



Hoist Fitness ROC-IT Ab Plate Loaded (RPL-5601)



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 2'690.00

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

- Abdominal machine suitable for fitness beginners, advanced and professionals of all ages.
- Innovative ROX (Ride Oriented Exercise) technology integrates the entire body into the 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
- Oversized handles and ergonomic round footrests to accommodate any body size
- Swivel seat allows free abdominal exercises
- Weight plate holder for all weight plates with 50mm hole
- 2 integrated weight plates for storage of unused weight plates
- starting weight 7,8kg (to calculate the effective training weight: starting weight + weight of loaded weight plates + 10% of user weight)
- weight plates are not included



Use: home use to commercial continuous use

Maximum load capacity of weight plate rack: approx. 82kg

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

Maximum user weight: 180kg

Equipment dimensions: L109 x W106 x H159cm, weight 89kg

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)