



## Hoist Fitness ROC-IT Rudder Plate Loaded (RPL-5203)



**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 3'490.00**

**ROX (Ride-Oriented-Exercise) technology** sets the body in motion and makes the entire body a part of each 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 Plate Loaded Line is also visually a real eye-catcher. The Hoist ROC-IT Plate Loaded Line is equally suitable for fitness beginners, advanced and professionals. Get inspired by the fascination Hoist ROC-IT Plate Loaded Line and experience the ROX movement.

- Suitable rowing machine for fitness beginners, advanced and professionals of all ages.
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into exercise
- High quality padding allows for a comfortable workout
- Rubber feet for firm footing and floor protection
- Safety instructions and exercise guide attached to the unit
- Independent training of both movement arms possible
- Handle for single arm rowing attached
- Dual pad adjustment to fit any body size
- Oversized handles and ergonomically shaped footrests
- Weight plate holders for all weight plates with 50mm hole
- 4 integrated weight plates for storage of unused weight plates
- It is possible to load only one of the two weight plate holders without causing an imbalance in the



execution of the movement.

- starting weight 6,75kg (to calculate the effective training weight: starting weight + weight of loaded plates + 10% of user weight)
- Weight plates are not included

Use: home use to continuous commercial use

Maximum load capacity of weight plate rack: approx. 327kg

Maximum load capacity of weight plate holders: approx. 363kg

Maximum user weight: 169kg

Equipment dimensions: L179 x W134 x H119cm, weight 186kg

Option: weight plates 51mm

Frame colors: Platinum or white

Pad 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)