

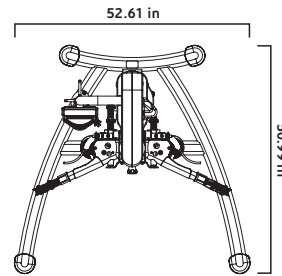
## HOIST Mi5 FUNCTIONAL TRAINER

# Mi5

From the strength industry leader whose products can be found in health clubs and homes around the world, comes the next big innovation in strength training. The HOIST® Mi5 Functional Trainer is HOIST's most compact, space efficient functional trainer to-date. With patented technology, the Mi5 features two cable arms with two planes of movement. A unique three-point cable adjustment system allows for more than 1,000 cable adjustment variations. Both arms can move vertically through 22 different height adjustments. Additionally, each arm can move independently through 7 positions and 160 degrees accommodating users of all heights and size. The Mi5 also features a built-in tablet and accessory holder, water bottle holder and weight lock for suspension exercises.

### FEATURES

- Fully enclosed weight stack for safety and quiet weight plate movement
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Standard 200 lb (91 kg) Silent Steel® weight stack
- Adjustable Core Stabilizer Pad (sold separately)
- Compact, sleek, single column design
- Counterbalanced carriage system for easy one-handed adjustments
- Two adjustable pulley arms with 7 horizontal angle adjustments ranging from 80 degrees above and 80 degrees below flat horizontal
- 22 pulley adjustment positions at 2 inch increments
- Quick Release one-handed accessory connectors
- Weight stack lock allows cables to be used for body weight exercises
- Integrated bottle holder and accessory rack offer convenient storage
- Integrated tablet/mobile device holder
- 4:1 Split Weight Cabling™ for increased cable travel (160" with strap handles)
- Footrests to stabilize when performing seated and standing exercises
- Comes with two (2) four Square-Ring Adjustable Strap Handles
- Non-marring feet to protect flooring



\* Product shown with optional Core Stabilizer Pad and Mi5 Accessory Kit (sold separately)

### ADD-ONS

Mi5 Functional Trainer Accessory Kit Includes:

- Mi5 Core Stabilizer Pad
- Dual-Attachment Aluminum Long Bar
- Aluminum Curl Bar
- Dual-Attachment Long Strap
- Padded Ankle/Thigh Strap
- Two (2) Carabiner Adaptors

### SPECS

- Length: 50.99" / 129.53 cm
- Width: 52.61" / 133.62 cm
- Height: 83.49" / 212.08 cm
- Weight: 442 lbs / 200.48 kg
- Core Stabilizer Pad: 16 lbs / 7.26 kg



# **Mi5 FUNCTIONAL TRAINER**

## **PRODUCT HIGHLIGHTS**



### **EASY ONE-HANDED ADJUSTMENTS**

Counterbalanced carriage system for easy, one-handed vertical adjustments of exercise arms



### **SUSPENSION EXERCISES**

Weight stack locks to the Mi5 frame allowing cables to be used for suspension body weight exercises



# **HOIST Mi5**

## **FUNCTIONAL TRAINER ACCESSORY KIT**

The HOIST Mi5 Functional Training Accessory Kit (sold separately) provides additional attachments that allow for even more flexibility and exercise options on the Mi5 Functional Trainer. Purchasing this add-on package equips your gym with (shown accordingly below); one (1) Mi5 Core Stabilizer Pad, one (1) Dual-Attachment Aluminum Long Bar, one (1) Aluminum Curl Bar, one (1) Dual-Attachment Long Strap, one (1) Padded Ankle / Thigh Strap and two (2) Carabiner Adaptors. Attach the Mi5 Core Stabilizer Pad for a stabilized variation of exercises that target the core and primary muscles. The Core Stabilizer can also be used as support for single leg exercises such as leg extensions and glute kicks.

