

# Mi6 FUNCTIONAL TRAINER

The **Mi6 Functional Training System**, by **HOIST® Fitness Systems**, is a unique personal pulley gym that offers a full body workout. This gym is jam-packed with features to provide you with the largest range of exercise options, all within a sleek and compact unit. The **Mi6** features 28 pulley positions, dual weight stacks, and full 360° rotating columns. Both weight stacks use Split Weight Cabling® delivering 50% resistance to pulleys and increased cable travel (114" with strap handles), perfect for full body functional workouts. Additionally, the unit features an adjustable tablet compartment, towel rack, storage space and two water bottle holders for your exercising convenience.

UPPER BODY WORKOUT 1		UPPER BODY WORKOUT 2		UPPER BODY WORKOUT 3				
<b>Standing Chest Press</b> 1. Position pulleys at shoulder level. Grasp bar with an overhead grip. 2. Push bar forward until arms are fully extended, without locking elbows. Accessories Used: Long Straight Bar	<b>Seated Decline Chest Press</b> 1. Position pulleys at shoulder level from a seated position. Grasp the handles with an overhead grip. 2. Push handles downward until arms are fully extended, without locking elbows. Accessories Used: Strap Handles x2, Incline/Decline Bench*	<b>Standing Chest Fly</b> 1. Position pulleys at shoulder level. Grasp handles in a neutral grip with arms extended to your sides at shoulder level. 2. Bring your hands together in a controlled motion. Accessories Used: Strap Handles x2	<b>Assisted Push-Up</b> 1. Position pulleys at waist level. Assume push-up position with assist strap positioned at mid torso. 2. Push body upward until arms are at full extension without locking elbows. Accessories Used: Long Assist Strap	<b>Seated Incline Chest Press</b> 1. Position pulleys below shoulder level. Grasp the handles with an overhead grip. 2. Push handles upward until arms are fully extended, without locking elbows. Accessories Used: Strap Handles x2, Incline/Decline Bench*	<b>Seated Chest Fly</b> 1. Position pulleys at shoulder level from a seated position. Grasp both handles with a neutral grip, arms fully extended at your sides. 2. Arcing forward, bring your hands together in a controlled motion. Accessories Used: Strap Handles x2, Stability Ball*	<b>CHEST</b>		
<b>Standing Front Shoulder Raise</b> 1. Position pulleys at lowest setting. Grasp bar with overhead grip and arms fully extended. 2. Raise bar up to chin level arcing forward and up. Accessories Used: Long Straight Bar	<b>Rear Delt Cross</b> 1. Position pulleys at lowest setting. Grasp handles with opposite hands and a neutral grip. 2. With elbows slightly bent, arc arms out and back. Accessories Used: Strap Handles x2	<b>Seated Shoulder Press</b> 1. Position pulleys at chest level from a seated position. Grasp handles with an overhead grip with arms bent and hands at shoulder level. 2. Push upward until arms are fully extended. Accessories Used: Strap Handles x2, Stability Ball*	<b>Standing Shoulder Shrug</b> 1. Position pulleys at lowest setting. Stand with feet shoulder width apart. Grasp handles with a neutral grip. 2. Lift your shoulders towards your ears and hold the contraction for a moment. Accessories Used: Strap Handles x2	<b>One-Arm Standing Shoulder Raise</b> 1. Position pulley at lowest setting. Grasp handle with an underhand grip and arm at full extension. 2. Pull handle upwards until arm is fully contracted, with elbow bent and hand at chest level. Accessories Used: Strap Handle x1	<b>Standing Overhead Press</b> 1. Position pulleys at torso level. Grasp bar with an overhead grip at chest level. 2. Push bar up until arms are fully extended. Accessories Used: Long Straight Bar		<b>SHOULDERS</b>	
<b>Wide Grip Assisted Pull-up</b> 1. Set weight. Position pulleys at hip level and attach strap. Grasp pull-up bar with a wide overhead grip, let yourself hang supported by strap with arms extended. 2. Slowly pull body up until chin is just above the bar. Accessories Used: Long Assist Strap	<b>Bent-Over Rows</b> 1. Position pulleys at lowest setting. While facing machine, grasp bar with a wide, overhead grip and arms at full extension. 2. With knees slightly bent, pull the bar towards torso. Accessories Used: Long Straight Bar	<b>Cable Pullover</b> 1. Position pulleys at highest setting. While reclined, hold the bar with an overhead grip. 2. Push the bar down to torso level, arms still fully extended. Accessories Used: Long Straight Bar, Stability Ball*	<b>One-Arm Bent-Over Row</b> 1. Position pulley at lowest setting and hold handle with an underhand grip and arm at full extension. 2. Pull your arm toward your body until your hand reaches your torso. Accessories Used: Strap Handle x1	<b>Weighted Chin-Up</b> 1. Set weight. Position pulley at hip level and wrap strap around waist. Clip both ends of assist strap together with both pulleys. Grasp chin-up bar with a narrow, underhand grip and let yourself hang. 2. Slowly pull body up until chin is just above the bar. Accessories Used: Long Assist Strap	<b>Seated Mid-Row</b> 1. Sit upright facing machine. Position pulleys at torso level from a seated position and grasp bar with an underhand grip. 2. Pull the bar towards your torso. Accessories Used: Long Straight Bar, Incline/Decline Bench*			<b>BACK</b>
<b>Standing Bicep Curl</b> 1. Position pulley at lowest setting. Grasp bar with an underhand grip and arms at full extension. 2. Bending at the elbows, raise bar to chest level. Accessories Used: Hi-Lo Curl Bar	<b>French Curl</b> 1. Position pulleys at lowest setting. Lie back on bench, take bar in overhead grip and position it in front of you with arms overhead, bent at ninety degree angle. 2. Raise bar by bending at elbows until arms are fully extended. Accessories Used: Long Straight Bar, Incline/Decline Bench*	<b>One-Arm Tricep Extension</b> 1. Position pulley at highest setting. Facing away, grasp handle with an overhead grip. Bend elbow to ninety degree angle at shoulder level. 2. Keeping elbow in place, push the handle forward until arm is fully extended. Accessories Used: Strap Handle x1	<b>Standing Alternating Punch</b> 1. Position pulleys at shoulder level. Grasp handles with a neutral grip, arms bent at your side. 2. Extend one arm out to full extension then alternate from one arm to the other. Accessories Used: Strap Handles x2	<b>Seated Alternating Bicep Curl</b> 1. Position pulleys at lowest setting. Grasp handles with an underhand grip and arms fully extended down at your sides. 2. Bending at the elbows, raise hands to chest height alternating from one hand to the other. Accessories Used: Strap Handles x2, Incline/Decline Bench*	<b>Standing Reverse Curl</b> 1. Position pulley at lowest setting. Grasp bar with overhead grip and arms fully extended. 2. Bending at elbows, raise the bar to chest level. Accessories Used: Hi-Lo Curl Bar			

## EXERCISE SAFETY

- Consult a physician before you begin an exercise program.
- Always warm up before your workout with 5 to 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 **Mi6 HOIST® Fitness System** 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 manage while maintaining proper form. 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 damp towel. Then, dry completely to avoid rust.
- Maintain a regular routine of preventative maintenance.

## KNOW YOUR MACHINE



AB WORKOUT 1		AB WORKOUT 2		AB WORKOUT 3		
<b>Seated Ab Crunch</b> 1. Position pulleys at shoulder level when seated. Sit facing away from machine. Hold handles at each side of your head. 2. Bending at your waist bring your shoulders and elbows toward your knees. Accessories Used: Strap Handles x2, Balance Ball*	<b>Standing Side Bend</b> 1. Position pulley at lowest setting. Hold handle with a neutral grip standing sideways next to pulley. 2. Bend at your waist arcing away from the machine, while lifting the weight toward your body. Accessories Used: Strap Handle x1	<b>Torso Rotation</b> 1. Position pulley at torso level. Stand sideways next to pulley rotating at the hip, grasp handle with both hands. 2. With arms at full extension, rotate at the hips away from the pulley, twisting arms across body. Accessories Used: Strap Handles x1	<b>Cable Crunch</b> 1. Position pulley at highest setting. Kneel down facing pulley. Holding handles, position hands at each side of your head. 2. Bend at your waist bringing your elbows down toward your knees. Accessories Used: Strap Handles x2			<b>ABS</b>

LOWER BODY WORKOUT 1		LOWER BODY WORKOUT 2		LOWER BODY WORKOUT 3		
<b>Weighted Squat</b> 1. Position pulleys at lowest setting with strap across the back of shoulders. Stand with feet shoulder width apart while standing upright. 2. Lower torso by bending at hips and knees until in a full squat or seated position. Accessories Used: Long Assist Strap	<b>Calf Raise</b> 1. Position pulley at lowest setting with straight bar across the back of shoulders. 2. Raise heels by bringing weight into toes and extending ankles as high as possible. Accessories Used: Long Assist Strap	<b>Donkey Kick</b> 1. Adjust the pulleys to the lowest setting. Attach one end of the assist strap to each pulley. 2. Place sole of one foot in center of assist strap. Push foot straight back away from machine until leg is fully extended. Accessories Used: Long Assist Strap	<b>Step-Up</b> 1. Position pulleys at lowest setting. Grasp strap handles with a neutral grip and stand with one foot on a workout bench or step. 2. Step up onto bench and bring other knee up to a 90° angle. Accessories Used: Strap Handles x2, Incline/Decline Bench*			<b>LEGS</b>
<b>High Step</b> 1. Position pulley at lowest setting. Place leg cuff around ankle. 2. Raise foot off the floor, and then pull knee up to a 90° angle. Accessories Used: Padded Leg Cuff	<b>Glute Kick</b> 1. Position pulley at thigh or ankle level. Place leg cuff around leg. Stand facing machine. 2. Raise foot off the floor and extend hip in backward motion. Accessories Used: Padded Leg Cuff	<b>Inner Thigh</b> 1. Position pulley at thigh or ankle level. Place leg cuff slightly above knee and stand sideways next to the machine. 2. Scissor cross weighted leg over standing leg while keeping body straight. Accessories Used: Padded Leg Cuff	<b>Weighted Lunge</b> 1. Place assist strap around waist and attach it to pulley at torso level. Stand facing away from the machine. 2. Step forward with one leg over lower body by bending knees until back knee is almost touching the floor. Accessories Used: Long Assist Strap			
<b>SAMPLE PROGRAMS</b>		<b>Outer Thigh</b> 1. Position pulley at thigh or ankle level. Place leg cuff slightly above knee and stand sideways next to the machine. 2. Lift leg outward and upward while keeping it straight. Accessories Used: Padded Leg Cuff	<b>Leg Extension</b> 1. Position pulley at lowest setting and place leg cuff on ankle. 2. Raise foot slightly off the floor with leg bent at ninety degrees. Extend foot forward to full extension, without locking knee. Accessories Used: Padded Leg Cuff			

TRAINING TIPS	FUNCTIONAL WORKOUT 1	FUNCTIONAL WORKOUT 2	FUNCTIONAL WORKOUT 3	
<b>1. Weekly Routine — 1 body area per day:</b> ♦ 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	<b>Clean and Press</b> 1. Position pulleys at lowest setting. Hold bar at thigh level with a shoulder width overhead grip. 2. Pull bar up to shoulder level, flip grip, continue pushing upward, pressing bar overhead until arms are fully extended. Accessories Used: Long Straight Bar	<b>Casting and Chopping</b> 1. Position pulley at the highest setting. Facing away from machine, stand with feet shoulder width apart and grip strap handle with a two handed grip. 2. Pull handle down across body towards the bottom, opposite side of machine. Accessories Used: Strap Handles x1	<b>Bear Crawl</b> 1. Place assist strap around waist and attach it to pulley at torso level. Get into a runners ready pose on finger tips and one knee. 2. Crawl forward and back at different angles. Accessories Used: Long Assist Strap	<b>FUNCTIONAL TRAINING</b>
<b>2. Three Day Routine — 3 days on, 1 day off:</b> ♦ Day 1: Chest, Arms and Abdominals ♦ Day 2: Shoulders and Back ♦ Day 3: Legs and Abdominals ♦ Day 4: Rest ♦ Never work the same muscle group on consecutive days * Functional Workouts can be alternated with the above exercises as desired bi-weekly.	<b>Sprints</b> 1. Facing away from machine, place assist strap around waist and attach it to pulley at torso level. Get into a runners ready pose on finger tips and one knee. 2. Thrust forward like you're starting into a sprint. Accessories Used: Long Assist Strap	<b>Canoe Row</b> 1. Position pulley at the highest level. Facing machine, stand with knees bent at ninety degrees. Hold handles like a canoe paddle. 2. Start making a canoe rowing motion, alternating from side to side. Accessories Used: Strap Handles x2	<b>Golf Swing</b> 1. Position pulleys at the lowest setting. Grip strap handle with both hands as if holding a golf club. 2. Follow through pulling up and across your body in a swinging motion. Accessories Used: Strap Handles x1	