

The Rock Prodigy Training Center

by Trango

The Rock Prodigy Training Center (RPTC) is the most advanced and training-specific hangboard available. It was meticulously designed by Mark and Mike Anderson and is based on years of *real hangboarding experience* that helped them progress from 5.12 to 5.14c.

The RPTC features several key innovations in hangboard design:

- The first-ever **two-piece design** allows climbers of all sizes to space the hand grips at comfortable and ergonomic widths, thus relieving strain on shoulder, elbow, wrist and finger joints, drastically reducing the risk of injury.
 - **Eliminates “dead space”** in the center of the hangboard, where grips are too close together for two-arm hangs
 - Allows each piece to be **independently rotated** to suit each climber’s physique
 - Facilitates greater **clearance for inactive fingers**
- Ground-breaking **pinch-grips** eliminate awkward and painful wrist strain common to other designs, while placing maximal load on the thumb flexors.
- **Variable-Depth Edge Rails** allow climbers to find the perfect edge for their finger size and ability
 - **Position Index Bumps** on the back of the Variable Depth Edge Rails allow the climber to easily and quickly return to the exact same location on the edge each time
 - Climbers can **easily and quantifiably progress** to more difficult edges by shifting hands outward
- **Multi-Use Pockets** add versatility without taking up more space
- **Triple-Texture** design provides tacky grip where you want it, while minimizing skin irritation
- All grips feature a **1/4” to 3/8” radius** for more comfortable and lower-risk training
- **Computer-aided Design and Manufacturing** ensures precise symmetry across the RPTC
- Offers **more than 30 distinct grip positions** to provide the ideal training platform for climbers of all abilities.

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*

Attention: Please read all instructions before beginning your installation

Mounting your Training Center:

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 training center. 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 Training Center should be placed approximately shoulder width apart. For the mounting board, Trango recommends smooth $\frac{3}{4}$ " plywood, at least 12" x 36" in size, or a 36" long piece of 2x10" 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 Training Center will often exceed your bodyweight.

Step 4: Attach the Training Center 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 Training Center 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 Training Center are tightened and that the attachment is secure. The Training Center 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 Training Center. 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 Training Center could result in serious injury or death. Trango highly recommends performing research on multiple 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 Training Center.

Contact: Refer to www.trango.com with questions or to find additional information.