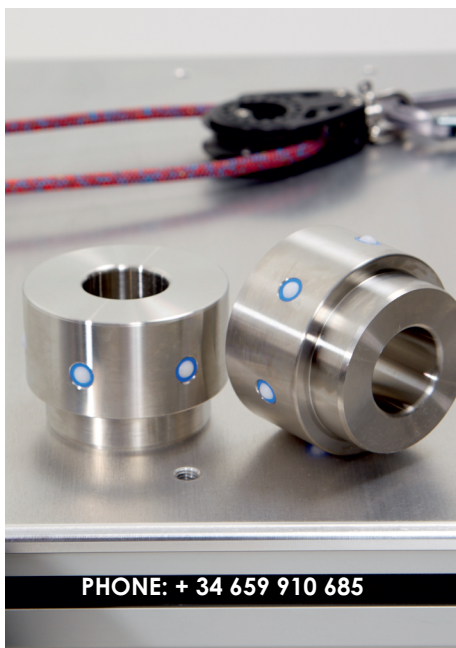
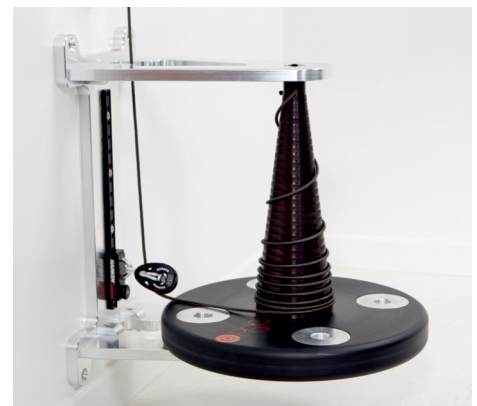
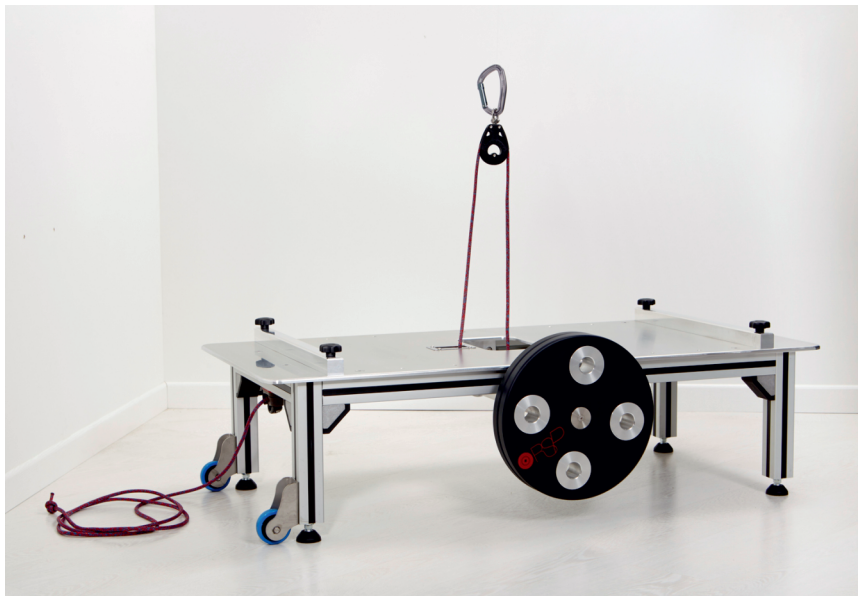


RSP Inercial Performance



Inertial Technology applied to high performance sports

RSP was born of a context of high performance sports competition.

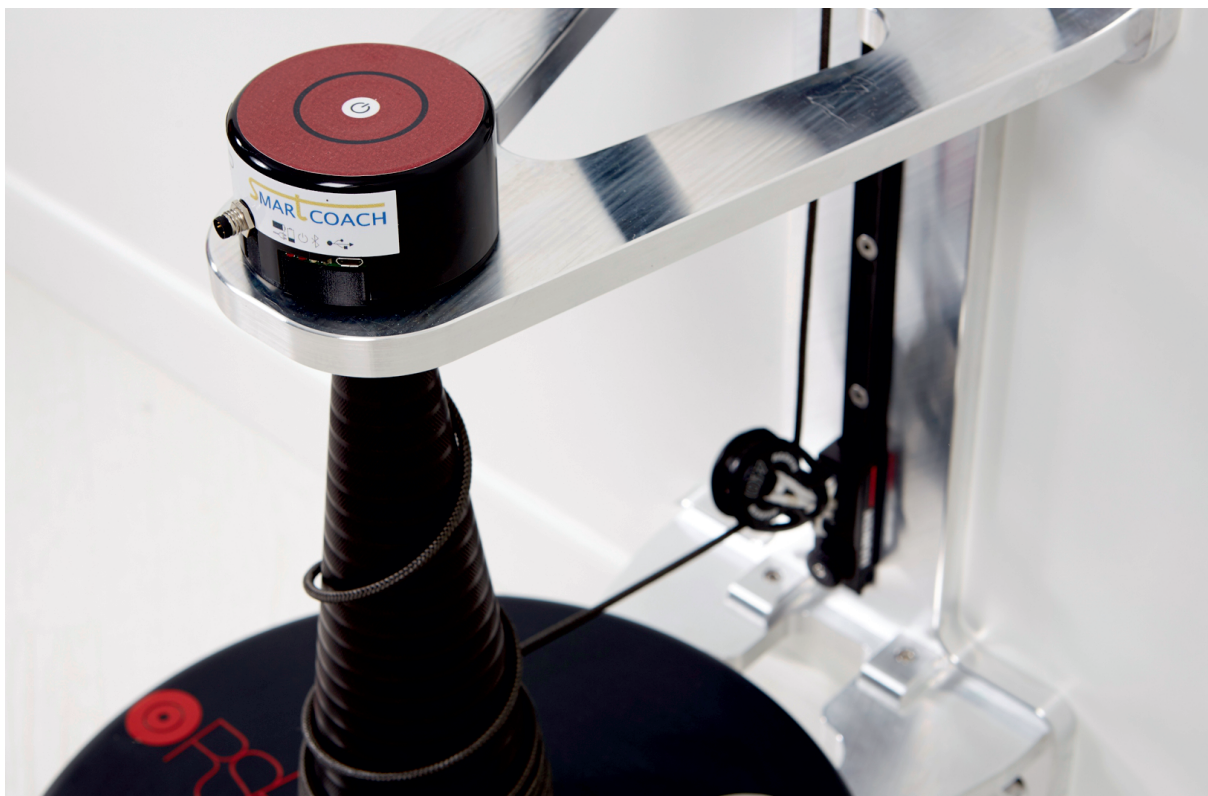
We manufacture isoinertial machines, technology applied to high performance sports, increasing demands in eccentric action after a concentric action, due to inertial weights. One of the leading trends in strength training.

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About us

RSP was born of a context of high performance sports competition, deeply involved with technology (nautical ropes and pulleys). Within this context, we got to know the first inertial training machines, on which we projected our experience.

We quickly realized how the use of contemporary technologies in CAD-CAM design and numerical control manufacturing would allow us to dramatically improve their quality. That's how RSP was born. We are a team of high level professionals, who design and manufacture high-quality pieces. That's our goal as a company.

Mission

Since **Inercial Performance** was born, our mission and goal has always been designing the market's best inertial training machines.

We exist and grow following a strategy of technological application, where we incorporate, try, and adapt anything that can be used to advance our products and make them better.

Service

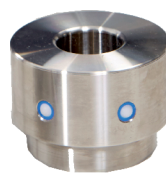
People are always in the centre of what we do, and **we work to provide them with simple, high-quality tools**, which add value to the training and readjustment process.

The customization level that these machines make possible is unique in the inertial technology market.

The RSP's Principles



QUALITY
THANKS TO OUR
TEAM



SIMPLICITY
THE BEST
COMPONENTS



EASINESS
MODULAR SISTEM
WITH ACCESSORIES

Inercial Performance revolves around quality and simplicity as a goal we develop everyday. We are convinced nonconformists, and know that everything can be developed following our philosophy: quality machines, which are also simple and easy to use.

Quality

Thanks to the human team who works or has worked on this project, we have managed to incorporate to our design, analysis and manufacturing process the means and methods of the most advanced industries – motor, and nautical. Thanks to this synergies, every component in our machines has been analyzed and selected following precise performance criteria, reaching a functioning and **smoothness level in our machines that was hitherto unknown.**

Simplicity

We have decided to use the best components, convinced as we are about our machine's need to be as easy to use as possible, as well as light and adaptable to any space in a simple way. We place value in the opportunity to register the athlete's work without difficulties or extra materials.

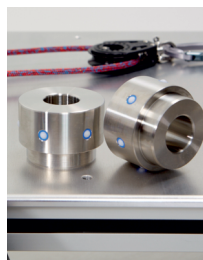
Simplicity is one of our main values.

Easiness

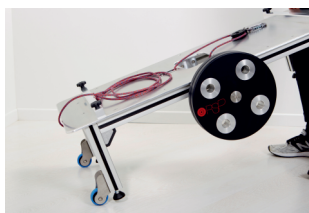
Our machines' different components allow the incorporation of new accessories, so that they can easily be adapted to any sport modality. We can, for example, shift the machine's inertia moment without any extra tools, in a quick and safe way.

Robust and high-quality pieces allow highly customized configurations, which can be adapted to any training level.

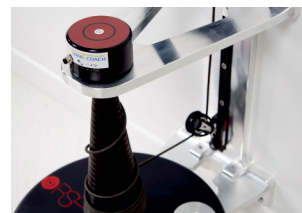
Our work
philosophy in
the company



PRODUCT
PROUD OF
OUR MACHINES



PERFORMANCE
FACILITATE THE WORK
OF THE COACH



COST
OPTIMAL VALUE FOR
MONEY

Inercial Performance revolves around training, readjusting and performance. From bottom to top, we are always looking for new ways of improving every detail. This approach led us to pay attention to other industries, usually unrelated to sports, in order to apply processes and to automate our design, test, and manufacturing methods. We are always looking for the best productperformance-cost balance. This is how we know we offer the best products at the best price: our developing system is alive, changing and improving everyday, and adapting itself to every person's changes and needs.

Product

We are proud of our inertial machines, and we plan on continuing feeling this way for a long time. This makes it an obligation to keep getting better every day, analyzing and testing our products. This attitude makes it possible for us to be leaders in the design and manufacturing of this type of materials. **Our products are the result of long R&D processes, which are our company's heart and philosophy.**

People

We work for the people, as well as to make everything easier for trainers, physical therapists, and sports physiotherapists. We run field tests and work everyday with our products, which allow us to know what both physiotherapists and trainers want, and what they will demanded from their clients. This is the pillar which sustains our product development: tend to trainers, physical therapists and sports physiotherapists demands, and fulfill every person's needs.

Cost

By incorporating the most advanced industrial processes from other industries, we can meet extremely high quality and homogeneity standards in our machines. Moreover, our products are also highly adaptable and can change as quickly as sports do. Our structure allows us to be really competitive, and to offer an attractive price-quality relationship, by **using automation systems, numerical control manufacturing, and Cad-Cam tools.**

GO RANGE

Smooth, progressive machines with our highest quality

The GO range is our range of products designed to make the use of an inertial machine easy.

- **RSP CONIC** GO
- **RSP WALL** GO



RSP CONIC GO



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OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES.

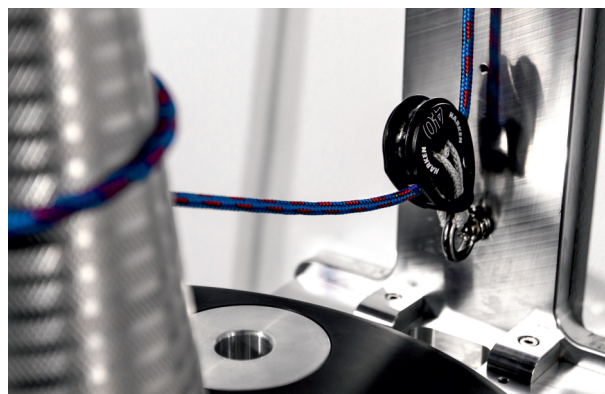
What makes us different?

Our conical pulley designed for the physiotherapy and rehabilitation market is a machine that offers a smooth and progressive response making it very easy for the patient to use.

The RSP Conic Go allows us to improve the ability to slow down from the early stages of the rehabilitation processes, and allows us to introduce it as a therapeutic exercise in all treatments that advise eccentric stimuli for the recovery of the injury.

The geometry of the conical axis, the moment of inertia of the machine, the pulleys and rope have been selected to offer a very progressive response to the patient, that will give him confidence to apply force and force him to brake generating the eccentric stimulus necessary for his treatment.

We can practise a great variety of exercises, making it possible to train every muscle group from a single machine by attaching different accessories to the end of the rope. Moreover, this machine's weight range is really wide.



The wider the radius, the lighter the weight; and the narrower the radius, the heavier the weight.

The moment of inertia is adjusted through the different masses integrated within the disk. There are three possible positions.

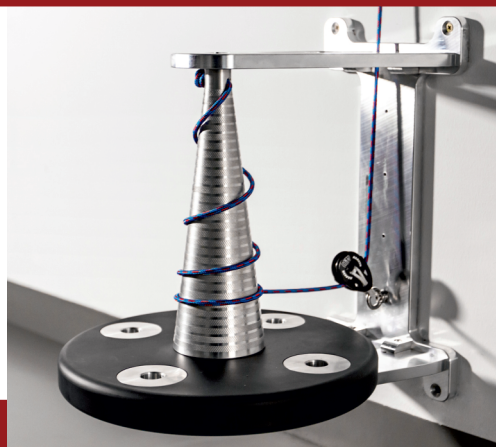


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RSP CONIC GO TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 1 . Chassis RSP Conic Go.
- 4 . Masses of aluminium (10 % moment of inertia every mass).
- 1 . Grip hand.
- 2 . Harken pulleys 40 mm.
- 4 . m rope (Dyneema 5 mm).
- 1 . Fast string length regulator
- 4 . Screws (to fix the machine to the wall).
- 2 . Ring (to regulate the height of the rope exit).
- 1 . Installation manual.



TECHNICAL SPECIFICATIONS

Developed for the work of all the muscular groups.

Made from aluminium.

Rope without coefficient of elasticity.

Low-friction bearings and high quality pulleys.

2 output pulley heights.

We eliminate interference resulting from vibration and friction.

Size: 45 x 35 x 45 cm high

Weight: 11 kg



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ACCESSORIES

Portability kit to attach the machine to goal structures, columns, gym bars...

<https://einerical.com/en/producto/portability-kit-rsp-conic/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Always tense rope during the execution of the exercise.

Assembly of the machine indicated in the instructions.

It use the exit of the rope stipulated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses
531,39 Kg/cm ²	635,13 kg/cm ²	738,86 Kg/cm ²

RSP WALL GO



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OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The objective of this machine is to be able to work the upper body training above high intensity, developed for the work of the large muscle groups, drives and combined cycles of push and pull.

This machine has a large internal development looking for smooth the peak eccentric minimizing the risk of injury to articulate in the change of cycle.

We work around the inertial disk weight, the axis radius, and counterweights until we find values that, depending on the athlete's physical level, do not pose a threat to the articulation when the force changes d



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RSP WALL GO TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4 Masses of aluminium (10 % moment of inertia every mass).
- 1 Interior block.
- 1 Block wall outlet with 1 x 2 gear ratio.
- 1 grip hand.
- 2 m rope (Dynema de 4mm).
- 3 screws and 1 ring (to fix the machine to the wall).
- 1 installation manual.



TECHNICAL SPECIFICATIONS

Developed for the work of high intensity of the upper, tensions, traction.

Axis of fixed radius, the speed differences only are provoked by the application of force of the subject.

Made from aluminium.

Rope without coefficient of elasticity, which reduces the losses of inertia.

Low-friction bearings and blocks of high quality.

Multiplication of the tire 1 x 2 to increase the eccentric work.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

We eliminate interference resulting from vibration and friction.

Size: 28 x 30 x 30 cm

Weight: 5,8 kg

Adaptations: Customisation for specific trainings.

ACCESSORIES

Kit of supplies of ropes and blocks..

Portability kit to attach the machine to goal structures, columns, gym bars...

<https://einerical.com/en/categoria-producto/rsp-wall-en/accessories-3/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Rope always tense.

Assembly of the machine indicated in the instructions.

There uses the exit of the rope stipulated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masess	4 masess
184,44 Kg/cm ²	221,32 kg/cm ²	258,22 Kg/cm ²



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SPORT RANGE

Designed for coaches and athletes

The Sport range offers top quality tools that help optimize sports performance.

- **RSP CONIC** SPORT
- **RSP CONIC PRO** SPORT
- **RSP ISQUIO** SPORT
- **RSP SQUAT** SPORT



RSP CONIC SPORT



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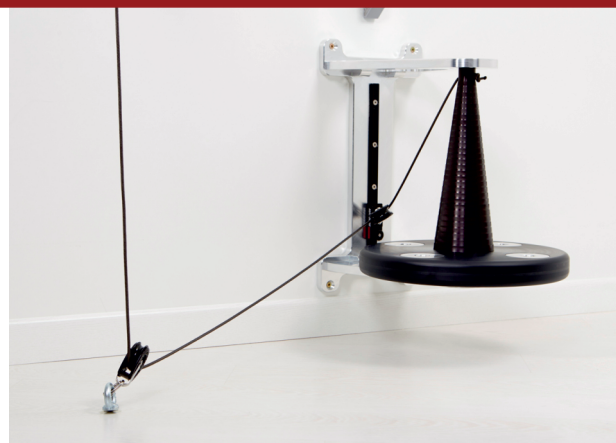
OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The main characteristic of the Conical Pulley, due to the cone's nature, is that the movement is accelerated with progressive weight. The rope's radius decreases as it moves across the cone, progressively increasing resistance. The nature of the weight is inertial, that is, depending on how much power the user applies to the machine, power values will be higher or lower. This feature wide range of use of the subject, since we always work on percentages of individual power of the user.

We can practise a great variety of exercises, making it possible to train every muscle group from a single machine by attaching different accessories to the end of the rope. Moreover, this machine's weight range is really wide.

We increase weight by working over the free cone radius with a roll-up rope, and also by shifting the inertia moment using 4 integrated masses on the disk (they can be extracted).



The wider the radius, the lighter the weight; and the narrower the radius, the heavier the weight. This regulation is performed through a lengthwise rail along the cone.

The moment of inertia is adjusted through the different masses integrated within the disk. There are three possible positions.

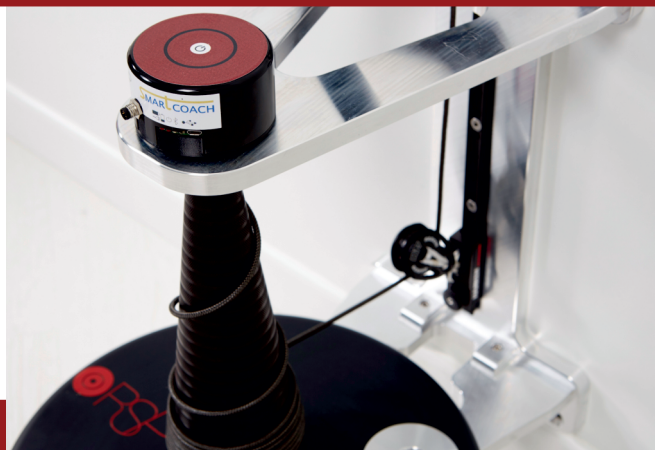


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RSP CONIC SPORT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4 . Masses of aluminium (10 % moment of inertia every mass).
- 1 . Longitudinal rail with Block (to fit \varnothing of the cone).
- 1 . Grip hand and ankle.
- 4 . m rope (Dyneema 4 mm).
- 4 . Screws and 1 ring (to fix the machine to the wall).
- 1 . 120 cm high rail (to adjust the output block)
- 1 . Installation manual.



TECHNICAL SPECIFICATIONS

Developed for the work of all the muscular groups.

Made from aluminium.

Rope without coefficient of elasticity.

Low-friction bearings and high quality pulleys.

Weight adjustment on the cone radius, 13 weight positions.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

We eliminate interference resulting from vibration and friction.

2 rope output options: high and low.

Size: 45 x 35 x 45 cm high

Weight: 11 kg

Adaptations: Customisation for specific trainings.



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ACCESSORIES

Encoder RSP compatible with Smartcoach.

Chronojump adapter.

Traction bars of carbon fiber.

Portability kit to attach the machine to goal structures, columns, gym bars...

Stainless steel masses (increases the moment of inertia by 29% each mass).

<https://einerical.com/en/categoria-producto/rsp-conic-en/accessories/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: 1 change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Rope always tense.

Assembly of the machine indicated in the instructions.

It uses 2 exits of the rope stipulated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
531,39 Kg/cm ²	635,13 kg/cm ²	738,86 Kg/cm ²	829,37 Kg/cm ²	1126,22 kg/cm ²	933,11 Kg/cm ²

RSP CONIC PRO SPORT



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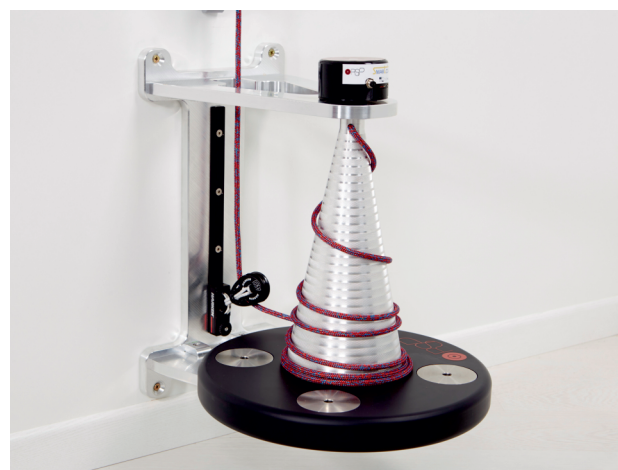
OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The main characteristic of the Conical Pro Pulley, due to the cone's nature, is that the movement is accelerated with progressive weight.

We have designed a machine to work the running technique, exits, changes of direction Allowing the athlete to apply more force on the machine.

It's made of aluminum to ensure its solidity, maintaining a contained weight that facilitates its transport, the masses are stainless steel to increase the moment of inertia of the machine without the need to increase its dimensions, the new pulleys and rope are selected so that the Traction machine and transmit the force applied by the athlete without losses due to elasticity or friction.



Type Approved
Safety
Regular Production
Surveillance
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ID 1111211877

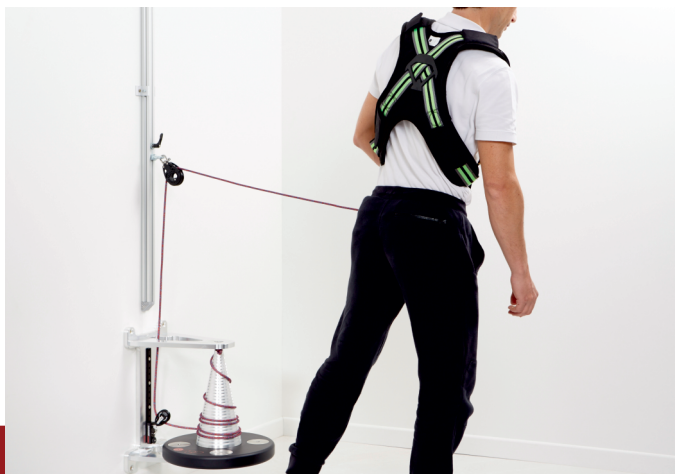


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RSP CONIC PRO SPORT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 1. Chassis RSP Conic Pro.
- 4. Masses of stainless steel.
- 4. m rope dyneema de 6 mm.
- 1. 120 cm high rail (to adjust the output block)
- 1. Output pulley 56 mm.
- 1. Traction belt.
- 4. Screws (to fix the machine to the wall).
- 1. Installation manual.



TECHNICAL SPECIFICATIONS

Made from aluminium.

Dyneema rope, without coefficient of elasticity.

Low-friction bearings and high quality pulleys.

Weight adjustment on the cone radius, 13 weight positions.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

Developed to optimize the ability to accelerate.

Output of the rope is adjustable in height.

Size: 45 x 35 x 45 cm de alto

Weight: 16 kg

Adaptations: Customisation for specific trainings.

ACCESSORIES

Encoder RSP compatible with Smartcoach.

Chronojump adapter.

Portability kit to attach the machine to goal structures, columns, gym bars...

<https://einerical.com/en/categoria-producto/rsp-conic-pro-en/accessories-en/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Rope always tense.

Assembly of the machine indicated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses
722,83 Kg/cm ²	910,76 kg/cm ²	1238,33Kg/cm ²



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RSP ISQUIO SPORT



OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

Conical pulley specifically designed to improve the adaptation of the hamstring muscles in situations of acceleration and intense braking.

RSP Isquio is a machine designed to generate very high accelerations that force the athlete to train at speeds very similar to those that will occur at Sprint speed, thus being able to reproduce the real game situation.

RSP Isquio allows to focus the work in the acceleration phase or in the braking phase depending on how we adjust the machine:

- Acceleration phase: Placing the stop knot at the top of the axis.
- Braking phase: placing the stop knot at the bottom of the axis.



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RSP ISQUIO SPORT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 1 . Chassis RSP Isquio.
- 4 . Masses of aluminium (10 % moment of inertia every mass).
- 1 . Inside rail (to fit \varnothing of the cone).
- 1 . Grip ankle.
- 2 . Harken pulleys.
- 4 . m rope (Dyneema 6 mm).
- 4 . Screws (to fix the machine to the wall).
- 1 . 120 cm high rail (to adjust the output block).
- 1 . Installation manual.



TECHNICAL SPECIFICATIONS

Designed to improve the adaptation of the hamstring muscles.

Made from aluminium.

Rope without coefficient of elasticity.

Low-friction bearings and high quality pulleys.

Weight adjustment on the cone radius.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

Size: 45 x 35 x 45 cm high

Weight: 11 kg



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ACCESSORIES

Portability kit to attach the machine to goal structures, columns, gym bars...

<https://einerical.com/en/producto/portability-kit-rsp-conic/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Always tense rope during the execution of the exercise.

Assembly of the machine indicated in the instructions.

Use the two rope positions stipulated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses
589,84 Kg/cm ²	704,99 kg/cm ²	820,13 Kg/cm ²

RSP SQUAT SPORT



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OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The objective of this machine is to be able to work the lower and the upper body training, offering many adjustment options depending on exercise and athlete level.

We can adjust the moment of inertia to use it on the early phases of sports readaptation, training with support, and in normal sports training, just by changing the number of masses we use.

This machine has a large internal development looking for smooth the peak eccentric minimizing the risk of injury to articulate in the change of cycle.

We work around the inertial disk weight, the axis radius, and counterweights until we find values that, depending on the athlete's physical level, do not pose a threat to the articulation when the force changes direction (beginning of the eccentric phase).



In order to increase the athlete's safety, the machine has side bases which allow users to fix their feet. The machine surface has been treated against slippery.

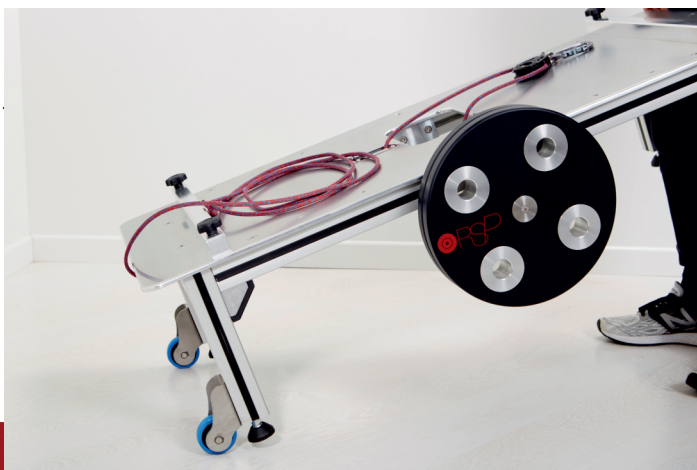


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RSP SQUAT SPORT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4 Masses of aluminium (10 % moment of inertia every mass).
- 1 Block.
- 1 Block with 1 x 2 gear ratio.
- 1 Harness.
- 1 Carabiner.
- 2 Lateral support feet.
- 4 m rope (Dyneema 5 mm).
- 1 installation manual.



TECHNICAL SPECIFICATIONS

Made from aluminium.

Adjustable rope and with low coefficient of stretching, which reduces the losses of inertia.

Low-friction bearings and high quality pulleys.

Multiplication of the tire 1 x 2 to increase the eccentric work.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

We eliminate interference resulting from vibration and friction.

Side wheels for transport.

Size: 110 x 60 x 35 cm high

Weight: 28 kg

ACCESSORIES

Encoder compatible with Smartcoach.

Kit of supplies of ropes and blocks.

Masses of Stainless Steel (increases the moment of inertia by 29% each mass).

<https://einerical.com/en/categoria-producto/rsp-squat-en/accessories-2/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USO

Rope always tense.

Assembly of the machine indicated in the instructions.

Use the output of the rope stipulated in the instructions.

The pulley should not impact against the aluminum base to preserve their integrity.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

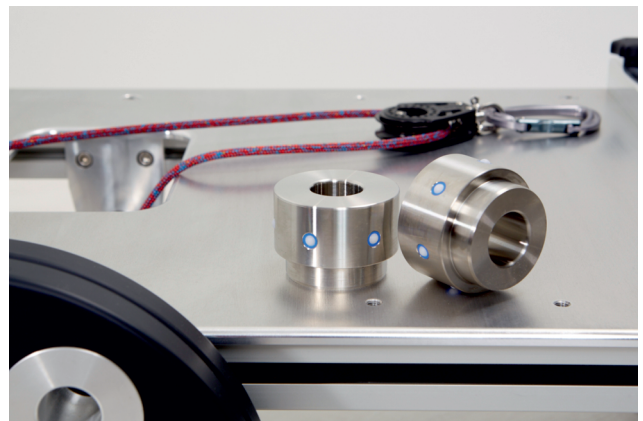
without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
374,68 Kg/cm ²	449,616 kg/cm ²	524,55 Kg/cm ²	605,88 Kg/cm ²	833,09 kg/cm ²	681,62 Kg/cm ²

PERFORMANCE RANGE

Designed for professional sport

The Performance range **is designed to withstand high working intensities prolonged over time** with the best performance.

- **RSP CONIC** PERFORMANCE
- **RSP CONIC PRO** PERFORMANCE
- **RSP SQUAT** PERFORMANCE



RSP CONIC PERFORMANCE



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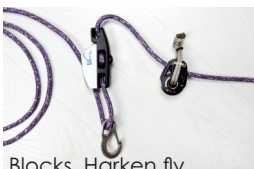
OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

Designed for unipodal, anti-rotation, core, sensitive muscle groups, with high-quality components, carefully selected to minimize friction and withstand high work intensity, it includes as standard the masses of stainless steel, special ropes, harken fly pulleys and the RSP encoder

We can practise a great variety of exercises, making it possible to train every muscle group from a single machine by attaching different accessories to the end of the rope. Moreover, this machine's weight range is really wide.

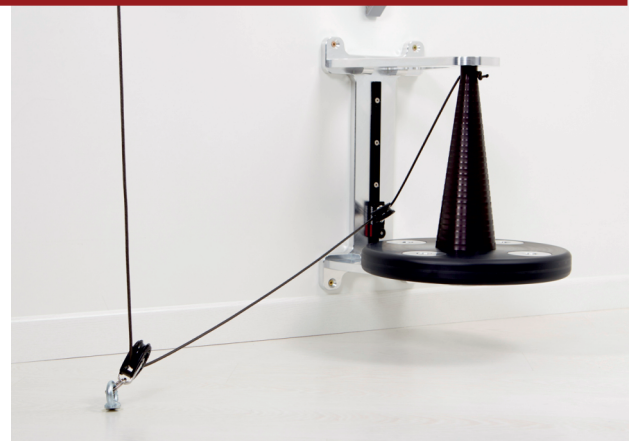
We increase weight by working over the free cone radius with a roll-up rope, and also by shifting the inertia moment using 4 integrated masses on the disk (they can be extracted).



Blocks Harken fly
Rope Dynnema
DSK78 sheath Technora



RSP ENCODER



The wider the radius, the lighter the weight; and the narrower the radius, the heavier the weight. This regulation is performed through a lengthwise rail along the cone.

The moment of inertia is adjusted through the different masses integrated within the disk. There are three possible positions.

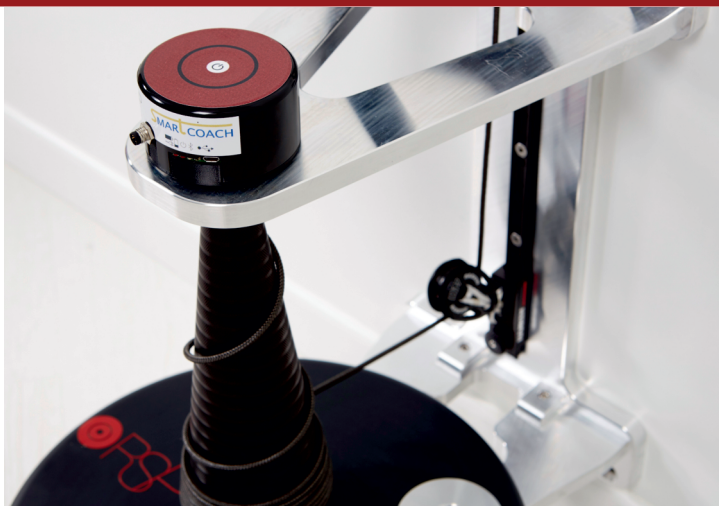


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RSP CONIC PERFORMANCE TECHNICAL INFORMATION

STANDARD EQUIPMENT

1. Chasis RSP Conic Performance.
4. Masses of stainless steel and 4 of aluminium.
1. Longitudinal rail with Block (to fit \varnothing of the cone).
1. Grip hand and ankle.
2. Blocks Harken Carbo fly 29 mm.
4. m rope dynamo DSK78 sheath Technora diam 5mm.
4. Screws (to fix the machine to the wall).
1. 120 cm high rail (to adjust the output block)
1. RSP Encoder compatible with Smartcoach.
1. Installation manual.



TECHNICAL SPECIFICATIONS

Made from aluminium.

Rope without coefficient of elasticity.

Weight adjustment on the cone radius, 13 weight positions.

Moment of inertia adjustment through disk integrated masses, 6 inertia moments (0 masses, 2 masses, 4 masses).

We eliminate interference resulting from vibration and friction.

2 rope output options: high and low.

Size: 45 x 35 x 45 cm high

Weight: 11 kg

Adaptations: Customisation for specific trainings.

ACCESSORIES

Chronojump adapter.

Traction bars of carbon fiber.

Portability kit to attach the machine to goal structures, columns, gym bars...

Stainless steel masses (increases the moment of inertia by 29% each mass).

<https://einerical.com/en/categoria-producto/rsp-conic-en/accessories/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: 1 change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Always tense rope during the execution of the exercise.

Assembly of the machine indicated in the instructions.

It uses 2 exits of the rope stipulated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.



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Moments of inertia

without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
531,39 Kg/cm ²	635,13 kg/cm ²	738,86 Kg/cm ²	829,37 Kg/cm ²	1126,22 kg/cm ²	933,11 Kg/cm ²

RSP CONIC PRO PERFORMANCE



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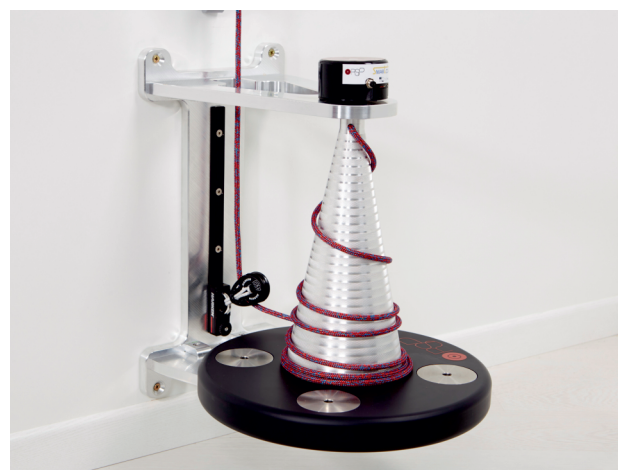
OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The RSP Conic Pro is designed for the training of changes of direction and of felt by the axis geometry and its momentum of inertia, generating an intense phase of braking.

The new components allow to work for longer at more intensity with greater training control by incorporating our encoder.

It's made of aluminum to ensure its solidity, maintaining a contained weight that facilitates its transport, the masses are stainless steel to increase the moment of inertia of the machine without the need to increase its dimensions, the new pulleys and rope are selected so that the Traction machine and transmit the force applied by the athlete without losses due to elasticity or friction.



Type Approved
Safety
Regular Production
Surveillance
www.tuv.com
ID 111211877



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RSP CONIC PRO PERFORMANCE TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 1. Chassis RSP Conic Pro.
- 4. Masses of stainless steel.
- 4. m rope high performance PBO.
- 1. 120 cm high rail (to adjust the output block)
- 2. Pulley Harken Carbo fly 40 mm.
- 1. Harness.
- 1. RSP Encoder.
- 4. Screws (to fix the machine to the wall).
- 1. Installation manual.

TECHNICAL SPECIFICATIONS

Made from aluminium.

PBO rope, high friction resistance.

Low-friction bearings and high quality pulleys.

Weight adjustment on the cone radius, 13 weight positions.

Moment of inertia adjustment through disk integrated masses, 3 inertia moments (0 masses, 2 masses, 4 masses).

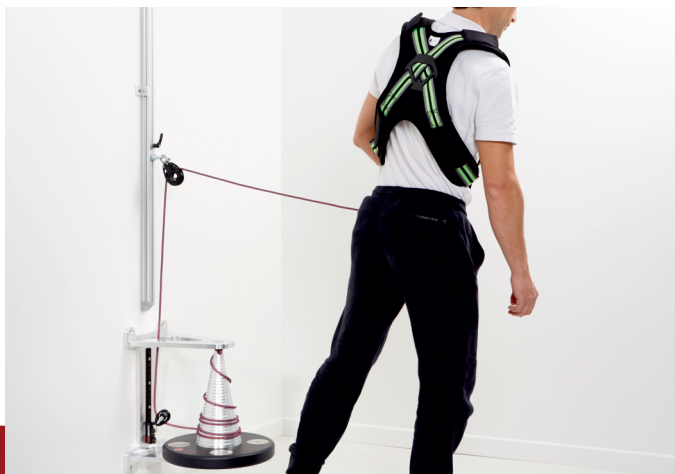
Developed to optimize the ability to accelerate and brake.

Output of the rope is adjustable in height.

Size: 45 x 35 x 45 cm de alto

Weight: 16 kg

Adaptations: Customisation for specific trainings.



ACCESSORIES

Chronojump adapter.

Portability kit to attach the machine to goal structures, columns, gym bars...

<https://einercial.com/en/categoria-producto/rsp-conic-pro-en/accessories-en/>

TECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Rope always tense.

Assembly of the machine indicated in the instructions.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses
722,83 Kg/cm ²	910,76 kg/cm ²	1238,33Kg/cm ²



Pulley Harken fly
PBO rope



RSP ENCODER

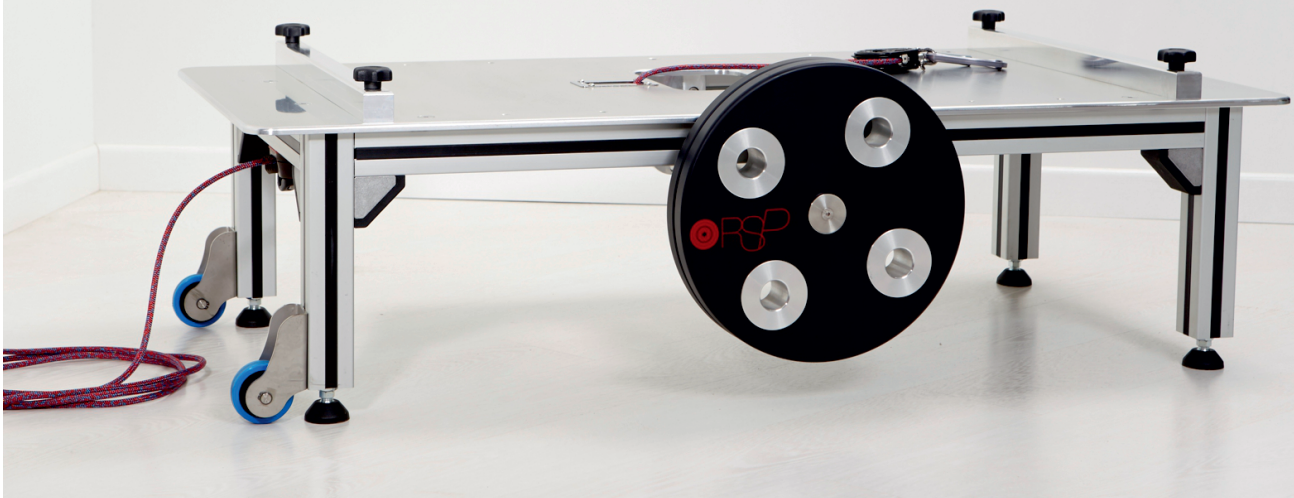


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RSP SQUAT PERFORMANCE



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OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

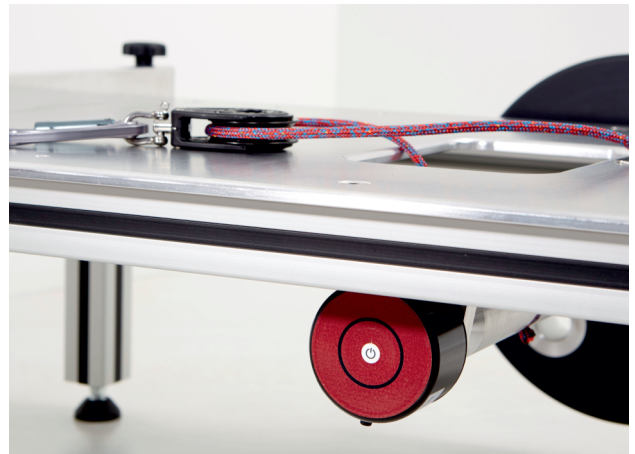
What makes us different?

Specially designed for professionals, with components developed to work at high intensity, minimizing friction. It includes as standard the masses of stainless steel and the RSP encoder to be able to measure the performance of the training in real time, without cables, via bluetooth.

The objective of this machine is to be able to work the lower and the upper body training, offering many adjustment options depending on exercise and athlete level.

We can adjust the moment of inertia to use it on the early phases of sports readaptation, training with support, and in normal sports training, just by changing the number of masses we use.

This machine has a large internal development looking for smooth the peak eccentric minimizing the risk of injury to articulate in the change of cycle.



In order to increase the athlete's safety, the machine has side bases which allow users to fix their feet. The machine surface has been treated against slippery.

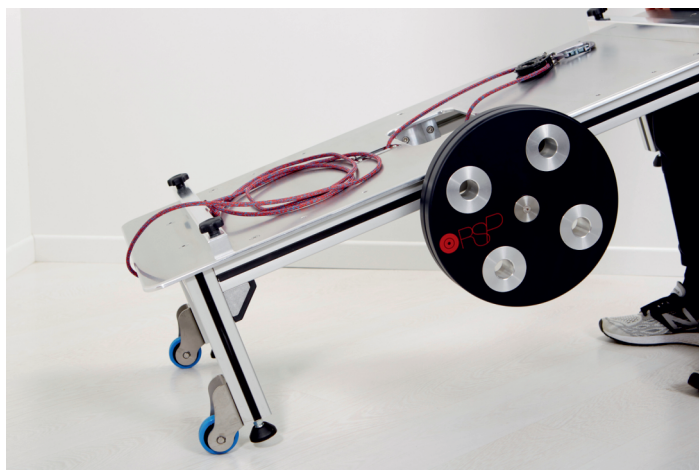


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RSP SQUAT PERFORMANCE TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4. Masses of stainless steel and 4 of aluminium.
- 1 Block.
- 1 Block with 1 x 2 gear ratio.
- 1 Harness.
- 1 Carabiner.
- 2 Lateral support feet.
- 4 m rope (Dyneema 5 mm).
- 1. RSP Encoder.
- 1 installation manual.



TECHNICAL SPECIFICATIONS

Made from aluminium.

Adjustable rope and with low coefficient of stretching, which reduces the losses of inertia.

Low-friction bearings and high quality pulleys.

Multiplication of the tire 1 x 2 to increase the eccentric work.

Moment of inertia adjustment through disk integrated masses, 6 inertia moments (0 masses, 2 masses, 4 masses).

We eliminate interference resulting from vibration and friction.

Side wheels for transport.

Size: 110 x 60 x 35 cm high

Weight: 28 kg

ACCESSORIES

Kit of supplies of ropes and blocks.

<https://einerical.com/en/categoria-producto/rsp-squat-en/accessories-2/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USO

Always tense rope during the execution of the exercise.

Assembly of the machine indicated in the instructions.

Use the output of the rope stipulated in the instructions.

The pulley should not impact against the aluminum base to preserve their integrity.

The blocks and the ropes are elements of wear for the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines

RSP is not responsible for wear caused by misuse of the machine.

Moments of inertia

without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
374,68 Kg/cm ²	449,616 kg/cm ²	524,55 Kg/cm ²	605,88 Kg/cm ²	833,09 kg/cm ²	681,62 Kg/cm ²



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STRAPS

Training supplements of the strength

Simple tools designed for both jobs individual as in pairs.

- **STATIC**
- **DYNAMIC**
- **ISOMETRIC**



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STATIC STRAP

Product designed for collective strength work in which while one athlete pulls, the other must stop it. Made of 4 mm dynema that guarantees a direct transmission of the strength of both athletes, with a 40 mm Harken pulley in the center that acts as a transmitter.

OBJECTIVE

The aim of this product is to be able to perform countless exercises by couples in which we develop the ability to apply force to accelerate and slow down in situations of high uncertainty.



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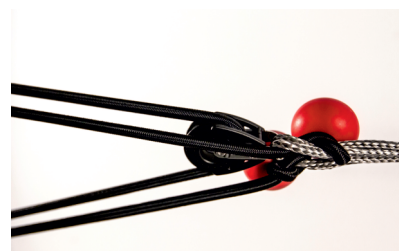
DYNAMIC STRAP

Product designed for joint stabilization work thanks to the progressive tension of the 8 mm elastic rope with a 40 mm Harken pulley in the center that prevents the elastic from compressing while maintaining its properties throughout the exercise.

You have the option of folding the load using the stop balls for it as indicated in the picture.

OBJECTIVE

It is a very versatile product that can be used both individually for mobility jobs, activation, individual strength, and for collective stabilization works.



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ISOMETRIC STRAP

Product designed for isometric works, dynema rope with a latex shock absorber in the center, allows us to work isometrically with safety and comfort. The shock absorber allows us to progressively accelerate the load at which the joint is produced without risk of injury by being able to act on it at all times.

OBJECTIVE

Develop a simple tool for isometric work, which allows us to vary the load at any angle and body position.



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Lane Pulley RSP CONIC

Arnes for RSP SQUAT



Masses



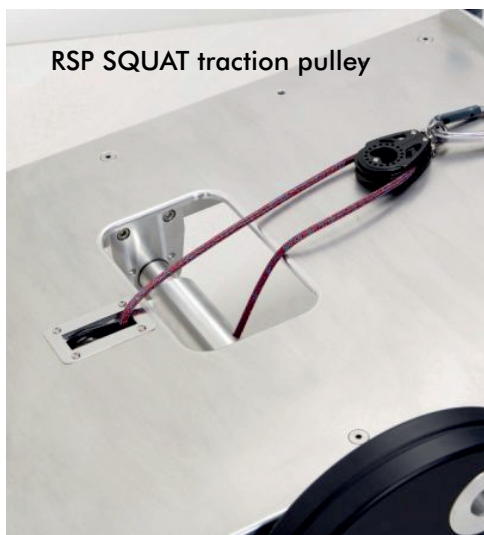
Portable customized aluminum structure for RSP WALL



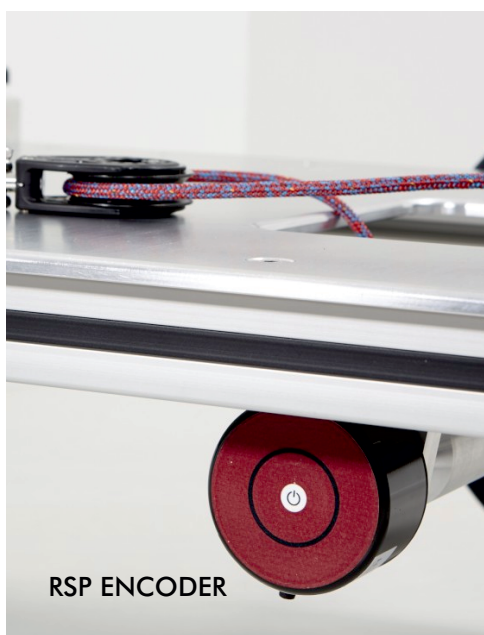
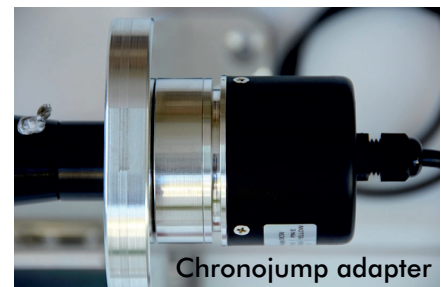
RSP ENCODER



RSP SQUAT traction pulley



Spare parts /
Complements /
Parts and
accessories



Spare parts /
Complements /
Parts and
accessories

RSP APP



THE DIGITAL
EXTENSION OF
OUR INERTIAL
MACHINES.

RSP APP is designed to measure the performance of training in real time via a data connection (Bluetooth technology).

Our Encoder also enables full compatibility with sports software SmartCoach and can monitor the data on your Smartphone or Tablet thanks to the APP or your pc with SmartCoach.