



Hoist Fitness V-Ride leg press for V4 Elite Gym (HV-RLP)



The V-Ride leg press from HOIST® Fitness, which is available as an option for the Elite V4 Multistation, was developed to offer maximum performance with a space-saving design. The V-Ride leg press offers resistance up to 135kg and features the patented Ride Oriented Exercise technology from HOIST's renowned commercial product line ROC-IT. This technology makes the user an integral part of the exercise by continuously adjusting their position and ensuring correct biomechanics throughout the exercise.

CHF 1'549.00

The innovative and unique biomechanical design of the V-Ride leg press results in a more natural, unrestricted and functional movement. The entire seat construction moves with you during the exercise. This automatically leads to a healthy, efficient exercise and an excellent movement sequence with minimal stress on the joints and maximum fun during the training experience.

The **ROX (Ride-Oriented-Exercise) technology** sets the body in motion and makes the entire body part of the exercise. In contrast to conventional strength equipment, this puts minimal strain on the joints, especially the back. Freeing the body from the static exercise position leads to optimum dynamic, biomechanically correct movement. The maximum range of motion of the muscle to be trained not only leads to maximum muscle activation, but also to a natural movement sequence. Each exercise also activates the core muscles, which compensate for the shift in the center of gravity.

Features:

- features Ride Oriented Exercise (ROX) technology (the same commercial quality technology as HOIST's renowned ROC-IT products), which allows the seat to adapt to the user's position during exercise, ensuring optimal biomechanics and a greater range of motion
- the back pad with horizontal adjustment option allows easy adjustment to different leg lengths
- oversized footplate with diamond pattern
- multiple positions for leg press and calf raise exercises
- 135kg of total resistance (ratio 1:1.5)



- compatible with Hoist Fitness Elit V4 Multistation and Hoist Fitness Mi1 Multistation

Use: Home to light institutional use, payload 136kg

Equipment dimensions: L186 (resting position) - 223 (full extension) x W123 x H104cm, weight 100kg

Equipment dimensions Elite V4 with leg press V-Ride: L211 x W208 x H212, weight 360kg

Frame colors: Platinum

Upholstery colors: black

Warranty: home use: 3 years on labor and parts; light institutional use: 1 year on labor and parts
(excludes consumables)

The Hoist Strength Training APP

APP FEATURES

- Hundreds of exercise photos and videos with detailed exercise instructions
- Exercise categorization (by muscle group)

BODY METRIC TRACKING

- Track your body weight, measurements and body progress. Export training history.

TRAINING ROUTINES

- Routines specifically tailored to your fitness ability (beginner, intermediate, advanced)
- Try our quick full body workout on the go
- Specialized routines for your gym
- Create your own workout routines with included exercises