FUNCTIONAL TRAINER

The unique and stylish HOIST® Fitness Mi6 Functional Trainer is a personal pulley gym that is engineered with both the innovative excellence and aesthetic appeal that the fitness industry has come to expect from HOIST Fitness.

The Mi6 offers revolutionary technology unlike any other functional trainer. One-of-a-kind 360 degree rotating columns allow for flexibility within your workout space, while patent-pending Integrated Pulley Adjustment Systems and Quick-Release Adapters hide all hardware from view and provide easy one-handed adjustments. And don't forget to download the FREE HOIST Strength app to find workout guides and fitness logs.

FEATURES

- A streamlined design conceals all of the unit's hardware from view and includes an Adjustable Tablet Housing
- Pulley columns combine full 360 degree rotation, a unique patent pending Integrated Adjustment
  System and Quick-Release Adapters to provide smooth and easy one-handed adjustments
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated Recessed Accessory Rack, Bottle Holders and Towel Hooks offer convenient storage of accessories and personal items
- Silent Steel® weight system eliminates metal to metal contact between plates
  and guide rods for a quiet motion.
- Fully enclosed weight stacks offer clean lines,
  additional safety and noise reduction
- Compact, walk-through design requires minimal floor space and is designed to easily fit into a corner
- *Split Weight Cabling*™ delivers 50% resistance to the pulleys for increased cable travel (*114" with strap handles*)
- Multi-position chin-up bar with diamond pattern for improved grip
- Comes standard with 300 lbs of total weight (*150 lbs per side*) and is upgradeable to 400 lbs

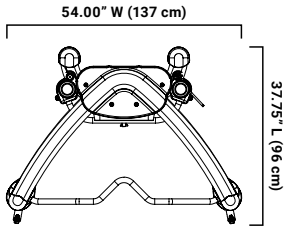
* Tablet shown is not included

INCLUDED ACCESSORIES

- Two (2) Three-Square Ring Adjustable Strap Handles
- Dual-Attachment Long Strap for weight-assisted pull-ups and other exercises
- Padded Ankle / Thigh Strap for comfortable leg exercises
- Dual-Attachment Ultra-Light Aluminum Long Bar to use both pulleys simultaneously

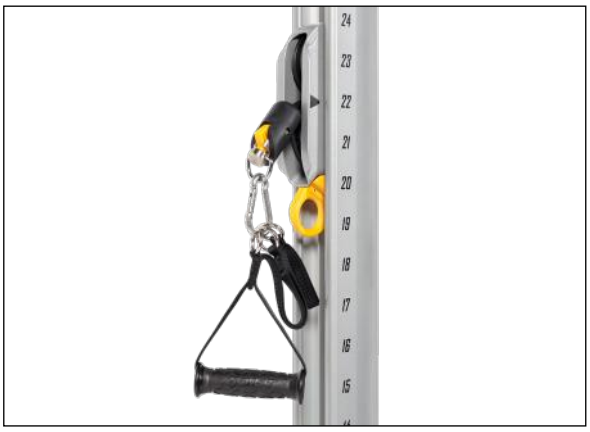
AVAILABLE UPGRADES

- 50 lb Weight Stack Upgrade (per weight stack, 100 lbs total)



LIGHT COMMERCIAL WARRANTY

Check out the Mi6 in action! (Visit hoistfitness.com/ scan on your smart phone to download a free QR Code Scanner.)



INTERNAL PULLEY ADJUSTMENT SYSTEM

A newly designed Internal Pulley Adjustment System with Quick-Release Adapters allow for easy one-handed adjustments while hiding hardware from view for a clean, sleek look.

ACCESSORY STORAGE POINTS

Multiple integrated storage points provide convenient places to store straps, handles and bars while not in use.

SILENT STEEL® WEIGHT SYSTEM

A patented Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion.

ADJUSTABLE TABLET HOUSING

A built-in adjustable tablet holder and sound box amplifier allows you to securely store your device while working out; perfect when using the HOIST Strength app for workout reference guides.

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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