Mi5 FUNCTIONAL TRAINER

The HOIST® Mi5 Functional Trainer offers a compact, space-efficient design with a single column and 200 lb Silent Steel* weight stack. With patented technology, the Mi5 features a unique patented three-point cable adjustment system allowing for more than 1,000 cable adjustment variations. The Mi5 cable arms move vertically through 22 different height adjustments, while each arm can move independently through 7 radial angles and 160 degrees, thus accommodating users of all heights and size. The Mi5 also features a unique weight lock for suspension exercises. This poster will provide you sample exercises for each gym, however, for even more exercise options and workout programs, download the FREE HOIST Strength App.

CHEST

ALTERNATING PUNCH

1. Position pulley carriage at hip height with cable arms rotated up. Stand facing away from machine and grasp handles with a neutral grip. Start with arms bent at your sides in boxers' stance.
2. Punch one arm forward, return to boxers' stance, then punch the other.

ACCESSORIES USED: Strap Handles

SEATED CHEST PRESS

1. Position pulley carriage at low setting with cable arms rotated up. Sit on a ball or bench facing away from the machine. Grasp the handles with arms bent 90 degrees at shoulder level, hands parallel to the ground.
2. Push handles forward until arms are fully extended.

ACCESSORIES USED: Strap Handles, Ball

SUSPENDED PEC FLY

1. Position pulley carriage to highest setting with cable arms rotated up. Extend strap handles to the longest setting. Secure weight stack lock. While grasping handles, step onto foot rests facing out and suspend body with arms straight.
2. Slowly open arms to your sides.

ACCESSORIES USED: Strap Handles, Weight Lock

DECLINE CHEST PRESS

1. Position pulley carriage at highest setting with cable arms rotated up. Stand facing away from machine with feet staggered and arms bent 90 degrees at your sides.
2. Slowly push handles forward and down until arms are fully extended.

ACCESSORIES USED: Strap Handles

SEATED PEC FLY

1. Position pulley carriage at low setting with cable arms rotated to parallel. Sit on ball or incline bench and grasp handles with arms extended out wide at shoulder level.
2. Slowly bring arms together in a slow and controlled motion.

ACCESSORIES USED: Strap Handles, Ball

INCLINE CHEST PRESS

1. Position pulley carriage at chest height with cable arms rotated up. Stand facing away from machine with feet staggered and arms bent 90 degrees at shoulder level.
2. Slowly push handles forward and up until arms are fully extended.

ACCESSORIES USED: Long Bar, Core Stabilizer Pad

SHOULDERS

INTERNAL ROTATOR CUFF

1. Position pulley carriage at torso level with cable arms parallel. Stand sideways from pulley and grasp handle with hand closest to machine. Hold handle at elbow level with arm bent.
2. Slowly pivot from the shoulder, rotating forearm inward.

ACCESSORIES USED: Strap Handles

SINGLE ARM LATERAL RAISE

1. Position pulley carriage at lowest setting with cable arms rotated down. Stand sideways next to the machine and grasp the opposing handle.
2. Slowly raise arm laterally up to shoulder level.

ACCESSORIES USED: Strap Handles

SHOULDER SHRUG

1. Position pulley carriage at lowest setting with cable arms parallel. Grasp long bar and stand facing machine with arms straight at your sides.
2. Slowly raise shoulders toward your ears.

ACCESSORIES USED: Long Bar

FRONT SHOULDER RAISE

1. Position pulley carriage at lowest setting with cable arms rotated down. Stand facing away from machine with feet staggered. Grasp handles and start with arms fully extended by your sides.
2. Slowly raise arms forward and up to shoulder level, keeping arms straight.

ACCESSORIES USED: Strap Handles

SHOULDER PRESS

1. Position pulley carriage at a low setting with cable arms rotated up. Stand facing away from machine. Grasp handles with arms bent at 90 degrees at shoulder level.
2. Push to extend arms up straight above your shoulders.

ACCESSORIES USED: Strap Handles

REAR DELT PULL

1. Position pulley carriage at shoulder height when seated with cable arms rotated down. Sit on flat bench facing machine and grasp handles with opposite hands. Start with arms out straight, hands together.
2. Slowly pull arms back and up until elbows are in-line with shoulders.

ACCESSORIES USED: Strap Handles

BACK

LOWER BACK EXTENSION

1. Position pulley carriage at lowest setting and rotate the cable arms down. Face one pulley and bend forward at hips to hook both arms through ankle strap.
2. Slowly extend from hips, while keeping legs straight, to stand up straight.

ACCESSORIES USED: Ankle Strap

LOW ROW

1. Position pulley carriage at a low setting with cable arms rotated down. Stand facing the machine and grasp handles with opposing grips. Start with arms out straight in front of you.
2. Slowly pull handles in towards your sides until elbows are bent to 90 degrees.

ACCESSORIES USED: Strap Handles

REVERSE FLY

1. Position pulley carriage at hip level when seated and rotate cable arms parallel. Sit facing machine, grasp handles in opposing hands and start with hands together, arms straight infront of you.
2. Slowly extend arms out to your sides in-line with shoulders.

ACCESSORIES USED: Strap Handles

BODY ROW

1. Position pulley carriage at highest setting with cable arms rotated up. Extend strap handles to the longest setting. Secure weight stack lock. While grasping handles, step onto foot rests facing in, suspending body with arms straight.
2. Slowly pull in elbows to 90 degrees at your sides.

ACCESSORIES USED: Strap Handles, Weight Lock

LAT PULLOVER

1. Position pulley carriage at highest setting with cable arms rotated parallel. Grasp long bar and stand facing the machine with hips bent, arms out straight at shoulder level.
2. Pull bar down towards knees while keeping back straight.

ACCESSORIES USED: Long Bar

HIGH ROW

1. Position pulley carriage at a high setting with cable arms rotated up. Stand facing machine and grasp handles. Start with arms extended straight.
2. Slowly pull arms in towards your sides, bending at the elbows.

ACCESSORIES USED: Strap Handles

ARMS

UNDERHAND PITCH

1. Position pulley carriage at hip height with cable arms rotated down. Stand facing away from machine and grasp handle with both hands.
2. Slowly rotate body forward extending arm in a throwing motion.

ACCESSORIES USED: Strap Handles

REVERSE BICEPS CURL

1. Position pulley carriage at lowest setting with cable arms rotated down. Attach a carabiner to each cable, then attach carabiners to short curl bar. Stand with feet shoulder width apart. Grasp bar with overhand grip and arms fully extended at sides.
2. Bend at elbows raising bar to chest height.

ACCESSORIES USED: Short Curl Bar

BODY TRICEPS EXTENSION

1. Position pulley carriage to highest setting with cable arms rotated up. Extend strap handles to the longest setting. Secure weight stack lock. While grasping handles, step onto foot rests facing out and suspend body with arms straight ahead of you, hands at eye level.
2. Slowly bend elbows to 90 degrees bringing handles overhead.

ACCESSORIES USED: Strap Handles, Weight Lock

TRICEP KICKBACK

1. Position pulley carriage at lowest setting with cable arms rotated down. Attach Core Stabilizer Pad. While holding onto Stabilizer for support, grasp handle and start with arm extended straight in front of you.
2. Slowly kick arm back, straightening at elbow.

ACCESSORIES USED: Strap Handles, Core Stabilizer Pad

ALTERNATING BICEPS CURL

1. Position pulley carriage at low setting and sit on a ball or bench facing machine. Grasp handles with underhand grip and start with arms extended out straight.
2. Alternating between arms, bend at elbow to curl handle on one side until hand is at shoulder height, then return to the starting position while curling other arm.

ACCESSORIES USED: Strap Handles, Ball

TRICEPS PUSHDOWN

1. Position pulley carriage at highest setting with cable arms rotated up. Begin holding the bar at torso level with elbows bent at 90 degrees.
2. Push bar downward until elbows are fully extended.

ACCESSORIES USED: Short Curl Bar

ABS

KNEELING AB CRUNCH

1. Position pulley carriage at highest setting. Kneel down facing away from machine and grasp handles by your temples.
2. Crunch your waist bringing shoulders toward knees.

ACCESSORIES USED: Strap Handles

SIDE BEND

1. Position pulley carriage at lowest setting with cable arms rotated down. Stand sideways next to machine and grasp handle.
2. Bend at waist arcing away from machine, pulling weight towards your body.

ACCESSORIES USED: Strap Handles

OBLIQUE CRUNCH

1. Position pulley carriage at highest setting with cable arms rotated to fit shoulder width. Attach Core Stabilizer Pad. Grasp handles at chest and lean back against stabilizer.
2. Slowly crunch at the waist bringing right elbow to left hip, return to starting position, then crunch rotating to opposite side.

ACCESSORIES USED: Strap Handles, Core Stabilizer Pad

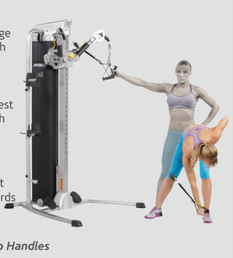
TORSO ROTATION

1. Position pulley carriage at torso level with cable arms rotated parallel. Stand sideways from pulley and grasp handle.
2. While keeping arms fully extended, rotate torso at hips and pull handle away from pulley.

ACCESSORIES USED: Strap Handles

WINDMILL

1. Position pulley carriage at highest setting with cable arms rotated up. Stand sideways to machine and grasp handle with arm closest to machine. Start with arm extended up and feet hip width apart.
2. Keeping arms straight, bend at hips and twist to reach handle towards opposite toe.



ACCESSORIES USED: Strap Handles

REVERSE AB CRUNCH

1. Position pulley carriage at low setting with cable arms rotated down. Attach ankle strap. Lie back facing pulley and slip the toe of one foot in ankle strap.
2. Lie back with legs straight. Slowly crunch up and simultaneously bring knee in at 90 degree angle to meet elbow of opposite arm.

ACCESSORIES USED: Long Strap

LEGS

DONKEY KICK

1. Position pulley carriage at lowest setting and rotate the cable arms down. Attach Core Stabilizer Pad. While facing the machine place leg cuff around ankle. Start with leg raised and knee bent.
2. While holding onto stabilizer pad, kick foot back, away from machine until leg is fully extended.

ACCESSORIES USED: Ankle Strap, Core Stabilizer Pad

SQUAT

1. Position pulley carriage at lowest setting and rotate cable arms to fit shoulder-width. Stand with feet shoulder-width apart, grasp handles by your shoulders.
2. Lower torso by bending at the hips and knees until in a full squat or seated position. Make sure knees stay behind your toes.

ACCESSORIES USED: Strap Handles

CALF RAISE

1. Position pulley carriage at lowest setting with cable arms parallel and long bar attached. Stand facing machine with arms straight at your sides.
2. While keeping arms straight, raise heels by bringing weight into your toes and lifting heels.

ACCESSORIES USED: Long Bar

OUTER THIGH

1. Position pulley carriage at thigh level with cable arms parallel. Attach Core Stabilizer Pad for support. Place ankle cuff above knee and face sideways next to machine.
2. While holding onto the stabilizer pad, swing weighted leg outward while keeping it straight.

ACCESSORIES USED: Ankle Strap, Core Stabilizer Pad

LUNGE

1. Position pulley carriage at a low setting and rotate cable arms down. Stand facing away from machine holding handles at your shoulders.
2. Step forward with one leg and lower body by bending knees until back leg is almost touching the floor. Make sure front knee doesn't go past your toe.

ACCESSORIES USED: Strap Handles

INNER THIGH

1. Position pulley carriage at thigh level with cable arms parallel. Place ankle cuff above knee and face sideways next to machine.
2. While holding onto the stabilizer pad, scissor cross the weighted leg over standing leg while keeping body straight.

ACCESSORIES USED: Ankle Strap, Core Stabilizer Pad

FUNCTIONAL TRAINING

GOLF SWING

1. Position pulley carriage at shoulder level with cable arms rotated up. Facing away from machine, grasp strap handle with both hands.
2. Pull handle down and across body as if taking a swing.

ACCESSORIES USED: Strap Handles

LATERAL SHUFFLE

1. Position pulley carriage at chest height with cable arms rotated down. Wrap assist strap around waist and attach to a pulley using carabiner. Stand sideways to machine with feet together.
2. Lunge to the side with one leg and lower body by bending knees, then step in with other leg.

ACCESSORIES USED: Long Strap, Carabiner

FOOTBALL PRESS

1. Position pulley carriage at lowest setting with cable arms rotated down. Stand staggered, facing away from machine and grasp handles. Crouch down with knees and arms bent, hands by your chest.
2. Thrust forward, extending arms out as you straighten legs to stand.

ACCESSORIES USED: Strap Handles

SWIMMER STROKE

1. Position pulley carriage at a high setting and rotate cable arms up. Stand facing the machine with staggered stance and grasp handles. Begin with arms extended in front of you.
2. Slowly pull arms down, back, out and around as if doing a butterfly stroke.

ACCESSORIES USED: Strap Handles

LACROSSE THROW

1. Position pulley carriage to highest setting with cable arms rotated up. Stand facing away from pulley with feet staggered, shoulder-width apart. Hold long bar with shoulder-width opposing grips.
2. Move the weighted end of long bar up, over and down in front of your body.

ACCESSORIES USED: Long Bar

PADDLEBOARD ROW

1. Position pulley carriage at waist height and rotate cable arms down. Stand facing pulley with feet staggered, hip-width apart. Attach one end of long bar to a pulley and hold bar with wide, opposing grips.
2. Slowly push upper hand forward while bringing lower hand back towards your side, moving the bar in a rowing motion.

ACCESSORIES USED: Long Bar

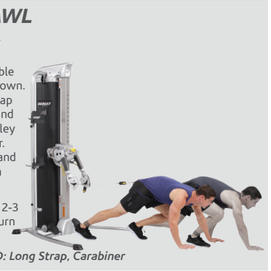
SQUAT & PRESS

1. Position pulley carriage at lowest setting and rotate cable arms down to fit shoulder width. Stand with feet shoulder width apart, handles grasped by shoulders and start in a squat position.
2. Burst up to standing position, extending arms up straight above your shoulders.

ACCESSORIES USED: Strap Handles

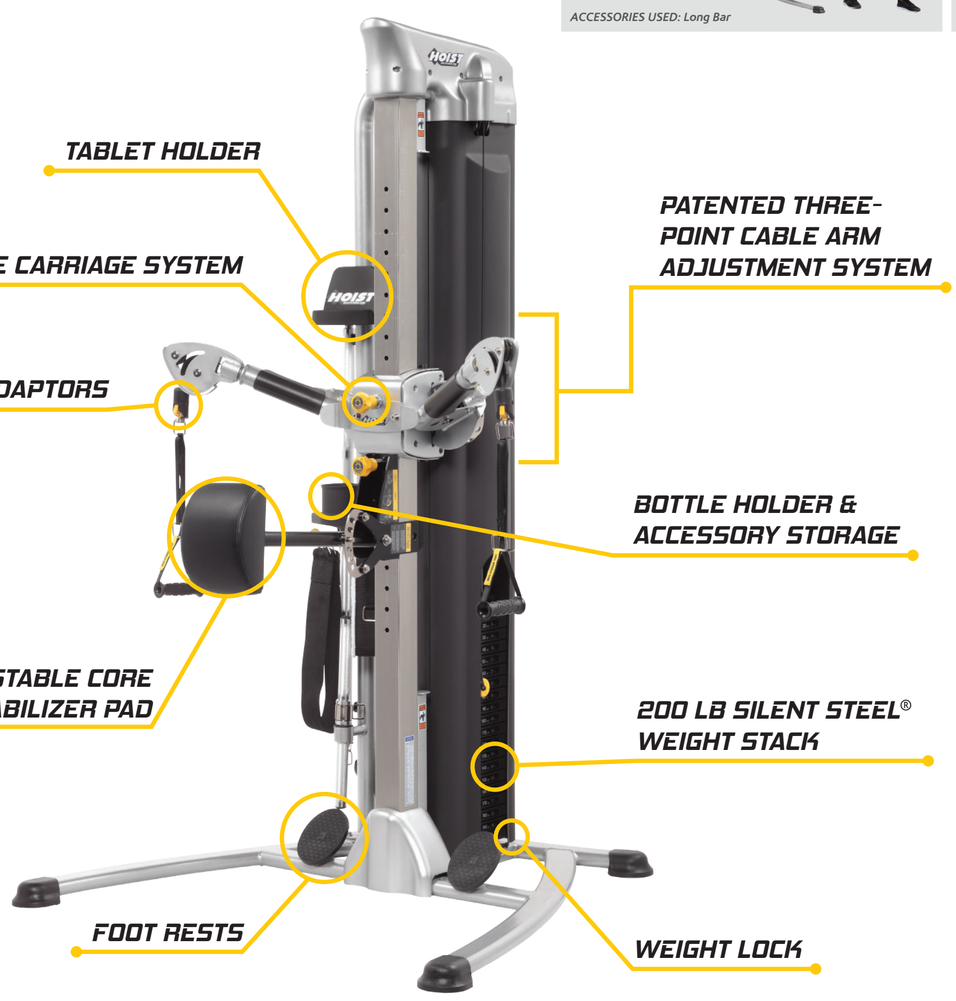
BEAR CRAWL

1. Position pulley carriage at hip height with cable arms rotated down. Wrap assist strap around waist and attach to a pulley using carabiner. Bend forward and place hands on floor.
2. Crawl forward 2-3 steps, then return back.



ACCESSORIES USED: Long Strap, Carabiner

KNOW YOUR MACHINE



EQUIPMENT SAFETY

- Always ensure the weight stack lock is set before performing body weight exercises.
- Always ensure the Core Stabilizer Pad pin is fully tightened before performing exercises.
- 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.
- 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 machine on a regular basis with a damp towel. Then dry completely to avoid rust.
- 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 on a problem.
- 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.
- Maintain a regular routine of preventative maintenance. Refer to your Owner's Manual for details.

EXERCISE SAFETY

- 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 HOIST Fitness gym will help you reach your goals with consistent use.
- Always warm up before your workout with 5 to 10 minutes of cardiovascular exercise. Then stretch, holding each position for 10 to 30 seconds. Following your strength training regimen, stretch again to complete your workout.
- To gain the most benefit from 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 hold your breath. Exhale during the pressing action and inhale upon returning to the start position. Maintain proper spinal alignment and head positioning throughout your workout.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Consult a physician before you begin an exercise program.

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