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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