RSP WALL

www.einercial.com

DESIGNED FOR TRAINING THE ACTIONS OF BRAKING AND PUSHING THE UPPER BODY.

Our machine with fixed radius is for **training the actions of braking and pushing the upper body.** Fixed radius machines have the particularity that the axis is the same during the whole stroke, so all the variations in the acceleration of the machine depend on the capacity of the sportsman to apply force in that movement.

They have a more structural orientation at a muscular level as they work slower than a conic pulley machine and allow for more time of tension as they have a lower acceleration and therefore slower movements. To emphazise on this fundamental characteristic in the fixed radius machines is by using the 1x2 transmission that requires the athlete to apply more force and to increase the time of tension during the entire path of the movement.

The less accelerated movements makes it easier at a technical level for people with little experience in inertial training, making this machine a great tool for the non- sporting population to benefit from inertial training.

TÜVRheinland CERTIFIED
Type Approved
Safety
Regular Production Surveillance
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RSP WALL TECHNICAL INFORMATION

STANDARD EQUIPMENT

-RSP wall chassis.
-2 eyebolts to vary the height of the ropes´ output.
-1 eyebolt for a vertical shot of the rope.
-4 aluminium masses.
-Harken Carbo pulley of 29mm Ø in the chassis.
-2 Harken Carbo pulleys of 40mm Ø for a 1x2 transmission.
-4 meters high performance rope with lenght adjuster.
-Hand grip.
-Wall mounting kit.
-Assembly manual.

TECHNICAL SPECIFICATIONS

-Designed to improve the capacity of acceleration and brake in the actions of pulling and pushing of the upper body.
-1x2 transmission that allowss to increase the tension during the performance of the movement.
-Adjustment of the Moment of inertia through the masses integrated in the disc,each mass represents a 10% of the Moment of inertia.
-Height adjustment on the ropes´ output.
-Possibility of having a vertical shot of the rope.
Size: 28 x 30 x 30 cm
Weight: 5,4 kg
Adaptations: Customisation for specific trainings.

ACCESSORIES

-High load pulleys (high performance at high working densities).
-Short carbon bar.
-Portability kit (to fix the machine to a solid structure such as goal, trellis, column..).

Moments of inertia

without masses	2 masess	4 masess
184,44 Kg/cm²	221,32 kg/cm²	258,22 Kg/cm²

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