

**HOIST**  
HOISTFITNESS.COM



CONSUMER/LIGHT COMMERCIAL FREEWEIGHT

**[HF]**



## [HF] FREWEIGHT PRODUCTS

HOIST® has become a leader in the strength training equipment industry through proven effectiveness, durability and versatility. Designed upon these principles, all HOIST freeweight products are precision built with superb components and unique space saving designs.



## **[HF]** FOLDING MULTI-POSITION WORKOUT BENCH

HF-4145

- 5 adjustable back pad positions from -15° to 65° in 20° increments to accommodate incline, flat and decline bench exercises
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Foot pegs provide leg support during exercise
- No assembly required



## **[HF]** 6 POSITION F.I.D. BENCH



HF-5165

- 6 adjustable back pad positions from -20° to 75° to accommodate incline, flat, and decline bench exercises
- 3 adjustable seat positions from 0° to 20° in 10° increments to accommodate varying user heights
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Adjustable foot pegs provide leg support during exercise

### **OPTIONS:**

- Leg Extension/Leg Curl Attachment (HF-OPT-4000-01)
- Preacher Curl Attachment (HF-OPT-4000-02)
- Accessory Storage Stand (HF-OPT-4000-03)

REFER TO PAGE 10 FOR MORE INFORMATION. ALL OPTIONS SOLD SEPARATELY.

## [HF] FOLDING FLAT BENCH

HF-4164

- 3 exercise positions to accommodate incline, flat and step exercises
- Integrated carrying handle for easy mobility
- Folds flat for easy storage



## [HF] FOLD-UP FLAT/INCLINE BENCH



HF-4167

- 5 adjustable back pad positions from 0° to 75° in 15° increments to accommodate incline and flat bench exercises
- 2 adjustable seat pad positions from 0° to 20° to accommodate varying user heights
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Folds upright for easy storage



## [HF] ADJUSTABLE AB/BACK HYPER BENCH

HF-4263

- 11 adjustable angle positions from 25° to 60° in 3.25° increments to accommodate ab and back exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt 'n roll capability for mobility
- Folds flat for easy storage



## [HF] FOLDING ADJUSTABLE AB BENCH



HF-4261

- 11 adjustable angle positions from 0° to 30° in 3° increments to accommodate flat, incline and decline ab exercises
- Hand grip allows the user to perform leg lift exercises
- Integrated wheels provide tilt 'n roll capability for mobility
- Folds flat for easy storage



## [HF] ADJUSTABLE AB BENCH



HF-4264

- 10 adjustable angle positions from -5° to 40° in 5° increments to accommodate ab exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt 'n roll capability for mobility

## [HF] AB/BACK ROMAN HYPER



HF-4664

- 8 adjustable angle positions from 0° to 35° in 5° increments to accommodate ab and back exercises
- 9 adjustable leg roller pads and foot bar positions
- Non-skid foot bar secures foot placement during exercise
- Integrated wheels provide tilt 'n roll capability for mobility





## [HF] FITNESS TREE

HF-5962

- Perform multiple body weight exercises such as dips, knee raises, pull-ups, leg raises, ab crunches and push ups
- Upper hand grips for neutral and wide pull up exercises
- Dual purpose back pad attaches for both vertical knee raise and abdominal exercise positions
- Dual purpose low handles for footstep and push up exercise positions
- Angled arm rests offer stable positioning for vertical knee raise exercises

## [HF] FOLD-UP OLYMPIC COMBO BENCH



HF-4170

- 8 adjustable angle positions from  $-10^{\circ}$  to  $75^{\circ}$  to accommodate incline, flat and decline bench or shoulder exercises
- Folds upright for easy storage with locking pull-pin to secure storage position

### OPTIONS:

- Leg Extension/Leg Curl Attachment (HF-OPT-4000-01)
- Preacher Curl Attachment (HF-OPT-4000-02)
- Accessory Storage Stand (HF-OPT-4000-03)
- Rack Out Tiers (HF-OPT-4000-04)

REFER TO PAGE 10 FOR MORE INFORMATION. ALL OPTIONS SOLD SEPARATELY.





## [HF] PREACHER CURL



HF-4550

- 60° pad angle increases resistance while decreasing elbow strain
- 8 adjustable ratcheting seat positions
- Two adjustable bar rack-out positions
- Non-skid surface assures secure foot placement



## [HF] LEG PRESS/HACK COMBO

HF-4357

- Dual purpose back pad attaches for both exercises
- Adjustable platform provides proper positioning
- Multi-position lockouts for both exercises
- Designed for Olympic weight plates only  
*(WEIGHT PLATES ARE NOT INCLUDED)*



## [HF] SQUAT RACK

HF-4970

- Racking system provides 7 positions for Olympic Bar
- Weight storage horns designed for Olympic weight plates
- Olympic Bar holder for easy storage
- Pull-up bar for wide or narrow pull up exercises

### OPTIONS:

- Rack Out Tiers (HF-OPT-4000-04)

*REFER TO PAGE 10 FOR MORE INFORMATION. ALL OPTIONS SOLD SEPARATELY.*

## [HF] HALF CAGE



HF-4985

- Double-sided racking system provides 10 positions for freeweight and 10 positions for linear Smith exercises
- Vertical frame design allows the user to face in either direction while performing squat and press exercises
- EZ-Loc Latching Mechanism® automatically disengages when lifted
- Designed for Olympic weight plates
- Primary frame constructed from 3" x 3" and 2" x 3" steel tubing
- Starting weight of Olympic Bar: 35 lbs. (16 kg)
- Maximum storage weight: 570 lbs. (259 kg)





## **[HF]** HALF CAGE ENSEMBLE



HF-4985-ENS

The Half Cage Ensemble includes:

- Half Cage (HF-4985)
- Lat Pulldown/Low Row (HF-900-03)
- Pec Dec (HF-900-04)
- Rack-Out Tiers (HF-900-05)
- 200 lbs. Radial Loc® Weight Stack Option (W-CAST200-CH)
- Six Position F.I.D. Bench (HF-4165)  
*REFER TO PAGE 3 FOR MORE INFORMATION*
- Leg Extension/Leg Curl Attachment (HF-OPT-4000-01)  
*REFER TO PAGE 10 FOR MORE INFORMATION*
- Preacher Curl Attachment (HF-OPT-4000-02)  
*REFER TO PAGE 10 FOR MORE INFORMATION*
- Maximum storage weight: 570 lbs. (259 kg)



## **[HF]** 6 POSITION F.I.D. BENCH

HF-4165

- Included with the Half Cage Ensemble!  
*OPTIONAL ATTACHMENTS NOT SHOWN.*

## HF OPTIONS

Variety is always the spice of life – and the key to a more well rounded workout choose an option to achieve maximum benefits and add variety to your workout routine. (Options shown below apply to select HF products).



### [HF] LEG EXTENSION/ LEG CURL ATTACHMENT

HF-OPT-4000-01

- Attaches to 6 Position F.I.D. Bench (HF-4165) or Fold-Up Olympic Bench (HF-4170)
- Designed for Olympic weight plates only

*SHOWN WITH 6 POSITION F.I.D. BENCH (HF-4165). BENCH SOLD SEPARATELY.*

### [HF] PREACHER CURL ATTACHMENT

HF-OPT-4000-02

- Attaches to 6 position F.I.D. Bench (HF-4165) or Fold-Up Olympic Bench (HF-4170)

*\*SHOWN WITH FOLD-UP OLYMPIC COMBO BENCH (HF-4170). BENCH SOLD SEPARATELY.*



### [HF] ACCESSORY STORAGE STAND

HF-OPT-4000-03

- Provides convenient storage for optional Leg Ext./Leg Curl attachment (HF-OPT-4000-01) and Preacher Curl attachment (HF-OPT-4000-02)

*\*SHOWN WITH OPTIONAL LEG EXT./LEG CURL ATTACHMENT (HF-OPT-4000-01) AND PREACHER CURL ATTACHMENT (HF-OPT-4000-02).*

### [HF] RACK OUT TIERS (1 PAIR)

HF-OPT-4000-04

- Attaches to Fold-Up Olympic Bench (HF-4170) or Squat Rack (HF-4970)



## ***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. No frame color options are available beyond what is pictured below. (*Weights are NOT included*)

### **[HF] OLYMPIC WEIGHT TREE**



HF-4444

- Convenient storage system designed for Olympic weight plates only
- 1.5" weight horns with durable plastic sleeves



### **[HF] WEIGHT STORAGE STATION**

HF-4476

- Convenient storage system features 14 weight plate holders
- Choice of standard weight horns (HF-OPT-400-02) or Olympic size weight horns (HF-OPT-400-01)



## VERTICAL DUMBBELL RACKS

The unique upright frame design of the vertical dumbbell racks provides convenience for easy access while only using a minimal amount of floor space! No frame color options are available beyond what is pictured below. (Dumbbell weights are NOT included)



### [HF] 5 PAIR VERTICAL DUMBBELL RACK

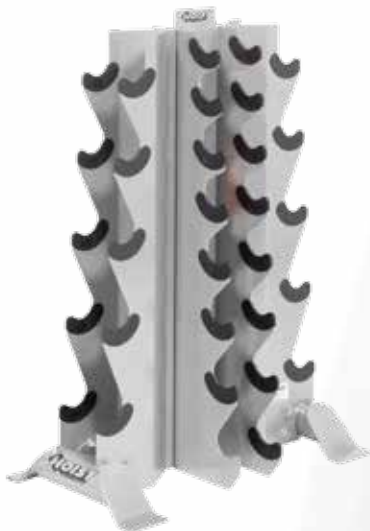
HF-4459

- Stores up to 5 pairs of oversized dumbbells

### [HF] 8 PAIR VERTICAL DUMBBELL RACK

HF-4460

- Stores up to 8 pairs of Hex dumbbells



### [HF] 4-SIDED VERTICAL DUMBBELL RACK

HF-4480

- Stores up to 13 pairs of Hex dumbbells

## HORIZONTAL DUMBBELL RACK

Maximize any workout area and keep dumbbells off the floor with the HF dumbbell rack. Engineered for any home or fitness facility, the dumbbell racks feature non-skid tiers to avoid movement of dumbbells. All HF dumbbell racks are sold as 2-tiers, with the option to purchase a 3rd tier. (Dumbbell weights are NOT included)

### [HF] 36" HORIZONTAL DUMBBELL RACK (\*2-TIER)



HF-4461-36

- 36" Horizontal Dumbbell Rack (2-Tier) stores: 3, 5, 8, 10, 12, 15, 20 and 25 lbs. Hex dumbbell pairs
- \*Optional 36" 3rd Tier stores an additional: 30, 35 and 40 lbs. Hex dumbbell pairs



SHOWN WITH OPTIONAL 36" 3RD-TIER (HF-4461-OPT-36).



SHOWN WITH OPTIONAL 48" 3RD-TIER (HF-4461-OPT-48).



### [HF] 48" HORIZONTAL DUMBBELL RACK (\*2-TIER)

HF-4461-48

- 48" Horizontal Dumbbell Rack (2-Tier) stores: 3, 5, 8, 10, 12, 15, 20, 25, 30 and 35 lbs. Hex dumbbell pairs
- \*Optional 48" 3rd Tier stores an additional: 40, 45 and 50 lbs. Hex dumbbell pairs

### [HF] 60" HORIZONTAL DUMBBELL RACK (\*2-TIER)



HF-4461-60

- 60" Horizontal Dumbbell Rack (2-Tier) stores: 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40 and 45 lbs. Hex dumbbell pairs
- \*Optional 60" 3rd Tier stores an additional: 50, 55, 60 and 65 lbs. Hex dumbbell pairs



SHOWN WITH OPTIONAL 60" 3RD-TIER (HF-4461-OPT-60).

PRODUCT		US/ METRIC	LENGTH	WIDTH	HEIGHT	MACHINE WT.	MAX EXERCISE WT.	MAX WT. / TIER
HF-4145	FOLDING MULTI-POSITION WORKOUT BENCH	US	52.50" / 50.00"*	17.25"	40.75" / 7.75"*	53. LBS.	—	—
		METRIC	133 CM / 127 CM*	44 CM	104 CM / 20 CM*	24 KG	—	—
HF-4165	6 POSITION F.I.D. BENCH	US	65.25"	22.00"	46.75"	77 LBS.	—	—
		METRIC	166 CM	56 CM	119 CM	35 KG	—	—
HF-4164	FOLDING FLAT BENCH	US	48.25"	17.25"	15.75" / 6.75"*	28 LBS.	—	—
		METRIC	123 CM	44 CM	40 CM / 17 CM*	13 KG	—	—
HF-4167	FOLD-UP FLAT / INCLINE BENCH	US	55.00" / 21.00"*	22.00"	46.50" / 52.00"*	61 LBS.	—	—
		METRIC	140 CM / 53 CM*	56 CM	118 CM / 132 CM*	28 KG	—	—
HF-4263	ADJUSTABLE AB/BACK HYPER BENCH	US	40.00" / 45.50"*	17.50"	34.00" / 11.75"*	45 LBS.	—	—
		METRIC	101 CM / 116 CM*	44 CM	86 CM / 30 CM*	20 KG	—	—
HF-4261	FOLDING ADJUSTABLE AB BENCH	US	66.25" / 65.50"*	21.25"	45.00" / 14.75"*	57 LBS.	—	—
		METRIC	168 CM / 166 CM	54 CM	114 CM / 37 CM*	26 KG	—	—
HF-4264	ADJUSTABLE AB BENCH	US	62.00"	28.25"	53.00"	68 LBS.	—	—
		METRIC	157 CM	72 CM	135 CM	31 KG	—	—
HF-4664	AB/BACK ROMAN HYPER	US	56.25"	31.75"	40.25"	97 LBS.	—	—
		METRIC	143 CM	81 CM	102 CM	44 KG	—	—
HF-5962	FITNESS TREE	US	44.00"	22.25"	83.00"	150 LBS.	—	—
		METRIC	112 CM	57 CM	211 CM	68 KG	—	—
HF-4170	FOLD-UP OLYMPIC COMBO BENCH	US	80.00" / 36.25"*	48.75"	64.25"	163 LBS.	—	—
		METRIC	203 CM / 92 CM*	124 CM	163 CM	74 KG	—	—
HF-4550	PREACHER CURL	US	50.00"	43.00"	42.00"	114 LBS.	—	—
		METRIC	127 CM	109 CM	107 CM	52 KG	—	—
HF-4603	AB/LOWBACK	US	42.25"w	31.00"	34.75"	53 LBS.	—	—
		METRIC	107 CM	79 CM	88 CM	24 KG	—	—
HF-4603	AB/LOW BACK	US	60.00"	41.00"	43.00"	91 LBS.	—	—
		METRIC	152 CM	104 CM	109 CM	41 KG	—	—
HF-4357	LEGPRESS/HACK COMBO	US	83.25"	30.50"	56.50"	91 LBS.	—	—
		METRIC	211 CM	77 CM	144 CM	41 KG	—	—
HF-4970	SQUAT RACK	US	48.25"	17.25"	15.75" / 6.75"*	28 LBS.	—	—
		METRIC	123 CM	44 CM	40 CM / 17 CM*	13 KG	—	—

\* EQUIPMENT MEASUREMENT WHEN FOLDED



PRODUCT		US/ METRIC	LENGTH	WIDTH	HEIGHT	MACHINE WT.	MAX EXERCISE WT.	MAX WT. / TIER
HF-4985	HALF CAGE	US	62.00"	75.75"	83.00"	325 LBS.	—	—
		METRIC	157 CM	192 CM	211 CM	147 KG	—	—
HF-4985 -ENS	HALF CAGE ENSEMBLE	US	72.75"	75.75"	84.00"	870 LBS.	—	—
		METRIC	185 CM	192 CM	213 CM	395 KG	—	—
HF-OPT 4000-01	LEG EXTENSION/ LEG CURL ATTACHMENT	US	21.00"	18.75"	21.25"	22 LBS	—	—
		METRIC	53 CM	48 CM	54 CM	10 KG	—	—
HF-OPT 4000-02	PREACHER CURL ATTACHMENT	US	17.50"	20.25"	33.75"	20 LBS.	—	—
		METRIC	44 CM	51 CM	86 CM	9 KG	—	—
HF-OPT 4000-03	ACCESSORY STORAGE STAND	US	21.25"	20.25"	5.50"	12 LBS.	—	—
		METRIC	54 CM	51 CM	14 CM	5 KG	—	—
HF-OPT 4000- 04	RACK OUT TIERS (1 PAIR)	US	14.00"	1.25"	11.50"	15 LBS.	—	—
		METRIC	36 CM	3 CM	29 CM	7 KG	—	—
HF-4444	OLYMPIC WEIGHT	US	27.75"	21.00"	45.25"	49 LBS.	680 LBS.	—
		METRIC	70 CM	53 CM	115 CM	22 KG	49 KG	—
HF-4476	WEIGHT STORAGE STATION	US	37.50"	21.25"	71.75"	121 LBS / 184 LBS**	2082 LBS / 1820 LBS**	—
		METRIC	95 CM	54 CM	181 CM	55 KG / 83 KG**	944 KG / 826 KG**	—
HF-4459	5 PAIR VERTICAL DUMBBELL RACK	US	18.75"	16.00"	43.75"	26 LBS	400 LBS	—
		METRIC	48 CM	41 CM	111 CM	12 KG	181 KG	—
HF-4460	8 PAIR VERTICAL DUMBBELL RACK	US	18.75"	16.00"	52.00"	62 LBS	520 LBS	—
		METRIC	48 CM	41 CM	132 CM	28 KG	236 KG	—
HF-4480	4-SIDED VERTICAL DUMBBELL RACK	US	27.00"	16.00"	38.50"	100 LBS	558 LBS	—
		METRIC	69 CM	41 CM	98 CM	45 KG	253 KG	—
HF-4461- 36	36" HORIZONTAL DUMBBEL RACK (2-TIER)	US	26.50"	44.50"	38.00"	111 LBS	600 LBS	300 LBS
		METRIC	67 CM	113 CM	97 CM	50 KG	272 KG	136 KG
HF-4461- 48	48" HORIZONTAL DUMBBEL RACK (2-TIER)	US	26.50"	56.50"	38.00"	129 LBS	840 LBS	420 LBS
		METRIC	67 CM	144 CM	97 CM	59 KG	381 KG	191 KG
HF-4461- 60	60" HORIZONTAL DUMBBELL RACK (2-TIER)	US	26.50"	68.50"	38.00"	147 LBS	1080 LBS	540 LBS
		METRIC	67 CM	174 CM	97 CM	67 KG	490 KG	245 KG

\*\* WITH OLYMPIC WEIGHT HORNS



## WARRANTY POLICY

HOIST offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST 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 reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

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

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| <ul style="list-style-type: none"> <li>◆ HOIST®</li> <li>◆ ACT NOW®</li> <li>◆ CABLE-DRIVEN™</li> <li>◆ CLUB QUALITY GUARANTEED®</li> <li>◆ DUAL ACTION SMITH®</li> <li>◆ EASY GLIDE™</li> <li>◆ EZ-LOC LATCHING MECHANISM™</li> <li>◆ FEEL THE RIDE®</li> <li>◆ GLUTEMASTER®</li> <li>◆ GLUTEMASTER KICKS ASS®</li> </ul> | <ul style="list-style-type: none"> <li>◆ HOIST CLASSIC®</li> <li>◆ JOIN THE MOVEMENT®</li> <li>◆ QUIK-CHANGE®</li> <li>◆ RADIAL LOC®</li> <li>◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™</li> <li>◆ RIDE ORIENTED CONDITIONING®</li> <li>◆ RIDE ORIENTED CONDITIONING SYSTEM®</li> <li>◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™</li> <li>◆ RIDE ORIENTED EXERCISE®</li> <li>◆ ROC®</li> </ul> | <ul style="list-style-type: none"> <li>◆ ROCS®</li> <li>◆ ROX®</li> <li>◆ ROC-IT®</li> <li>◆ ROC-ABS®</li> <li>◆ SILENT STEEL®</li> <li>◆ SPLIT WEIGHT CABLING™</li> <li>◆ ULTRA-LITE LIFTING SYSTEM™</li> <li>◆ DUAL SERIES™</li> </ul> |
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D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, 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, D526,330, 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, 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, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 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, 7,993,215, 8,002,679, 8,007,411, 8,021,070, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,317,665, 8,328,698

† Other Patents Pending



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