

FUNCTIONAL TRAINING

*Multicross
Nomad 16
Firefighter circuit
Xroq*



LAROQ
PERFORMANCE & FITNESS

LA
FAB

100%
FRANÇAIS

Functional training looked at with LAROQ's know-how and expertise.

LAROQ



Made in France



MULTICROSS

A modular range offering quasi infinite possibilities to demanding cross-trainers



MODULARITY

MULTICROSS stations are composed of ready-to-assemble parts. A tremendous number of configurations is possible, adaptable to all spaces. Choose your basic models and options and customize your MULTICROSS space according to your needs and desires.



FREEDOM

You have the choice of an incredible number of options and accessories. Almost all the supports are height adjustable and detachable. Elastic-band supports have been specially provided for workouts with elastic bands. This is to satisfy all cross-training exercises.



ROBUSTNESS

Made with steel tubes (80x80 and 4mm thick), LAROQ MULTICROSS stations are the most stable in the fitness market. In most of the configurations they don't need to be fixed to a wall, they can be installed in very various spaces.

MULTICROSS

PERFORMANCE FOR CROSS-TRAINING

GRIP RANGE WITH FLOOR ANCHORING

CHOOSE YOUR STARTING MODULE



SELECT YOUR OPTIONS



GET THE PERFECT TRAINING MODULE



- Anchoring compulsory for this range. Ideal for training boxes. A choice of 13 possible options to customize your modules according to your wishes.

FREE-STANDING FREE RANGE

CHOOSE YOUR STARTING MODULE



SELECT YOUR OPTIONS



GET THE PERFECT TRAINING MODULE



- A stable and heavy-duty range
- Designed for high-performance sport
- A vast range of options for infinite possible structures.

MULTICROSS - GRIP RANGE

CHOOSE YOUR STARTING MODULE

BB18

WALL RACK



... 1272 x 2073 cm ... 2810 cm

FEATURES

Steel Epoxy painting
80 x 80 cm
3 mm thick
Pierced and numbered tubes

1 pair of bar catches

BB102

FULL RACK



... 2158 x 1272 cm ... 2810 cm

FEATURES

Steel Epoxy painting
80 x 80 cm
3 mm thick
Pierced and numbered tubes

2 pairs of bars catches

BB96

WALL RACK+



... 1272 x 2073 cm ... 3610 cm

FEATURES

Steel Epoxy painting
80 x 80 cm
3 mm thick
Pierced and numbered tubes

Pole height 360 cm

1 pair of bar catches

BB98

FULL RACK+



... 850 x 501 in ... 3610 cm

FEATURES

Steel Epoxy painting
80 x 80 cm
3mm thick
Pierced and numbered tubes

Pole height 360 cm

2 pairs of bars catches

MULTICROSS - GRIP RANGE *WITH FLOOR ANCHORING*

CHOOSE YOUR OPTIONS

BB101-A



Accessories hooks

BB101-B



1 Pair of bar catches

BB101-C



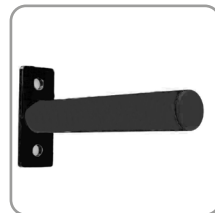
1 Pair of advanced safety bars

BB101-D



Target

BB101-E



Weight storage holder

BB101-F



Battle rope hook

BB101-G



Connecting bar between two modules

••• 2 m

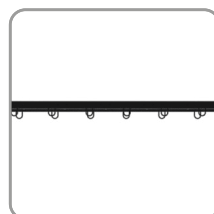
BB101-H



Connecting bar between two modules

••• 1,5 m

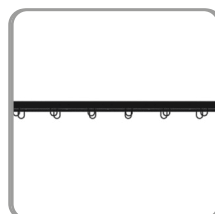
BB101-I



Connecting stem with two hooks between two modules

••• 2 m

BB101-J



Connecting stem with two hooks between two modules

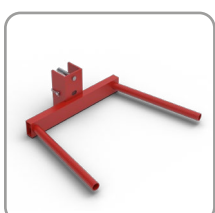
••• 1,5 m

BB101-K



Offset beam

BB101-L



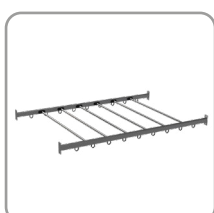
Dips station

BB101-O



2m Flat monkey bar

BB101-P

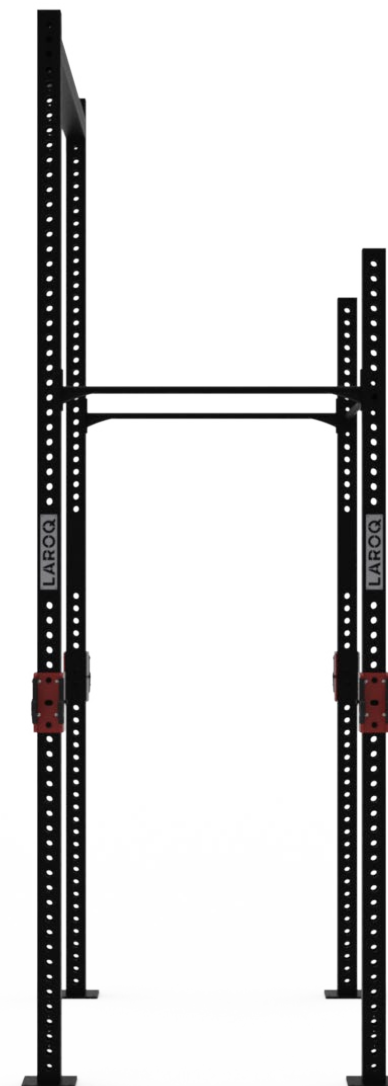


3m Flat monkey bar

BB101-Q



Outdoor coating



MULTICROSS - FREE RANGE

CHOOSE YOUR STARTING MODULE

BB28

HALF RACK



... 160 x 160 cm ... 230 cm

FEATURES

- Adjustable bar supports
- Adjustable bar holders
- Elastic supports
- Pull-up handles
- Disc holders Ø51 mm
- Vertical bar rack Ø51 mm

BB31

POWER RACK Ø51



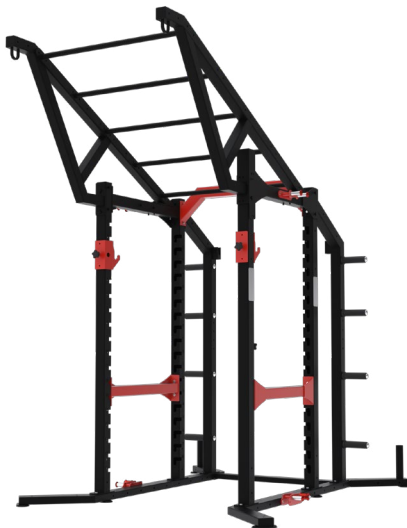
... 160 x 220 cm ... 229 cm

FEATURES

- Adjustable bar supports
- Adjustable safety bars
- Elastic supports
- Pull-up handles
- Disc holders Ø51 mm
- Vertical bar rack Ø51 mm

BB76

SUPER RACK Ø51



... 200 x 300 cm ... 300 cm

FEATURES

- Adjustable bar supports
- Adjustable safety bars
- Elastic supports
- Pull-up handles
- Disc holders Ø51 mm
- Vertical bar rack Ø51 mm
- 5-rung traction ladder

MULTICROSS - FREE RANGE

CHOOSE YOUR OPTIONS

OP1



Muscle-up bar

OP2



Triangular bar

OP3



Multigrip bar

OP4



Raised muscle-up bar

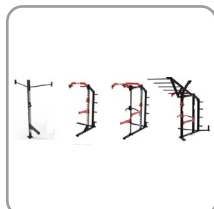
OP5



5-bar ladder

CONNECTION OPTIONS BETWEEN MODULES

OP6



Half module BB18 / BB28 / BB31 / BB76

OP7-A



Curved connecting ladder

... 3 m

OP7-B



Curved connecting ladder

... 2 m

OP8-A



Flat connecting ladder

... 3 m

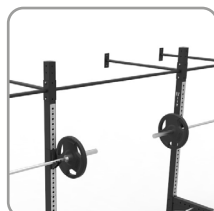
OP8-B



Flat connecting ladder

... 2 m

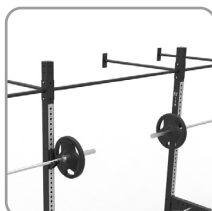
OP9-A



Muscle-up connecting bar

... 2 m

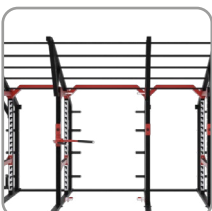
OP9-B



Muscle-up connecting bar

... 1.5 m

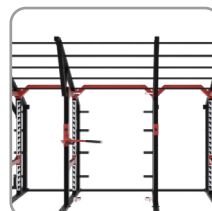
OP10-A



5-bar ascending connection ladder

... 2 m

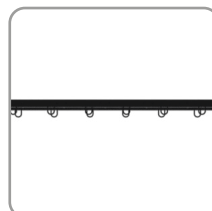
OP10-B



5-bar ascending connection ladder

... 1.5 m

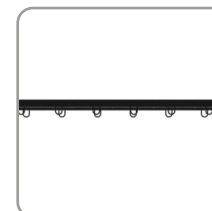
OP11-A



Connecting pole with hooks

... 2 m

OP11-B



Connecting pole with hooks

... 1.5 m



MULTICROSS - FREE RANGE

CHOOSE YOUR OPTIONS

SUPPLEMENTARY ACCESSORIES & MODULES

OP12	OP13	OP14	OP15	OP16	OP17	OP18	OP19	OP20
								
3-bar, lateral-mounting traction pole	Traction pole. Lateral mounting, 1 muscle-up bar	Kettlebell rack	Wall ball rack	Bumper rack	Dumbbell rack	Additional exterior bar-rest catches (pair)	Additional interior bar-rest catches (pair)	Advanced safety bar rest
OP21	OP22	OP23	OP24	OP25	OP26	OP27	OP28	OP29
								
Adjustable dips	Target	Climbing rope gallows	Punch-bag stem	Single-sleeved Grappler	Double-sleeved Grappler	1 Pair battle-rope ring catches	Adjustable jump platform	Adjustable jammer arms
	⋮ 4 m	⋮ 3 m						
OP30	OP31	OP32-A	OP32-B	OP33	OP34	OP35	OP36	OP37
								
Pair of adjustable deadlift arms*	Adjustable hip-thrust module	Detachable bench / adjustable height / breathing aperture*	Detachable bench (height adjustable bench and seat + breathing aperture) *	Dumbbell platform	Joining parts for 2 cages from the back	2 adjustable pulleys attached to the back of the structure	Outside coating	Customization kit

* not available on the BB28 module

MULTICROSS

EXAMPLES OF SET-UP



456 x 204 cm 300 cm

BB102 X2



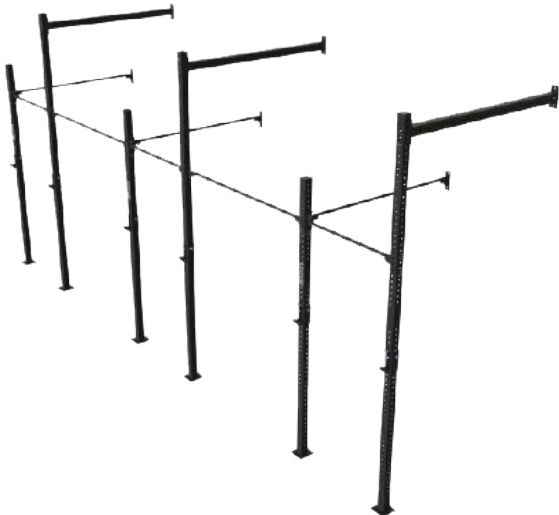
Full rack

OP101-G



Connection of modules

2 m



748 x 188 cm 360 cm

BB96 X3



Wall rack+

OP101-G



Connection of modules

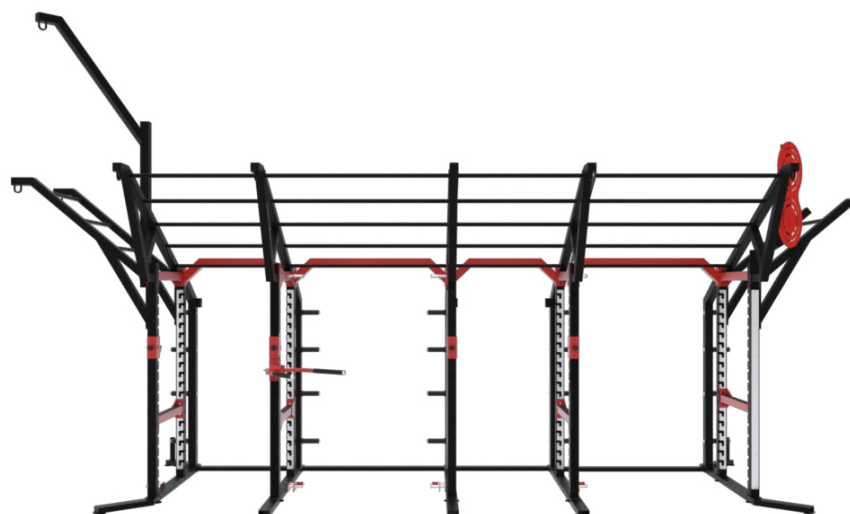
2 m

MULTICROSS

EXAMPLES OF SET-UP



••• 775 x 310 cm ••• 556 cm



••• 775 x 310 cm ••• 556 cm

EXAMPLES OF MODULES AND OPTIONS

BB76 X2



Super Rack Ø51

OP6X2



Half module BB76

OP12



3-bar, lateral-mounting traction pole

OP13



Traction pole.
Lateral mounting, 1
muscle-up bar

OP21



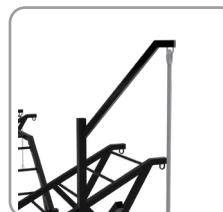
Adjustable dips

OP22



Target

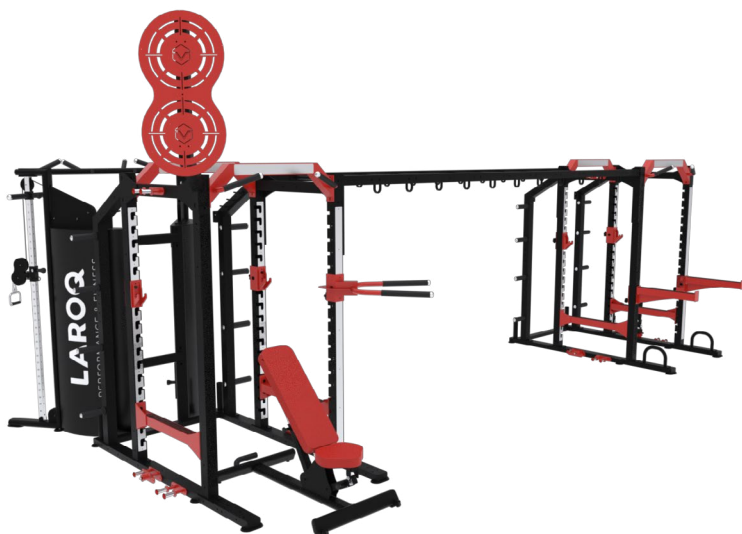
OP23



Climbing rope
gallow

MULTICROSS

EXAMPLES OF SET-UP



••• 770 x 365 cm ••• 330 cm



••• 770 x 365 cm ••• 330 cm

EXAMPLES OF MODULES AND OPTIONS

BB31x2



Super Rack Ø51

BC05



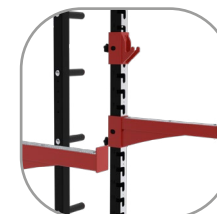
Adjustable bench

OP8-A



3 m flat connecting ladder

OP20



Advanced safety bar rest

OP21



Adjustable dips

OP22



Target

OP26



Double-sleeved Grappler

OP27



1 Pair battle-rope ring catches

OP13



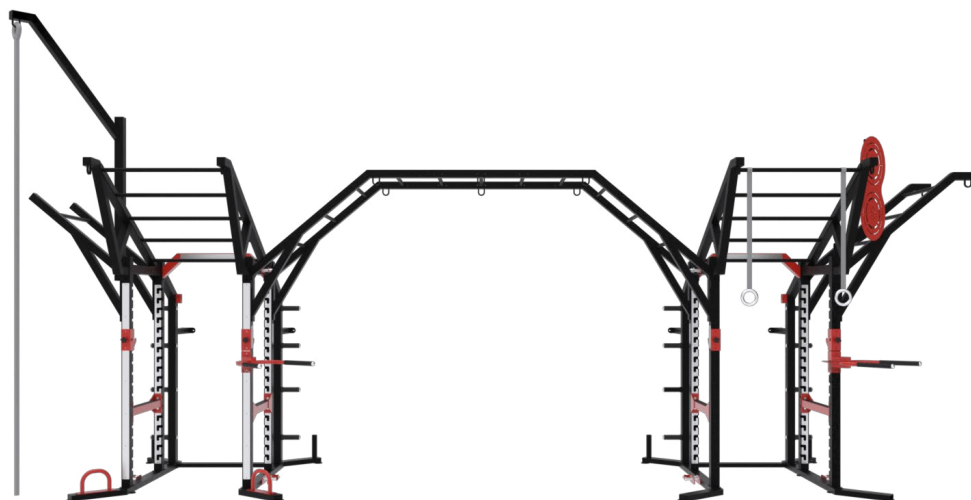
Traction pole. Lateral mounting, 1 muscle-up bar

MULTICROSS

EXAMPLES OF SET-UP



900 x 300 cm 450 cm



900 x 900 cm 450 cm

EXAMPLES OF MODULES AND OPTIONS

Options and accessories sold separately

BB76



Super rack Ø51

OP27



1 Pair battle-rope ring hooks

OP27-A



Inclined connecting ladder

OP12



3-bar, lateral-mounting traction pole

OP13



1-bar muscle-up traction pole. Lateral mounting

OP21 x2



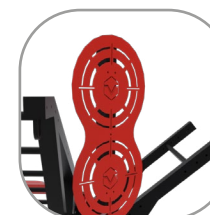
Adjustable dips

OP23



Climbing rope gallows

OP22



Target

MULTICROSS

EXAMPLES OF SET-UP



EXAMPLES OF MODULES AND OPTIONS

BB76 X2	OP10-A	OP22	OP24



EXAMPLES OF MODULES AND OPTIONS

BB31 X 2	OP1	OP8-A	OP12
OP13	OP21	OP20	OP27 X 2

Made in France



NOMAD16

Dismountable and transportable cross-training module



CONVENIENCE

A complete cross-training cage easy and quick to set up.



POLYVALENCE

Offers a great variety of exercises thanks to its numerous modules. The whole thing accessible to 16 people simultaneously.



TRANSPORTABLE

The NOMAD16 can easily be transported in a standard vehicle.

NOMAD 16

TRANSPORTABLE, FRENCH EXPERTISE

FRENCH	Design and manufacture 100% French
CONVENIENT	Rapid and intuitive set-up in 15 min by 2 people without tools. Shipped with 2 assembly manuals and exercise booklet
COMPACT	9.60 m2 (103 sq. feet) on the floor*
HEAVY DUTY	Galvanized steel, 2 mm thick
DIVERSITY	Entirely customizable, offering numerous exercise possibilities
POLYVALENCE	Can be used indoors and outside
RESISTANCE	Designed for intensive use with frequent mounting and dismantling, in all climates and saline air. Shock resistant, anti-rust
SAFETY	Equipped with identifiable safety hooks
GUARANTEE	5 years, structure & parts
AUTO-STABLE	On flat floor (lawn, sand, tarmac)
TRANSPORTABLE	By hand or with the help of a hoisting device without using a pallet. Stackable and transportable in many possible ways, including a light commercial vehicle
USE	Self-service and/or with coaching, with or without additional load
STANDARDS	Complies with EN 16630-2015

UP TO 16 PEOPLE SIMULTANEOUSLY

NOMAD16 is a compact, dismountable and transportable cross-training cage. All the expertise and know-how of LAROQ, the number 1 French manufacturer of body-building equipment, are present in this physical training module able to occupy up to 16 participants simultaneously, in a restricted space, indoors or out.



*Module presented with options **

Minimum height recommended for setting up the NOMAD16 indoors : 3.40 m (11.2 feet)

NOMAD 16

NUMEROUS WORKOUT STATIONS

The NOMAD16 by LAROQ proposes numerous workout stations enabling a great variety of exercises to be done, for up to 16 people simultaneously. This transportable module offers participants the chance to do muscle strengthening exercises, cardio-training, or stretches, with or without extra loads.

The varied NOMAD16 equipment enables all muscle groups to be worked on, efficiently and conveniently.

The proximity of the various workout stations also enables a « circuit training » mode to be adopted. The workout stations of the NOMAD16 are fixed with the help of safety hooks which are height adjustable and interchangeable without tools. The pole pins are equipped with anti-loss cables.

STANDARD BASIC EQUIPMENT



Battle rope rings



2 traction ladders



10 suspension strap rings



Weight bench, inclinable (20°)



2 safety hooks for height adjustable bars



2 height adjustable advanced bar rests



Target



Height adjustable Roman chair



Height adjustable dips support



Traction handles



Height adjustable training platform



Simple Grappler



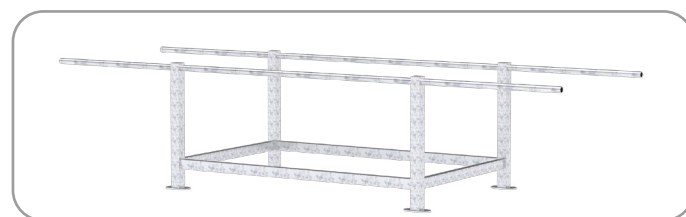
Height adjustable bar (pull-ups/push-ups)



Punch-bag stem



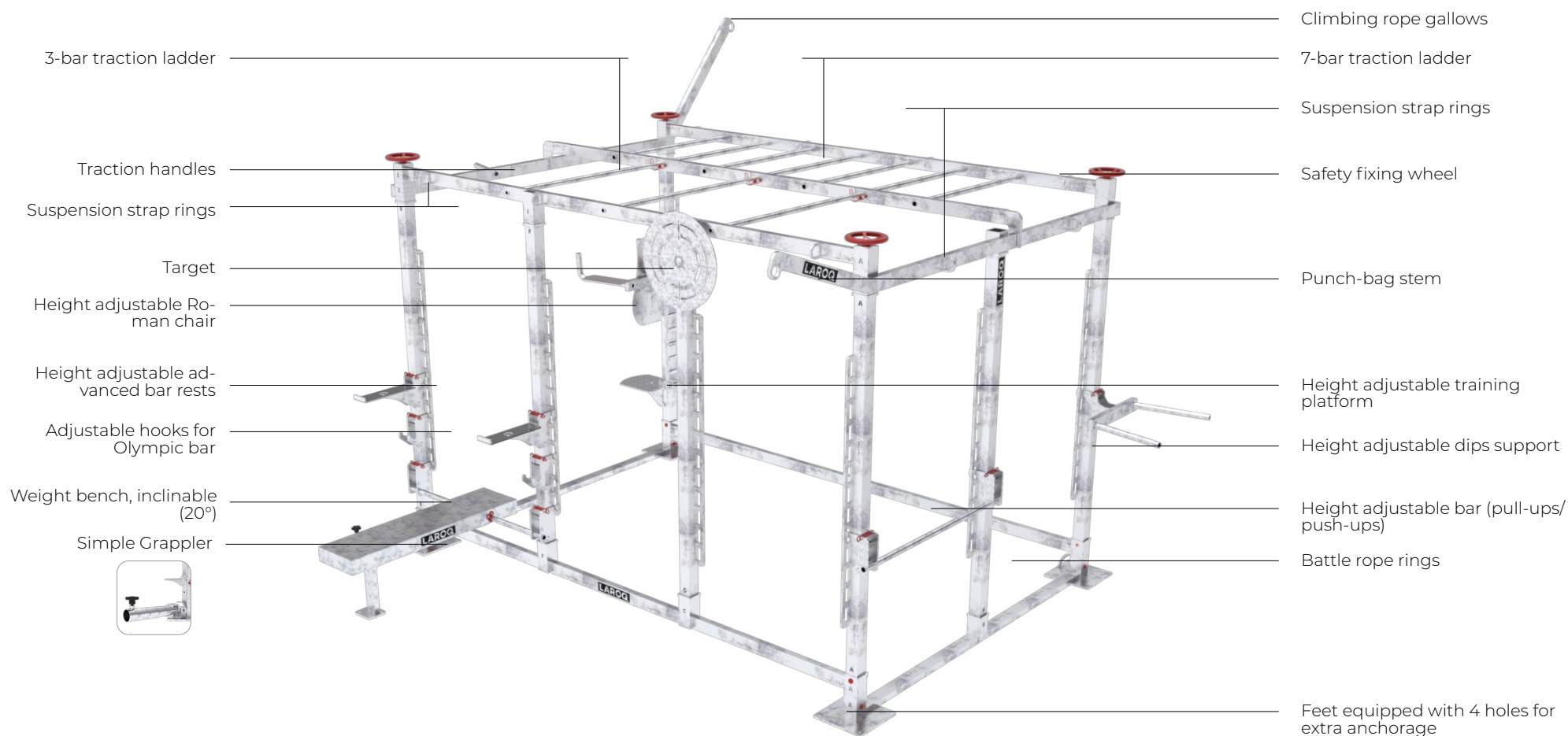
Climbing rope pole



NOMAD16 transport rack

NOMAD 16

DETAILED VIEW OF COMPLETE NOMAD MODULE

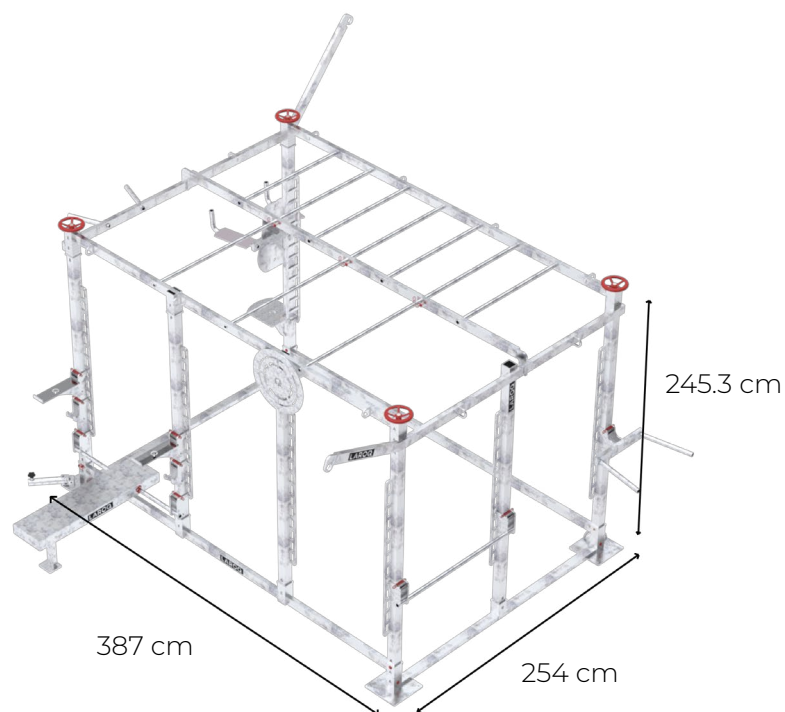


The NOMAD16 should be set up on flat ground : lawn, sand, tarmac...

Minimum recommended height for setting up the NOMAD16 indoors : 3.40 m (11.2 feet)

NOMAD 16

NUMEROUS WORKOUT STATIONS



MODULE DIMENSIONS

Overall dimensions Length L. 456, W. 410, H. 305 cm

Floor area 9.60 sq ft

Traction ladder : height : 235 cm from the ground

2 traction ladders : 7 bars at 37.5 cm intervals, 3 bars at 76.4 cm intervals

Pull handle : height : 224 cm from the ground

10 rings for strap hooks, height : 224 cm from the ground

Tubes Length 70 x 70 mm, 2 mm thick

Ceiling height, minimum requirement : 340 cm

Total weight (standard structure + transport rack) 323 kg



WORKOUT STATION DIMENSIONS

Bench dimensions Length Inclinable bench (20°). L. 36, W. 120.6, H. 43.7 cm

Height of the rope pole : 298 cm

Height of the punch bag stem : 243 cm

Target height : 217 cm Dips support, minimum height : 42.5 Maximum height : 168.5 cm

Roman chair, minimum height : 44.5 Maximum height 170.5 cm

Training platform, minimum height : 47.5 Maximum height 173.5

Adjustable bar, minimum height 38 cm Maximum height 164 cm

Adjustable hooks for Olympic bar, minimum height 42 Maximum height 168.5 cm Levels of Adjustment of workout stations 13 levels 10.5 cm by 10.5 cm

Total weight (with optional workout stations + complete accessories + rack + storage box) 600 kg

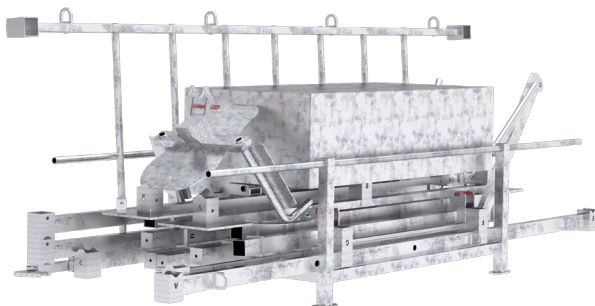
NOMAD 16

TRANSPORT & INSTALLATION

To make transport and installation easier, the NOMAD16 is shipped with a transport rack and a water-resistant storage chest for accessories (optional). The NOMAD16 support as well as the storage chest can also be used for exercises, such as deadlift or plyometric exercises. (see exercise booklet) The NOMAD16 is shipped with assembly instructions, and an exercise booklet per group of muscles and 2 stepladders. The NOMAD16 module is equipped with locking pins for optimal safety. The pole pins are equipped with an anti-loss cable. .

TRANSPORT PACKAGING

Storage chest for accessories (optional)

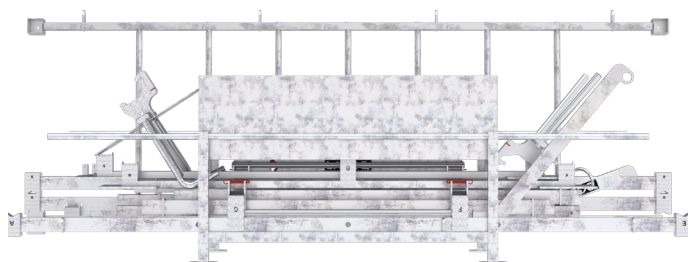
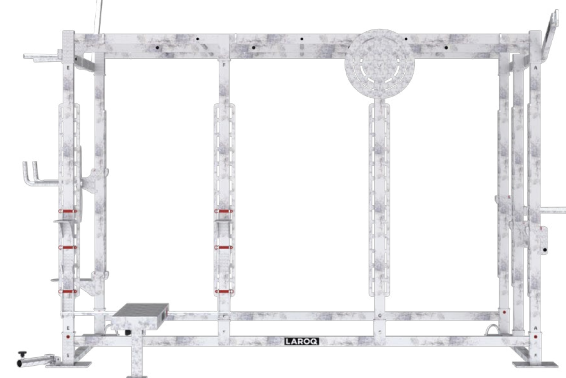


TRANSPORT RACK

Standard equipment



ASSEMBLED MODULE



PACKAGING DIMENSIONS FOR TRANSPORT

Dimensions of the loaded support :

(W. 102.1 cm. L. 354.6 cm. H. 135.2 cm)

Dimensions of the support alone :

(W. 97.1 cm. L. 300 cm. H. 65.6 cm.)

Dimensions of the storage chest :

(L. 150 cm. W.75 cm. H. 67 cm.)

Weight of the empty transport rack : 30 kg

Weight of the storage chest : 79 kg

Made in France



FIREFIGHTER CIRCUIT

Because firefighters do specific training exercises, LAROQ proposes dedicated and adapted equipment.

THEY CHOOSE TO WORK WITH US

For years, numerous S.D.I.S. (Departmental Fire and Emergency Service) have shown confidence in us for their sports material, amongst which ...



FIREFIGHTER CIRCUIT SPORTS COURSE

BTA_01



Entirely dismountable machine.
Width between poles : 108 cm
Dimensions of the square tube pole : 70 x 70 cm thickness 3mm.
2 brackets with a bar rest
2 adjustable bar-rest hooks
11 possible settings 5 cm interval
Bar height, minimum 90 cm / maximum 140 cm
14 possible bar settings.
Adjustable bar with 2 magnetic locking keys.
1 auto-stable fixed bar 250cm
1 target 160cm from the floor.
8 elastic-band hooks.
2 transport wheels.

169 x 186 cm 254 cm 103 kg



OPTION : 2 DISC CARRIERS



BTA_02



125 x 311 cm 164 cm

Special tunnel for firemen's competitive examination
3m long. Stable, heavy-duty, shipped with a transparent sheet with eyelets.



BTA_03M



300 x 30 cm

Multi-layer wooden board with no knots, 9.9 in. wide and 25 cm thick. Ideal for intensive use. Special steel legs for additional strength.

BTA_03



300 x 25 cm

Multi-layer wooden board with no knots for heavy-duty strength.
Bench length : 3 m

HARNESS / WEIGHTED BAG



WEIGHTED HARNESS : 22KG BTA_04

One-size-fits-all weight vest with detachable 20 kg plates



WEIGHTED BAG-10KG BTA_05

10 kg weighted bag with a reinforced central handle to satisfy the requirements of the competitive examination



WEIGHTED BAG 20KG BTA_06

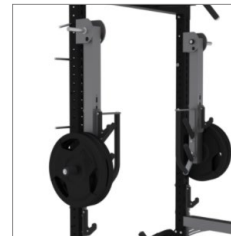
20 kg weighted sandbag with a reinforced central handle to satisfy the requirements of the competitive examination

Made in France



XROQ

Developed with Frédéric DELAVIER, the XROQ range was designed to offer professional-quality material to the largest number of people



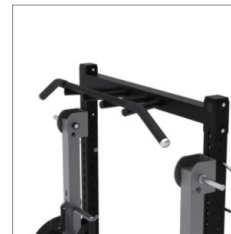
JAMMER & ASSISTANCE

Able to carry up to 100 kg each, and enabling elastic-band work to be done, it also offers start-up support for certain exercises with the bars thanks to the bar-rest hooks.



MULTI-POSITION HANDLES

The multi-position handles are ergonomically designed to guarantee users a pleasant and reliable grip. You will thus be able to vary your training and exercises according to your body position.



TRACTION BAR

The XR128 is also equipped with a traction bar enabling you to do a wide range of exercises. Pull-ups, chin-ups, abdominal work and many other exercises are possible on our XR128.

XR05

ADJUSTABLE BENCH



... 170 x 64 cm :: 140 cm

FEATURES



Adjustable seat and backrest



Detachable abdominal leg-pad



Safety by locking pins



Main muscles
Whole body

XR107

ADJUSTABLE CANDLES



... 164 x 142 cm :: 168 cm

FEATURES



Adjustable bar rest



Disc support



Elastic supports



Main muscles
Whole body

XR122

POWER RACK & TRACTION BAR



... 164 x 156 cm :: 223 cm

FEATURES



Adjustable bar rest



Traction bar



Elastic supports



Main muscles
Whole body

XR128

POWER RACK & JAMMER



... 164 x 156 cm :: 223 cm

FEATURES



Jammer et assistance



Multi-position handles



Elastic supports



Main muscles
. Lats pecs
. Pectoraux

Secondary muscles.
. Anterior deltoids
. Triceps
. Abdominal muscles
. Hamstrings
. Trapezius
. Biceps
. Quadriceps
. Forearm

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



FITNESS

Customized equipment for comfortable a safe training



CARDIO-TRAINING

Complete and reliable ranges to meet different objectives



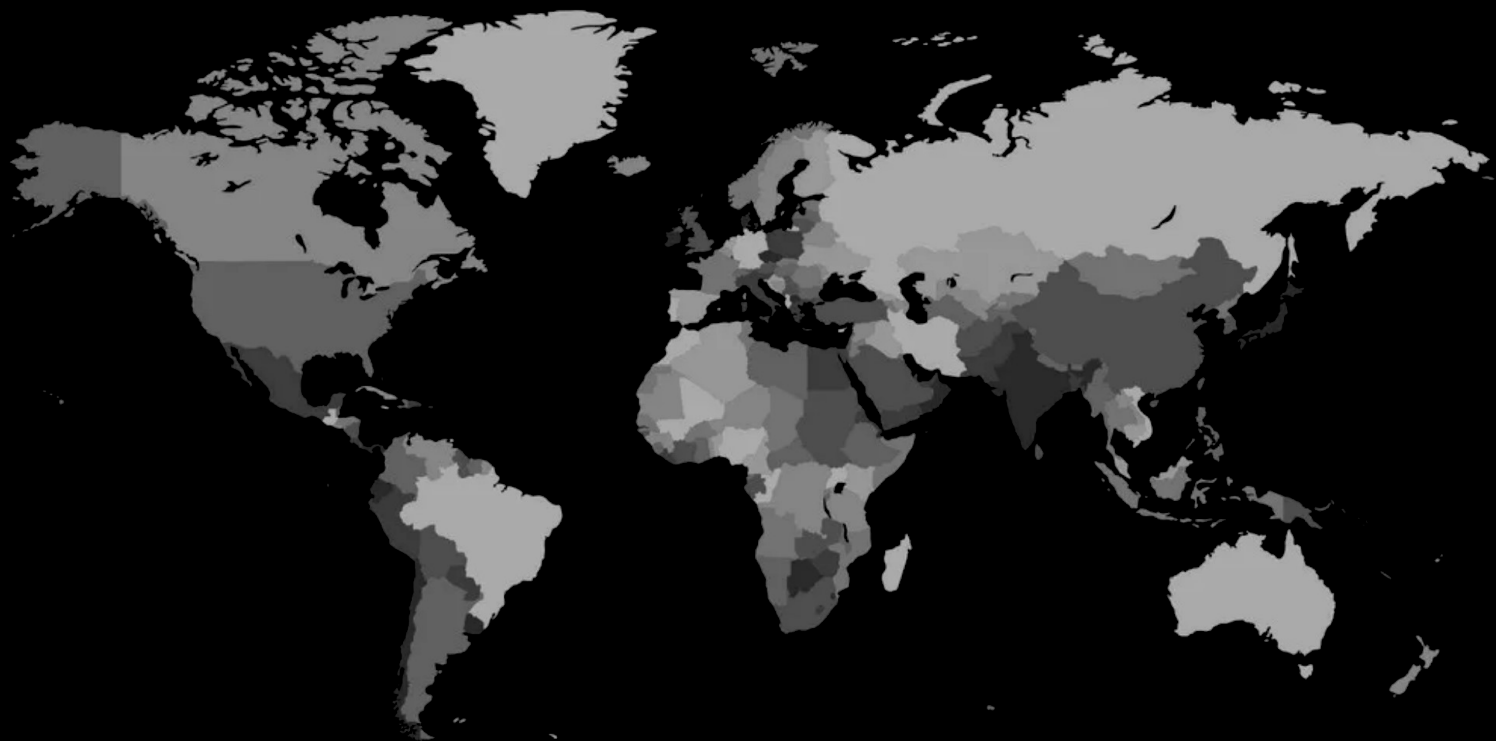
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FLASH THE QR CODE OPPOSITE





LAROQ



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