



LATTICE TRAINING

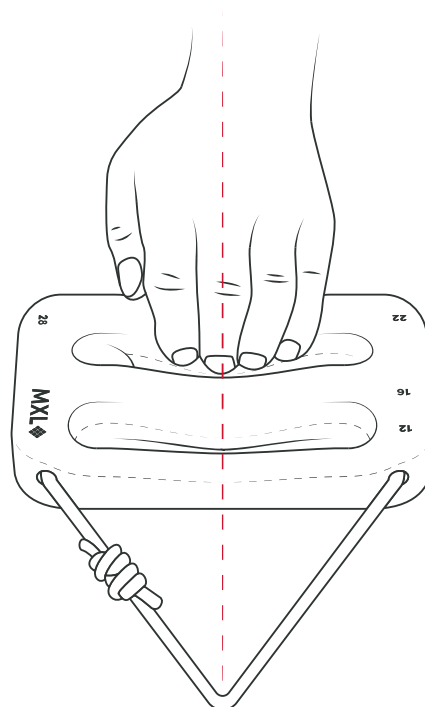
Training equipment should fit the athlete and one size does not fit all. That's why we've created two size variations of the MXEdges, so you can pick the edge most appropriate for you.

UNSURE WHICH SIZE?

Base your choice on your fingertip size. Align the crease of your middle finger's first joint with our this print at home guide. In the middle? Then choose the size which best reflects the hold size you normally climb or train on!

PRINT INSTRUCTIONS

1. Open this file using either a PDF reader or internet browser.
2. Hit print (Ctrl-P)
3. Select paper size: A4
4. Set scale to Custom & 100%, or actual size.
5. Grab a ruler and make sure it matches the ruler below.



CM

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



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INCHES

1

2

3

4

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