

True Fitness MP4.0 - 4 Stack Multi-Gym

Product Overview

The **True Fitness MP4.0** combines all the features and stations of the MP series into one compact, four-weight stack unit, featuring five versatile workout stations. This multi-gym is designed to accommodate users of all fitness levels with customizable options and high-quality construction.

Features:

- **Attractive Weight Stack Enclosures:** Completely conceals weight stacks for safety and aesthetics.
- **Color-Coded Instruction Label:** Clearly illustrates 16 common exercises and includes a recommended maintenance schedule.
- **Standard Accessories:** Includes Lat Bar, Revolving Curl Bar, Nylon Handle, Ankle Strap, and Abdominal Crunch Strap.
- **Versatile Low Swivel Pulley:** Features a foot platform and is ideal for exercises such as Biceps Curls, Upright Rows, and Inner/Outer Thigh movements.
- **Accurate Fit:** 5-position back pad and leg curl thigh pad accommodate a wide range of users.
- **Range of Motion:** Four starting positions for extensions and curls allow users to customize their range of motion.
- **Self-Adjusting Ankle Pad:** Eliminates the need for adjustment while providing proper support throughout the motion.
- **Wide Range of Exercises:** Offers Chest, Incline, and Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown and Extension; and Abdominal Crunch exercises.
- **Quick & Accurate Adjustments:** 8-position press arm and back pad, along with color-coded labels, ensure easy and precise adjustments.
- **Accommodating Design:** 5-position adjustable seat and dual-grip press arm provide customization for a wide range of users and exercise variations.
- **Bonus Accessories:** Mid-level pulley with a contoured multi-purpose strap for Abdominal Crunch and Triceps Extension exercises.
- **Back Pad Adjustment:** Color-coded labels match the press arm adjustment for versatile workout options.
- **Color-Coded Multi-Position Adjustments:** Quickly adjust upper body exercises using spring-loaded knobs with clear labels.
- **Convenient Adjustments:** Set the range of motion while seated for Leg Extensions and Curls, with four starting positions available.

Stations:

1. Leg Extension / Leg Curl

- Four starting positions for both extensions and curls, allowing users to customize the range of motion.
- 5-position back pad and leg curl thigh pad for a wide range of users.
- Self-adjusting ankle pad provides proper support throughout the range of motion without needing adjustments.

2. Upper Body

- Exercise options include:
 - **Chest, Incline, and Shoulder Presses**
 - **Lat Pulldown and Seated Row**
 - **Triceps Pushdown and Extension**
 - **Abdominal Crunch**
- Color-coded, 8-position press arm and adjustable back pad for quick and accurate adjustments.
- 5-position seat to accommodate various users.
- Mid-level pulley includes a contoured multi-purpose strap for abdominal and triceps exercises.

3. Low Swivel Pulley

- Ideal for exercises such as:
 - **Biceps Curl**
 - **Upright Rows**
 - **Inner and Outer Thigh Exercises**

4. Adjustable Cable Column

- Dual pulleys pivot freely, supporting user-defined movements.
- Unilateral cable design allows for:
 - Up to 12 feet of cable travel with one arm.
 - Up to 6 feet of cable travel with both arms.

5. Leg Press

- Low-profile design with ergonomically positioned handles for easy entry and exit.
- 6-position foot platform with integrated gas cylinder for effortless adjustments.
- Contoured back pad for support throughout the range of motion.

Specifications:

- **Footprint:** 123" L x 108" W x 83.75" H (312 cm x 274 cm x 213 cm)
- **Structural Frame:** Built with 40mm x 80mm and 50mm x 100mm oval-shaped tubing and precision laser-cut steel plates.
- **Exercise Position Labels:** Color-coded for quick, easy adjustments.
- **Adjustments:** Spring-loaded, color-coded knobs for secure and corrosion-free adjustments.
- **Handgrips:** Durable and comfortable extruded thermo-rubber compound grips.
- **Feet:** Custom-molded feet ensure stability and prevent floor damage.
- **Cables:** Mil-spec lubricated 1/8" nylon-coated to 3/16", with a 2,000 lbs. tensile strength.

- **Selector Shaft Assembly:** Cold-rolled, chrome-plated 1" selector shaft with machined bullet tip for smooth entry.
- **Pulleys:** Fiberglass™-reinforced pulleys with deep V-grooved channels and sealed ball bearings for smooth, quiet operation.
- **Weight Stack:** Includes 10-lb. or optional 15-lb. increment machined plates with nylon bushings for smooth travel.
- **Selector Pin:** Magnetic pin for secure weight adjustments, tethered with a thick, plastic-coated elastic cable.
- **Axles and Ball Bearings:** 1" solid steel pivot axles with sealed bearings for frictionless movement and precision alignment.
- **Weight Stack Enclosure:** Heavy-duty 16-gauge steel panels enclose stacks for safety and aesthetic appeal.
- **Paint Colors:** Silver frame with Storm Grey shroud and black weight plates.
- **Upholstery:** High-density foam with superior-grade Grey upholstery over 3/4" CDX plywood for durability and comfort.

Warranty:

- **10-Year Warranty:** Frame components and welds (excluding coatings).
- **5-Year Warranty:** Bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings).
- **1-Year Warranty:** Cables, linear bearings, shafts, and other components not mentioned.
- **90-Day Warranty:** Normal wear parts, including labels, upholstered pads, and grips.
- **1-Year Warranty:** Labor.

Hoist Fitness H4400 4 Stack Multi Gym

Product Overview

Drawing on 30 years of dynamic innovation, **HOIST®** has designed multi-station strength training systems to provide the same smooth, natural, quiet motions that have become the HOIST® trademark. The Hoist H4400 Multi-Gym allows multiple individuals to perform all major exercises commonly found in health clubs, in a compact and efficient design.

Stations

The **Hoist H4400** includes the following four stations:

1. **Leg Press**
2. **Adjustable Cable Column**
3. **Rigid Arm Lat Pulldown**
4. **Chest Press / Mid Row / Leg Extension / Standing Leg Curl**

Features

Compact Design:

- The H4400 integrates 4 stations into only **68 square feet**, offering leg press, adjustable cable column, rigid arm pull-down, and chest press/mid row/leg extension/standing leg curl options.

Adjustments:

- Minimal adjustments required between users.
- Self-aligning handles automatically adjust throughout the exercise movement to accommodate users of all sizes.
- Patented range-of-motion adjustment customizes the starting position for bench press, shoulder press, incline press, and mid-row exercises.
- Patented, self-aligning rollers adjust automatically to provide proper thigh support.

Easy Glide™ System:

- Quick, smooth, and secure adjustments with Easy Glide™ inserts eliminate friction and seat post wobble.

Patented Radial Loc® Weight System:

- Features 2.5 lb. incremental weights, weight pin lanyard, and two 200 lb. weight stacks.
- Interlocking weight system ensures a tighter fit and minimizes plate shifting.

Safety Features:

- The patented rigid arm lat pulldown includes wide-open head clearance for safety.

Back Pad:

- Dual adjusting back pad provides proper body positioning for effective and safe exercises.

Leg Extension / Leg Curl Station:

- Integrated cam prevents resistance drop-off at the end of the exercise for consistent tension throughout the movement.

Dimensions:

- **Length:** 103.00" (262 cm)
- **Width:** 95.00" (241 cm)
- **Height:** 83.50" (212 cm)
- **Machine Weight:** 1700 lbs. (771 kg)

Warranty:

- **Frame:** Lifetime
- **Moving Parts:** 10 Years
- **Paint, Cables & Upholstery:** 10 Years

The Hoist H4400 4 Stack Multi-Gym is a versatile, space-saving solution that delivers commercial-grade performance with advanced features, user safety, and durability.

True Fitness MP3.0 - 3 Stack Multi-Gym

Product Overview

The **MP 3.0** multi-gym system includes 3 weight stacks and 4 workout stations, offering a versatile and efficient strength training solution. This compact multi-gym delivers high-quality performance with innovative features to suit various fitness needs.

Stations

1. Leg Extension / Leg Curl

- Four starting positions for both extensions and curls allow users to customize their range of motion.
- 5-position back pad and leg curl thigh pad to accommodate a wide range of users.
- Self-adjusting ankle pad eliminates the need for adjustment while providing proper support throughout the entire range of motion.

2. Upper Body

- Exercise options include:
 - **Chest, Incline, & Shoulder Presses**
 - **Lat Pulldown and Seated Row**
 - **Triceps Pushdown & Extension**
 - **Abdominal Crunch**
- 8-position press arm and adjustable back pad with color-coded labels for quick and accurate adjustments.
- 5-position seat to accommodate various users.
- Mid-level pulley with a contoured multi-purpose strap for abdominal and triceps exercises.

3. Low Swivel Pulley

- Dual pulleys pivot freely, supporting user-defined movements.
- Unilateral cable design for both fitness and athletic movements with:
 - Up to 12' of cable travel with one arm.
 - Up to 6' of cable travel with both arms.

4. Cable Pull Down

Features

- **Attractive Weight Stack Enclosures:** Completely conceals weight stacks for safety and aesthetics.
- **Color-Coded Instruction Label:** Clearly illustrates 16 common exercises and includes a recommended maintenance schedule.
- **Standard Accessories:** Includes Lat Bar, Revolving Curl Bar, Nylon Handle, Ankle Strap, and Abdominal Crunch Strap.
- **Versatile Low Swivel Pulley:** Features a foot platform and supports a wide range of exercises including Biceps Curls, Upright Rows, Inner Thigh, and Outer Thigh.

- **Accurate Fit:** 5-position back pad and leg curl thigh pad accommodate various users.
- **Range of Motion:** Four starting positions for both extensions and curls allow for personalized range of motion.
- **Self-Adjusting Ankle Pad:** Provides proper support throughout the motion without manual adjustments.
- **Wide Range of Exercises:** Includes Chest, Incline, and Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown and Extension; and Abdominal Crunch.
- **Quick & Accurate Adjustments:** 8-position press arm and back pad, color-coded for easy and precise modifications.
- **Accommodating Design:** 5-position adjustable seat and dual-grip press arm for varied exercise options.
- **Bonus Accessories:** Mid-level pulley with contoured multi-purpose strap for abdominal and triceps exercises.
- **Back Pad Adjustment:** Matches color-coded labels to the Press Arm Adjustment for versatile workout options.
- **Color-Coded Multi-Position Adjustments:** Simplifies switching between upper body exercises using spring-loaded adjustment knobs.
- **Quick Adjustments:** Allows users to set their range of motion while seated for both Extensions and Seated Leg Curls with conveniently located adjustment arms.

Specifications

- **Footprint:** 96" L x 163" W x 83.75" H (244 cm x 415 cm x 213 cm)
- **Structural Frame:** Built with 40mm x 80mm and 50mm x 100mm oval-shaped tubing and precision laser-cut steel plates.
- **Exercise Position Labels:** Color-coded for quick, easy adjustments.
- **Adjustments:** Spring-loaded, color-coded knobs for secure and corrosion-free adjustments.
- **Handgrips:** Durable and comfortable extruded thermo-rubber compound grips.
- **Feet:** Custom-molded feet ensure stability and prevent floor damage.
- **Cables:** US-made mil-spec lubricated 1/8" nylon-coated to 3/16", with a 2,000 lbs. tensile strength.
- **Selector Shaft Assembly:** Cold-rolled, chrome-plated 1" selector shaft with machined bullet tip for smooth entry.
- **Pulleys:** Fiberglass™-reinforced pulleys with deep V-grooved channels and sealed ball bearings for smooth, quiet operation.
- **Weight Stack:** Includes 10-lb. or optional 15-lb. increment machined plates with nylon bushings for smooth travel.
- **Selector Pin:** Magnetic pin for secure weight adjustments, tethered with a thick, plastic-coated elastic cable.
- **Axles and Ball Bearings:** 1" solid steel pivot axles with sealed bearings for frictionless movement and precision alignment.
- **Weight Stack Enclosure:** Heavy-duty 16-gauge steel panels enclose stacks for safety and aesthetic appeal.
- **Paint Colors:** Silver frame with Storm Grey shroud and black weight plates.

- **Upholstered Pads:** High-density foam with superior-grade Grey upholstery over 3/4" CDX plywood for durability and comfort.

Warranty

- **10-Year Warranty:** Frame components and welds (excluding coatings).
- **5-Year Warranty:** Bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings).
- **1-Year Warranty:** Cables, linear bearings, shafts, and other components not mentioned.
- **90-Day Warranty:** Normal wear parts, including labels, upholstered pads, and grips.
- **1-Year Warranty:** Labor.

The **True Fitness MP3.0** delivers a high-performance, space-saving solution for strength training, offering versatility, safety, and durability for commercial and personal fitness applications.

True Fitness MP2.0 - 2 Stack Multi-Gym

Product Overview

The **MP 2.0 2 Stack Multi-Gym** comes equipped with three stations—Leg Extension/Leg Curl, Upper Body, and Low Pulley—making it an ideal choice for various settings, including hotels, resorts, corporate fitness centers, police and fire agencies, apartments, condominiums, and home gyms. Built with commercial-quality construction and biomechanics, this system ensures durability and effective training for users of all levels.

Stations

1. Leg Extension / Leg Curl

- Four starting positions for both extensions and curls allow users to customize their range of motion.
- 5-position back pad and leg curl thigh pad to accommodate a wide range of users.
- Self-adjusting ankle pad eliminates the need for manual adjustments while providing proper support throughout the entire range of motion.

2. Upper Body

- Exercises include:
 - **Chest, Incline, and Shoulder Presses**
 - **Lat Pulldown and Seated Row**
 - **Triceps Pushdown and Extension**
 - **Abdominal Crunch**
- 8-position press arm and back pad, color-coded for quick and accurate adjustments.

3. Low Swivel Pulley

- Ideal for a wide range of exercises, including:
 - **Biceps Curls**
 - **Upright Rows**
 - **Inner and Outer Thigh Movements**

Features

- **Attractive Weight Stack Enclosures:** Conceal weight stacks for safety and aesthetics.
- **Color-Coded Instruction Label:** Clearly illustrates 16 common exercises and includes a recommended maintenance schedule.
- **Standard Accessories:** Includes Lat Bar, Revolving Curl Bar, Nylon Handle, Ankle Strap, and Abdominal Crunch Strap.
- **Versatile Low Swivel Pulley:** Features a foot platform, ideal for exercises like Biceps Curls, Upright Rows, and Inner/Outer Thigh movements.
- **Accurate Fit:** 5-position back pad and leg curl thigh pad to accommodate various users.
- **Range of Motion:** Four starting positions for extensions and curls allow for a personalized range of motion.

- **Self-Adjusting Ankle Pad:** Eliminates manual adjustments while providing proper support throughout the motion.
- **Wide Range of Exercises:** Offers options such as Chest, Incline, and Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown and Extension; and Abdominal Crunch.
- **Quick & Accurate Adjustments:** 8-position press arm and back pad, color-coded for easy and precise adjustments.
- **Accommodating Design:** 5-position adjustable seat for user comfort.
- **Exercise Variations:** Dual-grip press arm and full-length lat bar for added variety.
- **Bonus Accessories:** Mid-level pulley with a contoured multi-purpose strap for Abdominal Crunch and Triceps Extension exercises.
- **Back Pad Adjustment:** Matches color-coded labels to press arm adjustment for versatile workout options.
- **Color-Coded Multi-Position Adjustments:** Allows quick transitions between upper body exercises using spring-loaded knobs.
- **Convenient Adjustments:** Users can set their range of motion while seated for Extensions and Seated Leg Curls using the conveniently located adjustment arm.

Specifications

- **Structural Frame:** Built with 40mm x 80mm and 50mm x 100mm oval-shaped tubing and precision laser-cut steel plates.
- **Exercise Position Labels:** Color-coded for quick, easy adjustments.
- **Adjustments:** Spring-loaded, color-coded knobs for secure and corrosion-free adjustments.
- **Custom Handgrips:** Durable extruded thermo-rubber compound grips for comfort and longevity.
- **Custom Molded Feet:** Protect floors and ensure machine stability.
- **Cables:** US-made, mil-spec lubricated 1/8" nylon-coated to 3/16", with a 2,000 lbs. tensile strength.
- **Selector Shaft Assembly:** Cold-rolled, chrome-plated 1" selector shaft with machined bullet tip for smooth entry.
- **Pulleys:** Fiberglass™-reinforced pulleys with deep V-grooved channels and sealed ball bearings for smooth, quiet operation.
- **Weight Stack:** Includes 10-lb. or optional 15-lb. increment machined plates with nylon bushings for smooth travel.
- **Heavy-Duty Selector Pin:** Magnetic selector pin ensures secure weight adjustments and is tethered to the stack with a plastic-coated elastic cable.
- **Axles and Ball Bearings:** 1" solid steel pivot axles with lubricated 25mm sealed bearings for frictionless movement.
- **Weight Stack Enclosure:** Heavy-duty 16-gauge steel panels enclose stacks for safety and aesthetics.
- **Paint Colors:** Silver frame with Storm Grey shroud and black weight plates. Electrostatically applied powder coat enhances durability.

- **Upholstered Pads:** High-density foam covered in superior-grade Grey upholstery over 3/4" CDX plywood for comfort and longevity.

Warranty

- **10-Year Warranty:** Frame components and welds (excluding coatings).
- **5-Year Warranty:** Bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings).
- **1-Year Warranty:** Cables, linear bearings, shafts, and other components not mentioned elsewhere.
- **90-Day Warranty:** Normal wear parts, including labels, upholstered pads, and grips.
- **1-Year Warranty:** Labor.

The **True Fitness MP2.0 - 2 Stack Multi-Gym** offers a space-efficient and versatile solution, ensuring durability, safety, and user-friendly features for a wide range of users in both residential and commercial environments.

Hoist Fitness H2200 2 Stack Multi Gym

Product Overview

The **Hoist Fitness H2200 2 Stack Multi Gym** brings 40 years of innovation with its recent redesign by the HOIST® engineering team. Designed with the smooth, natural, and quiet motions that have become the HOIST® trademark, the H2200 is a premium 2-station gym ideal for light commercial settings. Its space-saving design and versatile features make it a perfect fit for any fitness environment.

Features

Design:

- Compact 2-stack gym provides an uncompromised range of exercises commonly found in health clubs.
- Space-saving “L” shaped design fits easily into a corner and efficiently accommodates 2 users.

Weight Stacks:

- **200 lb. Silent Steel™ weight stacks:**
 - Each solid steel individual plate receives pressed-in industrial plastic bushings and is machined to exact specifications, ensuring glass-smooth operation and eliminating metal-to-metal contact and sound.
 - Includes patented **Radial Loc® weight system** with 2.5 lb. incremental weights, weight pin lanyard, and dual 200 lb. stacks.
 - Interlocking weight system minimizes shifting between plates.

Attachment Rack:

- Convenient built-in rack keeps straps and exercise bars within easy reach.

Easy Glide™ System:

- Eliminates metal-to-metal wear and friction for quick, smooth, and secure adjustments.

Range of Motion:

- Patented range-of-motion adjustment customizes starting positions for bench press, shoulder press, incline press, and mid-row exercises.
- **Leg Extension/Leg Curl station** features an integrated cam to prevent resistance drop-off at the end of movements.

Safety and Support:

- Patented rigid arm lat pulldown with wide-open head clearance ensures safety during use.
- Self-aligning rollers automatically adjust for proper thigh support.
- Self-aligning handles adapt throughout exercise movements to accommodate users of all sizes.
- Dual adjusting back pad provides proper body positioning for various exercises.

Exercise Placard:

- Visual aid illustrating exercise movements helps organize and guide workouts effectively.

Accessories:

- Two strap handles with 3-length choice rings.
- Curl bar.
- Fleece knee strap.

Specifications:

- **Product Dimensions:**
 - **Length:** 90.00" (228.6 cm)
 - **Width:** 106.00" (269.24 cm)
 - **Height:** 83.00" (210.82 cm)
- **Machine Weight:** 1,032 lbs. (468 kg)
- **Cables:** Minimum breaking strength of 2,000 lbs.

Warranty:

- **Frame:** Lifetime
- **Moving Parts:** 10 Years
- **Paint, Cables & Upholstery:** 10 Years

The **Hoist Fitness H2200 2 Stack Multi Gym** delivers premium performance, durability, and versatility with a compact, space-efficient design, making it a perfect solution for light commercial settings.