Traditional machine based exercises are not considered functional by virtue of their inability to mimic activities of daily life. Their rigid, fixed designs impose limitations to joint movement that necessitate continuous adjustments by the joints to follow the unnatural movements of the machine. This increases the potential for injury.

The ROC-IT® line embodies a unique training experience that achieves the unrestricted joint movement and core activating benefits of functional training coupled with the stabilizing benefits of machine-based equipment.

**Comfort**
- Head Support & Oversized Handles
  Provides a more comfortable and secure workout

**Sleek & Appealing**
- Molded Plastic Upholstery Covers & Contoured Foot Rests
  Adds a contemporary and finished look

**Increase Brand Awareness**
- Logo Decals*
  Provide your company logo and HOIST will develop custom logo decals that are placed under the instructional placards on the machine (*only available to purchasers of a ROC-IT® line consisting of 8 or more machines*)

**Convenience**
- Integrated Bottle Holder & Accessory Tray
  Keep personal items organized and reduce clutter on the gym floor
- Ratcheting Adjuster System
  Quick and easy seat adjustments to accommodate varying user sizes
- Easy Step Through Design
  Speeds up workouts and allows for user to quickly enter/exit the machine
- Integrated Scuff Guards & Rubber Foot Protectors
  Protects the machine’s frame finish and facility floor
- Wide & Narrow Hand Grip Positions
  Accommodating hand grip positions to fit all body types
- Permanently Anchor All RPL Products In Place
  Maximizes space planning
**Dynamic Adjustment is the Essence of the ROC-IT**

Using ROX technology, the ROC-IT line makes the user an integral part of the exercise motion by continuously adjusting the position of the user with the movement of the exercise arm.

**Optimal Biomechanics**

ROX technology achieves an exercise movement that results in optimal biomechanical positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable, and functional movements of free weight training. Additionally, the rocking movement constantly shifts the user’s center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

**Multiple Exercise Movements**

Press your limits while performing at your best with the multiple exercise movements offered with the ROC-IT plate loaded line. The converging and diverging movement provides a unique, yet natural exercise motion.

**Bilateral**

Working both arms simultaneously in the same direction while providing an even distribution of weight during exercise

**Unilateral**

Isolateral movement — focuses on each arm working independently while targeting specific muscle groups and improving balance

**The Pump**

Ride Suspending Exercise Movement keeps muscles under constant load while providing continuous core activation and increasing heart rate
“The ROC-IT® line is a true innovation in strength training that effectively combines superior biomechanics with FUN to create an unforgettable movement experience.

Kudos to HOIST® for developing equipment that will help club operators attract all types of individuals to strength training.”

- Cedric X. Bryant, Ph.D., FACSM, Chief Science Officer - ACE®
Functional movement for triceps muscles
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- Naturally mimics the exercise motion of a bar dip
PREACHER CURL

RPL-5102

- Exercise arms move independently for alternating curls
- Self-aligning exercise arms automatically adjusts to the user
- Contoured handles provide multiple grip positions
- Rocking movement provides a greater range of exercise motion
- Ratcheting seat adjustment

PADDED ELBOW BRACE

SELF ALIGNING HANDLES
Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature.

Multiple grip positions accommodate varying body sizes and arm lengths.

Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps.

Pull movement lifts the seat while rocking the body rearward, mimicking a natural pull up movement and avoiding unsafe lower back hyperextension.
**RPL** SEATED MID ROW

RPL-5203

- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Adjustable ratcheting chest pad accommodates varying arm lengths and self-aligns to offer support throughout exercise motion
- Synchronized diverging exercise motion keeps the shoulders and scapula stable throughout the exercise
Contoured press arm handles provide multiple grip positions

- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch
Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward to mimic the natural angular or arched movement of an incline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arms
Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward mimicking the natural angular or arched movement of a decline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Ratcheting seat adjustment
Oversized foot plate allows for multiple foot positions to ensure correct biomechanics during exercises

Self-aligning hand grips adjust to accommodate varying shoulder widths while providing proper positioning

Counter-balanced to reduce starting weight

Seat provides proper alignment and support at the beginning and end of exercise and drops away during exercise movement
ENHANCE ANY FITNESS FACILITY—
3 EXERCISE VARIATIONS IN ONE MACHINE!

EXERCISE: HACK SQUAT

- Naturally mimics the exercise motion of a traditional hack squat while offering a more supportive environment
- Adjustable back and seat pad helps to maintain a neutral spine during the exercise movement which results in less stress to the back muscles

EXERCISE: DEAD LIFT/SHRUG

- Angled foot plate provides a stable foundation especially those with limited/tight calf muscles
- Compound exercise movement brings the weight back to draw the shoulders back and sets the scapula to a stable finished exercise
SEATED CALF RAISE
RPL-5363

- Lock-out automatically releases at the start of the exercise
- Adjustable thigh pad to accommodate varying leg lengths
- Thigh pad automatically self-aligns to the user during exercise
- Mar resistant nickel-plated weight peg
ROX Technology creates a Dual Action movement that moves the user support and foot plate simultaneously while maintaining alignment throughout the body.

- Support adjustments to accommodate varying body sizes
- Easy to access lockout mechanism, automatically disengages at the start of the exercise
- Oversized foot plate provides multiple foot placements for both leg press and calf exercises
STANDING CALF RAISE

- Angled foot plate rotates to isolate the exercise movement to the ankle and calf muscles while creating more dorsiflexion which reduces excess stress to the underside/ball of the foot.
- Adjustable shoulder support pads to accommodate varying body sizes.

RPL-5405

PIVOTING FOOT PLATES

HEIGHT ADJUSTABLE SHOULDERS PADS
Contoured press arm handles provide multiple grip positions

Starts with the exercise handles positioned in front of the body, then rocks the user rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press

Rocking movement aligns the user’s arm with the midline of their torso to decrease external rotation of the arm and shoulder and reduce lower back arching

Synchronized converging exercise motion replicates dumbbell presses
Seat pad can be locked in place or unlocked for swiveling movement

- Swiveling seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
STANDARD COLORS

<table>
<thead>
<tr>
<th>FRAME</th>
<th>Upholstery Colors</th>
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<tbody>
<tr>
<td>TEXTURED WHITE</td>
<td>OLY-120, OLY-185, OLY-115, OLY-190, OLY-130</td>
</tr>
<tr>
<td>PLATINUM</td>
<td>DOVE GREY, SLATE GREY, BLACK, SKY BLUE, ROYAL, AMERICAN BEAUTY</td>
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Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST Sales Representative at 800.548.5438 or sales@hoistfitness.com. Actual frame and upholstery colors may differ from printed color samples shown.

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<thead>
<tr>
<th>PRODUCT NAME</th>
<th>LENGTH</th>
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<th>HEIGHT</th>
<th>WEIGHT</th>
<th>MAX. STORAGE</th>
<th>MAX. CAPACITY</th>
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<td>72.00&quot; (183 CM)</td>
<td>52.75&quot; (134 CM)</td>
<td>52.25&quot; (133 CM)</td>
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<td>RPL-5102 BICEPS CURL</td>
<td>60.00&quot; (152 CM)</td>
<td>53.75&quot; (137 CM)</td>
<td>47.00&quot; (120 CM)</td>
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<td>52.75&quot; (134 CM)</td>
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<td>100 Lbs. (45 KG)</td>
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<td>800 Lbs. (363 KG)</td>
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WARRANTY POLICY

HOIST offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST guarantees this product to be free from defects in workmanship and/or materials under normal use or service. FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK. Warranty policy applies to defects from the manufacturer only.

HOIST reserves the rights to change product specifications, design, and function at any time.

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