RSP KAYAK

DESIGNED TO IMPROVE THE ABILITY OF CANOEIST TO APPLY FORCE.

RSP KAYAK is a machine developed to improve the canoeist´s ability to apply strength.
The evolution of sport and materials leads us to the need to adapt and develop the tools so that the canoeist can train on land with the intensity and technical complexity that will be found in the water.
Higher and higher paddle cycles cause the canoe to lose less speed between each paddle and that makes the technique more and more complex as the time the athlete has to apply force and propel the boat.

The inertial machine is a great tool to work this need as the transition between each repetition is carried out at high speed which forces the athlete having to brake that load so efficient in preparing for the next repetition, thus simulating the problem faced by the canoeist when the canoe moves at high speed and has to be able to submerge the shovel into the water and propel itself in a very short time.

This high-speed sequence leads us more towards a plyometric work in which there is a sequence of high intensity actions in which the transmission of the energy we generate at the drive us forward along with the rotation of the trunk to change sides, makes that this management of the deceleration and accuracy at the time of entering the water and applying that energy that we are generating with our entire body are key to increasing the capacity of propel us at high speed.

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RSP KAYAK TECHNICAL INFORMATION

STANDARD EQUIPMENT

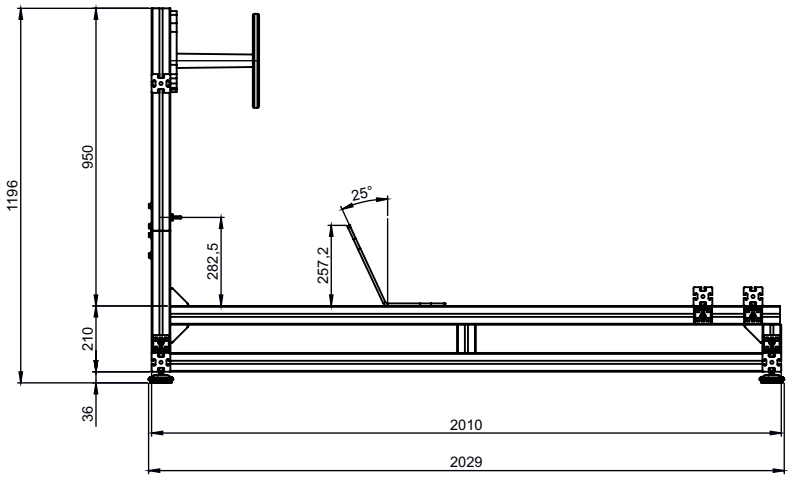
- RSP Kayak chassis.
- 4 stainless Steel masses to vary the moment of inertia.
- 1 high load Harken pulley.
- 5 meters high performance rope with length regulator.
- Drawbar.

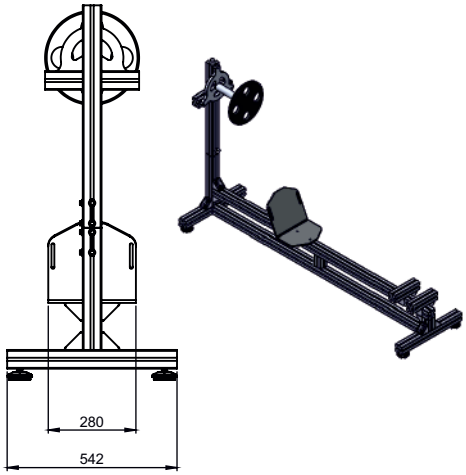
TECHNICAL SPECIFICATIONS

RSP Kayak has three ways working modes to be able to work the application of force in the different phases of the competition.

- 4 masses: The objective is to improve the ability to boost at low speed, the first 5 strokes of a regatta in which the canoe starts from speed 0 and in each stroke we accelerate. In these shovels the time of application of force is high by the speed of displacement.
- 2 masses: The objective is to improve the ability to accelerate, with this average inertia what we are going to work is to increase the acceleration time looking for each time speeds ofhigher displacement.
- 0 masses: the objective is to improve the ability to maintain high speed with very demanding technical work, that will force us to be very precise in the management of our force during the realization of the technical gesture correcting all the deficiencies that lead us to lose speed in thewater.

It is very important to understand that RSP KAYAK IS NOT AN ERGOMETER, it is a machine of specific force and that its use and programming follows the principles of sports training for the improvement of strength.





Moments of inertia

without masses	2 masses	4 masses
439,78 Kg/cm²	563,81 kg/cm²	707,58 Kg/cm²

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