



Hoist Fitness ROC-IT Gluteus (RS-1412)



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. Let yourself be inspired by the fascination of the Hoist ROC-IT Line and experience the ROX movement.

- Hoist Glute Master ROC-IT strength station with Hoist ROX technology: dynamic adaptation of the strength equipment to the exercise performance
- Biomechanically correct movement sequences for fun and maximum efficiency when training the gluteus maximus muscles
- Comfortable knee pads adjustable for optimal exercise performance
- Forearm supports and curved handles allow involvement of the trunk muscles during exercises with the Glute Master gluteal trainer
- Oscillating downward movement of the upper body during training with the Hoist Glute Master ROC-IT strength station for optimal range-of-motion during training
- Adjustable knee cushions and arm supports prevent excessive strain on the spine with the Hoist Glute Master ROC-IT power station
- Hoist Glute Master ROC-IT power station with adjustable foot rests for exercisers of different



heights

- Innovative design of the ROC-IT power station Glute Master guarantees natural, unobstructed and functional movements during physiological training
- Quiet Hoist Silent-Steel weight block stored behind the stylish weight cover
- Safe 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

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

Equipment dimensions: L134 x W146 x H139cm, weight 263kg

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)