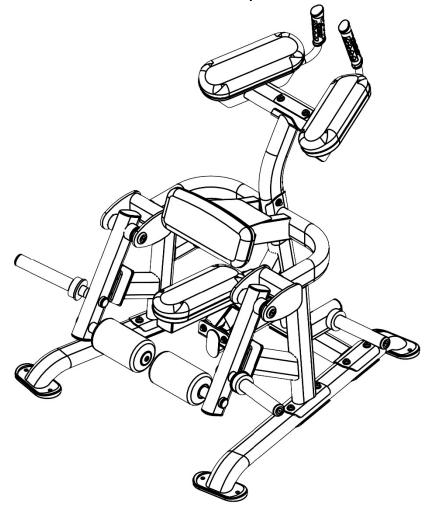


CF-3411

KNEELING LEG CURL, PLATE LOADED



WARNING!

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR USING MINIMUM 4-1/2" LENGTH BOLTS. 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
Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

A03

MACHINE CODE

www.facebook.com/hoistfitness

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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

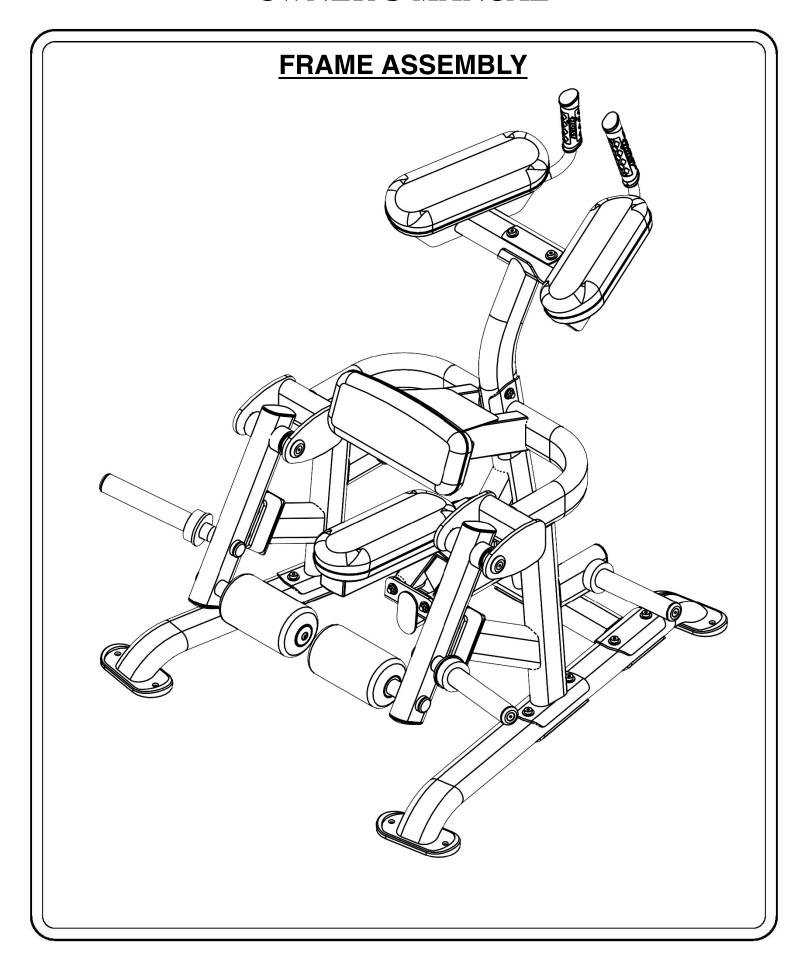
Tape Measure

Level

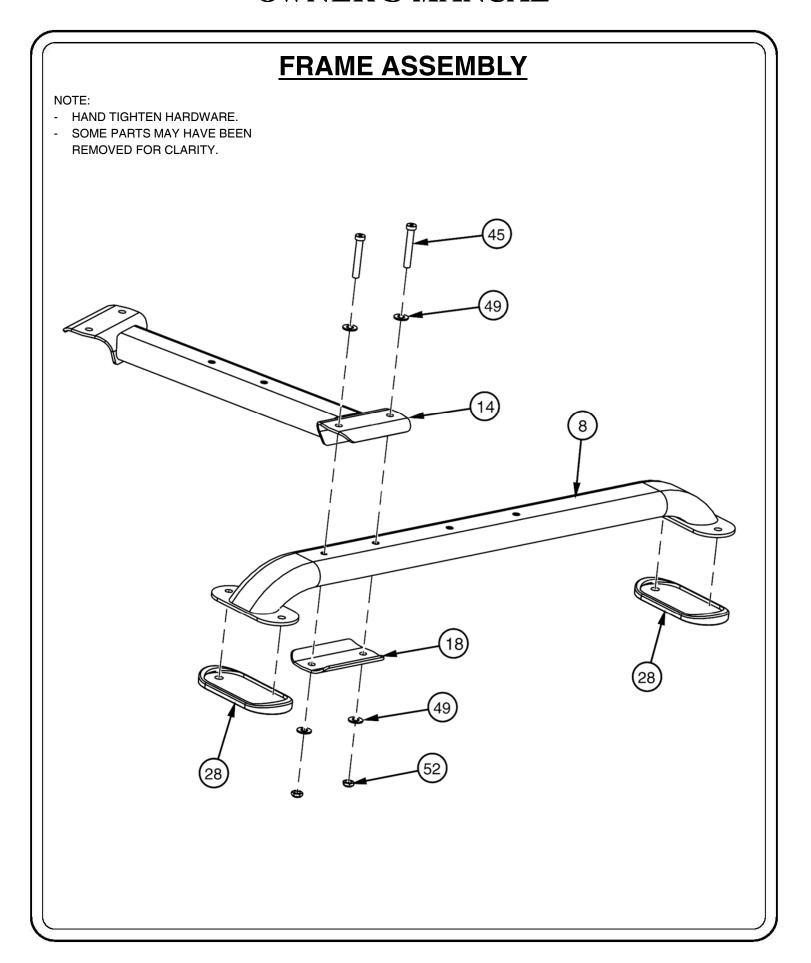
SAE Hex Key Wrench Set

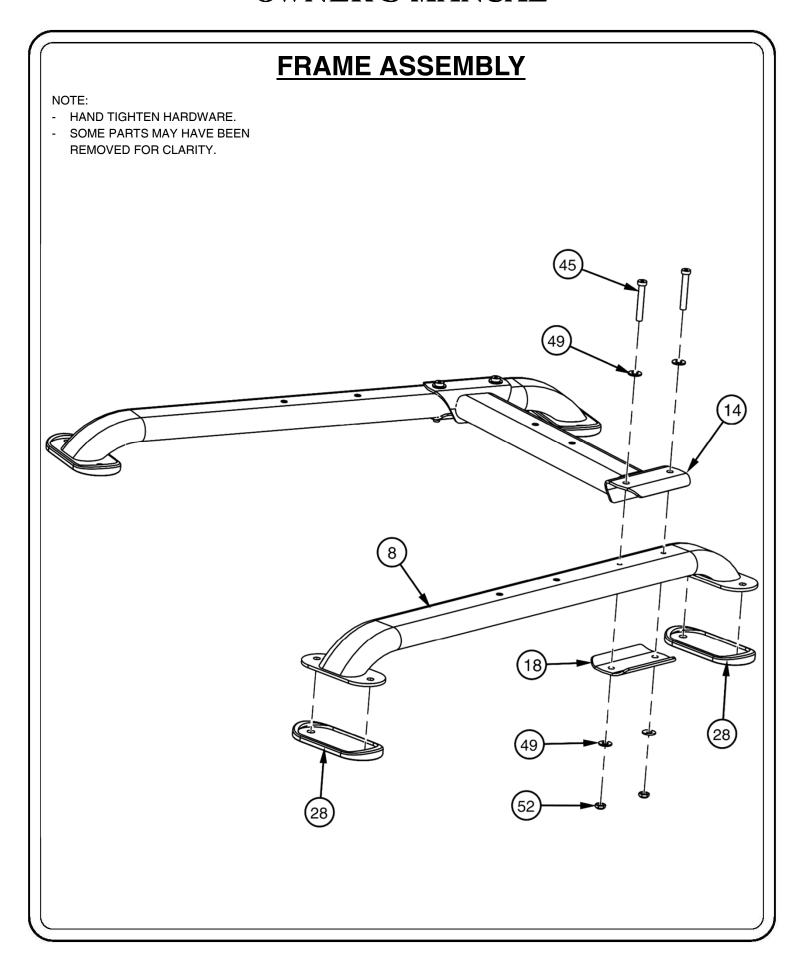
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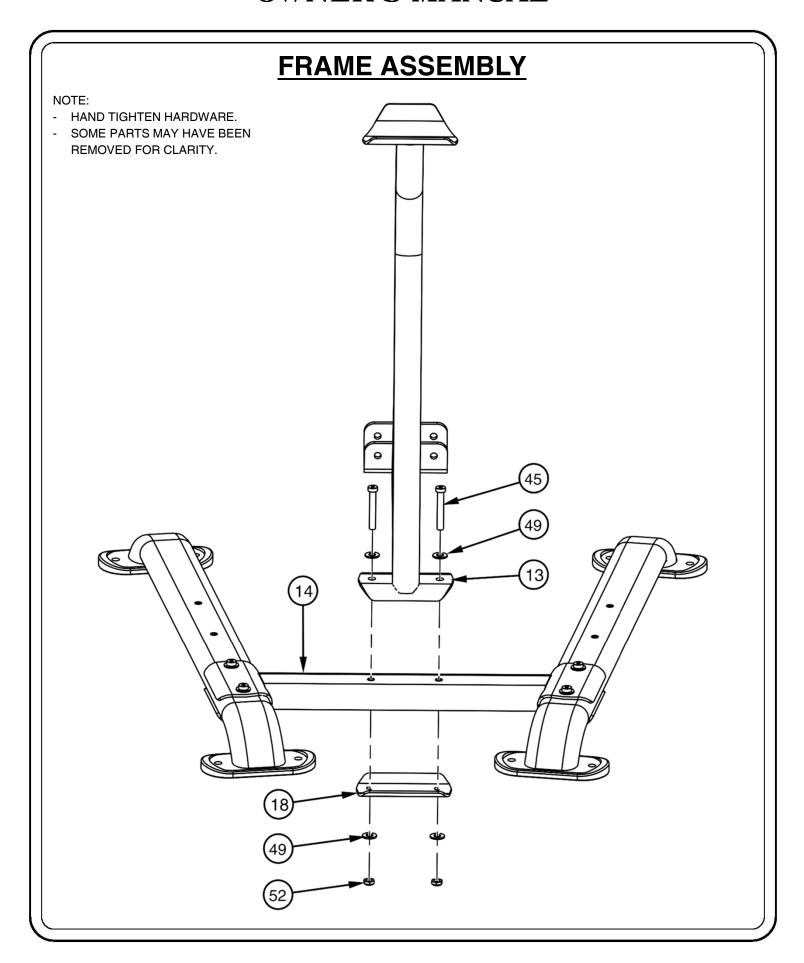


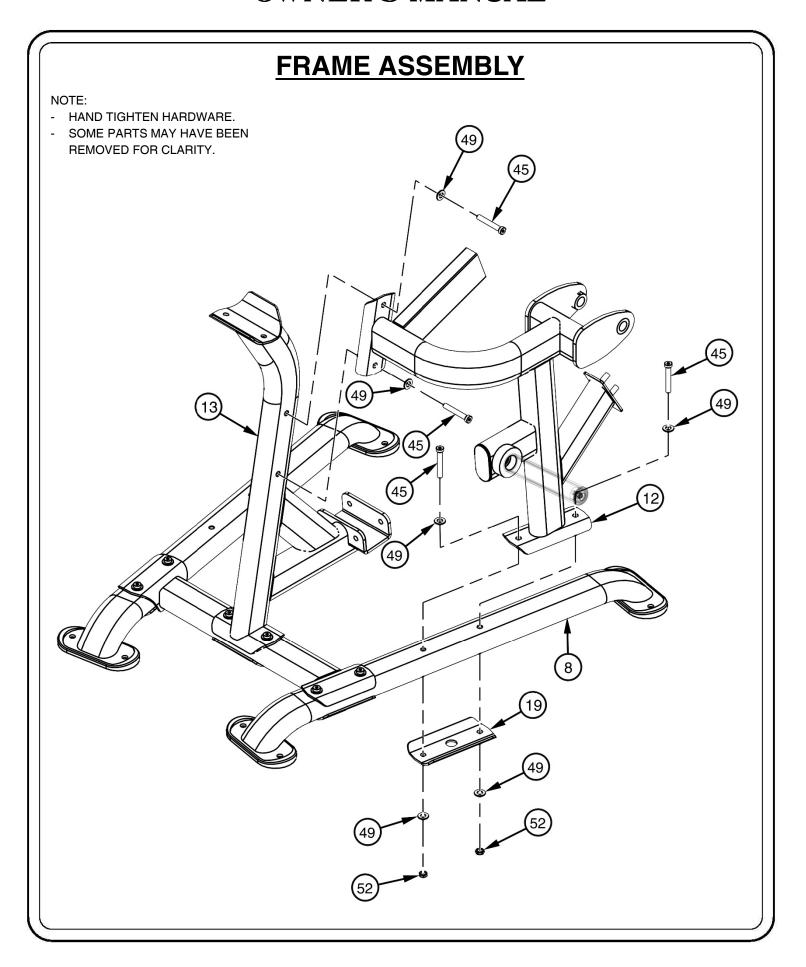
PAGE 04 CF-3411 ASSEMBLY



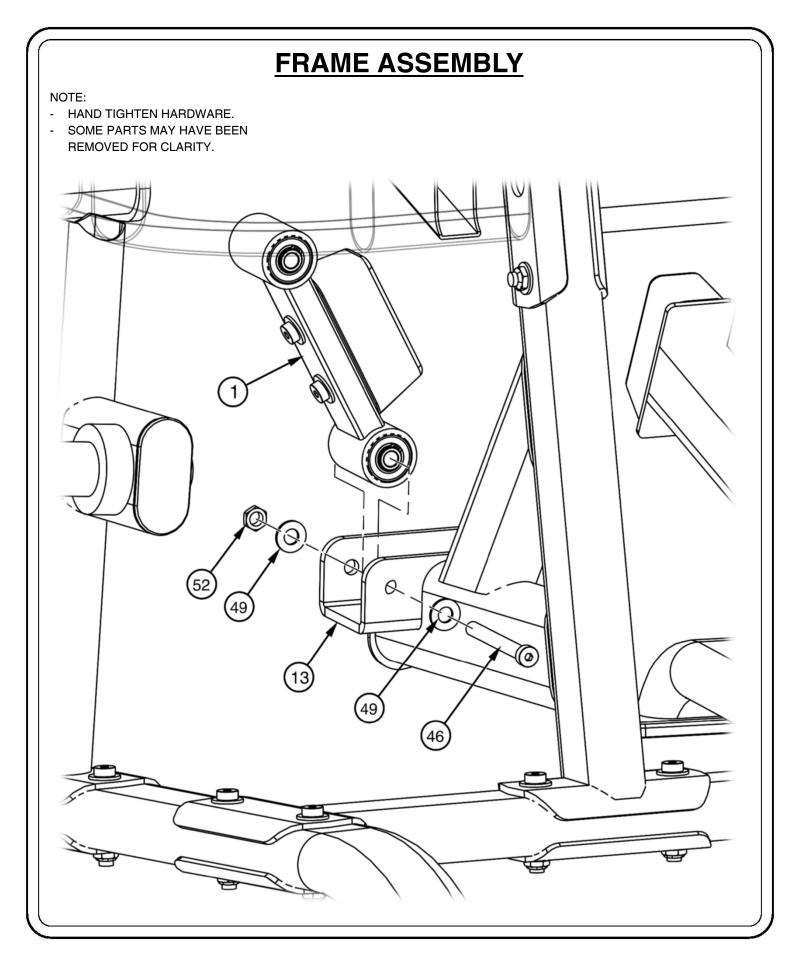


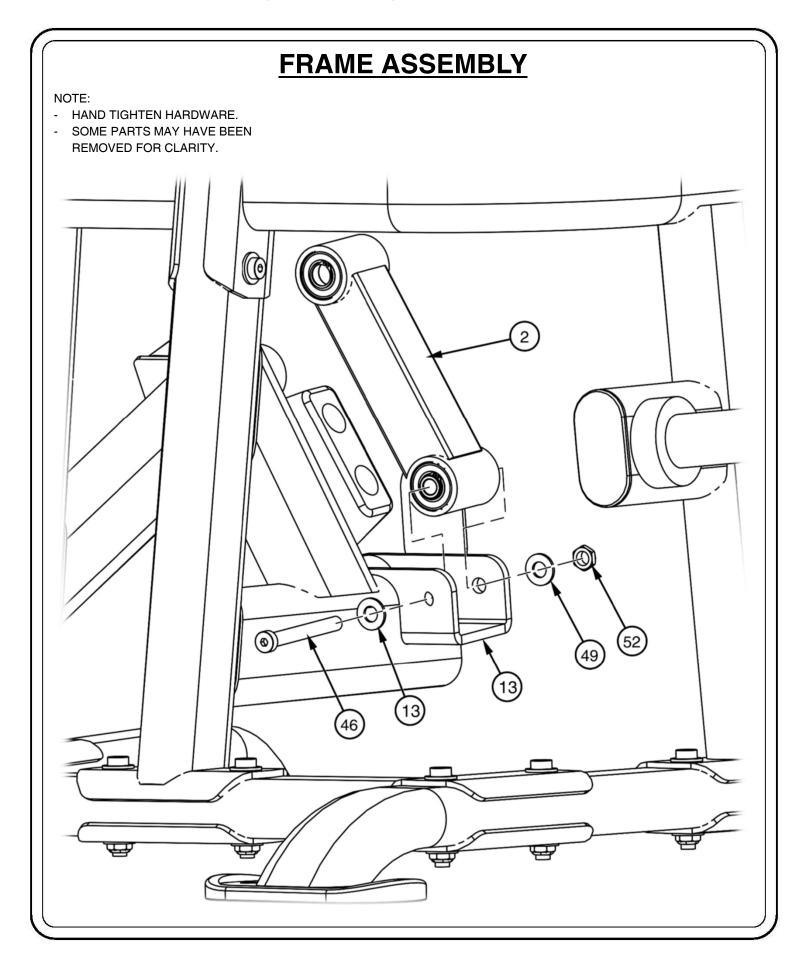
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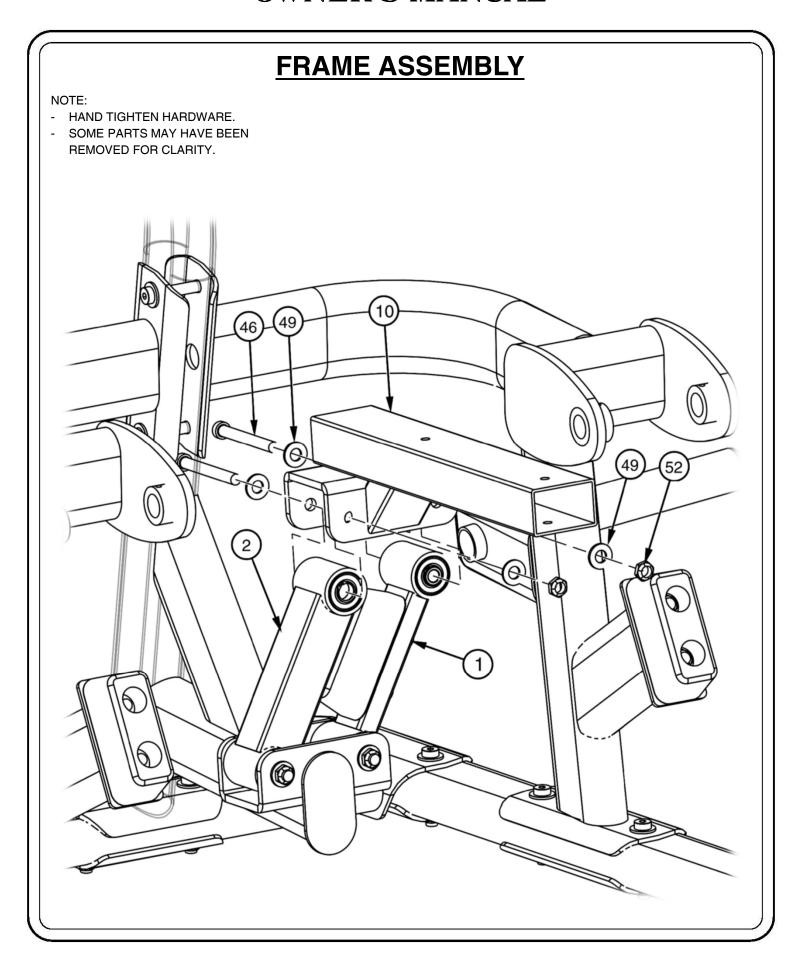


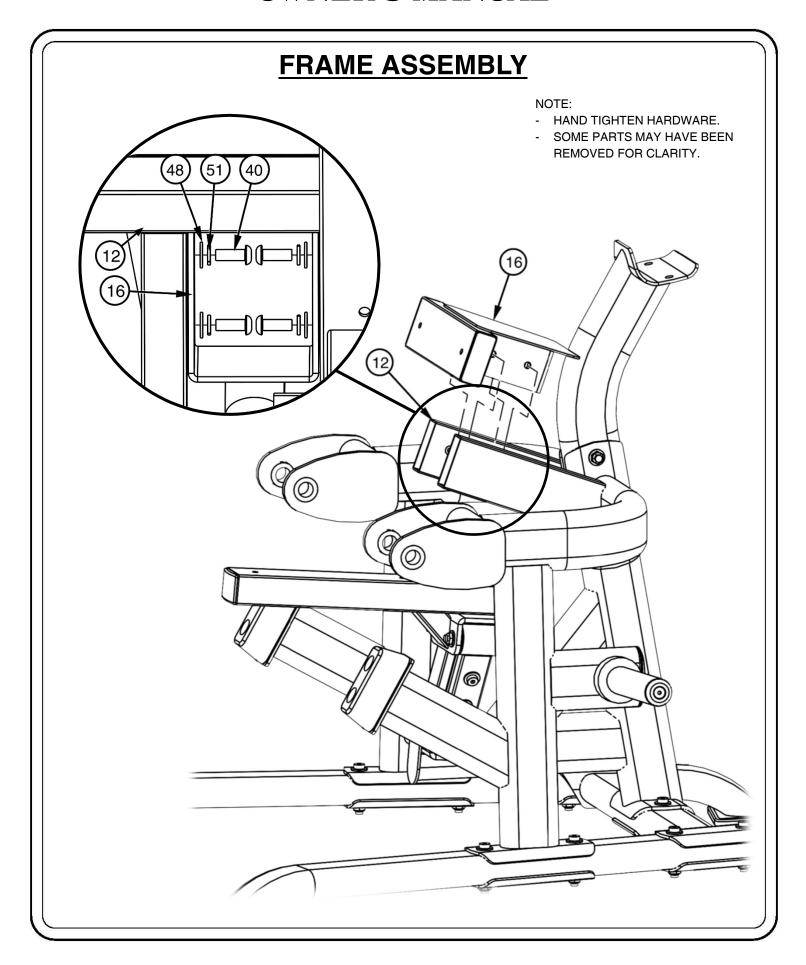


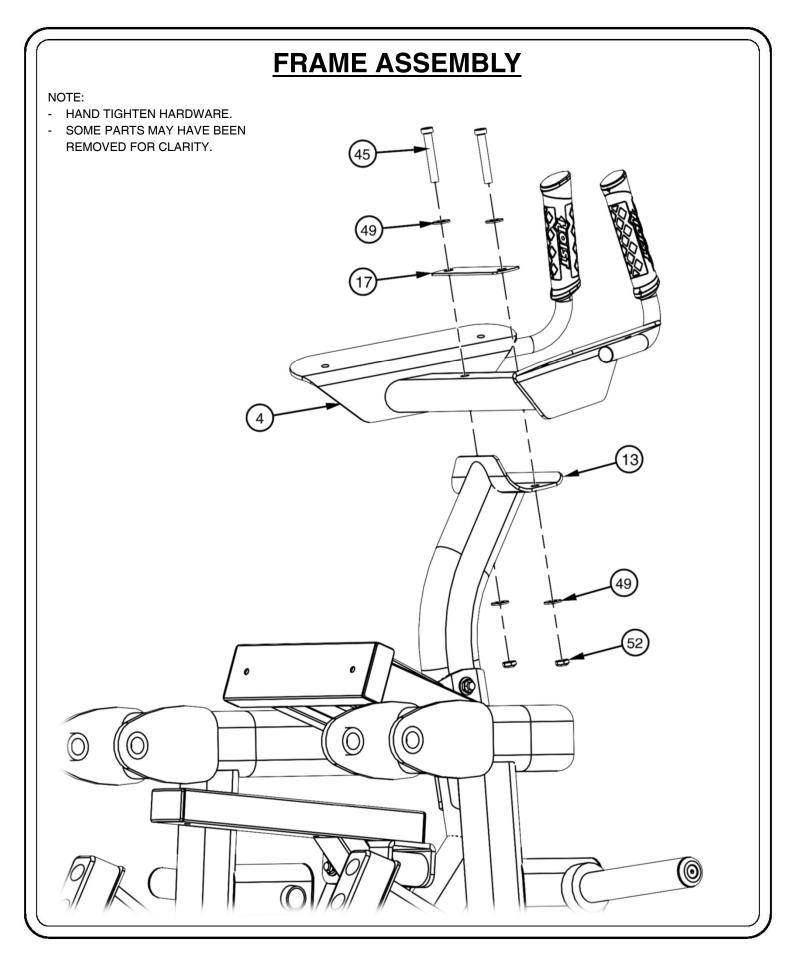
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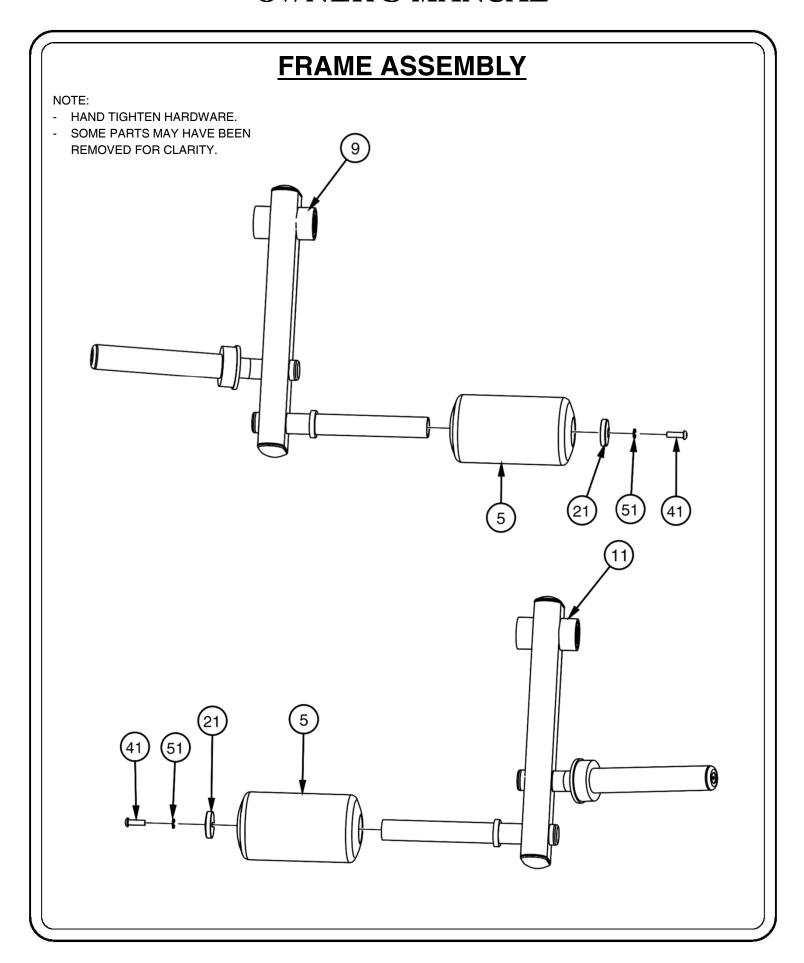


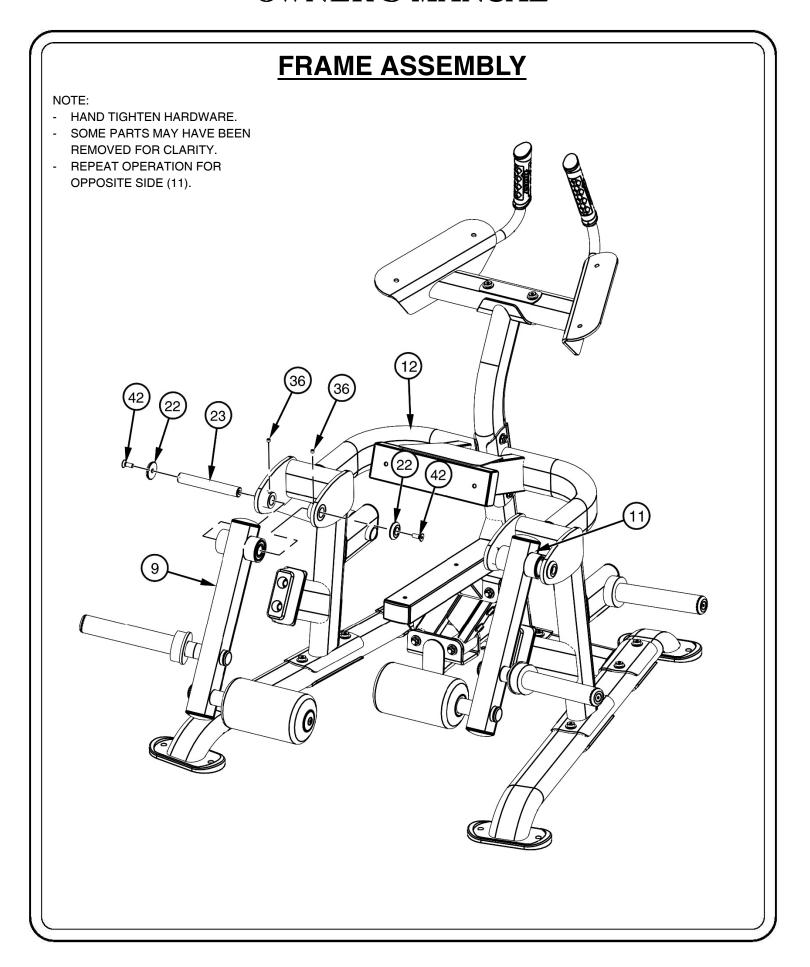


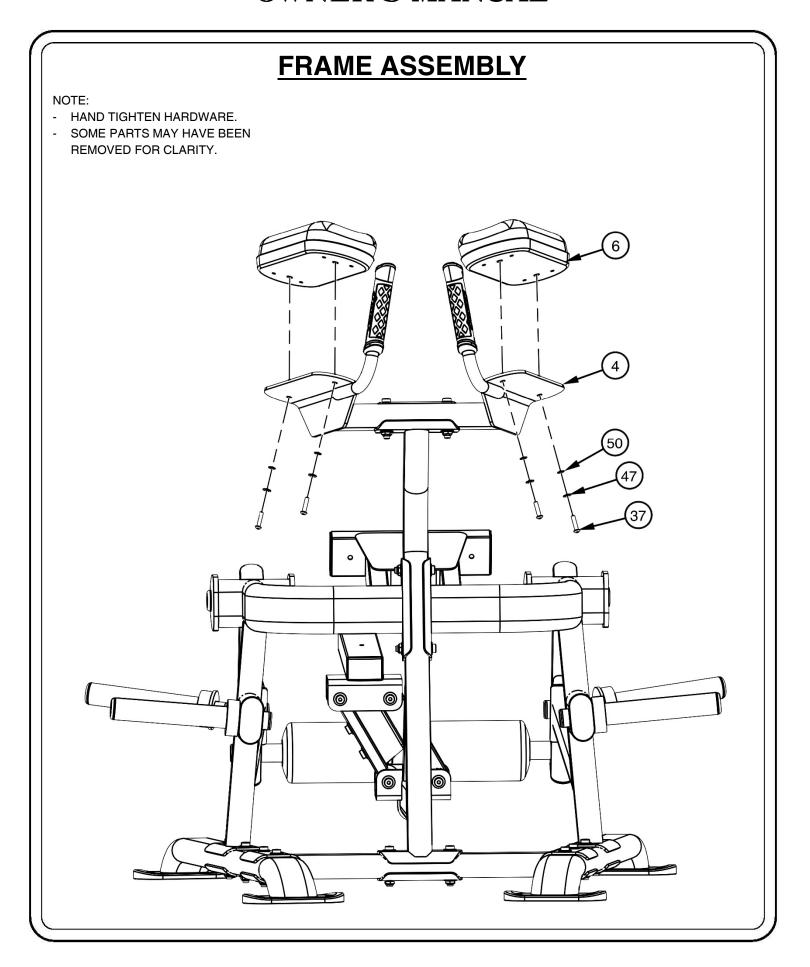


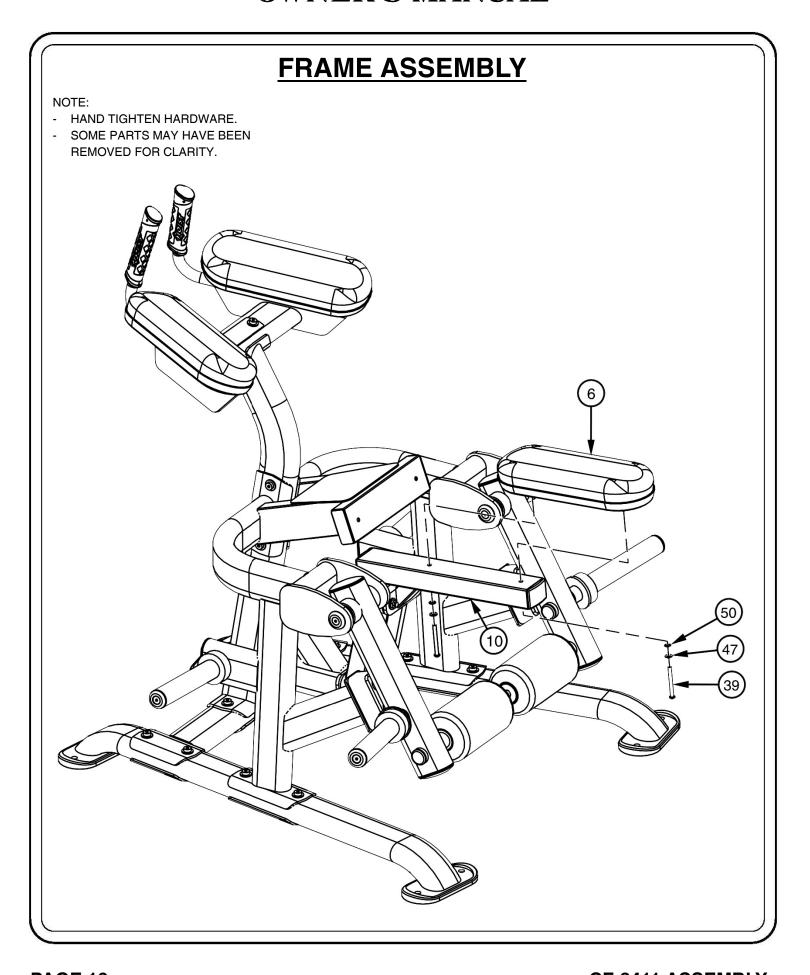


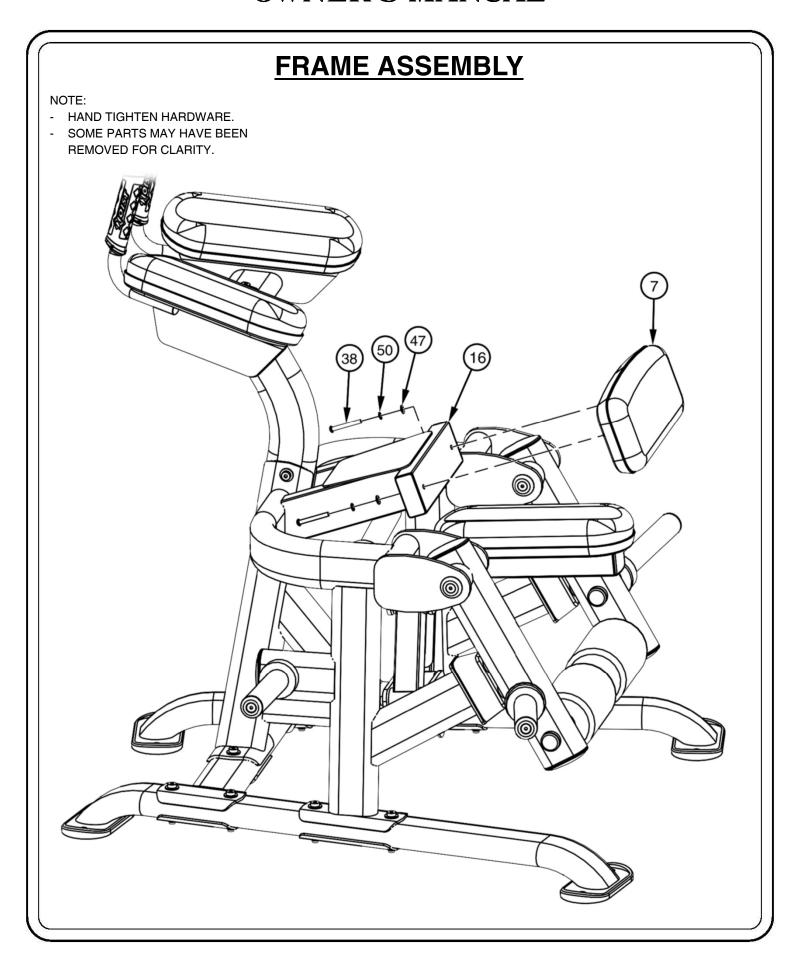








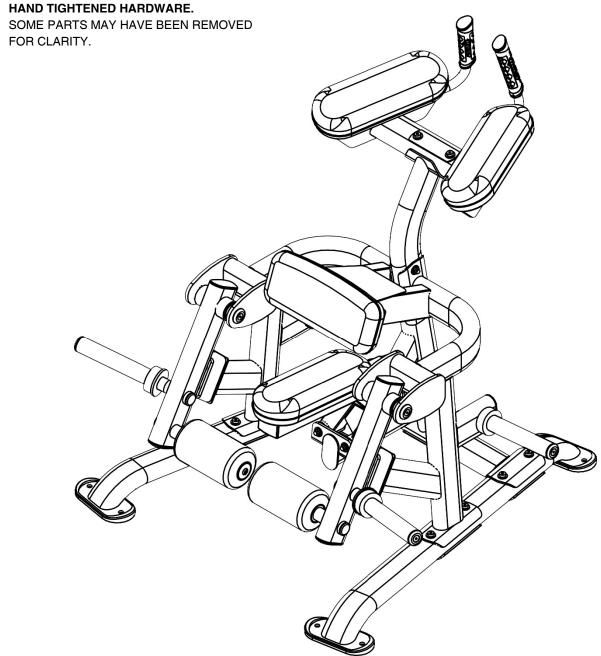




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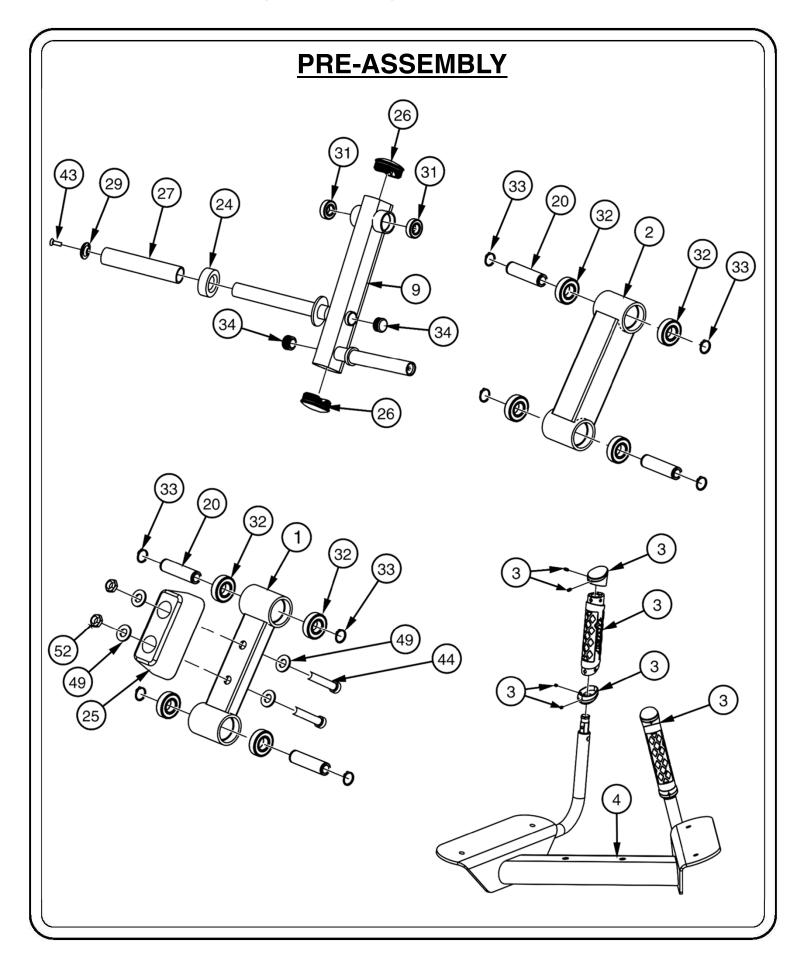
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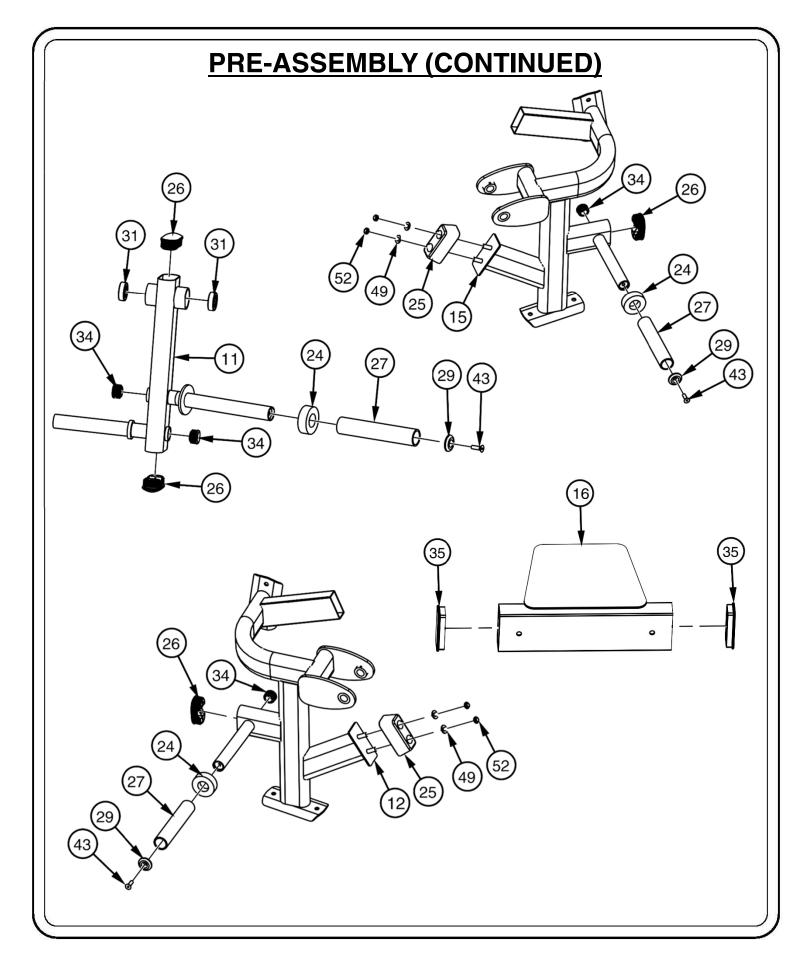
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.

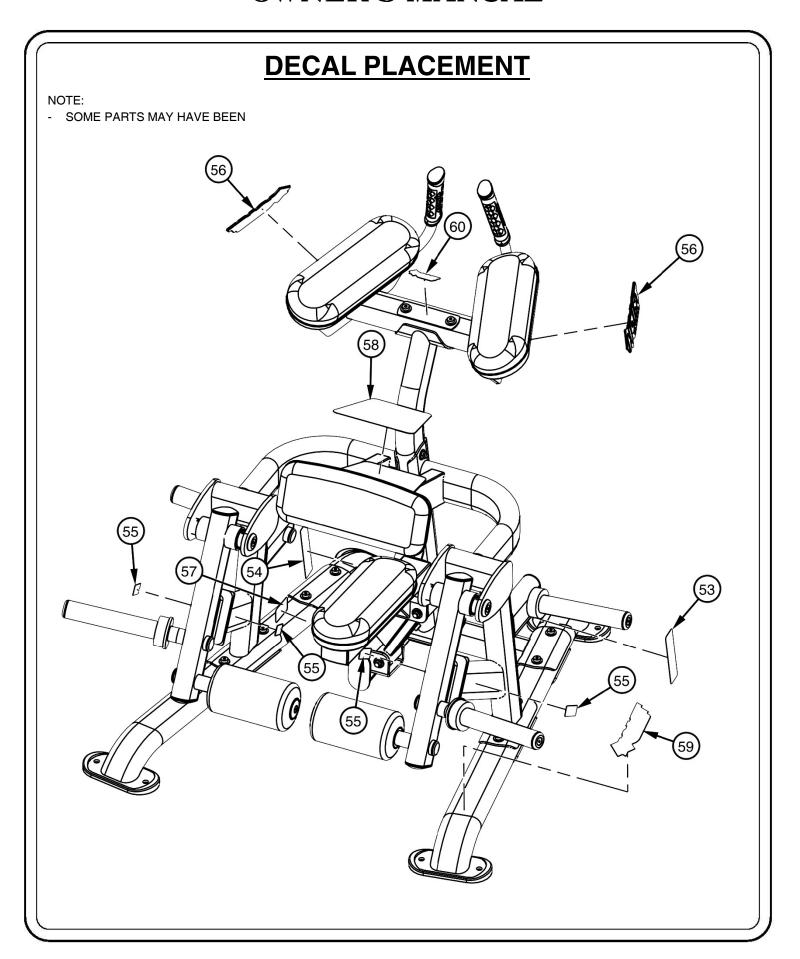


IMPORTANT

NOW THAT THE CF-3411 IS COMPLETELY ASSEMBLED, TAKE TIME TO CONFIRM THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF IT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.







DECAL REFERENCE



021-0018022



021-0003341

www.hoistfitness.com
Serial # 00-00-A00-000000

SERIAL # DECAL

021-0003008

021-0003135



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NUMBER OF THE STATE OF T



021-0013330-B



021-0003221



021-010003254

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION			
1	026-01X5695	LINK, PIVOT			
2	026-01X5696	LINK, PIVOT			
3	026-01X7351	HOIST ERGO GRIP-01			
4	026-01X7363	ARM REST ASSY.			
5	022-01PD2118	PAD, 8" ROLLER			
6	022-01PD2340-A-M	PAD ASSEMBLY			
7	022-01PD2354	MOLDED PAD ASSY.			
8	026-01X7391	BASE, SIDE FRAME	2		
9	026-01X7392	ARM-1	1		
10	026-01X7393	KNEE PAD MOUNT	1		
11	026-01X7394	ARM-2	1		
12	026-01X7395	SIDE ASSY-1	1		
13	026-01X7396	CENTER COLUMN	1		
14	026-01X7397	CROSSMEMBER	1		
15	026-01X7398	SIDE ASSY-2	1		
16	026-01X7399	THIGH PAD MOUNT			
17	026-01F0431	FLNG-F, .1250" X 2.0000" X 6.5000"LG.			
18	026-01F0439	FLNG. 50 X 100mm FLAT OVAL	3		
19	026-01F0454	FLNG. 50 X 100mm FLAT OVAL			
20	026-01M2661	SHAFT \emptyset .787" OD X \emptyset .5156" ID X 2.9375" LG.			
21	026-01M3125	CAP, AL ROLLER PAD			
22	026-01M3605	RETAINING CAP			
23	026-01M3723	SHAFT ∅.984" X 6.7348 LG.			
24	026-01PL0264	WEIGHT HORN RUBBER DONUT	4		
25	026-01PL2246	DUAL HOLE BUMPER 2.08" THICK			
26	026-01PL2566	50 X 100 OVAL DOMED END CAP			
27	026-01PL2576	9.25" WEIGHT HORN COVER	4		
28	026-01PL2838	RUBBER FOOT PAD	4		
29	026-01PL2861	WEIGHT HORN END-CAP, SHORT			
30	026-01PL2908	END CAP- 1.9685" X 2.9528" (BLACK)	2		
31	014-0012014	BEARING: FLANGELESS - 25mm I.D.			
32	014-0012015	BEARING: FLANGELESS Ø1.65" O.D. X Ø.79" I.D. X .47" WIDE			
33	014-0012017	SNAP RING - 20mm EXTERNAL			
34	016-0201023	END CAP Ø 1.50" (BLACK)			
35	016-0201020	END CAP 1.50" X 3.50" (BLACK)			

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY		
36	011-0711002	SET SCREW: 5/16"- 18 X .25" LG. (Ni)	4		
37	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	4		
38	011-0701009	5/16"-18UNC X 2.50" BHCS (Ni)	2		
39	011-0701011	5/16"-18UNC X 3.00" BHCS (Ni)			
40	011-0701111	3/8"-16UNC X 1.00" BHCS (Ni) W/ DRI-LOC PATCH			
41	011-0701084	3/8"-16UNC X 1.25" BHCS (Ni) W/ DRI-LOC PATCH	2		
42	011-0702020	3/8"-16UNC X 1.00" FHCS (Ni) W/NYLON PATCH	2		
43	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH			
44	011-0116113	1/2"-13UNC X 2.50" LOW HEAD SHCS (Ni)			
45	011-0116115	1/2"-13UNC X 3.00" LOW HEAD SHCS (Ni)			
46	011-0116120	1/2"-13UNC X 4.25" LOW HEAD SHCS (Ni)			
47	013-1002010	5/16" SAE FLAT WASHER (Ni)	8		
48	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	4		
49	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)			
50	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)			
51	013-1006003	3/8" SPLIT LOCK WASHER (Ni)			
52	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)			
53	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69			
54	021-0003135	DECAL WARNING 1.50" X 7.75"			
55	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)			
56	021-0018022	HOIST EMBLEM + 2 SIDED TAPE			
57	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"			
58	021-0013330-B	CF-3411 PLACARD 1			
59	021-0003221	DECAL HOIST 2.50" X 9.13"			
60	021-0003254	DECAL HOIST .92" X 3.43"			

ABBREVIATIONS

BZ = Black Zinc

Ni = Nickel Plated

SS = Stainless Steel

WZ = White Zinc



HHB = Hex Head Bolt



FHCS = Flat Head Cap Screw



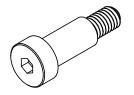
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

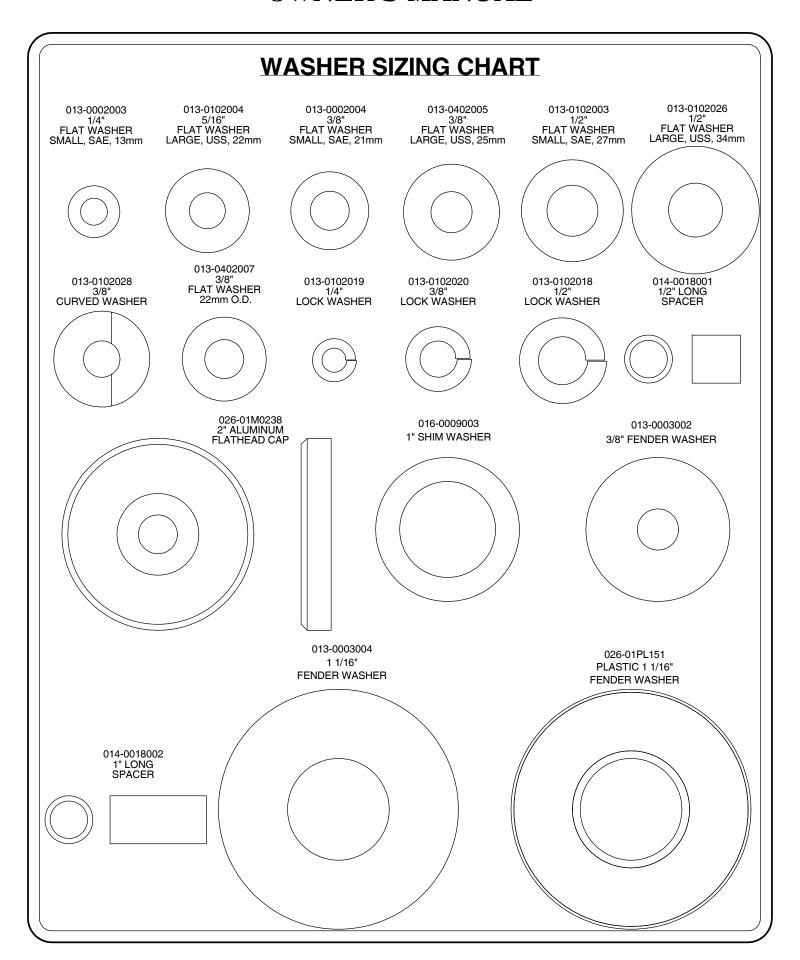


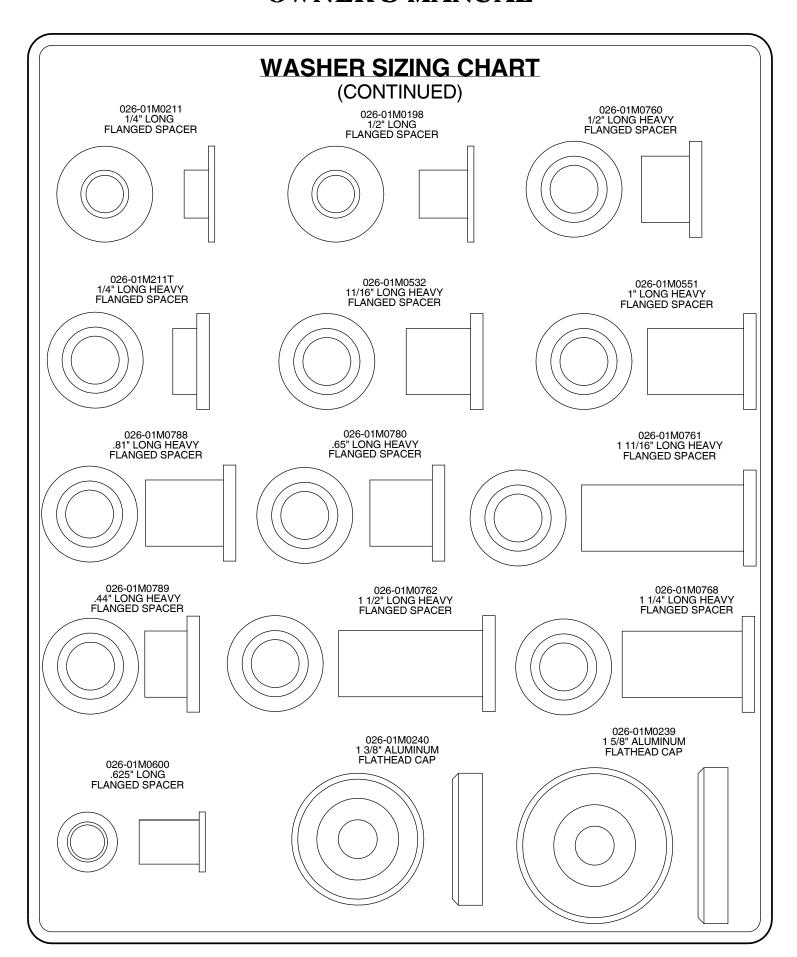
Low Head SHCS = Low Head Socket Head Cap Screw



SHSS = Socket Head Shoulder Screw

BOLT SIZING CHART 1/4" HHB 1/2" HHB 5/16" HHB 3/8" HHB RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE BANGE: TORQUE RANGE: TORQUE RANGE: 6-8 ft-lbs 14-17 ft-lbs 24-30 ft-lbs 60-75 ft-lbs 1/4" BHCS 5/16" BHCS 3/8" BHCS 1/2" BHCS RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 5-7 ft-lbs 11-15 ft-lbs 19-26 ft-lbs 47-65 ft-lbs 1/4" 5/16" 3/8" 1/2" **LOW HEAD** LOW HEAD LOW HEAD LOW HEAD SHCS SHCS SHCS **SHCS** \bigcirc RECOMMENDED RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 4-6 ft-lbs 9-12 ft-lbs 18-23 ft-lbs 40-50 ft-lbs 1/4" SHCS 5/16" SHCS 3/8" SHCS RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: TORQUE RANGE: 23-29 ft-lbs 39-49 ft-lbs 11-14 ft-lbs 3/4 3/4" 3/4 3/4 3/4 0 ลื a ო Ē 2 1/2" FHCS 1/4" FHCS 3/8" FHCS RECOMMENDED RECOMMENDED RECOMMENDED TORQUE RANGE: TORQUE RANGE: **TORQUE RANGE:** 47-65 ft-lbs 19-26 ft-lbs 5-7 ft-lbs 3/4 4/ 1/2 3/4 7 3/4 3/4 72 3/4" 2 0 ౄ . თ ď က Q Ø က 3/8" SHSS 5/16" SHSS 1/4" SHSS RECOMMENDED RECOMMENDED RECOMMENDED **TORQUE RANGE:** TORQUE RANGE: TORQUE RANGE: 17-22 ft-lbs 8-10 ft-lbs 3-4 ft-lbs





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.

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 warn 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 properly.

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

WEIGHT TRAINING TIPS

In order to gain maximum results from your CF-3411 and to avoid possible injury, always consult your physician before starting any exercise program and consult a fitness professional to develop your complete 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 CF-3411, 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.

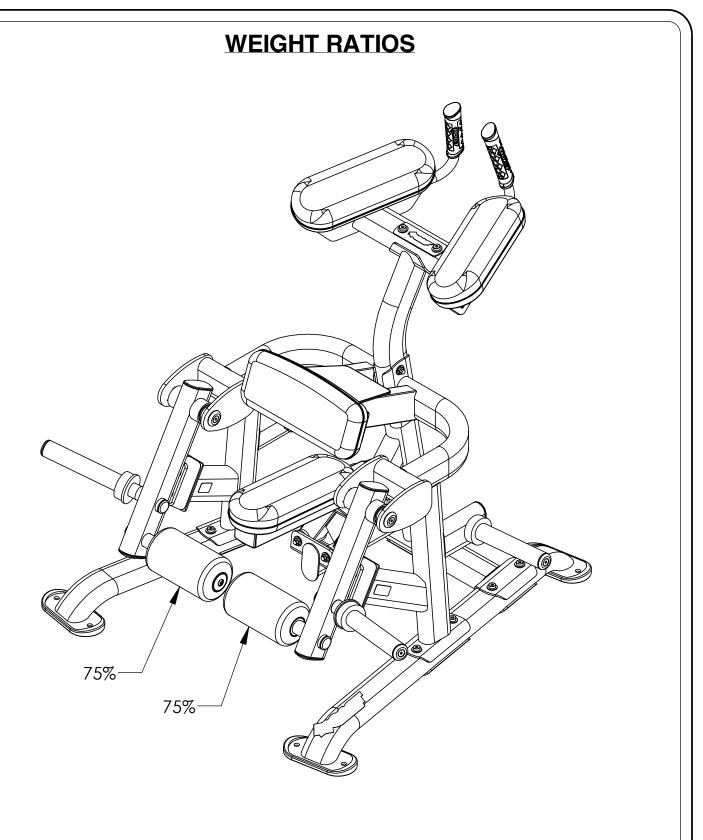
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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 CF-3411!



The weights listed are approximate. HOIST reserves the right to modify the machine without prior notice.

Exercise Totals Date S Ħ 8 S Ħ 8 S Ħ 8 S Ħ 8 S Ħ 8 S R 8 S R 8 S Ħ 8 S R 8 S R 8 S Ħ 8 S Ħ

WEIGHT TRAINING EXERCISE LOG S = Sets R = Repetition per set W = Weight used

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, this warranty covers 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 owner's 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

PLEASE KEEP THIS FOR YOUR RECORDS