



General Fitness 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.

Warm up-

Easy jog/jump rope/stationary bike (~1mile at slow pace)

I's, T's, Y's – excellent for shoulder stability and strengthening

(Search "I's, T's, Y's" on YouTube for form)

Wall angles X10

Against a vertical wall. With bent knees and arms at 90 degrees- push fingers, wrists, elbows, shoulders, full spine against wall. Move hands up and down like you're making a snow angel on the wall

Leg lifts from bar X10 (lifting legs fast, lowering legs slowly)

With shoulders engaged, flexing toes backward lift legs quickly to touch bar above head. Point toes forward and slow while lowering.

60 minutes for 4X4 (or whatever you're up for)

Large set-

Assisted one arm X2 if beginning X5 if experienced

Take as much weight off (with looped band or something similar) as needed in order to reach chin to bar)

Superman's from rings or walk hands out w/feet raised X10

Keep low back flat and hips level. Start with hands and shoulders in line. Move hands outward slowly, pulling back in before low back starts to cave.

Knees to elbows X10

Pull into a 90 degree lock off. Without swinging or leaning back, raise knees to elbows (add/remove difficulty by bending elbows or not). Try to keep upper body from moving while knees come up/down

Dips X15

(bring feet under you if you need them easier)

Run down/upstairs WITH QUIET FEET X2

As quickly as you're able without making sound

Offset pulls X10

Start with hands just beyond shoulder width and with one hand ~6 inches below the other. Do 5 on each side then switch

Between each large set-

60 bicycle crunches

10 pushups raising alternating arm to vertical after each

30 leg lifts (hands only under butt if you have to)