

ROC-IT®

SELECTORIZED

BROCHURE

HOIST® FITNESS

ROC-IT® SELECTORIZED

The ROC-IT® line, is unlike any other selectorized equipment. ROC-IT products make the user an integral part of the exercise motion by continually adjusting the position of the user as they engage the target muscles to move the exercise arm. By continually moving and adjusting the users' body throughout the range of motion, the ROC-IT products ensure correct biomechanics throughout the exercise.

OPTIMAL BIOMECHANICS

The ROC-IT technology allows for an exercise movement that results in optimal biomechanic positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable 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 muscles while maintaining adequate stability and proper form.

The ROC-IT line represents a training technology optimally suited to meet the training needs of diverse population groups ranging from the deconditioned and sedentary to the more athletic and well-conditioned.

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

FEATURES

INCREASE BRAND AWARENESS

- **Shield Wrap**- Opportunity to add custom weight stack shield wrap with shield designed with your company logo or banding

CONVENIENCE

- **Integrated Towel Hook, Bottle Holder & Accessory Tray-** Keeps 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 RS Products In Place-** Maximizes space planning
- **Optional add-on weight system**
- **Ergonomic Grips**

COMFORT

- **Reduced Noise-** Silent Steel® weight stacks are specifically designed for noise reduction during exercise
- **Head Support & Oversized Handles-** Provides a more comfortable and secure workout

SLEEK & APPEALING

- **Enclosed Weight Stacks-** Offers privacy to the user while exercising
- **Molded Plastic Upholstery Covers & Contoured Foot Rests-** Adds a contemporary and finished look

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

ROC-IT ® SCIENCE

ROC-IT products capture attention and make strength training more enjoyable, but the foundation of the ROC-IT design isn't based on appearance—it's rooted in extensive biomechanical research.

ROC-IT technology addresses the human body as a complete system, not as isolated groups of muscles. The movement designed in each ROC-IT product more closely mimics the way a body operates in everyday life, enhancing results and reducing risk of injury.

Traditional machine-based exercise is muscle-centric and provides a stable platform, which helps beginners and casual users. But it comes at the cost of isolating individual muscles in a stable environment. Effective strength training challenges the entire Human Movement System, which has nervous, muscle and skeletal components working in harmony to achieve optimal results. This is where most traditional machines fail.

Fixed machine design restricts natural movement, especially at the end of the range of motion. It forces unnatural positions that put unnecessary stress on the body, increasing the risk for injury.

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise. With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

ROC-IT products continuously adjust a user's position, maintaining optimal positioning throughout the entire exercise range of motion. Essentially, the machine transforms to accommodate the movement of the human body.

"With its dynamically rocking technology, the HOIST ROC-IT line reveals numerous biomechanical and physiological advantages missing with most traditional exercise machines. This includes a dynamically-adjusted user position to optimally align and maintain joint position throughout motion. Shear-stress forces are thus reduced within joints by creating multiple segment movement, providing small yet appropriate proprioceptive challenges to the lumbopelvic hip complex (LPHC). This improves stability, and provides greater muscle pre-stretch or loading to overload muscles.."

- FABIO COMANA, MA., MS., NASM CPT, CES & PES; NSCA CSCS; ACSM HFS; ACE CPT & LWMC; CISSN, DIRECTOR, CONTINUING EDUCATION, NASM

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

ROC-IT ® SCIENCE

Effective strength training requires an efficient way to condition and challenge a body's functional capabilities. It utilizes systems that promote optimal biomechanics throughout the full range of motion. It trains the body in a way that challenges and incorporates the body's stability centers.

Each ROC-IT machine is designed to continuously shift the user's center of gravity to impose appropriate challenges to the Lumbo-Pelvic- Hip Complex (LPHC). This advanced exercise movement enhances core involvement and the number of LPHC muscles needed to stabilize the hips and trunk. ROC-IT products yield more stability, more strength applied to the exercise path, and more calories burned— for a more complete exercise.

HOIST's ROC-IT products achieve many othersignificant biomechanical advantages over fixed machines:

- *They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.*
- *They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.*
- *They allow users to impose a "pre-stretch" that improves muscle activation and strength increases.*
- *They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.*

Fitness facilities exist because of their members, and it's imperative that owners install the safest and most effective equipment available. HOIST's ROC-IT line is an industry leader when it comes to selecting equipment that minimizes risk during strength training exercise. When you add ROC-IT products to your facility, you're not just installing machines designed and engineered with unique patented ROC-IT technology, you're installing machines people can't wait to use!

"The ROC-IT line is a true innovation in strength training that combines superior biomechanics with fun to create an unforgettable 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®

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

KEY CHANGES
ACROSS THE RS-LINE

CHANGES



GRIPS

- Change rubber grips to Ergo-grips



BOLT CAPS

- Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- New molded footplates



SCUFF GUARDS

- Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- Redesigned weight cage

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

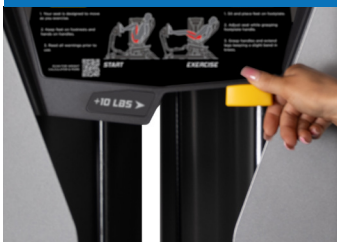
ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1
5 lbs

RS-CAGE-NG-OPT2
10 lbs

RS-CAGE-NG-OPT3
5 lbs

RS-CAGE-NG-63-OPT1
5 lbs

RS-CAGE-NG-63-OPT2
10 lbs

RS-CAGE-NG-63-OPT3
10 lbs

FEATURES

- **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- RS-2101
- RS-2102
- RS-1103
- RS-2201
- RS-2203
- RS-2204
- RS-2301
- RS-2302
- RS-2401
- RS-2402
- RS-2406
- RS-2407
- RS-2408
- RS-2412
- RS-2415
- RS-1501
- RS-1502
- RS-2601
- RS-2602

HD-DUAL

- HD/G-3100
- HD/G-3600
- HD/G-3800
- HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- HD/G-3300
- HD/G-3400

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- HD-3403

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

SEATED DIP

RS-2101



ADJUSTABLE SEAT HEIGHT



SPECS

PRODUCT DIMENSIONS (L X W X H)
60.25” X 47.50” X 55.00” (153 cm X 121 cm X 140 cm)

PRODUCT WEIGHT
543 lbs (246 kg)
555 lbs with RS-CAGE-NG-OPT1 (252 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Functional movement for tricep 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 the bar dip
- Ratcheting seat adjustment
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

BICEPS CURL

RS-2102



SELF-ALIGNING PULLEY HOUSING



SPECS

PRODUCT DIMENSIONS (L X W X H)
63.75” X 57.75” X 55.00” (162 cm X 147 cm X 140 cm)

PRODUCT WEIGHT
563 lbs (255 kg)
575 lbs with RS-CAGE-NG-OPT1 (261 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Cable-Driven™ exercise movement automatically adjusts to accommodate varying arm lengths and shoulder widths
- Swiveling pulleys provide pronated, neutral or supinated grip positions
- Starts the body in an upright posture to improve arm extension for biceps recruitment, then rocks rearward during the exercise to reduce shoulder and back involvement
- Rocking motion mimics the natural movement of a standing barbell/ dumbbell curl without involving the lower back
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

TRICEPS EXTENSION

RS-1103



SPECS

PRODUCT DIMENSIONS (L X W X H)
66.00” X 59.00” X 57.75” (168 cm X 150 cm X 139 cm)

PRODUCT WEIGHT
557 lbs (253 kg)
569 lbs with RS-CAGE-NG-OPT1 (258 kg)

WEIGHT STACK
180 lbs (82 kg)
185 lbs with RS-CAGE-NG-OPT1 (84 kg)

FEATURES

- Functional movement for tricep 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 the bar dip
- Ratcheting seat adjustment
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LAT PULLDOWN

RS-2201



SPECS

PRODUCT DIMENSIONS (L X W X H)
65.50” X 56.50” X 84.75” (166 cm X 144 cm X 215 cm)

PRODUCT WEIGHT
759 lbs (344 kg)
771 lbs with RS-CAGE-NG-OPT1 (350 kg)

WEIGHT STACK
335 lbs (152 kg)
340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- 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/arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps, then rocks the seat forward to a more neutral position
- Patented counter-balanced exercise arm and adjustable thigh pad
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

SEATED MID ROW

RS-2203



SPECS

PRODUCT DIMENSIONS (L X W X H)
67.25” X 45.25” X 55.00” (166 cm X 115 cm X 140 cm)

PRODUCT WEIGHT
663 lbs (301 kg)
675 lbs with RS-CAGE-NG-OPT1 (306 kg)

WEIGHT STACK
335 lbs (152 kg)
340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- 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
- Pull movement lifts the seat while rocking the body rearward to avoid unsafe lower back hyperextension
- Greater activation of the core muscles to maintain balance during unsupported torso movement
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LOW BACK

RS-2204



SPECS

PRODUCT DIMENSIONS (L X W X H)
71.25” X 55.75” X 55.00” (181 cm X 142 cm X 140 cm)

PRODUCT WEIGHT
632 lbs (287 kg)
644 lbs with RS-CAGE-NG-OPT1 (292 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Starts the body in a forward lean with knees bent, then rocks rearward to maintain proper alignment between hips and low back while reducing stress to the low back
- Swivel back pad is designed to ensure a safe and comfortable exercise movement while providing optimal support to the hips and spine
- Adjustable foot rests to accommodate varying user sizes
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

CHEST PRESS

RS-2301



SPECS

PRODUCT DIMENSIONS (L X W X H)
62.25” X 58.25” X 56.25” (158 cm X 148 cm X 143 cm)

PRODUCT WEIGHT
668 lbs (303 kg)
680 lbs with RS-CAGE-NG-OPT1 (308 kg)

WEIGHT STACK
335 lbs (152 kg)
340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- Select-A-Grip handles provide 3 grip options (0,45, and 90 degrees)
- Designed to reduce stress placed on 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
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

PEC FLY

RS-2302



ADJUSTABLE START ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)
71.00” X 64.50” X 55.50” (180 cm X 164 cm X 141 cm)

PRODUCT WEIGHT
643 lbs (292 kg)
655 lbs with RS-CAGE-NG-OPT1 (297 kg)

WEIGHT STACK
255 lbs. (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Each exercise arm has a range-of-motion adjuster that facilitates the press arm handle positioning to safely maximize exercise pre-stretch
- Starts with the exercise handles positioned at the upper-chest level, then rocks rearward which recruits the mid and low chest muscles during exercise movement
- Designed to reduce the stress placed upon the anterior shoulder capsule associated with horizontal extension and rotation of the arm
- Swiveling handles self-align to the user’s wrist during exercise
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LEG EXTENSION

RS-2401



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)
51.75” X 50.00” X 55.00” (131 cm X 127 cm X 140 cm)

PRODUCT WEIGHT
623 lbs (283 kg)
635 lbs with RS-CAGE-NG-OPT1 (288 kg)

WEIGHT STACK
270 lbs (123 kg)
275 lbs with RS-CAGE-NG-OPT1 (125 kg)

FEATURES

- Easy-to-use, the gas shock assisted adjustable back pad accommodates varying leg lengths
- Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints
- Begins in a upright posture, then rocks rearward during the exercise providing a greater range-of-motion and a more natural hinge movement
- Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LEG CURL

RS-2402



ADJUSTABLE SHIN PAD



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)
52.25” X 50.00” X 55.00” (134 cm X 127 cm X 140 cm)

PRODUCT WEIGHT
636 lbs (289 kg)
648 lbs with RS-CAGE-NG-OPT1 (294 kg)

WEIGHT STACK
270 lbs (123 kg)
275 lbs with RS-CAGE-NG-OPT1 (125 kg)

FEATURES

- Gas shock assisted back pad accommodates varying leg lengths
- Self-aligning roller pad automatically adjusts to reduce potential stress on the ankle joints
- Adjustable shin pad creates a natural hinge movement and reduces shearing force and stress on the knee joints
- Begins in a upright posture, then rocks rearward during the exercise providing a greater range-of-motion
- Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LEG PRESS

RS-2403



ADJUSTABLE SEAT



MOLDED FOOT PLATFORM



SPECS

PRODUCT DIMENSIONS (L X W X H)
85.50” X 48.50” X 55.00” (217 cm X 123 cm X 140 cm)

PRODUCT WEIGHT
798 lbs (362 kg)
815 lbs with RS-CAGE-NG-OPT2 (370 kg)

WEIGHT STACK
380 lbs (172 kg)
390 lbs with RS-CAGE-NG-OPT2 (177 kg)

FEATURES

- Eleven linear seat adjustments to accommodate varying leg lengths
- Large oval molded foot plate provides multiple foot placement positions for both leg press and calf exercises
- Starts the body in the traditional leg press position, then rocks the upper torso rearward to provide greater activation of the gluteal muscles
- Optional 10 lbs. Weight Upgrade (RS-CAGE-NG-OPT2)

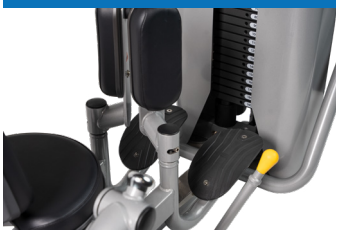
© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

INNER THIGH

RS-2406



SELF-ADJUSTING PADS



SPECS

PRODUCT DIMENSIONS (L X W X H)
69.00” X 55.50” X 55.00” (175 cm X 141 cm X 140 cm)

PRODUCT WEIGHT
547 lbs (248 kg)
559 lbs with RS-CAGE-NG-OPT1 (254 kg)

WEIGHT STACK
190 lbs (86 kg)
195 lbs with RS-CAGE-NG-OPT1 (89 kg)

FEATURES

- Range of motion adjustment accommodates starting position
- Starts the body in a decline position to enhance user comfort by facilitating hip abduction to open the thigh muscles while maintaining proper alignment of the spine
- The forward rocking movement reduces stress on the body by allowing the hips to naturally flex forward, while supporting the low back
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

OUTER THIGH

RS-2407



ADJUSTABLE START ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)
68.50” X 59.00” X 55.00” (174 cm X 150 cm X 140 cm)

PRODUCT WEIGHT
547 lbs (248 kg)
559 lbs with RS-CAGE-NG-OPT1 (254 kg)

WEIGHT STACK
190 lbs (86 kg)
195 lbs with RS-CAGE-NG-OPT1 (89 kg)

FEATURES

- Range of motion adjustment accommodates starting position
- Starts the body in a forward position to enhance user comfort by positioning the hips for optimal exercise movement while maintaining proper alignment of the spine
- The rearward rocking movement reduces low back stress by allowing the hips to naturally tilt backwards and reducing stress to the spine
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

PRONE LEG CURL

RS-2408



NON-SLIP HAND GRIP



ADJUSTABLE LEG PAD



SPECS

PRODUCT DIMENSIONS (L X W X H)
56.75” X 42.75” X 55.00” (144 cm X 109 cm X 140 cm)

PRODUCT WEIGHT
571 lbs (259 kg)
583 lbs with RS-CAGE-NG-OPT1 (264 kg)

WEIGHT STACK
180 lbs (82 kg)
185 lbs with RS-CAGE-NG-OPT1 (84 kg)

FEATURES

- Starts the body in a more upright angle making it easier to enter and exit the machine
- Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

GLUTEMASTER®

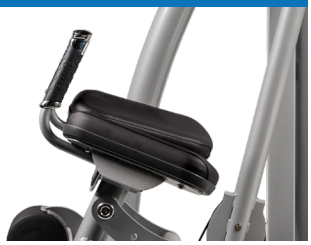
RS-2412



MOLDED FOOT PADS



PADDED ARM RESTS



SPECS

PRODUCT DIMENSIONS (L X W X H)
65.75” X 50.50” X 72.75” (167 cm X 128 cm X 185 cm)

PRODUCT WEIGHT
611 lbs (277 kg)
623 lbs with RS-CAGE-NG-OPT1 (283 kg)

WEIGHT STACK
180 lbs (82 kg)
185 lbs with RS-CAGE-NG-OPT1 (84 kg)

FEATURES

- Added forearm support and angled-grip handles allow users to engage core muscles throughout the exercise
- Downward rocking movement of the upper torso during the exercise offers an optimal range of exercise motion
- Angled forearm and pivoting knee pad offer constant upper and lower body support to avoid unnatural loading of the spine
- Knee pad adjusts with pivoting movement for accurate exercise positioning. Foot plate adjusts to accommodate varied leg lengths
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROTARY CALF RAISE

RS-2415



MOLDED FOOT PADS



SPECS

PRODUCT DIMENSIONS (L X W X H)
75.25” X 46.25” X 55.00” (191 cm X 118 cm X 140 cm)

PRODUCT WEIGHT
657 lbs (298 kg)
669 lbs with RS-CAGE-NG-OPT1 (303 kg)

WEIGHT STACK
335 lbs (152 kg)
340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- Eleven linear seat adjustments to accommodate varying leg lengths
- Designed to emphasize movement through the ankle, promoting a greater range of exercise motion
- Rocking movement intensifies the work load to the calf muscle while reducing undesired stress placed on the feet
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

SHOULDER PRESS

RS-2501



SPECS

PRODUCT DIMENSIONS (L X W X H)
76.25” X 48.50” X 71.25” (194 cm X 123 cm X 181 cm)

PRODUCT WEIGHT
600 lbs (272 kg)
612 lbs with RS-CAGE-NG-OPT1 (278 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Designed to place hands in a neutral grip position to reduce potential shoulder impingements
- Starts with the exercise handles positioned in front of the body, then rocks 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 shoulder and reduce lower back arching
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

LATERAL RAISE

RS-1502



ADJUSTABLE SEAT HEIGHT



SPECS

PRODUCT DIMENSIONS (L X W X H)
59.00” X 48.00” X 56.50” (150 cm X 122 cm X 144 cm)

PRODUCT WEIGHT
526 lbs (239 kg)
538 lbs with RS-CAGE-NG-OPT1 (244 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

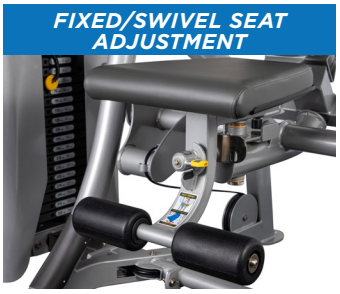
- Rocking forward movement of the torso during the exercise challenges core muscles while engaging an optimal range of deltoid muscle flexion
- Swiveling stabilizer handles to accommodate varying user sizes
- Bi-lateral functionality allows for single-arm exercising
- Adjustable seat for varying user sizes
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ABS

RS-2601





SPECS

PRODUCT DIMENSIONS (L X W X H)
42.25” X 61.50” X 64.50” (107 cm X 156 cm X 164 cm)

PRODUCT WEIGHT
759 lbs (344 kg)
771 lbs with RS-CAGE-NG-OPT1 (350 kg)

WEIGHT STACK
335 lbs (152 kg)
340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Begins in an upright posture with exercise handles overhead to prestretch the abdominal muscles
- 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 hyper extension or unnatural loading of the spine
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROTARY TORSO

RS-2602



ADJUSTABLE CHEST PAD HEIGHT



ADJUSTABLE STARTING ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)
43.50” X 43.50” X 59.25” (111 cm X 111 cm X 150 cm)

PRODUCT WEIGHT
459 lbs (208 kg)
471 lbs with RS-CAGE-NG-OPT1 (214 kg)

WEIGHT STACK
130 lbs (159 kg)
135 lbs with RS-CAGE-NG-OPT1 (61 kg)

FEATURES

- Incorporates ROC-IT technology by offering users an instability option (ROC-IT or LOCK IT™) for muscle engagement
- Starting positions in 40, 60, 80, and 100 degrees from “face forward” offer an optimal range of exercise motion in both directions
- Chest pad adjusts to accommodate varied torso lengths. Stabilizing handles offer upper body support to minimize low back stress
- Ergonomic kneeling pad minimizes low back stress
- Optional 5 lbs. Weight Upgrade (RS-CAGE-NG-OPT1)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

CHIN/DIP ASSIST

RS-2700



MULTIPLE GRIP OPTIONS



MOLDED FOOT GRIP



SPECS

PRODUCT DIMENSIONS (L X W X H)
49.25” X 66.75” X 96.75” (125 cm X 170 cm X 246 cm)

PRODUCT WEIGHT
857 lbs (389 kg)

WEIGHT STACK
380 lbs (172 kg)

FEATURES

- Offers 14 exciting exercise variations, 7 with assistance, and 7 without
- Flip ‘N Grip® handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- Rock-climbing handles to develop wrist, arm, and shoulder strength
- Adjustable foot plate to accommodate assisted and unassisted exercise positions
- No Optional Weight Upgrade Available

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

HOIST CUSTOM

WRAPS & LOGO DECALS

HOIST® Fitness is proud to continually offer the most in versatility and customization. Take advantage of HOIST Fitness's custom Logo Decals and Shield Wraps for Club Line, ROC-IT® RS Selectorized, CF-3365 and HD Dual® Products to give your equipment a custom look to fit seamlessly with your brand and facility.

Shield wraps and logo decals are available for all Club Line (CL), ROC-IT Selectorized (RS), and HOIST Dual (HD) units at an additional cost. Due to wrap material, colors are subject to variation and exact PMS or CMYK color matching cannot be guaranteed. For optimal color matching, please provide CMYK color codes.







DISCLAIMER PLEASE READ CAREFULLY: Actual frame and upholstery colors may differ from printed color samples and mock-ups shown. These mock-ups should be considered reference only. Due to the printing materials and method used, colors are subject to variation and color matching cannot be guaranteed. To help us match colors as closely as possible, please provide specific CMYK color codes per each color required and be advised that Neon colors are not available. Please note that as standard practice we will be placing HOIST logos at the top of the artwork as depicted in the proof.

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

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

© 2024 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2101	SEATED DIP	60.00” (152 CM)	49.75” (126 CM)	54.75” (139 CM)	543 LBS (246 KG) 555 LBS WITH RS-CAGE-NG-OPT1 (251 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2102	BICEPS CURL	64.50” (164 CM)	59.00” (150 CM)	58.00” (148 CM)	563 LBS (255 KG) 575 LBS WITH RS-CAGE-NG-OPT1 (261 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-1103	TRICEPS EXTENSION	66.00” (168 CM)	59.00” (150 CM)	57.75” (139 CM)	557 LBS (253 KG) 569 LBS WITH RS-CAGE-NG-OPT1 (258 KG)	180 LBS (82 KG) 185 LBS WITH RS-CAGE-NG-OPT1 (84 KG)
RS-2201	LAT PULLDOWN	65.50” (166 CM)	56.50” (144 CM)	84.75” (215 CM)	759 LB. (344 KG) 771 LBS WITH RS-CAGE-NG-OPT1 (350 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2203	SEATED MID ROW	67.50” (171 CM)	47.75” (121 CM)	54.75” (139 CM)	663 LBS (301 KG) 675 LBS WITH RS-CAGE-NG-OPT1 (306 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2204	LOW BACK	67.75” (172 CM)	55.50” (141 CM)	54.75” (139 CM)	632 LBS (287 KG) 644 LBS WITH RS-CAGE-NG-OPT1 (292 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2301	CHEST PRESS	59.75” (152 CM)	58.25” (148 CM)	58.00” (147 CM)	668 LBS (303 KG) 680 LBS WITH RS-CAGE-NG-OPT1 (308 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2302	PEC FLY	73.50” (187 CM)	64.25” (163 CM)	55.50” (141 CM)	643 LBS (292 KG) 655 LBS WITH RS-CAGE-NG-OPT1 (297 KG)	255 LBS. (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2401	LEG EXTENSION	42.25” (107 CM)	50.00” (127 CM)	55.00” (140 CM)	623 LBS (284 KG) 635 LBS WITH RS-CAGE-NG-OPT1 (288 KG)	270 LBS (122 KG) 275 LBS WITH RS-CAGE-NG-OPT1 (125 KG)
RS-2402	LEG CURL	49.75” (127 CM)	50.00” (127 CM)	55.00” (140 CM)	636 LBS (289 KG) 648 LBS WITH RS-CAGE-NG-OPT1 (294 KG)	270 LBS (122 KG) 275 LBS WITH RS-CAGE-NG-OPT1 (125 KG)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME		LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2403	LEG PRESS	75.50” (192 CM)	48.50” (123 CM)	55.75” (142 CM)	798 LBS (362 KG) 815 LBS WITH RS-CAGE-NG-OPT2 (370 KG)	380 LBS (172 KG) 390 LBS WITH RS-CAGE-NG-OPT2 (177 KG)
RS-2406	INNER THIGH	68.25” (173 CM)	37.50” (95 CM)	56.50” (144 CM)	547 LBS (248 KG) 559 LBS WITH RS-CAGE-NG-OPT1 (254 KG)	190 LBS (86 KG) 195 LBS WITH RS-CAGE-NG-OPT1 (89 KG)
RS-2407	OUTER THIGH	68.25” (173 CM)	37.50” (95 CM)	56.50” (144 CM)	547 LBS (248 KG) 559 LBS WITH RS-CAGE-NG-OPT1 (254 KG)	190 LBS (86 KG) 195 LBS WITH RS-CAGE-NG-OPT1 (89 KG)
RS-2408	PRONE LEG CURL	56.75” (144 CM)	42.75” (109 CM)	55.00” (140 CM)	571 LBS (259 KG) 583 LBS WITH RS-CAGE-NG-OPT1 (264 KG)	180 LBS (82 KG) 190 LBS WITH RS-CAGE-NG-OPT1 (86 KG)
RS-2412	GLUTEMASTER	52.60” (134 CM)	57.50” (146 CM)	54.75” (139 CM)	611 LBS (277 KG) 623 LBS WITH RS-CAGE-NG-OPT1 (283 KG)	180 LBS (82 KG) 190 LBS WITH RS-CAGE-NG-OPT1 (86 KG)
RS-2415	ROTARY CALF	71.75” (182 CM)	49.50” (126 CM)	54.75” (139 CM)	657 LBS (298 KG) 669 LBS WITH RS-CAGE-NG-OPT1 (303 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2501	SHOULDER PRESS	66.75” (170 CM)	53.50” (136 CM)	54.75” (139 CM)	600 LBS (272 KG) 612 LBS WITH RS-CAGE-NG-OPT1 (278 KG)	255 LBS (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-1502	LATERAL RAISE	59.00” (150 CM)	48.00” (122 CM)	56.50” (144 CM)	526 LBS (239 KG) 538 LBS WITH RS-CAGE-NG-OPT1 (244 KG)	255 LBS (116 KG) 260 LBS WITH RS-CAGE-NG-OPT1 (118 KG)
RS-2601	ABS	42.25” (107 CM)	61.50” (156 CM)	64.50” (162 CM)	759 LBS (344 KG) 771 LBS WITH RS-CAGE-NG-OPT1 (350 KG)	335 LBS (152 KG) 340 LBS WITH RS-CAGE-NG-OPT1 (154 KG)
RS-2602	ROTARY TORSO	42.75” (109 CM)	43.50” (111 CM)	59.25” (151 CM)	459 LBS (208 KG) 471 LBS WITH RS-CAGE-NG-OPT1 (214 KG)	130 LBS (159 KG) 135 LBS WITH RS-CAGE-NG-OPT1 (61 KG)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2700 CHIN/DIP ASSIST	49.25” (125 CM)	66.75” (170 CM)	96.75” (246 CM)	857 LBS (389 KG)	380 LBS (172 KG)

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com

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, 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, 11,135,475 11,013,949 10,780,310 10,737,131 10,709,922 10,646,739 10,639,513 10,532,244 10,486,012 10,426,990 10,420,985 D857,812 10,391,352 10,350,445 D852,291 10,307,630 10,220,240,WW D836,733 10,086,229

† Other Patents Pending

© 2025 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) | www.HOISTFitness.com