

MARPO

The World's Authority on Rope Training



ABOUT MARPO KINETICS

Marpo Kinetics was founded in 2006 by Marius Popescu, an engineer by profession and former competitive judo athlete and coach with a life-long passion for sports and fitness. His athletic career includes having had the honor of competing for 13 years on the US National Judo Team, earning numerous US National and Collegiate titles and as a member of the 1993 World Championship Team and the 1996 US Olympic Team. After retiring from competition, Marius coached at San Jose State University where he still continues to train and help promote the sport of Judo.

Having trained with climbing ropes throughout his competitive years, Marius fully understood the value of this imposing training modality. It became his mission to bring the benefits of rope training to those of all fitness levels. The result is a line of functional and effective exercise equipment that does much more than serve as a rope climbing alternative.

Developing the first functional prototype from his home garage, Marius worked with kinesiologists to create the comprehensive exercise protocols that have been praised by fitness practitioners worldwide. "Our Rope Trainers are all about delivering an intense and effective workout without compromising safety. Whether the goal is to build strength, endurance or cardiovascular conditioning, Marpo Rope Trainers are functional training powerhouses" says Marius.

Today, Marpo Rope Trainers are used in gyms, rehabilitative centers, and fitness facilities of all sizes in over 30 countries around the world. Each model is capable of delivering a more efficient calorie burn over traditional cardio trainers while also providing a strength workout that can outperform an entire suite of fixed movement machines.

Whether training professional sports teams or helping gyms retain and motivate members, Marpo Rope Trainers have proven to be some of the most versatile and highest-performing machines available anywhere.



ROPE TRAINER MULTI-MODE VMX

The VMX Rope Trainer features multi-mode adjustment for vertical, diagonal, horizontal and reverse pull. The easy-to-adjust sliding carriage allows for increased versatility for strength, cardio and functional training. The ability to alternate rope heights, grips and pull directions makes the VMX Rope Trainer the ultimate functional training tool.



SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance range 1-200 pounds (0.5- 90.7kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- Sliding carriage enables quick and easy rope mode changes: Vertical, Diagonal, Horizontal rope orientations.
- Specially designed rope is soft and easy to grip, durable and long-lasting
- Electronic display tracks distance, time, speed, and calories
- Unit Power Requirement: 3 AA batteries (unit does NOT require AC power source)
- Unit dimensions: 96"H X 82"L X 40"W (244cm X 208cm X 101cm)
- Weight: 210 lbs (95.5kg)
- Shipping Weight: 260 lbs (118kg)
- Shipping Size: 21"H X 54"L X 37"W (53cm X 137cm X 94cm)

VMX THREE60 ROPE TRAINER MULTI-MODE

MULTI-MODE • MULTI-USER • MULTI-FUNCTIONAL

Experience dynamic resistance rope training with the Marpo VMX THREE60 Rope Trainer. This multi-user, multi-mode, multi-functional training system allows for competitive team challenges, multi-user training sessions, full body strength, power and/or endurance workouts. The Dynamic Magnetic Braking (DMB) System builds functional grip strength through dynamic grip and re-grip patterns and consistently provides optimal resistance that can be adjusted for endurance, strength, power or combination training. The rope angle can also be adjusted to provide an array of functional movement patterns - push, pull, squat, lunge, bend and rotate.



SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance range 1-200 pounds (0.05-90.7kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- Sliding carriage enables quick and easy rope mode changes: Vertical, Diagonal, Horizontal rope orientations.
- Specially designed rope is soft and easy to grip, durable and long lasting
- Electronic display tracks distance, time, speed, and calories
- Unit Power Requirements: 2 AAA batteries (unit does NOT require AC power source)
- Unit dimensions: 97"H X 90"L X 46"W
- Weight: 600 lbs (272kg)
- Shipping Weight: 670 lbs (304kg)
- Shipping Size: 57" X 41" X 53"
- ADA compliant



TRAINING PROGRAM SERIES **THREE60**



To complement the VMX THREE60 Marpo has developed the THREE60 Training Series. A collaboration of experienced master trainers, the THREE60 Training Series offers a comprehensive training protocol that delivers optimal results with efficiency and safety. Using sets of three 60-second work periods as the building blocks of workouts and programs, the THREE60 Series combines functional movements with varied speeds and workloads to emphasize endurance, strength, power or a combination of all three.



FOR MORE PROGRAMING DETAILS & VIDEOS OF THE **VMX THREE60** GO TO:

marpokinetics.com/training

- Six programs (Each 3-6 weeks long)
- Accommodates up to 6 people
- Options for 25-50 minute full body workouts
- Modular rounds (3-10 minutes) and workouts
 - Mix and match to create new workouts and programs
 - Modular rounds can stand alone as workout components or daily challenges
- Personal Training, Partner Training, Small Group Training, Circuit Training
- Challenges for baseline and benchmark improvement measures
- Preview/Demo Workout for promotion
- Marketing Support
- Instructor training course available



VLT ROPE TRAINER COMPACT

The VLT Rope Trainer is a compact, lightweight and easy-to-use model that accommodates facilities with ceiling height limitations while delivering the same intense exercise experience provided by larger models. Features quick-release seat to allow for lower body, standing exercises and wheelchair accessibility. The VLT Rope Trainer allows for strength and cardio conditioning, rehabilitative exercise and provides a safe, accessible and more versatile rope climbing alternative for sports training programs.



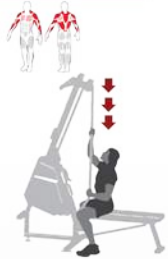
SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance range 1-200 pounds (0.5- 90.7kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- Quick Release/Remove Seat for standing workout modes
- Specially designed rope is soft and easy to grip, durable and long-lasting
- Electronic display tracks distance, time, speed, and calories
- Unit Power Requirement: 3 AA batteries (unit does NOT require AC power source)
- Unit dimensions: 94"H X 49"L X 40"W (239cm X 124cm X 101cm)
- Weight: 170 lbs (77kg)
- Shipping Weight: 220 lbs (100kg)
- Shipping Size: 21"H X 54"L X 37"W (53cm X 137cm X 94cm)
- ADA compliant



MARPO V-SERIES ROPE TRAINERS

VERTICAL PULL DOWN



VERTICAL PULL UP



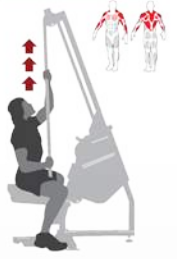
STANDING SIDE PULL



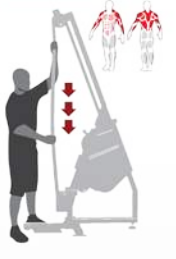
VERTICAL PULL DOWN



VERTICAL PULL UP



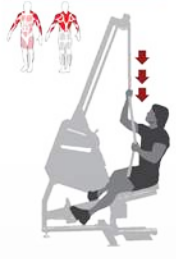
STANDING PULL DOWN



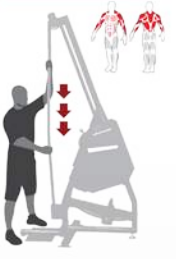
KNEELING PULL DOWN



SEATED PULL DOWN



STANDING PULL DOWN



SEATED BACK EXTENSION



KNEELING SIDE PULL



KNEELING LAT PULL



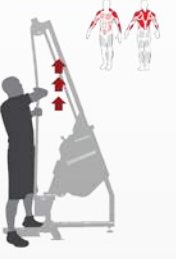
FIREMAN OVERHEAD PULL



STANDING PULL & LUNGE



SHOULDER LIFT



FIREMAN OVERHEAD PULL



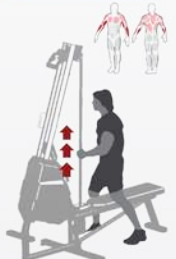
STANDING PULL & LUNGE



SHOULDER LIFT



BICEP LIFT



TRICEP PULL



FIREMAN OVERHEAD PULL



TRICEP PULL



STANDING SIDE PULL



KNEELING LAT PULL



STANDING SIDE PULL



KNEELING LAT PULL



STANDING AB CRUNCH



POWER SWING



SEATED DIAGONAL PULL



STANDING DIAGONAL PULL



STANDING LAT PULL



BICEP LIFT



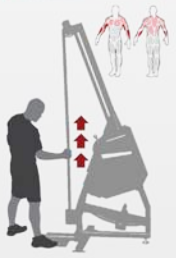
STANDING AB CRUNCH



STANDING LAT PULL



BICEP LIFT



TRICEP PULL





The World's Authority on Rope Training

■ 1-888-989-ROPE (7673) ■ MARPOKINETICS.COM

"We have been a huge fan of the Marpo Rope Trainers for years. Love training on it. This product fits into our philosophy of Train Different. Exercise options are endless and its fun."

-Mike Feeney, Executive Vice President, New Evolution Ventures (UFC Gym, Crunch)

"Love all the variations you can do on this device. Great burn for your back, biceps, triceps, shoulders and abs. "

-Joshua Morehouse, Club Manager San Ramon, Super Sport (24 Hour Fitness)

"People don't do pulling exercises as much as pushing, so they're neglecting their backs. Yet using these rope machines is very different from doing lat pulldowns and pull-ups because the hand-over-hand motion breaks the kinetic chain, forcing you to regrip each time. No other gym machine strengthens grip. Few others give you a user-defined range of motion that lets you focus on triceps, biceps, chest or hamstrings. Bottom line: You get a coordinated core, delt, back, forearm and grip workout that's beneficial for general fitness and all sports."

- Gunnar Peterson, Celebrity Trainer

"WOW! Awesome machine! Everyone loves it. It's a very functional piece and gets used a lot by our members."

- Joel San Nicolas, Owner, Suncrest Fitness

"Marpo Rope Climbers generate more positive feedback from members and staff than any other piece. The compact footprint really helps because space is tight at our facility."

- Steven Graves, Owner, Anytime Fitness

"The Marpo Rope Trainer is an amazing tool to improve upper body and core aerobic and anaerobic endurance. We have also found it very beneficial in working with athletes with lower body injuries that still need to improve their conditioning."

- Ryan Gallop, Director of Coaching at EZIA Human Performance

"Marpo Rope Trainers are popular with users at all of our locations where they are installed. Trainers and members appreciate their effective and fun workouts. Gym managers use these machines to impress and attract new prospects. Marpo Kinetics has proven itself as a reliable, trustworthy supplier."

- Eiji Tezuka, President and CEO, Think Fitness Japan