



Hoist Fitness ROC-IT Leg Press Dual Action Plate Loaded (RPL-5403)



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 5'290.00

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 leg press for fitness beginners, advanced and professionals of all ages
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into the exercise
- Head, shoulder and back support through high-quality padding
- Rubber feet for firm footing and floor protection
- Tilting motion provides maximum muscle engagement
- Entry aid comfortably attached
- Perfect adjustment possibilities due to simple adjustment mechanism to fit any body size
- Minimal strain on knees and lumbar vertebrae
- Three weight plate holders for all weight plates with 50mm hole



- It is possible to load only one of the three weight plate holders without causing an imbalance in the execution of the movement.
- starting weight 30,85kg (to calculate the effective training weight: starting weight + weight of the loaded weight plates + 10% of the user weight)
- Weight plates are not included

The starting weight for the RPL-5403 is as follows:

- 56.25kg person / 29.25kg (starting weight) = 52%
- 69.75kg person / 33.75kg (starting weight) = 48%
- 90kg person / 36kg (starting weight) = 40%
- 123.75kg person / 40.5kg (starting weight) = 33%

*The user's body composition can greatly vary the results.

Usage: home to commercial continuous use

Maximum load capacity weight plate receptacles: approx. 590kg

Maximum user weight: 180kg

Equipment dimensions: L247 x W128 x H157cm, 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 (excludes consumables like pads, ropes)