FUNCTIONAL TRAINER

MI-5

From the strength industry leader whose products can be found in health clubs and homes around the world, comes the next big innovation in strength training. The HOIST® Fitness Mi5 Functional Trainer is HOIST® Fitness's most compact, space efficient functional trainer to-date. With patented technology, the Mi5 features two cable arms with two planes of movement. A unique three-point cable adjustment system allows for more than 1,000 cable adjustment variations. Both arms can move vertically through 22 different height adjustments. Additionally, each arm can move independently through 7 positions and 160 degrees accommodating users of all heights and size. The Mi5 also features a built-in tablet and accessory holder, water bottle holder and weight lock for suspension exercises.



FEATURES

- Fully enclosed weight stack for safety and quiet weight plate movement
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Standard 200 lb (91 kg) Silent Steel® weight stack
- Adjustable Core Stabilizer Pad (sold separately)
- Compact, sleek, single column design
- Counterbalanced carriage system for easy one-handed adjustments
- Two adjustable pulley arms with 7 horizontal angle adjustments ranging from 80 degrees above and 80 degrees below flat horizontal
- 22 pulley adjustment positions at 2 inch increments
- Quick Release one-handed accessory connectors
- Weight stack lock allows cables to be used for body weight exercises

Check out the Mi5 in action! (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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FUNCTIONAL TRAINER

MI-5



FEATURES (CONT)

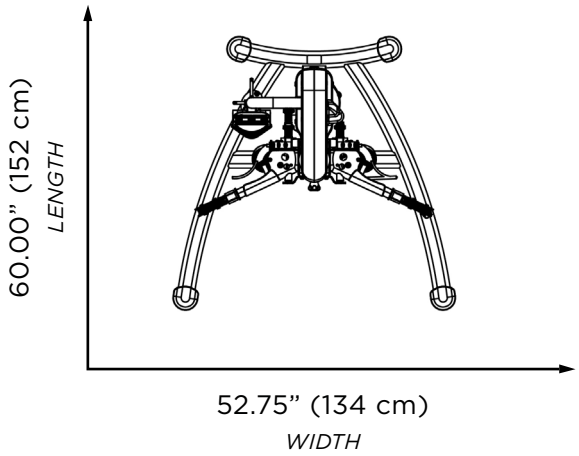
- Integrated bottle holder and accessory rack offer convenient storage
- Integrated tablet/mobile device holder
- 4:1 Split Weight Cabling™ for increased cable travel (160” with strap handles)
- Footrests to stabilize when performing seated and standing exercises
- Comes with two (2) four Square-Ring Adjustable Strap Handles
- Non-marring feet to protect flooring

AVAILABLE UPGRADES

- Mi5 Core Stabilizer Pad
- Dual-Attachment Aluminum Long Bar
- Aluminum Curl Bar
- Dual-Attachment Long Strap
- Padded Ankle/Thigh Strap
- Two (2) Carabiner Adapters

SPECS (L X W X H)

60.00” X 52.75” X 83.50” (152 cm X 134 cm X 212 cm)



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FUNCTIONAL TRAINER

MI-5

MI5 ACCESSORY KIT



EASY ONE-HANDED ADJUSTMENTS
Counterbalanced carriage system for easy, one-handed vertical adjustments of exercise arms



SUSPENSION EXERCISES
Weight stack locks to the Mi5 frame allowing cables to be used for suspension body weight exercises

The HOIST® Mi5 Functional Training Accessory Kit (sold separately) provides additional attachments that allow for even more flexibility and exercise options on the Mi5 Functional Trainer. Purchasing this add-on package equips your gym with (shown accordingly below); one (1) Mi5 Core Stabilizer Pad, one (1) Dual-Attachment Aluminum Long Bar, one (1) Aluminum Curl Bar, one (1) Dual-Attachment Long Strap, one (1) Padded Ankle / Thigh Strap and two (2) Carabiner Adapters. Attach the Mi5 Core Stabilizer Pad for a stabilized variation of exercises that target the core and primary muscles. The Core Stabilizer can also be used as support for single leg exercises such as leg extensions and glute kicks.



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MI SERIES

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
MI-1	MI1 GYM	76.75” (195 CM)	48.25” (123 CM)	83.50” (212 CM)	402 LBS (182 KG)	200 LBS (91 KG)
MI-5	MI5 FUNCTIONAL TRAINER	60.00” (152 CM)	52.75” (134 CM)	83.50” (212 CM)	442 LBS (201 KG)	200 LBS (91 KG)
MI-6-B	MI6 FUNCTIONAL TRAINER	42.50” (108 CM)	54.00” (137 CM)	83.25” (212 CM)	611 LBS (277 KG)	200 LBS (91 KG)
MI-7	MI7 FUNCTIONAL TRAINER	66.25” (168 CM)	60.75” (154 CM)	84.25” (214 CM)	711 LBS (323 KG)	200 LBS (91 KG)
MI-SMITH	MISMITH DUAL ACTION SMITH	49.00” (125 CM)	83.00” (211 CM)	82.75” (210 CM)	386 LBS (175 KG)	-
MI-7-SMITH	MI7SMITH FUNCTION TRAINING SYSTEM	92.00” (234 CM)	83.00” (211 CM)	84.25” (214 CM)	985 LBS (447 KG)	200 LBS (91 KG)
MI-8	MI8 FUNCTIONAL TRAINER	56.00” (142 CM)	80.25” (204 CM)	83.75” (213 CM)	938 LBS. (426 KG	2 × 150 LBS. UPGRADEABLE TO 2 × 200 LBS.)

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