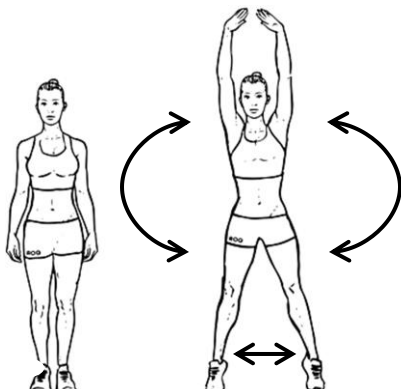
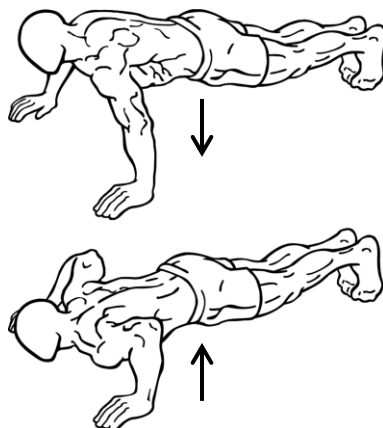


The Perfect Bouldering Warm-up (Off-the-wall Portion)

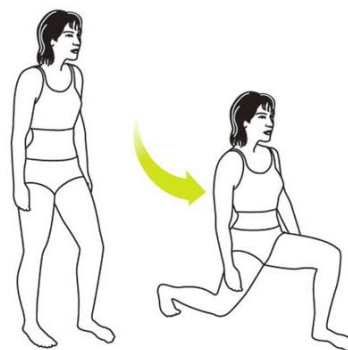
2 min of jumping jacks



2-4 sets of 10 push-ups



15 lunges (each leg)



20 sec ankle circles
(each foot)



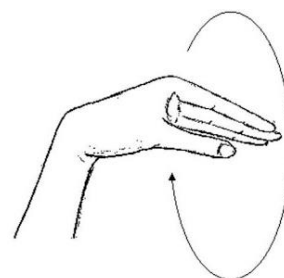
20 side-to-side leg swings
(each leg)



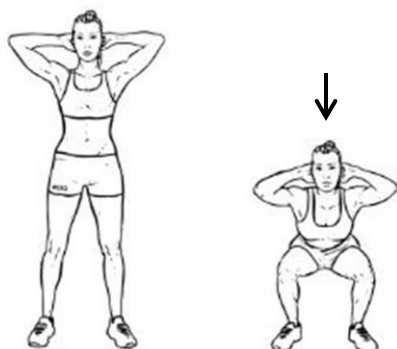
20 forward-backward leg swings
(each leg)



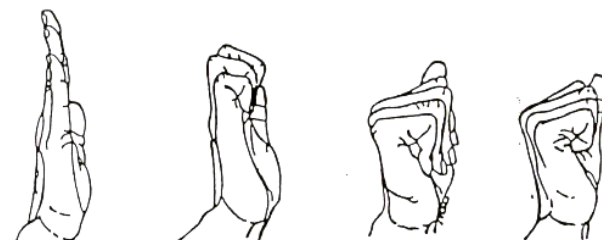
20 sec wrist circles
(each hand)



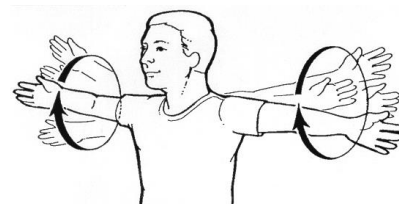
15 bodyweight squats



10 tendon glides (each hand)



30 sec arm circles (both arms)



After completing these exercises, finish your warm-up with 7-10 minutes of light climbing.