



Recruitment Hangboard Training

www.uphillathlete.com

by Josh Wharton

1. **Create a small workout logbook.** In this book you will keep track of the date, your weight, room temperature, the amount of weight you add or subtract from your body weight, and the length of each hang. [You can download a logbook here.](#)
2. **Warm up.** You should be sure to do the workout while fresh; not only to avoid injury, but to make sure that you are seeing consistent improvement and producing reliable data. That said, you still need to warm up. Get in a brief 10 to 15 minutes of hangs or light (V0-V2) bouldering before you begin.
3. **Perform the following exercises.** The weights I give below are merely suggestions, and it will likely take several workouts for you to find the right weight for you. The first hang should feel easy, and you should barely complete, or fail, on the final hang. Beginner climbers will likely need to subtract weight by wearing a harness and using a pulley system for certain holds.

2-Arm Hang, Big Pinch

(I like the one on the [Rock Prodigy board](#))

- Hang 10" +0lbs, rest 3'
- Hang 10" +10lbs rest 3'
- Hang 10" +20lbs rest 3'

2-Arm Hang, 1-Pad Edge

I like the lowest outside hold on a [Beastmaker 2000](#)

- Hang 10" +0lbs, rest 3'
- Hang 10" +10lbs rest 3'
- Hang 10" +20lbs rest 3'

2-Arm Hang, Deep 2-Finger Pocket

Proceed carefully on these, pockets can be injurious.

- Hang 10" +0lbs, rest 3'
- Hang 10" +10lbs rest 3'
- Hang 10" +20lbs rest 3'

2-Arm Hang, Sloper

I like the [Rock Prodigy sloper](#).

- Hang 10" +0lbs, rest 3'
- Hang 10" +10lbs, rest 3'
- Hang 10" +20lbs, rest 3'

4. **Repeat with more weight.** In the next workout, add 5lbs to each hang. So, given the workout described above, the progression for each grip would be +5lbs, +15lbs, + 25lbs. Continue this progression throughout the workout cycle. I.E., if you do a four workout cycle, starting with the above weights, by the final workout, the weights would be +20lbs, +30lbs, +40lbs for each grip.

The Cycle

1. **Do 4-6 workouts, over 2-3 weeks, with no more than 2 workouts per week.** Aim for at least two of the above cycles to really see improvement, and up to six throughout the year for best results. Return to this workout every year.
2. **Measure your improvement.** When you return to this workout throughout the year, start in a place that will lead to besting the previous cycle's PR on each hold during the final workout.
3. **Apply that strength to climbing!** Simply put, stronger fingers make holds feel bigger. You'll notice the usefulness of this workout cycle almost immediately. Small crimps will feel a bit bigger, making that "impossible move" seem a bit more possible.

While fingerboard training alone won't guarantee a quantum leap in your climbing ability, it is an important tool. It's simple, quick, and effective, and before long you'll know whether you just feel stronger, or are actually stronger. I think you'll be surprised by how empowering that knowledge can be for improving your climbing.

-Josh Wharton