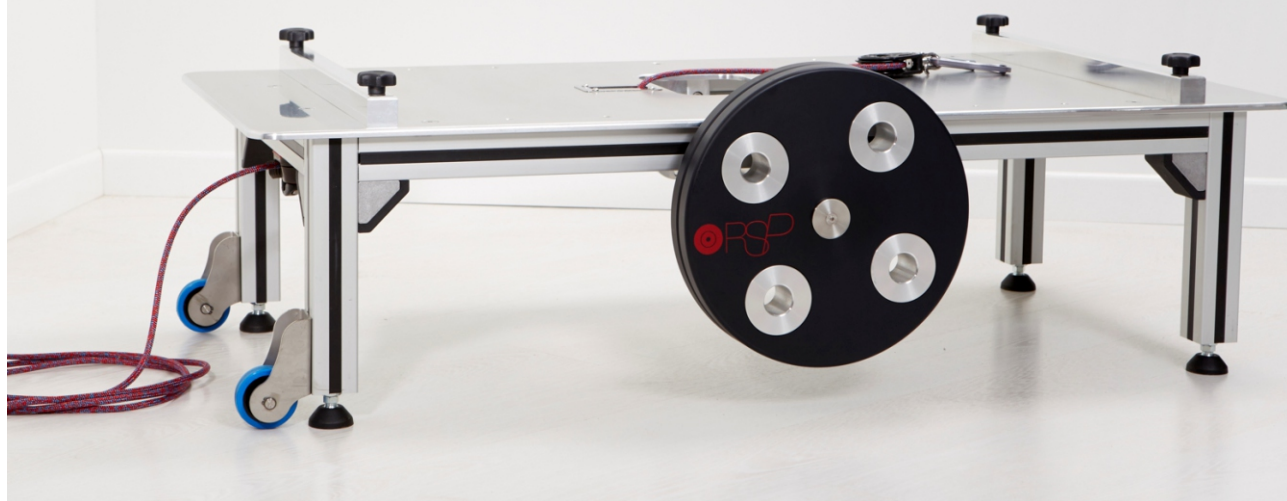


RSP SQUAT



www.einercial.com



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

What makes us different?

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.

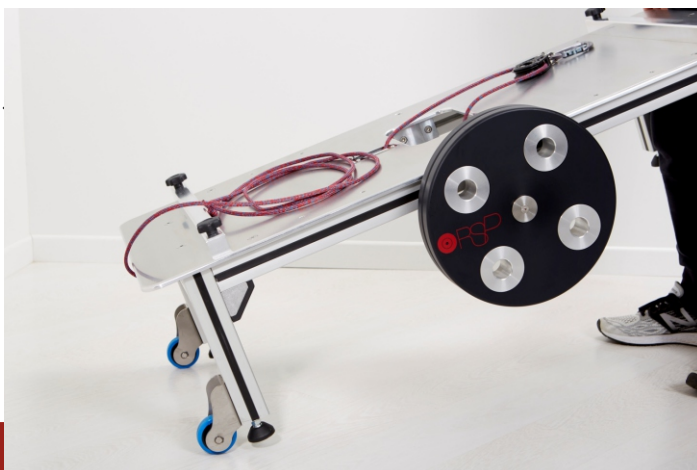


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RSP SQUAT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- 4 Masses of aluminium (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.



TECHNICAL SPECIFICATIONS

CAD-CAM Technology, numerical control manufactured machine.

Made from aluminium.

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

ACCESSORIES

Encoder compatible with Smartcoach.

Kit of supplies of ropes and blocks.

Masses OF Stainless Steel (increases the moment of inertia by 29% each mass).

<https://einerical.com/en/categoria-producto/rsp-squat-en/accessories-2/>

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.

USO

Rope always tense.

Assembly of the machine indicated in the instructions.

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.

Moments of inercia

| without masses | 2 masses | 4 masses | 2 masses Stainless +60% | 4 masses Stainless+120% | 2 masses stainless/2 alum +80 % |
|---------------------------|----------------------------|---------------------------|---------------------------|---------------------------|---------------------------------|
| 374,68 Kg/cm ² | 449,616 kg/cm ² | 524,55 Kg/cm ² | 605,88 Kg/cm ² | 833,09 kg/cm ² | 681,62 Kg/cm ² |



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