

# Mi7SMITH

## Mi7SMITH FUNCTIONAL TRAINING SYSTEMS

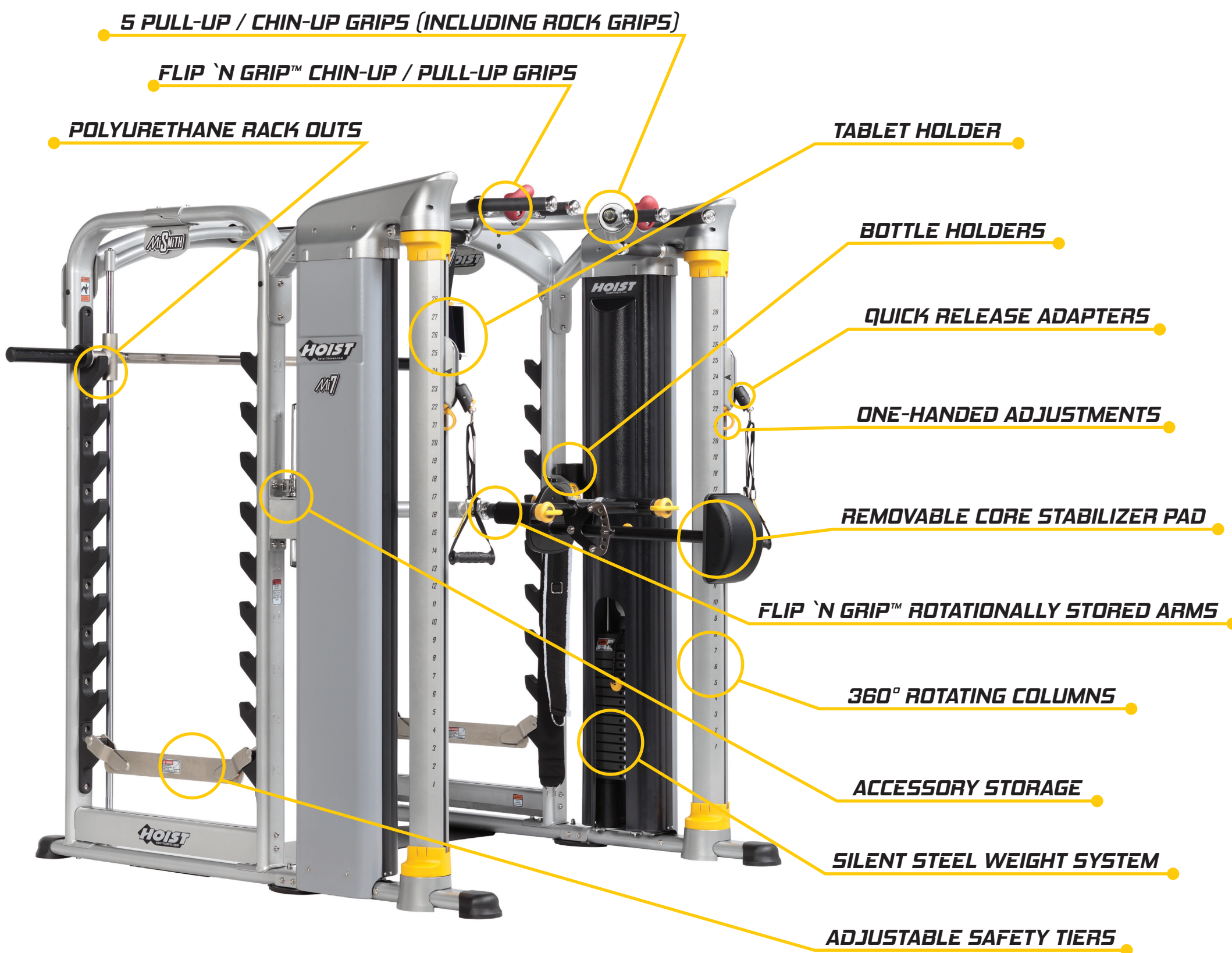
The Mi7 Functional Trainer, MiSmith Dual Action Smith and Mi7Smith Functional Training Ensemble, are a series of unique personal gyms by HOIST® Fitness Systems that offer a full body workout. No matter which gym you are using, each product features a sleek, compact design with state-of-the-art technology to give you the largest range of exercise options.

# Mi7

This poster will provide you sample exercises for each gym, however for even more exercise options and workout programs, download the FREE MiHOIST App available on Apple and Android devices.

<b>SEATED CHEST PRESS</b> <ol style="list-style-type: none"> <li>Position pulleys at a low setting and sit on an incline bench. Grasp bar handles with an overhead grip and sit back against incline bench.</li> <li>Push bar forward until arms are fully extended without locking elbows.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>PUNCH</b> <ol style="list-style-type: none"> <li>Position pulleys at shoulder height and grasp handles.</li> <li>Extend one arm out and then the other.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>PEC FLY (CORE STABILIZER PAD)</b> <ol style="list-style-type: none"> <li>Attach Core Stabilizer Pad and position pulleys at chest height. Grasp handles and extend arms at shoulder height.</li> <li>Slowly bring arms together.</li> </ol> <p>ACCESSORIES USED: Core Stabilizer Pad &amp; Strap Handles</p>	<b>ASSISTED PUSH-UP</b> <ol style="list-style-type: none"> <li>Position pulleys at waist height and attach long assist strap at each end. Assume push-up position with assist strap positioned at mid torso.</li> <li>Perform push-up.</li> </ol> <p>ACCESSORIES USED: Long Assist Strap</p>	<b>SWIMMER STROKE</b> <ol style="list-style-type: none"> <li>Position pulleys at a high setting. Bend at hips and grasp handles with arms extended in front of you.</li> <li>Slowly arc arms down, back, out and around.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>DECLINE CHEST PRESS (CORE STABILIZER PAD)</b> <ol style="list-style-type: none"> <li>Position pulleys at shoulder height. Grasp bar with an overhead grip and stagger feet.</li> <li>Push bar forward and down until arms are fully extended.</li> </ol> <p>ACCESSORIES USED: Core Stabilizer Pad &amp; Long Bar</p>	<b>CHEST</b>
<b>PULLOVER</b> <ol style="list-style-type: none"> <li>Position pulleys at highest setting. Grasp long bar with overhead grip.</li> <li>Pull bar down, pivoting from your shoulders with arms straight.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>LATERAL RAISE</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Grasp handle with opposite hand and start with arm fully extended down by your side.</li> <li>Slowly raise arm up to shoulder level.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>SHOULDER SHRUG</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting. Stand with feet shoulder width apart and grip long bar.</li> <li>Raise shoulders toward your ears while keeping arms straight.</li> </ol> <p>ACCESSORIES USED: Core Stabilizer Pad &amp; Long Bar</p>	<b>UPRIGHT ROW</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting and grasp long bar with both arms fully extended.</li> <li>While bending at the elbows, slowly raise the bar up to shoulder height.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>SHOULDER PRESS</b> <ol style="list-style-type: none"> <li>Position pulleys at torso level. Hold bar with wide overhead grip and inline with your upper chest.</li> <li>Push bar up until arms are fully extended.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>REAR DELT CROSS</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting. Bend forward at hips and grasp handles with opposite hands.</li> <li>With elbows slightly bent, arc arms out and up.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>SHOULDERS</b>
<b>LOWER BACK EXTENSION</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Hook both arms through ankle strap.</li> <li>Slowly extend from the hips to stand up straight.</li> </ol> <p>ACCESSORIES USED: Ankle Strap</p>	<b>SINGLE ARM ROW</b> <ol style="list-style-type: none"> <li>Position pulley at a low setting. Bend forward at the hips and grasp handle with your arm straight.</li> <li>Pull arm toward your body until elbow is at 90 degrees.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>MID ROW</b> <ol style="list-style-type: none"> <li>Position pulleys at waist level and grasp long bar.</li> <li>Slowly pull bar in toward chest level.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>TWIST AND LIFT</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Squat down and twist to grasp handle.</li> <li>Keeping arms extended, stand and twist to opposite side while raising arms.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>SIDE BEND</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Stand sideways next to machine and grasp handle.</li> <li>Bend at your waist arcing away from the machine.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>KNEELING AB CRUNCH</b> <ol style="list-style-type: none"> <li>Position pulley at highest setting. Kneel down, grasp handles and hold at sides of your head or against your upper chest.</li> <li>Crunch at the waist, bringing your shoulders toward your knees.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>ABS / BACK</b>
<b>ALTERNATING BICEP CURL</b> <ol style="list-style-type: none"> <li>Position pulleys at a low setting. Grasp handles with arms fully extended at your sides.</li> <li>Alternating between arms, bend at elbow to curl handle to chest height.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>DIP</b> <ol style="list-style-type: none"> <li>Drop down dip arms and flip grips to wide or narrow setting. Keeping arms straight, slowly lift legs to suspend yourself.</li> <li>Slowly bend elbows to ninety degrees to lower body.</li> </ol> <p>ACCESSORIES USED: Dip Arms</p>	<b>WAIST CURL</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Grasp curl bar with underhand grip.</li> <li>Allow bar to roll out of the palms down to the fingers then flex your wrists to roll bar back into palm.</li> </ol> <p>ACCESSORIES USED: Curl Bar</p>	<b>TRICEP KICKBACK</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Hold handle, keeping elbow back and close to your body.</li> <li>Bending forward, fully extend arm backwards at the elbow.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>REVERSE BICEP CURL</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting. Stand facing machine and grasp curl bar with overhead grip. Begin with arms straight at your sides.</li> <li>Slowly bend at elbows to bring bar to chest height.</li> </ol> <p>ACCESSORIES USED: Curl Bar</p>	<b>ASSISTED CHIN-UP</b> <ol style="list-style-type: none"> <li>Flip chin-up grips inward. Position pulleys at lowest setting. Set appropriate weight, step onto strap and move both pulleys up to hip height.</li> <li>Grasp chin-up grips and pull body up until chin is above bars.</li> </ol> <p>ACCESSORIES USED: Long Assist Strap</p>	<b>ARMS</b>
<b>LUNGE</b> <ol style="list-style-type: none"> <li>Position pulleys at a low setting. Grasp handle in each hand.</li> <li>Step forward with one leg and lower body by bending knees until back knee almost touches the floor.</li> </ol> <p>ACCESSORIES USED: Strap Handles</p>	<b>DORSAL FLEXION</b> <ol style="list-style-type: none"> <li>Position pulley at lowest setting and sit on a mat with your toe in the ankle strap. Set heel of strapped foot on top of other foot for support.</li> <li>Flex strapped toe forward.</li> </ol> <p>ACCESSORIES USED: Ankle Strap</p>	<b>GLUTE KICK</b> <ol style="list-style-type: none"> <li>Position pulleys at knee height and set ankle strap cuff just above your knee. Bend forward and hold dip arm for support.</li> <li>Slowly extend your leg back and up.</li> </ol> <p>ACCESSORIES USED: Ankle Strap</p>	<b>SQUAT</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting and stand facing machine with arms straight.</li> <li>Lower torso by bending at hips and knees until in a full squat. Make sure to keep knees behind toes.</li> </ol> <p>ACCESSORIES USED: Long Assist Strap</p>	<b>CALF RAISE</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting and stand facing the machine with arms straight.</li> <li>Raise heels by bringing weight into toes and extending ankles as high as possible.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>DEAD LIFT</b> <ol style="list-style-type: none"> <li>Position pulleys at lowest setting. Grasp long bar and bend forward at hips, knees slightly bent.</li> <li>While keeping arms straight, clench glutes to stand up straight.</li> </ol> <p>ACCESSORIES USED: Long Bar</p>	<b>LEGS</b>

## KNOW YOUR MACHINE



## MiSMITH

<b>REVERSE BICEP CURL</b> <ol style="list-style-type: none"> <li>Stand with feet shoulder width apart and grasp bar with an overhead grip.</li> <li>Bend at elbows to slowly raise bar to chest height.</li> </ol>	<b>TRICEP DIP</b> <ol style="list-style-type: none"> <li>Rack bar at low position. Stand in front of bar and bend down to grasp bar while extending legs out in front of you. Begin with your arms straight.</li> <li>Keeping back upright, slowly bend at elbows to lower body until glutes almost touch the floor.</li> </ol>	<b>CHEST PRESS</b> <ol style="list-style-type: none"> <li>Lie with back against flat workout bench. Grasp bar with wide overhead grip and fully extend arms over chest.</li> <li>Slowly lower bar to chest level.</li> </ol>	<b>UPPER BODY</b>
<b>AB EXTENSION</b> <ol style="list-style-type: none"> <li>Lie back on flat bench with feet secured. Hold Smith bar overhead with arms straight.</li> <li>While keeping arms straight, slowly crunch at waist to lift shoulders and back off the bench.</li> </ol>	<b>SIDE BEND</b> <ol style="list-style-type: none"> <li>Standing sideways from bar, grasp bar in one hand with neutral grip and fully extended arm.</li> <li>Bend at waist to arc away from the bar.</li> </ol>	<b>BENT ROW</b> <ol style="list-style-type: none"> <li>Grasp bar with wide overhead grip and arms fully extended. With knees slightly bent, bend forward keeping back straight.</li> <li>Slowly pull bar in toward upper waist.</li> </ol>	<b>ABS / BACK</b>
<b>DEAD LIFT</b> <ol style="list-style-type: none"> <li>Place bar on secured safety catch. Bend forward and grasp bar with a shoulder width or wide opposing grip.</li> <li>While keeping back straight, lift bar by straightening hips and knees to their full extension.</li> </ol>	<b>BULGARIAN LUNGE</b> <ol style="list-style-type: none"> <li>Position barbell on back of shoulders and stand with feet staggered, back foot balanced on a bench.</li> <li>Lower body by bending knees until back knee almost touches floor. Front knee should not go past your toe.</li> </ol>	<b>SQUAT</b> <ol style="list-style-type: none"> <li>Position barbell on back of shoulders and stand with feet shoulder width apart.</li> <li>Lower torso by bending at hips and knees until in a full squat. Keep knees behind toes.</li> </ol>	<b>LOWER BODY</b>

## EQUIPMENT SAFETY

- Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety.
- Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine at any time.
- Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts and belts on a daily basis. Replace or repair any frayed, loose or otherwise damaged parts at the first sign on a problem.
- Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
- Sweat is corrosive – make sure to wipe down the machine on a regular basis with a damp towel. Then dry completely to avoid rust.
- Maintain a regular routine of preventative maintenance. Refer to your Owner's Manual for details.

## EXERCISE SAFETY

- Consult a physician before you begin an exercise program.
- Always warm up before your workout with 5 to 10 minutes of cardiovascular exercise. Then stretch, holding each position for 10 to 30 seconds. Following your strength training regimen, stretch again to complete your workout.
- For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.
- Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your HOIST Fitness gym will help you reach your goals with consistent use.
- To gain the most benefit from your workout, it is necessary to use muscles that complement each other. When using a particular muscle, you should use the supporting muscles as well.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Do not hold your breath. Exhale during the pressing action and inhale upon returning to the start position. Maintain proper spinal alignment and head positioning throughout your workout.