

RSP CONIC



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OUR GOAL IS TO MAKE THE MARKET'S BEST ECCENTRIC TRAINING MACHINES, FROM A BIOLOGICAL, MECHANICAL AND PHYSICAL PERSPECTIVE.

What makes us different?

The main characteristic of the Conical Pulley, due to the cone's nature, is that the movement is accelerated with progressive weight. The rope's radius decreases as it moves across the cone, progressively increasing resistance. The nature of the weight is inertial, that is, depending on how much power the user applies to the machine, power values will be higher or lower. This feature wide range of use of the subject, since we always work on percentages of individual power of the user.

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.

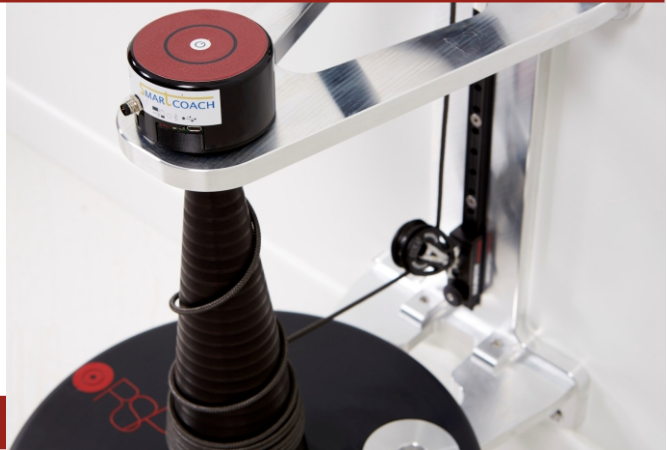


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RSP CONIC TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4 . Masses of aluminium (10 % moment of inertia every mass).
- 1 . Longitudinal rail with Block (to fit \varnothing of the cone).
- 1 . Grip hand and ankle.
- 4 . m rope (Dyneema 4 mm).
- 4 . Screws and 1 ring (to fix the machine to the wall).
- 1 . 120 cm high rail (to adjust the output block)
- 1 . Installation manual.



TECHNICAL SPECIFICATIONS

Developed for the work of all the muscular groups.

CAD-CAM Technology, numerical control manufactured machine.

Made from aluminium.

Rope without coefficient of elasticity.

Exact control of cone-disk-axis moment of inertia.

Low-friction bearings and high quality pulleys.

Weight adjustment on the cone radius, 13 weight positions.

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.

2 rope output options: high and low.

Size: 45 x 35 x 45 cm high

Weight: 11 kg

Adaptations: Customisation for specific trainings.



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ACCESSORIES

Encoder RSP compatible with Smartcoach.

Chronojump adapter.

Traction bars of carbon fiber.

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

Stainless steel masses (increases the moment of inertia by 29% each mass).

<https://einerical.com/en/categoria-producto/rsp-conic-en/accessories/>

THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: I change bearing, substitution of block of rail, reinstatement of the rope, cleanliness, readjustment of screws and aligned the axis.

USE

Rope always tense.

Assembly of the machine indicated in the instructions.

It uses 2 exits of the rope stipulated in the instructions.

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

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.

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