

**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

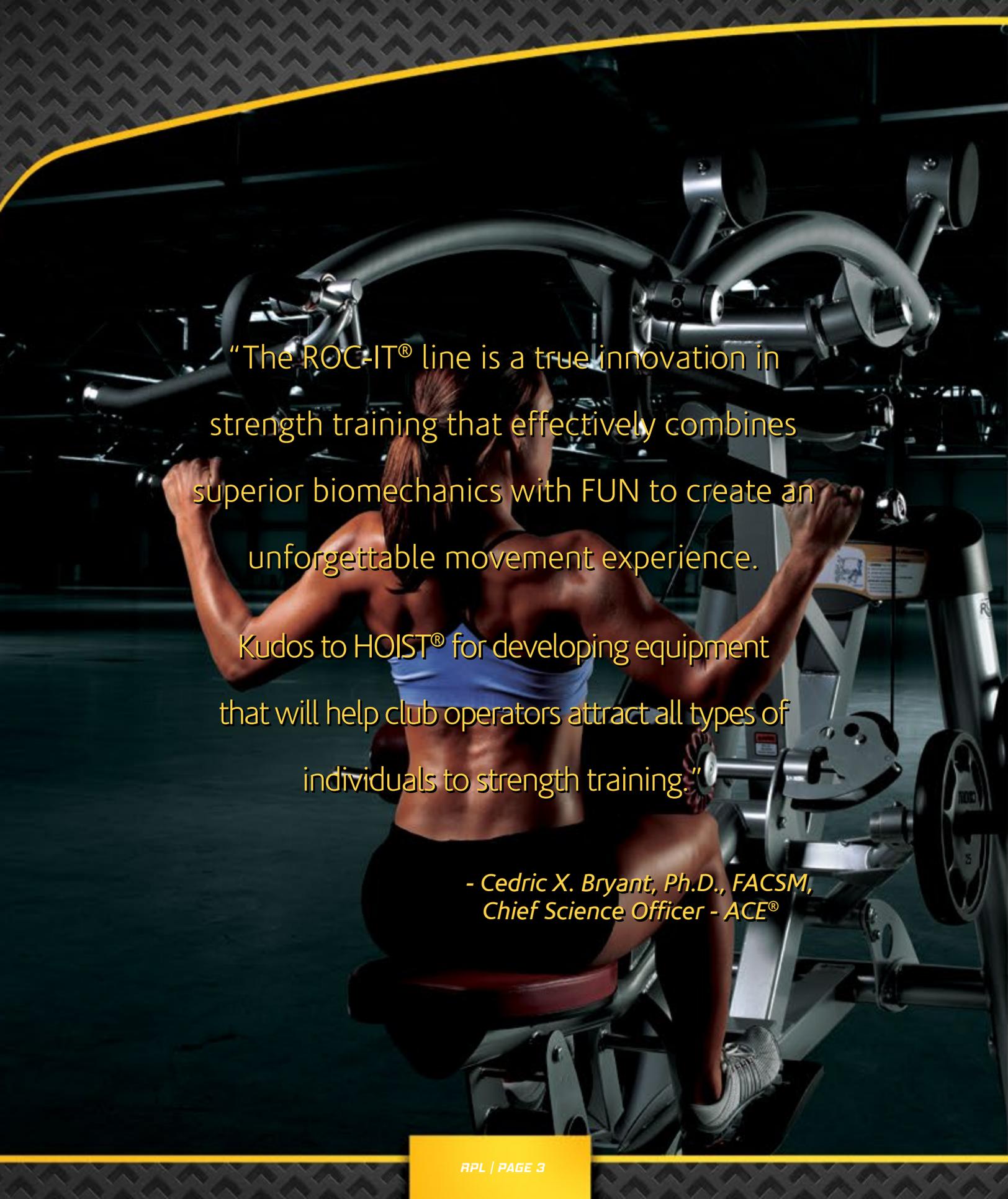
### Unilateral

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 her hair in a ponytail, wearing a blue sports bra and black shorts, is seen from behind, working out on a silver gym machine. She is holding the handles of the machine with both hands, and her arms are extended. The machine has a large flywheel and various adjustment points. The background is a dark gym setting with other 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



WIDE/NARROW ANGLE GRIPS



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

PADDED ELBOW BRACE



SELF ALIGNING HANDLES



- 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

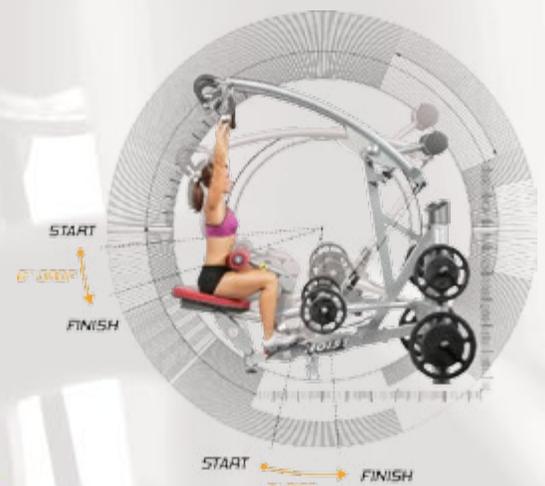
MULTIPLY GRIP HANDLES



PADDED RATCHETING LEG BRACE



- 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

ROTATING HANDLES



ADJUSTABLE PADDED CHEST BRACE



- 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

IMPACT ABSORBING BUMPERS



HIGH TENSION CABLES



- 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

## ARM COUNTER WEIGHTS



## MOLDED CONTOUR FOOT RESTS



- 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 a incline bench press
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arms

# [RPL] DECLINE PRESS

RPL-5305

CONTOURED HANDLES



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

ROTATING HANDLES



ADJUSTABLE BACK RESET



- 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



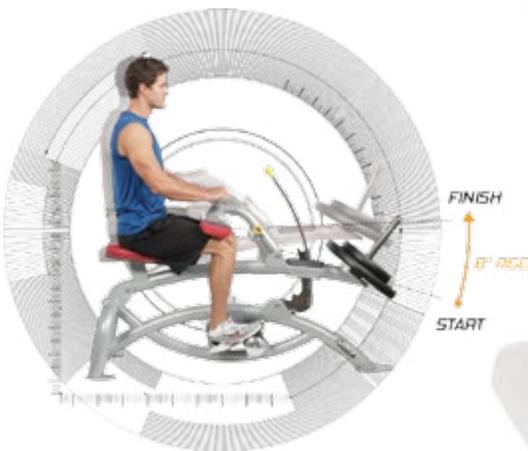
# [RPL] SEATED CALF RAISE

RPL-5363

SAFETY LOCK-OUT



SELF ALIGNING THIGH PAD



- 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

RATCHETING USER ADJUSTMENTS



WIDE AREA FOOT PLATE



- 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

HIGHT ADJUSTABLE SHOULDER PADS



PIVOTING FOOT PLATES



- ▶ 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

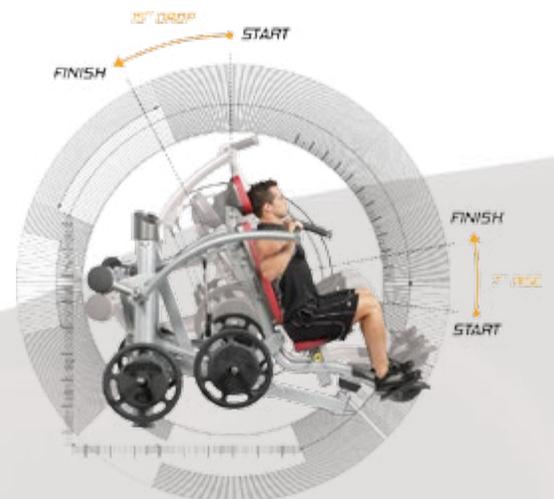


PERSONAL ACCESSORY CAP



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



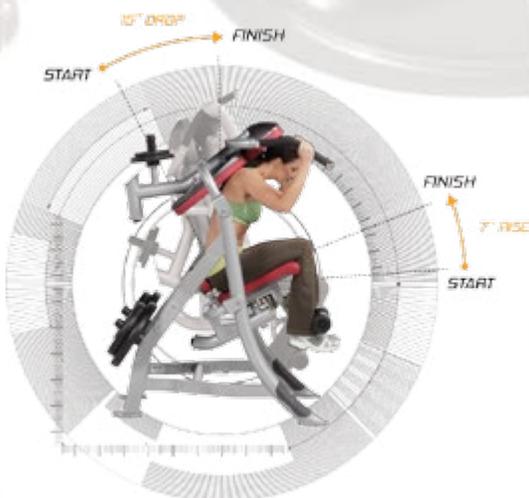
## [RPL] ABS

RPL-5601

PIVOTING EXERCISE SEAT



STRAIT BAR GRIP HANDLES



- 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



## 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™
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- ◆ 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, 7,670,269, 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, 7,993,215, 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

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