

# MOTIONCAGE™

A FUNCTIONAL TRAINING SYSTEM BY HOIST® FITNESS



**HOIST**  
HOISTFITNESS.COM

**[MC/S]**



## [MC/S] MOTIONCAGE™ FEATURES

The MotionCage™ by HOIST Fitness offers a series of functional training system exercise stations that can be configured in several ways to best suit any facility's layout and its members fitness needs. Configurations can include a Squat Rack, a Renegade Station, Dual Hi-Lo Pulleys, a Boxing Station, a Rebounder Station, a Wall Target Station and more. Fitness trainers can train individuals or entire classes on the MotionCage system. A sleek design and colorful finish invites gym-goers to jump on and "Start a ComMOTION".

### Comfort & Durability

- Multiple Grip Options & Oversized Handles  
Provides a more comfortable and secure workout
- Round Tube Frame  
Provides unsurpassed strength and durability

### Convenience

- Integrated User Adjustment Points  
Quick and easy equipment adjustments to accommodate varying user sizes
- Integrated Scuff Guards & Rubber Foot Protectors  
Protects the machine's frame finish and facility floor
- Permanently Anchor All MC/S Products In Place  
HOIST recommends that the MotionCage / Studio be bolted to the floor to maximize user safety
- Integrated Straps & Bands Storage  
Keep equipment organized and reduce clutter on the gym floor
- Polyurethane Covers For Squat Rack Rack-Outs  
Provides protection to the Olympic Bar and frame
- Integrated Accessories Shelves  
Padded storage for kettle-bells or remove the padding for medicine balls; accessories basket also available

### Sleek & Appealing

- Large Radius Bends  
Adds beauty as well as frame rigidity
- Silent Steel® Stacks  
Designed to reduce noise during exercise
- Customizable Frame/Sub Frame Color  
Personalize your equipment to better fit the look of your facility at an additional charge



# [MC] MOTIONCAGE FEATURES

- |   |   |   |
|---|---|---|
| <b>1.</b> Integrated Straps & Bands Points                    | <b>6.</b> Multi Grip Pullup Stations                        | <b>11.</b> Battle Rope Loops                                |
| <b>2.</b> Rock Climbing Grip Wall                             | <b>7.</b> Polyurethane Protective Covers                    | <b>12.</b> Quick Attach/Detach Jump Platform & Dip Stations |
| <b>3.</b> Upper & Lower Ball Targets                          | <b>8.</b> Adjustable Hi-Lo Handles                          | <b>13.</b> Straps & Bands Points                            |
| <b>4.</b> Multi Level Monkey Bars                             | <b>9.</b> Dip Station With Wide/Narrow Adjusting Hand Grips | <b>14.</b> Accessory Storage Hooks                          |
| <b>5.</b> Peg Board With Integrated Pullup Bar & Strap Points | <b>10.</b> Angle Adjusting Rebound Station                  | <b>15.</b> Patented 360° Heavy Bag Joint                    |



*[Accessories shown NOT included]  
[Accessories offered through alternate vender's]*



# [MC] MOTIONCAGE™ CONFIGURATIONS

The [MC] series MotionCage offers a wide range of customization and is built on a large, rigid frame that allows for several gym-goers to exercise simultaneously. This version of the MotionCage comes standard with Monkey Bars, Integrated Pullup Stations, a Peg Board with Elevated Pullup Bar, a Rock Wall, Dip Station, Jump Platform, Padded Accessory Shelves, Storage Hooks and Battle Rope Loops. The versatility of the Motioncage can not be understated and is only truly limited by your imagination.

## Exercise Stations Included In Select Configuration:



Chin-Up Station



Squat Rack



Target Station



Dual Hi-Lo Station



Heavy Bag



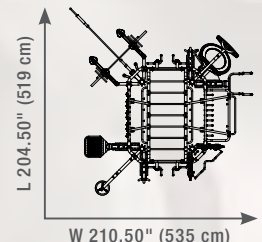
Renegade Station



Rebounder

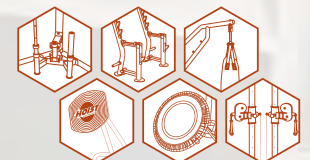
## [MC] MOTIONCAGE PACKAGE 05

MC-7005



\*Exact dimensions may vary based on station assembly

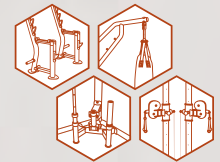
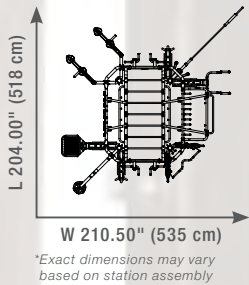
[Olympic Bar shown NOT included]





# [MC] MOTIONCAGE PACKAGE 04

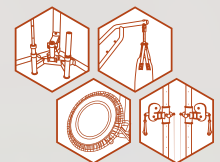
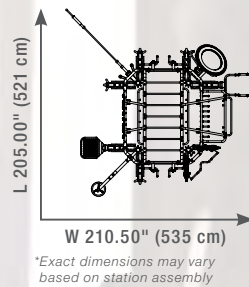
MC-7004



[Olympic Bar shown NOT included]

# [MC] MOTIONCAGE PACKAGE 03

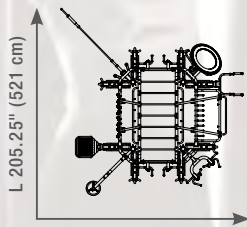
MC-7003



[Olympic Bar shown NOT included]

## [MC] MOTIONCAGE PACKAGE 02

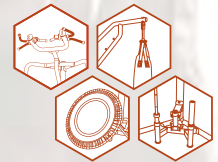
MC-7002



L 205.25" (521 cm)

W 211.00" (536 cm)

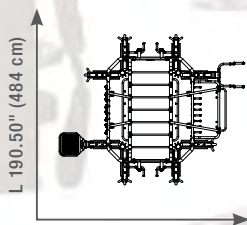
*\*Exact dimensions may vary based on station assembly*



*[Olympic Bar shown NOT included]*

## [MC] MOTIONCAGE PACKAGE 01

MC-7001



L 190.50" (484 cm)

W 153.75" (391 cm)

*\*Exact dimensions may vary based on station assembly*





# [MCS] MOTIONCAGE STUDIO FEATURES

- 1. Patented 360° Heavy Bag Joint
- 2. Integrated Straps & Bands Points
- 3. Multi Grip Chin-Up Handles
- 4. Dual Hi-Lo Station Pullup Bar
- 5. Semi-Transparent Weight Stack Shield
- 6. Adjustable Hi-Lo Handles
- 7. Angle Adjusting Rebound Station
- 8. Hi-Lo Bar Handle Storage Tubes
- 9. Battle Rope Loops
- 10. Accessory Storage Shelves
- 11. Straps & Bands Points
- 12. Accessory Storage Hooks



*[Accessories shown NOT included]  
[Accessories offered through alternate vender's]*

# [MCS] MOTIONCAGE™ STUDIO CONFIGURATIONS

The [MCS] series MotionCage Studio is designed to be a space saver compared to its bigger brother. The MotionCage Studio can be configured using many of the same stations as the larger MotionCage while offering a much smaller footprint.

## Exercise Stations Included In Select Configuration:



Dip Station



Squat Rack



Target Stations



Dual Hi-Lo Station



Jump Platform



Renegade Station



Rebounder



Single Hi-Lo Station



Chin-Up Station



Battle Rope Loops



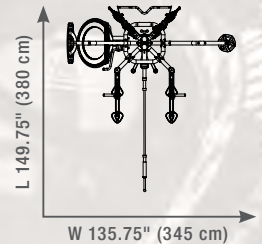
Heavy Bag



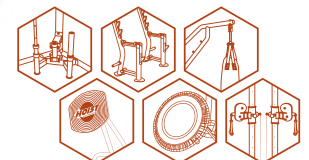
Straps & Bands

## [MCS] MOTIONCAGE STUDIO PACKAGE 05

MCS-8005



\*Exact dimensions may vary

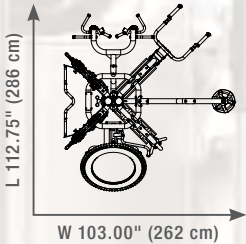


[Olympic Bar shown NOT included]  
[Shelving NOT available with this configuration]



# [MCS] MOTIONCAGE PACKAGE 04

MCS-8004

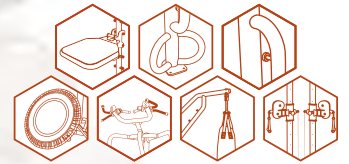


W 103.00" (262 cm)

*\*Exact dimensions may vary based on station assembly*

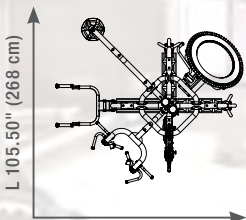


*[Available with either the Dip Stations or Jump Platform]*



# [MCS] MOTIONCAGE PACKAGE 03

MCS-8003

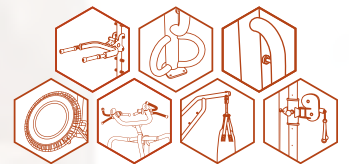


W 112.75" (286 cm)

*\*Exact dimensions may vary based on station assembly*

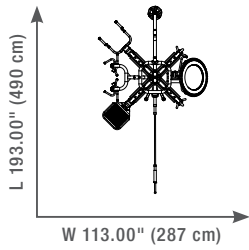


*[Dip Station comes standard with this model]*

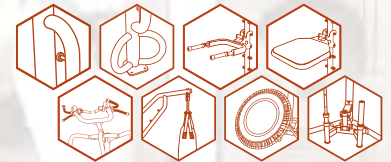


# [MCS] MOTIONCAGE STUDIO PACKAGE 02

MCS-8002



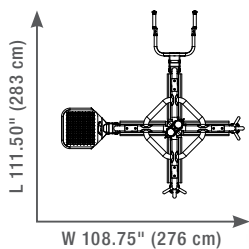
*\*Exact dimensions may vary based on station assembly*



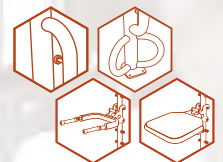
*[Olympic Bar shown NOT included]*

# [MCS] MOTIONCAGE STUDIO PACKAGE 01

MCS-8001



*\*Exact dimensions may vary based on station assembly*





## [MC/S] OPTIONAL ACCESSORIES

**[MC/S] THIRD TIER MOUNT**  
MC-7032



**[MC/S] ACCESSORIES BASKET**  
MC-7031



**[CF] UTILITY STOOL**  
CF-8002



## STANDARD COLORS

..... FRAME .....

CANDY-APPLE  
RED

PLATINUM

TEXTURED  
WHITE

..... SUB-FRAME .....

TEXTURED  
BLACK

Custom frame 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 colors may differ from printed color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	PROD. WEIGHT	WEIGHT STACK
MC-7005 MOTIONCAGE PACKAGE 05	204.50" (519 CM)	210.50" (535 CM)	122.25" (311 CM)	2,807 Lbs. (1,273 KG)	390 Lbs. (177 KG)
MC-7004 MOTIONCAGE PACKAGE 04	204.00" (518 CM)	210.50" (535 CM)	109.50" (278 CM)	2,425 Lbs. (1,100 KG)	390 Lbs. (177 KG)
MC-7003 MOTIONCAGE PACKAGE 03	205.00" (521 CM)	210.50" (535 CM)	109.50" (278 CM)	2,564 Lbs. (1,163 KG)	390 Lbs. (177 KG)
MC-7002 MOTIONCAGE PACKAGE 02	205.25" (521 CM)	211.00" (536 CM)	109.50" (278 CM)	2,674 Lbs. (1,213 KG)	N/A
MC-7001 MOTIONCAGE PACKAGE 01	190.50" (484 CM)	153.75" (391 CM)	95.75" (243 CM)	2,249 Lbs. (1,020 KG)	N/A
MCS-8005 MOTIONCAGE STUDIO PACKAGE 05	149.75" (380 CM)	135.75" (345 CM)	122.50" (311 CM)	1,193 Lbs. (541 KG)	390 Lbs. (177 KG)
MCS-8004 MOTIONCAGE STUDIO PACKAGE 04	112.75" (286 CM)	103.00" (262 CM)	109.50" (278 CM)	1,272 Lbs. (577 KG)	390 Lbs. (177 KG)
MCS-8003 MOTIONCAGE STUDIO PACKAGE 03	105.50" (268 CM)	112.75" (286 CM)	109.75" (279 CM)	1,305 Lbs. (592 KG)	195 Lbs. (88 KG)
MCS-8002 MOTIONCAGE STUDIO PACKAGE 02	193.00" (490 CM)	113.00" (287 CM)	109.75" (279 CM)	1,426 Lbs. (647 KG)	N/A
MCS-8001 MOTIONCAGE STUDIO PACKAGE 01	111.50" (283 CM)	108.75" (276 CM)	95.75" (243 CM)	1,001 Lbs. (454 KG)	N/A



## 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®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED EXERCISE®
- ◆ 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, D439,943, 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

[MC/S]

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GSA Contract # GS-07F-0322K  
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