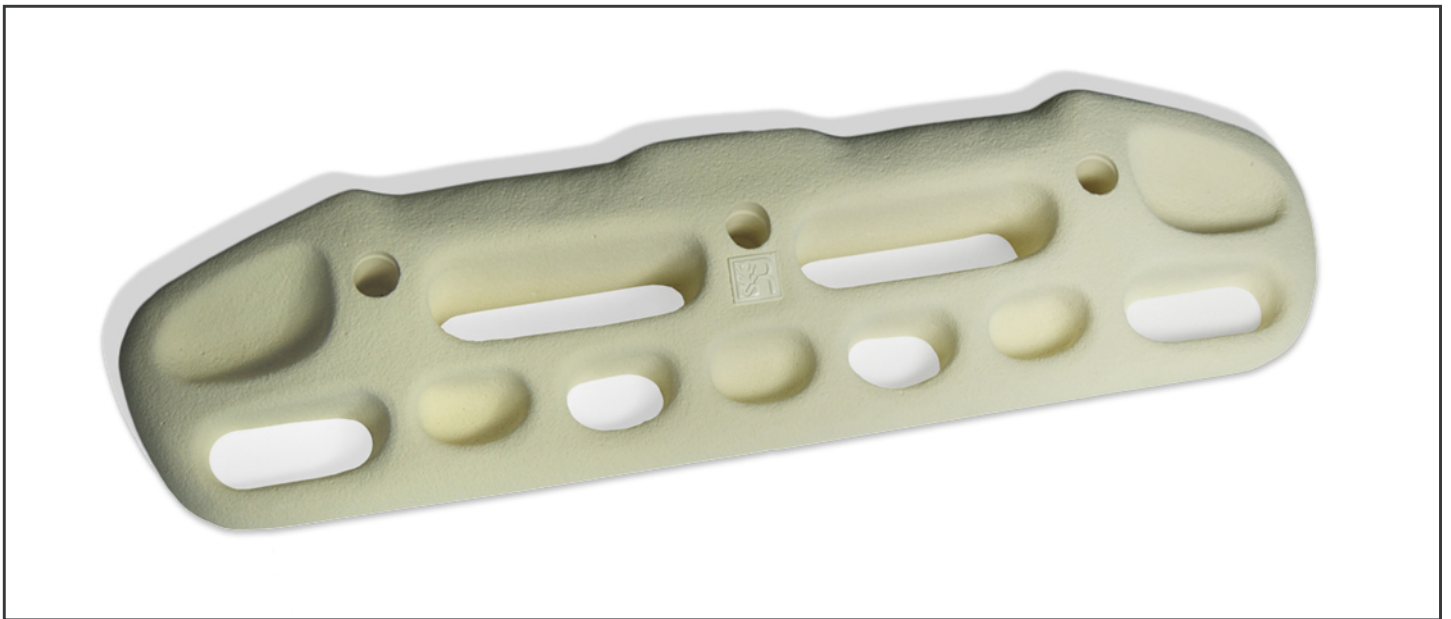




Rockworks training boards provide an ideal home training tool for developing all-round upper body and finger strength and are manufactured with ergonomic hold profiles and a very skin friendly surface texture.

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)