



## Hoist Fitness ROC-IT Hack Squat Plate Loaded (RPL-5356)



**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 4'790.00**

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 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. Be inspired by the fascination of the Hoist ROC-IT Plate Loaded Line and experience the ROX movement.

- Highly effective hoist for fitness beginners, advanced and professionals of all ages
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into the exercise
- Head and back support through high-quality padding
- Rubber feet for firm footing and floor protection
- Tilting motion provides maximum muscle engagement
- Self-aligning handles for any shoulder width
- Perfect adjustability with simple adjustment mechanism to fit any body size
- Oversized foot surface for a variety of standing options
- Total of 3 different exercises possible (squats, deadlift, shoulder lift)
- Minimal stress on knees and lumbar vertebrae
- Two weight plate holders for all weight plates with 50mm hole



- 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 27kg (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: 180kg

Equipment dimensions: L159 x W77 x H103cm, weight 245kg

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)