

Alex Honnald's Free Solo

"Free Solo depicts athletic feats that many viewers will find beyond reason - and grounds the attempts in passions that are all but universal."

~Rotten Tomatoes

Alex Honnold completes the first free solo climb of famed El Capitan's 3,000-foot vertical rock face at Yosemite National Park.



"Anybody could conceivably die on any given day, soloing just makes it feel much more immediate and present."

~Alex Honnold

Free Solo was released on September 28th, 2018

Alex Honnold Reveals his BEASTMAKER Hangboard Workout



6C WORKOUT

(1) 4 fingers 1/2 chisel

7x 7 sec hang/3 sec rest
(2) 4 fingers open

7x 7 sec hang/3 sec rest
(3) 3 fingers open

7x 7 sec hang/3 sec rest
(4) 4 fingers open

7x 7 sec hang/3 sec rest
(5) Middle 2 fingers (pocket)

7x 7 sec hang/3 sec rest
(6) Front 2 fingers (pocket)

7x 7 sec hang/3 sec rest
Repeat 1-6

7B WORKOUT

(1) 4 fingers 1/2 crimp

7x 7 sec hang/3 sec rest
(2) 4 fingers open

7x 7 sec hang/3 sec rest
(3) 3 fingers open

7x 7 sec hang/3 sec rest
(4) 4 fingers half crimp

7x 7 sec hang/3 sec rest
(5) Middle 2 fingers (pocket)

7x 7 sec hang/3 sec rest
(6) Back 2 fingers (pocket)

7x 7 sec hang/3 sec rest
(7) Front 2 fingers (pocket)

7x 7 sec hang/3 sec rest
Repeat 1-7

Wall Street Climbing Comp

Open registration:

January 1st - May 3rd

Cost: 35\$

Free shirt and gift bag

Beginner: V0- V3, 5.8 - 5.10b

Intermediate: V3- V5, 5.10b - 5.11b

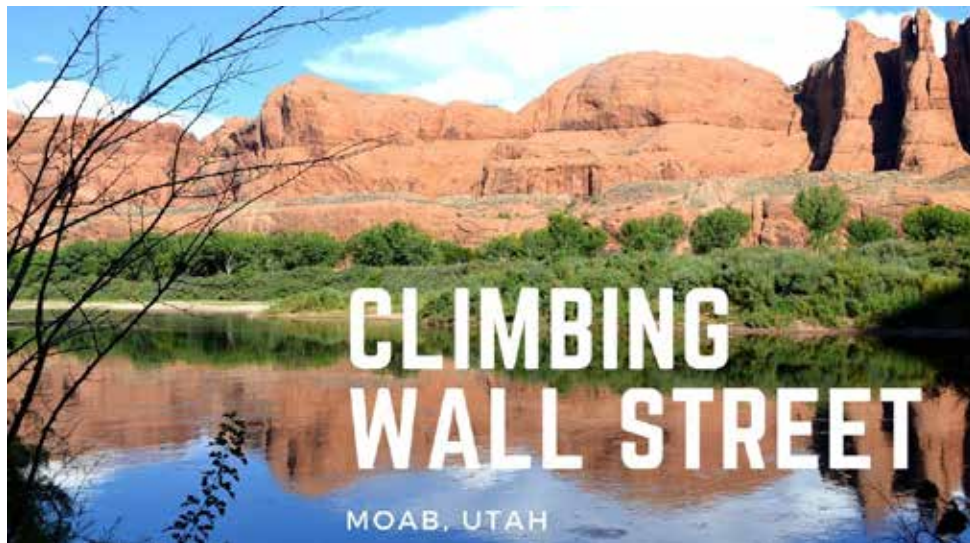
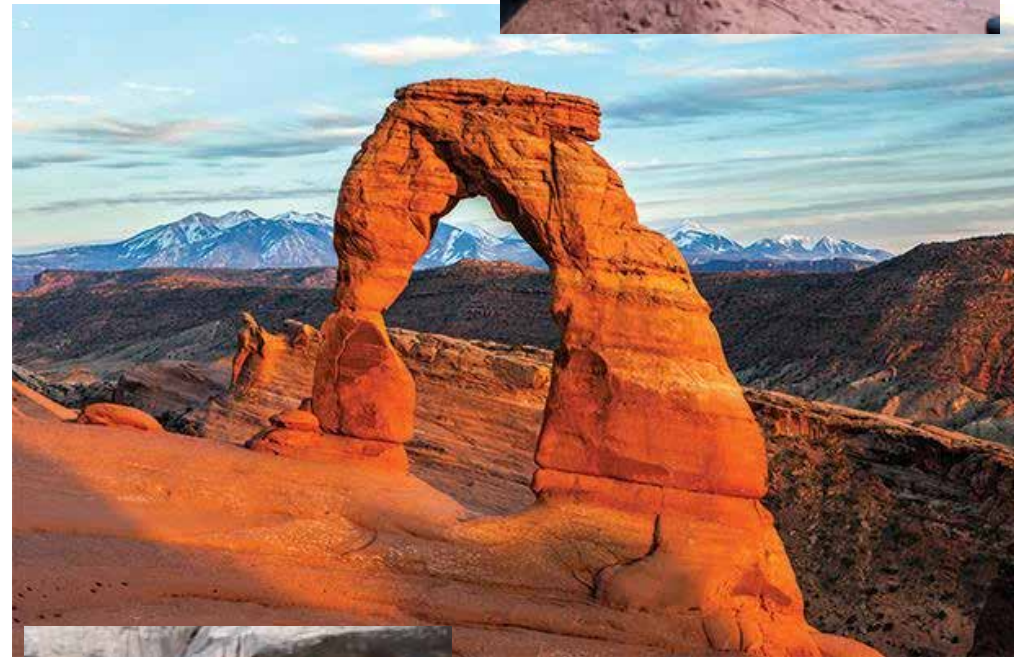
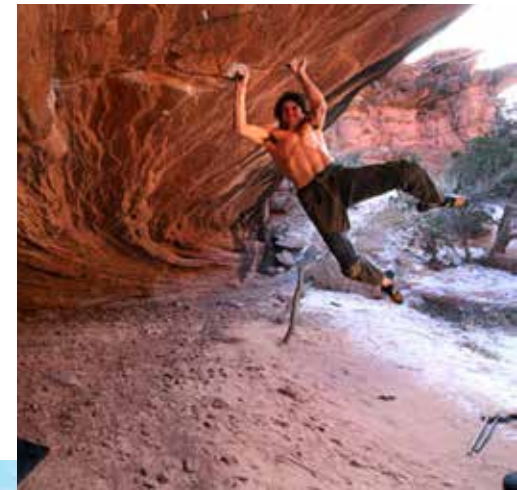
Advanced: V6 - V8, 5.11b-12c

Expert: V8+. 5.12c+

Camp sites not included; participants will need to make their own sleeping arrangements



Generation 5.16



Wall Street Climbing
Competition in Moab June
21st - 23rd
Details on registration and
comp info inside!