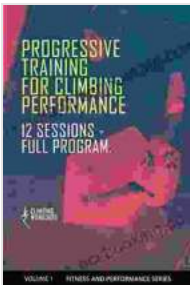


Progressive Training for Climbing Performance: Unlock Your Climbing Potential

Are you ready to take your climbing to the next level? In 'Progressive Training for Climbing Performance,' renowned climbing coach Eric Hörst shares his groundbreaking approach to structured climbing training, empowering climbers of all levels to achieve their performance goals.



Progressive Training for Climbing Performance: Training program and Workout Plan for Beginners and Intermediate Climbers - Movement, Technique, Strength, Endurance.

★★★★★ 5 out of 5

Language : English

File size : 17566 KB

Lending : Enabled



What's Inside?

This comprehensive guide covers everything you need to know about progressive training, including:

- Personalized training plans tailored to your individual strengths and weaknesses
- Cutting-edge training techniques based on the latest scientific research
- Expert insights from experienced climbers and coaches

- Detailed exercise descriptions with clear illustrations
- Nutritional guidance and recovery strategies

Benefits of Progressive Training

By following the principles outlined in 'Progressive Training for Climbing Performance,' you can:

- Increase your strength, power, and endurance
- Improve your climbing technique and efficiency
- Reduce your risk of injuries
- Accelerate your progress and achieve your climbing goals faster

A Proven Approach

Eric Hörst, the author of 'Progressive Training for Climbing Performance,' is a world-renowned climbing coach with over 25 years of experience. He has helped countless climbers reach their full potential, including top athletes such as Adam Ondra and Alex Honnold.

Hörst's approach to training is based on the latest scientific research and has been proven to deliver results. In this book, he shares his insights and expertise to help you unlock your climbing potential.

Testimonials

"'Progressive Training for Climbing Performance' is the most comprehensive and effective climbing training guide I've ever read. It has helped me improve my climbing exponentially." - Adam Ondra, Olympic gold medalist

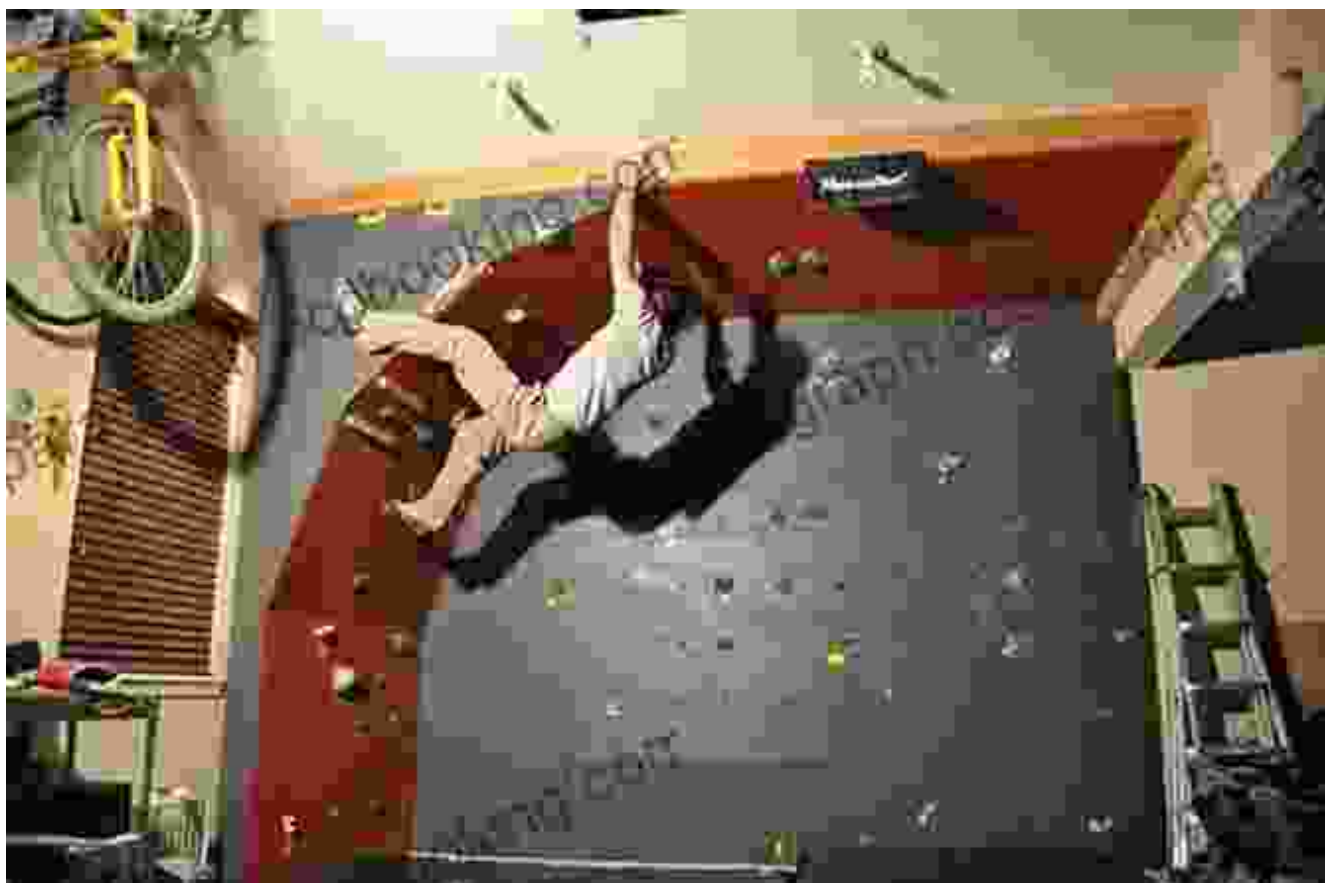
"Eric Hörst's book is a must-read for any climber who wants to take their performance to the next level. His insights are invaluable." - Alex Honnold, world-renowned free solo climber

Free Download Your Copy Today!

Don't wait another day to start training like a pro. Free Download your copy of 'Progressive Training for Climbing Performance' today and unlock your climbing potential.

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Image Gallery





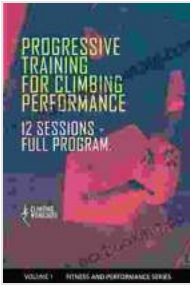


About the Author

Eric Hörst is a world-renowned climbing coach with over 25 years of experience. He is the founder of the Hörst Training Center in Boulder, Colorado, and has helped countless climbers reach their full potential, including top athletes such as Adam Ondra and Alex Honnold.

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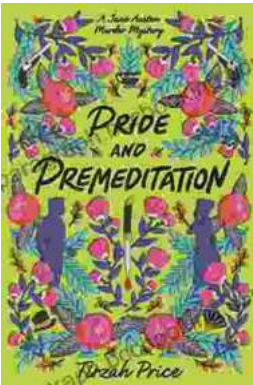
Intermediate Climbers - Movement, Technique, Strength, Endurance.

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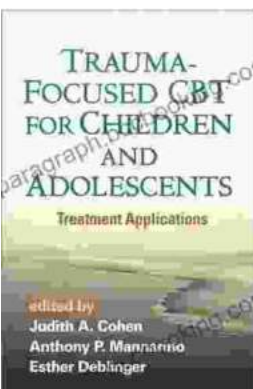
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