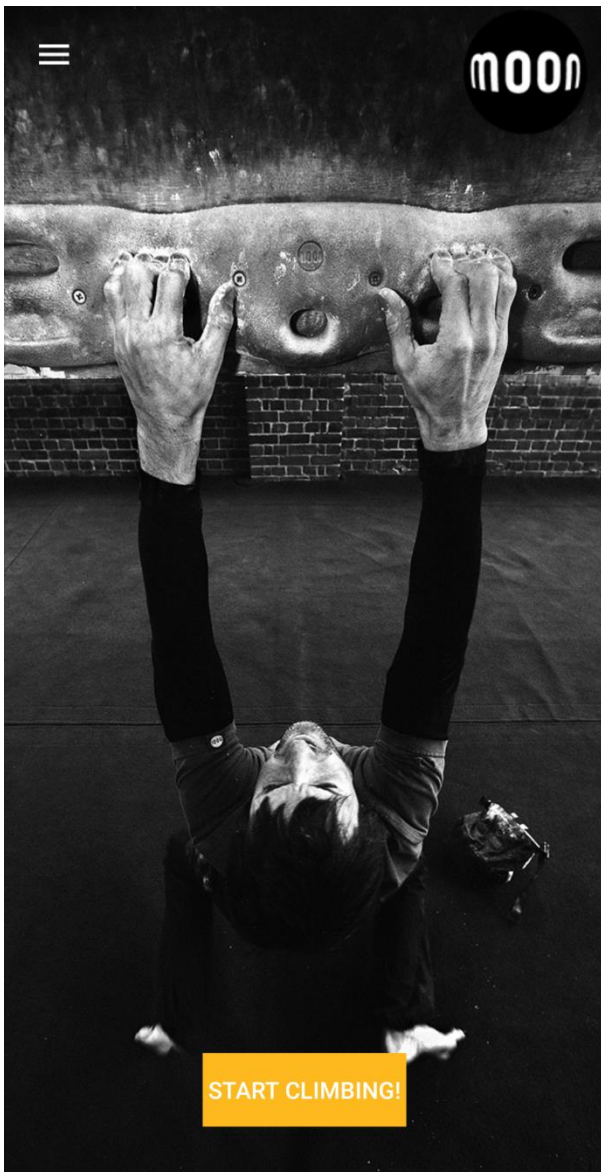
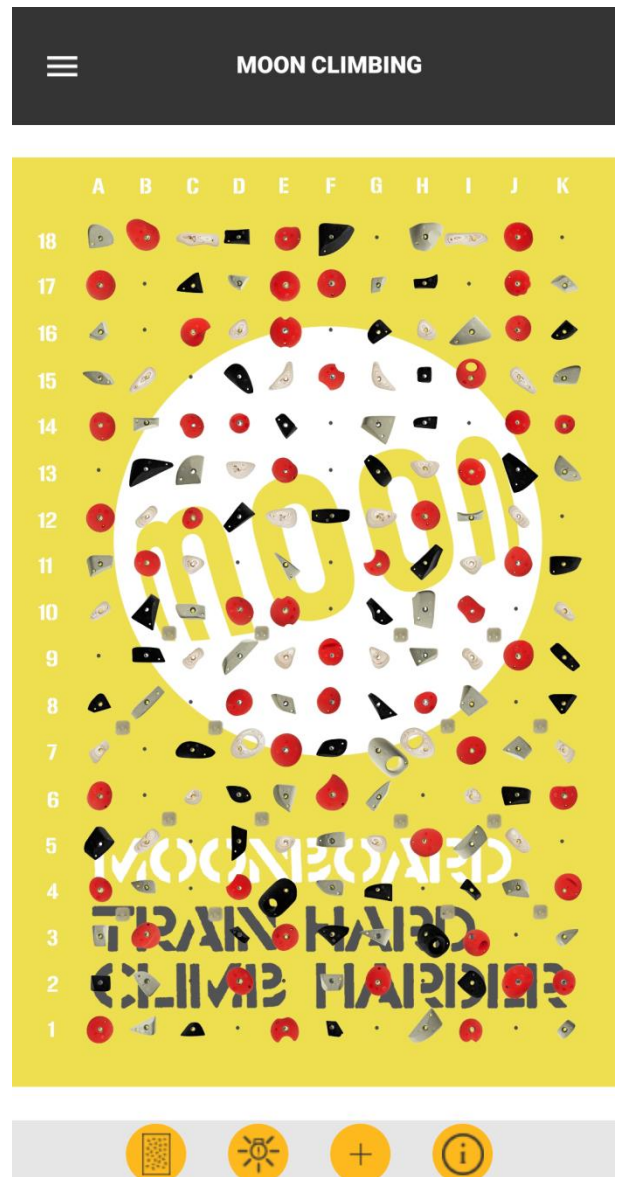


The MoonBoard - all you need to know



(Screenshot from MoonBoard App)



(Screenshot from MoonBoard App)

Who's it for?

The MoonBoard is aimed at intermediate to advanced climbers. It's steep and the majority of the holds are difficult to hold, with the easiest climbs averaging in at around 6A+. Like any form of training, a good warm up and warm down is need to reduce the chances of an injury, especially repetitive strain injuries.

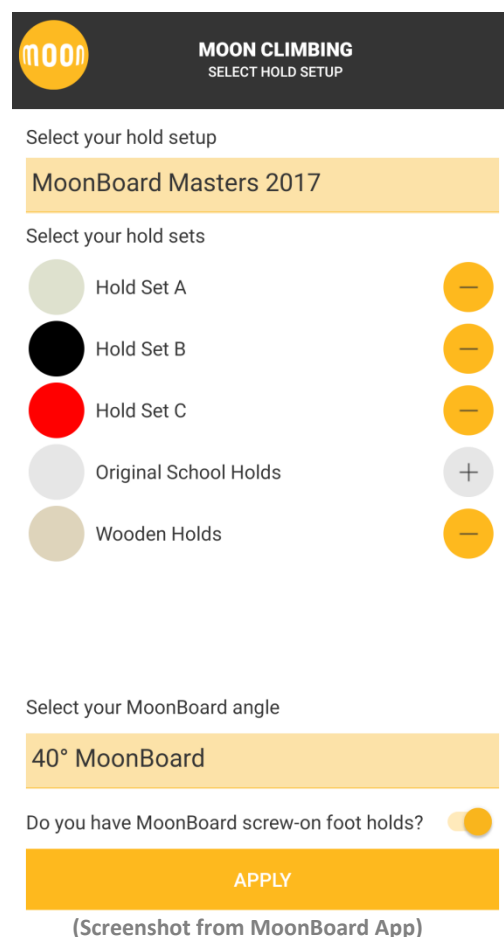
How does the app work?

First download the FREE MoonBoard App from your iOS or Android app store and set up an account. Alternatively you can visit www.moonboard.com/moonboard-app and set up an account from there.

Now you've downloaded the app, you need to select the following setup:

- MoonBoard Masters 2017
- All hold sets (A, B, C and Wood)
- 40 degree MoonBoard
- Select MoonBoard screw-on foot hold

You can then filter problems by adjusting the difficulty range, search for a specific setter by problem name, most tried, or the highest rated. You can create a tick list of climbs and log the climbs you complete. You can even share these lists to other users.



Connecting to the LED system

Important: Ensure that Bluetooth and location services are enabled on your phone before you attempt to connect to the MoonBoard.

Once you have done this and selected a climb to try, you can connect your phone to the MoonBoard and illuminate the holds that are available. Press the flashlight icon and the app will try to connect via Bluetooth. If successful, your chosen climb should appear lit up on the board, with green LEDs for the start hold/s, red LEDs for the finish hold/s, and blue LEDs for the rest.

Problems connecting to the board

Follow the instructions on the app (see above), but if you're having problems try:

- Pushing the reset button on the right side of the board
- Turn your phone's Bluetooth off and then on again
- Go to www.moonboard.com for further help

Rules for MoonBoard problems

(From www.moonboard.com)

- All problems start two handed. If there is only one start hold you must start with matched hands.
- All problems start with both hands on the designated start hold or holds and finish on the designated finish hold or holds.
- The rules for which footholds are allowed are indicated in the problem details in the MoonBoard App. There are 4 possible options. 1) Feet follow hands. 2) Feet follow hands + Screw-on footholds. 3) Screw-ons only 4) Footless (kick-board footholds are allowed for the start.
- All kickboard footholds are allowed.
- All kick-board footholds are place slope side facing up.
- All start holds must be on row 6 or lower.
- All problems finish on the top row of the MoonBoard either matched if there is only one finish hold or on separate holds if there are two finish holds. You must hold the finishing hold or holds in control for 2 seconds.
- You are permitted to use any part of the numbered hold.
- Matching and heel hooking is permitted.
- The grading system is either Font or V grades. You can change this in the App settings.

