

**HOIST**<sup>®</sup>  
hoistfitness.com



**PTS PRODUCTS**  
PERSONAL TRAINING SYSTEMS



# PERSONAL TRAINING SYSTEM

When the versatility of freeweight training meets the security of a Smith machine.

The Personal Training System (PTS) is a pioneering series of Dual Action Smith<sup>®</sup> cages loaded with powerful options and accessories. Engineered with a focus on results, the flexible design of the PTS can be customized to your fitness goals.

The stand out feature of the PTS is the revolutionary Dual Action technology (US Patent #7,393,309) that produces simultaneous horizontal and vertical bar movement, providing the benefits of freeweight training but with added safety and stability. Coupled with the Ultra-Lite Lifting System<sup>™</sup> that reduces the bar weight to a mere 30 lbs., the PTS provides the freedom to perform endless exercises and achieve the results that have become synonymous with HOIST<sup>®</sup>.



PTS-1000 shown with optional HF-4165 bench



PTS-ENS-3 shown with optional PTS-164 bench



Example of PTS-1000 during bar movement

## PTS DUAL ACTION SMITH® PTS-1000

- ◆ Racking system provides 20 positions for Smith exercises
- ◆ Nickel-plated racking system protects the frame finish
- ◆ Double-sided racking allows user to face in either direction while performing squatting or pressing exercises
- ◆ Adjustable safety tiers
- ◆ Integrated foot plate features center locating notch for proper alignment
- ◆ Primary frame constructed from 2" x 3" steel tubing
- ◆ Designed for Olympic weight plates
- ◆ Starting weight of PTS Olympic bar: 30 lbs. (14 kg)

### OPTIONS:

- ◆ PTS Lat Pulldown/Low Row (PTS-LAT)  
Refer to page 3 for more information
- ◆ PTS Hi-Lo (PTS-HILO)  
Refer to page 4 for more information
- ◆ PTS Flat/Incline Bench (PTS-164)  
Refer to page 5 for more information
- ◆ 6 Position F.I.D. Bench (HF-4165)  
Refer to page 5 for more information

### SPECIFICATIONS:

#### US / METRIC

Length:	36.25" / 92 cm
Width:	81.75" / 208 cm (including Olympic bar) 51.75" / 131 cm (NOT including Olympic bar)
Height:	83.25" / 211 cm
Machine Weight:	335 lbs. / 152 kg



LINEAR BALL BEARINGS PROVIDE  
SMOOTH EXERCISE MOVEMENTS



ADJUSTABLE  
SAFETY TIERS



INTEGRATED FOOT PLATE FEATURING CENTER  
LOCATING NOTCH FOR PROPER ALIGNMENT



## LAT PULLDOWN/LOW ROW OPTION

### PTS-LAT

- ◆ Designed to enhance the exercise capabilities of the PTS Dual Action Smith® (PTS-1000)
- ◆ HOIST®'s Split Weight Cabling™ increases cable travel and delivers 50% resistance to both low pulleys
- ◆ Wide groove pulleys on the high and low cable stations provide greater exercise range of motion and longer cable life
- ◆ Adjustable footrest for low row exercises
- ◆ Patented Radial Loc® weight system reduces shifting between weight plates for a smooth, quiet motion
- ◆ Standard 200 lbs. (91 kg) weight stack

### ACCESSORIES:

- ◆ 1 pair of adjustable strap handles and 1 pair of short strap handles for varying user heights and arm lengths
- ◆ Aluminum short lat bar for upper body exercises
- ◆ Padded ankle strap for comfortable leg exercises
- ◆ One 5 lb. add-on weight to provide resistance adjustments in smaller increments

### OPTIONS:

- ◆ PTS Weight Stack Shields - 1 Pair (PTS-SH)  
Enclosed weight stack shields for noise reduction



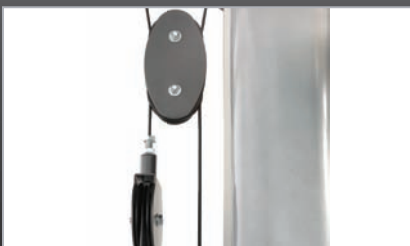
PTS-1000 shown with optional PTS-LAT and PTS Weight Stack Shields (1 pair)

### SPECIFICATIONS:

#### US / METRIC

Length:	65.75" / 167 cm
Width:	81.75" / 208 cm (including Olympic bar) 51.75" / 131 cm (NOT including Olympic bar)
Height:	83.25" / 211 cm
Machine Weight:	642 lbs. / 291 kg (including PTS-1000 & PTS-SH) 613 lbs. / 278 kg (including PTS-1000)

**SPLIT WEIGHT CABLING DELIVERS  
50% RESISTANCE TO LOW PULLEYS**



**ADJUSTABLE FOOTREST FOR  
LOW ROW EXERCISES**



**LAT PULLDOWN FOR  
ADDED EXERCISE VARIATION**



## DUAL HI-LO OPTION PTS-HILO

- ◆ Designed to enhance the exercise capabilities of the PTS Dual Action Smith® (PTS-1000)
- ◆ 23 pulley positions per column allows for each side of the body to be trained independently or both sides simultaneously
- ◆ HOIST®'s Split Weight Cabling increases cable travel and delivers 50% resistance to both pulleys
- ◆ Wide groove pulleys on both cable stations provide greater exercise range of motion and longer cable life
- ◆ Unique integrated adjuster system provides smooth and easy one-handed adjustments
- ◆ Patented Radial Loc® weight system reduces shifting between weight plates for a smooth, quiet motion
- ◆ Multi-position chin-up bar
- ◆ Standard 150 lbs. (68 kg) weight stacks (Qty. 2)

### ACCESSORIES:

- ◆ 1 pair of adjustable strap handles and 1 pair of short strap handles for varying user heights and arm lengths
- ◆ Dual attachment aluminum long bar enables the use of both pulleys simultaneously
- ◆ Commercial quality ultra light aluminum curl bar with revolving attachment point
- ◆ Assist strap for weight assisted pull-up and lunges
- ◆ Padded ankle/thigh strap for comfortable leg exercises
- ◆ Two 5 lb. add-on weights to provide resistance adjustments in smaller increments

### OPTIONS:

- ◆ PTS Weight Stack Shields - 1 Pair (PTS-SH)  
Enclosed weight stack shields for noise reduction



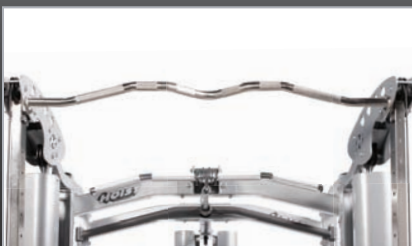
PTS-1000 shown with optional PTS-HILO and PTS Weight Stack Shields (2 pairs)

### SPECIFICATIONS:

#### US / METRIC

Length:	66.25" / 168 cm
Width:	81.75" / 208 cm (including Olympic bar) 62.25" / 158 cm (NOT including Olympic bar)
Height:	92.00" / 234 cm
Machine Weight:	824 lbs. / 374 kg (including PTS-1000 & PTS-SH) 795 lbs. / 361 kg (including PTS-1000)

#### MULTI-POSITION CHIN-UP BAR



#### ONE-HANDED ADJUSTER SYSTEM



#### 23 PULLEY POSITIONS PER COLUMN



## ADD A HOIST® BENCH!

In addition to the PTS Gyms, HOIST® offers additional bench options to maximize your exercise possibilities! Designed with superb components and unique space saving designs. All benches are sold separately. For more information, contact your HOIST® representative.

### FLAT/INCLINE BENCH PTS-164

- ◆ 6 adjustable back pad positions from 0° to 80° in 15° increments to accommodate incline and flat bench exercises
- ◆ 7 linear back pad adjustments for varying user heights
- ◆ Dual purpose back pad adjusts to provide thigh hold-down for lat pulldown exercises
- ◆ Dual purpose assist bar serves as a footrest for low row exercises and stabilizer for standing exercises
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ◆ Refer to page 8 for product specifications



### 6 POSITION F.I.D. BENCH HF-4165

- ◆ 6 adjustable back pad positions from -20° to 75° in 15° increments to accommodate incline, flat, and decline bench exercises
- ◆ 3 adjustable seat positions from 0° to 20° in 10° increments to accommodate varying user heights
- ◆ Integrated hand grip and wheels provide tilt 'n roll capability for easy storage
- ◆ Foot pegs provide leg support during exercise
- ◆ Refer to page 8 for product specifications



#### OPTIONS:

- ◆ Leg Extension/Leg Curl Attachment (HF-OPT4000-01)
- ◆ Preacher Curl Attachment (HF-OPT4000-02)
- ◆ Accessory Storage Stand (HF-OPT4000-03)

#### ANGULAR BACK PAD ADJUSTMENTS (PTS-164)



#### LINEAR BACK PAD POSITIONS ADJUSTMENTS (PTS-164)



#### BACK AND SEAT PAD ADJUSTMENTS (HF-4165)



## PTS ENSEMBLE PACKAGES

For your convenience, HOIST® has created the following PTS Ensemble Packages featuring the most popular combinations of options!



### PTS-ENSEMBLE PACKAGE #3 PTS-ENS-3

The PTS Ensemble Package #3 includes:

- ◆ PTS Dual Action Smith® (PTS-1000)
- ◆ PTS Lat Pulldown/Low Row Option (PTS-LAT)
- ◆ PTS Dual Hi-Lo Option (PTS-HILO)
- ◆ PTS Weight Stack Shields - 3 Pairs (PTS-SH)
- ◆ Choice of 1 workout bench listed below:
  - PTS Flat/Incline Bench (PTS-164)
  - 6 Position F.I.D. Bench (HF-4165)

### SPECIFICATIONS:

#### US / METRIC

Length:	91.00" / 231 cm
Width:	81.75" / 208 cm (including Olympic bar) 62.25" / 158 cm (NOT including Olympic bar)
Height:	92.00" / 234 cm
Machine Weight:	1,134 lbs. / 514 kg

\* Specifications does NOT include PTS-164 or HF-4165 benches





## PTS-ENSEMBLE PACKAGE #2 PTS-ENS-2

The PTS Ensemble Package #2 includes:

- ◆ PTS Dual Action Smith® (PTS-1000)
- ◆ PTS Dual Hi-Lo Option (PTS-HILO)
- ◆ PTS Weight Stack Shields - 2 Pairs (PTS-SH)
- ◆ Choice of 1 workout bench listed below:
  - PTS Flat/Incline Bench (PTS-164)
  - 6 Position F.I.D. Bench (HF-4165)

### SPECIFICATIONS:

#### US / METRIC

Length:	66.25" / 168 cm
Width:	81.75" / 208 cm (including Olympic bar)
	62.25" / 158 cm (NOT including Olympic bar)
Height:	92.00" / 234 cm
Machine Weight:	824 lbs. / 374 kg

\* Specifications does NOT include PTS-164 or HF-4165 benches



PTS-ENS-2 shown with PTS-164 bench

## PTS-ENSEMBLE PACKAGE #1 PTS-ENS-1

The PTS Ensemble Package #1 includes:

- ◆ PTS Dual Action Smith® (PTS-1000)
- ◆ PTS Lat Pulldown/Low Row Option (PTS-LAT)
- ◆ PTS Weight Stack Shields - 1 Pair (PTS-SH)
- ◆ Choice of 1 workout bench listed below:
  - PTS Flat/Incline Bench (PTS-164)
  - 6 Position F.I.D. Bench (HF-4165)

### SPECIFICATIONS:

#### US / METRIC

Length:	65.75" / 167 cm
Width:	81.75" / 208 cm (including Olympic bar)
	61.00" / 155 cm (NOT including Olympic bar)
Height:	83.25" / 211 cm
Machine Weight:	642 lbs. / 291 kg

\* Specifications does NOT include PTS-164 or HF-4165 benches



PTS-ENS-1 shown with HF-4165 bench

# PTS PRODUCT SPECIFICATIONS

Product Name		Product Dimensions L x W x H	Product Weight		Maximum Storage Weight	Maximum Weight Capacity	
<b>PTS Dual Action Smith® PTS-1000</b>	Standard (incl. Oly. bar)	36.25" x 81.75" x 83.25"	335 lbs.		N/A	600 lbs.	
	Metric (incl. Oly. bar)	92 cm x 208 cm x 211 cm	152 kg		N/A	272 kg	
	Standard (NOT incl. Oly. bar)	36.25" x 51.75" x 83.25"	305 lbs.		N/A	N/A	
	Metric (NOT incl. Oly. bar)	92 cm x 131 cm x 211 cm	138 kg		N/A	N/A	
<b>PTS Lat Pulldown/Low Row Option PTS-LAT (including PTS-1000)</b>	Standard (incl. Oly. bar)	65.75" x 81.75" x 83.25"	642 lbs. (incl. PTS-1000 & PTS-SH)	613 lbs. (incl. PTS-1000)	N/A	600 lbs.	
	Metric (incl. Oly. bar)	167 cm x 208 cm x 211 cm	291 kg (incl. PTS-1000 & PTS-SH)	278 kg (incl. PTS-1000)	N/A	272 kg	
	Standard (NOT incl. Oly. bar)	65.75" x 51.75" x 83.25"	612 lbs. (incl. PTS-1000 & PTS-SH)	583 lbs. (incl. PTS-1000)	N/A	N/A	
	Metric (NOT incl. Oly. bar)	167 cm x 131 cm x 211 cm	278 kg (incl. PTS-1000 & PTS-SH)	264 kg (incl. PTS-1000)	N/A	N/A	
<b>PTS Dual Hi-Lo Option PTS-HILO (including PTS-1000)</b>	Standard (incl. Oly. bar)	66.25" x 81.75" x 92.00"	824 lbs. (incl. PTS-1000 & PTS-SH)	795 lbs. (incl. PTS-1000)	N/A	600 lbs. (for Oly. bar)	300 lbs. (for chin-up bar)
	Metric (incl. Oly. bar)	168 cm x 208 cm x 234 cm	374 kg (incl. PTS-1000 & PTS-SH)	361 kg (incl. PTS-1000)	N/A	272 kg (for Oly. bar)	136 kg (for chin-up bar)
	Standard (NOT incl. Oly. bar)	66.25" x 62.25" x 92.00"	794 lbs. (incl. PTS-1000 & PTS-SH)	764 lbs. (incl. PTS-1000)	N/A	N/A	
	Metric (NOT incl. Oly. bar)	168 cm x 158 cm x 234 cm	360 kg (incl. PTS-1000 & PTS-SH)	347 kg (incl. PTS-1000)	N/A	N/A	
<b>PTS Ensemble Package #1 PTS-ENS-1</b>	Standard (incl. Oly. bar)	65.75" x 81.75" x 83.25"	642 lbs.		N/A	600 lbs.	
	Metric (incl. Oly. bar)	167 cm x 208 cm x 211 cm	291 kg		N/A	272 kg	
	Standard (NOT incl. Oly. bar)	65.75" x 61.00" x 83.25"	612 lbs.		N/A	N/A	
	Metric (NOT incl. Oly. bar)	167 cm x 155 cm x 211 cm	278 kg		N/A	N/A	
<b>PTS Ensemble Package #2 PTS-ENS-2</b>	Standard (incl. Oly. bar)	66.25" x 81.75" x 92.00"	824 lbs.		N/A	600 lbs. (for Oly. bar)	300 lbs. (for chin-up bar)
	Metric (incl. Oly. bar)	168 cm x 208 cm x 234 cm	374 kg		N/A	272 kg (for Oly. bar)	136 kg (for chin-up bar)
	Standard (NOT incl. Oly. bar)	66.25" x 62.25" x 92.00"	794 lbs.		N/A	N/A	
	Metric (NOT incl. Oly. bar)	168 cm x 158 cm x 234 cm	360 kg		N/A	N/A	
<b>PTS Ensemble Package #3 PTS-ENS-3</b>	Standard (incl. Oly. bar)	91.00" x 81.75" x 92.00"	1,134 lbs.		N/A	600 lbs. (for Oly. bar)	300 lbs. (for chin-up bar)
	Metric (incl. Oly. bar)	231 cm x 208 cm x 234 cm	514 kg		N/A	272 kg (for Oly. bar)	136 kg (for chin-up bar)
	Standard (NOT incl. Oly. bar)	91.00" x 62.25" x 92.00"	1,104 lbs.		N/A	N/A	
	Metric (NOT incl. Oly. bar)	231 cm x 158 cm x 234 cm	501 kg		N/A	N/A	
<b>PTS Flat/Incline Bench PTS-164</b>	Standard	56.00" x 28.25" x 48.00"	73 lbs.		N/A	800 lbs.	
	Metric	142 cm x 72 cm x 122 cm	33 kg		N/A	363 kg	
<b>6 Position F.I.D. Bench HF-4165</b>	Standard	65.00" x 22.00" x 46.75"	77 lbs.		N/A	1,000 lbs.	
	Metric	165 cm x 56 cm x 119 cm	35 kg		N/A	454 kg	

\* Specifications does NOT include PTS-164 or HF-4165 benches for each PTS Ensemble Package.

## MORE HOIST® BENCHES AVAILABLE!

To make your workout even more effective, HOIST® offers additional bench options that are sold separately. All benches feature unique space saving designs and superb components. Contact your HOIST® representative for more information.



**MULTI-POSITION BENCH**  
(HF-4145)



**FOLD-UP FLAT/INCLINE BENCH**  
(HF-4167)

For more information, please contact a HOIST® Sales Representative at 800.548.LIFT (5438) or sales@hoistfitness.com.  
NOTE: Actual frame and upholstery colors may differ from printed color samples shown.

## HOIST® WARRANTY POLICY

HOIST® offers the best warranty policy in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® warranties this product to the original purchaser only. HOIST® guarantees this product to be free from defects in workmanship and/or materials under normal use or service. If at any time a component is defective, HOIST® will replace that component free of cost! For more information about the HOIST® Warranty policy, please refer to [www.hoistfitness.com](http://www.hoistfitness.com).



### LIFETIME FRAME:

Warranty for the lifetime of the product and applies to defects from the manufacturer only.

### 10 YEARS MOVING PARTS:

Applies to defects from the manufacturer only.

### 10 YEAR PAINT, CABLES & UPHOLSTERY:

Applies to defects from the manufacturer only.

### ALSO RATED FOR LIGHT COMMERCIAL USE:

Contact a HOIST Sales Representative for more information.

## TRADEMARKS AND PATENTS

All HOIST® products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST® is a registered trademark. All Rights Reserved.†

- ◆ HOIST®
- ◆ ACT NOW®
- ◆ CABLE-DRIVEN™
- ◆ CLUB QUALITY GUARANTEED®
- ◆ COMPOSITE MOTION™
- ◆ DUAL ACTION SMITH®
- ◆ EASY GLIDE™
- ◆ EZ-LOC LATCHING MECHANISM™
- ◆ FEEL THE RIDE®
- ◆ GLUTEMASTER®
- ◆ HOIST CLASSIC®
- ◆ QUIK-CHANGE®
- ◆ RADIAL LOC®
- ◆ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ◆ RIDE ORIENTED CONDITIONING®
- ◆ RIDE ORIENTED CONDITIONING SYSTEM®
- ◆ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ◆ RIDE ORIENTED XERCISE®
- ◆ ROC®
- ◆ ROCS®
- ◆ FOX®
- ◆ ROC-IT®
- ◆ ROC-ABS®
- ◆ SILENT STEEL®
- ◆ SPLIT WEIGHT CABLING™
- ◆ ULTRA-LITE LIFTING SYSTEM™

D370,950, D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,948, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D519,585, D541,357, D541,358, D541,893, D542,868, D544,050, D556,842, D574,448, D574,449, D557,234, D583,426, 4,949,951, 5,236,406, 5,401,227, 5,681,247, 5,683,334, 5,793,233, 5,800,321, 5,807,219, 5,916,072, 5,938,574, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,030,322, 6,039,678, 6,090,020, 6,102,835, 6,193,635, 6,264,586, 6,264,588, 6,287,241, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,645,130, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,322,911, 7,331,911, 7,335,140, 7,335,145, 7,361,125, 7,384,309, 7,393,309, 7,468,024

† Other Patents Pending



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**HOIST**<sup>®</sup>  
hoistfitness.com

9990 empire street  
san diego, ca 92126  
800.548.LIFT (5438)  
sales@hoistfitness.com

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