

gimme kraft

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Gimme Kraft: Effective Climbing Training

This book has a lot of exercises for bouldering, especially maximal power and strength. The exercises are ordered by topics. All pages are in German and English. I like to choose 2-3 exercises and do it before or after my usual climbing and boulder session.

Gimme Kraft - Effective climbing training

The training book of Patrick Matros and Dicki Korb produced by the Café Kraft! You will find about 80 specific exercises for bouldering wall, rings, slingtrainer, floor and minibar, campusboard, sloperails, pegboard and pull-up bar to make you stronger for climbing. The book is bilingual in German and English.

Gimme Kraft! Hangboard Eisenfinger

The XL training session for your fingers with the Gimme Kraft! Hangboard Eisenfinger. One, two, three, four finger pockets and slopers - it's all there for your finger training. It comes with crimps in different sizes for all training levels. Get strong fingers is the phrase! wood 55 x 15 x 5 cm crimp size 13 to 38 ...

Review: Gimme Kraft!

28 Jan 2014 — If you're hoping to find a magic formula that will make you stronger with less work, you won't find it here. The principles are sound, hard work is still required, and while, in my opinion, it isn't an "effective climbing training" book, it is a great collection of "complex climbing exercises".

Gimme Kraft | Nuremberg

Gimme Kraft Vlog 12 – Basic exercises for climbing with a powerband Training for climbing with a powerband helps you to adjust the intensity of your exercise. It's like inflating yourself with helium! The most basic exercises for climbing are pull ups and dead hangs.

Gimme Kraft - Effective Climbing Training

Uniting Canada's Largest Climbing Community ... Gimme Kraft is the latest climbing training book to come out of Germany, and like many Euro training tomes, it offers a scientific and systematic approach for improving climbing performance on rock or plastic.

Gimme Kraft 'review'

10 Jan 2014 — I'm not a trainer and don't think I'm qualified to provide a real review of Gimme Kraft, but did spend some cash to buy the book and will describe it's contents and offer my opinion for what it's worth. The book is written by Alex Megos' trainers so they speak with some authority. It is small.

Gimme Kraft! Hangboard Fingerhakler

The Gimme Kraft! Fingerhakler is super light and fits into every backpack. Whether warm-up or systematic finger training - you can crack any project with it! Dimensions: 50 x 10 x 3 cm; Grip sizes: 24, 19 and 15 mm; Weight: about 530g; incl. fastening cord; Colors may differ from the picture. Shipping details.