

Lattice Training – MXEdge Lift

Product Information

Introducing the MXEdge Lift – Lattice Training’s BRAND-NEW lifting block, featuring our most ergonomic edge, designed to maximise your finger strength training.

Product Overview

- Lifting edge (a.k.a. lifting block, portable hangboard, no hang device)
- Intended for pick-up training to improve finger strength
- Comes in two sizes: small and large
- 7 different grips
- Unique edge shape, designed to enable athletes to lift more

MXEdge Lift Variations

MXLARGE | edge: 22mm, 16mm, 12mm | pinch: 100mm, 57mm, 16mm | mono: 28mm

MXSMALL | edge: 18mm, 14mm, 8mm | pinch: 100mm, 57mm, 16mm | mono: 25mm

Product Description

A lifting edge is quickly becoming the essential training tool in every climbers’ pack. Whether you’re warming up at the crag, or training finger strength at the gym, a lifting edge (a.k.a. lifting block, portable hangboard, no hang device, block pull) is an increasingly popular alternative to traditional hangboarding.

PULL HARDER ON OUR ONE-OF-A-KIND EDGE: We’ve spent hundreds of hours researching ergonomics, usability and peak force production to develop a unique edge geometry that is not only comfier, but *lets you pull harder!*

7 DIFFERENT GRIPS: the MXEdge Lift includes 3 edges, 3 pinches AND a cheeky mono so that – no matter the climb – the MXEdge can be specific to your training.

SIZE DOES MATTER: The MXEdge Lift comes in 2 SIZES, small and large! Choose a board that matches your ability, preferences, goals, and – most importantly – hand size!

Additional Information

The Most Researched and Developed Lifting Edge on the Market

We LOVE training, and we want you to get the most out of yours! So we've spent hundreds of hours researching ergonomics, usability and peak force production to develop a unique edge geometry that is not only comfier, but lets you pull harder!



Collaborating with industry professionals, world-class coaches, pro athletes, and physios, we tested 7 variables in a multi-stage study to create our one-of-a-kind edge shape that facilitates maximal loading of all the fingers. We've discovered the formula for a testing and training edge that our athletes felt they could give their best performance on.

The MXEdge Lift is designed to be stable in all planes of loading. Goodbye shakey, wobbly, wonky lifts! The board's cord arrangement helps it stay upright and straight in all configurations, reducing the risk of your fingers pinging off mid-lift. It also facilitates consistent training across sessions, ensuring your fingers are loaded the same way, every time.

A Unique Lifting Edge Designed for Maximal Loading and Maximum Results

The edge's specific geometry facilitates maximal loading of all the fingers: unlike other edges on the market, we didn't set out to create an edge that distributes force evenly between the fingers, but instead, to discover which edge shape allows you to pull harder. And what does pulling harder mean? Greater strength gains!

The MXEdge Lift's unique shape provides increased stability to the hand and wrist. By reducing the requirements on the stabilising muscles, you're able to focus on loading your forearm flexors and fingers, generating greater force to the muscle belly. This helps activate and engage the target muscles, so that everyone, from beginners to experts, can train pickups effectively.

Our hope is that MXEdge will help maximise the results of your efforts. Over a period of time, this highly optimised loading of the fingers will lead to compound gains, maximising the outcome of your training.

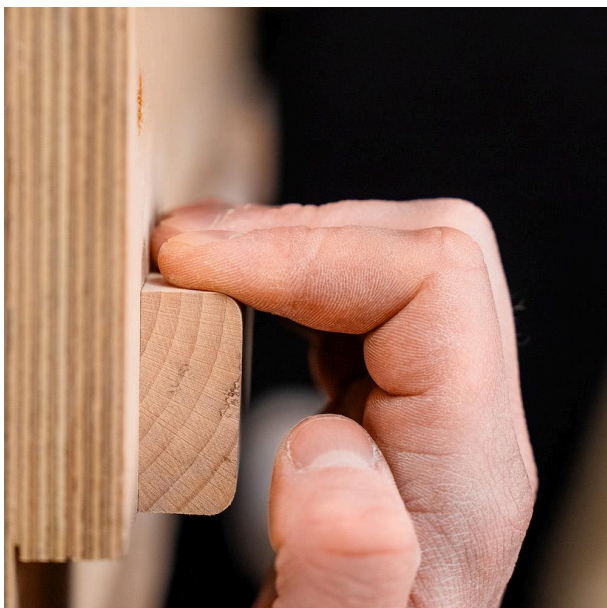
Size Does Matter

Training equipment should fit the athlete, just like any other piece of sporting equipment. In our coaches' experience, climbers respond best to a training stimulus that is appropriate for their morphology; in the case of finger strength training, where the edge supports the entire distal phalanx (finger tip).

This is why the MXEdge Lift comes in two sizes: small and large.

Choose the edge that suits you: your morphology, your preferences, and your goals!

This is particularly relevant for athletes with larger hands, who often find the standard 18-20mm edge on a hangboard too shallow to support and load the full length of their fingertip.



You can see how the full length of the fingertip isn't supported on the 20mm edge.