

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.



OUR PHILOSOPHY

SCIENTIFIC FOUNDATIONS

Marpo Kinetics is founded on scientific principle to develop a greater vision of the capabilities of the human body. This foundation answers the question, “how do we view the human structure and in what way can we enhance it through a constant adaptation of our training model?”

MOVEMENT VARIATION

Due to the adaptive ability of the human structure we must constantly seek to provide variable motion. We have adapted our training model to parallel the stresses received and mitigated by the human structure on a daily basis. This training model serves to allow optimal regeneration, leading to overall movement efficiency.

BODY WIDE COMMUNICATION

The human structure functions based on the interdependent relationship between muscle, fascia, skin and nerves. With this in mind, we designed our training model to encompass “influence movement” as a whole.

PROGRAMS & MOVEMENTS

MARPO TRAINING PROGRAMS

Specifically designed workout programs are provided with each unit to give personal trainers the safest and most effective functional training techniques for their clients. Programs include strength, endurance, cardiovascular conditioning and sports-specific workouts that optimize human performance, minimize injury and attract valuable clientele and membership.

MARPO WORKOUT MOVEMENTS

Marpo Workout Movements provide a quick-start overview of key Marpo Rope Trainer exercises. With clear visuals and easy-to-follow instructions, gym members of all fitness levels can integrate Marpo Rope Trainers into highly customizable and versatile exercise routines.

PATENTED TECHNOLOGY

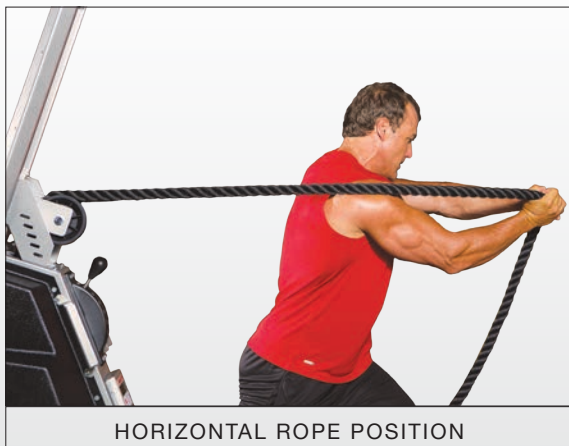
DYNAMIC MAGNETIC BRAKE (DMB) SYSTEM

Each Marpo Kinetics Rope Trainer uses a patented Dynamic Magnetic Brake (DMB) system allowing the user to vary the power output throughout the entire path of each pull of the rope. The DMB system constantly adjusts resistance automatically and instantaneously. Thereby allowing for maximum pulling force at the optimal point in each pull and instant resistance reduction at less optimal points in each pull. The result is continuity of performance and optimized resistance for each movement.



VMX ROPE TRAINER MULTI-MODE

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)

ROPE TRAINER WEIGHT ASSIST V250

The V250 Rope Trainer is a weight-assisted model that simulates actual rope climbing. The levitating seat moves with the user for instant feedback and a true climbing experience that engages the entire core, back, arms and grip. The weight-assist offsets body weight to allow those of all fitness levels to benefit from this uniquely effective exercise. Features a quick-release seat to allow for lower body, standing exercises and wheelchair accessibility. The V250 Rope Trainer delivers an exceptional strength and cardio conditioning workout that is as intense as it is safe.



QUICK RELEASE/REMOVE SEAT

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
- LED Display - provides seat location during climb
- 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: 100"H X 52"L X 40"W (254cm X 132cm X 101cm)
- Weight: 230 lbs (104kg)
- Shipping Weight: 280 lbs (127kg)
- Shipping Size: 21"H X 54"L X 37"W (53cm X 137cm X 94cm)
- ADA compliant

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



The VECTOR Rope Trainer is a portable, compact, and lightweight Rope Trainer that enables users to achieve full upper-body strength and cardio conditioning in one high-performance tool.

The VECTOR Rope Trainer can be pulled horizontally or upwards to deliver a wide variety of strength, upper-body cardio, or rehabilitative exercises. The transportability and small footprint make the VECTOR Rope Trainer an ideal tool for bootcamps, mobile training or group fitness programs.

SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance range 1-100 pounds (0.5- 45kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- 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: 35"H, 54"L, 28"W (89cm X 137cm X 71cm)
- Weight: 110 lbs (50kg)
- Shipping Weight: 150 lbs (68kg)
- Shipping Size: 23"H X 35"L X 30"W (58cm X 89cm X 76cm)





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