V₆ PERSONAL PULLEY GYI

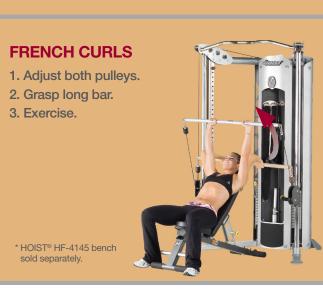
The unique and stylish HOIST® V6 is a personal pulley gym that is engineered with the innovative excellence that the fitness industry has come to expect from HOIST®. This gym provides a complete range of





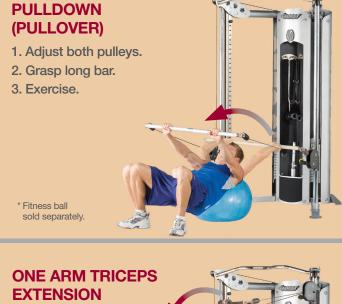










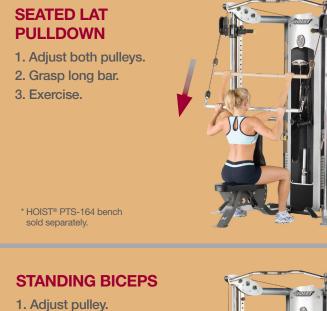


















SHOULDERS



TO INCREASE MUSCLE SIZE:

Do 8-10 repetitions of each exercise Increase weight after each set, provided you maintain proper body form and technique

Complete 3-4 sets of each exercise Rest for 45-60 seconds between sets

TO INCREASE ENDURANCE OR TONE:

Do 12-15 repetitions of each exercise Complete 3-4 sets of each exercise

Rest for 45-60 seconds between sets

Limit rest between exercises to build cardiovascular endurance Ideally, you should perform 30 seconds of cardiovascular exercise between each

strength training exercise

SAMPLE PROGRAMS:

Weekly routine—1 body area per day: Monday and Wednesday: Upper Body Tuesday and Thursday: Lower Body

Alternate days for Abdominals Never work the same muscle group on consecutive days

Never work the same muscle group on consecutive days

Day 2: Shoulders & Back

Day 3: Legs and Abdominals

Three day routine—3 days on, 1 day off:

Day 1: Chest, Arms and Abdominals

Consult a physician before you begin an exercise program. Always warm up before your workout with 5-10 minutes of cardiovascular exercise. Then stretch slowly, exhaling as

you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Following your strength training regimen, stretch again to complete your workout. Maintain proper spinal alignment and head positioning throughout your workout.

For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.

Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your new V6 HOIST® Fitness System will help you reach your goals only with consistent use. To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a

particular muscle, you should use the supporting muscles as well. Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.

Do not hold your breath. Exhale during the pressing action, and inhale upon returning to the start position.

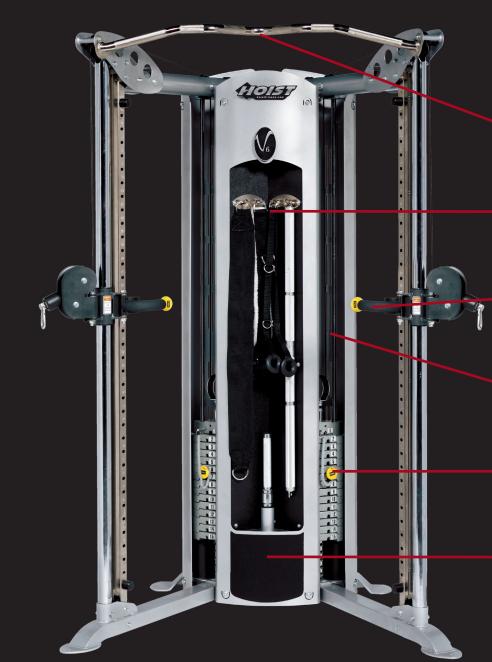
Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety. Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine

Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts and belts on a daily basis. Replace or repair any

frayed, loose or otherwise damaged parts at the first sign of a problem. Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.

Sweat is corrosive—make sure to wipe down the machines on a regular basis with a watered down rag. Then, dry completely to avoid rust. Maintain a regular routine of preventative maintenance.

For additional information on fitness health, safety, or equipment, call HOIST® Fitness Systems at 800.548.5438 or visit us online at www.hoistfitness.com. For additional exercises and instructions, please refer to the "Exercise Descriptions" section of your Owner's Manual.



Multi-Position Chin Up Bar

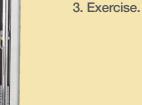
Integrated Recessed Accessory Rack

One-Handed Pulley Adjustment

Enclosed Weight Stacks with Vented Shrouds

Standard Dual 150 lb. Cast Weight Stacks

Scuff Protector



AB WORKOUT 1



SIDE BENDS

1. Adjust pulley.

2. Grasp strap handle.





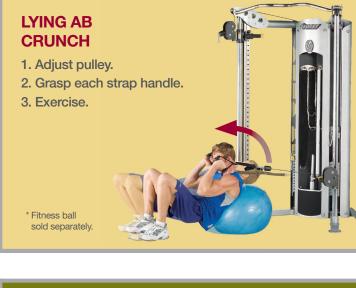
DONKEY KICK

2. Adjust ankle/thigh strap

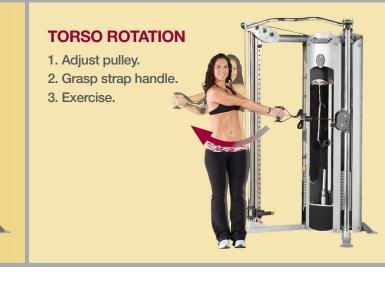
1. Adjust pulley.

around ankle.

3. Exercise.



AB WORKOUT 2



AB WORKOUT 3

LOWER BODY WORKOUT 2

LOWER BODY WORKOUT 1 HIGH STEP

1. Adjust both pulleys. 2. Grasp long bar. 3. Exercise.

SEATED AB

1. Adjust both pulleys.

* HOIST® HF-4145 bench sold separately.

2. Grasp each strap handle.

CRUNCH

3. Exercise.

SQUAT



1. Adjust pulley. 2. Adjust ankle/thigh strap around ankle. 3. Exercise.

CALF RAISE

2. Grasp long bar.

GLUTE KICK

1. Adjust pulley.

around ankle.

CLEAN & PRESS

1. Adjust both pulleys.

3. Exercise.

2. Adjust ankle/thigh strap

3. Exercise.

1. Adjust both pulleys.



1. Adjust pulley. around ankle. 3. Exercise.









STEP UP

1. Adjust both pulleys. 2. Grasp each strap handle 3. Exercise. * HOIST® HF-4145 bench

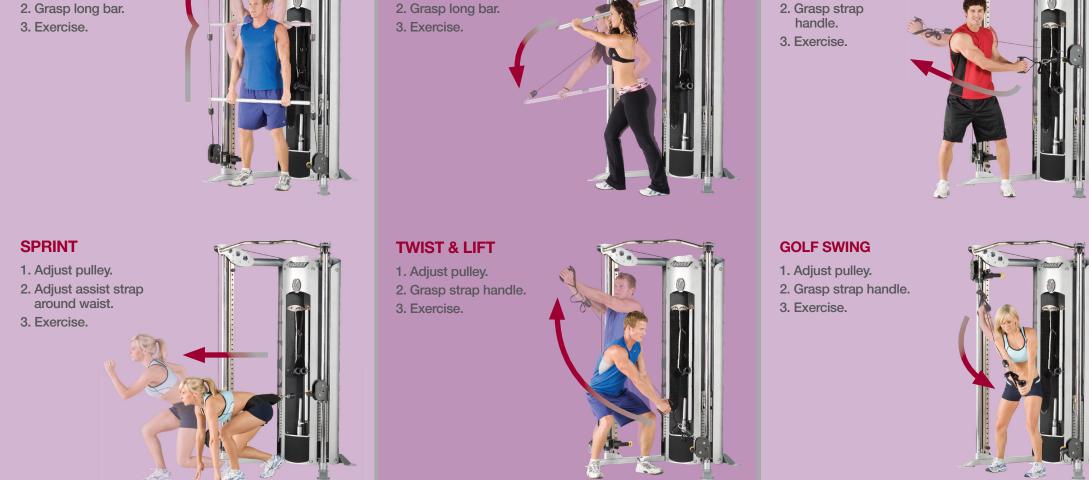
sold separately. **STANDING LEG CURL** 1. Adjust pulley. 2. Adjust ankle/thigh strap around ankle. 3. Exercise.

HOIST® PTS-164 bench **ASSISTED LUNGES**









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