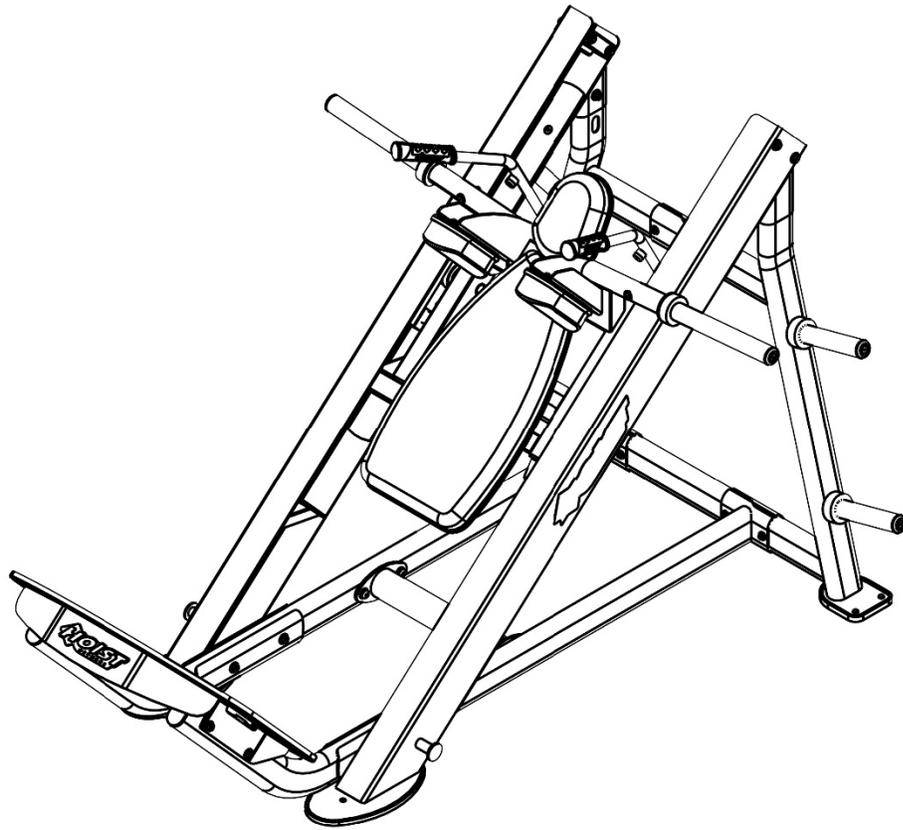


# OWNER'S MANUAL



**CF-3356**

**ANGLED HACK SQUAT**



**\*\*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**

**MACHINE CODE**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**



[www.facebook.com/hoistfitness](http://www.facebook.com/hoistfitness)

# OWNER'S MANUAL

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# OWNER'S MANUAL

## 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**

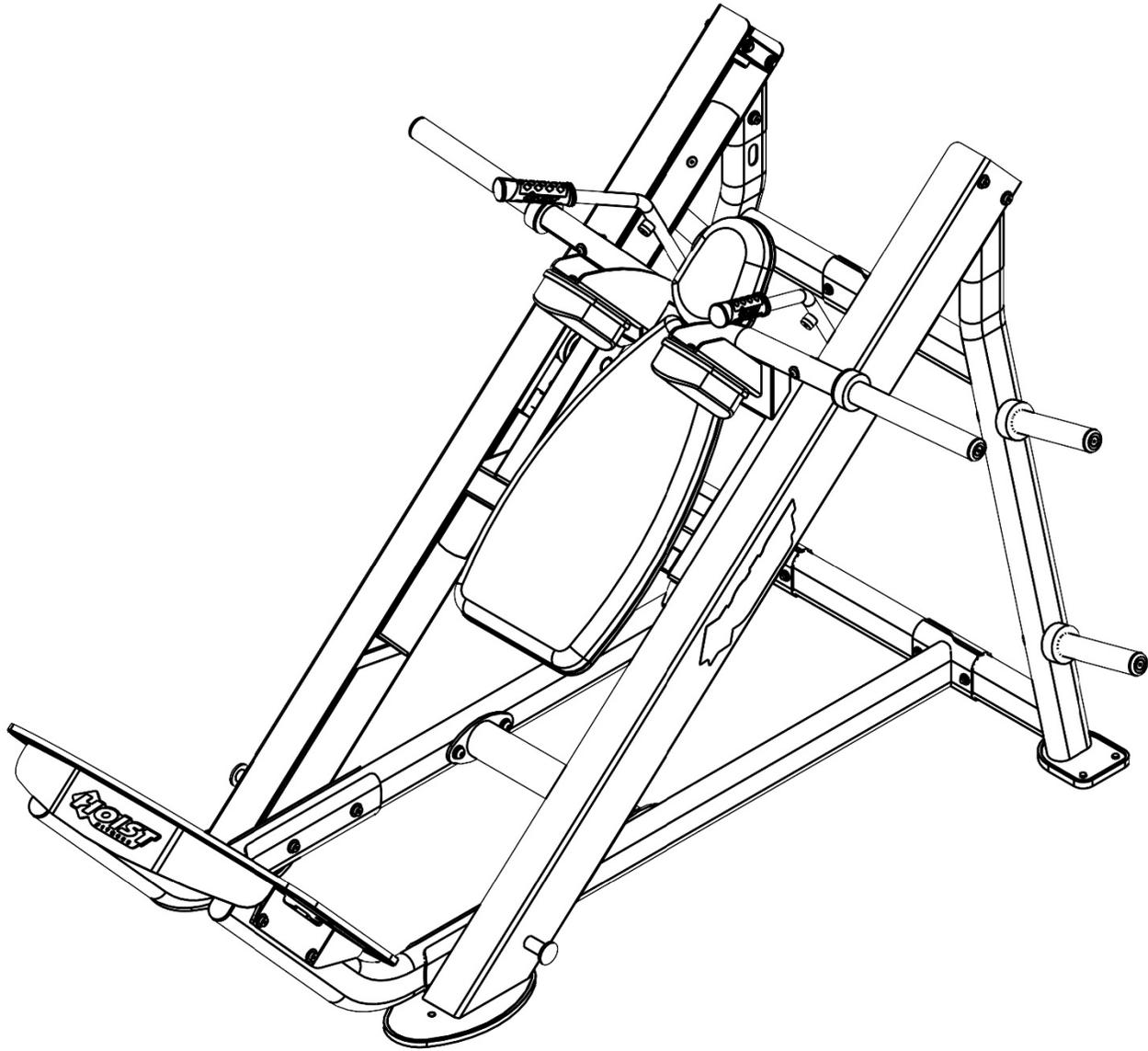
**Two People**

# OWNER'S MANUAL

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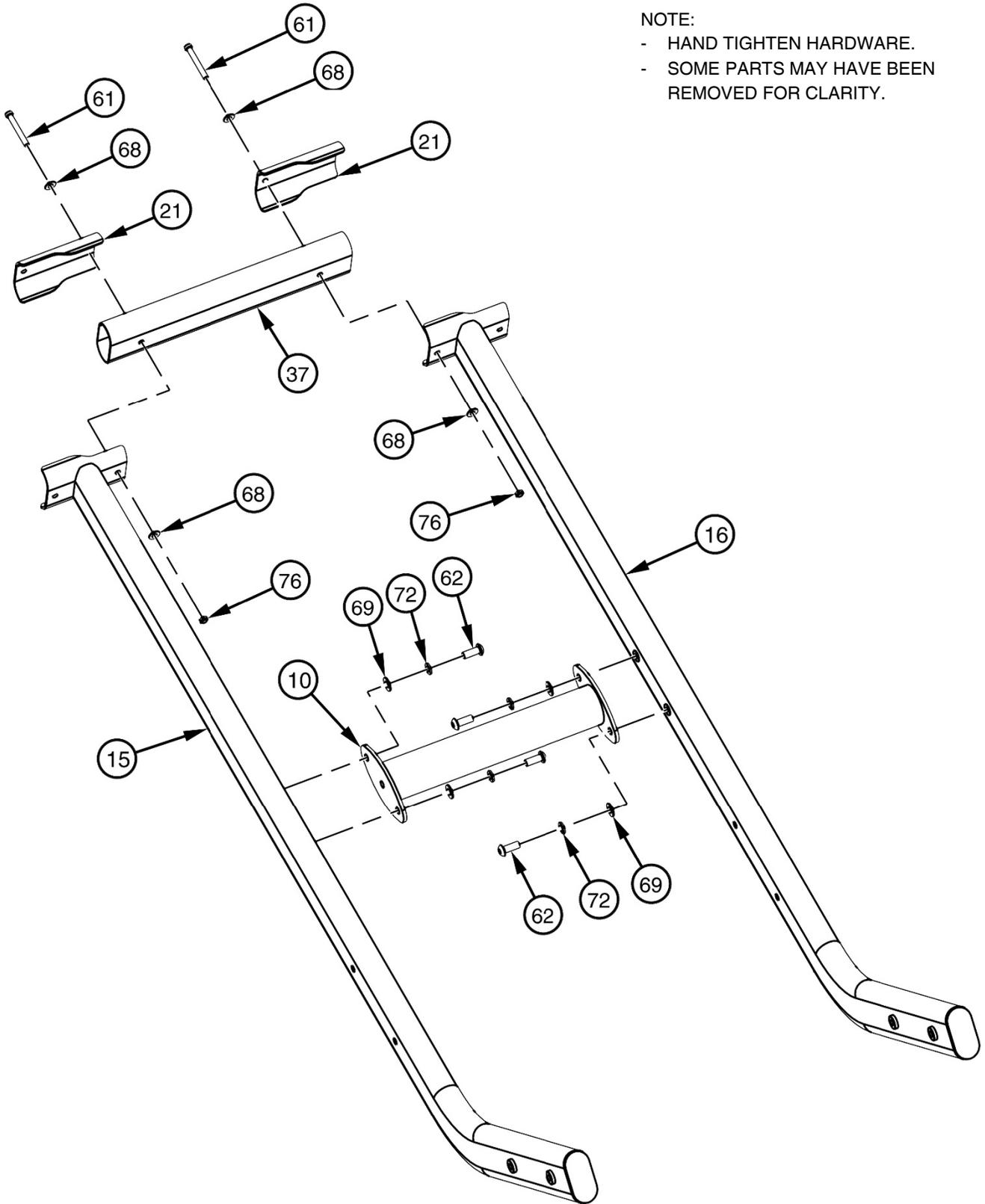
# OWNER'S MANUAL

## FRAME ASSEMBLY



# OWNER'S MANUAL

## FRAME ASSEMBLY

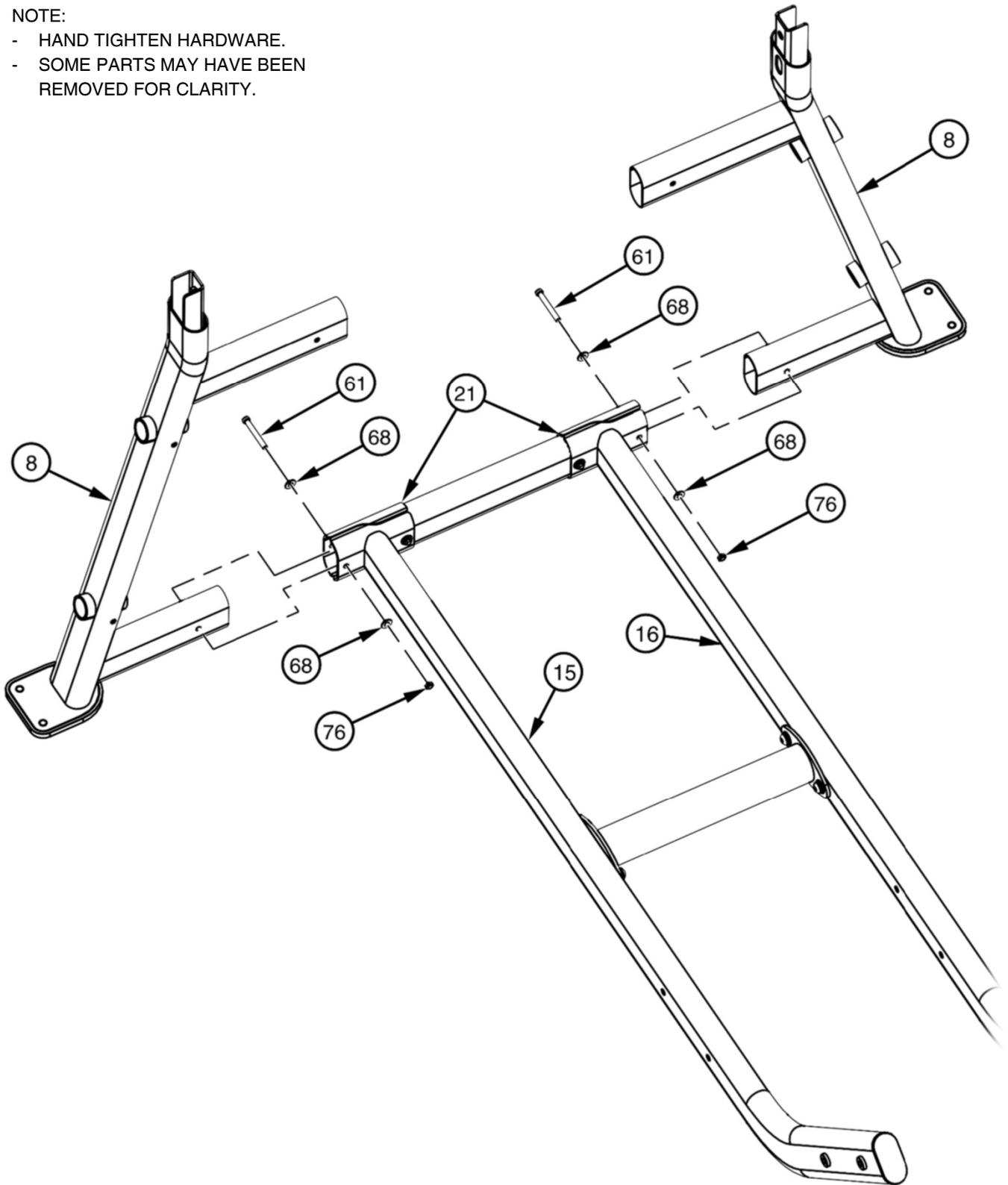


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

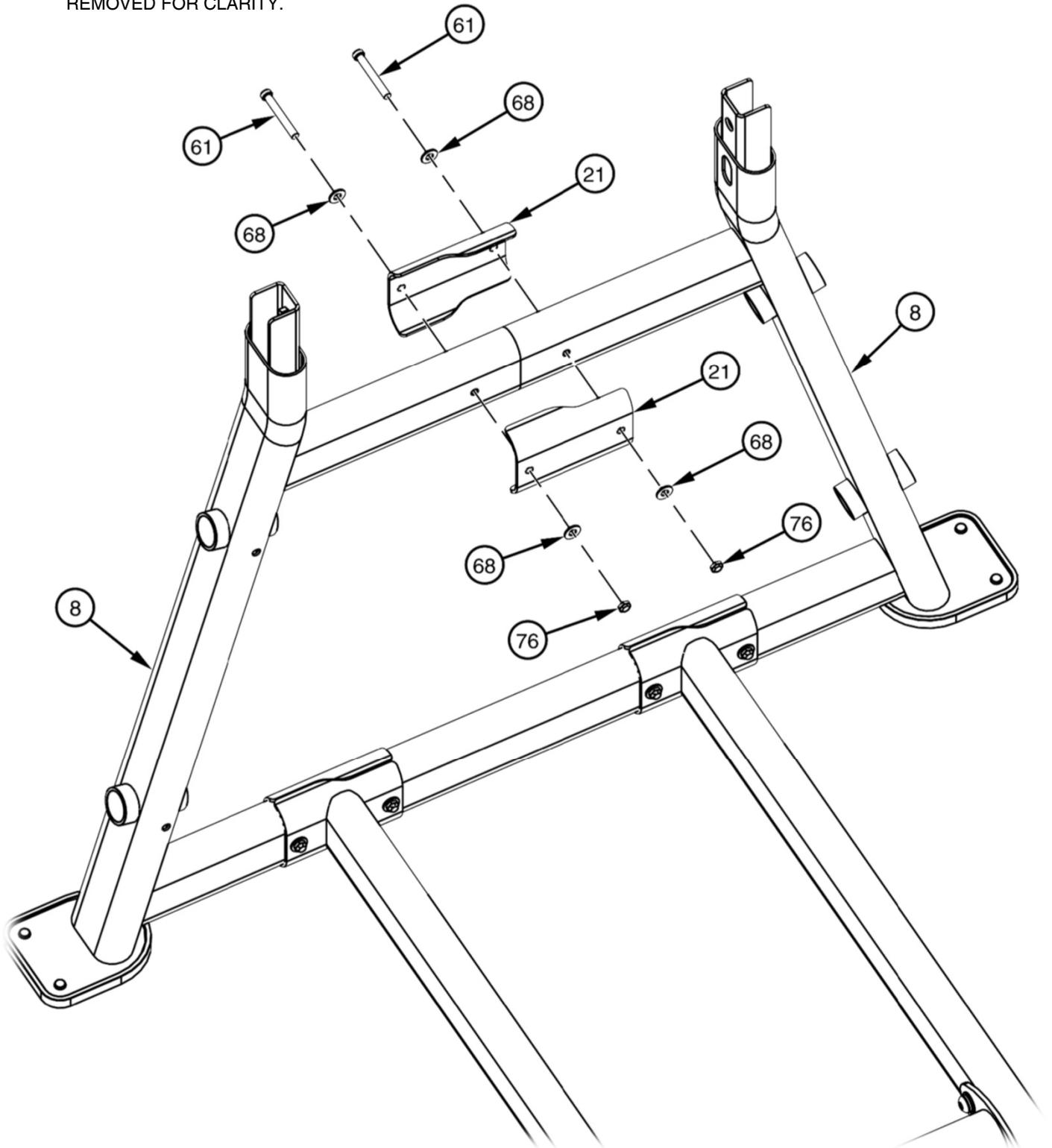
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

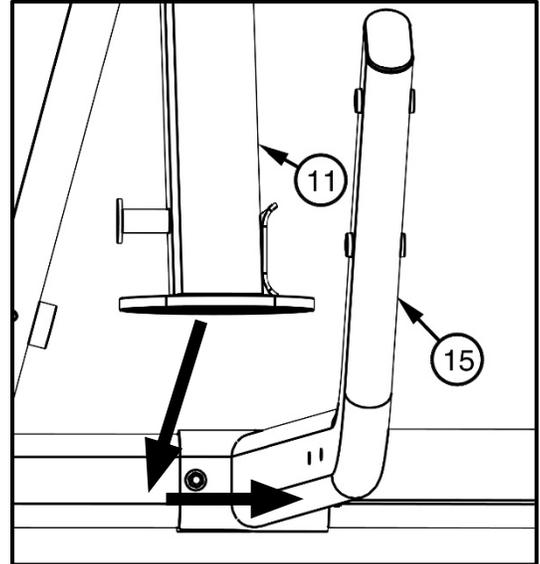


# OWNER'S MANUAL

## FRAME ASSEMBLY

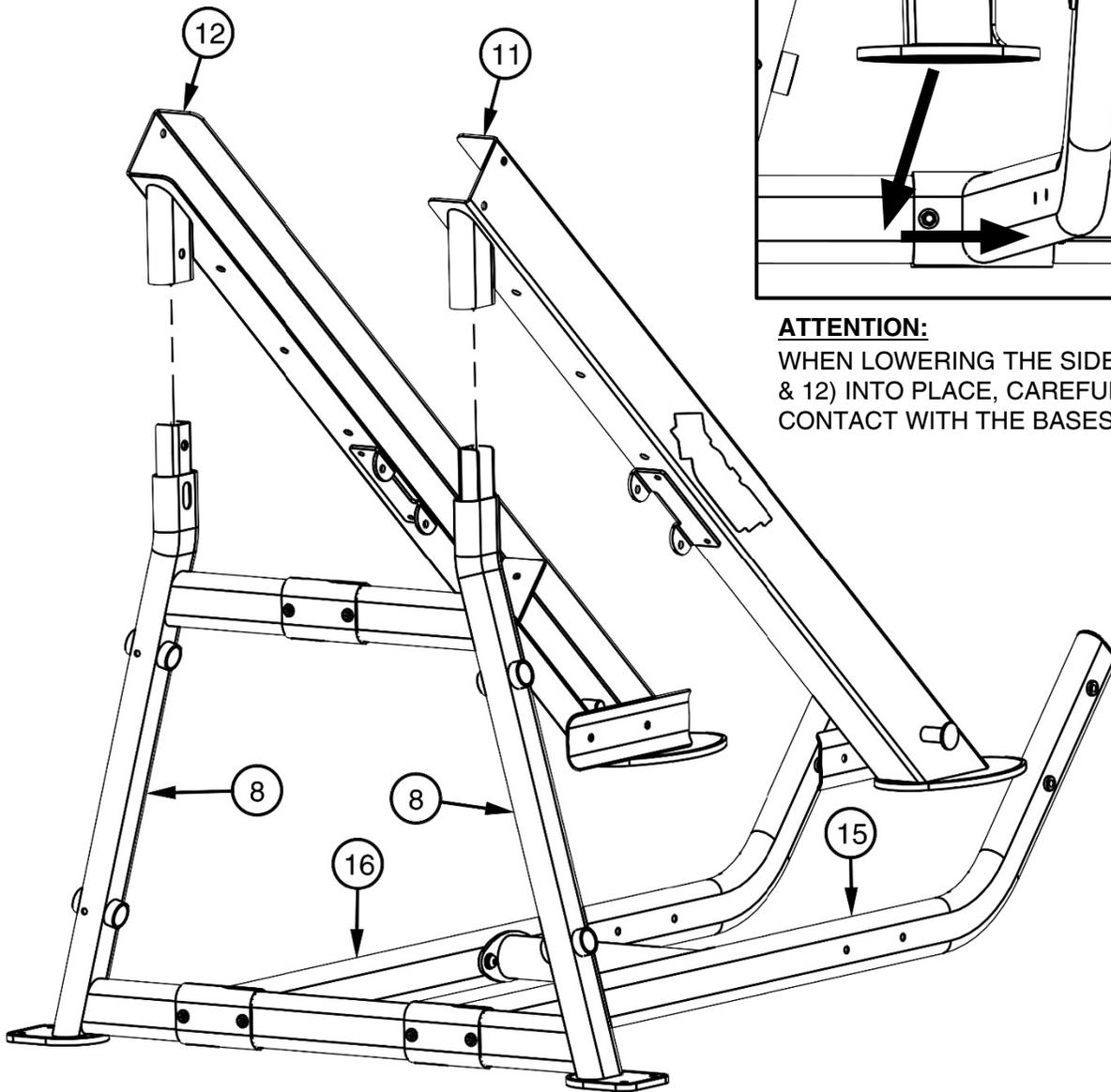
**NOTE:**

- HAND TIGHTEN HARDWARE.
- ENSURE ALL PREVIOUSLY INSTALLED HARDWARE IS HAND TIGHTENED TO ALLOW FOR MOVEMENT NECESSARY IN THIS ASSEMBLY STEP.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**ATTENTION:**

WHEN LOWERING THE SIDE RAILS (11 & 12) INTO PLACE, CAREFULLY AVOID CONTACT WITH THE BASES (15 & 16).

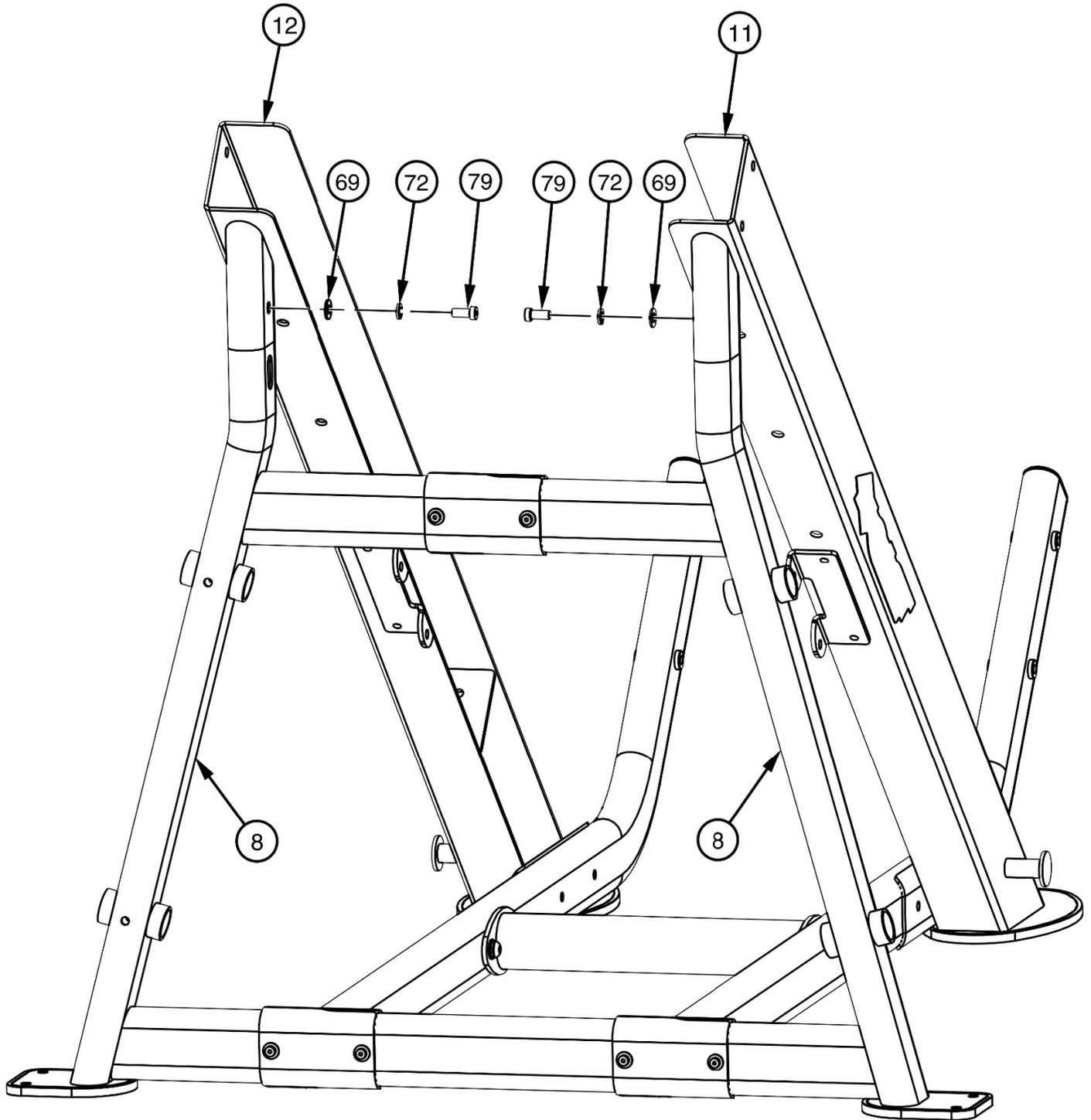


# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

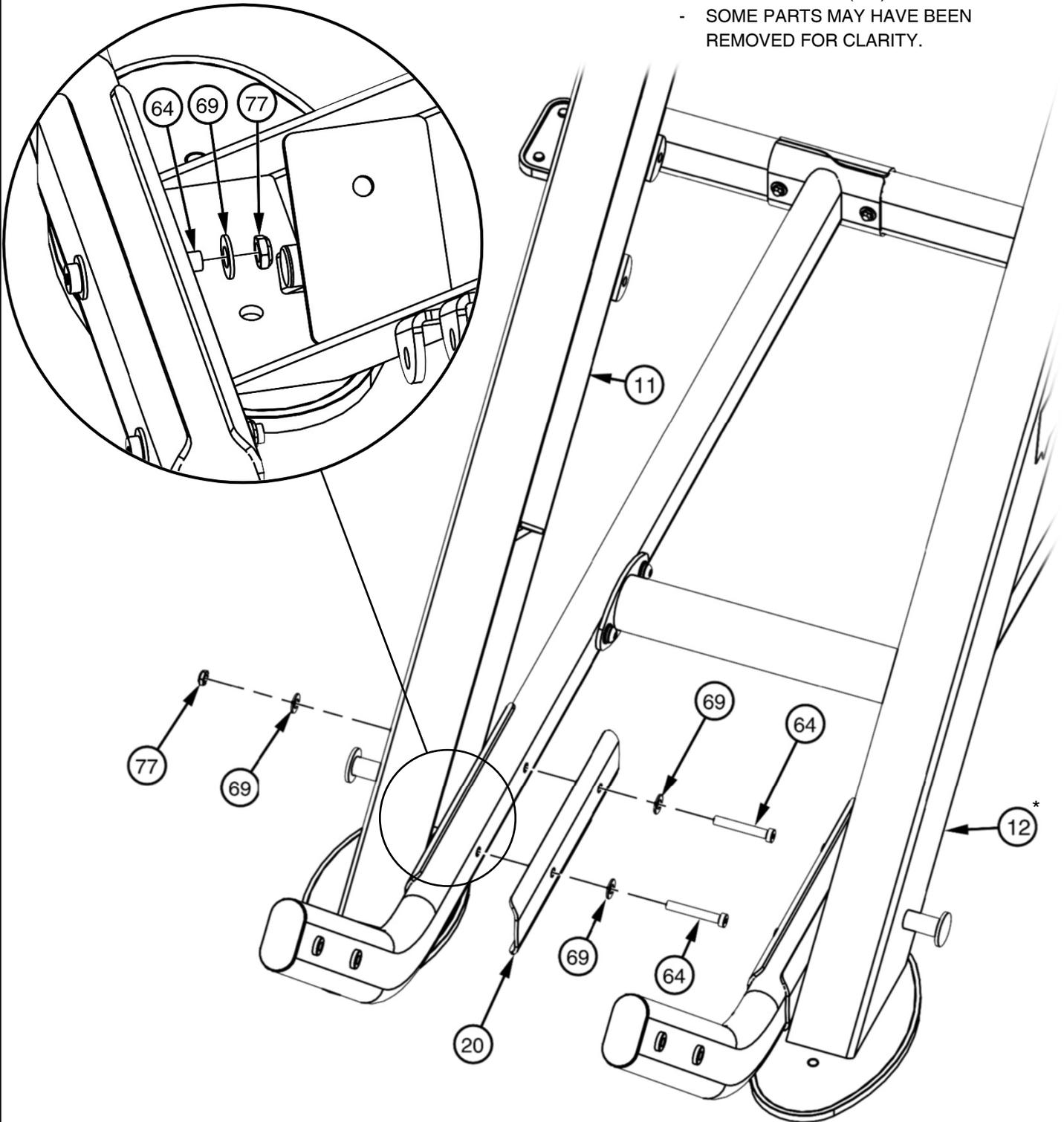
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

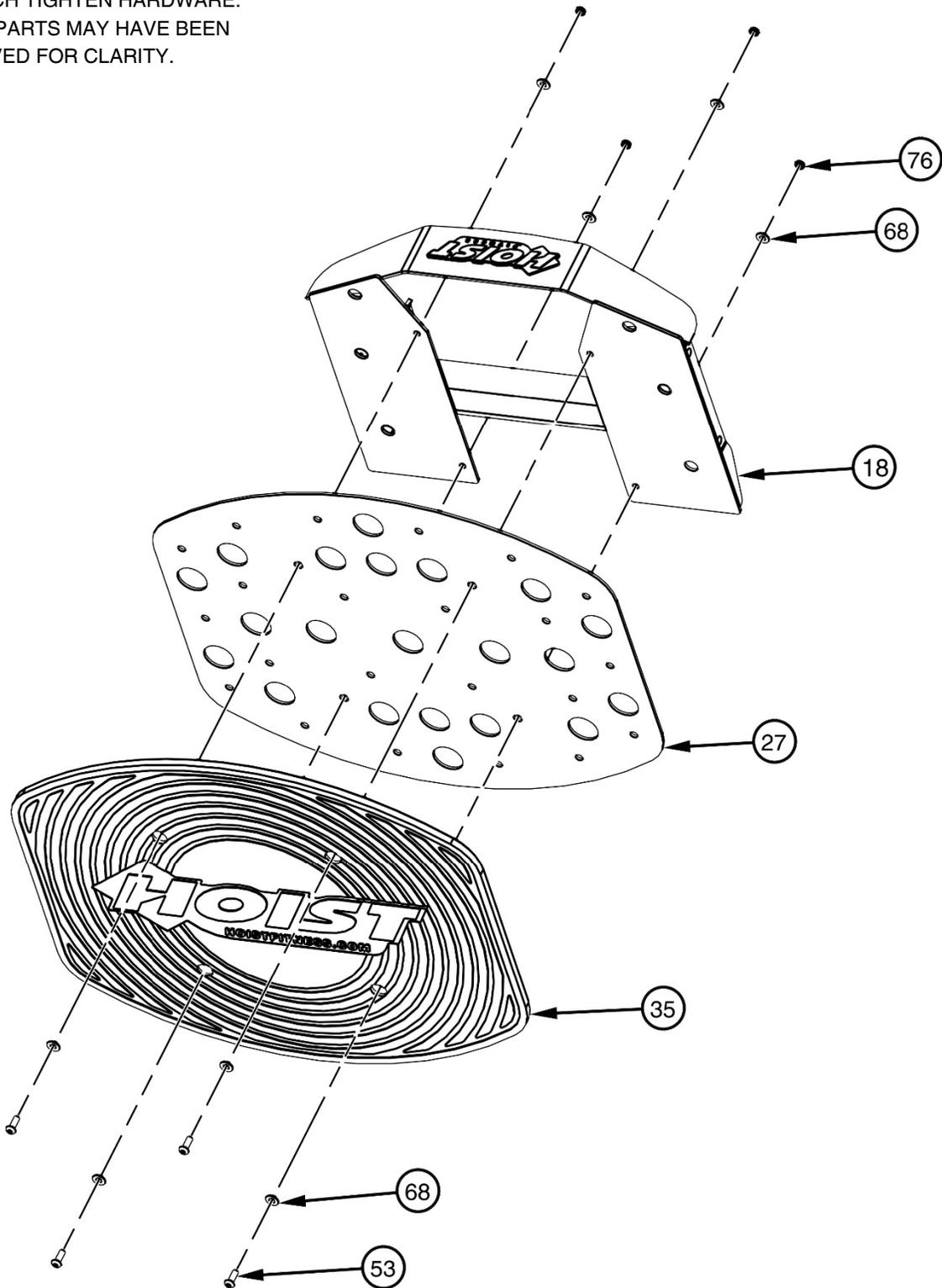
- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (12\*)
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

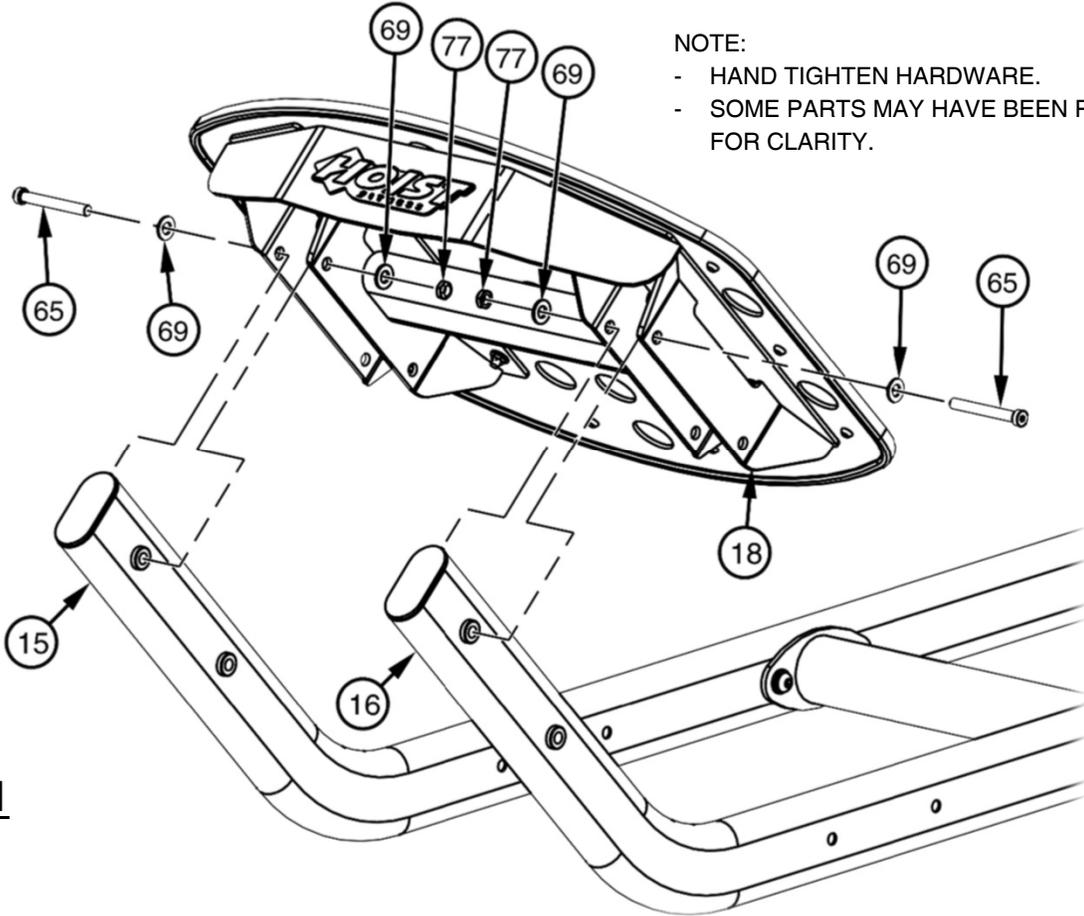
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



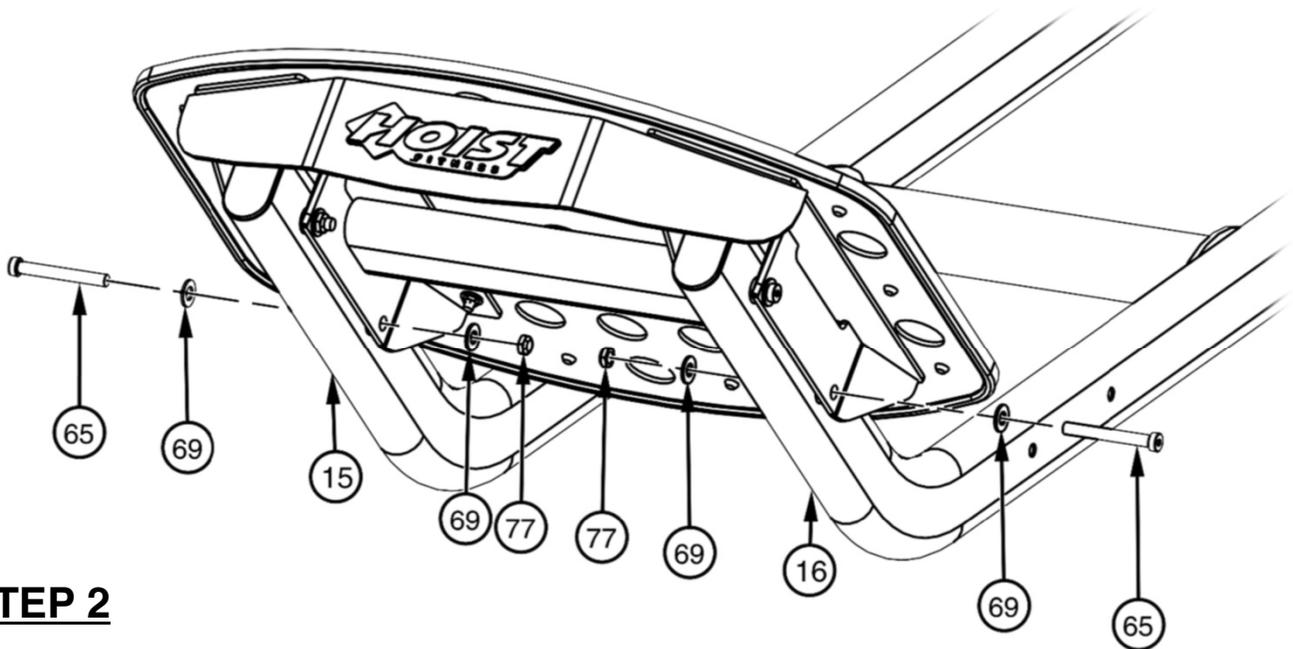
## FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 1



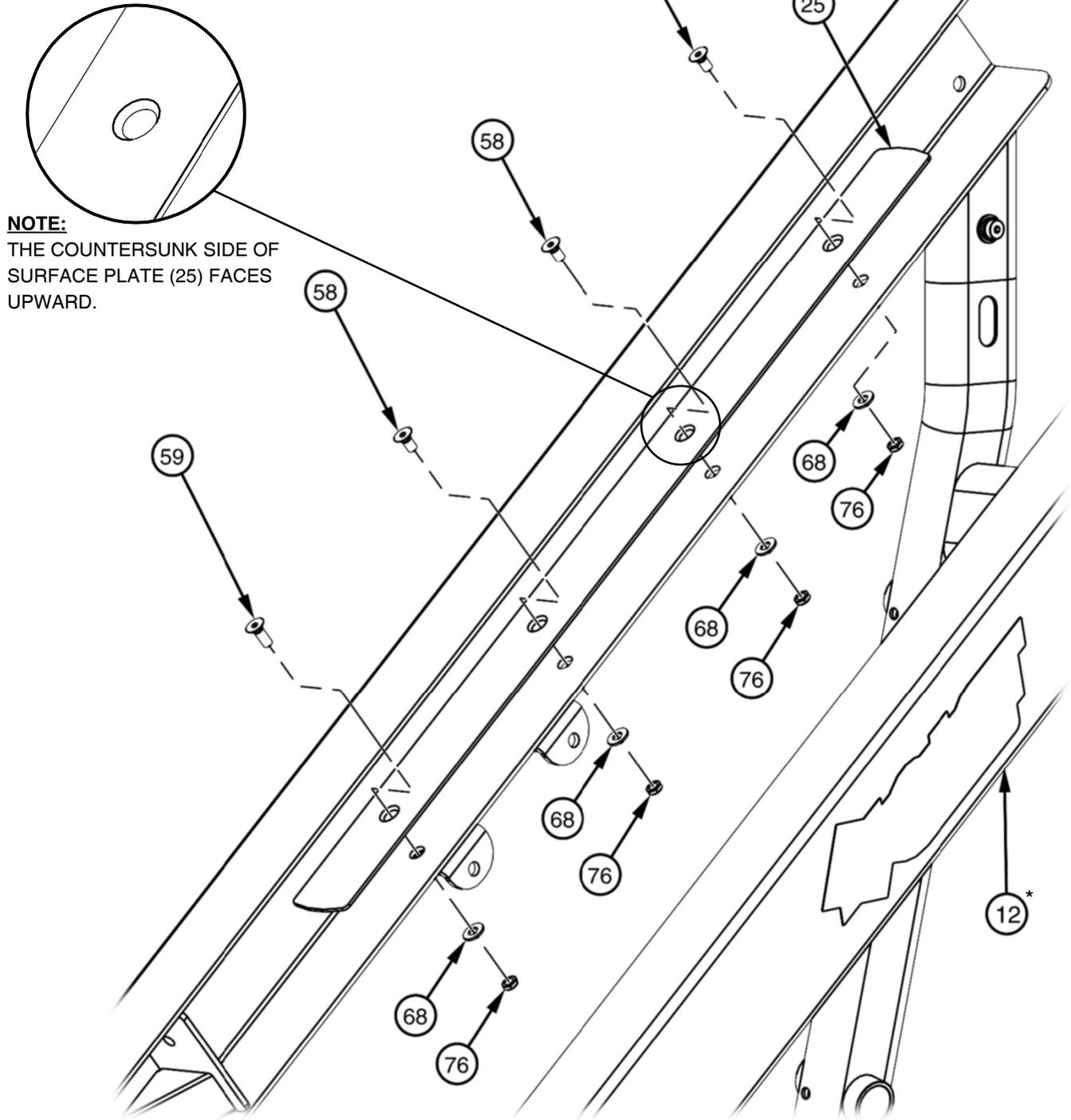
### STEP 2

# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (12\*).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**NOTE:**

THE COUNTERSUNK SIDE OF SURFACE PLATE (25) FACES UPWARD.

# OWNER'S MANUAL

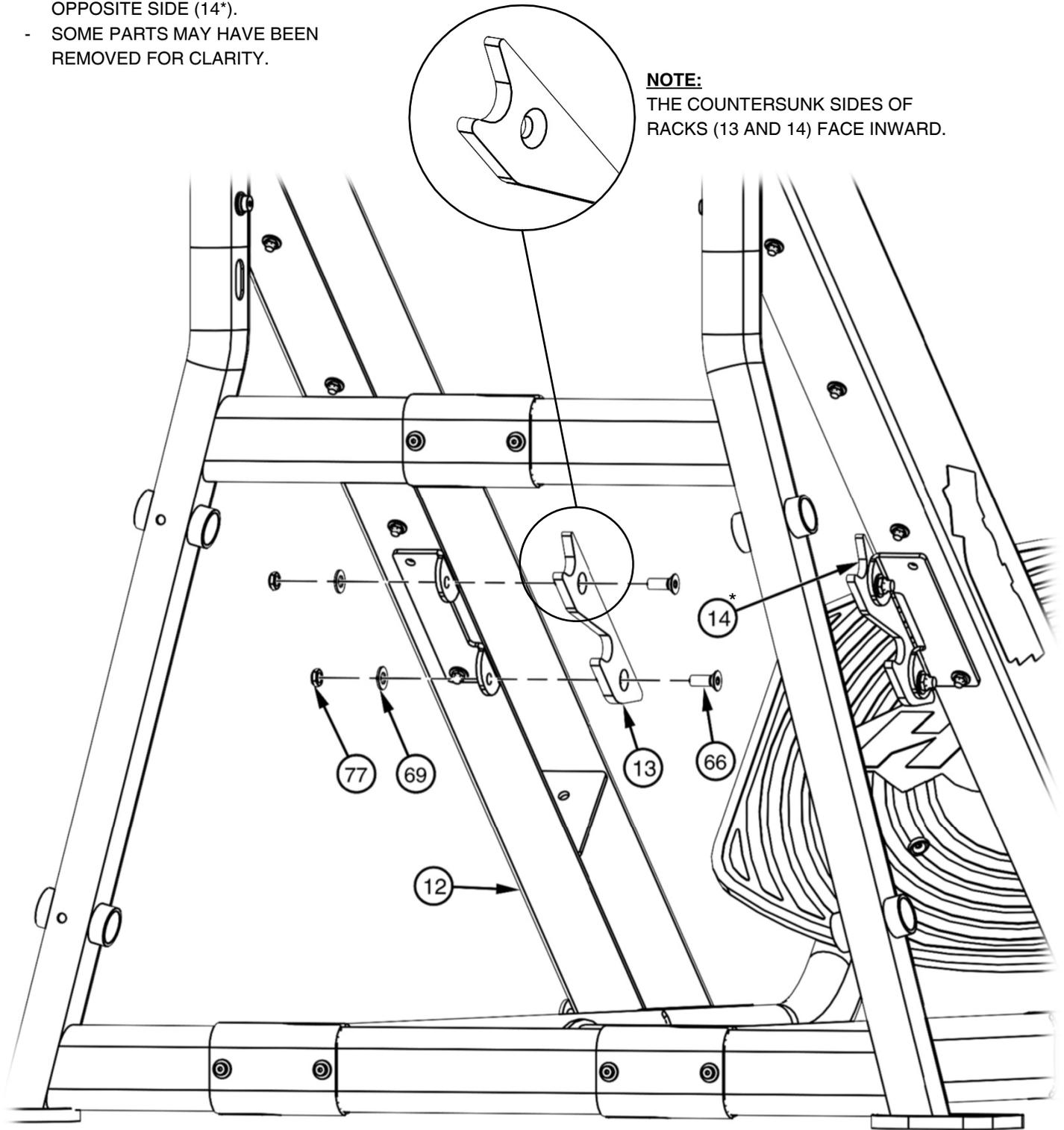
## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (14\*).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

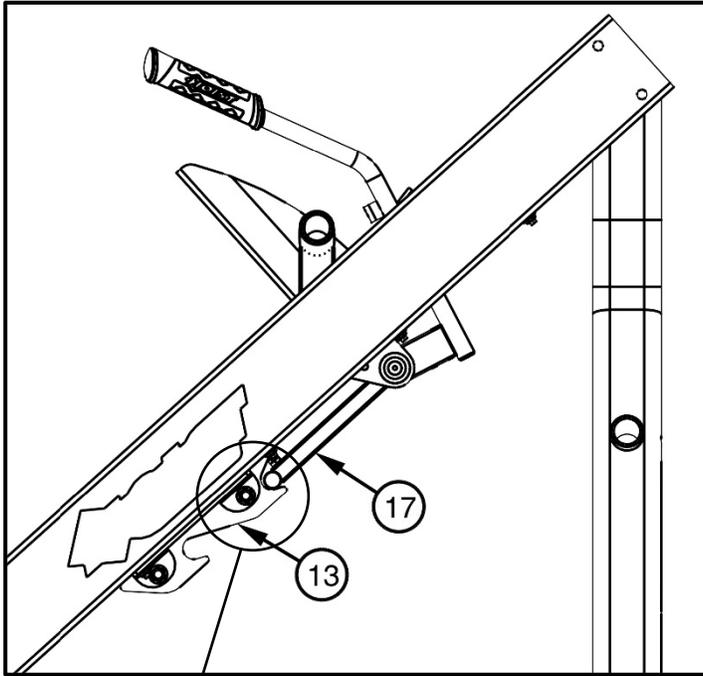
**NOTE:**

THE COUNTERSUNK SIDES OF RACKS (13 AND 14) FACE INWARD.



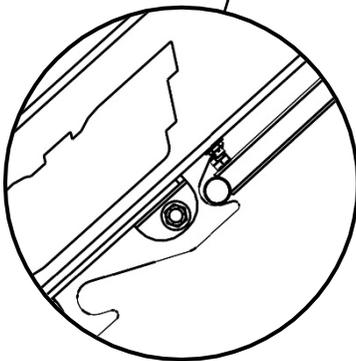
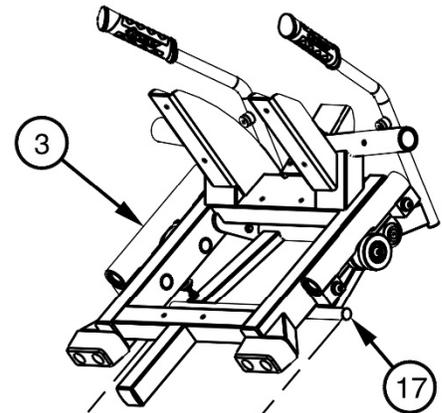
## FRAME ASSEMBLY

### **CORRECT ASSEMBLY VIEW**

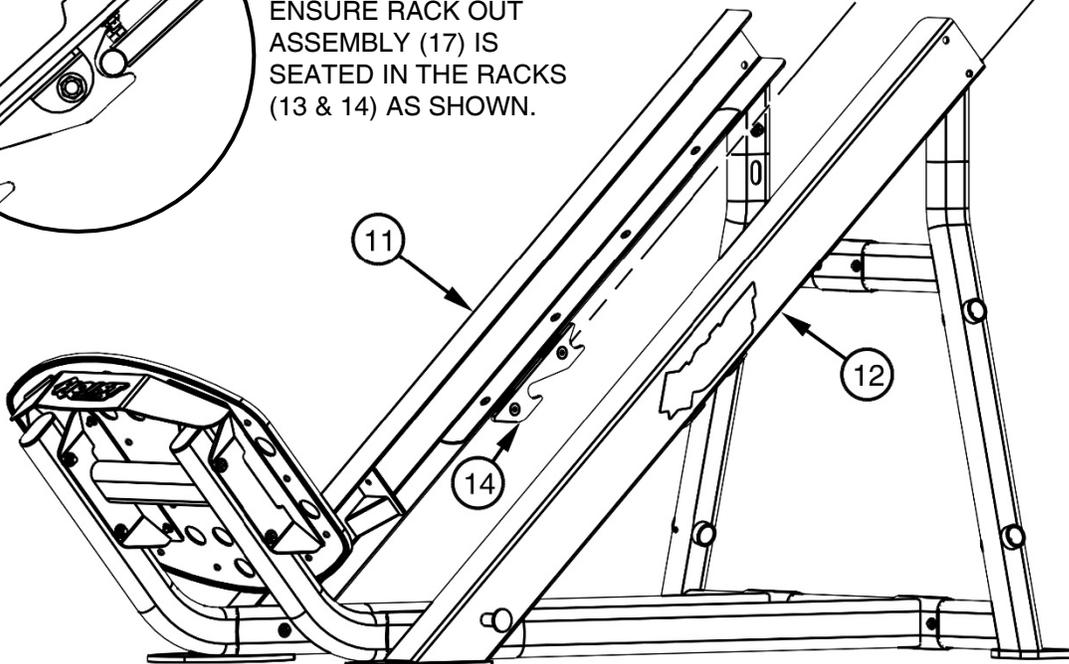


#### NOTE:

- SLIDE CARRIAGE ASSEMBLY (9) INTO SIDE RAILS (11 & 12) UNTIL RACK OUT ASSEMBLY (17) IS SEATED IN RACKS (13 & 14).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



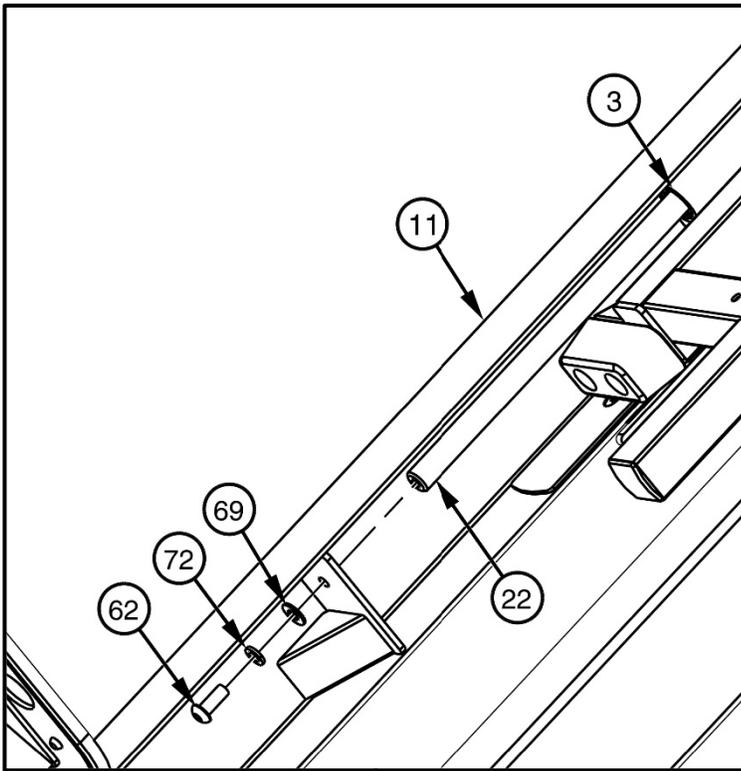
**ATTENTION:**  
ENSURE RACK OUT ASSEMBLY (17) IS SEATED IN THE RACKS (13 & 14) AS SHOWN.



## FRAME ASSEMBLY

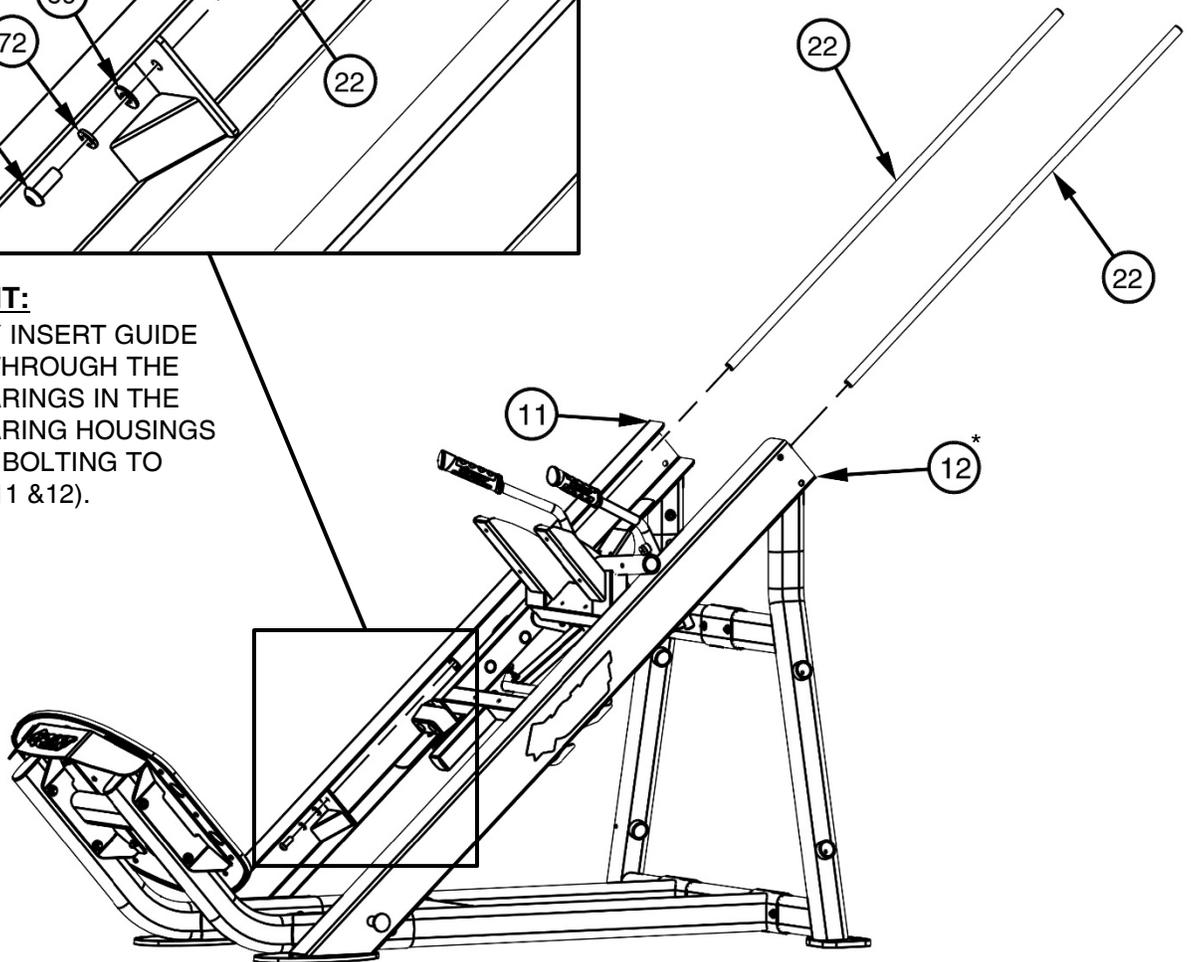
NOTE:

- HAND TIGHTEN HARDWARE.
- EVENLY DISTRIBUTE PRE-APPLIED GREASE BEFORE INSTALLING LINEAR GUIDE RODS (22).
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (12\*).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**IMPORTANT:**

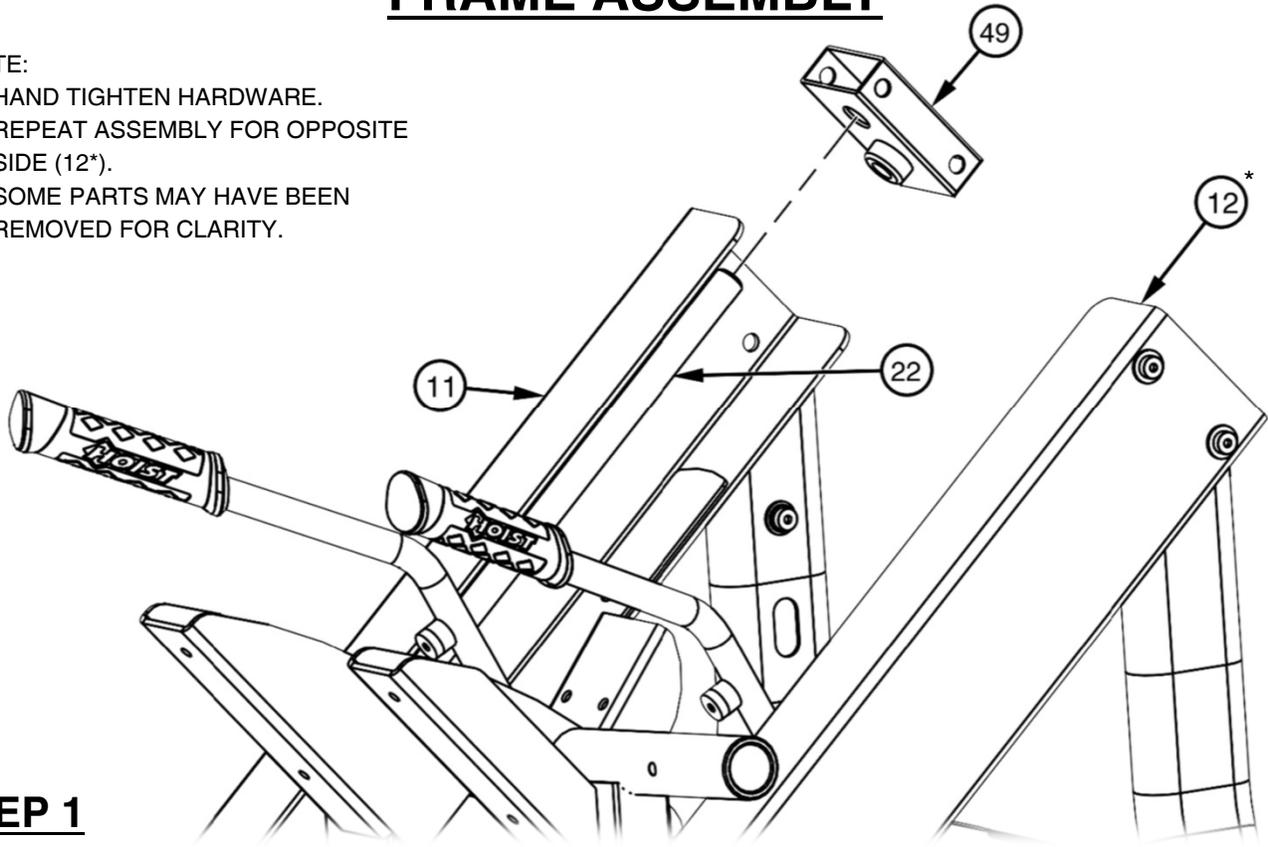
CAREFULLY INSERT GUIDE RODS (22) THROUGH THE LINEAR BEARINGS IN THE LINEAR BEARING HOUSINGS (3) BEFORE BOLTING TO SIDE RAIL (11 & 12).



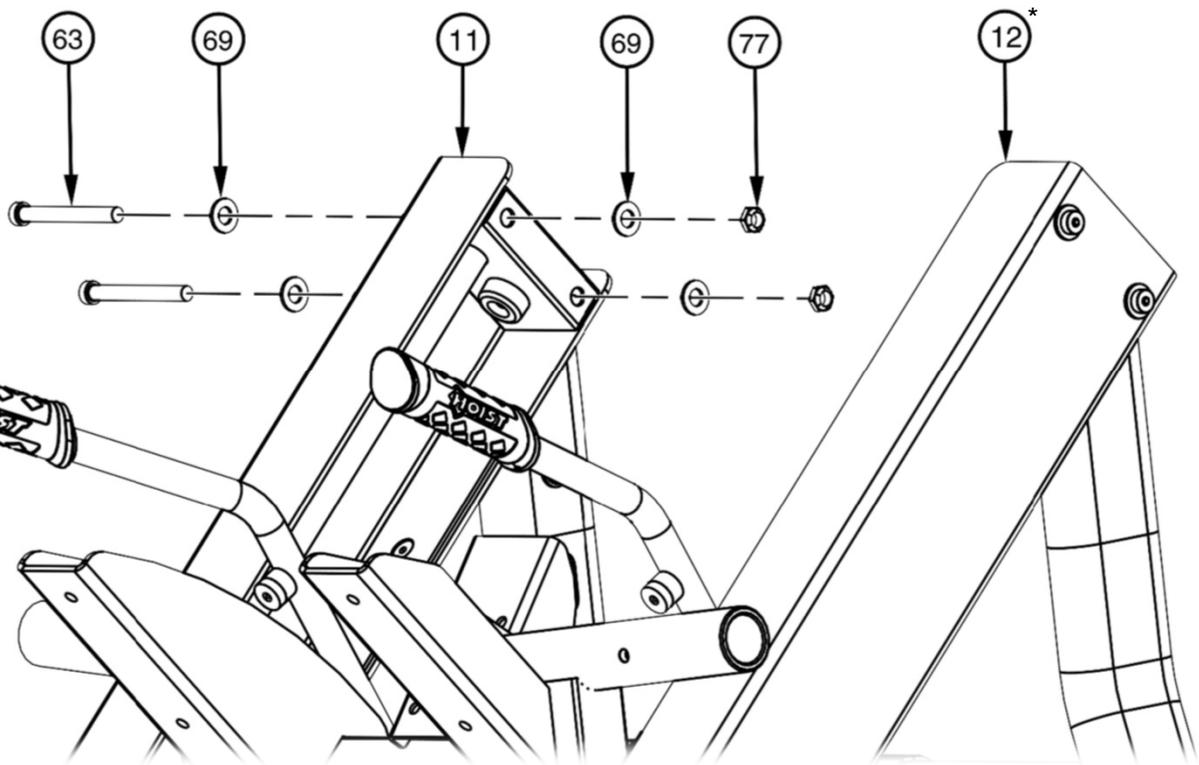
## FRAME ASSEMBLY

**NOTE:**

- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (12\*).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 1



### STEP 2

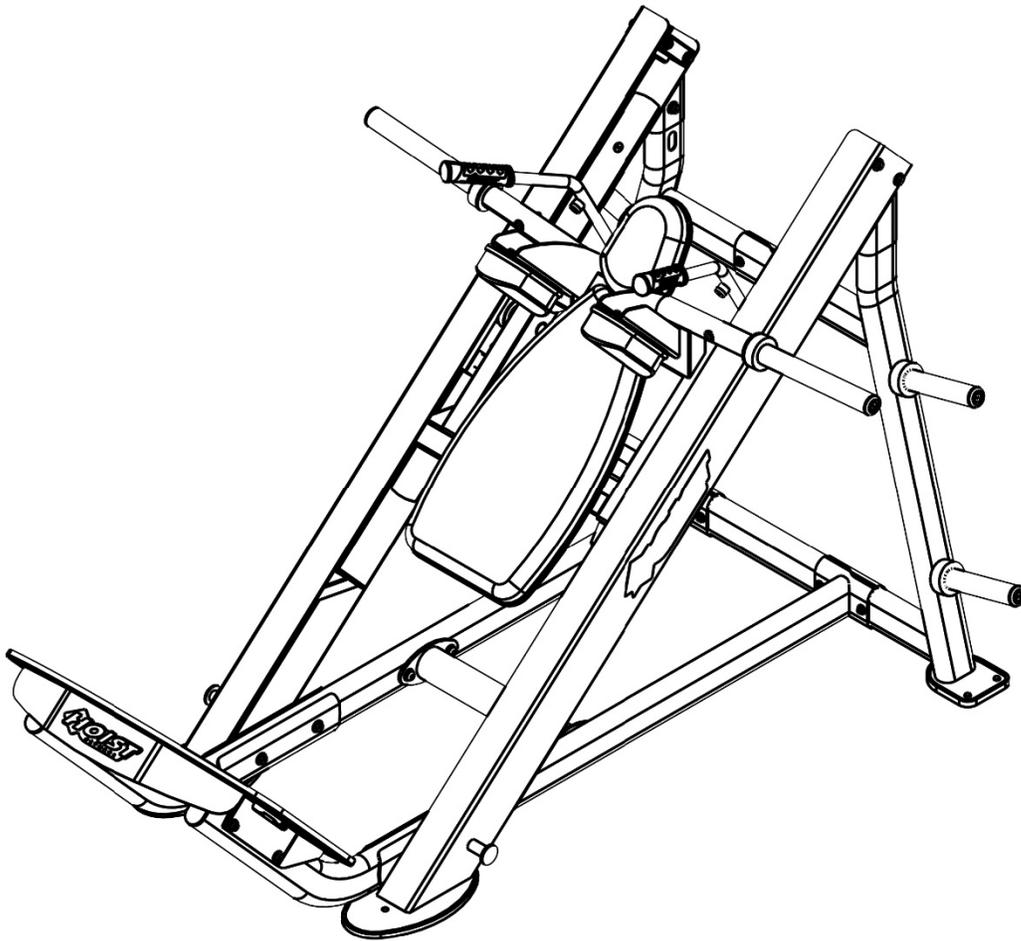
# OWNER'S MANUAL

## FRAME ASSEMBLY

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**\*WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE\***



**\*IMPORTANT\***

TAKE TIME TO ASSURE 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.

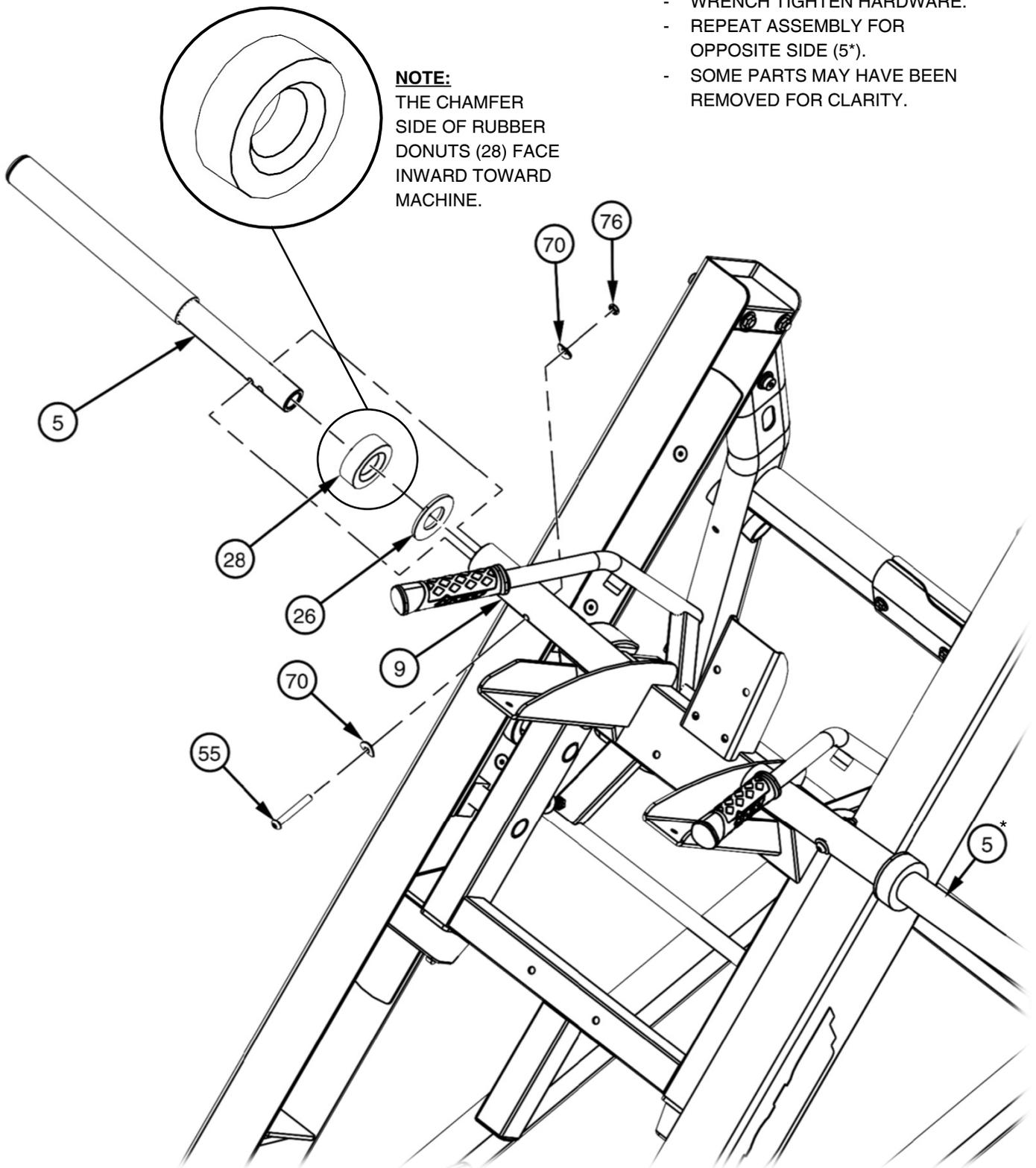
## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE (5\*).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**NOTE:**

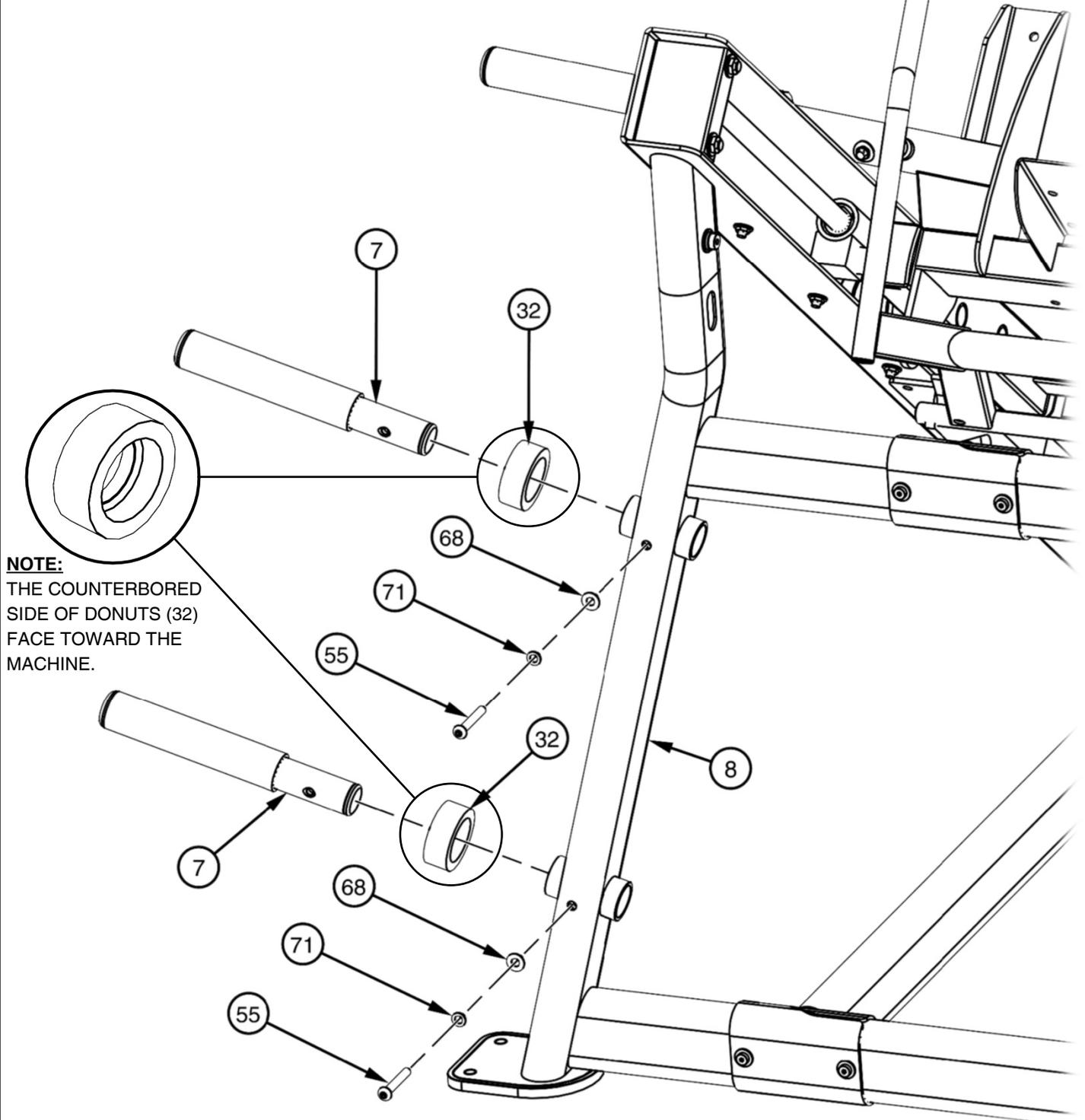
THE CHAMFER SIDE OF RUBBER DONUTS (28) FACE INWARD TOWARD MACHINE.



## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

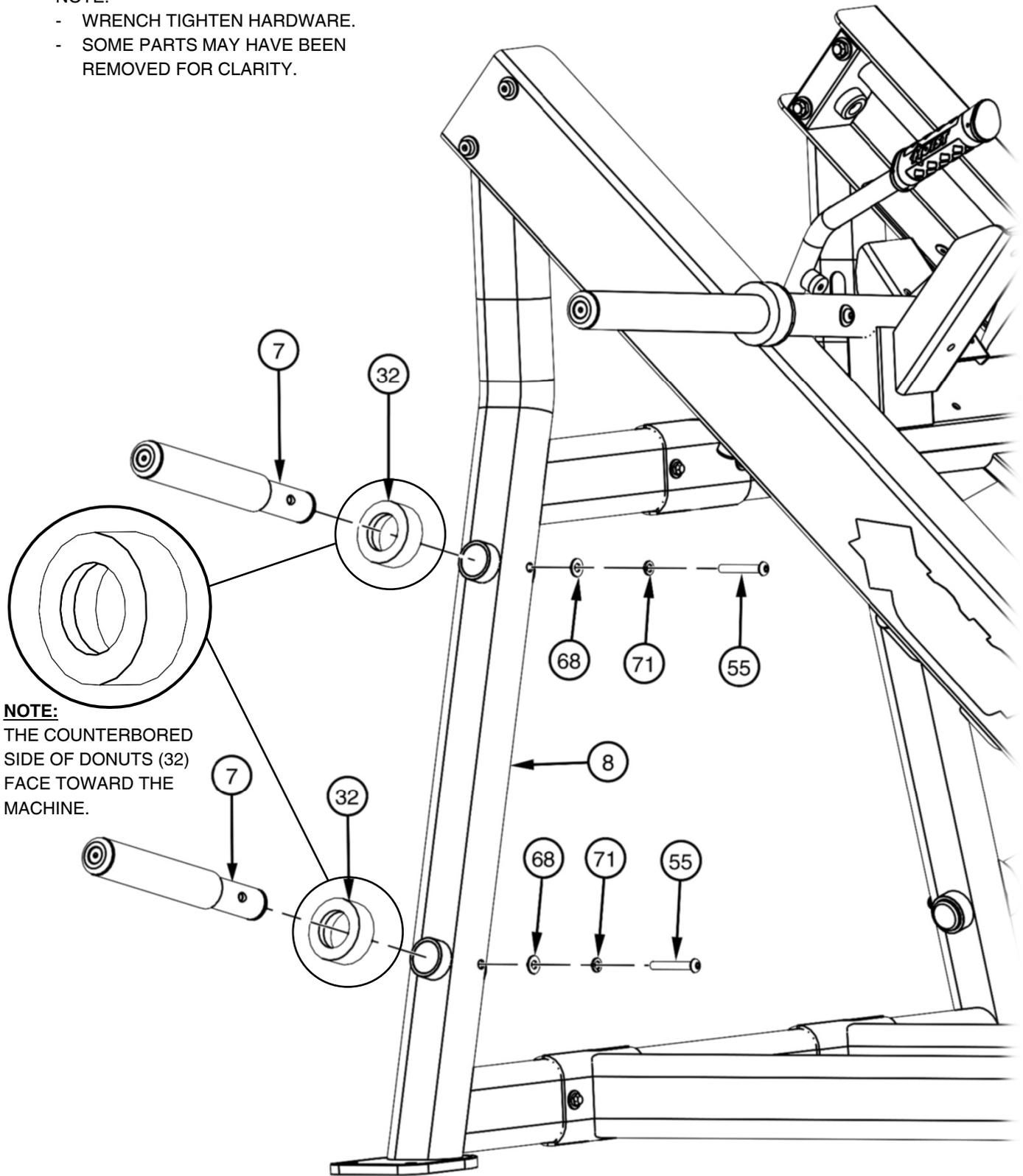


# OWNER'S MANUAL

## FRAME ASSEMBLY

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



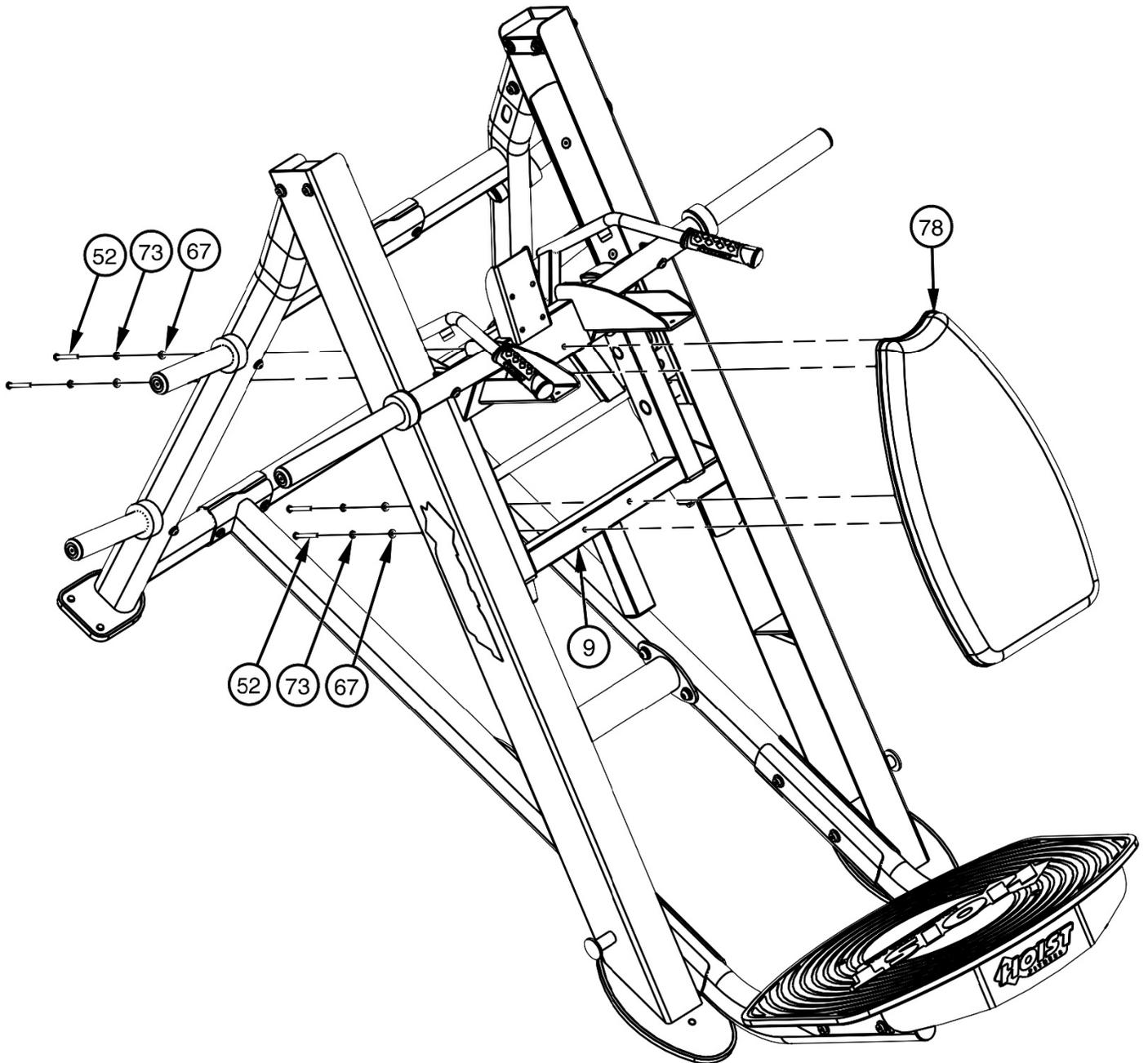
**NOTE:**

THE COUNTERBORED  
SIDE OF DONUTS (32)  
FACE TOWARD THE  
MACHINE.

## FRAME ASSEMBLY

NOTE:

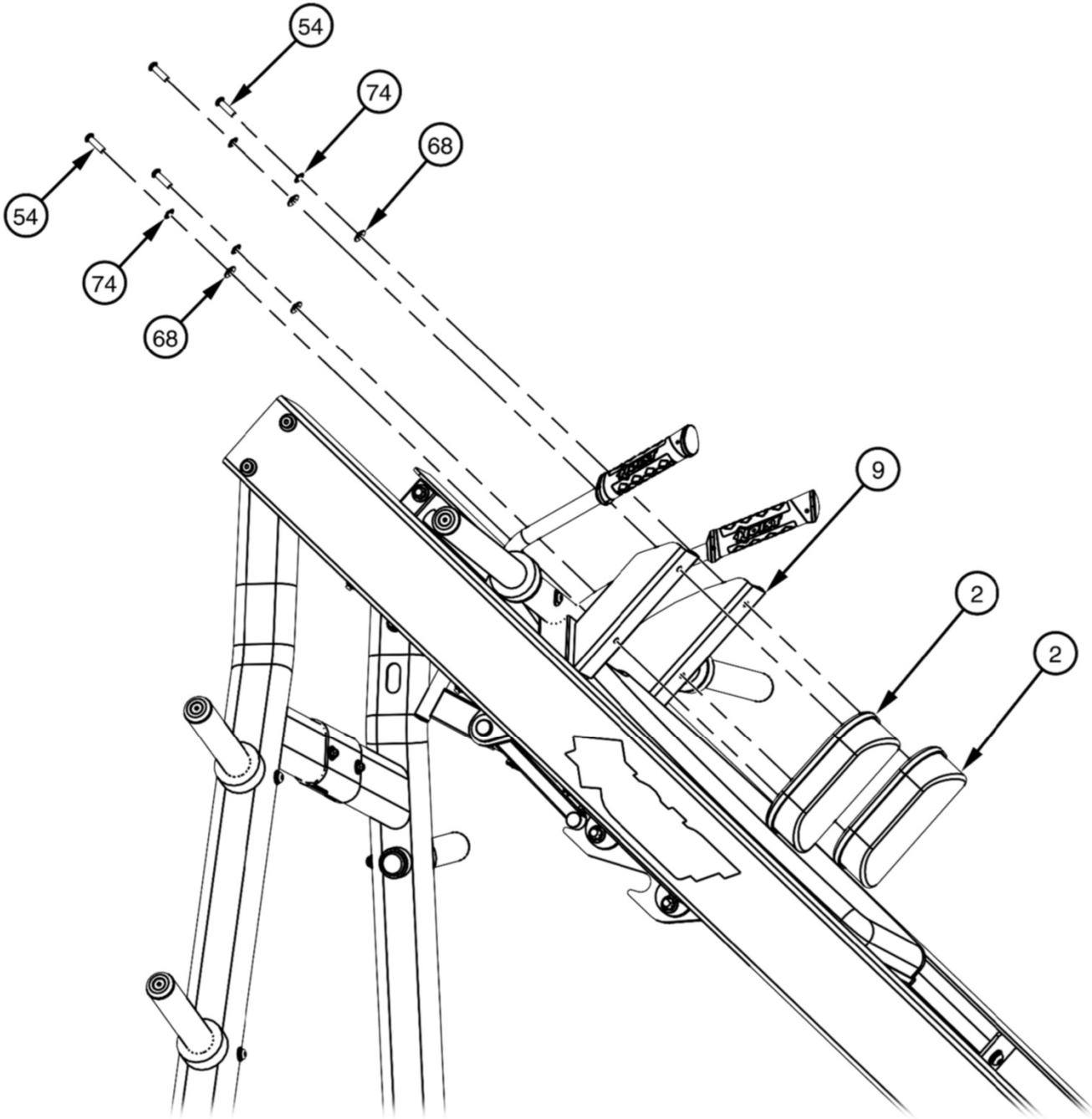
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

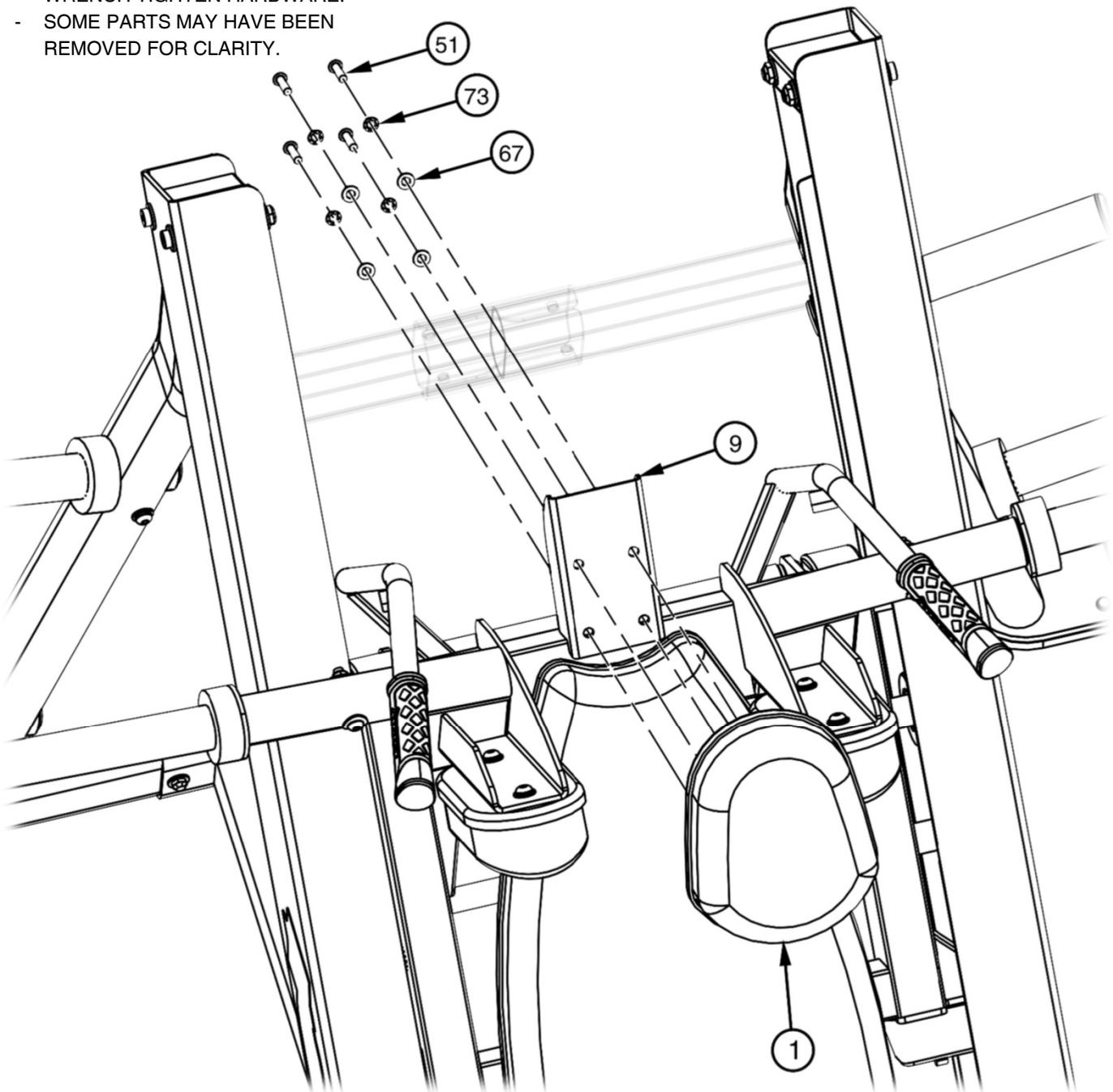
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



**\*IMPORTANT\***

NOW THAT THE CF-3356 IS COMPLETELY ASSEMBLED, TAKE TIME TO VERIFY 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.

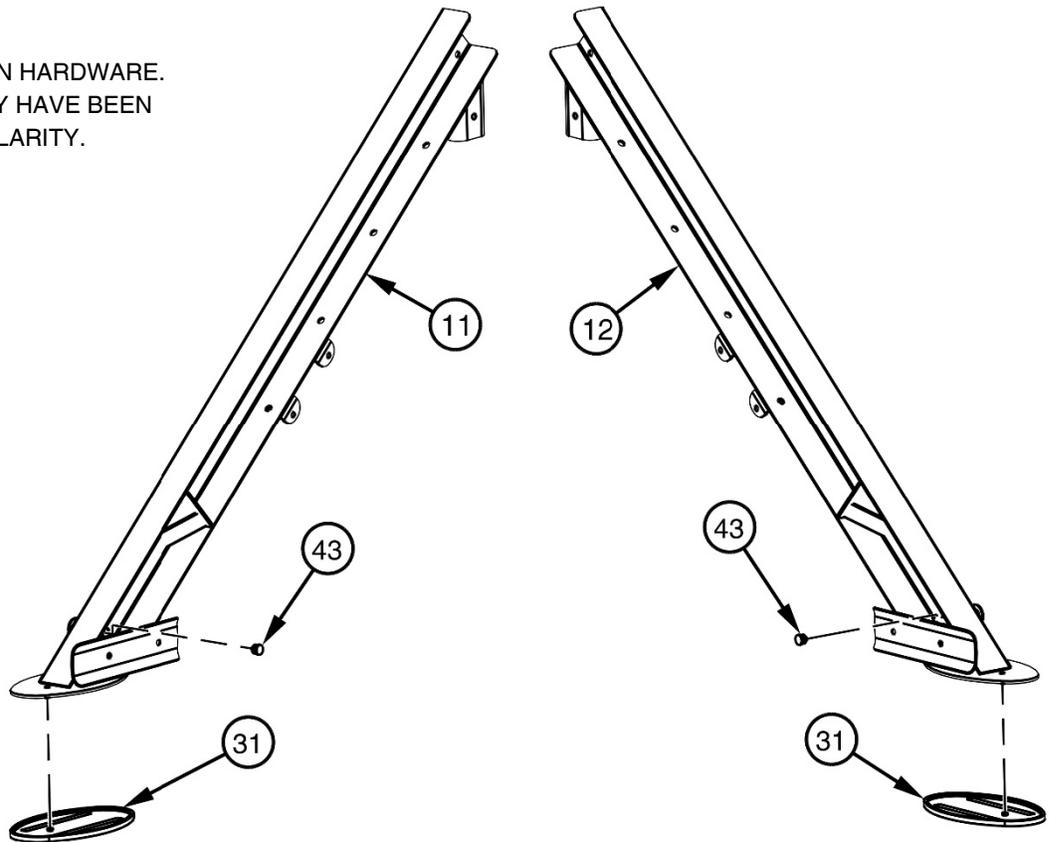
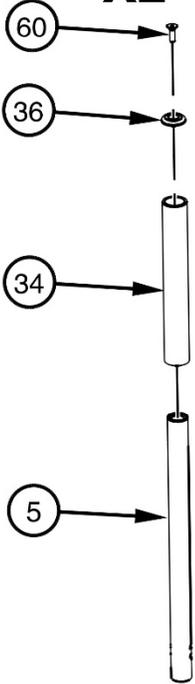
# OWNER'S MANUAL

## PRE-ASSEMBLY

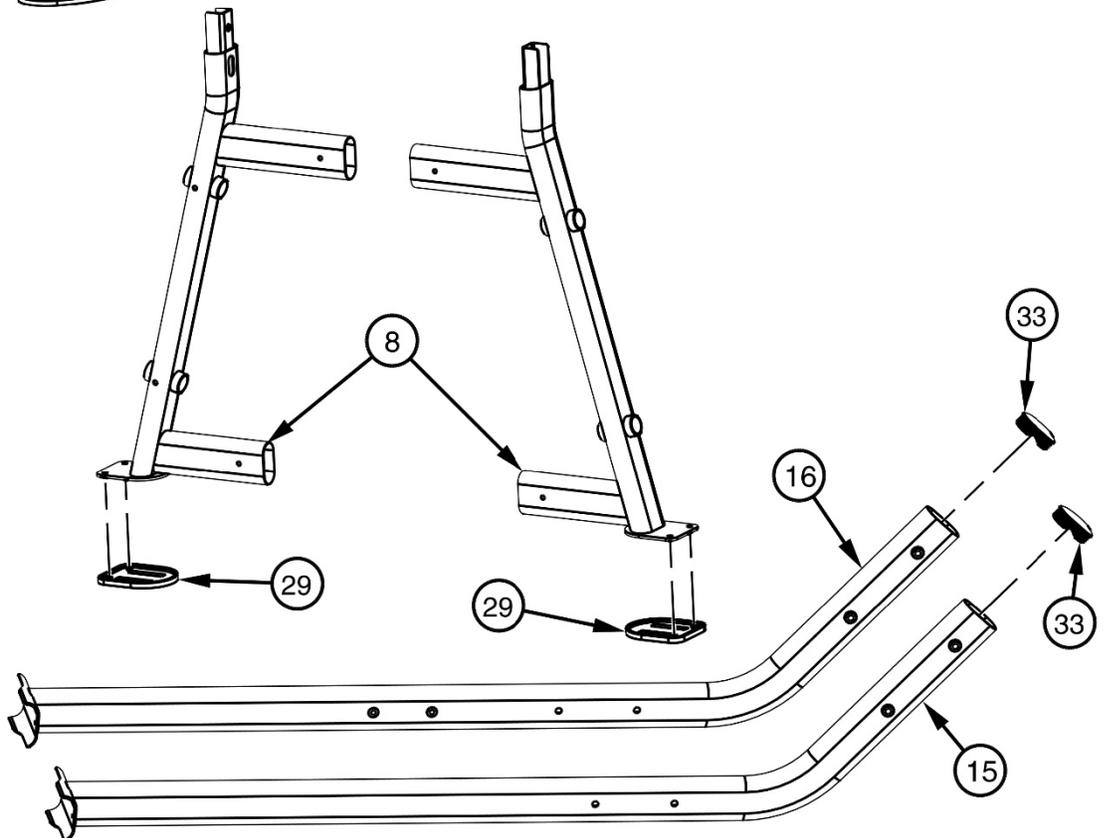
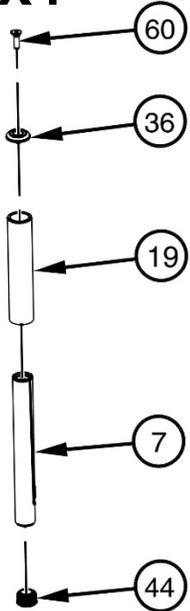
NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

**X2**



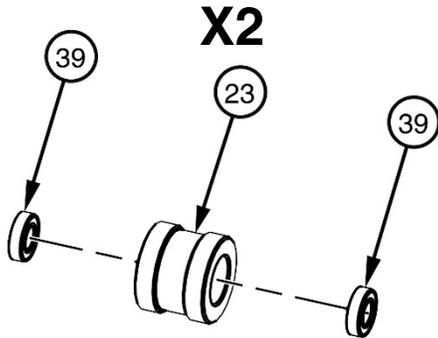
**X4**



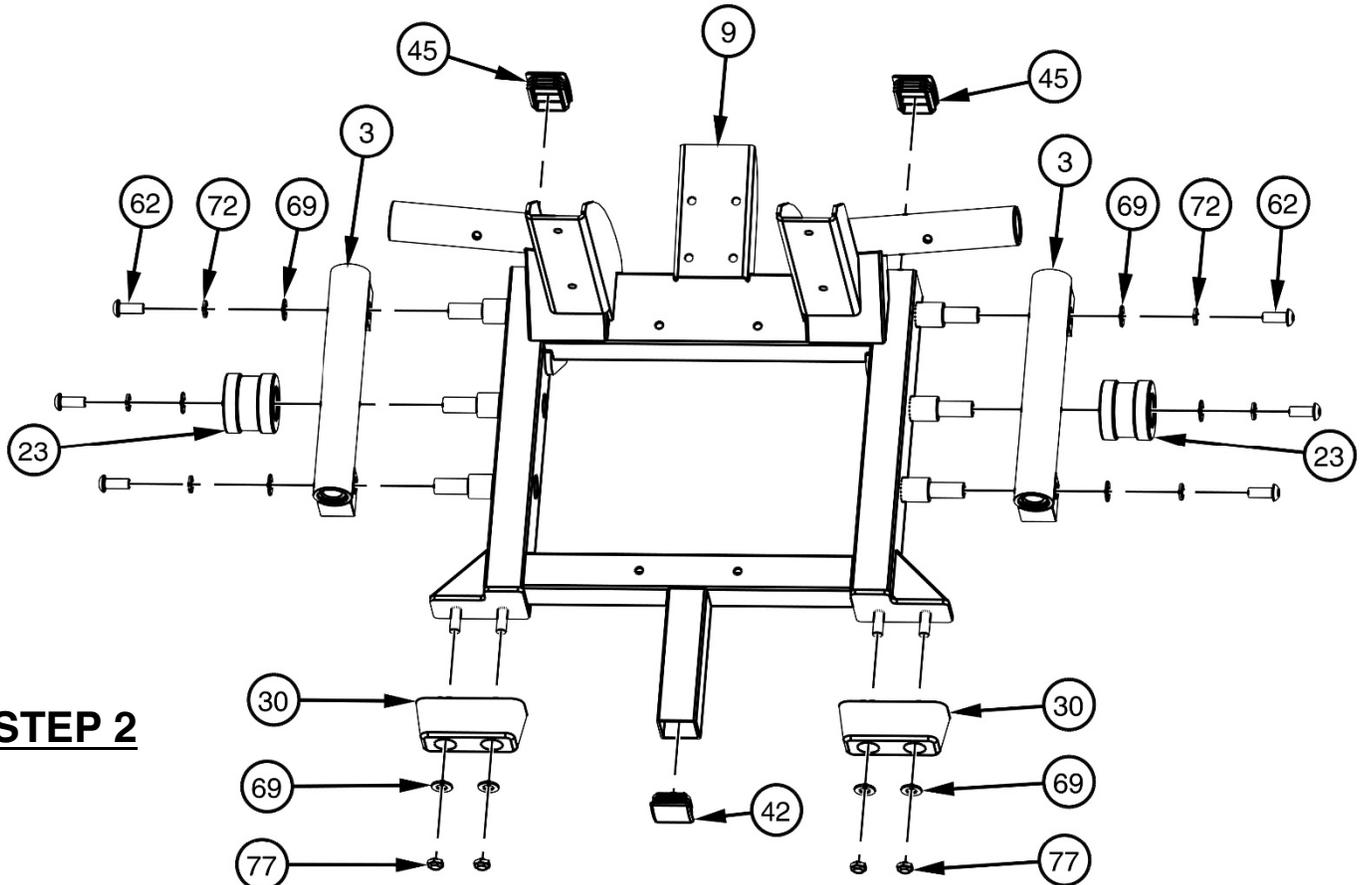
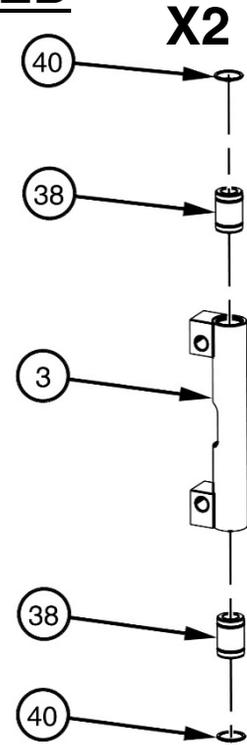
## PRE-ASSEMBLY CONTINUED

**NOTE:**

- WRENCH TIGHTEN HARDWARE.
- APPLY GREASE TO LINEAR BEARINGS (38) DURING PRE-ASSEMBLY.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



### STEP 1

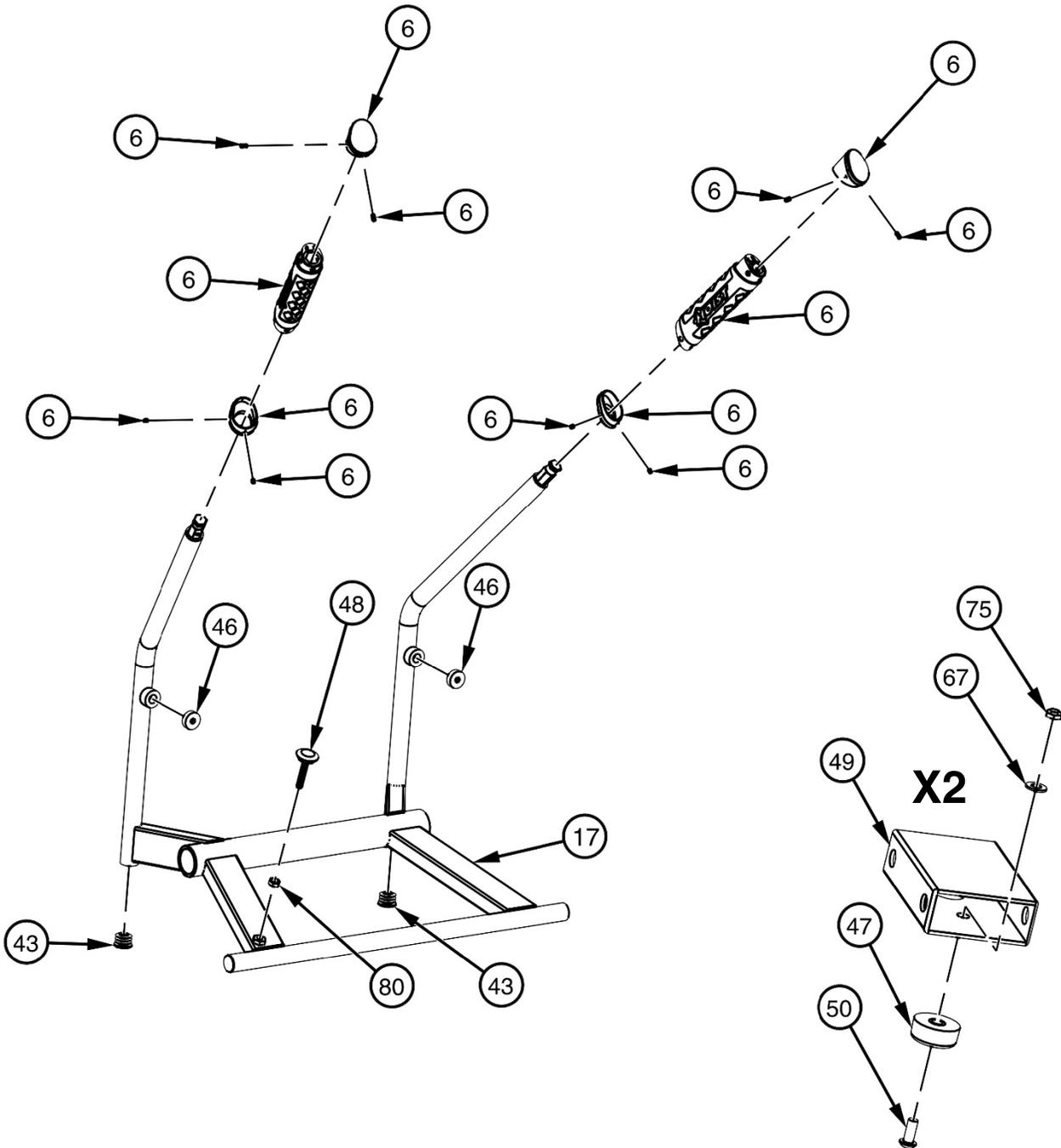


# OWNER'S MANUAL

## PRE-ASSEMBLY CONTINUED

NOTE:

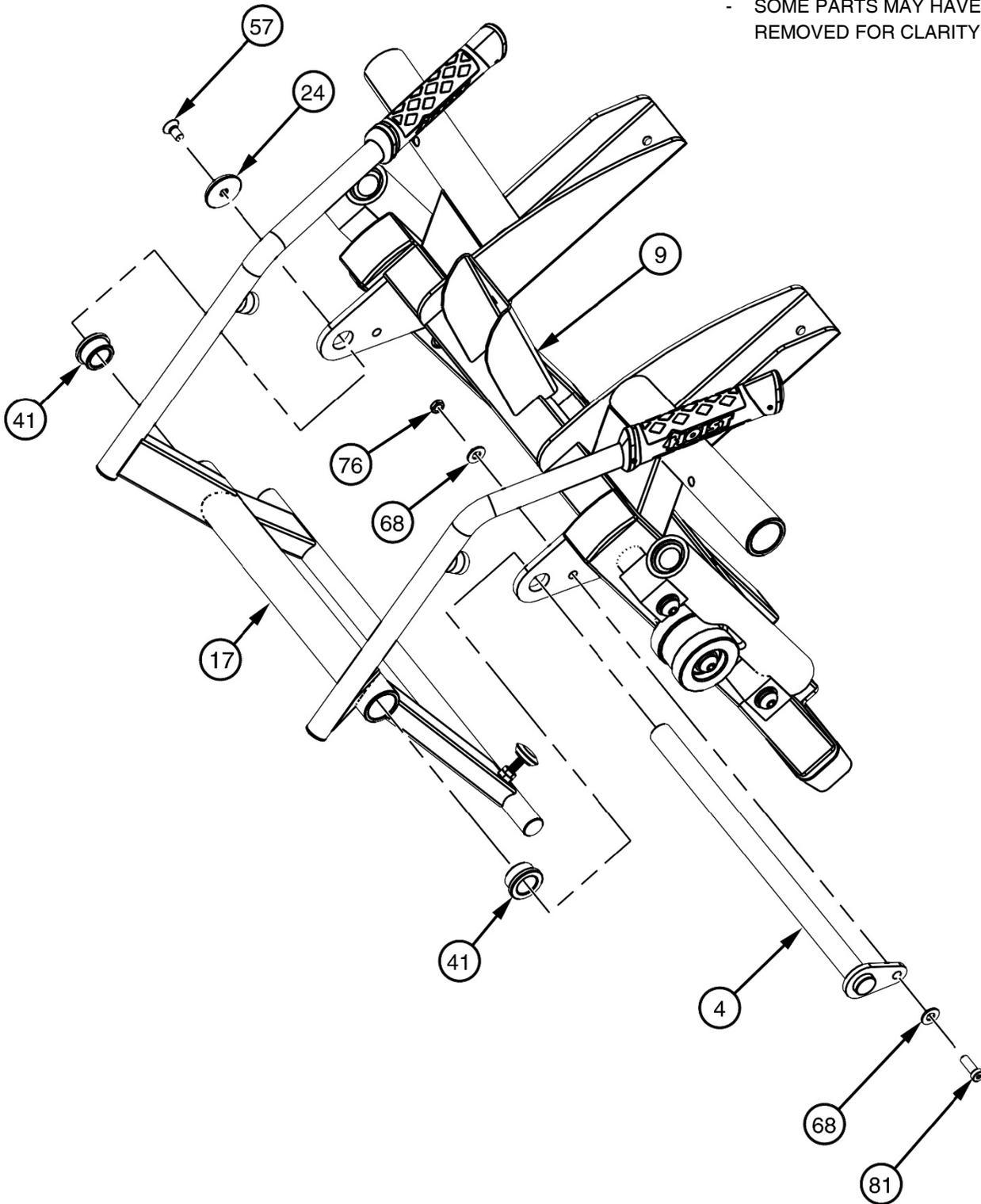
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## PRE-ASSEMBLY CONTINUED

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

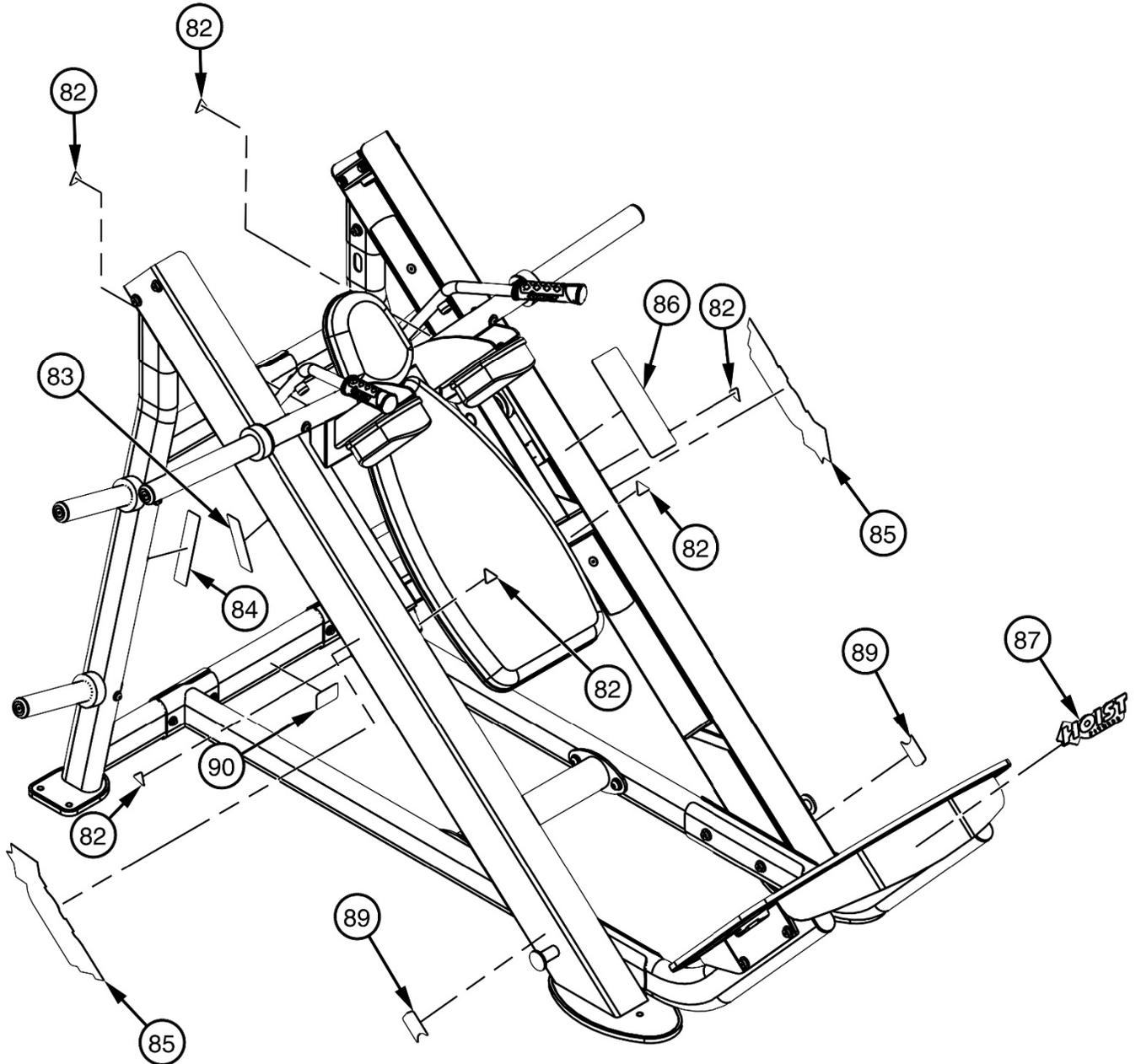


# OWNER'S MANUAL

## DECAL PLACEMENT

NOTE:

- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



## DECAL REFERENCE



021-0003334



021-0003512



021-0004221



SERIAL # DECAL



021-0018022



021-0003135

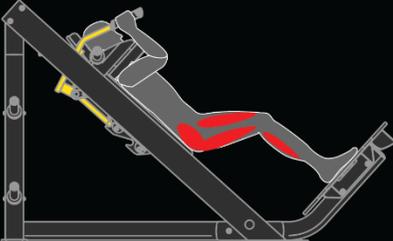
## DECAL REFERENCE CONTINUED

### HACK SQUAT

CF-3356

**INSTRUCTION**

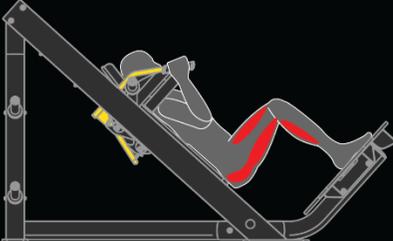
1. Lay on back pad with feet on footplate and shoulders against top pads.
2. Press off footplate. Safety catch will disengage automatically.
3. Push up on handles while lowering back down until safety catch engages.



**START**



**LOCK**



**EXERCISE**

Designed by HOIST in California  
021-0004218

021-0004218

NOTICE					
<i>COMMERCIAL MAINTENANCE</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Months</i>	<i>Yearly</i>
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	✗				
Clean; Upholstery	✗				
Inspect; Cables or Belts and their tension	✗				
Inspect; Accessory Bars and Handles		✗			
Inspect; All Decals		✗			
Inspect; All nuts and Bolts Tighten if Needed.		✗			
Inspect; Anti-Skid Surfaces		✗			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			✗		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			✗		
Clean & Wax; All Glossy Finishes				✗	
Repack with Grease Linear Bearings				✗	
Replace; Cables, Belts and Connecting Parts.					✗

021-0003008 (Rev.F)

021-0003008

# OWNER'S MANUAL

## PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	022-01PD2355	PAD ASSEMBLY	1
2	022-01PD0082-A	SHOULDER PAD ASSEMBLY	2
3	026-01X3916	25MM LINEAR BEARING HOUSING	2
4	026-01X4067	∅25MM SHAFT ASSEMBLY	1
5	026-01X6690	21.125" WEIGHT HORN	2
6	026-01X7351	HOIST ERGO GRIP-01	2
7	026-01X7470	WEIGHT HORN	4
8	026-01X6996	REAR UPRIGHT-1	2
9	026-01X6997	CARRIAGE	1
10	026-01X7478	BASE CROSSMEMBER-1	1
11	026-01X6998	SIDE RAIL-2	1
12	026-01X6999	SIDE RAIL-1	1
13	026-01P7101	RACK-1	1
14	026-01P7103	RACK-2	1
15	026-01X7483	BASE-2	1
16	026-01X7484	BASE-1	1
17	026-01X7000	RACK-OUT ASSY.	1
18	026-01X7492	FOOTREST FRAME	1
19	026-01PL2532	LONG WEIGHT HORN COVER	4
20	026-01F0456	FLNG. 50 X 100mm FLAT OVAL	2
21	026-01F0602	FLNG. 50 X 100mm FLAT OVAL	4
22	026-01G0227	LINEAR ROD 57.25" LG.	2
23	026-01M2790	ROLLER	2
24	026-01M3605	RETAINING CAP	1
25	026-01P5185	SURFACE PLATE	2
26	026-01P5261	WASHER ∅3.00" OD X ∅1.53" ID X .188" T	2
27	026-01P5756	BACKBOARD	1
28	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
29	026-01PL2504	D-SHAPED RUBBER FOOT	2
30	026-01PL2246	DUAL HOLE BUMPER 2.08" THICK	2
31	026-01PL2407	RUBBER FOOT	2
32	026-01PL2544	RUBBER DONUT FOR PLASTIC WEIGHT HORN	4
33	026-01PL2566	50 X 100 OVAL DOMED END CAP	2
34	026-01PL2577	12.88" WEIGHT HORN COVER	2
35	026-01PL2601	BACKBOARD RUBBER	1

# OWNER'S MANUAL

## PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	026-01PL2861	WEIGHT HORN END-CAP, SHORT	6
37	026-01T8662	BASE CROSSMEMBER-2	1
38	014-0007007	BEARING $\phi$ 25mm (LINEAR) (WON)	4
39	014-0012015	BEARING: FLANGELESS $\phi$ 1.65" O.D. X $\phi$ .79" I.D. X .47" WIDE	4
40	014-0015005	SNAP RING: $\phi$ 40mm INTERNAL	4
41	014-0101035	BEARING,FLANGED,25mm I.D X 32mm O.D X 20mm LG	2
42	026-01PL2890	END CAP - 50mm X 50mm (BLACK)	1
43	016-0201037	$\phi$ 1.00" ENDCAP (DOMED) - GREY	4
44	016-0201023	END CAP $\phi$ 1.50" (BLACK)	4
45	016-0201034	END CAP-R 2.00" X 3.00" (BLACK)	2
46	019-0001001	PLUG BUMPER	2
47	019-0001003	BUMPER $\phi$ 1.50" X .625" T	2
48	020-0014027	ADJUSTABLE STOP	1
49	026-01T8416	SHAFT MOUNT	2
50	011-0701002	5/16"-18UNC X .75" BHCS (Ni)	2
51	011-0701004	5/16"-18UNC X 1.25" BHCS (Ni)	4
52	011-0701011	5/16"-18UNC X 3.00" BHCS (Ni)	4
53	011-0201003	3/8"-16UNC X 1.00" BHCS (BZ)	4
54	011-0701021	3/8"-16UNC X 1.25" BHCS (Ni)	4
55	011-0701026	3/8"-16UNC X 2.50" BHCS (Ni)	6
57	011-0701089	3/8"-16UNC X .75" FHCS (Ni) W/NYLON PATCH	1
58	011-0702002	3/8"-16UNC X .75" FHCS (Ni)	6
59	011-0702003	3/8"-16UNC X 1.00" FHCS (Ni)	2
60	011-0702021	3/8"-16UNC X 1.25" FHCS (Ni) W/NYLON PATCH	6
61	011-0116149	3/8"-16UNC X 2.75" LOW HEAD SHCS (Ni)	6
62	011-0701048	1/2"-13UNC X 1.25" BHCS (Ni)	12
63	011-0116120	1/2"-13UNC X 4.25" LOW HEAD SHCS (Ni)	4
64	011-0116115	1/2"-13UNC X 3.00" LOW HEAD SHCS (Ni)	4
65	011-0116118	1/2"-13UNC X 3.75" LOW HEAD SHCS (Ni)	4
66	011-0702025	1/2"-13UNC X 1.25" FHS (Ni)	4
67	013-1002010	5/16" SAE FLAT WASHER (Ni)	10
68	013-1002007	3/8" X 22mm FLAT WASHER (Ni)	38
69	013-1002006	1/2" X 27mm SAE FLAT WASHER (Ni)	46
70	013-1009001	3/8" CURVED WASHER (Ni)	4

# OWNER'S MANUAL

## **PART LIST CONTINUED**

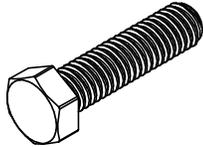
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
71	013-1006003	3/8" SPLIT LOCK WASHER (Ni)	4
72	013-1006004	1/2" SPLIT LOCK WASHER (Ni)	14
73	013-1010003	5/16" INTERNAL LOCK WASHER (Ni)	8
74	013-1010002	3/8" INTERNAL LOCK WASHER (Ni)	4
75	012-0504006	5/16"-18UNC THIN NYLOCK NUT (Ni)	2
76	012-0504005	3/8"-16 UNC THIN NYLOCK NUT (Ni)	21
77	012-0504002	1/2"-13 UNC THIN NYLOCK NUT (Ni)	20
78	022-01PD2356	BACK PAD ASSEMBLY	1
79	011-0116107	1/2"-13UNC X 1.00" LOW HEAD SHCS (Ni)	2
80	012-0305003	3/8"-16UNC JAM NUT (WZ)	1
81	011-0116142	3/8"-16UNC X 1.00" LOW HEAD SHCS (Ni)	1
82	021-0003512	DECAL PINCH POINT 1.18" X 1.35" (TRIANGLE)	6
83	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
84	021-0003135	DECAL WARNING 1.50" X 7.75"	1
85	021-0003334	DECAL HOIST 3.88" X 14.45"	2
86	021-0004218	CF-3356 PLACARD	1
87	021-0018022	HOIST EMBLEM + 2 SIDED TAPE	1
89	021-0004221	RESISTANCE BAND ANCHOR	2
90	SERIAL # DECAL	DECAL SERIAL # 1.63" X 2.63"	1

# OWNER'S MANUAL

## ABBREVIATIONS

BZ = Black Zinc  
Ni = Nickel Plated  
SS = Stainless Steel  
WZ = White Zinc



HHB = Hex Head Bolt



FHCS = Flat Head Cap Screw



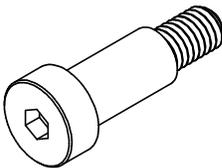
BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw



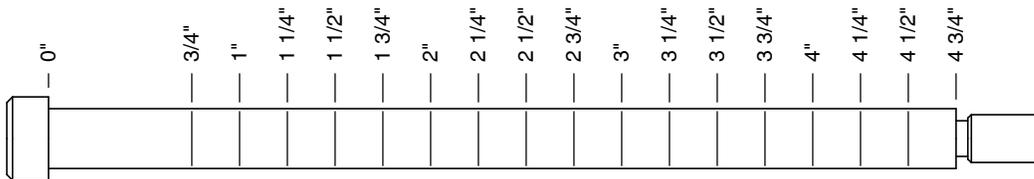
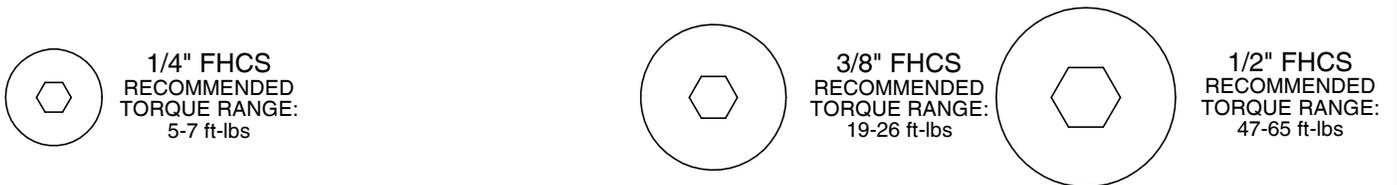
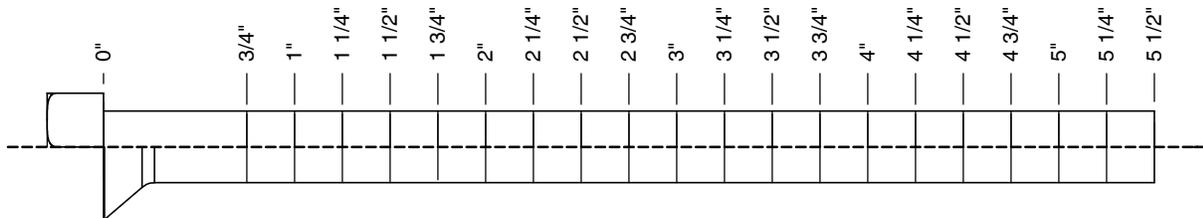
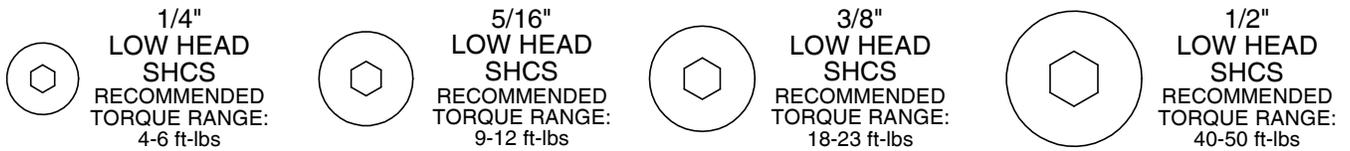
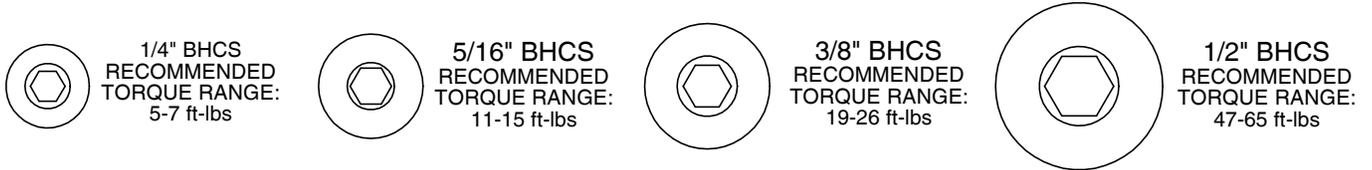
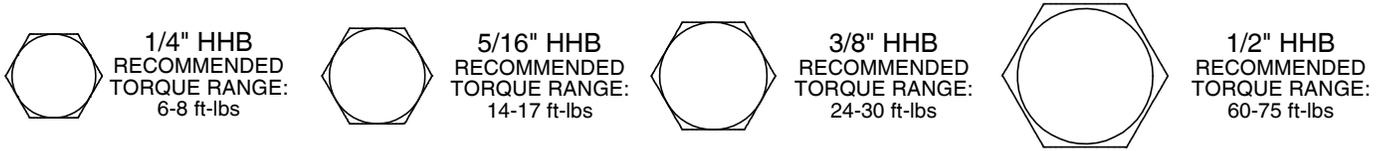
Low Head SHCS = Low Head Socket  
Head Cap Screw



SHSS = Socket Head Shoulder Screw

# OWNER'S MANUAL

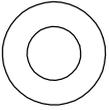
## BOLT SIZING CHART



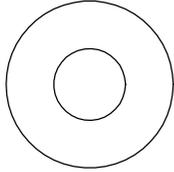
# OWNER'S MANUAL

## WASHER SIZING CHART

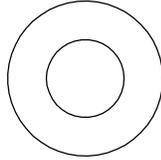
013-0002003  
1/4"  
FLAT WASHER  
SMALL, SAE, 13mm



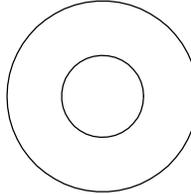
013-0102004  
5/16"  
FLAT WASHER  
LARGE, USS, 22mm



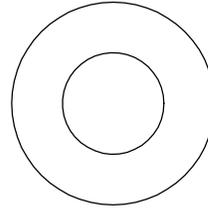
013-0002004  
3/8"  
FLAT WASHER  
SMALL, SAE, 21mm



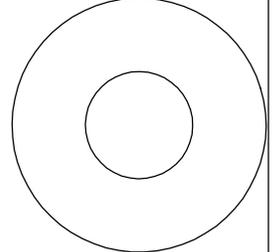
013-0402005  
3/8"  
FLAT WASHER  
LARGE, USS, 25mm



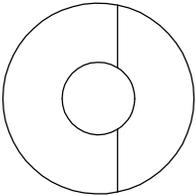
013-0102003  
1/2"  
FLAT WASHER  
SMALL, SAE, 27mm



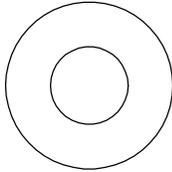
013-0102026  
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



013-0102028  
3/8"  
CURVED WASHER



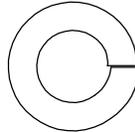
013-0402007  
3/8"  
FLAT WASHER  
22mm O.D.



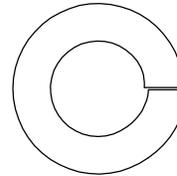
013-0102019  
1/4"  
LOCK WASHER



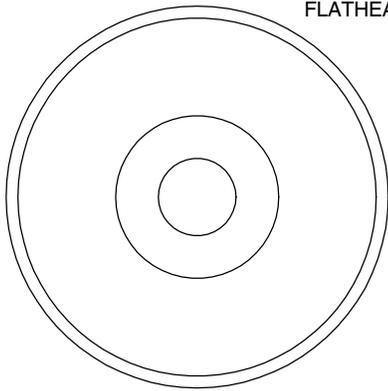
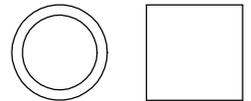
013-0102020  
3/8"  
LOCK WASHER



013-0102018  
1/2"  
LOCK WASHER



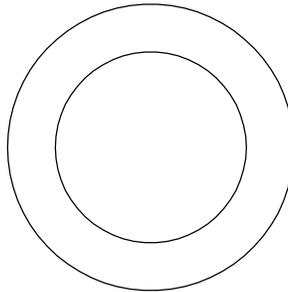
014-0018001  
1/2" LONG  
SPACER



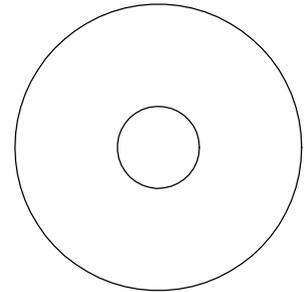
026-01M0238  
2" ALUMINUM  
FLATHEAD CAP



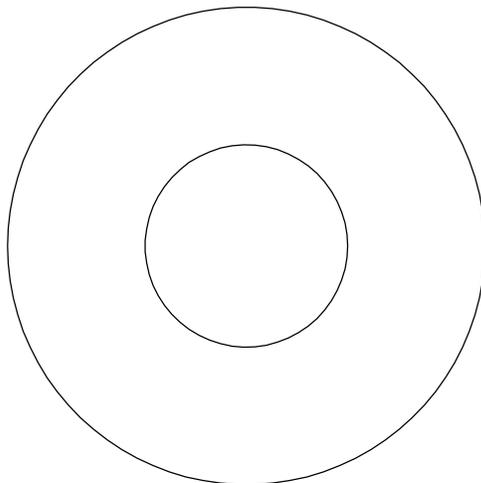
016-0009003  
1" SHIM WASHER



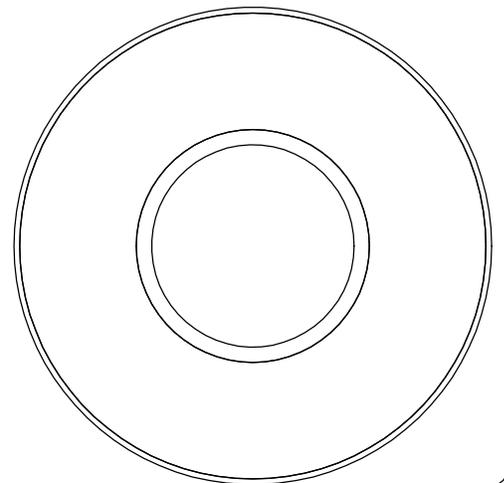
013-0003002  
3/8" FENDER WASHER



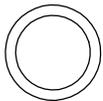
013-0003004  
1 1/16"  
FENDER WASHER



026-01PL151  
PLASTIC 1 1/16"  
FENDER WASHER



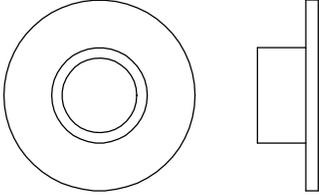
014-0018002  
1" LONG  
SPACER



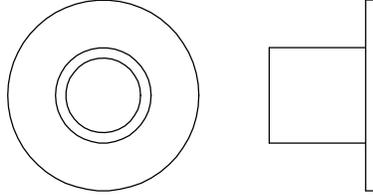
# OWNER'S MANUAL

## WASHER SIZING CHART (CONTINUED)

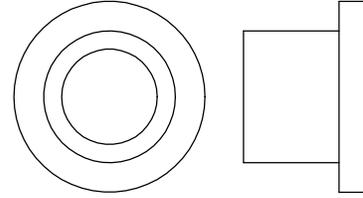
026-01M0211  
1/4" LONG  
FLANGED SPACER



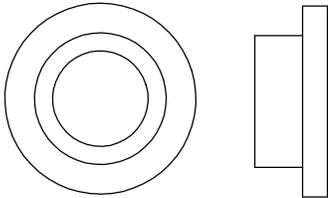
026-01M0198  
1/2" LONG  
FLANGED SPACER



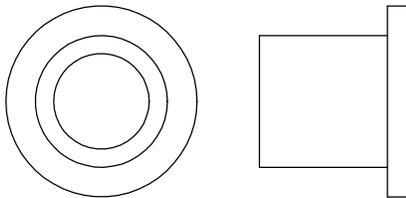
026-01M0760  
1/2" LONG HEAVY  
FLANGED SPACER



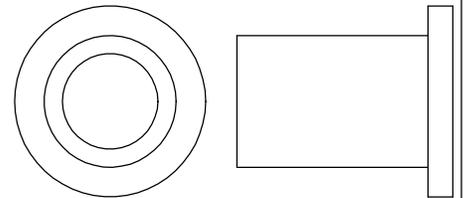
026-01M211T  
1/4" LONG HEAVY  
FLANGED SPACER



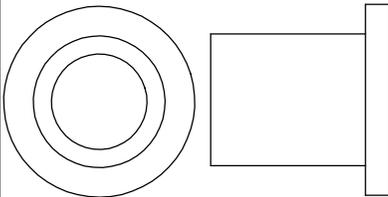
026-01M0532  
11/16" LONG HEAVY  
FLANGED SPACER



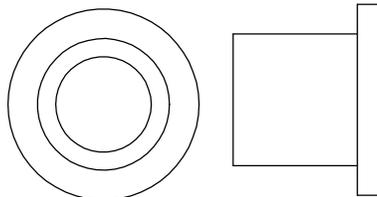
026-01M0551  
1" LONG HEAVY  
FLANGED SPACER



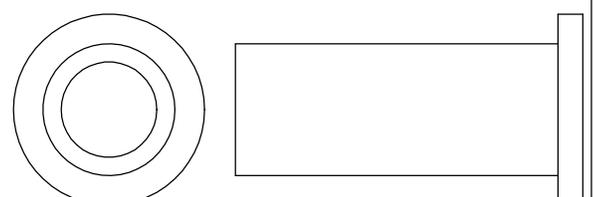
026-01M0788  
.81" LONG HEAVY  
FLANGED SPACER



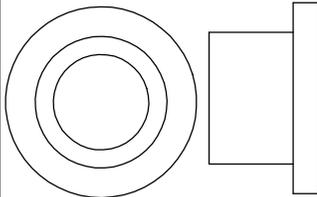
026-01M0780  
.65" LONG HEAVY  
FLANGED SPACER



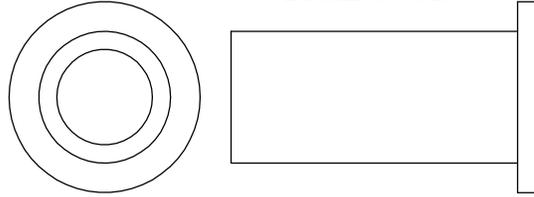
026-01M0761  
1 11/16" LONG HEAVY  
FLANGED SPACER



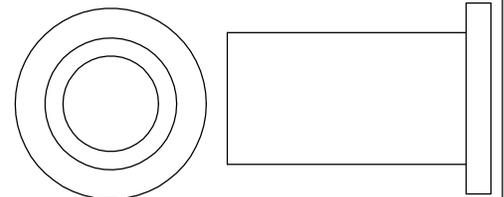
026-01M0789  
.44" LONG HEAVY  
FLANGED SPACER



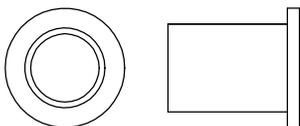
026-01M0762  
1 1/2" LONG HEAVY  
FLANGED SPACER



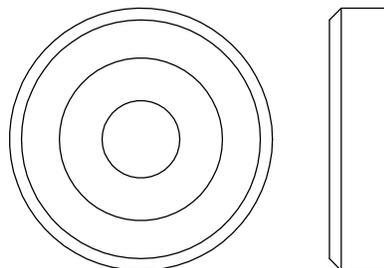
026-01M0768  
1 1/4" LONG HEAVY  
FLANGED SPACER



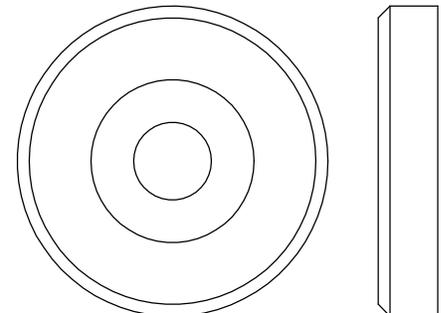
026-01M0600  
.625" LONG  
FLANGED SPACER



026-01M0240  
1 3/8" ALUMINUM  
FLATHEAD CAP



026-01M0239  
1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNER'S MANUAL

## 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.***

# OWNER'S MANUAL

## **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 worn 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**

# OWNER'S MANUAL

## WEIGHT TRAINING TIPS

In order to gain maximum results from your CF-3356 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-3356, 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-3356!**

# **OWNER'S MANUAL**

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# OWNER'S MANUAL

## **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](http://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**