

ROPEFLEX™

OX II - RX2100

www.ropeflex.com

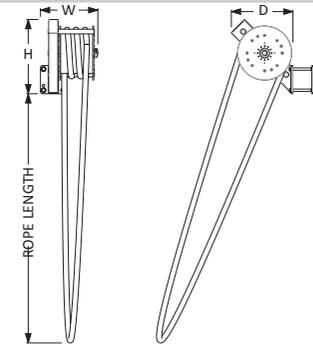


OVERVIEW

- Safe alternative to ceiling rope targeting strength and cardio development
- Durable construction designed to attach to existing power and bag racks
- Soft-Braided rope for easy and comfortable grip
- Available in outdoor / water-sealed version
- Pull resistance ranging from 10lbs up to 100lbs (4kg - 45kg)
- Available custom configurations for any specialized training or rehabilitation needs

SPECIFICATIONS

Exercise Position	Sitting / Standing
Pull Resistance	10lbs - 100lbs (4kg - 45kg)
Rope	Soft-Braided, 1-1/8" diameter
Rope pull direction	Bidirectional
Seat	None
Digital Display	None
Dimensions (D x W x H)	13"x13"x16" (Rope Length: 53") (33cm x 33cm x 41cm)
Weight	40lbs (18kg)



COLOR OPTIONS

Standard Frame Color	Grey <input type="checkbox"/>
Optional Colors	Available (contact us for information)

WARRANTY

Frame (excluding coating)	10 Years
Rope, Sheaves, Bearings & Labor	One-Year Warranty
Upholstery & Stitching	90-Day Warranty

OX II offers unparalleled versatility and convenience for applications as diverse as our many satisfied customers! The rack-mountable design of the OX II can turn any tired old power-rack into a cutting edge, brand new piece of equipment. It can also be easily integrated with bag-racks, adding more functionality to your existing installations. Best of all, the same benefits and safety features of functional exercise and sport-specific training that other Ropeflex™ models provide can be yours without losing any floor space, by simply attaching the OX II to your existing hardware.

WHY EXERCISE WITH A ROPE MACHINE?

Ropeflex machines deliver the benefits of both isokinetic and aerobic exercise. Our rope-pulling machines are based on simple, time-proven principles of rope climbing while reducing the risk of this traditionally dangerous activity to nearly zero. Individuals of any age and athletic ability can benefit from our unique rope technology safely and comfortably.

HOW DO ROPEFLEX MACHINES WORK?

Ropeflex machines are based on maintenance-free magnetic technology. Our continuously adjusting resistance mechanism causes the rope-pulling difficulty to increase with the rope-pulling speed. Our patent pending technology allows you to customize the workout to match your fitness goals. Initial tension can start as low as 10lbs and go up to 150lbs (on some models) for performance athletes or those who want to maximize resistance training.

ARE ROPEFLEX MACHINES EASY TO USE?

Our rope pulling machines were designed with usability and flexibility in mind. All machines come with instructions and illustrations of multiple exercises to maximize workout efficiency. Our high quality ropes allow a comfortable grip, limiting friction and slippage during exercise activity.

CAN ROPEFLEX MACHINES BE USED FOR REHABILITATION?

Rope pulling on Ropeflex machines has minimal impact and is an excellent form of rehabilitation. Individuals with lower extremity injuries or ambulation difficulties can benefit by increasing upper body strength and increase aerobic activity. Individuals with upper extremity injuries can perform active range of motion and resistance training to strengthen injured muscles while setting tension to their ability and pain tolerance.