flathold
Swiss designed climbing holds
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Lucha Libre

Hold 1
Size XXXL
Difficulty Moderate
Reference 029.01
Hold 1
Size XXXL
Difficulty Moderate
Reference 029.02
029.06

Holds 3
Size XL
Difficulty Easy
Reference 029.06

029.07

Holds 5
Size L
Difficulty Easy
Reference 029.07
<table>
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<tr>
<td>Size</td>
<td>M</td>
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<td>Difficulty</td>
<td>Moderate</td>
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029.11

Holds 5
Size M
Difficulty Hard
Reference 029.11
Creature of Comfort

Hold 1
Size XXXL
Difficulty Easy
Reference 028.01

Holds 12

Creature of Comfort
Hold 1
Size XXXL
Difficulty Easy
Reference 028.02

Hold 1
Size XXXL
Difficulty Easy
Reference 028.03
Hold 1
Size XXXL
Difficulty Easy
Reference 028.04

Hold 1
Size XXXL
Difficulty Easy
Reference 028.05
028.07

Holds 3
Size XXL
Difficulty Moderate
Reference 028.07
028.08

Holds 3
Size XL
Difficulty Easy
Reference 028.08
Holds 5
Size M
Difficulty Hard
Reference 028.12

Holds 5
Size XL
Difficulty Moderate
Reference 028.13
028.16

Holds: 5
Size: M
Difficulty: Hard
Reference: 028.16

028.18

Holds: 5
Size: M
Difficulty: Hard
Reference: 028.18

028.17

Holds: 5
Size: M
Difficulty: Moderate
Reference: 028.17

028.19

Holds: 5
Size: S
Difficulty: Hard
Reference: 028.19

Creature of Comfort
028.20

Hold 1
Size XXXL
Difficulty Hard
Reference 028.20

Creature of Comfort
Hold 1
Size XXXL
Difficulty Hard
Reference 028.21
Hold 1
Size XXXL
Difficulty Hard
Reference 028.22
Hold 1
Size XXXL
Difficulty Hard
Reference 028.23

Hold 1
Size XXL
Difficulty Hard
Reference 028.24
Hold 1
Size XXL
Difficulty Moderate
Reference 028.31

Hold 1
Size XXL
Difficulty Hard
Reference 028.32
Holds

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<td>Difficulty</td>
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Creature of Comfort
Holds
Size: L
Difficulty: Hard
Reference: 028.35

Holds
Size: L
Difficulty: Hard
Reference: 028.36
028.37

Holds: 9
Size: M
Difficulty: Hard
Reference: 028.37

Creature of Comfort
028.39

Holds 6
Size M
Difficulty Hard
Reference 028.39
Electric Flavour

Hold 1
Size XXL
Difficulty Hard
Reference 027.01

027.02

Hold 1
Size XXL
Difficulty Hard
Reference 027.02
027.05

Holds: 5
Size: XL
Difficulty: Hard
Reference: 027.05

027.06

Holds: 5
Size: L
Difficulty: Hard
Reference: 027.06
### Holds 027.07

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<tr>
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### Holds 027.08

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<td>Size</td>
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<tr>
<td>Difficulty</td>
<td>Easy</td>
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<tr>
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**Electric Flavor**
Holds 4
Size XL
Difficulty Hard
Reference 027.11

Holds 4
Size L
Difficulty Moderate
Reference 027.12

Electric Flavor
Holds 5
Size L
Difficulty Moderate
Reference 027.13

Holds 5
Size L
Difficulty Moderate
Reference 027.14

Electric Flavor
027.24

Holds 2
Size XXL
Difficulty Easy
Reference 027.24

027.25

Holds 3
Size XXL
Difficulty Easy
Reference 027.25

Electric Flavor
Holds 5
Size XL
Difficulty Easy
Reference 027.28

Holds 5
Size L
Difficulty Easy
Reference 027.29

Holds 5
Size L
Difficulty Easy
Reference 027.30
Holds 5
Size M
Difficulty Easy
Reference 027.31

Holds 5
Size M
Difficulty Moderate
Reference 027.33

Holds 5
Size M
Difficulty Easy
Reference 027.32

Holds 5
Size M
Difficulty Moderate
Reference 027.34
Damage Control

026.01

- Hold: 1
- Size: XXXL
- Difficulty: Easy
- Reference: 026.01

Damage Control

026.02

- Hold: 1
- Size: XXL
- Difficulty: Hard
- Reference: 026.02
Damage Control

026.03

Holds 2
Size XXL
Difficulty Moderate
Reference 026.03

026.04

Holds 2
Size XXL
Difficulty Moderate
Reference 026.04
026.05
Holds 2
Size XXL
Difficulty Hard
Reference 026.05

Damage Control
Holds 5
Size XL
Difficulty Moderate
Reference 026.06
Hold 1
Size XXXL
Difficulty Hard
Reference 026.08

Hold 1
Size XXL
Difficulty Moderate
Reference 026.09
Holds 3
Size XXL
Difficulty Hard
Reference 026.10

Holds 2
Size XXL
Difficulty Moderate
Reference 026.11

Reference 026.11

Damage Control
026.18

Holds: 15
Size: S
Difficulty: Hard
Reference: 026.18

026.21

Holds: 14
Size: XS
Difficulty: Hard
Reference: 026.21
026.26

Holds 14
Size XS
Difficulty Hard
Reference 026.26
026.28

Holds: 1
Size: XXXL
Difficulty: Easy
Reference: 026.28

026.29

Holds: 1
Size: XXXL
Difficulty: Moderate
Reference: 026.29
**Damage Control**

026.32

- **Holds**: 2
- **Size**: XXL
- **Difficulty**: Easy
- **Reference**: 026.32

026.33

- **Holds**: 1
- **Size**: XXL
- **Difficulty**: Hard
- **Reference**: 026.33
**Holds**

**026.35**
- Holds: 1
- Size: XXXL
- Difficulty: Moderate
- Reference: 026.35

**Holds**

**026.36**
- Holds: 1
- Size: XXXL
- Difficulty: Moderate
- Reference: 026.36

**Damage Control**
Holds

026.38

Size XXL
Difficulty Moderate
Reference 026.38

Damage Control

Holds 2
026.39

Holds 2
Size XXL
Difficulty Easy
Reference 026.39

026.40

Holds 2
Size XXL
Difficulty Moderate
Reference 026.40

Damage Control
026.43

Holds 3
Size XL
Difficulty Hard
Reference 026.44

026.44

Holds 2
Size XXL
Difficulty Hard
Reference 026.43

Damage Control
026.45

Holds 1
Size XXXL
Difficulty Easy
Reference 026.45
Holds 6
Size L
Difficulty Moderate
Reference 026.48

Holds 1
Size XXXL
Difficulty Easy
Reference 026.49
026.50

Holds 2
Size XXL
Difficulty Easy
Reference 026.50

026.51

Holds 3
Size XL
Difficulty Easy
Reference 026.51

Damage Control
Holds 6
Size M
Difficulty Moderate
Reference 026.58

Holds 6
Size M
Difficulty Moderate
Reference 026.59
Holds 6
Size XS
Difficulty Hard
Reference 026.60

Holds 3
Size XL
Difficulty Moderate
Reference 026.61
Damage Control

**026.62**

- **Holds**: 6
- **Size**: M
- **Difficulty**: Moderate
- **Reference**: 026.62

**026.63**

- **Holds**: 4
- **Size**: XL
- **Difficulty**: Easy
- **Reference**: 026.63
026.64

Holds 5
Size XL
Difficulty Easy
Reference 026.64

026.65

Holds 3
Size L
Difficulty Easy
Reference 026.65
026.66

Holds 6
Size L
Difficulty Easy
Reference 026.66

026.67

Holds 6
Size L
Difficulty Moderate
Reference 026.67
Holds 6
Size M
Difficulty Moderate
Reference 026.68

Holds 10
Size XS
Difficulty Hard
Reference 026.69
026.70

- Holds: 10
- Size: S
- Difficulty: Hard
- Reference: 026.70

026.71

- Holds: 10
- Size: S
- Difficulty: Hard
- Reference: 026.71
Big Foot

002.05

Holds 10
Size XS
Difficulty Hard
Reference 002.05

Holds
86 95

002.06

Holds 10
Size XS
Difficulty Hard
Reference 002.06

Big Foot
Jolly Jumper

V.08.01  L
V.08.02  L
V.08.03  L
V.08.04  L
V.08.05  L

CM  10  20

Volumes
Borderline
Golden Leaves

Volumes

90

CM

10

20

V.06.01  L

V.06.02  M

V.06.03  M

V.06.04  M

V.06.05  S
Thunderbirds

Volumes

CM 10 20

V.04.01 L

V.04.02 L

V.04.03 M

V.04.04 M
Elliot Master

Volumes

V.03.01  M
V.03.02  M
V.03.03  M
V.03.04  M
V.03.05  M
Superstar

| CM | 10 | 20 |

V.02.01 L

V.02.02 M

V.02.03 S

V.02.04 S
Technical data

Material
Flathold holds are made out of polyurethane resin. Polyurethane ensures a better resistance to impacts as well as to damage due to screw tightening, an advantage that polyester cannot provide. We use a first-rate type of polyurethane and we carefully control every single hold at every stage of the production. Therefore, we are able to offer a product of top quality that has a long lifespan both on indoor and outdoor climbing walls.

Attachment system
All Flathold hold types (except some special ones from the screw-on range) are fitted with a double attachment system. This way, it is possible to use M10 screws with both conic and cylindrical heads. This double system has been specifically designed to guarantee a stable and resistant attachment.

Most Flathold holds are equipped with an extra attachment system using wooden screws. This innovation allows the attachment to be of prime solidity and prevents the hold from turning. We advise our customers to always use wooden screws in order to make sure the attachment is optimal.

Hollow back
Most of the holds from size L up are excavated. We have designed a made-to-measure counter-shape for each of these holds in order to make them lighter. This way, it is easier to handle the larger holds while assembling and removing routes or boulders.

Maintenance
When holds are screwed onto a wall and regularly used, it is common for magnesia and rubber from climbing shoes to dirty them. In the long term, this can affect the grip quality of the grain. We advise our customers to clean holds before using them again and to check their condition after a long period of use.

Plugs
Certain of our larger holds have a screw-in cap for the bolt-hole. Laurent Laporte devised this system exclusively for Cheetah holds and Flatholds to avoid the use of the bolt-hole for fingers thus optimising the use of the designed grip. It screws into large threads on the inside of the bolt-hole and can easily be tightened by hand or with a coin. Additional caps in packs of 15 are available in all the colours in our catalogue.

Volumes
Flathold volumes are made of a mix of polyester resin and fiberglass that is then covered with quartz sand to get a fine texture with good friction. This process allows for very thin, light and strong shapes. The volumes are attached with standard wood screws, but we recommend using flatheads to preserve the flange. The volumes are available in four different colors.
Holds and Volumes colors

- Black
- White
- Red
- Orange
- Blue
- Green
- Violet
- Mint
- Yellow
- Fluo Green
- Fluo Pink
- Flathold

Color panel
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Impressum
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Swiss designed climbing holds

flathold.com