

# HOIST FITNESS SYSTEMS 2005 PRODUCT CATALOG

power  
muscle  
might  
Endurance  
Physique  
VITAL  
FORCE  
Control  
CORE  
**HOIST**<sup>®</sup>  
FITNESS EQUIPMENT

Energy  
health  
Strength  
TOUGH  
Potential



Contract #  
GS-07F-0322K



The information enclosed within this GSA Product Brochure is supplied to you by HOIST® Fitness Systems.

## MILITARY TOUGH

HOIST® Fitness Systems are designed for maximum durability and reliability in high utilization situations. Our Research and Development Department has, for over twenty-five years, designed and built equipment that works for you, in both form and function. Because we design for serious strength training, we use only serious components, heavy-gauge tubing, high-tensile strength belts and cables, and other hardware you'll probably never think of...because you won't have to.

## CUSTOMER SERVICE

HOIST® Fitness Systems has established a quality customer service center located at the San Diego manufacturing facility where all customer service calls are answered and resolved within the same business day they are received. HOIST® customers buy more than product—they gain a long lasting relationship with a company that is committed to supporting their customers and products.

## SAFETY COMPLIANCE

HOIST® Fitness Systems equipment complies with the safety standards of ASTM (Designation F1749-96), ANSI (Designation: ANZI Z535.4-1991) and the American College of Sports Medicine's Health/Fitness Facility Standards Guidelines.

## WARRANTY POLICY

HOIST® Fitness Systems stands behind all of its products by offering the best warranty policy in the industry. Reaffirming our ongoing commitment to quality and customer satisfaction, our comprehensive commercial warranty covers the following:

- ∴ Lifetime on Frame
- ∴ Five Years on all moving parts
- ∴ One year on cables/belts

HOIST® Fitness's full Commercial Warranty policy can be found on page 30 of this brochure.

## GENERAL SERVICES ADMINISTRATION

Federal Supply Service Authorized  
Federal Supply Schedule  
Catalog/Price List

### SCHEDULE TITLE:

SPORTS & MORE

### FSC CLASS: 078

Sports, Promotional, Outdoor,  
Recreation, Trophies & Signs (SPORTS)

### CONTRACT NUMBER:

GS-07F-0322K  
Amendment AO10

### CONTRACT PERIOD:

07/01/05 through 6/30/10

### CONTRACTOR:

HOIST® FITNESS SYSTEMS, Inc.

### ADDRESS:

9990 EMPIRE STREET, SUITE 130  
SAN DIEGO, CA 92126

### TELEPHONE:

(866) 488-6853      (800) 548-5438

### FAX:

(817) 488-6783      (800) 547-5439

### CONTRACT ADMINISTRATION

#### SOURCE:

Gene Bruton



## INFORMATION FOR ORDERING ACTIVITIES

**1a. AWARDED SPECIAL ITEM NUMBERS:**

192-08-Exercise, Fitness and Weight Training Equipment and Supplies

**1b. LOWEST PRICED MODEL:**

Model CF-2960 (GSA Net Price \$239.00)

**2. MAXIMUM ORDER:**

\$150,000. Orders above this amount may be accepted in accordance with Maximum Order provisions contained in schedule.

**3. MINIMUM ORDER:**

\$100.00

**4. GEOGRAPHIC COVERAGE:**

United States; Washington, D.C.; Puerto Rico; the Virgin Islands; and to a CONUS port or consolidation point for orders received for overseas shipment.

**5. POINTS OF PRODUCTION:**

San Diego, CA 92126

**6. BASIC DISCOUNT:**

Prices shown herein are net (discount deducted).

**7. QUANTITY DISCOUNTS:**

None

**8. PROMPT PAYMENT TERMS:**

Net 30 Days

**9a. GOVERNMENT PURCHASE CARD ACCEPTANCE BELOW MICROPURCHASE THRESHOLD:**

YES

**9b. GOVERNMENT PURCHASE CARD ACCEPTANCE ABOVE MICROPURCHASE THRESHOLD:**

YES

**10. FOREIGN ITEMS:**

None

**11a. TIME OF DELIVERY AFTER RECEIPT OF ORDER(ARO):**

Normal: 60 days ARO

**11b. EXPEDITED:**

None

**11c. OVERNIGHT AND 2-DAY DELIVERY:**

Based on telephone call and stock availability.

**11d. URGENT REQUIREMENTS:**

Clause I-FSS-140-B of the contract applies. Agencies can contact contractor's representative to possibly effect faster delivery.

**12. FOB:**

Origin

**13. ORDERING ADDRESS:**

HOIST® Fitness Systems, Inc.  
9990 Empire Street, Suite 130  
San Diego, CA 92126

**14. PAYMENT ADDRESS:**

HOIST® Fitness Systems, Inc.  
9990 Empire Street, Suite 130  
San Diego, CA 92126

**15. WARRANTY PROVISION:**

Standard Commercial Warranty  
16-23. N/A

**24. YEAR 2000:**

(Y2K) compliant

**25. N/A**

**26. DUNS Number:**

032157125

**TIN Number:**

33-0201535

**27. CENTRAL CONTRACTOR REGISTRATION COMPLETED:**

YES



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### CL 2501

#### VERTICAL SHOULDER PRESS

- :: LENGTH 50.00"
- :: WIDTH 51.00"
- :: HEIGHT 55.00"
- :: WEIGHT STACK 330 LBS.
- :: MACHINE WEIGHT 671 LBS.

### CL 2301

#### VERTICAL CHEST PRESS

- :: LENGTH 50.00"
- :: WIDTH 41.00"
- :: HEIGHT 75.50"
- :: WEIGHT STACK 330 LBS
- :: MACHINE WEIGHT 611 LBS.

### CL 2103

#### SEATED BICEPS CURL

- :: LENGTH 34.50"
- :: WIDTH 60.00"
- :: HEIGHT 54.25"
- :: WEIGHT STACK 230 LBS.
- :: MACHINE WEIGHT 437 LBS.

### CL 2102

#### SEATED TRICEPS EXTENSION

- :: LENGTH 34.50"
- :: WIDTH 51.75"
- :: HEIGHT 54.50"
- :: WEIGHT STACK 255 LBS.
- :: MACHINE WEIGHT 437 LBS





:: LENGTH	39.00"
:: WIDTH	77.75"
:: HEIGHT	81.00"
:: WEIGHT STACK	341 LBS.
:: MACHINE WEIGH	640 LBS.

## CL 2065

### LOW ROW



:: LENGTH	39.25"
:: WIDTH	46.00"
:: HEIGHT	55.00"
:: WEIGHT STACK	355 LBS.
:: MACHINE WEIGHT	585 LBS.

## CL 2201

### LAT PULLDOWN



:: LENGTH	36.50"
:: WIDTH	60.00"
:: HEIGHT	80.00"
:: WEIGHT STACK	340 LBS.
:: MACHINE WEIGHT	663 LBS.

## CL 2203

### MID ROW



:: LENGTH	40.50"
:: WIDTH	65.50"
:: HEIGHT	54.50"
:: WEIGHT STACK	355 LBS.
:: MACHINE WEIGHT	611 LBS.

## CL 2401

### LEG EXTENSION





## CL 2402

### SEATED LEG CURL

- ⌘ LENGTH 36.50"
- ⌘ WIDTH 60.00"
- ⌘ HEIGHT 54.50"
- ⌘ WEIGHT STACK 355 LBS.
- ⌘ MACHINE WEIGHT 710 LBS.



## CL 2403

### SEATED LEG PRESS

- ⌘ LENGTH 35.00"
- ⌘ WIDTH 95.00"
- ⌘ HEIGHT 64.50"
- ⌘ WEIGHT STACK 455 LBS.
- ⌘ MACHINE WEIGHT 1018 LBS.



## CL 2407

### OUTER THIGH

- ⌘ LENGTH 57.00"
- ⌘ WIDTH 58.50"
- ⌘ HEIGHT 49.75"
- ⌘ WEIGHT STACK 240 LBS.
- ⌘ MACHINE WEIGHT 523 LBS.



## CL 2406

### INNER THIGH

- ⌘ LENGTH 57.00"
- ⌘ WIDTH 58.50"
- ⌘ HEIGHT 49.75"
- ⌘ WEIGHT STACK 240 LBS.
- ⌘ MACHINE WEIGHT 523 LBS.



:: LENGTH	41.25"
:: WIDTH	57.75"
:: HEIGHT	54.25"
:: WEIGHT STACK	280 LBS.
:: MACHINE WEIGHT	514 LBS.

## CL 2408

### LYING LEG CURL



:: LENGTH	63.50"
:: WIDTH	37.50"
:: HEIGHT	54.50"
:: WEIGHT STACK	340 LBS.
:: MACHINE WEIGHT	698 LBS.

## CL 2415

### ROTARY CALF



:: LENGTH	39.00"
:: WIDTH	44.00"
:: HEIGHT	55.00"
:: WEIGHT STACK	210 LBS.
:: MACHINE WEIGHT	596 LBS.

## CL 2412

### GLUTE MASTER®



:: LENGTH	50.00"
:: WIDTH	51.00"
:: HEIGHT	55.00"
:: WEIGHT STACK	210 LBS.
:: MACHINE WEIGHT	671 LBS.

## CL 2601

### ABDOMINAL CRUNCH



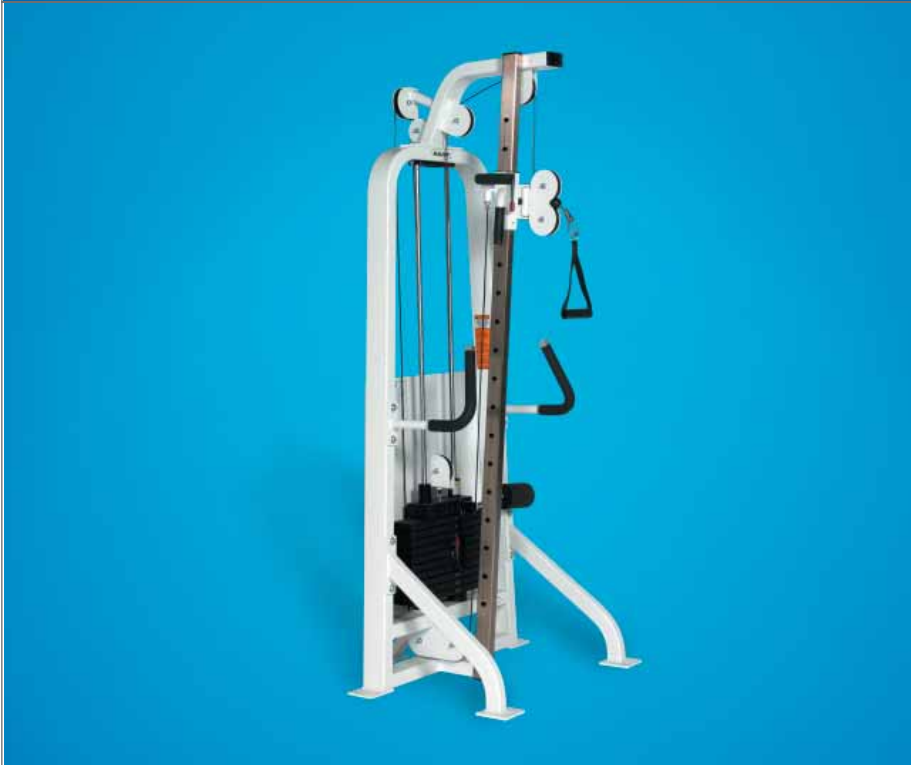




## CL 2063

### CABLE CROSSOVER

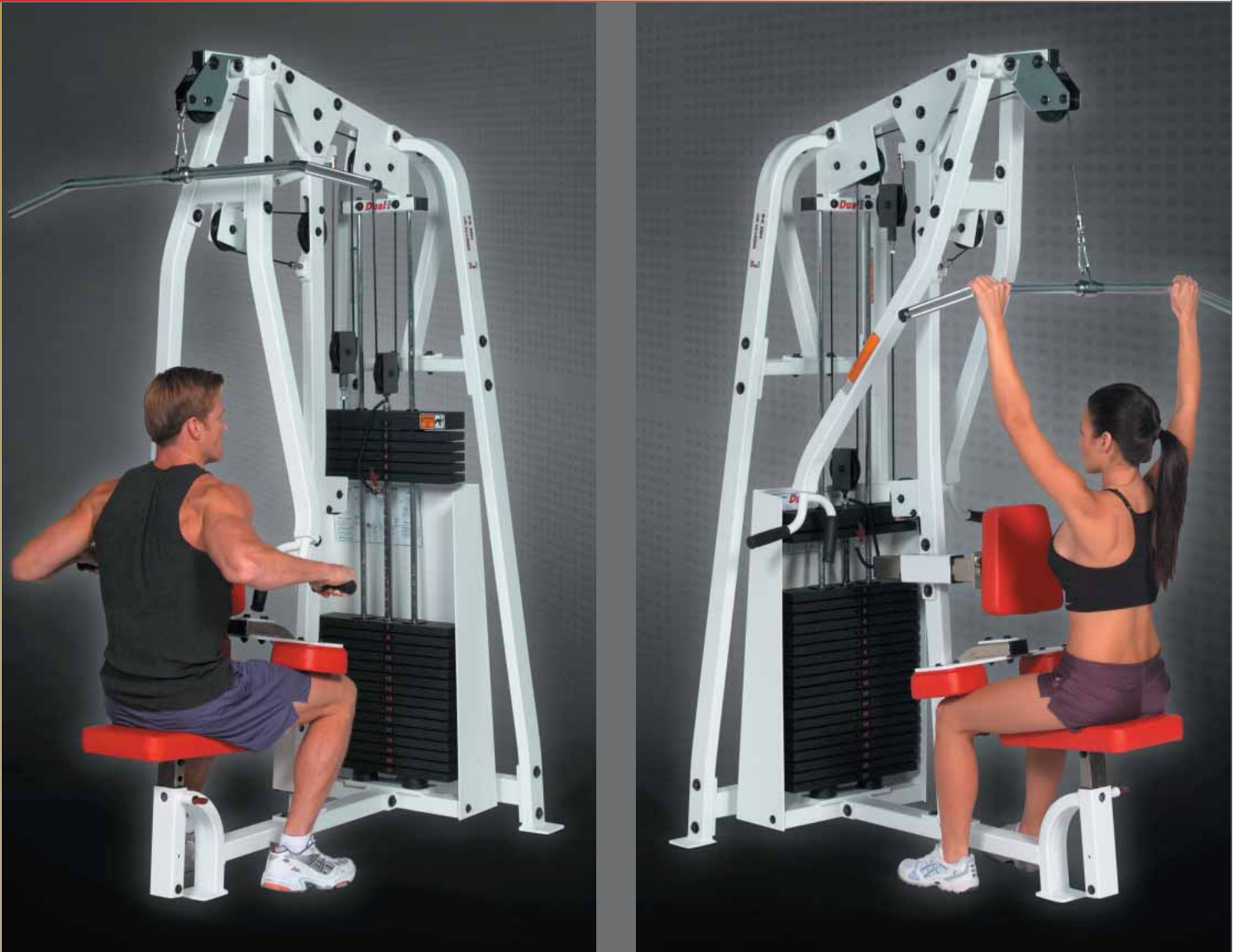
- :: LENGTH 169.00
- :: WIDTH 38.50
- :: HEIGHT 88.50
- :: WEIGHT STACK 255 LBS.
- :: MACHINE WEIGHT 1006 LBS.



## CL 2061

### HI / LOW PULLEY

- :: LENGTH 38.50"
- :: WIDTH 38.50"
- :: HEIGHT 88.50"
- :: WEIGHT STACK 255 LBS.
- :: MACHINE WEIGHT 474 LBS.



HOIST® Fitness has earned a reputation of excellence and innovation for leading the fitness equipment industry in technological advancement, intuitive design, quality craftsmanship, and excellent value. Precision equipment partnered with natural body motion to produce maximum results has been the essential concept inspiring HOIST® Fitness Systems to continually evolve and develop.

## HOIST® CD SERIES

The HOIST® CD Series provides an expansive line of dual strength training equipment. Each machine requires minimal adjustment between two different exercise movements. Function, user friendliness, comfort and simplicity were primary considerations in the design of each piece of equipment, with special attention given to the harmony between ergonomics of machine design and biomechanical function. Each unit can be positioned flush against walls or each other to minimize floor space requirements and create a comprehensive solution where space and budget are at a premium.



### CD 2900

#### PECTORAL FLY/ REAR DELTOID

- ⋮ LENGTH 56.00"
- ⋮ WIDTH 38.00"
- ⋮ HEIGHT 78.50"
- ⋮ WEIGHT STACK 355 LBS.
- ⋮ MACHINE WEIGHT 603 LBS.



### CD 2400

#### LEG EXTENSION/ HAMSTRING CURL

- ⋮ LENGTH 51.50"
- ⋮ WIDTH 38.50"
- ⋮ HEIGHT 54.50"
- ⋮ WEIGHT STACK 355 LBS.
- ⋮ MACHINE WEIGHT 729 LBS.



### CD 2600

#### LOWER BACK/ ABDOMINALS

- ⋮ LENGTH 56.00"
- ⋮ WIDTH 41.00"
- ⋮ HEIGHT 54.50"
- ⋮ WEIGHT STACK 355 LBS.
- ⋮ MACHINE WEIGHT 69 LBS.



### CD 2700

#### CHIN/DIP ASSIST

- ⋮ LENGTH 61.00"
- ⋮ WIDTH 51.00"
- ⋮ HEIGHT 99.00"
- ⋮ WEIGHT STACK 355 LBS.
- ⋮ MACHINE WEIGHT 720 LBS.



:: LENGTH	55.00"
:: WIDTH	37.00"
:: HEIGHT	61.00"
:: WEIGHT STACK	300 LBS.
:: MACHINE WEIGHT	580 LBS.

## D 500

### SHOULDER SHRUG/ SHOULDER PRESS



:: LENGTH	57.00"
:: WIDTH	41.50"
:: HEIGHT	61.00"
:: WEIGHT STACK	300 LBS.
:: MACHINE WEIGHT	560 LBS.

## D 300

### MULTI-CHEST



:: LENGTH	62.50"
:: WIDTH	48.00"
:: HEIGHT	87.50"
:: WEIGHT STACK	430 LBS.
:: MACHINE WEIGHT	775 LBS.

## D 200

### LAT PULLDOWN/ MID ROW

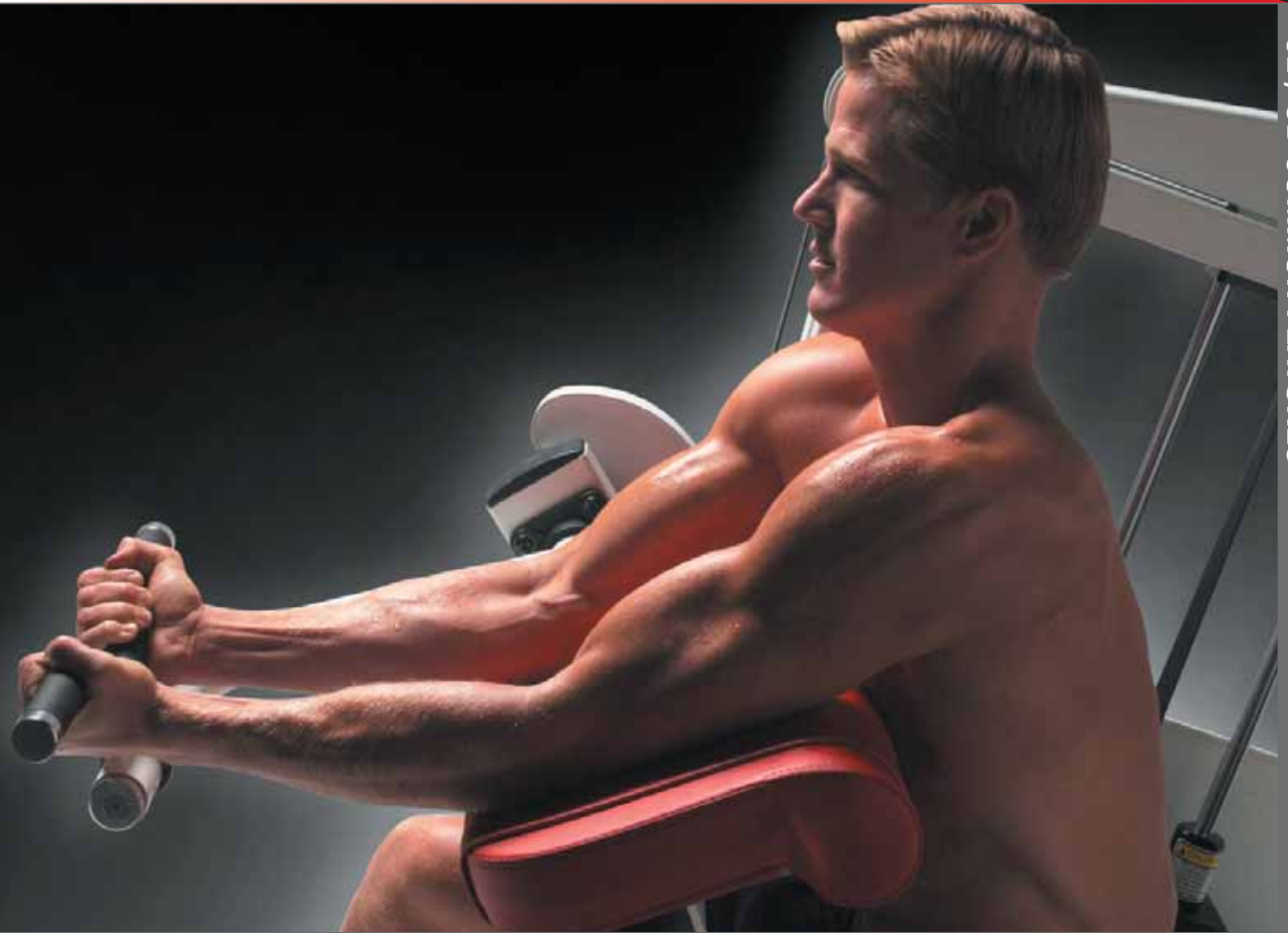


:: LENGTH	40.00"
:: WIDTH	65.50"
:: HEIGHT	59.00"
:: WEIGHT STACK	215 LBS.
:: MACHINE WEIGHT	515 LBS.

## D 100

### BICEPS CURL/ TRICEPS EXTENSION





## CL / CD COMMON FEATURES

- ⌘ Weight Stack Shields
- ⌘ ROM (Range-of-Motion Adjustment) with stainless steel wear areas
- ⌘ Self-Aligning Roller Pads
- ⌘ Rubber Foot Pads
- ⌘ Easy-Lift Ratcheting Seat and Back Pad Adjustment Systems
- ⌘ Self-Lubricating Weight Stack Systems (Bushings provide dry, friction-free surface between weight plates and guide rods)
- ⌘ Instructional and Maintenance Placards
- ⌘ Colored Axis of Rotation Locators
- ⌘ 5 lbs. Incremental Weight Add-On Systems
- ⌘ Premium Hand Grips (hard rubber with polished end caps and collars)



:: LENGTH	19.00"
:: WIDTH	33.00"
:: HEIGHT	78.00"
:: WEIGHT STACK	799 LBS.
:: MACHINE WEIGHT	750 LBS.

## HDG 500

### WALL MOUNT UNIT



:: Over 32 Exercises in one machine



:: LENGTH	162.25"
:: WIDTH	35.50"
:: HEIGHT	91.25"
:: WEIGHT STACK	488 LBS.
:: MACHINE WEIGHT	1044 LBS.

## HDG 1180

### HI-LOW PULLEY



:: LENGTH	52.50"
:: WIDTH	35.50"
:: HEIGHT	74.75"
:: WEIGHT STACK	241 LBS.
:: MACHINE WEIGHT	501 LBS.

## HDG 1100

### BICEPS/TRICEPS



:: LENGTH	34.75"
:: WIDTH	88.00"
:: HEIGHT	68.75"
:: WEIGHT STACK	178 LBS.
:: MACHINE WEIGHT	511 LBS.

## HDG 1400

### LEG EXTENSION/ LEG CURL





### HDG 1500

#### CHEST/INCLINE/SHOULDER PRESS

- ⋮ LENGTH 64.50"
- ⋮ WIDTH 35.50"
- ⋮ HEIGHT 68.75"
- ⋮ WEIGHT STACK 263 LBS.
- ⋮ MACHINE WEIGHT 570 LBS,



### HDG 1800

#### INNER/OUTER THIGH

- ⋮ LENGTH 72.75"
- ⋮ WIDTH 36.00"
- ⋮ HEIGHT 68.75"
- ⋮ WEIGHT STACK 200 LBS.
- ⋮ MACHINE WEIGHT 581 LBS.



### HDG 1700

#### RIGID ARM PULLDOWN/HIGH ROW

- ⋮ LENGTH 63.00"
- ⋮ WIDTH 35.50"
- ⋮ HEIGHT 96.25"
- ⋮ WEIGHT STACK 275 LBS.
- ⋮ MACHINE WEIGHT 635 LBS.



### HDG 1900

#### PERSONAL PULLEY

- ⋮ LENGTH 43.75"
- ⋮ WIDTH 77.50"
- ⋮ HEIGHT 92.25"
- ⋮ WEIGHT STACK 270 LBS.
- ⋮ MACHINE WEIGHT 670 LBS.



:: LENGTH	43.75"
:: WIDTH	77.50"
:: HEIGHT	92.25"
:: WEIGHT STACK	400 LBS.
:: MACHINE WEIGHT	800 LBS.

## HDG 1900-2

### PERSONAL PULLEY



:: LENGTH	46.25"
:: WIDTH	35.50"
:: HEIGHT	84.50"
:: WEIGHT STACK	216 LBS.
:: MACHINE WEIGHT	532 LBS.

## HDG 2100

### CHIN/DIP ASSIST



:: LENGTH	51.00"
:: WIDTH	43.75"
:: HEIGHT	63.75"
:: WEIGHT STACK	275 LBS.
:: MACHINE WEIGHT	783 LBS.

## HDG 2000

### MULTI-HIP



:: LENGTH	61.00"
:: WIDTH	35.50"
:: HEIGHT	78.75"
:: WEIGHT STACK	275 LBS.
:: MACHINE WEIGHT	588 LBS.

## HDG 2200

### PECTORAL FLY/REAR DELTOID







## HDG 2400

### SEATED LEG EXTENSION/ LEG CURL

⋈ LENGTH	65.75"
⋈ WIDTH	39.75"
⋈ HEIGHT	69.00"
⋈ WEIGHT STACK	275 LBS.
⋈ MACHINE WEIGHT	717 LBS.



## HDG 2500

### 4-WAY NECK

⋈ LENGTH	49.50"
⋈ WIDTH	49.00"
⋈ HEIGHT	64.25"
⋈ WEIGHT STACK	178 LBS.
⋈ MACHINE WEIGHT	424 LBS.



## H 480

### ACCESS TRAINER

⋈ LENGTH	48.00"
⋈ WIDTH	39.00"
⋈ HEIGHT	80.00"
⋈ WEIGHT STACK	200 LBS.
⋈ MACHINE WEIGHT	401 LBS.



## HSG 1175

### HI-LOW PULLEY

⋈ LENGTH	37.00"
⋈ WIDTH	35.50"
⋈ HEIGHT	91.25"
⋈ WEIGHT STACK	244 LBS.
⋈ MACHINE WEIGHT	489 LBS.



## HSG 1225

### LOW BACK

:: LENGTH	80.50"
:: WIDTH	35.50"
:: HEIGHT	68.75"
:: WEIGHT STACK	200 LBS.
:: MACHINE WEIGHT	529 LBS.



## HSG 1350

### ROTARY TORSO

:: LENGTH	55.75"
:: WIDTH	35.50"
:: HEIGHT	68.75"
:: WEIGHT STACK	178 LBS.
:: MACHINE WEIGHT	524 LBS.



## HSG 1310

### ABDOMINAL MACHINE

:: LENGTH	48.00"
:: WIDTH	35.50"
:: HEIGHT	68.75"
:: WEIGHT STACK	178 LBS.
:: MACHINE WEIGHT	402 LBS.



## HSG 1525

### LATERAL RAISE

:: LENGTH	49.75"
:: WIDTH	35.25"
:: HEIGHT	68.50"
:: WEIGHT STACK	200 LBS.
:: MACHINE WEIGHT	429 LBS.





## FS 067

### 8-STATION CABLE GYM

- ⌘ LENGTH 212.00"
- ⌘ WIDTH 147.00"
- ⌘ HEIGHT 89.00"
- ⌘ WEIGHT STACKS 1600 LBS.
- ⌘ (2) PULLDOWN 250 LBS.
- ⌘ (2) LOW ROW 250 LBS.
- ⌘ (2) TRICEPS 150 LBS.
- ⌘ (2) HIGH/LOW 150 LBS.
- ⌘ MACHINE WEIGHT 2862 LBS.

## FS 066

### 4-STATION CABLE GYM

- ⌘ LENGTH 40.00"
- ⌘ WIDTH 126.00"
- ⌘ HEIGHT 90.00"
- ⌘ WEIGHT STACKS 400 LBS.
- ⌘ PULLDOWN 250 LBS.
- ⌘ LOW ROW 250 LBS.
- ⌘ TRICEPS 150 LBS.
- ⌘ HIGH/LOW 150 LBS.
- ⌘ MACHINE WEIGHT 1356 LBS.





## CF SERIES

HOIST® owners have a long history of experience with exercising, training others, and managing health clubs. This background provides HOIST® with expertise and insight in creating state-of-the-art equipment. The CF Series is a line of strength equipment reflecting the HOIST® commitment to quality and innovation.

### CF 2355

#### COMPOSITE MOTION LEG PRESS

:: LENGTH	87.00"
:: WIDTH	49.00"
:: HEIGHT	61.00"
:: MACHINE WEIGHT	638 LBS.



Weight plates not included.

### F 356

#### 42 DEGREE HACK SQUAT

:: LENGTH	70.00"
:: WIDTH	85.00"
:: HEIGHT	51.00"
:: MACHINE WEIGHT	500 LBS.





Weight plate not included.

## CF 2363

### SEATED CALF RAISE

:: LENGTH	56.50"
:: WIDTH	31.50"
:: HEIGHT	38.25"
:: MACHINE WEIGHT	180 LBS.

## F 355

### ANGLED LEG PRESS

:: LENGTH	64.00"
:: WIDTH	88.50"
:: HEIGHT	63.00"
:: MACHINE WEIGHT	464 LBS.

## F 661

### INCLINE LEVERAGE ROW

:: LENGTH	28.00"
:: WIDTH	62.00"
:: HEIGHT	44.00"
:: MACHINE WEIGHT	162 LBS.



Weight plate not included.



:: LENGTH	59.00"
:: WIDTH	33.00"
:: HEIGHT	47.50"
:: MACHINE WEIGHT	384 LBS.

## CF 2179

### 3-WAY OLYMPIC BENCH FLAT/INCLINE/DECLINE



Bar and weight plates  
not included.

:: LENGTH	76.00"
:: WIDTH	64.50"
:: HEIGHT	47.50"
:: MACHINE WEIGHT	215 LBS.

## CF 2170

### OLYMPIC FLAT BENCH WITH PLATE HOLDERS



Bar and weight plates  
not included.

:: LENGTH	84.50"
:: WIDTH	65.50"
:: HEIGHT	47.50"
:: MACHINE WEIGHT	245 LBS.

## CF 2177

### OLYMPIC DECLINE BENCH WITH PLATE HOLDERS



Bar and weight plates  
not included.

:: LENGTH	76.50"
:: WIDTH	65.00"
:: HEIGHT	52.00"
:: MACHINE WEIGHT	255 LBS.

## CF 2172

### OLYMPIC INCLINE BENCH W/PLATE HOLDERS



Bar and weight plates  
not included.



Bar and weight plates not included.

## CF 2860

### OLYMPIC SHOULDER PRESS WITH PLATE HOLDERS

⋮ LENGTH	64.75"
⋮ WIDTH	55.50"
⋮ HEIGHT	71.00"
⋮ MACHINE WEIGHT	307 LBS.

## CF 2164

### STANDARD FLAT/INCLINE BENCH

⋮ LENGTH	54.00"
⋮ WIDTH	26.00"
⋮ HEIGHT	18.00"
⋮ MACHINE WEIGHT	60.00 LBS.

## CF 2161

### ADJUSTABLE FLAT BENCH

⋮ LENGTH	50.50"
⋮ WIDTH	27.50"
⋮ HEIGHT	18.00"
⋮ MACHINE WEIGHT	108 LBS.

## CF 2160

### SUPER FLAT/INCLINE BENCH

⋮ LENGTH	57.50"
⋮ WIDTH	22.50"
⋮ HEIGHT	18.50"
⋮ MACHINE WEIGHT	108 LBS.





Bar and weight plates not included.



### CF 2165 SUPER FLAT/INCLINE/DECLINE BENCH

- :: LENGTH 66.00"
- :: WIDTH 28.00"
- :: HEIGHT 19.00"
- :: MACHINE WEIGHT 143 LBS.

### CF 2550 SEATED PREACHER CURL

- :: LENGTH 30.00"
- :: WIDTH 47.00"
- :: HEIGHT 37.50"
- :: MACHINE WEIGHT 110 LBS.

### CF 2163 SUPER FLAT BENCH

- :: LENGTH 55.50"
- :: WIDTH 27.50"
- :: HEIGHT 18.50"
- :: MACHINE WEIGHT 57 LBS.



### CF 2960 SUPER UTILITY SEAT

- :: LENGTH 30.00"
- :: WIDTH 50.50"
- :: HEIGHT 40.50"
- :: MACHINE WEIGHT 90 LBS.

### CF 2162 SUPER ADJUSTABLE DECLINE BENCH

- :: LENGTH 65.50"
- :: WIDTH 32.00"
- :: HEIGHT 31.50"
- :: MACHINE WEIGHT 111 LBS.





## CF 2663

### ADJUSTABLE BACK HYPEREXTENSION

⋮ LENGTH	51.00"
⋮ WIDTH	33.00"
⋮ HEIGHT	30.00"
⋮ MACHINE WEIGHT	105 LBS.

## F 260

### SUPER ADJUSTABLE MULTI-ABDOMINAL BENCH

⋮ LENGTH	24.00"
⋮ WIDTH	69.00"
⋮ HEIGHT	59.00"
⋮ MACHINE WEIGHT	120 LBS.

## F 261

### ADJUSTABLE SIT-UP BENCH

⋮ LENGTH	26.00"
⋮ WIDTH	71.00"
⋮ HEIGHT	43.00"
⋮ MACHINE WEIGHT	89 LBS.

## F 662

### ROMAN CHAIR

⋮ LENGTH	27.00"
⋮ WIDTH	23.50"
⋮ HEIGHT	41.00"
⋮ MACHINE WEIGHT	85 LBS.





:: LENGTH	57.50"
:: WIDTH	26.50"
:: HEIGHT	65.50"
:: MACHINE WEIGHT	180 LBS.

## CF 2252

### VERTICAL KNEE RAISE/DIP



:: LENGTH	92.00"
:: WIDTH	64.50"
:: HEIGHT	90.50"
:: MACHINE WEIGHT	670 LBS.

## CF 2367

### SUPER HALF RACK



:: LENGTH	51.50"
:: WIDTH	56.75"
:: HEIGHT	98.50"
:: MACHINE WEIGHT	256 LBS.

## CF 2962

### FITNESS TREE



:: LENGTH	88.00"
:: WIDTH	64.00"
:: HEIGHT	91.00"
:: MACHINE WEIGHT	750 LBS.

## CF 2364

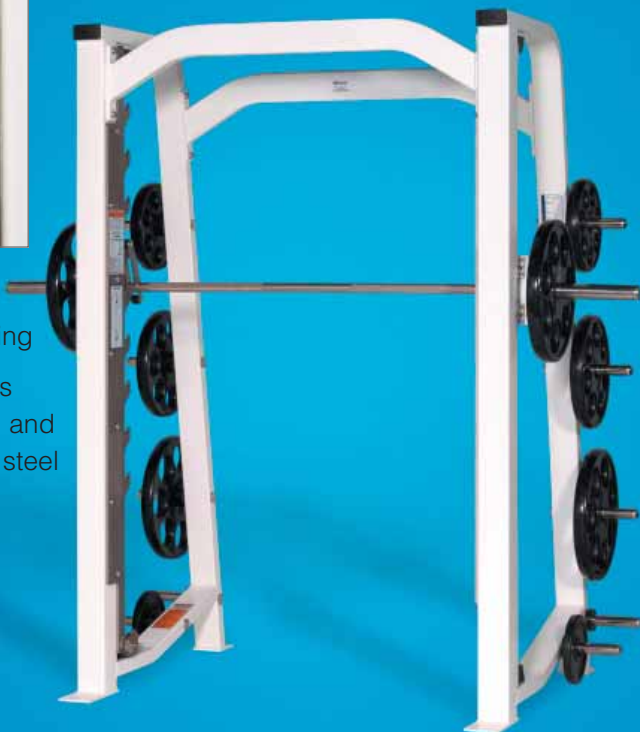
### SUPER POWER RACK



Bar and weight plates not included.



- ⚡ EZ-Loc Latching
- ⚡ Titanium Bar is light, resilient, and stronger than steel



Weight plates not included.

## CF 2752

### SMITH MACHINE

- ⚡ LENGTH 47.25"
- ⚡ WIDTH 86.00"
- ⚡ HEIGHT 86.00"
- ⚡ MACHINE WEIGHT 509 LBS.



## CF 2461-1 DUMBBELL RACK

:: LENGTH	87.25"
:: WIDTH	30.00"
:: HEIGHT	34.25"
:: MACHINE WEIGHT	153 LBS.



## CF 2461-2 DUMBBELL RACK

:: LENGTH	87.25"
:: WIDTH	30.00"
:: HEIGHT	34.25"
:: MACHINE WEIGHT	242 LBS.



## CF 2461-3 DUMBBELL RACK

:: LENGTH	87.25"
:: WIDTH	30.00"
:: HEIGHT	43.00"
:: MACHINE WEIGHT	337 LBS.



## CF 2462-1 BEAUTY BELLE RACK

:: LENGTH	53.50"
:: WIDTH	29.50"
:: HEIGHT	32.50"
:: MACHINE WEIGHT	86 LBS.



## CF 2462-2 BEAUTY BELLE RACK

:: LENGTH	53.50"
:: WIDTH	29.50"
:: HEIGHT	32.50"
:: MACHINE WEIGHT	123 LBS.



## CF 2462-3 BEAUTY BELLE RACK

:: LENGTH	53.50"
:: WIDTH	29.50"
:: HEIGHT	32.50"
:: MACHINE WEIGHT	160 LBS.



## CF 2463-1 DUMBBELL RACK

:: LENGTH	80.00"
:: WIDTH	30.00"
:: HEIGHT	33.00"
:: MACHINE WEIGHT	132 LBS.



## CF 2463-2 DUMBBELL RACK

:: LENGTH	80.25"
:: WIDTH	30.00"
:: HEIGHT	33.00"
:: MACHINE WEIGHT	200 LBS.



## CF 2463-3 DUMBBELL RACK

:: LENGTH	82.25"
:: WIDTH	28.50"
:: HEIGHT	47.75"
:: MACHINE WEIGHT	272 LBS.



### CF 2453 WEIGHT STORAGE STATION

:: LENGTH	31.50"
:: WIDTH	32.00"
:: HEIGHT	57.00"
:: MACHINE WEIGHT	104 LBS.



### F 467 CURL STAND

:: LENGTH	48.50"
:: WIDTH	29.50"
:: HEIGHT	32.50"
:: MACHINE WEIGHT	70 LBS.



### CF 2465 HORIZONTAL BARBELL RACK

:: LENGTH	31.00"
:: WIDTH	33.00"
:: HEIGHT	56.00"
:: MACHINE WEIGHT	90 LBS.



Bars not included.

### F 466 ACCESSORY RACK

:: LENGTH	34.00"
:: WIDTH	34.00"
:: HEIGHT	49.00"
:: MACHINE WEIGHT	90 LBS.



Weight plates  
not included.

### CF 2443 WEIGHT TREE

:: LENGTH	32.50"
:: WIDTH	28.50"
:: HEIGHT	48.50"
:: MACHINE WEIGHT	121 LBS.

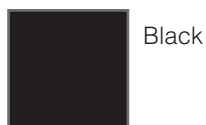


## CF COMMON FEATURES

- :: 2" x 4" framework for unsurpassed strength and durability
- :: Easy-Lift Ratcheting Pad Adjustment System
- :: Premium Hand Grips (hard rubber with polished end caps and collars)
- :: Removable Non-Skid Rubber Foot Pads allow equipment to be permanently anchored in place
- :: Maintenance Decal
- :: Nickel Plated Rack-Out System
- :: Mar-resistant Nickel Weight Pegs and Foot Rests
- :: ABS upholstery protectors on benches
- :: Extra-wide, steel reinforced rubber dumbbell and beauty belle saddles

## COLOR OPTIONS

### Pad Upholstery



Black



Slate



Tomato



Bluejay



Hunter Green

### Powder Coating



Textured Black



V Charcoal



Textured Red



V Platinum



Textured White

## EQUIPMENT SAFETY

Read and understand the Owner's Manual, all warning labels and decals on 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.

Always stay clear of weights and moving parts. Obtain assistance to free any jammed parts.

Sweat is corrosive—wipe down the machines on a regular basis with water and dry completely to avoid rust.

Maintain a regular routine for preventative maintenance. Carefully inspect the machine before each use. Replace or repair any frayed, loose or otherwise damaged parts at the first sign of a problem with genuine HOIST® replacement parts.

## EXERCISE SAFETY

Consult a physician before beginning an exercise program.

Always warm up before a workout.

Maintain proper spinal alignment and head positioning throughout workout.

To gain maximum results and avoid possible injury, follow a complete fitness program including proper nutrition, aerobic exercise and strength training. Be sure to consult a fitness professional to develop a complete exercise program.

The body will respond to weight training and conditioning only when completing workouts on a regular basis.

Do not attempt to lift more weight than can be comfortably handled. Avoid the risk of injury by remaining within safe limits.

Do not hold breath. Exhale during pressing action, and inhale upon returning to start position.

HOIST® Fitness Systems reserves the right to change product specifications, design and function at any time.

HOIST® is a registered trademark with all rights reserved.

Visit us at **HOISTFITNESS.COM** for your nearest dealer location.



## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY



All products manufactured by HOIST® Fitness Systems listed on this price list are warranted to the original purchaser to be free from defects in workmanship and/or materials under normal use or service as follows:

- :: Structural frame-Lifetime
- :: Pulleys, bearings and bushings-5 years
- :: Belts, cables, upholstery, paint-1 year

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.

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.

### WHAT IS NOT COVERED BY THIS WARRANTY

The sole obligation of HOIST® under this warranty is limited to either repair or replacement of parts, subjects 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, express, implied or statutory, except the one (1) and (5) year warranty 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.

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD ACTS OF GOD.** HOIST® is not responsible for the repair or replacement of any parts that HOIST® determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire flood, or an ACT OF GOD.

**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.

**WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

HOIST® products are covered by U.S. Patents and Trademarks. All Rights Reserved.†

GLUTEMASTER®  
SILENT STEEL®  
HOIST®  
CLUB QUALITY GUARANTEED®  
RADIAL LOC®  
QUIK-CHANGE™

HOIST CLASSIC™  
ROCKETLOK™  
COMPOSITE  
MOTION™  
FEEL THE RIDE™  
ROX™

RIDE ORIENTED  
XERCISE™  
ACT NOW™  
EASY GLIDE™

† Other Patents Pending

D370,950, D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, 4,949,95, 5,236,406, 5,401,22, 5,681,24, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,938,574, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,030,322, 6,039,678, 6,090,020, 6,102,835, 6,193,635, 6,264,586, 6,264,588, 6,287,241, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,645,130.

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