Installation and User Instructions

RSP WALL

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 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 intertial 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).

COMPONENTS

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

1 Interior block.

1 Block wall outlet with 1 x 2 gear ratio.

1 grip hand .

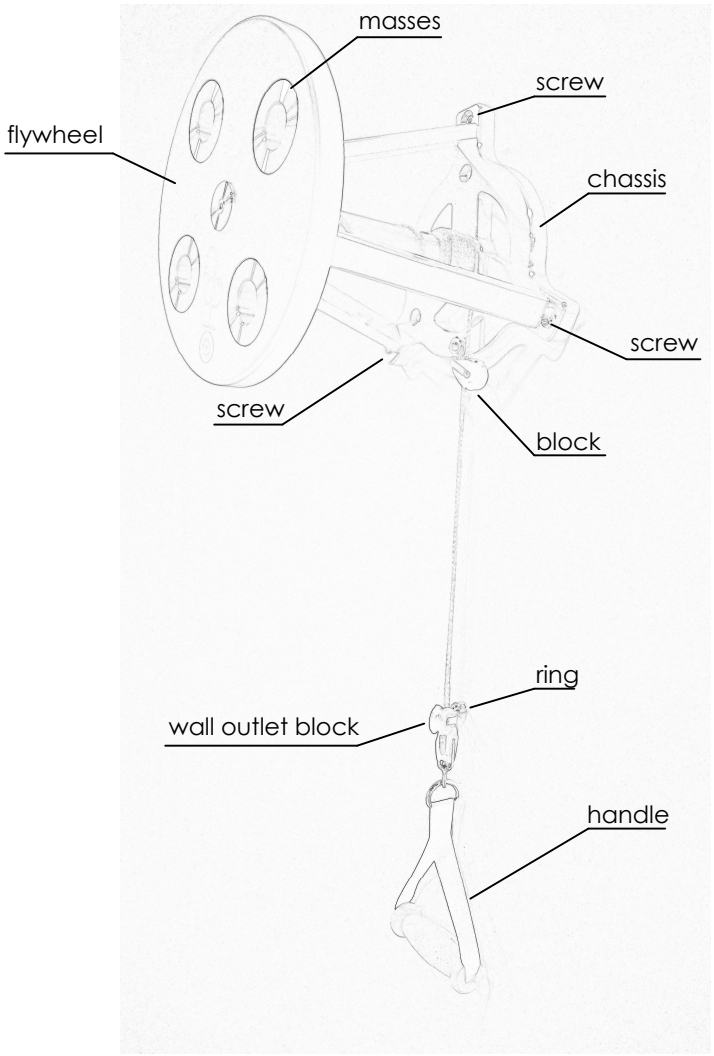
2 m rope (Dyneema de 4mm).

3 screws and 1 ring (to fix the machine to the wall).

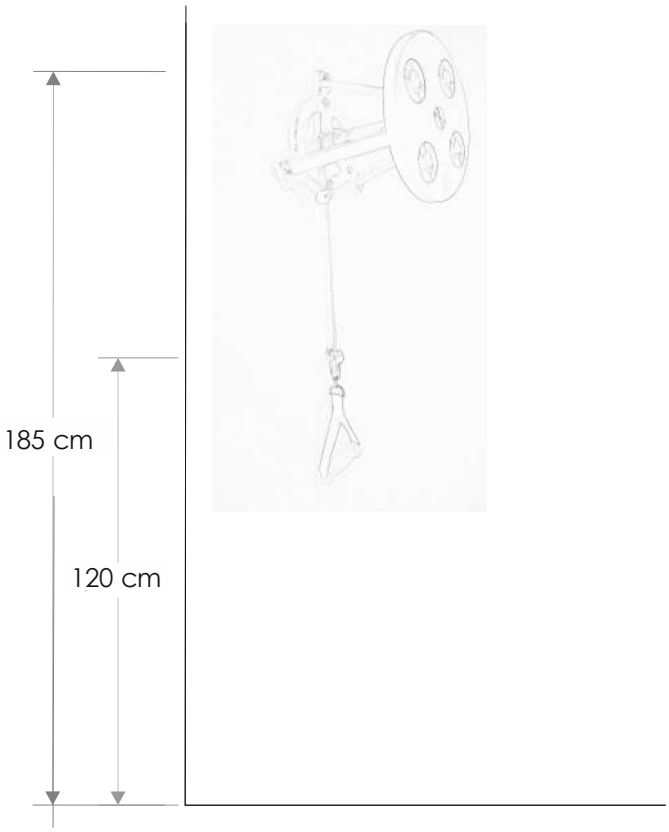
1 installation manual.

INSTALATION

Parts of the machine.



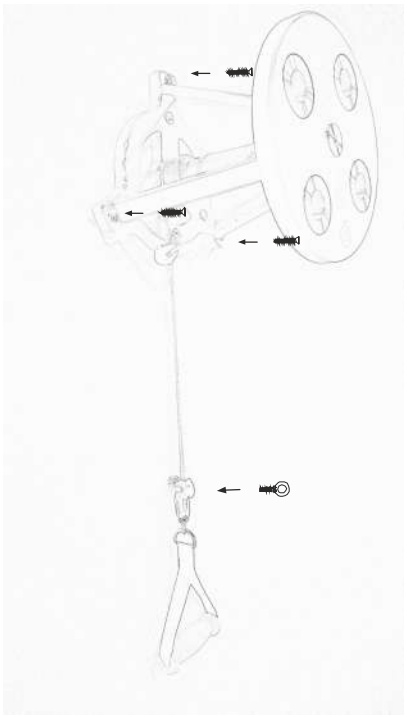
Place de Machine.

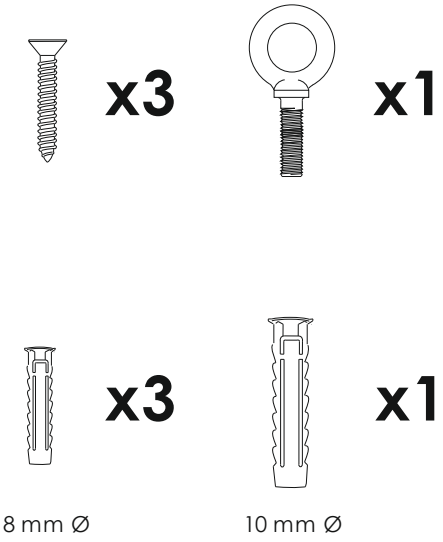


The surface where the machine is placed must be installed on a stable and level base.
Place the top of the machine to an approximate height of 185 cm from de floor.

Block wall outlet stands at 120 cm from the floor.

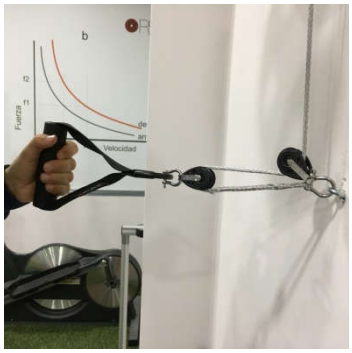
Set the machine to the wall





Make three holes in the wall to the height indicated, first insert the plugs and screw the three screws into the wall. Then drill a hole for the block wall outlet to the right height, place the big plug and the ringbolt.

Machine installed correctly



Detail

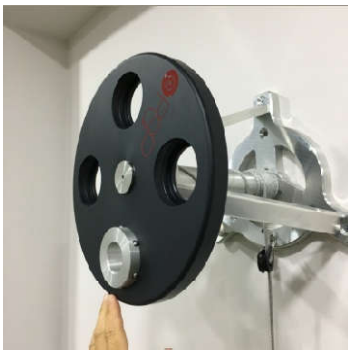
FLYWHEEL MASS

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

MASS (Flywheel weight) CHANGE INSTRUCTIONS

Push from the inside to the outside

How to place the masses



Place the mass right

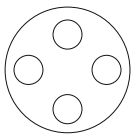
Press inward

Until it is in line with the flywheel

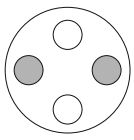
The RSP conic flywheel comes with four masses to modify the force/speed parameters.

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

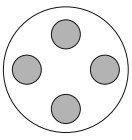
Placement masses:



without masses



2 masses



4 masess

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

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.

CAD-CAM Technology, numerical control manufactured machine.

Made from aluminum.

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

Exact control of disk-axis moment 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

Deliver: Comes with hand grip, block wall outlet, 4 m of rope and 4 aluminium masses.

Adaptations: Customization for specific trainings.

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 masess	4 masess
184,44 Kg/cm²	221,32 kg/cm²	258,22 Kg/cm²

ACCESORIES

Possibility to build portable aluminum structures with custom wheels.

Kit of supplies of ropes and blocks..

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

Spare parts: http://einercial.com/en/shop/

USE

Rope always tense.

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

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.

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://einercial.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://einercial.com/en/shop/

Call for assistance if required. +34 659910685

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 CONIC is manufactured in Spain.
www.einercial.com

Inercial Performance S.L.
Avd. Val Miñor, 46 1ºC
36350 Nigrán (Pontevedra)
Telf + 34 659910685
Spain