get a grip - strength endurance coordination speed
EXERCISING WITH A ROPE TRAINING MACHINE
Ropeflex training equipment delivers the benefits of both isokinetic and aerobic exercise. Our rope trainers 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.

OUR TECHNOLOGY
Direct drive, progressive magnetic resistance with zero maintenance. Our technology does not require gears, friction clutches, reduction belts or electrical power. Ropeflex magnetic resistance mechanism has been fully developed and tested in-house. It does not require adjustments and provides progressive resistance depending on the intensity of exercise. It is bi-directional and has zero inertia, allowing user to instantly reverse direction of the pull.

OUR ROPES
Ropeflex ropes are made using only the highest grade of polyester double-braided material. The outer core provides superior grip, while the inner core gives it strength. All ropes assemblies are hand stitched into endless loops, producing a seamless and durable connection.

OUR FRAMES
Ropeflex all steel frame designs are simple, robust and space efficient. We have optimized our products not only for strength, but cost as well, by not wasting material on non-functional features. All welded frames go through intense quality control process and once approved they are subjected to a thorough surface cleaning process to get ready for polymer based powder coat. Ropeflex machines can also work both indoor and outdoor. Weather-proof units are fully sealed, using stainless steel, and anodized aluminum components. Additional layers of special primer ensure long, rust free life of our steel frames.

INTERACTIVE TRAINING
Hipervision interactive training software is one of the best tools to turn a monotonous fitness routine into a fun and engaging strength-conditioning session. With 2 unique versions as well as desktop and mobile platforms, Hipervision can engage both professionals and amateurs, in a gym or school environment.
**EXERCISE GUIDE**

**RX2300 - CRUNCH & ROW**
- With drum in the high position, lay in the built-in seat with feet on the secondary fixed pedals. Perform an alternating-arm row plus back extension, while lifting the back off of the seat to flex high on the rope.

**RX2300 - CRUNCH**
- Start by kneeling on built-in seat while facing toward the drum, with both hands gripping the rope near the drum. Perform a bilateral climb motion while bending at the waist to flex the abdomen.

**RX2300 - CHEST PRESS**
- Facing away from the drum in a slight squat position, perform a unilateral chest press, pushing the rope forward away from the torso. Use the other hand to feed the rope.

**RX2300 - LUNGE PULL**
- Performing an alternating arm climb with the rope, while sliding upwards on the seat.

**RX2300 - TRICEPS PULL**
- Facing toward the drum, perform a unilateral triceps extension. Use the other hand to feed the rope. Repeat for the other side.

**RX3200 - GLIDING ROW**
- Perform an alternating arm row, while extending the legs to slide the seat backward on each pull. Bend the legs to allow the seat to slide forward each time reaching for the rope.

**RX3200 - BICEPS CURL**
- Facing away from the drum, perform a unilateral biceps curl, using the other hand to feed the rope. Repeat for the other arm.

**RX4400 - CLIFF ASCENT**
- While facing toward the drum, perform alternating arm rowing motion, while walking upwards on the tread.

**RX2100 - ROW**
- Perform an alternating-arm rowing motion, while sitting up tall, keeping your posture straight with each pull.

**RX2500 - CRUNCH**
- Grip the rope with both hands high toward the drum, bend the torso and perform a crunch motion while pulling the rope toward the feet.

**RX2500 - BOSU BALL ROW**
- Perform an alternating row, standing straight, carefully perform a row while maintaining balance.

**RX2000 - INCLINE CHEST PRESS**
- While facing away from the drum, perform a unilateral bench press motion. Use the other hand to feed the rope. Repeat for the other side.

**RX2000 - DECLINE ROW**
- While facing toward the drum, perform alternating arm rowing motion.
IBEX - RX2300

- Dual Position horizontal and vertical rope training machine
- Two extended cushioned seats and back supports
- Continuously adjusting Progressive Resistance
- Digital LCD Display (time, distance and speed)
- Compatible with HiperVision virtual training system

WOLF - RX2200

- Compact horizontal rope pulling machine
- Durable and light-weight design that easily fits anywhere
- Soft-Braided rope for easy and comfortable grip
- Continuously adjusting Progressive Resistance
- Extended cushioned seat

GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED
OX - RX2000
45-5043

- Multi-mode base mount, bottom pull rope trainer
- Standing or sitting rope pulling positions
- Compatible with HiperVision virtual training system
- Durable and compact design with wheels for easy movement
- Continuously adjusting Progressive Resistance

OX2 - RX2100
45-5002

- Durable construction designed to attach to existing framing
- Compatible with Power and Bag racks
- Soft-braided rope for easy and comfortable grip
- Continuously adjusting Progressive Resistance
- Available in outdoor, water-resistant version - OX2O

GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED
RX2500D DUAL-STATION

- Dual-Station vertical rope trainer
- Adjustable pulleys for additional horizontal and bottom pulls
- Durable, compact and ADA compliant design
- Removable cushioned seat for sitting and standing rope pulls
- Continuously adjusting Progressive Resistance
- ADA compliant

ORYX - RX2500

- Full size vertical rope trainer
- Adjustable pulley for additional horizontal and bottom pulls
- Removable cushioned seat for sitting and standing rope pulls
- Continuously adjusting Progressive Resistance
- ADA compliant

GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED
**ORYX2 - RX5500**
45-3245

Outdoor rope training machine
durable weatherproof construction & all-steel bench (stainless top)
Galvanized + Powder Coated frame protection from the elements
Continuously adjusting Progressive Resistance
Safe alternative to ceiling rope for any environment
Base included, can be mounted directly to concrete

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**RX2500T TRI-STATION**
45-1005T

3-Station vertical rope trainer
Adjustable pulleys for additional horizontal and bottom pulls
Removable cushioned seat for sitting and standing rope pulls
Continuously adjusting Progressive Resistance
ADA compliant

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**STANDARD FEATURES**

GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED

ROPEFLEX®
Dual-Drum, adjustable incline rope pulling machine

Lower and upper body workout in one machine

Sliding seat or adjustable lock positions

Durable and stable construction

Continuously adjusting Progressive Resistance

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Horizontal rope pulling machine with sliding seat

Lower and upper body workout in one machine

Sliding seat or adjustable lock positions

Continuously adjusting Progressive Resistance

Durable, commercial grade frame construction

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Dual-Drum, adjustable incline rope pulling machine

Lower and upper body workout in one machine

Sliding seat or adjustable lock positions

Durable and stable construction

Continuously adjusting Progressive Resistance

Variable height adjustment
APEX - RX4400
45-4400

STANDARD FEATURES

- Tread climbing rope training machine
- Complete body workout - strength and cardio in one
- Independent magnetic resistance mechanism for tread and rope
- Continuously adjusting Progressive Resistance

APEX 2 - RX4405
45-4405

STANDARD FEATURES

- Tread climbing machine
- Complete body workout - strength and cardio in one
- Continuously adjusting Progressive Resistance on tread
- Durable, commercial grade frame construction

GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED
**RX2100 PULLEY**

- Adjustable pulley system for the RX2100 that can attach to any existing rack
- Adds multitude of exercise with horizontal and bottom up pulls
- Robust stainless steel solid rail and ball bearing pulley pull-pin mechanism

**HYDRA - RX505**

- Friction rope drum with adjustable resistance
- Optional pull-pin slider plate for 2” square tube
- Open-end or Closed-loop rope options

**STANDARD FEATURES**

- Multi-user real-time interactive training environment
- Set goals for time or distance
- Keep track of, and accurately measure progress
- Simultaneously track up to 4 rope trainers, interactive races
- Interval training mode for rest-and-go training

**HIPERVISION**

- Adjustable pulley system for the RX2100 that can attach to any existing rack
- Adds multitude of exercise with horizontal and bottom up pulls
- Robust stainless steel solid rail and ball bearing pulley pull-pin mechanism

**GET A GRIP - STRENGTH ENDURANCE COORDINATION SPEED**
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<th>PRODUCT WEIGHT</th>
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<td>L  W  H</td>
<td>L  W  H</td>
<td>LB</td>
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<tr>
<td>IBEX - RX2300</td>
<td>48    33    62</td>
<td>122   84    156</td>
<td>120</td>
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<td>WOLF - RX2200</td>
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<td>122   89    231</td>
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<th>Blue 90% GLOSS</th>
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**WARRANTY**

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<td>Structural parts</td>
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Frame is defined as the welded-metal structure of the unit and does not include removable parts.

Note: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog.

**Frame Colors**

- STANDARD COLOR
- Metallic Gray 80% GLOSS
- Blue 90% GLOSS
- Black 20% GLOSS
- White 10% GLOSS
- Red 90% GLOSS
- Yellow 90% GLOSS

**Upholstery Options**

- STANDARD COLOR
- Black
- Blue
- Red

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.

Product pricing is reflective of standard upholstery and frame colors only. Other color options available at an additional charge.