



COMMERCIAL FREEWEIGHT

CF COMMERCIAL FREEWEIGHT FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Freeweight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

Comfort & Durability

- Head Support & Oversized Handles
 Provides a more comfortable and secure workout
- Round Tube Frame
 Provides unsurpassed strength and durability



Convenience

- Ratcheting Adjuster System
 Quick and easy seat adjustments to accommodate varying user sizes
- Easy Step Through Design Speeds up workout and allows for user to quickly enter/exit the machine
- Integrated Scuff Guards & Rubber Foot Protectors Protects the machine's frame finish and facility floor
- Polyurethane Covers For Bar Rack-Outs Provides protection to the Olympic Bar
- Permanently Anchor All CF Products In Place Maximizes user safety

Sleek & Appealing

- Large Radius Sweeps (bends)
 Adds beauty as well as frame rigidit
- Customizable Upholstery & Frame Color Personalize your equipment to better fit the look of your facility

[CF] PREACHER CURL

CF-3550

- 60º pad angle increases resistance while decreasing elbow strain
- 7 adjustable ratcheting seat positions to accommodate varying user heights
- 2 bar rack-out positions
- Maximum exercise weight capacity: 800 lbs. (360 kg)
- Polyurethane covers for bar rack-outs to protect the barbell and frame





[CF] STANDING PREACHER CURL

CF-3555

- Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- 2-Sided pad to accommodate 2 different curl positions (angled / vertical)
- Walk-up design for easy entry and exit
- Polyurethane covers for drop-rails to protect the barbell and frame

(weight bars NOT included)



[CF] FLAT/INCLINE BENCH

CF-3160

- 6 adjustable back pad positions from 0°, 15°, 30°, 45°, 60° and 80° for incline and flat bench exercises
- 5 adjustable ratcheting seat positions accommodate varying user heights
- Thermoplastic Polyurethane covers for back pad adjusters to reduce wear
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Maximum exercise weight capacity: 1,000 lbs. (454 kg)

[CF] SUPER ADJUSTABLE FLAT/DECLINE BENCH

CF-3162

- 5 angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- Multi-purpose design also allows for abdominal bench exercises
- Self-aligning roller pads accommodate varying leg lengths
- Maximum exercise weight capacity: 1,000 lbs. (454 kg)



[CF] SUPER FLAT/INCLINE/DECLINE BENCH

CF-3165

- 7 back pad positions adjust from -15°, 0°, 15°, 30°, 45°, 60° and 80° to accommodate flat, incline and decline bench exercises
- Thermoplastic Polyurethane covers for back pad adjusters to reduce wear
- Self-aligning roller pads provide leg support during exercises
- Gas-shock assisted seat easily adjusts into 5 seat positions for varying user heights
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Maximum exercise weight capacity: 1,000 lbs. (454 kg)





(weight plates NOT included)



[CF] FLAT OLYMPIC BENCH

CF-3170-A

- Angled frame uprights match the natural arc of the exercise movement
- 2 Start/ Finish Rack Points for varying user heights
- Polyurethane covers for bar rack-outs to protect the Olympic Bar and frame

[CF] INCLINE OLYMPIC BENCH

CF-3172-A

- Angled frame uprights match the natural arc of the exercise movement
- 2 Start/ Finish Rack Points for varying user heights
- Polyurethane covers for bar rack-outs to protect the Olympic Bar and frame
- 8 adjustable ratcheting seat positions to accommodate varying user heights
- Integrated foot rests provide proper exercise alignment
- 30º angle on back pad for incline bench exercises
- Optional Spotter Stand CF-OPT-01 (sold separately)



(shown with optional Spotter Stand CF-OPT-O1) (weight plates and Olympic Bar NOT included) [CF] DECLINE OLYMPIC BENCH

CF-3177-A

- Angled frame uprights match the natural arc of the exercise movement
- Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- -15° angle on back pad for decline bench exercises
- 2 Start/ Finish Rack Points for varying user heights
- Polyurethane covers for bar rack-outs to protect the Olympic Bar and frame



[CF] FLAT BENCH

CF-3163

- Tripod frame design provides greater stability
- Bench Height: 16.75" (43 cm)
- Maximum exercise weight capacity: 1,000 lbs. (450 kg)



(weight plates and Olympic Bar NOT included)

2 back facing Start/ Finish Rack Point and 1 front facing Start/ Finish Rack Points for varying user heights

- Permanent Safety Tiers for user safety
- Polyurethane covers for bar rack-outs to protect the Olympic Bar and frame

[CF] MILITARY PRESS

CF-3860

- 6 adjustable ratcheting back pad positions
- Integrated foot rests provide proper exercise alignment
- Integrated weight storage with 6 Weight Plate Holders
- Integrated Spotter Stand



(weight plates and Olympic Bar NOT included)

[CF] 3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

CF-2179-B

- 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- 16 linear adjustments to accommodate the varying user heights
- Integrated dual position foot rests to accommodate proper exercise positions

- Incorporates 12 weight plate holders for easy storage
- Spotter stand provides more leverage and better positioning
- Maximum weight storage capacity: 870 lbs. (395 kg)
- Maximum exercise weight capacity: 800 lbs. (360 kg)





[CF] UTILITY BENCH

CF-3960

- Tripod frame design provides greater stability
- Integrated foot rests provide proper exercise alignment
- Bench Height: 18.00" (46 cm)
- Maximum exercise weight capacity: 800 lbs. (360 kg)



[CF] VERTICAL KNEE RAISE/DIP

CF-3252-A

- Two sets of hand grips for dip and vertical knee raise exercises
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths
- Optional Fitness Tree CF-3962 attachment provides additional exercises (sold separately)
- Maximum exercise weight capacity: 400 lbs. (181 kg)





[CF] FITNESS TREE

CF-3962-A

- Upper hand grips for neutral and wide pull-up exercises
- Integrated rock climbing holds bring an exciting exercise variation
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths
- Maximum exercise weight capacity: 400 lbs. (181 kg)



[CF] BACK HYPER

CF-3663

- 4 adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- Contoured foot rests and leg roller pads provide lower body stabilization
- Integrated weight plate holders on base
- Maximum exercise weight capacity: 600 lbs. (270 kg)

[CF] ADJUSTABLE DECLINE AB BENCH

CF-3264

- 7 adjustable angle positions ranging from 10° to -20° in
 5° increments
- Easy to use, gas shock assisted angle adjustments for flat, incline and decline exercise positions
- Self-aligning leg roller pads accommodate varying leg lengths
- Maximum exercise weight capacity: 800 lbs. (360 kg)



[CF] ANGLED LINEAR LEG PRESS

CF-3355

- Fully enclosed linear bearing allows for a smooth and quiet motion
- Can accommodate up to 26 weight plates on combined exercise weight horns with 1,170 lb. max capacity
- Back pad adjusts to 5 different positions
- Assist bar positioned on footplate for easy entry/exit
- Dual turn lock-outs for user safety
- Integrated 1 plate weight storage with 720 lb. max capacity



(weight plates NOT included)

[CF] 7 DEGREE SMITH

CF-3753

- Incorporates 10 weight plate holders for easy storage
- Starting weight of Olympic Bar: 25 lbs. (11 kg)
- Maximum weight storage capacity: 1,350 lbs. (610 kg)
- Maximum exercise weight capacity: 540 lbs. (245 kg)

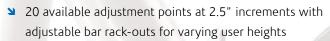
- 3 7º angle on linear exercise movement
- EZ-LOC LATCHING MECHANISM automatically locks and unlocks weight bar and safety stops
- Easy one-handed adjustable safety stops



(weight plates NOT included)

[**CF**] POWER CAGE

CF-3364-A



- Adjustable safety tiers with front Olympic Bar rack-out
- Integrated pull-up station with rock climbing holds
- Integrated weight storage



(weight plates and Olympic Bars NOT included)

[CF] SQUAT RACK

CF-3367-A

- Polyurethane covers for bar rack-outs to protect the Olympic Bar and frame
- Integrated weight storage with 10 Weight Plate Holders
- 5 Start/ Finish Rack Points for varying user heights
- Permanent Safety Tiers for user safety
- Front rack-outs for Shoulder Shrug and Dead Lift exercises



[CF] DUAL ACTION SMITH®

CF-3754

- Dual Action technology produces simultaneous horizontal and vertical bar movement
- Travel distance of horizontal bar movement: 30.25" (77 cm)
- Travel distance of vertical bar movement: 63.50" (161 cm)
- Racking system provides 9 positions for Smith exercises
- Adjustable safety tiers
- Incorporates 10 weight plate holders for easy storage
- Starting weight of Olympic Bar: 52 lbs. (24 kg)
- Maximum weight storage capacity: 1,350 lbs. (612 kg)
- Maximum exercise weight capacity: 540 lbs. (245 kg)



(weight plates NOT included)



[CF] DEAD LIFT PLATFORM

CF-3360

- ≥ Large oversized non-skid surface (35.5" x 33.5")
- Two rack-out positions for varying user heights
- Polyurethane covers for bar rack-outs to protect the barbell and frame

[CF] ACCESSORY RACK

CF-3466

- 10 Bar rack for varying sized bars
- 2 padded trays for loose accessories
- Polyurethane covers for bar rack-outs to protect the barbell and frame



[CF] WEIGHT PLATE STORAGE SYSTEMS

HOIST has a variety of weight plate storage systems to keep any workout area clean and organized. The compact and space efficient designs of the weight storage systems are built with maximum strength and durability.

[CF] OLYMPIC PLATE TREE

CF-3443

- Incorporates impact-resistant plastic covered weight pegs for easy storage
- Optional Olympic Bar Holders CF-OPT-02 (Maximum 2 per unit - sold separately)
- Maximum weight storage capacity: 1,280 lbs. (580 kg)





[CF] 4-SIDED OLYMPIC PLATE TREE

CF-3444

- Incorporates impact-resistant plastic covered weight pegs for easy storage
- Optional Olympic Bar Holders CF-OPT-02 available (Maximum 2 per unit - sold separately)
- Maximum weight storage capacity 1,500 lbs. (680 kg)

(shown with optional Olympic Bar Holder CF-OPT-O2) (weight plates and Olympic Bars NOT included)

[CF] DUMBBELL RACKS

Engineered specifically for PRO style dumbbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity.

[**CF**] 3-TIER DUMBBELL RACK

CF-3461-3

- Foot clearance under bottom tier for easy access and added safety
- Stores up to 10 dumbbells on each tier (15 pairs total)
- Height of top tier: 39.25" (100 cm)
- Maximum weight per tier: 1,400 lbs. (635 kg)
- Maximum weight storage capacity: 4,200 lbs. (1,905 kg)





[CF] 2-TIER DUMBBELL RACK

CF-3461-2

- Foot clearance under bottom tier for easy access and added safety
- Stores up to 10 dumbbells on each tier (10 pairs total)
- Height of top tier: 29.00" (74 cm)
- Maximum weight per tier: 1,400 lbs. (635 kg)
- Maximum weight storage capacity: 2,800 lbs. (1,270 kg)

[**CF**] 1-TIER DUMBBELL RACK

CF-3461-1-A

- Stores up to 10 dumbbells on each tier (5 pairs total)
- Height of top tier: 29.00" (74 cm)
- Maximum weight per tier: 1,400 lbs. (635 kg)
- Maximum weight storage capacity: 1,400 lbs. (635 kg)



[CF] BEAUTY BELL & BARBELL RACKS

Engineered specifically for beauty bells and barbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity.



[**LF**] 3-TIER BEAUTY BELL RACK

CF-3462-3

- Foot clearance under bottom tier for easy access and added safety
- Stores up to 8 beauty bells on each tier (12 pairs total)
- Designed to hold up to 50 lbs. (22 kg) beauty bells
- Height of top tier: 37.50" (95 cm)
- Maximum weight storage capacity: 1,200 lbs. (544 kg)

[CF] 2-TIER BEAUTY BELL RACK

CF-3462-2

- Stores up to 8 beauty bells on each tier (8 pairs total)
- Designed to hold up to 50 lbs. (23 kg) beauty bells
- Height of top tier: 37.50" (95 cm)
- Maximum weight storage capacity: 800 lbs. (363 kg)





[CF] BARBELL RACK

CF-3465-A

- Unique upright frame design provides convenience for easy barbell access
- Incorporates 10 barbell holders for organized storage
- Maximum weight storage capacity: 1,500 lbs. (680 kg)
- Polyurethane covers for bar rack-outs to protect the barbell and frame

(beauty bell & barbell weights are NOT included)

STANDARD COLORS



Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST Sales Representative at **800.548.5438** or **sales@hoistfitness.com**. Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT	NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
CF-2179-B	3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH	79.00" (201 CM)	64.75" (164 CM)	56.00" (142 CM)	384 Lbs. (174 KG)	870 Lbs. (395 KG)	800 Lbs. (363 KG)
CF-3160	FLAT/INCLINE BENCH	53.00" (135 CM)	33.00" (84 CM)	20.00" (51 CM)	104 Lbs. (47 KG)	N/A	1,000 Lbs. (454 KG)
CF-3162	SUPER ADJUSTABLE FLAT/ DECLINE BENCH	61.75" (157 CM)	30.75" (78 CM)	27.75" (70 CM)	97 Lbs. (44 KG)	N/A	1,000 Lbs. (454 KG)
CF-3163	FLAT BENCH	51.25" (130 CM)	32.75" (83 CM)	16.75" (43 CM)	53 Lbs. (24 KG)	N/A	1,000 Lbs. (454 KG)
CF-3165	SUPER FLAT/INCLINE/ DECLINE BENCH	57.00" (145 CM)	33.00" (84 CM)	20.00" (51 CM)	121 Lbs. (55 KG)	N/A	1,000 Lbs. (454 KG)
CF-3170-A	FLAT OLYMPIC BENCH	72.00" (183 CM)	67.50" (171 CM)	53.00" (135 CM)	203 Lbs. (92 KG)	900 Lbs. (408 KG)	1,000 Lbs. (454 KG)
CF-3172-A	INCLINE OLYMPIC BENCH	73.50" (187 CM)	67.50" (171 CM)	57.00" (145 CM)	254 Lbs. (115 KG)	900 Lbs. (408 KG)	1,000 Lbs. (454 KG)
CF-3177-A	DECLINE OLYMPIC BENCH	84.00" (213 CM)	67.50" (171 CM)	53.00" (135 CM)	240 Lbs. (109 KG)	900 Lbs. (408 KG)	1,000 Lbs. (454 KG)
CF-3252-A	VERTICAL KNEE RAISE/DIP	54.25" (138 CM)	34.25" (87 CM)	67.50" (171 CM)	158 Lbs. (72 KG)	N/A	400 Lbs. (181 KG)
CF-3264	ADJUSTABLE AB BENCH	64.50" (164 CM)	30.00" (76 CM)	38.00" (97 CM)	103 Lbs. (47 KG)	N/A	800 Lbs. (363 KG)
CF-3355	ANGLED LINEAR LEG PRESS	97.25" (247 CM)	61.25" (156 CM)	78.25" (199 CM)	590 Lbs. (268 KG)	720 Lbs. (327 KG)	1,170 Lbs. (531 KG)
CF-3360	DEAD LIFT PLATFORM	49.75" (126 CM)	51.00" (130 CM)	39.00" (99 CM)	161 Lbs. (73 KG)	N/A	1,000 Lbs. (454 KG)
CF-3364-A	POWER CAGE	71.00" (180 CM)	86.25" (219 CM)	91.00" (231 CM)	900 Lbs. (216 KG)	1,620 Lbs. (735 KG)	800Lbs. (363 KG)
CF-3367-A	SQUAT RACK	69.00" (175 CM)	65.25" (166 CM)	77.00" (196 CM)	310 Lbs. (141 KG)	900 Lbs. (408 KG)	1,000 Lbs. (454 KG)

PRODUCT N	NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
CF-3443	OLYMPIC PLATE TREE	30.00" (76 CM)	33.25" (85 CM)	53.25" (135 CM)	84 Lbs. (38 KG)	1,280 Lbs. (581 KG)	N/A
CF-3443	OLYMPIC PLATE TREE W/1 CF-OPT-O2 OLYMPIC BAR HOLDER	30.00" (76 CM)	36.50" (93 CM)	53.25" (135 CM)	89 Lbs. (40 KG)	1,280 Lbs. (581 KG)	N/A
CF-3443	OLYMPIC PLATE TREE W/ 2 CF-OPT-O2 OLYMPIC BAR HOLDER	30.00" (76 CM)	39.75" (101 CM)	53.25" (135 CM)	94 Lbs. (43 KG)	1,280 Lbs. (581 KG)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE	43.50" (110 CM)	43.50" (110 CM)	51.25" (130 CM)	123 Lbs. (56 KG)	1,500 Lbs. (680 KG)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE W/1 CF-OPT-O2 OLYMPIC BAR HOLDER	43.50" (110 CM)	43.50" (110 CM)	51.25" (130 CM)	128 Lbs. (58 KG)	1,500 Lbs. (680 KG)	N/A
CF-3444	4-SIDED OLYMPIC PLATE TREE W/2 CF-OPT-O2 OLYMPIC BAR HOLDER	43.50" (110 CM)	43.50" (110 CM)	51.25" (130 CM)	133 Lbs. (60 KG)	1,500 Lbs. (680 KG)	N/A
CF-3461-1-A	1-TIER DUMBBELL RACK	98.00" (249 CM)	27.00" (69 CM)	29.00" (74 CM)	135 Lbs. (61 KG)	1,400 Lbs. (635 KG)	N/A
CF-3461-2	2-TIER DUMBBELL RACK	98.00" (249 CM)	27.00" (69 CM)	29.00" (74 CM)	175 Lbs. (79 KG)	2,800 Lbs. (1,270 KG)	N/A
CF-3461-3	3-TIER DUMBBELL RACK	98.00" (249 CM)	27.25" (69 CM)	39.25" (100 CM)	225 Lbs. (102 KG)	4,200 Lbs. (1,905 KG)	N/A
CF-3462-2	2-TIER BEAUTY BELL RACK	26.00" (66 CM)	55.00" (140 CM)	37.50" (95 CM)	135 Lbs. (61 KG)	800 Lbs. (363 KG)	N/A
CF-3462-3	3-TIER BEAUTY BELL RACK	26.00" (66 CM)	55.00" (140 CM)	37.50" (95 CM)	255 Lbs. (116 KG)	1,200 Lbs. (544 KG)	N/A
CF-3465	BARBELL RACK	31.25" (79 CM)	37.75" (96 CM)	60.50" (154 CM)	150 Lbs. (68 KG)	1,500 Lbs. (680 KG)	N/A
CF-3466	ACCESSORY RACK	21.25" (54 CM)	34.25" (87 CM)	48.50" (123 CM)	132 Lbs. (60 KG)	300 Lbs. (136 KG)	N/A
CF-3550	PREACHER CURL	42.75" (109 CM)	31.00" (79 CM)	36.75" (93 CM)	87 Lbs. (39 KG)	N/A	800 Lbs. (363 KG)
CF-3555	STANDING PREACHER CURL	45.25" (115 CM)	30.00" (76 CM)	45.25" (102 CM)	145 Lbs. (66 KG)	N/A	800 Lbs. (363 KG)
CF-3661-A	INCLINE LEVERAGE ROW	74.00" (188 CM)	35.00" (89 CM)	48.00" (122 CM)	170 Lbs. (77 KG)	N/A	600 Lbs. (272 KG)
CF-3663	BACK HYPER	47.00" (119 CM)	30.75" (78 CM)	29.00" (74 CM)	120 Lbs. (54 KG)	N/A	800 Lbs. (363 KG)
CF-3753	7 DEGREE SMITH	51.50" (131 CM)	88.50" (225 CM)	84.00" (213 CM)	663 Lbs. (301 KG)	1,350 Lbs. (612 KG)	540 Lbs. (245 KG)
CF-3754	DUAL ACTION SMITH	95.50" (243 CM)	89.00" (226 CM)	83.50" (212 CM)	824 Lbs. (374 KG)	1,350 Lbs. (612 KG)	540 Lbs. (245 KG)
CF-3860	MILITARY PRESS	60.00" (153 CM)	69.00" (176 CM)	70.0" (178 CM)	310 Lbs. (141 KG)	900 Lbs. (408 KG)	800 Lbs. (363 KG)
CF-3950	UTILITY STOOL	30.00" (76 CM)	27.75" (70 CM)	16.75" (43 CM)	25 Lbs. (11 KG)	N/A	1,000 Lbs. (454 KG
CF-3960	UTILITY BENCH	49.00" (125 CM)	30.00" (76 CM)	18.00" (46 CM)	54 Lbs. (24 KG)	N/A	800 Lbs. (363 KG)
CF-3962-A	FITNESS TREE	54.25" (138 CM)	48.25" (123 CM)	97.75" (248 CM)	216 Lbs. (98 KG)	N/A	400 Lbs. (181 KG)



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