

Zlag Track

Track the progress of your
zlagboard training

What is a zlagboard?



A hangboard is a training device employed by climbers to enhance finger strength.

The Zlagboard, a specific hangboard created by the company Vertical Life, includes a feature allowing for the attachment of a mobile phone on its top.

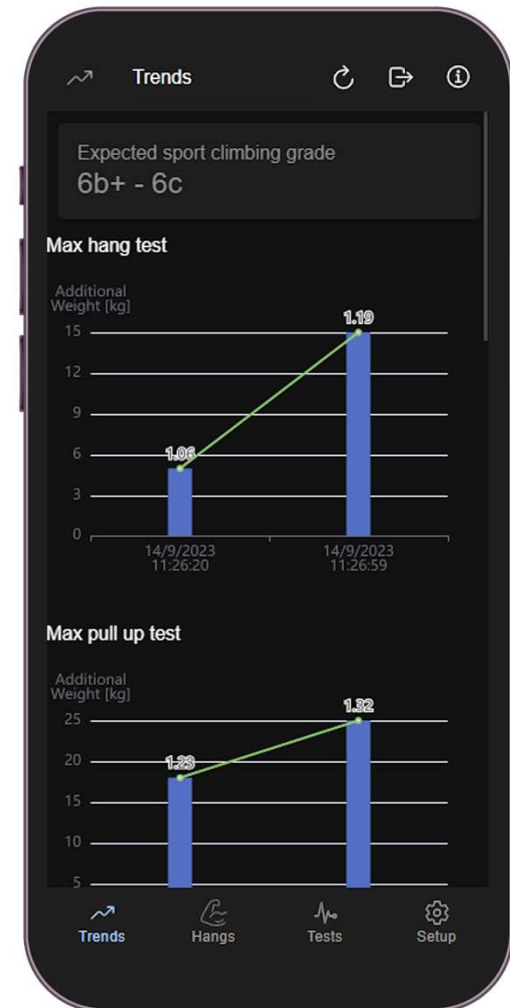
When a climber applies weight to the Zlagboard, the mobile phone tilts, resulting in a change in rotation speed as detected by its accelerometer. This data can be utilized to assist users in their exercise routine and to monitor their training progress.

What is a ZlagTrack?

ZlagTrack is a mobile application designed to assist climbers in tracking their training progress on a Zlagboard.

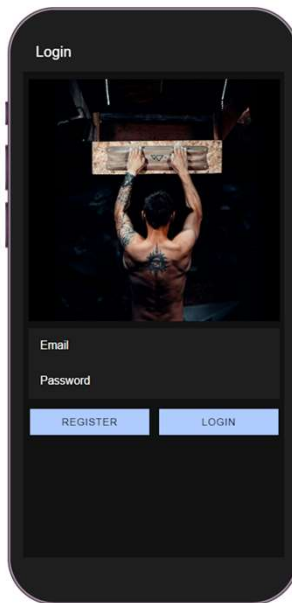
ZlagTrack records hang results, including hang duration, added weight, and holds configuration.

By conducting fitness assessment tests, ZlagTrack can provide climbers with an estimate of their anticipated sport climbing grade level based on statistical data



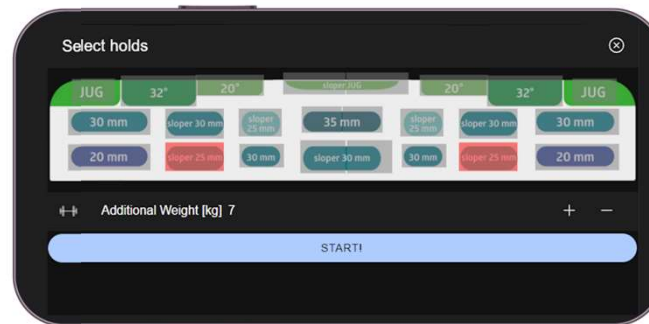
How does hangs tracking work?

1



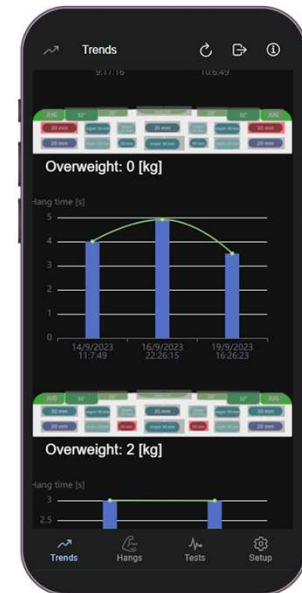
Login to your account

2



Select the holds and
overweight for you hang

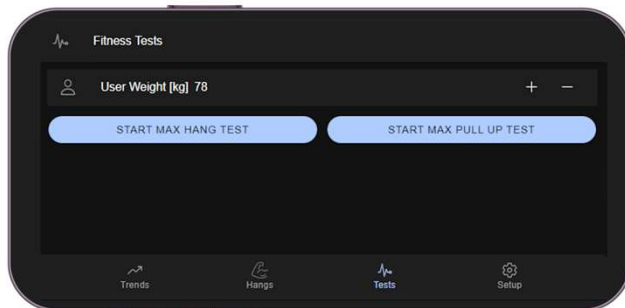
3



Save and analyze the
results

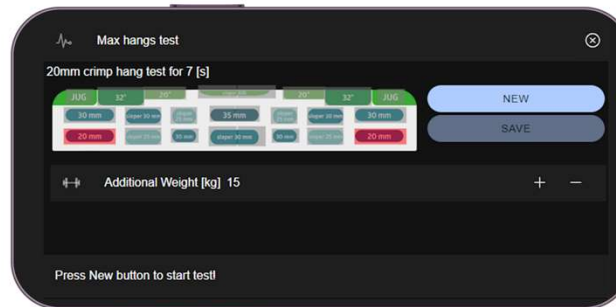
How do fitness assessment tests work?

1



Select the assessment type

2



Perform the test following instructions

3



ZlagTrack will calculate you Weight to Strength ratio and estimate you climbing level

Tech stack

