

RSP CONIC PRO



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DESIGNED TO TRAIN THE DIRECTIONAL CHANGES AND SENSES OF DIRECTION WITH INTENSITY.

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.



+ 34 659 910 685
info@einercial.com

RSP CONIC PRO TECHNICAL INFORMATION

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 traction harness.
- Wall mounting kit.
- Assembly manuale.



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 de alto

Weight: 19 kg

Adaptations: Customisation for specific trainings.

ACCESSORIES

- RSP Encoder.
- Adaptor for Chronojump encoder.
- Portability kit.(to fix the machine to a solid structure such as goal, trellis, column..)
- Anchors for attaching the portability kit to a square rack structure.



Moments of inertia

without masses	2 masses	4 masses
722,83 Kg/cm ²	910,76 kg/cm ²	1238,33Kg/cm ²



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