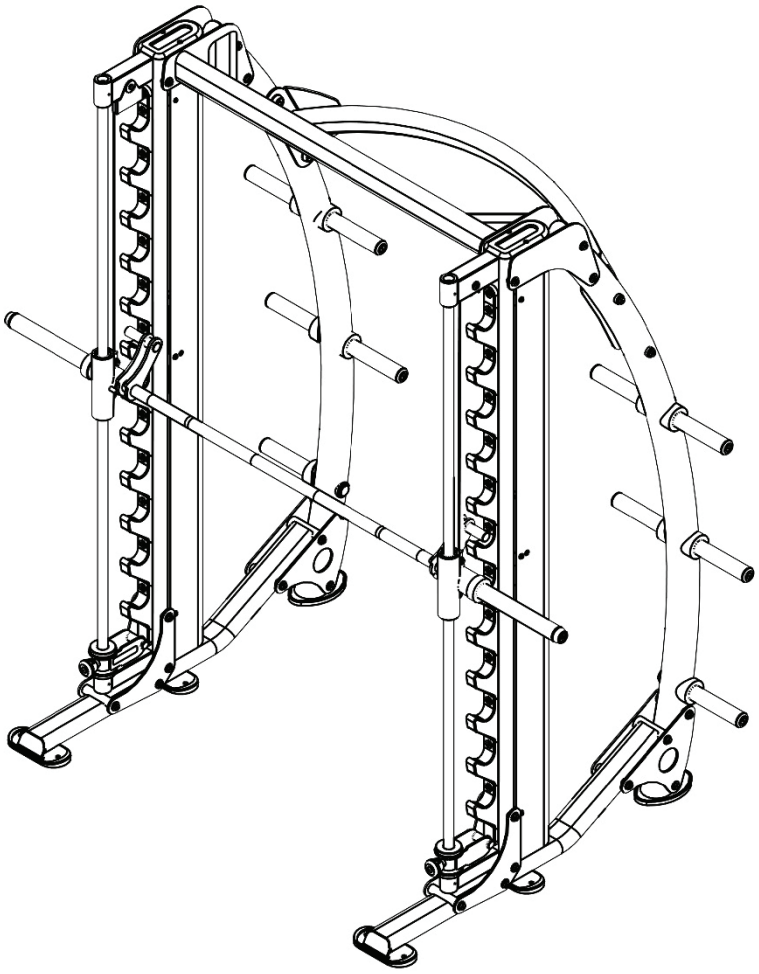
OWNER'S MANUAL

HOIST® FITNESS

CF-3755

DUAL ANGLE SMITH



****WARNING!****

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

A03

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

SAE Hex Key Wrench Set

Two People

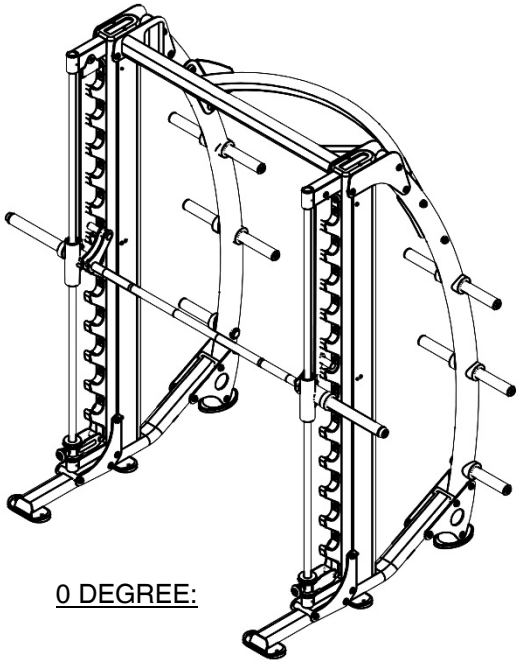
Internal Snap Ring Plyers

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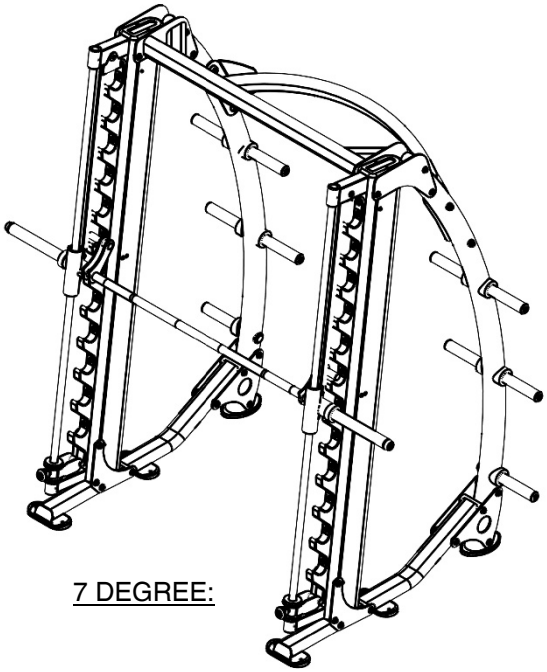
FRAME ASSEMBLY

NOTE:

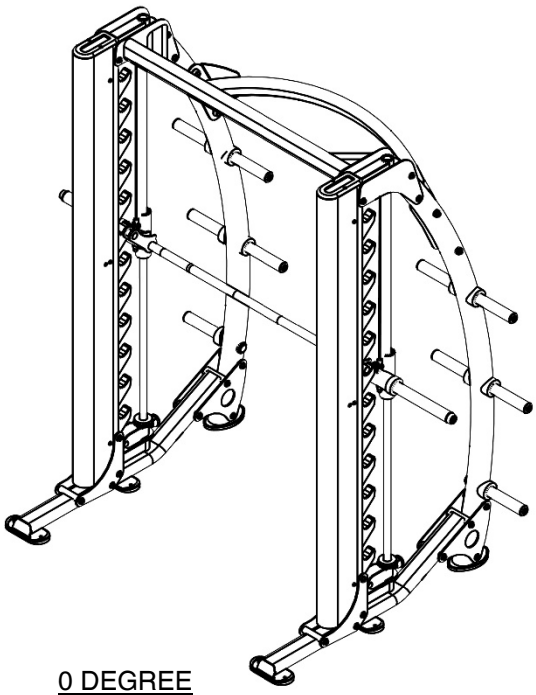
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



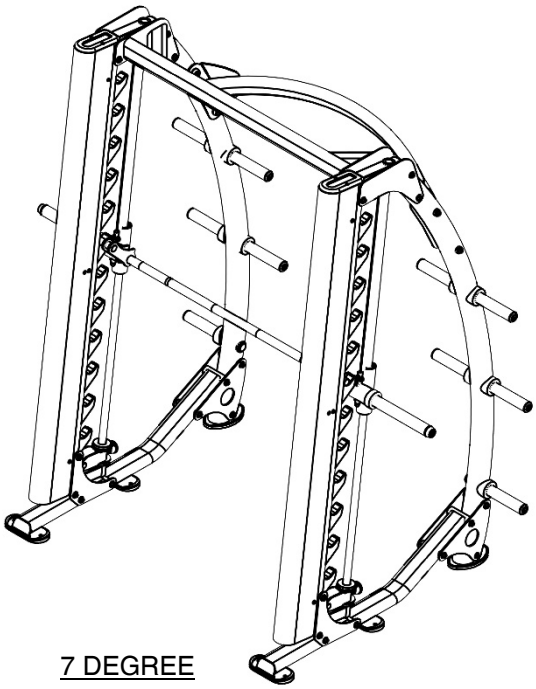
0 DEGREE:



7 DEGREE:



0 DEGREE
(RACKOUTS REAR FACING):

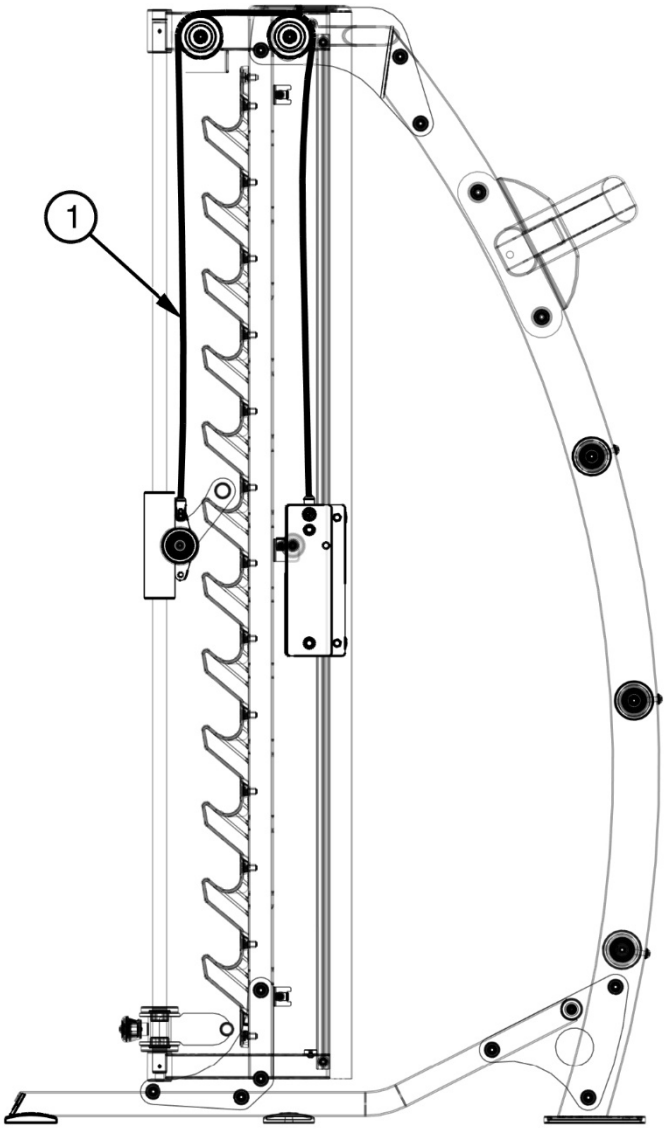


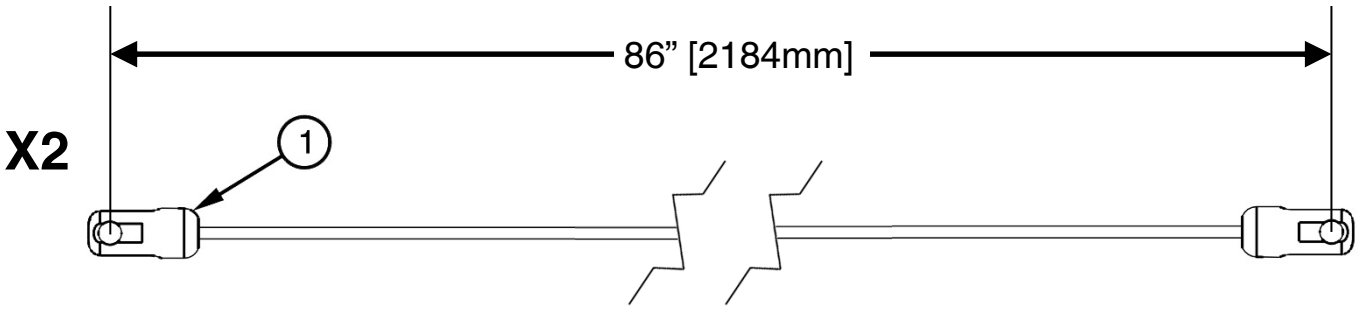
7 DEGREE
(RACKOUTS REAR FACING):

CABLE PROFILE VEW

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



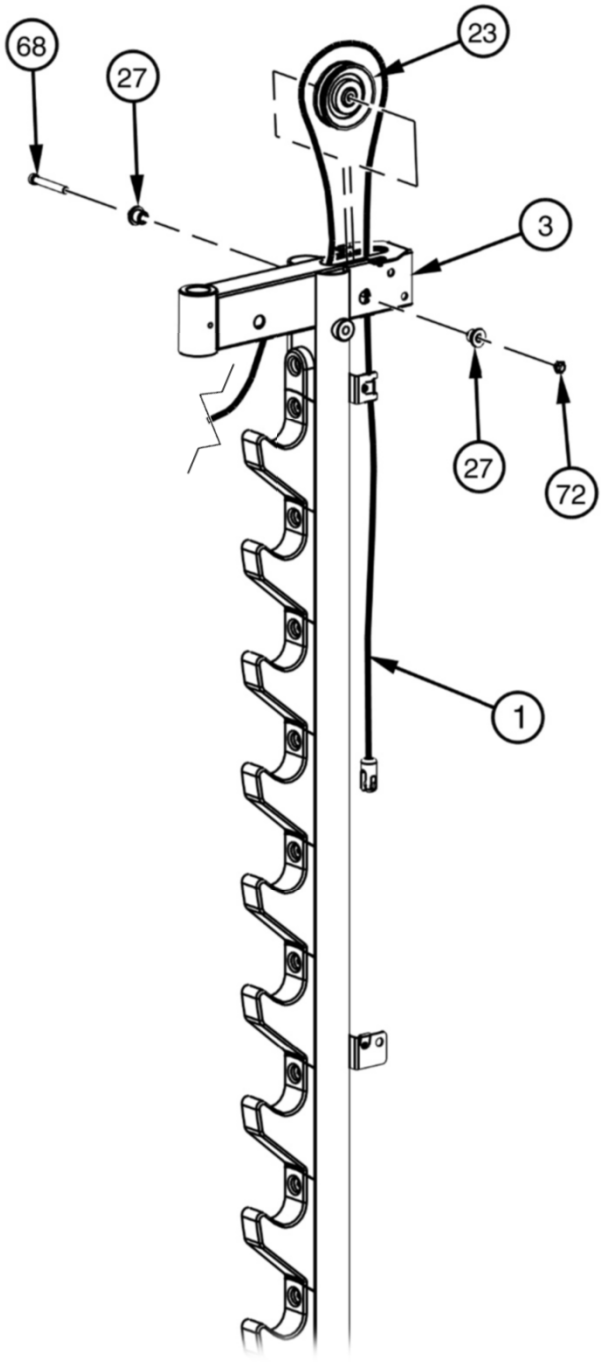


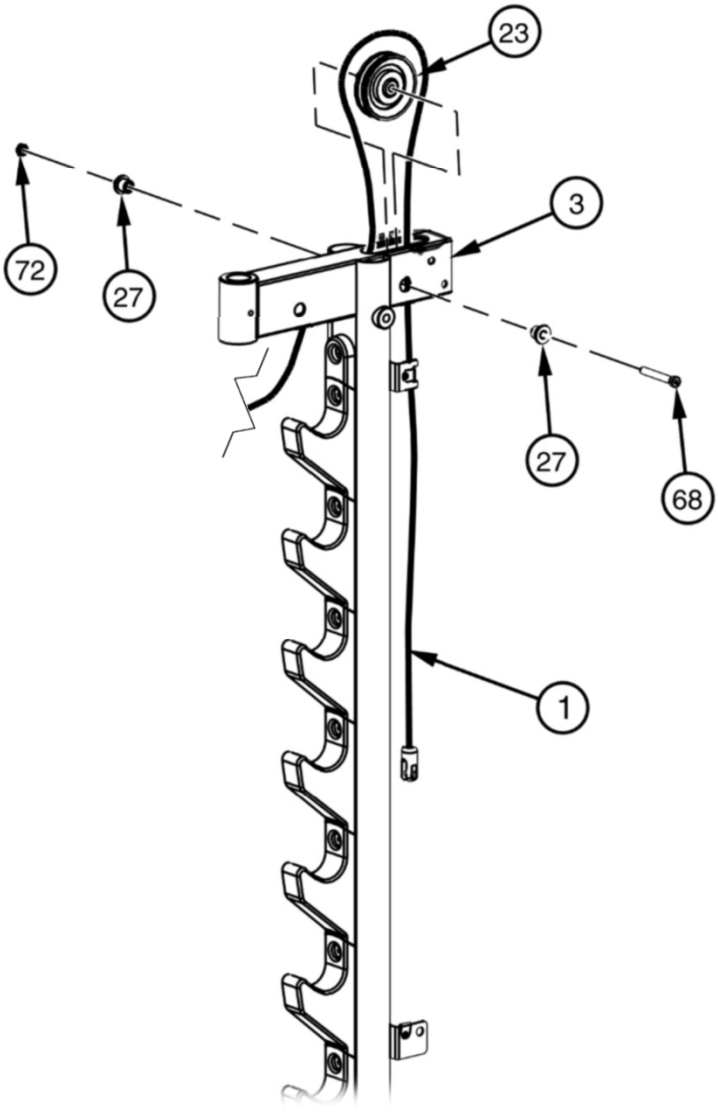
FRAME ASSEMBLY

WARNING!

BE SURE TO SUPPORT THE UPRIGHTS (3). IF YOU CANNOT SAFELY SUPPORT THE UPRIGHT (3), PERFORM THE ASSEMBLY STEP WHILE THE UPRIGHT (3) IS LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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





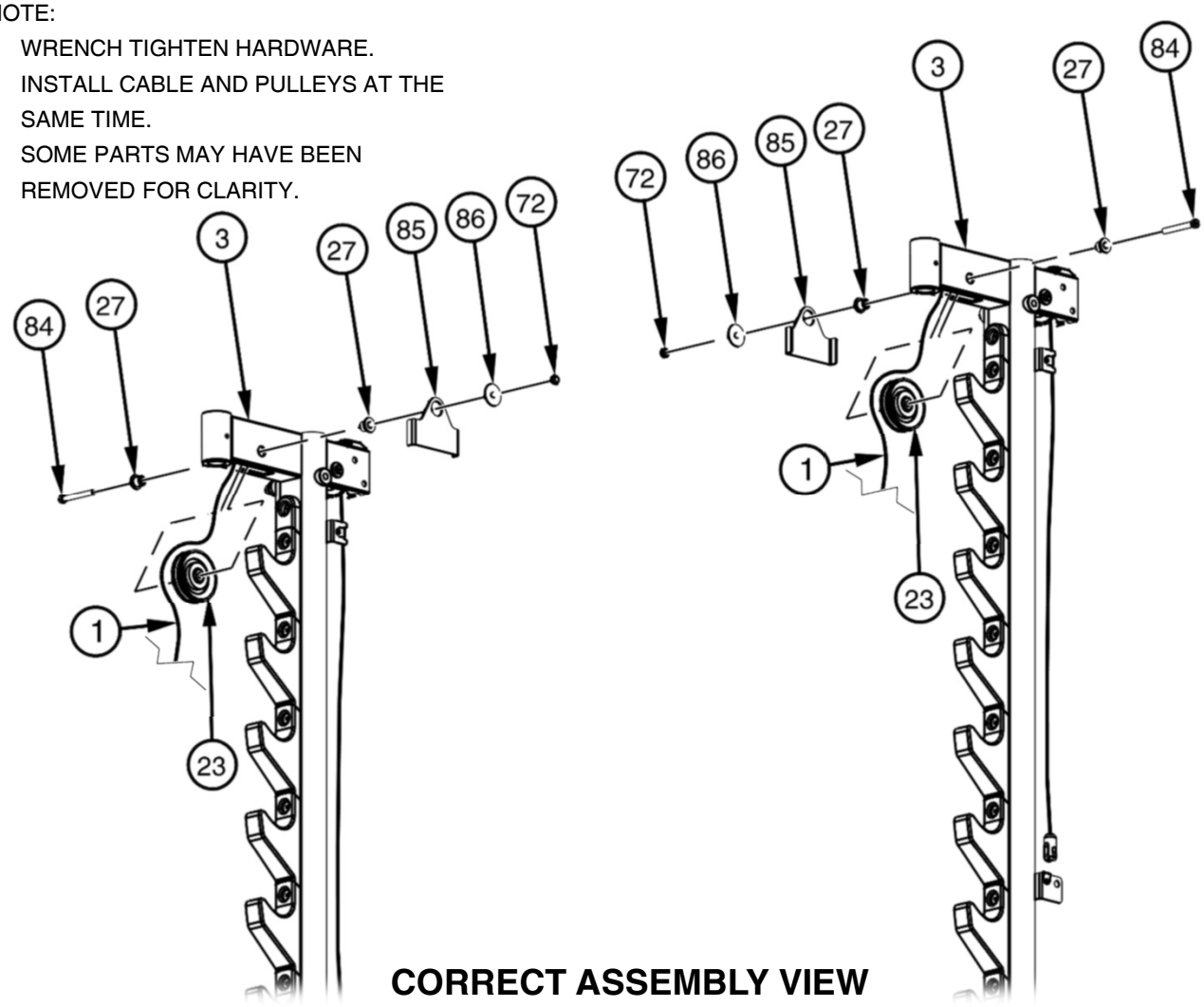
FRAME ASSEMBLY

WARNING!

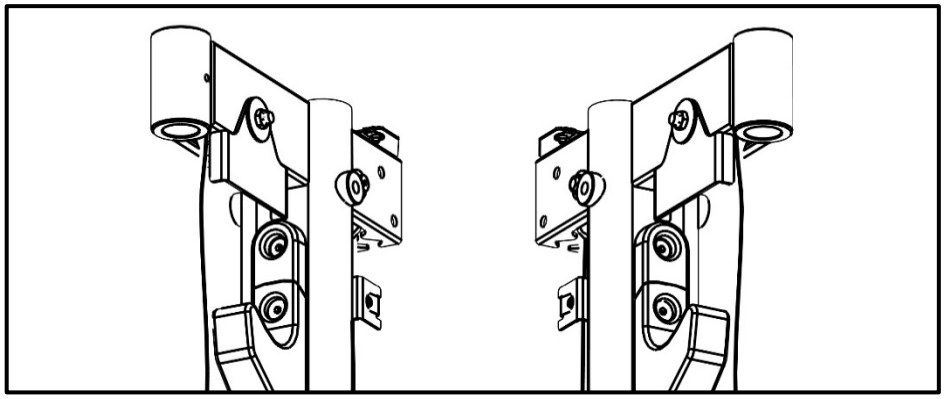
BE SURE TO SUPPORT THE UPRIGHTS (3). IF YOU CANNOT SAFELY SUPPORT THE UPRIGHT (3), PERFORM THE ASSEMBLY STEP WHILE THE UPRIGHT (3) IS LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:

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



CORRECT ASSEMBLY VIEW



FRAME ASSEMBLY

WARNING!

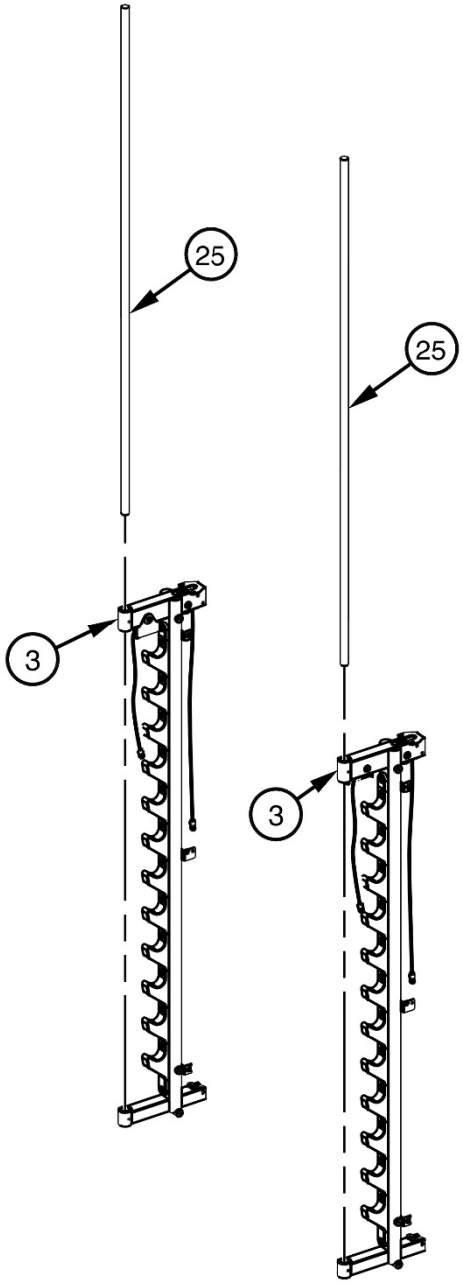
BE SURE TO SUPPORT THE UPRIGHTS (3). IF YOU CANNOT SAFELY SUPPORT THE UPRIGHT (3), PERFORM THE ASSEMBLY STEP WHILE THE UPRIGHT (3) IS LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:.

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

ATTENTION!

AFTER COMPLETION OF THE ASSEMBLY STEP ON THIS PAGE, CAREFULLY SET THE UPRIGHTS DOWN. THE MAIN FRAME WILL BE ASSEMBLED NEXT.



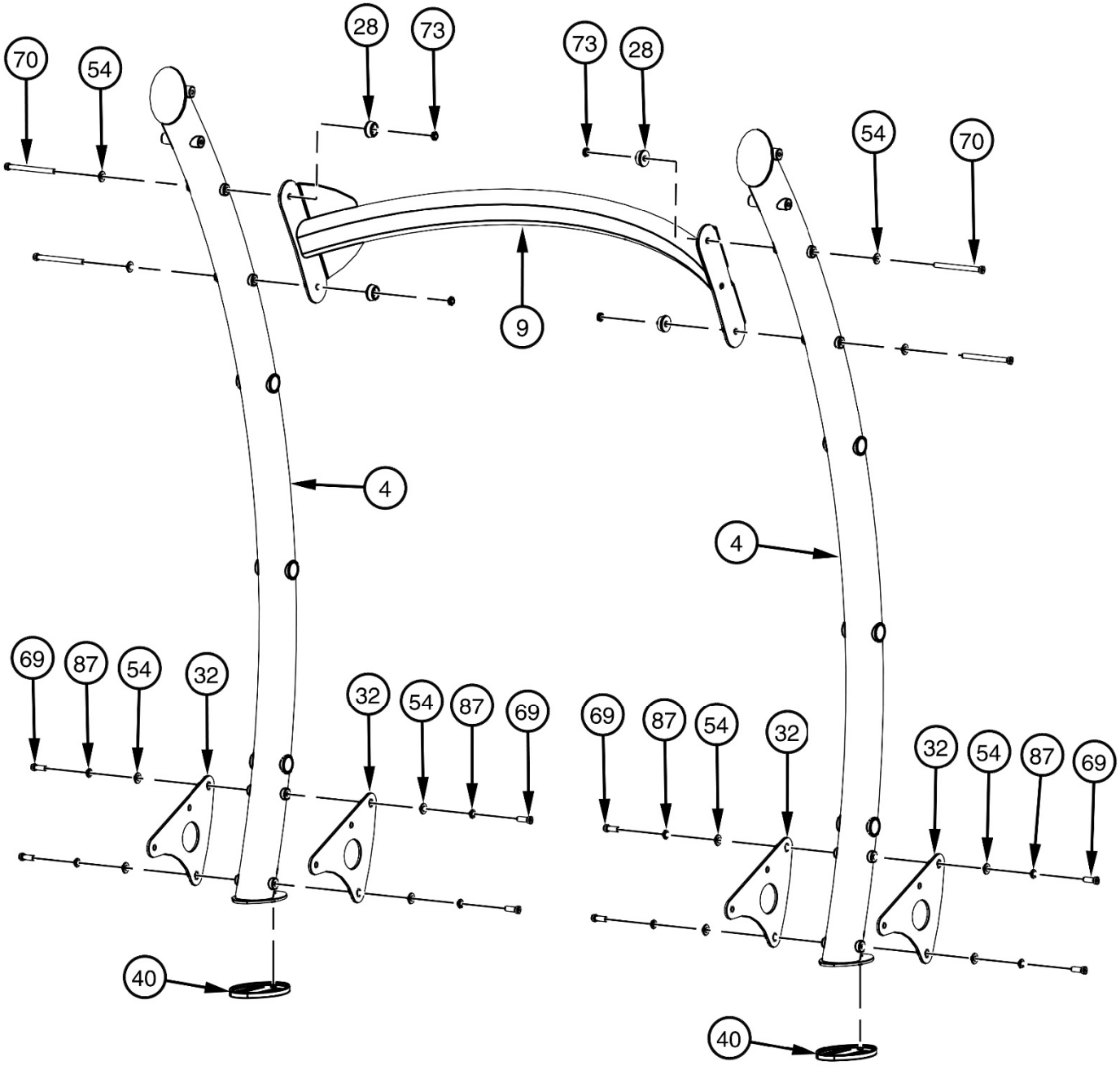
FRAME ASSEMBLY

WARNING!

BE SURE TO SUPPORT THE FRAME PIECES. IF YOU CANNOT SAFELY SUPPORT THE FRAME PIECES, PERFORM THE ASSEMBLY STEP WHILE THE FRAME PIECES ARE LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

NOTE:

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

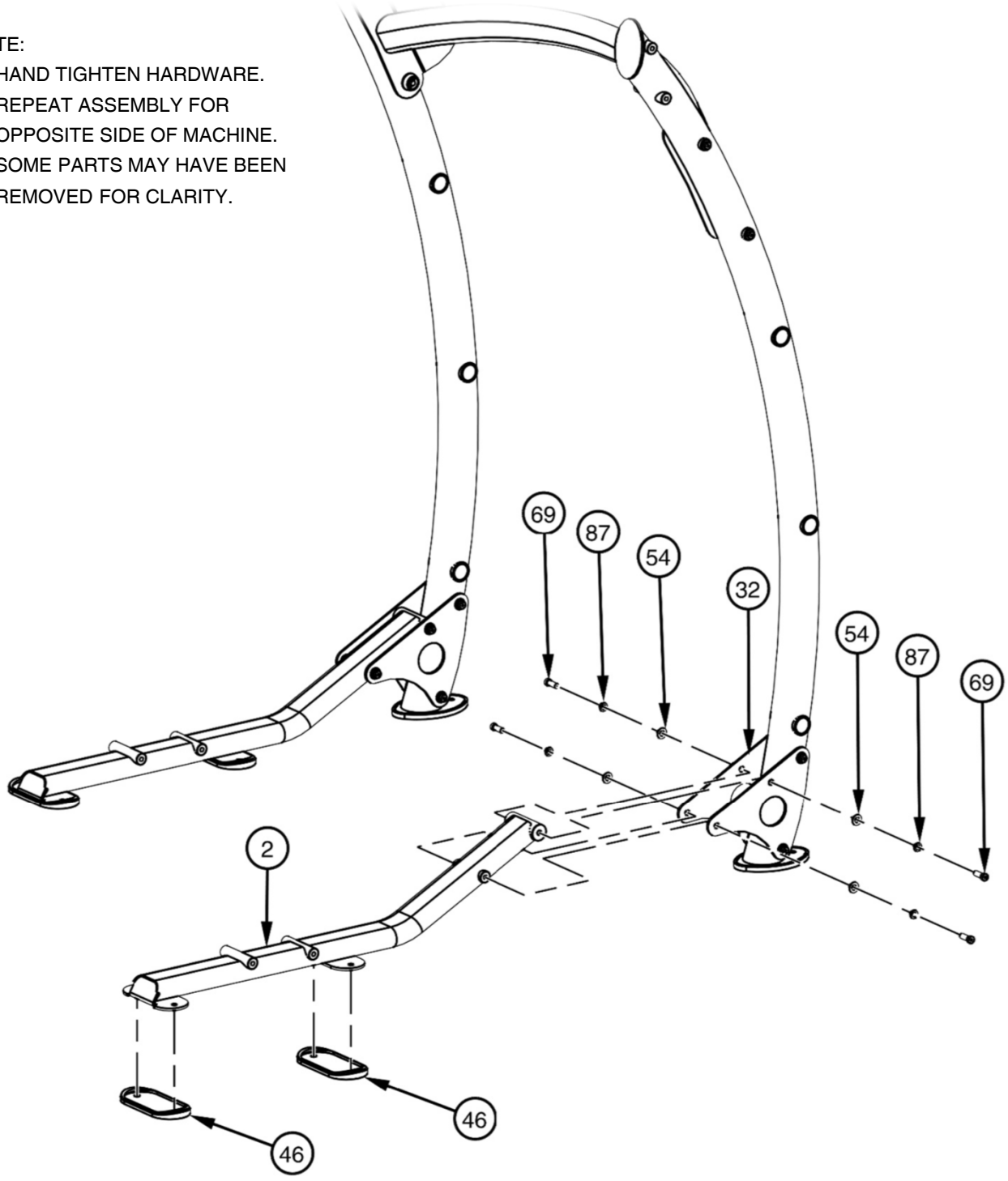


FRAME ASSEMBLY

WARNING!

BE SURE TO SUPPORT THE FRAME PIECES. IF YOU CANNOT SAFELY SUPPORT THE FRAME PIECES, PERFORM THE ASSEMBLY STEP WHILE THE FRAME PIECES ARE LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

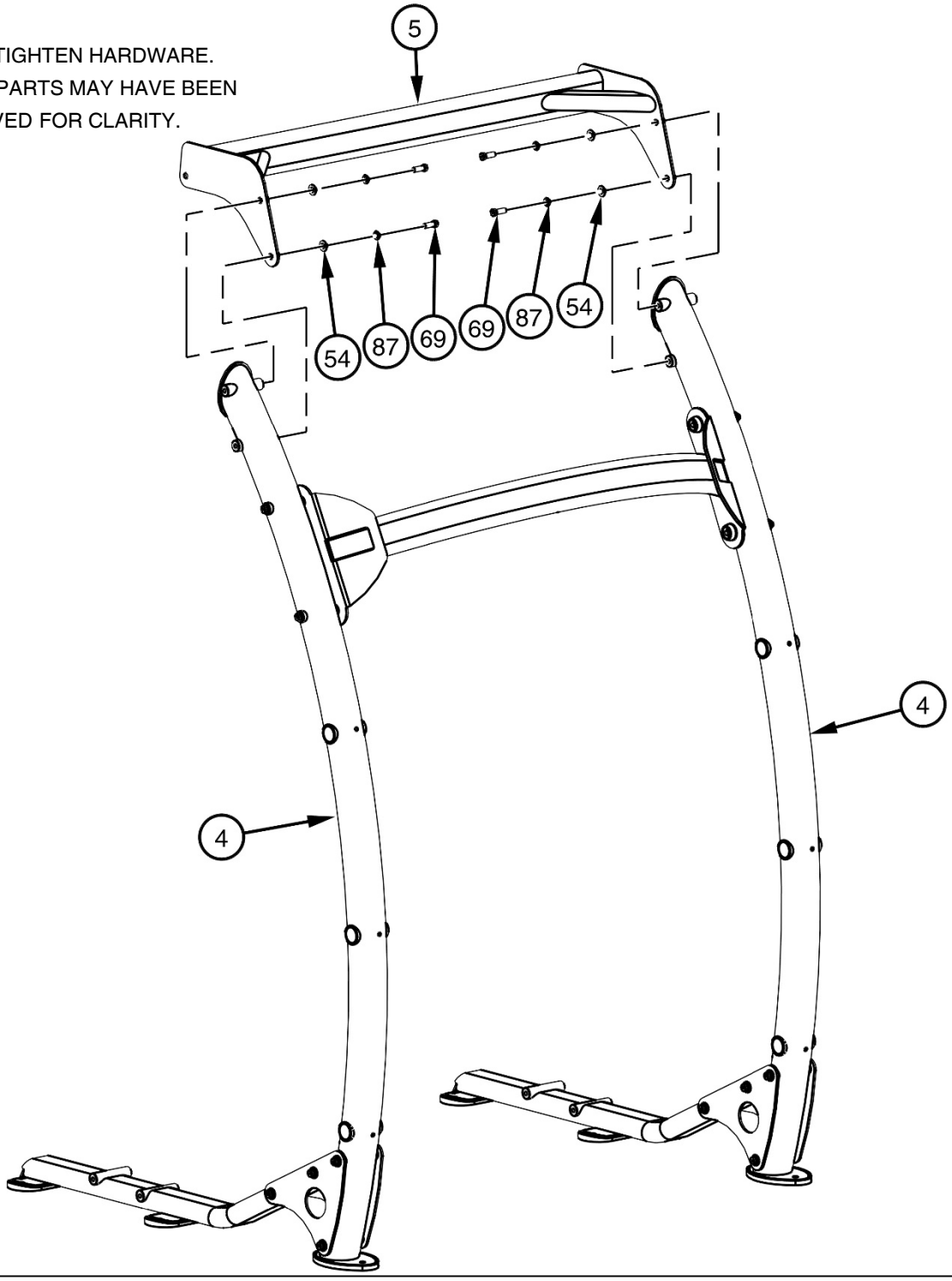


FRAME ASSEMBLY

WARNING!

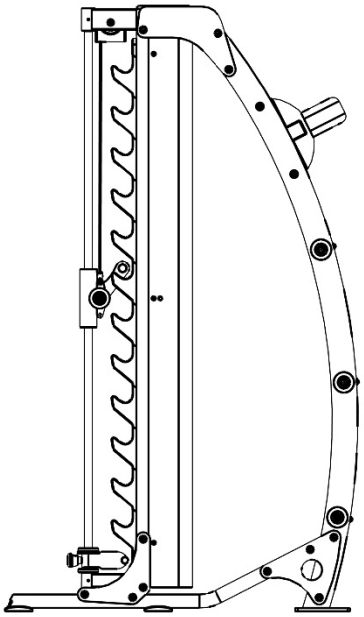
BE SURE TO SUPPORT THE FRAME PIECES. IF YOU CANNOT SAFELY SUPPORT THE FRAME PIECES, PERFORM THE ASSEMBLY STEP WHILE THE FRAME PIECES ARE LYING DOWN ON THE GROUND. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

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

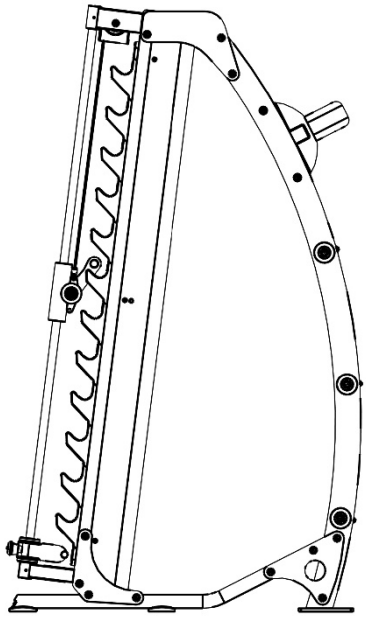


FRAME ASSEMBLY

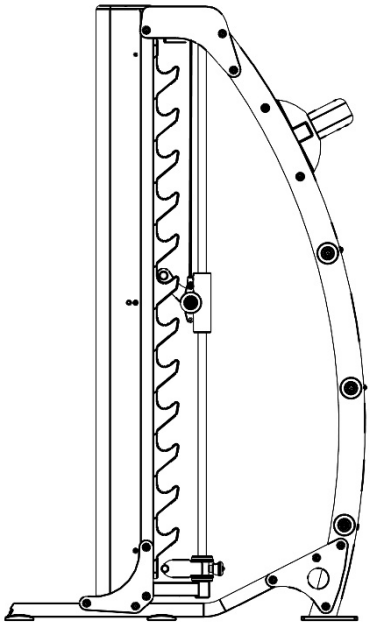
THE CF-3755 DUAL ANGLE SMITH CAN BE ASSEMBLED INTO 4 UNIQUE CONFIGURATIONS. AT THIS TIME, PLEASE SELECT A DESIRED CONFIGURATION AND SKIP TO THE PAGE LISTED FOR THAT CONFIGURATION.



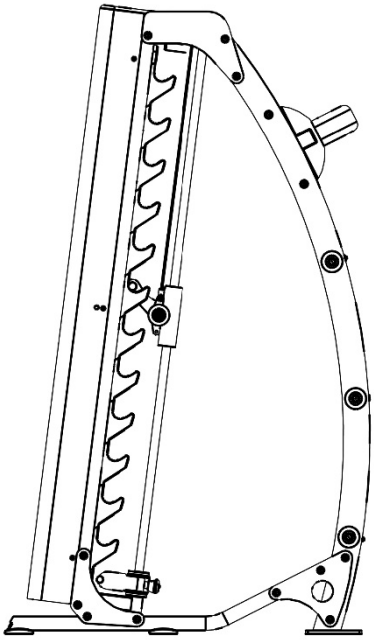
0 DEGREE:
SKIP TO PAGE 13 TO CONTINUE ASSEMBLY



7 DEGREE:
SKIP TO PAGE 15 TO CONTINUE ASSEMBLY.



0 DEGREE (RACKOUTS REAR FACING):
SKIP TO PAGE 17 TO CONTINUE ASSEMBLY.

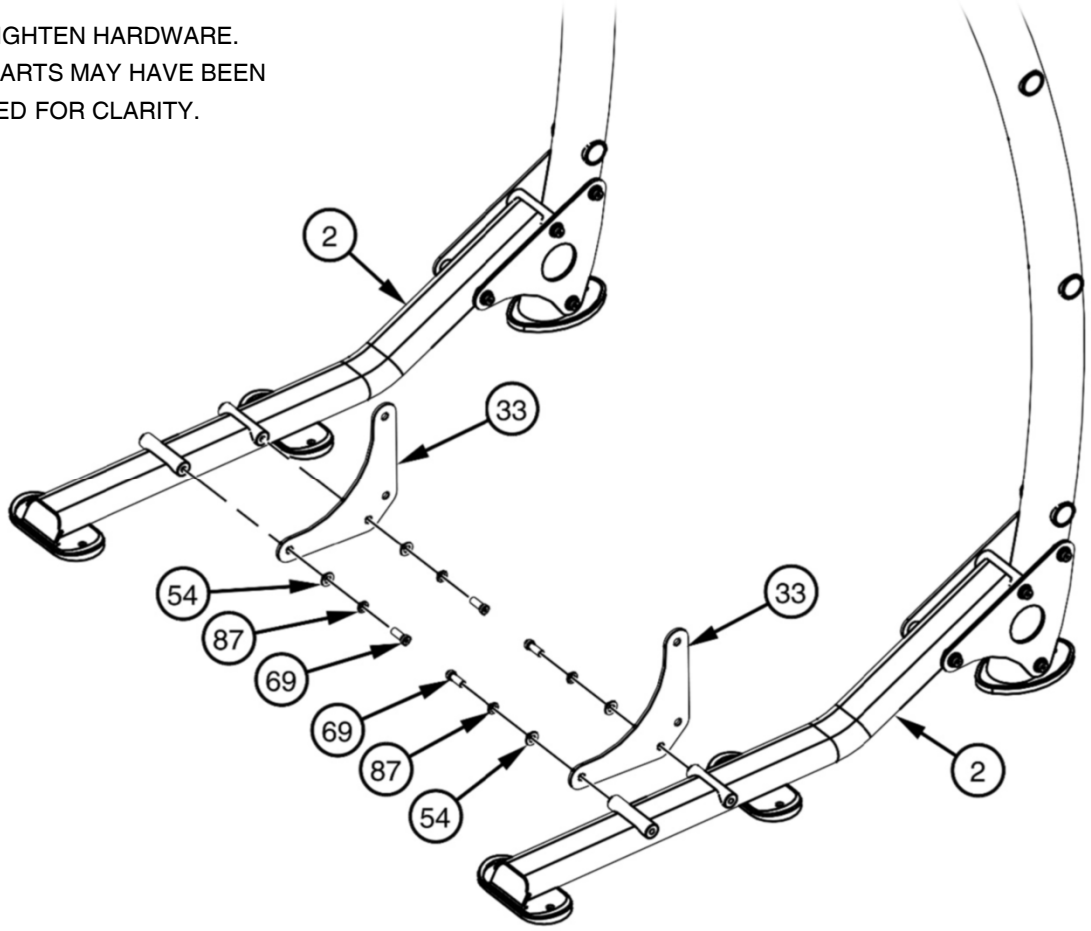


7 DEGREE (RACKOUTS REAR FACING):
SKIP TO PAGE 19 TO CONTINUE ASSEMBLY.

FRAME ASSEMBLY

ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY: 0 DEGREE

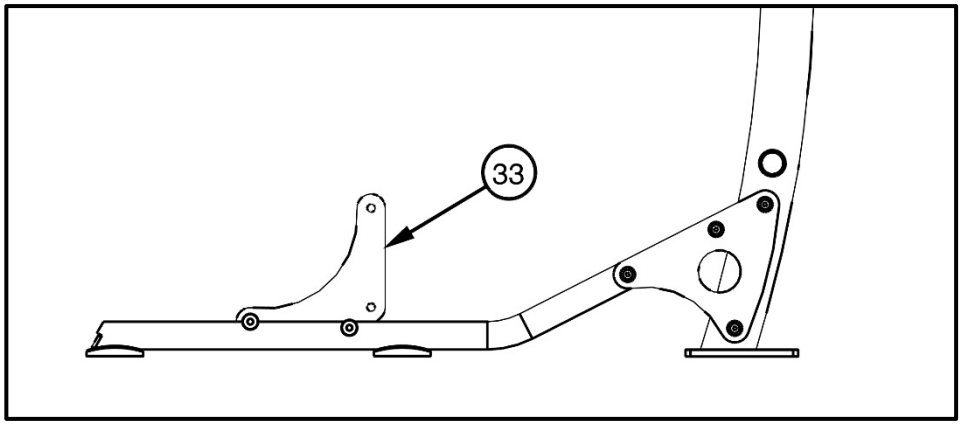
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT

PAY CLOSE ATTENTION TO THE ORIENTATION OF THE ANGLE ADJUSTMENT PLATES (33).

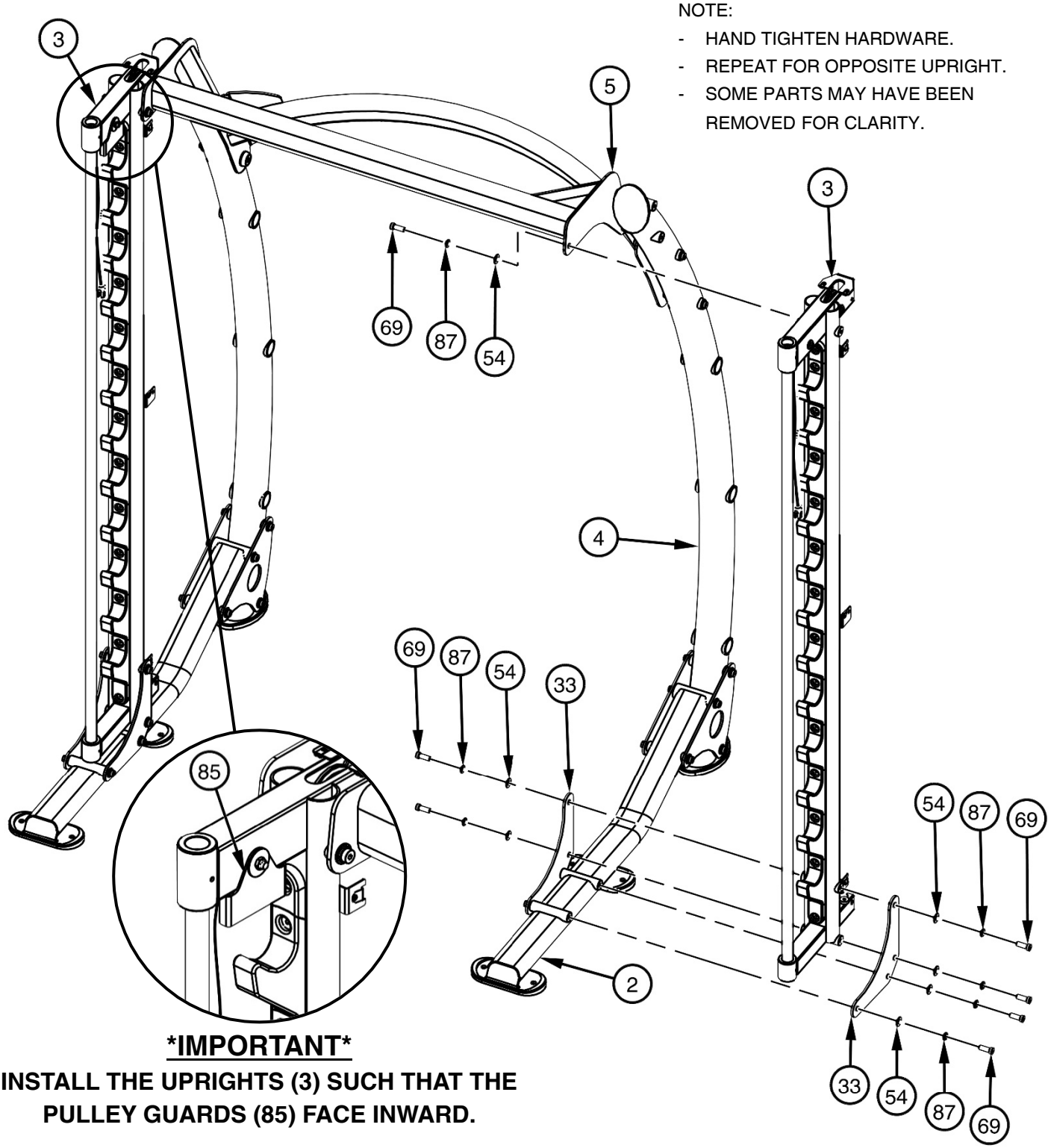
CORRECT ASSEMBLY SIDE VIEW



FRAME ASSEMBLY

ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY: 0 DEGREE

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



IMPORTANT

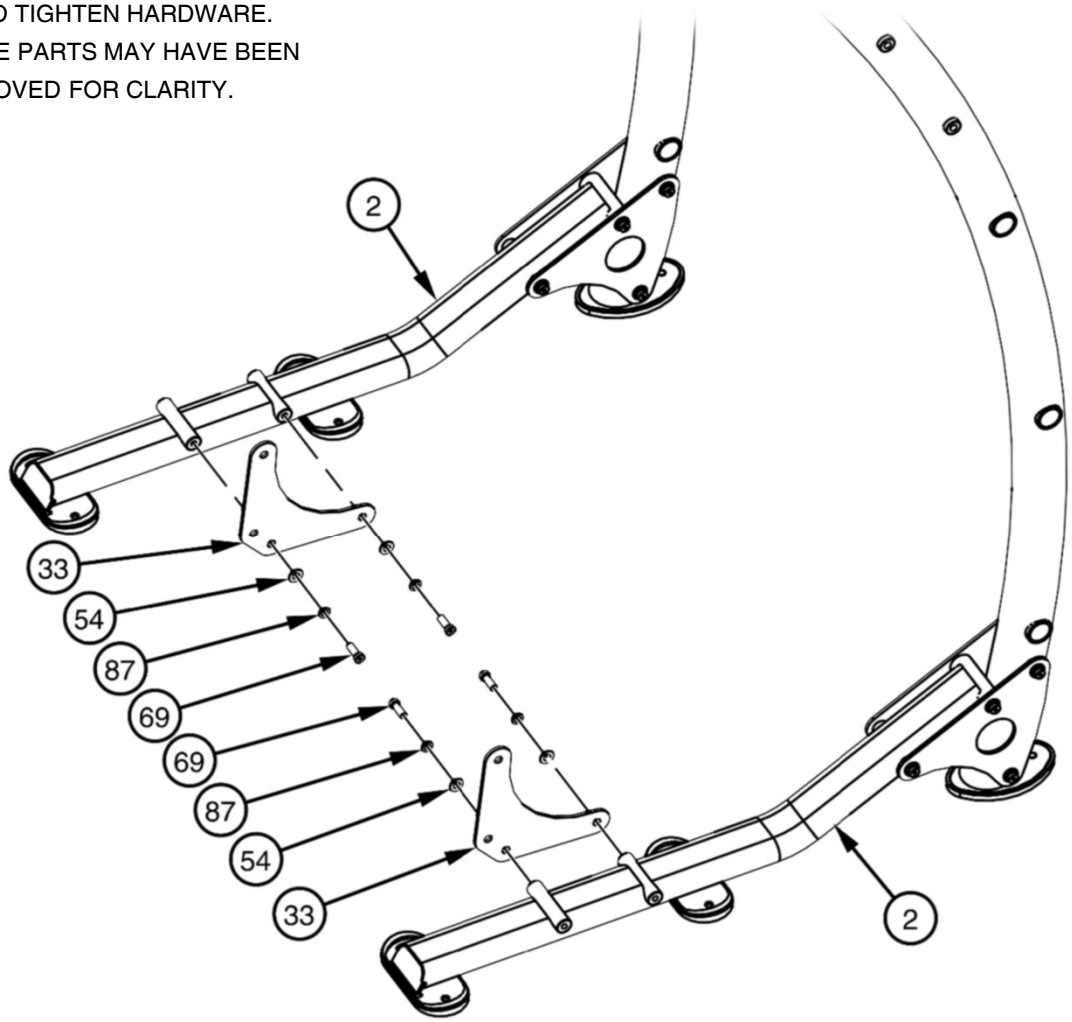
INSTALL THE UPRIGHTS (3) SUCH THAT THE PULLEY GUARDS (85) FACE INWARD.

***AFTER COMPLETION OF THIS ASSEMBLY STEP, SKIP TO PAGE 21.**

FRAME ASSEMBLY

ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY: 7 DEGREE

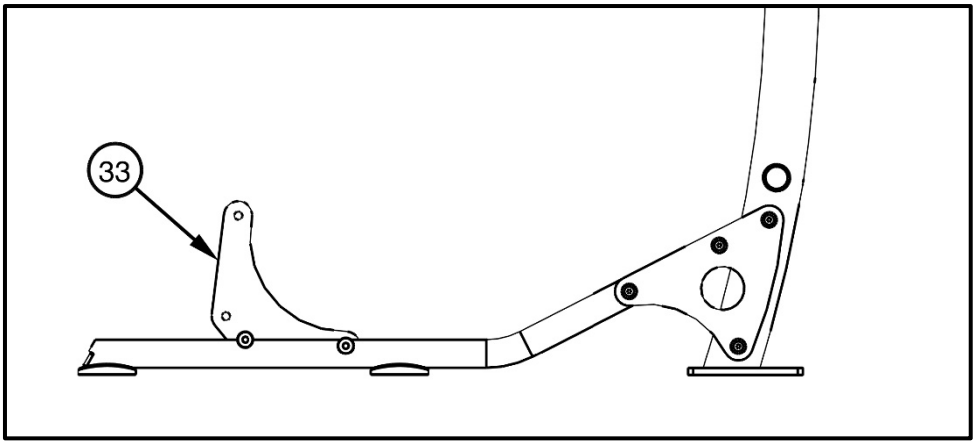
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT

PAY CLOSE ATTENTION TO THE ORIENTATION OF THE ANGLE ADJUSTMENT PLATES (33).

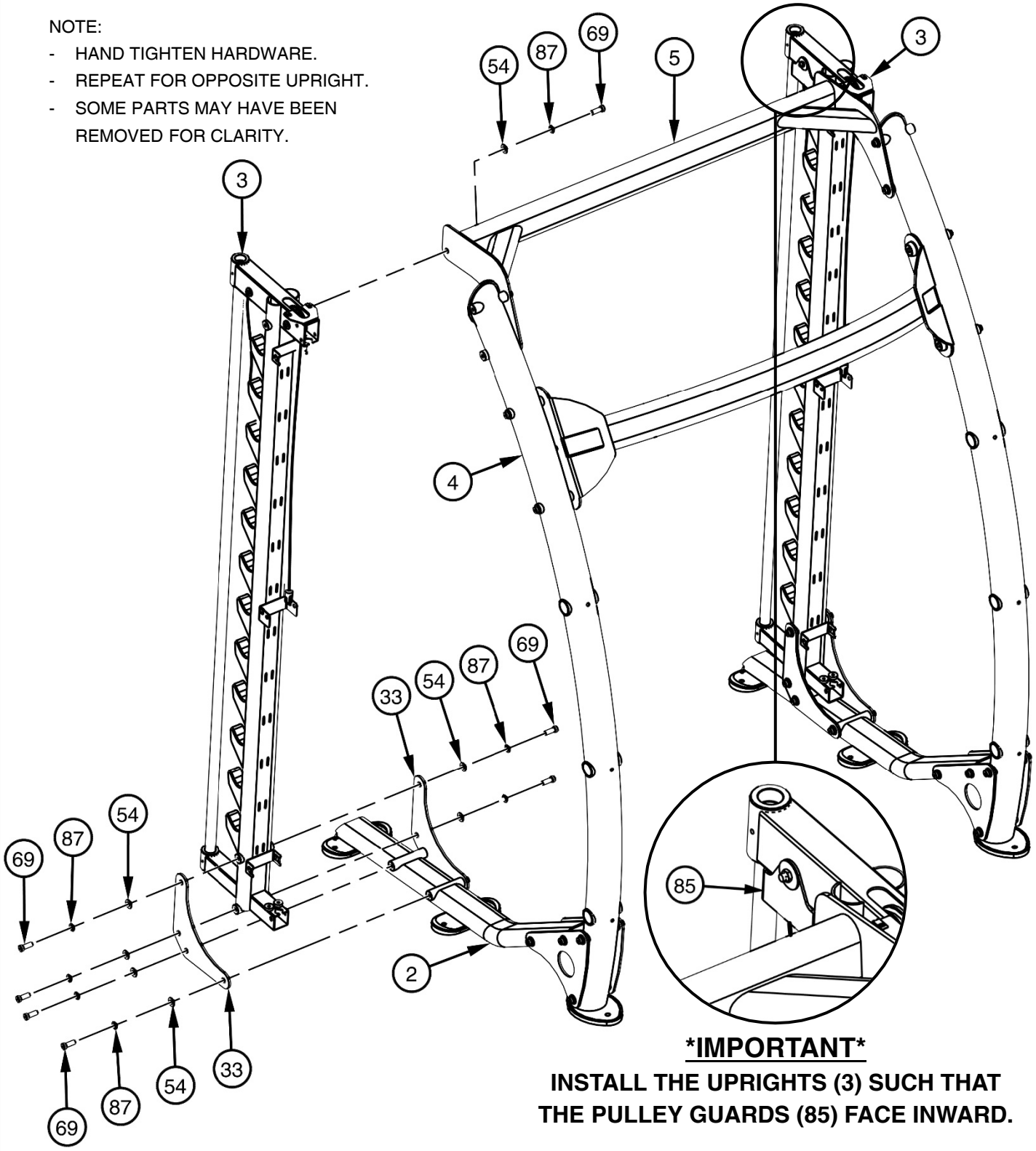
CORRECT ASSEMBLY SIDE VIEW



FRAME ASSEMBLY

ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY: 7 DEGREE

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



IMPORTANT

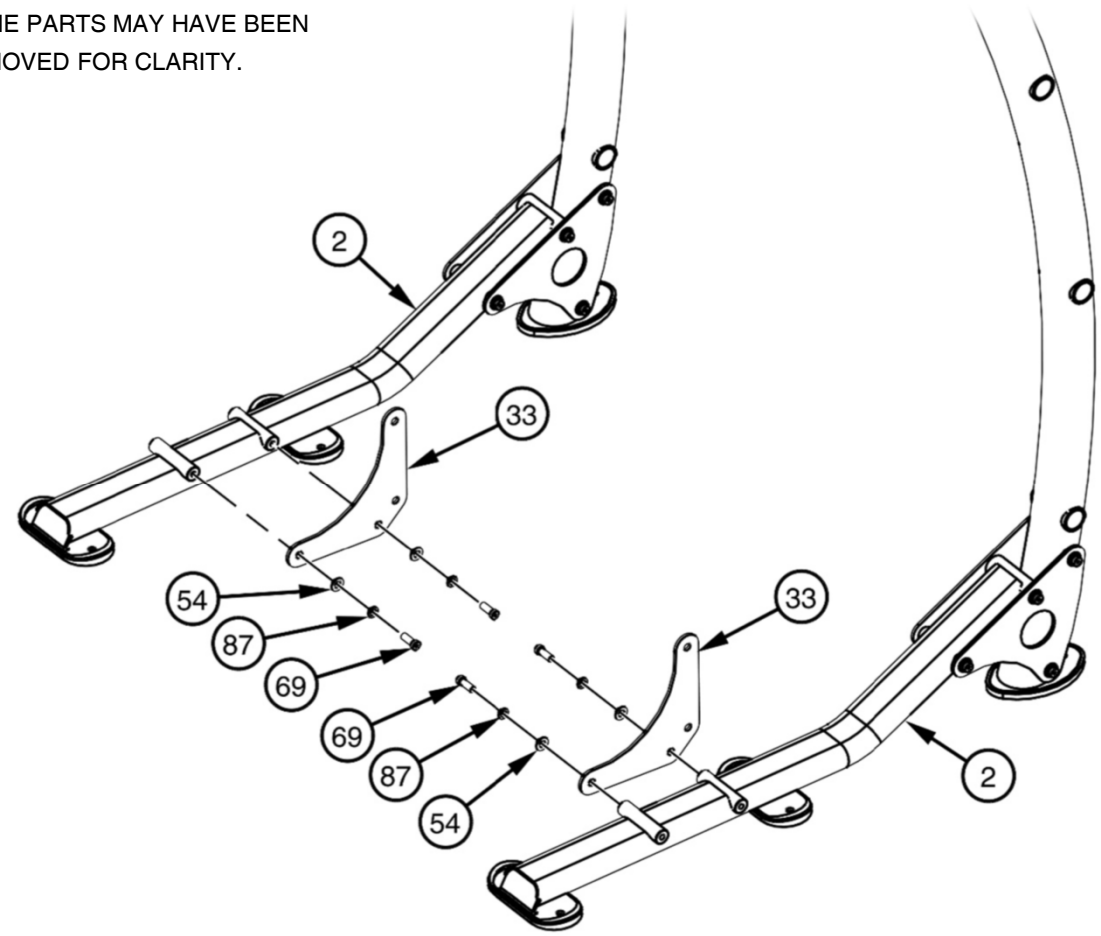
INSTALL THE UPRIGHTS (3) SUCH THAT THE PULLEY GUARDS (85) FACE INWARD.

***AFTER COMPLETION OF THIS ASSEMBLY STEP, SKIP TO PAGE 21.**

FRAME ASSEMBLY

***ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY:**
0 DEGREE (RACKOUTS REAR FACING)*

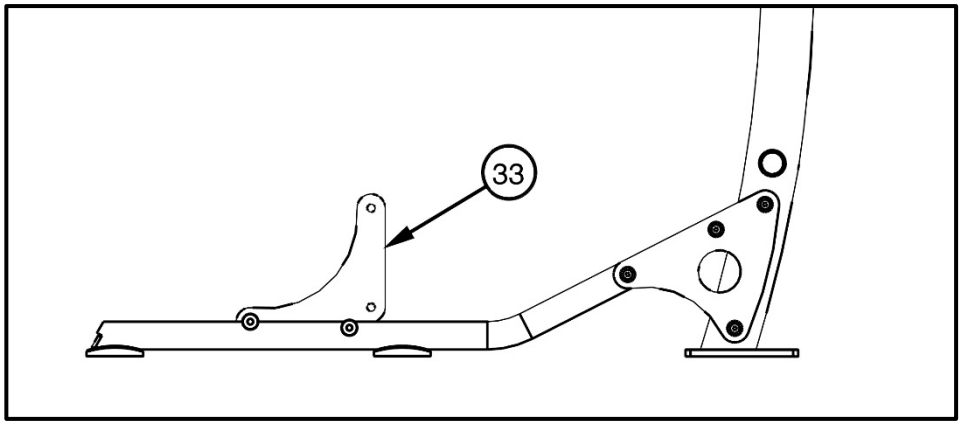
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT

PAY CLOSE ATTENTION TO THE ORIENTATION OF THE ANGLE ADJUSTMENT PLATES (33).

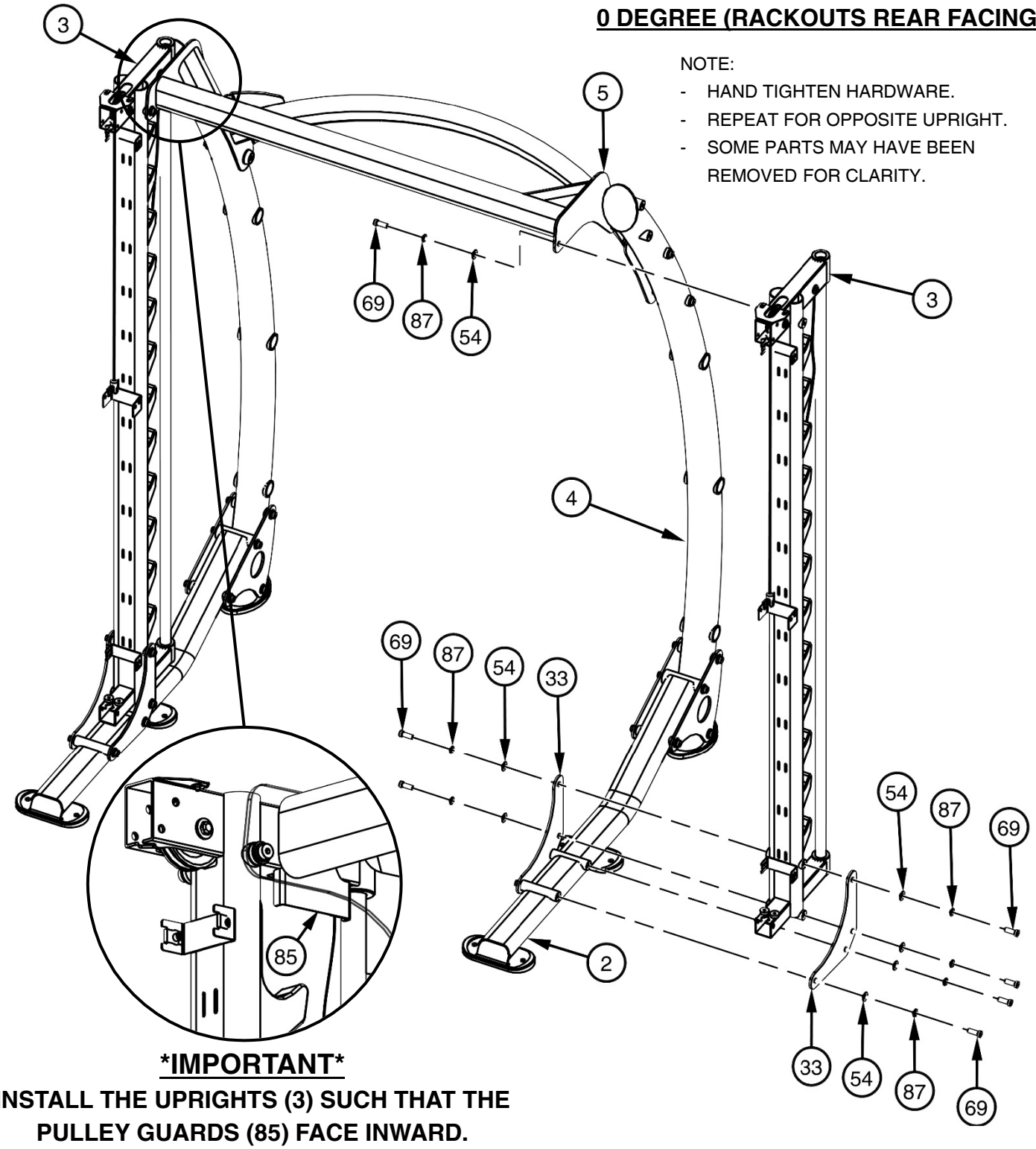
CORRECT ASSEMBLY SIDE VIEW



FRAME ASSEMBLY

***ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY:**

0 DEGREE (RACKOUTS REAR FACING)*



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

IMPORTANT

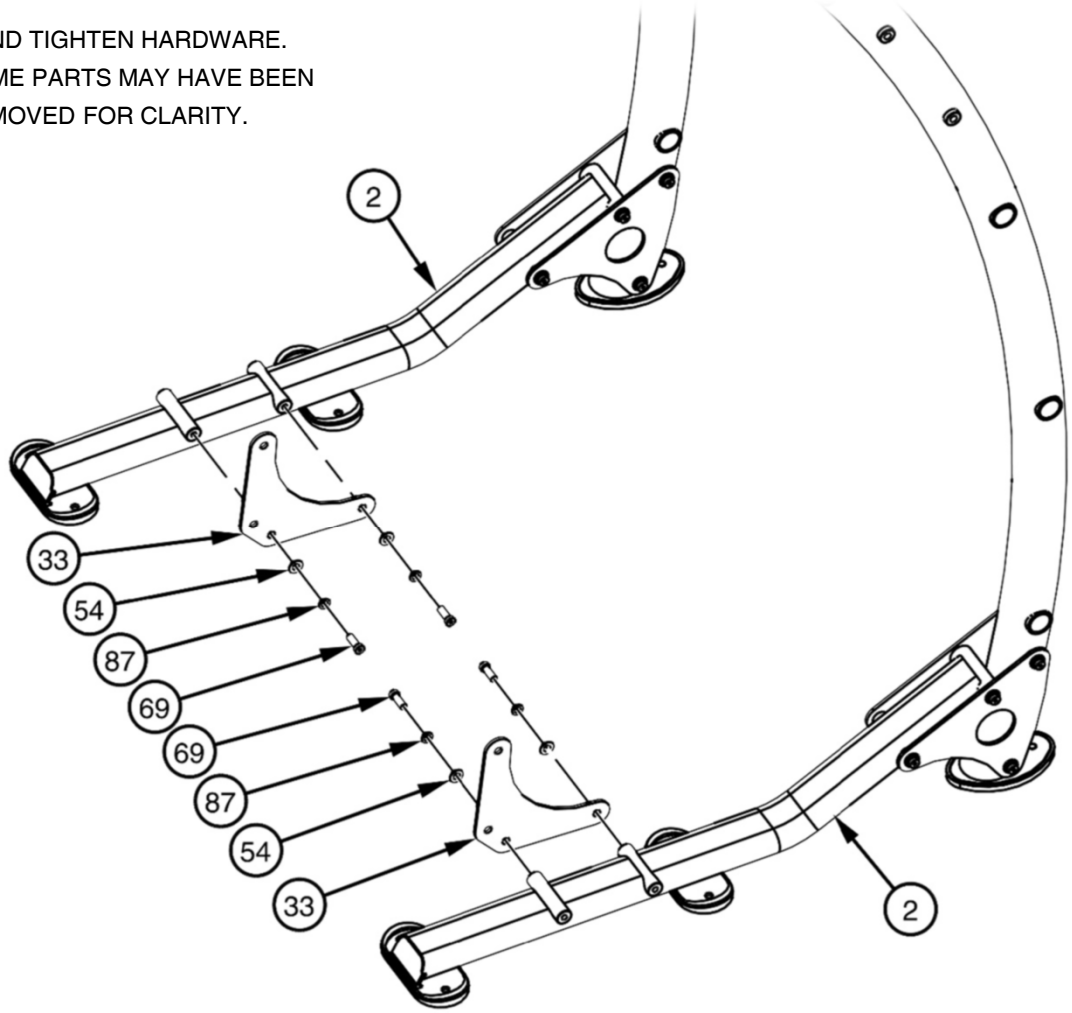
INSTALL THE UPRIGHTS (3) SUCH THAT THE PULLEY GUARDS (85) FACE INWARD.

***AFTER COMPLETION OF THIS ASSEMBLY STEP, SKIP TO PAGE 21.**

FRAME ASSEMBLY

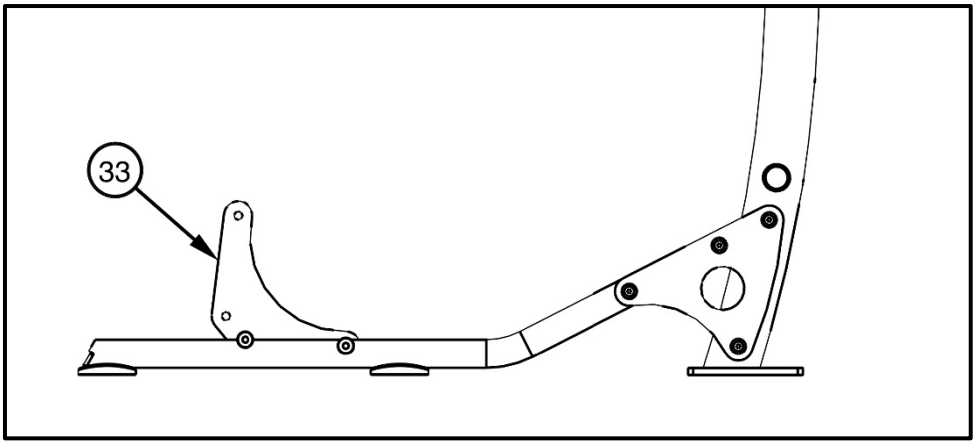
***ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY:**
7 DEGREE (RACKOUTS REAR FACING)*

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



CORRECT ASSEMBLY SIDE VIEW

IMPORTANT
PAY CLOSE ATTENTION TO THE ORIENTATION OF THE ANGLE ADJUSTMENT PLATES (33).

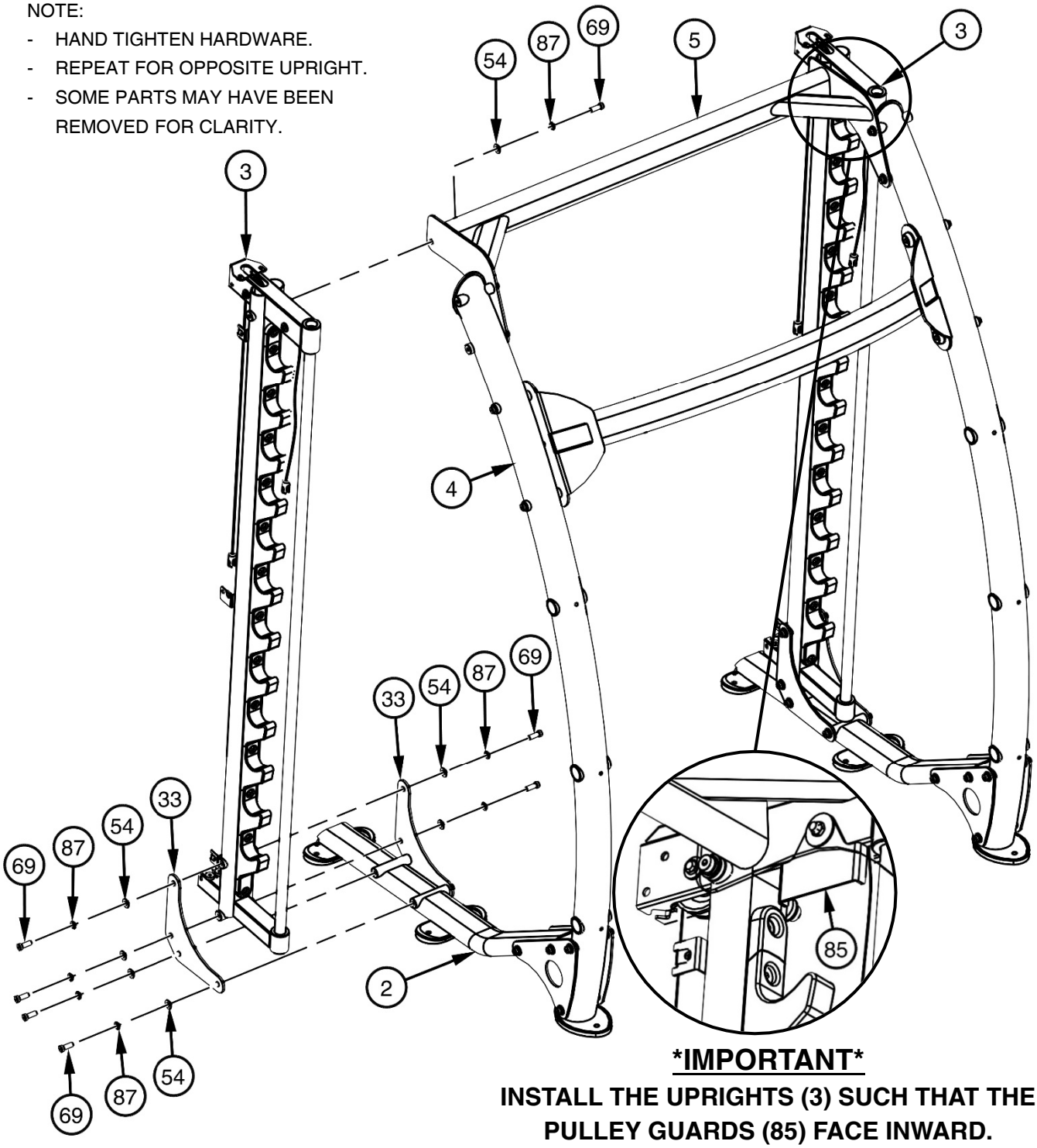


FRAME ASSEMBLY

***ASSEMBLY STEP IS FOR THE FOLLOWING CONFIGURATION ONLY:**

7 DEGREE (RACKOUTS REAR FACING)*

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



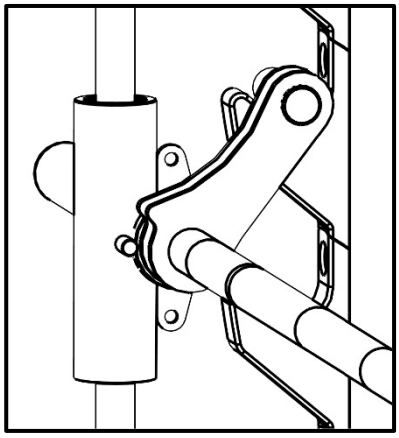
IMPORTANT

INSTALL THE UPRIGHTS (3) SUCH THAT THE PULLEY GUARDS (85) FACE INWARD.

***AFTER COMPLETION OF THIS ASSEMBLY STEP, SKIP TO PAGE 21.**

FRAME ASSEMBLY

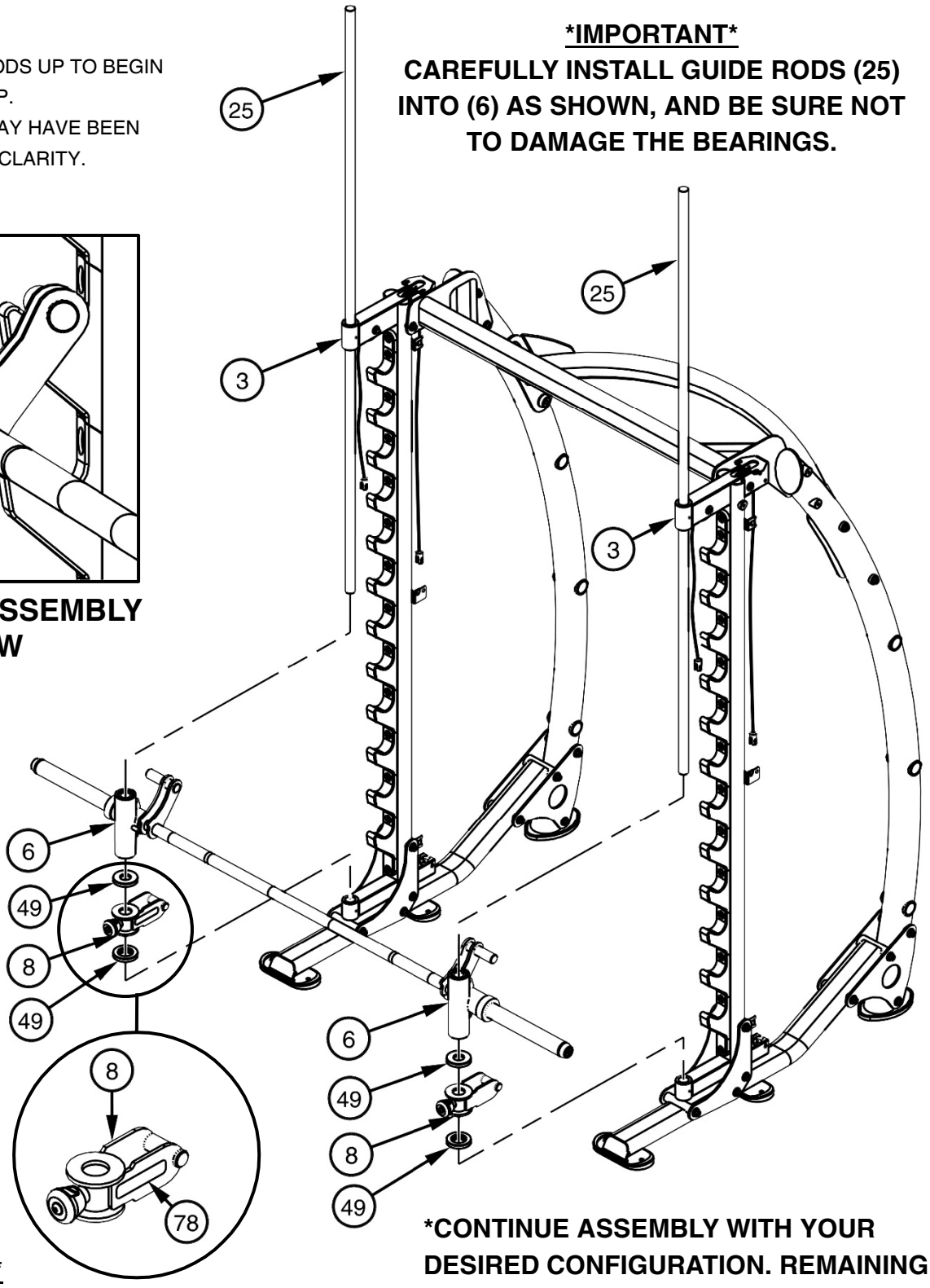
NOTE:
- SLIDE GUIDE RODS UP TO BEGIN ASSEMBLY STEP.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



CORRECT ASSEMBLY VIEW

IMPORTANT

CAREFULLY INSTALL GUIDE RODS (25) INTO (6) AS SHOWN, AND BE SURE NOT TO DAMAGE THE BEARINGS.



IMPORTANT

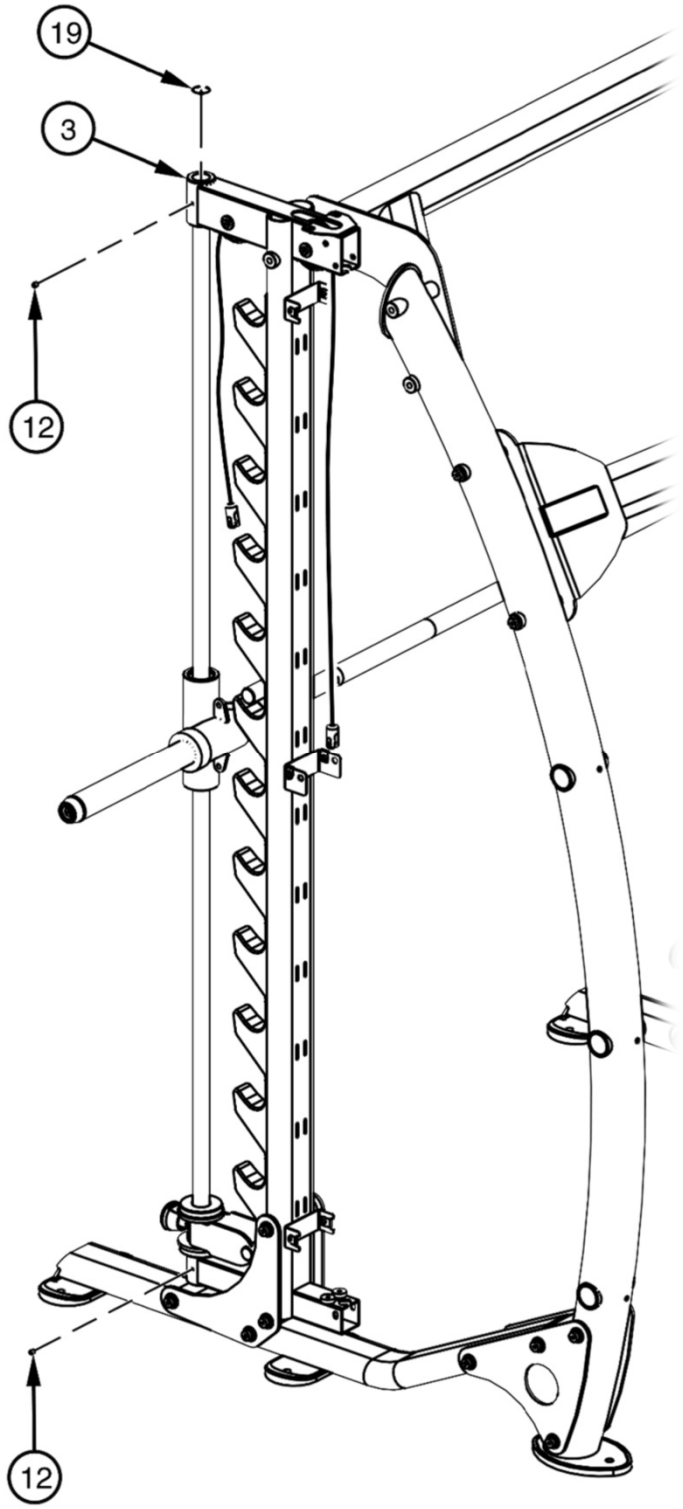
ORIENT THE SAFTEY STOPS (8) SO THAT THE DANGER DECALS (78) FACE INWARD.

CONTINUE ASSEMBLY WITH YOUR DESIRED CONFIGURATION. REMAINING ASSEMBLY STEPS WILL BE SHOWN WITH 0 DEGREE CONFIGURATION.

FRAME ASSEMBLY

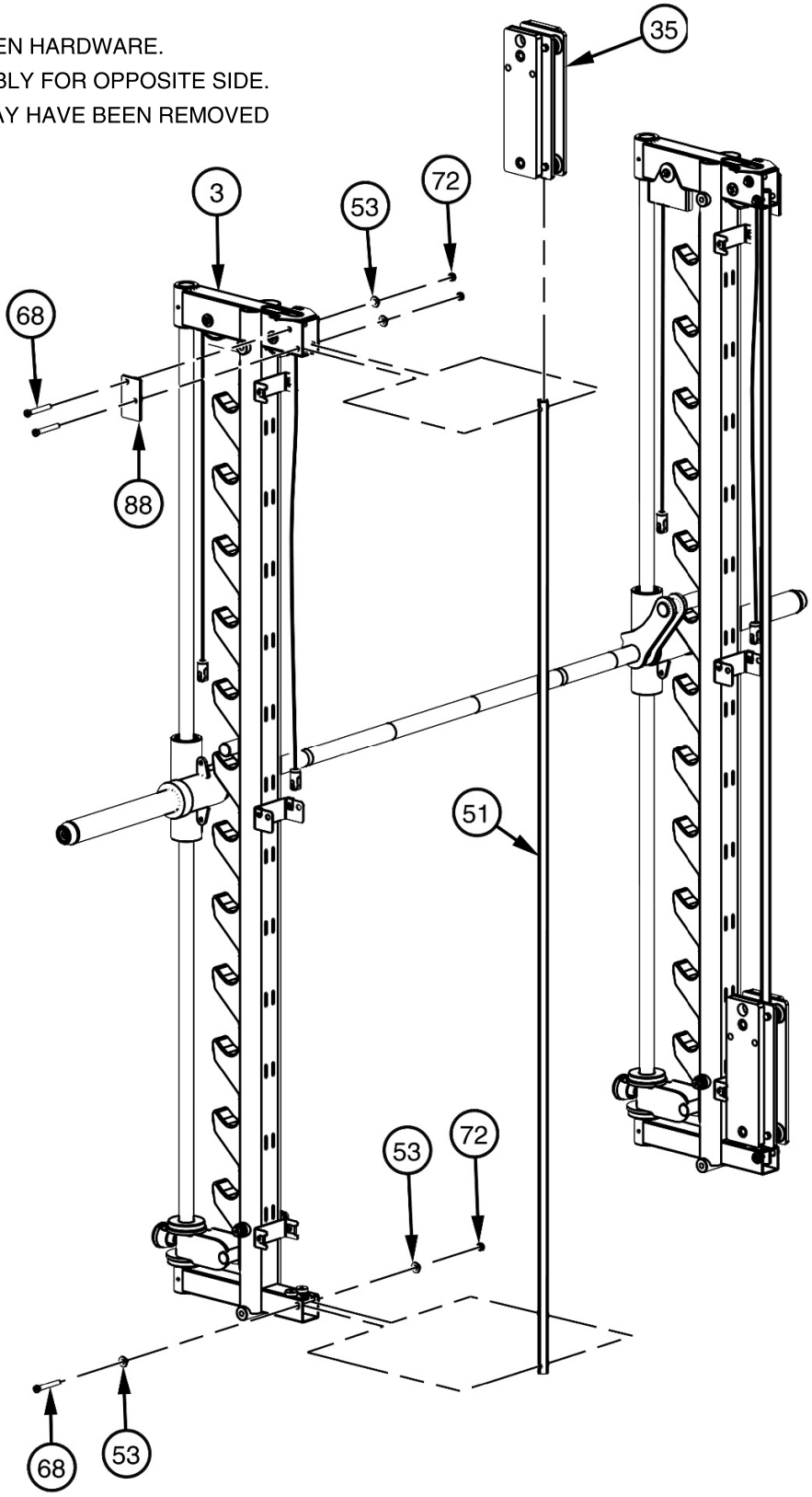
NOTE:

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



FRAME ASSEMBLY

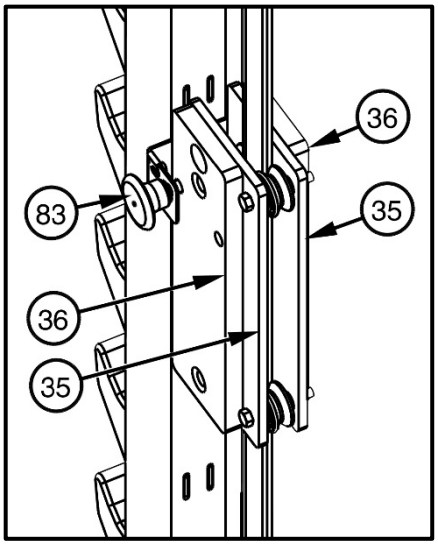
NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

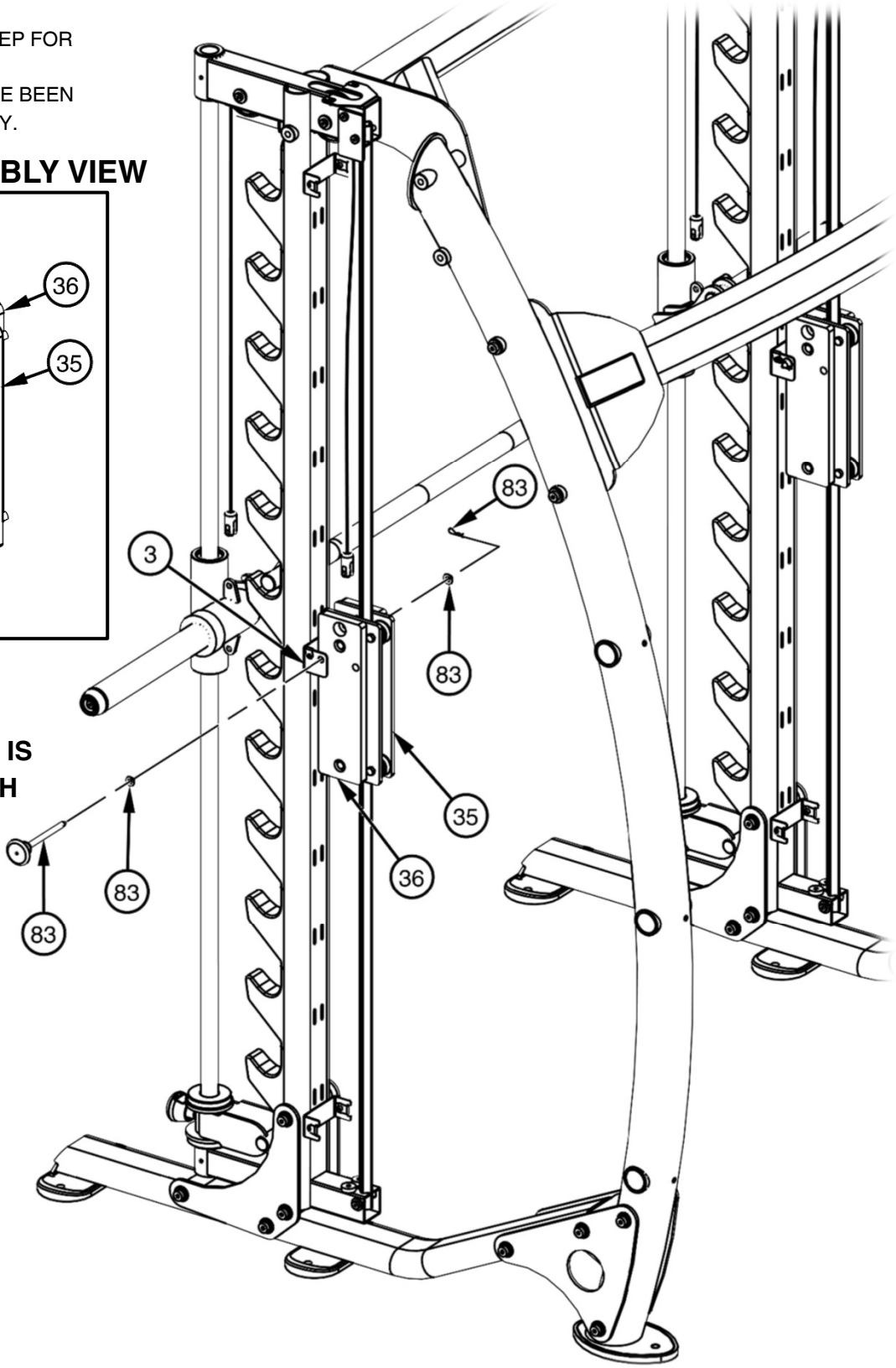
NOTE:
- REPEAT ASSEMBLY STEP FOR OPPOSITE UPRIGHT.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CORRECT ASSEMBLY VIEW



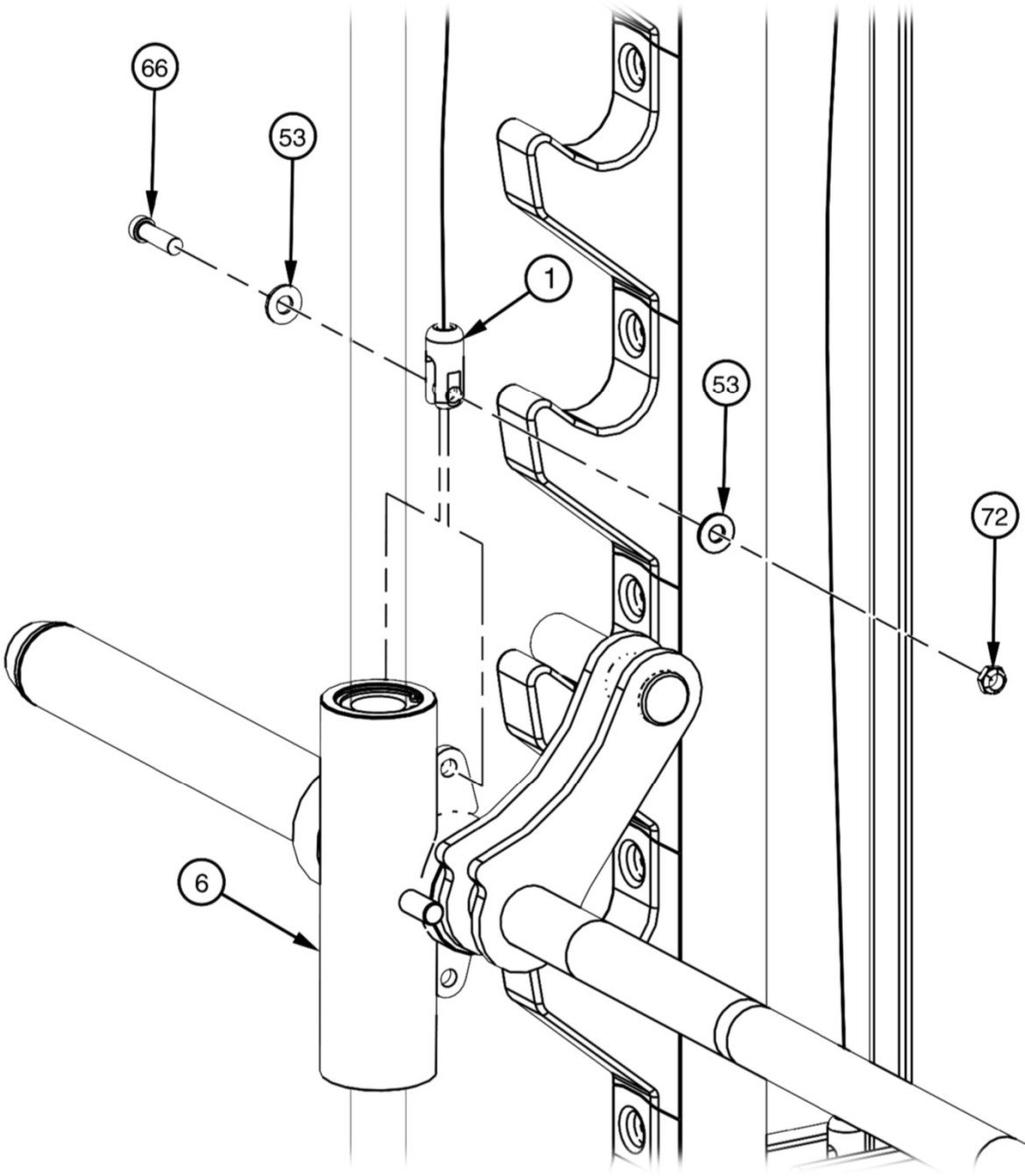
IMPORTANT

ENSURE THAT THE SELECTOR PIN (83) IS INSERTED THROUGH THE UPRIGHT BRACKET (3) AND COUNTERWEIGHT PLATES (35 & 36).



FRAME ASSEMBLY

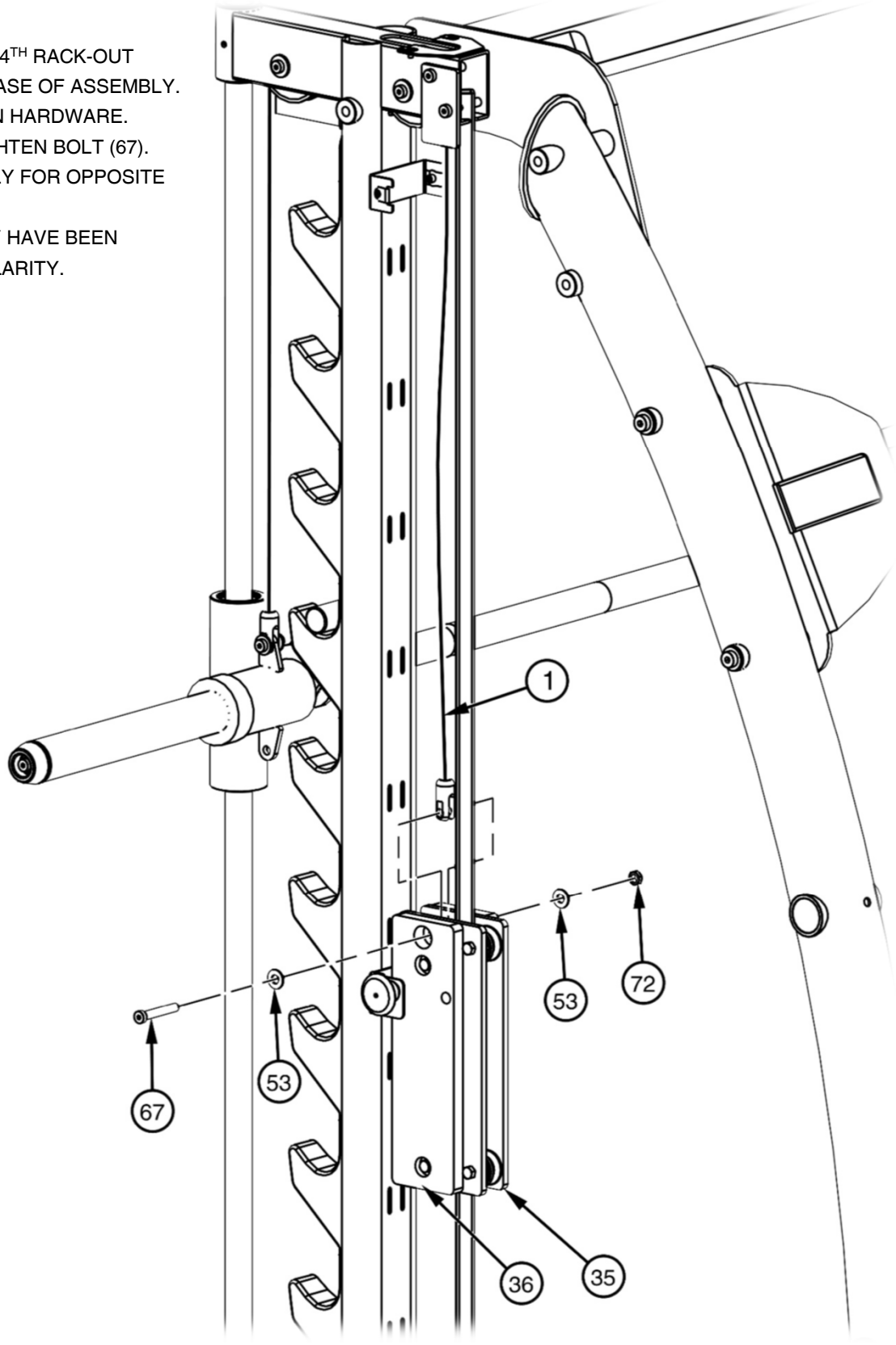
NOTE:
- WRENCH TIGHTEN HARDWARE.
- DO NOT OVERTIGHTEN BOLT (66).
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



FRAME ASSEMBLY

NOTE:

- MOVE BAR UP TO 4TH RACK-OUT FROM TOP FOR EASE OF ASSEMBLY.
- WRENCH TIGHTEN HARDWARE.
- DO NOT OVERTIGHTEN BOLT (67).
- REPEAT ASSEMBLY FOR OPPOSITE UPRIGHT.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

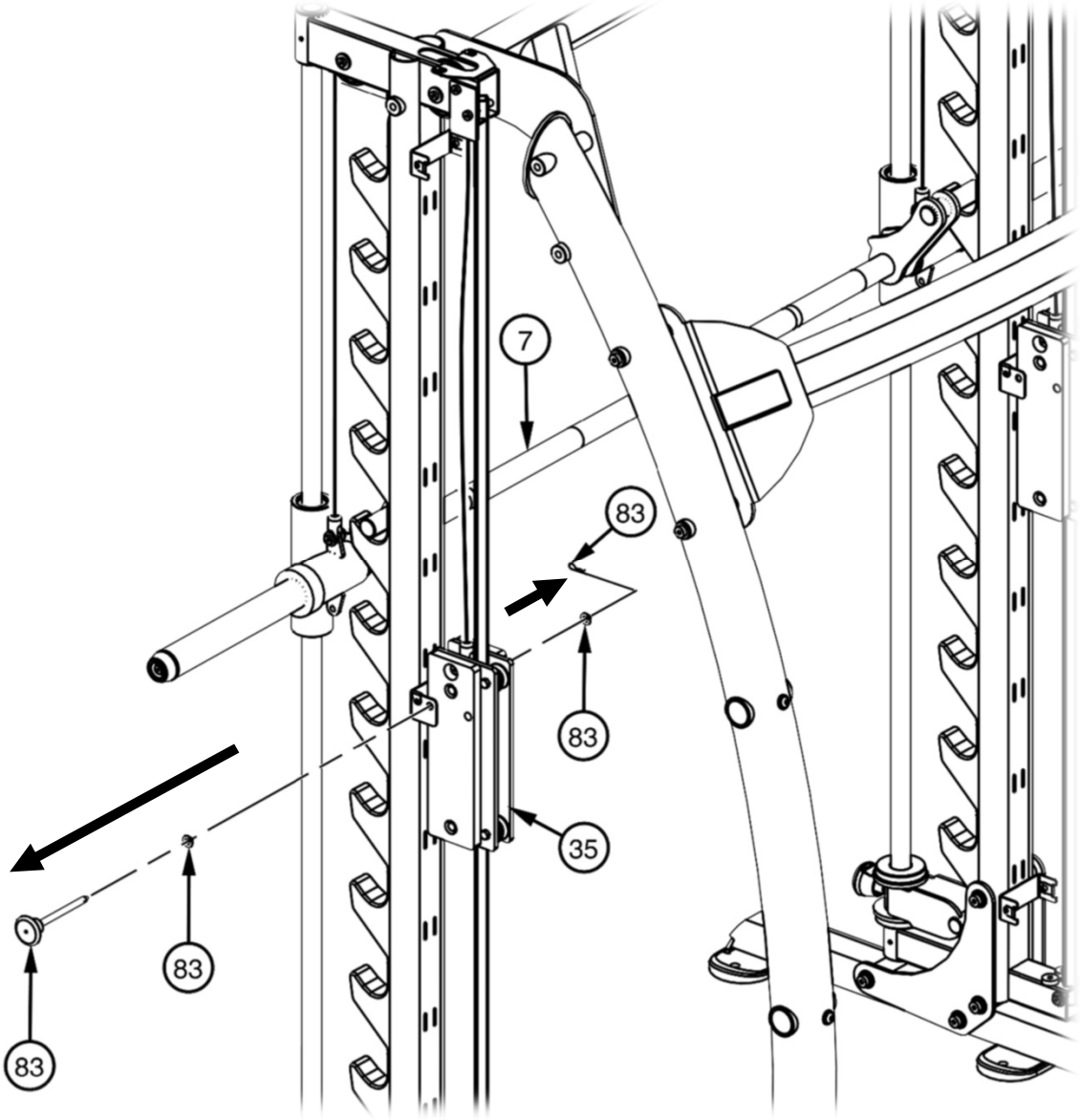


FRAME ASSEMBLY

NOTE:
- MOVE BAR TO 5TH RACK-OUT FROM TOP BEFORE REMOVING SELECTOR PIN (83).
- REPEAT DISASSEMBLY STEP FOR OPPOSITE UPRIGHT.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CAUTION

ENSURE THAT THE BAR (7) IS SECURED IN THE RACK-OUTS BEFORE STARTING ASSEMBLY STEP. CARFULLY SUPPORT COUNTERWEIGHT (35) WHILE REMOVING SELECTOR PIN (83). AFTER REMOVING SELECTOR PIN (83), CAREFULLY LOWER COUNTERWEIGTH (35) UNTIL IT IS SUPPORTED BY THE CABLE. FAILURE TO DO SO MAY RESULT IN INJURY.

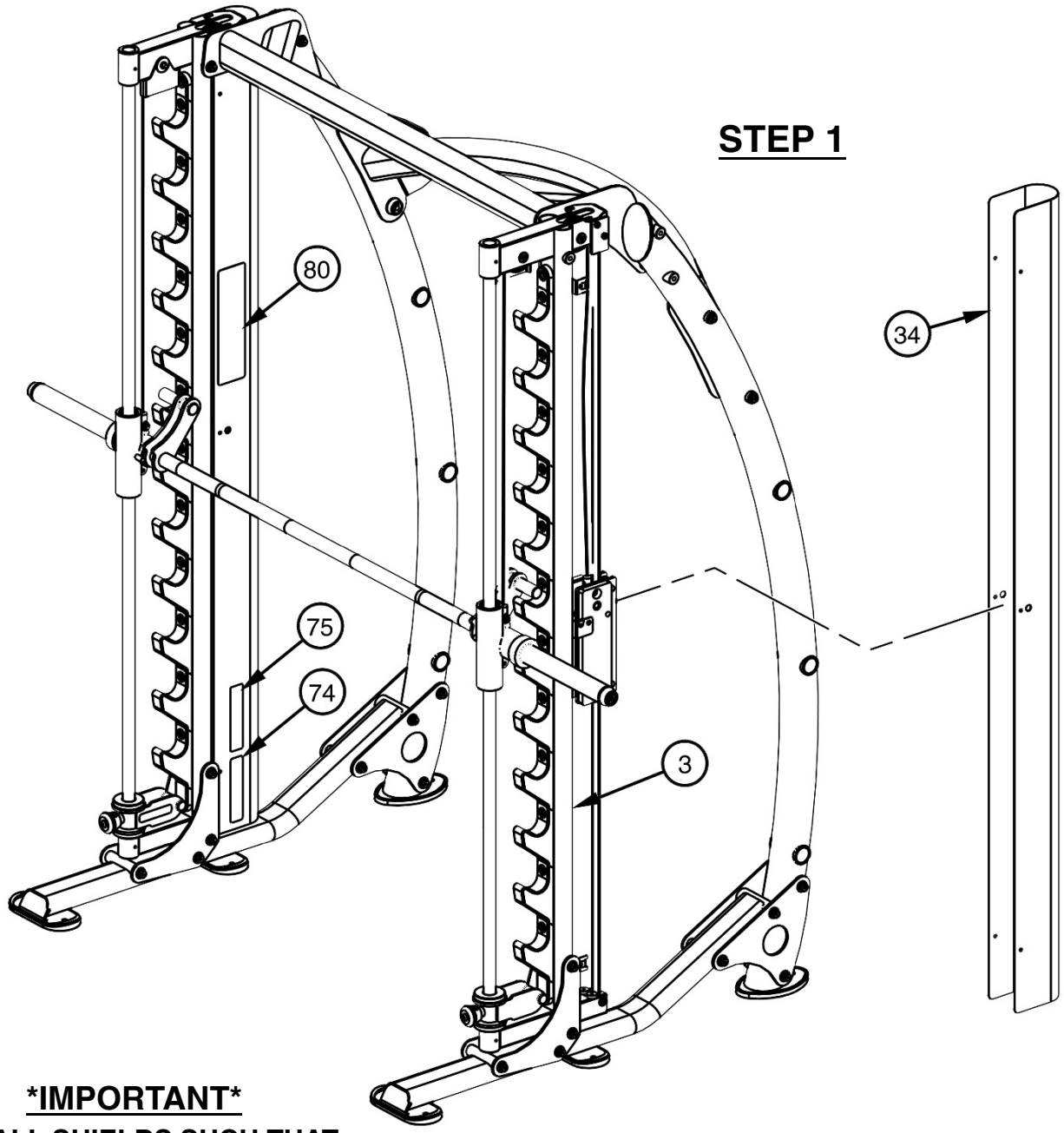


FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 1



IMPORTANT

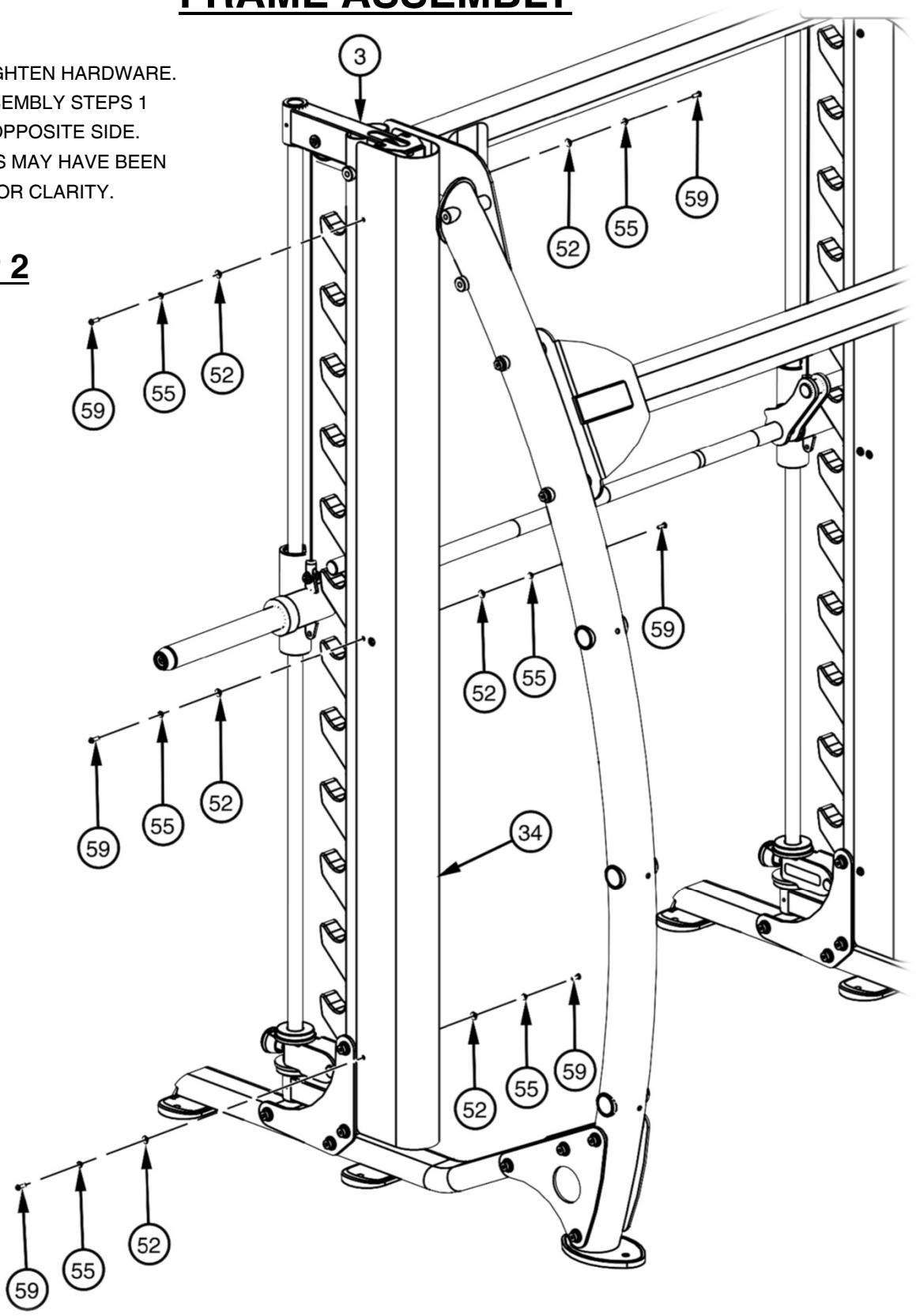
INSTALL SHIELDS SUCH THAT DECALS 74, 75, AND 80 FACE INWARD AS SHOWN

SEE PAGE 29 FOR STEP 2

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY STEPS 1 AND 2 FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

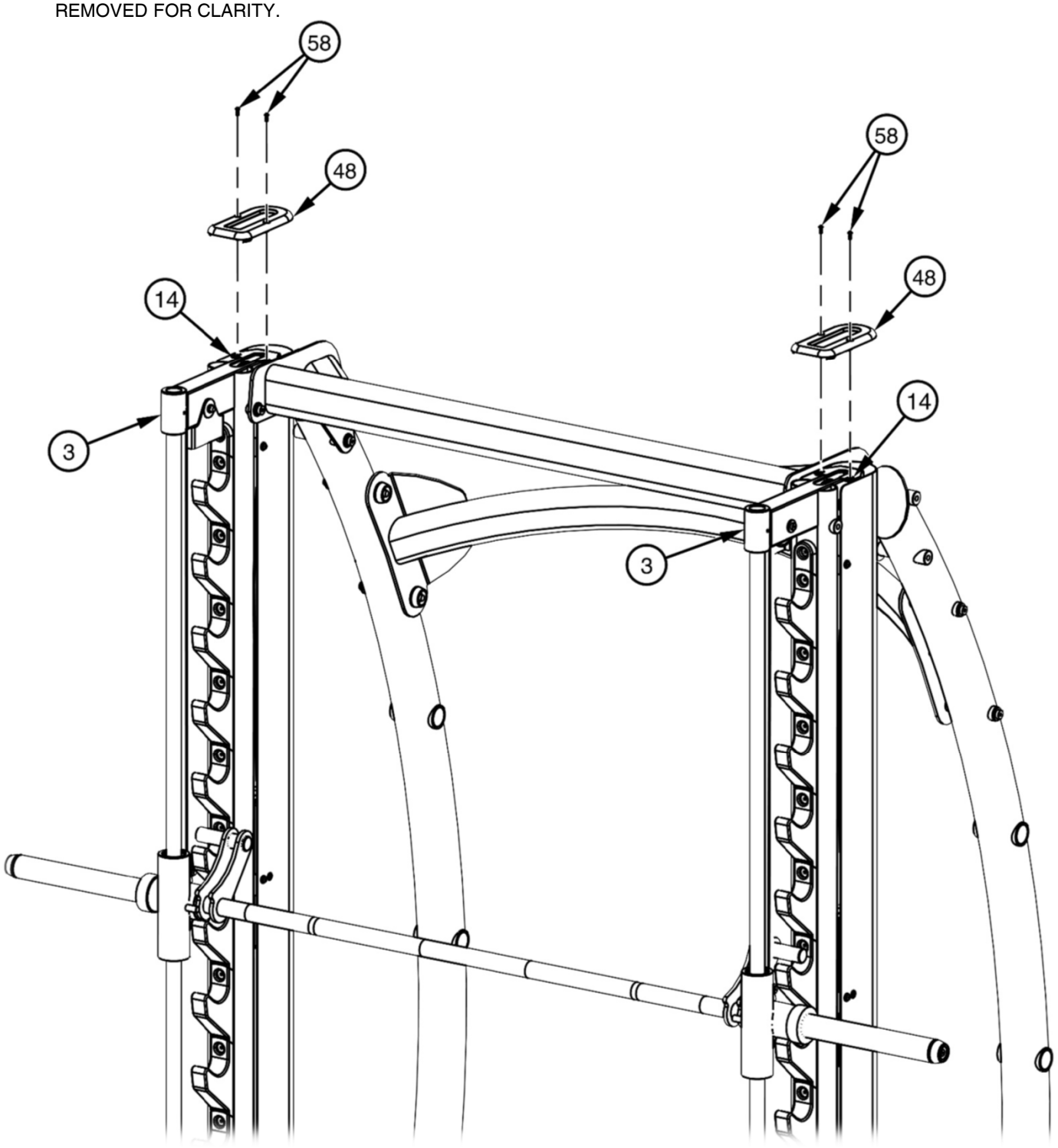
STEP 2



FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- DO NOT OVERTIGHTEN SCREWS (58).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

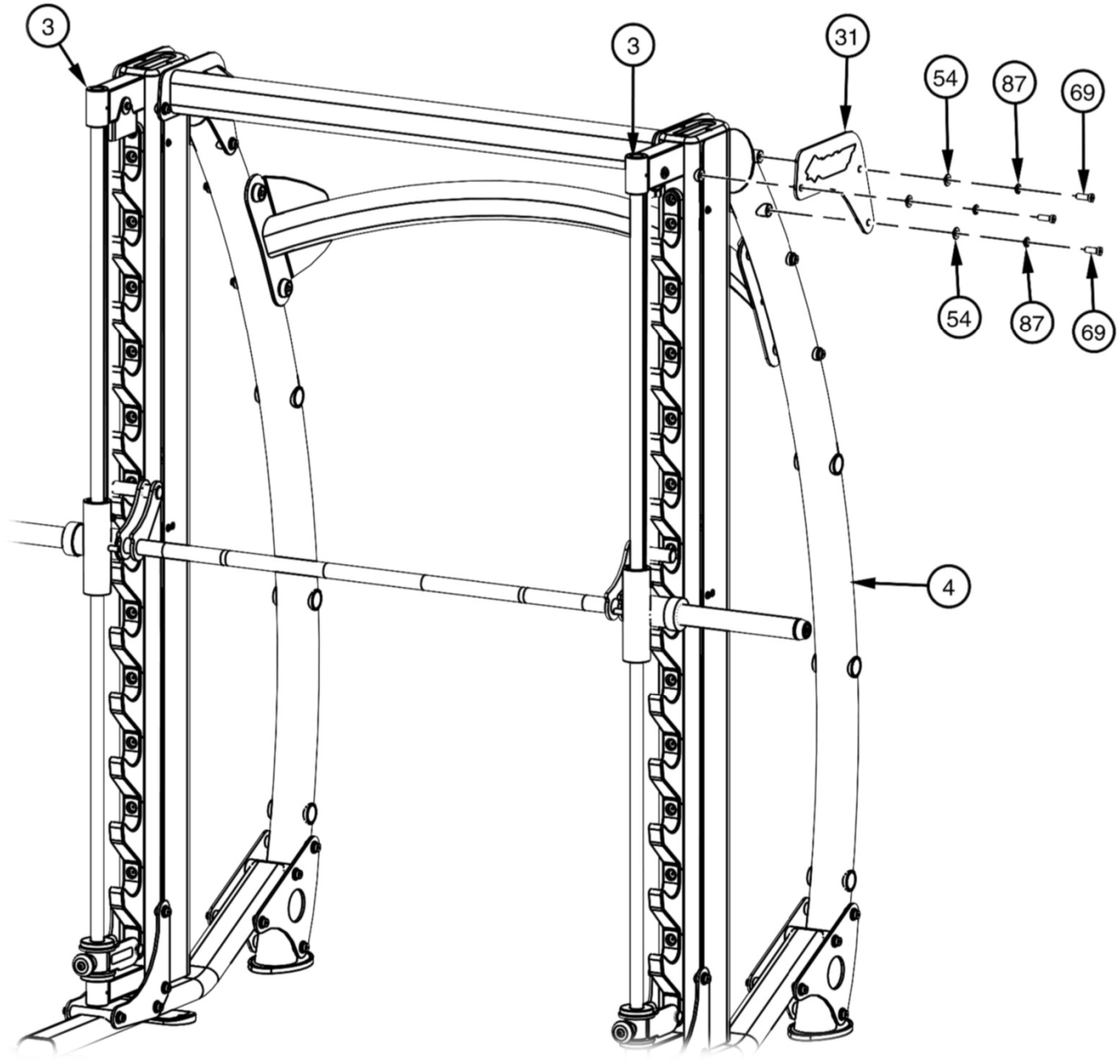


FRAME ASSEMBLY

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

IMPORTANT

ORIENT THE CONNECTOR PLATES (31) SO THAT THE HOIST DECALS FACE OUTWARD.



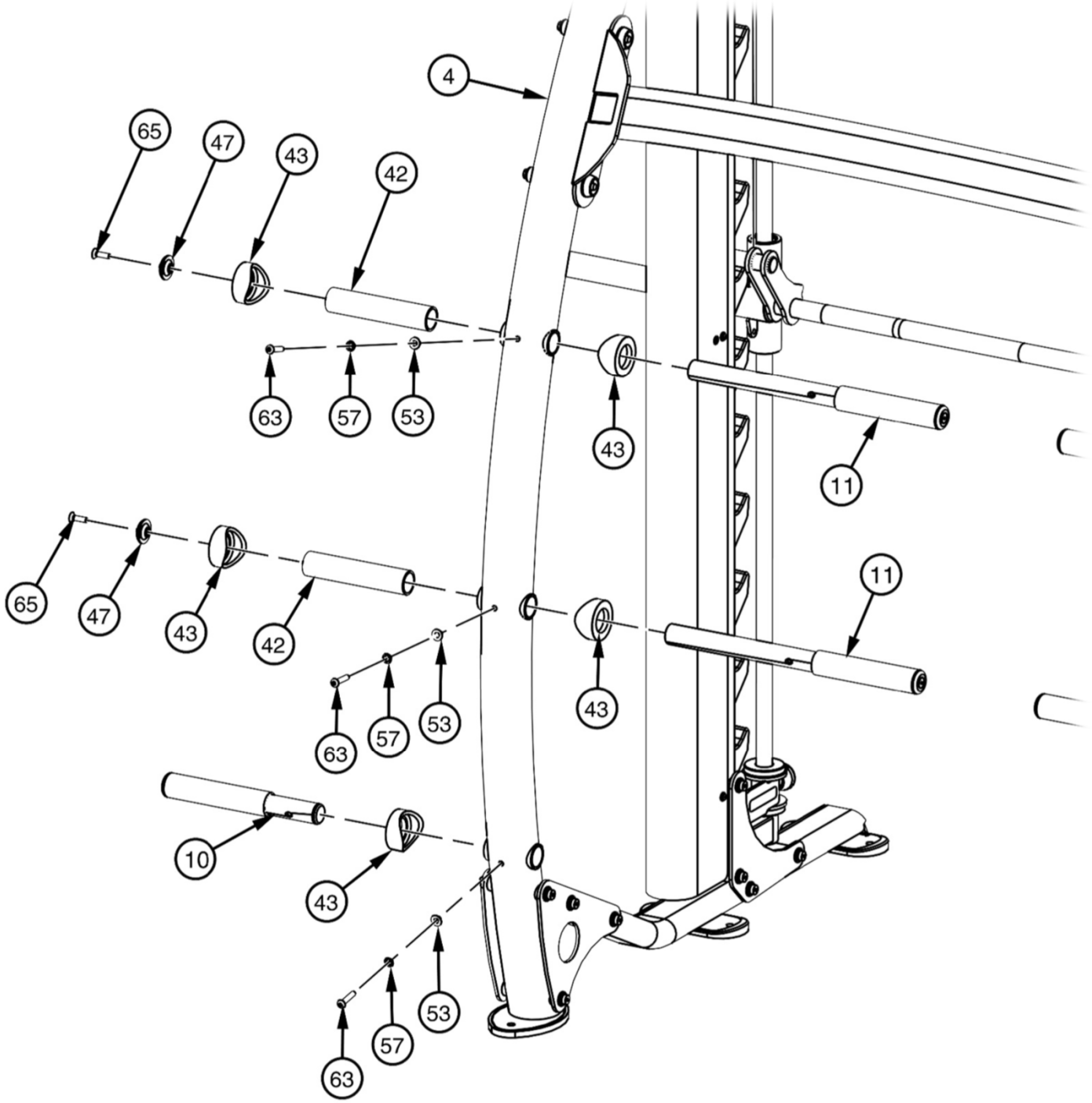
IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

FRAME ASSEMBLY

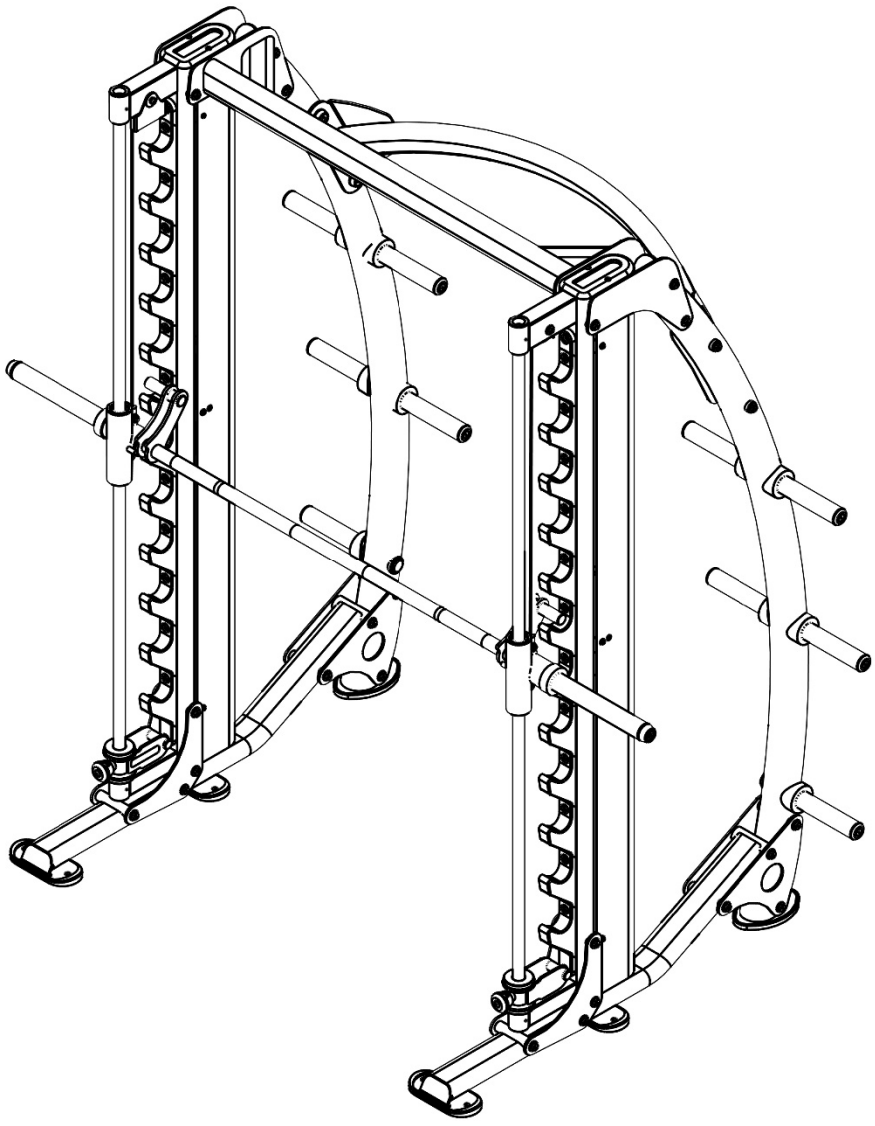
NOTE:

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



FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
* IF MACHINE WAS PURCHASED PRE-ASSEMBLED, REMOVE COUNTERWEIGHT RETAINING SELECTOR PIN (83) NOW.

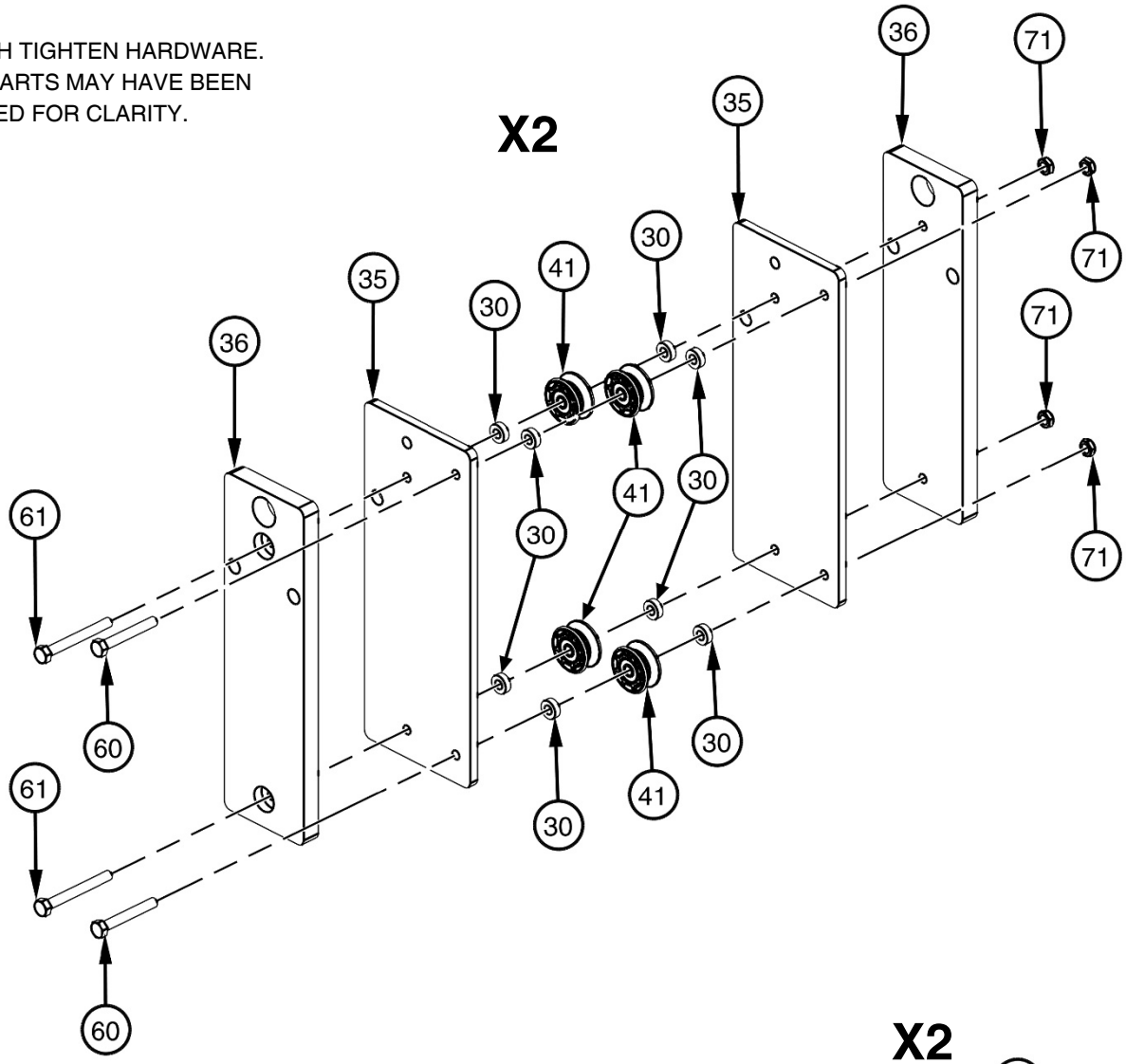


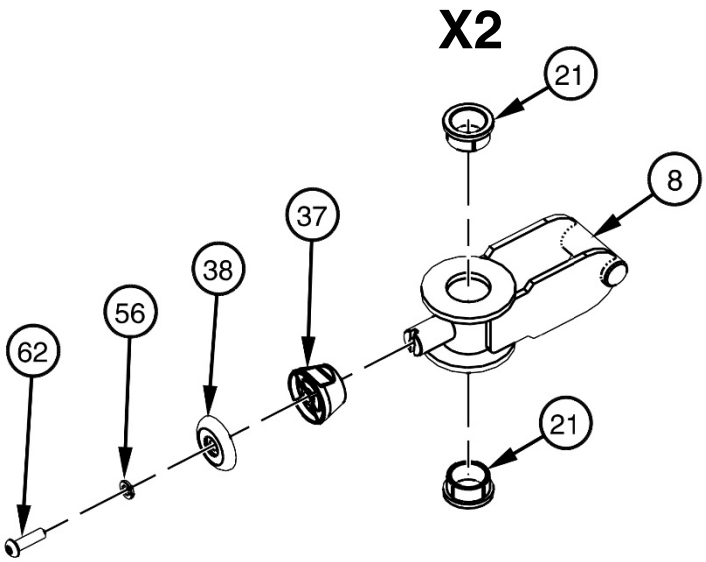
IMPORTANT

NOW THAT THE CF-3755 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.

PRE-ASSEMBLY

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



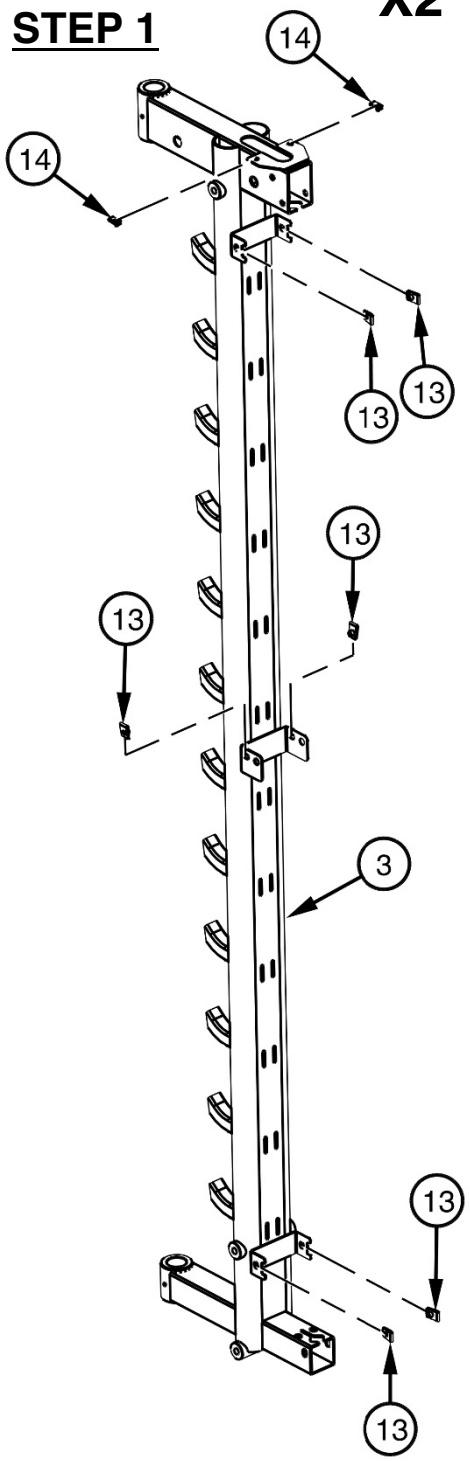


PRE-ASSEMBLY

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

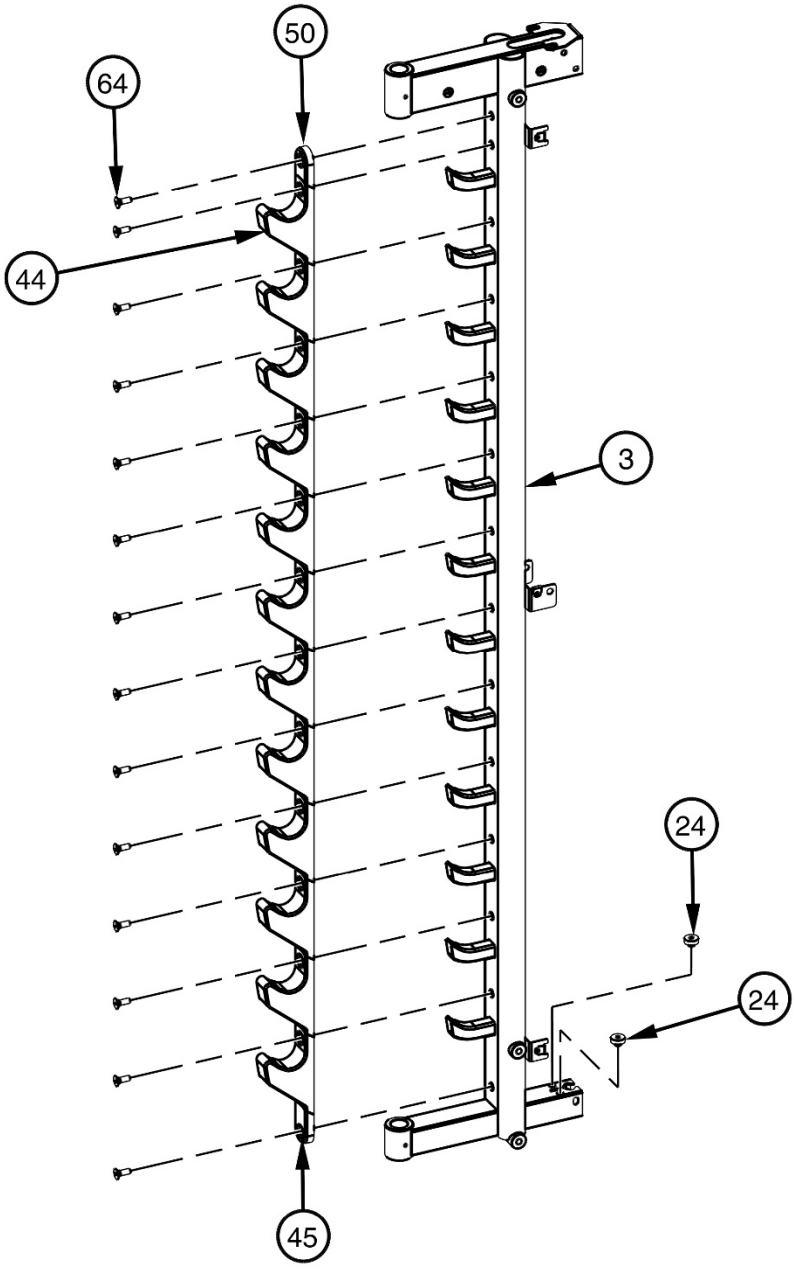
STEP 1

X2



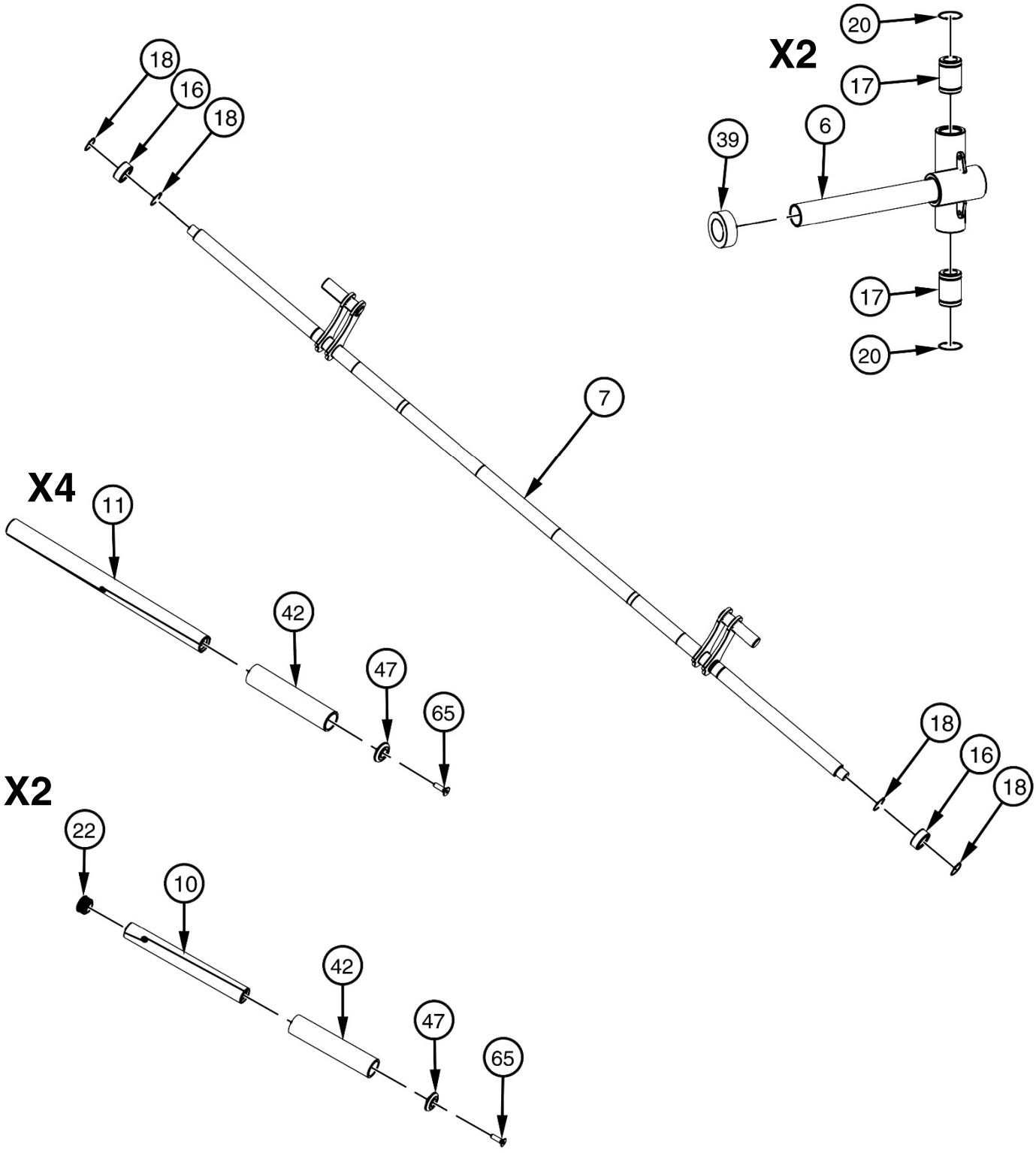
STEP 2

X2



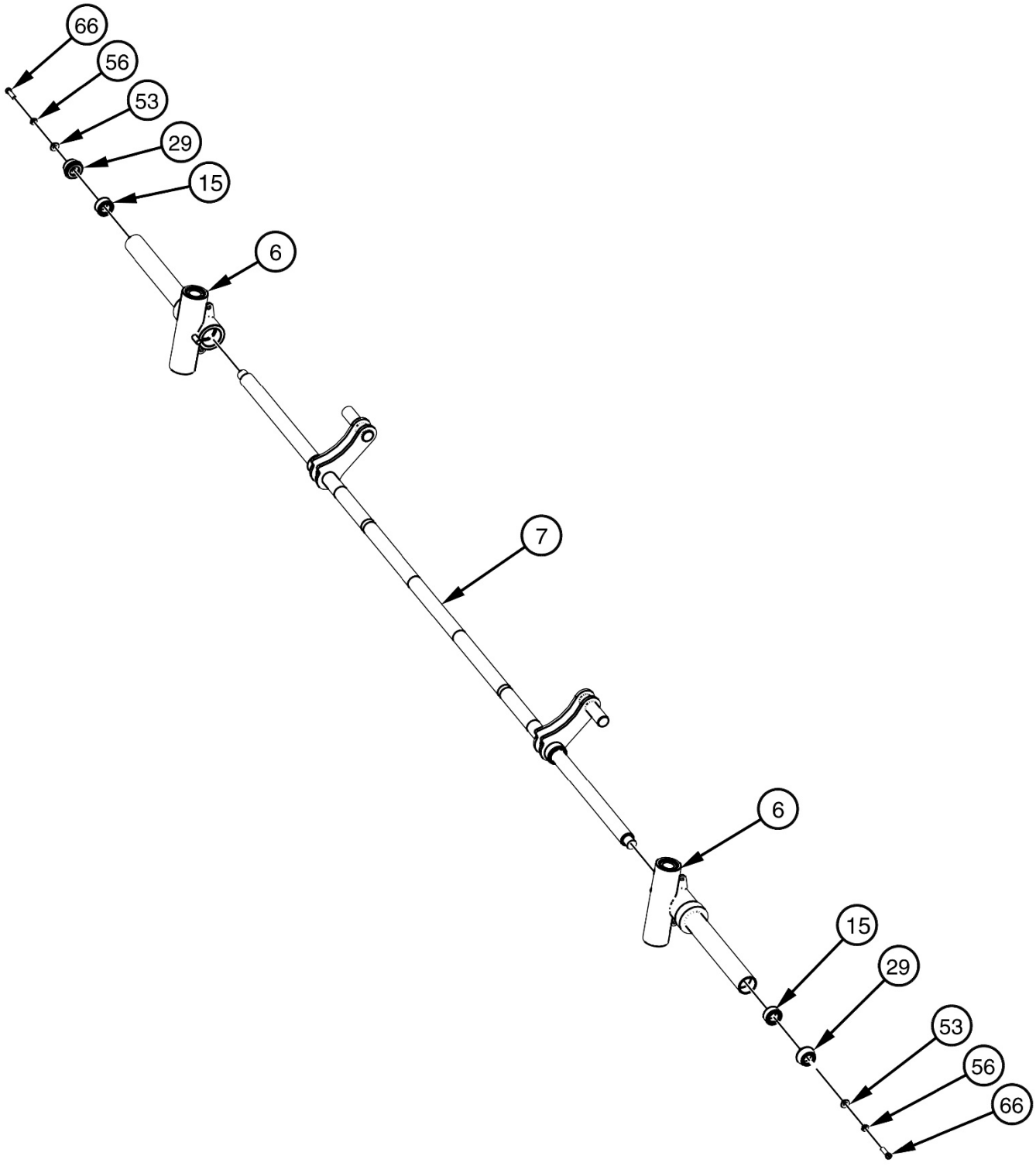
PRE-ASSEMBLY

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



PRE-ASSEMBLY

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

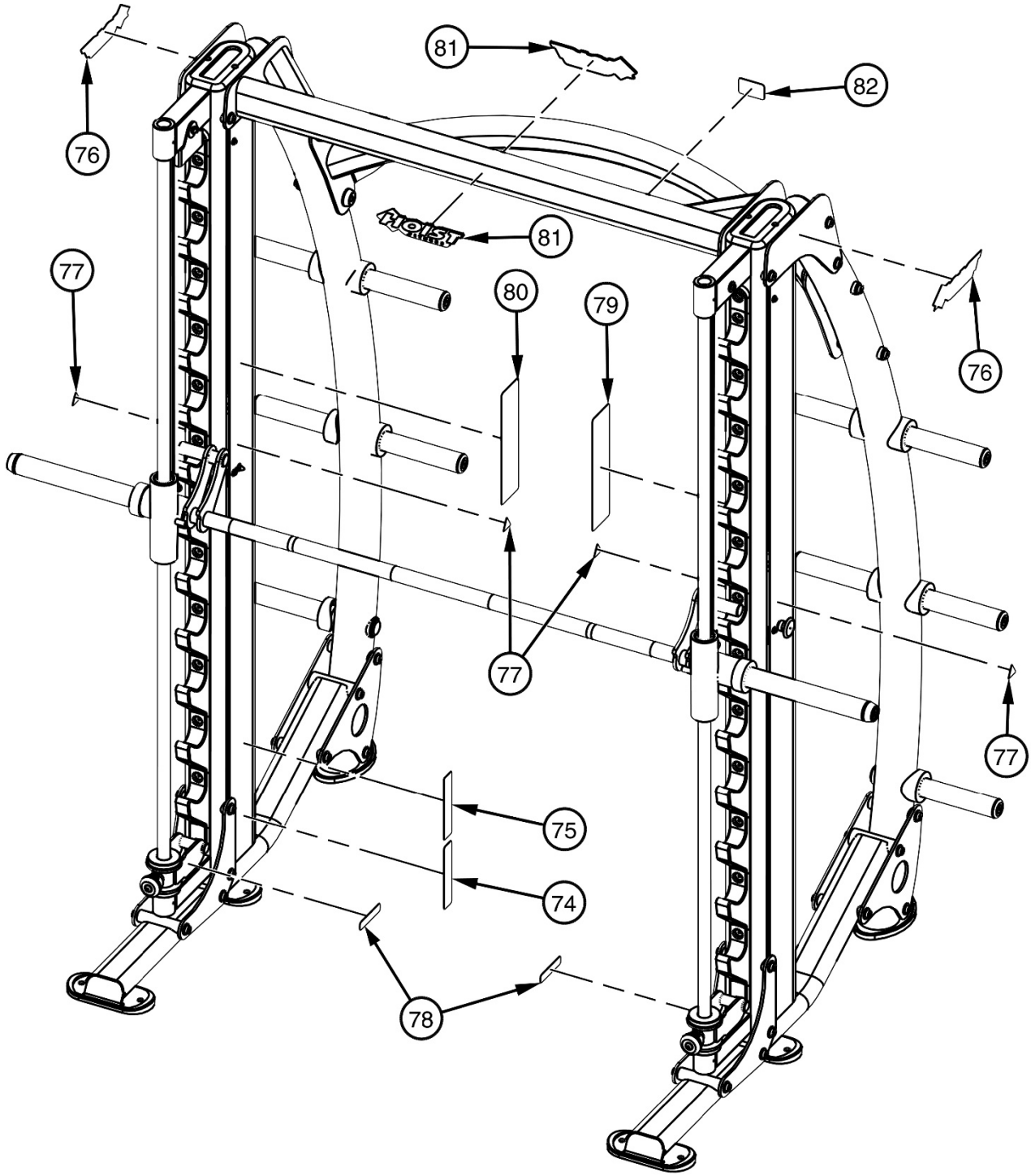


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DECAL PLACEMENT

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

0 DEGREE CONFIGURATION SHOWN



DECAL REFERENCE

021-0003221



021-0003512

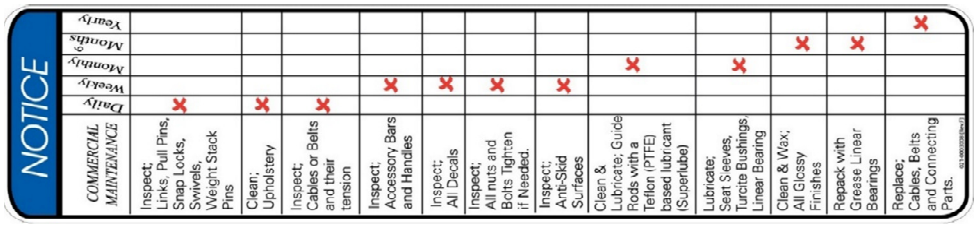
021-0018022



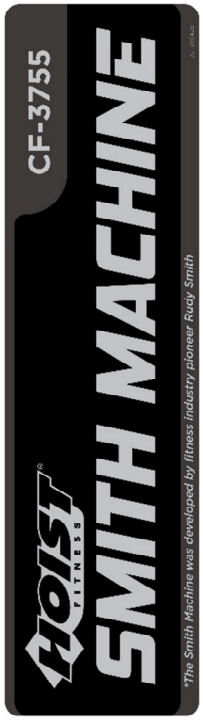
021-0003593



SERIAL # DECAL



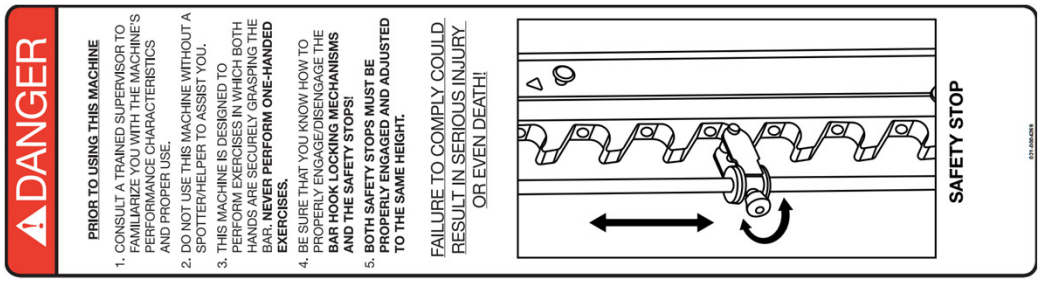
021-0003008



021-0004237



021-0003135



021-0004269

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0452	CABLE ASSEMBLY CF-3755 - 86" LG.	2
2	026-01X4096	CF-3755 BASE FRAME	2
3	026-01X4097	UPRIGHT	2
4	026-01X4098	REAR UPRIGHT ASSEMBLY	2
5	026-01X4099	UPPER CROSSMEMBER	1
6	026-01X4100	BAR SUPPORT ASSEMBLY	2
7	026-01X4101	OLYMPIC BAR	1
8	026-01X4102	SAFETY STOP	2
9	026-01X4120	LOWER CROSSMEMBER	1
10	026-01X6679	CF-3753 & CF-3754 1 SIDED WT. HORN	2
11	026-01X6692	CF-3753 & CF-3754 2 SIDED WT. HORN	4
12	011-0311012	SET SCREW: CUP POINT 5/16-18 X 5/16" LG.	4
13	012-0609006	1/4-20 No-Slip Clip-On Nut	12
14	012-0609007	CLIP ON NUT, 10-32	4
15	014-0006006	BEARING: 25MM NEEDLE BEARING	2
16	014-0006007	BEARING:35MM NEEDLE BEARING W/INNER RING	2
17	014-0007011	BEARING ∅30MM (LINEAR) X 68MM L	4
18	014-0015032	SNAP RING: Ø1.38" EXTERNAL	4
19	014-0023008	30 MM INT SNAP RING	2
20	014-0023010	SNAP RING: Ø47mm INTERNAL	4
21	014-0416001	BUSHING: NYLON FLANGED 1.22" I.D. X .75" O.D. X .81" LG.	4
22	016-0201023	END CAP ∅1.50" (BLACK)	2
23	018-0001002	CABLE PULLEY: Ø3.50"	4
24	019-0001001	PLUG BUMPER	4
25	026-01G0228	∅30MM LINEAR SHAFT X 82.75" LG.	2
27	026-01M0760	HEAVY FLANGED SPACER: Ø.67 O.D. X Ø.39 I.D. X .50 LG.	8
28	026-01M0801	.50 IN. BOLT-ON CAP	4
29	026-01M1047	BAR END	2
30	026-01M3854	SPACER	16
31	026-01P7153	CONNECTOR PLATE, UPPER	2
32	026-01P7154	CONNECTOR PLATE, LOWER	4
33	026-01P7155	ANGLE ADJUSTMENT PLATE	4
34	026-01P7156	COUNTERWEIGHT SHIELD	2
35	026-01P7160	COUNTERWEIGHT PLATE - INNER	4

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01P7161	COUNTERWEIGHT PLATE - OUTER	4
37	026-01PL2154	PLASTIC KNOB: BASE ∅1.00" ID	2
38	026-01PL2155	PLASTIC KNOB: CAP ∅1.00" ID	2
39	026-01PL2203	WEIGHT HORN RUBBER DONUT	2
40	026-01PL2211	RUBBER FOOT	2
41	026-01PL2225-A	PLASTIC V-GROOVE ROLLER ASSY.	8
42	026-01PL2532	LONG WEIGHT HORN COVER	10
43	026-01PL2533	RUBBER DONUT FOR PLASTIC WEIGHT HORN	10
44	026-01PL2984	6" TPU RACK-OUT COVER	24
45	026-01PL2803	PU RACK-OUT LOWER CAP	2
46	026-01PL2838	RUBBER FOOT PAD	4
47	026-01PL2861	WEIGHT HORN END-CAP, SHORT	10
48	026-01PL2971	CF-3755 TOP CAP	2
49	026-01PL2972	30mm I.D.RUBBER BUMPER	4
50	026-01PL2973	SHORT UPPER CAP	2
51	026-01T8470	COUNTERWEIGHT GUIDE	2
52	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	12
53	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	24
54	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	48
55	013-1006001	1/4" SPLIT LOCK WASHER (Ni)	12
56	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	4
57	013-1010002	3/8" INTERNAL LOCK WASHER (Ni)	6
58	011-0708001	#10-32 X .50 RHB (Ni)	4
59	011-0701076	1/4"-20UNC X .75" BHCS (Ni)	12
60	011-0107024	5/16"-18UNC X 2.25" HHB (WZ)	4
61	011-0101037	5/16"-18UNC X 2.75" HHB (WZ)	4
62	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	2
63	011-0701023	3/8"-16UNC X 1.75" BHCS (Ni)	6
64	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	28
65	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	10
66	011-0116143	3/8"-16UNC X 1.25" LOW HEAD SHCS (Ni)	4
67	011-0116147	3/8"-16UNC X 2.25" LOW HEAD SHCS (Ni)	2
68	011-0116148	3/8"-16UNC X 2.50" LOW HEAD SHCS (Ni)	8
69	011-0116108	1/2"-13UNC X 1.25" LOW HEAD SHCS (Ni)	44
70	011-0116125	1/2"-13UNC X 5.50" LOW HEAD SHCS (Ni)	4

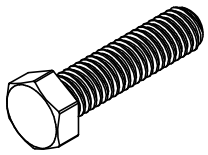
PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

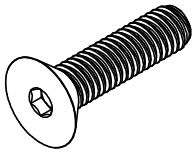
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	8
72	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	14
73	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	4
74	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
75	021-0003135	DECAL WARNING 1.50" X 7.75"	1
76	021-0003221	DECAL HOIST 2.50" X 9.13"	2
77	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	4
78	021-0003593	DECAL DANGER 3.88" X .87" (HORIZONTAL)	2
79	021-0004269	DECAL DANGER SAFETY STOP 3.25" X 12" VERT	1
80	021-0004237	CF-3755 NAMEPLATE	1
81	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	2
82	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
83	026-01X2856+CLIP	WEIGHT SELECTOR PIN	2
84	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	2
85	026-01P7265	PULLEY GUARD	2
86	013-1003001	3/8" FENDER WASHER (Ni)	2
87	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	44
88	026-01P7269	LIMITER PLATE	2

ABBREVIATIONS

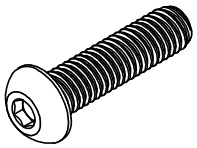
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



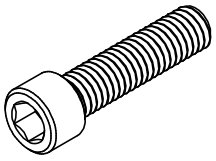
HHB = Hex Head Bolt



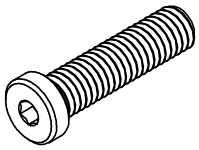
FHCS = Flat Head Cap Screw



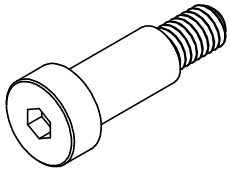
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

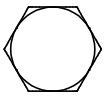


Low Head SHCS = Low Head Socket Head Cap Screw

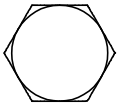


SHSS = Socket Head Shoulder Screw

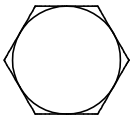
BOLT SIZING CHART



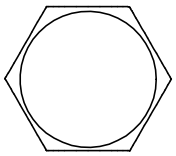
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



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



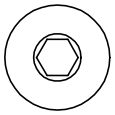
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



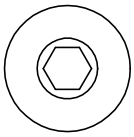
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



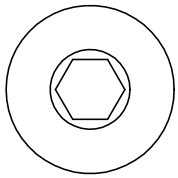
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



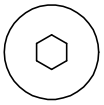
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



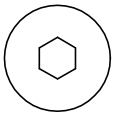
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



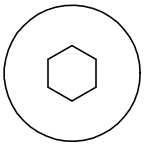
1/4"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



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



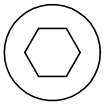
3/8"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



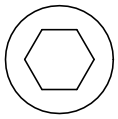
1/2"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



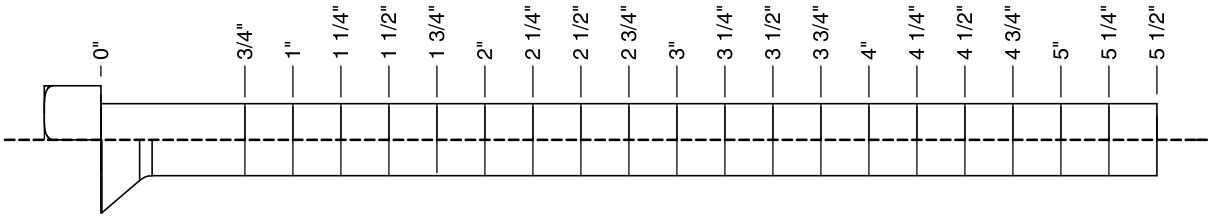
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs

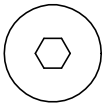


5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs

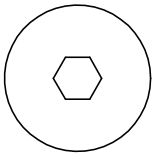


3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs

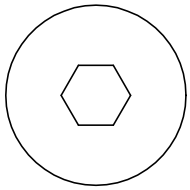




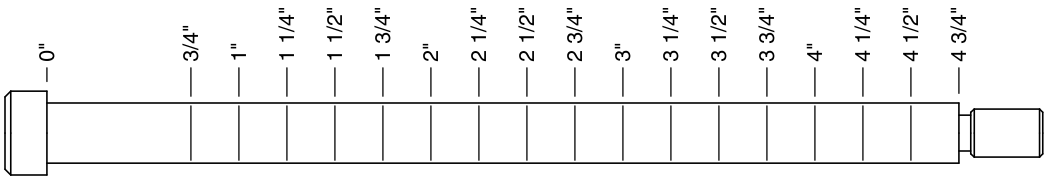
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



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

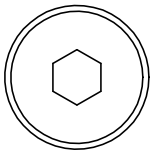




1/4" SHSS
RECOMMENDED
TORQUE RANGE:
3-4 ft-lbs



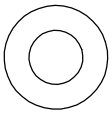
5/16" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs



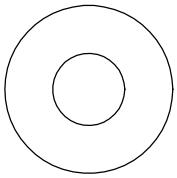
3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

WASHER SIZING CHART

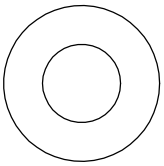
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



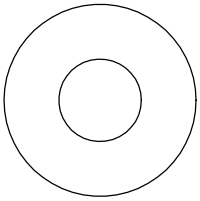
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



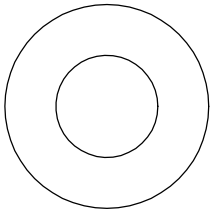
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



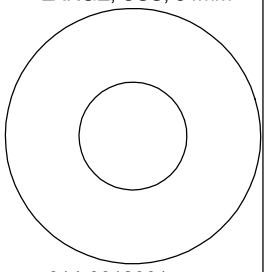
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



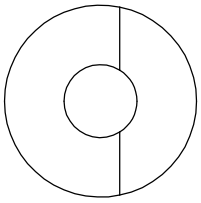
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



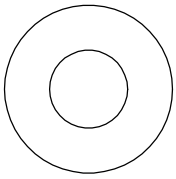
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



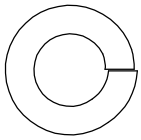
013-0402007
3/8"
FLAT WASHER
22mm O.D.



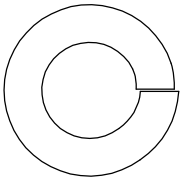
013-0102019
1/4"
LOCK WASHER



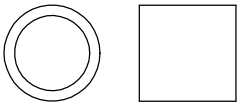
013-0102020
3/8"
LOCK WASHER



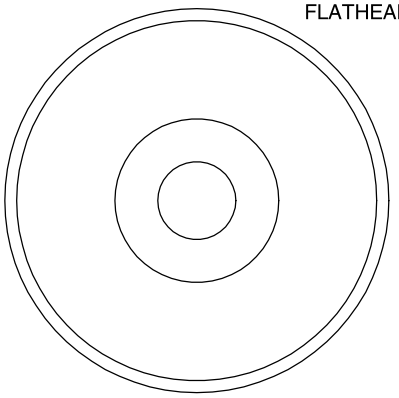
013-0102018
1/2"
LOCK WASHER

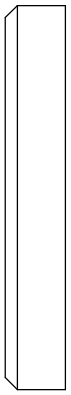


014-0018001
1/2" LONG
SPACER

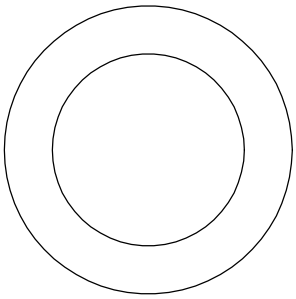


026-01M0238
2" ALUMINUM
FLATHEAD CAP

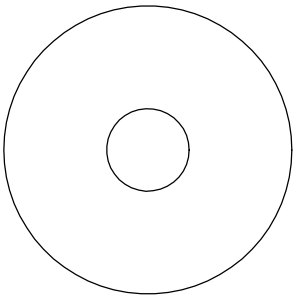




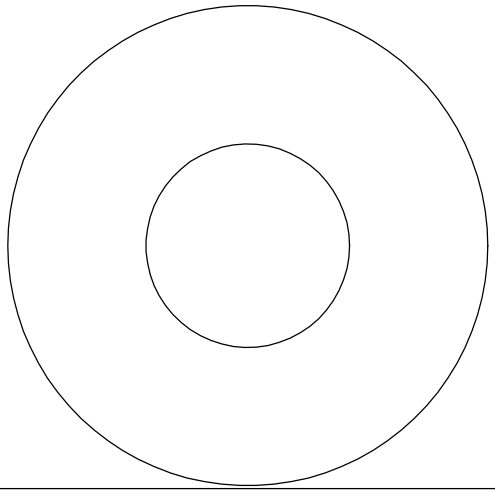
016-0009003
1" SHIM WASHER



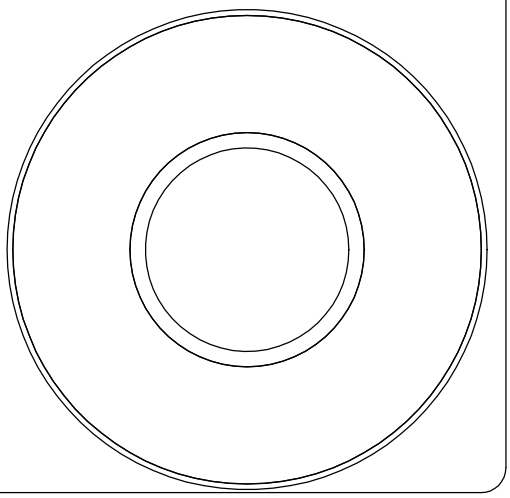
013-0003002
3/8" FENDER WASHER



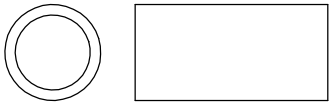
013-0003004
1 1/16"
FENDER WASHER



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



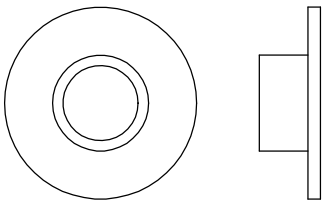
014-0018002
1" LONG
SPACER



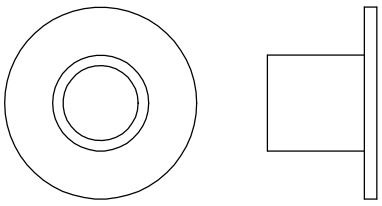
WASHER SIZING CHART

(CONTINUED)

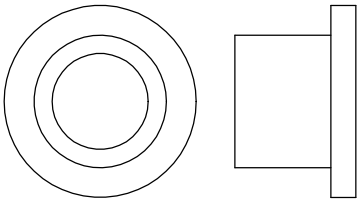
026-01M0211
1/4" LONG
FLANGED SPACER



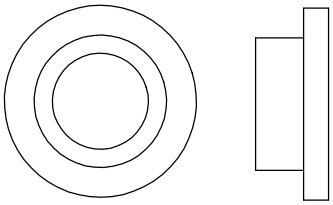
026-01M0198
1/2" LONG
FLANGED SPACER



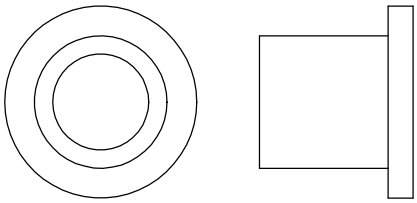
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



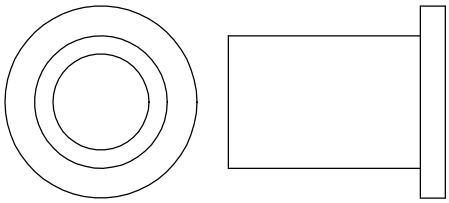
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



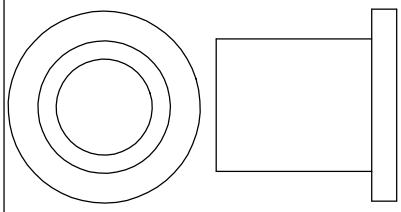
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



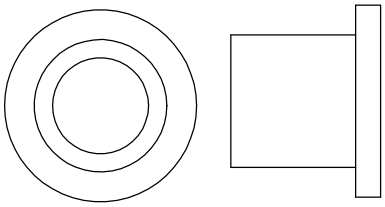
026-01M0551
1" LONG HEAVY
FLANGED SPACER



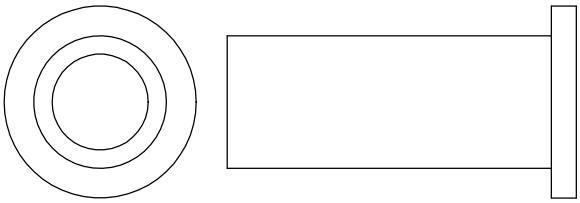
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



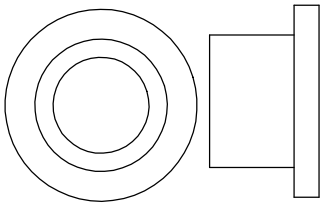
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



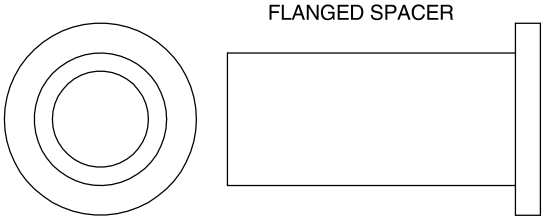
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



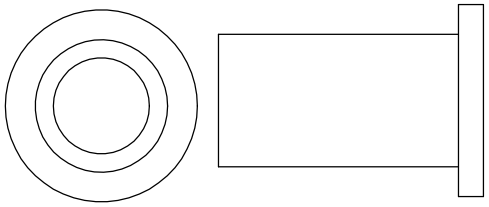
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



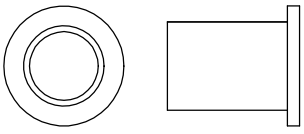
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



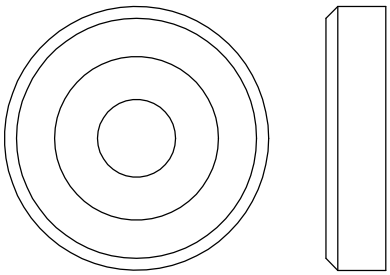
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



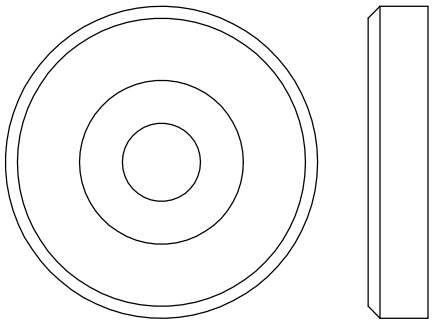
026-01M0600
.625" LONG
FLANGED SPACER



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 properly.

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

In order to gain maximum results from your CF-3755 and to avoid possible injury, always consult your physician before starting any exercise program and consult a fitness professional to develop your complete 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-3755, 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.

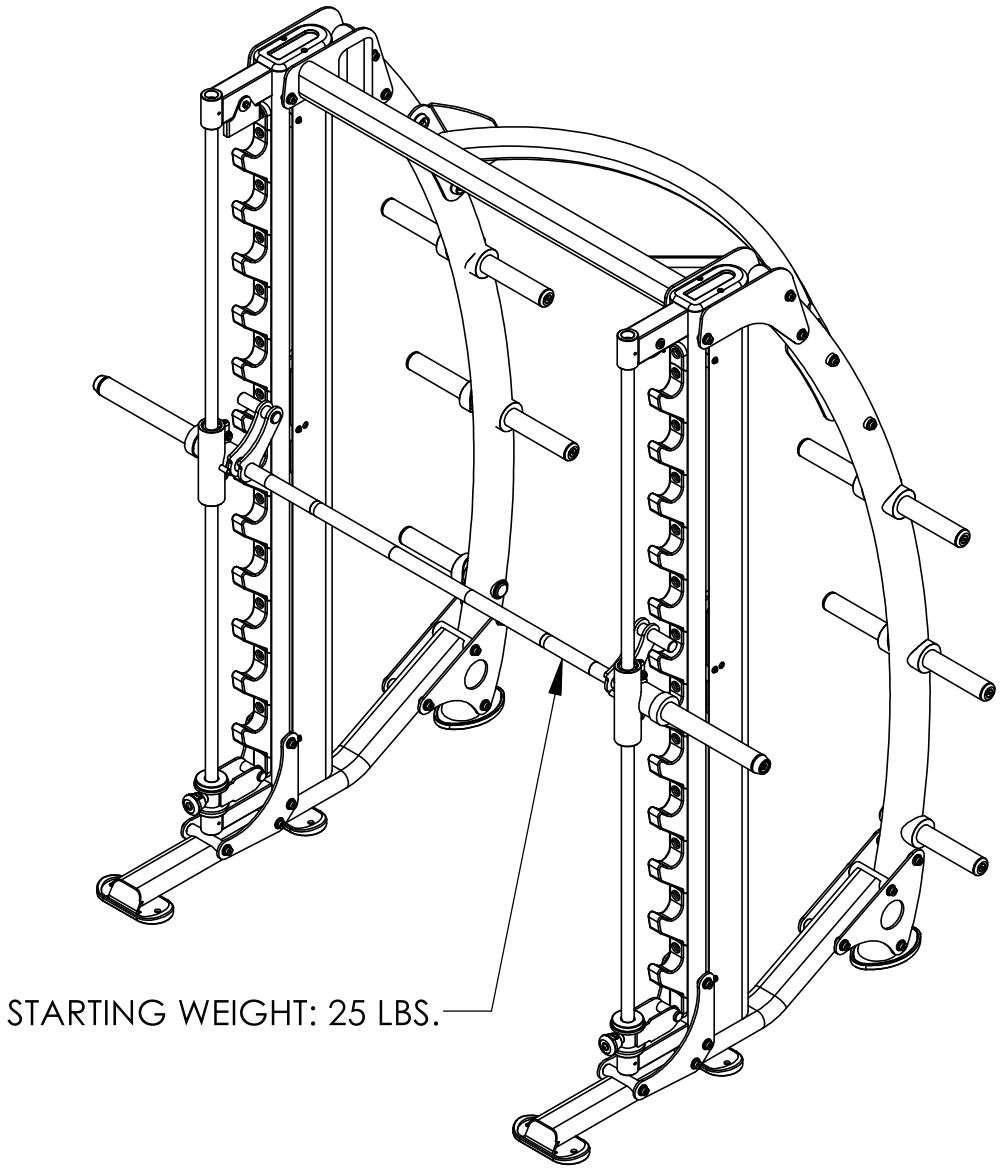
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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-3755!

WEIGHT RATIOS



MAXIMUM WEIGHT RATING IS 540 LBS.

The above chart shows the standard weight stack for this unit. 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																																		
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																		

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, 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