

A muscular man with short brown hair is shown in profile, working out on a piece of exercise equipment. He is shirtless, and his back and shoulder muscles are well-defined. He is holding a black handle of the machine with both hands. The machine has a silver frame and black straps. The background is a light blue gradient with a blue curved line at the top.

HOIST
FITNESS

**V SERIES
HOME GYMS**

HV



V SERIES HOME GYM

The unique V Series by HOIST® features 64 different configurations to accommodate every lifestyle. Engineered with users in mind, the V Select Series and V Elite Series provide you with the flexibility to customize your home gym to your own needs and achieve your personal fitness goals.

Sleek and attractive, the compact design of the V Series Gym requires minimal floor space allowing you to maximize the efficiency of performing one exercise to the next.

- **Patented Radial LOC® weight system** reduces shifting between weight plates for smoother exercise movements.
- **Wide groove pulleys** on high, mid, and low cable stations provide greater range of motion and longer cable life.
- **Split Weight Cabling™** increases cable travel and delivers 50% resistance to mid and low pulley exercises.
- **Fully enclosed weight stacks with steel vented shrouds** for noise reduction.
- **Solid stainless steel guide rods and durable marine grade upholstery** contributes to longer machine life.
- **Compact design** requires minimal floor space.
- **2.5/5 lb. add-on weights** for smaller increases.
- **Instructional DVD** demonstrating a variety of exercises (V-Premier base frame not included).
- **Exercise poster** showing proper form and exercises.
- **Integrated accessory rack that includes:**
 - Two adjustable strap handles for varying user sizes
 - Curl bar and lat bar made from ultra-lite aluminum
 - 14-link chain to ensure proper range of motion
 - One padded ankle and thigh strap for leg exercises
 - One ab strap for abdominal exercises

Thinking about adding Cardio product to your home gym?

Check out our line of innovative Indoor Cycling products at hoistfitness.com/lemond.



HOIST STRENGTH

APP FEATURES

- Hundreds of exercise photos and videos with detailed exercise instructions
- Exercise categorization (by muscle)

BODY METRICS TRACKING

- Track your body weight and metrics, and body progress. Export workout history.

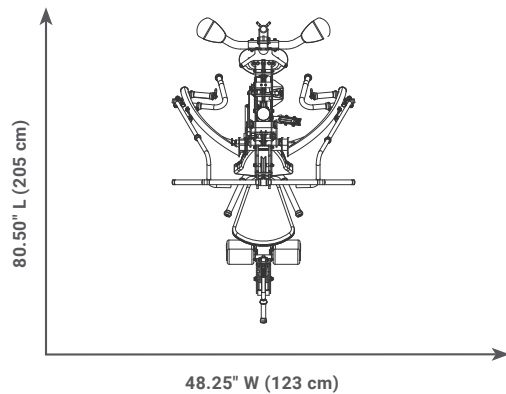
WORKOUT ROUTINES

- Routines specific to your fitness ability (Beginner, Intermediate, Advanced)
- On the go, try our quick whole body workout
- Routines specific to your gym
- Build your own workout routines with supplied exercises

ELITE BASE FRAME HV-ELITE



- Patented leg station allows users to perform both leg extension and leg curl exercises from the seated position
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths
- Multi-function back pad provides telescoping and tilting adjustments for enhanced upper body support
- Can be upgraded with the V Stationary Leg Press (VS-LP) or the V Ride Leg Press (VR-LP), and the V-HiLo Pulley (V-HILO)
- 150 lb standard weight stack with 50 lb upgrade available



* Unit shown with V4 Press Arm

* NOTE: Press arm sold separately. Unit comes with standard weight stack (150 lbs.) Optional 50lb. weight stack upgrade available (200 lbs. total – as shown above) for additional charge.

V SERIES PRESS ARMS



It's not often something so simple does so much. Especially with such an outstanding outcome. From legs to arms, chest to back, every inch is sure to see results with the help of the V Series Gym, V Press Arms and these optional fitness attachments that connect directly to the main unit and add to your ever evolving workout needs.

V1 PRESS ARM

HV-1-PA

- Follows a predetermined exercise path and features a range of motion adjustment to quickly and easily set for different arm lengths and beginning stretch preferences



V4 PRESS ARM

HV-4-PA

- The ultimate press arm combining the range of motion adjustment of the V1 with the user-defined exercise movement of the V3.
- Includes attachable strap handles to further increase exercise options



* NOTE: Each V Series Home Gym comes with your choose of press arm. Each press arm sold separately. Prices will vary based on Press Arm model

V SERIES ATTACHMENTS



V STATIONARY LEG PRESS

HV-SLP

- Ratcheting back pad provides easy adjustment for varying leg lengths
- Swiveling foot plate that automatically self aligns during exercise
- Multiple positions for leg presses and calf raises



V-HILO PULLEY

HV-HILO

- 35 pulley positions designed to perform an array of upper and lower body exercises
- Unique integrated adjuster system allows for quick, smooth one-handed adjustments



V-RIDE LEG PRESS

HV-RLP

- Includes all of the features outlined with V Stationary Leg Press
- ROC-IT technology makes the user part of the exercise motion for optimal biomechanical positioning and increased range of motion





CONFIGURATIONS	LENGTH	WIDTH	HEIGHT	WEIGHT
V-ELITE BASE FRAME	80.50" / 205 cm	48.25" / 123 cm	83.50" / 212 cm	544 lbs. / 247 kg
V-ELITE BASE FRAME WITH HI-LO PULLEY	80.50" / 205 cm	61.50" / 157 cm	83.50" / 212 cm	673 lbs. / 305 kg
V-ELITE BASE FRAME WITH VS-LP	80.50" / 205 cm	79.25" / 201 cm	83.50" / 212 cm	709 lbs. / 322 kg
V-ELITE BASE FRAME WITH VS-LP AND HI-LO PULLEY	80.50" / 205 cm	92.50" / 236 cm	83.50" / 212 cm	808 lbs. / 367 kg
V-ELITE BASE FRAME WITH VR-LP	82.50" / 211 cm	82.25" / 208 cm	83.50" / 212 cm	794 lbs. / 360 kg
V-ELITE BASE FRAME WITH VR-LP AND HI-LO PULLEY	82.50" / 211 cm	102.25" / 259 cm	83.50" / 212 cm	893 lbs. / 405 kg

OPTION	COMPATIBILITY	SIDE	LENGTH	WIDTH	HEIGHT	WEIGHT
V STATIONARY LEG PRESS (VS-LP)	V SELECT AND ELITE	USER'S RIGHT	64.50" (164 cm)	46.25" (117 cm)	33.50" (85 cm)	135 lbs. (61 kg)
V HI-LO PULLEY (V-HILO)	V SELECT AND ELITE	USER'S LEFT	22.00" (56 cm)	39.50" (100 cm)	83.75" (213 cm)	99 lbs. (45 kg)
V RIDE LEG PRESS (VR-LP)	V SELECT AND ELITE	USER'S RIGHT	71.00" (180 cm)	48.50" (123 cm)	41.00" (104 cm)	220 lbs. (100 kg)



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE "SUPPORT" LINK.** Warranty policy applies to defects from the manufacturer only.

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

TRADEMARKS AND PATENTS

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- 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™
- DUAL SERIES™

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, D511,726, D513,598, D518,861, D519,585, D519,864, D526,370, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,269, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740

† Other Patents Pending



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