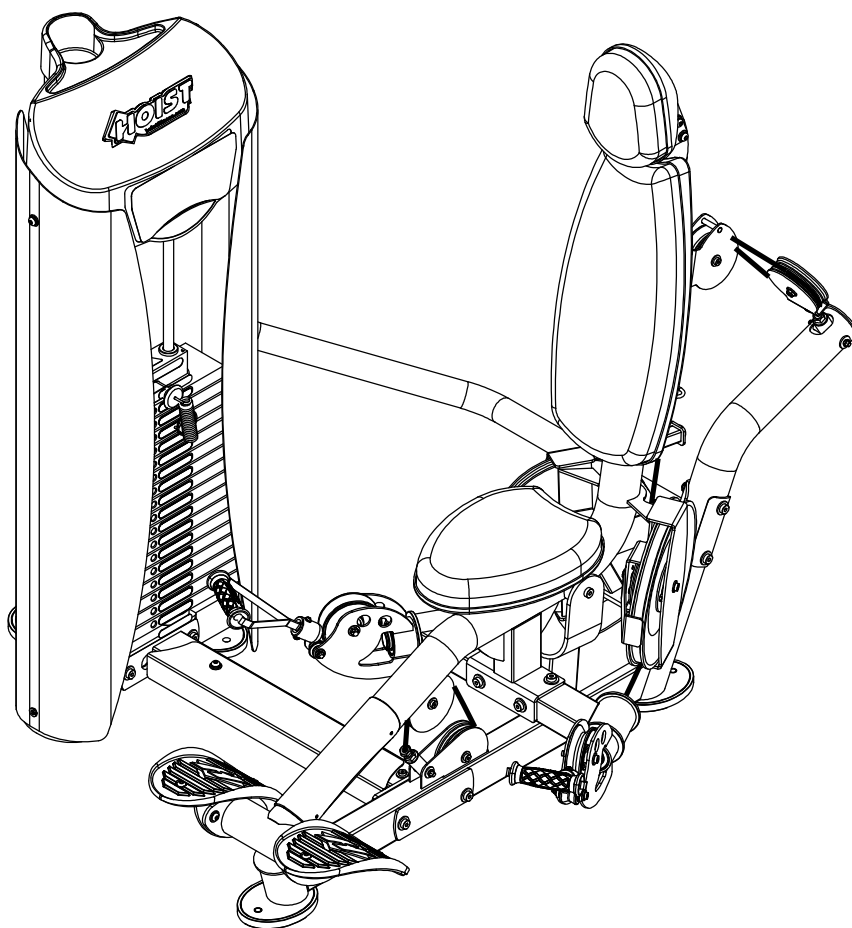


# OWNER'S MANUAL



## RS-1102-A BICEPS CURL



**\*\*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**

**A10**

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558



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# 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**

**Hex Key Wrench Set**

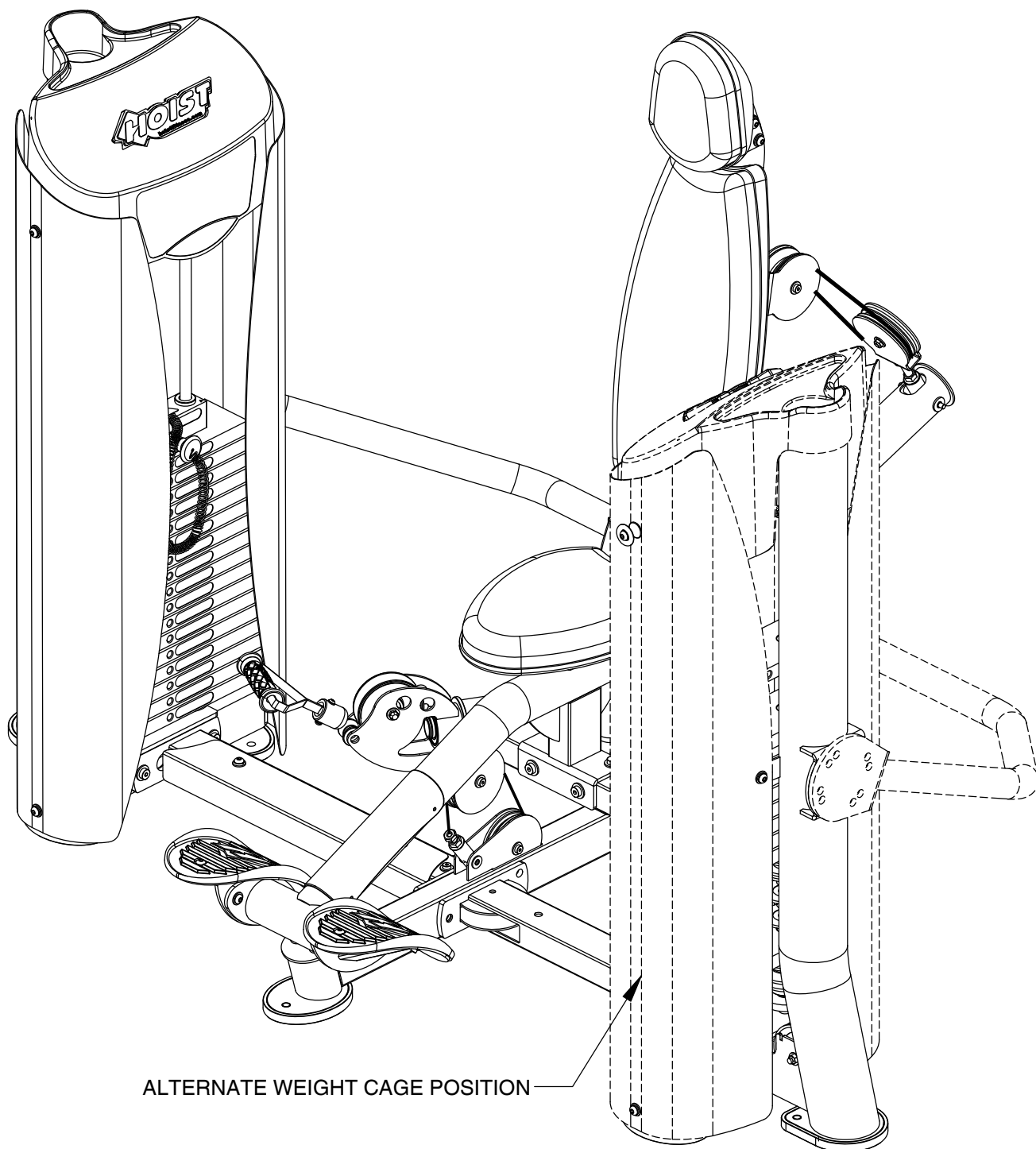
**Two People**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## FRAME ASSEMBLY



ALTERNATE WEIGHT CAGE POSITION

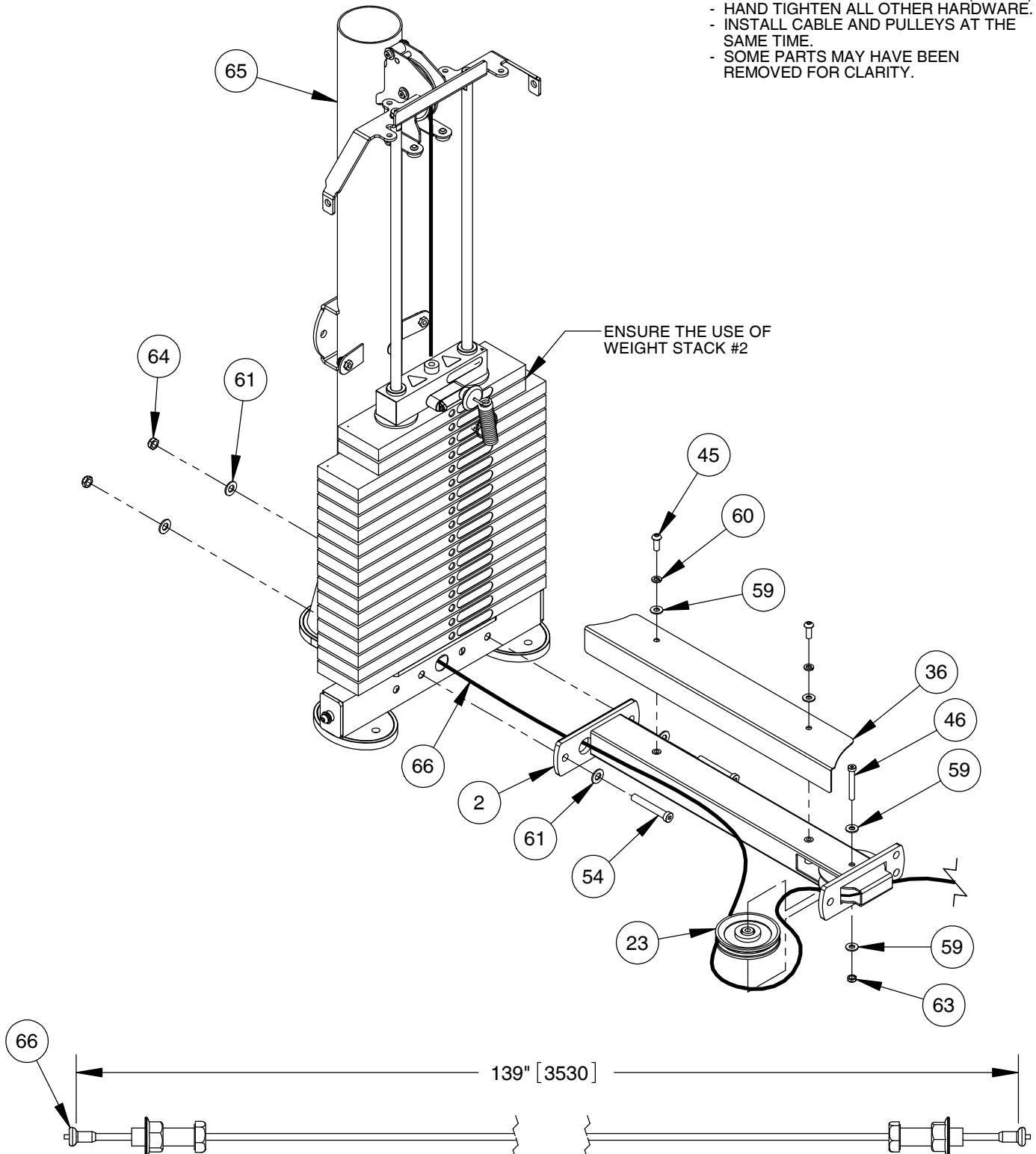
### ALTERNATE POSITION

THE ROC-IT WEIGHT CAGE IS DESIGNED TO BE INSTALLED ON EITHER THE LEFT OR RIGHT SIDE OF THE RS-1102-A IN ORDER TO ACCOMMODATE THE USER.

# OWNER'S MANUAL

## FRAME ASSEMBLY \*ASSEMBLE WEIGHT CAGE FIRST\*

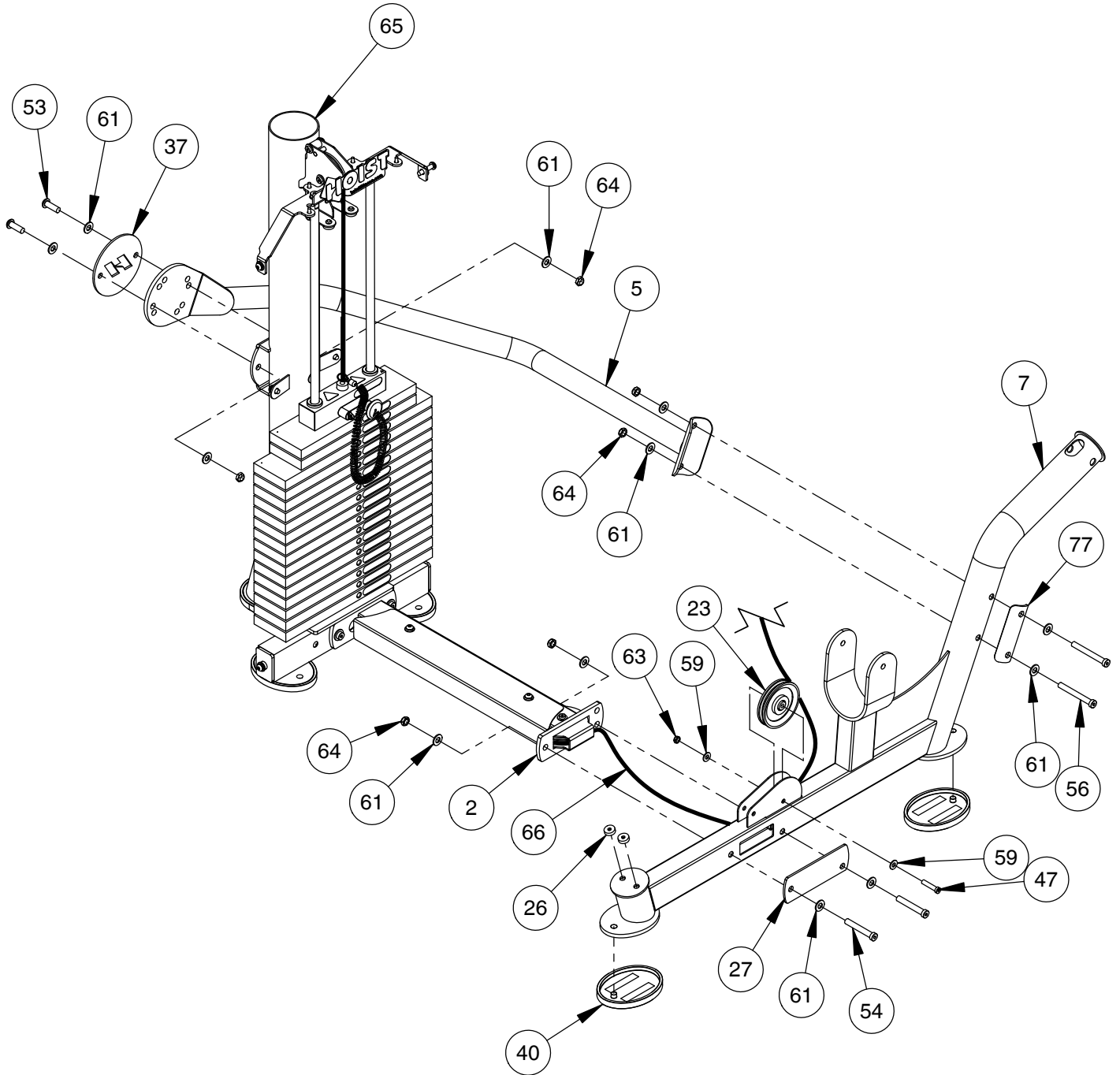
- NOTE:
- WRENCH TIGHTEN HARDWARE (45 & 46).
  - HAND TIGHTEN ALL OTHER HARDWARE.
  - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

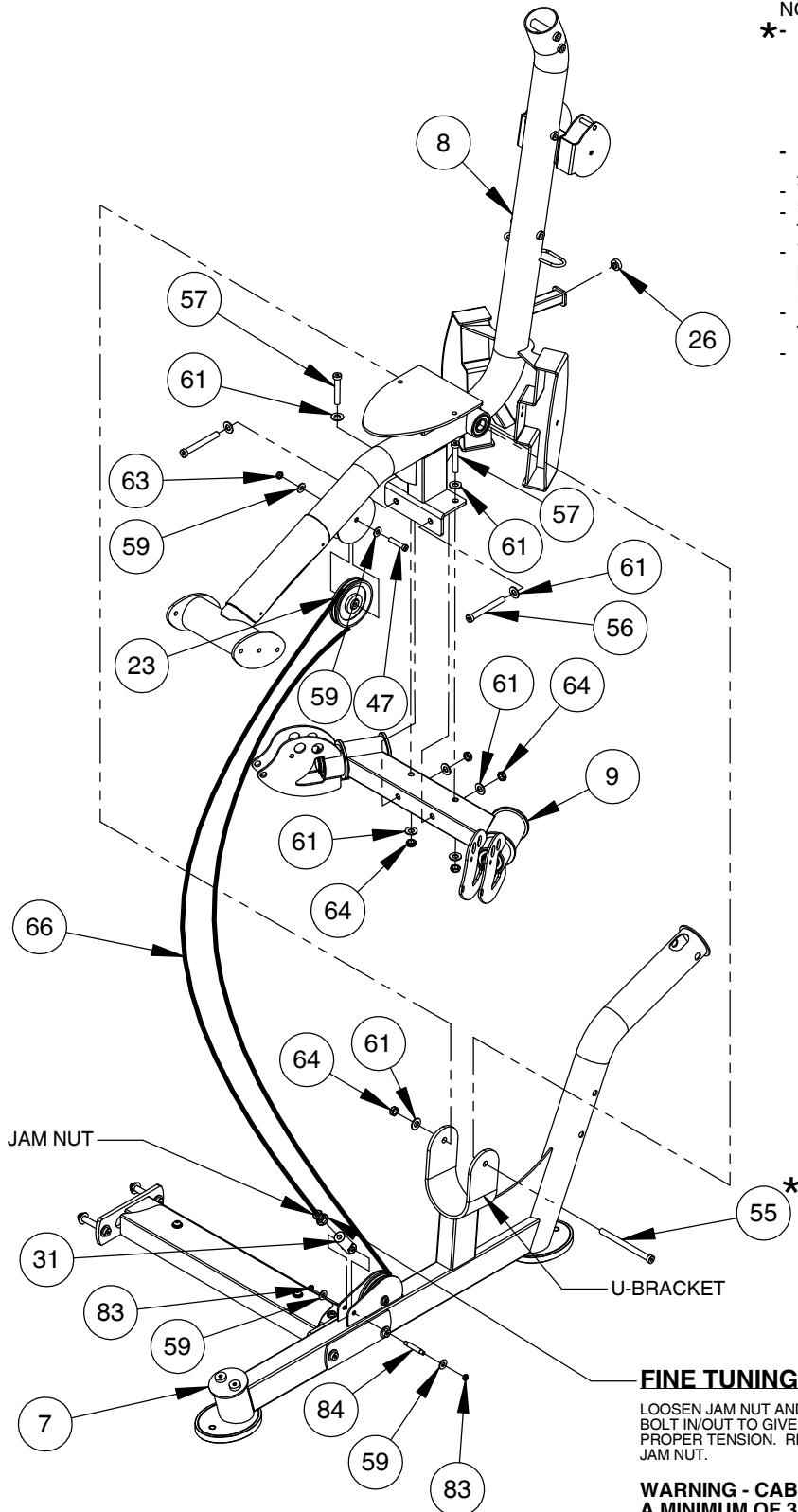
## FRAME ASSEMBLY

- NOTE:
- HAND TIGHTEN HARDWARE.
  - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY



**NOTE:**

- ★- BEFORE ASSEMBLING (8) TO (7):
  - REMOVE CAM GUARD PLATE (81) AND CORRESPONDING HARDWARE.
  - SHIFT  $\phi$  12.00" CAM (32) BACK SO (55) CAN BE INSERTED TO COMPLETE (8) TO (7) ASSEMBLY.
- REFER TO PAGE 9 FOR  $\phi$  12.00" CAM (32) AND CAM GUARD PLATE (81) ASSEMBLY.
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- WRENCH TIGHTEN HARDWARE (55) THEN LOOSEN NUT JUST ENOUGH FOR (8) TO PIVOT FREELY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**FINE TUNING:**

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

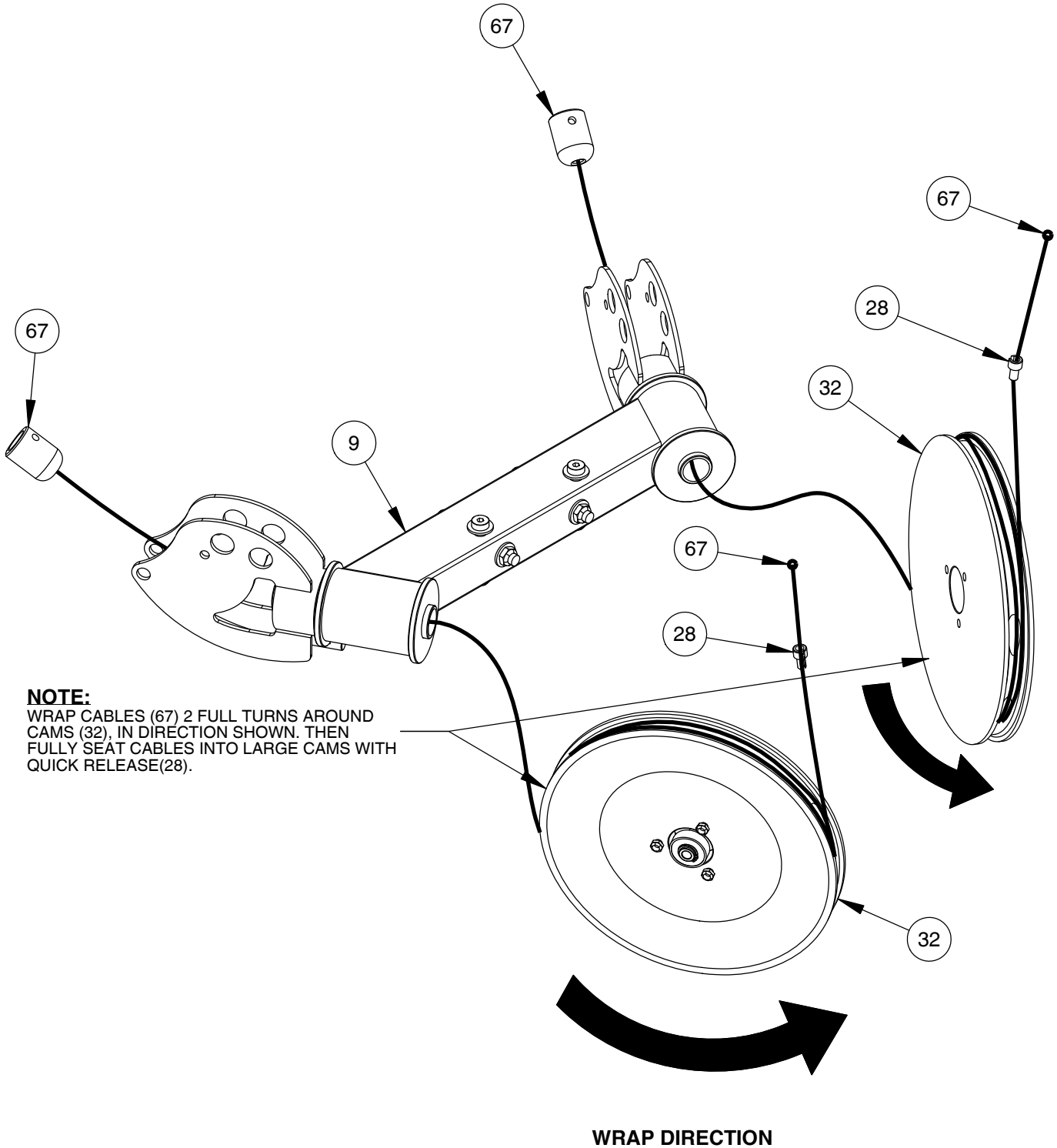
**WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.**



# OWNER'S MANUAL

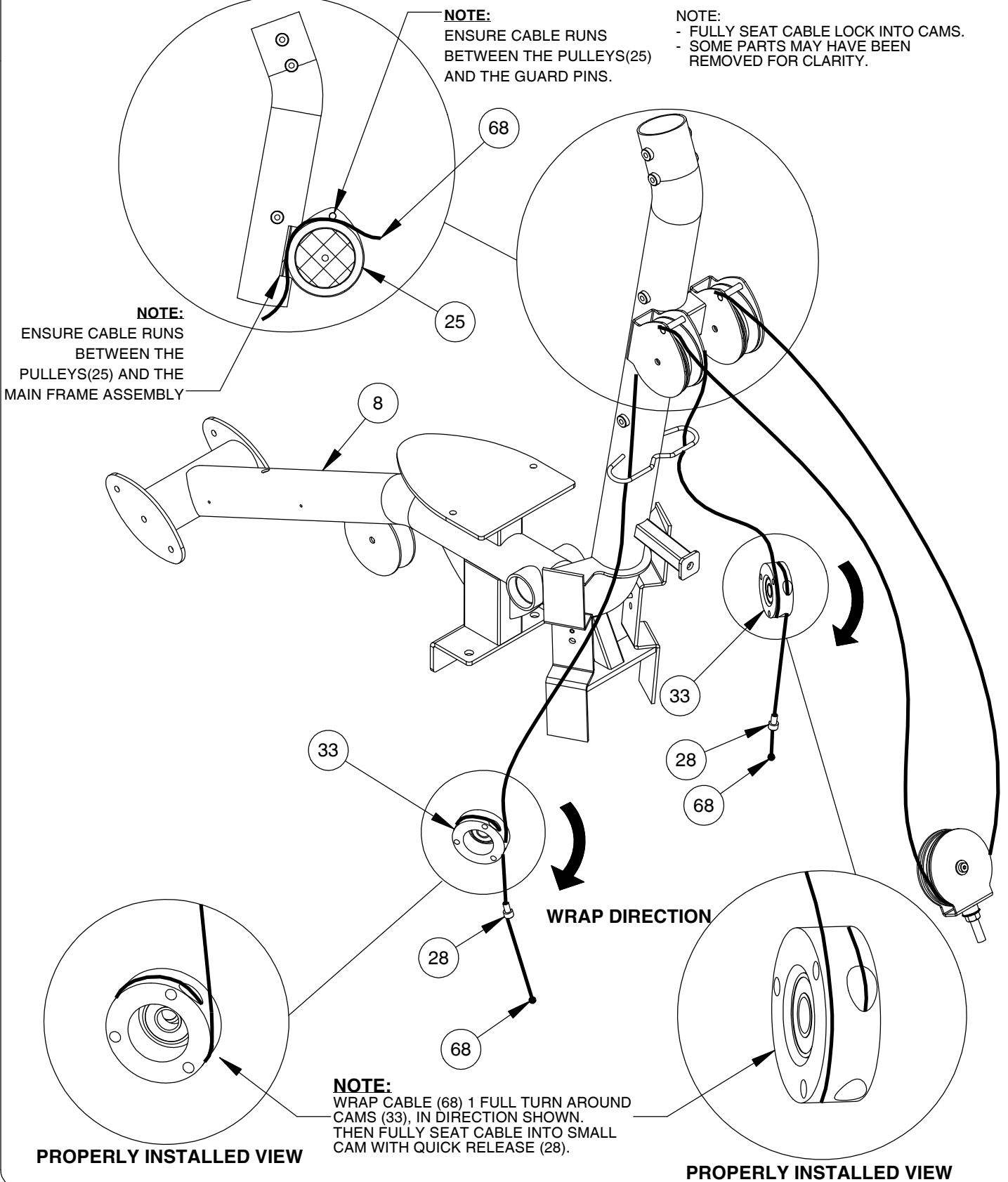
## FRAME ASSEMBLY

NOTE:  
- FULLY SEAT CABLE LOCK INTO CAMS.  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

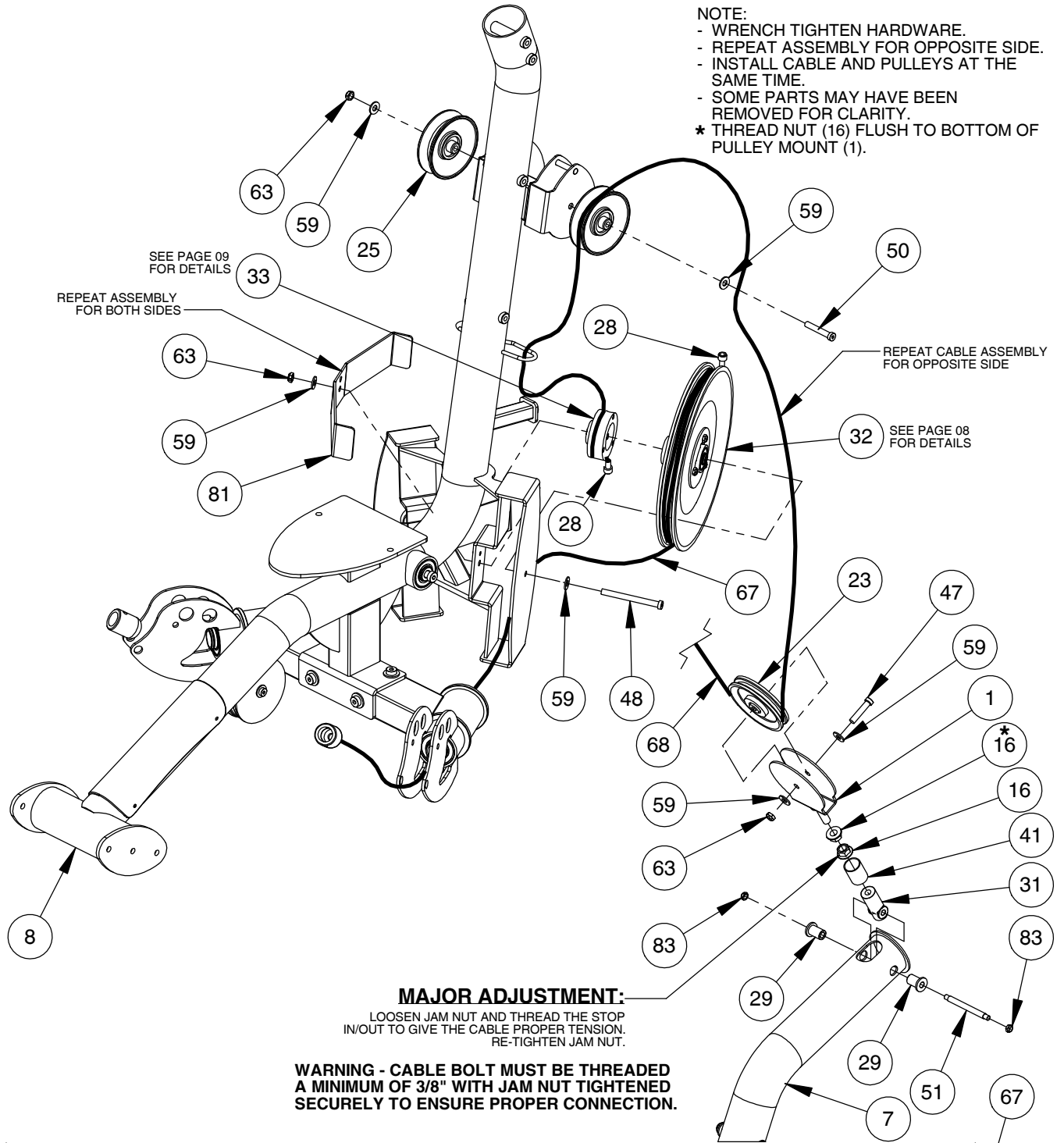
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

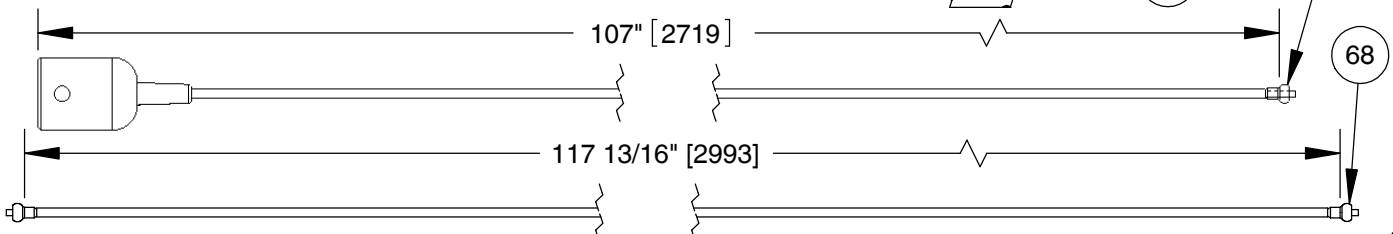
- NOTE:**
- WRENCH TIGHTEN HARDWARE.
  - REPEAT ASSEMBLY FOR OPPOSITE SIDE.
  - INSTALL CABLE AND PULLEYS AT THE SAME TIME.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
  - \* THREAD NUT (16) FLUSH TO BOTTOM OF PULLEY MOUNT (1).



**MAJOR ADJUSTMENT:**

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

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

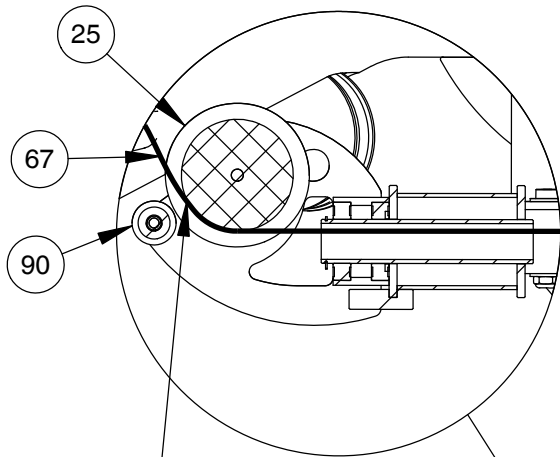


# OWNER'S MANUAL

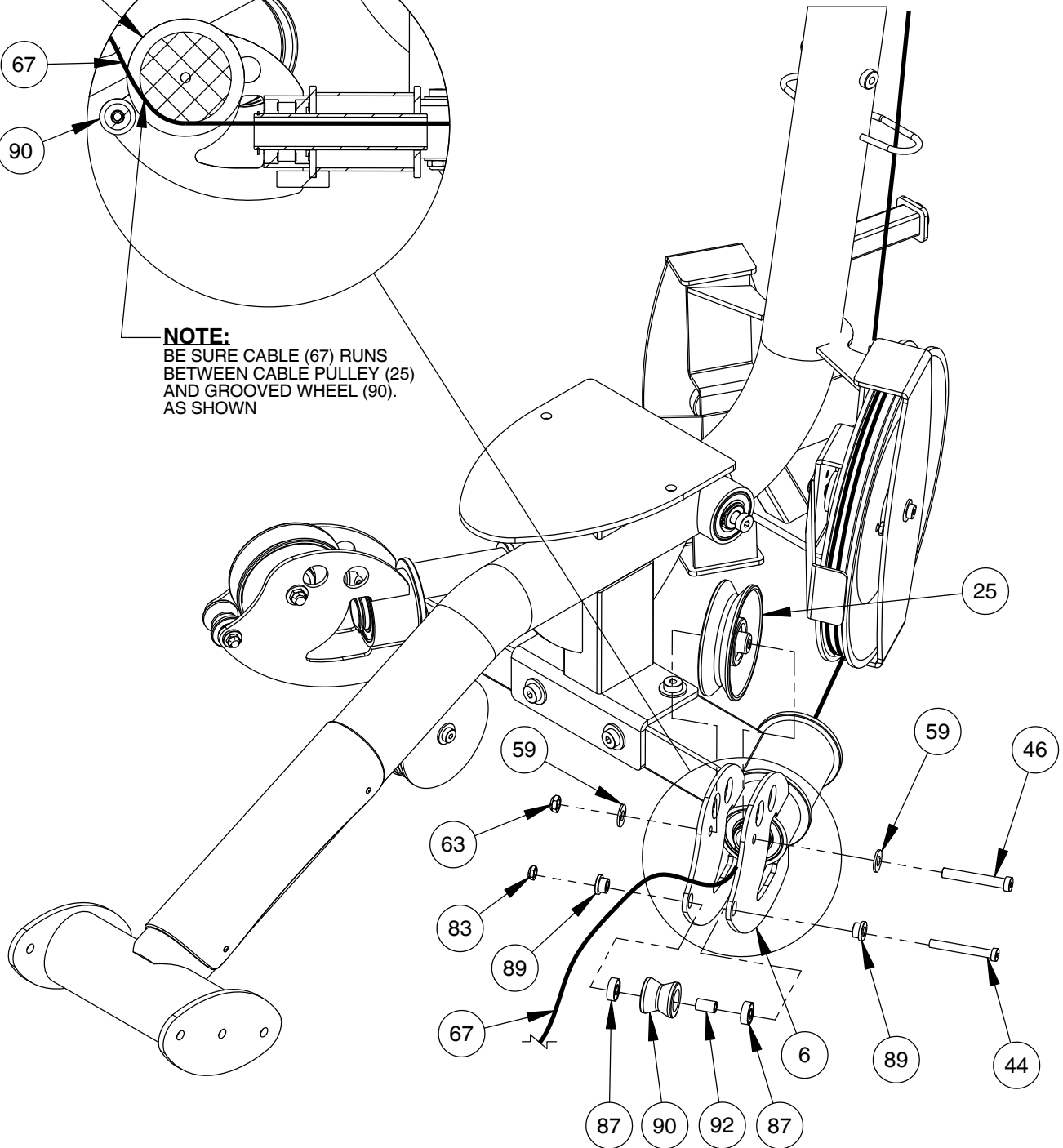
## FRAME ASSEMBLY

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

### PROPERLY INSTALLED VIEW



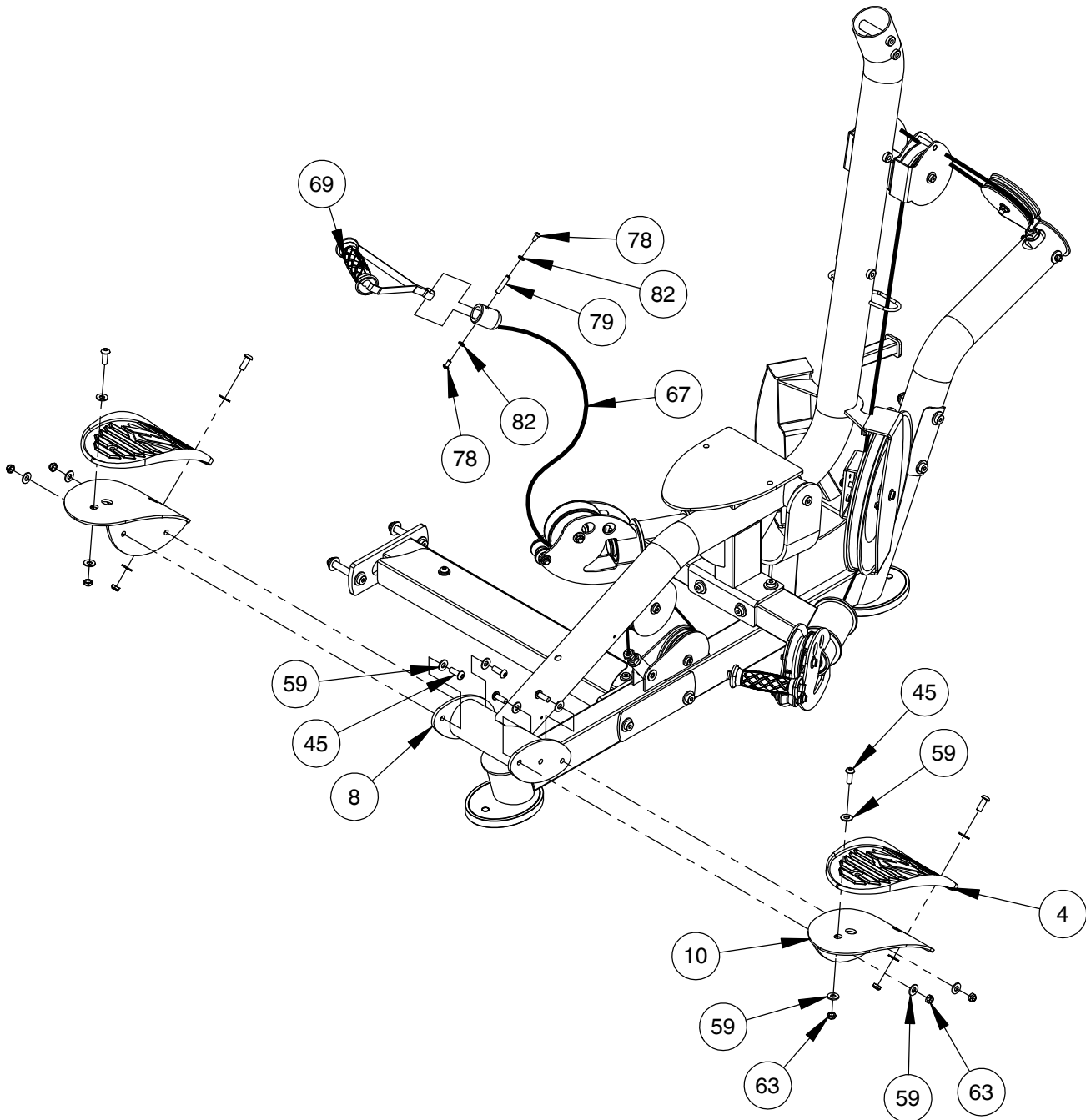
**NOTE:**  
BE SURE CABLE (67) RUNS BETWEEN CABLE PULLEY (25) AND GROOVED WHEEL (90). AS SHOWN



# OWNER'S MANUAL

## FRAME ASSEMBLY

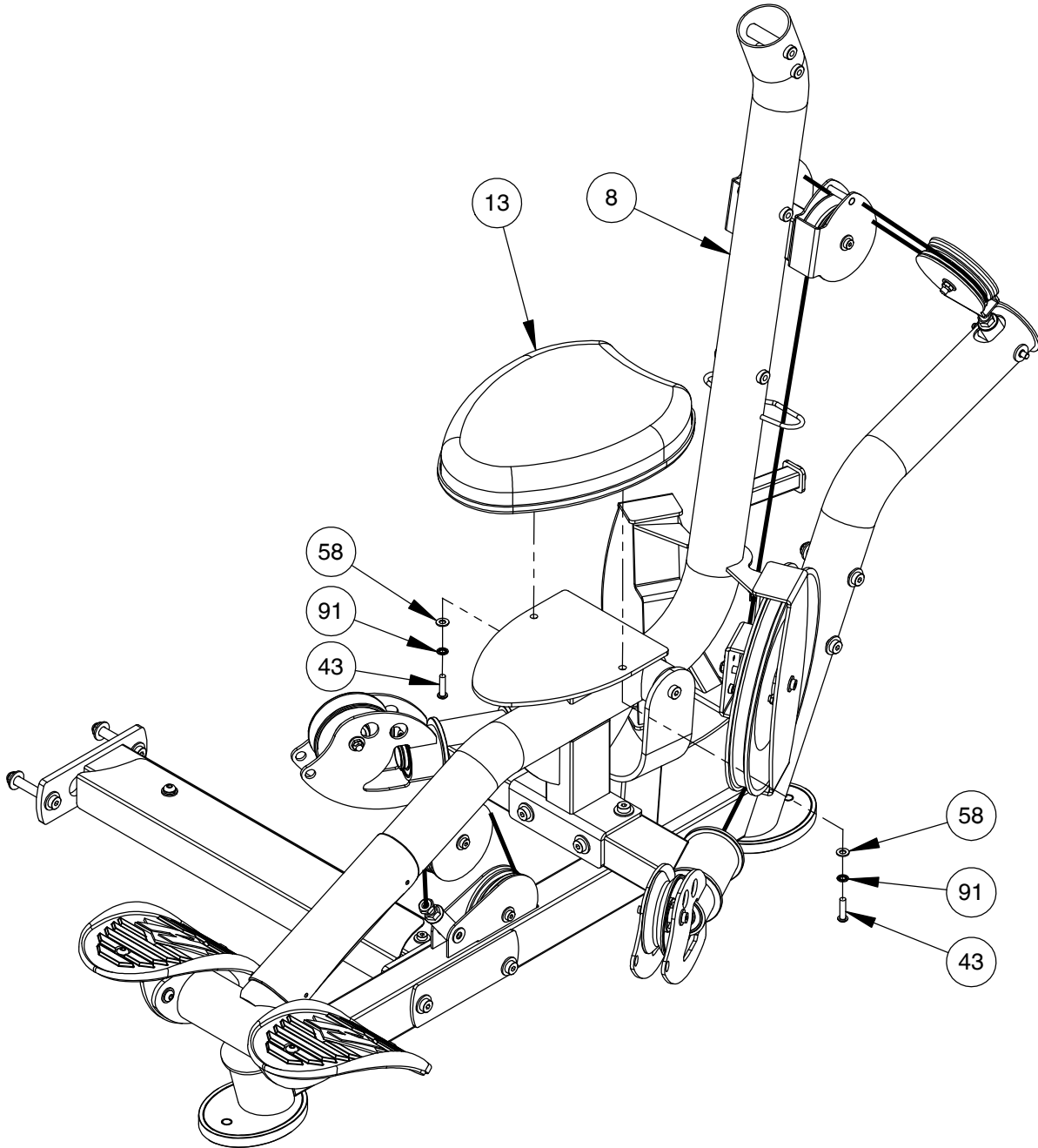
- NOTE:
- WRENCH TIGHTEN HARDWARE.
  - REPEAT CABLE ASSEMBLY FOR OPPOSITE SIDE.
  - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

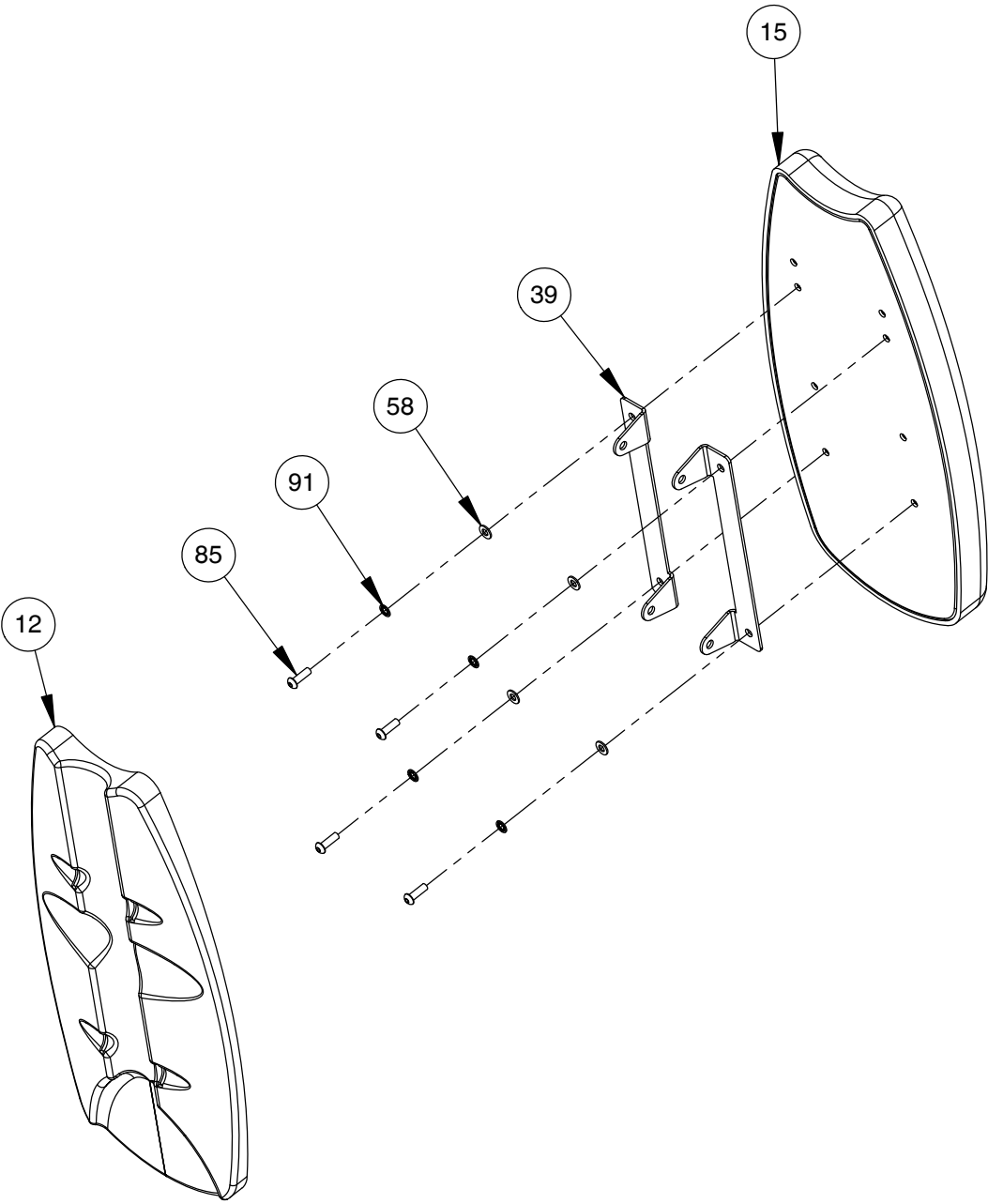
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## FRAME ASSEMBLY

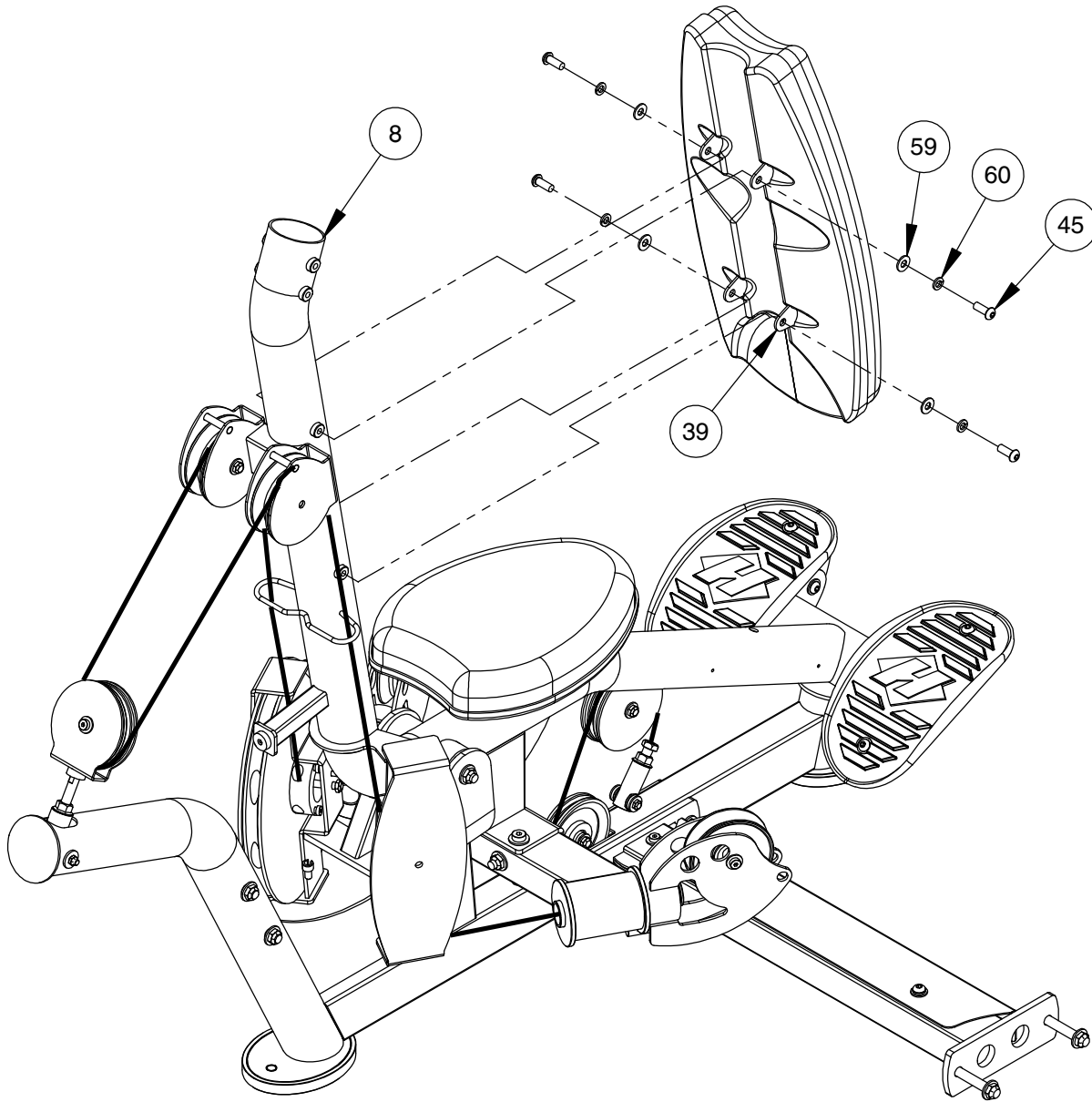
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

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

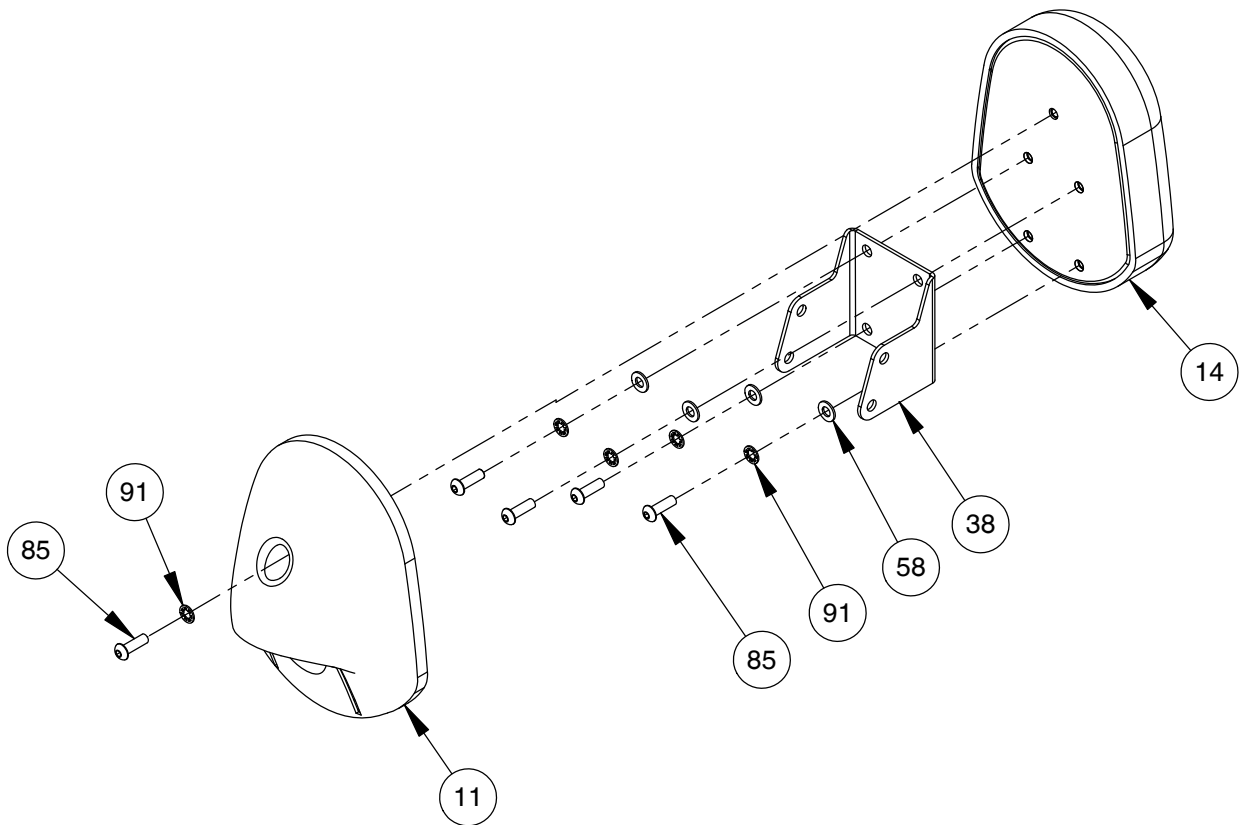




# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



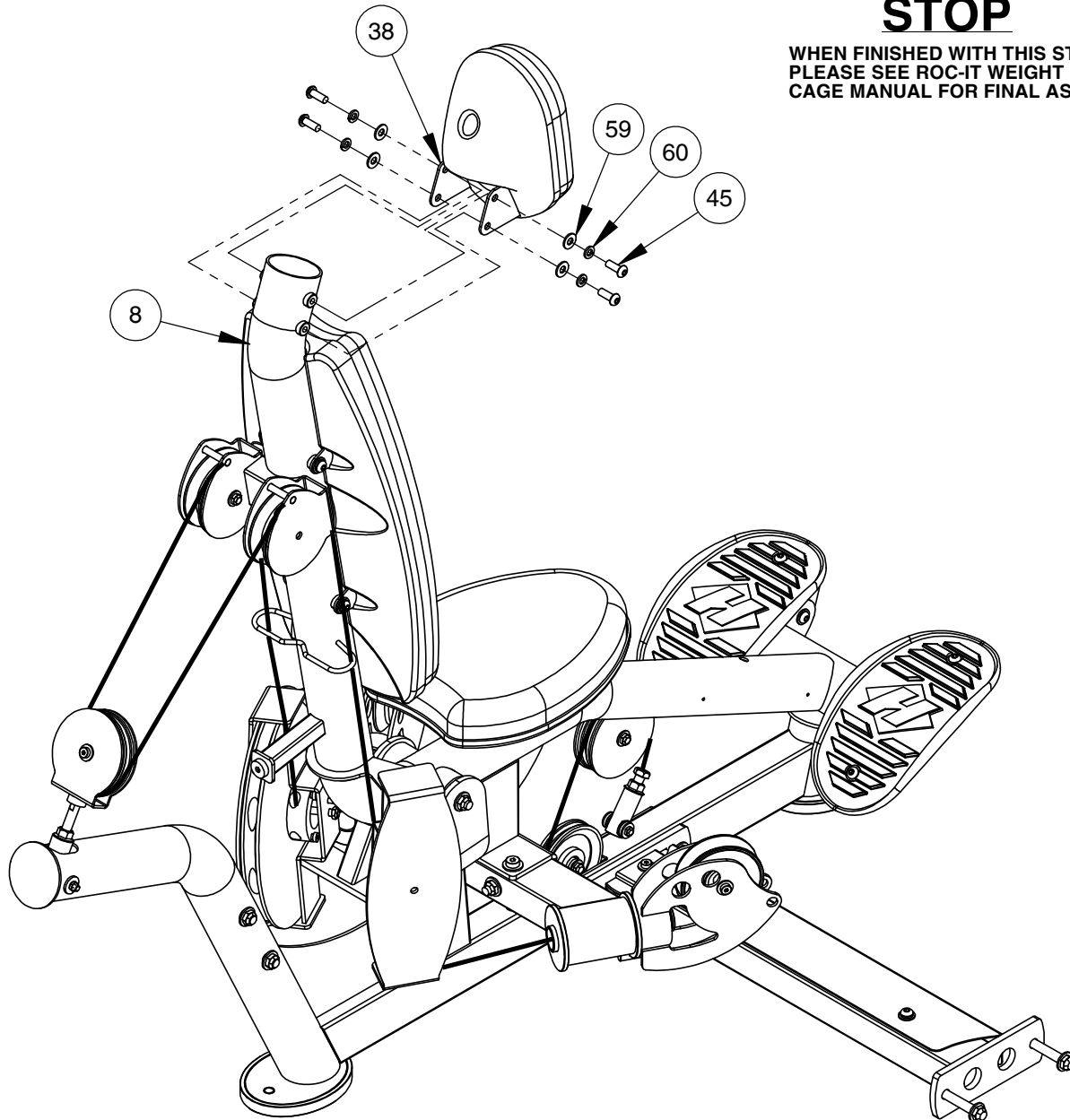
# OWNER'S MANUAL

## FRAME ASSEMBLY

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

### STOP

WHEN FINISHED WITH THIS STEP  
PLEASE SEE ROC-IT WEIGHT  
CAGE MANUAL FOR FINAL ASSEMBLY.



### **\*IMPORTANT\***

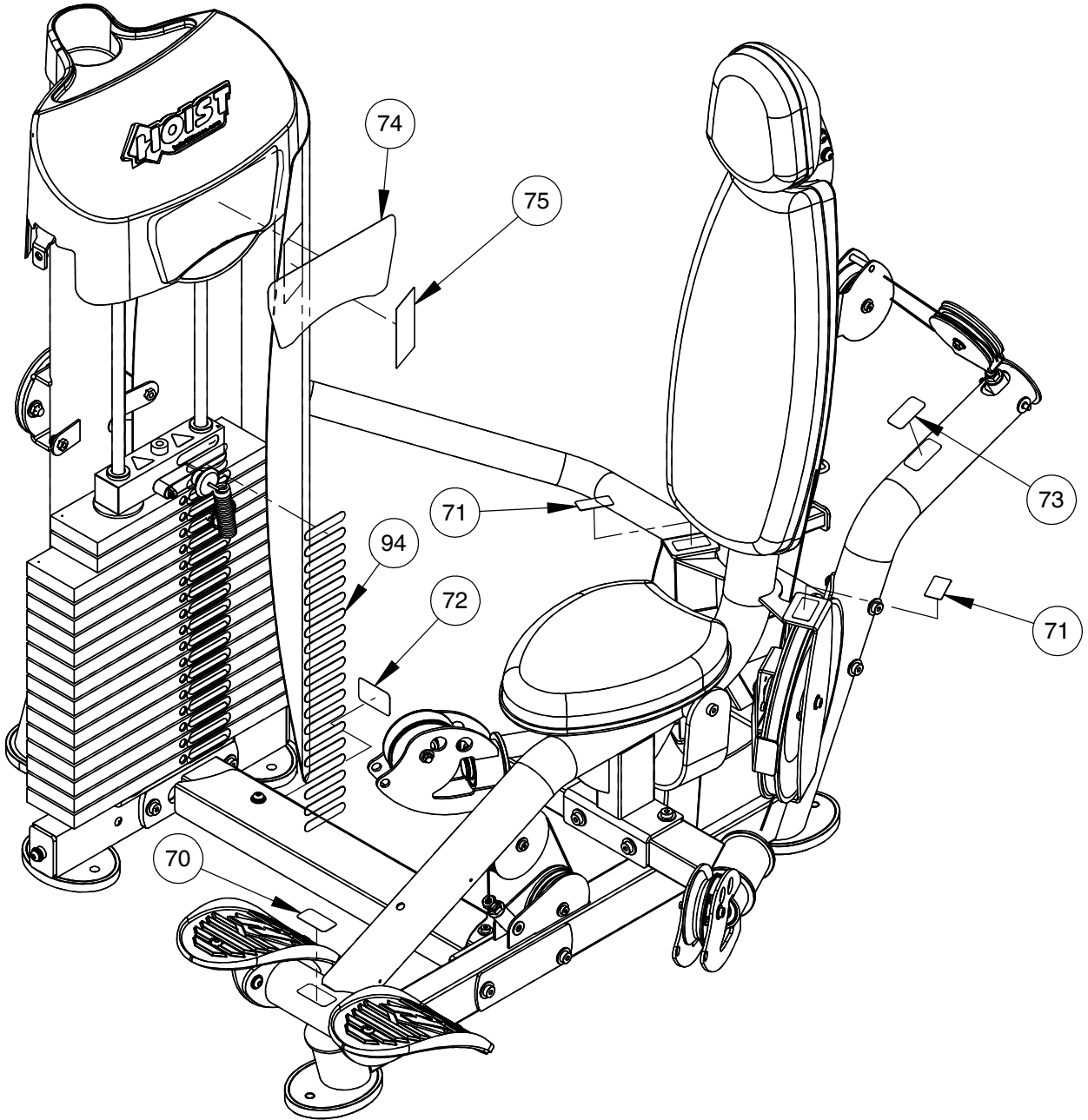
NOW THAT THE RS-1102-A IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.



# OWNER'S MANUAL

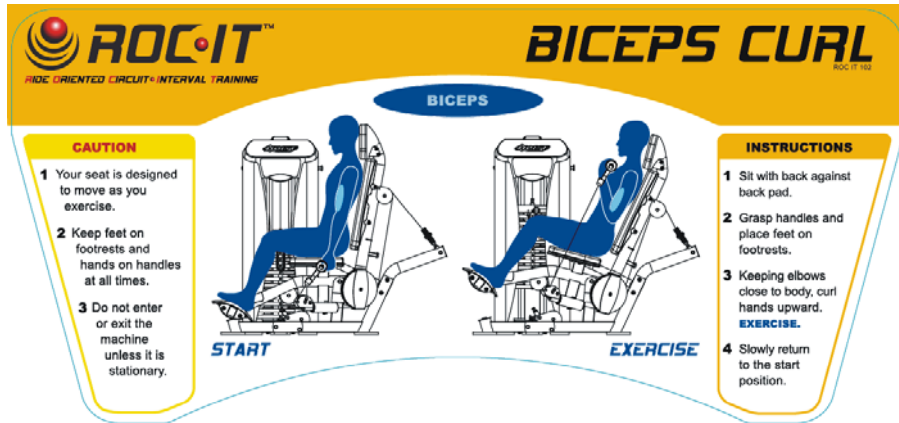
## DECAL PLACEMENT

- NOTE:  
- ALL DECALS ARE CENTERED  
UNLESS OTHERWISE STATED.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.



# OWNER'S MANUAL

## DECAL REFERENCE



021-0013301

15 LBS / 7 KGS

165 LBS / 75 KGS

325 LBS / 147 KGS

30 LBS / 14 KGS

185 LBS / 84 KGS

345 LBS / 156 KGS

45 LBS / 20 KGS

205 LBS / 93 KGS

65 LBS / 29 KGS

225 LBS / 102 KGS

85 LBS / 39 KGS

245 LBS / 111 KGS

105 LBS / 48 KGS

265 LBS / 120 KGS

125 LBS / 57 KGS

285 LBS / 129 KGS

145 LBS / 66 KGS

305 LBS / 138 KGS

021-0003934



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

SERIAL # DECAL



021-0003341



021-0003322



021-0003093

TO VISIT THE HOIST® MOBILE APPLICATION, SCAN THE QR CODE\* BELOW WITH YOUR SMARTPHONE'S CAMERA.

THE APPLICATION PROVIDES A SHORT VIDEO, ALONG WITH ANSWERS TO:

- HOW DO I USE THIS MACHINE?
- WHY DOES THE MACHINE MOVE?
- HOW MUCH WEIGHT AM I LIFTING?

SCAN HERE:



\* USING YOUR SMARTPHONE, VISIT [WWW.HOISTFITNESS.COM/SCAN](http://WWW.HOISTFITNESS.COM/SCAN) TO DOWNLOAD A FREE QR CODE SCANNER.

021-0003835

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2026	ADJUSTABLE PULLEY MOUNT	1
2	026-01X2377	CROSS MEMBER ASSEMBLY	1
4	026-01PL2124	FOOTPLATE, MOLDED	2
5	026-01X3157	CROSS BAR ASSEMBLY	1
6	026-01X5634	SWIVEL PULLEY HOUSING	2
7	026-01X3822	BASE FRAME ASSEMBLY	1
8	026-01X5657	MAIN FRAME ASSEMBLY	1
9	026-01X3781	DUAL SWIVEL HOUSING ASSEMBLY	1
10	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
11	022-01PD2055-5	PLASTIC HEAD PAD BACKING	1
12	022-01PD2058-5	PLASTIC BACK PAD BACKING	1
13	022-01PD2054-A	SEAT PAD ASSEMBLY	1
14	022-01PD2055	UPHOLSTERED HEAD PAD	1
15	022-01PD2058	BACK PAD ASSEMBLY	1
16	012-0503001	1/2"-13 FLANGED NUT (Ni)	2
17	014-0003004	6203-2RS BEARING (17mm BORE)	4
18	014-0012014	BEARING: FLANGELESS - 25mm I.D.	2
19	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	2
20	014-0012020	BEARING - FLANGELESS BALL 2.44" O.D. X 35MM I.D. X .55"	4
21	014-0014002	3/8-16 FLUSH MOUNT INSERT	4
22	014-0101020	BUSHING: OILITE FLANGED Ø.63" O.D. X Ø.38" I.D. X .50" LG.	4
23	018-0001003	CABLE PULLEY: Ø4.50"	4
25	018-0002014	CABLE PULLEY: WIDE (BORED HUB) Ø4.50"	4
26	019-0001001	PLUG BUMPER	3
27	026-01F0256	BACKING PLATE	1
28	026-01M0200	QUICK RELEASE CABLE LOCK Ø.34" I.D. X .9990"LG.	4
29	026-01M0551	HEAVY FLANGED SPACER: .391" I.D. X 1.00" LG.	2
30	026-01M2360	SHAFT - Ø25mm X 4.71" LG.	1
31	026-01M1103	THREADED CABLE ANCHOR Ø1.00" O.D X 2.50" LG.	2
32	026-01M3132	Ø 12.00" CAM	2
33	026-01M3131	Ø 3.25" CAM	2
34	026-01M3133	SHAFT	2
35	014-0023012	15.7mm ID External Retaining Ring	4

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01P2478	CABLE SHIELD	1
37	026-01P2653	'H' PLATE	1
38	026-01P2920	HEAD BRACKET MOUNT	1
39	026-01P2925	PAD MOUNT BRACKET	2
40	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2
41	026-01PL2185	1.03" I.D. x 1.50" LG NYLON SLEEVE	1
42	026-01PL2519	PLASTIC SCUFF GUARD 11.05" LG. WITH RIVETS	1
43	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	2
44	011-0116180	5/16"-18UNC X 2.50" LOW HEAD SHCS (Ni)	8
45	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	18
46	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	3
47	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	3
48	011-0116154	3/8"-16UNC X 4.00" LOW HEAD SHCS (Ni)	2
50	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	2
51	026-01M1135	Ø .375" X 3.31" LG. CABLE ANCHOR SHAFT	1
53	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	2
54	011-0116116	1/2"-13UNC X 3.25" LOW HEAD SHCS (Ni)	4
55	011-0116127	1/2"-13UNC X 6.00" LOW HEAD SHCS (Ni)	1
56	011-0116119	1/2"-13UNC X 4.00" LOW HEAD SHCS (Ni)	4
57	011-0116114	1/2"-13UNC X 2.75" LOW HEAD SHCS (Ni)	2
58	013-1002010	5/16" SAE FLAT WASHER (Ni)	10
59	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	48
60	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	10
61	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	25
63	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	18
64	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	13
65	ROC-IT WEIGHT CAGE - A2	ROC-IT WEIGHT CAGE	1
66	010-01C0365	CABLE ASSEMBLY ROC-IT 102 - 139" LG.	1
67	010-01C0649	CABLE, RS-1102-A, HANDLE	2
68	010-01C0364	CABLE ASSEMBLY ROC-IT 102 - 117 13/16" LG.	1
69	026-01X3707	STRAP HANDLE	2
70	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
71	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	2
72	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1
73	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

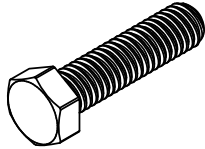
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
74	021-0013301	PLACARD RS-1102 BICEP CURL	1
75	021-0003835	ROC-IT QR DECAL BICEP CURL	1
77	026-01F0267	FLANGE	1
78	011-0115003	1/4"-20UNC X .50" BHCS (SS)	4
79	026-01M1109	Ø.31" SHAFT	2
81	026-01P3360	CAM GUARD PLATE	2
82	013-0402013	1/4" SPLIT LOCK WASHER (SS)	4
83	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	12
84	026-01M1136	SHAFT CABLE ANCHOR Ø.375" X 1.53" LG.	1
85	011-0701003	5/16"-18UNC X 1.00" BHCS (Ni)	9
87	014-0003008	608-2RS BEARING (8mm BORE)	4
88	026-01M2724	WASHER, 1.8750" OD X 1.4060" ID X .125" T	2
89	026-01M2797	5/16" HEAVY FLANGED SPACER X .28"	4
90	026-01PL2344	GROOVED WHEEL	2
91	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	11
92	026-01M2938	SPACER Ø.26 I.D. X Ø.44 O.D. X .75 LG.	2
93	014-0012018	SNAP RING - 25mm EXTERNAL	2
94	021-0003934	RS WEIGHT STACK DECAL #2	1
95	026-01F0356	ROUND PLATE	2
96	026-01X6551	CAM HUB	2



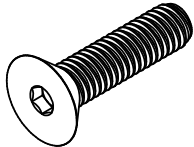
# OWNER'S MANUAL

## ABBREVIATIONS

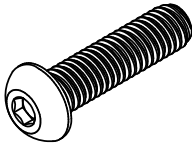
BZ = Black Zinc  
WZ = White Zinc  
SS = Stainless Steel  
NI = Nickel Plated



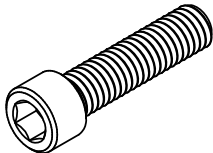
HHB = Hex Head Bolt



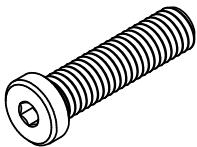
FHCS = Flat Head Cap Screw



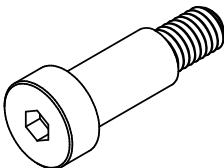
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



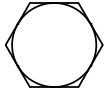
Low Head SHCS = Low Head Socket  
Head Cap Screw



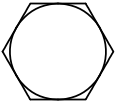
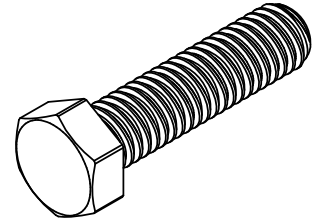
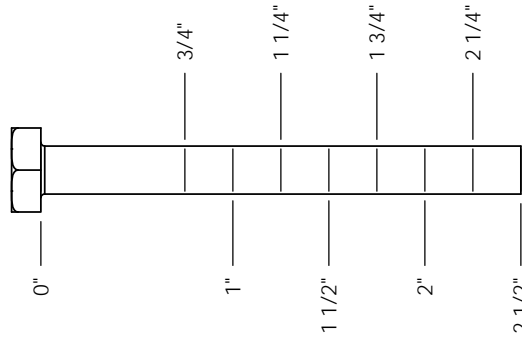
SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

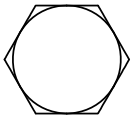
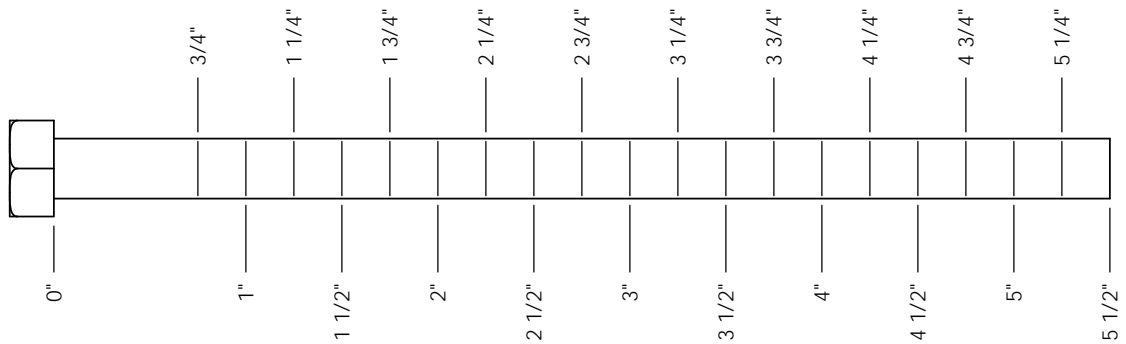
## BOLT SIZING CHART HEX HEAD BOLT



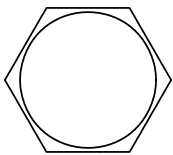
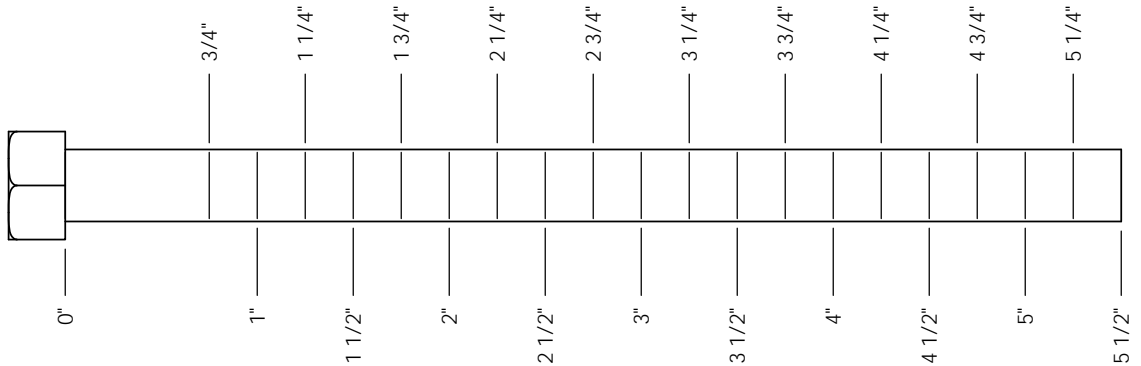
1/4" HHB  
RECOMMENDED  
TORQUE RANGE:  
6-8 ft-lbs



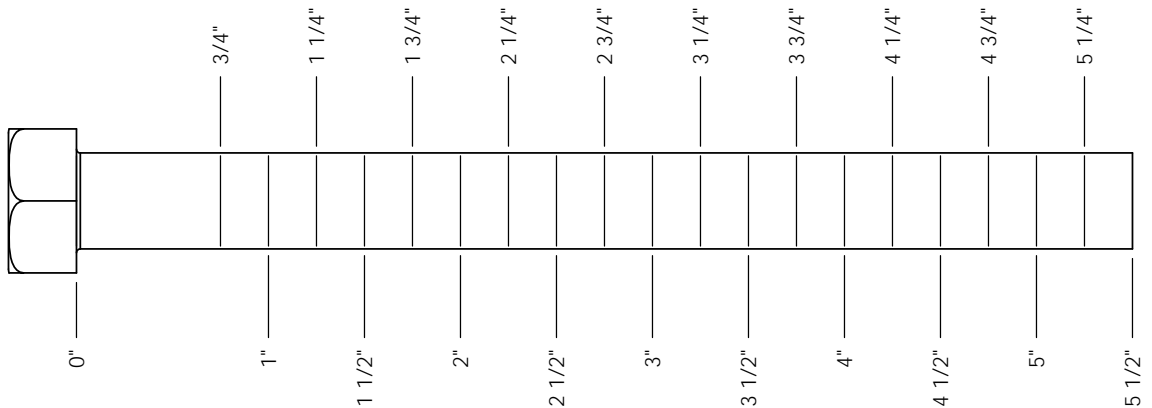
5/16" HHB  
RECOMMENDED  
TORQUE RANGE:  
14-17 ft-lbs



3/8" HHB  
RECOMMENDED  
TORQUE RANGE:  
24-30 ft-lbs

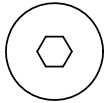


1/2" HHB  
RECOMMENDED  
TORQUE RANGE:  
60-75 ft-lbs

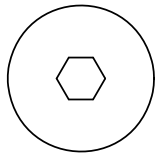
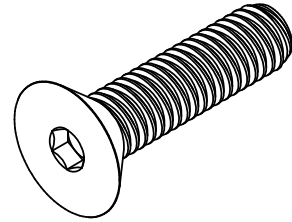
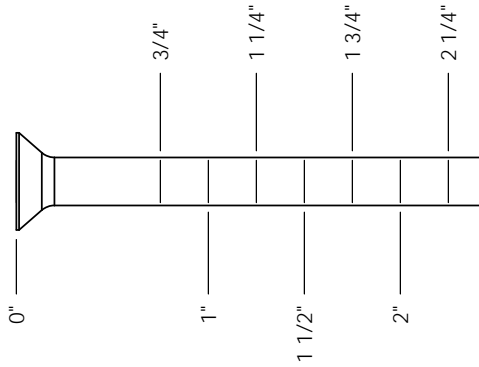


# OWNER'S MANUAL

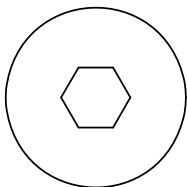
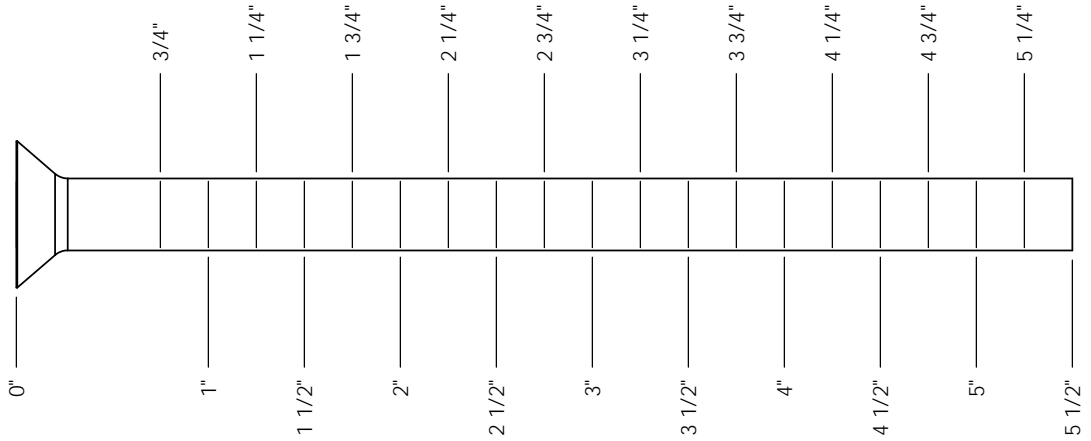
## BOLT SIZING CHART FLAT HEAD CAP SCREW



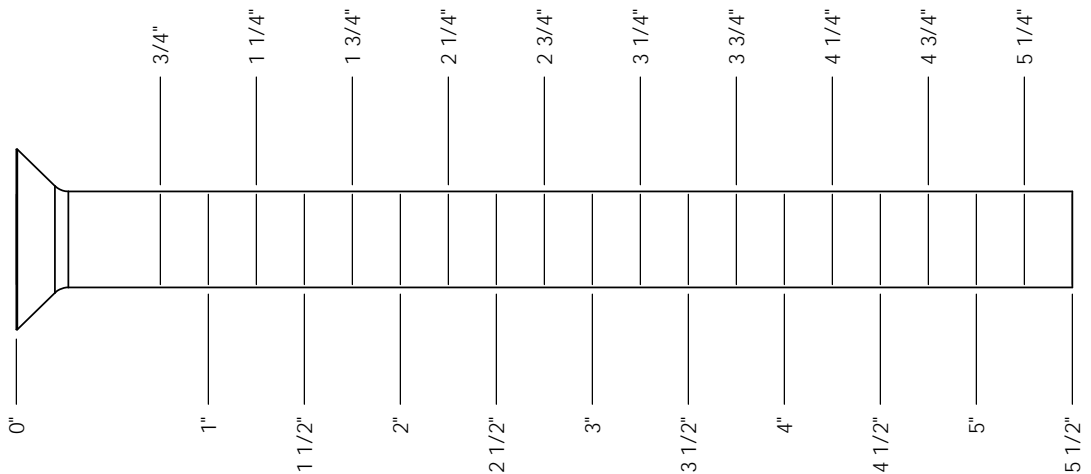
1/4" FHCS  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



3/8" FHCS  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



1/2" FHCS  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs

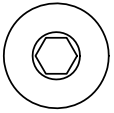
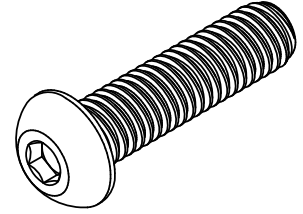
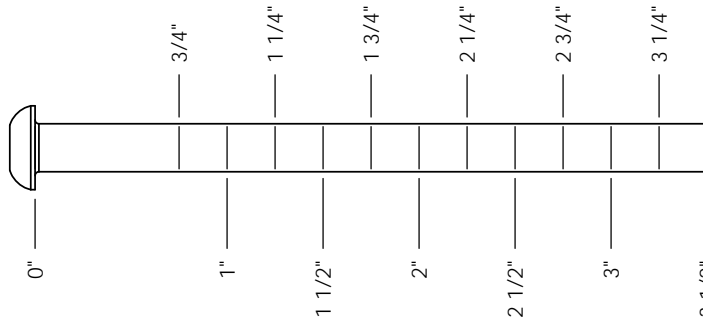


# OWNER'S MANUAL

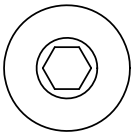
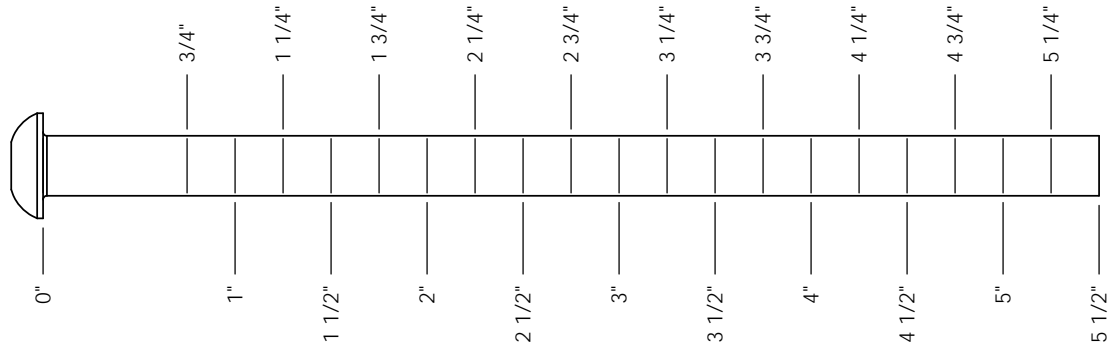
## BOLT SIZING CHART BUTTON HEAD CAP SCREW



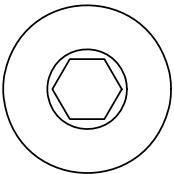
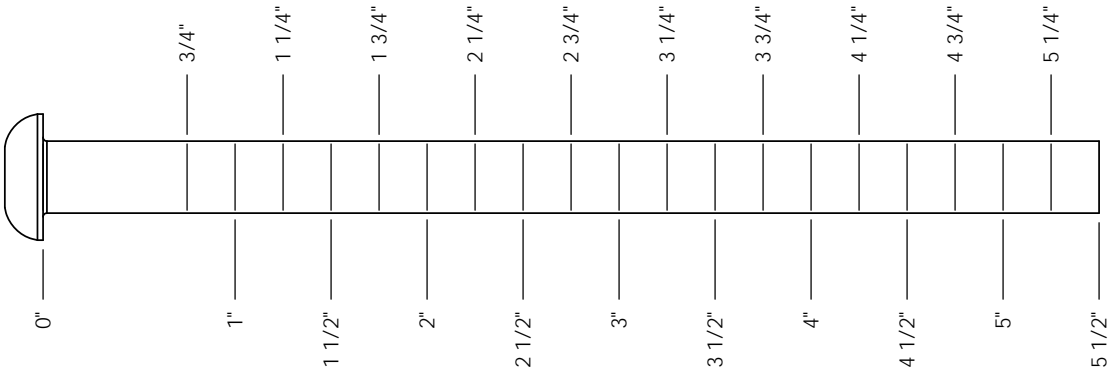
1/4" BHCS  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



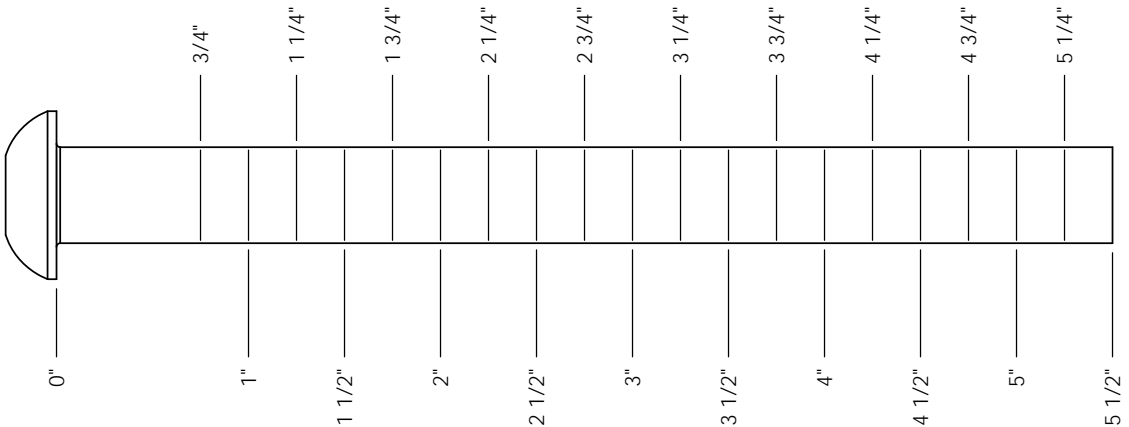
5/16" BHCS  
RECOMMENDED  
TORQUE RANGE:  
11-15 ft-lbs



3/8" BHCS  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



1/2" BHCS  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs

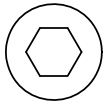
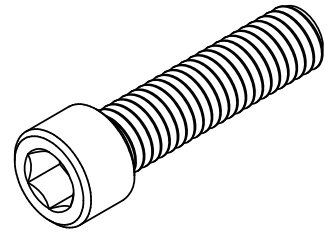
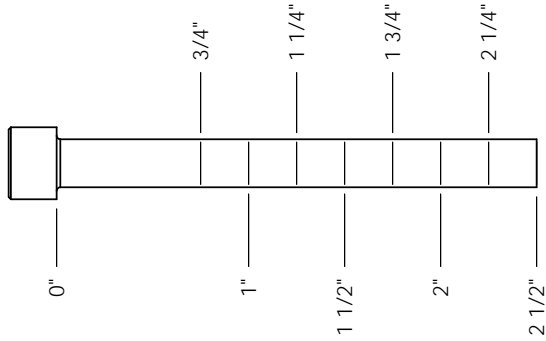


# OWNER'S MANUAL

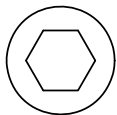
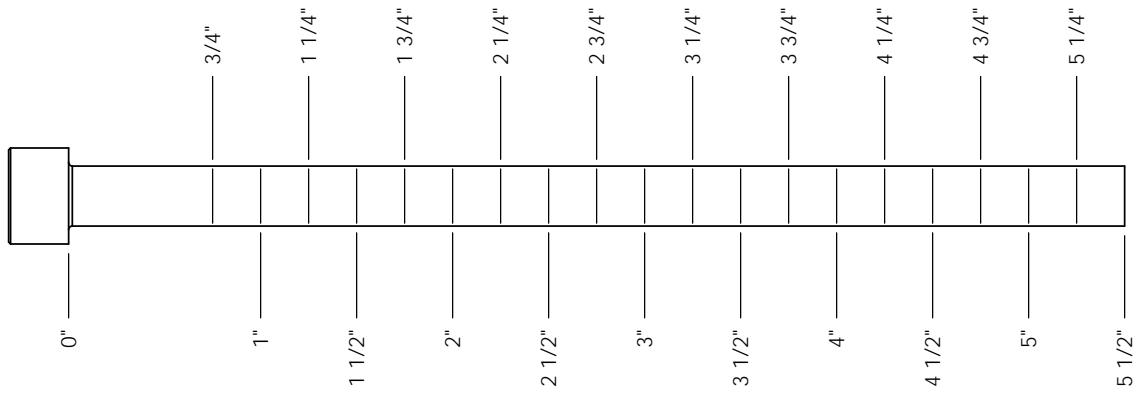
## BOLT SIZING CHART SOCKET HEAD CAP SCREW



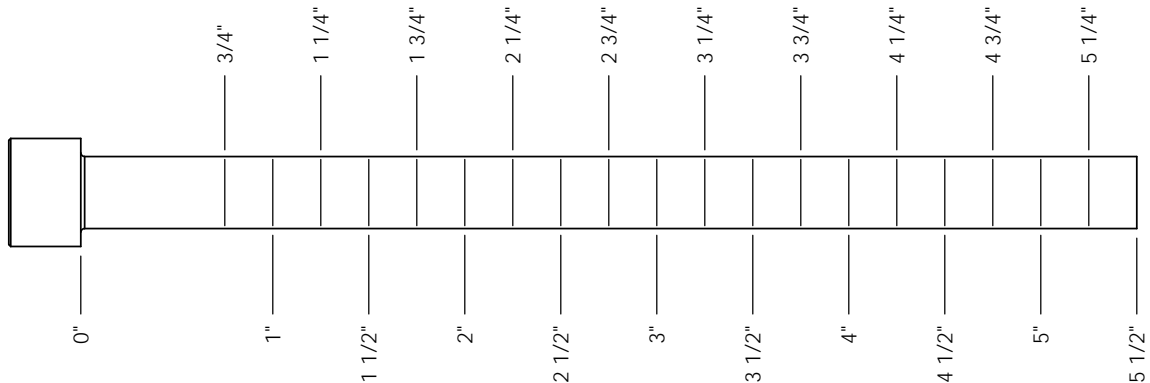
1/4" SHCS  
RECOMMENDED  
TORQUE RANGE:  
11-14 ft-lbs



5/16" SHCS  
RECOMMENDED  
TORQUE RANGE:  
23-29 ft-lbs

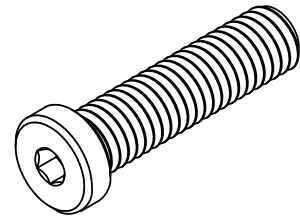


3/8" SHCS  
RECOMMENDED  
TORQUE RANGE:  
39-49 ft-lbs



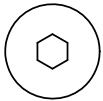
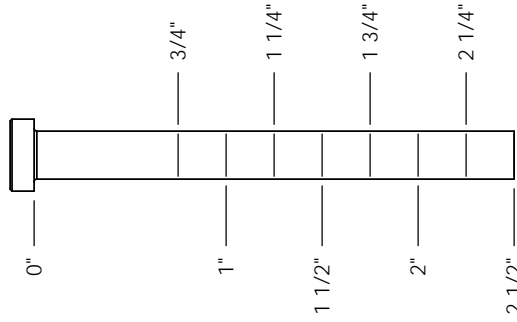
# OWNER'S MANUAL

## BOLT SIZING CHART LOW HEAD SOCKET HEAD CAP SCREW



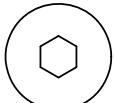
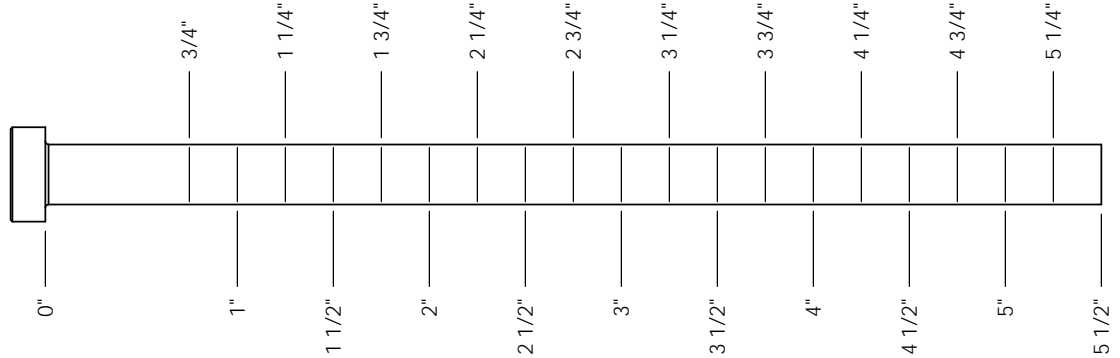
1/4"  
LOW HEAD  
SHCS

RECOMMENDED  
TORQUE RANGE:  
4-6 ft-lbs



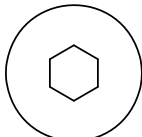
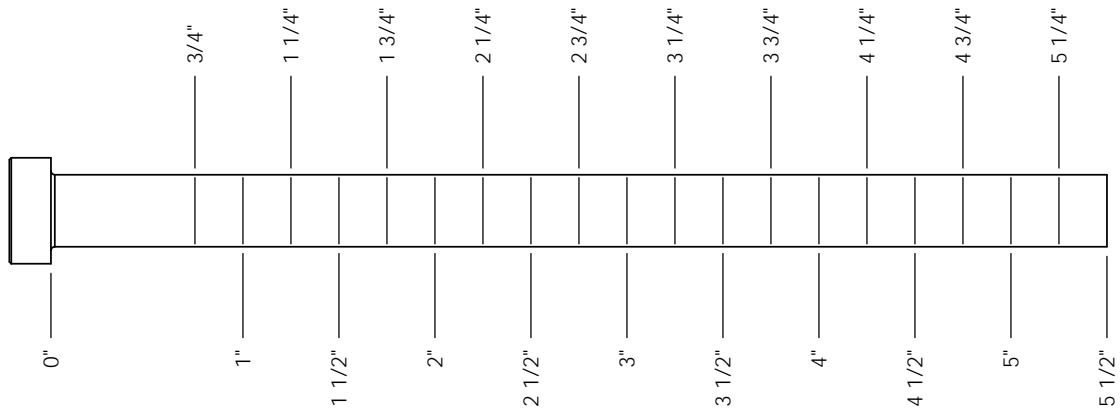
5/16"  
LOW HEAD  
SHCS

RECOMMENDED  
TORQUE RANGE:  
9-12 ft-lbs



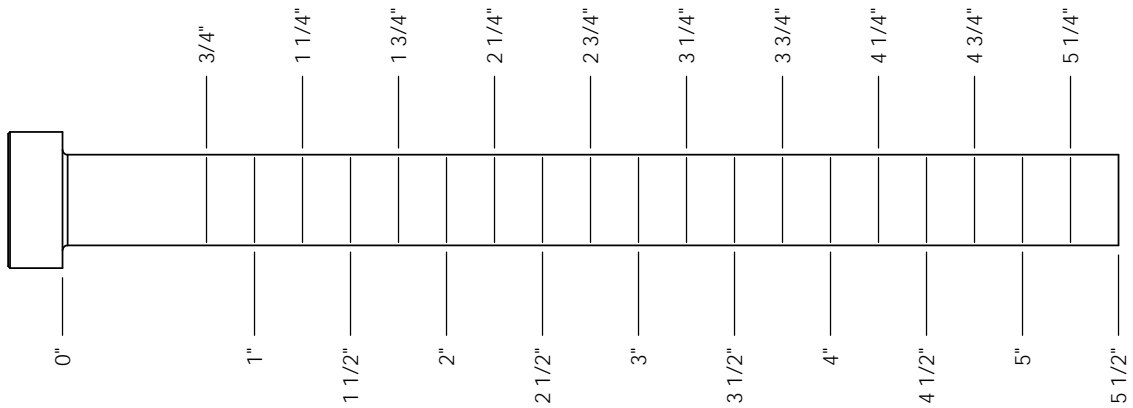
3/8"  
LOW HEAD  
SHCS

RECOMMENDED  
TORQUE RANGE:  
18-23 ft-lbs



1/2"  
LOW HEAD  
SHCS

RECOMMENDED  
TORQUE RANGE:  
40-50 ft-lbs

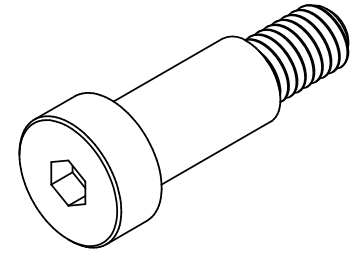
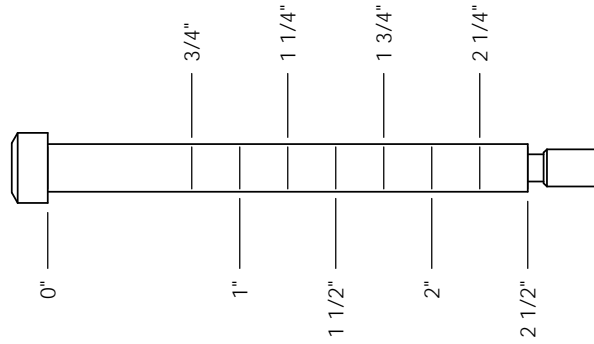


# OWNER'S MANUAL

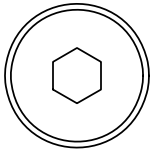
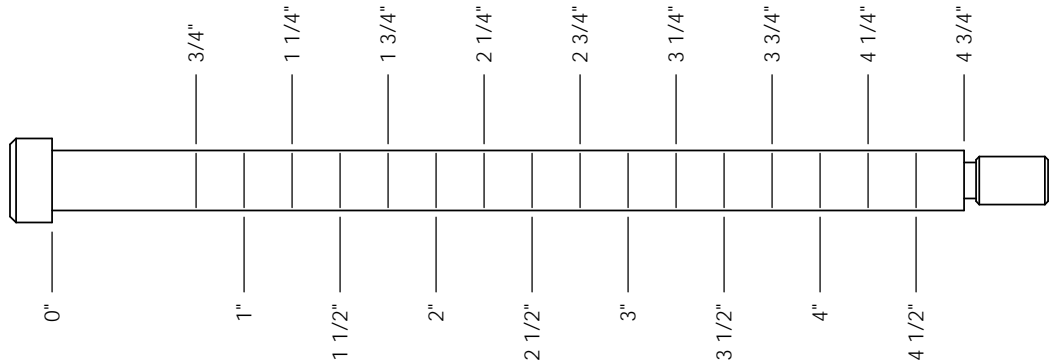
## BOLT SIZING CHART SOCKET HEAD SHOULDER SCREW



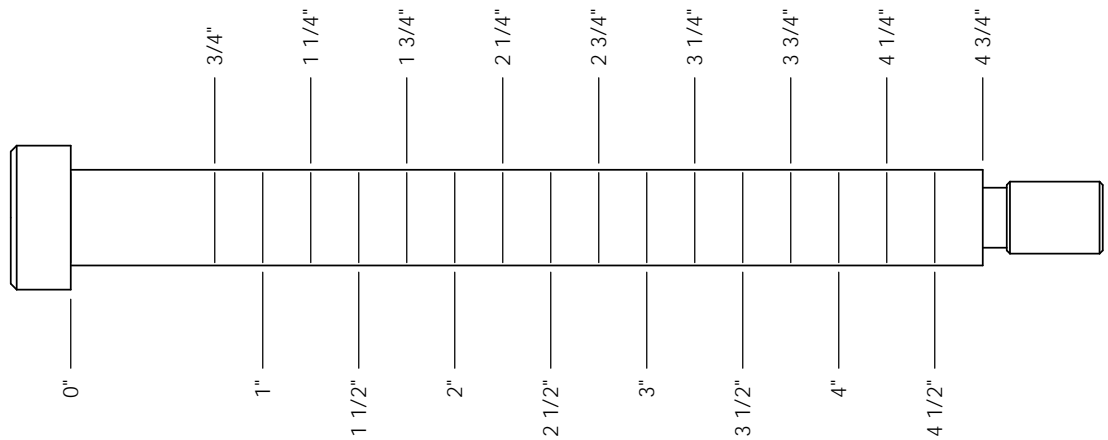
1/4" SHSS  
RECOMMENDED  
TORQUE RANGE:  
3-4 ft-lbs



5/16" SHSS  
RECOMMENDED  
TORQUE RANGE:  
8-10 ft-lbs



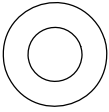
3/8" SHSS  
RECOMMENDED  
TORQUE RANGE:  
17-22 ft-lbs



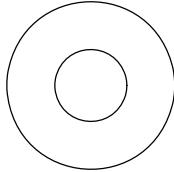
# OWNER'S MANUAL

## WASHER SIZING CHART

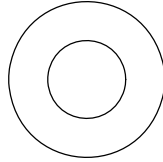
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



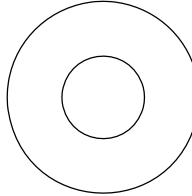
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



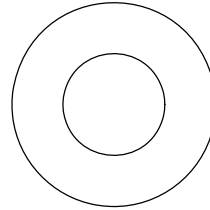
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



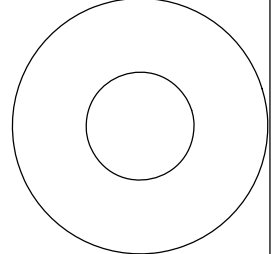
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



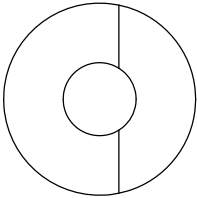
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



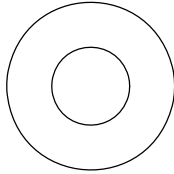
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



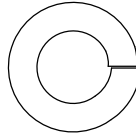
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



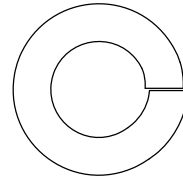
013-0102019  
1/4"  
LOCK WASHER



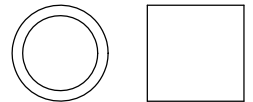
013-0102020  
3/8"  
LOCK WASHER



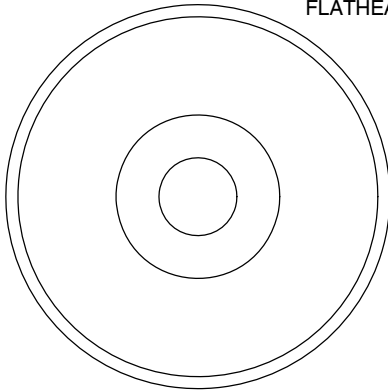
013-0102018  
1/2"  
LOCK WASHER



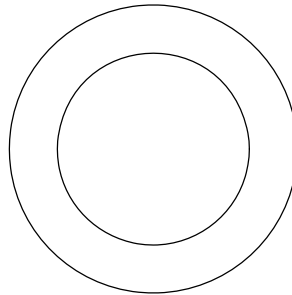
014-0018001  
1/2" LONG  
SPACER



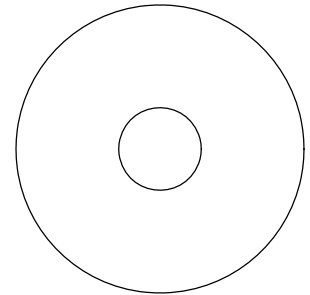
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



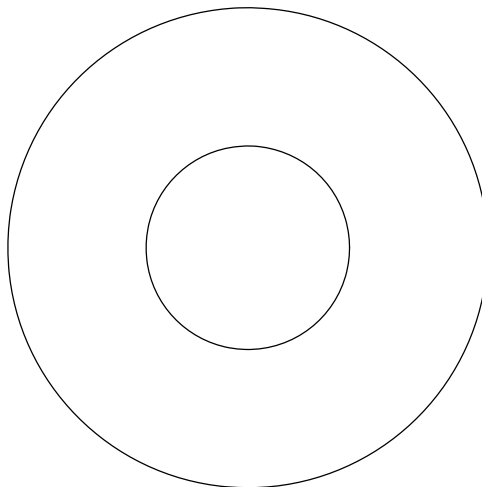
016-0009003  
1" SHIM WASHER



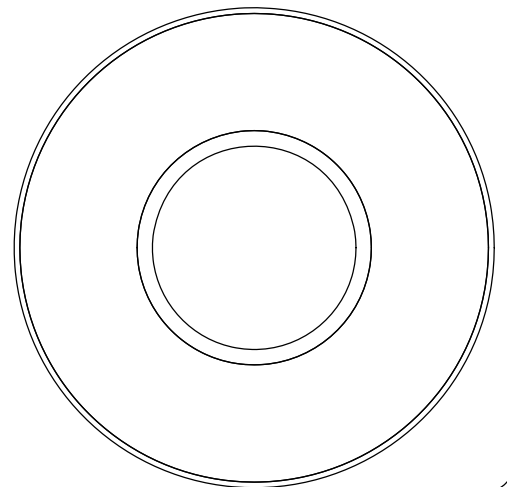
013-0003002  
3/8" FENDER WASHER



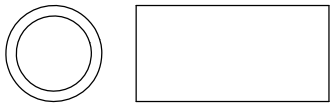
013-0003004  
1 1/16"  
FENDER WASHER



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



014-0018002  
1" LONG  
SPACER

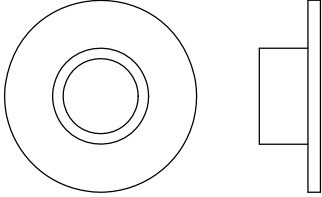




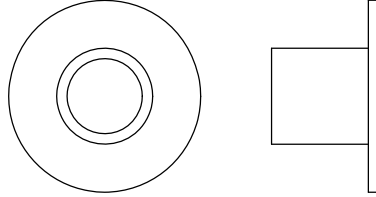
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

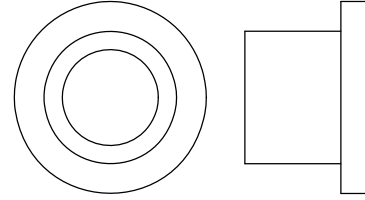
026-01M0211  
1/4" LONG  
FLANGED SPACER



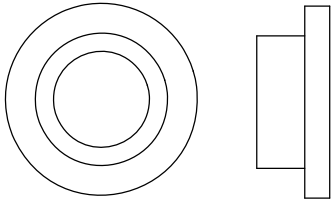
026-01M0198  
1/2" LONG  
FLANGED SPACER



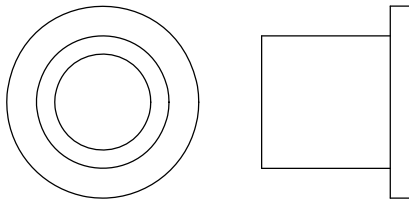
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



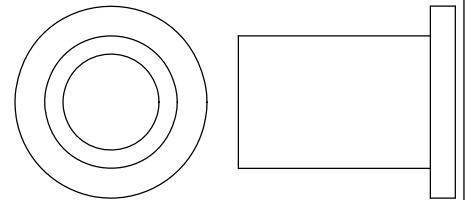
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



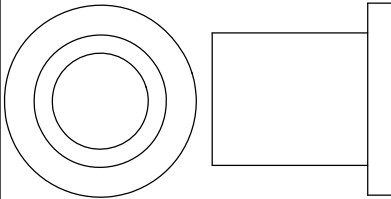
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



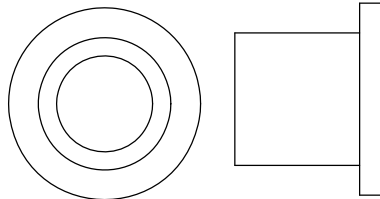
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



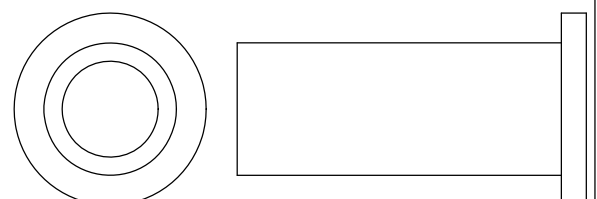
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



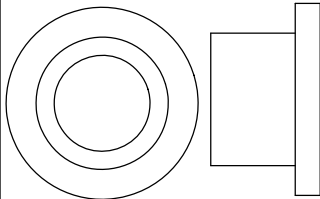
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



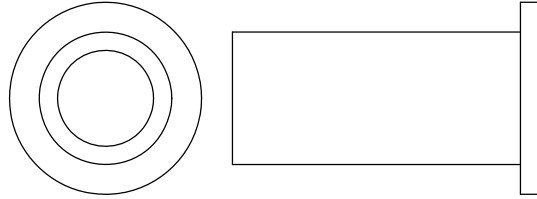
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



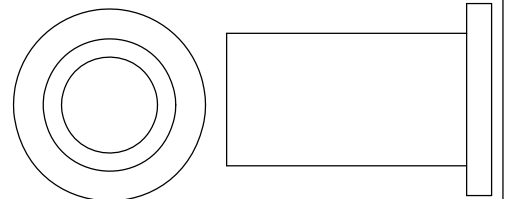
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



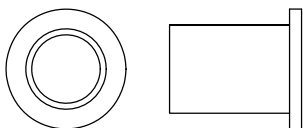
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



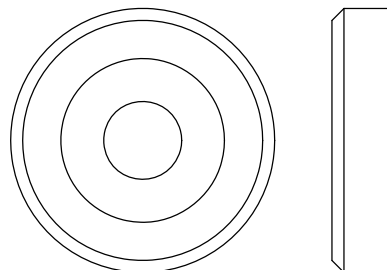
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



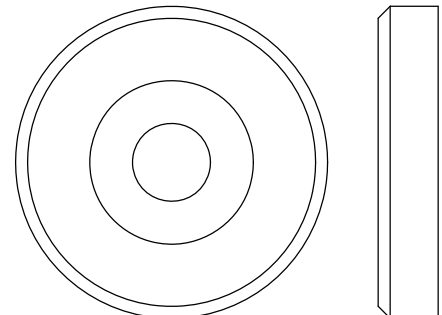
026-01M0600  
.625" LONG  
FLANGED SPACER



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.*

# 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 RS-1102-A 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 RS-1102-A 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 RS-1102-A HOIST® Fitness System!**



# 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](http://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**