

system wall

<http://www.climbstrong.com/articles/20131031> - more info

programs are usually 6 to 8 weeks in length
2-3 times pr week

Positioning

lobs (BAD FEET)

gastons - shoulder intensive - relies on creating a cross-body vector

underclings

sidepulls (STEP THRU)

step-thru

flags inside / outside

high steps (inside / outside)

Strength / Power

2 days per week. 4-6 exercises, 5 sets each. 2-3 moves per side or 8-12 seconds with 3-5x rest.

ladders

diagonal locks

pull-into-position

lock + hover

lockdowns

1-up

2-up

Endurance Up to 4 days per week, details with each exercise.

rhythm intervals: Start with 2 rounds of 4 x 30:30, with 4 min rest between

timed statics (MOVE - HOLD FOR TIME - MOVE - HOLD FOR TIME): start with 3 sets of 3 moves per side, 5 second pauses. Rest 2-3 minutes between sets. 2-3 exercises per session.

static dynamics (2 REPS / 10S PAUSE. REPEAT 3-

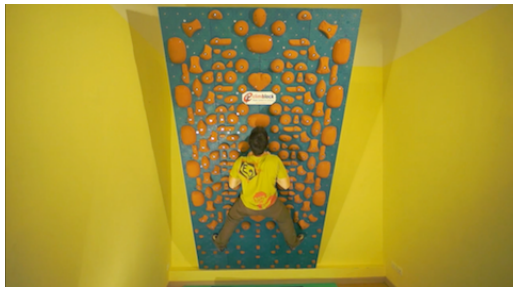
10 MIN) Start with 2 exercises, 1 set each with 5-10 minutes between.

ISOMETRIC POWER AND COORDINATION



SYSTEM PULLUPS (EASY)





SYSTEM PULLUPS (BOTH LEGS)



SYSTEM PULLUPS (FLAG ONE LEG)





SIT STARTS



ENDURANCE TESTS

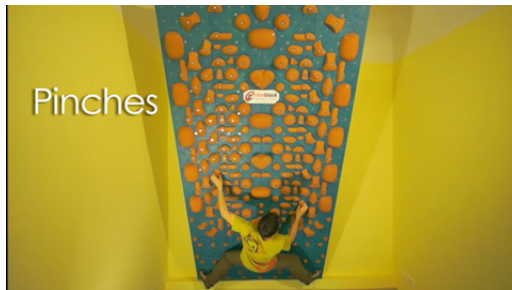




DYNAMIC LOCKS



PINCHES



FINGER GROUP ISOLATION

