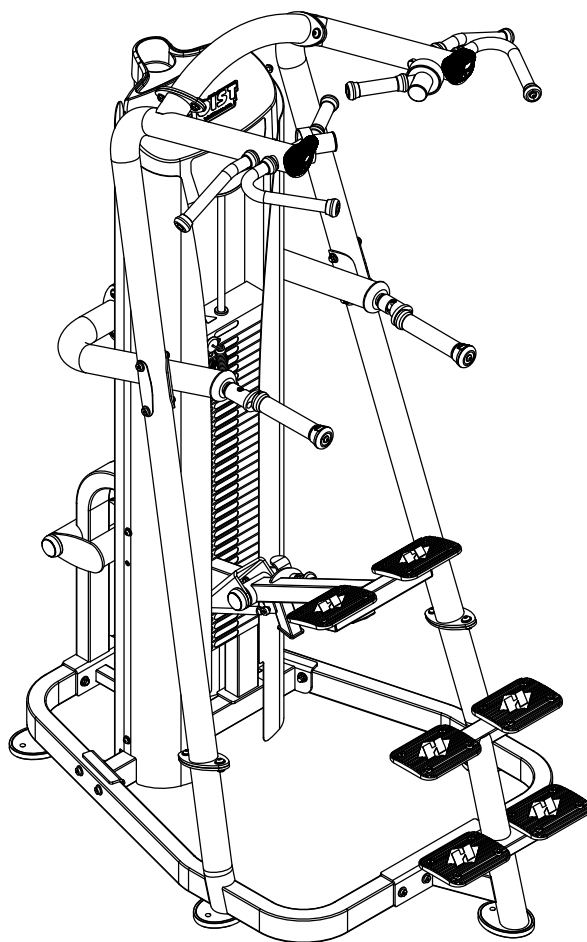


# OWNER'S MANUAL



## RS-1700 CHIN-DIP ASSIST



**\*\*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**

**C02**

**Customer Service**

(800) 548-5438

(858) 578-7676

**Fax**

(858) 578-9558



[www.facebook.com/hoistfitness](http://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**

**Hex Key Wrench Set**

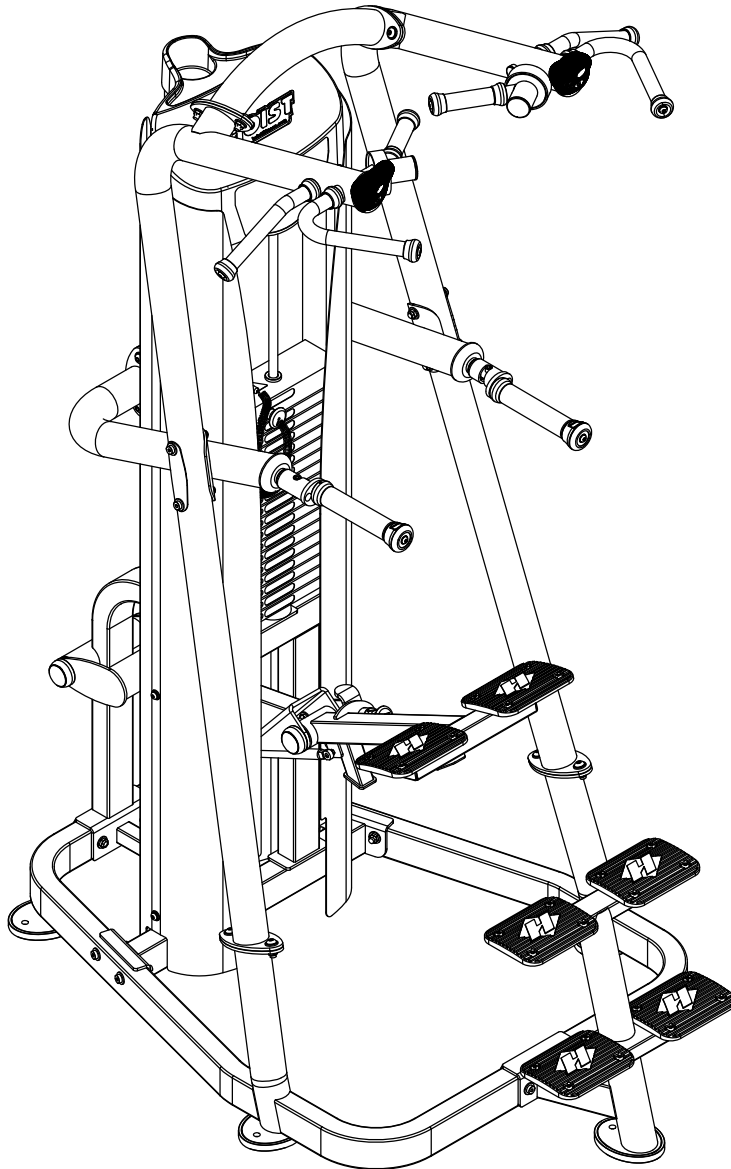
**Two People**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

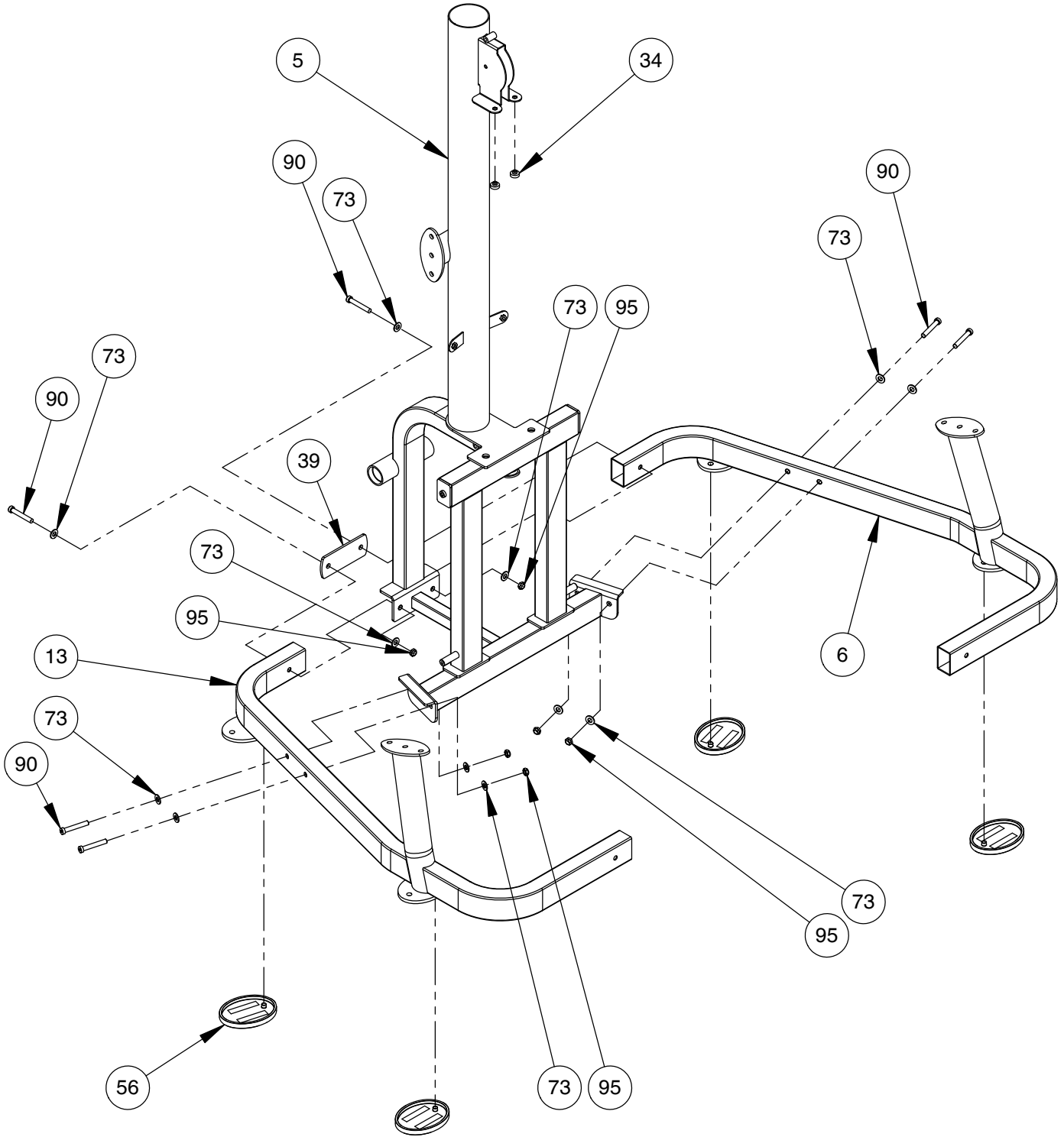
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

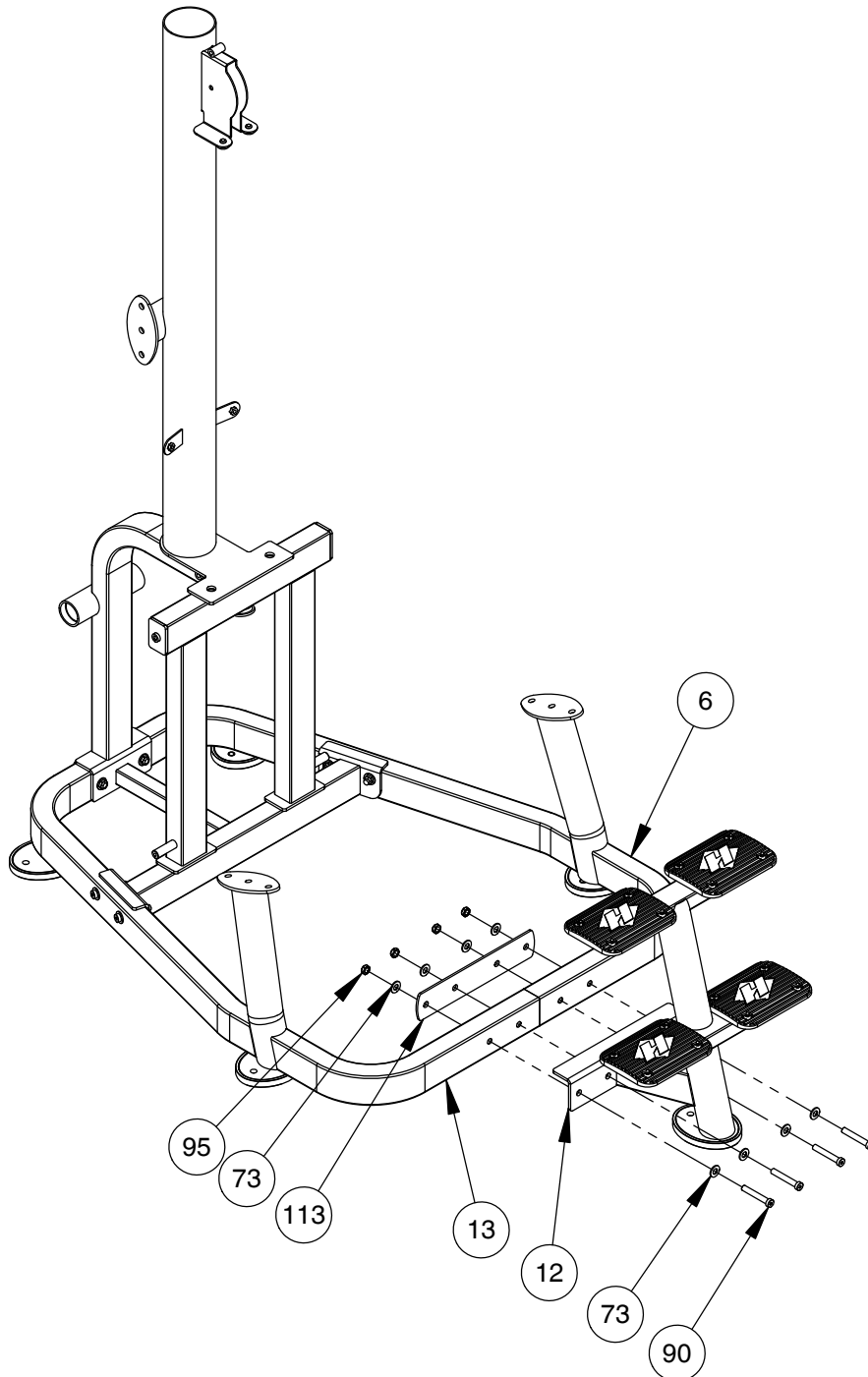
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

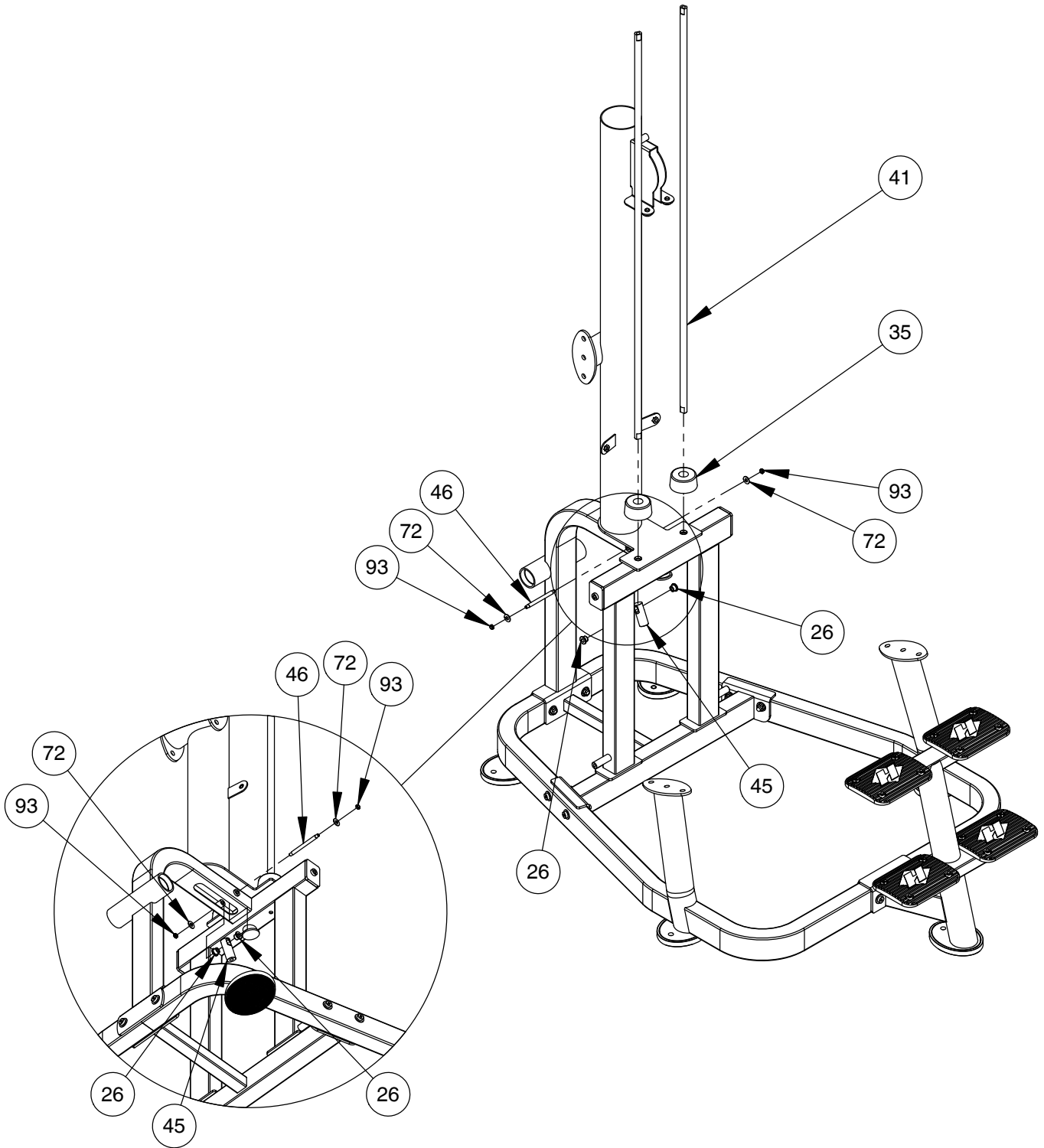
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

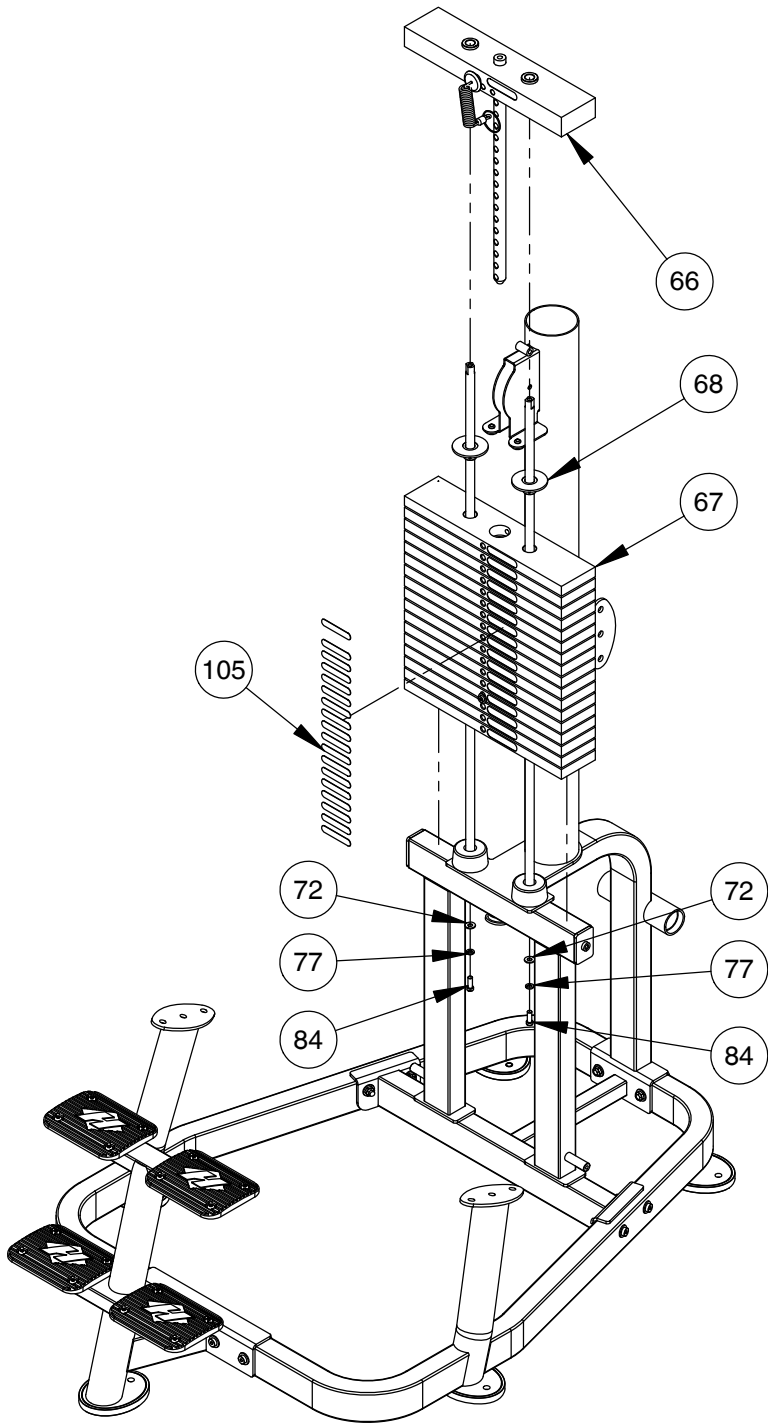
NOTE:  
- HAND TIGHTEN HARDWARE.



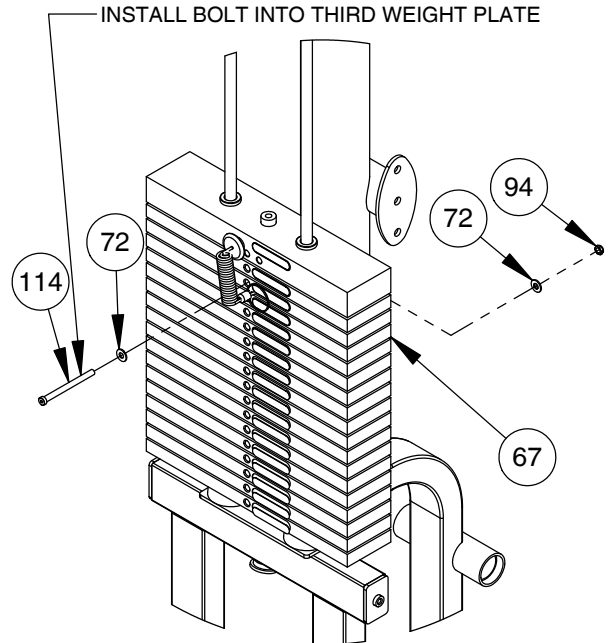


# OWNER'S MANUAL

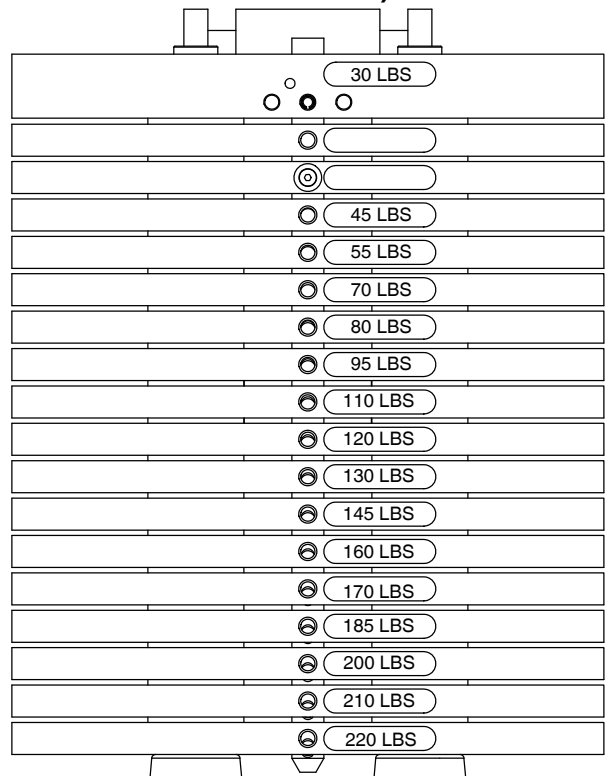
## FRAME ASSEMBLY



NOTE:  
 - WRENCH TIGHTEN HARDWARE  
 - SOME PARTS MAY HAVE BE HIDDEN FOR CLARITY



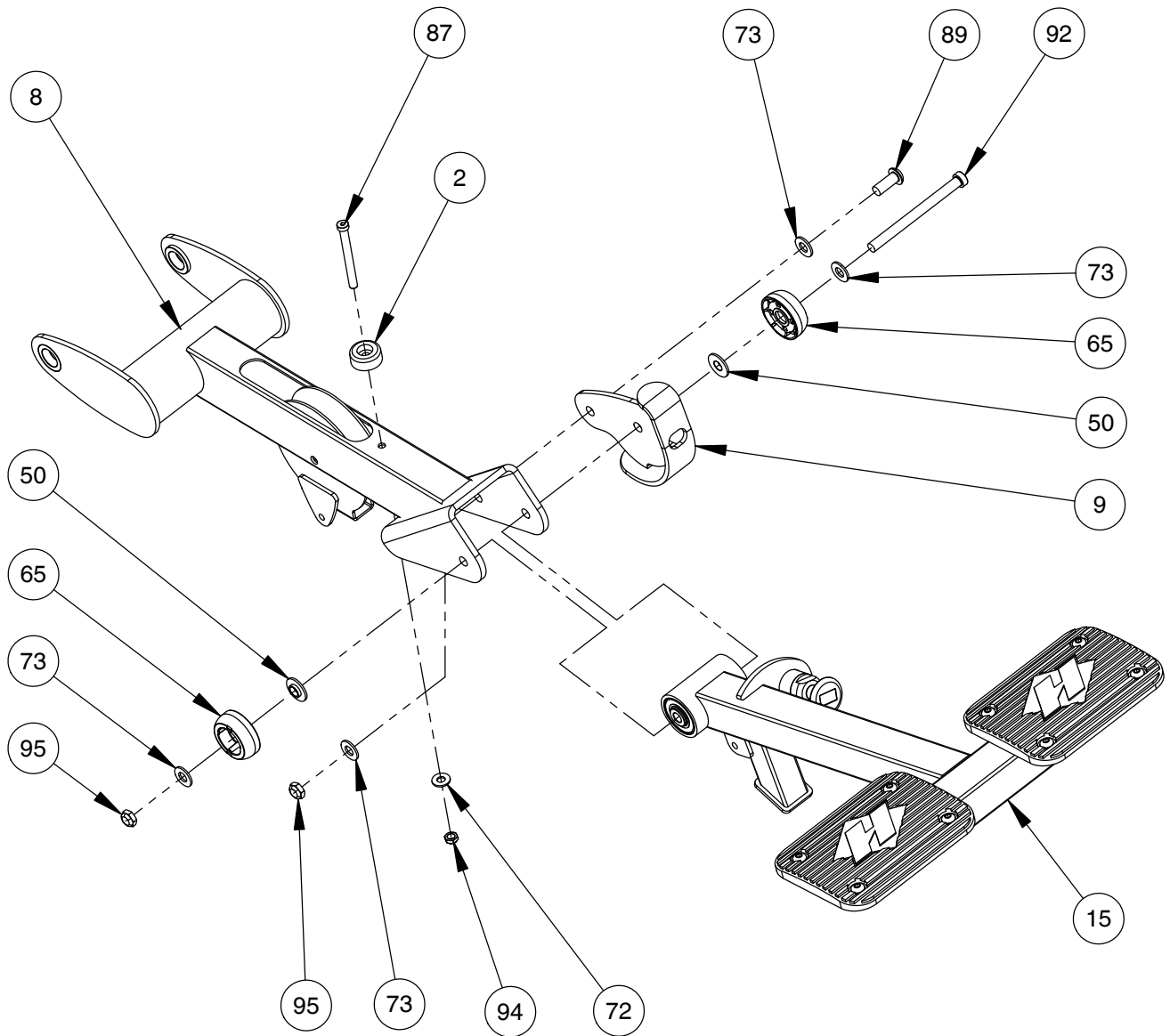
NOTE: THE SECOND AND THIRD WEIGHT PLATES DO NOT RECEIVE A DECAL (NUMBER DECAL DETAIL VIEW SHOWN BELOW)



# OWNER'S MANUAL

## FRAME ASSEMBLY

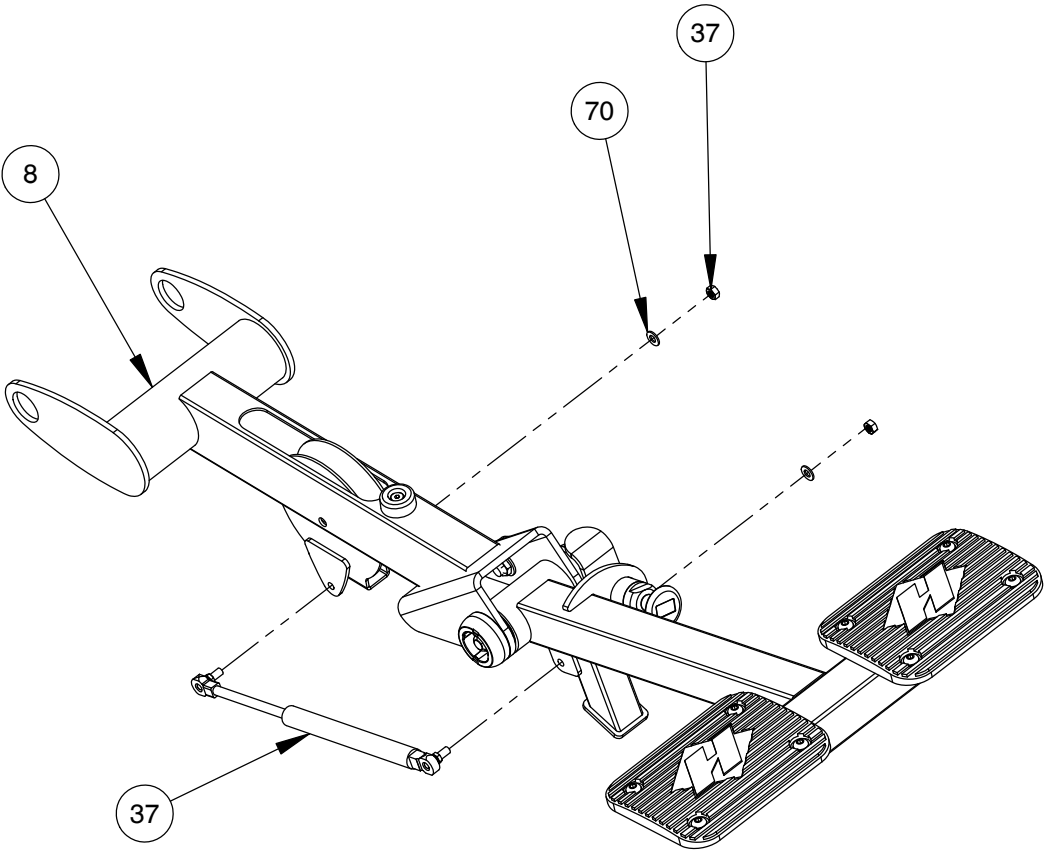
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

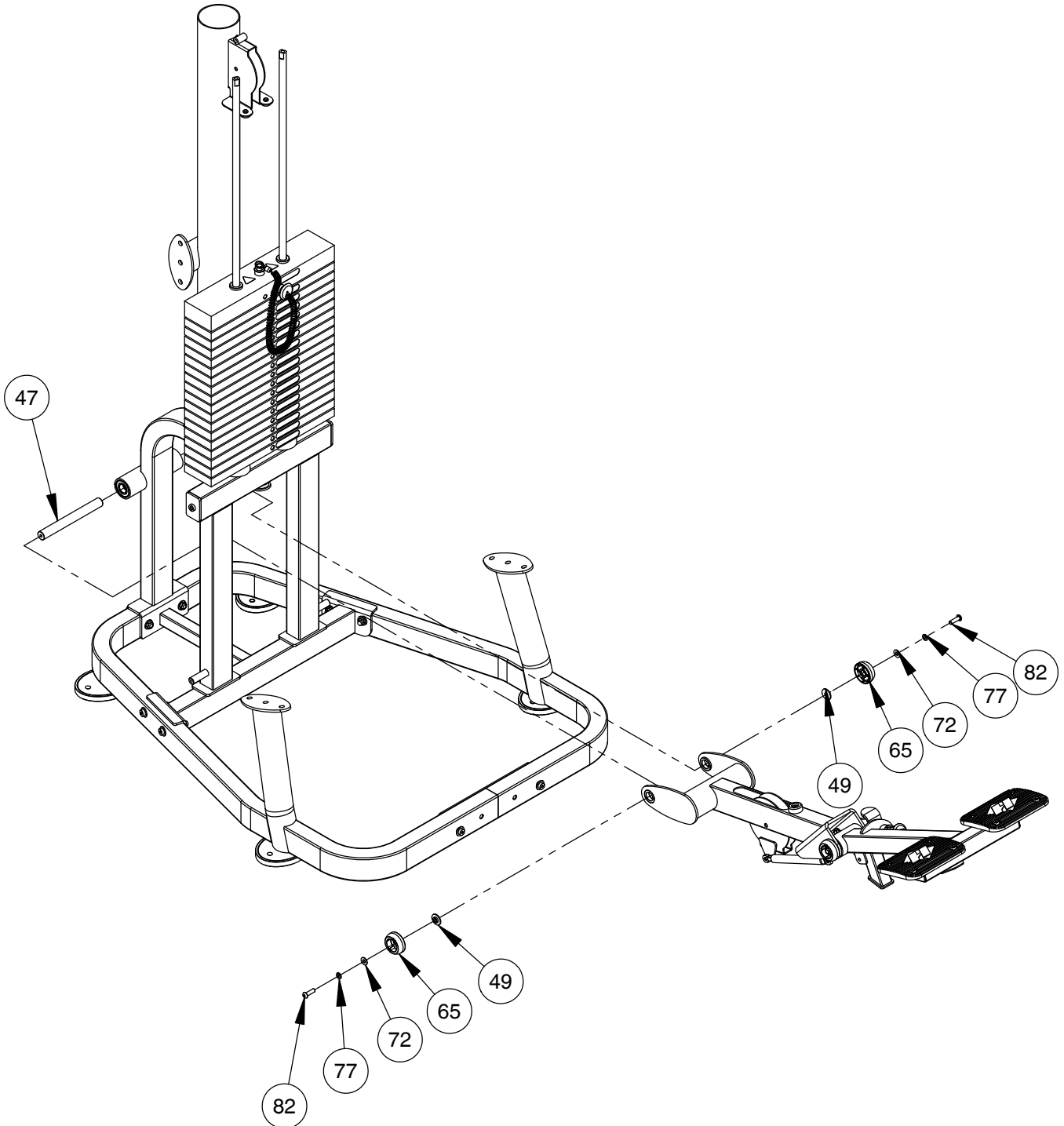
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

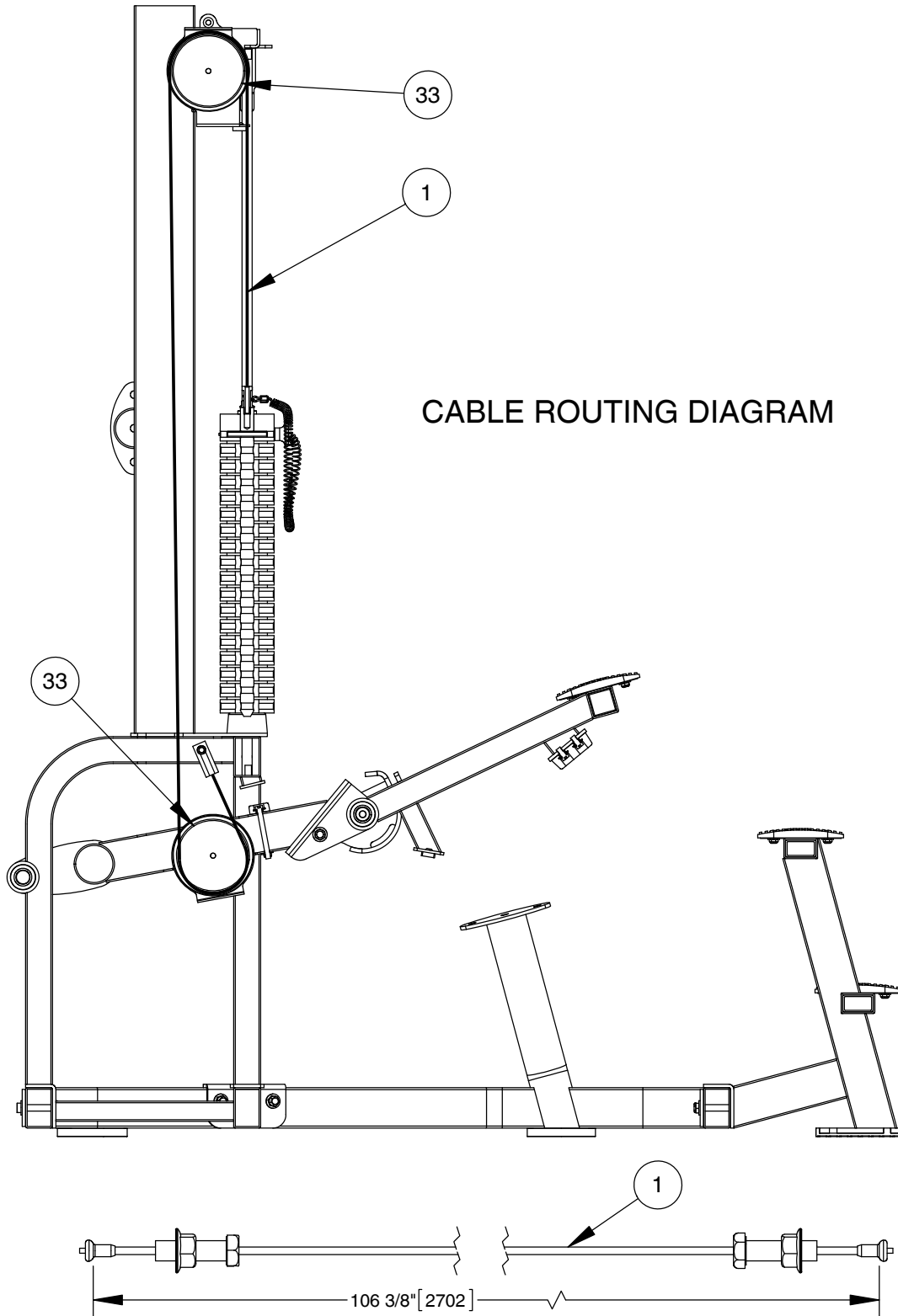
## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

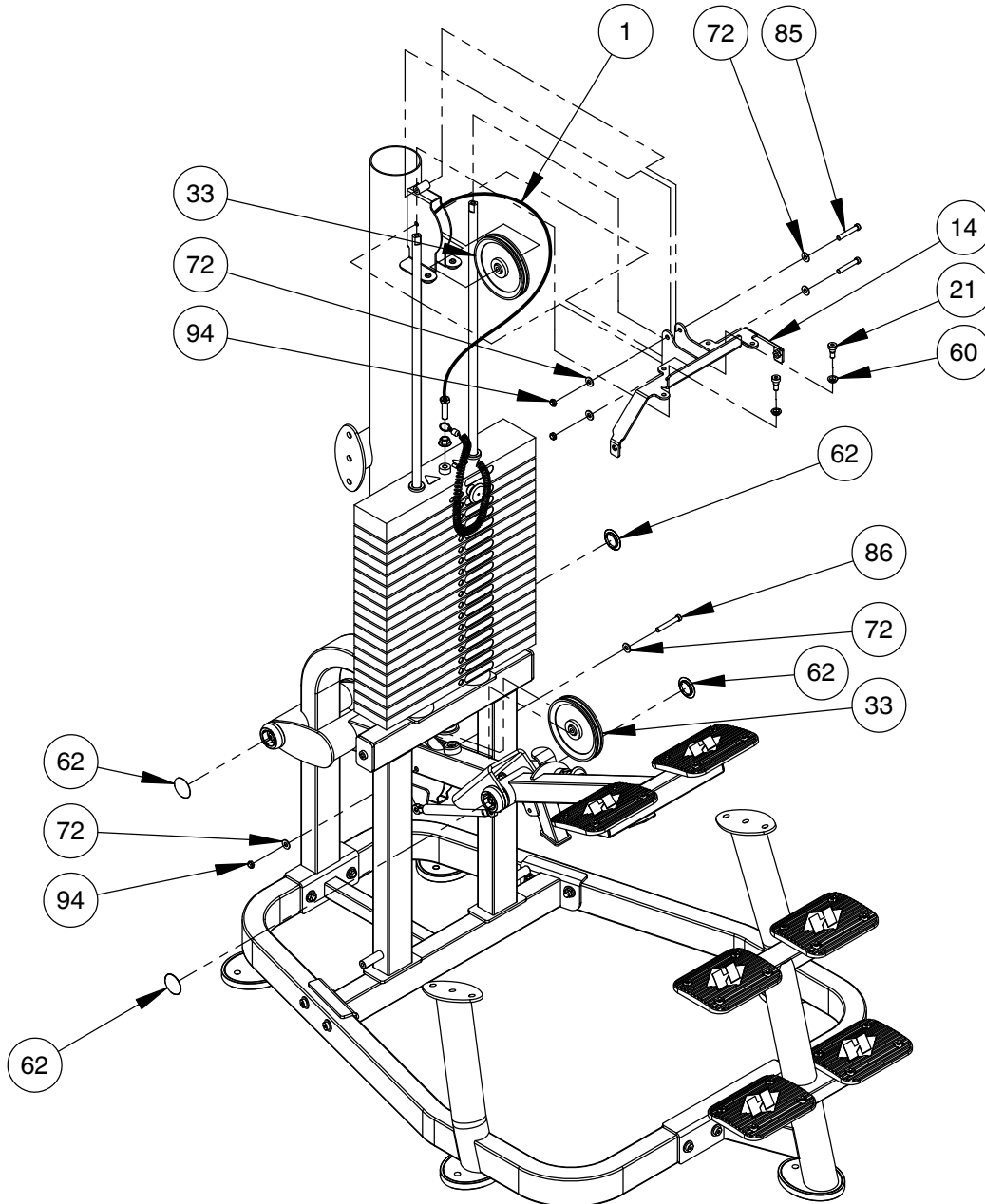
## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

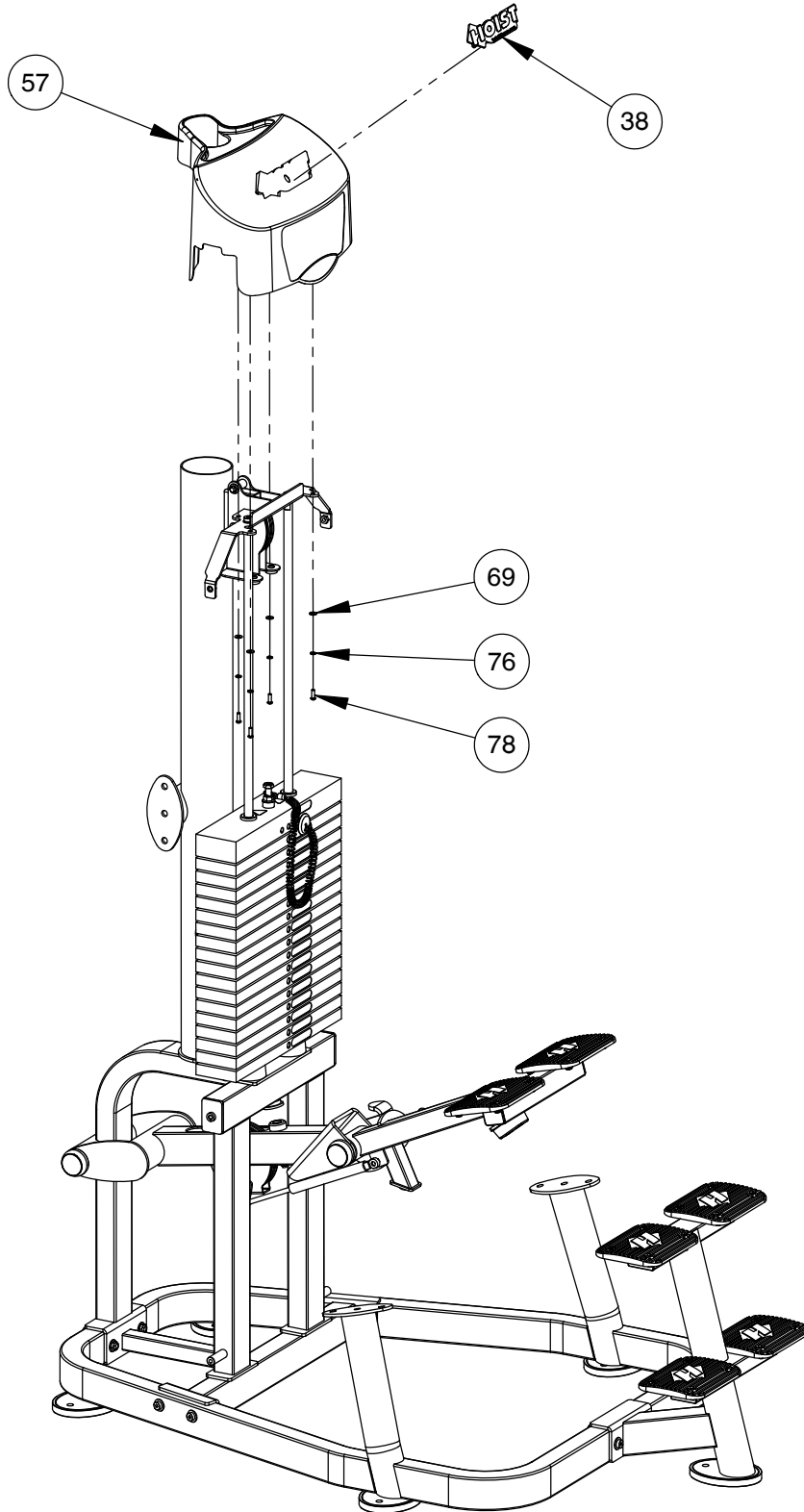
NOTE:  
- WRENCH TIGHTEN HARDWARE.  
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



# OWNER'S MANUAL

## FRAME ASSEMBLY

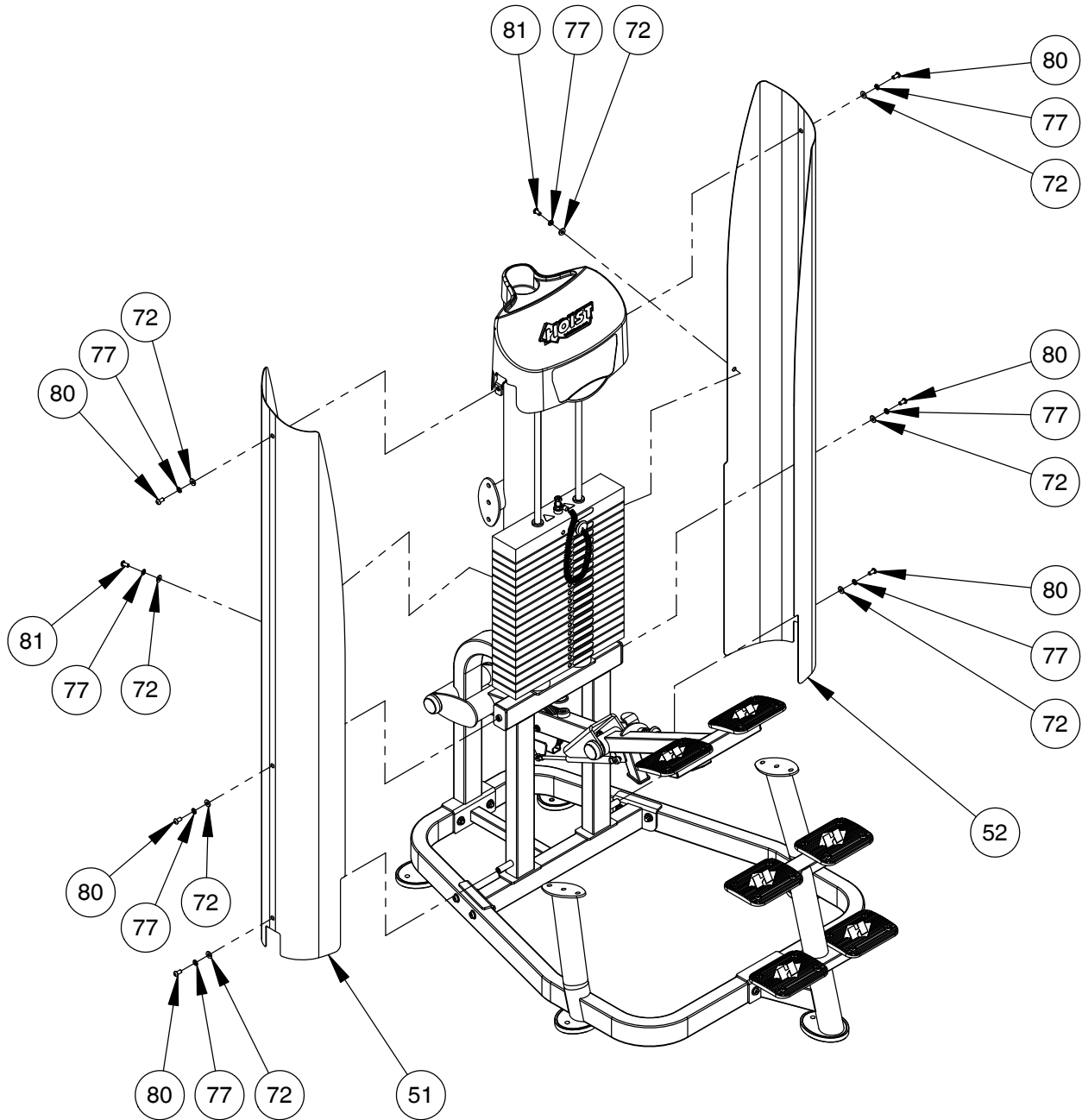
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.

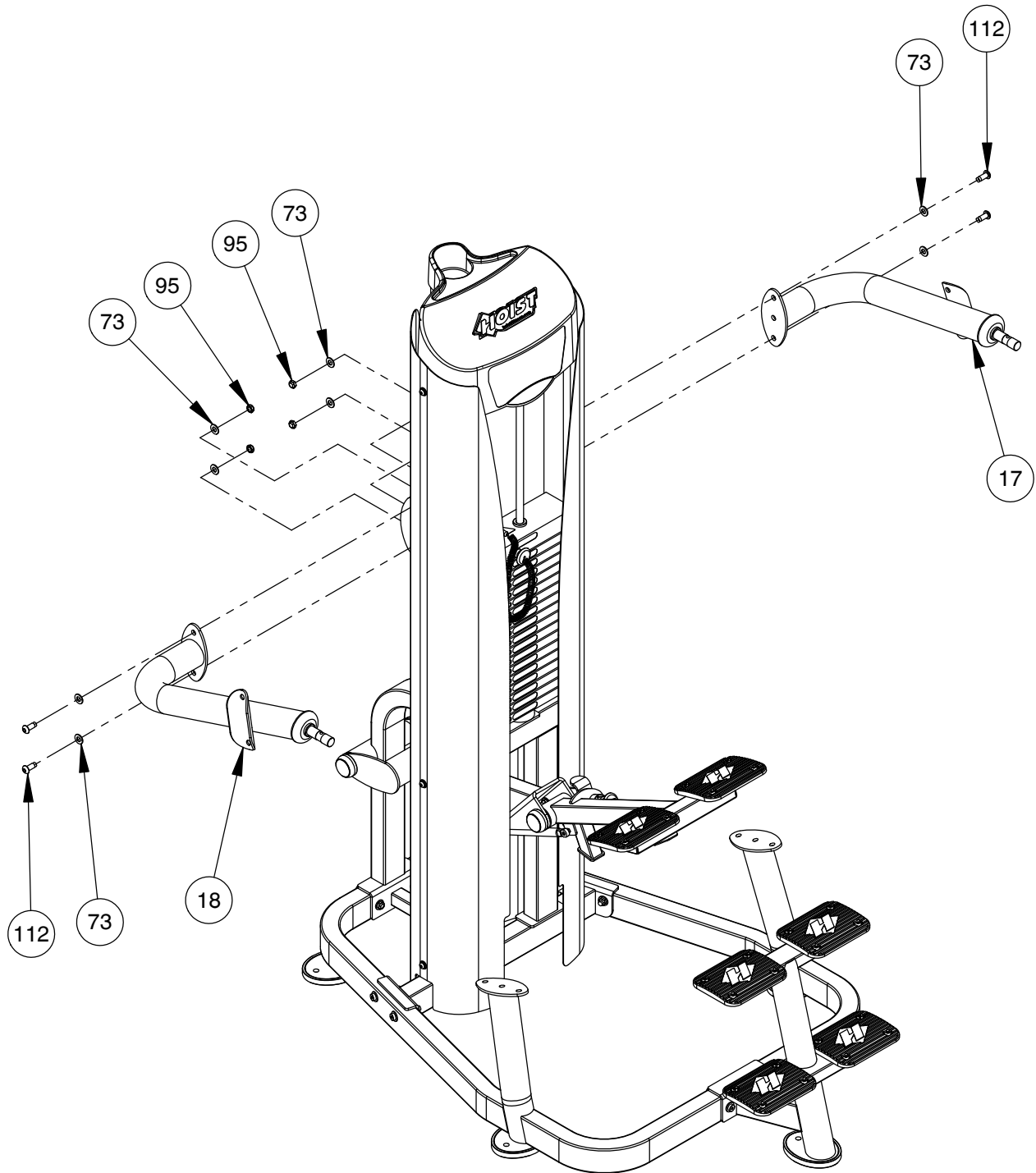




# OWNER'S MANUAL

## FRAME ASSEMBLY

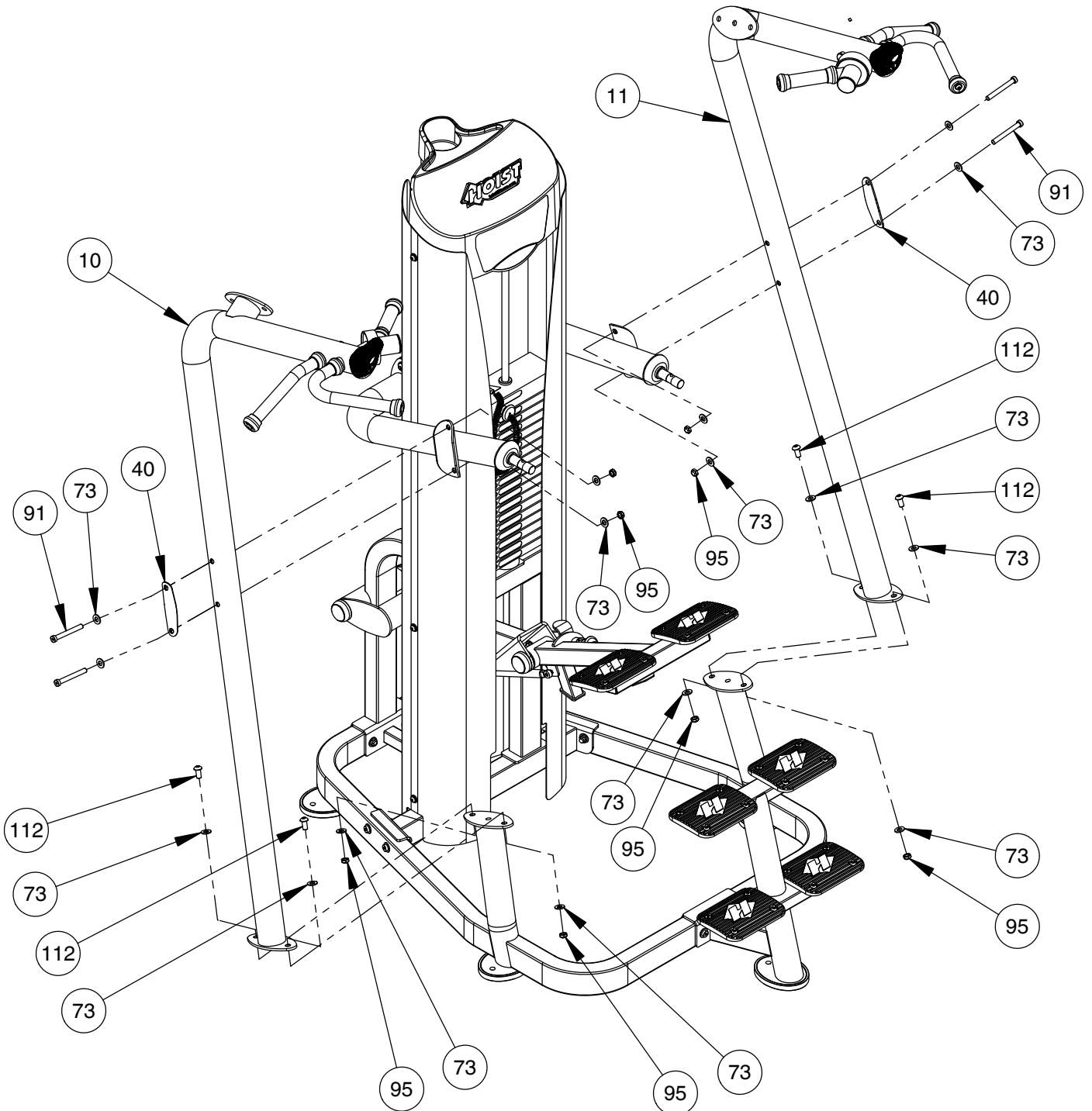
NOTE:  
- HAND TIGHTEN HARDWARE.



# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.



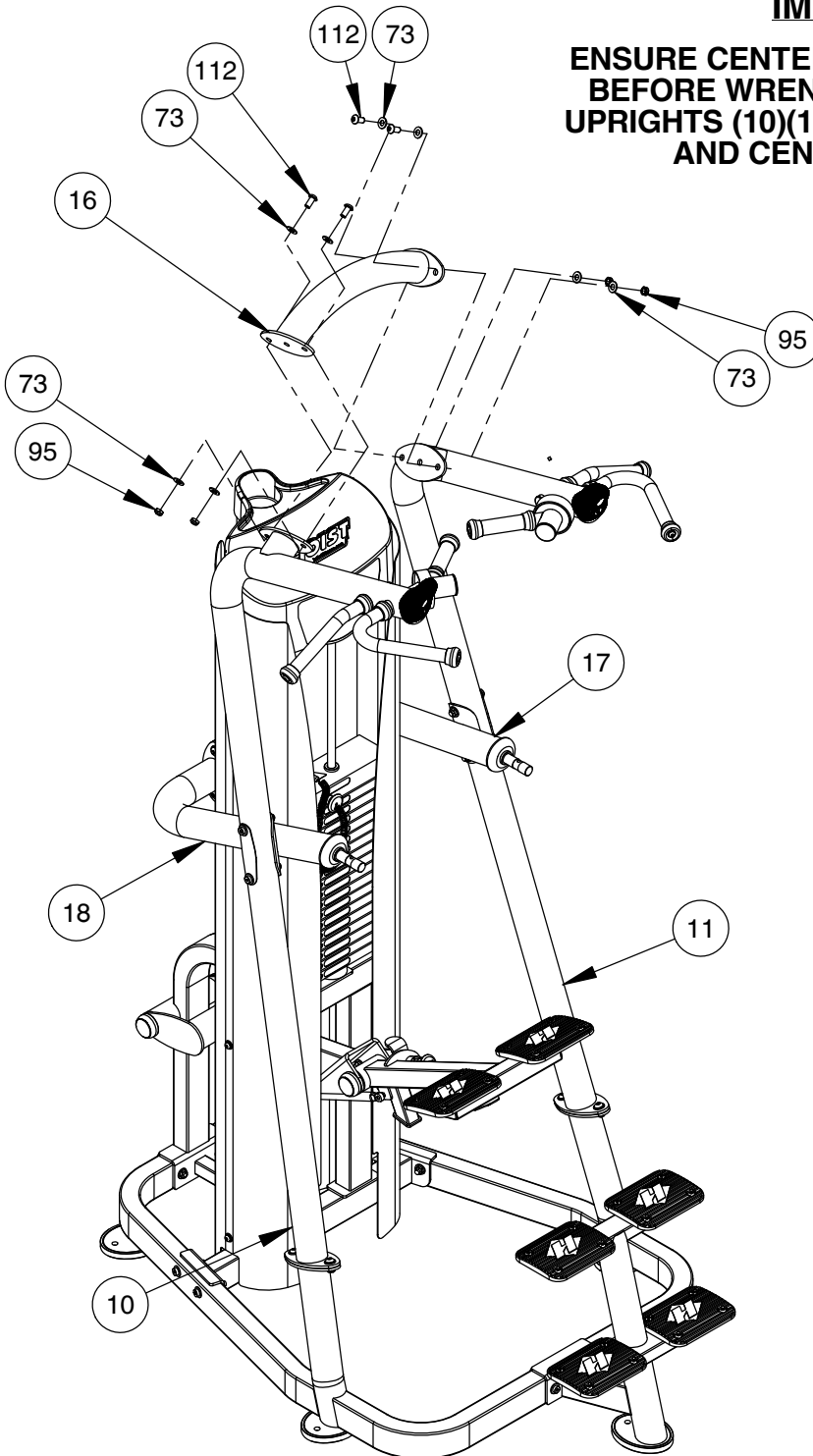
# OWNER'S MANUAL

## FRAME ASSEMBLY

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

### IMPORTANT

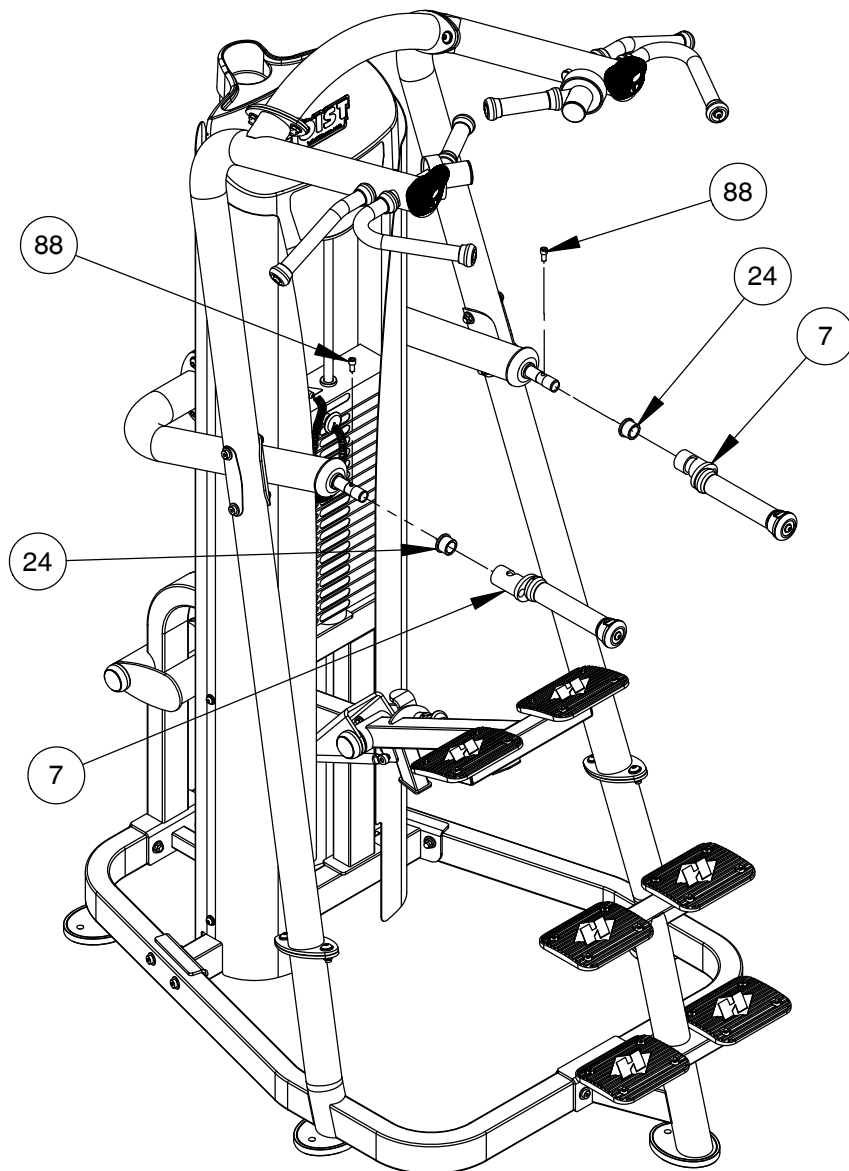
ENSURE CENTER CONNECTOR (16) IS LEVEL  
BEFORE WRENCH TIGHTENING BOLTS ON  
UPRIGHTS (10)(11), UPPERCAGE TIES (17)(18),  
AND CENTER CONNECTOR (16).



# OWNER'S MANUAL

## FRAME ASSEMBLY

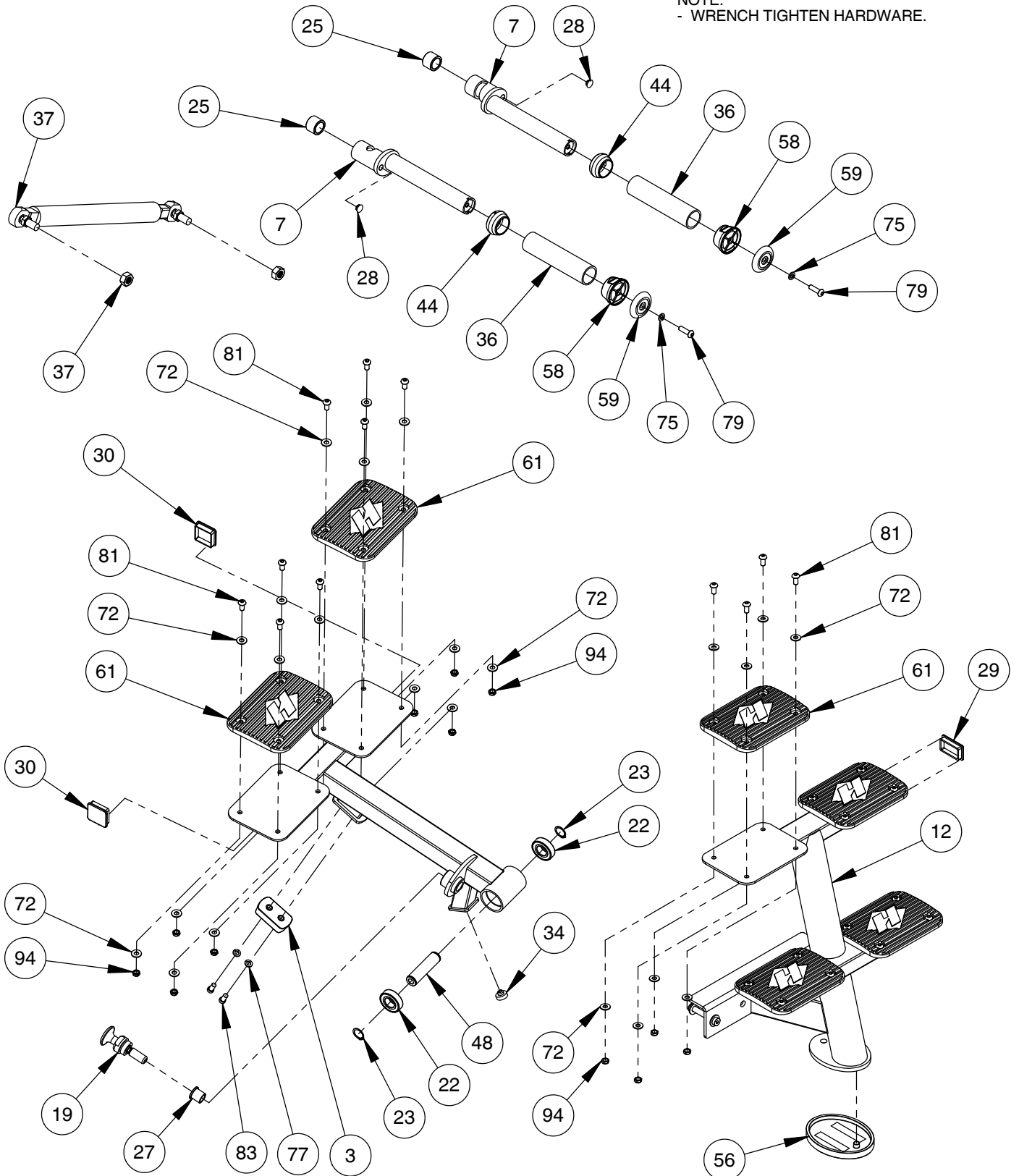
NOTE:  
- WRENCH TIGHTEN HARDWARE.



# OWNER'S MANUAL

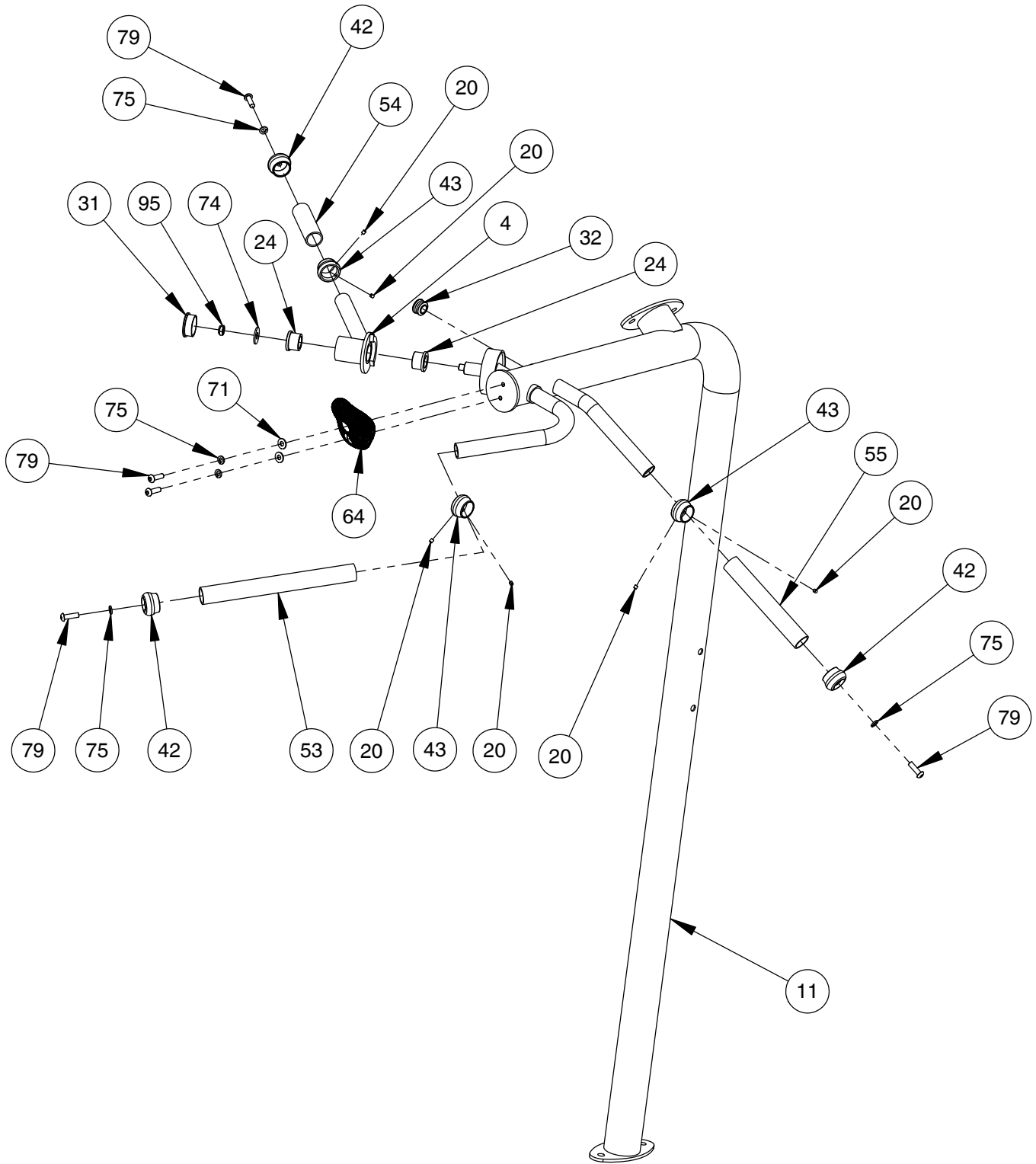
## PRE-ASSEMBLY

NOTE:  
- WRENCH TIGHTEN HARDWARE.



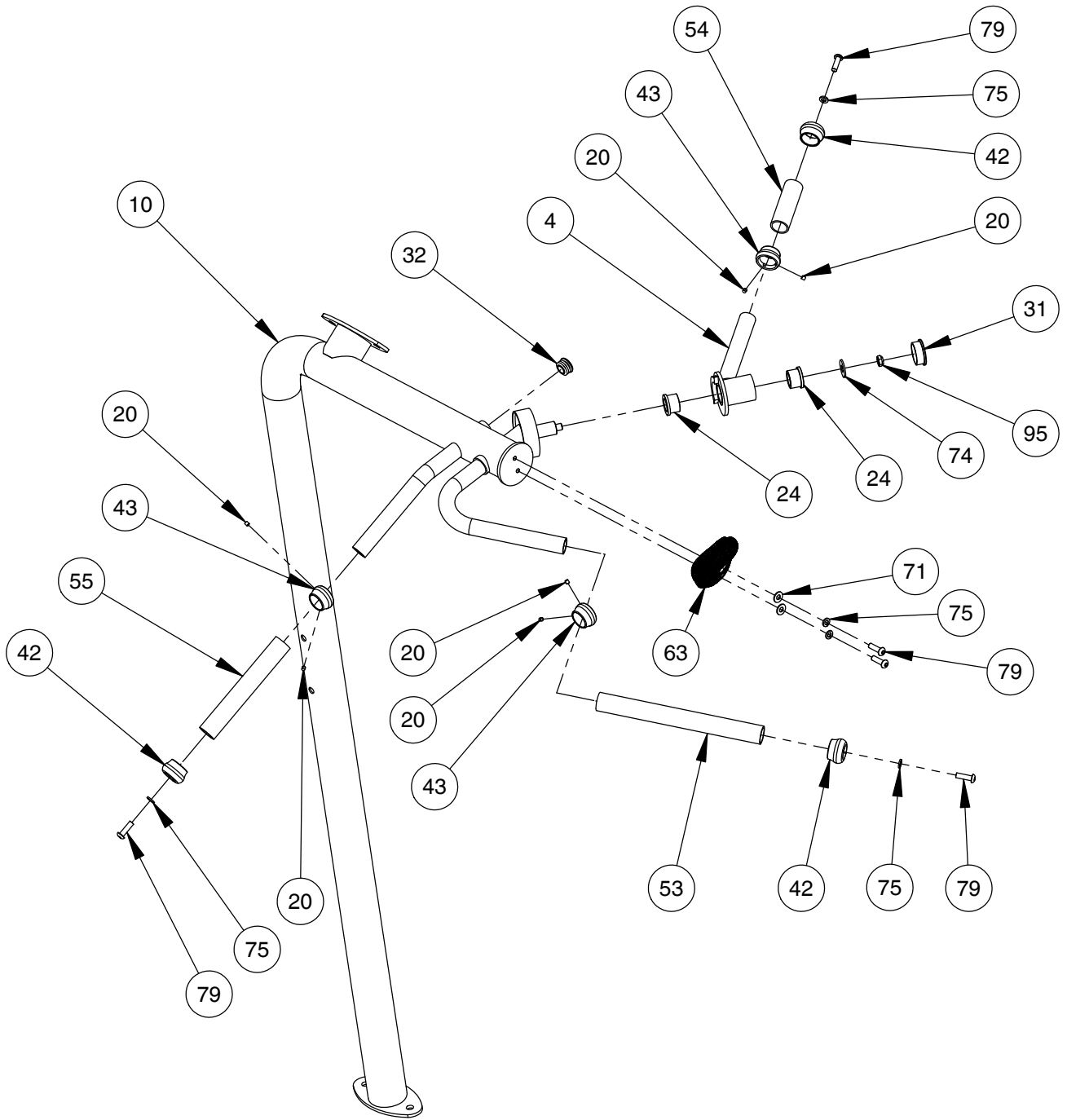
# OWNER'S MANUAL

## PRE-ASSEMBLY



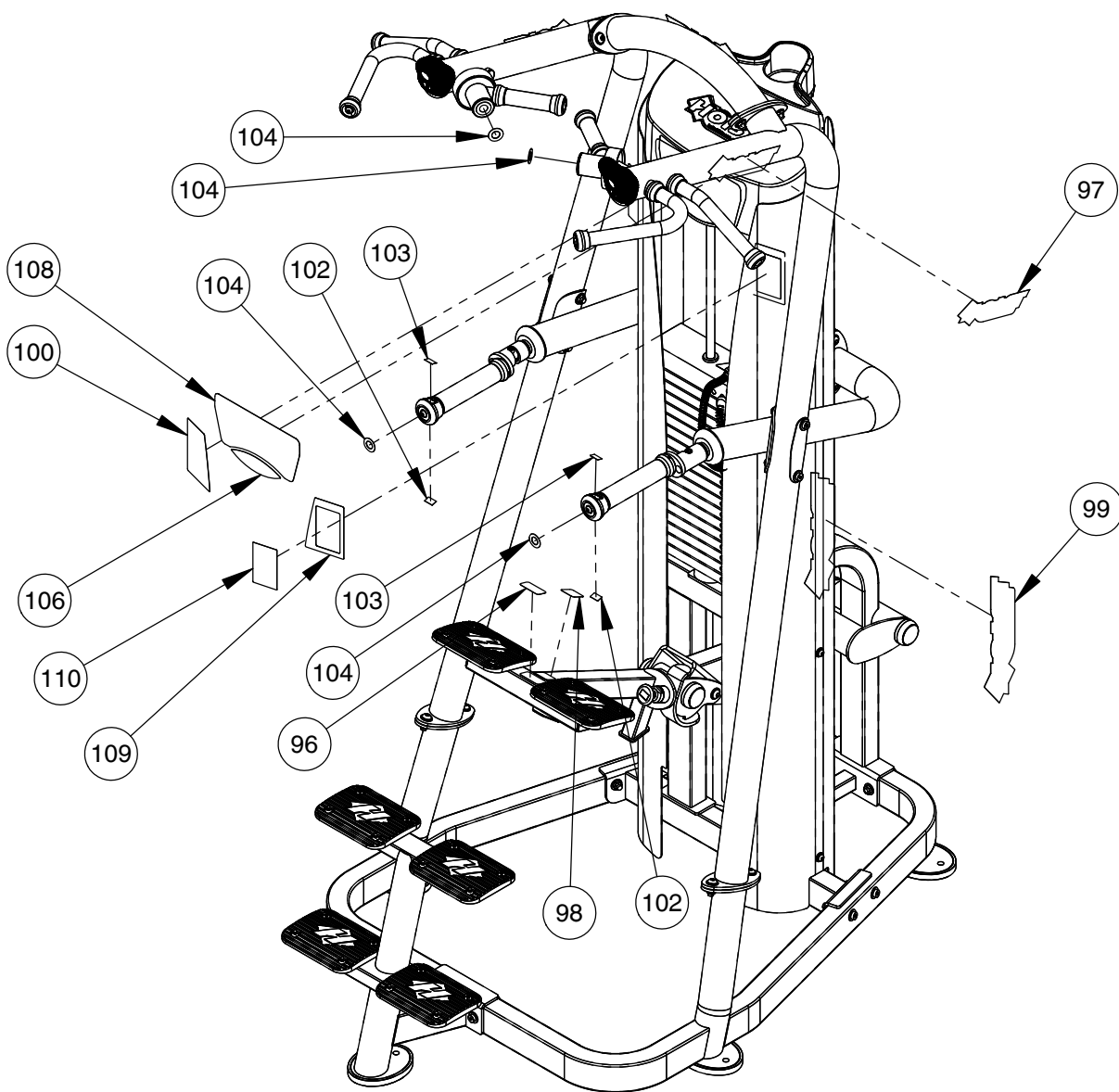
# OWNER'S MANUAL

## PRE-ASSEMBLY



# OWNER'S MANUAL

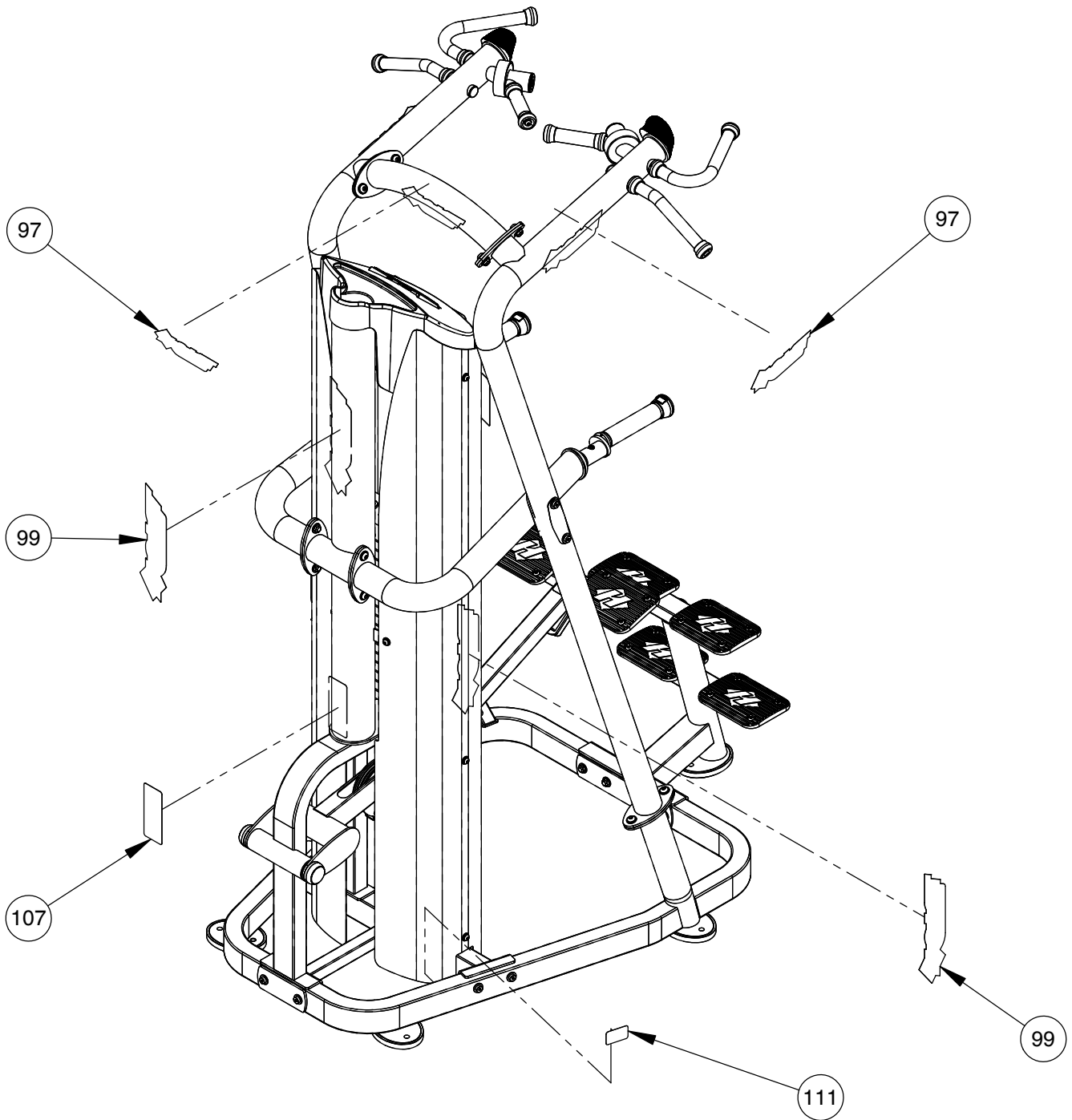
## DECAL PLACEMENT





# OWNER'S MANUAL

## DECAL PLACEMENT



# OWNER'S MANUAL

## DECAL REFERENCE



021-0003093



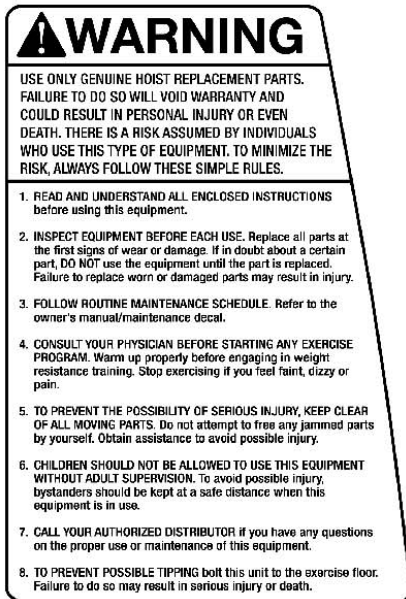
021-0003221



021-0003226



021-0003334



021-0003344

# OWNER'S MANUAL

## DECAL REFERENCE



021-0003416



021-0003417



021-0003427

**ROC-IT**  
SELECTORIZED

### CHIN/DIP ASSIST

BACK / CHEST / TRICEPS

**CAUTION (WITH ASSIST)**

- 1 Grip handles prior to stepping onto the foot plate.
- 2 Keep feet on the foot plate and hands on the handles at all times.
- 3 The foot plate is designed to move as you exercise.
- 4 Do not enter or exit the machine unless the foot plate is in the starting position.

Without Assist: Ensure the foot plate is in the vertical upright position.

**DUAL POSITION GRIP**

CHIN/PULL-UP  
GRIP-UP POSITION  
PULL-UP POSITION

**STANDING DIP**

**ASSIST INSTRUCTIONS**

- 1 Select an assisted weight.
- 2 Climb the steps and firmly grip the exercise handles.
- 3 Step onto the weight-assisted foot plate. **EXERCISE\***

\* For Chin/Pull Up: Lift torso until chin is level with handles.  
\* For Dip: Lower torso until arms are bent 90 degrees.

021-00013831

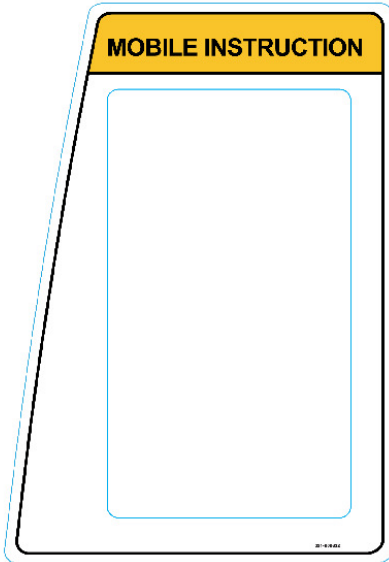
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Monthly <sup>9</sup>	Yearly
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean: Upholstery	X				
Inspect: Cables or Belts and their tension	X				
Inspect: Accessory Bars and Handles		X			
Inspect: All Decals		X			
Inspect: All Nuts 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 Slides, Turelec Bushings, Linear Bearings			X		
Clean and Wax: All Glossy Finishes				X	
Repack with Grease: Linear Bearings				X	
Replace: Belts and Cables, Belts and Connecting Puris					X

**NOTICE**

021-0003573

# OWNER'S MANUAL

## DECAL REFERENCE



021-0003832



021-0003837

30 LBS / 14 KGS

130 LBS / 59 KGS

45 LBS / 20 KGS

145 LBS / 66 KGS

55 LBS / 25 KGS

160 LBS / 73 KGS

70 LBS / 32 KGS

170 LBS / 77 KGS

80 LBS / 36 KGS

185 LBS / 84 KGS

95 LBS / 43 KGS

200 LBS / 91 KGS

110 LBS / 50 KGS

210 LBS / 95 KGS

120 LBS / 54 KGS

220 LBS / 100 KGS

021-0003976



1-800-548-5438  
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SERIAL # 00-00-A-000000



SERIAL # DECAL

# OWNER'S MANUAL

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# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0418	CABLE ASSEMBLY RS-1700 - 106 3/8" LG.	1
2	019-0001003	BUMPER $\phi$ 1.50" X .625" T	1
3	026-01PL2291	RUBBER STOP	1
4	026-01X3728	45 DEG. SWIVEL HANDLE ASSEMBLY	2
5	026-01X3732	BASE FRAME ASSEMBLY	1
6	026-01X6620	BASE FRAME, RIGHT	1
7	026-01X3823	HANDLE ASSEMBLY	2
8	026-01X3854	PLATFORM LIFT ARM	1
9	026-01X3855	LATCH ASSY.	1
10	026-01X3824	LEFT UPRIGHT	1
11	026-01X3825	RIGHT UPRIGHT	1
12	026-01X6618	STEP FRAME ASSEMBLY	1
13	026-01X6619	BASE FRAME, LEFT	1
14	026-01X3860	TOP GUIDE ROD MOUNT	1
15	026-01X3861	PLATFORM ARM	1
16	026-01X3862	CENTER CONNECTOR	1
17	026-01X3863	UPPER CAGE TIE, RIGHT	1
18	026-01X3864	UPPER CAGE TIE , LEFT	1
19	026-01X5722	PULL-PIN ASSEMBLY	1
20	011-0411001	SET SCREW: 1/4"-28 X .25" LG. (SS)	16
21	011-0112023	.473" X .281" SHSS (Ni) W/ DRI-LOC PATCH	2
22	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
23	014-0012018	SNAP RING - 25mm EXTERNAL	2
24	014-0101005	BUSHING: OILITE FLANGED $\phi$ 1.38" O.D. X $\phi$ 1.00" I.D. X .81" LG.	6
25	014-0104002	BEARING: SLEEVE, BRONZE 1.00 I.D. X 1.38 O.D. X 1.00" LG.	2
26	014-0101020	BUSHING: OILITE FLANGED $\phi$ .63" O.D. X $\phi$ .38" I.D. X .50" LG.	2
27	014-0101030	FLANGED OILITE 18MM I.D. X 25MM L.G.	1
28	016-0203005-G	1/2" PLUG	2
29	016-0001003	END CAP 1.50" X 2.50" (BLACK)	4
30	016-0101008	2.00" X 2.00" END CAP (GRAY)	2
31	016-0201022	END CAP $\phi$ 2.00" (BLACK)	2
32	016-0201038	$\phi$ 1.25" ENDCAP (DOMED)	2
33	018-0002017	PULLEY 6.00" OD	2
34	019-0001001	PLUG BUMPER	3
35	019-0001005	WEIGHT STACK BUMPER	2
36	019-0002048	OPEN END GRIP $\phi$ 1.50" X 7.25" LG.	2
37	014-0013004	15" - 50LB DAMPER	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
38	021-0018022	DECAL HOISTFITNESS.COM LOGO	1
39	026-01F0251	BRACKET PLATE: 2 HOLES 7.00" X 2.75"	1
40	026-01F0300	FLNG-B, .188" X Ø3.00" X 6.25" LG.	2
41	026-01G0223	GUIDE ROD Ø.750" X 53.905" LG.	2
42	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	6
43	026-01M0933	ALUMINUM RING: Ø1.25" ID	6
44	026-01M0935	ALUMINIUM RING: Ø1.50" I.D.	2
45	026-01M1103	THREADED CABLE ANCHOR Ø1.00" O.D X 2.50" LG.	1
46	026-01M1155	CABLE ANCHOR SHAFT Ø.38" X 4.35" LG.	1
47	026-01M2663	PIVOT SHAFT	1
48	026-01M2971	SHAFT Ø.984" X 3.7500 LG.	1
49	026-01M3112	FINISHED CAP WASHER	2
50	026-01M3119	FINISHED CAP WASHER	2
51	026-01P4255	SHIELD - LEFT	1
52	026-01P4256	SHIELD - RIGHT	1
53	026-01PL0235-11	GRIP OPEN END Ø.118" X 13"	2
54	026-01PL0235-12	GRIP OPEN END Ø1.43" X 4.25" LG.	2
55	026-01PL0235-38	GRIP: OPEN ENDED Ø 1.4280" X 9.13" LG.	2
56	026-01PL2122	OVAL-SHAPED RUBBER FOOT	5
57	026-01PL2127	TOP CAP	1
58	026-01PL2158	PLASTIC KNOB: Ø1.50" - BASE	2
59	026-01PL2159	PLASTIC KNOB: Ø1.50" - CAP	2
60	026-01PL2201	PLASTIC SLEEVE Ø.75" O.D.	2
61	026-01PL2260	FOOTPLATE	6
62	026-01PL2371	3.75" ROLLER PAD END CAP	4
63	026-01PL2444	ROCK CLIMBING HOLD (LEFT)	1
64	026-01PL2445	ROCK CLIMBING HOLD (RIGHT)	1
65	026-01PL2553	FINISH CAP BODY, Ø2.3750"	4
66	026-01X2874	40 LB TOP WEIGHT PLATE ASSEMBLY W/ 18 HOLE STEM	1
67	026-01W0315	20 LB INTERMEDIATE WEIGHT PLATE	17
68	026-01W0122	WEIGHT PLATE BUSHING	34
69	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	4
70	013-1002010	5/16" SAE FLAT WASHER (Ni)	2
71	013-0402010	3/8" X 22mm FLAT WASHER (SS)	4
72	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	71
73	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	56
74	013-1002004	1/2" X 34mm USS FLAT WASHER (Ni)	2
75	013-0402011	3/8" SPLIT LOCK WASHER (SS)	12

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

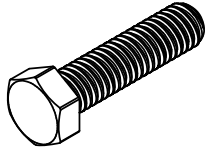
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
76	013-1006001	1/4" SPLIT LOCK WASHER (Ni)	4
77	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	14
78	011-0701082	1/4"-20UNC X .75" BHCS (Ni) w/ NYLON PATCH	4
79	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	12
80	011-0701089	3/8"-16UNC X .75" BHCS (Ni) W/ DRI-LOC PATCH	6
81	011-0701019	3/8"-16UNC X .75" BHCS (Ni)	26
82	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	2
83	011-0116141	3/8"-16UNC X .75" LOW HEAD SHCS (Ni)	2
84	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	2
85	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	2
86	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	1
87	011-0116153	3/8"-16UNC X 3.75" LOW HEAD SHCS (Ni)	1
88	011-0101005	3/8"-16UNC X .75 SHB (WZ)	2
89	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	1
90	011-0116115	1/2"-13UNC X 3.00" LOW HEAD SHCS (Ni)	10
91	011-0116119	1/2"-13UNC X 4.00" LOW HEAD SHCS (Ni)	4
92	011-0116126	1/2"-13UNC X 5.75" LOW HEAD SHCS (Ni)	1
93	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	2
94	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	29
95	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	30
96	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
97	021-0003221	DECAL HOIST 2.50" X 9.13"	3
98	021-0003226	DECAL 400 LB. WEIGHT RATING 1.625" X 1.625"	1
99	021-0003334	DECAL HOIST 3.88" X 14.45"	3
100	021-0003344	ROC-IT WARNING DECAL	1
102	021-0003416	DECAL WIDE	2
103	021-0003417	DECAL NARROW	2
104	021-0003427	DECAL ADJUST	4
105	021-0003976	RS-1700 WEIGHT STACK DECAL	1
106	021-0003552	ROC-IT DOMED DECAL	1
107	021-0003573	COMMERCIAL MAINTENANCE DECAL	1
108	021-00013831	PLACARD RS-1700 CHIN DIP ASSIST	1
109	021-0003832	MOBILE INSTRUCTION DECAL	1
110	021-0003837	DECAL QR SCAN	1
111	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
112	011-0701047	1/2"-13UNC X 1.00" BHCS (Ni)	12
113	026-01F0364	2.75" X 14" BACKING PLATE	1
114	011-0116156	3/8"-16UNC X 4.50" LOW HEAD SHCS (Ni)	1



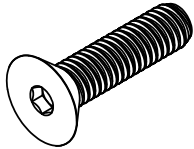
# OWNER'S MANUAL

## ABBREVIATIONS

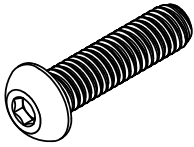
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



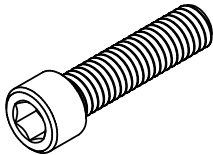
HHB = Hex Head Bolt



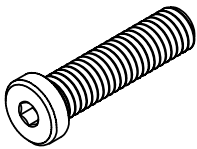
FHCS = Flat Head Cap Screw



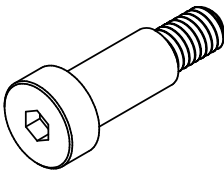
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



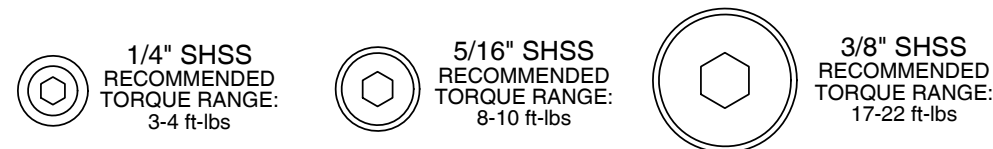
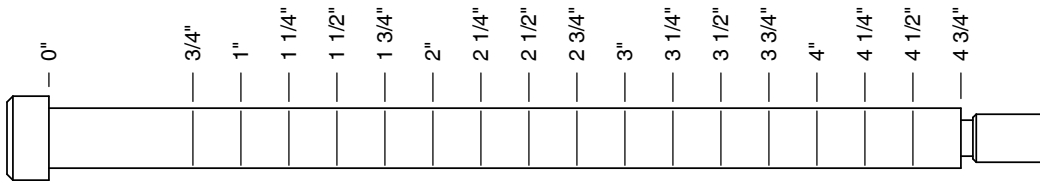
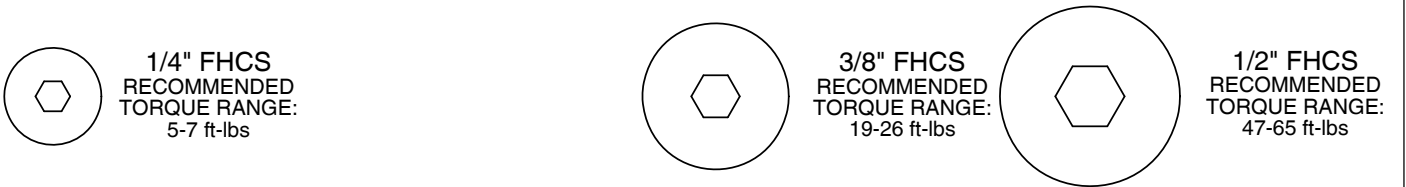
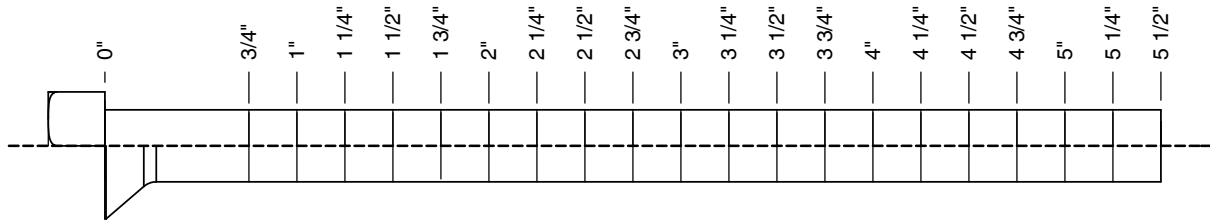
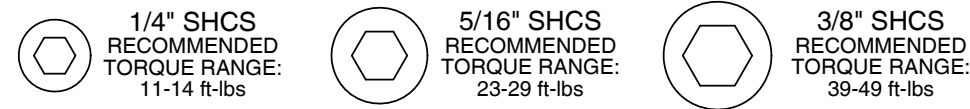
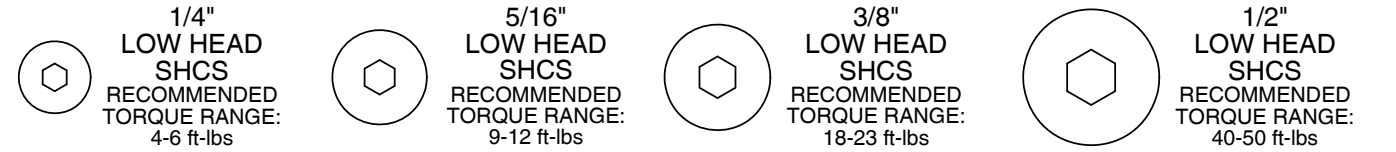
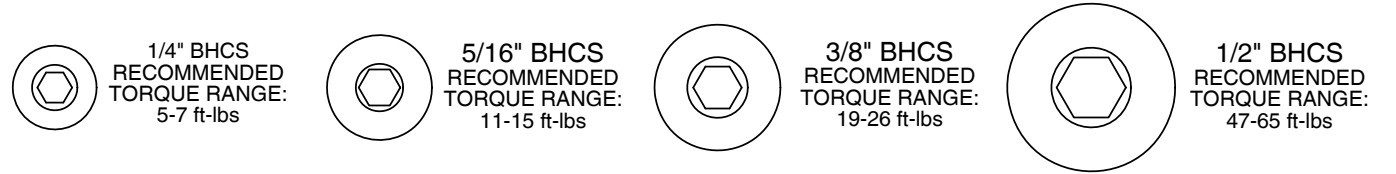
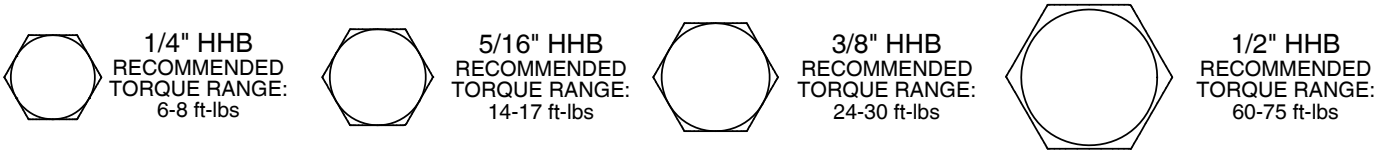
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

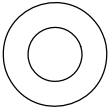
## BOLT SIZING CHART



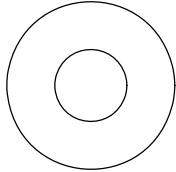
# OWNER'S MANUAL

## WASHER SIZING CHART

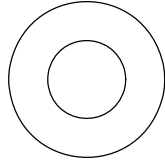
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



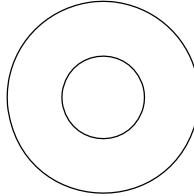
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



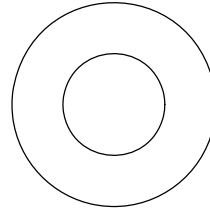
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



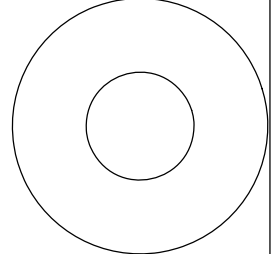
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



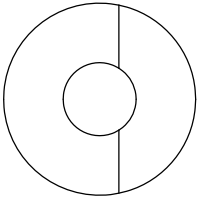
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



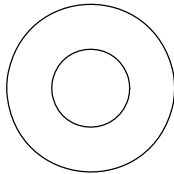
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



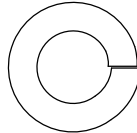
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



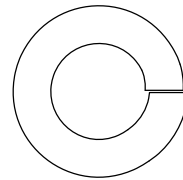
013-0102019  
1/4"  
LOCK WASHER



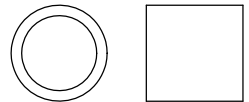
013-0102020  
3/8"  
LOCK WASHER



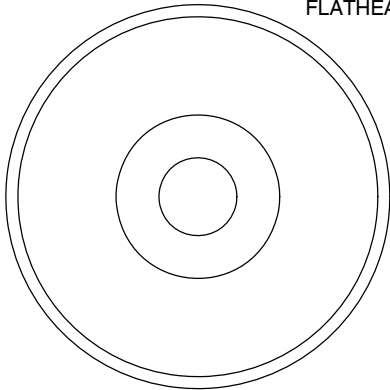
013-0102018  
1/2"  
LOCK WASHER



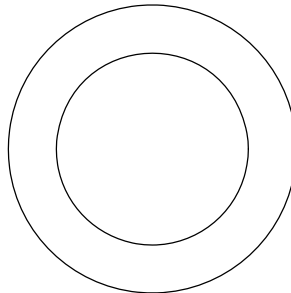
014-0018001  
1/2" LONG  
SPACER



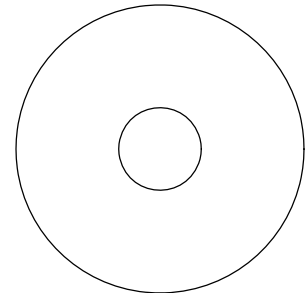
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



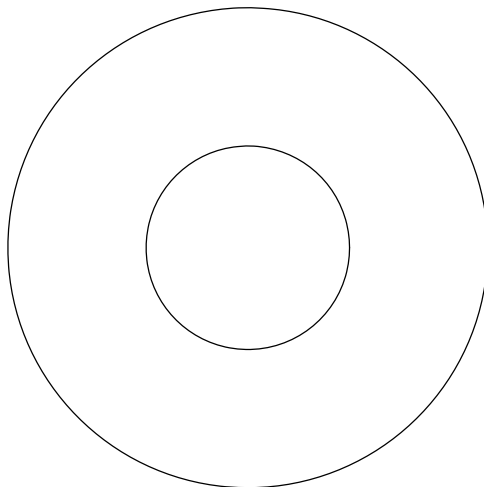
016-0009003  
1" SHIM WASHER



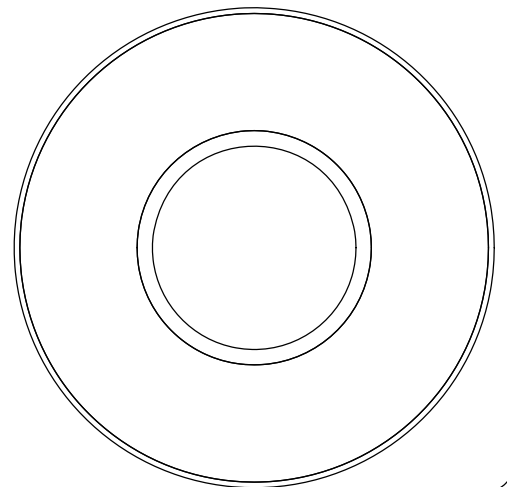
013-0003002  
3/8" FENDER WASHER



013-0003004  
1 1/16"  
FENDER WASHER



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



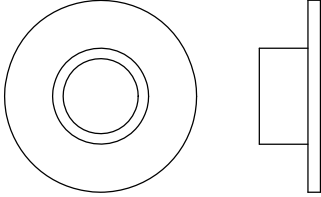
014-0018002  
1" LONG  
SPACER



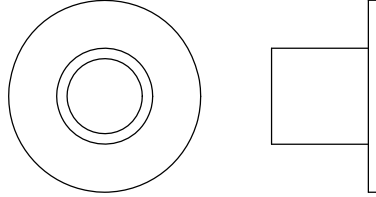
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

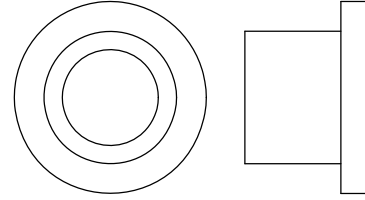
026-01M0211  
1/4" LONG  
FLANGED SPACER



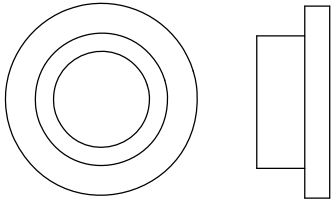
026-01M0198  
1/2" LONG  
FLANGED SPACER



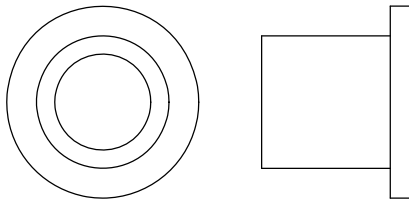
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



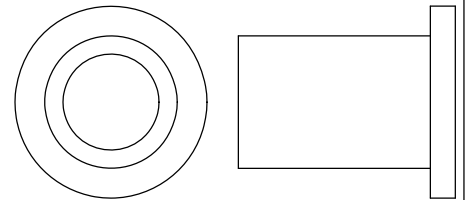
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



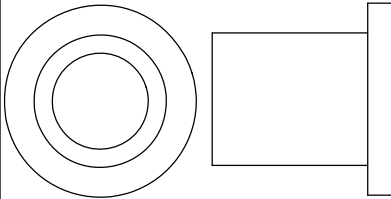
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



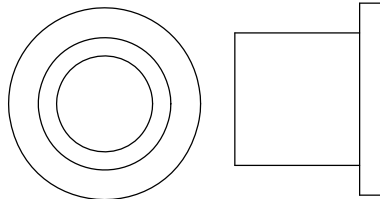
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



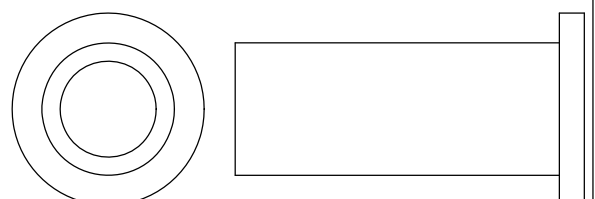
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



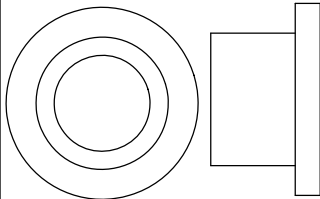
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



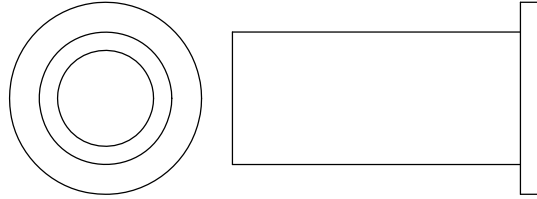
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



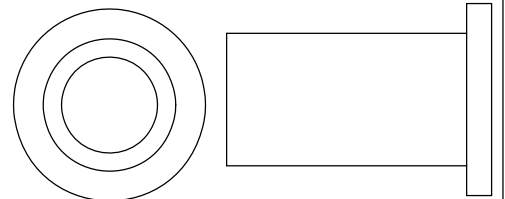
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



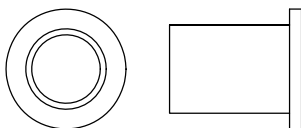
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



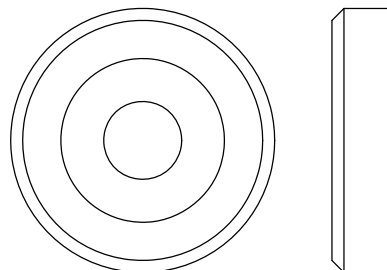
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



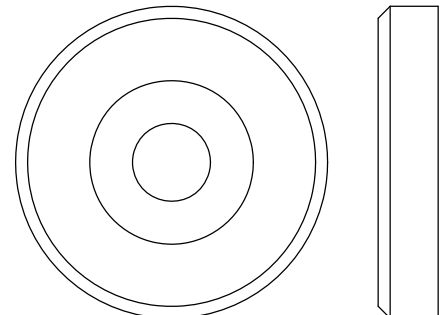
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY																	
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY																		
Clean; Upholstery	DAILY	WEEKLY																		
Inspect; Cables or Belts and their tension	DAILY	WEEKLY																		
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS																		
Inspect; All Decals	WEEKLY	3 MONTHS																		
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS																		
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS																		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS																		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS																		
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY																		
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY																		
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS																		

*Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.*

***Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.***

# OWNER'S MANUAL

## **HOIST FITNESS SYSTEMS** **GENERAL MAINTENANCE INFORMATION**

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \*Hoist uses only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your RS-1700 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-1700 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-1700 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**