

I stare at the **steel braided** cable
moving a 200-pound stack up and down silently.
I want my **thighs** to be like that.

Someday.



form . function
mind . body

H400

The H400 Advanced Multi-Gym: If you see a little bit of your ideal self in the Hoist H400, we're not surprised. We started with only the finest, club-caliber components. We then used ergonomically-correct design to mimic your body's naturally smooth motions. This helps you stay focused. The Articulated Pressing Station™ on the H400 actually simulates dumbbell exercises, allowing a natural freedom of movement that works more of your muscles. This patented system offers pressing and fly movements in the flat, incline or decline positions. If you want a club-caliber gym with advanced features and a freeweight feel, try the H400.



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Split Weight Cabling: increases versatility. Allows lighter weight adjustment and greater range of motion on all hi/low pulley-style exercises.

User-Defined Motion™: you control the arc and angle of movement, for more symmetrical muscle development.

Silent Steel® Weight Stack: 200 lbs. machined to exact specifications to ensure glass-smooth operation. Sound-absorbing cushions between each plate keep things whisper quiet.

Exercise Forward Design™: all exercises come off the front of the machine for easy use and small space requirements. Just back it up against a wall and go.

Self-Aligning Roller Pads: automatically adjust while performing leg extension and leg curl exercises.



SOME OF THE EXERCISES ON THE H400:

Legs:
Leg extension
Standing leg curl
Inner/outer thigh kick
Calf raise (standing & seated)
Glute kick

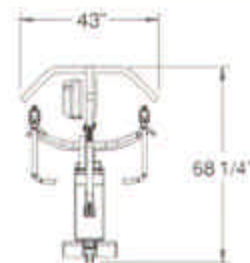
Chest:
Flat, incline & decline press
Flat, incline & decline fly
Pec crossover

Back:
Lat pulldown (front & rear)
Back hyperextension
Bent over row

Shoulders:
Shoulder press
Lateral delt raise
Standing rear delt
Upright row

Arms:
Preacher curl
One arm curl
Triceps pushdown
Seated triceps extension
Triceps kickback

Stomach:
Ab crunch
Side bends



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