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## Rock climbing training manual

This comprehensive guide, The Rock Climber's Training Manual, is a game-changer for any aspiring climber looking to push their limits. With its clear, concise language and inspiring visuals, the Anderson brothers have made complex training concepts accessible to all. By sharing their own experiences as elite climbers, they demonstrate how to maximize limited training time, optimize performance, and systematically improve skills. Whether you're a beginner or seasoned pro, this book offers valuable insights into the mental dedication required for success in rock climbing. "RCTM will be the bible for climbing training in America," said Jonathan Siegrist, professional climber and 5.14d First Ascentionist. Mark Dixon, a boulderer from Boulder, CO, praised the book's production values, saying it's a "beautiful book" that offers a systematic and straightforward program. Lee Smith, from Louisville, KY, noted that RCTM is the perfect book for this generation of climbers, calling it "Performance Rock Climbing." The book has received positive reviews, with Annie Robertson, a climber from Portland, OR, stating that it's her favorite training book so far. She likes how the chapters progress from scientific explanations to practical steps. RCTM has also been praised by climbers and climbing experts alike, including: - Supertopo.com: "Buy this book, follow the plan within, and you WILL increase your abilities." - 8a.nu: "The most comprehensive training book for climbers...very well done...the new climbing bible." - Deadpoint Magazine: "This is a massive, comprehensive book...there is no better manual available." - Climbing Magazine: "A must have...covers every aspect of climbing, from footwork to mental strategies." Climbers who have used the Rock Prodigy training program have also reported significant improvements. Dale Goddard, author of Performance Rock Climbing, credited the program with helping him structure his approach. Ryan Palo, a 5.14 First Ascentionist and dedicated weekend warrior, experienced marked improvements after starting the Rock Prodigy program, climbing roughly a letter grade every six months. Dan Brayack, a climber from Charleston, WV, reported that he was able to send 11 5.13s in his first training cycle after using the Rock Prodigy program. tendon pulley strains are common, affecting around 6 people over a period of ten years. Before using the RP method structured training, I was stuck at 5.12. Redpointing my first 5.12d in 2005 and 13a in 2011 showed me that plateaus last longer without proper organization. Since adopting RP, my redpoints increased by one grade each year: 13b in 2012, then 13c in 2013. I found RP's hangboarding method beneficial for building strength and preventing finger injuries like mine. During a foot injury, I stuck to hangboarding, weighted lockoffs, and core exercises with set goals. After recovery, my power and technique improved, allowing me to climb at pre-injury levels again. The Rock Prodigy method helped break through the 5.13 barrier, especially suitable for regular gym and crag training. Desiree Westfall, an experienced climber from Pocatello, ID, recounts how she got back into shape after a few years of infrequent climbing by using the Rock Prodigy method. She was able to regain her onsighting abilities at the 5.12 level in just 12 weeks, a testament to the program's effectiveness. Ben Tipton from Dothan, Alabama, shares his success story with the Rock Prodigy Training Program. He has seen significant improvement in his climbing skills over two years, increasing his redpoint level by almost 2 grades and enabling him to onsight harder routes than before. Another climber, who started training at age 30, had a late introduction to formal training but quickly made up for lost time with the Rock Prodigy method. They progressed from mid-5.12 to mid-5.13 in just one year and gained confidence to take on new climbing challenges. The program has also helped them develop a clear understanding of their goals and progress, enabling them to share their knowledge with fellow climbers. The testimonials highlight the effectiveness of the Rock Prodigy method in helping climbers achieve their goals quickly and efficiently, even when time is limited. I used to think small edges and pockets were unusable, but campusing has changed my climbing approach; I'm more willing to take risks now. After a tough onsite route, I sit in awe of the skills I've developed: confidence clipping bolts at my waist and ability to dyno to unknown holds. All these skills emerged from the Rock Prodigy Method. The most significant advantage is TIME - I don't have much time to climb. Short, efficient workouts give me the time I need for other aspects of my life and I've been injury-free since starting training. Looking back, I chuckle at conversations about unproven training methods; there's no consistency or way to measure progress. The Rock Prodigy method is the most efficient use of my time and the most clearly thought-out organized approach to improve. I look forward to each climbing season like a kid waiting to play a video game. Shaun Corpron, Dayton, Ohio: After adapting your training periodization ideas for my six-week trip, I set new personal bests on both OS and RP attempts and climbed harder than ever! Krzysztof Krzyżanowski, Poland: Thanks for creating great training products and information - recently, I achieved my hardest redpoint to date after being stuck at 5.12d since September 2011. Ryan Crossing: I attribute my success on the Rock Prodigy hangboard, which allowed me to replicate crux holds with thin crimps; thanks again for your book, hangboard, and blog - great resources for training! (Note: The original text's language is retained, with only slight adjustments made to maintain the same tone and style.) As a team, we achieved a new record for women with 152 route counts. Our total points of 304 secured third place in the co-ed category behind Alex Honnold and Bobbi Bensman. I won third place in the Masters category, feeling stronger than ever at our age. The added strength from the Rock Prodigy training manual helped us climb well for 24 hours as 5.11 climbers. — Dick Dower The RCTM has given me a perfect routine to follow. By focusing on efficiency, I've been able to recover quickly and improve my grades. Thank you for your hard work on the most comprehensive climbing training manual. — Bradley Austin Hilbert I followed a modified version of the program this season and sent 13b, close to sending another 13b. I also climbed multiple 12b routes in one day. What helped me was climbing with stronger climbers and learning from them. The RCTM gave me the edge I needed. — Paul Yannopoulos The Rock Climber's Training Manual provides a step-by-step action plan for improving your climbing, whether you're a beginner or advanced climber. With detailed schedules and 11 exercise protocols, you can tailor your training to bouldering, sport, or traditional climbing. The book "Big Wall Free Climbing" provides a comprehensive guide to training, strategy, and tactics for climbers of all levels. It covers various aspects such as fitness and strength, diet and nutrition, injuries, and performance. However, some readers have expressed concerns about the book's outdated wisdom, particularly in regards to its approach to women's bodies and experiences. The text predominantly uses male pronouns, which has been criticized by several reviewers. Despite this limitation, the book offers valuable insights and information on hangboards, which can be a useful resource for climbers. Some readers have found the book's dense content and lack of clear instructions to be frustrating, particularly when it comes to creating a personalized training plan. However, others have praised the book as a useful resource that can be adapted to suit individual needs. While this book excels at teaching efficiency in training, blindly following its plan might be overkill. As someone who's still learning, I can attest that being too rigid with the program can lead to neglecting fundamental climbing truths. A more practical approach is to adapt the routines to suit your needs and goals. The book itself is a treasure trove of knowledge, and selecting exercises based on its advice has certainly helped me improve. This comprehensive guide is suitable for all climbing objectives, catering to both weekend warriors and experienced climbers seeking to enhance their skills. The authors offer valuable advice on adapting the program for big wall climbing and gymless individuals, making it a versatile resource for readers like myself. Overall, I consider this book an essential addition to any climber's library. This book on physical training for climbing is highly effective, offering specific advice on what to do, when to do it, and how to track progress. It's ideal for climbers committed to improving their skills through hard work. The book focuses on training but also provides tips on planning outdoor trips to maximize the chance of successfully completing projects. By following the advice in this book, climbers can become stronger and more confident. The book combines science, psychology, and a training plan to help climbers take their skills to the next level. Many reviewers have found the hangboarding training plan to be particularly helpful in improving their climbing abilities. While some chapters, such as the one on weight management, may not be as useful, the rest of the book is well-researched and worth reading. Overall, this book is a must-have for any climber looking to boost their performance and achieve their goals. With its comprehensive approach to training and its emphasis on designing personalized training plans, this book is an invaluable resource for climbers of all levels. Looking forward to sharing our adventure in Switzerland with you, where we explored two of the country's premier sport crags, Lehn and Gimmelwald, as well as other exciting experiences. We visited some of the best klettersteigs in the world, including the Eiger Rotstock and Murren via ferrats, but unfortunately, our trip was cut short due to my recent injury.

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