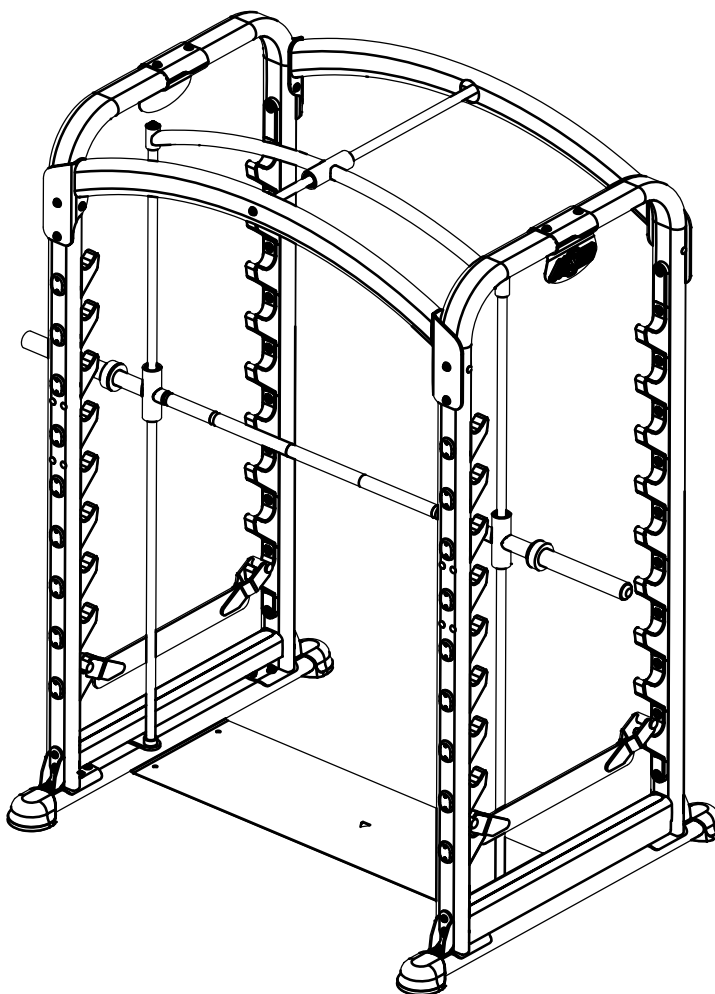


# OWNER'S MANUAL



## MiSMITH DUAL ACTION SMITH



### **\*\*WARNING\*\***

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4 – ½" LONG BOLTS. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH!

**Note: Both Serial Number and Model Number are Required when Ordering Parts**

**RECORD SERIAL NUMBER HERE**

**MACHINE CODE**

**A09**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**



[www.facebook.com/hoistfitness](http://www.facebook.com/hoistfitness)

# OWNER'S MANUAL

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# **OWNER'S MANUAL**

## **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**

**Phillips Screwdriver**

**SAE Hex Key Wrench Set**

**Two People**

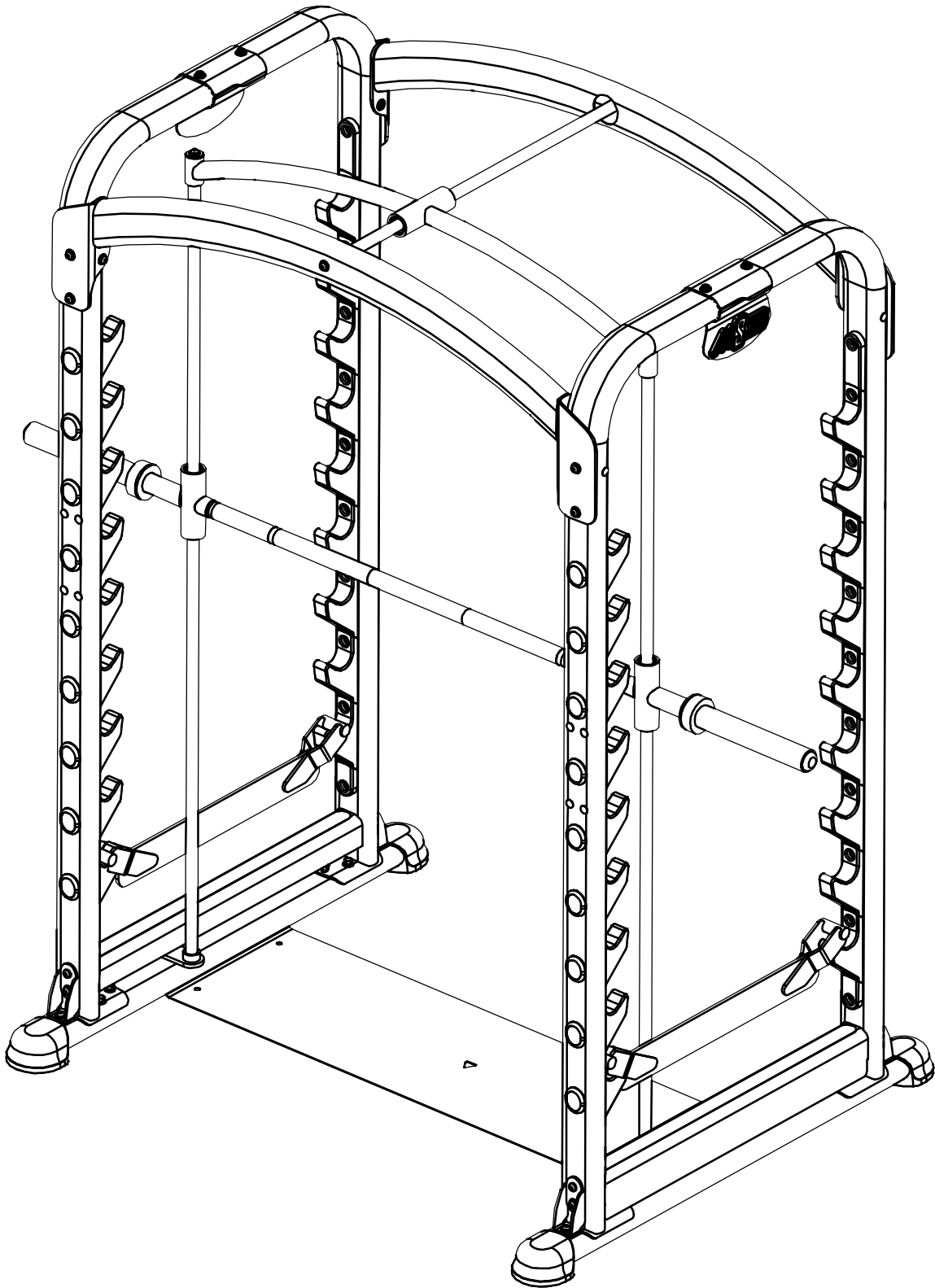
# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

IF YOU PURCHASED A Mi7 CABLE, FOLLOW THE STEPS ON PAGE 05 AND PAGE 06 OF THIS MANUAL.  
IF YOU DID NOT PURCHASE A Mi7 CABLE, SKIP TO PAGE 07.

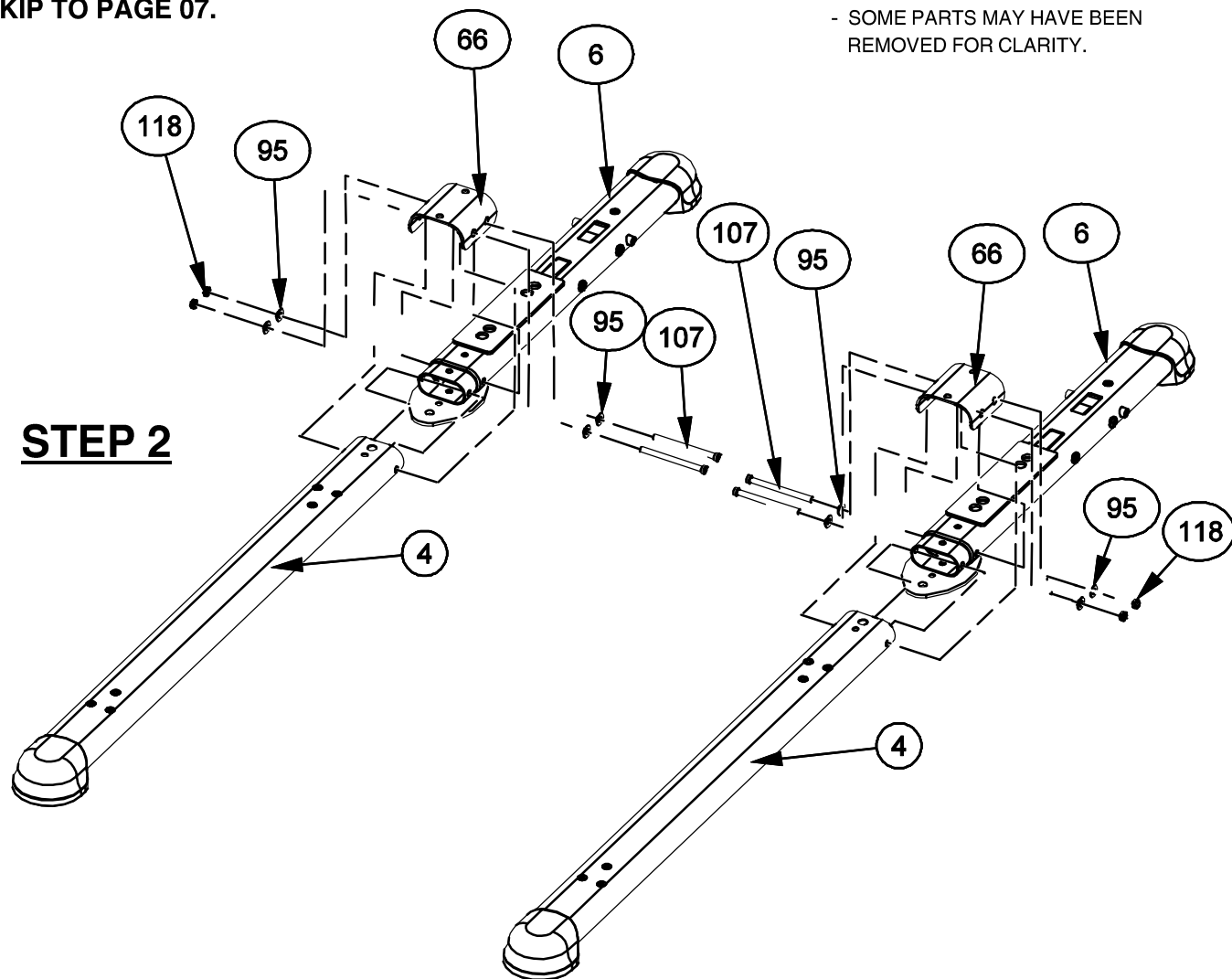
### NOTE:

- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL

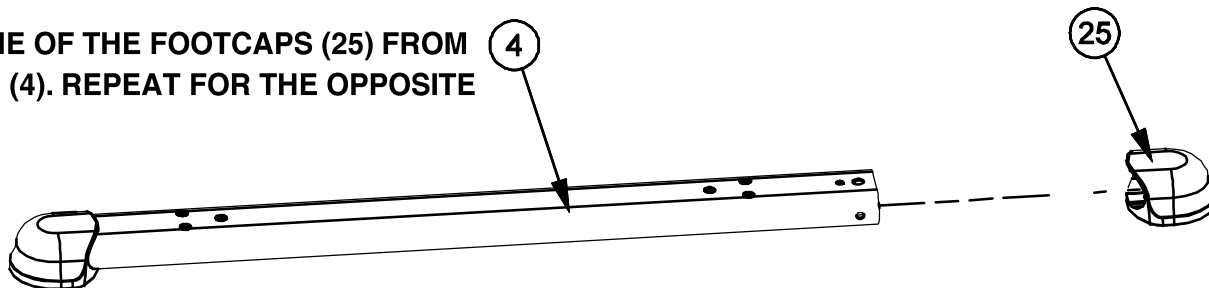
- REPEAT FOR OPPOSITE SIDE  
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 2

### STEP 1:

REMOVE ONE OF THE FOOTCAPS (25) FROM THE BASE-1 (4). REPEAT FOR THE OPPOSITE BASE-1 (4).



# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

IF YOU PURCHASED A Mi7 CABLE, FOLLOW THE STEPS ON PAGE 05 AND PAGE 06 OF THIS MANUAL.  
IF YOU DID NOT PURCHASE A Mi7 CABLE, SKIP TO PAGE 07.

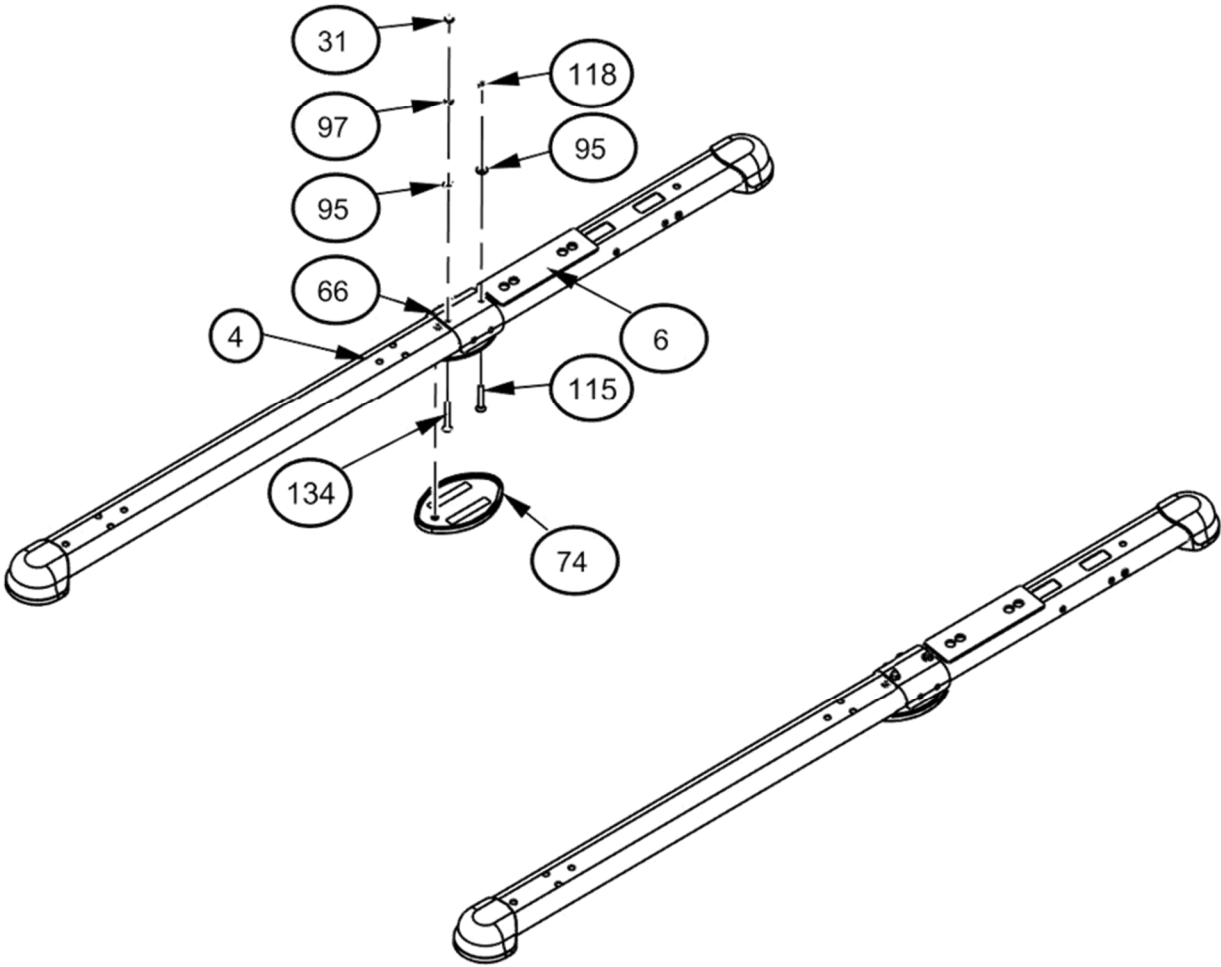
**NOTE:**

- WRENCH TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL.

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



# OWNER'S MANUAL

## FRAME ASSEMBLY

### IF YOU PURCHASED A Mi7 CABLE:

THE BASE FRAMES (6) WILL BE ATTACHED TO THE MiSMITH. FOR CLARITY, THEY WILL BE HIDDEN IN THE FOLLOWING PAGES. IF YOU DID NOT PURCHASE A Mi7 CABLE, THE BASE FRAMES (6) ON THIS PAGE WILL NOT APPLY TO YOUR MACHINE.

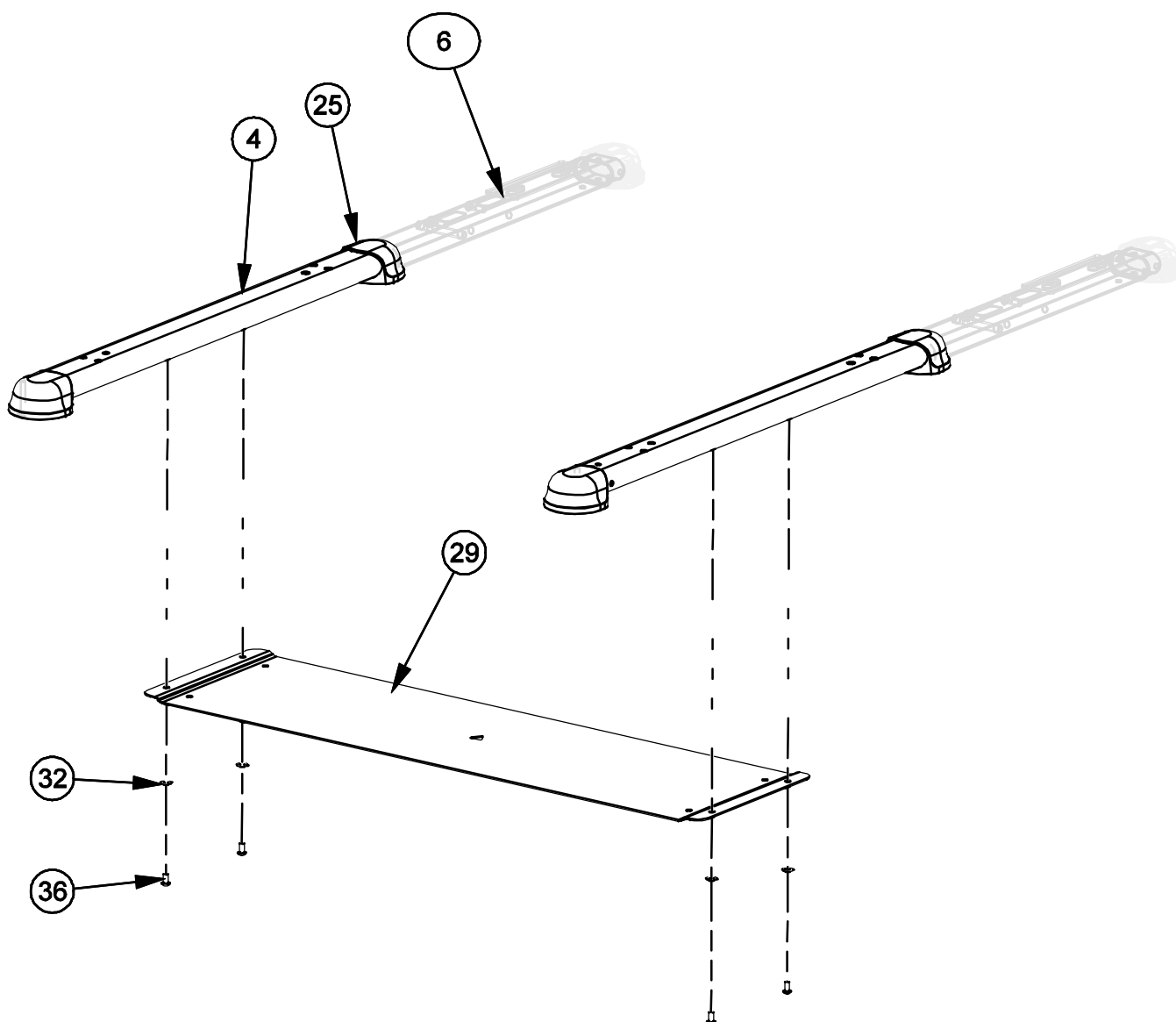
#### NOTE:

- WRENCH TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

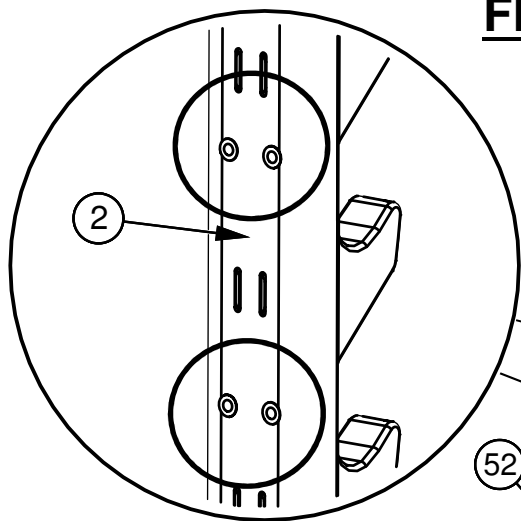


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**IMPORTANT**

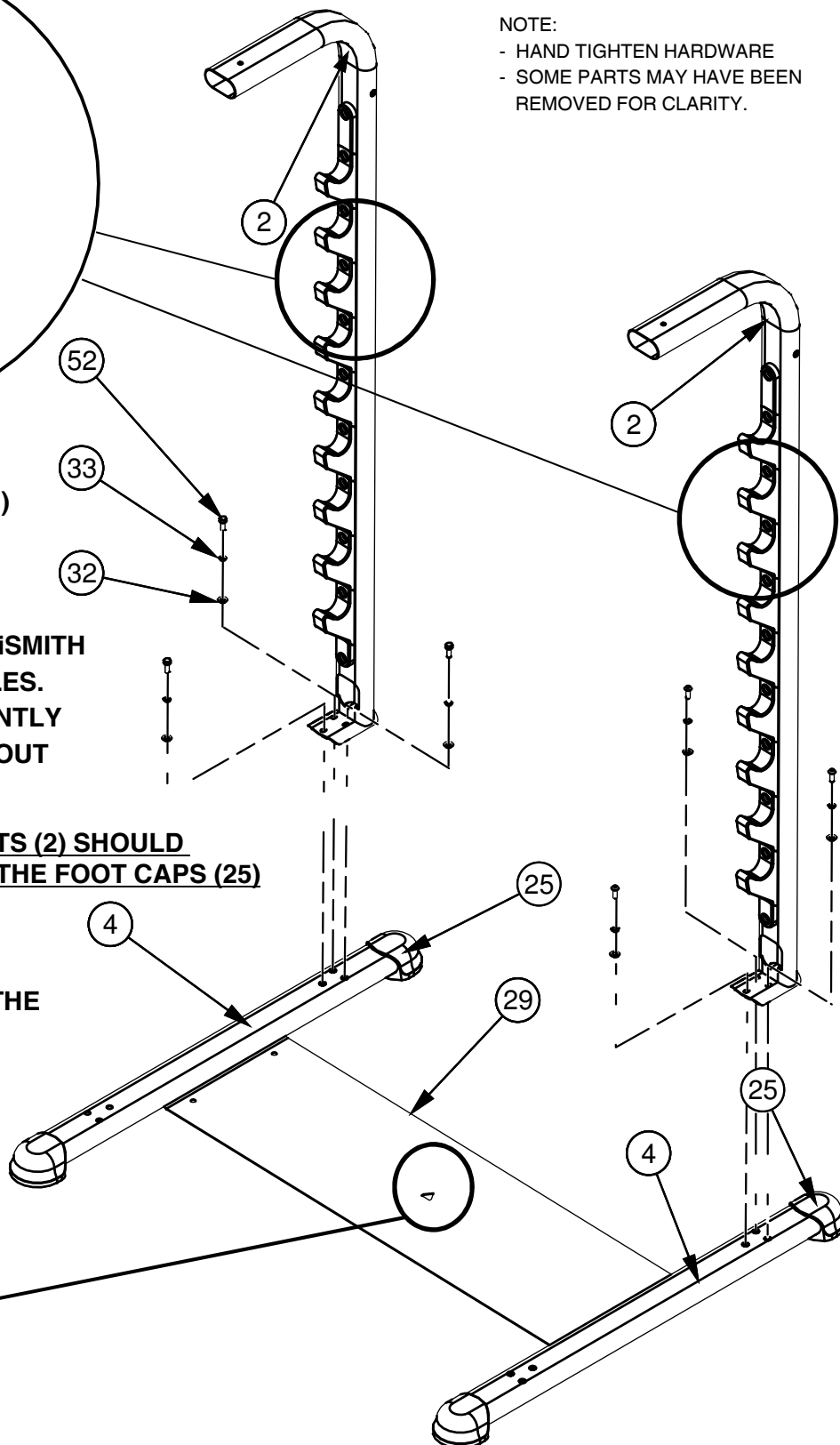
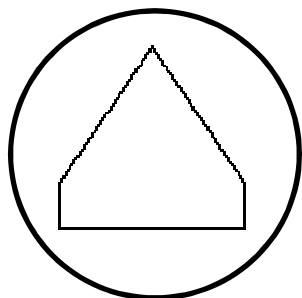
BE CAREFUL TO NOTE THAT THESE UPRIGHTS (2) HAVE 4 HOLES ON THE BACK OF EACH UPRIGHT. THE UPRIGHTS FOR THE OPPOSITE SIDE OF THE MiSMITH DO NOT HAVE THESE HOLES. BE SURE TO NOT ACCIDENTLY USE THE UPRIGHTS WITHOUT HOLES.

**NOTE:**

**THE UPRIGHTS (2) SHOULD NOT TOUCH THE FOOT CAPS (25)**

**NOTE:**

ENSURE THE ARROW ON THE SPREADER PLATE (29) IS POINTING TOWARDS THE UPRIGHTS (2).



# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

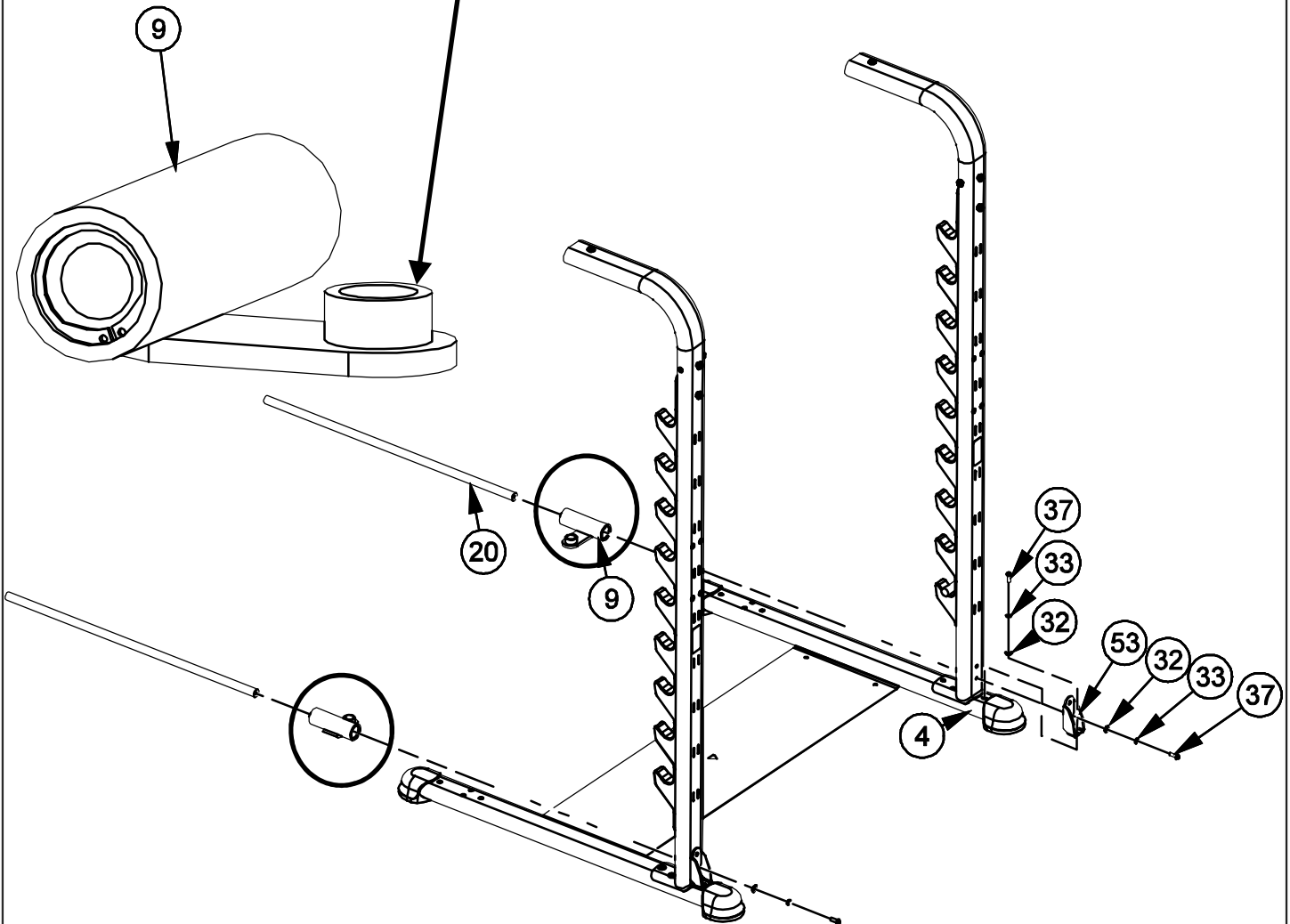
ENSURE THE CIRCULAR BOSS ON THE BEARING HOUSING IS POINTING UPWARDS AND TOWARDS THE INSIDE OF THE MiSMITH.

**NOTE:**

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**NOTE:**

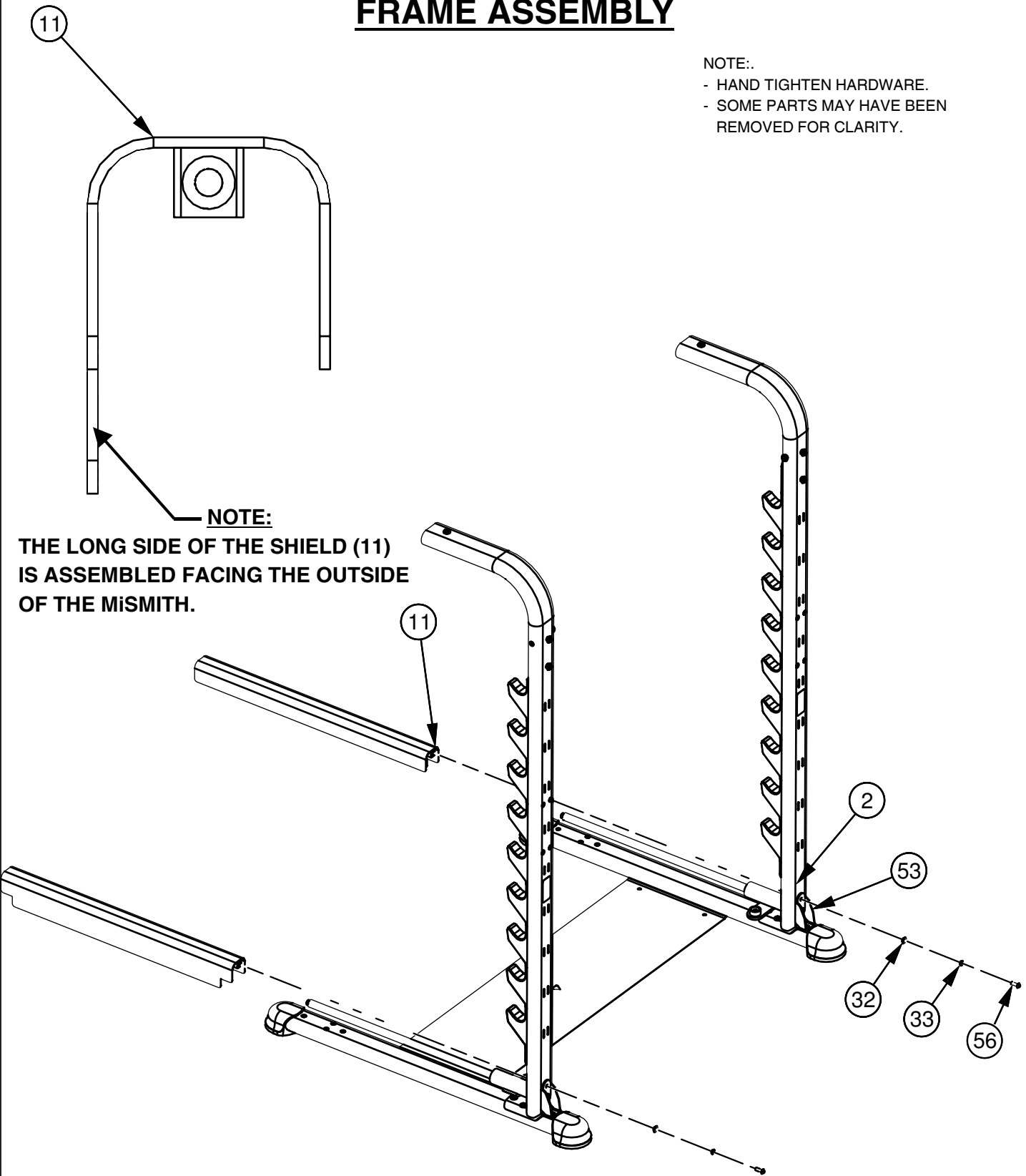
CARFULLY INSTALL SHAFT (20) INTO BEARING HOUSING (9) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.



## FRAME ASSEMBLY

NOTE:.

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

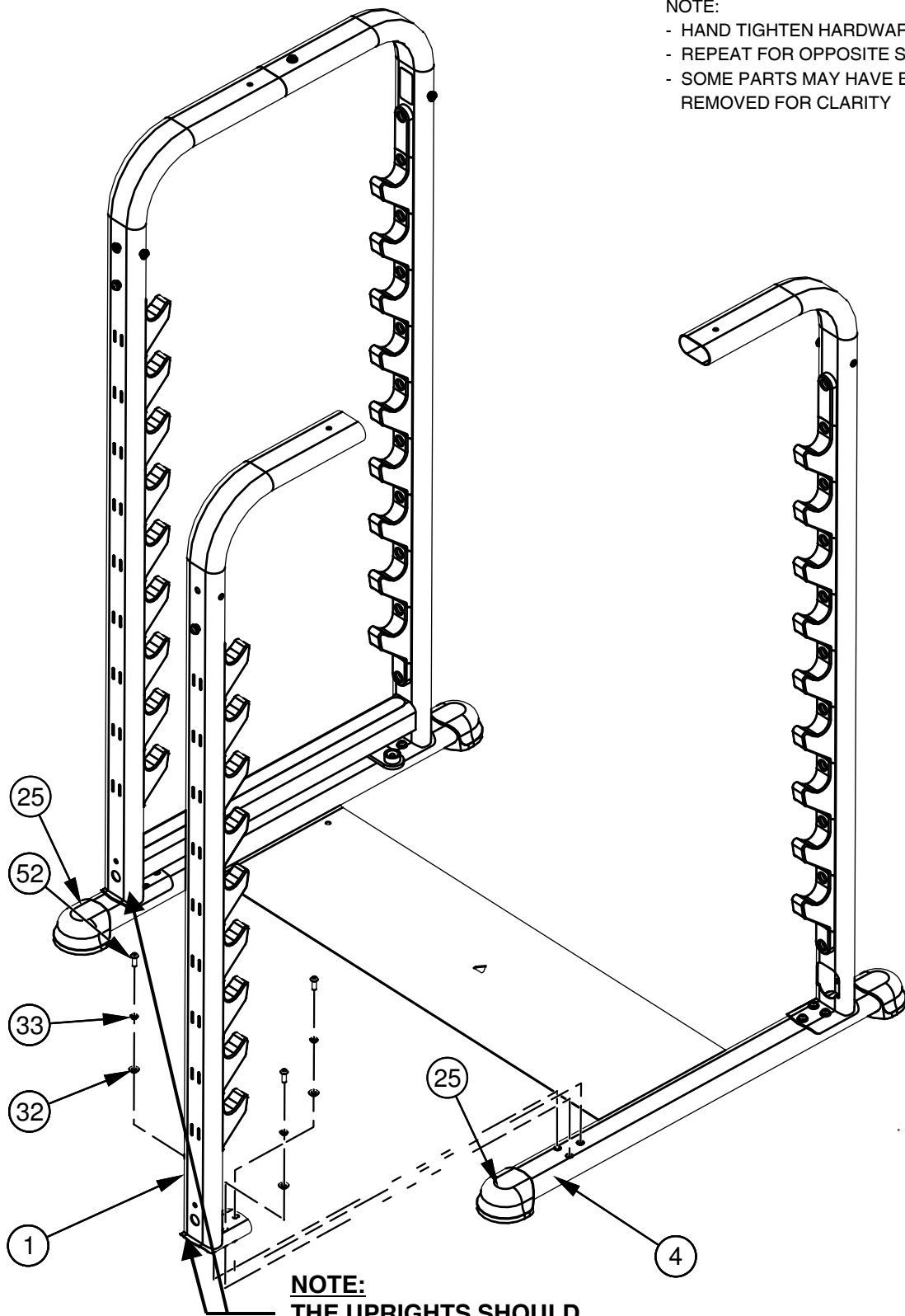


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

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



**NOTE:**  
**THE UPRIGHTS SHOULD**  
**NOT TOUCH THE FOOT CAP (25)**



# OWNER'S MANUAL

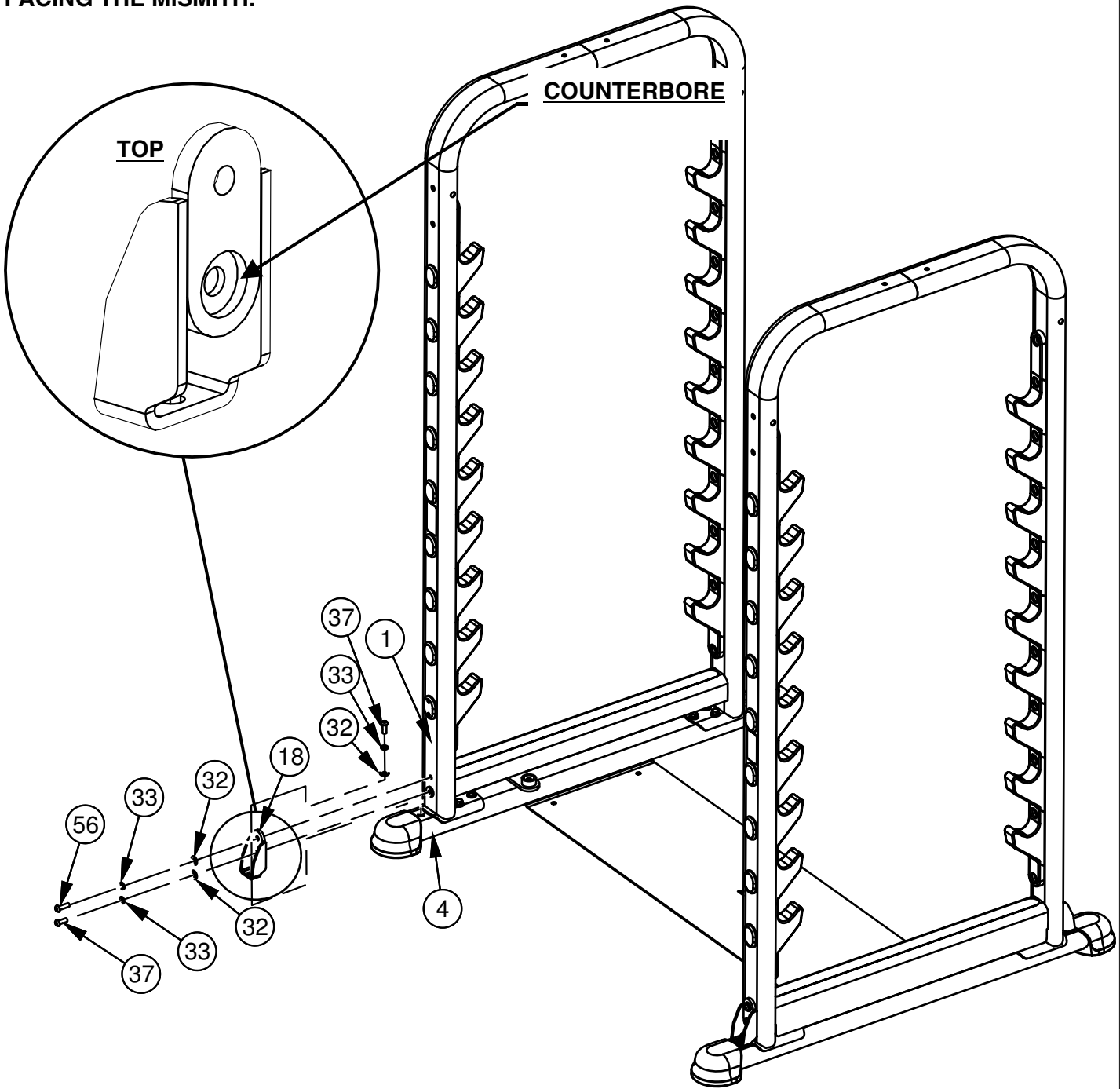
## FRAME ASSEMBLY

**NOTE:**

**ASSEMBLE THE BRACKET MOUNT (18) RIGHT SIDE UP, WITH THE COUNTERBORE FACING THE MiSMITH.**

**NOTE:**

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

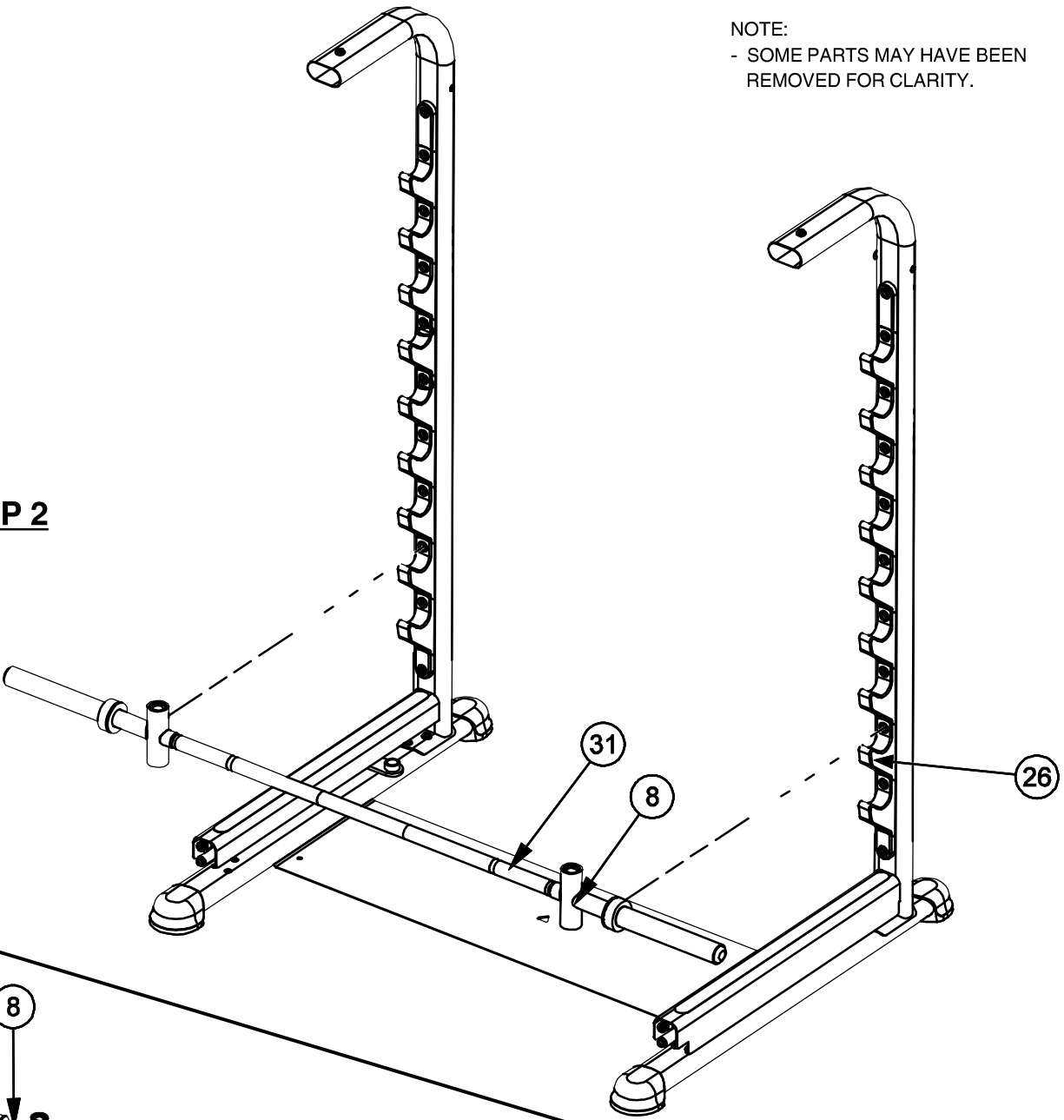


# OWNER'S MANUAL

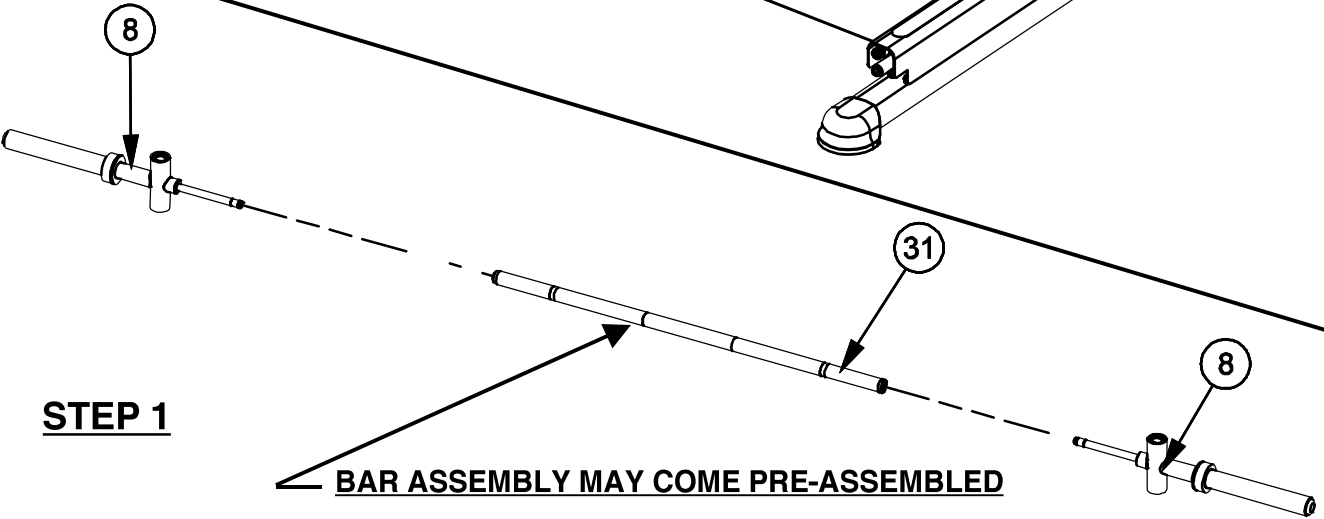
## FRAME ASSEMBLY

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY.

### STEP 2



### STEP 1

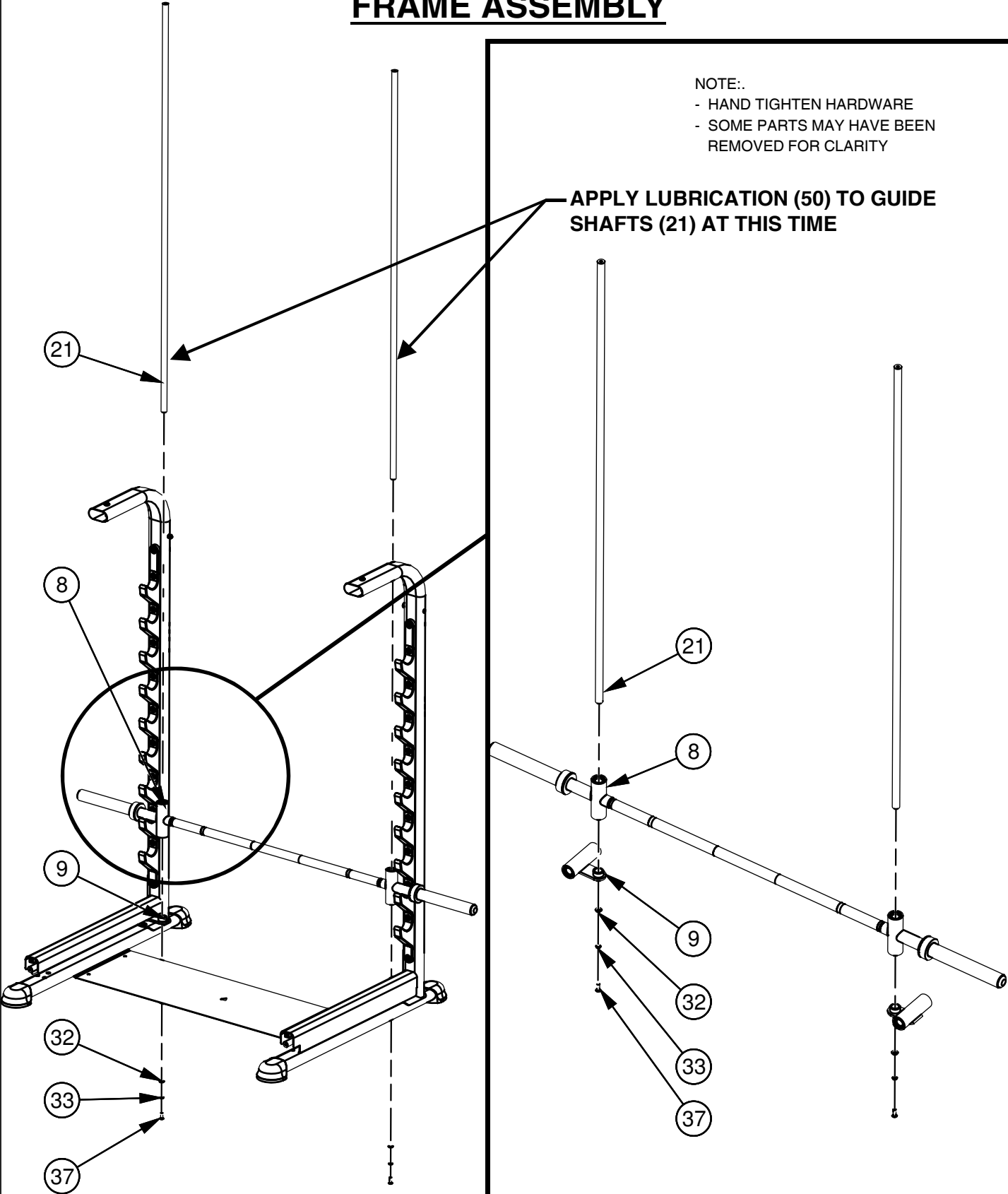


BAR ASSEMBLY MAY COME PRE-ASSEMBLED

**FRAME ASSEMBLY**

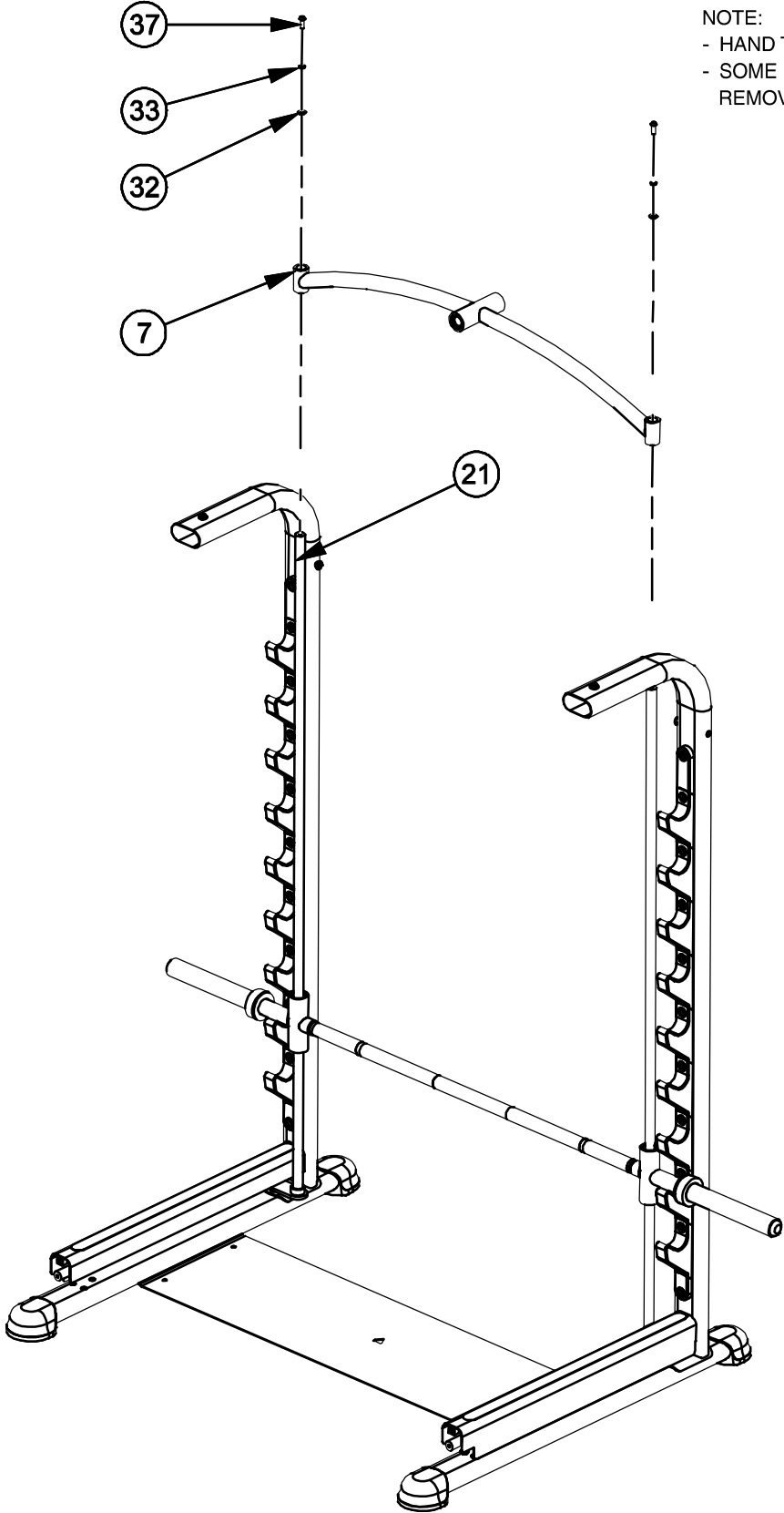
NOTE:.  
- HAND TIGHTEN HARDWARE  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY

**APPLY LUBRICATION (50) TO GUIDE  
SHAFTS (21) AT THIS TIME**



# OWNER'S MANUAL

## FRAME ASSEMBLY

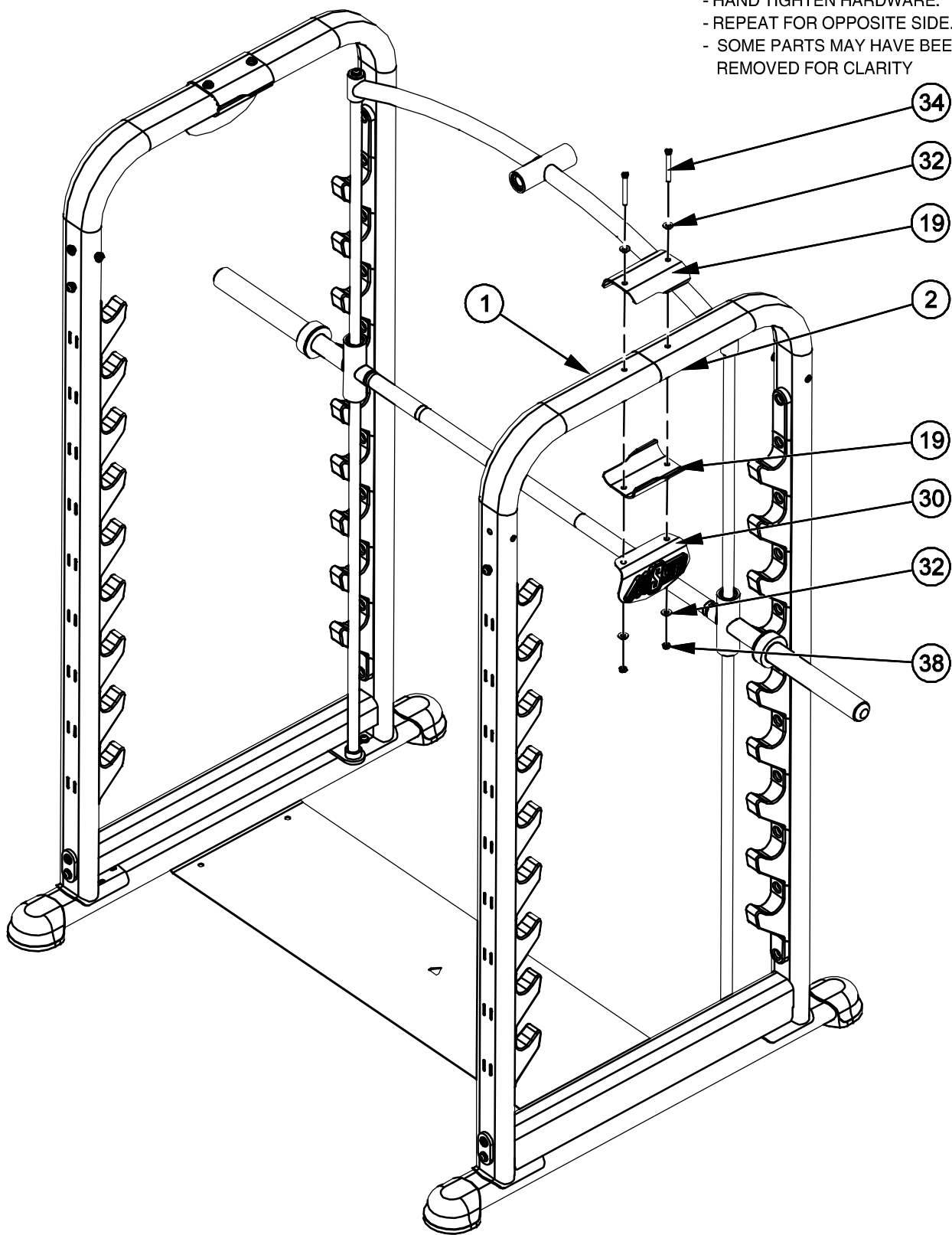


NOTE:  
- HAND TIGHTEN HARDWARE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY

# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:  
- HAND TIGHTEN HARDWARE.  
- REPEAT FOR OPPOSITE SIDE.  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY



# OWNER'S MANUAL

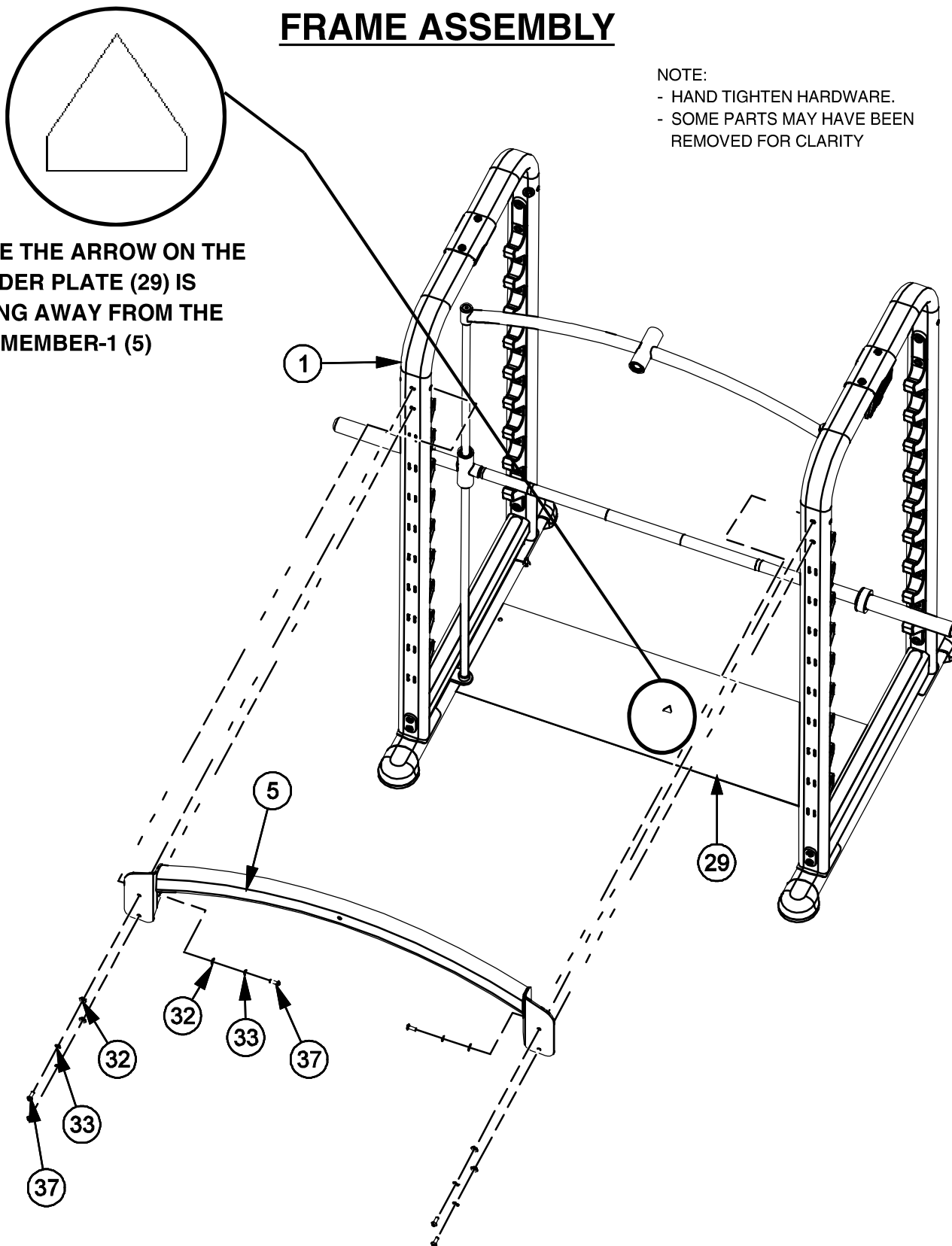
## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

**NOTE:**

ENSURE THE ARROW ON THE SPREADER PLATE (29) IS POINTING AWAY FROM THE CROSSMEMBER-1 (5)



# OWNER'S MANUAL

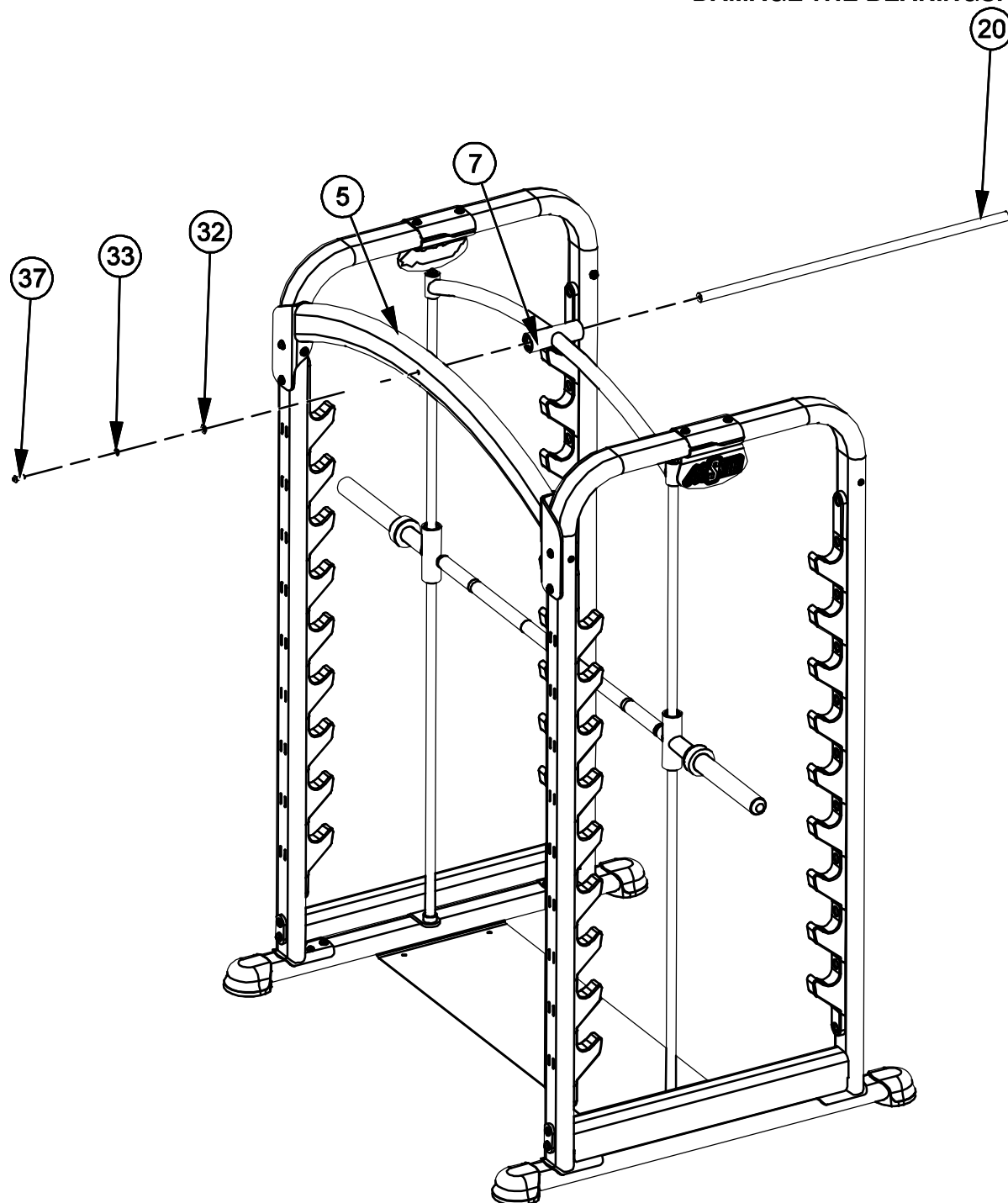
## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

**NOTE:**

**CAREFULLY INSTALL SHAFT (20) INTO BEARING HOUSING (7) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.**

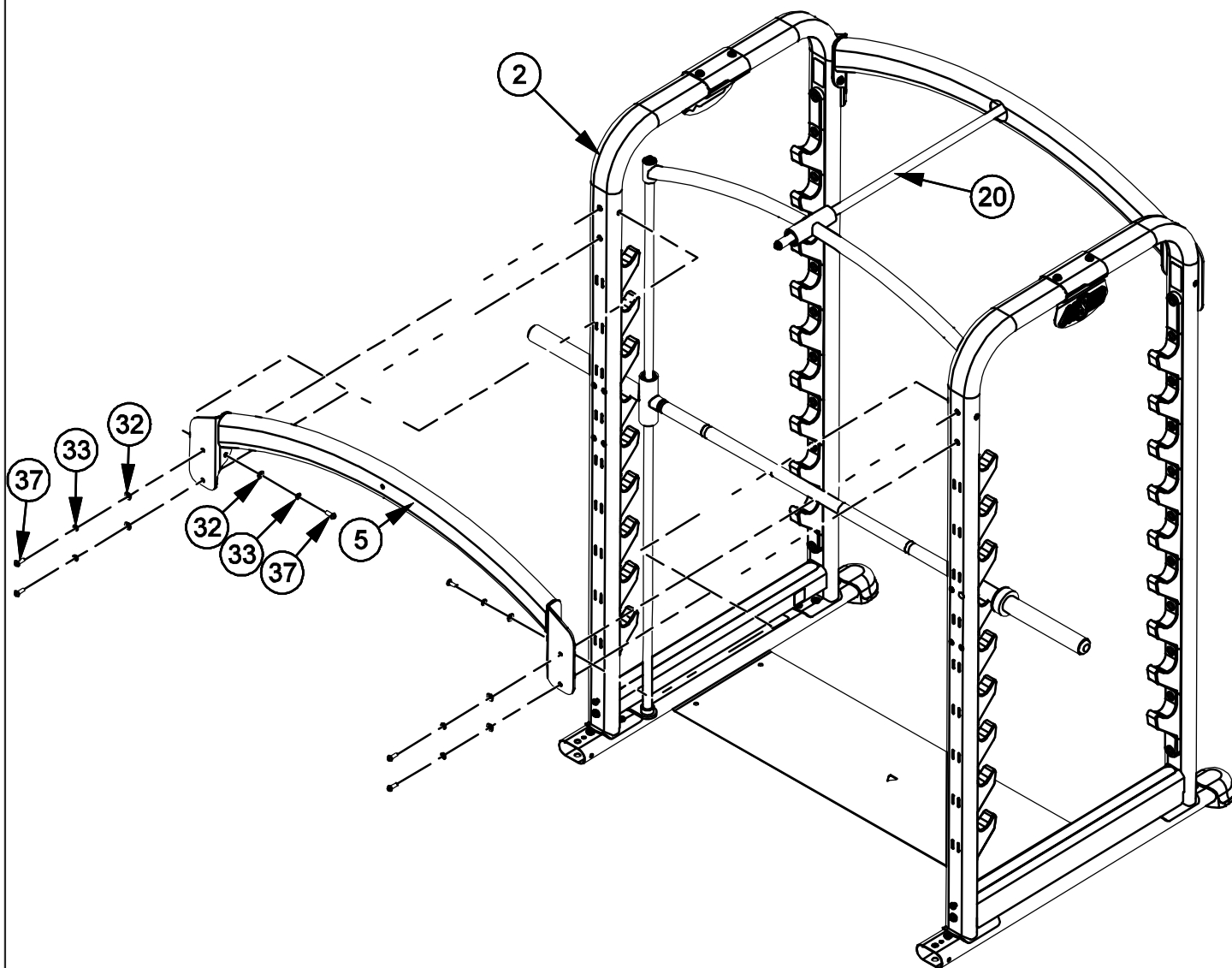


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



**\*\*STOP\*\***

IF YOU HAVE A Mi7 CABLE, CONTINUE TO PAGE 20 OF THE MiSMITH MANUAL. IF YOU DO NOT HAVE A Mi7 CABLE, SKIP FORWARD TO PAGE 28 OF THE MiSMITH MANUAL.

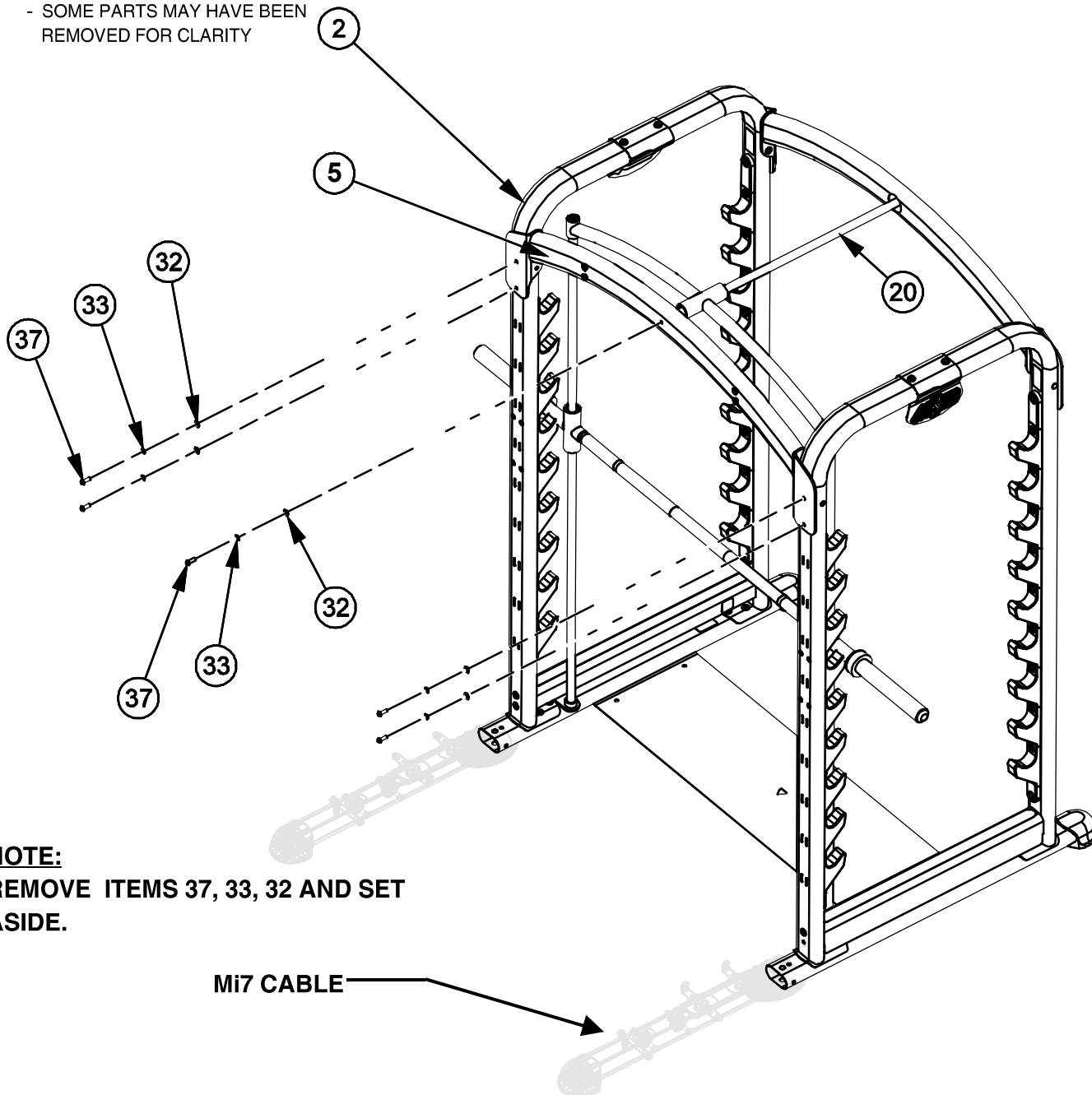


# OWNER'S MANUAL

## FRAME ASSEMBLY **ATTACHING THE Mi7 CABLE TO THE MiSMITH**

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



**NOTE:**

REMOVE ITEMS 37, 33, 32 AND SET ASIDE.

Mi7 CABLE

**\*\*STOP\*\***

REFER TO THE Mi7 CABLE MANUAL AND COMPLETE THE STEPS THERE BEFORE CONTINUING TO PAGE 21 OF THE MiSMITH MANUAL.

# OWNER'S MANUAL

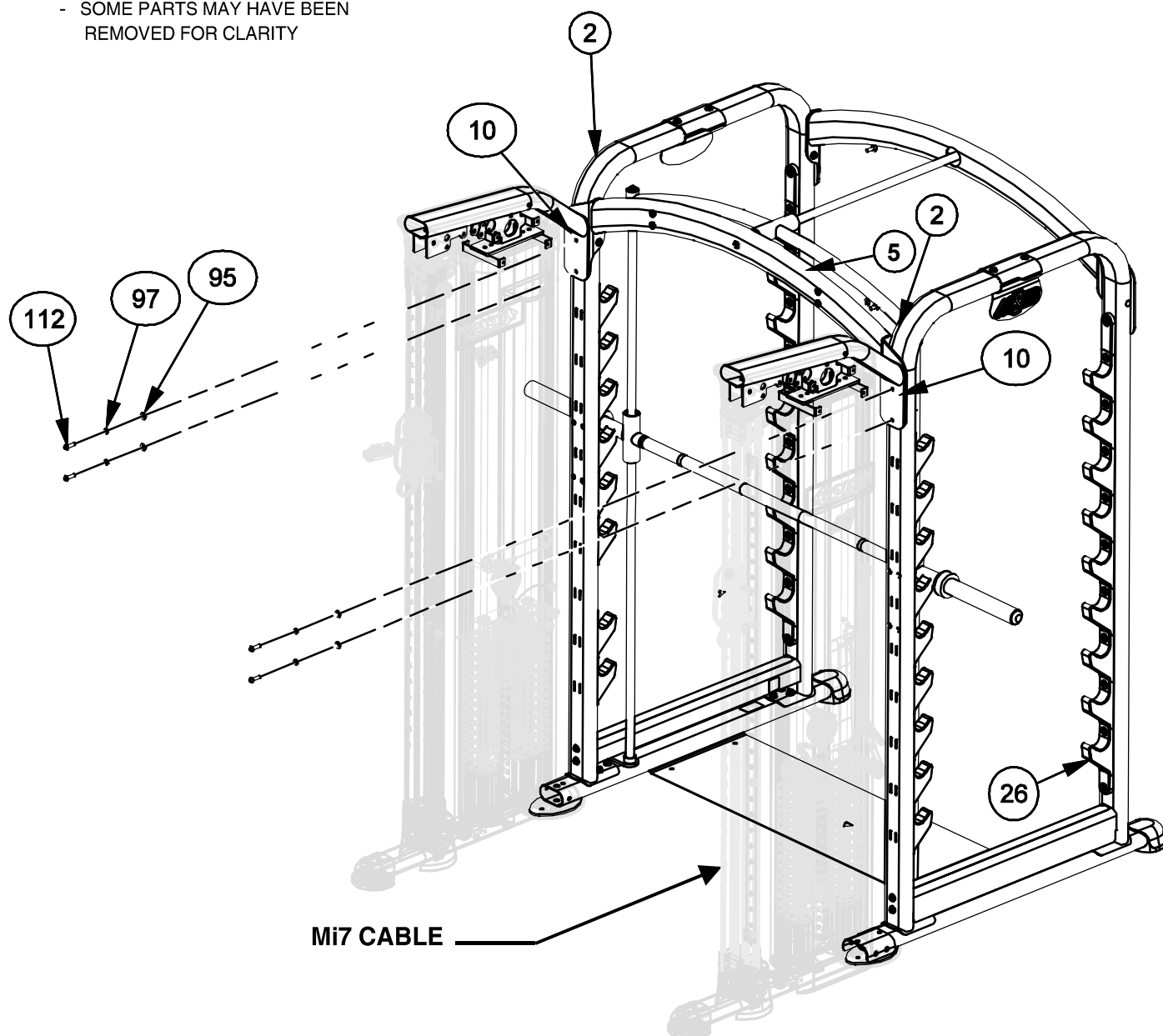
## FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

- HAND TIGHTEN HARDWARE

○ PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



## FRAME ASSEMBLY

### ATTACHING THE Mi7 CABLE TO THE MiSMITH

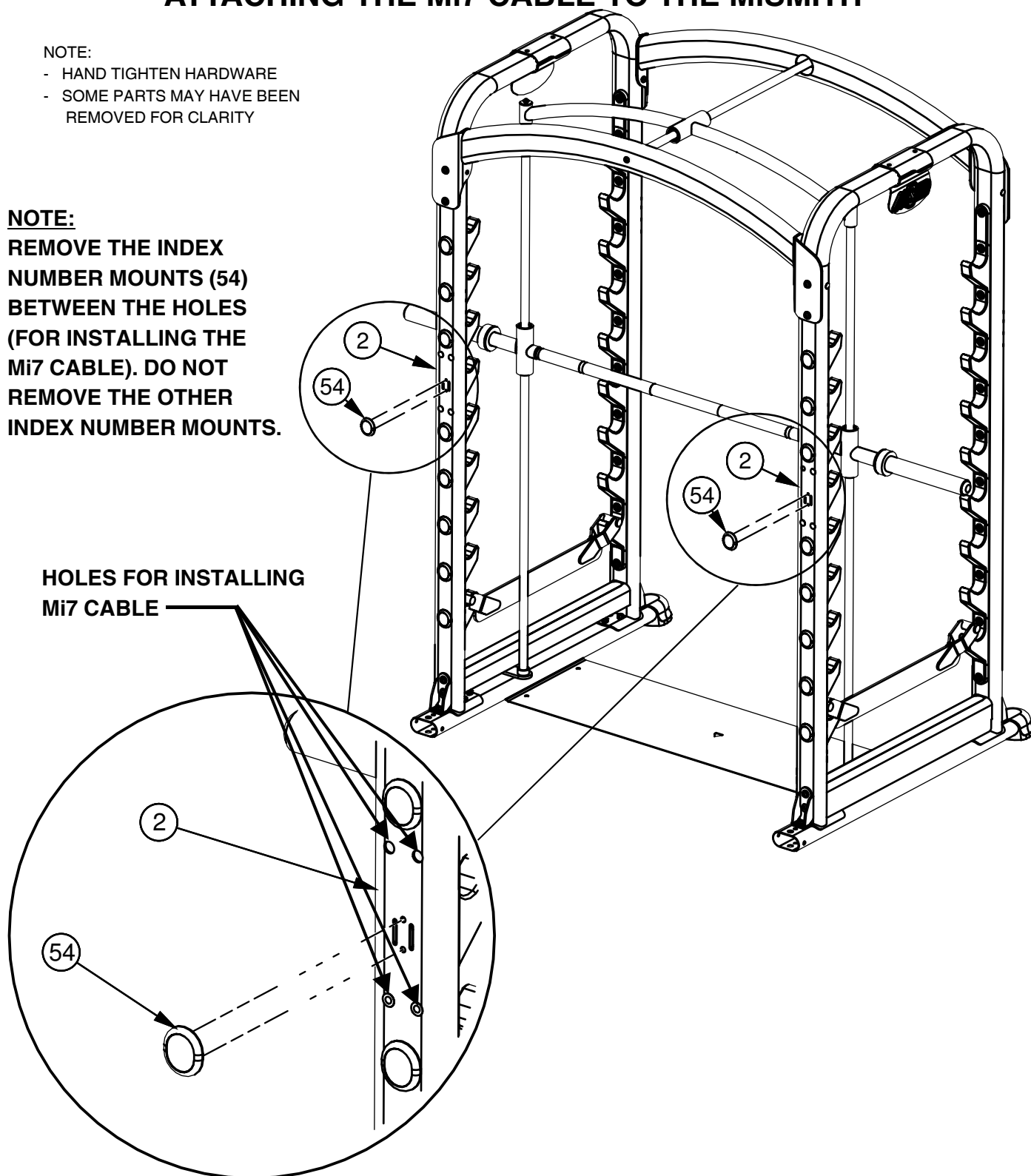
**NOTE:**

- HAND TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

**NOTE:**

REMOVE THE INDEX NUMBER MOUNTS (54) BETWEEN THE HOLES (FOR INSTALLING THE Mi7 CABLE). DO NOT REMOVE THE OTHER INDEX NUMBER MOUNTS.

HOLES FOR INSTALLING  
Mi7 CABLE



# OWNER'S MANUAL

## FRAME ASSEMBLY

### ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

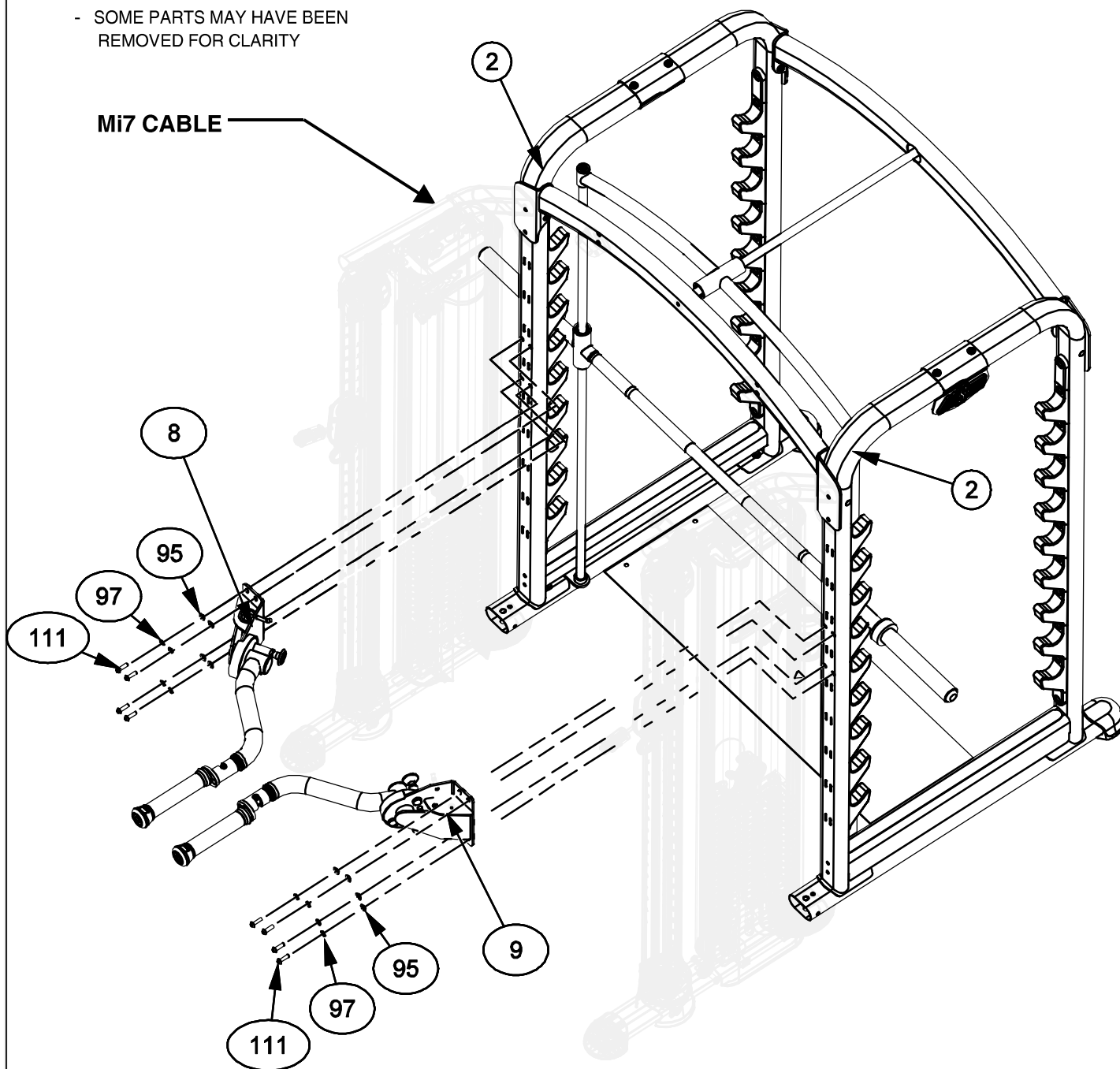
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

Mi7 CABLE



# OWNER'S MANUAL

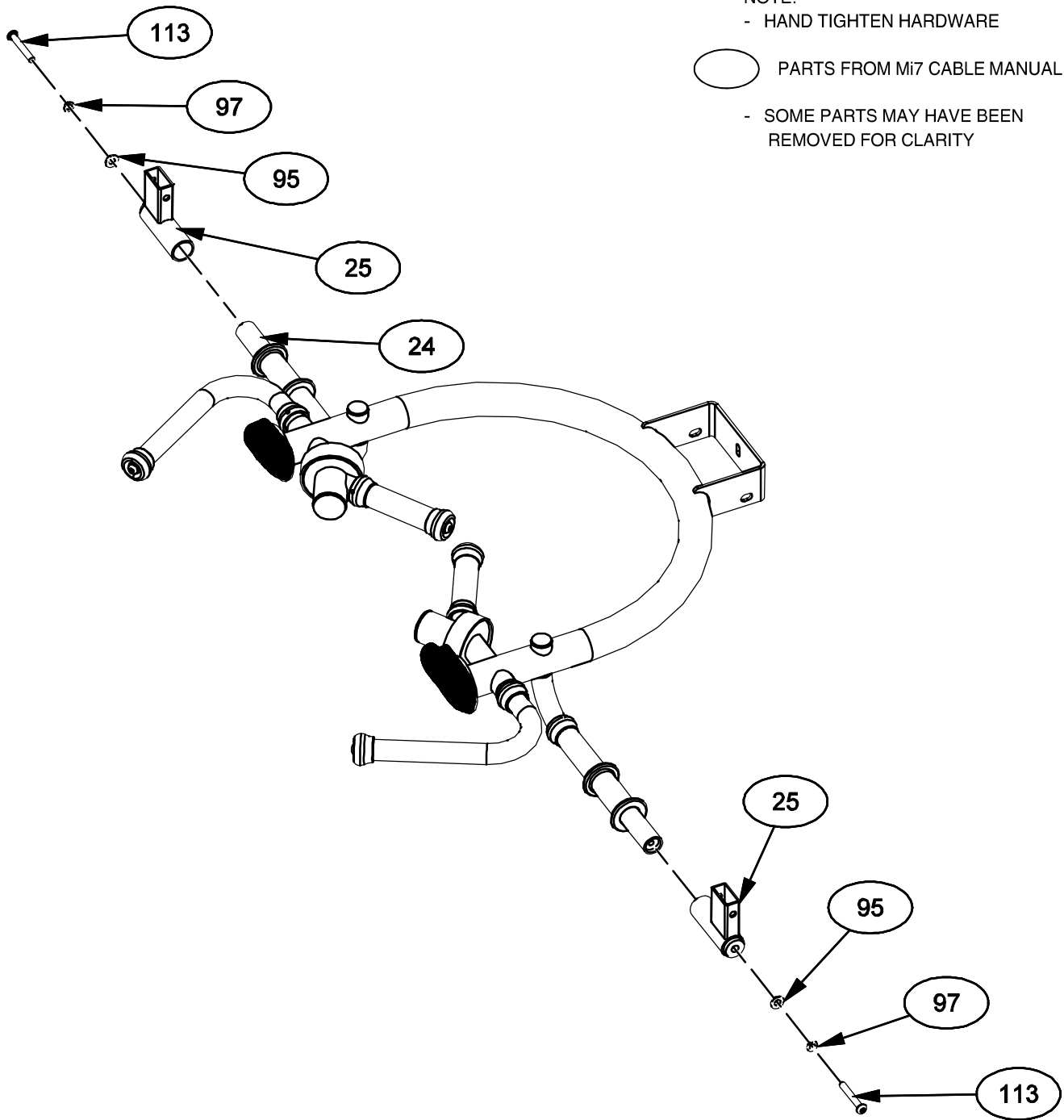
## FRAME ASSEMBLY ATTACHING THE Mi7 CABLE TO THE MiSMITH

NOTE:

- HAND TIGHTEN HARDWARE

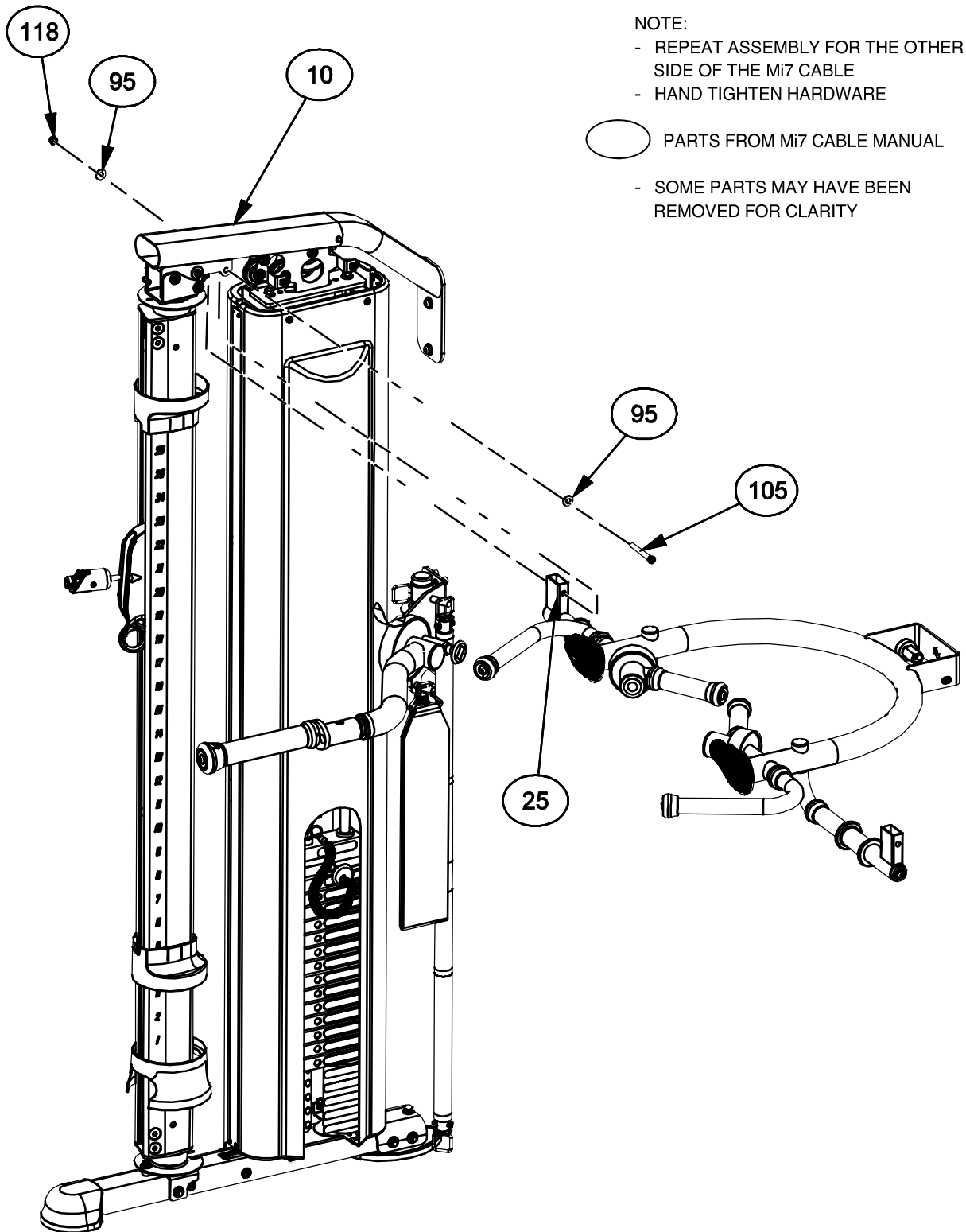
○ PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY



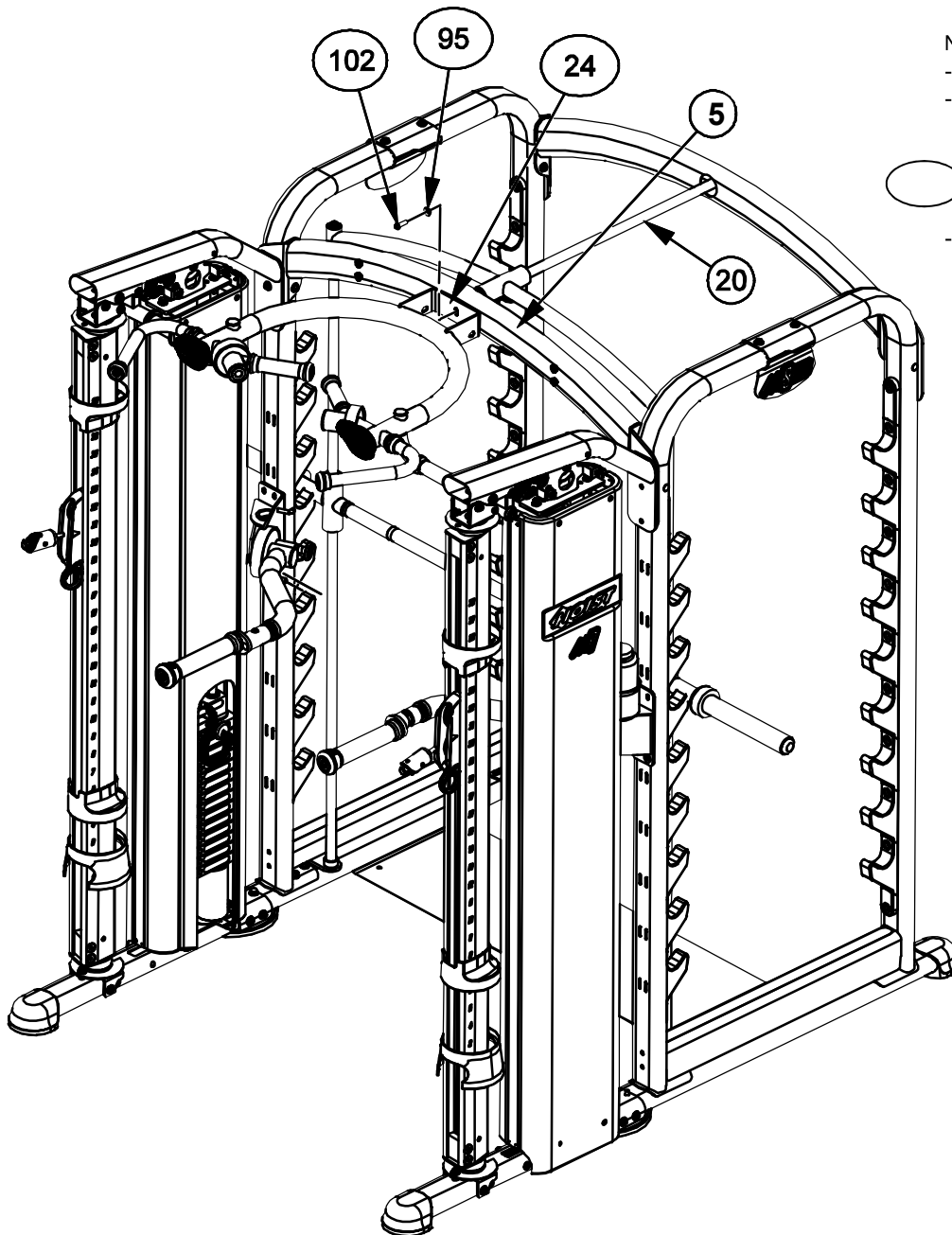
## FRAME ASSEMBLY

### ATTACHING THE Mi7 CABLE TO THE MiSMITH



## FRAME ASSEMBLY

### ATTACHING THE Mi7 CABLE TO THE MiSMITH



**NOTE:**

- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

**NOTE:**

ENSURE THE BOLT (102) SCREWS INTO THE CHIN UP MAIN FRAME (24) AND THE GUIDE SHAFT (20)

## **\*IMPORTANT\***

**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

AT THIS STEP, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

## FRAME ASSEMBLY

### ATTACHING THE Mi7 CABLE TO THE MiSMITH

**NOTE:**

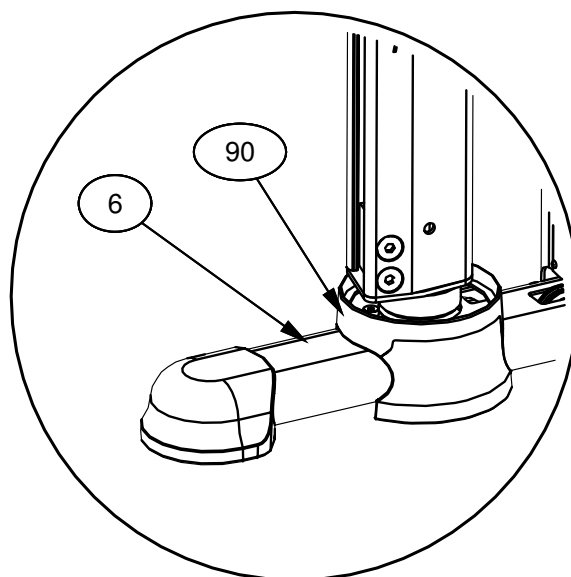
- REPEAT FOR COLUMN ON THE OTHER SIDE OF THE Mi7 CABLE

 PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

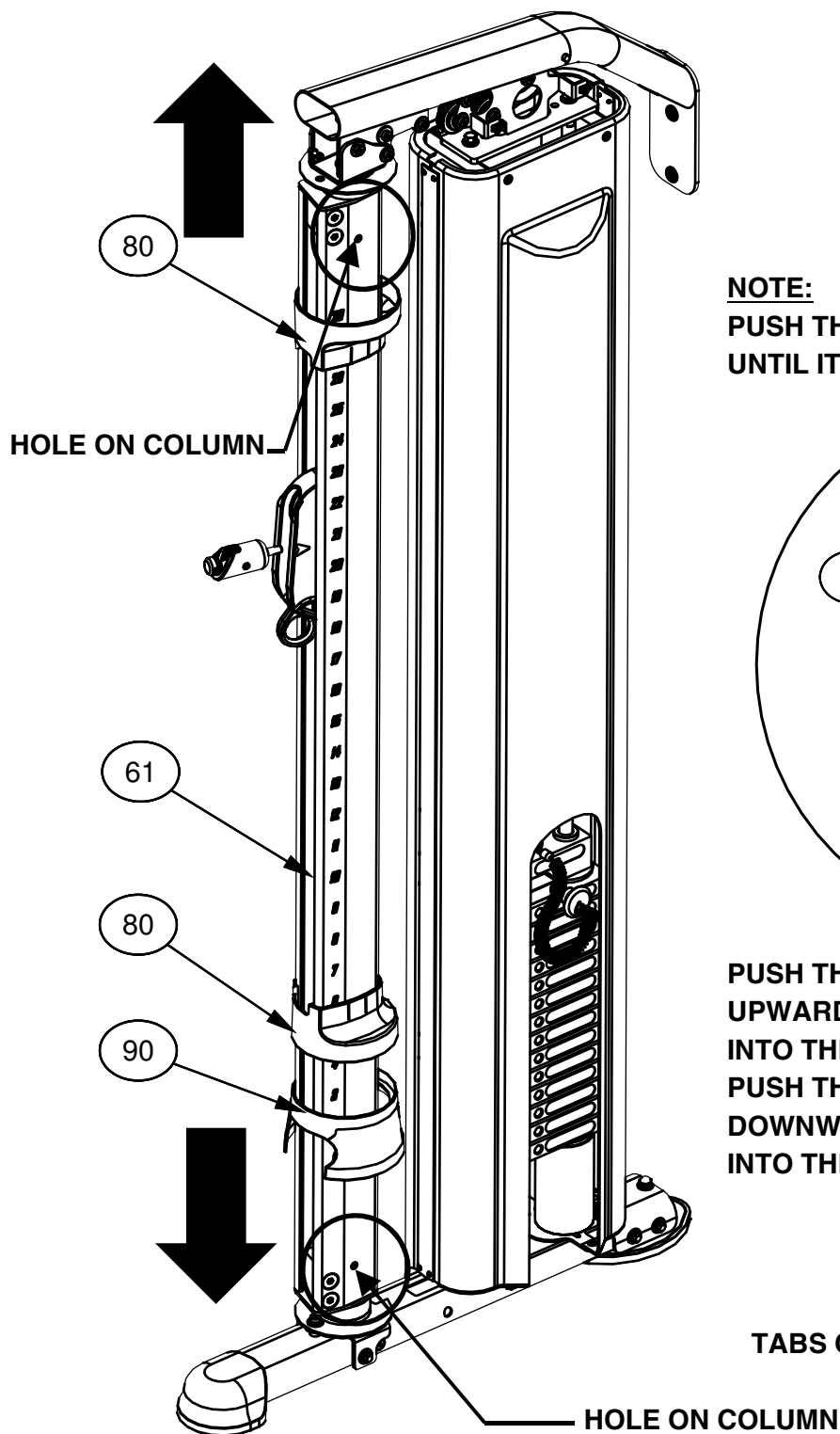
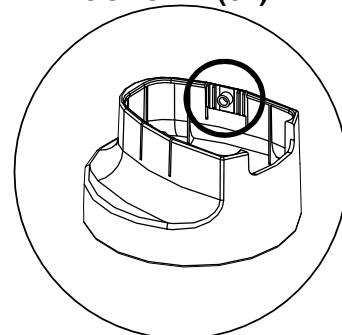
**NOTE:**

**PUSH THE BOOT-4 (90) DOWNWARDS UNTIL IT SNAPS ONTO THE BASE FRAME (6).**



**PUSH THE UPPER SLEEVE (80) UPWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61). PUSH THE LOWER SLEEVE (80) DOWNWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61).**

**TABS ON SLEEVE**





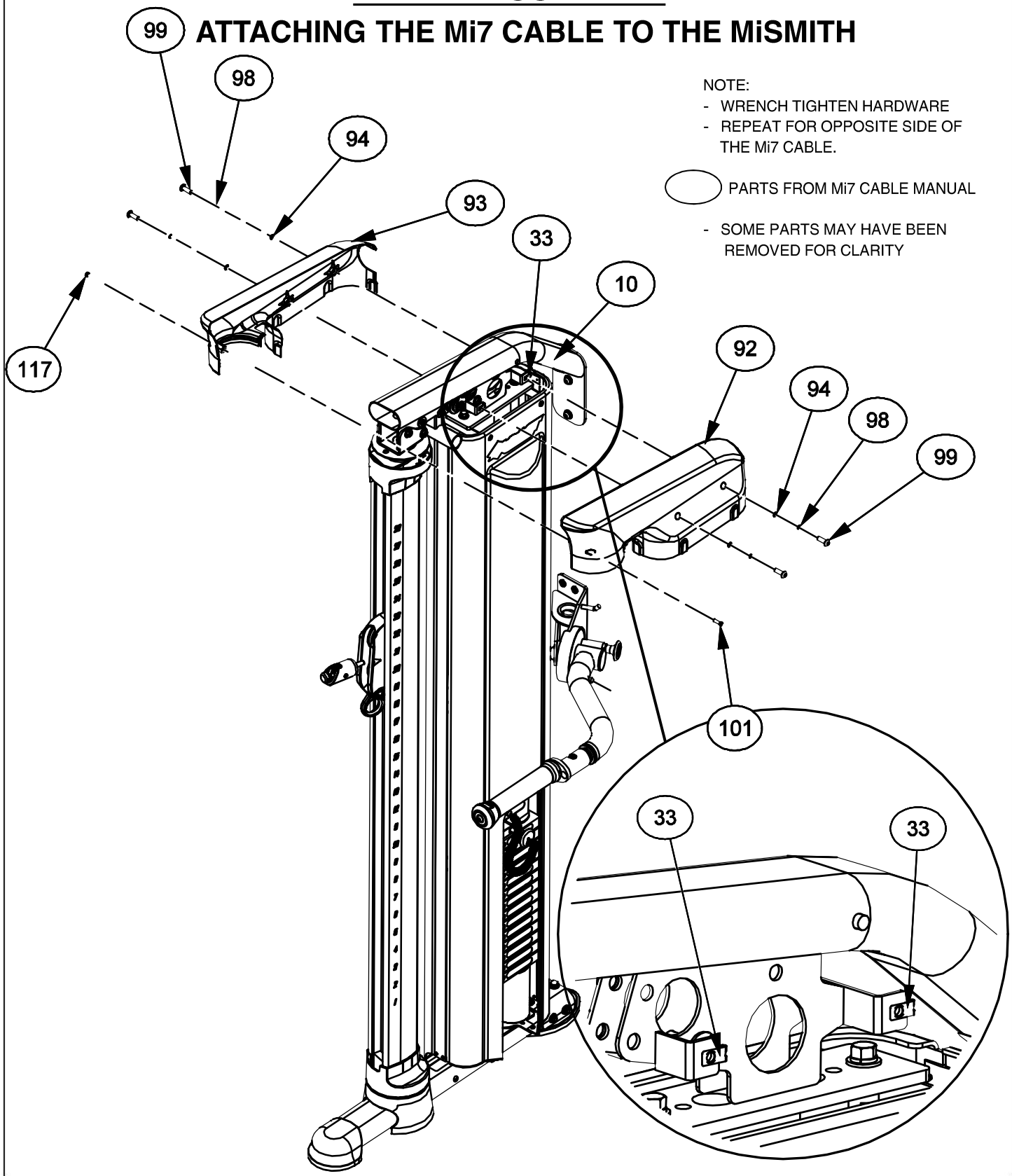
**FRAME ASSEMBLY**

**ATTACHING THE Mi7 CABLE TO THE MiSMITH**

- NOTE:
- WRENCH TIGHTEN HARDWARE
  - REPEAT FOR OPPOSITE SIDE OF THE Mi7 CABLE.

○ PARTS FROM Mi7 CABLE MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

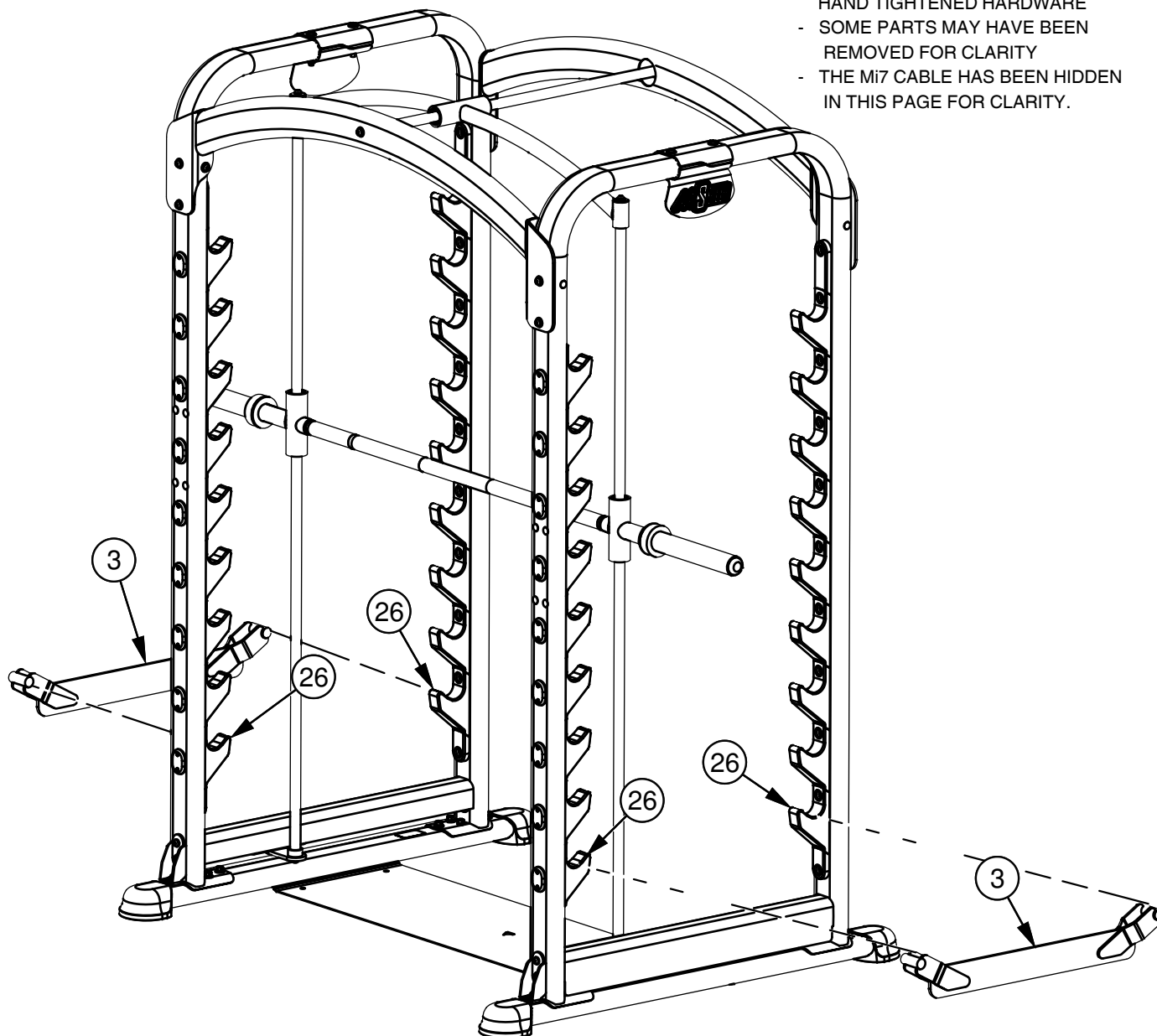


# OWNER'S MANUAL

## FRAME ASSEMBLY

### NOTE:

- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- THE Mi7 CABLE HAS BEEN HIDDEN IN THIS PAGE FOR CLARITY.



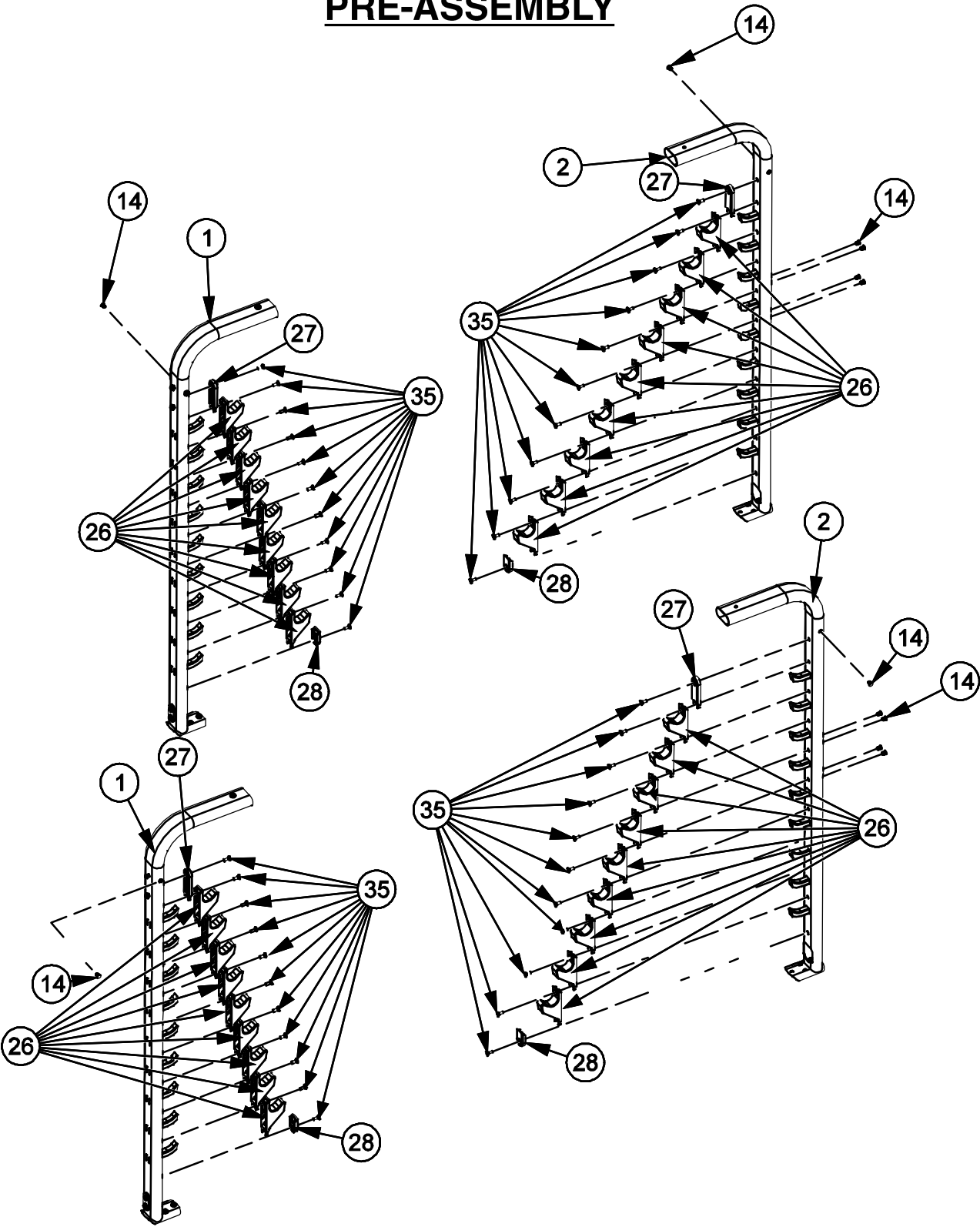
### **\*IMPORTANT\***

#### **\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***

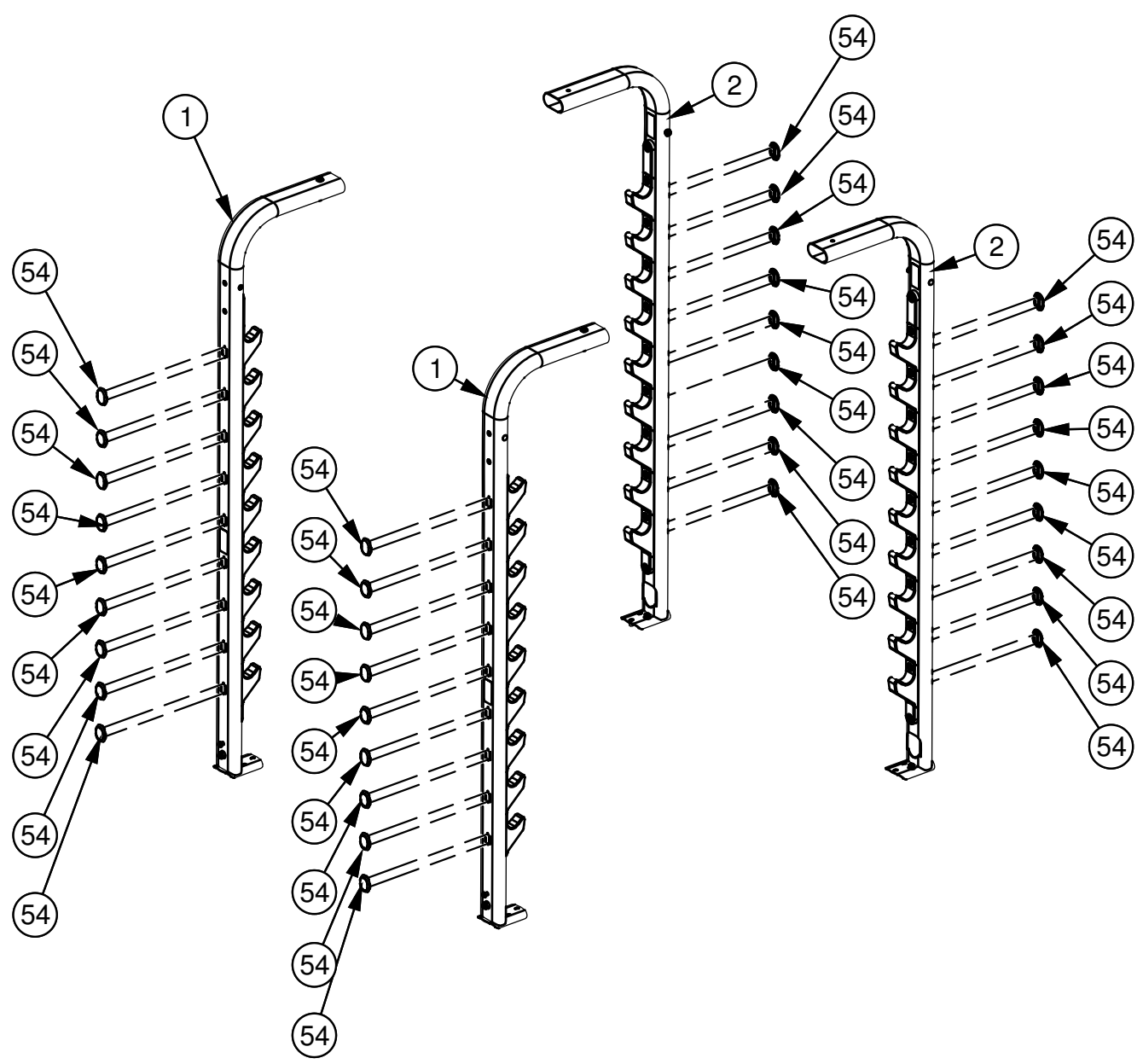
NOW THAT THE MiSMITH IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

# OWNER'S MANUAL

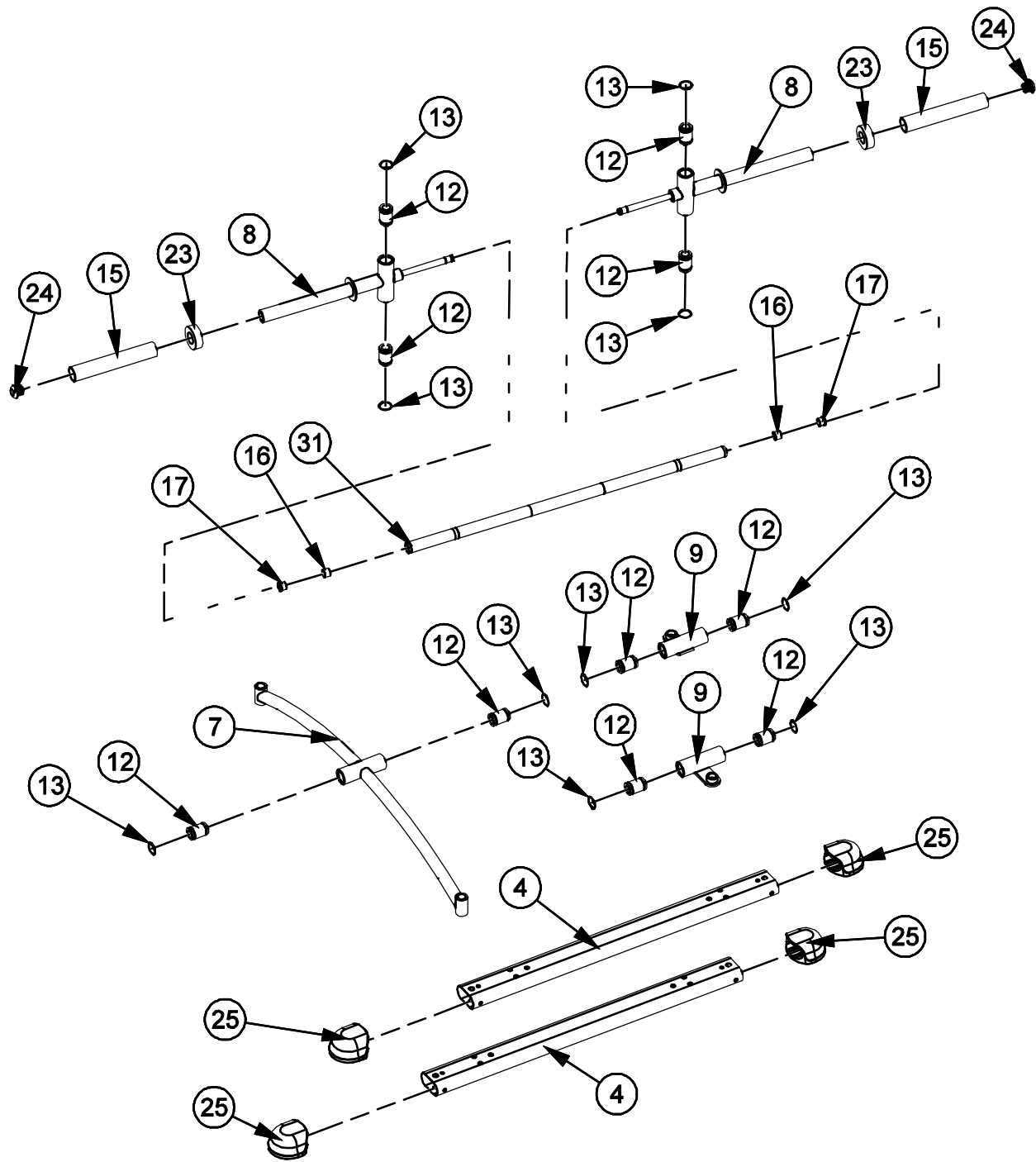
## PRE-ASSEMBLY



PRE-ASSEMBLY CONTINUED



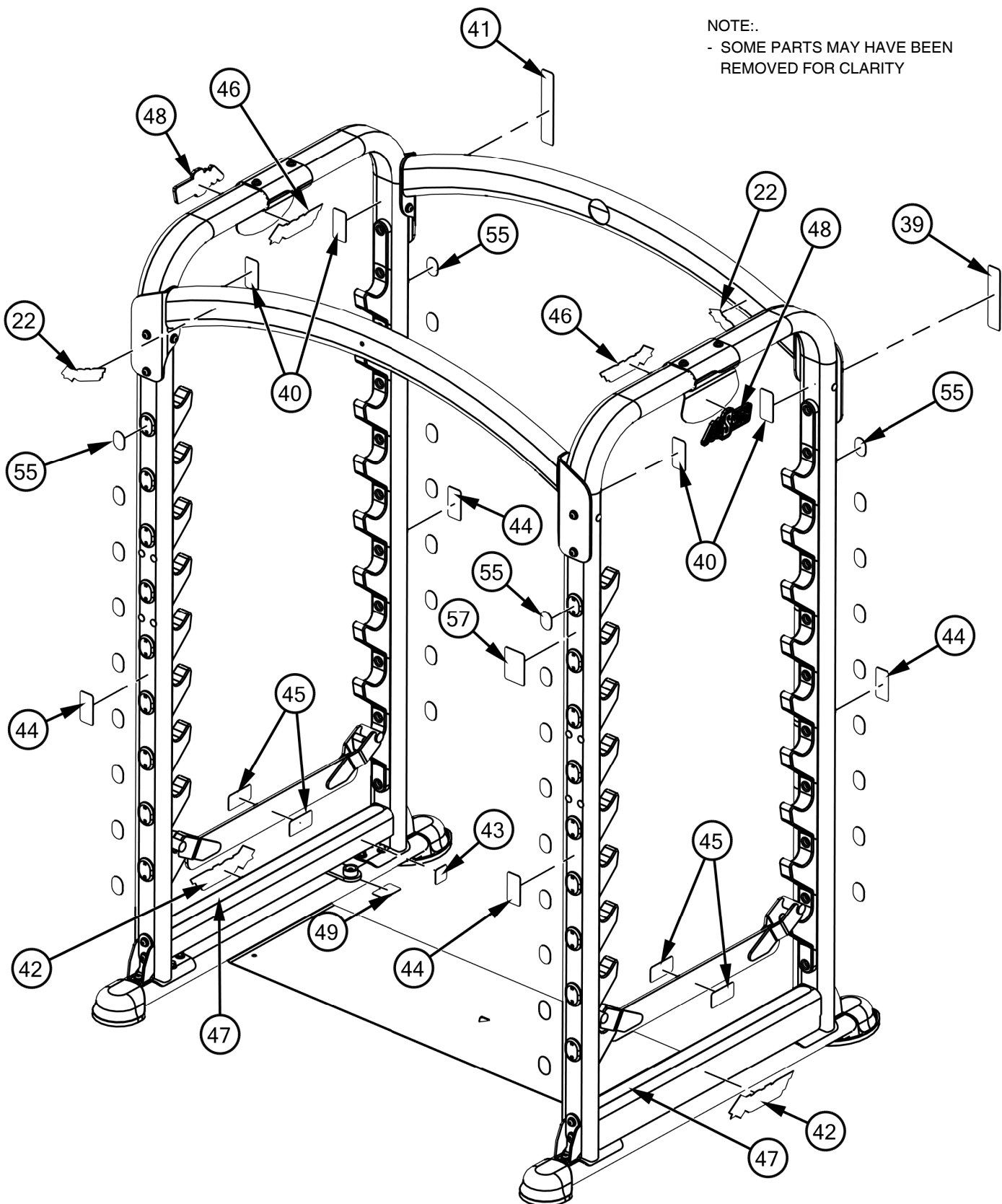
PRE-ASSEMBLY CONTINUED



# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:  
- SOME PARTS MAY HAVE BEEN  
REMOVED FOR CLARITY



# OWNER'S MANUAL

## DECAL REFERENCE

**WARNING**

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace 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.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135 (Rev. F)

021-0003135

NOTICE					
COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	2 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles	X				
Inspect; All Decals	X				
Inspect; All nuts and Bolts Tighten if Needed.	X				
Inspect; Anti-Skid Surfaces	X				
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X		
Clean & Wax; All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts.					X

021-0003008 (Rev. F)


021-0003008

**WARNING**

600 LBS.  
MAXIMUM  
WEIGHT RATING

021-0003228

**WARNING**



**PINCH POINTS**

021-0003113 (Rev. C)

021-0003113

1

2

3

4

5

6

7

8

9

021-0003967

**HOIST STRENGTH**

The Hoist Strength App has more than 1,200 strength training exercises to help you create workouts that meet your fitness goals and track your progress along the way.

Search HOIST STRENGTH in your app store to download.

021-0004169



021-0003962

# OWNER'S MANUAL

## DECAL REFERENCE CONTINUED



021-0003221



021-0003627



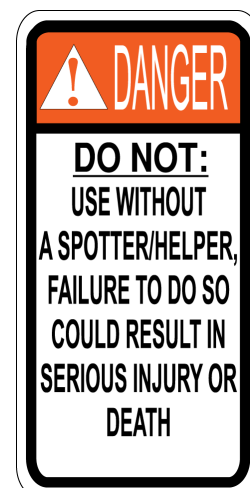
021-0003230



021-0003329



SERIAL # DECAL



021-0003282



021-0003954



# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X6001	UPRIGHT-1	2
2	026-01X6002	UPRIGHT-2	2
3	026-01X6003	SAFETY TIER	2
4	026-01X6004	BASE 1	2
5	026-01X6005	CROSSMEMBER-1	2
7	026-01X6007	CROSSMEMBER/BEARING CARRIER	1
8	026-01X6008	OLYMPIC WEIGHT MOUNT	2
9	026-01X6009	BEARING HOUSING	2
11	026-01X7119	SHIELD	2
12	014-0007005	25mm LINEAR BEARING	10
13	014-0015005	SNAP RING: Ø40mm INTERNAL	10
14	016-0203006	PINETREE PLUG	12
15	026-STD-06-0201	WEIGHT HORN SLEEVE	2
16	026-STD-08-0041	Ø .75" BEARING	2
17	026-STD-08-0021	3/4" FLANGED BEARING	2
18	026-01X7169	BRACKET MOUNT-2	2
19	026-01F0602	FLNG. 50 X 100mm FLAT OVAL	4
20	026-01G0501	GUIDE SHAFT, 36.06" LG.	3
21	026-01G0502	GUIDE SHAFT, Ø.98" X 73.40" LG.	2
22	021-0003230	DECAL HOIST 1.625" X 6.0613"	2
23	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
24	026-01PL2135	END PLUG Ø 1.66"	2
25	026-01PL2641	FOOTCAP, 1.9685" X 3.9370" F.O.	4
26	026-01PL2801	6" PU RACK-OUT COVER	36
27	026-01PL2802	PU RACK-OUT UPPER CAP	4
28	026-01PL2803	PU RACK-OUT LOWER CAP	4
29	026-01P7010	SPREADER PLATE	1
30	026-01P7012	PLACARD MOUNT	2
31	026-01T2348	OLYMPIC WEIGHT BAR	1
32	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	54
33	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	42
34	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	4
35	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	44

# OWNER'S MANUAL

## PART LIST CONTINUED

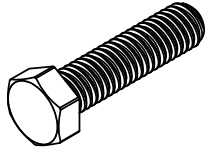
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	011-0701089	3/8"-16UNC X .75" BHCS (Ni) W/ DRI-LOC PATCH	4
37	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	26
38	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	4
39	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
40	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	4
41	021-0003135	DECAL WARNING 1.50" X 7.75"	1
42	021-0003221	DECAL HOIST 2.50" X 9.13"	2
43	021-0003228	DECAL 600 LB. WEIGHT RATING 1.6250" X 1.6250"	1
44	021-0003282	DECAL SPOTTER 1.63" X 3.25" (VERTICAL)	4
45	021-0003329	SAFETY TIER DECAL 1.63" X 3.25" HORIZONTAL	4
46	021-0003627	DECAL HOIST 2.07" X 7.75"	2
47	021-0003954	DECAL WEAR STRIP (BLACK) 1.5000" X 31.7500" X 30 MIL	2
48	021-0003962	MiSMITH EMBLEM	2
49	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
50	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
51	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	1
52	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	12
53	026-01X7168	BRACKET MOUNT-1	2
54	026-01PL2685	INDEX NUMBER MOUNT	36
55	021-0003967	INDEX NUMBERS 1-9	4
56	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	4
57	021-0004169	HOIST STRENGTH APP HOME GYM DECAL	1

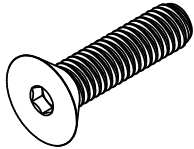
# OWNER'S MANUAL

## ABBREVIATIONS

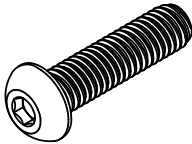
BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



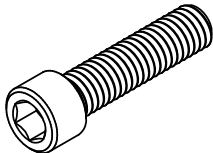
HHB = Hex Head Bolt



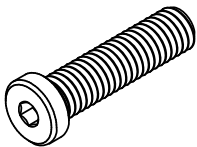
FHCS = Flat Head Cap Screw



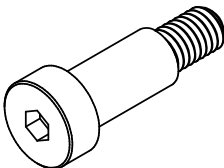
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



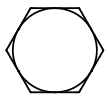
Low Head SHCS = Low Head Socket  
Head Cap Screw



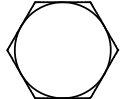
SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

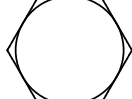
## BOLT SIZING CHART



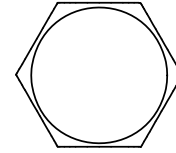
**1/4" HHB**  
RECOMMENDED  
TORQUE RANGE:  
6-8 ft-lbs



**5/16" HHB**  
RECOMMENDED  
TORQUE RANGE:  
14-17 ft-lbs



**3/8" HHB**  
RECOMMENDED  
TORQUE RANGE:  
24-30 ft-lbs



**1/2" HHB**  
RECOMMENDED  
TORQUE RANGE:  
60-75 ft-lbs



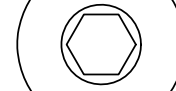
**1/4" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



**5/16" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
11-15 ft-lbs



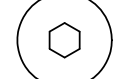
**3/8" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



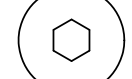
**1/2" BHCS**  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs



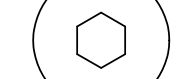
**1/4" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
4-6 ft-lbs



**5/16" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
9-12 ft-lbs



**3/8" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
18-23 ft-lbs



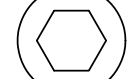
**1/2" LOW HEAD SHCS**  
RECOMMENDED  
TORQUE RANGE:  
40-50 ft-lbs



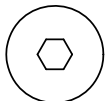
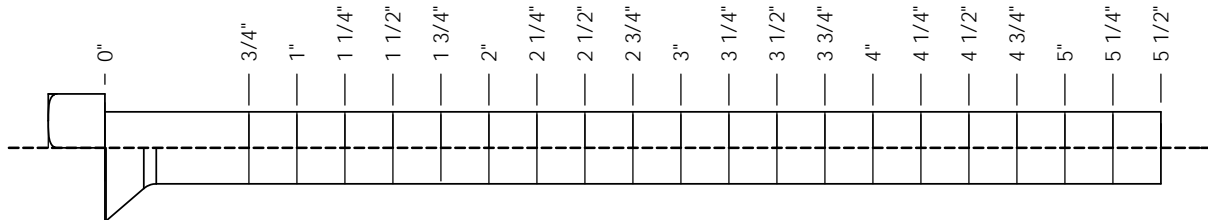
**1/4" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
11-14 ft-lbs



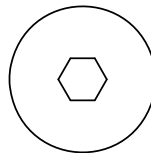
**5/16" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
23-29 ft-lbs



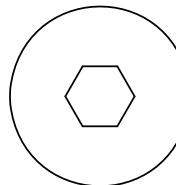
**3/8" SHCS**  
RECOMMENDED  
TORQUE RANGE:  
39-49 ft-lbs



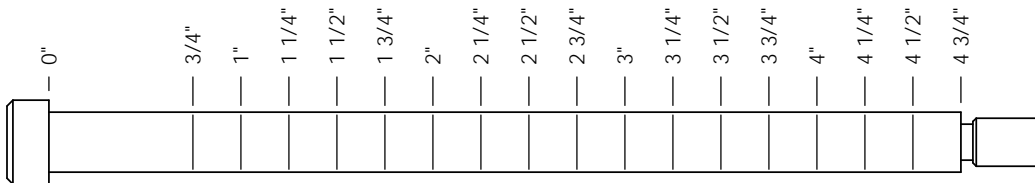
**1/4" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
5-7 ft-lbs



**3/8" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
19-26 ft-lbs



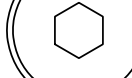
**1/2" FHCS**  
RECOMMENDED  
TORQUE RANGE:  
47-65 ft-lbs



**1/4" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
3-4 ft-lbs



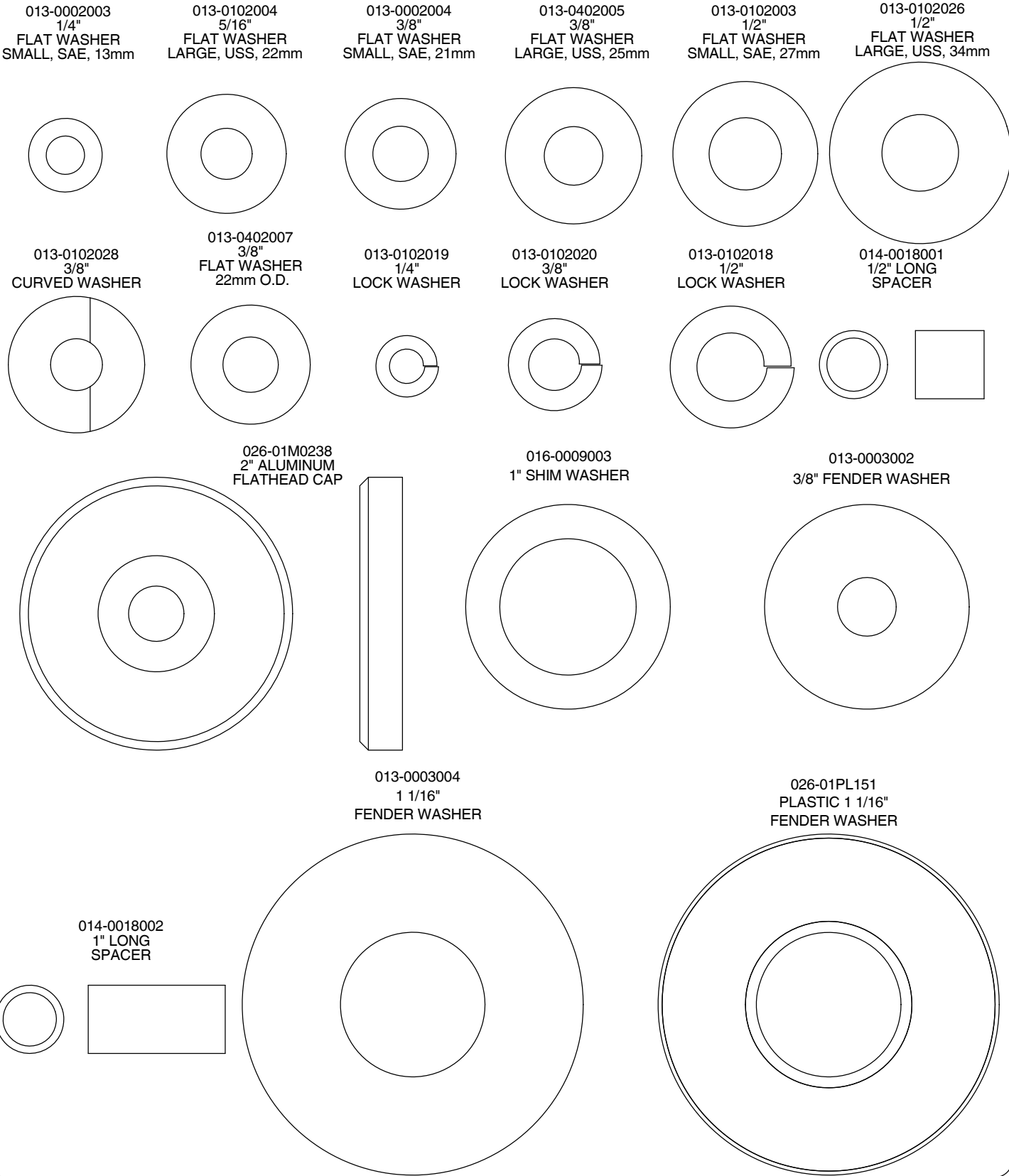
**5/16" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
8-10 ft-lbs



**3/8" SHSS**  
RECOMMENDED  
TORQUE RANGE:  
17-22 ft-lbs

OWNER'S MANUAL

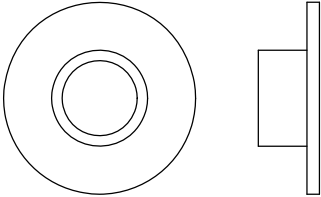
WASHER SIZING CHART



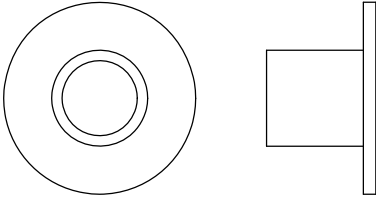
OWNER'S MANUAL

WASHER SIZING CHART  
(CONTINUED)

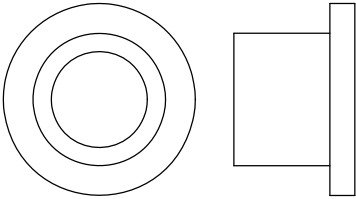
026-01M0211  
1/4" LONG  
FLANGED SPACER



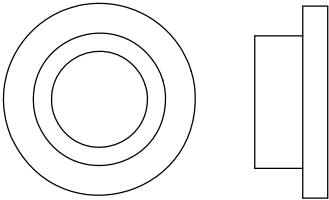
026-01M0198  
1/2" LONG  
FLANGED SPACER



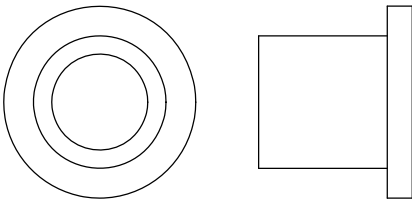
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



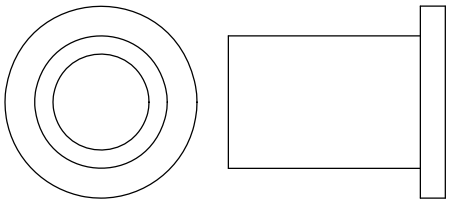
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



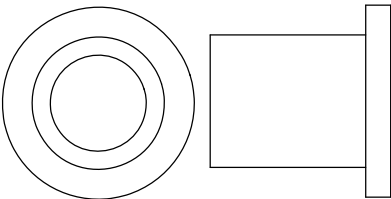
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



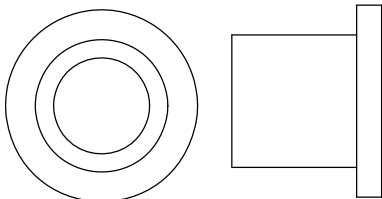
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



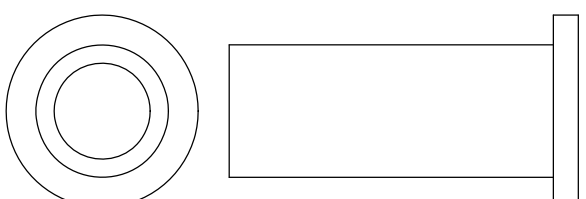
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



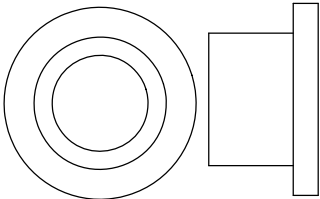
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



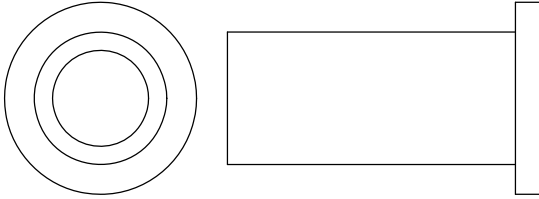
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



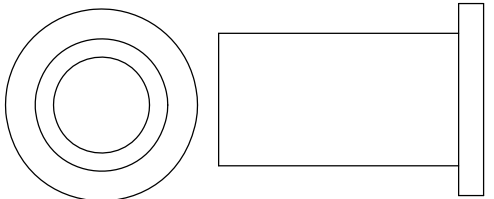
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



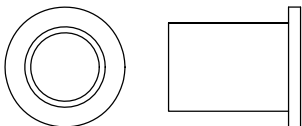
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



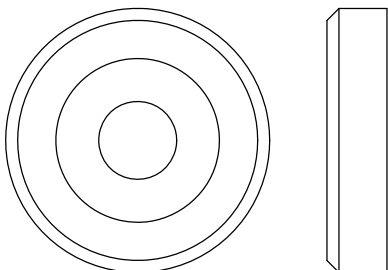
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



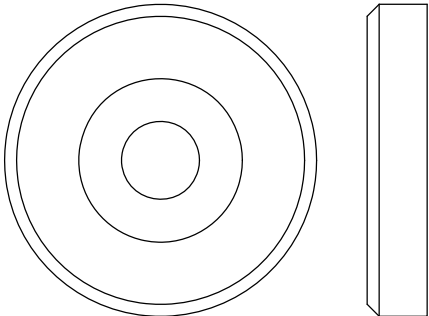
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S MANUAL

## MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY									
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.*

# OWNER'S MANUAL

## **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 worn 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**



# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

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

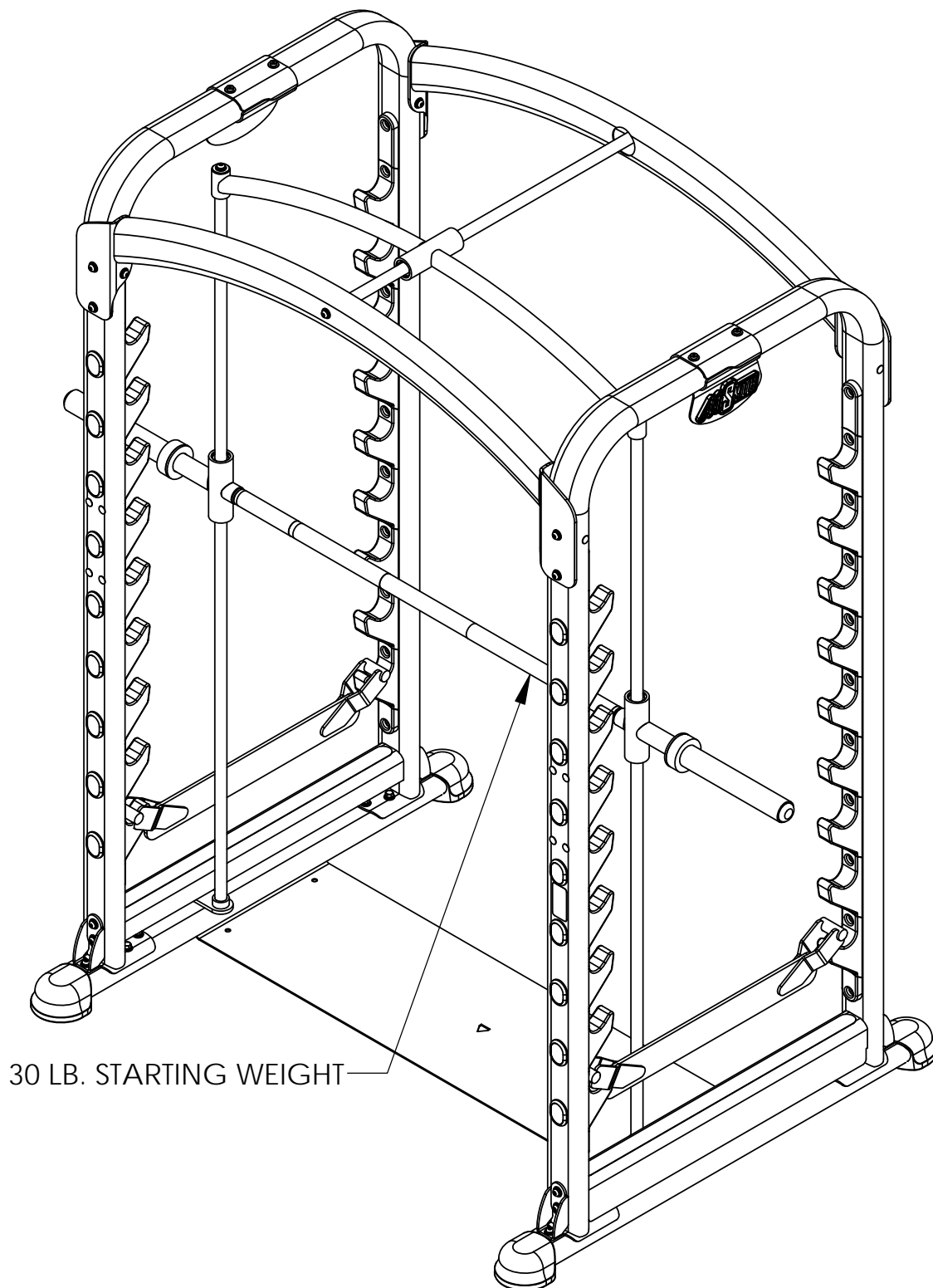
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

**Enjoy your MiSMITH HOIST® Fitness System!**

# OWNER'S MANUAL

## WEIGHT RATIOS



# OWNER'S MANUAL

# WEIGHT TRAINING EXERCISE LOG

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

[illegible]

# OWNER'S MANUAL

## **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](http://www.HOISTFITNESS.com)**  
**and click on the Warranty Registration link**

Starting from the original date of purchase, this warranty covers 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 owner's 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**