

HOIST®



YOUTH FITNESS CIRCUIT
PRODUCT CATALOG



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Table of Content

A Solution to Childhood Obesity.....	1
Three Major Principles of Children's Fitness	2
HOIST® KL Youth Fitness Circuit.....	3
Youth Conditioning Program.....	4
KL Youth Fitness Circuit Units.....	5
KL2101 Seated Dip	KL2403 Squat Press
KL2201 Chin Up	KL2410 Seated Leg Press
KL2203 Mid Row	KL2501 Shoulder Press
KL2261 Ab Crunch	KL2662 Back / Hip Extension
KL2301 Bench Press	
Safety	14
Warranty	14
References.....	14

A Solution to Childhood Obesity!

Childhood obesity can be detrimental to the emotional and physical health of a growing child with enduring consequences into adulthood. This problem continues to grow at an alarming rate and affects children and adolescents of all ages, races, and genders.

“Overweight adolescents have a **70% chance**
of becoming overweight or obese adults”

- U.S. Surgeon General

In an effort to provide a solution to the childhood obesity problem, HOIST® went in search of an answer through extensive research and development as well as advice from experts in youth fitness. The result is an innovative line of children's fitness conditioning equipment, the HOIST® KL Youth Fitness Circuit.



The HOIST® headquarters is located in a 130,000 square foot facility in San Diego, California, home to the pioneering research, development and production of superior fitness equipment for over 25 years. With a long history of innovation and quality the industry has come to expect from HOIST®, our standards have become the very measure of excellence in the realm of strength training equipment worldwide.

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This isn't just scaled down adult equipment. The HOIST® KL Youth Fitness Circuit was built from the ground up, specifically for kids.



The HOIST® KL Youth Fitness Circuit was designed with three major principles of children’s fitness in mind: safety, fun and results!

Safety: Equipment suited for adults may not be appropriate for the developing body of a child. Adult bodies are able to handle the stress of single joint movements performed on standard exercise equipment. However, these movements place a much greater degree of force on the joints of a child. Designed from the ground up specifically for kids, our KL line focuses on multi-joint movements to effectively and safely spread the exercise compression forces across more than just one isolated joint. Also, the neutral hand grips eliminate shoulder rotation. This significantly reduces the potential chance of injury to developing muscles, joints, and bones, as well as maximizes the compression forces that increase bone density and joint stability in children.

The consideration for safety is not only addressed in the design of the movements, but also in the details incorporated into each piece of equipment. The HOIST® Fitness commitment to safety is addressed in every sleek detail, including the Silent Steel® safety weight stacks with fully shielded enclosures. The oversized footpads help to guide proper body positioning during exercise movements. Individual placards guide the instructor and child through each step of the workout. Each component is designed and manufactured under strict quality maintenance protocols.

Fun: Finally, kids will want to work out because it's fun! The dynamic action and movement of this cutting-edge equipment targets specific muscle groups and encourages children to exercise by simulating the motion of a ride! A physical activity that is both fun and beneficial encourages a child to develop healthy exercise habits. Our purpose is to motivate children to join in activities that promote fitness, growth and a healthy lifestyle. An early change in a child’s lifestyle is an integral step to producing regular fitness and health habits into adulthood.

Results: Youth can benefit greatly from a regular strength training program. In a well designed program, participants can expect an improvement in bone density as well as tendon and ligament strength. Skeletal muscular strength, joint stability and endurance are also enhanced. The benefits of strength training play an important role in the prevention of injuries. They also help boost athletic performance in a wide range of sports and recreational activities. Resistance training enhances nervous system function and can promote emotional health. Strength training has a positive influence on body composition in children and adolescents and can provide improvements in self-esteem and self-confidence.

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fitness, growth and a healthy lifestyle.



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HOIST® KL Youth Fitness Circuit

The HOIST® KL Youth Fitness Circuit incorporates advanced research and aesthetics to create a complete high performance system. Simple to set up and inviting to use, the HOIST® KL Youth Fitness Circuit consists of nine units (seven weight resistance units and two body resistance units) and is offered with the option of stationary feet or mobile casters for easy movement. The HOIST® KL Youth Fitness Circuit will enhance the appearance and functionality of any professional fitness center. The unique designs feature a high-tech, contemporary look of high contrasting colors.

To help fitness centers introduce the program to their clients, the HOIST® KL Fitness package includes the HOIST® KL Program Design Manual along with an instructional video that provides an explanation of proper biomechanics, a tutorial for teaching children how to use the equipment, a discussion of fitness safety on the KL units, and a guide to equipment maintenance. The HOIST® KL Youth Fitness Circuit gives you all the tools you need to start your youth strength training program.

“The focus of any weight-training program for children should be on safety and having fun.”

- Kenneth H. Cooper
MD, MPH, Founder, President, CEO of The Cooper Aerobics Center



Optional Mobile Casters



Silent Steel® Safety Weight Stack and Shield Enclosure



Instruction Placards



Oversized Foot Pads

KL-STEP (Optional)

The KL-STEP is a part of the HOIST® KL Youth Fitness Circuit developed by the American Council on Exercise (ACE). The KL-STEP involves low-impact, high-intensity exercises which provide cardiovascular and muscle conditioning.

The KL-STEP is available to purchase separately. It is not included with the KL Fitness package.



“Preliminary evidence indicates that strength training, when performed appropriately, decreases the incidence of some overuse and acute injuries.”

- American College of Sports Medicine



start eating less and exercising more.

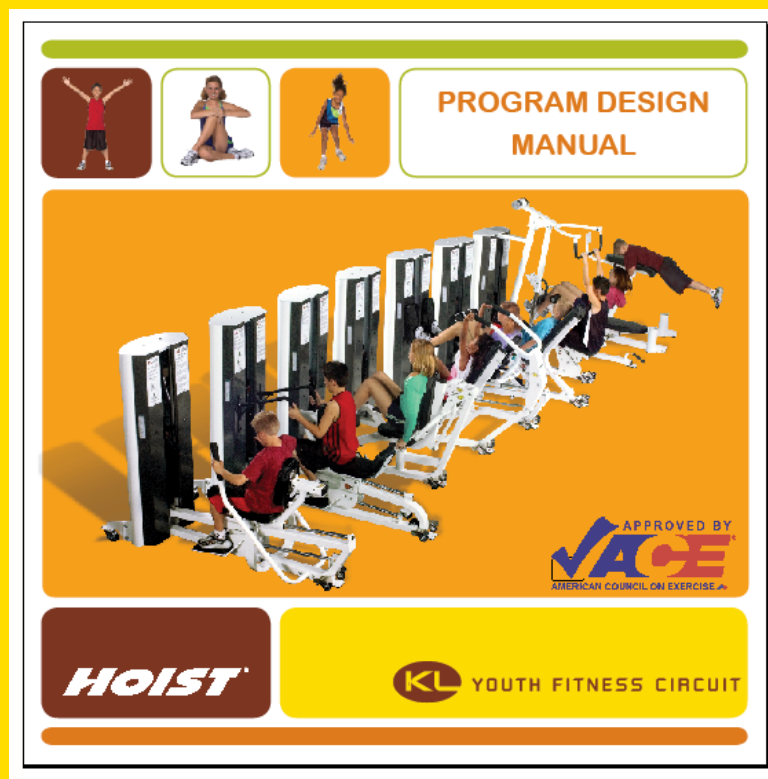
“One in three U.S. children born in 2000 will become diabetic unless people start eating less and exercising more...”

- Venkat Narayan
MD, MPH, MBA, Chief Diabetic Epidemiologist at the
Centers for Disease Control and Prevention

Youth Conditioning Program

The HOIST® KL Youth Fitness Circuit is an essential part of this comprehensive youth conditioning program and is designed to encourage participation and provide workouts that are appropriate, beneficial and fun for all children.

To help integrate the circuit into a safe and effective fitness program, the HOIST® KL Youth Fitness Circuit includes the HOIST® KL Program Design Manual. Developed and approved by the American Council on Exercise (ACE), the manual provides safe, effective, researched-based information and guidelines on how to design and implement youth strength training programs utilizing the circuit.



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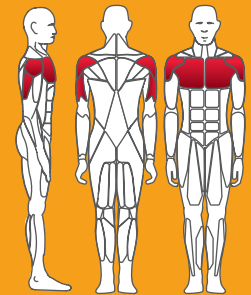
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KL2101 SEATED DIP



FEATURES

- :: Dynamic linkage movement system
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Pectorals
- :: Triceps
- :: Deltoids

PRODUCT DIMENSIONS

Length	77.25"
Width	28.00"
Height	58.50"
Weight Stack	138 lbs.
Product Weight	475 lbs.

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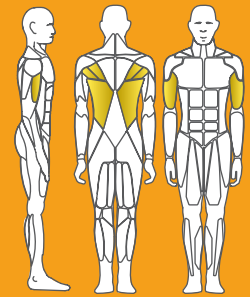


KL2201 CHIN UP



FEATURES

- :: Adjustable seat and bar positions
- :: Counter balanced exercise arm
- :: Dynamic linkage movement system
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Lats
- :: Teres Major
- :: Biceps

PRODUCT DIMENSIONS

Length	65.25"
Width	28.00"
Height	77.00"
Weight Stack	155 lbs.
Product Weight	565 lbs.



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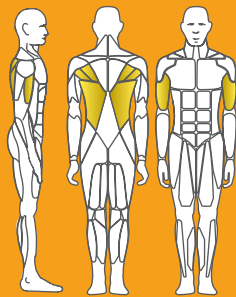
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FEATURES

- :: Adjustable chest pad to accommodate varying arm lengths
- :: Self-aligning linear ball bearings
- :: Induction hardened steel shafting
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Lats
- :: Teres Major
- :: Biceps

PRODUCT DIMENSIONS

Length	81.50"
Width	28.00"
Height	58.50"
Weight Stack	138 lbs.
Product Weight	495 lbs.

KL2203 MID ROW



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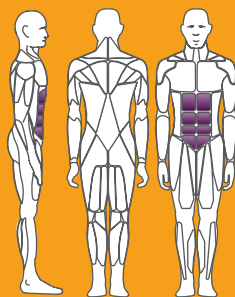


KL2261 AB CRUNCH



FEATURES

- :: Decline/Flat/Incline exercise angles
- :: Four upholstered roller pads for stabilization
- :: Exercise placards
- :: Body weight exercise



MUSCLE GROUPS

- :: Rectus Abdominals
- :: Hip Flexors

PRODUCT DIMENSIONS

Length	67.25"
Width	28.00"
Height	34.00"
Weight Stack	N/A
Product Weight	110 lbs.



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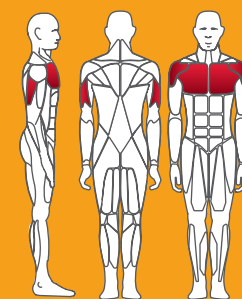
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KL2301 BENCH PRESS



FEATURES

- :: Adjustable back pad to accommodate children of varying sizes and arm lengths
- :: Self-aligning linear ball bearings
- :: Induction hardened steel shafting
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Pectorals
- :: Anterior Deltoids
- :: Triceps

PRODUCT DIMENSIONS

Length	76.50"
Width	28.00"
Height	58.50"
Weight Stack	138 lbs.
Product Weight	495 lbs.

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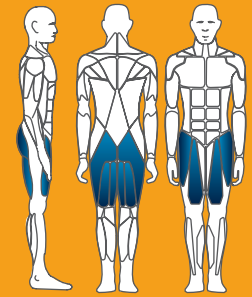


KL2403 SQUAT PRESS



FEATURES

- :: Dynamic linkage movement system
- :: Oversized foot placement pads
- :: Drop away seat
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Quadriceps
- :: Gluteal
- :: Hamstrings

PRODUCT DIMENSIONS

Length	78.50"
Width	28.00"
Height	58.50"
Weight Stack	138 lbs.
Product Weight	485 lbs.



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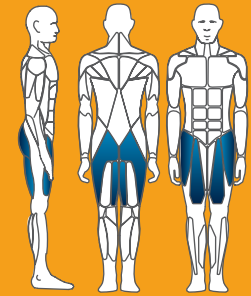
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KL2410 SEATED LEG PRESS



FEATURES

- :: Adjustable back pad to accommodate children of varying sizes and arm lengths
- :: Oversized foot placement pads
- :: Self-aligning linear ball bearings
- :: Induction hardened steel shafting
- :: Safety shield and weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Quadriceps
- :: Gluteal
- :: Hamstrings

PRODUCT DIMENSIONS

Length	76.75"
Width	28.00"
Height	58.50"
Weight Stack	155 lbs.
Product Weight	510 lbs.



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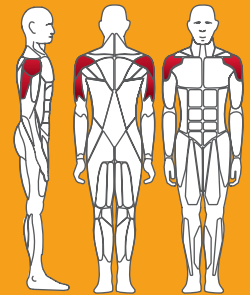


KL2501 SHOULDER PRESS



FEATURES

- :: Adjustable seat pad to accommodate children of varying sizes
- :: Dynamic linkage movement system
- :: Compound movement
- :: Safety shield
- :: Safety weight stack
- :: Exercise placards
- :: Compound movement



MUSCLE GROUPS

- :: Deltoids
- :: Triceps

PRODUCT DIMENSIONS

Length	83.25"
Width	28.00"
Height	58.50"
Weight Stack	138 lbs.
Product Weight	510 lbs.

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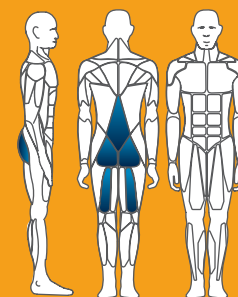
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KL2662 BACK / HIP EXTENSION



FEATURES

- :: Foot mount pedestals for ease of access and use
- :: Exercise placards
- :: Body weight exercise



MUSCLE GROUPS

- : Gluteal
- : Erector spinae
- : Hamstrings

PRODUCT DIMENSIONS

Length	55.75"
Width	35.00"
Height	50.50"
Weight Stack	N/A
Product Weight	270 lbs.

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Warranty Policy

HOIST® stands behind all of its products by offering the best warranty in the industry, reaffirming our ongoing commitment to quality and customer satisfaction. Please refer to www.hoistfitness.com for the full HOIST® Warranty policy or contact your HOIST® representative for complete warranty details and restrictions.



LIFETIME FRAME**
5 YEARS MOVING PARTS*
1 YEAR PAINT, CABLES & UPHOLSTERY*

*10 Years: Applies to defects from the manufacturer only.
**Lifetime: Warranty for the lifetime of the product and applies to defects from the manufacturer only.

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Equipment Safety

- Read the Owner's Manual, warning labels and decals on equipment.
- Use precautionary measures necessary for safety.
- Keep observers and children at a safe distance from the equipment while in operation.
- Do not allow children to play on the equipment.
- Always stay clear of weights and moving parts. Obtain assistance to free any jammed parts.
- Sweat is corrosive—wipe down the machines on a regular basis with water and dry completely to avoid rust.
- Maintain a regular routine for preventative maintenance.
- Replace or repair any frayed, loose or otherwise damaged parts at the first sign of a problem with genuine HOIST® replacement parts.

Exercise Safety

- Consult a physician before beginning an exercise program.
- Always warm up before a workout.
- Maintain proper spinal alignment and head positioning throughout workout.
- For maximum results and to avoid possible injury, follow a complete fitness program, proper nutrition, aerobic exercise and strength training.
- Be sure to consult a fitness professional to develop a complete exercise program.
- The body will respond to weight training and conditioning only when completing workouts on a regular basis.
- Do not attempt to lift more weight than can be comfortably handled. Avoid the risk of injury by remaining within safe limits.
- Do not hold breath. Exhale during pressing action, and inhale upon returning to start position.

Safety Weight Stack Information

138 lbs. Safety Weight Stack consists of:	Qty.	Lbs.
Top Plate	1	13 lbs. (with stem)
Weight Plates	10	13 lbs.
Total	11	138 lbs.
155 lbs. Safety Weight Stack consists of:	Qty.	Lbs.
Top Plate	1	30 lbs. (with stem)
Weight Plates	10	13 lbs.
Total	11	155 lbs.

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