

# PERFORMANCE

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*Physical Preparation  
Xtrem  
Performance Benches  
Next*



**LAROQ**  
PERFORMANCE & FITNESS

La  
FRENCH  
FAB

100%  
FRANÇAIS

**30 years of intensive collaboration with physical coaches and high level athletes, looking for the greatest performance**

# LAROQ



Made in France



# PHYSICAL PREPA

Bespoke and innovative machines specially designed for high performance



## COLLABORATION WITH ATHLETES AND PHYSICAL TRAINERS

LAROQ was born of cooperation with the world of high performance sport. For over 30 years, our experts have acquired an ability to listen to the needs of physical trainers and athletes. We work with sports federations, clubs and all high-level performers to satisfy their requirements and be at the heart of sporting innovation.



## FROM DESIGN TO PRODUCTION

Our work with high-level performers enables us to develop machines which correspond best to the reality of sporting practice. On the basis of technical specifications, our research office designs the models with CAD and launches the prototypes. Our industrial tool, which is extremely flexible, then enables us to launch the manufacture of very specific material, adapted to precise body movements, on a small to medium production basis.

# CC01

## ECCENTRIC LYING SQUAT

DEVELOPED WITH THE FRENCH SKI FEDERATION'S PHYSICAL TRAINERS



CC01 machine was developed in partnership with the French Ski Federation to improve athletes performance.

Trainers requested a machine enabling athletes to perform squat under heavy load, safely and independently. For instance, 661 lbs in concentric, and 1102 lbs eccentric.

### FEATURES



CONEX® technology

The CC01 is equipped with a manual control allowing the athlete to activate an assistance to lighten a phase of movement (concentric/ eccentric) at any time of the race. This technology offers many possibilities, whether it is work in explosiveness or stato-dynamics.



Guide rails

To allow work in explosiveness, the CC01 has been designed to offer a long guide race to the athlete.

The athlete can thus give a strong impulse during his exercise without risk of being stopped in his movement.

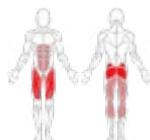


Adjustable plate

Thanks to its many settings, the CC01 will suit all types of morphology. Its tilt-adjustable footplate will allow you to work at different angles of support. It can also be left floating in order to strengthen the athlete's balance with proprioceptive work.

69 in  
55 x 73 in

606 lbs  
529 lbs



Main muscles  
• Quadriceps  
• Gluteal

Secondary muscles  
• Hamstrings  
• Calves  
• Adductors  
• Abdominals

# CC03SP

## ECCENTRIC MULTIPRESS 7° ANGLED

DEVELOPED WITH THE DIJON CENTER OF EXPERTISE AND PERFORMANCE



Following the development of the CC01, the Dijon Center of Expertise and Performance wanted to work with LAROQ in order to develop a machine for working in a standing squat. This is how the 7° Eccentric Angled Guided Frame with electrically adjustable platform was born.

### FEATURES



CONEX® technology

The guide frame is equipped with air assistance enabling a concentric / eccentric movement phase to be reduced. An easily accessible control on the bar enables the air assistance to be activated at any time. Several assistance modes are available. This technology offers numerous possibilities of explosive workout training and strengthening with reduction of the concentric phase, and strength improvement through ballistic movements.



Proprioceptive balance

Slight incline of the bar on a frontal plane enabling stabilization, balance and coordination capacities to be increased.



Electrical elevation platform

Operating with a remote control, the height of the platform can be adjusted between 16 and 29 in from the floor in order quickly to adapt to various morphologies and the various training phases without having to unload and adjust the position of the bar.

90 in  
79 x 98 in

661 lbs  
661 lbs  
331 lbs



Main muscles  
• Quadriceps  
• Gluteal

Secondary muscles  
• Hamstrings  
• Calves  
• Adductors  
• Abdominals

# BB56S

## 45° LEG PRESS



### DEVELOPED WITH THE FRENCH CYCLING FEDERATION



The BB56S was designed as a partnership between LAROQ and the French Cycling Federation's fitness team. The main objective of this collaboration was to design a machine to maximize the gains of power and strength during the training of French riders by allowing them to work with heavy loads (up to 600kg load).

*The BB56S also exists with the technology CONEX® and its air assist.*

### FEATURES



Independent footplates

This enables the athletes to work simultaneously, alternately or independently in order to increase the force produced during pushing in a pedalling sequence. The dissociation of the plates also enables potential gaps in force to be compensated for.



Multi-adjustments

Equipped with an adjustable backrest and a movement amplitude adjustment, the BB56S offers optimal comfort during workouts and adapts to all morphologies. The possible tensions in the lower back are thus considerably reduced.



Motion in complete safety

A considerable range of motion is possible on BB56S. And the low buffers guarantee extra safety during workout sessions.

75 in  
47 x 118 in

661 lbs  
1323 lbs



**Main muscles**  
· Quadriceps  
· Gluteal

**Secondary muscles**  
· Hamstrings  
· Calves  
· Adductors  
· Abdominals

# CC04

## CONEX GUIDED BENCH PRESS

### DEVELOPED FOR INSEP



The CC04 is the result of shared reflection and collaboration with INSEP (National Institute for Sport and Physical Education). It was designed and developed for working on explosivity and muscle strength. This machine, made up of a bench and a guide frame enables efficient muscle work to be done in concentric and eccentric movement phases, with a technology developed and patented by LAROQ enabling the load to be reduced at any time.

### FEATURES



CONEX® technology

The CONEX® technology enables the work load to be reduced, during the pushing or holding phases, thanks to two compressed-air cylinders. It enables autonomous and safe use of supra-maximal loads during the eccentric phase adapted to the power take off and also the dynamic effort.



EasyPush system

The EasyPush assistance system enables permanent, easy use of the CONEX® technology by simply pressing the control on the bar, very easily accessible throughout the athlete's movement.

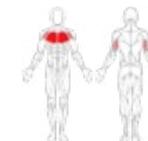


Proprioceptive balance

Slight incline of the bar on a frontal plane enabling the stabilization, balance and coordination capacities to be increased.

912 in  
96 x 106 in

882 lbs  
661 lbs



**Main muscles**  
· Pectorals

**Secondary muscles**  
· Anterior deltoids  
· Triceps

# BB70

## 45° PRESS / HACK SQUAT



75 in  
51 x 118 in  
551 lbs  
882 lbs

### FEATURES

The BB70 is a machine for efficiently developing the muscles in the lower body. It combines two machines in one. So you can go from the leg press function to the hack squat function very quickly and easily.



Back and shoulder supports for hack squat



Tilt adjustable backrest



8 weight plate holders / 3 load posts



Main muscles  
· Quadriceps  
· Gluteal

Secondary muscles  
· Hamstrings  
· Calves  
· Adductors  
· Abdominals

# BB71

## HORIZONTAL LEG PRESS



67 in  
63 x 157 in  
441 lbs  
1102 lbs

### FEATURES

The BB71 enables efficient work on the lower body. Its circular trajectory offers progressive tension during the movement, to stimulate muscle fibres better.



Adjustable seat from 45° to 85°



Incline adjustable footplate



8 weight plate storage posts / 4 load posts



Main muscles  
· Quadriceps  
· Gluteal

Secondary muscles  
· Hamstrings  
· Calves  
· Adductors  
· Abdominals

# BB30

## 3D POWER RACK / SMITH MACHINE



97 in  
87 x 85 in  
772 lbs

### FEATURES

A 3D guide frame offering more freedom of movement than a standard guide frame, as the bar can be moved horizontally and vertically. Stable and robust, it enables a great number of exercises to be done, from squat to bench press, including traction, in complete safety.



Traction handles



Bar-rest hooks front and back



Elastic-band holders



Main muscles  
· The whole of the body

# BB57V

## SMITH MACHINE



89 in  
85 x 54 in  
220 lbs

### FEATURES

A guide frame enabling a great number of exercises to be done in perfect safety with more stability than in free load, as the trajectory of the bar is guided vertically.



Elastic-band holders



8 disc support posts ø51



11 bar-rest levels



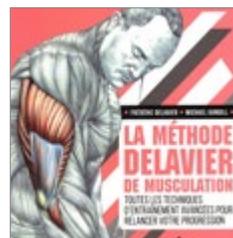
Main muscles  
· The whole of the body

Made in France



# XTREM

A range developed with Frédéric DELAVIER for the most demanding and rigorous users



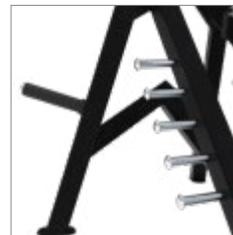
## FRÉDÉRIC DELAVIER EXPERT IN BIOMECHANICS

Considered as a world-wide reference in biomechanics, Frédéric DELAVIER studied morphology at the Paris School of Fine Arts (École des Beaux-arts de Paris) before becoming vice-champion of France in power-lifting. The author of numerous books of which several million copies have been sold, he has been translated into about thirty languages. He is well-known for his anatomical drawings.



## AMBITION

Combining ergonomics and performance is the objective of the collaboration between Frédéric DELAVIER and LAROQ. The XTREM machines are equipped with numerous adjustment possibilities and functionalities enabling them to adapt perfectly to all types of morphology, so that athletes may express their full potential comfortably and perfectly safely.



## PERFORMANCE

The XTREM machines are designed to offer optimal workouts. They adapt perfectly to the natural functions of the muscles targeted. The whole range of machines is equipped with elastic-band holders, an innovation which enables perfect elastic band / weight coupling for progressive tension during exercises.

# BXT51

## HORIZONTAL CHEST PRESS CONVERGING



69 in  
73 x 79 in  
606 lbs  
529 lbs

### FEATURES

The BXT51 offers an efficient and complete workout for the pectorals thanks to its convergent trajectory which is suited to the pectoral fibres. It adapts to all morphologies thanks to its numerous adjustment settings. Work amplitude can be adapted by stretching the pectorals more or less, in the starting position.



**Depth adjustable backrest**  
Adjust the working range by stretching the pectorals more or less in the starting position.



**Height adjustable seat**



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Pectorals

**Secondary muscles**  
. Anterior deltoids  
. Triceps

# BXT52

## DECLINE CHEST PRESS CONVERGING



73 in  
71 x 67 in  
617 lbs  
529 lbs

### FEATURES

The BXT52 enables work to be done on the pectorals. Its increased convergent trajectory enables shoulder participation to be reduced while accentuating the work of the abdominal cluster of the pectorals.



**Depth adjustable backrest**  
Adjust the working range by stretching the pectorals more or less in the starting position.



**Height adjustable seat**



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Pectorals

**Secondary muscles**  
. Anterior deltoids  
. Triceps

# BXT01

## INCLINE CHEST PRESS



69 in  
73 x 73 in  
639 lbs  
529 lbs

### FEATURES

The BXT01 enables efficient work to be done on the pectorals. Its convergent circular trajectory coupled with the inclined backrest enables the pectoral clavicular cluster to be solicited efficiently.



**Depth adjustable backrest**  
Work amplitude can be adapted by stretching the pectorals more or less, in the starting position.



**Multipositions handles**  
Change grips to vary the work angles.



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Pectorals  
. Anterior deltoids

**Secondary muscles**  
. Triceps

# BXT80

## JAMMER / HORIZONTAL STANDING CHEST PRESS



87 in  
80 x 62 in  
518 lbs  
529 lbs

### FEATURES

The BXT80 enables efficient work to be done on the upper body muscles, responsible for the push. The standing position encourages a natural pushing movement with the help of the lower body. Working with the BXT80 is ideal for percussion sports or combat sports.



**Multipositions handles**  
Change grips to vary the work angles.



**Two plate-holders per arm**



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Pectorals

**Secondary muscles**  
. Anterior deltoids  
. Triceps  
. Hamstrings  
. Abdominals  
. Quadriceps

# BXT42

## CONVERGING SHOULDER PRESS



■ 73 in  
■ 98 x 159 lbs  
■ 705 lbs  
■ 529 lbs

### FEATURES

The BXT42 enables the shoulders to be worked on efficiently. Its convergent trajectory is suited to natural shoulder movement. The BXT42 adapts to all morphologies thanks to its numerous adjustment settings.



**Tilt adjustable backrest**  
Adjust the inclination to vary the angles and obtain a complete work of the shoulders.



**Multipositions handles**  
Change grips to vary the work angles.



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
• Anterior deltoids

**Secondary muscles**  
• Lateral deltoids  
• Triceps

# BXT50

## LAT PULL CONVERGING VERTICAL LAT PULL



■ 87 in  
■ 83 x 51 in  
■ 595 lbs  
■ 529 lbs

### FEATURES

The BXT50 enables efficient workout on the back to be done, with emphasis on the width. The BXT50 adapts to all morphologies thanks to its numerous adjustment settings.



**High swivel handles**  
Great freedom of movement in order to adapt to all morphologies and improve muscle recruitment.



**Central hand-grips**  
Stability during unilateral movements by holding with the opposite hand.



**Adjustable seat and leg rest**



**Main muscles**  
• Back muscles

**Secondary muscles**  
• Trapezius  
• Biceps  
• Forearm

# BXT55

## CONVERGING HORIZONTAL LAT PULL



■ 51 in  
■ 63 x 59 in  
■ 595 lbs  
■ 529 lbs

### FEATURES

The BXT55 enables a complete workout on the back to be done. Various elbow/bust angles enable the width or depth of the back to be targeted. The BXT55 adapts to all morphologies thanks to its numerous adjustment settings.



**Pivotable hand-grips on ball-joint**  
Great freedom of movement in order to adapt to all morphologies and improve muscle recruitment.



**Central hand-grips**  
Stability during unilateral movements by holding with the opposite hand.



**Adjustable chest pad and seat**



**Main muscles**  
• Trapezius  
• Back muscles

**Secondary muscles**  
• Posterior deltoids  
• Forearm  
• Biceps

# BXT24

## BICEPS CURL



■ 43 in  
■ 59 x 68 in  
■ 441 lbs  
■ 265 lbs

### FEATURES

The BXT24 enables an efficient workout on the biceps to be done. The BXT24 adapts to all morphologies thanks to its numerous adjustment settings.



**Range of motion**  
Work can be done with complete or partial amplitude in order to work on or avoid a particular part of the movement.



**Lateral supports**  
Keep the elbows in the axis of the movement when it is made.



**Multiposition handles**



**Main muscles**  
• Biceps

**Secondary muscles**  
• Forearm

# BXT53

## TRICEPS DIPS



■ 49 in      ↓ 573 lbs  
■ ■ ■ 83 x 63 in      🏋️ 529 lbs

### FEATURES

The BXT53 enables an efficient workout to be done on the triceps. It adapts to all morphologies thanks to its numerous adjustment settings and offers unique exercise possibilities thanks to the positioning of its load posts.



#### Progressive workload

The two load posts on each side, positioned on different parts of the arm, enable the resistance curve of the exercise to be modified.



#### Central hand-grips

Stability when performing the movement unilaterally by holding on with the opposite hand.



#### Elastic-band holders

Several positions are available to adjust resistance.



#### Main muscles

• Triceps

#### Secondary muscles

• Pectorals  
• Anterior deltoids

# BXT14

## LEG EXTENSION



■ 53 in      ↓ 441 lbs  
■ ■ ■ 65 x 67 in      🏋️ 529 lbs

### FEATURES

The BXT14 enables a complete workout for the quadriceps to be done. It adapts to all morphologies thanks to its numerous adjustment settings.



#### Réglage d'amplitude

Work can be done with complete or partial amplitude thanks to the depth adjustable backrest.



#### Tilt adjustable backrest

The various muscle bundles can be targeted using different inclines.



#### Elastic-band holders

Several positions available to adjust the resistance.



#### Main muscles

• Quadriceps

# BXT26

## 30° LEG PRESS



■ 61 in      ↓ 750 lbs  
■ ■ ■ 126 x 52 in      🏋️ 1323 lbs

### FEATURES

The BXT26 enables a complete workout for the lower body to be done. Its oversized seat and plate enable performance and comfort to be combined. The 30° incline allows a very progressive increase in resistance and the springs in the buffers enable a movement with rebound to be done.



#### Reclining backrest

Accentuation of the tension on the gluteal muscles or the quadriceps according to the incline.



#### Amplitude adjustment

The various safety catches enable the amplitude to be adjusted.



#### Very long leg press

Plyometric work is possible thanks to the great length of the leg press



#### Main muscles

• Quadriceps  
• Gluteal

#### Secondary muscles

• Hamstrings  
• Calves      • Adductors  
• Abdominals

# BXT33

## PLONE LEG CURLING



■ 61 in      ↓ 507 lbs  
■ ■ ■ 67 x 79 in      🏋️ 529 lbs

### FEATURES

The BXT33 enables a complete workout for the hamstrings to be done. It adapts to all morphologies thanks to its numerous adjustment settings.



#### Adjustable tilt of the ventral support

The various tilt angles enable the starting tension to be adjusted.



#### Fixed holding handles

Fixed hand grips for maximum stability.



#### Elastic-band holders

Several positions are available to adjust resistance.



#### Main muscles

• Hamstrings

# BXT31

## HACK SQUAT



75 in  
118 x 51 in  
551 lbs

### FEATURES

The BXT31 enables efficient workouts for the quadriceps to be done. The hack squat offers considerable knee flexion to maximize the recruitment of the quadriceps, while the whole movement has a guided trajectory in order to express one's strength while protecting one's back. It also solicits the gluteal muscles and hamstrings.



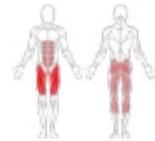
**Plate incline**  
Adapts to different degrees of ankle flexibility



**Safety buffers**  
Integrated springs for plyometric work and amplitude adjustment



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Quadriceps

**Secondary muscles**  
. Mollets  
. Abdominaux  
. Ischio-jambiers  
. Adducteurs

# BXT16

## HIP THRUST



57 in  
70 x 88 in  
661 lbs  
529 lbs

### FEATURES

The BXT16 enables the gluteal muscles to be efficiently worked on. It offers optimal contraction of the gluteus maximus, the tension being greatest when it is contracted.



**Adjustable-depth carriage**  
Adapts to all heights so that the the execution of the movement combines comfort and performance.



**Plate incline**



**Elastic-band holders**  
Several positions are available to adjust resistance.



**Main muscles**  
. Fessiers

**Secondary muscles**  
. Ischio-jambiers

Made in France

# PERFORMANCE BENCHES

Developed with Frédéric DELAVIER, these benches are destined for the most experienced participants.



## SAFETY

The Performance benches are designed to enable athletes to train in complete safety. They are very stable thanks to their special coating which prevents any slippage during the exercises being executed.



## PERFORMANCE

Bench features have been designed according to international weightlifting standards. They have plenty of adjustments to adapt workout to all kinds of morphologies and exercises.



## EFFICIENCY

Like the XTREM range of products, PERFORMANCE benches are equipped with elastic band supports enabling progressive tension workouts. The base has been specifically designed for a greater freedom of movement.



# BB04

## OLYMPIC LYING PRESS BENCH



47 in  
72 x 63 in  
331 lbs

### FEATURES

The BB04 combines performance and safety. Its very stable backrest prevents any slippage when the athletes carry out their bench press, enabling them to concentrate fully on their quest for performance.



Elastic-band holders



Bar Safeties



Height adjustable safety bars



Main muscles  
Pectorals

Secondary muscles  
Anterior deltoids  
Triceps

# BB33

## OLYMPIC INCLINE PRESS BENCH



73 in  
67 x 59 in  
265 lbs

### FEATURES

The BB33 combines performance and safety. Its very stable backrest prevents any slippage when the athletes are on the incline bench, enabling them to concentrate fully on their quest for performance.



Elastic-band holders



Bar Safeties



Height adjustable seat



Main muscles  
Pectoral  
Anterior deltoids

Secondary muscles  
Triceps

# BB63

## OLYMPIC DECLINE PRESS BENCH



49 in  
87 x 59 in  
265 lbs

### FEATURES

The BB63 combines performance and safety. Its very stable backrest prevents any slippage when the athletes are on the decline bench, enabling them to concentrate fully on their quest for performance.



Elastic-band holders



Adjustable leg brace



Bar safeties



Main muscles  
Pectorals

Secondary muscles  
Anterior deltoids  
Triceps

# BB44

## LYING SEATED INCLINE PRESS BENCH



81 in  
59 x 96 in  
511 lbs

### FEATURES

A stable, adjustable and polyvalent bench enabling the perfectly safe execution of a multitude of exercises accompanied by a platform with candles which enables all sorts of bench press exercises, seated, lying or incline.



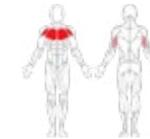
Elastic-band holders



6 hook heights



Spotter platform



Main muscles  
Pectoral  
Anterior deltoids

Secondary muscles  
Triceps

# BB05

## MULTIPOSITION BENCH



56 in  
55 x 28 in  
137 lbs

### FEATURES

An adjustable, stable and polyvalent bench enabling a multitude of exercises to be done in perfect safety.



Elastic-band holders



4 position adjustable seat (0 to 45°)



Adjustable backrest 10 positions (0 to 90°)



Main muscles  
. The whole of the body

# BB20

## FLAT BENCH



18 in  
55 x 24 in  
90 lbs

### FEATURES

A bench equipped with multiple elastic band supports in order to adapt to all kinds of exercises.



Elastic-band holders



Transport handles and wheels



Main muscles  
. The whole of the body

# BB19

## BICEPS BENCH



39 in  
47 x 45 in  
176 lbs

### FEATURES

The BB19 enables an efficient workout to be done on the biceps. The preacher curl pad was designed to suit the natural position of arm and shoulder. So the athlete is in a good position to execute the movement in the best possible way.



Elastic-band holders



Adjustable bar rests with security



Height-adjustable halter rest



Main muscles  
. Biceps

Secondary muscles  
. Forearm

# BB16

## GLUTEAL MUSCLE BENCH



37 in  
50 x 31 in  
205 lbs

### FEATURES

The BB16 enables efficient work to be done on the gluteal muscles and the lumbar area.



Elastic-band holders



Handles of support



Rubber band pulleys



Main muscles  
. Gluteal  
. Lumbar

# BB21

## BACK EXTENSION



56 in  
66 x 37 in  
198 lbs

### FEATURES

The BB21 enables efficient work to be done on the lumbar area as well as the lower posterior muscular chain and also helps to eliminate potential lumbar tension.



Elastic-band holders



Height / depth adjustable legrest



Knee protection & handles for support



Main muscles  
- Lumbar  
- Gluteal

Secondary muscles  
- Hamstrings

# BB25

## 45° INCLINED BACK EXTENSION



42 in  
60 x 34 in  
209 lbs

### FEATURES

The BB25 allows you to effectively work the lumbar area as well as the lower posterior chain with body weight or with elastics.



Elastic-band holders



Adjustable legrest



Transport wheels



Main muscles  
- Lumbar  
- Gluteal

Secondary muscles  
- Hamstrings

# BB201

## REVERSE HYPER EXTENSION



49 in  
52 x 57 in  
496 lbs

### FEATURES

The BB201 enables efficient work to be done on the gluteal muscles and lumbar area and also helps to decompress the zone. Work may be done with straps or pad.



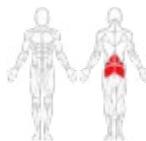
Elastic-band holders



2 adjustable hand grips



4 storage ears



Main muscles  
- Lumbar  
- Gluteal

# BB200+E

## HIP THRUSTER BENCH



18 in  
69 x 40 in  
209 lbs

### FEATURES

The Hip Thruster bench is the ideal apparatus for doing hip thrust comfortably and efficiently. It enables in-depth work to be done on the gluteal muscles and hamstrings. Its dome-shaped saddle will put your back in the ideal position for a perfectly safe workout.



Elastic-band holders



Dome-shaped saddle



Height adjustable bar supports



Main muscles  
- Gluteal

Secondary muscles  
- Hamstrings

# BX90

## ROWING BENCH



45 in  
69 x 79 in  
198 lbs

### FEATURES

The BX90 enables an efficient workout on the back to be executed while protecting it. The lying position enables the pulling movement to be concentrated on without worrying about the core position. The BX90 is a fantastic tool for rowers but also for all athletes wishing to strengthen their dorsal muscles.



Incline adjustable backrest



Large range of motion



Bar holder (option)



Main muscles  
· Back muscles  
· Trapezius

Secondary muscles  
· Posterior deltoids

# BX63

## MULTI-TRAINING BENCH



45 in  
35 x 102 in  
154 lbs

### FEATURES

The BX63 enables pulling work adapted to swimming training to be done. It enables specific strengthening of the back muscles thanks to the propulsion of the body produced by the pulling movement.



Tilt adjustable backrest



Large range of motion



Plate holders



Main muscles  
· Back muscles

Secondary muscles  
· Posterior deltoids  
· Triceps

Made in France



# NEXT

Machines designed and developed for concentric/eccentric modes of training



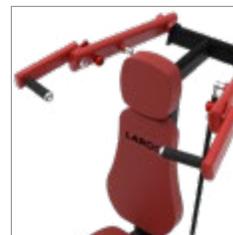
## MATIC® FOR MORE SIMPLICITY

NEXT machines come in the standard MATIC version: 4 preset levels of assistance: 0, 30, 50 or 70%. Users select the appropriate level and can start training. A digital display enables them to view the concentric eccentric load information. Simple and efficient.



## TOUCH® FOR EXPERTS

The NEXT range is also available in Touch version (ref XFT). The assistance and training are therefore controlled via a touch screen, offering also a summary as well as various training programs. Assistance is also adjustable by 10% increments from 0 to 80%.



## COMFORT

Assistance at the outset. Moreover, the system automatically detects when movements are not totally performed, and the assistance clicks in.

# PERFORMANCE NEXT



## HIGH-PERFORMANCE SPORTS PARTNERSHIP

The first studies for the creation of a range of innovative machines adapted to high-level sport began at the request of the physical trainers of the French Skiing Federation. Indeed, in skiing, downhill racing imposes considerable mechanical constraints, which induce considerable eccentric work of the quadriceps. How can athletes' performance be improved using concentric and eccentric phase training principles?



## CONCENTRIC / ECCENTRIC

A movement can be broken down into two distinct phases. The first one is concentric. It corresponds to the movement resulting from bringing the two ends of the muscle closer together (shortening) which happens when a weight is lifted. The second phase is called eccentric. The ends of the muscle get further apart (lengthening), under load.



## INNOVATIVE PATENTED TECHNOLOGY

LAROQ has developed an original solution called CONEX®, protected by several international patents. The CONEX® technology enables sportsmen to do eccentric workouts easily with supra-maximum loads offering strength, power and speed gains which are better than with classical training. The CONEX® technology also enables sub-maximum eccentric workouts to be done which are adapted to muscle gain and ballistic training for better explosivity.

## NEXT

The NEXT is a guided load machine, equipped with a controlled system of air cylinders. During the concentric phase, the load can be reduced by 0, 30, 50 or 70%; the pressurized air assists the user.

During eccentric work, the assistance stops; the load retained is that which was initially selected.

## CONCENTRIC PHASE



In this configuration, the concentric phase corresponds to the thrust of the arms.

The user chooses a load of 100kg and a 50% assistance  
The load pushed in the concentric movement is 110 lbs.

*Load : 220 lbs  
Assistance : 50%  
Load reduced by 110 lbs*

## ECCENTRIC PHASE



The assistance stops automatically during the eccentric phase of the movement, which corresponds to the return of the arms.

During this phase, there is no assistance, so the user retains the 220 lbs initially selected.

The air assistance during the concentric phase can also be deactivated to perform a classic workout.

*No assistance  
Load : 220 lbs*

**The following list of NEXT machines is not exhaustive. Other models are available upon request.**

# XFM41

## DIVERGING ROWING MACHINE



 52 in  
 33 x 67 in  
 507 lbs
  192 lbs  
 280 lbs

### FEATURES

-  Independent arms
-  Adjustable chest pad
-  Height adjustable seat


**Main muscles**  
 . Trapezius  
 . Back muscles  
**Secondary muscles**  
 . Posterior deltoids  
 . Forearm  
 . Biceps

# XFM42

## SHOULDER PRESS



 59 in  
 37 x 69 in  
 324 lbs
  192 lbs  
 324 lbs

### FEATURES

-  Footrest
-  Adjustable arm position
-  Independent arms


**Main muscles**  
 . Anterior deltoids  
**Secondary muscles**  
 . Lateral deltoids  
 . Triceps

# XFM40

## CHEST PRESS



 59 in  
 39 x 59 in  
 551 lbs
  192 lbs  
 302 lbs

### FEATURES

-  Footrest
-  Adjustable arm position
-  Height adjustable seat


**Main muscles**  
 . Pectorals  
**Secondary muscles**  
 . Anterior deltoids  
 . Triceps

# XFM33

## LYING LEG CURL



 53 in  
 67 x 39 in  
 485 lbs
  192 lbs  
 280 lbs

### FEATURES

-  Secure prone position
-  Range of motion
-  Handle grips


**Main muscles**  
 . Hamstrings

# XFM43

## CONVERGING LYING CHEST PRESS



 52 in  
 47 x 94 in  
 573 lbs
  236 lbs  
 324 lbs

### FEATURES

-  Independent arms
-  Adjustable arm position
-  Non-slip footrest


**Muscles principaux**  
 . Pectorals  
**Muscles secondaires**  
 . Anterior deltoids  
 . Triceps

# XFM14

## LEG EXTENSION



 57 in  
 53 x 39 in  
 529 lbs
  236 lbs  
 280 lbs

### FEATURES

-  Depth-adjustable backrest
-  Range of motion
-  Handle grips


**Muscles principaux**  
 . Quadriceps

# XFM48

## MIXT LYING SQUAT PRESS



 69 in  
 91 x 45 in  
 1023 lbs
  500 lbs  
 544 lbs

### FEATURES

-  Adjustable starting position
-  Backrest adjustable from 0 to 90
-  Adjustable foot and shoulder rests


**Muscles principaux**  
 . Quadriceps  
 . Gluteal  
**Muscles secondaires**  
 . Hamstrings  
 . Calves  
 . Adductors  
 . Abdominals

# DISCOVER OUR OTHER RANGES

## FUNCTIONAL TRAINING

Functional training redesigned with LAROQ's know-how and expertise



## ACCESSORIES

Quality accessories to answer all the needs of all kinds of training session



## FITNESS

Personalized machines for comfortable, safe training



## CARDIO-TRAINING

Complete and reliable ranges to meet different objectives



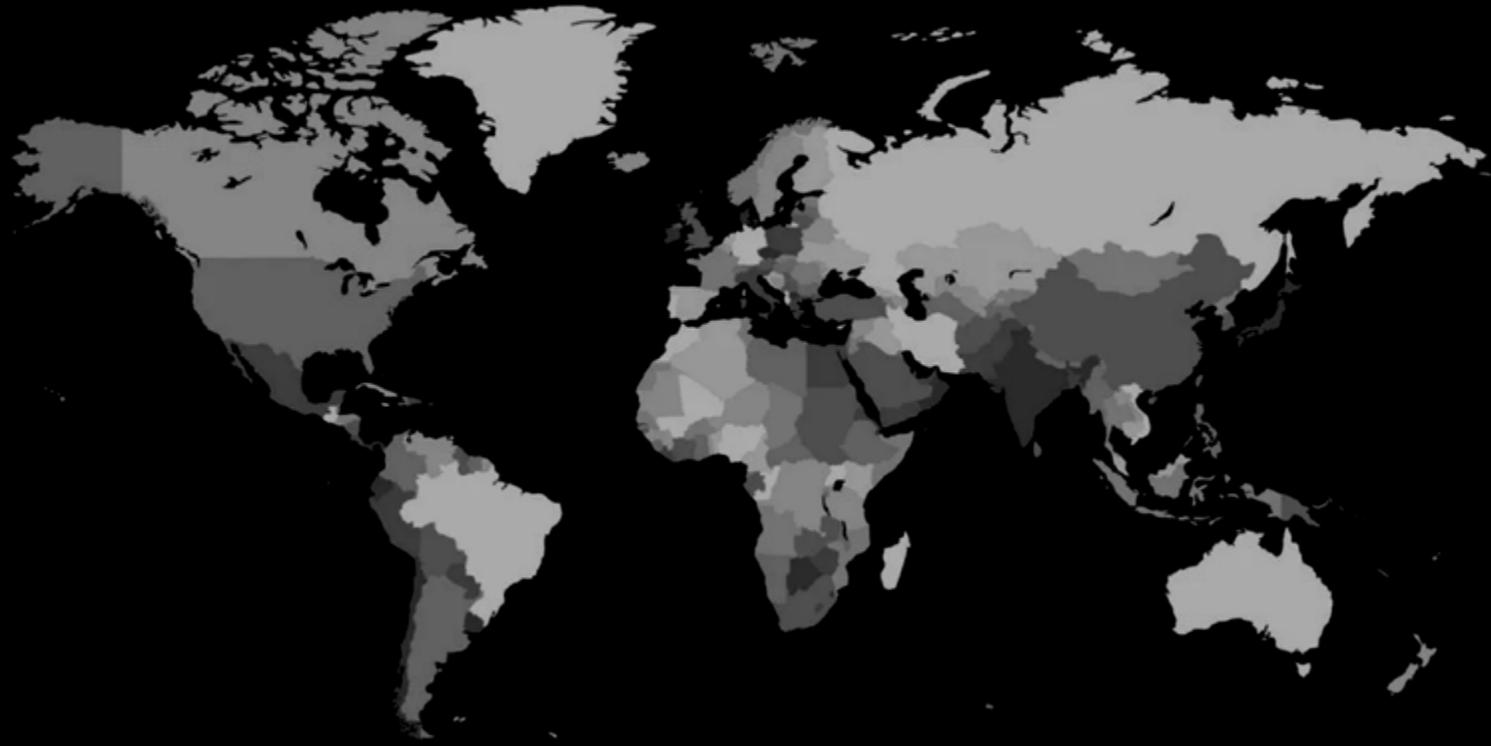
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**LAROQ**



## **LAROQ - PERFORMANCE & FITNESS**

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