



The Rock Climber's Exercise Guide: Training for Strength, Power, Endurance, Flexibility, and Stability (Paperback)

By Eric van der Horst

ROWMAN & LITTLEFIELD, United States, 2017. Paperback. Condition: New. Revised edition. Language: English. Brand new Book. The only conditioning book a rock climber needs! Rock climbing is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina. Good climbers have to build and maintain each of these assets. This revised and updated edition of the classic book, Conditioning for Climbers, provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive, personalized exercise program.

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