



DUAL SERIES®

[HD]

## [HD] DUAL SERIES®

From the creators of the original Dual Series comes the expanded 3rd generation HOIST® HD Dual Series®, offering a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT® line, the HD Dual Series offers dual or multi-function stations. By combining multiple exercises in each selectorized unit, the HD Dual Series allows facilities to maximize space and fitness offerings. Unique features such as patented Flip N Dip® and Flip N Grip® handles, Silent Steel® Weight Stacks and Rock Grips, make the HOIST HD Dual Series the stand-out choice for prestigious gym brands, hotels and universities around the world.

Utilizing flexibility in design, HOIST® can provide a state-of-the-art strength circuit for almost any fitness center. The HD Dual Series offers an exciting blend of quality components, intuitive adjustments, superior biomechanics and excellent value.

**EACH HD DUAL MACHINE COMES WITH A QR CODE DECAL FOR QUICK AND EASY EXERCISE INSTRUCTION.**

*SCAN HERE TO SEE ALL HD DUAL EXERCISES. (VISIT [HOISTFITNESS.COM/SCAN](http://HOISTFITNESS.COM/SCAN) ON YOUR SMART PHONE TO DOWNLOAD A FREE QR CODE SCANNER.)*

**SCAN HERE:**



**\* USING YOUR SMARTPHONE, VISIT [WWW.HOISTFITNESS.COM/SCAN](http://WWW.HOISTFITNESS.COM/SCAN) TO DOWNLOAD A FREE QR CODE SCANNER.**



## [HD] DUAL SERIES® FEATURES

### Comfort & Durability

- Head Support & Oversized Handles  
Provide a more comfortable and secure workout
- Oval Tube Frame  
Provides unsurpassed strength and durability

### Convenience

- Ratcheting Adjuster System  
Quick and easy seat adjustments to accommodate varying user sizes
- Integrated Scuff Guards & Rubber Foot Protectors  
Protect the machine's frame and facility floor
- Mobile Instruction From Your Phone  
Scannable QR code with workout instructions for each machine
- Integrated Towel/Bottle Holder & Accessory Tray  
Keep personal items organized and reduce clutter on the gym floor
- Permanently Anchor All HD Products in Place  
Maximizes user safety

### Sleek & Appealing

- Large Radius Bends  
Add beauty as well as frame rigidity
- Silent Steel® Weight Stacks  
Designed to reduce noise during exercise



# [HD] FUNCTIONAL TRAINER

HD-3000

CONVENIENT STEP-UP ASSIST



PULL-UP / CHIN-UP GRIPS



- Space efficient functional trainer featuring convenient corner design
- Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- 27 pulley positions placed at 2.5" increments
- Five pull-up/ chin-up grip options including patented Flip N Grip® handles and rock grips
- Integrated step-up assist for easy access to pull-up grips
- Suspension trainer attachment for TRX®\* and suspension trainer exercises
- Steel weight shields surround sides and back of weight stacks
- Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap

\*TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX).

**EXERCISE: BICEPS CURL & PULL-UP**

## [HD] PREACHER CURL / TRICEPS EXTENSION

HD/HDG-3100

MULTIPLE GRIP OPTIONS



LOWER BACK SUPPORT ON SEAT



- Allows performance of biceps and triceps exercises in one machine
- Seven seat pad adjustments for varying user heights
- Multiple range-of-motion adjustments for both exercises



**EXERCISE:** BICEPS CURL

## [HD] LAT PULLDOWN / MID ROW

HD/HDG-3200

MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



- Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- Dual-position hand grips for mid row exercises
- Includes ultra-lite aluminum lat bar for lat pulldown exercises
- Seven seat pad adjustments for varying user heights
- Integrated storage for lat bar during mid row exercises

**EXERCISE:** MID ROW

# [HD] CHEST PRESS / SHOULDER PRESS

HD/HDG-3300

PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS

- Multiple seat and press arm positions
- Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- Dual-position hand grips



**EXERCISE:** CHEST PRESS

# [HD] LEG CURL / LEG EXTENSION

HD/HDG-3400

ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



- Eight back pad adjustments for varying leg lengths
- Multiple range-of-motion adjustments for both exercises
- Self-aligning roller pad automatically adjusts to reduce potential stress on the ankle joints

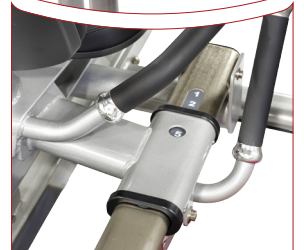
**EXERCISE:** LEG EXTENSION



## [HD] LEG PRESS / CALF RAISE

HD/HDG-3403

OVERSIZED NON SLIP FOOT PLATE



ADJUSTABLE SEAT PLACEMENT



- ↘ Eleven linear seat adjustments to accommodate varying leg lengths
- ↘ Large oval foot plate provides multiple foot positions for both leg press and calf exercises
- ↘ Step-through design



**EXERCISE:** LEG PRESS

# [HD] AB CRUNCH / LOWER BACK

HD/HDG-3600

MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



- Allows for back and ab exercises in one machine
- Multiple range-of-motion adjustments for both exercises
- Seven seat pad adjustments for varying user heights
- Angled foot pegs and horizontal foot pads provide multiple foot placement options

**EXERCISE:** LOWER BACK

## [HD] CHIN / DIP ASSIST

HD-3700

EASY ASSIST PAD STORAGE



PULL-UP / CHIN-UP GRIPS

- Offers 14 exciting exercise variations; 7 with assistance and 7 without
- Patented Flip N Grip® upper handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- Patented Flip N Dip® grips flip between wide and narrow grips to accommodate all user types
- Rock grip handles that develop wrist, arm and shoulder strength
- Knee pad adjusts to accommodate assisted exercises or can be placed into stowed position for unassisted exercises
- Standard 210 lb weight stack, no upgrade option available



**EXERCISE:** ASSISTED PULL-UP

# [HD] OUTER THIGH / INNER THIGH

HD/HDG-3800

ROTATING EXERCISE PADS



WALK-THROUGH DESIGN



- Adjustable-angle back pad to accommodate varying flexibility and body sizes
- Thigh pads swivel for each exercise position
- Exercise arms can be adjusted from the seated position
- Multiple range-of-motion adjustments for both exercises

**EXERCISE:** INNER THIGH

## [HD] PEC FLY / REAR DELT

HD-3900

PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



- Swiveling handles with rotating grips provide multiple hand positions
- Adjustable range-of-motion exercise arms for pec fly or rear delt exercises
- Each exercise arm has dual pivots for user-defined exercise path
- Seven seat pad adjustments for varying user heights



**EXERCISE: REAR DELT**

# HOIST CUSTOM SHIELD WRAPS & LOGO DECALS

HOIST® is proud to continually offer the most in versatility and customization. Take advantage of HOIST's custom Logo Decals and Shield Wraps for ROC-IT® RS Selectorized and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility. Shield wraps and logo decals are available for all ROC-IT Selectorized (RS) and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching please provide CMYK color codes.



\*Actual frame and upholstery colors may differ from printed color samples shown.

# STANDARD COLORS

..... FRAME .....

..... UPHOLSTERY .....

TEXTURED  
WHITE

PLATINUM

BLACK

Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST Sales Representative at **800.548.5438** or [sales@hoistfitness.com](mailto:sales@hoistfitness.com). Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
HD-3000	FUNCTIONAL TRAINER	72.00" (183 CM)	52.00" (132 CM)	94.00" (239 CM)	671 LBS (304 KG) 200 LBS (91 KG)
HD-3100	PREACHER CURL / TRICEPS EXTENSION	49.00" (124 CM)	62.00" (157 CM)	55.00" (140 CM)	475 LBS (215 KG) 190 LBS (86 KG)
HDG-3100	PREACHER CURL / TRICEPS EXTENSION	49.00" (124 CM)	62.00" (157 CM)	55.00" (140 CM)	510 LBS (231 KG) 225 LBS (102 KG)
HD-3200	LAT PULLDOWN / MID ROW	49.00" (124 CM)	66.00" (168 CM)	86.00" (218 CM)	551 LBS (250 KG) 225 LBS (102 KG)
HDG-3200	LAT PULLDOWN / MID ROW	49.00" (124 CM)	66.00" (168 CM)	86.00" (218 CM)	576 LBS (261 KG) 250 LBS (113 KG)
HD-3300	CHEST PRESS / SHOULDER RAISE	62.00" (157 CM)	60.00" (152 CM)	58.00" (147 CM)	566 LBS (257 KG) 215 LBS (98 KG)
HDG-3300	CHEST PRESS / SHOULDER RAISE	62.00" (157 CM)	60.00" (152 CM)	58.00" (147 CM)	591 LBS (268 KG) 240 LBS (109 KG)
HD-3400	LEG CURL / LEG EXTENSION	57.00" (145 CM)	51.00" (130 CM)	55.00" (140 CM)	566 LBS (257 KG) 215 LBS (98 KG)
HDG-3400	LEG CURL / LEG EXTENSION	57.00" (145 CM)	51.00" (130 CM)	55.00" (140 CM)	591 LBS (268 KG) 240 LBS (109 KG)
HD-3403	LEG PRESS / CALF RAISE	70.00" (178 CM)	50.00" (127 CM)	63.00" (161 CM)	696 LBS (316 KG) 280 LBS (127 KG)
HDG-3403	LEG PRESS / CALF RAISE	70.00" (178 CM)	50.00" (127 CM)	63.00" (161 CM)	796 LBS (361 KG) 380 LBS (172 KG)
HD-3600	AB CRUNCH / LOWER BACK	52.00" (132 CM)	48.00" (122 CM)	55.00" (140 CM)	553 LBS (251 KG) 180 LBS (82 KG)
HDG-3600	AB CRUNCH / LOWER BACK	52.00" (132 CM)	48.00" (122 CM)	55.00" (140 CM)	588 LBS (267 KG) 215 LBS (98 KG)
HD-3700	CHIN ASSIST / DIP ASSIST	48.00" (122 CM)	52.00" (132 CM)	83.00" (210 CM)	649 LBS (294 KG) 210 LBS (95 KG)
HD-3800	OUTER THIGH / INNER THIGH	68.00" (173 CM)	31.00" (79 CM)	55.00" (140 CM)	571 LBS (259 KG) 180 LBS (82 KG)
HDG-3800	OUTER THIGH / INNER THIGH	68.00" (173 CM)	31.00" (79 CM)	55.00" (140 CM)	606 LBS (275 KG) 215 LBS (98 KG)
HD-3900	PEC FLY / REAR DELT	69.00" (175 CM)	56.00" (142 CM)	78.00" (199 CM)	677 LBS (307 KG) 310 LBS (141 KG)



## WARRANTY POLICY

HOIST® offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST 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 reserves the right to change product specifications, design, and function at any time.

## TRADEMARKS AND PATENTS

HOIST 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®
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ GLUTEMASTER KICKS ASS®
- ◆ HOIST CLASSIC®
- ◆ JOIN THE MOVEMENT®
- ◆ MOTIONCAGE™
- ◆ 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®

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, D526,330, 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, 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, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 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, 7,993,215, 8,002,679, 8,007,411, 8,021,070, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,317,665, 8,328,698

† Other Patents Pending