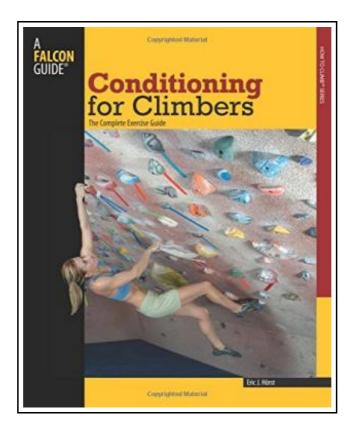
### Conditioning for Climbers: The Complete Exercise Guide



Filesize: 4.91 MB

### Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever. (Perry Reinger)

#### CONDITIONING FOR CLIMBERS: THE COMPLETE EXERCISE GUIDE



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Falcon Press Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.2in. x 7.5in. x 0.6in.Rock climbing is one of the most physically challenging sports, testing strength, flexibility, and stamina. To improve in the sport, climbers must build and maintain each of these assets. Conditioning for Climbers is the first book to help climbers of all ages and experience design and follow their own comprehensive, personalized exercise program. Part I covers the basics of physical conditioning, including tools for self assessment and goal-setting. Part II takes readers through warm-up and flexibility routines, entry-level strength training, weight-loss tips, and core-conditioning exercises. Part III covers climbing-specific conditioning, including exercises that develop power, endurance, balance, and stability. Part IV shows how to put together a customized conditioning program for bouldering, sport, and multi-pitch climbing. Also inside: Principles of effective conditioningEight self-assessment testsFlexibility and core-conditioning exercisesClimbing-specific exercises for fingers, arms, and upper torsoSample workout schedules for beginner, intermediate, and advanced climbersTwelve-month training trackerBasics of performance nutritionInsiders take on avoiding injuryPowerful rest and recovery strategies This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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