

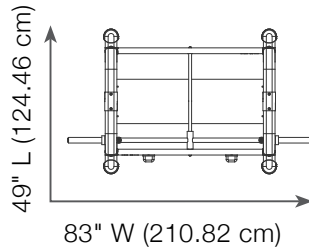


# DUAL ACTION SMITH

The HOIST® Fitness MiSmith Dual Action Smith® is an innovative product from the new line of HOIST Fitness MiSeries home gyms. Perfect for users of all levels, the MiSmith features revolutionary patented technology that produces a simultaneous horizontal and vertical bar movement, providing the benefits of free weight training with added safety and stability. The Ultra-Light Lifting System™ reduces the bar weight to 30 lbs. allowing a wider range of exercise options. While this gym is engineered to offer maximum power and efficiency, its sleek and minimalist design offers a luxurious appeal.

## FEATURES

- Ultra-Light Lifting System™ that reduces the bar weight to a mere 30 lbs
- Polyurethane covered rack outs for silent racking and protection of bar and frame
- Non-marring feet to protect flooring
- Commercial quality linear bearings and shafting for frictionless guided motion
- Adjustable safety tiers
- Racking tier index numbers highlight tier levels on the front of machine



Free HOIST Strength app provides access to dozens of exercise tutorials, workout plans and fitness training





MODEL	DESCRIPTION	LENGTH	WIDTH	HEIGHT	MACHINE WT
Mi1	Mi1 HOME GYM	58" (147.32 cm)	48" (121.92 cm)	84" (213.36 cm)	402 lbs (182.34 kg)
Mi5	Mi5 FUNCTIONAL TRAINER	51" (129.53 cm)	52.6" (133.62 cm)	83.5" (212.08 cm)	442 lbs (200.48 kg)
Mi6	Mi6 FUNCTIONAL TRAINER	37.75" (95.89 cm)	54" (137.16 cm)	83" (210.82 cm)	610.5 lbs (276.92 kg)
Mi7-PL	Mi7 FUNCTIONAL TRAINER	60.4" (153.42 cm)	83.5" (212.09 cm)	66.4" (168.66 cm)	711 lbs (322.50 kg)
Mi7-SMITH-PL	Mi7SMITH DUAL ACTION SMITH	49" (124.46 cm)	83" (210.82 cm)	82.5" (209.66 cm)	386 lbs (175.09 kg)
Mi-SMITH-ENS-PL	Mi7SMITH ENSEMBLE	92" (233.68 cm)	83" (210.82 cm)	83.5" (212.08 cm)	985 lbs (446.79 kg)