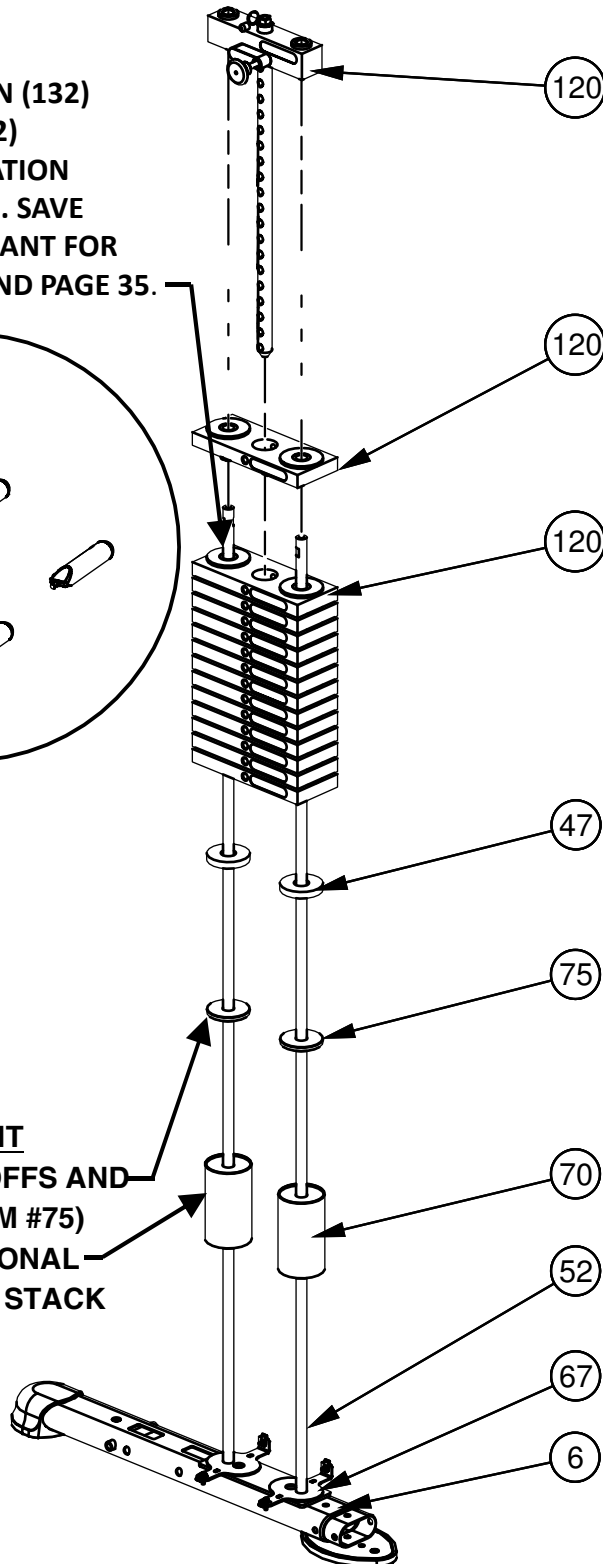
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CONSULT YOUR DEALER FOR DETAILS
OPTIONAL 200 LB.
WEIGHT STACKS



IMPORTANT

REMOVE STANDOFFS AND SPACERS (ITEM #75) IF USING OPTIONAL 200 LB. WEIGHT STACK



OWNER'S MANUAL

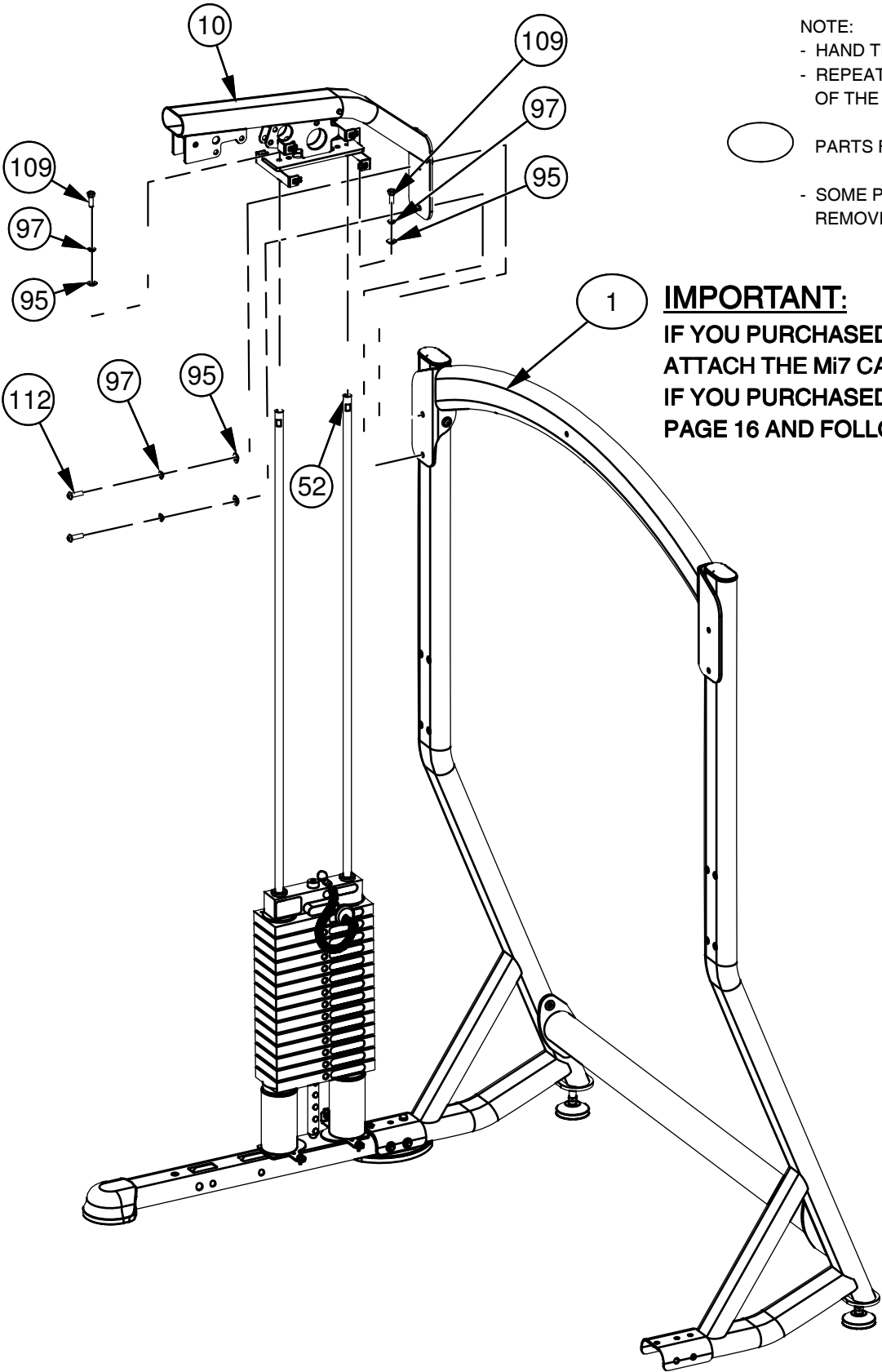
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 CABLE

 PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

IMPORTANT:
IF YOU PURCHASED A Mi7 FRAME,
ATTACH THE Mi7 CABLE AS SHOWN NOW.
IF YOU PURCHASED A MiSMITH, SKIP TO
PAGE 16 AND FOLLOW THE STEPS THERE.



OWNER'S MANUAL

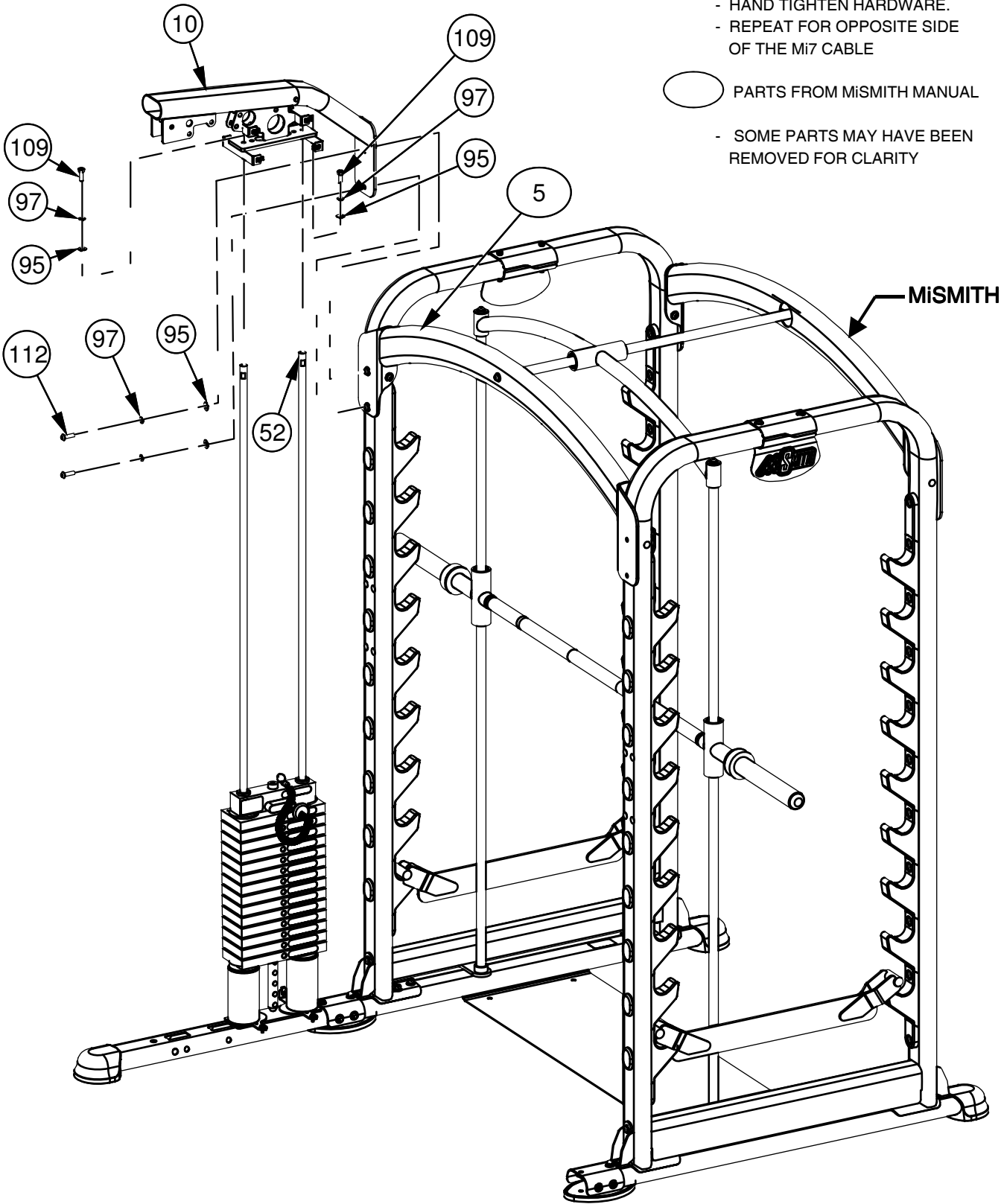
FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE

○ PARTS FROM MiSMITH MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



FRAME ASSEMBLY

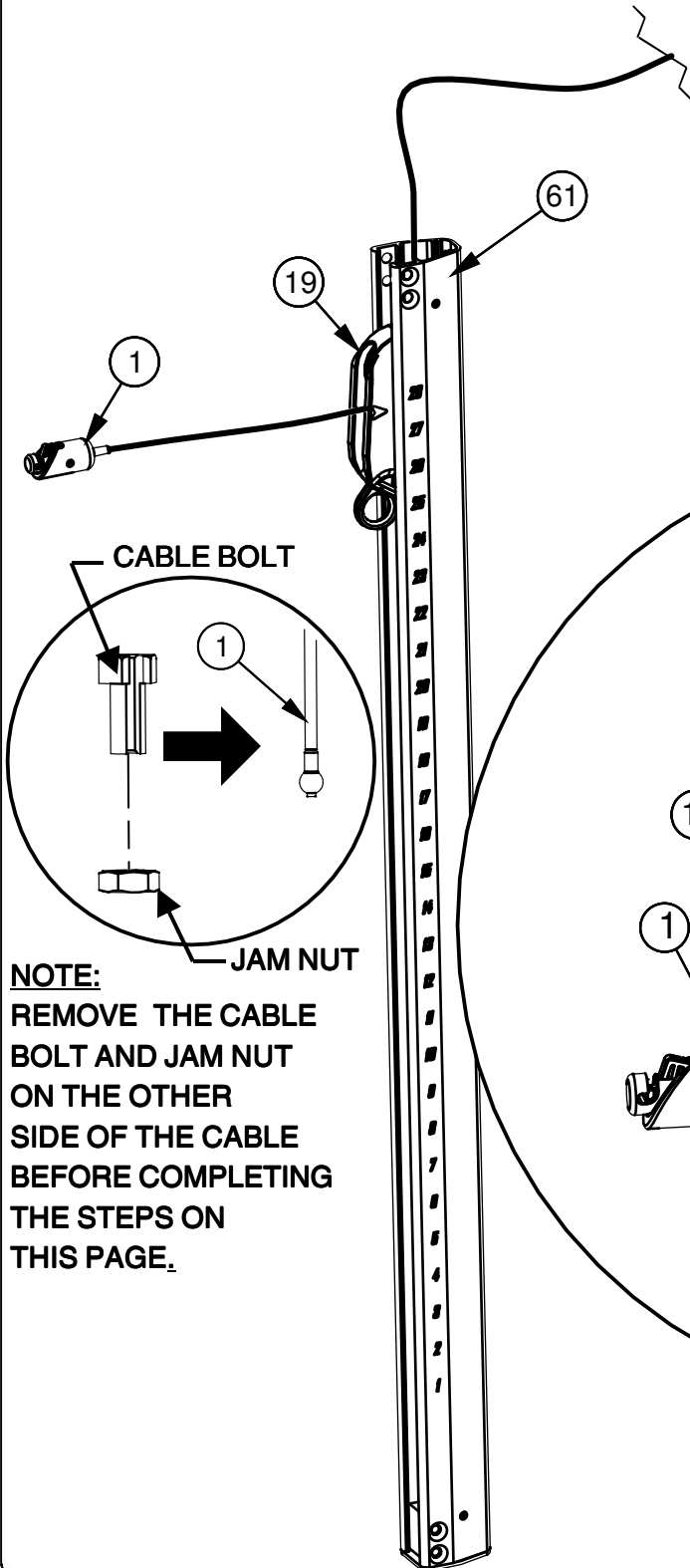
CABLE ASSEMBLY

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

REST THE COLUMN ON THE GROUND. MOVE THE PULLEY HOUSING (19) UP TO THE TOP OF THE COLUMN. SLIDE THE END OF THE CABLE (1) THROUGH THE PULLEY HOUSING (19), BETWEEN THE TWO PULLEYS (45), THEN UP THE COLUMN (61).



CABLE BOLT

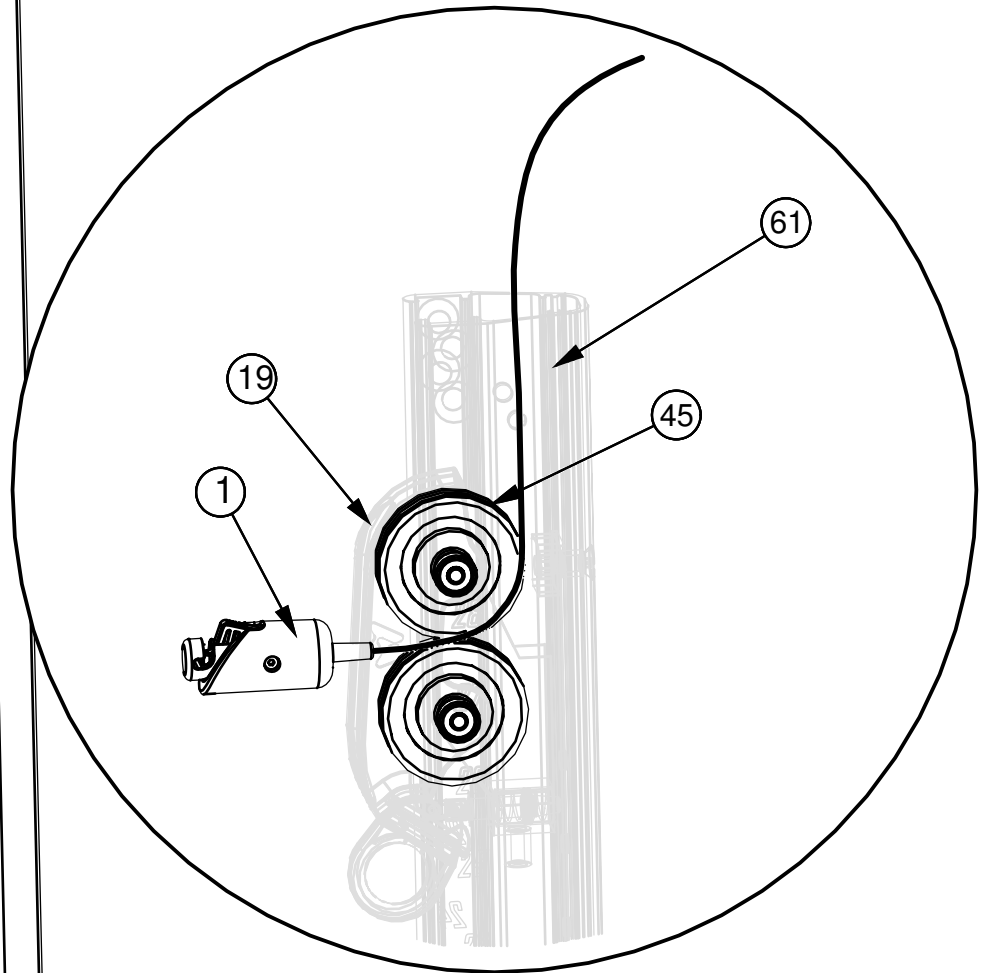
1

1

JAM NUT

NOTE:

REMOVE THE CABLE BOLT AND JAM NUT ON THE OTHER SIDE OF THE CABLE BEFORE COMPLETING THE STEPS ON THIS PAGE.



61

19

45

1

CABLE PROFILE VIEW

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80), THEN PUSH THE SLEEVE ABOUT 12" DOWN THE COLUMN (61). REPEAT FOR OPPOSITE COLUMN.

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

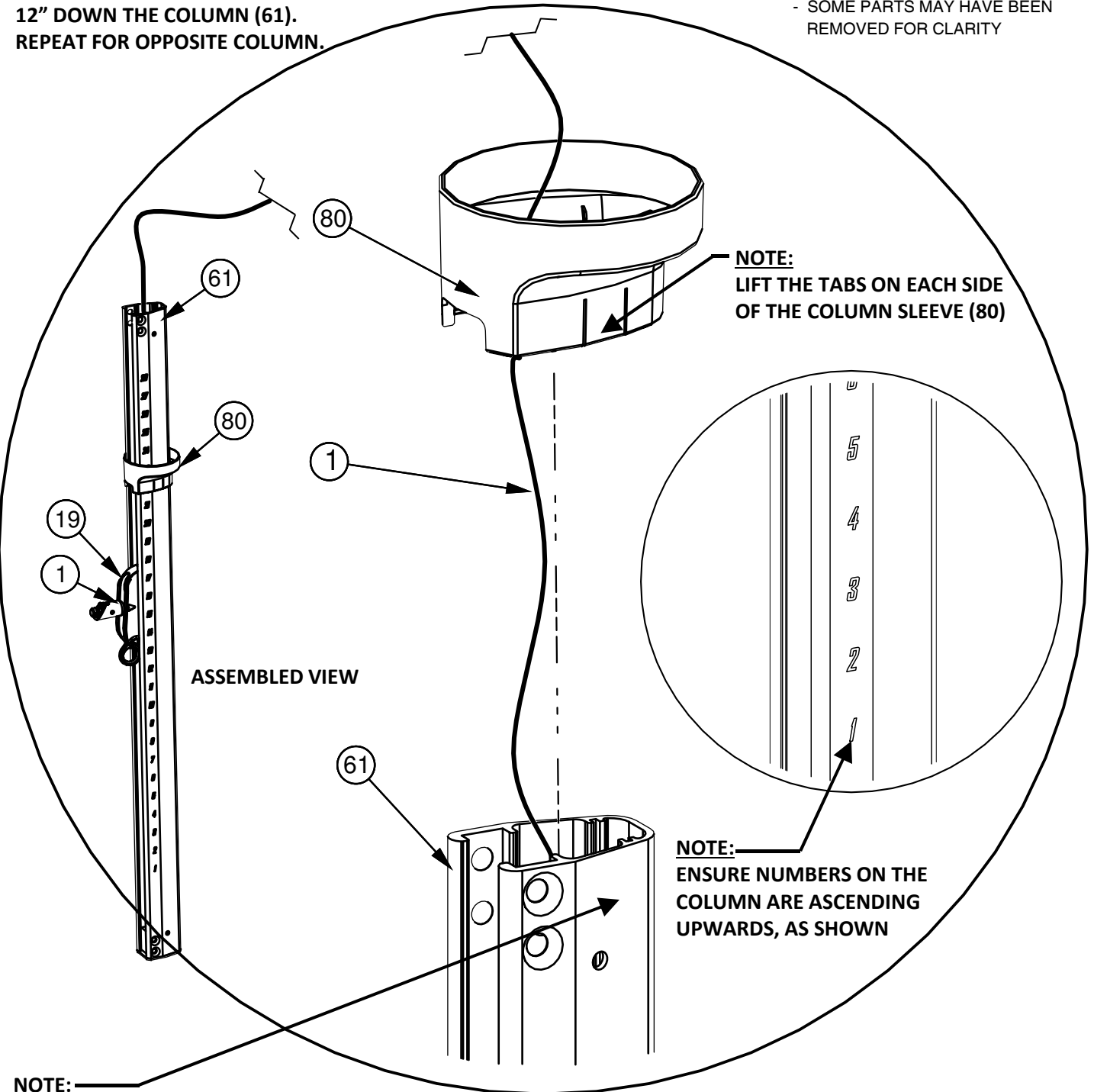
LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80)

NOTE:

ENSURE NUMBERS ON THE COLUMN ARE ASCENDING UPWARDS, AS SHOWN

NOTE:

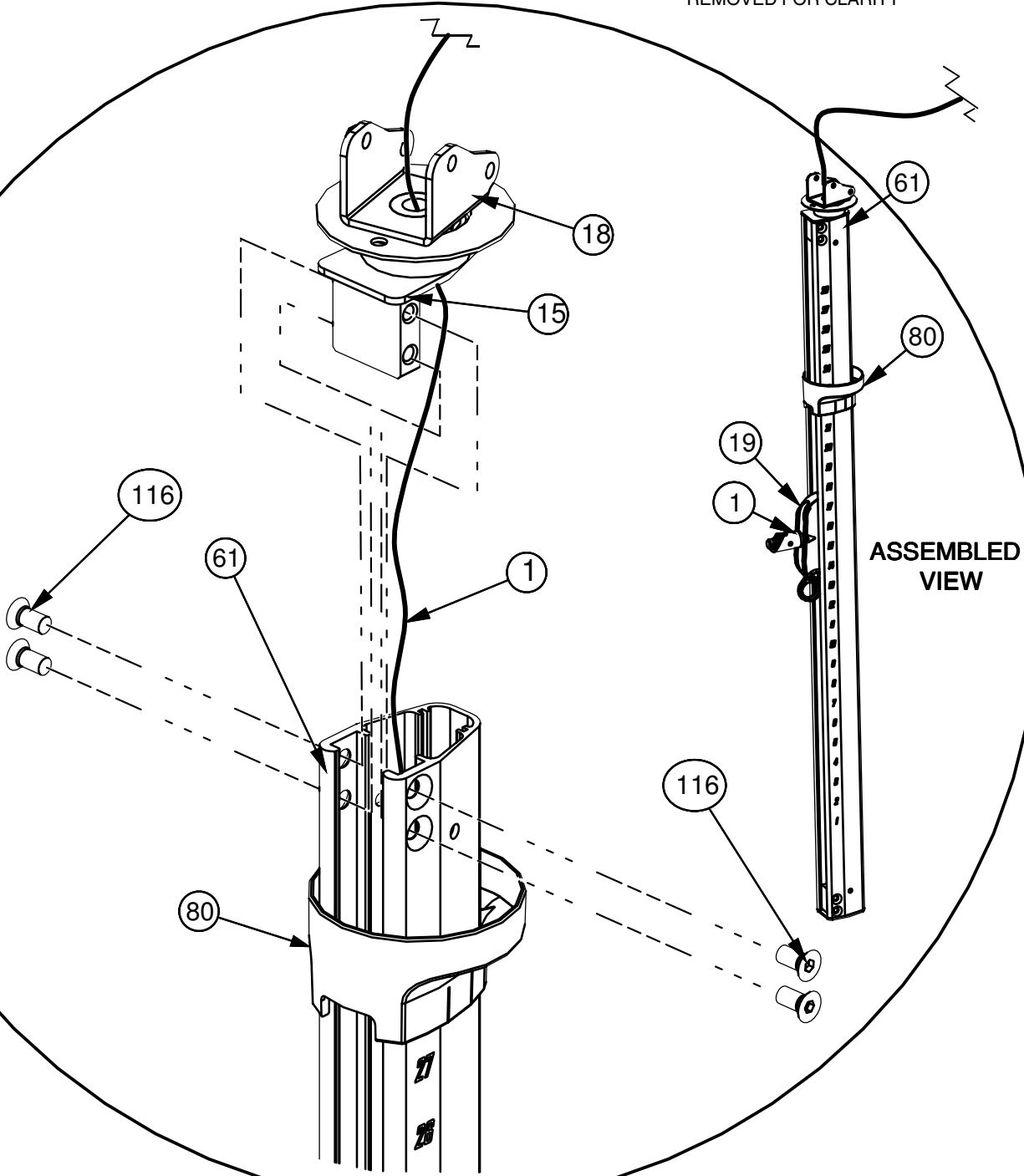
APPLY TEFLON (PTFE) BASED LUBRICANT (SUPERLUBE) (132) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (80). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



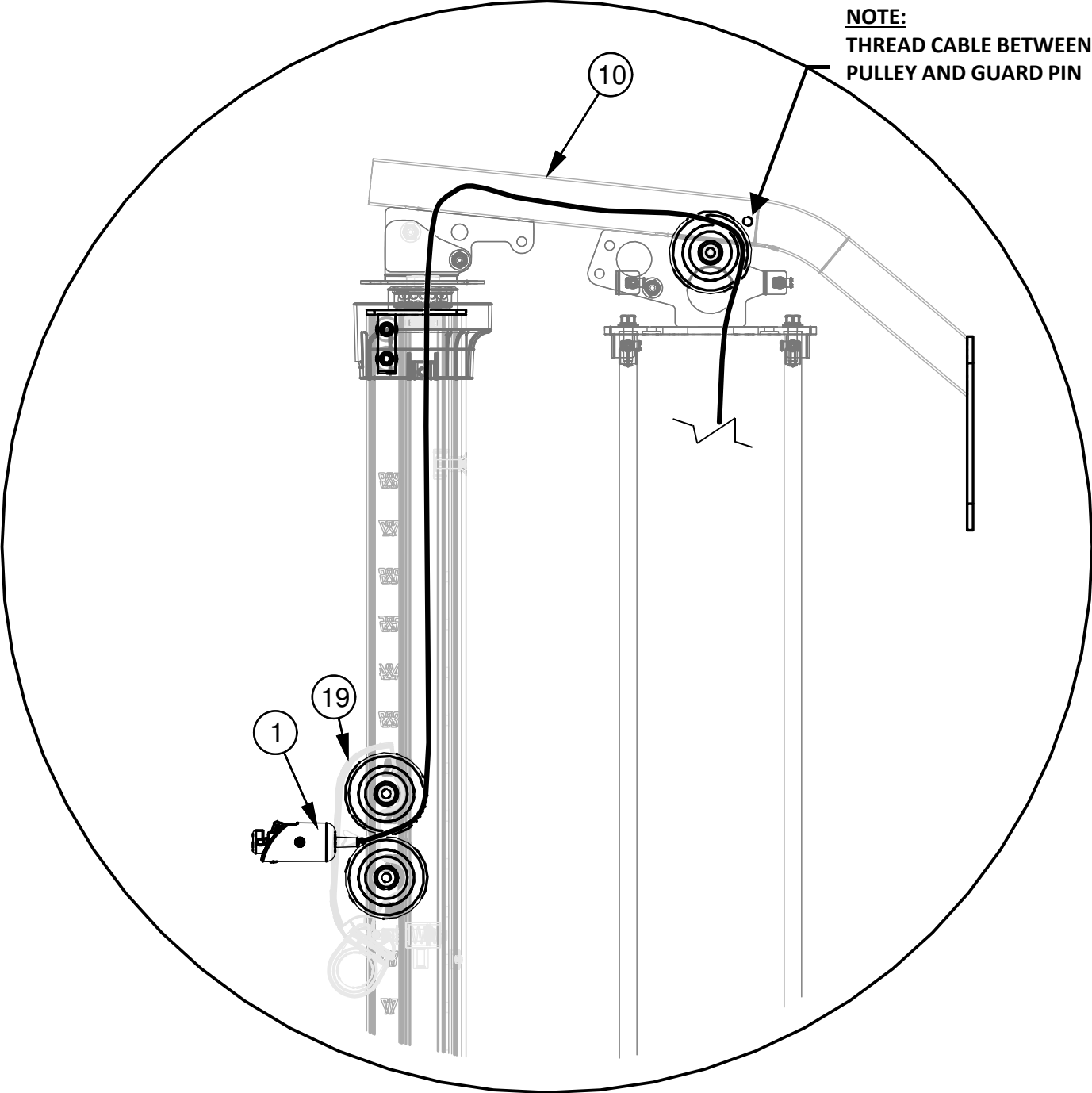
OWNER'S MANUAL

FRAME ASSEMBLY

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

CABLE PROFILE VIEW

NOTE:
THREAD CABLE BETWEEN
PULLEY AND GUARD PIN



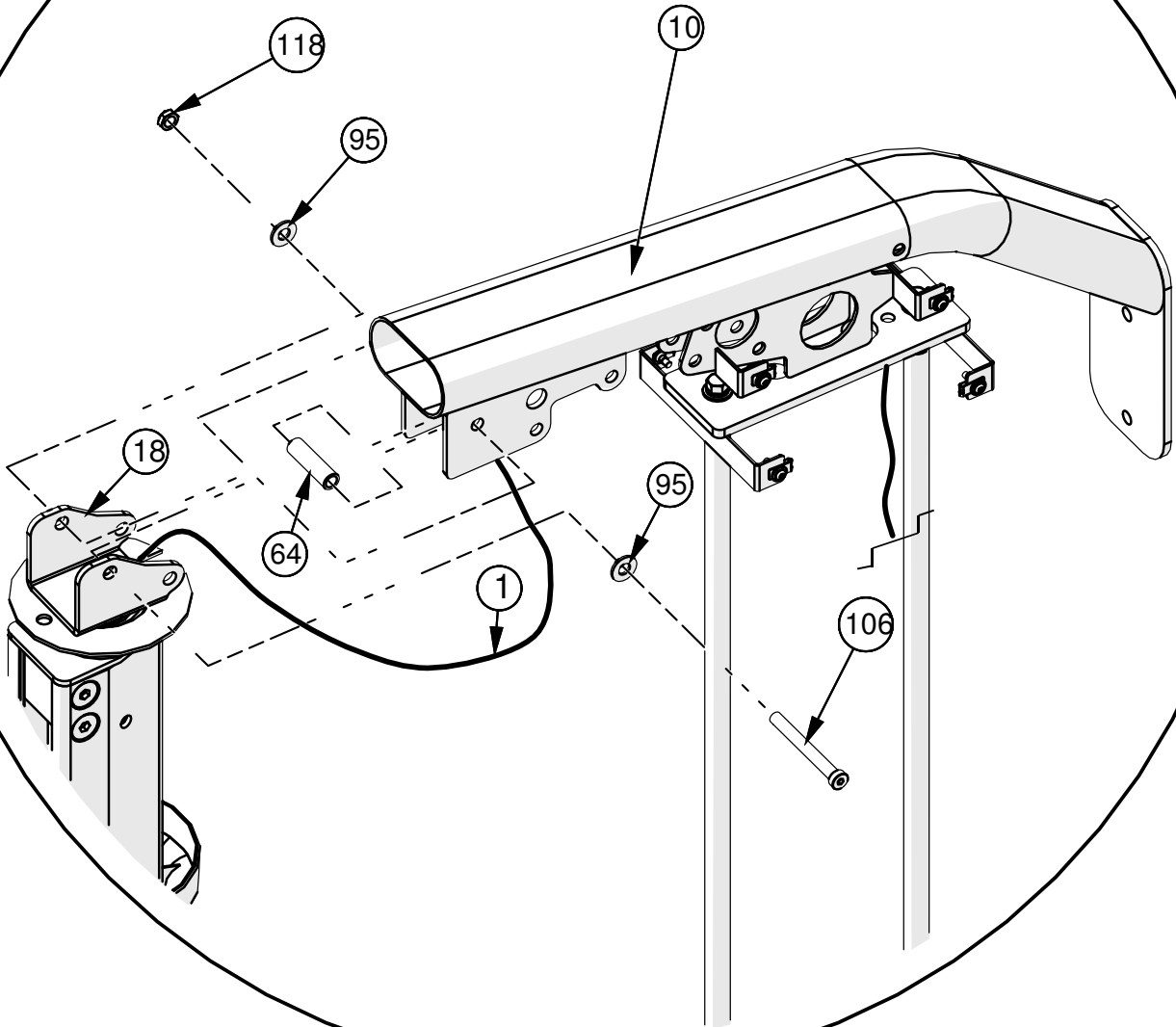
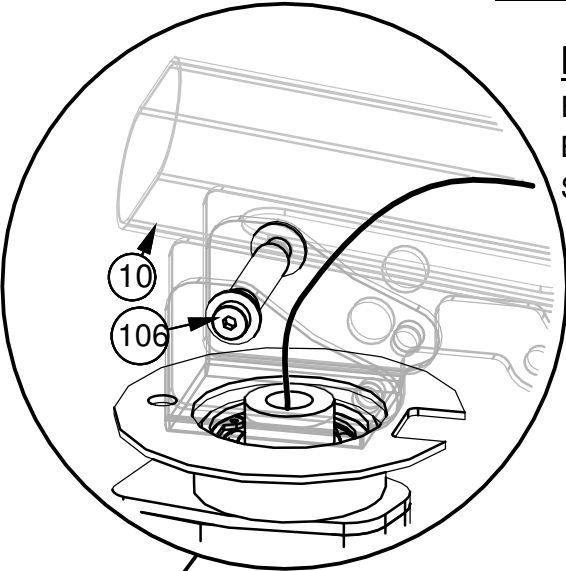
OWNER'S MANUAL

CABLE PROFILE VIEW

FRAME ASSEMBLY

NOTE:
ENSURE THE CABLE RUNS
BEHIND THE BOLT (106), AS
SHOWN

- NOTE:
- HAND TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

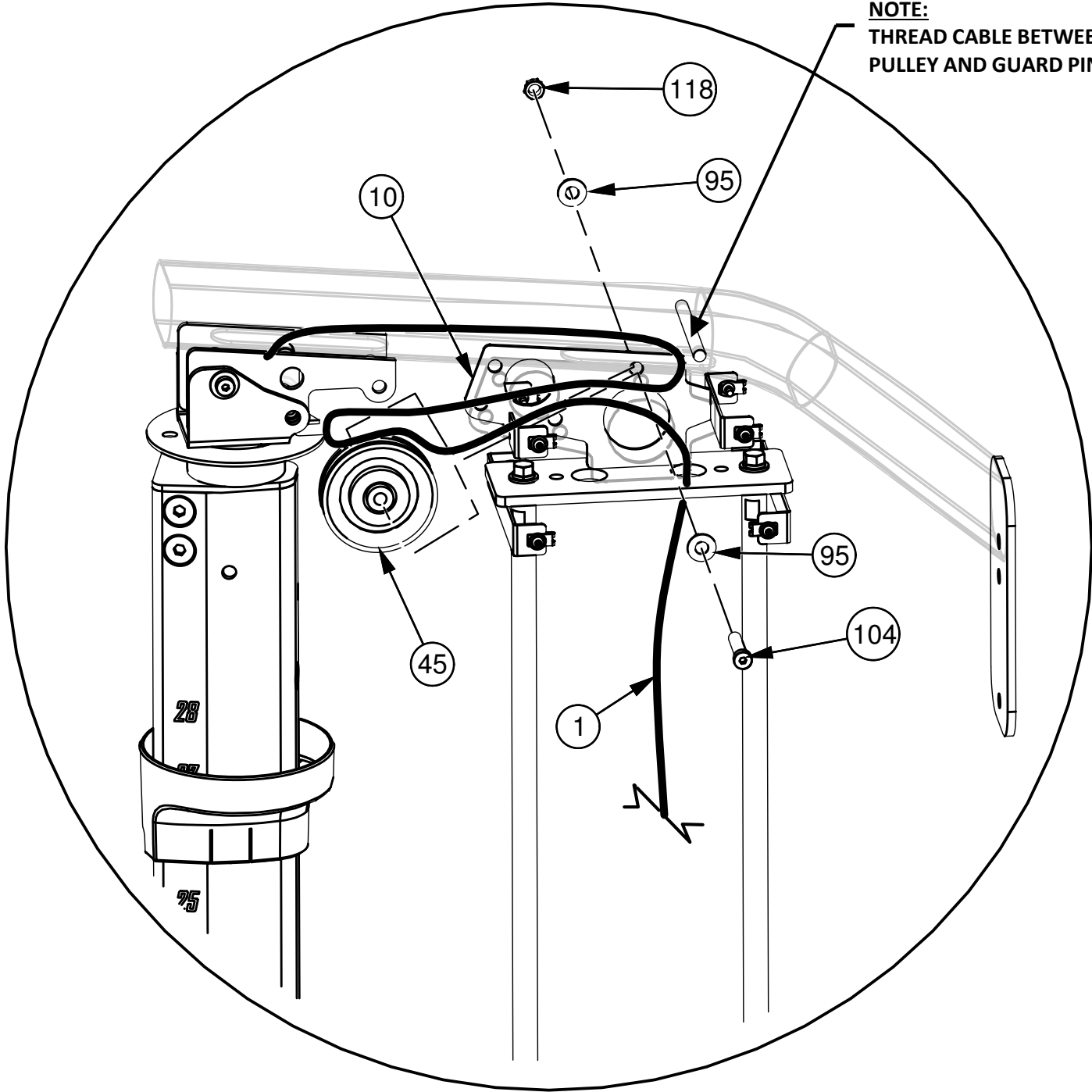


OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - INSTALL CABLES AND PULLEYS AT THE SAME TIME.
 - REPEAT FOR OPPOSITE SIDE. OF Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

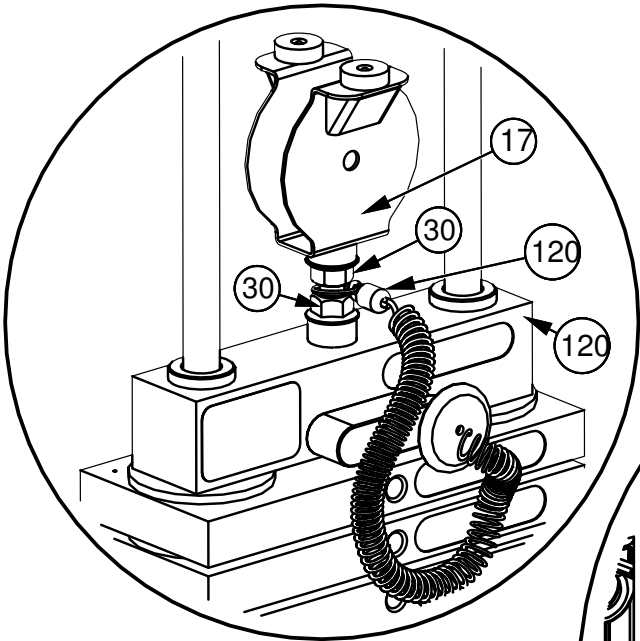
NOTE:
THREAD CABLE BETWEEN PULLEY AND GUARD PIN



OWNER'S MANUAL

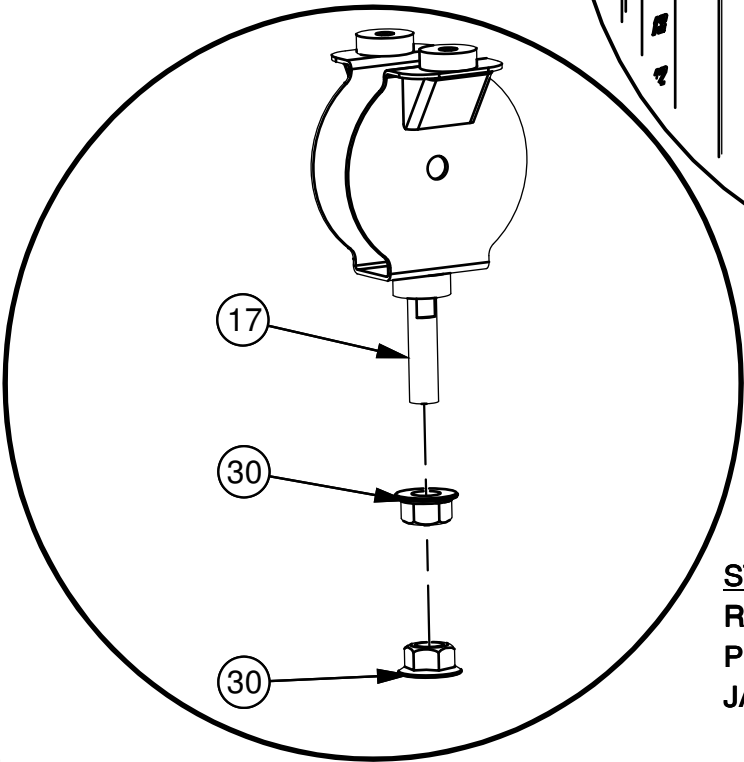
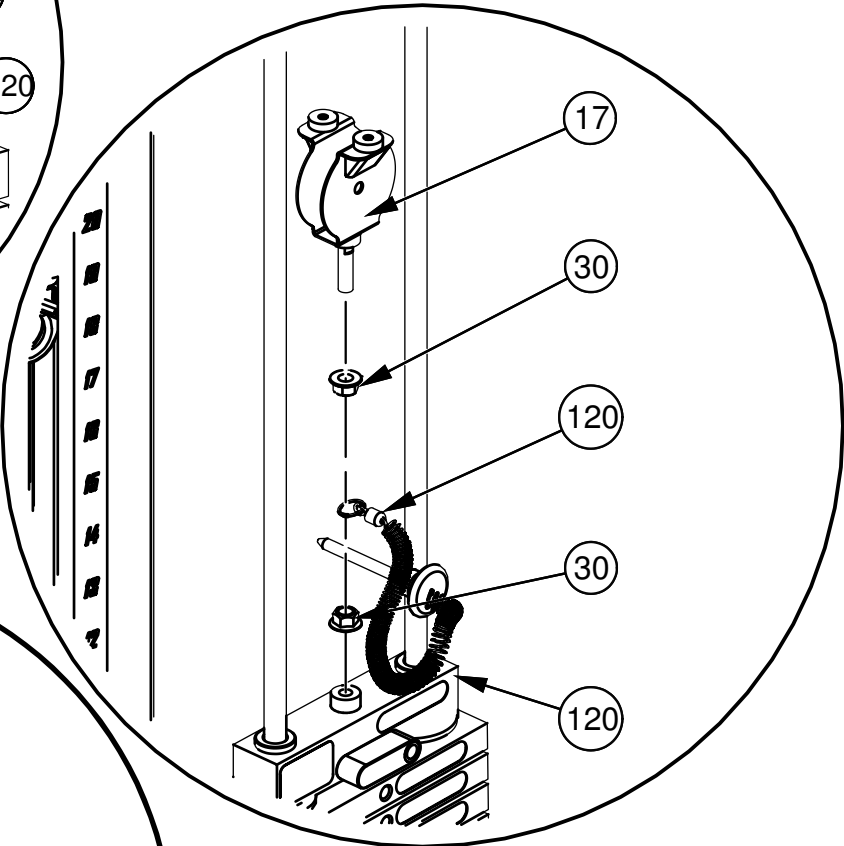
FRAME ASSEMBLY

ASSEMBLED VIEW



- NOTE:
- HAND TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 2: INSTALL PULLEY MOUNT (17)



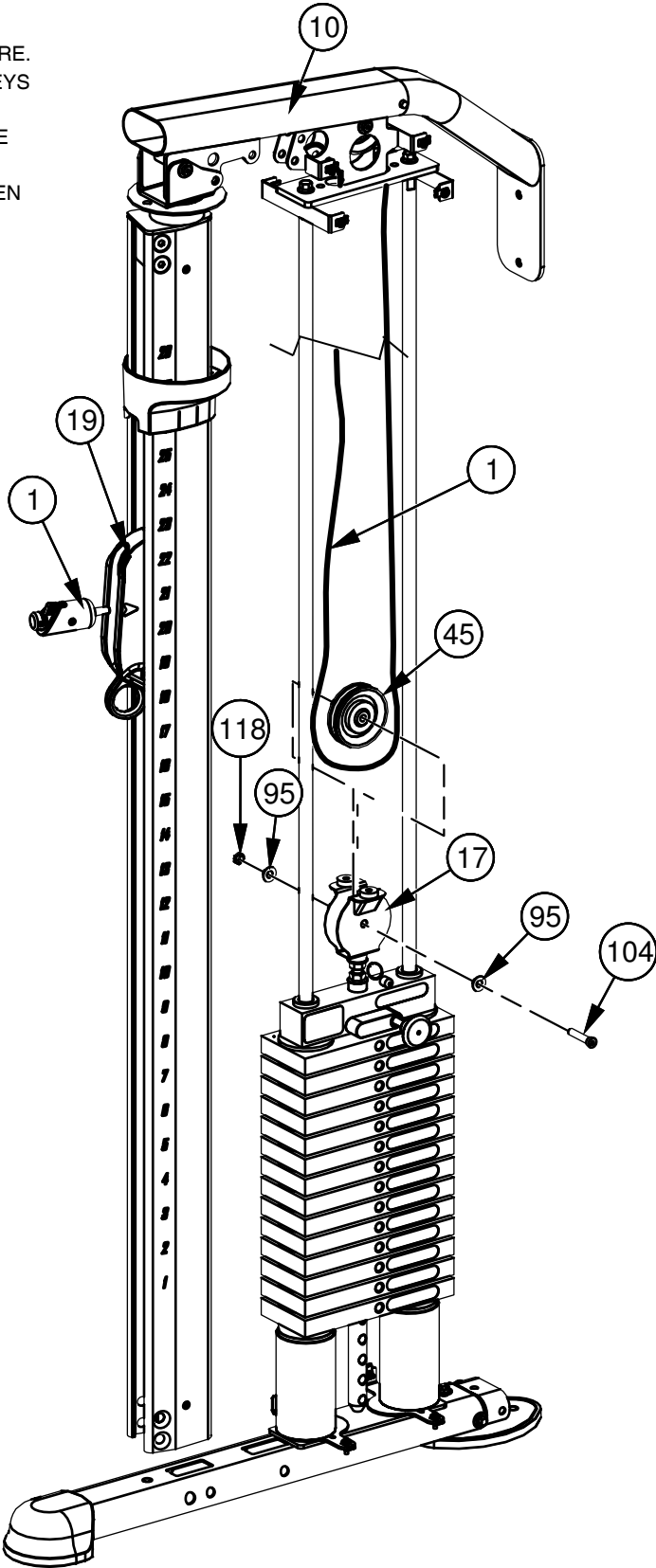
STEP 1: REMOVE PRE-INSTALLED JAM NUTS (30)

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

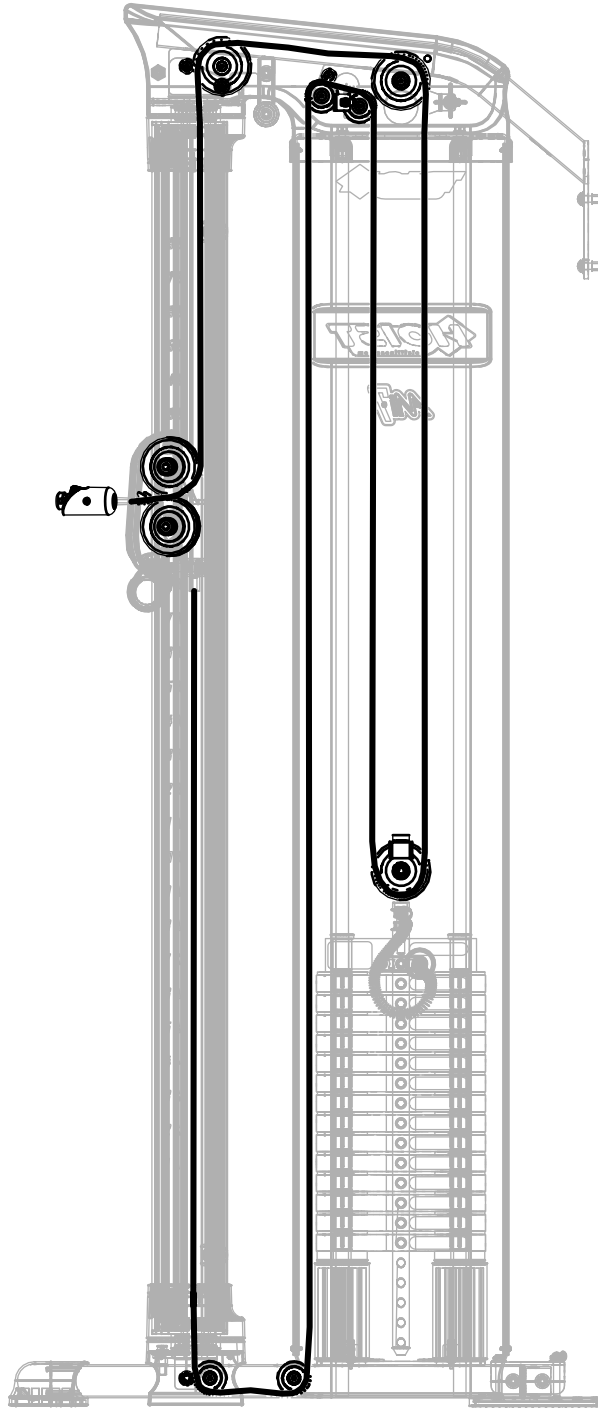
- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

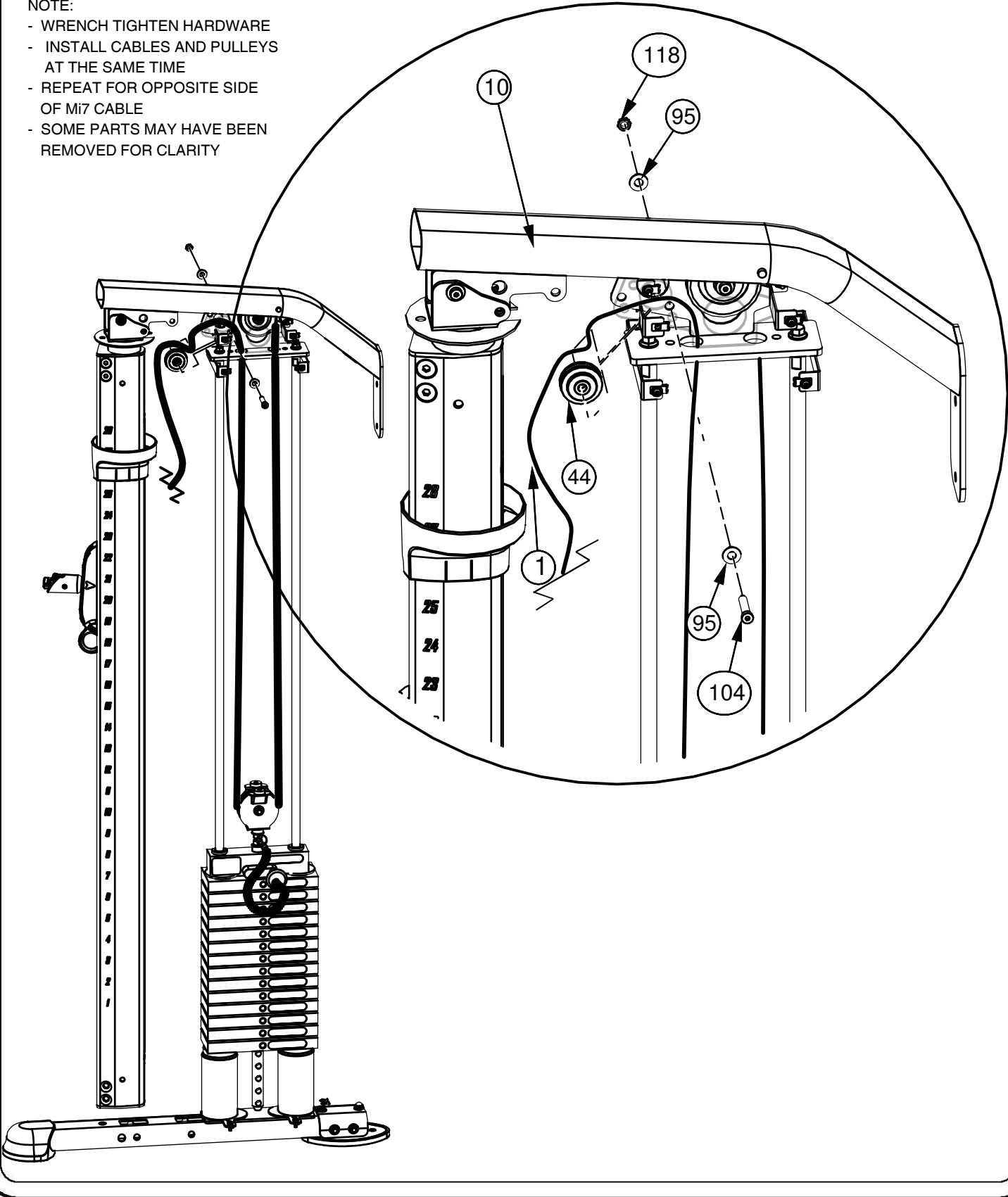


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

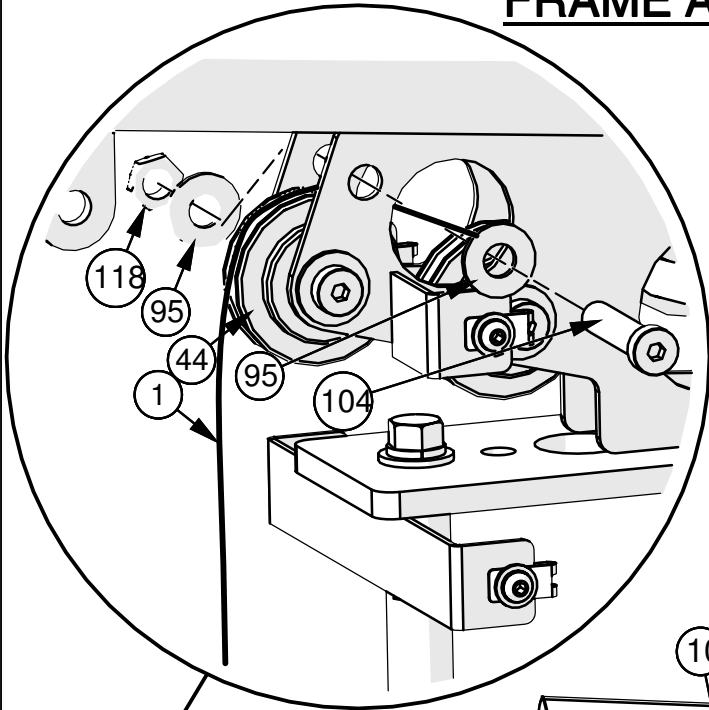
FRAME ASSEMBLY

NOTE:

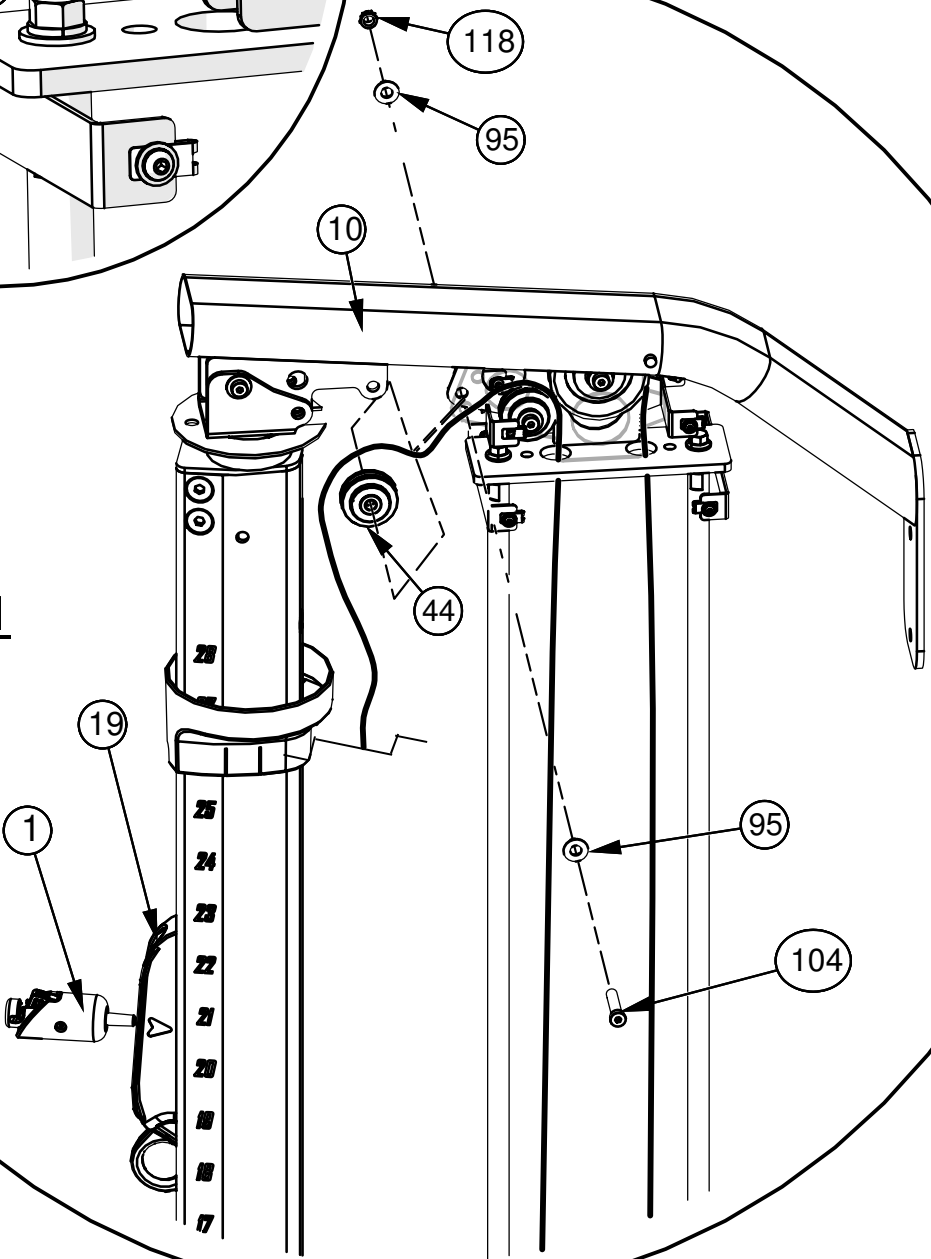
- WRENCH TIGHTEN HARDWARE
- INSTALL CABLES AND PULLEYS AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 2

INSTALL CABLE GUARD BOLT. ENSURE THE CABLE (1) RUNS BETWEEN THE CABLE BOLT (104) AND THE PULLEY (44)



STEP 1

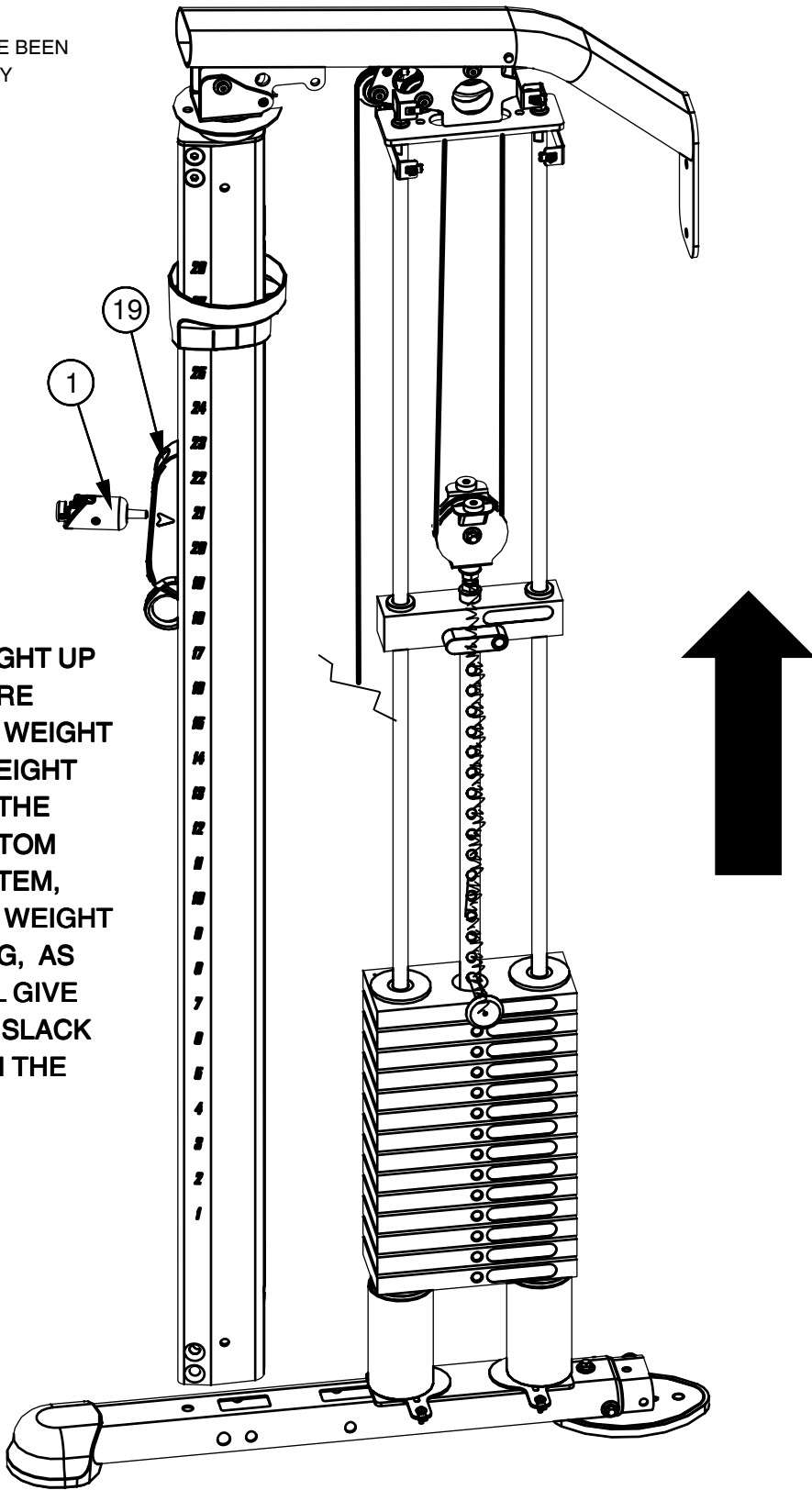


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

NOTE:
LIFT THE TOP WEIGHT UP
UNTIL 17 HOLES ARE
SHOWING ON THE WEIGHT
STEM. PUT THE WEIGHT
SELECTOR PIN IN THE
HOLE AT THE BOTTOM
OF THE WEIGHT STEM,
SO THAT THE TOP WEIGHT
PLATE IS FLOATING, AS
SHOWN. THIS WILL GIVE
THE CABLE MORE SLACK
FOR THE STEPS IN THE
COMING PAGES.

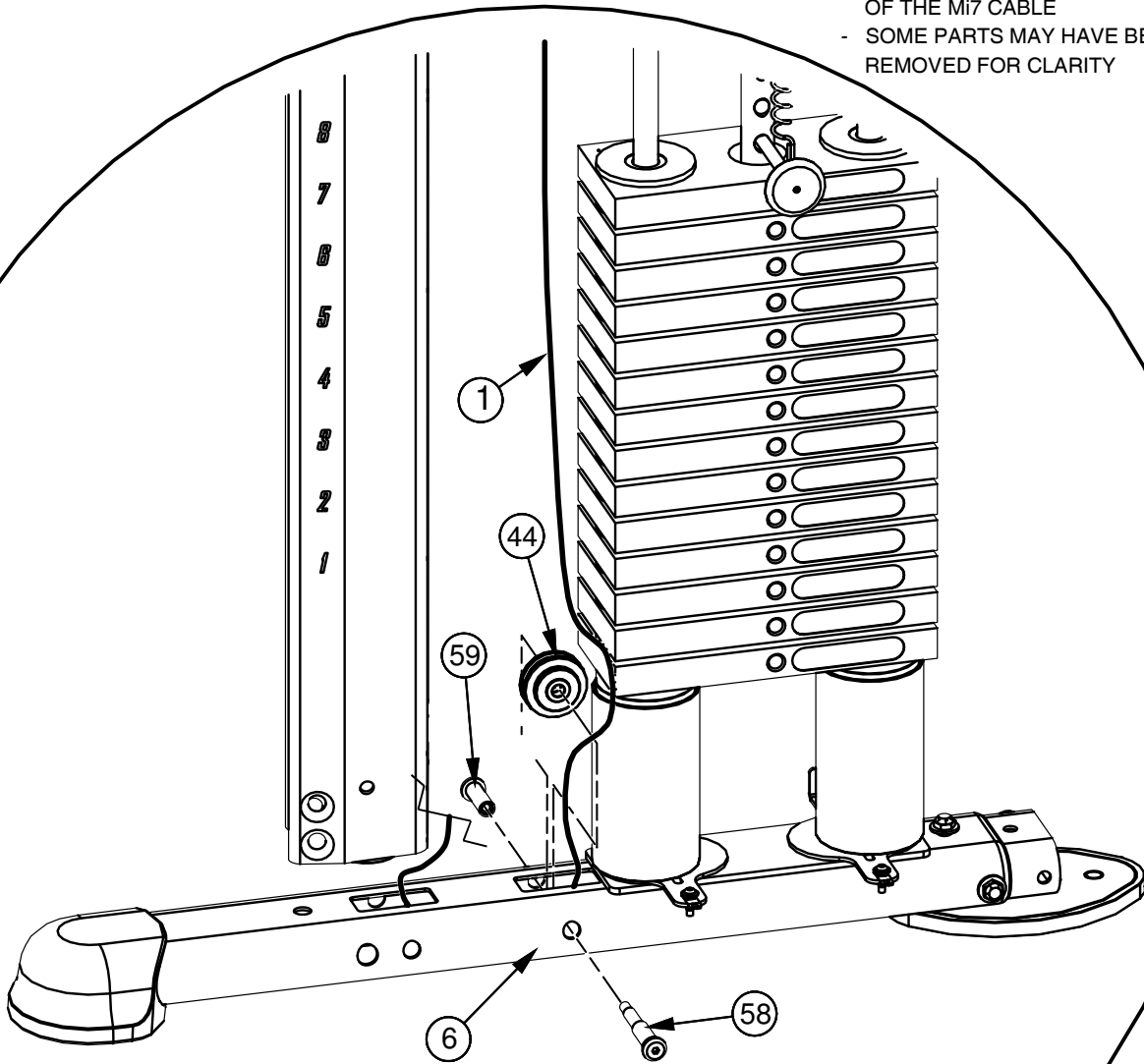


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- INSTALL THE CABLE AND THE PULLEY AT THE SAME TIME.
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

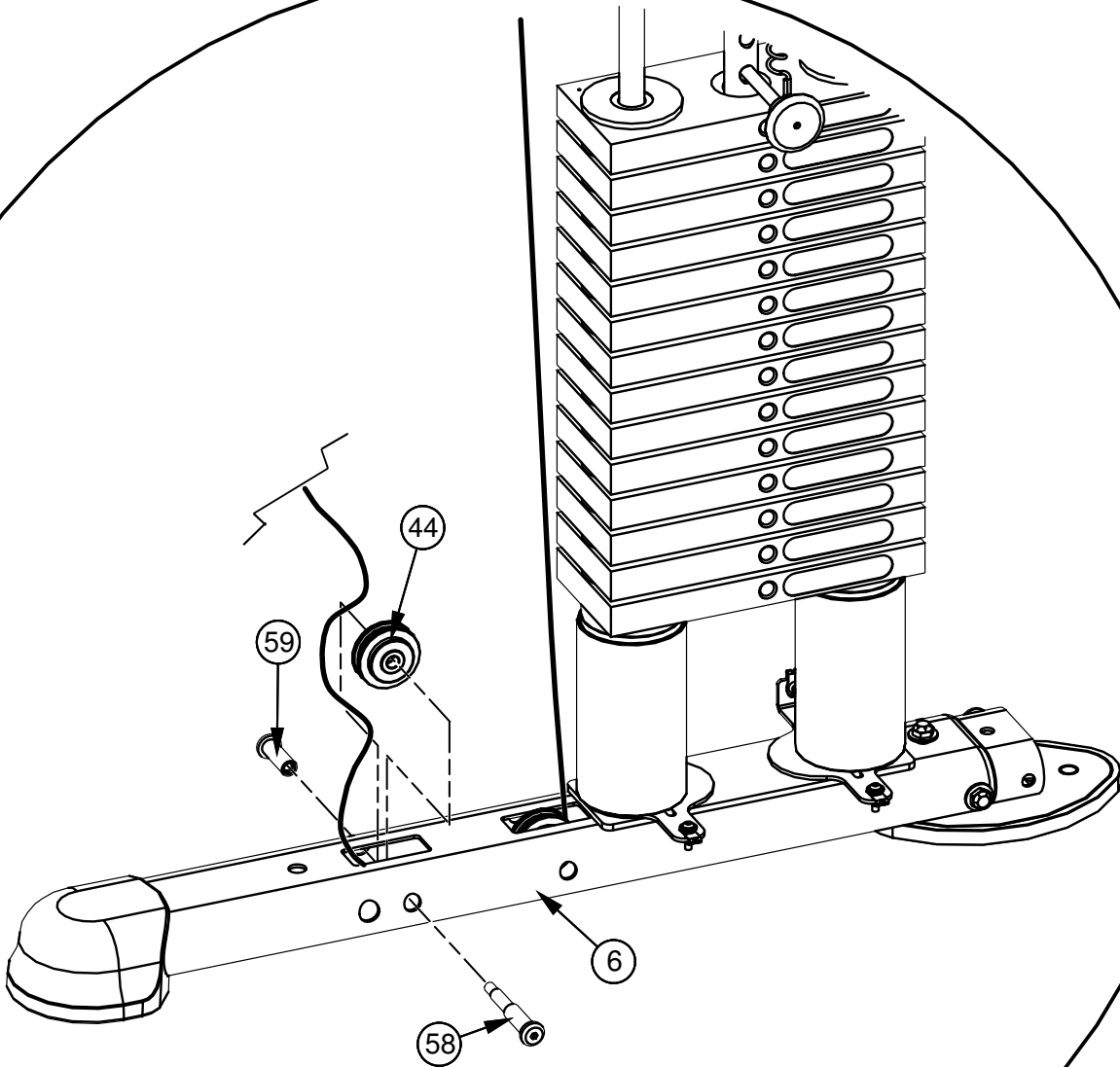


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

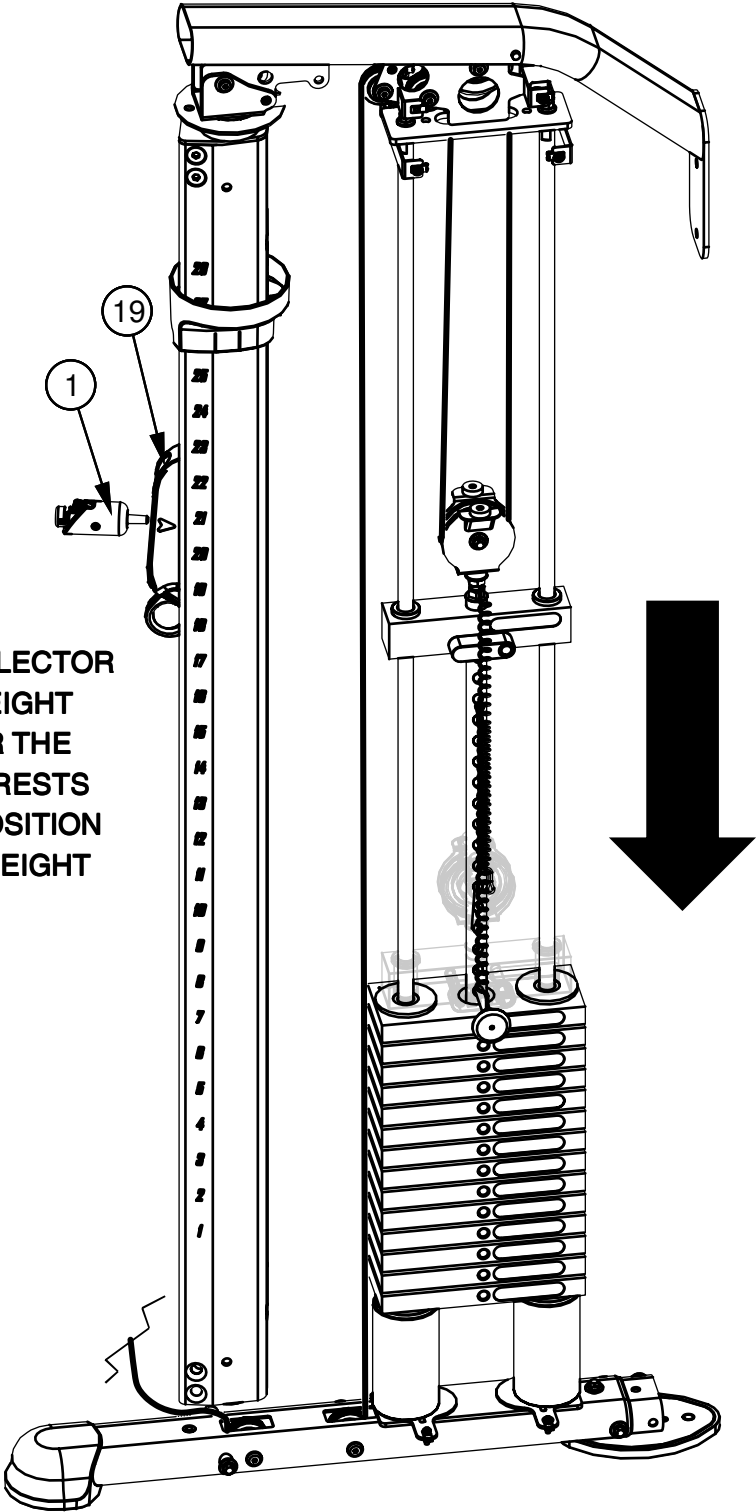
- WRENCH TIGHTEN HARDWARE
- INSTALL THE CABLE AND THE PULLEY AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE ASSEMBLY
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



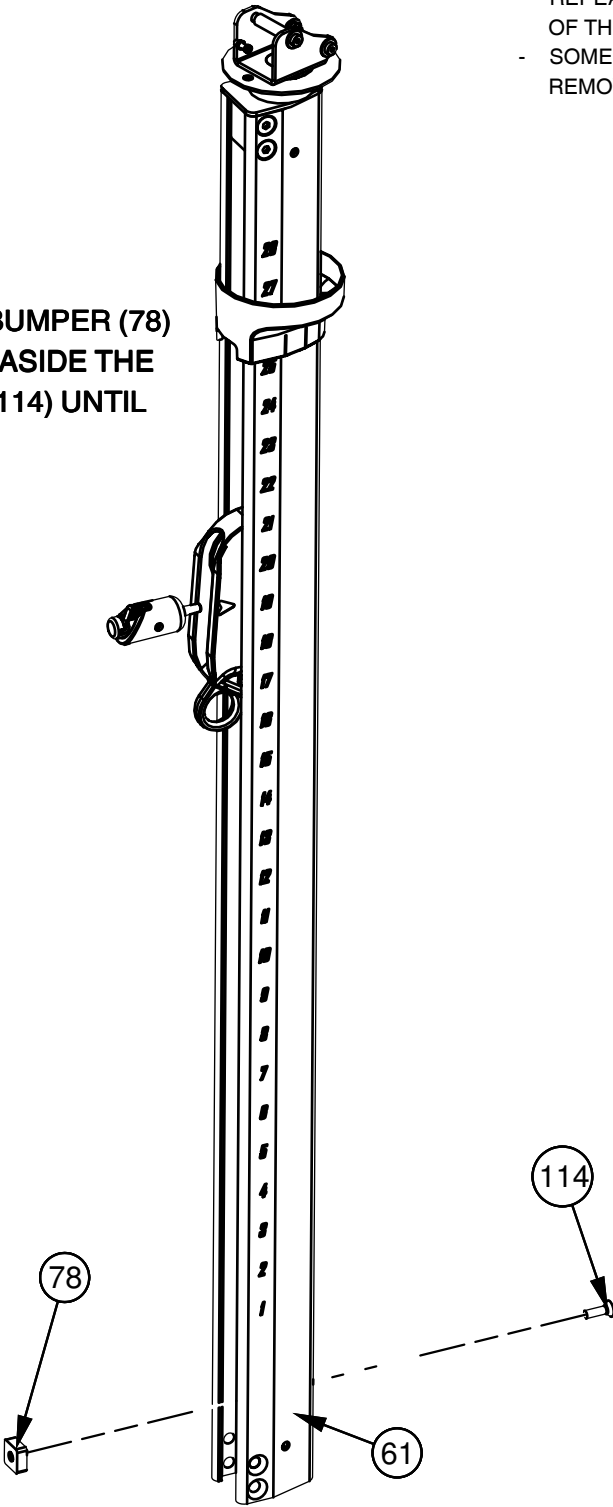
NOTE:
PULL OUT THE SELECTOR
PIN FROM THE WEIGHT
STEM AND LOWER THE
TOP PLATE SO IT RESTS
IN ITS NORMAL POSITION
ON TOP OF THE WEIGHT
PLATES.

OWNER'S MANUAL

FRAME ASSEMBLY

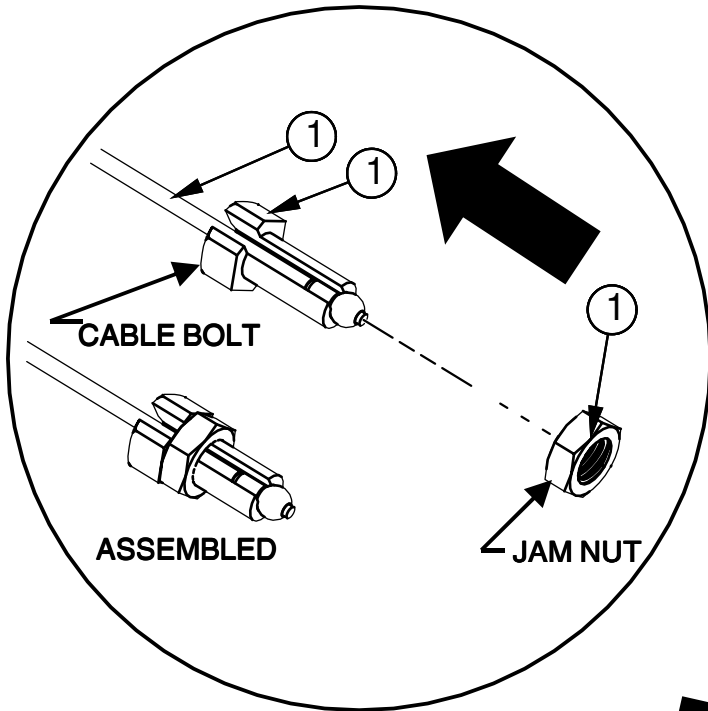
- NOTE:
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:
DISASSEMBLE THE BOTTOM BUMPER (78) FROM THE COLUMN (61). SET ASIDE THE BUMPER (78) AND THE BOLT (114) UNTIL LATER.



OWNER'S MANUAL

FRAME ASSEMBLY



NOTE:

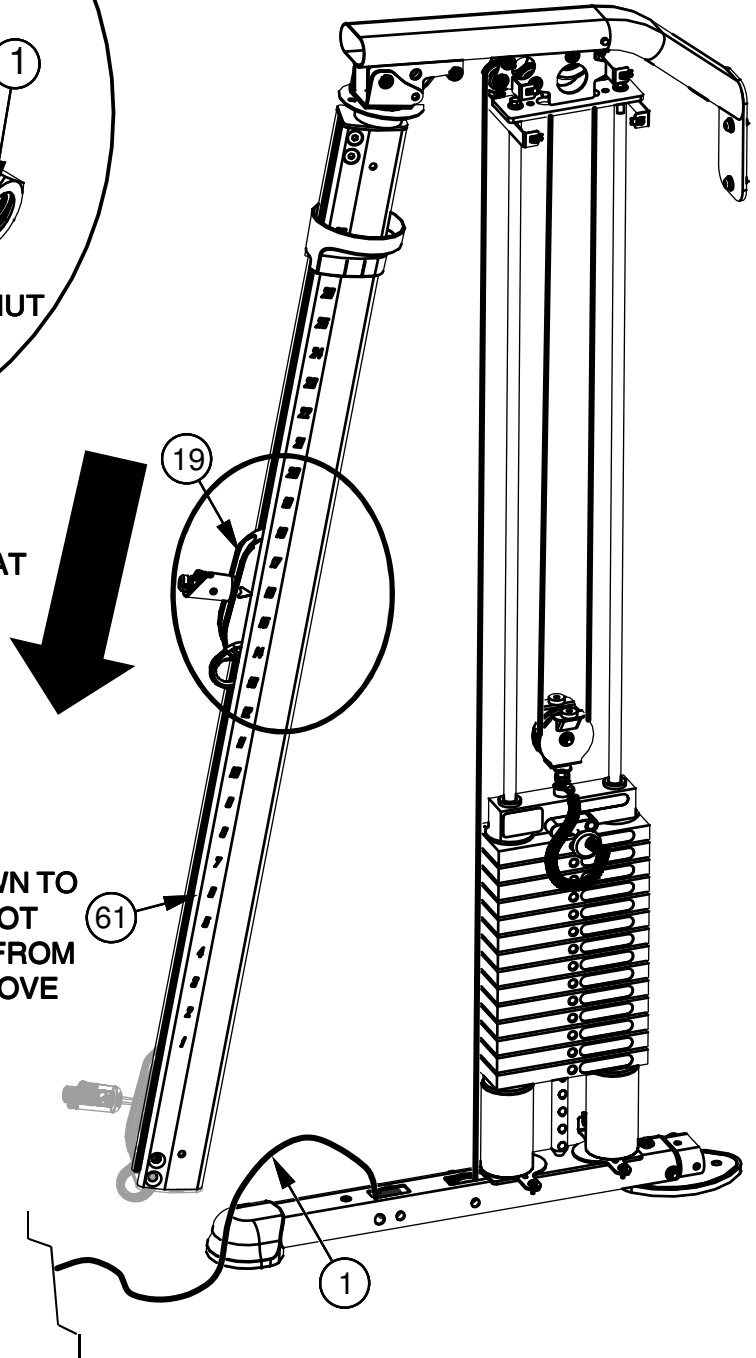
- REPEAT FOR OPPOSITE SIDE OF Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

INSTALL BOLT ONTO CABLE END, THEN THREAD JAM NUT ONTO THE BOLT. REPEAT FOR OPPOSITE SIDE.

NOTE:

ADJUST THE PULLEY CARRIAGE (19) DOWN TO THE BOTTOM OF THE COLUMN (61). DO NOT FULLY REMOVE THE PULLEY CARRIAGE FROM THE COLUMN. IF YOU ACCIDENTLY REMOVE THE PULLEY CARRIAGE (19) FROM THE COLUMN, REFER TO PAGE 60 FOR INSTRUCTIONS TO REASSEMBLE IT.

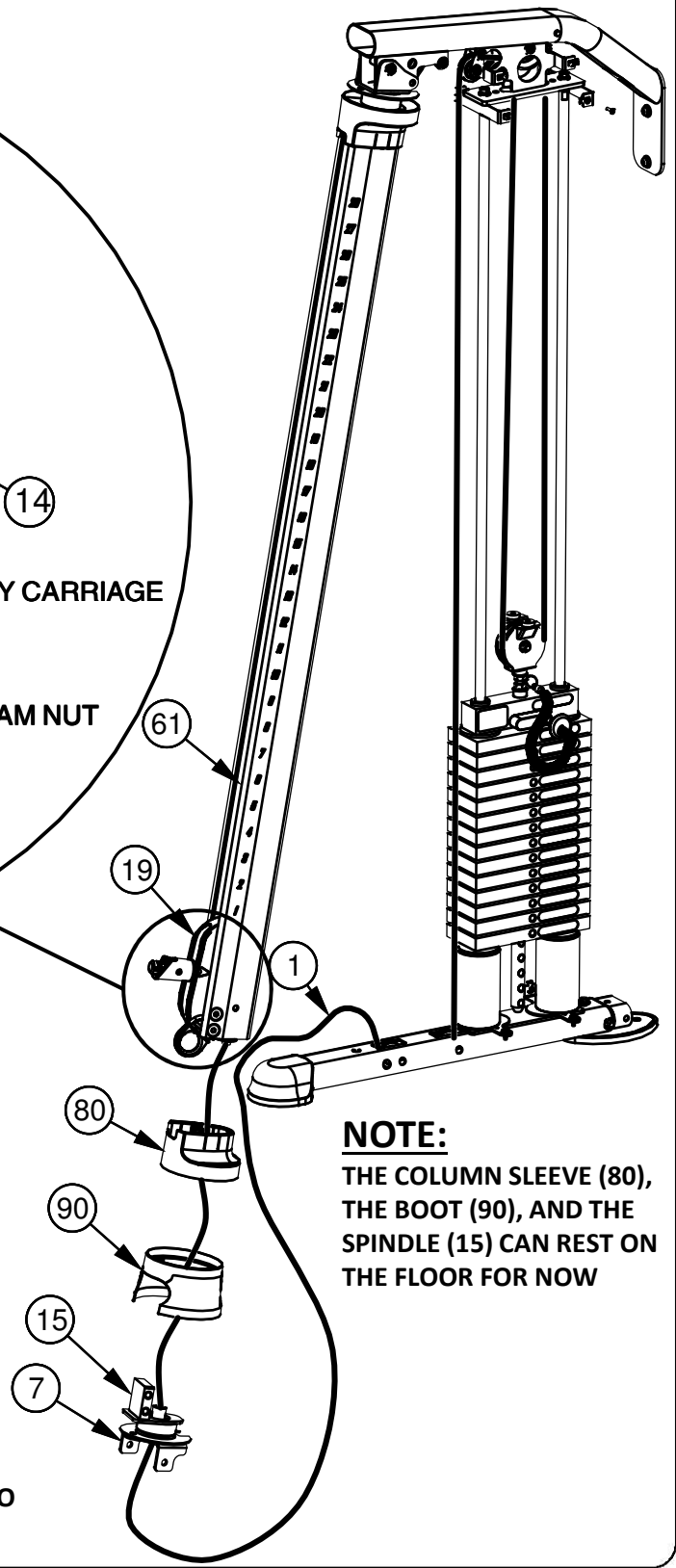
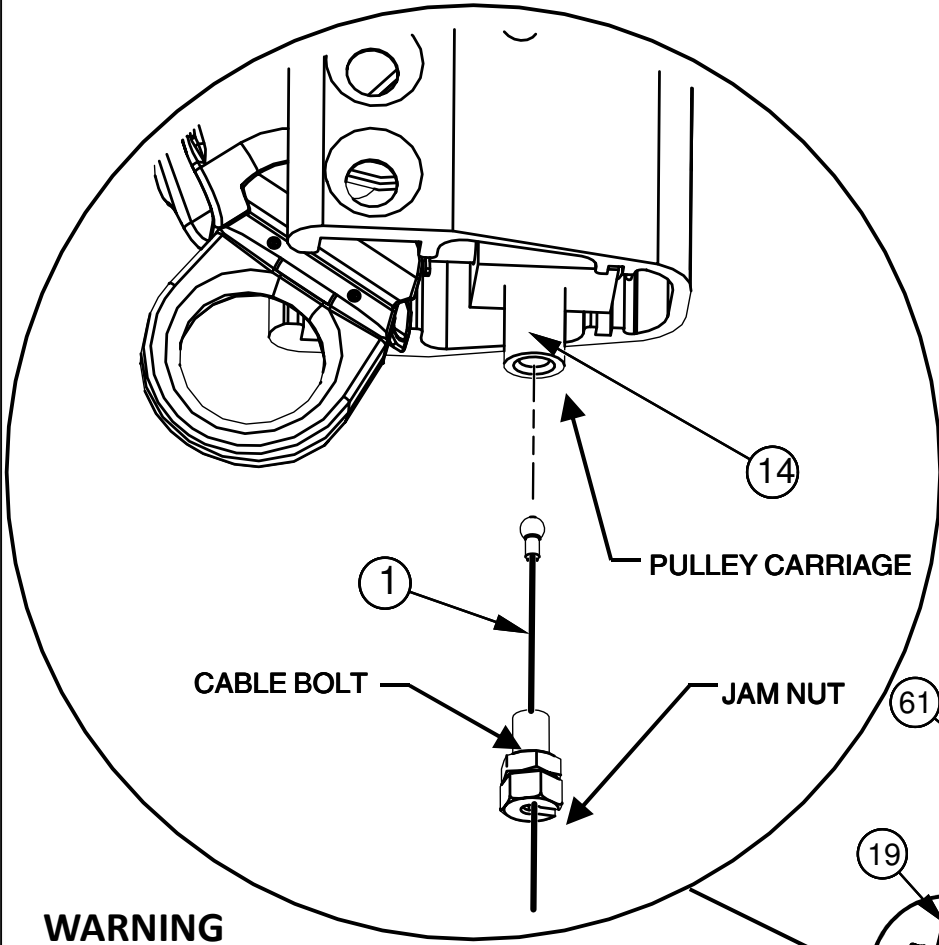


OWNER'S MANUAL

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

FRAME ASSEMBLY



WARNING

CABLE BOLT MUST BE THREADED ALL THE WAY INTO PULLEY CARRIAGE, WITH JAM NUT TIGHTENED SECURELY TO PULLEY CARRIAGE TO ENSURE PROPER CONNECTION.

NOTE:

DO NOT FULLY REMOVE THE PULLEY CARRIAGE (19) FROM THE COLUMN (61). IF REMOVED BY ACCIDENT, REFER TO PAGE 60 FOR RE-ASSEMBLY.

WHEN FINISHED WITH ALL OF THE STEPS ON THIS PAGE, PUSH THE PULLEY CARRIAGE (19) UP TO THE MIDDLE OF THE COLUMN.

NOTE:

THE COLUMN SLEEVE (80), THE BOOT (90), AND THE SPINDLE (15) CAN REST ON THE FLOOR FOR NOW

OWNER'S MANUAL

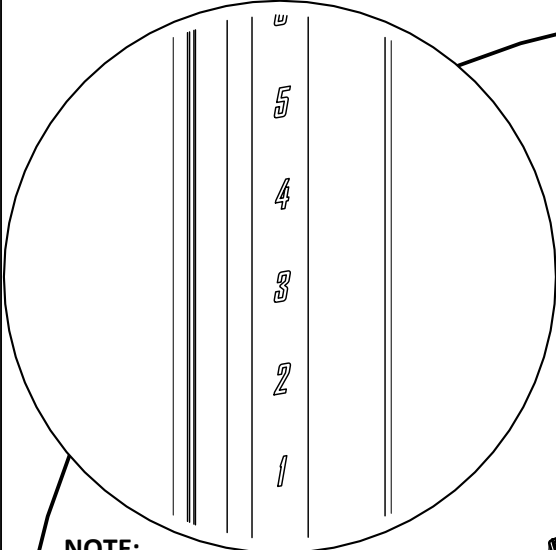
FRAME ASSEMBLY

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

APPLY TEFLON (PTFE) BASED LUBRICANT (SUPERLUBE) (132) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (80). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.

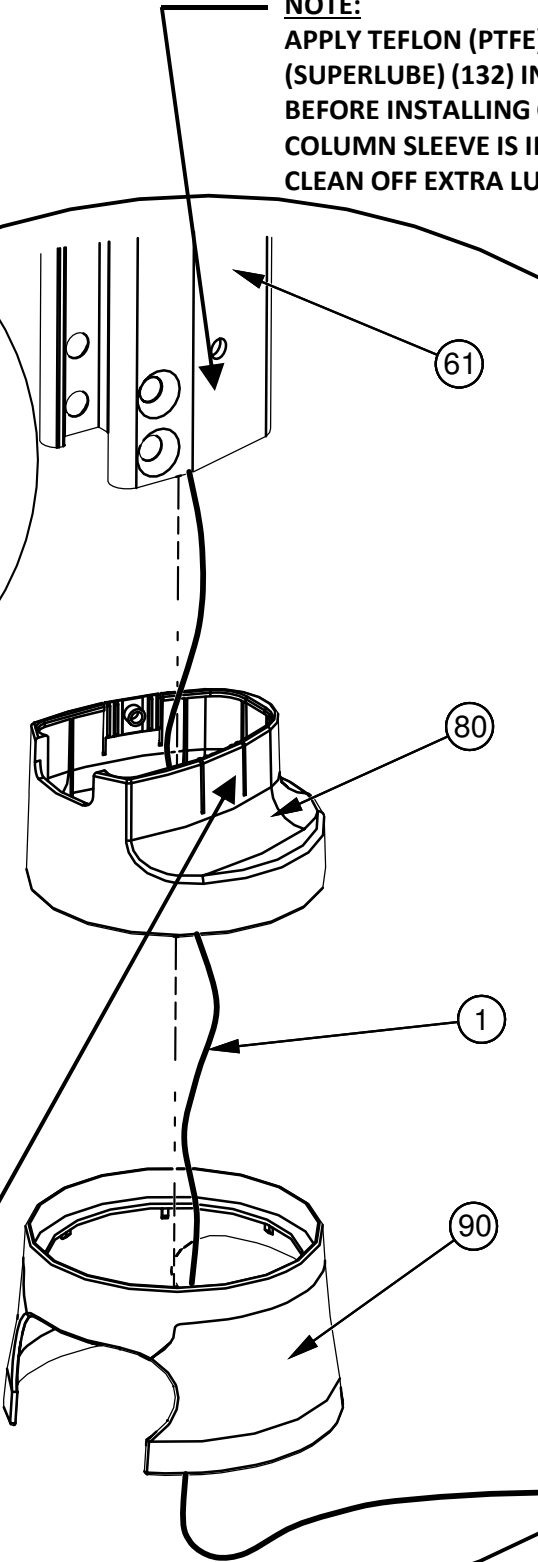


NOTE:

ENSURE NUMBERS ON THE COLUMN ARE ASCENDING UPWARDS, AS SHOWN

NOTE:

LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80), THEN PUSH THE SLEEVE ABOUT 12" UP THE COLUMN (61). REPEAT FOR THE OPPOSITE SIDE OF THE Mi7 CABLE

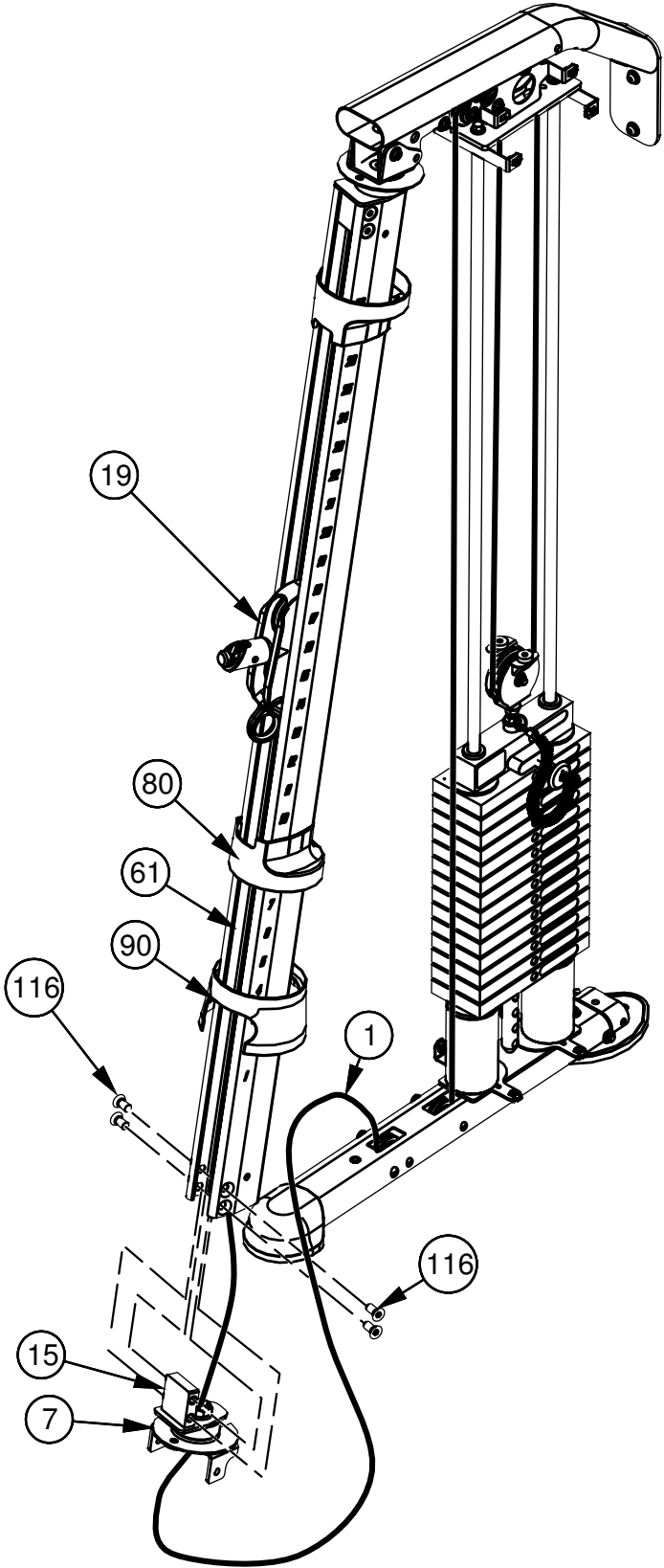


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT FOR OPPOSITE SIDE OF THE MI7 CABLE



NOTE:

BE CAREFUL MOVING THE COLUMN (61) TO AVOID DAMAGING THE CABLE (1).

OWNER'S MANUAL

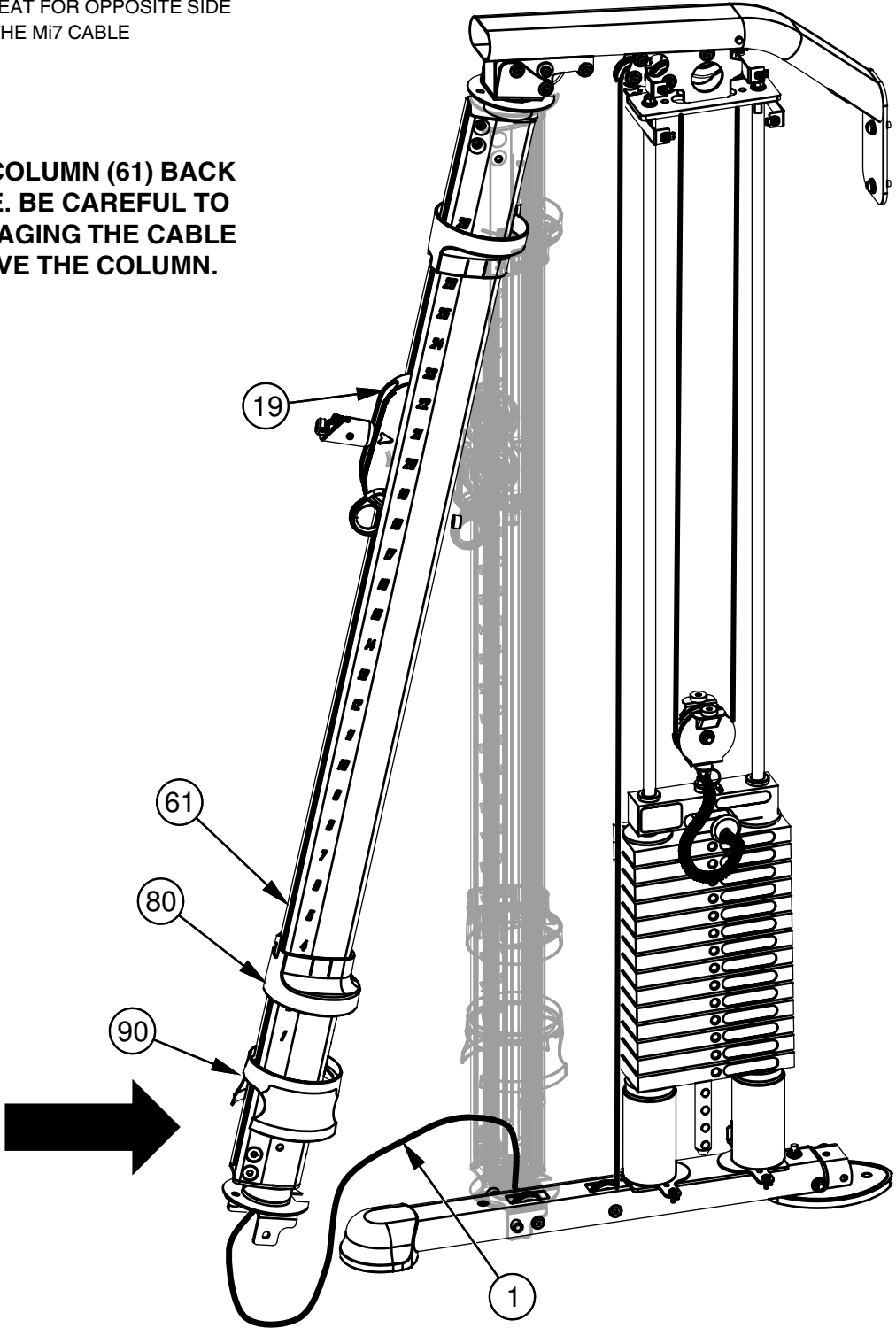
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE

NOTE:

PUSH THE COLUMN (61) BACK INTO PLACE. BE CAREFUL TO AVOID DAMAGING THE CABLE AS YOU MOVE THE COLUMN.

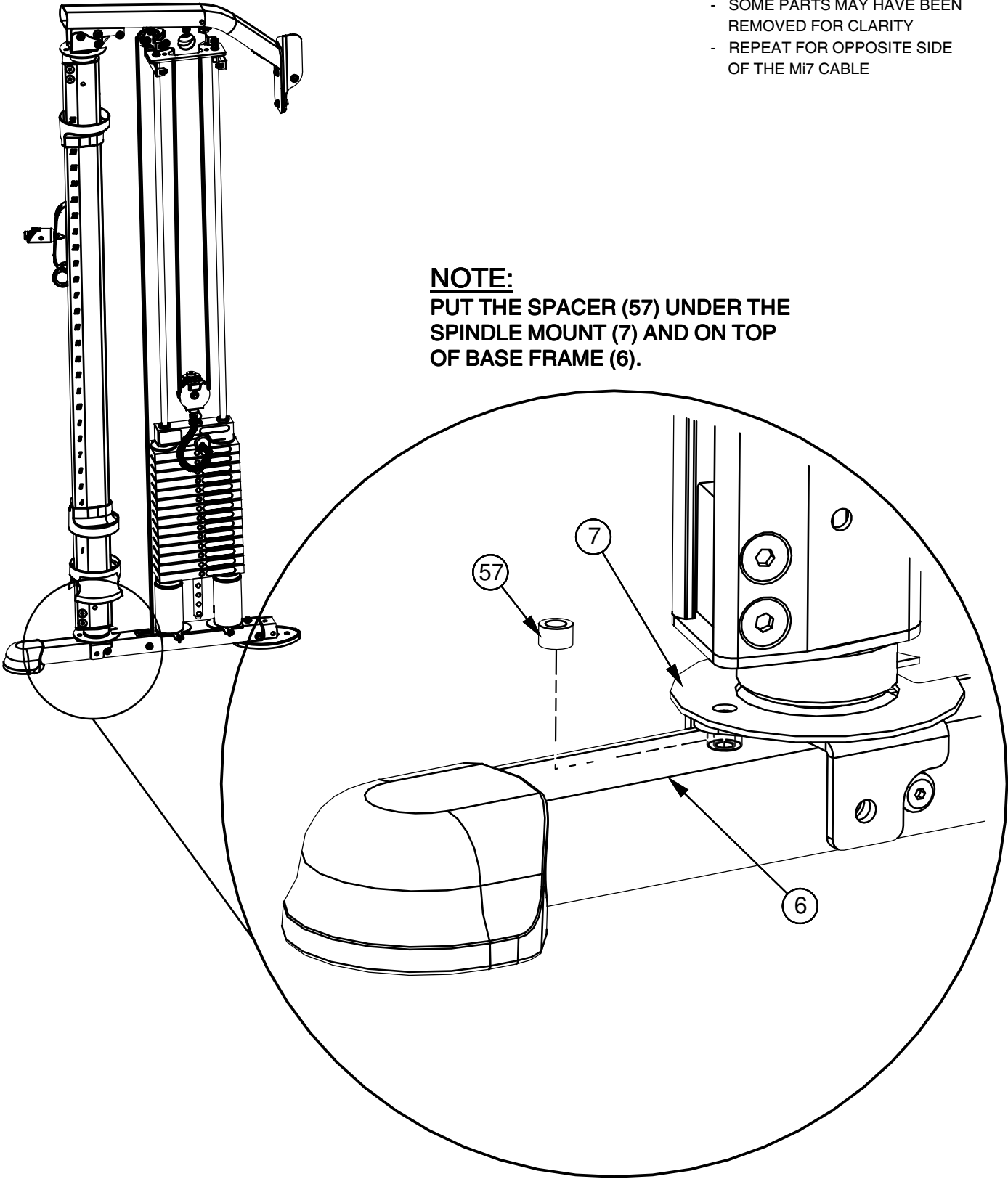


OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE

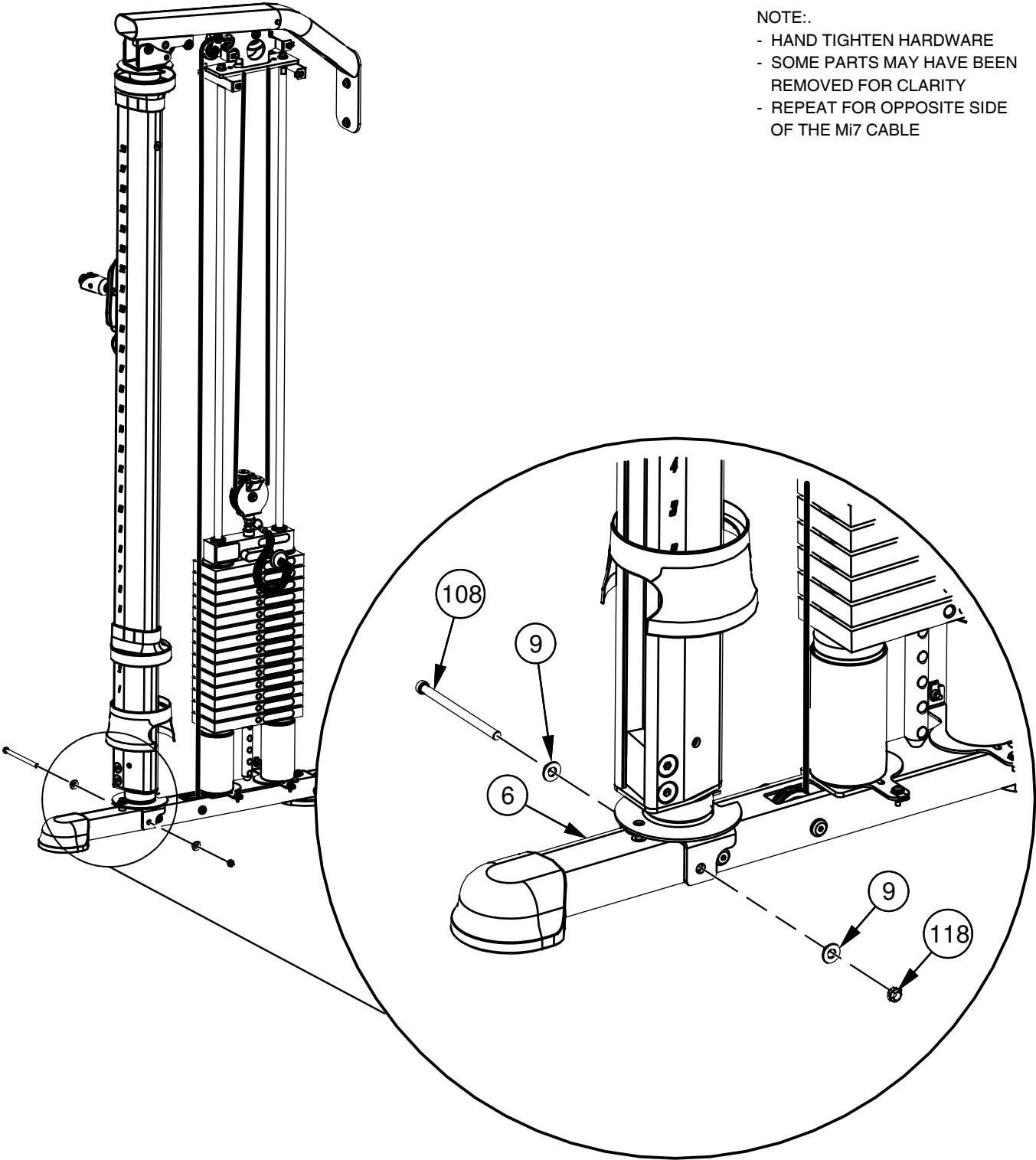
NOTE:
PUT THE SPACER (57) UNDER THE SPINDLE MOUNT (7) AND ON TOP OF BASE FRAME (6).



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:.
- HAND TIGHTEN HARDWARE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE

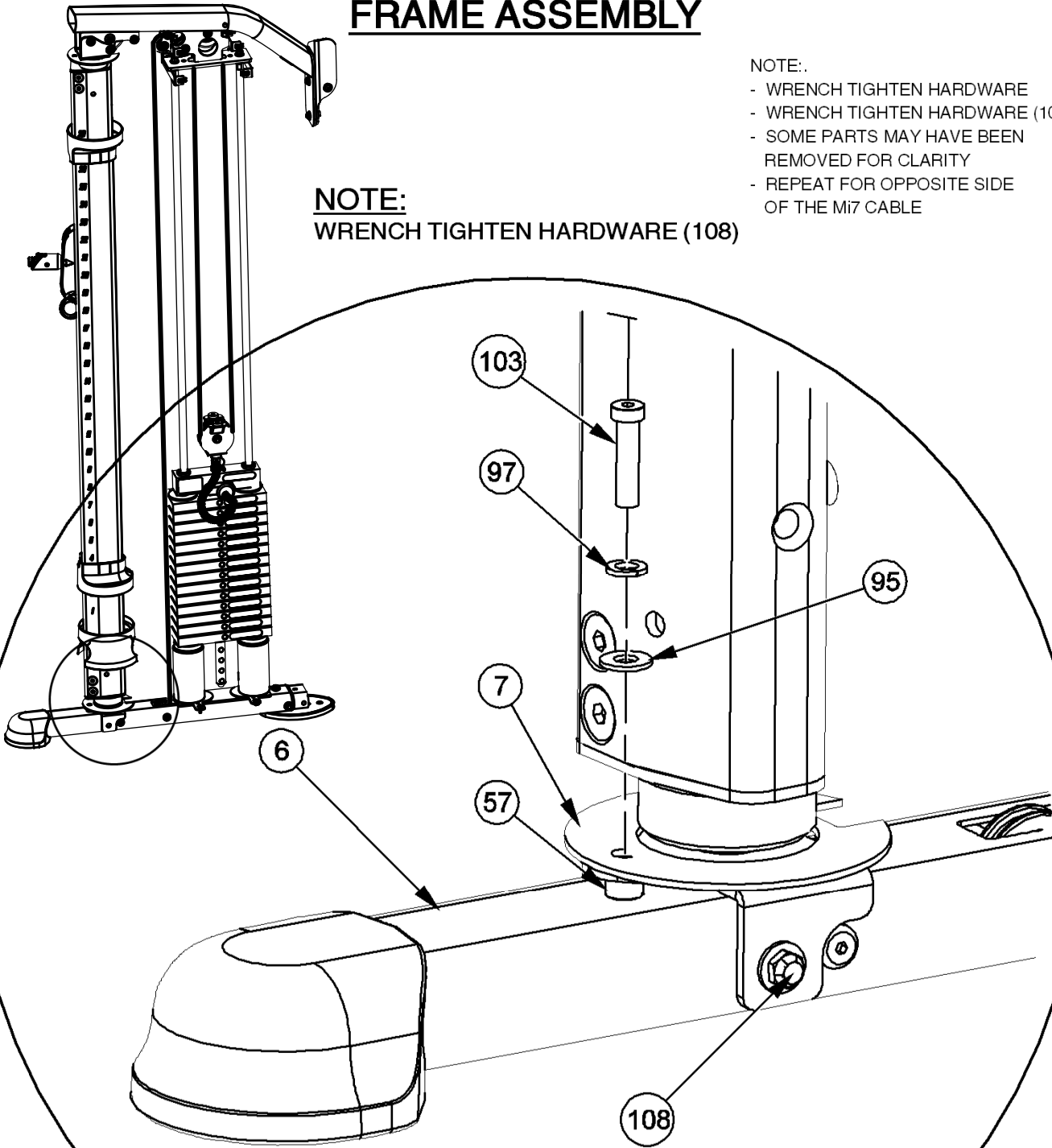


OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - WRENCH TIGHTEN HARDWARE (108)
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE SIDE OF THE MI7 CABLE

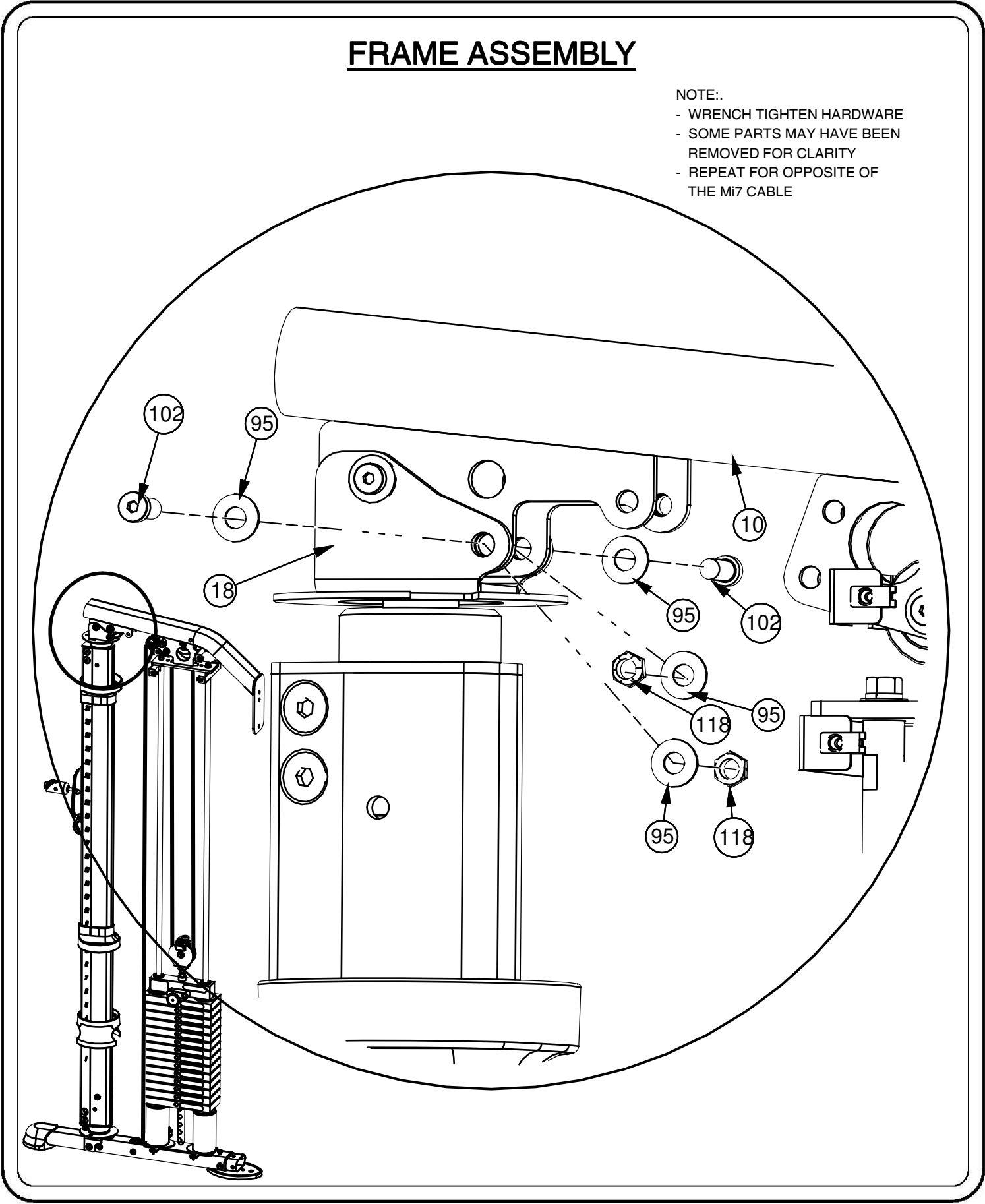
NOTE:
WRENCH TIGHTEN HARDWARE (108)



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE OF THE Mi7 CABLE



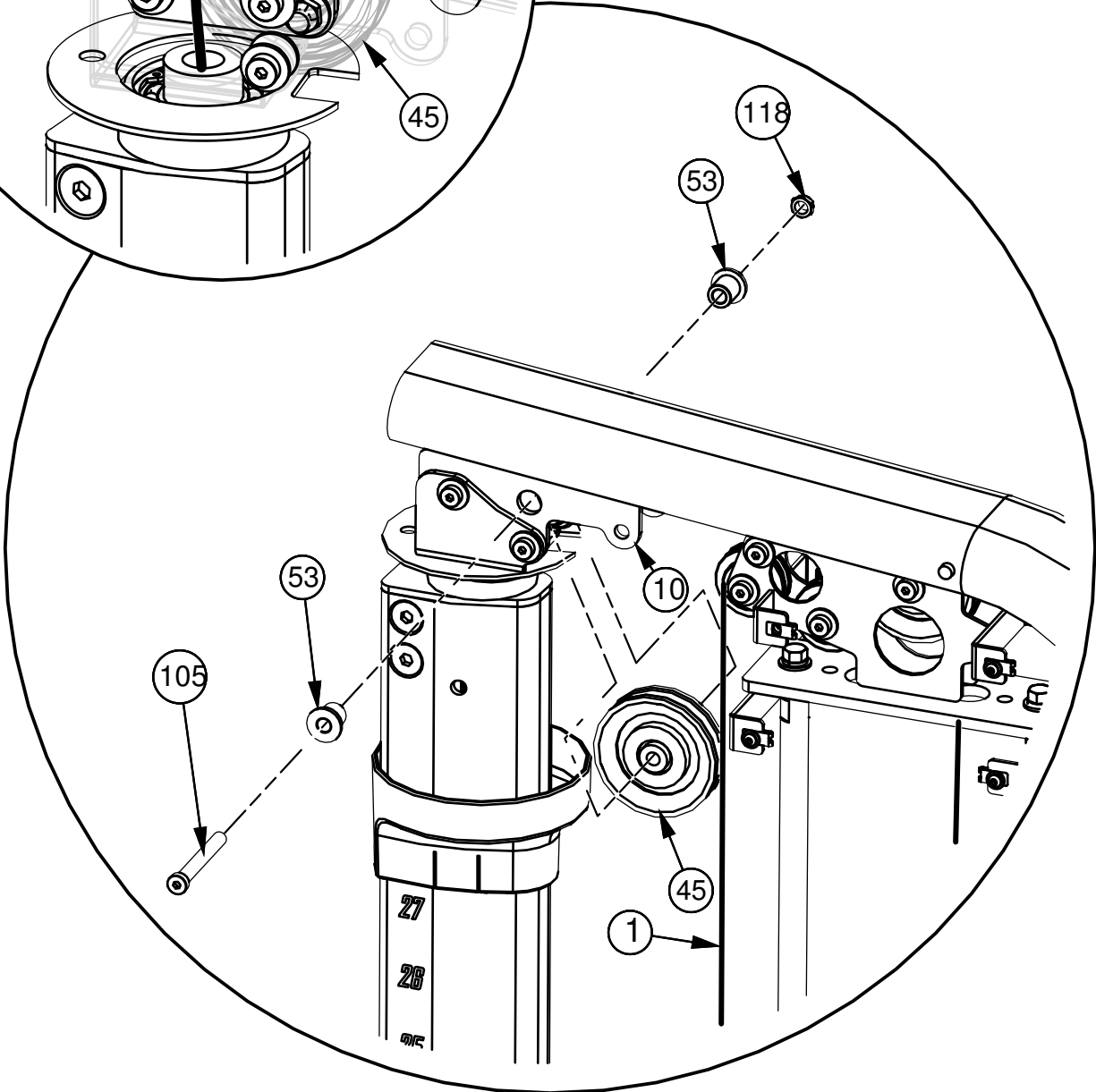
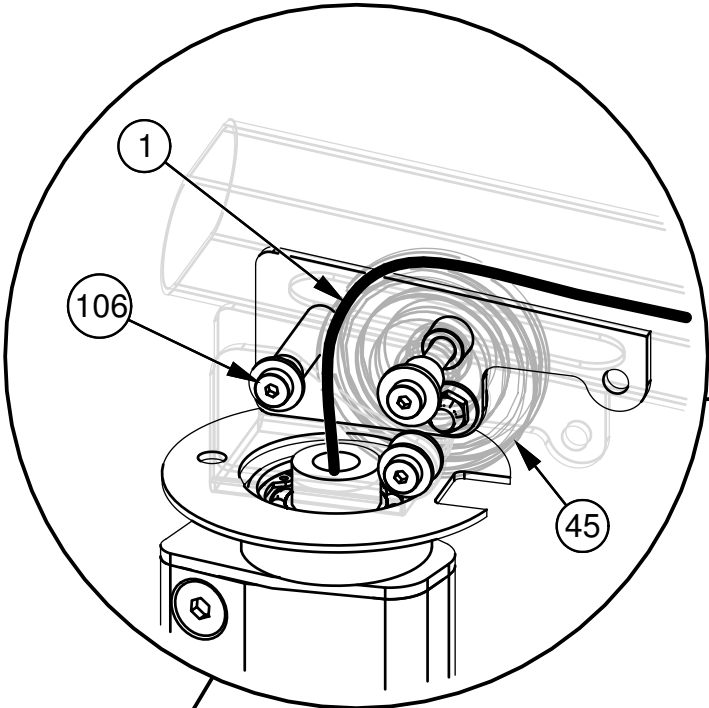
OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - INSTALL CABLES AND PULLEYS AT THE SAME TIME
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

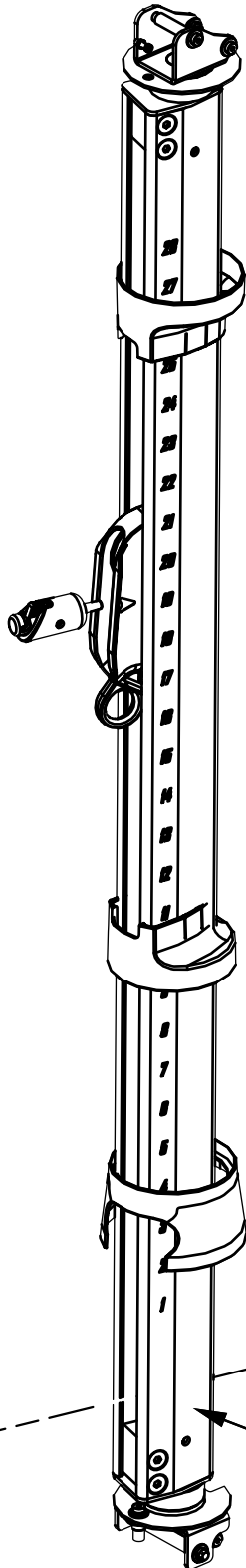
NOTE:
ENSURE THE CABLE (1) RUNS BETWEEN THE BOLT (106) AND THE PULLEY (45), AS SHOWN



FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

REINSTALL THE BOTTOM BUMPER (78) AND THE BOLT (114) WHICH WERE REMOVED EARLIER

IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

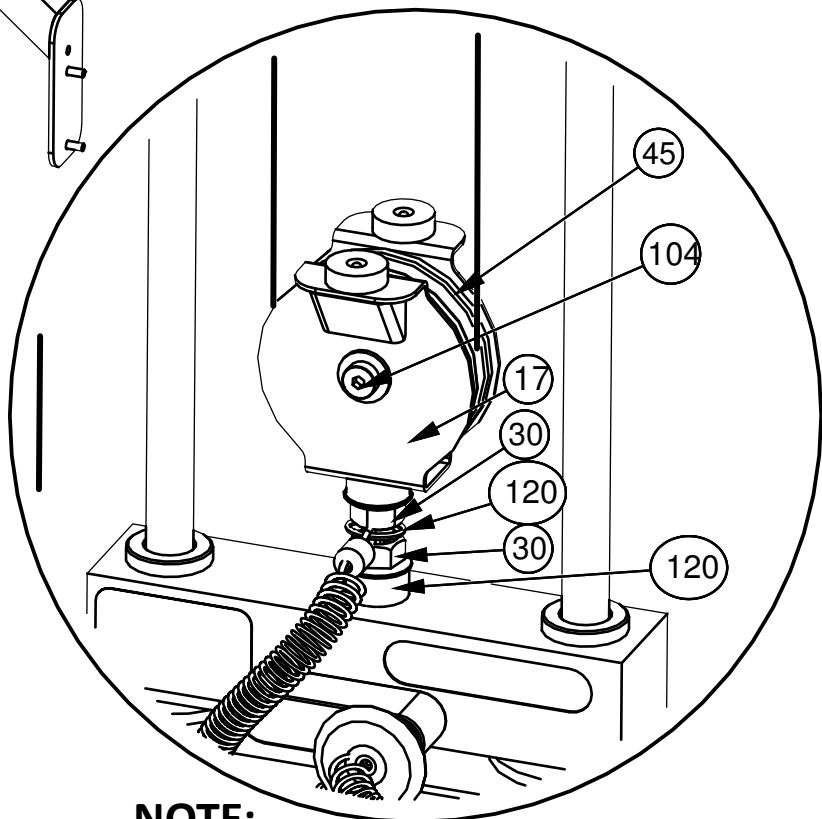
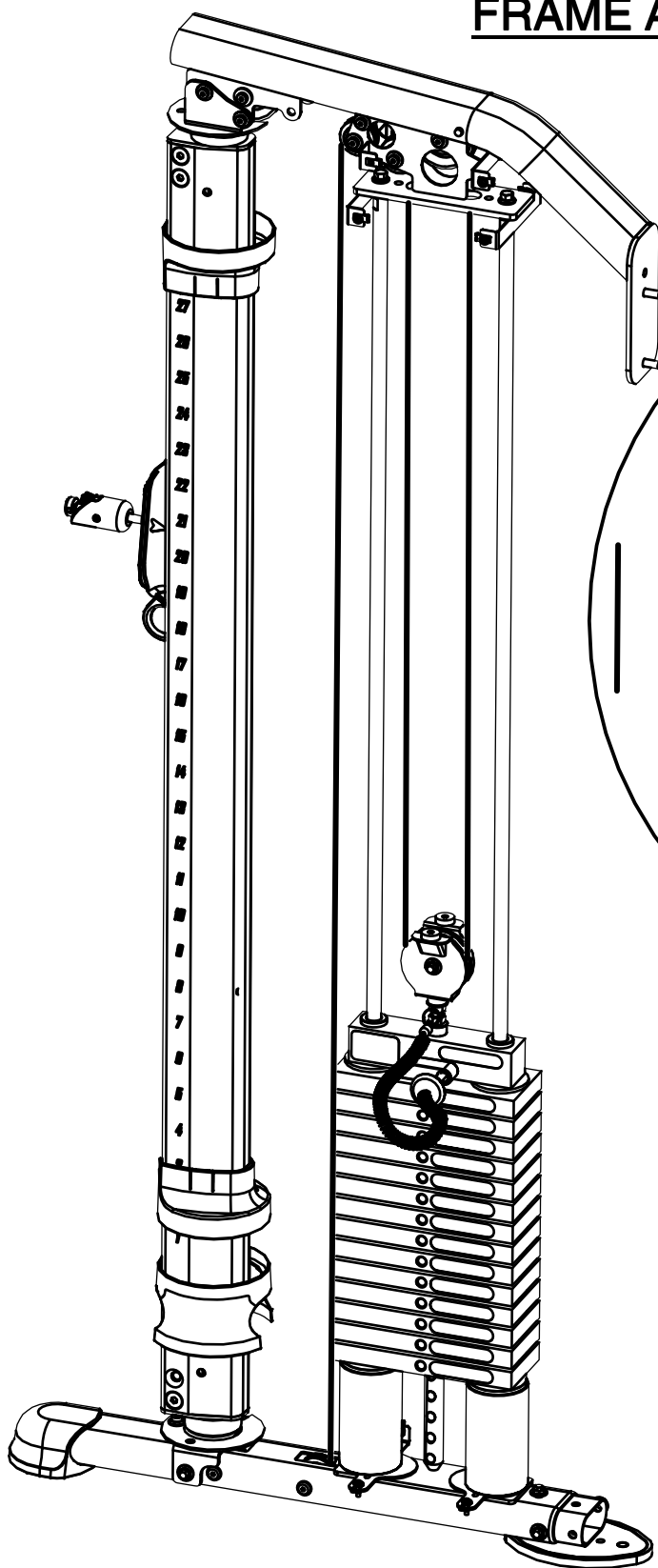
AT THIS STEP, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

LOOSEN JAM NUTS (30) AND THREAD PULLEY MOUNT (17) IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUTS. YOU MAY NEED TO REMOVE THE PULLEY BOLT (104) AND THE PULLEY (45) WHILE ADJUSTING THE PULLEY MOUNT(17).

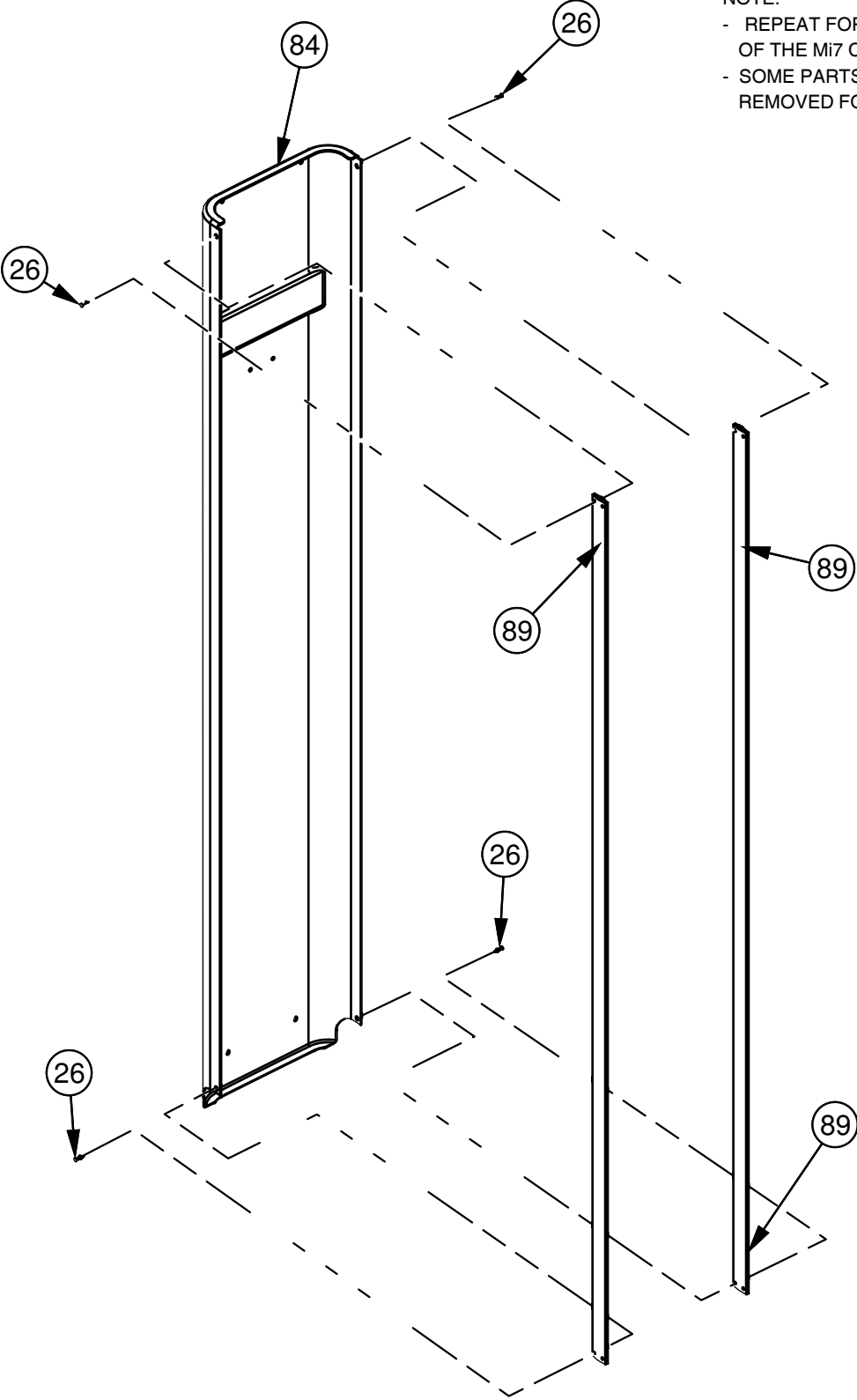
WARNING

PULLEY MOUNT (17) MUST BE THREADED A MINIMUM OF 3/8" INTO THE TOP PLATE (120), WITH JAM NUTS (30) TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

OWNER'S MANUAL

FRAME ASSEMBLY

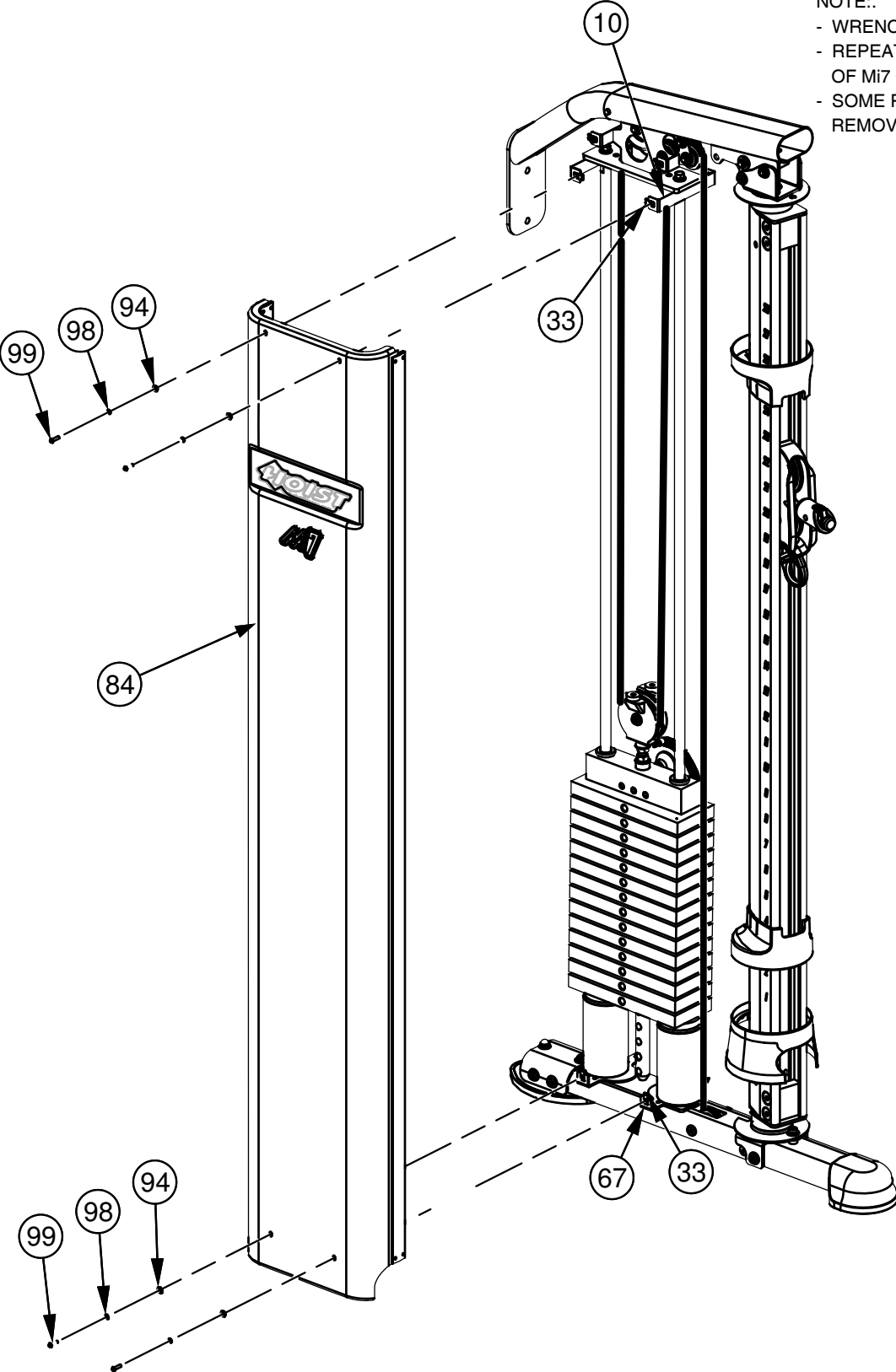
NOTE:
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:.
- WRENCH TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF MI7 CABLE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

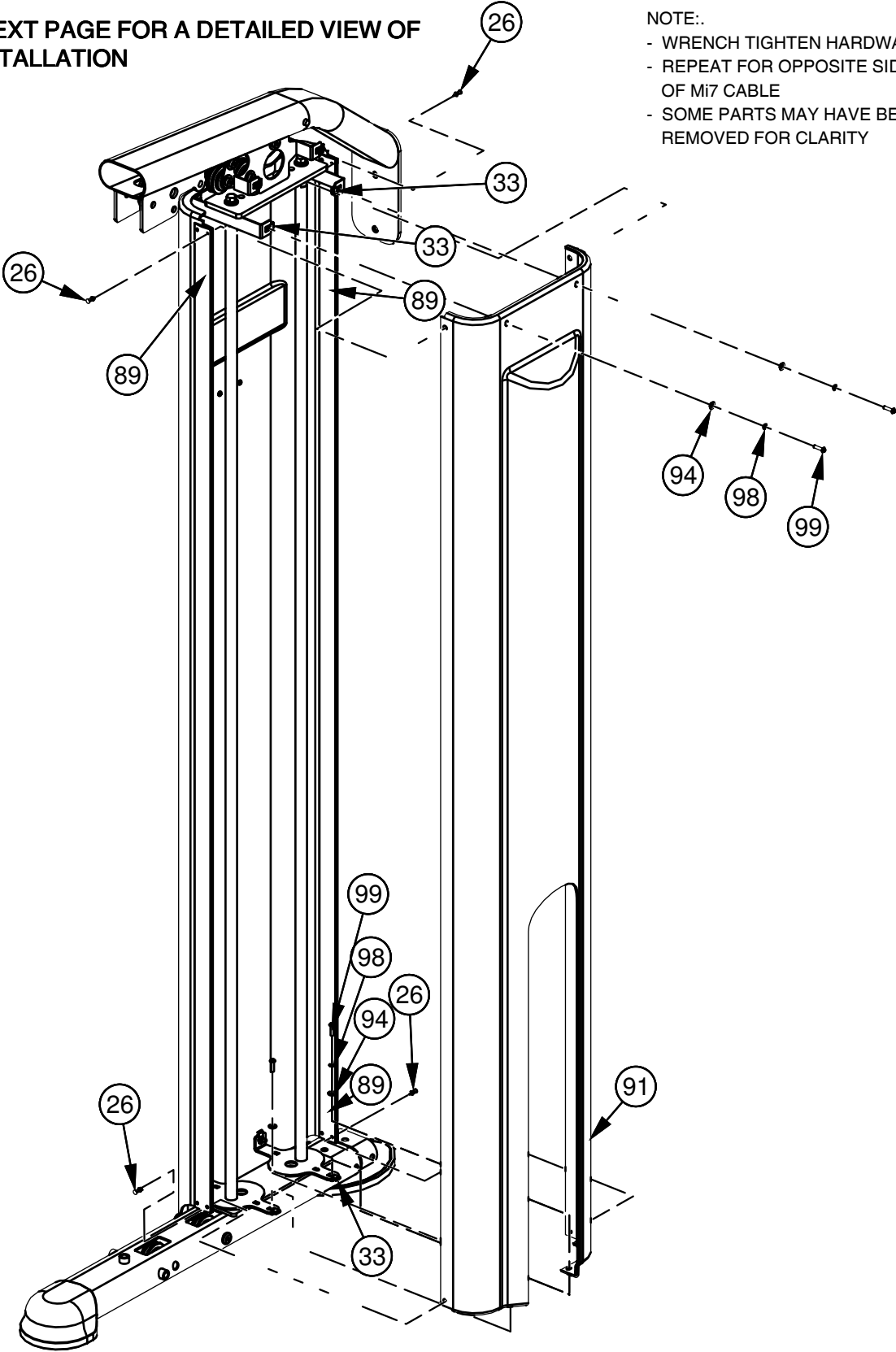


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
SEE THE NEXT PAGE FOR A DETAILED VIEW OF SHIELD INSTALLATION

NOTE:
- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF MI7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

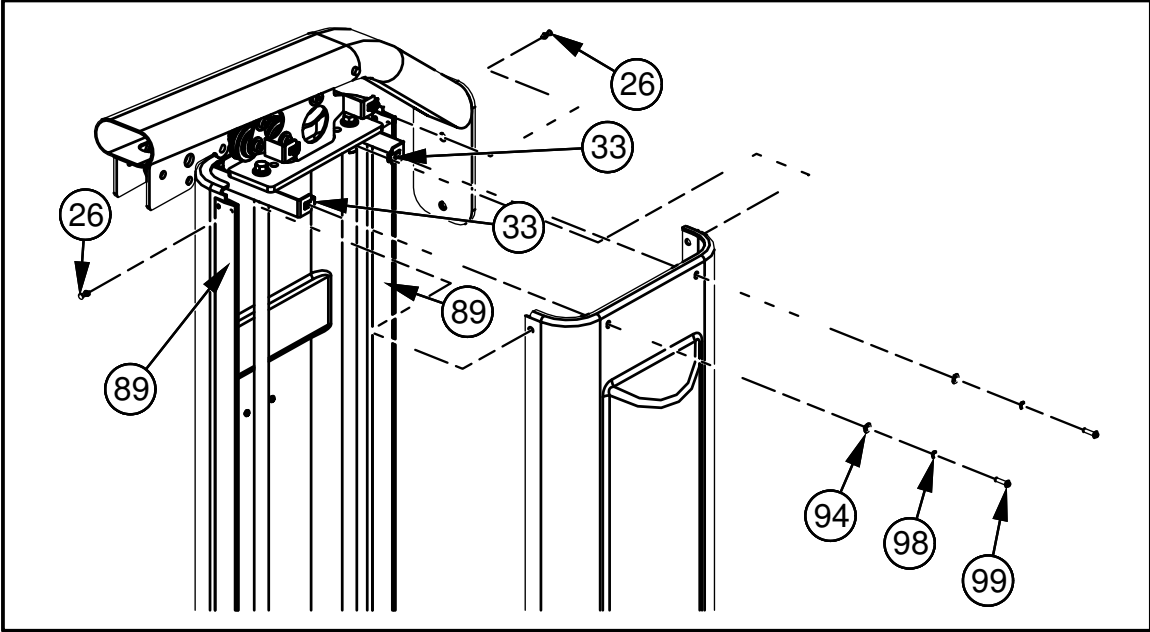
FRAME ASSEMBLY

DETAILED VIEW OF SHIELD INSTALLATION

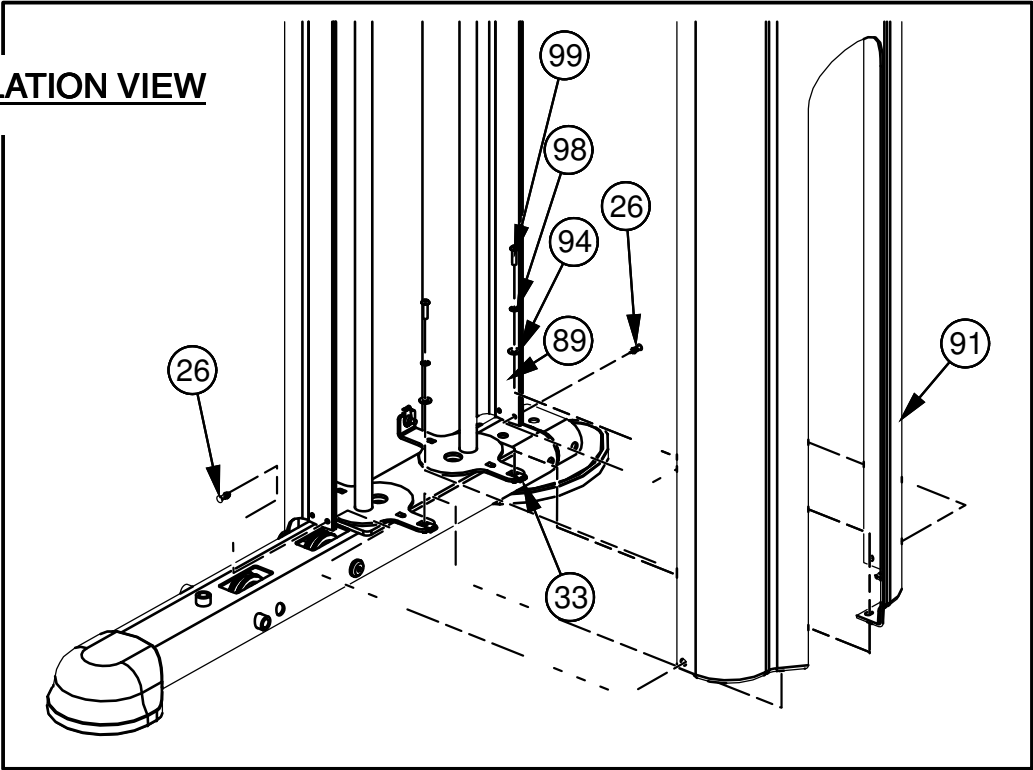
NOTE:.

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OTHER SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

UPPER INSTALLATION VIEW



LOWER INSTALLATION VIEW




OWNER'S MANUAL

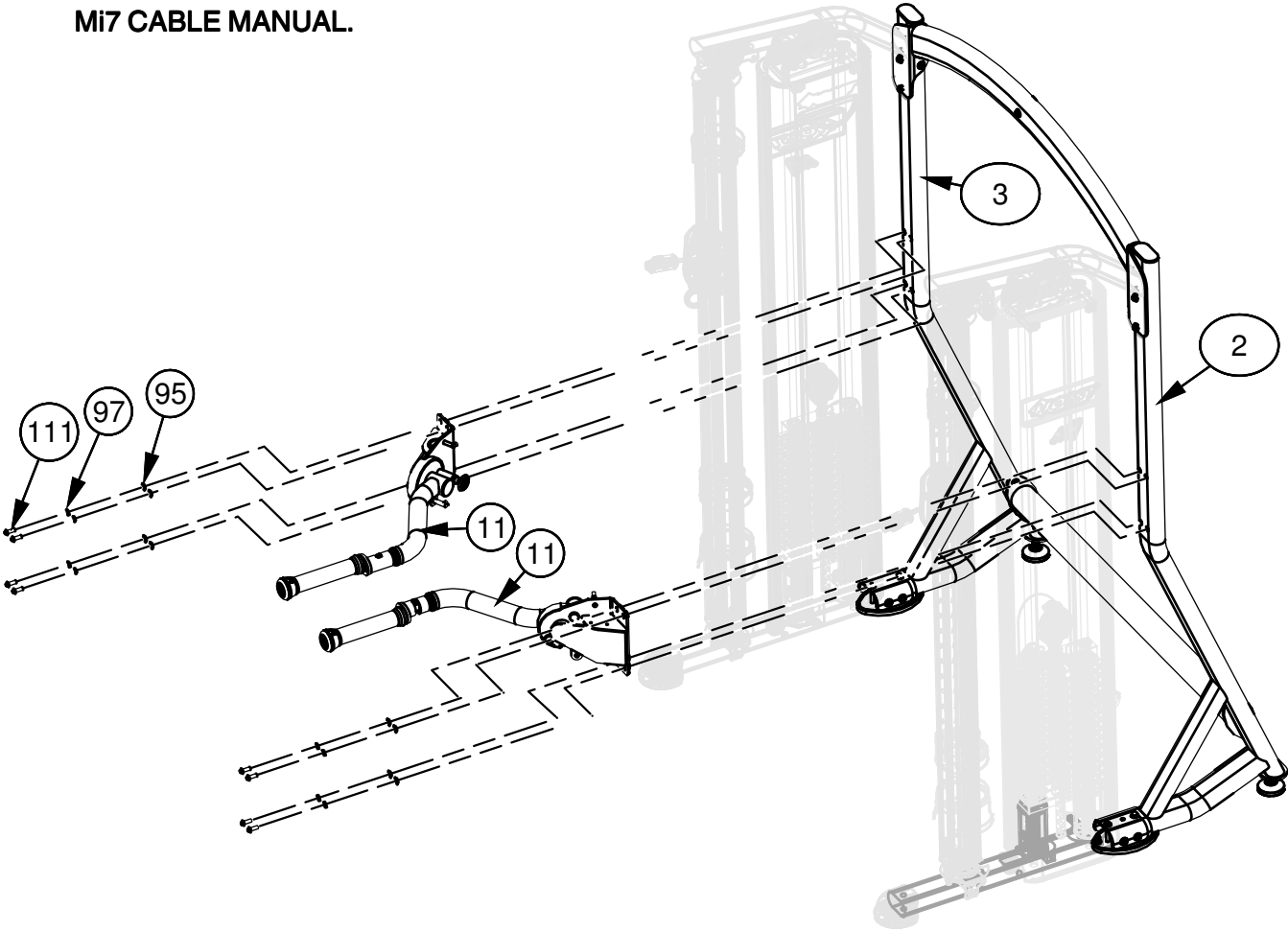
FRAME ASSEMBLY

NOTE:
IF YOU PURCHASED A MiSMITH, THIS PAGE
WILL NOT APPLY. SKIP TO PAGE 50 OF THE
Mi7 CABLE MANUAL.

NOTE:
- HAND TIGHTEN HARDWARE

 PARTS FROM Mi7 FRAME

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



OWNER'S MANUAL

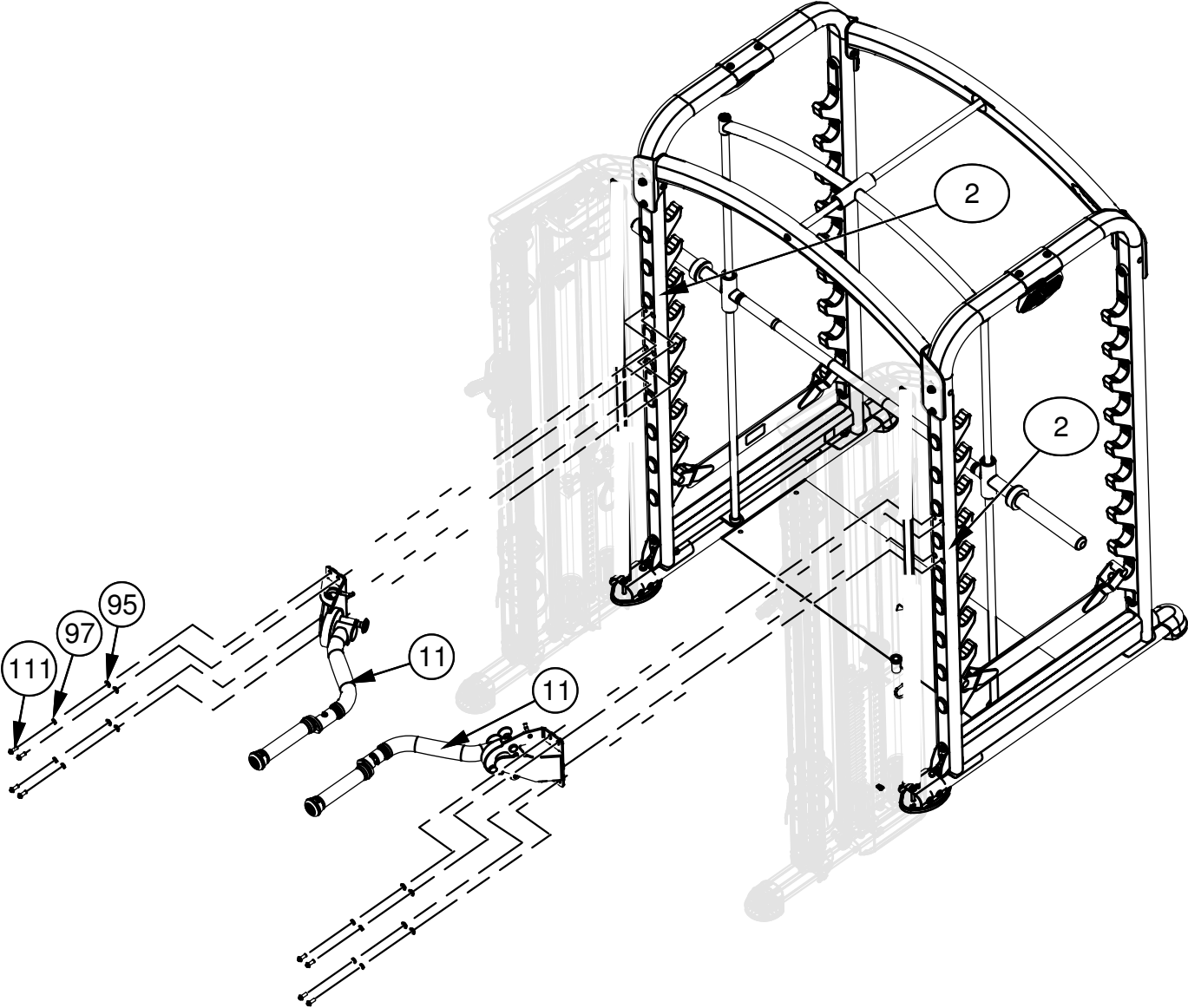
FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE

○ PARTS FROM MISMITH MANUAL

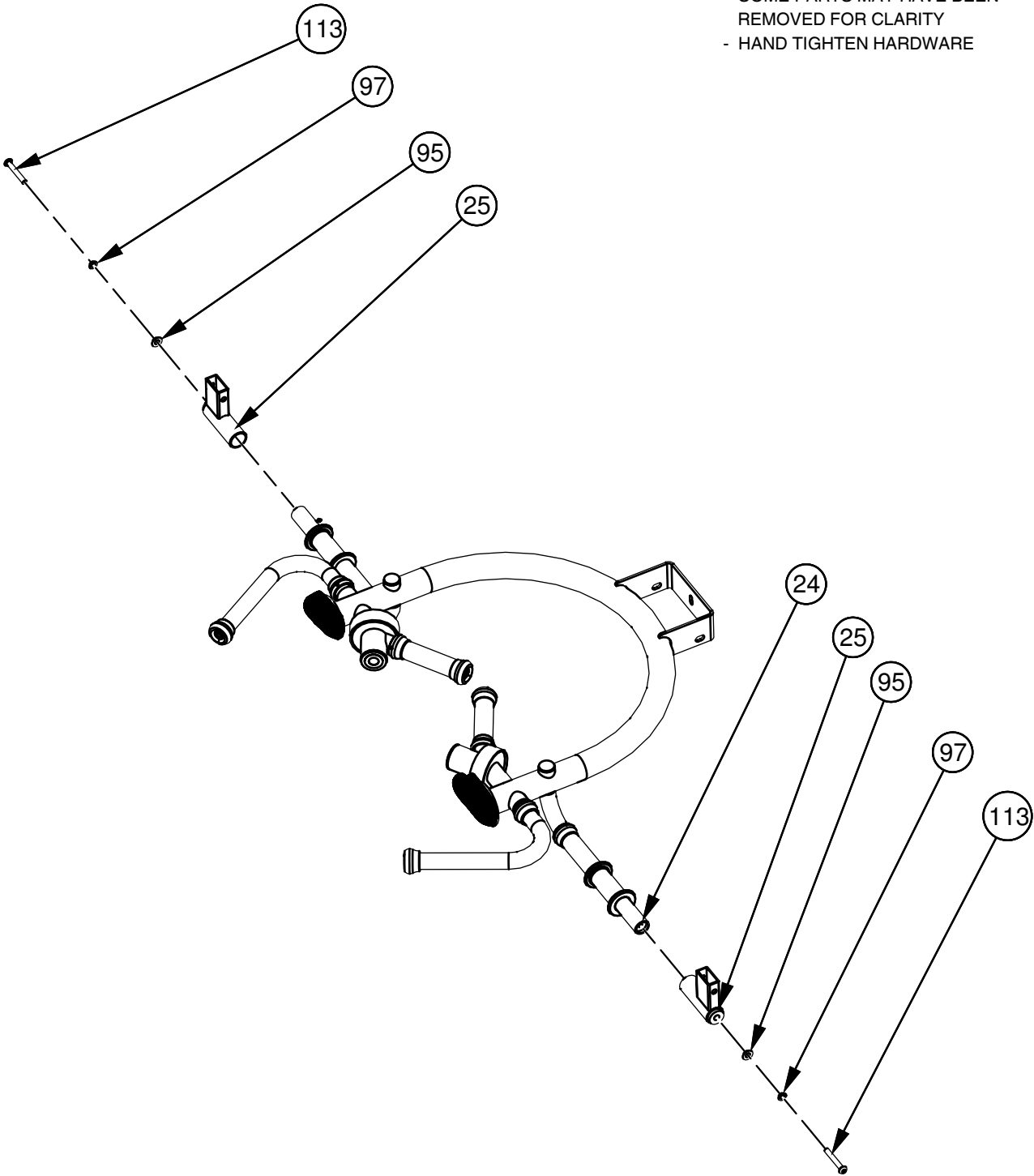
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

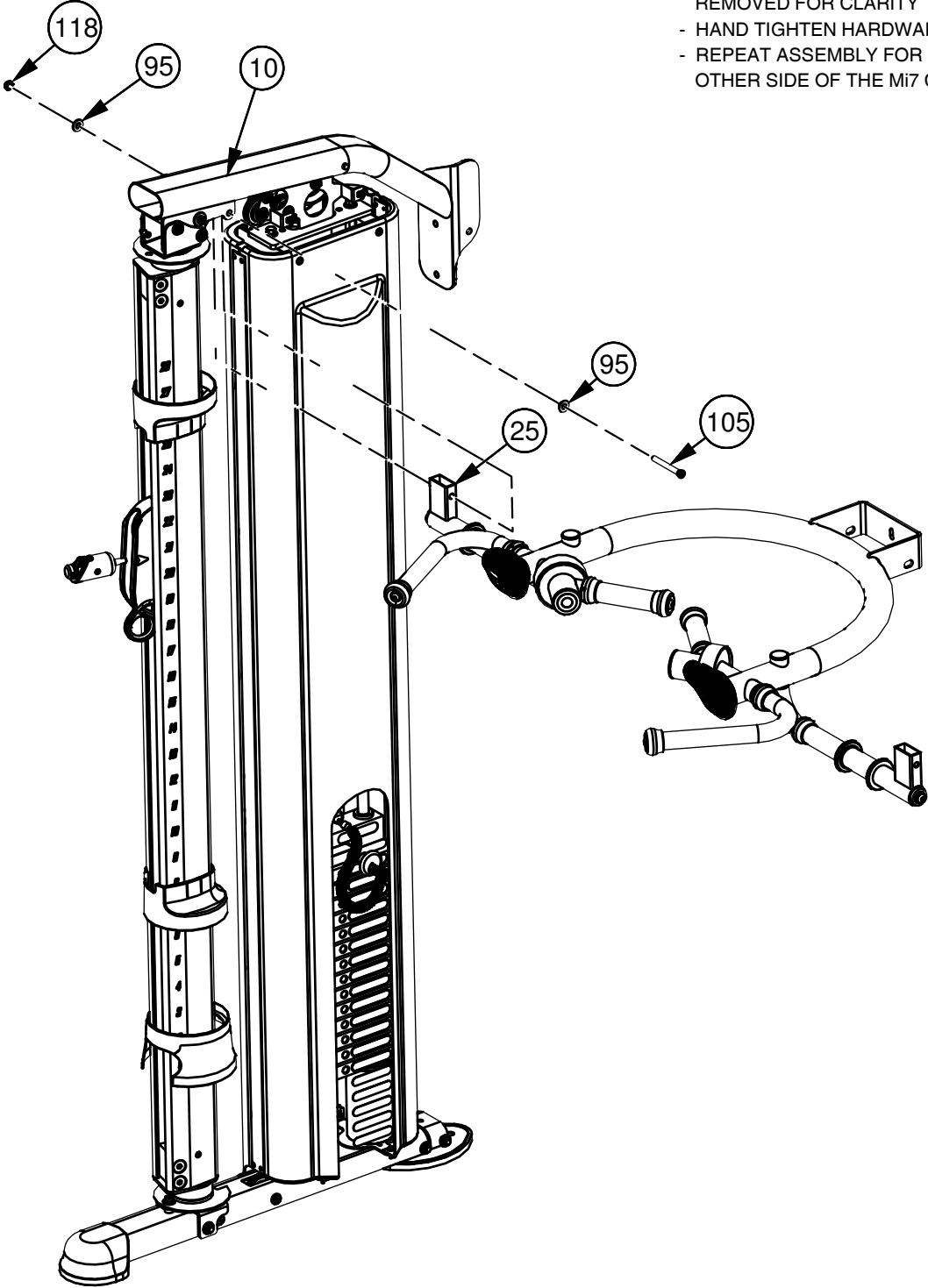
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY
- HAND TIGHTEN HARDWARE



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - HAND TIGHTEN HARDWARE
 - REPEAT ASSEMBLY FOR OTHER SIDE OF THE Mi7 CABLE




OWNER'S MANUAL

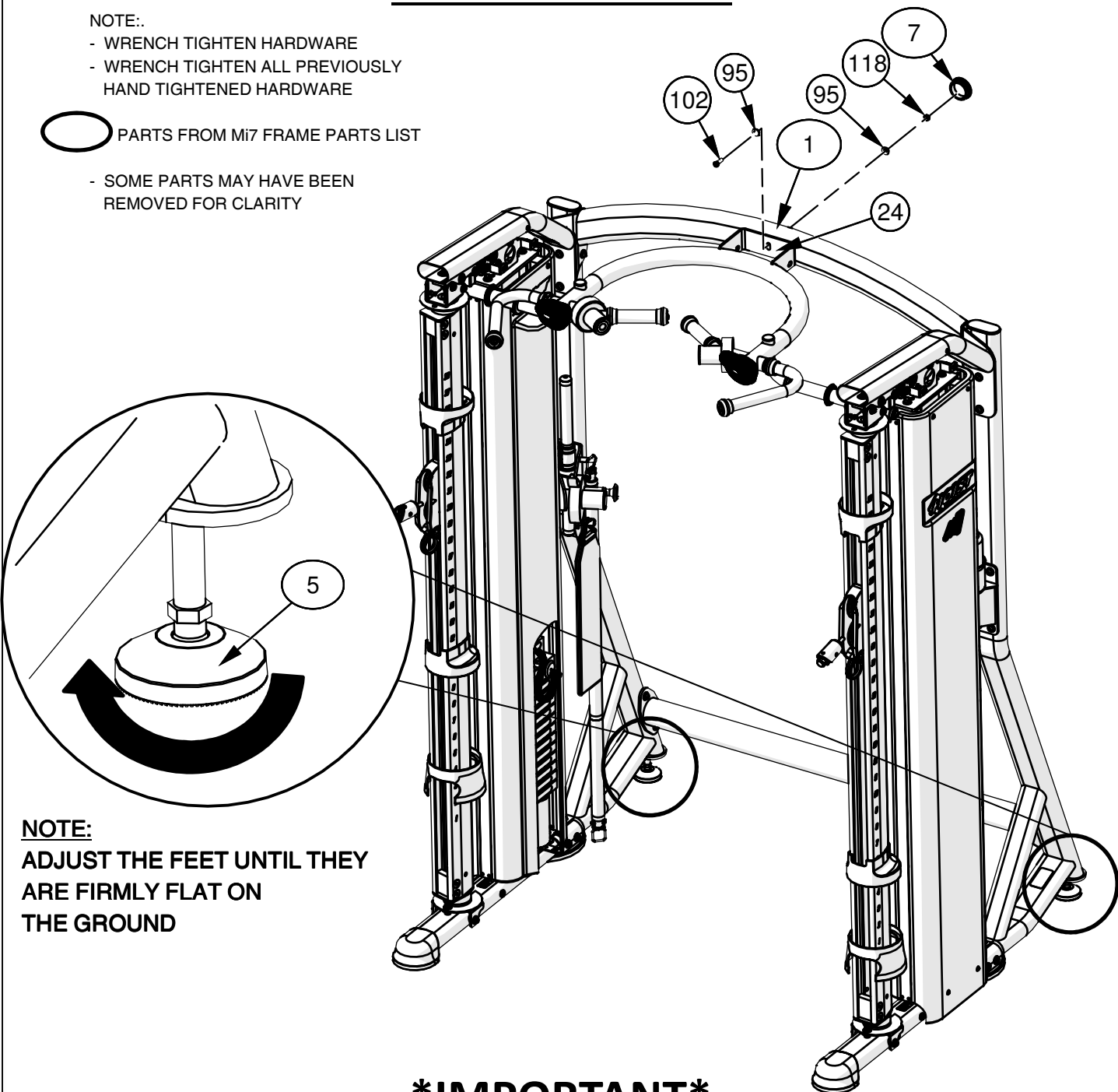
FRAME ASSEMBLY

NOTE:.

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

 PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

ADJUST THE FEET UNTIL THEY ARE FIRMLY FLAT ON THE GROUND

IMPORTANT

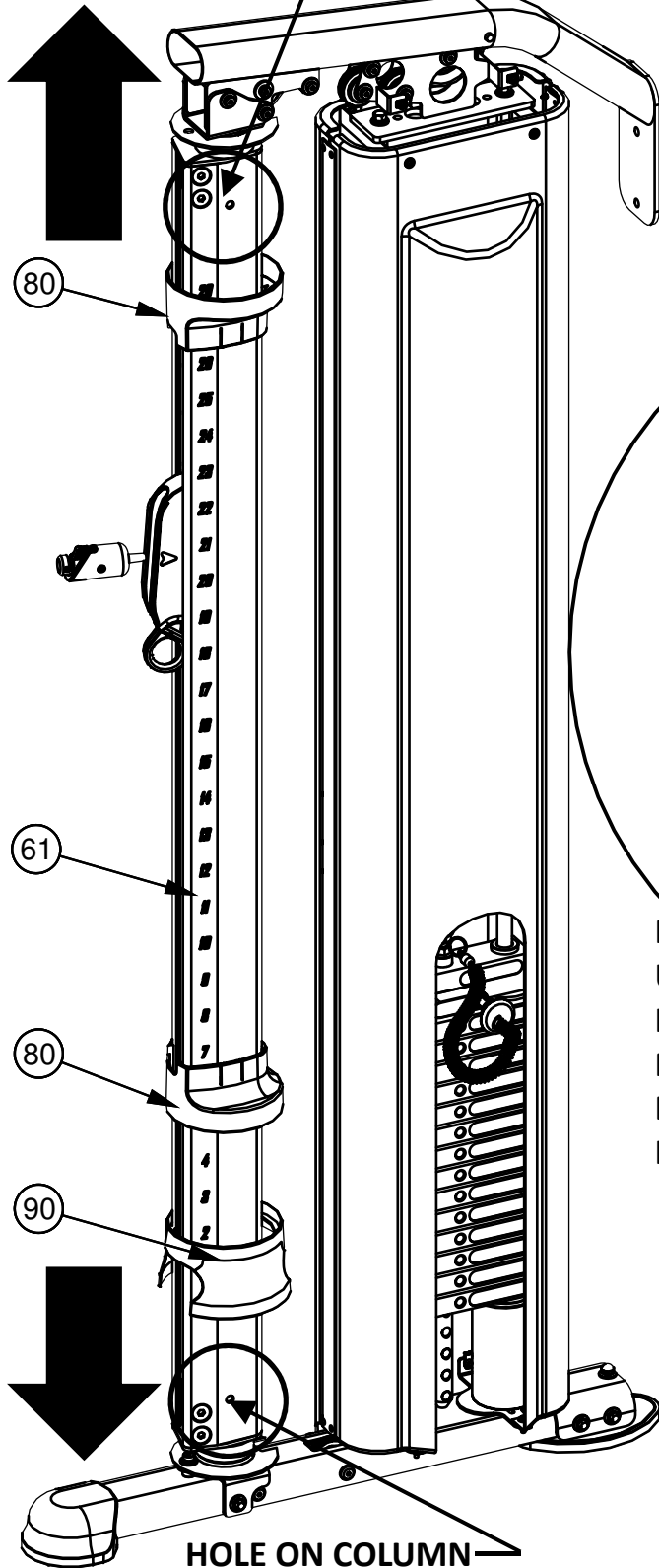
WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

AT THIS STEP, 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

HOLE ON COLUMN

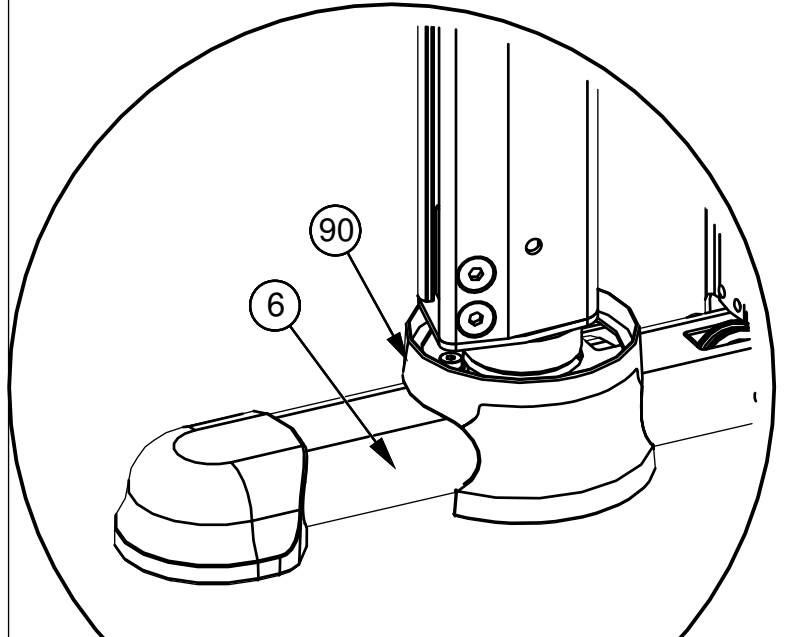


NOTE:

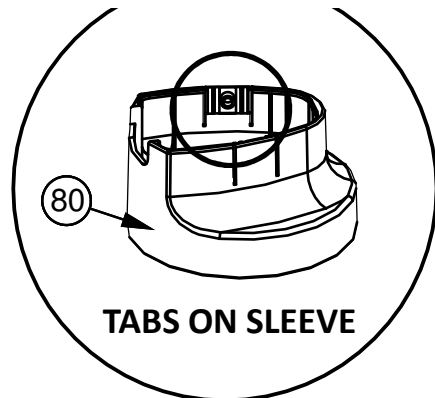
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

PUSH THE BOOT-4 (90) DOWNWARDS UNTIL IT SNAPS ONTO THE BASE FRAME (6).



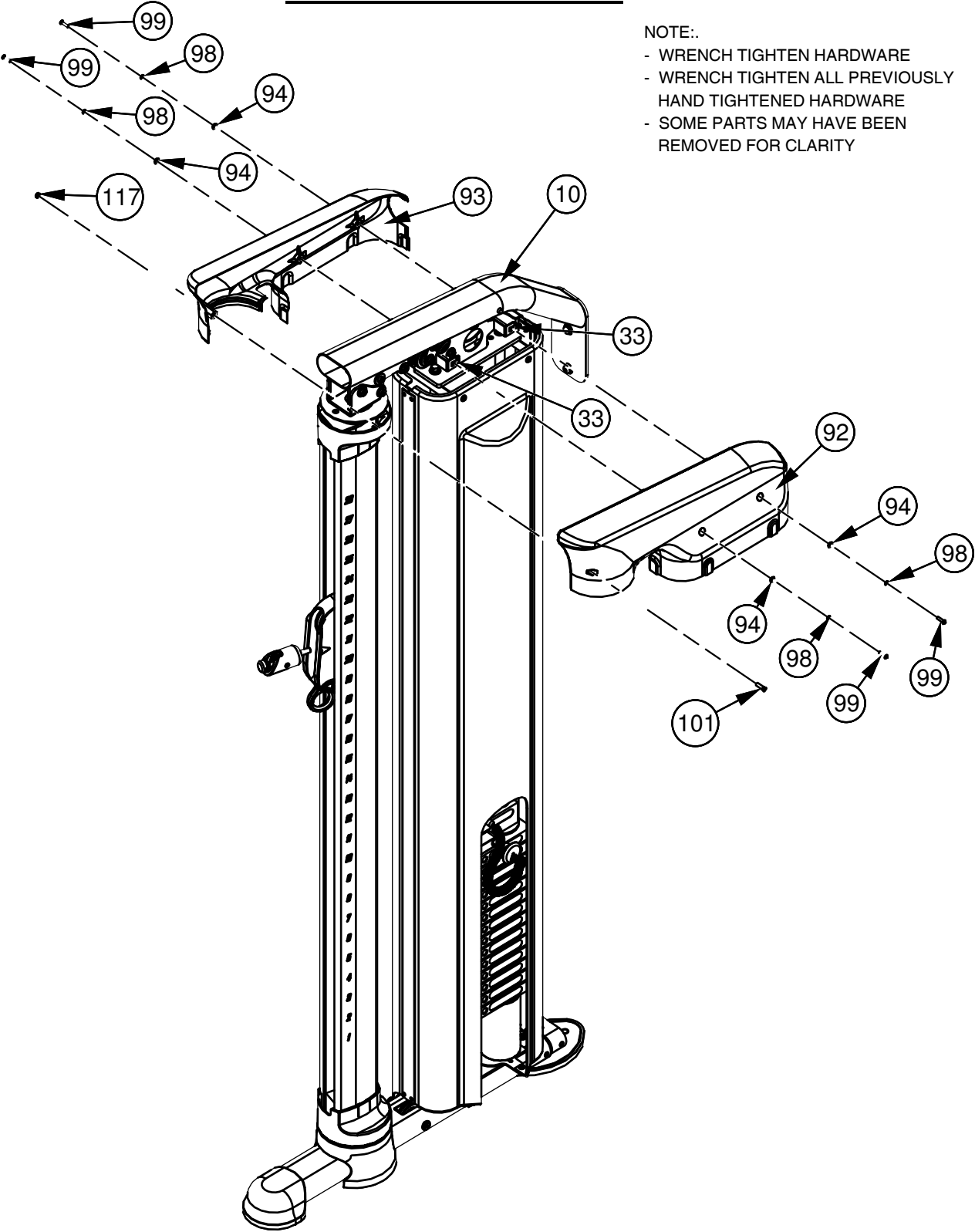
PUSH THE UPPER SLEEVE (80) UPWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61). PUSH THE LOWER SLEEVE (80) DOWNWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61).



TABS ON SLEEVE

OWNER'S MANUAL

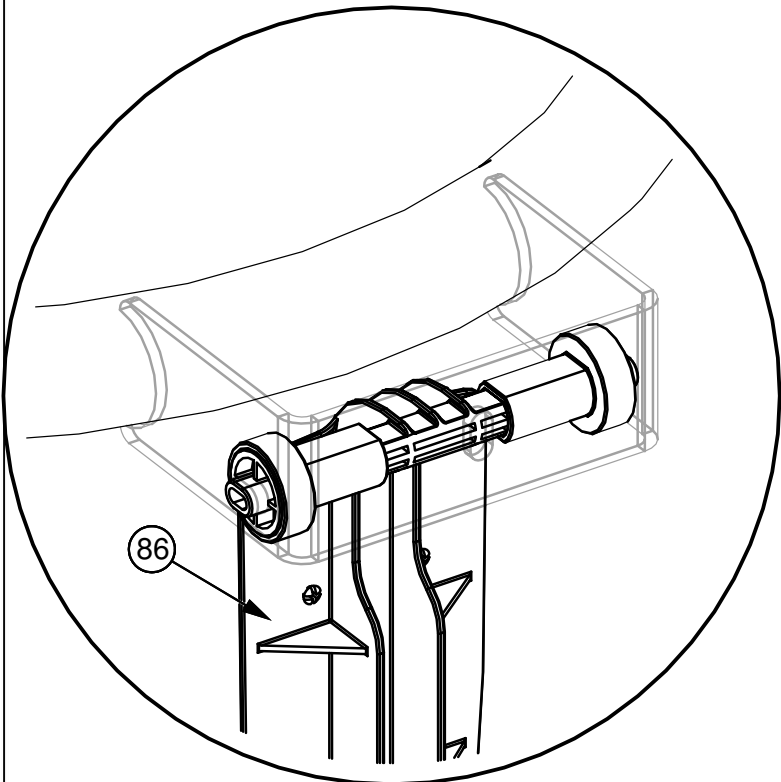
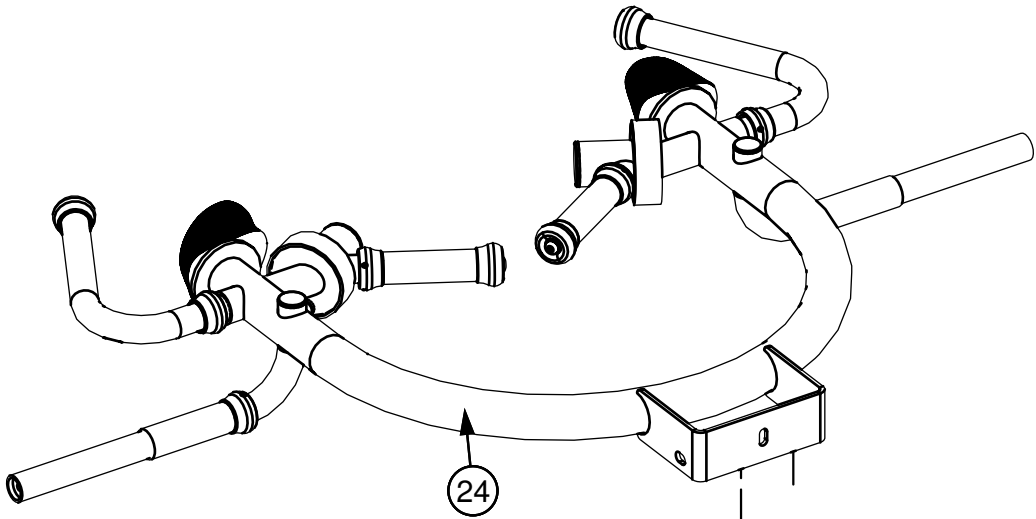
FRAME ASSEMBLY



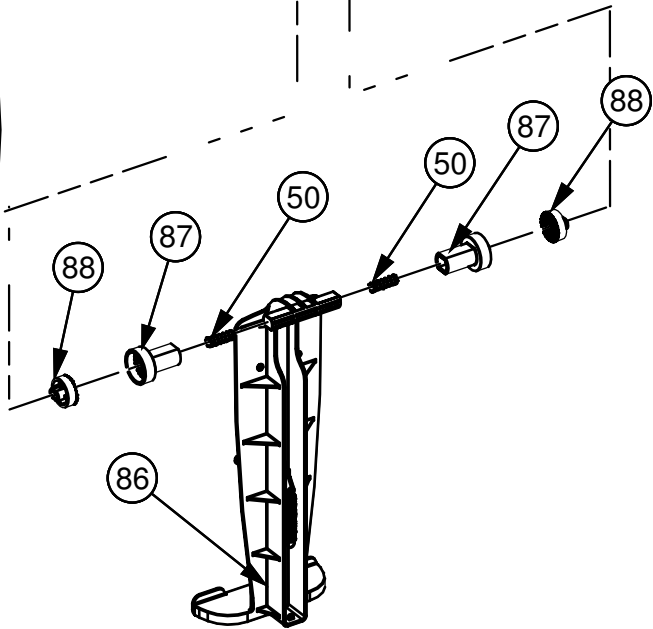
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



ASSEMBLED VIEW

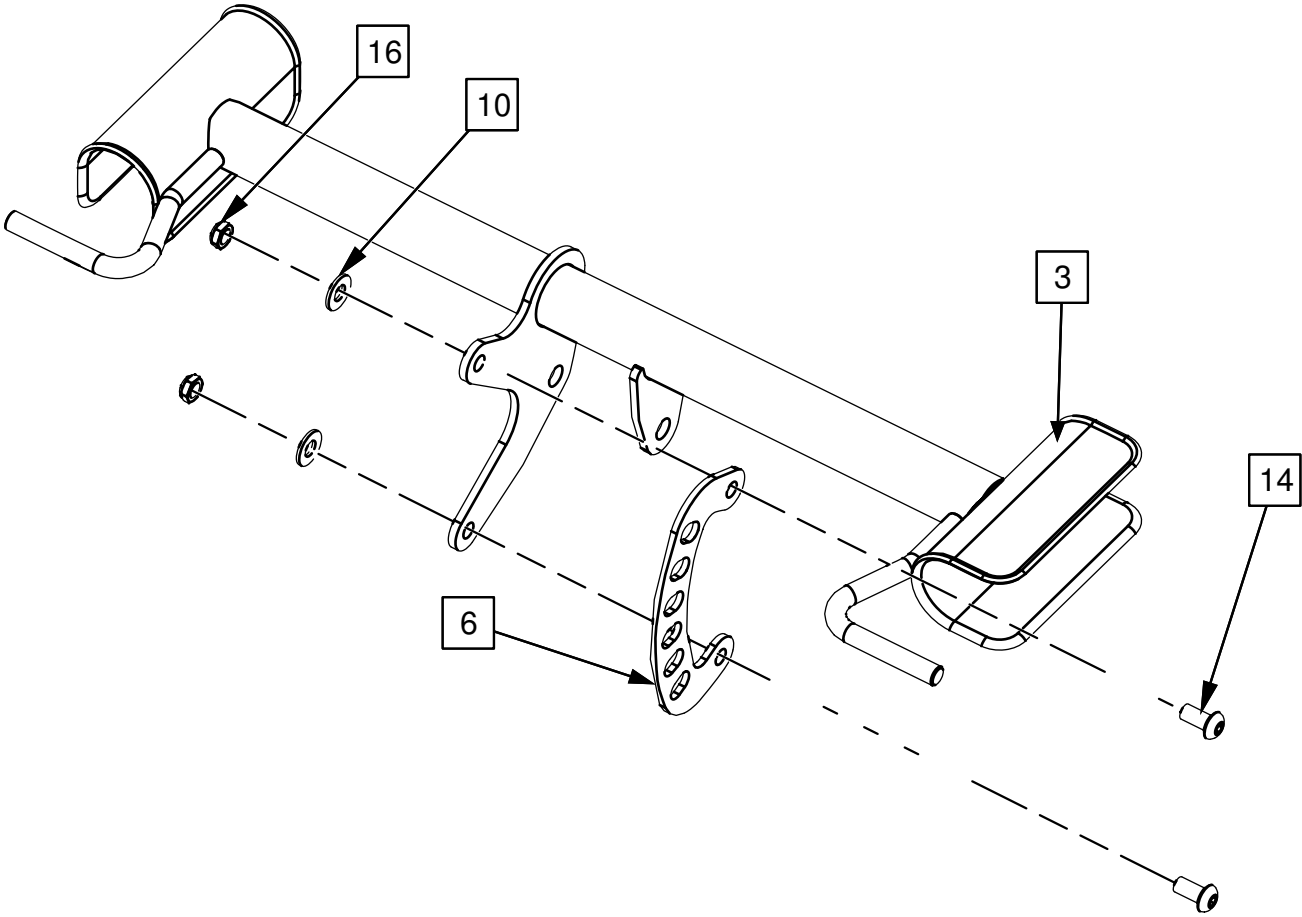


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY


PARTS FROM CORE STABILIZER
PARTS LIST

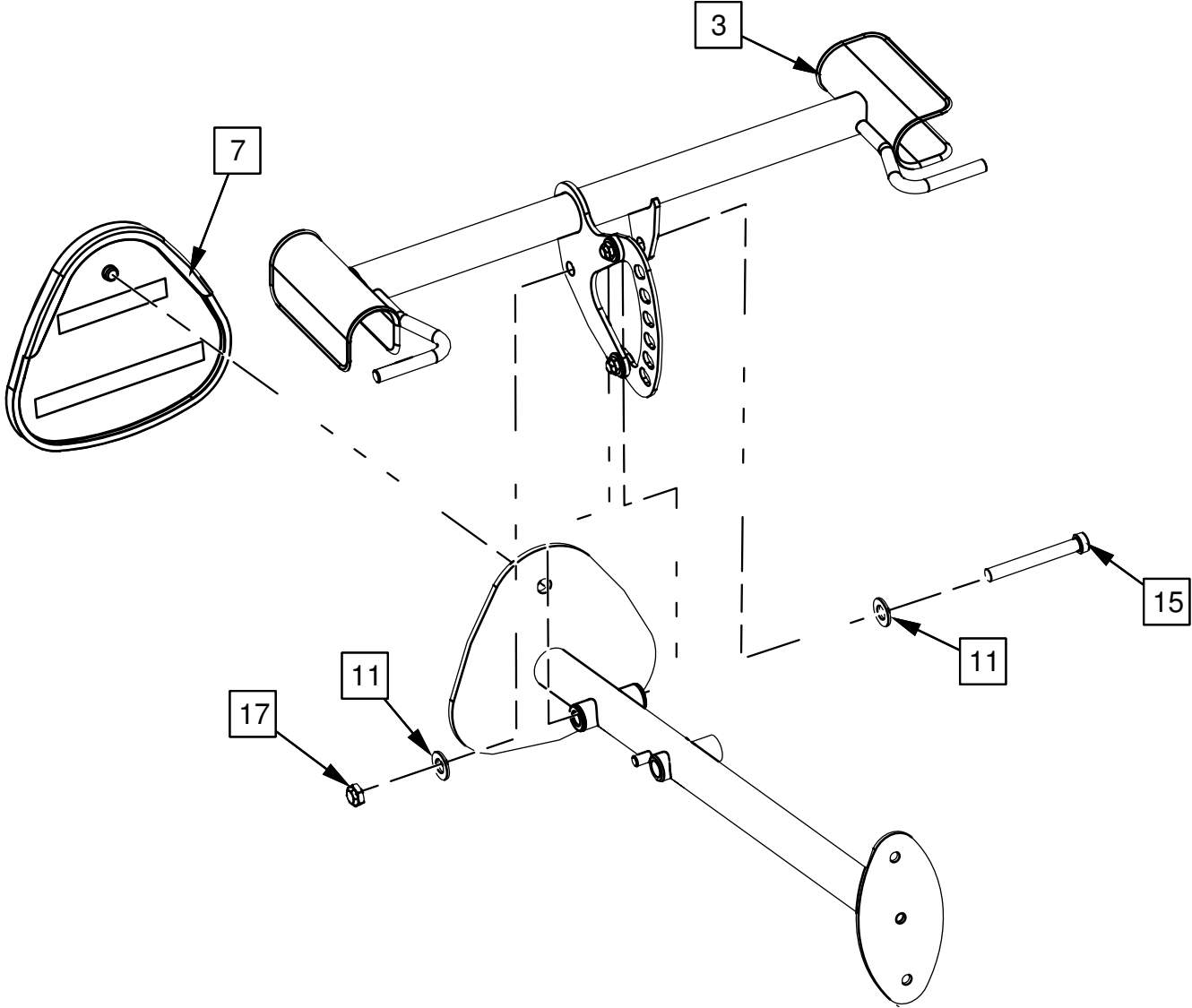


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY


 PARTS FROM CORE STABILIZER
PARTS LIST

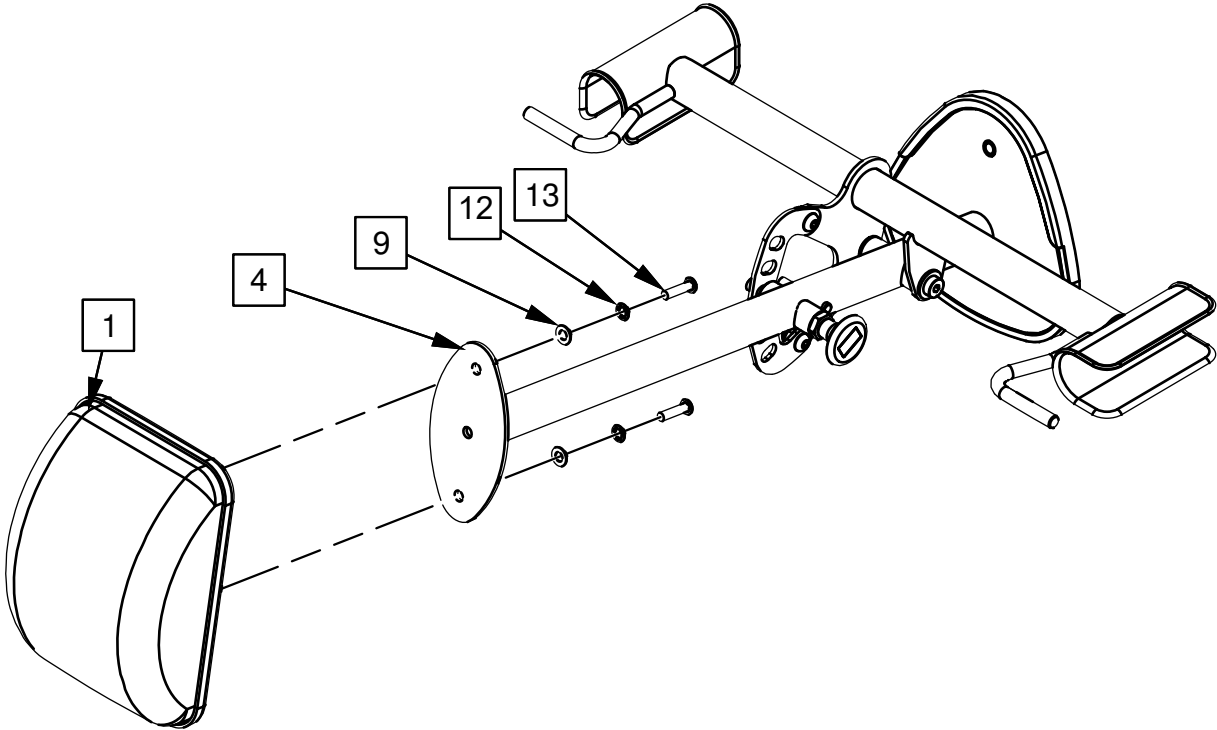


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

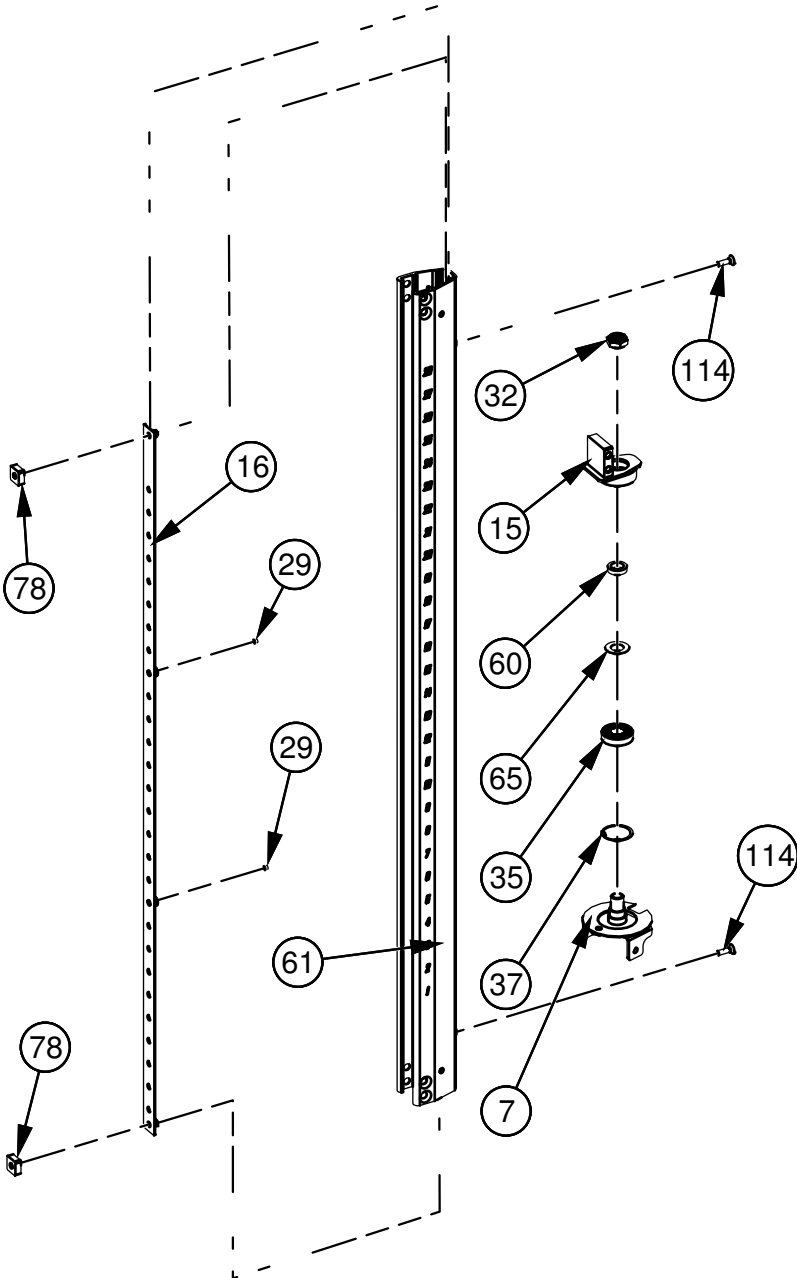
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

 PARTS FROM CORE STABILIZER
PARTS LIST



PRE-ASSEMBLY

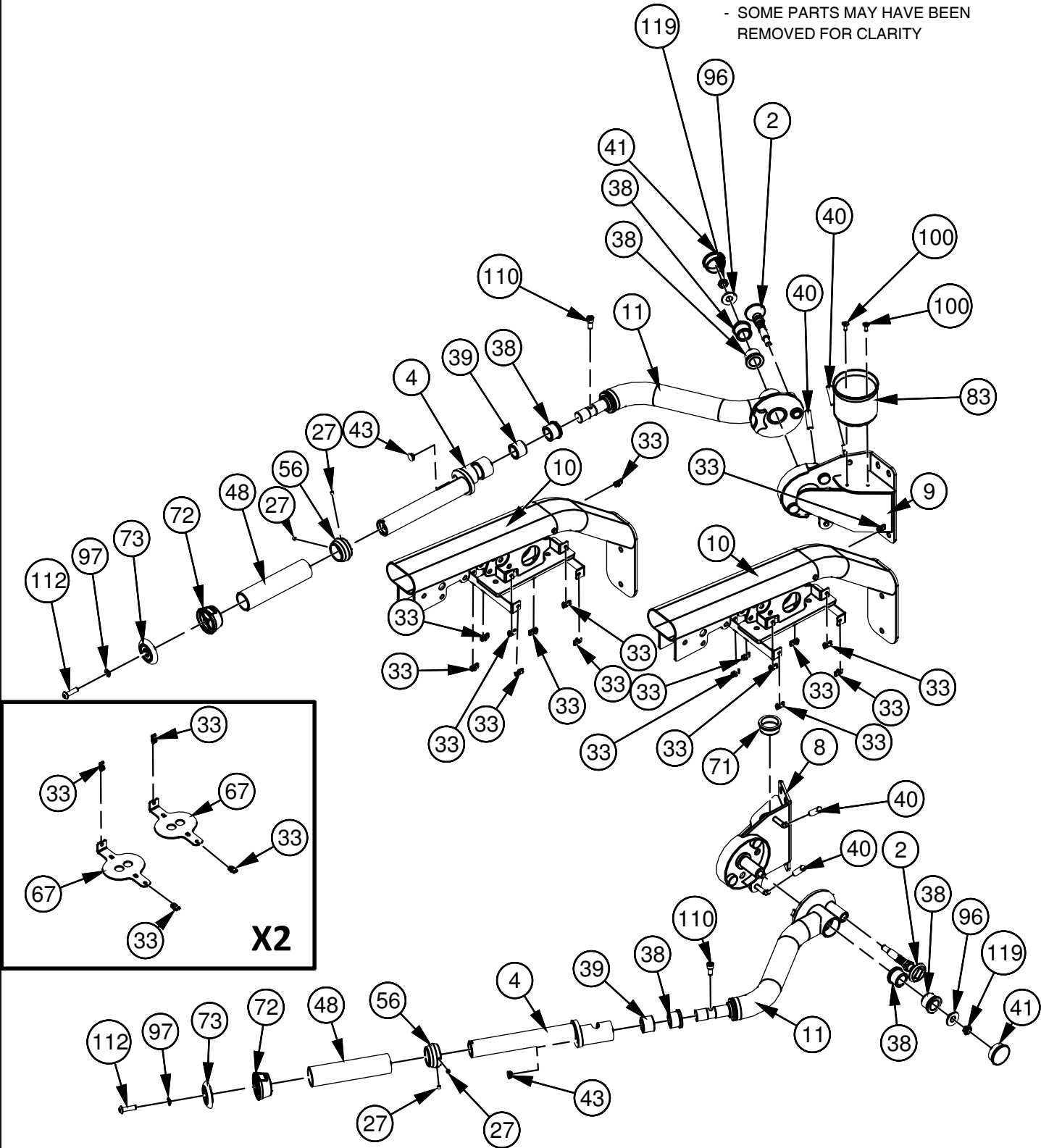
X2



OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

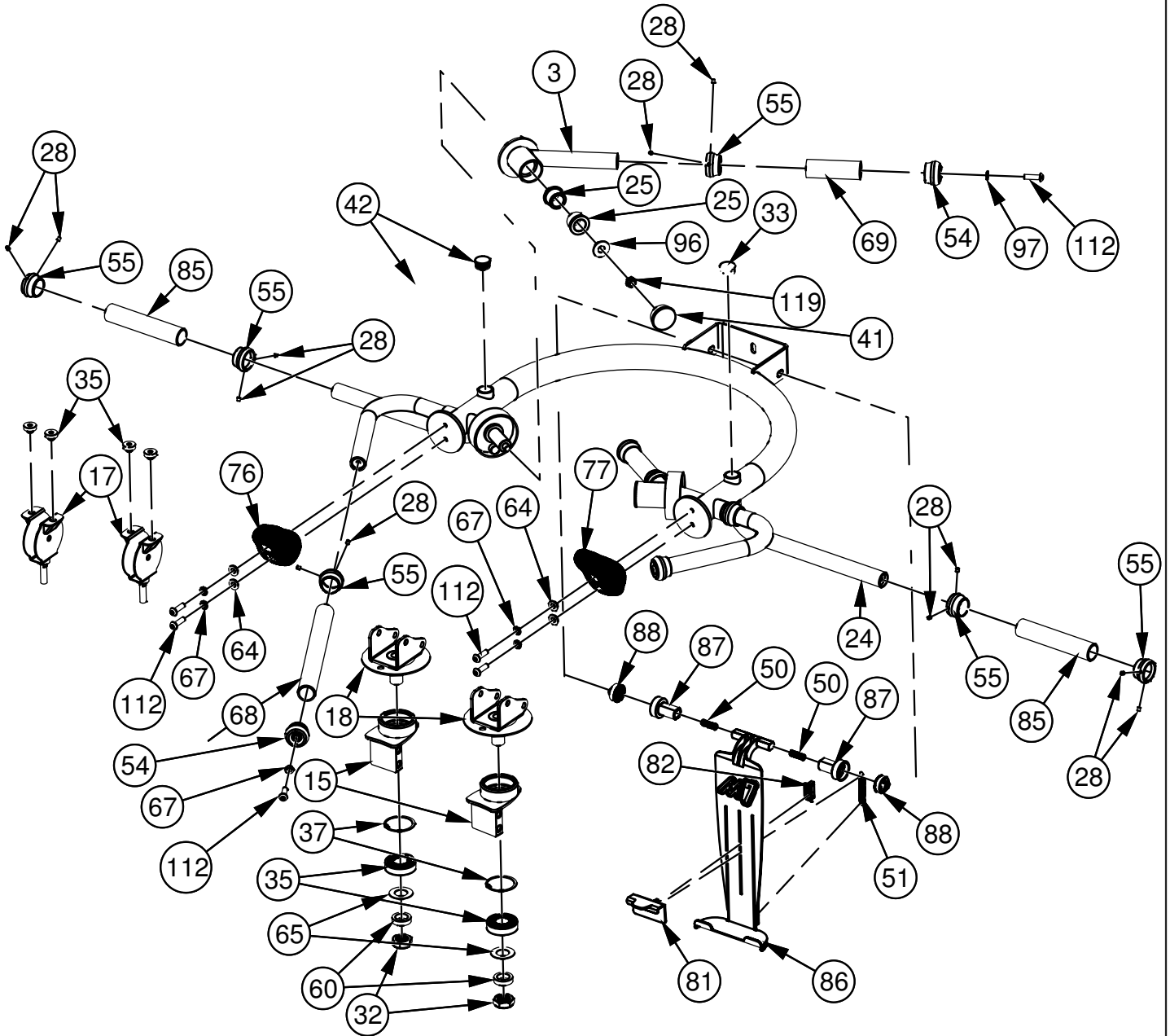


OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



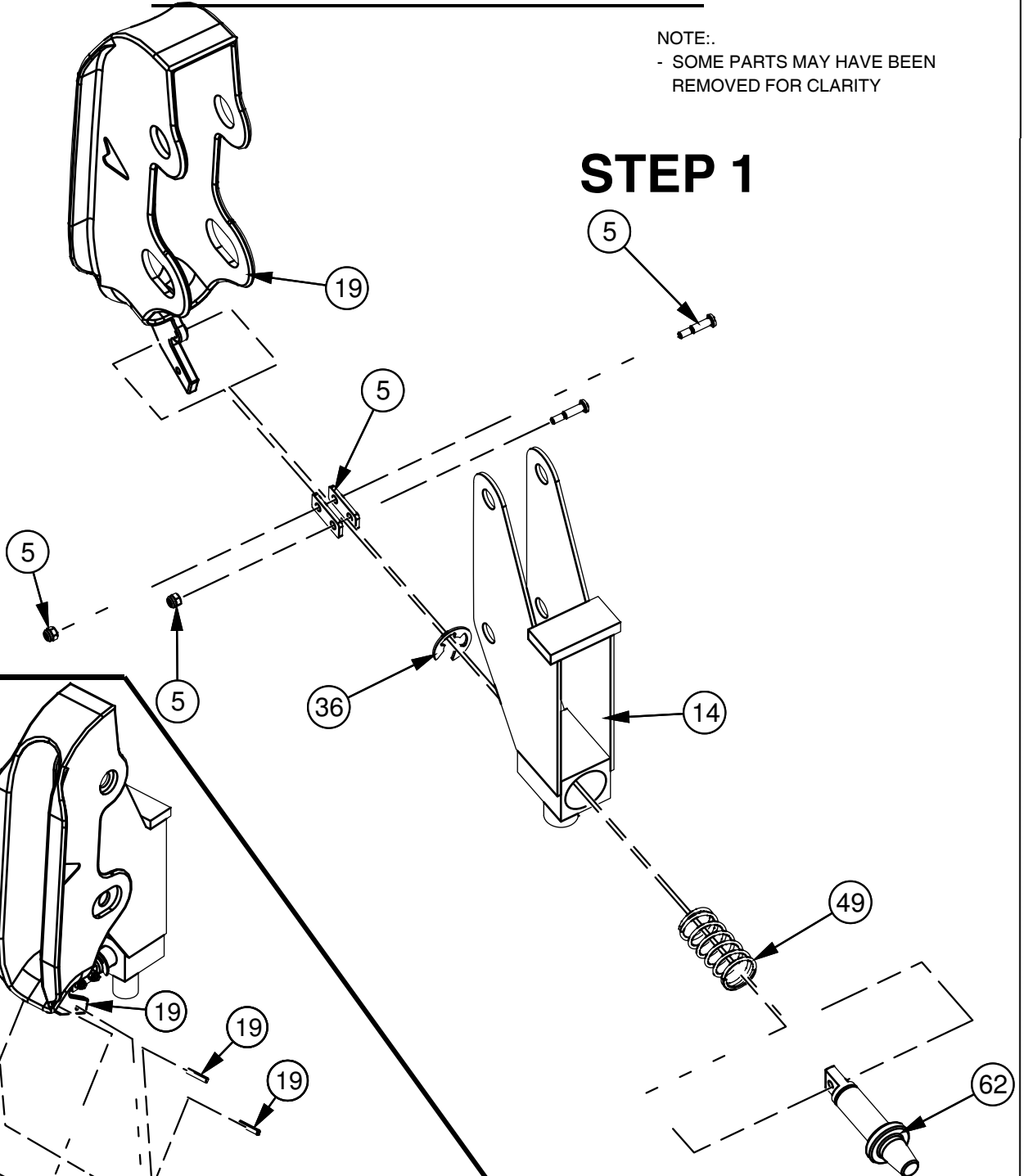
OWNER'S MANUAL

X2

PRE-ASSEMBLY CONTINUED

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

STEP 1



STEP 2

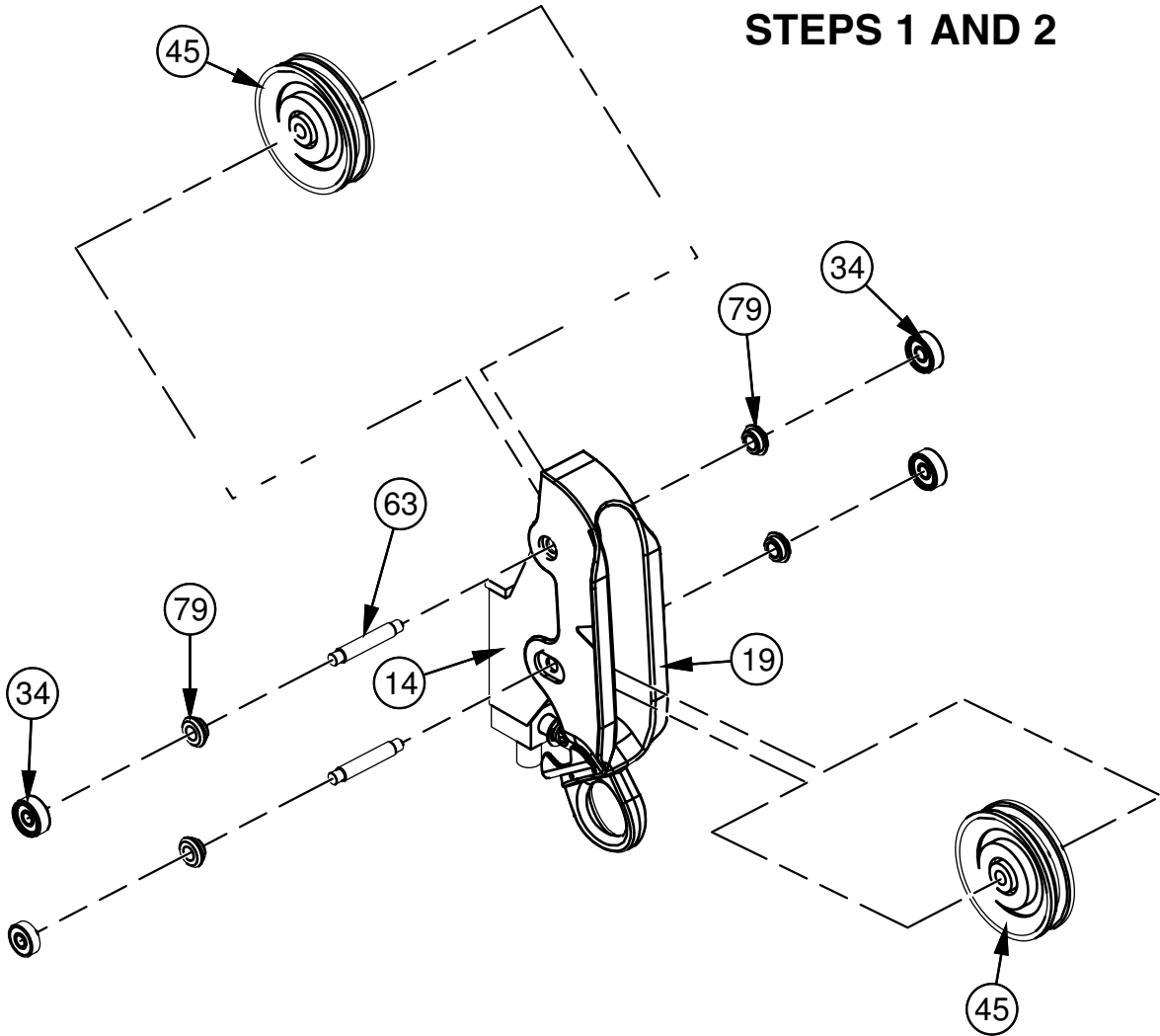
SEE PAGE 64 FOR STEP 3

OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

STEP 3 **SEE PAGE 63 FOR** **STEPS 1 AND 2**

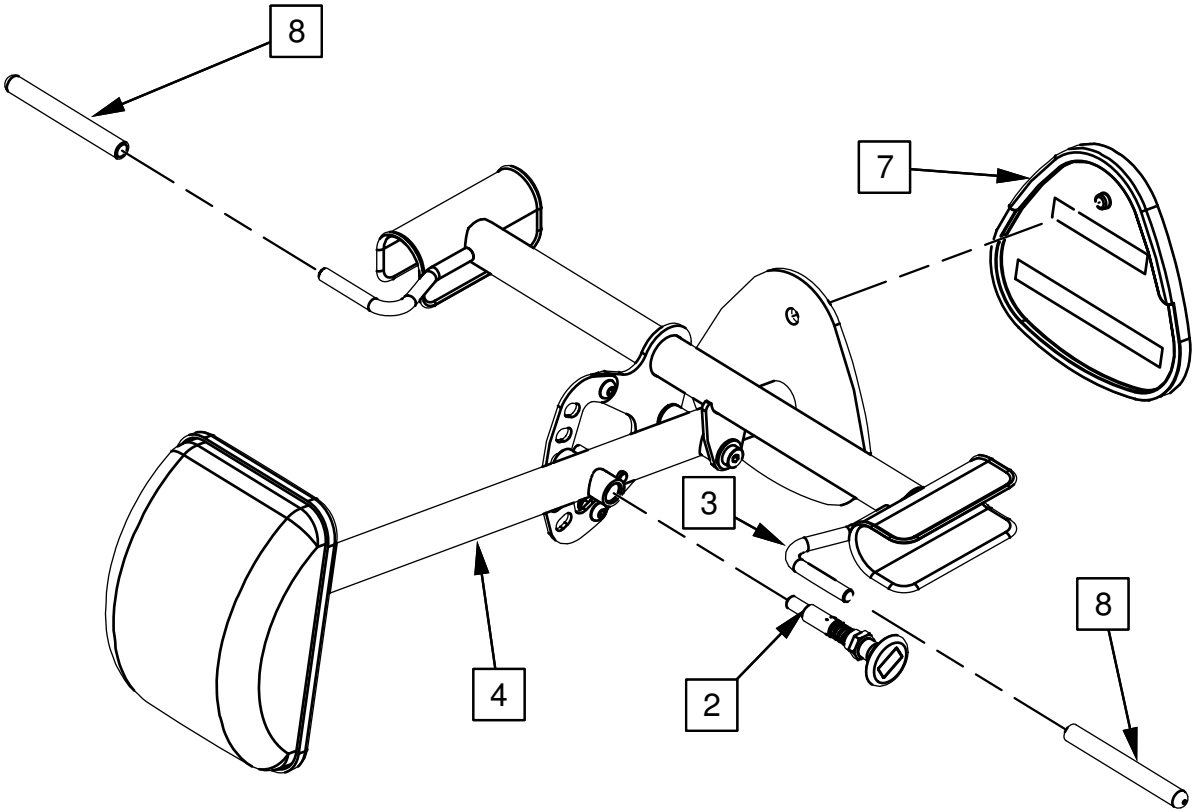


OWNER'S MANUAL

CORE STABILIZER PRE-ASSEMBLY

NOTE:.

PARTS FROM CORE STABILIZER PARTS LIST

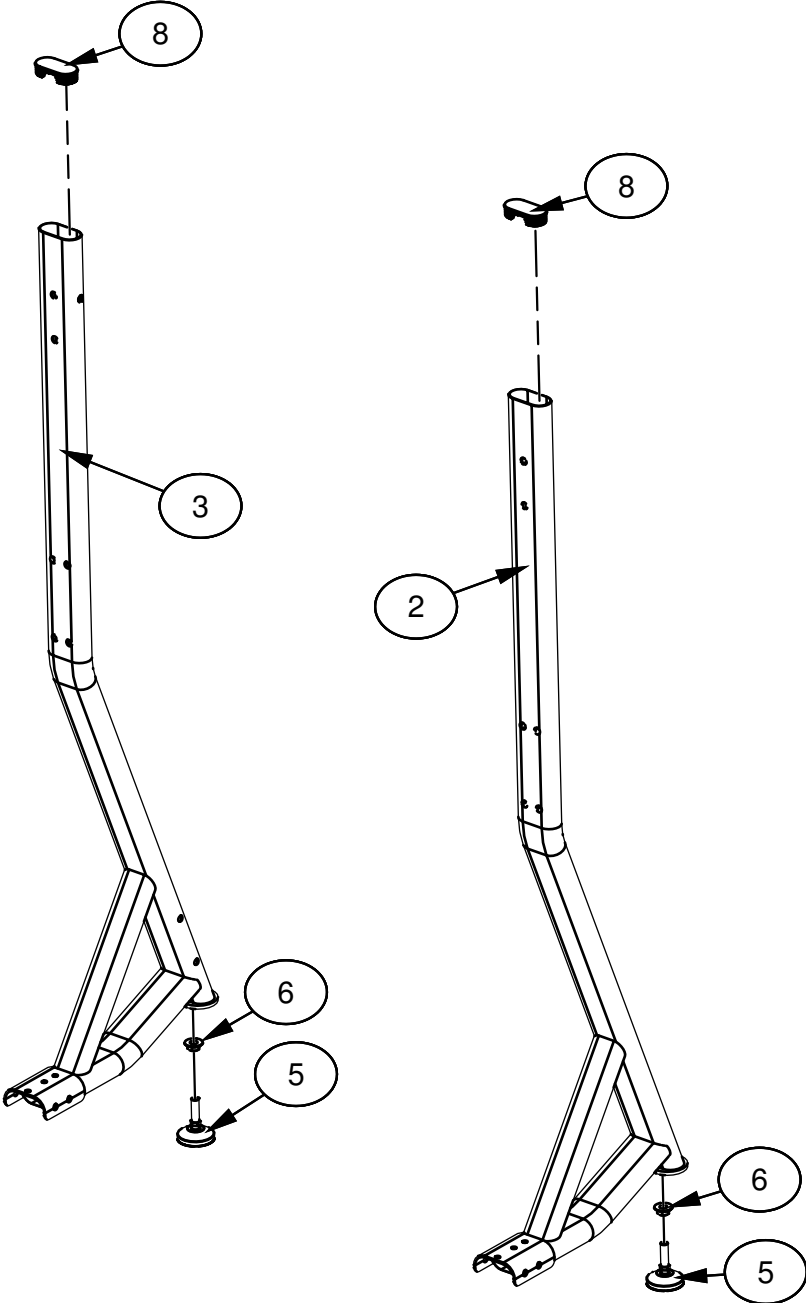


OWNER'S MANUAL

Mi7 FRAME PRE-ASSEMBLY

NOTE:.

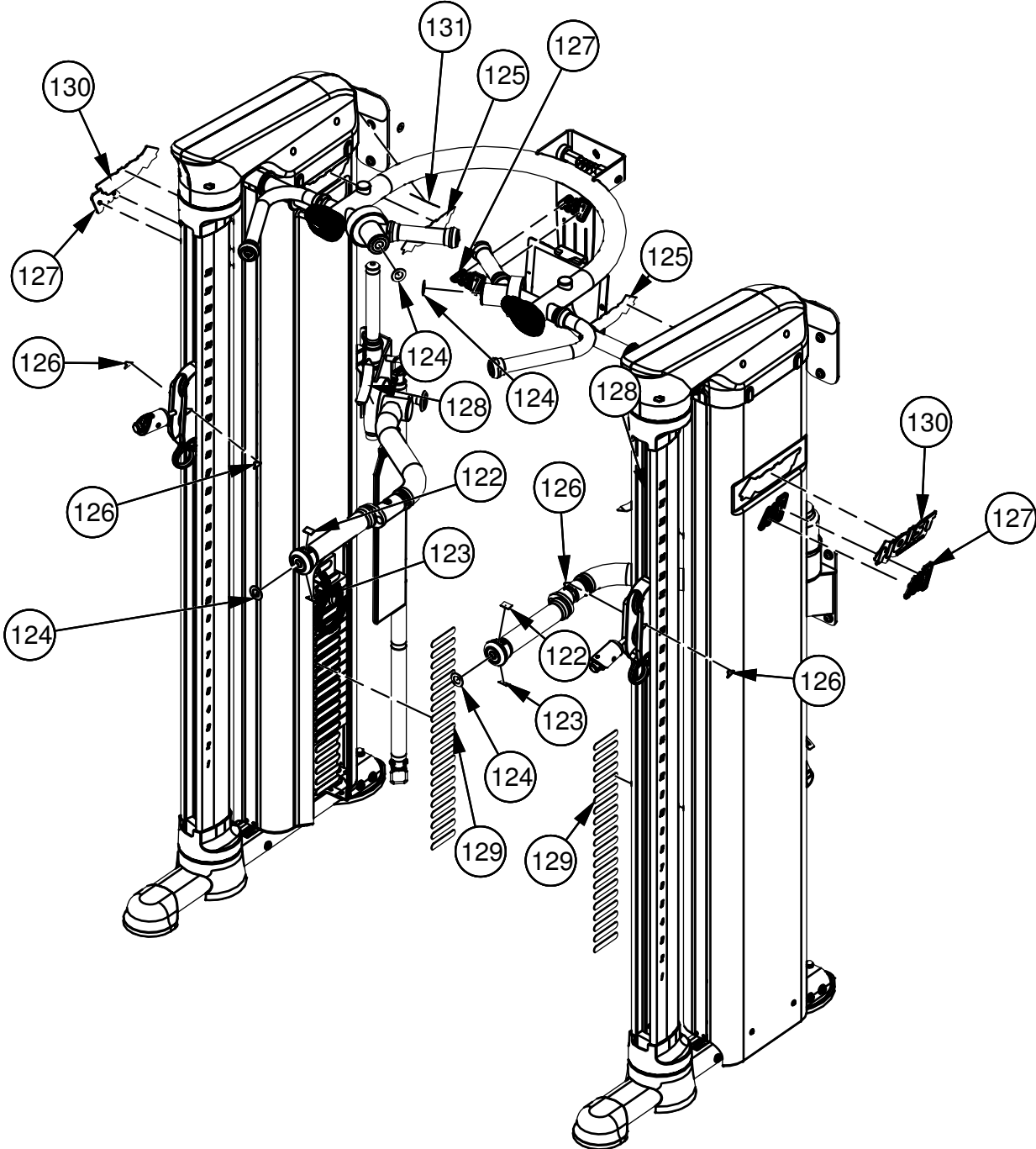
 PARTS FROM Mi7 FRAME PARTS LIST



OWNER'S MANUAL

DECAL PLACEMENT

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



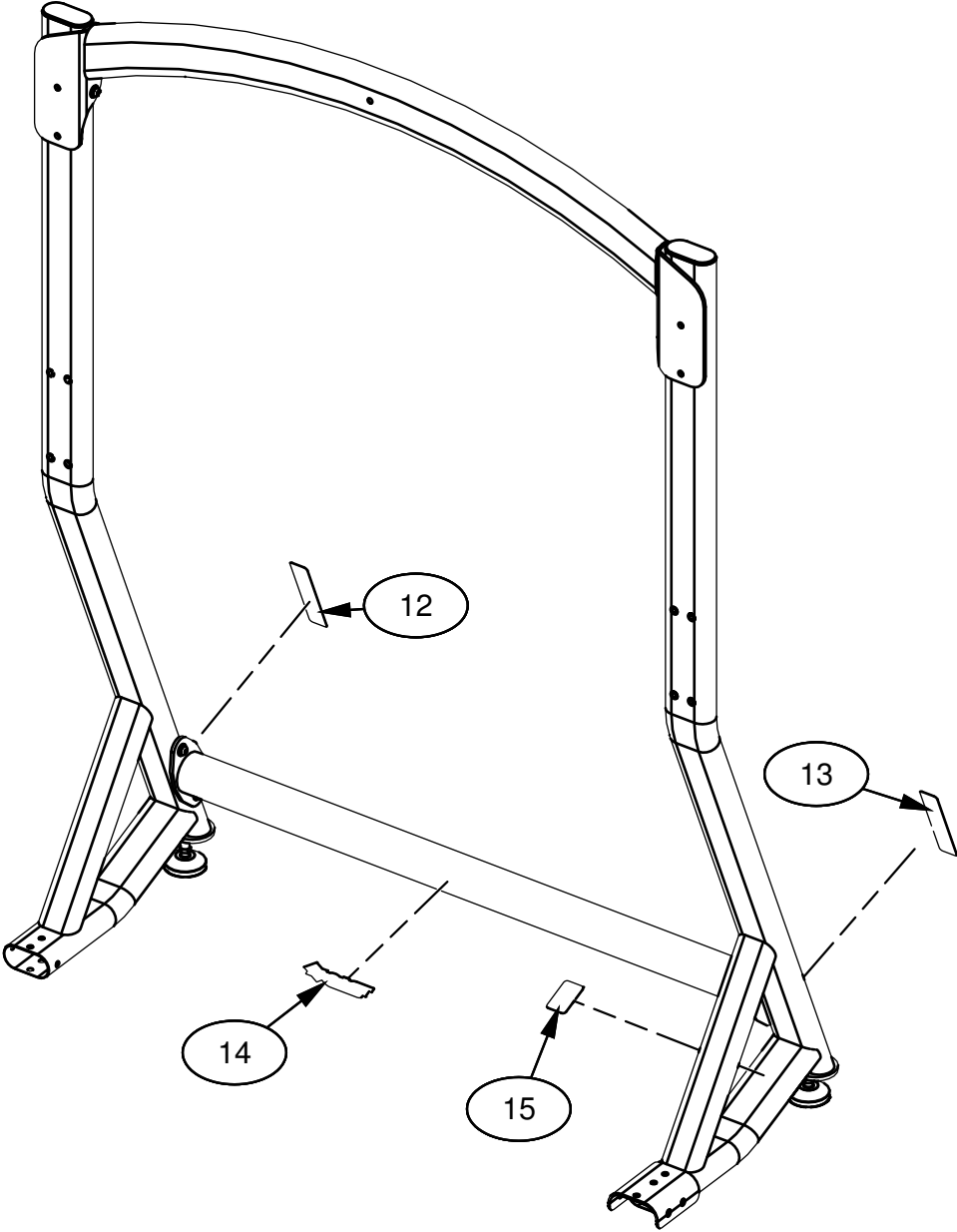
OWNER'S MANUAL

Mi7 FRAME DECAL PLACEMENT

NOTE:.

○ PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



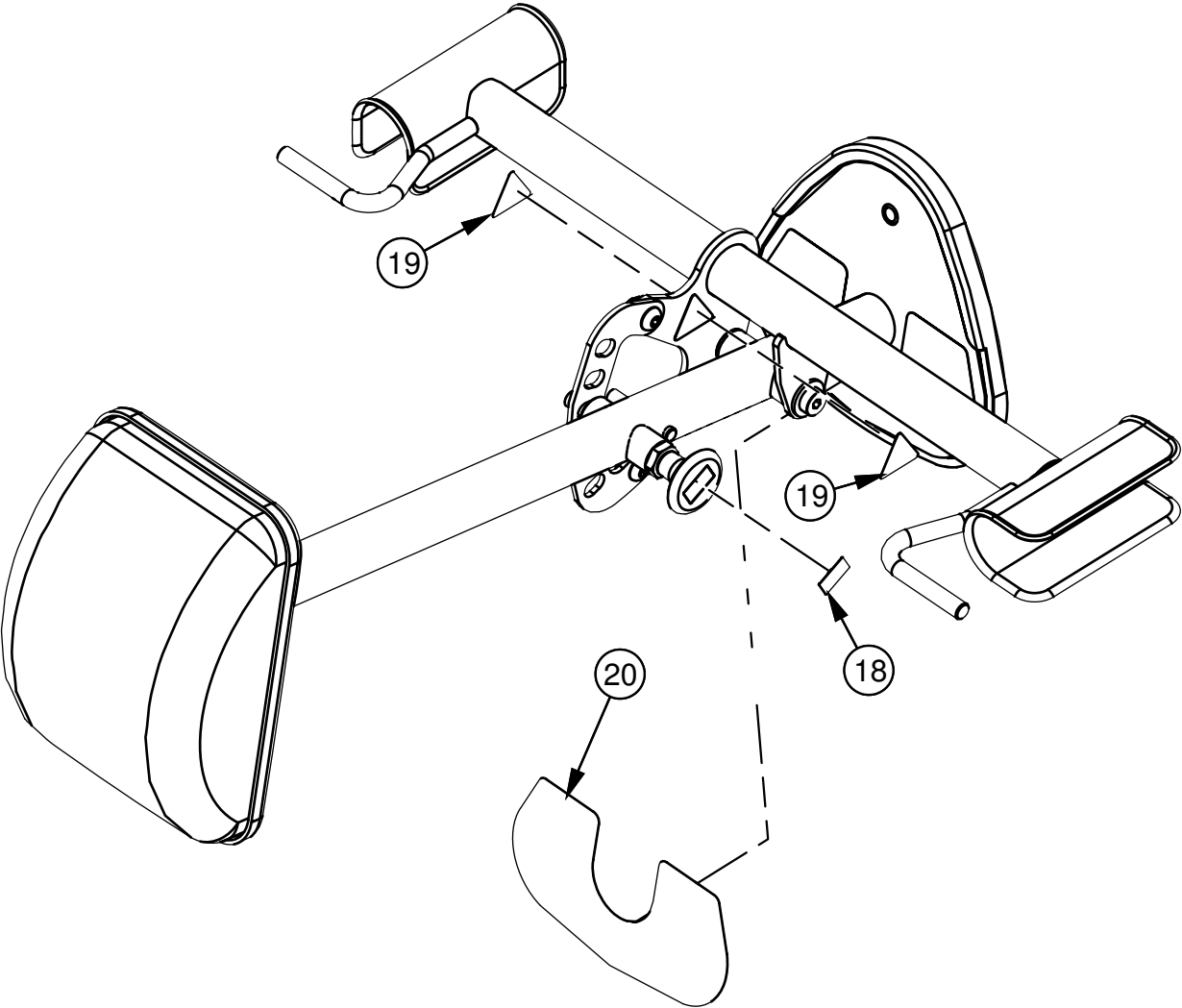
OWNER'S MANUAL

CORE STABILIZER PAD DECAL PLACEMENT

NOTE:

□ PARTS FROM CORE STABILIZER PAD PARTS LIST

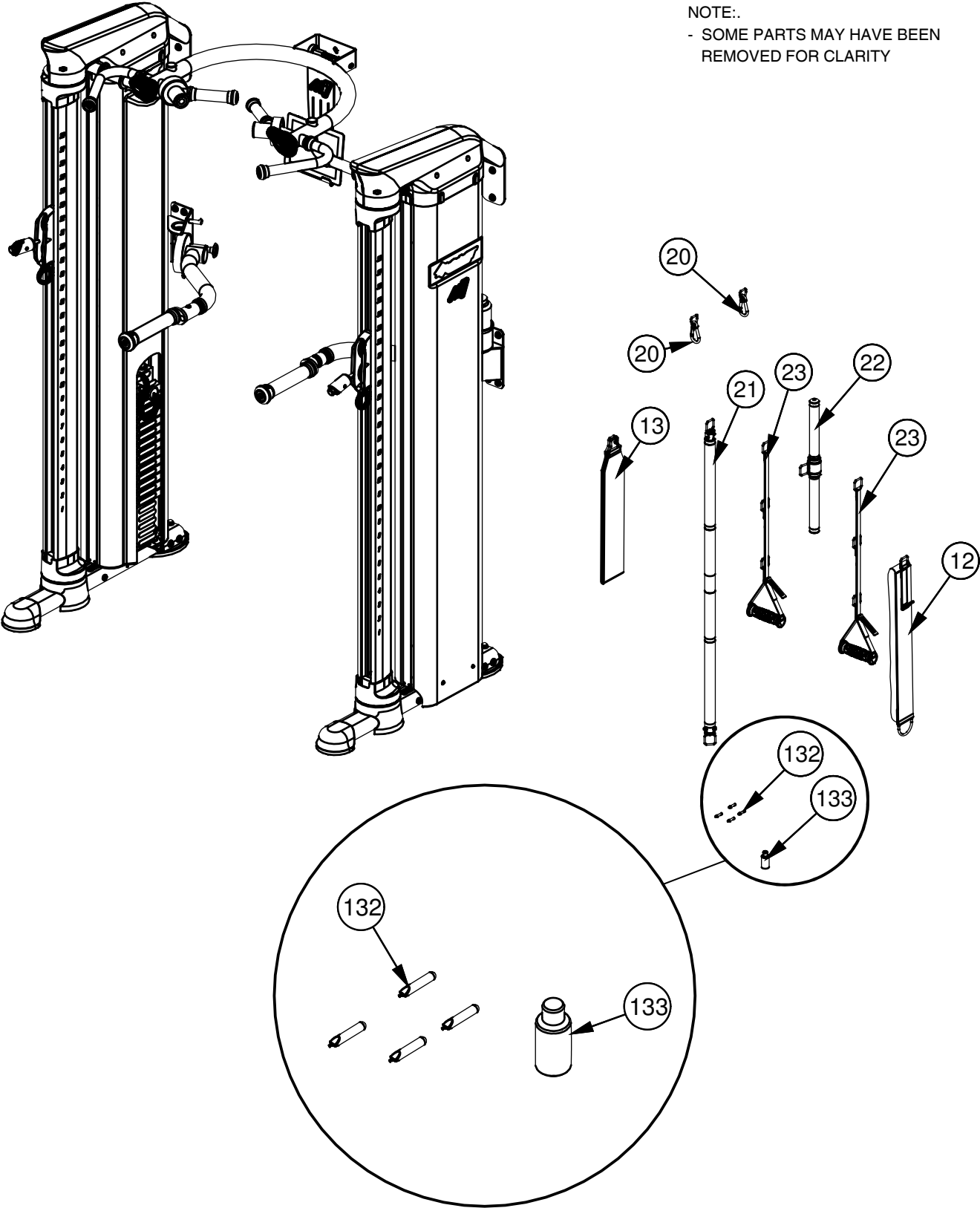
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

ACCESSORIES

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

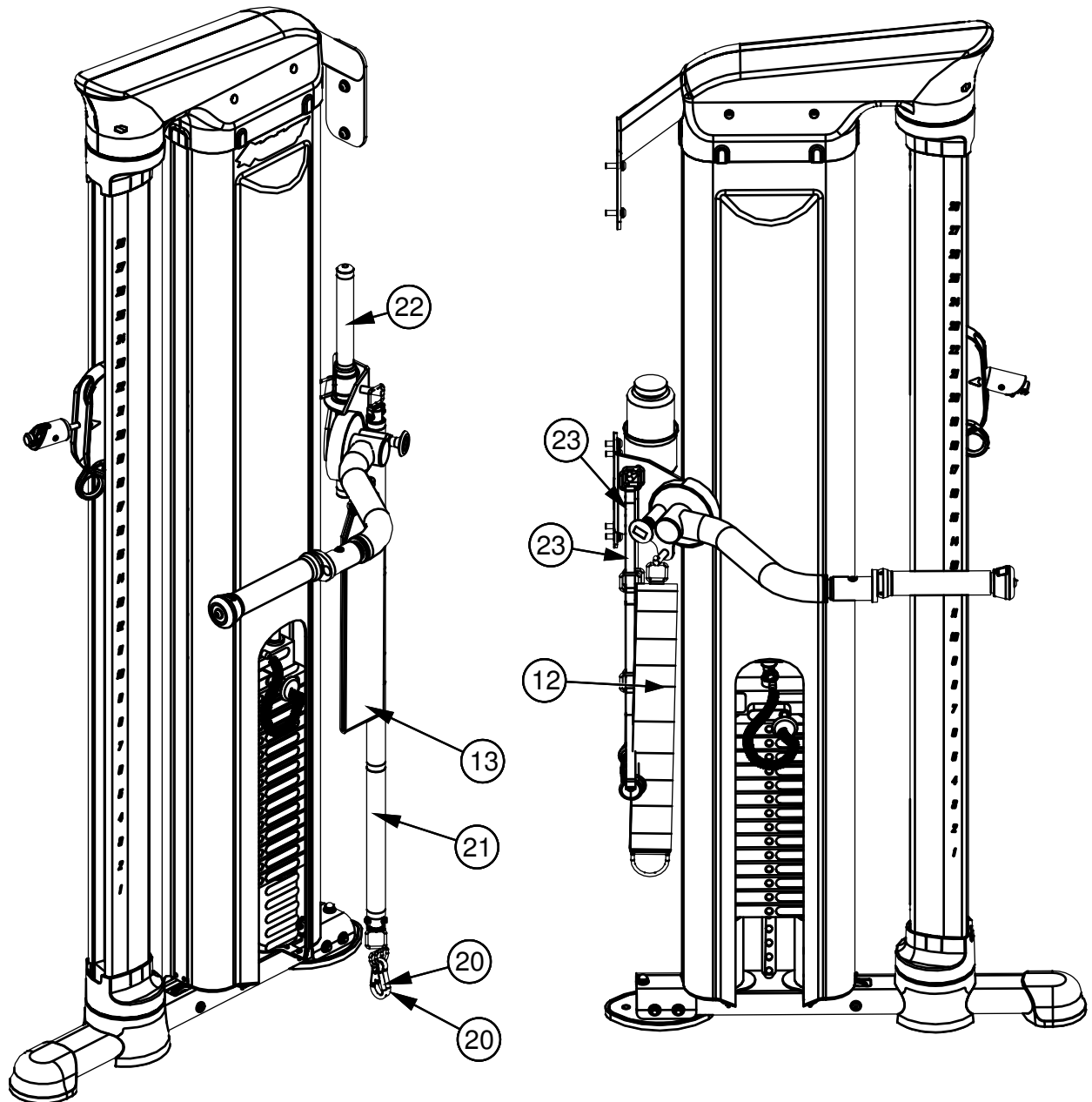


OWNER'S MANUAL

ACCESSORIES (ASSEMBLED)

NOTE:

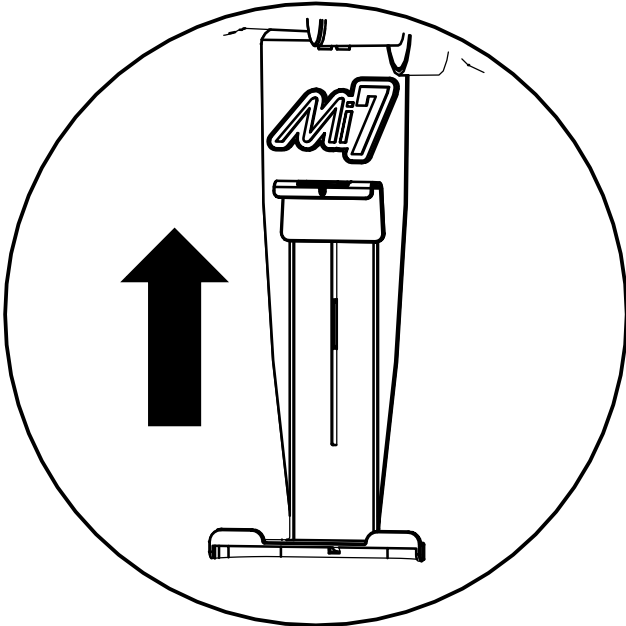
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



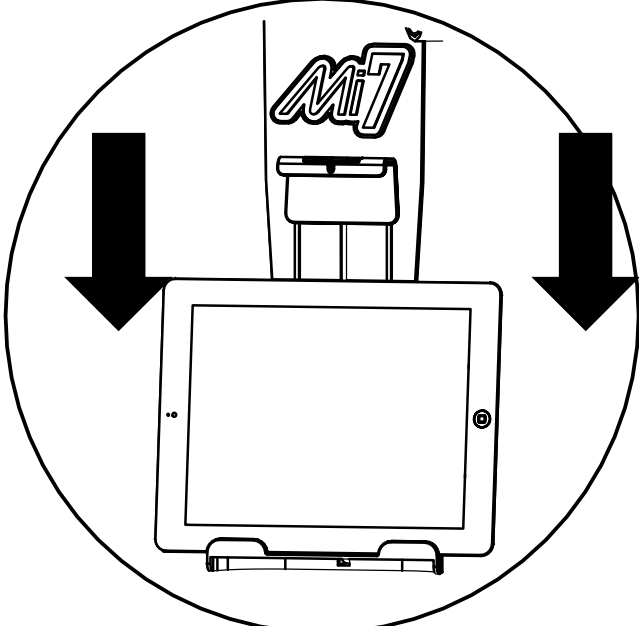
OWNER'S MANUAL

TABLET/PHONE HOLDER

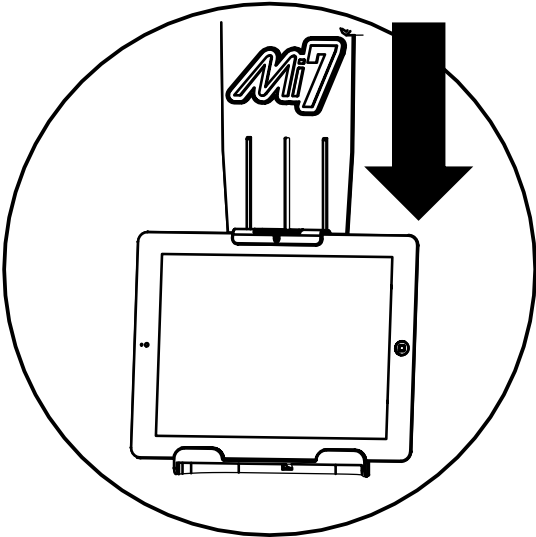
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



STEP 1: LIFT CATCH



STEP 2: INSERT TABLET OR PHONE

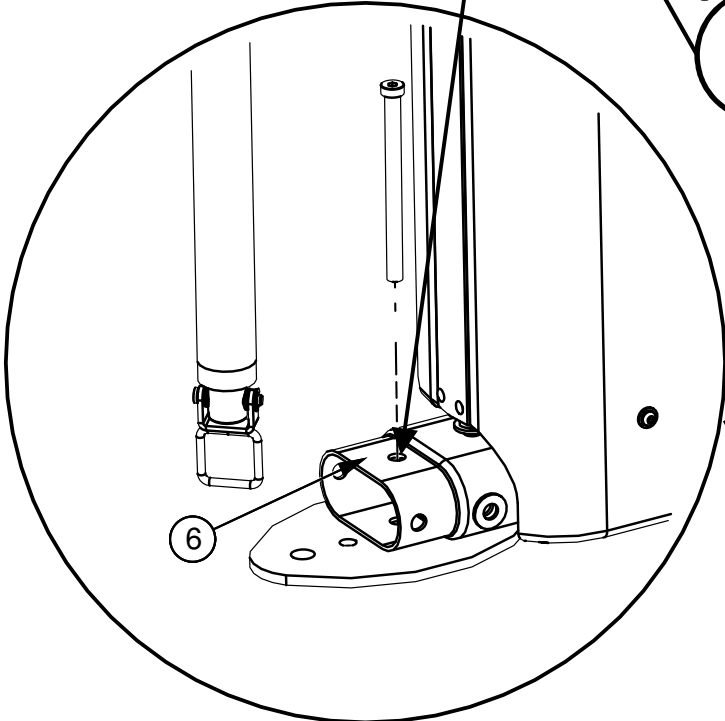
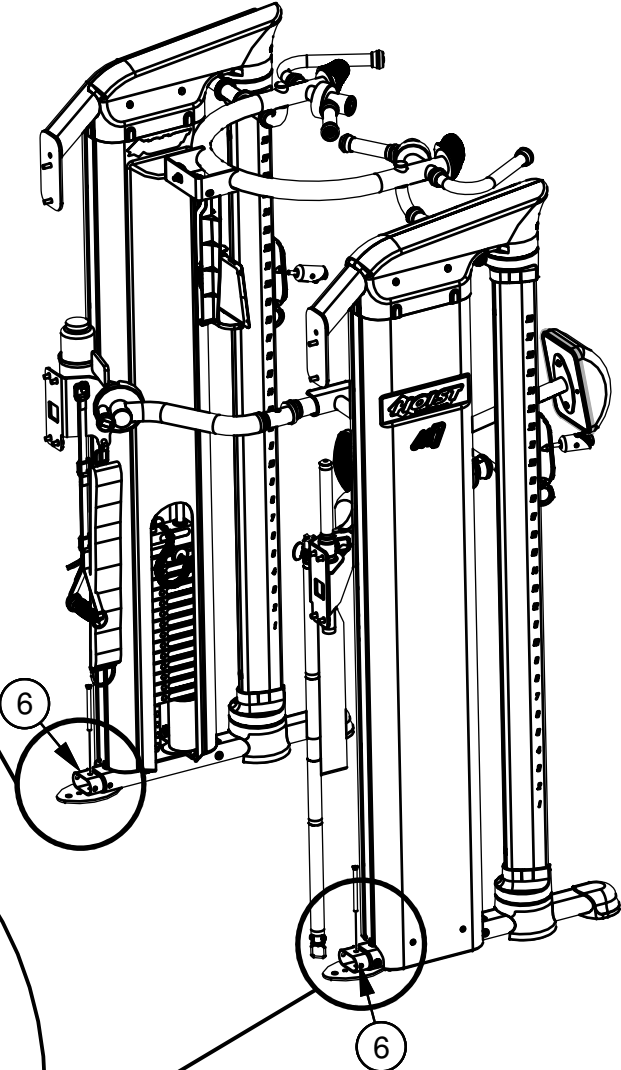
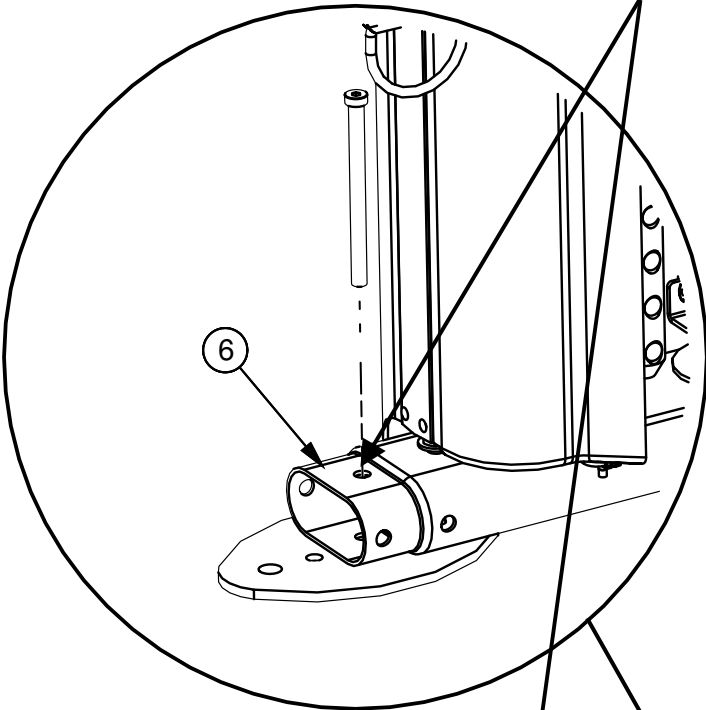


STEP 3: PULL DOWN THE CATCH

OWNER'S MANUAL

BOLTING THE Mi7 TO THE FLOOR

IMPORTANT
THESE HOLES ARE ONLY USED TO
BOLT THE UNIT TO THE FLOOR



OWNER'S MANUAL

DECAL REFERENCE



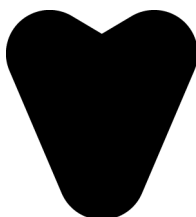
021-0003416



021-0003427



021-0003417



021-0003949



021-0003963



021-0018022



021-0003964

OWNER'S MANUAL

DECAL REFERENCE CONTINUED

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



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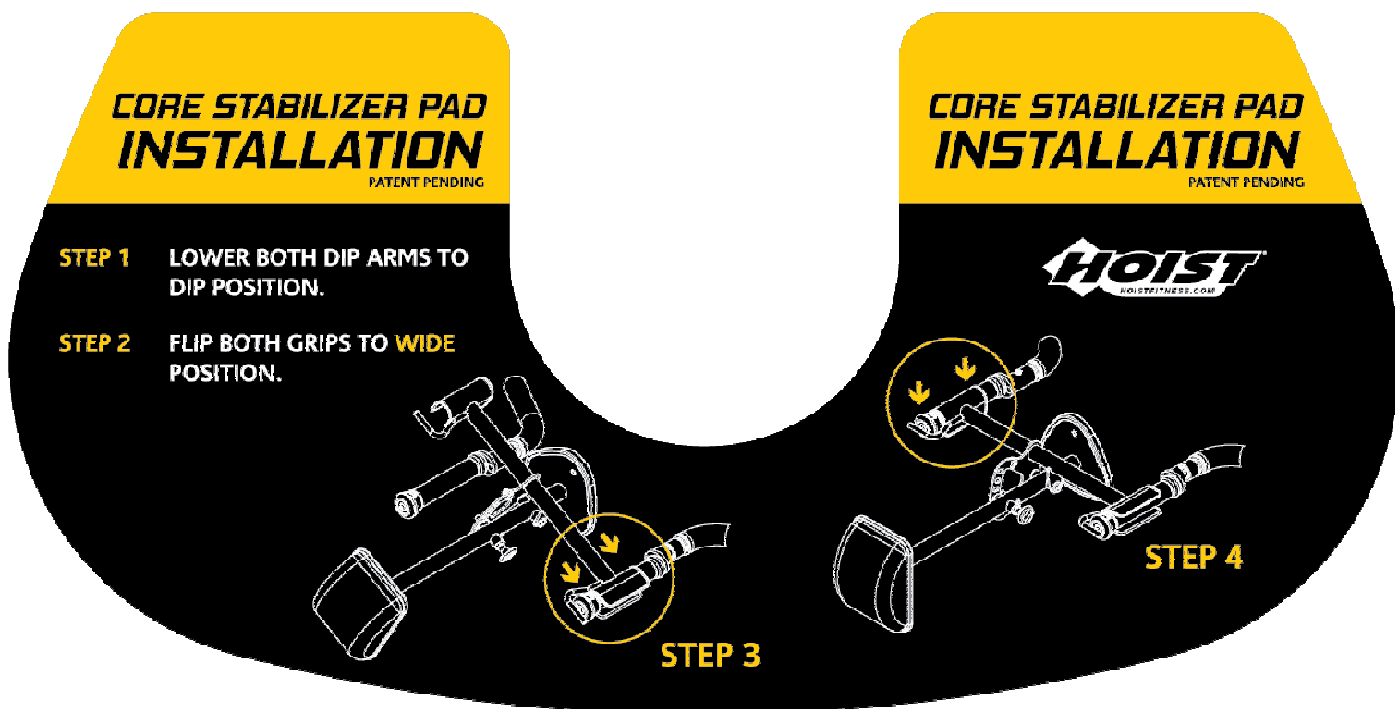
SERIAL # 00-00-A-000000



SERIAL # DECAL

OWNER'S MANUAL

CORE STABILIZER PAD DECAL REFERENCE



021-0003969



021-0003426



021-0003512

OWNER'S MANUAL

Mi7 FRAME DECAL REFERENCE CONTINUED



021-0003230

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 (Rev. F)

021-0003008

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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 | 010-01C0703 | CABLE ASSY. 274 - 7/8" | 2 |
| 2 | 026-01X0186 | PULL-PIN ASSEMBLY | 2 |
| 3 | 026-01X3728 | 45 DEG. SWIVEL HANDLE ASSEMBLY | 2 |
| 4 | 026-01X3823 | HANDLE ASSEMBLY | 2 |
| 5 | 026-01X5630 | CHAIN LINK REPLACEMENT | 2 |
| 6 | 026-01X6012 | BASE FRAME | 2 |
| 7 | 026-01X6013 | SPINDLE MOUNT-2 | 2 |
| 8 | 026-01X6014 | HUB-2 | 1 |
| 9 | 026-01X6017 | HUB-1 | 1 |
| 10 | 026-01X6018 | TOP FRAME | 2 |
| 11 | 026-01X6019 | ROTABLE ARM | 2 |
| 12 | 026-01X6020 | FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY | 1 |
| 13 | 026-01X6689 | CHIN ASSIST STRAP 4" WIDE | 1 |
| 14 | 026-01X7090 | PULLEY CARRIAGE | 2 |
| 15 | 026-01X7091 | COLUMN MOUNT | 4 |
| 16 | 026-01X7093 | INDEXING PLATE | 2 |
| 17 | 026-01X7094 | ADJUSTABLE PULLEY MOUNT ASSEMBLY ϕ 3.50" | 2 |
| 18 | 026-01X7098 | SPINDLE MOUNT-1 | 2 |
| 19 | 026-01X7100 | PULLEY COVER ASSY. | 2 |
| 20 | 026-01X7108 | CARABINER ADAPTOR | 2 |
| 21 | 026-01X7110 | ALUMINUM STRAIGHT BAR ASSEMBLY | 1 |
| 22 | 026-01X7112 | ALUMINUM CURL BAR ASSEMBLY | 1 |
| 23 | 026-01X7113 | STRAP HANDLE WITH (3) SQUARE RINGS | 2 |
| 24 | 026-01X7117 | CHIN UP MAIN FRAME | 1 |
| 25 | 026-01X7118 | HANGER MOUNT | 2 |
| 26 | 016-0203008 | PUSH FASTENER, .18" X .375" GRIP | 16 |
| 27 | 011-0411001 | SET SCREW: 1/4"-28 X .25" LG. (SS) | 4 |
| 28 | 011-0711001 | SET SCREW: 1/4"-28 X .25" LG. (Ni) | 16 |
| 29 | 011-0711002 | SET SCREW: 5/16UNC-18 X .25" LG. (Ni) | 4 |
| 30 | 012-0202001 | 1/2"-13 FLANGED NUT (WZ) | 4 |
| 31 | 012-0201002 | CAP NUT 3/8-18 (Ni) | 2 |
| 32 | 012-0504017 | 1"-8 Thin Nylock Nut (Ni) | 4 |
| 33 | 012-0609007 | CLIP ON NUT, 10-32 | 24 |
| 34 | 014-0012024 | BEARING: 608-2RS BEARING (8mm BORE) with 1.00" OD PVC outer ring 608-2RS Bearing with 1.00" OD PVC outer ring | 8 |
| 35 | 014-0012025 | BALL BEARING: SELF ALIGNING, ϕ 30mm I.D. X ϕ 62mm O.D. X 16mm | 4 |

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-----------------|--|------|
| 36 | 014-0015040 | Retaining Ring, E clip, 1/2" | 2 |
| 37 | 014-0015041 | Internal Retaining Ring, 2.44" | 4 |
| 38 | 014-0101005 | BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG. | 10 |
| 39 | 014-0104002 | BEARING: SLEEVE, BRONZE 1.00 I.D. X 1.38 O.D. X 1.00" LG. | 2 |
| 40 | 016-0002007 | VINYL SLEEVE Ø.38" X 1.63" | 4 |
| 41 | 016-0201022 | END CAP Ø2.00" (BLACK) | 4 |
| 42 | 016-0201038 | Ø1.25" ENDCAP (DOMED) | 2 |
| 43 | 016-0203005-G | 1/2" PLUG | 2 |
| 44 | 018-0001001 | PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS | 8 |
| 45 | 018-0001002 | CABLE PULLEY: Ø3.50" | 10 |
| 46 | 019-0001001 | PLUG BUMPER | 4 |
| 47 | 019-0001006 | THICK RUBBER DONUT Ø3.00" X .50" BLACK | 4 |
| 48 | 019-0002048 | OPEN END GRIP Ø1.50" X 7.25" LG. | 2 |
| 49 | 020-0011018 | Compression Spring | 2 |
| 50 | 020-0011020 | SPRING, COMP., .480" OD X 1.250" LG | 2 |
| 51 | 020-0011022 | EXT. SPRING- .38" OD, 3.0" LG, WIRE DIA. .028" | 1 |
| 52 | 026-01G0504 | GUIDE ROD: Ø.7500" CRS X 74.9748" LG. | 4 |
| 53 | 026-01M0532 | HEAVY FLANGED SPACER: Ø.391" I.D. X .688" LG. | 4 |
| 54 | 026-01M0932 | ALUMINIUM CAP: Ø1.25" ID | 4 |
| 55 | 026-01M0933 | ALUMINUM RING: Ø1.25" ID | 8 |
| 56 | 026-01M0935 | ALUMINIUM RING: Ø1.50" I.D. | 2 |
| 57 | 026-01M3003 | SPACER | 2 |
| 58 | 026-01M3004 | FINISH BOLT-1 | 4 |
| 59 | 026-01M3005 | FINISH BOLT-2 | 4 |
| 60 | 026-01M3311 | SPACER, Ø1.5000" X .250 X 1.00" ID X .3750" LG. | 4 |
| 61 | 026-01M3313 | COLUMN | 2 |
| 62 | 026-01M3314 | PULL PIN: SHORT TAPERED END Ø .5000" | 2 |
| 63 | 026-01M3315 | Ø.375" SHAFT | 4 |
| 64 | 026-01M3322 | SPACER, Ø.55" X .39" ID X 1.94" LG | 2 |
| 65 | 026-01P5845 | WASHER 1.88 OD x 1.00 ID x 1mm T | 4 |
| 66 | 026-01P5858 | BRKT-U 50 X 100mm FLAT OVAL | 2 |
| 67 | 026-01P7017 | SHIELD MOUNT | 4 |
| 68 | 026-01PL0235-11 | GRIP OPEN END Ø.118" X 13" | 2 |
| 69 | 026-01PL0235-12 | GRIP OPEN END Ø1.43" X 4.25" LG. | 2 |
| 70 | 026-01PL0369 | WEIGHT STAND OFF | 4 |

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-----------------|---------------------------------------|------|
| 71 | 026-01PL0371 | DELTRIN BUSHING | 1 |
| 72 | 026-01PL2158 | PLASTIC KNOB: Ø1.50" - BASE | 2 |
| 73 | 026-01PL2159 | PLASTIC KNOB: Ø1.50" - CAP | 2 |
| 74 | 026-01PL2211-B | RUBBER FOOT | 2 |
| 75 | 026-01PL2393 | Ø3.0000" X .8125" ID X.313" T SPACER | 4 |
| 76 | 026-01PL2444 | CLIMB HOLD, LEFT | 1 |
| 77 | 026-01PL2445 | CLIMB HOLD, RIGHT | 1 |
| 78 | 026-01PL2615 | BUMPER | 4 |
| 79 | 026-01PL2617 | FLANGED SPACER | 8 |
| 80 | 026-01PL2628 | COLUMN SLEEVE | 4 |
| 81 | 026-01PL2631 | CATCH | 1 |
| 82 | 026-01PL2636 | CATCH RETAINER | 1 |
| 83 | 026-01PL2653 | CUP HOLDER | 1 |
| 84 | 026-01PL2654 | SHIELD-1 | 2 |
| 85 | 026-01PL0235-31 | Ø1.188" X 7.00" OPEN END GRIP | 2 |
| 86 | 026-01PL2681 | TABLET HOLDER-1 | 1 |
| 87 | 026-01PL2682 | TABLET HOLDER-2 | 2 |
| 88 | 026-01PL2683 | TABLET HOLDER-3 | 2 |
| 89 | 026-01PL2684 | PANEL H-TRIM | 4 |
| 90 | 026-01PL2704 | BOOT-4 | 2 |
| 91 | 026-01PL2705 | SHIELD-3 | 2 |
| 92 | 026-01PL2708 | TOP CAP-2 | 2 |
| 93 | 026-01PL2709 | TOP CAP-1 | 2 |
| 94 | 013-1002011 | #10 FLAT WASHER (Ni) | 24 |
| 95 | 013-1002007 | 3/8" X 22mm FLAT WASHER (Ni) | 78 |
| 96 | 013-1002004 | 1/2" X 34mm USS FLAT WASHER (Ni) | 4 |
| 97 | 013-1006003 | 3/8" SPLIT LOCK WASHER (Ni) | 32 |
| 98 | 013-1010007 | #10 INTERNAL LOCK WASHER (Ni) | 24 |
| 99 | 011-0701113 | #10-32UNC x .75 BHCS (Ni) | 24 |
| 100 | 011-0702087 | M6-1.00 x 14 FHB (WZ) | 2 |
| 101 | 011-0116204 | 1/4"-20UNC X .75" LOW HEAD SHCS (Ni) | 2 |
| 102 | 011-0116142 | 3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni) | 5 |
| 103 | 011-0116144 | 3/8"-16UNC X 1.50" LOW HEAD SHCS (Ni) | 2 |
| 104 | 011-0116145 | 3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni) | 10 |
| 105 | 011-0116150 | 3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni) | 4 |

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|---------------------|--|------|
| 106 | 011-0116151 | 3/8"-16UNC X 3.25" LOW HEAD SHCS (Ni) | 2 |
| 107 | 011-0116157 | 3/8"-16UNC X 4.75" LOW HEAD SHCS (Ni) | 4 |
| 108 | 011-0116160 | 3/8"-16UNC X 5.50" LOW HEAD SHCS (Ni) | 2 |
| 109 | 011-0407022 | 3/8"-16UNC X 1.00" HHB (WZ) | 4 |
| 110 | 011-0701085 | 3/8"-16UNC X .75 SHCS (Ni) | 2 |
| 111 | 011-0701111 | 3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH | 8 |
| 112 | 011-0701021 | 3/8"-16UNC X 1.25" BHCS (Ni) | 14 |
| 113 | 011-0701026 | 3/8"-16UNC X 2.50" BHCS (Ni) | 2 |
| 114 | 011-0702021 | 3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH | 4 |
| 115 | 011-0702010 | 3/8"-16UNC X 2.75" FHCS (Ni) | 2 |
| 116 | 011-0702024 | 1/2"-13UNC X 1.00" FHS (Ni) | 16 |
| 117 | 012-0504004 | 1/4"-20 UNC THIN NYLOCK NUT (Ni) | 2 |
| 118 | 012-0504005 | 3/8"-16 UNC THIN NYLOCK NUT (Ni) | 29 |
| 119 | 012-0504002 | 1/2"-13 UNC THIN NYLOCK NUT (Ni) | 4 |
| 120 | WS#22 | 150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM) | 2 |
| 121 | CORE STABILIZER PAD | CORE STABILIZER PAD | 1 |
| 122 | 021-0003416 | DECAL WIDE | 2 |
| 123 | 021-0003417 | DECAL NARROW | 2 |
| 124 | 021-0003427 | DECAL ADJUST | 4 |
| 125 | 021-0003627 | DECAL HOIST 2.07" X 7.75" | 2 |
| 126 | 021-0003949 | COLUMN ARROW DECAL | 4 |
| 127 | 021-0003963 | EMBLEM, Mi7 2.4924" X 3.9747" | 3 |
| 128 | 021-0003964 | DECAL: Mi7 DIP ARM ROTATION | 2 |
| 129 | 021-0003965 | DECAL: WEIGHT STACK 22 (10-200 LBS.) | 2 |
| 130 | 021-0018022 | HOIST EMBLEM + 2 SIDED TAPE | 2 |
| 131 | SERIAL # DECAL | DECAL HOIST SERIAL # 1.63" X 2.63" | 1 |
| 132 | 002-0001013 | 1cc of Synthetic Multi-Purpose Grease (PTFE) | 4 |
| 133 | 002-0001036 | TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM | 1 |
| 134 | 011-0702011 | 3/8"-16UNC X 3.00" FHCS (Ni) | 2 |

OWNER'S MANUAL

Mi7 FRAME PARTS LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|----------------|---|------|
| 1 | 026-01X6005 | CROSSMEMBER-1 | 1 |
| 2 | 026-01X7160 | SIDE-1 | 1 |
| 3 | 026-01X7161 | SIDE-2 | 1 |
| 4 | 026-01X7162 | CROSS-MEMBER | 1 |
| 5 | 026-01X5186 | LEVELING FOOT (M16X2.0) | 2 |
| 6 | 012-0504009 | 16M X 2.0 FLANGED NUT (Ni) | 2 |
| 7 | 016-0201050 | Ø2.50" END CAP (DOMED) | 1 |
| 8 | 026-01PL2566 | CAP 1.97" X 3.94" | 2 |
| 9 | 013-1002007 | 3/8" X 22mm FLAT WASHER (Ni) | 6 |
| 10 | 013-1006003 | 3/8" SPLIT LOCK WASHER (Ni) | 6 |
| 11 | 011-0701111 | 3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH | 6 |
| 12 | 021-0003008 | DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69 | 1 |
| 13 | 021-0003135 | DECAL WARNING 1.50" X 6.69" | 1 |
| 14 | 021-0003230 | DECAL HOIST 1.625" X 6.0613" | 1 |
| 15 | SERIAL # DECAL | DECAL HOIST SERIAL # 1.63" X 2.63" | 1 |

OWNER'S MANUAL

CORE STABILIZER PAD PARTS LIST

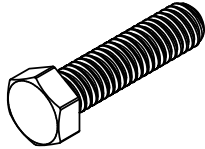
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|----------------|--|------|
| 1 | 022-01PD2135-A | PAD ASSEMBLY | 1 |
| 2 | 026-01X0186 | PULL-PIN ASSEMBLY | 1 |
| 3 | 026-01X6708 | REMOVABLE SUPPORT FRAME | 1 |
| 4 | 026-01X6709 | STABILIZER PAD MOUNT | 1 |
| 5 | 014-0101034 | BUSHING: OILITE FLANGED 12.8mm I.D. X 19.3mm O.D. X 11.1mm LG. | 2 |
| 6 | 026-01P4709 | ROM PLATE | 1 |
| 7 | 026-01PL2503 | RUBBER FOOT 8.41" X 9.13" | 1 |
| 8 | 026-01PL2808 | SLEEVE FOR .473" [M12] SHAFT X 5.5000" | 2 |
| 9 | 013-1002010 | 5/16" SAE FLAT WASHER (Ni) | 2 |
| 10 | 013-1002007 | 3/8" X 22mm FLAT WASHER (Ni) | 2 |
| 11 | 013-1002006 | 1/2" X 27mm SAE FLAT WASHER (Ni) | 2 |
| 12 | 013-1010003 | 5/16" INTERNAL LOCK WASHER (Ni) | 2 |
| 13 | 011-0701004 | 5/16"-18UNC X 1.25" BHCS (Ni) | 2 |
| 14 | 011-0701019 | 3/8"-16UNC X .75" BHCS (Ni) | 2 |
| 15 | 011-0116118 | 1/2"-13UNC X 3.75" LOW HEAD SHCS (Ni) | 1 |
| 16 | 012-0504005 | 3/8"-16 UNC THIN NYLOCK NUT (Ni) | 2 |
| 17 | 012-0504002 | 1/2"-13 UNC THIN NYLOCK NUT (Ni) | 1 |
| 18 | 021-0003426 | DECAL PULL | 1 |
| 19 | 021-0003512 | DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE) | 2 |

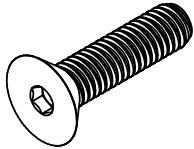
OWNER'S MANUAL

ABBREVIATIONS

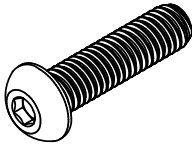
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



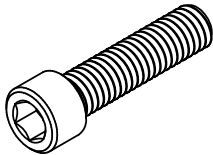
HHB = Hex Head Bolt



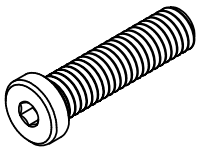
FHCS = Flat Head Cap Screw



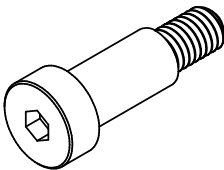
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



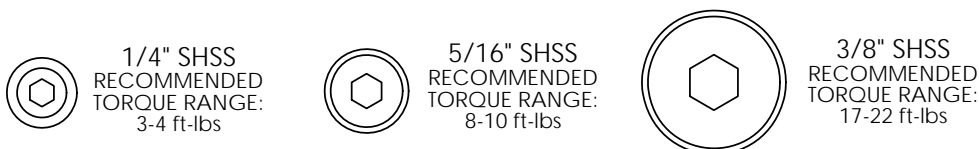
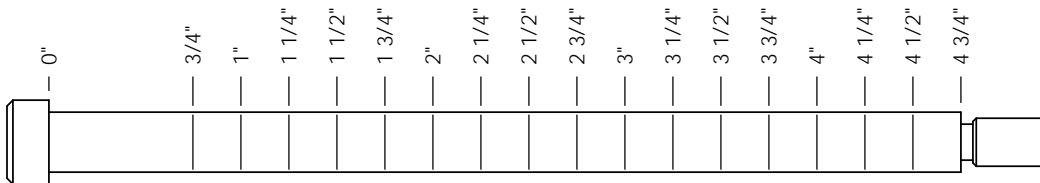
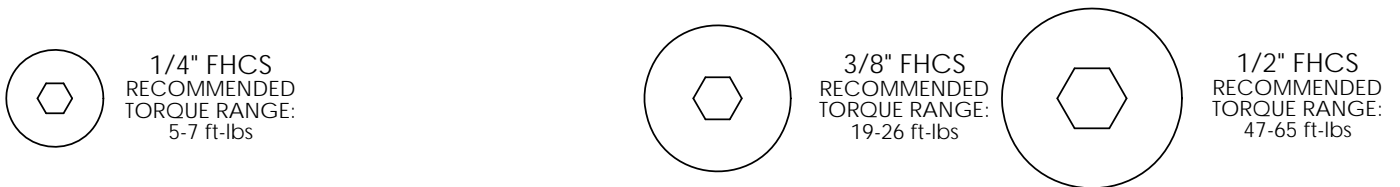
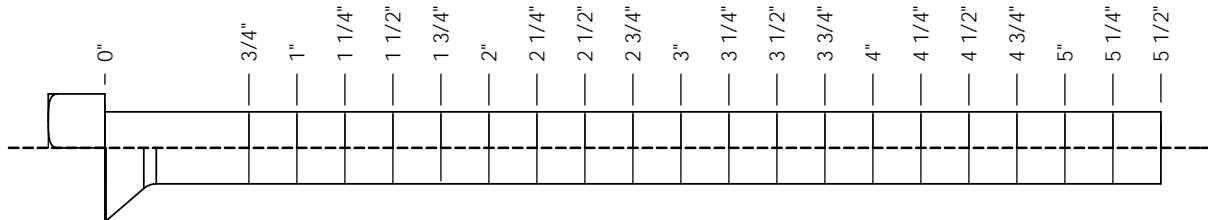
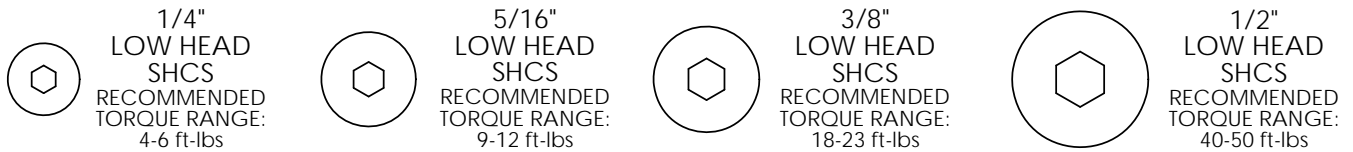
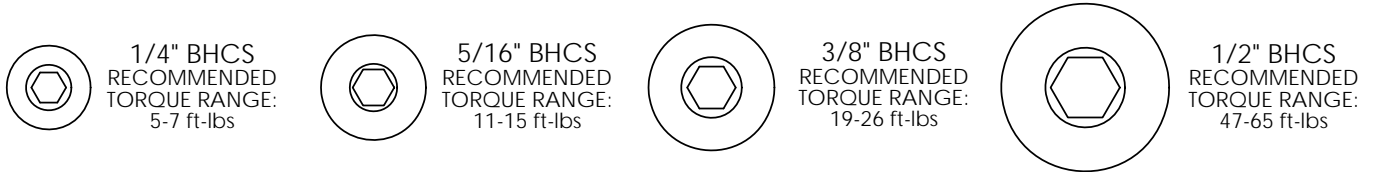
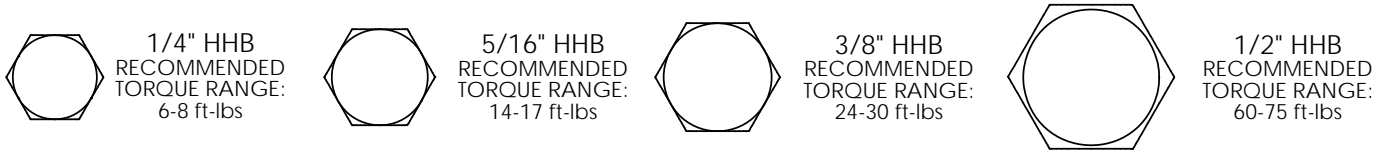
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

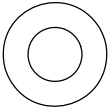
BOLT SIZING CHART



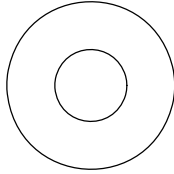
OWNER'S MANUAL

WASHER SIZING CHART

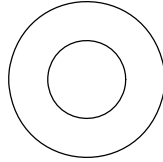
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



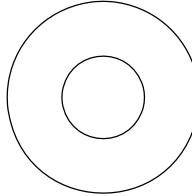
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



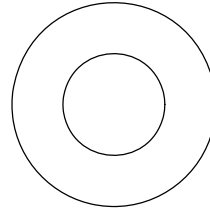
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



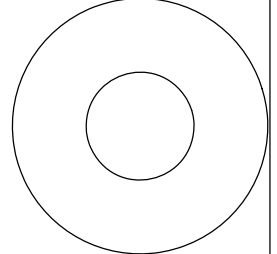
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



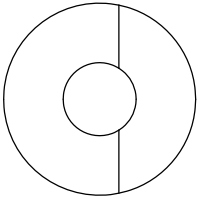
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



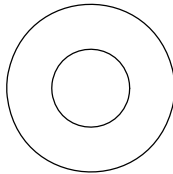
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



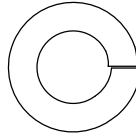
013-0402007
3/8"
FLAT WASHER
22mm O.D.



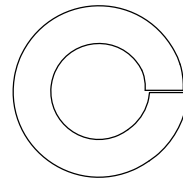
013-0102019
1/4"
LOCK WASHER



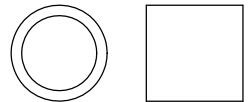
013-0102020
3/8"
LOCK WASHER



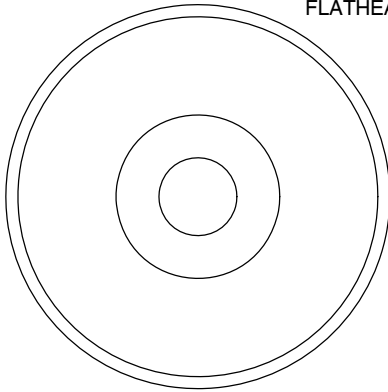
013-0102018
1/2"
LOCK WASHER



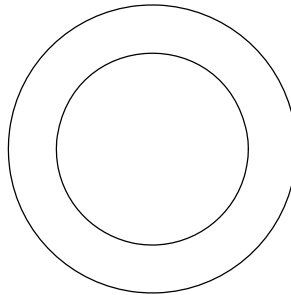
014-0018001
1/2" LONG
SPACER



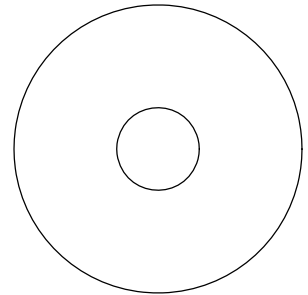
026-01M0238
2" ALUMINUM
FLATHEAD CAP



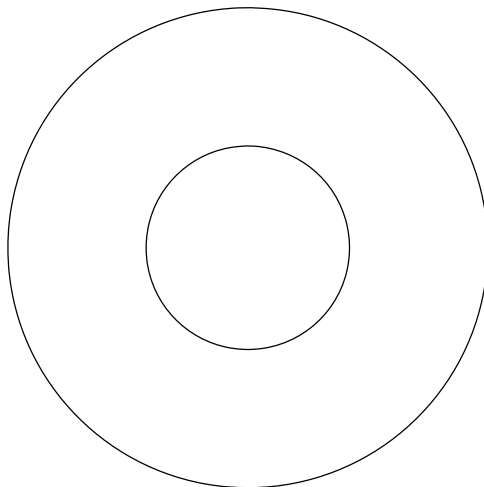
016-0009003
1" SHIM WASHER



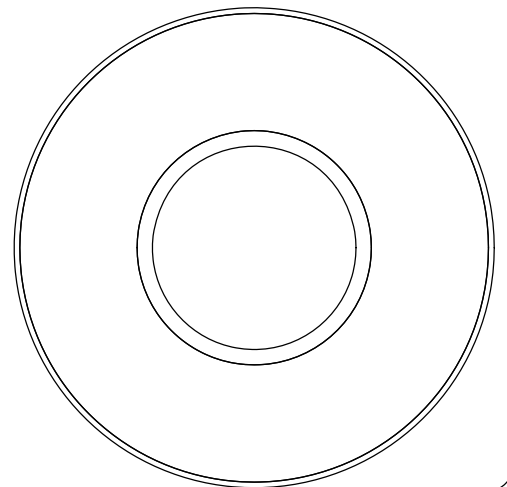
013-0003002
3/8" FENDER WASHER



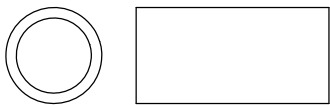
013-0003004
1 1/16"
FENDER WASHER



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



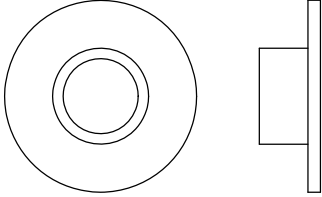
014-0018002
1" LONG
SPACER



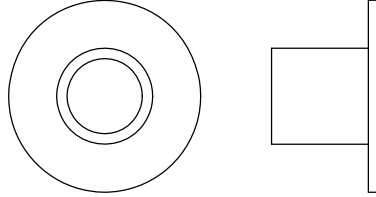
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

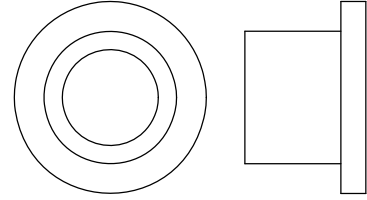
026-01M0211
1/4" LONG
FLANGED SPACER



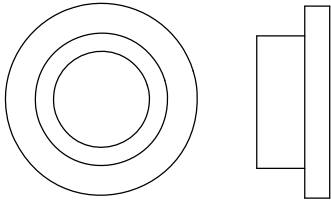
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1/2" LONG
FLANGED SPACER



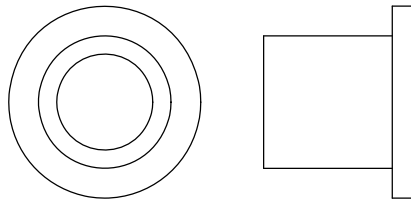
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



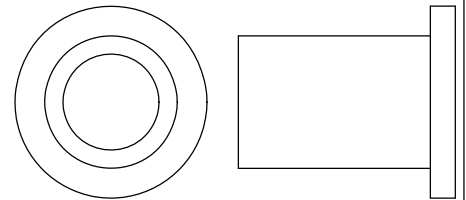
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



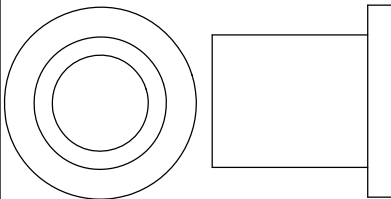
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



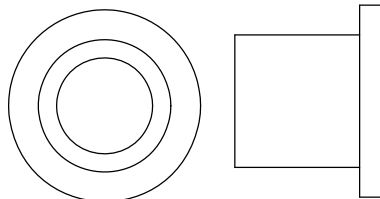
026-01M0551
1" LONG HEAVY
FLANGED SPACER



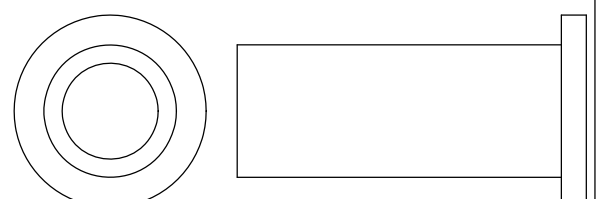
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



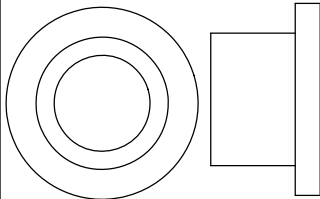
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



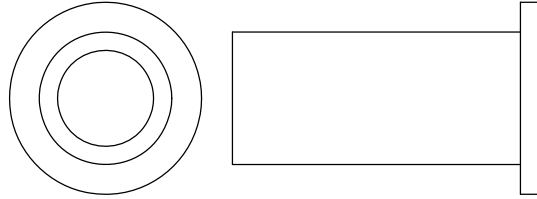
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



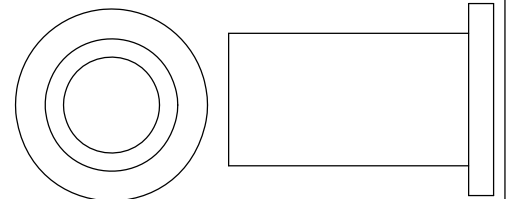
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



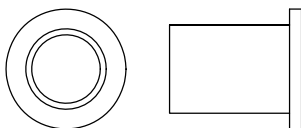
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



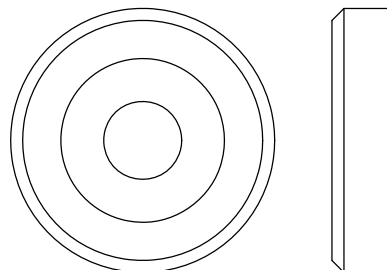
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



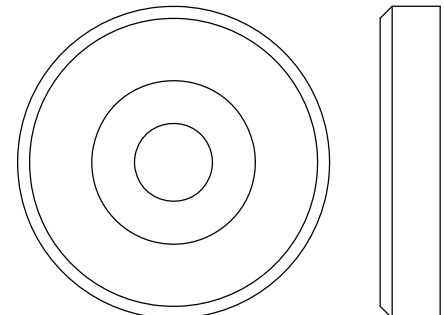
026-01M0600
.625" LONG
FLANGED SPACER



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 Mi7 CABLE 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 Mi7 CABLE 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.

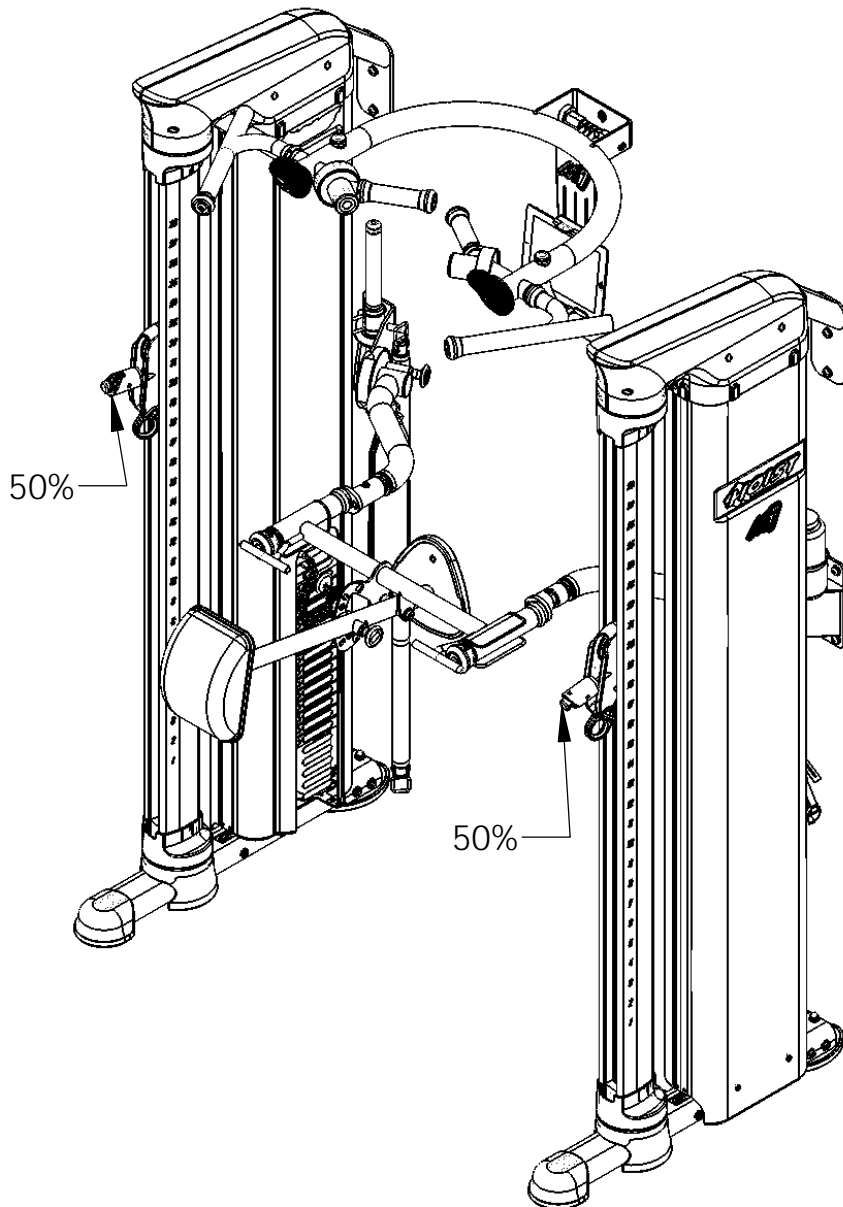
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your Mi7 CABLE HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS

| NUMBER OF PLATES | 100% | 50% |
|------------------|------|-----|
| 1 | 10 | 5 |
| 2 | 20 | 10 |
| 3 | 30 | 15 |
| 4 | 40 | 20 |
| 5 | 50 | 25 |
| 6 | 60 | 30 |
| 7 | 70 | 35 |
| 8 | 80 | 40 |
| 9 | 90 | 45 |
| 10 | 100 | 50 |
| 11 | 110 | 55 |
| 12 | 120 | 60 |
| 13 | 130 | 65 |
| 14 | 140 | 70 |
| 15 | 150 | 75 |



UPGRADED WEIGHT STACK

| NUMBER OF PLATES | 100% | 50% |
|------------------|------|-----|
| 1 | 10 | 5 |
| 2 | 20 | 10 |
| 3 | 30 | 15 |
| 4 | 40 | 20 |
| 5 | 50 | 25 |
| 6 | 60 | 30 |
| 7 | 70 | 35 |
| 8 | 80 | 40 |
| 9 | 90 | 45 |
| 10 | 100 | 50 |
| 11 | 110 | 55 |
| 12 | 120 | 60 |
| 13 | 130 | 65 |
| 14 | 140 | 70 |
| 15 | 150 | 75 |
| 16 | 160 | 80 |
| 17 | 170 | 85 |
| 18 | 180 | 90 |
| 19 | 190 | 95 |
| 20 | 200 | 100 |

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.

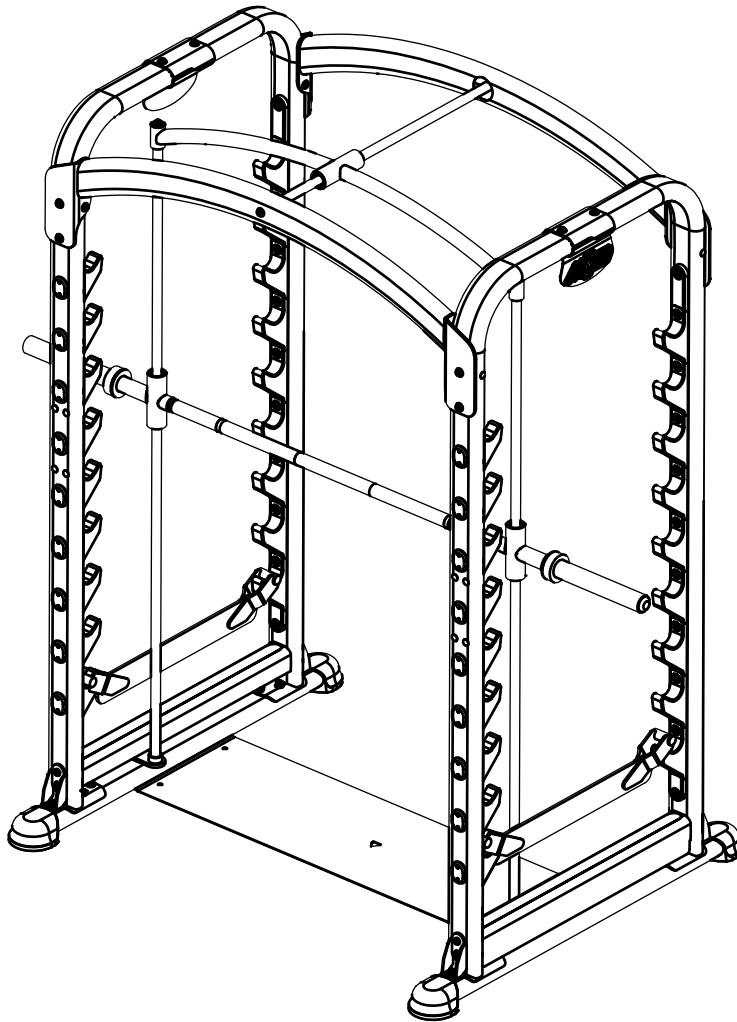
Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL



MiSMITH DUAL ACTION SMITH



****WARNING****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. 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

A03

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

Phillips Screwdriver

SAE Hex Key Wrench Set

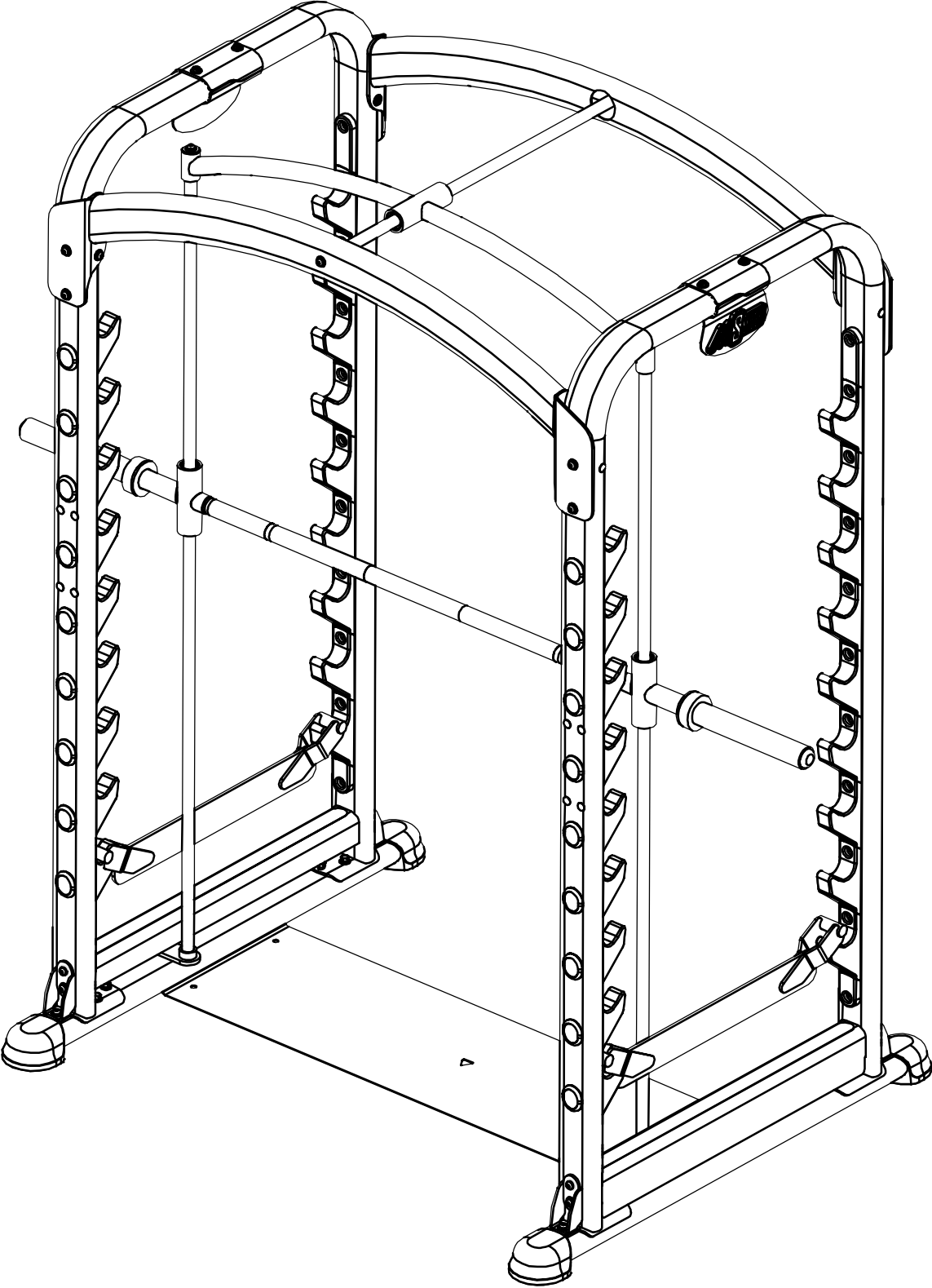
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

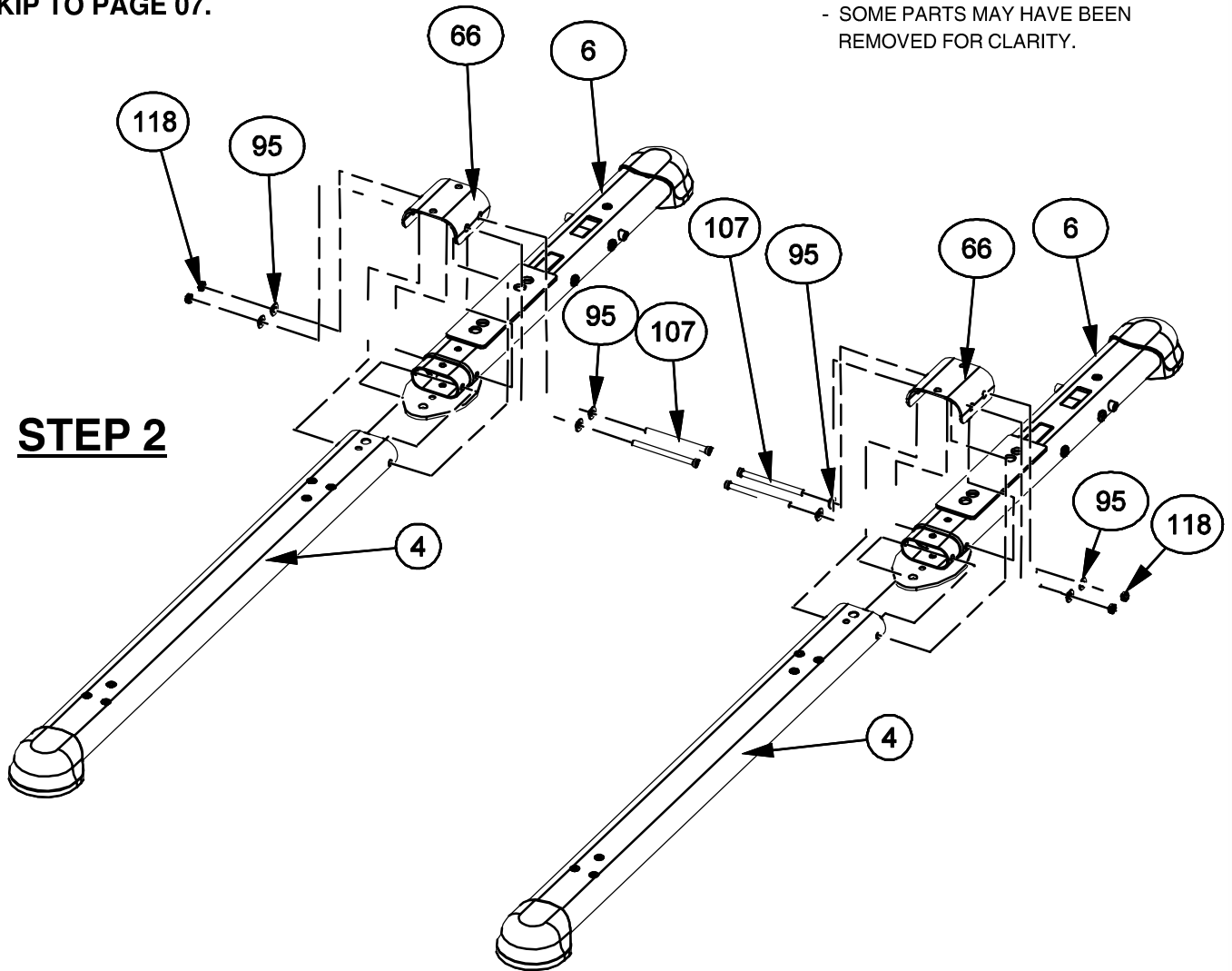
IF YOU PURCHASED A Mi7 CABLE, FOLLOW THE STEPS ON PAGE 05 AND PAGE 06 OF THIS MANUAL.
IF YOU DID NOT PURCHASE A Mi7 CABLE, SKIP TO PAGE 07.

NOTE:

- HAND TIGHTEN HARDWARE

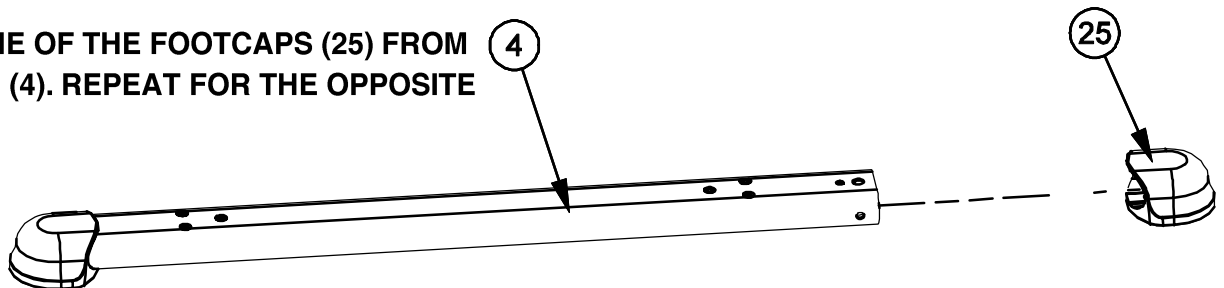
○ PARTS FROM Mi7 CABLE MANUAL

- REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



STEP 1:

REMOVE ONE OF THE FOOTCAPS (25) FROM THE BASE-1 (4). REPEAT FOR THE OPPOSITE BASE-1 (4).



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

IF YOU PURCHASED A Mi7 CABLE, FOLLOW THE STEPS ON PAGE 05 AND PAGE 06 OF THIS MANUAL. IF YOU DID NOT PURCHASE A Mi7 CABLE, SKIP TO PAGE 07.

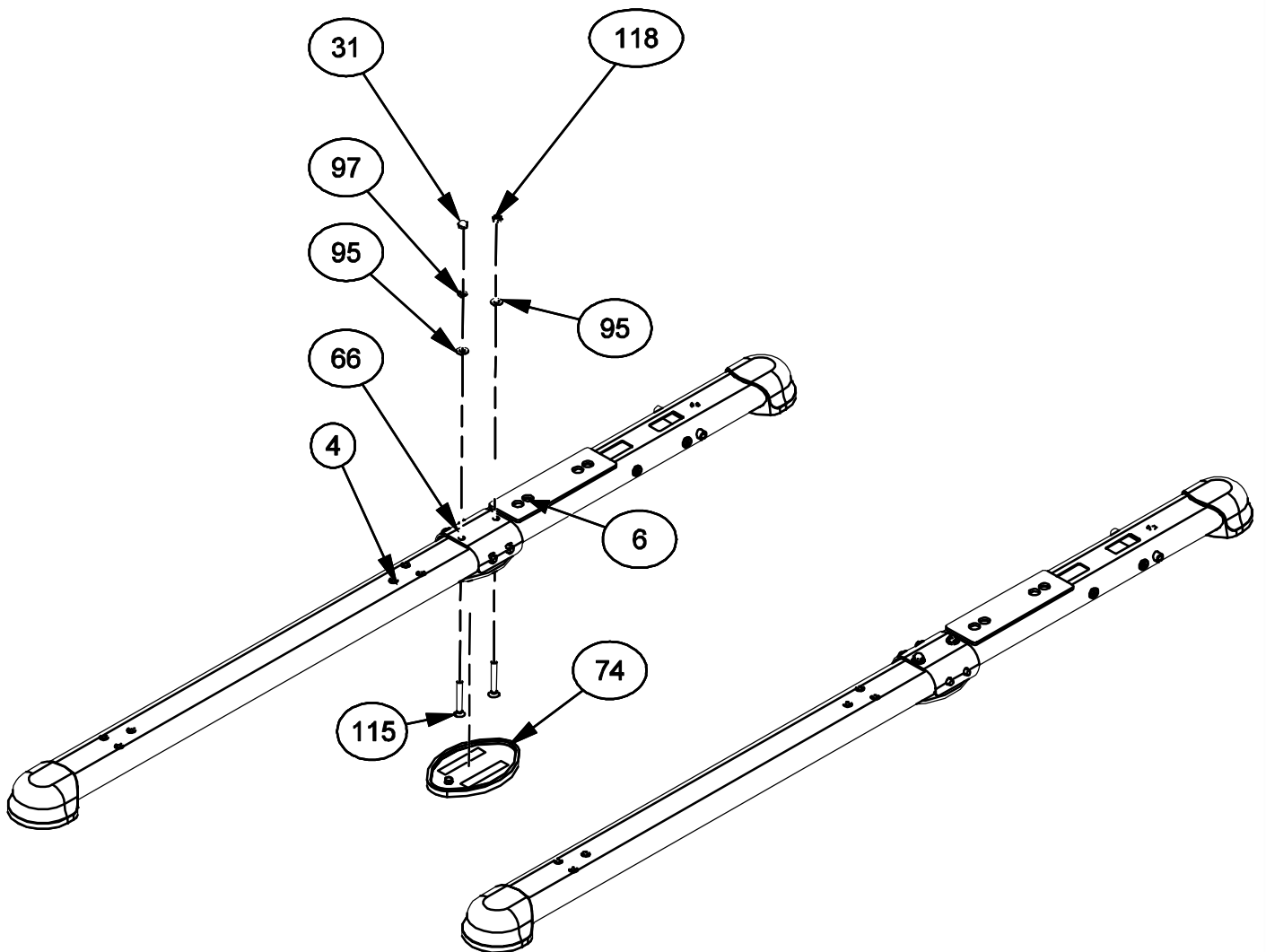
NOTE:

- WRENCH TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL.

- REPEAT FOR OPPOSITE SIDE,
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

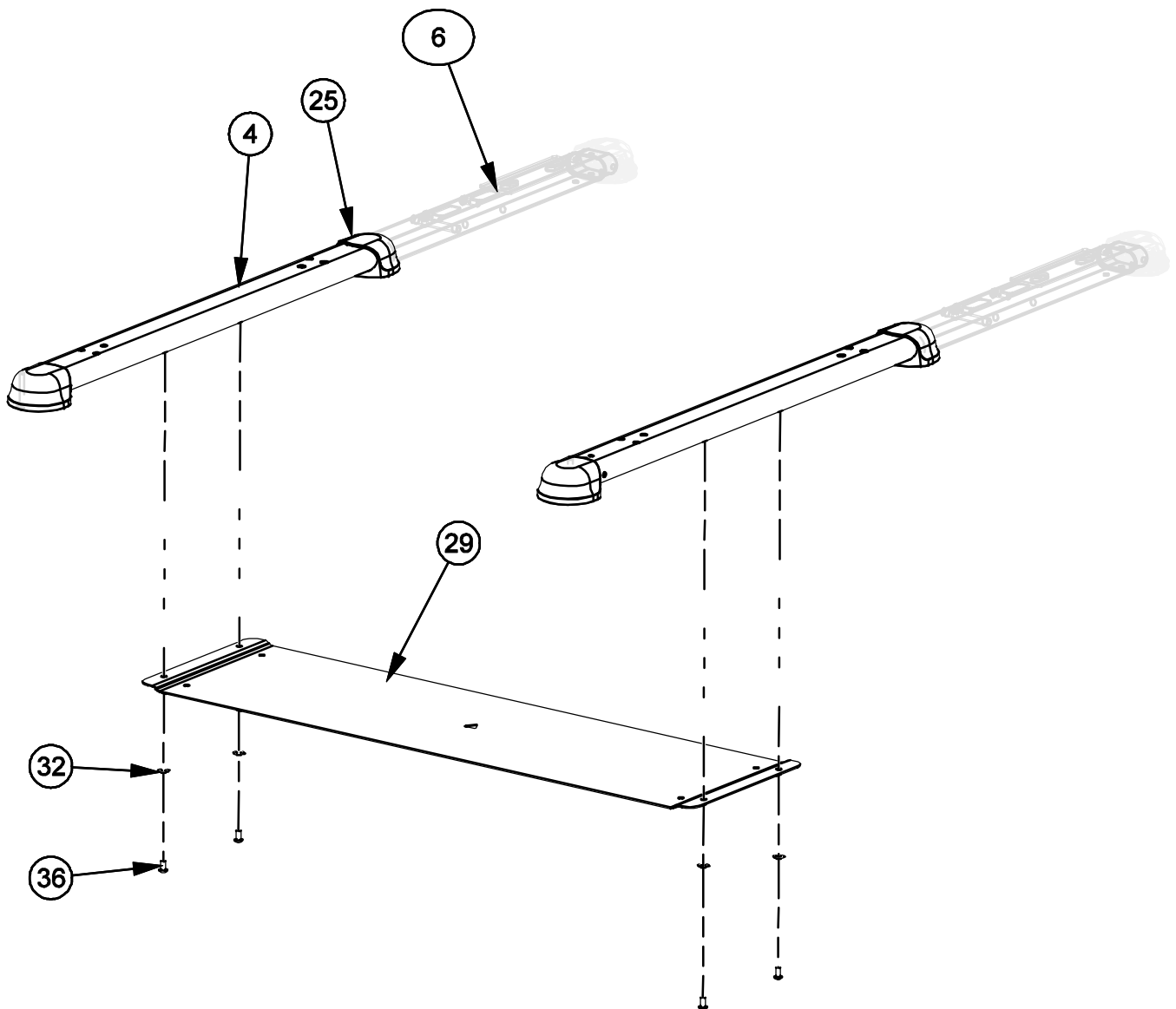
IF YOU PURCHASED A Mi7 CABLE:
THE BASE FRAMES (6) WILL BE ATTACHED TO THE MiSMITH. FOR CLARITY, THEY WILL BE HIDDEN IN THE FOLLOWING PAGES. IF YOU DID NOT PURCHASE A Mi7 CABLE, THE BASE FRAMES (6) ON THIS PAGE WILL NOT APPLY TO YOUR MACHINE.

NOTE:

- WRENCH TIGHTEN HARDWARE

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

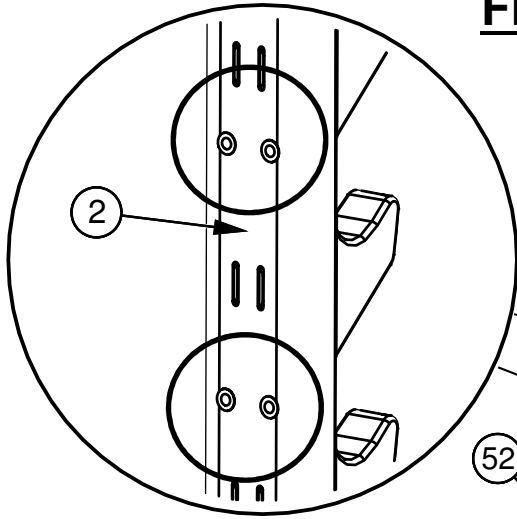


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

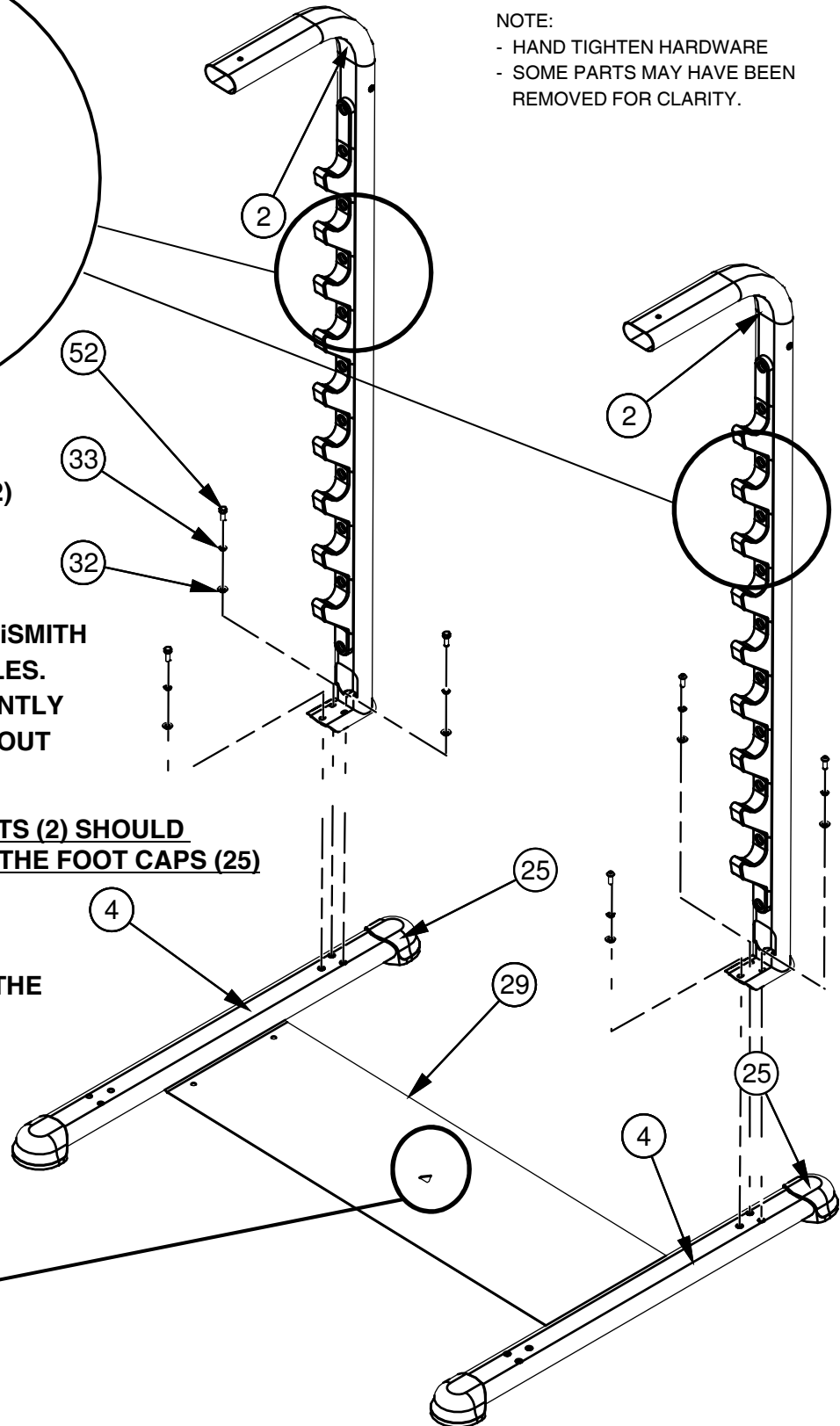
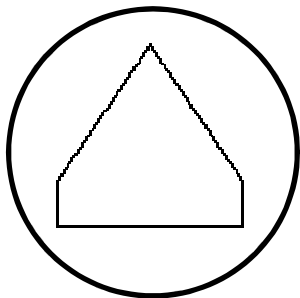
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT
BE CAREFUL TO NOTE THAT THESE UPRIGHTS (2) HAVE 4 HOLES ON THE BACK OF EACH UPRIGHT. THE UPRIGHTS FOR THE OPPOSITE SIDE OF THE MiSMITH DO NOT HAVE THESE HOLES. BE SURE TO NOT ACCIDENTLY USE THE UPRIGHTS WITHOUT HOLES.

NOTE:
THE UPRIGHTS (2) SHOULD NOT TOUCH THE FOOT CAPS (25)

NOTE:
ENSURE THE ARROW ON THE SPREADER PLATE (29) IS POINTING TOWARDS THE UPRIGHTS (2).



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

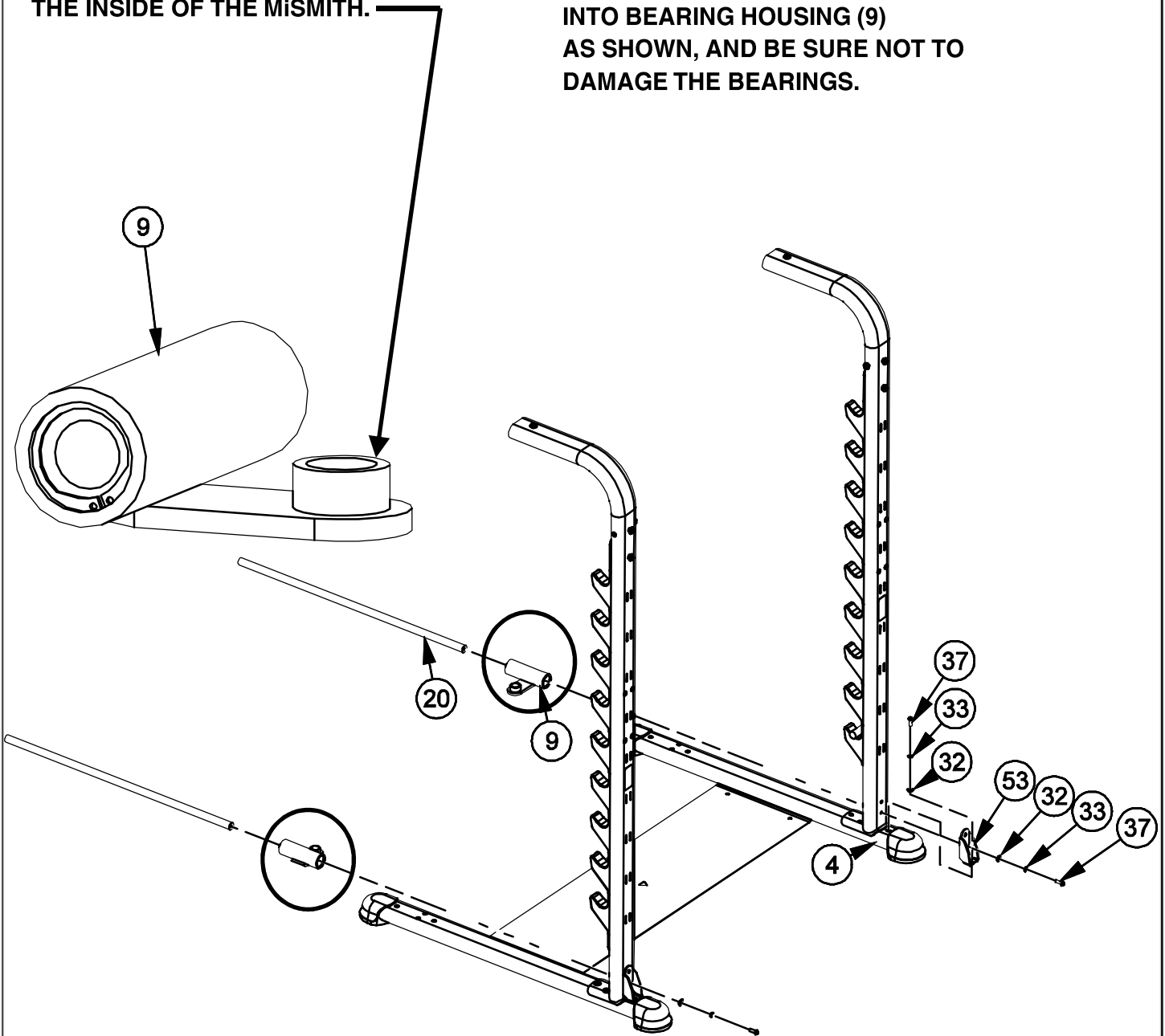
ENSURE THE CIRCULAR BOSS ON THE BEARING HOUSING IS POINTING UPWARDS AND TOWARDS THE INSIDE OF THE MiSMITH.

NOTE:

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

NOTE:

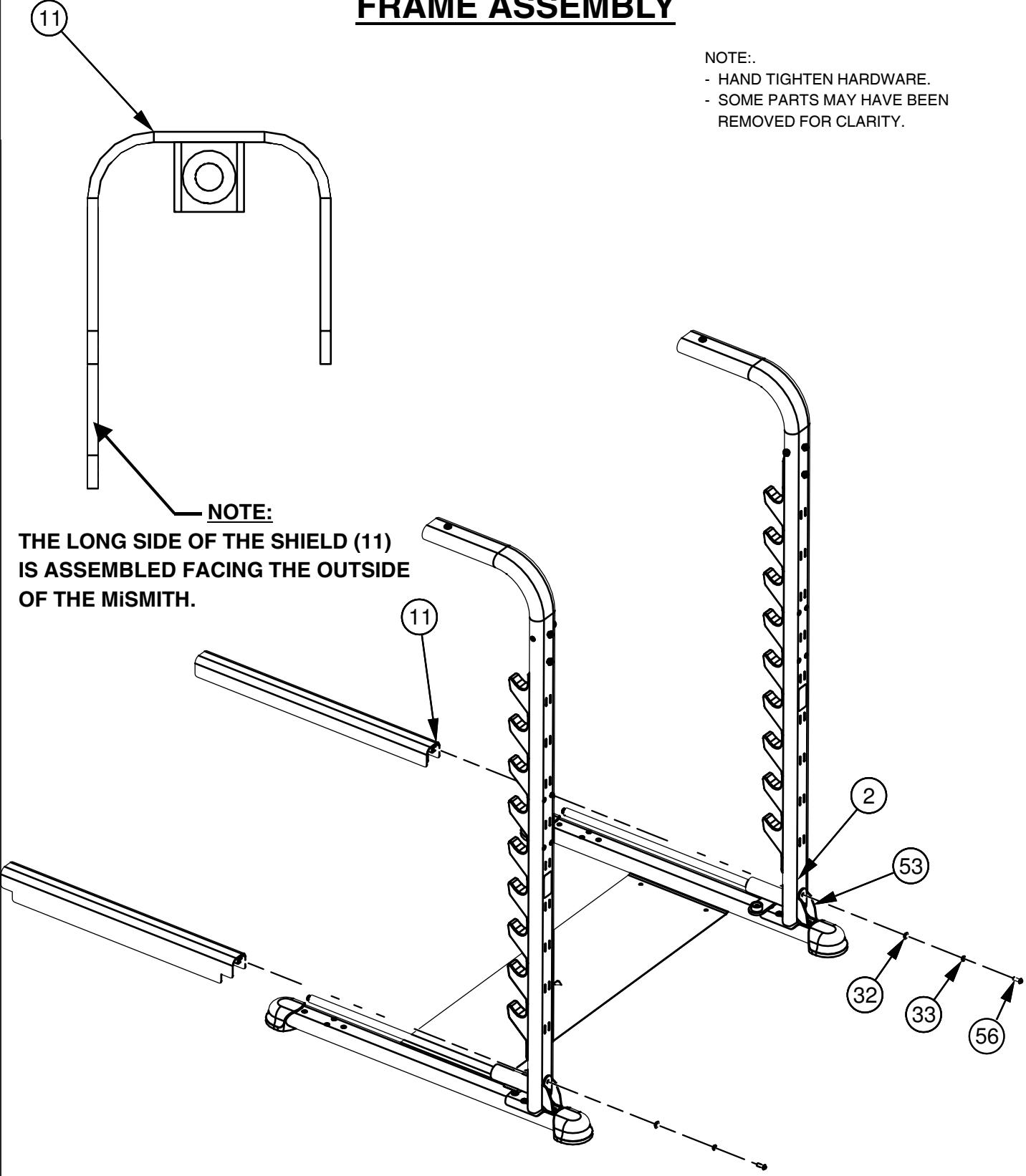
CAREFULLY INSTALL SHAFT (20) INTO BEARING HOUSING (9) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.



OWNER'S MANUAL

FRAME ASSEMBLY

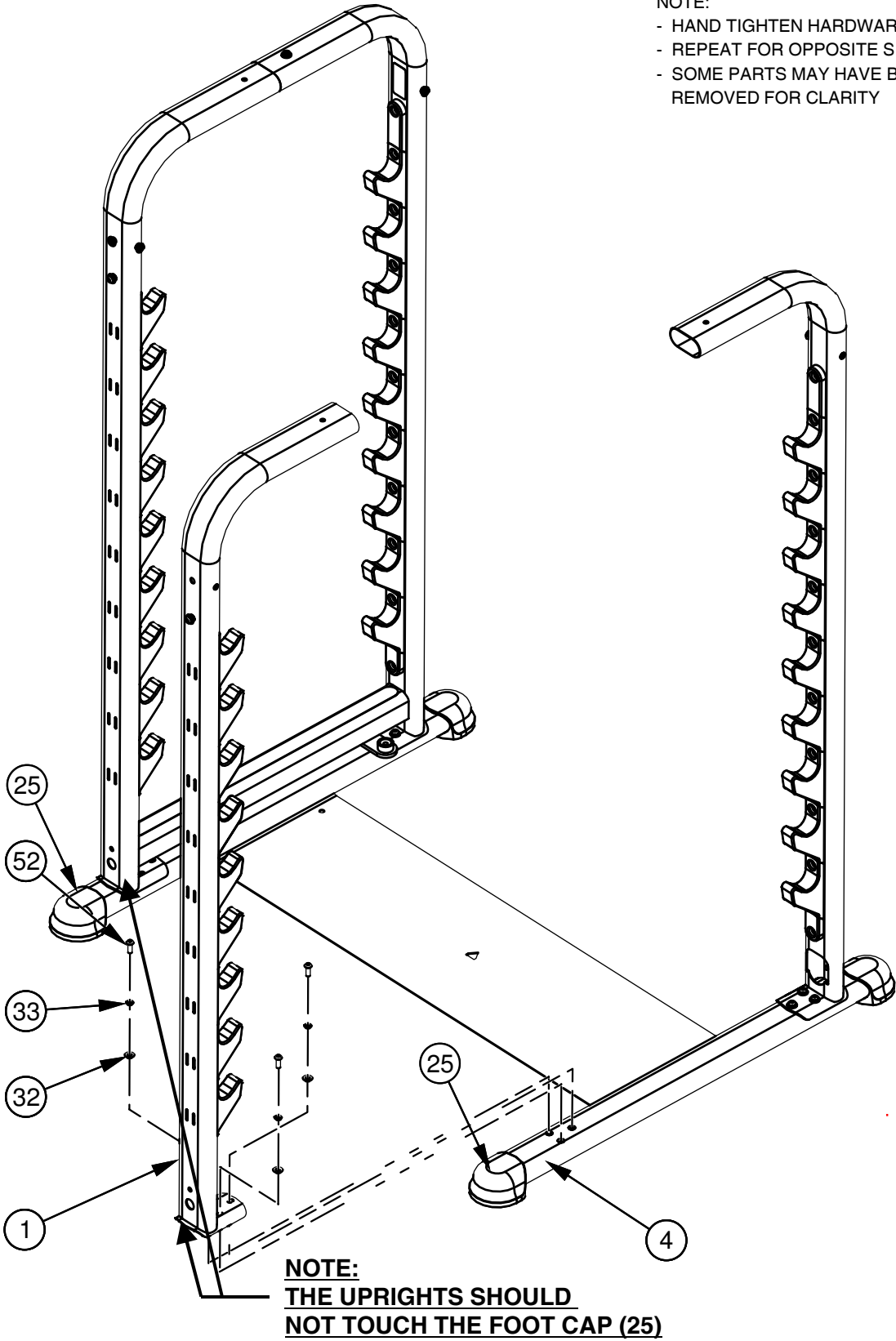
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

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



OWNER'S MANUAL

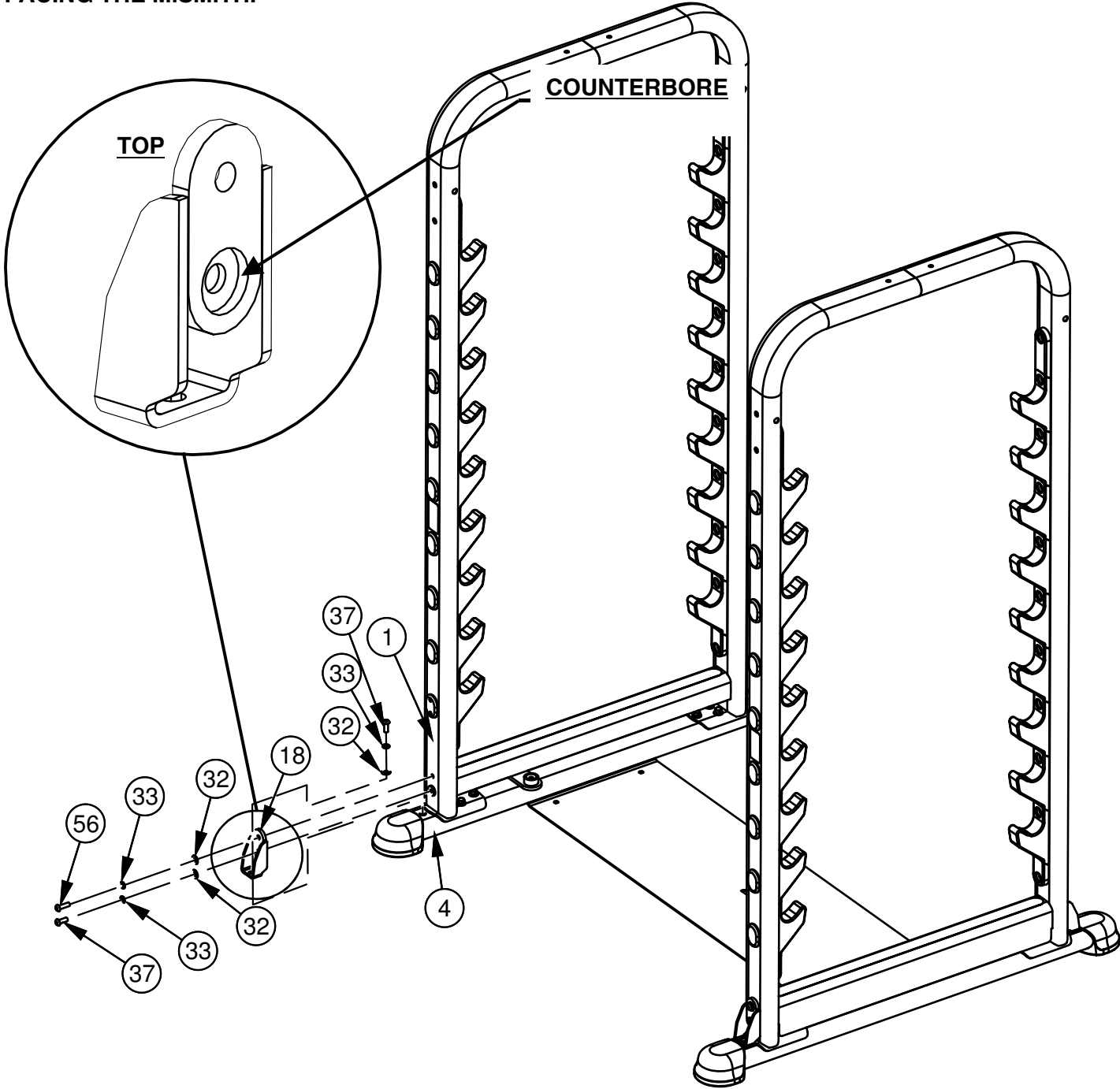
FRAME ASSEMBLY

NOTE:

ASSEMBLE THE BRACKET MOUNT (18) RIGHT SIDE UP, WITH THE COUNTERBORE FACING THE MiSMITH.

NOTE:

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

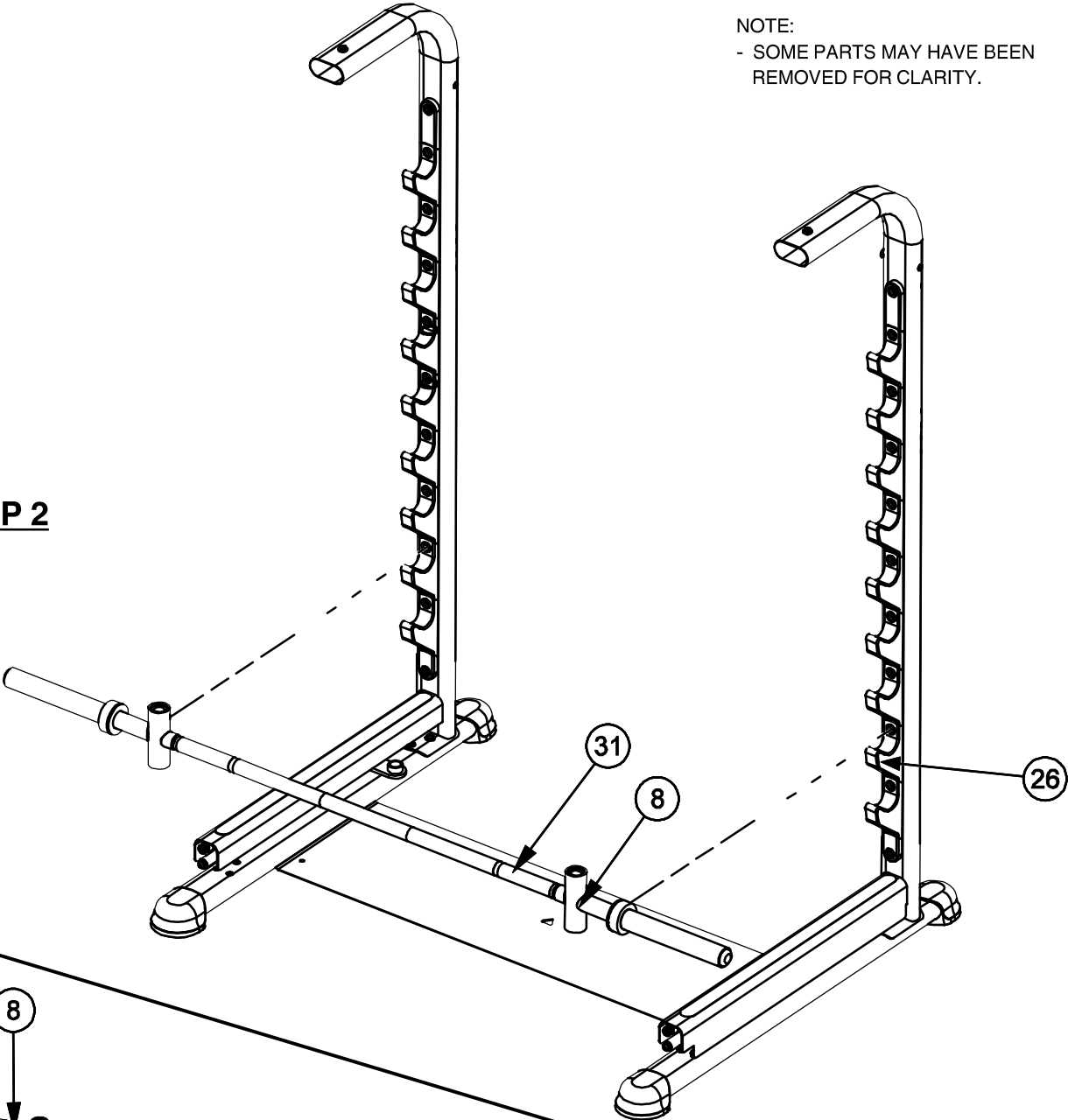


OWNER'S MANUAL

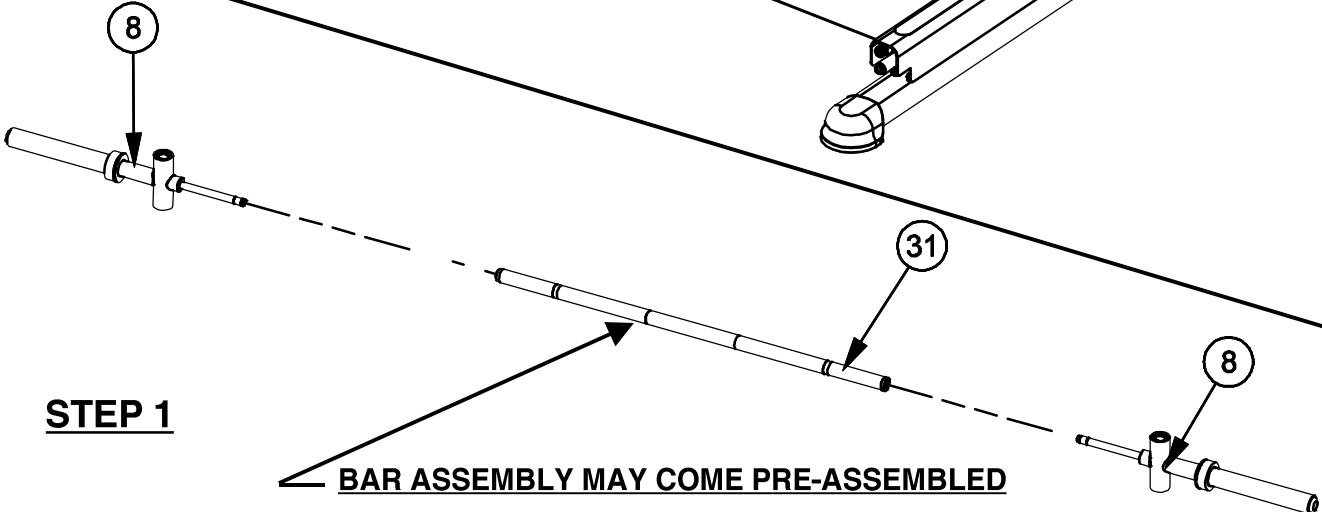
FRAME ASSEMBLY

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

STEP 2



STEP 1



BAR ASSEMBLY MAY COME PRE-ASSEMBLED

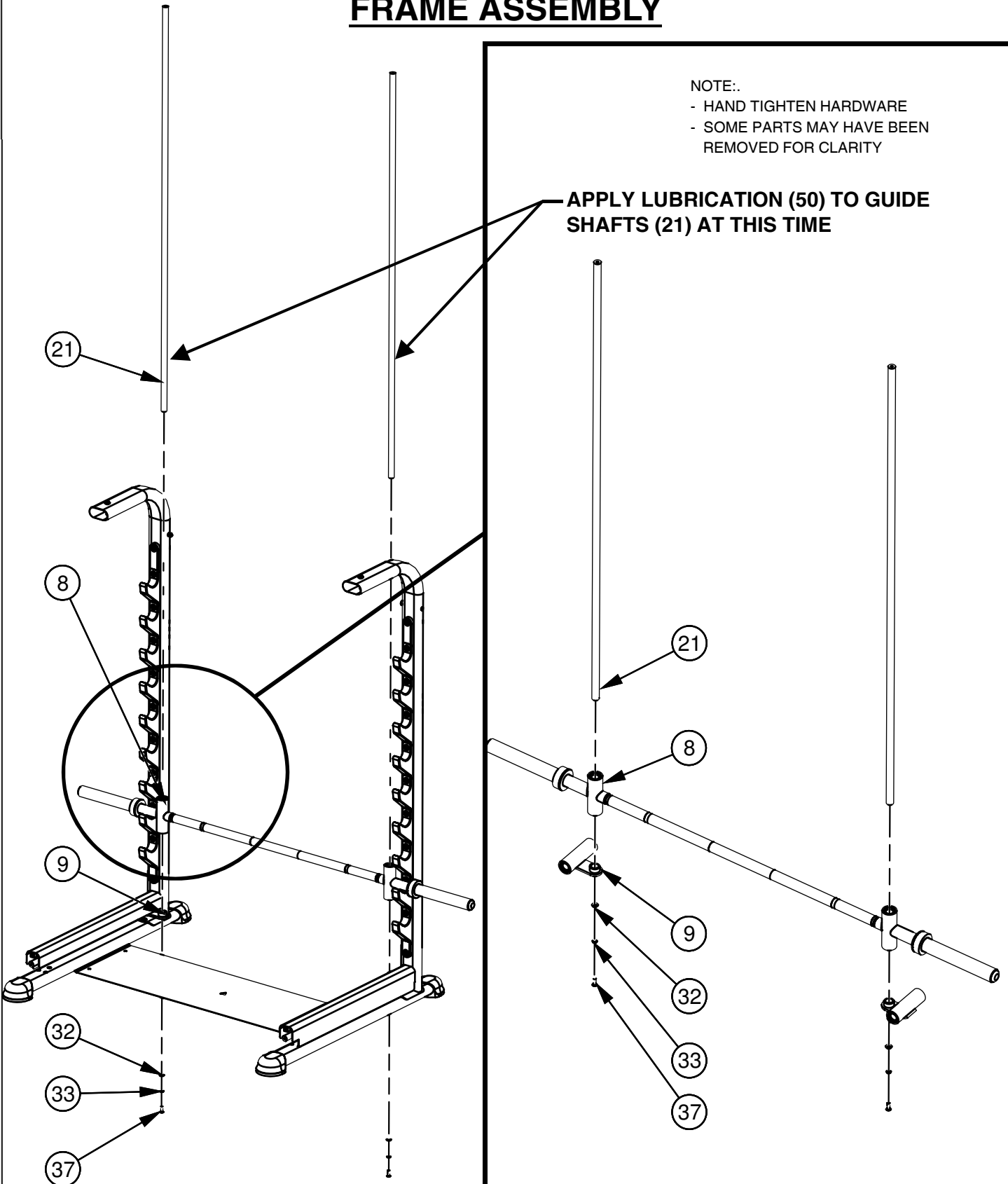
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:.

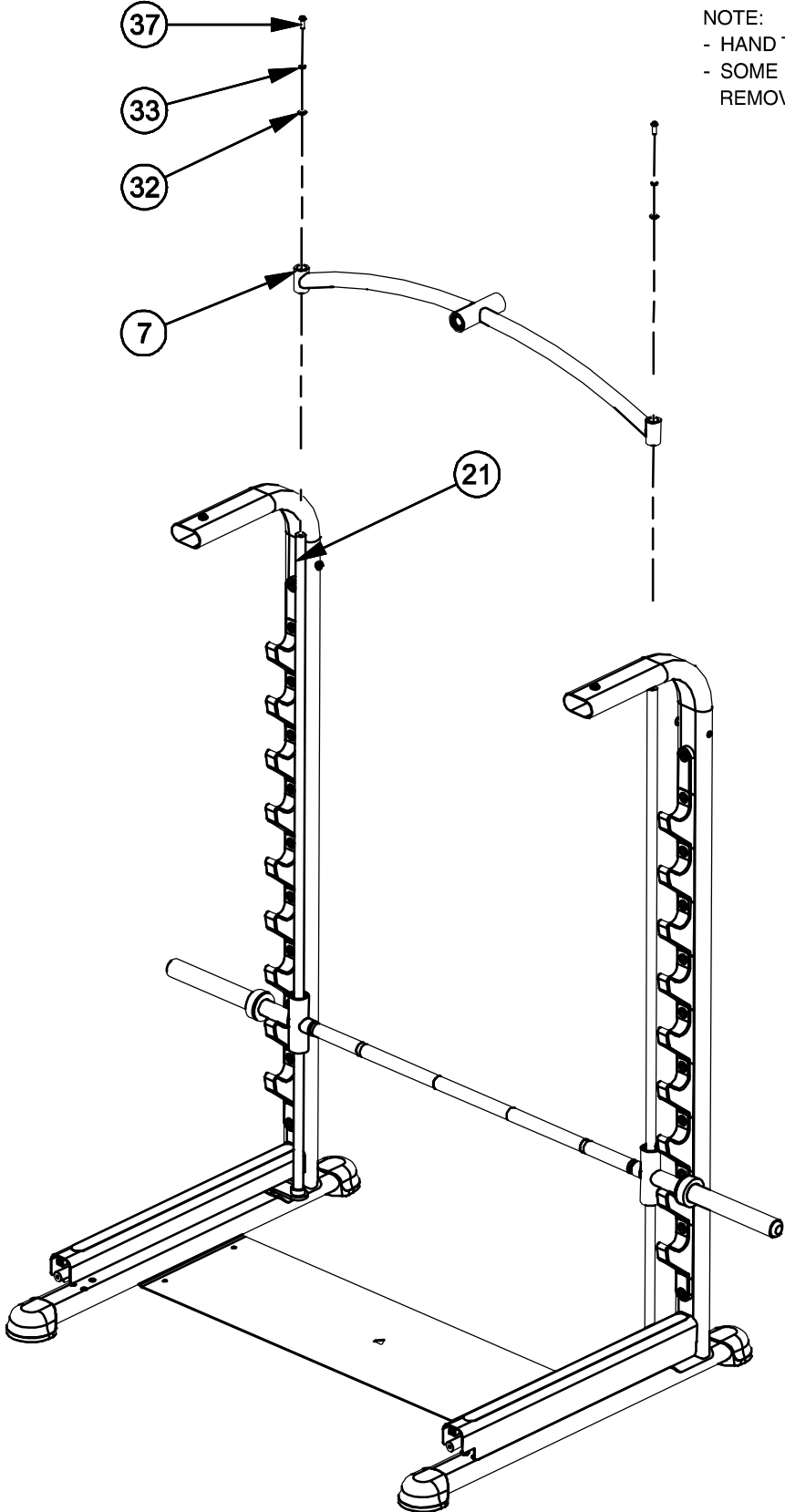
- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

APPLY LUBRICATION (50) TO GUIDE SHAFTS (21) AT THIS TIME



OWNER'S MANUAL

FRAME ASSEMBLY

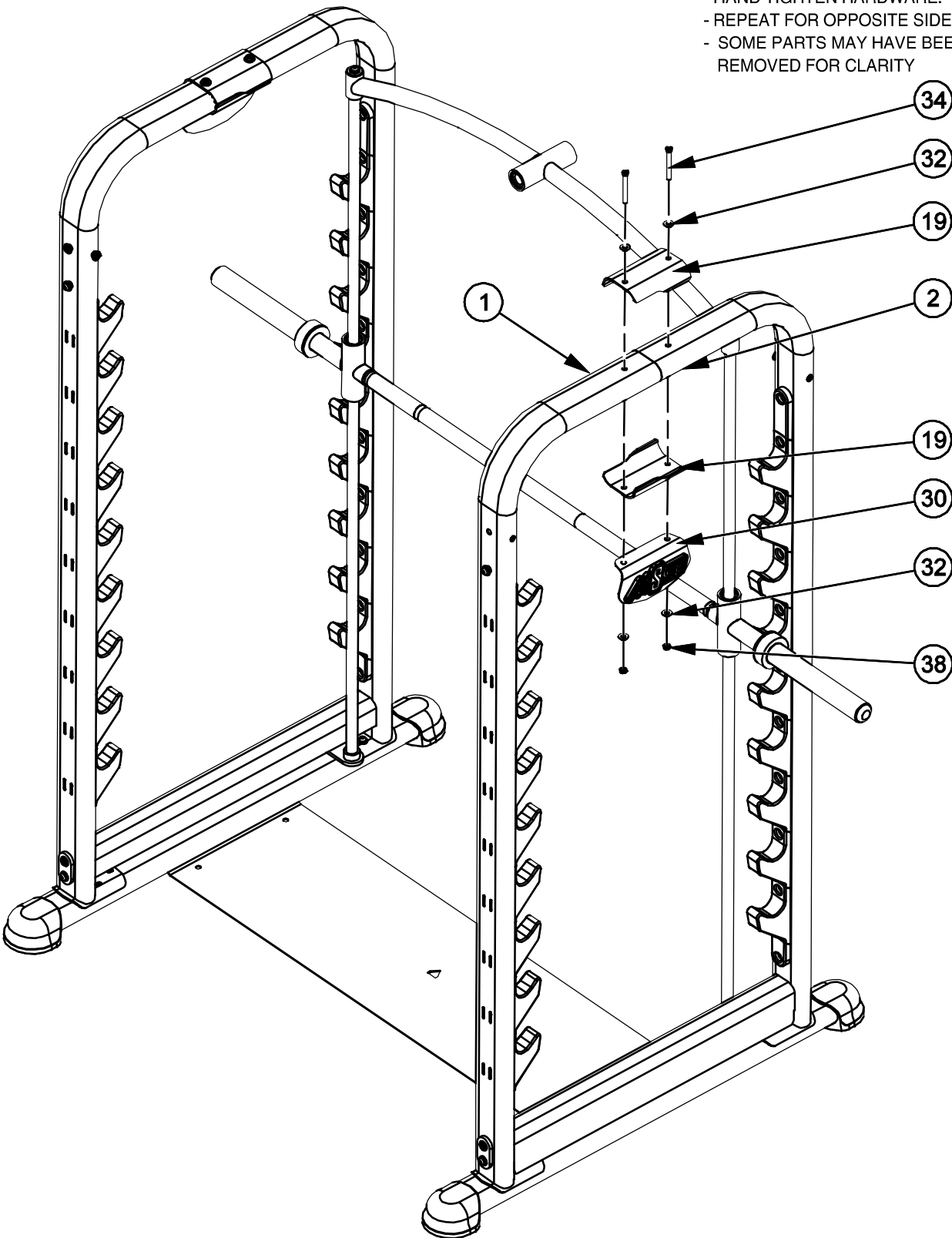


NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

OWNER'S MANUAL

FRAME ASSEMBLY

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

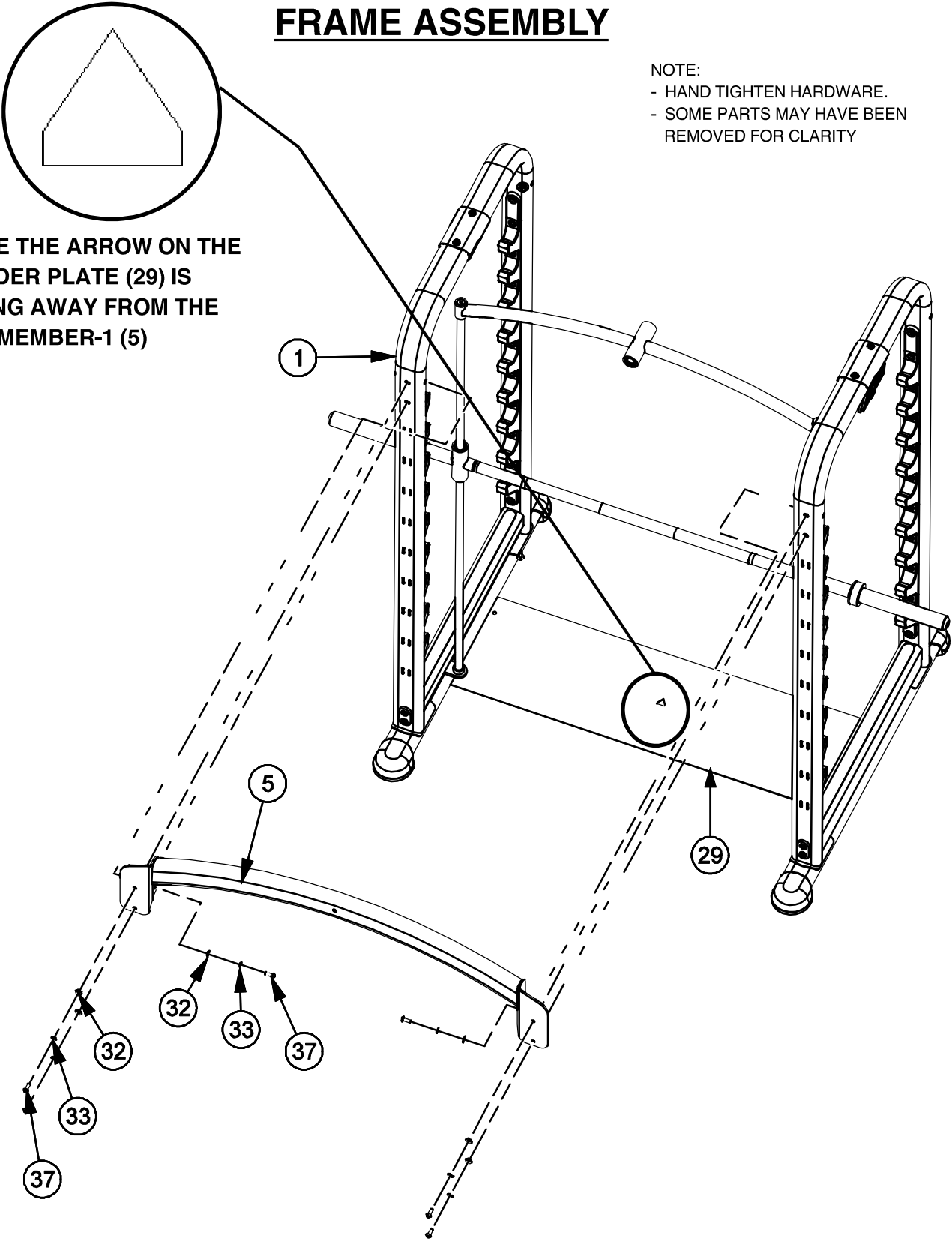


OWNER'S MANUAL

FRAME ASSEMBLY

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

NOTE:
ENSURE THE ARROW ON THE
SPREADER PLATE (29) IS
POINTING AWAY FROM THE
CROSSMEMBER-1 (5)

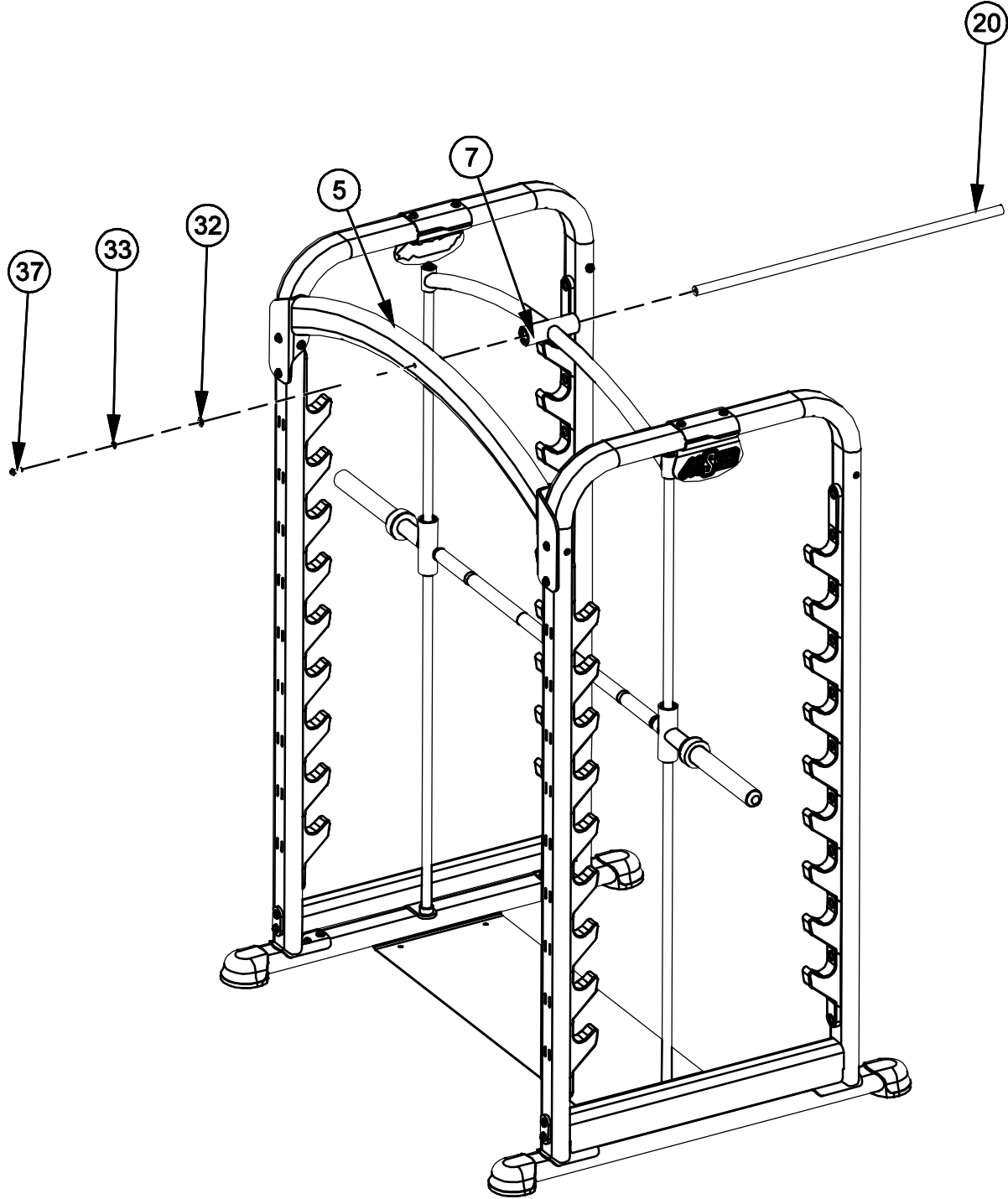


OWNER'S MANUAL

FRAME ASSEMBLY

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

NOTE:
CAREFULLY INSTALL SHAFT (20)
INTO BEARING HOUSING (7)
AS SHOWN, AND BE SURE NOT TO
DAMAGE THE BEARINGS.

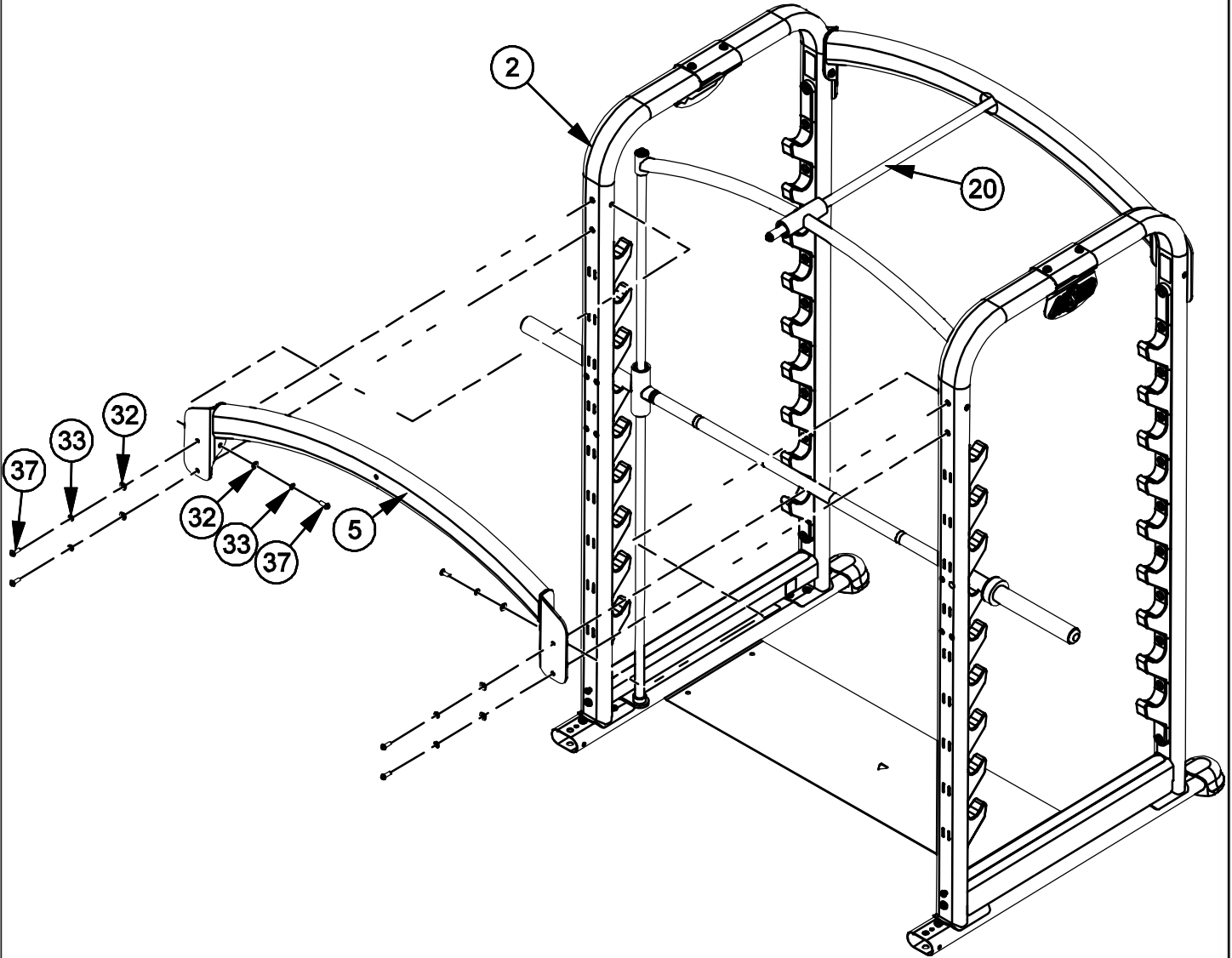


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

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



****STOP****

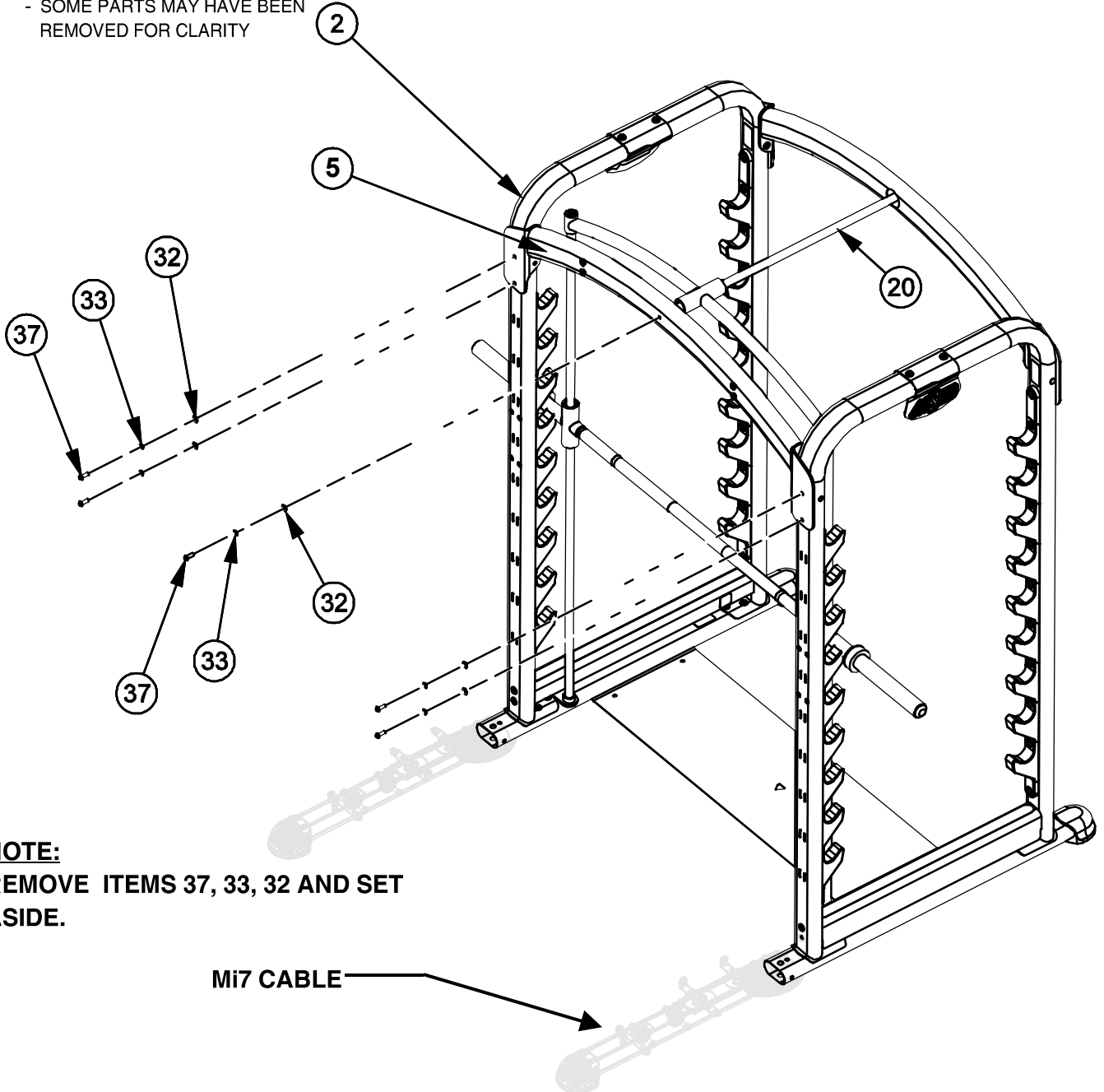
IF YOU HAVE A Mi7 CABLE, CONTINUE TO PAGE 20 OF THE MiSMITH MANUAL. IF YOU DO NOT HAVE A Mi7 CABLE, SKIP FORWARD TO PAGE 28 OF THE MiSMITH MANUAL.

OWNER'S MANUAL

FRAME ASSEMBLY **ATTACHING THE Mi7 CABLE TO THE MiSMITH**

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



NOTE:

REMOVE ITEMS 37, 33, 32 AND SET
ASIDE.

****STOP****

REFER TO THE Mi7 CABLE MANUAL AND COMPLETE THE STEPS THERE
BEFORE CONTINUING TO PAGE 21 OF THE MiSMITH MANUAL.

OWNER'S MANUAL

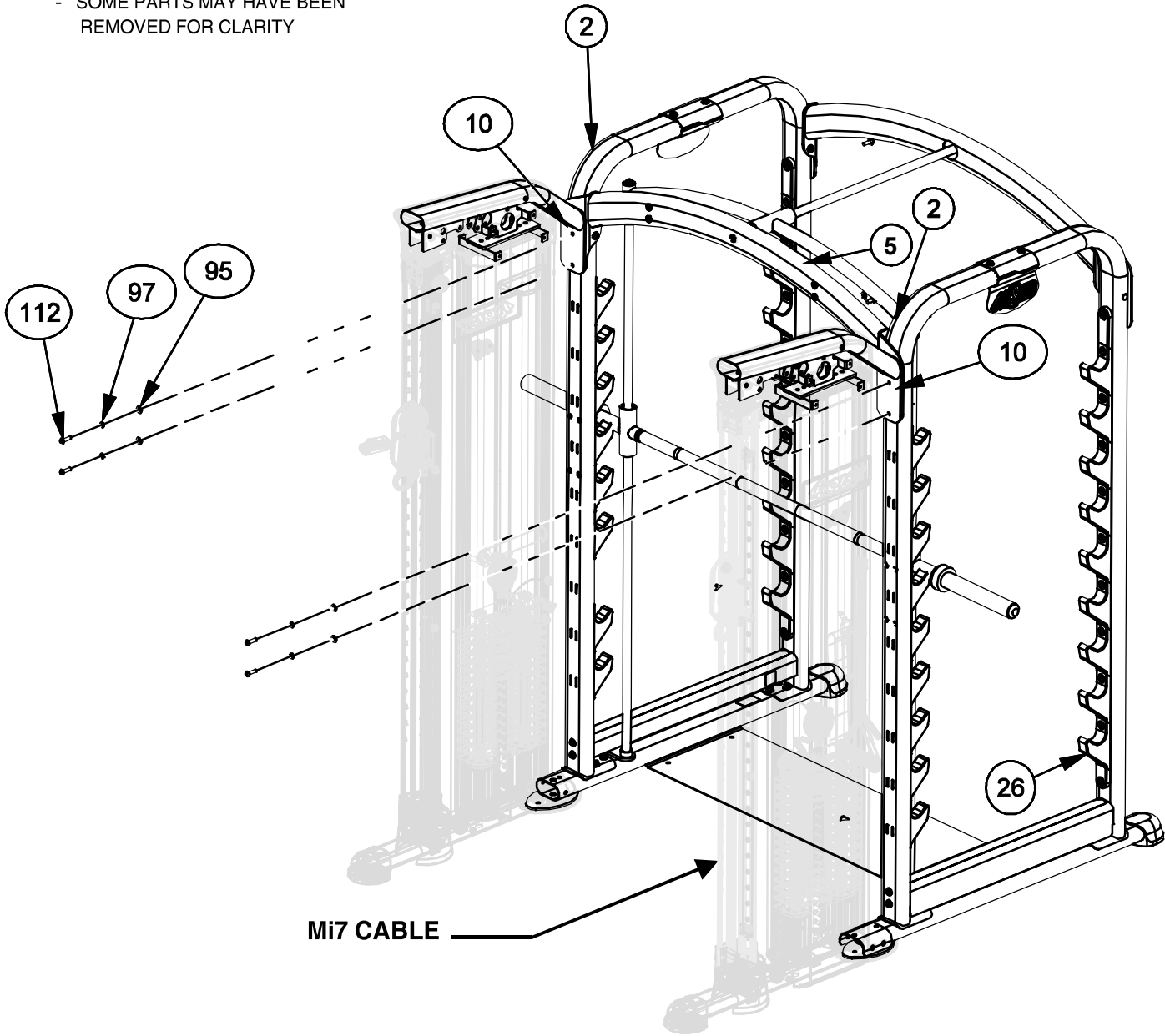
FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

- HAND TIGHTEN HARDWARE

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE MiSMITH

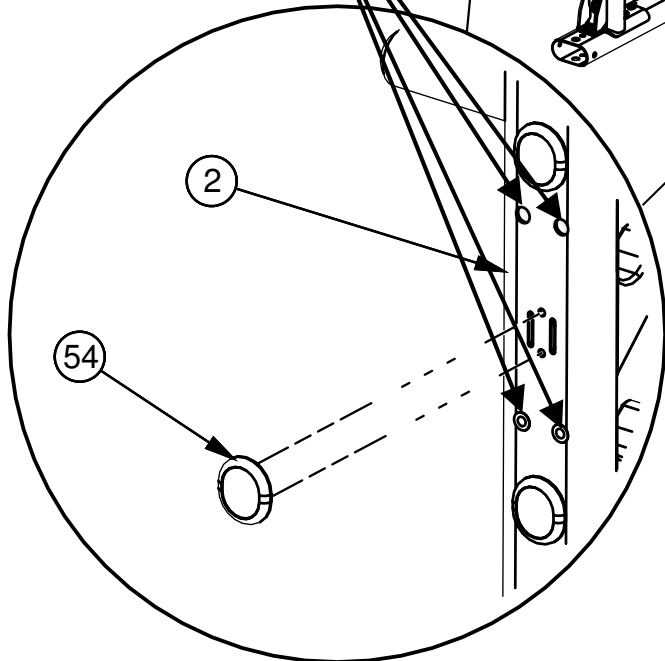
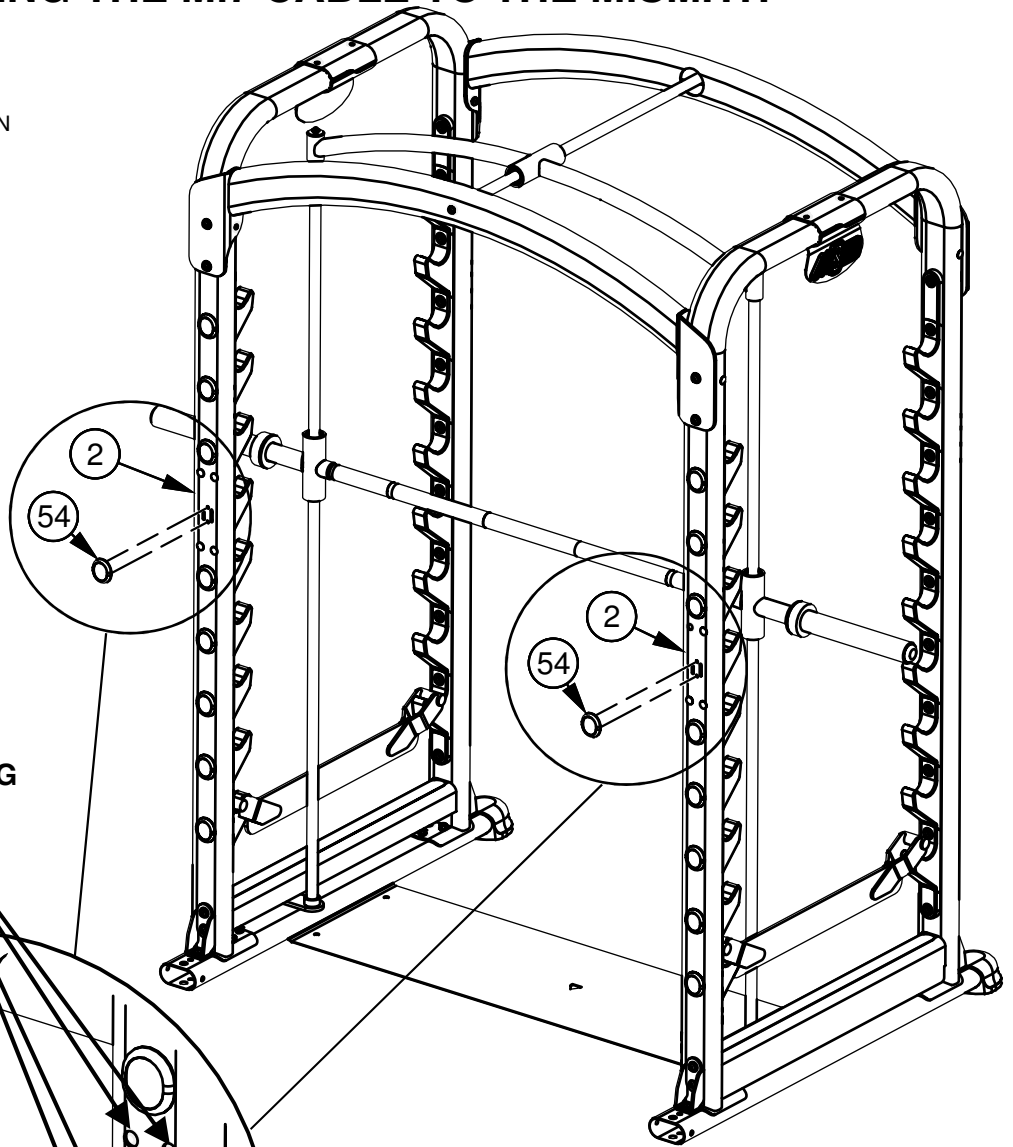
NOTE:

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

NOTE:

REMOVE THE INDEX NUMBER MOUNTS (54) BETWEEN THE HOLES (FOR INSTALLING THE Mi7 CABLE). DO NOT REMOVE THE OTHER INDEX NUMBER MOUNTS.

HOLES FOR INSTALLING
Mi7 CABLE



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

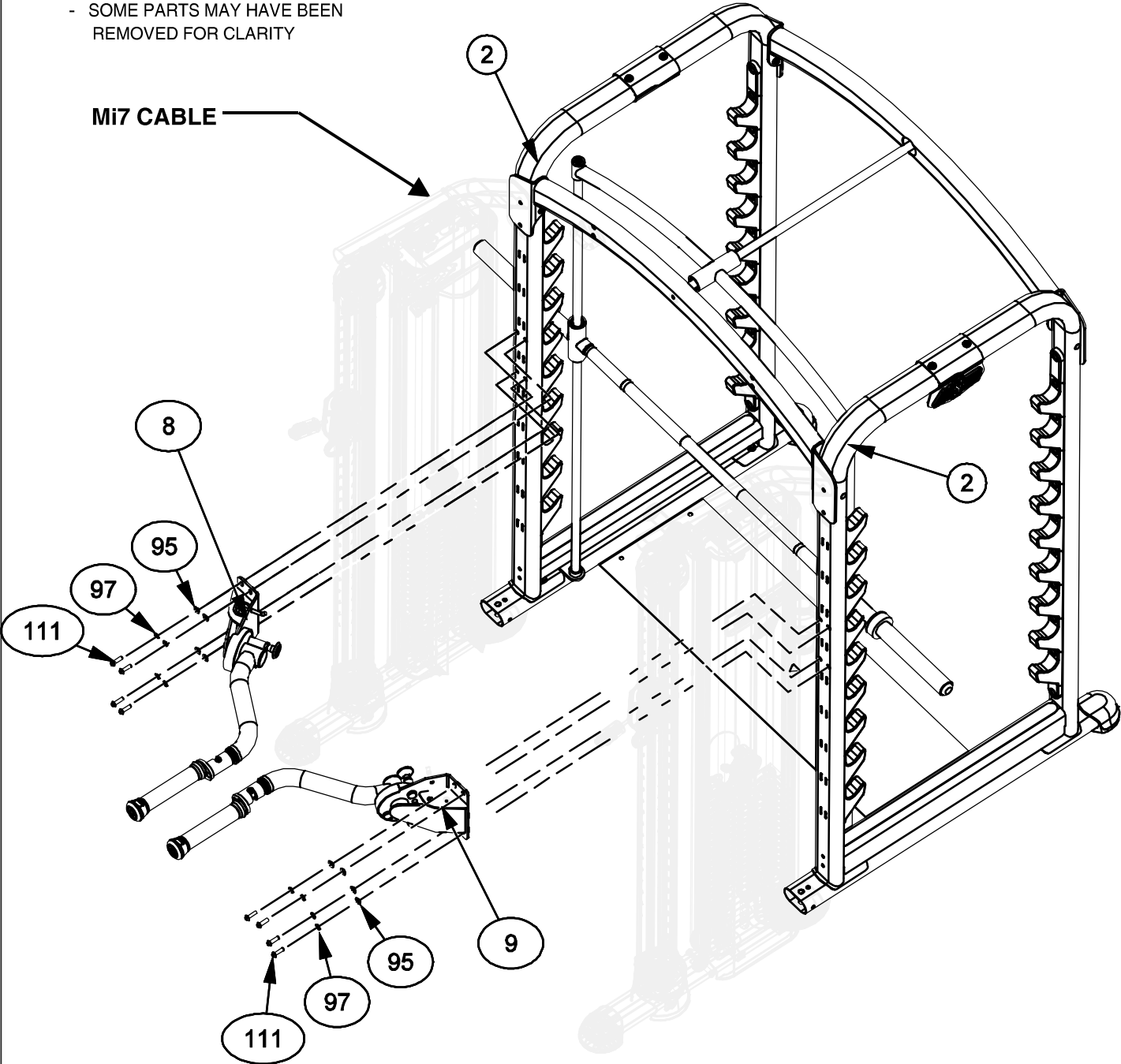
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL

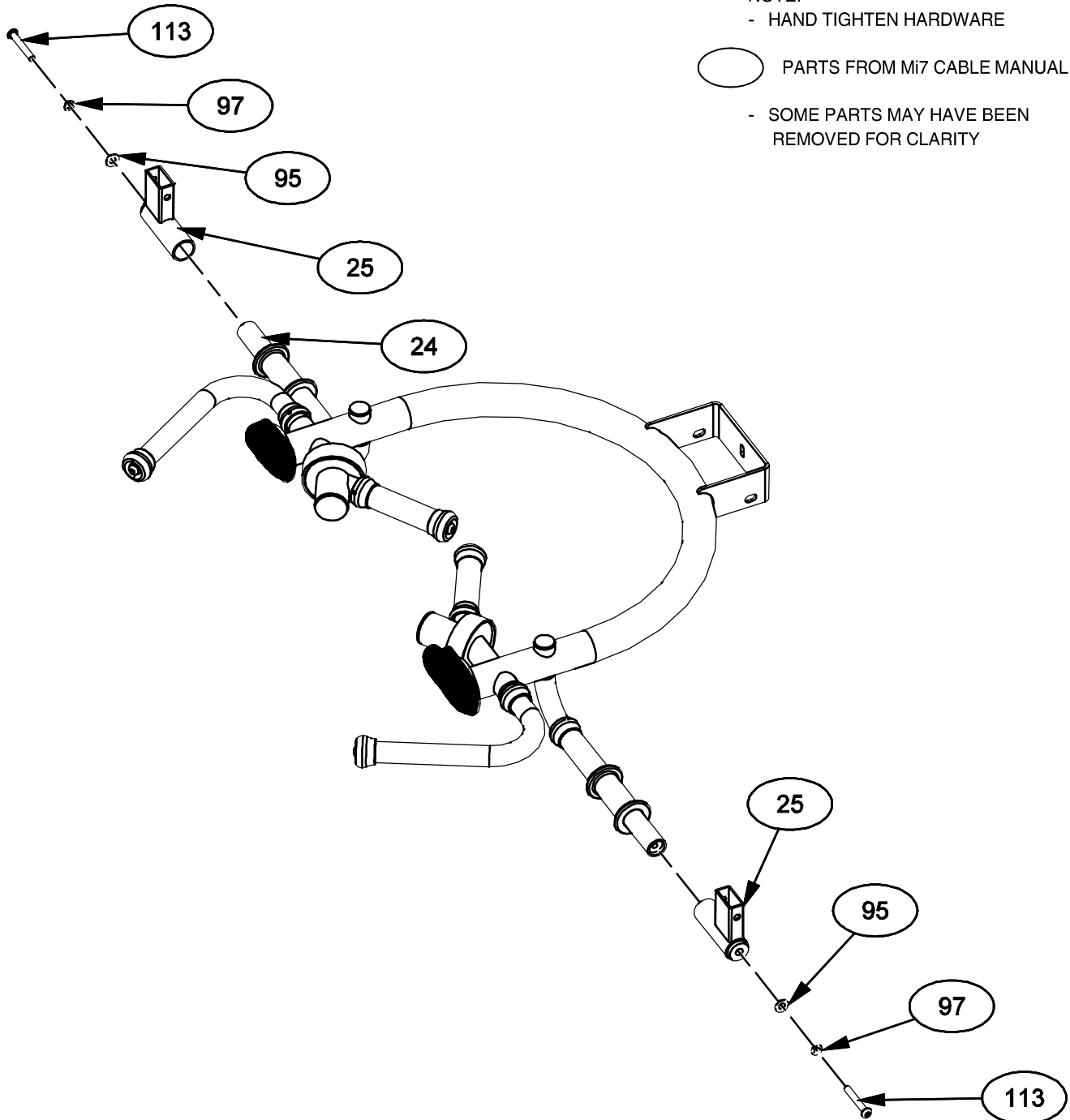
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

Mi7 CABLE



OWNER'S MANUAL

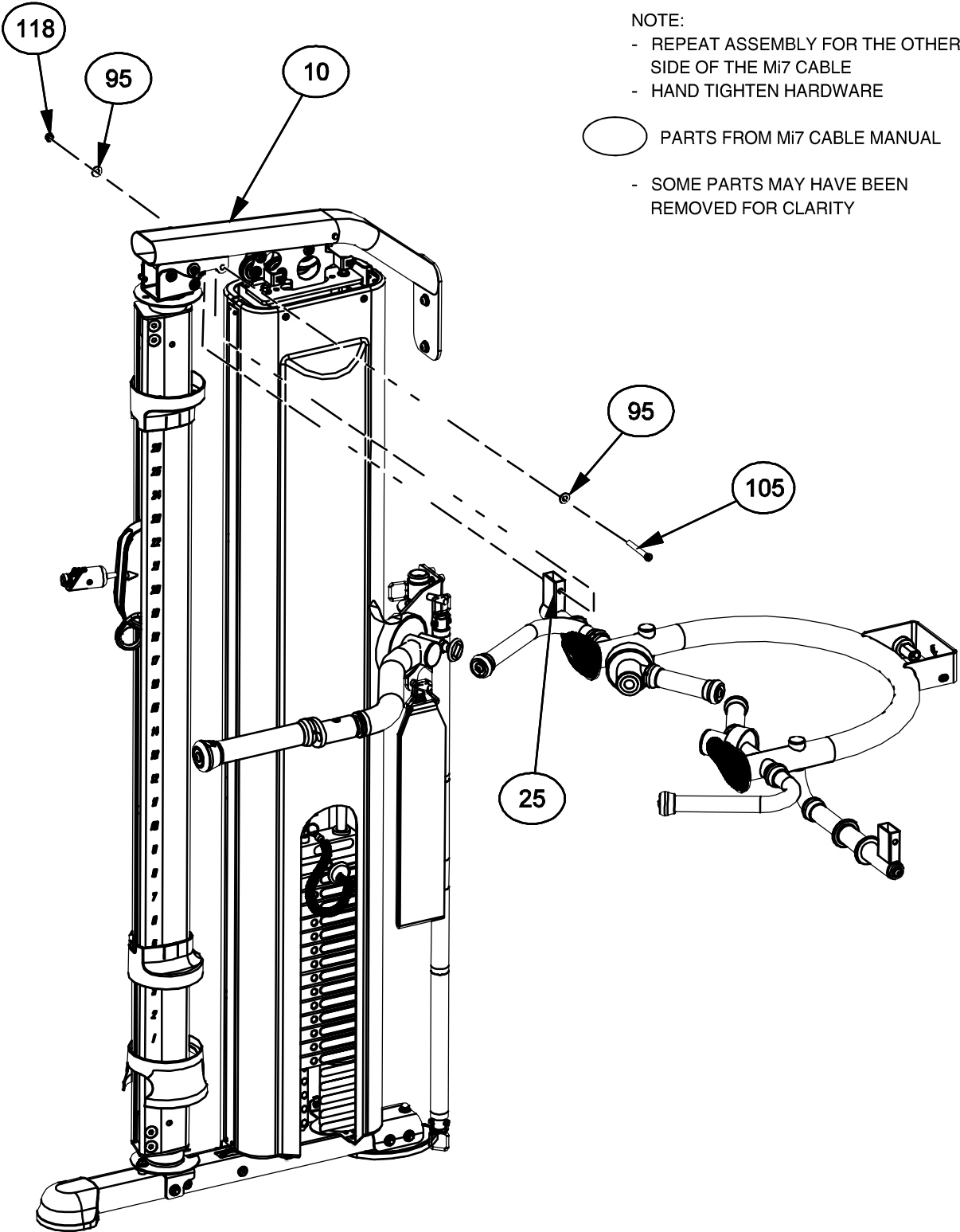
FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH



OWNER'S MANUAL

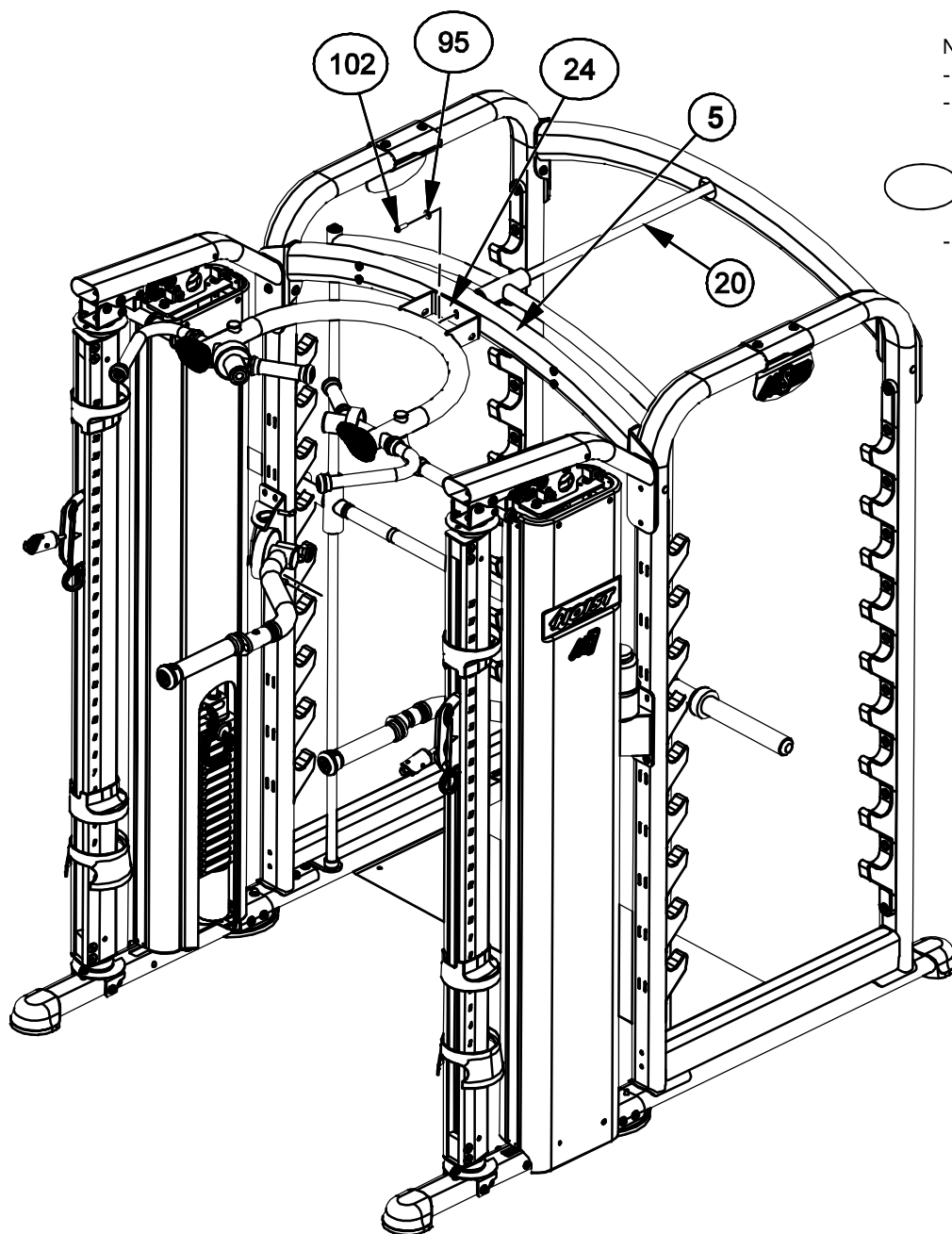
FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE MiSMITH



OWNER'S MANUAL

FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH



NOTE:

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

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

- ENSURE THE BOLT (102) SCREWS INTO THE CHIN UP MAIN FRAME (24) AND THE GUIDE SHAFT (20)

IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

AT THIS STEP, 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

ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

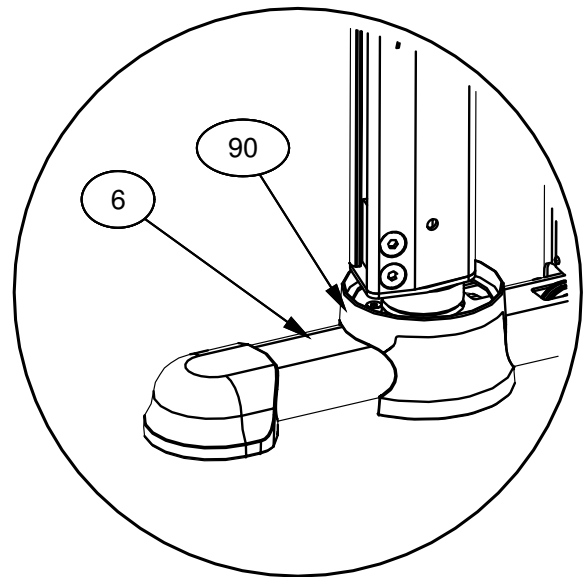
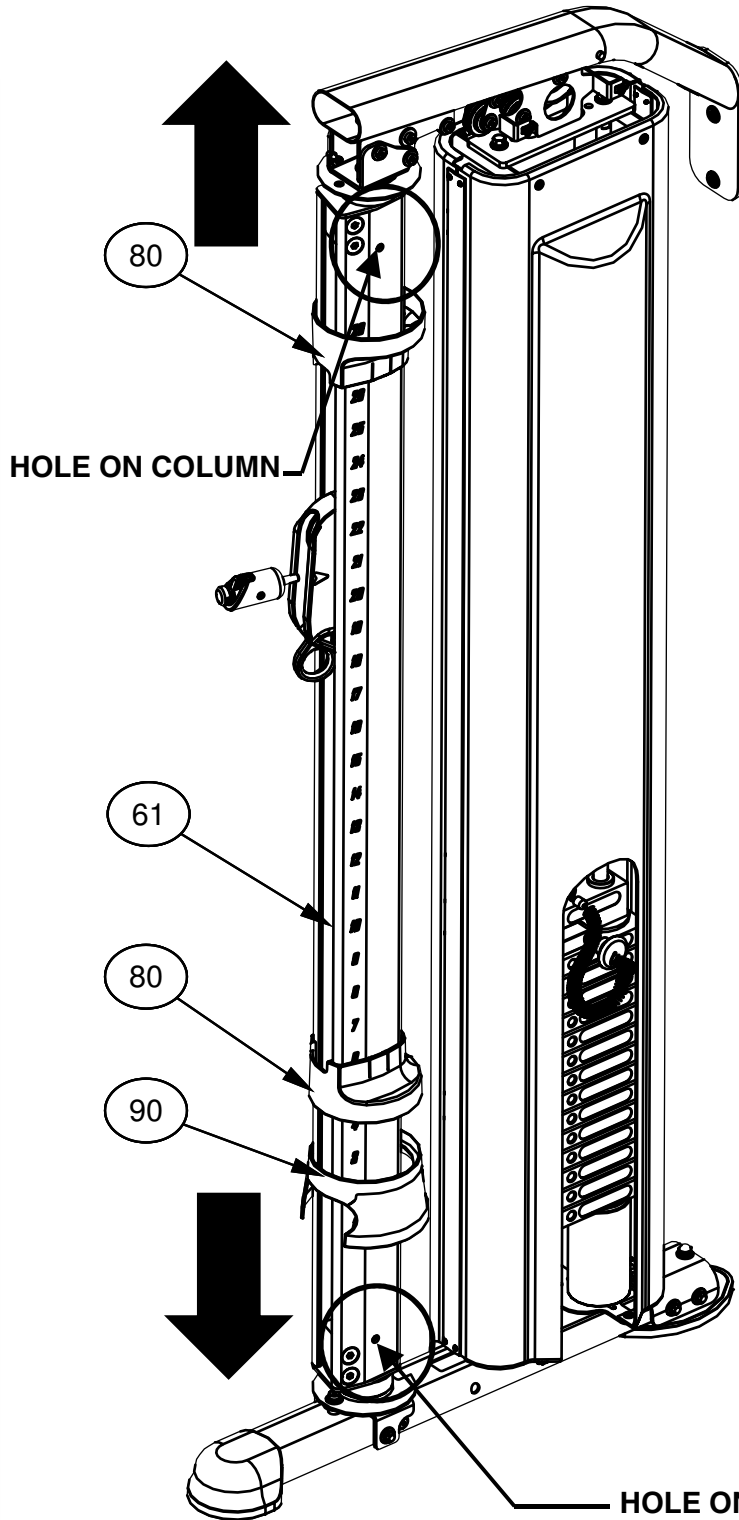
- REPEAT FOR COLUMN ON THE OTHER SIDE OF THE Mi7 CABLE

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

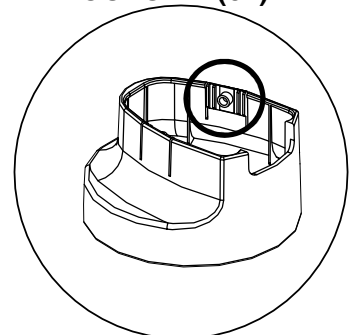
NOTE:

PUSH THE BOOT-4 (90) DOWNWARDS UNTIL IT SNAPS ONTO THE BASE FRAME (6).



PUSH THE UPPER SLEEVE (80) UPWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61). PUSH THE LOWER SLEEVE (80) DOWNWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61).

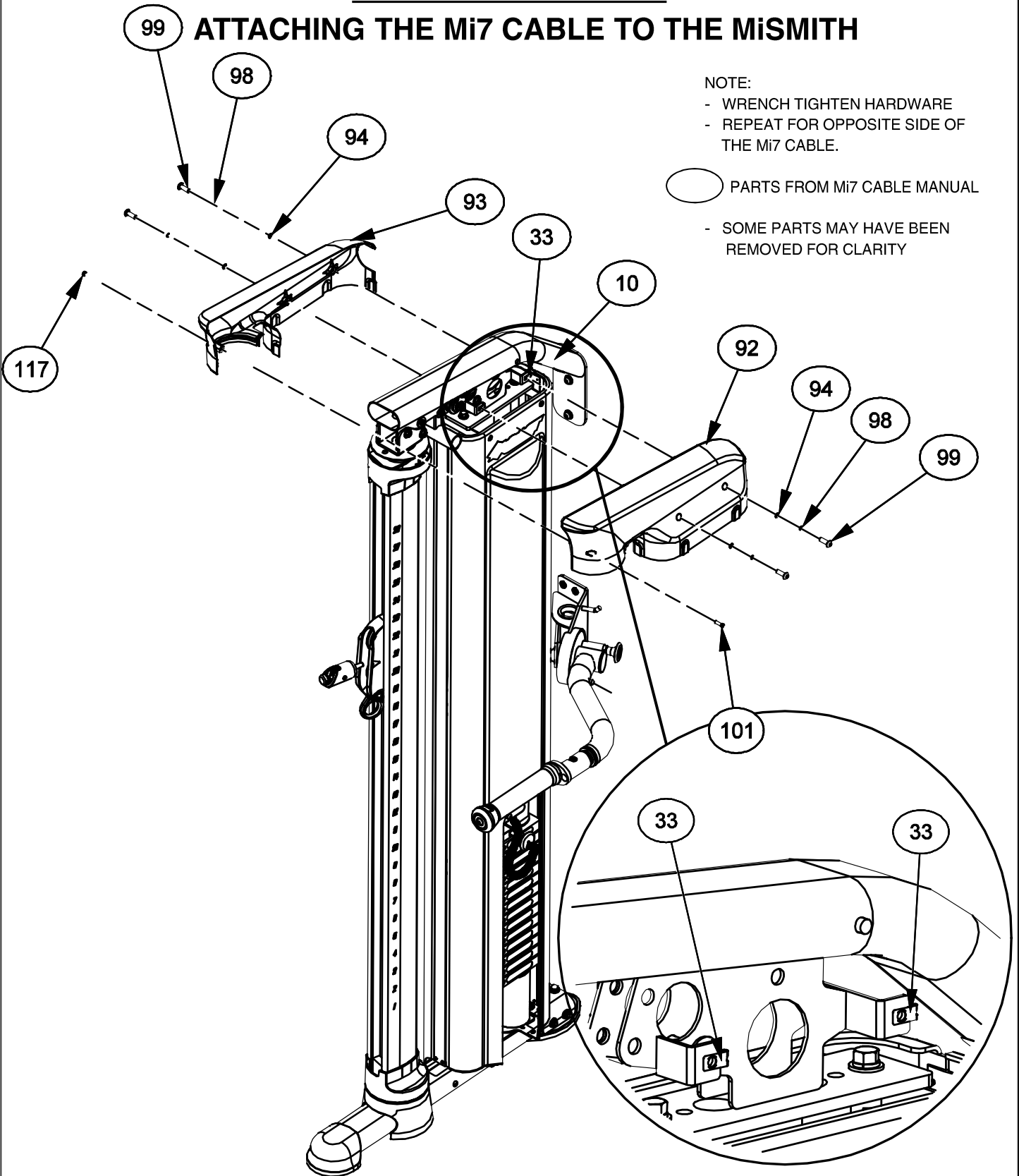
TABS ON SLEEVE



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE MiSMITH

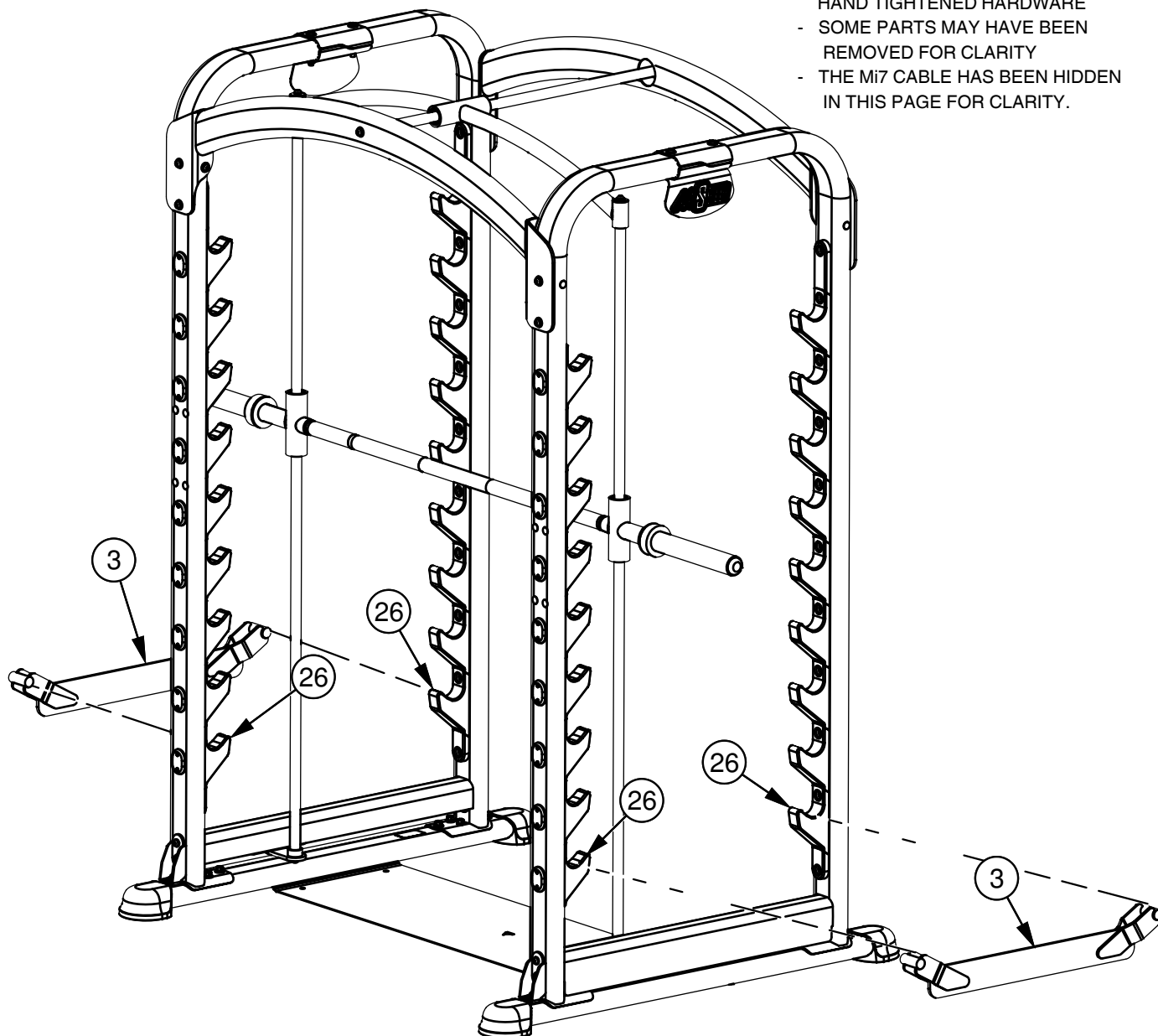


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- THE Mi7 CABLE HAS BEEN HIDDEN IN THIS PAGE FOR CLARITY.



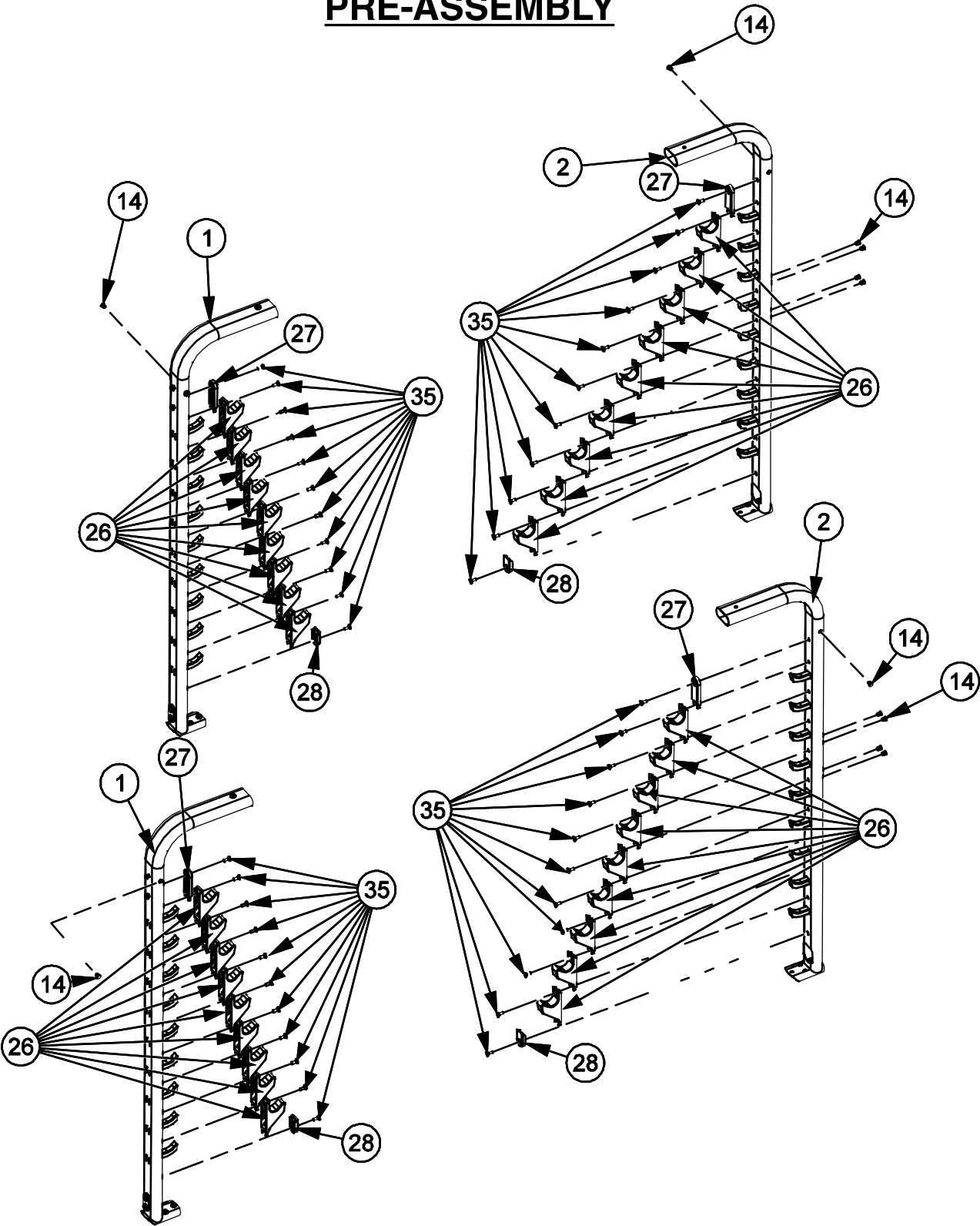
IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

NOW THAT THE MiSMITH 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.

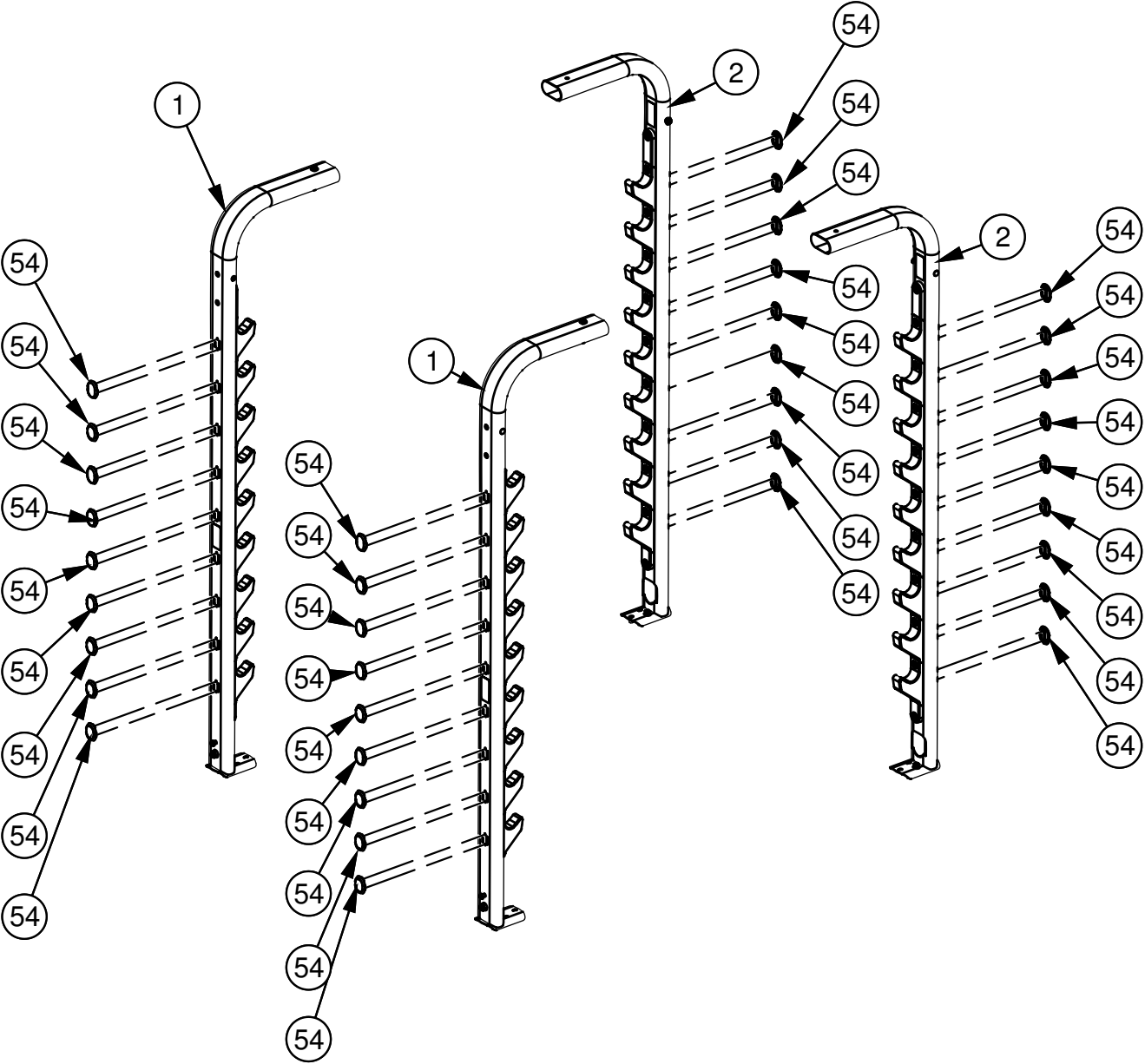
OWNER'S MANUAL

PRE-ASSEMBLY



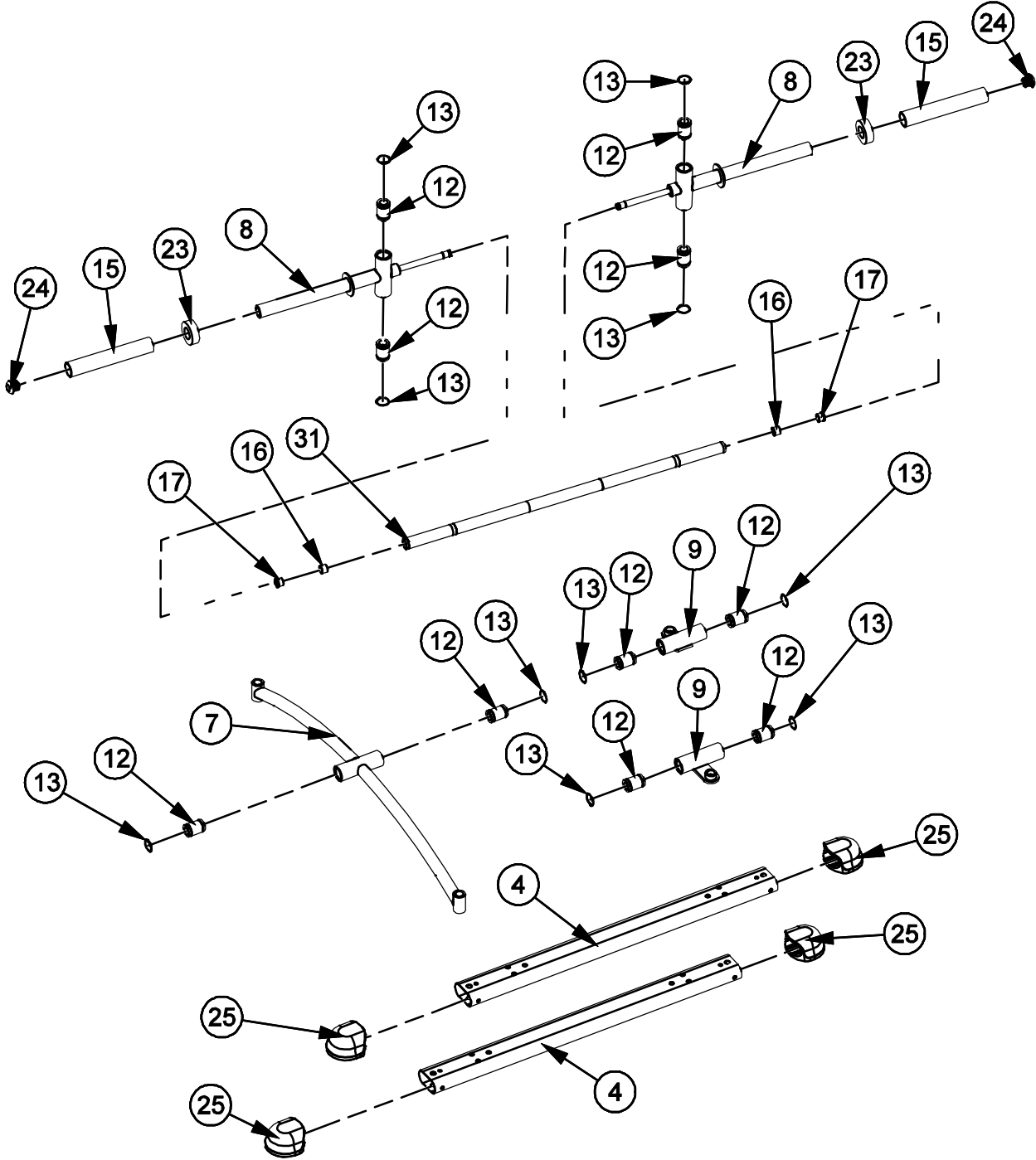
OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED



OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

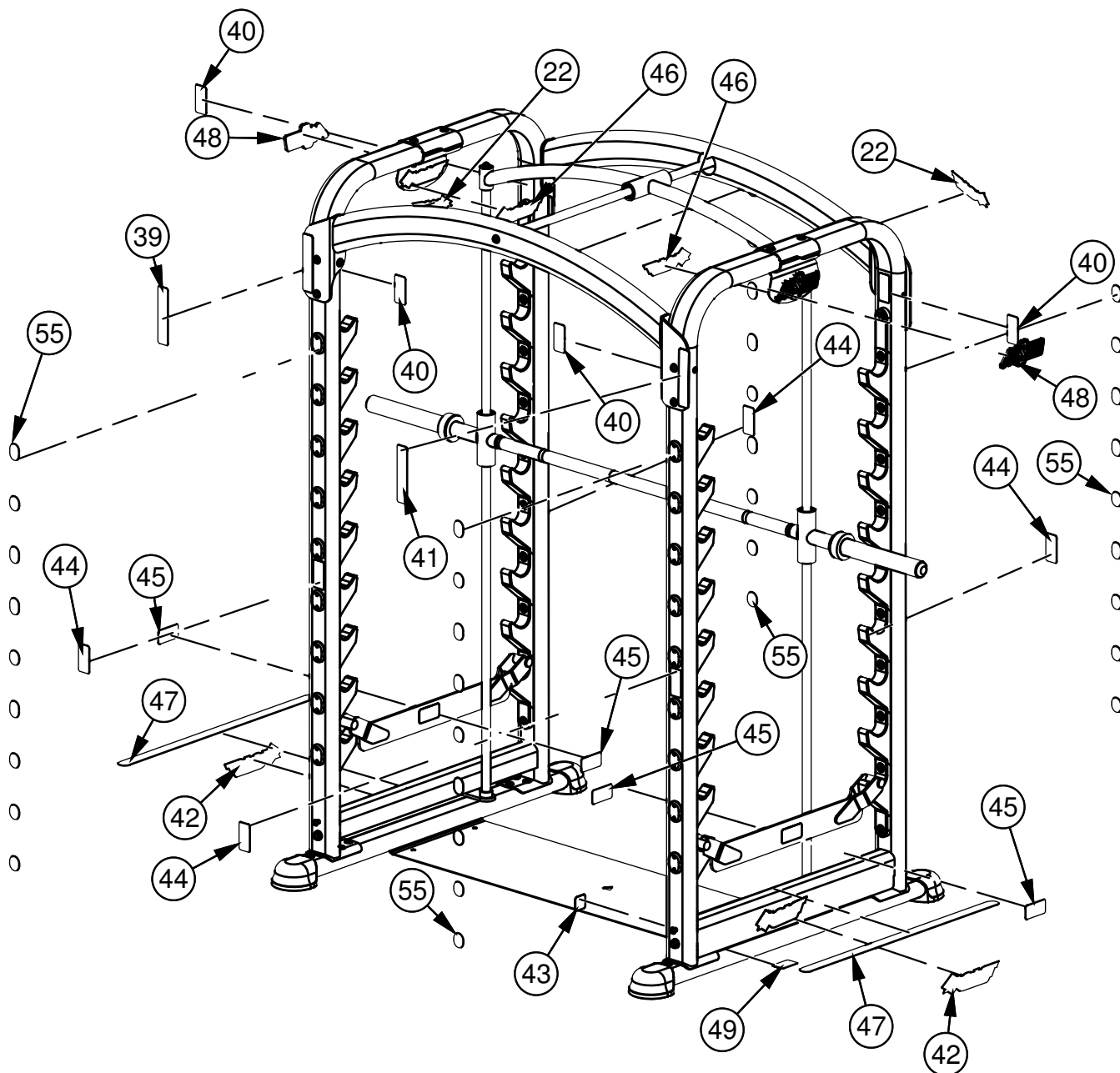


OWNER'S MANUAL

DECAL PLACEMENT

NOTE:

- 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. 07)

021-0003135

NOTICE

| COMMERCIAL MAINTENANCE | Daily | Weekly | Monthly | 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 (Rev. 07)

021-0003008

WARNING

600 LBS.
MAXIMUM
WEIGHT RATING

021-0003228

WARNING



PINCH POINTS

021-0003113

021-0003113



021-0003967



021-0003962

OWNER'S MANUAL

DECAL REFERENCE CONTINUED



021-0003221



021-0003627



021-0003230



021-0003329



SERIAL # DECAL



021-0003282



021-0003954

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|-----------------|--|------|
| 1 | 026-01X6001 | UPRIGHT-1 | 2 |
| 2 | 026-01X6002 | UPRIGHT-2 | 2 |
| 3 | 026-01X6003 | SAFETY TIER | 2 |
| 4 | 026-01X6004 | BASE 1 | 2 |
| 5 | 026-01X6005 | CROSSMEMBER-1 | 2 |
| 7 | 026-01X6007 | CROSSMEMBER/BEARING CARRIER | 1 |
| 8 | 026-01X6008 | OLYMPIC WEIGHT MOUNT | 2 |
| 9 | 026-01X6009 | BEARING HOUSING | 2 |
| 11 | 026-01X7119 | SHIELD | 2 |
| 12 | 014-0007005 | 25mm LINEAR BEARING | 10 |
| 13 | 014-0015005 | SNAP RING: Ø40mm INTERNAL | 10 |
| 14 | 016-0203006 | PINETREE PLUG | 12 |
| 15 | 026-STD-06-0201 | WEIGHT HORN SLEEVE | 2 |
| 16 | 026-STD-08-0041 | Ø .75" BEARING | 2 |
| 17 | 026-STD-08-0021 | 3/4" FLANGED BEARING | 2 |
| 18 | 026-01X7169 | BRACKET MOUNT-2 | 2 |
| 19 | 026-01F0602 | FLNG. 50 X 100mm FLAT OVAL | 4 |
| 20 | 026-01G0501 | GUIDE SHAFT, 36.06" LG. | 3 |
| 21 | 026-01G0502 | GUIDE SHAFT, Ø.98" X 73.40" LG. | 2 |
| 22 | 021-0003230 | DECAL HOIST 1.625" X 6.0613" | 2 |
| 23 | 026-01PL0264 | WEIGHT HORN RUBBER DONUT | 2 |
| 24 | 026-01PL2135 | END PLUG Ø 1.66" | 2 |
| 25 | 026-01PL2641 | FOOTCAP, 1.9685" X 3.9370" F.O. | 4 |
| 26 | 026-01PL2801 | 6" PU RACK-OUT COVER | 36 |
| 27 | 026-01PL2802 | PU RACK-OUT UPPER CAP | 4 |
| 28 | 026-01PL2803 | PU RACK-OUT LOWER CAP | 4 |
| 29 | 026-01P7010 | SPREADER PLATE | 1 |
| 30 | 026-01P7012 | PLACARD MOUNT | 2 |
| 31 | 026-01T2348 | OLYMPIC WEIGHT BAR | 1 |
| 32 | 013-1002007 | 3/8" X 22mm FLAT WASHER (Ni) | 54 |
| 33 | 013-1006003 | 3/8" SPLIT LOCK WASHER (Ni) | 42 |
| 34 | 011-0116150 | 3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni) | 4 |
| 35 | 011-0702020 | 3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH | 44 |

OWNER'S MANUAL

PART LIST CONTINUED

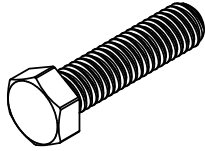
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY. |
|----------|----------------|--|------|
| 36 | 011-0701089 | 3/8"-16UNC X .75" BHCS (Ni) W/ DRI-LOC PATCH | 4 |
| 37 | 011-0701111 | 3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH | 26 |
| 38 | 012-0504005 | 3/8"-16 UNC THIN NYLOCK NUT (Ni) | 4 |
| 39 | 021-0003008 | DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69 | 1 |
| 40 | 021-0003113 | DECAL PINCH POINT 1.63" X 3.25" (VERTICAL) | 4 |
| 41 | 021-0003135 | DECAL WARNING 1.50" X 6.69" | 1 |
| 42 | 021-0003221 | DECAL HOIST 2.50" X 9.13" | 2 |
| 43 | 021-0003228 | DECAL 600 LB. WEIGHT RATING 1.6250" X 1.6250" | 1 |
| 44 | 021-0003282 | DECAL SPOTTER 1.63" X 3.25" (VERTICAL) | 4 |
| 45 | 021-0003329 | SAFETY TIER DECAL 1.63" X 3.25" HORIZONTAL | 4 |
| 46 | 021-0003627 | DECAL HOIST 2.07" X 7.75" | 2 |
| 47 | 021-0003954 | DECAL WEAR STRIP (BLACK) 1.50" X 31.75" X 30 MIL | 2 |
| 48 | 021-0003962 | MiSmith Emblem | 2 |
| 49 | SERIAL # DECAL | DECAL HOIST SERIAL # 1.63" X 2.63" | 1 |
| 50 | 002-0001013 | 1cc of Synthetic Multi-Purpose Grease (PTFE) | 4 |
| 51 | 002-0001036 | TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM | 1 |
| 52 | 011-0407022 | 3/8"-16UNC X 1.00" HHB (WZ) | 12 |
| 53 | 026-01X7168 | BRACKET MOUNT-1 | 2 |
| 54 | 026-01PL2685 | INDEX NUMBER MOUNT | 36 |
| 55 | 021-0003967 | INDEX NUMBERS 1-9 | 4 |
| 56 | 011-0701084 | 3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH | 4 |

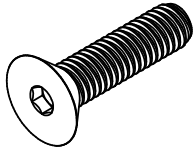
OWNER'S MANUAL

ABBREVIATIONS

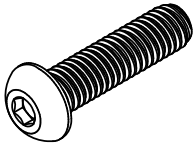
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



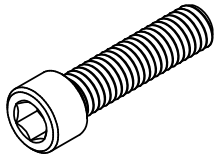
HHB = Hex Head Bolt



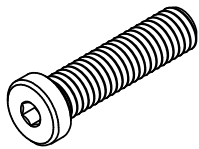
FHCS = Flat Head Cap Screw



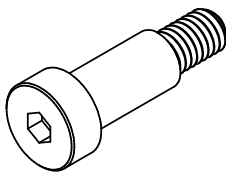
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



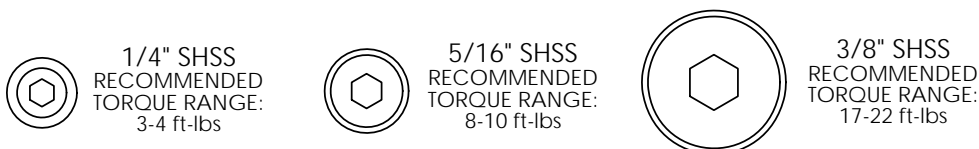
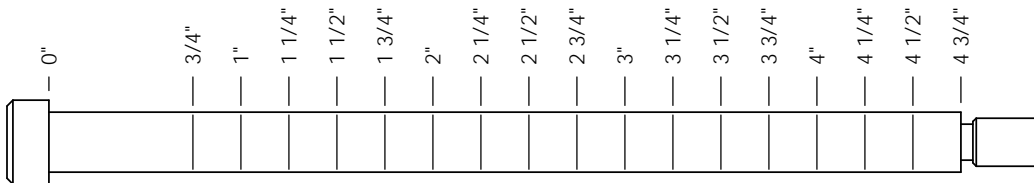
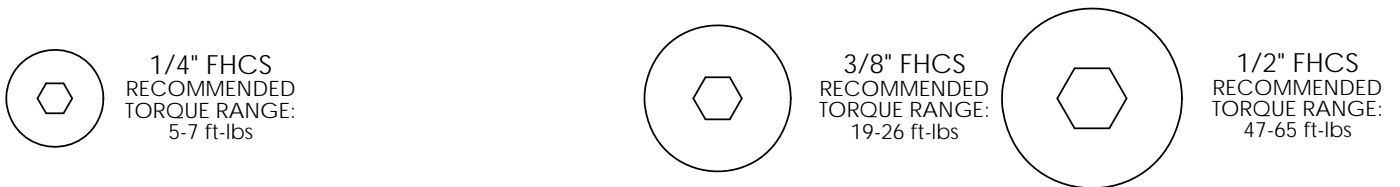
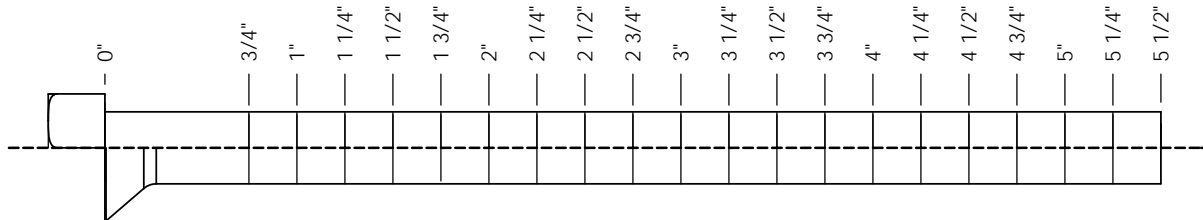
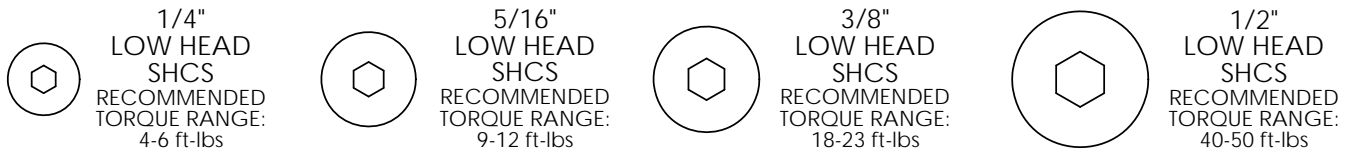
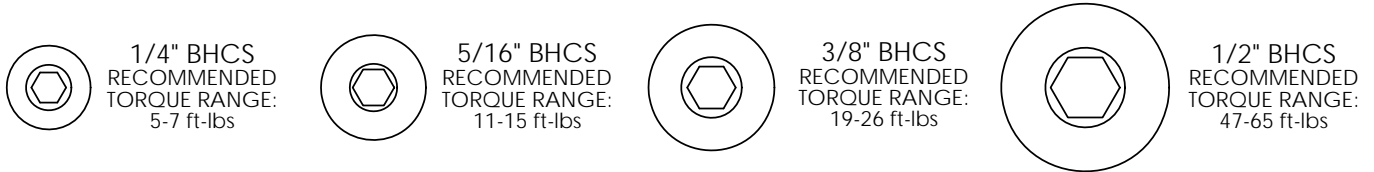
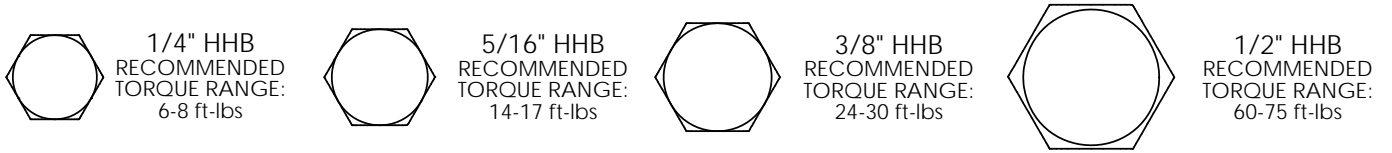
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

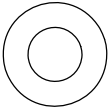
BOLT SIZING CHART



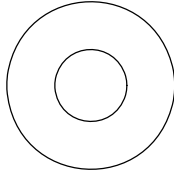
OWNER'S MANUAL

WASHER SIZING CHART

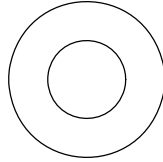
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



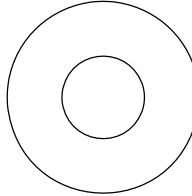
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



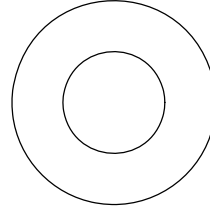
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



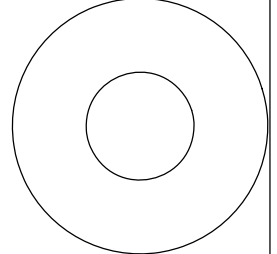
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



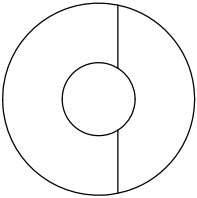
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



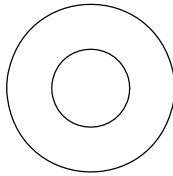
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



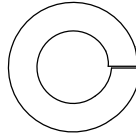
013-0402007
3/8"
FLAT WASHER
22mm O.D.



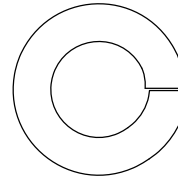
013-0102019
1/4"
LOCK WASHER



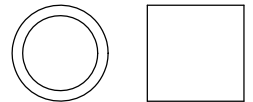
013-0102020
3/8"
LOCK WASHER



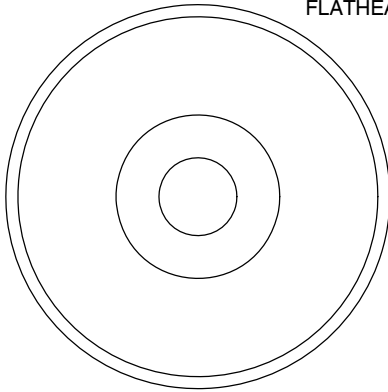
013-0102018
1/2"
LOCK WASHER



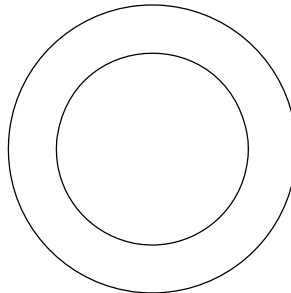
014-0018001
1/2" LONG
SPACER



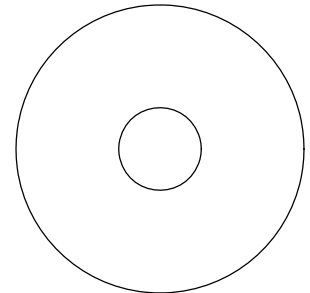
026-01M0238
2" ALUMINUM
FLATHEAD CAP



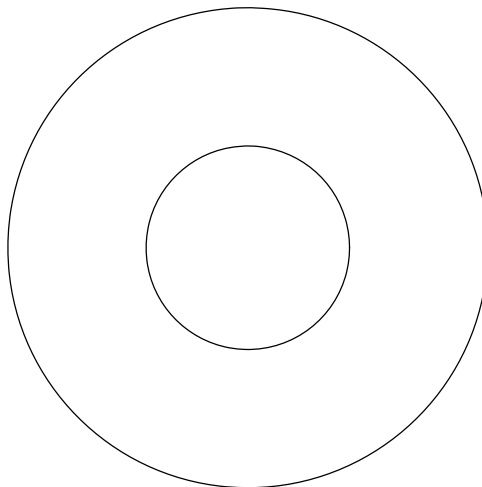
016-0009003
1" SHIM WASHER



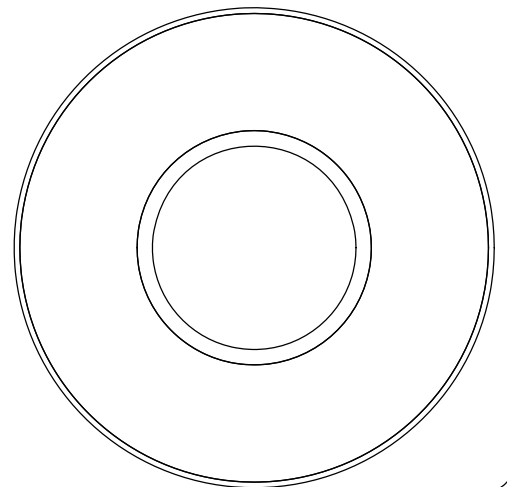
013-0003002
3/8" FENDER WASHER



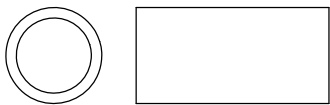
013-0003004
1 1/16"
FENDER WASHER



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



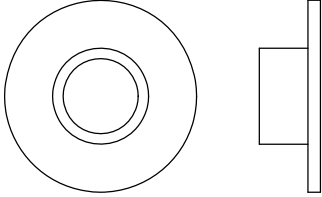
014-0018002
1" LONG
SPACER



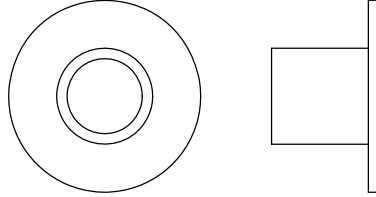
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

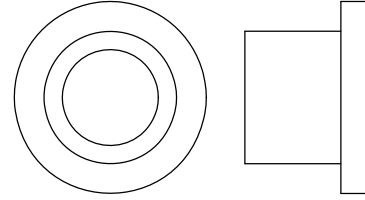
026-01M0211
1/4" LONG
FLANGED SPACER



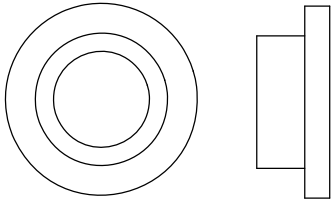
026-01M0198
1/2" LONG
FLANGED SPACER



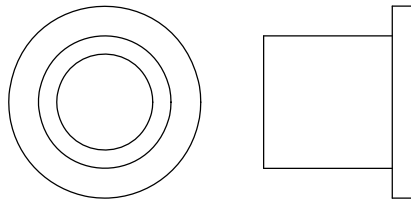
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



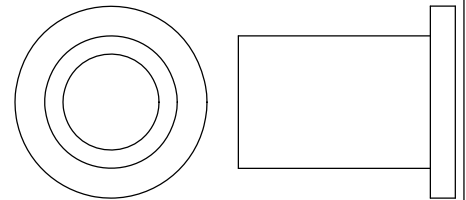
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



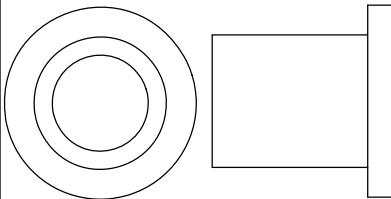
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



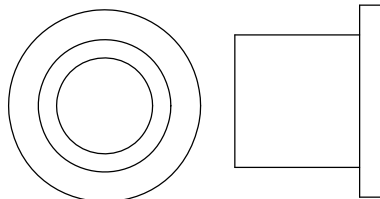
026-01M0551
1" LONG HEAVY
FLANGED SPACER



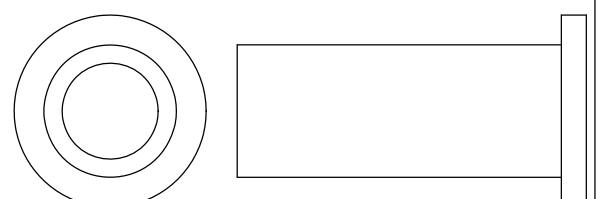
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



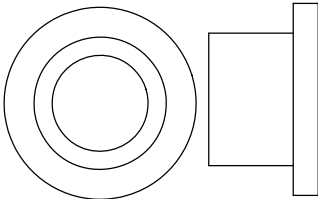
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



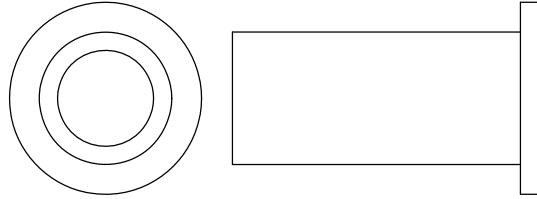
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



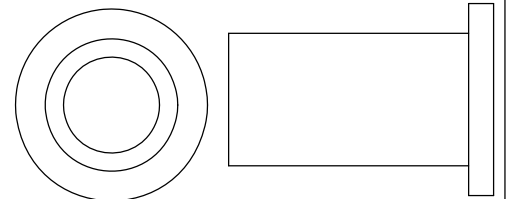
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



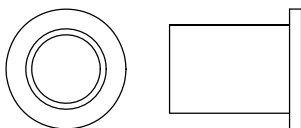
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



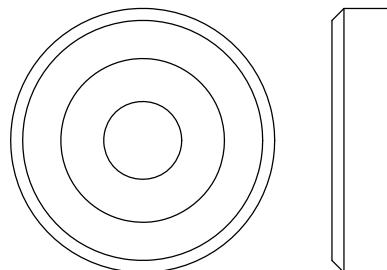
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



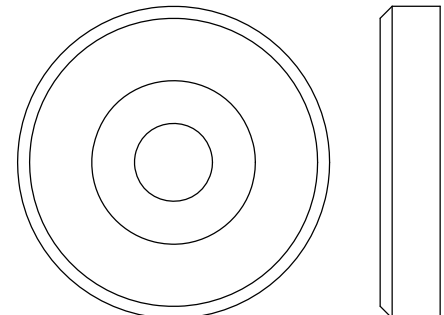
026-01M0600
.625" LONG
FLANGED SPACER



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 MiSMITH 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 MiSMITH 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.

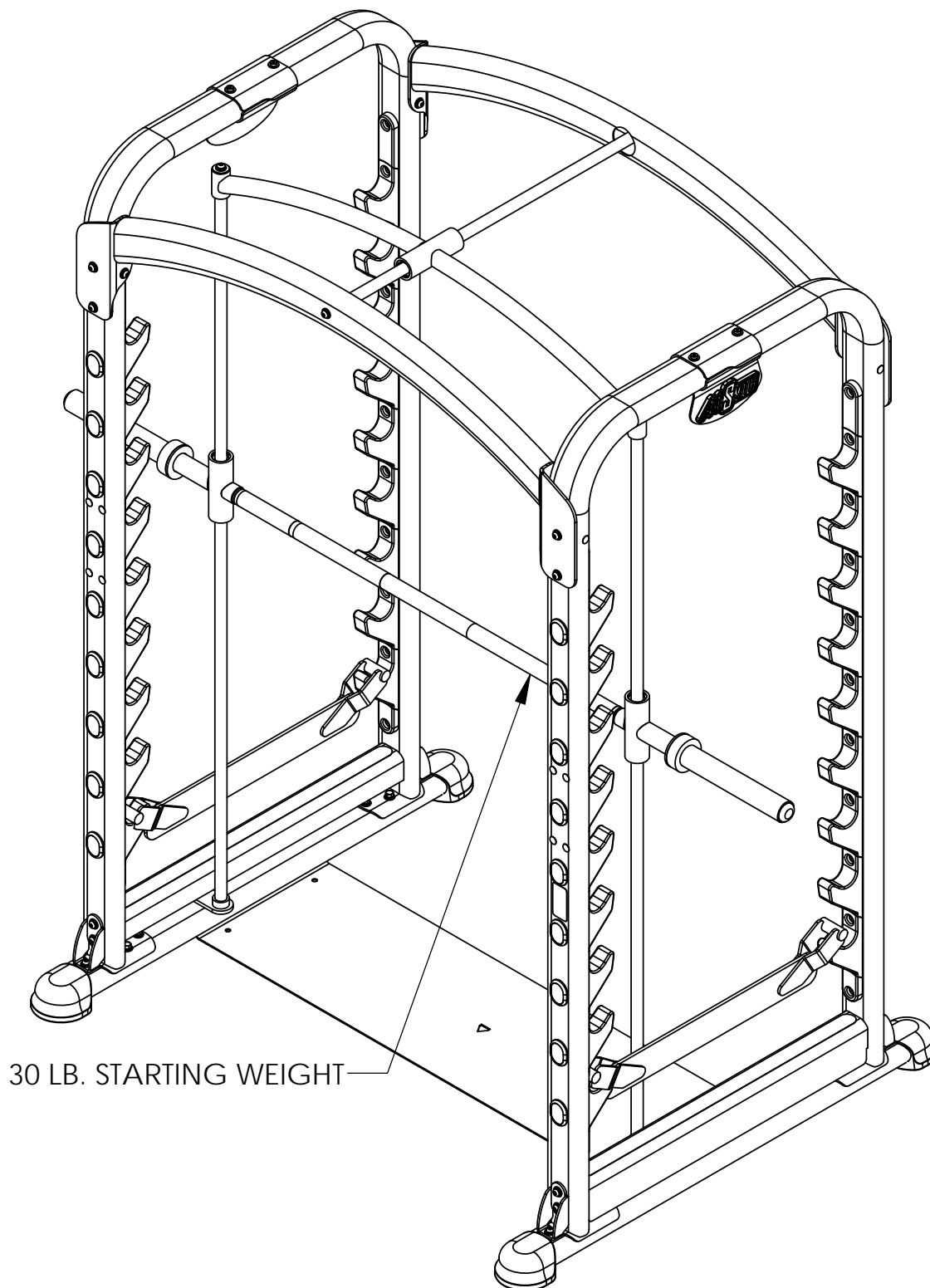
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

Enjoy your MiSMITH HOIST® Fitness System!

OWNER'S MANUAL

WEIGHT RATIOS



30 LB. STARTING WEIGHT

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