



Hoist Fitness ROC-IT Triceps Extension (RS-1103)



A unique exercise experience with the ROC-IT Line from Hoist - the innovative and unique biomechanical design of the ROC-IT Line results in a more natural, unlimited and functional movement. During exercise, the entire seat structure moves with you. This automatically leads to healthy, efficient exercise and excellent movement with minimal stress on the joints and maximum fun factor in the training experience.

CHF 5'450.00

The **ROX (Ride-Oriented-Exercise) technology** sets the body in motion and makes the entire body a part of the respective exercise. Thus, in contrast to conventional strength equipment, the joints, especially the back, are only minimally stressed. **Freeing the body from the static exercise position leads to an optimal dynamic, biomechanically correct movement.** The maximum range of motion of the muscle being trained leads not only to maximum muscle activation, but also to a natural movement sequence. During each exercise, the trunk muscles are additionally activated, which compensates for the shift in the center of gravity.

Due to the curved design, the Hoist ROC-IT Line is also visually a real eye-catcher. The Hoist ROC-IT Line is equally suitable for fitness beginners, advanced and professionals. Get inspired by the fascination Hoist ROC-IT Line and experience the ROX movement.

- Versatile triceps machine for fitness beginners, advanced and professionals of all ages.
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into the exercise
- Back support through high-quality padding
- Rubber feet for firm footing and floor protection
- Slip protection for maximum safety
- safety instructions and weight scaling attached to the machine
- Contoured arm bars for versatile grip positions
- Large handles and ergonomically shaped footrests
- Entry aid for easier initial positioning of arm bars
- Quiet Hoist Silent-Steel weight block stored behind the beautifully designed weight cover
- Safe weight selection through magnetic, self-locking pin



- Weight magazine 157kg
- 7,5cm x 7,5cm or 5cm x 7,5cm thick steel tubes offer highest stability and robustness

Use: home use to commercial continuous use, payload: approx. 180kg

Equipment dimensions: L168x W150 x H139cm, weight 253kg

Frame colors: Platinum or white

Upholstery colors: light gray, dark gray, black, red, blue (other colors on request)

Warranty: 2 years on labor and spare parts (excluding consumables such as pads, ropes)