



## Conditioning for Climbers: The Complete Exercise Guide

By Eric Horst

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 conditioning Eight self-assessment tests Flexibility and core-conditioning exercises Climbing-specific exercises for fingers, arms, and upper torso Sample workout schedules for beginner, intermediate, and advanced climbers Twelve-month training tracker Basics of performance nutrition Insiders take on avoiding injury Powerful rest and recovery strategies This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



**READ ONLINE**  
[ 954.67 KB ]

### Reviews

*This book is definitely not effortless to start on looking at but really exciting to see. It really is simplistic but surprises from the 50 % from the pdf. I am just effortlessly can get a delight of looking at a published book.*

-- **Thurman Schamberger**

*This type of publication is every thing and got me to seeking in advance plus more. I was able to comprehended every thing out of this created ebook. I am easily could possibly get a satisfaction of reading a created ebook.*

-- **Sonya Koss**

## Related Kindle Books



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **Coronation Mass, K. 317 Vocal Score Latin Edition**

Petrucchi Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in. Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become the standard edition in continuous use by...



### **A Sea Symphony - Study Score**

Petrucchi Library Press. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.6in. x 6.7in. x 0.7in. Vaughan Williams conducted the first performance of his great choral symphony on his 38th birthday, October 12, 1910, at the Leeds Music Festival. The work was well...



### **Scholastic Discover More Penguins**

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. PENGUINS unlocks a free 48-page...



### **DK Readers Invaders From Outer Space Level 3 Reading Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in. Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...