

Training:
To make training fun and interesting, we have designed a series of "building block" exercises. Each building block is a quick but intense workout, usually only taking around two to three minutes. Stack these building blocks on top of each other for your own personalized super-workout!

Just adjust the holds to the right position for your ability and go for it. All you need is a stopwatch. Give yourself between two and three minutes rest between blocks, and write down how you did. Once you can complete the exercise easily try moving the holds along an 'hour' to keep the challenge up.

Example:

name of exercise

primary focus

Sloper Dead Hangs

Open-hand Contact Strength

Grip Setting

Beginner [out 12 - 6] *Range of settings listed from easiest to hardest*
Intermediate [out 5 - 2]
Advanced [inn 12 - 6]

Exercise: Hang for 10 seconds — *do this*
0:00, 0:30, 1:00, 1:30, 2:00

when these times are on the stopwatch

Notes: Keep your arms slightly bent and shoulders engaged

Tips to help you complete the exercise safely and effectively

90 Degree Locks

Arm & Back Strength

Grip Setting

Beginner [out 12]
Intermediate [out 10 - 6]
Advanced [out 5 - 2]

Exercise: Hang for 10 seconds, arms bent at 90°
0:00, 0:30, 1:00, 1:30, 2:00

Notes: Keep your lower body still as possible

Pull-Ups

Arm & Back Strength

Grip Setting

Beginner [out 12 - 11] [1-4 Pulls]
Intermediate [out 10 - 6] [4-7 Pulls]
Advanced [out 5 - 2] [7+ Pulls]

Exercise: Pull up as high as possible from straight arms, slowly
0:00, 1:00, 2:00, 3:00

Notes: Remember to write down your settings

Edge Dead Hangs

Closed-hand Contact Strength

Grip Setting

Beginner [out 9 - 6]
Intermediate [inn 1 - 3]
Advanced [inn 4 - 7]

Exercise: Hang for 6 seconds
0:00, 0:30, 1:00, 1:30, 2:00

Notes: Keep your arms slightly bent and shoulders engaged

Enduro Dead Hangs

Contact Endurance

Grip Setting

Beginner [out 12]
Intermediate [out 10 - 6]
Advanced [out 5 - 2]

Exercise: Hang for 20 seconds
0:00, 0:30, 1:00, 1:30, 2:00

Notes: Keep your arms slightly bent and shoulders engaged

Offset Pull-Ups

Arm & Back Strength

Grip Setting

Intermediate [out 12 - 6] [1 - 5 Pulls]
Advanced [out 5 - 2] [6+ Pulls]

Exercise: Pull up with one hand on the screw-on hold
0:00, 1:00, 2:00, 3:00

Notes: Do one set left hand, then one set right. Try to bite your top hand.

Leg Lifts

Core Strength

Grip Setting

Beginner [out 12] [10 Lifts, knees at 90°, arms slightly bent]
Intermediate [out 10 - 6] [10 Lifts, knees at 90°, arms at 90°]
Advanced [out 5 - 2] [10 Lifts, knees straight, arms at 90°]

Exercise: Pull your legs up, rotating from hips
0:00, 1:00, 2:00, 3:00

Notes: Keep upper body still. Don't swing



These are just a few of the ways you can train using your Uprising Revolution Board.

Make sure you regularly check

WWW.UPRISING-ONLINE.COM

for training ideas and product updates as well as info on events and the latest news from the climbing community.

We make climbing holds too!