

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 (included)*

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.

Using the Rock Prodigy Training Center

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 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 Training Center, 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.

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.



The Process

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

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.

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.

The following intermediate-difficulty workout calls for two sets of each grip, consisting of seven, then six reps. Each rep is comprised of a 7-second hang followed by 3 seconds of rest.

Intermediate Hangboard Routine						
Exercise	Grip	Set	Reps	Resistance	Total Set Time	Activity
1	Warmup Jug	1	7	Baseline	67 s	Deadhang
					3 min	Rest
2	Large Open-Hand Edge	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang
					3 min	Rest
3	Deep 2 Finger Pocket	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang
					3 min	Rest
4	Small Semi-Closed Crimp	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang
					3 min	Rest
5	Shallow 3 Finger Pocket	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang
					3 min	Rest
6	Wide Pinch	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang
					3 min	Rest
7	Sloper	1	7	Baseline	67 s	Deadhang
					3 min	Rest
		2	6	Baseline +10	57 s	Deadhang

Note: "Baseline" Resistance is NOT body weight! It is whatever resistance is appropriate for your ability and the given grip. Often Baseline Resistance will vary between grips, and it is often *LESS* than body weight.

Printable training material is available at http://trango.com/rock_prodigy