STATION 1 :: Rigid Arm Lat Pulldown :: Leg Press :: High Pulley

- Counter-balanced arm and self-aligning handles provide a smooth, natural feel to the lat pulldown.
- Angled thigh brace rollers on the lat pulldown allow you to quickly and easily slip into position without the need for adjustment.
- The self-aligning foot plate on the leg press station automatically adjusts during the exercise to follow the natural movement of your feet, taking the strain off of your ankles.
- The 2:1 Split Weight Cabling™ ratio on the leg press provides 400 pounds of exercise resistance.
- The high pulley station allows you to perform triceps pushdown exercises.

STATION 2 :: Chest Press :: Mid Row :: Leg Extension :: Standing Leg Curl

- Interchangeable press arm options allow you to pick the one that's right for you! Choose between the traditional fixed press arm with patented range of motion or the patented 3-D articulating press arm.
- Low and mid pulley stations allow you to perform a variety of upper and lower body exercises.
- Dual adjusters on the back pad offer both telescoping and angular adjustments to provide proper positioning and back support.
- Locking pull pin provides stable pad positioning.
STATION 1 :: Leg Press

- Pillow block bearings and a 4-bar linkage system provide smoother motion and increased durability.
- The foot plate follows the natural movement of your feet, taking the strain off of your ankles.
- The adjustable back pad accommodates different sized users and allows for pre-stretch adjustments.
- The 2:1 Split Weight Cabling™ ratio provides 400 pounds of exercise resistance.

STATION 2 :: Adjustable Cable Column

- Pulley adjusts to 23 different positions.
- Split Weight Cabling™ reduces resistance by 50% to accommodate a greater number of exercises.

STATION 3 :: Rigid Arm Lat Pulldown

- Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.
- Angled thigh brace rollers eliminate the need for adjustments.

STATION 4 :: Chest Press :: Mid Row :: Leg Extension :: Standing Leg Curl

- The patented ROM adjustment allows you to adjust your starting position on the fixed press arm.
- The patented 3-D articulating press arm allows you to control both the arc and angle of the exercise path.
Patented Radial Loc® Weight System with 2½ lb. incremental weights and weight pin lanyard. This interlocking weight system provides for a tighter fit and less shifting between plates.

Patented Rigid Arm Lat Pulldown has wide-open head clearance for safety. Self-Aligning Handles automatically adjust throughout the exercise movement to accommodate users of all sizes.

Patented 3-D Articulating Press Arm allows you to control both the arc and angle of the exercise path.

Patented Range of Motion Adjustment customizes your starting position on bench press, shoulder press, incline press and mid-row exercises.

Dual Adjusting Back Pad provides proper body positioning, and our Easy Glide™ inserts eliminate metal-to-metal wear and friction.

Leg Extension/Leg Curl station has an integrated cam to prevent resistance drop off at the end of the exercise. Patented, Self-Aligning Rollers adjust automatically and provide thigh support.

Accessory Rack is built-in to keep straps and exercise bars conveniently within your reach.

Self-Aligning Foot Plate on the leg press station pivots to follow your natural exercise motion. Non-skid surface assures secure foot placement.

Contoured Seats and Back Pads add comfort and lumbar support. Angled Thigh Brace Rollers provide secure positioning for lat pulldown exercises.

Accessory Rack provides neat storage of straps and exercise bars while not in use.

Foot Plate with Dual-Pivot Linkage Control is ergonomically designed to reduce joint stress. Oversized foot plate with non-skid surface accommodates users of all sizes.

High-Low Pulley with Adjustable Cable Column has 23 selectable positions for increased versatility.

Visit us on the web at hoistfitness.com