

# Installation and User Instructions

## RSP CONIC PRO



MADE IN SPAIN

Inercial Performance S.L.  
[www.einercial.com](http://www.einercial.com)

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## **INTRODUCTION**

The RSP Conic Pro is our machine designed to train the directional changes and senses of direction with intensity.

Our conical axis with a large ratio between the minimum and maximum diameter generates high accelerations in the concentric phase which we then have to manage and brake at the beginning of the eccentric phase with high intensity, seeking to reproduce what happens when we move at high speed and want to brake intensely by applying as much force as possible in the opposite direction to our movement in order to lose as much speed as possible.

Designed to train global movements and displacements in which we want to apply a lot of force and an aggressive response of the machine at the beginning of the eccentric phase to force us to brake better.

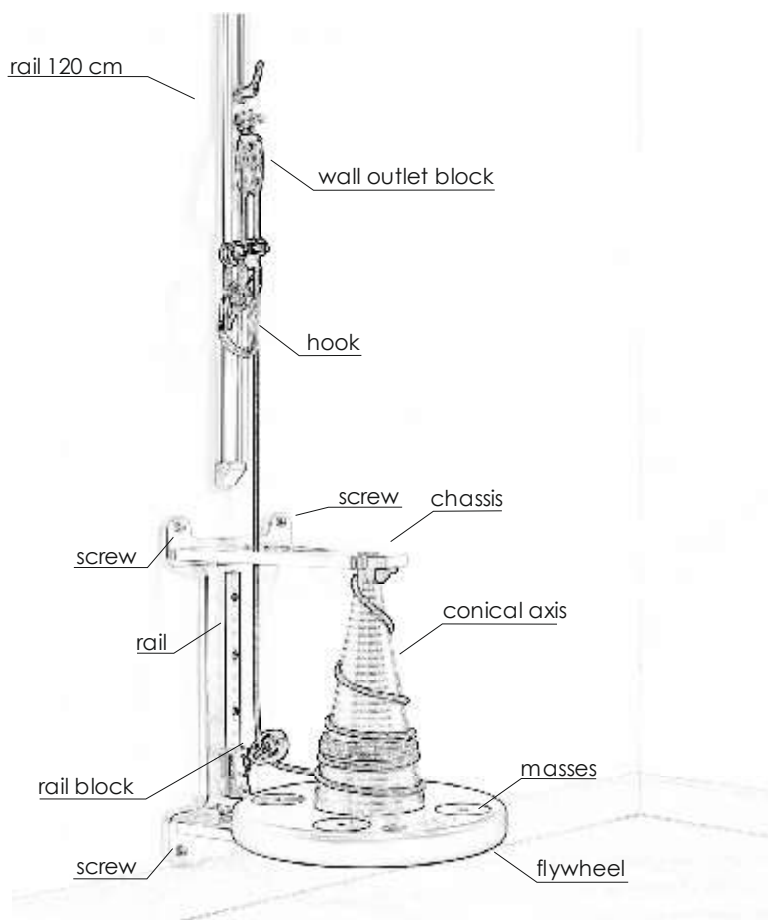
A pure performance machine to make better athletes.ete without losses due to elasticity or friction.

## **STANDARD EQUIPMENT**

- RSP Conic chassis
- 120cm wall rail for height adjustment of the output pulley.
- Ground anchorage eyebolt for vertical shooting.
- 4 stainless steel masses.
- 2 Harken Carbo pulleys of 57mm Ø.
- 4 meters of high performance rope with lenght regulator.
- Hand grip and ankle strap.
- Wall mounting kit.
- Assembly manuale

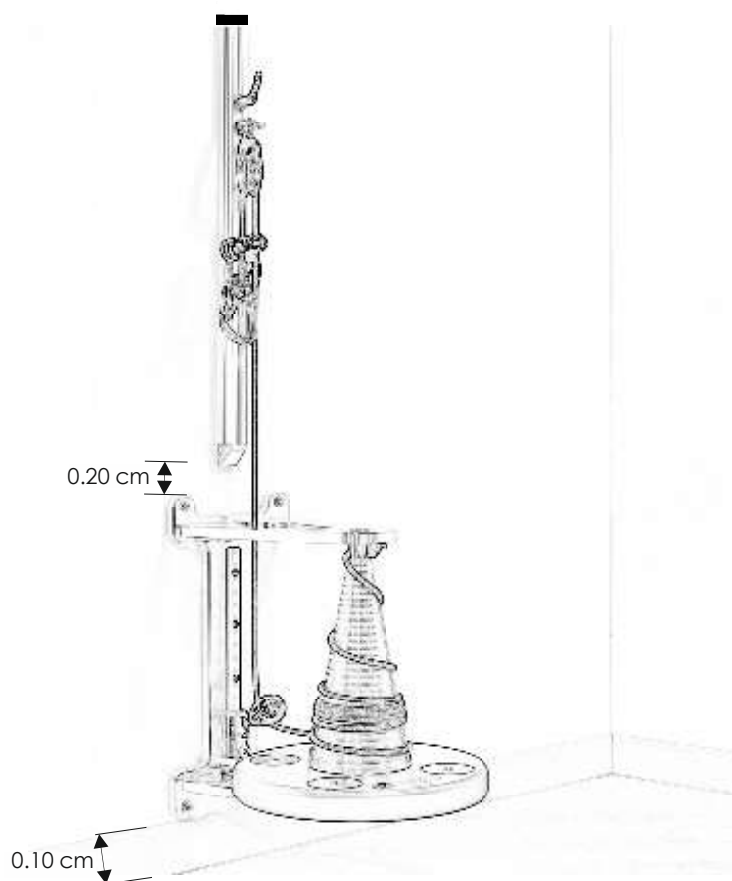
## INSTALATION

### Parts of the machine.



**Place de Machine.**

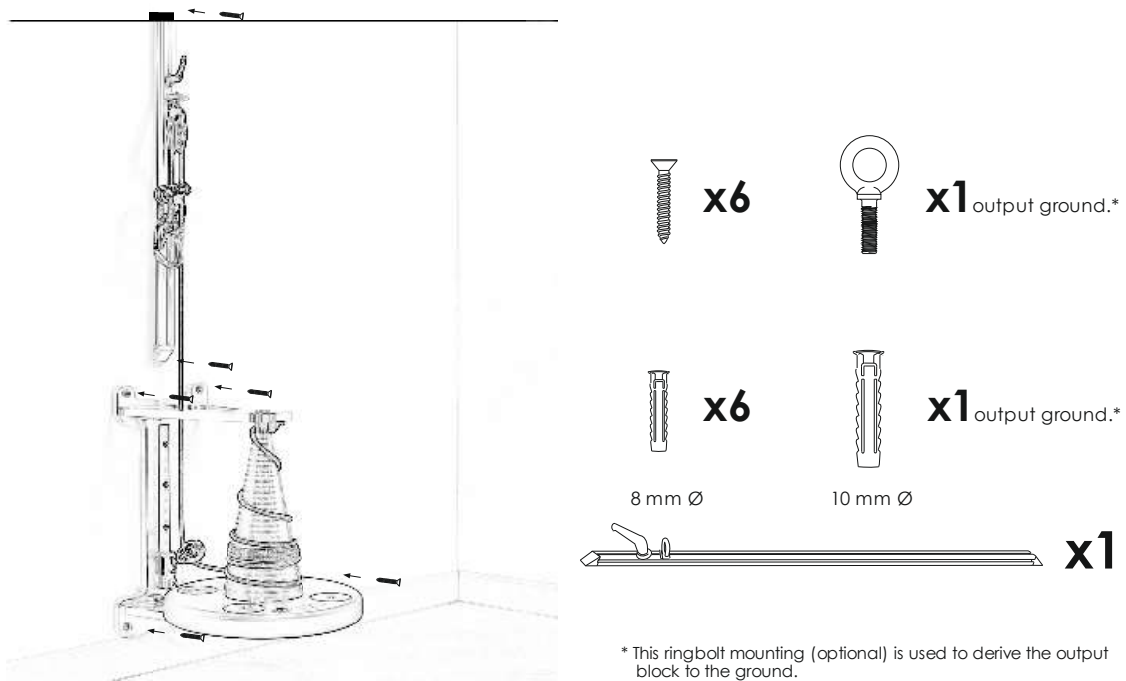
## **RSP CONIC PRO.** Instalation



Place de machine as close as possible to the ground, if you have baseboards will be placed above it.

The rail of 120 cm is placed centered with the machine and 20 cm of it.

## Set the machine to the wall



Make four holes in the wall to the indicated height, insert the plugs first and screw the four screws into the wall. Then install the rail to the block of wall outlet to the indicated height, with the indicated plugs and screws.

## ADJUSTING THE HANDLE POSITION

Click on this link <http://bit.ly/RSPconicPROtechnician> to see:

The most important technical features of our RSP Conic Pro, how you can assembly it, how the rope is adjusted and how the pulleys and the rope are changed. We also explain how to improve it and give you some useful tips.

## 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 mass

### How to place the masses



Place the mass right

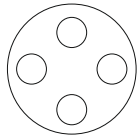
Press up and down

Until it is in line with the flywheel

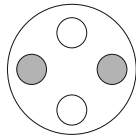
The RSP conic flywheel comes with four masses to modify the force/speed parameters.

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

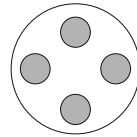
Placement masses:



without masses



2 masses



4 masses

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

### HOW TO MOVE THE RAIL



The marked workpiece



Pull out and move up or down

### DIFFERENT ANGLES TO PULL THE ROPE



Wall outlet block.



Output pulley from the ground.



Output of the cone.



## TECHNICAL SPECIFICATIONS

-Designed to train global movements and displacements, improving the ability to brake in change of direction.

-Acceleration adjustment through shaft radius.

-Adjustment of the Moment of inertia through the masses integrated in the disc, each mass represents 30% of the Moment of inertia.

-Height adjustment of the ropes' output.

-Anchorage for a vertical shot.

Size: 45 x 35 x 45 cm high

Weight: 19 kg

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 masses                  | 4 masses                  |
|---------------------------|---------------------------|---------------------------|
| 722,83 Kg/cm <sup>2</sup> | 910,76 kg/cm <sup>2</sup> | 1238,33Kg/cm <sup>2</sup> |

## ACCESORIES

-RSP Encoder.

-Harken Fly pulleys (highest quality of shooting on the market).

-Long carbon bar.

-Short carbon bar.

-Adaptor for Chronojump encoder.

-Foldable floor eyebolt.

-Portability kit.

**Spare parts:** <https://einerical.com/en/categoria-producto/rsp-conic-pro-en/>

## USE

Always tense rope during the execution of the exercise.

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 by 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.

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

<https://einericial.com/en/tutorials/>

<https://einericial.com/videos/>

## 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:** <https://einericial.com/en/categoria-producto/rsp-conic-pro-en/>

Call for assistance if required. +34 659910685

## REPLACING THE ROPE



<http://bit.ly/RSPconicPROtechnician>

## 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 PRO is manufactured in Spain.  
[www.einercial.com](http://www.einercial.com)

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