

## Audrey's 10 minute Fingerboard workout

### Intro

Warm-up (at least 20 minutes with no more than 30 to 50% max effort exerted): light cardio, get your pulse up, and a light workout for your arms. Take 5 minutes after the warm-up to hydrate and recover before continuing. Begin workout and attempt to complete each set within the minute allotment.

1 or 2 days rest should be sufficient depending on intensity of the workout, age, fitness level, etc. It is not unusual to need up to 4 days for recovery. This workout can be done 2 times a week when climbing moderately. Reduce frequency as climbing intensifies. Do not execute more than 3 times per week.

Building tendon strength is not like building muscle strength. Do rest, never force the exercise. Stop before failure. Tendons build up slowly and are easy to injure. Hydrate frequently. This workout should feel challenging but doable. Your body should not feel trashed after. If it does, take the workout down a notch. This workout is targeted at 90% max effort exertion.

### Some words of advice

**Beginner:** Try body weight to start. Drop set all exercises until you can meet the repetitions stated. All holds should start out positive and comfortable. Gradually adjust to use smaller holds, more weight, etc. If you have never done something like this before, add more rest between each set. Don't be afraid to split the workout into multiple days. Do not execute to failure.

**Intermediate:** Try each set as specified and adjust accordingly. Do not force a set. Gradually work up to specified workout or adjust areas to increase difficulty. Reduce the rest between sets. Be careful not to execute to failure.

**Advanced:** Avoid the tendency to do more than is prescribed. Start with the outline and adjust to increase difficulty, e.g. aim for longer dead-hangs (up to 20") before adding weight. Eliminate the rest between sets. Start each set on the minute. Be careful not to execute to failure. Take at least one rest day following.

### 10 minute fingerboard workout

Time	Reps	Task	Grip	Hold	Wgt
1	6	blast pull-ups	Open hand	Jugs	
	6	Narrow-stance push-ups	Palms		
	1	Pull-up, dead-hang 10", pull-up	Open hand	Small edge	10#
2	<b>Rest</b>				
3	6	Typewriter pull-up (alt sides)		Jugs	
	6	Pushups	Fingertips		
	1	Pull-up, dead-hang 10", pull-up	Half crimp	Small edge	10#
4	<b>Rest</b>				
5	6	Negatives, 3 each arm		Jugs	5#
	6	Triceps push-down/dips		Chair/bench	
	1	Pull-up, dead-hang 10", pull-up	Full crimp	Small edge	10#
6	<b>Rest</b>				
7	6	off-set pull-up lock-offs	Open hand	Lg edge/Jug	
	6	Push-ups, add clap	Palms		
	1	Pull-up, dead-hang 10", pull-up	pocket		10#
8	<b>Rest</b>				
9	6	Pull-ups with L-seat	Open hand	Jug	
	6	Wide Push-ups	Palms		
	1	Pull-up, dead-hang 10", pull-up	Open hand	Sloper	10#

10" means 10 seconds

10# means 10 pounds

Drop set means to decrease difficulty either prior to the start of the set or at any time during

Up set means to increase the difficulty similar to above

Exercise	Description	Drop set
Dead-hangs	Do not reset fingers after initial pull-up	Eliminate pull-ups to attain dead-hang time. Eliminate weight to attain set Drop set to use a bungee, chair or an assist
Blast Pull-up	Using the best holds on the fingerboard, pull up quickly, lower normal.	To add difficulty, attempt on smaller, less positive holds. Always attempt from an open hand position.
Push-ups	<ul style="list-style-type: none"><li>• Palms means palms flat on the ground</li><li>• Tips means fingertips instead of palms</li><li>• Clap: speed and amplitude are factors here. Fire off this set quickly and with enough amplitude to clap in between each push-up.</li><li>• Narrow-stance: elbows in by side, hands close-in by body</li><li>• Wide-stance: elbows away from body about 6 – 8"</li></ul>	Drop set to knees if feet are too difficult Drop set to palms if fingers are too difficult If you have wrist problems, drop set to knuckles Clap: drop set to normal push, maintain speed and amplitude Drop set to elevating one leg If these are too easy, increase difficulty by elevating one leg, both legs or adding a small amount of weight
Typewriter Pull-up	Initiate a pull-up, but instead of pulling up with weight evenly distributed between your hands, shift weight to one side and pull-up on that side. Hold lock-off and shift weight to other arm, keep weight shifted and control the lower. Repeat on other side. Use a wide grip.	Drop set to typewriters: pull-up with even weight distribution, lock-off at chin and shift weight from side to side, finish in center and lower. Repeat to reps. If this is too easy, add a small amount of weight.
L-seat Pull-up	Do a set of standard pull-ups, but when you reach the apex of each pull, lift your legs into an 'L' position. This is a controlled maneuver; do not allow the body to swing. Pause at the top of the movement then lower. Use a wide grip.	Drop set to bent knees or alternate one leg at a time. If you can do these comfortably, add a small amount of weight.
Off-set Pull-ups	Using one hold that is comfortable/positive and another that is less comfortable/positive, do a set of pull-ups. Alternate sides. Pause at the top and again at 90. In this example, a good edge is off-set with a pinch grip. Use a narrow grip.	Drop set to more positive holds Drop set to no lock-off
Negatives	Pull-up, lock-off and lower slowly and controlled.	For added difficulty, use one positive hold and one less positive hold until you can do the negative one arm. Drop set to no pull-ups, establish in lock-off position