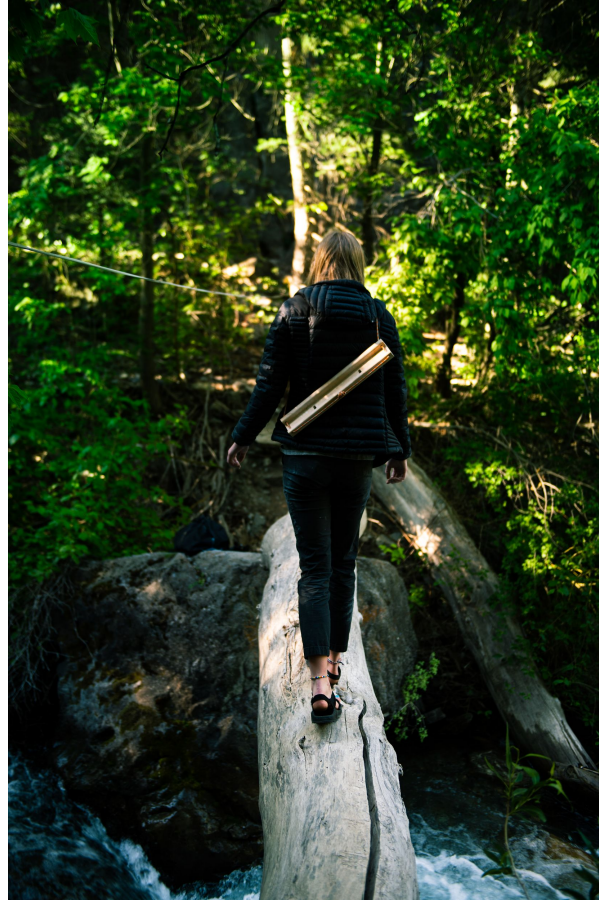


The Easy Board Product Brochure

The Easy Board by Frictitious Climbing is designed to help climbers achieve higher levels of finger and full body strength, anywhere. The Easy Board comes with 1 portable hangboard with rated cord, and optional mount.



Frictitious Climbing LLC

2800 Pipestone Dr
Fort Collins, CO 80526
(970) 819-0612

www.frictitiousclimbing.com for training ideas, etc!

Key points

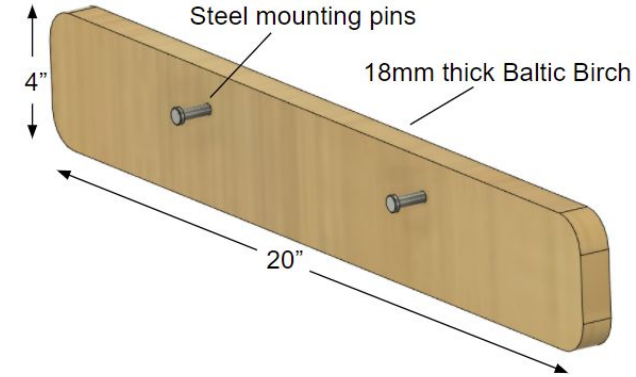
- The mount should be installed in a sturdy and safe location, no more than 9' off the ground. See the **Installing the Mount** section for details.
- **Use chalk**, maple is naturally slick, it'll help it break in!
- There's a ton of ways to use the board in it's portable mode, get creative!

Features:

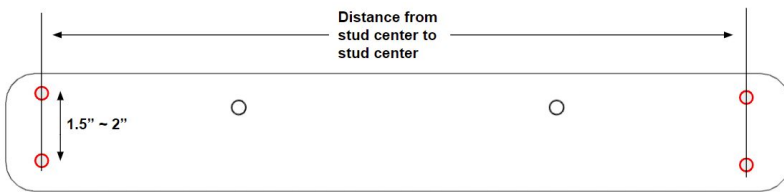
- Jug hold (doubles as 35mm)
- 3 edge holds (mm): 12, 20, 35



The Mount:



Screw locations:



Installing The Mount:

1. We recommend installing the mount above a doorway so your body has room to hang
2. Using a stud locator, locate the *center* of the studs behind the drywall for secure and safe location to screw into
3. Mark them on the wall, and use the distance between them to mark vertical lines on the Easy Board mount as shown.
4. Drill clearance holes roughly 2" apart vertically on each of these lines (this is optional, you can also just screw directly through the mount if you have a good hand drill).
5. Making sure the mount is level (there's an App for that!) align the screw hole sets with each of the marked stud locations on the wall, and drill the screws through the mount and into the studs behind the drywall

Notes:

1. Use at least 4 screws, and utilize no less than 2 structural members (studs) when installing
2. Drilling clearance holes for the screws is not required, but the screw heads need to sit flush or below the front surface
3. Please check out this awesome YouTube video for some good tips: https://www.youtube.com/watch?v=t5w_zETZzYk&t=5s
4. If your studs are not centered above your doorway, you may want to get a larger board to screw into the studs and then install the Easy Board mount to that board, so you can center it in the doorway.



Using the Easy Board

Mounted mode

To mount the Easy Board onto the mount, simply flip it in the direction you want so that the edge you'd like to use is facing up, then slip it onto the pins in the mount, ensuring it's solidly in place before hanging on it.

You can leave the cord hanging down, or wrap it around one side and out of the way.

You can use the cord as an assist point for doing 1 arm hangs, but using your other hand to hold the cord and take some weight off the hand you're training.



Portable mode

There are so many ways to use the Easy Board in its portable mode, they will not all be covered here, go to our website or YouTube channel and look in our blog for training ideas!

First, choose which edge size (or jug) you'd like to use and ensure it's facing upward, then pull the cord so it's extended out the upward direction as well.

In order to attach the Easy Board to structurally sound members such as a pull up bar to do hanging exercises from, it's best to wrap the cords around the member and use a carabiner or quick link to attach them to themselves. If the member is too thick to adequately wrap the cords of the Easy Board around, it's recommended to use a carabiner in combination with a sling (**using 2 slings about 6"-12" apart, and attaching the cord to each sling via 2 carabiners will give you a more stable platform that does not spin!**). Wrap the sling around the member, and through the loop of the Easy Board's cord, and attach the sling ends together with a carabiner. Ensure to weight test before hanging from the Easy Board.

To warm up at the crag or at the gym, you can simply loop the cord around your foot, and do "finger curls" then some isometrics, check out our website for more on this. This is also a training method!

Further info on training:

www.FrictitiousClimbing.com to discover other uses including Sit-Pulls & Crag warm ups, Pinch training, "No-Hangs", Full body exercises, etc.



Using the Easy Board

Portable mode Bonus Tips:

Warming up outdoors should be simple. “Sit-Pulls” where you sit down, extend a leg, and pull with the cord looped around your foot, is simple, and effective at getting your back fingers and a bit of core warm.

Secondly, training doesn't always need to be where you're hanging from the board. Isometrics are becoming really popular with novice and elite climbers a-like. You can hit your peak finger strength pulling against random things that don't move with the Easy Board (get creative and keep it simple).

If you want to hang from the board, and only have 1 carabiner, give the cord an extra wrap through the carabiner as shown above. Otherwise, if you're hanging it from a pull up bar for example, having two points of attachment is better as it reduces rotation and spin! (get creative!)

Finally, if you want extra stability for 1 or 2 hand training, or want to take up some slack, the image to the right shows an option where you pull slack out both sides and attach them to the same point, this stabilizes the board a significant amount.



WARNINGS:

Installing and using The Easy Board and Mount

The Easy Board must be hung from a safe, weight bearing support. A typical hanging location would be a pull up bar. Hang from supports at your own judgement and at your own risk, Frictionous Climbing LLC is NOT responsible for injuries resulting from hanging The Easy Board or installing the mount from/to non-safe supports. If in doubt, consult an expert. Install the mounts securely and safely in a structurally sound location, consult a professional if needed!!!

Utilizing The Easy Board Safely

The challenging edge sizes on The Easy Board should be used with **caution**. Properly warm up before using The Easy Board. Only use edges that are within your finger strength ability range. Only do exercises that you are capable of doing in a safe and controlled manner.

Never hang The Easy Board at an unsafe height off the ground. Inspect the Easy Board for damage or wear including both the wood pieces and cord before each use, and discard them, or return them if under warranty if they are of suspicion.

If you are not comfortable hanging on a given edge size, hang on the larger sizes until you are strong enough. **Build strength on the smaller edge sizes by doing sit-pulls with them until strong enough to hang them.**