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Now you can train with pro climber Madaleine Sorokin in Climbing Magazine's 4 Weeks to Sending Fitness online course. A strong core is crucial to progressing as a climber. Body tension, keeping your feet on, moving efficiently, toeing-in on overhangs—it all revolves around the core.

Training: 10 Exercises for a Complete Core - Climbing Magazine

The goal of local endurance training is to prevent that shutdown of blood supply, providing your forearms with ATP, so fibers can relax and flex with each move. How to Train Local Endurance. The most popular form of local endurance training for climbers is called ARC training, which stands for Aerobic, Respiration, and Capillarity.

Climbing Training: How to Train Local Endurance - Climbing ...

Here's a general overview on how to train for rock climbing and bouldering: Warm up your body: Take the time to get your body used to a range of movement. Crank up the power: Climbing and bouldering require upper body strength, but don't neglect your lower limbs. Build endurance: Build up your endurance so your muscles don't get fatigued too soon and so you can climb continuously on ...

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