

Installation and User Instructions

RSP ROW SPINNING



MADE IN SPAIN

Inercial Performance S.L.
www.einercial.com

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INTRODUCTION

The improvement of the specific strength application is today one of the basic pillars of any training program aimed at improving sport performance.

For many years the world of rowing has been researching and developing different means to train specific gestures on the ground, with ergometers you get a part of the job, related to the development of metabolic pathways at high intensity, however, the entire structural part related to the specific force still needed to be developed, how the athlete should apply it in magnitude and time is the goal with which we have developed RSP Row Spinning.

What is RSP ROW SPINNING?

It is a machine designed for the training of specific force in the Olympic rower.

RSP ROW SPINNING will allow us to increase the force in the specific rowing movement, because in few sports it is possible to resist the specific movement through external loads, having to resort to exercises of non-specific force such as squats and others, always far from the real sporting gesture.

The goal of this machine is to improve the first phase of the stroke, when the rower "catch" the water and it pushes to re-accelerate the boat. At this stage where the boat already has speed, it is particularly important that the rower can apply the greatest amount of force very quickly.

RSP ROW SPINNING has an axle specifically designed to accelerate in the first phase of the push, a defining moment to improve the speed of the boat and its performance.

RSP Row Spinning IS NOT AN ERGOMETER, IT IS A SPECIFIC STRENGTH TRAINING MACHINE OF THE ACTION OF ROWING.

Your goal is to push faster when you start the stroke.

STANDARD EQUIPMENT

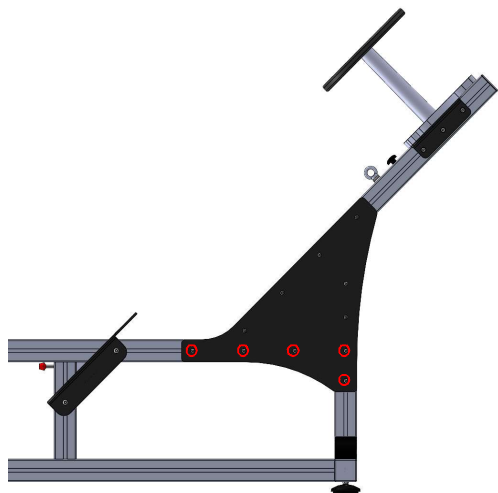
- RSP Row Spinning chassis.
- 4 Stainless steel masses.
- 2 Harken high load pulleys for a 1x2 transmission.
- 5 meters high performance rope with length regulator.
- Drawbar.
- Assembly manual.

INSTALATION

Parts of the machine.



ROW SPINNING. Components



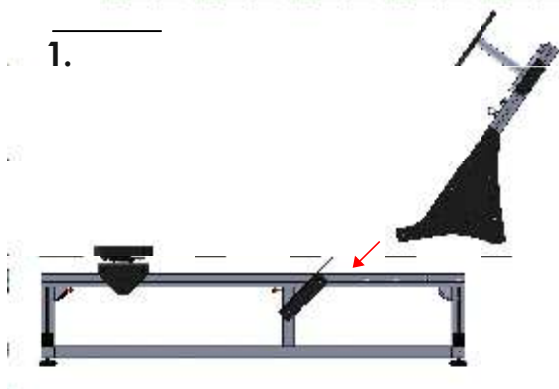
The fixing screws to be mounted will be: 5 units



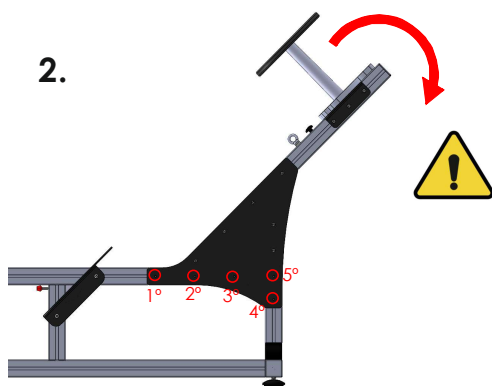
The tool required to carry out the assembly will only be a 4 mm Allen key.

RSP ROW SPINNING. Instalation

1.

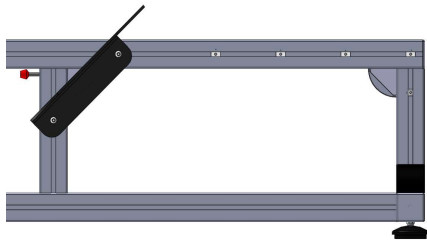


2.



!WARNING! If the screws are not in place and the upper part is only in position, there is a risk of the upper part tipping over. To minimize this risk, it is advisable to follow the assembly instructions.

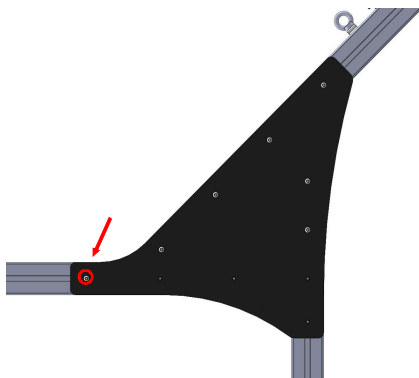
3.



The spring-loaded keyways

The spring-loaded keyways where the screws are to be threaded shall be positioned in their corresponding place. Before positioning the assembly on the structure, check that these have not moved and that they are correctly aligned with the marks made on the profile.

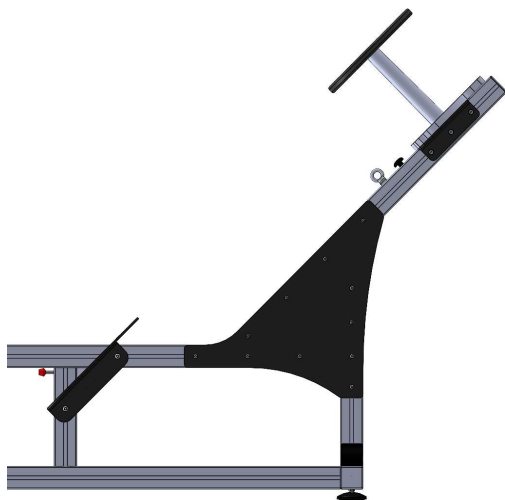
4.



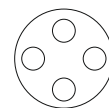
It is always recommended that the indicated screw be:

- The first to be tightened in the assembly process.
- The last to be released in the disassembly process.

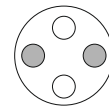
5.



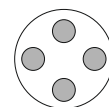
Placement masses:



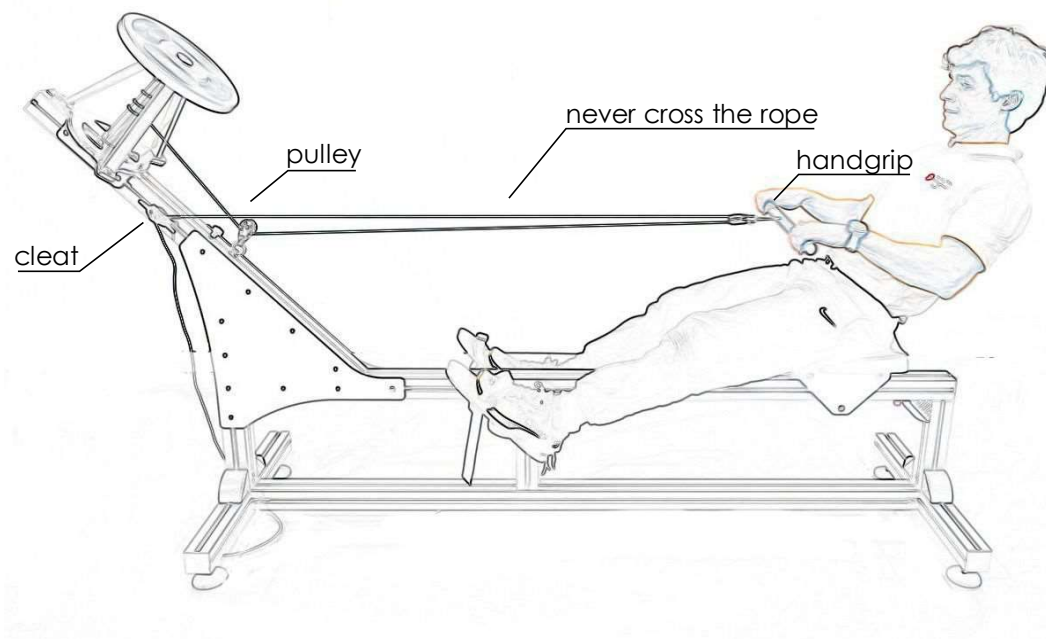
without masses



2 masses



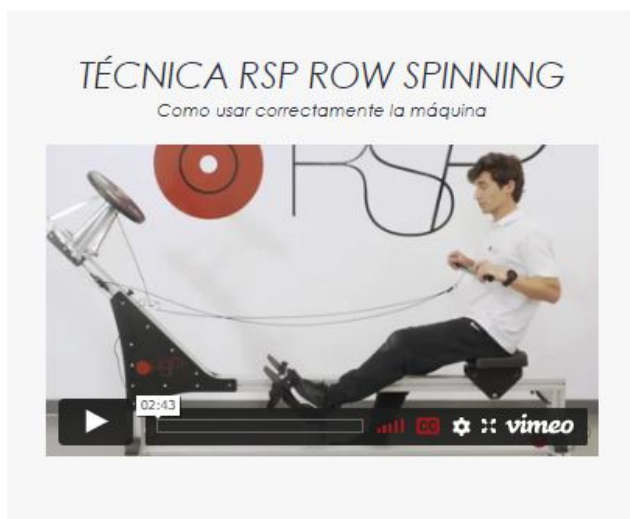
4 masses



ADJUSTING THE HANDLE POSITION

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

The most important technical features of our RSP Row Spinning, 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



push from inside to outside



How to place the masses



Place the mass right



Press inward

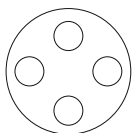


Until it is in line with the flywheel

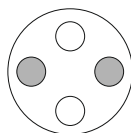
The RSP conic flywheel comes with four masses to modify the force/speed parameters.

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

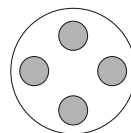
Placement masses:



without masses



2 masses



4 masses

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

TECHNICAL SPECIFICATIONS

- Designed to improve the capacity to apply force in the specific rowing movement.
- 1x2 transmission that allows to increase the tension during the performance of the movement.
- Adjustment of the moment of inertia through the masses integrated in the disc, each mass represents a 40% of the moment of inertia.
- Quick adjustment of the rope outlet.
- Adjustable in height of feet.
- Height adjustment on the ropes' output.

Size: 226 x 55 x 130 cm high

Weight: 40 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

whitout masses	2 masses	4 masses
184,44 Kg/cm ²	331,9 kg/cm ²	405,76 Kg/cm ²

ACCESORIES

Spare parts: <https://einerical.com/categoria-producto/rsp-row-spinning/>

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

Maximum weight of user 200 kg.

RSP is not responsible for wear caused by misuse of the machine.

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://einerical.com/categoria-producto/rsp-row-spinning/>

Call for assistance if required. +34 659910685

REPLACING THE ROPE



<http://bit.ly/RSProwtechnician>

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 ROW SPPINING is manufactured in Spain.
www.einercial.com

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