



WARNING

HOIST
FITNESS

ROC-IT[®]

SELECTORIZED

155
175
195
215
235
275
295
315
335

1
2
3
5

BROCHURE

HOIST
FITNESS[®]

ROC-IT® SELECTORIZED

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

OPTIMAL BIOMECHANICS

The ROC-IT technology allows for an exercise movement that results in optimal biomechanic positioning and an increased range-of-motion throughout the exercise. This exercise motion mimics the more natural, comfortable movements of free weight training. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core muscles while maintaining adequate stability and proper form.

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

ROC-IT® SELECTORIZED

FEATURES

INCREASE BRAND AWARENESS

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

CONVENIENCE

- ◆ **Integrated Towel Hook, Bottle Holder & Accessory Tray-** Keeps personal items organized and reduce clutter on the gym floor
- ◆ **Ratcheting Adjuster System-** Quick and easy seat adjustments to accommodate varying user sizes
- ◆ **Easy Step-Through Design-** Speeds up workouts and allows for user to quickly enter/exit the machine
- ◆ **Integrated Scuff Guards & Rubber Foot Protectors-** Protects the machine's frame finish and facility floor
- ◆ **Wide & Narrow Hand Grip Positions-** Accommodating hand grip positions to fit all body types
- ◆ **Permanently Anchor All RS Products In Place-** Maximizes space planning
- ◆ **Optional add-on weight system**
- ◆ **Ergonomic Grips**

COMFORT

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

SLEEK & APPEALING

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

ROC-IT® SELECTORIZED

ROC-IT® SCIENCE

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

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

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

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

It's not uncommon to see a user come out of the seat on a fixed machine at the end of the exercise motion. Why? Because the machine forces the user into an unnatural position—out of proper alignment. The machine is fixed, and because the user is not, he/she is required to adjust to the machine to complete the exercise.

With the compromised biomechanical positioning in the end of the exercise motion in fixed machines, the body's ability to safely and effectively control movement is diminished.

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

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

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

ROC-IT® SELECTORIZED

ROC-IT® SCIENCE

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

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

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

- ◆ *They make the human body an integral part of the exercise, training it as a system, not isolated and disconnected parts.*
- ◆ *They provide stable exercise platforms that help users maintain a natural range of motion and correct form without overloading or stressing joints.*

- ◆ *They allow users to impose a “pre-stretch” that improves muscle activation and strength increases.*
- ◆ *They reduce recovery time by eliminating awkward positions that compromise the body's ability to rebuild.*

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

“The ROC-IT line is a true innovation in strength training that combines superior biomechanics with fun to create an unforgettable experience. Kudos to HOIST for developing equipment that will help club operators attract all types of individuals to strength training.”

**-CEDRIC X. BRYANT, PH.D., FACSM,
CHIEF SCIENCE OFFICER - ACE®**

KEY CHANGES ACROSS THE RS-LINE

CHANGES



GRIPS

- ◆ Change rubber grips to Ergo-grips



BOLT CAPS

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



FOOTPLATES

- ◆ New molded footplates



SCUFF GUARDS

- ◆ Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

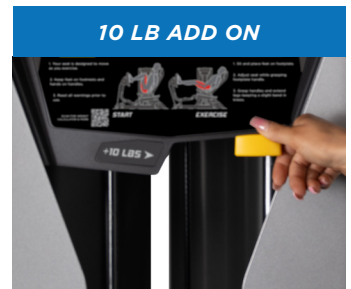
- ◆ Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- ◆ Redesigned weight cage

ADD ON WEIGHT



SPECS

RS-CAGE-NG-OPT1

5 lbs

RS-CAGE-NG-OPT2

10 lbs

FEATURES

- ◆ **RS-CAGE-NG-OPT1:** Compatible with all RS units except RS-2403/ RS-2700
- ◆ **RS-CAGE-NG-OPT2:** Compatible with only RS-2403
- ◆ **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- ◆ **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

LAT PULLDOWN

RS-2201



SPECS

PRODUCT DIMENSIONS (L X W X H)

65.5" X 56.5" X 84.75" (166 cm X 144 cm X 215 cm)

PRODUCT WEIGHT

728 lbs (330 kg)

WEIGHT STACK

335 lbs (152 kg)

FEATURES

- ◆ Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- ◆ Multiple grip positions accommodate varying body sizes/arm lengths
- ◆ Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps, then rocks the seat forward to a more neutral position
- ◆ Patented counter-balanced exercise arm and adjustable thigh pad
- ◆ Optional add-on weight system

CHEST PRESS

RS-2301



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.75" X 58.25" X 58" (152 cm X 148 cm X 147 cm)

PRODUCT WEIGHT

624 lbs (283 kg)

WEIGHT STACK

335 lbs (152 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0,45, and 90 degrees)
- ◆ Designed to reduce stress placed on the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- ◆ Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- ◆ Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch
- ◆ Optional add-on weight system

LEG EXTENSION

RS-2401



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.25" X 50" X 55" (107 cm X 127 cm X 140 cm)

PRODUCT WEIGHT

665 lbs (302 kg)

WEIGHT STACK

270 lbs (122 kg)

FEATURES

- ◆ Easy-to-use, the gas shock assisted adjustable back pad accommodates varying leg lengths
- ◆ Self-aligning roller pad automatically adjusts to reduce potential stress of the ankle joints
- ◆ Begins in a upright posture, then rocks rearward during the exercise providing a greater range-of-motion and a more natural hinge movement
- ◆ Rocking movement lowers the hips to maintain a posterior pelvic tilt to better load the quadriceps muscle
- ◆ Optional add-on weight system

LEG CURL

RS-2402



ADJUSTABLE SHIN PAD



ADJUSTABLE SEAT BACK



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.75" X 50" X 55" (127 cm X 127 cm X 140 cm)

PRODUCT WEIGHT

698 lbs (317 kg)

WEIGHT STACK

270 lbs (122 kg)

FEATURES

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

LEG PRESS

RS-2403



ADJUSTABLE SEAT



MOLDED FOOT PLATFORM



SPECS

PRODUCT DIMENSIONS (L X W X H)

75.5" X 48.5" X 55.75" (192 cm X 123 cm X 142 cm)

PRODUCT WEIGHT

882 lbs (400 kg)

WEIGHT STACK

380 lbs (172 kg)

FEATURES

- ◆ Eleven linear seat adjustments to accommodate varying leg lengths
- ◆ Large oval molded foot plate provides multiple foot placement positions for both leg press and calf exercises
- ◆ Starts the body in the traditional leg press position, then rocks the upper torso rearward to provide greater activation of the gluteal muscles
- ◆ Optional add-on weight system

PRONE LEG CURL

RS-2408



NON-SLIP HAND GRIP



ADJUSTABLE LEG PAD



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.75" X 42.75" X 55" (144 cm X 109 cm X 140 cm)

PRODUCT WEIGHT

511 lbs (232 kg)

WEIGHT STACK

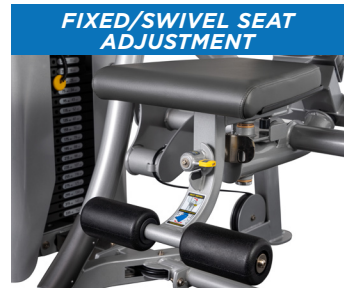
180 lbs (82 kg)

FEATURES

- ◆ Starts the body in a more upright angle making it easier to enter and exit the machine
- ◆ Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- ◆ Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- ◆ Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height
- ◆ Optional add-on weight system

ABS

RS-2601



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.25" X 61.5" X 64.5" (107 cm X 156 cm X 164 cm)

PRODUCT WEIGHT

553 lbs (251 kg)

WEIGHT STACK

335 lbs (152 kg)

FEATURES

- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Begins in an upright posture with exercise handles overhead to prestretch the abdominal muscles
- ◆ Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- ◆ Designed to offer constant lumbar, thoracic and cervical support to avoid hyper extension or unnatural loading of the spine
- ◆ Optional add-on weight system

ROTARY TORSO

RS-2602



ADJUSTABLE CHEST PAD HEIGHT



ADJUSTABLE STARTING ANGLE



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.75" X 43.5" X 59.25" (109 cm X 111 cm X 151 cm)

PRODUCT WEIGHT

451 lbs (205 kg)

WEIGHT STACK

130 lbs (59 kg)

FEATURES

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

CHIN/DIP ASSIST

RS-2700



MULTIPLE GRIP OPTIONS



MOLDED FOOT GRIP



SPECS

PRODUCT DIMENSIONS (L X W X H)

49.25" X 66.75" X 96.75" (125 cm X 170 cm X 246 cm)

PRODUCT WEIGHT

857 lbs (389 kg)

WEIGHT STACK

380 lbs (172 kg)

FEATURES

- ◆ Offers 14 exciting exercise variations, 7 with assistance, and 7 without
- ◆ Flip 'N Grip® handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- ◆ Rock-climbing handles to develop wrist, arm, and shoulder strength
- ◆ Adjustable foot plate to accommodate assisted and unassisted exercise positions

HOIST CUSTOM

WRAPS & LOGO DECALS

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

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



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

STANDARD COLORS

*ROC-IT (RS, RPL)
COMMERCIAL FREEWEIGHTS (CF)
COMMERCIAL MULTI JUNGLE (CMJ)
CLUB LINE (CL)*

FRAME



UPHOLSTERY



OLY-115



OLY-185



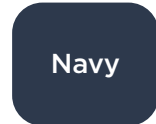
OLY-120



US 516



OLY-190



NAVY
SR-302



OLY-125



OLY-155



46848300



36349900



OLY-130



OLY-105

CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST DUAL SERIES (HD)

*MOTION CAGE (MC, MCS)
PERFORMANCE SERIES (PS)*

FRAME



UPHOLSTERY

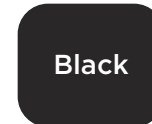


OLY-115

FRAME



SUB FRAME



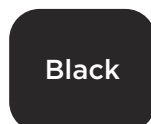
CUSTOM COLORS AVAILABLE UPON REQUEST CONTACT US FOR PRICING AND LEAD TIMES

HOIST LIGHT COMMERCIAL/ HOME FREEWEIGHTS (HF) H4400 & H2200

FRAME



UPHOLSTERY



OLY-115

NO CUSTOM COLORS AVAILABLE



ROC-IT® SELECTORIZED

FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	WEIGHT STACK
RS-2201 LAT PULLDOWN	65.5" (166 CM)	56.5" (144 CM)	84.75" (215 CM)	728 LBS (330 KG)	335 LBS (152 KG)
RS-2301 CHEST PRESS	59.75" (152 CM)	58.25" (148 CM)	58" (147 CM)	624 LBS (283 KG)	335 LBS (152 KG)
RS-2401 LEG EXTENSION	42.25" (107 CM)	50" (127 CM)	55" (138 CM)	665 LBS (302 KG)	270 LBS (122 KG)
RS-2402 LEG CURL	49.75" (126 CM)	50" (127 CM)	55" (140 CM)	698 LBS (317 KG)	270 LBS (122 KG)
RS-2403 LEG PRESS	75.5" (192 CM)	48.5" (123 CM)	55.78" (142 CM)	882 LBS (400 KG)	380 LBS (172 KG)
RS-2408 PRONE LEG CURL	56.75" (144 CM)	42.75" (109 CM)	55" (140 CM)	511 LBS (232 KG)	180 LBS (82 KG)
RS-2601 ABDOMINALS	42.25" (107 CM)	61.5" (156 CM)	64.5" (164 CM)	553 LBS (251 KG)	335 LBS (152 KG)
RS-2602 ROTARY TORSO	42.75" (109 CM)	43.5" (111 CM)	59.25" (151 CM)	451 LBS (205 KG)	130 LBS (59 KG)
RS-2700 CHIN/DIP ASSIST	49.25" (125 CM)	66.75" (170 CM)	96.75" (246 CM)	857 LBS (389 KG)	380 LBS (172 KG)



WARRANTY POLICY

HOIST® Fitness offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST® Fitness warranties this product to the original purchaser only. HOIST® Fitness guarantees this product to be free from defects in workmanship and/or materials under normal use or service. **FOR COMPLETE WARRANTY INFORMATION, VISIT HOISTFITNESS.COM AND CLICK ON THE “SUPPORT” LINK.** Warranty policy applies to defects from the manufacturer only.

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

TRADEMARKS AND PATENTS

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

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

D427,652, D431,059, D431,615, D437,370, D437,371, D438,267, D439,292, 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,
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† Other Patents Pending