

ROPE TRAINER MULTI-MODE **VMX**

The VMX Rope Trainer features multi-mode adjustment for vertical, diagonal, horizontal and reverse pull. The easy-to-adjust sliding carriage allows for increased versatility for strength, cardio and functional training. The ability to alternate rope heights, grips and pull directions makes the VMX Rope Trainer the ultimate functional training tool.



SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance range 1-200 pounds (0.5- 90.7kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- Sliding carriage enables quick and easy rope mode changes: Vertical, Diagonal, Horizontal rope orientations.
- Specially designed rope is soft and easy to grip, durable and long-lasting
- Electronic display tracks distance, time, speed, and calories
- Unit Power Requirement: 3 AA batteries (unit does NOT require AC power source)
- Unit dimensions: 96"H X 82"L X 40"W (244cm X 208cm X 101cm)
- Weight: 210 lbs (95.5kg)
- Shipping Weight: 260 lbs (118kg)
- Shipping Size: 21"H X 54"L X 37"W (53cm X 137cm X 94cm)