# PERFORMANCE

## SERIES

PERFORMANCE SERIES

# UPRIGHTS



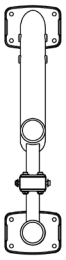
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 5 FT. SINGLE SIDED UPRIGHT

## *PS-1014, PS-1015A, PS-1016*




***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
37.75” X 8.50” X 62.50” (96 cm X 22 cm X 159 cm)

**PRODUCT WEIGHT**
95 lbs (43 kg)

## FEATURES

- PS-1014 x 1
- PS-1015A x 1
- PS-1016 x 1

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



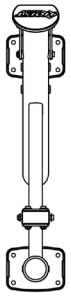
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 8 FT. SINGLE SIDED UPRIGHT

## *PS-1011, PS-1012, PS-1013A*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
41.75” X 8.50” X 96.00” (106 cm X 22 cm X 244 cm)

**PRODUCT WEIGHT**
138 lbs (63 kg)

## FEATURES

- PS-1011 x 1
- PS-1012 x 1
- PS-1013A X 1

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# EZG UPRIGHT SINGLE SIDED

## *PS-1017, PS-1012, PS-1013A*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
48.25” X 8.50” X 96.00” (123 cm X 22 cm X 244 cm)

**PRODUCT WEIGHT**
472 lbs (214 kg)

## FEATURES

- PS-1017 x 1
- PS-1012 x 1
- PS-1013A x 1
- Shield can go on either side of the EZG

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 5 FT. DOUBLE SIDED UPRIGHT

## *PS-1015A, PS-1016*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
53.75” X 8.50” X 62.50” (137 cm X 22 cm X 159 cm)

**PRODUCT WEIGHT**
101 lbs (46 kg)

## FEATURES

- PS-1015A x 1
- PS-1016 x 2

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 8 FT. DOUBLE SIDED UPRIGHT

## *PS-1011, PS-1013A*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
62.00” X 8.50” X 96.00” (158 cm X 22 cm X 244 cm)

**PRODUCT WEIGHT**
158 lbs (72 kg)

## FEATURES

- PS-1011 x 2
- PS-1013A x 1

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# EZG UPRIGHT DOUBLE SIDED

## *PS-1017, PS-1011, PS-1013A*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
68.50” X 8.50” X 96.00” (174 cm X 22 cm X 244 cm)

**PRODUCT WEIGHT**
491 lbs (223 kg)

## FEATURES

- PS-1017 x 1
- PS-1011 x 1
- PS-1013A x 1
- Shield can go on either side of the EZG

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# CROSSBARS



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

# 4 FT UPPER CONNECTOR

## PS-1021A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.50” X 42.50” X 5.50” (19 cm X 108 cm X 14 cm)

**PRODUCT WEIGHT**
8 lbs (4 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 6 FT UPPER CONNECTOR

## PS-1022A

TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.50” X 65.75” X 5.50” (19 cm X 167 cm X 14 cm)

**PRODUCT WEIGHT**
10 lbs (5 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

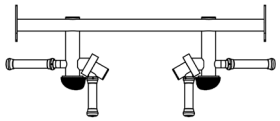


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT MULTI-GRIP CHIN-UP

## PS-1023A

TOP VIEW






## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
18.75” X 45.75” X 6.50” (48 cm X 116 cm X 17 cm)

**PRODUCT WEIGHT**
38 lbs (17 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

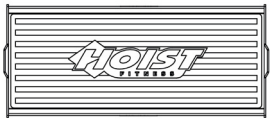
# SHELVES

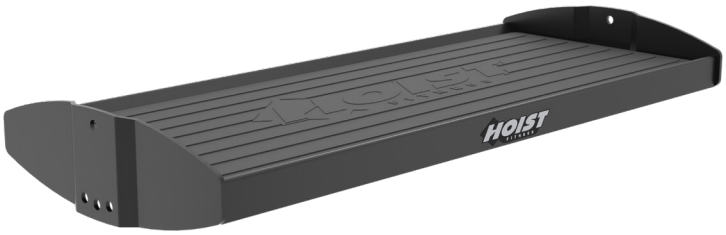


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT FLAT SHELF

*TOP VIEW*





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
18.00” X 42.50” X 5.75” (46 cm X 108 cm X 15 cm)

**PRODUCT WEIGHT**
40 lbs (18 kg)

**MAX CAPACITY**
600 lbs (272 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



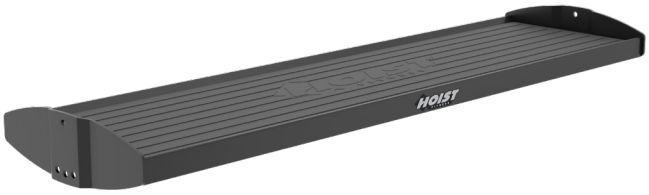
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 6 FT. FLAT SHELF

## PS-1112A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
18.00” X 65.75” X 5.75” (46 cm X 167 cm X 15 cm)

**PRODUCT WEIGHT**
58 lbs (26 kg)

**MAX CAPACITY**
600 lbs (272 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 8 FT. FLAT SHELF

## PS-1113A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
18.00” X 89.00” X 5.75” (46 cm X 226 cm X 15 cm)

**PRODUCT WEIGHT**
102 lbs (46 kg)

**MAX CAPACITY**
800 lbs (363 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



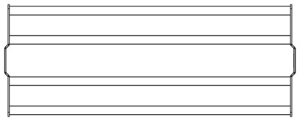
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT. BALL RACK

## PS-1114A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
16.25” X 42.50” X 6.25” (41 cm X 108 cm X 16 cm)

**PRODUCT WEIGHT**
29 lbs (13 kg)

**MAX CAPACITY**
200 lbs (90 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

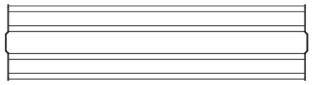


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 6 FT. BALL RACK

## PS-1115A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
16.25” X 65.75” X 6.25” (41 cm X 167 cm X 16 cm)

**PRODUCT WEIGHT**
40 lbs (18 kg)

**MAX CAPACITY**
200 lbs (90 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 8 FT. DUMBBELL RACK

## *PS-1116*

***TOP VIEW***





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
9.50” X 89.00” X 7.75” (24 cm X 226 cm X 20 cm)

**PRODUCT WEIGHT**
59 lbs (27 kg)

**MAX CAPACITY**
1000 lbs (454 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# COMPONENTS



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

# WALL MOUNT BRACKET

## PS-1211A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
8.00” X 42.75” X 4.75” (20 cm X 109 cm X 12 cm)
FOR ONE BRACKET

**PRODUCT WEIGHT**
27 lbs (12 kg)
FOR 2 BRACKETS

## FEATURES

- Only available in Performance Black
- Comes with 2 Brackets

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

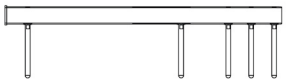


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# SIDE MOUNT ACCESSORY RACK

## PS-1212A

*TOP VIEW*





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
9.50” X 36.25” X 10.00” (24 cm X 92 cm X 25 cm)

**PRODUCT WEIGHT**
19 lbs (9 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

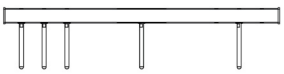


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT. CENTER ACCESSORY RACK

## PS-1213A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
9.50” X 42.50” X 18.00” (24 cm X 108 cm X 46 cm)

**PRODUCT WEIGHT**
37 lbs (18 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



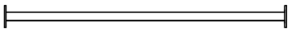
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT. STALL BAR SET

## PS-1214A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
3.25” X 42.50” X 73.75” (8 cm X 108 cm X 187 cm)

**PRODUCT WEIGHT**
89 lbs (40 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

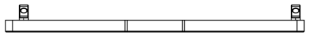


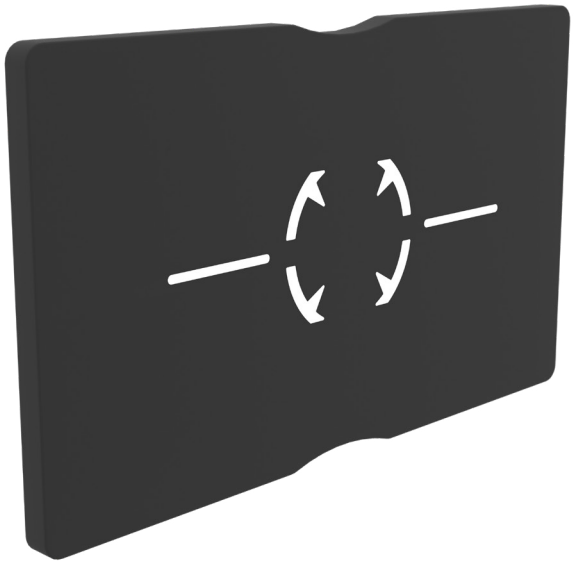
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# WALL TARGET PAD

## PS-1215A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
3.75” X 41.75” X 25.00” (10 cm X 106 cm X 64 cm)

**PRODUCT WEIGHT**
19 lbs (9 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



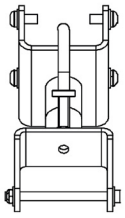
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# BAND & BATTLE ROPE POST

## PS-1216A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
11.25” X 6.50” X 87.00 (29 cm X 17 cm X 221 cm)

**PRODUCT WEIGHT**
94 lbs (43 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



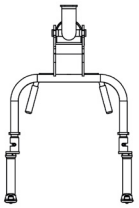
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# DIP STATION

## *PS-1217A, MC-7018*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
41.00” X 26.75” X 73.75” (104 cm X 68 cm X 187 cm)

**PRODUCT WEIGHT**
86 lbs (39 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black
- Each SKU sold separately
- In order to use the Dip MC-7018 or Plyo MC-7019, a minimum of one PS-1217A is required

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



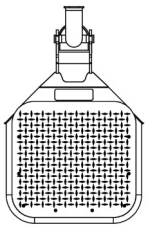
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# PLYO STATION

## *PS-1217A, MC-7019*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
38.25” X 24.50” X 73.75” (97 cm X 62 cm X 187 cm)

**PRODUCT WEIGHT**
102 lbs (46 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black
- Each SKU sold separately
- In order to use the Dip MC-7018 or Plyo MC-7019, a minimum of one PS-1217A is required

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



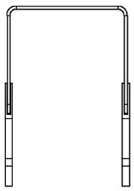
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# VERTICAL DUMBBELL RACK - 5 PAIR

## PS-1218A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.00” X 4.75” X 59.25” (18 cm X 12 cm X 151 cm)

**PRODUCT WEIGHT**
29 lbs (13 kg)

## FEATURES

- Only available in Performance Black

  35 lbs HOIST Fitness Hex dumbbell is the maximum sized dumbbell for this rack

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 FT. HORIZONTAL PLATE TREE

## PS-1219A

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
13.25” X 42.50” X 5.25” (34 cm X 108 cm X 13 cm)

**PRODUCT WEIGHT**
17 lbs (8 kg)

**MAX STORAGE CAPACITY**
225 lbs (102 kg) PER WEIGHT HORN

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 7 FT. VERTICAL PLATE TREE

## PS-1220A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
16.50” X 3.00” X 70.25” (42 cm X 8 cm X 178 cm)

**PRODUCT WEIGHT**
30 lbs (14 kg)

**MAX STORAGE CAPACITY**
315 lbs (142 kg) PER WEIGHT HORN

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



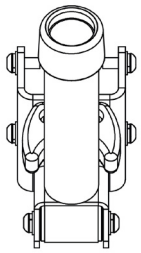
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# LANDMINE

## PS-1221A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
11.25” X 6.00” X 16.50” (29 cm X 15 cm X 42 cm)

**PRODUCT WEIGHT**
19 lbs (9 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



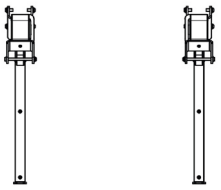
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# OLYMPIC LIFTING STATION

## PS-1222A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
35.00” X 52.75” X 87.00” (89 cm X 134 cm X 221 cm)

**PRODUCT WEIGHT**
143 lbs (65 kg)

**MAXIMUM WEIGHT CAPACITY**
495 lbs (225 kg) per tier

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

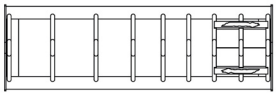


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT. HORIZONTAL PLATE RACK

## PS-1223A

TOP VIEW






## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
13.50” X 42.50” X 12.50” (34 cm X 108 cm X 32 cm)

**PRODUCT WEIGHT**
48 lbs (22 kg)

**MAX STORAGE CAPACITY**
400 lbs (181 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



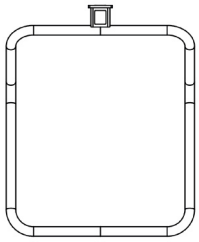
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# SIDE MOUNT BALANCE TRAINER RACK

## PS-1224A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
24.25” X 19.75” X 9.25” (62 cm X 50 cm X 24 cm)

**PRODUCT WEIGHT**
9 lbs (4 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



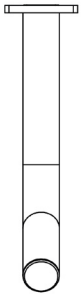
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# SIDE MOUNT ACCESSORY HOOK

## PS-1225A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
10.00” X 2.50” X 7.25” (25 cm X 6 cm X 18 cm)

**PRODUCT WEIGHT**
2 lbs (1 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



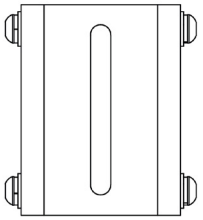
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# BATTLE ROPE ANCHOR

## PS-1226A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
6.50” X 6.00” X 8.25” (17 cm X 15 cm X 21 cm)

**PRODUCT WEIGHT**
8 lbs (4 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# ASSIST STEP

## PS-1227A



TOP VIEW




## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
8.00” X 6.00” X 16.50” (20 cm X 15 cm X 42 cm)

**PRODUCT WEIGHT**
11 lbs (5 kg)

**MAX WEIGHT CAPACITY**
350 lbs (159 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

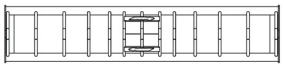


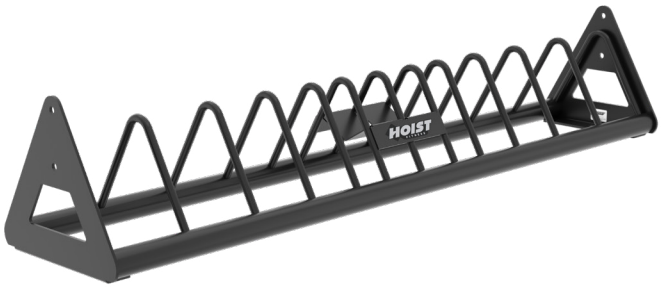
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 6 FT. BUMPER PLATE RACK

## PS-1228A

TOP VIEW






## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
13.50” X 65.75” X 12.50” (34 cm X 167 cm X 32 cm)

**PRODUCT WEIGHT**
63 lbs (29 kg)

**MAX STORAGE CAPACITY**
700 lbs (318 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



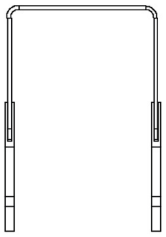
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# VERTICAL DUMBBELL RACK - 4 PAIR

## PS-1229A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.00” X 4.75” X 59.25” (18 cm X 12 cm X 151 cm)

**PRODUCT WEIGHT**
29 lbs (13 kg)

## FEATURES

- Only available in Performance Black

  50 lbs HOIST Fitness Hex dumbbell is the maximum sized dumbbell for this rack

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



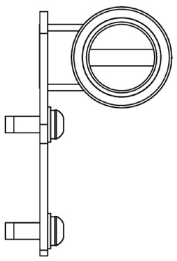
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# VERTICAL OLYMPIC BAR HOLDER

## PS-1230



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.50” X 5.25” X 11.75” (19 cm X 13 cm X 30 cm)

**PRODUCT WEIGHT**
9 lbs (4 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

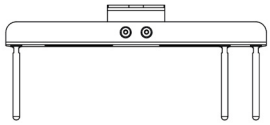


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# LOW PROFILE HANGING MAT RACK

## PS-1231

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
11.00” X 25.00” X 7.75” (28 cm X 64 cm X 20 cm)

**PRODUCT WEIGHT**
9 lbs (4 kg)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

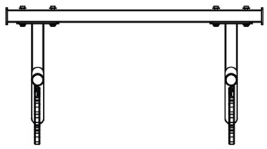


© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# SINGLE SIDED BARBELL RACK

## PS-1232-OPT1

TOP VIEW






## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
22.75” X 42.50” X 41.50” (58 CM X 108 CM X 105 CM)

**PRODUCT WEIGHT**
82 lbs (37 kg)

**MAXIMUM WEIGHT CAPACITY**
110 lbs (50 kg) per tier

## FEATURES

- Only available in Performance Black
- PS-1232 x 1
- PS-1233 x 1

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



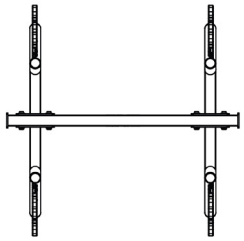
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# DOUBLE SIDED BARBELL RACK

## PS-1232-OPT2



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
42.00” X 42.50” X 41.50” (107 CM X 108 CM X 105 CM)

**PRODUCT WEIGHT**
128 lbs (58 kg)

**MAXIMUM WEIGHT CAPACITY**
110 lbs (50 kg) per tier

## FEATURES

- Only available in Performance Black
- PS-1232 x 2
- PS-1233 x 1

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



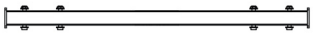
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# CENTER SUPPORT

## PS-1233

TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
2.75” X 42.50” X 22.00” (7 CM X 108 CM X 56 CM)

**PRODUCT WEIGHT**
36 LBS (16 KG)

## FEATURES

- Only available in Performance Black

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# ACCESSORY STORAGE PEGS

## PS-1234

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X D)**
8.00” X 0.63” (20 CM X 1.6 CM)
FOR ONE PEG

**PRODUCT WEIGHT**
4 lbs (2 kg) FOR 5 PEGS

## FEATURES

- Comes with 5 pegs

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



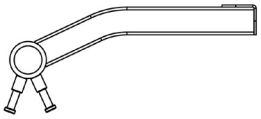
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# ACCESSORY PACKAGE

## PS-1235



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
13.75” X 6.00” X 15.25” (35 CM X 15 CM X 39 CM)
FOR RACK ONLY

**PRODUCT WEIGHT**
8 LBS (4 KG) FOR RACK ONLY

## FEATURES

- Includes curl bar, rope handle, and ankle strap
- For use with PS-1017

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# SPLIT SQUAT ATTACHMENT

## PS-1236

***STORAGE POSITION***





***LEFT POSITION***



***FRONT NORDIC POSITION***



***RIGHT POSITION***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
STORAGE POSITION:
8.50” X 6.00” X 42.00” (22 CM X 15 CM X 107 CM)

FRONT POSITION:
26.50” X 7.00” X 22.00” (67 CM X 18 CM X 56 CM)

SIDE POSITION:
8.50” X 25.00” X 22.00” (22 CM X 64 CM X 56 CM)

**PRODUCT WEIGHT**
ROLLER PAD ATTACHMENT:
9 lbs (4 kg)

UPRIGHT:
13 lbs (6 kg)

## FEATURES

- Adjustable Height: 12” to 24” in 2” increments.
- Multiple Pad Positions: Left, forward, and right for versatile use.
- Exercise Versatility: Supports Bulgarian split squats and Nordic hamstring curls.
- Durable Construction: High-quality steel frame with a robust roller attachment.
- Comfortable Roller Pad: Vinyl-wrapped foam with a smooth, spinning design.
- Wear Protection: Delrin wear plate enhances durability and smooth operation.
- Compact Design: Space-efficient with multiple positioning options.

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# HIGH MOUNT COMPONENTS



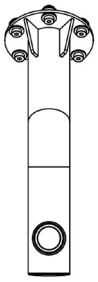
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# HEAVY BAG MOUNT

## PS-1411A



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
19.50” X 6.50” X 12.25” (50 cm X 17 cm X 31 cm)

**PRODUCT WEIGHT**
16 lbs (7 kg)

## FEATURES

- Patented 360˚ Mount
- Only available in Performance Black
- Compatible with PS-1415 90-Degree High Mount Bracket allowing you to position your heavy bag off the side of an upright—perfect for space-saving setups and custom training configurations
- Mounts to PS-1011 8ft Curved Upright or PS-1017 EZG Upright

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



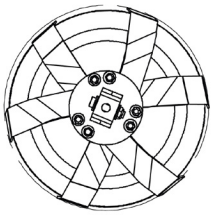
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 5 FT HEAVY BAG

## *PS-HEAVYBAG-K*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (H X D)**
70.50” X 14.50” (179 cm X 37 cm)

**PRODUCT WEIGHT**
100 lbs (45 kg)

## FEATURES

- Durable outer shell designed for long-lasting use
- Even weight distribution ensures consistent striking feel
- Ideal for boxing, kickboxing, MMA, and general fitness training
- Requires PS-1411A Heavy Bag Mount for standard mounting
- For side-mount configurations, also requires PS-1415 90-Degree High Mount Bracket and PS-1411A Heavy Bag Mount

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **

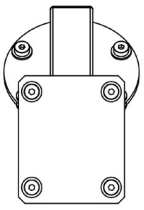


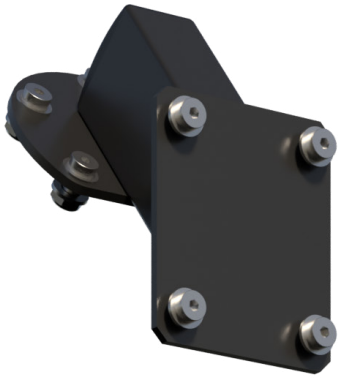
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# ROPE PULL MOUNT

## *PS-1412A*

***TOP VIEW***





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
8.25” X 9.25” X 6.50” (21 cm X 24 cm X 16 cm)

**PRODUCT WEIGHT**
7 lbs (3 kg)

## FEATURES

- Compatible with the HOIST Endless Rope Pull (Coming Soon)
- Mounts to PS-1011 8ft Curved Upright or PS-1017 EZG Upright
- Heavy-duty construction ensures long-lasting stability
- Sleek Performance Black finish for a professional look
- Works with PS-1415 90-Degree High Mount Bracket for side-mount options

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



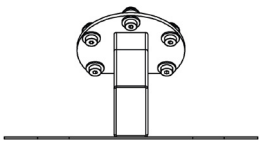
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# HIGH BALL TARGET

## PS-1413A




TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7.75” X 15.00” X 34.75” (20 cm X 38 cm X 88 cm)

**PRODUCT WEIGHT**
19 lbs (9 kg)

## FEATURES

- Only available in Performance Black
- Mounts to PS-1011 8ft Curved Upright or PS-1017 EZG Upright
- Works with PS-1415 90-Degree High Mount Bracket for side-mount options

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 90-DEGREE HIGH MOUNT BRACKET

## PS-1415

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
5.75” X 6.50” X 9.00” (14 cm X 17 cm X 23 cm)

**PRODUCT WEIGHT**
5 lbs (2 kg)

## FEATURES

- 90-degree bracket for side-mounting components
- Compatible with PS-1412A, PS-1411A, and PS-1413A
- Enables space-saving and custom training configurations
- Heavy-duty construction for long-lasting performance
- Sleek Performance Black finish for a professional look

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# BRIDGES



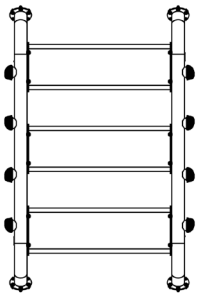
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 13 FT. BRIDGE

## PS-1511



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
84.00” X 56.00” X 11.50” (213 cm X 142 cm X 29 cm)

**PRODUCT WEIGHT**
159 lbs (72 kg)

**MAX WEIGHT CAPACITY**
PENDING

## FEATURES

- Customizable with standard colors: Matte Black, Platinum, White

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# CONFIGURATIONS



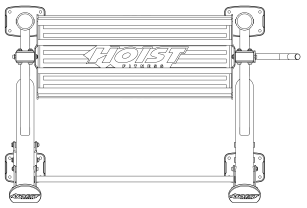
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 1 ELEMENT SINGLE SIDED STORAGE

## PS-1E-SS



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
41.75” X 62.75” X 96.00” (106 cm X 159 cm X 244 cm)

**PRODUCT WEIGHT**
472 lbs (214 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1111A
200 lbs (90 kg) per PS-1114A

## FEATURES

- Textured Pull Up Bar
- Suspension Anchors
- Low-profile hardware
- Rubber feet
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 1 ELEMENT SINGLE SIDED STORAGE

**PS-1E-SS**

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 2 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 2 |
| PS-1013A | 7FT. UPRIGHT CORE | 2 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 1 |
| PS-1111A | 4 FT. FLAT SHELF | 3 |
| PS-1114A | 4 FT. BALL RACK | 2 |
| PS-1225A | SIDE MOUNT ACCESSORY HOOK | 1 |
| PS-1226A | BATTLE ROPE ANCHOR | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



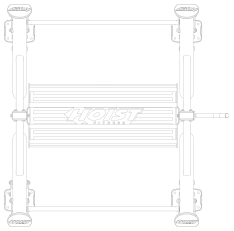
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 1 ELEMENT DUAL SIDED STORAGE

## PS-1E-DS



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
62.00” X 62.75” X 96.00” (158 cm X 159 cm X 244 cm)

**PRODUCT WEIGHT**
519 lbs (236 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1111A
200 lbs (90 kg) per PS-1114A

## FEATURES

- Textured Pull Up Bar
- Suspension Anchors
- Low-profile hardware
- Rubber feet
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 1 ELEMENT DUAL SIDED STORAGE

***PS-1E-DS***

## COMPONENTS

| *MODEL/SKU #* | *DESCRIPTION* | *QTY* |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 4 |
| PS-1013A | 7 FT. UPRIGHT CORE | 2 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 2 |
| PS-1111A | 4 FT. FLAT SHELF | 3 |
| PS-1114A | 4 FT. BALL RACK | 2 |
| PS-1225A | SIDE MOUNT ACCESSORY HOOK | 1 |
| PS-1226A | BATTLE ROPE ANCHOR | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



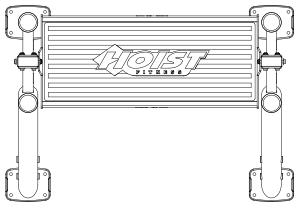
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 4 FT UNIVERSAL STORAGE RACK

## PS-4USR



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
37.75” X 55.00” X 62.50” (96 cm X 140 cm X 159 cm)

**PRODUCT WEIGHT**
351 lbs (160 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1111A

## FEATURES

- Low-profile hardware
- Rubber feet for stability
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 FT UNIVERSAL STORAGE RACK

**PS-4USR**

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1014 | 5 FT. STRAIGHT UPRIGHT | 2 |
| PS-1015A | 5 FT. UPRIGHT CORE | 2 |
| PS-1016 | 5 FT. CURVED UPRIGHT | 2 |
| PS-1111A | 4 FT. FLAT SHELF | 4 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 6 FT. UNIVERSAL STORAGE RACK

## PS-6USR



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
37.75” X 78.50” X 62.50” (96 cm X 199 cm X 159 cm)

**PRODUCT WEIGHT**
421 lbs (191 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1112A

## FEATURES

- Low-profile hardware
- Rubber feet for stability
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 6 FT. UNIVERSAL STORAGE RACK

**PS-6USR**

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1014 | 5 FT. STRAIGHT UPRIGHT | 2 |
| PS-1015A | 5 FT. UPRIGHT CORE | 2 |
| PS-1016 | 5 FT. CURVED UPRIGHT | 2 |
| PS-1112A | 6 FT. FLAT SHELF | 4 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



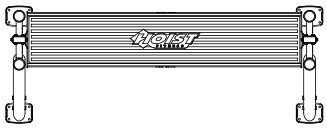
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 8 FT. UNIVERSAL STORAGE RACK

## PS-8USR



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
37.75” X 101.50” X 62.50” (96 cm X 258 cm X 159 cm)

**PRODUCT WEIGHT**
598 lbs (272 kg)

**MAX STORAGE CAPACITY**
800 lbs (362 kg) per PS-1113A

## FEATURES

- Low-profile hardware
- Rubber feet for stability
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 8 FT. UNIVERSAL STORAGE RACK

**PS-8USR**

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1014 | 5 FT. STRAIGHT UPRIGHT | 2 |
| PS-1015A | 5 FT. UPRIGHT CORE | 2 |
| PS-1016 | 5 FT. CURVED UPRIGHT | 2 |
| PS-1113A | 8 FT. FLAT SHELF | 4 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 ELEMENT FUNCTIONAL SINGLE SIDED OPTION 1

## PS-4E-FSS-01

TOP VIEW





## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
63.75” X 222.50” X 96.00” (162 cm X 565 cm X 244 cm)

**PRODUCT WEIGHT**
1631 lbs (740 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1111A
200 lbs (90 kg) per PS-1114A
315 lbs (142 kg) per weight horn on PS-1220A
400 lbs (181 kg) per PS-1223A

## FEATURES

- Textured Pull Up Bar
- Suspension Anchors
- Low-profile hardware
- Rubber feet
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 ELEMENT FUNCTIONAL SINGLE SIDED OPTION 1

***PS-4E-FSS-01***

## COMPONENTS

| *MODEL/SKU #* | *DESCRIPTION* | *QTY* |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 5 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 5 |
| PS-1013A | 7FT. UPRIGHT CORE | 5 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 2 |
| PS-1023A | 4 FT. MULTI-GRIP CHIN-UP | 2 |
| PS-1111A | 4 FT. FLAT SHELF | 6 |
| PS-1114A | 4 FT. BALL RACK | 2 |
| PS-1213A | 4 FT. CENTER ACCESSORY RACK | 2 |
| PS-1220A | 7 FT. VERTICAL PLATE TREE | 2 |
| PS-1221A | LANDMINE | 1 |
| PS-1222A | OLYMPIC LIFTING STATION | 2 |
| PS-1223A | 4 FT. HORIZONTAL PLATE RACK | 2 |
| PS-1230 | VERTICAL OLYMPIC BAR HOLDER | 2 |

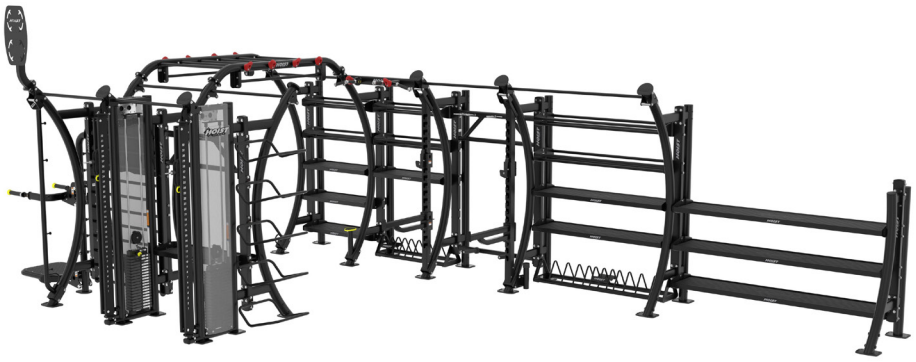
** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



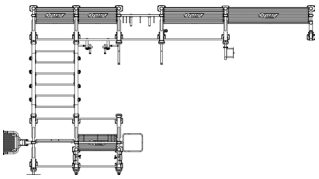
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# 7 ELEMENT FUNCTIONAL BRIDGE

## PS-7E-FB



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
188.25” X 349.50” X 126.00” (478 cm X 887 cm X 320 cm)

**PRODUCT WEIGHT**
3,770 lbs (1,710 kg)

**MAX STORAGE CAPACITY**
600 lbs (272 kg) per PS-1111A
600 lbs (272 kg) per PS-1112A
200 lbs (90 kg) per PS-1114A
225 lbs (102 kg) per weight horn on PS-1219A
400 lbs (181 kg) per PS-1223A

## FEATURES

- Textured Pull Up Bar
- Suspension Anchors
- Low-profile hardware
- Rubber feet
- Stylish powder coated uprights
- Performance Black Core uprights
- 10mm Heavy Duty accessory tray rubber mats
- Flat or 15-degree shelving tray configuration

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 7 ELEMENT FUNCTIONAL BRIDGE

## PS-7E-FB

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 9 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 5 |
| PS-1013A | 7FT. UPRIGHT CORE | 8 |
| PS-1014 | 5 FT. STRAIGHT UPRIGHT | 1 |
| PS-1015A | 5 FT. UPRIGHT CORE | 1 |
| PS-1016 | 5 FT. CURVED UPRIGHT | 1 |
| PS-1017 | PERFORMANCE SERIES EZG UPRIGHT | 2 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 6 |
| PS-1022A | 6 FT. UPPER CONNECTOR | 1 |
| PS-1023A | 4 FT. MULTI-GRIP CHIN-UP | 1 |
| PS-1111A | 4 FT. FLAT SHELF | 5 |
| PS-1112A | 6 FT. FLAT SHELF | 2 |
| PS-1113A | 8 FT. FLAT SHELF | 3 |
| PS-1114A | 4 FT. BALL RACK | 4 |
| PS-1115A | 6 FT. BALL RACK | 2 |
| PS-1213A | 4 FT. CENTER ACCESSORY RACK | 2 |
| PS-1214A | 4 FT. STALL BAR SET | 1 |
| PS-1215A | WALL TARGET PAD | 1 |
| PS-1216A | BAND & BATTLE ROPE POST | 1 |
| PS-1217A | DIP & PLYO STATION | 1 |
| PS-1219A | 4 FT. HORIZONTAL PLATE TREE | 1 |
| PS-1222A | OLYMPIC LIFTING STATION | 1 |
| PS-1223A | 4 FT. HORIZONTAL PLATE RACK | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 7 ELEMENT FUNCTIONAL BRIDGE

**PS-7E-FB**

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1224A | SIDE MOUNT BALANCE TRAINER RACK | 5 |
| PS-1226A | BATTLE ROPE ANCHOR | 1 |
| PS-1227A | ASSIST STEP | 1 |
| PS-1228A | 6 FT. BUMPER PLATE RACK | 1 |
| PS-1230 | VERTICAL OLYMPIC BAR HOLDER | 1 |
| PS-1413A | HIGH BALL TARGET | 1 |
| PS-1511 | 13 FT. BRIDGE | 1 |
| MC-7018 | DIP STATION | 1 |
| MC-7019 | PLATFORM STATION | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



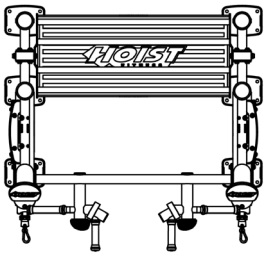
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# PS-EZG UNIT

## PS-EZG UNIT



TOP VIEW



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
52.50” X 55.00” X 96.00” (133 cm X 140 cm X 244 cm)

**PRODUCT WEIGHT**
1131 lbs (513 kg)

**MAX STORAGE CAPACITY**
PENDING

## FEATURES

- Customizable with standard colors: Matte Black, Platinum, White

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PS-EZG UNIT

PS-EZG UNIT

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 2 |
| PS-1013A | 7FT. UPRIGHT CORE | 2 |
| PS-1017 | PERFORMANCE SERIES EZG UPRIGHT | 2 |
| PS-1023A | 4 FT. MULTI-GRIP CHIN-UP | 1 |
| PS-1111A | 4 FT. FLAT SHELF | 3 |
| PS-1114A | 4 FT. BALL RACK | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



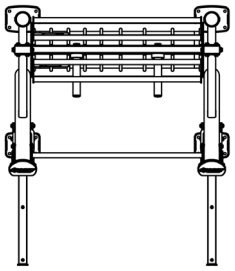
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# PS-HALF RACK

## *PS-HALF RACK*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
63.75” X 55.00” X 96.00” (162 cm X 140 cm X 244 cm)

**PRODUCT WEIGHT**
520 lbs (236 kg)

**MAX STORAGE CAPACITY**
PENDING

## FEATURES

- Customizable with standard colors: Matte Black, Platinum, White

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PS-HALF RACK

PS-HALF RACK

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 2 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 2 |
| PS-1013A | 7 FT. UPRIGHT CORE | 2 |
| PS-1021A | 4 FT UPPER CONNECTOR | 1 |
| PS-1114A | 4 FT. BALL RACK | 1 |
| PS-1219A | 4 FT. HORIZONTAL PLATE TREE | 1 |
| PS-1222A | OLYMPIC LIFTING STATION | 1 |
| PS-1223A | 4 FT. HORIZONTAL PLATE RACK | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



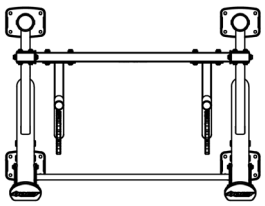
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# PS-BARBELL RACK

## *PS-BARBELL RACK*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
41.75” X 55.00” X 96.00” (106 cm X 140 cm X 244 cm)

**PRODUCT WEIGHT**
365 lbs (166 kg)

## FEATURES

- Customizable with standard colors: Matte Black, Platinum, White

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PS-BARBELL RACK

PS-BARBELL RACK

## COMPONENTS

| MODEL/SKU # | DESCRIPTION | QTY |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 2 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 2 |
| PS-1013A | 7 FT. UPRIGHT CORE | 2 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 1 |
| PS-1232-OPT-1 | SINGLE SIDED BARBELL RACK | 1 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



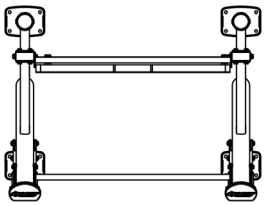
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

# PS-STALL BAR/WALL TARGET UNIT

## *PS-STALL BAR/WALL TARGET UNIT*



***TOP VIEW***



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
41.75” X 55.00” X 96.00” (106 cm X 140 cm X 244 cm)

**PRODUCT WEIGHT**
619 lbs (281 kg)

## FEATURES

- Customizable with standard colors: Matte Black, Platinum, White

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PS-STALL BAR/WALL TARGET UNIT

*PS-STALL BAR/WALL TARGET UNIT*

## COMPONENTS

| *MODEL/SKU #* | *DESCRIPTION* | *QTY* |
|---|---|---|
| PS-1011 | 8 FT. CURVED UPRIGHT | 2 |
| PS-1012 | 7 FT. STRAIGHT UPRIGHT | 2 |
| PS-1013A | 7 FT. UPRIGHT CORE | 2 |
| PS-1021A | 4 FT. UPPER CONNECTOR | 1 |
| PS-1214A | 4 FT. STALL BAR SET | 1 |
| PS-1215A | WALL TARGET PAD | 3 |
| PS-1216A | BAND & BATTLE ROPE POST | 2 |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

PERFORMANCE SERIES

# ACCESSORIES



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

# LOOP BANDS




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1001 | "LIGHT" LOOP BAND (600 X 50 X .5 MM) | 1 |
| ACC-1002 | "MEDIUM" LOOP BAND (600 X 50 X .7 MM) | 1 |
| ACC-1003 | "HEAVY" LOOP BAND (600 X 50 X .9 MM) | 1 |
| ACC-1004 | "EXTRA HEAVY" LOOP BAND (600 X 50 X 1.1 MM) | 1 |

## FEATURES

- 4 resistance levels
- Ideal for strength training, power-lifting and more
- Made from latex

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# POWER BANDS




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1005 | POWER BAND W 13 MM | 1 |
| ACC-1006 | POWER BAND W 19 MM | 1 |
| ACC-1007 | POWER BAND W 32 MM | 1 |
| ACC-1008 | POWER BAND W 45 MM | 1 |

## FEATURES

- Seamless construction for ultimate durability
- Color-coded for easy identification
- Versatile latex tool for a wide range of applications

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# POWER TUBES




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1009 | “LIGHT” POWER TUBE | 1 |
| ACC-1010 | “MEDIUM” POWER TUBE | 1 |
| ACC-1011 | “HEAVY” POWER TUBE | 1 |
| ACC-1012 | “EXTRA HEAVY” POWER TUBE | 1 |

## FEATURES

- Available in four resistance levels
- Polypropylene strap encased in a polyester jacket

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# WALL BALL




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1101 | WALL BALL 6 lbs | 1 |
| ACC-1102 | WALL BALL 10 lbs | 1 |
| ACC-1103 | WALL BALL 14 lbs | 1 |
| ACC-1104 | WALL BALL 20 lbs | 1 |

## FEATURES

- Designed for high-speed, high-intensity training
- Available in 4 different weight increments: 6 lbs, 10 lbs, 14 lbs, and 20 lbs

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# SLAM BALL




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1105 | SLAM BALL 10 lbs | 1 |
| ACC-1106 | SLAM BALL 20 lbs | 1 |
| ACC-1107 | SLAM BALL 30 lbs | 1 |
| ACC-1108 | SLAM BALL 40 lbs | 1 |

## FEATURES

- Available in weights from 10 to 40 lbs in 10 lb increments
- Made out of high quality rubber

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# MEDICINE BALL




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1109 | 4 lbs. MEDICINE BALL | 1 |
| ACC-1110 | 6 lbs. MEDICINE BALL | 1 |
| ACC-1111 | 8 lbs. MEDICINE BALL | 1 |
| ACC-1112 | 10 lbs. MEDICINE BALL | 1 |
| ACC-1113 | 12 lbs. MEDICINE BALL | 1 |

## FEATURES

- Available in 4, 6, 8, 10, and 12 lb
- Robust rubber build with grip texture

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# STABILITY BALL



## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1114 | STABILITY BALL 55 cm | 1 |
| ACC-1115 | STABILITY BALL 65 cm | 1 |

## FEATURES

- Durable PVC Material
- Choose 55 cm for compact use or 65 cm for added versatility

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# BUMPER PLATES




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1201 | BUMPER PLATE 10LB BLACK | 1 |
| ACC-1202 | BUMPER PLATE 25LB GREEN | 1 |
| ACC-1203 | BUMPER PLATE 35LB YELLOW | 1 |
| ACC-1204 | BUMPER PLATE 45LB BLUE | 1 |

## FEATURES

- Crafted from resilient rubber to withstand drops and repeated use.
- Color-Coded for Easy Identification
- Compatible with all standard Olympic bars, racks, and equipment.
- Available in Four Weights: 10lb – Black, 25lb – Green, 35lb – Yellow, 45lb - Blue
- Each SKU represents one single unit
- Please note: When purchasing on the HOIST Fitness website, each SKU is sold as a pair (2 units)

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# GRIP PLATES




## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1205 | GRIP PLATE 2.5 lbs | 1 |
| ACC-1206 | GRIP PLATE 5 lbs | 1 |
| ACC-1207 | GRIP PLATE 10 lbs | 1 |
| ACC-1208 | GRIP PLATE 25 lbs | 1 |
| ACC-1209 | GRIP PLATE 35 lbs | 1 |
| ACC-1210 | GRIP PLATE 45 lbs | 1 |

## FEATURES

- Durable CPU Material
- 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs
- Each SKU represents one single unit
- Please note: When purchasing on the HOIST Fitness website, each SKU is sold as a pair (2 units)

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# OLYMPIC BAR

## ACC-1301



## SPECS

**PRODUCT DIMENSIONS**
Total Length: 86.7 in (2.2 m)
Sleeve Diameter: 2.0 in (50 mm)

**WEIGHT**
20kg (44 lbs)

**KNURLING:**
IPF+IWF6

## FEATURES

- Stainless Steel Sleeve

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# COLLARS

## ACC-1302



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
7” X 5.25” X 1.75” (18 cm X 13 cm X 4 cm)
FOR ONE COLLAR

* For use on 50mm (2 in) barbell sleeve

## FEATURES

- Fits Olympic bar
- Comfortable black plastic sleeves
- Safely Secures plates

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 5-50 PAIR HEX DUMBBELLS

## *ACC-1400-OPT-1*



## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1402 | HEX DUMBBELL 5 lbs | 2 |
| ACC-1404 | HEX DUMBBELL 10 lbs | 2 |
| ACC-1406 | HEX DUMBBELL 15 lbs | 2 |
| ACC-1408 | HEX DUMBBELL 20 lbs | 2 |
| ACC-1410 | HEX DUMBBELL 25 lbs | 2 |
| ACC-1412 | HEX DUMBBELL 30 lbs | 2 |
| ACC-1413 | HEX DUMBBELL 35 lbs | 2 |
| ACC-1414 | HEX DUMBBELL 40 lbs | 2 |
| ACC-1415 | HEX DUMBBELL 45 lbs | 2 |
| ACC-1416 | HEX DUMBBELL 50 lbs | 2 |

## FEATURES

- Available from 5 lbs to 50 lbs in 5 lb increments
- Constructed with premium materials to ensure durability and performance
- Available to purchase separately: 2.5 lbs, 7.5 lbs, 12.5 lbs, and 17.5 lbs
- Rubber Hex Dumbbells

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 55-100 PAIR HEX DUMBBELLS

## *ACC-1400-OPT-2*



## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1417 | HEX DUMBBELL 55 lbs | 2 |
| ACC-1418 | HEX DUMBBELL 60 lbs | 2 |
| ACC-1419 | HEX DUMBBELL 65 lbs | 2 |
| ACC-1420 | HEX DUMBBELL 70 lbs | 2 |
| ACC-1421 | HEX DUMBBELL 75 lbs | 2 |
| ACC-1422 | HEX DUMBBELL 80 lbs | 2 |
| ACC-1423 | HEX DUMBBELL 85 lbs | 2 |
| ACC-1424 | HEX DUMBBELL 90 lbs | 2 |
| ACC-1425 | HEX DUMBBELL 95 lbs | 2 |
| ACC-1426 | HEX DUMBBELL 100 lbs | 2 |

## FEATURES

- Available from 55 lbs to 100 lbs in 5 lb increments
- Constructed with premium materials to ensure durability and performance
- Rubber Hex Dumbbells

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 5-100 PAIR HEX DUMBBELLS

## ACC-1400-OPT-3



## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1402 | HEX DUMBBELL 5 lbs | 2 |
| ACC-1404 | HEX DUMBBELL 10 lbs | 2 |
| ACC-1406 | HEX DUMBBELL 15 lbs | 2 |
| ACC-1408 | HEX DUMBBELL 20 lbs | 2 |
| ACC-1410 | HEX DUMBBELL 25 lbs | 2 |
| ACC-1412 | HEX DUMBBELL 30 lbs | 2 |
| ACC-1413 | HEX DUMBBELL 35 lbs | 2 |
| ACC-1414 | HEX DUMBBELL 40 lbs | 2 |
| ACC-1415 | HEX DUMBBELL 45 lbs | 2 |
| ACC-1416 | HEX DUMBBELL 50 lbs | 2 |
| ACC-1417 | HEX DUMBBELL 55 lbs | 2 |
| ACC-1418 | HEX DUMBBELL 60 lbs | 2 |
| ACC-1419 | HEX DUMBBELL 65 lbs | 2 |
| ACC-1420 | HEX DUMBBELL 70 lbs | 2 |
| ACC-1421 | HEX DUMBBELL 75 lbs | 2 |
| ACC-1422 | HEX DUMBBELL 80 lbs | 2 |
| ACC-1423 | HEX DUMBBELL 85 lbs | 2 |
| ACC-1424 | HEX DUMBBELL 90 lbs | 2 |
| ACC-1425 | HEX DUMBBELL 95 lbs | 2 |
| ACC-1426 | HEX DUMBBELL 100 lbs | 2 |

## FEATURES

- Available from 5 lbs to 100 lbs in 5 lb increments
- Constructed with premium materials to ensure durability and performance
- Available to purchase separately: 2.5 lbs, 7.5 lbs, 12.5 lbs, and 17.5 lbs
- Rubber Hex Dumbbells

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# KETTLE BELLS

## ACC-1500-OPT-1



## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1501 | KETTLEBELL 4KG/9 lbs | 1 |
| ACC-1502 | KETTLEBELL 6KG/13 lbs | 1 |
| ACC-1503 | KETTLEBELL 8KG/18 lbs | 1 |
| ACC-1504 | KETTLEBELL 10KG/22 lbs | 1 |
| ACC-1505 | KETTLEBELL 12KG/26 lbs | 1 |
| ACC-1506 | KETTLEBELL 14KG/31 lbs | 1 |
| ACC-1507 | KETTLEBELL 16KG/35 lbs | 1 |
| ACC-1508 | KETTLEBELL 20KG/44 lbs | 1 |
| ACC-1509 | KETTLEBELL 24KG/53 lbs | 1 |
| ACC-1510 | KETTLEBELL 28KG/62 lbs | 1 |
| ACC-1511 | KETTLEBELL 32KG/70 lbs | 1 |
| ACC-1512 | KETTLEBELL 36KG/80 lbs | 1 |
| ACC-1513 | KETTLEBELL 40KG/88 lbs | 1 |
| ACC-1514 | KETTLEBELL 18KG/40 lbs | 1 |

## FEATURES

- Powder coated black for long-lasting use
- Available in weights from 9 lb to 88 lb
- Color-coded for easy identification
- Cast Iron

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# HANGING MATS

## ACC-1601



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**
72.00” X 24.00” X .39” (182 cm X 61 cm X 1 cm)

**EYELET DISTANCE (DISTANCE BETWEEN HOLES):**
20.00” (51 cm)

## FEATURES

- Perfect for yoga, stretching, and conditioning
- Saves space and keeps your mat clean
- Wipes down easily for quick maintenance

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# BATTLE ROPE

## *AC-1602*



## SPECS

**PRODUCT DIMENSIONS**
Length: 30 ft (9 m)
Diameter: 1.5 in (4 cm)

## FEATURES

- Durable polyester rope encased in a protective polyester jacket for enhanced durability
- Comfortable coated handle

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# BARBELLS

## ACC-1700-OPT-01




*CF-3465 BARBELL RACK SOLD SEPARATELY*

## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1711 | 20 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1712 | 30 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1713 | 40 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1714 | 50 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1715 | 60 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1716 | 70 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1717 | 80 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1718 | 90 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1719 | 100 lbs EZ CURL FIXED BARBELL | 1 |
| ACC-1720 | 110 lbs EZ CURL FIXED BARBELL | 1 |

## FEATURES

- Hard chrome plated handle
- Handle length: 870mm
- Handle diameter: 32mm
- Urethane
- 650 lbs (295 kg) combined

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# BARBELLS

## ACC-1700-OPT-02




*CF-3465 BARBELL RACK SOLD SEPARATELY*

## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1701 | 20 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1702 | 30 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1703 | 40 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1704 | 50 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1705 | 60 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1706 | 70 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1707 | 80 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1708 | 90 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1709 | 100 lbs STRAIGHT FIXED BARBELL | 1 |
| ACC-1710 | 110 lbs STRAIGHT FIXED BARBELL | 1 |

## FEATURES

- Hard chrome plated handle
- Handle length: 870mm
- Handle diameter: 32mm
- 650 lbs (295 kg) combined

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# BARBELLS

## ACC-1700-OPT-03



STRAIGHT

AND



CURLED

*CF-3465 BARBELL RACK SOLD SEPARATELY*

## PACKAGE BREAKDOWN

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1701 | 20 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1702 | 30 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1703 | 40 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1704 | 50 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1705 | 60 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1706 | 70 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1707 | 80 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1708 | 90 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1709 | 100 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1710 | 110 lbs. STRAIGHT FIXED BARBELL | 1 |
| ACC-1711 | 20 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1712 | 30 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1713 | 40 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1714 | 50 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1715 | 60 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1716 | 70 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1717 | 80 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1718 | 90 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1719 | 100 lbs. EZ CURL FIXED BARBELL | 1 |
| ACC-1720 | 110 lbs. EZ CURL FIXED BARBELL | 1 |

## FEATURES

- Constructed with premium materials to ensure durability and performance
- 1,300 lbs (590 kg) combined

**** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL.
FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. ****



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

# 4 FT ACCESSORY PACKAGE WITH KETTLEBELLS

## ACC-PACKAGE-01

## PACKAGE BREAKDOWN

### TOP BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1114 | STABILITY BALL 55 cm | 1 |
| ACC-1115 | STABILITY BALL 65 cm | 1 |



### LOWER BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1101 | WALL BALL 6 lbs | 1 |
| ACC-1103 | WALL BALL 14 lbs | 1 |
| ACC-1104 | WALL BALL 20 lbs | 1 |




### TOP SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1105 | SLAM BALL 10 lbs | 1 |
| ACC-1106 | SLAM BALL 20 lbs | 1 |
| ACC-1107 | SLAM BALL 30 lbs | 1 |
| ACC-1108 | SLAM BALL 40 lbs | 1 |



### MIDDLE SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1109 | 4 lbs. MEDICINE BALL | 1 |
| ACC-1110 | 6 lbs. MEDICINE BALL | 1 |
| ACC-1111 | 8 lbs. MEDICINE BALL | 1 |
| ACC-1112 | 10 lbs. MEDICINE BALL | 1 |
| ACC-1113 | 12 lbs. MEDICINE BALL | 1 |



** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 FT ACCESSORY PACKAGE WITH KETTLEBELLS

## ACC-PACKAGE-01

## PACKAGE BREAKDOWN (CONT)

### LOWER SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1501 | KETTLEBELL 4KG/9 lbs | 1 |
| ACC-1503 | KETTLEBELL 8KG/18 lbs | 1 |
| ACC-1505 | KETTLEBELL 12KG/26 lbs | 1 |
| ACC-1507 | KETTLEBELL 16KG/35 lbs | 1 |
| ACC-1509 | KETTLEBELL 24KG/53 lbs | 1 |
| ACC-1510 | KETTLEBELL 28KG/62 lbs | 1 |



### HANGING STORAGE

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1005 | POWER BAND W 13MM | 1 |
| ACC-1006 | POWER BAND W 19MM | 1 |
| ACC-1007 | POWER BAND W 32MM | 1 |
| ACC-1008 | POWER BAND W 45MM | 1 |
| ACC-1009 | “LIGHT” POWER TUBE | 1 |
| ACC-1010 | “MEDIUM” POWER TUBE | 1 |
| ACC-1011 | “HEAVY” POWER TUBE | 1 |
| ACC-1012 | “EXTRA HEAVY” POWER TUBE | 1 |






** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL.
FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 FT ACCESSORY PACKAGE WITH DUMBBELLS

## ACC-PACKAGE-02

## PACKAGE BREAKDOWN

### TOP BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1114 | STABILITY BALL 55 cm | 1 |
| ACC-1115 | STABILITY BALL 65 cm | 1 |



### LOWER BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1101 | WALL BALL 6 lbs | 1 |
| ACC-1103 | WALL BALL 14 lbs | 1 |
| ACC-1104 | WALL BALL 20 lbs | 1 |




### TOP SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1105 | SLAM BALL 10 lbs | 1 |
| ACC-1106 | SLAM BALL 20 lbs | 1 |
| ACC-1107 | SLAM BALL 30 lbs | 1 |
| ACC-1108 | SLAM BALL 40 lbs | 1 |



### MIDDLE SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1402 | HEX DUMBBELL 5 lbs | 2 |
| ACC-1404 | HEX DUMBBELL 10 lbs | 2 |
| ACC-1406 | HEX DUMBBELL 15 lbs | 2 |
| ACC-1408 | HEX DUMBBELL 20 lbs | 2 |



** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 4 FT ACCESSORY PACKAGE WITH DUMBBELLS

## ACC-PACKAGE-02

## PACKAGE BREAKDOWN (CONT)

### LOWER SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1410 | HEX DUMBBELL 25 lbs | 2 |
| ACC-1412 | HEX DUMBBELL 30 lbs | 2 |
| ACC-1413 | HEX DUMBBELL 35 lbs | 2 |



### HANGING STORAGE

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1005 | POWER BAND W 13 MM | 1 |
| ACC-1006 | POWER BAND W 19 MM | 1 |
| ACC-1007 | POWER BAND W 32 MM | 1 |
| ACC-1008 | POWER BAND W 45 MM | 1 |
| ACC-1009 | “LIGHT” POWER TUBE | 1 |
| ACC-1010 | “MEDIUM” POWER TUBE | 1 |
| ACC-1011 | “HEAVY” POWER TUBE | 1 |
| ACC-1012 | “EXTRA HEAVY” POWER TUBE | 1 |






** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 6 FT ACCESSORY PACKAGE

## ACC-PACKAGE-03

## PACKAGE BREAKDOWN

### TOP BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1114 | STABILITY BALL 55 cm | 1 |
| ACC-1115 | STABILITY BALL 65 cm | 1 |



### LOWER BALL RACK

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1101 | WALL BALL 6 lbs | 1 |
| ACC-1102 | WALL BALL 10 lbs | 1 |
| ACC-1103 | WALL BALL 14 lbs | 1 |
| ACC-1104 | WALL BALL 20 lbs | 1 |




### TOP SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1105 | SLAM BALL 10 lbs | 1 |
| ACC-1106 | SLAM BALL 20 lbs | 1 |
| ACC-1107 | SLAM BALL 30 lbs | 1 |
| ACC-1108 | SLAM BALL 40 lbs | 1 |
| ACC-1109 | 4 lbs. MEDICINE BALL | 1 |
| ACC-1110 | 6 lbs. MEDICINE BALL | 1 |
| ACC-1111 | 8 lbs. MEDICINE BALL | 1 |
| ACC-1112 | 10 lbs. MEDICINE BALL | 1 |
| ACC-1113 | 12 lbs. MEDICINE BALL | 1 |





** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 6 FT ACCESSORY PACKAGE

## PACKAGE BREAKDOWN (CONT)

## ACC-PACKAGE-03

### MIDDLE SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1402 | HEX DUMBBELL 5 lbs | 2 |
| ACC-1404 | HEX DUMBBELL 10 lbs | 2 |
| ACC-1406 | HEX DUMBBELL 15 lbs | 2 |
| ACC-1408 | HEX DUMBBELL 20 lbs | 2 |
| ACC-1410 | HEX DUMBBELL 25 lbs | 2 |
| ACC-1412 | HEX DUMBBELL 30 lbs | 2 |



### LOWER SHELF

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1501 | KETTLEBELL 4KG/9 lbs | 1 |
| ACC-1502 | KETTLEBELL 6KG/13 lbs | 1 |
| ACC-1503 | KETTLEBELL 8KG/18 lbs | 1 |
| ACC-1505 | KETTLEBELL 12KG/26 lbs | 1 |
| ACC-1507 | KETTLEBELL 16KG/35 lbs | 1 |
| ACC-1509 | KETTLEBELL 24KG/53 lbs | 1 |
| ACC-1510 | KETTLEBELL 28KG/62 lbs | 1 |
| ACC-1511 | KETTLEBELL 32KG/70 lbs | 1 |



### HANGING STORAGE

| SKU | DESCRIPTION | QTY |
|---|---|---|
| ACC-1005 | POWER BAND W 13MM | 1 |
| ACC-1006 | POWER BAND W 19MM | 1 |
| ACC-1007 | POWER BAND W 32MM | 1 |
| ACC-1008 | POWER BAND W 45MM | 1 |
| ACC-1009 | “LIGHT” POWER TUBE | 1 |
| ACC-1010 | “MEDIUM” POWER TUBE | 1 |
| ACC-1011 | “MEDIUM” POWER TUBE | 1 |
| ACC-1012 | “EXTRA HEAVY” POWER TUBE | 1 |





** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## UPRIGHTS - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1014, PS-1015A, PS-1016 | 5FT SINGLE SIDED UPRIGHT | 37.75" (96 CM) | 8.50" (22 CM) | 62.50" (159 CM) |
| PS-1011, PS-1012, PS-1013A | 8FT SINGLE SIDED UPRIGHT | 41.75" (106 CM) | 8.50" (22 CM) | 96.00" (244 CM) |
| PS-1017, PS-1012, PS-1013A | EZG UPRIGHT SINGLE SIDED | 48.25" (123 CM) | 8.50" (22 CM) | 96.00" (244 CM) |
| PS-1015A, PS-1016 | 5FT DOUBLE SIDED UPRIGHT | 53.75" (137 CM) | 8.50" (22 CM) | 62.50" (159 CM) |
| PS-1011, PS-1013A | 8FT DOUBLE SIDED UPRIGHT | 62.00" (158 CM) | 8.50" (22 CM) | 96.00" (244 CM) |
| PS-1017, PS-1011, PS-1013A | EZG UPRIGHT DOUBLE SIDED | 68.50" (174 CM) | 8.50" (22 CM) | 96.00" (244 CM) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## CROSSBARS - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1021A | 4 FT. UPPER CONNECTOR | 7.50” (19 CM) | 42.50” (108 CM) | 5.50” (14 CM) |
| PS-1022A | 6 FT. UPPER CONNECTOR | 7.50” (19 CM) | 65.75” (167 CM) | 5.50” (14 CM) |
| PS-1023A | 4 FT. MULTI-GRIP CHIN-UP | 18.75” (48 CM) | 45.75” (116 CM) | 6.50” (17 CM) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## SHELVES - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1111A | 4 FT. FLAT SHELF | 18.00” (46 CM) | 42.50” (108 CM) | 5.75” (15 CM) |
| PS-1112A | 6 FT. FLAT SHELF | 18.00” (46 CM) | 65.75” (167 CM) | 5.75” (15 CM) |
| PS-1113A | 8 FT. FLAT SHELF | 18.00” (46 CM) | 89.00” (226 CM) | 5.75” (15 CM) |
| PS-1114A | 4 FT. BALL RACK | 16.25” (41 CM) | 42.50” (108 CM) | 6.25” (16 CM) |
| PS-1115A | 6 FT. BALL RACK | 16.25” (41 CM) | 65.75” (167 CM) | 6.25” (16 CM) |
| PS-1116 | 8 FT. DUMBBELL RACK | 9.50” (24 CM) | 89.00” (226 CM) | 7.75” (20 CM) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## COMPONENTS - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1211A | WALL MOUNT BRACKET | 8.00” (20 cm) | 42.75” (109 cm) | 4.75” (12 cm) |
| PS-1212A | SIDE MOUNT ACCESSORY RACK | 9.50” (24 cm) | 36.25” (92 cm) | 10.00” (25 cm) |
| PS-1213A | 4 FT. CENTER ACCESSORY RACK | 9.50” (24 cm) | 42.50” (108 cm) | 18.00” (46 cm) |
| PS-1214A | 4 FT. STALL BAR SET | 3.25” (8 cm) | 42.50” (108 cm) | 73.75” (187 cm) |
| PS-1215A | WALL TARGET PAD | 3.75” (10 cm) | 41.75” (106 cm) | 25.00” (64 cm) |
| PS-1216A | BAND & BATTLE ROPE POST | 11.25” (29 cm) | 6.50” (17 cm) | 87.00 (221 cm) |
| PS-1217A, MC-7018 | DIP STATION | 41.00” (104 cm) | 26.75” (68 cm) | 73.75” (187 cm) |
| PS-1217A, MC-7019 | PLYO STATION | 38.25” (97 cm) | 24.50” (62 cm) | 73.75” (187 cm) |
| PS-1218A | VERTICAL DUMBBELL RACK-5 PAIR | 7.00” (18 cm) | 4.75” (12 cm) | 59.25” (151 cm) |
| PS-1219A | 4 FT. HORIZONTAL PLATE TREE | 13.25” (34 cm) | 42.50” (108 cm) | 5.25” (13 cm) |
| PS-1220A | 7 FT. VERTICAL PLATE TREE | 16.50” (42 cm) | 3.00” (8 cm) | 70.25” (178 cm) |
| PS-1221A | LANDMINE | 11.25” (29 cm) | 6.00” (15 cm) | 16.50” (42 cm) |
| PS-1222A | OLYMPIC LIFTING STATION | 35.00” (89 cm) | 52.75” (134 cm) | 87.00” (221 cm) |
| PS-1223A | 4 FT. HORIZONTAL PLATE RACK | 13.50” (34 cm) | 42.50” (108 cm) | 12.50” (32 cm) |
| PS-1224A | SIDE MOUNT BALANCE TRAINER RACK | 24.25” (62 cm) | 19.75” (50 cm) | 9.25” (24 cm) |
| PS-1225A | SIDE MOUNT ACCESSORY HOOK | 10.00” (25 cm) | 2.50” (6 cm) | 7.25” (18 cm) |
| PS-1226A | BATTLE ROPE ANCHOR | 6.50” (17 cm) | 6.00” (15 cm) | 8.25” (21 cm) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## COMPONENTS - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1227A | ASSIST STEP | 8.00” (20 cm) | 6.00” (15 cm) | 16.50” (42 cm) |
| PS-1228A | 6 FT. BUMPER PLATE RACK | 13.50” (34 cm) | 65.75” (167 cm) | 12.50” (32 cm) |
| PS-1229 | VERTICAL DUMBBELL RACK-4 PAIR | 7.00” (18 cm) | 4.75” (12 cm) | 59.25” (151 cm) |
| PS-1230 | VERTICAL OLYMPIC BAR HOLDER | 7.50” (19 cm) | 5.25” (13 cm) | 11.75” (30 cm) |
| PS-1231 | LOW PROFILE HANGING MAT RACK | 11.00” (28 cm) | 25.00” (64 cm) | 7.75” (20 cm) |
| PS-1232-OPT-1 | SINGLE SIDED BARBELL RACK | 22.75” (58 cm) | 42.50” (108 cm) | 41.50” (105 cm) |
| PS-1232-OPT-2 | DOUBLE SIDED BARBELL RACK | 42.00” (107 cm) | 42.50” (108 cm) | 41.50” (105 cm) |
| PS-1233 | CENTER SUPPORT | 2.75” (7 cm) | 42.50” (108 cm) | 22.00” (56 cm) |
| PS-1234 | ACCESSORY STORAGE PEGS | 8.00” (20 cm) | 0.63” (1.6 cm) | |
| PS-1235 | ACCESSORY RACK PACKAGE | 13.75” (35 cm) | 6.00” (15 cm) | 15.25” (39 cm) |
| PS-1236 | SPLIT SQUAT ATTACHMENT | 8.50” (22 cm) - 26.50” (67 cm) | 6.00” (15 cm) - 25.00” (64 cm) | 22.00” (56 cm) - 42.00” (107 cm) |
| PS-1411A | HEAVY BAG MOUNT | 19.50” (50 cm) | 6.50” (17 cm) | 12.25” (31 cm) |
| PS-1412A | ROPE PULL MOUNT | 8.25” (21 cm) | 9.25” (24 cm) | 6.50” (16 cm) |
| PS-1413A | HIGH BALL TARGET | 7.75” (20 cm) | 15.00” (38 cm) | 34.75” (88 cm) |
| PS-1415 | 90-DEGREE HIGH MOUNT BRACKET | 5.75” (14 cm) | 6.50” (17 cm) | 9.00” (23 cm) |
| PS-HEAVYBAG-K | 5FT HEAVY BAG | | 14.50” (37 cm) | 70.50” (179 cm) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## BRIDGES - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1511 | 13 FT. BRIDGE | 84.00” (213 CM) | 56.00” (142 CM) | 11.50” (29 CM) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL.
FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# PERFORMANCE SERIES

## CONFIGURATIONS - FULL SPECS

| PRODUCT NAME | | LENGTH | WIDTH | HEIGHT |
|---|---|---|---|---|
| PS-1E-SS | ONE ELEMENT SINGLE SIDED STORAGE | 41.75” (106 CM) | 62.75” (159 CM) | 96.00” (244 CM) |
| PS-1E-DS | ONE ELEMENT DUAL SIDED STORAGE | 62.00” (158 CM) | 62.75” (159 CM) | 96.00” (244 CM) |
| PS-4USR | 4 FOOT UNIVERSAL STORAGE RACK | 37.75” (96 CM) | 55.00” (140 CM) | 62.50” (159 CM) |
| PS-6USR | 6 FOOT UNIVERSAL STORAGE RACK | 37.75” (96 CM) | 78.50” (199 CM) | 62.50” (159 CM) |
| PS-8USR | 8 FOOT UNIVERSAL STORAGE RACK | 37.75” (96 CM) | 101.50” (258 CM) | 62.50” (159 CM) |
| PS-4E-FSS-O1 | 4 ELEMENT FUNCTIONAL SINGLE SIDED OPTION 1 | 63.75” (162 CM) | 222.50” (565 CM) | 96.00” (244 CM) |
| PS-7E-FB | SEVEN ELEMENT FUNCTIONAL BRIDGE | 188.25” (478 CM) | 349.50” (887 CM) | 126.00” (320 CM) |
| PS-EZG UNIT | PS-EZG UNIT | 52.50” (133 CM) | 55.00” (140 CM) | 96.00” (244 CM) |
| PS-HALF RACK | PS-HALF RACK | 63.75” (162 CM) | 55.00” (140 CM) | 96.00” (244 CM) |
| PS-BARBELL RACK | PS-BARBELL RACK | 41.75” (106 CM) | 55.00” (140 CM) | 96.00” (244 CM) |
| PS-STALL BAR/WALL TARGET UNIT | PS-STALL BAR/WALL TARGET UNIT | 41.75” (106 CM) | 55.00” (140 CM) | 96.00” (244 CM) |

** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. **



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

# 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.

# TRADEMARKS & PATENTS

HOIST® Fitness products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- *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

**** WARNING: TO PREVENT POSSIBLE TIPPING, BOLT UNIT TO THE EXERCISE FLOOR AND/OR WALL. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH. ****



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