COMMERCIAL

FREEWEIGHTS

BROCHURE

HOIST® FITNESS

COMMERCIAL FREEWEIGHTS

FEATURES

With the sleek lines of European styling and durable American engineering, the CF Commercial Free weight line blends beauty with brawn. From adjustable benches to a Dual Action Smith Machine, each piece of CF equipment is geared towards optimal user performance and outstanding results. Features like effortless equipment adjustments, the option to perform multiple exercises on one machine and durable framework are sure to attract new members and keep current members coming back for more.

CONVENIENCE

- Ratcheting Adjuster System allows for quick and easy seat adjustments to accommodate varying user sizes
- Easy Step Through Design speeds up workout and allows for user to quickly enter/exit the machine
- Integrated Scuff Guards & Rubber Foot Protectors protect the machine's frame finish and facility floor
- Polyurethane Covers For Bar Rack-Outs provide protection for the Olympic Bar and reduce noise
- Permanently Anchor All CF Products in Place to maximize user safety.

COMFORT & DURABILITY

- Head Support & Oversized Handles provide a more comfortable and secure workout
- Large Radius Sweeps (Bands) add beauty as well as frame rigidity.
- Customizable Upholstery and frame color allows you to personalize your equipment to better fit the look of your facility

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3-WAY OLYMPIC FLAT/INCLINE/DECLINE BENCH

CF-2179-B

SPECS

PRODUCT DIMENSIONS (L X W X H)
95” X 65” X 56” (242 cm X 164 cm X 142 cm)

PRODUCT WEIGHT
384 lbs (174 kg)

MAX EXERCISE WEIGHT
870 lbs (395 kg)

MAX STORAGE CAPACITY
1000 lbs (454 kg)

FEATURES

- 10 adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- Integrated dual position foot rests to allow proper exercise positions
- 16 linear adjustments to accommodate varying user heights
- Spotter stand provides more leverage and better positioning
- Generous built in weight storage

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FLAT/INCLINE BENCH

CF-3160

SPECS

PRODUCT DIMENSIONS (L X W X H)
53” X 33” X 20” (135 cm X 84 cm X 51 cm)

PRODUCT WEIGHT
104 lbs (47 kg)

MAX WEIGHT CAPACITY
1,000 lbs (454 kg)

FEATURES

- Six adjustable back pad positions from 0°, 15°, 30°, 45°, 60° and 80° for incline and flat bench exercises
- Five adjustable ratcheting seat positions accommodate varying user heights
- Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- Integrated hand grip and wheels provide tilt ‘n roll capability for easy storage

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SUPER ADJUSTABLE FLAT/DECLINE BENCH

CF-3162

SPECS

PRODUCT DIMENSIONS (L X W X H)
62” X 31” X 28” (157 cm X 78 cm X 70 cm)

PRODUCT WEIGHT
97 lbs (44 kg)

MAX WEIGHT CAPACITY
1,000 lbs (454 kg)

FEATURES

- Five angled positions adjust in 5° increments from 0° to -20° for flat and decline bench exercises
- Multi-purpose design also allows for abdominal bench exercises
- Self-aligning roller pads accommodate varying leg lengths

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FLAT BENCH

CF-3163

SPECS

PRODUCT DIMENSIONS (L X W X H)
51” X 33” X 17” (130 cm X 83 cm X 43 cm)

PRODUCT WEIGHT
53 lbs (24 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

FEATURES

- Tripod frame design provides greater stability
- Removable non-skid foot pads

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SUPER FLAT/INCLINE/DECLINE BENCH

CF-3165

SPECS

PRODUCT DIMENSIONS (L X W X H)
57” X 33” X 20” (145 cm X 84 cm X 51 cm)

PRODUCT WEIGHT
121 lbs (55 kg)

MAX WEIGHT CAPACITY
1,000 lbs (454 kg)

FEATURES

- Seven back pad positions adjust from -15°, 0°, 15°, 30°, 45°, 60° and 80° to accommodate flat, incline and decline bench exercises
- Gas-shock assisted seat easily adjusts into five seat positions for varying user heights
- Thermoplastic polyurethane covers for back pad adjusters to reduce wear
- Self-aligning roller pads provide leg support during exercises
- Integrated hand grip and wheels provide tilt ‘n roll capability for easy storage

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FLAT OLYMPIC BENCH

CF-3170-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
72” X 68” X 53” (183 cm X 171 cm X 135 cm)

PRODUCT WEIGHT
203 lbs (92 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

MAX STORAGE CAPACITY
900 lbs (408 kg)

FEATURES

- Angled frame uprights match the natural arc of the exercise movement
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Generous built in weight storage

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INCLINE OLYMPIC BENCH

CF-3172-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
74” X 68” X 57” (187 cm X 171 cm X 145 cm)

PRODUCT WEIGHT
254 lbs (115 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

MAX STORAGE CAPACITY
900 lbs (408 kg)

FEATURES

- Angled frame uprights match the natural arc of the exercise movement
- 30° angle on back pad for incline bench exercises
- Eight adjustable ratcheting seat positions to accommodate varying user heights
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Integrated foot rests provide proper exercise alignment
- Generous built in weight storage

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OLYMPIC DECLINE BENCH

CF-3177-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
84” X 68” X 53” (187 cm X 171 cm X 145 cm)

PRODUCT WEIGHT
240 lbs (109 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

MAX STORAGE CAPACITY
900 lbs (408 kg)

FEATURES

- Angled frame uprights match the natural arc of the exercise movement
- -15° angle on back pad for decline bench exercises
- Adjustable and self-aligning leg roller pads to accommodate varying leg lengths
- Two start / finish rack points for varying user heights
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Generous built in weight storage

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VERTICAL KNEE RAISE/DIP

CF-3252

SPECS

PRODUCT DIMENSIONS (L X W X H)
54” X 34” X 68” (138 cm X 87 cm X 171 cm)

PRODUCT WEIGHT
178 lbs (81 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- Two sets of hand grips for dip and vertical knee raise exercises
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths
- Optional Fitness Tree CF-3962-A attachment provides additional exercises (sold separately)

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AB BENCH

CF-3264

SPECS

PRODUCT DIMENSIONS (L X W X H)
63” X 30” X 47” (160 cm X 76 cm X 119 cm)

PRODUCT WEIGHT
132 lbs (60 kg)

MAX EXERCISE WEIGHT
800 lbs (363 kg)

FEATURES

- Seven adjustable angle positions ranging from 10° to -20° in 5° increments
- Easy to use, gas-shock assisted angle adjustments for flat, incline and decline exercise positions
- Self-aligning leg roller pads accommodate varying leg lengths

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ANGLED LINEAR LEG PRESS

CF-3355

SPECS

PRODUCT DIMENSIONS (L X W X H)
93” X 61” X 71” (237 cm X 154 cm X 181 cm)

PRODUCT WEIGHT
634 lbs (288 kg)

MAX WEIGHT STORAGE
720 lbs (327 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

FEATURES

- Back pad adjusts to five different positions
- Assist bar positioned on foot plate for easy entry/exit
- Dual 1/4 turn lock-outs for user safety
- Fully enclosed linear bearing allows for a smooth and quiet motion
- Polyurethane covered weight racks to protect frame and reduce noise
- Can accommodate up to 26 weight plates on integrated exercise weight horns
- Generous built in weight storage

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HACK SQUAT

CF-3356

SPECS

PRODUCT DIMENSIONS (L X W X H)
85” x 61” x 52” (216 cm x 155 cm x 140 cm)

PRODUCT WEIGHT
489 lbs (222 kg)

MAX WEIGHT STORAGE
720 lbs (327 kg)

MAX EXERCISE WEIGHT
630 lbs (286 kg)

STARTING WEIGHT (UNLOADED)
88 lbs (40 kg)

FEATURES

- Space saving 42 degree design for a minimum footprint
- Pegs for adding resistance bands on both sides of the machine
- Fully enclosed linear bearings for smooth, quiet motion
- High Impact Polypropylene covered weight racks to protect frame and reduce noise
- Generous Integrated weight storage

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POWER SQUAT

CF-3359

SPECS

PRODUCT DIMENSIONS (L X W X H)
65” x 65” x 63” (166 cm x 164 cm x 161 cm)

PRODUCT WEIGHT
340 lbs (154 kg)

MAX WEIGHT STORAGE
720 lbs (327 kg)

MAX EXERCISE WEIGHT
630 lbs (286 kg)

STARTING WEIGHT (UNLOADED)
67 lbs (30 kg)

FEATURES

- Ergonomically correct pad and footplate positions accommodate a wide range of users
- Space saving upright design for a minimum footprint
- Pegs for adding resistance bands on both sides
- Intuitive, easy-to-use lockout system for safety
- Sealed ball-bearing pivot for smooth and quiet motion
- High Impact Polypropylene covered weight horns to protect frame and reduce noise
- Generous Integrated weight storage

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POWER CAGE

CF-3364-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
71” X 66” X 91” (180 cm X 167 cm X 231 cm)

PRODUCT WEIGHT
495 lbs (225 kg)

MAX WEIGHT STORAGE
940 lbs (426 kg)

MAX EXERCISE WEIGHT
540 lbs (245 kg)

FEATURES

- Adjustable safety tiers with 20 height positions spaced 2.5 inches apart
- Adjustable locking bar rack-outs
- Integrated pull-up station with rock climbing holds
- Polyurethane covered weight racks to protect frame and reduce noise
- Generous built in weight storage

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HALF RACK

CF-3365

OPTIONAL ADD ONS:

6' SOUND DAMPENING RUBBER PLATFORM (SOLD SEPARATELY)

SPECS

PRODUCT DIMENSIONS (L X W X H)

64" X 43" X 98" (163 cm X 109 cm X 249 cm)

(DIMENSIONS BELOW REPRESENT RUBBER PLATFORM COMBINED WITH MACHINE)

CF3365-PLATR-6*:

69" X 66" X 98" (175 cm X 168 cm X 249 cm)

PRODUCT WEIGHT

611 lbs (277 kg)

MAX EXERCISE WEIGHT

875 lbs (397 kg)

MAX WEIGHT STORAGE

1260 lbs (572 kg)

FEATURES

- Non-Removable Counterbalanced Safety Arms * Patent Pending
- Non-Removable Easily Adjustable J-Hooks* Patent Pending
- Five pull-up/chin-up grip options including patented Flip 'N Grip® handles and rock-climbing grips
- Pegs for adding resistance bands on both sides
- TPU covered J-Hooks
- UHMW Shielding on safety tiers
- 20 available adjustment points at 3.5" increments with Non-Removable Counterbalanced Safety Arms for varying user heights

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SQUAT RACK

CF-3367-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
69” X 66” X 77” (175 cm X 168 cm X 196 cm)

PRODUCT WEIGHT
336 lbs (152 kg)

MAX WEIGHT STORAGE
900 lbs (408 kg)

MAX EXERCISE WEIGHT
1,000 lbs (454 kg)

FEATURES

- Five start / finish rack points for varying user heights
- Permanent safety tiers
- Front rack-outs for shoulder shrug and dead lift exercises
- Polyurethane covered bar rack-outs and weight-racks to protect the Olympic Bar and frame
- Generous built in weight storage

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KNEELING LEG CURL

CF-3411

SPECS

PRODUCT DIMENSIONS (L X W X H)
47” X 53” X 53” (119 cm X 135 cm X 135 cm)

PRODUCT WEIGHT
244 lbs (111 kg)

MAX WEIGHT STORAGE
450 lbs (204 kg)

MAX EXERCISE WEIGHT
175 lbs (79 kg) - per horn (350 lb/159 kg total)

STARTING WEIGHT
11 lbs (5 kg) - per horn (22 lb/10 kg total)

FEATURES

- Kneeling configuration allows for easy alignment with the pivot point and focuses the resistance on the hamstrings throughout the movement
- Padded knee rest pivots from side to side and holds its position automatically
- Textured ergonomic grips and informational exercise placard
- Contoured pads for maximum comfort and support
- Sturdy commercial grade steel frame construction with a durable powder-coated finish
- High Impact Polypropylene covered weight horns to protect frame and reduce noise
- Generous built in weight storage

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GLUTE THRUST

CF-3416

SPECS

PRODUCT DIMENSIONS (L X W X H)
67” X 56” X 38” (169 cm X 141 cm X 96 cm)

PRODUCT WEIGHT
308 lbs (140 kg)

MAX WEIGHT STORAGE
275 lbs (125 kg)

MAX EXERCISE WEIGHT
225 lbs (102 kg)
equal to 340 lbs at bar pad (154 kg)

STARTING WEIGHT (UNLOADED)
45 lbs (20 kg)

FEATURES

- The patented, 4-Bar support system keeps the knees bent, limiting the engagement of the quadriceps to focus on the glutes
- Oversized, adjustable pad ensures a comfortable and secure user experience
- Sealed ball-bearing pivots for a smooth and quiet motion
- High Impact Polypropylene covered weight horns to protect frame and reduce noise
- Generous built in weight storage

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OLYMPIC PLATE TREE

CF-3443

SPECS

PRODUCT DIMENSIONS (L X W X H)
30” X 33” X 53” (76 cm X 84 cm X 135 cm)

PRODUCT WEIGHT
84 lbs (38 kg)

MAX WEIGHT STORAGE
1,500 lbs (680 kg)

FEATURES

- 8 impact-resistant plastic covered weight horns for easy storage
- Optional Olympic Bar Holders CF-OPT-02 *(Maximum 2 per unit - sold separately)*

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4-SIDED OLYMPIC PLATE TREE

CF-3444

SPECS

PRODUCT DIMENSIONS (L X W X H)
45” X 45” X 51” (114 cm X 114 cm X 130 cm)

PRODUCT WEIGHT
123 lbs (56 kg)

MAX WEIGHT STORAGE
1,500 lbs (680 kg)

FEATURES

- 12 impact-resistant plastic covered weight horns for easy storage
- Optional Olympic Bar Holders CF-OPT-02 available *(Maximum two per unit - sold separately)*

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1-TIER DUMBBELL RACK

CF-3461-1-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
99” X 28” X 29” (251 cm X 71 cm X 74 cm)

PRODUCT WEIGHT
170 lbs (77 kg)

MAX WEIGHT PER TEIR
1,400 lbs (635 kg)

MAX WEIGHT STORAGE
1,400 lbs (635 kg)

FEATURES

- Stores up to 5 pairs of dumbbells on each tier
- Polypropylene covered weight saddles

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2-TIER DUMBBELL RACK

CF-3461-2

SPECS

PRODUCT DIMENSIONS (L X W X H)
99” X 28” X 29” (251 cm X 71 cm X 74 cm)

PRODUCT WEIGHT
170 lbs (77 kg)

MAX WEIGHT PER TEIR
1,400 lbs (635 kg)

MAX WEIGHT STORAGE
2,800 lbs (1,270 kg)

FEATURES

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddles
- Stores up to 5 pairs of dumbbells on each tier (10 pairs total)

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3-TIER DUMBBELL RACK

CF-3461-3

SPECS

PRODUCT DIMENSIONS (L X W X H)
99” X 29” X 39” (251 cm X 74 cm X 99 cm)

PRODUCT WEIGHT
268 lbs (122 kg)

MAX WEIGHT PER TEIR
1,400 lbs (635 kg)

MAX WEIGHT STORAGE
4,200 lbs (1,905 kg)

FEATURES

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddles
- Stores up to 5 pairs of dumbbells on each tier (15 pairs total)

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2-TIER BEAUTY BELL RACK

CF-3462-2

SPECS

PRODUCT DIMENSIONS (L X W X H)
26” X 56” X 38” (66 cm X 152 cm X 96 cm)

PRODUCT WEIGHT
135 lbs (61 kg)

MAX WEIGHT PER TEIR
400 lbs (181 kg)

MAX WEIGHT STORAGE
800 lbs (363 kg)

FEATURES

- Polypropylene covered weight saddles
- Designed to hold beauty bells up to 50 lbs (23 kg)
- Stores up to eight beauty bells on each tier (8 pairs total)

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3-TIER BEAUTY BELL RACK

CF-3462-3

SPECS

PRODUCT DIMENSIONS (L X W X H)
26” X 56” X 38” (66 cm X 152 cm X 96 cm)

PRODUCT WEIGHT
157 lbs (71 kg)

MAX WEIGHT PER TEIR
400 lbs (181 kg)

MAX WEIGHT STORAGE
1,200 lbs (544 kg)

FEATURES

- Foot clearance under bottom tier for easy access and added safety
- Polypropylene covered weight saddles
- Designed to hold beauty bells up to 50 lbs (23 kg)
- Stores up to eight beauty bells on each tier (12 pairs total)

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BARBELL RACK

CF-3465-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
35” X 34” X 55” (89 cm X 85 cm X 139 cm)

PRODUCT WEIGHT
150 lbs (68 kg)

MAX WEIGHT STORAGE
1,500 lbs (680 kg)

FEATURES

- Upright frame design for easy access to barbells
- Polyurethane covers for bar rack-outs to protect the barbell and frame
- Ten barbell holders to organize all your bars

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ACCESSORY RACK

CF-3466

SPECS

PRODUCT DIMENSIONS (L X W X H)
24” X 43” X 49” (60 cm X 109 cm X 125 cm)

PRODUCT WEIGHT
215 lbs (98 kg)

MAX WEIGHT STORAGE
1,000 lbs (454 kg)

FEATURES

- Ten bar rack outs for varying sized bars
- Two padded trays for loose accessories
- Polyurethane covers for bar rack-outs to protect the barbell and frame

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PREACHER CURL

CF-3550

SPECS

PRODUCT DIMENSIONS (L X W X H)
48” X 34” X 37” (119 cm X 86 cm X 93 cm)

PRODUCT WEIGHT
87 lbs (39 kg)

MAX STORAGE
600 lbs (272 kg)

FEATURES

- 60° pad angle increases resistance while decreasing elbow strain
- Seven adjustable ratcheting seat positions to accommodate varying user heights
- Two bar rack-out positions
- Polyurethane covered bar rack-outs to protect the barbell and frame

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STANDING PREACHER CURL

CF-3555

SPECS

PRODUCT DIMENSIONS (L X W X H)
44” X 32” X 39” (110 cm X 81 cm X 100 cm)

PRODUCT WEIGHT
145 lbs (66 kg)

MAX STORAGE
400 lbs (181 kg)

FEATURES

- Ratcheting preacher pad adjusts easily and quickly to accommodate varying user sizes
- Two-sided pad to accommodate two different curl positions (angled / vertical)
- Walk-up design for easy entry and exit
- Polyurethane covered drop-rails to protect the barbell and frame

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INCLINE LEVERAGE ROW

CF-3661-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
73” X 45” X 48” (186 cm X 114 cm X 122 cm)

PRODUCT WEIGHT
170 lbs (77 kg)

MAX WEIGHT CAPACITY
600 lbs (272 kg)

FEATURES

- No adjustment necessary
- Multiple grip positions (narrow / wide) for exercise variation
- PVC covered exercise bar
- Dual position foot plates for varying user heights

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BACK HYPER

CF-3663

SPECS

PRODUCT DIMENSIONS (L X W X H)
49” X 31” X 34” (126 cm X 78 cm X 87 cm)

PRODUCT WEIGHT
120 lbs (54 kg)

MAX EXERCISE WEIGHT
600 lbs (272 kg)

MAX WEIGHT STORAGE
90 lbs (41 kg)

FEATURES

- Four adjustable ratcheting angle positions ranging from 35° to 50° in 5° increments
- 10 adjustable ratcheting thigh pad positions to accommodate varying user heights
- Contoured foot rests and leg roller pads provide lower body stabilization
- Integrated weight plate holders on base of frame

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DUAL ACTION SMITH

CF-3754

SPECS

PRODUCT DIMENSIONS (L X W X H)
96” X 89” X 84” (243 cm X 226 cm X 212 cm)

PRODUCT WEIGHT
824 lbs (374 kg)

MAX WEIGHT STORAGE
1,350 lbs (612 kg)

MAX EXERCISE WEIGHT
1,000 lbs (454 kg)

OLYMPIC BAR WEIGHT
52 lbs (24 kg)

FEATURES

- Racking system provides nine positions for Smith exercises
- Dual Action technology produces simultaneous horizontal and vertical bar movement
- Adjustable safety tiers
- High Impact Polypropylene covered weight horns to protect frame and reduce noise
- Bar supported by heavy duty 25 and 30 mm linear bearings
- 30.25” (77 cm) of horizontal bar movement
- 63.50” of vertical bar movement
- Generous built-in weight storage

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DUAL ANGLE SMITH

CF-3755

MULTIPLE ASSEMBLY OPTIONS

SPECS

PRODUCT DIMENSIONS (L X W X H)
52” X 88” X 89” (132 cm X 223 cm X 226 cm)

PRODUCT WEIGHT
610 lbs (277 kg)

MAX WEIGHT STORAGE
1350 lbs (612 kg)

MAX EXERCISE WEIGHT
540 lbs (245kg)

OLYMPIC BAR WEIGHT
25 lbs (11kg)

FEATURES

- During the assembly process, the Dual Angle Smith can be configured either in a vertical orientation or with a 7-degree angle
- The CF-3755 employs TPU covered rack outs for silent racking and protection of bar
- During assembly, the columns of the CF-3755 can be flipped to position the rack-outs facing rearward, offering four setup options. This flexibility allows customers to choose their preferred orientation for bar engagement/disengagement with the rack-outs
- The safety stop mechanism has been streamlined for enhanced simplicity. Users can swivel it outward or inward, slide it vertically to the desired position, and then swivel it back into place on top of the rack-out

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MILITARY PRESS

CF-3860

SPECS

PRODUCT DIMENSIONS (L X W X H)
60” X 69” X 70” (152 cm X 175 cm X 178 cm)

PRODUCT WEIGHT
310 lbs (141 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

MAX STORAGE CAPACITY
740 lbs (336 kg)

FEATURES

- Five adjustable seat heights
- Six adjustable ratcheting back pad positions
- One rear facing start / finish rack point and two forward facing start / finish rack points for varying user heights
- Permanent safety tiers for user safety
- Polyurethane covered bar rack-outs and weight racks to protect the Olympic Bar and frame
- Integrated foot rests provide proper exercise alignment
- Integrated spotter stand
- Generous built in weight storage

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UTILITY STOOL

CF-3950

SPECS

PRODUCT DIMENSIONS (L X W X H)
30” X 28” X 17” (76 cm X 70 cm X 43 cm)

PRODUCT WEIGHT
25 lbs (11 kg)

MAX EXERCISE WEIGHT
1000 lbs (454 kg)

FEATURES

- Tripod frame design provides greater stability
- Integrated carrying handle

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UTILITY BENCH

CF-3960

SPECS

PRODUCT DIMENSIONS (L X W X H)
49” X 30” X 37” (124 cm X 76 cm X 93 cm)

PRODUCT WEIGHT
54 lbs (24 kg)

MAX EXERCISE WEIGHT
800 lbs (363 kg)

FEATURES

- Tripod frame design provides greater stability
- Integrated foot rests allow for proper exercise alignment

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FITNESS TREE

CF-3962-A

SPECS

PRODUCT DIMENSIONS (L X W X H)
54” X 48” X 98” (138 cm X 123 cm X 248 cm)

PRODUCT WEIGHT
216 lbs (98 kg)

MAX EXERCISE WEIGHT
400 lbs (181 kg)

FEATURES

- Two sets of hand grips for dip and vertical knee raise exercises
- Upper hand grips for neutral and wide pull-up exercises
- Integrated rock climbing grips offer an exciting exercise variation
- Angled arm rests offer stable positioning for vertical knee raise exercises
- Angled dip handles accommodate varying user widths

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STANDARD COLORS

ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)

FRAME

- Platinum
- White

UPHOLSTERY

Black	Slate Gray	Dove Gray	Sky Blue	Royal Blue	Navy
OLY-115	OLY-185	OLY-120	US 516	OLY-190	NAVY SR-302
Blue Ridge	Hunter Green	Suede	Wheat	American Beauty	Burgundy
OLY-125	OLY-155	46848300	36349900	OLY-130	OLY-105

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

HOIST DUAL SERIES (HD)

FRAME

- Platinum
- White

UPHOLSTERY

- Black

OLY-115

MOTION CAGE (MC, MCS)

FRAME

- Platinum
- Candy Apple Red

SUB FRAME

- Black

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

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF)
H4400 & H2200

FRAME

- Platinum

UPHOLSTERY

- Black

OLY-115

NO CUSTOM COLORS AVAILABLE

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COMMERCIAL FREEWEIGHTS

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
CF-2179-B	3 -WAY OLYMPIC (FLAT/ INCLINE/DECLINE BENCH)	95.24” (242 CM)	64.75” (164 CM)	56.00” (142 CM)	384 LBS (174 KG)
CF-3160	FLAT/INCLINE BENCH	53.00” (135 CM)	33.00” (84 CM)	20.00” (51 CM)	104 LBS (47 KG)
CF-3162	SUPER ADJUSTABLE FLAT/ DECLINE BENCH	61.75” (157 CM)	30.75” (78 CM)	27.75” (70 CM)	97 LBS (44 KG)
CF-3163	FLAT BENCH	51.25” (130 CM)	32.75” (83 CM)	16.95” (43 CM)	53 LBS (24 KG)
CF-3165	SUPER FLAT/INCLINE/DECLINE BENCH	57.00” (145 CM)	33.00” (84 CM)	20.00” (51 CM)	121 LBS (55 KG)
CF-3170-A	FLAT OLYMPIC BENCH	72.00” (183 CM)	67.50” (171 CM)	53.00” (135 CM)	203 LBS (92 KG)
CF-3172-A	INCLINE OLYMPIC BENCH	73.50” (187 CM)	67.50” (171 CM)	57.00” (145 CM)	254 LBS (115 KG)
CF-3177-A	OLYMPIC DECLINE BENCH	84.00” (213 CM)	67.50” (171 CM)	53.00” (135 CM)	240 LBS (109 KG)
CF-3252-A	VERTICAL KNEE RAISE/DIP	54.25” (138 CM)	34.25” (87 CM)	67.50” (171 CM)	178 LBS (81 KG)
CF-3264	AB BENCH	63” (160 CM)	30.00” (76 CM)	46.75” (119 CM)	132 LBS (60 KG)
CF-3355	ANGLED LINEAR LEG PRESS	93” (237 CM)	60.50” (154 CM)	71.00” (181 CM)	634 LBS (288 KG)
CF-3356	HACK SQUAT	84.75” (216 CM)	60.50” (154 CM)	52” (133 CM)	494 LBS (224 KG)
CF-3359	POWERSQUAT	65.25” (166 CM)	64.50” (164 CM)	63.25” (161 CM)	327 LBS (148 KG)
CF-3364-A	POWER CAGE	71.00” (180 CM)	65.50 (167 CM)	91.00” (231 CM)	495 LBS (225 KG)
CF-3367-A	SQUAT RACK	69.00” (175 CM)	66.00” (168 CM)	77.00” (196 CM)	336 LBS (152 KG)
CF-3411	KNEELING LEG CURL	47.00” (120 CM)	53” (135 CM)	52.75” (134 CM)	244 LBS (111 KG)
CF-3416	GLUTE THRUST	66.50” (169 CM)	55.50” (141 CM)	37.75 (96 CM)	330 LBS (150 KG)

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COMMERCIAL FREEWEIGHTS

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
CF-3443	OLYMPIC PLATE TREE	30.00” (76 CM)	33.25” (84 CM)	53.25” (135 CM)	84 LBS (38 KG)
CF-3443	OLYMPIC PLATE TREE *+1 CF-OPT OLYMPIC BAR HOLDER*	30.00” (76 CM)	36.50” (93 CM)	53.25” (135 CM)	89 LBS (40 KG)
CF-3443	OLYMPIC PLATE TREE *+2 CF-OPT OLYMPIC BAR HOLDER*	30.00” (76 CM)	39.75” (101 CM)	53.25” (135 CM)	94 LBS (43 KG)
CF-3444	4-SIDED OLYMPIC PLATE TREE	45.00” (114 CM)	45.00” (114 CM)	51.25” (130 CM)	123 LBS (56 KG)
CF-3444	4-SIDED OLYMPIC PLATE TREE *+1 CF-OPT OLYMPIC BAR HOLDER*	43.50” (110 CM)	43.50” (110 CM)	51.25” (130 CM)	128 LBS (58 KG)
CF-3444	4-SIDED OLYMPIC PLATE TREE *+2 CF-OPT OLYMPIC BAR HOLDER*	43.50” (110 CM)	43.50” (110 CM)	51.25” (130 CM)	133 LBS (60 KG)
CF-3461-1-A	1-TIER DUMBBELL RACK	98.27” (250 CM)	28.00” (72 CM)	29.00” (74 CM)	170 LBS (77 KG)
CF-3461-2	2-TIER DUMBBELL RACK	98.27” (250 CM)	28.00” (72 CM)	29.00” (74 CM)	175 LBS (79 KG)
CF-3461-3	3-TIER DUMBBELL RACK	98.27”(250 CM)	28.50”(73 CM)	38.63” (98 CM)	268 LBS (122 KG)
CF-3462-2	2-TIER BEAUTY BELL RACK	26.00” (66 CM)	55.25”(141CM)	37.50” (95 CM)	135 LBS (61 KG)
CF-3462-3	3-TIER BEAUTY BELL RACK	26.00” (66 CM)	55.25” (140 CM)	37.50” (95 CM)	157 LBS (71 KG)
CF-3465-A	BARBELL RACK	34.98” (89 CM)	33.56” (85 CM)	54.75” (139 CM)	150 LBS (68 KG)
CF-3466	ACCESSORY RACK	23.81” (60 CM)	42.86” (109 CM)	49.27” (125 CM)	215 LBS (98 KG)
CF-3550	PREACHER CURL	46.70” (119 CM)	33.69” (86 CM)	36.52” (93 CM)	87 LBS (39 KG)
CF-3555	STANDING PREACHER CURL	43.39” (110 CM)	32.00” (81 CM)	39.21” (100 CM)	145 LBS (66 KG)
CF-3661-A	INCLINE LEVERAGE ROW	73.23” (186 CM)	44.82” (114 CM)	48.00” (122 CM)	170 LBS (77 KG)

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COMMERCIAL FREEWEIGHTS

FULL SPECS

PRODUCT NAME		*LENGTH*	*WIDTH*	*HEIGHT*	*WEIGHT*
CF-3663	BACK HYPER	49.45” (126 CM)	30.75” (78 CM)	34.23” (87 CM)	120 LBS (54 KG)
CF-3753	7 DEGREE SMITH	42.00” (107 CM)	88.28” (224 CM)	87.25” (222 CM)	663 LBS (301 KG)
CF-3754	DUAL ACTION SMITH®	95.50” (243 CM)	89.00” (226 CM)	83.50” (212 CM)	824 LBS (374 KG)
CF-3860	MILITARY PRESS	60.00” (152 CM)	69.00” (175 CM)	70.0” (178 CM)	310 LBS (141 KG)
CF-3950	UTILITY STOOL	30.00” (76 CM)	27.75” (70 CM)	16.88” (43 CM)	25 LBS (11 KG)
CF-3960	UTILITY BENCH	49.00” (124 CM)	30.00” (76 CM)	36.64” (93 CM)	54 LBS (24 KG)
CF-3962-A	FITNESS TREE	54.25” (138 CM)	48.25” (123 CM)	97.75” (248 CM)	216 LBS (98 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.

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- *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®*
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- *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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