

CONSUMER/LIGHT COMMERCIAL FREEWEIGHTS

BROCHURE

HOIST® FITNESS

FREEWEIGHT PRODUCTS

HOIST® Fitness has become a leader in the strength training equipment industry through proven effectiveness, durability and versatility. Designed upon these principles, all HOIST Fitness freeweight products are precision built with superb components and unique space saving designs.

Our home products can be found around the world in consumers' homes and multifamily gyms. Numerous celebrities & world leaders' estates boast having HOIST Fitness Systems in them. Home products can be purchased through specialty fitness retailers throughout the world as well as online at: hoistfitness.com.

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FOLDING MULTI-POSITION WORKOUT BENCH

HF-4145



SPECS

PRODUCT DIMENSIONS (L X W X H)
52.50” X 17.25” X 39.75” (133 cm X 44 cm X 101 cm)

PRODUCT WEIGHT
53 lbs (24 kg)

MAX STORAGE CAPACITY
500 lbs (227 kg)

FEATURES

- 5 adjustable back pad positions from -15° to 65° in 20° increments to accommodate incline and decline bench exercises
- Integrated hand grip and wheels provide tilt ‘n roll capability for easy storage
- Foot pegs provide leg support during exercise
- Folds flat for easy storage
- No assembly required

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ADJUSTABLE AB/BACK HYPER BENCH

HF-4263



SPECS

PRODUCT DIMENSIONS (L X W X H)
40.00” X 17.75” X 34.25” (102 cm X 45 cm X 87 cm)

PRODUCT WEIGHT
52 lbs (24 kg)

FEATURES

- 11 adjustable angle positions from 25° to 60° in 3.25° increments to accommodate ab and back exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt ‘n roll capability for mobility
- Folds flat for easy storage

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LEG PRESS / HACK COMBO

HF-4357



SPECS

PRODUCT DIMENSIONS (L X W X H)
86.50” X 35.25” X 63.50” (220 cm X 90 cm X 161 cm)

PRODUCT WEIGHT
488 lbs (221 kg)

MAX EXERCISE WEIGHT
540 lbs (245 kg)

FEATURES

- Dual purpose back pad attaches for both exercises
- Adjustable platform provides proper positioning
- Multi-position lockouts for both exercises
- Designed for Olympic weight plates only

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PREACHER CURL

HF-4550



SPECS

PRODUCT DIMENSIONS (L X W X H)
42.25” X 31.00” X 34.75” (107 cm X 79 cm X 88 cm)

PRODUCT WEIGHT
71 lbs (32 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- 60° pad angle increases resistance while decreasing elbow strain
- 8 adjustable ratcheting seat positions
- Two adjustable bar rack-out positions
- Non-skid surface assures secure foot placement

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FLAT BENCH

HF-5163



SPECS

PRODUCT DIMENSIONS (L X W X H)
48.75” X 22.75” X 15.75” (124 cm X 58 cm X 40 cm)

PRODUCT WEIGHT
31 lbs (14 kg)

MAX EXERCISE WEIGHT
600 lbs (272 kg)

FEATURES

- Rugged, lightweight design
- Non-metallic foot covers to protect flooring

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7-POSITION F.I.D BENCH

HF-5165



SPECS

PRODUCT DIMENSIONS (L X W X H)
65.50” X 25.00” X 47.00” (166 cm X 64 cm X 119 cm)

PRODUCT WEIGHT
77 lbs (35 kg)

MAX EXERCISE WEIGHT
1,000 lbs (454 kg)

FEATURES

- 7 adjustable back pad positions from -20° to 80° to accommodate incline, flat, and decline bench exercises
- 3 adjustable seat positions from 0° to 20° in 10° increments to accommodate varying user heights
- Integrated hand grip and wheels provide tilt ‘n roll capability for easy storage
- Adjustable foot pegs provide leg support during exercise
- Thermoplastic Polyurethane covers for back pad adjusters to reduce wear

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7-POSITION FOLDING F.I.D BENCH

HF-5167



FOLDS FOR EASY TRANSPORT & STORAGE



7 ANGLE POSITIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)
21.00” X 22.75” X 51.00” (53 cm X 58 cm X 130 cm)

PRODUCT WEIGHT
63 lbs (29 kg)

MAX EXERCISE WEIGHT
600 lbs (272 kg)

FEATURES

- 7 adjustable angle positions from -15º to 75º to accommodate incline, flat and decline bench exercises
- Folds up to a compact position for easy transport or storage and locks into position for safety
- Integrated wheels allow for easy tilt ‘n roll movability
- Back pad includes a rolled edge to lean against for partial core support
- Non-metallic foot covers to protect flooring
- Upgraded modern frame with oval tubing

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7-POSITION F.I.D OLYMPIC BENCH

HF-5170



SPECS

PRODUCT DIMENSIONS (L X W X H)
80.75” X 50.75” X 69.75” (205 cm X 129 cm X 177 cm)

PRODUCT WEIGHT
147 lbs (67 kg)

MAX EXERCISE WEIGHT
600 lbs (272 kg)

FEATURES

- 7 adjustable angle positions from -10° to 75° to accommodate incline, flat and decline bench or shoulder exercises
- Sturdy, stationary frame design
- Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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ADJUSTABLE AB BENCH

HF-5264



SPECS

PRODUCT DIMENSIONS (L X W X H)
54.00” X 28.25” X 54.75” (137 cm X 72 cm X 139 cm)

PRODUCT WEIGHT
59 lbs (27 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- 10 adjustable angle positions from -5° to 40° in 5° increments to accommodate ab exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt ‘n roll capability for mobility

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OLYMPIC WEIGHT TREE

HF-5444



SPECS

PRODUCT DIMENSIONS (L X W X H)
20.50” X 24.75” X 44.50” (52 cm X 63 cm X 113 cm)

PRODUCT WEIGHT
33 lbs (15 kg)

MAX STORAGE WEIGHT
1,080 lbs (490 kg)

FEATURES

- Convenient storage system designed for Olympic weight plates only
- Space saving vertical design
- 1.5” weight horns
- Durable, high-impact polypropolene weight horn sleeves
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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5 PAIR VERTICAL DUMBBELL RACK

HF-5459



SPECS

PRODUCT DIMENSIONS (L X W X H)
17.50” X 19.50” X 43.50” (45 cm X 50 cm X 111 cm)

PRODUCT WEIGHT
44 lbs (20 kg)

MAX STORAGE WEIGHT
400 lbs (181 kg)

FEATURES

- Holds five pairs of dumbbells
- Space efficient vertical design
- Polypropolene covered rack outs to reduce noise and protect weights
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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8 PAIR VERTICAL DUMBBELL RACK

HF-5460



SPECS

PRODUCT DIMENSIONS (L X W X H)
17.50” X 19.50” X 52.00” (45 cm X 50 cm X 132 cm)

PRODUCT WEIGHT
51 lbs (23 kg)

MAX STORAGE WEIGHT
520 lbs (236 kg)

FEATURES

- Holds eight pairs of dumbbells
- Space efficient vertical design
- Polypropolene covered rack outs to reduce noise and protect weights
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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36” HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-36



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)
22.75” X 43.00” X 37.50” (58 cm X 109 cm X 95 cm)

PRODUCT WEIGHT
84 lbs (38 kg)

MAX STORAGE WEIGHT
600 lbs (272 kg)/ tier

FEATURES

- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbell pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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48” HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-48



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)
22.75” X 55.00” X 37.50” (58 cm X 140 cm X 95 cm)

PRODUCT WEIGHT
99 lbs (45 kg)

MAX STORAGE WEIGHT
601 lbs (272 kg)/ tier

FEATURES

- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbell pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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60” HORIZONTAL DUMBBELL RACK (2-TIER)

HF-5461-60



OPTIONAL 3RD TIER



SPECS

PRODUCT DIMENSIONS (L X W X H)
22.75” X 67.00” X 37.50” (58 cm X 170 cm X 95 cm)

PRODUCT WEIGHT
115 lbs (52 kg)

MAX STORAGE WEIGHT
602 lbs (272 kg)/ tier

FEATURES

- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbell pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring

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AB / BACK ROMAN HYPER

HF-5664



SPECS

PRODUCT DIMENSIONS (L X W X H)
57.75” X 31.75” X 39.00” (147 cm X 81 cm X 99 cm)

PRODUCT WEIGHT
77 lbs (35 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- 8 adjustable angle positions from 0° to 35° in 5° increments to accommodate ab and back exercises
- 9 adjustable leg roller pads and foot bar positions
- Non-skid foot bar secures foot placement during exercise
- Integrated locking pull-pins safely secure frame in place
- Non-metallic foot covers to protect flooring

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FITNESS TREE

HF-5962



SPECS

PRODUCT DIMENSIONS (L X W X H)
44.00” X 47.25” X 83.25” (112 cm X 120 cm X 212 cm)

PRODUCT WEIGHT
150 lbs (68 kg)

FEATURES

- Perform multiple body weight exercises such as dips, knee raises, pull-ups, leg raises, ab crunches and push ups
- Upper hand grips for neutral and wide pull up exercises
- Dual purpose back pad attaches for both vertical knee raise and abdominal exercise positions
- Dual purpose low handles for footstep and push up exercise positions
- Angled arm rests offer stable positioning for vertical knee raise exercises

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SQUAT RACK

HF-5970



SPECS

PRODUCT DIMENSIONS (L X W X H)
54.00” X 70.00” X 81.25” (137 cm X 178 cm X 206 cm)

PRODUCT WEIGHT
123 lbs (56 kg)

MAX EXERCISE WEIGHT
600 lbs (272 kg)

FEATURES

- Racking system provides 8 positions for Olympic Bar
- Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- Non-metallic foot covers to protect
- Pull-up bar for wide or narrow pull up exercises

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LEG EXTENSION / CURL ATTACHMENT

HF-OPT-4000-01



SPECS

PRODUCT DIMENSIONS (L X W X H)
18.25” X 18.50” X 17.50” (46 cm X 47 cm X 45 cm)

PRODUCT WEIGHT
15 lbs (7 kg)

FEATURES

- Optional attachment for the following products:

  HF-5165 7-Position F.I.D. Bench

  HF-5170 7-Position F.I.D. Olympic Bench

  Can be stored in HF-OPT-5000-03 (sold separately)

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PREACHER CURL ATTACHMENT

HF-OPT-4000-02



SPECS

PRODUCT DIMENSIONS (L X W X H)
17.50” X 20.25” X 33.75” (45 cm X 51 cm X 86 cm)

PRODUCT WEIGHT
19 lbs (8 kg)

FEATURES

- Optional attachment for the following products:

  HF-5165 7-Position F.I.D. Bench

  HF-5170 7-Position F.I.D. Olympic Bench

  Can be stored in HF-OPT-5000-03 (sold separately)

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ACCESSORY STAND

HF-OPT-4000-03



SPECS

PRODUCT DIMENSIONS (L X W X H)
21.50” X 20.50” X 3.75” (55 cm X 52 cm X 10 cm)

PRODUCT WEIGHT
12 lbs (5 kg)

FEATURES

- Optional Storage Stand for the following products:

  HF-5165 7-Position F.I.D. Bench

  HF-5170 7-Position F.I.D. Olympic Bench

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RACK OUT SAFETY TIERS

HF-OPT-4000-04



SPECS

PRODUCT DIMENSIONS (L X W X H) (PER TIER)
16.25” X 4.50” X 11.25” (41 cm X 11 cm X 29 cm)

PRODUCT WEIGHT (PER TIER)
7 lbs (3 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- One pair of polyurethane padded Safety Tiers. Optional attachment for the following products:

  HF-5170 7-Position F.I.D. Olympic Bench

  HF-5970 Squat Rack

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STANDARD COLORS

ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

Black	Slate Gray	Dove Gray	Sky Blue	Royal Blue	Navy
OLY-115	OLY-185	OLY-120	US 516	OLY-190	NAVY SR-302
Blue Ridge	Hunter Green	Suede	Wheat	American Beauty	Burgundy
OLY-125	OLY-155	46848300	36349900	OLY-130	OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

- Black

OLY-115

MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)

FRAME

- Platinum
- Matte Black

SUB FRAME

- Black

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL / HOME FREEWEIGHTS (HF)
H4400 & H2200

FRAME

- Matte Black

UPHOLSTERY

- Black

OLY-115

*PLEASE CONTACT A SALES REPRESENTATIVE FOR INFORMATION ON MATTE BLACK PRODUCT AVAILABILITY

NO CUSTOM COLORS AVAILABLE

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CONSUMER/LIGHT COMMERCIAL

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
HF-4145	FOLDING MULTI-POSITION WORKOUT BENCH	52.50” (133 CM)	17.25” (44 CM)	39.75” (101 CM)	53 LBS (24 KG)
HF-4263	ADJUSTABLE AB BACK HYPER BENCH	40.00” (102 CM)	17.75” (45 CM)	34.25” (87 CM)	52 LBS (24 KG)
HF-4357	LEG PRESS / HACK COMBO	86.50” (220 CM)	35.25” (90 CM)	63.50” (161 CM)	488 LBS (221 KG)
HF-4550	PREACHER CURL	42.25” (107 CM)	31.00” (79 CM)	34.75” (88 CM)	71 LBS (32 KG)
HF-5163	FLAT BENCH	48.75” (124 CM)	22.75” (58 CM)	15.75” (40 CM)	31 LBS (14 KG)
HF-5165	7-POSITION F.I.D BENCH	65.50” (166 CM)	25.00” (64 CM)	47.00” (119 CM)	77 LBS (35 KG)
HF-5167	7-POSITION FOLDING F.I.D. BENCH	21.00” (53 CM)	22.75” (58 CM)	51.00” (130 CM)	63 LBS (29 KG)
HF-5170	7-POSITION F.I.D. OLYMPIC BENCH	80.75” (205 CM)	50.75” (129 CM)	69.75” (177 CM)	147 LBS (67 KG)
HF-5264	ADJUSTABLE AB BENCH	54.00” (137 CM)	28.25” (72 CM)	54.75” (139 CM)	59 LBS (27 KG)
HF-5444	OLYMPIC WEIGHT TREE	20.50” (52 CM)	24.75” (63 CM)	44.50” (113 CM)	33 LBS (15 KG)
HF-5459	5 PAIR VERTICAL DUMBBELL RACK	17.50” (45 CM)	19.50” (50 CM)	43.50” (111 CM)	44 LBS (20 KG)
HF-5460	8 PAIR VERTICAL DUMBBELL RACK	17.50” (45 CM)	19.50” (50 CM)	52.00” (132 CM)	51 LBS (23 KG)
HF-5461-36	36” HORIZONTAL DUMBBELL RACK (2-TIER)	22.75” (58 CM)	43.00” (109 CM)	37.50” (95 CM)	84 LBS (38 KG)
HF-5461-48	48” HORIZONTAL DUMBBELL RACK (2-TIER)	22.75” (58 CM)	55.00” (140 CM)	37.50” (95 CM)	99.00 LBS (45 KG)
HF-5461-60	60” HORIZONTAL DUMBBELL RACK (2-TIER)	22.75” (58 CM)	67.00” (170 CM)	37.50” (95 CM)	115 LBS (52 KG)

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CONSUMER/LIGHT COMMERCIAL

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
HF-5461-OPT-36	36” DUMBBELL RACK WITH OPT (3-TIER)	24.25” (62 CM)	43.00” (109 CM)	37.50” (95 CM)	
HF-5461-OPT-48	48” DUMBBELL RACK WITH OPT (3-TIER)	24.25” (62 CM)	55.00” (140 CM)	37.50” (95 CM)	
HF-5461-OPT-60	60” DUMBBELL RACK WITH OPT (3-TIER)	24.25” (62 CM)	67.00” (170 CM)	37.50” (95 CM)	
HF-5664	AB / BACK ROMAN HYPER	57.75” (147 CM)	31.75” (81 CM)	39.00” (99 CM)	77 LBS (35 KG)
HF-5962	FITNESS TREE	44.00” (112 CM)	47.25” (120 CM)	83.25” (212 CM)	150 LBS (68 KG)
HF-5970	SQUAT RACK	54.00” (137 CM)	70.00” (178 CM)	81.25” (206 CM)	123 LBS (56 KG)
HF-OPT-4000-01	LEG EXTENSION / CURL ATTACHMENT	18.25” (46 CM)	18.50” (47 CM)	17.50” (45 CM)	15.2 LBS (6.90 KG)
HF-OPT-4000-02	PREACHER CURL ATTACHMENT	17.50” (45 CM)	20.25” (51 CM)	33.75” (86 CM)	18.57 LBS (8.42 KG)
HF-OPT-5000-03	ACCESSORY STAND	21.50” (55 CM)	20.50” (52 CM)	3.75” (10 CM)	11.63 LBS (5.28 KG)
HF-OPT-5000-04	RACK OUT SAFETY TIERS (PER TIER)	16.25” (41 CM)	4.50” (11 CM)	11.25” (29 CM)	7.47 LBS (3.4 KG)

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WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. ***FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE "SUPPORT" LINK.*** Warranty policy applies to defects from the manufacturer only.

HOIST® Fitness reserves the right to change product specifications, design, and function at any time.

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- *EASY GLIDE™*
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- *FEEL THE RIDE®*
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D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7, 549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 11,135,475 11,013,949 10,780,310 10,737,131 10,709,922 10,646,739 10,639,513 10,532,244 10,486,012 10,426,990 10,420,985 D857,812 10,391,352 10,350,445 D852,291 10,307,630 10,220,240,WW D836,733 10,086,229

† Other Patents Pending

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