

# RSP CONIC PERFORMANCE



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**ALLOW MORE INTENSE BRAKING PHASES, THE BEST MACHINE WE CAN OFFER A PROFESSIONAL WHO WANTS TO COMPETE AT THE HIGHEST LEVEL**

The PERFORMANCE finish takes the RSP CONIC to another dimension of acceleration allowing more intense braking phases, for this we incorporate the best components on the market in terms of the Harken Fly line, includes the encoder to quantify and measure the training load and stainless steel masses to work with the highest inertia workout values.

**The best machine we can offer a professional who wants to compete at the highest level.**

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.



Type Approved  
Safety  
Regular Production  
Surveillance  
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# RSP CONIC PERFORMANCE TECHNICAL INFORMATION

## STANDARD EQUIPMENT

- RSP Conic chassis.
- RSP Encoder.
- 120cm wall rail for height adjustment of the output pulley.
- Ground anchorage eyebolt for vertical shooting.
- 4 aluminium masses .
- 4 stainless steel masses.
- 2 Harken Fly pulleys of 29mm Ø.
- 4 meters of high performance rope with lenght regulator.
- Hand grip and ankle strap.
- Wall mounting kit.
- Assembly manual.



## TECHNICAL SPECIFICATIONS

- Designed for precise upper and lower body movements.
- Acceleration adjustment through shaft radius.
- Adjustment of the Moment of inertia through the masses integrated in the disc,
  - each mass of aluminium represents 10% of the moment of inertia, 30% of stainless steel.
- Adjusting the height of the rope output.
- Anchorage for a vertical shot.

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

**Weight:** 11 kg

**Adaptations:** Customisation for specific trainings.

## ACCESSORIES

- Long carbon bar.
- Short carbon bar.
- Adaptor for Chronojump encoder.
- Foldable floor eyebolt.
- Portability kit (to fix the machine to a solid structure such as goal, trellis, column..).



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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 <sup>2</sup>	635,13 kg/cm <sup>2</sup>	738,86 Kg/cm <sup>2</sup>	829,37 Kg/cm <sup>2</sup>	1126,22 kg/cm <sup>2</sup>	933,11 Kg/cm <sup>2</sup>