

SURFACES FOR
CLIMBING®



catalogue 2015–16

training boards · volumes · holds · climbing walls · boulders

www.surfacesforclimbing.com/shop



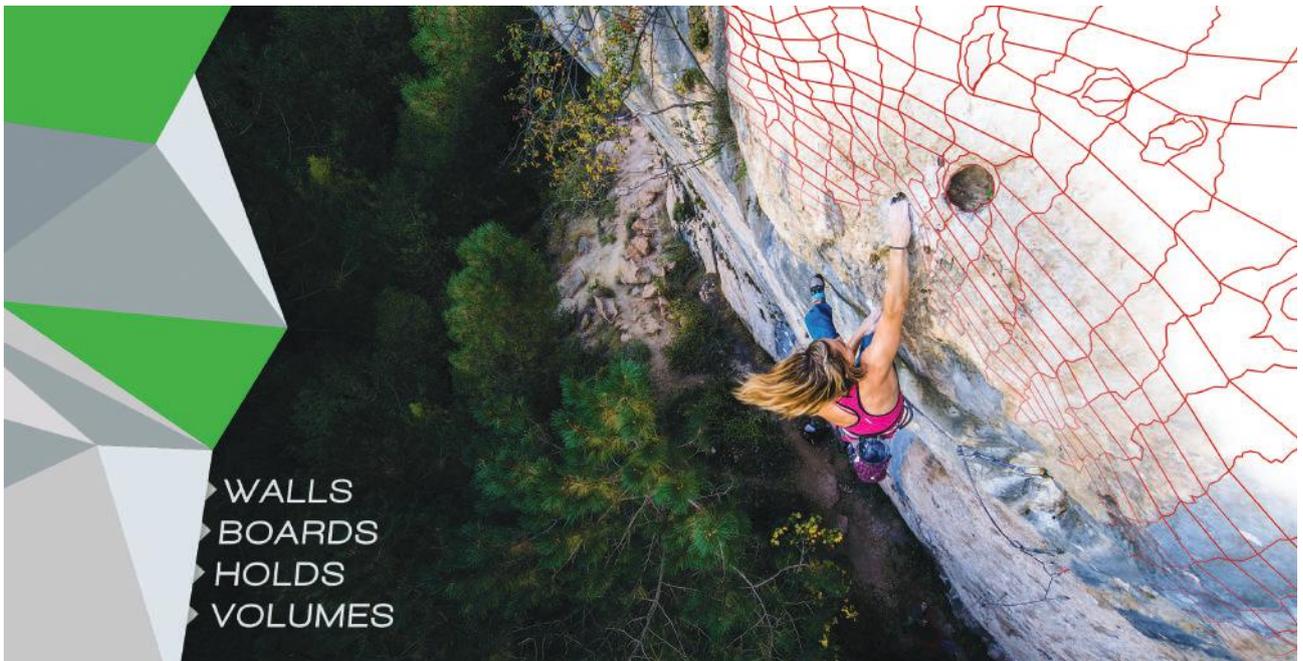
Surfaces For Climbing S.L.

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Welcome to S4C!

SURFACES FOR CLIMBING is a company based in Barcelona, specialised in the design and fabrication of fiberglass climbing walls and boulders with an amazing natural rock look. We also design and fabricate wooden climbing surfaces adapted to the needs of each client.

Our range of products is innovative and of a high quality, among which are the training boards, ergonomic climbing holds and volumes, developed and tested by climbing professionals in order to provide an efficient product.

Our expertise and passion for climbing enable us to meet the expectations of each type of climber or event; such as Red Bull Creepers or Trangobloc. We count on the collaboration of great climbers such as Nacho Sánchez and the climbing coach Eva López.

All our climbing structures and products meet European norms.

Currently we cover the market in Spain and we are spreading to the rest of the world.

We are certain that our products will meet your expectations.



Nacho Sánchez

S4C IS A PROUD SPONSOR OF NACHO SÁNCHEZ

www.nacho-boulder.blogspot.com.es : www.vimeo.com/user1722459

My name is Nacho and I am a professional climber. I've always been very athletic and a nature lover, so I found my ideal way of life in climbing.

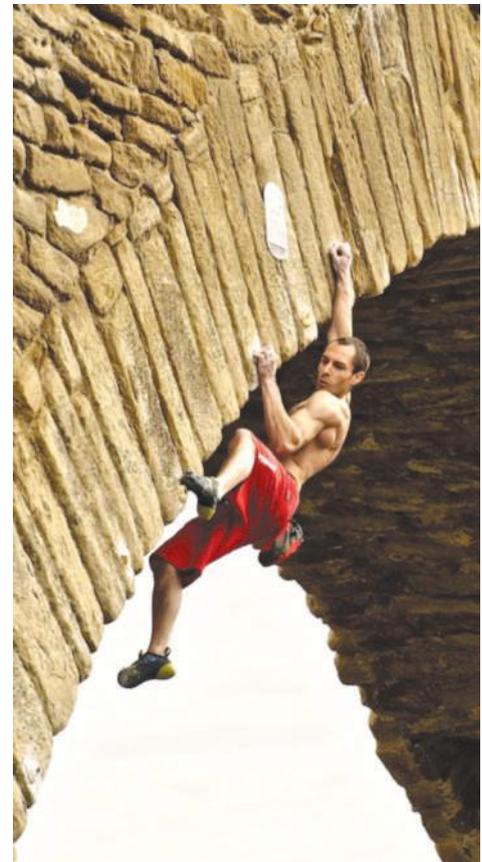
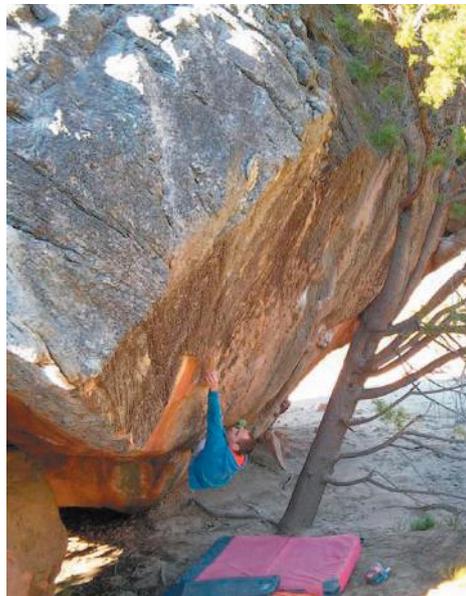
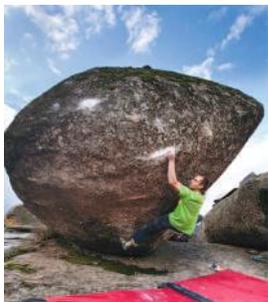
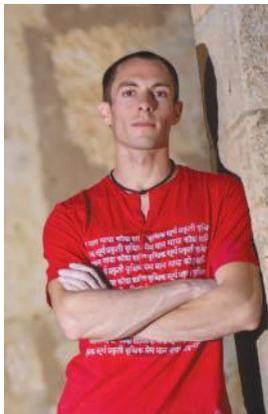
My beginnings in the climbing started when I was 12 years old in Murcia. Soon I started competing, becoming the junior champion of Spain a few years later. Then I discovered bouldering, starting to specialise in it, always looking for the maximum possible difficulty. After finishing my studies in mechanical engineering in Cartagena, I moved for two years to Sheffield (UK) to improve my English. I took advantage of this place with a long tradition in bouldering. I currently reside in Avilés.

In competition it is a big challenge for me having to tackle routes or boulders of different type, at the given time and to be able to overcome the pressure involved. This has made me improve a lot as a climber and is one of my biggest motivations for training.

I have been fortunate to have Eva López as a coach, one of the best specialists in the field.

In 2012 I got the Spanish title in bouldering, defending it in 2013 and also winning the Boulder Cup of Spain. I am a member of the Spanish official team, so I compete regularly on the international circuit. Having made several 8B+s, both abroad and in Spain, in 2011 I climbed the first Spanish 8C *Entropy*. Later on I made the first ascent of *Insomnia*, then I repeated other 8Cs. Since the end of 2014 I managed to unite the movements for my most demanding boulder: *Crisis 8C/+*, current maximum world difficulty. In the category flash I achieved *I shot Sarkonazy assis* (8B). For this I received an award from FEDME (The Spanish Climbing and Mountaineering Federation) for being the fifth person in the world to do this difficulty in flash.

I have travelled extensively looking for the best areas to practice bouldering, to countries such as Switzerland, Austria, France, Italy, South Africa, etc., but most of my greatest achievements have been in Spain, so in the future I would like to travel more to climb some of the world's most difficult boulders.



training boards

PROGRESSION



#0002



#0002

PROGRESSION®

WITH TRAINING PLAN BY EVA LÓPEZ

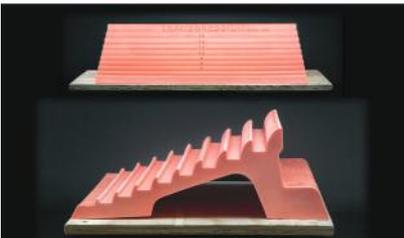
This board has 8 different edge depths that have been evaluated as ideal for climbers with a medium level of finger strength, allowing them to control and progress in their training and to individually tailor their own process of improvement. Its innovative geometry, with an overhanging profile and horizontal continuous holds of decreasing depth, results in a durable, compact product that also provides the precision needed for a reliable and consistent training. *Please, see also additional information at the end of the catalogue.*

Material: Polyurethane_Includes: Training plan designed by Eva López_Installation recommendations_Mounting plywood board_Screws

TRANSGRESSION



#0003



#0003

TRANSGRESSION®

WITH TRAINING PLAN BY EVA LÓPEZ

Transgression® is a fingerboard conceived, developed and scientifically evaluated by the Spanish trainer and climber Eva López. Manufactured for the effective training of the #1 physical performance factor in sport climbing: Finger Strength. This board has 8 different edge depths that have been evaluated as ideal for climbers with a high level of finger strength, allowing them to control and progress in their training and to individually tailor their own process of improvement. Its innovative geometry, with an overhanging profile and horizontal continuous holds of decreasing depth, results in a durable, compact product that also provides the precision needed for a reliable and consistent training. *Please, see also additional information at the end of the catalogue.*

Material: Polyurethane_Includes: Training plan designed by Eva López_Installation recommendations_Mounting plywood board_Screws

volumes

COLUMNA DE FIBRA



#0006

#0006

COLUMNA DE FIBRA

Handmade imitations of tufas. Custom made to the specifications of each client.

Dimensions: 1,20 m length_Weight: 3,0 kg/meter_Material: Fibreglass and polyester resin_Texture: 100% renewable

VOLUME JOGASAKI



#0007

#0007

JOGASAKI VOLUME

Following the trends of the climbing market we have created this volume for climbing gyms inspired on the sport climbing sector of Jogasaki in Japan. This volume has been designed for climbing training in boulder gyms, although its size allows the building of rope routes of medium/high difficulty.

Weight: 5,0 kg_Dimensions: 63 x 25 cm; 20 cm high_Material: Polyurethane



ESTALACTITA DE TECHO



#0009

#0009

ESTALACTITA TECHO (TUFA ROOF)

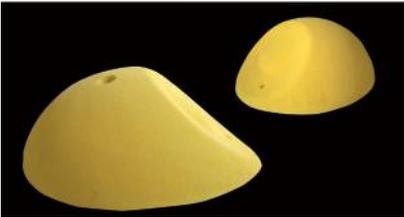
Imitation of stalactite in fiberglass. Great for climbing walls, with a very real texture and finish (sand), handmade and customized, individualized production.

Weight: up 5,0 kg_Material: Fibreglass and polyester resin_Texture: 100% renewable

volumes

**VOLUME
ORBIS**

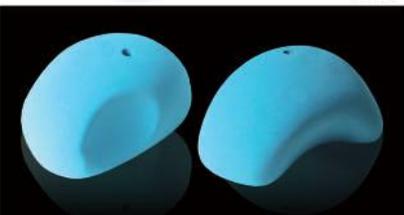

#0010


**VOLUME
TOPHUS**


#0016


**VOLUME
RIGLOS**


#0017



#0010 ORBIS VOLUME

A simple sphere, totally rounded and with a planetary aspect. Suited for use on short boulder sections or for rope routes.

Material: Polyurethane_Size: 40 cm_Height: 17 cm_Weight: 3,2 kg

REDESIGNED 2015

#0016 TOPHUS VOLUME

This volume comprises all of the Tophus holds collection features. Manufactured in polyester and fiberglass. Recommended angle of 120° to 130°, depending of the orientation you choose.

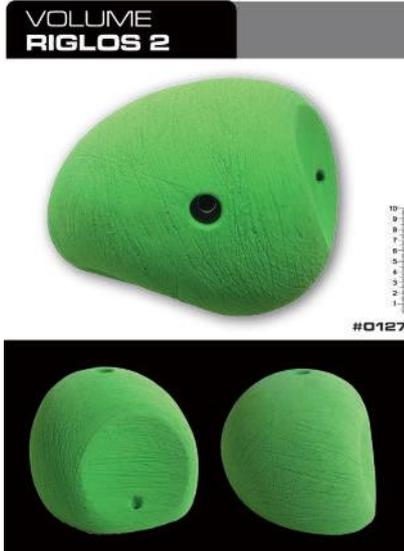
Material: Polyurethane_Weight: 2,4 kg_Dimensions: 22 cm height x 35 cm width x 35 cm depth

#0017 RIGLOS VOLUME

Of a size XL, with fine texture and with a positive and a negative side, so you can choose the difficulty of your boulder problem.

Dimensions: 15 cm x 23 cm x 33 cm_Weight: 2,4 kg_Material: Polyurethane

volumes



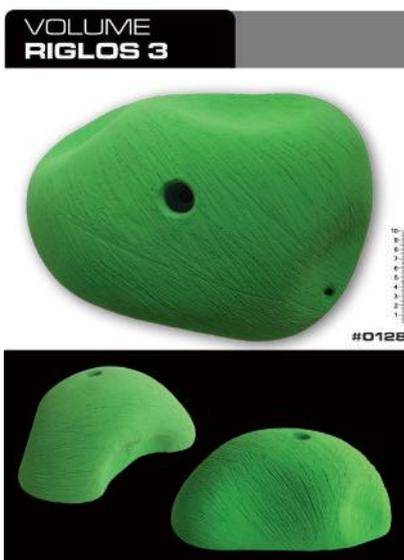
NEW

#0127 RIGLOS 2 VOLUME

Basic spherical shape with three grip areas of varying difficulty. The concave one is large enough to match hands.

Peso: 2,0 kg_Material: Polyurethane_Dimensions: height 15 cm, base 27 x 20 cm

NEW 2015



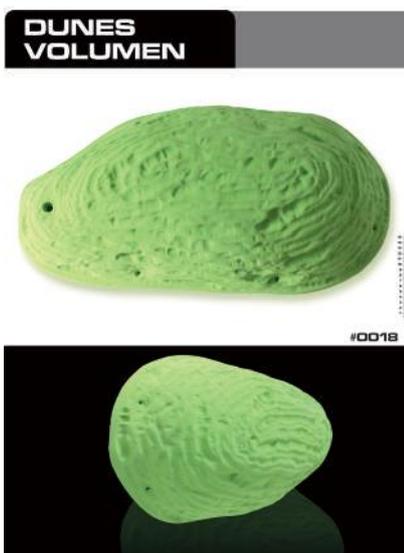
NEW

#0128 RIGLOS 3 VOLUME

Based on Riglos 2, it is slightly bigger and offers a pinch grip as an extra feature.

Peso: 1,7 kg_Material: Polyurethane_Dimensions: height 14 cm, base, 33 x 18 cm

NEW 2015



#0018 DUNES VOLUME

With this model we expand the DUNES series range of volumes XXL, made in fiberglass and polyurethane. The high amount of small holes makes this a very technical hold to use forcing one to find a better position at all times.

Dimensions: 75 cm x 20 cm x 17 cm_Weight: 6,0 kg_Material: Polyurethane

CHORRERA
KALYMNOS



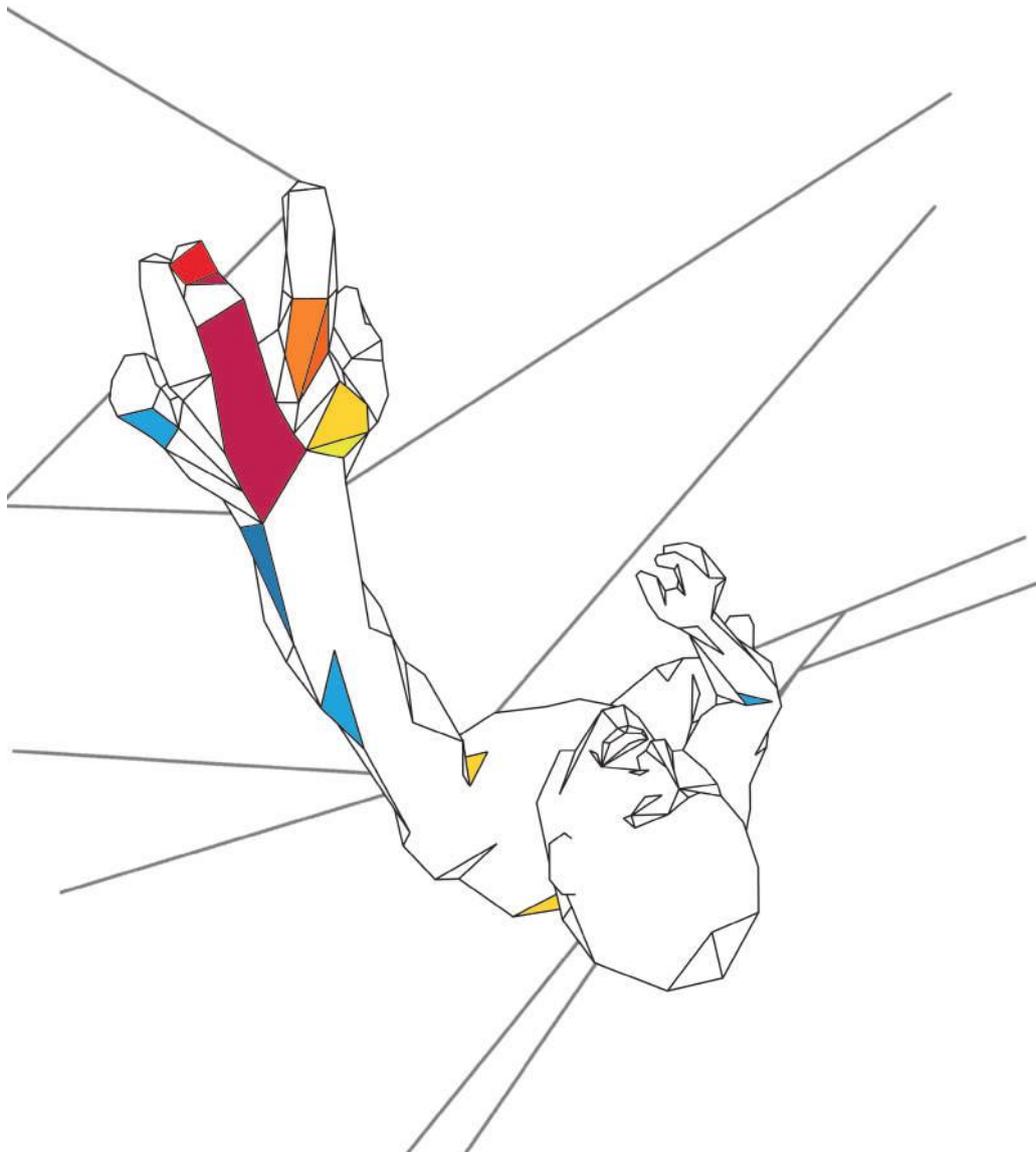
NEW

#0019 CHORRERA KALYMNOS (TUFA ROOF)

Roof stalactite for recreating the best routes at the spectacular caves in Kalymnos, Rodellar, Turkey, etc.

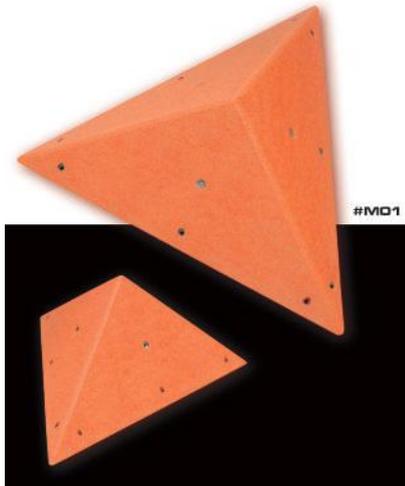
Weight: up to 4,0 kg_Material: Fiberglass and polyester resin_Dimensions: height 30/40 cm, base 30x30 cm_Note: They are custom built to the specifications of each client

NEW 2015



wooden volumes

PYRAMIS M01

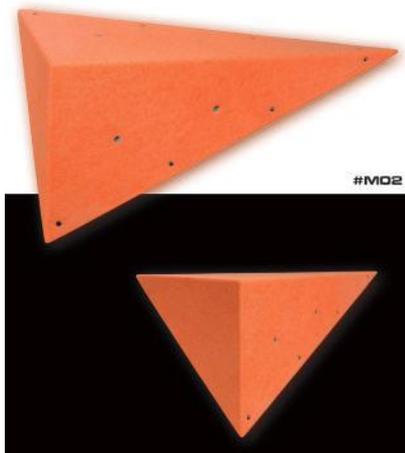


#M01 **PYRAMIS VOLUME**

Birch wood volume, of a triangular form, with 3 same sides, of size S, with coarse texture, coloured finish.

Weight: 5,0 kg_Dimensions: 59 x 59 x 59 cm, 26 cm high

PYRAMIS M02

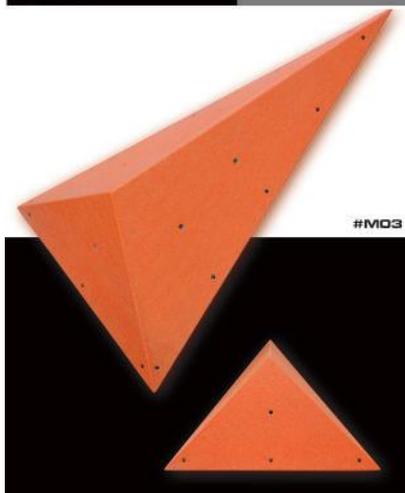


#M02 **PYRAMIS VOLUME**

Birch wood volume, size M, textured with silica sand, with coarse texture, coloured finish.

Weight: 6,3 kg_Dimensions: 90 x 90 x 55 cm, 26 cm high

PYRAMIS M03

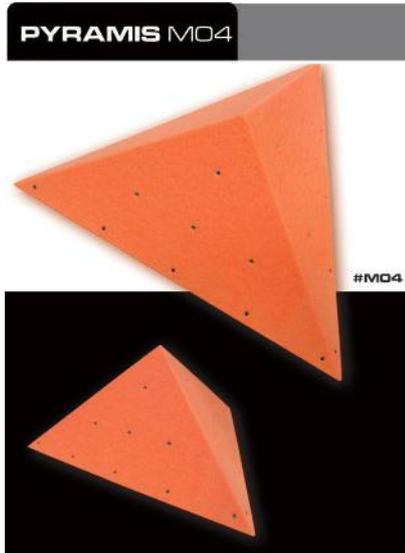


#M03 **PYRAMIS VOLUME**

Birch wood volume, size L, textured with silica sand, with coarse texture, coloured finish.

Weight: 9,4 kg_Dimensions: 120 x 120 x 70 cm, 32 cm high

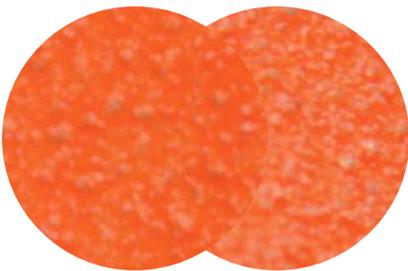
wooden volumes



#M04 **PYRAMIS VOLUME**

Birch wood volume, size "MEGA", textured with silica sand, with coarse texture, coloured finish.

Weight: 15,3 kg_Dimensions: 111 x 111 x 111 cm, 50 cm high



www.s4c-presasdeescalada.es
www.s4c-climbingholds.com

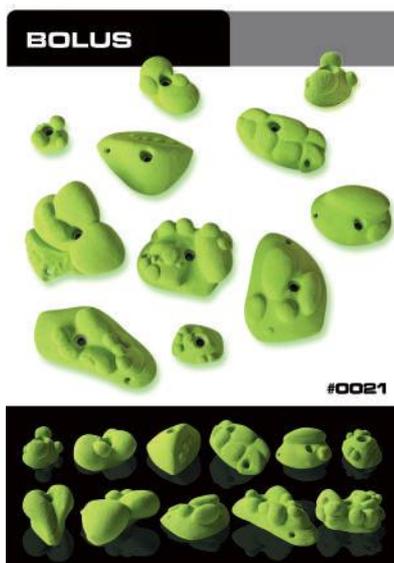
holds



#0020 ROMUS

Set of 10 units in different sizes (4XL, 4L, 2M) conceived for maximum finger strength training. Dry to the touch and excellent friction. This set is very useful to cover dead spots on aretes or edges.

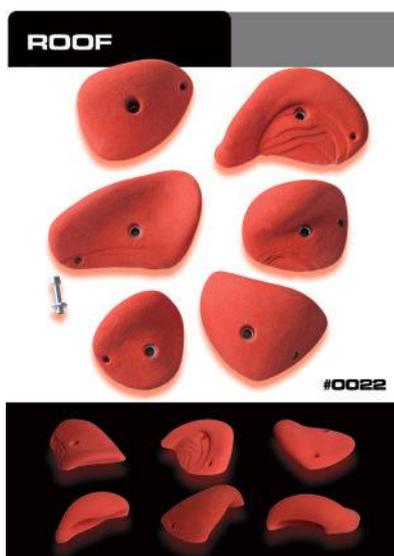
Material: Polyurethane_Weight: 3,7 kg



#0021 BOLUS

This set contains 11 holds in varied sizes (1XXL, 3XL, 5L, 1M, 1S). Recommended for walls of 20 to 35° of overhang. Great to build easy to extreme sequences. Type of hold: very nice texture and finger-friendly.

Material: Polyurethane_Weight: 3,2 kg



#0022 ROOF

Set of 6 XXL units. These models are very practical for endurance training on big overhangs and roofs. Also excellent for beginners training, as well as children's walls. All holds prepared for anti-locking screws.

Material: Polyurethane_Weight: 5,5 kg

holds



#0023 ARENA

This very tactile set contains 10 holds of different sizes (1XL, 7L, 2M). Recommended from vertical walls to 20-35° of overhang. Type of holds: Slopers and anatomical edges.

Material: Polyurethane_Weight: 3,2 kg



#0024 MARE

Set of 10 units (5XL, 4L, 1M) inspired on the shaping of the rocks by the sea. With this collection we want to pay homage to the sea, which accompanies us every day. Very technical set for medium/high level climbers. Surfaces For Climbing strives to please climbers who give everything in their training. Also possible to order in packs with corresponding screws for each hold.

Material: Polyurethane_Weight : 3,1 kg



#0025 AIRE

This set of climbing holds, inspired by days of blue skies and white clouds. This set contains 3XL, 2L and 5M holds. Recommended for medium/high level climbers, on walls of 40-45° of overhang. Type of holds: Flat and rounded edges.

Material: Polyurethane__Weight: 2,1 kg

holds

JOGASAKI



#0026



#0026 JOGASAKI

Set Jogasaki with 11 holds in XXL (6) and XL (5) sizes created for medium/high level climbers. Multiple grip possibilities in 360°. Dry feel to the touch, innovated texture.

Material: Polyurethane_Weight: 8,7 kg

TENSIS



#0027



#0027 TENSIS

The main concept in this 11 unit set (4XL, 5L, 2M) is the pinch hold. Recommended for medium overhangs and high level climbers. Grip size from 3 cm to 10 cm.

Material: Polyurethane_Weight: 3,5 kg

FORAMEN



#0028



#0028 FORAMEN

For this 12-unit set (3XXL, 5XL, 4L) the main characteristic is the hole. The shape within the hole simulate the best holds of determined climbing areas such as the Margalef zone in Tarragona, Spain. Fixture recommendations: Variety of angles; rom vertical walls to 50° overhang.

Material: Polyurethane_Weight : 9,2 kg

holds

LAMINAM VERTICAL



LAMINAM MEDIUM



LAMINAM TOTAL



#0029 LAMINAM VERTICAL

Set of 10 rung/slat styled holds (1XXL, 1XL, 8L) with the texture and geometry ideal to emulate the feeling of natural rock. They vary in depth and positivity: Some are shallow and slightly positive, others deep and completely flat. Some are of minimum depth and slightly positive, others totally flat and with more grip. Designed for overhangs of 0° to 30°, although the builder's level, creativity and purpose of the route setter will have the last word.

Material: Polyurethane_Weight : 3,3 kg

#0030 LAMINAM MEDIUM

Set of 9 rung/slat styled holds (1XXL, 2XL, 6L) with the texture and geometry ideal to emulate the feeling of natural rock. Recommended for overhangs of 30° to 40°, although the builder's level, creativity and purpose of the route setter will have the last word.

Material: Polyurethane_Weight : 4,2 kg

#0031 LAMINAM TOTAL

Set of 10 rung/slat styled holds (2XXL, 3XL, 5L) with the texture and geometry ideal to emulate the feeling of natural rock. Specially designed for overhangs of over 45° due to their positive grip. For this reason we do not recommend placing them in less degree angles to avoid injuries caused by excessive crimping.

Material: Polyurethane_Weight : 4,3 kg

holds



#0032 MAGNA

Set of 3 holds in big format (XXXL) designed to aid very wide movements as well as dynamic movements (dynos). Also good for acrobatic play on deep overhangs or roofs.

Material: Polyurethane_Weight: 7,0 kg



#0033 ES PONTÀS

Is a collection of 5 large rings (1XXXL and 4XXL) inspired on the famous rock arch rising over the Balearic Sea. Recommended for endurance training, long reach or dynamic moves on overhangs and roofs. Ideal for placing on children's walls so kids can begin climbing with the most natural handhold of all: The palmar grasp. Recommendation: fix the holds sufficiently distant from each other to prevent little children hitting themselves.

Material: Polyurethane_Weight: 6,9 kg

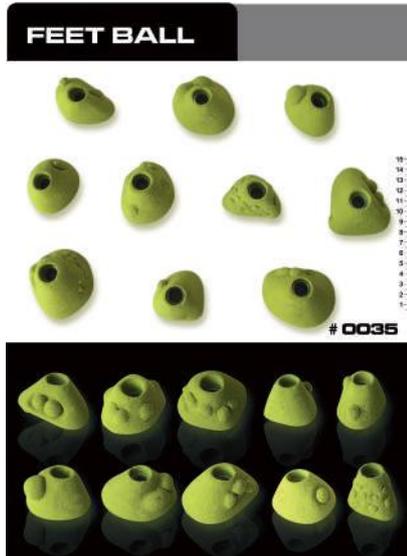


#0034 EXTREMUM

Set of 19 M-sized holds created for climbing training of climbers with medium-high level. The softness of the forms and the rounded edges make this collection perfect when training without altering its aggressive functionality.

Material: Polyurethane_Weight: 3,8 kg

holds



#0035 FEET BALL

Technical foot holds, 10 units per set (S).

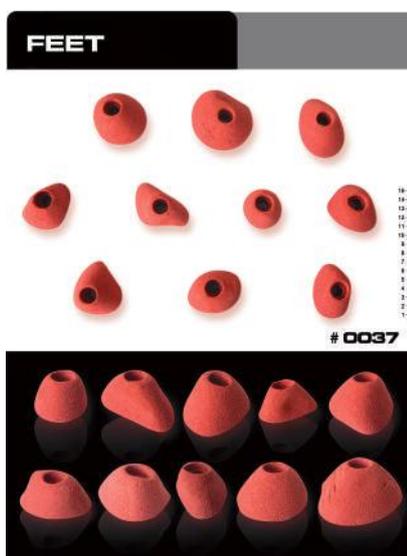
Material: Polyurethane_Weight: 0,5 kg



#0036 FEET HOLE

Technical foot holds, 10 units per set (S).

Material: Polyurethane_Weight: 0,5 kg



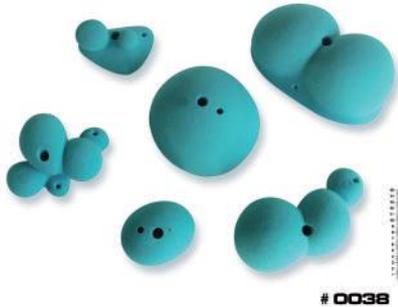
#0037 FEET

Technical foot holds, 10 units per set (S).

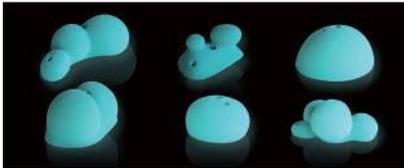
Material: Polyurethane_Weight: 0,5 kg

holds

BALLS



#0038



#0038 BALLS

Set of 6 technical rounded holds (2XXL and 4XL), versatile in difficulty from compression to dynamic movements found on overhangs or competition boulders. Due to the rounded nature they are perfect for beginners learning the different grip types.

Weight: 7,2 kg_Material: Polyurethane

CALX



#0039

#0039 CALX

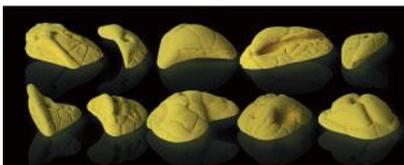
In this set of very ergonomic mini-jugs, we imitated the touch of softer calcareous rock, for you to make many movements before suffering the effects of friction. Especially interesting collection for roofs, large overhangs and endurance training.

Material: Polyurethane_Quantity: 12 holds (5XL and 7L)_Weight: 3,5 kg

TOPHUS



#0040



#0040 TOPHUS

This collection of 10 holds (1XXL, 4XL, 5L) is an answer to modern climbers and market requirements, for whom one of the motivational sources nowadays is to face the challenge of different surfaces and holds texture. Is not just about strength development, but to face the challenge of different surfaces and hold textures to find out where and how to apply this force. A very technical set of varied forms to place on vertical walls, overhangs and inclinations: positive with a nicely rounded lip, ideal for open handed, pinches, edges and slopers. Indicated for middle-high level climbers.

Material: Polyurethane_Weight: 5,9 kg

holds

LENS



#0041



MOON



#0042



DUNES



#0043



#0041 LENS

Cleanliness and fluid lines in 5 sloper holds (1XXL, 1XL, 2L, 1M), which simply by rotating you can convert into narrow and challenging pinches. Depending on angle use their geometry and fine texture will require maximum friction and compression to avoid falling. Indicated for high level and walls from 80° to 145°.

Material: Polyurethane_Weight: 4,4 kg

#0042 MOON

This collection of 10 holds (3XL, 3L, 4M), fruit of our climbing trips to the south of France and the north of Italy, are based on a type of rock which presents a great deal of technical difficulties. We offer different shapes positivity of the grip, for you to try them in a variety of angles. Indicated for climber with middle to high level.

Material: Polyurethane_Weight: 2,7 kg

#0043 DUNES

Rocks are continually combed by the wind through millions of years. The observation of such a detail has inspired us for this collection of 9 holds (2XXL, 2XL, 3L, 2M) which will allow the climber to feel the soft touch of the sandstone from eastern Europe on their fingertips. Technical and physical difficulty varied holds, suitable for middle-high level climbers and 90° to 140° walls.

Material: Polyurethane_Weight: 3,4 kg

holds



#0044 ENSIS

This set of 5 edges artistically designed (2XXL, 1XL, 2L), are inspired on a bivalve molluscs genre. Very stylized, with smothered straight angles and extremely fine grane, we propose you, using all of them, to compose a block of up to 10 movements, crossing, gathering and changing hands on the biggest and everything without losing adherence.

Note: Like other fine texture sets, these have the inconvenience that, using the for feet, at equal surface, they can get saturated with dirt and rubber before other type of holds of coarser grain. Think about this and decide consequently.

Material: Polyurethane_Weight: 3,8 kg



#0045 CAMPTER

Within the variety of boulder climbing holds, we incorporated this set of 10 holds of geometrical shapes 2XXL, 6XL and 2L which allow crimp and pinch movements.

Material: Polyurethane_Weight: 5,4 kg



#0046 TUFAS

Excellent tufas for walls with texture and real-life finishings. Hand made, tailored suited, individual manufacturing, anatomical shapes for pinches and edges. Ideal for sport routes with tufas and boulders with pinch moves.

Quantity: 4XXL and 1XL_Material: Polyurethane_Weight: 6,6 kg

holds

MINIMUM



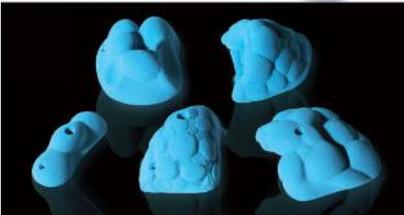
#0047



ALBARRACÍN



#0048



GRANIT



#0049



#0047 MINIMUM

Set of 18 holds in size M with 7 mm to 27 mm edges, very technical, especially designed for high-level climbers, prepared for conical countersunk screws for greater precision grip. Includes M10 Allen bolts.

Material: Polyurethane_Weight: 1,4 kg

#0048 ALBARRACÍN

This set includes 5 holds in different sizes (1XXXL, 2XXL, and 2XL), inspired by Spain's popular bouldering destination Albarracín. Ideal for boulder training.

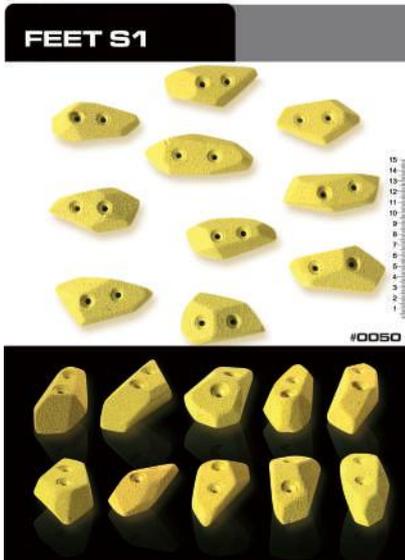
Material: Polyurethane_Weight: 5,0 kg

#0049 GRANIT

The morphology of the granite comes in many and varied forms that we express in this collection of 10 holds "LAJITAS" (1XL, 4L, 5M), which can bring variety to your daily workout. Unidirectional, ranging from shallow to positive profile, recommended for high-level climber.

Material: Polyurethane_Weight: 2,9 kg

holds



#0050 FEET S1

Collections created by designer and Slovak climber "SMOLO". Work the accuracy of foot placement, specificity and challenge your training. Technical foot holds, 10 units per set (S).

Material: Polyurethane_Weight: 0,5 kg



#0051 FEET XS1

Complementing the collection FEET S1 we created a collection of 15 holds of size XS for a high technical level. Technical foot holds.

Material: Polyurethane_Weight: 0,5 kg



#0052 FEET XS2

Complementing the other Feet sets here we have even more! Technical foot holds, 42 units per set (XS).

Material: Polyurethane_Weight: 1,9 kg

holds



#0053 SLOPERS BOULDER

This set of 5 holds (1XXL, 2XL, 2L) has been inspired by the sandstone of Czech climbing areas. Made with two different textures for greater individualization of training.

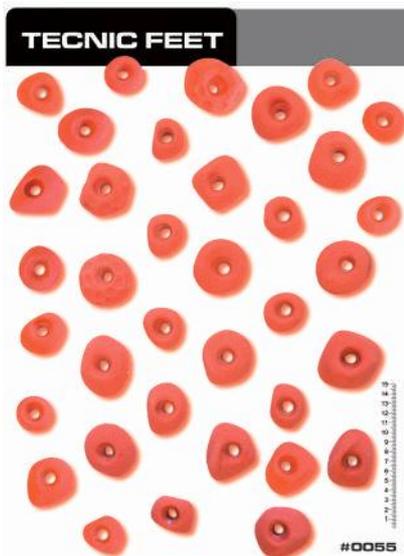
Material: Polyurethane_Weight: 2,6 kg



#0054 EDGE BOULDER

Yet another design consisting of 6 holds (3XL, 1L, 2M) inspired by rock found in the Czech Republic. Designed to be technically challenging and recommended for competitions or high level climbers.

Material: Polyurethane_Weight: 1,9 kg



#0055 TECNIC FEET

Tecnical foot holds, 36 units per set.

Material: Polyurethane_Weight: 1,0 kg

holds



#0056 BASIC

This set is designed as an introduction to slopers. With that in mind, we have given them a more porous surface to increase friction, and they are small enough to fit in a hand. Recommended for walls going from vertical to 130°, the lips of roofs, and volumes like pyramids.

Material: Polyurethane_Weight: 1,0 kg



#0057 TACO

This set features small-size holds with a moderately positive profile, no more than one and a half phalanges in depth. Their surface has been thoughtfully chiseled so that your thumb can find its place and allow for increased stability if you need it. This characteristic, along with the steepness of the wall and the rotation of the hold will define them as edges or pinches.

Material: Polyurethane_Weight: 0,9 kg



#0058 LINES

A 7-piece set of small-size holds, slightly positive and with a characteristic round lip, aimed to facilitate the open-hand grip, and to reduce shearing loads when crimping. They are conceived not just as regular edges, though; it is your choice whether to pick them or not.

Material: Polyurethane_Weight: 0,6 kg

holds



#0059 SHELL

These holds are inspired on the peculiar erosion of seashore limestone, so they are asymmetrical and irregular. All five pieces offer a variety of grips, and new shapes and textures that will stimulate your senses and refresh your technique.

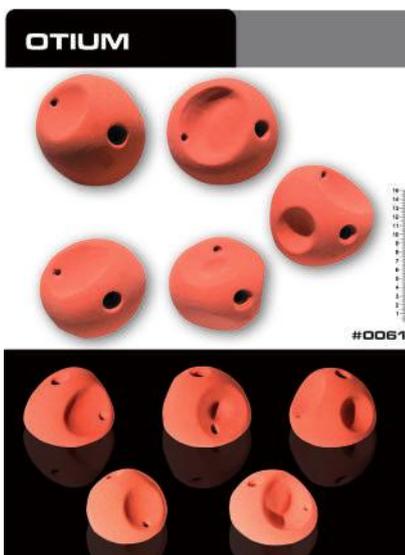
Material: Polyurethane_Weight: 1,6 kg



#0060 ANATOMIC

This 9-piece set offers good -and still low profile- jugs. They are aptly named, too, not just for the shape and depth of their grip, but also because the lips feature an ample radius designed to be skin- and tendon-friendly. Recommended for overhangs and roofs, and suitable for all levels.

Material: Polyurethane_Weight: 2,4 kg

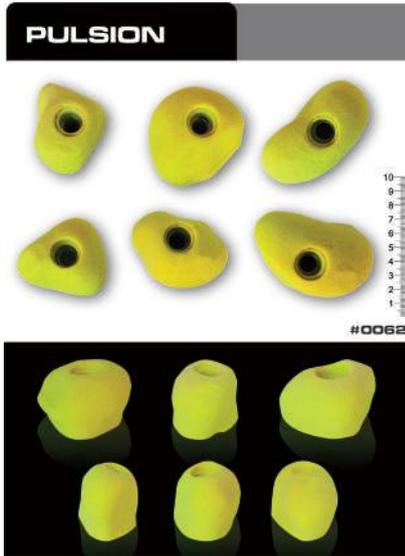


#0061 OTIUM

This set features 5 innovative holds, that combine a round general shape with ergonomic depressions that challenge your imagination as well as your open-handed and pinch strength. Not recommended for beginners, or very overhanging walls.

Material: Polyurethane_Weight: 2,1 kg

holds



#0062 PULSION

Sometimes, evolving is just about thinking out of the box. At first sight, these 6 small (S and XS) holds can be regarded as footholds: they are too narrow to fit all fingers around them. Make good use of your money and use them the way they are meant to: challenging 2-3 finger pinches. Or, you can always screw them on a slab.

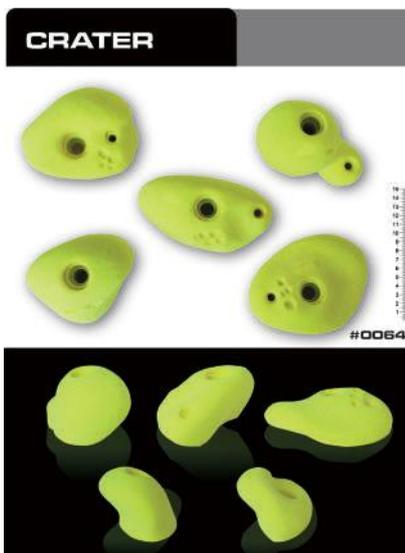
Material: Polyurethane_Weight: 0,9 kg



#0063 JUGS

Refresh your open-handed skills with these 6 S-sized mini-jugs. Your distal interphalangeal joints will flex in a natural way even when things get really steep, and your pulleys will be happy about that.

Material: Polyurethane_Weight: 1,4 kg



#0064 CRATER

The 5 small holds that comprise this set share the same ergonomic goal: the combination of modest (1.5 to 2 phalanges) depth, noticeable incut and very blunt edges makes them skin-friendly even when installed on vertical walls.

Material: Polyurethane_Weight: 1,1 kg

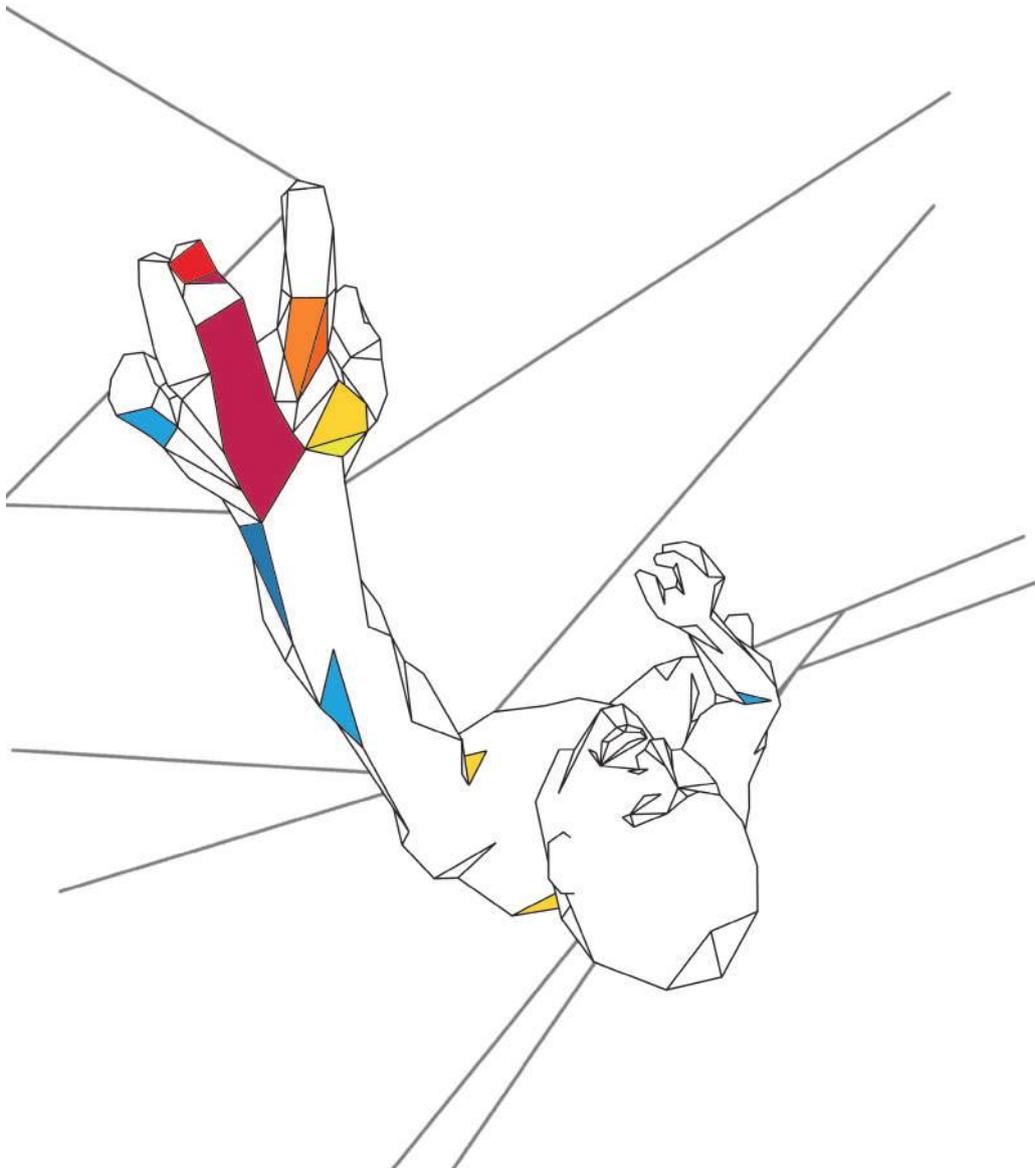
holds



#0065 PRECISION

“What you don’t practice, you don’t perfect.” Have you ever wondered why we use the adjective “random” each time we need to reach a narrow slot? You can either mutate into Mr. or Ms. Static (your elbows are not going to agree with that) or train your coordination and precision with this aptly named set.

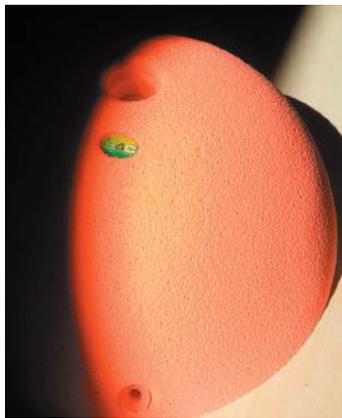
Material: Polyurethane_Weight: 3,4 kg





www.s4c-climbingholds.com
www.s4c-presasdeescalada.es

Our experience in constructing climbing surfaces allows us to create climbing holds for all kind of structures. Our holds are specially designed to endure long blocks of training, being durable and yet nice to the touch. They are **made from 100% high quality polyurethane**. Their texture permit excellent friction without damaging the skin. For our volumes we have created a wide variety of flat and round shapes in fiberglass and resin cement. These shapes mirror the actual rock shapes giving a perfect sensation of softness and adherence. We have achieved a material that, although not abrasive, allows for optimal friction without deteriorating the skin. Our design and modelling is always done avoiding finger damaging edges. **Our holds are certified by the standard UNE-EN-12572-2.**



GENERAL PRECAUTIONS FOR THE INSTALLATION OF CLIMBING HOLDS

Every hold works best on a certain range of overhang angles. A hold designed for roofs or with a positive edge can offer surfaces that are unpleasant to grab or can even lead to injury if placed on a vertical face.

The holds are designed to be installed on a flat surface. Placing them on an uneven zone can lead to breakage.

Use screws of the right length. If they are too long the thread can end when the hold is still loose; trying to tighten beyond this point can result in a damaged thread.

The wood screws can be placed using a power screwdriver, but the final tightening must be done by hand to avoid breakages. A hold with two or more screws won't rotate in any case, so it is unnecessary to use a high torque.

Our concern for the environment makes us limit as much as possible the use of pollutants in our products. The tradeoff is that they can deteriorate if cleaned with aggressive agents. Avoiding them you will help in reducing the amount of harmful waste generated when cleaning holds.

All of the hold's base must be in contact with the panel. If any of the sides sticks out of a corner, edges or points can be exposed, with potential harm to the skin.

Always add a washer when using screws with less than the recommended diameter (M10). Doing otherwise could cause the screw to get jammed inside the hold, preventing it from being correctly tightened.

Use the anti-rotation screw when possible. This helps in avoiding unexpected falls, making as well unnecessary to excessively tighten the main screw, thus reducing the stress on the hold.

UNE-EN-12572-2: Install the holds on plywood panels at least 18 mm thick and in good condition. Doing so will avoid pulling a screw due to the lack of support or breaking the panel itself. Also put a wood screw in every fixing hole.

which board do I choose?



progression®

You choose Progression® if you meet the following requisites:

- You are older than 16 years (*Morrison and Schöffl, 2007**);
- You have more than two years of systematic and continuous practice of climbing;
- You have a lower level of finger strength: being able to hang for less than 10 seconds off a 10mm edge.

TRANSGRESSION®

You choose Transgression® if you are familiar with specific finger training (unweighted dead hangs and moderate intensity methods) and you meet the following requisites:

- You are older than 18 years (*Morrison and Schöffl, 2007**);
- You have more than 3–4 years of systematic and continuous practice of climbing;
- You have a medium/high level of finger strength: being able to hang for more than 15 seconds off a 10mm edge.

**Morrison, A. B., & Schöffl, V. R. (2007). Physiological responses to rock climbing in young climbers. British journal of sports medicine, 41(12), 852-861: This study asserts there is a correlation between intensive finger training and the occurrence of serious injuries such as finger stress fractures in youth.*



www.surfacesforclimbing.com/shop



This stamp indicates that: This documentation (this training plan) has been elaborated by Eva López based on investigation and experience. The recommended methods have been scientifically tested thanks to the collaboration of 100 climbers.

www.en-eva-lopez.blogspot.com

Videos in **You Tube**: [evalopeztraining](https://www.youtube.com/evalopeztraining)

which board do I choose?



#0002

PROGRESSION[®] with the training plan by Eva López

Progression[®], created in 2011 by climber and coach Eva López, is currently the only finger training board that features both a design and a set of training methods derived from a Doctoral Thesis (López-Rivera, 2014).

Scientific evidence about strength development, and the importance of individualization, specificity and progression of load were the starting points of Eva's first studies in 2004, and they made apparent the need for a tool that allowed for changing the size of the edge where the training is carried out, and also to measure that different edge depths represented. Those studies (López-Rivera y González-Badillo, 2012) along with the first "Regletómetro" culminated with PROGRESSION and its companion Training Plan.

There are no moving parts in PROGRESSION because it offers simultaneously 8 different edge depths to maximize convenience and load individualization in real time without wasting a single second, as required by modern training methods like endurance sets with very short pauses. Switching easily and quickly to a different-size hold is the difference between an effective, controlled workout and disorder or even overload.

Why just edges? Because the load is not determined by the shape the hold, it rather depends on its depth and the total supported weight. We do not need to train a variety of holds but a variety of grip types. Half-crimp for smaller holds, open hand with 1, 2 or 3 fingers for one-, two- or three-finger pockets, or something in between like the open crimp, healthier and more versatile. Small-edge work can even help one of the skills that are needed to perform on slopers: the application of maximum force with our fingertips.

PROGRESSION is a big board for ergonomic and practical reasons. Our shoulder width varies and we know that placing our hand too close we can develop pain in our elbows (pronator teres muscle) and wrists, and in neck and shoulders if the grip is too wide. There is also enough width to blunt part of the edge with sandpaper for the open hand grip and leave the rest for the half-crimp grip.

The Training Guide provides, along with methods and schedules, guidelines for warming up, correctly performing the dead-hangs, managing the load and prevent injuries. The contents are deep and thorough, aimed for users that are eager to learn and with a high capacity for effort. This Guide will allow them to become experts in their own process of improvement, boosting their motivation to seek out performance.

Also included is a Guide with installation and use recommendations. **The Training plan is available in English, Spanish, German, Italian, French and Slovak.**

These pioneering ideas seem to have some impact in the climbing world, inspiring others to follow the path we are opening. We hope that our approach based on the scientific method will promote future developments in climbing that lead to surpassing a product that, to this day, is still unmatched.

WHO IS IT FOR?

- More than 16 year old (According to Morrison & Schoffl, 2007)*.
- Lower level of finger strength (being able to hang for less than 10 seconds off a 10 mm edge).
- More than two years of systematic and continuous practice of climbing.

TECHNICAL SPECS

Dimensions: width 595 mm; height 405 mm; depth 150 mm

Edges: 10 mm, 12 mm, 14 mm, 16 mm, 18 mm, 20 mm, 22 mm and 24 mm. Maximum error in edge depth is ± 0.3 mm to achieve a consistent experience across boards.

Weight: 8,0 kg

Material: Polyurethane

Colors: Vivid colors, fluo colours also available. (Check with the manufacturer.)

REFERENCES

López-Rivera, E., González-Badillo, J.J. *The effects of two maximum grip strength training methods using the same effort duration and different edge depth on grip endurance in elite climbers. Sports Technology.* 2012; 5 (3-4), 100-110.

López-Rivera, E (2014): *Effects of Different Grip Strength and Endurance Training Methods on Sport Climbers of different levels (Phd Thesis). PhD program in Sport Performance. Castilla-La Mancha University, Toledo, Spain.*

*Morrison, A. B., & Schöffl, V. R. (2007). *Physiological responses to rock climbing in young climbers. British journal of sports medicine, 41(12), 852-861.*

which board do I choose?



#0003

TRANSGRESSION® with the training plan by Eva López

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There are no moving parts in TRANSGRESSION because it offers simultaneously 8 different edge depths to maximize convenience and load individualization in real time without wasting a single second, as required by modern training methods like endurance sets with very short pauses. Switching easily and quickly to a different-size hold is the difference between an effective, controlled workout and disorder or even overload.

Why just edges? Because the load is not determined by the shape the hold, it rather depends on its depth and the total supported weight. We do not need to train a variety of holds but a variety of grip types. Half-crimp for smaller holds, open hand with 1, 2 or 3 fingers for one-, two- or three-finger pockets, or something in between like the open crimp, healthier and more versatile. Small-edge work can even help one of the skills that are needed to perform on slopers: the application of maximum force with our fingertips.

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These pioneering ideas seem to have some impact in the climbing world, inspiring others to follow the path we are opening. We hope that our approach based on the scientific method will promote future developments in climbing that lead to surpassing a product that, to this day, is still unmatched.

WHO IS IT FOR?

- Familiar with specific finger training: unweighted dead hangs and moderate-intensity methods.
- More than 18 year old (Morrison & Schoffl, 2007)*.
- Medium/high level of finger strength (being able to hang for more than 15 seconds off a 10 mm edge).
- More than 3-4 years of systematic and continuous practice of climbing.

TECHNICAL SPECS

Dimensions: width 595 mm; height 405 mm; depth 150 mm

Edges: 6 mm, 7 mm, 8 mm, 9 mm, 10 mm, 12 mm, 14 mm and 18 mm. Maximum error in edge depth is ± 0.3 mm to achieve a consistent experience across boards.

Weight: 8,0 kg

Material: Polyurethane

Colors: Vivid colors, fluo colours also available. (Check with the manufacturer.)

REFERENCES

López-Rivera, E., González-Badillo, J.J. *The effects of two maximum grip strength training methods using the same effort duration and different edge depth on grip endurance in elite climbers. Sports Technology.* 2012; 5 (3-4), 100-110.

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http://www.climbing.com/gear/progression-hang-board/

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9

Progression Hang Board

Fingers of steel

By winter's end, the banality of the climbing gym can produce plateaus that even Sharma couldn't break through. Enter the Progression Board, a hangboard to be used in conjunction with a training regimen designed by climbing coach Eva Lopez. With a master's degree in sports science, her research has shown that substantial finger-strength gains can be made when training below a maximum effort—or, in other words, rarely training to the point of failure in any given session. This sub-maximum training style also greatly reduces the chance of injury. That's right: big gains in finger strength with a reduced risk of injury. The Progression Board is designed for intermediate climbers seeking to move to the next level (advanced climbers should check out her Transgression Board) with eight rungs that vary from 10 millimeters to 24 millimeters. This allows for ultra-fine-tuning and constant control of the training load. A finger-friendly shape supports comfortable, strength-building hangs on half-crimps, and an oversized top rung is perfect for pull-ups. A training outline is included with each board, and more info on Lopez's protocol can be found on her blog: en-eva-lopez.blogspot.com.es. Says one tester after a month of training, "I feel more confident on holds I once thought unrippable."



*online review by Climbing.com
February 2014*



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Climbing > Climbing Gear > Gear Guide 2014: Bouldering



Gear Guide 2014: Bouldering

From training to approaching to sending, these 10 products have got you covered



Transgression Board



High-level hangboarding

A lot of thought went into this board. In fact, a Spanish climbing coach with a master's degree in sports science created it to accompany a training program she devised for intermediate to advanced climbers. It has an overhanging design with eight edges that vary in depth from 6mm (trust us, that's small) to 18mm, plus a large, comfortable jug at the top. With more than 10 years of research, including endorsements from Europe's top climbers, backing creator Eva Lopez' product, the theory is that you should train just under maximum effort so you can see gains without getting injured. One tester loved the uniform style of hanging on smaller and smaller rungs, "I could actually feel improvement week after week and was able to mark my progress solidly because I could hang on ever-smaller edges." The polyurethane is comfortable to train on, and if the edges are too sharp for your liking, the board is designed so you can file them down to your own personal ergonomic taste.

online review by Climbing.com
May 2014

what do they say?

Nina Williams | You're getting super strong. And you're great fun...

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Harmonized ...yclopedia bām! board ...m! climbing bām! climbing Odblokování ... (Důležitě)

Nina Williams

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Age: 24
Birthdate: August 21st, 1990
Height: 5'3"
Ape: +1.5"
Hometown: Pawtucket, RI
Currently Based: Boulder, CO

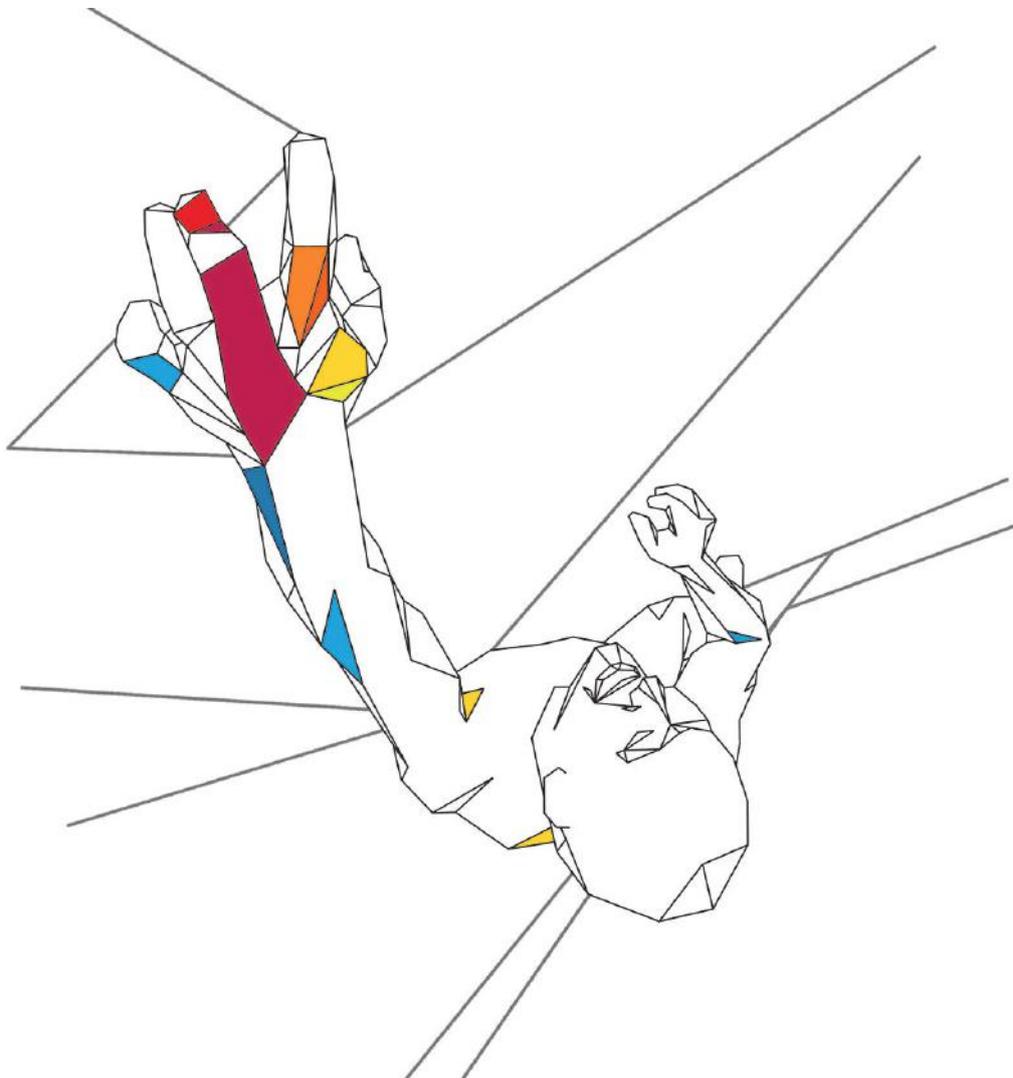
About
 Nina began climbing in New Hampshire in 2002 and later joined a team in Rhode Island. She balanced school, training, and competing with weekend trips to Rummey before moving to Colorado in 2010. During the past three years she has focused on training and pushing her limits, making podium at several competitions including

Anonymous
 You're getting super strong. And you're great fun to watch. What do you do to improve finger strength?

Me
 Thank you! I follow a finger workout by Eva Lopez on her Transgression hangboard; some useful videos from her site can be found [here](#).
 The standard blue rubber O-ring from Black Diamond is another great, easy, and cheap (~\$6?) source for finger and overall-grip strength. I use it to warm-up at the boulders sometimes.
 Finger strength in general takes a long time to build up; while there are many ways to build up fingers, the best thing I believe you can do is injury-prevention with antagonist balls and just climbing. I see a lot of climbers who have started 4-6 years ago get strong very quickly, only to be set back with finger injuries. Prevention is key!

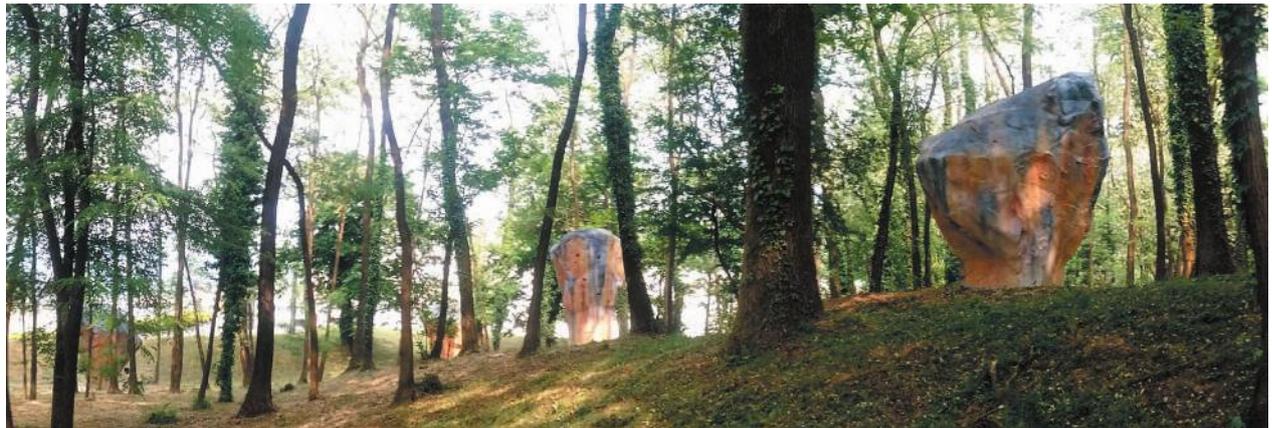
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FROM FIBERGLASS AND WOOD

Our climbing walls, boulders and their structures are certified by the standard UNE-EN 12572-2_2009. Our holds, training boards and volumes are certified by the standard UNE-EN 12572-3. We are dedicated to the design and production of tailored climbing structures. We have 20 years experience in design, fabrication and building of climbing gyms in Europe. Surfaces For Climbing's climbing gyms combine climbers' requirements of safety and resistance. **For more information or to consult a pricing estimate, please contact us by writing to this email address: sales@surfacesforclimbing.com or by calling: +34-663 613 087.**



Boulderparc - Milan, Italy - 5 boulders from fibreglass, exterior



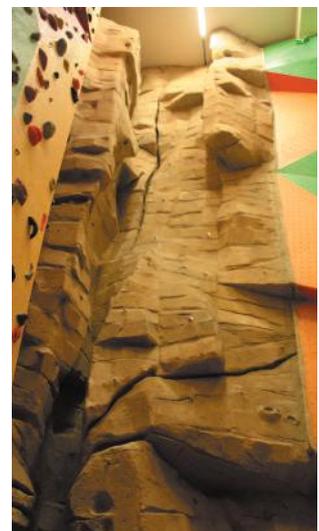
Boulder gym - G.E.M. - Malgrat de Mar, Spain - boulder from wood, interior



Vilaflor, Tenerife, Spain - climbing wall from fibreglass and wood, exterior



Bouldercity - Pietramurata, Italy - climbing wall from fibreglass and wood, interior



Chavornay, Switzerland - climbing wall from fibreglass and wood, interior

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