**A close up of a sign

Description automatically generated**

**Hangboard At Home Workout***This workout has been assembled by USA Climbing’s High Performance Team. Please adjust the workout accordingly to fit your needs. As always, we suggest consulting with a physician and trainer before beginning a new fitness regimen.*

HangBoard Workout (Warm Up before beginning)

* Time – 12-15 second hang for each set (30 minutes total)
* Rest – After each set, 1-minute REST
* Log – Log times for each respective hang below
* Hold / Size
  + 4 fingers / 16mm
  + Outer 2 fingers / 20mm
  + Inner 2 fingers / 16mm
  + Outer 3 fingers / 16mm
  + Inner 3 fingers / 16mm
  + One arm hang (slightly bent) Left / Edge
  + One arm hang (slightly bent) Right / Edge
  + One arm hang (@ 90 degrees) Left / Edge
  + One arm hang (@ 90 degrees) Right / Edge