



rock prodigy
forge



Poutre d'escalade | Fingerboard | Viga de entrenamiento | Fascio di Allenamento

new dimensions of difficulty and ergonomics

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Tips for making the most of your Rock Prodigy Forge:

- Read and apply the principles outlined in the Rock Climber's Training Manual for the optimal training experience.
- The Forge features an innovative method for training the closed-crimp position that minimizes pain and risk of injury. To use this grip, place your fingers on the small crimp and then place your thumb on the triangular support next to it. This simulates the specific position your thumb would sit in while climbing without placing the load on your index finger. **NOTE:** This grip should only be used by expert hangboard users after a thorough warm-up. It should also be used conservatively in actual climbing.
- The pinches may be used at various depths depending on your goal routes. For example, you may hold it with only your first finger pads if you want to train for crimp-pinches, or with your full finger length for deeper pinches.

Mounting Instructions



What you will need: drill, level, tape measure, marker/pencil, mounting board, six 3.5" x #8 wood screws, eight 2.5" x #8 wood screws (included)

ATTENTION: Please read all instructions before beginning your installation.

Mounting your Forge:

Step 1: Locate a suitable area. For the simplest option, find a doorway with sufficient space on both sides and above the door frame. You should have enough room to allow your elbows, hands, and body to avoid touching anything other than the Forge. Make sure there are no hazards such as stairs or other obstacles nearby.

Step 2: Take measurements and cut mounting board to size. The two pieces of your Forge should be placed approximately shoulder width apart. For the mounting board, Trango recommends smooth $\frac{3}{4}$ " plywood, at least 10" x 36" in size, or a 36" long piece of 2" x 10" lumber.

Step 3: Attach the mounting board securely to the wall. Make sure that you have a very secure connection to the supporting structure behind the drywall (studs in most cases). Use no fewer than six 3.5" x #8 wood screws. Remember that the forces on the Forge will often exceed your bodyweight.

Step 4: Attach the Forge to the mounting board. The two pieces should be



placed at the exact same height, spaced approximately shoulder width apart. Make slight adjustments to the spacing and orientation of each piece as desired for optimal comfort, considering the shoulder, elbow and finger joints. Trango recommends starting with the top edge of the sloper aligned horizontally, and a spacing of 4-8". Be sure to use every pre-drilled hole to attach the Forge to your mounting board with the included screws (eight in total).

Step 5: Inspect your installation. Verify that all screws on the mounting board and Forge are tightened and that the attachment is secure. The Forge should not move under load.

WARNING: It is your responsibility to choose an appropriate training location, free from other obstacles or risks. Consider padding the area under and around you while using the Forge. It is your responsibility to perform the installation correctly on a structure that is capable of supporting forces in excess of your own body weight, or seek assistance from a qualified individual to perform the mounting and evaluate the chosen mounting location. Failing to properly mount the Forge could result in serious injury or death. Trango highly recommends performing research on training methods and theories before using this product. Failure to understand proper training principles (such as warming up before every workout) could result in serious injury. **WARNING! BY USING THIS PRODUCT, YOU ACCEPT ALL RISK AND RESPONSIBILITY FOR ANY INJURY, DAMAGE OR DEATH THAT MAY RESULT.** Trango disclaims all liability for all consequence, damage, injury, or death that arises out of or relates to, directly or indirectly, the use of the Rock Prodigy Forge.

Using the Forge



Hangboard training is the most effective way to safely increase finger strength for rock climbing. There are several ways to use a hangboard and many different training protocols. The following training method is based on the highly successful Rock Prodigy method, developed by Mark and Mike Anderson, and detailed in Fixed Pin Publishing's *The Rock Climber's Training Manual*. Ideally, hangboard training should be used as just one piece of a comprehensive training program that includes Skill Development, Base-Fitness, Power, and Power-Endurance Training.

This routine involves only "dead hangs," which means hanging straight-armed, with a slight bend in the elbows, throughout the entire workout. That means no pull-ups and no lock-offs. Additionally, this routine is designed to be used with two hands on the hangboard for every repetition (no one-arm hangs). See Fig. 1 for proper technique. Hangboard workouts should only be done after a thorough warm-up. Warm up by climbing for 20 minutes, beginning with easy terrain and gradually progressing to more difficult terrain, working through



Figure 1: The proper posture for hangboarding: Arms straight, with elbows slightly bent, head up. Note the pulley-system for removing weight, mounted stopwatch, and chalk bag.



all the grip positions that will be used during the workout. If you do not have access to a warm-up wall, stand on a chair or stool below the Forge, supporting most of your body weight with your legs, and cycle your hands through the jug, sloper, and large-edge positions for ten minutes, shaking as needed. Rest, then continue for another five minutes, including some more difficult grips.

The Process

1. Select the **grips** you want to train (approximately 5-10).
2. For each grip, complete one to three **sets**.
A set is a succession of distinct repetitions (reps) followed by a three-minute rest period.
3. A single **rep** is a dead-hang of a short, timed duration, followed by a brief, timed rest period (standing below the board with hands relaxed, but often still touching the grip in use).
4. Rest three minutes between each set.
5. Complete all sets of a given grip before moving to the next.
6. Avoid any additional climbing or other finger training for at least 48 hours following each hangboard workout. Complete 6-10 hangboard workouts, and then transition to the next phase in your training plan.

Timing for a Single Set:				
Set	Rep	Start Time	End Time	Activity
1	1	0:00	0:07	Deadhang
		0:07	0:10	Rest
1	2	0:10	0:17	Deadhang
		0:17	0:20	Rest
1	3	0:20	0:27	Deadhang
		0:27	0:30	Rest
1	4	0:30	0:37	Deadhang
		0:37	0:40	Rest
1	5	0:40	0:47	Deadhang
		0:47	0:50	Rest
1	6	0:50	0:57	Deadhang
		0:57	1:00	Rest
1	7	1:00	1:07	Deadhang
		1:07	4:00	Rest



The key to this routine is the resistance, or the amount of weight hanging from your fingers during each set. The proper amount of resistance varies greatly for different climbers and grip positions, and it usually takes some trial and error to perfect. For many climbers the proper resistance for difficult grips will be less than bodyweight. Install a simple pulley system (see Fig. 1) to remove weight during the workout. Eventually, it may be necessary to add weight to your harness to increase the resistance on certain grips.

Begin the first set of each grip position with relatively low resistance and gradually increase it between sets and between workouts. Strive for near-failure at the end of the last set of each grip. A good rule of thumb is to add 10 lbs. of resistance between each set of a given grip position, and strive to add 5 lbs. to like-sets from workout to workout (assuming you are able to complete each set of the previous workout).

IT IS THE RESPONSIBILITY OF EACH INDIVIDUAL CLIMBER TO DETERMINE A SAFE LEVEL OF RESISTANCE FOR EACH GRIP POSITION. ALWAYS INCREASE RESISTANCE SLOWLY. USING EXCESSIVE RESISTANCE CAN RESULT IN INJURY.

Printable training material is available at trango.com/training

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