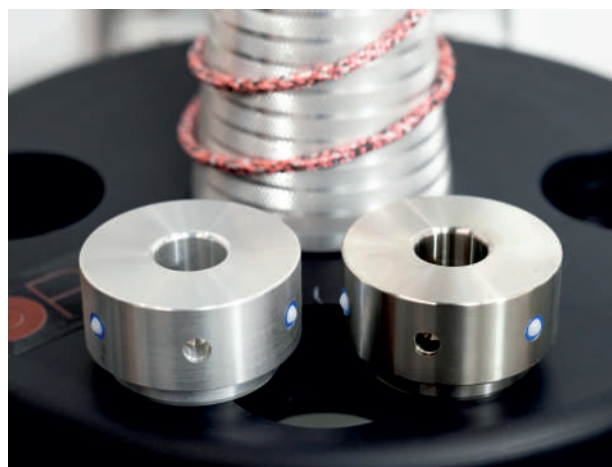


# RSP CONIC GO



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**INDICATED FOR ALL THOSE WHO WANT TO START INERTIAL TRAINING WITHOUT INTENSIVE USE.**

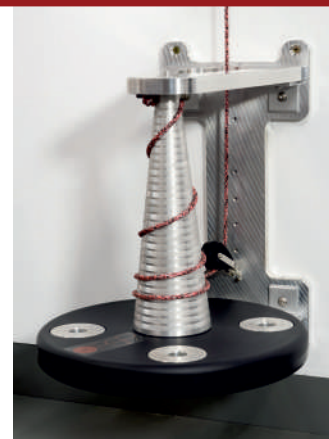
The Go finish is our way of **facilitating access to a high performance conical pulley**, we maintain our conic RSP chassis to which we incorporate a series of simpler elements, **indicated for all those who want to start inertial training without intensive use.**

It does not include the rail for adjusting the radius of the conic axis.

It does not include the wall rail, it is sent with 4 eyebolts to vary the anchorage of the head pulley.

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 practice 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.

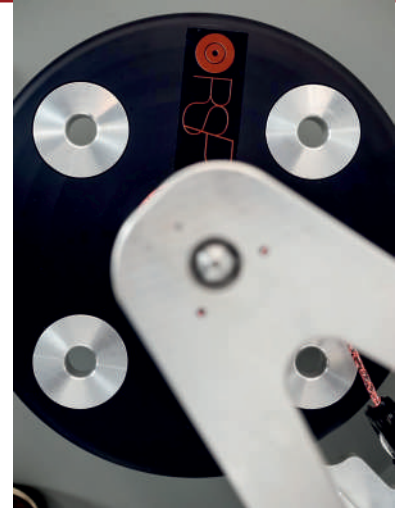


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## RSP CONIC GO TECHNICAL INFORMATION

### STANDARD EQUIPMENT

- RSP Conic chassis.
- 3 eyebolts to be adjusted at the height of the output pulley.
- 4 aluminium masses.
- 2 Harken Carbo pulleys of 40mm Ø.
- 4 meters of high performance rope with lenght regulator.
- Hand grip and ankle strap.
- Assembly manual.
- Wall mounting kit.



### TECHNICAL SPECIFICATIONS

- Designed for precise upper and lower body movements.
- Adjustment of the Moment of inertia through the masses integrated in the disc, each mass represents 10% of the moment of inertia.
- Adjusting the height of the rope output.
- Anchorage for a vertical shot

**Size:** 45 x 35 x 45 cm high

**Weight:** 14 kg



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### ACCESSORIES

- RSP Encoder.
- Stainless steel masses.
- High load pulleys (high performance with high working densities).
- Harken Fly pulleys (highest quality of shooting on the market).
- Long carbon bar.
- Short carbon bar.
- Adaptor for Chronojump codificator.
- Foldable floor eyebolt.
- Portability kit (to fix the machine to a solid structure such as goal, trellis, column..).

#### Moments of inertia

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