

# [**H**<sup>22</sup>283]

# MULTI-STACK STATIONS

# [H] 2200 MULTI-STACK

### **STATION 1**

### Lat Pulldown, Leg Press, and High Pulley

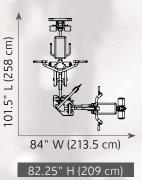
- Counter-balanced arm and self-aligning handles provide a smooth, natural feel to the lat pulldown.
- Angled thigh brace rollers on the lat pulldown allow users to quickly and easily slip into position without the need for adjustment.
- Self-aligning foot plate on leg press station automatically adjusts during the exercise to follow the natural movement of a user's feet, taking the strain off of the ankles.
- 2:1 Split Weight Cabling<sup>™</sup> ratio on the leg press provides 400 pounds of resistance.
- **Y** High pulley station allows a user to perform a variety of exercises.

### **STATION 2**

### Chest Press, Mid Row, Leg Extension, and Standing Leg Curl

- Interchangeable press arm options allows a user to choose between a traditional fixed press arm, or a patented 3D articulating press arm.
- Low and mid pulley stations allow users to perform a variety of upper and lower body exercises.
- Dual adjusters on the back pad offer telescoping and angular adjustments for proper positioning and back support.
- Locking pull pin provides stable pad positioning.







# [H] 4400 MULTI-STACK

# **STATION 1**

### Leg Press

- Pillow block bearings and 4-bar linkage system provide smoother motion and increased durability.
- Foot plate follows natural movement of a user's feet, taking the strain off the ankles.
- Adjustable back pad accommodates different sized users.
- 2:1 Split Weight Cabling<sup>™</sup> ratio provides 400 pounds of resistance.

# **STATION 2**

### Adjustable Cable Column

- **2** Pulley adjusts to 23 different positions.
- Split Weight Cabling<sup>™</sup> reduces resistance by 50% to accommodate more exercises.

# **STATION 3**

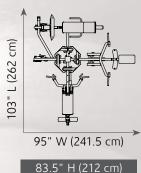
### Lat Pulldown

Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.

# **STATION 4**

### Chest Press, Mid Row, Leg Extension and Standing Leg Curl

- Counter-balanced arm with self-aligning handles automatically accommodates the movement and size of individual users.
- **a** Angled thigh brace rollers eliminate the need for adjustments.





# ADDITIONAL MULTI-STACK FEATURES

- Patented Radial Loc® Weight System with 22 lb. incremental weights and weight pin lanyard.
- Patented Rigid Arm Lat Pulldown has wide-open head clearance for safety. Self-Aligning Handles automatically adjust throughout the exercise movement to accommodate users of all sizes.
- Patented 3-D Articulating Press Arm allows users to control both the arc and angle of the exercise path.
- Patented Range of Motion Adjustment customizes the user's starting position on bench press, shoulder press, incline press and mid-row exercises.
- > Dual Adjusting Back Pad provides proper body positioning, and Easy Glide™ inserts eliminate metal-to-metal wear and friction.

- Leg Extension/Leg Curl station has an integrated cam to prevent resistance drop off at the end of the exercise.
   Patented, Self-Aligning Rollers adjust automatically and provide thigh support.
- Accessory Rack is built-in to keep straps and exercise bars conveniently within reach.
- Self-Aligning Foot Plate on user's leg press station pivots to follow the natural exercise motion. Non-skid surface assures secure foot placement.
- Contoured Seats and Back Pads add comfort and lumbar support. Angled Thigh Brace Rollers provide secure positioning for lat pulldown exercises.

# WARRANTY

HOIST warranties this product to the original purchaser only and guarantees this product to be free from defects in workmanship and/or materials under normal use or service. Warranty policy applies to defects from the manufacturer only. HOIST reserves the right to change product specifications, design, and function at any time. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM.** 

# TRADEMARKS AND PATENTS

HOIST products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.

- HOIST<sup>®</sup>
- ACT NOW<sup>®</sup>
- CABLE-DRIVEN<sup>™</sup>
- CLUB QUALITY GUARANTEED<sup>®</sup>
  COMPOSITE MOTION<sup>™</sup>
- COMPOSITE MOTION™
  DUAL ACTION SMITH®
- EASY GLIDE<sup>™</sup>
- EZ-LOC LATCHING MECHANISM<sup>™</sup>
- FEEL THE RIDE®

- GLUTEMASTER®
- HOIST CLASSIC<sup>®</sup>
  QUIK-CHANGE<sup>®</sup>
  - RADIAL LOC<sup>®</sup>
- RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- RIDE ORIENTED CONDITIONING<sup>®</sup>
- RIDE ORIENTED CONDITIONING SYSTEM®
- RIDE ORIENTED CONDITIONING-INTENSITY TRAINING<sup>™</sup>
- RIDE ORIENTED XERCISE®

- ROC®
- ROCS<sup>®</sup>
  ROX<sup>®</sup>
- ROX<sup>®</sup>
  ROC-IT<sup>®</sup>
- ROC-ABS<sup>®</sup>
- SILENT STEEL®
- SPLIT WEIGHT CABLING<sup>™</sup>
- ULTRA-LITE LIFTING SYSTEM™

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, D513,589, 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, D569,256, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, 5683,334, 5733,233, 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, 6,491,605, 6,491,605, 6,491,605, 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, 7,301,309, 7,468,024, 7,549,480, 7,549,840, 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, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 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 t Other Patents Pending



### [800] 548-LIFT | HOISTFITNESS.COM

© 2012 HOIST® FITNESS SYSTEMS. ALL RIGHTS RESERVED.