



CF COMMERCIAL FREEWEIGHT PRODUCTS



CF COMMERCIAL FREEWEIGHT FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Freeweight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

Comfort & Durability

- ◆ **Head Support & Oversized Handles**
Provides a more comfortable and secure workout
- ◆ **Round Tube Frame**
Provides unsurpassed strength and durability
- ◆ **Large Radius Sweeps (bends)**
Adds beauty as well as frame rigidity
- ◆ **Upholstery Covers**
Adds a contemporary and finished look

Convenience

- ◆ **Ratcheting Adjuster System**
Quick and easy seat adjustments to accommodate varying user sizes
- ◆ **Easy Step Through Design**
Speeds up workouts and allows for user to quickly enter/exit the machine
- ◆ **Integrated Scuff Guards & Rubber Foot Protectors**
Protects the machine's frame finish and facility floor
- ◆ **Bead Blasted and Nickel-Plated Bar Rack-Outs**
Provides protection for the frame finish
- ◆ **Permanently anchor all CF products in place**
Maximizes space planning

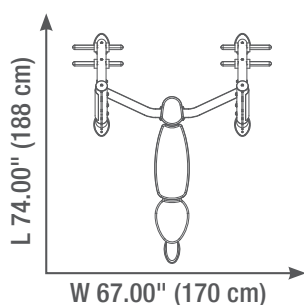
Sleek & Appealing



FLAT OLYMPIC BENCH

CF-3170

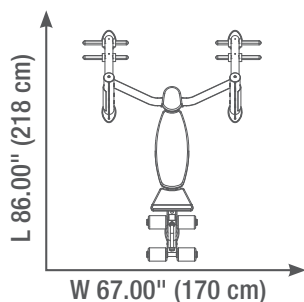
- ◆ Curved frame uprights match the natural arc of the exercise movement
- ◆ Incorporates 8 weight plate holders for easy storage
- ◆ Bench Height: 51.00" (130 cm)
- ◆ Maximum weight storage capacity: 900 lbs. (405 kg)
- ◆ Maximum exercise weight capacity: 1,000 lbs. (450 kg)



DECLINE OLYMPIC BENCH

CF-3177

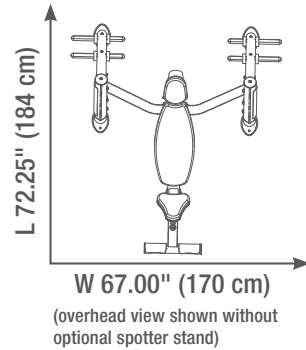
- ◆ Curved frame uprights match the natural arc of the exercise movement
- ◆ -15° angle on back pad for decline bench exercises
- ◆ Incorporates 8 weight plate holders for easy storage
- ◆ Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- ◆ Maximum weight storage capacity: 900 lbs. (405 kg)
- ◆ Maximum exercise weight capacity: 1,000 lbs. (450 kg)



INCLINE OLYMPIC BENCH

CF-3172

- ◆ Curved frame uprights match the natural arc of the exercise movement
- ◆ 30° angle on back pad for incline bench exercises
- ◆ 8 adjustable ratcheting seat positions to accommodate varying user heights
- ◆ Integrated foot rests provide proper exercise position
- ◆ Incorporates 8 weight plate holders for easy storage
- ◆ Optional Spotter Stand CF-OPT-01 (sold separately)
- ◆ Maximum weight storage capacity: 900 lbs. (405 kg)
- ◆ Maximum exercise weight capacity: 1,000 lbs. (450 kg)

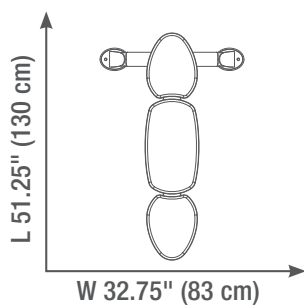


(shown with optional Spotter Stand CF-OPT-01)

FLAT BENCH

CF-3163

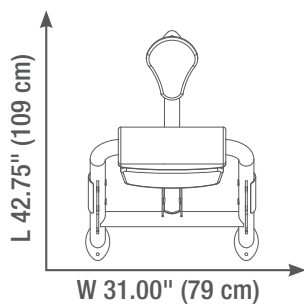
- ♦ Tripod frame design provides greater stability
- ♦ Bench Height: 16.75" (43 cm)
- ♦ Maximum exercise weight capacity: 1,000 lbs. (450 kg)



PREACHER CURL

CF-3550

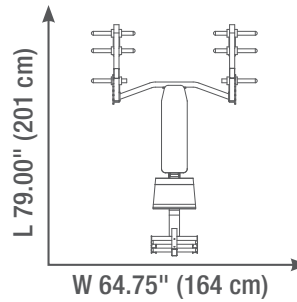
- ♦ 60° pad angle increases resistance while decreasing elbow strain
- ♦ 8 adjustable ratcheting seat positions to accommodate varying user heights
- ♦ 2 adjustable bar rack-out positions
- ♦ Maximum exercise weight capacity: 800 lbs. (360 kg)



3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

CF-2179B

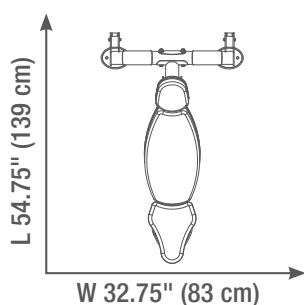
- ◆ 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- ◆ 16 linear adjustments to accommodate the varying user heights
- ◆ Integrated dual position foot rests to accommodate proper exercise positions
- ◆ Incorporates 12 weight plate holders for easy storage
- ◆ Spotter stand provides more leverage and better positioning
- ◆ Maximum weight storage capacity: 870 lbs. (395 kg)
- ◆ Maximum exercise weight capacity: 800 lbs. (360 kg)



FLAT/INCLINE BENCH

CF-3160

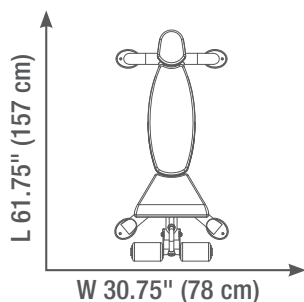
- ◆ 6 adjustable back pad positions from 0° to 80° for incline and flat bench exercises
- ◆ 5 adjustable ratcheting seat positions accommodate varying user heights
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ◆ Bench Height in flat position: 19.50" (50 cm)
- ◆ Maximum exercise weight capacity: 1,000 lbs. (454 kg)



SUPER ADJUSTABLE FLAT/DECLINE

CF-3162

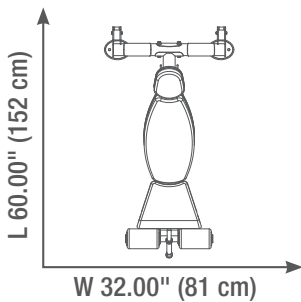
- ◆ 5 angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- ◆ Multi-purpose design also allows for abdominal bench exercises
- ◆ Self-aligning roller pads accommodate varying leg lengths
- ◆ Maximum exercise weight capacity: 1,000 lbs. (454 kg)



SUPER FLAT/INCLINE/DECLINE BENCH

CF-3165

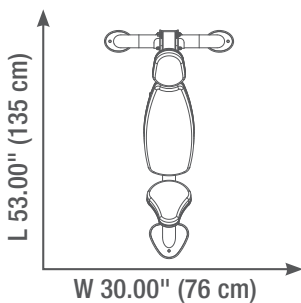
- ♦ 7 back pad positions adjust from -15° to 80° for flat, incline and decline bench exercises
- ♦ Self-aligning roller pads provide leg support during exercise
- ♦ Gas-shock assisted seat easily adjusts into 5 seat positions for varying user heights
- ♦ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ♦ Bench Height in flat position: 19.50" (50 cm)
- ♦ Maximum exercise weight capacity: 1,000 lbs. (454 kg)



ADJUSTABLE INCLINE BENCH

CF-3168

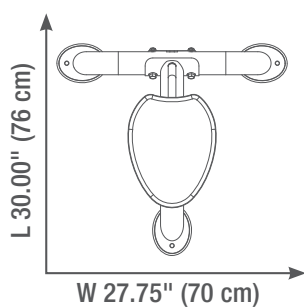
- ♦ 5 angled back pad positions adjust from 35° to 75° in 10° increments
- ♦ Contoured seat pad ensures comfort during workout
- ♦ Maximum exercise weight capacity: 1,000 lbs. (454 kg)



UTILITY STOOL

CF-3950

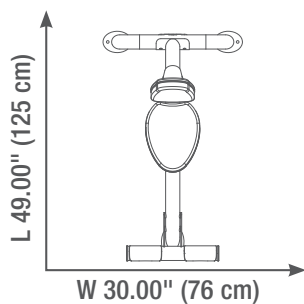
- ◆ Tripod frame design provides greater stability
- ◆ Integrated carrying handle
- ◆ Bench Height: 16.75" (43 cm)
- ◆ Maximum exercise weight capacity: 1,000 lbs. (454 kg)



UTILITY BENCH

CF-3960

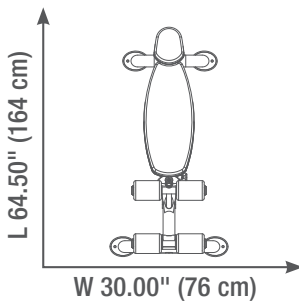
- ◆ Tripod frame design provides greater stability
- ◆ Integrated foot rests provide proper exercise alignment
- ◆ Bench Height: 18.00" (46 cm)
- ◆ Maximum exercise weight capacity: 800 lbs. (360 kg)



ADJUSTABLE DECLINE AB BENCH

CF-3264

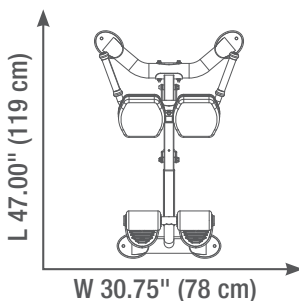
- ◆ 7 adjustable angle positions ranging from 10° to -20° in 5° increments
- ◆ Easy to use, gas shock assisted angle adjustments for flat, incline and decline exercise positions
- ◆ Self-aligning leg roller pads accommodate varying leg lengths
- ◆ Maximum exercise weight capacity: 800 lbs. (360 kg)



BACK HYPER

CF-3663

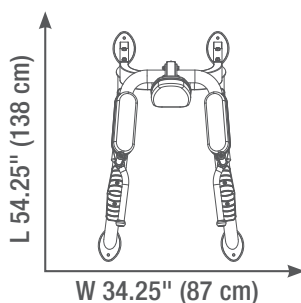
- ◆ 4 adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- ◆ 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- ◆ Contoured foot rests and leg roller pads provide lower body stabilization
- ◆ Maximum exercise weight capacity: 600 lbs. (270 kg)



VERTICAL KNEE RAISE/DIP

CF-3252

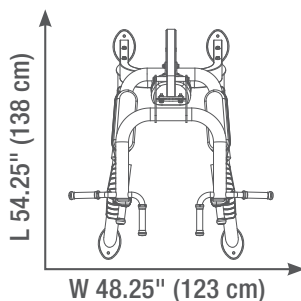
- ◆ Two sets of hand grips for dip and vertical knee raise exercises
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths
- ◆ Optional Fitness Tree CF-3962 attachment provides additional exercises (sold separately)
- ◆ Maximum exercise weight capacity: 400 lbs. (181 kg)



FITNESS TREE

CF-3962

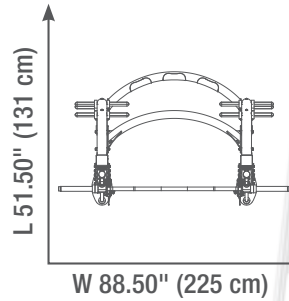
- ◆ Upper hand grips for neutral and wide pull-up exercises
- ◆ Integrated rock climbing holds bring an exciting exercise variation
- ◆ Angled arm rests offer stable positioning for vertical knee raise exercises
- ◆ Angled dip handles accommodate varying user widths
- ◆ Maximum exercise weight capacity: 400 lbs. (181 kg)



7 DEGREE SMITH

CF-3753

- ◆ 7° angle on linear exercise movement
- ◆ EZ-LOC LATCHING MECHANISM automatically locks and unlocks weight bar and safety stops
- ◆ Easy one-handed adjustable safety stops
- ◆ Incorporates 10 weight plate holders for easy storage
- ◆ Starting weight of Olympic bar: 19 lbs. (9 kg)
- ◆ Maximum weight storage capacity: 1,350 lbs. (610 kg)
- ◆ Maximum exercise weight capacity: 540 lbs. (245 kg)

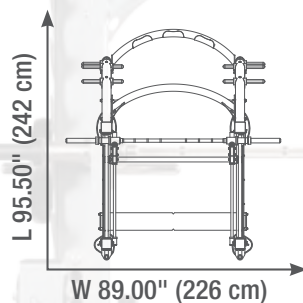


(weight plates not included)

DUAL ACTION SMITH®

CF-3754

- ◆ Dual Action technology produces simultaneous horizontal and vertical bar movement
- ◆ Travel distance of horizontal bar movement: 30.25" (77 cm)
- ◆ Travel distance of vertical bar movement: 63.50" (161 cm)
- ◆ Racking system provides 9 positions for Smith exercises
- ◆ Adjustable safety tiers
- ◆ Incorporates 10 weight plate holders for easy storage
- ◆ Starting weight of Olympic bar: 52 lbs. (24 kg)
- ◆ Maximum weight storage capacity: 1,350 lbs. (612 kg)
- ◆ Maximum exercise weight capacity: 540 lbs. (245 kg)



(weight plates not included)



Example of a lunge exercise (weight plates not included)



Example of a bicep exercise (weight plates not included)

EXPERIENCE THE POWER AND STABILITY OF THE DUAL ACTION SMITH®



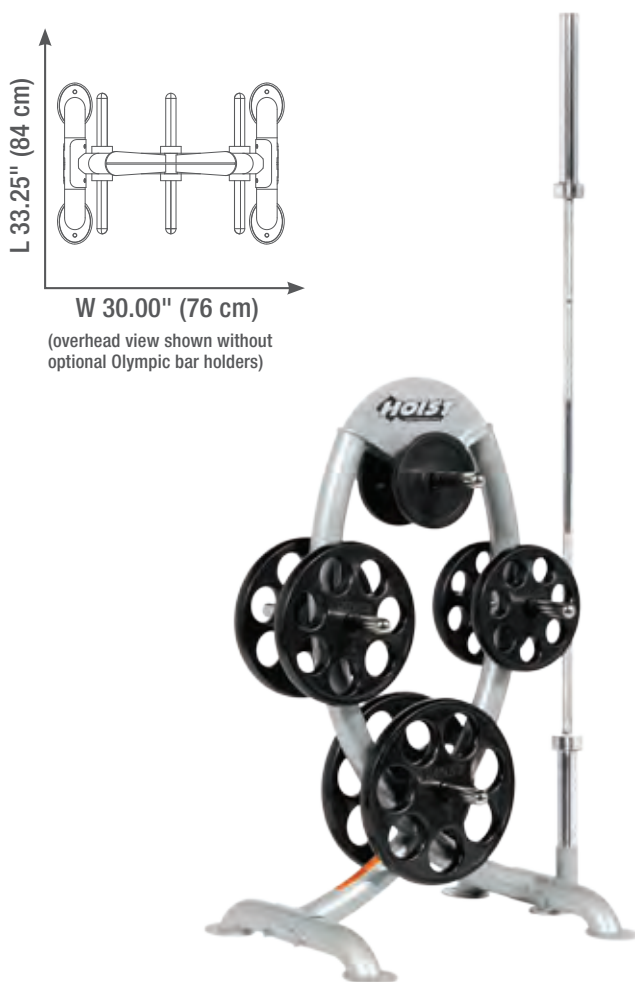
WEIGHT PLATE STORAGE SYSTEMS

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. (Weight plates and Olympic bars are NOT included)

OLYMPIC PLATE TREE

CF-3443

- ◆ Incorporates 8 mar-resistant, nickel-plated weight pegs for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 (Maximum 2 per unit - sold separately)
- ◆ Maximum weight storage capacity: 1,280 lbs. (580 kg)



(shown with optional Olympic Bar Holder CF-OPT-02)

4-SIDED OLYMPIC PLATE TREE

CF-3444

- ◆ Incorporates 12 mar-resistant, nickel-plated weight pegs for easy storage
- ◆ Optional Olympic Bar Holders CF-OPT-02 available (Maximum 2 per unit - sold separately)
- ◆ Maximum weight storage capacity 1,500 lbs. (680 kg)



(shown with optional Olympic Bar Holders CF-OPT-02)

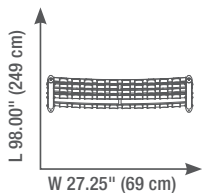
DUMBBELL RACKS

Engineered specifically for PRO style dumbbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity. (Dumbbell weights are NOT included)

3-TIER DUMBBELL RACK

CF-3461-3

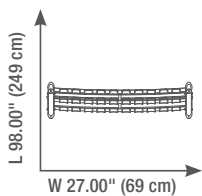
- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Stores up to 10 dumbbells on each tier (15 pairs total)
- ◆ Height of top tier: 39.25" (100 cm)
- ◆ Maximum weight per tier: 1,400 lbs. (635 kg)
- ◆ Maximum weight storage capacity: 4,200 lbs. (1,905 kg)



2-TIER DUMBBELL RACK

CF-3461-2

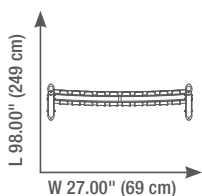
- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Stores up to 10 dumbbells on each tier (10 pairs total)
- ◆ Height of top tier: 29.00" (74 cm)
- ◆ Maximum weight per tier: 1,400 lbs. (635 kg)
- ◆ Maximum weight storage capacity: 2,800 lbs. (1,270 kg)



1-TIER DUMBBELL RACK

CF-3461-1

- ◆ Stores up to 10 dumbbells on each tier (5 pairs total)
- ◆ Height of top tier: 29.00" (74 cm)
- ◆ Maximum weight per tier: 1,400 lbs. (635 kg)
- ◆ Maximum weight storage capacity: 1,400 lbs. (635 kg)



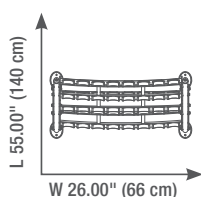
BEAUTY BELL & BARBELL RACKS

Engineered specifically for beauty bells and barbells to provide organized storage while requiring minimum floor space of any fitness facility. As always, HOIST CF dumbbell racks are designed with strong and durable arched tiers to provide a larger weight capacity. (Beauty bell & barbell weights are NOT included)

3-TIER BEAUTY BELL RACK

CF-3462-3

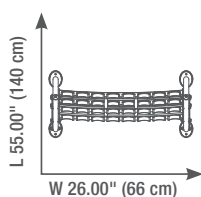
- ◆ Foot clearance under bottom tier for easy access and added safety
- ◆ Stores up to 8 beauty bells on each tier (12 pairs total)
- ◆ Designed to hold up to 50 lbs. (22 kg) beauty bells
- ◆ Height of top tier: 37.50" (95 cm)
- ◆ Maximum weight storage capacity: 1,200 lbs. (544 kg)



2-TIER BEAUTY BELL RACK

CF-3462-2

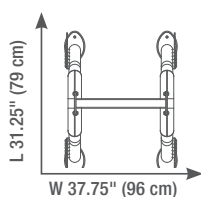
- ◆ Stores up to 8 beauty bells on each tier (8 pairs total)
- ◆ Designed to hold up to 500 lbs. (227 kg) beauty bells
- ◆ Height of top tier: 37.50" (95 cm)
- ◆ Maximum weight storage capacity: 800 lbs. (363 kg)



BARBELL RACK

CF-3465

- ◆ Unique upright frame design provides convenience for easy barbell access
- ◆ Incorporates 10 barbell holders for organized storage
- ◆ Maximum weight storage capacity: 1,500 lbs. (680 kg)



ROC-IT® PLATE LOADED PRODUCT SPECIFICATIONS

Product Name		Product Dimensions L x W x H	Product Weight	Max. Weight Storage Capacity	Max. Exercise Weight Capacity
3-Way Olympic Flat/Incline/Decline Bench CF-2179B	Standard	79.00" x 64.75" x 56.00"	384 lbs.	870 lbs.	800 lbs.
	Metric	201 cm x 164 cm x 142 cm	174 kg	395 kg	360 kg
Flat/Incline Bench CF-3160	Standard	54.75" x 32.75" x 19.50"	111 lbs.	N/A	1000 lbs.
	Metric	139 cm x 83 cm x 50 cm	51 kg	N/A	450 kg
Super Adjustable Flat/Decline Bench CF-3162	Standard	61.75" x 30.75" x 27.75"	97 lbs.	N/A	1000 lbs.
	Metric	157 cm x 78 cm x 70 cm	44 kg	N/A	450 kg
Flat Bench CF-3163	Standard	51.25" x 32.75" x 16.75"	53 lbs.	N/A	1000 lbs.
	Metric	130 cm x 83 cm x 43 cm	24 kg	N/A	450 kg
Super Flat/Incline/Decline Bench CF-3165	Standard	60.00" x 32.00" x 19.50"	125 lbs.	N/A	1000 lbs.
	Metric	152 cm x 81 cm x 50 cm	57 kg	N/A	450 kg
Adjustable Incline Bench CF-3168	Standard	53.00" x 30.00" x 51.50"	73 lbs.	N/A	1000 lbs.
	Metric	135 cm x 76 cm x 131 cm	33 kg	N/A	450 kg
Flat Olympic Bench CF-3170	Standard	74.00" x 67.00" x 51.00"	193 lbs.	900 lbs.	1000 lbs.
	Metric	188 cm x 170 cm x 130 cm	88 kg	405 kg	450 kg
Incline Olympic Bench CF-3172 (with CF-OPT-01 Spotter Stand)	Standard	72.25" x 67.00" x 51.00"	234 lbs.	900 lbs.	1000 lbs.
	Metric	184 cm x 170 cm x 130 cm	106 kg	405 kg	450 kg
Incline Olympic Bench CF-3172 (without CF-OPT-01 Spotter Stand)	Standard	72.25" x 67.00" x 51.00"	209 lbs.	900 lbs.	1000 lbs.
	Metric	184 cm x 170 cm x 130 cm	95 kg	405 kg	450 kg
Decline Olympic Bench CF-3177	Standard	86.00" x 67.00" x 51.00"	209 lbs.	900 lbs.	1000 lbs.
	Metric	218 cm x 170 cm x 130 cm	95 kg	405 kg	450 kg
Adjustable Ab Bench CF-3264	Standard	64.50" x 30.00" x 38.00"	103 lbs.	N/A	800 lbs.
	Metric	164 cm x 76 cm x 97 cm	47 kg	N/A	360 kg
Olympic Plate Tree CF-3443 (with 1 CF-OPT-02 Olympic Bar Holder)	Standard	36.50" x 30.00" x 53.25"	112 lbs.	1280 lbs.	N/A
	Metric	93 cm x 76 cm x 135 cm	50 kg	580 kg	N/A
Olympic Plate Tree CF-3443 (with 2 CF-OPT-02 Olympic Bar Holders)	Standard	39.75" x 30.00" x 53.25"	112 lbs.	1280 lbs.	N/A
	Metric	101 cm x 76 cm x 135 cm	50 kg	580 kg	N/A
Olympic Plate Tree CF-3443 (without CF-OPT-02 Olympic Bar Holder)	Standard	33.25" x 30.00" x 53.25"	101 lbs.	1280 lbs.	N/A
	Metric	84 cm x 76 cm x 135 cm	46 kg	580 kg	N/A
4-Sided Olympic Plate Tree CF-3444 (with 1 CF-OPT-02 Olympic Bar Holder)	Standard	43.50" x 43.50" x 51.25"	198 lbs.	1500 lbs.	N/A
	Metric	110 cm x 110 cm x 130 cm	90 kg	680 kg	N/A
4-Sided Olympic Plate Tree CF-3444 (with 2 CF-OPT-02 Olympic Bar Holders)	Standard	43.50" x 43.50" x 51.25"	198 lbs.	1500 lbs.	N/A
	Metric	110 cm x 110 cm x 130 cm	90 kg	680 kg	N/A

ROC-IT® PLATE LOADED PRODUCT SPECIFICATIONS

Product Name		Product Dimensions L x W x H	Product Weight	Max. Weight Storage Capacity	Max. Exercise Weight Capacity
4-Sided Olympic Plate Tree CF-3444 (without CF-OPT-02 Olympic Bar Holder)	Standard	43.50" x 43.50" x 51.25"	188 lbs.	1500 lbs.	N/A
	Metric	110 cm x 110 cm x 130 cm	85 kg	680 kg	N/A
1-Tier Dumbbell Rack CF-3461-1	Standard	98.00" x 27.00" x 29.00"	135 lbs.	1400 lbs.	N/A
	Metric	249 cm x 69 cm x 74 cm	61 kg	635 kg	N/A
2-Tier Dumbbell Rack CF-3461-2	Standard	98.00" x 27.00" x 29.00"	175 lbs.	2800 lbs.	N/A
	Metric	249 cm x 69 cm x 74 cm	79 kg	1270 kg	N/A
3-Tier Dumbbell Rack CF-3461-3	Standard	98.00" x 27.25" x 39.25"	255 lbs.	4200 lbs.	N/A
	Metric	249 cm x 69 cm x 100 cm	116 kg	1905 kg	N/A
2-Tier Beauty Bell Rack CF-3462-2	Standard	55.00" x 26.00" x 37.50"	135 lbs.	800 lbs.	N/A
	Metric	140 cm x 66 cm x 95 cm	61 kg	363 kg	N/A
3-Tier Beauty Bell Rack CF-3462-3	Standard	55.00" x 26.00" x 37.50"	151 lbs.	1200 lbs.	N/A
	Metric	140 cm x 66 cm x 95 cm	68 kg	544 kg	N/A
Barbell Rack CF-3465	Standard	31.25" x 37.75" x 60.50"	150 lbs.	1500 lbs.	N/A
	Metric	79 cm x 96 cm x 154 cm	68 kg	680 kg	N/A
Preacher Curl CF-3550	Standard	42.75" x 31.00" x 36.75"	87 lbs.	N/A	800 lbs.
	Metric	109 cm x 79 cm x 93 cm	40 kg	N/A	360 kg
Back Hyper CF-3663	Standard	47.00" x 30.75" x 29.00"	120 lbs.	N/A	600 lbs.
	Metric	119 cm x 78 cm x 74 cm	54 kg	N/A	270 kg
7 Degree Smith CF-3753	Standard	51.50" x 88.50" x 84.00"	663 lbs.	1350 lbs.	540 lbs.
	Metric	131 cm x 225 cm x 213 cm	301 kg	610 kg	245 kg
Dual Action Smith CF-3754	Standard	95.50" x 89.00" x 83.50"	824 lbs.	1350 lbs.	540 lbs.
	Metric	242 cm x 226 cm x 212 cm	373 kg	612 kg	245 kg
Utility Stool CF-3950	Standard	30.00" x 27.75" x 16.75"	25 lbs.	N/A	1000 lbs.
	Metric	76 cm x 70 cm x 43 cm	11 kg	N/A	450 kg
Utility Bench CF-3960	Standard	49.00" x 30.00" x 18.00"	54 lbs.	N/A	800 lbs.
	Metric	125 cm x 76 cm x 46 cm	25 kg	N/A	360 kg
Vertical Knee Raise/Dip CF-3252	Standard	54.25" x 34.25" x 67.50"	158 lbs.	N/A	400 lbs.
	Metric	138 cm x 87 cm x 171 cm	72 kg	N/A	181 kg
Fitness Tree CF-3962	Standard	54.25" x 48.25" x 97.75"	216 lbs.	N/A	400 lbs.
	Metric	138 cm x 123 cm x 248 cm	98 kg	N/A	181 kg

SPECIFICATIONS:

US / METRIC

Length:	71.00" / 180.00 cm
Width:	86.25" / 219.00 cm
Height:	91.00" / 231.00 cm
Machine Weight:	475 lbs / 215.50 kg
Max Storage Weight:	900 lbs / 408.25 kg



Warranty applies to defects from the manufacturer only and is valid only to the original purchaser of the product. Proof of purchase required. For more information about the HOIST® Warranty policy, please refer to www.hoistfitness.com.

LIFETIME FRAME: Warranty for the lifetime of the product and applies to defects from the manufacturer only.

5 YEARS MOVING PARTS: Applies to defects from the manufacturer only.

1 YEAR PAINT, CABLES & UPHOLSTERY: Applies to defects from the manufacturer only.

GSA GSA Contract # GS-07F-0322K
Gene Bruton 866.488.685

POWER CAGE

CF-3364

- 20 available adjustment points at 2.5" increments with adjustable bar rack-outs for varying user heights
- Adjustable safety tiers with front Olympic Bar rack-out
- Integrated pull-up station with rock climbing holds
- Integrated weight storage



SPECIFICATIONS:

US / METRIC

Length:	69.00" / 175.00 cm
Width:	64.25" / 163.00 cm
Height:	75.00" / 191.00 cm
Machine Weight:	393 lbs / 178.25 kg
Max Storage Weight:	900 lbs / 408.25 kg

SQUAT RACK

CF-3367

- 5 Start/Finish Rack points for varying user heights
- Permanent safety tiers for user safety
- Front rack-outs for Shoulder Shrug and Dead Lift exercises
- Integrated weight storage



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LIFETIME FRAME: Warranty for the lifetime of the product and applies to defects from the manufacturer only.

5 YEARS MOVING PARTS: Applies to defects from the manufacturer only.

1 YEAR PAINT, CABLES & UPHOLSTERY: Applies to defects from the manufacturer only.

GSA GSA Contract # GS-07F-0322K
Gene Bruton 866.488.685



SPECIFICATIONS:

CF-3555

US / METRIC

Length:	45.25" / 115.00 cm
Width:	30.00" / 76.00 cm
Height:	40.25" / 102.00 cm
Machine Weight:	145 lbs / 65.75 kg

SPECIFICATIONS:

CF-3661

US / METRIC

Length:	74.00" / 188 cm
Width:	35.00" / 89.00 cm
Height:	48.00" / 122.00 cm
Machine Weight:	170 lbs / 77.00 kg
Max Weight:	600 lbs / 272.00 kg



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STANDING PREACHER CURL

CF-3555

- Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- 2-Sided pad to accommodate 2 different curl positions (angled / vertical)
- Walk-up design for easy entry and exit



INCLINE LEVERAGE ROW

CF-3661

- Multiple Grip positions (narrow / wide) for exercise variation
- Dual position footplates for varying user heights
- No adjustment necessary



SPECIFICATIONS:

CF-3360

US / METRIC

Length:	49.75" / 126.50 cm
Width:	51.00" / 130.00 cm
Height:	39.00" / 99.00 cm
Machine Weight:	161 lbs / 73.00 kg
Max Weight:	1000 lbs / 454 kg

SPECIFICATIONS:

CF-3466

US / METRIC

Length:	21.25" / 54.00 cm
Width:	34.25" / 87.00 cm
Height:	48.50" / 123.00 cm
Machine Weight:	132 lbs / 60.00 kg
Max Weight:	300 lbs / 136.00 kg



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LIFETIME FRAME: Warranty for the lifetime of the product and applies to defects from the manufacturer only.

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1 YEAR PAINT, CABLES & UPHOLSTERY: Applies to defects from the manufacturer only.



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DEAD LIFT PLATFORM

CF-3360

- Large oversized non-skid surface (35.5" x 33.5")
- Two rack-out positions for varying user heights



ACCESSORY RACK

CF-3466

- 10 Bar racks for varying sized bars
- 2 Padded trays for loose accessories



SPECIFICATIONS:

CF-3355

US / METRIC

Length:	97.25" / 247 cm
Width:	61.25" / 156 cm
Height:	78.25" / 199 cm
Machine Weight:	590 lbs / 268 kg
Max Weight Storage:	720 lbs / 327 kg
Max Exercise Weight:	1,170 lbs / 532 kg

ANGLED LINEAR LEG PRESS

CF-3355

- Fully enclosed Linear bearings allow for a smooth and quiet motion
- Can accommodate up to 26 weight plates on combined exercise weight horns
- Back pad adjusts to 5 different positions
- Grab bar positioned on footplate for easy entry/exit



(Weights not included)



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LIFETIME FRAME: Warranty for the lifetime of the product and applies to defects from the manufacturer only.

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1 YEAR PAINT, CABLES & UPHOLSTERY: Applies to defects from the manufacturer only.



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INCLINE LEVERAGE ROW

CF-3661

- ♦ Multiple Grip positions (narrow / wide) for exercise variation
- ♦ Dual position footplates for varying user heights
- ♦ No adjustment necessary



CHECK OUT THE ROC-IT® PLATE LOADED LINE!

The ROC-IT® plate loaded line features ROX® technology which provides correct biomechanics throughout the entire exercise range of motion. Using ROX® technology, the ROC-IT® plate loaded makes the user an integral part of the exercise motion by continuously adjusting the position of the user with the movement of the exercise arm. For more information, contact your HOIST representative.



Preacher Curl (RPL-5102)



Seated Mid Row (RPL-5203)



Chest Press (RPL-5301)



Composite Motion Leg Press (RPL-5403)



Shoulder Press (RPL-5501)



Abs (RPL-5601)

NOW WITH INDEPENDENT ARMS!

Our ROC-IT® plate loaded line now performs 3 different exercise movements:

- ◆ **BILATERAL**
Working both arms simultaneously in the same direction while providing even weight distribution during exercise
- ◆ **UNILATERAL**
Isolateral movement focuses on each arm working independently while targeting specific muscle groups and improving balance
- ◆ **The PUMP**
Featuring HOIST's patented Ride Suspending Exercise Movement Keeps muscles under constant load while providing continuous core activation and increasing heart rate (Aerobic Workout)



Lat Pulldown (RPL-5201)

STANDARD FRAME COLORS



STANDARD UPHOLSTERY COLORS



Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST® Sales Representative at 800.548.5438 or sales@hoistfitness.com.

Note: Actual frame and upholstery colors may differ from printed color samples shown.

HOIST® WARRANTY POLICY

HOIST® offers the best warranty policy in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® warrants 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. If at any time a component is defective, HOIST® will replace that component free of cost! For more information about the HOIST® Warranty policy, please refer to www.hoistfitness.com.



LIFETIME FRAME:

Warranty for the lifetime of the product and applies to defects from the manufacturer only.

5 YEARS MOVING PARTS:

Applies to defects from the manufacturer only.

1 YEAR PAINT, CABLES & UPHOLSTERY:

Applies to defects from the manufacturer only.

HOIST® reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

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

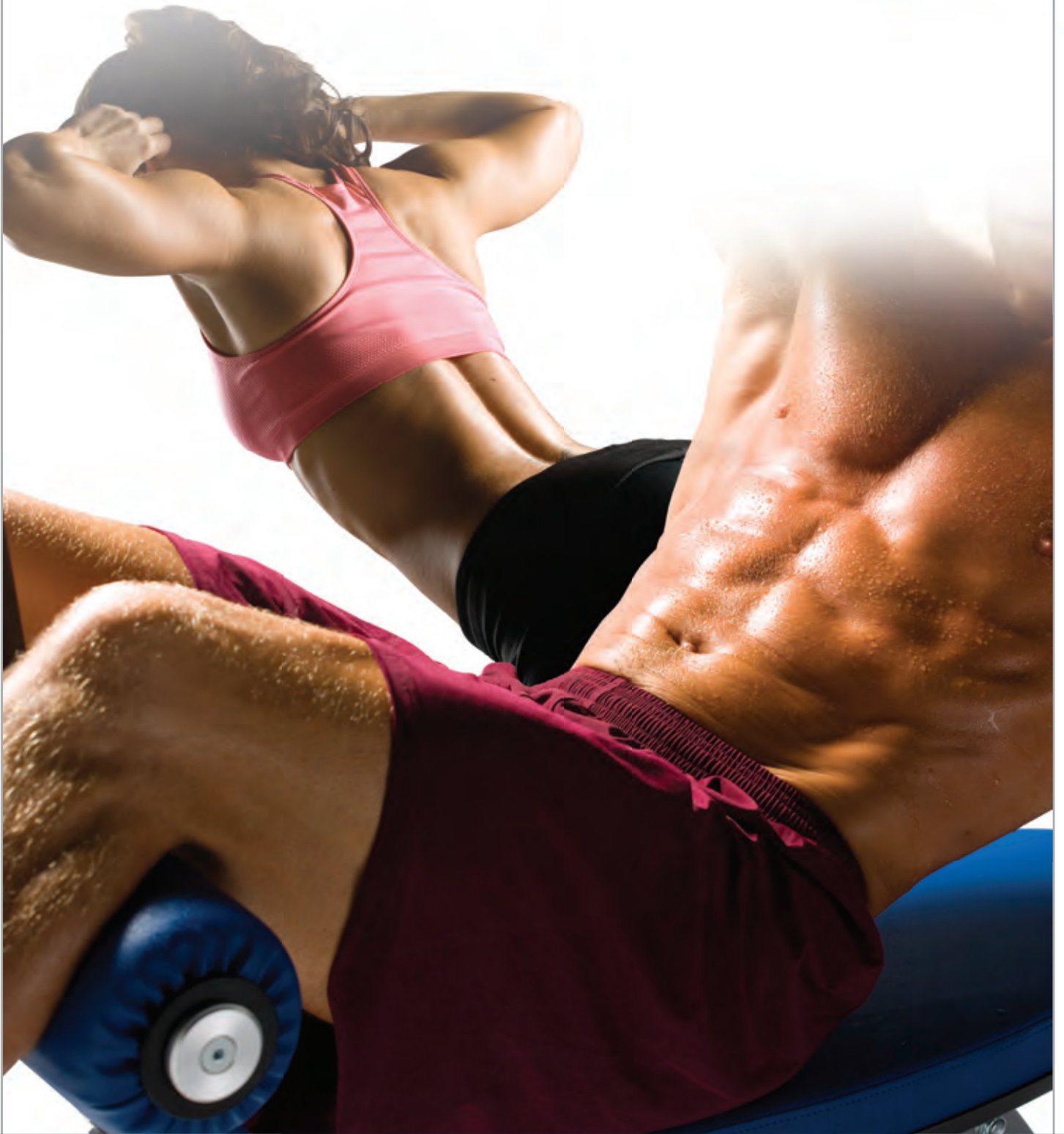
- ♦ HOIST®
- ♦ ACT NOW®
- ♦ CABLE-DRIVEN™
- ♦ CLUB QUALITY GUARANTEED®
- ♦ COMPOSITE MOTION™
- ♦ DUAL ACTION SMITH®
- ♦ EASY GLIDE™
- ♦ EZ-LOC LATCHING MECHANISM™
- ♦ FEEL THE RIDE®
- ♦ GLUTEMASTER®
- ♦ HOIST CLASSIC®
- ♦ QUIK-CHANGE®
- ♦ RADIAL LOC®
- ♦ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ♦ RIDE ORIENTED CONDITIONING®
- ♦ RIDE ORIENTED CONDITIONING SYSTEM®
- ♦ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ♦ RIDE ORIENTED XERCISE®
- ♦ ROC®
- ♦ ROCS®
- ♦ ROX®
- ♦ ROC-IT®
- ♦ ROC-ABS®
- ♦ SILENT STEEL®
- ♦ SPLIT WEIGHT CABLING™
- ♦ ULTRA-LITE LIFTING SYSTEM™

D370,950, D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D519,585, D541,357, D541,358, D541,893, D542,868, D544,050, D556,842, D574,448, D574,449, D557,234, D583,426, 4,949,951, 5,236,406, 5,401,227, 5,681,247, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,938,574, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,030,322, 6,039,678, 6,090,020, 6,102,835, 6,193,635, 6,264,586, 6,264,588, 6,287,241, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,645,130, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,335,145, 7,361,125, 7,384,309, 7,393,309, 7,468,024, 7,544,156, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187 † Other Patents Pending



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GSA Contract # GS-07F-0322K
Gene Bruton 866.488.6853