

# Climbing

6 Weeks to  
**STRONGER  
FINGERS**

## Warm-Up Routine

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### CLIMBING DAY WARM-UP

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1. 15–20 Tendon Glides (repeat 1x with short break between sets)
2. 1–2 mins Wrist Glides
3. 3–5 Sumo Squats (in each direction)

#### **For Bouldering**

4. 3–5 boulders from V0–V1
5. 2–3 boulders that are 2–3 V-grades below redpoint limit, resting 5–10 mins between tries
6. Rest a final 10–20 mins before project-level bouldering

#### **For Routes**

4. 1–2 super-easy routes about 3 number grades below redpoint limit
5. 1–2 routes that are 1 number grade below your flash limit, resting 20–30 mins between tries
6. Rest a final 30–60 mins before project-level climbing

### HANGBOARDING/CAMPUSING DAY WARM-UP

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1. 15–20 Tendon Glides (repeat 1x with short break between sets)
2. 1–2 mins Wrist Glides
3. 3–5 Sumo Squats (in each direction)

#### **For Bouldering**

4. ~10–15 mins bouldering in the V0–V1 range
5. ~20 mins bouldering just below flash limit
6. ~15–20 mins bouldering on 2–3 problems that really push you
7. ~15–20 mins bouldering on a problem that completely challenges you (about 90 percent of max effort)

#### **For Routes**

4. ~10–15 mins climbing routes 3 grades below redpoint limit
5. ~20 mins climbing routes just below flash limit
6. ~15–20 mins climbing on a route that really pushes you
7. ~15–20 mins climbing a route that completely challenges you (about 90 percent of max effort)