



YOUTH FITNESS LINE

**[KL]**

# [KL] YOUTH FITNESS LINE

THE HOIST® YOUTH FITNESS LINE WAS DESIGNED WITH THREE MAJOR PRINCIPLES OF CHILDREN'S FITNESS IN MIND — SAFETY, FUN AND RESULTS!

**SAFETY:** Equipment suited for adults is not appropriate for the developing body of a child. Designed specifically for kids, our KL line focuses on multi-joint movements to effectively spread the pressure across more than just one isolated joint. KL's neutral hand grips eliminate shoulder rotation, reducing the chance of injury to developing muscles, joints, therefore reducing additional tension on the body and bones.

**FUN:** Kids will want to work out because it's FUN! The dynamic movement (ROX® Technology) of KL targets specific muscle groups and encourages children to exercise by simulating the motion of a ride. A physical activity that is both fun and beneficial encourages a child to develop healthy exercise habits.

**RESULTS:** Participants can expect an improvement in bone density and tendon/ligament strength. Skeletal muscular strength, joint stability and endurance are also enhanced. The benefits of strength training play an important role in the prevention of injuries. Resistance training enhances nervous system function and promotes emotional health, and can provide improvements in self-esteem and confidence.

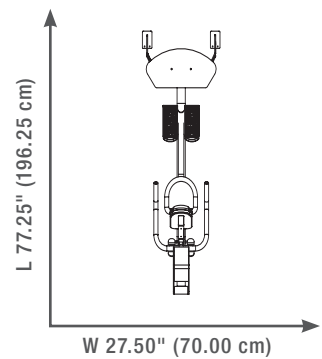
According to Mayo Clinic, children as young as 7 or 8 can participate in, and benefit from, strength training exercise. Young adults do not add muscular power the same way adults do. Rather, performing strength training exercises are important to promote healthy bone density, increase neuromuscular development, promote healthy blood pressure and cholesterol, protect muscles and joints from sports-related injuries and to teach healthy lifestyle habits.



ALL KL CIRCUITS INCLUDE AN EXERCISE TRAINING PROGRAM DEVELOPED IN CONJUNCTION WITH THE AMERICAN COUNCIL ON EXERCISE®.



**[KL] SEATED DIP**  
KL-2101

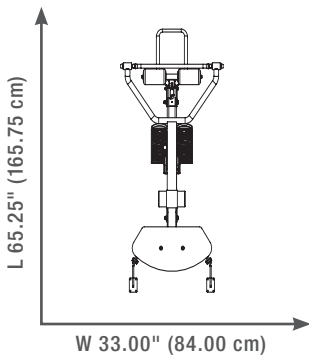


- Allows children to experience the sensation of completing a dip
- Dynamic linkage movement system
- Safety shield and weight stack with exercise placards

**Product Specifications:**  
**US/METRIC**

Length:	77.25" / 196.25 cm
Width:	27.50" / 70.00 cm
Height:	58.50" / 148.75 cm
Machine Weight:	473 lbs. / 215 kg

**[IKL] CHIN-DIP**  
KL-2201

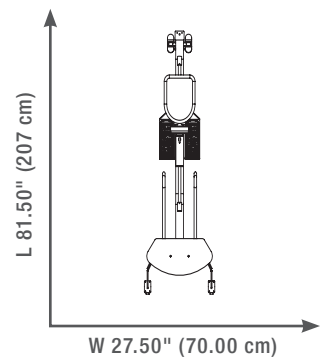


**Product Specifications:**  
**US/METRIC**

Length: 65.25" / 165.75 cm  
Width: 33.00" / 84.00 cm  
Height: 77.00" / 195.5 cm  
Machine Weight: 563 lbs. / 256 kg

- Replicates movement of a pull up
- Adjustable seat and bar positions
- Counter-balanced exercise arm

**[KL] MID ROW**  
KL-2203



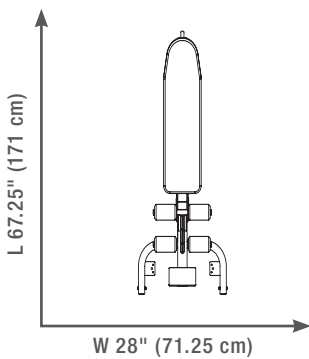
- Mimics the ride sensation of rowing
- Adjustable chest pad to accommodate varying arm lengths
- Self-aligning linear ball bearings

**Product Specifications:**  
**US/METRIC**

Length: 81.50" / 207 cm  
Width: 27.50" / 70.00 cm  
Height: 58.50" / 148.75 cm  
Machine Weight: 491 lbs. / 223.25 kg

# [K<sub>L</sub>] ABDOMINAL BENCH

KL-2261



## **Product Specifications:** US/METRIC

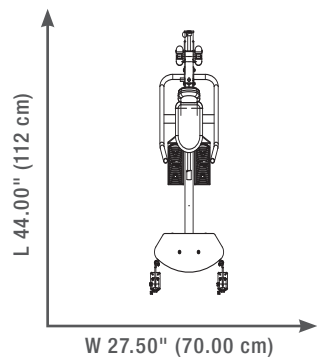
Length: 67.25" / 171 cm  
Width: 28.00" / 71.25 cm  
Height: 34.00" / 86.5 cm  
Machine Weight: 110 lbs. / 50 kg

- Flexibility of several body resistance exercises in an adjustable unit
- Decline/Flat/Incline exercise angles
- Four upholstered roller pads for stabilization



# [KL] CHEST PRESS

KL-2301



- Emulates a smooth riding motion without shoulder impingement
- Adjustable back pad to accommodate children of varying sizes and arm lengths
- Induction hardened steel shafting

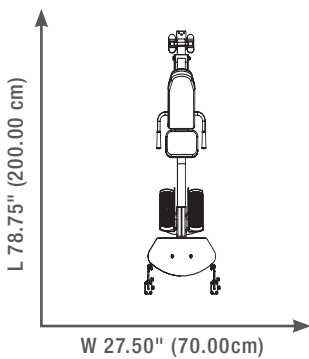
### **Product Specifications:**

**US/METRIC**

Length: 76.50" / 194.5 cm  
Width: 27.50" / 70.00 cm  
Height: 58.50" / 148.75 cm  
Machine Weight: 493 lbs. / 224 kg

# [IKL] SQUAT PRESS

KL-2403



## **Product Specifications:** US/METRIC

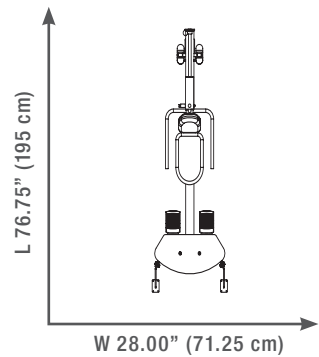
Length: 78.75" / 200.00 cm  
Width: 27.50" / 70.00 cm  
Height: 58.50" / 148.75 cm  
Machine Weight: 482 lbs. / 219 kg

- Extends with compound movement from squatting to standing positions
- Oversized foot placement pads
- Drop away seat



## [KL] LEG PRESS

KL-2410



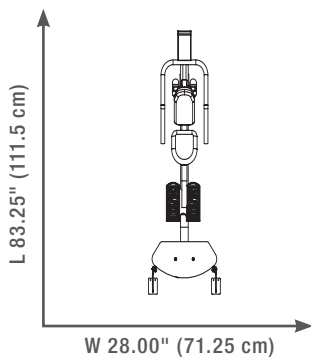
- Imitates the sensation of a ride in an adjustable unit
- Adjustable back pad to accommodate children of varying sizes and arm lengths
- Oversized foot placement pads

### **Product Specifications:** US/METRIC

Length:	76.75" / 199.5 cm
Width:	28.00" / 71.25 cm
Height:	58.50" / 148.75 cm
Machine Weight:	510 lbs. / 231.5 kg

# [IKL] SHOULDER PRESS

KL-2501



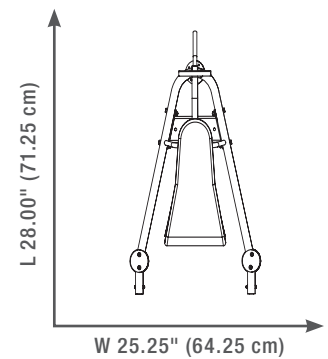
## **Product Specifications:** US/METRIC

Length: 83.25" / 111.5 cm  
Width: 27.50" / 70.00 cm  
Height: 58.50" / 148.75 cm  
Machine Weight: 530 lbs. / 241 kg

- Provides a rocking motion and compound movement; minimizes any impingement of the shoulder
- Adjustable seat pad to accommodate children of varying sizes

## [KL] BACK/HIP EXTENSION

KL-2662



- Allows children with excess upper body weight to complete the extension by simply raising their legs
- Foot mount pedestals for ease of access and use

### **Product Specifications:** US/METRIC

Length:	28.00" / 71.25 cm
Width:	17.50" / 45.50 cm
Height:	25.25" / 64.25 cm
Machine Weight:	119 lbs. / 54 kg



PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT STACK	MACHINE WEIGHT
KL-2101 SEATED DIP	77.25" (196.25 CM)	27.50" (70.00 CM)	58.50" (148.75 CM)	138 Lbs. (62.5 KG)	473 Lbs. (215 KG)
KL-2201 CHIN UP	65.25" (165.75 CM)	33.00" (84.00 CM)	77.00" (195.5 CM)	155 Lbs. (70.5 KG)	563 Lbs. (256 KG)
KL-2203 MID ROW	81.50" (207.00 CM)	27.50" (70.00 CM)	58.50" (148.75 CM)	138 Lbs. (62.75 KG)	491 Lbs. (223.25 KG)
KL-2261 AB CRUNCH	67.25" (171.00 CM)	28.00" (71.25 CM)	34.00" (86.5 CM)	N/A	110 Lbs. (50 KG)
KL-2301 BENCH PRESS	76.50" (194.50 CM)	27.50" (70.00 CM)	58.50" (148.75 CM)	138 Lbs. (62.75 KG)	493 Lbs. (224 KG)
KL-2403 SQUAT PRESS	78.50" (199.50 CM)	27.75" (70.00 CM)	58.50" (148.75 CM)	138 Lbs. (62.75 KG)	482 Lbs. (219 KG)
KL-2410 SEATED LEG PRESS	76.75" (195.00 CM)	28.00" (71.25 CM)	58.50" (148.75 CM)	155 Lbs. (70.5 KG)	510 Lbs. (231.5 KG)
KL-2501 SHOULDER PRESS	83.25" (111.50 CM)	27.50" (70.00 CM)	58.50" (148.75 CM)	138 Lbs. (62.75 KG)	530 Lbs. (241 KG)
KL-2662 BACK / HIP EXTENSION	28.00" (71.25 CM)	17.50" (45.50 CM)	25.25" (64.25 CM)	N/A	119 Lbs. (54 KG)



## WARRANTY

HOIST warrants 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.



[KL]

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