

## [HF] FREEWEIGHT PRODUCTS

HOIST® has become a leader in the strength training equipment industry through proven effectiveness, durability and versatility. Designed upon these principles, all HOIST Freeweighting products are precision built with superb components and unique space saving designs.

**[HF] FOLDING FLAT BENCH**  
 HF-4164



**[HF] FOLD-UP FLAT/ INCLINE BENCH**  
 HF-4167



**[HF] FOLDING ADJUSTABLE AB BENCH**  
 HF-4261



**[HF] ADJUSTABLE AB/ BACK HYPER BENCH**  
 HF-4263



**[HF] PREACHER CURL**  
 HF-4550



**[HF] AB/BACK ROMAN HYPER**  
 HF-4664



**[HF] FOLDING MULTI-POSITION WORKOUT BENCH**  
 HF-4145

**SPECIFICATIONS**

**US / METRIC**

Length: 52.50" / 50.00\*\* (133 cm / 127 cm\*)  
 Width: 17.25" / 44 cm  
 Height: 40.75" / 7.75\* (104 cm / 20 cm\*)  
 Weight: 53 lbs. (24 kg)



**[HF] FOLD-UP OLYMPIC BENCH**  
 HF-4170



**[HF] ADJUSTABLE AB BENCH**  
 HF-4264



**[HF] 7 POSITION F.I.D. BENCH**  
 HF-5165



PRODUCT NAME	LENGTH	WIDTH	HEIGHT	PRODUCT WEIGHT
HF-4164 FOLDING FLAT BENCH	48.25" (123 CM)	17.25" (125 CM)	15.75" / 6.75** (40 CM / 17 CM*)	31 Lbs. (14 KG)
HF-4167 FOLD-UP FLAT/ INCLINE BENCH	55.00" / 21.00** (140 CM / 53 CM*)	22.00" (56 CM)	46.50" / 52.25** (118 CM / 133 CM*)	70 Lbs. (32 KG)
HF-4170 FOLD-UP OLYMPIC BENCH	76.00" / 36.25** (193 CM / 92 CM*)	48.75" (124 CM)	64.25" (163 CM)	153 Lbs. (69 KG)
HF-4261 FOLDING ADJUSTABLE AB BENCH	66.25" / 65.50** (168 CM / 166 CM*)	21.25" (54 CM)	45.25" / 14.75** (115 CM / 37 CM*)	68 Lbs. (31 KG)
HF-4263 ADJUSTABLE AB/BACK HYPER BENCH	38.75" / 45.50** (98 CM / 116 CM*)	17.50" (44 CM)	34.00" / 11.75** (86 CM / 30 CM*)	52 Lbs. (24 KG)
HF-4264 ADJUSTABLE AB BENCH	60.75" (154 CM)	28.25" (72 CM)	53.00" (135 CM)	79 Lbs. (36 KG)
HF-4550 PREACHER CURL	42.50" (108 CM)	31.00" (89 CM)	34.75" (88 CM)	71 Lbs. (32 KG)
HF-4664 AB/BACK ROMAN HYPER	56.25" (143 CM)	31.75" (81 CM)	40.25" (102 CM)	95 Lbs. (43 KG)
HF-5165 7 POSITION F.I.D. BENCH	65.5" (166 CM)	25.00" (64 CM)	47.00" (119 CM)	77 Lbs. (35 KG)

\* Equipment Measurement when Folded

**[HF]** FITNESS TREE

HF-5962



**[HF]** SQUAT RACK

HF-4970



\* Shown with optional rack out tiers (HF-OPT-4000-04)

**[HF]** LEG PRESS/HACK COMBO

HF-4357



**[HF]** OLYMPIC WEIGHT TREE

HF-4444



**[HF]** 5 PAIR VERTICAL DUMBBELL RACK

HF-4459



**[HF]** 8 PAIR VERTICAL DUMBBELL RACK

HF-4460



**[HF]** HALF CAGE ENSEMBLE

HF-4985-ENS



\* Base Model HF-4985 also available

**[HF]** 4-SIDED VERTICAL DUMBBELL RACK

HF-4480



**[HF]** 36" HORIZONTAL DUMBBELL RACK  
 (2-TIER)

HF-4461-36



\* Shown with optional 3rd-Tier (HF-4461-OPT-36)

**[HF]** 48" HORIZONTAL DUMBBELL RACK  
 (2-TIER)

HF-4461-48



\* Shown with optional 3rd-Tier (HF-4461-OPT-48)

**[HF]** 60" HORIZONTAL DUMBBELL RACK  
 (2-TIER)

HF-4461-60



\* Shown with optional 3rd-Tier (HF-4461-OPT-60)

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	PRODUCT WEIGHT	MAX STORAGE	MAX WT. PER TIER
HF-4357	LEG PRESS/HACK COMBO	83.25" (211 CM)	30.50" (77 CM)	56.50" (144 CM)	488 Lbs. (221 KG)	—	—
HF-4444	OLYMPIC TREE	24.75" (63 CM)	21.00" (53 CM)	45.25" (115 CM)	38 Lbs. (17 KG)	680 Lbs. (181 KG)	—
HF-4459	5 PAIR VERTICAL DUMBBELL RACK	18.75" (48 CM)	16.00" (41 CM)	43.75" (111 CM)	52 Lbs. (24 KG)	400 Lbs. (181 KG)	—
HF-4460	8 PAIR VERTICAL DUMBBELL RACK	18.75" (48 CM)	16.00" (41 CM)	52.00" (114 CM)	59 Lbs. (27 KG)	520 Lbs. (236 KG)	—
HF-4480	4-SIDED VERTICAL DUMBBELL RACK	27.00" (69 CM)	16.00" (44 CM)	38.50" (98 CM)	104 Lbs. (47 KG)	558 Lbs. (253 KG)	—
HF-4461-36	36" HORIZONTAL DUMBBELL RACK (2-TIER)	26.50" (67 CM)	44.50" (113 CM)	38.00" (97 CM)	89 Lbs. (40 KG)	600 Lbs. (272 KG)	300 Lbs. (136 KG)
HF-4461-48	48" HORIZONTAL DUMBBELL RACK (2-TIER)	26.50" (67 CM)	56.50" (144 CM)	38.00" (97 CM)	107 Lbs. (49 KG)	840 Lbs. (381 KG)	420 Lbs. (191 KG)
HF-4461-60	60" HORIZONTAL DUMBBELL RACK (2-TIER)	26.50" (67 CM)	68.50" (174 CM)	38.00" (97 CM)	124 Lbs. (56 KG)	1,080 Lbs. (490 KG)	540 Lbs. (245 KG)
HF-4970	SQUAT RACK	47.50" (121 CM)	67.25" (171 CM)	78.75" (200 CM)	115 Lbs. (52 KG)	—	—
HF-4985-ENS*	HALF CAGE ENSEMBLE	72.75" (185 CM)	75.75" (192 CM)	84.00" (213 CM)	732 Lbs. (332 KG)	—	—
HF-5962	FITNESS TREE	44.00" (112 CM)	44.25" (112.5 CM)	83.25" (211.5 CM)	150 Lbs. (68 KG)	—	—