DUAL ACTION SMITH

MI-SMITH

The HOIST® Fitness MiSmith Dual Action Smith® is an innovative product from the new line of HOIST® Fitness MiSeries home gyms. Perfect for users of all levels, the MiSmith 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. The Ultra-Light Lifting System™ reduces the bar weight to 30 lbs. allowing a wider range of exercise options. While this gym is engineered to offer maximum power and efficiency, its sleek and minimalist design offers a luxurious appeal.

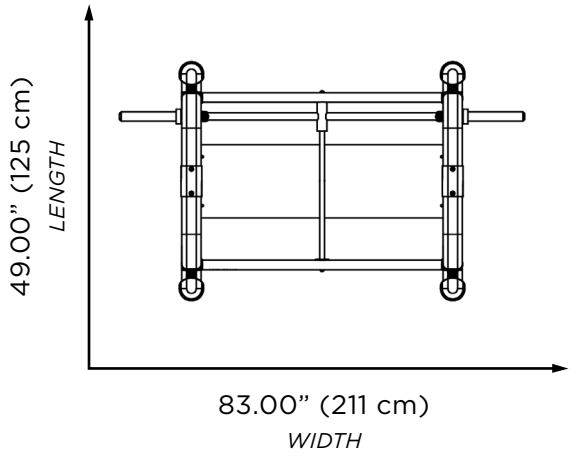


FEATURES

- Ultra-Light Lifting System™ that reduces the bar weight to a mere 30 lbs
- Polyurethane covered rack outs for silent racking and protection of bar and frame
- Non-marring feet to protect flooring
- Commercial quality linear bearings and shafting for frictionless guided motion
- Adjustable safety tiers
- Racking tier index numbers highlight tier levels on the front of machine

SPECS (L X W X H)

49.00” X 83.00” X 82.75” (125 cm X 211 cm X 210 cm)



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

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

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.)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com