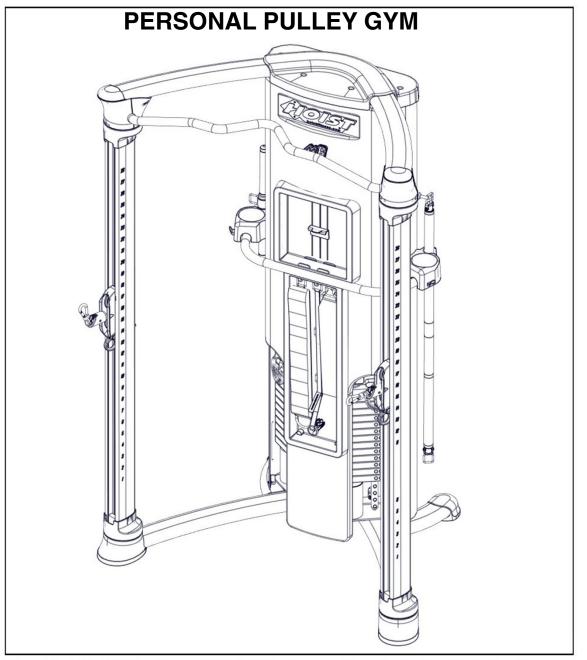


Mi6



Note: Both Serial Number and Model Number are Required when Ordering Parts RECORD SERIAL NUMBER HERE Customer Service

(800) 548-5438

(858) 578-7676 <u>Fax</u>

(858) 578-9558

B02

MACHINE CODE



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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

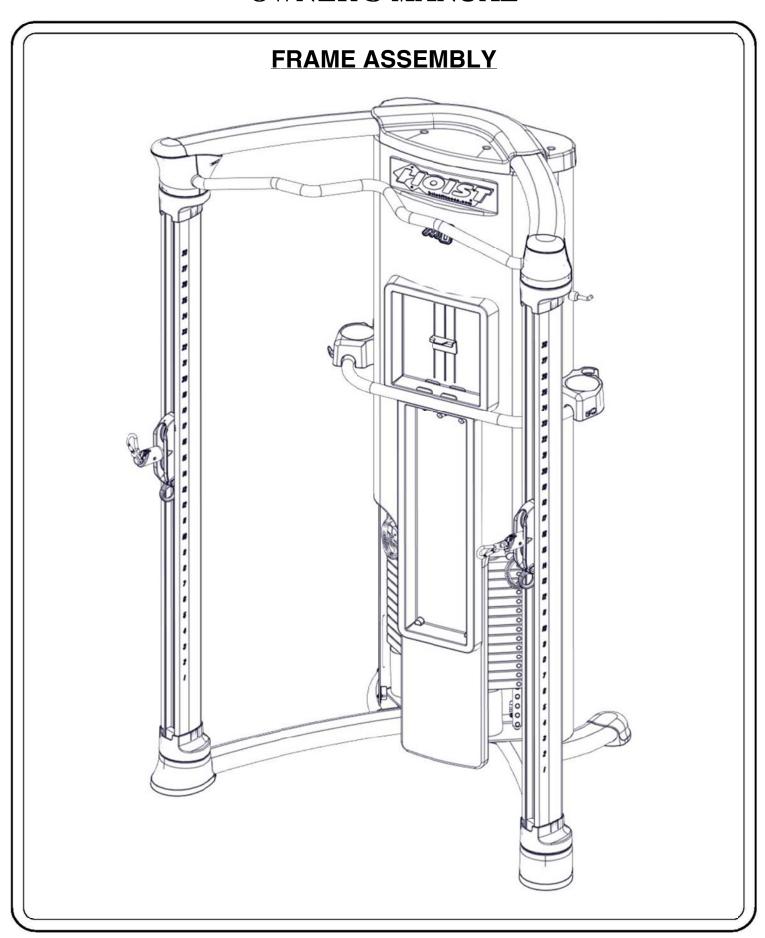
SAE Hex Key Wrench Set

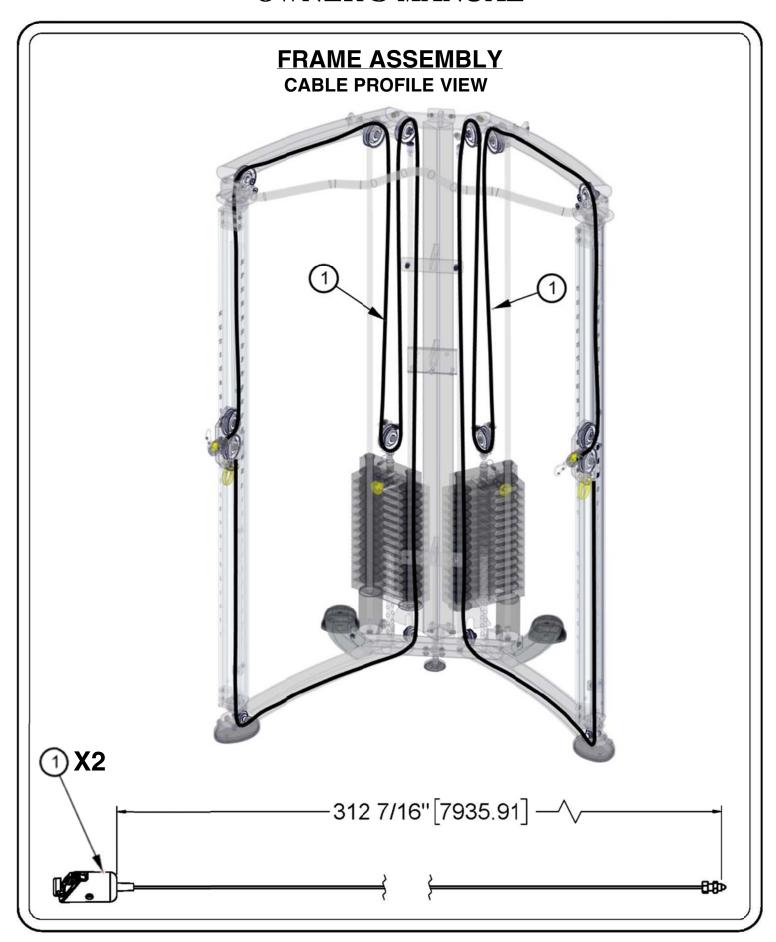
Two People

Phillips Head Screwdriver

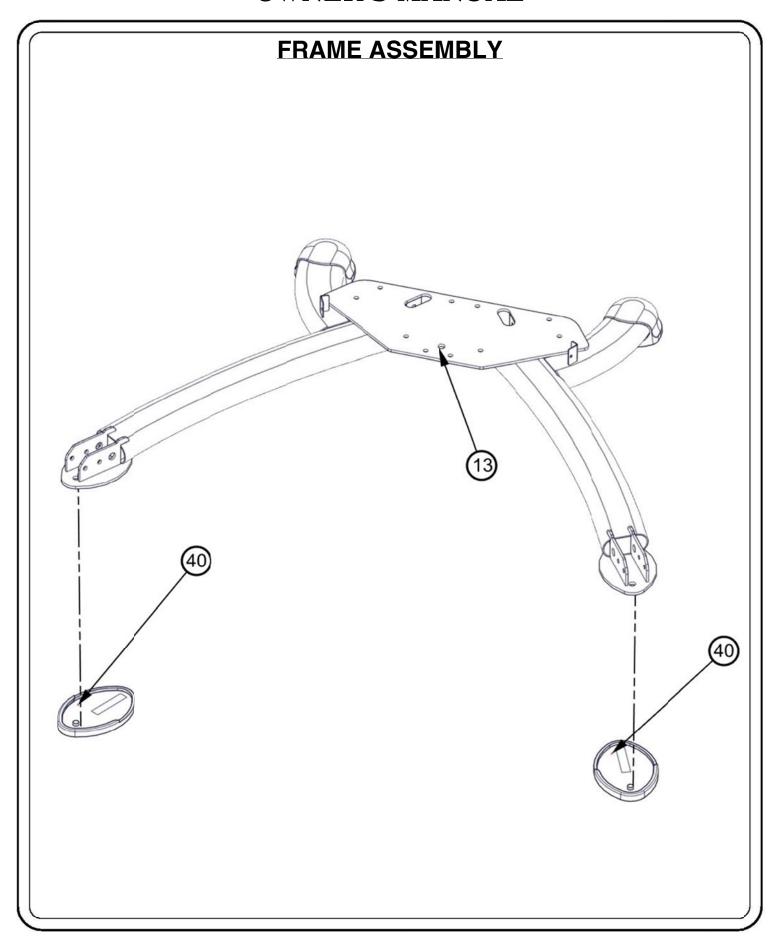
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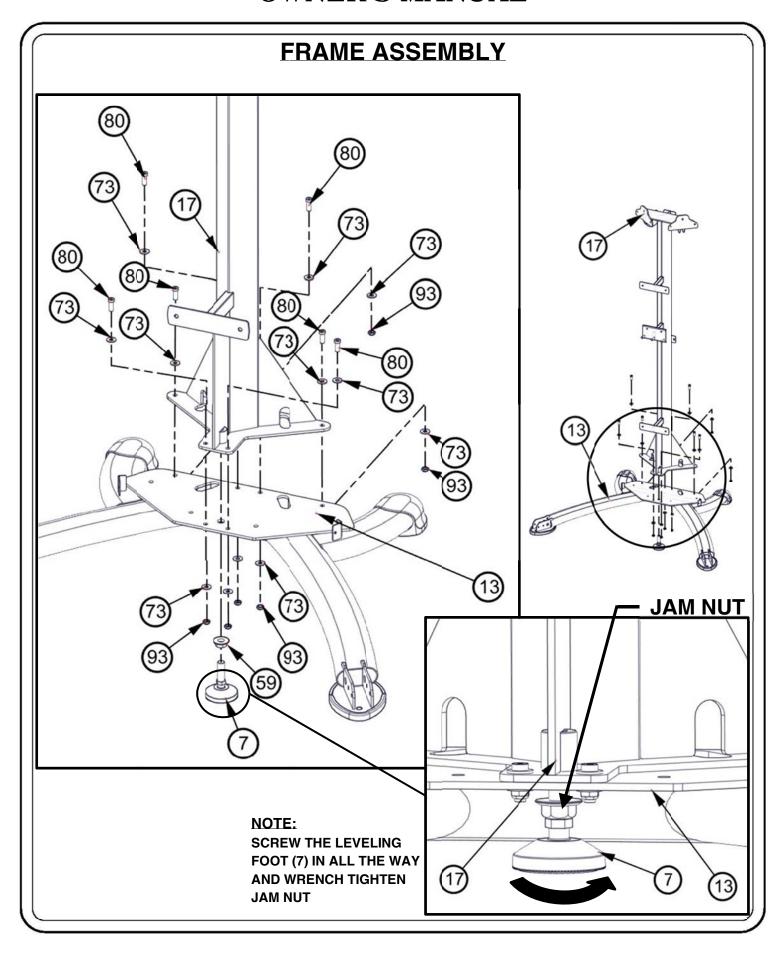
PAGE 03 Mi6 ASSEMBLY



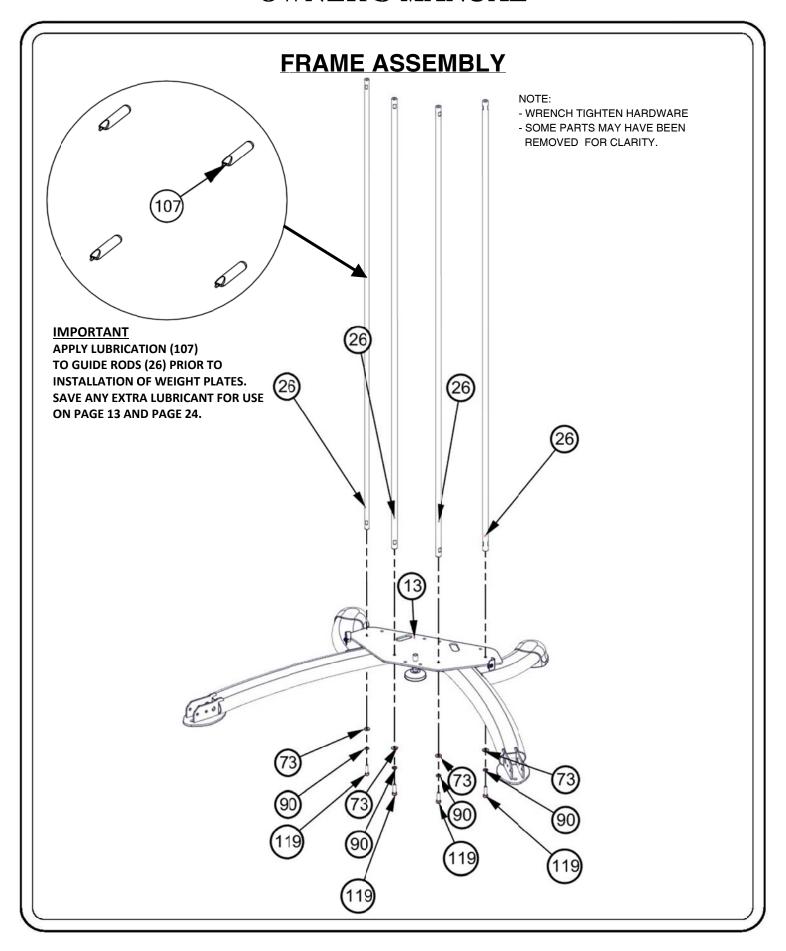


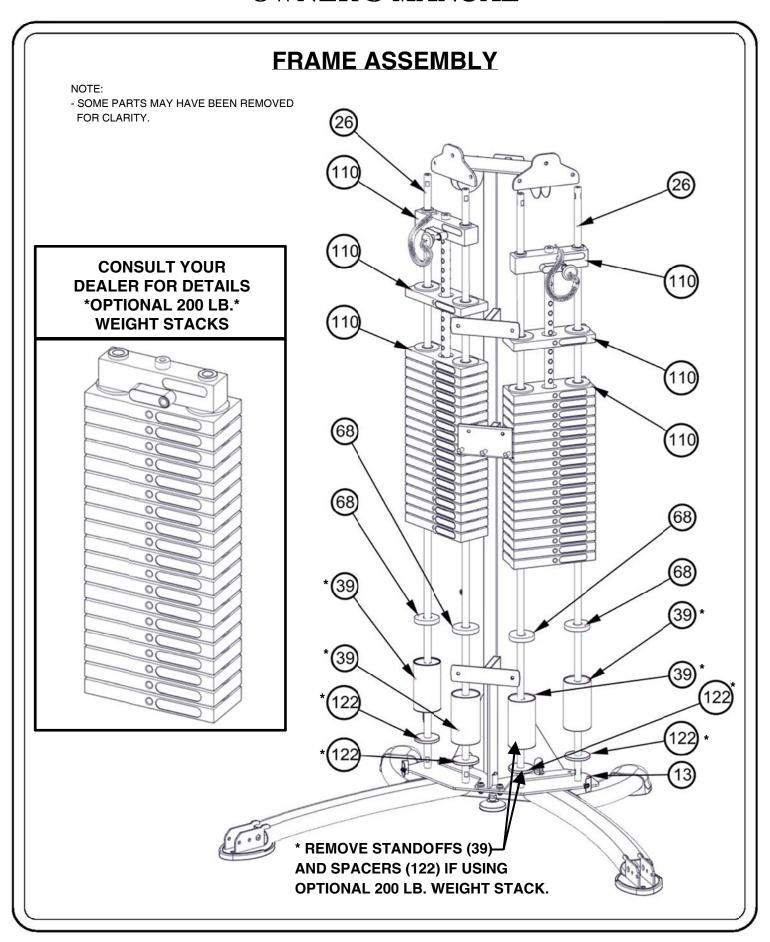
PAGE 05 Mi6 ASSEMBLY



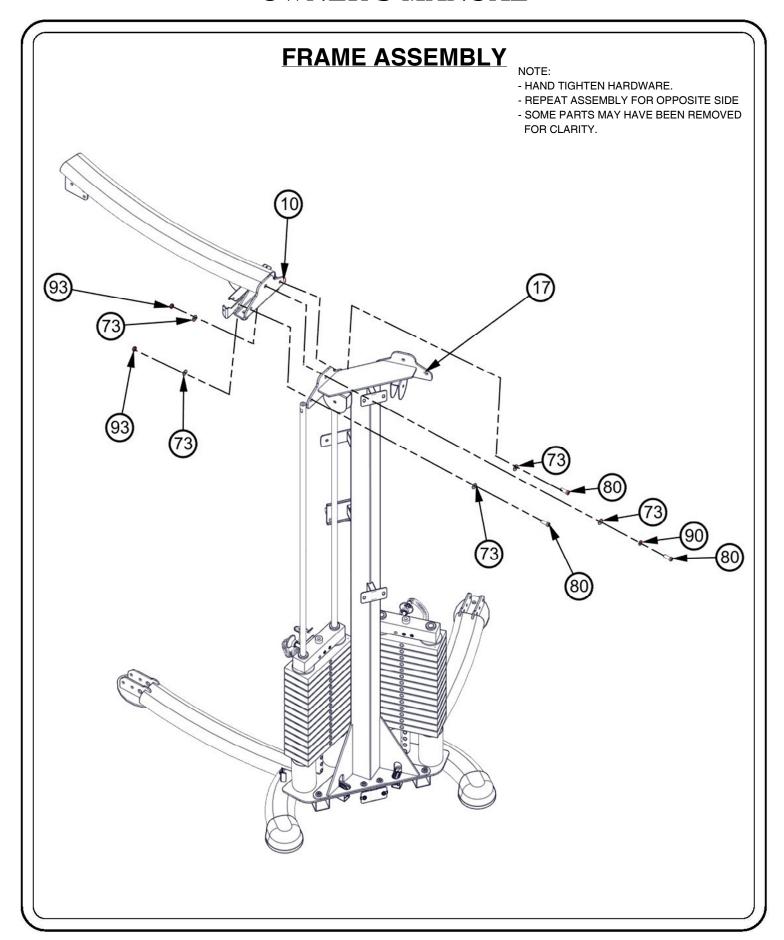


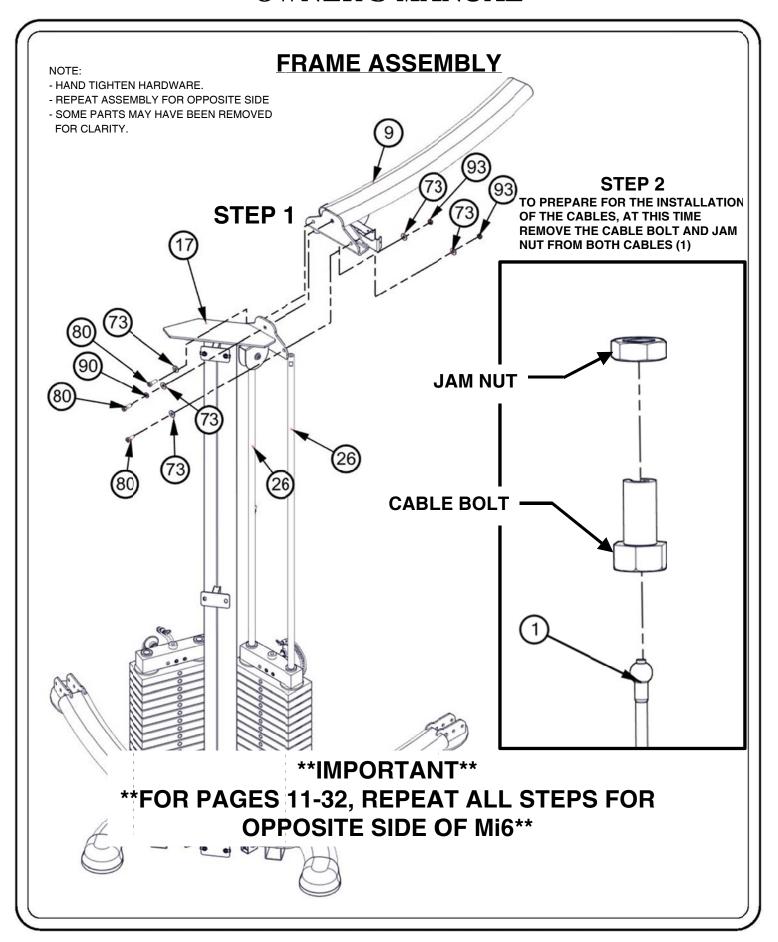
PAGE 07 Mi6 ASSEMBLY



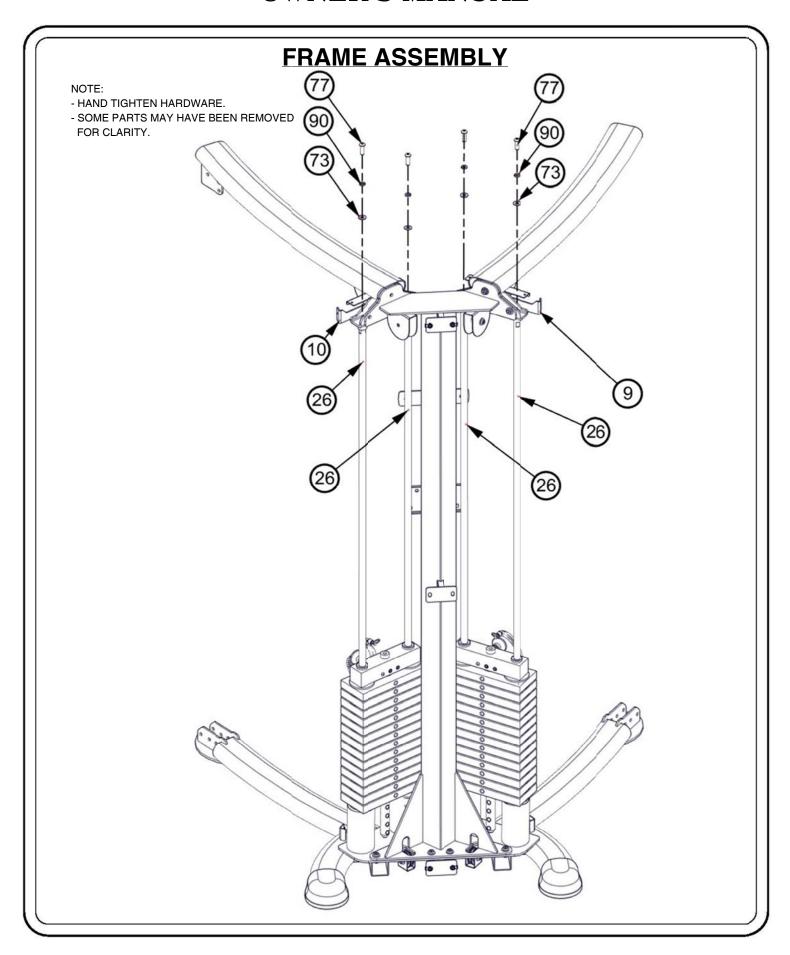


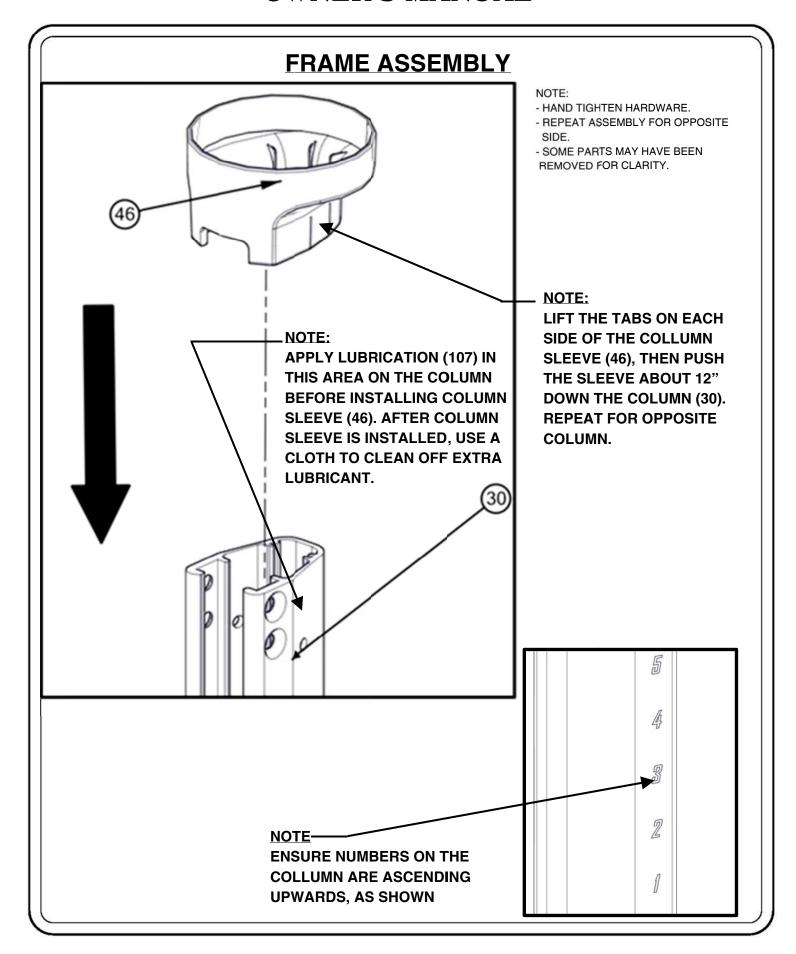
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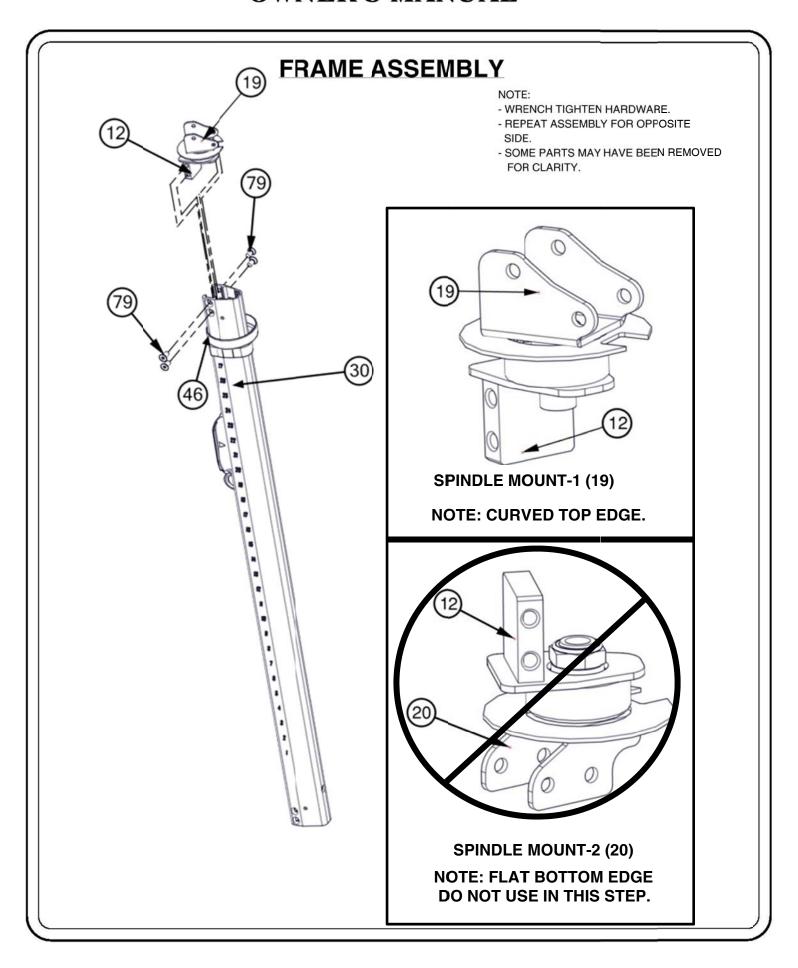


PAGE 11 Mi6 ASSEMBLY

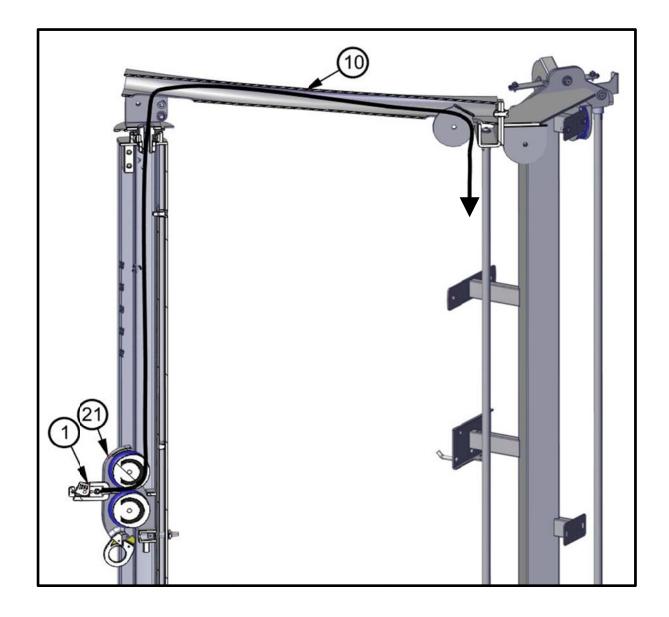




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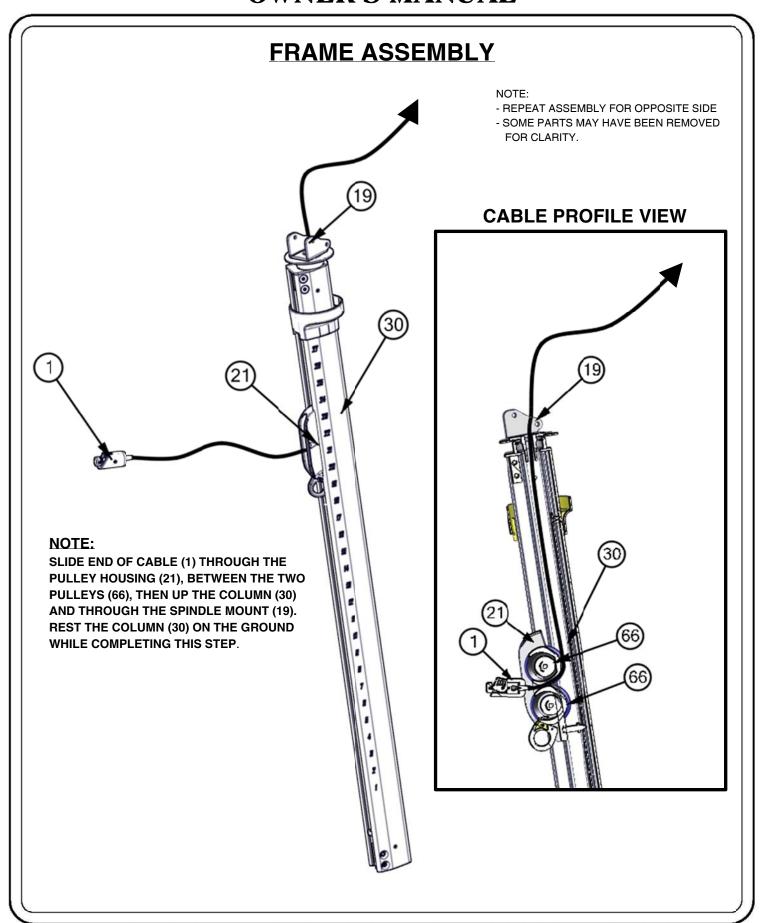


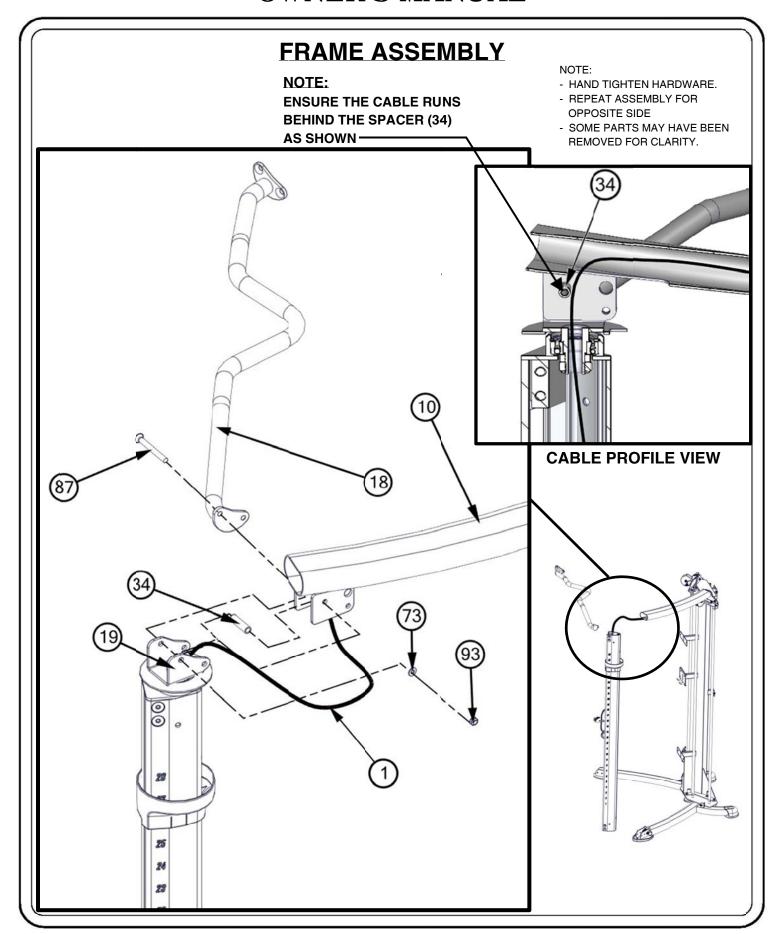
FRAME ASSEMBLY



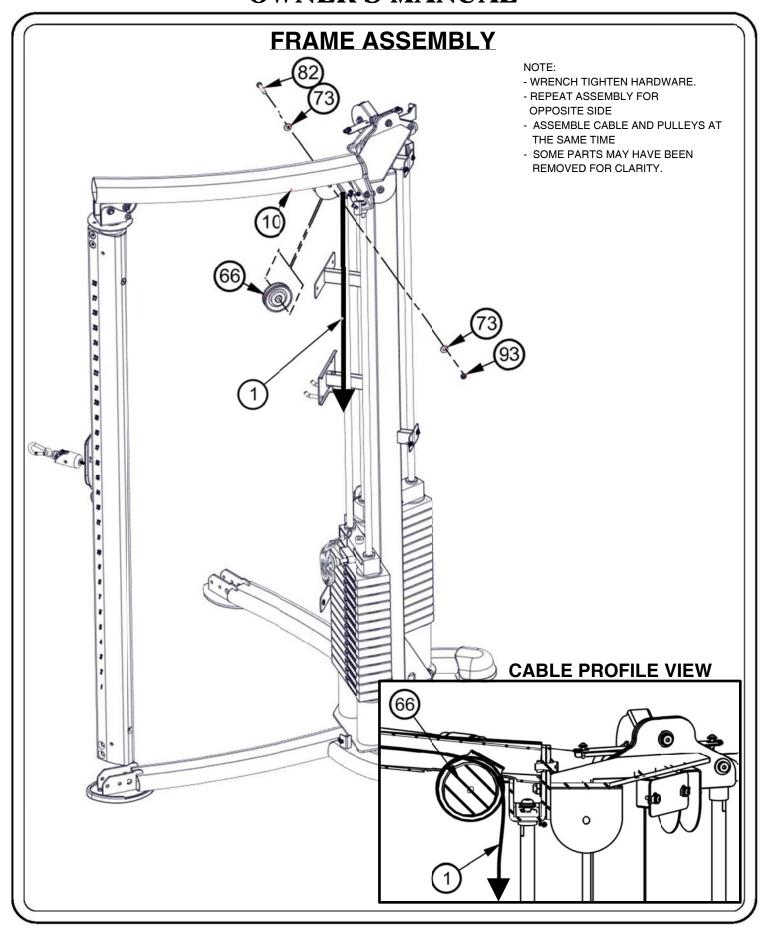
CABLE PROFILE VIEW

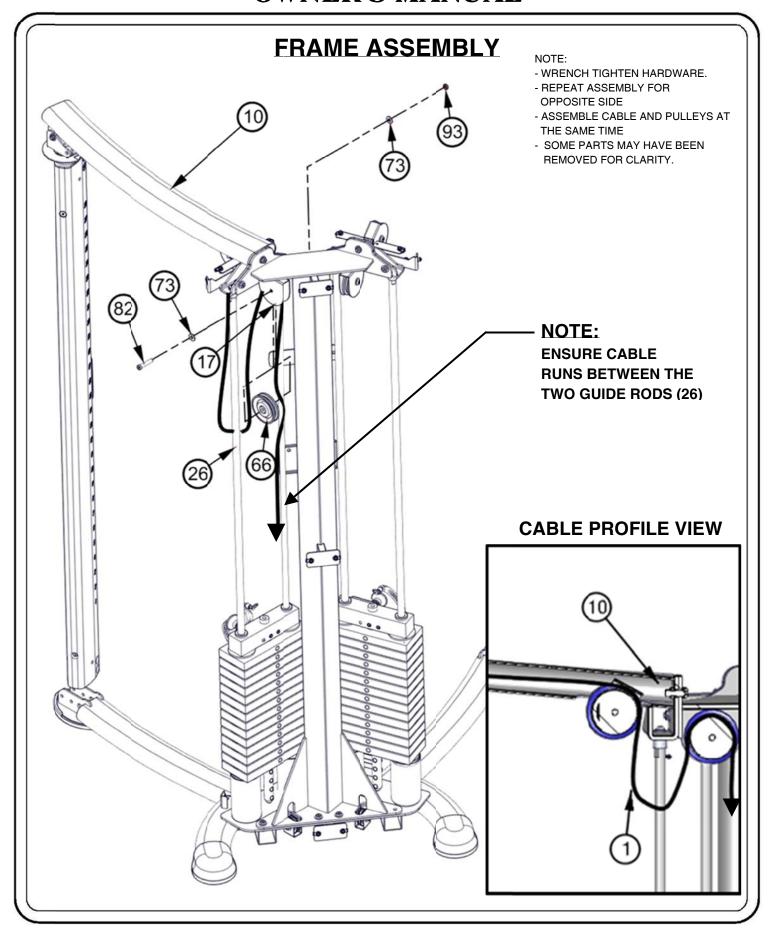
PAGE 15 Mi6 ASSEMBLY



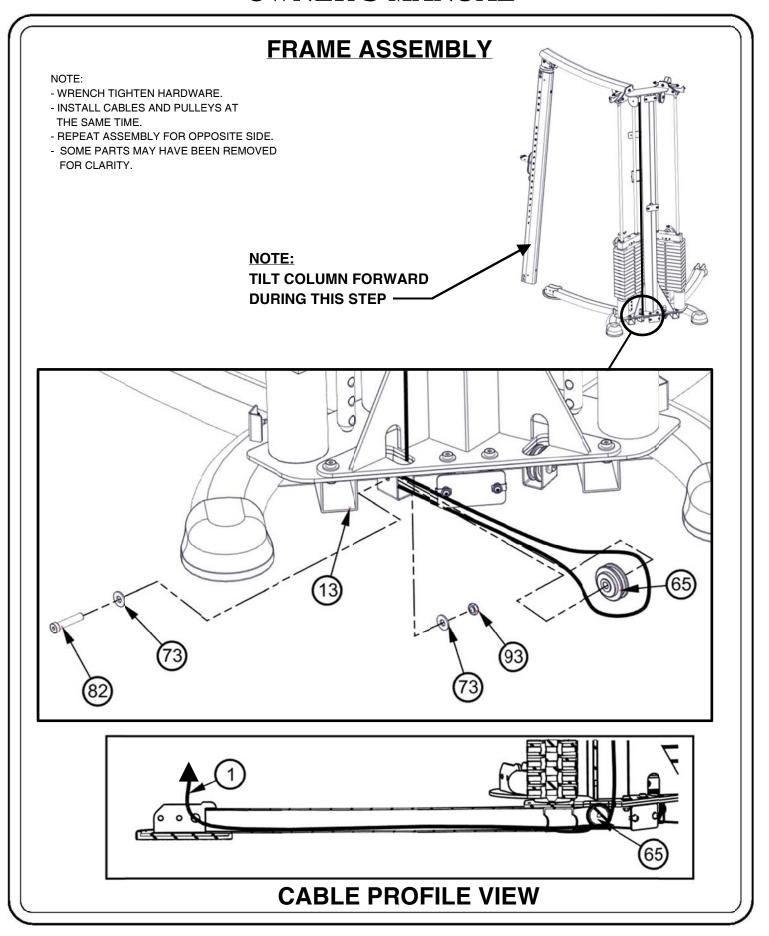


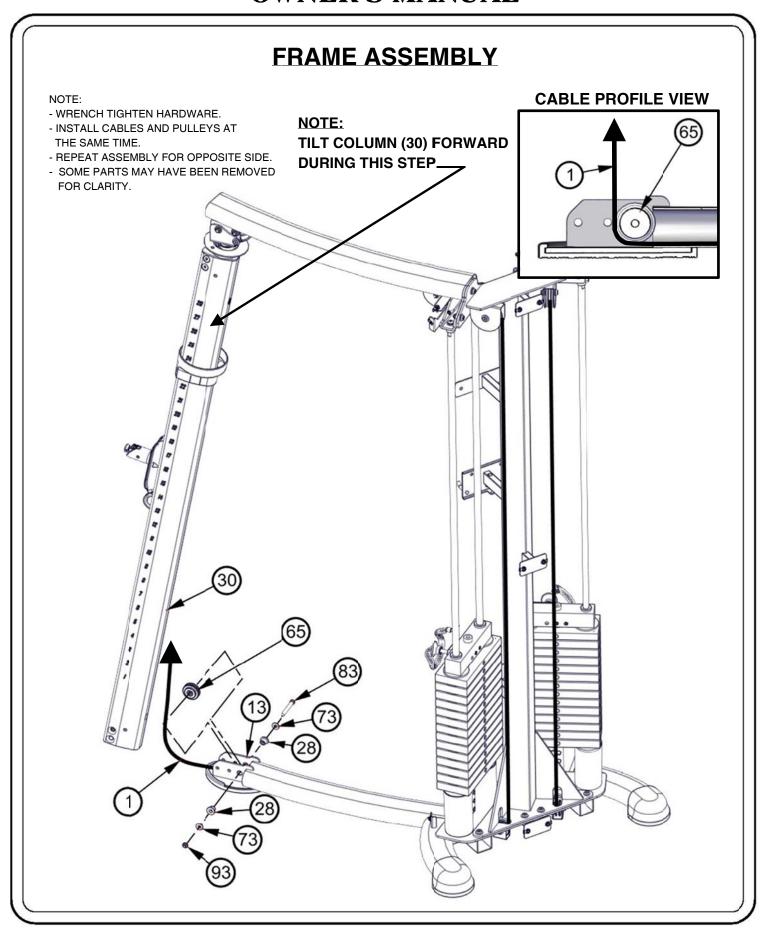
PAGE 17 Mi6 ASSEMBLY





PAGE 19 Mi6 ASSEMBLY





PAGE 21 Mi6 ASSEMBLY

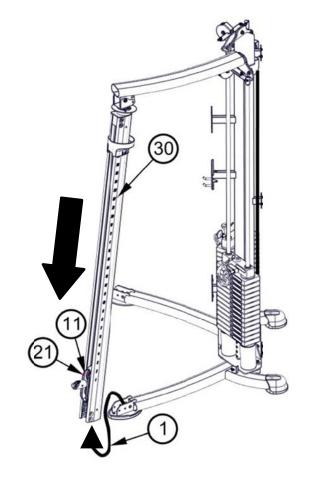
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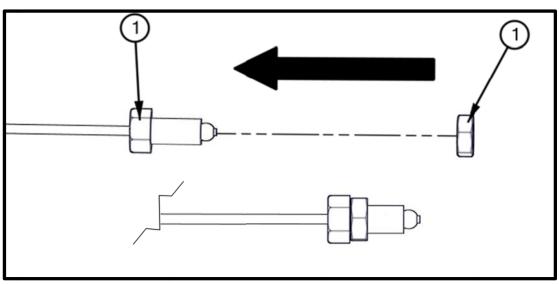
NOTE

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE

NOTE:

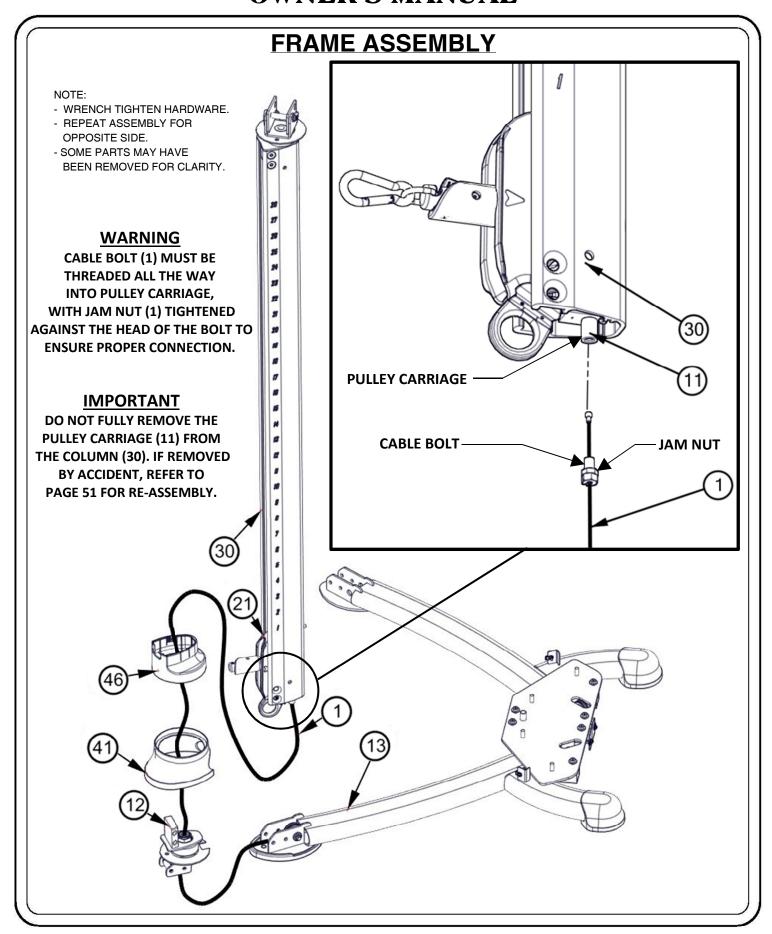
ADJUST THE PULLEY CARRIAGE (11)
AND HOUSING (21) DOWN TO THE BOTTOM OF
THE COLUMN (30). DO NOT FULLY REMOVE THE
PULLEY CARRIAGE FROM THE COLUMN.



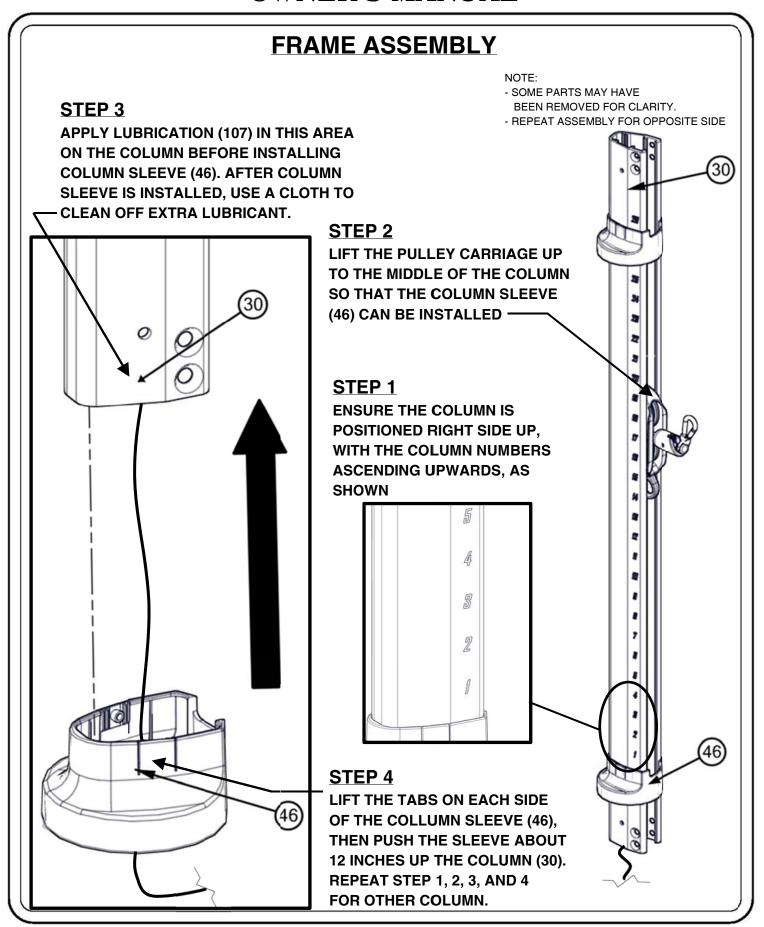


NOTE:

INSTALL BOLT ONTO CABLE END, THEN THREAD JAM NUT ONTO THE BOLT. REPEAT FOR OPPOSITE SIDE.



PAGE 23 Mi6 ASSEMBLY

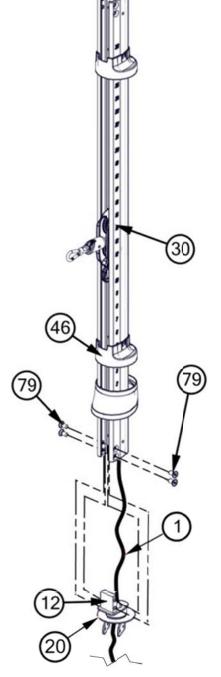


FRAME ASSEMBLY



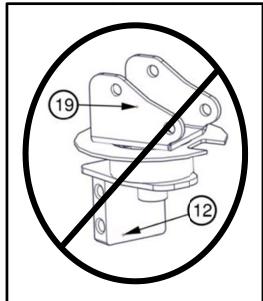
PUSH THE BOOT (41)
UP THE COLUMN
AND HOLD IT THERE.





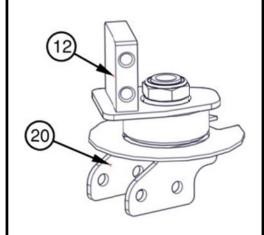
NOTE:

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



SPINDLE MOUNT-1 (19)

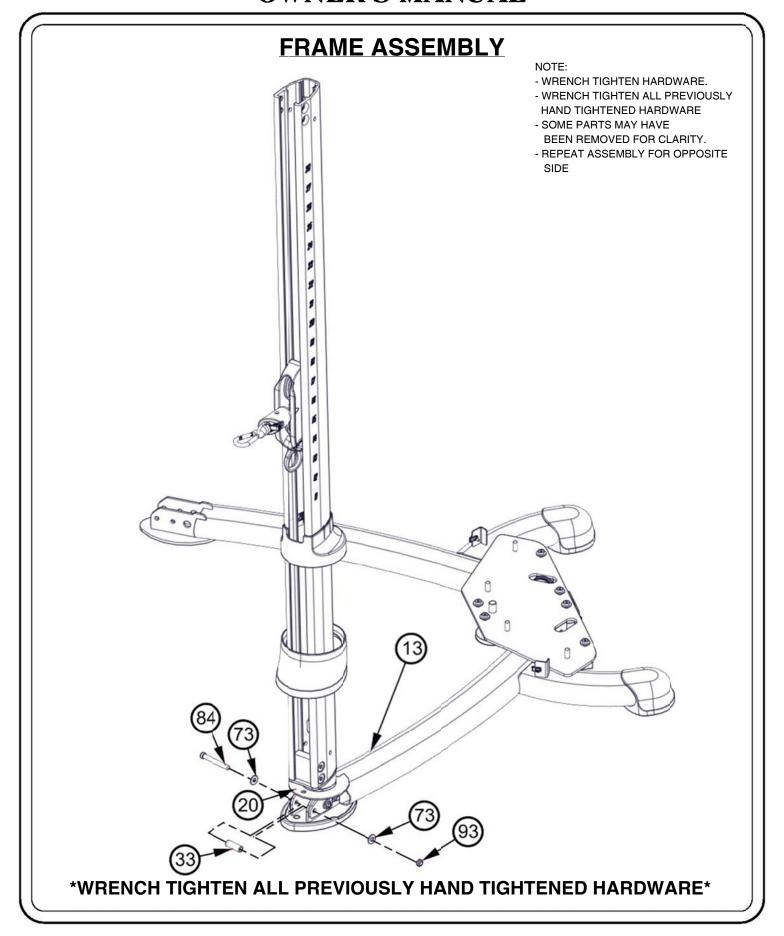
NOTE: CURVED TOP EDGE. DO NOT USE IN THIS STEP



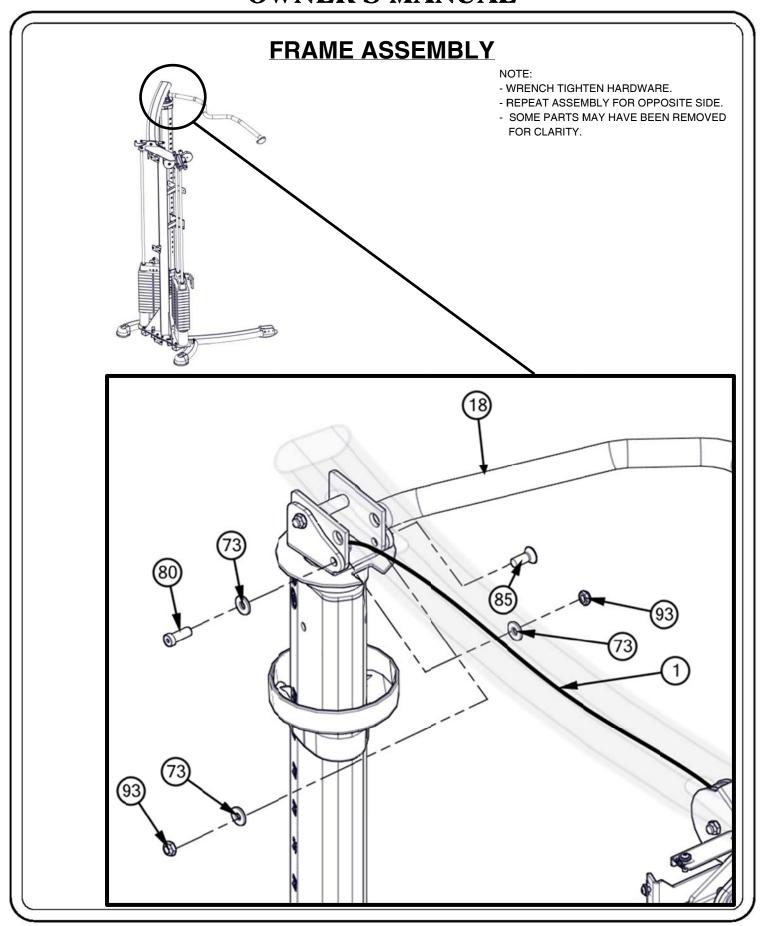
SPINDLE MOUNT-2 (20)

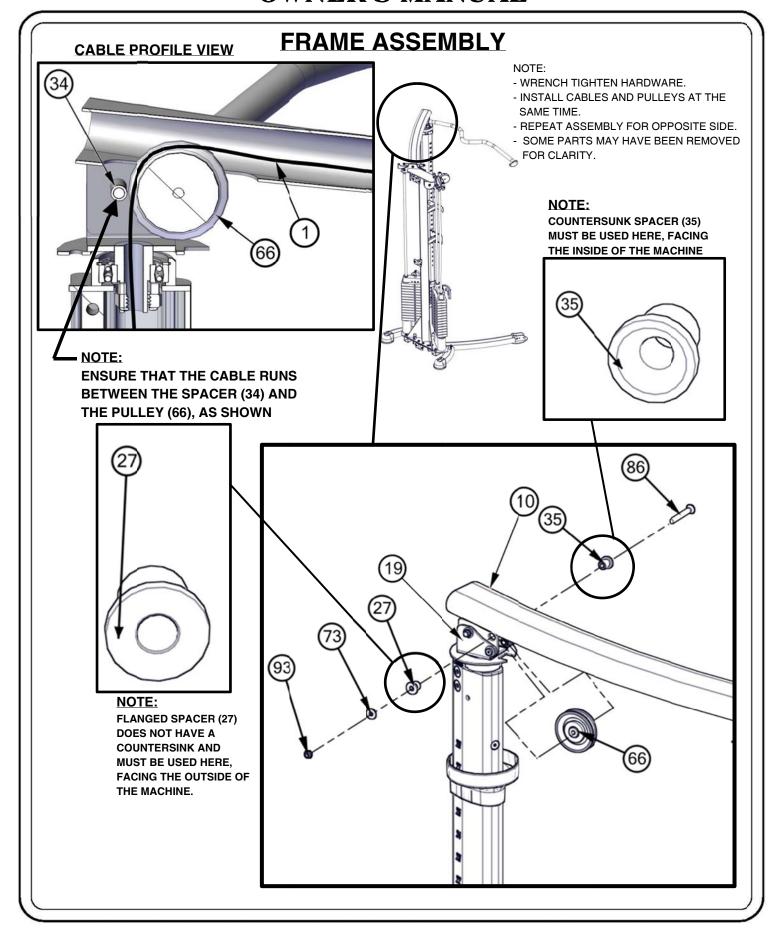
NOTE: FLAT BOTTOM EDGE

FRAME ASSEMBLY - WRENCH TIGHTEN HARDWARE - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY. - REPEAT ASSEMBLY FOR OPPOSITE SIDE **CABLE PROFILE VIEW** (20)NOTE: -**ENSURE THAT THE CABLE RUNS BETWEEN THE SPACER (33) AND THE PULLEY (65), AS SHOWN**

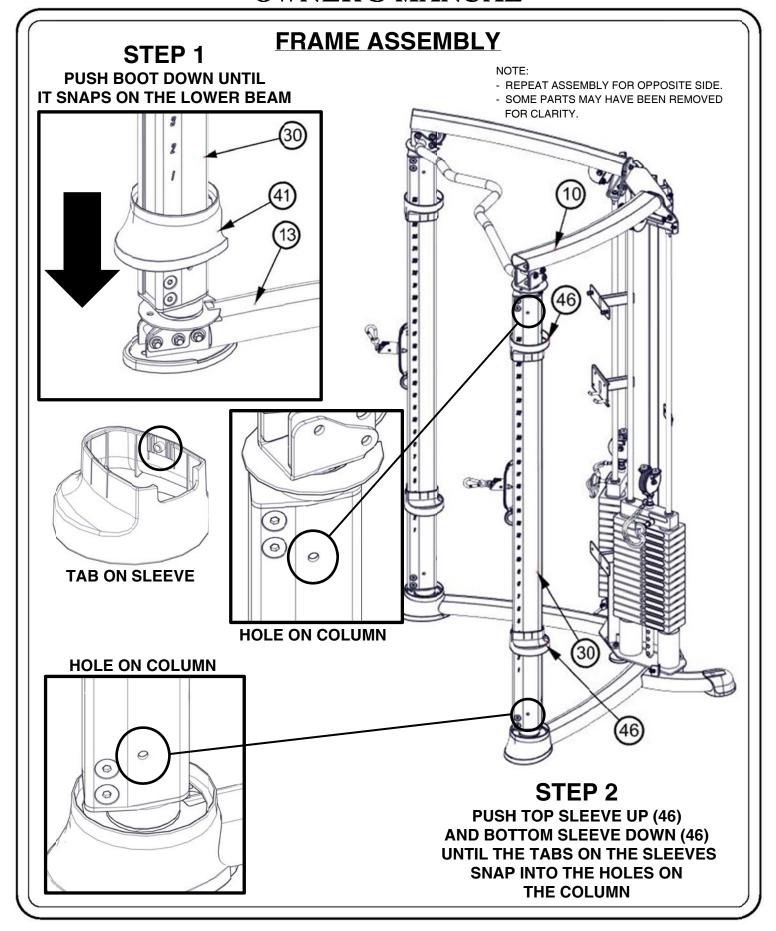


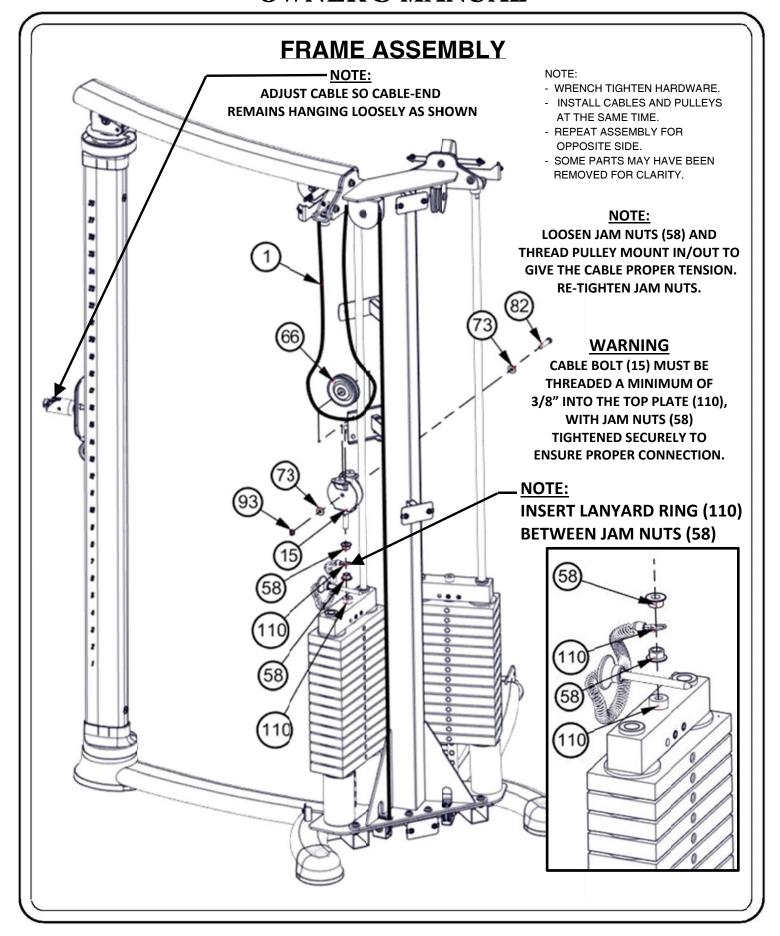
PAGE 27 Mi6 ASSEMBLY





PAGE 29 Mi6 ASSEMBLY



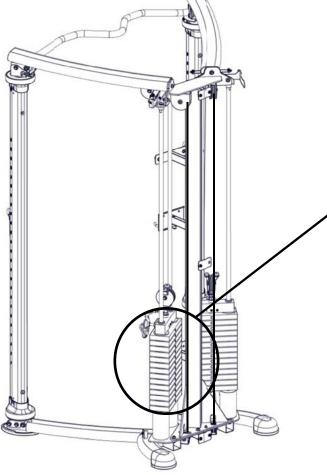


PAGE 31 Mi6 ASSEMBLY

FRAME ASSEMBLY

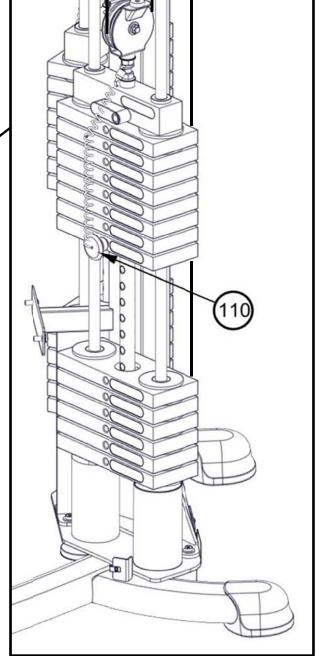
NOTE:

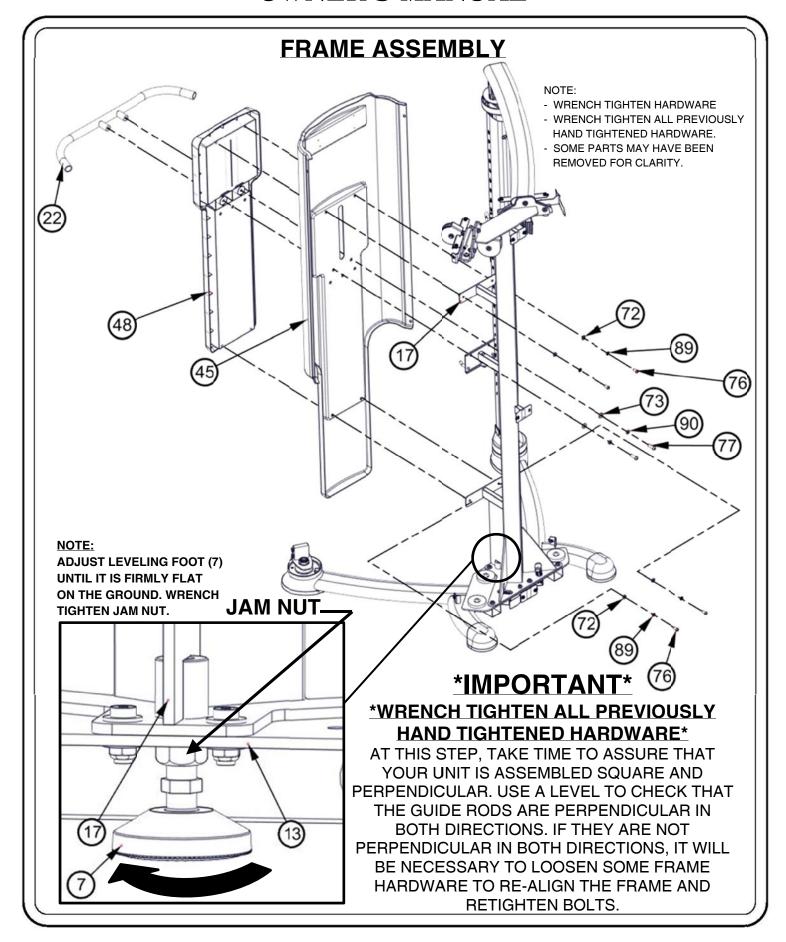
- REPEAT FOR OPPOSITE SIDE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT:

HAVE A SECOND PERSON INSERT THE WEIGHT PIN (110) INTO THE NINTH PLATE OF THE WEIGHT STACK. USING THE CABLE END IN THE FRONT OF THE COLUMN, PULL THE WEIGHT STACK UP ABOUT 18 INCHES AND HOLD IT THERE UNTIL THE ASSEMBLY ON PAGE 33 IS COMPLETE. REPEAT FOR OPPOSITE SIDE.



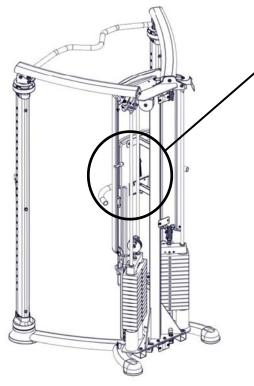


PAGE 33 Mi6 ASSEMBLY

FRAME ASSEMBLY

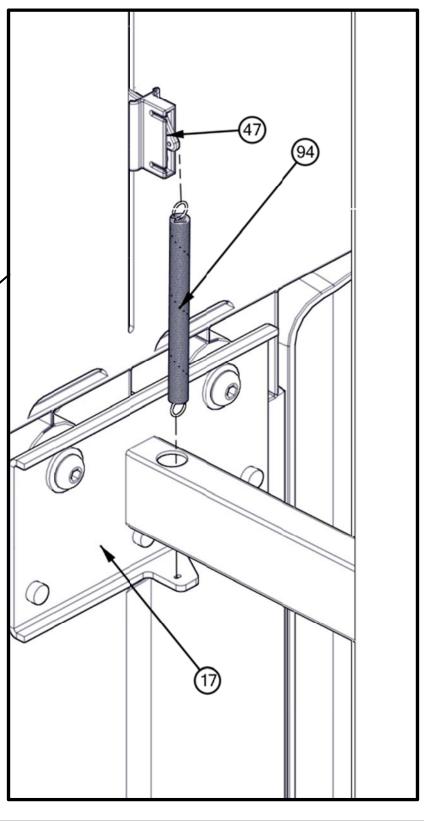
NOTE:

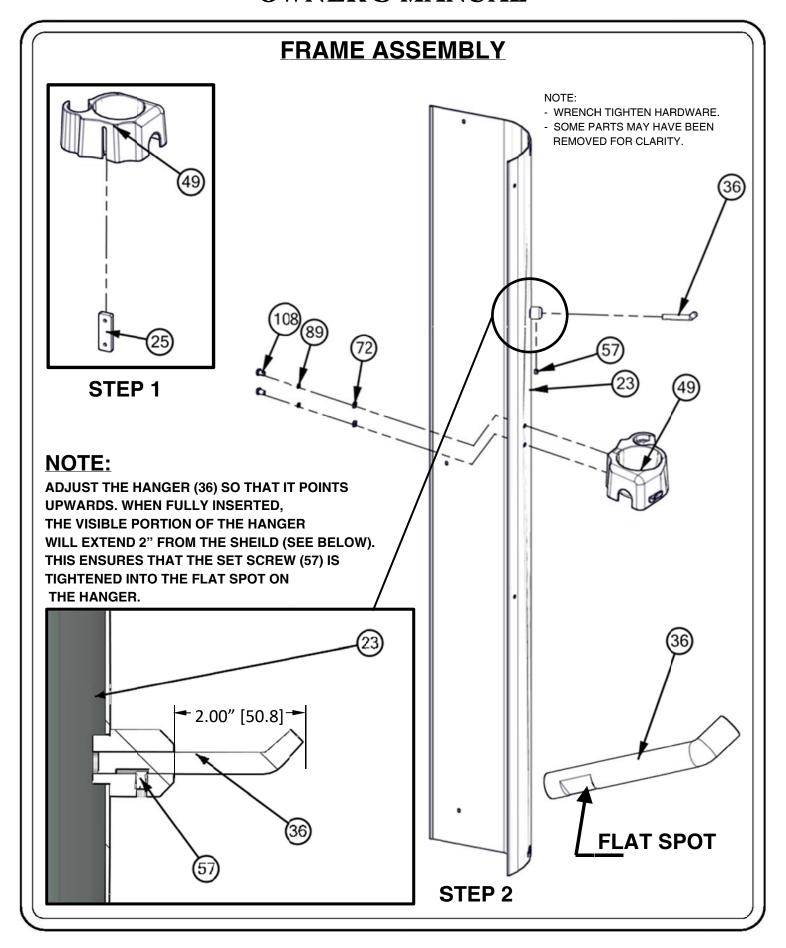
- INSERT END OF SPRING (94) INTO HOLE IN THE END OF CATCH (47)
- INSERT END OF SPRING (94) INTO HOLE IN BACKBONE ASSEMBLY (17)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



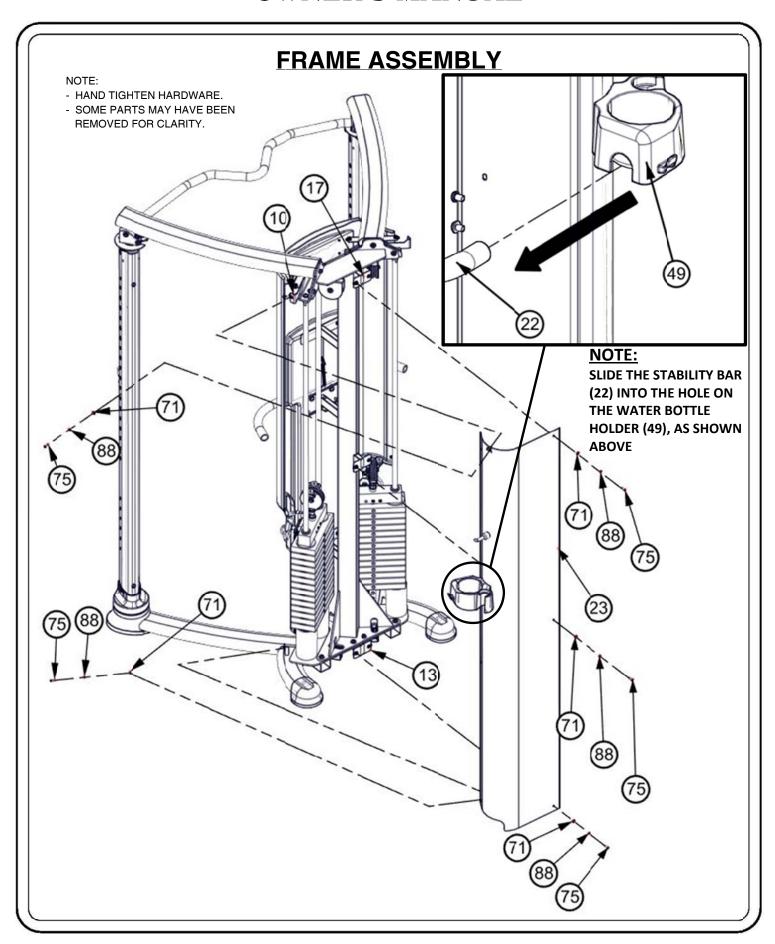
IMPORTANT:

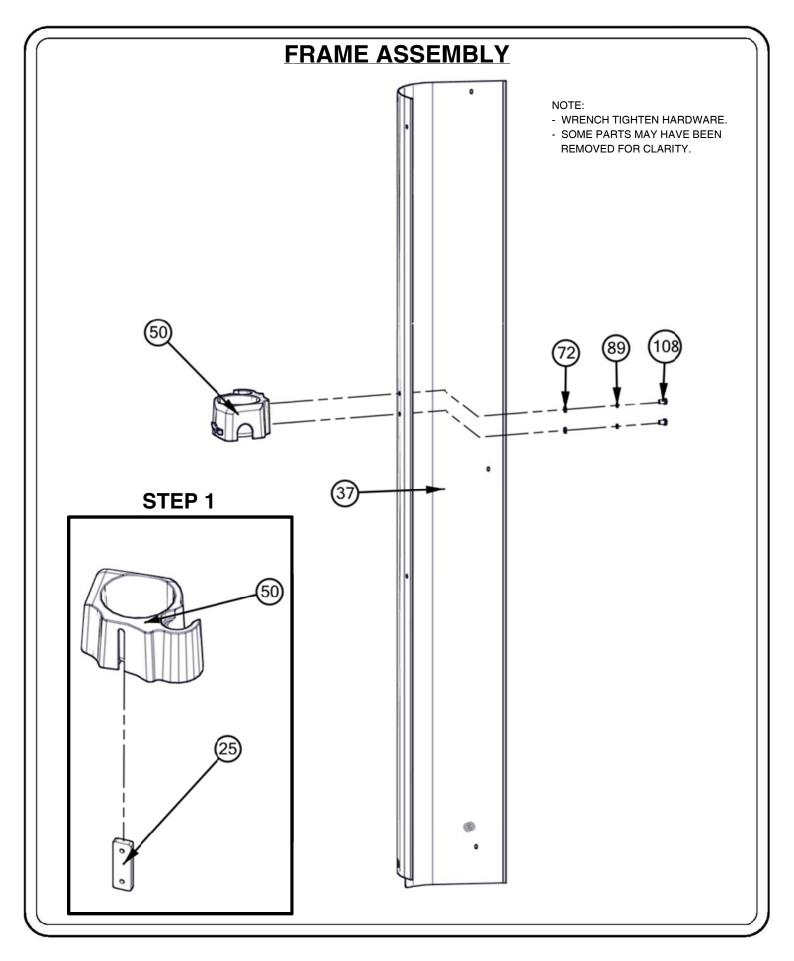
ENSURE THAT THIS STEP IS PERFORMED NOW. THE SPRING CANNOT BE ASSEMBLED AFTER THIS STEP.



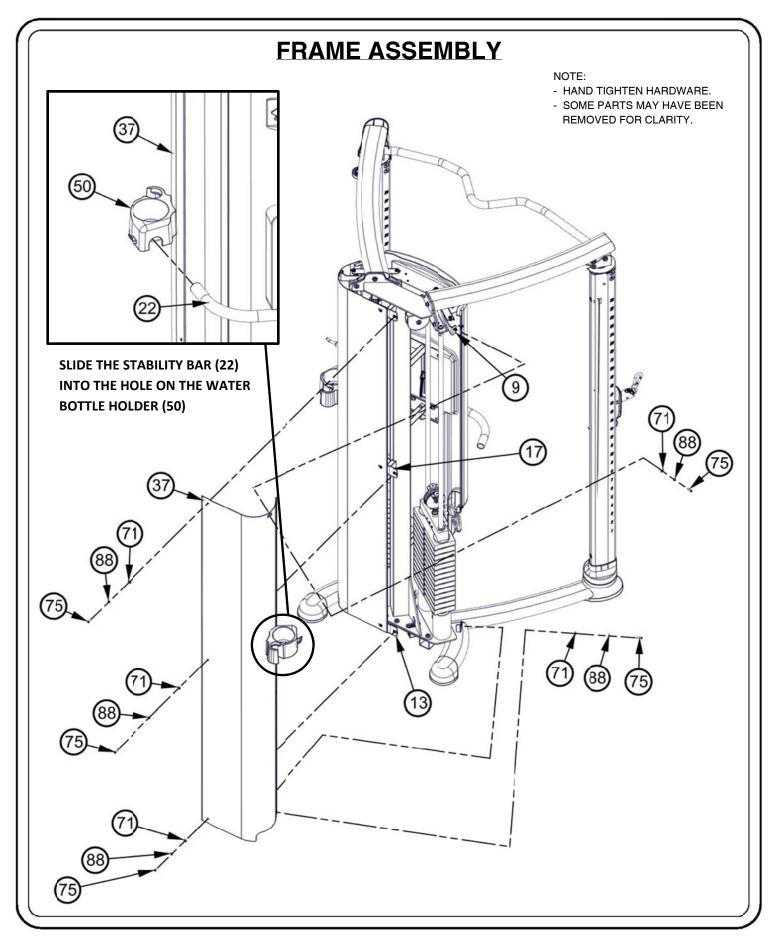


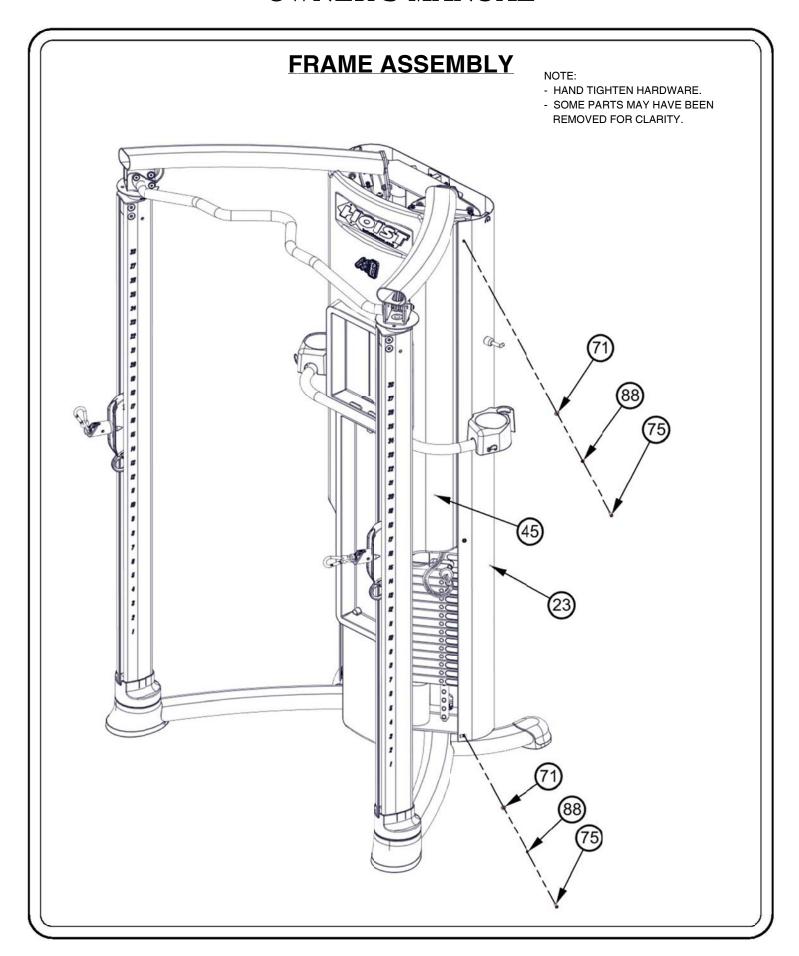
PAGE 35 Mi6 ASSEMBLY



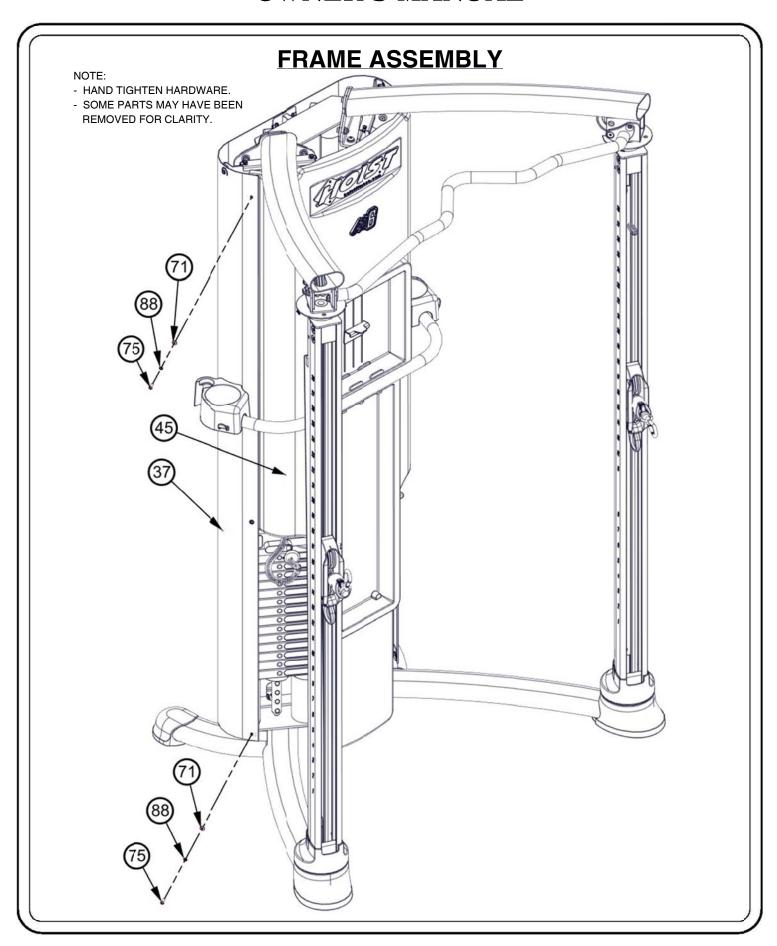


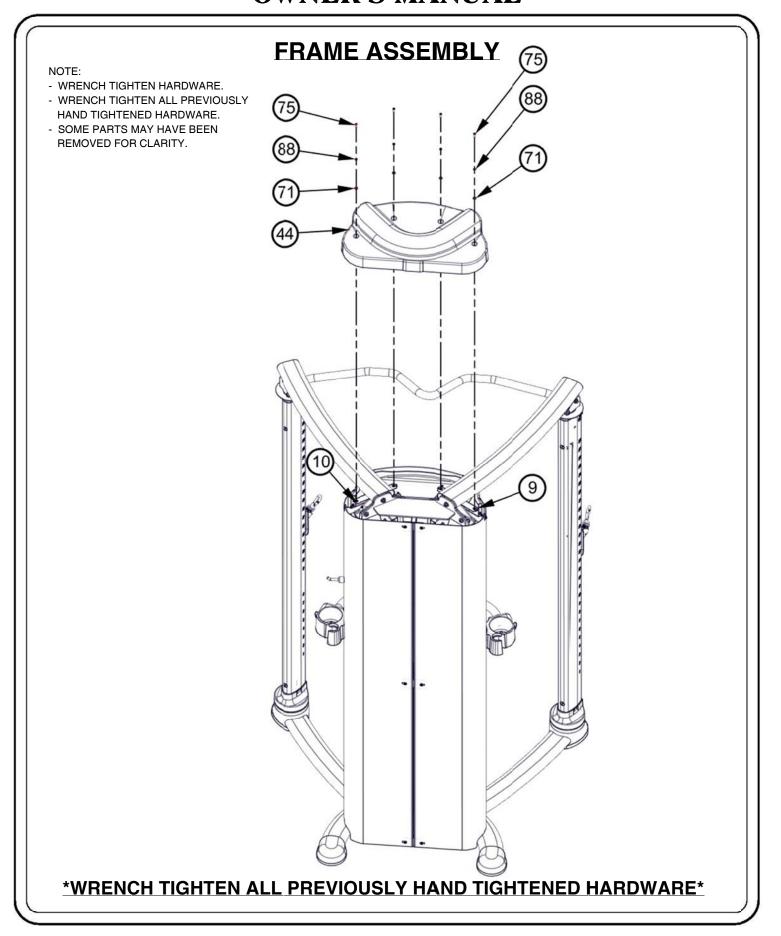
PAGE 37 Mi6 ASSEMBLY



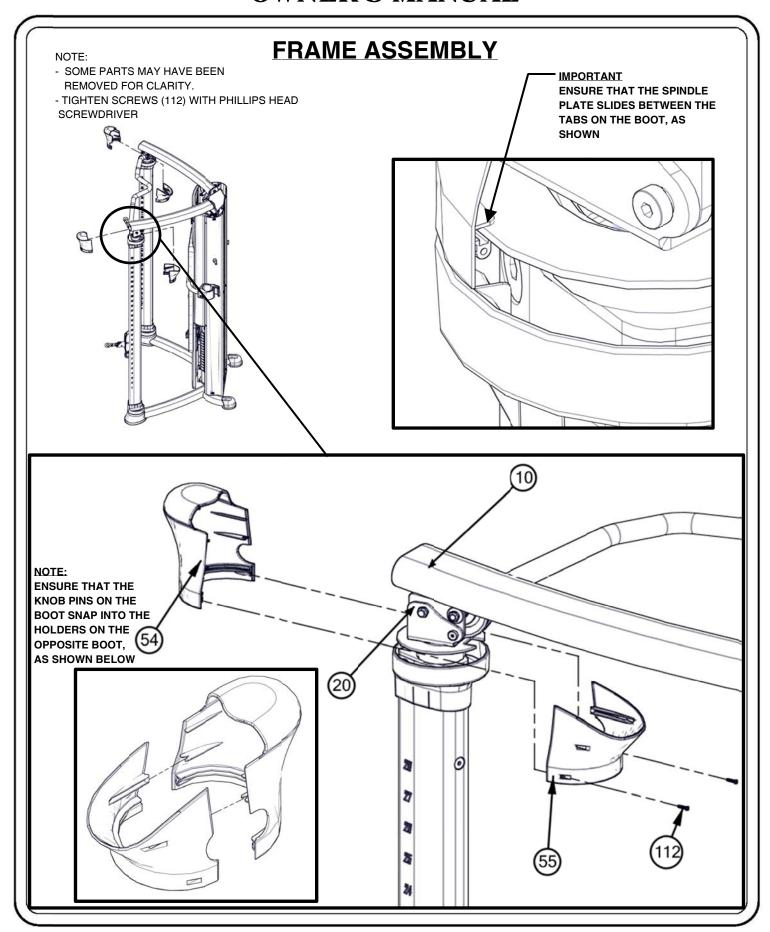


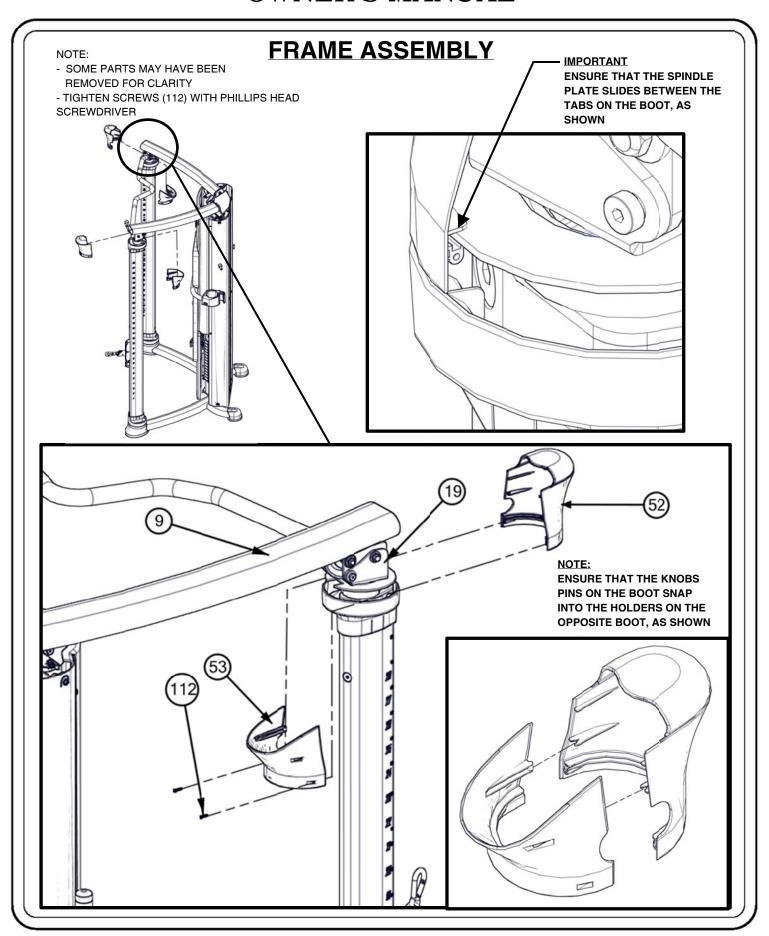
PAGE 39 Mi6 ASSEMBLY





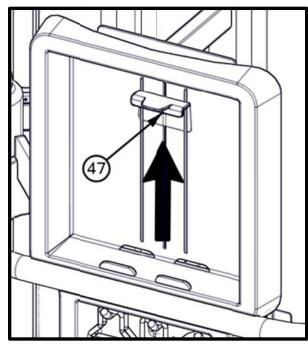
PAGE 41 Mi6 ASSEMBLY



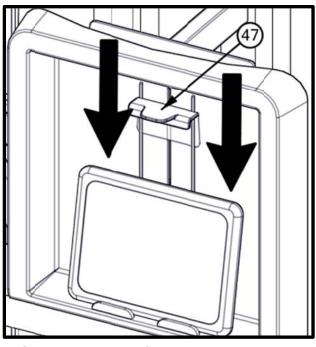


PAGE 43 Mi6 ASSEMBLY

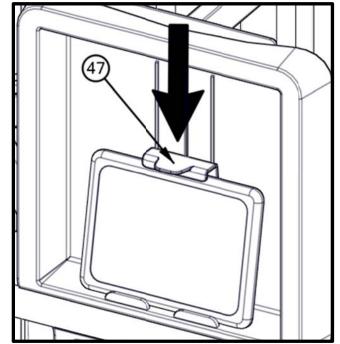
TABLET/ PHONE MOUNT ASSEMBLY



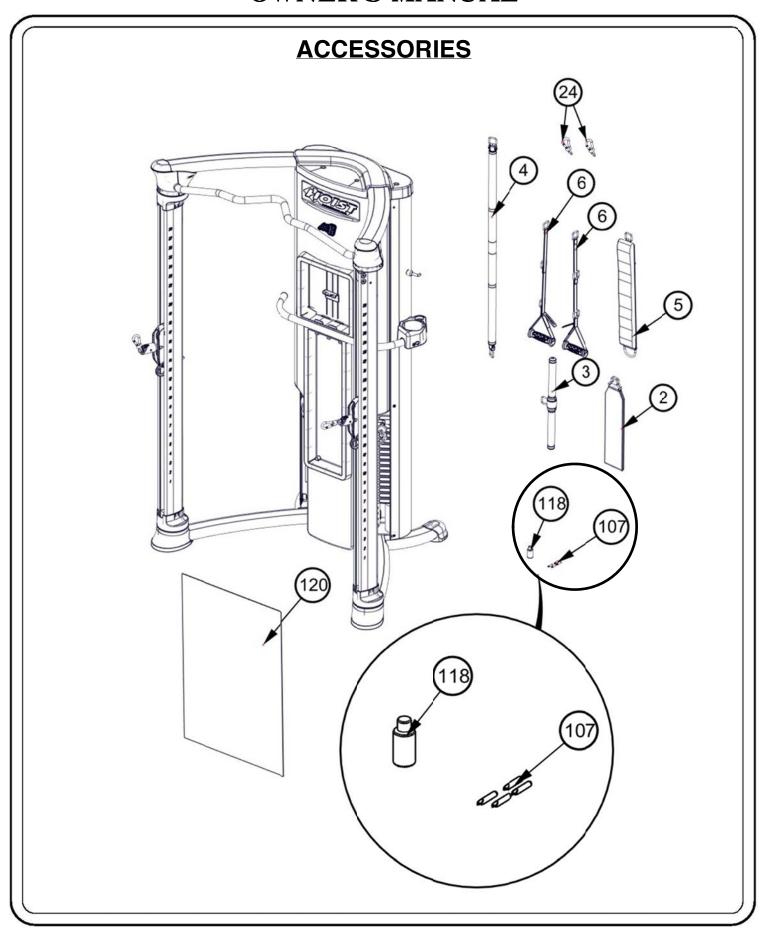
STEP 1: LIFT CATCH



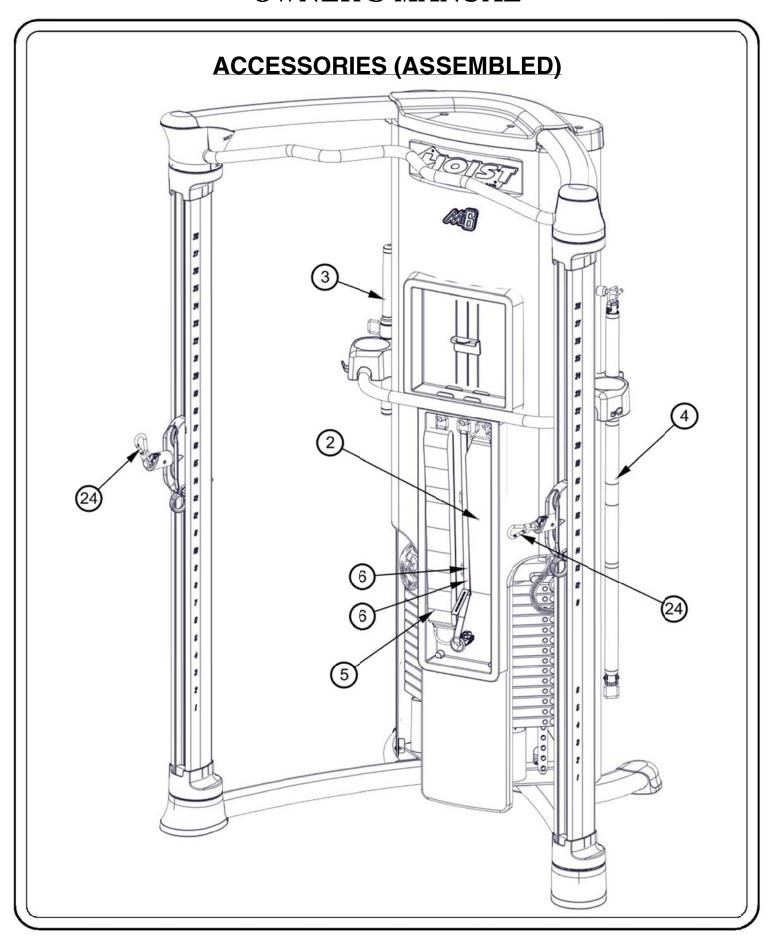
STEP 2: INSERT TABLET OR PHONE

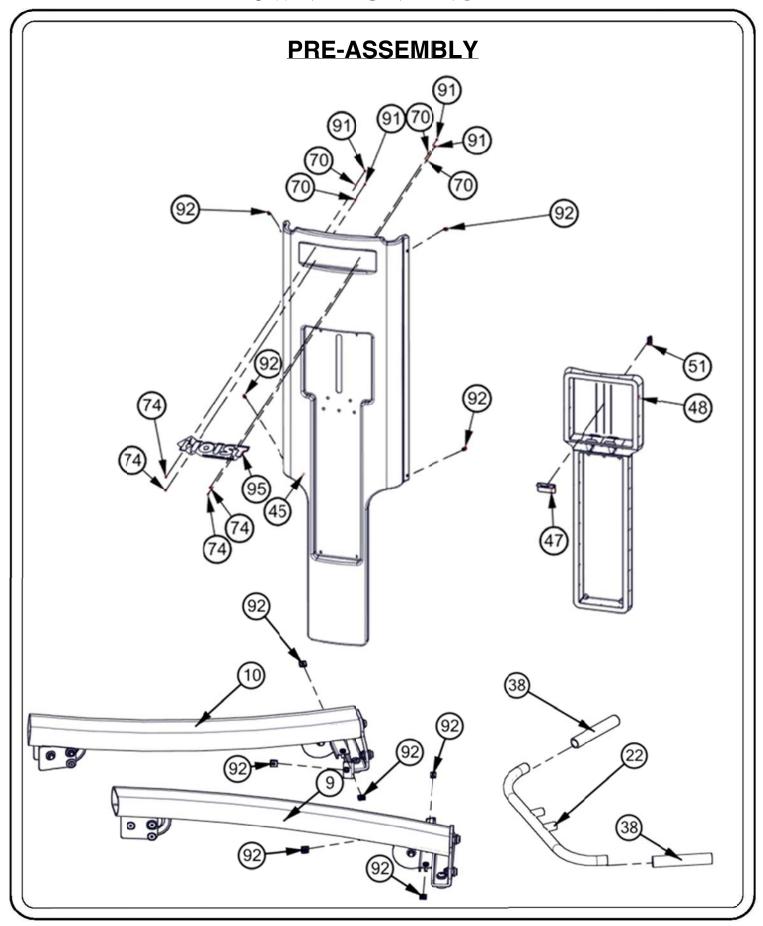


STEP 3: PULL DOWN THE CATCH

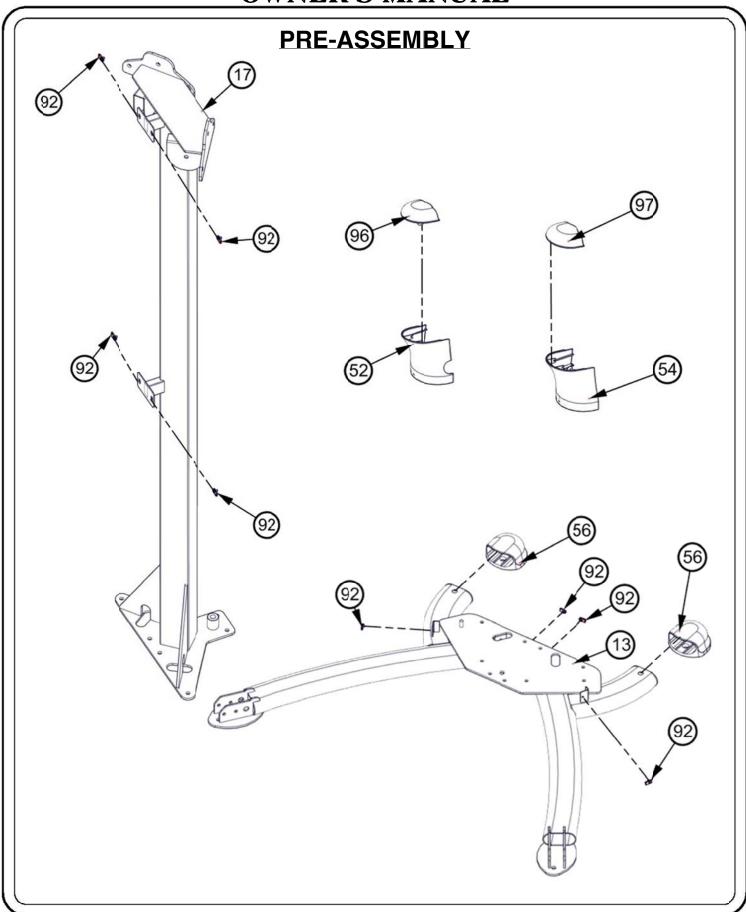


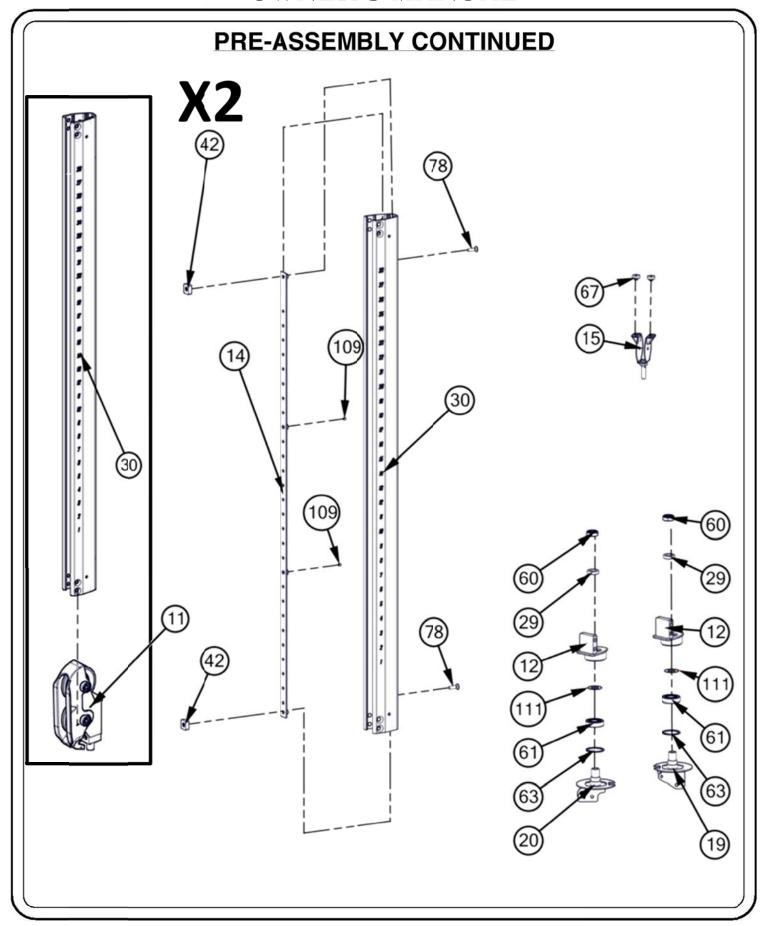
PAGE 45 Mi6 ASSEMBLY



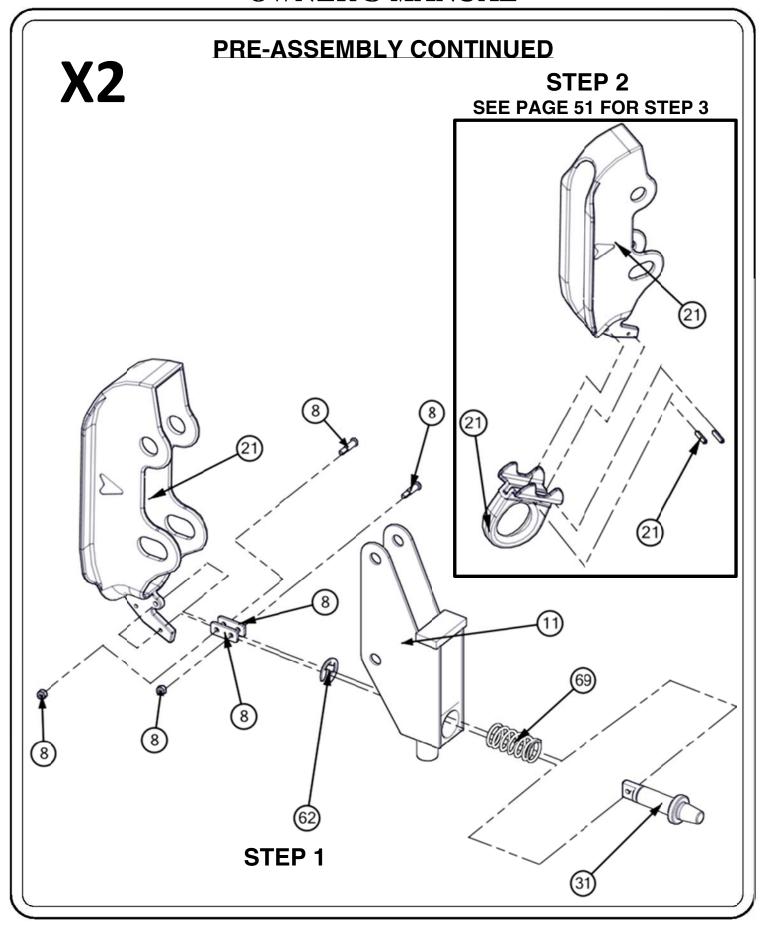


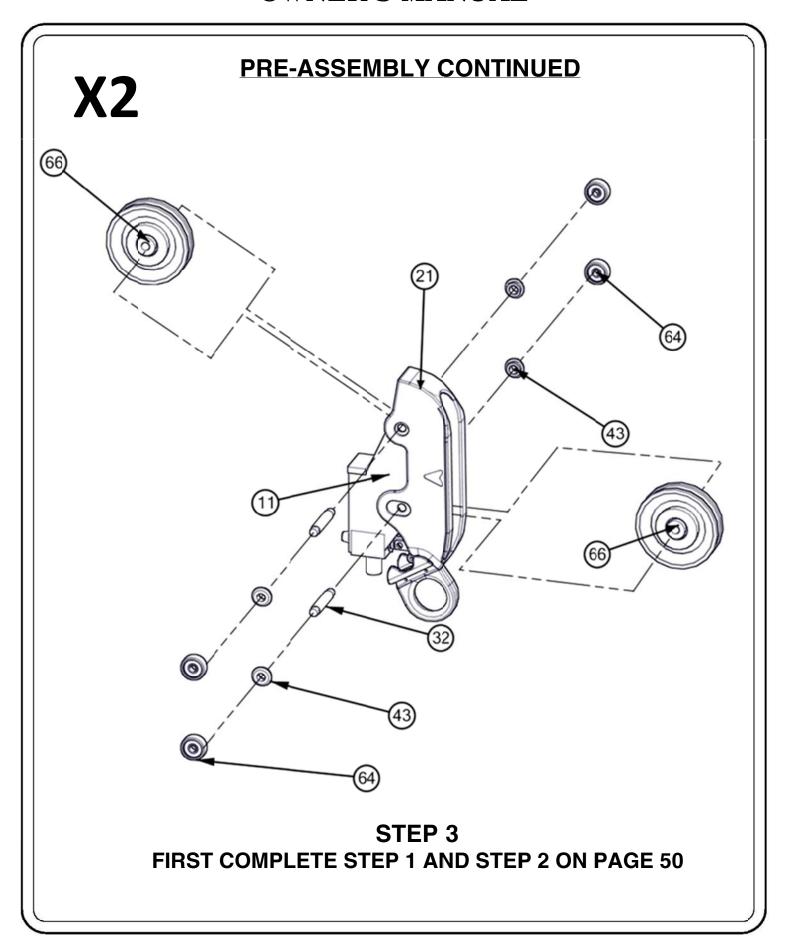
PAGE 47 Mi6 ASSEMBLY



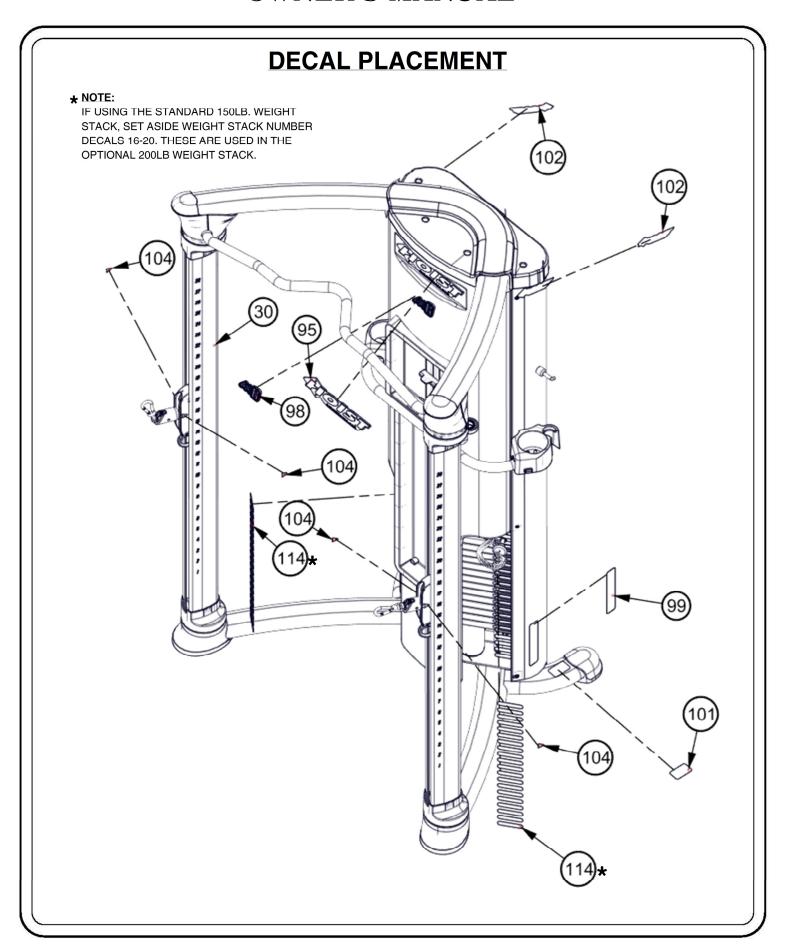


PAGE 49 Mi6 ASSEMBLY





PAGE 51 Mi6 ASSEMBLY



DECAL REFERENCE

10 LBS / 5 KGS

90 LBS / 41 KGS

170 LBS / 77 KGS

20 LBS / 9 KGS

100 LBS / 45 KGS

180 LBS / 82 KGS

30 LBS / 14 KGS

110 LBS / 50 KGS

190 LBS / 86 KGS

40 LBS / 18 KGS

120 LBS / 54 KGS

200 LBS / 91 KGS

50 LBS / 23 KGS

130 LBS / 59 KGS

60 LBS / 27 KGS

140 LBS / 64 KGS

70 LBS / 32 KGS

150 LBS / 68 KGS

80 LBS / 36 KGS

160 LBS / 73 KGS

021-0003965

O PREVENT POSSIBLE IPPING bolt this unit to exercise floor. Failure to may result in seriou or may result in serious the control of the contr

S, CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADUL SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.

, TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF J. MOVING PARTS. Do not attempt to free any jamin parts by yourself. Obtain assistance to avoid poss

Refer to the owner's manual/maintenance deca consult your Physician BEFORE STARTING ANY EXERCISE PROGRAM. War up properly before engagin in weight resistance training. Stop exercising if

EACH USE. Rejace all parts at the first signs of wear or damage. If in doubt about a certain part, Do NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

JURY OR EVEN DEATH. THERE IS A
RISK ASSUMED BY INDIVIDUALS
RISK HE GOUPMENT
TO MINIMIZE THE RISK, ALWAYS
FOLLOW THESE SIMPLE RILLES.

BEAD AND INNERPSYMPAD ALL

AWARNING

021-0003965

Replace; Cables, Belts and Connecti Parts.	Repack with Grease Lines Bearings	Clean & Wax All Glossy Finishes	Lubricate; Seat Sleev Turcite Bus Linear Bea	Clean & Lubricate; (Rods with a Teflon (PTF based lubric (Superlube)	Inspect; Anti-Skid Surfaces	Inspect; All nuts and Bolts Tighter if Needed.	Inspect; All Decals	Inspect; Accessory I and Handle	Inspect; Cables or and their tension	Clean; Uphoister	Inspect; Links, Pull Snap Lock Swivels, Weight St Pins	MAINTENANCE	N
Belts nnecting	with	/ax	ate; leeves, Bushings, Bearing	& ate; Guide with a (PTFE) lubricant lube)		. g g	87	y Bars les	Beits	×	il Pins,	OAL Dails	
					×	×	×	×		-	-	Weekly	(
	\$ ×		×	×		0 - 0		-				Monthly	Ť
50, 75	×	×										Months	
*												Yearly	

021-0003008

PAGE 53 Mi6 ASSEMBLY



021-0018030



021-0003230



SERIAL # DECAL





021-0003949

021-0003948

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0441	CABLE ASSY. 312 - 7/16" LG.	2
2	026-01X6689	CHIN ASSIST STRAP 4" WIDE	1
3	026-01X7112	ALUMINUM CURL BAR ASSEMBLY	1
4	026-01X7110	ALUMINUM STRAIGHT BAR ASSEMBLY	1
5	026-01X6020	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
6	026-01X7113	STRAP HANDLE WITH (3) SQUARE RINGS	2
7	026-01X5186	LEVELING FOOT (M16X2.0)	1
8	026-01X5630	CHAIN LINK REPLACEMENT	2
9	026-01X6789	TOP FRAME-1	1
10	026-01X6790	TOP FRAME-2	1
11	026-01X7090	PULLEY CARRIAGE	2
12	026-01X7091	COLUMN MOUNT	4
13	026-01X6787	Mi-6 BASE FRAME	1
14	026-01X7093	INDEXING PLATE	2
15	026-01X7094	ADJUSTABLE PULLEY MOUNT ASSEMBLY $ igtriangledown$ 3.50"	2
17	026-01X6788	BACKBONE	1
18	026-01X6791	CHIN-UP BAR	1
19	026-01X7098	SPINDLE MOUNT-1	2
20	026-01X7099	SPINDLE MOUNT-2	2
21	026-01X7100	PULLEY COVER ASSY.	2
22	026-01X6792	STABILIZATION HANDLE	1
23	026-01X6793	SHIELD-2	1
24	026-01X7108	CARABINER ADAPTOR	2
25	026-01F0483	THREADED FLANGE	2
26	026-01G0420	GUIDE ROD: Ø.7500" CRS X 72.6198" LG.	4
27	026-01M0532	HEAVY FLANGED SPACER: ∅.391" I.D. X .688" LG.	2
28	026-01M0760	HEAVY FLANGED SPACER: Ø.67 O.D. X Ø.39 I.D. X .50 LG.	4
29	026-01M3311	SPACER, Ø 1.5000" X .250 X 1.00" ID X .3750" LG.	4
30	026-01M3313	COLUMN	2
31	026-01M3314	PULL PIN: SHORT TAPERED END ∅ .5000"	2
32	026-01M3315	Ø.375" SHAFT	4
33	026-01M3321	SPACER, Ø.55" X .39" ID X 1.55" LG	4
34	026-01M3322	SPACER, Ø.55" X .39" ID X 1.94" LG	2
35	026-01M3327	HEAVY FLANGED SPACER: Ø.391" I.D. X .688" LG.	2

PAGE 55 Mi6 ASSEMBLY

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01M3328	ϕ .375" CRS HANGER	1
37	026-01P4781	SHIELD-3	1
38	026-01PL0235-36	OPEN END GRIP: Ø1.188" X 8.25" LG.	2
39	026-01PL0369	WEIGHT STAND OFF	4
40	026-01PL2510	ELLIPTICAL RUBBER FOOT W/ FRONT LIP & TAPE	2
41	026-01PL2614	BOOT-3	2
42	026-01PL2615	BUMPER	4
43	026-01PL2617	FLANGED SPACER	8
44	026-01PL2825	TOP CAP	1
45	026-01PL2824	SHIELD-1	1
46	026-01PL2628	COLUMN SLEEVE	4
47	026-01PL2631	CATCH	1
48	026-01PL2632	PANEL-1	1
49	026-01PL2634	CUP / BAR HOLDER-1	1
50	026-01PL2635	CUP / BAR HOLDER-2	1
51	026-01PL2636	CATCH RETAINER	1
52	026-01PL2644	BOOT 2-1	1
53	026-01PL2645	BOOT 2-2	1
54	026-01PL2646	BOOT 1-1	1
55	026-01PL2647	BOOT 1-2	1
56	026-01PL2641	FOOTCAP, 1.9685" X 3.9370" F.O.	2
57	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	1
58	012-0503001	1/2"-13 FLANGED NUT (Ni)	4
59	012-0504009	16M X 2.0 FLANGED NUT (Ni)	1
60	012-0504017	1"-8 Thin Nylock Nut (Ni)	4
61	014-0012025	BALL BEARING: SELF ALIGNING,Ø30mm I.D. X Ø62mm O.D. X 16mm	4
62	014-0015040	Retaining Ring, E clip, 1/2"	2
63	014-0015041	Internal Retaining Ring, 2.44"	4
64	014-0012024	BEARING: 608-2RS_BEARING (8mm BORE) with 1.00" OD PVC outer ring 608-2RS Bearing with 1.00" OD PVC outer ring	8
65	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	4
66	018-0001002	CABLE PULLEY: Ø3.50"	12
67	019-0001001	PLUG BUMPER	4
68	019-0001006	THICK RUBBER DONUT ∅3.00" X .50" BLACK	4
69	020-0011018	Compression Spring	2
70	013-1002014	3/8" FENDER WASHER (BZ)	4

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	013-1002011	#10 FLAT WASHER (Ni)	18
72	013-1002010	5/16" SAE FLAT WASHER (Ni)	8
73	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	70
74	011-0101230	M35 X 10mm FHB (BZ)	4
75	011-0701113	#10-32UNC x .75 BHCS (Ni)	18
76	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	4
77	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	6
78	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	4
79	011-0702024	1/2"-13UNC X 1.00" FHS (Ni)	16
80	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	14
82	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	8
83	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	2
84	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	4
85	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	2
86	011-0702011	3/8"-16UNC X 3.00" FHCS (Ni)	2
87	011-0702013	3/8"-16UNC X 3.50" FHCS (Ni)	2
88	013-1010007	#10 INTERNAL LOCK WASHER (Ni)	18
89	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	8
90	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	12
91	012-0504016	M3 THIN NYLOCK NUT (BZ)	4
92	012-0609007	CLIP ON NUT, 10-32	18
93	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	32
94	020-0011019	TABLET MOUNT SPRING, .34" OD X 4.5" LG, WIRE DIA025"	1
95	021-0018030	BADGE, HOISTFITNESS.COM, 12.8982"	1
96	026-01PL2642	BOOT LEFT	1
97	026-01PL2643	BOOT RIGHT	1
98	021-0003948	EMBLEM, Mi6	1
99	021-0003135	DECAL WARNING 1.50" X 6.69"	1
100	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
101	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
102	021-0003230	DECAL HOIST 1.625" X 6.0613"	2

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PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
104	021-0003949	COLUMN ARROW DECAL	4
107	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
108	011-0701001	5/16"-18UNC X .5" BHCS (Ni)	4
109	011-0711002	SET SCREW: 5/16UNC-18 X .25" LG. (Ni)	4
110	WS#22	150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM)	2
111	026-01P5845	WASHER 1.88 OD x 1.00 ID x 1mm T	4
112	011-0210001	4-20,Thread-Forming Screw for Plastics	4
114	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	2
118	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz COLOR: PLATINUM	1
119	011-0107037	3/8"-16UNC X 1.25" HHB (WZ)	4
120	021-0014035	POSTER: Mi6	1
122	026-01PL2393	Ø3.0000" X .8125" ID X.313" T SPACER	4

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

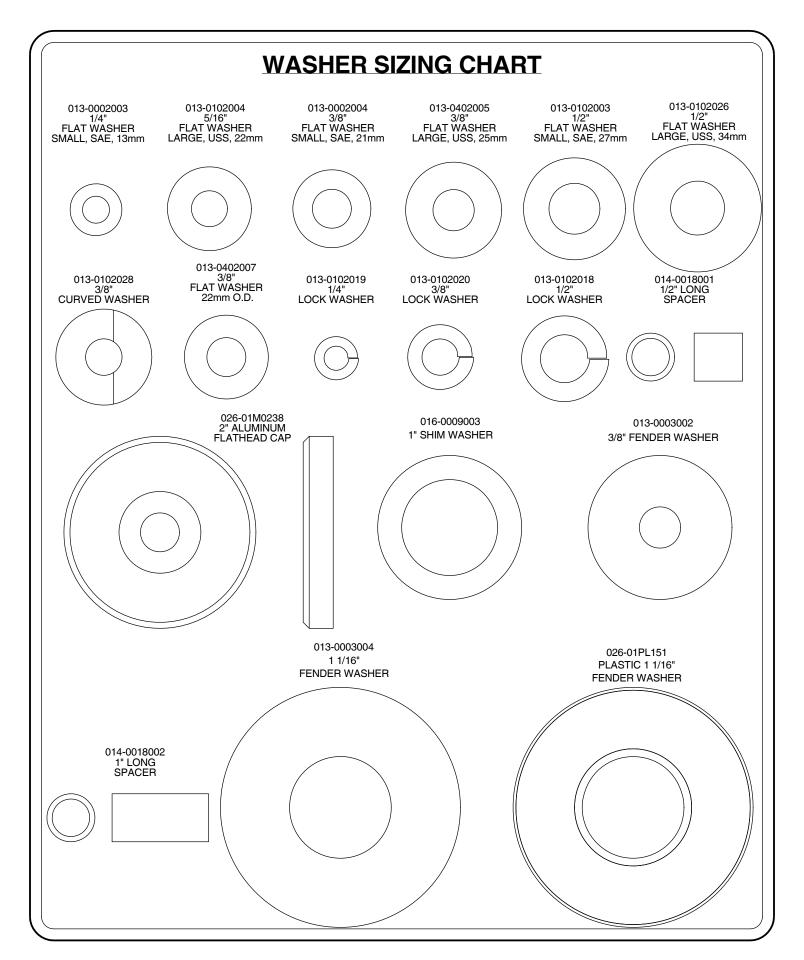


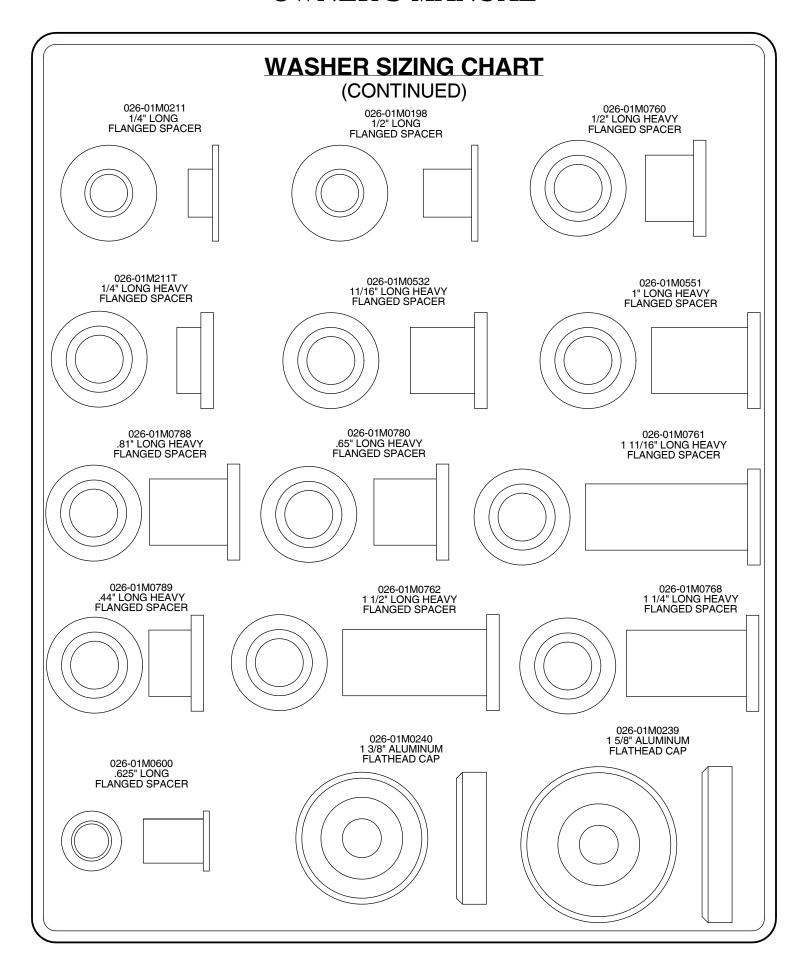
Low Head SHCS = Low Head Socket Head Cap Screw



SHSS = Socket Head Shoulder Screw

BOLT SIZING CHART 1/4" HHB 5/16" HHB 3/8" HHB 1/2" HHB RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: **TORQUE RANGE: TORQUE RANGE: TORQUE RANGE:** 6-8 ft-lbs 14-17 ft-lbs 24-30 ft-lbs 60-75 ft-lbs 5/16" BHCS 3/8" BHCS 1/2" BHCS 1/4" BHCS RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED **TORQUE RANGE:** TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 5-7 ft-lbs 11-15 ft-lbs 19-26 ft-lbs 47-65 ft-lbs 1/4" 5/16" 3/8" 1/2" **LOW HEAD LOW HEAD** LOW HEAD **LOW HEAD SHCS SHCS SHCS SHCS** \bigcirc RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: **TORQUE RANGE:** 4-6 ft-lbs 9-12 ft-lbs 18-23 ft-lbs 40-50 ft-lbs 1/4" SHCS 5/16" SHCS 3/8" SHCS RECOMMENDED RECOMMENDED RECOMMENDED **TORQUE RANGE:** TORQUE RANGE: **TORQUE RANGE:** 11-14 ft-lbs 23-29 ft-lbs 39-49 ft-lbs 3/4" 3/4" 3/ 3/4 0 1/2" FHCS 3/8" FHCS 1/4" FHCS RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: **TORQUE RANGE:** TORQUE RANGE: 47-65 ft-lbs 5-7 ft-lbs 19-26 ft-lbs 3/4" 3/4" 3/4" 3/4" , ~ 0 2 $^{\circ}$ 3/8" SHSS 5/16" SHSS 1/4" SHSS RECOMMENDED RECOMMENDED RECOMMENDED **TORQUE RANGE: TORQUE RANGE: TORQUE RANGE:** 17-22 ft-lbs 8-10 ft-lbs 3-4 ft-lbs





MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	L	ATE	ST L	DATE	EN	TRY	
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.

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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 warn 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

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your Mi6 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 Mi6 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.

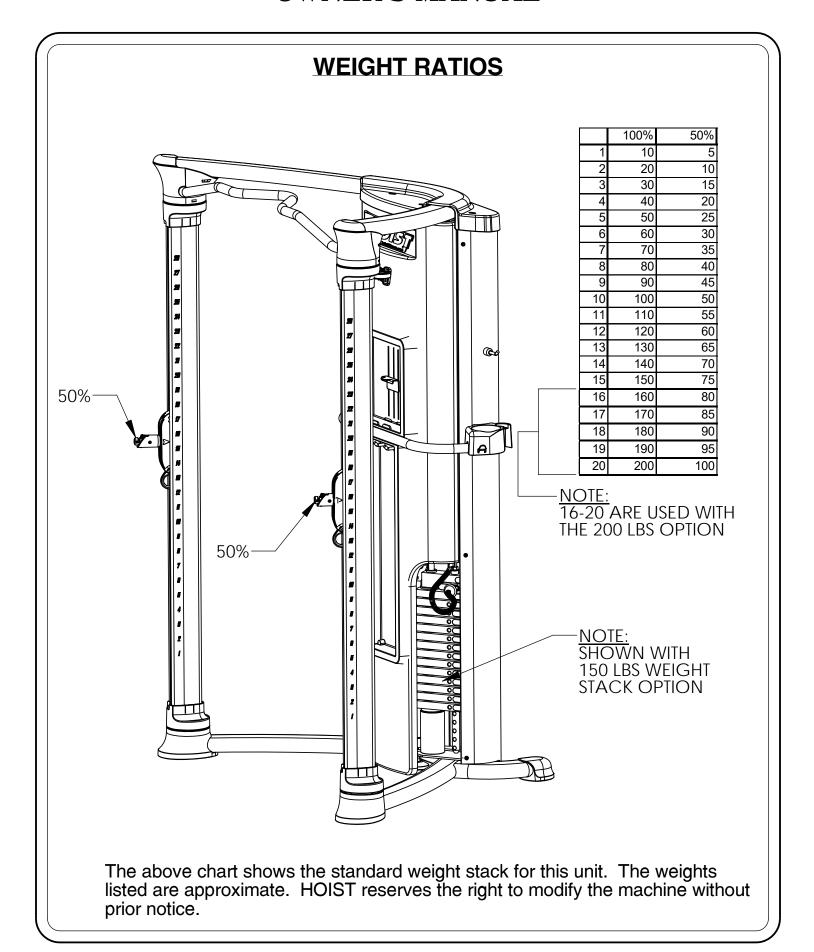
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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 Mi6 HOIST® Fitness System!

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WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

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

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