

# STRENGTH TRAINING FOR CLIMBING

## WORKOUT A

### EXERCISE

### REPS

Hollow Hold

1 min

Bird Dog Hold

1 min: alternate 15-sec per side

Wood Chop

15 per side

Rest

1-2 min

*Repeat circuit 2 times total*

Push-Up

1-2 min: AMRAP

Single-Leg Romanian Deadlift

12 per side

Single-Leg Hip Thrust

15 per side

Rest

1-2 min

*Repeat circuit 2 times total*

## WORKOUT B

### EXERCISE

### REPS

Side Forearm Plank

1 min

Dead Bug

15 per side

High Plank Shoulder Tap

20 per side

Rest

1-2 min

*Repeat circuit 2 times total*

Single-Arm Bent-Over Row

12 per side

Bulgarian Split Squat

12 per side

Single-Leg Hamstring Slider Curl

15 per side

Rest

1-2 min

*Repeat circuit 2 times total*

## TIPS

For exercises that use weights, the weight should be the heaviest you can use while maintaining good form. Good form is always priority number one.