

# RSP WALL



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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 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 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 d



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## RSP WALL TECHNICAL INFORMATION

### STANDARD EQUIPMENT

- 4 Masses of aluminium (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 (Dynema de 4mm).
- 3 screws and 1 ring (to fix the machine to the wall).
- 1 installation manual.



### 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 aluminium.
- 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

**Adaptations:** Customisation for specific trainings.

### ACCESSORIES

- 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...
- <https://einerical.com/en/categoria-producto/rsp-wall-en/accessories-3/>

### THECHNICAL SERVICE

It consists of the substitution of the mobile elements and of wear to re-release the machine. It includes: l 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.
- There uses the exit 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 masess	4 masess
184,44 Kg/cm <sup>2</sup>	221,32 kg/cm <sup>2</sup>	258,22 Kg/cm <sup>2</sup>



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