

ROPEFLEX™

ADDAX - RX3200

www.ropeflex.com



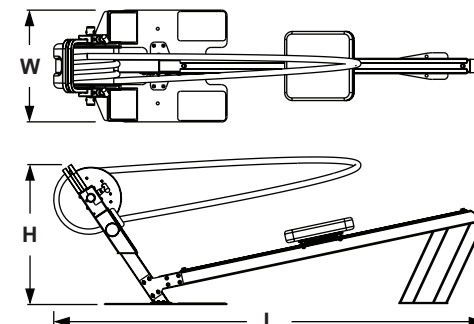
SLIDING SEAT CONFIGURATION

OVERVIEW

- Full Body Workout - Horizontal rope pulling machine with a sliding seat
- Durable, commercial grade frame construction
- Soft-Braided rope for easy and comfortable grip
- Multi-mode seat configuration: sliding or adjustable locking positions
- Pull resistance ranging from 10lbs up to 150lbs (4kg - 68kg)
- Available custom configurations for any specialized training or rehabilitation needs

SPECIFICATIONS

Exercise Position	Sitting / Standing
Pull Resistance	10lbs - 150lbs (4kg - 68kg)
Rope	Soft-Braided, 1-1/8" diameter
Rope pull direction	Bidirectional
Seat	Yes (sliding / locked)
Digital Display	Yes: Time, Distance, Speed
Dimensions (L x W x H)	80" x 21" x 26" (203cm x 53cm x 66cm)
Weight	150lbs (68kg)



COLOR OPTIONS

Standard Frame Color	Grey	
Standard Upholstery Color	Black	
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

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.