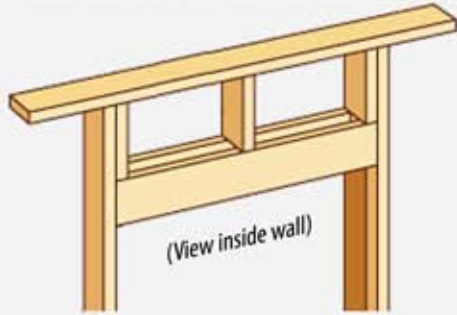


## Setting Up:

Mount the Revolution Board above a doorway, or in a similar suitable place, by drilling the screws provided through the board into the solid wood framing in the wall. Do not screw directly onto flat wall as your legs need to be able to hang underneath. Make sure the screws are flush with the front of the board.

Attach the screw-on hold with the shorter screws until just tight. Over-tightening can cause breakage.



(View inside wall)



Make sure the screws sit flush with the face of the backing board.

Attach the holds with the bolts using the Allen key wrench (the wrench can sit in the hole on top of the board when you are not using it). Look on the back of the holds for left and right markings. To adjust the holds: loosen the bolt with a half twist anti-clockwise from the wrench, move to the desired position and re-tighten.



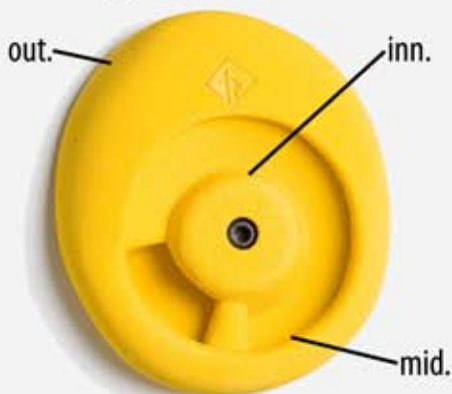
### Safety:

First of all, make sure the board is drilled into wood framing. If not, the board could potentially rip out. Test first with a nail before drilling. Always warm up before doing any exercise. Forearm stretches, light hangs and a short warm up with an Uprising Extensor are great ways to make sure nothing goes pop. Try to train in a warm environment. Put an old mattress or bouldering mat down above a hard floor.



### Positions:

The Revolution Board can be used in a huge number of positions – always expanding as you grow stronger and more creative with your training. When referring to the positions of the hold in this training guide, we use the following system:



**Outer Circle:** The outside of the hold progresses from jug to flat to sloper as it is rotated. (out.)

**Middle Circle:** The middle circle has a pocket and then a progressively smaller crimp edge. Usually held below the bolt (mid.)

**Inner Circle:** Has a positive pocket and then a progressively sloping crimp edge. (inn.)

### "The Clock"

We use the right-hand hold as a reference for orientation. The Uprising logo works like the hour hand of a clock. The hold shown is set at 12 o'clock (12). So the grip marked A (Big Jug) would be [out.12] Hold B (Sloping Crimp) would be [inn.12]



Remember to make the left-hand hold a mirror image!

See inside for training ideas



# REVOLUTION BOARD



Based in Christchurch, NZ  
We make cutting-edge training devices and climbing holds.  
Then we go climbing.

Find out more:

[www.UPRISING-ONLINE.COM](http://www.UPRISING-ONLINE.COM)

