

# Mi7Smith FUNCTIONAL TRAINING SYSTEM

From the decades-long strength industry leader whose products can be found in health clubs and homes around the world, comes the next big innovation in strength training. The HOIST Mi7Smith Functional Training System is a completely innovative home gym from the new line of MiHOIST Functional Training Systems. The Mi7Smith maximizes space by combining the MiSmith Dual Action Smith with the Mi7 Functional Trainer with a walk-through design to deliver a sleek and efficient home gym unlike any other. With patented technology, the Mi7Smith is engineered to provide a wide variety of features to maximize your exercise options.

On one side of the Mi7Smith, the MiSmith Dual Action Smith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of freeweight training with added safety and stability. Walk through to the other side of the Mi7Smith and the Mi7 Functional Training System features dual Silent Steel® weight stacks with 360 degree rotating columns for complete free range of motion. Patented Flip n Grip® grips offer five pull-up/dip variations and patent-pending Flip n Dip® grips offer both narrow and wide dips.

## COMMERCIAL QUALITY FEATURES

Designed with premium quality in mind, the Mi7Smith includes unique features also found on our popular commercial products

- Patented Flip n Grip® technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip n Dip® technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Commercial quality components including linear bearings and shafting for frictionless guided motion
- Polyurethane covered rack outs for silent racking and protection of bar
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

- Streamlined design to conceal most hardware from view
- Compact, walk-through design requires minimal floor space
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors.
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Standard 150 lbs. (68 kg) weight stacks per side (Quantity two) (Upgradable)
- Ultra-Lite Lifting System™ that reduces Smith bar weight to a mere 30 lbs.
- Two Strap attachment points for body resistance training
- Adjustable safety tiers on Smith

## INCLUDED COMMERCIAL QUALITY ACCESSORIES

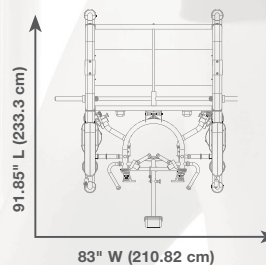
- Adjustable strap handles (one pair)
- Dual attachment, long assist strap
- Padded ankle/thigh strap
- Dual attachment, commercial quality, ultra-light aluminum straight bar with revolving attachment points
- Commercial quality, ultra-light aluminum curl bar

## AVAILABLE UPGRADES

- May add up to 50 lbs. per weight stack (total additional weight 100 lbs.)



\* Tablet, Bottle and Towel Shown Not Included



## SPECIFICATIONS US / METRIC

Length: 91.85" / 233.3 cm

Width: 83" / 210.82 cm

Height: 83.49" / 212.07 cm

Free MyHoist App provides access to dozens of exercise tutorials, workout plans and fitness training



# Mi7 FUNCTIONAL TRAINING SYSTEM

The HOIST Mi7 Functional Training System is a personal pulley gym from the new line of MiHOIST home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for complete free range of motion, five pull-up/chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym perfect to build full body strength and improve overall fitness.

## COMMERCIAL QUALITY FEATURES

Designed with premium quality in mind, the Mi7Smith includes unique features also found on our popular commercial products

- Patented Flip n Grip® technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip n Dip® technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- Commercial quality components
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

- Streamlined design to conceal most hardware from view
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Wider walk-in design allows space for bench exercises
- Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Standard 150 lbs. (68 kg) weight stacks (Quantity two) (Upgradable)

## INCLUDED COMMERCIAL QUALITY ACCESSORIES

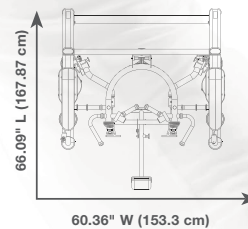
- Adjustable strap handles (one pair)
- Dual attachment, long assist strap
- Padded ankle/thigh strap
- Dual attachment, commercial quality, ultra-light aluminum straight bar with revolving attachment points
- Commercial quality, ultra-light aluminum curl bar

## AVAILABLE UPGRADES

- May add up to 50 lbs. per weight stack (total additional weight 100 lbs.)



\* Tablet, Bottle and Towel Shown Not Included

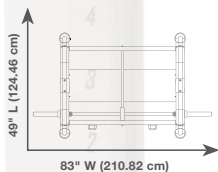


## SPECIFICATIONS US / METRIC

|         |                    |
|---------|--------------------|
| Length: | 66.09" / 167.87 cm |
| Width:  | 60.36" / 153.3 cm  |
| Height: | 83.49" / 212.07 cm |



\* Tablet, Bottle and Towel Shown Not Included



## SPECIFICATIONS US / METRIC

|         |                    |
|---------|--------------------|
| Length: | 49" / 124.46 cm    |
| Width:  | 83" / 210.82 cm    |
| Height: | 82.54" / 209.66 cm |

# MiSMITH DUAL ACTION SMITH

The HOIST MiSmith Dual Action Smith is an innovative product from the new line of MiHOIST Home Gyms. Perfect for users of all levels, the MiSmith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of freeweight training with added safety and stability. The Ultra-Lite Lifting System™ reduces the bar weight to 30 lbs. allowing a wider range of exercise options. While this gym is engineered to offer maximum power and efficiency to your workout, its sleek and minimalist design offers a luxurious appeal to any individual looking to take their fitness to the next level.

## FEATURES

- Ultra-Lite Lifting System™ that reduces the bar weight to a mere 30 lbs.
- Polyurethane covered rack outs for silent racking and protection of bar and frame
- Non-marring feet to protect flooring
- Commercial quality linear bearings and shafting for frictionless guided motion
- Two strap attachment points for body resistance training



# [MI6] FUNCTIONAL TRAINING SYSTEM

The unique and stylish HOIST® Mi6 is a personal pulley gym that is engineered with the innovative excellence and asthenic appeal that the fitness industry has come to expect from HOIST.

This gym provides a complete range of functional training exercises designed to obtain maximum results and achieve a strong and versatile body. The Mi6 is engineered to build multiple muscle groups through smooth, rhythmic, and continuous movements that support the body as it moves through life.

## FEATURES

- NEW streamlined design conceals all of the units hardware and includes a *Carbon Fiber* printed shrouding and an *Adjustable Tablet Compartment*
- Pulley systems are combined with a *Rotating Columns*, a unique *Patent Pending Internal Adjuster System* and *Quick-Release Adaptors* to offer smooth and easy one-handed adjustments
- 28 pulley positions allow for each side of the body to be trained independently or both sides simultaneously
- *Integrated Recessed Accessory Rack*, *Bottle Holders* and *Towel Hooks* for convenient storage of accessories and personal items
- *Radial LOC®* weight system reduces shifting between weight plates for a smooth, quiet motion
- Fully enclosed weight stacks for ease of use and added noise reduction
- Compact, walk-through design requires minimal floor space that is designed to fit into a corner
- *Split Weight Cabling®* delivers 50% resistance to pulleys for increased cable travel (114" with strap handles)
- Multi-position chin-up bar with diamond pattern for improved grip

## ACCESSORIES

- Adjustable strap handles (1 pair) for varying user heights and arm lengths. Assist strap for weight assisted pull-ups and lunges. Padded ankle/thigh strap for comfortable leg exercises
- Dual attachment aluminum long bar enables the use of both pulleys simultaneously. Commercial quality ultra light aluminum curl bar with revolving attachment port



\* iPad Shown Not Included



## SPECIFICATIONS

### US / METRIC

|         |                     |
|---------|---------------------|
| Length: | 47.75" / 121 cm     |
| Width:  | 54.00" / 137 cm     |
| Height: | 83.00" / 211 cm     |
| Weight: | 610.5 lbs. / 277 kg |

