



## Nomadic Performance

# Rock Climbing Season Prep Program

This 12-week Rock Climbing Season Prep Program is designed to build the sport-specific strength, power, and endurance needed to excel. The first 2 weeks are free to give you a taste of the structured progression and dynamic workouts.

Each session includes a warm-up, main training block, conditioning, and cool-down.

### Week 1 - Session 1

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 1 - Session 2

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 2 - Session 1

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 2 - Session 2



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Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 3 - Session 1

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 3 - Session 2

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 4 - Session 1

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 4 - Session 2

Phase: Shoulder Stability & Pulling Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Scapular Pull-Ups - 3x8, rest 45s | Ring Rows - 3x10, rest 60s | Hollow Body Hold - 3x30s, rest 30s



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Rolling & Static Stretching (5-10 min)

### Week 5 - Session 1

Phase: Grip Strength & Core Tension

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Hang - 4x20s, rest 60s | Pinch Grip Plate Holds - 3x30s, rest 60s | Leg Raises on Bar - 3x10, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 5 - Session 2

Phase: Grip Strength & Core Tension

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Hang - 4x20s, rest 60s | Pinch Grip Plate Holds - 3x30s, rest 60s | Leg Raises on Bar - 3x10, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 6 - Session 1

Phase: Grip Strength & Core Tension

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Hang - 4x20s, rest 60s | Pinch Grip Plate Holds - 3x30s, rest 60s | Leg Raises on Bar - 3x10, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

### Week 6 - Session 2

Phase: Grip Strength & Core Tension

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Hang - 4x20s, rest 60s | Pinch Grip Plate Holds - 3x30s, rest 60s | Leg Raises on Bar - 3x10, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

The full 12-week program and personalized coaching are available through Nomadic Performance. Contact us to get started.