

Congratulations on purchasing the award-winning Zlagboard (pronounced “Zlak-board”), the world’s most advanced fingerboard training system! Set up is relatively easy, but I’ll take you through the main steps...so that you can get training as soon as possible!



INSTALLATION

The Zlagboard comes with a base mount called “Nilo”. On the Nilo you’ll see 4 small brass screw-mounts—do not adjust these, as the Zlagboard is all step up to quick-clip onto these 4 screws. Most important, the Nilo base mount must be attached to a solid structure before you quick-clip the Zlagboard onto the Nilo. Ideally, use beefy wood screws to anchor the Nilo to wall studs (above a doorway at home) or onto a larger training board or similar (at a commercial gym). Engage a construction professional if you have any doubt about how to properly anchor the Nilo.



Once the Nilo is in place, you’re ready to quick-clip the Zlagboard onto the Nilo—but **before you do this, record the serial number App code (example on left) located on the back of the Zlagboard.**

Use the case-sensitive serial number to unlock the Zlagboard App on up to 5 different Smartphones (additional App codes can be purchased).

ZLAGBOARD APP DOWNLOAD, CALIBRATION & USE

1. Download the **Zlagboard App** from *App Store* or *Google Play*.
2. Register to set up an account with user name & password—you’ll need this to track your training.
3. Inside the App, click “Profile & Store”, then touch the menu icon , then “Boards”, then “Zlagboard.Pro Download”.
4. Touch “Store” and enter the serial number App code from the back of the Zlagboard.
5. Now, put your Smartphone onto the green silicone mount (it can be stretched to fit most phone sizes) and slide it onto the phone mount atop the Zlagboard.
6. Touch the menu icon  and touch “Calibration”—you’ll only need to do this the first time using the board.
7. Touch  again and then touch “Level Check...and follow the instructions.
8. Return to the main menu and touch “Trainings”. Here you will find a variety of workout options, including a basic warm-up, a free 12-week “basic plan” workout, and numerous “Pro Plans” which you can download for \$4.99 each. These Pro Plans are progressive and quite comprehensive—they’re like having a pro coach working with you in person! Or, you can create your own training program under “Custom Workouts”.
9. Back at the main menu, you can also set up a Zlagboard competition with your friends or climbing team members—these are great fun and offer an excellent metric of finger strength. Visit the Zlagboard web site and see how you rank (max hangtime on 20mm edge) among amateur and pro climbers from around the world!

ZLAGBOARD TIPS

- Never hang on the Zlagboard without chalk on your fingertips. Brush the holds frequently.
- Train both strength and endurance, ideally in different workouts. Train finger strength by doing short, intense hangs with lots of rest in between—use small/difficult holds or medium-sized holds with weight added to your body. To train endurance, do longer hangs or a series of shorter, submaximal hangs that simulate the cyclic gripping of holds on a route. Read Eric Horst’s *Training For Climbing* (2016 edition) for cutting-edge training advice and programs.
- Warm up gradually. Do some short, easy hangs and a few pull-ups on good holds; stretch and massage your fingers a bit between warm-up hangs. Take adequate rest days between training sessions—important to adapt fully and avoid overuse injuries. Keep in mind that tendons strengthen more slowly than muscles, so rest days are as important as training days. Train smart (sometimes *less is more*), and end a workout at the first sign of joint or tendon pain.
- Your Zlagboard came with 3 small eye bolts that screw into the bottom of the board—use these to attach a helper sling...which is useful for performing uneven-grip pull-ups or when training one-hand hangs (an advanced technique) using the column of holds in the middle of the Zlagboard.
- Visit **ZlagboardUSA.com** for more info & videos. Go to **TrainingForClimbing.com** for additional education & inspiration!