

# SIMPLE TRAINER

## HD-4000



### ARM ADJUSTMENT



## SPECS

- ◆ **PRODUCT DIMENSIONS**  
**MAXIMUM FOOTPRINT (ARMS OUT, L x W)**  
*68" x 124" (173 cm x 315 cm)*
- ◆ **PRODUCT DIMENSIONS MINIMUM FOOTPRINT**  
**(ARMS FULLY DOWN/UP, L x W)**  
*46" x 82" (117 cm x 208cm)*
- ◆ **PRODUCT HEIGHT (ARMS DOWN/UP)**  
*82" - 92" (208 cm - 234 cm)*
- ◆ **PRODUCT WEIGHT**  
*903 lbs (410 kg)*
- ◆ **CABLE TRAVEL**  
*100" (254 cm) - each side*
- ◆ **WEIGHT STACKS**  
*2 x 240 lbs (109 kg) - each*
- ◆ **WEIGHT RATIO**  
*3 to 1 = 80 lbs (36 kg) max. at each handle*

## FEATURES

- ◆ HOIST Fitness' patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- ◆ For added safety, the arms are slightly over-balanced\* to prevent falling, and bold indicators show users when they are locked and ready to use
- ◆ Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- ◆ Arm adjustments features 12 height positions and 9 width positions on each side
- ◆ Accessories include stabilizing handles and water bottle/phone holder
- ◆ Comes standard with HOIST x2 strap handles

\*when paired with HOIST strap handles (x2 included)