

[MI6] FUNCTIONAL TRAINING SYSTEM

The unique and stylish HOIST® Mi6 is a personal pulley gym that is engineered with the innovative excellence and aesthetic appeal that the fitness industry has come to expect from HOIST.

This gym provides a complete range of functional training exercises designed to obtain maximum results and achieve a strong and versatile body. The Mi6 is engineered to build multiple muscle groups through smooth, rhythmic, and continuous movements that support the body as it moves through life.

FEATURES

- NEW streamlined design conceals all of the unit's hardware and includes a *Carbon Fiber* printed shrouding and an *Adjustable Tablet Compartment*
- Pulley systems are combined with *360° Rotating Columns*, a unique *Patent Pending Internal Adjuster System* and *Quick-Release Adaptors* to offer smooth and easy one-handed adjustments
- 28 pulley positions allow for each side of the body to be trained independently or both sides simultaneously
- *Integrated Recessed Accessory Rack*, *Bottle Holders* and *Towel Hooks* for convenient storage of accessories and personal items
- *Radial LOC®* weight system reduces shifting between weight plates for a smooth, quiet motion
- Fully enclosed weight stacks for ease of use and added noise reduction
- Compact, walk-through design requires minimal floor space that is designed to fit into a corner
- *Split Weight Cabling®* delivers 50% resistance to pulleys for increased cable travel (*114" with strap handles*)
- Multi-position chin-up bar with diamond pattern for improved grip

ACCESSORIES

- Adjustable strap handles (1 pair) for varying user heights and arm lengths. Assist strap for weight assisted pull-ups and lunges. Padded ankle/thigh strap for comfortable leg exercises
- Dual attachment aluminum long bar enables the use of both pulleys simultaneously. Commercial quality ultra light aluminum curl bar with revolving attachment port
- Comes standard with 150 pounds of weight (per side) and is upgradeable to 200 pounds



* Tablet, Bottle and Towel Shown Not Included



SPECIFICATIONS

US / METRIC

Length:	47.75" / 121 cm
Width:	54.00" / 137 cm
Height:	83.00" / 211 cm
Weight:	610.5 lbs. / 277 kg

