







ROC-IT™ PLATE LOADED PRODUCT FEATURES

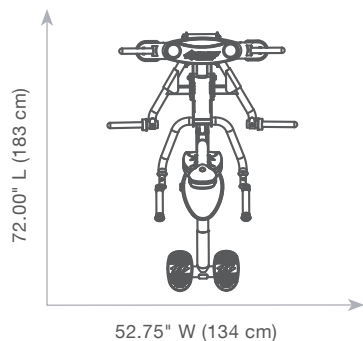
The innovative biomechanical design of the ROC-IT™ Plate Loaded line delivers a more natural, unrestricted, functional movement. The ROC-IT™ Plate Loaded line offers the following features:

- ◆ Ride Oriented Exercise® provides a rocking movement that constantly adjusts the user to achieve optimal biomechanical positioning throughout the exercise
- ◆ Integrated head support helps maintain a neutral cervical spine on rearward rocking machines
- ◆ Molded plastic upholstery covers add a contemporary and finished look
- ◆ Contoured foot rests provide a perpendicular platform for user support and stability
- ◆ Integrated water bottle holder, and accessory tray to keep personal items organized and out of the way of others (less clutter on gym floor)
- ◆ Your custom logo decal placed under the instructional placards to increase brand awareness
- ◆ Easy step through design speeds up workouts by allowing quick entry and exit of the machine
- ◆ Integrated scuff guards are strategically placed to protect the machine's frame finish
- ◆ Rubber foot protectors to guard facility flooring
- ◆ Oversized handles with bulbed ends provide a more comfortable and secure grip
- ◆ Ratcheting adjuster system provides quick and easy seat adjustment

SPECIFICATIONS:

US / METRIC

Length: 72.00" / 183 cm
Width: 52.75" / 134 cm
Height: 52.25" / 133 cm
Machine Weight: 327 lbs. / 149 kg



SEATED DIP

RPL-5101

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



START



EXERCISE

seated DIP

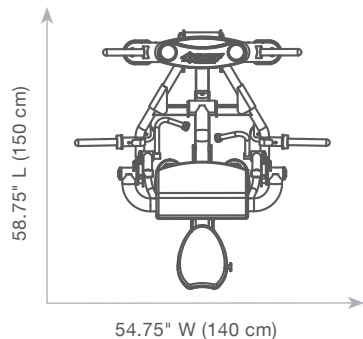
ROC-IT™ RPL-5101



PRODUCT MOTION

SPECIFICATIONS: US / METRIC

Length: 58.75" / 150 cm
Width: 54.75" / 140 cm
Height: 47.00" / 120 cm
Machine Weight: 362 lbs. / 165 kg



BICEPS 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
- ♦ Labeled pivot alignment points
- ♦ Ratcheting seat adjustment



START



EXERCISE

BICEPS CURL

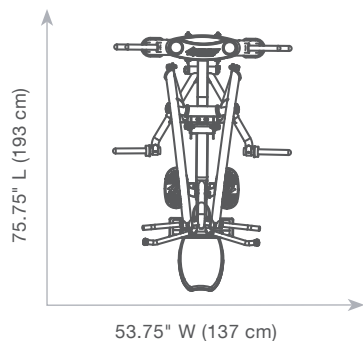
ROC-IT™ RPL-5102



PRODUCT MOTION

SPECIFICATIONS: US / METRIC

Length: 75.75" / 193 cm
Width: 53.75" / 137 cm
Height: 85.75" / 218 cm
Machine Weight: 409 lbs. / 186 kg



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
- ◆ Synchronized diverging exercise motion follows the natural rotation pattern of the shoulder
- ◆ Adjustable thigh hold-down pad



START



EXERCISE

LAT PULLDOWN

ROC-IT™ RPL-5201

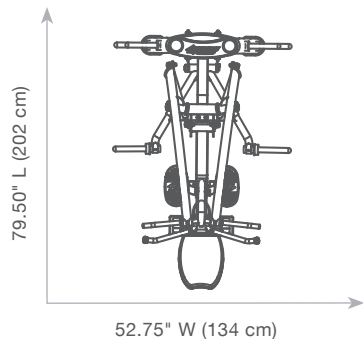


PRODUCT MOTION

SPECIFICATIONS:

US / METRIC

Length: 79.50" / 202 cm
Width: 52.75" / 134 cm
Height: 72.00" / 183 cm
Machine Weight: 441 lbs. / 200 kg



CHEST PRESS

RPL-5301

- ◆ Contoured press arm handles provide multiple grip positions
- ◆ 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
- ◆ Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- ◆ Synchronized converging exercise motion replicates dumbbell presses
- ◆ Counter-balanced exercise arm
- ◆ Ratcheting seat adjustment



CHEST PRESS

ROC-IT™ RPL-5301

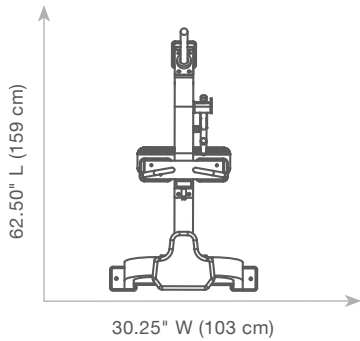


PRODUCT MOTION

SPECIFICATIONS:

US / METRIC

Length: 62.50" / 159 cm
Width: 30.25" / 77 cm
Height: 40.25" / 103 cm
Machine Weight: 132 lbs. / 60 kg



CALF RAISE

RPL-5363

- ♦ Mar resistant nickel-plated weight peg
- ♦ 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



START



EXERCISE

CALF RAISE

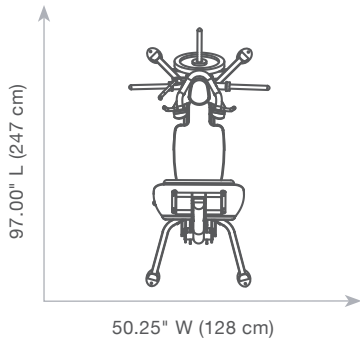
ROC-IT™ RPL-5363



PRODUCT MOTION

SPECIFICATIONS: US / METRIC

Length: 97.00" / 247 cm
Width: 50.25" / 128 cm
Height: 61.50" / 157 cm
Machine Weight: 539 lbs. / 245 kg



COMPOSITE MOTION LEG PRESS

RPL-5403

- ◆ ROX™ Technology creates a dual action exercise movement that moves the user support and foot plate simultaneously
- ◆ Head and shoulder 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



START



EXERCISE

COMPOSITE MOTION LEG PRESS

ROC-IT™ RPL-5403

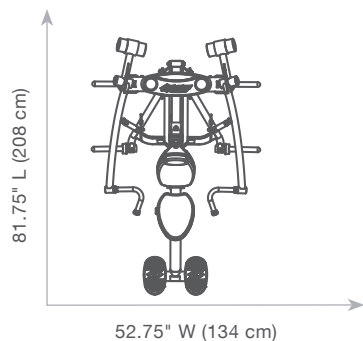


PRODUCT MOTION

SPECIFICATIONS:

US / METRIC

Length: 81.75" / 208 cm
Width: 52.75" / 134 cm
Height: 55.25" / 141 cm
Machine Weight: 396 lbs. / 180 kg



SHOULDER PRESS

RPL-5501

- ◆ Contoured press arm handles provide multiple grip positions
- ◆ 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 arm and shoulder and reduce lower back arching
- ◆ Synchronized converging exercise motion replicates dumbbell presses
- ◆ Counter-balanced exercise arm
- ◆ Ratcheting seat adjustment



START



EXERCISE

SHOULDER PRESS

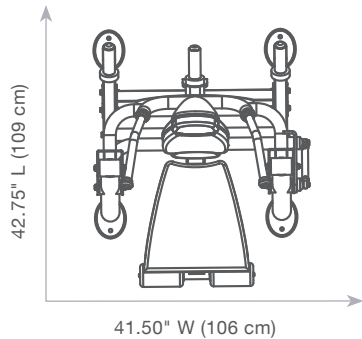
ROC-IT™ RPL-5501



PRODUCT MOTION

SPECIFICATIONS: US / METRIC

Length: 42.75" / 109 cm
Width: 41.50" / 106 cm
Height: 62.50" / 159 cm
Machine Weight: 100 lbs. / 45 kg



ABDOMINALS

RPL-5601

- ◆ Seat pad can be locked in place or unlocked for pivoting movement
- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Starts the body in an upright posture with exercise handles overhead to pre-stretch 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 hyperextension or unnatural loading of the spine
- ◆ Avoids excessive hip flexion unlike traditional abdominal machines



START/EXERCISE



**PIVOTING SEAT
EXERCISE**

ABDOMINALS

ROC-IT™ RPL-5601



PRODUCT MOTION

ADDITIONAL HOIST® PRODUCTS

HOIST® CF Freeweight and ROC-IT™ Selectorized products are built with superb components and unique space saving designs that will compliment all ROC-IT™ Plate Loaded products. For more information, please contact a HOIST® Sales Representative at 800.548.LIFT (5438) or sales@hoistfitness.com.



CF DUMBBELL RACKS
3-Tier Dumbbell Rack
CF-3461-3

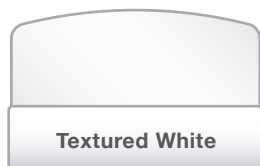


CF BENCHES
Olympic Incline Bench
CF-3172

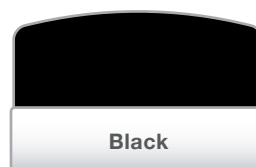
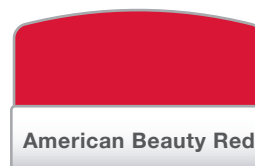
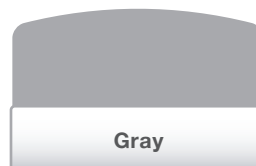


ROC-IT™ SELECTORIZED
Leg Press
RS-1403

STANDARD FRAME COLORS



STANDARD UPHOLSTERY COLORS



Custom upholstery colors are available for an additional charge. For more information, please contact a HOIST® Sales Representative at 800.548.LIFT (5438) or email sales@hoistfitness.com.

NOTE: Actual frame and upholstery colors may differ from printed color samples shown.

ROC-IT™ PLATE LOADED PRODUCT SPECIFICATIONS

Product Name		Product Dimensions L x W x H	Machine Weight	Maximum Storage Weight	Maximum Weight Capacity
Seated Dip RPL-5101	Standard	72.00" x 52.75" x 52.25"	327 lbs.	540 lbs.	800 lbs.
	Metric	183 cm x 134 cm x 133 cm	149 kg	245 kg	363 kg
Biceps Curl RPL-5102	Standard	58.75" x 53.75" x 47.00"	362 lbs.	540 lbs.	800 lbs.
	Metric	150 cm x 140 cm x 120 cm	165 kg	245 kg	363 kg
Lat Pulldown RPL-5201	Standard	75.75" x 52.75" x 85.75"	409 lbs.	540 lbs.	800 lbs.
	Metric	193 cm x 134 cm x 218 cm	186 kg	245 kg	363 kg
Chest Press RPL-5301	Standard	79.50" x 52.75" x 72.00"	441 lbs.	540 lbs.	800 lbs.
	Metric	202 cm x 134 cm x 183 cm	200 kg	245 kg	363 kg
Calf Raise RPL-5363	Standard	62.50" x 30.25" x 40.25"	132 lbs.	N/A	800 lbs.
	Metric	159 cm x 77 cm x 103 cm	60 kg	N/A	363 kg
Composite Motion Leg Press RPL-5403	Standard	97.00" x 50.25" x 61.50"	539 lbs.	N/A	1300 lbs.
	Metric	247 cm x 128 cm x 157 cm	245 kg	N/A	590 kg
Shoulder Press RPL-5501	Standard	81.75" x 52.75" x 55.25"	396 lbs.	270 lbs.	800 lbs.
	Metric	208 cm x 134 cm x 141 cm	180 kg	123 kg	363 kg
Abdominals RPL-5601	Standard	42.75" x 41.50" x 62.50"	100 lbs.	180 lbs.	800 lbs.
	Metric	109 cm x 106 cm x 159 cm	45 kg	82 kg	363 kg

HOIST® WARRANTY POLICY

HOIST® offers the best warranty policy 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. If at any time a component is defective, HOIST® will repair it free of cost! For more information about the HOIST® Warranty policy, please refer to www.hoistfitness.com.



LIFETIME FRAME:

Warranty for the lifetime of the product and applies to defects from the manufacturer only.

5 YEARS MOVING PARTS:

Applies to defects from the manufacturer only.

1 YEAR PAINT, CABLES & UPHOLSTERY:

Applies to defects from the manufacturer only.

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

Trademarks and Patents

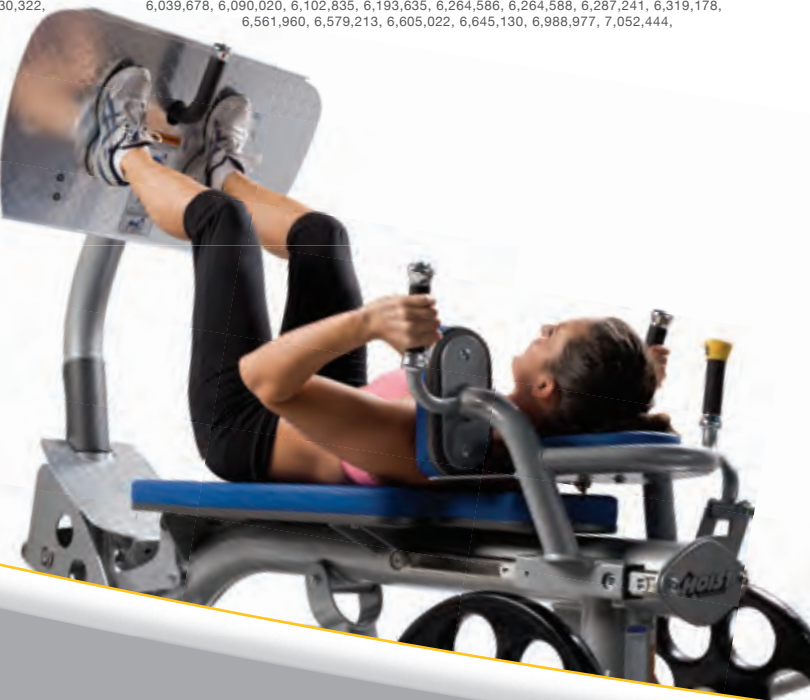
All HOIST® products are covered by U.S. Patents, Patents Pending and Trademarks. HOIST® is a registered trademark. All Rights Reserved.†

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

D370,950, D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, D439,822, D439,943, D440,610, D444,190, D444,518, D446,440, D446,831, D454,604, D455,184, D455,310, D455,803, D456,862, D457,580, D519,585, D541,357, D541,358, D541,893, D542,868, D544,050, 4,949,95, 5,236,406, 5,401,22, 5,681,24, 5,683,334, 5,733,233, 5,800,321, 5,807,219, 5,916,072, 5,938,574, 5,951,444, 5,961,428, 5,980,434, 6,004,247, 6,030,322, 6,039,678, 6,090,020, 6,102,835, 6,193,635, 6,264,586, 6,264,588, 6,287,241, 6,319,178, 6,338,701, 6,347,777, 6,409,637, 6,443,878, 6,491,609, 6,497,639, 6,551,226, 6,561,960, 6,579,213, 6,605,022, 6,645,130, 6,988,977, 7,052,444, 7,166,066, 7,322,906, 7,322,911. † Other Patents Pending



* Registered trademarks of HOIST® Fitness Systems





“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®



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