

# V4 SELECT SERIES

The unique V Select Series by HOIST® features thirty-six different configurations to accommodate every lifestyle. Engineered with the user in mind, the V Select Series provides you with the flexibility to customize your home gym and achieve your personal fitness goals. Sleek and attractive, the compact design of the V Select Series requires minimal floor space allowing you to move efficiently from one exercise to the next.

UPPER BODY WORKOUT 1		UPPER BODY WORKOUT 2		UPPER BODY HI-LO WORKOUT	
<b>PECTORAL CROSSOVER</b> 1. Adjust V4 press arm. 2. Grasp strap handle from mid pulley. 3. Exercise.	<b>VERTICAL PRESS</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp press arm hand grips. 4. Exercise.	<b>INCLINE PRESS</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp articulating arm hand grips. 4. Exercise.	<b>PECTORAL FLY</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp both strap handles. 4. Exercise.	<b>ONE ARM PECTORAL FLY</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.	<b>PUNCH</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.
<b>SHOULDER PRESS</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp both strap handles. 4. Exercise.	<b>LATERAL DELTOID</b> 1. Adjust V4 press arm. 2. Grasp strap handle from low pulley. 3. Exercise.	<b>UPRIGHT ROW</b> 1. Adjust V4 press arm. 2. Grasp both strap handles from low pulley. 3. Exercise.	<b>SEATED REAR DELT</b> 1. Adjust V4 press arm. 2. Adjust multi-function roller pads. 3. Grasp both strap handles. 4. Exercise.	<b>ROTATOR CUFF - EXTERNAL</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.	<b>SHOULDER SHRUG</b> 1. Adjust pulley. 2. Grasp both strap handles. 3. Exercise.
<b>SEATED MIDROW</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp press arm hand grips. 4. Exercise.	<b>LAT PULLDOWN</b> 1. Adjust V4 press arm. 2. Grasp lat bar. 3. Exercise.	<b>STANDING ONE ARM ROW</b> 1. Adjust V4 press arm. 2. Grasp strap handle from mid pulley. 3. Exercise.	<b>HIGH PULL</b> 1. Adjust V4 press arm. 2. Adjust multi-function roller pads. 3. Grasp both strap handles. 4. Exercise.	<b>ONE ARM ROW</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.	<b>KNEELING LAT PULLDOWN</b> 1. Adjust pulley. 2. Grasp both strap handles. 3. Exercise.
<b>BICEPS CURL</b> 1. Adjust V4 press arm. 2. Grasp curl bar from low pulley. 3. Exercise.	<b>SEATED TRICEPS EXTENSION</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp both strap handles from mid pulley. 4. Exercise.	<b>TRICEPS BENCH</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp both strap handles from mid pulley. 4. Exercise.	<b>OVERHEAD CURL</b> 1. Adjust V4 press arm. 2. Adjust multi-function roller pads. 3. Grasp curl bar. 4. Exercise.	<b>ONE ARM TRICEPS EXTENSION</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.	<b>BICEPS CURL</b> 1. Adjust pulley. 2. Grasp curl bar. 3. Exercise.

CHEST  
SHOULDERS  
BACK  
ARMS

AB WORKOUT 1		AB WORKOUT 2		AB HI-LO WORKOUT	
<b>MID-PULLEY AB CRUNCH</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Grasp both strap handles from mid pulley. 4. Exercise.		<b>SIDE BENDS</b> 1. Adjust V4 press arm. 2. Grasp strap handle from low pulley. 3. Exercise.		<b>TORSO ROTATION</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.	
					

ABS

LOWER BODY WORKOUT 1		LOWER BODY WORKOUT 2		LOWER BODY HI-LO WORKOUT	
<b>SEATED LEG CURL</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Adjust leg station. 4. Exercise.		<b>SEATED LEG EXTENSION</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Adjust leg station. 4. Exercise.		<b>STANDING LEG CURL</b> 1. Adjust V4 press arm. 2. Adjust ankle/thigh strap around ankle. 3. Exercise.	
					
<b>INNER THIGH</b> 1. Adjust V4 press arm. 2. Adjust ankle/thigh strap around ankle from low pulley. 3. Exercise.		<b>OUTER THIGH</b> 1. Adjust V4 press arm. 2. Adjust ankle/thigh strap around ankle from low pulley. 3. Exercise.		<b>ASSISTED LUNGE</b> 1. Adjust pulley. 2. Grasp both strap handles. 3. Exercise.	
					
<b>INNER THIGH</b> 1. Adjust V4 press arm. 2. Adjust ankle/thigh strap around ankle from low pulley. 3. Exercise.		<b>STANDING LEG CURL</b> 1. Adjust V4 press arm. 2. Adjust back pad. 3. Adjust multi-function roller pads. 4. Exercise.		<b>HIGH STEP</b> 1. Adjust pulley. 2. Adjust ankle/thigh strap around ankle. 3. Exercise.	
					

LEGS

## TRAINING TIPS

### TO INCREASE MUSCLE SIZE:

- Do 8-10 repetitions of each exercise
- Increase weight after each set, provided you maintain proper body form and technique
- Complete 3-4 sets of each exercise
- Rest for 45-60 seconds between sets

### TO INCREASE ENDURANCE OR TONE:

- Do 12-15 repetitions of each exercise
- Complete 3-4 sets of each exercise
- Rest for 45-60 seconds between sets
- Limit rest between exercises to build cardiovascular endurance
- Ideally, you should perform 30 seconds of cardiovascular exercise between each strength training exercise

### SAMPLE PROGRAMS:

- Weekly routine—1 body area per day:
  - Monday and Wednesday: Upper Body
  - Tuesday and Thursday: Lower Body
  - Friday: Rest
  - Alternate days for Abdominals
  - Never work the same muscle group on consecutive days
- Three day routine—3 days on, 1 day off:
  - Day 1: Chest, Arms and Abdominals
  - Day 2: Shoulders & Back
  - Day 3: Legs and Abdominals
  - Day 4: Rest
  - Never work the same muscle group on consecutive days

## EXERCISE SAFETY

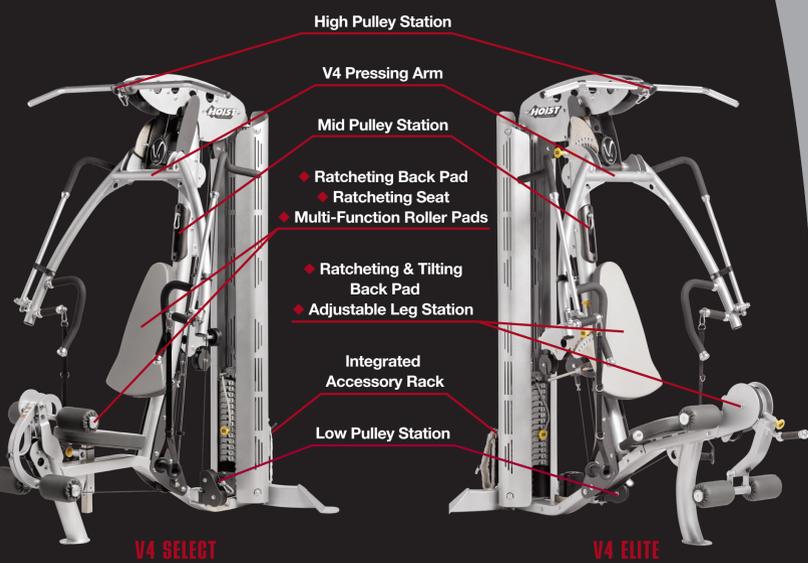
- Consult a physician before you begin an exercise program.
- Always warm up before your workout with 5-10 minutes of cardiovascular exercise. Then stretch slowly, exhaling as you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Following your strength training regimen, stretch again to complete your workout.
- Maintain proper spinal alignment and head positioning throughout your workout.
- For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.
- Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your new V4 Select Series Gym will help you reach your goals only with consistent use.
- To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a particular muscle, you should use the supporting muscles as well.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Do not hold your breath. Exhale during the pressing action, and inhale upon returning to the start position.

## EQUIPMENT SAFETY

- Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety.
- Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine at any time.
- Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts and belts on a daily basis. Replace or repair any frayed, loose or otherwise damaged parts at the first sign of a problem.
- Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
- Sweat is corrosive—make sure to wipe down the machines on a regular basis with a watered down rag. Then, dry completely to avoid rust.
- Maintain a regular routine of preventative maintenance.

For additional information on fitness health, safety, or equipment, call HOIST® Fitness Systems at 800.548.5438 or visit us online at [www.hoistfitness.com](http://www.hoistfitness.com). For additional exercises and instructions, please refer to the "Exercise Descriptions" section of your Owner's Manual.

## KNOW YOUR MACHINE



VSLP WORKOUT	VRLP WORKOUT	FUNCTIONAL HI-LO WORKOUT
<b>STATIONARY LEG PRESS</b> 1. Adjust back pad. 2. Exercise.	<b>RIDE LEG PRESS</b> 1. Adjust back pad. 2. Exercise.	<b>GOLF SWING</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.
		
<b>STATIONARY CALF RAISE</b> 1. Adjust back pad. 2. Exercise.	<b>RIDE CALF RAISE</b> 1. Adjust back pad. 2. Exercise.	<b>TWIST &amp; LIFT</b> 1. Adjust pulley. 2. Grasp strap handle. 3. Exercise.
		

FUNCTIONAL