



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.