V SELECT SERIES
The unique V Select Series by HOIST® featuring sixty-four different configurations to accommodate every lifestyle. Engineered with users in mind, the V Select Series provides you the flexibility to customize your home gym and achieve your personal fitness goals. Sleek and attractive, the compact design of the V Select Series requires minimal floor space allowing you to move efficiently from one exercise to the next.

**FEATURES & BENEFITS**

- Patented Radial Loc® weight system reduces shifting between weight plates for smoother, quieter exercise movements.
- Wide groove pulleys on the high, mid and low cable stations provide greater range of motion and longer cable life.
- Split Weight Cabling™ increases cable travel and delivers 50% resistance to mid and low pulley exercises.
- Fully enclosed weight stacks with vented shrouds for noise reduction.
- Compact, exercise-forward design requires minimal floor space.
- To help get the most out of your workouts, the V Select Series comes with an instructional DVD demonstrating a variety of exercises and sample workouts.
- A V Select Series exercise poster is also included to serve as a quick reference guide showing proper form and exercise examples.
- Integrated accessory rack provides convenient storage for all V gym accessories. Standard accessories include:
  - Two adjustable strap handles for varying user heights and arm lengths
  - Curl bar & lat bar made from ultra-lite aluminum
  - 14 link chain ensuring proper range of motion for varying user heights
  - One padded ankle / thigh strap for comfortable leg exercises
  - One ab strap for abdominal exercises
- All V Select Series gyms have 2.5 and 5 lb add-on weights for smaller increases in resistance.

### FEATURES & BENEFITS

- Log daily exercise and meals
- Track daily metrics (weight, sleep, stress)
- Basic analysis of workouts, meals and metrics
- Upload workouts from 80+ training devices
- Map, upload and record routes
- Share workouts and routes on Facebook, Twitter and email
- Interactive dashboard and journal

**COMBO LEG STATION**

FOR V PREMIER BASE FRAME ONLY

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Integrated accessory rack provides convenient storage for all V gym accessories. Standard accessories include:

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- One ab strap for abdominal exercises

All V Select Series gyms have 2.5 and 5 lb add-on weights for smaller increases in resistance.

Purchasers of any HOIST V Select Series Gym have FREE access to a unique training tool powered by Training Peaks. Users can build a custom fitness plan using a set of detailed, gym-specific workouts.

**SPECIFICATIONS**

<table>
<thead>
<tr>
<th>US / METRIC</th>
<th>Length: 39.50&quot; / 100 cm</th>
<th>Width: 24.00&quot; / 61 cm</th>
<th>Height: 83.00&quot; / 211 cm</th>
<th>Machine Weight: 93 lb / 42 kg</th>
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**HI-LO PULLEY**

SELECT SERIES

FEATURES & BENEFITS

- Range of motion adjuster provides multiple starting positions for both leg extension and leg curl exercises.
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths.
- Ratcheting back pad provides quick and easy adjustments to accommodate varying leg lengths.
- Smooth cable action makes exercise consistent and enjoyable.
- V Combo Leg Station uses HOIST’s ROX Technology making the user’s body part of the exercise for a more effective workout.

**MY HOIST**

POWERED BY TRAINING PEAKS

LOGO

The unique V Select Series by HOIST® featuring sixty-four different configurations to accommodate every lifestyle. Engineered with users in mind, the V Select Series provides you the flexibility to customize your home gym and achieve your personal fitness goals. Sleek and attractive, the compact design of the V Select Series requires minimal floor space allowing you to move efficiently from one exercise to the next.

**FEATURES & BENEFITS**

- Patented Radial Loc® weight system reduces shifting between weight plates for smoother, quieter exercise movements.
- Wide groove pulleys on the high, mid and low cable stations provide greater range of motion and longer cable life.
- Split Weight Cabling™ increases cable travel and delivers 50% resistance to mid and low pulley exercises.
- Fully enclosed weight stacks with vented shrouds for noise reduction.
- Compact, exercise-forward design requires minimal floor space.
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  - One padded ankle / thigh strap for comfortable leg exercises
  - One ab strap for abdominal exercises
- All V Select Series gyms have 2.5 and 5 lb add-on weights for smaller increases in resistance.

### FEATURES & BENEFITS

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PREMIER BASE FRAME
WITH V1 PRESS ARM

FEATURES & BENEFITS

- HOIST’s V Premier Base Frame has the smallest footprint of any HOIST gym allowing it to fit into a minimal gym space.
- Wide groove pulleys on the high, mid and low cable stations provide greater exercise range of motion and longer cable life.
- Adjustable ratcheting back pad enhances upper body support during exercises.
- HOIST’s Split Weight Cabling System™ increases cable travel and range of motion while delivering 50% resistance to mid and low pulleys.
- Patented Radial Loc® weight system combined with vented shrouds provides smoother, quieter exercise movements.
- Integrated accessory rack for convenient storage.
- Accepts the unique V Combo leg station with ROX Technology giving users an effective leg workout with exhilarating exercise movement.

V1 PRESS ARM

FEATURES & BENEFITS

- The V1 press arm follows a predetermined exercise path and features a range of motion adjustment to quickly and easily set for different arm lengths and beginning stretch preferences.

SPECIFICATIONS

US / METRIC

Length: 60.00" / 152 cm
Width: 48.25" / 123 cm
Height: 83.50" / 212 cm
Machine Weight: 367 lbs. / 166 kg

* NOTE: Unit comes with standard weight stack (150 lbs.) Optional 50lb. weight stack upgrade available (200 lbs. total – as shown above) for additional charge. Contact your HOIST Sales Representative for more information.
**SELECT BASE FRAME WITH V3 PRESS ARM**

**FEATURES & BENEFITS**

- Ratcheting seat and adjustable back pad provide quick and easy exercise positioning for varying body sizes.
- Multi-function roller pads ensure correct exercise alignment during both leg extension and standing leg curls.
- Standing leg curl allows users to exercise each leg independently.

**V3 PRESS ARM**

**FEATURES & BENEFITS**

- Designed to mimic freeweight exercises, the V3 press arm features three dimensional exercise movements allowing users to perform flat, incline, and decline presses and fly exercises.

*NOTE: Unit comes with standard weight stack (150 lbs. – as shown above) Optional 50lb. weight stack upgrade available (200 lbs. total) for additional charge. Contact your HOIST Sales Representative for more information.*

**SPECIFICATIONS**

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<tbody>
<tr>
<td><strong>Length:</strong></td>
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<td><strong>Width:</strong></td>
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<td><strong>Height:</strong></td>
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<td><strong>Machine Weight:</strong></td>
<td>460 lbs. / 209 kg</td>
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**ELITE BASE FRAME WITH V4 PRESS ARM**

**FEATURES & BENEFITS**

- Patented leg station allows users to perform both leg extension and leg curl exercises from the seated position.
- A range of motion adjuster provides multiple starting positions for both leg extension and leg curl exercises.
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths.
- Multi-function back pad provides telescoping and tilting adjustments for enhanced upper body support during chest, shoulder and back exercises.

**V4 PRESS ARM**

**FEATURES & BENEFITS**

- The V4 is the ultimate press arm combining the range of motion adjustment of the V1 with the user-defined exercise movement of the V3. The versatile V4 press arm also includes attachable strap handles to further increase exercise options.

* NOTE: Unit comes with standard weight stack (150 lbs. – as shown above) Optional 50lb. weight stack upgrade available (200 lbs. total ) for additional charge. Contact your HOIST Sales Representative for more information.

**SPECIFICATIONS**

**US / METRIC**

- Length: 80.50" / 205 cm
- Width: 48.25" / 123 cm
- Height: 83.50" / 212 cm
- Machine Weight: 544 lbs. / 247 kg
**STATIONARY LEG PRESS**

**FEATURES & BENEFITS**
- Easy-to-enter, step-through design with diamond tread foot plates.
- Swiveling foot plate that automatically self aligns during exercise.
- Multiple positions for leg presses and calf raises.
- Ratcheting back pad provides quick and easy adjustment for varying leg lengths.

**SPECIFICATIONS**

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<th>US / METRIC</th>
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<tr>
<td>Length:</td>
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<td>Width:</td>
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<td>Height:</td>
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<td>Machine Weight:</td>
<td>128 lbs. / 58 kg</td>
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**RIDE LEG PRESS**

**FEATURES & BENEFITS**
- Exhilarating leg workout mimicking the natural, comfortable and functional movements of freeweight training.
- ROX™ technology makes the user part of the exercise motion for optimal biomechanical positioning and increased range of motion.
- ROX™ technology constantly shifts user’s center of gravity for greater core activation while maintaining a stable exercise platform.
- Easy-to-enter, step-through design with diamond tread foot plates.
- Swiveling foot plate that automatically self aligns during exercise.
- Large oval foot plate for multiple positions for leg presses and calf raises.
- Ratcheting back pad provides quick and easy adjustment for varying leg lengths.

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<td>Machine Weight:</td>
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The V Hi-Lo Pulley has 35 separate pulley positions designed to perform a vast array of upper and lower body exercises. To make it easy to move from one exercise to another, the counter balance pulley combined with a unique integrated adjuster system provides smooth and easy one-handed adjustments.

Patented Radial Loc® weight system reduces shifting between weight plates for smoother, quieter exercise movements.

Wide groove pulleys on the high, mid and low cable stations provide greater range of motion and longer cable life.

Split Weight Cabling™ increases cable travel and delivers 50% resistance to mid and low pulley exercises.

Fully enclosed weight stacks with vented shrouds for noise reduction.

Compact, exercise-forward design requires minimal floor space.

To help get the most out of your workouts, the V Select Series comes with an instructional DVD demonstrating a variety of exercises and sample workouts.

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HI-LO PULLEY

**FEATURES & BENEFITS**

- Range of motion adjuster provides multiple starting positions for both leg extension and leg curl exercises.
- Self-aligning roller pads adjust automatically to accommodate varying leg lengths.
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- Smooth cable action makes exercise consistent and enjoyable.
- V Combo Leg Station uses HOIST’s ROX Technology making the user’s body part of the exercise for a more effective workout.

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<td>Height:</td>
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<td>Machine Weight:</td>
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**COMBO LEG STATION**

FOR V PREMIER BASE FRAME ONLY

**FEATURES & BENEFITS**

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All V Select Series gyms have 2.5 and 5 lb add-on weights for smaller increases in resistance.
LIFETIME FRAME*
10 YEARS MOVING PARTS*
10 YEARS PAINT, CABLES & UPHOLSTERY*

* Warranty applies to defects from the manufacturer only and is valid only to the original purchaser of the product.

Proof of purchase required. Visit www.hoistfitness.com for complete product warranty

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www.hoistfitness.com • www.facebook.com/hoistfitness • www.youtube.com/hoistfitness

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