



Hoist Fitness ROC-IT Rotary Torso (RS-1602)



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 entire body into the exercise
- Pivoting seat at 40, 60, 80 and 100 degree angles from straight position provide optimal range of motion in both directions
- Stabilizing handles provide upper body support to relieve lower back strain
- Safety instructions and weight scaling attached to the unit
- Rubber feet for firm footing and floor protection
- Safe weight selection through magnetic, self-locking pin
- Weight magazine 58kg
- 7,5cm x 7,5cm resp. 5cm x 7,5cm thick steel tubes offer highest stability and robustness

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

Equipment dimensions: L116 x W107 x H144cm, weight 205kg

**The Shark
Fitness Company**



Shark Fitness AG
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and Wil (SG)

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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)