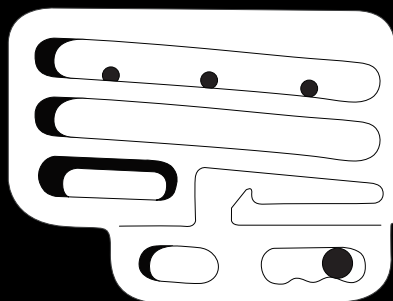
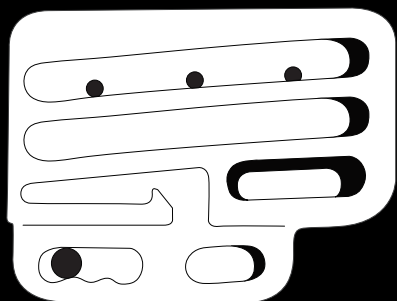




rock prodigy natural

hangboard system



quick start guide

congratulations on your purchase of the **rock prodigy natural!**

Included in this quick start guide you will find mounting instructions for your new hangboard, an overview of holds available with the board, and two sample workouts to introduce you to the principals of Rock Prodigy Training.

The Rock Prodigy Natural can be paired with any existing training plan, and integrates seamlessly into the programs covered in the Rock Climber's Training Manual. Additionally, for those of you who use the Trango Rock Prodigy App (available for free), there will be Natural specific workouts updated to let you train even more efficiently.

For users new to hangboard training, we recommend you begin slowly (like any new exercise program) and listen to your body as you add weight and difficulty. For those of you with established training routines, the Natural can be integrated into your existing workouts like any other hangboard. Walk through the grips and determine the plan necessary to complete your workout most efficiently, then you are ready to begin!

As you begin to train with the Natural, please do not hesitate to reach out to us directly with any questions regarding mounting, training, or usage so we can ensure you have a successful introduction to your new hangboard.

Thanks, and happy training!

mounting instructions

What you will need:

- Drill
- Level
- Tape measure
- Marker/pencil
- Philips Screwdriver
- Solid mounting surface for rails (location & installation dependent)

What you might need if using a mounting backer board:

- Mounting board
- Saw
- Hardware to attach Mounting Board- Depends on installation

Attention: Please read all instructions before beginning your installation

We recommend marking & pre-drilling all screw holes before inserting screws

PARTS INCLUDED:



Natural Board (2 parts)



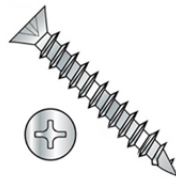
Wall Cleat 18" (Qty 2)



Board Cleat 8" (Qty 2)



1 1/8" Wood Screws (Qty 6)

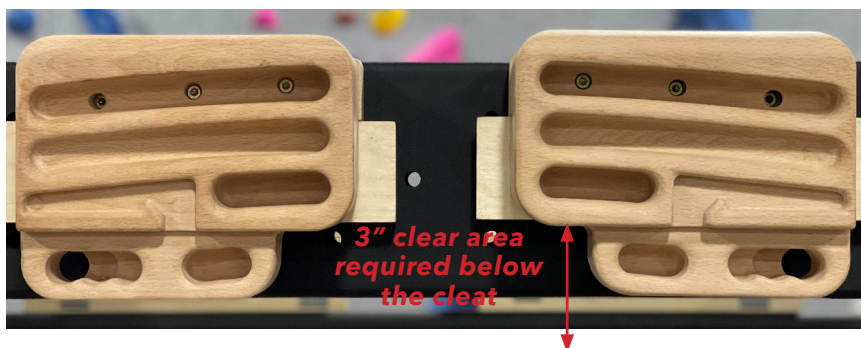


3" Wood Screws (Qty 8)

mounting instructions (con't)

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 not touch anything other than the training center. Make sure there are no hazards such as stairs or other obstacles nearby. You also must maintain a minimum of 3" from the bottom of the rail cleats



STEP 2: Determine if you will use a Mounting Board behind Rail Cleats.

The Wall Cleats for the Natural are 18" in length so you may attach them to standard stud widths of 16" on center. This is not the case in all locations where the Natural might be mounted. Please make the determination that is the safest for the you the user.

STEP 3: Attach the Wall Cleats to your wall or go to Step 6 if using a mounting board.

The two pieces should be placed at the exact same height. Many people will choose to put them together to make a continuous rail. Make slight adjustments to the spacing and orientation of each piece as desired for optimal comfort, considering the shoulder, elbow and finger joints. The Wall Cleats have a sticker indicating correct orientation for mounting. The slanted angle should be facing towards the wall and on top.



STEP 4: Attach board cleats to Natural board.

Your Rock Prodigy Natural comes with 2 8" board cleats to complete the mounting system. Position & mark the Board cleat with the top flush with the Natural board & the angle facing towards the board (see inset image) Double check your marks, pre-drill the holes and affix the cleats using the 1^{1/8"} screws.

mounting instructions (con't)

STEP 5: Inspect your installation.

Verify that all screws on the mounting board and Natural are tightened and that the attachment is secure. The Natural should not move under load.

optional steps if using a mounting board

STEP 6: Take measurements and cut mounting board to size.

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 7: 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" x #8 wood screws.

Remember that the forces on the Natural will often exceed your bodyweight.

Now RETURN TO STEP 3 to complete installation

completed installation



USE AND CARE: Clean hands before use to minimize excess dirt buildup. The Rock Prodigy Natural is designed to be used with chalk and cleaned between sessions with a natural fiber brush. If chalk & dirt have built up you can clean the board with a more aggressive brushing or via a light sanding using 120+ grit sandpaper.

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 Natural. 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 Natural 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 Natural.

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

grip guide

The next pages will guide you through the various holds on the Rock Prodigy Natural and help you locate some of the key holds for training movements. This guide is not a comprehensive list of all the holds possible, and you are free to find new and unique grips to train that can more closely mimic individual holds on projects.

finger positioning key

- I Index Finger
 - M Middle Finger
 - R Ring Finger
 - P Pinky
- T Thumb

hold dimensions

JUG: 40MM

CLOSED CRIMP: 7.5MM

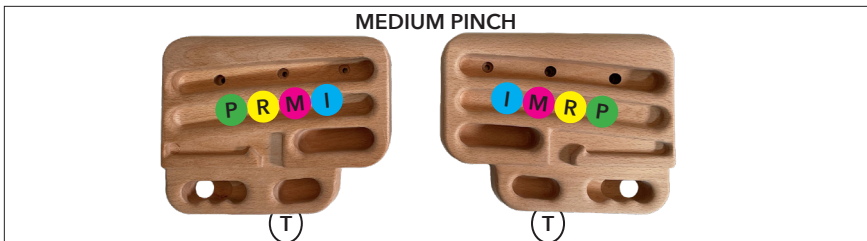
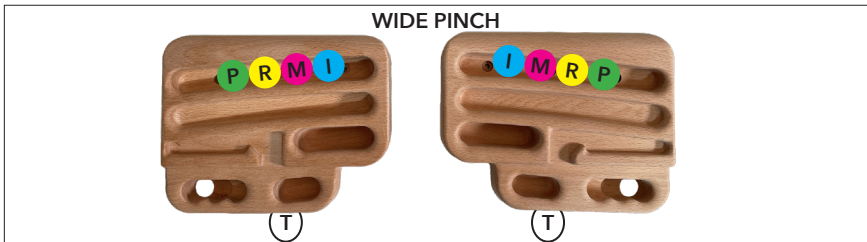
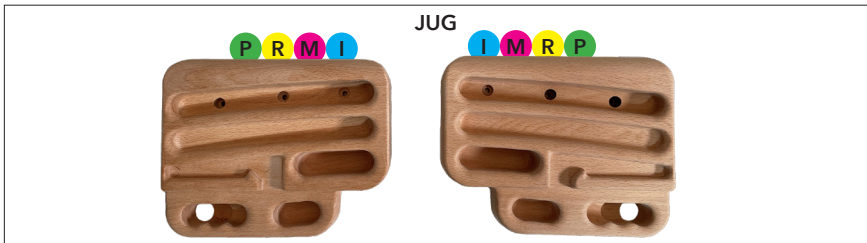
TOP VARIABLE RAIL: 20-33MM (OUTSIDE TO INSIDE)

BOTTOM VARIABLE RAIL: 10-24MM (OUTSIDE TO INSIDE)

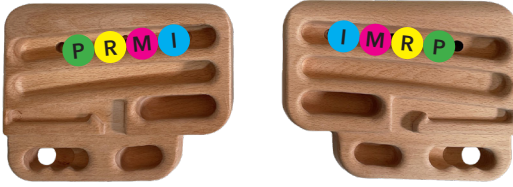
3 FINGER POCKET: 38MM

2 FINGER POCKET: 29MM

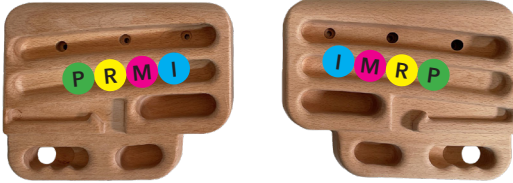
SUPPORTED POCKET: 36-26MM (OUTSIDE TO INSIDE)



TOP VARIABLE DEPTH RAIL (MEDIUM TO DEEP)



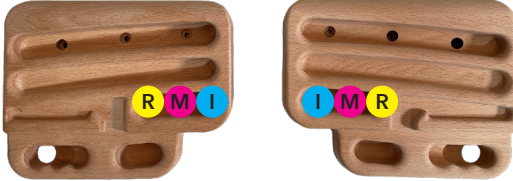
BOTTOM VARIABLE DEPTH RAIL (SHALLOW TO MEDIUM)



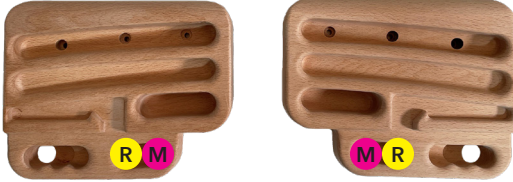
CLOSED CRIMP



3,2,1 FINGER POCKET (DEEP)



2,1 FINGER POCKET (SHALLOW)



3,2,1 FINGER SUPPORTED POCKET (MEDIUM)



introductory workout

Below you will find an introductory workout for the Rock Prodigy Natural, designed to familiarize you with the orientations and rotations of the board while providing a starting point for your hangboard training. This workout groups training movements into sets based on orientation, and is designed to allow you to rest between defined sets. After finishing an individual grip set, pause one full cycle (20s) before moving on to the next exercise in that orientation.

EXERCISE	GRIP GUIDE
Jug	
IMR 3 Finger Pocket Deep	
<i>2 Minutes: Rest Recover</i>	
Bottom Variable Depth Rail	
Wide Pinch	
<i>2 Minutes: Rest Recover</i>	
MR 2 Finger Pocket Deep	
<i>2 Minutes: Rest Recover</i>	
Top Variable Depth Rail	

Remember, hangboard training is strenuous and places significant strain on fingers, tendons, and shoulders. **We recommend climbers fully warm up shoulders, arms, and fingers, and approach strenuous grips with caution.** Exercise care on challenging movements and consider pairing the below workout with a pulley system to effectively and repeatably reduce weight and maximize training efficiency.

TIME ON	REST	REPEAT
10s	10s	3X (rest 20s once done)
10s	10s	3X
<i>2 Minutes: Rest Recover</i>		
10s	10s	3X (rest 20s once done)
5s	15s	3X
<i>2 Minutes: Rest Recover</i>		
10s	10s	3X
<i>2 Minutes: Rest Recover</i>		
10s	10s	3X

beginner workout

The below workout was designed specifically for the Rock Prodigy Natural by the Anderson brothers, to give you a more in-depth experience with your new training board. This workout will test your finger strength and endurance while giving you an in-depth overview of the unique benefits of the Rock Prodigy Natural.

EXERCISE	GRIP GUIDE
Jug	
IMR Deep Pocket	
Bottom Variable Depth Rail	
Medium Pinch	
MR Pocket	
Top Variable Depth Rail	
Wide Pinch	
MRP Deep Pocket	
Jug	

*This workout represents a step up in difficulty from the introductory workout. Remember, hangboard training is strenuous and places significant strain on fingers, tendons, and shoulders. **We recommend climbers fully warm up shoulders, arms, and fingers, and approach strenuous grips with caution.** Exercise care on challenging movements and consider pairing the below workout with a pulley system to effectively and repeatably reduce weight and maximize training efficiency.*

TIME ON	REST	REPEAT
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)
10s	5s	6x (rest 2min once done)

MAXIMIZE YOUR ROCK PRODIGY

Upgrade your Rock Prodigy with these key accessories

Rock Prodigy Pulley Kit



Maximize strength gain and reduce risk of injury.

Includes 2 pulleys, 2 eye bolts, and 9' accessory cord.

- Reduce resistance & weight on grip
- Train difficult positions without hanging your full body weight
- Tips for use included in the Rock Climber's Training Manual

Rock Climber's Training Manual



Send your toughest routes yet!

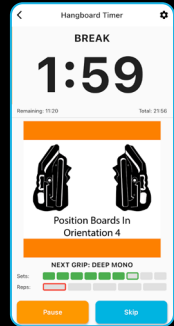
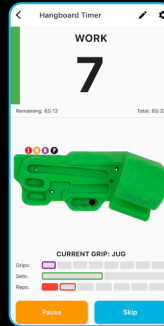
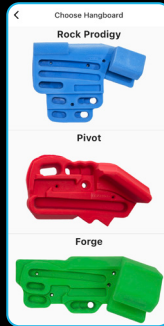
research-backed method for proven success

- This guide to the Rock Prodigy Training Method will get you past training plateaus
- Training log for tracking progress
- Use the same methodology that took the authors from 5.11 to 5.14

FREE! Rock Prodigy Training App

Top-quality workouts developed by the climbers behind the Rock Prodigy

- Pre-set Beginner, Intermediate, and Advanced workouts for each board
- New "custom workout" builder
- Adjust sets, reps, and rests to fine-tune your training
- Helpful images guide you through grips and workouts



APPLE

ANDROID

SCAN TO DOWNLOAD THE APP
available on the Apple App Store
and the Google Play Store



Other great
training tools at
trango.com

