



3

Climble block

Plastic System for Climbing

CENTRO GRAVITÀ PERMANENTE

4 m diameter

- 12 m circumference
- 2,80 m width (excluding corners and plugs)
- 5,18 m maximum height
- 2 m per second of maximum speed
- 3,35 m x 3,78 m encumbrance created by the supports on the ground
- 6 m x 5 m total bulk on the ground (including the mattress)

Potential for training strength, resistance and speed. It is possible to climb on all the slopes, from the horizontal roof to the vertical slab, depending on the athlete's choice.

It is possible to link together routes of different toughness, in order to cover any type of ascent (in terms of length and difficulty) — from single pitches to routes of undefined length, for which , in normal climbing circumstances, ropes would be necessary (with the required time, equipment and technical knowledge). The problem of height in climbing halls is thus technically resolved.

It is possible to gain speed on a known route by increasing the pace of the wheel.

From a scientific point of view, the machine can be used as an ergometer to assess the following:

-the use of the wheel permits the assessment of an athlete's work by measuring the equivalent consumption in kW. The athlete's proximity to the equipment enables the assessment of his/her behaviour (eg. heart rate) and the data collected provides determining indicators on fitness and performance.

- -Knowledge about an athlete's movements while climbing can be deepened to understand the biomechanical and physiological components.
- -The athlete's resistance capacity can be assessed by comparing the data collected

The analysis of the different variables will effectively contribute to improving athlete training methodologies.

The rotor is part of a project called dynamic wall that includes other already existing machines: "dynowall" e "flybull"

On the basis of tests carried out on the whole set of machines dynamic wall opens up a whole new scene in the athletic preparation of climbers.

www.climblock.com