

# Product Catalogue





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# About Us

Here at Lattice, we're driven by data. We have the largest dataset of climber metrics in the world.

We were the world's first to create a systematic assessment and training tool...and we haven't stopped there! We continually push an evidence-based approach to practical sport science and climbing coaching.

We believe that the best training methods should be accessible to everyone, not just professional or elite athletes.



Cultivating a hive-mind of climbing coaches so that the collective knowledge of an entire organisation, not just a single coach, can be shared with our community.

Ultimately, we're invested in taking climbers on a journey of personal progression and healthy performance.

“ We Train Climbers. ”





The MXEdge Switch is Lattice Training's next-generation portable hangboard —engineered for comfort and featuring our most ergonomic edge.

Designed for versatility, it supports both two-arm hangs, like a traditional hangboard, and single-arm pick-ups, like a lifting edge. Whether you're at home, in the gym, out at the crag, or on the move, the MXEdge Switch is the perfect tool for effective finger strength training and warm-ups, wherever you are.

**Edges** – edge: MX22, MX12 | pocket: 28mm, 22mm | jug

## MXEdge Switch

SKU: MXSWT-P-WD-01001

Material: Beech

Box Dims: 52 x 40 x 38 cm

Weight: 0.65 kg

CTO: China



x2 edges,  
x2 pockets + jug



Easy switch  
adjust



One-of-a-kind  
edge geometry



The MXEdge Lift is an ergonomic lifting edge for warming-up and training finger strength, offering an effective 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!

**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!

## MXEdge Lift

SKU: Small: MXLFT-P-WD-01001

SKU: Large: MXLFT-P-WD-01002

Material: Beech

Box Dims: 20 x 11 x 5 cm

Weight: S: 0.35 kg | L: 0.4 kg

CTO: China



3 edge sizes  
+ mono



2 sizes,  
large and small



One-of-a-kind  
edge geometry

**MXLarge** – edge: MX22, MX16, MX12 | mono: 28mm.

**MXSmall** – edge: MX18, MX14, MX8 | mono: 25mm.

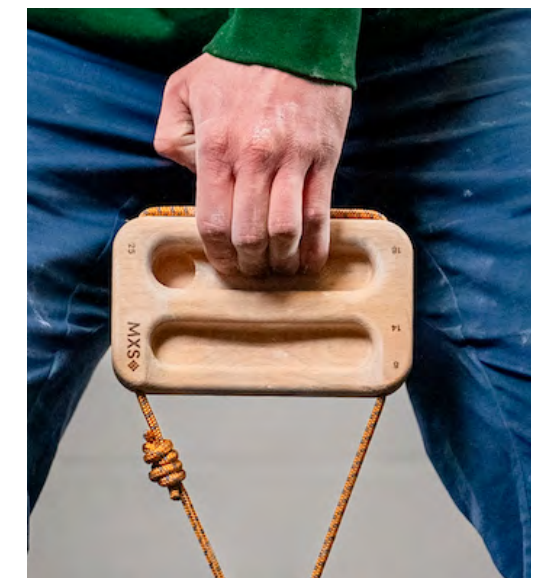
# MyLift

## Free Assessment

Use the MXEdge Lift with our free assessment tool, 'My Lift', to compare your finger strength with other climbers. Test as often as you like to monitor your progress and stay motivated, all at no cost. (Data to be released 2025).

Requires: MXEdge Lift (small or large).

- Demonstrates how to correctly perform a lift.
- Step by step instructions.
- Analyses your results and sends you a report.







## Quad Block

The Quad Block is the latest in grip strength training, a portable pinch block for training and warming-up, designed for use at the gym or at home.

- Suitable for all hand sizes.
- Positive grips have been used to reduce reliance on surface friction and standardise results.
- One block featuring 4 positive open grip pinch sizes that target key the wrist and hand flexor muscles.
- Mechanical depth stops make it intuitive to consistently test and train.
- Anodised aluminium for optimal testing and training:
  - Kind to skin - train even when your tips are raw.
  - Wipe clean before a testing session for consistency.
  - No chalk embedding skewing your data tracking.
  - Bright blue finish that will never tarnish.

SKU: QDBLC-P-BL-01001

Material: Anodised aluminium

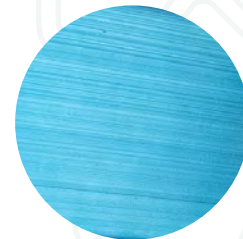
Box Dims: 14 x 14 x 11 cm

Weight: 0.63 kg

CTO: United Kingdom



Consistent  
reliable testing



Anodised  
aluminium finish



Ergonomic large  
radius edges

# MyPinch

## Grip Strength Testing

My Pinch is a free assessment to test your grip strength. This free testing session is designed to assess your complete grip system using four key pinch sizes & one 30mm edge. Width and depth vary to compare your strengths and weaknesses and identify where your most effective gains can be made.

Requires: Quad Block.  
Shows you how to properly perform a lift.  
Step by step instructions.  
Analyses results and then sends you a report.



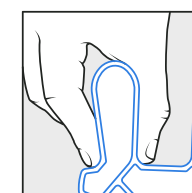
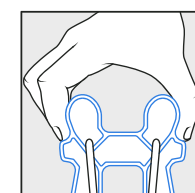
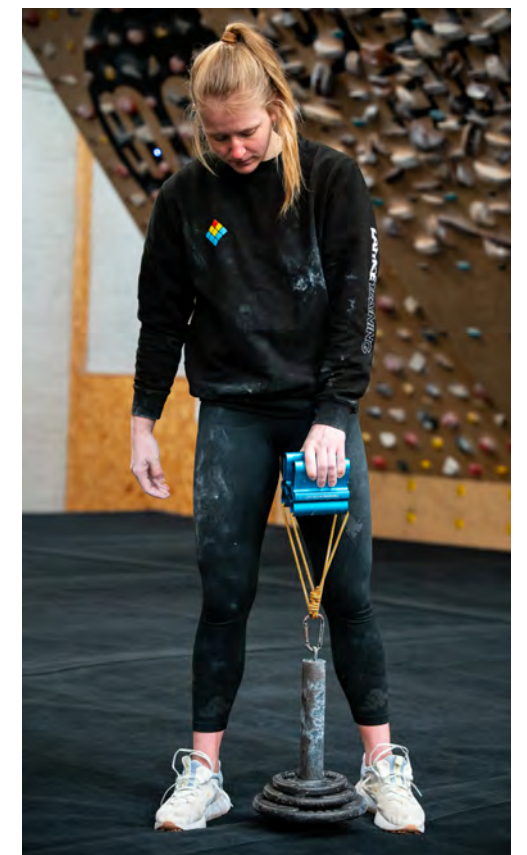
“

★★★★★ Quad Block Review

**Wonderful training device  
– improvement has come  
quickly and I definitely notice  
it on the wall.**

– Jim Hooper, November 2022  
Verified Quad Block owner

”







## Heavy Roller

SKU: HVRLR-P-BK-01001

Material: Powder coated steel

Box Dims: 25 x 9 x 8 cm

Weight: 0.6 kg

CTO: China

The Heavy Roller is a wrist training device that builds grip strength with an offset load, allowing you to target forearm flexors or extensors by squeezing and resisting its spin.

**ISOLATE THE FOREARM:** Target your grip strength with reduced load on the fingers. Ideal for climbers looking for an alternative to hangboarding.

**SUPER SLOPER STRENGTH:** The Heavy Roller stimulates the same forearm and wrist muscles needed for slopers off-the-wall so you can save your skin whilst training for those tricky holds.

**COMFORTABLE DIAMETER:** Say goodbye to awkward barbells and tweaky wrists. Our product research showed that a 60mm diameter is the comfiest grip size for wrist curls.



Offset load system



Grippy powder coated finish



Carabiner friendly



## Lifting Pin

SKU: LFTPN-P-BK-01001

Material: Powder coated steel

Box Dims: 31 x 11 x 11 cm

Weight: 0.6 kg

CTO: China

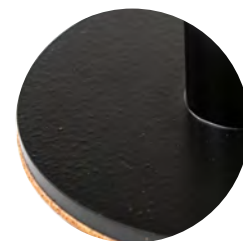
The Lifting Pin is a versatile tool for loading weights, designed for use with lifting devices, weight belts, and pulley systems.

**EFFICIENT LOADING MADE EASY:** The Lifting Pin simplifies weight attachment with its user-friendly design, compatible with all our lifting devices. Effortlessly add or remove weights with a secure carabiner attachment.

**PROTECT YOUR SPACE:** Featuring a cork base, this pin not only safeguards your floors from scratches but also dampens noise, making it ideal for late-night training sessions. Enjoy a quieter and cleaner workout environment while protecting your equipment and surroundings.



Can hold upto 175 kg



Durable powder coated finish



Carabiner friendly



## Fractional Weight Plates

SKU: FWPLT-P-BK-01001

Material: Powder coated Steel

Box Dims: 9 x 9 x 11 cm

Weight: 2.6kg

CTO: China

Our Fractional Weight Plates are lighter than the weight plates you'll typically find at the climbing gym. Using smaller weights allows you to increase your training load in smaller increments, making it easier to facilitate progressive overload session-on-session.

The Fractional Weight Plates are especially helpful when training at low loads, like those you'd use for training with our lifting devices.

- 1 inch hole is designed to be compatible with the Lattice Lifting Pin & Pin Grip.
- Colour coded and laser engraved for easy recognition.

Weights - 1kg, 0.75kg, 0.5kg, 0.25kg



1 inch centre hole



Laser engraved increment markers



Match perfectly to the lifting pin



## Pin Grip

SKU: PNGRP-P-BK-01001

Material: Nylon with TPE pad

Box Dims: 7 x 4.3 x 11 cm

Weight: 0.1 kg

CTO: China

The Pin Grip secures your weights to the Lifting Pin in any orientation so you can use the pair together for wrist training. Combine with our Fractional Weight Plates for a leveraged load, perfect for wrist rotations and rehab.

- Target your pronator & supinator with weighted wrist rotations.
- Target your deviation muscles with hammer curls.
- Strengthen your wrists for improved performance on slopers, pinches and marginal holds.
- A great tool for progressive loading when rehabbing or building resilience.



Designed for the Lifting Pin



Targets pronator and supinator



Targets deviation muscles



## Flex Mat

The Flex Mat is a cork yoga mat with precision markings to measure flexibility, essential for any athlete focusing on flexibility for climbing.

**TRACK & MEASURE YOUR PROGRESS:** Like all training, testing and tracking our progress is essential to flexibility training. That's why we've laser engraved the Flex Mat with 2 linear scales and 2 angle finders so you can accurately measure your flexibility, time-and-time again.

**DURABLE & ECO-FRIENDLY:** Crafted from organic cork and natural rubber, the Flex Mat is not only long-lasting but also environmentally conscious, offering a more sustainable option for your training.

SKU: FLXMT-P-CK-01001

Material: Cork & natural rubber

Box Dims: 64.5 × 12.5 × 12.5 cm

Product Dims: 210 × 63 × 0.4 cm

Weight: 3.5 kg

CTO: China



Extra long



Sustainable natural materials



4 unique measurement scales

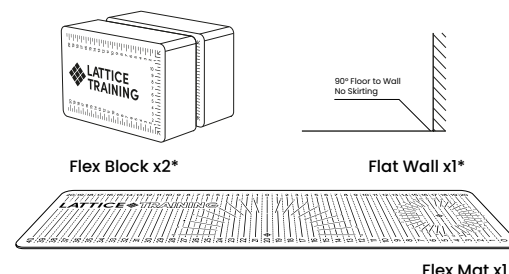
# MyFlex

## Free Assessment

Use the Flex Mat with our free assessment tool, 'My Flex', to compare your flexibility with other climbers. Test as often as you like to monitor your progress and stay motivated, all at no cost.

Requires: x1 Flex Mat, x1 Flex Block & x1 90° wall.

- Shows you how to properly warm up.
- Step by step instructions.
- Analyses results and then sends you a report.



## Flex Block

SKU: FLXBK-P-CK-01001

Material: Cork

Box Dims: 23 × 16 × 8 cm

Weight: 0.775 kg

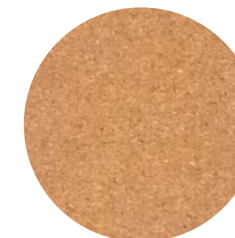
CTO: China

The Flex Block is a cork yoga block used to stabilise stretches, adjust stretch intensity, and support alignment during flexibility training. Designed with climbers in mind, the Flex Block also features a unique measurement system that helps you track and train your flexibility. It is the perfect companion to our best-selling Flex Mat.

- Two linear counting systems on separate axes.
- Sustainable soft natural cork properties:
  - Laser engraved markings.
  - Anti-slip.
  - Sweatproof for consistent grip.
  - Naturally antimicrobial to eliminate odours.
  - Anti tear & durable.
  - Biodegradable.



2 linear measurement scales



Sustainable natural cork



Sturdy anti-slip material

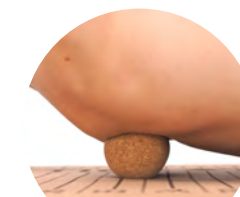
The Peanut Roller is our favourite eco-friendly self-massager designed to relieve tight muscles and reduce muscle soreness.



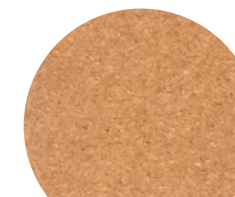
Made from natural cork, the Peanut Roller is firm and rounded for easy rolling over the muscles in the back, shoulder, legs, and forearms.

Sustainable soft natural cork properties:

- Laser engraved logo.
- Anti slip.
- Sweatproof.
- Naturally antimicrobial to eliminate odours.
- Anti tear & durable.
- Biodegradable.



Stable shape for self massage



Sustainable natural cork



Great for post climb recovery

## Peanut Roller

SKU: PNUTR-P-CK-01001

Commodity Code: 90191090

Material: Cork

Box Dims: 15 × 8 × 8 cm

Weight: 0.15 kg

CTO: China





## Triple Rung

SKU: TRUNG-P-WD-01001

Material: Tulipwood

Box Dims: 60 x 15 x 8 cm

Weight: 1.4 kg

CTO: United Kingdom

The Triple Rung is an industry benchmark hangboard for finger strength training.

**3 EDGES FOR TRAINING:** Prepare for a range of hold sizes with a 45mm flat edge for warming up, a 10mm edge for honing small-edge strength, and our benchmark 20mm edge for effective finger strength testing and training.

**WIDE EDGE RADIUS:** The Triple Rung's edges are designed to be less sharp than those of traditional hangboards, ensuring a more comfortable training experience. Plus, the wide-edge radius minimises reliance on skin friction, resulting in more reliable and accurate testing while enhancing the effectiveness of your training sessions.

**Edges:** 45mm flat, 20mm, 10mm



3 edge sizes 10mm, 20mm, 45mm



Skin-friendly tulipwood material



Ultra-comfy wide edge radius

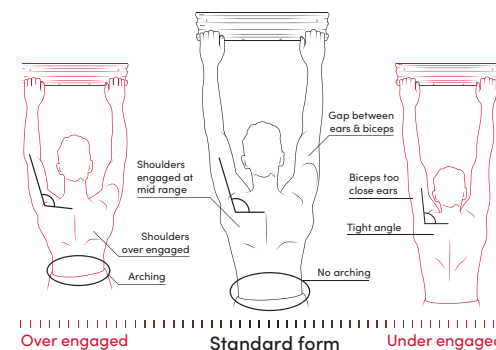
# MyFingers

## Free Assessment

Use the Triple Rung's 20mm edge with our free assessment tool, 'My Fingers', to compare your finger strength with other climbers. Test as often as you like to monitor your progress and stay motivated, all at no cost.

Requires: x1 Lattice Rung (or other 20mm edge).

- Step by step instructions.
- Analyses results and then sends you a report.
- Weights, harness, pulley & mounting point.



## Micros

SKU: MICRO-P-WD-01414

Material: Tulipwood

Box Dims: 28 x 6.5 x 6.5 cm

Weight: 0.25 kg

CTO: United Kingdom

Micros are smaller edges designed to train and improve the specific finger strength needed for ultra-small holds.

**SMALL TO TEENY TINY:** With sizes ranging from 14mm down to the challenging 4mm, these edges provide a complete progression to help you build strength for the smallest holds on advanced climbs.

**KIND TO SKIN:** Made from durable tulipwood, these edges offer a smooth, skin-friendly surface that saves skin and ensures effective, comfortable training.

**Edges:** 4mm, 6mm, 8mm, 10mm, 12mm, 14mm



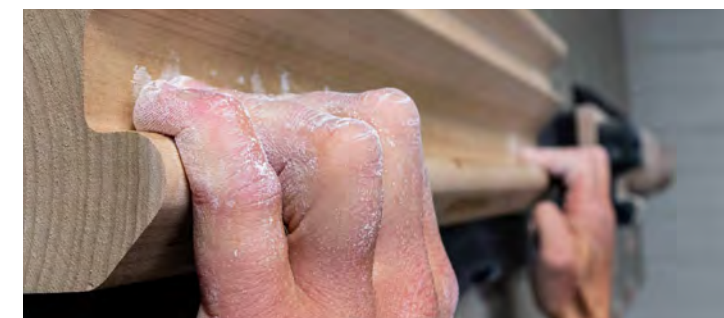
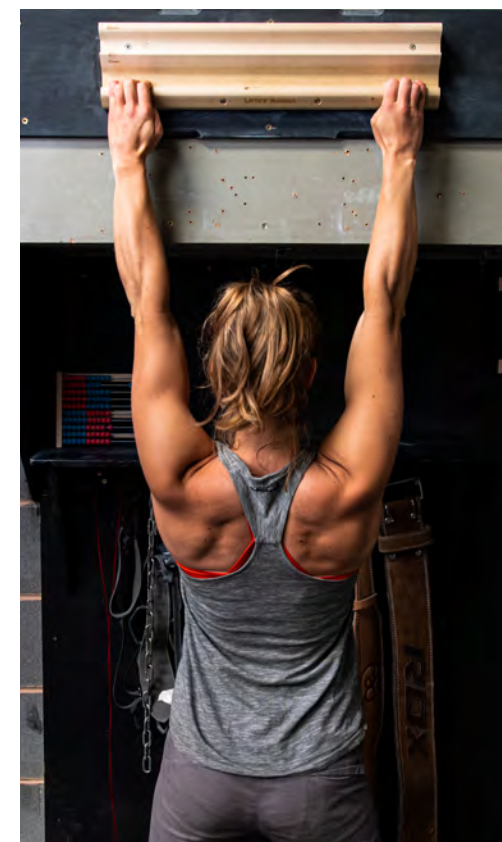
Exact size tolerance



Kind to skin tulipwood material



Multiple edge size progression







## Mini Bar

SKU: MINBR-P-WD-01001

Material: Tulipwood

Box Dims: 28 x 6.5 x 6.5 cm

Weight: 0.2 kg

CTO: United Kingdom

With the Mini Bar, you can warm up and train anytime, anywhere, with our ultra portable hangboard.

**LIGHTWEIGHT & COMPACT:** The Mini Bar is only 150g and 15.5cm long, fitting easily into your crag bag. Perfect for any climber on-the-go!

**4 DIFFERENT GRIPS:** Featuring a 10mm and 20mm edge, an ergonomic jug, and a mini pinch, easily flip between edges and modify the angle to suit your training needs. Whatever your project, prepare for the send!



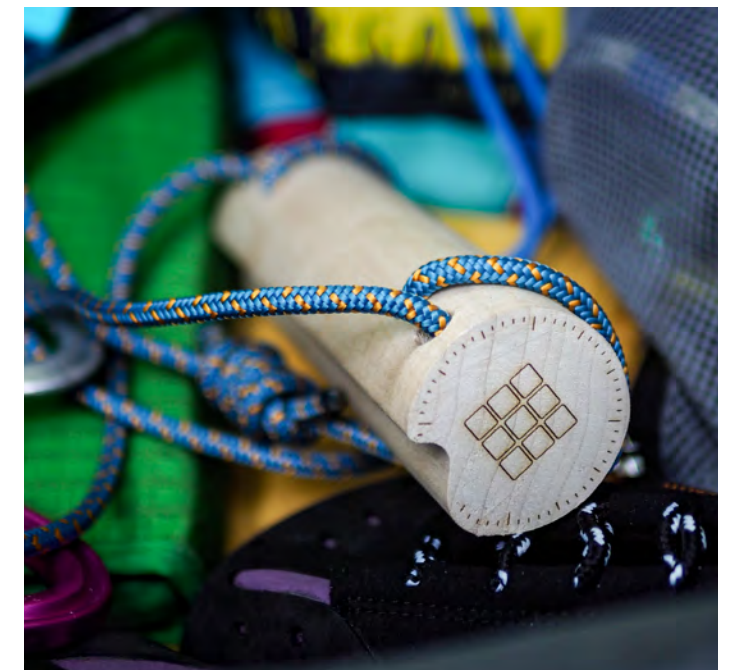
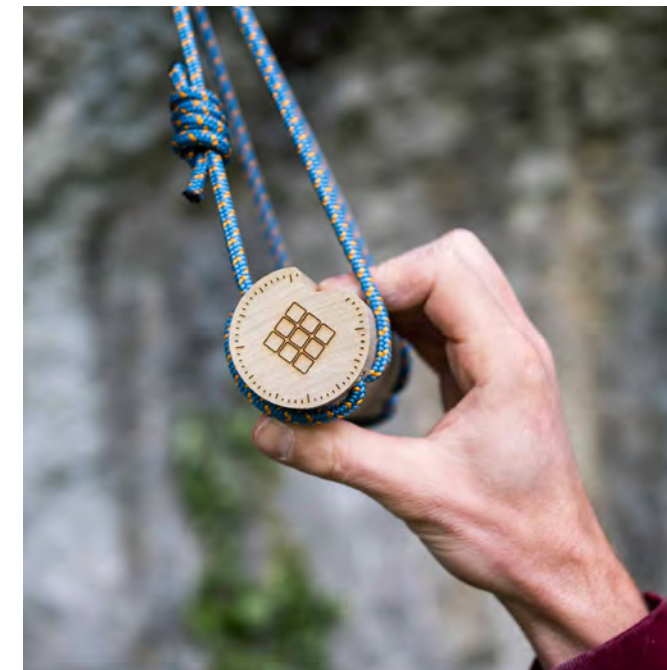
Lightweight and portable



Skin-friendly tulipwood material



Ergonomic jug



## Mega Bar

SKU: MEGBR-P-WD-01001

Material: Tulipwood

Box Dims: 45 x 6.5 x 6.5 cm

Weight: 0.45 kg

CTO: United Kingdom

With the Mega Bar, your portable hangboard, you can bring your gym warm up to the crag.

**LIGHTWEIGHT & COMPACT:** The Mega Bar is only 450g and 40cm long, fitting easily into your crag bag. Perfect for any climber on-the-go!

**4 DIFFERENT GRIPS:** Featuring a 10mm and 20mm edge, an ergonomic jug, and a mini pinch, easily flip between edges and modify the angle to suit your training needs. Whatever your project, prepare for the send!

**2 ARM HANGS:** Following the popularity of our single-hand portable hangboard, the Mini Bar, we've created the Mega Bar for two-handed warm ups.



Ergonomic jug



Skin-friendly tulipwood material



20mm & 10mm edges





Pull-Up Bands

SKU: PURSB-P-BK-01001  
Material: 100% natural latex  
Box Dims: 30 x 15 x 10 cm  
Weight: 0.76 kg  
CTO: China

- A set of the 4 most useful sizes of pull up bands that can either add or subtract load when training.
- 4 most popular sizes of resistance band with a bag for easy storage and transportation.
  - Colour coded for easy distinction between resistances.
  - Perfect for assisted pull ups - important for hitting the correct intensities on the bar, use in combination to increase assistance.
  - Great for RPE based hangboarding, use in combo with a mega bar for a on the go hangboard/pulley alternative.
  - Perfect for resistance band strength exercises.
  - Natural latex offers better elasticity than TPU alternatives.



Perfect for assisted pull ups



Up to 10 levels of resistance



Versatile and compact



Resistance Bands

SKU: RBAND-P-BK-01001  
Material: 100% natural latex  
Box Dims: 20 x 12 x 3 cm  
Weight: 0.32 kg  
CTO: China

- Portable and effective, resistance bands are a must-have for every climber. Prep and prime your muscles for intense activity, aid in injury rehabilitation, and help develop strength, mobility, and balance—all while fitting easily in your climbing bag.
- Made of 100% natural latex, these bands are durable, non-toxic, soft and elastic.
- Colour coded for easy distinction between resistances.
- |          |             |            |
|----------|-------------|------------|
| • Green  | Extra Light | 2.5-5kg    |
| • Blue   | Light       | 5-7.5kg    |
| • Yellow | Medium      | 7.5kg-10kg |
| • Red    | Heavy       | 10-12.5kg  |
| • Black  | Extra Heavy | 12.5-15kg  |



Perfect portable warm-ups



Multifunctional training tool



Included bag for easy storage



Extensor Bands

SKU: EXBND-P-NA-01001  
Material: Silicone  
Box Dims: 9 x 5 x 3 cm  
Weight: 0.02 kg  
CTO: United Kingdom

- Extensor Bands are used to train the forearm extensor muscles, an important component of grip training for climbing. Building forearm extensor strength supports your fingers in managing the intense loads they face while climbing.
- Each pack includes a set of 3 bands that combine to make 7 levels of increasing resistance.
- Use as a warm up before a session to help increase blood flow as well as a standalone session to help build strength.
  - Perfect for both rehab and prehab – helps to develop and maintain excellent finger and elbow health.
  - Popular with coaches for supporting mobility and helping to improve extensor strength.



Perfect for both rehab and prehab



Up to 7 levels of resistance



Hypoallergenic silicone



Hand File

SKU: HNDFL-P-WD-01001  
Commodity Code: 82142000  
Material: Plywood & sandpaper  
Box Dims: 12 x 2 x 1 cm  
Weight: 0.015 kg  
CTO: United Kingdom

- Use our hand file to keep your skin in tip top condition at all times and be ready for when the best conditions roll through.
- The specifically chosen sandpaper has:
    - High initial cutting action.
    - Minimal grit shredding.
    - Clog resistant coating for long lasting sanding.
  - 3x replacement strips included with each file.
  - Conditions your skin by:
    - Evening out layers for faster growth.
    - Knocking down calluses.
    - Smoothing off ridges to avoid tearing.



Clog resistant coating



3x replacement strips



High initial cutting action





Foamie

SKU: FOMIE-P-WH-01001  
Material: PU foam  
Box Dims: 10 × 6 × 6 cm  
Weight: 0.025 kg  
CTO: China

- The Lattice Foamie is an ergonomically shaped foam ball, ideal for speedy warmups.
- The first thing our athletes reach for when warming up or rehabbing an injury.
  - The ergonomic shape ensures the proper engagement of all fingers.
  - Large size fills the entire hand.
  - Warmup your forearms without wearing out your skin.
  - Low-intensity load: ideal for the start of a warmup or rehab program.



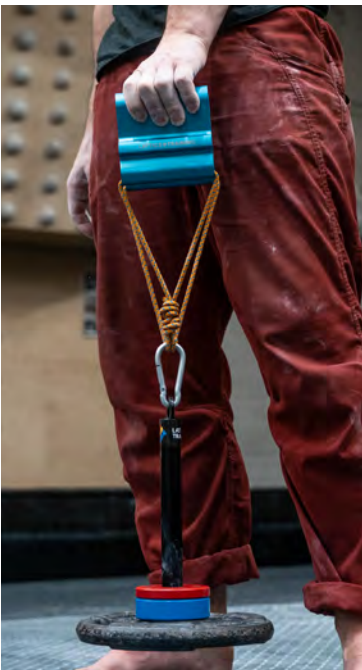
Perfect for injury rehab



Lightweight and portable



Ideal for the start of a warmup







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See more at:

<https://latticetraining.com/product-category/products/>