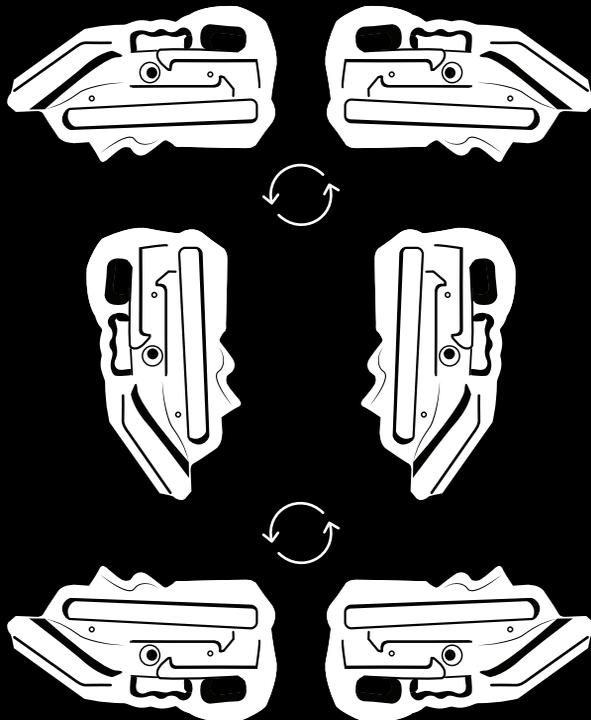




rock prodigy pivot

quick start guide





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

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

The Rock Prodigy Pivot 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 Pivot 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 Pivot can be integrated into your existing workouts like any other hangboard. Walk through the grips and determine the orientations necessary to complete your workout most efficiently, then you are ready to begin!

As you begin to train with the Pivot, 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
- 7/32" Allen Wrench
- 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

PARTS INCLUDED:



Pivot Board (2 parts)



Martini Bolt - 1¹/₄" (Qty 2)



Quad Cleat (Qty 2)



1¹/₄" Wood Screws (Qty 4)



3" Wood Screws (Qty 12)



Rail Cleats (Qty 2)

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 avoid touching 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 4" from the bottom of the rail cleats



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

The Rail Cleats for the Pivot 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 Pivot might be mounted. Please make the determination that is the safest for you the user.

STEP 3: Attach the Rail 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 Rail Cleats have a sticker indicating correct orientation for mounting. The slanted angle should be facing towards the wall and on top.

STEP 4: Attach Set Screws to Pivot Board.

Your Rock Prodigy Pivot comes pre-attached the Quad Cleat mounting system. For final installation make sure that Flat Head Bolt is securely fastened and set the final angle of the board based on your personal comfort level. Please remember that the board will be used in all 4 axis. Most people will choose to have the Pivot mounted horizontal on the Quad Cleat. Use the 1 1/4" screws.

mounting instructions (con't)

STEP 5: Inspect your installation.

Verify that all screws on the mounting board and Pivot are tightened and that the attachment is secure. The Pivot 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 Pivot will often exceed your bodyweight. Now RETURN TO STEP 3 to complete installation

completed installation (including mounting board)



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 Pivot. 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 Pivot 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 Pivot.

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

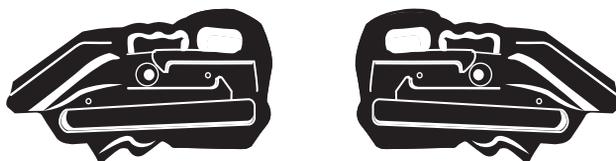
orientation guide

The next pages will guide you through the various orientations of the Rock Prodigy Pivot 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

start!



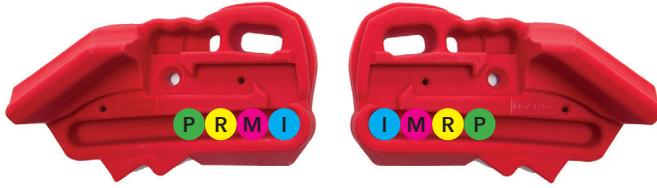
POSITION BOARDS ON RAIL

ORIENTATION 1



Holds: Jug, Sloping Rail, Horizontal Pinch, Small Crimp

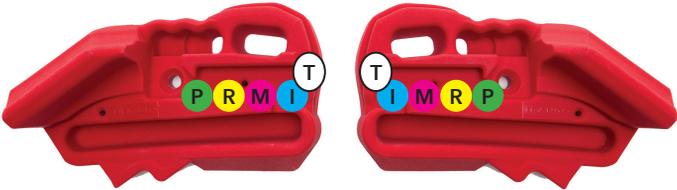
VARIABLE DEPTH SLOPER RAIL



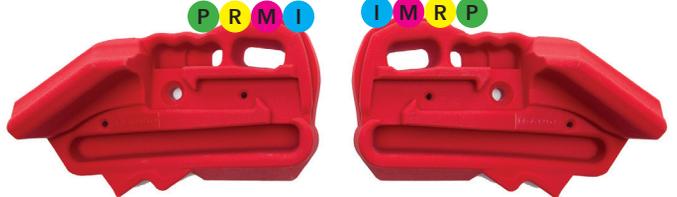
HORIZONTAL PINCH



MEDIUM SUPPORTED CRIMP



LARGE SLOPED CRIMP



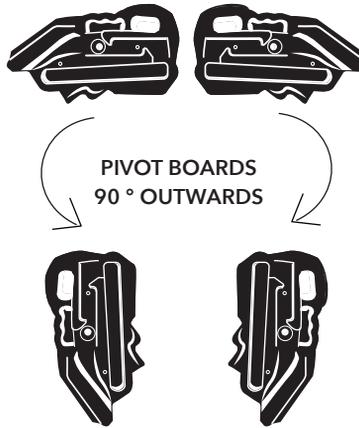
JUG



finger positioning key

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

pivot!



ORIENTATION 2

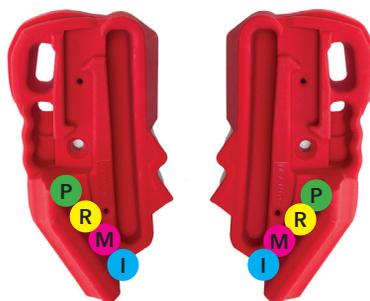


Holds: Steep Gaston,
Shallow Mono, Small Sloped Crimp

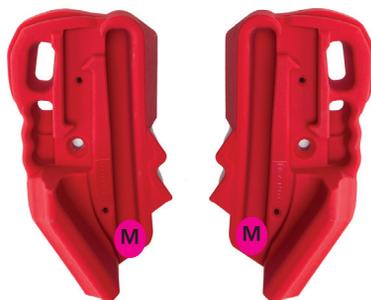
SMALL SLOPED CRIMP



STEEP GASTON



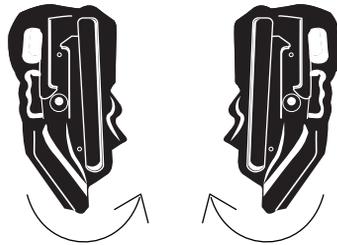
SHALLOW MONO



finger positioning key

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

pivot!



PIVOT BOARDS
90 ° INWARDS



ORIENTATION 3

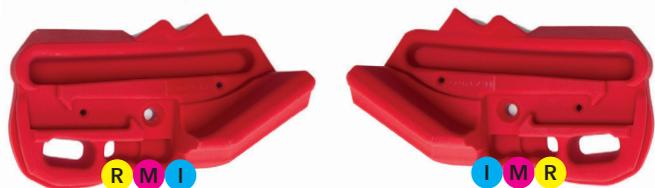


Holds: 2 Finger Pocket, 3 Finger Pocket, Large Supported Crimp, Sloper

2 FINGER POCKET



3 FINGER POCKET



LARGE SUPPORTED CRIMP



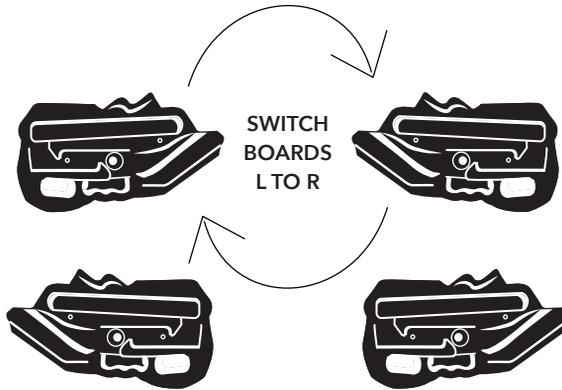
SLOPER



finger positioning key

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

switch!

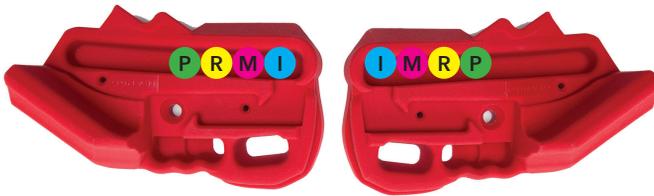


ORIENTATION 3 SWITCH



Holds: Incut Rail, Shallow Gaston

VARIABLE DEPTH INCUT RAIL



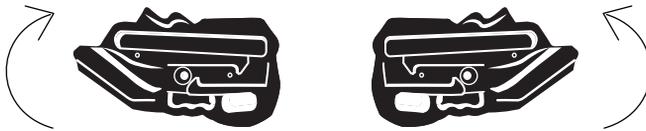
SHALLOW GASTON



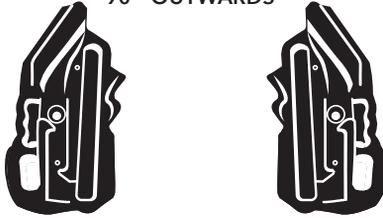
finger positioning key

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

pivot!



PIVOT BOARDS
90 ° OUTWARDS

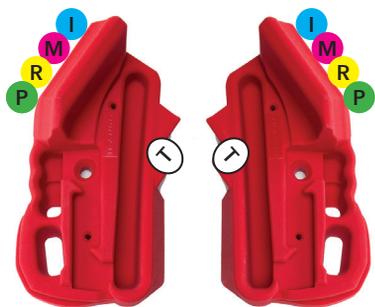


ORIENTATION 4

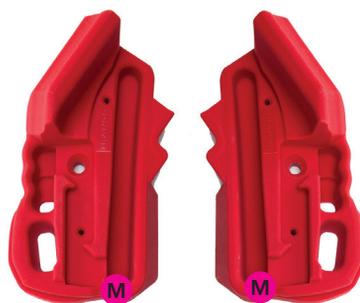


Holds: Compression Pinch,
Deep Mono, Medium Mono

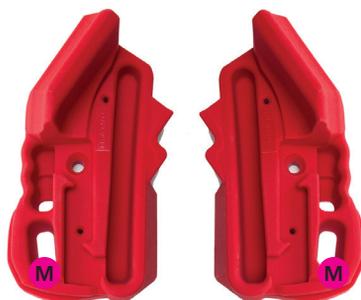
COMPRESSION PINCH



DEEP MONO



MEDIUM MONO



introductory workout

Below you will find an introductory workout for the Rock Prodigy Pivot, 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 re-orient the board in the rest period between sets. After finishing an individual grip set, pause one full cycle (20s) before moving on to the next exercise in that orientation.

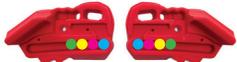
ORIENTATION	EXERCISE	
1	Jug	
1	Sloper Rail	
<i>2 Minutes: Rest and Pivot to Orientation 3!</i>		
3	Sloper	
3	Large Crimp	
<i>2 Minutes: Rest and Pivot to Orientation 3S!</i>		
3 Switch	Incut Rail	
<i>2 Minutes: Rest and Pivot to Orientation 1!</i>		
1	Horiz Pinch	

*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 and Pivot to Orientation 3!</i>		
10s	10s	3X (rest 20s once done)
5s	15s	3X
<i>2 Minutes: Rest and Pivot to Orientation 3S!</i>		
10s	10s	6X
<i>2 Minutes: Rest and Pivot to Orientation 1!</i>		
10s	10s	3X

intermediate workout

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

ORIENTATION	EXERCISE	
1	jug	
1	sloper rail	
1	small sloped crimp	
<i>2 Minutes: Rest and Pivot to Orientation 3!</i>		
3	large closed crimp	
3	3 finger pocket	
3	2 finger pocket	
<i>2 Minutes: Rest and Pivot to Orientation 4!</i>		
4	deep mono	
<i>2 Minutes: Rest and Pivot to Orientation 1!</i>		
1	horizontal pinch (wide)	
1	horizontal pinch (narrow)	
<i>2 Minutes: Rest and Pivot to Orientation 3!</i>		
3	sloper	

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	5X (rest 15s once done)
10s	5s	5X (rest 15s once done)
10s	5s	5X
<i>2 Minutes: Rest and Pivot to Orientation 3!</i>		
10s	5s	5X (rest 15s once done)
10s	5s	5X (rest 15s once done)
10s	5s	5X
<i>2 Minutes: Rest and Pivot to Orientation 4!</i>		
10s	5s	5X
<i>2 Minutes: Rest and Pivot to Orientation 1!</i>		
10s	5s	5X (rest 15s once done)
10s	5s	5X
<i>2 Minutes: Rest and Pivot to Orientation 3!</i>		
10s	5s	5X

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