

Installation and User Instructions

RSP SQUAT



MADE IN SPAIN

Inercial Performance S.L.
www.einercial.com

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INTRODUCTION

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.

COMPONENTS

4 Masses of aluminum (10 % moment of inertia every mass).

1 Block.

1 Block with 1 x 2 gear ratio.

1 Harness.

1 Carabiner.

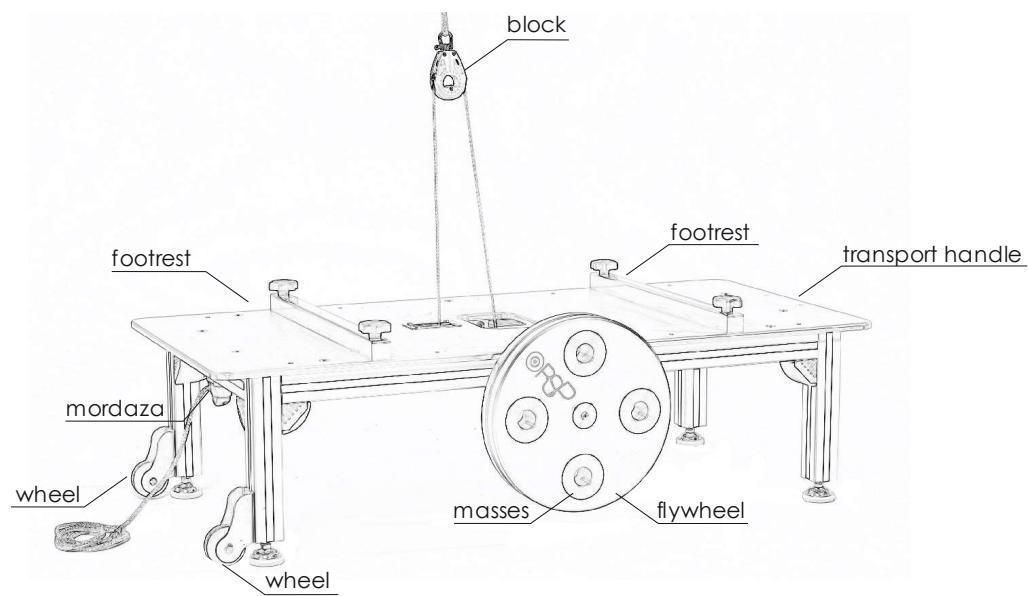
2 Lateral support feet.

4 m rope (Dyneema 5 mm).

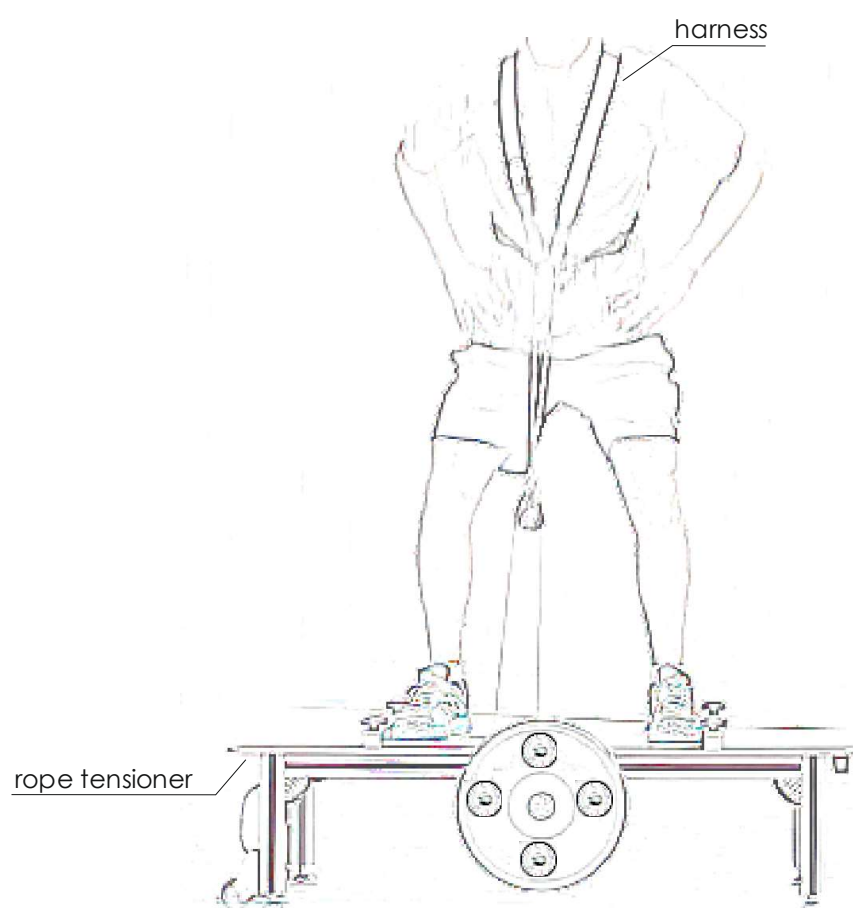
1 installation manual.

INSTALATION

Parts of the machine.



How to start



The surface where the machine is placed must be stable and level.
Before you start standing on the machine fully stretched, we must tighten the rope.

FLYWHEEL MASS

The mass of the flywheel defines a large range of speed/force curves that can be varied

MASS (Flywheel weight) CHANGE INSTRUCTIONS



Press the bottom up to remove the masses



without masses

How to place the masses



Place the mass right

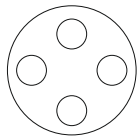


Press inward until the mass is in line with the flywheel

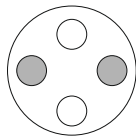
The RSP conic flywheel comes with four masses to modify the force/speed parameters.

The flywheel has four locations to add or delete steel weights in opposite pairs.

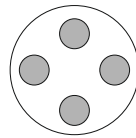
Placement
masses:



without masses



2 masses



4 masses

IMPORTANT: FLYWHEEL WEIGHTS MUST BE ADDED OR DELETED IN PAIRS AND IN DIRECTLY OPPOSITE LOCATIONS.

TECHNICAL SPECIFICATIONS

CAD-CAM Technology, numerical control manufactured machine.

Made from aluminum.

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

Exact control of disk-axis moment 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

Delivery: Supplied with harness, carabiner, 180cm of tour of rope and 4 masses of aluminum.

Inertial performance, S.L., with CIF B 27813518 declares that this training equipment is in accordance with the norm EN 957-2, Class S.

Moments of inertia

without masses	2 masses	4 masses	2 masas inox +60%	4 masas inox +120%	2 masas inox/2 alum +80 %
374,68 Kg/cm ²	449,616 kg/cm ²	524,55 Kg/cm ²	605,88 Kg/cm ²	803,09 kg/cm ²	681,62 Kg/cm ²

ACCESSORIES

Encoder compatible with Smartcoach.

Kit of supplies of ropes and blocks.

Inox masses (increase 29% the moment of inertia).

Spare parts: <http://einerical.com/en/shop/>

USE

Rope always tense.

It's important to do the exercises with a suitable technique and must be supervised by a professional. You can affect the health an excessive or incorrect use of the machine, please consult your doctor before exercising.

It is important to keep the unattended children away from the machine.

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.

Maximum weight of user 100 kg.

To know the whole gallery of exercises and the safe and proper use of the machine visit:

<http://einerical.com/en/tutorials/>

MAINTENANCE

Clean the machine with a damp cloth without using any abrasive product.

Do not leave machine in very humid places. Indoor use.

Replace the rope if it is worn or broken, the blocks and the ropes are elements of wear by the use of the machine.

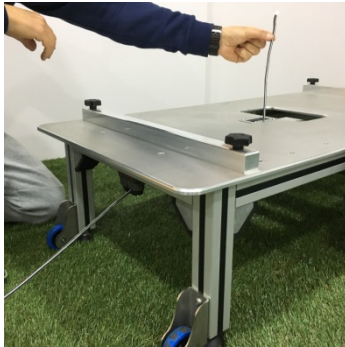
Spare parts: <http://einerical.com/en/shop/>

Call for assistance if required. +34 659910685

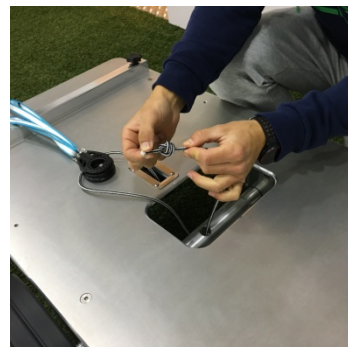
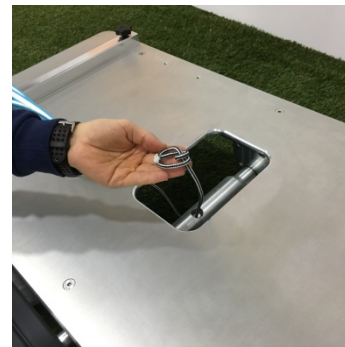
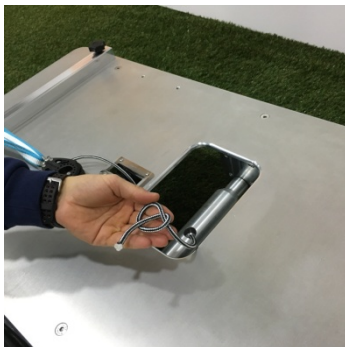
REPLACING THE ROPE



Delete the previous Rope
Materials needed for change.



Pass the rope through the hole axis



Now tie a knot in the end of the rope



WARRANTY

1. Inercial Performance, S.L. warrants to the purchaser that RSP conic is free of defects in materials and workmanship under normal use and maintenance, has a limited warranty of 2 years from the date of purchase, subject to the terms and conditions that marks the Spanish law, after 6 months of this period the costumer will have to prove that the fault exists since the origin of the purchase
2. This warranty does not cover any damage caused by handling, misuse, tampering, negligence, accidents, abnormal conditions, lack of adequate maintenance or unauthorized service or alterations to the product.
3. The blocks and the ropes are elements of wear by the use of the machine, are not subject to this warranty except for manufacturing defect.
4. In the event that the machine is damaged from the factory in the first 6 months after the purchase (point 1) will replace the defective part or be replaced the machine, if necessary, without any cost for our client.



RSP SQUAT is manufactured in Spain.
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