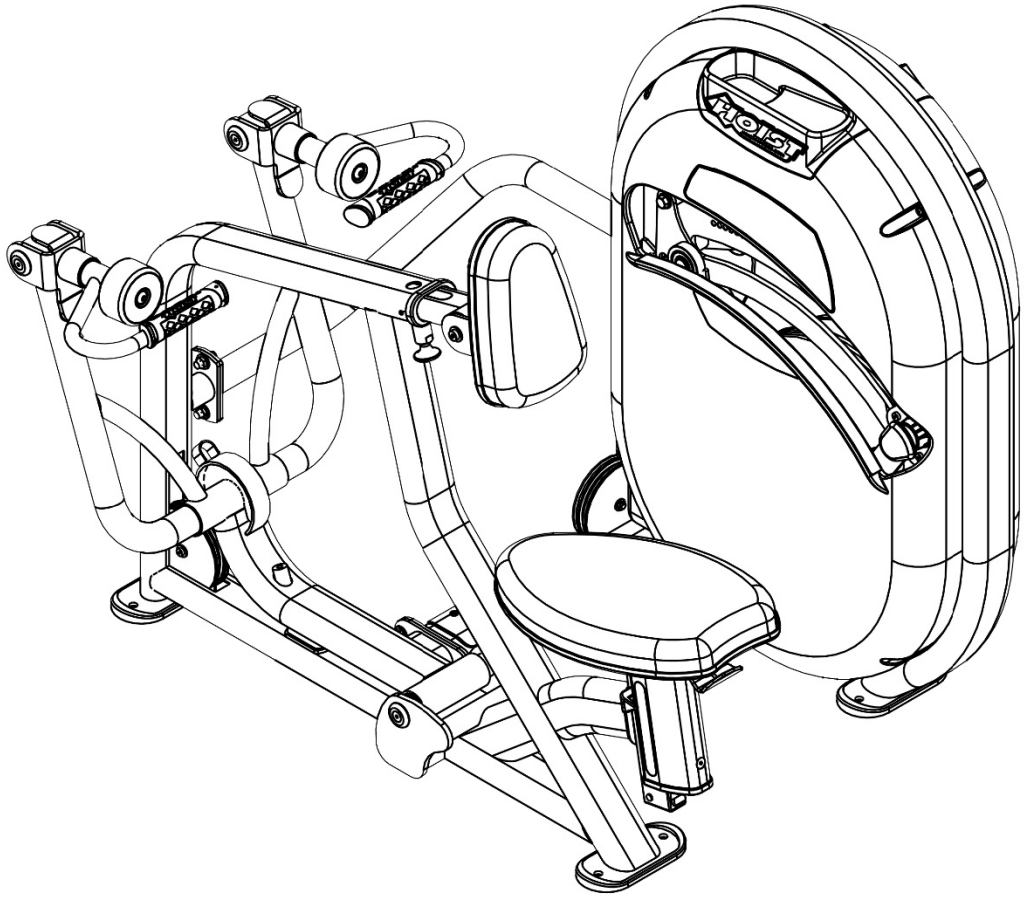
OWNER'S MANUAL

HOIST®

HOISTFITNESS.COM

CL-3203

MID-ROW



****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

A07

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

www.facebook.com/hoistfitness

CONTENTS

INSTRUCTIONS..... 02

FRAME ASSEMBLY..... 04

PRE-ASSEMBLY..... 17

DECAL PLACEMENT..... 23

DECAL REFERENCE..... 24

PART LIST..... 25

ABBREVIATIONS..... 28

BOLT SIZING CHART..... 29

WASHER SIZING CHART..... 30

MAINTENANCE SCHEDULE..... 32

GENERAL MAINTENANCE INFORMATION..... 33

WEIGHT TRAINING TIPS..... 34

WEIGHT RATIO..... 35

EXERCISE LOG..... 36

LIMITED WARRANTY..... 37

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

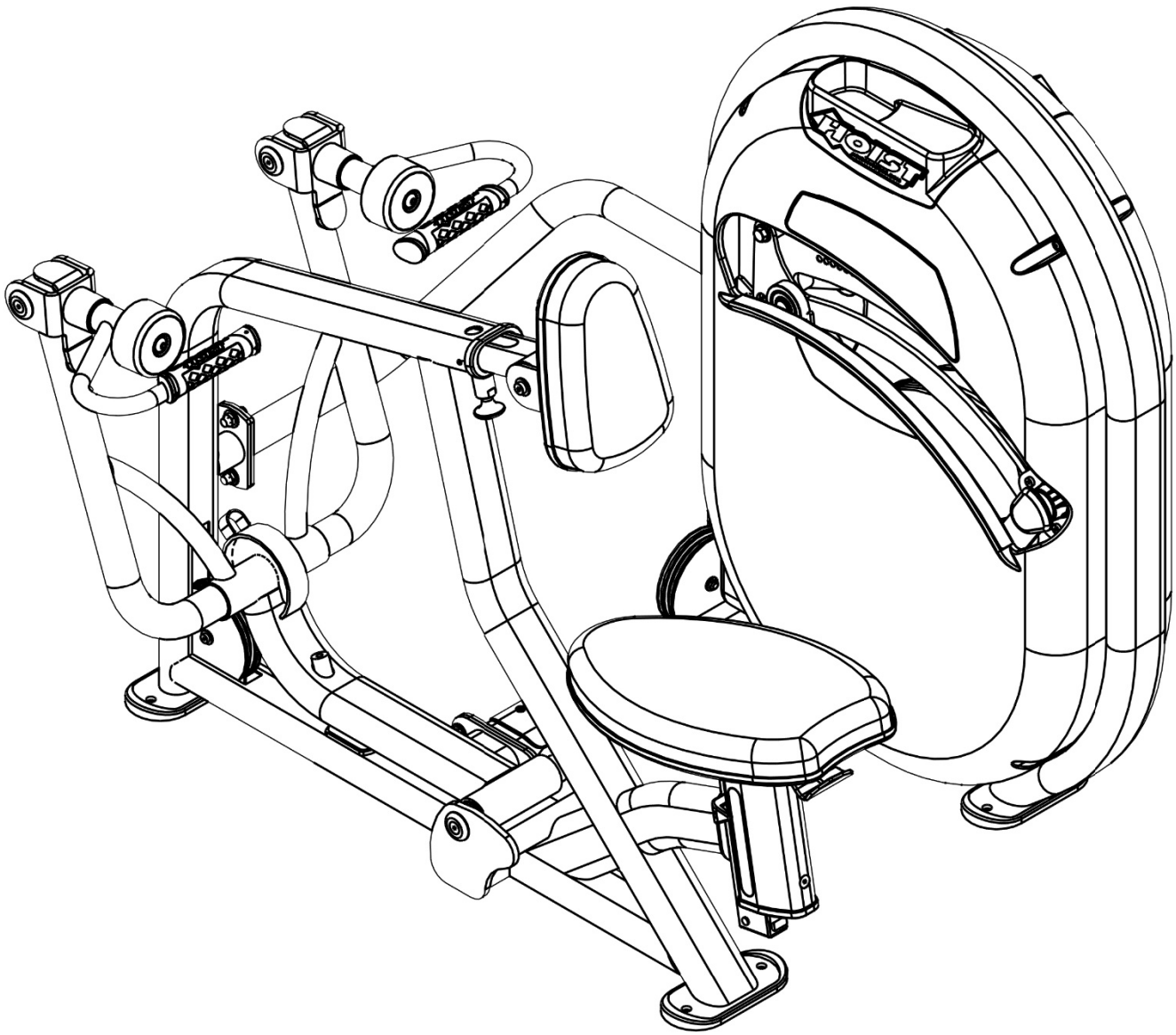
Level

SAE Hex Key Wrench Set

Two People

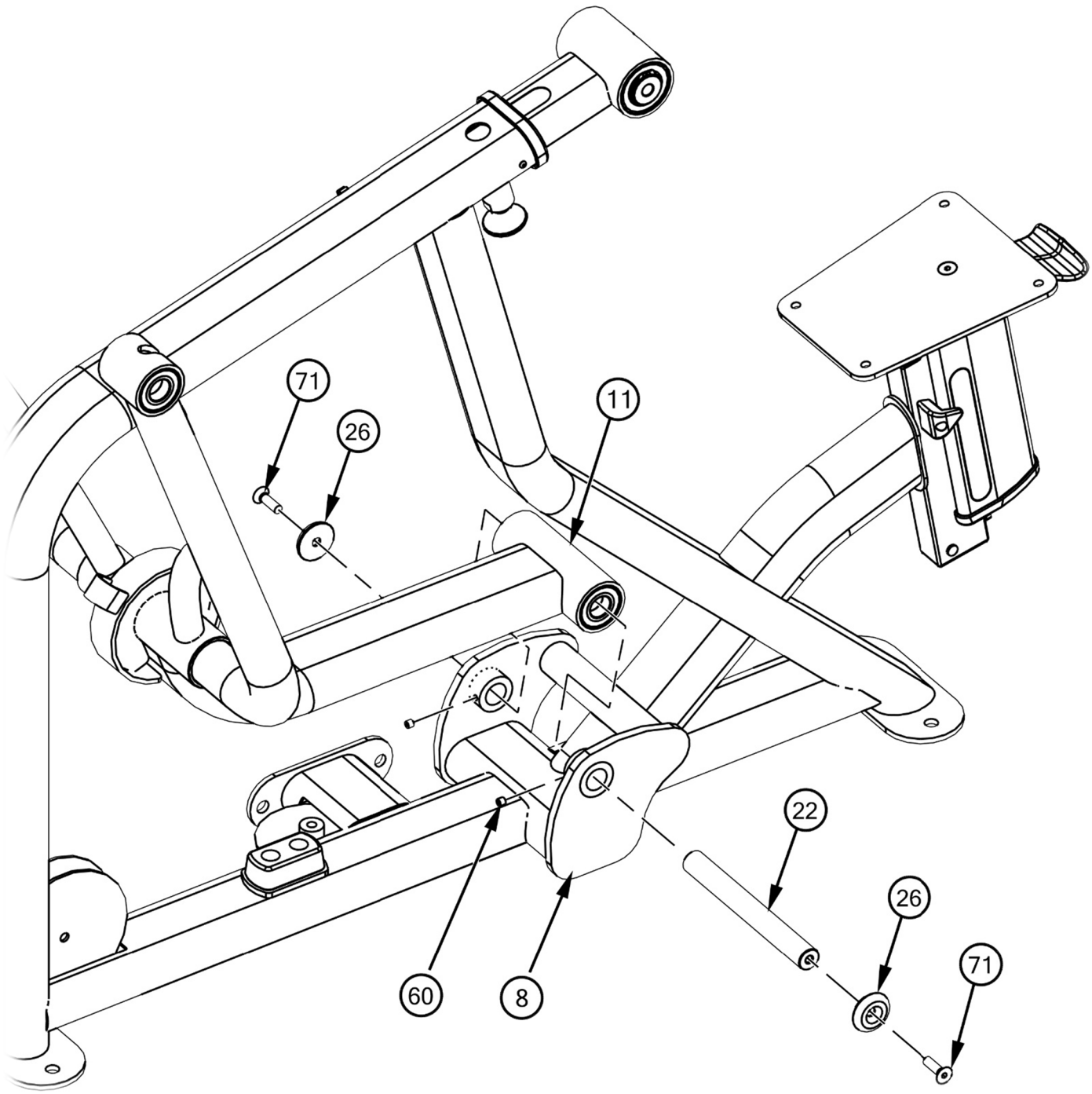
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FRAME ASSEMBLY



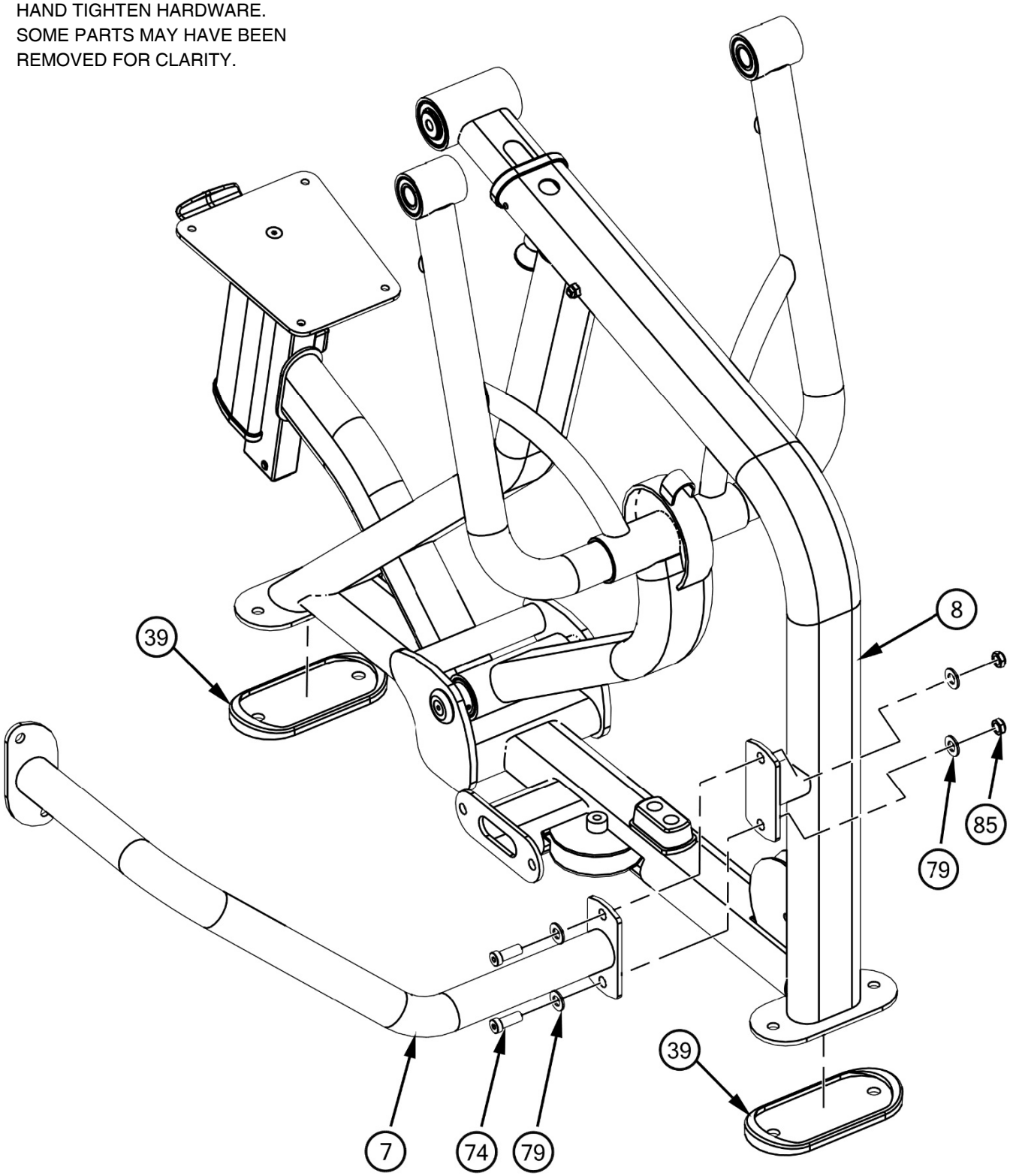
FRAME ASSEMBLY

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



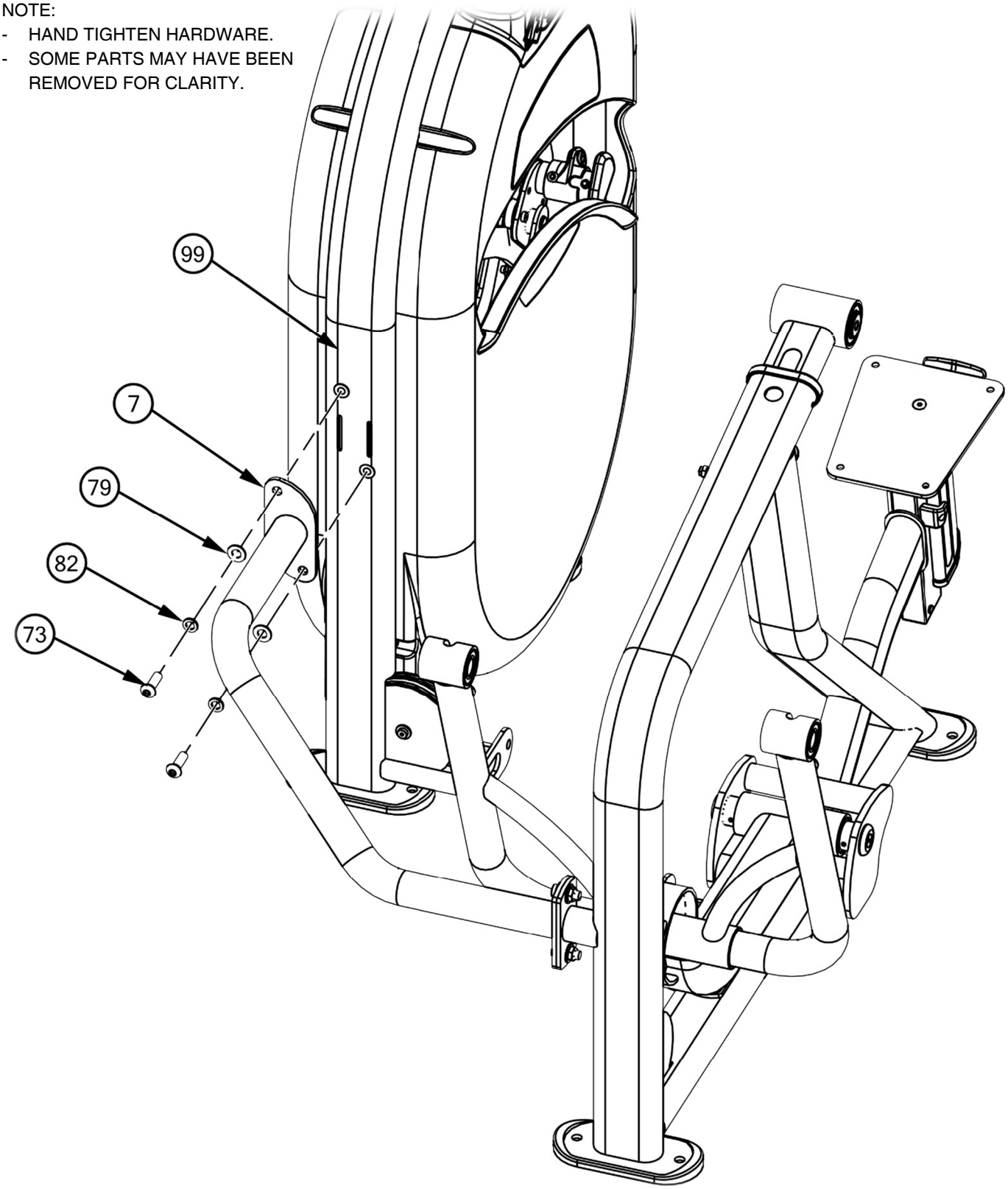
FRAME ASSEMBLY

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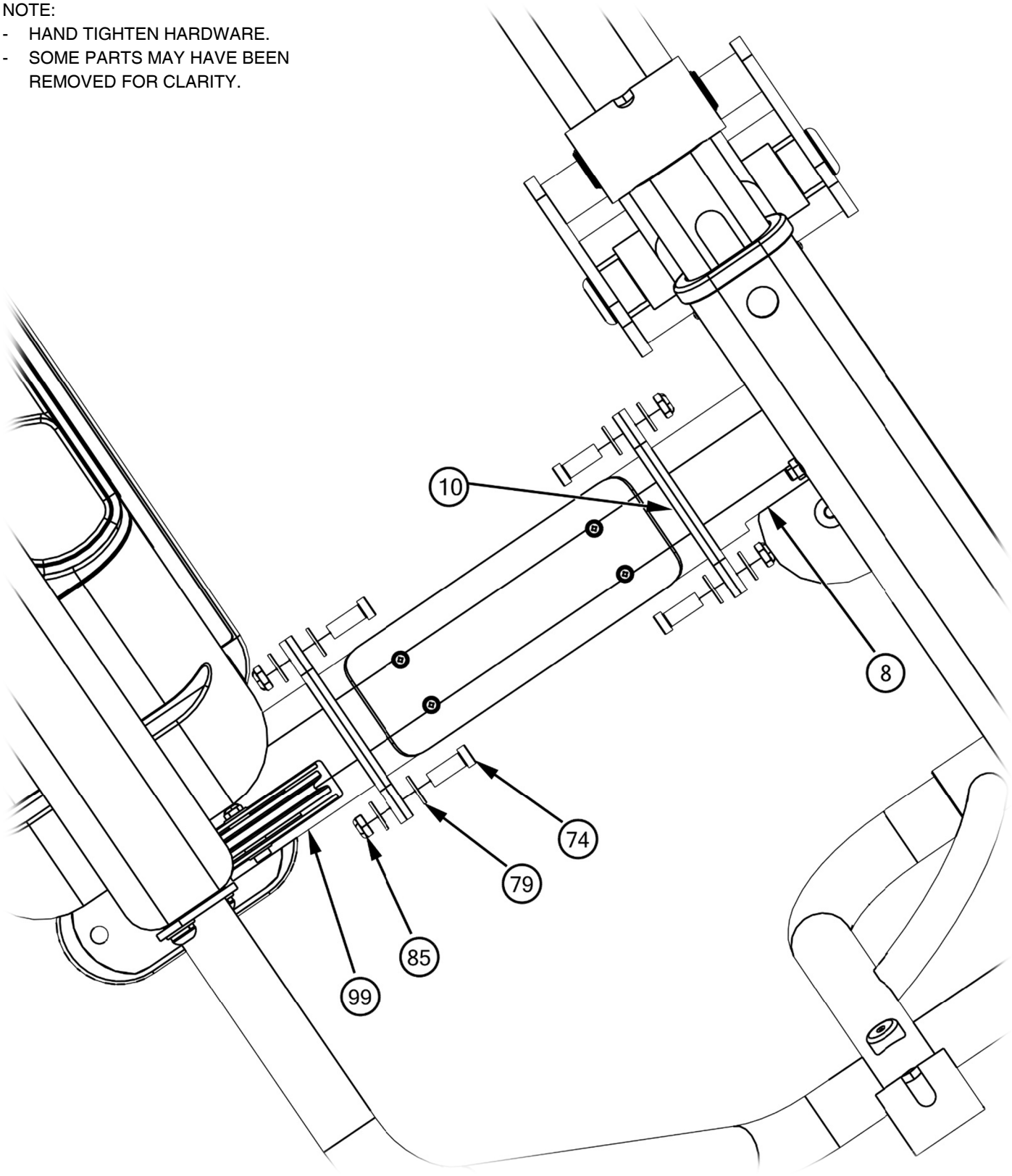
FRAME ASSEMBLY

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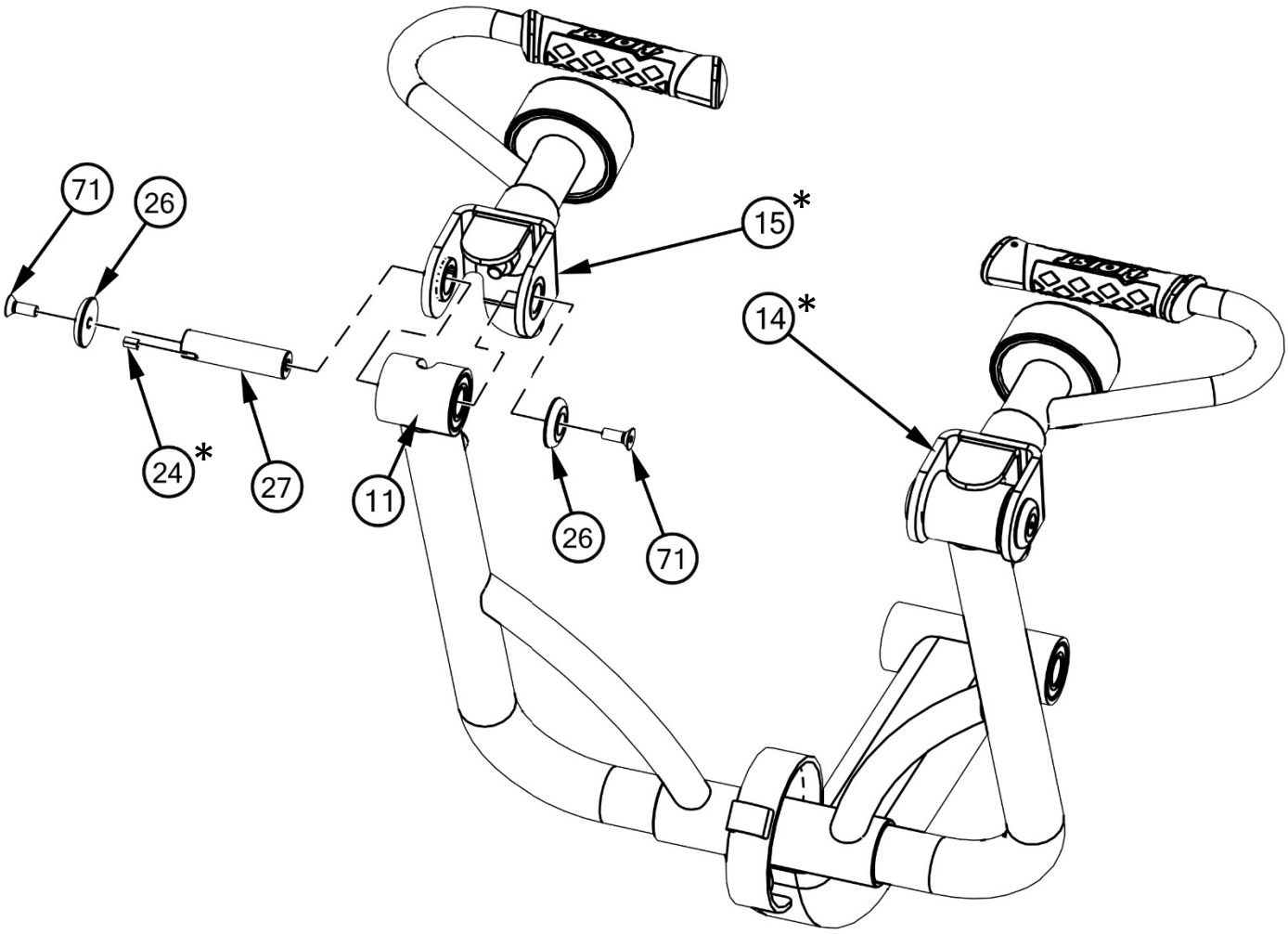
FRAME ASSEMBLY

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



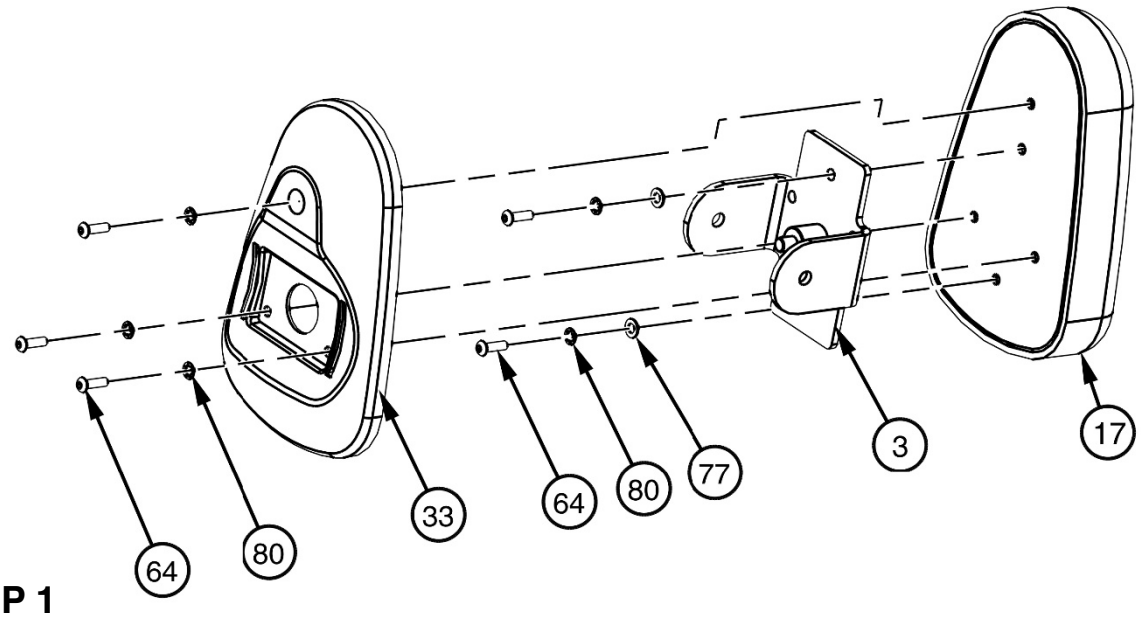
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- INSTALL KEY (24)* FLUSH WITH HANDLES (14)* & (15)*.
- REPEAT ASSEMBLY ON OTHER HANDLE (14)*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



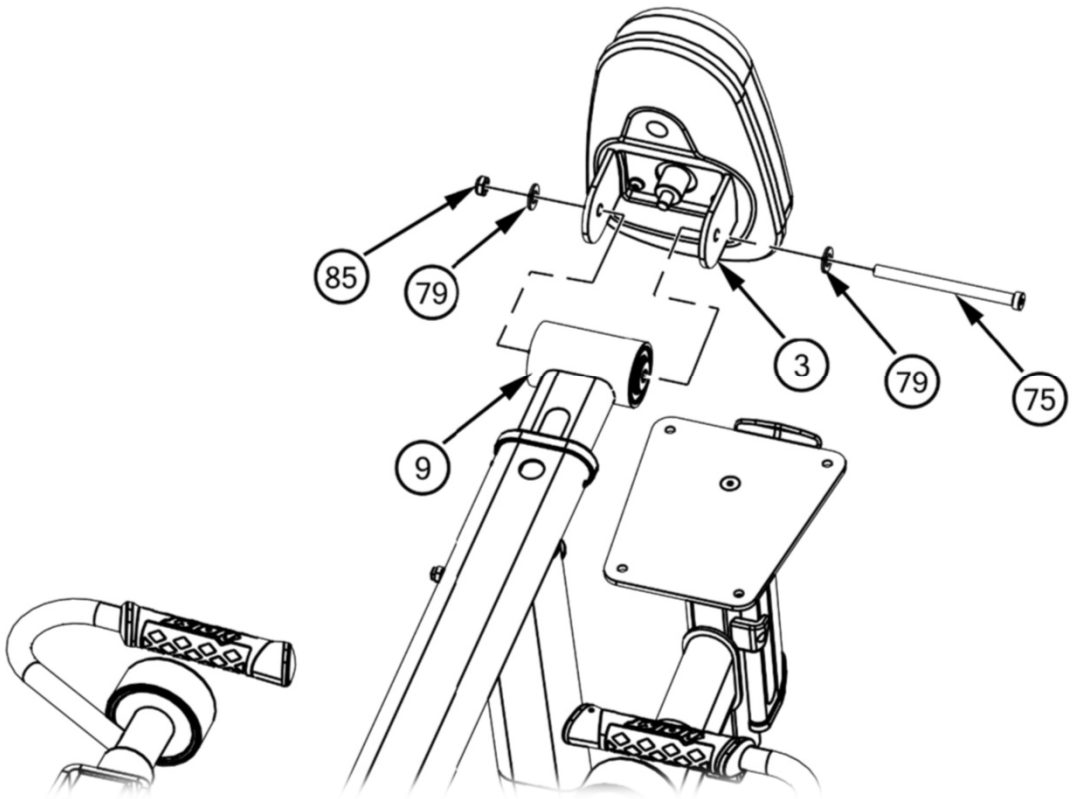
FRAME ASSEMBLY

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



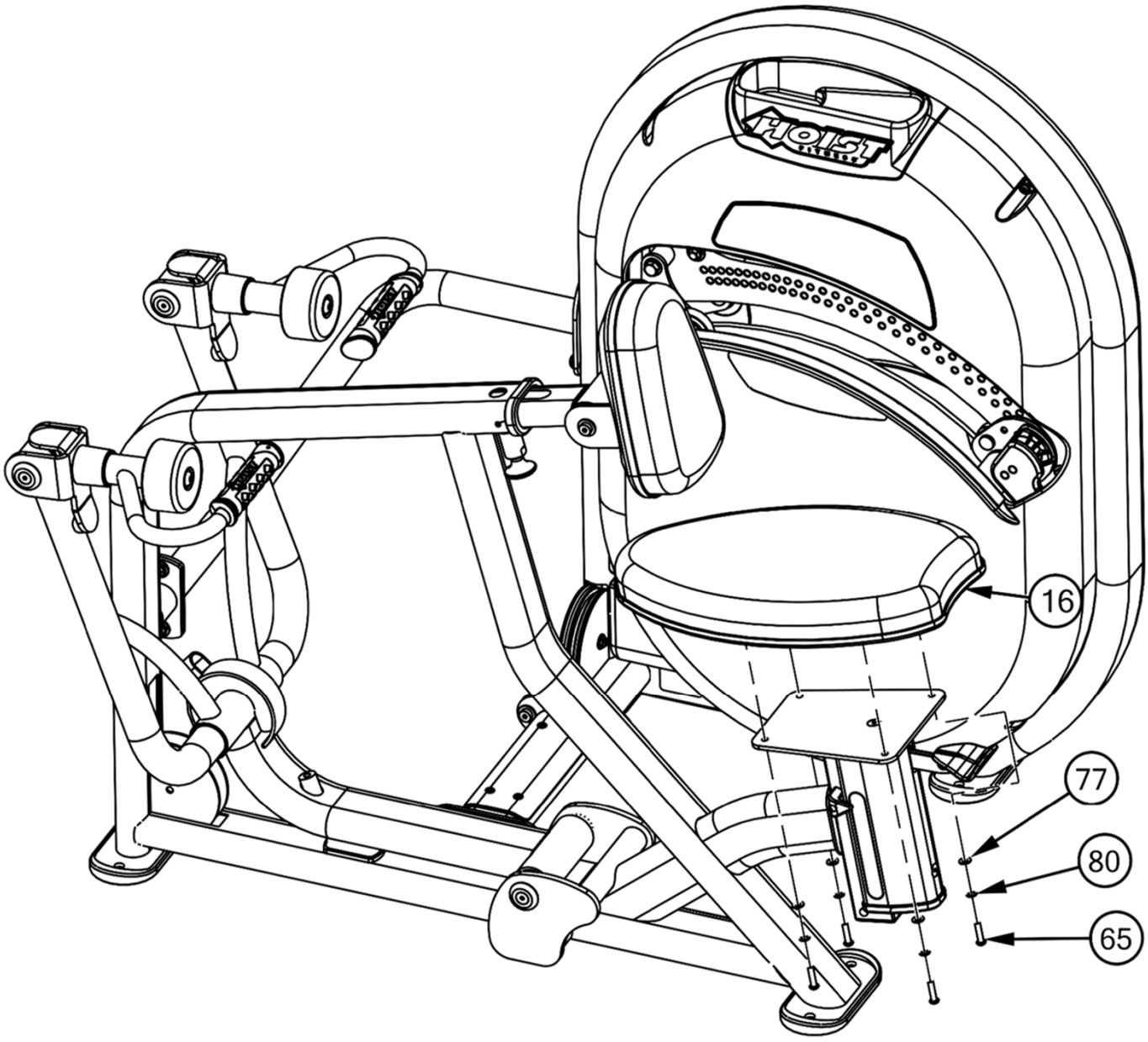
STEP 1

STEP 2



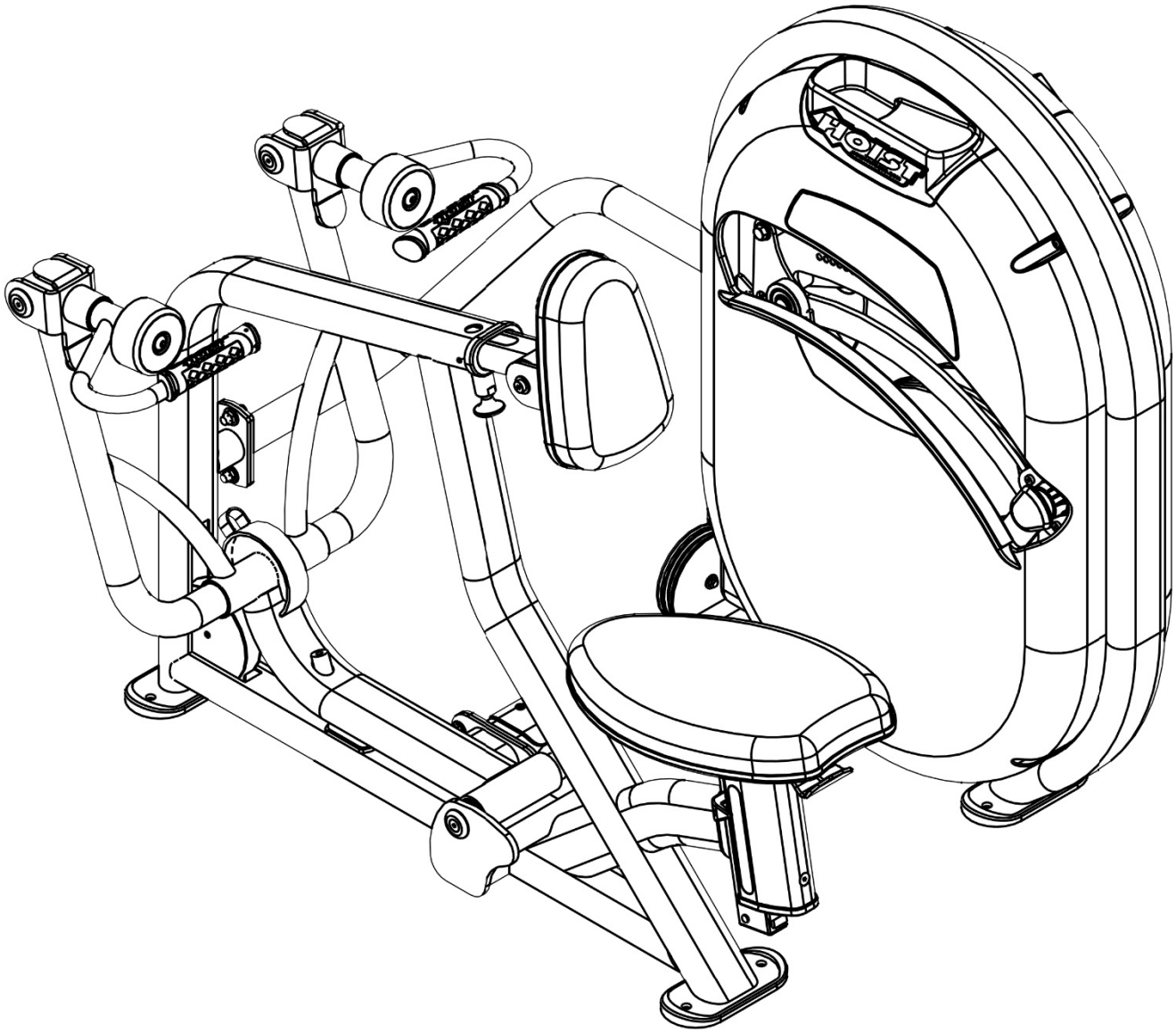
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- 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.

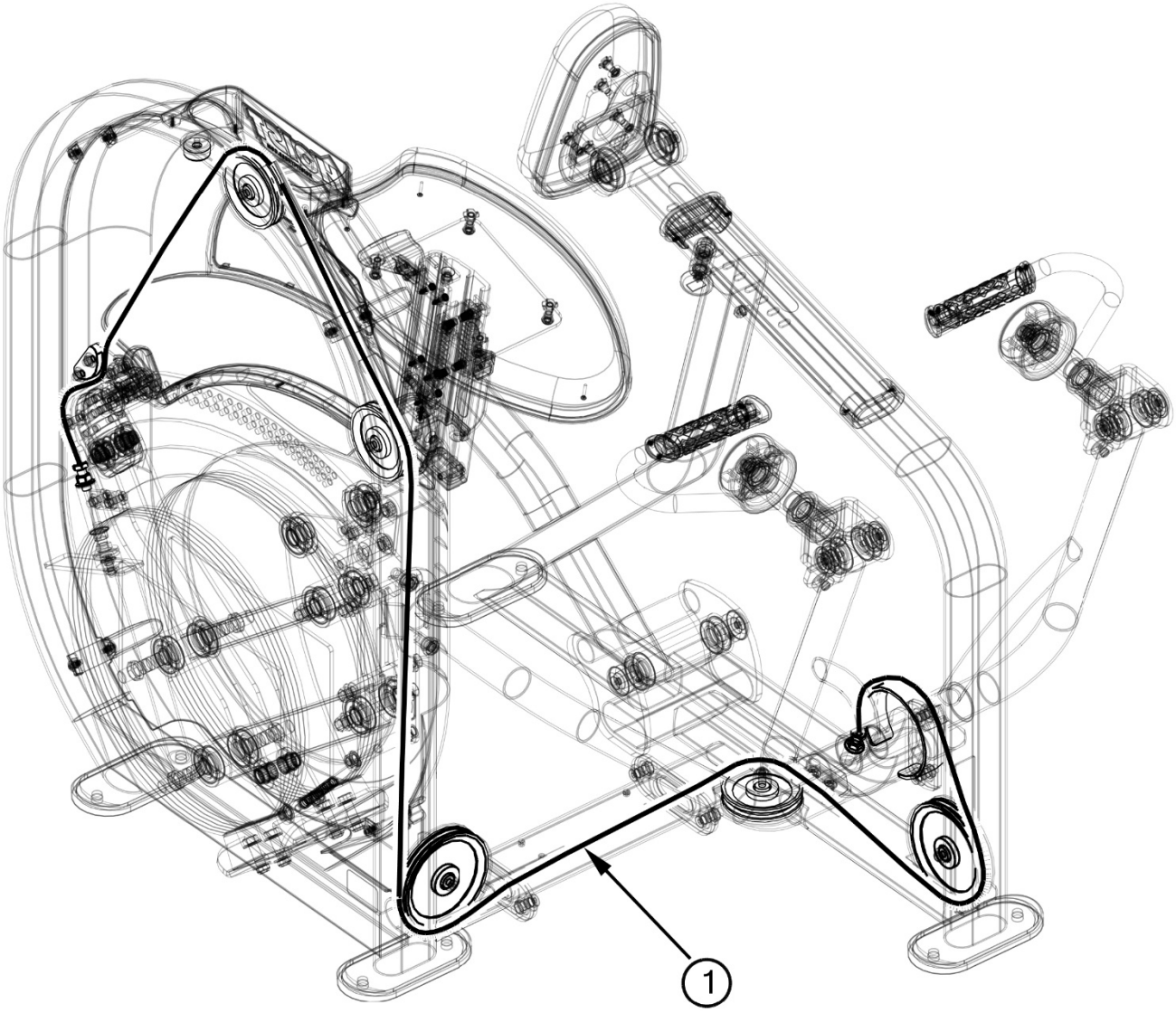


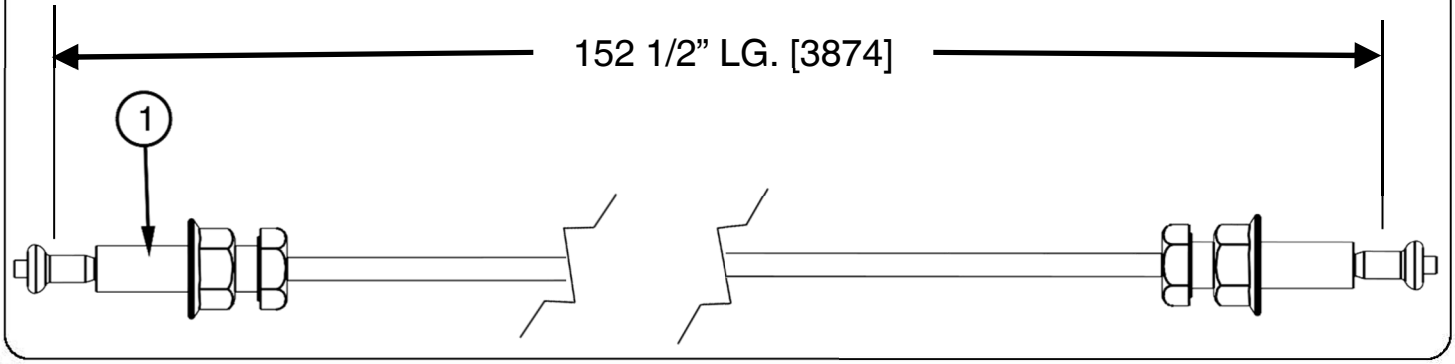
IMPORTANT

NOW THAT THE CL-3203 IS COMPLETELY ASSEMBLED, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

CABLE PROFILE VIEW

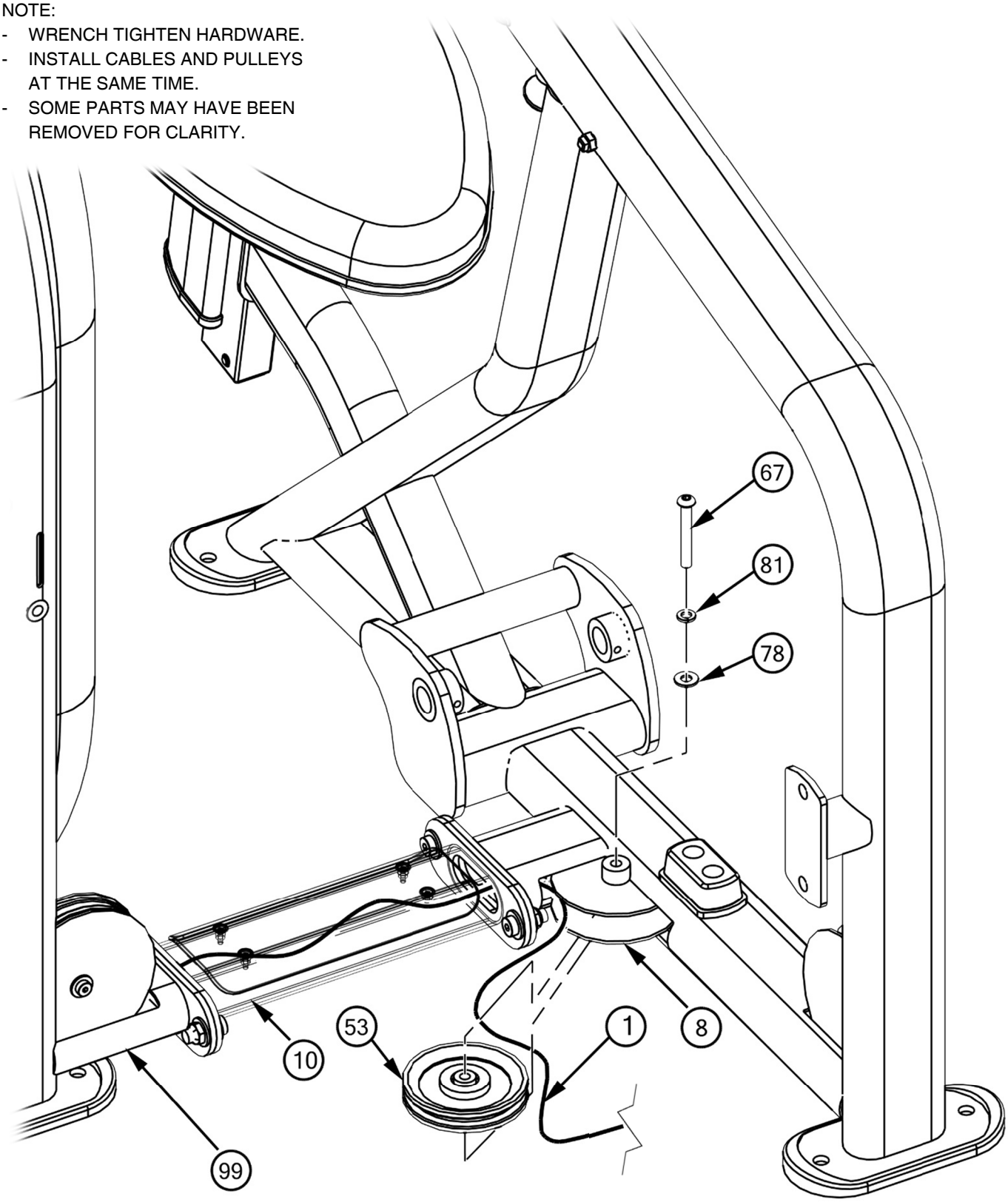
NOTE:
REFER TO SSS-CAGE-60 MANUAL FOR DETAILED INSTRUCTIONS ON CABLE ROUTING WITHIN THE CAGE ITSELF





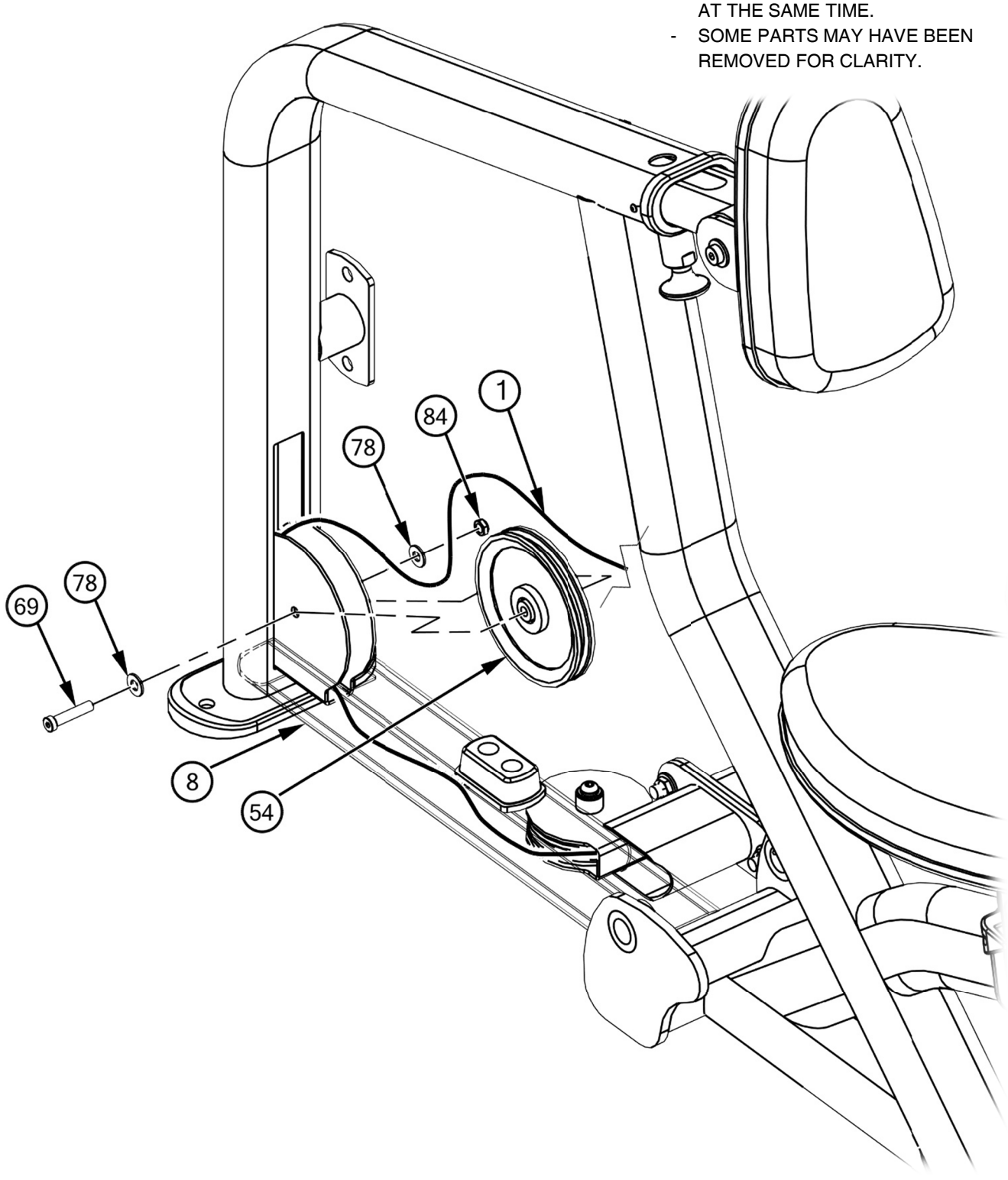
FRAME ASSEMBLY

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



FRAME ASSEMBLY

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

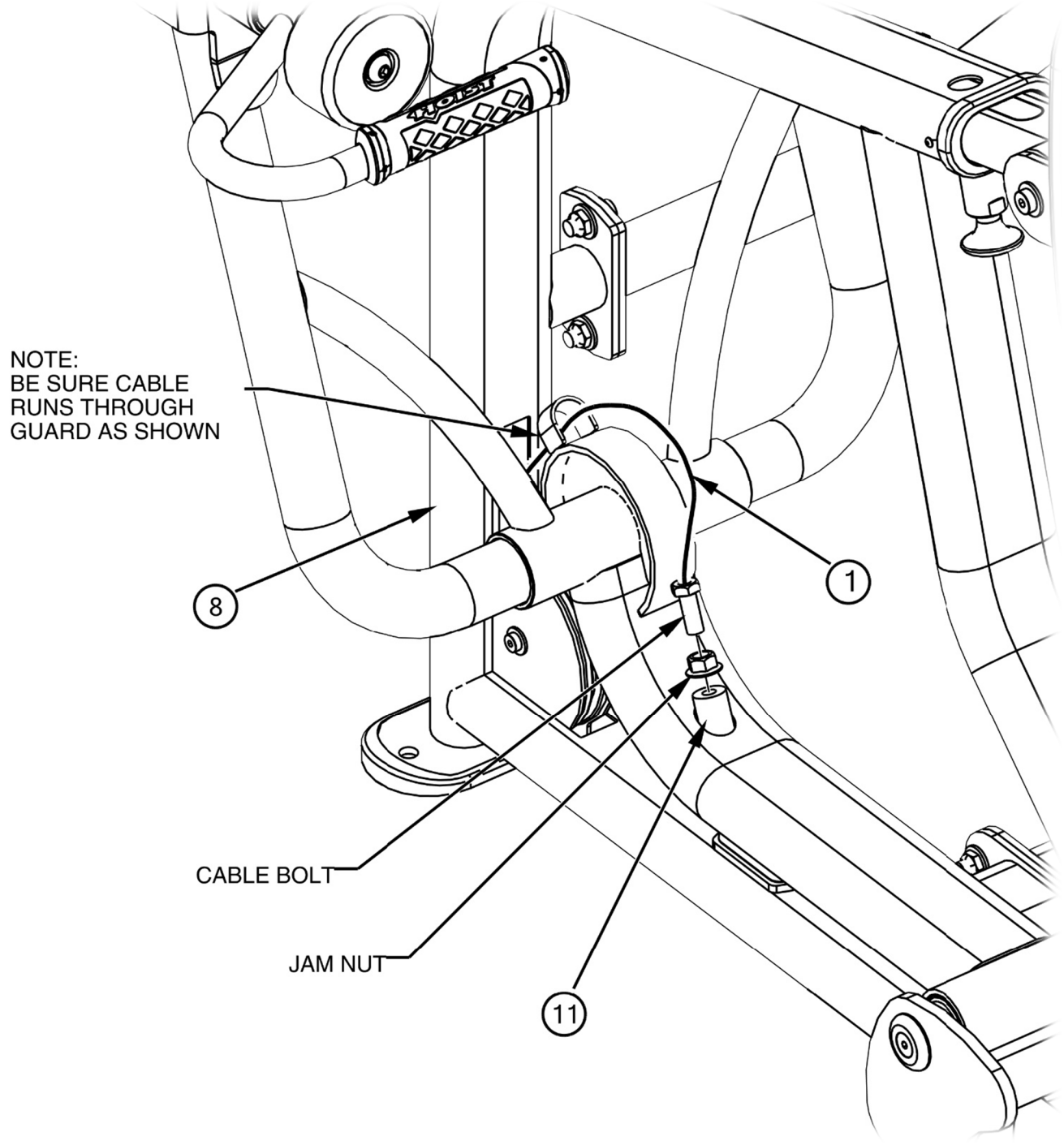


FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
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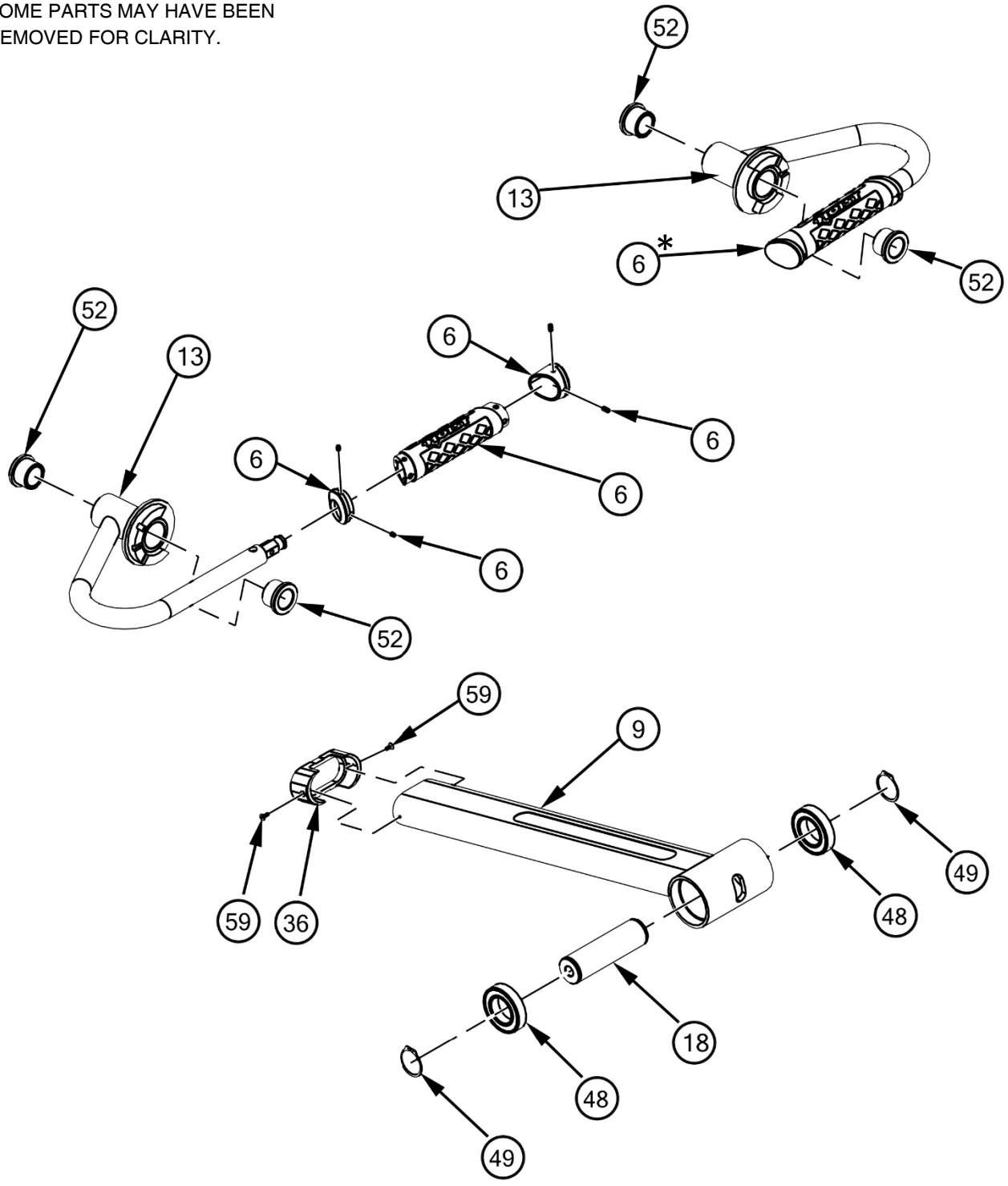
FINE TUNING
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

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



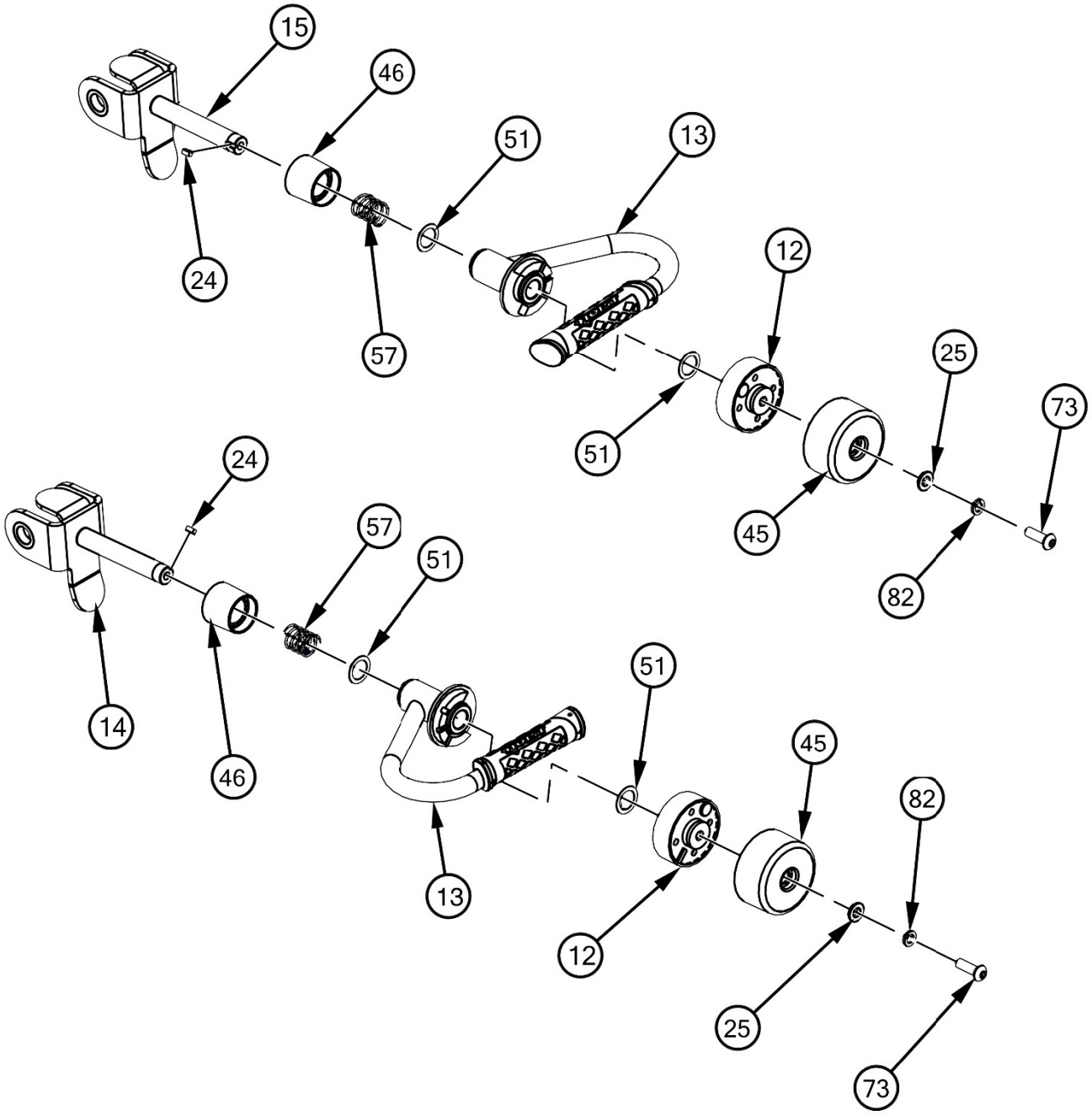
PRE-ASSEMBLY

NOTE:
- REPEAT PRE-ASSEMBLY FOR (6) ON OTHER HANDLE (6)*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



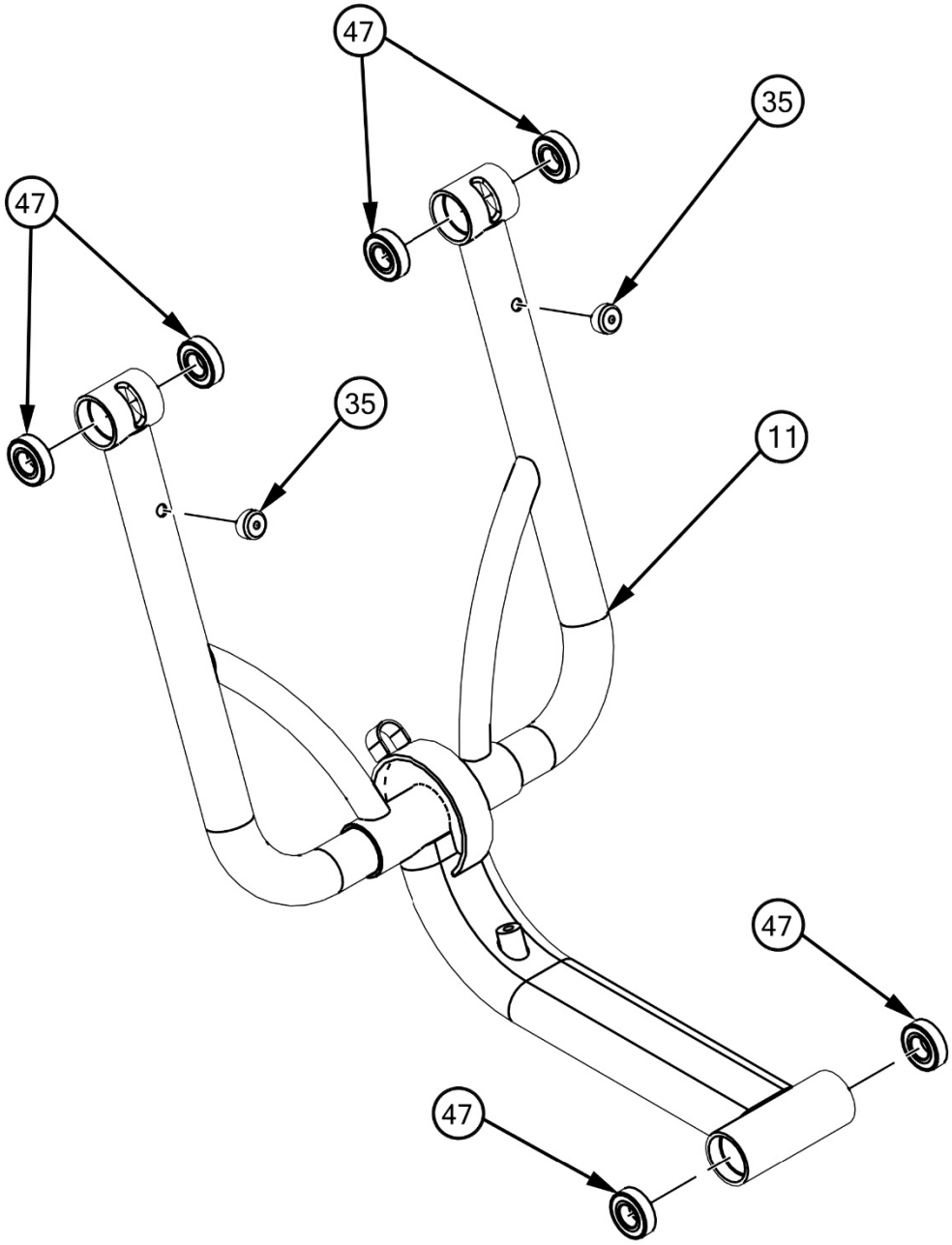
PRE-ASSEMBLY CONTINUED

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



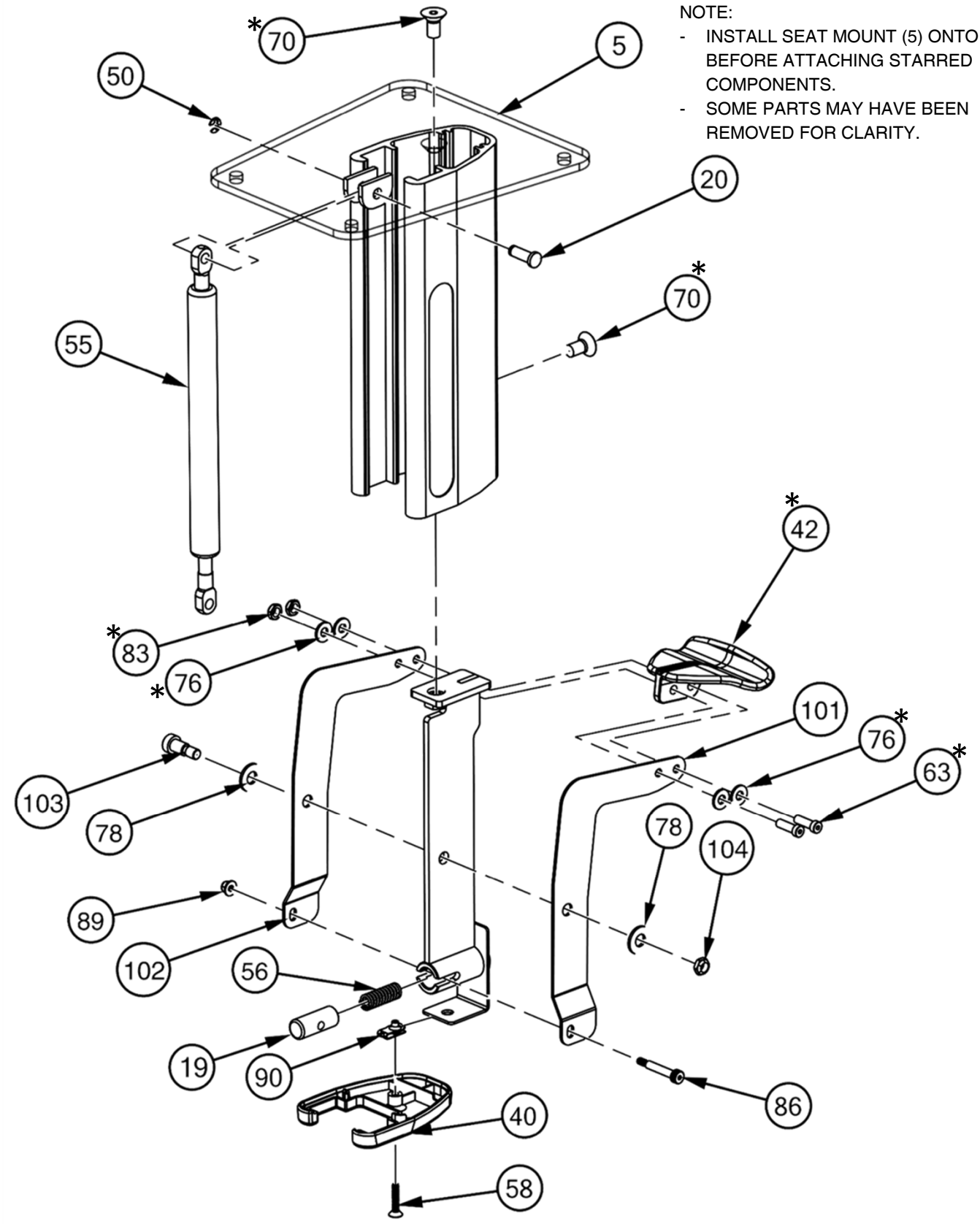
PRE-ASSEMBLY CONTINUED

NOTE:
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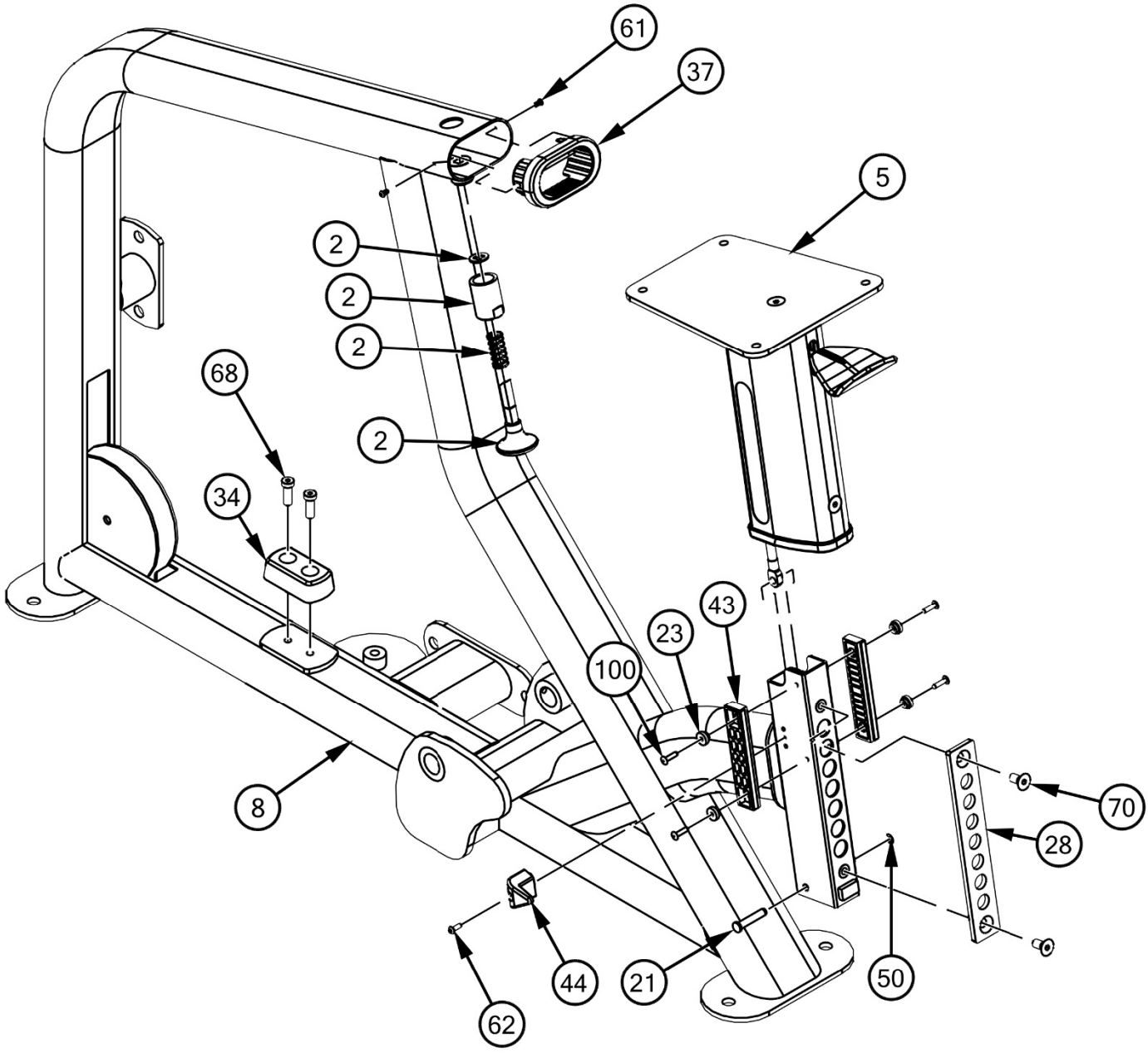
PRE-ASSEMBLY CONTINUED

NOTE:
- INSTALL SEAT MOUNT (5) ONTO (4) BEFORE ATTACHING STARRED COMPONENTS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



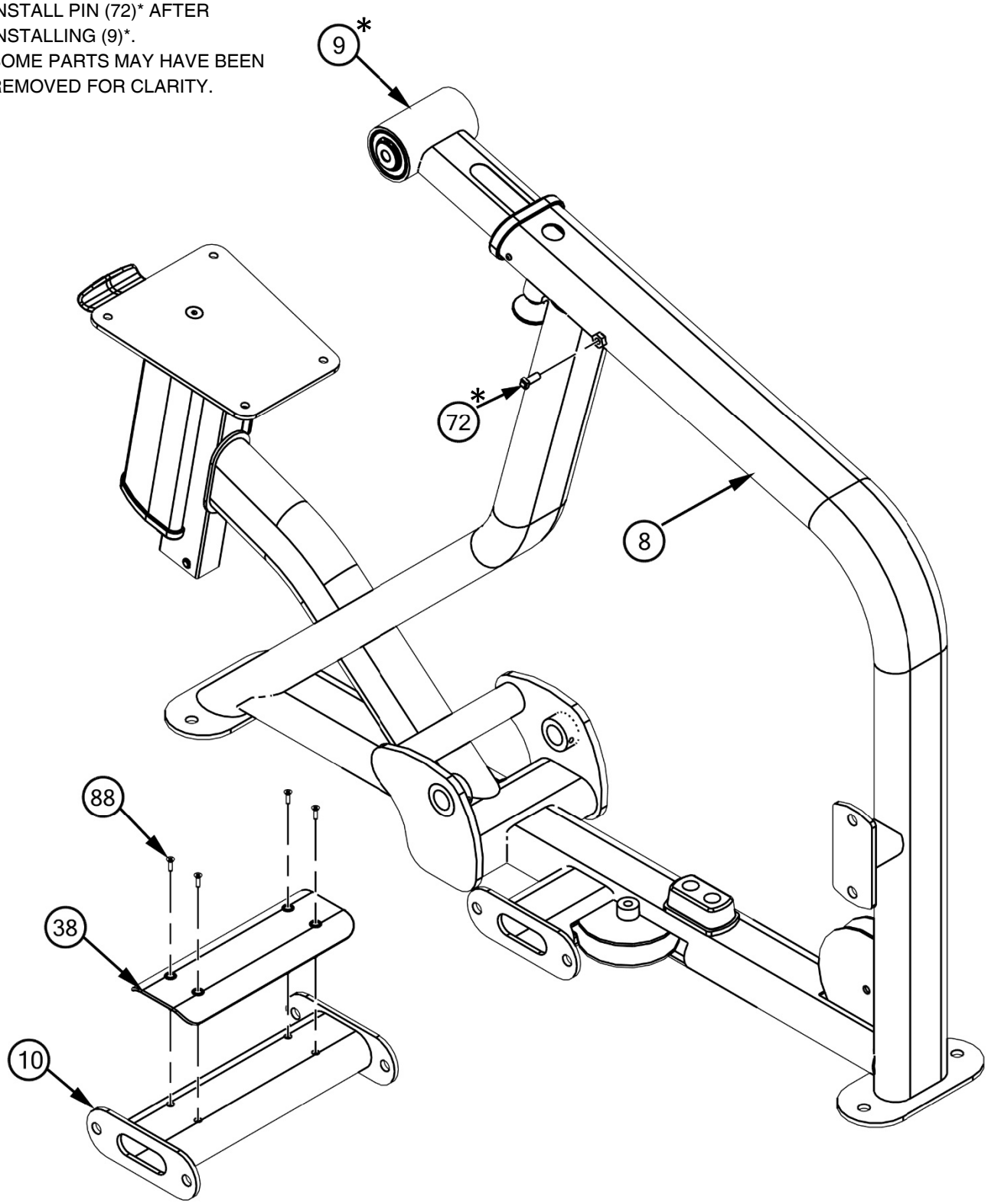
PRE-ASSEMBLY CONTINUED

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



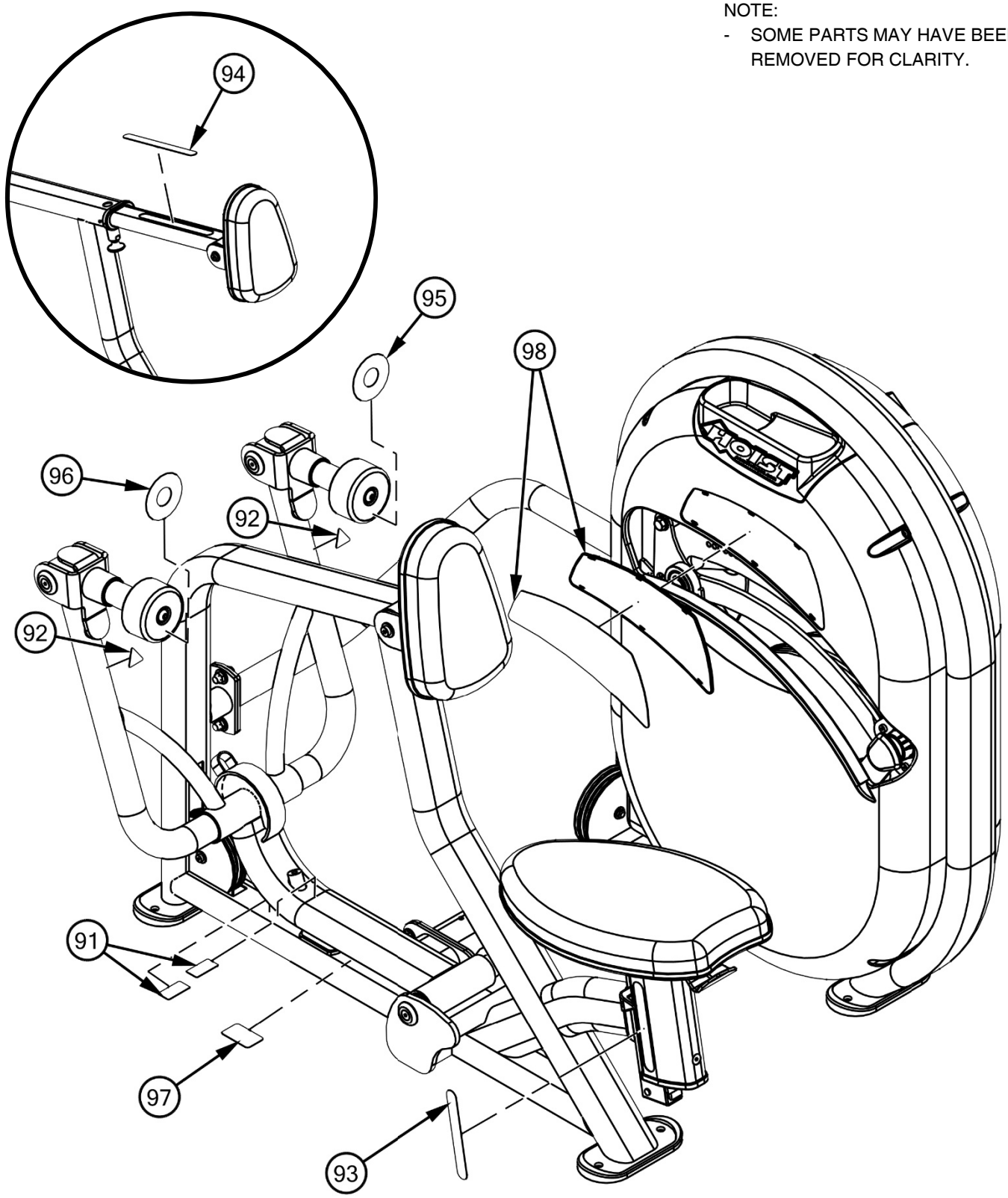
PRE-ASSEMBLY CONTINUED

NOTE:
- INSTALL PIN (72)* AFTER INSTALLING (9)*.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



DECAL PLACEMENT

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



DECAL REFERENCE



021-0013324
Assembly P/N: 026-01X7362



021-0004202



021-0004203



021-0003913



021-0003911



021-0003341



SERIAL # DECAL



021-0003512

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0806	Ø.188" X Ø.25" CABLE ASSY. (CL-3203) 152 1/2" LG.	1
2	026-01X3160	RATCHET PULL-PIN ASSEMBLY	1
3	026-01X3347	UPHOLSTERY MOUNTING BRACKET	1
4	026-01X6960	PULL PIN RETRACTOR FRAME	1
5	026-01X7302	PAD MOUNT	1
6	026-01X7351	HOIST ERGO GRIP-01	2
7	026-01X7353	CROSSMEMBER, UPPER	1
8	026-01X7354	MAIN FRAME	1
9	026-01X7355	PAD ADJUST ASSY	1
10	026-01X7356	LOWER CROSSMEMBER	1
11	026-01X7357	ARM ASSEMBLY	1
12	026-01X7358	HANDLE INDEXING HUB	2
13	026-01X7359	ROTATE ADJUST HANDLE	2
14	026-01X7360	HANDLE PIVOT MOUNT-1	1
15	026-01X7361	HANDLE PIVOT MOUNT-2	1
16	022-01PD2056	SEAT PAD ASSEMBLY	1
17	022-01PD2143-A	CHEST PAD ASSEMBLY	1
18	026-01M2726	SHAFT: ∅35MM O.D. X Ø.5156" I.D. X 4.71" LG.	1
19	026-01M3493	SEAT ADJUSTER SELECTOR PIN	1
20	026-01M3495	RETAINING PIN, 8MM OD, 1.03" LG	1
21	026-01M3496	RETAINING PIN, 8MM OD, 1.72" LG	1
22	026-01M3560	SHAFT, ∅.984" X 8.3595" LG.	1
23	026-01M3721	FLANGED SPACER, ∅".1910 X .180 LG.	4
24	026-01M3599	.2362" CRS 1018 SQ. KEY STOCK .5000" LG.	4
25	026-01M3600	.100" HEAVY FLANGED SPACER	2
26	026-01M3605	RETAINING CAP	6
27	026-01M3701	.98425" X 3.73" PIVOT SHAFT	2
28	026-01P4836	ADJUSTER STRIP	1
33	026-01PL2241	UPHOLSTRY BACKING	1
34	026-01PL2291	RUBBER STOP	1
35	026-01PL2561	PLUG BUMPER, COPED	2

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01PL2563	INNER SEAT ADJUSTER BUSHING	1
37	026-01PL2564	GLIDE SLEEVE	1
38	026-01PL2834	SCUFF GUARD, 50 X 100mm FLAT SIDE	1
39	026-01PL2838	RUBBER FOOT PAD	2
40	026-01PL2848	END CAP, EXTRUDED HOUSING	1
41	026-01PL2849	END CAP, 1.50" X 2.50" W/HOLES	1
42	026-01PL2850	ADJUSTER LEVER	1
43	026-01PL2938-M	SLIDE GUIDE	2
44	026-01PL2939	POINTER	1
45	026-01PL2952	HUB COVER	2
46	026-01PL2953	SPRING HOUSING	2
47	014-0012014	BEARING: FLANGELESS - 25mm I.D.	6
48	014-0012020	BEARING - FLANGELESS BALL 2.44" O.D. X 35MM I.D. X .55"	2
49	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	2
50	014-0015046	RETAINING RING, E CLIP, FOR 7-9MM SHAFT	2
51	014-0024001	THRUST WASHER, 1"	4
52	014-0101005	BUSHING: OILITE FLANGED Ø1.34" O.D. X Ø1.00" I.D. X .79" LG.	4
53	018-0001003	CABLE PULLEY: Ø4.50"	1
54	018-0002017	PULLEY 6.00" OD	1
55	020-0006009	GAS SPRING, 40 LBS, 8MM ENDS	1
56	020-0011026	COMPRESSION SPRING, .48" OD X1.31" LG, 12 COIL, .064" WIRE	1
57	020-0011006	SPRING	2
58	011-0701150	10-32 UNC X 1" LG, FHCS (Ni)	1
59	011-0704002	M4 FHCS X 10mm	2
60	011-0711002	SET SCREW: 5/16"- 18 X .25" LG. (Ni)	2
61	011-0701120	M4 BHB x 8mm(Ni)	2
62	011-0701112	#10-32UNC x .5 BHCS (Ni)	1
63	011-0116204	1/4"-20UNC X .75" LOW HEAD SHCS (Ni)	2
64	011-0701003	5/16"-18UNC X 1.00" BHCS (Ni)	5
65	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni) WITH DRI-LOC PATCH	4
67	011-0701027	3/8"-16UNC X 2.75" BHCS (Ni)	1
68	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	2
69	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	1
70	011-0002049	3/8"-16UNC X .75" FHCS (Ni) W/NYLON PATCH	4

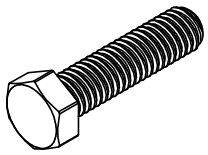
PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

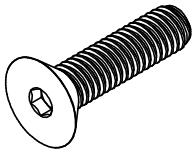
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	6
72	011-0704001	3/8-16UNC X .75" SQUARE HEAD (Ni)	1
73	011-0701049	1/2"-13UNC X 1.50" BHCS (Ni)	4
74	011-0116107	1/2"-13UNC X 1.00" LOW HEAD SHCS (Ni)	6
75	011-0116127	1/2"-13UNC X 6.00" LOW HEAD SHCS (Ni)	1
76	013-1002008	1/4" X 16mm SAE FLAT WASHER (Ni)	4
77	013-1002010	5/16" SAE FLAT WASHER (Ni)	6
78	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	5
79	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	16
80	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	9
81	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	1
82	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	4
83	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	2
84	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	1
85	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	7
86	011-0712012	6MM O.D. X 30MM LG. SHOULDER BOLT	1
88	011-0413001	M5 - .8 X 16mm FHS (SS}	4
89	012-0503002	M5 X 0.8 FLANGED NYLOCK NUT	1
90	012-0609007	CLIP ON NUT, 10-32	1
91	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	2
92	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	2
93	021-0003911	DECAL ADJUST 1-7 VERTICAL GREY BKGRND	1
94	021-0003913	DECAL ADJUST 1-11 VERTICAL GREY BKGRND	1
95	021-0004203	HANDLE ADJUST, RIGHT	1
96	021-0004202	HANDLE ADJUST, LEFT	1
97	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
98	026-01X7362	CL-3203 EXERCISE PLACARD, MOUNTED	1
99	SSS-CAGE60	CL-S3 RESISTANCE SYSTEM (300 LB.)	1
100	RIVET-316	3/16" BLIND RIVET, 18-8 SS	4
101	026-01P7050	SEAT ADJUSTER LEFT PIVOT ARM	1
102	026-01P7051	SEAT ADJUSTER RIGHT PIVOT ARM	1
103	011-0712010	3/8" X .50" SHSS (Ni)	1
104	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	1

ABBREVIATIONS

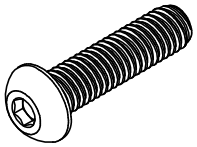
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



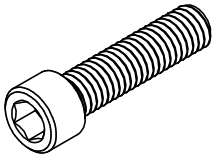
HHB = Hex Head Bolt



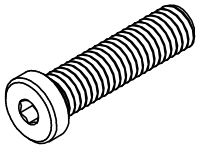
FHCS = Flat Head Cap Screw



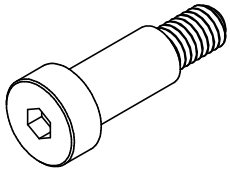
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

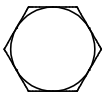


Low Head SHCS = Low Head Socket Head Cap Screw

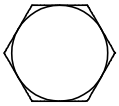


SHSS = Socket Head Shoulder Screw

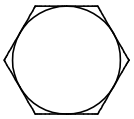
BOLT SIZING CHART



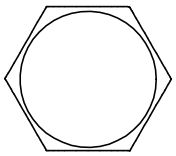
1/4" HHB
RECOMMENDED
TORQUE RANGE:
6-8 ft-lbs



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



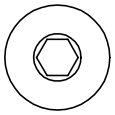
3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



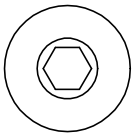
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



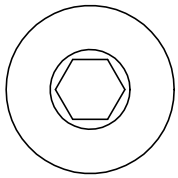
1/4" BHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



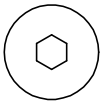
3/8" BHCS
RECOMMENDED
TORQUE RANGE:
19-26 ft-lbs



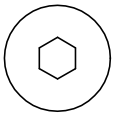
1/2" BHCS
RECOMMENDED
TORQUE RANGE:
47-65 ft-lbs



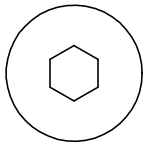
1/4"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
4-6 ft-lbs



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



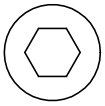
3/8"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
18-23 ft-lbs



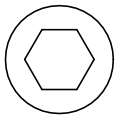
1/2"
LOW HEAD
SHCS
RECOMMENDED
TORQUE RANGE:
40-50 ft-lbs



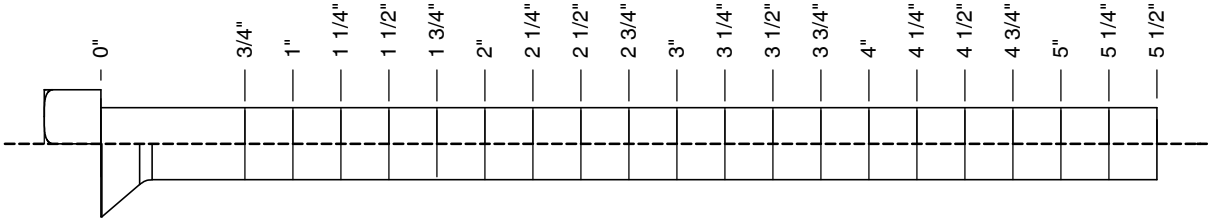
1/4" SHCS
RECOMMENDED
TORQUE RANGE:
11-14 ft-lbs

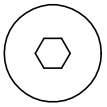


5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs

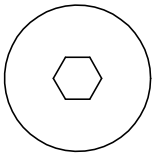


3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs

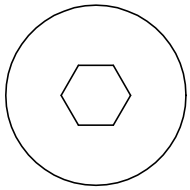




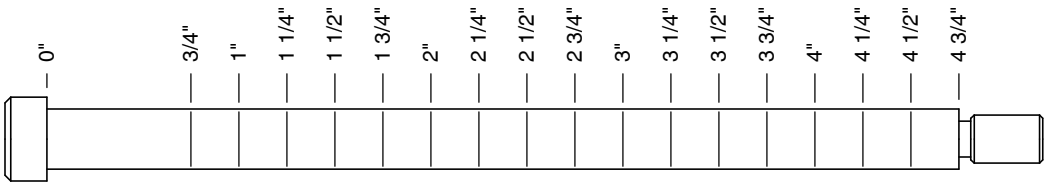
1/4" FHCS
RECOMMENDED
TORQUE RANGE:
5-7 ft-lbs



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



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

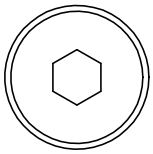




1/4" SHSS
RECOMMENDED
TORQUE RANGE:
3-4 ft-lbs



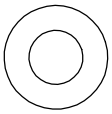
5/16" SHSS
RECOMMENDED
TORQUE RANGE:
8-10 ft-lbs



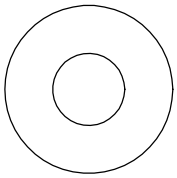
3/8" SHSS
RECOMMENDED
TORQUE RANGE:
17-22 ft-lbs

WASHER SIZING CHART

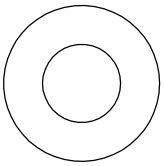
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



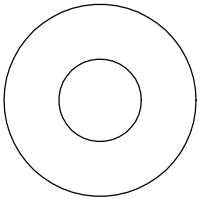
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



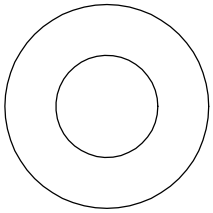
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



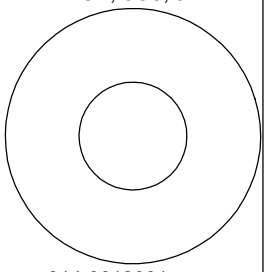
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



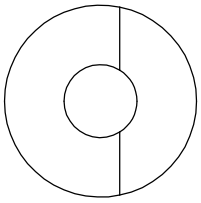
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



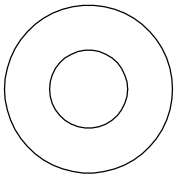
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



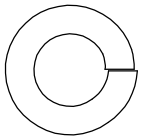
013-0402007
3/8"
FLAT WASHER
22mm O.D.



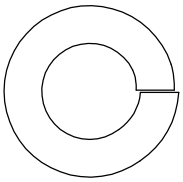
013-0102019
1/4"
LOCK WASHER



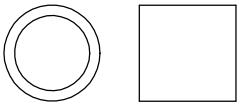
013-0102020
3/8"
LOCK WASHER



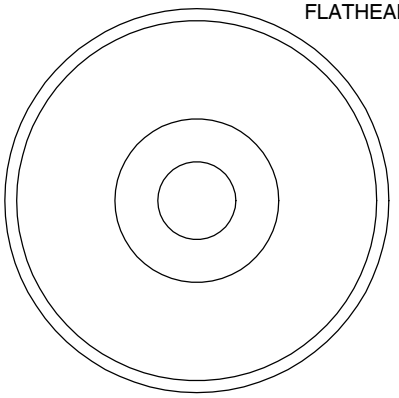
013-0102018
1/2"
LOCK WASHER

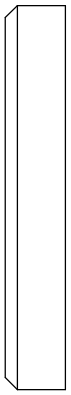


014-0018001
1/2" LONG
SPACER

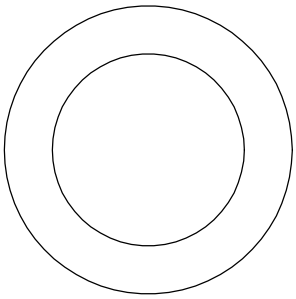


026-01M0238
2" ALUMINUM
FLATHEAD CAP

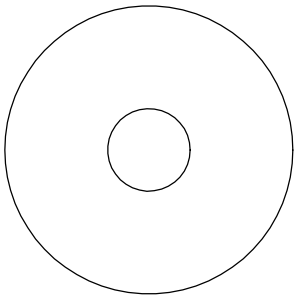




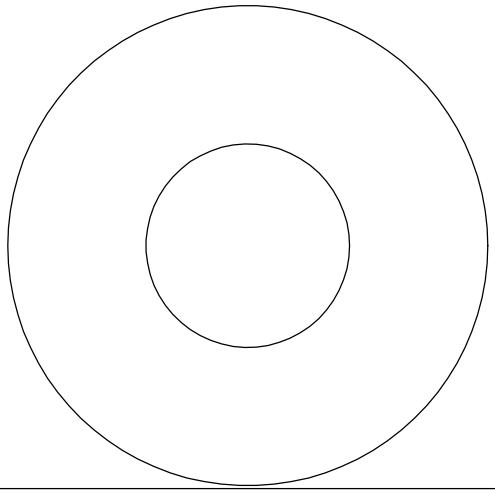
016-0009003
1" SHIM WASHER



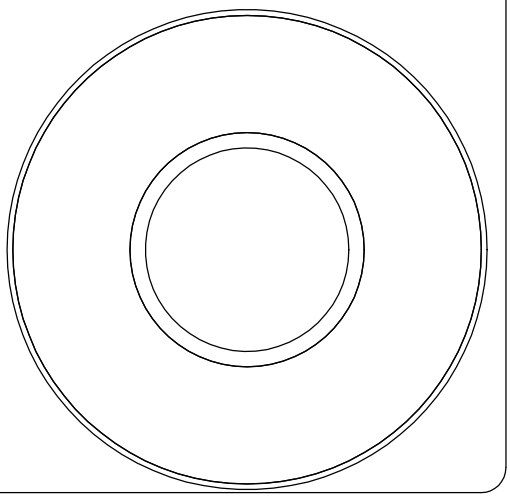
013-0003002
3/8" FENDER WASHER



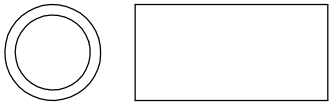
013-0003004
1 1/16"
FENDER WASHER



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



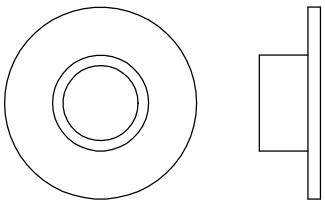
014-0018002
1" LONG
SPACER



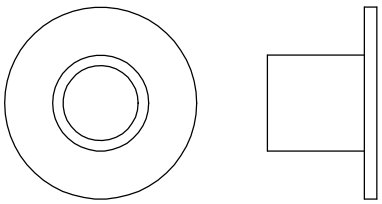
WASHER SIZING CHART

(CONTINUED)

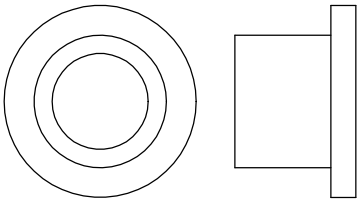
026-01M0211
1/4" LONG
FLANGED SPACER



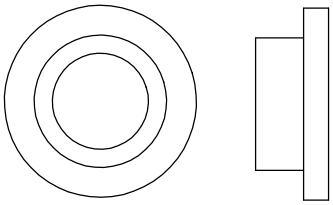
026-01M0198
1/2" LONG
FLANGED SPACER



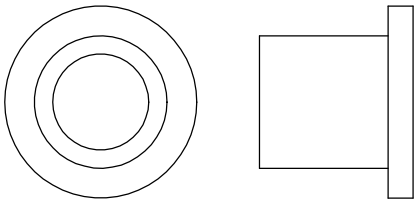
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



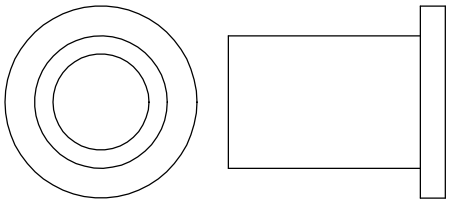
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



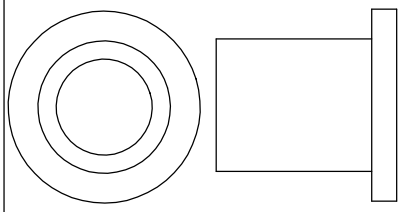
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



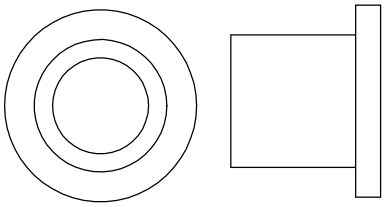
026-01M0551
1" LONG HEAVY
FLANGED SPACER



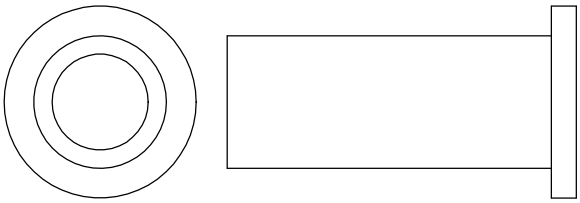
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



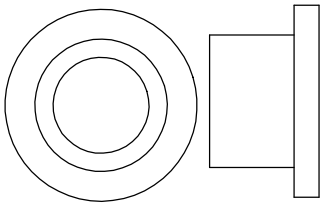
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



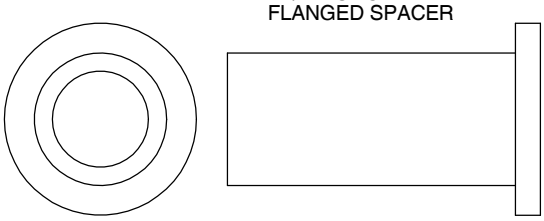
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



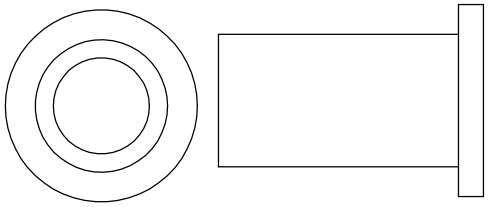
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



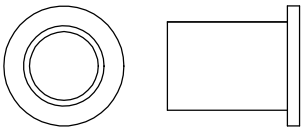
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



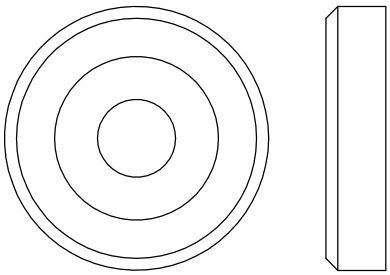
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



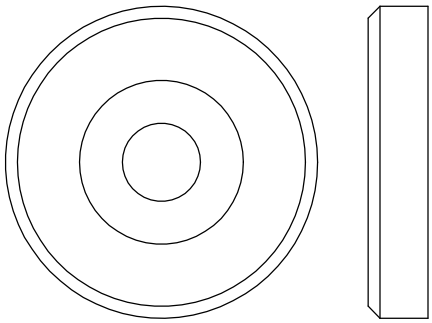
026-01M0600
.625" LONG
FLANGED SPACER



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 CL-3203 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 CL-3203 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.

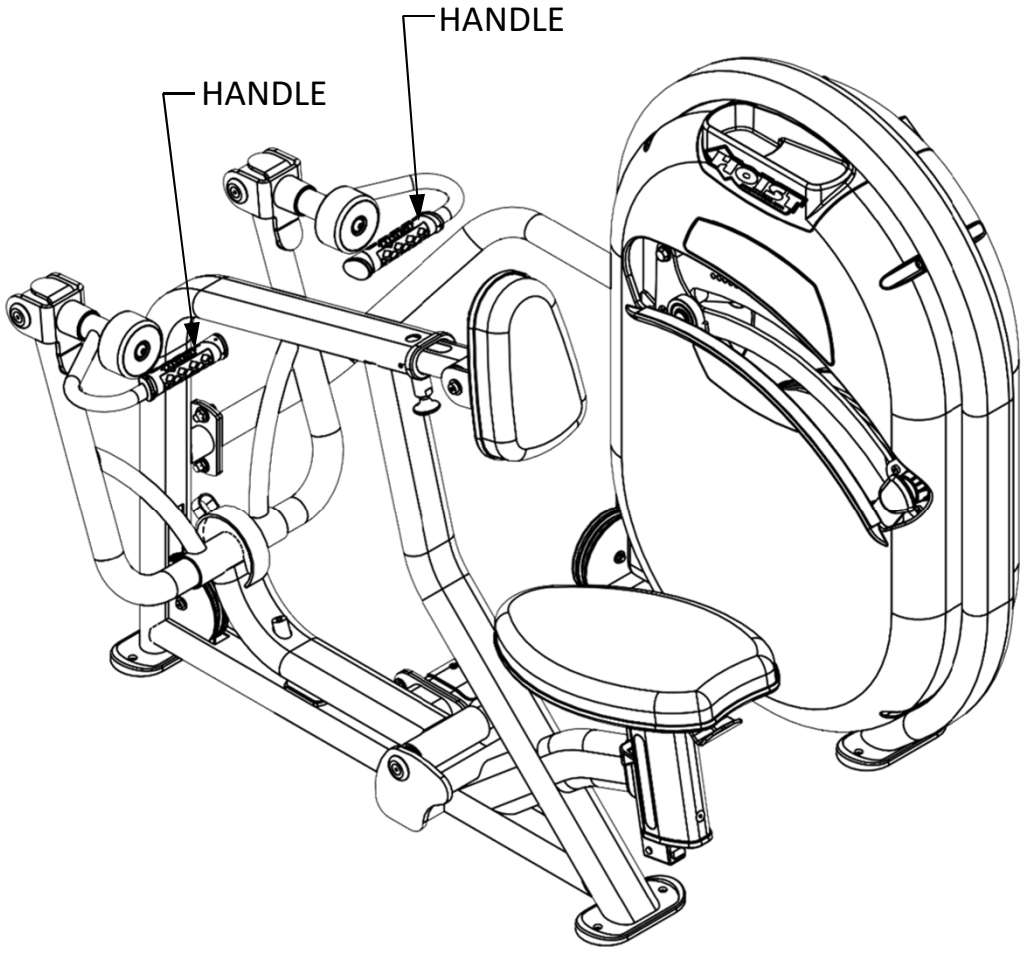
Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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 CL-3203 HOIST® Fitness System!

WEIGHT RATIO



WEIGHT SETTING (LBS)	BOTH HANDLES (100%)
20	20
25	25
30	30
35	35
40	40
45	45
50	50
55	55
60	60
65	65
70	70
75	75
80	80
85	85
90	90
95	95
100	100
105	105
110	110
115	115
120	120
125	125
130	130
135	135
140	140
145	145
150	150
155	155
160	160
165	165
170	170
175	175
180	180
185	185
190	190
195	195
200	200
205	205
210	210
215	215
220	220
225	225
230	230
235	235
240	240
245	245
250	250
255	255
260	260
265	265
270	270
275	275
280	280
285	285
290	290
295	295
300	300

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
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