

Appendix 1

Preliminary Interview with Client (Local Climbing Gym Staff)

Questions:

1. Are there any ways for climbers to record their workout and their progress on certain climbing walls?
2. What information do you use to identify specific climbs?
3. Is it important to record workouts and identify areas of weakness?
4. What is special or unique about this climbing gym in comparison to others?
5. Is there anything you wish the gym could improve upon to be as improvement-oriented as possible?
6. What are important non-climbing exercises that I should make sure to include in the application?
7. Are there any other functions you'd like the tool to have?

Responses:

1. Besides recording it in a digital or physical journal, there aren't many good solutions out there right now. There are a lot for conventional gym workouts or even sports training, but none for rock climbing just because it's so gym specific.
2. For all of our top rope, lead climbing, or autobelay, all of the walls are numbered. For our boulders, we have a ground floor and second floor, split into 12 zones. Each climb has its own color and has a grade (from V0-V8). Some of the hold types are crimps, slopers, jugs, pinches, monos, and pockets.
3. Totally. Understanding which holds or movements are holding you back can really open your world of climbing. Some people naturally lean towards certain climbs which benefit their body type, and while this is totally acceptable we believe that climbers should explore everything to open their repertoire of skills.
4. We really make sure that every member is constantly improving and finding excitement in their journey up the climbing grades. Out of all of the gyms I've been to, the staff here, whenever they can, make sure that everyone is having a good time and challenging themselves to their potential.
5. While our staff are really helpful, not everyone can afford private training. It would be very nice to have some sort of tool that could make improvements as straightforward as possible. It would be great to have an app that takes some of the cognitive load away from our climbers while still allowing them to find their weak areas.
6. We have a conventional gym, so include some of the common exercises that can take place. We don't have any machines, but we do have a pull-up bar, dip bar, and bench. Also make sure to note the different hangboards we have so that people can include how many sets of hangboard holds they did, with what additional weight, and for what duration.

7. It would definitely be nice for the app to recommend climbs outside of a user's comfort zone. Far too many people only go for climbs that they know they can do, so it would be nice to get everyone on every type of wall.