

## **Hangboarding**

*Frank Ocasio has sent us a training program for Hangboarding that both fit route climbers and boulderers. No short cuts, hard training for a couple of weeks and you will progress. To follow the hardest 30 minutes sequence, it seems, you have to be some kind of a self-tormentor. However, the success is proven as it took Frank to 7C+ (We are using upper case letters for boulders).*

### **Warning**

Understand that your entire weight is being held by your fingers and there is an enormous amount of stress being placed upon all muscles, tendons and so on. If you have been seriously injured, in the past, in your arm area, PLEASE proceed with caution. Note For beginners creating a stable base of power and endurance is a million times more important than specific training. Climb first and learn to how your body reacts to different stresses then if you decide to go on to specific training, use it only as supplement not a replacement. For medium to advance climbers, use these exercises only two-three times a week only as boost to enhance your performance. Do not carry on the same exercise for more than 3-4 weeks as your body will adjust to the stress and will soon require new and more difficult stresses.

### **In general**

The hardest thing about hangboarding is actually doing it. Throughout the exercise motivation drops and there is no cure for this. You have to remember to visualize yourself as stronger because of that exercise. Visualization and self-motivation is key. If you have little self-motivation get a partner. Begin by warming-up, doing a few pull-ups, stretching and get the blood moving. Have some water next you to keep the tendons hydrated. There are many ways to train on the hangboard, I will introduce to you sequence training. These exercises start at the beginning of a new minute and can take up from five to forty seconds. After the exercise is completed the remaining time is used for rest. It is important to stretch during the rest and drink a little water.

Stick to a sequence for a 2-4weeks and then move on. For a medium edge, you should only be able to hold onto for 30 seconds and a small edge is like 20 seconds. Also add that if the user has a lack of edges, then they can drop fingers. Do the exercises, with four fingers, until it becomes easy, then to three fingers, until it is easy and so on.

## Beginners

This is a Sample routine that has leverage in the Hanging time and the amount of Pull-ups. If this is too easy, move on to a harder sequence, don't add weight. If you are unable to hold your own weight and you want to do these routines, place a chair in front of you and place a couple of your toes on it. Push the chair forward out from under you to slowly transition from using this assistance to using only your bodyweight. These are only my routines, don't be afraid to mix it around.

### 5 & 8 Minute sequence

<b>Min</b>	<b>Type of hold</b>	<b>Exercise</b>	<b>Sec/Rep</b>
1	Jug	Hanging	15 sec
2	Medium Edge	Hanging	8 sec
3	Jug	Pull-up	6 rep
4	Medium Edge	Hanging	8 sec
5	Small Edge	Hanging	6 sec

  

<b>Min</b>	<b>Type of hold</b>	<b>Exercise</b>	<b>Sec/Rep</b>
1	Jug	Hanging	15-20 sec
2	Jug	Pull-up	6 rep
3	Medium Edge	Pull-up	4 rep
4	Medium Edge	Hanging	15 sec
5	Rest	Rest	Rest
6	Medium Edge	Hanging	15 sec
7	Small Edge	Hanging	8 sec
8	Medium Edge	Hanging	As long as p.

## Intermediate

This is where hangboarding is the most effective. Your not starting out, so you have some experience holding your own body weight and your not some expert, so there is a larger margin of muscle/strength growth. The idea in the following sequences are to push your body to expect certain prolonged stress and begin to learn, what I call the "pump tolerance." First, if you are able to hold yourself on a edge, with no feet, for a period of time, then when all the wall you can hold that same edge with better control and hold it much easier. The second is to learn what a pump tolerance. The idea behind this is to get the worst pump you can possible get. When at the wall and you get a okay pump, you will understand there are worst pumps and you might actually stop complaining and continue climbing.

### 10 & 15 Minute sequence (Harder, don't start to fast - Injuries)

Min	Type of hold	Exercise	Sec/Rep
1	Jug	Hanging	30 sec
2	Medium Edge	Pull-up	6 rep
3	Small Edge	Hanging	12 sec
4	Pocket	Pull-up	6 rep
5	Medium Edge	Hanging	20 sec
6	Medium Edge	Hanging	20 sec
7	Jug	Pull-up	10 rep
8	Small Edge	Hanging	12 sec
9	Medium Edge	Hanging	18 sec
10	Small Edge	Hanging	As long as p.

Min	Type of hold	Exercise	Sec/Rep
1	Jug	Pull-ups	10 rep
2	Medium Edge	Pull-ups	4 rep
3	Small Edge	Pull-ups	5 rep
4	Pocket	Pull-up	5 rep
5	Medium Edge	Hanging	20 sec
6	Jug	Pull-up	10 rep
7	Medium Edge	Hanging	20 sec
8	Small Edge	Hanging	20 sec
9	Medium Edge	Pull-up	5 rep
10	Jug	Hanging	40 sec
11	Medium Edge	Hanging	25 sec
12	Medium Edge	Hanging	25 sec
13	Small Edge	Pull-up	5 rep
14	Small Edge	Hanging	20 sec
15	Jug	Hanging	1 min

## Advance Climbers

Now here comes the good stuff. The following exercises are sick and took me a couple of weeks to get used to and another couple of weeks to pass it by. The following exercises are designed to give you that little boost in those times when you don't feel so strong. By now you should be climbing more than you are doing specific training. These are simply boosts of extra power endurance to give you that extra something bouldering or doing routes.

### 20 & 30 Minute sequence

Min	Type of hold	Exercise	Sec/Rep
1	Jug	Pulls	10 rep
2	Medium	Pulls	8 rep
3	Small	Pulls	5 rep
4	Medium	Pulls	5 rep
5	Pocket	Pulls	7 rep
6	Jug	Hang	40 sec
7	Medium	Pulls	5 rep
8	Small	Hang	20 sec
9	Medium	Hang	25 sec
10	Jug	Pulls	10 rep
11	Small	Hang	20 sec
12	Jug	Hang	40 sec
13	Medium	Hang	30 sec
14	Medium	Pulls	5 rep
15	Small	Hang	25 sec
16	Medium	Hang	25 sec
17	Small	Hang	20 sec
18	Small	Hang	25 sec
19	Medium	Hang	30 sec
20	Jug	Hang	1.5 min

<b>Min</b>	<b>Type of hold</b>	<b>Exercise</b>	<b>Sec/Rep</b>
1	Jug	Pulls	10 rep
2	Medium	Pulls	6 rep
3	Small	Pulls	5 rep
4	Medium	Pulls	5 rep
5	Pocket	Pulls	5 rep
6	Medium	Pulls	4 rep
7	Jug	Hang	30 sec
8	Jug	Pulls	10 rep
9	Medium	Pulls	5 rep
10	Small	Hang	15 sec
11	Medium	Hang	20 sec
12	Jug	Pulls	10 rep
13	Small	Hang	15 sec
14	Jug	Hang	40 sec
15	Medium	Hang	20 sec
16	Medium	Pulls	5 rep
17	Small	Hang	15 sec
18	Medium	Hang	20 sec
19	Small	Hang	15 sec
20	Small	Hang	15 sec
21	Medium	Hang	20 sec
22	Jug	Pulls	10 rep
23	Medium	Hang	20 sec
24	Small	Hang	15 sec
25	Medium	Pulls	5 rep
26	Jug	Hang	40 sec
27	Medium	Hang	20 sec
28	Medium	Hang	20 sec
29	Small	Hang	15 sec
30	Jug	Hang	1 min

**Well** that is it and hopefully you will get the idea of personalizing the holds, time, and so on. If it works to get you stronger tell us how, if not tell us why it did not work.