



**FitnEx**

**Rock Series**  
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A full-page background image of a very muscular man in a gym. He is shirtless, showing his chest, abdominal, and arm muscles. He is holding the handles of a cable machine, with his arms slightly bent. The gym background is dark with some blurred lights and equipment.

# Fitnex Rock Series

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## RAB Adjustable Bench

The strength training bench RAB features a superior compact design with a height-adjustable roller that can take a wide range of free weight exercises. There are various fitness accessories the exercise allows to use with the bench RAB, including barbells, dumbbells, and kettlebells, which depend on their workout needs or goals.

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.

SPEC



VIDEO



## RPR Power Rack

The power rack RPR100 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.

SPEC



VIDEO





## RVKR Vertical Knee Raise

Take your fitness journey to the next level and sculpt a rock-solid core with the latest generation RVKR machine. Featuring multiple handgrips, it supports a wide range of bodyweight exercises, including chin-ups, dips, hanging leg lifts, and abdominal crunches. Whether you're looking to improve overall fitness, enhance grip strength, or target specific muscle groups, this machine delivers unmatched versatility and results.

SPEC



## 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.

SPEC



VIDEO







## RFT Functional Training Rack

The home gym equipment RFT features a lightweight but stable construction for convenient setup and conveyance. It has adjustable dual pulleys with a cable-driven system that provides smooth workout forces, and exercisers will experience proper resistance during unilateral or bilateral exercises.

SPEC







## 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 bodyweight 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.

SPEC



VIDEO



## RPBA Bar



## RDP100 Dip Bar



# Fitnexus Product Specifications

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## Rock Series Specifications

Frame Finish	One-coat powder process, electrostatically applied powder coat finish, black semi-matt for RMR100A / RMR100B / RDP100 / RLA100 / RPR / ROWB / RHAB / RMG30 / RFT / RAB / RPBA  One-coat powder process, electrostatically applied powder coat finish, black semi-matt and vermillion red for RVKR
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 carbon steel, tensile strength cables for RFT / RMG30
Upgrade	Add max. 40 lbs / 18 kgs with weight horns (length: 100 mm, dia: 1") for RFT Add max. 70 lbs / 32 kgs with weight horns (length: 100 mm, dia: 1") for ROWB
Standard Weight Stack	Concrete-filled plastic weight plates, both top and bottom plates are 10 lbs. 100 lbs. / 45 kg (RMG30-AO-10 lbs. × 9 pcs + 10 lbs. top plate × 1) for RMG30 107 lbs. / 49 kg (RFT-S-10 lbs. × 10 pcs + 7 lbs. top plate × 1) for RFT



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



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