

VMX – MULTI-MODE ROPE TRAINER

Ultimate Rope Training Versatility

VMX is a Multi-Mode Rope Trainer with three exercise modes - vertical pull, diagonal pull and horizontal pull. Each mode delivers unparalleled variety of strength and cardio exercises that target your entire body. Users can easily switch between modes with a simple and safe one-step carriage move.



Vertical Rope Position

- Bi-directional rope pull
- All-in-one upper body workout or individual muscle group isolation



Horizontal Rope Position

- Engage arms, core and legs
- Vary grip orientation for specific muscle emphasis



Diagonal Rope Position

- Work out seated or standing
- One workout targets both upper and lower body simultaneously

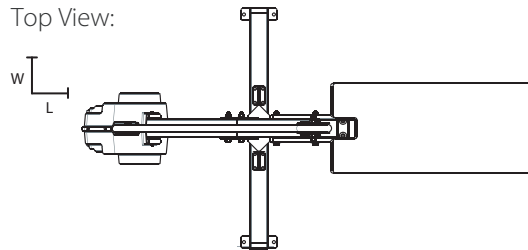
FEATURES AND BENEFITS

- One unit enables strength, cardio or rehabilitation exercises.
- Tri-position sliding carriage enables quick and easy mode changes.
- 7 resistance settings with dynamic breaking system that adapts to each user.
- Specially designed rope is soft and easy to grip, yet durable and long-lasting.
- Electronic display tracks distance, time, speed and calories.
- Unit dimensions (LxWxH): 81" x 36" x 92" (206 cm x 92 cm x 234 cm)
- Unit weight: 170 lbs. (77 kg)

WARRANTY

Lifetime: structural frame, weight stack plates (excluding coatings), 1 year: rope, pulleys, bearings, belts, cables, labor, 90 days: upholstery stitching

Top View:



MARPO