



**CONSUMER/LIGHT  
COMMERCIAL  
FREEWEIGHT**

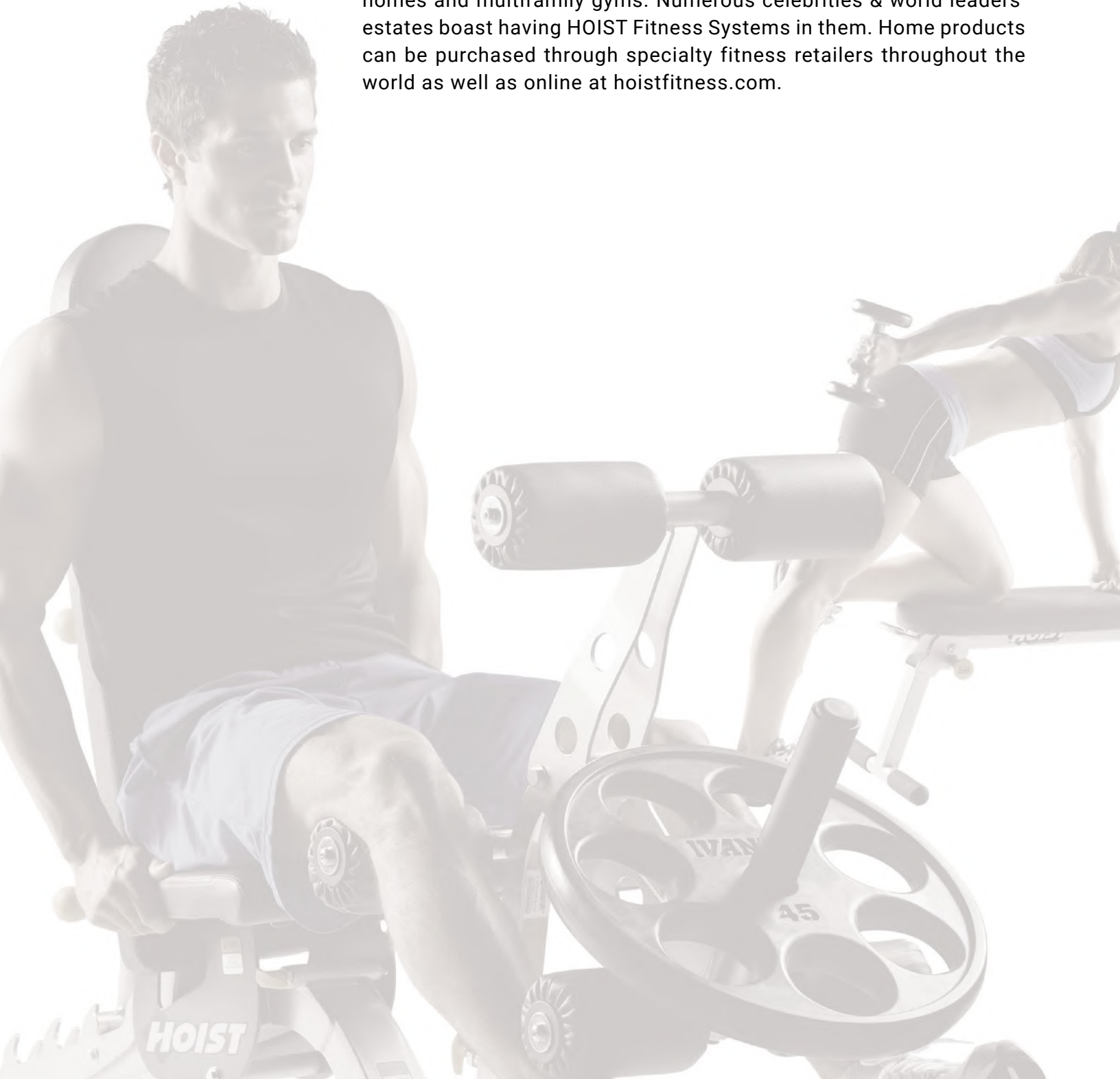




## FREWEIGHT PRODUCTS

HOIST® Fitness has become a leader in the strength training equipment industry through proven effectiveness, durability and versatility. Designed upon these principles, all HOIST Fitness freeweight products are precision built with superb components and unique space saving designs.

Our home products can be found around the world in consumers' homes and multifamily gyms. Numerous celebrities & world leaders' estates boast having HOIST Fitness Systems in them. Home products can be purchased through specialty fitness retailers throughout the world as well as online at [hoistfitness.com](http://hoistfitness.com).



## FOLDING MULTI-POSITION WORKOUT BENCH

### HF-4145

- 5 adjustable back pad positions from -15° to 65° in 20° increments to accommodate incline, flat and decline bench exercises
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Foot pegs provide leg support during exercise
- Folds flat for easy storage
- No assembly required



## FLAT BENCH



### HF-5163

- Rugged, lightweight design
- Non-metallic foot covers to protect flooring
- 600 lb weight capacity



## 7-POSITION FOLDING F.I.D. BENCH



### HF-5167

- 7 adjustable angle positions from -15° to 75° to accommodate incline, flat and decline bench exercises
- Folds up to a compact position for easy transport or storage and locks into position for safety
- Integrated wheels allow for easy tilt 'n roll movability
- Back pad includes a rolled edge to lean against for partial core support
- Non-metallic foot covers to protect flooring
- Upgraded modern frame with oval tubing



## 7-POSITION F.I.D. OLYMPIC BENCH



### HF-5170

- 7 adjustable angle positions from -10° to 75° to accommodate incline, flat and decline bench or shoulder exercises
- Sturdy, stationary frame design
- Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



## ADJUSTABLE AB / BACK HYPER BENCH

### HF-4263

- 11 adjustable angle positions from 25° to 60° in 3.25° increments to accommodate ab and back exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt 'n roll capability for mobility
- Folds flat for easy storage



## ADJUSTABLE AB BENCH

### HF-5264



- 10 adjustable angle positions from -5° to 40° in 5° increments to accommodate ab exercises
- Self-aligning leg roller pads
- Integrated wheels provide tilt 'n roll capability for mobility



## PREACHER CURL

### HF-4550

- 60° pad angle increases resistance while decreasing elbow strain
- 8 adjustable ratcheting seat positions
- Two adjustable bar rack-out positions
- Non-skid surface assures secure foot placement



## AB / BACK ROMAN HYPER

### HF-5664

- 8 adjustable angle positions from 0° to 35° in 5° increments to accommodate ab and back exercises
- 9 adjustable leg roller pads and foot bar positions
- Non-skid foot bar secures foot placement during exercise
- Integrated locking pull-pins safely secure frame in place
- Non-metallic foot covers to protect flooring



## 7-POSITION F.I.D. BENCH

### HF-5165

- 7 adjustable back pad positions from -20° to 80° to accommodate incline, flat, and decline bench exercises
- 3 adjustable seat positions from 0° to 20° in 10° increments to accommodate varying user heights
- Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- Adjustable foot pegs provide leg support during exercise
- Thermoplastic Polyurethane covers for back pad adjusters to reduce wear



## FITNESS TREE

**HF-5962**

- Perform multiple body weight exercises such as dips, knee raises, pull-ups, leg raises, ab crunches and push ups
- Upper hand grips for neutral and wide pull up exercises
- Dual purpose back pad attaches for both vertical knee raise and abdominal exercise positions
- Dual purpose low handles for footstep and push up exercise positions
- Angled arm rests offer stable positioning for vertical knee raise exercises



## LEG PRESS / HACK COMBO

**HF-4357**

- Dual purpose back pad attaches for both exercises
- Adjustable platform provides proper positioning
- Multi-position lockouts for both exercises
- Designed for Olympic weight plates only  
*(WEIGHT PLATES ARE NOT INCLUDED)*



## SQUAT RACK



HF-5970

- Racking system provides 8 positions for Olympic Bar
- Upgraded racks with polyurethane covers to eliminate noise and protect the bar and machine
- Upgraded rack-out tiers with polyurethane covers to eliminate noise and protect the bar and machine
- Non-metallic foot covers to protect
- Pull-up bar for wide or narrow pull up exercises



## OLYMPIC WEIGHT TREE



HF-5444

- Convenient storage system designed for Olympic weight plates only
- Space saving vertical design
- 1.5" weight horns
- Durable, high-impact polypropylene weight horn sleeves
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



## 5 PAIR VERTICAL DUMBBELL RACK



**HF-5459**

- Holds five pairs of dumbbells
- Space efficient vertical design
- Polypropylene covered rack outs to reduce noise and protect weights
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



## 8 PAIR VERTICAL DUMBBELL RACK



**HF-5460**

- Holds eight pairs of dumbbells
- Space efficient vertical design
- Polypropylene covered rack outs to reduce noise and protect weights
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring





## 36" HORIZONTAL DUMBBELL RACK (2-TIER)

**HF-5461-36**



- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbell pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



\*SHOWN WITH OPTIONAL 3RD-TIER (HF-5461-OPT-36)

## 48" HORIZONTAL DUMBBELL RACK (2-TIER)

**HF-5461-48**



- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbell pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



\*SHOWN WITH OPTIONAL 3RD-TIER (HF-5461-OPT-48)

## 60" HORIZONTAL DUMBBELL RACK (2-TIER)

**HF-5461-60**



- Non-skid surface on tiers
- 2-Tier horizontal rack
- Holds Hex dumbbells pairs
- Upgraded modern frame with oval tubing
- Non-metallic foot covers to protect flooring



\*SHOWN WITH OPTIONAL 3RD-TIER (HF-5461-OPT-60)

## LEG EXTENSION / CURL ATTACHMENT

### HF-OPT-4000-01

Optional attachment for the following products:

- HF-5167 7-Position F.I.D. Bench
- HF-5170 7-Position F.I.D. Olympic Bench
- Can be stored in HF-OPT-5000-04 (sold separately)



## PREACHER CURL ATTACHMENT

### HF-4000-02

Optional attachment for the following products:

- HF-5167 7-Position F.I.D. Bench
- HF-5170 7-Position F.I.D. Olympic Bench
- Can be stored in HF-OPT-5000-04 (sold separately)

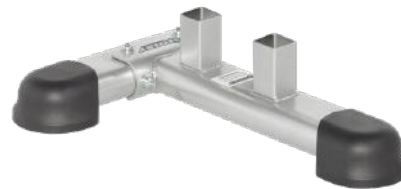


## ACCESSORY STAND

### HF-5000-03

Optional Storage Stand for the following products:

- HF-5167 7-Position F.I.D. Bench
- HF-5170 7-Position F.I.D. Olympic Bench



## RACK OUT SAFETY TIERS

### HF-5000-04

One pair of polyurethane padded Safety Tiers. Optional attachment for the following products:

- HF-5170 7-Position F.I.D. Olympic Bench
- HF-5970 Squat Rack





MODEL	DESCRIPTION	LENGTH	DTH	HEIGHT	MACHINE WT	MAX STORAGE	MAX EXERCISE WT
HF-4145	FOLDING MULTI-POSITION WORKOUT BENCH	52.50" (133 cm) / *50.00" (127 cm)	17.25" (44 cm)	40.75" (104 cm) / *7.75" (20 cm)	53 lbs (24 kg)		500 lbs (227 kg)
HF-4263	ADJUSTABLE AB BACK HYPER BENCH	38.75" (98 cm) / *45.50" (116 cm)	17.50" (44 cm)	34.00" (86 cm) / *11.75" (30 cm)	52 lbs (24 kg)		
HF-4357	LEG PRESS / HACK COMBO	83.25" (212 cm)	30.50" (77 cm)	56.50" (144 cm)	488 lbs (221 kg)		720 lbs (327 kg)
HF-4550	PREACHER CURL	42.50" (108 cm)	31.00" (79 cm)	34.75" (88 cm)	71 lbs (32 kg)		
HF-5163	FLAT BENCH	48.60" (123 cm)	22.60" (57.4 cm)	15.60" (40 cm)	31 lbs (14 kg)		500 lbs (227 kg)
HF-5165	7-POSITION F.I.D BENCH	65.50" (166 cm)	25.00" (64 cm)	47.00" (119 cm)	77 lbs (35 kg)		1,000 lbs (454 kg)
HF-5167	7-POSITION FOLDING F.I.D. BENCH	54.50" (138 cm) / *20.75" (53 cm)	22.50" (57 cm)	37.50" (95 cm) / *21.00" (53 cm)	63 lbs (29 kg)		600 lbs (272 kg)
HF-5170	7-POSITION F.I.D. OLYMPIC BENCH	80.25" (204 cm)	50.75" (129 cm)	70.00" (178 cm)	147 lbs (67 kg)		600 lbs (272 kg)
HF-5264	ADJUSTABLE AB BENCH	60.75" (154 cm)	28.25" (72 cm)	53.00" (135 cm)	79 lbs (36 kg)		
HF-5444	OLYMPIC WEIGHT TREE	24.50" (62 cm)	20.50" (52 cm)	44.30" (113 cm)	33 lbs (15 kg)	680 lbs (308 kg)	
HF-5459	5 PAIR VERTICAL DUMBBELL RACK	19.30" (49 cm)	17.30" (44 cm)	43.50" (111 cm)	44 lbs (20 kg)	400 lbs (181 kg)	
HF-5460	8 PAIR VERTICAL DUMBBELL RACK	19.30" (49 cm)	17.30" (44 cm)	51.70" (131 cm)	51 lbs (23 kg)	520 lbs (236 kg)	
HF-5461-36	36" HORIZONTAL DUMBBELL RACK (2-TIER)	43.00" (109 cm)	24.50" (62 cm)	36.00" (91 cm)	84 lbs (38 kg)	1,080 lbs (490 kg)	
HF-5461-48	48" HORIZONTAL DUMBBELL RACK (2-TIER)	55.00" (140 cm)	24.50" (62 cm)	36.00" (91 cm)	99.00 lbs (45 kg)	600 lbs / tier	
HF-5461-60	60" HORIZONTAL DUMBBELL RACK (2-TIER)	67.00" (170 cm)	24.50" (62 cm)	36.00" (91 cm)	115 lbs (52 kg)	600 lbs / tier	
HF-5664	AB / BACK ROMAN HYPER	52.50" (133 cm)	31.50" (80 cm)	39.50" (100 cm)	77 lbs (35 kg)		
HF-5962	FITNESS TREE	44.00" (112 cm)	44.25" (112 cm)	83.25" (212 cm)	150 lbs (68 kg)		400 lbs (181 kg)
HF-5970	SQUAT RACK	54.00" (137 cm)	70.00" (178 cm)	81.50" (207 cm)	123 lbs (56 kg)		600 lbs (272 kg)
HF-OPT-4000-01	LEG EXTENSION / CURL ATTACHMENT	18.18" (45.72 cm)	17.35" (44.10 cm)	18.07" (45.90 cm)	15.2 lbs (6.90 kg)		
HF-OPT-4000-02	PREACHER CURL ATTACHMENT	20.25" (51.44 cm)	17.37" (44.12 cm)	33.61" (85.67 cm)	18.57 lbs (8.42 kg)		
HF-OPT-5000-03	ACCESSORY STAND	22.04" (55.98 cm)	20.50" (52.07 cm)	5.51" (14 cm)	11.63 lbs (5.28 kg)		
HF-OPT-5000-04	RACK OUT SAFETY TIERS (PER TIER)	16.35" (41.52 cm)	4.39" (11.15 cm)	11.08" (28.14 cm)	7.47 lbs (3.4 kg)		600 lbs (272 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

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™

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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GSA Contract # 47QSM19D08PY  
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