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### Conditioning For Climbers The Complete

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.

### Conditioning for Climbers: The Complete Exercise Guide

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The only conditioning book a rock climber needs! Rock climbing

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is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina. Good climbers have to build and maintain each of these assets.

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One of the core training principles that has been central to climbing has been sport specificity. "Your training should be similar to your sport in duration, movement, and intensity," says Steve Bechtel, founder of Climb Strong (climbstrong.com) and author of multiple training books.

## **Learn to Train: A Complete Guide to Climbing Training ...**

Rock climbing and bouldering require power for explosive movements, balance to traverse or move up a rock face, endurance to sustain you through long climbs, and a stable core to help you climb better and more efficiently. The best way to train for rock climbing is to spend time climbing—whether you do at the gym or the crag.

## **How to Train for Rock Climbing & Bouldering | REI Co-op**

While these self-evaluations are a part of all of Horst's books (including Training or Climbing, and How to Climb 5.12), the evaluations in this book are much more elaborate than those in any of the others. In spite of a lot of overlap with Training for Climbing and How to Climb 5.12, every climber should still have this book in his or her library.

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