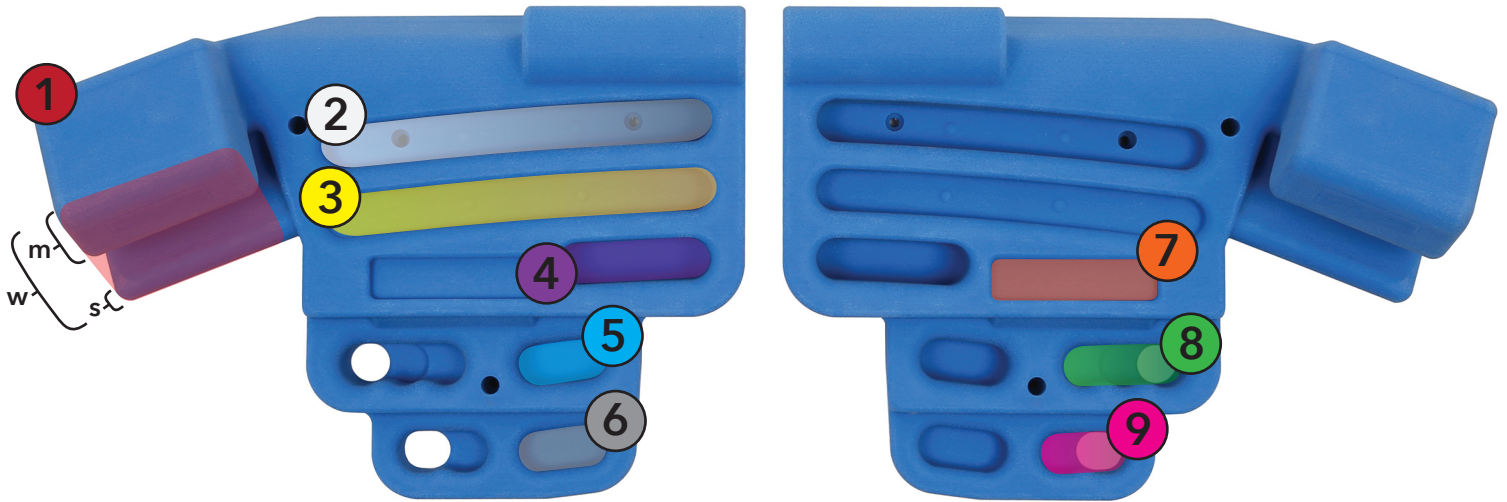


# Rock Prodigy Training Center Depth Guide



- 1** Wide Pinch: 87mm  
Medium Pinch: 44mm  
Small Pinch: 18mm
- 2** Variable Depth Rail: 20 - 33mm (L - R)
- 3** Variable Depth Rail: 10 - 24mm (L - R)
- 4** 3-Finger Slot: 38mm
- 5** Deep MR Pocket: 29mm
- 6** Shallow MR Pocket: 19mm
- 7** Thin Crimp: 7.5mm
- 8** Medium IM Pocket: 26 - 36mm (L - R)
- 9** Shallow IM Pocket: 19 - 24mm (L - R)

**IM:** Index finger + Middle finger

**MR:** Middle finger + Ring finger

