

# SIMPLE TRAINER

## HD-4000



## SPECS

**PRODUCT DIMENSIONS (L X W X H)**

43.00" X 126.25" X 82.00" (109 cm X 321 cm X 208 cm)

**PRODUCT WEIGHT**

903 lbs (410 kg)

**CABLE TRAVEL**

100" (254 cm) - each side

**WEIGHT STACKS**

2 x 240 lbs (109 kg) - each

**WEIGHT RATIO**

3 to 1 = 80 lbs (36 kg) max. at each handle

## FEATURES

- ◆ HOIST Fitness' patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- ◆ For added safety, the arms are slightly over-balanced\* to prevent falling, and bold indicators show users when they are locked and ready to use
- ◆ Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- ◆ Arm adjustments features 12 height positions and 9 width positions on each side
- ◆ Accessories include stabilizing handles and water bottle/phone holder
- ◆ Comes standard with HOIST x2 strap handles

\*when paired with HOIST strap handles (x2 included)