Climbing Specific Exercises

# Finger Strength and Endurance

## Strength-Endurance (pp.186)

* Short Duration Fingerboard

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Level | Duration Hang/Rest (sec) | Number of Hangs per Set | Number of Sets | Rest between Sets |
| 1 | 10/30 | 6 | 3-5 | 1min |
| 2 | 10/20 | 6 | 3-5 | 1min |
| 3 | 10/10 | 6 | 3-5 | 1min |
| 4 | 10/5 | 6 | 3-5 | 1min |

* Bouldering 4x4

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Boulder 1 | | Boulder 2 | | Boulder 3 | | Boulder 4 | |
| Climb | Rest | Climb | Rest | Climb | Rest | Climb | Rest |
| Ascent 1 | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s |
| Ascent 2 | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s |
| Ascent 3 | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s |
| Ascent 4 | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s | ~30s |
| Rest | 4min | | 4min | | 4min | | 4min | |

## Local Aerobic Endurance (pp.192)

* ARC Traverses (“Recovery Climbing”)

Use after a hard day of climbing, 4-6/10 intensity

# Pull Muscle and Power Training

## Maximum Strength (pp.202)

* (weighted) Pull-Ups

3-6 sets, 5 pull-ups should be challenging,

## Power (pp.208)

* Big Move Bouldering

Medium to large holds, powerful/dynamic moves, lock-offs

Send boulder 5 times with 3min rest in between

## Power Endurance (pp.212)

* Pull-Up Intervals

20 pull-up intervals, each 1min long. Perform n pull-ups, remaining minute is rest, ideal for home training

* Frenchies

Pull-up, lock off at top (4s), lower to starting position.

Pull-up, lower to 90° and lock off (4s), lower to starting position.

Pull-up, lower to 120° and lock off (4s), lower to starting position.