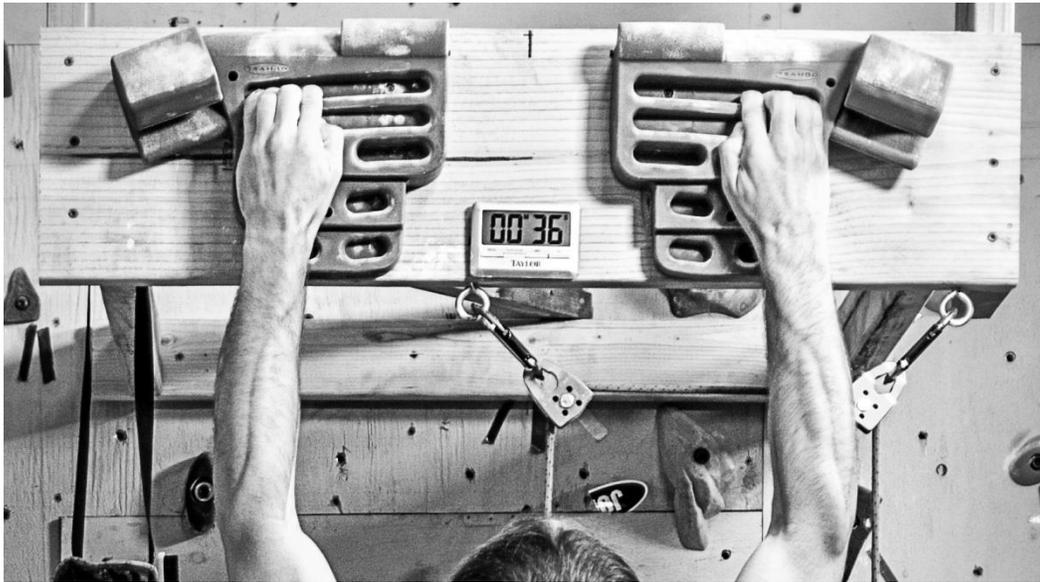


Rock Prodigy Pulley Kit Instructions

The Rock Prodigy Pulley Kit allows you to reduce the resistance, or weight, that you exert on each grip during your hangboard workout. That means you can train difficult grip positions even if you can't hang your full body weight from them. Adjusting resistance is an excellent way to manage and measure progression, and correct choice of resistance reduces the chance of injury while hangboarding. For more information on how resistance can be used in your workout, see the Rock Prodigy Training Center instructions or *The Rock Climbers Training Manual* from Fixed Pin Publishing.



Installing your Pulley Kit:

1. Choose which side you would like the weights to hang from (right or left of the hangboard).
2. Mark the bottom of your hangboard's mounting surface where you will mount the outer eye-bolt. This location should be near or past the edge of your hangboard to keep the hanging weights from interfering with your workout.
3. At the marked location, predrill a hole for the eye-bolt with a 3/16" drill bit.
4. Mark the centerline of your hangboard, then mark a spot 2" past center from the first hole (opposite the side where the weight will hang).
5. Predrill a hole at that location with a 3/16" drill bit.
6. Install an eye-bolt in each hole, with the eyelets oriented in the same plane as the hangboard surface. Screw them in at least until the threads are no longer visible.
7. Hang the pulleys and cord from the eye-bolts as pictured (carabiners not included).
8. Tie a figure eight knot in each end of the cord. Experiment with different knot spacing, and trim any excess cord.
9. Clip the two knots together when not in use and when adjusting the weight.
10. Do NOT hang your full bodyweight from the Pulley Kit.

WARNING: Strength will vary depending on your installation and the mounting surface of your hangboard. It is the consumer's responsibility to ensure that the installation is safe for use. Seek qualified help if necessary. **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 Pulley Kit.