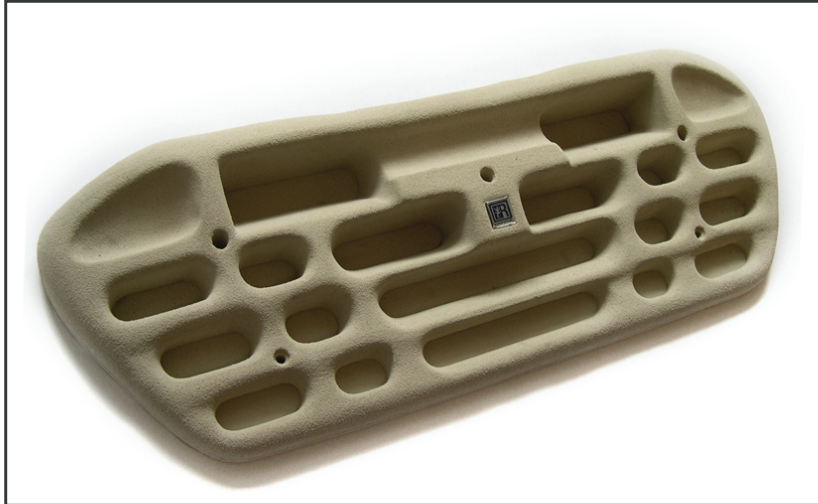




Rockworks training boards provide an ideal home training tool for developing all-round upper body and finger strength and are manufactured with ergonomic hold profiles and a very skin friendly surface texture. All the fingerboards are provided with fixing instructions and a guide to training



THE RACK - The ultimate in fingerboard design with an extensive variety of specific hold options. The holds have been ordered sequentially and in various levels of difficulty to allow for full hand and fingertip strength development. The scale of this board will also allow for circuits to be performed as part of your training regime.

Ref. RACK

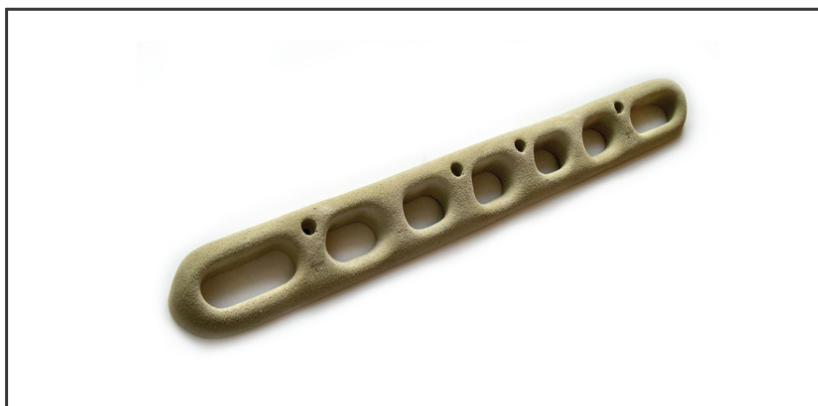
(size 750 x 270 mm)



THE REFLEX - This classic board design incorporates a standard range of hold styles from jugs to finger pockets that can be used for static hangs, lock-offs and pull ups.

Ref. REFLEX

(size 640 x 160 mm)



THE RAIL - A simple yet effective training aid that emphasises finger contact strength. This unit can be used for standard training and also as a useful warm up device.

Ref. RAIL

(size 610 x 70 mm)