

FITNESS

*Maxi
Tannac
Benches
Storage units*



LARQ
PERFORMANCE & FITNESS



**Our knowledge developed in high performance sport
made available to all users**

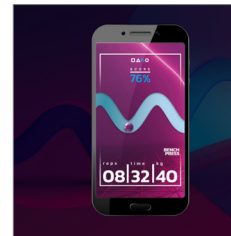
LAROQ





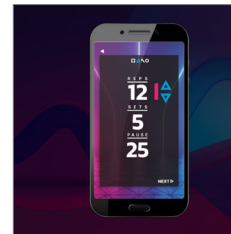
CURVE WORKOUT @LAROQ

@LAROQ's Curve Workout is an innovative solution with sensors coupled with an application which enables participants to be guided and motivated in their quest for performance.



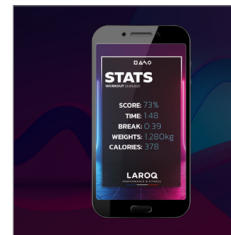
GUIDING

The main advantage of the CURVE solution : guiding and optimizing the movement during exercises in an appealing way. For example, trying to keep a ball in a curve which oscillates and scrolls past. The various phases of the movement must be completely mastered for better performance. Several levels with predefined settings are on offer in order to get going quickly.



MEASURING

The CURVE solution enables the training performances to be analysed in real time thanks to innovative technology designed 100% for sports clubs and their members. Repetitions, series, rest breaks, all the training information and statistics are recorded, which enables performance to be analysed, anticipated and shared.



FACILITATING

The CURVE application is downloadable for participants and very easy to use. Ergonomic, it was designed to give only useful information to participants before and after the exercise. The sensors are very easy to install on the machines, even when retrofitting. No connection is necessary.

GUIDING

All the exercises can be followed on the App Curve Workout @LAROQ available for free downloading on Play Store for Android and App Store for iOS.

The participant defines his parameters so as to determine the training programme which suits him best. Three predefined levels are available in order to offer the user a quick set-up for a workout.

A sinusoidal curve scrolls across the screen more or less quickly and with more or less accentuated oscillations. It is up to the user to keep the ball in the curve.

During the exercise, various data are displayed to enable the performance to be monitored : time spent, number of répétitions and series. Direct commentaries appear on the screen to help maintain concentration and execute the movement perfectly.

TO DOWNLOAD ON



PROGRAMMES

Several workout programmes ranked by level of difficulty are available. In these programmes, the number of series, the number of repetitions, rest breaks, and advice for improving the execution of the exercise are given. All in all, 16 programmes are on offer.

MEASURING

Measuring is a basic key to motivation for athletes. This is why each session ends with a summary of the performance and the day's improvement. The goal is to motivate users to excel, especially relative to their past performances.

These data are the property of the participants, who can use them as they wish, with no fear of their being communicated to other parties, except by themselves.

At the end of the exercise, it is time for the score ! All the statistics from the exercise enable an evaluation to be made. They are the member's property, and may be freely shared.



FACILITATING

Everything has been taken into account to make the @LAROQ CURVE WORKOUT solution extremely simple to use.

For the participant

1. I open my APP and scan the QR code which is clearly displayed on the machine and that is all ! The load is automatically detected by the App, which communicates with the radar sensor of the machine.
2. The data displayed are the only useful ones. Nothing superfluous. The time spent, the number of repetitions and the series are on screen. A few motivational messages also appear.
3. Lastly, the end-of-exercise statistics return to easy things to memorize, such as the number of tons lifted ! More information for experts is also downloadable.

For the manager of the equipment

1. For the group of machines equipped with the @LAROQ CURVE WORKOUT solution, no particular maintenance is required.
2. No connection is necessary. The sensors are battery-powered and need to be recharged only once or twice a year, maximum. The very low consumption of the sensors is the fruit of detailed research which makes the @LAROQ CURVE WORKOUT the most efficient on the market.
3. The solution can easily be installed on old machines, of different makes. Digitalizing your machines has become a realistic goal for a controlled budget.



Made in France



MAXI

A range of weight stack machines, entirely customizable to respond to demanding users with maximum comfort



COMFORT

MAXI machines are designed to respond to all types of users: beginners or advanced. A quick start assistance is available. Loads are adjustable from 2.5 to 25kg for a real progressivity of effort.



ERGONOMICS

For flexible exercise, the weight stacks, specially processed for us, are guided by very high-resistance rubber straps. Angles, plates, backrests, seats are adjustable.



CUSTOMISATION

Frame and upholstery colors can be chosen freely. Tell us what your logo is: we will put it on weight stack guards, embroider it on upholstery (optional).

MX04

LAT ROW



... 175 cm
 ... 150 x 110 cm
 ... 240 kg
 ... 100 kg
 ... 140 kg

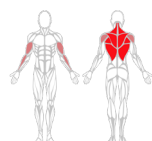
FEATURES



Revolving rowing handle



Nonslip footrest



Main muscles
 . Trapezius
 . Back muscles

Secondary muscles
 . Posterior deltoids
 . Forearm
 . Biceps

MX57

GRAVIT MACHINE



... 210 cm
 ... 115 x 135 cm
 ... 290 kg
 ... 80 kg
 ... 100 kg

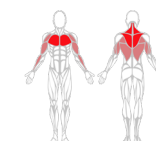
FEATURES



Lifting table



Adjustable handgrips



Main muscles
 . Back muscles
 . Triceps
 . Pectorals

Secondary muscles
 . Biceps
 . Forearm
 . Trapezius
 . Anterior deltoids

MX05

LAT PULL DOWN



... 215 cm
 ... 120 x 145 cm
 ... 250 kg
 ... 100 kg
 ... 140 kg

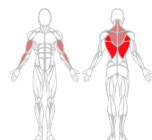
FEATURES



Adjustable starting height



Adjustable pad



Main muscles
 . Back muscles

Secondary muscles
 . Trapezius
 . Biceps
 . Forearm

MX41

DIVERGING ROWING



... 132 cm
 ... 85 x 170 cm
 ... 230 kg
 ... 80 kg
 ... 120 kg

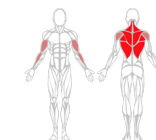
FEATURES



Adjustable chest pad



Height adjustable seat



Main muscles
 . Trapezius
 . Back muscles

Secondary muscles
 . Posterior deltoids
 . Forearm
 . Biceps

MX42

CONVERGING SEATED SHOULDER PRESS



... 150 cm
 ... 95 x 175 cm
 ... 250 kg
 ... 80 kg
 ... 120 kg

FEATURES



Adjustable arm position



Independant arms



Main muscles
 . Anterior deltoids

Secondary muscles
 . Lateral deltoids
 . Triceps

MX24

CURL PUPIL BICEPS



... 135 cm
 ... 120 x 95 cm
 ... 190 kg
 ... 80 kg
 ... 120 kg

FEATURES



Adjustable range of motion



Multiposition handles



Main muscles
 . Biceps

Secondary muscles
 . Forearm

MX53

TRICEPS DIPS



... 145 cm
 ... 90 x 100 cm
 ... 260 kg
 ... 100 kg
 ... 140 kg

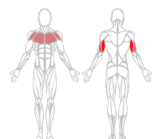
FEATURES



Height adjustable seat



Ergonomic handles



Main muscles
 . Triceps

Secondary muscles
 . Pectorals
 . Anterior deltoids

MX07

BUTTERFLY



... 150 cm
 ... 115 x 150 cm
 ... 270 kg
 ... 80 kg
 ... 120 kg

FEATURES



Standard quick start



Height adjustable seat



Main muscles
 . Pectorals

Secondary muscles
 . Anterior deltoids

MX40

HORIZONTAL CHEST PRESS CONVERGING



... 150 cm
 ... 100 x 150 cm
 ... 250 kg
 ... 100 kg
 ... 140 kg

FEATURES



Adjustable arm position



Height adjustable seat



Main muscles
Pectorals

Secondary muscles
Triceps
Anterior deltoids

MX43

CONVERGING LYING CHEST PRESS



... 132 cm
 ... 120 x 240 cm
 ... 260 kg
 ... 100 kg
 ... 140 kg

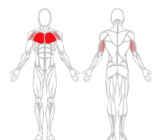
FEATURES



Adjustable arm position



Nonslip footrests



Main muscles
Pectorals

Secondary muscles
Triceps
Anterior deltoids

MX39

UPPER ABS



... 135 cm
 ... 136 x 100 cm
 ... 190 kg
 ... 80 kg
 ... 120 kg

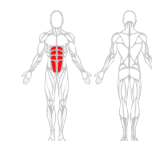
FEATURES



Adjustable range of motion



Lumbar support



Main muscles
Abdominals

MX59

ROTARY TORSO



... 135 cm
 ... 95 x 145 cm
 ... 200 kg
 ... 80 kg
 ... 120 kg

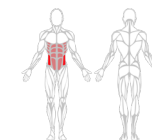
FEATURES



Adjustable range of motion



Right and left rotation



Main muscles
Obliques

Secondary muscles
Abdominals
Anterior dentate

MX11

MULTI-HIP



155 cm
95 x 155 cm

250 kg
80 kg

120 kg

FEATURES



Adjustable leg pad



Handle



Main muscles
. Gluteal
. Abductors
. Adductors

MX17

ABDUCTOR



155 cm
80 x 165 cm

260 kg
80 kg

120 kg

FEATURES



Handgrips



Pivoting leg pads



Main muscles
. Abductors

MX18

ADDUCTORS



155 cm
80 x 165 cm

270 kg
80 kg

120 kg

FEATURES



Adjustable range of motion



Standard quick start



Main muscles
. Adductors

MX19

ADDUCTORS ABDUCTORS



175 cm
80 x 170 cm

260 kg
80 kg

120 kg

FEATURES



Adjustable range of motion



Pivoting leg pads



Main muscles
. Abductors
. Adductors

MX14

LEG EXTENSION QUADRICEPS



... 145 cm
 ... 135 x 100 cm
 ... 240 kg
 ... 100 kg
 ... 140 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Quadriceps

MX51

LEG EXTENSION LEG CURL



... 145 cm
 ... 140 x 100 cm
 ... 250 kg
 ... 100 kg
 ... 140 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Quadriceps
 . Hamstrings

MX50

LEG CURL SEATED



... 145 cm
 ... 150 x 100 cm
 ... 252 kg
 ... 80 kg
 ... 120 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Hamstrings

MX33

LYING LEG CURL



... 135 cm
 ... 170 x 100 cm
 ... 220 kg
 ... 80 kg
 ... 120 kg

FEATURES



Secure prone position



Adjustable range of motion



Main muscles
 . Hamstrings

MX20

HORIZONTAL LEG PRESS



175 cm
205 x 120 cm
240 kg
200 kg

FEATURES



Depth adjustable tray



Optional quick start



Main muscles
. Quadriceps
. Gluteal

Secondary muscles
. Hamstrings
. Calves
. Adductors
. Abdominals

MX26

45° LEG PRESS



175 cm
200 x 130 cm
450 kg
200 kg

FEATURES



Inclinable backrest



Plate holders Ø 51 mm



Main muscles
. Quadriceps
. Gluteal

Secondary muscles
. Hamstrings
. Calves
. Adductors
. Abdominals

MX48

LYING SQUAT PRESS



175 cm
230 x 115 cm
464 kg
200 kg
240 kg

FEATURES



Adjustable backrest from 0 to 90°



Adjustable shoulder & foot pads



Main muscles
. Quadriceps
. Gluteal

Secondary muscles
. Hamstrings
. Calves
. Adductors
. Abdominals

MX25

SEATED CALF PRESS



135 cm
135 x 110 cm
230 kg
100 kg
140 kg

FEATURES



Adjustable leg pad



Quick Start



Main muscles
. Calves

MX27

CABLE CROSS STATION



... 220 cm
 ... 415 x 80 cm
 ... 320 kg
 ... 80 kg
 ... 120 kg

FEATURES



Two pull up handles



Rotating pulleys



Main muscles
 . The whole of the body

MX27R

CABLE CROSS STATION WITH ADJUSTABLE PULLEYS



... 230 cm
 ... 465 x 80 cm
 ... 320 kg
 ... 80 kg
 ... 120 kg

FEATURES



Two pull up handles



Height adjustable &
 rotating pulleys



Main muscles
 . The whole of the body

MX34

DOUBLE PULLEY



... 235 cm
 ... 190 x 110 cm
 ... 380 kg
 ... 80 kg
 ... 120 kg

FEATURES



Pull up handles



Height adjustable &
 rotating pulleys



Main muscles
 . The whole of the body

MX35

ADJUSTABLE PULLEYS



... 216 cm
 ... 120 x 90 cm
 ... 190 kg
 ... 80 kg
 ... 120 kg

FEATURES



Rotating pulleys



Height adjustment



Main muscles
 . The whole of the body

TXCTIR_MX

FOUR PULLEYS STATION



... 220 x 280 cm 230 cm 800 kg

FEATURES



Four different pull stations



Up to four at the same time users

LIST OF MACHINES



Horizontal pull



Adjustable pulleys



Vertical pull



Top & Bottom Pulleys



TXCTIR + 27R

FOUR PULLEYS STATION + CABLE CROSS



... 560 x 280 cm 230 cm 1000 kg

FEATURES



Five different pulling machines



Up to five at the same time users

LIST OF MACHINES



Horizontal pull



Adjustable Pulleys



Vertical pull



Top & Bottom Pulleys



SST12

MULTI-STATION



... 227 cm
 ... 200 x 135 cm
 ... 220 kg
 ... 60 kg
 ... 100 kg

FEATURES



Upper limbs work



Lower limbs work



Main muscles
. The whole of the body

SST4_MX

CREATE YOUR OWN STAR4 STATION



AVAILABLE OPTIONS



Station building kit with adjustable pulleys



Station building kit with another STAR4 station

Create your own STAR4 station (SST4) by choosing the 4 stations among the machines of the MAXI range.

More than 20 different exercises can be added to the main station.

Example of Star4 configuration



... 270 x 300 cm
 ... 230 cm
 ... 1200 kg

FEATURES



Four different machine upper & lower body



Up to four at the same time users

LIST OF MACHINES



45° Leg Press



Adjustable pulleys



Lat pull down



Butterfly



CONTACT US TO DESIGN YOUR OWN STAR4

Made in France

TANNAC

A robust and well-designed range,
easy to use



DURABILITY

Mecano-welded frame with 3.2mm tubes, steel stack back protection, hauling straps at very high resistance. TANNAC machines were designed for intensive use.



STRENGTH

TANNAC machines, like all our ranges, are the result of our knowledge developed in high performance sport. They respond to high requirements in terms of biomechanics. Loads are adjustable to match the most demanding users' needs.



SELECTION

Option : frame colors (grey as standard), upholstery (black as standard), logo embroidery.



NC04

LAT ROW



... 175 cm
 ... 150 x 110 cm
 ... 240 kg
 ... 80 kg
 ... 140 kg

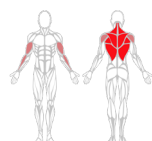
FEATURES



Handle rowing



Nonslip footrests



Main muscles
 . Trapezius
 . Back muscles

Secondary muscles
 . Posterior deltoids
 . Forearm
 . Biceps

NC57

GRAVIT MACHINE



... 210 cm
 ... 115 x 135 cm
 ... 290 kg
 ... 60 kg
 ... 100 kg

FEATURES



Lifting table



Adjustable handgrips



Main muscles
 . Back muscles
 . Triceps
 . Pectorals

Secondary muscles
 . Biceps
 . Forearm

NC05

LAT PULL DOWN



... 215 cm
 ... 120 x 145 cm
 ... 250 kg
 ... 80 kg
 ... 140 kg

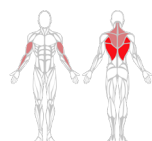
FEATURES



Adjustable starting height



Adjustable leg pad



Main muscles
 . Back muscles

Secondary muscles
 . Trapezius
 . Biceps
 . Forearm

NC41

ROWING DIVERGING



... 132 cm
 ... 85 x 170 cm
 ... 230 kg
 ... 80 kg
 ... 120 kg

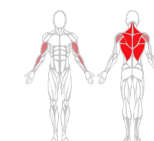
FEATURES



Adjustable chest pad



Height adjustable seat



Main muscles
 . Trapezius
 . Back muscles

Secondary muscles
 . Biceps
 . Forearm

NC42

CONVERGING SHOULDER PRESS



150 cm
95 x 175 cm
250 kg
80 kg
120 kg

FEATURES



Adjustable arm position



Independent arms



Main muscles
. Anterior deltoids

Secondary muscles
. Lateral deltoids
. Triceps

NC24

BICEPS



135 cm
120 x 95 cm
190 kg
60 kg
120 kg

FEATURES



Adjustable range of motion



Multiposition handles



Main muscles
. Biceps

Secondary muscles
. Forearm

NC53

TRICEPS DIPS



145 cm
90 x 100 cm
260 kg
80 kg
140 kg

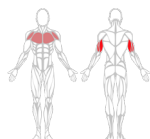
FEATURES



Height adjustable seat



Ergonomic handles



Main muscles
. Triceps

Secondary muscles
. Pectorals
. Anterior deltoids

NC07

BUTTERFLY



150 cm
115 x 150 cm
270 kg
80 kg
120 kg

FEATURES



Optional quick start



Height adjustable seat



Main muscles
. Pectorals

Secondary muscles
. Anterior deltoids

NC40

CONVERGING HORIZONTAL CHEST PRESS



● 150 cm
 ● 110 x 150 cm
 ● 250 kg
 ● 80 kg
 ● 140 kg

FEATURES



Adjustable arm position



Height adjustable seat



Main muscles
Pectorals

Secondary muscles
Anterior deltoids
Triceps

NC43

BENCH PRESS CONVERGENT



● 132 cm
 ● 120 x 240 cm
 ● 260 kg
 ● 80 kg
 ● 140 kg

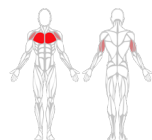
FEATURES



Adjustable arm position



Nonslip footrests



Main muscles
Pectorals

Secondary muscles
Anterior deltoids
Triceps

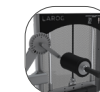
NC39

HIGH ABS



● 135 cm
 ● 136 x 100 cm
 ● 190 kg
 ● 60 kg
 ● 120 kg

FEATURES



Adjustable range of motion



Lumbar support



Main muscles
Pectorals

Secondary muscles
Anterior deltoids

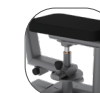
NC59

TORSO ROTATION



● 135 cm
 ● 95 x 145 cm
 ● 200 kg
 ● 60 kg
 ● 120 kg

FEATURES



Adjustable range of motion



Right and left rotation



Main muscles
Obliques

Secondary muscles
Abdominals
Anterior dentate

NC11

MULTI-HIP



155 cm
95 x 155 cm

250 kg
60 kg

140 kg

FEATURES



Adjustable leg pad



Handle



Main muscles
· Gluteal
· Abductors
· Adductors

NC18

ADDUCTORS



155 cm
80 x 165 cm

200 kg
60 kg

120 kg

FEATURES



Adjustable range of motion



Optional quick start



Main muscles
· Adductors

NC17

ABDUCTORS



155 cm
80 x 165 cm

260 kg
60 kg

120 kg

FEATURES



Handles



Pivoting leg pads



Main muscles
· Abductors

NC19

ADDUCTORS ABDUCTORS



175 cm
80 x 170 cm

200 kg
60 kg

120 kg

FEATURES



Optional quick start



Pivoting leg pads



Main muscles
· Abductors
· Adductors

NC14

LEG EXTENSION



● 145 cm
 ● 135 x 100 cm
 ● 240 kg
 ● 80 kg
 ● 140 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Quadriceps

NC51

LEG EXTENSION & LEG CURL



● 145 cm
 ● 140 x 100 cm
 ● 250 kg
 ● 60 kg
 ● 140 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Quadriceps
 . Hamstrings

NC50

SEATED LEG CURL



● 145 cm
 ● 150 x 100 cm
 ● 252 kg
 ● 60 kg
 ● 120 kg

FEATURES



Adjustable leg pad



Adjustable starting position & leg pad



Main muscles
 . Hamstrings

NC33

LYING LEG CURL



● 135 cm
 ● 170 x 100 cm
 ● 220 kg
 ● 60 kg
 ● 120 kg

FEATURES



Secure prone position



Adjustable range of motion



Main muscles
 . Hamstrings

NC20

HORIZONTAL LEG PRESS



175 cm
205 x 120 cm
240 kg
140 kg
200 kg

FEATURES



Depth adjustable footrest



Optional quick start



Main muscles
Quadriceps
Gluteal

Secondary muscles
Hamstrings
Calves
Adductors
Abdominals

NC26

45° LEG PRESS



175 cm
200 x 130 cm
450 kg
140 kg
200 kg

FEATURES



Inclinable backrest



Plate holders Ø 51 mm



Main muscles
Quadriceps
Gluteal

Secondary muscles
Hamstrings
Calves
Adductors
Abdominals

NC48

MIXT LYING SQUAT PRESS



175 cm
230 x 115 cm
464 kg
140 kg
200 kg

FEATURES



Adjustable backrest from 0 to 75°



Adjustable shoulder & foot pads



Main muscles
Quadriceps
Gluteal

Secondary muscles
Hamstrings
Calves
Adductors
Abdominals

NC25

SEATED CALF RAISE



135 cm
135 x 110 cm
230 kg
80 kg
140 kg

FEATURES



Adjustable leg pad



Quick Start



Main muscles
Calves

NC27

CABLE CROSS STATION



● 220 cm
 ● 415 x 80 cm
 ● 320 kg
 ● 60 kg
 ● 120 kg

FEATURES



Two pull up handles



Rotating pulleys



Main muscles
The whole of the body

NC34

DOUBLE PULLEY STATION



● 235 cm
 ● 190 x 110 cm
 ● 450 kg
 ● 60 kg
 ● 120 kg

FEATURES



Pull up handles



Adjustable & rotating pulleys



Main muscles
The whole of the body

NC27R

CABLE CROSS STATION WITH ADJUSTABLE PULLEYS



● 230 cm
 ● 465 x 80 cm
 ● 320 kg
 ● 60 kg
 ● 120 kg

FEATURES



Two pull up handles



Adjustable & rotating pulleys



Main muscles
The whole of the body

NC35

MULTIFONCTIONAL STATION



● 216 cm
 ● 120 x 90 cm
 ● 190 kg
 ● 80 kg
 ● 120 kg

FEATURES



Rotating pulleys



Height adjustable pulleys



Main muscles
The whole of the body

TXCTIR_NC

FOUR PULLEYS STATION



... 220 x 280 cm 230 cm ↓ 800 kg

FEATURES



Four different pull machines



Up to four at the same time users

LIST OF MACHINES



Horizontal pull



Adjustable Pulleys



Vertical pull



Top & Bottom Pulleys



TXCTIR + 27R

FOUR PULLEYS STATION + CABLE CROSS



... 560 x 280 cm 230 cm ↓ 1000 kg

FEATURES



Five different pulling machines



Up to five at the same time users

LIST OF MACHINES



Horizontal pull



Adjustable Pulleys



Vertical pull



Top & Bottom Pulleys



SST12_TC

MULTI-STATION



135 cm
200 x 135 cm
230 kg
60 kg
100 kg

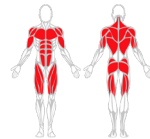
FEATURES



Upper limbs work



Lower limbs work



Main muscles
. The whole of the body

SST4_NC

CREATE YOUR OWN STAR4 STATION



AVAILABLE OPTIONS



Station building kit with adjustable pulleys



Station building kit with another STAR4 station

Create your own STAR4 station (SST4) by choosing the 4 stations among the machines of the MAXI range.

More than 20 different exercises can be added to the main station.

Example of Star4 configuration



270 x 330 cm
230 cm
1200 kg

FEATURES



Four different machines upper & lower body



Up to four at the same time users

LIST OF MACHINES



45° Leg Press



Adjustable Pulleys



Vertical pull



Butterfly



Contact us to design your own STAR4

Made in France



BENCHES

Simple and efficient



ADJUSTMENT

Multiple adjustments are available on our benches range, ensuring comfort and optimizing ergonomics during your workout.



STORAGE

Most of our benches are equipped with weight plates storage (standard Ø51 or optional 28cm), to optimize the space of your training facility.



SAFETY

All our benches and racks are compliant with international security norms.

BC33

OLYMPIC INCLINE BENCH PRESS



... 160 x 202 cm
... 185 cm



FEATURES

Height adjustable seat

Bar support hooks (3 heights)

4 disc holders Ø51mm

Ø51mm Olympic holders

BC04

OLYMPIC LYING PRESS



... 195 x 153 cm
... 137 cm



FEATURES

Bar support hooks (3 heights)
Adapted to Olympic bars

4 disc holders Ø51mm

Ø51mm Olympic holders

BC19

BICEPS BENCH



... 70 x 120 cm
... 102 cm



FEATURES

Height adjustable seat

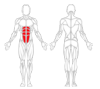
Integrated holders

BC23

ANATOMIC ABDOMINAL BENCH



... 142 x 70 cm
... 83 cm



FEATURES

Adjustable inclination

Lockable settings

BC34

OLYMPIC SEATED PRESS BENCH



... 160 x 104 cm
... 185 cm



FEATURES

Bar support hooks (3 heights)

4 disc holders Ø51mm

Ø51mm Olympic holders

BC61

OLYMPIC INCLINABLE PRESS BENCH



... 160 x 190 cm
... 160 cm



FEATURES

Incline adjustable
Adapted to Olympic bars

4 disc holders Ø51mm

Ø51mm Olympic holders

BC13

FLAT ABDOMINAL BENCH



... 162 x 70 cm
... 130 cm



FEATURES

Adjustable inclination

Adjustable foot pads

Lockable settings

BC25

ADJUSTABLE BACK EXTENSION



... 155 x 70 cm
... 124 cm



FEATURES

Adjustable leg pads

Inclinable trunk pad

Lockable settings

BC05

MULTIPOSITION BENCH



... 70 x 128 cm
: 120 cm



FEATURES

Adjustable backrest (0° to 80°)

Reclining seat (0° to 35°)

Transport wheels

Handles

BC20

FLAT BENCH



... 119 x 44 cm
: 44 cm



FEATURES

Multi-exercise bench

Seat height : 44 cm

BC06

SQUAT RACK



... 155 x 149 cm
: 169 cm



FEATURES

Bar support hooks (6 heights) adapted to Olympic bars

4 disc holders Ø51mm

Optional disc rest Ø28mm

BC29

MULTIPRESS



... 166 x 114 cm
: 220 cm



FEATURES

Adjustable bar position

7 levels of adjustment

4 disc holders Ø51mm

Maximum load : 160 kg

BC24

DIPS & CHINNING BAR



... 133 x 146 cm
: 223 cm



FEATURES

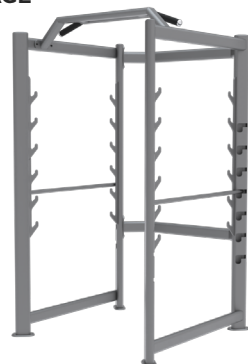
Nonslip footrests

Fixed pull bar

Dips handles

BC31

SQUAT CAGE



... 119 x 130 cm
: 212 cm



FEATURES

2 adjustable safety bars

6 bar positions

Pull up bar

BC30

SMITH MACHINE COUNTER BALANCE WEIGHT



... 220 x 119 cm
: 230 cm



FEATURES

Adjustable bar position

Lower safety stop

4 disc holders Ø51mm

Maximum load : 200 kg

BC32

INVERSION MACHINE



... 90 x 185 cm
: 214 cm



FEATURES

Lockable settings

Anti-tilt system

Reinforced stability

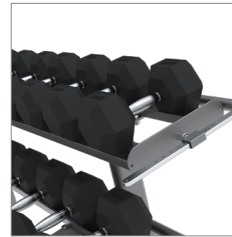
Ball-bearing axle

Made in France



STORAGE

A range of storage units adapted to free load workouts



SAFETY

All our storage devices respect international safety norms

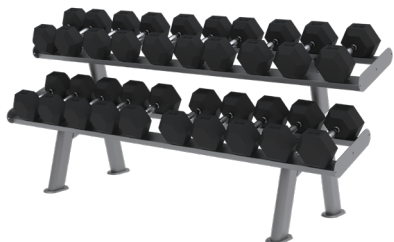


STORAGE

Most of our storage systems are equipped with plate holders (Ø51 standard or Ø28cm optional), in order to optimize space use in your training centre.

BC09

DUMBBELL RACK



... 201 x 66 cm : 84 cm

FEATURES

2 levels of storage

Provided without dumbbells

BC09S

SECURE DUMBBELL RACK



... 241 x 66 cm : 84 cm

FEATURES

2 levels of storage

Optional dumbbell securing system

Provided without dumbbells

BC47

HORIZONTAL BARBELL RACK



... 120 x 70 cm : 132 cm

FEATURES

Can hold 6 bars

Bars Ø28mm or Ø51mm

BC41

VERTICAL BARBELL RACK



... 119 x 70 cm : 26 cm

FEATURES

Can hold 10 bars

Standard : 51mm holders

Optional : 28mm holders

BC10

PLATE HOLDER



... 120 x 70 cm : 88 cm

FEATURES

2 levels of storage

Provided without plates

BC10+

PLATE HOLDER 12 HOLDERS



... 114 x 70 cm : 140 cm

FEATURES

3 levels of storage

Optional dumbbell securing system

Provided without plates

MODULAR STORAGE SYSTEMS

CREATE YOUR CUSTOMISED STORAGE

Modular storage systems according to all kinds of use and habits. Ideal for sorting and organizing all kinds of training accessories : dumbbells, kettlebells, medecine balls, wall balls, swissballs, bosu, floor mats, elastic bands, bars, sticks, discs...

EXAMPLE 1



EXAMPLE 2



EXAMPLE 3



LIST OF OPTIONS ON DEMAND

DISCOVER OUR OTHER WORLDS

PERFORMANCE

30 years of collaboration with physical trainers and high-level sportsmen



ACCESSORIES

Quality accessories to answer all the needs of all kinds of training session



FUNCTIONAL TRAINING

Functional training redesigned with LAROQ's know-how and expertise



CARDIO-TRAINING

Complete, reliable and heavy-duty cardio-training ranges to satisfy various training goals.



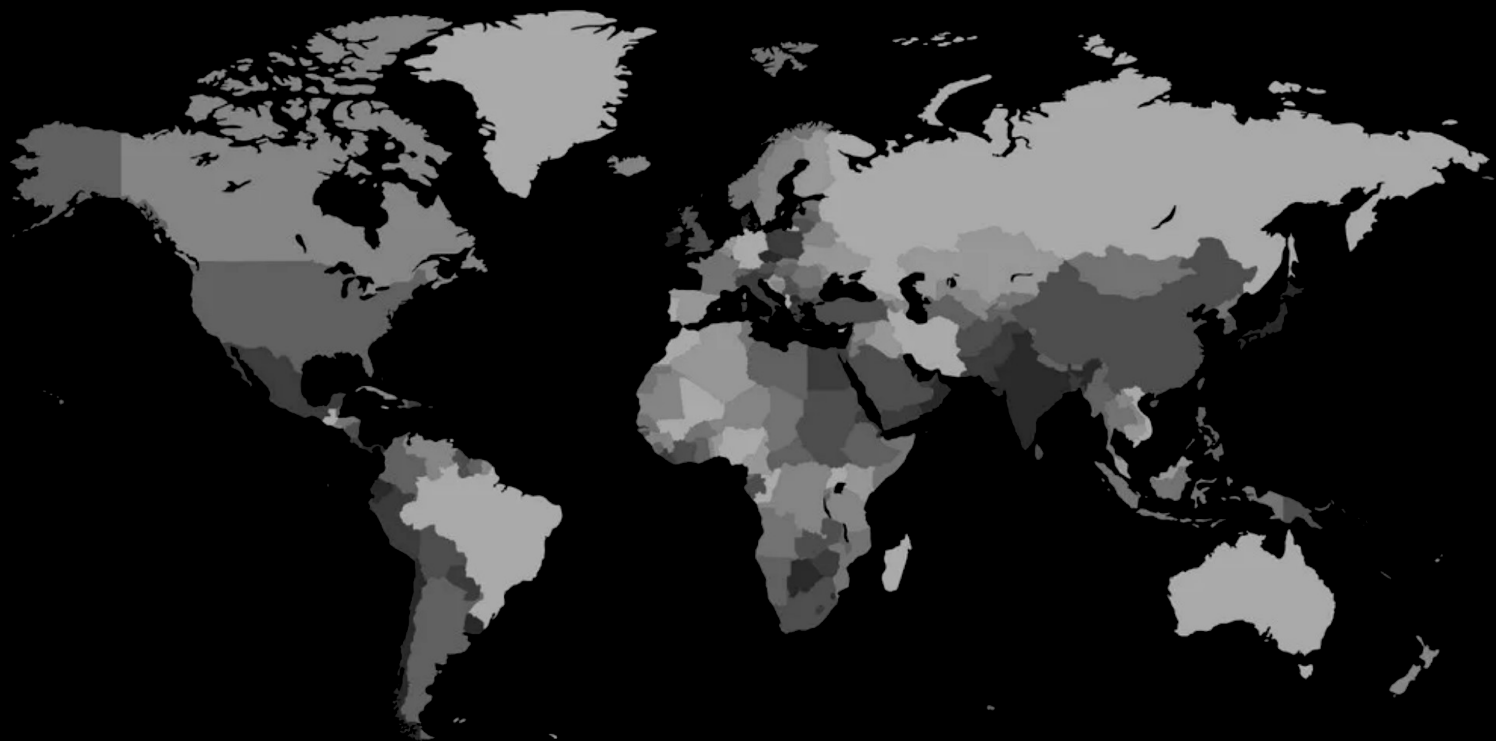
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LAROQ



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