

PENDULUM™ 5-WAY NECK MACHINE



EQUIPMENT SPECIFICATIONS



SYSTEM

Pendulum

EQUIPMENT

5-WAY NECK MACHINE

PART NUMBER

410642

URL

RogersAthletic.com/5WayNeck

PATENTS

8038588, D628663 & D631520

WEIGHT

265lbs 120.2kg

HEIGHT

60" 152cm

LENGTH

39.5" 98cm

WIDTH

71" 180cm

FEATURES & BENEFITS



PENDULUM™ FIVE-WAY NECK

TARGETED MUSCLES



- » Suboccipital Triangle
- » Longus Coli
- » Longus Capitis
- » Rectus Capitis Anterior
- » Sternocleidomastoid
- » Scalene
- » Trapezius
- » Semispinalis
- » Splenius

- (A) FACE PAD**
Ergonomically designed face pad covered with soft Anti-microbial material.
 - (B) PLATE STORAGE**
Four optional storage horns available.
 - (C) ADJUSTABLE SEAT**
Seat height adjusts for various size athletes and for types of exercises.
 - (D) ROTATING CAM (WITH S.E.T.)**
Cam matches strength curve technology to the athletes strength and allows adjustment in range of motion.
 - (E) SHRUG HANDLES**
Independent movement shrug handles with convenient multi-position drop-down handles.

CONSTRUCTION, HARDWARE & FINISH

- » Constructed of ASTM specified steel
- » Baked-on powder coat finish
- » Zinc plated hardware of Grade 5 or equivalent

WHAT MAKES THE 5-WAY NECK UNIQUE?

The Pendulum 5-Way neck is unique in that it not only targets the neck in four distinct directions, but also can be used to specifically exercise the supporting musculature of the head.

Integrated into the same machine is a trap station. The trap station allows you to train the large diamond shape trapezius muscle either unilaterally or bilaterally. Training the trapezius muscles require considerably more weight than the musculature

of the neck; therefore, we created a unique cam and lever system that reduced the shrug weight so that we can train from station to station without excessive weight changes.

Training the neck from multiple positions is a very important component to any serious strength training program. The intergrated S.E.T. (Set Extension Technology) cam provides '18' different settings.



NECK FLEXION



NECK EXTENSION



RIGHT LATERAL FLEXION



LEFT LATERAL FLEXION



SHOULDER ELEVATION



FREQUENTLY ASKED QUESTIONS

Why do you have a shrug on the same machine?

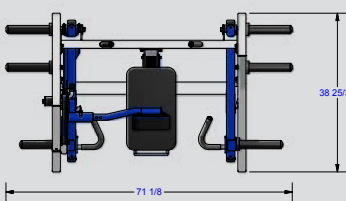
The head and neck region cannot be fully developed without strengthening the trapezius. The Pendulum 5-Way Neck allows you to completely train this area of the body without leaving the exercise station.

For more FAQs, or to ask questions directly, visit www.RogersAthletic.com

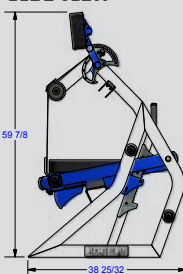
BLUEPRINT FOR VICTORY

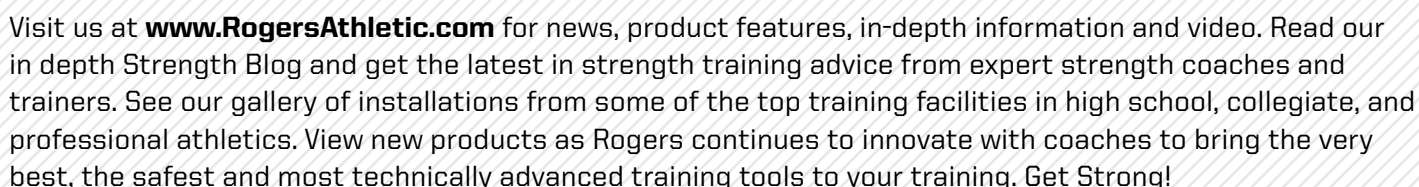
From our revolutionary training equipment to our weight room design specialists, Rogers understands that champions are made long before the games begin. Rogers Athletic is committed to manufacturing strength training equipment that promotes proper technique and is designed with safety in mind. In addition to strength training equipment, we offer a full range of free weights, flooring, cardio machines and weight accessories to complete your weight room. Let Rogers create a blueprint for your victory. Get Strong!

TOP VIEW



SIDE VIEW





Since 1968, football coaches have trained youth, high school, college and professional champions by making Rogers Athletic football training sleds and dummies an important part of their practices. Drills on Rogers' equipment help coaches teach fundamentals, while protecting their athletes by limiting the amount of live contact. Rogers' innovative products give your players the confidence to practice with game-day aggressiveness.

When Rogers made the decision to enter the strength training market, our principles of innovation, quality, and skill development were our top priority. From our heavy-duty Pendulum power racks to our complete line of Pendulum plate loaded machines, you can train the entire body from building explosive leg strength, a strong core, an iron grip and neck training to help prevent injury and lower concussive forces in your athletes. You can see the difference. You can feel the difference. No wonder that most serious athletes, from professional football players to America's elite military forces train with Pendulum. Quality, Innovation and value from the trusted leader – Rogers Athletic.