



## Hoist Fitness V4 Elite Gym with V-Ride leg press



Hoist Fitness V4 Elite Gym with V-Ride Leg Press - the V-Series is designed with the user in mind, offering the flexibility to customize the home gym and achieve personal fitness goals. The sleek and attractive compact design requires a minimal footprint, allowing efficient movement from one exercise to the next. The Elite station is equipped with the ultimate V4 press arm, which combines adjustment of the movement angle for push and pull exercises with user-defined exercise movement through freely movable arm bars (3-dimensional movement sequence). The included V-Ride leg press from HOIST® Fitness is designed to provide maximum performance in a space-saving design. The V-Ride leg press offers 90kg of resistance 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. The Premium Multistation Elite V4 from Hoist Fitness with the V-Ride leg press leaves nothing to be desired and is the ideal training partner for the home gym.

**CHF 5'499.00**

### **Elite V4 Multistation features:**

**Patented Radial LOC® weight system** reduces shifting between weight plates for smoother movements.



**Cable pulleys with wide grooves** at the high, medium and low cable stations provide greater freedom of movement and longer cable life.

**Split Weight Cabling™** increases cable travel and provides 50% resistance during mid and low cable pull exercises.

**Fully enclosed weight stacks with vented steel covers** to reduce noise.

**Solid stainless steel guide bars and durable, high-quality padding** help extend machine life.

**Compact design** requires a minimal footprint.

- The V4 is the ultimate Elite Station press arm, combining the range of motion adjustment of the V1 (classic band back arm with angle of motion adjustment for pressing and pulling exercises such as bench press, incline bench press, shoulder press or rowing) with the user-defined exercise movement of the V3 press arm - the arm bars allow free movement in any direction for converging movement sequences as well as extended arm movement sequences from the same seated position (3-dimensional movement sequence). With ergonomically positioned handles for correct wrist position during lifting and pressing exercises. Swivel arches are strategically positioned to ensure a natural feel throughout the movement sequence
- the versatile V4 press arm also features attachable strap handles to further expand the exercise selection
- seated leg extension and leg curl -the leg station allows the user to perform both leg extension and leg curl exercises in a seated position
- a range of motion adjuster offers multiple starting positions for both leg extension and leg flexion exercises
- self-aligning roller pads automatically adjust to different leg lengths
- upper and middle pulley for a variety of upper body exercises such as lat pulldowns, triceps or abdominal crunches and much more
- lower pulley for a variety of exercises for abduction, adduction, hips, glutes, calves, biceps, back (rowing)
- Split Weight Cabling™ provides 50% resistance for middle and lower pulley exercises and increases cable travel
- multifunctional back pad offers both telescopic and incline adjustments for better upper body support during chest, shoulder and back exercises
- 1 user
- suitable for user heights from 157-195cm
- space-saving design
- 90kg Silent Steel® weight stack - each individual solid steel plate receives press-fit industrial plastic bushings and is then machined to exact specifications to ensure smooth glass operation and eliminate any metal-to-metal contact or noise
- Protective cover on weight magazine with vented steel covers to reduce noise
- Integrated accessory rack includes adjustable strap handles (1 pair), aluminum curl bar, aluminum lat bar, fleece knee strap, fleece foot strap, ab strap, 14-link chain
- Option: Cable pulling station

Application: Home to light institutional use, payload: approx. 180kg

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



Elite V4 equipment dimensions with cable pulley: L205 x W157 x H212cm, weight 305kg

Elite V4 equipment dimensions with V-Ride leg press and cable pulley: L211 x W259 x H212cm, weight 405kg

Accessories: adjustable strap handles (1 pair), aluminum curl bar, aluminum lat bar, fleece knee strap, fleece foot strap, abdominal belt, 14-link chain

Options: Cable pull station

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

### **Equipment V-Ride leg press:**

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 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 use, payload 136kg

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

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

Frame colors: Platinum

Pad colors: black

Warranty: 3 years on labor and spare parts (excluding consumables such as pads, ropes)

### **The Hoist Strength Training APP**

#### **APP FUNCTIONS**

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



***BODY METRIC TRACKING***

- Track your body weight, metrics 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