

RSP SQUAT



DESIGNED FOR TRAINING THE BRAKING AND PUSHING ACTIONS OF THE LOWER BODY.

Our fixed-radius machine for training the braking and pushing actions of the lower body based on the movement of the Squat and its vertical traction variants. Fixed radius machines have the particularity that the axis is the same during the whole stroke, so all the variations in the acceleration of the machine depend on the capacity of the sportsman to apply force in that movement.

They have a more structural orientation at a muscular level as they are slower than a conic pulley machine and allow for more time of tension as they have a lower acceleration and therefore slower movements. To emphasize this fundamental characteristic in the fixed radius machines is by using the 1x2 transmission that requires the athlete to apply more force and to increase the time of tension during the entire path of the movement.

It is important to point out that the movement that we are going to make on the machine, the squat or some of its variants has a very big peculiarity: meaning that in this exercise our body will be submitted to the action of the gravity so that in the concentric phase of acceleration we will have to counteract its negative action acting against our application of force, slowing us down.



While in the eccentric phase of braking, this action of gravity on our body will be added to the force generated by the speed of rotation of the flywheel inertia making the braking phase (eccentric) more intense and demanding than the concentric and technically more complex for the athlete by having to manage a significant overload in the same space.

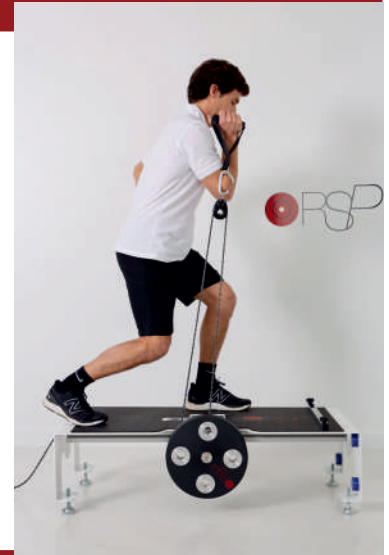


+ 34 659 910 685
info@einercial.com

RSP SQUAT TECHNICAL INFORMATION

STANDARD EQUIPMENT

- RSP Squat chassis
- 4 aluminium masses to vary the moment of inertia
- 2 adjustable side footrests
- 1 Harken Carbo pulley of 57mm Ø for a 1x 2 transmission
- 4 meters high performance rope with quick length adjuster
- Adjustable harness
- Assembly manual



TECHNICAL SPECIFICATIONS

- Designed to improve the ability to accelerate and brake based on the Squat and its variations.
- 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 10% of the Moment of inertia.
- Fast adjustment of the run of the rope.
- Adjustable harness.

Size: 114 x 54 x 37 cm high

Weight: 37 kg

ACCESSORIES

- Stainless steel masses
- RSP Encoder



Moments of inertia

without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
374,68 Kg/cm ²	449,616 kg/cm ²	524,55 Kg/cm ²	605,88 Kg/cm ²	833,09 kg/cm ²	681,62 Kg/cm ²



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