

BUILD ROCK CLIMBING SKILLS AT HOME

Home Workout

Below is an example workout plan to advance your rock climbing even when unable to access a climbing facility. All of the exercises are described in the sections below.

When performing these exercises or stretches it is more important to have good form than to do the hardest version or to go fast. If at any point you can't keep correct form either modify to make it easier or stop and move on. Correct form makes it so that you are protected from injury and you are working the intended muscles.

Workout plan

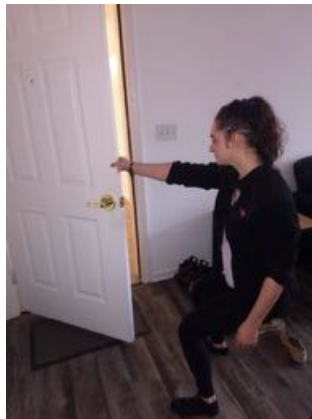
- Warm up (45 sec each)
 - toe touches
 - high knees
 - jumping jacks
 - arm circles
 - Hand squeezes
- Lower body
 - Romanian with knee
 - Bridge leg lift on toes
 - Calf raises single leg lower
- Grip strength
 - Hand squeezes
 - Door frame hang
 - Open door fall
- upper body
 - Diamond push up
 - Staggered push up
 - tricep push up
 - Anti-push up
 - Regular push up
- Core
 - Windshield wiper
 - Seesaw
 - Side plank
 - Walk down shoulder taps
- Static stretching
 - Front kick

- Rainbow kick
- Side lunge
- Lunge hip flexor stretch
- Runners lunge calf stretch
- Downward dog
- Cobra
- Child's pose
- Pigeon pose
- butterfly
- Bow and arrow
- Number four stretch

Grip strength exercises

_____When working out grip strength is often overlooked, however, it is essential to rock climbing. Usually when climbing, grip strength is the first to give out. These exercises will help reduce the amount of fatigue in your forearms when you begin climbing. The tendons and muscles in our hand can be easily injured. Be careful while performing any of these exercises and do not continue the exercise once you are fatigued.

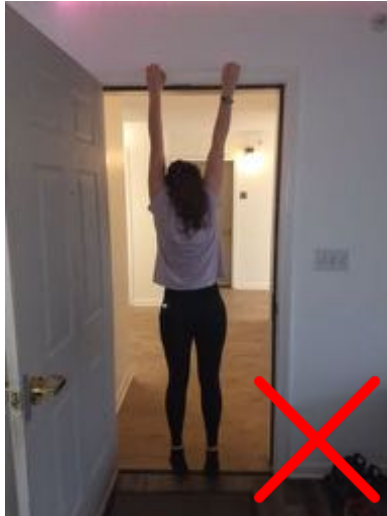
- Door fall
 - Open a door part way. Face the inside edge of the door. Pinch the edge of the door with one hand and lean back in a squat position. Hold on for 5 to 10 sec. Repeat with the opposite hand. To increase difficulty, fall back into the squat position and catch yourself by reaching out and pinching the doorframe.



- Door frame hang
 - Find a door frame with a wooden trim. Check that the door frame is strong enough before hanging. Make sure you can reach the top of the frame. If you can't reach, bring over a sturdy object such as a stool or a chair to stand on. Put your

fingertips on top of the door frame and lift your feet up so that all your body weight is on your finger tips. Hang for 5 to 10 sec at a time.

- The left picture shows incorrect form with shoulders unactivated and up by the ears. On the right, the picture shows correct form, shoulders are activated and down in a neutral position.



- Hand squeezes
 - Stick arms straight out, open hands as wide as possible, squeeze them tightly, repeat as long as you can as fast as you can. Hold a stress ball to add resistance when squeezing. Place a rubber band around your fingers (wrap it around each finger for extra resistance), keep your fingers straight as you open and close them.



General strength

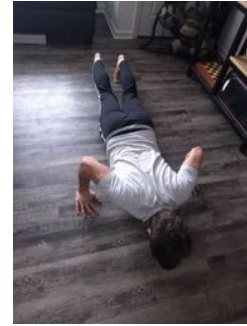
Note: Pushups can be done on the toes (harder version) or the knees (easier version). Do the hardest version you can for as long as you can without sacrificing form. Correct form for a push

up means a straight line from your heels to your hips to your shoulders. Keep your butt down for both the easy and the hard version.

- Various Push ups

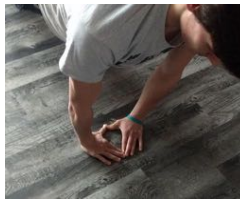
- Regular

- Arms shoulder width apart making a 45 degree angle with your body, use your chest to push yourself off the ground, extend with the serratus and return to a hovered position.



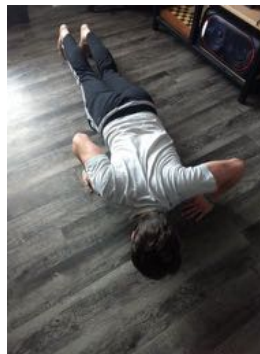
- Diamond

- Push ups with arms by your side and hands together in a diamond shape.



- Staggered

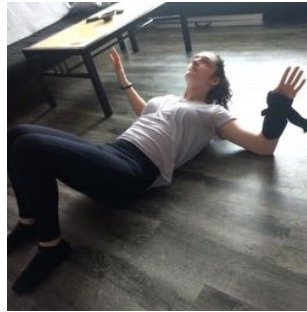
- Push ups with one arm higher than the other. This will use other muscle groups in that area and make you fatigue faster.



- Anti-push up

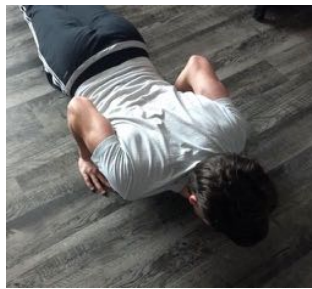
- lay on the ground with arms out like a T and elbows bent at a 90 degree angle. Flex your back to press your elbows into the ground and hinge at the hip, lifting your back off the floor. This will be a small range of

motion. If you can't get off the ground that is ok. You will still be working



your muscles.

- Tricep (Military)
 - Push ups with arms by your side. Unlike the diamond pushup, you don't connect your hands. Instead, you focus your weight more on the triceps and less on the chest.



- Calf raises
 - Stand up and find your balance (some use the wall to assist), flex your calves to lift your body up, hold on your toes for a second, return down to the ground. To make this more difficult, push up with both calves but lower yourself down slowly with only one leg.

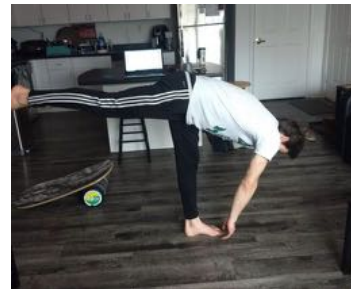
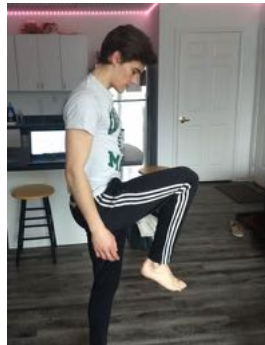


- Bridge with leg lift on toes

- Lay on your back with knees bent, extend one leg out so it isn't touching the ground, push up with the glute muscles on the leg that is still in contact with the ground. Let the other leg drive up to further the range of motion.

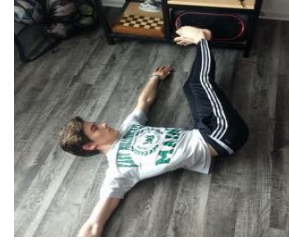
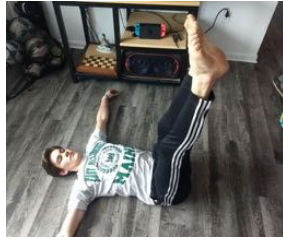


- Romanian with knee
 - Balance on one foot, keep the back leg straight as you lower yourself to touch your toes (touch the toe with opposite arm), as you return, drive your knee up to improve balance and increase ROM. The significance of lifting the back leg is to add more tension on the front hamstring, stretching it and breaking down the muscle fibers.

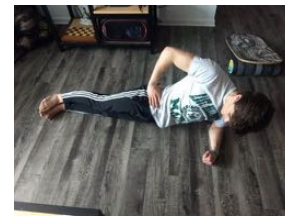
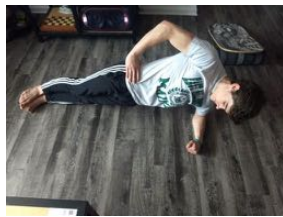


Core strength

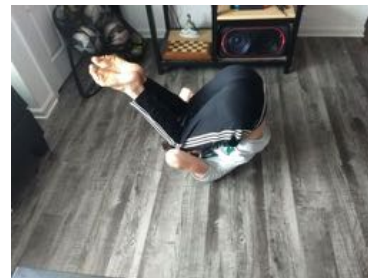
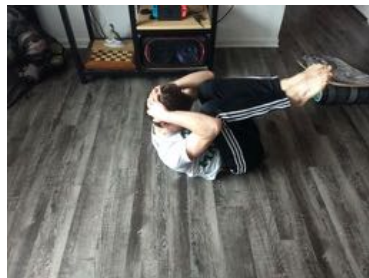
- Windshield wipers
 - Lay on your back with both legs in the air, extend your arms by your side for stabilization, twist your obliques by lowering your legs to one side then the other. Try to bring your feet to each extended hand.



- Side plank dips
 - hold yourself up with on one elbow its corresponding foot, keep your core flexed the entire time, drop your hip so it touches the ground, return to side plank position and repeat.



- Walk down shoulder taps
 - Start in push up position, lower yourself to your elbows one arm at a time and pause in plank position, then lift yourself back to pushup position, now tap each shoulder with the opposite hand, pause in pushup position and repeat.
- Seesaw crunch
 - Lay on your back with knees up and bent at 90 degrees, start by doing a reverse crunch (contract your core to bring your knees to your chest), return to resting position and do a crunch (contract core to lift shoulder blades off the ground and bring elbows to knees), return to starting position and repeat the seesaw motion.



Stretch/balance/yoga

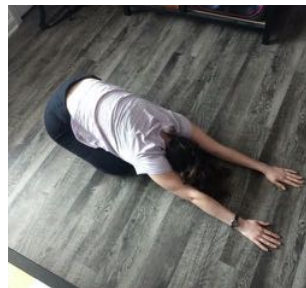
Note: It takes time to build up flexibility. Give yourself grace and do what you can. If you can't do a certain position or stretch, modify it. For example, you do not have to lean forward in the

butterfly stretch. Just sitting up straight may already be a challenge depending on how tight your muscles are. If a stretch hurts, move onto a different one. These should not hurt.

- Downward dog
 - Start on your hands and knees. Tuck your toes under, press the palms of your hands into the mat, and lift your butt up straightening your legs. Make a line from your wrists to your hips. You should be making an upside down V with your body.
 - Stretches your calves, back, and shoulders depending on your flexibility and muscle tension.



- Child's pose
 - Start on your hands and knees. Put your big toes together and sit back onto your legs with your arms reaching out in front and head down.
 - Stretches your back and shoulders.



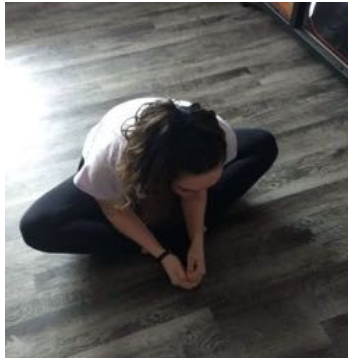
- Cobra
 - Lie on your stomach with the tops of your feet on the ground. Place your hands by the base of your rib cage and press upwards. Keep your hips on the ground and curve backwards. Make sure your shoulders are relaxed and not up by your ears.
 - Stretches your hip flexors and abdominal muscles.



- Lunge hip flexor stretch
 - Start standing. Put one foot a few feet behind you with your back heel staying up off the ground. Keep your hips square and push them forward until you feel a stretch in the hip flexor of your back leg. Put your arms up and lean backwards to push your hips forward more.



- Runners lunge: calf stretch
 - Start in an high plank position (palms on the ground shoulder width apart, shoulders over wrists, legs extended behind you, and on your toes). Place your right leg on top of the left ankle and push back into your left foot.
 - Stretches the calf of the leg on the ground.
- Butterfly
 - Sit on the ground with the bottoms of your feet together in front of you. Lean forward and push your knees towards the floor to increase the stretch.



- Number four stretch

- Lie facing upwards on the floor. Place your left foot on your right knee. Grab behind your right knee and pull towards you to stretch your left glute.



- Side lunge inner thigh stretch

- Start standing up. Place your right leg a few feet out to the side. Bend your right leg and keep the left leg straight. Press the left hip down towards the floor
- Stretches the inner thigh



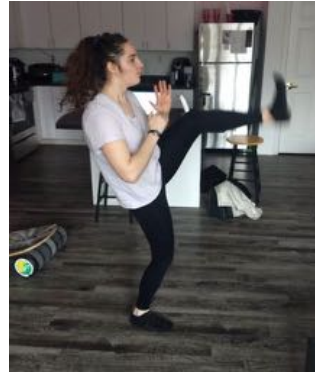
- Rainbow kick

- Place your feet a little wider than shoulder length apart. Angle your feet outwards and bend your knees so that you are doing a sumo squat. Lift your right foot and bring it around in a circular motion starting inwards and coming out, around, and back down to the starting position. Repeat on the other side.



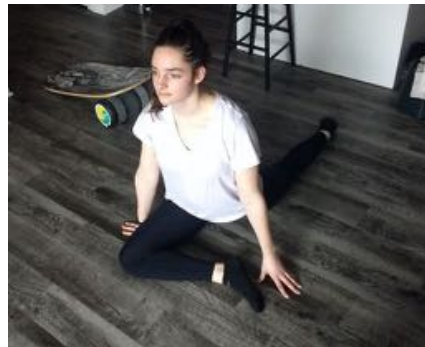
- Single leg kicks

- From a standing position kick one leg upwards making sure to keep your back straight. Practice kicking as high as you can while staying in control and keeping your back straight.
- This works on balance, strength, and flexibility



- Pigeon pose

- On the ground put your left leg in front of you with your knee bent and your foot going to the right so that your leg makes as close to a 90 degree angle as possible. Extend your right leg out behind you with the top of your right foot on the ground. Your hands should be on the ground either side of you, pressing down into the floor.



- Bow and arrow

- Sit on the ground with both legs straight in front of you. Bend your right leg and put the bottom of your right foot onto the side of your left knee. Lean forward, reaching towards your left foot.

