# Installation and User Instructions

# RSP CONIC GO





MADE IN SPAIN

Inercial Performance S.L. www.einercial.com

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#### INTRODUCTION

Our conical pulley designed for the physiotherapy and rehabilitation market is a machine that offers a smooth and progressive response making it very easy for the patient to use.

The RSP Conic Go allows us to improve the ability to slow down from the early stages of the rehabilitation processes, and allows us to introduce it as a therapeutic exercise in all treatments that advise eccentric stimuli for the recovery of the injury.

The geometry of the conical axis, the moment of inertia of the machine, the pulleys and rope have been selected to offer a very progressive response to the patient, that will give him confidence to apply force and force him to brake generating the eccentric stimulus necessary for his treatment.

We can practice 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.

### COMPONENTS

- 1. Chassis of aluminum.
- 4. Masses of aluminum (10 % moment of inertia every mass).
- 1 . Grip hand.
- 2 . Harken pulleys 40 mm.
- 4. m rope (Dyneema 5 mm).
- 1. Fast string length regulator.
- 4. Screws (to fix the machine to the wall).
- 3. Ring (to regulate the height of the rope exit).
- 1. Installation manual.

# INSTALATION

# Parts of the machine.



Place de Machine.



The surface where the machine is placed must be installed on a stable and level base. Place de machine as close as possible to the ground, if you have baseboards will be placed above it.

The rings (to regulate the height of the rope exit) must be placed centered with the machine.

Set the machine to the wall



Make four holes in the wall at the indicated height, insert the plugs first and screw the four screws to the wall. Once this is done place the output centered first at 50 cm from the machine, the second at 100 cm and the highest at 150 cm from the machine.

# **ADJUSTING THE HANDLE POSITION**

















# **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 masess

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**

Developed for the work of all the muscular groups.

Made from aluminum.

Rope without coefficient of elasticity.

Low-friction bearings and high quality pulleys.

2 output pulley heights.

We eliminate interference resulting from vibration and friction.

Size: 45 x 35 x 45 cm high

Weight: 11 kg

Deliver: Comes with hand grip, head pulley, 4m of rope, high head pulley and 4 aluminum masses.

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
531,39 Kg/cm <sup>2</sup>	635,13 kg/cm²	738,86 Kg/cm <sup>2</sup>

# ACCESORIES

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).

Spare parts: <u>https://einercial.com/en/shop/</u>

#### 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.

Maximum weight of user 100 kg.

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

http://einercial.com/en/tutorials/

https://einercial.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: http://einercial.com/en/shop/

Call for assistance if required. +34 659910685

# **REPLACING THE ROPE**



Delete the previous Rope



Materials needed for change



Put one end of the rope through the wall outlet block.





















#### 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 is manufactured in Spain. www.einercial.com

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