

Metolius

Climbing Holds





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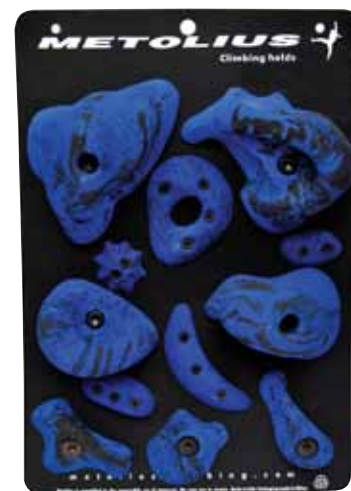
When we introduced plastic holds in the 80's people wondered, who is going to climb indoors? All these years later with over 750 holds to choose from, we know plastic-pulling is here to stay. To suit your needs we make 12 different lines of bolt-on holds in a variety of sizes plus a wide array of specialty holds like Inside Outs, Wood Grips, Colonettes and numerous screw-on features. For retailers, we offer many holds sets on display cards like the examples shown below.



Micro 5 Pack



Super 7 Set



Bouldering Set

All Metolius climbing holds feature the following:

- Strong, flexible **Fusion** Resin to resist breakage
- Steel washers in all bolt-on holds for increased strength and durability
- Bolt-on holds, except the Micro, have a wire insert to help keep them intact in the event of breakage (TUV 3.5.2 compliant)

This catalog offers an overview of the shapes and styles we offer. To see the complete line including, Mega Packs and Bulk Sets, please visit http://www.metoliusclimbing.com/bulk_bolt-on_holds.html



Bolt-On Holds

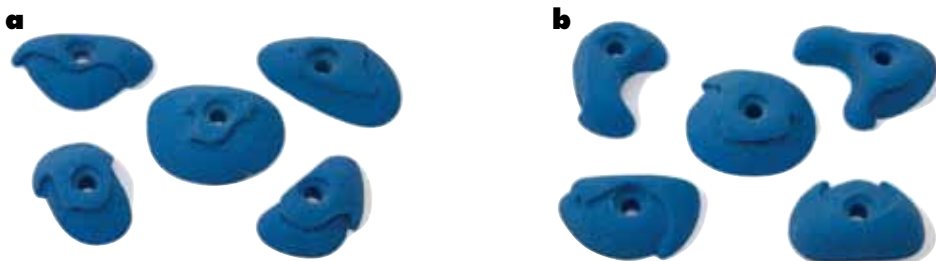
Micros

- Our smallest bolt-on holds
- These holds make great footholds on almost any angle wall
- Many Micro shapes make excellent handholds, especially on low-angle walls
- Attach with low-profile, 3/8" flat-head bolts or M10 metric bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available as a set of 5 holds packaged on a card (specify set) or 15 holds packaged in a box (random)

All-American



Blue Ribbon



Cobblestone



Erosion



Flowstone



Incredible Helkes



Incut Edges



Naturals



Powerline



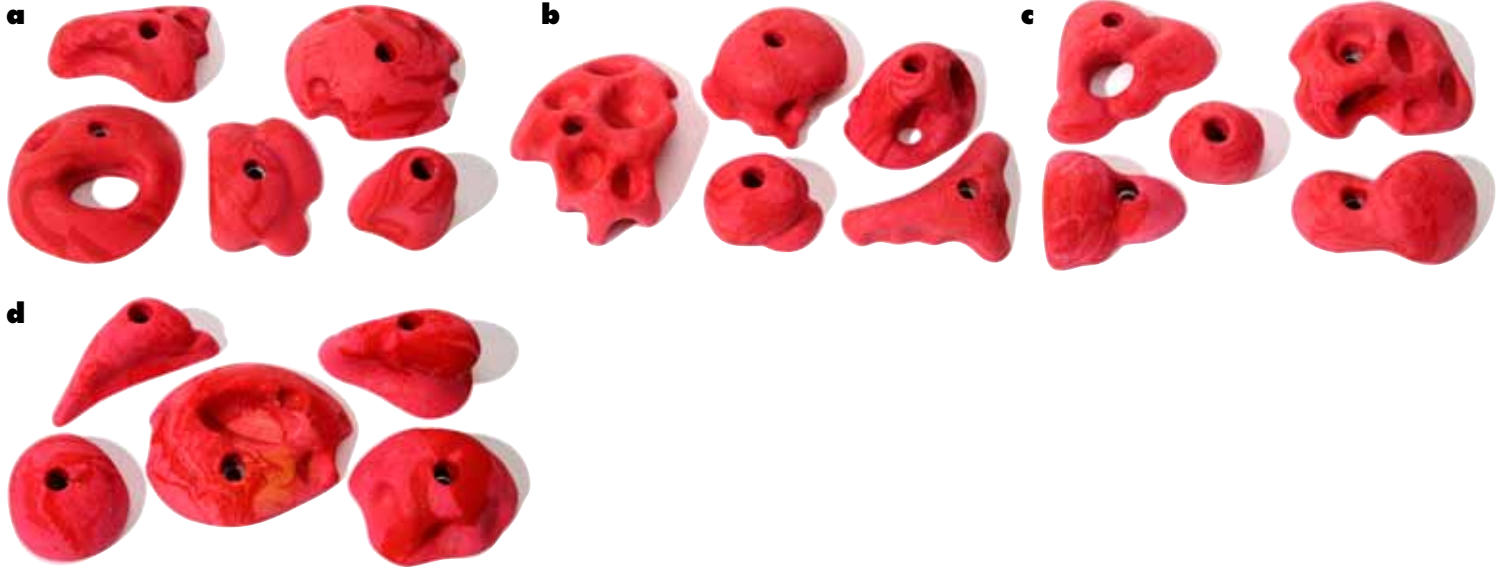
Solutions



Modulars

- Great variety of medium-sized shapes
- Modular holds form the foundation for any climbing wall
- Attach with 3/8" socket-head cap screws or M10 metric bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available as a set of 5 holds packaged on a card (specify set) or 15 or 30 holds packaged in a box (random)

All-American



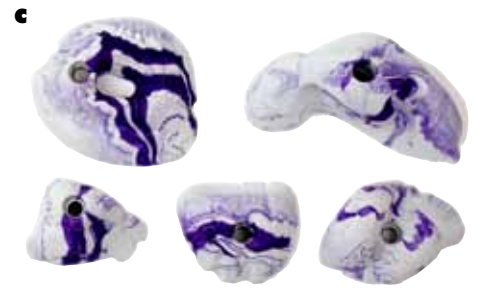
Blue Ribbon



Erosion



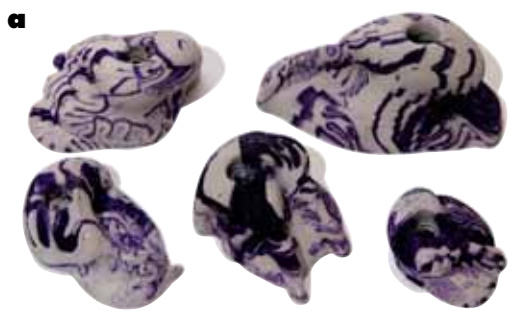
Flowstone



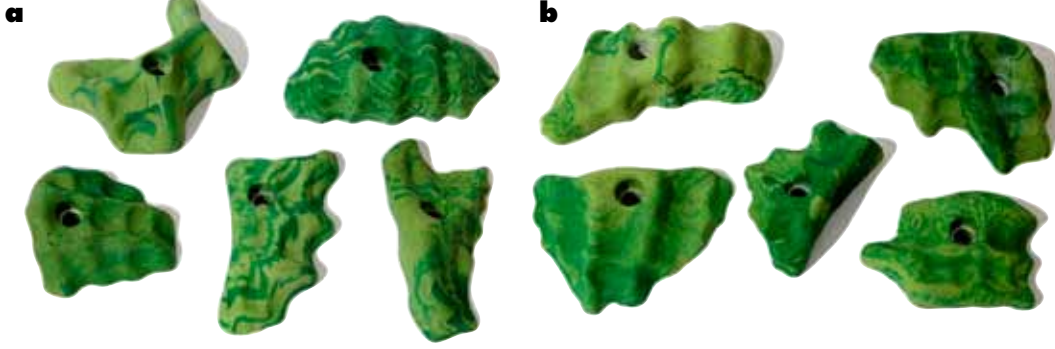
Cobblestone



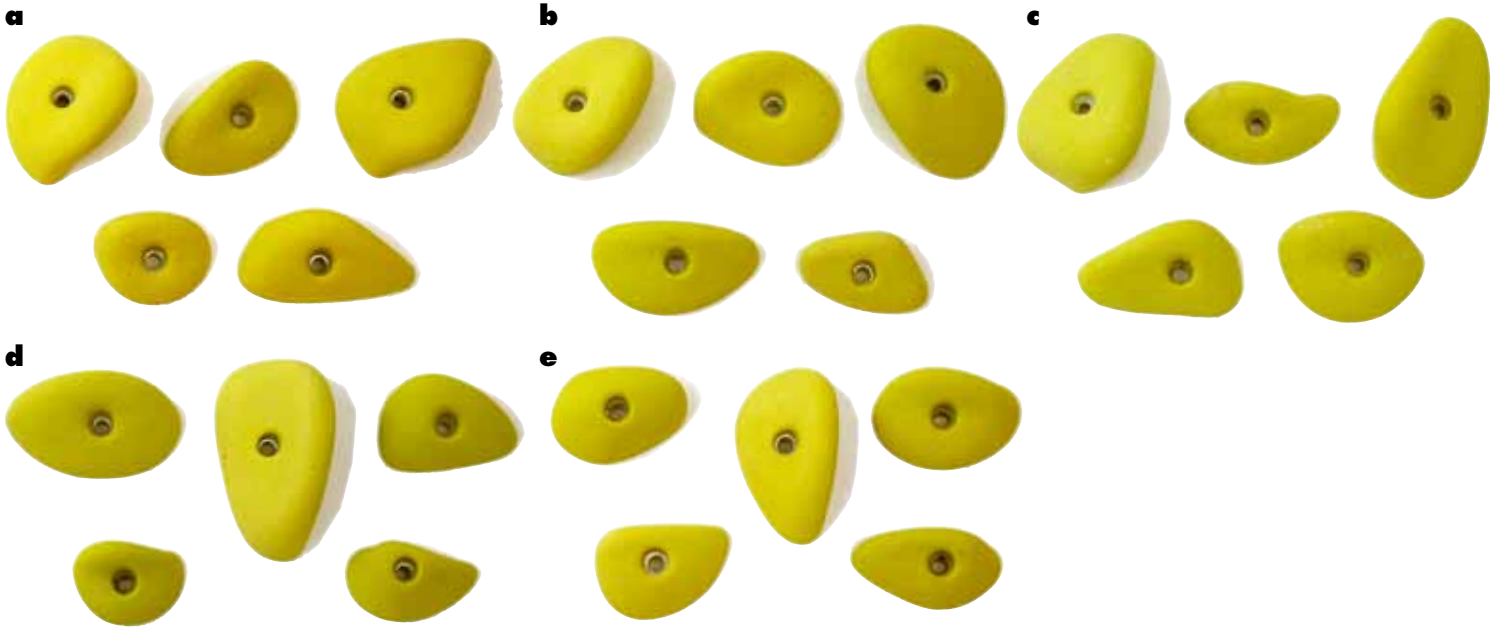
Drips



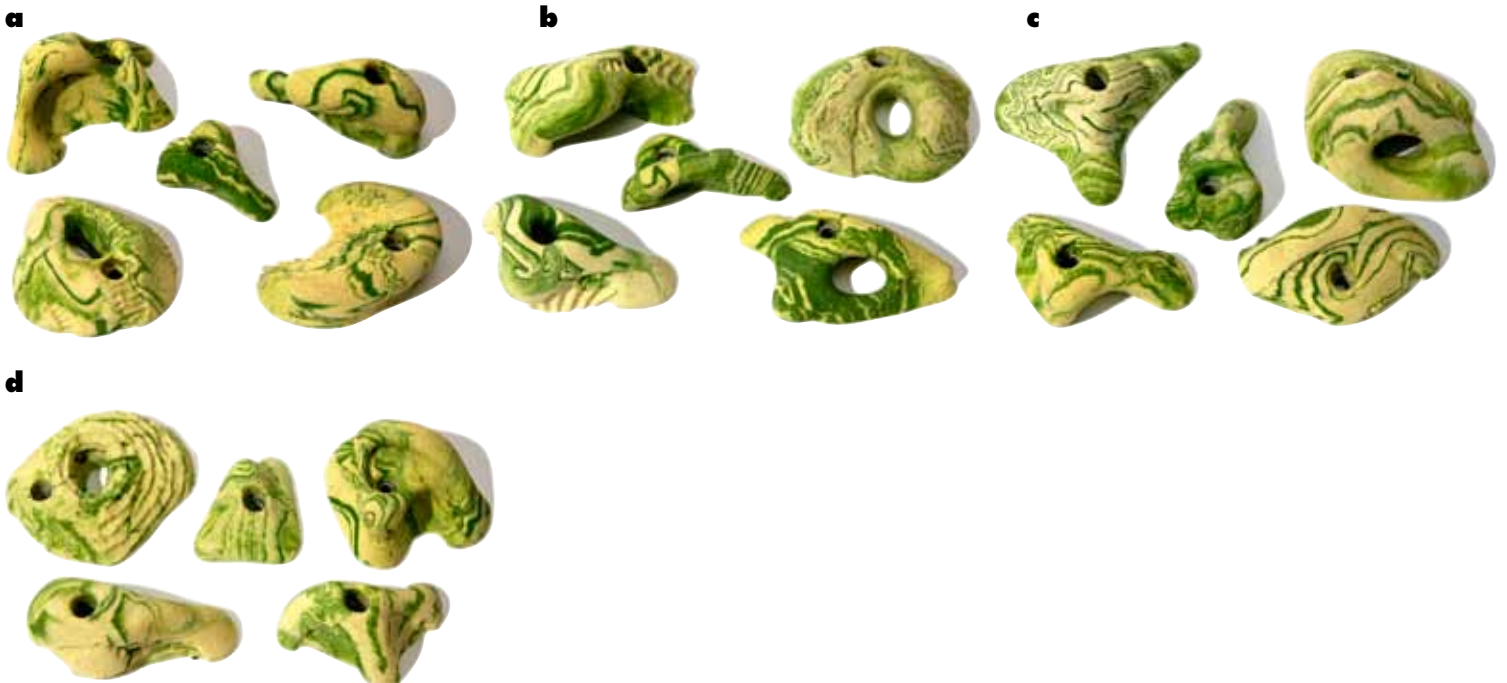
Incredible Helkes



Incut Edges



Naturals



Powerline

a



b



c

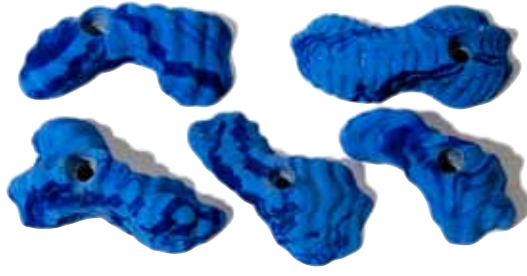


d



Pinches

a



b



Solutions

a



b



c



Mini Jugs

- Super-positive, medium-sized holds
- Attach with 3/8" socket-head cap screws or M10 metric bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available as a set of 5 holds packaged on a card (specify set) or 15 or 30 holds packaged in a box (specify line)

All-American



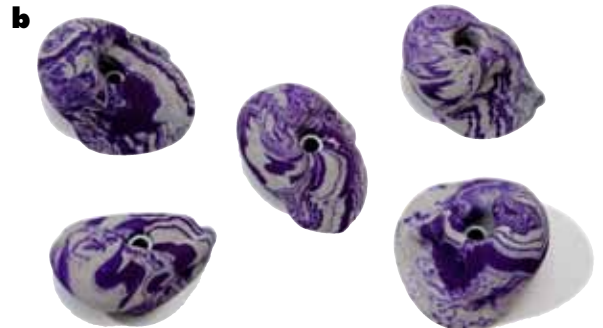
Blue Ribbon



Cobblestone



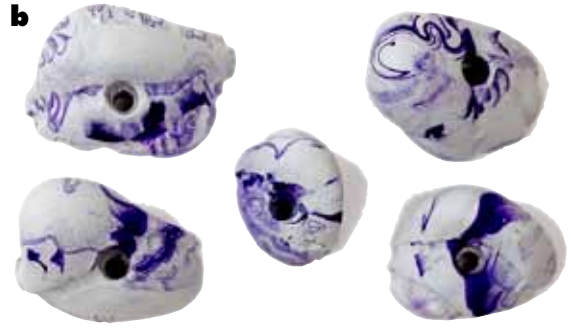
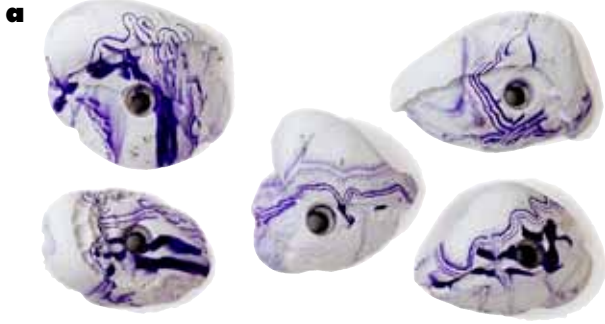
Drips



Erosion



Flowstone



Incredible Helkes



Naturals



Powerline



Solutions



Macros

- Various big shapes
- Attach with 3/8" socket-head cap screws or M10 metric bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available as a set of 2 holds packaged on a card (specify set) or 6 holds packaged in a box (specify line)

All-American

a



b



c



Blue Ribbon

a



b



c



Cobblestone

a



b



c



Flowstone

a



b



c



Granite

a



b



c



Huecos

a



b



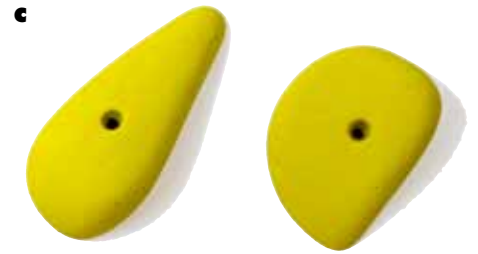
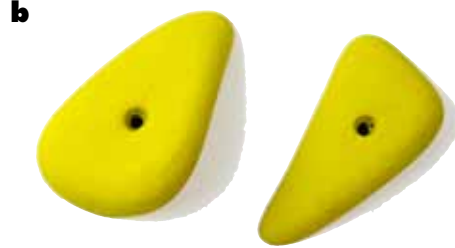
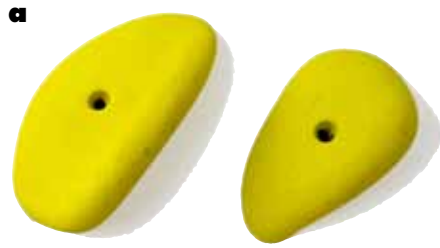
c



Incredible Helkes



Incut Edges



Naturals



Powerline



Solutions



Roof Jugs

- Massive jug holds for steep walls and roofs
- Attach with 3/8" socket-head cap screws or M10 metric bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available as a set of 2 holds packaged on a card (specify set) or 6 holds packaged in a box (specify line)
- Huecos are augmented with screws for extra security on these unique shapes

All-American



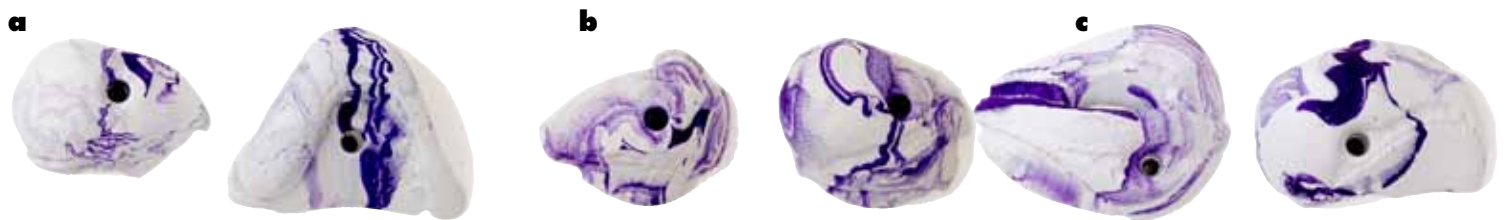
Blue Ribbon



Erosion



Flowstone



Huecos

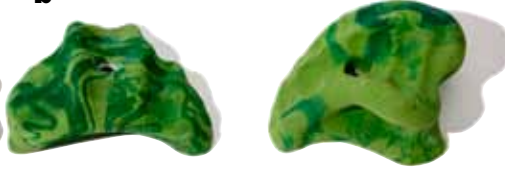


Incredible Helkes

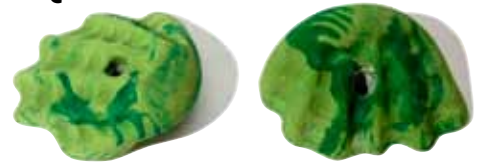
a



b



c



Powerline

a



b



c



Naturals

a



b



c



Solutions

a



b



c



Colonettes

- Massive two-bolt features designed to mimic drip features often found on limestone
- Hole spacing is adjustable (one bolt-hole is slotted) to fit existing T-nut placements
- Approximately 2' in length
- Four different styles available

Colonette Bolt Hole Spacing

a	4.75 - 6.75"
b	5.75 - 9.25"
c	8.0 - 11.25"
d	3.5 - 7.0"



Screw-On Holds

Screw-On Footholds

- Set of 20 Screw-On Footholds packaged in a plastic bag with header card
- Super-technical, low-profile footholds that attach to wooden walls with self-drilling screws
- Go where bolt-on holds won't
- Includes mounting hardware



Screw-On Handholds

- Set of 10 Screw-On Handholds packaged in a plastic bag with header card
- Low-profile holds that attach to wooden walls with self-drilling screws
- Go where bolt-on holds won't
- Includes mounting hardware

All-American



Blue Ribbon



Erosion



Flowstone



Incut Edges



Naturals



Powerline



Solutions



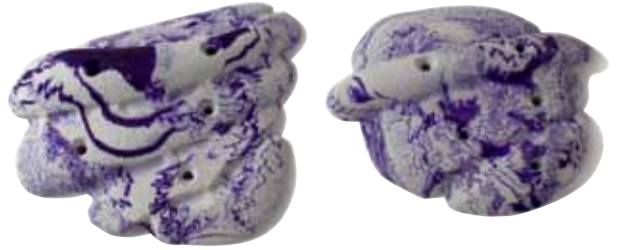
Screw-On Plates

- Set of 2 Screw-On Plates packaged on a card
- Large, low-profile holds that attach to wooden walls with self-drilling screws
- Go where bolt-on holds won't
- Includes mounting hardware

Bosse



Flowstone



Granite



Huecos



Patina



Ribs



Screw-On Rails

- Set of 3 Screw-On Rails packaged on a card
- Attach to wooden walls with self-drilling screws
- Go where bolt-on holds won't
- Includes mounting hardware

Bosse



Flowstone



Screw-On Rails continued

Patina



Ribs



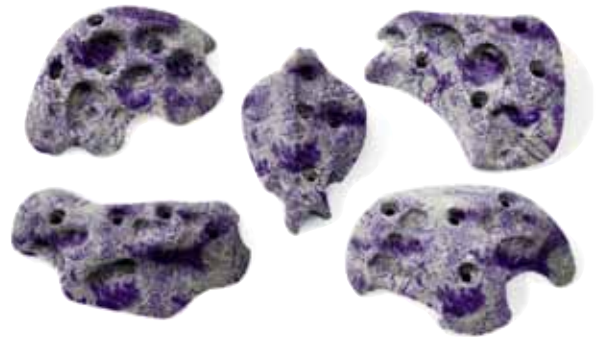
Screw-On Modulares

- 5 Screw-On Modulares packaged on a card
- Medium-sized holds that attach to wooden walls with self-drilling screws
- Go where bolt-on holds won't
- Includes mounting hardware

Bosse



Flowstone



Granite



Ribs



Powerline



Screw-On Corners

- Set of 2 Inside or Outside Screw-On Corner holds packaged on a card
- Attach to any 90° corner on a wooden wall with self-drilling screws: arêtes, dihedrals, lips of roofs, edges or tops of walls, etc...
- Go where bolt-on holds won't
- Includes mounting hardware

Inside Corners

Bosse



Flowstone



Patina



Ribs



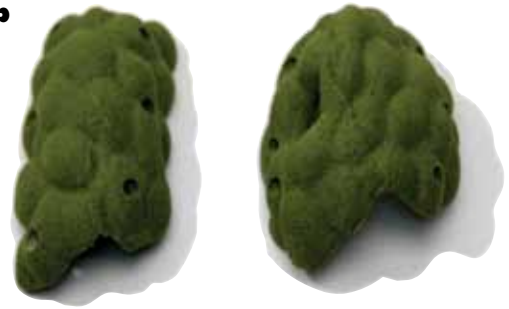
Outside Corners

Bosse

a



b

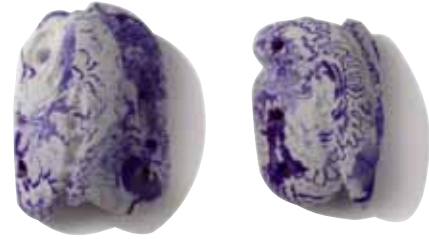


Flowstone

a



b



Patina

a



b



Ribs

a



b



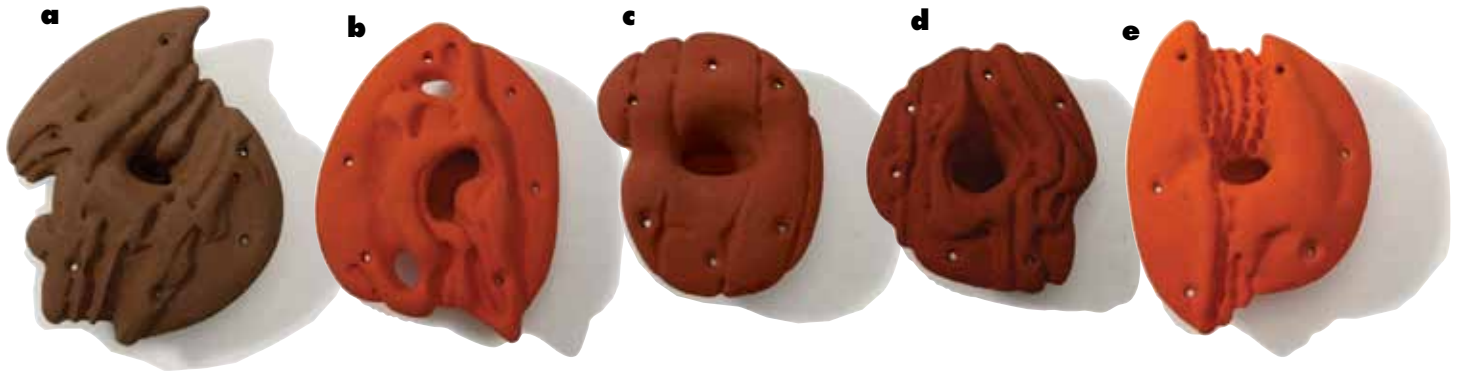
Inside-Out Holds

Break the monotony of indoor climbing by adding natural, recessed features like cracks and pockets to your home wall

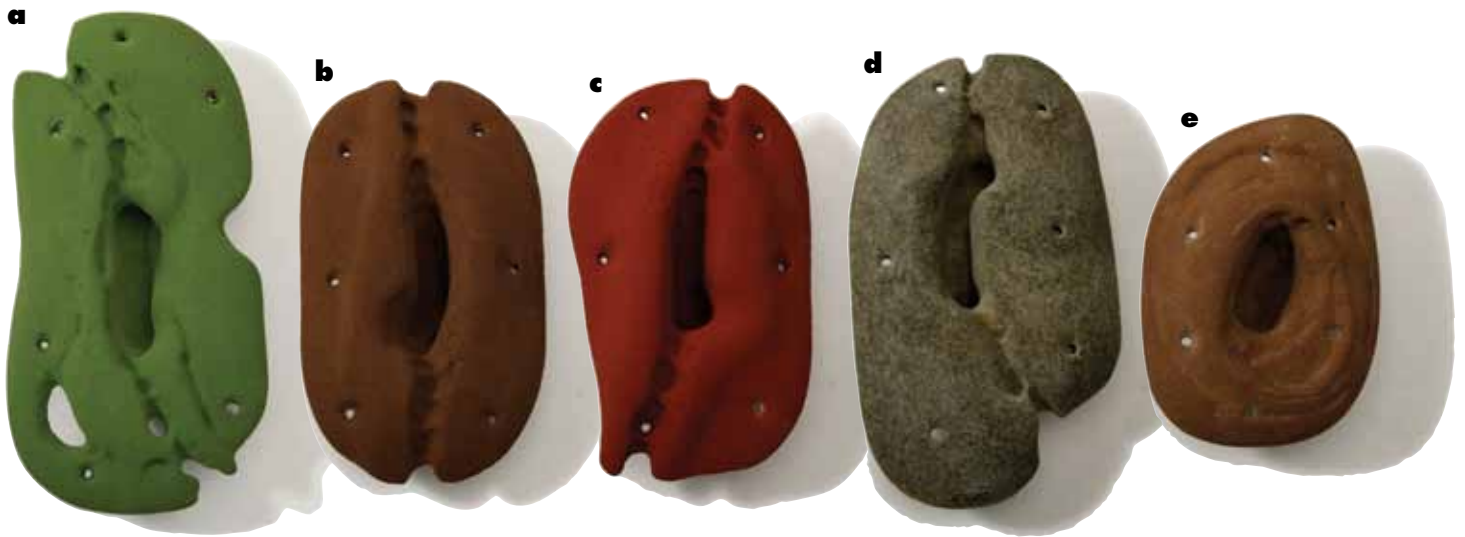
- Hold card doubles as a template for making a few simple cuts to countersink the holds.
- No mounting bracket required
- Two sizes: Small 3" round back, and Large 3" x 6" rectangle back



Small Inside-Out (round back)



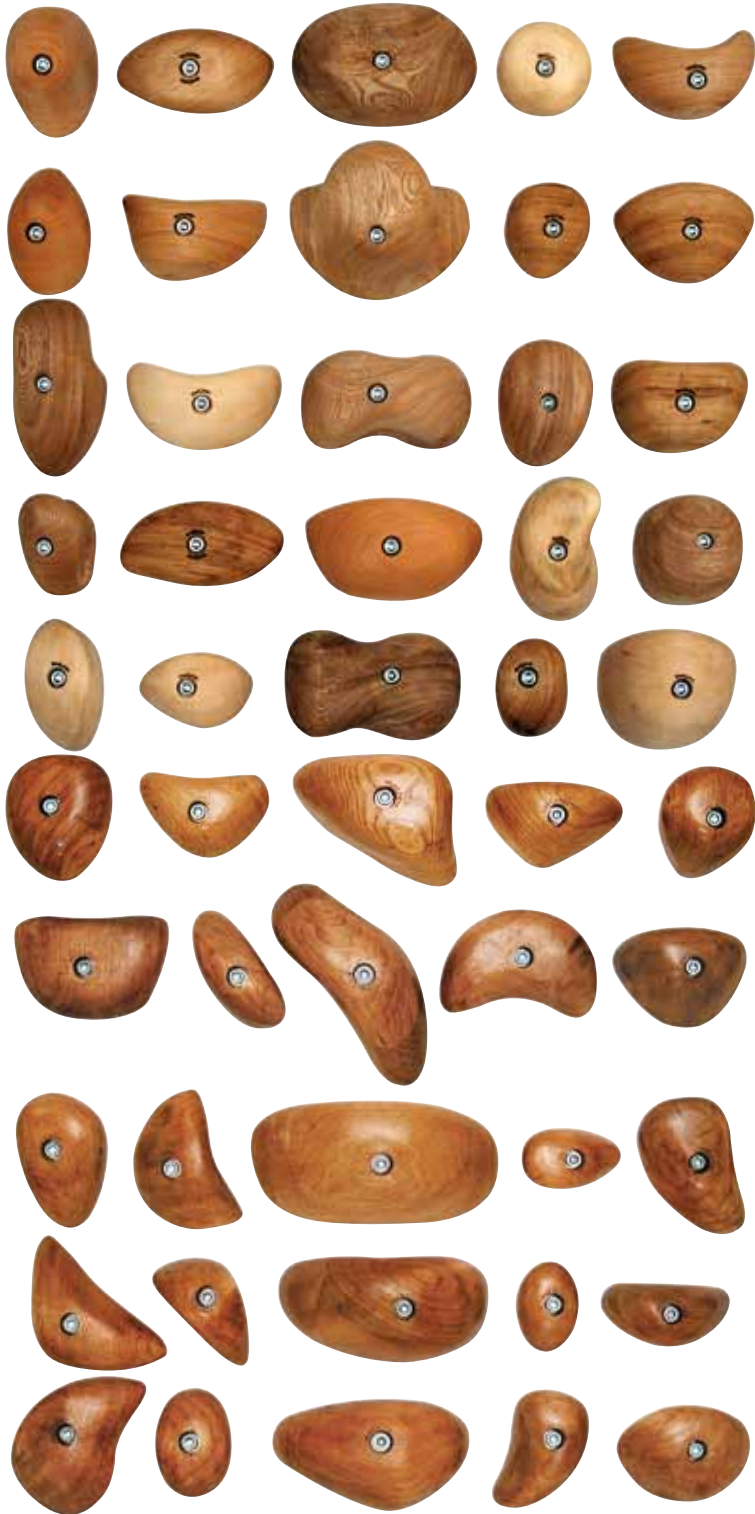
Large Inside-Out (rectangle back)



Wood Grips Bolt-on Holds

- Smooth, rounded holds made from Alder wood
- Super skin-friendly wood makes these holds perfect for training
- Attach with 3/8" socket-head cap screws or M10 bolts upon request
- Includes mounting hardware (metric hardware available upon request)
- Available in sets of 5 holds packaged on a card (random) or 25 holds packaged in a box (specify set 1 or 2)

25 pack





Campus Rungs

- Wooden campus board rungs are unsurpassed for feel and consistency
- Custom tooling gives these rungs comfortable smooth shapes
- Individually hand sanded
- Each rung has an incut side and a flat side
- 16" length fits evenly on 4 ft. or 8 ft. panels
- Pre-drilled
- Includes mounting hardware
- Includes detailed guide to construction and training

Small Campus Rungs 5 pack

- 3/4" (19 mm) thick

Medium Campus Rungs 5 pack

- 1" (25 mm) thick

Large Campus Rungs 5 pack

- 1-1/4" (32 mm) thick

Campus Rung Combo 6 Pack - each pack includes 2 small, 2 medium, 2 large rungs



Portable Power Grips

- Small custom curved wooden blocks
- Hang like Rock Rings
- Sold in pairs
- Four hold combination allows for a variety of pull-up related training exercises
- Super compact, lightweight and great for travel - can be stowed and set up nearly anywhere
- Body weight only
- 5" x 3.25" x 2.5" (127 mm x 82.5 mm x 63.5 mm)
- 1 lb. 1 oz. (481g)



Wood Grips Deluxe Training Board

- Super skin-friendly wood training board
 - Large assortment of holds including jugs, big sloper, edges and pockets
 - Includes comprehensive instructions and training guide
 - Includes mounting hardware
 - 28.25" x 6.9" (718 mm x 175 mm)
-



Wood Grips Compact Training Board

- Compact version of the popular Wood Grips Deluxe Training Board
- Large assortment of holds including jugs, big sloper, edges and pockets
- Includes comprehensive instructions and training guide
- Includes mounting hardware
- 24.5" x 5.125" (622 mm x 130 mm)



Contact™ Training Board **NEW!**

- Our most deluxe, full-featured training board to date with an amazing variety of holds and new, ergonomic variable width pinches
 - CAD/CAM designed master for perfect symmetry
 - Ergonomically curved for less joint stress and reduced injuries
 - Huge indexed hold selection includes:
 - 11 pockets to choose from (2, 3, 4 fingers - tips to 2nd joint)
 - 4 central edges from shallow to deep
 - Top mounted pull-up jugs, rounded and flat slopers
 - Fine grained texture is skin-friendly
 - Includes comprehensive mounting instructions, training guide and mounting hardware
 - 32.5" x 11" x 2.625" (826 mm x 279 mm x 67 mm)
 - Colors: assorted, black/white swirl, blue/blue swirl, green/green swirl
-



Simulator 3D™

- The next generation of the #1 selling training board in the world!
- CAD/CAM designed master for perfect symmetry
- The holds are arranged along a broad arc that tapers outward and downward for better ergonomics and reduced injuries
- Tapers from top to bottom in both dimensions for better forearm clearance
- Fine texture
- Massive variety of holds
- Includes comprehensive instructions, training guide and all mounting hardware
- 28" x 8.75" (711 mm x 222 mm)
- Colors: assorted, black/white swirl, blue/blue swirl, green/green swirl



Project Board™

- Compact board that's easy on the wallet, yet delivers a solid assortment of holds
- CAD/CAM designed master for perfect symmetry
- The holds are arranged along a broad arc that tapers outward and downward for better ergonomics and reduced injuries
- Tapers from top to bottom in both dimensions for better forearm clearance
- Fine texture
- Includes comprehensive instructions, training guide and all mounting hardware
- 24.5" x 6" (622 mm x 152 mm)
- Colors: assorted, black/white swirl, blue/blue swirl, green/green swirl

The Backboard

- 32" x 9 1/2" x 3/4" (81.3 x 24.1 x 1.9 cm) finished Plywood mounting board that fits all Metolius training boards and many others
- Comes complete with mounting hardware and instructions



Rock Rings 3D™

- Innovative, portable training device
- Two independent units, each with flexible, single point suspension; allow rotation of joints for injury prevention
- CAD/CAM designed master for perfect symmetry
- Fine texture
- Includes comprehensive instructions and training guide
- 7.25" x 5.75" x 2.25" (184 mm x 146 mm x 57 mm)
- Set of two: 4 lbs. 2 oz. (1.9 kg)
- Sold in sets of two
- Colors: assorted, black/white swirl, blue/blue swirl, green/green swirl



Climbing Wall Accessories



Course-Setting Tape

- Heavy-duty tape for marking routes in climbing gyms or on home walls
- Available in 1" (25 mm) width
- Colors: red, blue, yellow, orange, black, white, green



Multi-Wrench

- Fits 7/32" flat-head bolts and 5/16" socket-head bolts
- Available in retail packaging



T-Nuts

- 3/8", 4-prong, zinc-plated T-nuts
- Available in quantities of 25, or 100



Bulk Hardware

- T-nuts as well as a variety of 3/8" bolts are available for bulk purchase
- Metric hardware available upon request
- Call for pricing and availability

Sales Representatives and Distributors

No. CA, No. NV, OR, WA, ID, MT, AK, HI

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Metolius Product Image Site

<https://www.dropbox.com/sh/fe0nyq07udwsx3n/KnbDvfXhwy>

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