H SERIES

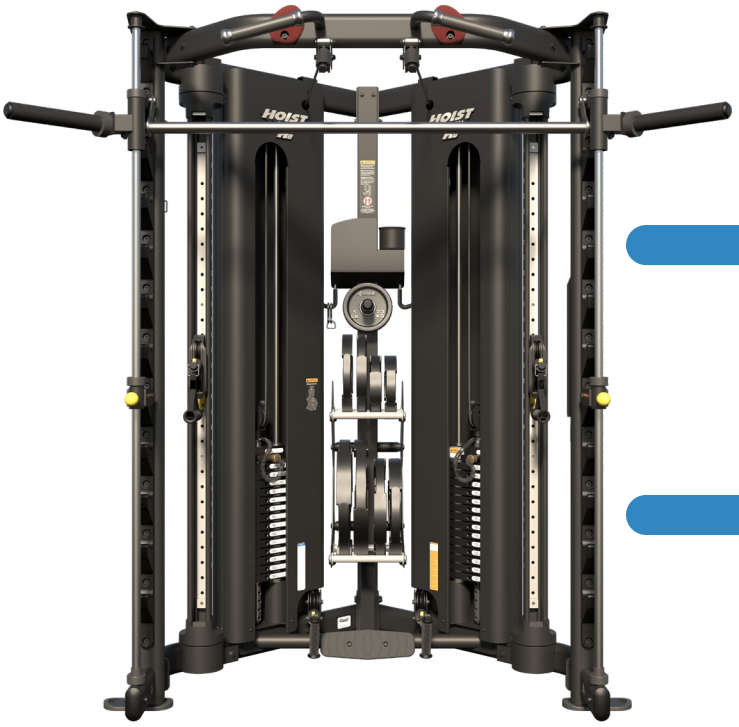
BROCHURE

HOIST® FITNESS

FUNCTIONAL TRAINER

H-8

Big Performance. Compact Design. Transform your home gym or light commercial space with HOIST® Fitness H8 Functional Trainer—a powerful all-in-one solution engineered for efficiency, versatility, and style. Designed to fit seamlessly into a corner, the H8 saves space without sacrificing functionality. Buildt with HOIST®'s signature EZG cable columns, the H8 combines the smooth performance you expect with a fully integrated Smith machine, dedicated low row, lat pulldown stations, and buildt-in weight storage—all in one sleek, corner-friendly footprint. Whether you're training for strength, performance, or total-body fitness, the H8 delivers the tools you need, right where you need them.



**WEIGHT PLATES SHOWN ARE NOT INCLUDED & SOLD SEPARATELY*

EZG CABLE COLUMNS

- 180° rotating columns
- Patented single-handed Adjustment System
- Quick-Release Adaptors for rapid accessory changes
- 28 pulley adjustment points per column (independent or dual-side use)

SMITH MACHINE

- 12 rack-out positions
- Starting weight: 35 lbs. (16 kg)
- Max capacity: 450 lbs. (204 kg)
- Angled weight horns for compact loading

INTEGRATED PULLEY STATIONS

- 2 × Lat Pulldown pulleys
- 2 × Low Row pulleys
- Split Weight Cabling: Delivers 50% resistance for extended cable travel *(Cable travel distance 85.00" (216 cm))*

PULL-UP OPTIONS

- Standard chin-up bars
- Textured rock-climbing grips

WEIGHT SYSTEM

- Standard: 2 × 150 lbs. Silent Steel® stacks

  Precision-machined steel plates with industrial plastic bushings

  Fully enclosed for safety and noise reduction

Download the HOIST Strength App! (Visit hoistfitness.com/ scan on your smart phone to download a free QR Code Scanner.)

Free HOIST® Strength app provides access to dozens of exercise tutorials, workout plans and fitness training

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WEIGHT SYSTEM (CONT)

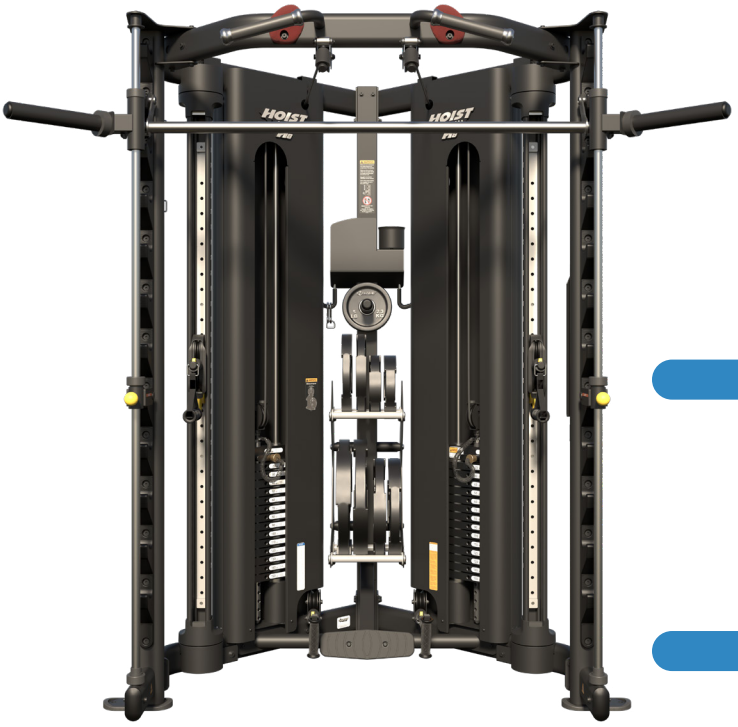
- Optional Upgrade: 2 × 200 lbs. stacks (400 lbs. total)
- Weight Plate Storage Capacity: 300 lbs. (136 kg)

ACCESSORIES INCLUDED

- 2-to-1 Cable Adapter
- Two Strap Handles w/ Square D-Ring
- Fleece Knee Strap (1 D-Ring & 2 Square Rings)
- Chin Assist Strap (4” wide)
- Two Carabiner Adapters
- Aluminum Straight Bar Assembly
- Aluminum Curl Bar Assembly
- Aluminum Lat Bar
- Two Strap Handles w/ 3 Square Rings

ADDITIONAL FEATURES

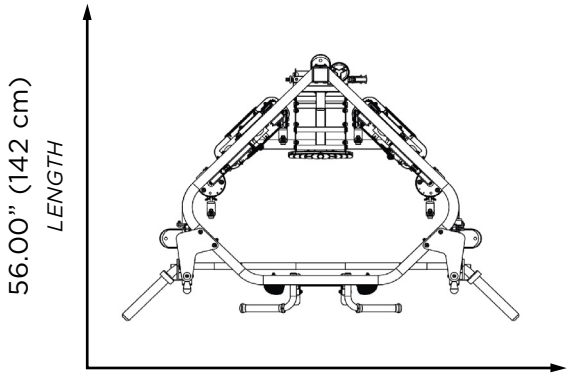
- Central weight & accessory storage
- Integrated phone/tablet rack
- Water bottle holder
- Multiple hooks for organized attachment storage



**WEIGHT PLATES SHOWN ARE NOT INCLUDED & SOLD SEPARATELY*

SPECS (L X W X H)

56.00” X 80.00” X 83.50” (142 cm X 203 cm X 212 cm)



PRODUCT WEIGHT

903 lbs (410 kg)

1003 lbs (455 kg) with optional 200 lb weight stacks

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H SERIES

FULL SPECS

PRODUCT NAME		*LENGTH*	*WIDTH*	*HEIGHT*	*WEIGHT*	*WEIGHT STACK*
H-8	H8 FUNCTIONAL TRAINER	56.00” (142 CM)	80.00” (203 CM)	83.50” (212 CM)	903 lbs (410 kg)	2 × 150 LBS. UPGRADEABLE TO 2 × 200 LBS.)

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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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- *HOIST®*
- *ACT NOW®*
- *CABLE-DRIVEN™*
- *CLUB QUALITY GUARANTEED®*
- *COMPOSITE MOTION™*
- *DUAL ACTION SMITH®*
- *EASY GLIDE™*
- *EZ-LOC LATCHING MECHANISM™*
- *FEEL THE RIDE®*
- *GLUTEMASTER®*
- *HOIST CLASSIC®*
- *QUIK-CHANGE®*
- *RADIAL LOC®*
- *RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™*
- *RIDE ORIENTED CONDITIONING®*
- *RIDE ORIENTED CONDITIONING SYSTEM®*
- *RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™*
- *RIDE ORIENTED XERCISE®*
- *ROC®*
- *ROCS®*
- *ROX®*
- *ROC-IT®*
- *ROC-ABS®*
- *SILENT STEEL®*
- *SPLIT WEIGHT CABLING™*
- *ULTRA-LITE LIFTING SYSTEM™*
- *DUAL SERIES™*
- *FLIP-N-DIP®*
- *FLIP-N-GRIP®*

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