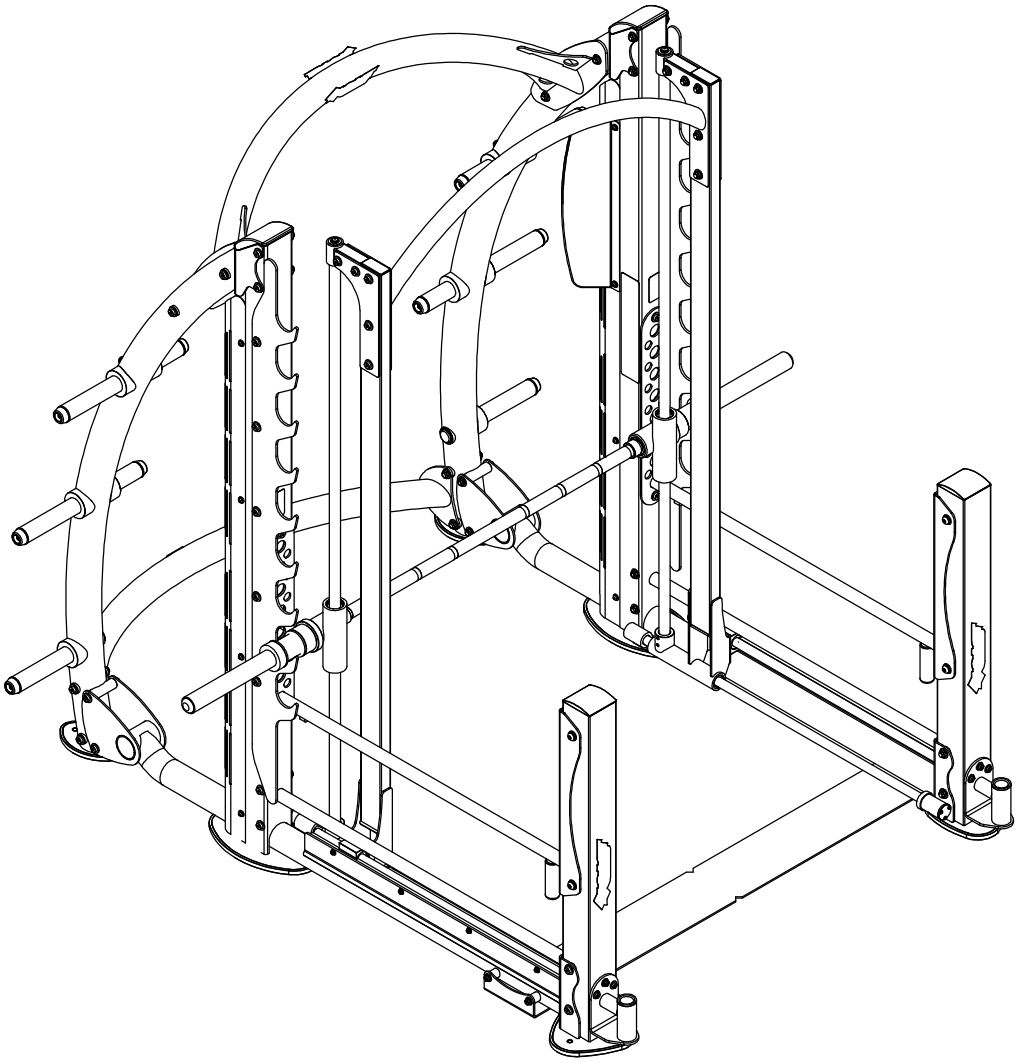
OWNER'S MANUAL

HOIST®

HOISTFITNESS.COM

CF-3754

DUAL ACTION SMITH



****WARNING!****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" 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

B09

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

www.facebook.com/hoistfitness

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INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

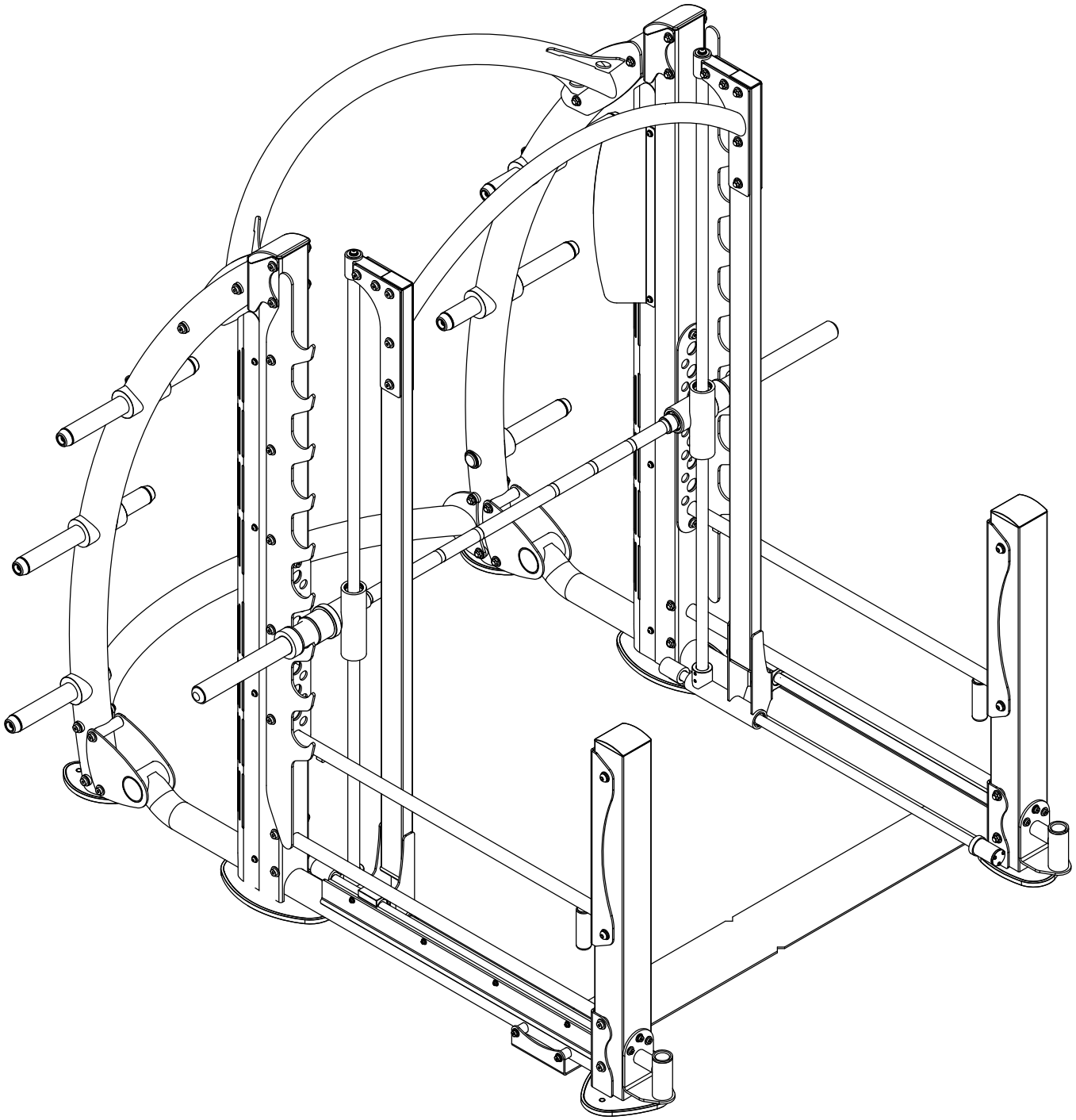
Level

Hex Key Wrench Set

Two People

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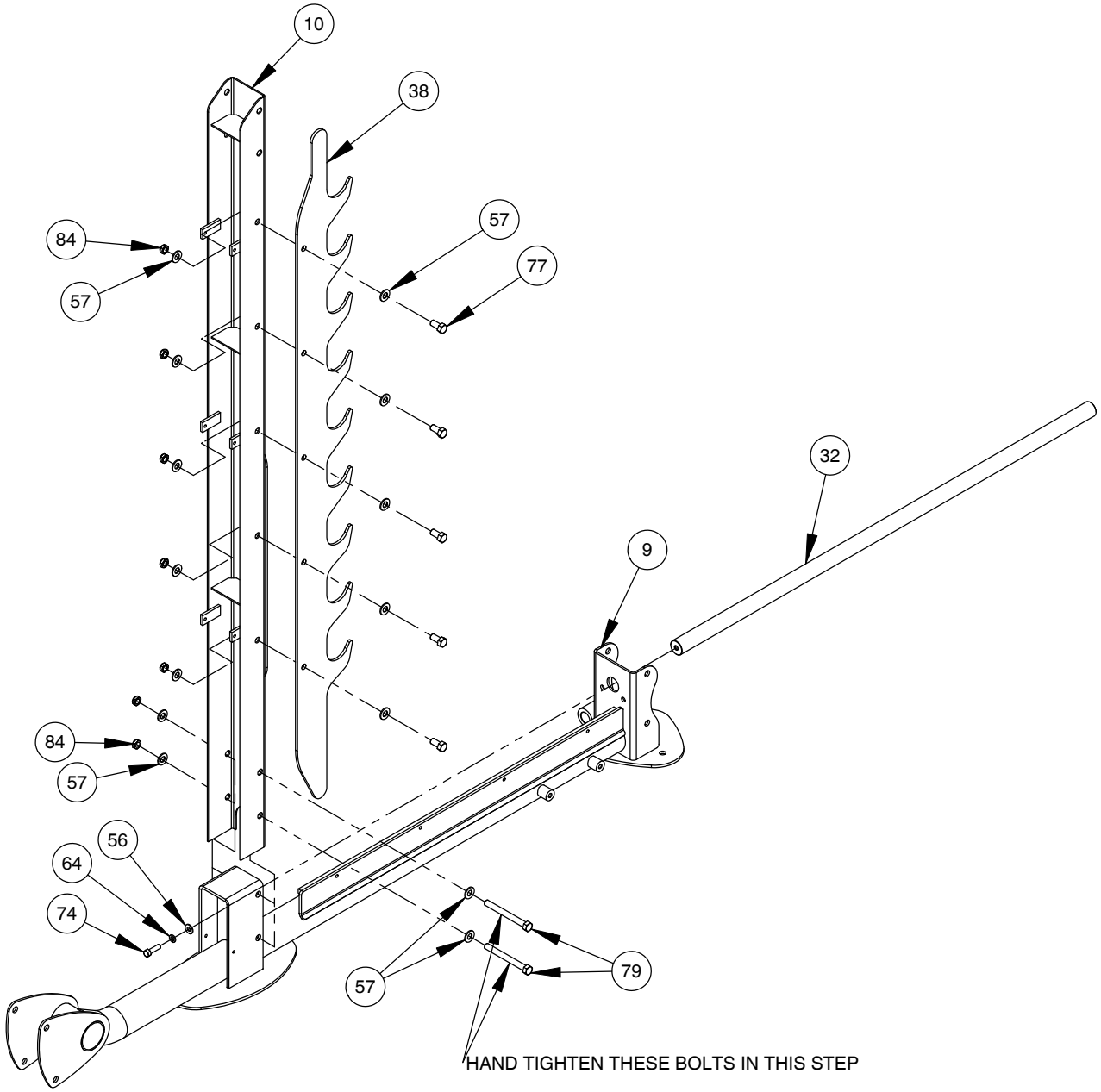
FRAME ASSEMBLY



FRAME ASSEMBLY

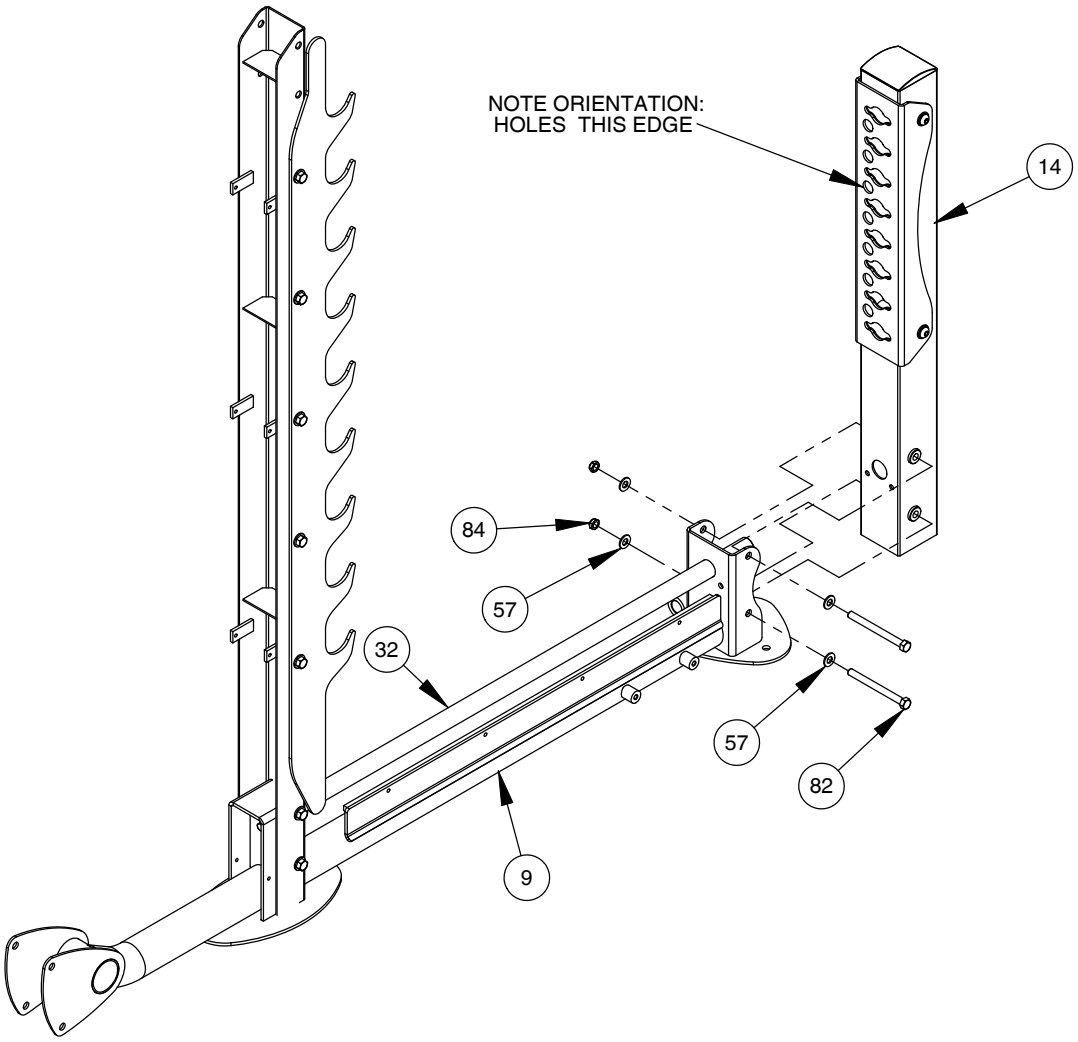
NOTE:
- WRENCH TIGHTEN HARDWARE EXCEPT FOR (2) LOWER BOLTS #79. HAND TIGHTEN THEM. THEY WILL BE WRENCH TIGHTENED IN A LATER STEP.

- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



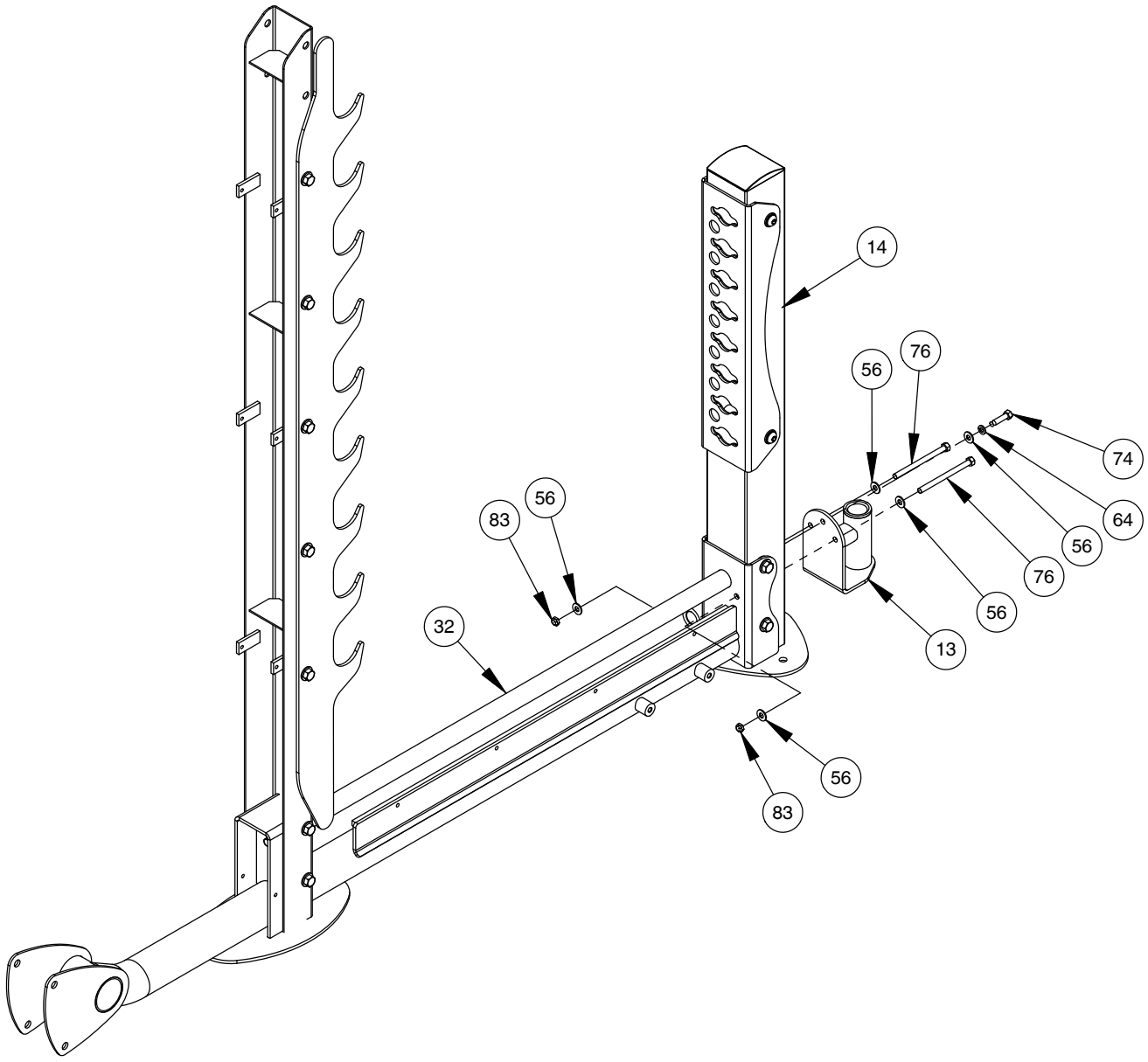
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



FRAME ASSEMBLY

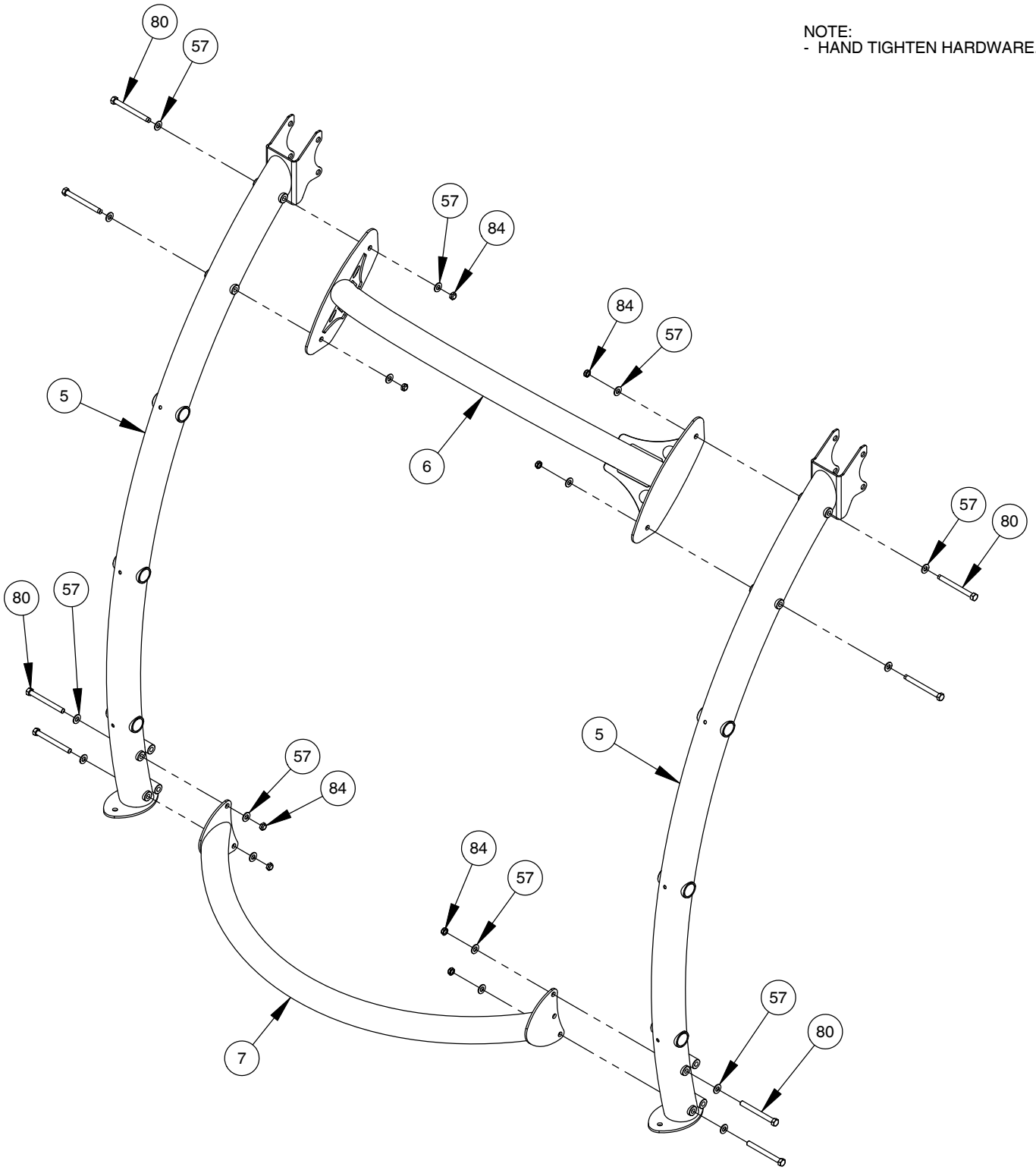
NOTE:
- WRENCH TIGHTEN HARDWARE AND ALSO THE BOLTS HAND TIGHTENED ON PAGE 06.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



FRAME ASSEMBLY

BE SURE TO ALWAYS SUPPORT UPRIGHTS (5) THROUGH THE FOLLOWING STEPS UNTIL ASSEMBLY IS SECURED.
FAILURE TO FOLLOW THESE DIRECTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:
- HAND TIGHTEN HARDWARE.

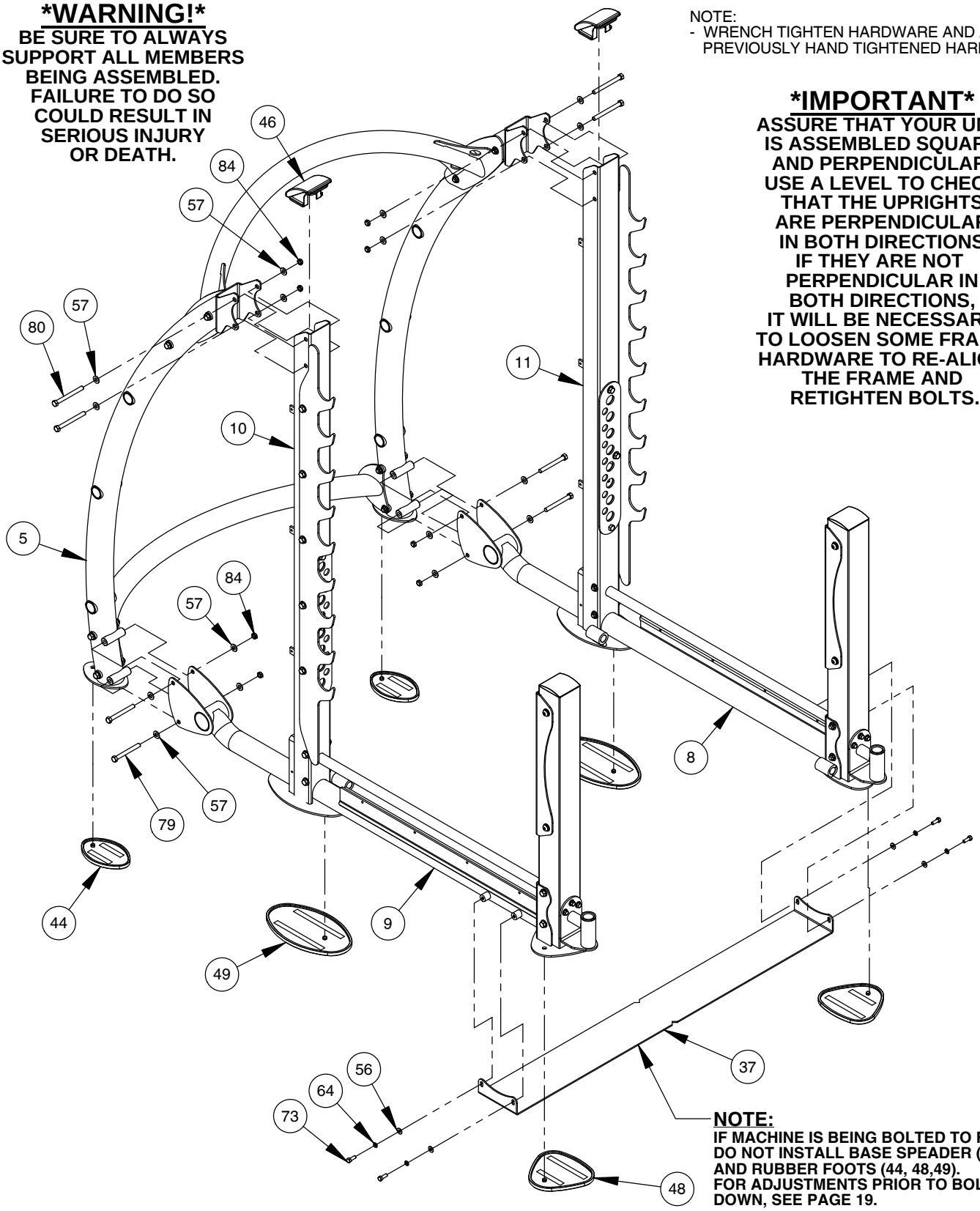


FRAME ASSEMBLY

WARNING!
BE SURE TO ALWAYS SUPPORT ALL MEMBERS BEING ASSEMBLED. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.

NOTE:
- WRENCH TIGHTEN HARDWARE AND ALL PREVIOUSLY HAND TIGHTENED HARDWARE.

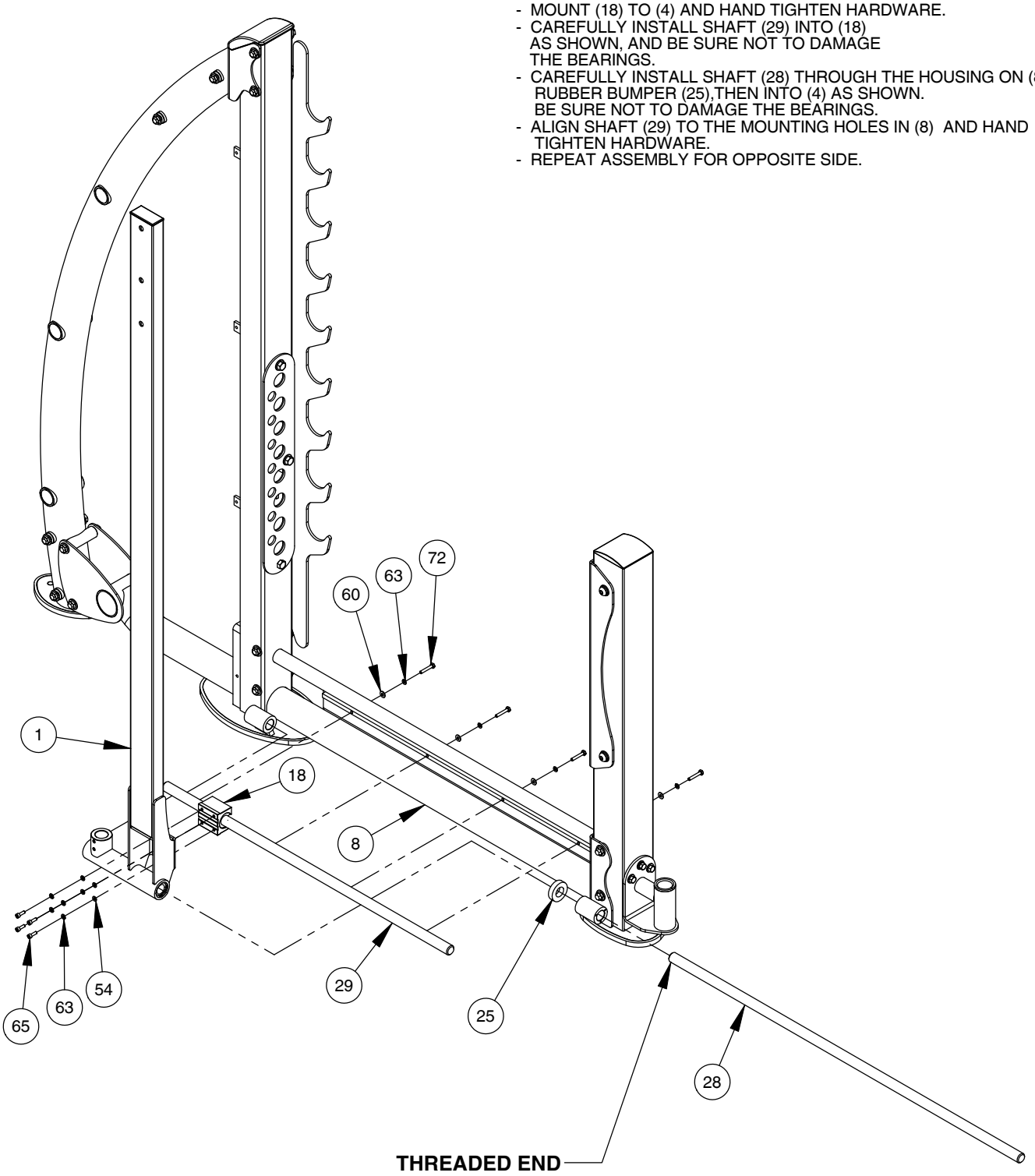
IMPORTANT
ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE UPRIGHTS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.



NOTE:
IF MACHINE IS BEING BOLTED TO FLOOR, DO NOT INSTALL BASE SPEADER (37) AND RUBBER FOOTS (44, 48,49). FOR ADJUSTMENTS PRIOR TO BOLTING DOWN, SEE PAGE 19.

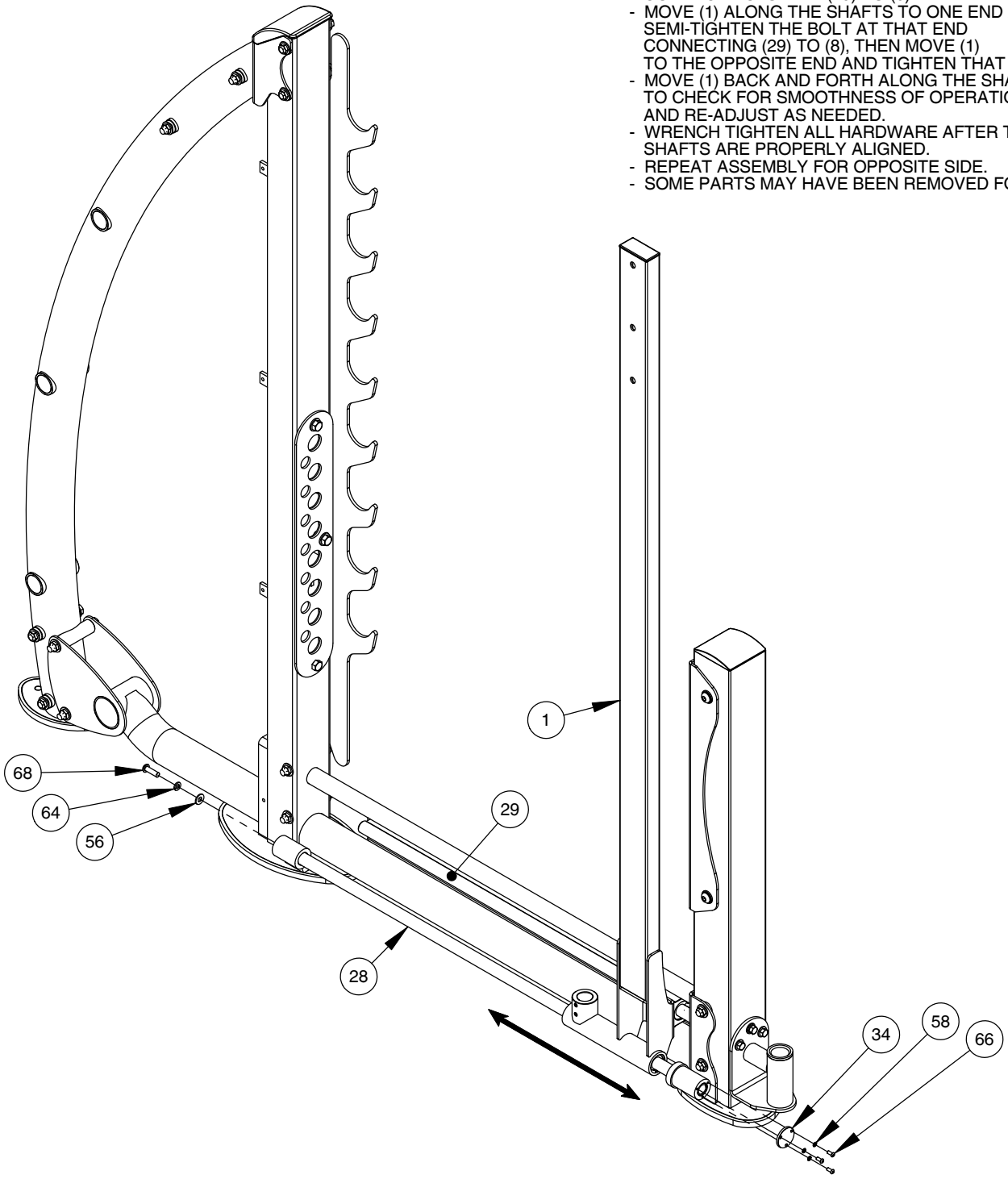
FRAME ASSEMBLY

NOTE:
- MOUNT (18) TO (4) AND HAND TIGHTEN HARDWARE.
- CAREFULLY INSTALL SHAFT (29) INTO (18) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.
- CAREFULLY INSTALL SHAFT (28) THROUGH THE HOUSING ON (8), RUBBER BUMPER (25),THEN INTO (4) AS SHOWN. BE SURE NOT TO DAMAGE THE BEARINGS.
- ALIGN SHAFT (29) TO THE MOUNTING HOLES IN (8) AND HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



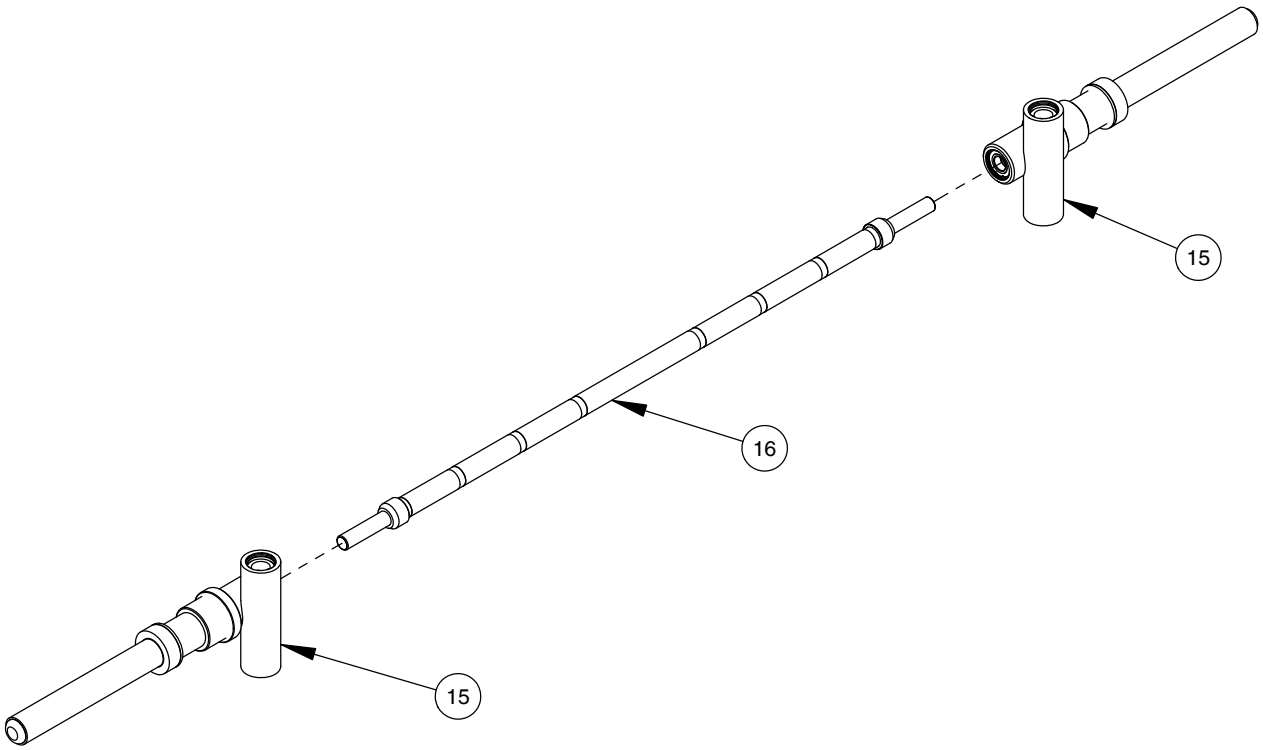
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE TO SECURE (28).
- NOW THE HARDWARE FROM PAGE 1O NEEDS TO BE TIGHTENED IN SEQUENCE TO ALIGN THE SHAFTS. MOVE (1) TO THE MIDDLE OF SHAFT (28) AND SEMI-TIGHTEN THE HARDWARE CONNECTING (18) TO (1) AND ALSO THE TWO MIDDLE BOLTS CONNECTING SHAFT (29) TO (8).
- MOVE (1) ALONG THE SHAFTS TO ONE END AND SEMI-TIGHTEN THE BOLT AT THAT END CONNECTING (29) TO (8), THEN MOVE (1) TO THE OPPOSITE END AND TIGHTEN THAT BOLT.
- MOVE (1) BACK AND FORTH ALONG THE SHAFT TO CHECK FOR SMOOTHNESS OF OPERATION AND RE-ADJUST AS NEEDED.
- WRENCH TIGHTEN ALL HARDWARE AFTER THE SHAFTS ARE PROPERLY ALIGNED.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



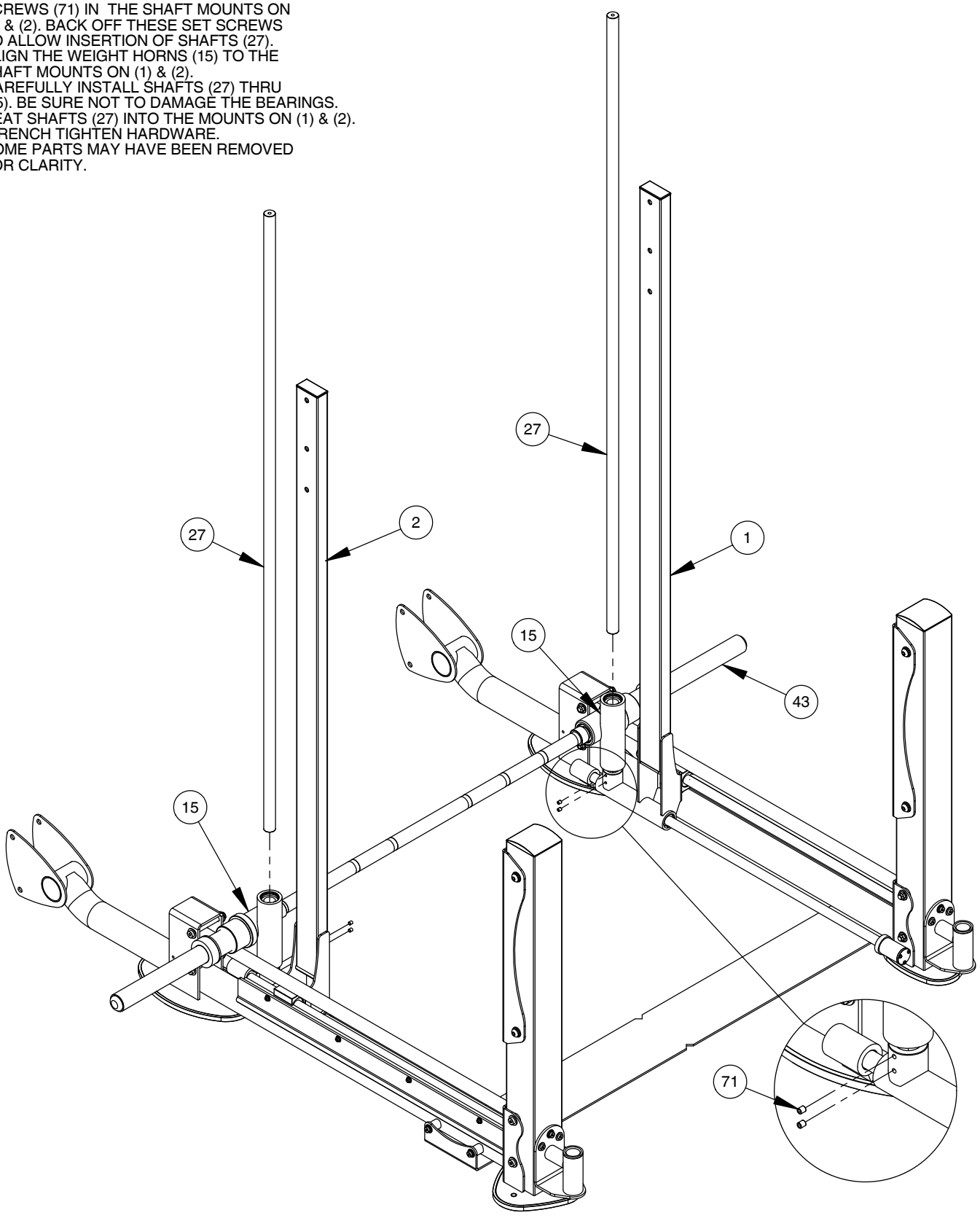
FRAME ASSEMBLY

NOTE:
- ASSEMBLE WEIGHT HORNS (15) ONTO THE WEIGHT BAR (16).



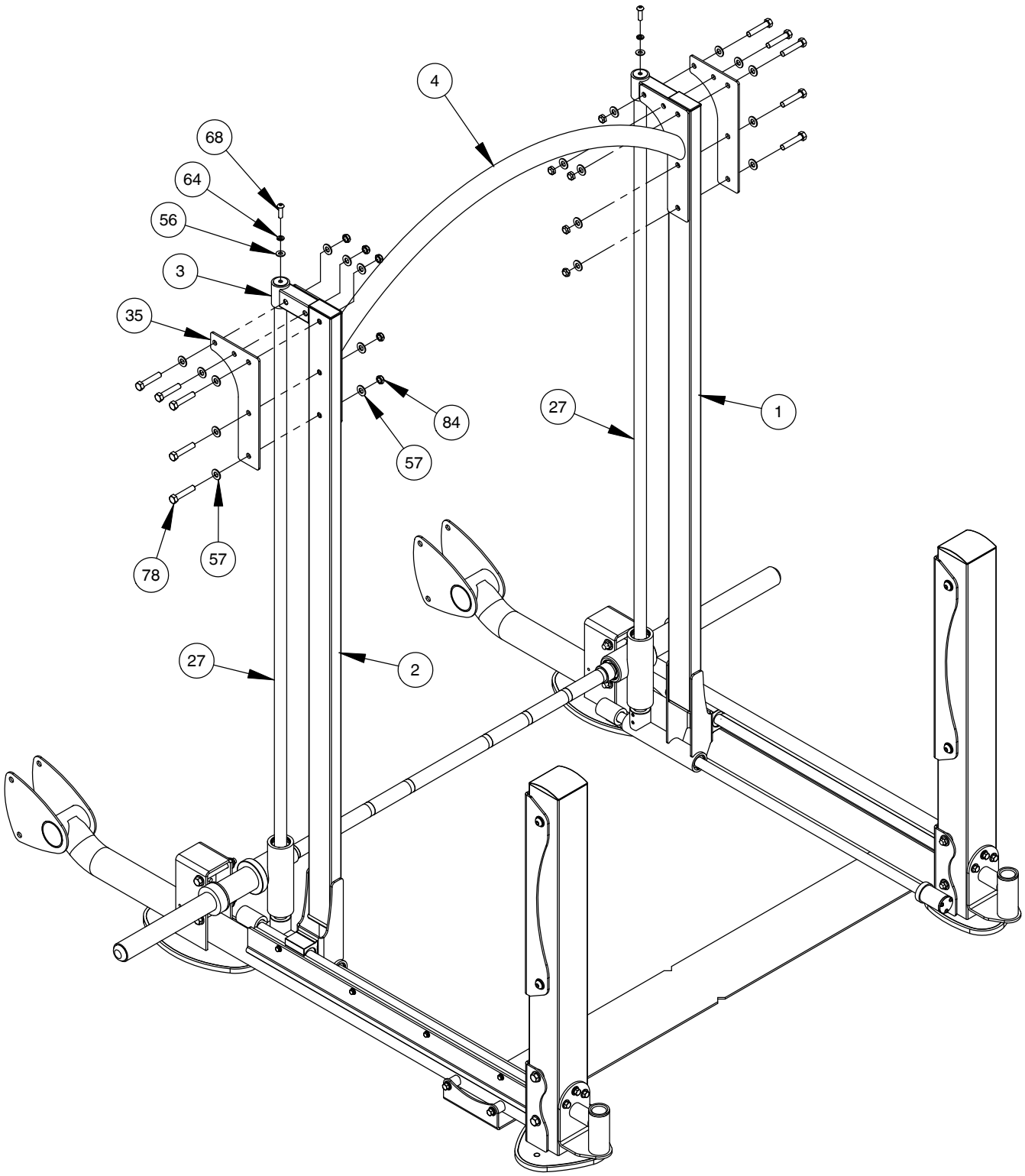
FRAME ASSEMBLY

NOTE:
- THERE ARE PREVIOUSLY INSTALLED SET SCREWS (71) IN THE SHAFT MOUNTS ON (1) & (2). BACK OFF THESE SET SCREWS TO ALLOW INSERTION OF SHAFTS (27).
- ALIGN THE WEIGHT HORNS (15) TO THE SHAFT MOUNTS ON (1) & (2).
- CAREFULLY INSTALL SHAFTS (27) THRU (15). BE SURE NOT TO DAMAGE THE BEARINGS.
- SEAT SHAFTS (27) INTO THE MOUNTS ON (1) & (2).
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



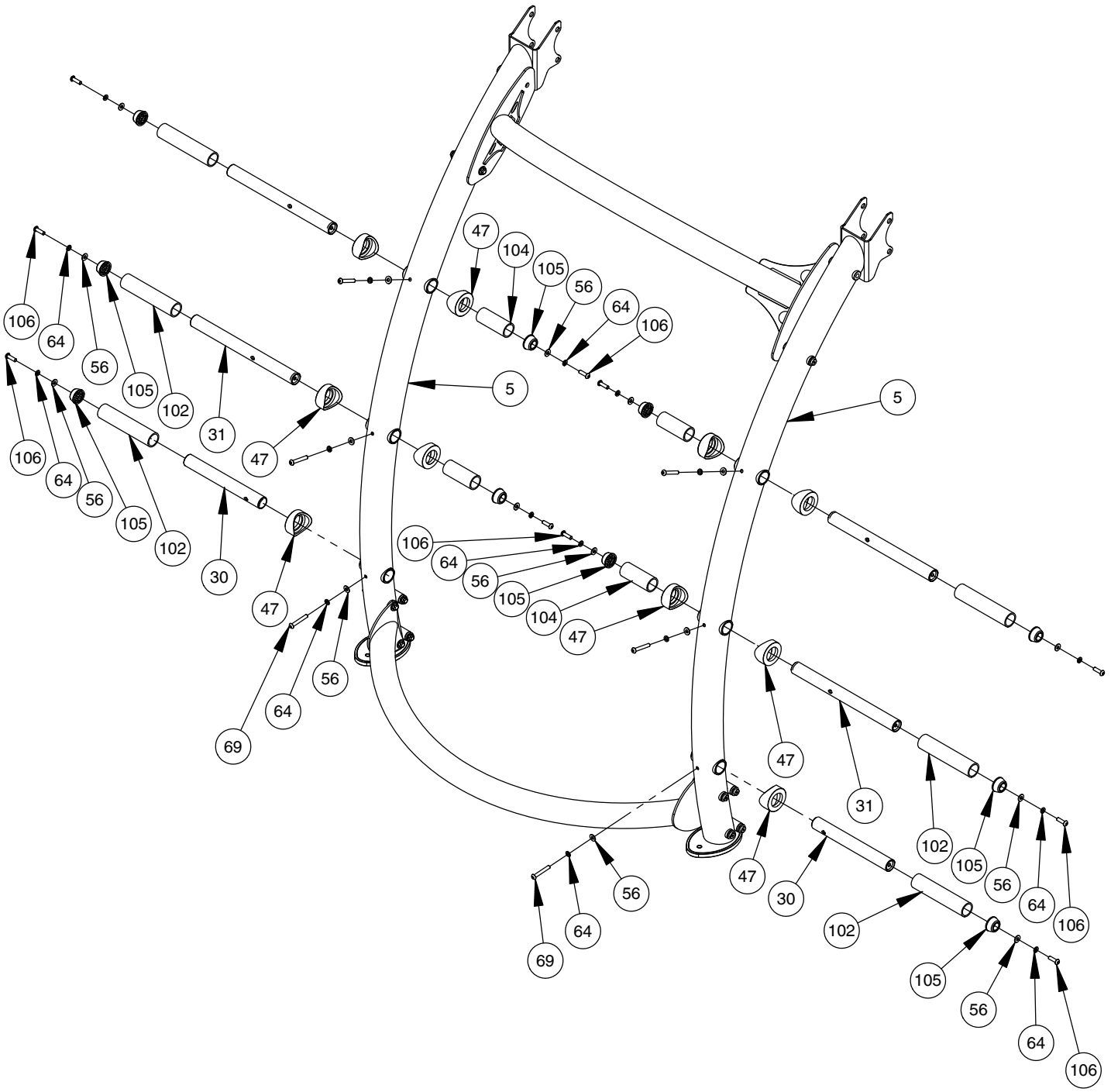
FRAME ASSEMBLY

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



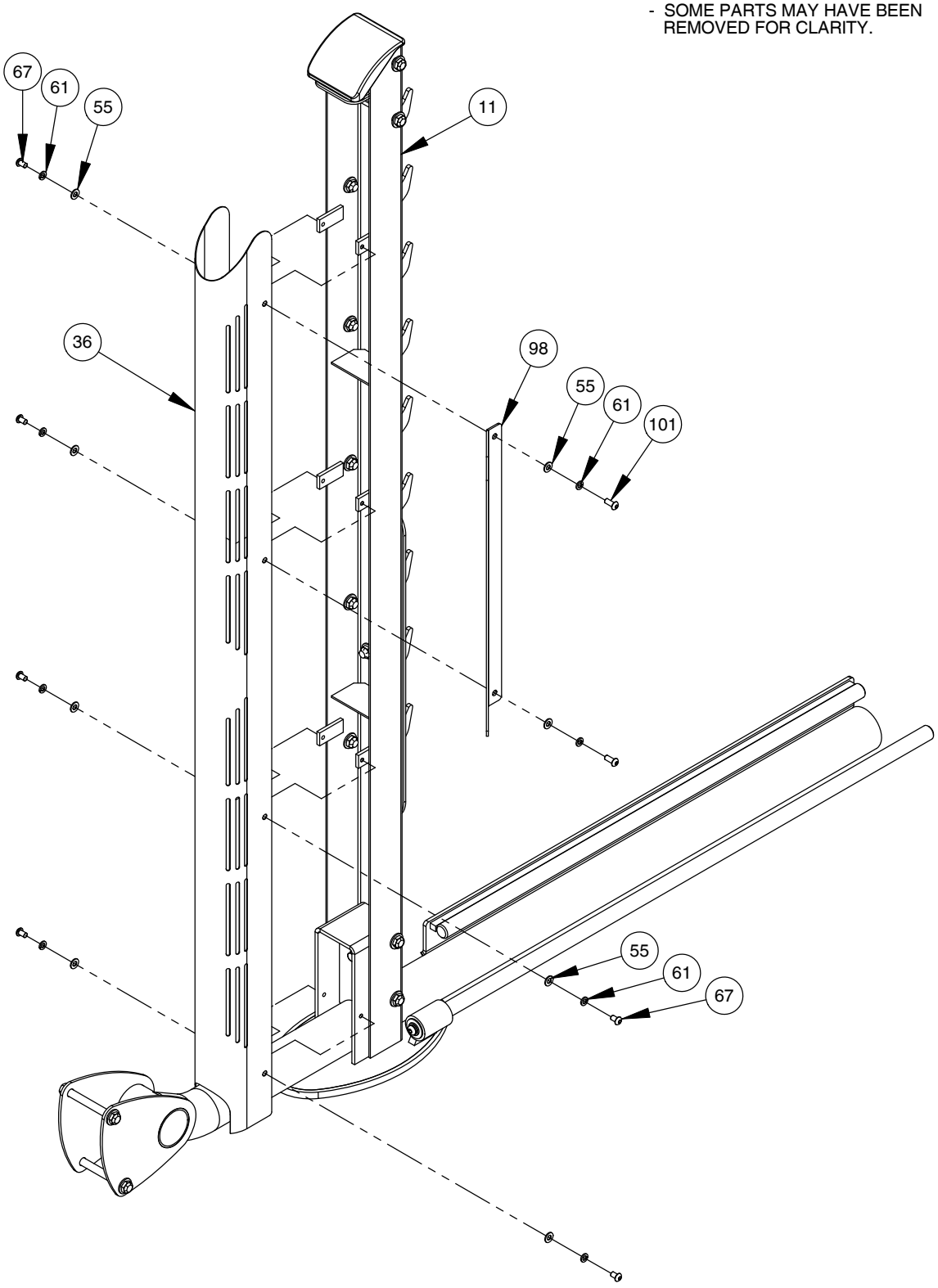
FRAME ASSEMBLY

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

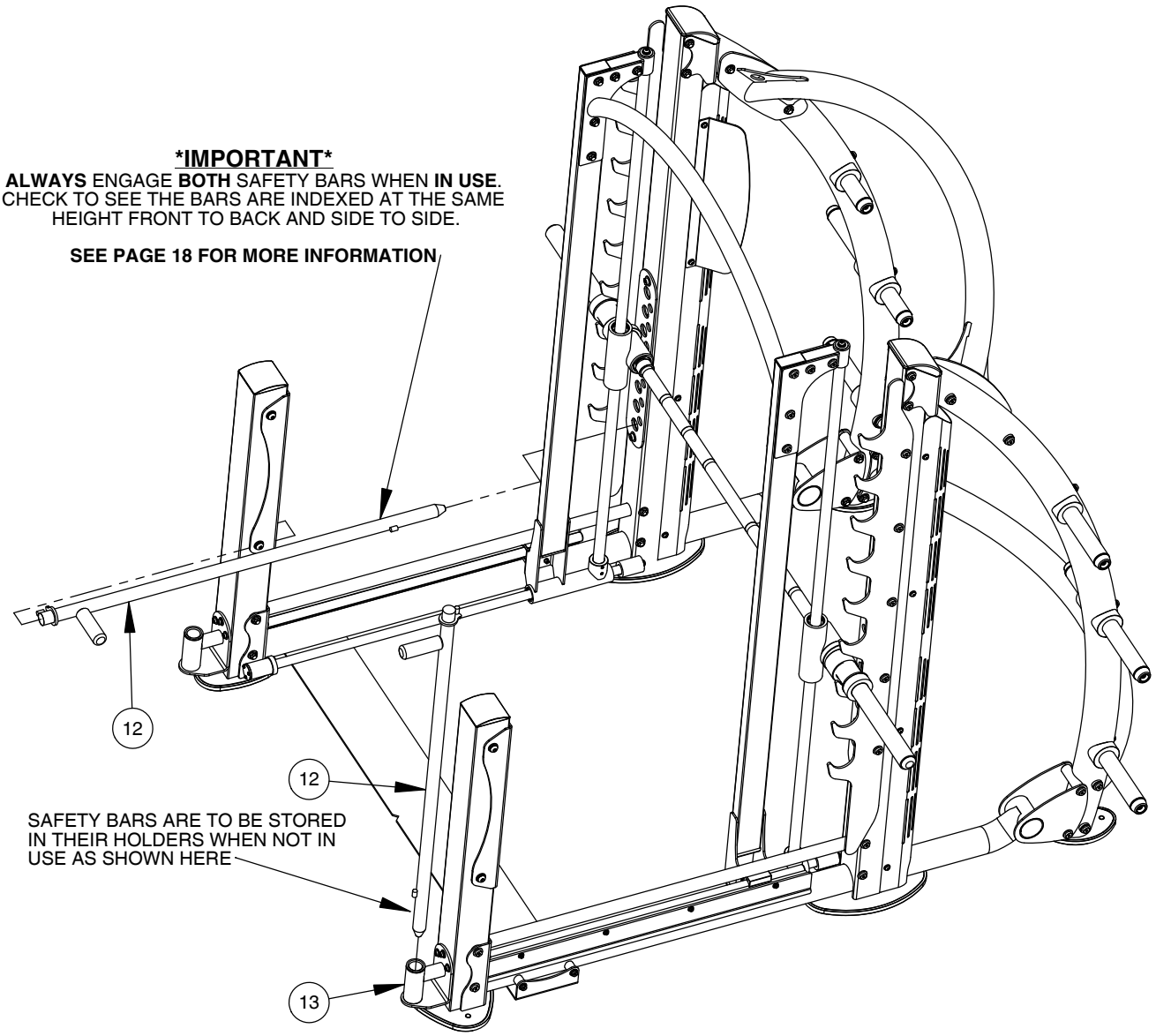


FRAME ASSEMBLY

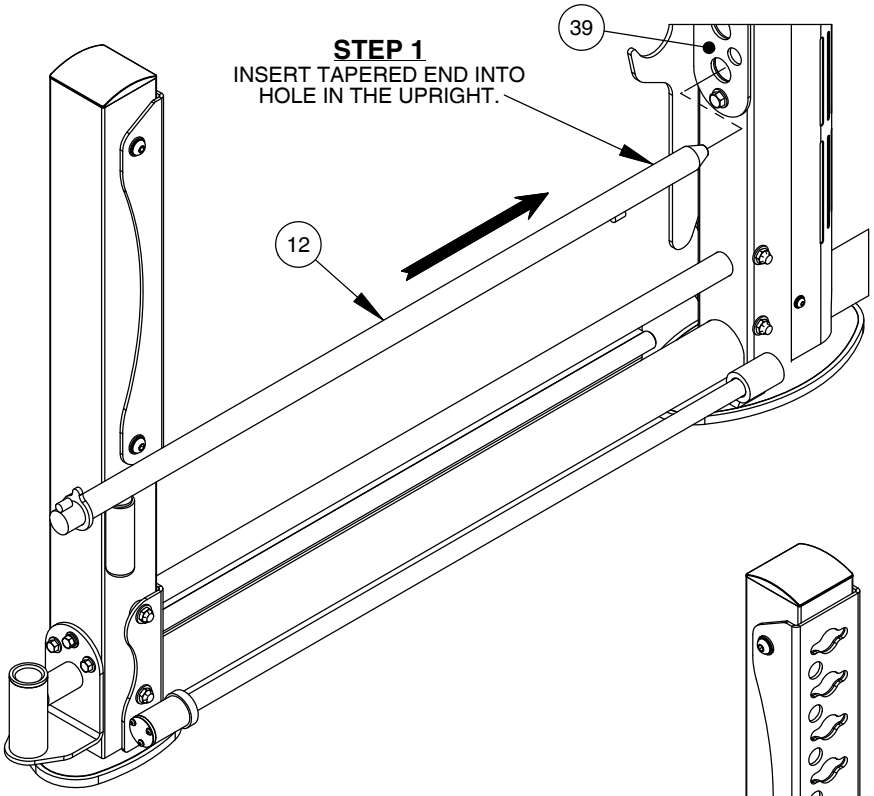
NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY



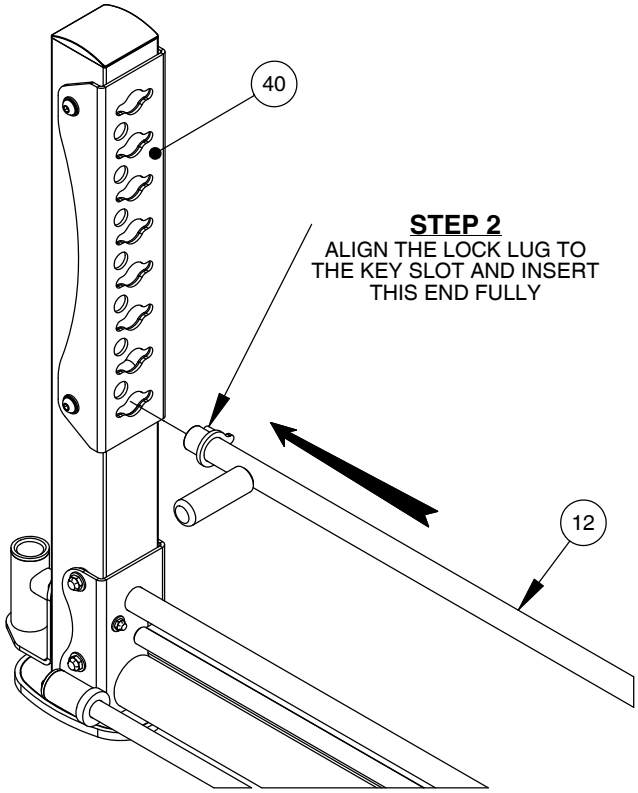
FRAME ASSEMBLY



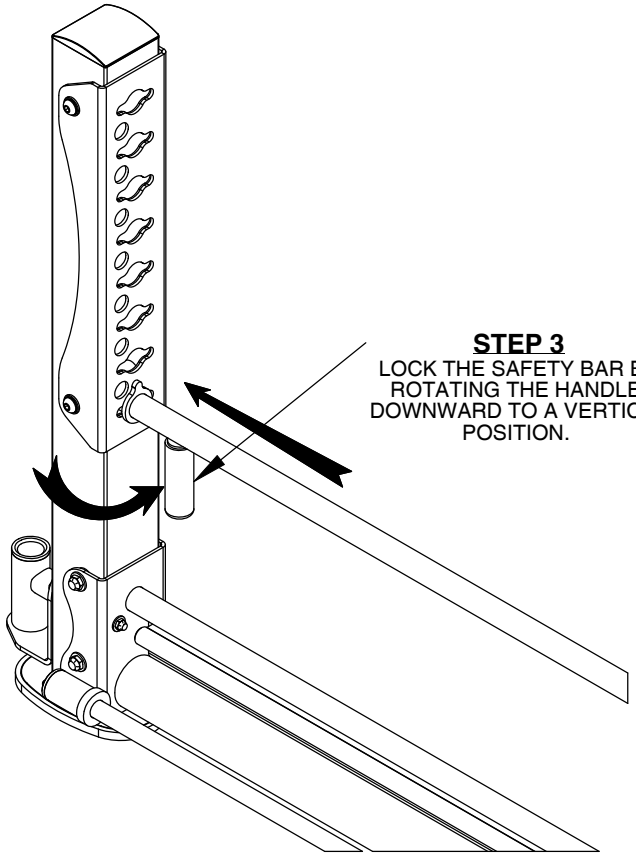
STEP 1
INSERT TAPERED END INTO HOLE IN THE UPRIGHT.

IMPORTANT

- TO USE THE SAFETY BARS THEY MUST BE LOCKED IN PLACE. FOLLOW STEPS 1 THRU 3.
- TO UNLOCK AND REMOVE SAFETY BARS REVERSE STEPS 1 THRU 3.
- ALWAYS ENGAGE BOTH SAFETY BARS WHEN IN USE.
- CHECK TO SEE THE BARS ARE INDEXED AT THE SAME HEIGHT FRONT TO BACK AND SIDE TO SIDE.

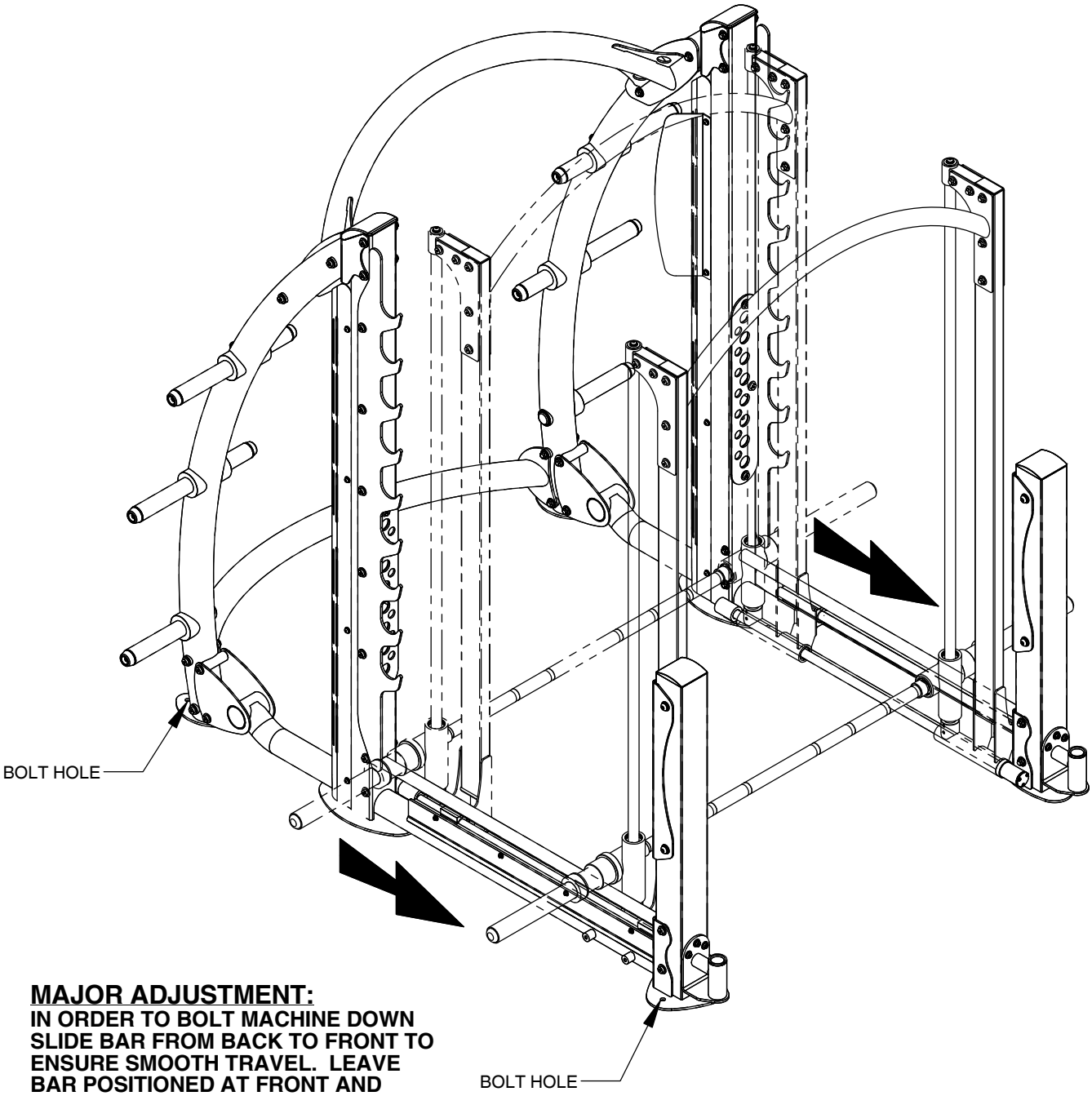


STEP 2
ALIGN THE LOCK LUG TO THE KEY SLOT AND INSERT THIS END FULLY



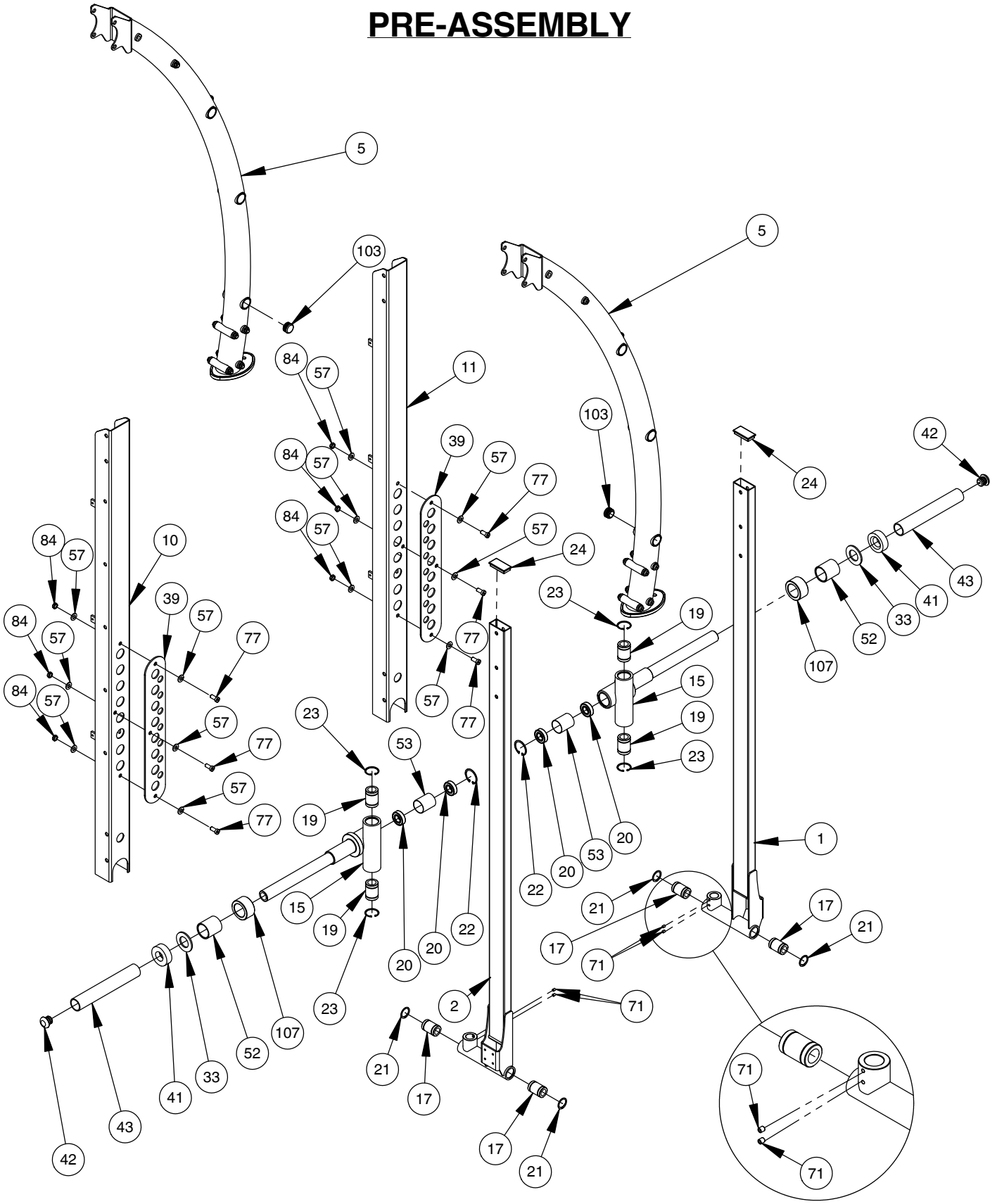
STEP 3
LOCK THE SAFETY BAR BY ROTATING THE HANDLE DOWNWARD TO A VERTICAL POSITION.

MACHINE ADJUSTMENT

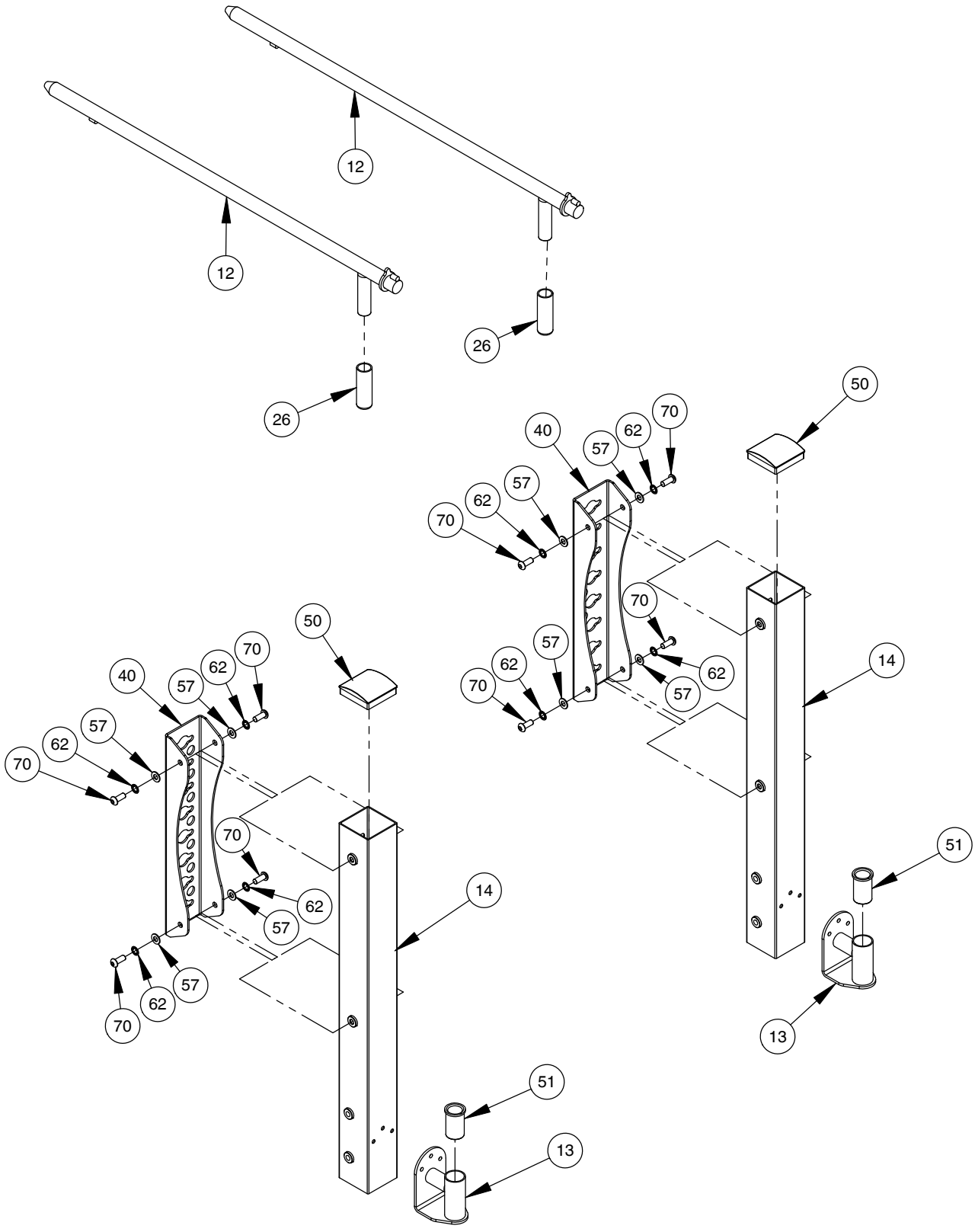


MAJOR ADJUSTMENT:
IN ORDER TO BOLT MACHINE DOWN SLIDE BAR FROM BACK TO FRONT TO ENSURE SMOOTH TRAVEL. LEAVE BAR POSITIONED AT FRONT AND MARK THE HOLES FOR BOLTING.

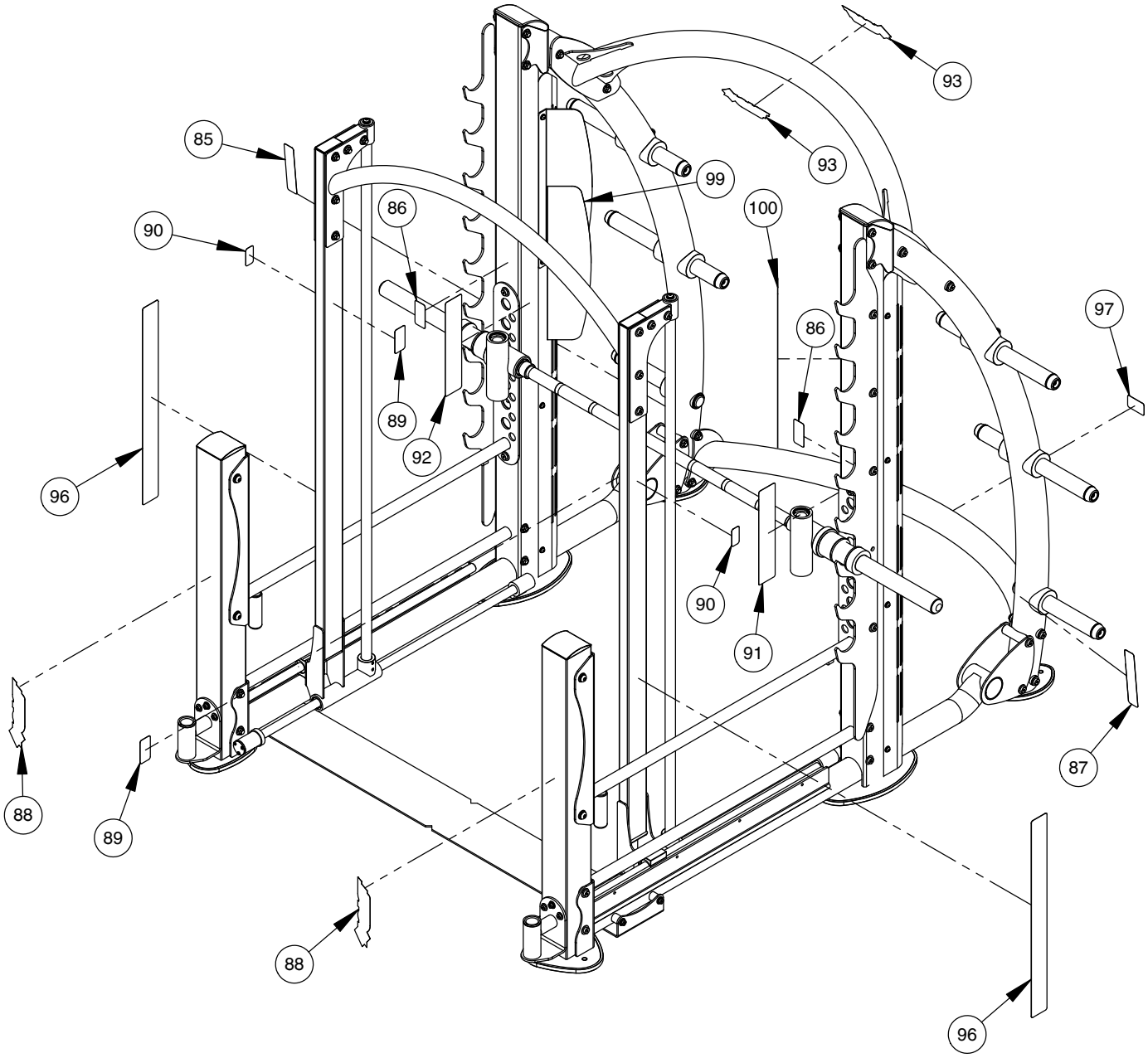
PRE-ASSEMBLY



PRE-ASSEMBLY



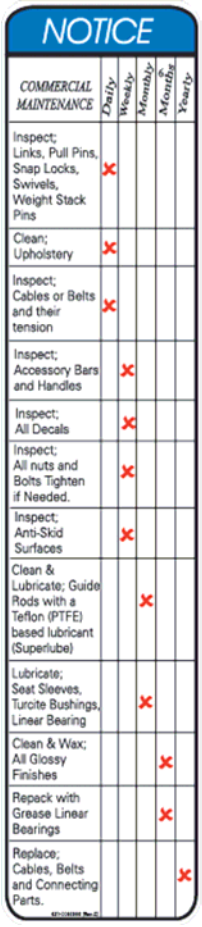
DECAL PLACEMENT



DECAL REFERENCE



021-0003135



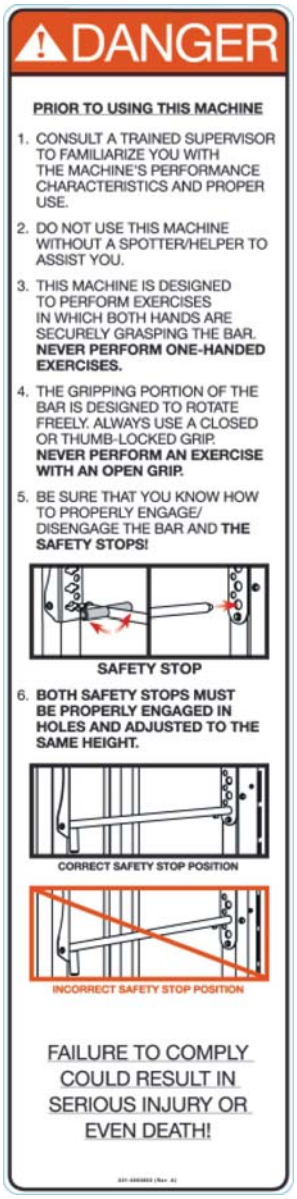
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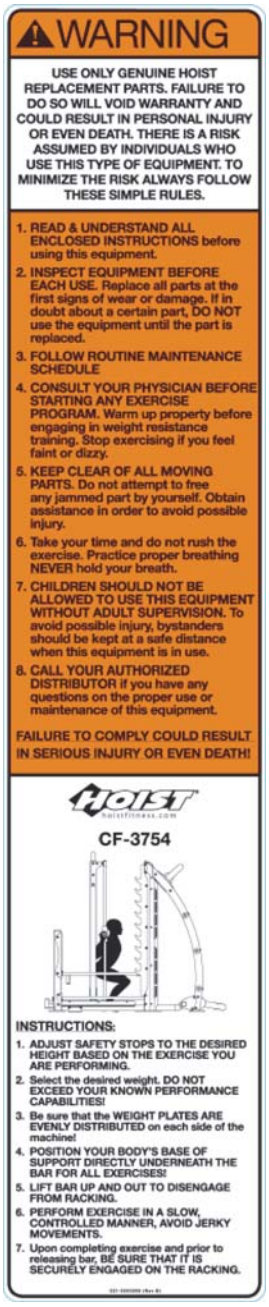
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021-0003543



021-0003600



021-0003599



021-0003627



021-0003221



SERIAL # DECAL

DECAL REFERENCE



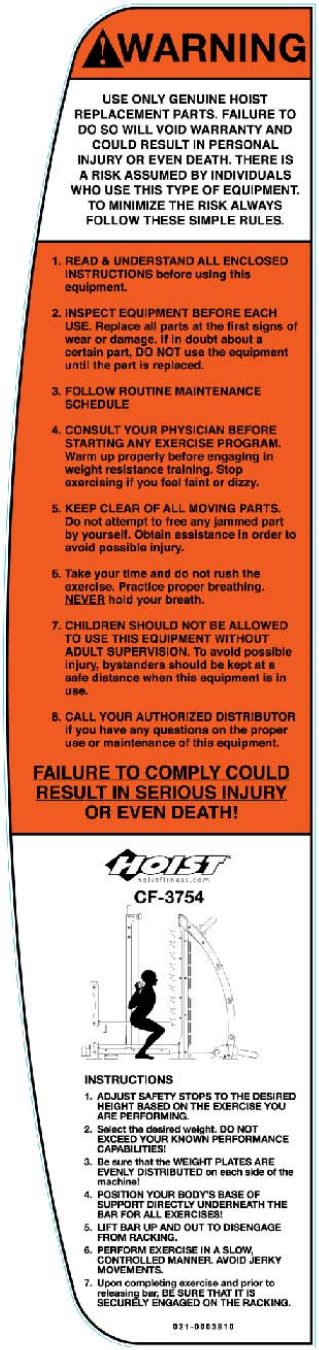
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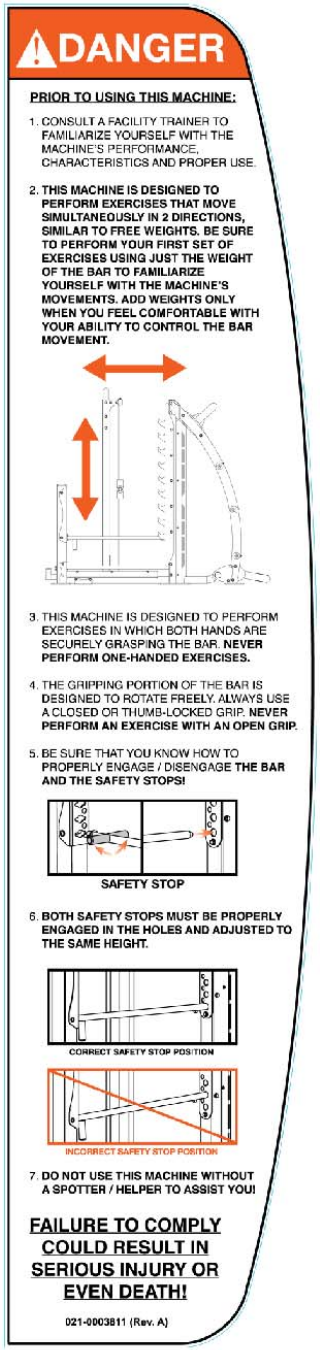
021-0003764



021-0003282



021-0003810



021-0003811

021-0003783

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X2934	VERTICAL GUIDE, RIGHT	1
2	026-01X2935	VERTICAL GUIDE, LEFT	1
3	026-01X2936	SHAFT MOUNT ASSEMBLY	2
4	026-01X2971	CROSS MEMBER ASSEMBLY	1
5	026-01X3129	REAR UPRIGHT	2
6	026-01X3245	CROSSMEMBER, UPPER	1
7	026-01X3246	CROSSMEMBER, LOWER	1
8	026-01X5313	BASE ASSEMBLY-2	1
9	026-01X5314	BASE ASSEMBLY-1	1
10	026-01X5365	MIDDLE UPRIGHT-1	1
11	026-01X5370	MIDDLE UPRIGHT-2	1
12	026-01X5375	SAFETY BAR	2
13	026-01X5379	SAFETY BAR STORAGE	2
14	026-01X5380	FRONT UPRIGHT-2	2
15	026-01X5417	WEIGHT HORN	2
16	026-01X5418	WEIGHT BAR	1
17	014-0007007	BEARING ∅25mm (LINEAR) (WON)	4
18	014-0007008	BEARING ∅25MM (LINEAR BLOCK)	2
19	014-0007011	BEARING ∅30MM (LINEAR) (WON)	4
20	014-0012014	BEARING: FLANGELESS - 25mm I.D.	4
21	014-0015005	SNAP RING: Ø40mm INTERNAL	4
22	014-0015036	RETAINING RING: ∅52mm INTERNAL	2
23	014-0023010	SNAP RING: Ø47mm INTERNAL	4
24	016-0201009	END CAP 1.50" X 3.00" (BLACK)	2
25	019-0001012	BUMPER ∅2.00" OD X ∅1.02" ID X .50" THICK	2
26	019-0002034	GRIP - CLOSED END ∅1.50" X 4.50" LG.	2
27	026-01G0197	GUIDE ROD 75.44 LG.	2
28	026-01G0218	GUIDE ROD 46.25" LG.	2
29	026-01G0220	GUIDE ROD 37.75" LG.	2
30	026-01X6679	CF-3753 & CF-3754 1 SIDED WT. HORN	2
31	026-01X6630	CF-3753 & CF-3754 2 SIDED WT. HORN	4
32	026-01M2496	SHAFT ∅1.1.375 X 49.56	2
33	026-01P2380	WASHER ∅3.00	2
34	026-01P2737	CAP	2
35	026-01P3089	SIDE PLATE	2

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01P3155	SHIELD	2
37	026-01P6402	BASE SPREADER	1
38	026-01P6442	BAR RACK PLATE	2
39	026-01P6453	SAFETY TIER RACK-1	2
40	026-01P6467	SAFETY TIER RACK-2	2
41	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
42	026-01PL2135	END PLUG ∅1.66"	2
43	026-01PL2182	WEIGHT HORN SLEEVE	2
44	026-01PL2211	RUBBER FOOT	2
46	026-01PL2229	CHANNEL CAP	2
47	026-01PL2533	RUBBER DONUT FOR PLASTIC WEIGHT HORN	10
48	026-01PL2319	RUBBER FOOT 8.41" X 9.13"	2
49	026-01PL2407	RUBBER FOOT	2
50	026-01PL2456	END CAP 4.00 X 4.00 (BLACK)	2
51	026-01PL2459	BUSHING-FLNG, 1.76" OD X 1.41" ID	2
52	026-01T6847	METAL SLEEVE	2
53	026-01T6579	SPACER, ∅2.00" X 2.44" LG.	2
54	013-1002012	M6 FLAT WASHER (Ni)	8
55	013-1002010	5/16" SAE FLAT WASHER (Ni)	16
56	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	36
57	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	108
58	013-1006006	#10 SPLIT LOCK WASHER (Ni)	6
60	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	8
61	013-1006002	5/16" SPLIT LOCK WASHER (Ni)	16
62	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	8
63	013-1006001	1/4" SPLIT LOCK WASHER (Ni)	16
64	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	28
65	011-0701145	M6 x 18mm SHCS (Ni)	8
66	011-0701112	#10-32UNC x .5 BHCS (Ni)	6

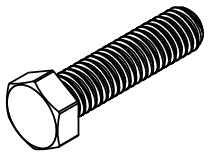
PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

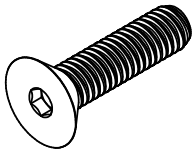
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
67	011-0701001	5/16"-18UNC X .5" BHCS (Ni)	12
68	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	4
69	011-0701026	3/8"-16UNC X 2.50" BHCS (Ni)	6
70	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	8
71	011-0311009	5/16"-18UNC X .31" SET SCREW (BZ)	4
72	011-0116207	1/4"-20UNC X 1.50" LOW HEAD SHCS (Ni)	8
73	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	4
74	011-0116143	3/8"-16UNC X 1.25" LOW HEAD SHCS (Ni)	4
76	011-0116158	3/8"-16UNC X 5.00" LOW HEAD SHCS (Ni)	4
77	011-0116107	1/2"-13UNC X 1.00" LOW HEAD SHCS (Ni)	16
78	011-0116113	1/2"-13UNC X 2.50" LOW HEAD SHCS (Ni)	10
79	011-0116121	1/2"-13UNC X 4.50" LOW HEAD SHCS (Ni)	8
80	011-0116123	1/2"-13UNC X 5.00" LOW HEAD SHCS (Ni)	12
82	011-0116125	1/2"-13UNC X 5.50" LOW HEAD SHCS (Ni)	4
83	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	4
84	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	50
85	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
86	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
87	021-0003135	DECAL WARNING 1.50" X 7.75"	1
88	021-0003221	DECAL HOIST 2.50" X 9.13"	2
89	021-0003282	DECAL SPOTTER 1.63" X 3.25" (VERTICAL)	2
90	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	2
91	021-0003599	DECAL: DUAL ACTION SMITH WARNING	1
92	021-0003600	DECAL: DUAL ACTION SMITH DANGER	1
93	021-0003627	DECAL HOIST 2.07" X 7.75"	2
94	021-0003763	DECAL: CF-3754 SAFETY TIER INDEXING-1 (1-7)	2
95	021-0003764	DECAL: CF-3754 SAFETY TIER INDEXING-2 (1-7)	2
96	021-0003783	DECAL WEAR STRIP (BLACK): 27.25" X 2.50" X 30 MIL	2
97	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
98	026-01P4046	PLACARD MOUNT PLATE	2
99	021-0003810	CF-3754 WARNING DECAL	1
100	021-0003811	CF-3754 DANGER DECAL	1
101	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	4
102	026-01PL2532	LONG WEIGHT HORN COVER	6
103	016-0201023	END CAP ∅1.50" (BLACK)	2
104	026-01PL2534	SHORT WEIGHT HORN COVER	4
105	026-01PL2535	WEIGHT HORN END CAP	10
106	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	10
107	026-01PL2909	SLEEVE BUMPER	2

ABBREVIATIONS

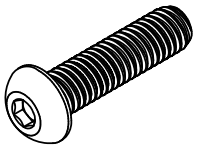
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



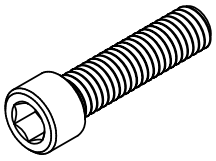
HHB = Hex Head Bolt



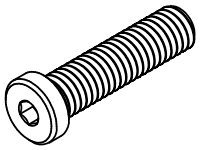
FHCS = Flat Head Cap Screw



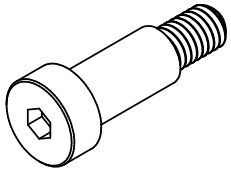
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

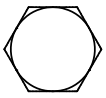


Low Head SHCS = Low Head Socket Head Cap Screw

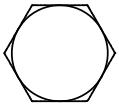


SHSS = Socket Head Shoulder Screw

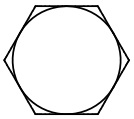
BOLT SIZING CHART



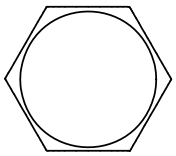
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



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



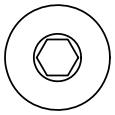
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



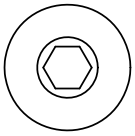
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



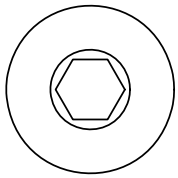
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



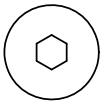
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



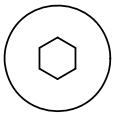
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



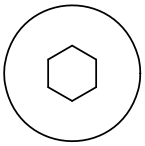
1/4"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



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



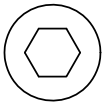
3/8"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



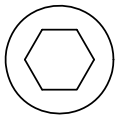
1/2"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



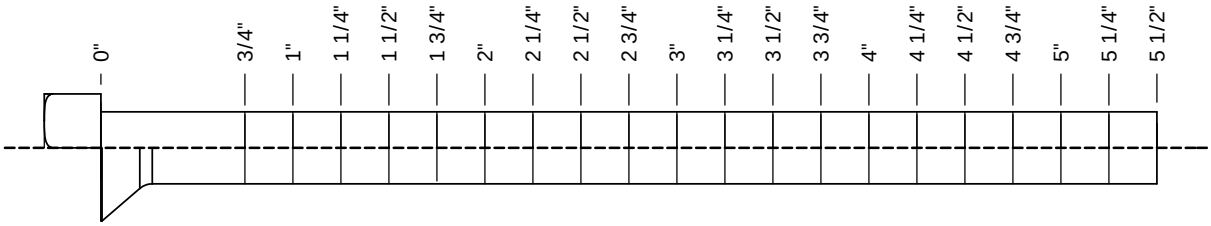
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs

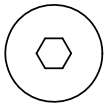


5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs

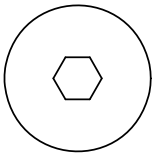


3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs

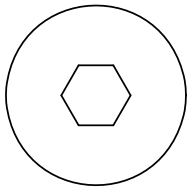




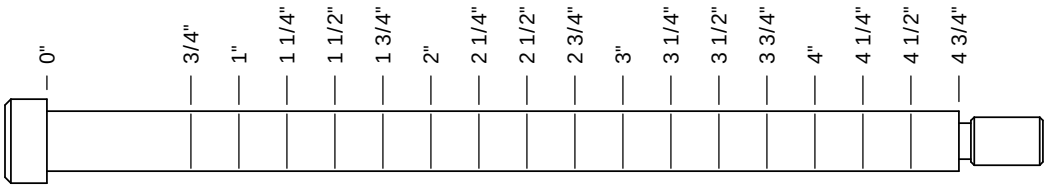
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



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

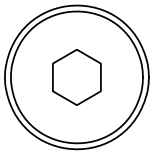




1/4" SHSS
RECOMMENDED
TORQUE RANGE:
3-4 ft-lbs



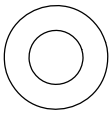
5/16" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs



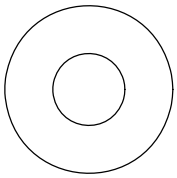
3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

WASHER SIZING CHART

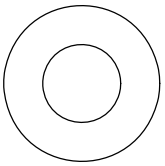
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



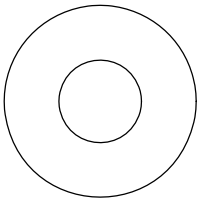
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



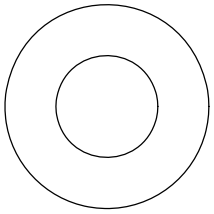
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



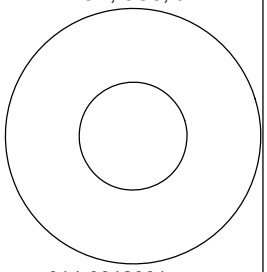
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



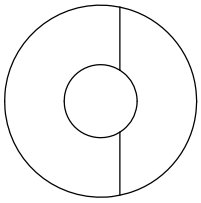
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



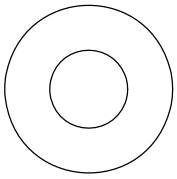
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



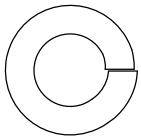
013-0402007
3/8"
FLAT WASHER
22mm O.D.



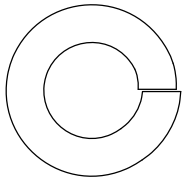
013-0102019
1/4"
LOCK WASHER



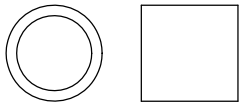
013-0102020
3/8"
LOCK WASHER



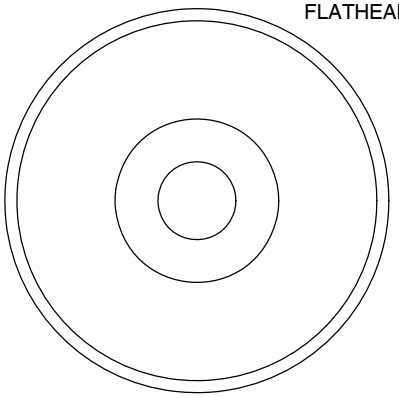
013-0102018
1/2"
LOCK WASHER

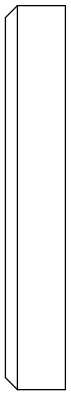


014-0018001
1/2" LONG
SPACER

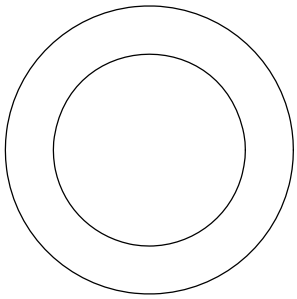


026-01M0238
2" ALUMINUM
FLATHEAD CAP

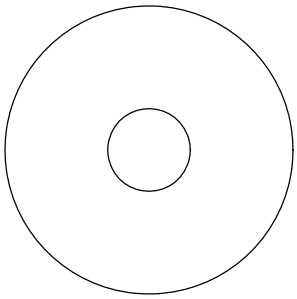




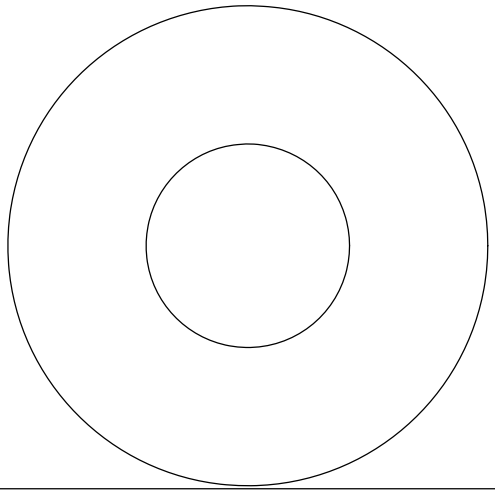
016-0009003
1" SHIM WASHER



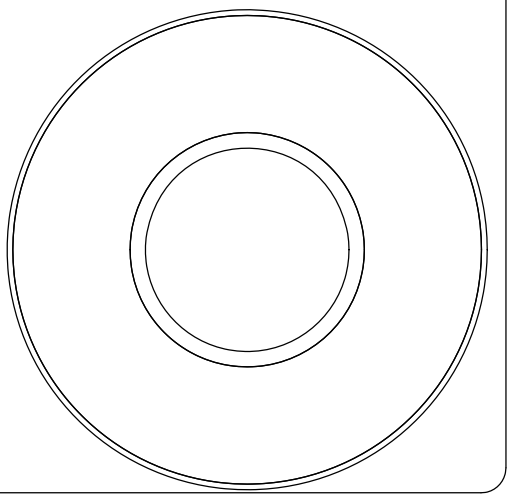
013-0003002
3/8" FENDER WASHER



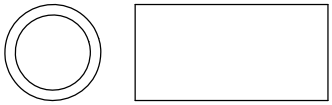
013-0003004
1 1/16"
FENDER WASHER



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



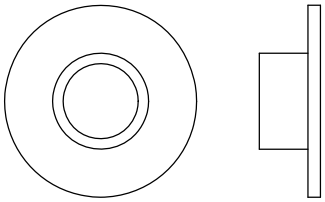
014-0018002
1" LONG
SPACER



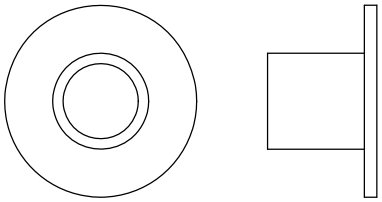
WASHER SIZING CHART

(CONTINUED)

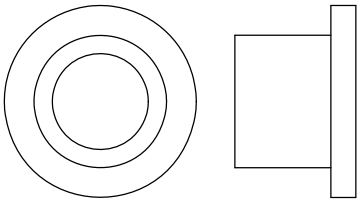
026-01M0211
1/4" LONG
FLANGED SPACER



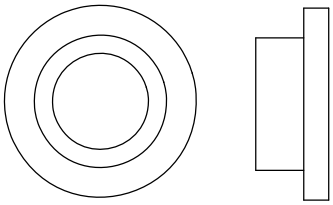
026-01M0198
1/2" LONG
FLANGED SPACER



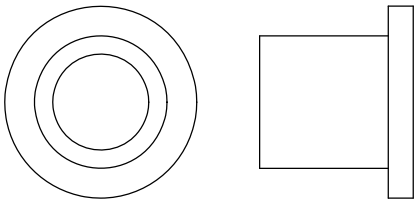
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



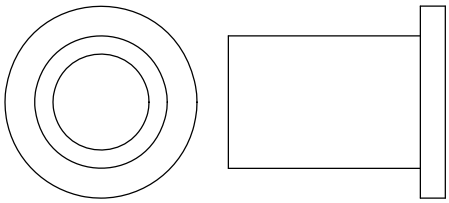
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



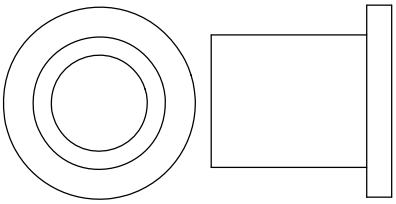
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



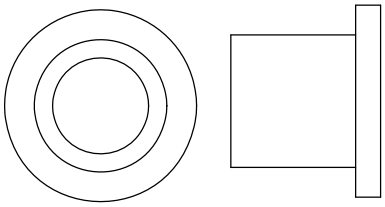
026-01M0551
1" LONG HEAVY
FLANGED SPACER



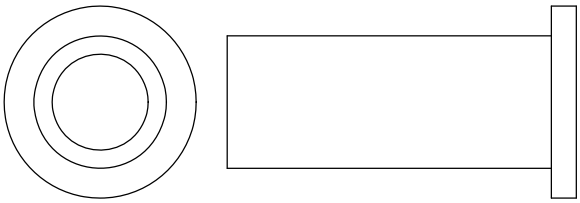
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



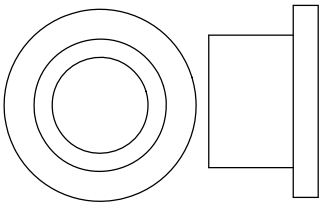
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



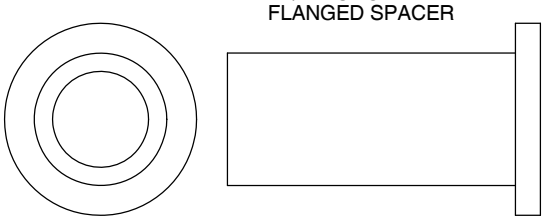
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



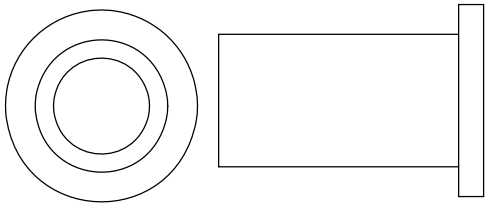
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



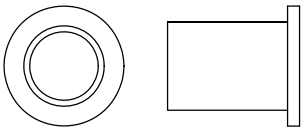
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



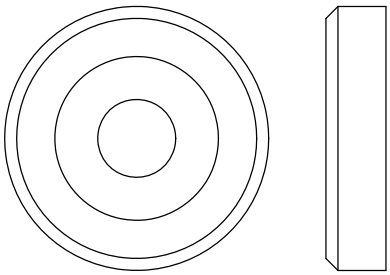
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



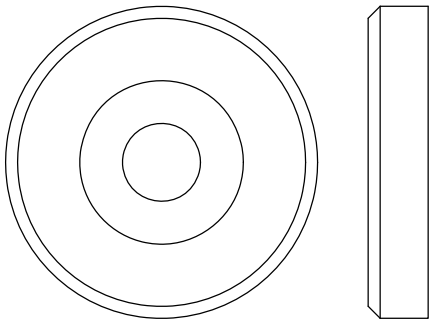
026-01M0600
.625" LONG
FLANGED SPACER



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



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



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.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

*Check all pieces for signs of visible wear or damage.

*Check springs in snap hooks and pull-pins for proper tension and alignment.

*If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.

*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

*Replace ripped or warn upholstery immediately.

*Keep sharp or pointed objects clear of all upholstery.

Decals:

*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

*Inspect all nuts and bolts for any loosening and tighten if needed.

*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

*Hoist uses only high quality belt, and mil-spec cables.

*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.

*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.

*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.

*Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

*Wipe down adjusting tubes with a dust free rag before applying lubricant.

*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your CF-3754 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 CF-3754 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.

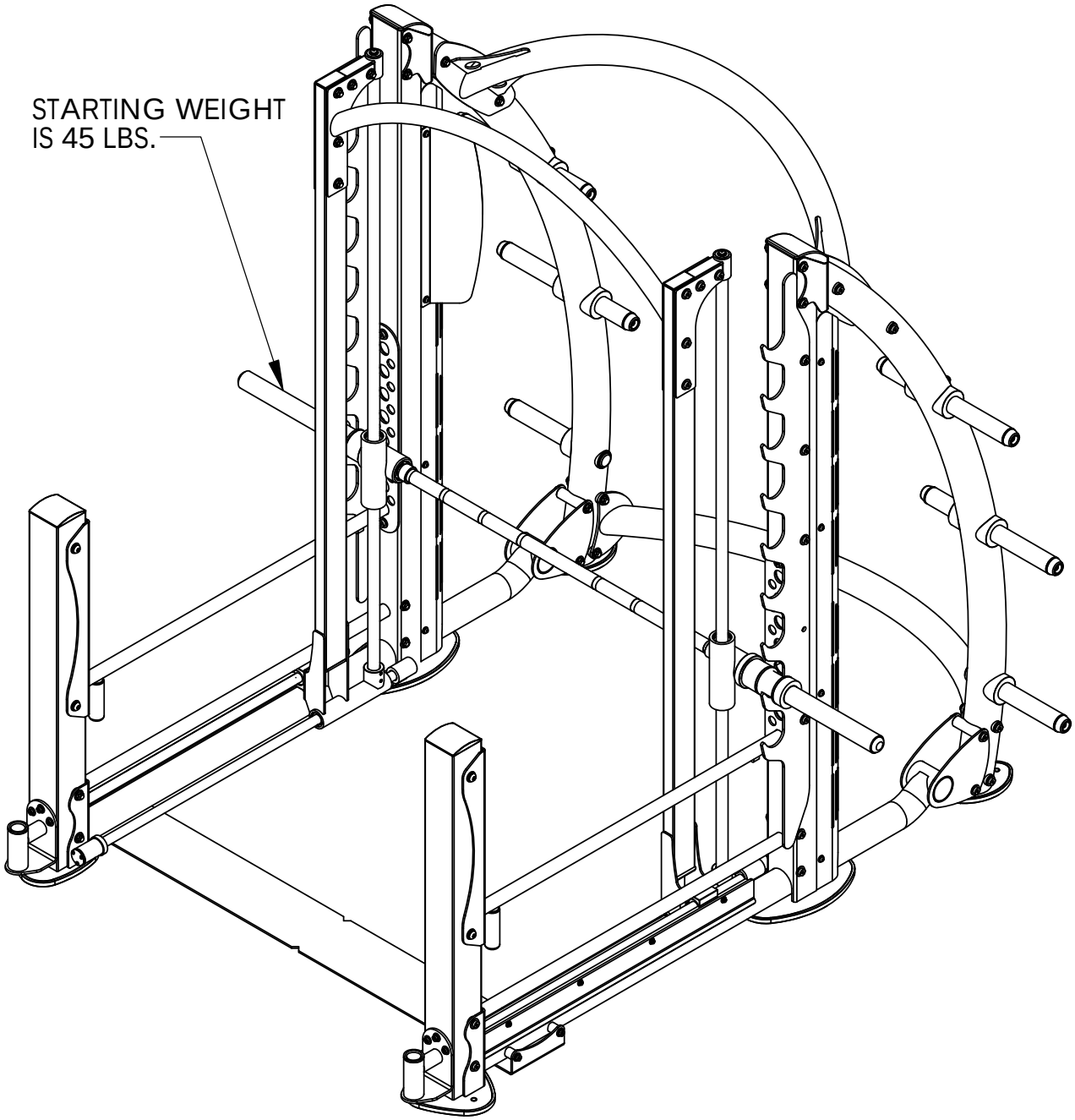
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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 CF-3754 HOIST® Fitness System!

WEIGHT RATIOS



MAXIMUM WEIGHT RATING IS 540 LBS.

The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

WEIGHT TRAINING EXERCISE LOG

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

| Date | | |

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or cables up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

WHAT IS NOT COVERED BY THIS WARRANTY: Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES: Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE: This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS: Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS