

HOIST
HOISTFITNESS.COM



ROC-IT® PLATE LOADED

[RPL]



[RPL] ROC-IT® PLATE LOADED FEATURES

Traditional machine based exercises are not considered functional by virtue of their inability to mimic activities of daily life. Their rigid, fixed designs impose limitations to joint movement that necessitate continuous adjustments by the joints to follow the unnatural movements of the machine. This increases the potential for injury.

The ROC-IT® line embodies a unique training experience that achieves the unrestricted joint movement and core activating benefits of functional training coupled with the stabilizing benefits of machine-based equipment.

Comfort

- Head Support & Oversized Handles
Provides a more comfortable and secure workout

Sleek & Appealing

- Molded Plastic Upholstery Covers & Contoured Foot Rests
Adds a contemporary and finished look

Increase Brand Awareness

- Logo Decals*
Provide your company logo and HOIST will develop custom logo decals that are placed under the instructional placards on the machine (*only available to purchasers of a ROC-IT® line consisting of 8 or more machines)

Convenience

- Integrated Bottle Holder & Accessory Tray
Keep personal items organized and reduce clutter on the gym floor
- Ratcheting Adjuster System
Quick and easy seat adjustments to accommodate varying user sizes
- Easy Step Through Design
Speeds up workouts and allows for user to quickly enter/exit the machine
- Integrated Scuff Guards & Rubber Foot Protectors
Protects the machine's frame finish and facility floor
- Wide & Narrow Hand Grip Positions
Accommodating hand grip positions to fit all body types
- Permanently Anchor All RPL Products In Place
Maximizes space planning



DYNAMIC ADJUSTMENT IS THE ESSENCE OF THE ROC-IT

Using ROX technology, the ROC-IT line makes the user an integral part of the exercise motion by continuously adjusting the position of the user with the movement of the exercise arm.

OPTIMAL BIOMECHANICS

ROX technology achieves an exercise movement that results in optimal biomechanical positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable, and functional movements of free weight training. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

Multiple Exercise Movements

Press your limits while performing at your best with the multiple exercise movements offered with the ROC-IT plate loaded line. The converging and diverging movement provides a unique, yet natural exercise motion.

Bilateral

Working both arms simultaneously in the same direction while providing an even distribution of weight during exercise

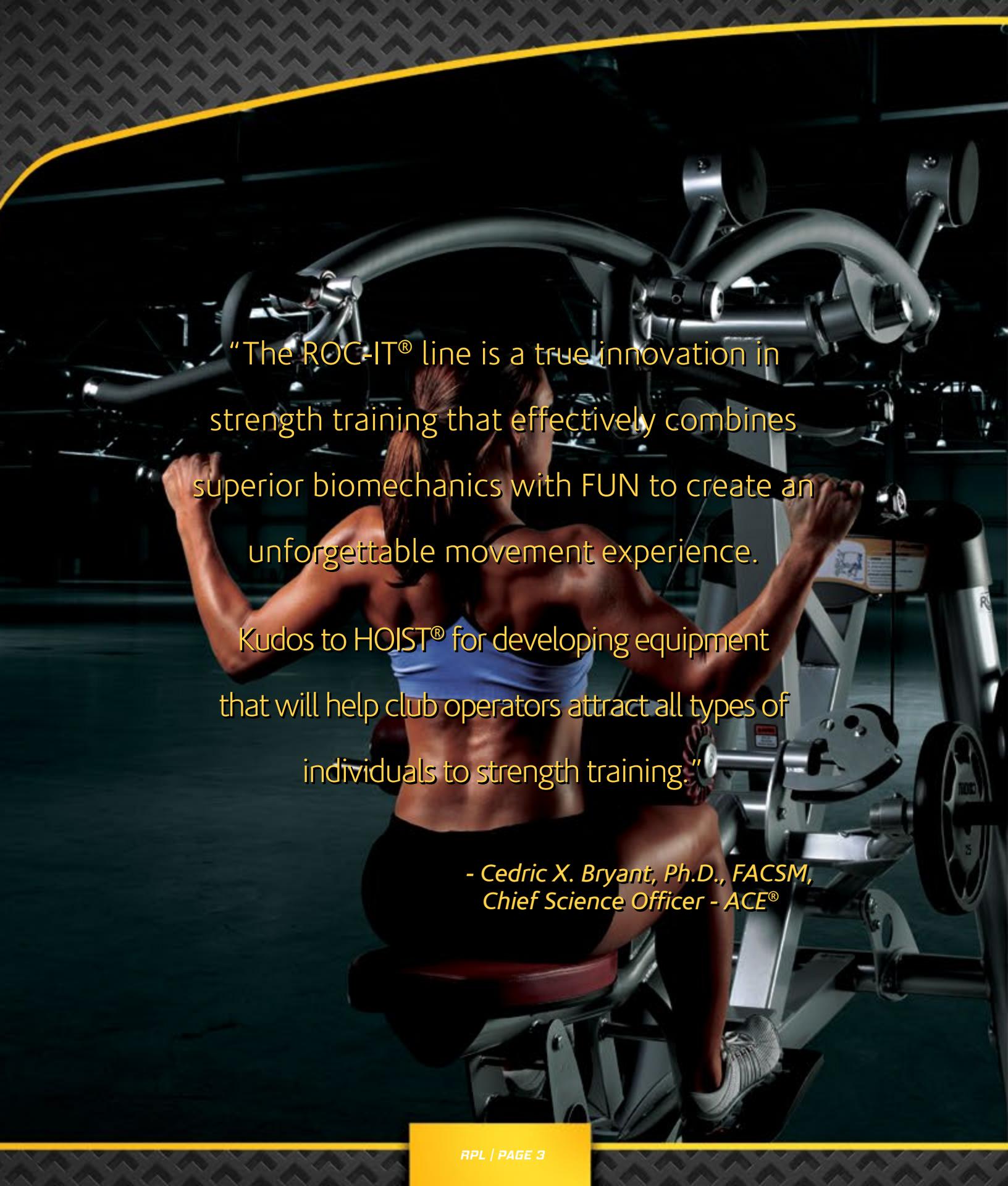
Unilateral

Isolateral movement — focuses on each arm working independently while targeting specific muscle groups and improving balance

The Pump

Ride Suspending Xercise Movement keeps muscles under constant load while providing continuous core activation and increasing heart rate



A woman with long brown hair tied back is performing a seated cable crossover exercise on a ROC-IT machine. She is wearing a black sports bra and blue leggings. The machine has multiple cables and pulleys. The background is dark with some gym equipment visible.

"The ROC-IT® line is a true innovation in strength training that effectively combines superior biomechanics with FUN to create an unforgettable movement experience.

Kudos to HOIST® for developing equipment that will help club operators attract all types of individuals to strength training."

- Cedric X. Bryant, Ph.D., FACSM,
Chief Science Officer - ACE®

[RPL] SEATED DIP

RPL-5101



HEIGHT ADJUSTABLE SEAT

- Functional movement for triceps muscles
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- Naturally mimics the exercise motion of a bar dip



[RPL] PREACHER CURL

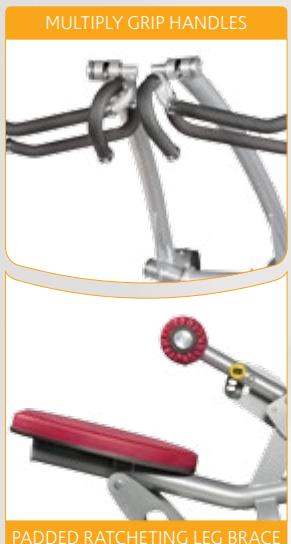
RPL-5102



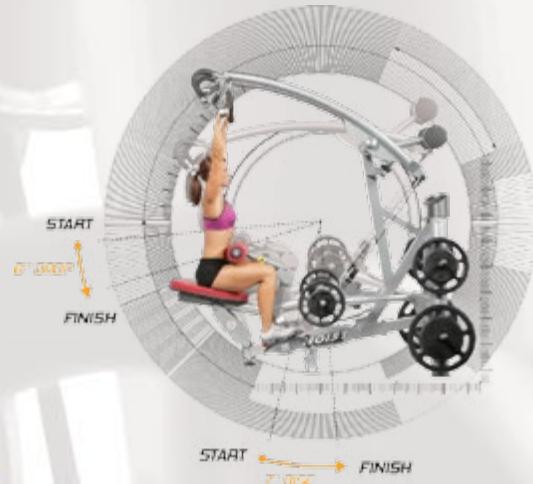
- Exercise arms move independently for alternating curls
- Self-aligning exercise arms automatically adjusts to the user
- Contoured handles provide multiple grip positions
- Rocking movement provides a greater range of exercise motion
- Ratcheting seat adjustment

[RPL] LAT PULLDOWN

RPL-5201



- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps
- Pull movement lifts the seat while rocking the body rearward, mimicking a natural pull up movement and avoiding unsafe lower back hyperextension



[RPL] SEATED MID ROW

RPL-5203



- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Adjustable ratcheting chest pad accommodates varying arm lengths and self-aligns to offer support throughout exercise motion
- Synchronized diverging exercise motion keeps the shoulders and scapula stable throughout the exercise

[RPL] CHEST PRESS

RPL-5301



- Contoured press arm handles provide multiple grip positions
- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch



[RPL] INCLINE PRESS

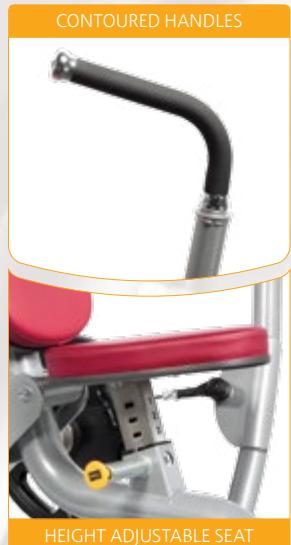
RPL-5303



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward to mimic the natural angular or arched movement of an incline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arms

[RPL] DECLINE PRESS

RPL-5305



HEIGHT ADJUSTABLE SEAT



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned at chest level, then rocks the user rearward mimicking the natural angular or arched movement of a decline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Ratcheting seat adjustment

[RPL] HACK SQUAT/DEAD LIFT

RPL-5356



- Oversized foot plate allows for multiple foot positions to ensure correct biomechanics during exercises
- Self-aligning hand grips adjust to accommodate varying shoulder widths while providing proper positioning
- Counter-balanced to reduce starting weight
- Seat provides proper alignment and support at the beginning and end of exercise and drops away during exercise movement

ENHANCE ANY FITNESS FACILITY— ***3 EXERCISE VARIATIONS*** IN ONE MACHINE!

EXERCISE: HACK SQUAT

- » Naturally mimics the exercise motion of a traditional hack squat while offering a more supportive environment
- » Adjustable back and seat pad helps to maintain a neutral spine during the exercise movement which results in less stress to the back muscles



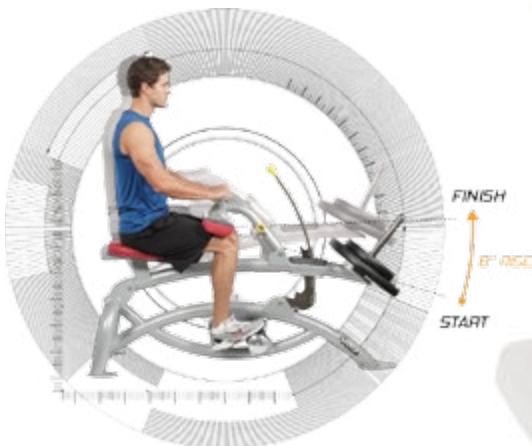
EXERCISE: DEAD LIFT/SHRUG

- » Angled foot plate provides a stable foundation especially those with limited/tight calf muscles
- » Compound exercise movement brings the weight back to draw the shoulders back and sets the scapula to a stable finished exercise



[RPL] SEATED CALF RAISE

RPL-5363



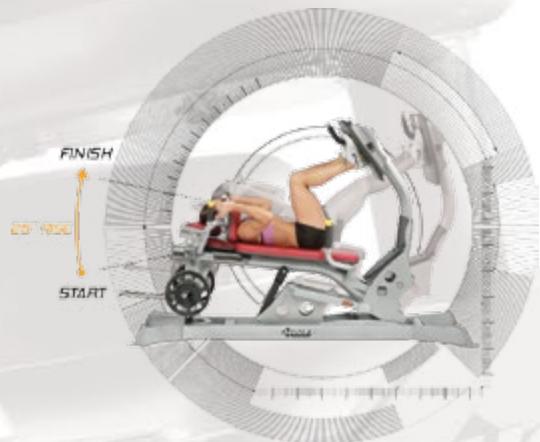
- Lock-out automatically releases at the start of the exercise
- Adjustable thigh pad to accommodate varying leg lengths
- Thigh pad automatically self-aligns to the user during exercise
- Mar resistant nickel-plated weight peg

[RPL] DUAL ACTION LEG PRESS

RPL-5403



- ROX Technology creates a Dual Action movement that moves the user support and foot plate simultaneously while maintaining alignment throughout the body
- Support adjustments to accommodate varying body sizes
- Easy to access lockout mechanism, automatically disengages at the start of the exercise
- Oversized foot plate provides multiple foot placements for both leg press and calf exercises



[RPL] STANDING CALF RAISE

RPL-5405



- Angled foot plate rotates to isolate the exercise movement to the ankle and calf muscles while creating more dorsiflexion which reduces excess stress to the underside/ball of the foot
- Adjustable shoulder support pads to accommodate varying body sizes

[RPL] SHOULDER PRESS

RPL-5501



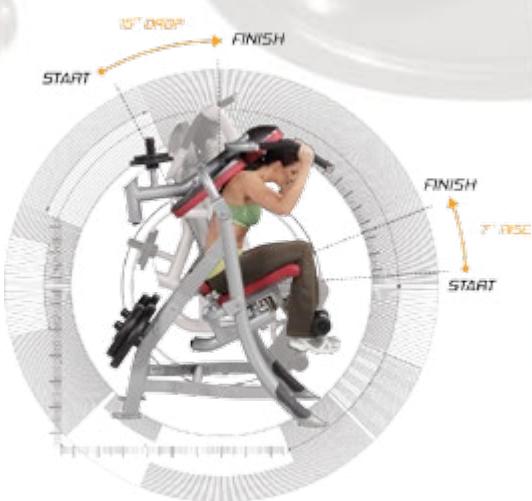
HEIGHT ADJUSTABLE SEAT



- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned in front of the body, then rocks the user rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the arm and shoulder and reduce lower back arching
- Synchronized converging exercise motion replicates dumbbell presses

[RPL] ABS

RPL-5601



- Seat pad can be locked in place or unlocked for swiveling movement
- Swiveling seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine

STANDARD COLORS

----- FRAME -----

TEXTURED WHITE
PLATINUM

----- UPHOLSTERY -----

OLY-120	OLY-185	OLY-115	US 516	OLY-190	OLY-130
DOVE GREY	SLATE GREY	BLACK	SKY BLUE	ROYAL	AMERICAN BEAUTY
46848300	36349900	OLY-105	OLY-125	TTN-335	OLY-155
SUEDE	WHEAT	BURGUNDY	BLUE RIDGE	NAVY	HUNTER

Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST Sales Representative at **800.548.5438** or sales@hoistfitness.com. Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX. STORAGE	MAX. CAPACITY
RPL-5101 SEATED DIP	72.00" (183 CM)	52.75" (134 CM)	52.25" (133 CM)	327 Lbs. (149 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5102 BICEPS CURL	60.00" (152 CM)	53.75" (137 CM)	47.00" (120 CM)	362 Lbs. (165 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5201 LAT PULLDOWN	76.50" (194 CM)	52.75" (134 CM)	85.75" (218 CM)	409 Lbs. (186 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5203 SEATED MID ROW	70.50" (179 CM)	52.75" (134 CM)	47.00" (119 CM)	372 Lbs. (169 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5301 CHEST PRESS	82.25" (209 CM)	52.75" (134 CM)	72.00" (183 CM)	441 Lbs. (200 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5303 INCLINE PRESS	90.25" (229 CM)	52.75" (134 CM)	56.25" (142 CM)	428 Lbs. (194 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5305 DECLINE PRESS	73.00" (185 CM)	52.75" (134 CM)	56.25" (143 CM)	375 Lbs. (170 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5356 HACK SQUAT/DEAD LIFT	89.50" (227 CM)	59.00" (150 CM)	59.25" (150 CM)	502 Lbs. (228 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5363 SEATED CALF RAISE	62.50" (159 CM)	30.25" (77 CM)	40.25" (103 CM)	132 Lbs. (60 KG)	N/A	800 Lbs. (363 KG)
RPL-5403 DUAL ACTION LEG PRESS	97.00" (247 CM)	50.25" (128 CM)	61.50" (157 CM)	539 Lbs. (245 KG)	N/A	1,300 Lbs. (590 KG)
RPL-5405 STANDING CALF RAISE	58.00" (147 CM)	52.50" (133 CM)	82.75" (210 CM)	321 Lbs. (146 KG)	720 Lbs. (327 KG)	800 Lbs. (363 KG)
RPL-5501 SHOULDER PRESS	81.75" (208 CM)	52.75" (134 CM)	55.25" (141 CM)	396 Lbs. (180 KG)	360 Lbs. (163 KG)	800 Lbs. (363 KG)
RPL-5601 ABDOMINALS	42.75" (109 CM)	41.50" (106 CM)	62.50" (159 CM)	100 Lbs. (45 KG)	180 Lbs. (82 KG)	800 Lbs. (363 KG)

WARRANTY POLICY

HOIST offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE "SUPPORT" LINK.** Warranty policy applies to defects from the manufacturer only.

HOIST reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

HOIST products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST is a registered trademark. All Rights Reserved.†

- ♦ HOIST®
- ♦ ACT NOW®
- ♦ CABLE-DRIVEN™
- ♦ CLUB QUALITY GUARANTEED®
- ♦ DUAL ACTION SMITH®
- ♦ EASY GLIDE™
- ♦ EZ-LOC LATCHING MECHANISM™
- ♦ FEEL THE RIDE®
- ♦ GLUTEMASTER®
- ♦ GLUTEMASTER KICKS ASS®
- ♦ HOIST CLASSIC®
- ♦ JOIN THE MOVEMENT®
- ♦ QUIK-CHANGE®
- ♦ RADIAL LOC®
- ♦ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™
- ♦ RIDE ORIENTED CONDITIONING®
- ♦ RIDE ORIENTED CONDITIONING SYSTEM®
- ♦ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™
- ♦ RIDE ORIENTED XERCISE®
- ♦ ROC®
- ♦ ROCS®
- ♦ ROX®
- ♦ ROC-IT®
- ♦ ROC-ABS®
- ♦ SILENT STEEL®
- ♦ SPLIT WEIGHT CABLING™
- ♦ ULTRA-LITE LIFTING SYSTEM™
- ♦ DUAL SERIES™

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D511,726, D513,598, D518,861, D519,585, D519,864, D526,330, D528,023, D528,172, D533,608, D536,046, D539,857, D541,357, D541,358, D541,893, D542,868, D544,050, D545,383, D556,842, D561,276, D569,459, D569,926, D574,448, D574,449, D577,234, D578,584, D579,989, D583,426, D590,032, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,193,635, 6,264,586, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,606, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,988,977, 7,052,444, 7,166,066, 7,316,634, 7,322,906, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,468,024, 7,544,156, 7,549,880, 7,549,949, 7,563,209, 7,563,214, 7,594,880, 7,597,655, 7,601,187, 7,641,600, 7,654,938, 7,654,940, 7,670,289, 7,713,179, 7,717,832, 7,731,638, 7,749,371, 7,749,372, 7,766,802, 7,806,809, 7,815,555, 7,867,149, 7,878,953, 7,901,335, 7,901,337, 7,909,743, 7,938,760, 7,963,890, 7,976,440, 7,981,010, 7,988,603, 7,993,215, 8,002,679, 8,007,411, 8,021,070, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,317,665, 8,328,698
† Other Patents Pending

[RPL]

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GSA Contract # GS-07F-0322K
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