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 **Power & Strength Training 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.*

Power and Strength

* Warm Up
* Do the following with NO REST between each exercise
	+ Pull up bar, tree branch, etc.
		- 2 one arm negatives as slow as possible on each arm
		- Additional option (only if at appropriate fitness level): have a partner or family member hang on you once you are in a full lock-off to pull you down
		- 5 – Double Claps – Pull up fast, clap hands and then grab back on
		- 30 second / 90-degree hold – hang for 30 seconds in lock off position
		- 3 sets of 5 reps / fast twitch pull ups (5 second rest between each rep) – PULL FAST!

NOTE: The above “Power and Strength” workout may also be completed on a hang board if you have one or a blending of both. You will need to determine the appropriate edges (medium/large) that work for your level of fitness.