

# Mi7Smith FUNCTIONAL TRAINING SYSTEM

From the decades-long 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 Mi7Smith Functional Training System is a completely innovative home gym from the new line of MiHOIST Functional Training Systems. The Mi7Smith maximizes space by combining the MiSmith Dual Action Smith with the Mi7 Functional Trainer with a walk-through design to deliver a sleek and efficient home gym unlike any other. With patented technology, the Mi7Smith is engineered to provide a wide variety of features to maximize your exercise options.

On one side of the Mi7Smith, the MiSmith Dual Action Smith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. Walk through to the other side of the Mi7Smith and the Mi7 Functional Training System features dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion. Patented Flip n Grip® grips offer five pull-up/dip variations and patent-pending Flip n Dip® grips offer both narrow and wide dips.

## COMMERCIAL QUALITY FEATURES

Designed with premium quality in mind, the Mi7Smith includes unique features also found on our popular commercial products

- Patented Flip n Grip® technology provides 5 pull-up grip options, including rock grips
- Patent pending Flip n Dip® technology provides narrow/wide grip dips
- Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a smooth, quiet motion
- Commercial quality components including linear bearings and shafting for frictionless guided motion
- Polyurethane covered rack outs for silent racking and protection of bar
- Non-marring feet to protect flooring

## ADDITIONAL FEATURES

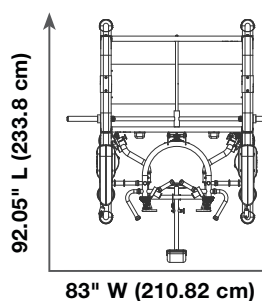
- Adjustable Core Stabilizer Pad
- Streamlined design to conceal most hardware from view
- Compact, walk-through design requires minimal floor space
- 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors.
- 28 pulley adjustment points per column allow for sides to be used independently or together
- Integrated bottle holder and accessory rack offer convenient storage
- Adjustable tablet/mobile device holder
- Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- Standard 150 lbs. (68 kg) weight stacks per side (Quantity two) (Upgradable)
- Ultra-Lite Lifting System™ that reduces Smith bar weight to a mere 30 lbs.
- Adjustable safety tiers on Smith

## INCLUDED COMMERCIAL QUALITY ACCESSORIES

- Adjustable strap handles (one pair)
- Dual attachment, long assist strap
- Padded ankle/thigh strap
- Dual attachment, commercial quality, ultra-light aluminum straight bar with revolving attachment points
- Commercial quality, ultra-light aluminum curl bar

## AVAILABLE UPGRADES

- May add up to 50 lbs. per weight stack (total additional weight 100 lbs.)



## SPECIFICATIONS US / METRIC



Width: 83" / 210.82 cm

Height: 83.49" / 212.07 cm

Length: 92.05" / 233.8 cm

Machine Weight: 985 lb (446.79 kg)

Free MiHoist App provides access to dozens of exercise tutorials, workout plans and fitness training



## Mi7 FUNCTIONAL TRAINING SYSTEM

The HOIST Mi7 Functional Training System is a personal pulley gym from the new line of MiHOIST home gyms. Engineered with innovative excellence, the Mi7 features a sleek and appealing design that conceals most hardware from view. A wider, walk-in, frame offers more space for additional bench exercises while the extensive variety of unique features maximizes exercise options. These features include dual Silent Steel® weight stacks with 360 degree rotating columns for completely free range of motion, five pull-up/chin-up grip options and dip bars that are rotationally stored away. The Mi7 is a product unlike any other home gym, perfect to build full body strength and improve overall fitness.

### COMMERCIAL QUALITY FEATURES

Designed with premium quality in mind, the Mi7 includes unique features also found on our popular commercial products

- ▶ Patented Flip n Grip® technology provides 5 pull-up grip options, including rock grips
- ▶ Patent pending Flip n Dip® technology provides narrow/wide grip dips
- ▶ Silent Steel® weight system eliminates metal to metal contact between plates and guide rods for a quiet motion
- ▶ Commercial quality components
- ▶ Non-marring feet to protect flooring

### ADDITIONAL FEATURES

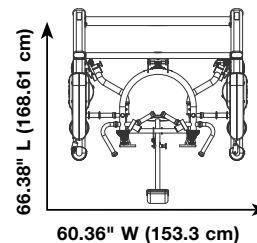
- ▶ Adjustable Core Stabilizer Pad
- ▶ Streamlined design to conceal most hardware from view
- ▶ 360 degree rotating columns with a patent-pending Integrated Adjustment System and Quick Release one-handed accessory connectors
- ▶ 28 pulley adjustment points per column allow for sides to be used independently or together
- ▶ Integrated bottle holder and accessory rack offer convenient storage
- ▶ Adjustable tablet/mobile device holder
- ▶ Wider walk-in design allows space for bench exercises
- ▶ Split Weight Cabling™ delivers 50% resistance to the pulleys for increased cable travel (114" with strap handles)
- ▶ Standard 150 lbs. (68 kg) weight stacks (Quantity two) (Upgradable)

### INCLUDED COMMERCIAL QUALITY ACCESSORIES

- ▶ Adjustable strap handles (one pair)
- ▶ Dual attachment, long assist strap
- ▶ Padded ankle/thigh strap
- ▶ Dual attachment, commercial quality, ultra-light aluminum straight bar with revolving attachment points
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### AVAILABLE UPGRADES

- ▶ May add up to 50 lbs. per weight stack (total additional weight 100 lbs.)



### SPECIFICATIONS

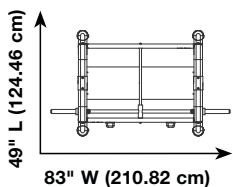
US / METRIC

Width: 60.36" / 153.3 cm

Height: 83.49" / 212.07 cm

Length: 66.38" / 168.61 cm

Machine Weight: 711 lb (322.50 kg)



### SPECIFICATIONS

US / METRIC

Length: 49" / 124.46 cm

Width: 83" / 210.82 cm

Height: 82.54" / 209.66 cm

Machine Weight: 386 lb (175.09 kg)



## MiSMITH

## DUAL ACTION SMITH

The HOIST MiSmith Dual Action Smith is an innovative product from the new line of MiHOIST Home Gyms. Perfect for users of all levels, the MiSmith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. The Ultra-Lite Lifting System™ reduces the bar weight to 30 lbs. allowing a wider range of exercise options. While this gym is engineered to offer maximum power and efficiency to your workout, its sleek and minimalist design offers a luxurious appeal to any individual looking to take their fitness to the next level.

### FEATURES

- ▶ Ultra-Lite Lifting System™ that reduces the bar weight to a mere 30 lbs.
- ▶ Polyurethane covered rack outs for silent racking and protection of bar and frame
- ▶ Non-marring feet to protect flooring
- ▶ Commercial quality linear bearings and shafting for frictionless guided motion
- ▶ Adjustable safety tiers