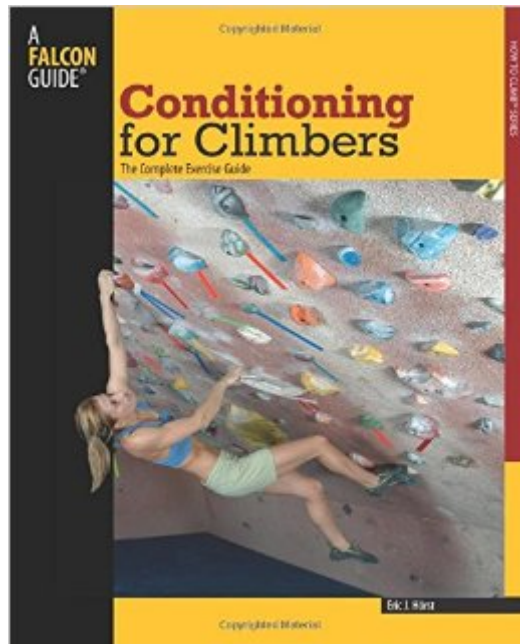


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# Conditioning For Climbers: The Complete Exercise Guide (How To Climb Series)



## Synopsis

The only conditioning book a rock climber needs! Rock climbing is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina. Good climbers have to build and maintain each of these assets. This is the first-ever book to provide climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive, personalized exercise program. Part One covers the basics of physical conditioning and goal-setting. Part Two takes readers through warm-up and flexibility routines, entry-level strength training, weight loss tips, and fifteen core-conditioning exercises. Part Three details climbing-specific conditioning, with twenty exercises to target specific muscles of the fingers, arms and upper torso to develop power and endurance. An entire chapter focuses on the antagonist muscle groups that help provide balance and stability, and prevent muscle injury. This section also has a chapter devoted to stamina conditioning, increasing the climber's endurance at high altitudes. Part Four shows how to put together a customized training program to suit the climber's needs. The book includes workout sheets for Beginner, Intermediate, and Advanced skill levels, tips for children and those over age fifty, secrets of good nutrition and an insider's take on avoiding injuries. Eric Hörst is a performance coach who has helped thousands of climbers. His published works include *Learning to Climb Indoors*, *Training for Climbing*, and *How to Climb 5.12*. He lives in Lancaster, Pennsylvania.

## Book Information

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## Customer Reviews

Eric Horst's book, *Conditioning for Climbers*, is a winner. As an almost 61 year old climber, I can

truly appreciate its comments about warming up, stretching, etc. I have been active my entire adult life with bicycle racing, running, Colorado peak bagging, weight lifting, and rock climbing. I have read dozens of books on training from the basic physiology of training to sport specific. Until now, every sport, except rock climbing, has sport specific literature. With *Conditioning for Climbers*, rock climbing now has a well written, well researched and well presented state-of-the-art book specific to conditioning for climbing.

This is a comprehensive guide that I would recommend to anyone that wants to improve their climbing. The book has a lot of focus on injury prevention, sport specific conditioning (obviously), general conditioning, nutrition and training micro and macro cycles. I'm sure I missed something, but I can definitely tell you it has made me a better climber overall, after reading it sparingly. Getting advice from other climbers at the gym and at the crag is good and much appreciated, but this book helps you find your weaknesses as a climber with a great self-assessment questionnaire, and outlines what you need to do to get better.

Having read and been impressed by previous books by Eric Horst I thought it was worth giving '*Conditioning For Climbers*' a try and I have to say I am glad I did. It offers up comprehensive training techniques in a colourful and well laid out format. If you have read '*Training for Climbing*' or '*Learning to Climb Indoors*' then some of the information will seem repetitive, but if not then this gives you a detailed and sound training plan to improve overall climbing fitness and strength. A lot of the training outlined is based on sound scientific principles and gives you confidence in trying them out. This book covers Conditioning Principles and Self Assessment, General Conditioning, Climbing-Specific Conditioning, Conditioning Program, Performance Nutrition and Injury Prevention and appendices looking at muscle anatomy and training charts. This has extensive photos in colour that illustrate the exercises being shown, and plenty of graphs and charts to back up information in the text. Horst's writing style is very easy to read and makes what can be a dry topic fun and engaging. If you are serious about improving your climbing abilities then this is the book to head for. Feel free to check out my blog which can be found on my profile page.

I really liked this book. It helped guide my climbing conditioning. Actually, also bought the other book by the same author, about climbing better (I forget the title). I read that book all the way through, and that helped my climbing a lot. That book helps you on many other aspects than just physical to make you a better climber. The book being reviewed is more about the physical aspects, which I

also like having so that I can see everything in detail. Workouts are described and he explains roughly what your week should look like if you want to be a better climber. He also tailors it to all levels of climbers, and explains what each might be doing to train. Author is very knowledgeable and he cites many scientific articles, which makes his books worth reading, i.e., this isn't just some random guy's opinion on how to climb better, this is proven research on the physical and mental practices that make you a better athlete and a better climber.

Horst is prolific in this space and knows what he is talking about. This has some excellent tips for conditioning, especially in the area of injury prevention. I have worked many of the exercises listed within into my conditioning program with good results. The only caveat is that he tends to overemphasize sport-specificity to the point of making general conditioning seem under-important. Particularly useful are the self-evaluation questionnaires, which can identify the particular area you need to train (and not just physical training, which is covered by this book, but also technical and mental training). While these self-evaluations are a part of all of Horst's books (including *Training for Climbing*, and *How to Climb 5.12*), the evaluations in this book are much more elaborate than those in any of the others. In spite of a lot of overlap with *Training for Climbing* and *How to Climb 5.12*, every climber should still have this book in his or her library.

This book has some really good information for the occasional climber with a lot of pictures to help develop proper technique. I used it when I was climbing more consistently and it helped me build up strength without injury. I never went beyond a beginner/intermediate level so I cannot speak for its use by advanced climbers.

I'm a fairly new climber and this book has really given me a good guide to reaching the goals I want to reach. It was also recommended by my uncle who climbed El Cap' in '88 so he's been around the block. If you want to work out in a way that will improve your climbing this book is a must read.

discovered that doing P90X is helping me be a better climber. I live twenty minutes from The Shelf road area and have not been able to go like I have wanted to. This and the other books in the set are motivating

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