FUNCTIONAL TRAINER

MI-7SMITH

The HOIST® Fitness Mi7Smith Functional Trainer is a completely innovative home gym from the strength industry leader HOIST® Fitness. The Mi7Smith maximizes space by combining the MiSmith Dual Action Smith® with the Mi7 Functional Trainer with a walk-through design to deliver a sleek and efficient home gym unlike any other. With patented technology, the Mi7Smith is engineered to provide a wide variety of features to maximize your exercise options. On one side of the Mi7Smith, the MiSmith Dual Action Smith® features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. Walk through to the other side of the Mi7Smith and the Mi7 Functional Training System features dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion. Patented Flip N Grip™ grips offer five pull-up/chin-up variations and patent-pending Flip N Dip™ grips offer both narrow and wide dips.



Check out the Mi7Smith 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

Download on the App Store

ANDROID APP ON Google play

COMMERCIAL QUALITY FEATURES

- Patented Flip N Grip™ technology provides 5 pull-up grip options, including rock grips*
- Patent pending Flip N Dip™ technology provides narrow/wide grip dips*
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Commercial quality components including linear bearings and shafting for frictionless guided motion
- Polyurethane covered rack outs for silent racking and protection of bar
- Non-marring feet to protect flooring

ADDITIONAL FEATURES

- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- Compact, walk-through design requires minimal floor space
- 360 degree rotating columns with a patent-pending Integrated
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Adjustment System and Quick Release one-handed accessory connectors

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FUNCTIONAL TRAINER

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ADDITIONAL FEATURES (CONT)

- Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114” with strap handles)
- Standard 150 lb (68 kg) weight stack per side (quantity two) (upgradeable)
- Ultra-Light Lifting System™ that reduces Smith bar weight to a mere 30 lbs
- Adjustable safety tiers on Smith
- Racking tier index numbers highlight tier levels on the front of machine

INCLUDED ACCESSORIES

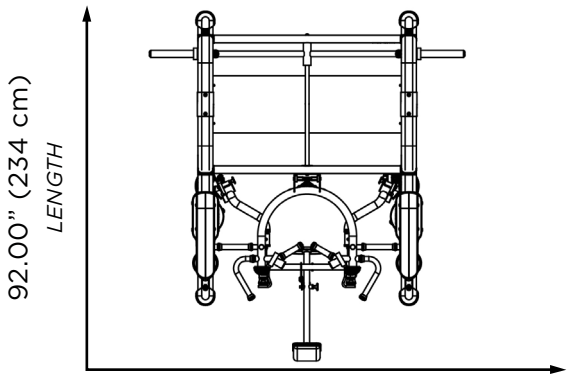
- Three Square-Ring Adjustable Strap Handles (one pair)
- Dual-Attachment Long Strap
- Padded Ankle / Thigh Strap
- Dual-Attachment Ultra-Light Aluminum Long Bar with Revolving Attachment Points
- Ultra-Light Aluminum Curl Bar

AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)

SPECS (L X W X H)

92.00” X 83.00” X 84.25” (234 cm X 211 cm X 214 cm)



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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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