



THE ULTIMATE BOARD

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Congratulations on becoming an owner of one of the world's most advanced hangboards!

#UltimateBoard is the ultimate training platform for developing crimp, pocket, and open-hand strength & endurance, as well as doing pull-up training and even one-arm (or one-arm sling assisted) training on the middle slots. Visit **Nicros.com** for an upcoming series of training videos on how to get the most out of your board. And, of course, pick up a copy of my book **Training for Climbing** for in-depth and comprehensive training advice.



Dimensions: 25.5" W x 9" H x 3.5" D

THREE THINGS BEFORE YOU START TRAINING ON THE ULTIMATE BOARD:

1. Be sure to mount it in a "bombproof" fashion (into studs and on a flat surface), so that it can safely support you and the added weight you will wear (via vest, belt, or weights hanging from the belay loop of your harness) as your strength increases in the months and years to come!
2. While the deeper pockets and edges have a large outer edge radius, the texture is quite aggressive out of the box...and so I recommend using a small piece of 80 grit sandpaper to knock down the texture slightly. Do not sand away any texture on the horizontal gripping surface, but rather just on the outside margin where your fingers wrap over the front edge of the pockets and deeper edges (14mm & 20mm).
3. By necessity, the 6mm, 8mm, 10mm holds have very small radius edges...as gripping small holds comes by way of finger pulp deformation over the edge. Still, you will likely want to "soften" the front edge of these small crimps. The approach I recommend is...to sand down the inside half of each crimp edge (see dashed boxes in photo above) with 12 to 20 side-to-side swipes of sand paper. Leave the outer half of each edge a bit sharper (only 5 to 10 swipes of sandpaper) as there may be days that your skin is thick and/or sweaty and a sharper edge will be better for training.

Pro Tip: Do the majority of your crimp training (and all weight-added crimp training) on the 14mm and 20mm edges, whereas you can occasionally test yourself or dabble with "minimum-edge training" on the 6mm, 8mm, and 10mm edges. I recommend training near equal time on the large edges (14mm and 20mm), the finger pockets (open handed), and the large sloper hold (top middle)...on which you can isolate first-pad sloper training—highly effective!

Happy training! –Eric Hörst

TRAIN. CLIMB. REPEAT.