



Hangboard At Home Workout

This workout has been assembled by USA Climbing's High Performance Team for athletes 16 and older. 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