



Hoist Fitness ROC-IT Leg Curl Prone (RS-1408)



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. Be inspired by the fascination of the Hoist ROC-IT Line and experience the ROX movement.

- Highly effective leg curl for fitness beginners, advanced and professionals of all ages
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into the exercise
- Upper and lower body support through high-quality padding
- Rubber feet for firm footing and floor protection
- Safety instructions and weight scaling attached to the unit
- Oversized handles and ergonomic self-aligning foot pad
- Perfect adjustment due to the overlying pad below the knees
- Minimal stress on knees and lumbar vertebrae
- Quiet Hoist Silent-Steel weight block stored behind the stylish weight cover
- Secure weight selection through magnetic, self-locking pin
- Weight magazine 81kg
- 7,5cm x 7,5cm or 5cm x 7,5cm thick steel tubes offer highest stability and robustness

**The Shark
Fitness Company**



Shark Fitness AG
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and Wil (SG)

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

Equipment dimensions: L139 x W116 x H140cm, weight 232kg

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 upholstery, ropes)