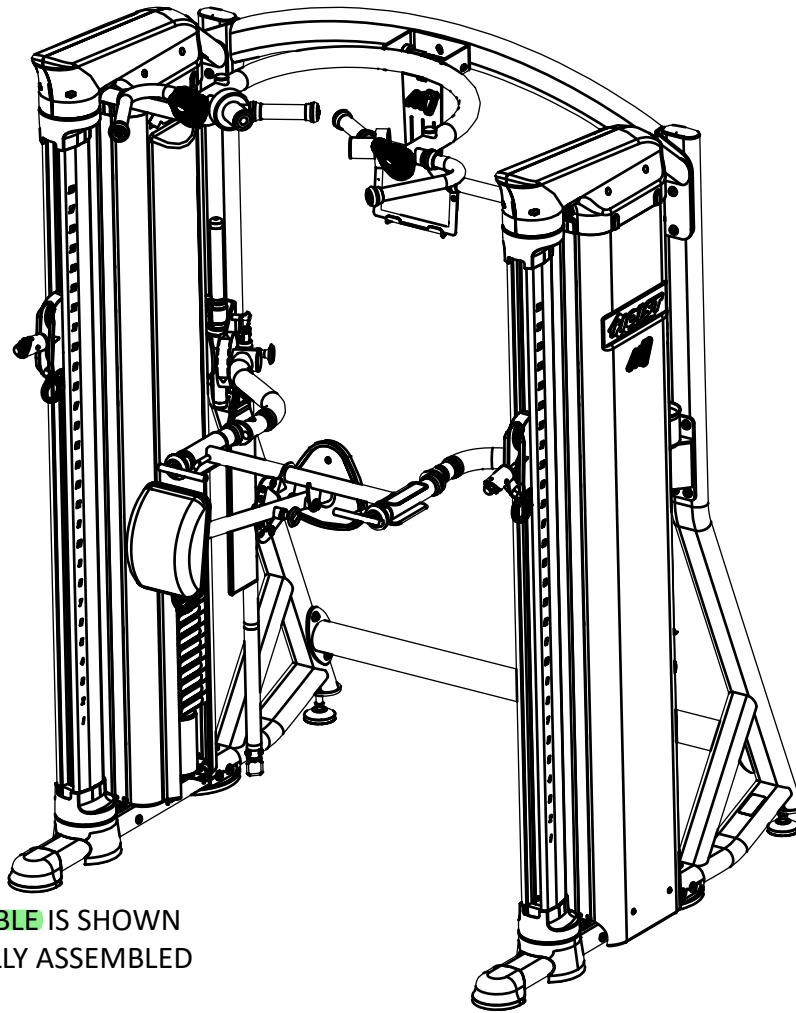


OWNER'S MANUAL



Mi7 **CABLE**

DUAL HI-LO



NOTE:
THE Mi7 **CABLE** IS SHOWN
WITH A FULLY ASSEMBLED
Mi7 FRAME.

****WARNING****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE
EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS
INJURY OR DEATH!

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

MACHINE CODE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558



www.facebook.com/hoistfitness

OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Phillips Screwdriver

SAE Hex Key Wrench Set

Two People

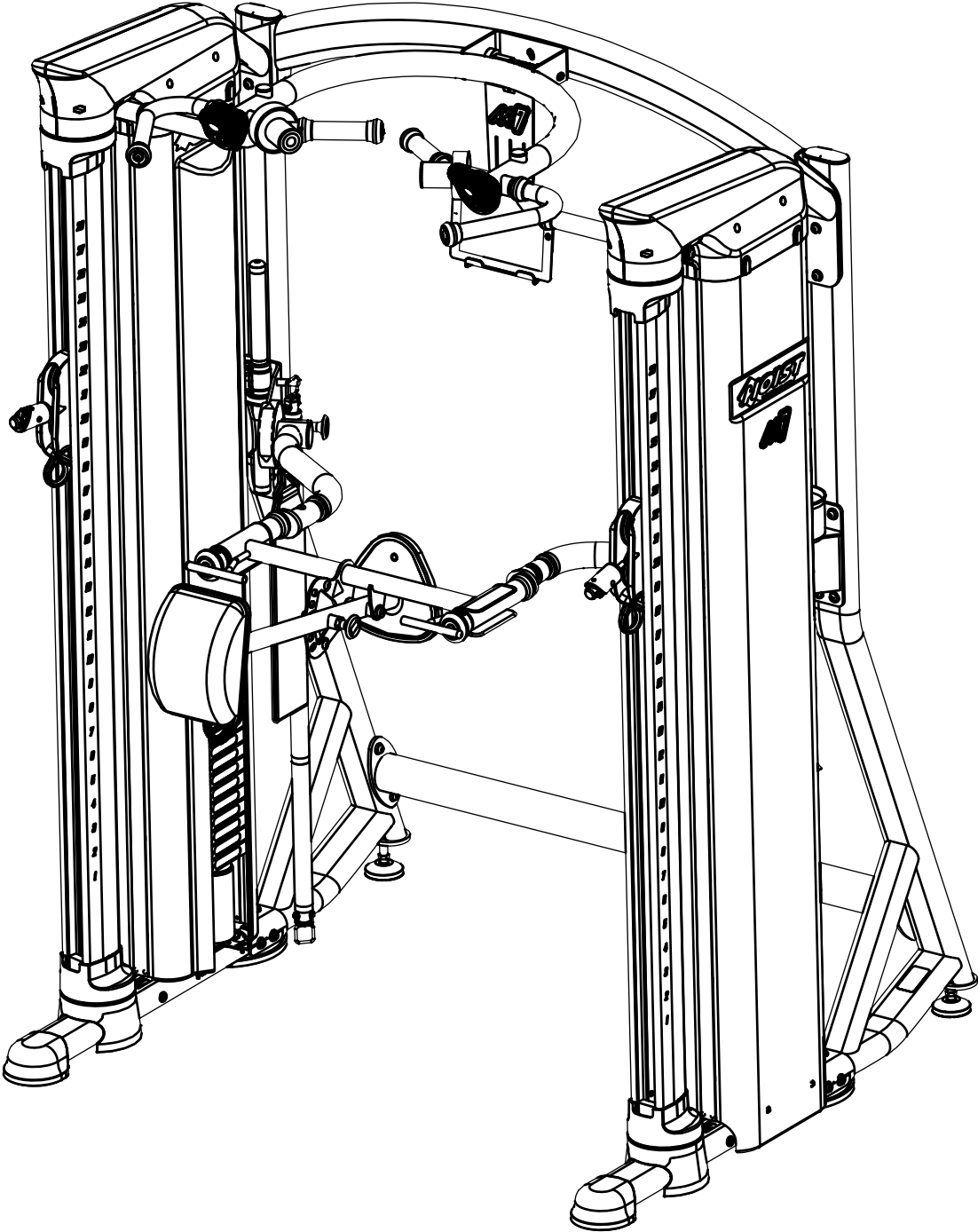
Teflon (PTFE) Based Lubricant

OWNER'S MANUAL

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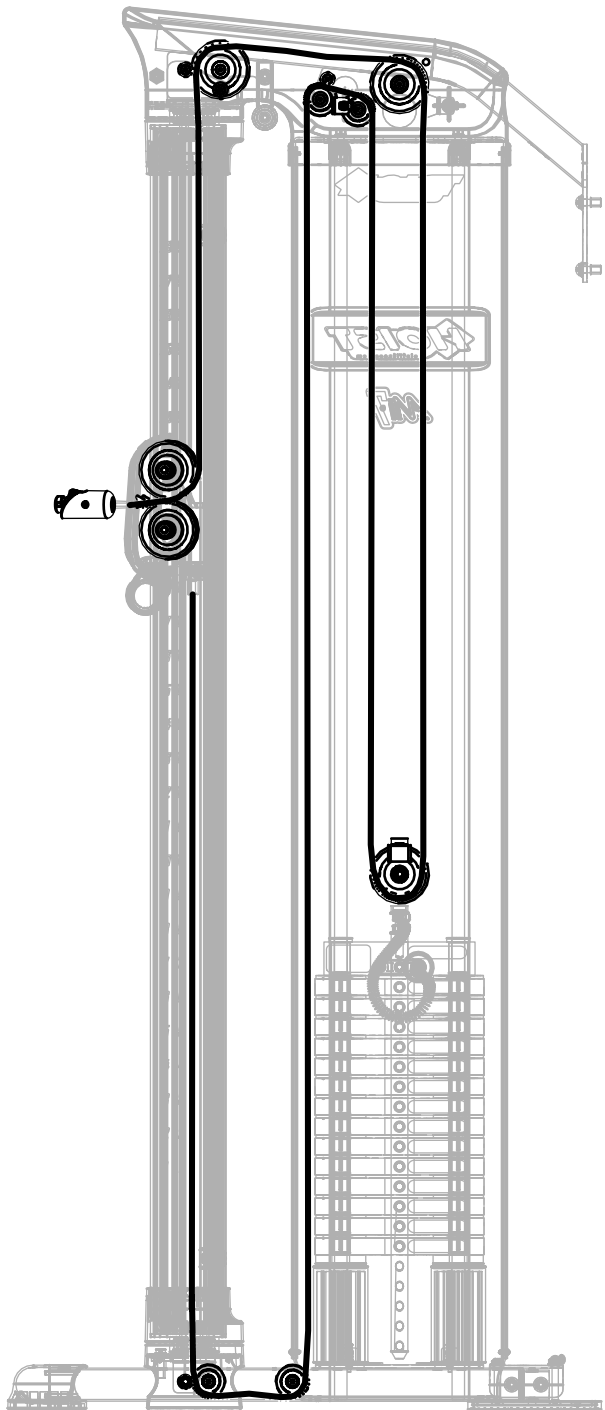
OWNER'S MANUAL

FRAME ASSEMBLY

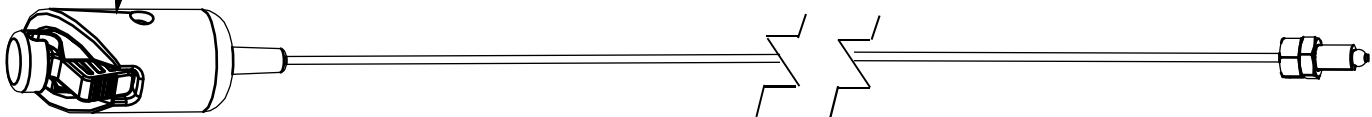


OWNER'S MANUAL

FRAME ASSEMBLY CABLE PROFILE VIEW



① X2



OWNER'S MANUAL

FRAME ASSEMBLY ATTACHING THE Mi7 **CABLE** TO THE MiSMITH

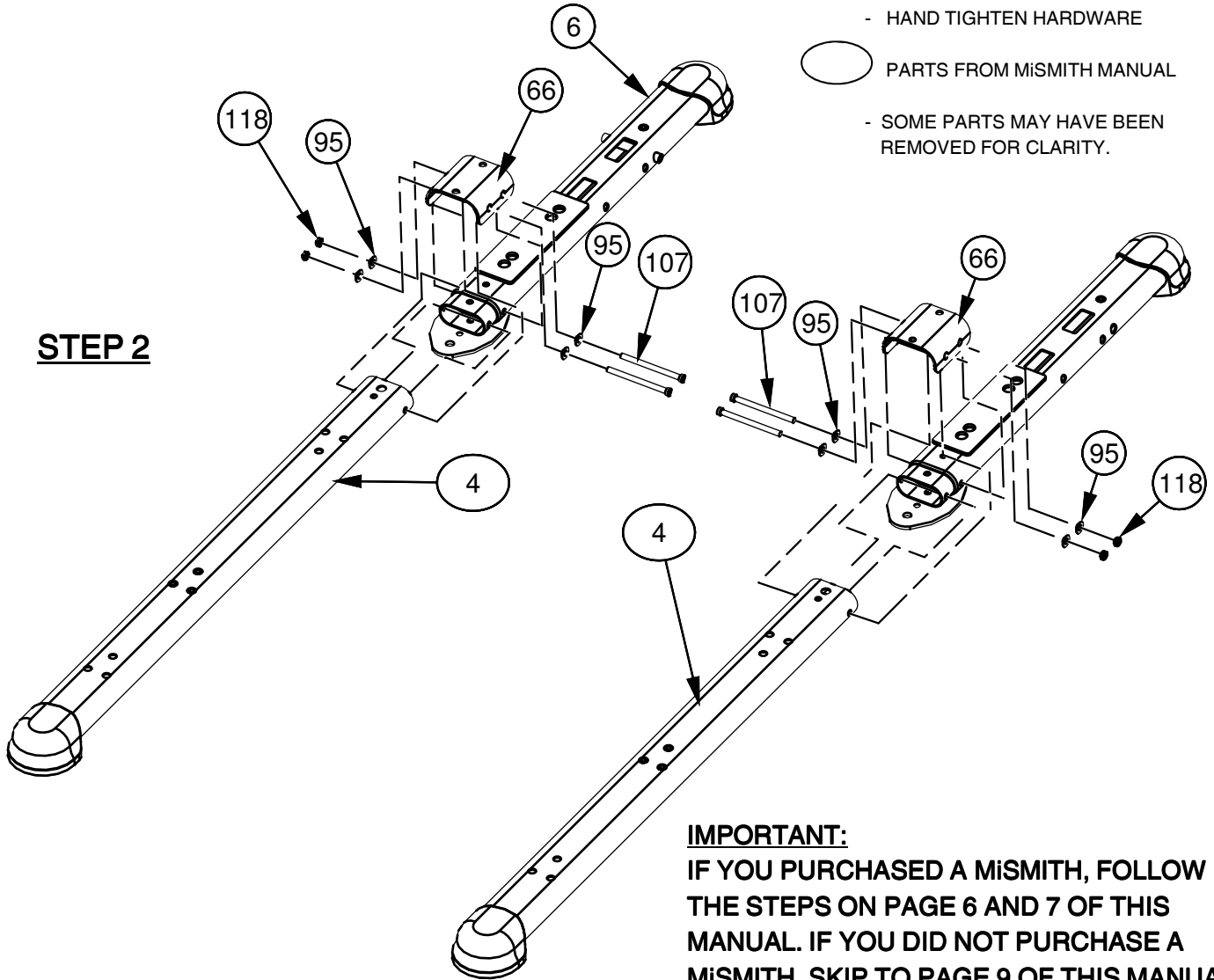
NOTE:

- HAND TIGHTEN HARDWARE

 PARTS FROM MiSMITH MANUAL

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

STEP 2

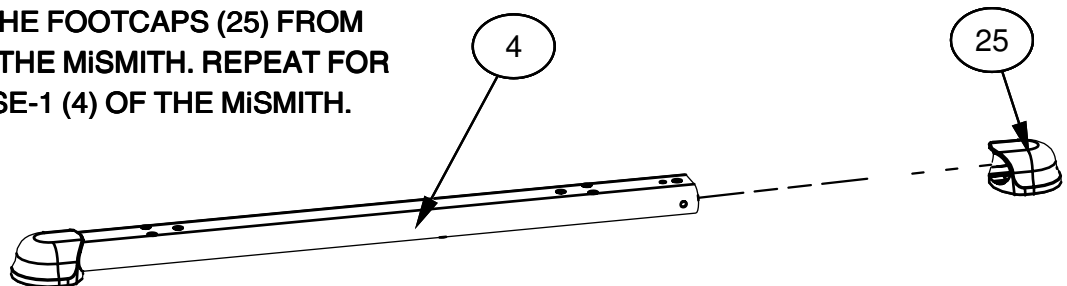


IMPORTANT:

IF YOU PURCHASED A MiSMITH, FOLLOW THE STEPS ON PAGE 6 AND 7 OF THIS MANUAL. IF YOU DID NOT PURCHASE A MiSMITH, SKIP TO PAGE 9 OF THIS MANUAL FOR ASSEMBLY OF THE Mi7 FRAME.

STEP 1:

REMOVE ONE OF THE FOOTCAPS (25) FROM THE BASE-1 (4) OF THE MiSMITH. REPEAT FOR THE OPPOSITE BASE-1 (4) OF THE MiSMITH.



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 **CABLE** TO THE MiSMITH

NOTE:

IF YOU PURCHASED A MiSMITH, FOLLOW THE STEPS ON PAGE 6 AND 7 OF THIS MANUAL. IF YOU DID NOT PURCHASE A MiSMITH, SKIP TO PAGE 9 OF THIS MANUAL FOR ASSEMBLY OF THE Mi7 FRAME.

NOTE:

- WRENCH TIGHTEN HARDWARE

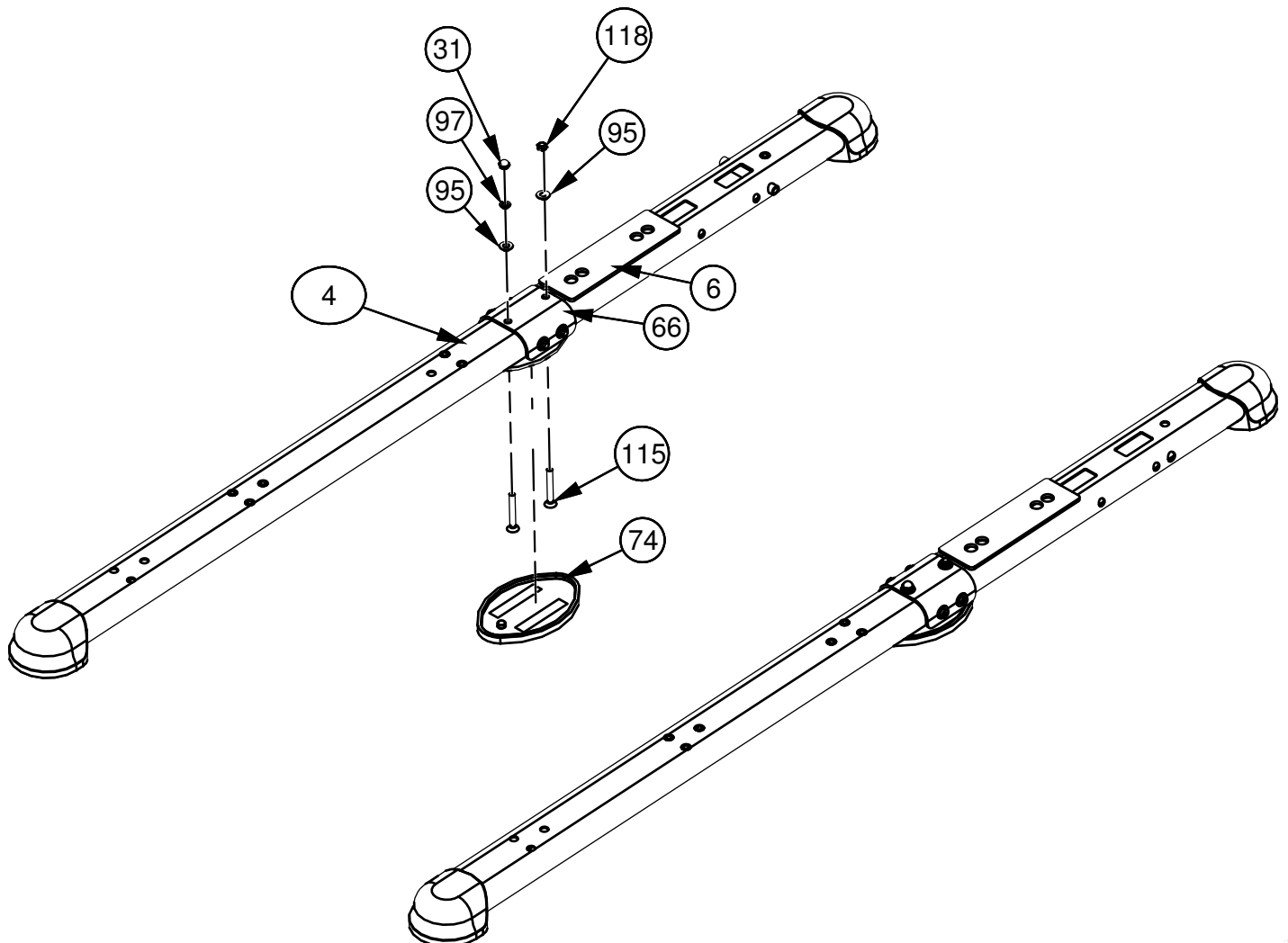


PARTS FROM MiSMITH MANUAL.

- REPEAT FOR OPPOSITE SIDE,
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

IMPORTANT

IF YOU PURCHASED A MiSMITH, COMPLETE THE STEPS IN THE MiSMITH MANUAL BEFORE CONTINUING ON WITH THE Mi7 **CABLE** MANUAL.



OWNER'S MANUAL

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OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 **CABLE** TO THE Mi7 FRAME

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

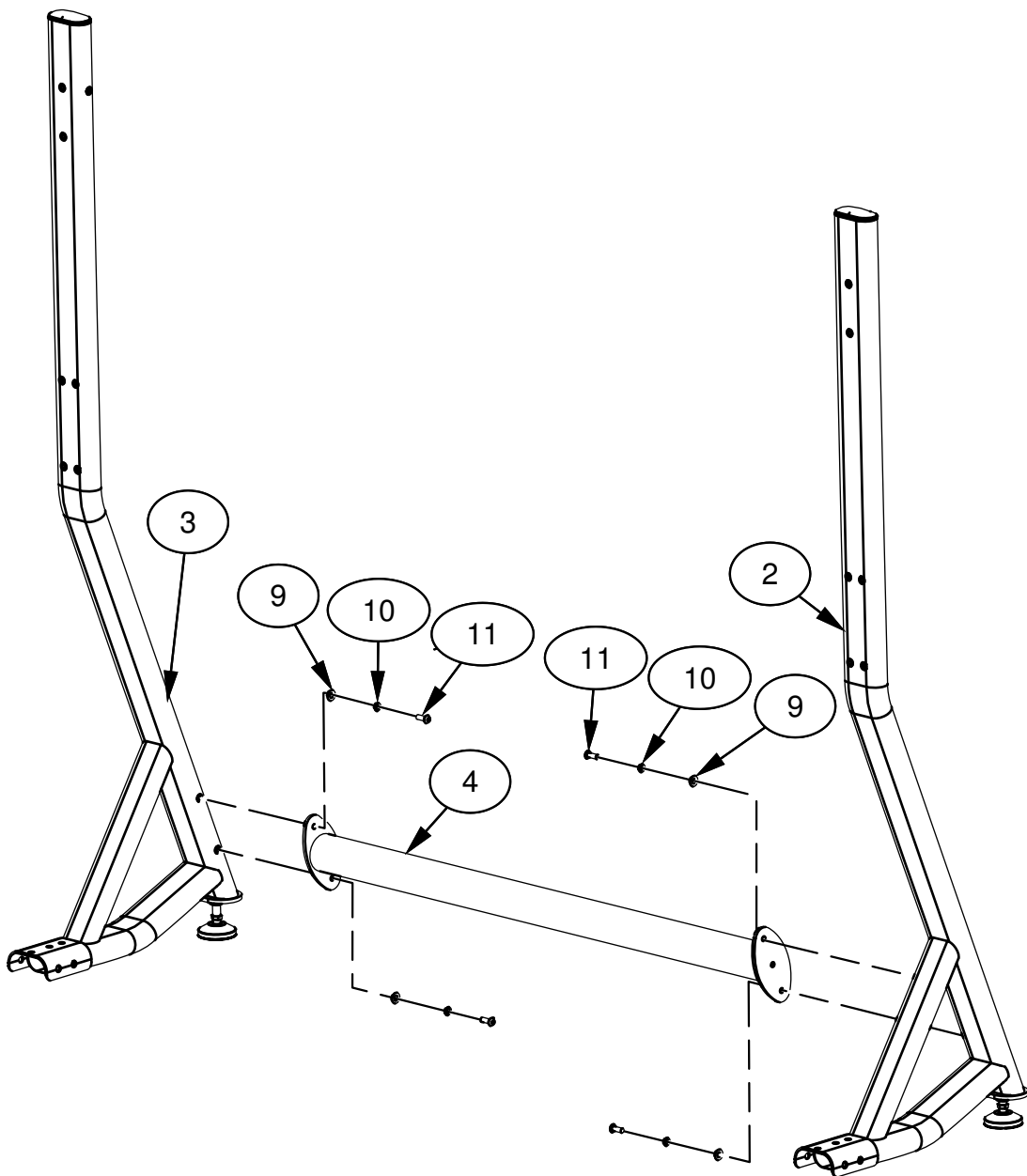
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

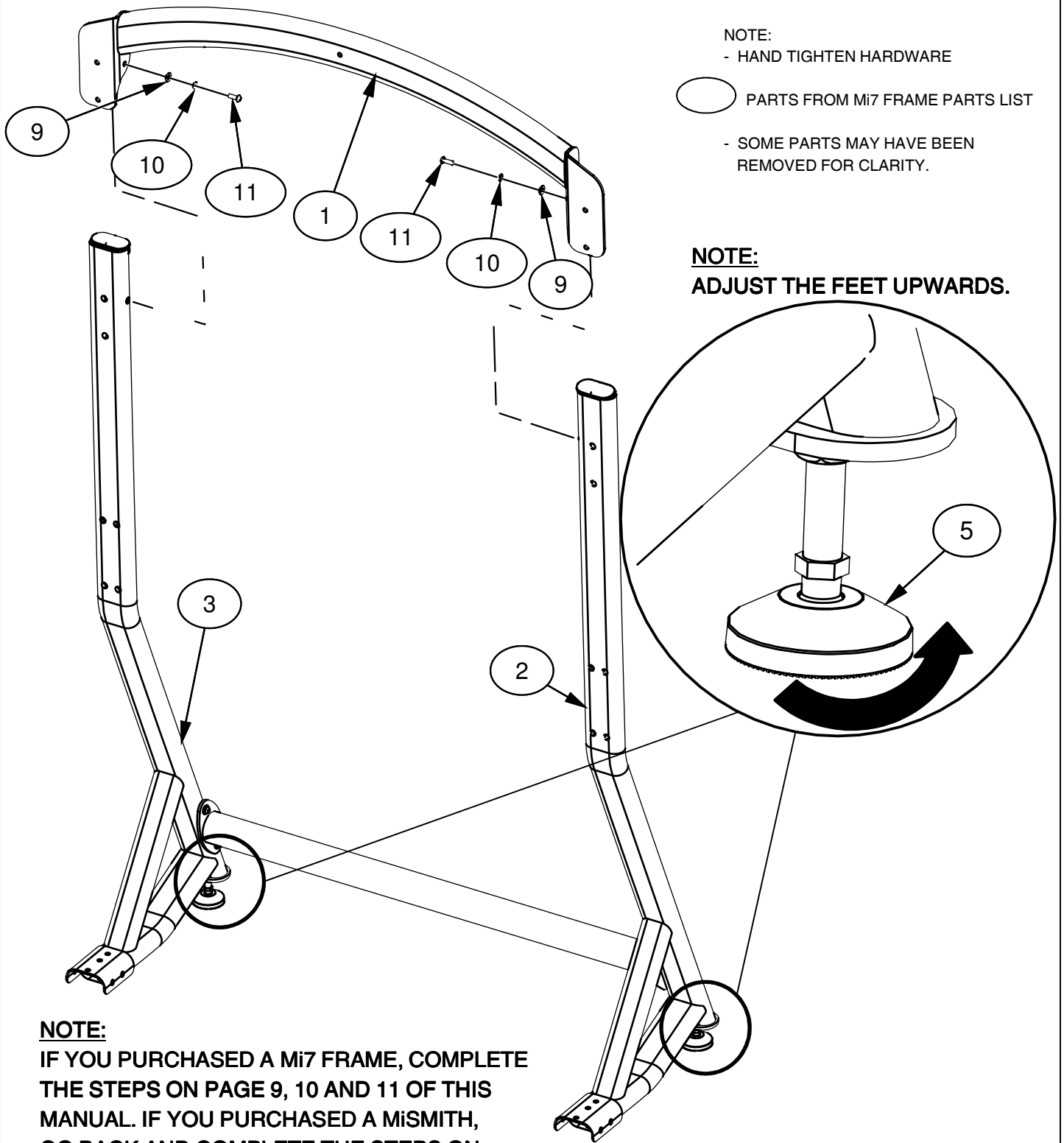
- REPEAT ASSEMBLY FOR OPPOSITE SIDE



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 CABLE TO THE Mi7 FRAME



NOTE:
- HAND TIGHTEN HARDWARE

○ PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:
ADJUST THE FEET UPWARDS.

NOTE:
IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 **CABLE** TO THE Mi7 FRAME

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10 AND 11 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

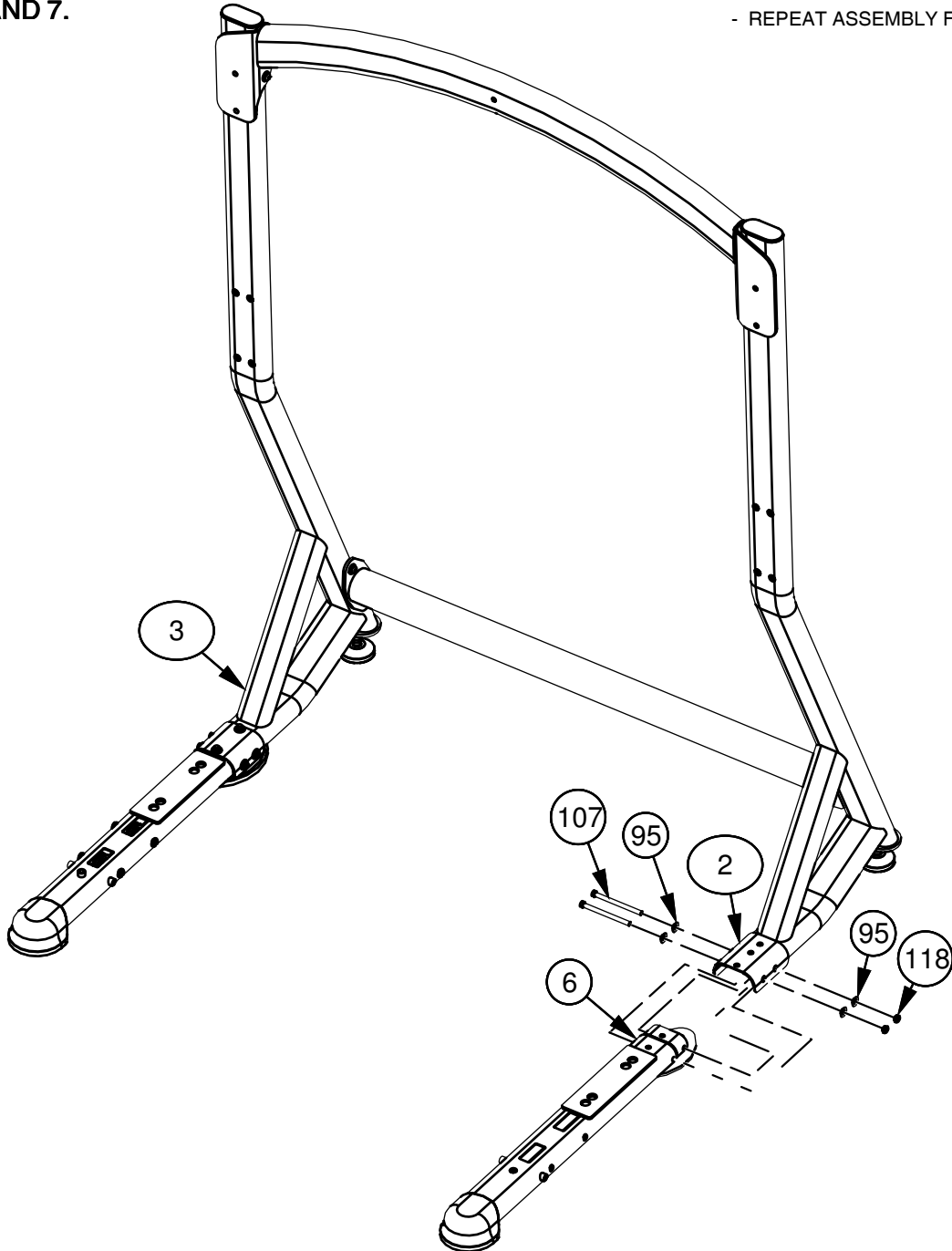
- HAND TIGHTEN HARDWARE



PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

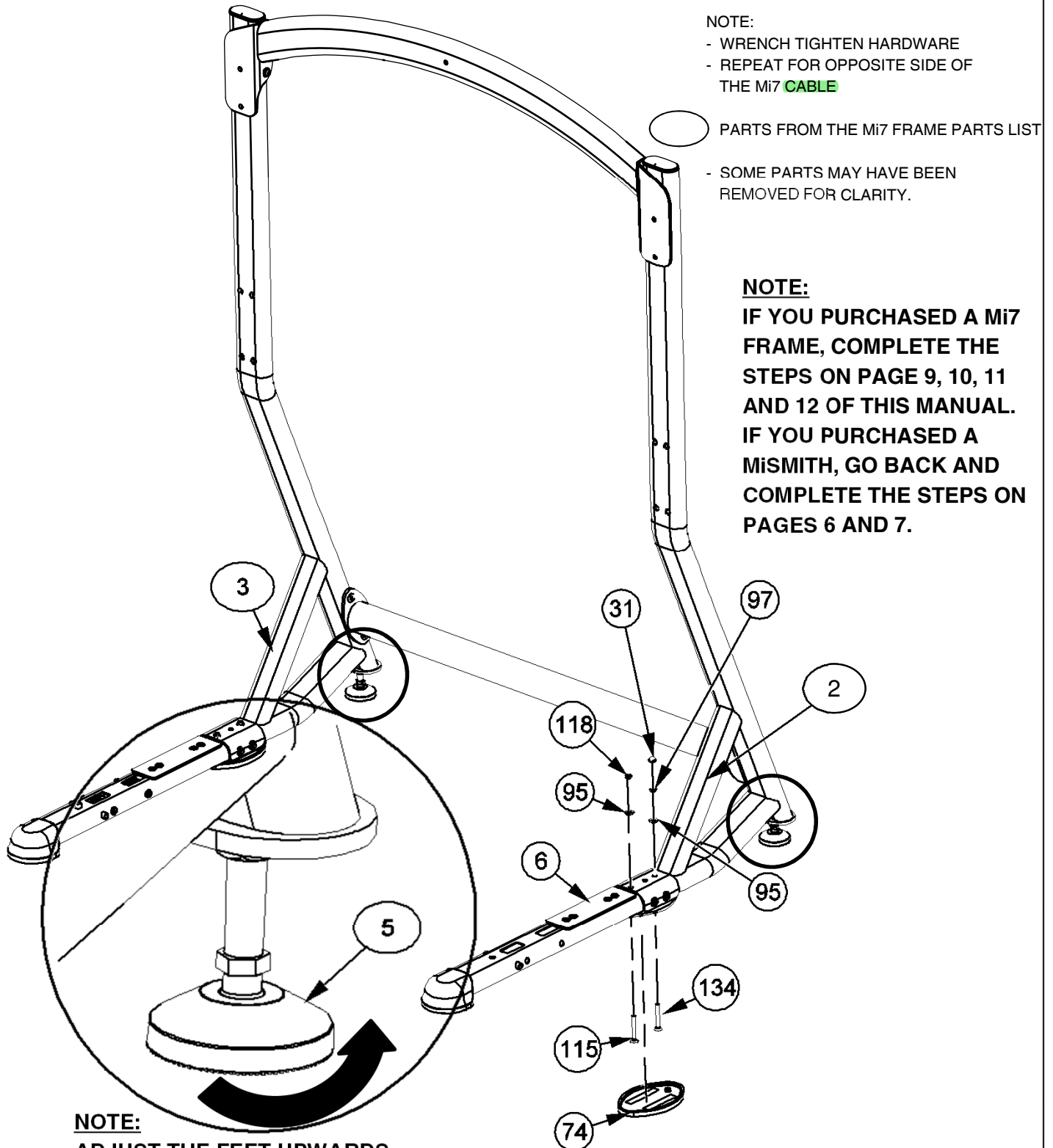
- REPEAT ASSEMBLY FOR OPPOSITE SIDE



OWNER'S MANUAL

FRAME ASSEMBLY

ATTACHING THE Mi7 **CABLE** TO THE Mi7 FRAME



NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**

○ PARTS FROM THE Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

NOTE:

IF YOU PURCHASED A Mi7 FRAME, COMPLETE THE STEPS ON PAGE 9, 10, 11 AND 12 OF THIS MANUAL. IF YOU PURCHASED A MiSMITH, GO BACK AND COMPLETE THE STEPS ON PAGES 6 AND 7.

NOTE:

ADJUST THE FEET UPWARDS.

OWNER'S MANUAL

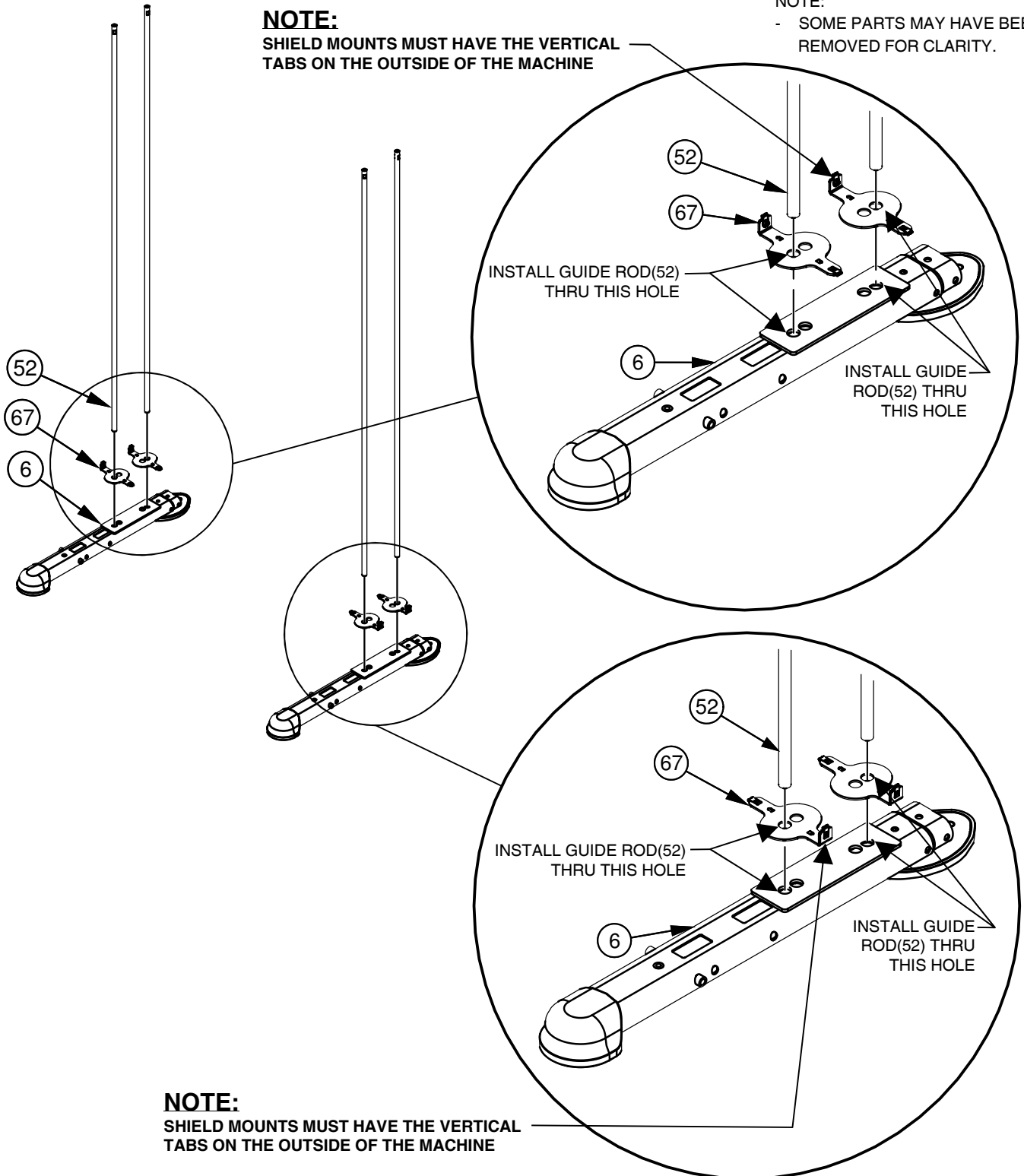
FRAME ASSEMBLY

****IMPORTANT****

FOR PAGES 13 THROUGH 55 REPEAT ALL STEPS FOR THE OPPOSITE SIDE OF THE Mi7 **CABLE**

NOTE:
SHIELD MOUNTS MUST HAVE THE VERTICAL
TABS ON THE OUTSIDE OF THE MACHINE

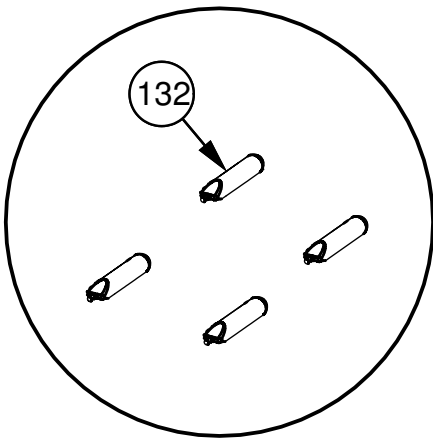
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



FRAME ASSEMBLY

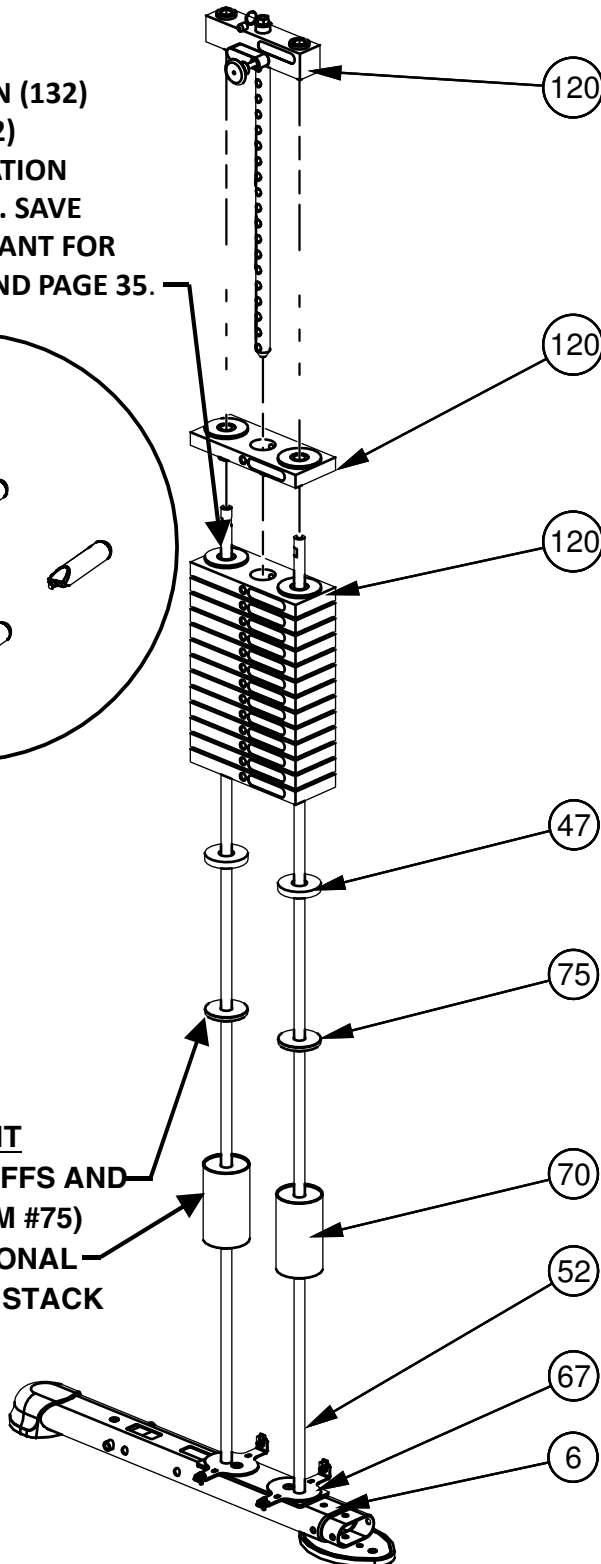
IMPORTANT

APPLY LUBRICATION (132) TO GUIDE RODS (52) PRIOR TO INSTALLATION OF WEIGHT PLATES. SAVE ANY EXTRA LUBRICANT FOR USE ON PAGE 18 AND PAGE 35.



IMPORTANT

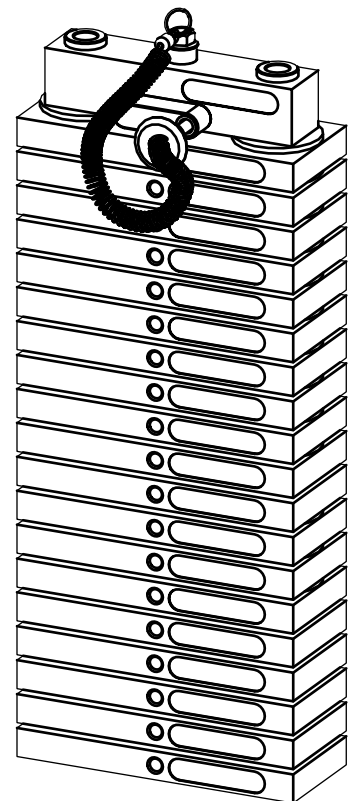
REMOVE STANDOFFS AND SPACERS (ITEM #75) IF USING OPTIONAL 200 LB. WEIGHT STACK



NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

CONSULT YOUR DEALER FOR DETAILS
OPTIONAL 200 LB.
WEIGHT STACKS



OWNER'S MANUAL

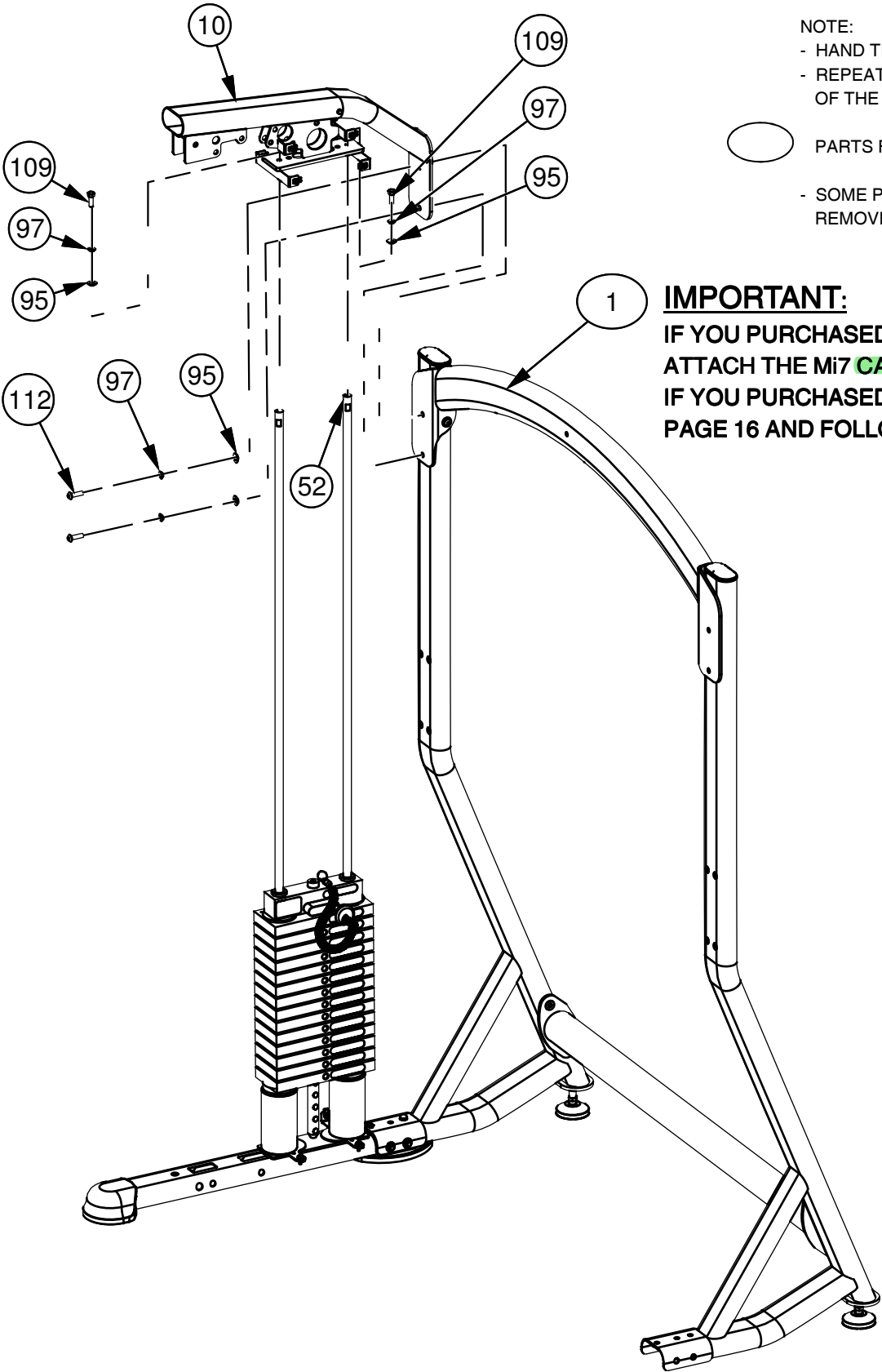
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 **CABLE**

 PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

IMPORTANT:
IF YOU PURCHASED A Mi7 FRAME,
ATTACH THE Mi7 **CABLE** AS SHOWN NOW.
IF YOU PURCHASED A MiSMITH, SKIP TO
PAGE 16 AND FOLLOW THE STEPS THERE.



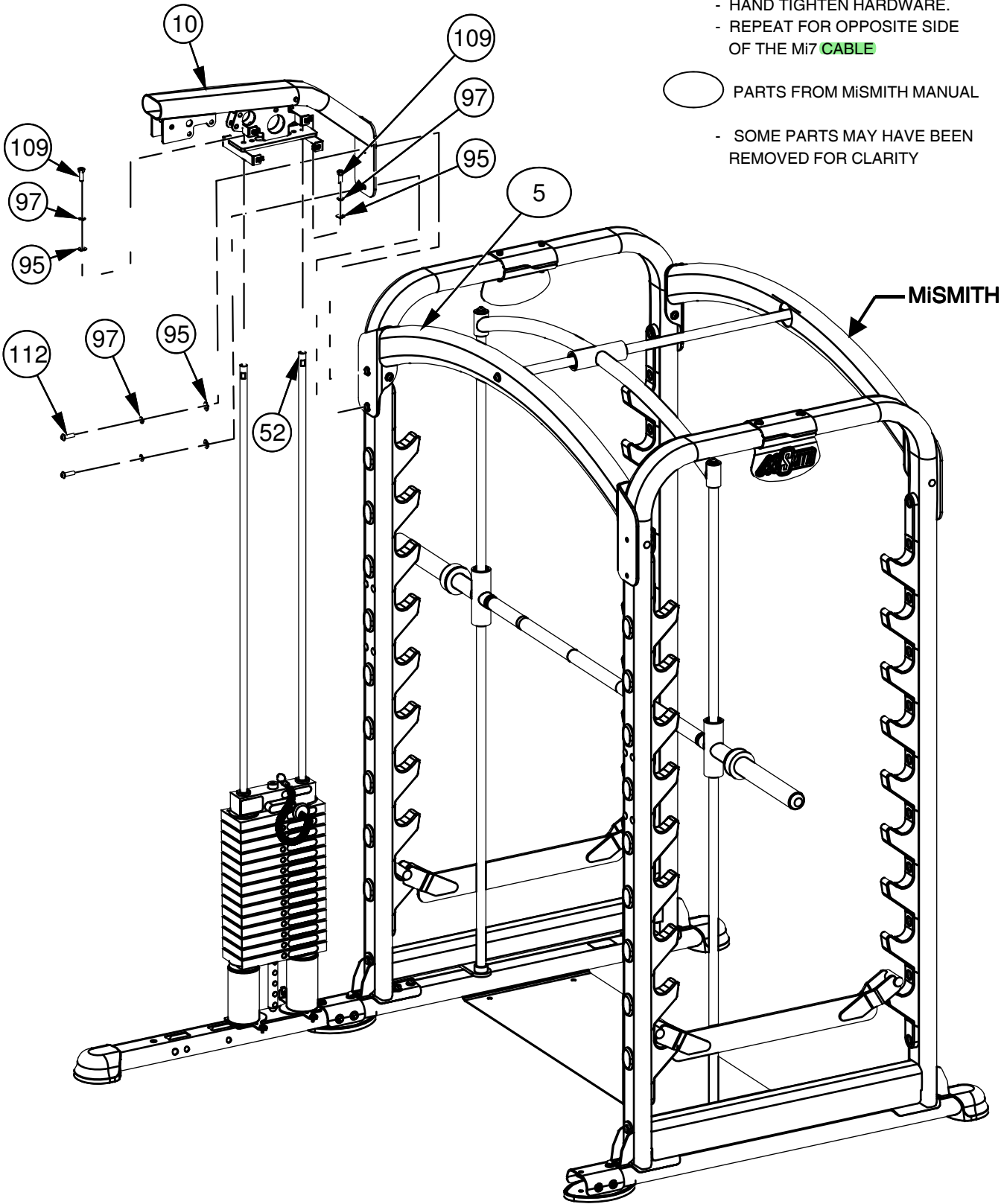
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 **CABLE**

○ PARTS FROM MiSMITH MANUAL

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



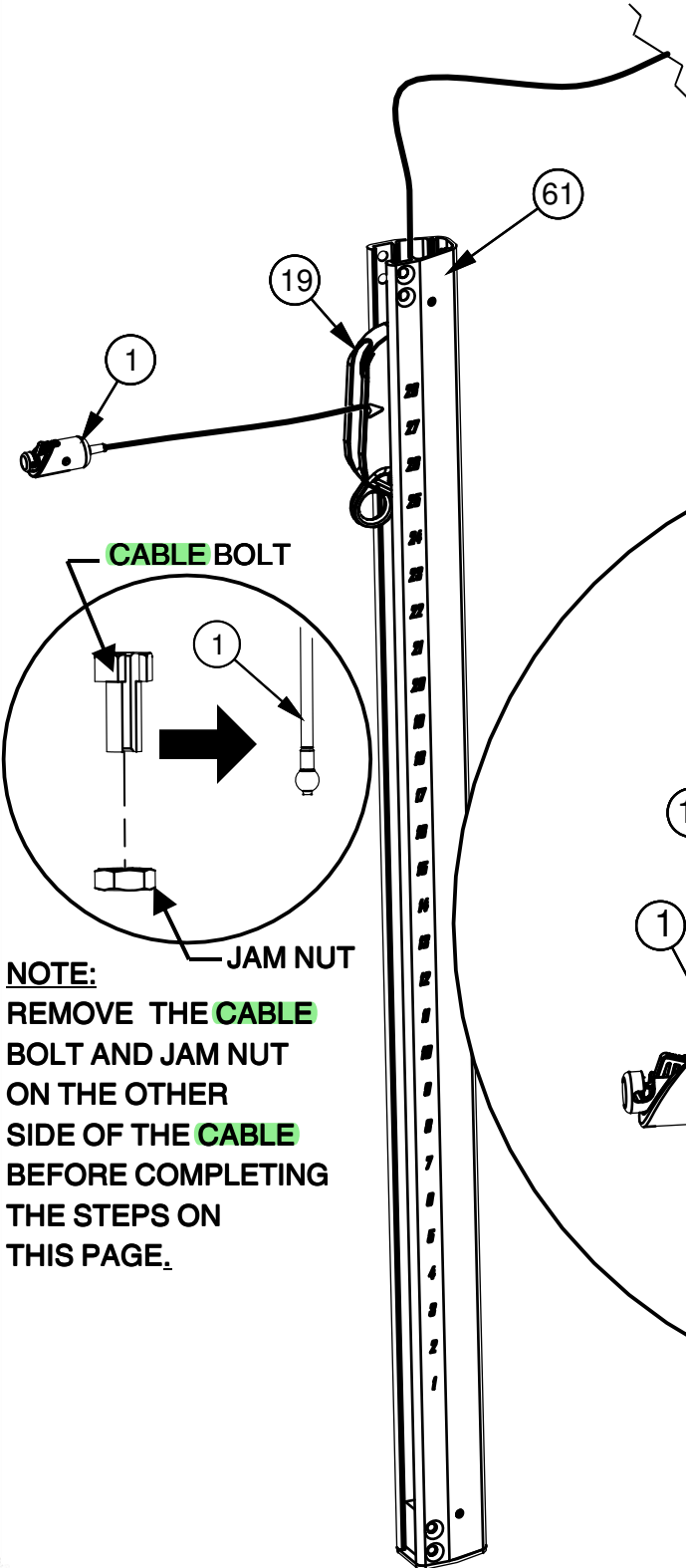
OWNER'S MANUAL

FRAME ASSEMBLY

CABLE ASSEMBLY

NOTE:
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

NOTE:
REST THE COLUMN ON THE GROUND. MOVE
THE PULLEY HOUSING (19) UP TO THE TOP
OF THE COLUMN. SLIDE THE END OF THE
CABLE (1) THROUGH THE PULLEY HOUSING
(19), BETWEEN THE TWO PULLEYS (45), THEN
UP THE COLUMN (61).



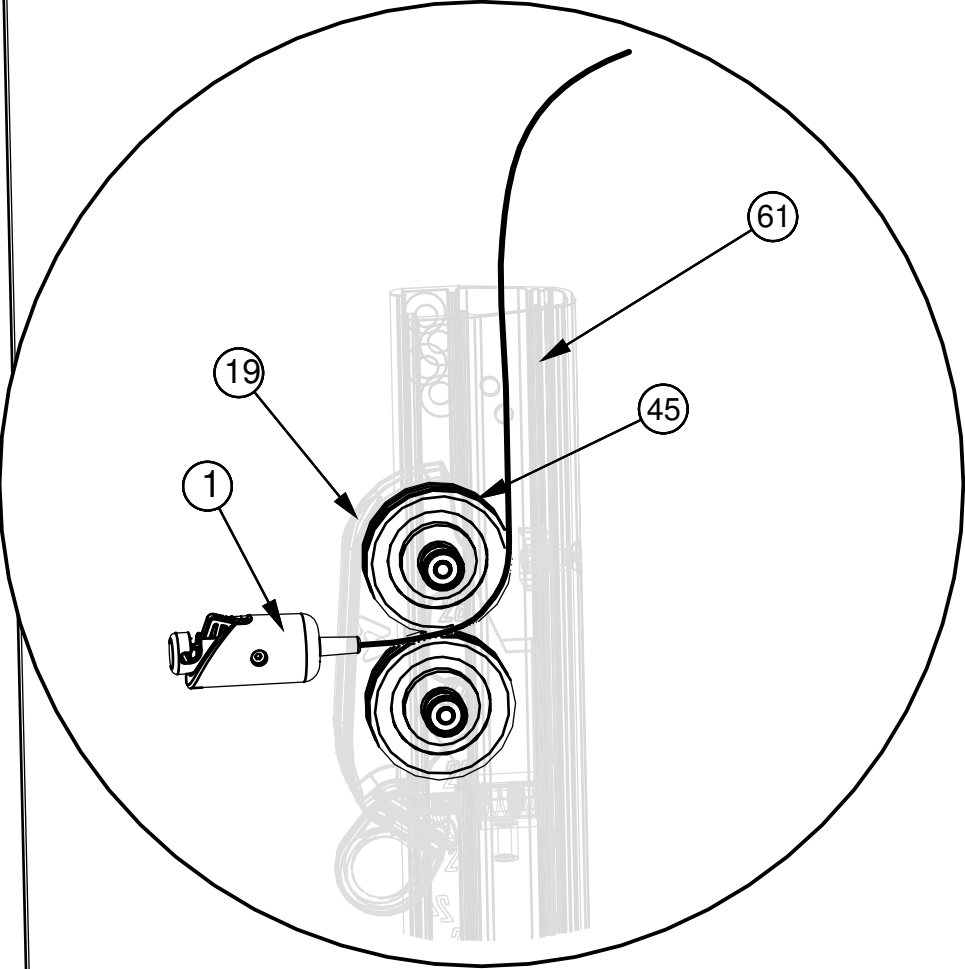
CABLE BOLT

1



JAM NUT

NOTE:
REMOVE THE **CABLE**
BOLT AND JAM NUT
ON THE OTHER
SIDE OF THE **CABLE**
BEFORE COMPLETING
THE STEPS ON
THIS PAGE.



61

19

45

1

CABLE PROFILE VIEW

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80), THEN PUSH THE SLEEVE ABOUT 12" DOWN THE COLUMN (61). REPEAT FOR OPPOSITE COLUMN.

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

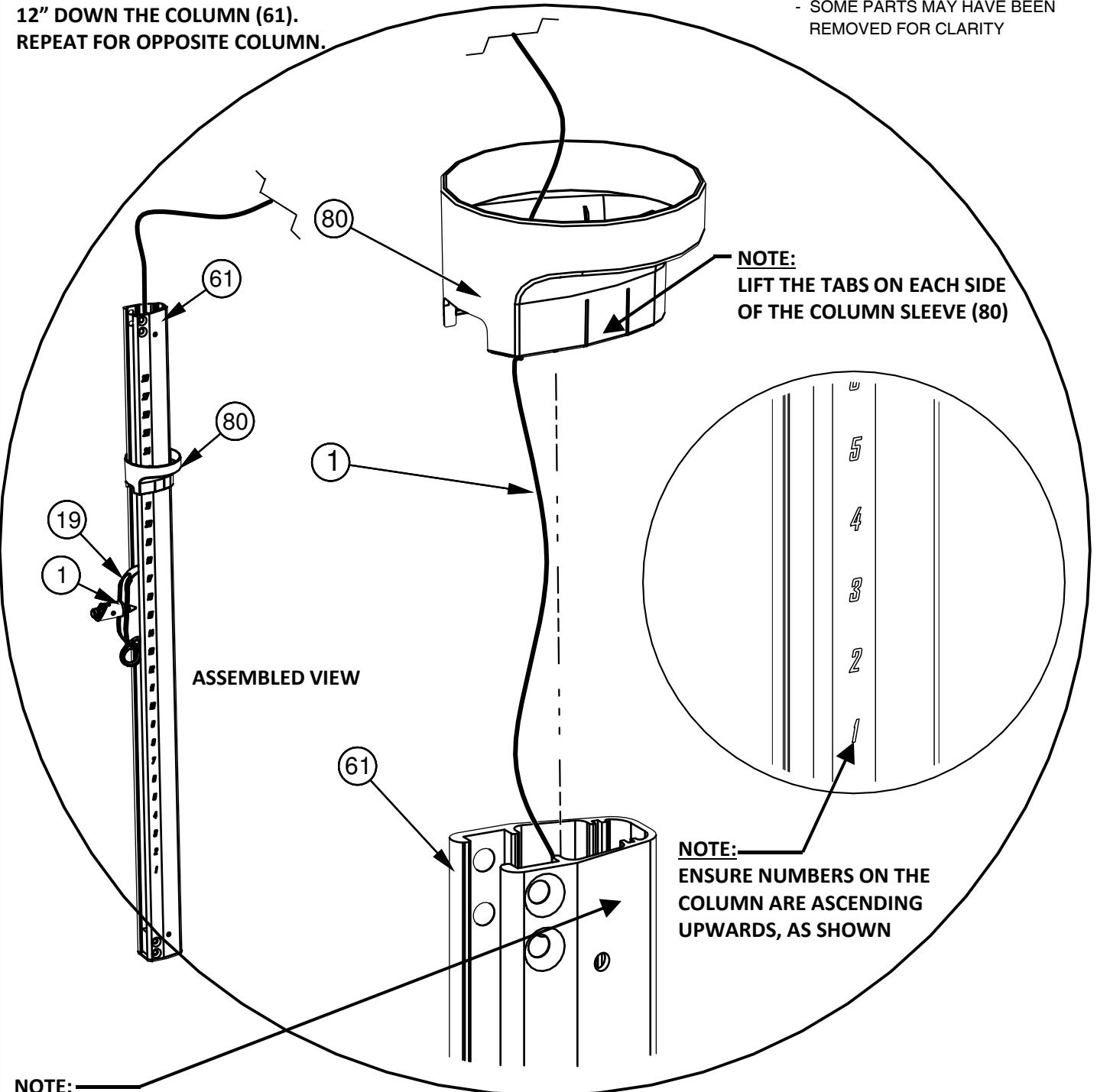
LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80)

NOTE:

ENSURE NUMBERS ON THE COLUMN ARE ASCENDING UPWARDS, AS SHOWN

NOTE:

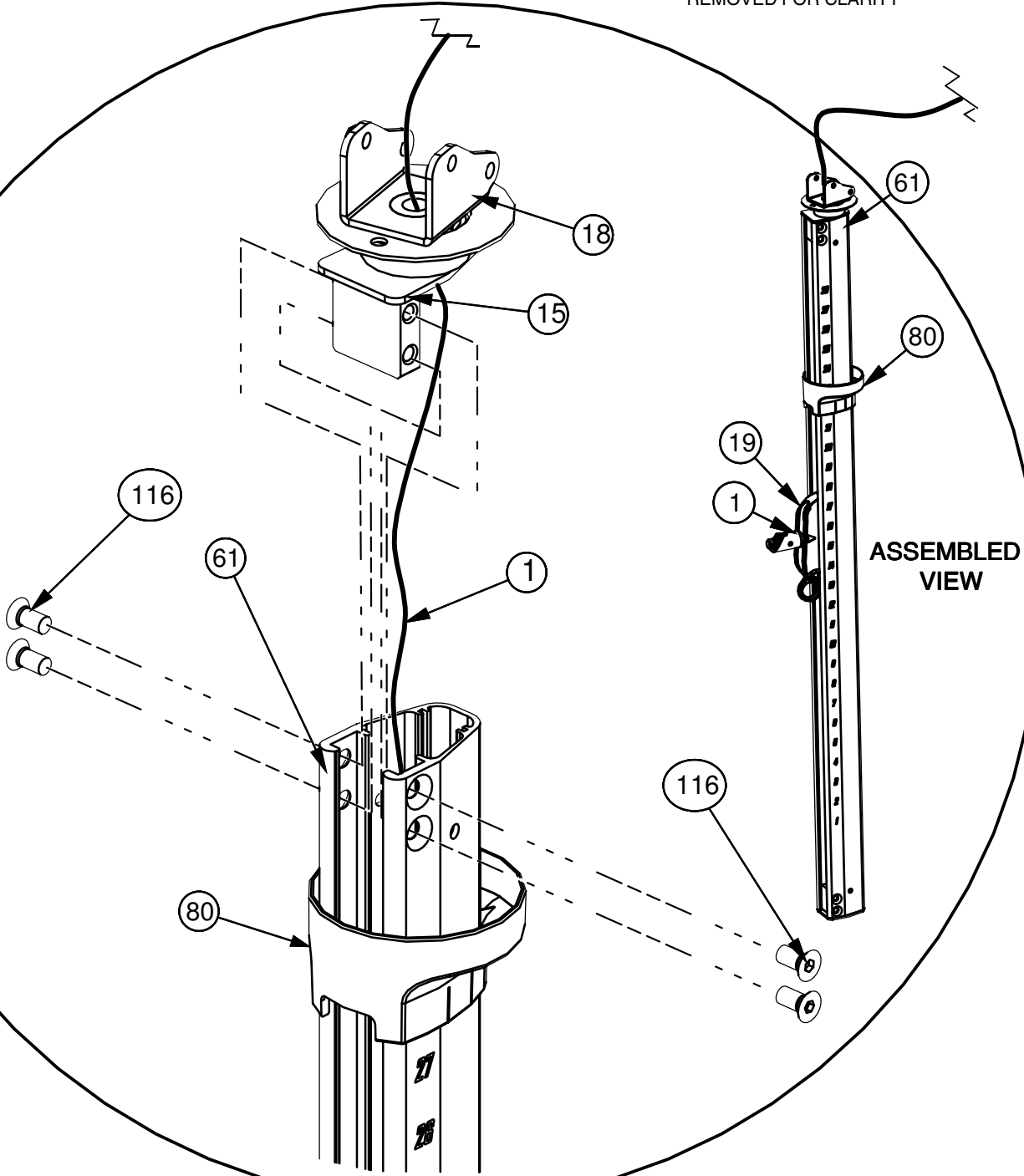
APPLY TEFLON (PTFE) BASED LUBRICANT (SUPERLUBE) (132) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (80). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



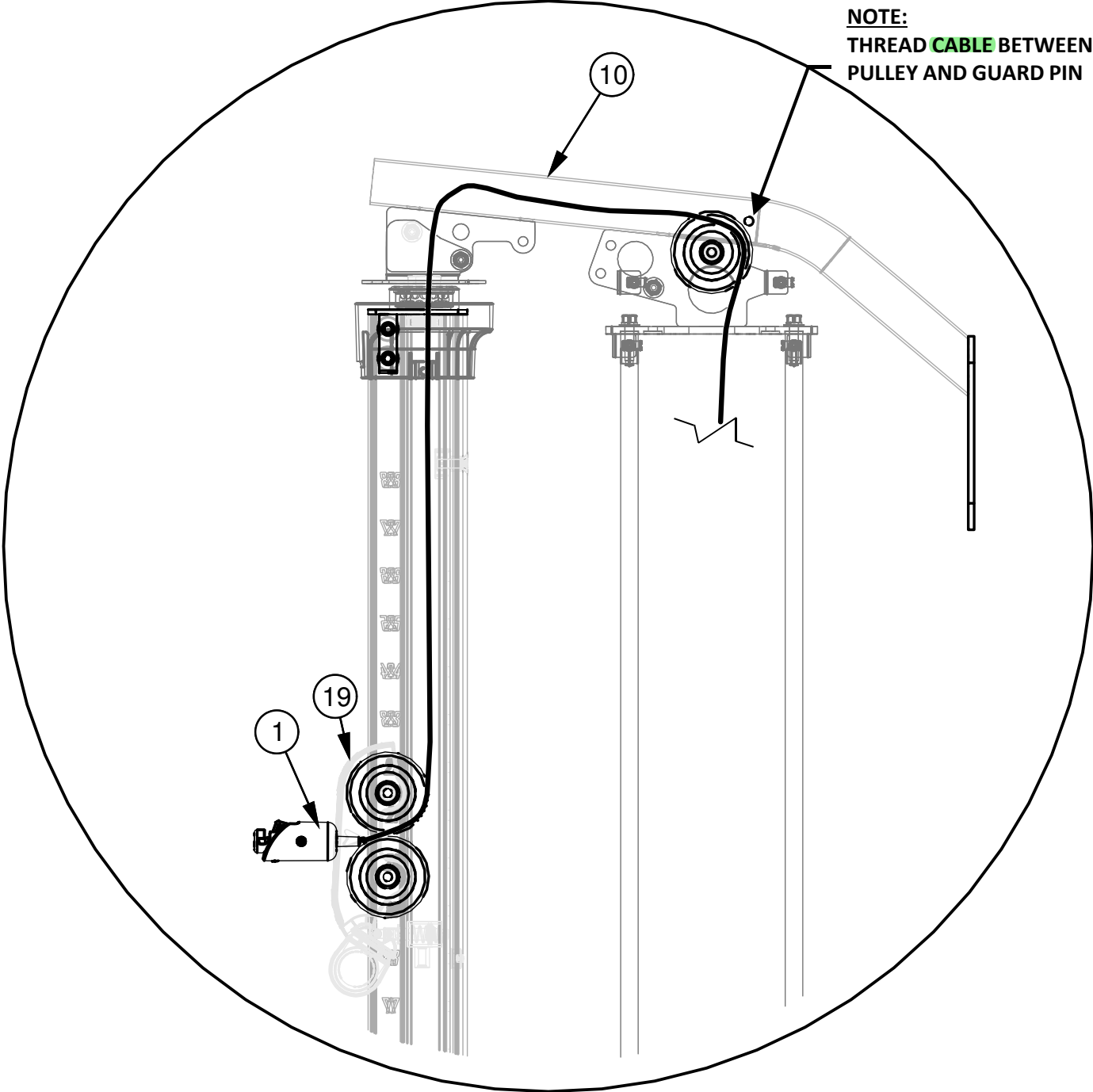
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

CABLE PROFILE VIEW

NOTE:
THREAD **CABLE** BETWEEN
PULLEY AND GUARD PIN



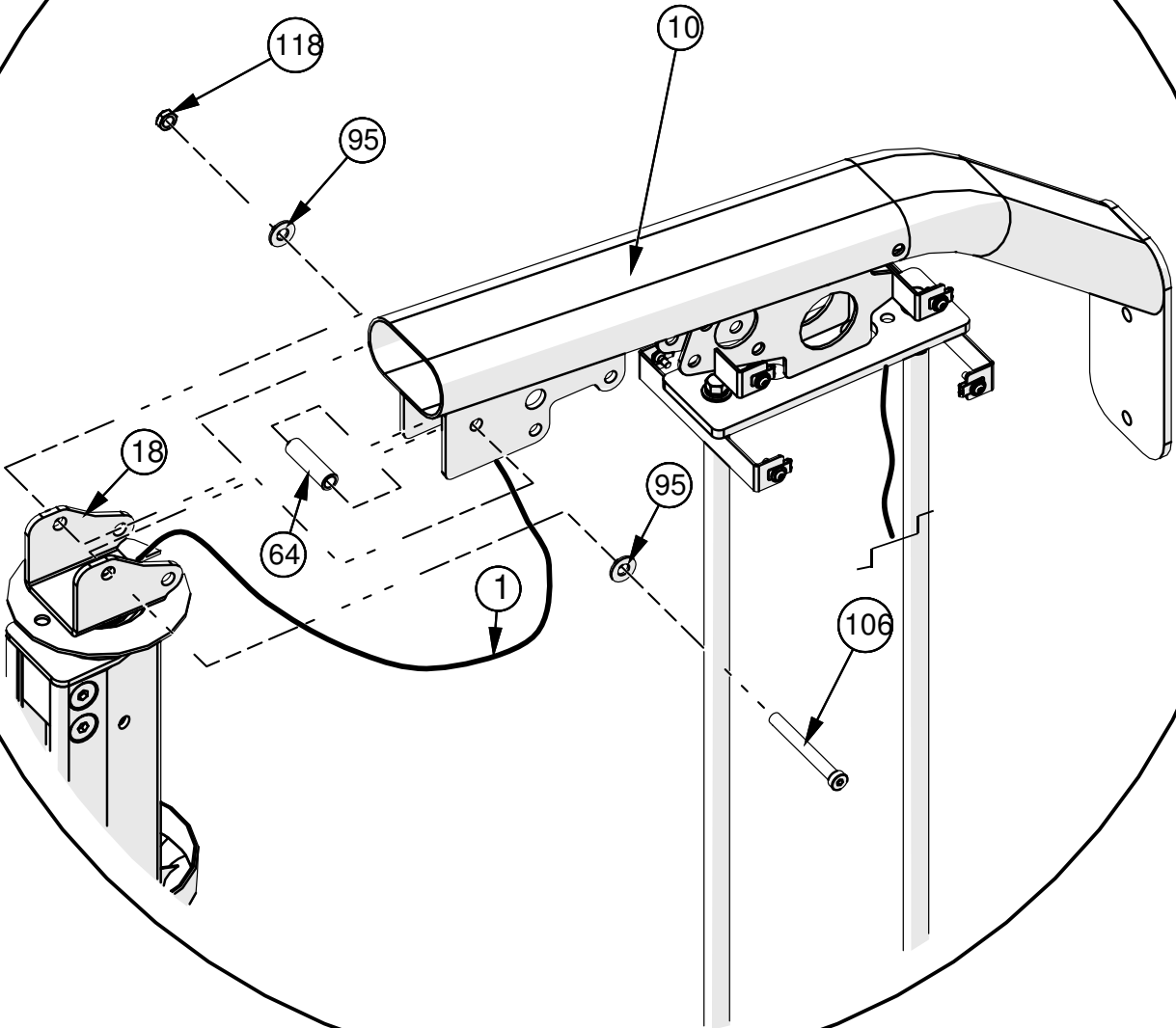
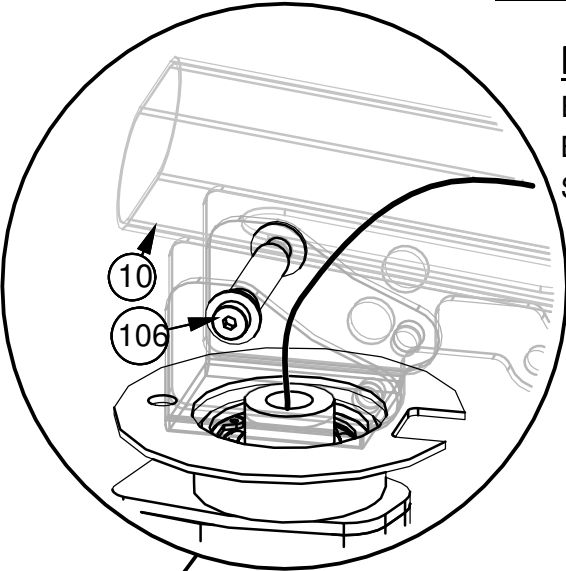
OWNER'S MANUAL

CABLE PROFILE VIEW

FRAME ASSEMBLY

NOTE:
ENSURE THE **CABLE** RUNS
BEHIND THE BOLT (106), AS
SHOWN

NOTE:
- HAND TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE
OF Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

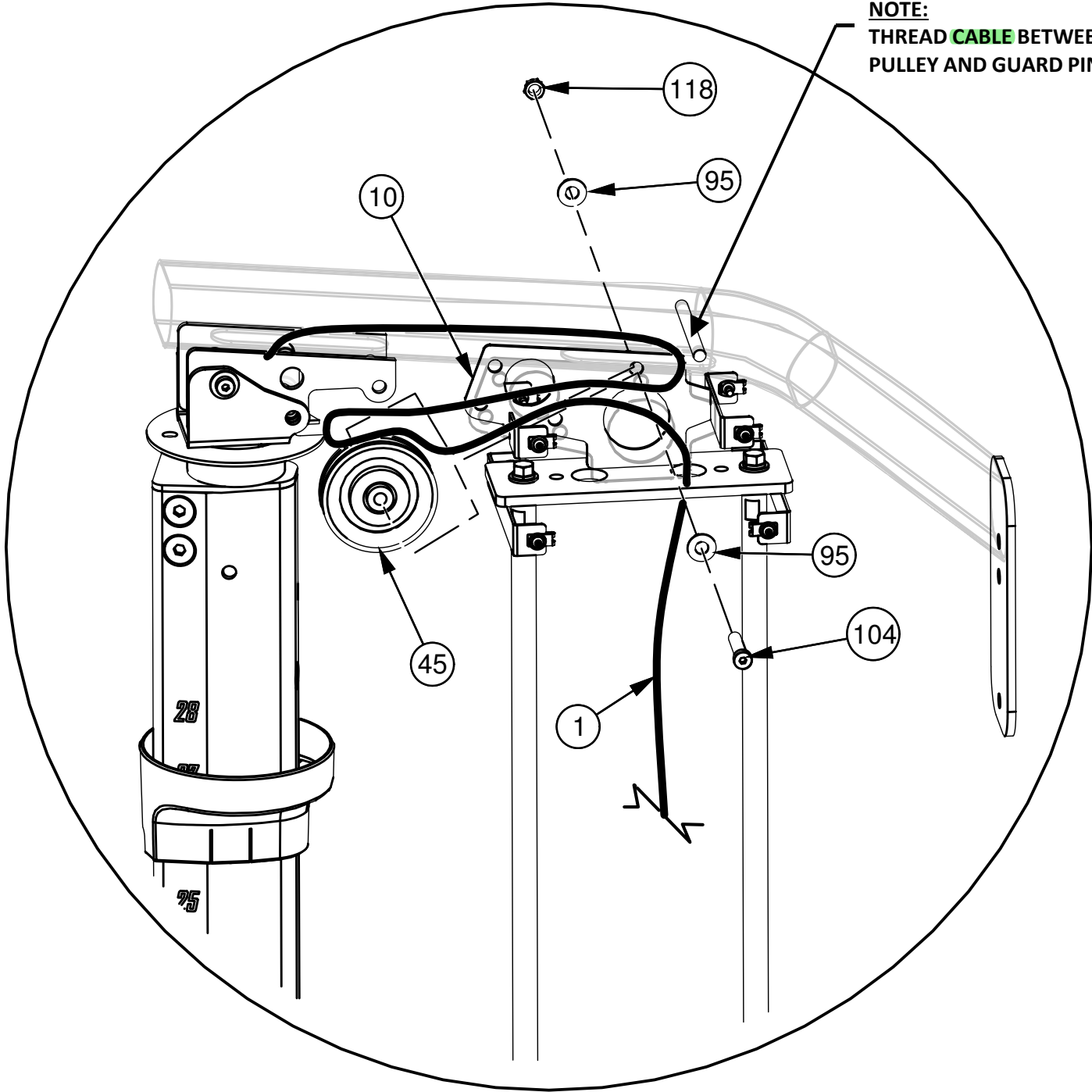


OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - INSTALL **CABLES** AND PULLEYS AT THE SAME TIME.
 - REPEAT FOR OPPOSITE SIDE. OF Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

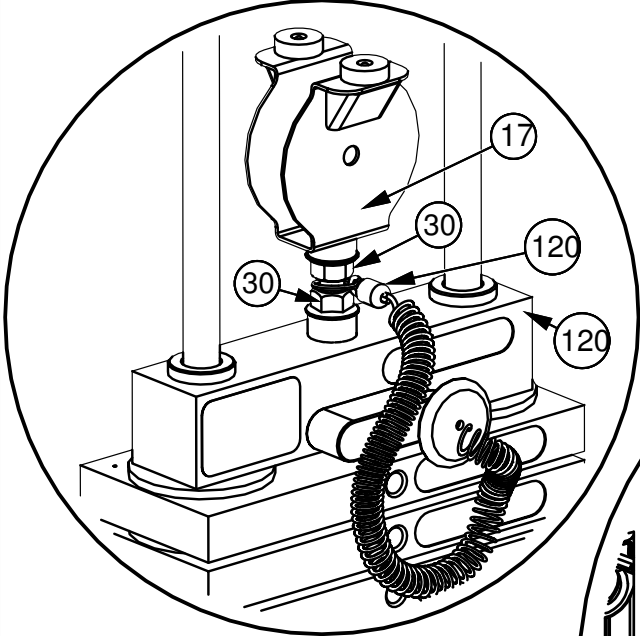
NOTE:
THREAD **CABLE** BETWEEN PULLEY AND GUARD PIN



OWNER'S MANUAL

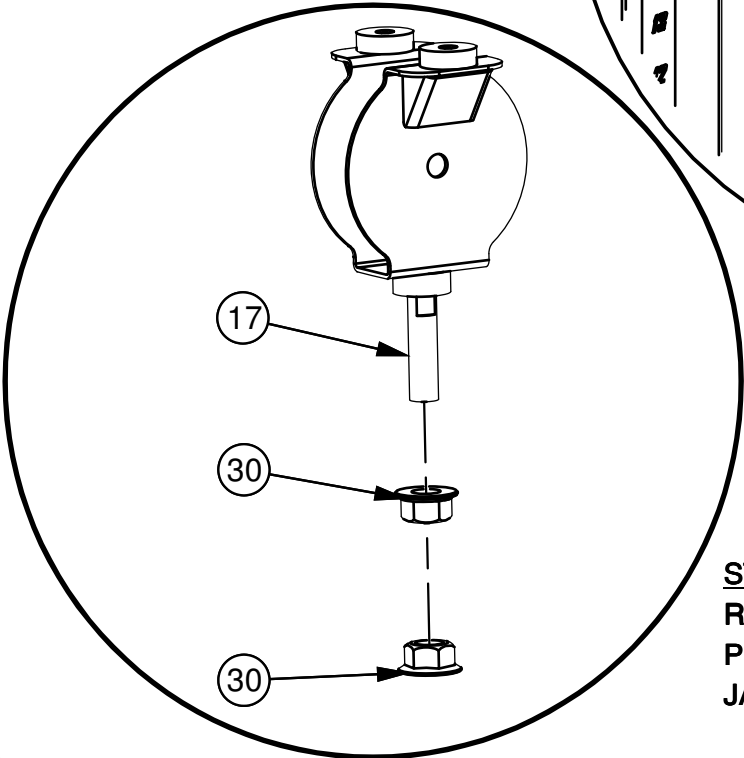
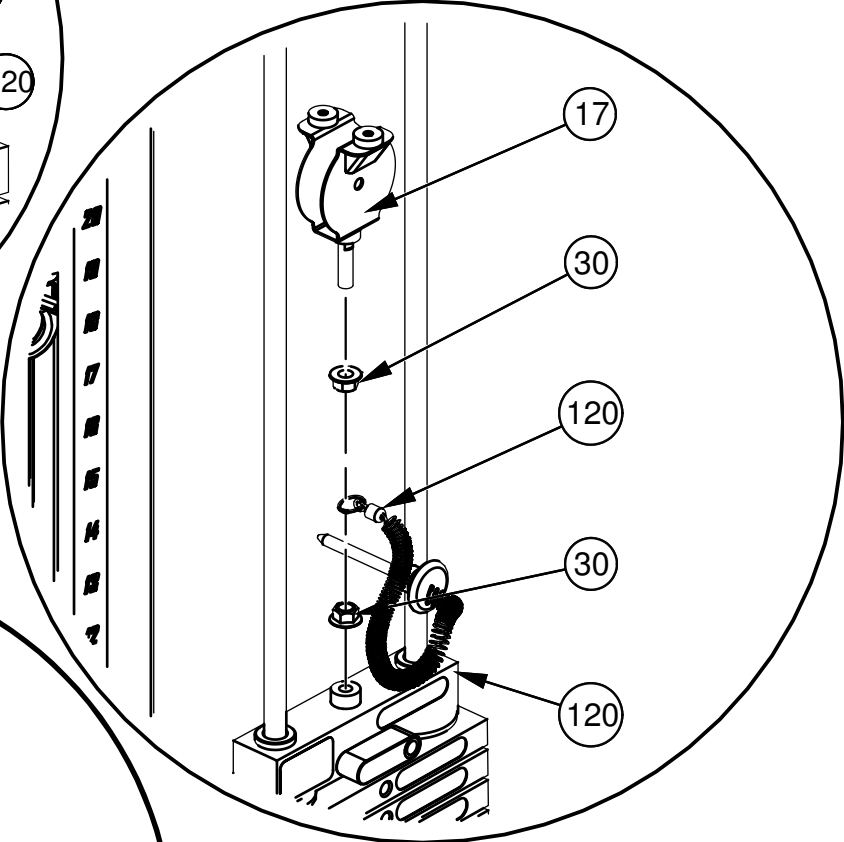
FRAME ASSEMBLY

ASSEMBLED VIEW



- NOTE:
- HAND TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 2: INSTALL PULLEY MOUNT (17)

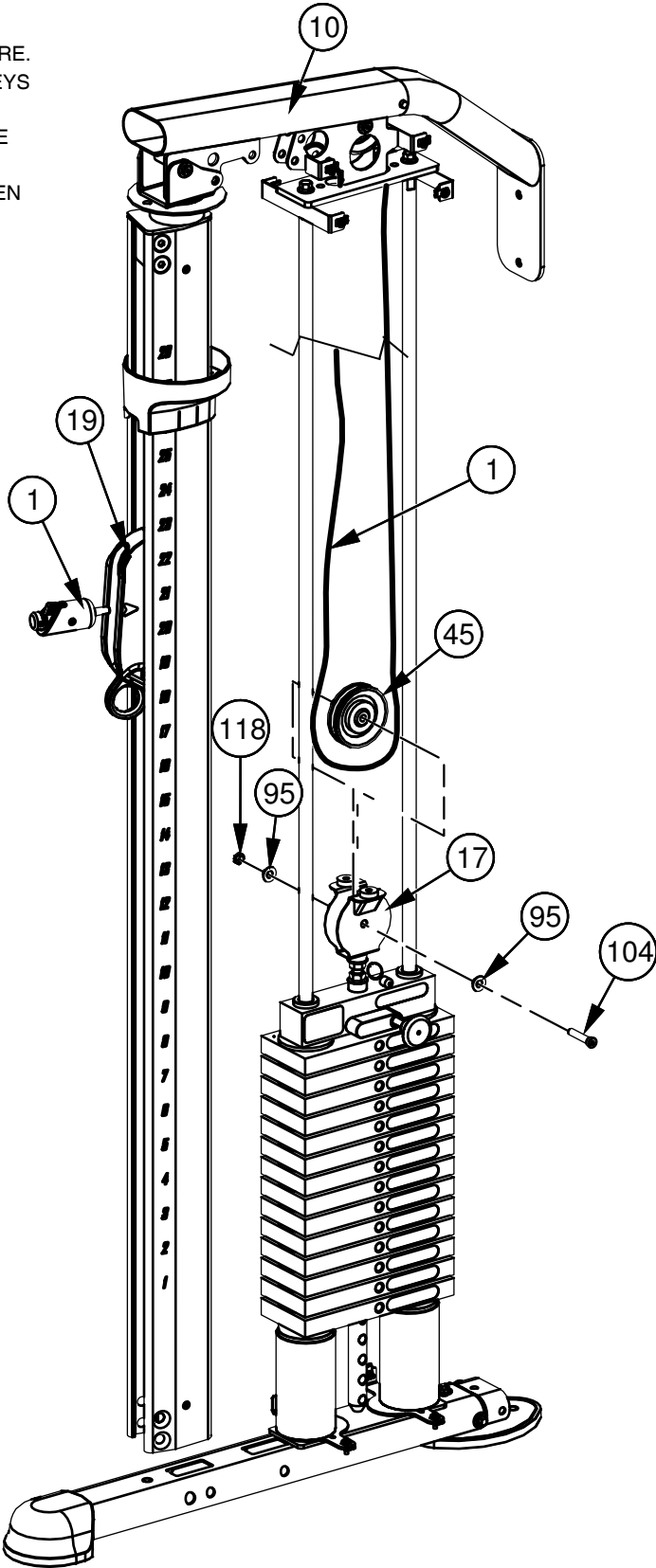


STEP 1: REMOVE PRE-INSTALLED JAM NUTS (30)

OWNER'S MANUAL

FRAME ASSEMBLY

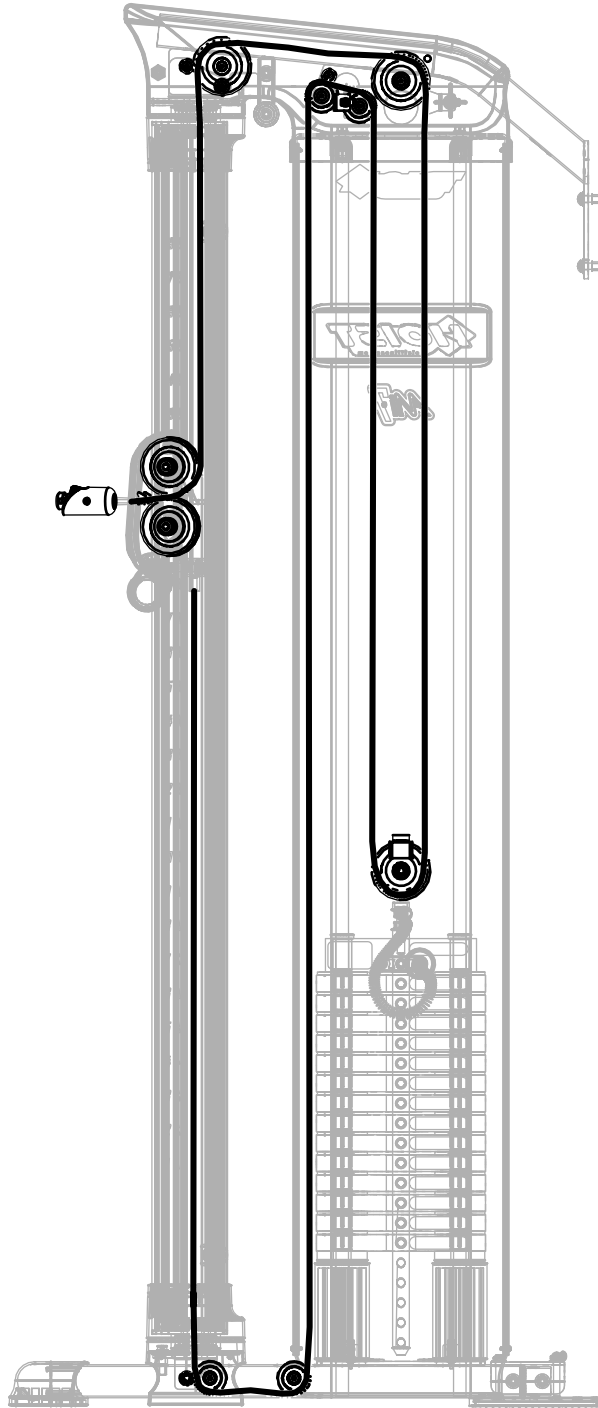
- NOTE:
- WRENCH TIGHTEN HARDWARE.
 - INSTALL **CABLES** AND PULLEYS AT THE SAME TIME
 - REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

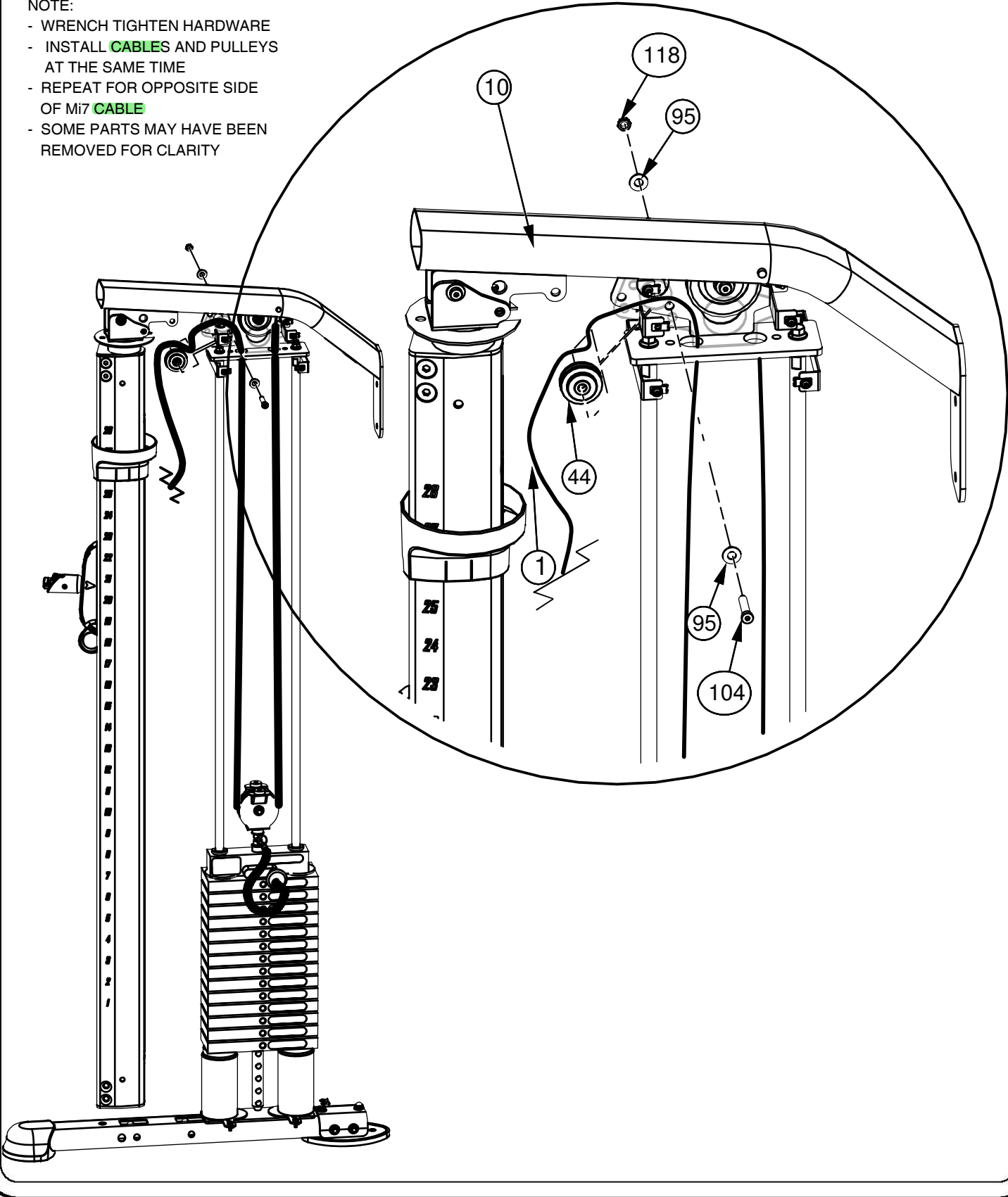


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- INSTALL **CABLES** AND PULLEYS AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

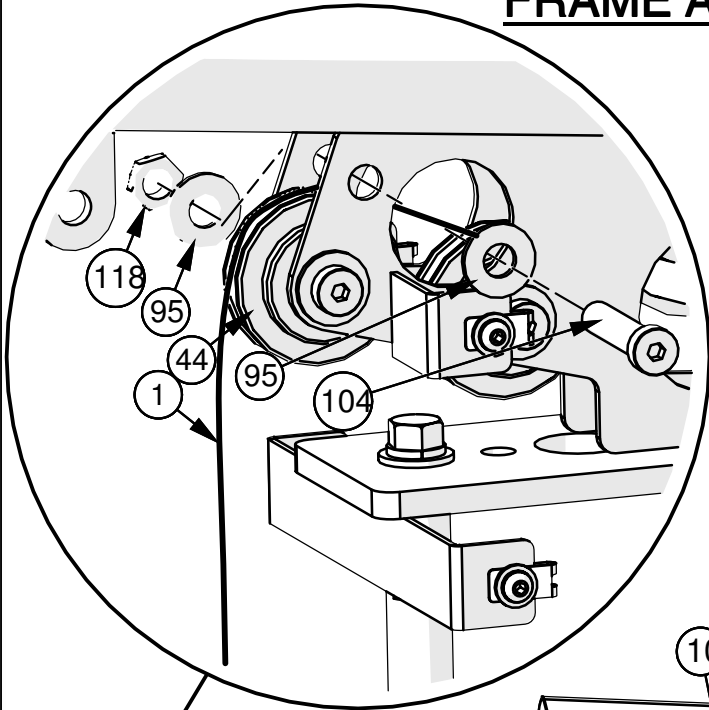
FRAME ASSEMBLY

NOTE:

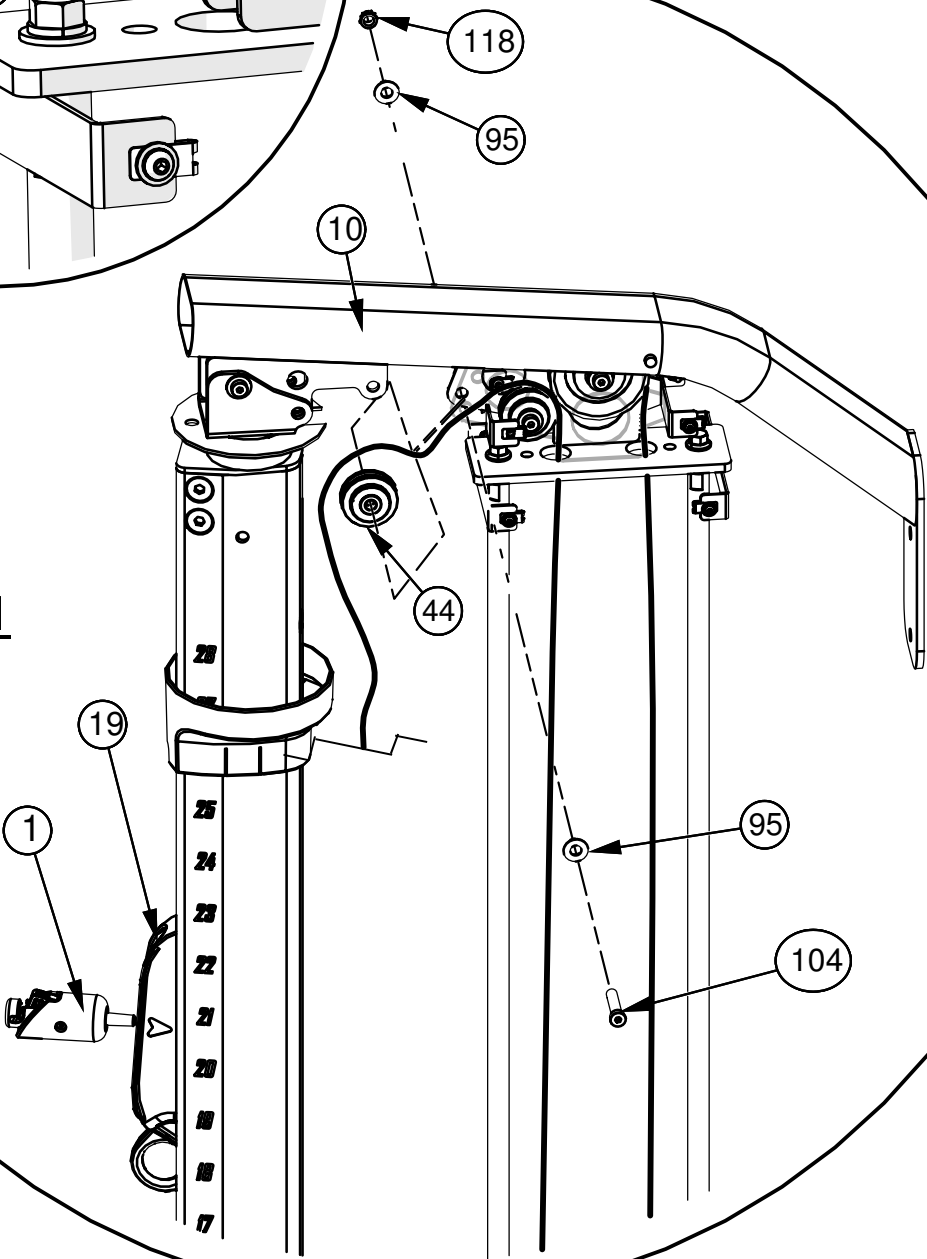
- WRENCH TIGHTEN HARDWARE
- INSTALL **CABLES** AND PULLEYS AT THE SAME TIME
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

STEP 2

INSTALL **CABLE** GUARD BOLT. ENSURE THE **CABLE** (1) RUNS BETWEEN THE **CABLE** BOLT (104) AND THE PULLEY (44)



STEP 1



OWNER'S MANUAL

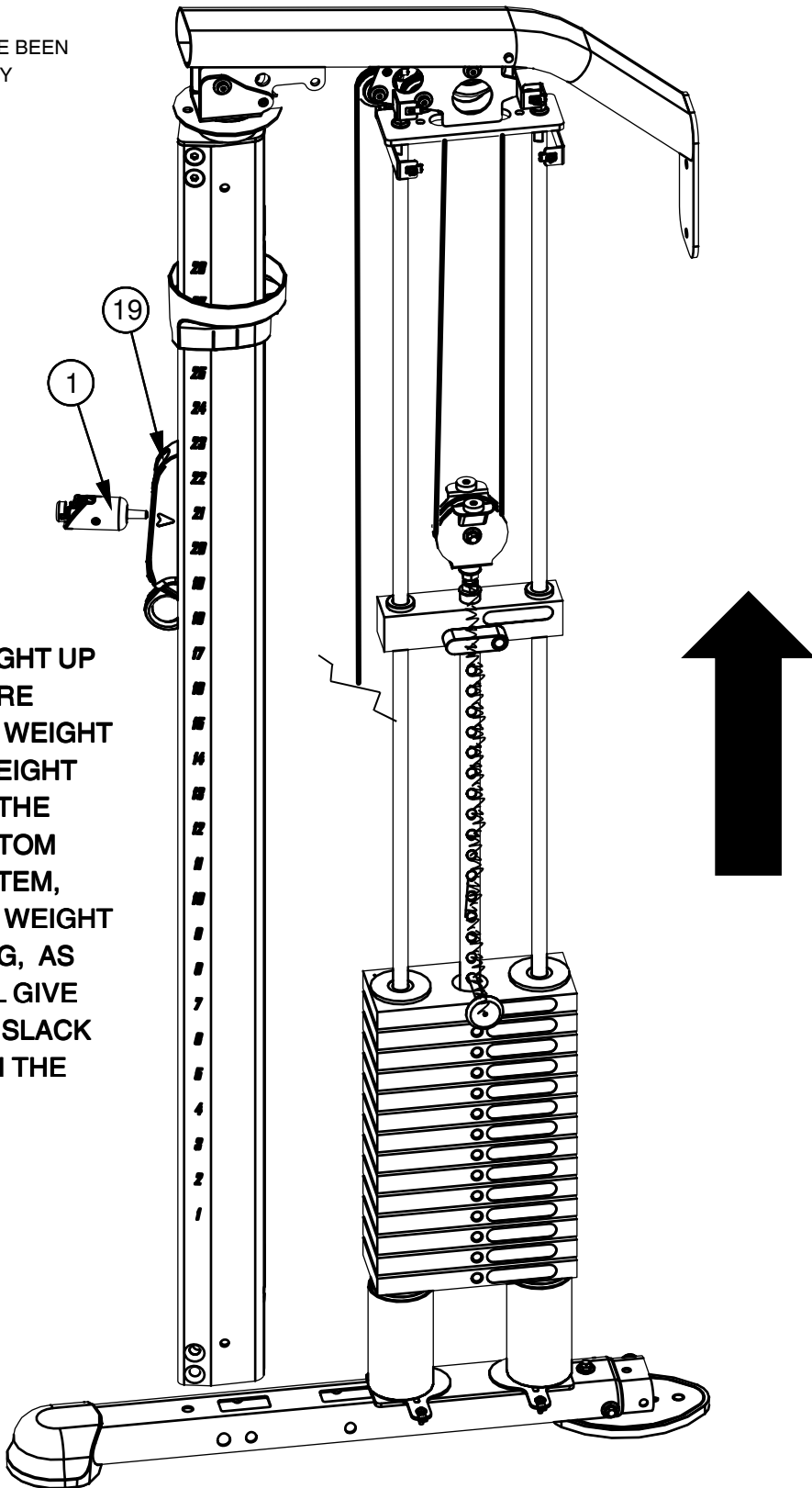
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

LIFT THE TOP WEIGHT UP UNTIL 17 HOLES ARE SHOWING ON THE WEIGHT STEM. PUT THE WEIGHT SELECTOR PIN IN THE HOLE AT THE BOTTOM OF THE WEIGHT STEM, SO THAT THE TOP WEIGHT PLATE IS FLOATING, AS SHOWN. THIS WILL GIVE THE **CABLE** MORE SLACK FOR THE STEPS IN THE COMING PAGES.

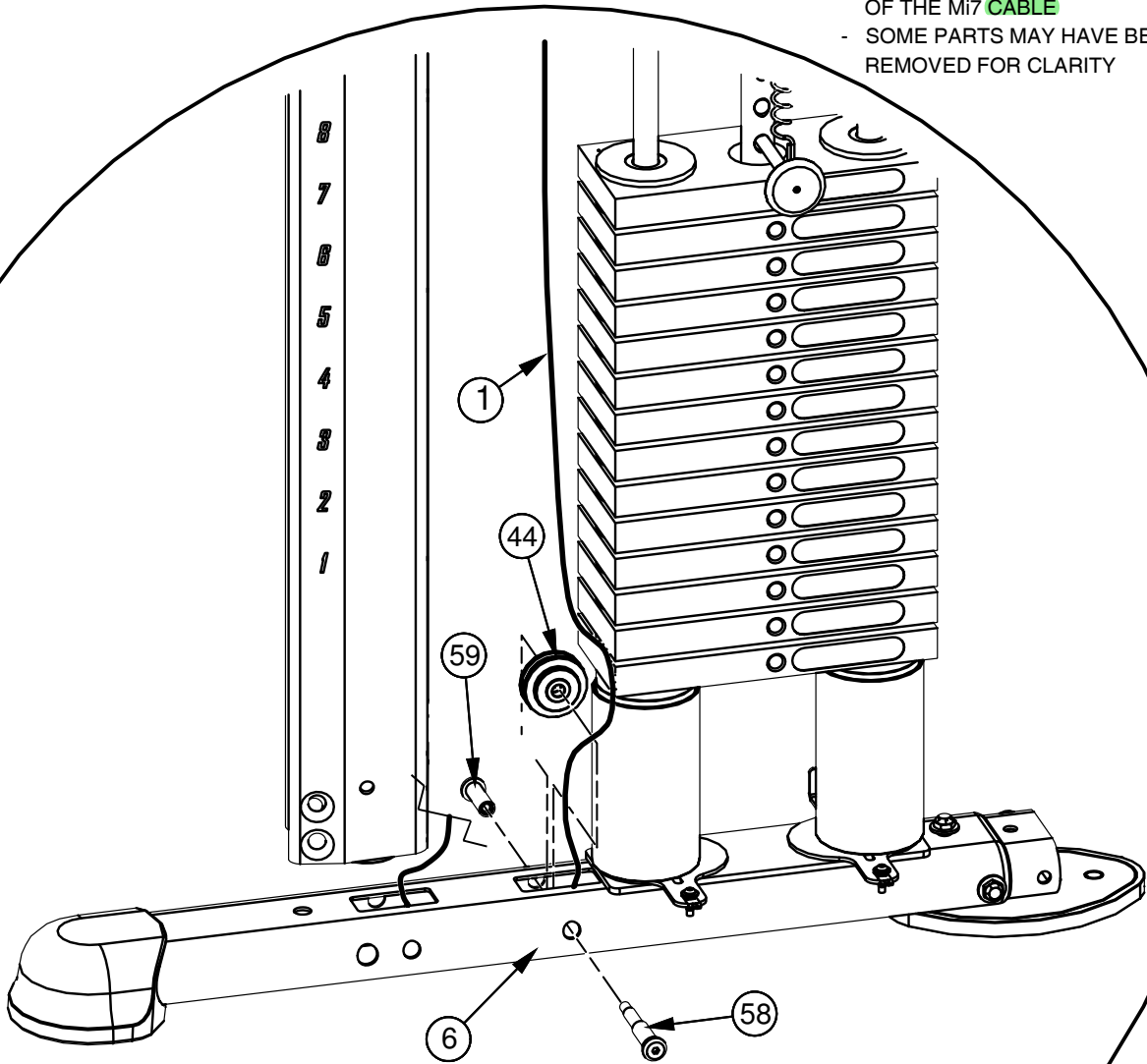


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

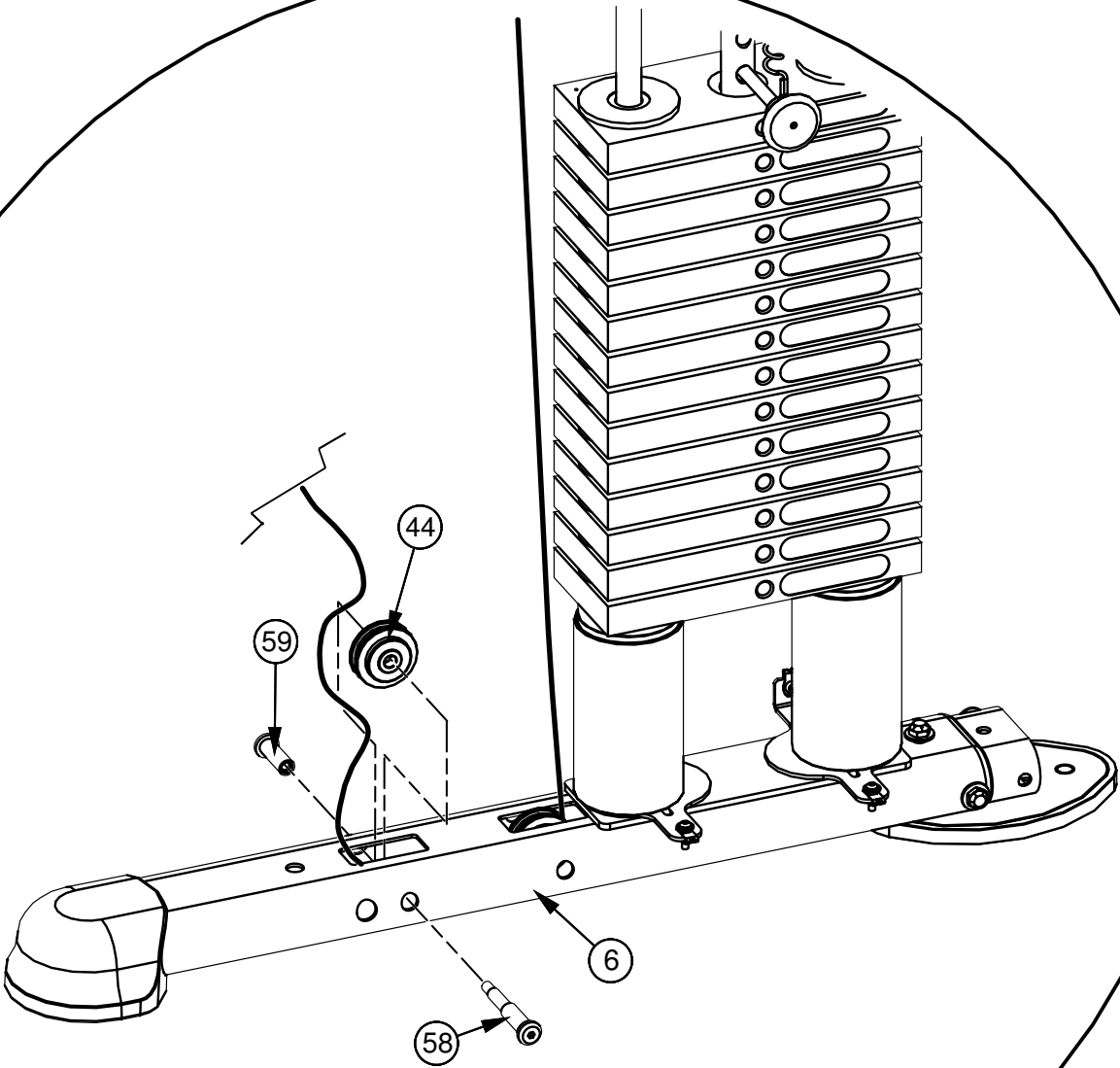
- WRENCH TIGHTEN HARDWARE
- INSTALL THE **CABLE** AND THE PULLEY AT THE SAME TIME.
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

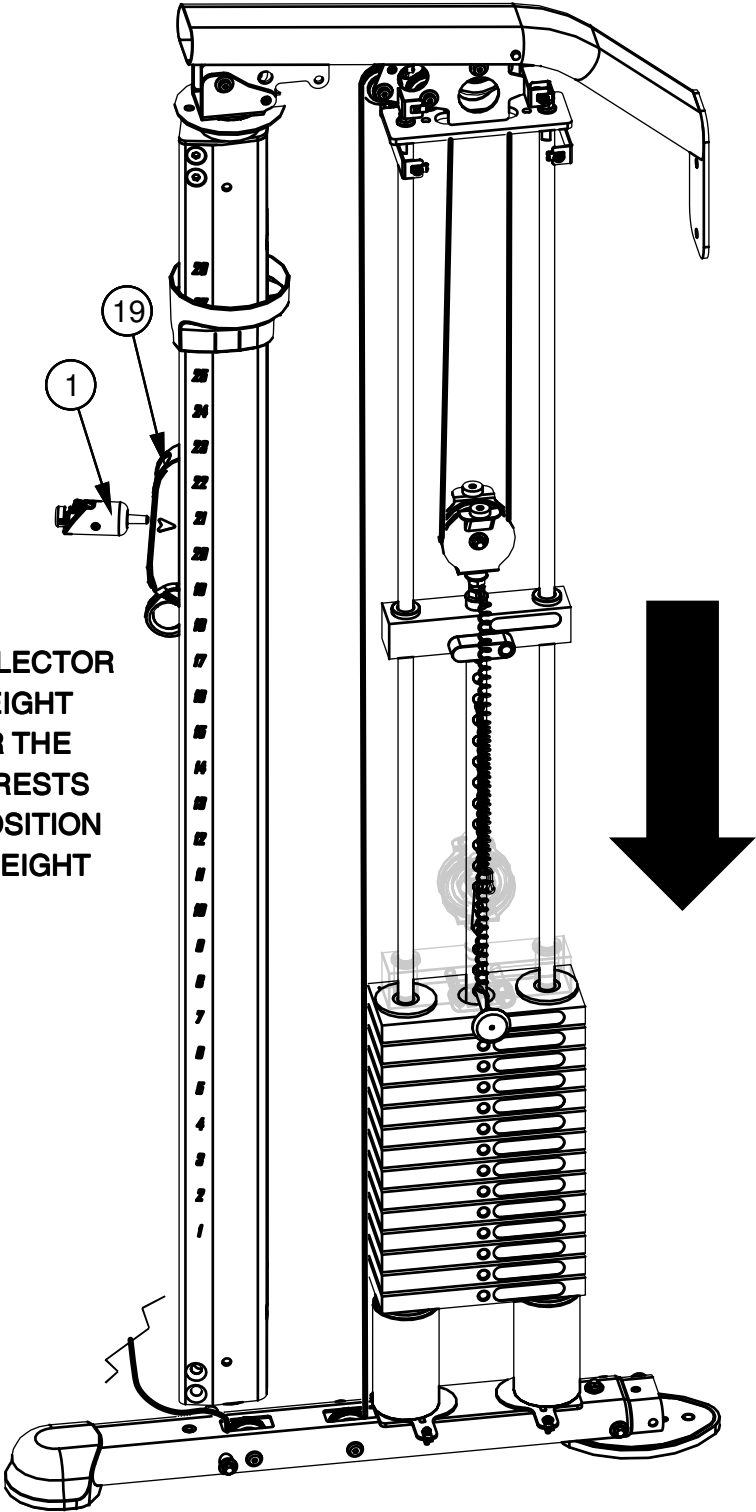
- NOTE:
- WRENCH TIGHTEN HARDWARE
 - INSTALL THE **CABLE** AND THE PULLEY AT THE SAME TIME
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE** ASSEMBLY
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



NOTE:
PULL OUT THE SELECTOR
PIN FROM THE WEIGHT
STEM AND LOWER THE
TOP PLATE SO IT RESTS
IN ITS NORMAL POSITION
ON TOP OF THE WEIGHT
PLATES.

OWNER'S MANUAL

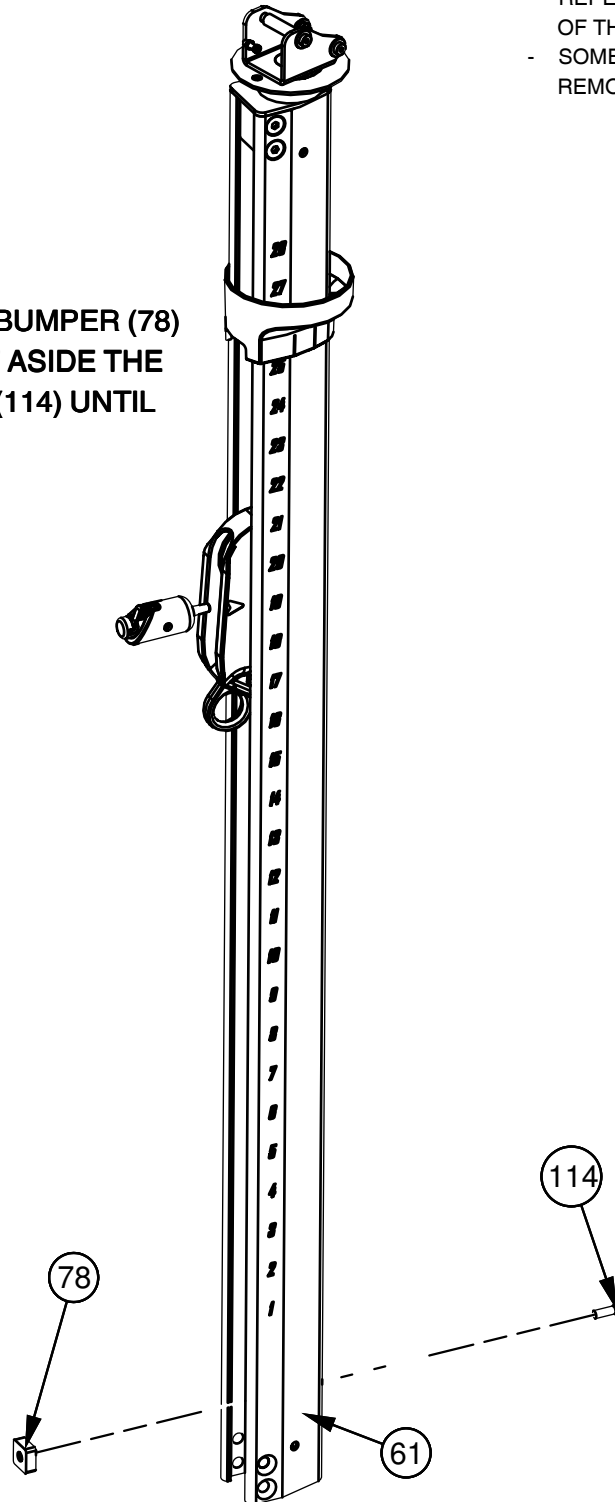
FRAME ASSEMBLY

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

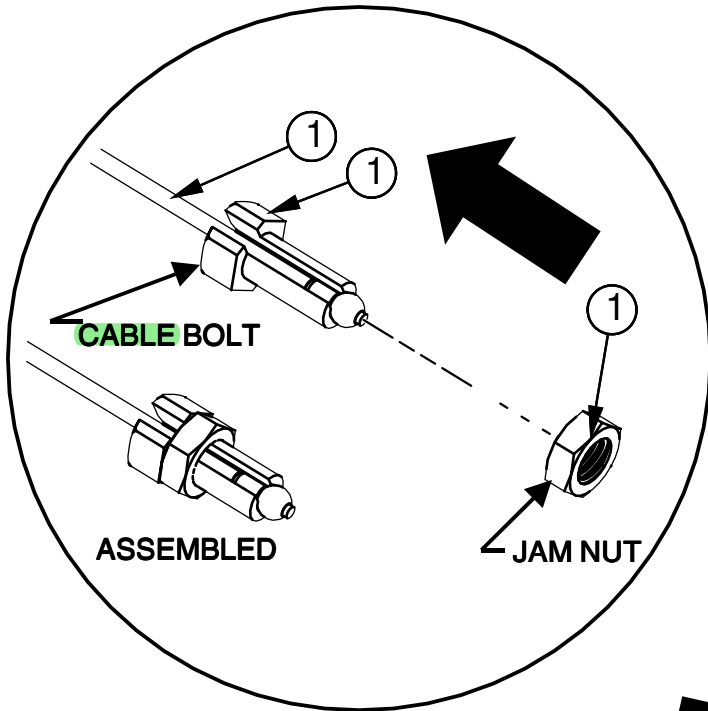
NOTE:

DISASSEMBLE THE BOTTOM BUMPER (78) FROM THE COLUMN (61). SET ASIDE THE BUMPER (78) AND THE BOLT (114) UNTIL LATER.



OWNER'S MANUAL

FRAME ASSEMBLY



NOTE:

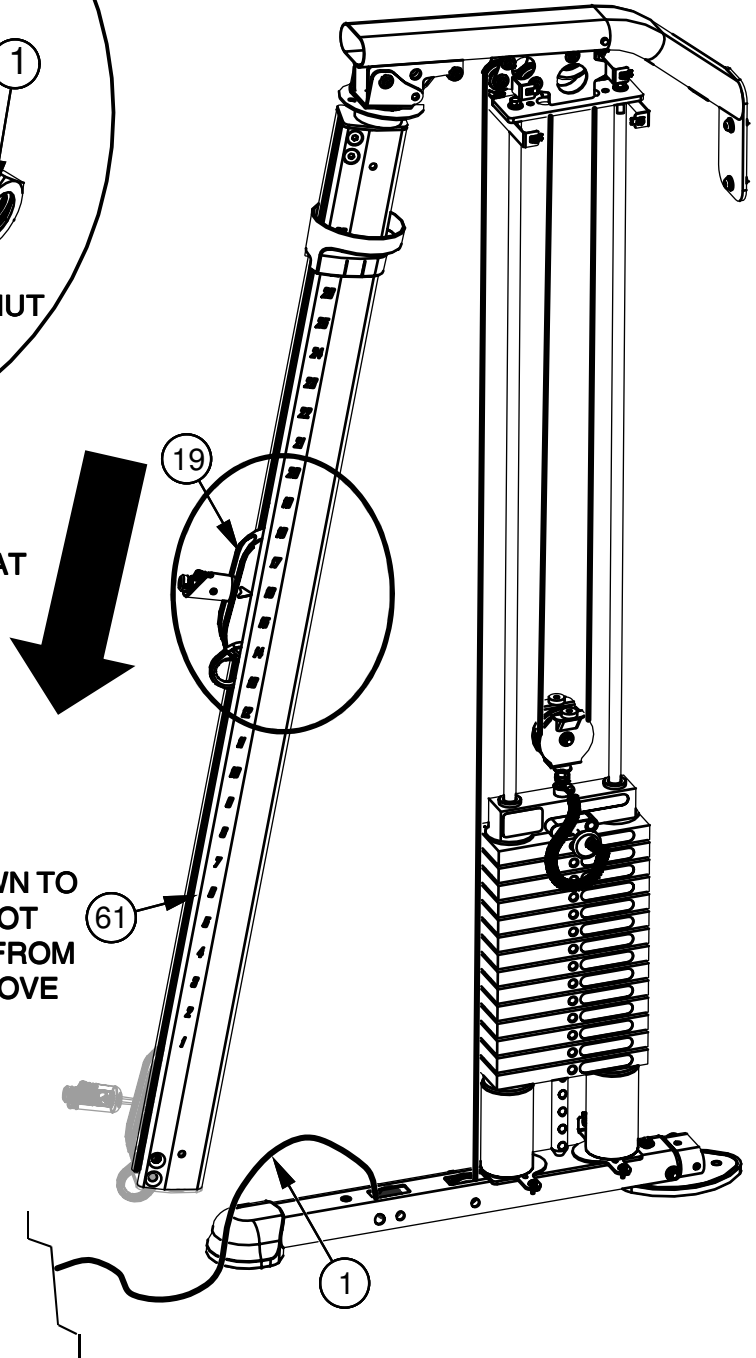
- REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

INSTALL BOLT ONTO **CABLE** END, THEN THREAD JAM NUT ONTO THE BOLT. REPEAT FOR OPPOSITE SIDE.

NOTE:

ADJUST THE PULLEY CARRIAGE (19) DOWN TO THE BOTTOM OF THE COLUMN (61). DO NOT FULLY REMOVE THE PULLEY CARRIAGE FROM THE COLUMN. IF YOU ACCIDENTLY REMOVE THE PULLEY CARRIAGE (19) FROM THE COLUMN, REFER TO PAGE 60 FOR INSTRUCTIONS TO REASSEMBLE IT.

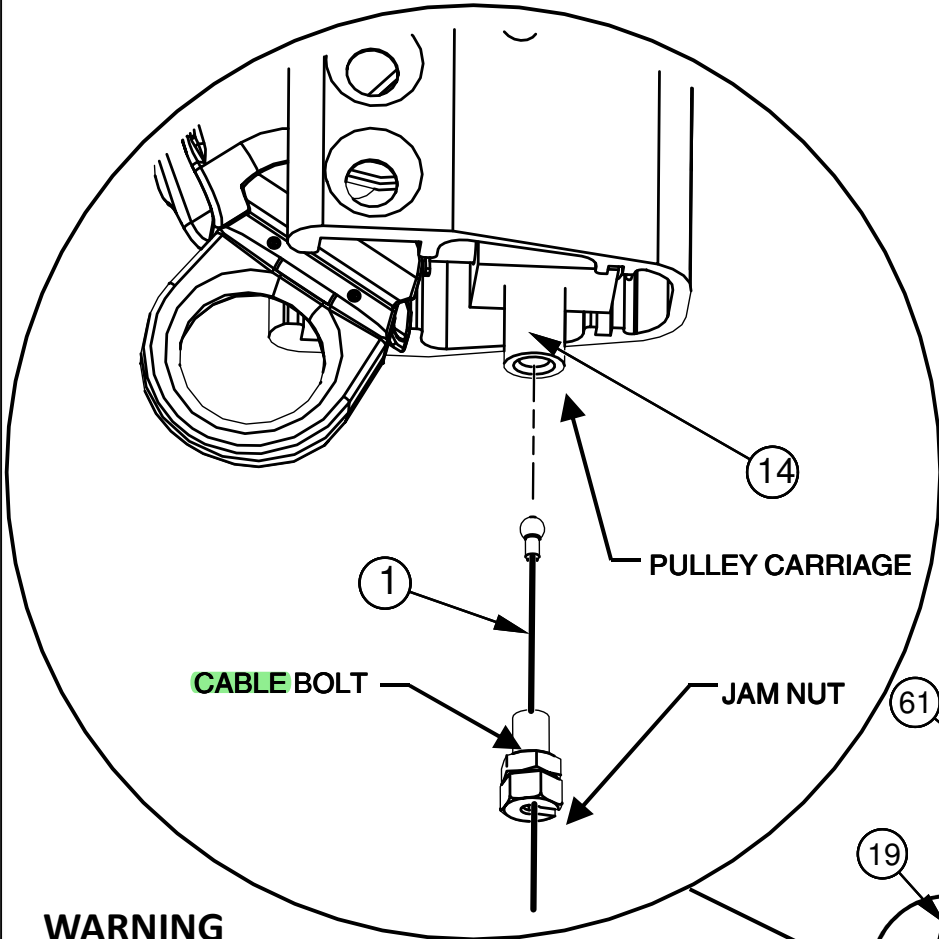


OWNER'S MANUAL

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

FRAME ASSEMBLY



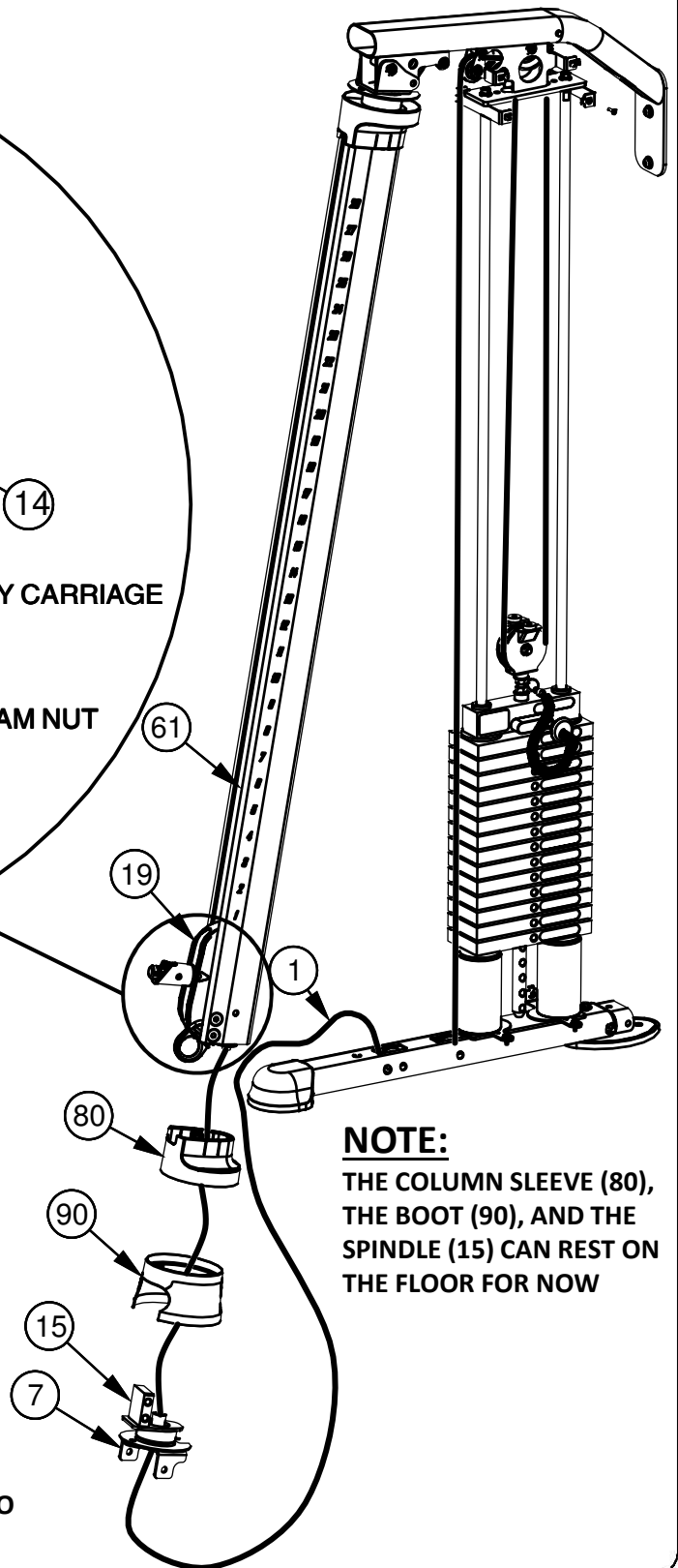
WARNING

CABLE BOLT MUST BE THREADED ALL THE WAY INTO PULLEY CARRIAGE, WITH JAM NUT TIGHTENED SECURELY TO PULLEY CARRIAGE TO ENSURE PROPER CONNECTION.

NOTE:

DO NOT FULLY REMOVE THE PULLEY CARRIAGE (19) FROM THE COLUMN (61). IF REMOVED BY ACCIDENT, REFER TO PAGE 60 FOR RE-ASSEMBLY.

WHEN FINISHED WITH ALL OF THE STEPS ON THIS PAGE, PUSH THE PULLEY CARRIAGE (19) UP TO THE MIDDLE OF THE COLUMN.



NOTE:

THE COLUMN SLEEVE (80), THE BOOT (90), AND THE SPINDLE (15) CAN REST ON THE FLOOR FOR NOW

OWNER'S MANUAL

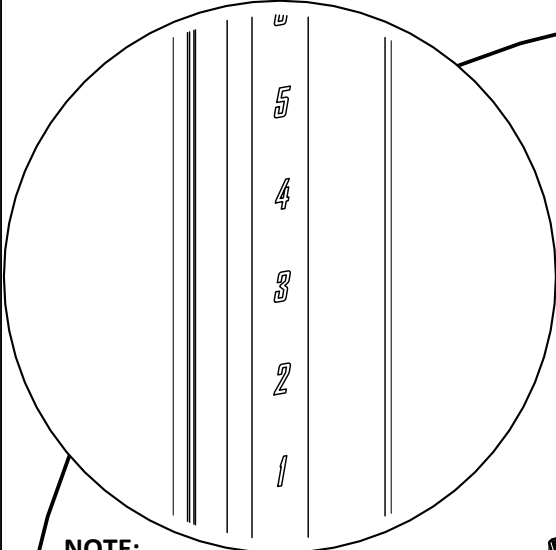
FRAME ASSEMBLY

NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

APPLY TEFLON (PTFE) BASED LUBRICANT (SUPERLUBE) (132) IN THIS AREA ON THE COLUMN BEFORE INSTALLING COLUMN SLEEVE (80). AFTER COLUMN SLEEVE IS INSTALLED, USE A CLOTH TO CLEAN OFF EXTRA LUBRICANT.

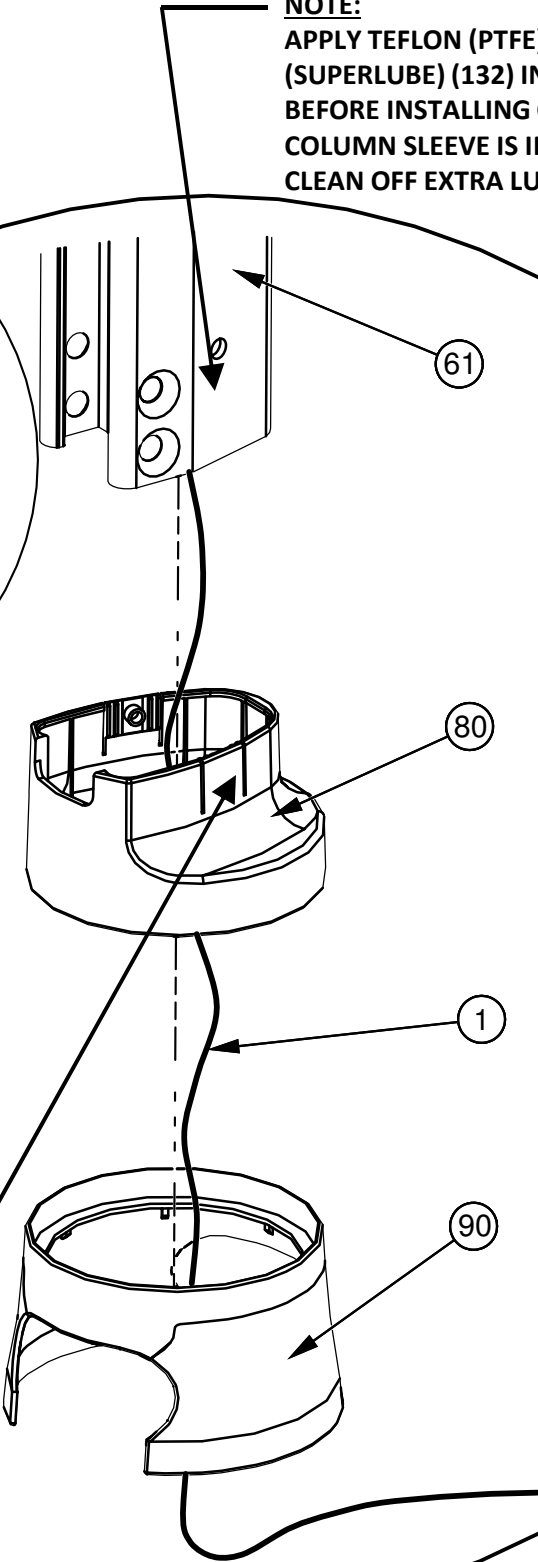


NOTE:

ENSURE NUMBERS ON THE COLUMN ARE ASCENDING UPWARDS, AS SHOWN

NOTE:

LIFT THE TABS ON EACH SIDE OF THE COLUMN SLEEVE (80), THEN PUSH THE SLEEVE ABOUT 12" UP THE COLUMN (61). REPEAT FOR THE OPPOSITE SIDE OF THE Mi7 **CABLE**

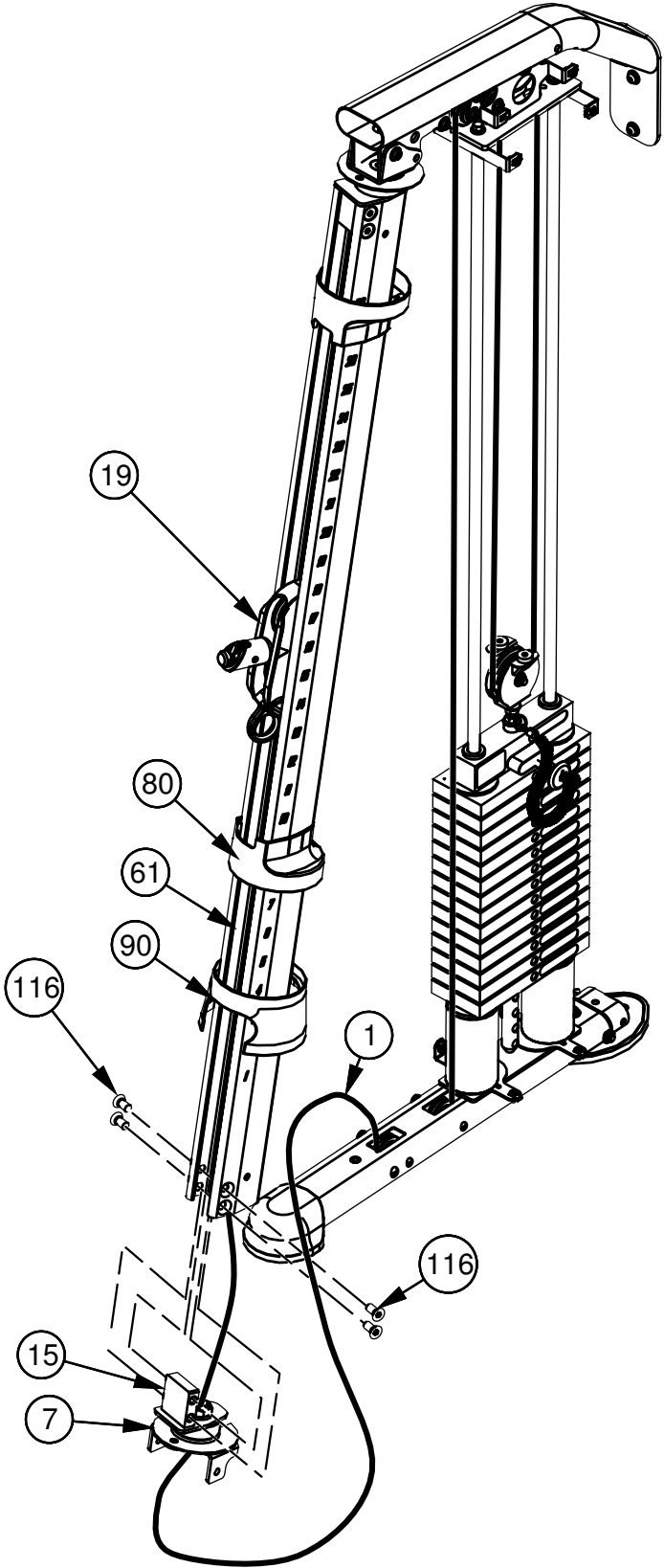


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT FOR OPPOSITE SIDE OF THE MI7 **CABLE**



NOTE:

BE CAREFUL MOVING THE COLUMN (61) TO AVOID DAMAGING THE **CABLE** (1).

OWNER'S MANUAL

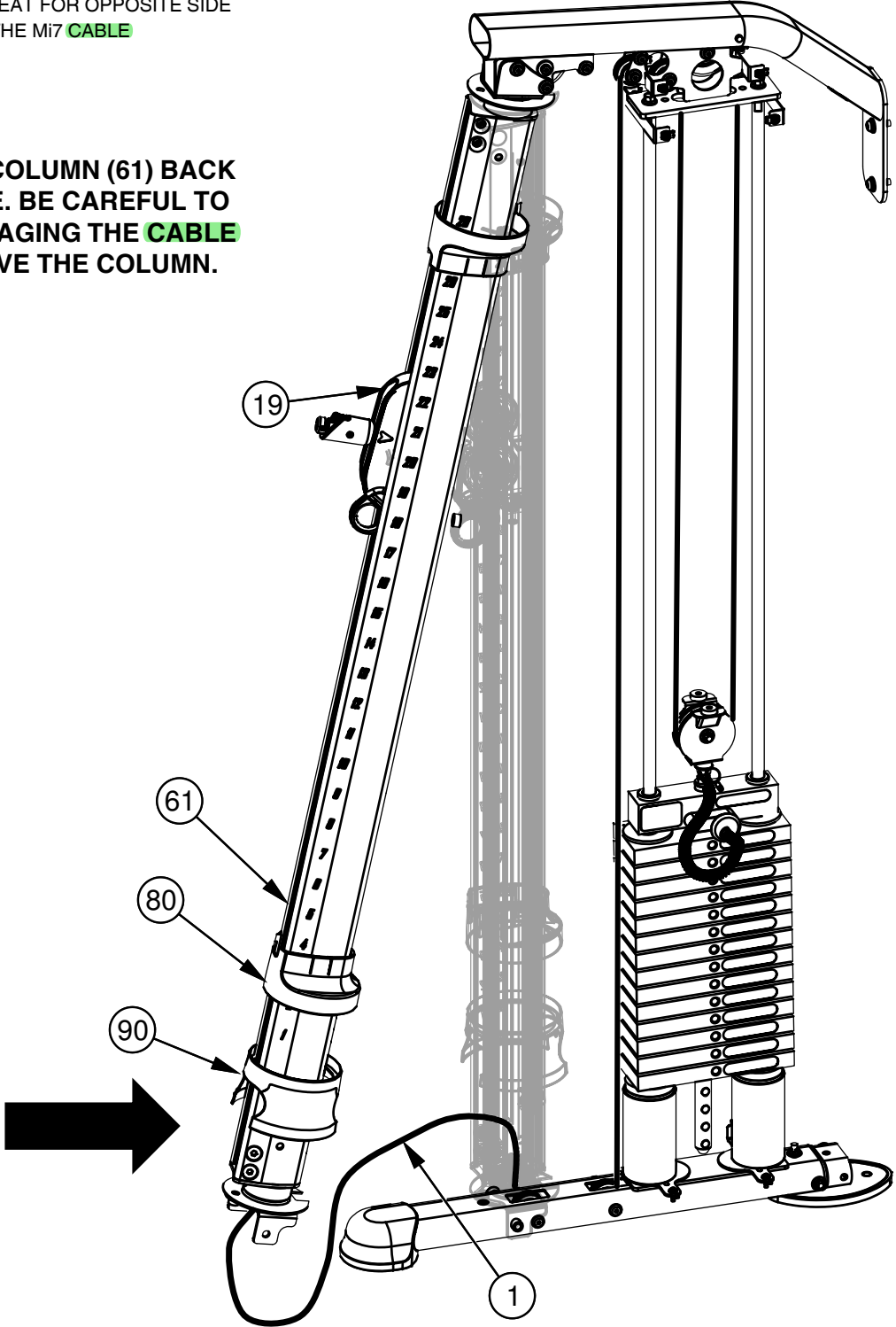
FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**

NOTE:

PUSH THE COLUMN (61) BACK INTO PLACE. BE CAREFUL TO AVOID DAMAGING THE **CABLE AS YOU MOVE THE COLUMN.**



OWNER'S MANUAL

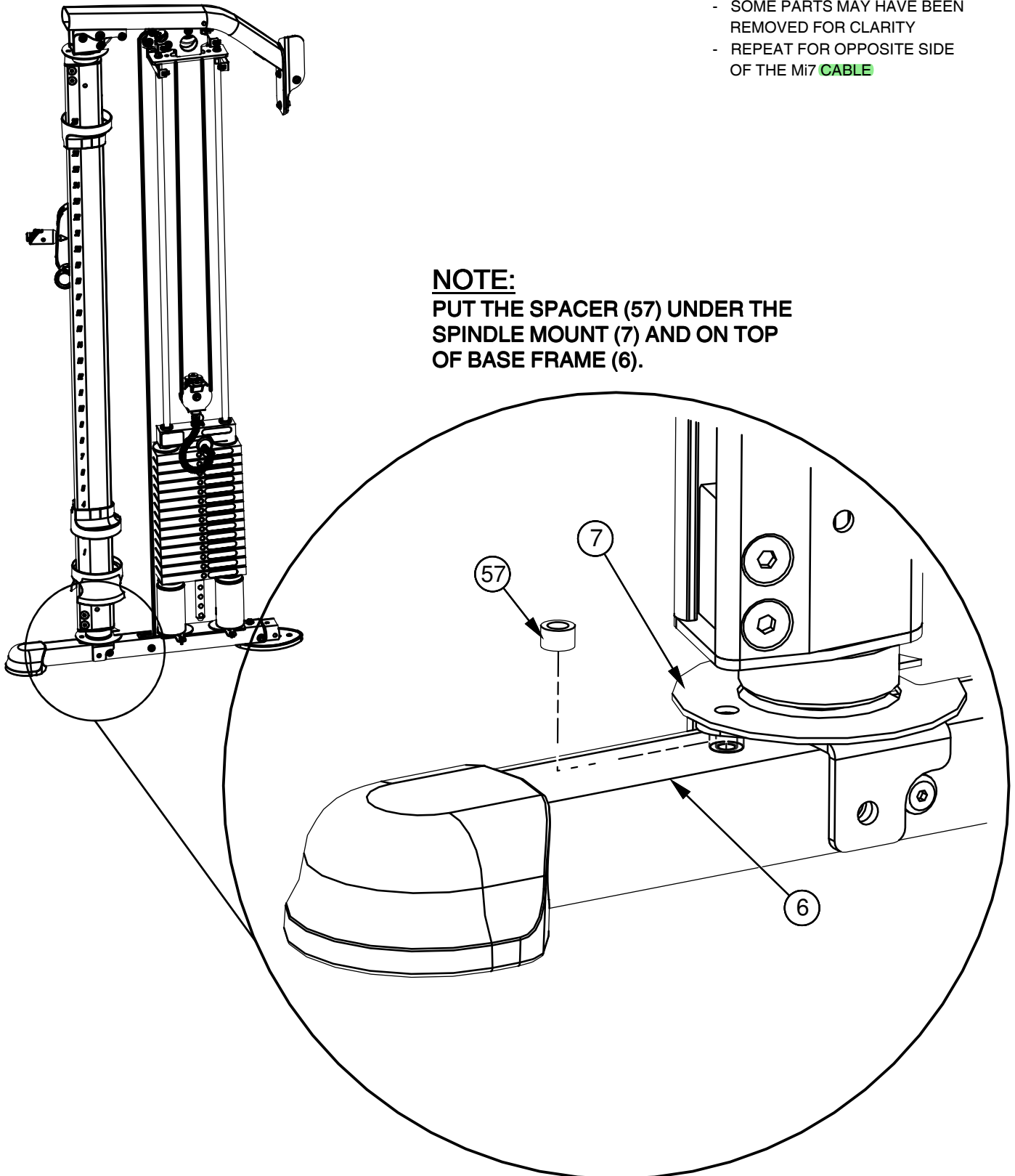
FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**

NOTE:

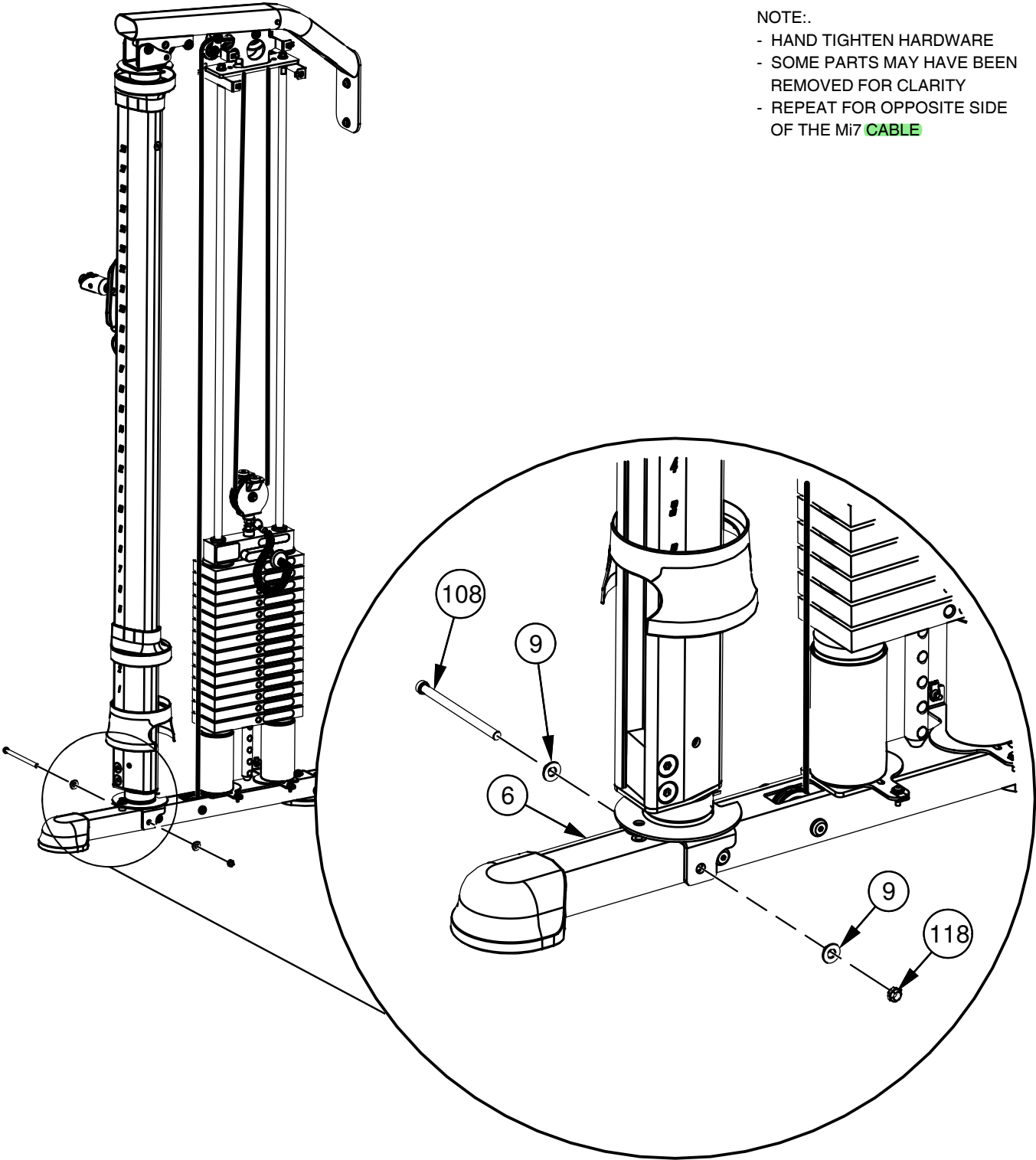
PUT THE SPACER (57) UNDER THE SPINDLE MOUNT (7) AND ON TOP OF BASE FRAME (6).



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:.
- HAND TIGHTEN HARDWARE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**

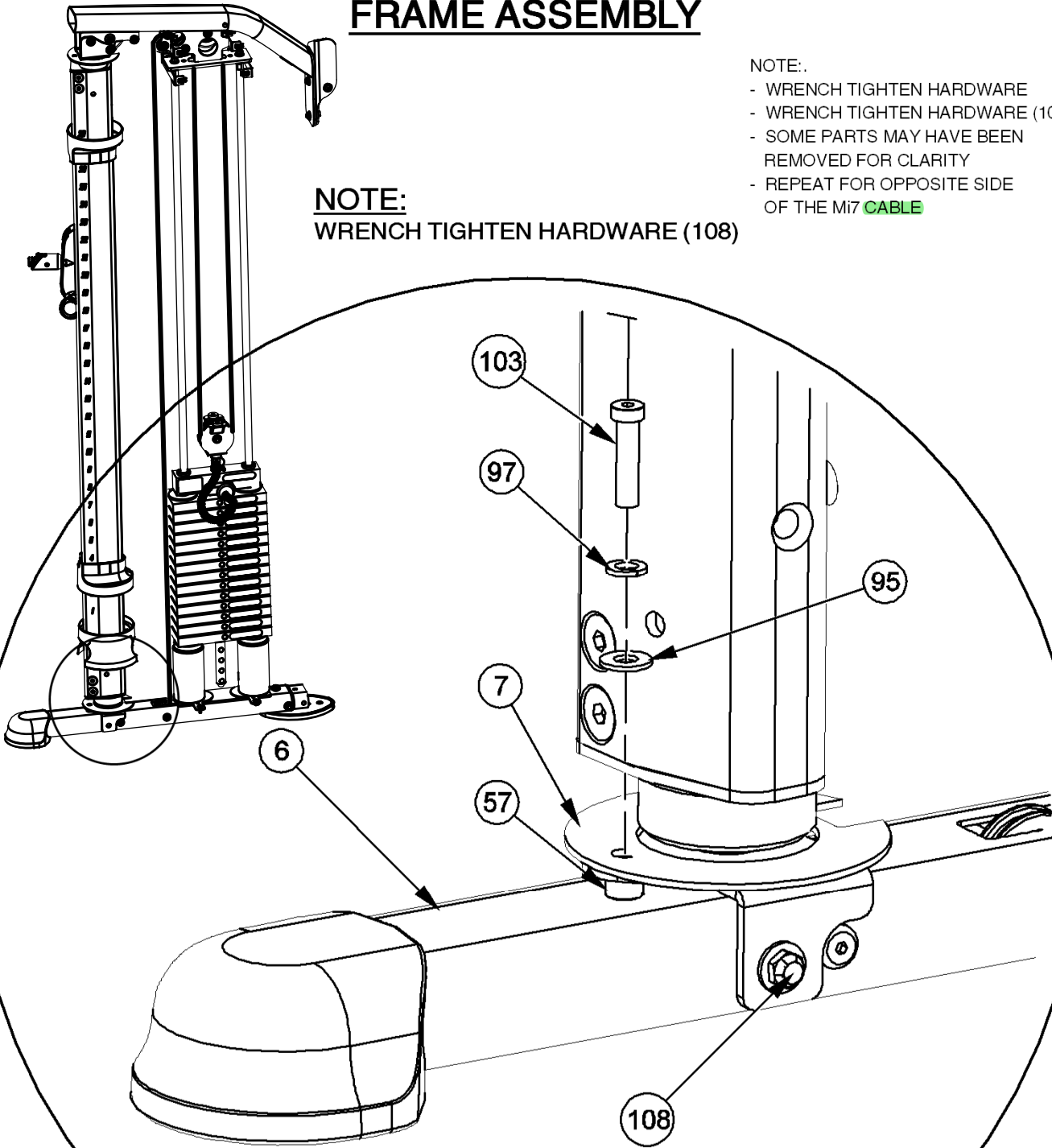


OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - WRENCH TIGHTEN HARDWARE (108)
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE SIDE OF THE MI7 **CABLE**

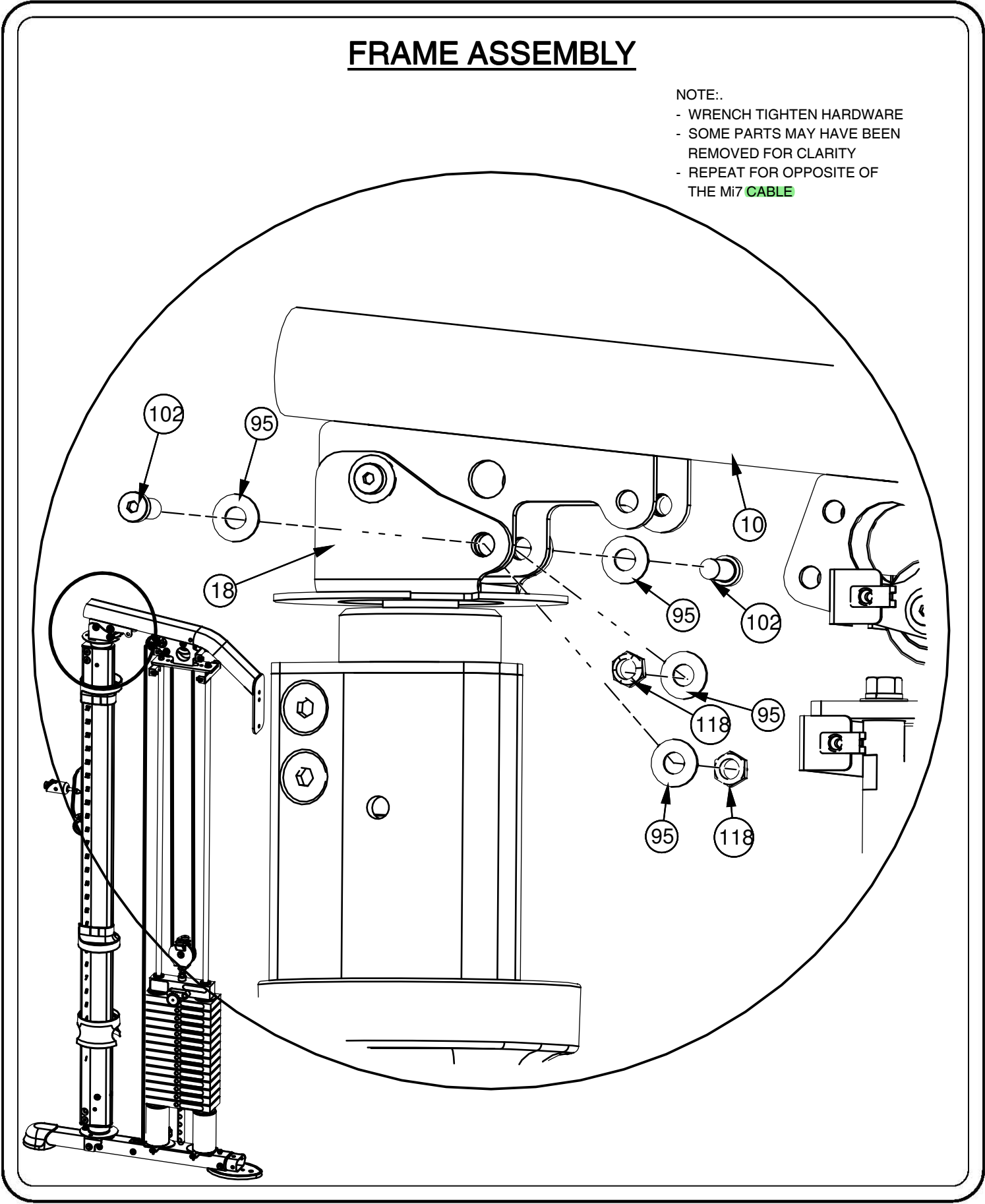
NOTE:
WRENCH TIGHTEN HARDWARE (108)



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- WRENCH TIGHTEN HARDWARE
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - REPEAT FOR OPPOSITE OF THE Mi7 **CABLE**



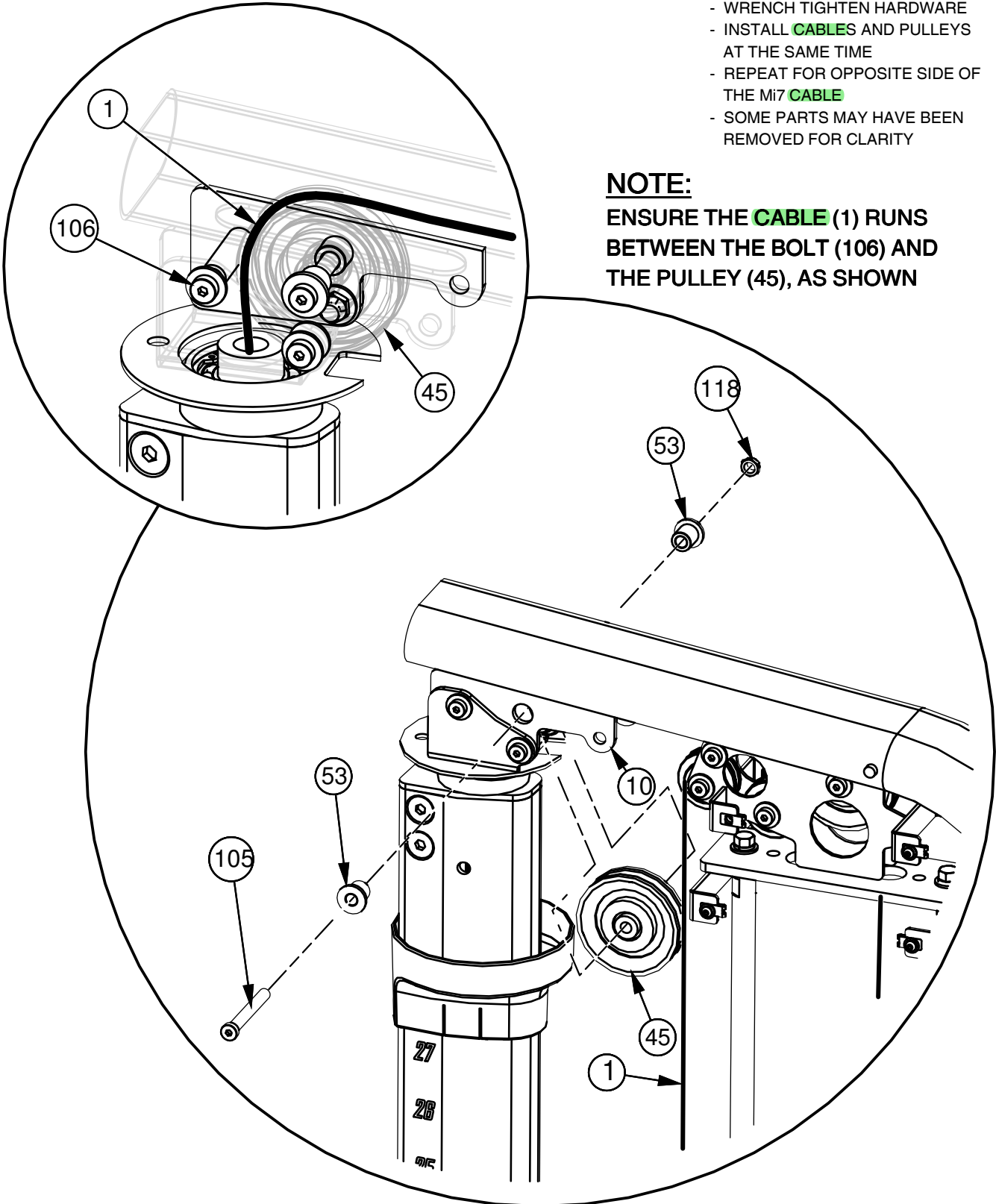
OWNER'S MANUAL

FRAME ASSEMBLY

CABLE PROFILE VIEW

- NOTE:.
- WRENCH TIGHTEN HARDWARE
 - INSTALL **CABLES** AND PULLEYS AT THE SAME TIME
 - REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

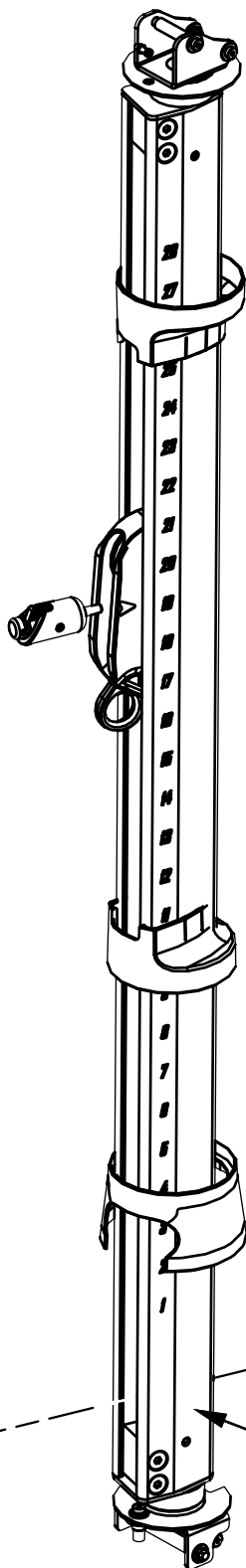
NOTE:
ENSURE THE **CABLE** (1) RUNS BETWEEN THE BOLT (106) AND THE PULLEY (45), AS SHOWN



FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

REINSTALL THE BOTTOM BUMPER (78) AND THE BOLT (114) WHICH WERE REMOVED EARLIER

IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

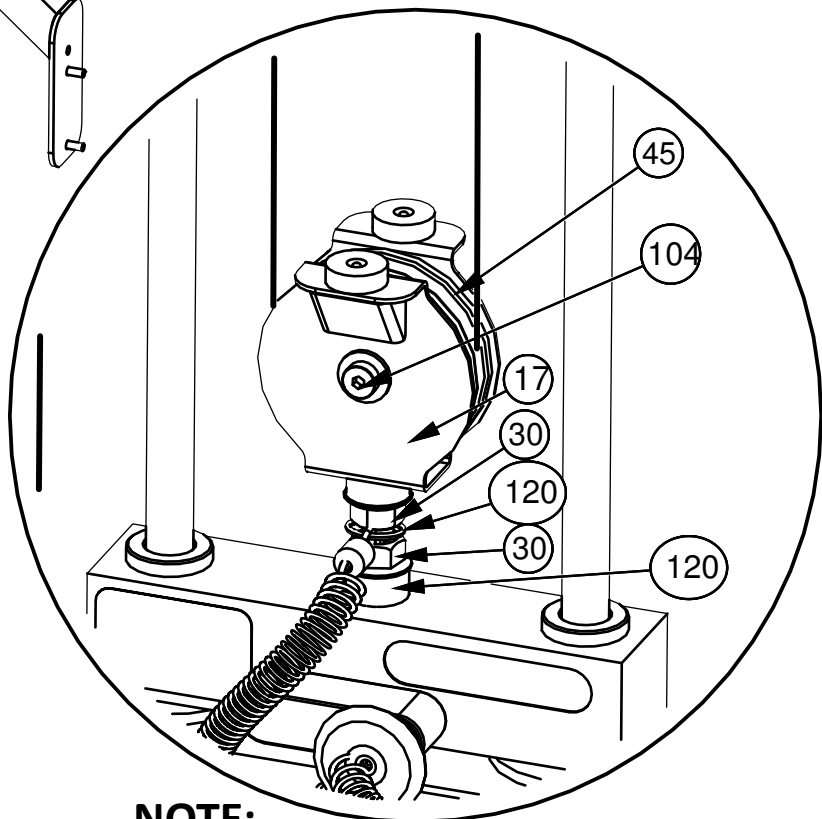
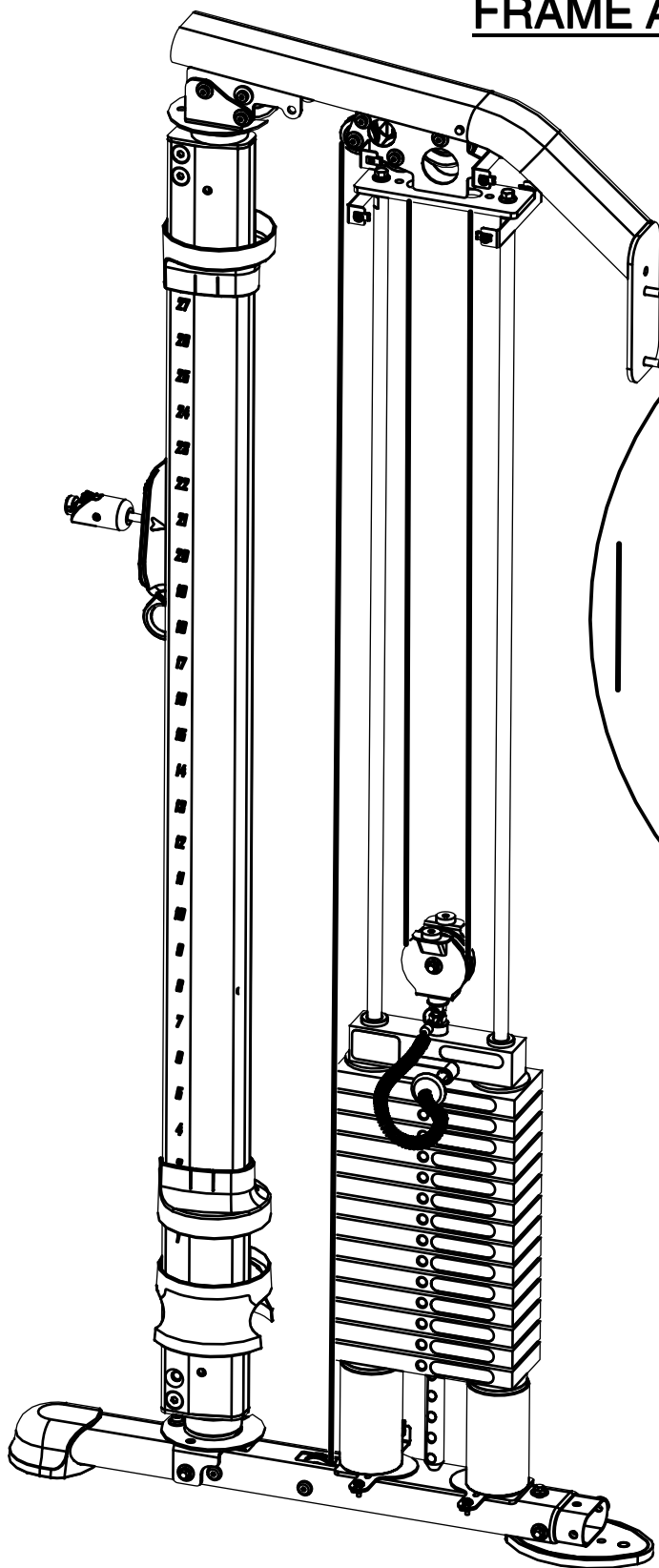
AT THIS STEP, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

LOOSEN JAM NUTS (30) AND THREAD PULLEY MOUNT (17) IN/OUT TO GIVE THE **CABLE** PROPER TENSION. RE-TIGHTEN JAM NUTS. YOU MAY NEED TO REMOVE THE PULLEY BOLT (104) AND THE PULLEY (45) WHILE ADJUSTING THE PULLEY MOUNT(17).

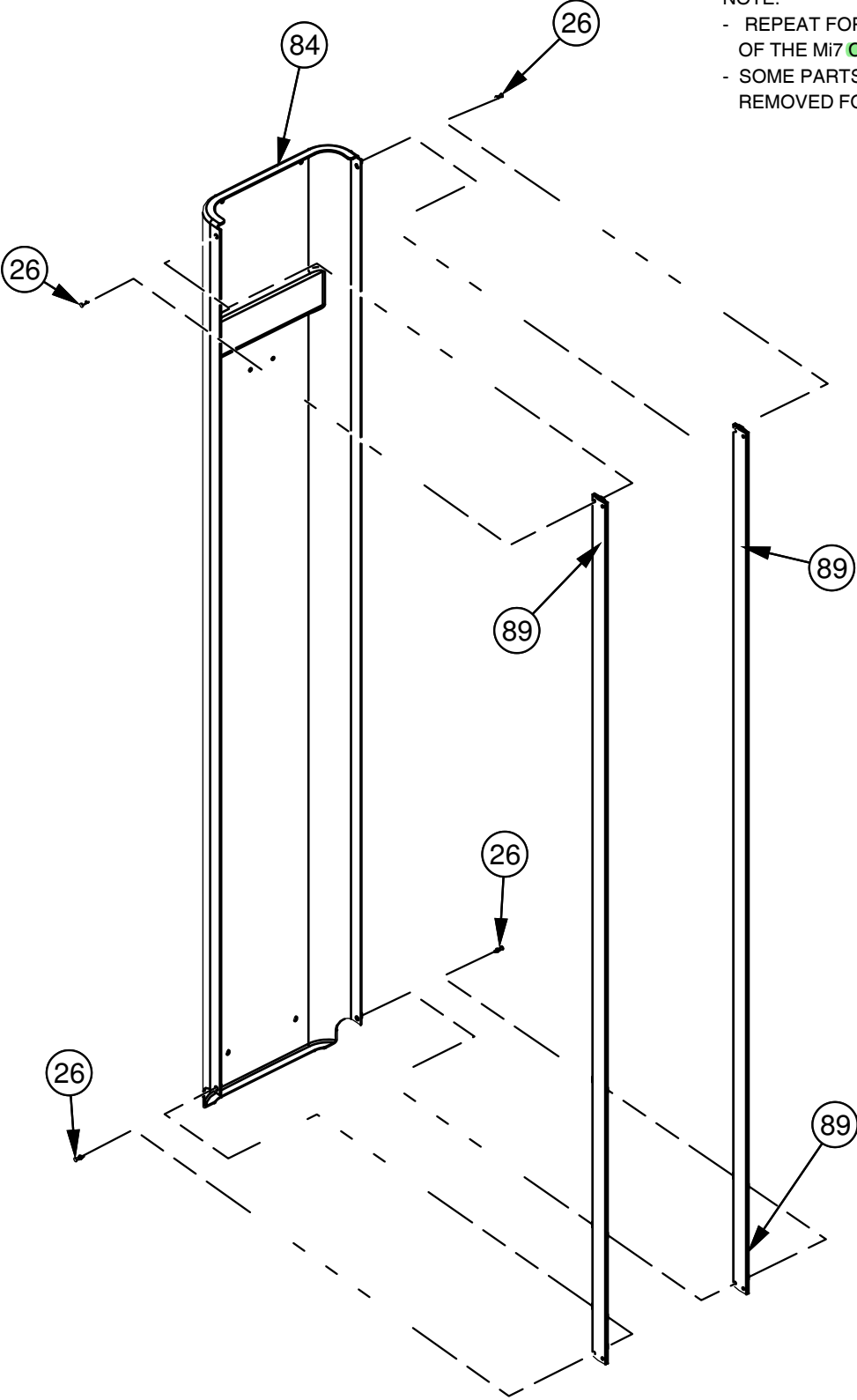
WARNING

PULLEY MOUNT (17) MUST BE THREADED A MINIMUM OF 3/8" INTO THE TOP PLATE (120), WITH JAM NUTS (30) TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

OWNER'S MANUAL

FRAME ASSEMBLY

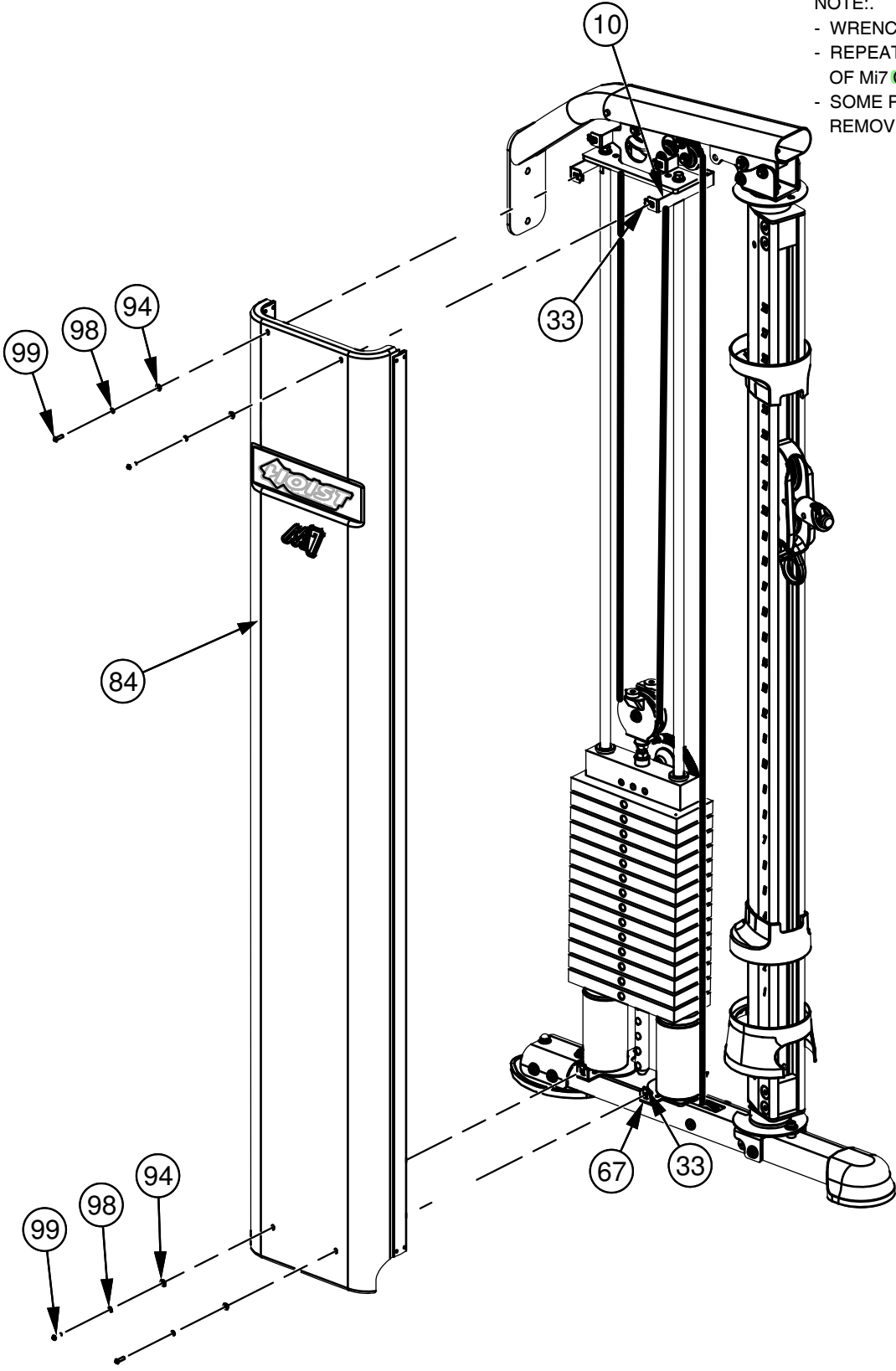
NOTE:
- REPEAT FOR OPPOSITE SIDE
OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:.
- WRENCH TIGHTEN HARDWARE
 - REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
 - SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

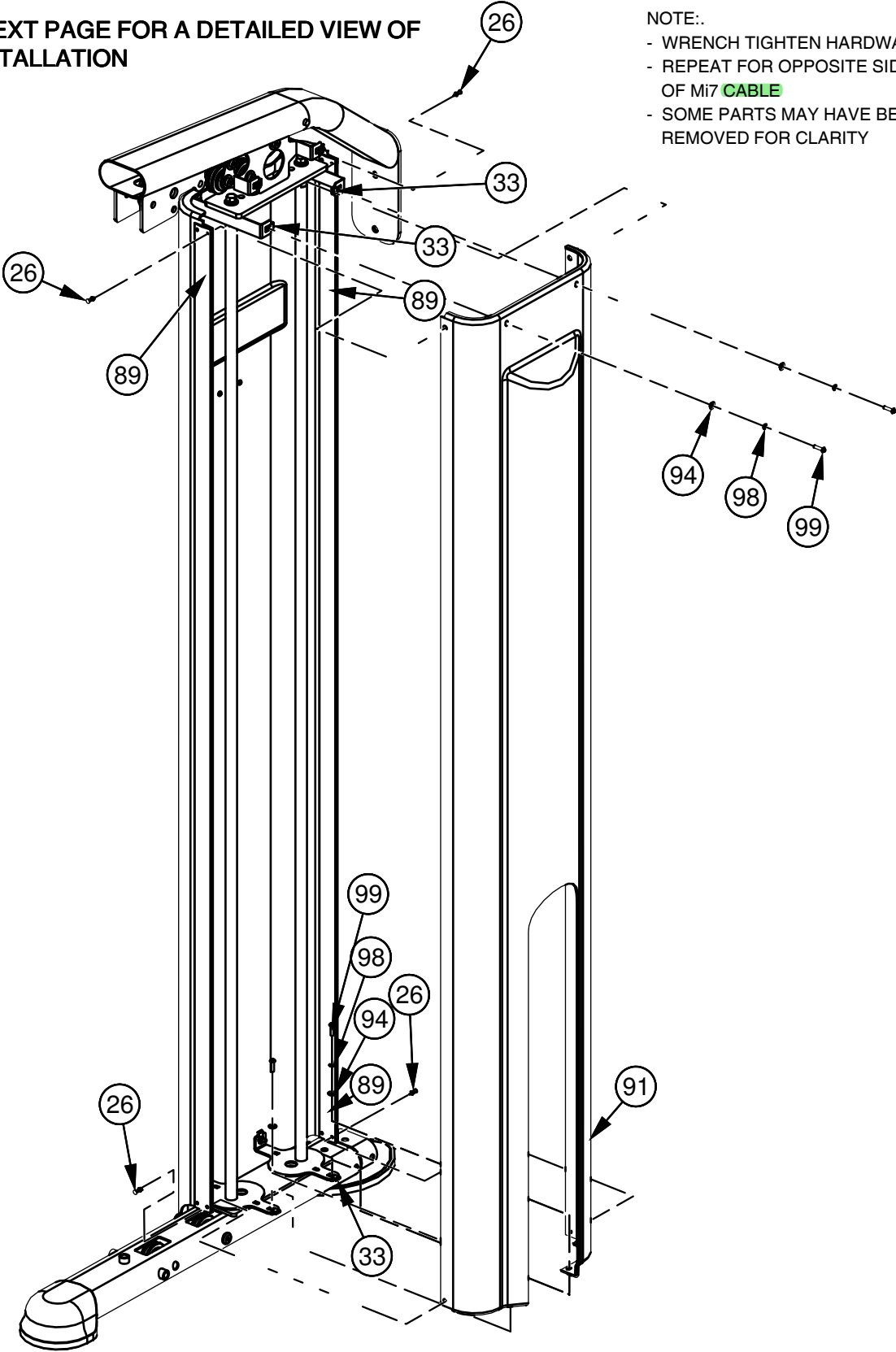


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
SEE THE NEXT PAGE FOR A DETAILED VIEW OF SHIELD INSTALLATION

NOTE:
- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OPPOSITE SIDE OF Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

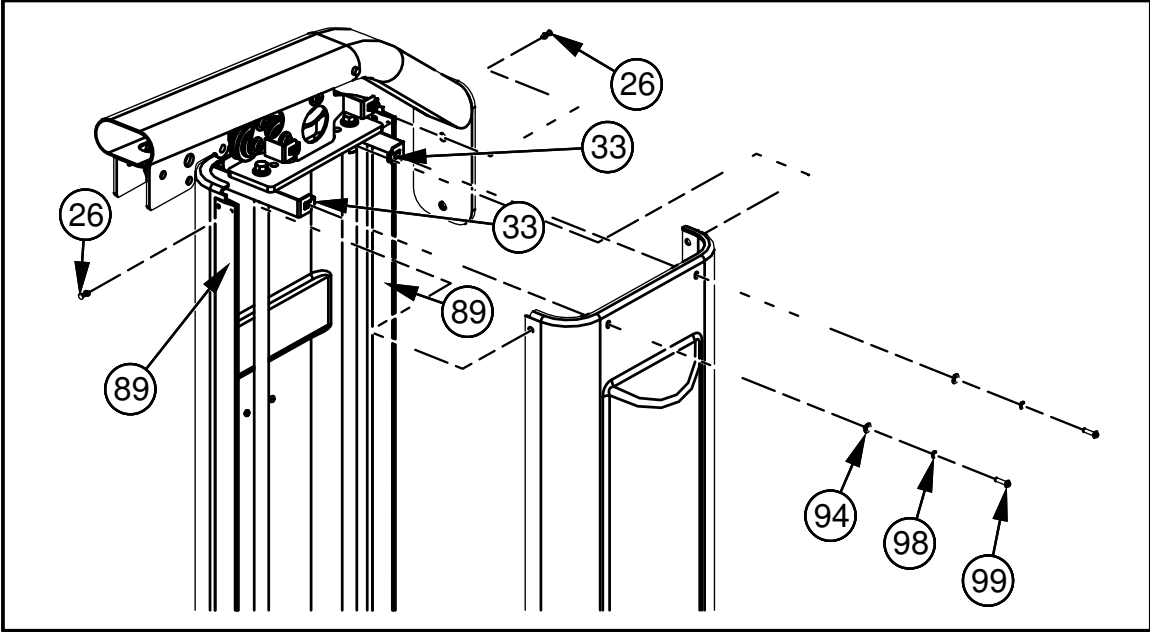
FRAME ASSEMBLY

DETAILED VIEW OF SHIELD INSTALLATION

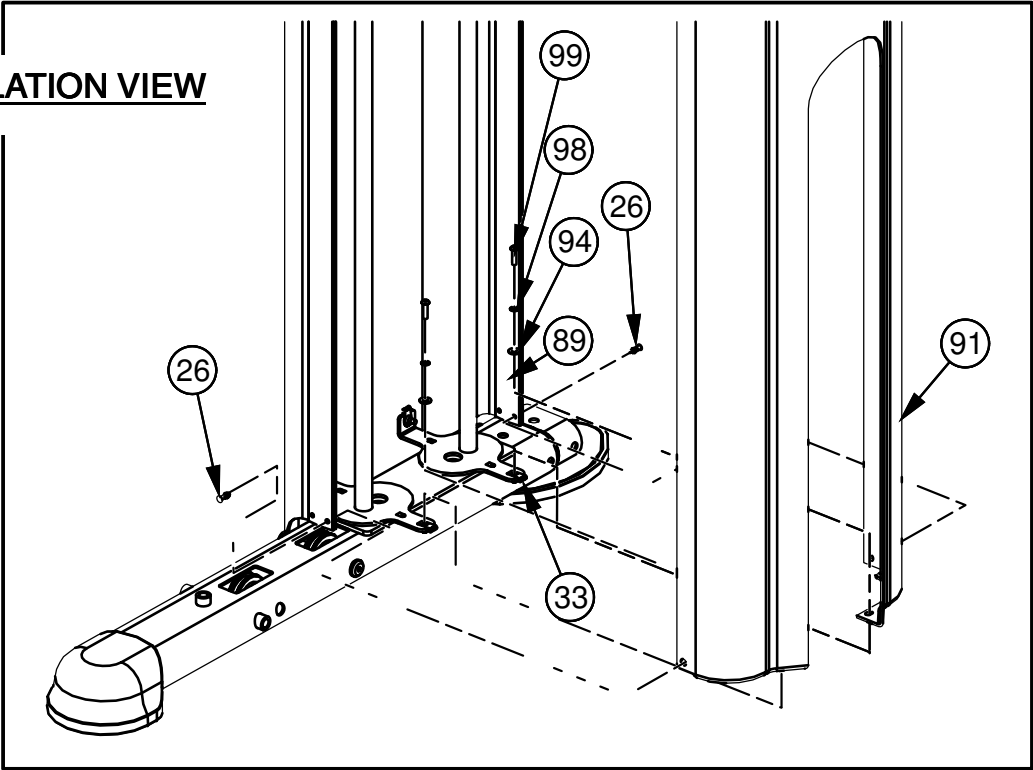
NOTE:.

- WRENCH TIGHTEN HARDWARE
- REPEAT FOR OTHER SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

UPPER INSTALLATION VIEW



LOWER INSTALLATION VIEW



OWNER'S MANUAL

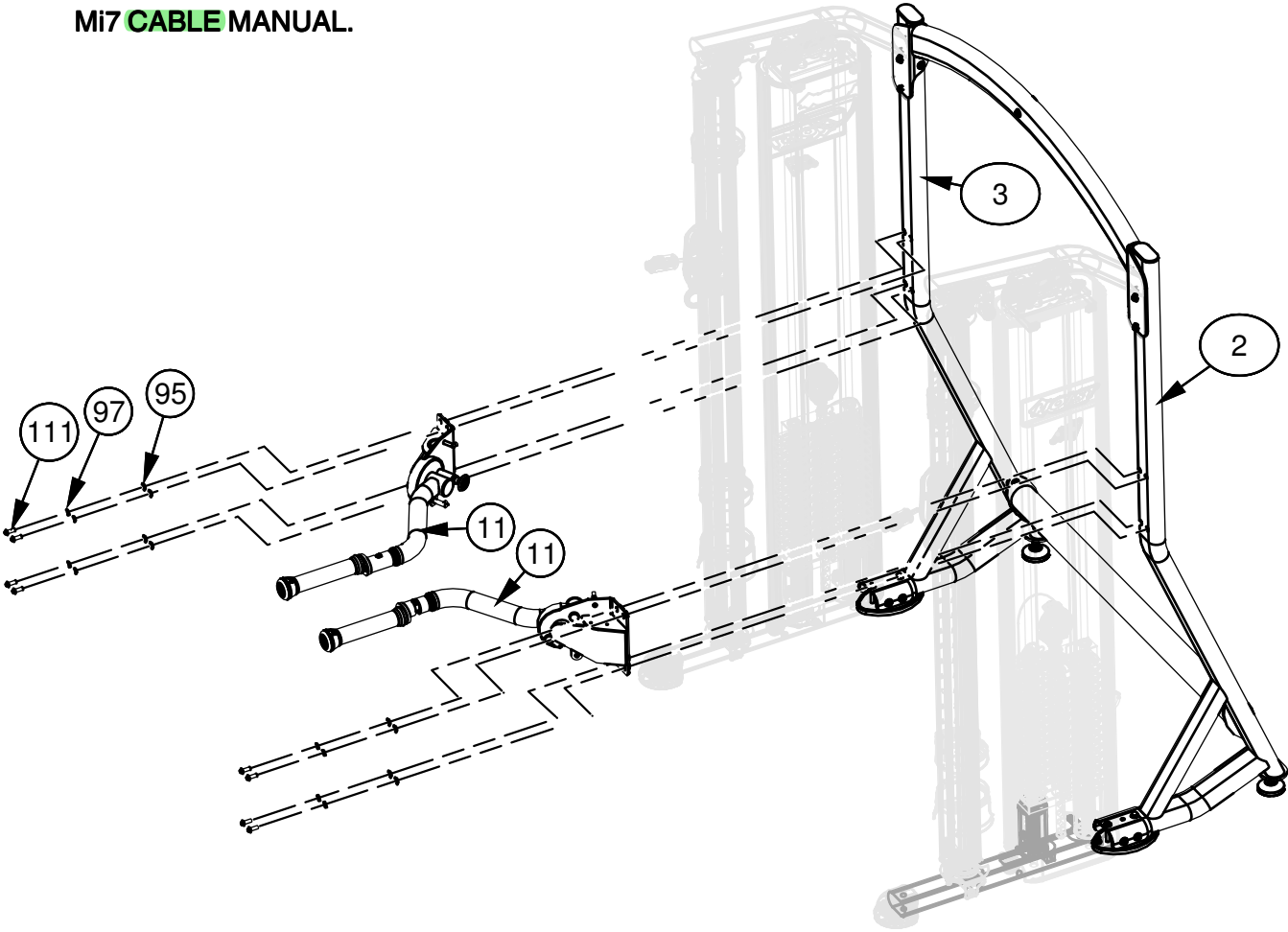
FRAME ASSEMBLY

NOTE:
IF YOU PURCHASED A MiSMITH, THIS PAGE
WILL NOT APPLY. SKIP TO PAGE 50 OF THE
Mi7 **CABLE** MANUAL.

NOTE:
- HAND TIGHTEN HARDWARE

○ PARTS FROM Mi7 FRAME

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



OWNER'S MANUAL

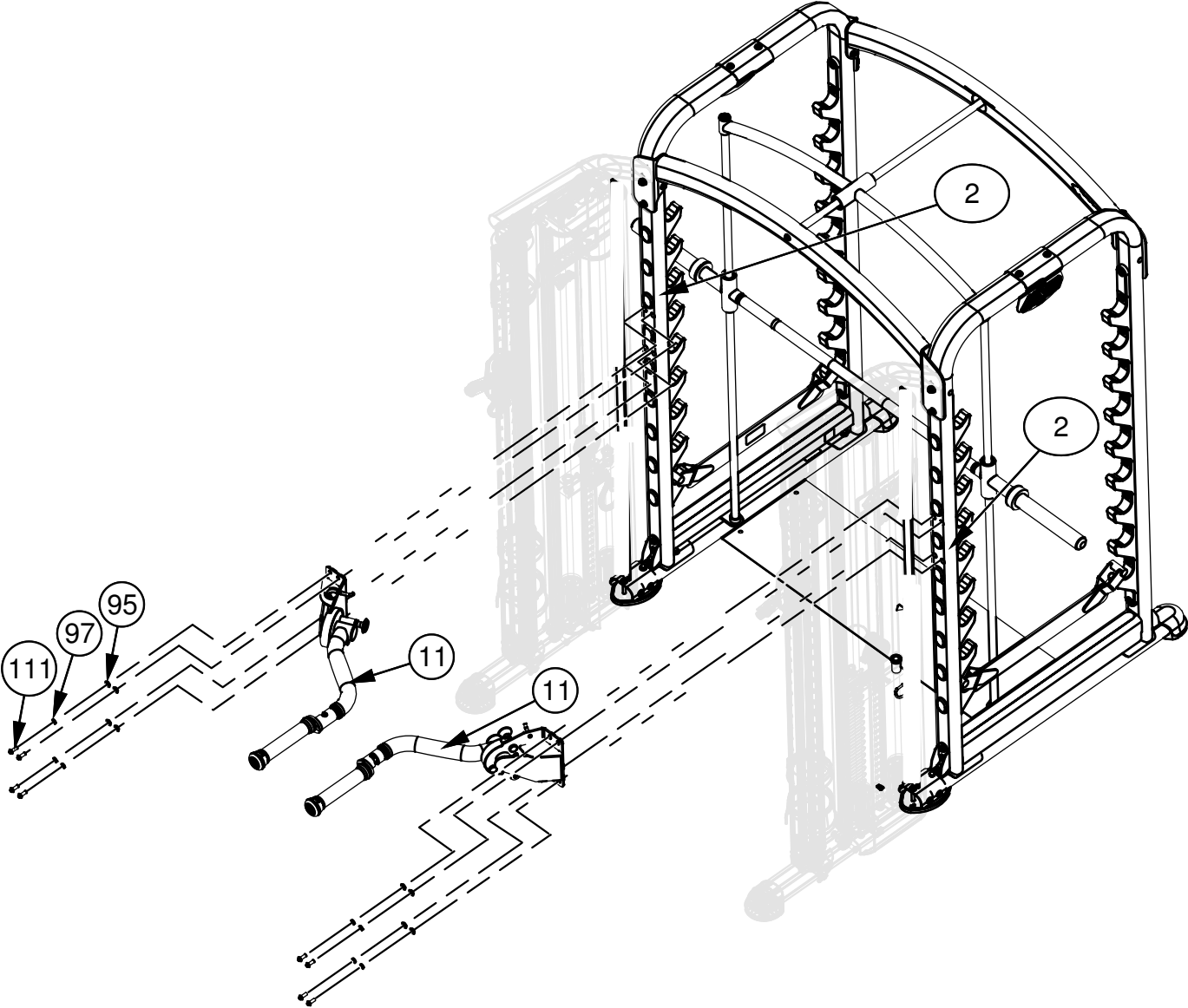
FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE

○ PARTS FROM MISMITH MANUAL

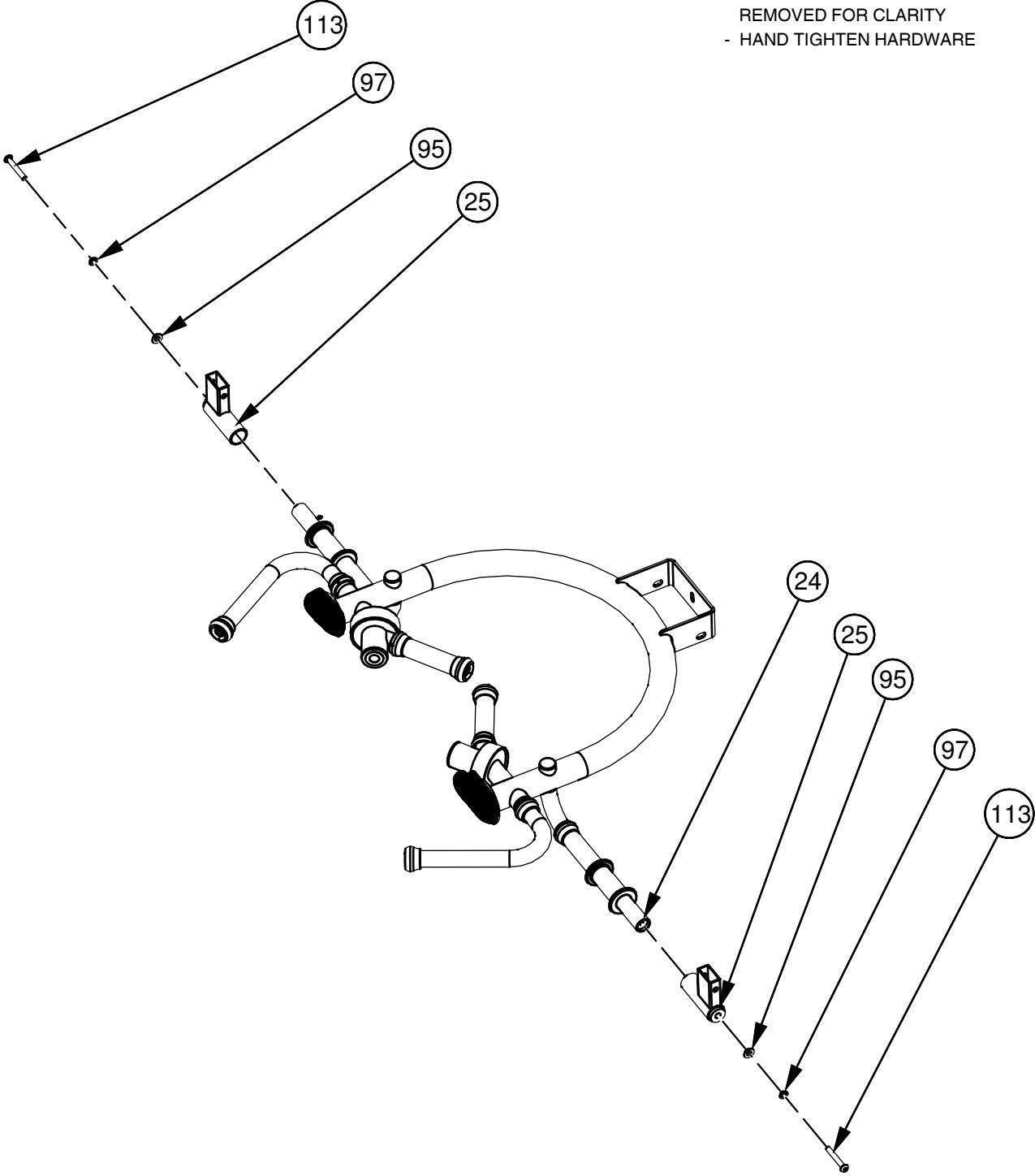
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

FRAME ASSEMBLY

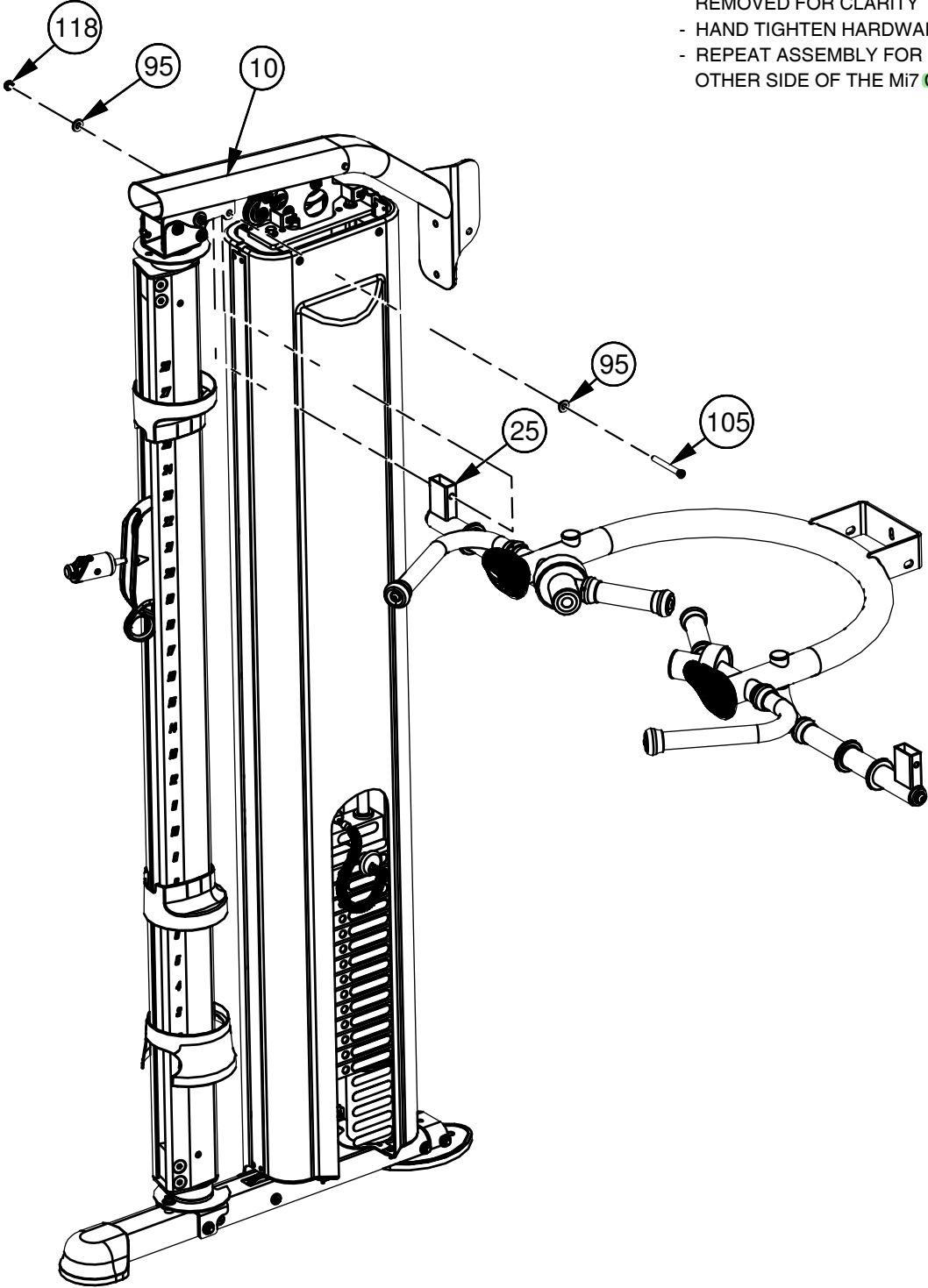
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY
- HAND TIGHTEN HARDWARE



OWNER'S MANUAL

FRAME ASSEMBLY

- NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY
 - HAND TIGHTEN HARDWARE
 - REPEAT ASSEMBLY FOR OTHER SIDE OF THE Mi7 **CABLE**




OWNER'S MANUAL

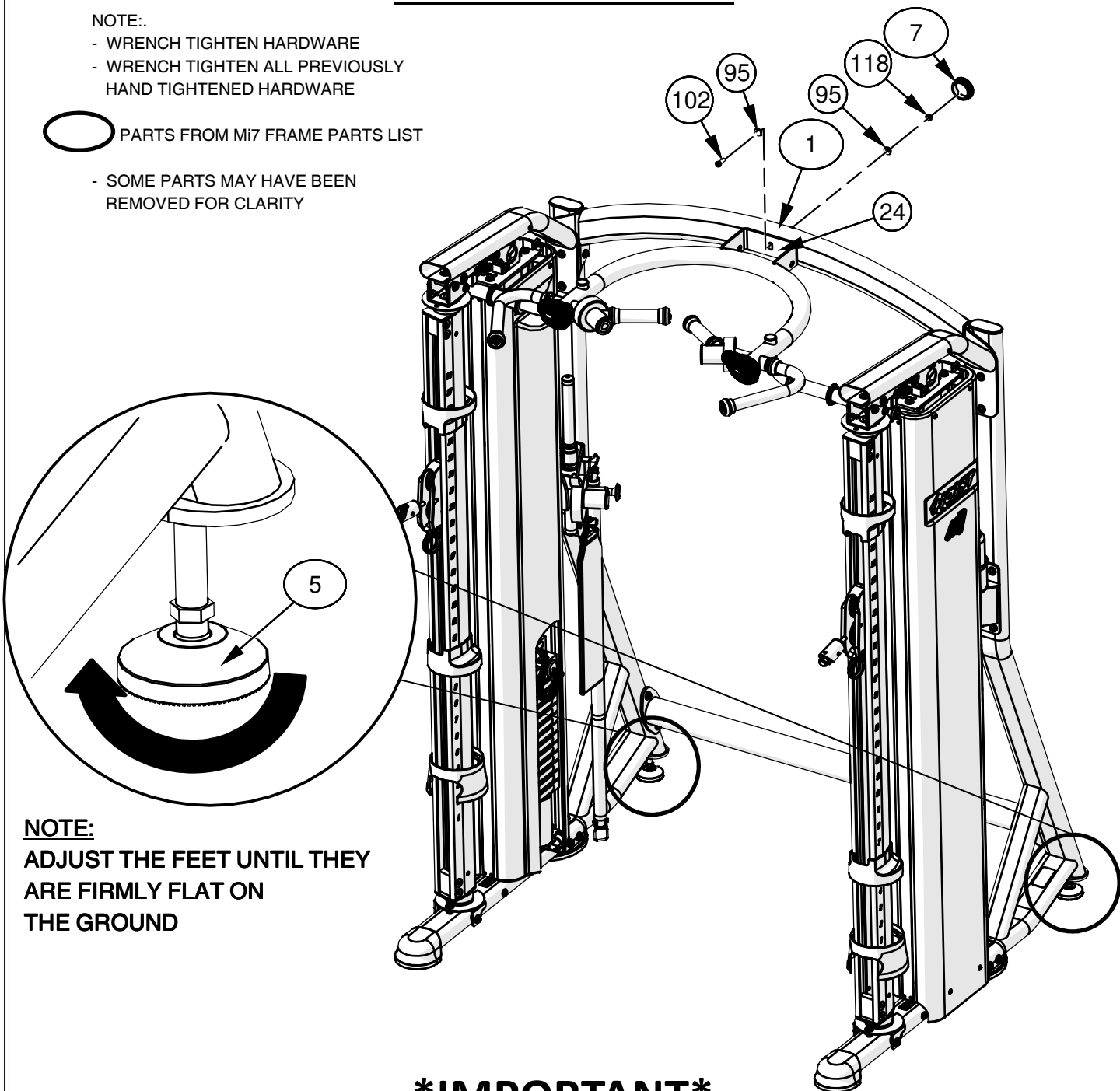
FRAME ASSEMBLY

NOTE:.

- WRENCH TIGHTEN HARDWARE
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

 PARTS FROM Mi7 FRAME PARTS LIST

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



NOTE:

ADJUST THE FEET UNTIL THEY ARE FIRMLY FLAT ON THE GROUND

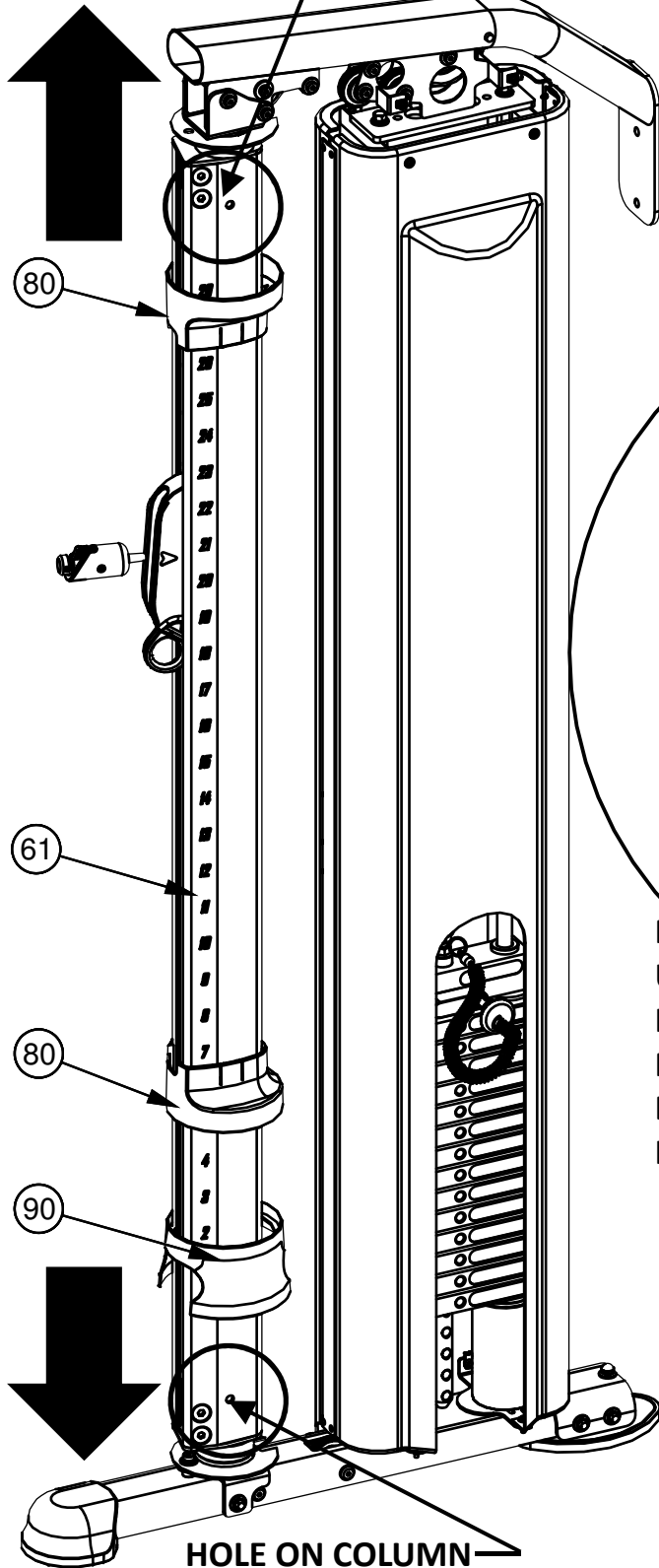
IMPORTANT

WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE

AT THIS STEP, TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. USE A LEVEL TO CHECK THAT THE GUIDE RODS ARE PERPENDICULAR IN BOTH DIRECTIONS. IF THEY ARE NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

FRAME ASSEMBLY

HOLE ON COLUMN

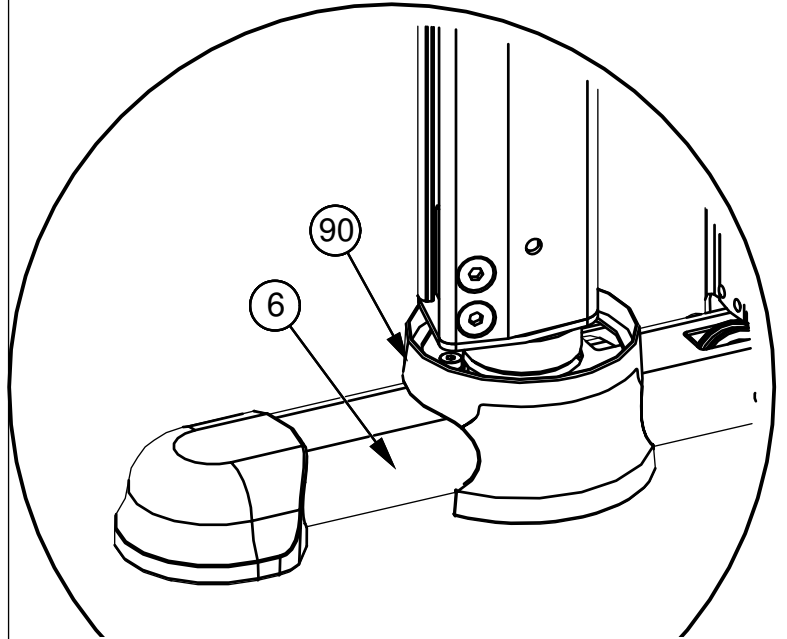


NOTE:

- REPEAT FOR OPPOSITE SIDE OF THE Mi7 **CABLE**
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY

NOTE:

PUSH THE BOOT-4 (90) DOWNWARDS UNTIL IT SNAPS ONTO THE BASE FRAME (6).

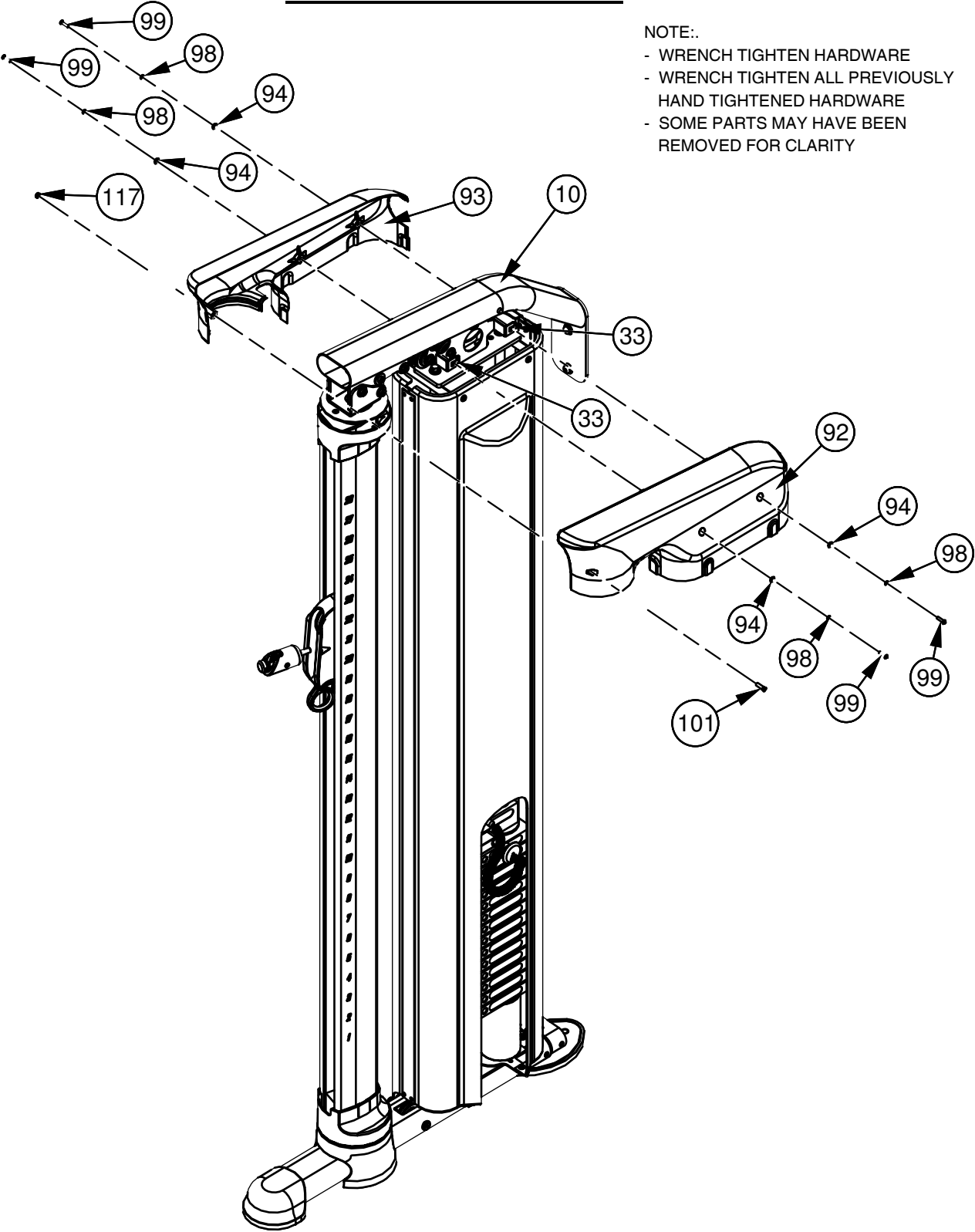


PUSH THE UPPER SLEEVE (80) UPWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61). PUSH THE LOWER SLEEVE (80) DOWNWARDS UNTIL THE TABS SNAP INTO THE HOLES ON THE COLUMN (61).



OWNER'S MANUAL

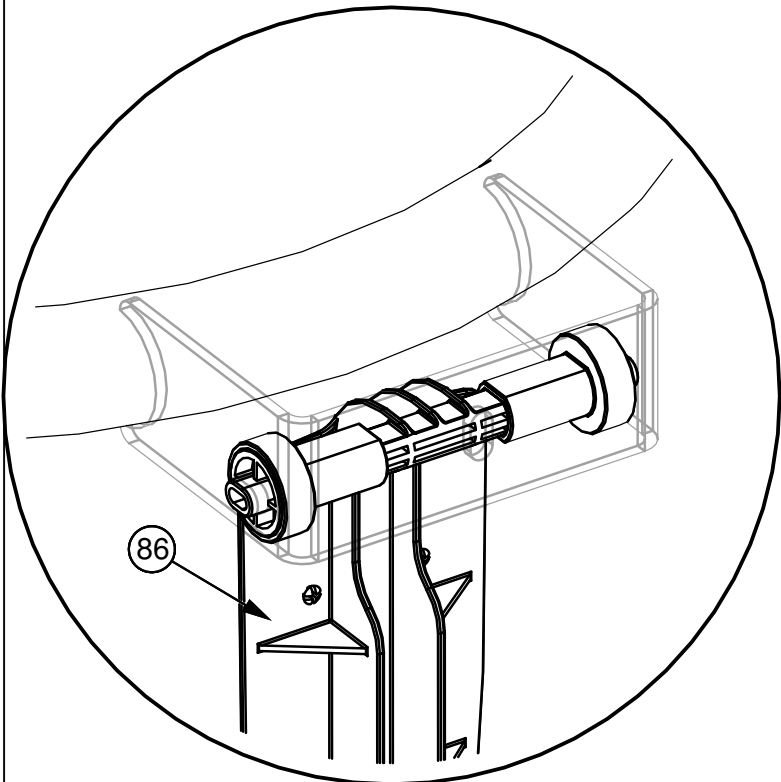
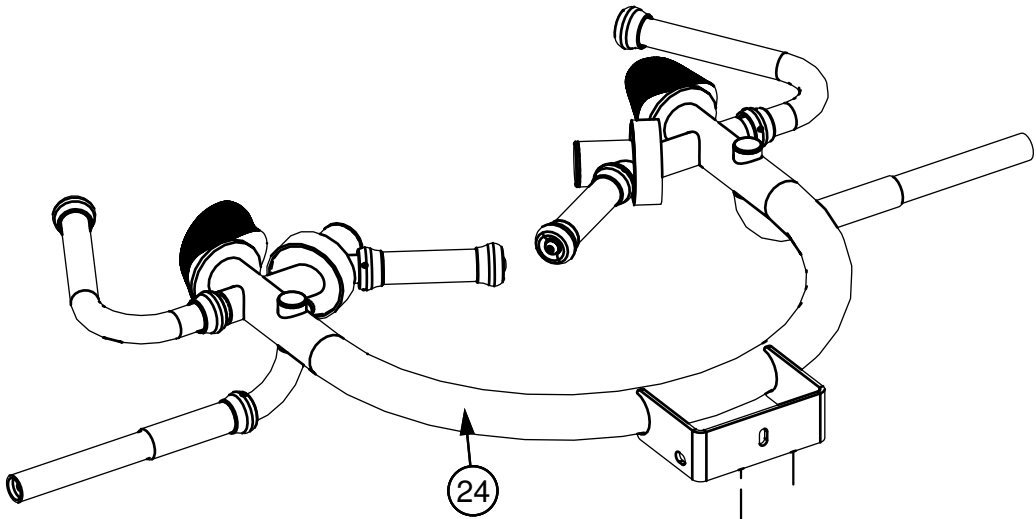
FRAME ASSEMBLY



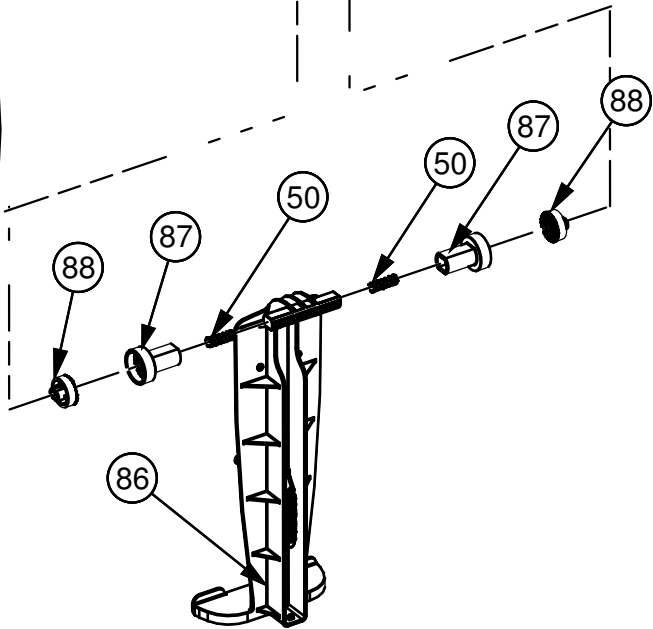
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



ASSEMBLED VIEW

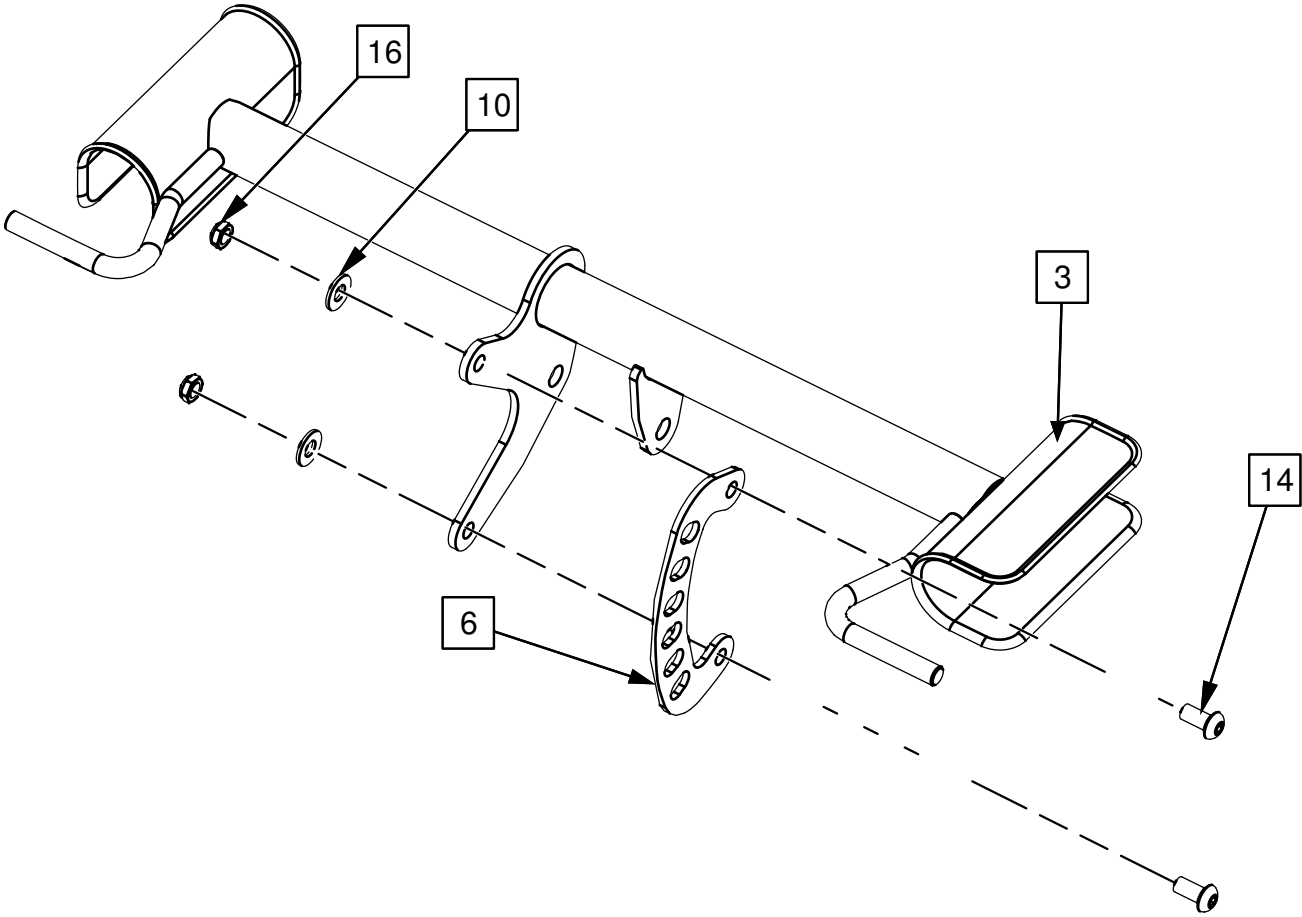


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY


PARTS FROM CORE STABILIZER
PARTS LIST

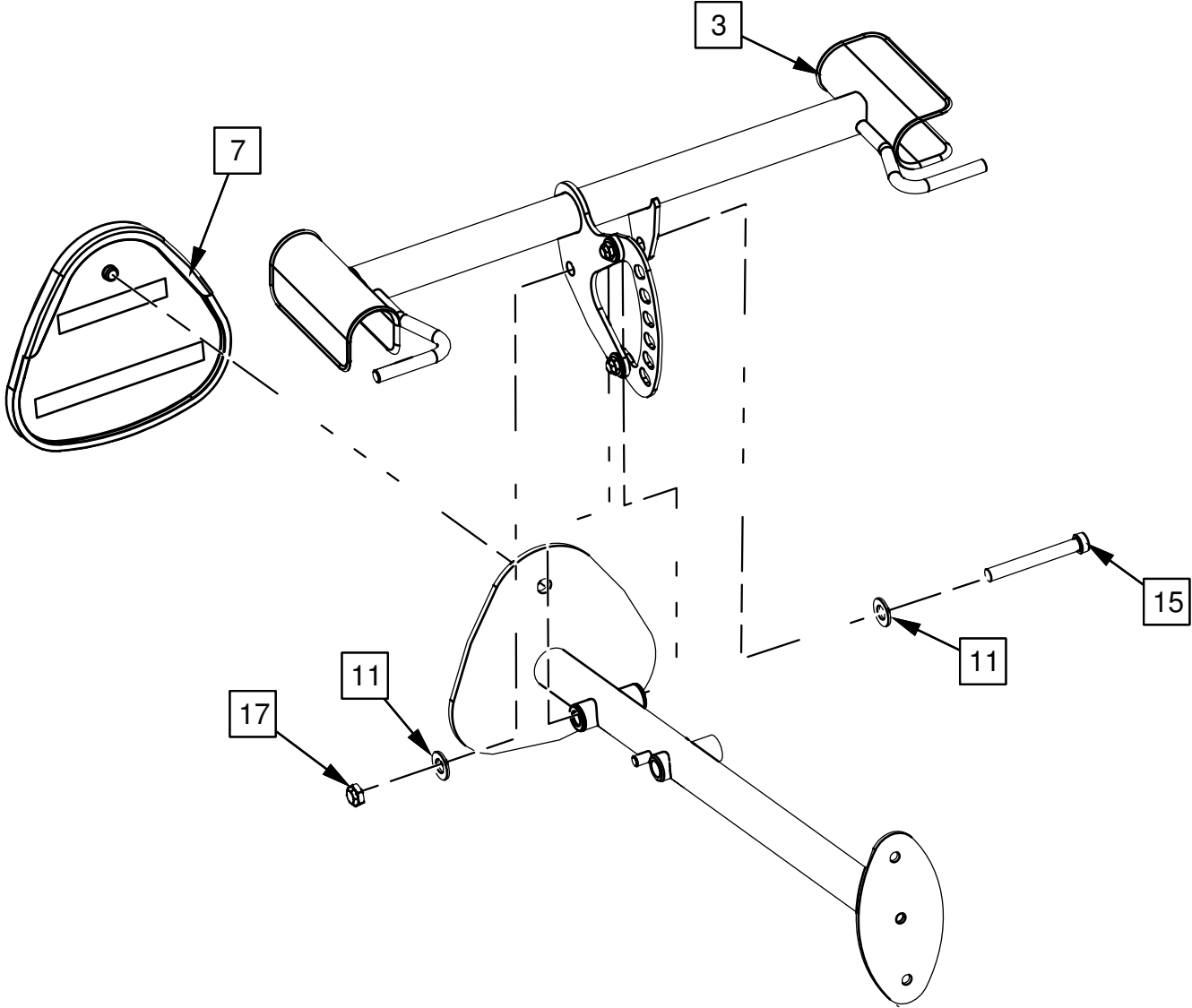


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY


 PARTS FROM CORE STABILIZER
PARTS LIST

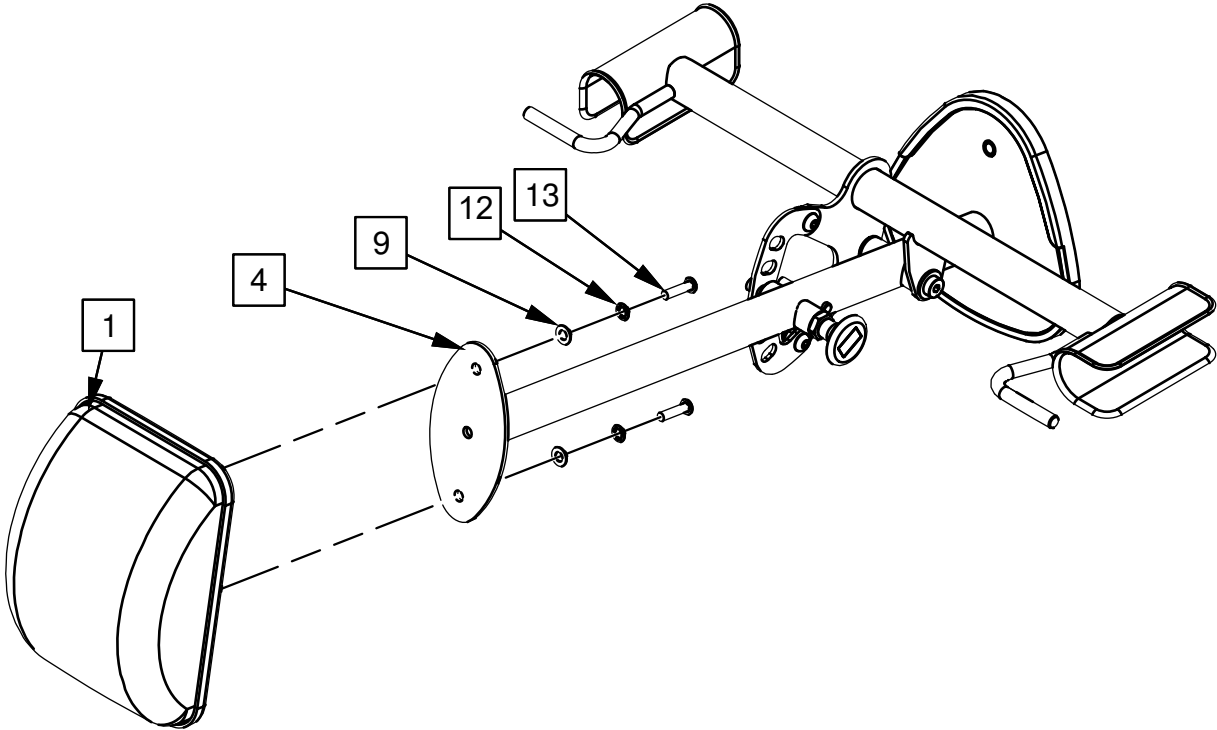


OWNER'S MANUAL

CORE STABILIZER ASSEMBLY

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

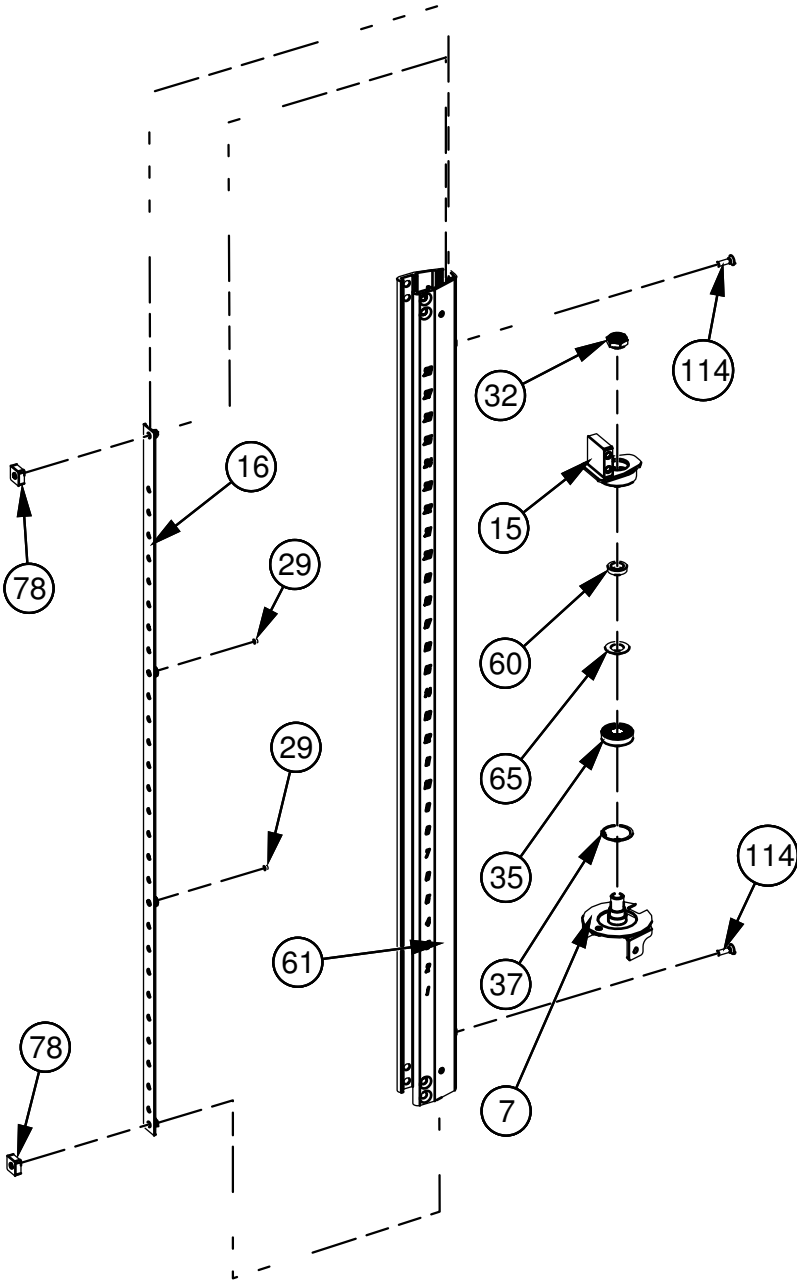
 PARTS FROM CORE STABILIZER
PARTS LIST



OWNER'S MANUAL

PRE-ASSEMBLY

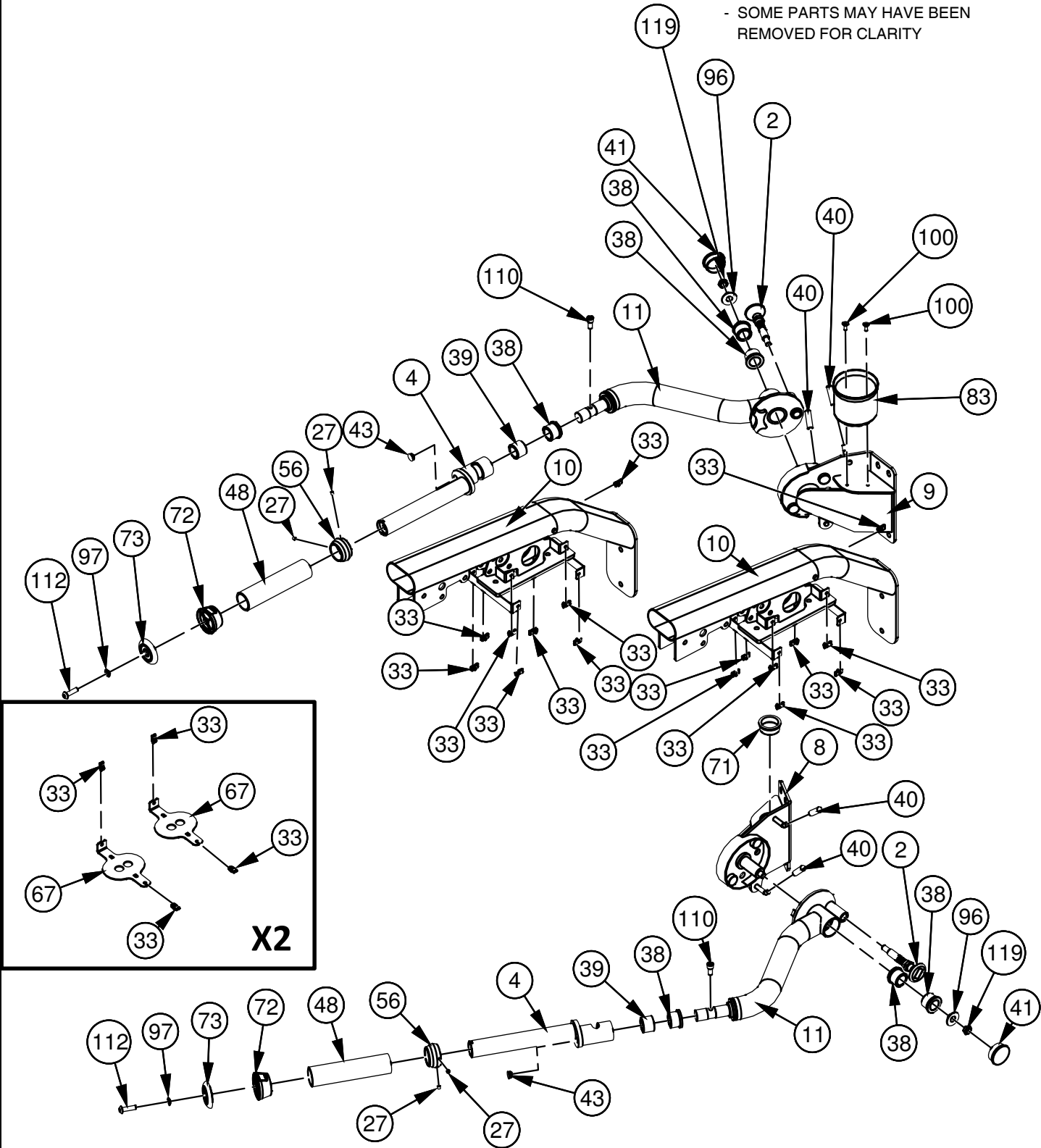
X2



OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

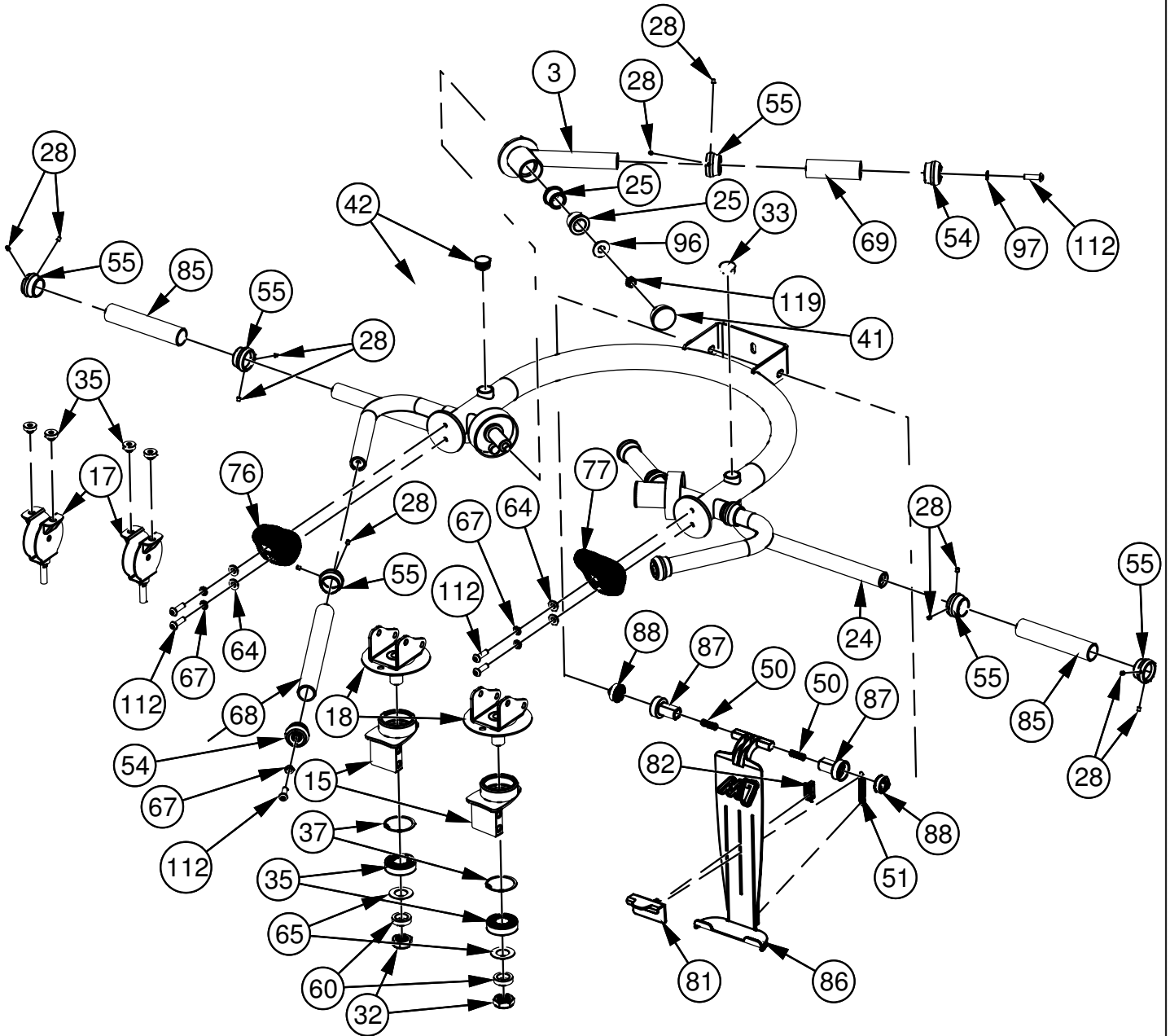


OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:

- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



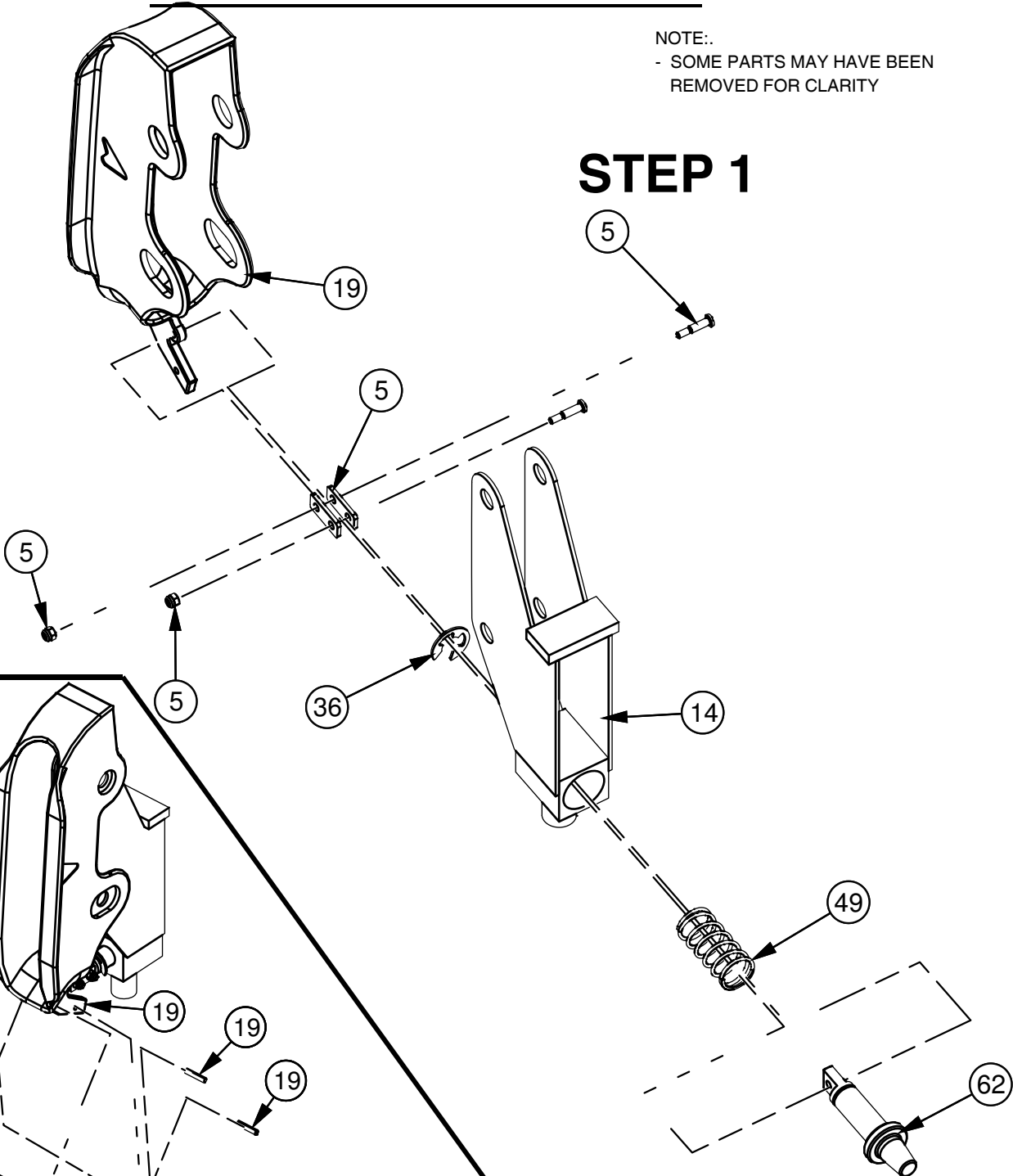
OWNER'S MANUAL

X2

PRE-ASSEMBLY CONTINUED

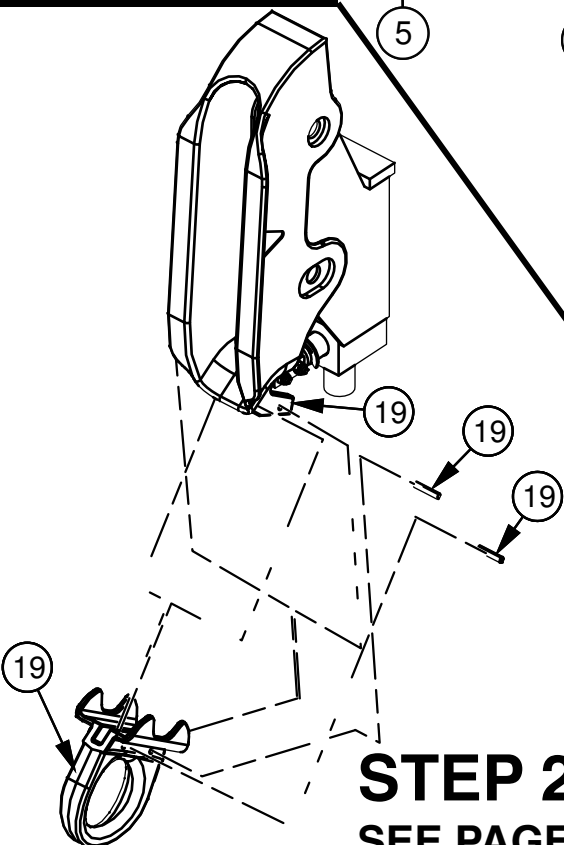
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

STEP 1



STEP 2

SEE PAGE 64 FOR STEP 3

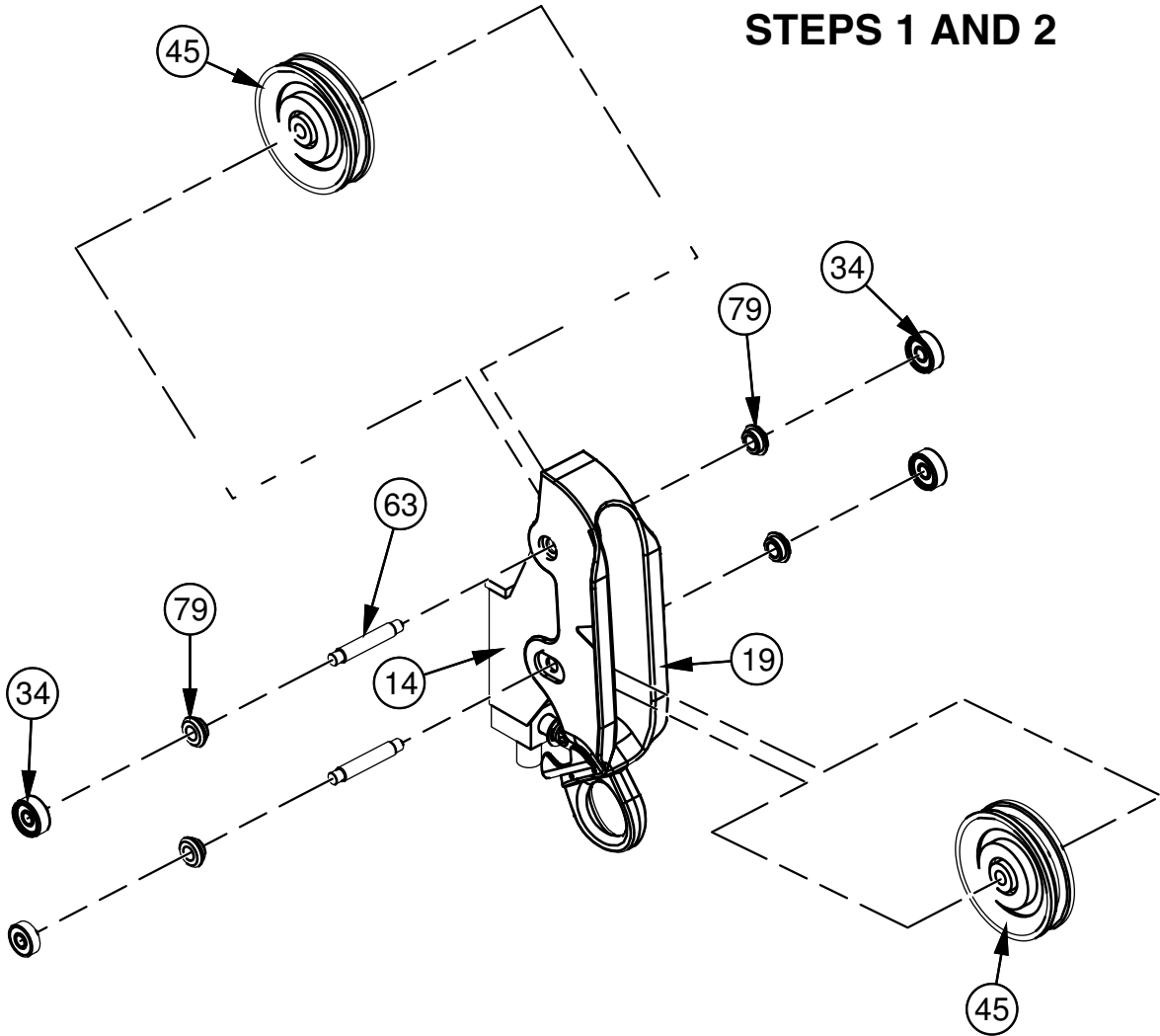


OWNER'S MANUAL

PRE-ASSEMBLY CONTINUED

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

STEP 3 **SEE PAGE 63 FOR** **STEPS 1 AND 2**

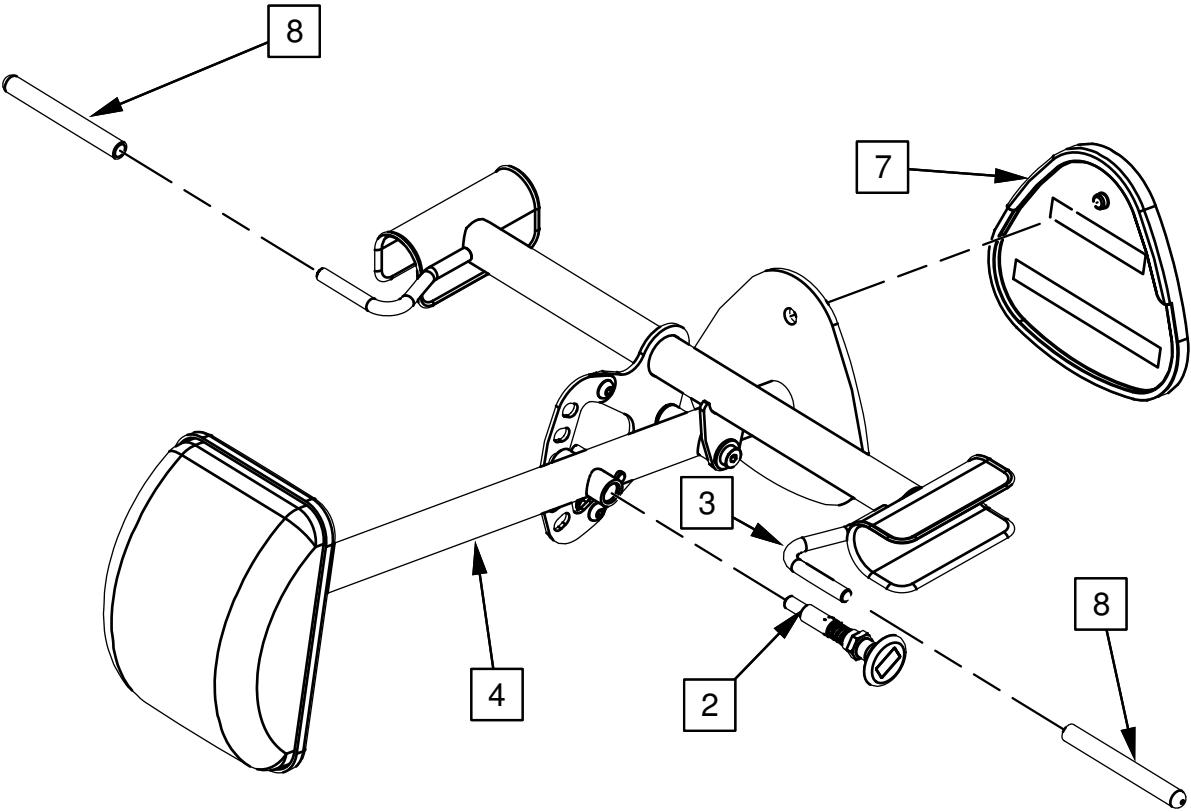


OWNER'S MANUAL

CORE STABILIZER PRE-ASSEMBLY

NOTE:.

PARTS FROM CORE STABILIZER PARTS LIST

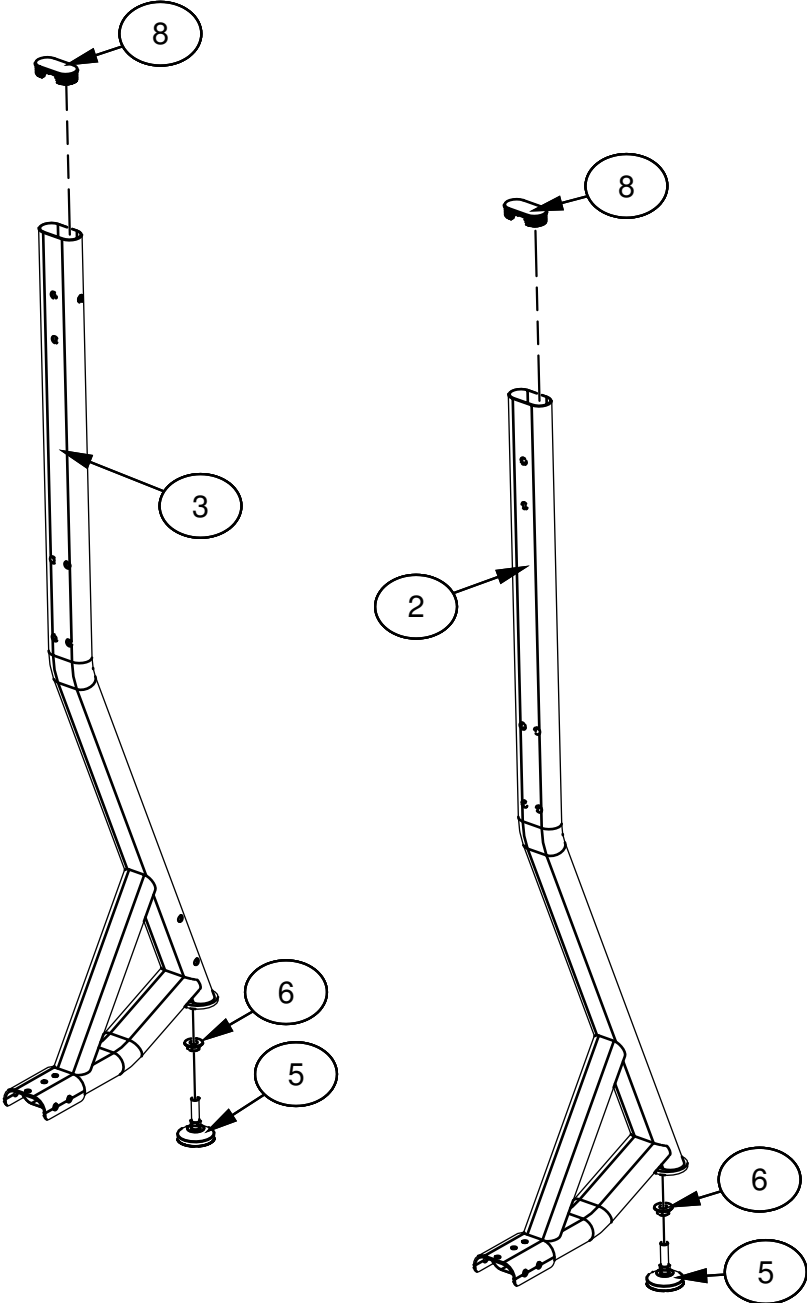


OWNER'S MANUAL

Mi7 FRAME PRE-ASSEMBLY

NOTE:.

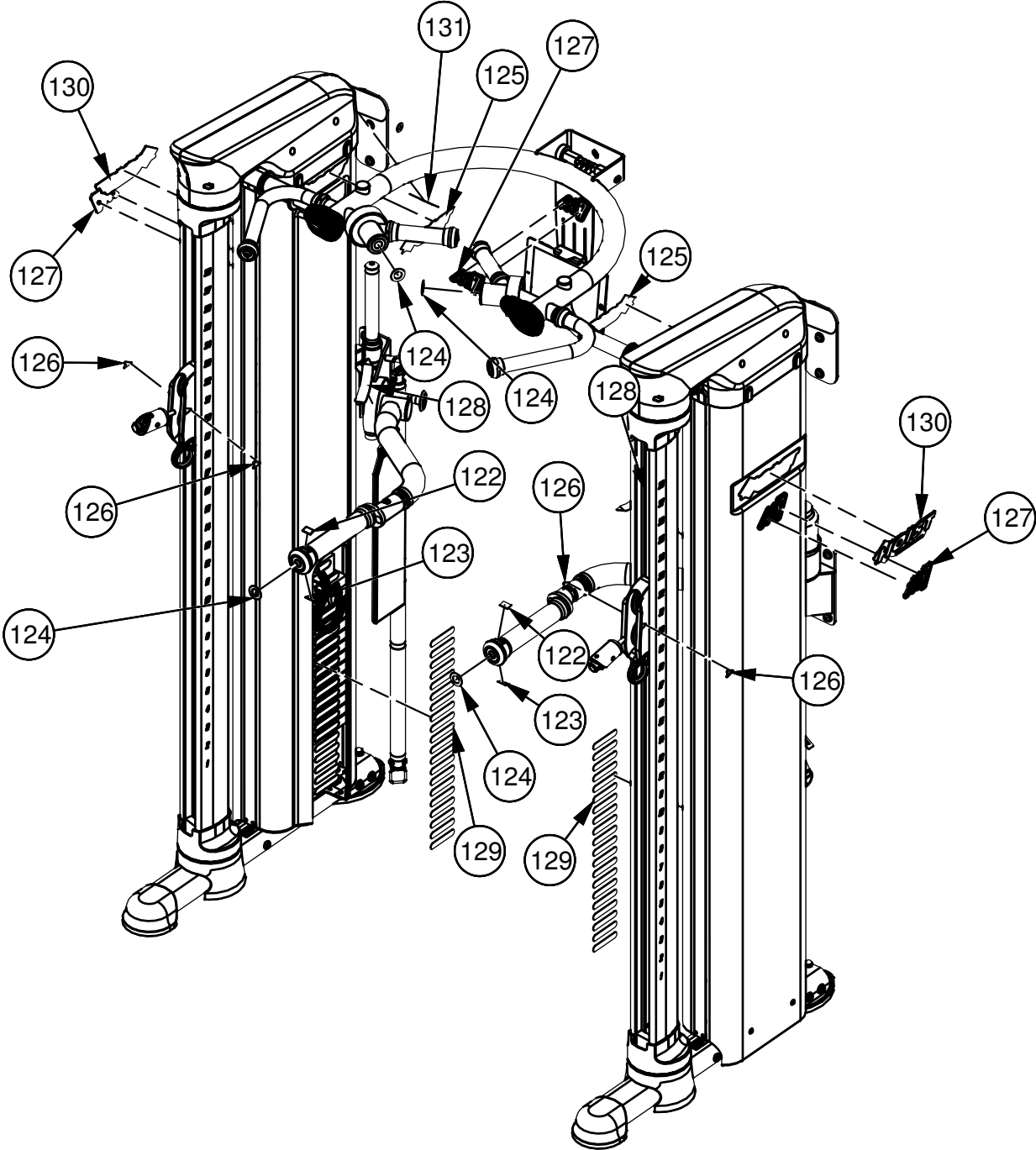
 PARTS FROM Mi7 FRAME PARTS LIST



OWNER'S MANUAL

DECAL PLACEMENT

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

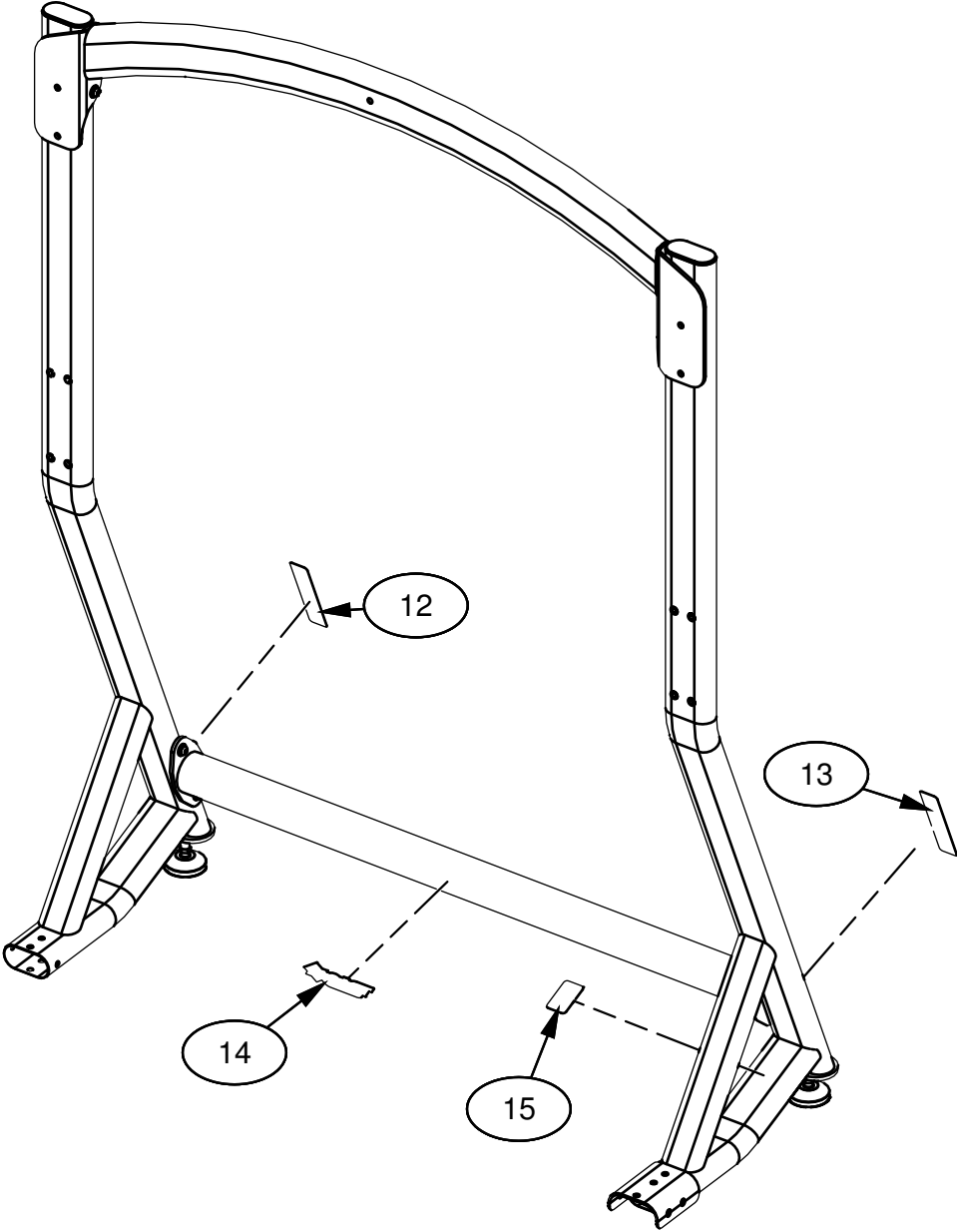


OWNER'S MANUAL

Mi7 FRAME DECAL PLACEMENT

NOTE:.

- PARTS FROM Mi7 FRAME PARTS LIST
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



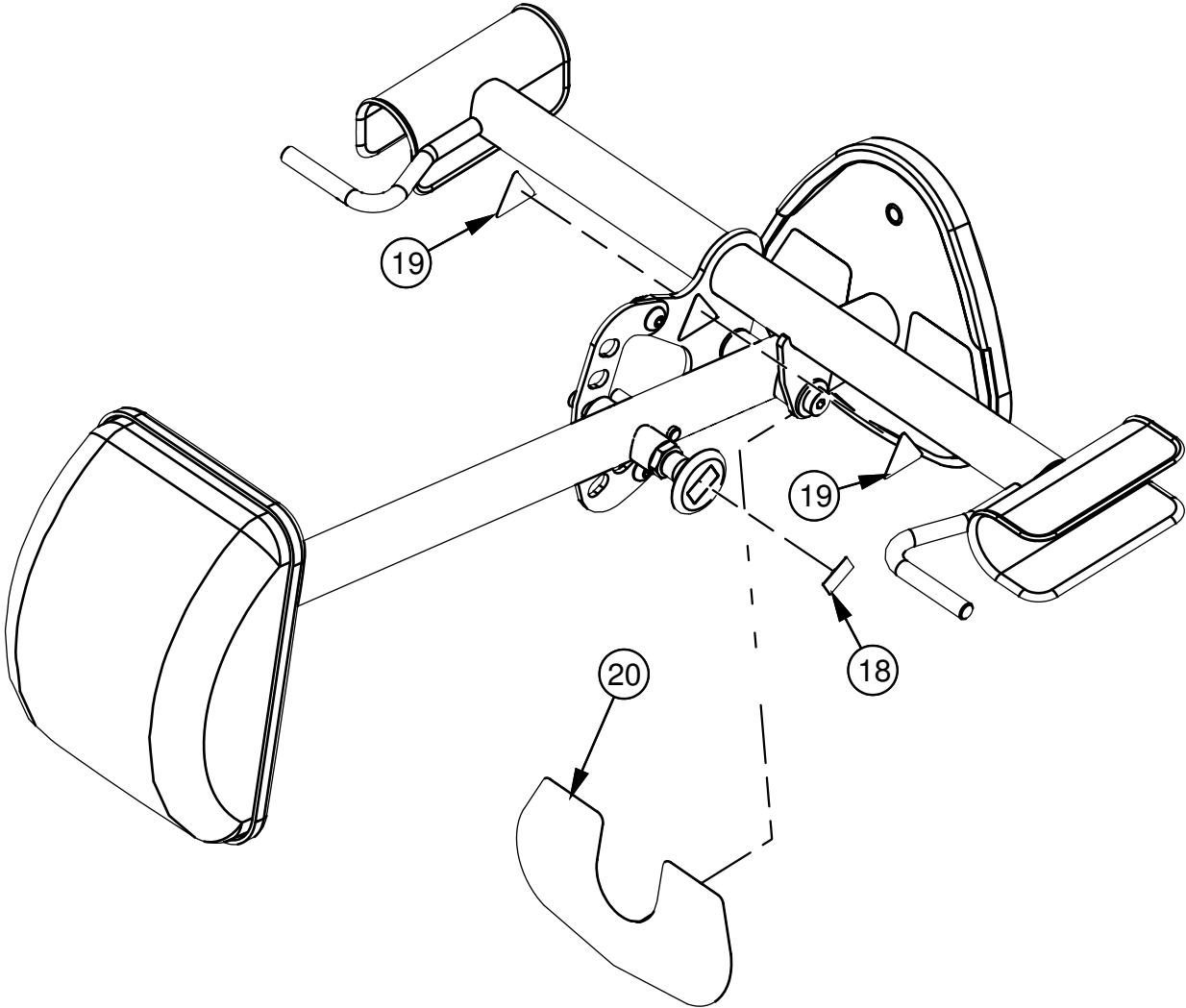
OWNER'S MANUAL

CORE STABILIZER PAD DECAL PLACEMENT

NOTE:

□ PARTS FROM CORE STABILIZER PAD PARTS LIST

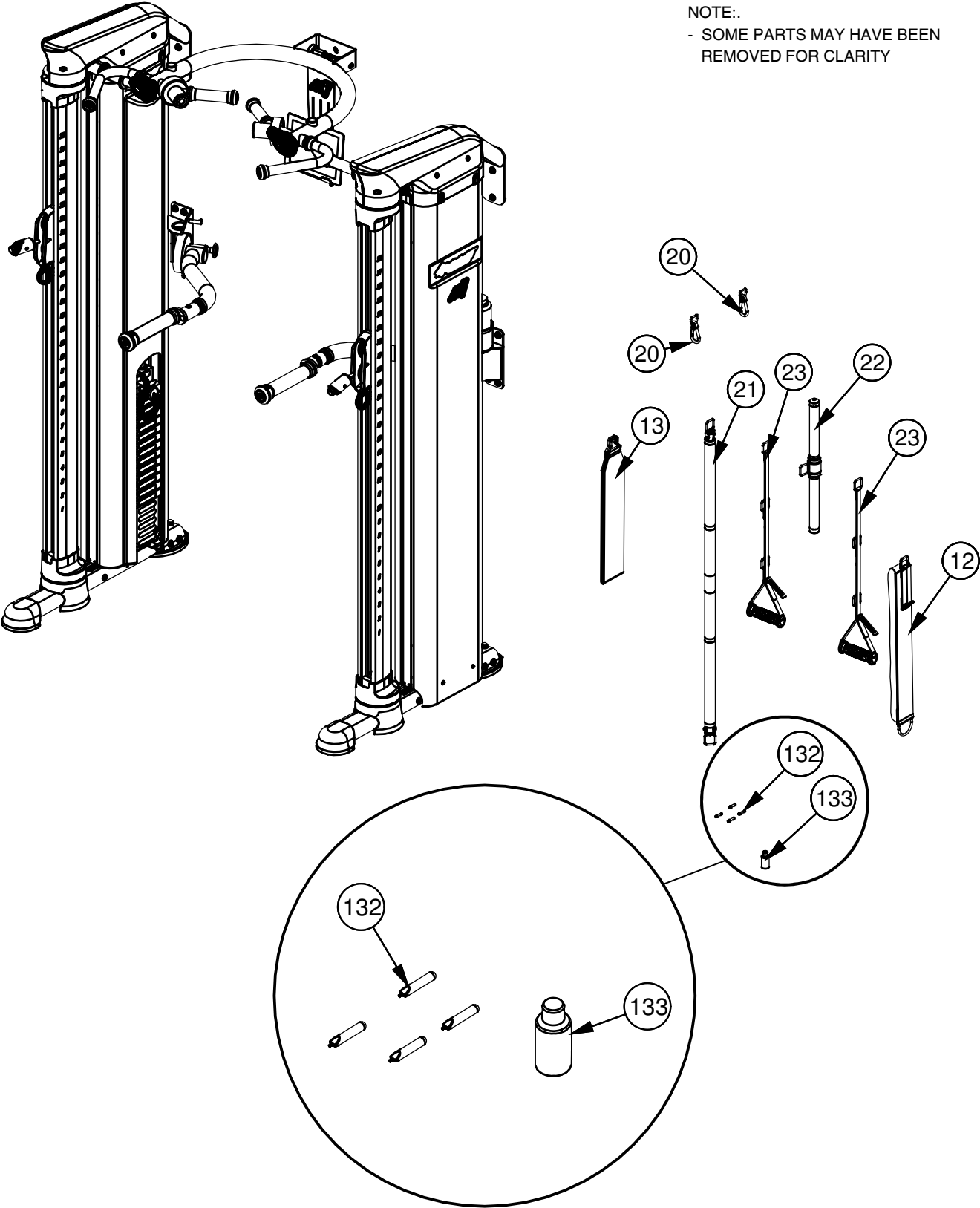
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY



OWNER'S MANUAL

ACCESSORIES

NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

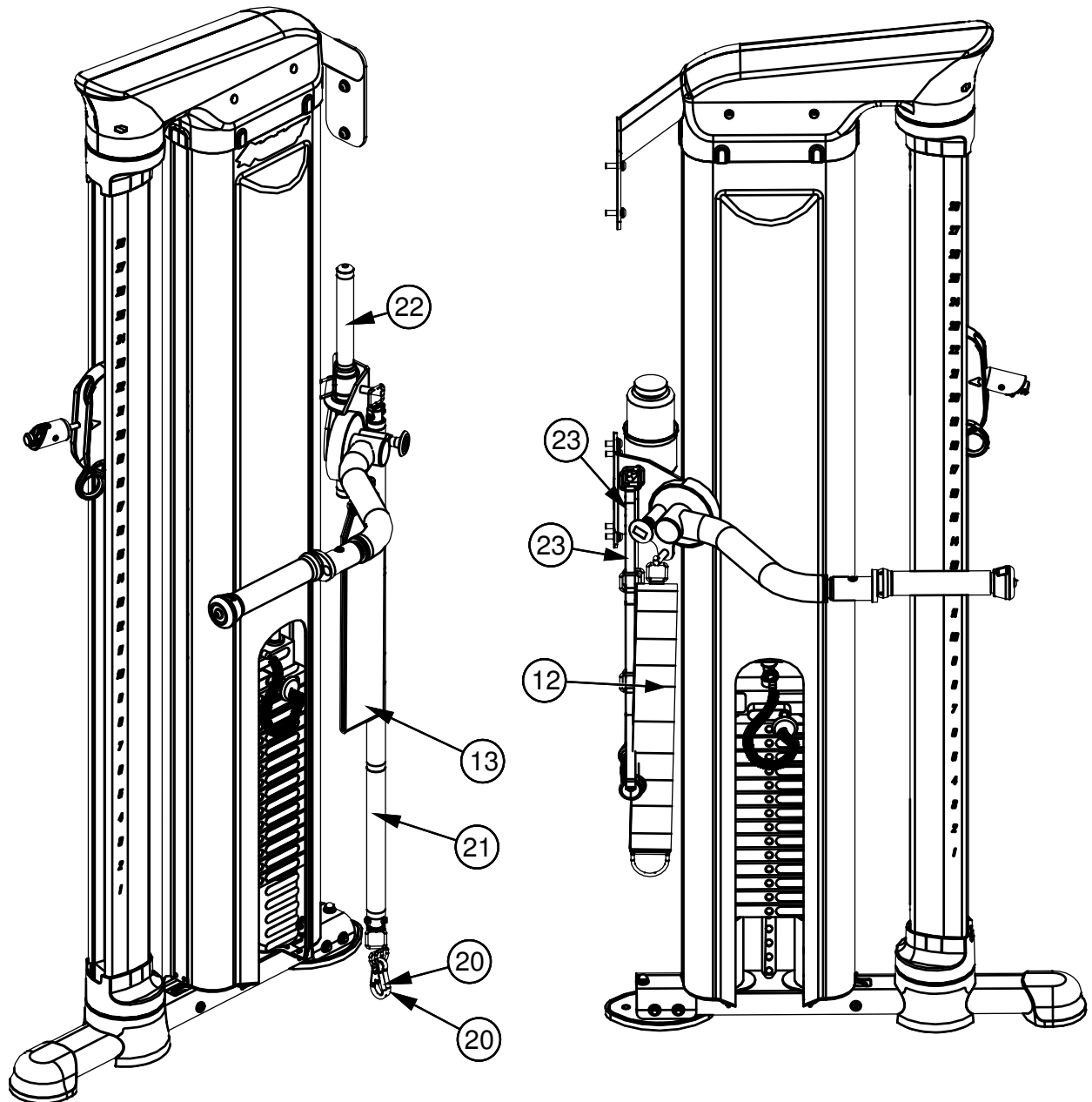


OWNER'S MANUAL

ACCESSORIES (ASSEMBLED)

NOTE:.

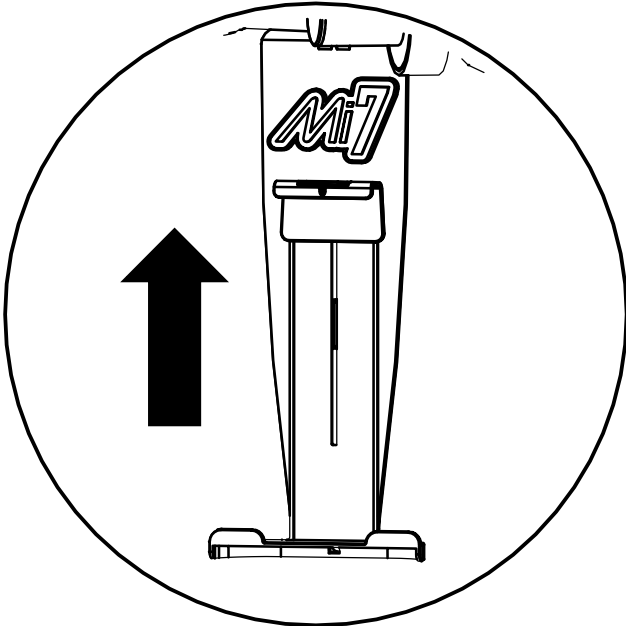
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



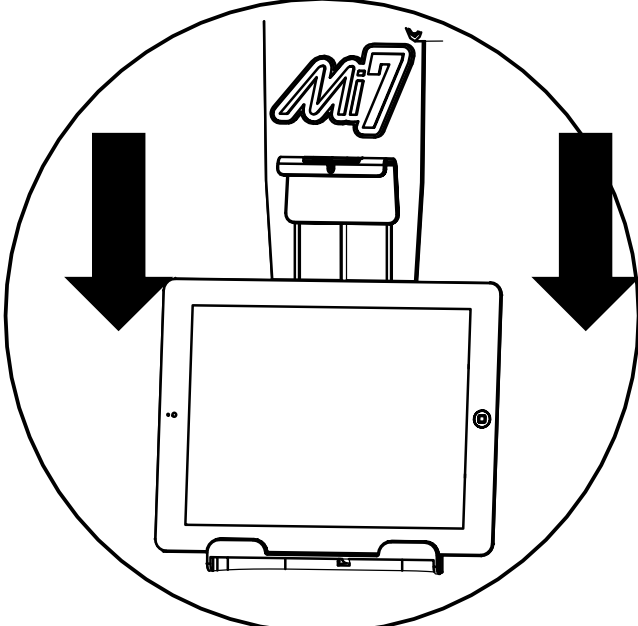
OWNER'S MANUAL

TABLET/PHONE HOLDER

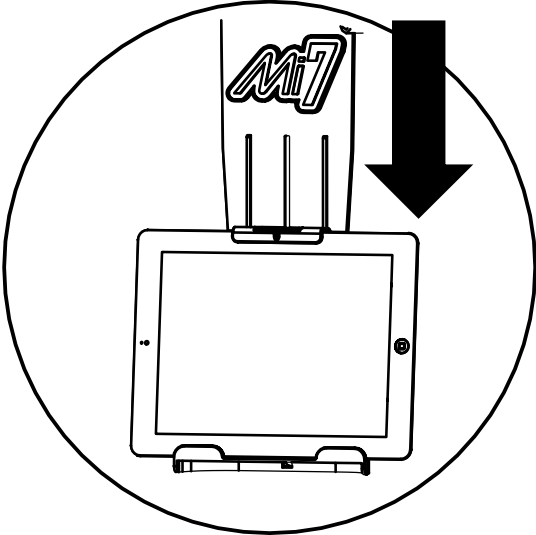
NOTE:
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY



STEP 1: LIFT CATCH



STEP 2: INSERT TABLET OR PHONE

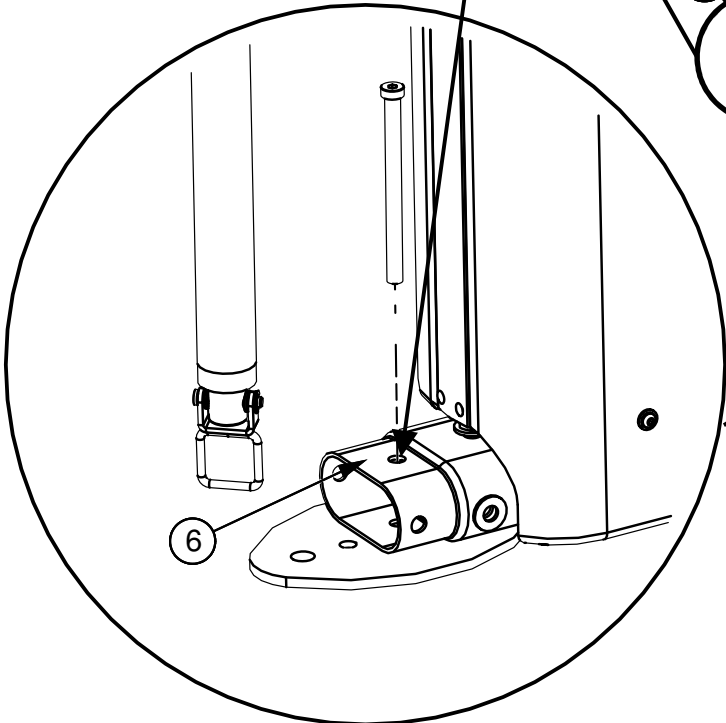
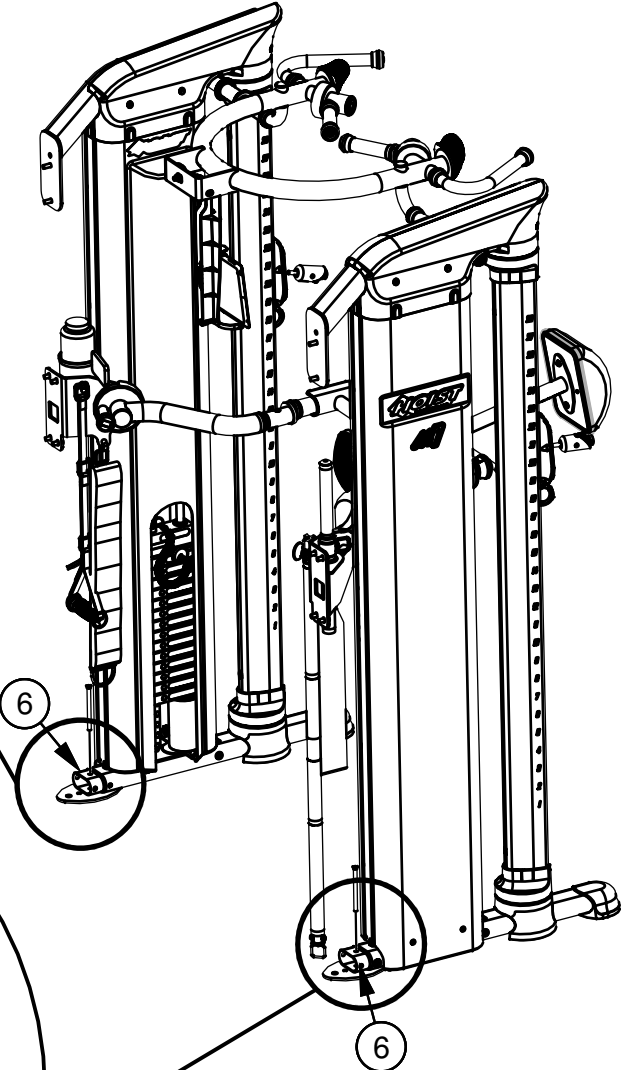
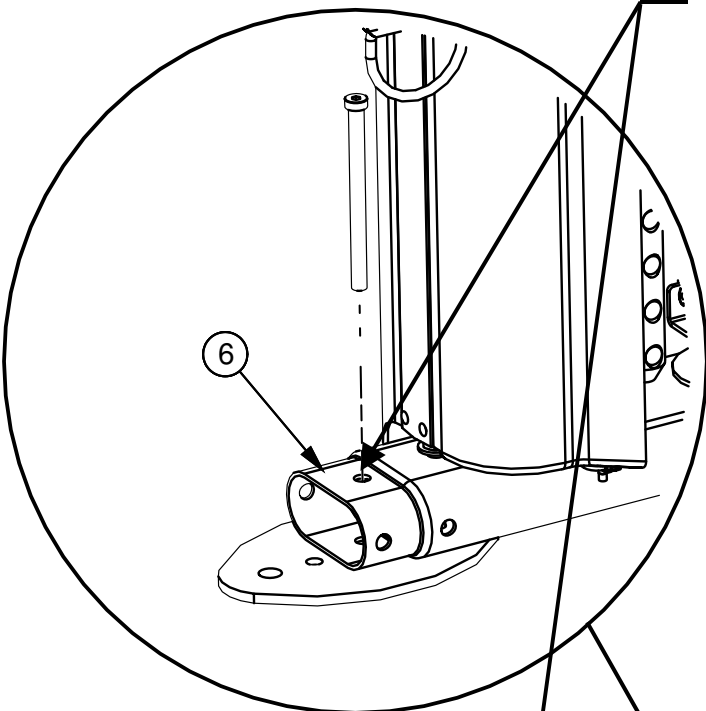


STEP 3: PULL DOWN THE CATCH

OWNER'S MANUAL

BOLTING THE Mi7 TO THE FLOOR

IMPORTANT
THESE HOLES ARE ONLY USED TO
BOLT THE UNIT TO THE FLOOR



OWNER'S MANUAL

DECAL REFERENCE



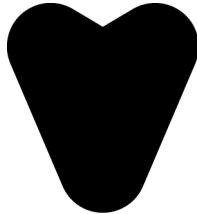
021-0003416



021-0003427



021-0003417



021-0003949



021-0003963



021-0018022



021-0003964

OWNER'S MANUAL

DECAL REFERENCE CONTINUED

10 LBS / **5** KGS

90 LBS / **41** KGS

170 LBS / **77** KGS

20 LBS / **9** KGS

100 LBS / **45** KGS

180 LBS / **82** KGS

30 LBS / **14** KGS

110 LBS / **50** KGS

190 LBS / **86** KGS

40 LBS / **18** KGS

120 LBS / **54** KGS

200 LBS / **91** KGS

50 LBS / **23** KGS

130 LBS / **59** KGS

60 LBS / **27** KGS

140 LBS / **64** KGS

70 LBS / **32** KGS

150 LBS / **68** KGS

80 LBS / **36** KGS

160 LBS / **73** KGS

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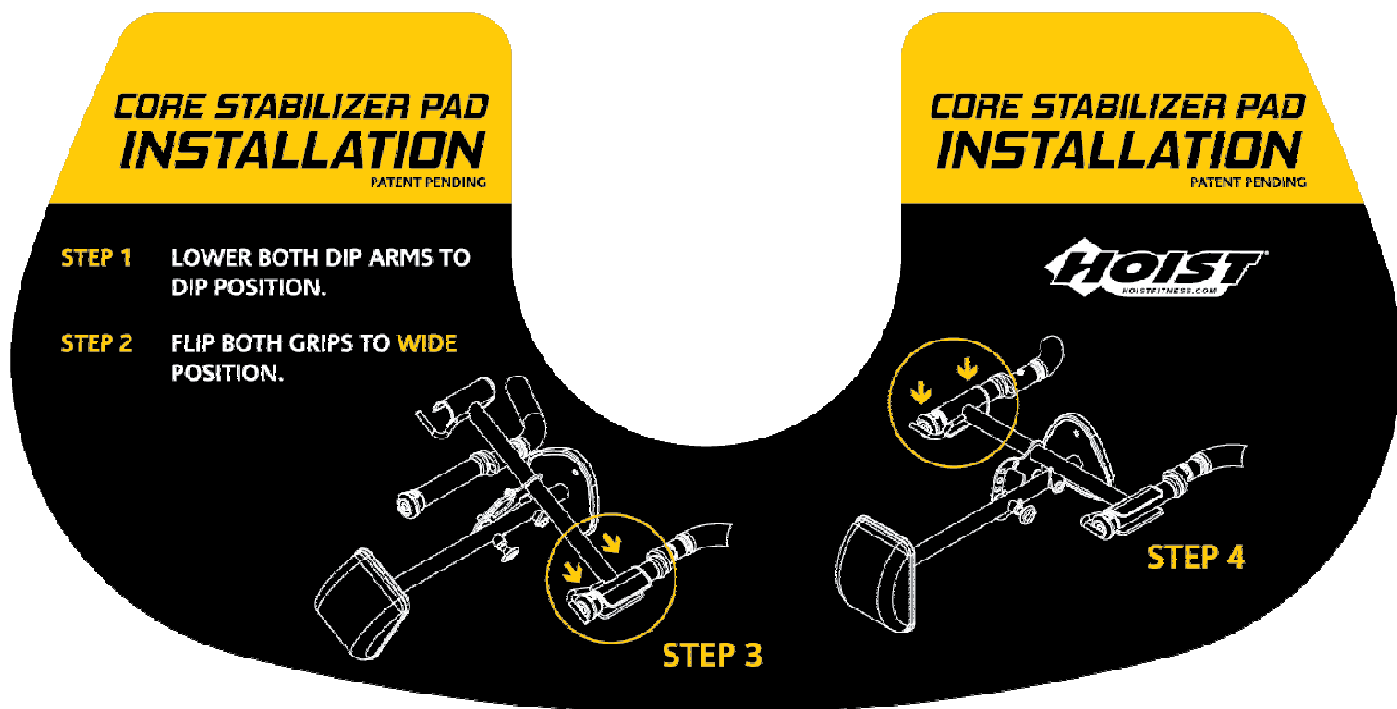
SERIAL # 00-00-A-000000



SERIAL # DECAL

OWNER'S MANUAL

CORE STABILIZER PAD DECAL REFERENCE



021-0003969



021-0003426



021-0003512

OWNER'S MANUAL

Mi7 FRAME DECAL REFERENCE CONTINUED



021-0003230

WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE. Refer to the owner's manual/maintenance decal.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint, dizzy or pain.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed parts by yourself. Obtain assistance to avoid possible injury.
6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
7. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
8. TO PREVENT POSSIBLE TIPPING bolt this unit to the exercise floor. Failure to do so may result in serious injury or death.

021-0003135 (Rev.F)

021-0003135

NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals			X		
Inspect; All nuts and Bolts Tighten if Needed.			X		
Inspect; Anti-Skid Surfaces			X		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)				X	
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing				X	
Clean & Wax; All Glossy Finishes					X
Repack with Grease Linear Bearings					X
Replace; Cables, Belts and Connecting Parts.					X

021-0003008 (Rev.F)

021-0003008

1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-A-000000

SERIAL # DECAL

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0703	CABLE ASSY. 274 - 7/8"	2
2	026-01X0186	PULL-PIN ASSEMBLY	2
3	026-01X3728	45 DEG. SWIVEL HANDLE ASSEMBLY	2
4	026-01X3823	HANDLE ASSEMBLY	2
5	026-01X5630	CHAIN LINK REPLACEMENT	2
6	026-01X6012	BASE FRAME	2
7	026-01X6013	SPINDLE MOUNT-2	2
8	026-01X6014	HUB-2	1
9	026-01X6017	HUB-1	1
10	026-01X6018	TOP FRAME	2
11	026-01X6019	ROTABLE ARM	2
12	026-01X6020	FLEECE KNEE STRAP WITH (1) D-RING & 2 SQ. RINGS ASSEMBLY	1
13	026-01X6689	CHIN ASSIST STRAP 4" WIDE	1
14	026-01X7090	PULLEY CARRIAGE	2
15	026-01X7091	COLUMN MOUNT	4
16	026-01X7093	INDEXING PLATE	2
17	026-01X7094	ADJUSTABLE PULLEY MOUNT ASSEMBLY ϕ 3.50"	2
18	026-01X7098	SPINDLE MOUNT-1	2
19	026-01X7100	PULLEY COVER ASSY.	2
20	026-01X7108	CARABINER ADAPTOR	2
21	026-01X7110	ALUMINUM STRAIGHT BAR ASSEMBLY	1
22	026-01X7112	ALUMINUM CURL BAR ASSEMBLY	1
23	026-01X7113	STRAP HANDLE WITH (3) SQUARE RINGS	2
24	026-01X7117	CHIN UP MAIN FRAME	1
25	026-01X7118	HANGER MOUNT	2
26	016-0203008	PUSH FASTENER, .18" X .375" GRIP	16
27	011-0411001	SET SCREW: 1/4"-28 X .25" LG. (SS)	4
28	011-0711001	SET SCREW: 1/4"-28 X .25" LG. (Ni)	16
29	011-0711002	SET SCREW: 5/16UNC-18 X .25" LG. (Ni)	4
30	012-0202001	1/2"-13 FLANGED NUT (WZ)	4
31	012-0201002	CAP NUT 3/8-18 (Ni)	2
32	012-0504017	1"-8 Thin Nylock Nut (Ni)	4
33	012-0609007	CLIP ON NUT, 10-32	24
34	014-0012024	BEARING: 608-2RS BEARING (8mm BORE) with 1.00" OD PVC outer ring 608-2RS Bearing with 1.00" OD PVC outer ring	8
35	014-0012025	BALL BEARING: SELF ALIGNING, ϕ 30mm I.D. X ϕ 62mm O.D. X 16mm	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	014-0015040	Retaining Ring, E clip, 1/2"	2
37	014-0015041	Internal Retaining Ring, 2.44"	4
38	014-0101005	BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG.	10
39	014-0104002	BEARING: SLEEVE, BRONZE 1.00 I.D. X 1.38 O.D. X 1.00" LG.	2
40	016-0002007	VINYL SLEEVE Ø.38" X 1.63"	4
41	016-0201022	END CAP Ø2.00" (BLACK)	4
42	016-0201038	Ø 1.25" ENDCAP (DOMED)	2
43	016-0203005-G	1/2" PLUG	2
44	018-0001001	PULLEY: 2" BLACK W/ CONV. GRADE BEARINGS	8
45	018-0001002	CABLE PULLEY: Ø3.50"	10
46	019-0001001	PLUG BUMPER	4
47	019-0001006	THICK RUBBER DONUT Ø3.00" X .50" BLACK	4
48	019-0002048	OPEN END GRIP Ø1.50" X 7.25" LG.	2
49	020-0011018	Compression Spring	2
50	020-0011020	SPRING, COMP., .480" OD X 1.250" LG	2
51	020-0011022	EXT. SPRING- .38" OD, 3.0" LG, WIRE DIA. .028"	1
52	026-01G0504	GUIDE ROD: Ø.7500" CRS X 74.9748" LG.	4
53	026-01M0532	HEAVY FLANGED SPACER: Ø.391" I.D. X .688" LG.	4
54	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	4
55	026-01M0933	ALUMINUM RING: Ø1.25" ID	8
56	026-01M0935	ALUMINIUM RING: Ø1.50" I.D.	2
57	026-01M3003	SPACER	2
58	026-01M3004	FINISH BOLT-1	4
59	026-01M3005	FINISH BOLT-2	4
60	026-01M3311	SPACER, Ø 1.5000" X .250 X 1.00" ID X .3750" LG.	4
61	026-01M3313	COLUMN	2
62	026-01M3314	PULL PIN: SHORT TAPERED END Ø .5000"	2
63	026-01M3315	Ø.375" SHAFT	4
64	026-01M3322	SPACER, Ø.55" X .39" ID X 1.94" LG	2
65	026-01P5845	WASHER 1.88 OD x 1.00 ID x 1mm T	4
66	026-01P5858	BRKT-U 50 X 100mm FLAT OVAL	2
67	026-01P7017	SHIELD MOUNT	4
68	026-01PL0235-11	GRIP OPEN END Ø.118" X 13"	2
69	026-01PL0235-12	GRIP OPEN END Ø 1.43" X 4.25" LG.	2
70	026-01PL0369	WEIGHT STAND OFF	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	026-01PL0371	DELTRIN BUSHING	1
72	026-01PL2158	PLASTIC KNOB: Ø1.50" - BASE	2
73	026-01PL2159	PLASTIC KNOB: Ø1.50" - CAP	2
74	026-01PL2211-B	RUBBER FOOT	2
75	026-01PL2393	Ø3.0000" X .8125" ID X.313" T SPACER	4
76	026-01PL2444	CLIMB HOLD, LEFT	1
77	026-01PL2445	CLIMB HOLD, RIGHT	1
78	026-01PL2615	BUMPER	4
79	026-01PL2617	FLANGED SPACER	8
80	026-01PL2628	COLUMN SLEEVE	4
81	026-01PL2631	CATCH	1
82	026-01PL2636	CATCH RETAINER	1
83	026-01PL2653	CUP HOLDER	1
84	026-01PL2654	SHIELD-1	2
85	026-01PL0235-31	Ø1.188" X 7.00" OPEN END GRIP	2
86	026-01PL2681	TABLET HOLDER-1	1
87	026-01PL2682	TABLET HOLDER-2	2
88	026-01PL2683	TABLET HOLDER-3	2
89	026-01PL2684	PANEL H-TRIM	4
90	026-01PL2704	BOOT-4	2
91	026-01PL2705	SHIELD-3	2
92	026-01PL2708	TOP CAP-2	2
93	026-01PL2709	TOP CAP-1	2
94	013-1002011	#10 FLAT WASHER (Ni)	24
95	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	78
96	013-1002004	1/2" X 34mm USS FLAT WASHER (Ni)	4
97	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	32
98	013-1010007	#10 INTERNAL LOCK WASHER (Ni)	24
99	011-0701113	#10-32UNC x .75 BHCS (Ni)	24
100	011-0702087	M6-1.00 x 14 FHB (WZ)	2
101	011-0116204	1/4"-20UNC X .75" LOW HEAD SHCS (Ni)	2
102	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	5
103	011-0116144	3/8"-16UNC X 1.50" LOW HEAD SHCS (Ni)	2
104	011-0116145	3/8"-16UNC X 1.75" LOW HEAD SHCS (Ni)	10
105	011-0116150	3/8"-16UNC X 3.00" LOW HEAD SHCS (Ni)	4

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
106	011-0116151	3/8"-16UNC X 3.25" LOW HEAD SHCS (Ni)	2
107	011-0116157	3/8"-16UNC X 4.75" LOW HEAD SHCS (Ni)	4
108	011-0116160	3/8"-16UNC X 5.50" LOW HEAD SHCS (Ni)	2
109	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	4
110	011-0701085	3/8"-16UNC X .75 SHCS (Ni)	2
111	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	8
112	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	14
113	011-0701026	3/8"-16UNC X 2.50" BHCS (Ni)	2
114	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	4
115	011-0702010	3/8"-16UNC X 2.75" FHCS (Ni)	2
116	011-0702024	1/2"-13UNC X 1.00" FHS (Ni)	16
117	012-0504004	1/4"-20 UNC THIN NYLOCK NUT (Ni)	2
118	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	29
119	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	4
120	WS#22	150 LBS. STACK (8.25 LBS. TOP PLATE W/ 20 HOLE STEM)	2
121	CORE STABILIZER PAD	CORE STABILIZER PAD	1
122	021-0003416	DECAL WIDE	2
123	021-0003417	DECAL NARROW	2
124	021-0003427	DECAL ADJUST	4
125	021-0003627	DECAL HOIST 2.07" X 7.75"	2
126	021-0003949	COLUMN ARROW DECAL	4
127	021-0003963	EMBLEM, Mi7 2.4924" X 3.9747"	3
128	021-0003964	DECAL: Mi7 DIP ARM ROTATION	2
129	021-0003965	DECAL: WEIGHT STACK 22 (10-200 LBS.)	2
130	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	2
131	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
132	002-0001013	1cc of Synthetic Multi-Purpose Grease (PTFE)	4
133	002-0001036	TOUCH-UP PAINT - BOTTLE: 1oz. - COLOR: PLATINUM	1
134	011-0702011	3/8"-16UNC X 3.00" FHCS (Ni)	2

OWNER'S MANUAL

Mi7 FRAME PARTS LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	026-01X6005	CROSSMEMBER-1	1
2	026-01X7160	SIDE-1	1
3	026-01X7161	SIDE-2	1
4	026-01X7162	CROSS-MEMBER	1
5	026-01X5186	LEVELING FOOT (M16X2.0)	2
6	012-0504009	16M X 2.0 FLANGED NUT (Ni)	2
7	016-0201050	Ø2.50" END CAP (DOMED)	1
8	026-01PL2566	CAP 1.97" X 3.94"	2
9	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	6
10	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	6
11	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH	6
12	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
13	021-0003135	DECAL WARNING 1.50" X 6.69"	1
14	021-0003230	DECAL HOIST 1.625" X 6.0613"	1
15	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1

OWNER'S MANUAL

CORE STABILIZER PAD PARTS LIST

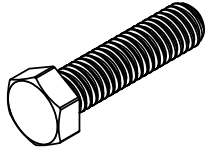
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	022-01PD2135-A	PAD ASSEMBLY	1
2	026-01X0186	PULL-PIN ASSEMBLY	1
3	026-01X6708	REMOVABLE SUPPORT FRAME	1
4	026-01X6709	STABILIZER PAD MOUNT	1
5	014-0101034	BUSHING: OILITE FLANGED 12.8mm I.D. X 19.3mm O.D. X 11.1mm LG.	2
6	026-01P4709	ROM PLATE	1
7	026-01PL2503	RUBBER FOOT 8.41" X 9.13"	1
8	026-01PL2808	SLEEVE FOR .473" [M12] SHAFT X 5.5000"	2
9	013-1002010	5/16" SAE FLAT WASHER (Ni)	2
10	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	2
11	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	2
12	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	2
13	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	2
14	011-0701019	3/8"-16UNC X .75" BHCS (Ni)	2
15	011-0116118	1/2"-13UNC X 3.75" LOW HEAD SHCS (Ni)	1
16	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	2
17	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	1
18	021-0003426	DECAL PULL	1
19	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	2

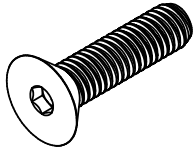
OWNER'S MANUAL

ABBREVIATIONS

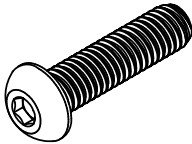
BZ = Black Zinc
Ni = Nickel Plated
SS = Stainless Steel
WZ = White Zinc



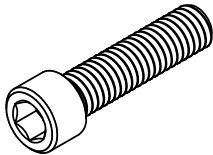
HHB = Hex Head Bolt



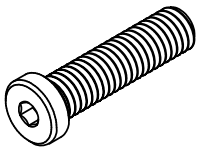
FHCS = Flat Head Cap Screw



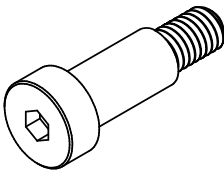
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



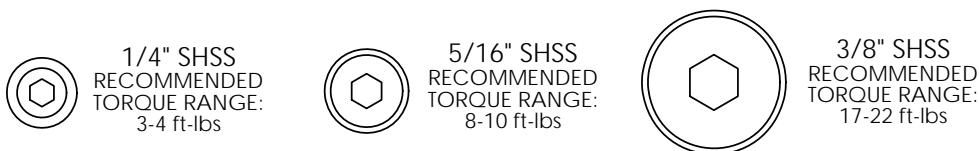
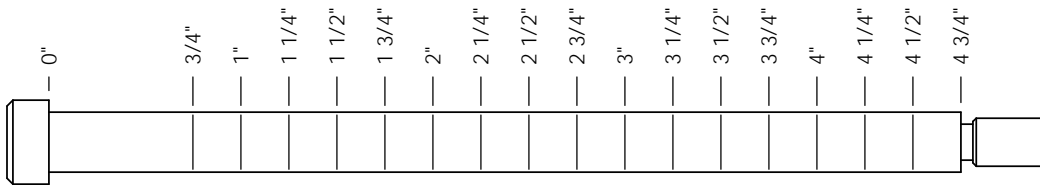
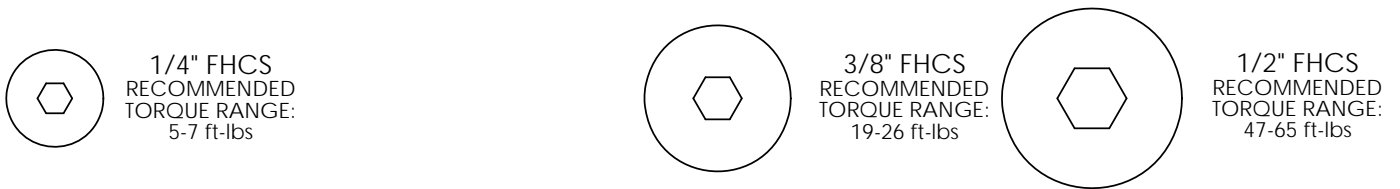
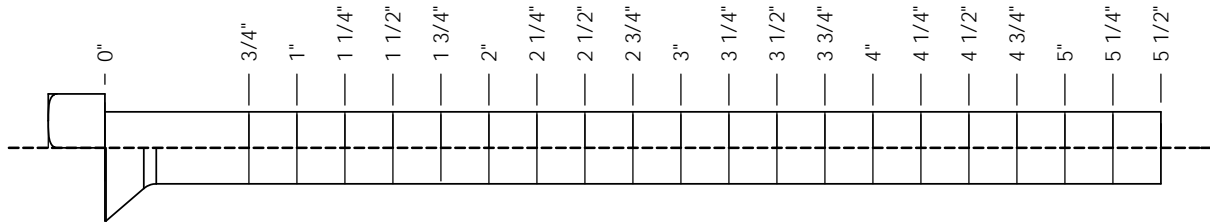
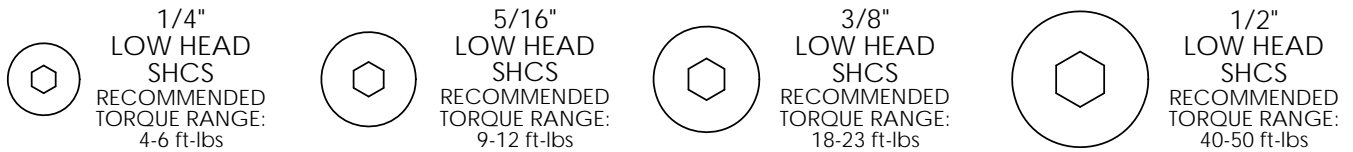
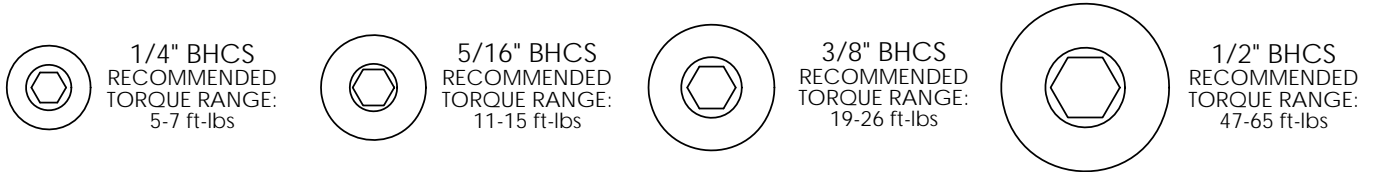
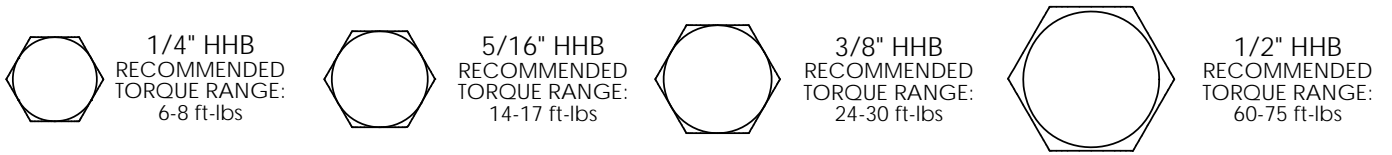
Low Head SHCS = Low Head Socket
Head Cap Screw



SHSS = Socket Head Shoulder Screw

OWNER'S MANUAL

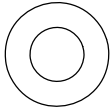
BOLT SIZING CHART



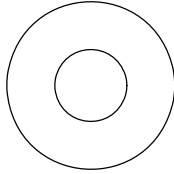
OWNER'S MANUAL

WASHER SIZING CHART

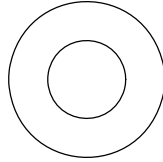
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



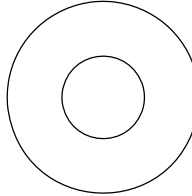
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



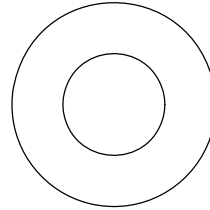
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



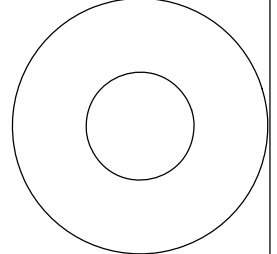
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



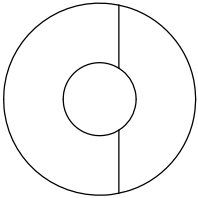
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



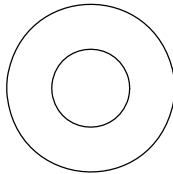
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



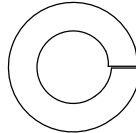
013-0402007
3/8"
FLAT WASHER
22mm O.D.



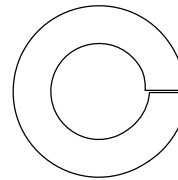
013-0102019
1/4"
LOCK WASHER



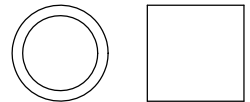
013-0102020
3/8"
LOCK WASHER



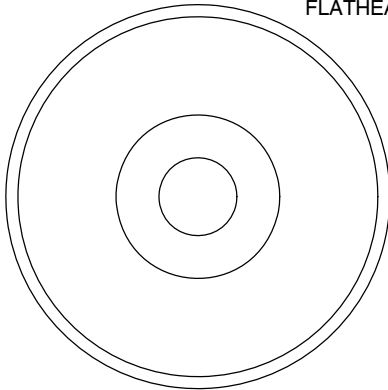
013-0102018
1/2"
LOCK WASHER



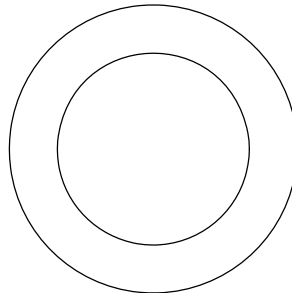
014-0018001
1/2" LONG
SPACER



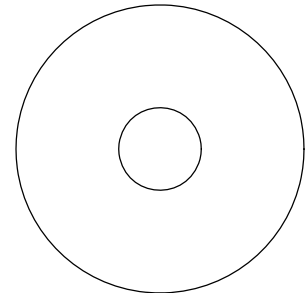
026-01M0238
2" ALUMINUM
FLATHEAD CAP



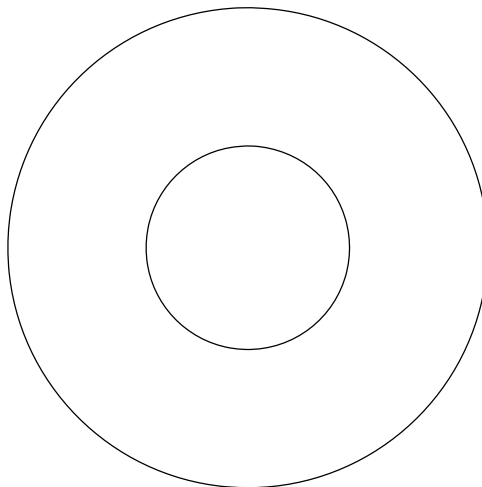
016-0009003
1" SHIM WASHER



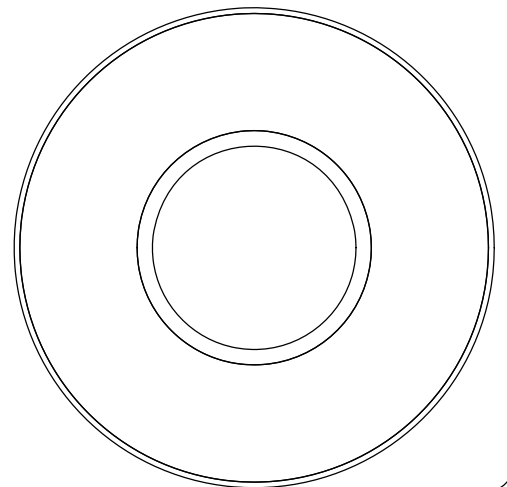
013-0003002
3/8" FENDER WASHER



013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



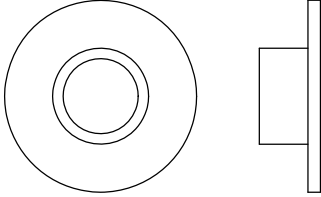
014-0018002
1" LONG
SPACER



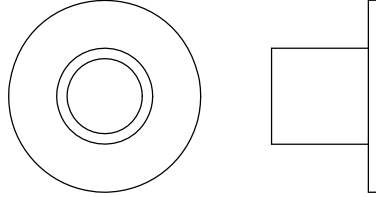
OWNER'S MANUAL

WASHER SIZING CHART (CONTINUED)

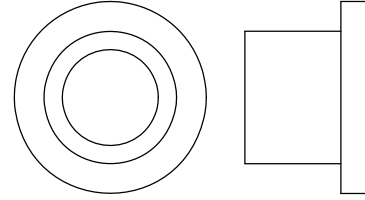
026-01M0211
1/4" LONG
FLANGED SPACER



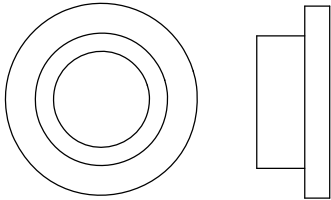
026-01M0198
1/2" LONG
FLANGED SPACER



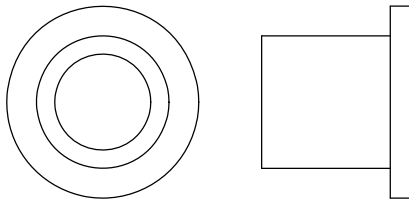
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



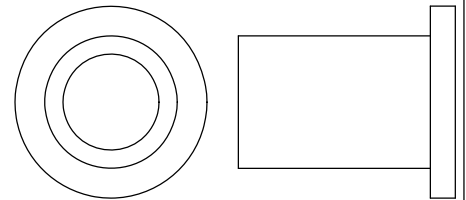
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



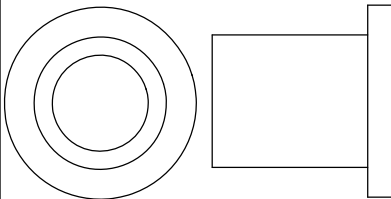
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



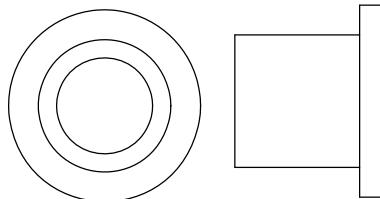
026-01M0551
1" LONG HEAVY
FLANGED SPACER



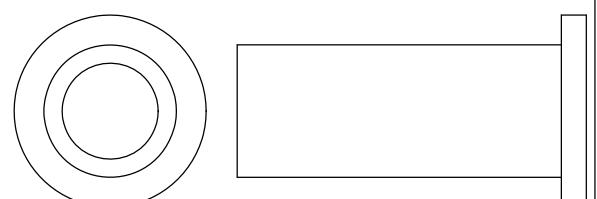
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



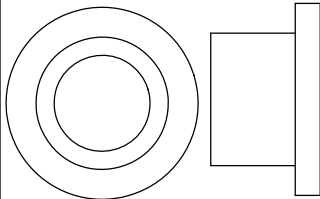
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



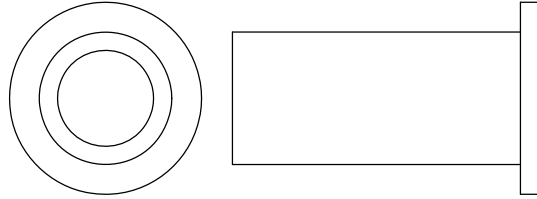
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



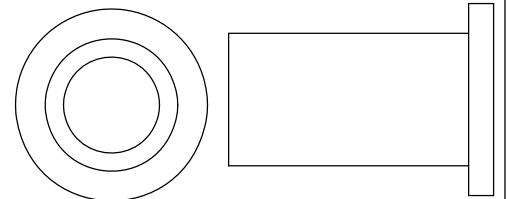
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



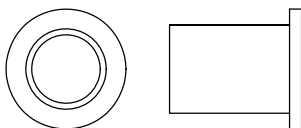
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



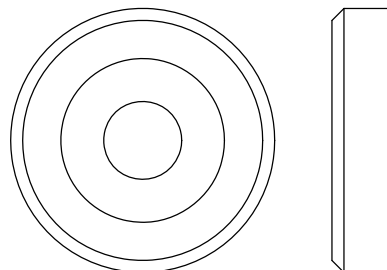
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



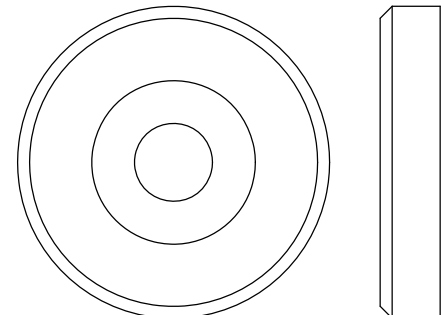
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY																	
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY																		
Clean; Upholstery	DAILY	WEEKLY																		
Inspect; Cables or Belts and their tension	DAILY	WEEKLY																		
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS																		
Inspect; All Decals	WEEKLY	3 MONTHS																		
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS																		
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS																		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS																		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS																		
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY																		
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY																		
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS																		

*Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.*

Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.

OWNER'S MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your Mi7 **CABLE** HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your Mi7 **CABLE** HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

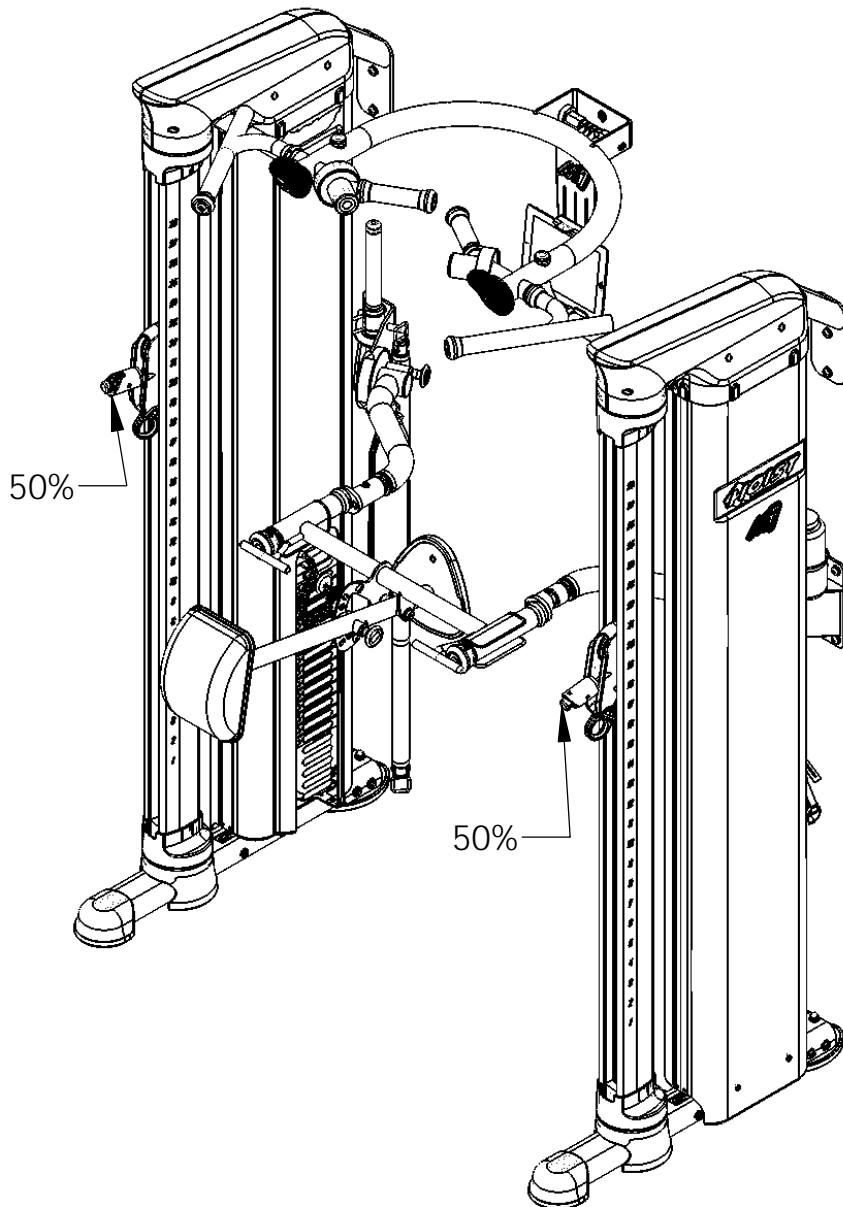
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your Mi7 **CABLE HOIST® Fitness System!**

OWNER'S MANUAL

WEIGHT RATIOS

NUMBER OF PLATES	100%	50%
1	10	5
2	20	10
3	30	15
4	40	20
5	50	25
6	60	30
7	70	35
8	80	40
9	90	45
10	100	50
11	110	55
12	120	60
13	130	65
14	140	70
15	150	75



UPGRADED WEIGHT STACK

NUMBER OF PLATES	100%	50%
1	10	5
2	20	10
3	30	15
4	40	20
5	50	25
6	60	30
7	70	35
8	80	40
9	90	45
10	100	50
11	110	55
12	120	60
13	130	65
14	140	70
15	150	75
16	160	80
17	170	85
18	180	90
19	190	95
20	200	100

The above chart shows the standard weight stack for this unit. The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

Date	S			R			W																																																											
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W						
Totals																																																																		

OWNER'S MANUAL

HOIST FITNESS SYSTEMS **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or **cables** up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

LIGHT COMMERCIAL USE: All malfunctions of upholstery, grips, and coatings that occur up to one year; all malfunctions of belts, or **cables** up to one year; all malfunctions of pulleys, bearings, or bushings that occur up to three years. The frame and body components are warranted for ten years, with structural moving parts warranted for five years.

HOME USE: All malfunctions of grips, paint, and chrome that occur up to ten years; all malfunctions of electronic components, belts, **cables**, or upholstery that occur up to ten years; all malfunctions of pulleys, bearings, or bushings that occur up to ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE. Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death! Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

LIGHT COMMERCIAL USE: Our Light Commercial warranty applies to facilities that **DO NOT** charge monthly membership dues and where the equipment would be used by **no more than 50** people per day. Examples of Light Commercial facilities include hotels, apartment complexes, personal training studios, fire stations, police stations, etc., that meet the criteria stated above.

WHAT IS NOT COVERED BY THIS WARRANTY: Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES: Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE: This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS: Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
11900 Community Rd.
Poway, CA. 92064
(800)548-5438

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