FUNCTIONAL TRAINER

From the strength industry leader whose products can be found in health clubs and homes around the world, comes the next big innovation in strength training. The HOIST® Fitness Mi5 Functional Trainer is HOIST Fitness's most compact, space efficient functional trainer to-date. With patented technology, the Mi5 features two cable arms with two planes of movement. A unique three-point cable adjustment system allows for more than 1,000 cable adjustment variations. Both arms can move vertically through 22 different height adjustments. Additionally, each arm can move independently through 7 positions and 160 degrees accommodating users of all heights and size. The Mi5 also features a built-in tablet and accessory holder, water bottle holder and weight lock for suspension exercises.

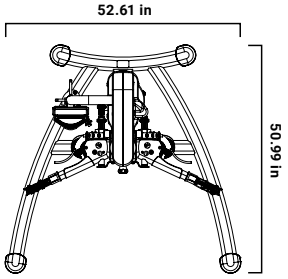
FEATURES

- Fully enclosed weight stack for safety and quiet weight plate movement
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Standard 200 lb (91 kg) Silent Steel® weight stack
- Adjustable Core Stabilizer Pad (sold separately)
- Compact, sleek, single column design
- Counterbalanced carriage system for easy one-handed adjustments
- Two adjustable pulley arms with 7 horizontal angle adjustments ranging from 80 degrees above and 80 degrees below flat horizontal
- 22 pulley adjustment positions at 2 inch increments
- Quick Release one-handed accessory connectors
- Weight stack lock allows cables to be used for body weight exercises
- Integrated bottle holder and accessory rack offer convenient storage
- Integrated tablet/mobile device holder
- 4:1 Split Weight Cabling™ for increased cable travel (160" with strap handles)
- Footrests to stabilize when performing seated and standing exercises
- Comes with two (2) four Square-Ring Adjustable Strap Handles
- Non-marring feet to protect flooring

ADD-ONS

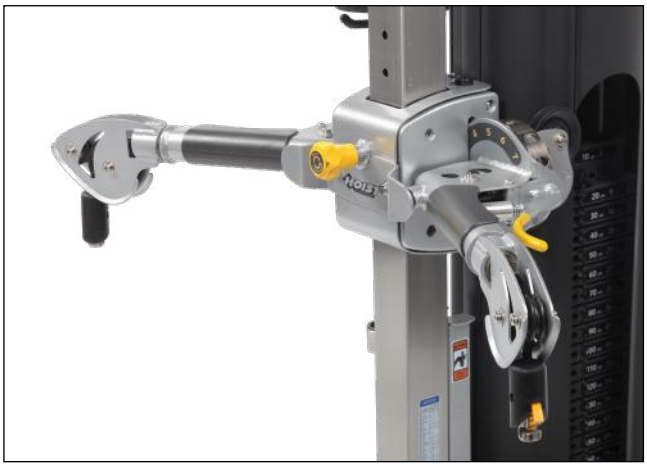
Mi5 Functional Trainer Accessory Kit is sold separately and includes:

- Mi5 Core Stabilizer Pad
- Dual-Attachment Aluminum Long Bar
- Aluminum Curl Bar
- Dual-Attachment Long Strap
- Padded Ankle/Thigh Strap
- Two (2) Carabiner Adapters



* Product shown with optional Core Stabilizer Pad and Mi5 Accessory Kit (sold separately)

Check out the Mi5 in action! (Visit hoistfitness.com/ scan on your smart phone to download a free QR Code Scanner.)



EASY ONE-HANDED ADJUSTMENTS
Counterbalanced carriage system for easy, one-handed vertical adjustments of exercise arms

SUSPENSION EXERCISES
Weight stack locks to the Mi5 frame allowing cables to be used for suspension body weight exercises

Mi5 ACCESSORY KIT

The HOIST Mi5 Functional Training Accessory Kit (sold separately) provides additional attachments that allow for even more flexibility and exercise options on the Mi5 Functional Trainer. Purchasing this add-on package equips your gym with (shown accordingly below); one (1) Mi5 Core Stabilizer Pad, one (1) Dual-Attachment Aluminum Long Bar, one (1) Aluminum Curl Bar, one (1) Dual-Attachment Long Strap, one (1) Padded Ankle / Thigh Strap and two (2) Carabiner Adapters. Attach the Mi5 Core Stabilizer Pad for a stabilized variation of exercises that target the core and primary muscles. The Core Stabilizer can also be used as support for single leg exercises such as leg extensions and glute kicks.

Free HOIST Strength app provides access to dozens of exercise tutorials, workout plans and fitness training

Download on the App Store ANDROID APP ON Google play

MODEL	DESCRIPTION	LENGTH	WIDTH	HEIGHT	MACHINE WT
Mi1	Mi1 HOME GYM	58” (147.32 cm)	48” (121.92 cm)	84” (213.36 cm)	402 lbs (182.34 kg)
Mi5	Mi5 FUNCTIONAL TRAINER	51” (129.53 cm)	52.6” (133.62 cm)	83.5” (212.08 cm)	442 lbs (200.48 kg)
Mi6	Mi6 FUNCTIONAL TRAINER	37.75” (95.89 cm)	54” (137.16 cm)	83” (210.82 cm)	610.5 lbs (276.92 kg)
Mi7-PL	Mi7 FUNCTIONAL TRAINER	60.4” (153.42 cm)	83.5” (212.09 cm)	66.4” (168.66 cm)	711 lbs (322.50 kg)
Mi7-SMITH-PL	MiSMITH DUAL ACTION SMITH	49” (124.46 cm)	83” (210.82 cm)	82.5” (209.66 cm)	386 lbs (175.09 kg)
Mi-SMITH-ENS-PL	Mi7SMITH ENSEMBLE	92” (233.68 cm)	83” (210.82 cm)	83.5” (212.08 cm)	985 lbs (446.79 kg)

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