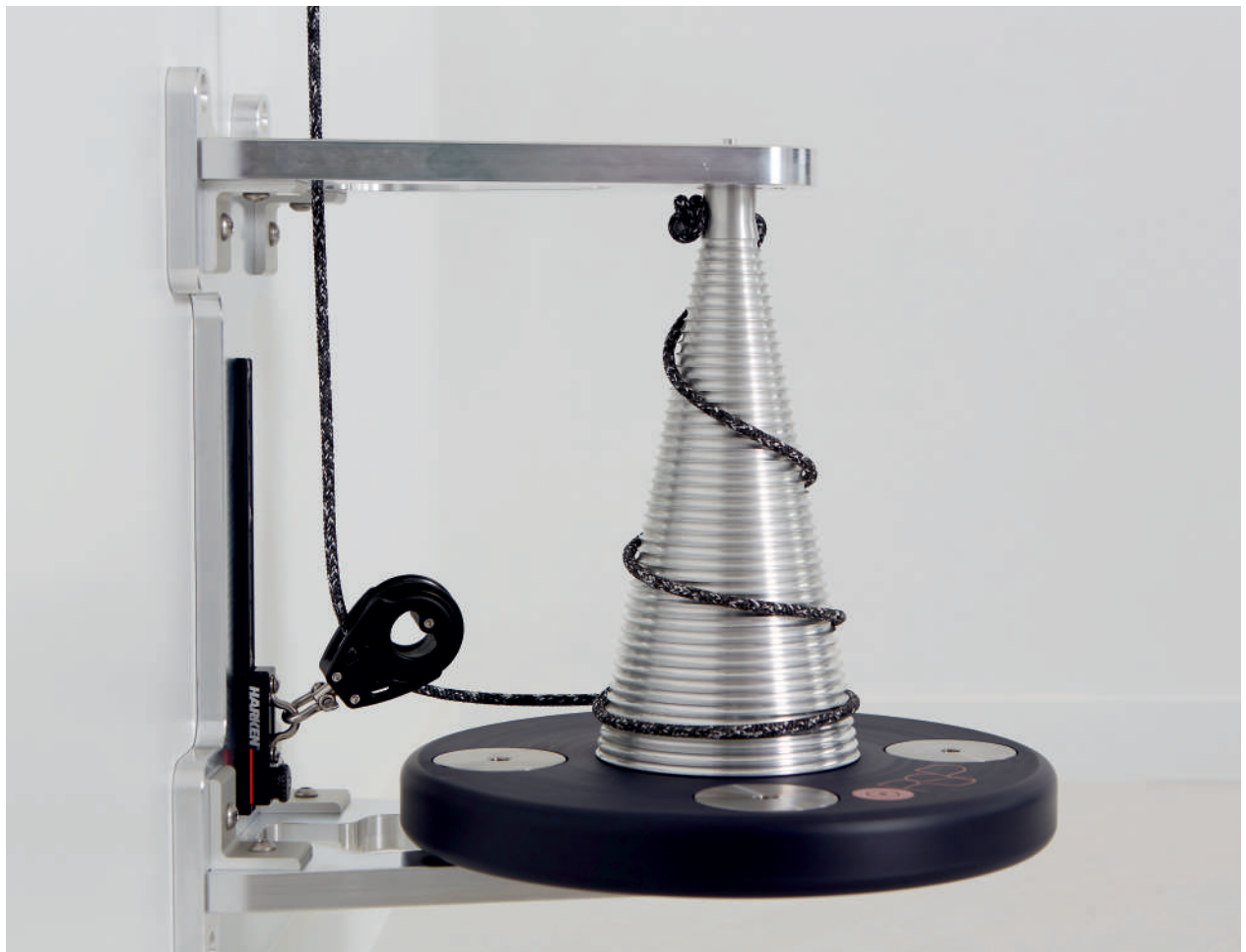


Installation and User Instructions

RSP CONIC PRO



MADE IN SPAIN
Inercial Performance S.L.
www.einercial.com

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INTRODUCTION

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.

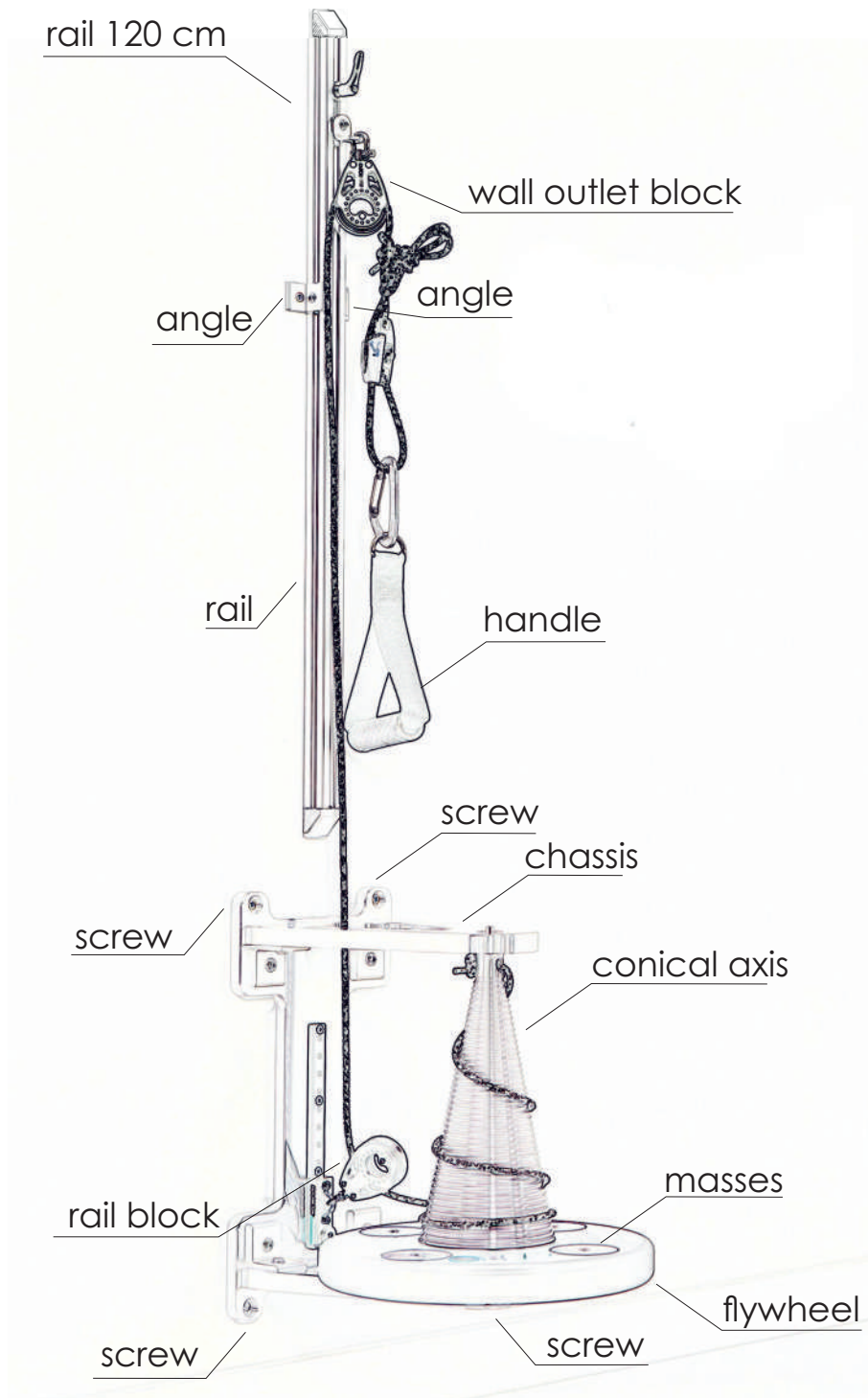
A pure performance machine to make better athletes.

STANDARD EQUIPMENT

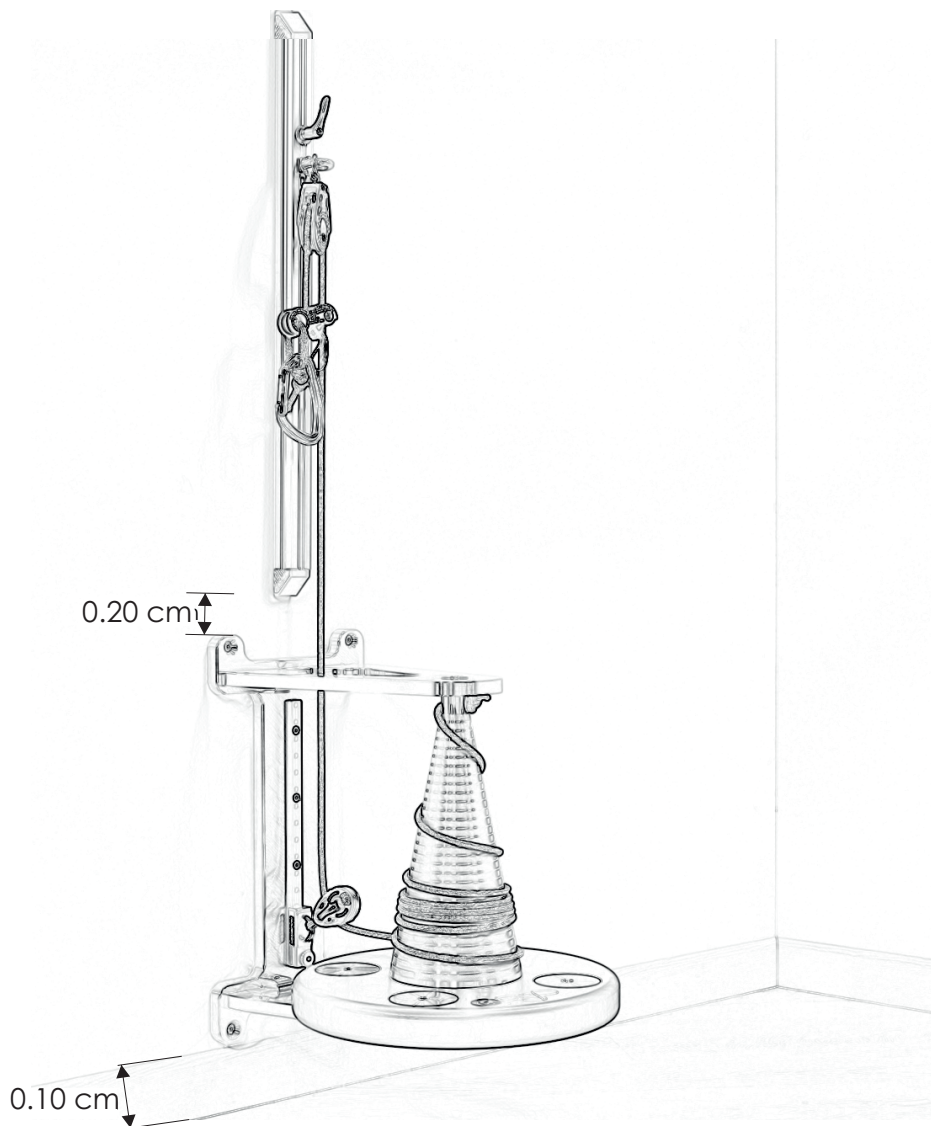
- RSP Conic chassis
- 120cm wall rail for height adjustment of the output pulley.
- Ground anchorage eyebolt for vertical shooting.
- 4 stainless steel masses.
- 2 Harken Carbo pulleys of 57mm Ø.
- 4 meters of high performance rope with length regulator.
- Hand grip and traction harness.
- Wall mounting kit.
- Assembly manuale.

INSTALATION

Parts of the machine.



Place the Machine.



The surface where the machine is placed must be installed on a stable and level base.

Place the machine as close as possible to the ground, if you have baseboards will be placed above it.

The rail of 120 cm is placed centered with the machine and 20 cm of it.

Set the Machine.



8 mm Ø



* This mounting (optional) is used to derive the output block to the ground.

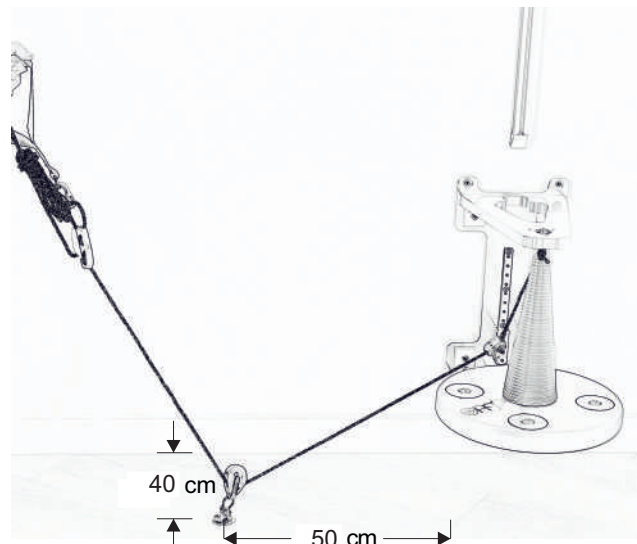
RSP CONIC PRO. Instalation

1.



1. Place the machine as close as possible to the ground, if you have baseboards will be placed above it.
The rail of 120 cm is placed centered with the machine and 20 cm of it.

2. Optional block exit from the ground



Make four holes in the wall to the indicated height, insert the plugs first and screw the four screws into the wall. Then install the rail to the block of wall outlet to the indicated height, with the indicated plugs and screws.

2. Ground anchoring to have a vertical throw is optional. Place as indicated in the image

ADJUSTING THE HANDLE POSITION

Click on this link <https://einerical.com/en/machine/rsp-conic/> to see:

The most important technical features of our RSP Conic Pro, how you can assembly it, 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

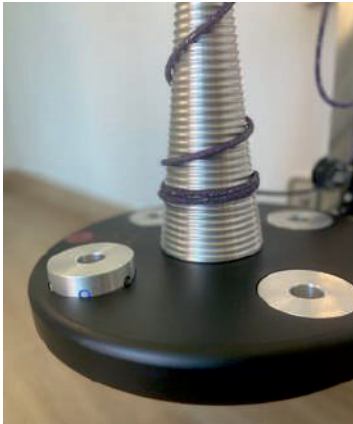


Press the bottom up to remove the masses

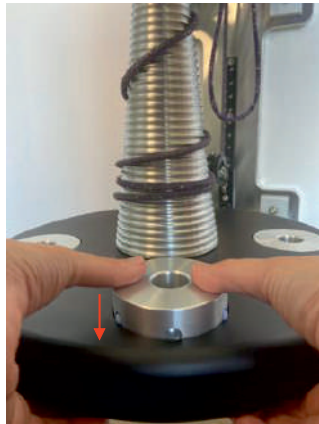


Without mases. Always take out the masses in pairs.

How to place the masses



Place the mass right



Press up and down

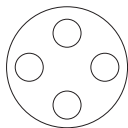


Until it is in line with the flywheel

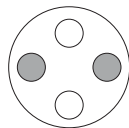
The RSP conic pro flywheel comes with four masses to modify the force/speed parameters.

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

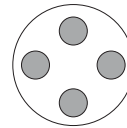
Placement masses:



without masses



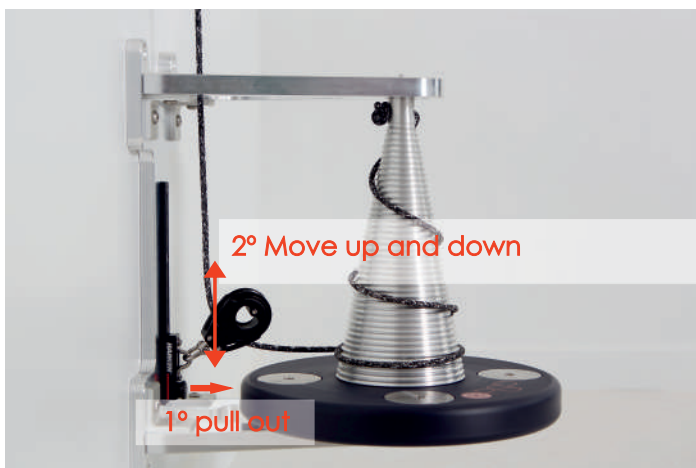
2 masses



4 masses

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

HOW TO MOVE THE RAIL



DIFFERENT ANGLES TO PULL THE ROPE



Wall outlet block



Output block from the ground



Output of the cone.

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.

Moments of inertia

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

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.

Spare parts: <https://einericial.com/en/categoria-producto/rsp-conic-pro-en/>

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.

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

<https://einericial.com/en/tutorials/>

<https://einericial.com/videos/>

MAINTENANCE

Clean the machine with a damp cloth without using any abrasive product.

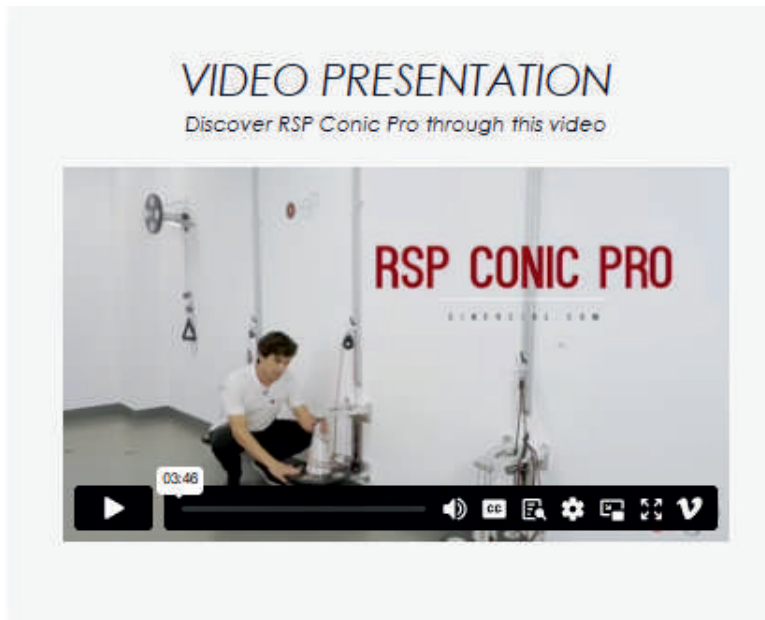
Do not leave machine in very humid places. Indoor use.

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: <https://einerical.com/en/categoria-producto/rsp-conic-pro-en/>

Call for assistance if required. +34 659910685

REPLACING THE ROPE



<https://einerical.com/en/machine/rsp-conic-pro/>

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.



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