

Take the challenge.



See how you measure up with Lewmar's America's Cup Winch Grinding Simulator.

- Experience winch grinding at its highest level.
- Clock starts when you turn the handles.
- Resistance increases simulating the sheeting in of a sail.



- Clock stops and alarm sounds when the exercise is completed.
- Fastest time wins.

* All grinders must sign a release before using the Simulator.

14-18 seconds <i>Average</i>	12-14 seconds <i>Good</i>	10-12 seconds <i>Very good</i>	9-10 seconds <i>Professional</i>	Under 9 seconds <i>AC grinder</i>
---------------------------------	------------------------------	-----------------------------------	-------------------------------------	---

LEWMAR®

www.lewmar.com