

“Training”

FEATS OF STRENGTH:

Training Information:

Pullups for Reps: Any weightlifting gym or playground/school ground/park/gymnasium with a high bar or pullup bar. Weightlifting gloves are optional.

Pullups for 1 Rep Max. Weight: Use a pull-ups bar and weight belt with chain attachment for holding barbell plates—available at many weightlifting gyms. Weightlifting gloves are optional.

Standing Long Jump: Any level surface, use gym or running shoes with good traction on pavement. Try to find a soft landing to avoid overuse injury.

Hand Grip Dynamometer: Practice with any stiff hand gripper

Farmer’s Walk: Practice walking or running with the designated dumbbell weight in each hand for your specific gender/age. Weight belt and knee sleeves are recommended. Gloves are optional.

Links:

Facebook: Rope Climb USA group page:

<http://www.facebook.com/#!/group.php?gid=393970370620>

YouTube: Rope Climb USA channel: <http://www.youtube.com/user/RopeClimbUSA>