

# Rope Training - The *Safest, Most Effective* and *Innovative* Method of Working Out Has Graduated to Group Workout Units!

Ropeflex has been in the rope pulling business for almost a decade, providing high quality, American made, commercial rope trainers to athletes, gyms, police and fire departments and armed forces across the globe. Our formula is simple, allow users to gain the benefits of aerobic and anaerobic exercise using cardio and resistance rope pulling machines all without leaving the safety of earth. Our built in magnetic **Progressive Resistance Technology** has a resistance range of 10 – 200+ pounds of weight ensuring that users can control the difficulty and pace of their workout based on how slow or fast they pull. The ability to target small and large muscle groups allows users to build muscle and strength while providing an intense fat burning cardio workout. No gloves needed thanks to our hand-stitched seamless and durable ropes made using only the highest grade of polyester double-braided material with an outer core providing superior grip and an inner core giving it strength. Our units are unique and functional, require no electricity or maintenance, and are at the forefront of 21st century interval, strength and cardio training.

**Our most popular units the RX2100 and the RX2500 remain industry favorites.**

The ability of the RX2100 to be mounted to a power rack, CrossFit rig and even rafters makes it one of our most diverse and affordable

rope pulling machines. This unit is all about customization and space saving bang for your buck! It is small but mighty and provides the same high intensity interval-training (HIIT) and functional strength training as all of our other units.

**The RX2500 is in a class of its own.** This full size vertical rope pulling unit is a gym favorite. A **fully adjustable** middle pulley allows for virtually endless workout customization options. Pull vertical, horizontal, diagonal and backwards or alternate between one-arm and two-arm pulls for increased difficulty or to target specific muscle groups. The removable cushioned seat allows users to convert from a seated exercise to a standing one and makes it easy to add other workout equipment like a Bosu, Pilates ball or decline bench for that extra element of balance and coordination. This unit is ADA



**RX2500 Group Tri-Pull**

compliant, wheelchair accessible and is perfect for injury rehabilitation by providing a safe and dynamic cardio option while helping to maintain and build muscle mass.

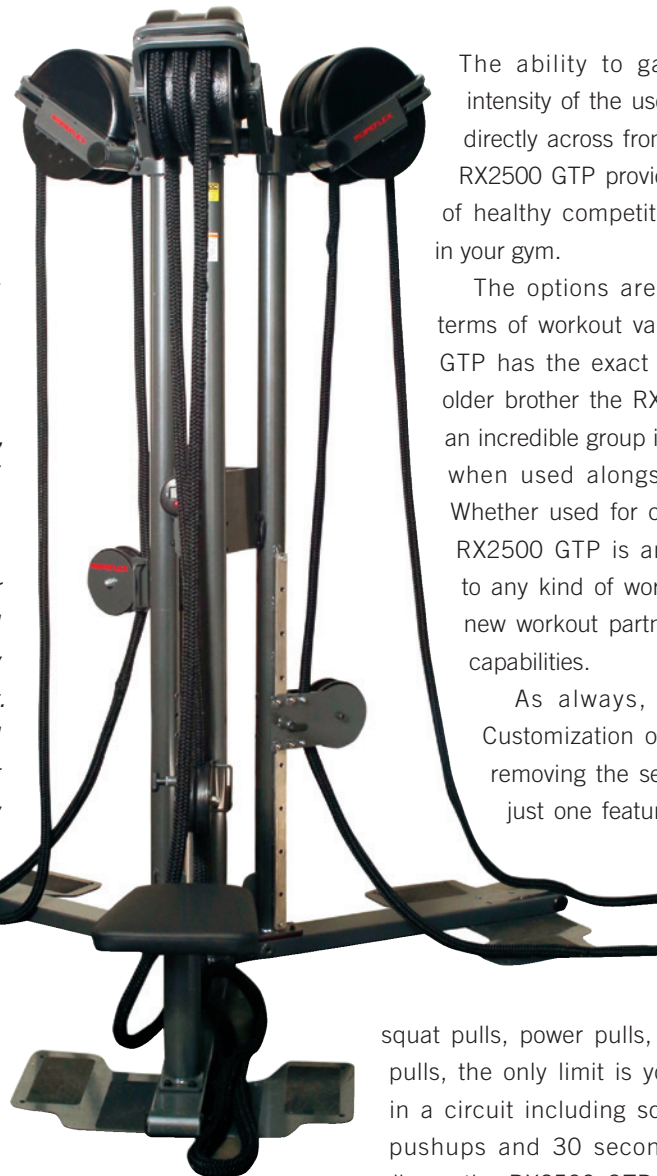
*"I have been using Ropeflex machines for most of my Judo career and I can personally attest to their fantastic functionality! Not only do they provide an amazing pump to my biceps, they also workout my back, shoulders and core. Due to a series of knee and foot injuries in my career I was unable to train while healing but by being able to sit while using the RX2500 for example, I was able to maintain a high level of conditioning and muscle strength for my upper body while my lower half was healing. When I returned to full training I was still in great shape and hit the ground running without any training setbacks. I know that was because of Ropeflex."*

-Marti Malloy  
2x Olympian Judo  
(Bronze, 2012)

**The new 'RX2500 Group Tri-Pull' workout unit has arrived!**

**Introducing the future of group exercise!** Due to huge demand and input from our customers we are excited to share the newest thing in group workout equipment. Expertly made in the USA using only the finest American steel, the RX2500 Group Tri-Pull (GTP) takes the awesome workout experience of an RX2500 and transforms it into a triple-headed beast by fastening together three RX2500 units, using our patented GTP Tri-Plate. Made of durable American steel, the Tri-Plate allows users and their workout partners to look directly at each other as they push themselves to their absolute limit. This unit is perfect for group exercise classes, CrossFit, Mixed Martial Arts and team training circuits.

The RX2500 GTP is the exercise unit you have been looking for when it comes to motivating users during HIIT.



#### **RX2500 GTP**

The ability to gauge the pace and intensity of the user right next to you or directly across from you while using the RX2500 GTP provides the added benefit of healthy competition and saves space in your gym.

The options are virtually endless in terms of workout variability. The RX2500 GTP has the exact same features as its older brother the RX2500 while providing an incredible group interval training aspect when used alongside other exercises. Whether used for circuits or Tabata, the RX2500 GTP is an incredible addition to any kind of workout routine with the new workout partner feature and group capabilities.

As always, versatility is king! Customization options like adding or removing the seat to sit or stand are just one feature, as well as virtually

endless exercise options. From overhead pulls to triceps pulls, reverse pulls, squat pulls, power pulls, horizontal or vertical pulls, the only limit is your imagination! Add in a circuit including squat jumps, burpees, pushups and 30 second to 1-minute rope pulls on the RX2500 GTP and you have an all in one workout routine designed to promote group camaraderie and motivation while giving users a killer workout.

In the gyms of today everyone has treadmills, bikes, elliptical machines and kettlebells. With Ropeflex you go beyond 'the basics.' Make your gym stand out by providing your customers with the most innovative, safe, effective and downright revolutionary way to work out.

For more information about Rope Pulling and ROPEFLEX full commercial rope training equipment please check us out at [www.HIPEQ.com](http://www.HIPEQ.com), email us at [tom@ropeflex.com](mailto:tom@ropeflex.com), or call us at 1-650-549-5888 ext. 1.