Fitness Equipment Review:

REP-MAXX "RM 250"
Computer Controlled Intelligent Bench Press Machine

"These guys integrated Artificial Intelligence and Robotics into a Bench Press Machine, and you know what? It's freaking awesome!"

www.RepMaxx.com

By Bruce Pechman, The Muscleman of Technology®
www.mrbicep.com

Summary:

➤ World's first computerized Bench Press Machine with touch screen 8" LCD control panel

➤ Allows total freedom to easily program and customize routine based on your goals

➤ Meticulous engineering & high quality construction—over-engineered for safety & reliability

➤ RM 250 is the future of resistance weight training; never load or re-rack weights on a bar!

➤ Simple to use, the patented "SMART Spotter" feature fatigues muscles like never before

If You Can Dream It – REP-MAXX Will Build It

I read way too many industry trade magazines in a futile attempt to know everything about anything. Running across an ad claiming to be an "Intelligent Bench Press Machine," I just stared at the ad in a drunken stupor. I kept thinking to myself, "How would you do that, can you do that, why would you do that, and I really need to get the scoop on this before anyone else!"

So I did a little research and it turns out the company REP-MAXX, located in Modesto, CA, is in production and rolling out an Intelligent line of Computer Controlled Free-

Weight Machines. Their first model, which is ready for delivery, is their flagship RM 250 Bench Press Machine.
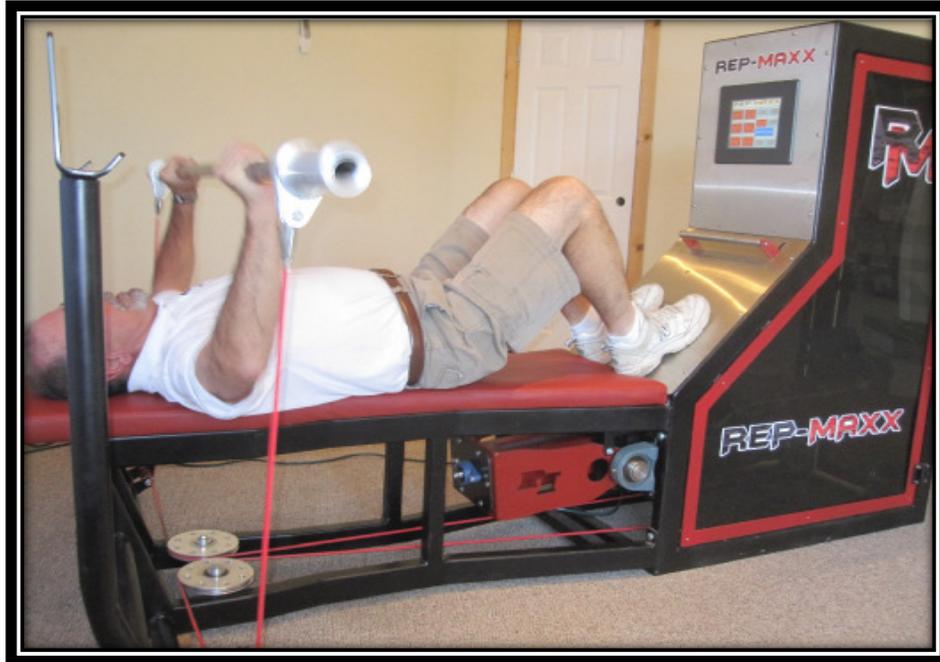
Bob Lemos, Director of Engineering, Shows Off His Form on the RM 250

Factory Tour - Modesto, CA
So I called up my cameraman Luke and asked him "What does your schedule look like for next week?" Luke says "I'm open at the end of the month," and I brief him on the RM 250. Luke and I are like Laurel & Hardy, except I'm built more like Duke Nukem, and Luke is kind of rotund (but very hardy).

We met Jennifer Alldrin, Director of Sales & Marketing for REP-MAXX, and she escorted us to the facility and gave us a brief tour. Jennifer is totally hip and dialed into the RM 250 with detailed accuracy. Their R&D facility is an expansive converted barn that feels just so perfect for the home of such a high-tech machine.


Bruce & Jennifer Strike a Pose

Engineering & Science = RM 250
Jennifer introduced us to Bob Lemos, Director of Engineering, for an exhaustive in-depth schooling on what the RM 250 is all about and how it works. Bob is the inventor and is "totally genius," so I tried not to embarrass myself while Luke chuckled at Bob's explanation of how the commercial grade PLC (Programmable Logic Control) directs the

servo drive, which instructs the movement of the master linear screw. Yup, I got that...just check out the two pictures below (a picture is worth a 1,000 words, right?).
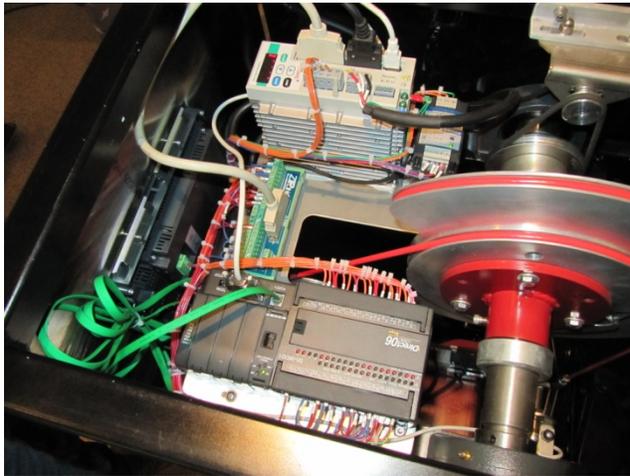
The Brains of the RM 250
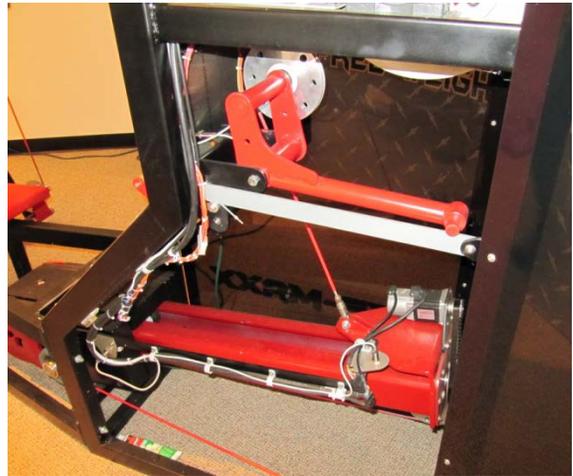
The Brawn of the RM 250

As it turns out, Bob started tinkering and planning for this type of machine around 25 years ago. It used similar design principles back then, but without the advanced digital electronics and modern technology which is widely available today.

Bob explained that safety and reliability were always paramount when designing the RM 250. For example, the orange cables running throughout the machine are rated at 4,000lbs even though the current maximum weight in the machine is 250lbs. Also, those grooved pulleys that ride and support the cables are made from 6061-T6 aircraft-worthy aluminum. There is no skimping here because they need to achieve zero down time in a busy commercial gym environment.

RM 250 Army of Clone Machines Awaiting Order Fulfillment

The "Smart Spotter" is Always Watching You
As advertised, the RM 250 has built-in Artificial Intelligence characteristics, and no better example is the *Smart Spotter* feature. This feature covers critically important safety concerns. The Smart Spotter's job is no different than having your pal / training partner

watching over you during your set. Using a traditional bench press, should you fail to complete a rep for any reason (for example, because you stacked on too many 45lb. plates :-), your trusty pal would lift the weight off your chest and rack the weight for you. The RM 250 Smart Spotter pretty much does the same thing. Here's how it works—the RM 250 is always calculating and counting your individual reps and instantly knows when you are struggling to complete a rep. The PLC (the brains) then receives a signal to officially "disqualify" you from your set and instantaneously returns the bar to the starting weight of 38 pounds; no re-racking of weights needed! Bob explained *" You can be disqualified by the RM 250 for a few reasons, but the most common is lifting too slowly, which the machine interprets as you having maxed-out or are struggling to the point of possible set failure."* Another common reason for being disqualified, Bob explained, is not completing a full range of motion...hear that folks, don't try to cheat or you will be disqualified! Finally, if you stop for any reason during your set... disqualified, and the Smart Spotter takes over.

Don't Even Think About Cheating on the RM 250

Team REP-MAXX: Jason, Me, Bob, Jennifer, Wayne

The Future of Free-Weight Training

Think about it—combining computer aided technology with weight lifting machines could be the final frontier in resistance weight training. It may not be perfect, but it's pretty close. Look closely at the 8" touch screen below and you will notice some pretty cool user-friendly bonuses. After each set, you can see the total amount of pounds lifted along with the high and low weight lifted. Also, the reason you get such a deep and fabulous workout, burn, and pump is due to the computer tuning in to your body to get the most out of each and every set by constantly adjusting the weight amount either up or down. You tell the RM 250 what to do at the start of the set, and it executes your instructions. Just like using a traditional bench press you can create either a Pyramid Set (gradually increasing weight amount), or a Drop Set (gradually decreasing weight amount). The big difference with the RM 250 is you don't need human spotters to do this, and even better there's no racking or re-racking of weight plates (as the RM 250 does this all for you when you program your set at the start).

The days of loading weights on a bar could be ending in the near future and that will make for happy gym members and even more elated gym managers who won't have to constantly remind members to put their weights away. The touch screen integrated into the RM 250 allows you to design your own weight lifting set, creating a personalized workout routine just for you. The computer controlled intelligence combined with the weight resistance gives you the ability to finish the rep goal you set for yourself. Even if there is a sudden loss of power, no worries. The RM 250 has designed in just about every

safety scenario, including an emergency safety trip-out pulley which activates as soon as the user hits the "Kick Bar" with their foot (it's the bar below the touch screen).

Easy Interface: Full Color 8" Touch Screen

I'm Feeling So Pumped-Up

I Tried it...I liked It
Enough of the tech talk—how did it perform? Having the good fortune of being in pretty good shape, I couldn't wait for Bob to set me up and start going through our warm-up sets together. Bob refers to each set as "rides" as in my 4th set, "I think you'll really like this ride!" Trust me when I tell you there is no bench press in the world that will pump your entire upper body and smoke your triceps like the RM 250. It forces you to give 100% on every set—it does not matter what the starting or ending weight amount is. You go by what feels right for you. Even in my stellar condition, when I told Bob "more please," I got disqualified more times than I'd like to admit!

So, how much to own your very own RM 250? $14,995.00 takes it home. But before you write your check, be advised. Bob said the Squat Machine will be the next revealed product from REP-MAXX!

On the way back to the airport I asked Jennifer what the goals were and what the future holds for REP-MAXX. She said, *"Our focus in the new line of equipment is to help you reach your goals, whether that goal involves toning, strength training, muscle building, or just getting back in shape. With the new technology we are bringing to weight lifting, we can optimize your workout by allowing you to lift the maximum weight in a high repetition workout. No longer will you have to lower your weight to achieve a high rep set!"*

For more information about the REP-MAXX RM 250 Computer Controlled Intelligent Bench Press Machine, including options, choices, and the company, be sure to visit their web site at: www.RepMaxx.com. Call for pricing and to inquire about quantity discounts.

Bruce Pechman, The Muscleman of Technology® (Muscleman of Technology, LLC), is a Consumer Technology and Fitness Personality appearing regularly on "Good Morning San Diego" (KUSI-TV) and the KTLA Morning Show in Hollywood. Bruce's moniker reflects his 20 years of industry technology expertise, and 35 years of fitness training. He has made over 300 live TV appearances on major network television. But whether his shirts are custom-made still remains a mystery. Visit him at www.mrbicep.com