

# Mi6 FUNCTIONAL TRAINING SYSTEM

The unique and stylish HOIST® Mi6 is a personal pulley gym that is engineered with both the innovative excellence and aesthetic appeal that the fitness industry has come to expect from HOIST.

This gym provides a complete range of functional training exercises designed to deliver maximum results and build a strong and versatile body. The Mi6 is engineered to target multiple muscle groups through smooth, rhythmic movements and help the user build total body strength while improving overall fitness.

## FEATURES

- A *NEW* streamlined design conceals all of the unit's hardware from view and includes a Carbon Fiber printed shroud and an Adjustable Tablet Housing
- Pulley Columns combine full 360° Rotation, a unique Patent Pending Integrated Adjustment System and Quick-Release Adaptors to provide smooth and easy one-handed adjustments
- 28 pulley adjustment points per column allow for each side of the body to be trained independently or both sides simultaneously
- Integrated Recessed Accessory Rack, Bottle Holders and Towel Hooks offer convenient storage of accessories and personal items
- *Radial LOC*® weight system reduces shifting between weight plates for a smooth, quiet motion
- Fully enclosed weight stacks offer clean lines, additional safety and noise reduction
- Compact, walk-through design requires minimal floor space and is designed to easily fit into a corner
- *Split Weight Cabling*™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Multi-position chin-up bar with diamond pattern for improved grip

## ACCESSORIES

- Adjustable strap handles (1 pair) for varying user heights and arm lengths, assist strap for weight assisted pull-ups and lunges and padded ankle/thigh strap for comfortable leg exercises
- Dual attachment, commercial quality, ultra light aluminum straight bar with revolving attachment points enable the use of both pulleys simultaneously
- Comes standard with 300 lbs. of total weight (150 lbs. per side) and is upgradable to 400 lbs.



\* Tablet, Bottle and Towel Shown Not Included

## SPECIFICATIONS

US / METRIC

Length:	47.75" / 121 cm
Width:	54.00" / 137 cm
Height:	83.00" / 211 cm
Weight:	610.5 lbs. / 277 kg

