

**ROPEFLEX<sup>®</sup>**

**FUNCTIONAL TRAINING EQUIPMENT**





## METHODOLOGY

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.



## TECHNOLOGY - DSS PROGRESSIVE RESISTANCE

Direct drive, 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 automatically adjusts resistance based on pulling speed, intensity and rotational direction. Instantly switch from multiple STRENGTH or CARDIO levels without engaging knobs, levers or dials. It is bi-directional and has zero inertia, allowing user to instantly reverse direction of the pull.



## ROPES

100% CLEANABLE & EASY TO MAINTAIN. 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. Optional rope colors are available upon request.



## CONSTRUCTION

100% US MADE since day one. 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.



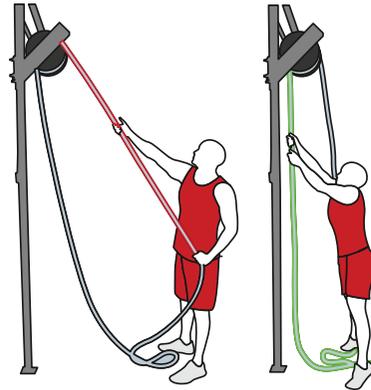
## INTERACTIVE TRAINING

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.

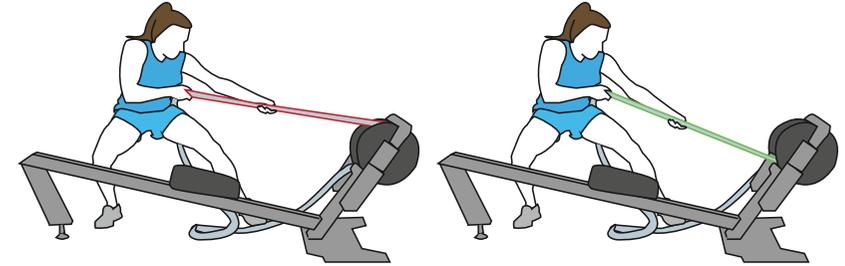
## RX2000



## RX2100

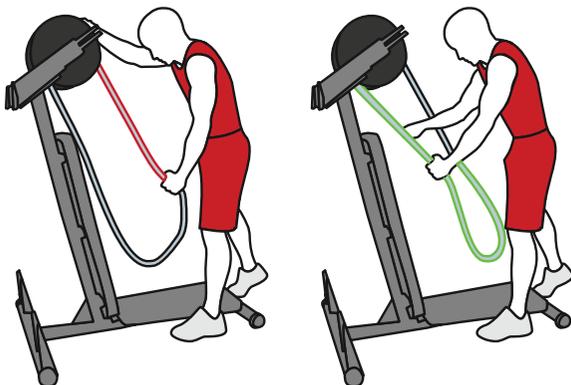


## RX3200

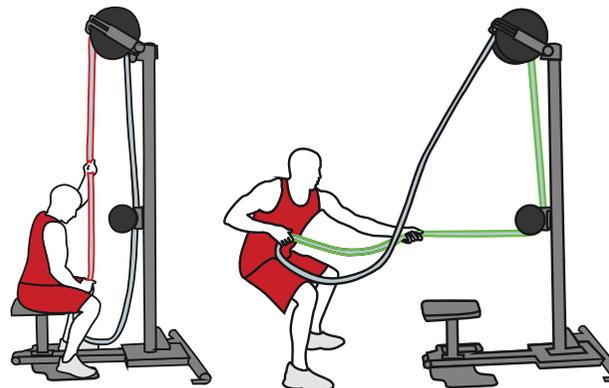


Multi-Level Dual Action Technology, which incorporates varied resistance without the need to adjust manual levels or dials. By simply changing the pulling direction and reversing the direction of the drum, users can activate either the **CARDIO** or **STRENGTH** mode in which the progressive resistance automatically adjusts from five and up to 300 pounds (model dependent) based on the pull acceleration.

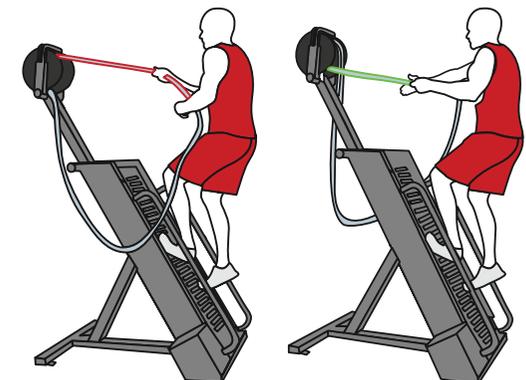
## RX2300



## RX2500



## RX4400



## 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 reach 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. The other hand is used to feed the rope.

## RX2300 - LUNGE PULL



Perform a one sided lunge, while pulling the rope towards the waist, each time moving downward. Repeat for the other side.

## 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



Performing an alternating arm climb with the rope, while walking upwards on the tread.

## RX3200 - CHEST FLEXION



Facing away from the drum, Pull the rope from your side, forward in front of face while keeping the elbow straight. Repeat for other side.

## RX3200 - TRICEPS CLIMB



Bending towards the drum, Perform Unilateral triceps extension while using the other hand to feed the rope. Repeat for the other side.

## 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



Position for incline 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 other side.

## RX2000 - DECLINE ROW



While facing toward the drum, perform alternating-arm rowing motion.

## HYDRA RX505

PN: 45-7979-02



\*RX505 WITH UNIVERSAL  
RACK ADAPTER

### + STANDARD FEATURES

- Friction rope drum with adjustable resistance
- Durable, maintenance-free, compact design
- Soft-braided rope for easy and comfortable grip
- Optional pull-pin slider plate for 2" square tube
- Open-end or Closed-loop rope options
- Optional Universal Rack Adapter available



## DRAGON RX1500

PN: 45-2445

### + STANDARD FEATURES

- Friction-based Single or Dual Drum multi-functional rope trainer
- Zero-maintenance friction design
- Upper and lower body machine with adjustable resistance
- Independently adjustable pop-pin Drum positions
- Stainless steel vertical posts



ROPEFLEX®

## IBEX RX2300

PN: 45-1008



### + STANDARD FEATURES

- 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

PN: 45-1001



### + STANDARD FEATURES

- 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



# ROPEFLEX®

## OX RX2000

PN: 45-5043



### + STANDARD FEATURES

- 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

PN: 45-5002

### + STANDARD FEATURES

- Durable construction designed to attach to existing framing
- Installs on Power & Bag racks
- Soft-braided rope for easy and comfortable grip
- Continuously adjusting Progressive Resistance
- Available in outdoor, water-resistant version - OX2O
- Get it with our 8-position Adjustable Pulley System (Not included)



# ROPEFLEX®

## DUAL-STATION RX2500D

PN: 45-1005D



### + STANDARD FEATURES

- Dual-Station vertical rope trainer with adjustable pulleys
- Durable, compact and ADA compliant design
- Removable cushioned seat for sitting and standing rope pulls
- Continuously adjusting Progressive Resistance
- iPad Mini enclosure included
- Compatible with our RXB2 Rope Training Flat Bench (Not included)



## TRI-STATION RX2500T

PN: 45-1005



### + STANDARD FEATURES

- 3-Station rope trainer with adjustable pulleys
- Removable cushioned seat
- Continuously adjusting Progressive Resistance
- Durable, compact and ADA compliant design
- iPad Mini enclosure included
- Compatible with our RXB2 Rope Training Flat Bench (Not included)



# ROPEFLEX®

# ORYX RX2500

PN: 45-1005

## + STANDARD FEATURES

- 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
- Compatible with our RXB2 Rope Training Flat Bench (Not included)



# ORYX2 RX5500



PN: 45-3245

## + STANDARD FEATURES

- 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 and can be mounted directly to concrete



# ROPEFLEX®

## ADDAX RX3200

PN: 45-1004



### + STANDARD FEATURES

- 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



## VORTEX RX3300

PN: 45-1015



### + STANDARD FEATURES

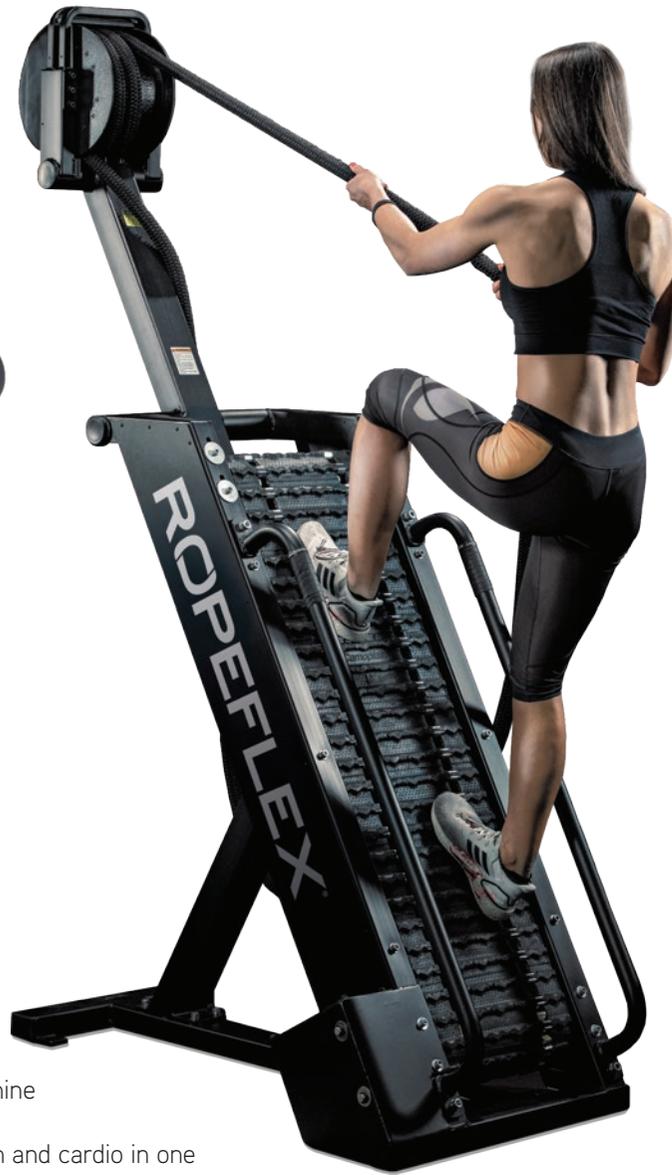
- Dual-Drum, adjustable incline rope pulling machine
- Lower and upper body workout in one machine
- Sliding seat or adjustable lock positions
- Durable and stable construction
- Continuously adjusting Progressive Resistance
- Variable height adjustment



# ROPEFLEX®

## APEX RX4400

PN: 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
- Varying tread angles
- Continuously adjusting Progressive Resistance

## APEX 2 RX4405

PN: 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



# ROPEFLEX®

## ROPERIG RX8200

PN: 45-8206



### + STANDARD FEATURES

- Expandable ROPE RIG
- 4 x 4 in. (102 x 102 mm) steel
- Comes standard with 2x RX2100 ROPE TRAINERS with pulley system. Fits up to 8x RX2100 ROPE TRAINERS
- Preconfigured with HIPERVISION system
- 2 Stainless Steel Pull up bars: front and back and a Stainless Steel 5 position Olympic Bar hook system

## SPARTAN ROPERIG RX8100

PN: 45-8001



## OX20 RX2100



PN: 45-5003

### + STANDARD FEATURES

- HEAVY DUTY RIG FOR ROPE TRAINING 10 x 10 x 8 FT.
- Accommodates up to 16 RX2100 Trainers (12 shown)
- Continuously adjusting Progressive Resistance
- Available with water-resistant version - OX20



# ROPEFLEX®



## TOWER TRAINING SYSTEM RX90

PN: 45-4247

### + STANDARD FEATURES

- Upright Multi-User Training Station with quick-connect adjustable attachment system
- 1X RX505 Infinity Rope Drum
- 1X Pull-Up T-Row MULTI-BAR
- 1X Landmine attachment accessory



**ROPEFLEX®**

# HIPERVISION TRAINING SYSTEM

PN: 46-2005



## + 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
- Various visualization modes including 3-D Avatar

**ROPEFLEX®**

## RX2100 PULLEY

PN: 30-4111-01

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



## PULLEY RXP3

RX2100 AND RX505  
ADJUSTABLE UPRIGHT PULLEY

Quick-set adjustable pulley for the RX2100 that can attach to existing rigs and racks

Safety pull pin with machined aluminum knob prevents unintentional disengagement

Works on standard uprights 2x2 inches, 2x3 inches, 3x3 inches, and metric uprights up to 80x80mm size

Adds multitude of exercise with horizontal and bottom up pulls

7 inch | 17 cm Double ball bearing design for smooth motion



## 3-STRAND WEIGHT JUMP ROPE XR25

WEIGHT Jump Rope for Strength and Cardio training

GENUINE LEATHER-GRIPS with MAG-HANDLE option

Durable and long-lasting

Simple and easy to use

2.5lb weight

9ft or 10ft length options



## BRAIDED HEAVY JUMP ROPE XLR41

HEAVY Jump Rope for Strength training

SURE-GRIPS

Durable and long-lasting

Simple to use

4lb weight

9ft or 10ft length options



## BRAIDED HEAVY JUMP ROPE XLR40

HEAVY Jump Rope for Strength training

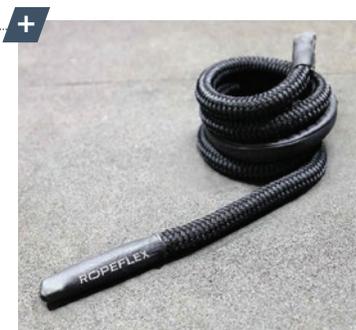
GENUINE LEATHER-GRIPS with MAG-HANDLE option

Durable and long-lasting

Simple to use

4lb weight

9ft or 10ft length options



# ROPEFLEX®

## BRAIDED SPEED JUMP ROPE SR10

SPEED Jump Rope for Cardio Training

FLEX-GRIPS

Durable and long-lasting

Simple and easy to use

1lb weight

10ft long



## OUTDOOR CANVAS DRUM COVER

40-7000

Protects the drum and rope from outdoor elements

Simple and easy to use

Durable and long-lasting



## ROPE TRAINING FLAT BENCH RXB2

PN: 45-4590

FLAT BENCH

Specifically designed for rope training

2 separate cushioned seats

Handle and wheels for easy positioning

Compact and can be stored vertically



## HYDRA RAIL

PN: 45-4590

RX505 Vertical Rail

2"x2" (50x50 mm) x 79.5" (202 cm) stainless steel tube

12 Positioning holes every 6 inches



## STAND XBR12

IPHONE HIPERVISION HOLDER STAND

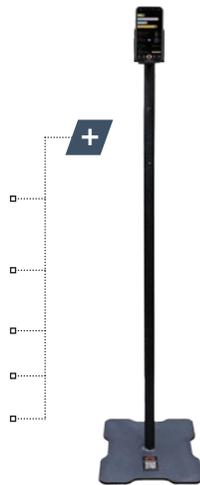
Available for iPhone and iPad Mini

Position your HIPERVISION iPhone anywhere

Full metal stand

Spring loaded holder

50in tall (127cm)



## IPHONE HIPERVISION BRACKET

PN: 30-6043

Full metal spring-loaded phone bracket

Accommodates cased smart devices between 2.6-3.3 in. (6.6-8.4 cm) and most ROPEFLEX products

Attach to most surfaces using mounting plate



## IPAD MINI HIPERVISION ENCLOSURE

PN: 30-7011

Secure your HIPERVISION iPad Mini in our robust powder coated security enclosure

Accommodates latest generation Apple iPad Mini

Attaches to RX2500, RX2500D, RX2500T, RX8100, RX8200



# ROPEFLEX®

ROPE TRAINERS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		RESISTANCE	
	ENGLISH (INCHES)			METRIC (CM)			ENGLISH	METRIC	ENGLISH	METRIC
	L	W	H	L	W	H	LB	KG	LB	KG
IBEX - RX2300	48	33	62	122	84	156	120	54	200	90
WOLF - RX2200	62	21	18	156	53	46	70	32	200	90
OX - RX2000	21	28	19	53	71	48	70	32	200	90
OX2 - RX2100	13	13	16	33	33	41	45	20	200	90
ORYX - RX2500	48	35	91	122	89	231	160	72	200	90
ORYX2 - RX5500	52	45	105	132	114	266	250	113	200	90
VORTEX - RX3300	99	35	54	251	89	137	300	136	200	90
ADDAX - RX3200	99	21	26	203	53	66	170	77	150	68
APEX - RX4400	90	42	90	228	107	228	385	181	250	113
HYDRA - RX505	11	8	11	28	20	28	18	8	350	158
APEX 2 - RX4405	53	28	67	134	71	170	385	174	250	113
ORYX D - RX2500 DUAL-STATION	50	72	91	127	183	231	280	127	200	90
ORYX T - RX2500 TRI-STATION	70	70	91	178	178	231	400	181	200	90
DRAGON - RX1500	61	41	83	155	104	211	120	54	350	159
SPARTAN ROPE RIG - RX8100	120	120	96	304	304	244	1400	650	200	91
ROPE RIG - RX8200	41	50	105	104	127	227	450	205	200	91

WARRANTY	
Frame (not including coatings)	10 years
Structural parts	10 years
Pulleys	3 years
Bearings	3 years
Labor	1 years
Electronics	1 year
Rope / Upholstery	6 months
Accessories	6 months

Frame is defined as the welded-metal structure of the unit and does not include removable parts.

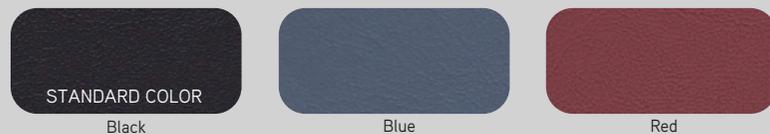
Note: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog.

### Frame Colors



### Upholstery Options

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.

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