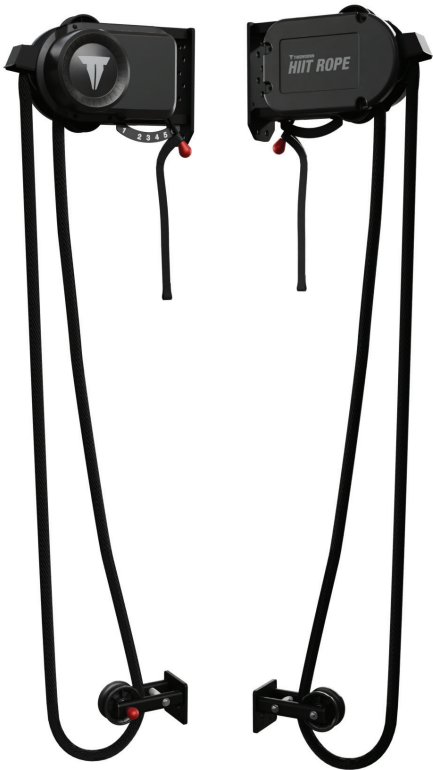


HIIT Rope

The Throwdown HIIT Rope delivers a full-body strength and conditioning workout through continuous rope climbing and pulling movements that target the back, shoulders, arms, grip, core, and legs. This dynamic modality supports both high-intensity intervals and steady-state endurance training, making it an ideal solution for functional training spaces. Designed for versatility, it can mount to the Throwdown XTC Standard, Compact, or Alpha Rigs, or the standalone Throwdown Freestand, integrated with the Nautilus Multi-Station, or adapted to fit non-Throwdown rigs with an optional adapter kit. Whether you're outfitting a compact training zone or a full-scale facility, the HIIT Rope offers scalable, space-smart performance for any environment.



**Product shown with optional external pulley*

Base Features	
Length	22 in (55.8 cm)
Width	8.2 in (20.7 cm)
Height	16 in (40.6 cm)
Resistance technology	Magnetic Resistance with resistance control lever
Resistance levels	6 levels of resistance
Rope	3 Strand Twist
Max user weight	350 lb (159 kg)
Frame construction	Heavy-gauge welded steel
Color scheme	Matte Black
Finish	Electrostatic Powder Coating for long lasting durability
Machine weight	41.7 lb (18.9 kg)
Shipping dimensions	26.4 IN x 16.5 IN x 18.9 IN
Shipping weight	50.5 lb (22.9 kg)
SKU	

TD-RPT01

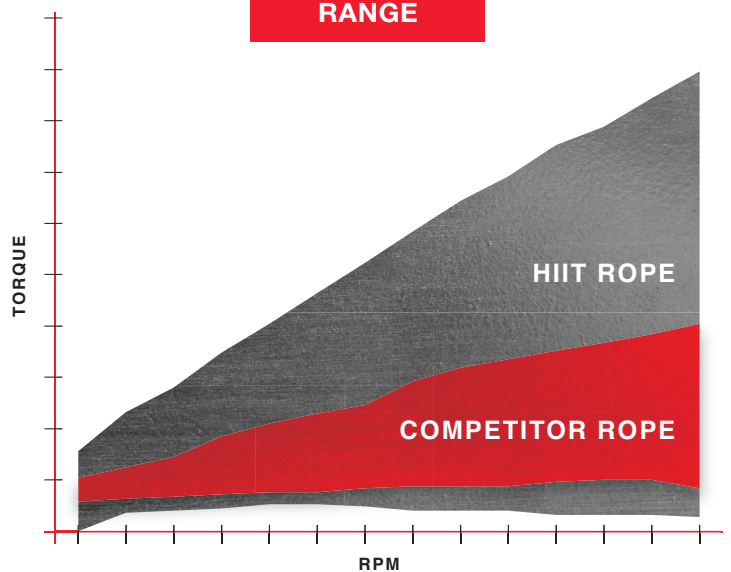
HIIT Rope Optional Accessories

Adapter Kit 73-00298

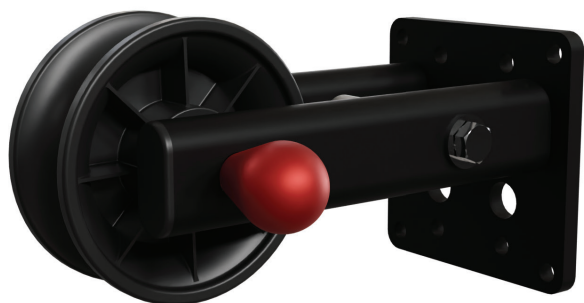


Adapter Kit allows the HIIT Rope to be mounted to any competitor rig.

RESISTANCE RANGE



Easier at the bottom, harder at the top! More than twice the resistance than the top competitor.



External Pulley 73-00293

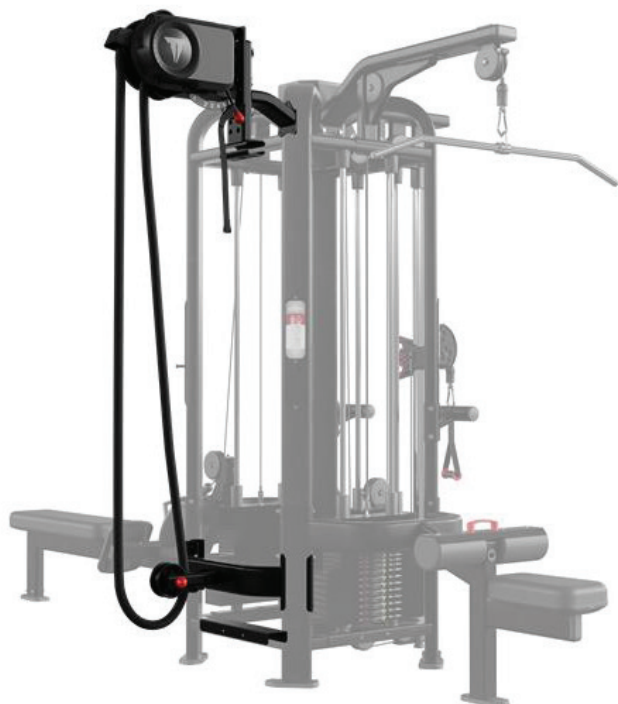
Length	10.8 in (27.5 cm)
Width	7.5 in (19 cm)
Height	6.1 in (15.5 cm)
Frame construction	Heavy-gauge welded steel
Color scheme	Matte Black
Machine weight	8.8 lb (3.8 kg)
Shipping dimensions	13.8 in x 12.2 in x 7.5 in (33.5 cm x 23 cm x 20.5 cm)
Shipping weight	9.9 lb (4.5 kg)

HIIT Rope Optional Accessories



Freestand 9-TD-RPT-S-60

Length	45 in (114 cm)
Width	63 in (160 cm)
Height	92 in (234 cm)
Resistance technology	Magnetic Resistance with resistance control lever
Resistance Levels	6 levels of resistance
Rope	3 Strand Twist
Attachments	HIIT Rope plus 2 external pulleys
Max user weight	350 lb (159 kg)
Frame construction	Heavy-gauge welded steel
Color scheme	Matte Black
Finish	Electrostatic Powder Coating for long lasting durability
Machine weight	142 lb (64 kg)
Shipping Dimensions	93 in x 47 in x 23 in (236 cm x 119 cm x 58 cm)
Shipping Weight	243 lb (110 kg)



HIIT Rope Mount 731-9678

Length	24 in (61 cm)
Width	22 in (56 cm)
Height	95 in (241 cms)
Machine Weight	34 lb (16 kg)
Shipping Weight	41 lb (19 kg)