

ROC-IT®

PLATE LOADED

BROCHURE

HOIST® FITNESS

ROC-IT® PLATE LOADED

OPTIMAL BIOMECHANICS AND DYNAMIC ADJUSTMENT:

THE ESSENCE OF HOIST'S ROC-IT® LINE

ROC-IT® LINE MACHINES TRANSFORM TO ACCOMMODATE THE MOVEMENT OF THE HUMAN BODY

Dynamic adjustment, designed to provide a more comfortable and secure workout based upon the body's natural posture and flexibility, is the essence behind the ROC-IT® line from HOIST®.

Using ROX™ technology, ROC-IT® products continuously adjust to a user's movements, helping them maintain optimal positioning while allowing for maximum range of motion on these innovative machines.

SUPERIOR BIO MECHANICS COMBINED WITH 'FUN' CREATE AN UNFORGETTABLE EXERCISE EXPERIENCE

Traditional machine-based exercise is 'muscle-centric' with the equipment providing a stable platform for users. But it comes at an expense. Fixed machine designs restrict natural movement, forcing users into unnatural positions that place unnecessary stress on the body and increase the risk of injury.

ROC-IT® products exercise motion mimics the more natural, comfortable and functional movement of free weight training. The 'fun' rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

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ROC-IT® PLATE LOADED

WHY IS THE ROC-IT® LINE A GOOD FIT FOR YOUR CLUB OR FACILITY?

- Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- Easy step through design speeds up workouts and allows for users to quickly enter/exit the machine
- Head support and oversized handles provides a more comfortable and secure workout for users
- Integrated scuff guards and rubber foot protectors safeguard the machine's frame and the facility floor
- Wide and narrow hand grip positions fit all body types
- Integrated bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

A TRUE INNOVATION IN STRENGTH TRAINING – BUILT FOR EVERYONE!

"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®

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SEATED DIP

RPL-5101



WIDE / NARROW ANGLE GRIPS



HEIGHT ADJUSTABLE SEAT



SPECS

PRODUCT DIMENSIONS (L X W X H)
72.25” X 52.75” X 47.00” (184 cm X 134 cm X 119 cm)

PRODUCT WEIGHT
305 lbs (138 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip
- Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- Generous built-in weight storage

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BICEPS CURL

RPL-5102



PADDED ELBOW BRACE



SELF ALIGNING HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)
59.00” X 53.50” X 58.50” (150 cm X 136 cm X 149 cm)

PRODUCT WEIGHT
332 lbs (151 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- 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
- Generous built-in weight storage

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LAT PULLDOWN

RPL-5201



MULTIPLE GRIP HANDLES



PADDED LEG BRACE



SPECS

PRODUCT DIMENSIONS (L X W X H)
76.75” X 52.75” X 87.00” (195 cm X 134 cm X 221 cm)

PRODUCT WEIGHT
305 lbs (138 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip
- Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- Generous built-in weight storage

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SEATED MID ROW

RPL-5203



ROTATING HANDLES



ADJUSTABLE PADDED CHEST BRACE



SPECS

PRODUCT DIMENSIONS (L X W X H)
67.75” X 52.75” X 48.75” (172 cm X 134 cm X 124 cm)

PRODUCT WEIGHT
381 lbs (173 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology aligns the user with the motion of the pull-arms, leaning the torso forward for a good stretch at the start and rocking back through the motion for a comfortable, low finish
- Independent, diverging pull arms provide a natural motion and minimize stress to the shoulder joints
- Swiveling handles provide 360 degrees of grip options
- Adjustable, hinged chest pad
- Fixed center grip handle for one-handed rows
- Generous built-in weight storage

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CHEST PRESS

RPL-5301



SPECS

PRODUCT DIMENSIONS (L X W X H)
82.50” X 52.50” X 72.00” (210 cm X 133 cm X 183 cm)

PRODUCT WEIGHT
437 lbs (198 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology aligns the user with the press-arms throughout the movement, for a start with the handles positioned at chest level and a finish with the handles level with the chin
- Independent, converging press-arms provide a natural motion and minimize stress to the anterior shoulder capsule
- Counter-balanced press-arms for a low starting weight
- Contoured press-arm handles provide multiple grip positions
- Generous built-in weight storage

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INCLINE CHEST PRESS

RPL-5303



COUNTER-WEIGHTED ARMS



MOLDED CONTOUR FOOT RESTS



SPECS

PRODUCT DIMENSIONS (L X W X H)
90.50” X 52.50” X 72.00” (230 cm X 133 cm X 183 cm)

PRODUCT WEIGHT
425 lbs (193 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level and rocking backward to replicate the motion of an incline chest press
- Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- Counter-balanced press-arms for a low starting weight
- Contoured press-arm handles provide multiple grip positions
- Generous built-in weight storage

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DECLINE CHEST PRESS

RPL-5305



CONTOURED HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)
83.00” X 52.50” X 50.50” (211 cm X 133 cm X 128 cm)

PRODUCT WEIGHT
366 lbs (166 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press
- Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- Counter-balanced press-arms for a low starting weight
- Contoured press-arm handles provide multiple grip positions
- Generous built-in weight storage

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HACK SQUAT/DEAD LIFT/SHRUG

RPL-5356

HACK SQUAT



DEAD LIFT / SHRUG

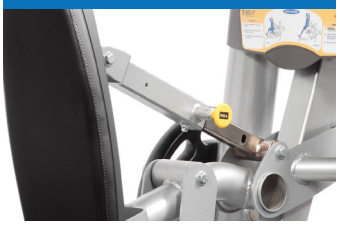




ROTATING HANDLES



ADJUSTABLE BACK REST



SPECS

PRODUCT DIMENSIONS (L X W X H)
93.00” X 58.75” X 74.50” (236 cm X 149 cm X 189 cm)

PRODUCT WEIGHT
533 lbs (242 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- Oversized foot plate allows for multiple foot positions to ensure correct bio mechanics for both hack squat and dead lift
- 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
- Generous built-in weight storage

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SEATED CALF RAISE

RPL-5363



SAFETY LOCK-OUT



SPECS

PRODUCT DIMENSIONS (L X W X H)
62.50” X 30.25” X 56.25” (159 cm X 77 cm X 143 cm)

PRODUCT WEIGHT
366 lbs (166 kg)

MAX EXERCISE WEIGHT
315 lbs (143 kg)

FEATURES

- ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press
- Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- Counter-balanced press-arms for a low starting weight
- Contoured press-arm handles provide multiple grip positions
- Generous built-in weight storage

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DUAL ACTION LEG PRESS

RPL-5403



ADJUSTABLE SHOULDER PADS



WIDE AREA FOOT PLATE



SPECS

PRODUCT DIMENSIONS (L X W X H)
116.75” X 48.00” X 55.75” (297 cm X 122 cm X 142 cm)

PRODUCT WEIGHT
582 lbs (264 kg)

MAX EXERCISE WEIGHT
945 lbs (429 kg)

FEATURES

- ROC-IT® Technology creates a dual action motion that moves the user support and foot plate simultaneously while maintaining alignment throughout the body
- Adjustable shoulder pads accommodate a wide range of body sizes
- Easy to use lockout mechanism, automatically disengages at the start of the exercise
- Oversized foot plate provides multiple foot placements for both leg press and calf exercises

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STANDING CALF RAISE

RPL-5405



PIVOTING HEIGHT ADJUSTABLE SHOULDER PADS



WIDE AREA FOOT PLATE



SPECS

PRODUCT DIMENSIONS (L X W X H)
58.00” X 50.25” X 80.50” (147 cm X 128 cm X 205 cm)

PRODUCT WEIGHT
365 lbs (166 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
720 lbs (327 kg)

FEATURES

- 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 ball of the foot
- Adjustable shoulder support pads to accommodate varying body sizes
- Generous built-in weight storage

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SHOULDER PRESS

RPL-5501



PERSONAL ACCESSORY CAP



RATCHETING SEAT ADJUSTER



SPECS

PRODUCT DIMENSIONS (L X W X H)
82.25” X 52.50” X 69.25” (209 cm X 133 cm X 176 cm)

PRODUCT WEIGHT
402 lbs (182 kg)

MAX EXERCISE WEIGHT
450 lbs (204 kg)

MAX STORAGE
360 lbs (163 kg)

FEATURES

- Roc-it® technology rocks the user rearward as the press-arms rise, replicating the natural motion of a dumbbell or barbell shoulder press while minimizing stress to the shoulder joints
- Independent, converging press-arms
- Contoured press-arm handles provide multiple grip positions
- Generous built-in weight storage

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ABDOMINALS

RPL-5601



LOCKABLE PIVOTING EXERCISE SEAT



WIDE RANGE GRIP HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)
42.50” X 42.25” X 64.50” (108 cm X 107 cm X 164 cm)

PRODUCT WEIGHT
231 lbs (105 kg)

MAX EXERCISE WEIGHT
90 lbs (41 kg)

MAX STORAGE
180 lbs (82 kg)

FEATURES

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

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HOIST CUSTOM

WRAPS & 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.





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STANDARD COLORS

ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

Black	Slate Gray	Dove Gray	Sky Blue	Royal Blue	Navy
OLY-115	OLY-185	OLY-120	US 516	OLY-190	NAVY SR-302
Blue Ridge	Hunter Green	Suede	Wheat	American Beauty	Burgundy
OLY-125	OLY-155	46848300	36349900	OLY-130	OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

FRAME

- Platinum
- White
- Matte Black

UPHOLSTERY

- Black

OLY-115

MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)

FRAME

- Platinum
- Matte Black

SUB FRAME

- Black

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL / HOME FREEWEIGHTS (HF)
H4400 & H2200

FRAME

- Matte Black

UPHOLSTERY

- Black

OLY-115

*PLEASE CONTACT A SALES REPRESENTATIVE FOR INFORMATION ON MATTE BLACK PRODUCT AVAILABILITY

NO CUSTOM COLORS AVAILABLE

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ROC-IT® PLATE LOADED

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT
RPL-5101-A	SEATED DIP	72.25” (184 CM)	52.75” (134 CM)	47.00” (119 CM)	305 LBS (138 KG)
RPL-5102-A	BICEPS CURL	59.00” (150 CM)	53.50” (136 CM)	58.50” (149 CM)	332 LBS (151 KG)
RPL-5201-A	LAT PULLDOWN	76.75” (195 CM)	52.75” (134 CM)	87.00” (221 CM)	305 LBS (138 KG)
RPL-5203-A	MID ROW	67.75” (172 CM)	52.75” (134 CM)	48.75” (124 CM)	381 LBS (173 KG)
RPL-5301-A	CHEST PRESS	82.50” (210 CM)	52.50” (133 CM)	72.00” (183 CM)	437 LBS (198 KG)
RPL-5303-A	INCLINE CHEST PRESS	90.50” (230 CM)	52.50” (133 CM)	72.00” (183 CM)	425 LBS (193 KG)
RPL-5305-A	DECLINE CHEST PRESS	83.00” (211 CM)	52.50” (133 CM)	50.50” (128 CM)	366 LBS (166 KG)
RPL-5356	HACK SQUAT/DEAD LIFT/SHRUG	93.00” (236 CM)	58.75” (149 CM)	74.50” (189 CM)	533 LBS (242 KG)
RPL-5363-A	SEATED CALF RAISE	62.50” (159 CM)	30.25” (77 CM)	56.25” (143 CM)	366 LBS (166 KG)
RPL-5403-B	DUAL ACTION LEG PRESS	116.75” (297 CM)	48.00” (122 CM)	55.75” (142 CM)	582 LBS (264 KG)
RPL-5405	STANDING CALF RAISE	58.00” (147 CM)	50.25” (128 CM)	80.50” (205 CM)	365 LBS (166 KG)
RPL-5501-A	SHOULDER PRESS	82.25” (209 CM)	52.50” (133 CM)	69.25” (176 CM)	402 LBS (182 KG)
RPL-5601	ABDOMINALS	42.50” (108 CM)	42.25” (107 CM)	64.50” (164 CM)	231 LBS (105 KG)

PLEASE NOTE: DO NOT PLACE MORE THAN 450 LBS OF PLATES ONTO ANY RPL MACHINE LIFTING WEIGHT HORNS WHILE IN USE.

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WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness 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® Fitness reserves the right to change product specifications, design, and function at any time.

TRADEMARKS AND PATENTS

HOIST® Fitness 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®*
- *COMPOSITE MOTION™*
- *DUAL ACTION SMITH®*
- *EASY GLIDE™*
- *EZ-LOC LATCHING MECHANISM™*
- *FEEL THE RIDE®*
- *GLUTEMASTER®*
- *HOIST CLASSIC®*
- *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™*
- *FLIP-N-DIP®*
- *FLIP-N-GRIP®*

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439822, 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, D526,370, 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, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, D836,733, D852,291, D857,812 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, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 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, 7,670,269, 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, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,086,229, 10,220,240, 10,307,630, 10,350,445, 10,391,352, 10,420,985, 10,426,990, 10,486,012, 10,532,244, 10,639,513, 10,646,739, 10,709,922, 10,737,131, 10,780,310, 11,013,949, 11,135,475

† Other Patents Pending

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