



ROC-IT® SELECTORIZED

[RS]



## **ROC-IT® SELECTORIZED**

The ROC-IT® line, featuring ROX® technology, 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 ROX 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.



# [RS] ROC-IT<sup>®</sup> SELECTORIZED FEATURES

## 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<sup>®</sup> line consisting of 8 or more machines)
- **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

## COMFORT

- **Reduced Noise**— Silent Steel<sup>®</sup> 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





# THE SCIENCE BEHIND HOIST<sup>®</sup> ROC-IT<sup>®</sup>

When fitness fans approach a HOIST ROC-IT product for the first time, they instinctively know they're about to have a unique strength training experience. Once they begin an exercise, their instincts are confirmed. HOIST invites users to "Join the Movement™" in exercise technology by incorporating the advanced movement of the ROC-IT product lineup into their regimen.

**"WITH ITS DYNAMICALLY ROCKING TECHNOLOGY, THE HOIST ROC-IT LINE REVEALS NUMEROUS BIOMECHANICAL AND PHYSIOLOGICAL ADVANTAGES MISSING WITH TRADITIONAL EXERCISE MACHINES. THIS INCLUDES A DYNAMICALLY-ADJUSTED USER POSITION TO OPTIMALLY ALIGN AND MAINTAIN JOINT POSITION THROUGHOUT MOTION, REDUCING SHEAR-STRESS FORCES WITHIN JOINTS BY CREATING MULTIPLE SEGMENT MOVEMENT, PROVIDING SMALL, YET APPROPRIATE PROPRIOCEPTIVE CHALLENGES TO THE LUMBOPELVIC HIP COMPLEX (LPHC) TO IMPROVE STABILITY AND PROVIDING 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**

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.

ROX 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 traditional machines fail.

The design of fixed machines restrict 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.





On a fixed machine, it's not uncommon to see a user come out of the seat 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 at the end of the exercise motion, the body's ability to safely and effectively control movement is diminished.

ROC-IT products address the issues of traditional fixed machines by continuously adjusting 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.

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 OTHER SIGNIFICANT 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 increases strength.
- 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 ROX technology, you're installing machines people can't wait to use!

FOR MORE INFORMATION ABOUT HOIST PRODUCTS, Contact HOIST Sales at 800.548.5438 or [sales@hoistfitness.com](mailto:sales@hoistfitness.com).



**"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®

# [RS] SEATED DIP

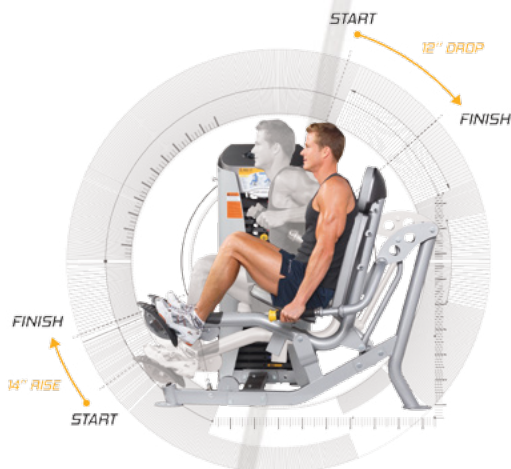
RS-1101

ADJUSTABLE SEAT HEIGHT



"IN MY MIND HAVING HOIST IN OUR CLUBS WAS A GAME CHANGER. I DIDN'T AND STILL DON'T THINK THERE IS ANY STRENGTH EQUIPMENT ON THE MARKET THAT COMPARES TO HOIST."

—Walker Alford, Owner of All Hours Fitness



- 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



## [RS] BICEPS CURL

RS-1102

SELF-ALIGNING PULLEY HOUSING



“HOIST CONTINUES TO BRING INNOVATIVE PRODUCTS THAT INSPIRE BOTH OUR MEMBERS AND TEAM MEMBERS. WE ARE HUGE FANS OF HOIST EQUIPMENT...”

—Carl C. Liebert III, Chief Executive Officer, 24 Hour Fitness Worldwide



- 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



## [RS] LAT PULLDOWN

RS-1201

"THE ROC-IT LINE IS LIKE NO OTHER STRENGTH TRAINING PRODUCT ON THE MARKET TODAY. WE ARE EXCITED TO HAVE IT AS PART OF OUR EQUIPMENT OFFERING TO OUR MEMBERS."

—Bruce Ebel, GG Holdings and Representative of Gold's Gym, Downtown Pittsburgh



- 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





## [RS] SEATED MID ROW

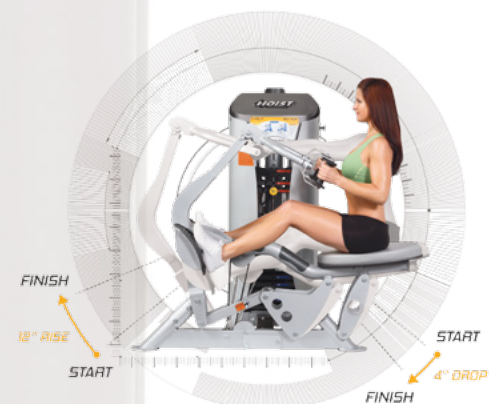
RS-1203

**"THE HOIST ROC-IT IS THE  
FIRST STRENGTH TRAINING  
BREAKTHROUGH IN YEARS. MY  
MEMBERS HAVE BEEN ROC'ED  
AND THEY LOVE IT."**

—Ray Wilson, Fitness Industry Pioneer,  
San Diego, CA



- 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

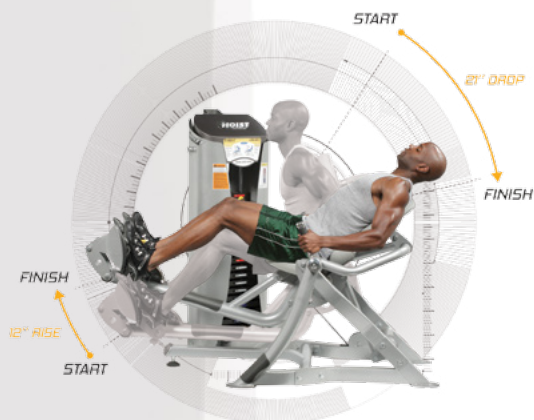


## [RS] LOW BACK

RS-1204

"THE ROC-IT LINE IS LIKE NO OTHER STRENGTH TRAINING PRODUCT ON THE MARKET TODAY. WE ARE EXCITED TO HAVE IT AS PART OF OUR EQUIPMENT OFFERING TO OUR MEMBERS."

—Bruce Ebel, GG Holdings and Representative of Gold's Gym, Downtown Pittsburgh



- 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



## [RS] CHEST PRESS

RS-1301

"I'VE BEEN A CUSTOMER OF HOIST FOR OVER 20 YEARS. I'VE MOVED FROM ONLY PURCHASING SELECTED PRODUCTS TO BUYING FULL LINES OF THEIR NEW ROC-IT EQUIPMENT FOR ALL OF MY CLUBS."

—Jerry McCALL, Owner, Gold's Gyms of San Jose, CA



- Contoured press arm handles provide multiple grip positions
- 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



# [RS] PEC FLY

RS-1302

ADJUSTABLE START ANGLE



“...A TRUE INNOVATION IN STRENGTH TRAINING THAT EFFECTIVELY COMBINES SUPERIOR BIOMECHANICS WITH FUN TO CREATE AN UNFORGETTABLE EXPERIENCE.”

—Cedric X. Bryant, Ph.D., FACSM, Chief Science Officer – ACE



- 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



## [RS] LEG EXTENSION

RS-1401

ADJUSTABLE SEAT BACK



“...WE ARE ALWAYS LOOKING FOR NEW AND INNOVATIVE PRODUCTS THAT HELP ATTRACT AND RETAIN OUR DIVERSE MEMBERSHIP BASE. ROC-IT FULFILLS THESE NEEDS AND MORE.”

—Brian P. Johnson, Urban Active,  
Louisville, KY

- 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 an 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



# [RS] LEG CURL

RS-1402

ADJUSTABLE SHIN PAD



ADJUSTABLE SEAT BACK



“HOIST ROC-IT MACHINES ARE CREATING ENTHUSIASM AND EXCITEMENT. THE HOIST ROC- IT LINE REPRESENTS THE NEXT ADVANCEMENT IN STRENGTH TRAINING.”

—Jerry Lowell, Owner, Gold’s Gyms of Wisconsin and Virginia



- 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 an upright posture, then rocks rearward during the exercise providing a greater range-of-motion



## [RS] LEG PRESS

RS-1403



ADJUSTABLE SEAT



MOLDED FOOT PLATFORM

**“HOIST EQUIPMENT MEETS THE DEMANDS OF A MODERN PERSON: EXCELLENT BIOMECHANICS, SAFETY, USABILITY AND AN ATTRACTIVE DESIGN. IT HELPS US KEEP OUR CLIENTS, AND ENGAGE NEW ONES.”**

—Kyrdinovskaya Natalia,  
Fitness Director, Fresh Fitness

- 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



## [RS] INNER THIGH

RS-1406

SELF-ADJUSTING PADS



“PEOPLE HAVE STATED THAT THEY ARE FINDING THEMSELVES INCORPORATING MORE STRENGTH TRAINING IN THEIR PROGRAMS BECAUSE THE ROC-IT PIECES ARE FUN —THEY LOVE THEM.”

—Courtney Burkes, Director of Fitness and Wellness at University of California, Irvine



- 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



## [RS] OUTER THIGH

RS-1407

ADJUSTABLE START ANGLE



"...WE PURCHASED THE ENTIRE  
HOIST ROC-IT LINE AND IT  
CONTINUES TO BE THE MOST  
POPULAR EQUIPMENT IN THE  
GYM. WE WILL CONTINUE TO  
ADD HOIST TO OUR GYM AS THEY  
DEVELOP NEW PRODUCTS."

-Jim Czupil, Gold's Gym Linglestown



- 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



## [RS] PRONE LEG CURL

RS-1408

NON-SLIP HAND GRIP



ADJUSTABLE LEG PAD

**"THE ROC-IT LINE IS A TRUE INNOVATION IN STRENGTH TRAINING THAT EFFECTIVELY COMBINES SUPERIOR BIOMECHANICS WITH FUN TO CREATE AN UNFORGETTABLE MOVEMENT EXPERIENCE."**

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



- 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



## [RS] GLUTE MASTER

RS-1412



MOLDED FOOT PADS

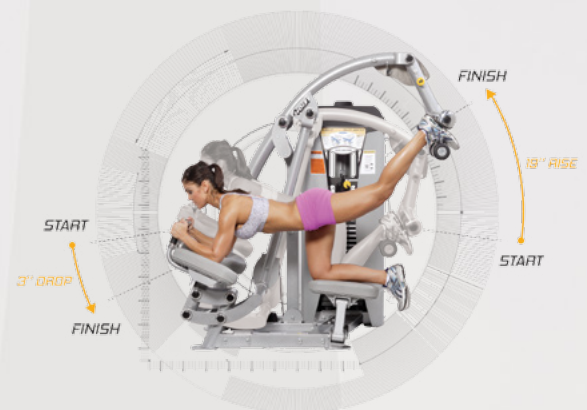


PADDED ARM RESTS

**“JUST ONE LOOK AT THE  
MOVEMENT OF HOIST  
MACHINES AND I KNEW THE  
BIOMECHANICS WERE PERFECT...  
I WAS READY TO GO!”**

—Horst Streicher,  
Owner Schwaben Fitness

- 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



# [RS] ROTARY CALF

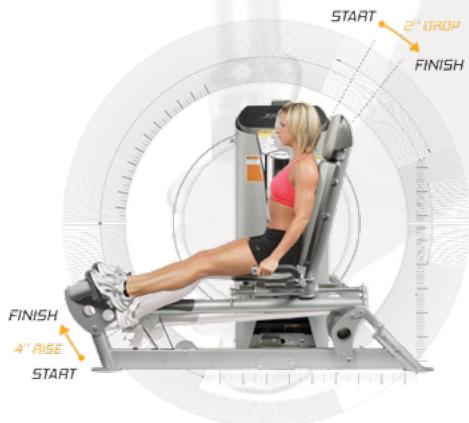
RS-1415

MOLDED FOOT PADS



“BOTH OUR MEMBERS AND STAFF HAVE BEEN VERY RECEPTIVE TO THE HOIST PRODUCT. IT HAS BEEN A GREAT ADDITION TO OUR FACILITY.”

—Shannon Hughes, Strength and Wellness Director of Magdalena Ecke Family YMCA



- 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



## [RS] SHOULDER PRESS

RS-1501

“THE HOIST ROC-IT LINE IS A GREAT COMPLIMENT TO THE UNIQUE STYLE OF OUR GYM THAT WE ARE OFFERING TO OUR MEMBERS...”

—Rob Gibson, UFC Gym, Fitness Director



- 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



# [RS] LATERAL RAISE

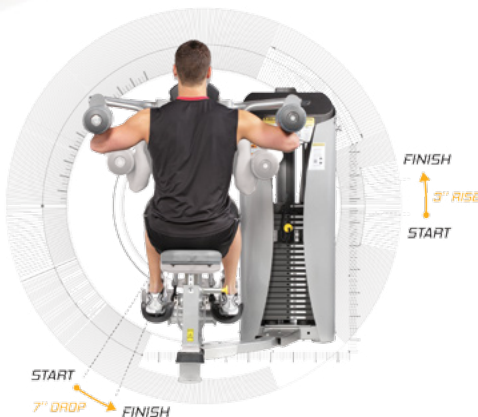
RS-1502

ADJUSTABLE SEAT HEIGHT



“WE WANTED EQUIPMENT THAT WE WERE TRULY HAPPY TO WORK OUT ON, AS WE WANTED OUR MEMBERS TO LOVE IT.”

—Michelle Weiss, Owner, Anytime Fitness Buderim



- 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



## [RS] ABS

RS-1601

FIXED/SWIVEL SEAT ADJUSTMENT



“ROC-IT PUTS THE FUN BACK INTO FITNESS WHILE OFFERING A SAFE, RESULT-PRODUCING WORKOUT FOR WOMEN OF ANY AGE OR FITNESS LEVEL. THIS EQUIPMENT TRULY ROCKS!”

—Gretchen Shannon,  
Fit Zone For Women®



- 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 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 hyper extension or unnatural loading of the spine



# [RS] ROTARY TORSO

RS-1602

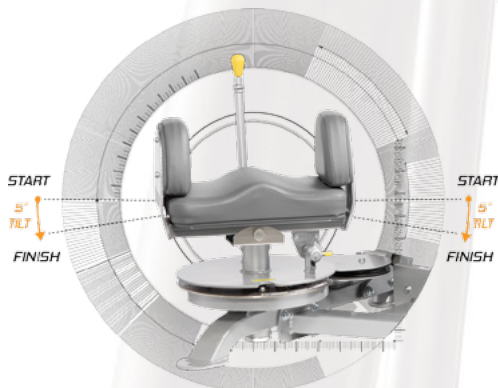
ADJUSTABLE CHEST PAD HEIGHT



ADJUSTABLE STARTING ANGLE

“IF THE PREVIOUS EQUIPMENT WERE LIKE 2D, I WOULD SAY THE HOIST ROC-IT EQUIPMENT LINES ARE LIKE 3D.”

—Mr. Han, Fitness Gym Manager,  
RiverSide Hotel



- 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





## [RS] CHIN/DIP ASSIST

RS-1700

### MULTIPLE GRIP OPTIONS

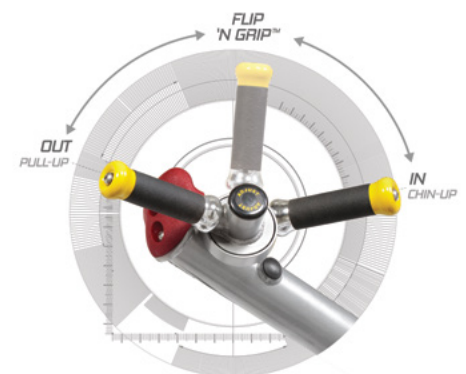


### MOLDED FOOT GRIP

"...I CAN'T BUY NORMAL MACHINES ANYMORE AFTER HAVING TRIED HOIST. HOIST ROC-IT IS THE 'BIG BANG' IN THE WORLD OF FITNESS EQUIPMENT."

—Andre Hexel, Owner, BE FIT Gym.

- 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



# HOIST Custom Artwork

## Shield Wraps

HOIST Fitness is pleased to offer custom designed shield wrap for ROC-IT Selectorized equipment to brand the units to your facility's unique style.

Artwork will be identical on both sides of the machine unless otherwise instructed. To best assist the designer in creating your custom artwork, please provide frame and upholstery colors for the units being ordered and art direction such as a branding guide or a website that can be used as a basis for your design. If you would like to have a matching logo decal created with your shield wrap, please specify that when ordering.

Custom upholstery colors are available for an additional charge. For more information, please contact your HOIST Sales Representative or HOIST Fitness at **800.548.5438** or by email at **sales@hoistfitness.com**.

### ARTWORK SPECIFICATIONS:

Shield Wraps will be printed using CMYK Color Printers and all provided artwork is requested in this color mode.

Vectored artwork is the preferred format, be it a logo or graphic, as this can be scaled to any size without loss of quality to the artwork.

**Vector Artwork File Types:** .EPS, .PDF, .AI

All other artwork must be provided at 300 DPI and at the minimum dimensions to fit into the chosen shield size. Active artwork is preferred in order to properly set the artwork to the proper size and angle. Outlined fonts are requested if fonts files are not provided.

**Editable Artwork File Types:** .PSD, .PDF

#### Standard RS-HD Shield:

Width: 22" / 56 cm

Height: 52" / 132 cm

#### HD-3200 & 3403 Shield:

Width: 22" / 56 cm

Height: 60" / 152.5 cm

#### RS-1700 Shield:

Width: 22" / 56 cm

Height: 84" / 213.5 cm

*\*If JPG format is provided, artwork must meet sizing indicated above at 300 DPI and have no borders*



**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.



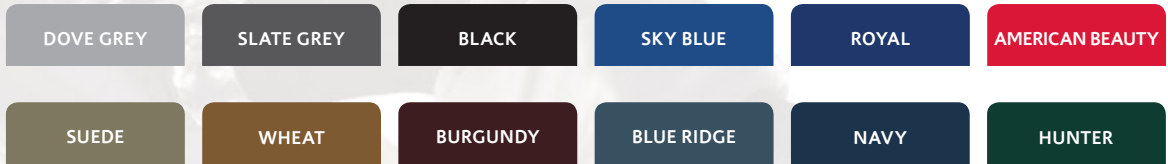
# STANDARD COLORS

## FRAME

TEXTURED  
WHITE

PLATINUM

## UPHOLSTERY



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](mailto:sales@hoistfitness.com). Actual frame and upholstery colors may differ from printed color samples shown.

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-1101 SEATED DIP	60.00" (152 CM)	49.75" (126 CM)	54.75" (140 CM)	616 LBS. (279 KG)	345 LBS. (157 KG)
RS-1102 BICEPS CURL	64.50" (164 CM)	59.00" (150 CM)	58.00" (148 CM)	631 LBS. (286 KG)	345 LBS. (157 KG)
RS-1201 LAT PULLDOWN	65.50" (167 CM)	59.00" (150 CM)	86.00" (218 CM)	728 LBS. (330 KG)	345 LBS. (157 KG)
RS-1203 MID ROW	67.50" (171 CM)	47.75" (121 CM)	54.75" (140 CM)	595 LBS. (270 KG)	345 LBS. (157 KG)
RS-1204 LOW BACK	67.75" (172 CM)	55.50" (141 CM)	54.75" (140 CM)	620 LBS. (281 KG)	345 LBS. (157 KG)
RS-1301 CHEST PRESS	59.50" (151 CM)	60.50" (154 CM)	57.50" (146 CM)	624 LBS. (283 KG)	345 LBS. (157 KG)
RS-1302 PEC FLY	73.50" (187 CM)	64.25" (163 CM)	55.50" (141 CM)	591 LBS. (268 KG)	345 LBS. (157 KG)
RS-1401 LEG EXTENSION	46.00" (117 CM)	53.25" (135 CM)	60.00" (152 CM)	665 LBS. (302 KG)	345 LBS. (157 KG)
RS-1402 LEG CURL	51.75" (131 CM)	53.25" (135 CM)	60.25" (153 CM)	698 LBS. (317 KG)	360 LBS. (164 KG)
RS-1403 LEG PRESS	75.00" (190 CM)	50.50" (128 CM)	55.75" (141 CM)	882 LBS. (400 KG)	380 LBS. (173 KG)
RS-1406 INNER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS. (86 KG)
RS-1407 OUTER THIGH	68.25" (173 CM)	37.50" (95 CM)	56.50" (144 CM)	631 LBS. (286 KG)	190 LBS. (86 KG)
RS-1408 PRONE LEG CURL	54.75" (139 CM)	45.50" (116 CM)	54.75" (140 CM)	511 LBS. (232 KG)	178 LBS. (81 KG)
RS-1412 GLUTE MASTER	52.60" (134 CM)	57.50" (146 CM)	54.75" (140 CM)	580 LBS. (263 KG)	178 LBS. (81 KG)
RS-1415 ROTARY CALF RAISE	71.75" (182 CM)	49.50" (126 CM)	54.75" (140 CM)	736 LBS. (334 KG)	345 LBS. (157 KG)
RS-1501 SHOULDER PRESS	66.75" (170 CM)	53.50" (136 CM)	54.75" (140 CM)	622 LBS. (282 KG)	338 LBS. (153 KG)
RS-1502 LATERAL RAISE	59.00" (150 CM)	47.25" (120 CM)	56.50" (144 CM)	526 LBS. (239 KG)	298 LBS. (135 KG)
RS-1601 ABS	41.00" (104 CM)	63.50" (161 CM)	61.75" (156 CM)	553 LBS. (251 KG)	345 LBS. (157 KG)
RS-1602 ROTARY TORSO	45.50" (116 CM)	42.00" (107 CM)	56.75" (144 CM)	451 LBS. (205 KG)	128 LBS. (58 KG)
RS-1700 CHIN/DIP ASSIST	66.50" (169 CM)	48.00" (122 CM)	100.00" (254 CM)	857 LBS. (389 KG)	380 LBS. (172 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.†

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| <ul style="list-style-type: none"> <li>♦ HOIST®</li> <li>♦ ACT NOW®</li> <li>♦ CABLE-DRIVEN™</li> <li>♦ CLUB QUALITY GUARANTEED®</li> <li>♦ COMPOSITE MOTION™</li> <li>♦ DUAL ACTION SMITH®</li> <li>♦ EASY GLIDE™</li> <li>♦ EZ-LOC LATCHING MECHANISM™</li> <li>♦ FEEL THE RIDE®</li> </ul> | <ul style="list-style-type: none"> <li>♦ GLUTE MASTER®</li> <li>♦ HOIST CLASSIC®</li> <li>♦ QUIK-CHANGE®</li> <li>♦ RADIAL LOC®</li> <li>♦ RIDE ORIENTED CIRCUIT-INTERVAL TRAINING™</li> <li>♦ RIDE ORIENTED CONDITIONING®</li> <li>♦ RIDE ORIENTED CONDITIONING SYSTEM®</li> <li>♦ RIDE ORIENTED CONDITIONING-INTENSITY TRAINING™</li> <li>♦ RIDE ORIENTED EXERCISE®</li> </ul> | <ul style="list-style-type: none"> <li>♦ ROC®</li> <li>♦ ROCS®</li> <li>♦ ROX®</li> <li>♦ ROC-IT®</li> <li>♦ ROC-ABS®</li> <li>♦ SILENT STEEL®</li> <li>♦ SPLIT WEIGHT CABLING™</li> <li>♦ ULTRA-LITE LIFTING SYSTEM™</li> </ul> |
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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, 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