



# **ROC-IT** <sup>®</sup>

## **PLATE LOADED**

2022 BROCHURE

**HOIST**<sup>®</sup>  
FITNESS

## OPTIMAL BIOMECHANICS AND DYNAMIC ADJUSTMENT:

### *THE ESSENCE OF HOIST'S ROC-IT® LINE*

#### ***ROC-IT® LINE MACHINES TRANSFORM TO ACCOMMODATE THE MOVEMENT OF THE HUMAN BODY***

Dynamic adjustment, designed to provide a more comfortable and secure workout based upon the body's natural posture and flexibility, is the essence behind the ROC-IT® line from HOIST®.

Using ROX™ technology, ROC-IT® products continuously adjust to a user's movements, helping them maintain optimal positioning while allowing for maximum range of motion on these innovative machines.

#### ***SUPERIOR BIOMECHANICS COMBINED WITH 'FUN' CREATE AN UNFORGETTABLE EXERCISE EXPERIENCE***

Traditional machine-based exercise is 'muscle-centric' with the equipment providing a stable platform for users. But it comes at an expense. Fixed machine designs restrict natural movement, forcing users into unnatural positions that place unnecessary stress on the body and increase the risk of injury.

ROC-IT® products exercise motion mimics the more natural, comfortable and functional movement of free weight training. The 'fun' rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

## WHY IS THE ROC-IT® LINE A GOOD FIT FOR YOUR CLUB OR FACILITY?

- ◆ Ratcheting adjuster system provides quick and easy seat adjustments to accommodate varying user sizes
- ◆ Easy step through design speeds up workouts and allows for users to quickly enter/exit the machine
- ◆ Head support and oversized handles provides a more comfortable and secure workout for users
- ◆ Integrated scuff guards and rubber foot protectors safeguard the machine's frame and the facility floor
- ◆ Wide and narrow hand grip positions fit all body types
- ◆ Integrated bottle holder and accessory tray keeps personal items organized and reduces clutter on the gym floor

## ***A TRUE INNOVATION IN STRENGTH TRAINING - BUILT FOR EVERYONE!***

“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®

# SEATED DIP

## RPL-5101



WIDE / NARROW  
ANGLE GRIPS



HEIGHT ADJUSTABLE  
SEAT



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
72" x 52.75" x 52.25" (183 cm x 134 cm x 133 cm)
- ◆ **PRODUCT WEIGHT**  
305 lbs (138 kg)
- ◆ **MAXIMUM STORAGE**  
720 lbs (327 kg)
- ◆ **MAXIMUM CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip.
- ◆ Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- ◆ Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- ◆ Generous built-in weight storage



# BICEPS CURL

## RPL-5102



PADDED ELBOW BRACE



SELF ALIGNING HANDLES



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
60.00" x 53.75" x 47.00"  
(152 cm x 137 cm x 120 cm)
- ◆ **PRODUCT WEIGHT**  
332 lbs (151 kg)
- ◆ **MAXIMUM STORAGE**  
720 lbs (327 kg)
- ◆ **MAXIMUM CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ 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
- ◆ Generous built-in weight storage

# LAT PULLDOWN

## RPL-5201



**MULTIPLE GRIP HANDLES**



**PADDED LEG BRACE**



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
76.50" x 52.75" x 85.75" (194 cm x 134 cm x 218 cm)
- ◆ **PRODUCT WEIGHT**  
469 lbs (213 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology lifts the seat while rocking the body rearward, replicating a natural pull-up and avoiding unsafe lower back hyper-extension
- ◆ Independent, diverging pull arms provide a natural motion and minimize stress to the shoulder joints
- ◆ Self-aligning handles with multiple grips to accommodate varying body sizes and arm lengths
- ◆ Counter-balanced pull-arms for a low starting weight
- ◆ Generous built-in weight storage

# SEATED MID ROW

## RPL-5203



### ROTATING HANDLES



### ADJUSTABLE PADDED CHEST BRACE



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
70.50" x 52.75" x 47.00" (179 cm x 134 cm x 119 cm)
- ◆ **PRODUCT WEIGHT**  
381 lbs (173 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology aligns the user with the motion of the pull-arms, leaning the torso forward for a good stretch at the start and rocking back through the motion for a comfortable, low finish
- ◆ Independent, diverging pull arms provide a natural motion and minimize stress to the shoulder joints
- ◆ Swiveling handles provide 360 degrees of grip options
- ◆ Adjustable, hinged chest pad
- ◆ Fixed center grip handle for one-handed rows
- ◆ Generous built-in weight storage

# CHEST PRESS

## RPL-5301



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
*82.25" x 52.75" x 72.00" (209 cm x 134 cm x 183 cm)*
- ◆ **PRODUCT WEIGHT**  
*437 lbs (198 kg)*
- ◆ **MAX STORAGE**  
*720 lbs (327 kg)*
- ◆ **MAX CAPACITY**  
*800 lbs (363 kg)*

## FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms throughout the movement, for a start with the handles positioned at chest level and a finish with the handles level with the chin
- ◆ Independent, converging press-arms provide a natural motion and minimize stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage



# INCLINE CHEST PRESS

## RPL-5303



COUNTER-WEIGHTED ARMS



MOLDED CONTOUR FOOT RESTS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
90.25" x 52.75" x 56.25" (229 cm x 134 cm x 142 cm)
- ◆ **PRODUCT WEIGHT**  
425 lbs (193 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level and rocking backward to replicate the motion of an incline chest press.
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

# DECLINE CHEST PRESS

## RPL-5305



CONTOURED HANDLES



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
73.00" x 52.75" x 56.25" (185 cm x 134 cm x 143 cm)
- ◆ **PRODUCT WEIGHT**  
366 lbs (166 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press.
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

# HACK SQUAT/DEAD LIFT/SHRUG

**RPL-5356**

## HACK SQUAT



## DEAD LIFT / SHRUG



## ROTATING HANDLES



## ADJUSTABLE BACK REST



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
89.50" x 59.00" x 59.5" (227 cm x 150 cm x 151 cm)
- ◆ **PRODUCT WEIGHT**  
533 lbs (242 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ Oversized foot plate allows for multiple foot positions to ensure correct biomechanics for both hack squat and dead lift
- ◆ 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
- ◆ Generous built-in weight storage

# SEATED CALF RAISE

## RPL-5363



SAFETY LOCK-OUT



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
62.50" x 30.25" x 40.25" (159 cm x 77 cm x 103 cm)
- ◆ **PRODUCT WEIGHT**  
146 lbs (66 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ Lock-out automatically releases at the start of the exercise
- ◆ Adjustable thigh pad to accommodate varying leg lengths

# DUAL ACTION LEG PRESS

## RPL-5403



ADJUSTABLE SHOULDER PADS



WIDE AREA FOOT PLATE



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
97.00" x 50.25" x 61.50" (247 cm x 128 cm x 157 cm)
- ◆ **PRODUCT WEIGHT**  
582 lbs (264 kg)
- ◆ **MAX CAPACITY**  
1,300 lbs (590 kg)

## FEATURES

- ◆ ROC-IT® Technology creates a dual action motion that moves the user support and foot plate simultaneously while maintaining alignment throughout the body
- ◆ Adjustable shoulder pads accommodate a wide range of body sizes
- ◆ Easy to use lockout mechanism, automatically disengages at the start of the exercise
- ◆ Oversized foot plate provides multiple foot placements for both leg press and calf exercises



# STANDING CALF RAISE

## RPL-5405



PIVOTING HEIGHT ADJUSTABLE SHOULDER PADS



PIVOTING FOOT PLATES



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
58.00" x 52.50" x 82.75" (147 cm x 133 cm x 210 cm)
- ◆ **PRODUCT WEIGHT**  
365 lbs (166 kg)
- ◆ **MAX STORAGE**  
720 lbs (327 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ 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 ball of the foot
- ◆ Adjustable shoulder support pads to accommodate varying body sizes
- ◆ Generous built-in weight storage

# SHOULDER PRESS

## RPL-5501



PERSONAL ACCESSORY  
CAP



RATCHETING SEAT  
ADJUSTER



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
*81.75" x 52.75" x 55.25" (208 cm x 134 cm x 141 cm)*
- ◆ **PRODUCT WEIGHT**  
*402 lbs (182 kg)*
- ◆ **MAX STORAGE**  
*360 lbs (163 kg)*
- ◆ **MAX CAPACITY**  
*800 lbs (363 kg)*

## FEATURES

- ◆ ROC-IT® technology rocks the user rearward as the press-arms rise, replicating the natural motion of a dumbbell or barbell shoulder press while minimizing stress to the shoulder joints
- ◆ Independent, converging press-arms
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage

# ABDOMINALS

## RPL-5601



LOCKABLE PIVOTING  
EXERCISE SEAT



WIDE RANGE GRIP  
HANDLES



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
42.75" x 41.50" x 62.50" (109 cm x 106 cm x 159 cm)
- ◆ **PRODUCT WEIGHT**  
231 lbs (105 kg)
- ◆ **STARTING WEIGHT (UNLOADED)**  
180 lbs (82 kg)
- ◆ **MAX CAPACITY**  
800 lbs (363 kg)

## FEATURES

- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Seat pad can be locked in place or unlocked for swiveling movement
- ◆ Rocking movement lowers the hips to increase the involvement of the abdominal muscles
- ◆ Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- ◆ Generous built-in weight storage

# HOIST CUSTOM

## WRAPS & 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.**



## STANDARD COLORS

### FRAME



### UPHOLSTERY



*\*Actual frame and upholstery colors may differ from printed color samples shown.*

# ROC-IT® PLATE LOADED

## FULL SPECS

PRODUCT NAME	LENGTH	WIDTH	HEIGHT	WEIGHT	MAX STORAGE*	MAX CAPACITY**
RPL-5101 SEATED DIP	72" (183 cm)	52.75" (134 cm)	52.25" (133 cm)	305 lbs (138 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5102 BICEPS CURL	60" (152 cm)	53.75" (137 cm)	47" (120 cm)	332 lbs (151 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5201 LAT PULLDOWN	76.5" (194 cm)	52.75" (134 cm)	85.75" (218 cm)	469 lbs (213 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5203 SEATED MID ROW	70.5" (179 cm)	52.75" (134 cm)	47" (119 cm)	381 lbs (173 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5301 CHEST PRESS	82.25" (209 cm)	52.75" (134 cm)	72" (183 cm)	437 lbs (198 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5303 INCLINE PRESS	90.25" (229 cm)	52.75" (134 cm)	56.25" (142 cm)	425 lbs (193 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5305 DECLINE PRESS	73" (185 cm)	52.75" (134 cm)	56.25" (143 cm)	366 lbs (166 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5356 HACK SQUAT/DEAD LIFT	89.5" (227 cm)	59" (150 cm)	59.5" (151 cm)	533 lbs (242 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5363 SEATED CALF RAISE	62.5" (159 cm)	30.25" (77 cm)	40.25" (103 cm)	146 lbs (66 kg)	N/A	800 lbs (363 kg)
RPL-5403 DUAL ACTION LEG PRESS	97" (247 cm)	50.25" (128 cm)	61.5" (157 cm)	539 lbs (245 kg)	N/A	1,300 lbs (590 kg)
RPL-5405 STANDING CALF RAISE	58" (147 cm)	52.50" (133 cm)	82.75" (210 cm)	365 lbs (166 kg)	720 lbs (327 kg)	800 lbs (363 kg)
RPL-5501 SHOULDER PRESS	81.75" (208 cm)	52.75" (134 cm)	55.25" (141 cm)	402 lbs (182 kg)	360 lbs (163 kg)	800 lbs (363 kg)
RPL-5601 ABDOMINALS	42.75" (109 cm)	41.5" (106 cm)	62.5" (159 cm)	231 lbs (105 kg)	180 lbs (82 kg)	800 lbs (363 kg)

**PLEASE NOTE: DO NOT PLACE MORE THAN 450 LBS OF PLATES ONTO ANY RPL MACHINE LIFTING WEIGHT HORNS WHILE IN USE.**

*\*Machine at rest  
(Total weight of plates that can be stored on the storage weight horns while it is not in use)*

*\*\*Machine in use  
(Total weight of equipment user + weight of plates that can be safely placed on the lifting weight horn while it is in use).*





# 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, D439,943, 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, D526,370, 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, D746,388, D797,757, D807,446, D807,447, D808,475, D818,547, D836,733, D852,291, D857,812, 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, 7,322,911, 7,331,911, 7,335,140, 7,361,125, 7,384,381, 7,393,309, 7,749,143, 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, 7,993,251, 8,002,679, 8,007,411, 8,021,070, 8,057,368, 8,162,807, 8,172,732, 8,177,693, 8,257,231, 8,308,620, 8,317,665, 8,328,698, 8,562,496, 8,702,573, 8,734,304, 8,852,060, 8,870,720, 8,915,667, 8,926,480, 9,017,238, 9,126,081, 9,205,298, 9,302,136, 9,440,106, 9,517,379, 9,522,297, 9,604,086, 9,682,276, 9,707,448, 9,808,699, 9,833,656, 9,861,850, 9,868,016, 9,925,448, 9,943,721, 9,950,210, 9,968,819, 9,999,797, 10,010,740, 10,086,229, 10,220,240, 10,307,630, 10,350,445, 10,391,352, 10,420,985, 10,426,990, 10,486,012, 10,532,244, 10,639,513, 10,646,739, 10,709,922, 10,737,131, 10,780,310, 11,013,949, 11,135,475

† Other Patents Pending