



FitnEx

Rock Series

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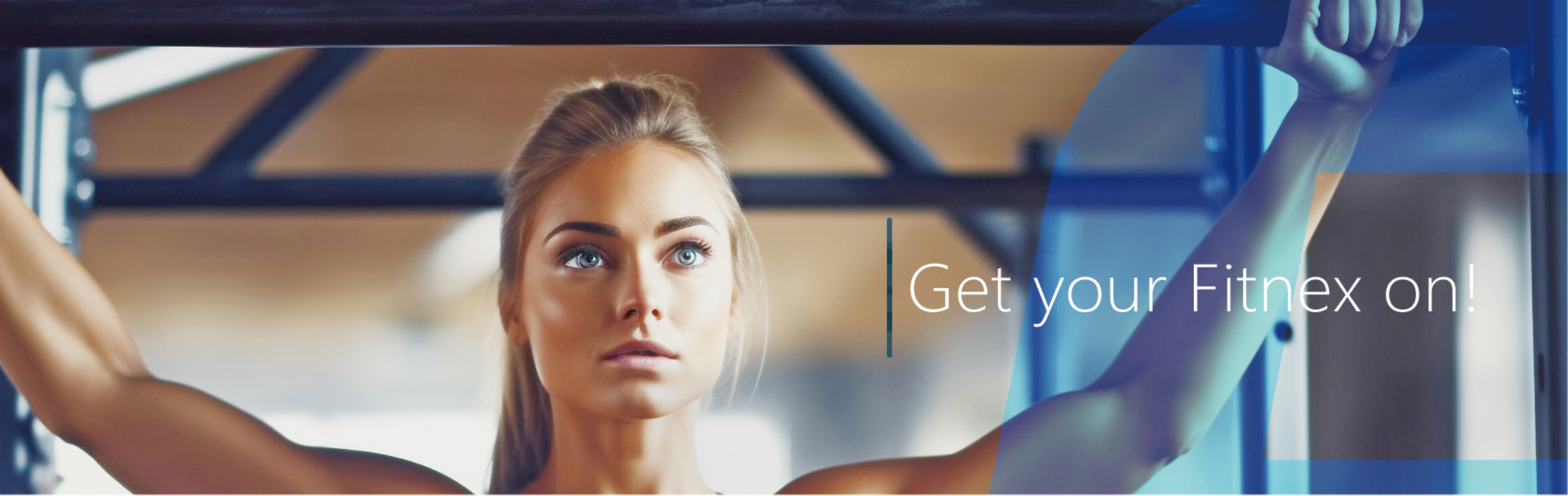
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A highly muscular man is shown from the waist up, shirtless, in a gym setting. He is holding the handles of a cable machine, with his arms slightly bent. The background is a blurred gym with various pieces of equipment and bright lighting. The overall tone is professional and athletic.

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RAB Abdominal Bench

The RAB bench is a simple yet effective workout equipment that can be used for hyperextension and abdominal exercises. It is designed to help build core stability while defining the lower back and glutes. The safety bolts make it easy to adjust the roller to the proper angle before training. Additionally, the compact and foldable construction makes it a great choice for those who have limited space.

SPEC



RHAB Hyperextension and Abdominals Board Bench

Hyperextension and abdominals board bench RHAB with a simple design can come with various forms of workout to build core stability while defining a brawny lower back and glutes. Safety bolts store easily and assist the exerciser in adjusting or setting the roller to a proper angle before training. The compact and foldable construction is suitable for use in a tiny space.

SPEC



VIDEO





ROWB Adjustable Press Bench

Adjustable press bench ROWB allows the exerciser to conveniently strengthen their triceps, deltoid, pectoral, and abdominal muscles. The dumbbell loading hooks are designed for easy take-up and put-back, even in a lying position. As operators with different requirements, the power bars with multiple types can install at any height to support barbells. Padded rollers act as a cushion during leg curls and extensions that safeguard exercisers against hurting their ankles.



RPR Power Rack

The power rack RPR can customize the heights for various workout requirements allowing operators to perform deadlifts, chest presses, and squats. A reinforcement structure resting on frames increases stability and enhances safety during intense training. This foldable device fulfills the space-efficient application for easy storage and utilization.





RMG30 Multi Gym 30

Both high and low pulleys with spring snap hook adjustable designs improve the range of exercise possibilities by installing different cable attachments. The pivoting movement arm assists exercisers in engaging fixed motion in biomechanics. The lightweight but stable construction makes the RMG30 easy to transport, even in a tight space. When you start an exercise routine at home, the RMG30 comes equipped with a cable-driven system that conducts resistance balance and contributes power evenly during training.



RFT Functional Training

The RFT, a home gym machine for functional training, is constructed with heavy-gauge steel to ensure stability and safety. It features dual adjustable pulleys and an optional weight stack, making it easy to customize cable workouts for any fitness level and sculpt the entire body. With its simple design, this equipment is perfect for individual training in a personal fitness studio.





RMR100A Multi Rack 100A

The multi-rack RMR100A is ideal for garage gyms or home users, with its compact and versatile design allowing exercisers to strengthen almost the whole body in a shoe box! It features multiple add-ons, including power bars, a multi-grip pull-up bar, dip bars, and weight plate storage pegs which make the RMR100A from a basic power cage to a functional training machine.

SPEC



VIDEO



RMR100B Multi Rack 100B

The multi-rack RMR100B features a mounted monkey bar which makes it different from the RMR100A and can assist the beginner in performing chin-ups or dips. The small distance design of the rack rail hole spacing for safeguarding exercisers sets a proper starting height and ensures a better range of motion during workouts. Adding weight plates to rear storage pegs optimize stability when taking body weight exercises.

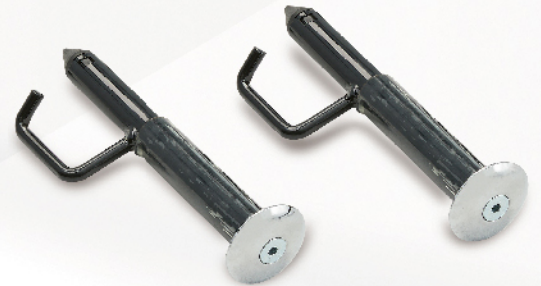
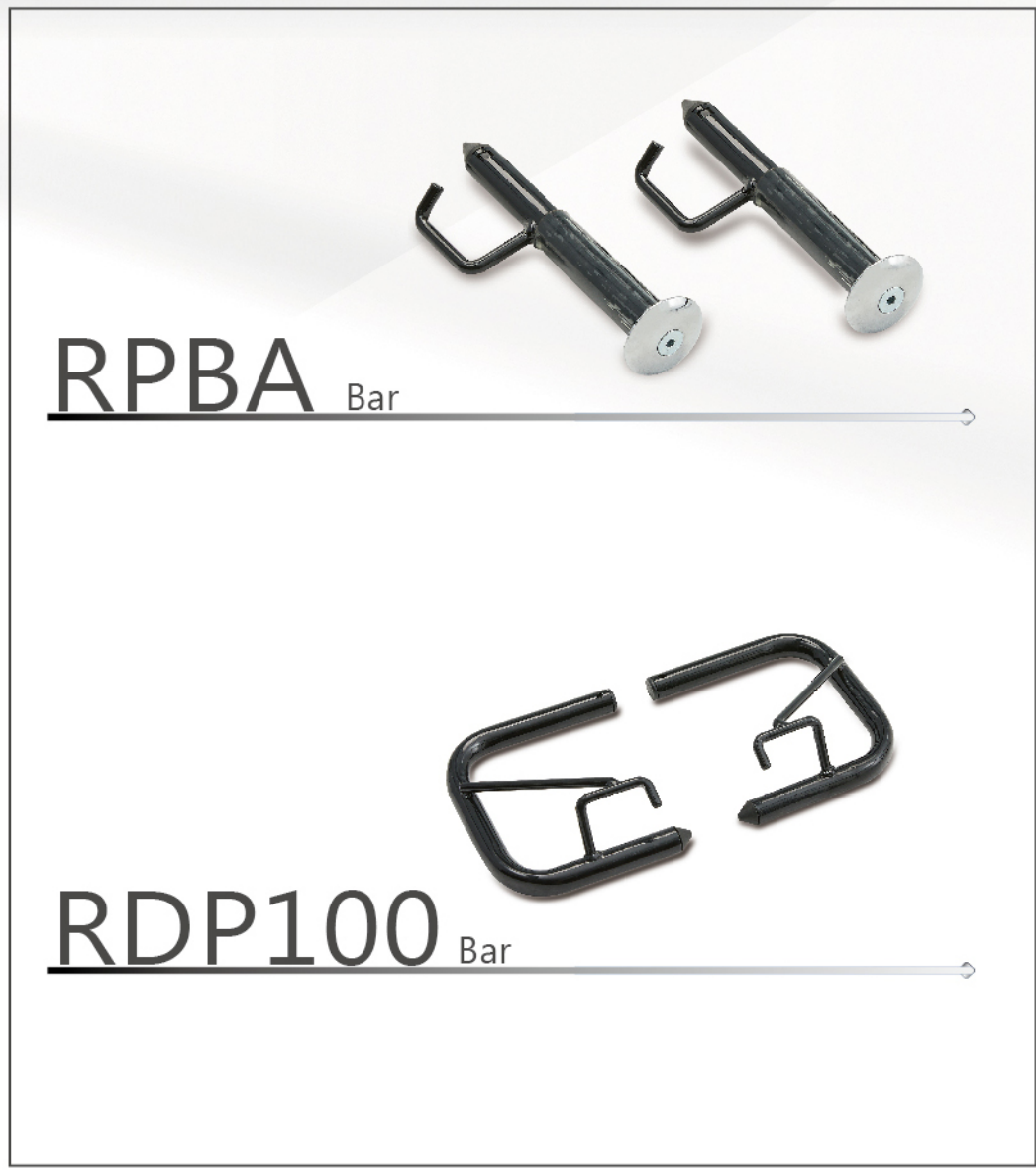
SPEC





RLA100 Lat Pulldown

The lat pulldown attachment RLA100 is an optimum solution to level up your power rack without taking up space. It applies to exercisers who intend to strengthen the upper body and glutes from the comfort of their home. The sturdy but lightweight devising of the RLA100 makes it easy to assemble, and its cable-driven system delivers a balanced and smooth workout force for muscle group development.



RPBA Bar



RDP100 Bar



Fitnex Product Specifications

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Rock Series Specifications

Frame Finish	One-coat powder process, electrostatically applied powder coat finish, signal black
Upholstery	CGPC 2" high density foam with PVC skin and durable double stitched upholstery
Handgrips	Flexible foam PVC handle
Welding	Continuous welds at all joints
Bearings	Copper products powder metallurgy at all pivot points
End Cap	High density molded plastic end caps
Cables	7×19 stainless steel, tensile strength cables for RFT / RMG30
Weight Stack	Plastic cement counterweight weight plates for smooth and durable operation for RMG30 / RFT
Max User Weight	Cast iron training plate append 40 lbs. / 18 kg for RFT Cast iron training plate append 70 lbs. / 32 kg for ROWB
Standard Weight Stack	100 lbs. / 45 kg (10 lbs. × 9 pcs + 10 lbs. top plate (one stacks)) for RMG30 107 lbs. / 49 kg (10 lbs. × 10 pcs + 7 lbs. top plate (one stacks)) for RFT



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

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PRODUCT CATALOG

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