



## Hoist Fitness ROC-IT Side Lift Machine (RS-1502)



**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.

- Innovative ROX (Ride Oriented Exercise) technology integrates the whole body into the exercise
- Activation of the core muscles
- Bi-lateral functionality also allows for single-arm exercise
- Perfect adjustability through simple adjustment mechanism to fit any body size
- Safety instructions and weight scaling attached to the device
- Rubber feet for a firm stand and to protect the floor
- Safe weight selection through magnetic, self-locking pin
- Weight magazine 135kg
- 7,5cm x 7,5cm resp. 5cm x 7,5cm thick steel tubes offer highest stability and robustness

**The Shark  
Fitness Company**



**Shark Fitness AG**  
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Use: home use to commercial continuous use, payload: approx. 180kg

Equipment dimensions: L170 x W136 x H139cm, weight 239kg

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)