



Gimme Kraft: Effective Climbing Training

Patrick Matros, Ludwig Korb, Hannes Huch

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How do I get stronger? How can I train most effeciently? Which exercises make the most sense? These are only a few questions that we as trainers are confronted with during our daily routine. Throughout the last decade, climbing went through major developments especially in the realm of training where contents and methods have changed dramatically as far as sophistication goes. Our main target is to enrich the current knowledge of training with a selection of new and creative exercises. The focus of our program is a well-balanced and long term performance-gain. We want to avoid a one-sided physical burden through inappropriate training. How can I train in a well-rounded manner? What is it that I have to focus on during my exercises? What is the ideal extent of my training-activities? How do I combine them most productively? You can find the answers to all these questions on this DVD, which comes completed with an easy-to-understand practice-book. We have decided in favour of an additional learning video because we believe that it is the best way to communicate the complex forms of our exercises in a didactically appropriate manner. Apart from that it's great to have a book too which you can easily take anywhere to have a quick look, so we found it necessary to provide you with this as well. There's another thing which might be of interest for many of you: the answer to the question how pro-climbers train. We have put together a fine selection of interviews with some of them to provide you with some insight on what a few of the best of them understand by the term training.

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