

# **MULTI STACK**

## **GYMS**

**BROCHURE**



# MULTI STACK GYMS

**HOIST FITNESS**

The HOIST Fitness H2200 2 Stack Multi-Gym and H4400 4 Stack Multi-Gym bring 40 years of innovation with their recent redesigns by our engineering team. Designed with the same smooth, natural, quiet motions that have become the HOIST® trademark, the H2200 and H4400 are the most up-to-date premium 2 and 4-station gyms for light commercial and commercial settings.

## H-2200

### FEATURES

- ◆ 200 lb. Silent Steel™ weight stacks: Each solid steel individual plate receives pressed-in industrial plastic bushings and then is machined to exacting specifications to insure glass smooth operation plus eliminating any metal to metal contact or sound.
- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.

### ACCESSORIES

- ◆ Ab Strap
- ◆ Curl Bar
- ◆ Fleece Knee Strap
- ◆ Strap Handles with 3 length choice rings

## H-2200

### FEATURES

- ◆ 200 lb. Silent Steel™ weight stacks: Each solid steel individual plate receives pressed-in industrial plastic bushings and then is machined to exacting specifications to insure glass smooth operation plus eliminating any metal to metal contact or sound.
- ◆ Exercise Placard provides a visual aid to illustrate exercise movements and help in organizing your workouts.
- ◆ Easy Glide™ inserts make adjustments quick, smooth and secure eliminating metal against metal contact & friction.
- ◆ Compact 2-stack gym provides an uncompromised range of exercises commonly found in health clubs.
- ◆ Space saving “L” shaped design fits easily into a corner and efficiently accommodates 2 users.

### ACCESSORIES

- ◆ Two Strap Handles with 3 length choice rings
- ◆ Curl Bar
- ◆ Fleece Knee Strap

# 2 STACK MULTIGYM

## H-2200



ARTICULATING ARM  
OPTION AVAILABLE



### FEATURES - STATION 2

#### *CHEST PRESS, MID ROW, LEG EXTENSION, AND STANDING LEG CURL*

- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.
- ◆ Low and mid pulley stations allow users to perform a variety of upper and lower body exercises.
- ◆ Dual adjusters on the back pad offer telescoping and angular adjustments for proper positioning and back support.
- ◆ Locking pull pin provides stable pad positioning.

### SPECS

#### **PRODUCT DIMENSIONS (L X W X H)**

90" X 106" X 83" (229 cm X 269 cm X 211 cm)

#### **PRODUCT WEIGHT**

1,005 lbs (456 kg)

#### **WEIGHT STACK**

200 lbs (91 kg)

### FEATURES - STATION 1

#### *LAT PULLDOWN, LEG PRESS, AND HIGH PULLEY*

- ◆ Counter-balanced arm and self-aligning handles provide a smooth, natural feel to the lat pulldown.
- ◆ Angled thigh brace rollers on the lat pulldown allow users to quickly and easily slip into position without the need for adjustment.
- ◆ Self-aligning foot plate on leg press station automatically adjusts during the exercise to follow the natural movement of a user's feet, taking the strain off of the ankles.
- ◆ 2:1 Split Weight Cabling™ ratio on the leg press provides 400 pounds of resistance.
- ◆ High pulley station allows a user to perform a variety of exercises.

# MULTI-STACK

## H-4400



FIXED ARM OPTION  
AVAILABLE



### FEATURES - STATION 1

#### LEG PRESS

- ◆ Pillow block bearings and 4-bar linkage system provide smoother motion and increased durability.
- ◆ Foot plate follows natural movement of a user's feet, taking the strain off the ankles.
- ◆ Adjustable back pad accommodates different sized users.
- ◆ 2:1 Split Weight Cabling™ ratio provides 400 pounds of resistance.

### SPECS

#### PRODUCT DIMENSIONS (L X W X H)

105" X 107" X 84" (267 cm X 272 cm X 213 cm)

#### PRODUCT WEIGHT

1,645 lbs (746 kg)

#### WEIGHT STACK

200 lbs (91 kg)

### FEATURES - STATION 2

#### ADJUSTABLE CABLE COLUMN

- ◆ Pulley adjusts to 23 different positions.
- ◆ Split Weight Cabling™ reduces resistance by 50% to accommodate more exercises.

### FEATURES - STATION 3

#### LAT PULLDOWN

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.

### FEATURES - STATION 4

#### CHEST PRESS, MID ROW, LEG EXTENSION AND STANDING LEG CURL

- ◆ Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.
- ◆ Angled thigh brace rollers eliminate the need for adjustments.
- ◆ Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.

# STANDARD COLORS

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

## FRAME



## UPHOLSTERY



OLY-115



OLY-185



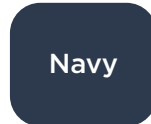
OLY-120



US 516



OLY-190



NAVY  
SR-302



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)

## MOTION CAGE (MC, MCS) PERFORMANCE SERIES (PS)

### FRAME



### UPHOLSTERY



OLY-115

### FRAME



### SUB FRAME



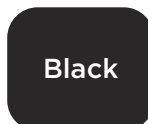
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

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

### FRAME



### UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



# 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](http://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™
- ◆ FLIP-N-DIP®
- ◆ FLIP-N-GRIP®

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,  
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† Other Patents Pending