



BASIC CLIMBING STRENGTH MOVEMENTS

CLIMBING MOVEMENTS

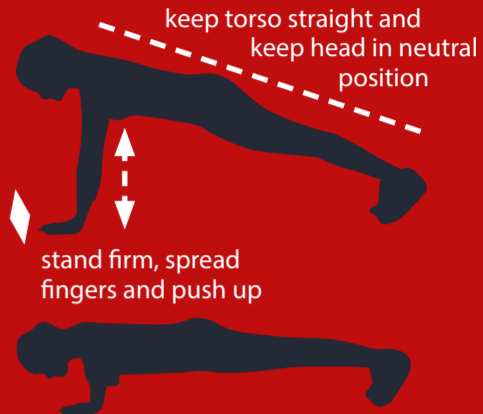
STRENGTH TRAINING

GUIDELINES

LOCKOFF • MANTLE
FRONT LEVER • HANGING LEG RAISE
TOE HOOK • KNEE BAR
PRESS AGAINST WALL/VOLUME/HOLD



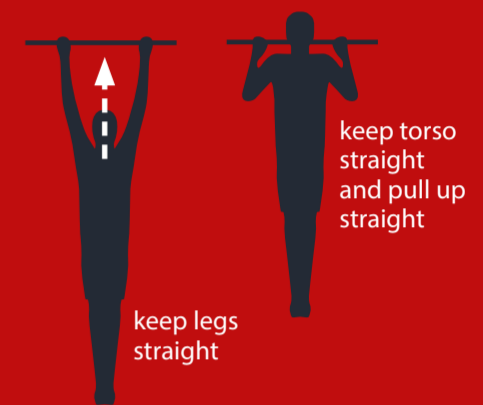
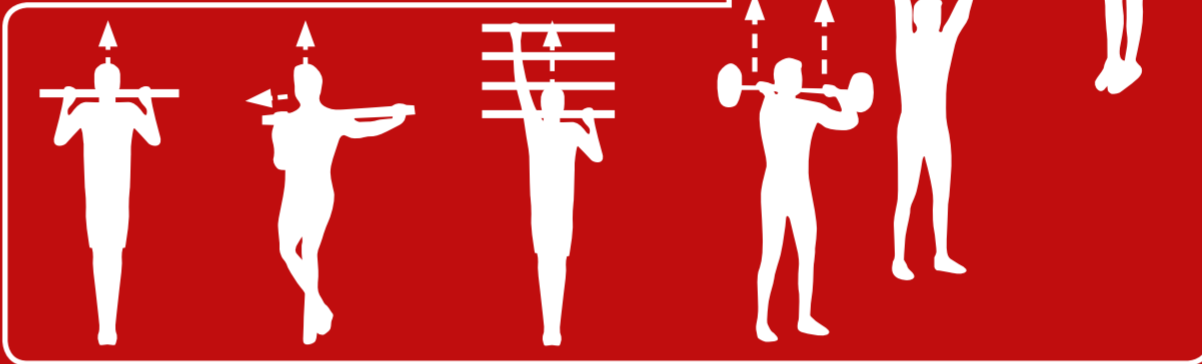
PUSH



PULL UP • DEAD HANG
PULL UP/HANG WIDE GRIP
PULL BODY TO THE WALL



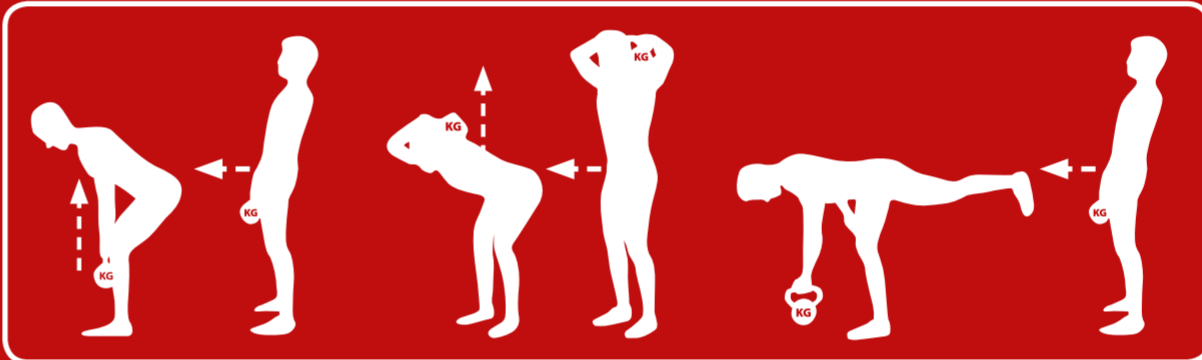
PULL



PULL HIPS TO THE WALL
TURN HIPS • ROOF CLIMBING
DYNO • HEEL HOOK • DROPKNEE



HIP DRIVE



WALK UP • STAND UP ONE LEG
STAND UP TWO LEGS
JUMP • DYNO • LEG RAISE



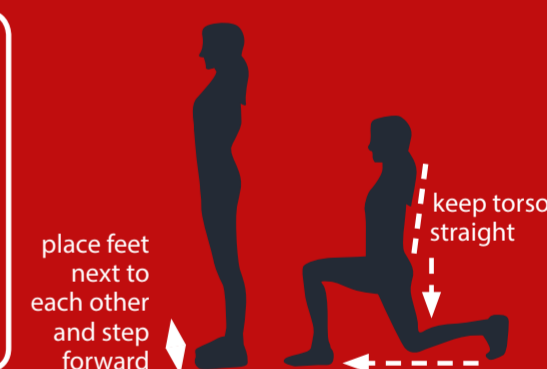
SQUAT



RUN IN BOULDER • TRAVERSE
WALK (ON A VOLUME)
STEP SIDWAYS



WALK*



*This movement is mainly used for bouldering and of course for walking to the crag.

Challenge yourself with more complex exercises and specific strength training.

CHALLENGE

Build your physical frame and increase your training load with strength & condition training.

DEVELOPMENT

Learn basic movement skills and strengthen your muscle chain and core strength.

FOUNDATION

More Progression



Progression



Basic 3



Basic 2



Basic 1

"Forget about training single antagonists but build a solid base with strength workouts based on fundamental climbing movements."

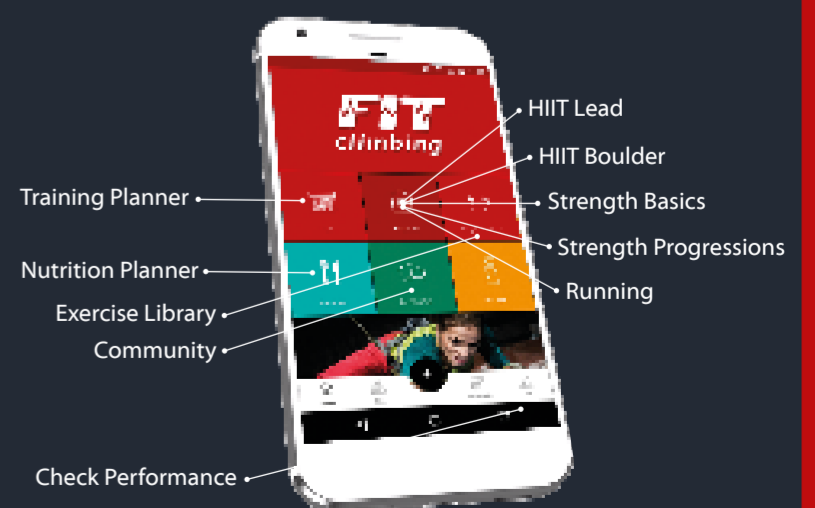


"Start training"



YOUR ONLINE CLIMBING COACH

1. Download FITclimbing app
2. Become a member (fitclimbing.com/shop)
3. Plan your training



Climbing, Bouldering and Strength Training in 1 app.