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V4-ELITE Gym - HOIST Fitness

Summary of Contents for Hoist Fitness Fitness trainer Page 1 fitness equipment since 1977 HOIST WORKOUT MANUAL © 9990 Empire Street | San Diego, CA 92126 | 858.578.7676 | 800.548.5438 | hoistfitness.com :: INTRODUCTION :: GRADUAL PROGRESSION The demands placed on your muscles and joints must progress To be successful in your exercise program ...

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Support - HOIST Fitness

Hoist V4 Elite Home Gym. The Hoist V4 Elite home gym is the ultimate press arm combining the range-of-motion adjustment of the V1 with the user-defined exercise movement of the V3 press arm. The versatile V4 press arm also includes attachable strap handles to further increase your workout choices.

Hoist V4 Elite Home Gym | The Fitness Outlet

The HI-LO Pulley is an option that is intended for use with our HOIST Fitness V Elite home gym. THIS IS NOT A FULL GYM. Home gyms sold separately. → Shipping & Return Policy FEATURES 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 e

HI-LO Pulley Option - HOIST Fitness

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Hoist V4 Elite Home Gym Engineered with the user in mind, the V Series provides you with the flexibility to customized your home gym and achieve your personal fitness goals. Sleek and attractive, the compact design requires minimal floor space, allowing you to move efficiently from one exercise to the next!

FitnessZone: Hoist V4 Elite Home Gym

We have a Hoist V4 Elite Gym that we're offering for just \$2500! This model boasts exceptional versatility in the number of exercises it provides. For instance, the leg station allows users to perform both leg extension and leg curl exercises while seated.

Hoist V4 Elite Gym - Primo Fitness

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