

RSP SQUAT PERFORMANCE



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FOR PROFESSIONALS WHO WANT TO COMPETE AT THE HIGHEST LEVEL TRAINING THE LOWER BODY PART WITH THE HIGHEST POSSIBLE INTENSITY.

The Performance finish takes the RSP Squat to another dimension of acceleration allowing for more intense braking phases. For this purpose we incorporated the best components on the market as in pulleys of the Harken Fly line, including the Encoder to quantify and measure the training load and the stainless steel masses to train the braking capacity with high inertias.

The best machine we can offer to a professional who wants to compete at the highest level, training with the highest possible intensity a basic technique to accelerate and brake the lower body.



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RSP SQUAT PERFORMANCE TECHNICAL INFORMATION

STANDARD EQUIPMENT

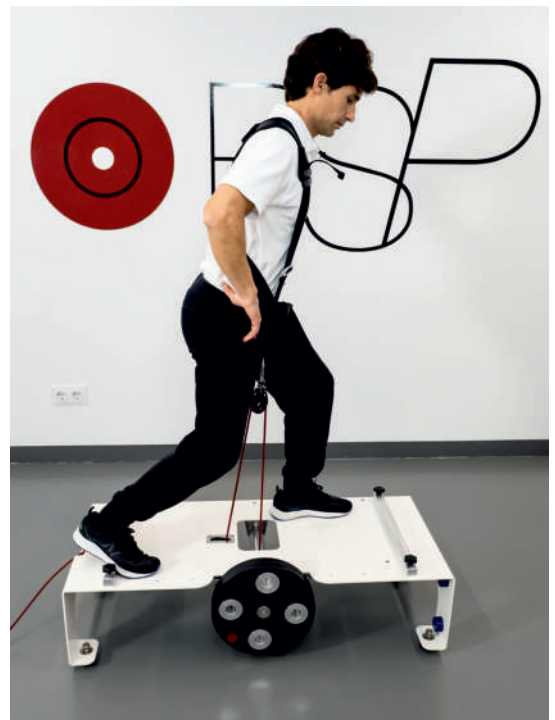
- RSP Squat chassis
- RSP Encoder
- 4 aluminium masses to vary the moment of inertia (10% each unit)
- 4 stainless steel masses to work at high inertias (30% each unit)
- 2 adjustable side footrests
- 1 Harken Fly pulley of 40mm Ø for the 1x2 transmission
- 4 meters high performance rope with quick lenght adjuster
- Adjustable harness
- Assembly manual

TECHNICAL SPECIFICATIONS

- Designed to improve the ability to accelerate and brake based on the Squat and its variations.
- 1x2 transmission that allows to increase the tension during the performance of the movement.
- Adjustment of the Moment of inertia through the masses integrated in the disc, each mass represents a 10% of the Moment of inertia.
- Fast adjustment of the run of the rope.
- Adjustable harness.

Size: 110 x 60 x 35 cm high

Weight: 45 kg



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Moments of inertia

without masses	2 masses	4 masses	2 masses Stainless +60%	4 masses Stainless+120%	2 masses stainless/2 alum +80 %
374,68 Kg/cm ²	449,616 kg/cm ²	524,55 Kg/cm ²	605,88 Kg/cm ²	833,09 kg/cm ²	681,62 Kg/cm ²