HD DUAL SERIES

2022 BROCHURE

HOIST® FITNESS

DUAL SERIES®

FEATURES

From the creators of the original Dual Series comes the expanded 3rd generation HOIST® HD Dual Series®, offering a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT® line, the HD Dual Series® offers dual or multi-function stations.

By combining multiple exercises in each selectorized unit, the HD Dual Series® allows facilities to maximize space and fitness offerings. Unique features such as patented FLIP-N-DIP® and Flip 'N Grip ® handles, Silent Steel® Weight Stacks and Rock Grips, make the HOIST HD Dual Series® the stand-out choice for prestigious gym brands, hotels and universities around the world.

Utilizing flexibility in design, HOIST® Fitness can provide a state-of-the-art strength circuit for almost any fitness center. The HD Dual Series® offers an exciting blend of quality components, intuitive adjustments, superior bio mechanics and excellent value.

COMFORT & DURABILITY

- Head support and oversized handles provides a more comfortable and secure workout
- Oval tube frame provides unsurpassed strength and durability

CONVENIENCE

- Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- Integrated scuff guards and rubber foot protectors safeguard the machine's frame and facility floor
- Workout instructions for each machine available for download on your smartphone
- Integrated towel/bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

SLEEK & APPEALING

- Large radius bends add beauty as well as frame rigidity
- Silent Steel® Weight Stack designed to reduce noise during exercise

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SIMPLE TRAINER

HD-4000

ARM ADJUSTMENT

SPECS

PRODUCT DIMENSIONS MAXIMUM FOOTPRINT (ARMS OUT, L X W)
68” x 124” (173 cm x 315 cm)

PRODUCT DIMENSIONS MINIMUM FOOTPRINT (ARMS FULLY DOWN/UP, L X W)
46” x 82” (117 cm x 208cm)

PRODUCT HEIGHT (ARMS DOWN/UP)
82” - 92” (208 cm - 234 cm)

PRODUCT WEIGHT
903 lbs (410 kg)

CABLE TRAVEL
100” (254 cm) - each side

WEIGHT STACKS
2 x 240 lbs (109 kg) - each

WEIGHT RATIO
3 to 1 = 80 lbs (36 kg) max. at each handle

FEATURES

- HOIST Fitness’ patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- For added safety, the arms are slightly over-balanced* to prevent falling, and bold indicators show users when they are locked and ready to use
- Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- Arm adjustments features 12 height positions and 9 width positions on each side
- Accessories include stabilizing handles and water bottle/phone holder
- Comes standard with HOIST x2 strap handles

*when paired with HOIST strap handles (x2 included)

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DUAL PULLEY FUNCTIONAL TRAINER

HD-3000

NEW 360 ROTATING COLUMNS

CONVENIENT STEP-UP ASSIST

SPECS

PRODUCT DIMENSIONS (L X W X H)
71.6” x 51.1” x 91.7” (130 cm x 181 cm x 233 cm)

PRODUCT WEIGHT
935 lbs (424 kg)

WEIGHT STACK
2x 200 lbs (91 kg)

COLORS

FRAME

Platinum

White

COLUMNS*

Black

CUSTOM COLORS AVAILABLE UPON REQUEST
CONTACT US FOR PRICING AND LEAD TIMES

FEATURES

- Space efficient functional trainer featuring convenient corner design and accessory racks
- Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- 32 pulley positions placed at 2.5” increments
- Five pull-up/chin-up grip options including patented Flip ‘N Grip® handles and rock climbing grips
- Integrated step-up assist for easy access to pull-up grips
- Suspension trainer attachment for TRX®** and suspension trainer exercises
- Steel weight shields surround sides and back of weight stacks
- Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap
- 2-Tier shelf comes standard
- Pulley columns combine full 360 degree rotation, and a unique, patented, Integrated Adjustment System to provide smooth and easy one-handed adjustments

*Column and number colors are not customizable.
**TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX)

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PREACHER CURL / TRICEPS EXTENSION

HD-3100

TRICEPS EXTENSION

LOWER BACK SUPPORT ON SEAT

PREACHER CURL

MULTIPLE GRIP OPTIONS

SPECS

PRODUCT DIMENSIONS (L X W X H)
51.0” x 48.5” x 55.0” (129 cm x 123.1 cm x 140 cm)

PRODUCT WEIGHT HD
476 lbs (216 kg)

PRODUCT WEIGHT HDG
510 lbs (231 kg)

WEIGHT STACK HD
190 lbs (86 kg)

WEIGHT STACK HDG
225 lbs (102 kg)

FEATURES

- Bi-directional arm allows performance of biceps and triceps exercises in one machine
- Seven seat pad adjustments for varying user heights
- Multiple range-of-motion adjustments for both exercises

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LAT PULLDOWN / MID ROW

HD-3200

MID ROW

LAT PULLDOWN

MULTIPLE ADJUSTMENT POINTS

AIRCRAFT GRADE ALUMINUM BAR

SPECS

PRODUCT DIMENSIONS (L X W X H)
49.0” x 66.0” x 86.0” (122 cm x 168 cm x 218 cm)

PRODUCT WEIGHT HD
624 lbs (283 kg)

PRODUCT WEIGHT HDG
649 lbs (294 kg)

WEIGHT STACK HD
225 lbs (102 kg)

WEIGHT STACK HD
250 lbs (113 kg)

FEATURES

- Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- Dual-position hand grips for mid row exercises
- Includes ultra-lite aluminum lat bar for lat pulldown exercises
- Seven seat pad adjustments for varying user heights
- Integrated storage for lat bar during mid row exercises

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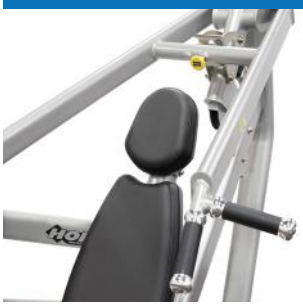
CHEST PRESS / SHOULDER PRESS

HD-3300

CHEST PRESS

SHOULDER PRESS

PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS

SPECS

PRODUCT DIMENSIONS (L X W X H)
60.1” x 62.0” x 58.0” (152 cm x 157 cm x 147 cm)

PRODUCT WEIGHT HD
557 lbs (252 kg)

PRODUCT WEIGHT HDG
580 lbs (263 kg)

WEIGHT STACK HD
215 lbs (98 kg)

WEIGHT STACK HD
240 lbs (109 kg)

FEATURES

- Multiple seat and press arm positions
- Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- Dual-position hand grips

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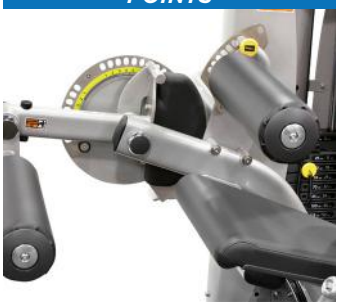
LEG CURL / LEG EXTENSION

HD-3400

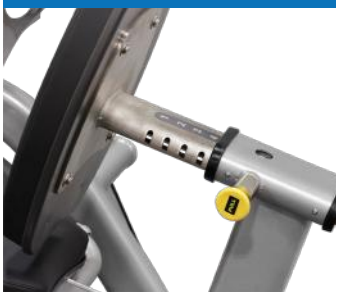
LEG EXTENSION

LEG CURL

ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



SPECS

PRODUCT DIMENSIONS (L X W X H)
51.0” x 57.0” x 55.0” (130 cm x 145 cm x 140 cm)

PRODUCT WEIGHT HD
557 lbs (253 kg)

PRODUCT WEIGHT HDG
580 lbs (263 kg)

WEIGHT STACK HD
215 lbs (98 kg)

WEIGHT STACK HD
240 lbs (109 kg)

FEATURES

- Eight back pad adjustments for varying leg lengths
- Multiple range-of-motion adjustments for both exercises
- Self-aligning roller pad

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LEG PRESS / CALF RAISE

HD-3403

LEG PRESS

CALF RAISE

OVERSIZED NON-SLIP PLATE

ADJUSTABLE SEAT PLACEMENT

SPECS

PRODUCT DIMENSIONS (L X W X H)
70.0” x 50.0” x 63.0” (178 cm x 127 cm x 161 cm)

PRODUCT WEIGHT HD
746 lbs (338 kg)

PRODUCT WEIGHT HDG
846 lbs (383 kg)

WEIGHT STACK HD
280 lbs (127 kg)

WEIGHT STACK HD
380 lbs (172 kg)

FEATURES

- Eleven linear seat adjustments to accommodate varying leg lengths
- Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- Step-through design

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AB CRUNCH / LOWER BACK

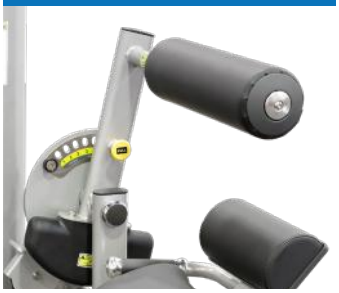
HD-3600

LOWER BACK

AB CRUNCH

MULTIPLE FOOT PLACEMENTS

ADJUSTABLE EXERCISE POINTS



SPECS

PRODUCT DIMENSIONS (L X W X H)
52.0” x 48.0” x 55.0” (132 cm x 122 cm x 140 cm)

PRODUCT WEIGHT HD
505 lbs (229 kg)

PRODUCT WEIGHT HDG
538 lbs (244 kg)

WEIGHT STACK HD
180 lbs (82 kg)

WEIGHT STACK HD
215 lbs (98 kg)

FEATURES

- Bi-directional press-arm allows for back and abs exercises in one machine
- Multiple range-of-motion adjustments for both exercises
- Seven seat pad adjustments for varying user heights
- Angled foot pegs and horizontal foot pads provide multiple foot placement options

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CHIN / DIP ASSIST

HD-3700

CHIN UP (ASSISTED)

DIP (UNASSISTED)

EASY ASSIST PAD STORAGE

PULL-UP / CHIN-UP GRIPS

SPECS

PRODUCT DIMENSIONS (L X W X H)
52.0” x 48.0 x 83.0” (132 cm x 122 cm x 210 cm)

PRODUCT WEIGHT HD
579 lbs (262 kg)

PRODUCT WEIGHT HDG
579 lbs (262 kg)

WEIGHT STACK HD
210 lbs (95 kg)

WEIGHT STACK HD
210 lbs (95 kg)

FEATURES

- Compact, kneeling design saves space for a smaller footprint in fitness facilities
- Four pull-up/chin-up grip options including HOIST’s patented Flip ‘N Grip® handles and rock climbing grips
- Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises
- Dual-position dip handles (wide and narrow)

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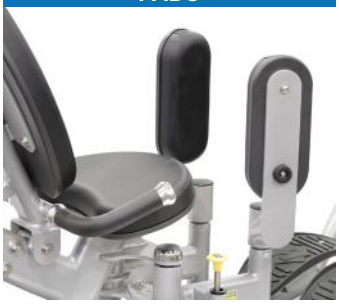
INNER THIGH / OUTER THIGH

HD-3800

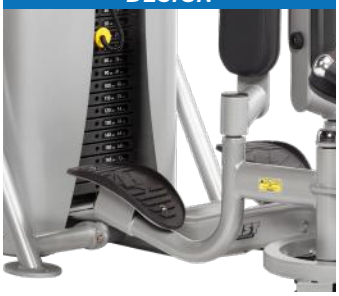
INNER THIGH

OUTER THIGH

ROTATING EXERCISE PADS



WALK THROUGH DESIGN



SPECS

PRODUCT DIMENSIONS (L X W X H)
72.0” x 31.0” x 55.0” (183 cm x 79 cm x 140 cm)

PRODUCT WEIGHT HD
525 lbs (238 kg)

PRODUCT WEIGHT HDG
558 lbs (253 kg)

WEIGHT STACK HD
180 lbs (82 kg)

WEIGHT STACK HD
215 lbs (98 kg)

FEATURES

- Adjustable-angle back pad to accommodate varying flexibility and body sizes
- Thigh pads swivel for each exercise position
- Exercise arms can be adjusted from the seated position
- Multiple range-of-motion adjustments for both exercises

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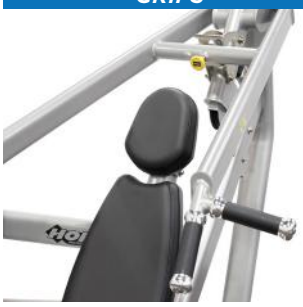
PEC FLY / REAR DELT

HD-3900

PEC FLY

REAR DELT

PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS

SPECS

PRODUCT DIMENSIONS (L X W X H)
56.0” x 67.0” x 78.0” (142 cm x 170 cm x 198 cm)

PRODUCT WEIGHT HD
649 lbs (249 kg)

WEIGHT STACK HD
310 lbs (141 kg)

FEATURES

- Swiveling handles with rotating grips provide multiple hand positions
- Multiple range-of-motion adjustments for both exercises
- Each exercise arm has dual pivots for user-defined exercise path
- Seven seat pad adjustments for varying user heights

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HOIST CUSTOM

WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.

STANDARD COLORS

FRAME

TEXTURED WHITE

PLATINUM

UPHOLSTERY

BLACK

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

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HD DUAL SERIES

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000	FUNCTIONAL TRAINER	71.6” (130 cm)	51.1” (181 cm)	91.7” (233 cm)	918 lbs (416 kg)	2 x 200lbs (91 kg)
HD-3100	PREACHER CURL / TRICEPS EXT.	51” (129 cm)	48.5” (123.1 cm)	55” (140 cm)	476 lbs (216 kg)	190 lbs (86 kg)
HDG-3100	PREACHER CURL / TRICEPS EXT.	51” (129 cm)	48.5” (123.1 cm)	55” (140 cm)	510 lbs (231 kg)	225 lbs (102 kg)
HD-3200	LAT PULLDOWN / MID ROW	49” (122 cm)	66” (168 cm)	86” (218 cm)	624 lbs (283 kg)	225 lbs (102 kg)
HDG-3200	LAT PULLDOWN / MID ROW	49” (122 cm)	66” (168 cm)	86” (218 cm)	649 lbs (294 kg)	250 lbs (113 kg)
HD-3300	CHEST PRESS / SHOULDER RAISE	60.1” (152 cm)	62” (157 cm)	58” (147 cm)	557 lbs (252 kg)	215 lbs (98 kg)
HDG-3300	CHEST PRESS / SHOULDER RAISE	60.1” (152 cm)	62” (157 cm)	58” (147 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3400	LEG CURL / LEG EXTENSION	51” (130 cm)	57” (145 cm)	55” (140 cm)	557 lbs (253 kg)	215 (98 kg)
HDG-3400	LEG CURL / LEG EXTENSION	51” (130 cm)	57” (145 cm)	55” (140 cm)	580 lbs (263 kg)	240 lbs (109 kg)
HD-3403	LEG PRESS / CALF RAISE	70” (178 cm)	50” (127 cm)	63” (161 cm)	746 lbs (338 kg)	280 lbs (127 kg)
HDG-3403	LEG PRESS / CALF RAISE	70” (178 cm)	50” (127 cm)	63” (161 cm)	846 lbs (383 kg)	380 lbs (172 kg)
HD-3600	AB CRUNCH / LOWERBACK	52” (132 cm)	48” (122 cm)	55” (140 cm)	505 lbs (229 kg)	180 lbs (82 kg)
HDG-3600	AB CRUNCH / LOWERBACK	52” (132 cm)	48” (122 cm)	55” (140 cm)	538 lbs (244 kg)	215 lbs (98 kg)
HD-3700	CHIN ASSIST / DIP ASSIST	52” (132 cm)	48” (122 cm)	83” (210 cm)	579 lbs (262 kg)	210 lbs (95 kg)
HD-3800	INNER THIGH / OUTER THIGH	72” (183 cm)	31” (79 cm)	55” (140 cm)	525 lbs (238 kg)	180 lbs (82 kg)
HDG-3800	INNER THIGH / OUTER THIGH	72” (183 cm)	31” (79 cm)	55” (140 cm)	558 lbs (253 kg)	215 lbs (98 kg)
HD-3900	PEC FLY / REAR DELT	56” (142 cm)	67” (170 cm)	78” (198 cm)	649 lbs (249 kg)	310 lbs (141 kg)
HD-4000	SIMPLE TRAINER	68” (173 cm)	124” (315 cm)	92” (208 cm)	903 lbs (410 kg)	2 x 240lbs (109 kg)

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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

HOIST® Fitness 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™*
- *DUAL SERIES™*
- *FLIP-N-DIP®*
- *FLIP-N-GRIP®*

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439822, 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, 11,135,475 11,013,949 10,780,310 10,737,131 10,709,922 10,646,739 10,639,513 10,532,244 10,486,012 10,426,990 10,420,985 D857,812 10,391,352 10,350,445 D852,291 10,307,630 10,220,240,WW D836,733 10,086,229

† Other Patents Pending

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