



**ROC-IT<sup>®</sup>**  
**PLATE LOADED**

**RPL**



# ROC-IT® PLATE LOADED FEATURES

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

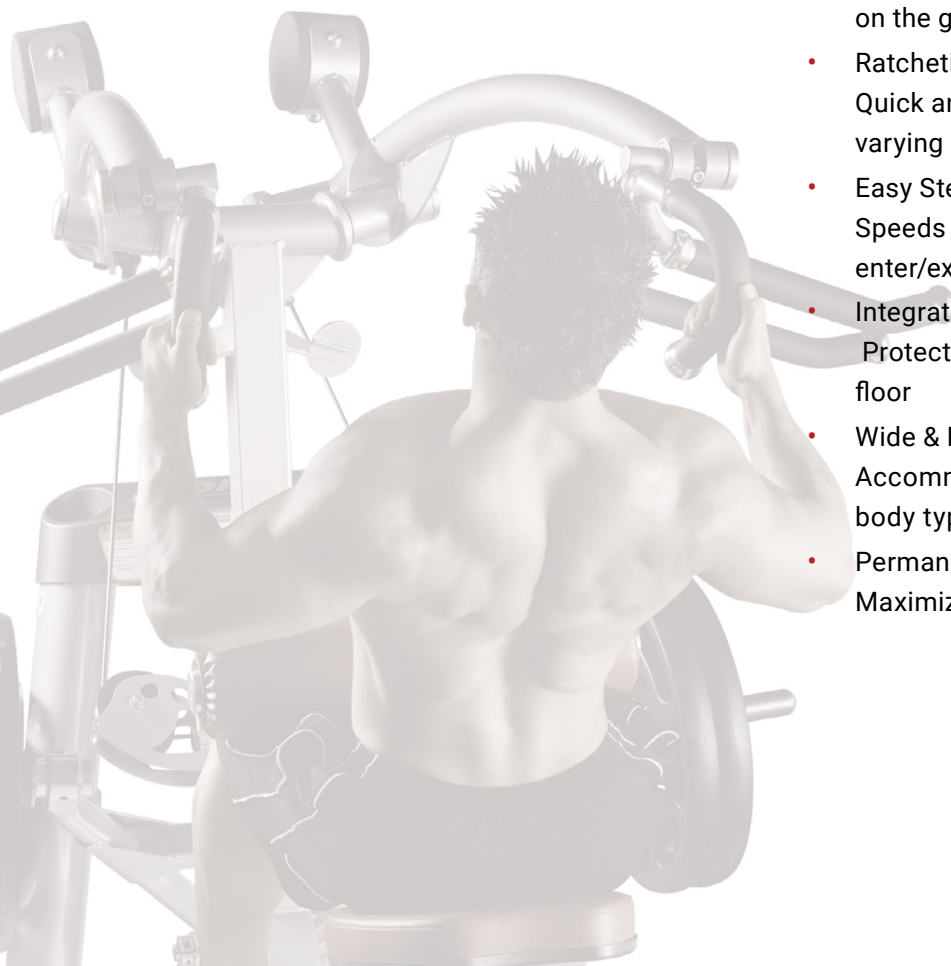
- Molded Plastic Upholstery Covers & Contoured Foot Rests  
Adds a contemporary and finished look

## 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 ROC-IT**

Using ROC-IT 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**

ROC-IT 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**

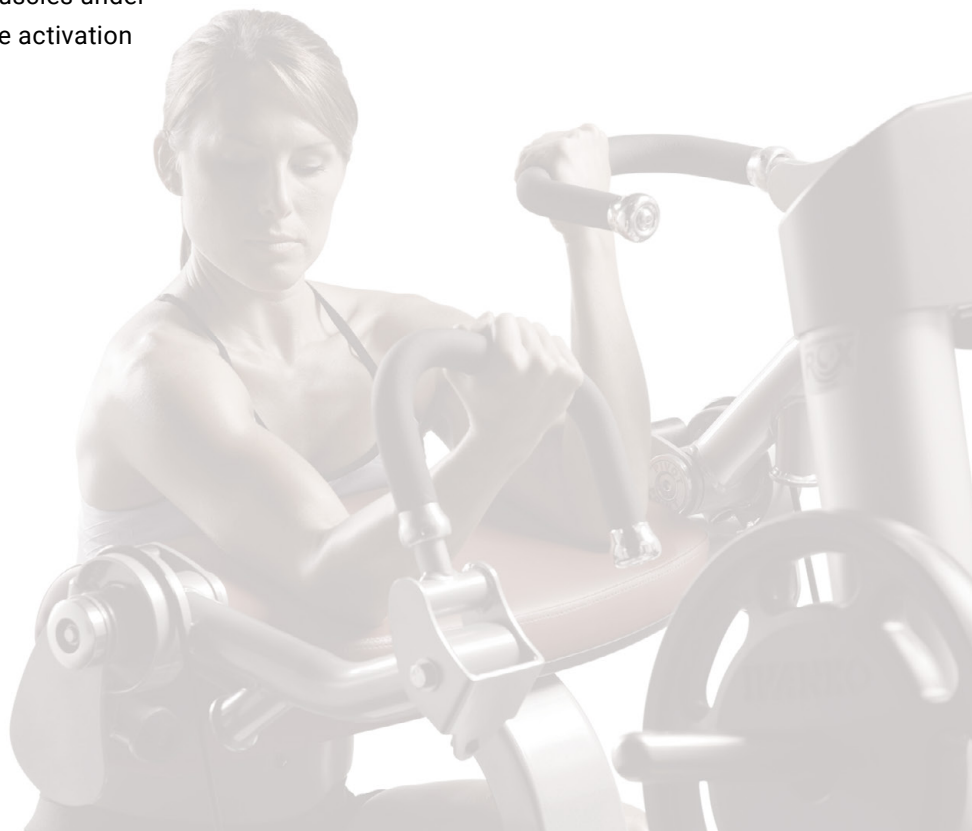
Working both arms simultaneously in the same direction while providing an even distribution of weight during exercise

### **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







# ROC-IT<sup>®</sup> SCIENCE.

ROC-IT products capture attention and make strength training more enjoyable, but the foundation of the ROC-IT design isn't based on appearance—it's rooted in extensive biomechanical research.

ROC-IT technology addresses the human body as a complete system, not as isolated groups of muscles. The movement designed in each ROC-IT product more closely mimics the way a body operates in everyday life, enhancing results and reducing risk of injury.

Traditional machine-based exercise is muscle-centric and provides a stable platform, which helps beginners and casual users. But it comes at the cost of isolating individual muscles in a stable environment. Effective strength training challenges the entire Human Movement System, which has nervous, muscle and skeletal components working in harmony to achieve optimal results. This is where most traditional machines fail.

Fixed machine design restricts natural movement, especially at the end of the range of motion. It forces unnatural positions that put unnecessary stress on the body, increasing the risk for injury.

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise. With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

ROC-IT products continuously adjust a user's position, maintaining optimal positioning throughout the entire exercise range of motion. Essentially, the machine transforms to accommodate the movement of the human body.

*"With its dynamically rocking technology, the HOIST ROC-IT line reveals numerous biomechanical and physiological advantages missing with most traditional exercise machines. This includes a dynamically-adjusted user position to optimally align and maintain joint position throughout motion. Shear-stress forces are thus reduced within joints by creating multiple segment movement, providing small yet appropriate proprioceptive challenges to the lumbopelvic hip complex (LPHC). This improves stability, and provides greater muscle pre-stretch or loading to overload muscles.."*

**—FABIO COMANA, MA., MS., NASM CPT, CES & PES; NSCA CSCS; ACSM HFS; ACE CPT & LWMC; CISSN, DIRECTOR, CONTINUING EDUCATION, NASM**



Effective strength training requires an efficient way to condition and challenge a body's functional capabilities. It utilizes systems that promote optimal biomechanics throughout the full range of motion. It trains the body in a way that challenges and incorporates the body's stability centers.

Each ROC-IT machine is designed to continuously shift the user's center of gravity to impose appropriate challenges to the Lumbo-Pelvic-Hip Complex (LPHC). This advanced exercise movement enhances core involvement and the number of LPHC muscles needed to stabilize the hips and trunk. ROC-IT products yield more stability, more strength applied to the exercise path, and more calories burned— for a more complete exercise.

HOIST's ROC-IT products achieve many other significant biomechanical advantages over fixed machines:

- They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.
- They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.
- They allow users to impose a "pre-stretch" that improves muscle activation and strength increases.
- They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.



Fitness facilities exist because of their members, and it's imperative that owners install the safest and most effective equipment available. HOIST's ROC-IT line is an industry leader when it comes to selecting equipment that minimizes risk during strength training exercise. When you add ROC-IT products to your facility, you're not just installing machines designed and engineered with unique patented ROC-IT technology, you're installing machines people can't wait to use!

FOR MORE INFORMATION ABOUT HOIST PRODUCTS, Contact HOIST Sales at 800.548.5438 or [sales@hoistfitness.com](mailto:sales@hoistfitness.com).

**"THE ROC-IT LINE IS A TRUE INNOVATION IN STRENGTH TRAINING THAT COMBINES SUPERIOR BIOMECHANICS WITH FUN TO CREATE AN UNFORGETTABLE 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®



**“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®**

## SEATED DIP

RPL-5101

WIDE/NARROW ANGLE GRIPS



HEIGHT ADJUSTABLE SEAT



- 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

*(Weight plates NOT included)*

## 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

*(Weight plates NOT included)*



## LAT PULLDOWN

**RPL-5201**



- 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  
(Weight plates NOT included)

## 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

*(Weight plates NOT included)*

## CHEST PRESS

### RPL-5301



- 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

*(Weight plates NOT included)*

## INCLINE PRESS

**RPL-5303**



- 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 a incline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arms

*(Weight plates NOT included)*



## DECLINE PRESS

**RPL-5305**



- 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

*(Weight plates NOT included)*

## HACK SQUAT/DEAD LIFT

**RPL-5356**



- 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

*(Weight plates NOT included)*

## 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

*(Weight plates NOT included)*



### **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

*(Weight plates NOT included)*



## 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

*(Weight plates NOT included)*



## DUAL ACTION LEG PRESS

### RPL-5403



- ROC-IT 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

*(Weight plates NOT included)*

## STANDING CALF RAISE

### RPL-5405



- 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
- (Weight plates NOT included)*

## SHOULDER PRESS

RPL-5501



- 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

*(Weight plates NOT included)*

## ABS

### RPL-5601



- 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

*(Weight plates NOT included)*





## STANDARD COLORS

FRAME	UPHOLSTERY					
TEXTURED WHITE	DOVE GREY	SLATE GREY	BLACK	SKY BLUE	ROYAL	AMERICAN BEAUTY
PLATINUM	SUEDE	WHEAT	BURGUNDY	BLUE RIDGE	NAVY	HUNTER

Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
RPL-5101	SEATED DIP	72.00" (183 CM)	52.75" (134 CM)	52.25" (133 CM)	327 Lbs. (149 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5102	BICEPS CURL	60.00" (152 CM)	53.75" (137 CM)	47.00" (120 CM)	362 Lbs. (165 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5201	LAT PULLDOWN	76.50" (194 CM)	52.75" (134 CM)	85.75" (218 CM)	409 Lbs. (186 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5203	SEATED MID ROW	70.50" (179 CM)	52.75" (134 CM)	47.00" (119 CM)	372 Lbs. (169 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5301	CHEST PRESS	82.25" (209 CM)	52.75" (134 CM)	72.00" (183 CM)	441 Lbs. (200 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5303	INCLINE PRESS	90.25" (229 CM)	52.75" (134 CM)	56.25" (142 CM)	428 Lbs. (194 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5305	DECLINE PRESS	73.00" (185 CM)	52.75" (134 CM)	56.25" (143 CM)	375 Lbs. (170 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5356	HACK SQUAT/DEAD LIFT	89.50" (227 CM)	59.00" (150 CM)	59.25" (150 CM)	502 Lbs. (228 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5363	SEATED CALF RAISE	62.50" (159 CM)	30.25" (77 CM)	40.25" (103 CM)	132 Lbs. (60 KG)	N/A	800 Lbs. (363 KG)
RPL-5403	DUAL ACTION LEG PRESS	97.00" (247 CM)	50.25" (128 CM)	61.50" (157 CM)	539 Lbs. (245 KG)	N/A	1,300 Lbs. (590 KG)
RPL-5405	STANDING CALF RAISE	58.00" (147 CM)	52.50" (133 CM)	82.75" (210 CM)	321 Lbs. (146 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5501	SHOULDER PRESS	81.75" (208 CM)	52.75" (134 CM)	55.25" (141 CM)	396 Lbs. (180 KG)	360 Lbs. (163 KG)	800 Lbs. (363 KG)
RPL-5601	ABDOMINALS	42.75" (109 CM)	41.50" (106 CM)	62.50" (159 CM)	100 Lbs. (45 KG)	180 Lbs. (82 KG)	800 Lbs. (363 KG)

GSA Contract # 47QSMA19D08PY  
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