

SOLID ROCK



SOLID ROCK

PLATE-LOADED

Solid Rock's professional bodybuilding machines stand out for their innovation and careful aesthetics. A completely renewed design where curves and design prevail; with structure and painting of the automotive industry.



▲
DISCOVER
THE RANGE

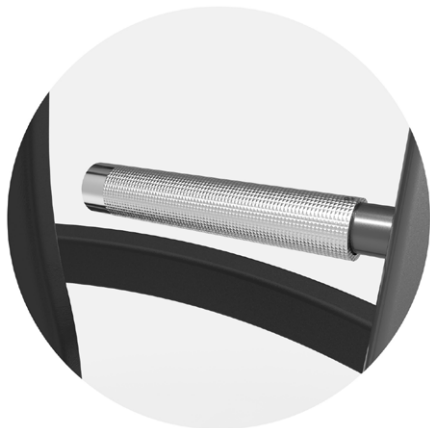


PLATE SUPPORT

Burnished steel plate supports, which provide more stability to the machine.

KNURLED GRIPS

Anodized aluminum handles with knurled knurling for better grip.



ADJUSTABLE SEATS

Chrome-plated seat post adjustable in 8 positions and laser numbered.



CHEST PRESS



PULLDOWN



SHOULDER PRESS



INCLINED CHEST PRESS



ROW



HACK SQUAT



LEG PRESS



LEG EXTENSIONS



LEG CURL



POWER RACK



HIP THRUSTER



SQUAT



CHEST PRESS PRESS VERTICAL SR01E

MEASURES - MEDIDAS
185 X 107 x 173 cm

TOTAL WEIGHT - PESO TOTAL
155 Kg

SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO
100 Kg aprox.



INCLINED CHEST PRESS PRESS INCLINADO SR04E

MEASURES - MEDIDAS
191 X 107 x 175 cm

TOTAL WEIGHT - PESO TOTAL
157 Kg

SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO
100 Kg aprox.



PULLDOWN
DORSALES
ISOLATERALES
SR02E

MEASURES - MEDIDAS
 148 X 160 x 193 cm

TOTAL WEIGHT - PESO TOTAL
 157 Kg

SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO
 100 Kg aprox.



ROW
REMO
SR07E

MEASURES - MEDIDAS
 147 X 171 x 133 cm

TOTAL WEIGHT - PESO TOTAL
 165 Kg

OTHERS - OTROS
 Non-slip aluminum in support platform
 Plataforma de aluminio antideslizante

SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO
 100 Kg aprox.



LEG EXTENSIONS EXTENSIÓN DE PIERNAS SR05E

MEASURES - MEDIDAS
153 X 157 x 115 cm

TOTAL WEIGHT - PESO TOTAL
135 Kg

OTHERS - OTROS
Multiposition backrest respaldo trasero
multiposición

**SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO**
100 Kg aprox.



LEG CURL FEMORAL SR08E

MEASURES - MEDIDAS
130 X 157 x 118 cm

TOTAL WEIGHT - PESO TOTAL
138 Kg

OTHERS - OTROS
Non-slip aluminum in support platform plata-
forma de aluminio antideslizante

**SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO**
100 Kg aprox.



SHOULDER PRESS
PRESS DE
HOMBRO
SR03E

MEASURES - MEDIDAS
 184 X 121 x 143 cm

TOTAL WEIGHT - PESO TOTAL
 157 Kg

SUPPORTED WEIGHT PER PLATE SUPPORT
PESO SOPORTADO POR SOPORTE DE DISCO
 100 Kg aprox.



DUMBBELL RACK
MANCUERNERO
SOLID ROCK
SRM6

MEASURES - MEDIDAS
 147 X 66 x 82 cm

TOTAL WEIGHT - PESO TOTAL
 62 Kg

OTHER - OTROS
 Support for 6 pairs of dumbbells
 Soporte para 6 pares de mancuernas

LEG PRESS

PRENSA

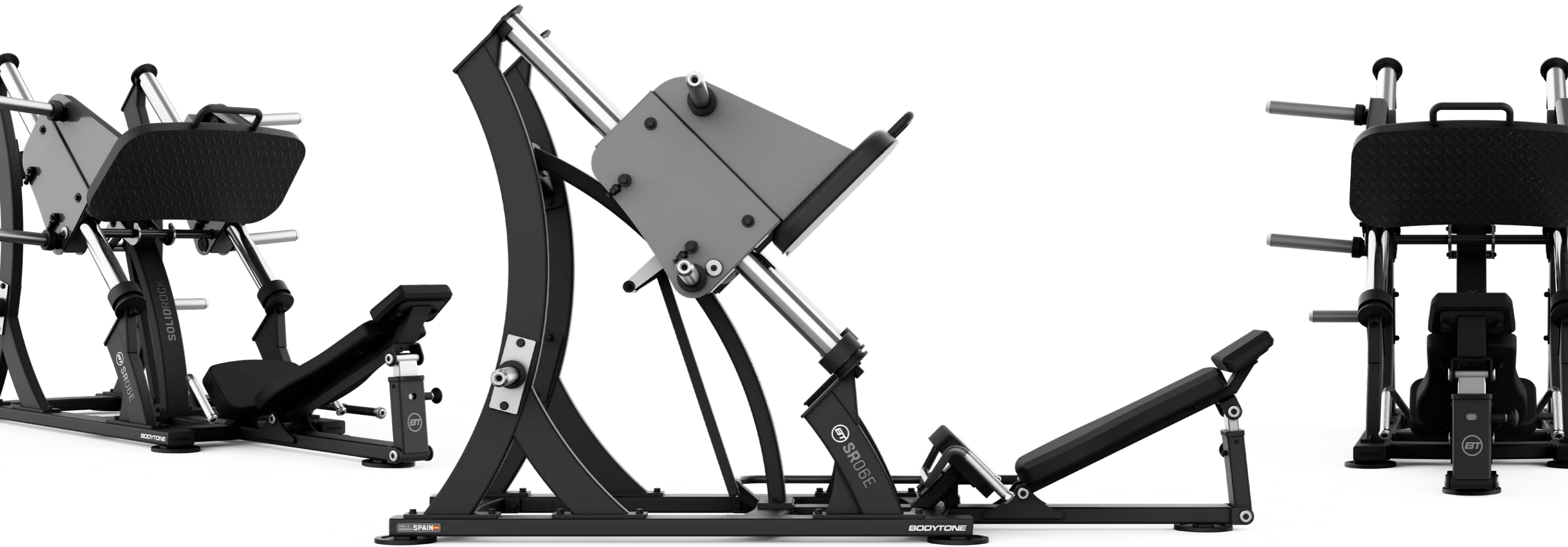
SRO6E

MEASURES - MEDIDAS
250 X 188 x 154 cm

TOTAL WEIGHT - PESO TOTAL
268 Kg

MAXIMUM LOAD - CARGA MÁXIMA
450 Kg

OTHERS - OTROS
Multiposition back, plate supports & safety
lock lever respaldo trasero multiposición,
soporte para discos y palanca de seguridad





POWER RACK
JAULA DE
SENTADILLAS
SR10P

MEASURES - MEDIDAS
 150 X 177 x 232 cm

TOTAL WEIGHT - PESO TOTAL
 215 Kg

OTHERS - OTROS
 Handles for pulls ups, security stops,
 plate supports
 Agarres para dominadas, topes de
 seguridad, soporte para discos



POWER RACK
JAULA DE
SENTADILLAS
SR10E

MEASURES - MEDIDAS
 150 X 177 x 232 cm

TOTAL WEIGHT - PESO TOTAL
 215 Kg

OTHERS - OTROS
 Handles for pulls ups, security stops,
 plate supports
 Agarres para dominadas, topes de
 seguridad, soporte para discos

HACK SQUAT

JACA SR09E

MEASURES - MEDIDAS

240 X 190 x 152 cm

TOTAL WEIGHT - PESO TOTAL

281 Kg

MAXIMUM LOAD - CARGA MÁXIMA

450 Kg

OTHERS - OTROS

Adjustable platform for feet, plate supports & safety lock lever
plataforma ajustable para pies, soporte para discos y palanca de seguridad



E N G

SQUAT SR12E



DIMENSIONS

174 x 156 x 87 cm

WEIGHT

119 Kg

LOADING CAPACITY

310 mm support brackets for 8 Bodytone discs of 20 kg per arm (up to 280 kg for training). 2 supports for storage of 4 Bodytone discs of 20 kg per side.

USER HEIGHT

Our machines are designed for a very broad spectrum of users, allowing the regulation of them to adapt to different user statures, from 150 to 200 cm approximately.

STRUCTURE

110x52 mm Steel pipe, 3 mm thick as per UNE EN 10219, quality S-275-J0H. Enriched and optimized to maintain a constant section in the bending process, avoiding fragile areas with low breakage rate. Cold bending process by 4-roller system to avoid deformation during the process, keeping its physical characteristics throughout the piece.

0 3 / 0 4

S T R E N G T H

E N G

SQUAT SR12E

AXLES

10 mm thickness plates cut by laser with another 10 mm plate for reinforcement, for a smooth movement without looseness or torsion produced for the continuous usage or loading.

BEARINGS

SFK double tapered roller bearing, allocated in closed bushing ensuring a constant direction movement.

GRIP AND HANDLES

Double grip to facilitate different types and angles of exercise. Double disc holder for heavier exercises. Handles in anodized aluminum, knurled favoring grip.

OTHERS

Plate supports made in burnished steel, providing more stability to the machine. Turned Aluminium endings. Screw hardness 10.9. Regulation system by a single bolt made of techno polymer with 750 shear rate. 4 non-slip rubber bases.

S T R E N G T H

PAINTING PROCESS

3 layers of paint. Steel pickling and stabilized by immersion of the parts in different degreasing solutions to ensure a perfect and complete cleaning of the base material. Antioxidant primer to ensure adequate isolation of internal oxidation and good paint adhesion. 2 final coats of epoxy paint.

DESIGN PROCESS

Ergonomic and biomechanical study under our associated professional athletes. After a long design process; from the drawing of the sketch, prototypes making and tested by athletes our products are released to the market.

WELDING

Perimeter closing welding in structural points and union plates.

ASSEMBLY PROCESSES

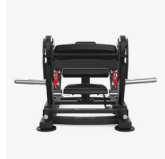
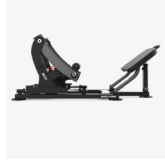
10 mm plate-against Plate system, to avoid looseness and torsion in maximum effort areas. Ergonomic and biomechanical research optimized for every exercise.



0 4 / 0 4



HIP THRUSTER SRO1E



DIMENSIONS

146 x 201 x 79 cm

WEIGHT

157 Kg

LOADING CAPACITY

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HIP THRUSTER SRO1E

BEARINGS

SFK double tapered roller bearing, allocated in closed bushing ensuring a constant direction movement.

SEAT AND BACK

Leather simile perspiration resistant, antibacterial and antiallergenic. Back pad, seat pad and rolls in foam 80 kg/m³ density that provides an optimum support for your training and a uniform contact. Resistant to deformation.

ADJUSTMENTS

Chromed seat post adjustable with 8 laser numbered positions.

CARRIAGE

Sliding and adjustable in depth on chrome steel guides, adjustable with lever mechanism.

ADJUSTABLE PLATFORM

Base for feet adjustable in inclination in 4 positions by pop pin. Platform for feet support made of non-slip aluminum.

OTHERS

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4 non-slip rubber bases.

Included 4 rubbers with different degrees of strength.

