



Hoist Fitness ROC-IT Chin-Dip Assist (RS-1700)



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 6'950.00

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.

- Hoist strength equipment in studio quality for pull-ups and dips!
- 14 exercise variations: 7 with support, 7 without
- With climbing grips for especially effective training of wrists, arms and shoulders
- Many different grip positions
- Pull-up dip station for fitness beginners, advanced and professionals of all ages
- With steps for easy access
- Safety instructions, adjustment options and weight scaling attached to the device
- Safe weight selection through magnetic, self-locking pin
- Weight magazine 172kg (ratio gives effective resistance of 100kg)
- 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

**The Shark
Fitness Company**



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Equipment dimensions: L169 x W122 x H254cm, weight 389kg

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)