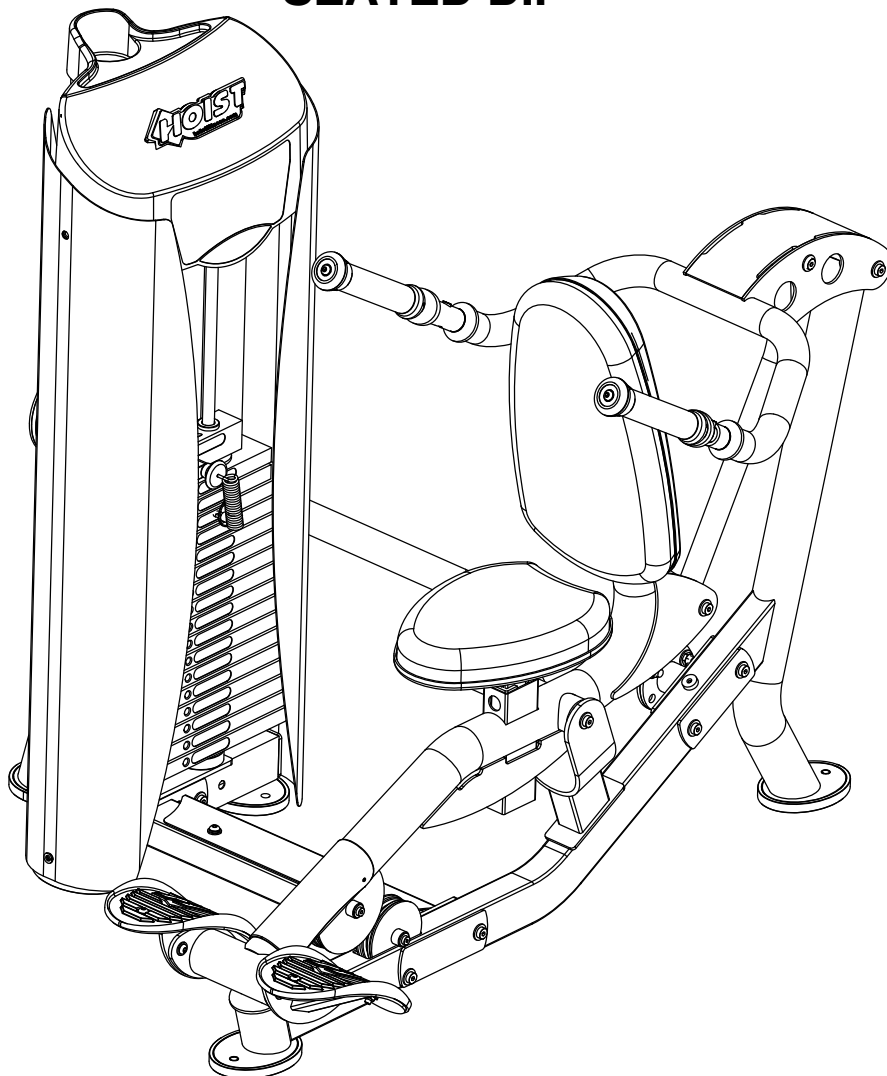


OWNER'S MANUAL



RS-1101-A SEATED DIP



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. 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

C03

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



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

Hex Key Wrench Set

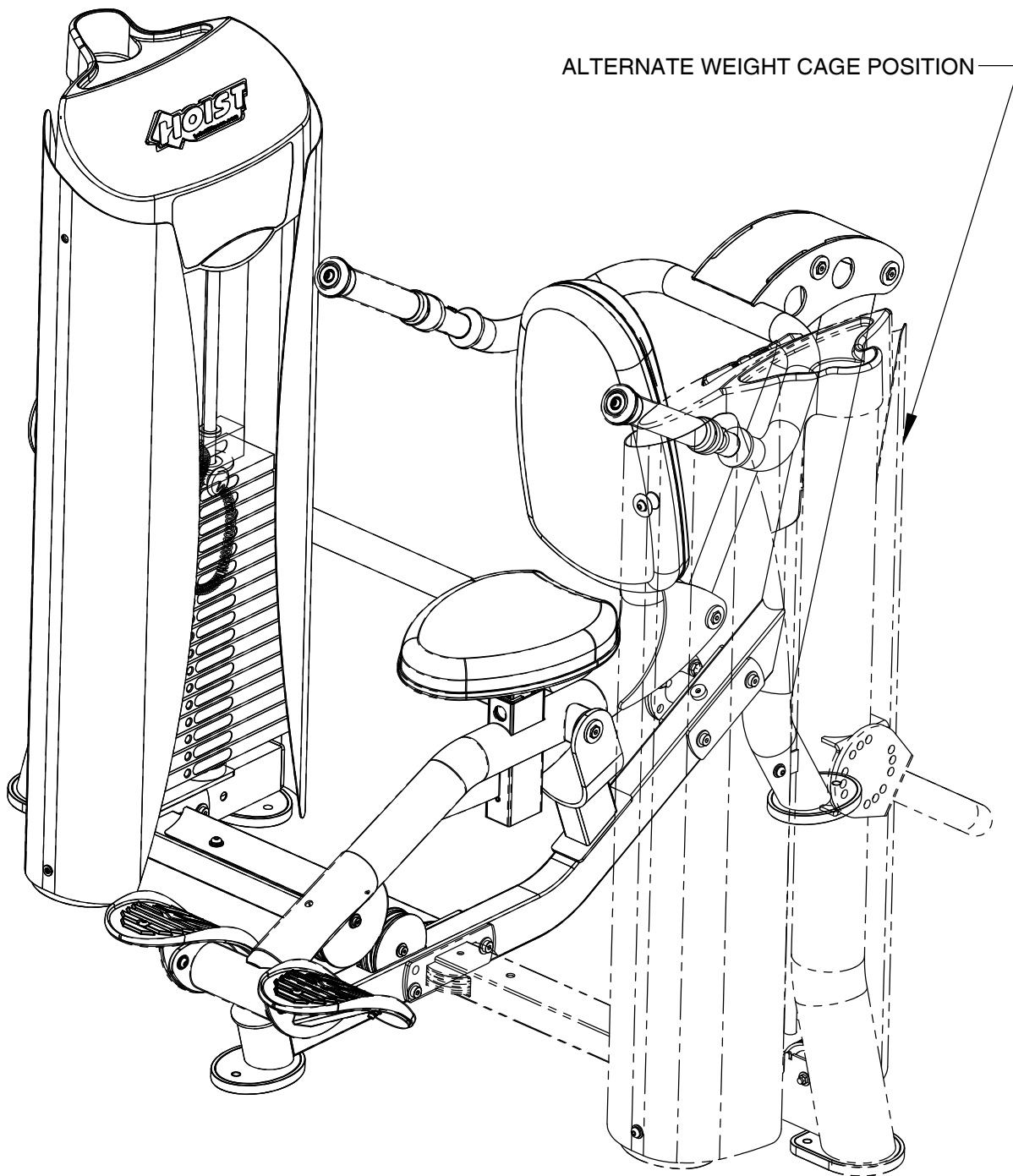
Two People

OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY



ALTERNATE POSITION

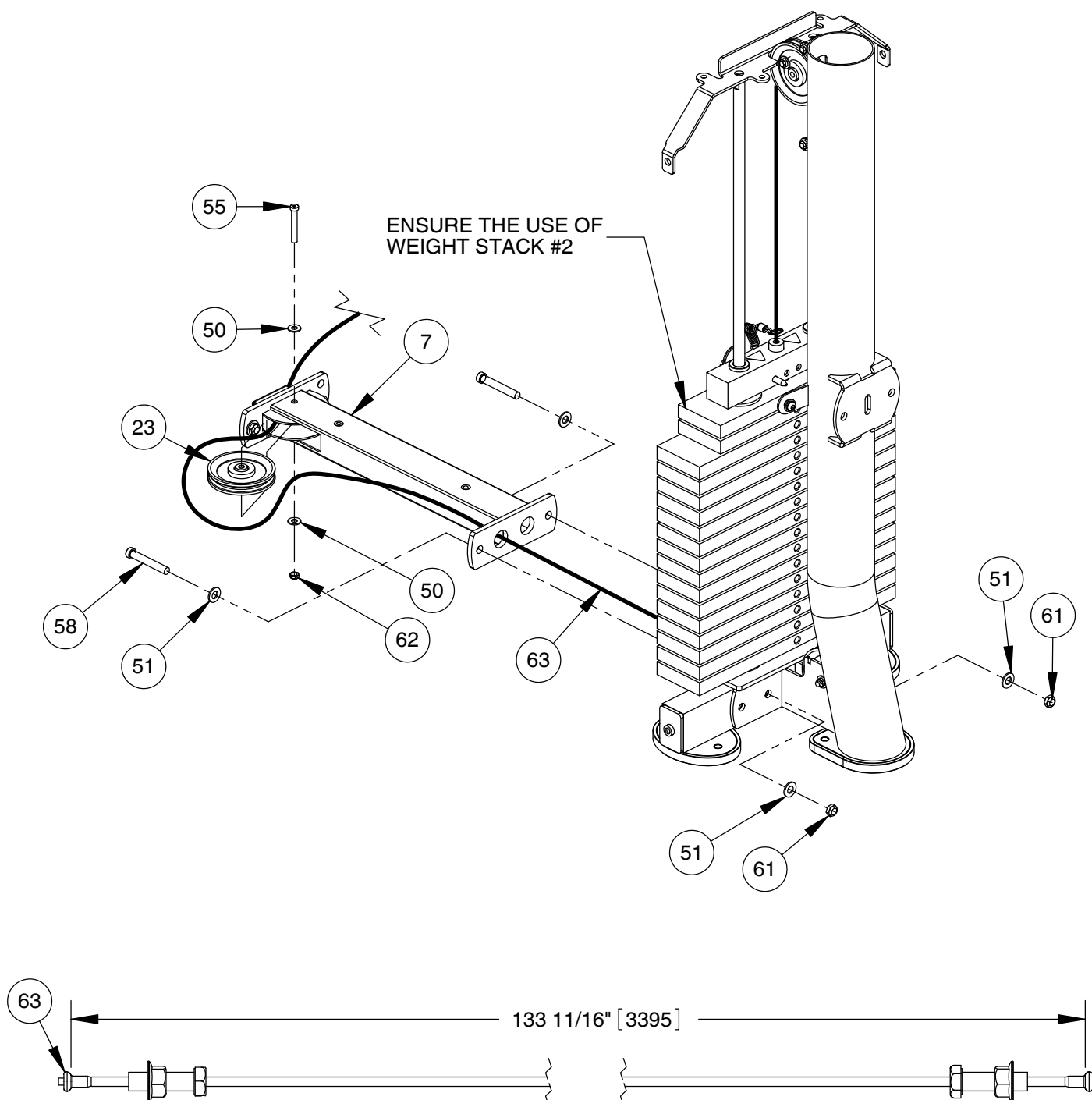
THE ROC-IT WEIGHT CAGE IS DESIGNED TO BE INSTALLED ON EITHER LEFT OR RIGHT SIDE OF THE RS-1101-A IN ORDER ACCOMMODATE THE USER.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

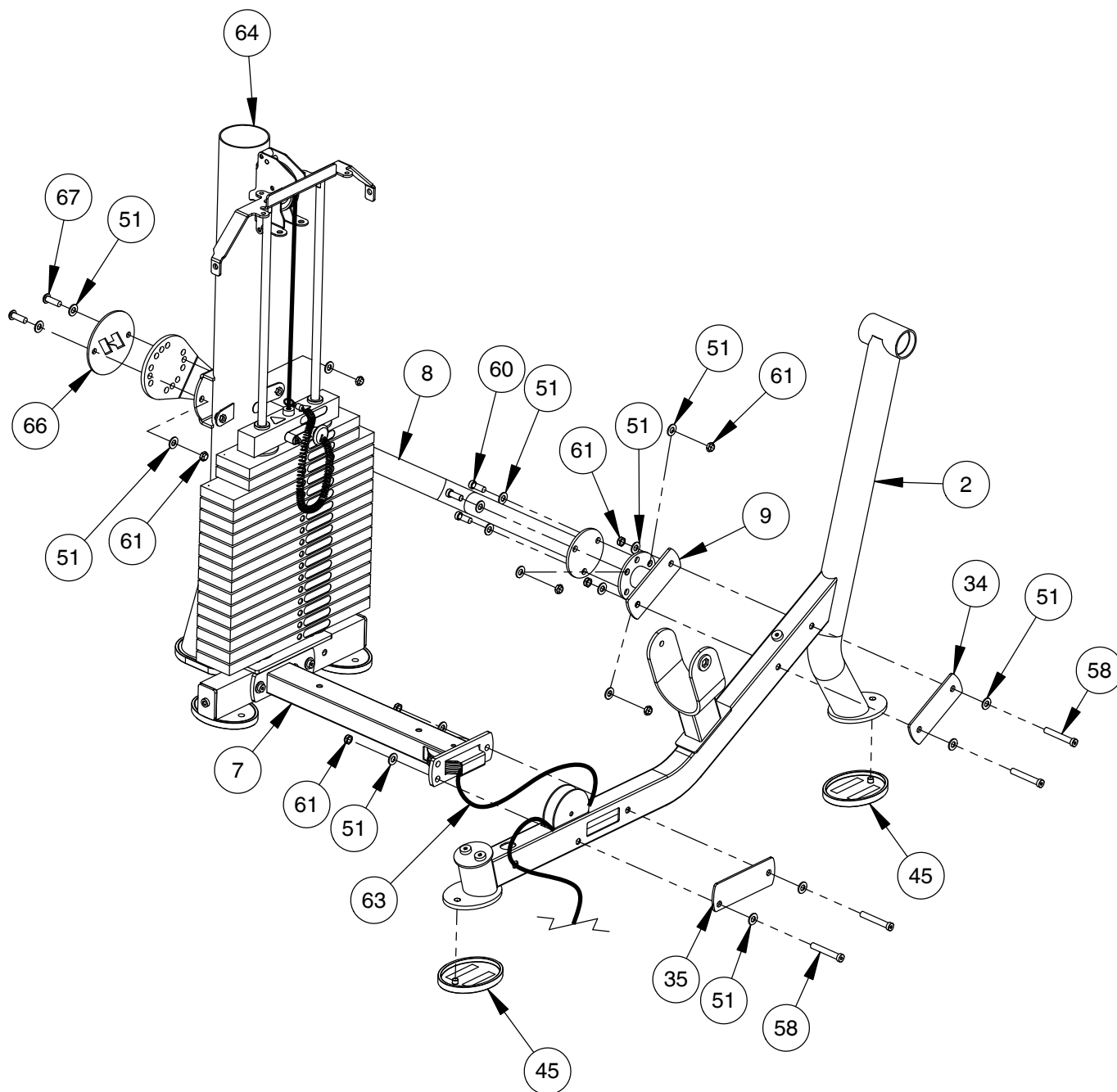
- WRENCH TIGHTEN HARDWARE (55).
- HAND TIGHTEN ALL OTHER HARDWARE.
- INSTALL CABLE (63) AND PULLEY (23) AT THE SAME TIME.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

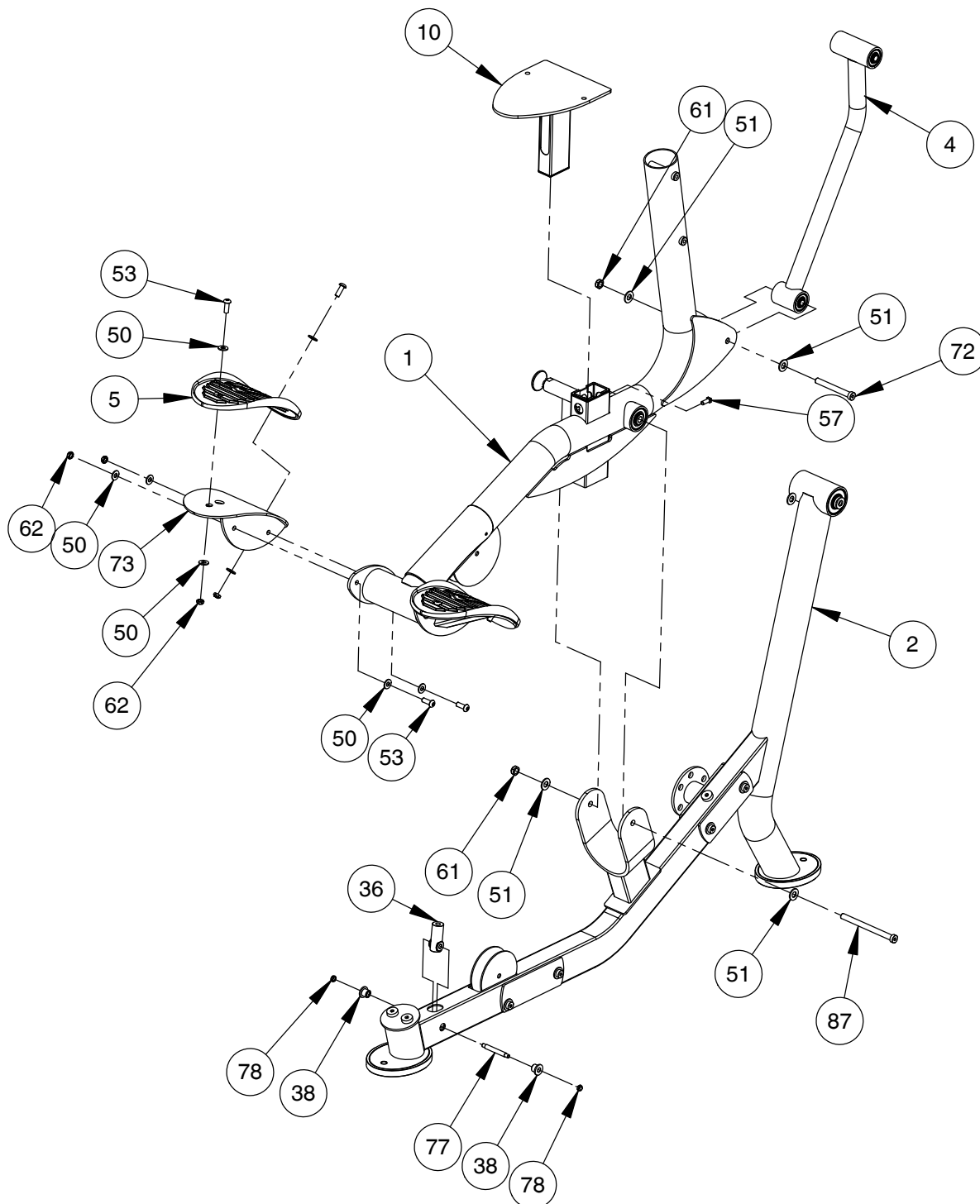


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT FOOT REST ASSEMBLY FOR OPPOSITE

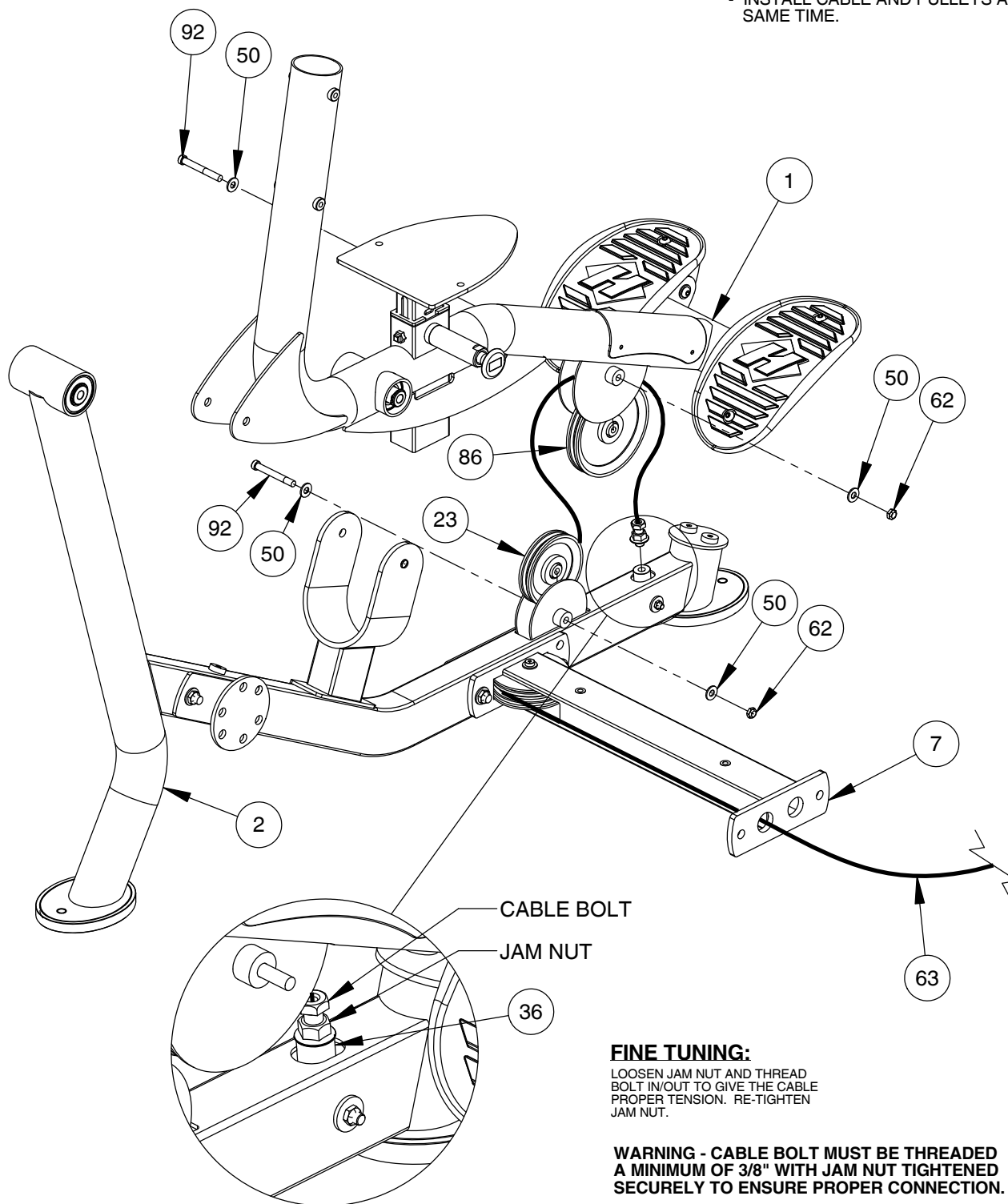


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- INSTALL CABLE AND PULLEYS AT THE SAME TIME.



PROPERLY INSTALLED VIEW

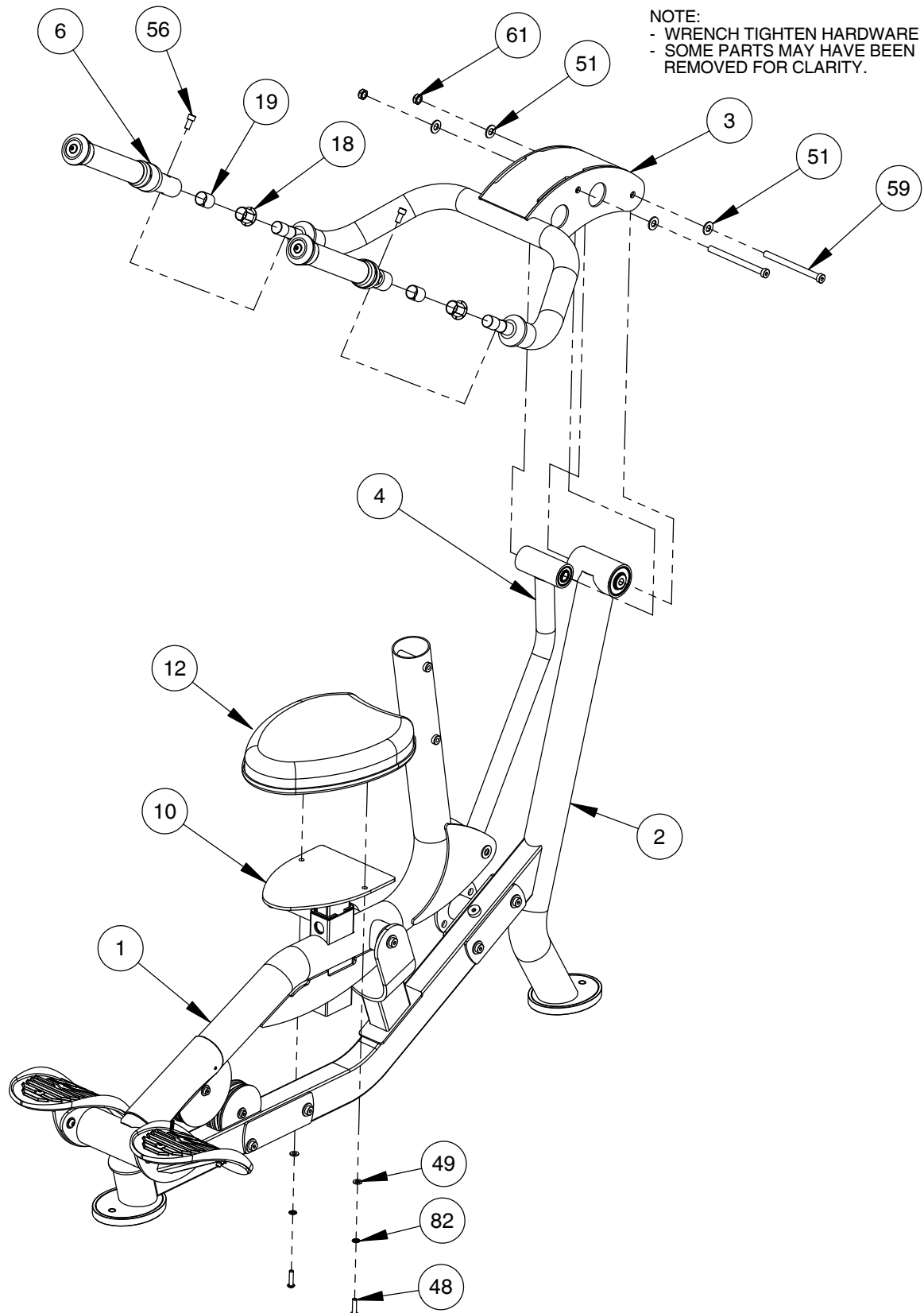
FINE TUNING:

LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

OWNER'S MANUAL

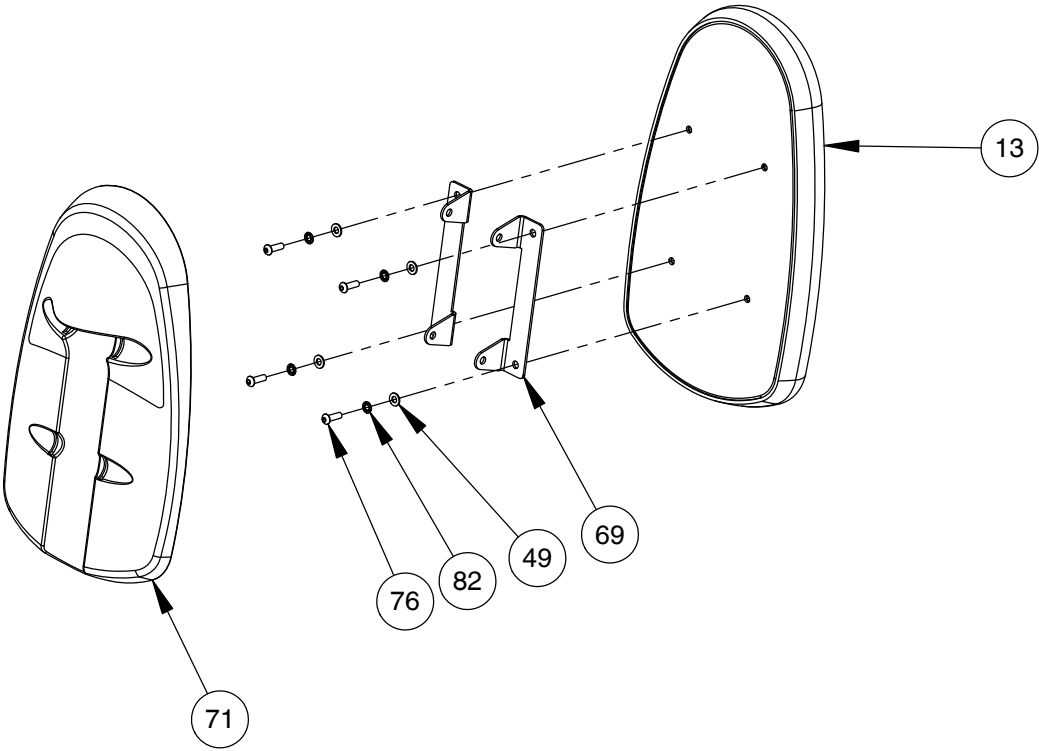
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



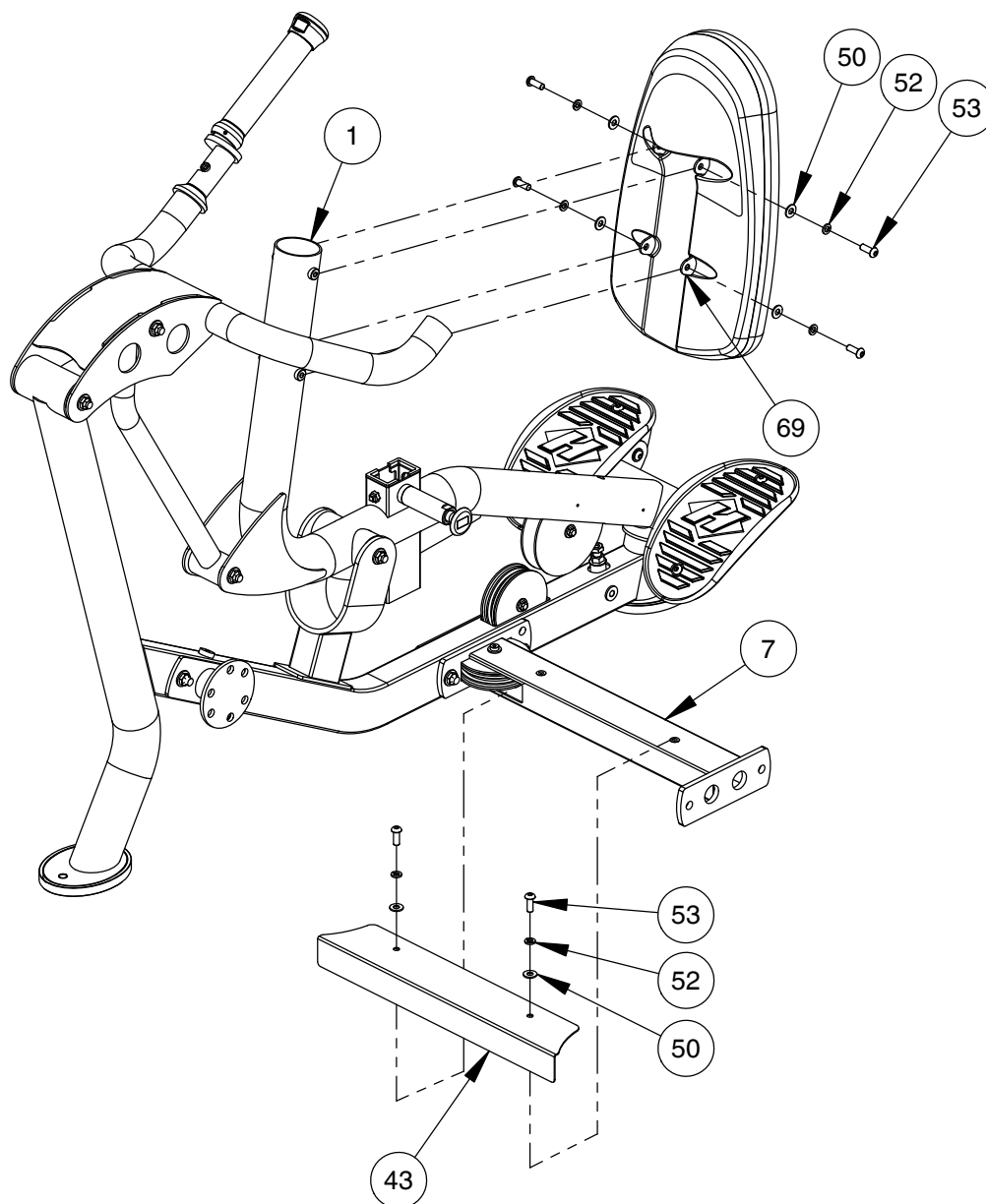
OWNER'S MANUAL

FRAME ASSEMBLY

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

STOP

WHEN FINISHED WITH THIS STEP
PLEASE SEE ROC-IT WEIGHT
CAGE MANUAL FOR FINAL ASSEMBLY.

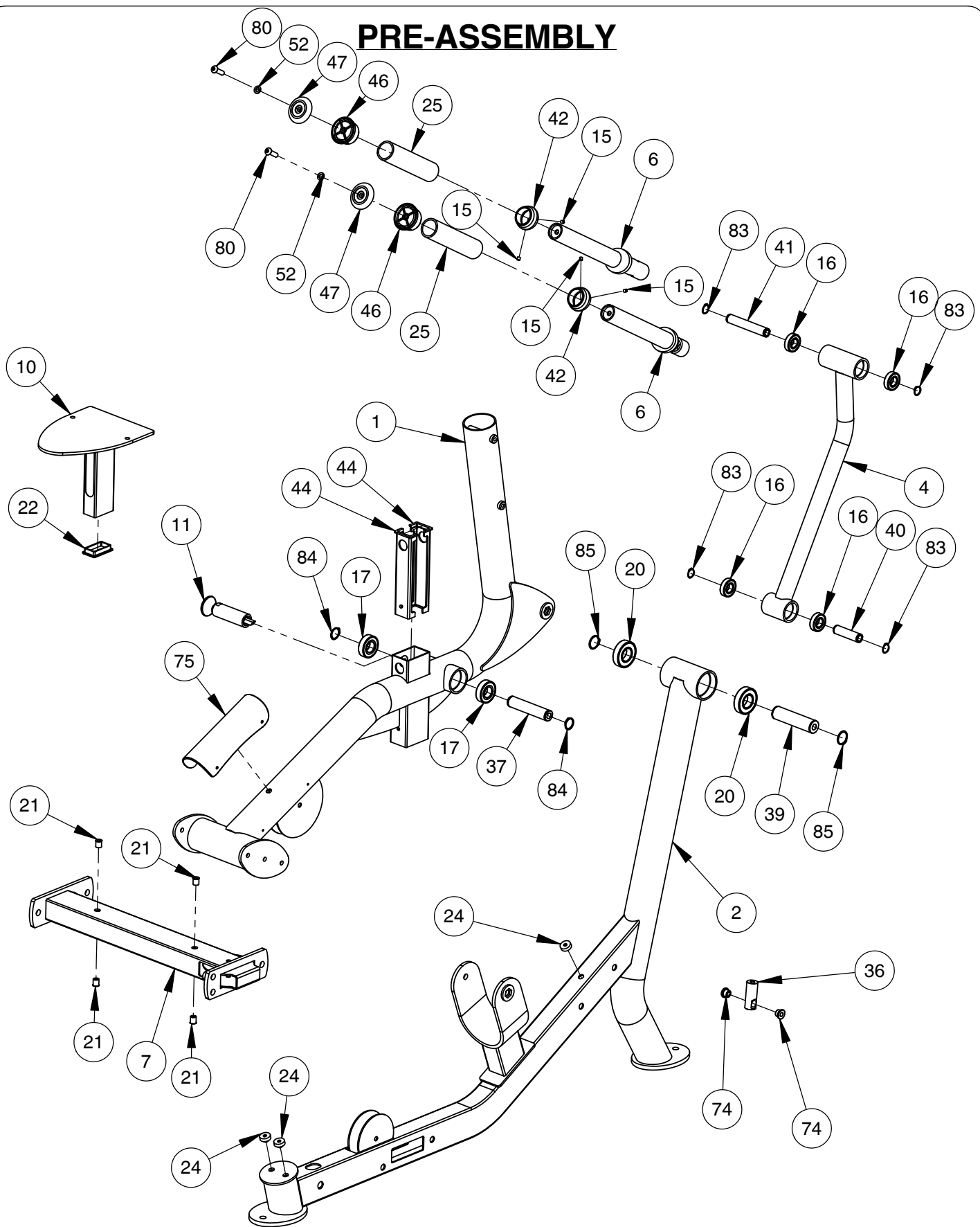


IMPORTANT

NOW THAT THE RS-1101-A MACHINE IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT MAY BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

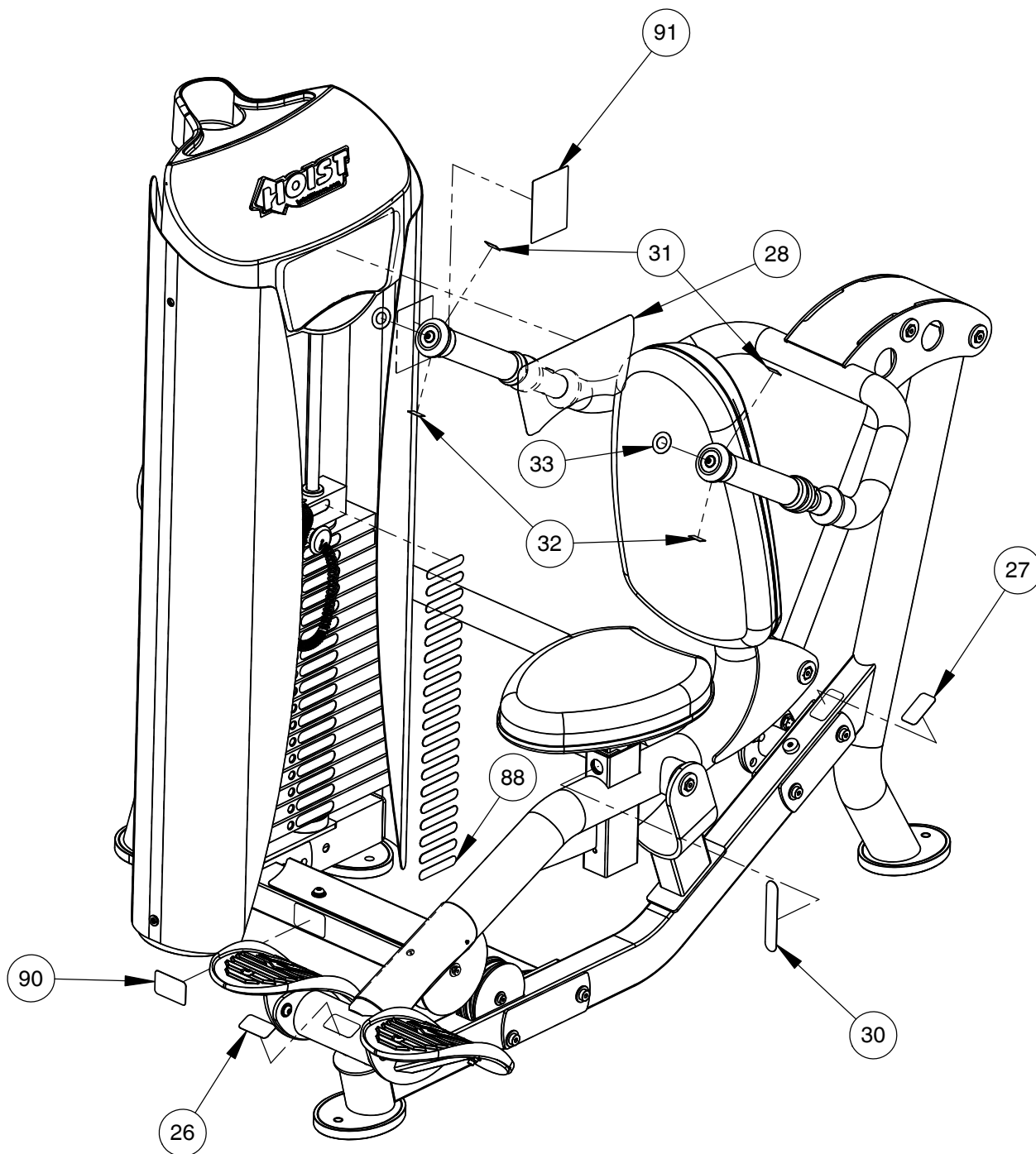
PRE-ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT

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



OWNER'S MANUAL

DECAL REFERENCE



SERIAL # DECAL



021-0003427



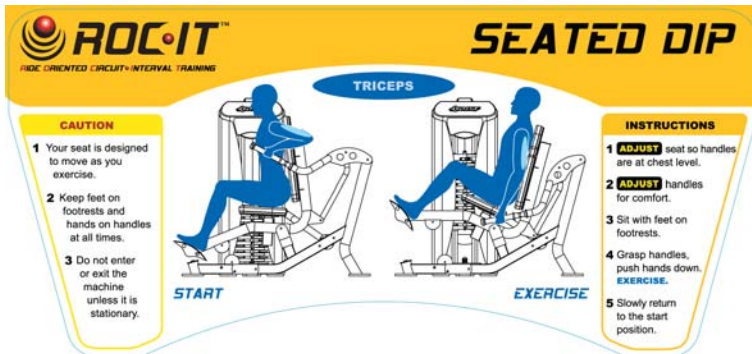
021-0003417



021-0003416

1
2
3
4
5

021-0003544



021-0013300



021-0003322



021-0003093

15 LBS / 7 KGS

165 LBS / 75 KGS

325 LBS / 147 KGS

30 LBS / 14 KGS

185 LBS / 84 KGS

345 LBS / 156 KGS

45 LBS / 20 KGS

205 LBS / 93 KGS

65 LBS / 29 KGS

225 LBS / 102 KGS

85 LBS / 39 KGS

245 LBS / 111 KGS

105 LBS / 48 KGS

265 LBS / 120 KGS

125 LBS / 57 KGS

285 LBS / 129 KGS

145 LBS / 66 KGS

305 LBS / 138 KGS

021-0003934

TO VISIT THE HOIST® MOBILE APPLICATION, SCAN THE QR CODE* BELOW WITH YOUR SMARTPHONE'S CAMERA.

THE APPLICATION PROVIDES A SHORT VIDEO, ALONG WITH ANSWERS TO:

- HOW DO I USE THIS MACHINE?
- WHY DOES THE MACHINE MOVE?
- WHERE IS HOIST ON THE WEB?

SCAN HERE:



* USING YOUR SMARTPHONE, VISIT WWW.HOISTFITNESS.COM/SCAN TO DOWNLOAD A FREE QR CODE SCANNER.

WT-000331 / TS-1101

021-0003851

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X3754	MAIN FRAME ASSEMBLY	1
2	026-01X5655	BASE FRAME ASSEMBLY	1
3	026-01X2373	PRESS ARM ASSEMBLY	1
4	026-01X5656	LINK ASSEMBLY	1
5	026-01X2402	FOOT PLATE ASSEMBLY	2
6	026-01X2447	HANDLE ASSEMBLY	2
7	026-01X2581	CROSS MEMBER ASSEMBLY	1
8	026-01X2596	CROSS BAR ASSEMBLY	1
9	026-01X2598	LINKAGE PLATE ASSEMBLY	1
10	026-01X2600	SEAT ASSEMBLY	1
11	026-01X2849	RACHET PULL-PIN ASSEMBLY	1
12	022-01PD2054-A	SEAT PAD ASSEMBLY	1
13	022-01PD2114-A-M	BACK PAD ASSEMBLY	1
15	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	4
16	014-0012015	BEARING: FLANGELESS ϕ 1.65" O.D. X ϕ .79" I.D. X .47" WIDE	4
17	014-0012014	BEARING: FLANGELESS - 25mm I.D.	2
18	014-0011001	NYLINER BUSHING: ϕ 1.09" O.D. X ϕ 1.00" I.D. X 1.13" LG.	2
19	014-0011002	BUSHING: ϕ 1.09" O.D. X ϕ 1.00" I.D. X 1.13" LG.	2
20	014-0012013	BEARING: BALL BEARING ϕ 2.44" O.D. X ϕ 1.18" I.D.	2
21	014-0014002	3/8-16 FLUSH MOUNT INSERT	4
22	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
23	018-0001003	CABLE PULLEY: ϕ 4.50"	2
24	019-0001001	PLUG BUMPER	3
25	019-0002048	OPEN END GRIP ϕ 1.50" X 7.25" LG.	2
26	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
27	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1
28	021-0013300	PLACARD RS-1101 SEATED DIP	1
30	021-0003544	DECAL ADJUST 1-5 VERTICAL TXT.	1
31	021-0003416	DECAL WIDE	2
32	021-0003417	DECAL NARROW	2
33	021-0003427	DECAL ADJUST	2
34	026-01P3021	BACKING PLATE	1
35	026-01F0256	BACKING PLATE	1

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01M1103	THREADED CABLE ANCHOR Ø1.00" O.D X 2.50" LG.	1
37	026-01M2360	SHAFT - Ø 25mm X 4.71" LG.	1
38	026-01M0760	HEAVY FLANGED SPACER: Ø.67 O.D. X Ø.39 I.D. X .50 LG.	2
39	026-01M2629	SHAFT - Ø 1.181" X 4.71" LG.	1
40	026-01M2661	SHAFT Ø.787" OD X Ø.52" ID X 2.94" LG.	1
41	026-01M2659	SHAFT - Ø 20mm X .52" ID X 4.71 LG.	1
42	026-01M0935	ALUMINIUM RING: Ø1.50" I.D.	2
43	026-01P2650	CABLE SHIELD	1
44	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
45	026-01PL2122	OVAL-SHAPED RUBBER FOOT	2
46	026-01PL2158	PLASTIC KNOB: Ø1.50" - BASE	2
47	026-01PL2159	PLASTIC KNOB: Ø1.50" - CAP	2
48	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	2
49	013-1002010	5/16" SAE FLAT WASHER (Ni)	6
50	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	28
51	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	30
52	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	8
53	011-0701020	3/8"-16UNC X 1.00" BHCS (Ni)	14
55	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	1
56	011-0701085	3/8"-16UNC X .75 SHCS (Ni)	2
57	011-0704001	3/8-16UNC X .75" SQUARE HEAD (Ni)	1
58	011-0116116	1/2"-13UNC X 3.25" LOW HEAD SHCS (Ni)	6
59	011-0116126	1/2"-13UNC X 5.75" LOW HEAD SHCS (Ni)	2
60	011-0116108	1/2"-13UNC X 1.25" LOW HEAD SHCS (Ni)	3
61	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	15
62	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	11
63	010-01C0636	CABLE ASSEMBLY RS-1101-A - 133 11/16"LG.	1
64	ROC-IT WEIGHT CAGE - A2	ROC-IT WEIGHT CAGE	1
66	026-01P2653	'H' PLATE	1
67	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	2
69	026-01P2929	BACK BRACKET MOUNT	2

OWNER'S MANUAL

PART LIST CONTINUED

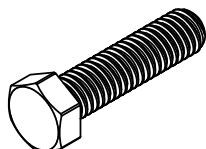
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	026-01PL2511	BACK PAD PLASTIC BACKING	1
72	011-0116119	1/2"-13UNC X 4.00" LOW HEAD SHCS (Ni)	1
73	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
74	014-0101020	BUSHING: OILITE FLANGED Ø.63" O.D. X Ø.38" I.D. X .50" LG.	2
75	026-01PL2520	PLASTIC SCUFF GUARD WITH RIVETS	1
76	011-0701003	5/16"-18UNC X 1.00" BHCS (Ni)	4
77	026-01M1137	CABLE ANCHOR SHAFT Ø.38"O.D. X 3.06" LG.	1
78	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	2
80	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	2
82	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	6
83	014-0012017	SNAP RING - 20mm EXTERNAL	4
84	014-0012018	SNAP RING - 25mm EXTERNAL	2
85	014-0012019	SNAP RING - 30mm EXTERNAL	2
86	018-0002017	PULLEY 6.00" OD	1
87	011-0116127	1/2"-13UNC X 6.00" LOW HEAD SHCS (Ni)	1
88	021-0003934	RS WEIGHT STACK DECAL #2	1
90	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
91	021-0003851	PLACARD ROC-IT SEATED DIP	1
92	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	2

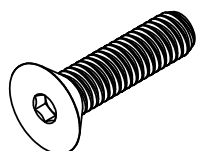
OWNER'S MANUAL

ABBREVIATIONS

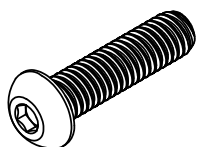
BZ = Black Zinc
WZ = White Zinc
SS = Stainless Steel
Ni = Nickel Plated



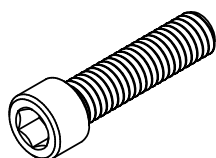
HHB = Hex Head Bolt



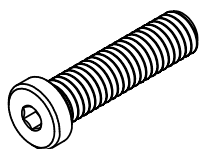
FHCS = Flat Head Cap Screw



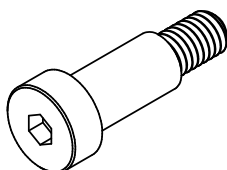
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



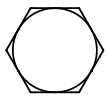
Low Head SHCS = Low Head Socket
Head Cap Screw



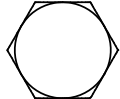
SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

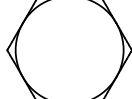
BOLT SIZING CHART



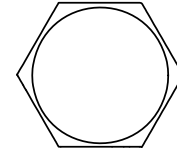
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



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



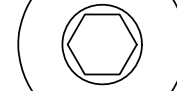
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



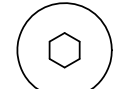
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



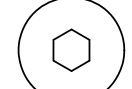
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



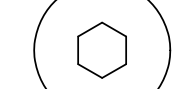
1/4" LOW HEAD SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



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



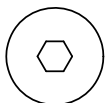
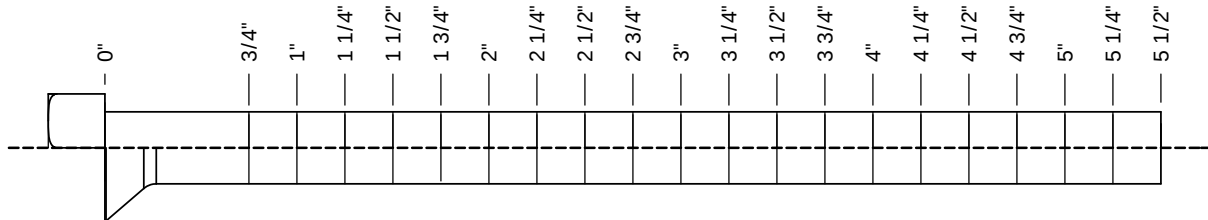
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs



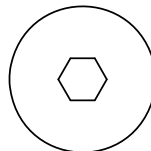
5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs



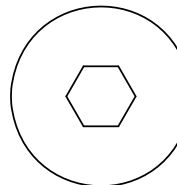
3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs



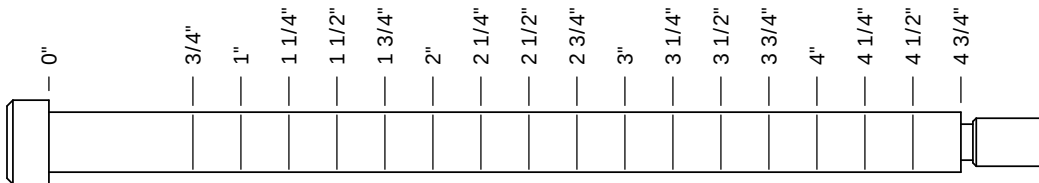
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



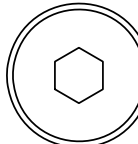
1/2" FHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



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



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

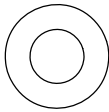


3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

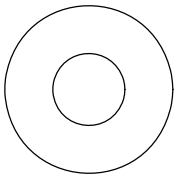
OWNER'S MANUAL

WASHER SIZING CHART

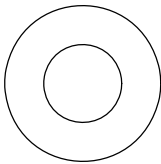
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



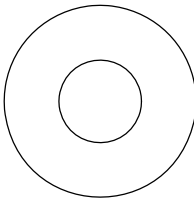
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



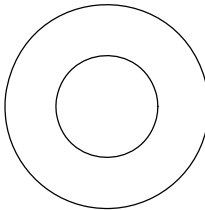
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



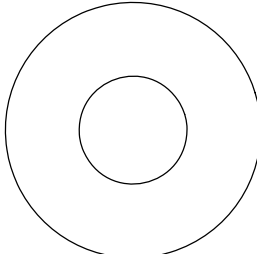
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



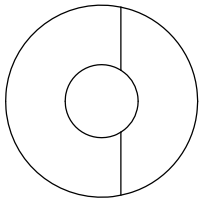
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



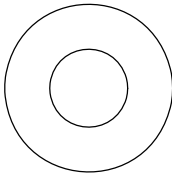
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



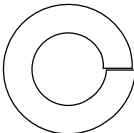
013-0402007
3/8"
FLAT WASHER
22mm O.D.



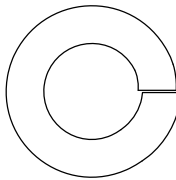
013-0102019
1/4"
LOCK WASHER



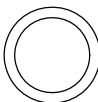
013-0102020
3/8"
LOCK WASHER



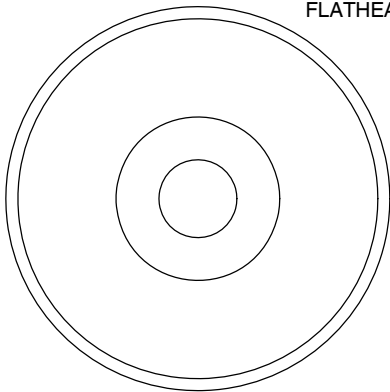
013-0102018
1/2"
LOCK WASHER



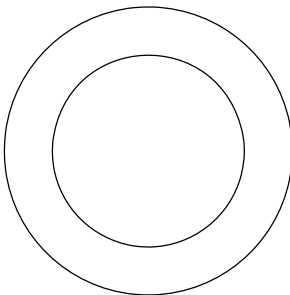
014-0018001
1/2" LONG
SPACER



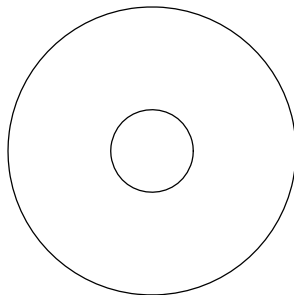
026-01M0238
2" ALUMINUM
FLATHEAD CAP



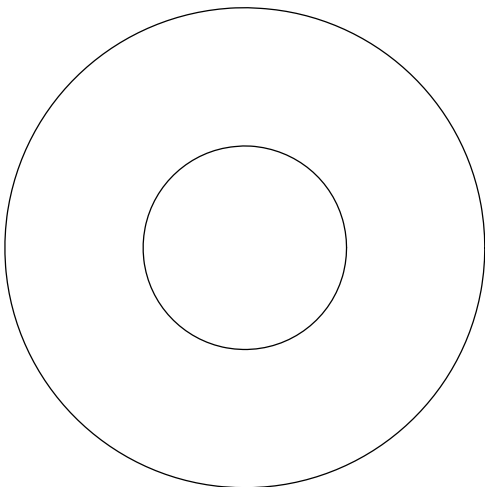
016-0009003
1" SHIM WASHER



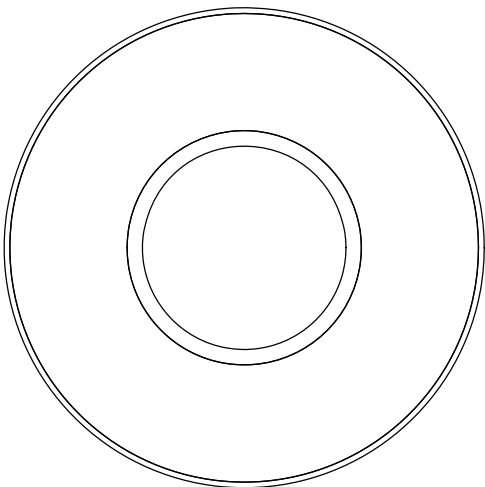
013-0003002
3/8" FENDER WASHER



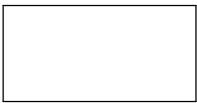
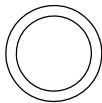
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



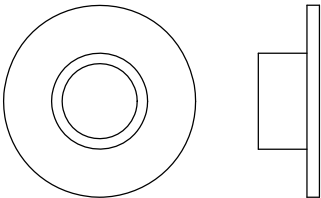
014-0018002
1" LONG
SPACER



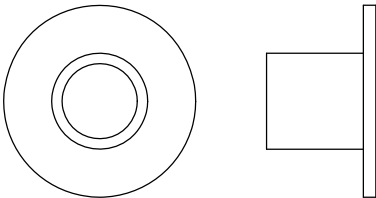
OWNER'S MANUAL

WASHER SIZING CHART
(CONTINUED)

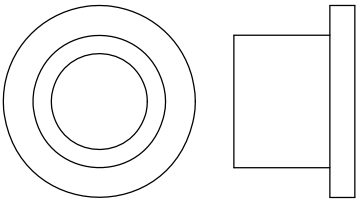
026-01M0211
1/4" LONG
FLANGED SPACER



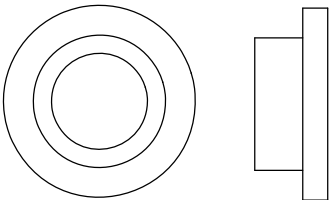
026-01M0198
1/2" LONG
FLANGED SPACER



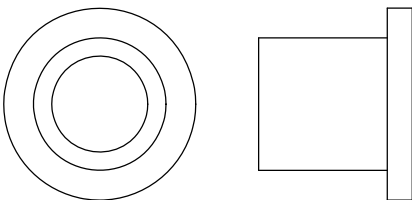
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



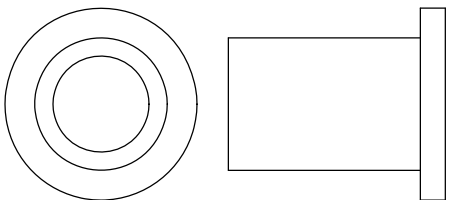
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



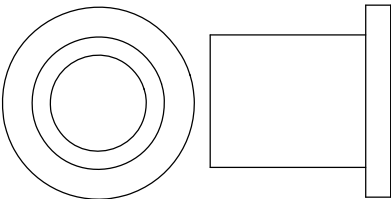
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



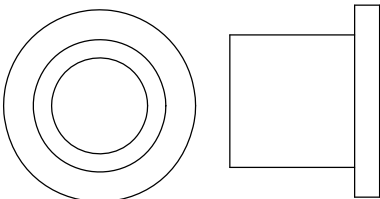
026-01M0551
1" LONG HEAVY
FLANGED SPACER



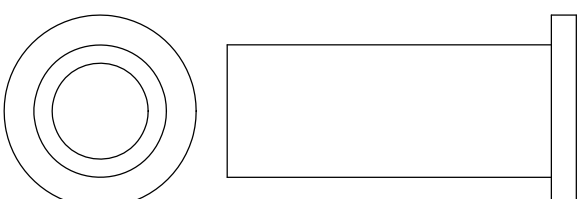
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



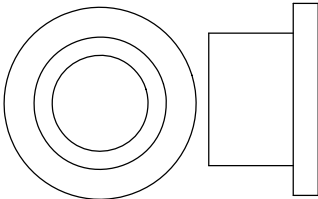
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



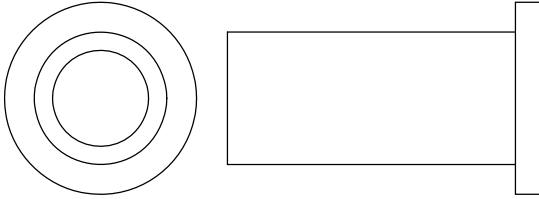
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



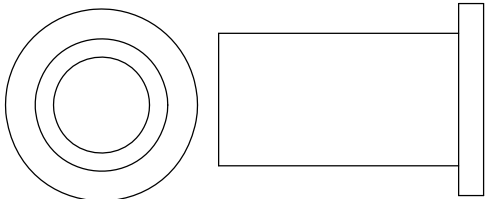
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



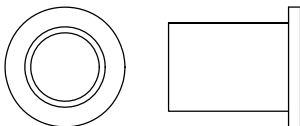
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



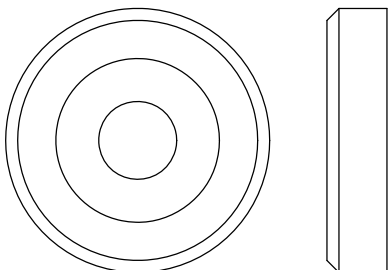
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



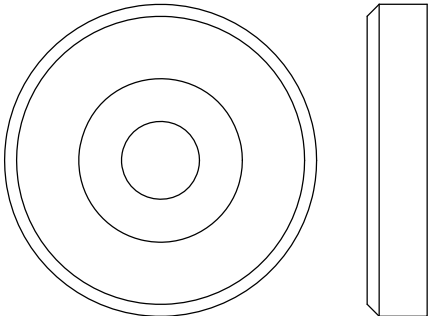
026-01M0600
.625" LONG
FLANGED SPACER



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



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



OWNER'S MANUAL

MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>									
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.*

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 RS-1101-A 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 RS-1101-A 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 RS-1101-A HOIST® Fitness System!

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
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.

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