



Product Catalogue

2025 Collection



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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. ”



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

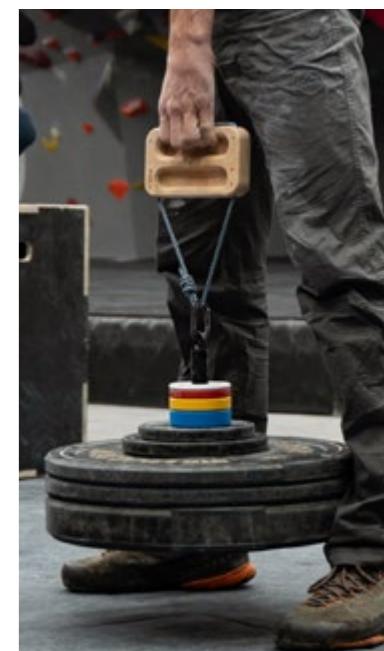
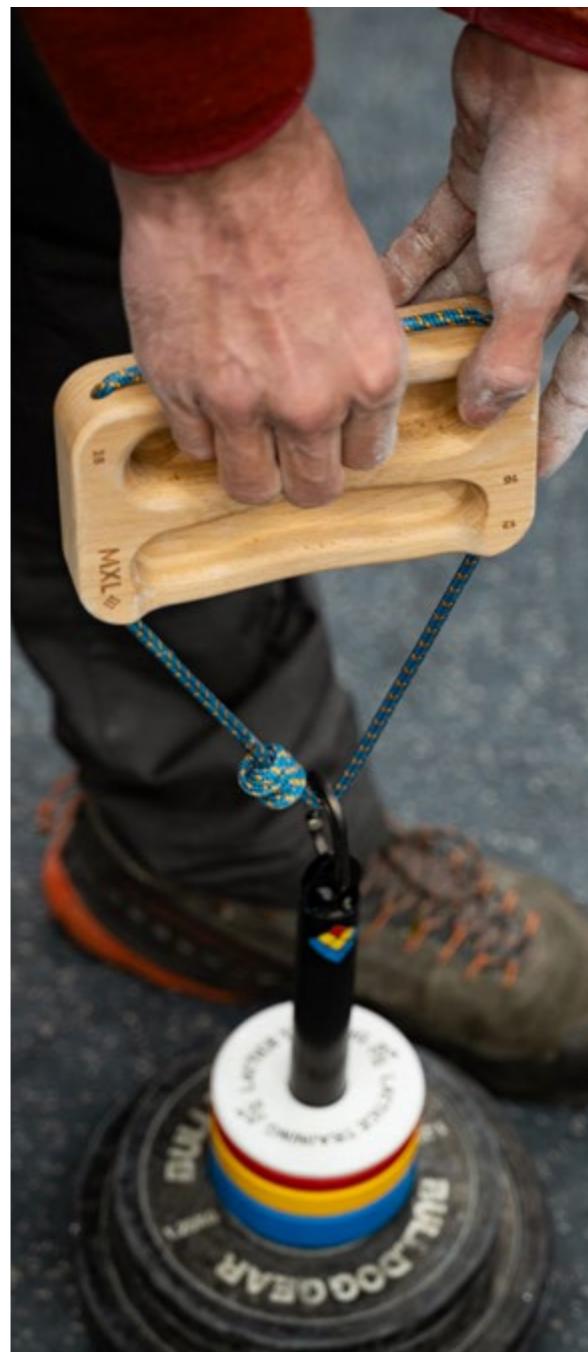
The MXEdge Lift is an ergonomic lifting edge for warming-up and training finger strength, offering an effective alternative to traditional hangboarding.

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!

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

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



My Lift

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.

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

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



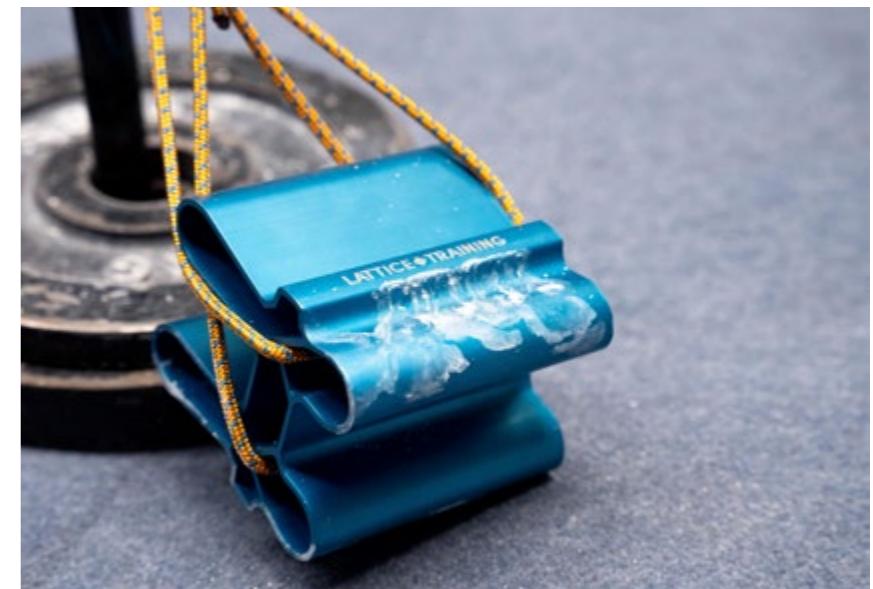
Anodised
aluminium finish



Ergonomic large
radius edges

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.



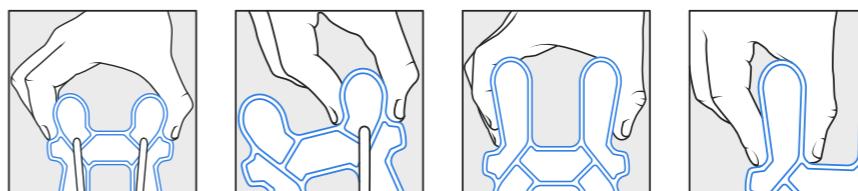
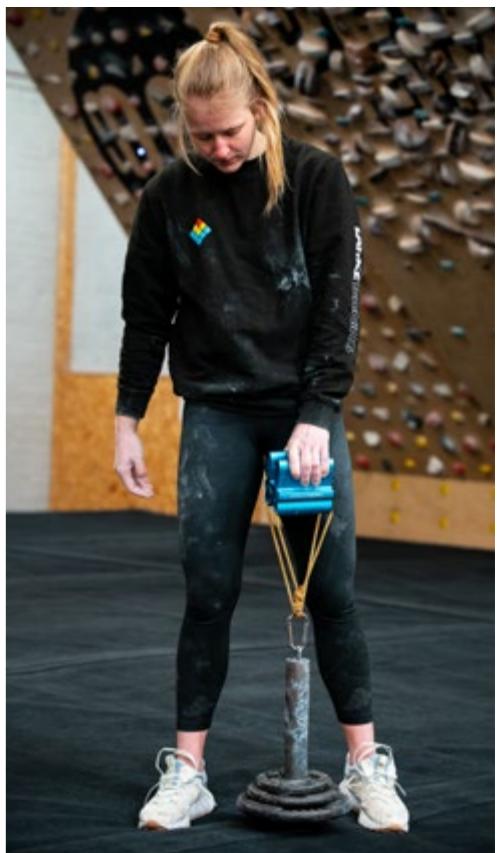
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★★★★★ Quad Block Review

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

– Jim Hooper, November 2022
 Verified Quad Block owner

”



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.





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 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.



Lifting Pin

SKU: LFTPIN-P-BK-01001
Material: Powder coated steel
Box Dims: 31 x 11 x 11 cm
Weight: 0.6 kg
CTO: China



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

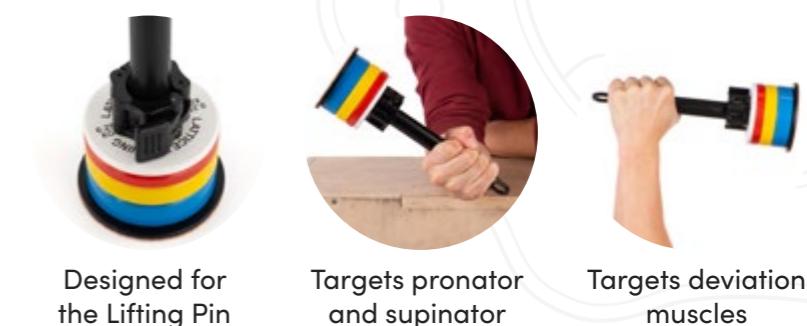


Pin Grip

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.





Flex Mat

SKU: FLXMT-P-CK-01001
Material: Cork & natural rubber
Box Dims: 64.5 x 12.5 x 12.5 cm
Product Dims: 210 x 63 x 0.4 cm
Weight: 3.5 kg
CTO: China

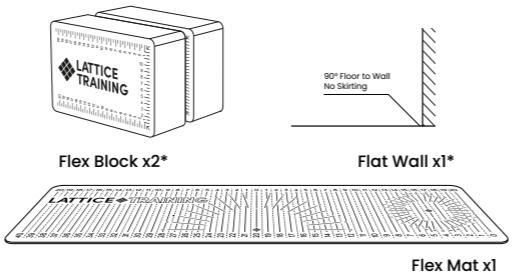


MyFlex

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 x 16 x 8 cm
Weight: 0.775 kg
CTO: China



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



Peanut Roller

SKU: PNUTR-P-CK-01001
Commodity Code: 90191090
Material: Cork
Box Dims: 15 x 8 x 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



Edges: 45mm flat, 20mm, 10mm

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.



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.

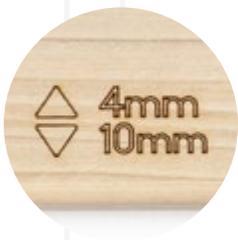
Edges: 4mm, 6mm, 8mm, 10mm, 12mm, 14mm



Exact size tolerance



Kind to skin tulipwood material



Multiple edge size progression



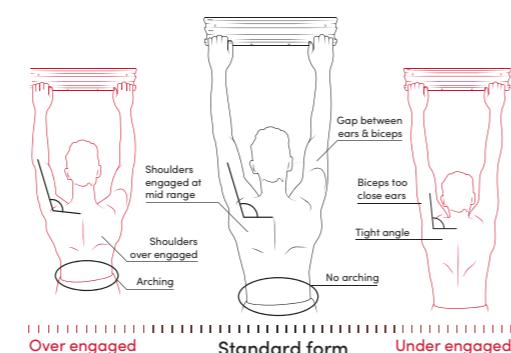
MyFingers

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.





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



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



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



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



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



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.



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.



Foamie

SKU: FOMIE-P-WH-01001

Material: PU foam

Box Dims: 10 x 6 x 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.



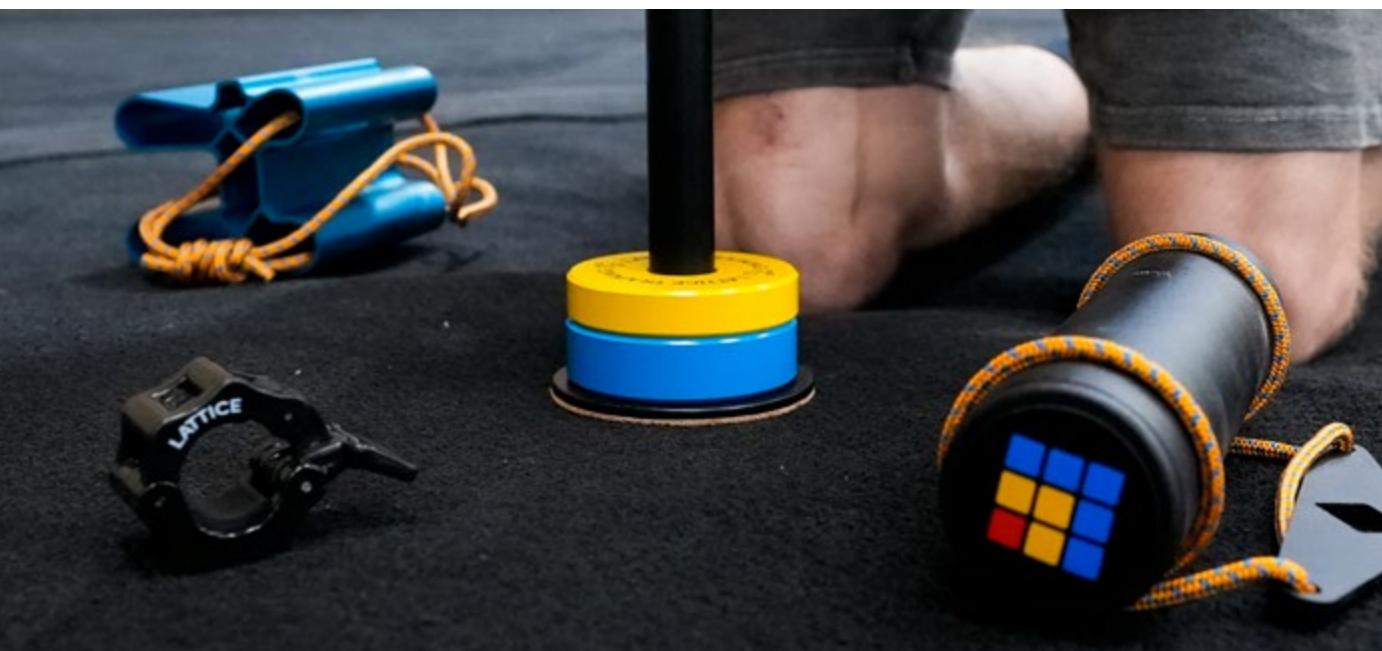
Perfect for injury rehab



Lightweight and portable



Ideal for the start of a warmup



Climbing Brush

SKU: Blue: BRUSH-P-BL-01-001
Red: BRUSH-P-RD-01-002

Material: Boar hair & nylon plastic

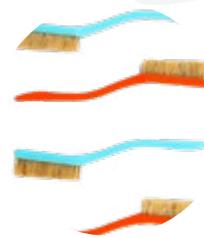
Box Dims: 19 x 4.5 x 2 cm

Weight: 0.03 kg

CTO: China

The unsung hero of every send, an absolute essential from the pros to the weekend warriors. The Lattice chalk brush is specifically designed to forge perfect conditions so climbers can send with confidence.

- Choose from classic Lattice red or cool blue.
- Our ergonomic handle sits comfortably in any climber's hand.
- Forged with boar hair to maximise cleaning power.
- Weighing just 0.3kg, it fits perfectly in all chalk bags.
- Create perfect conditions on all projects and never slip again!



Red & Blue colourways



Ergonomic curved Handle



Boar hair bristles





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See more at:

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