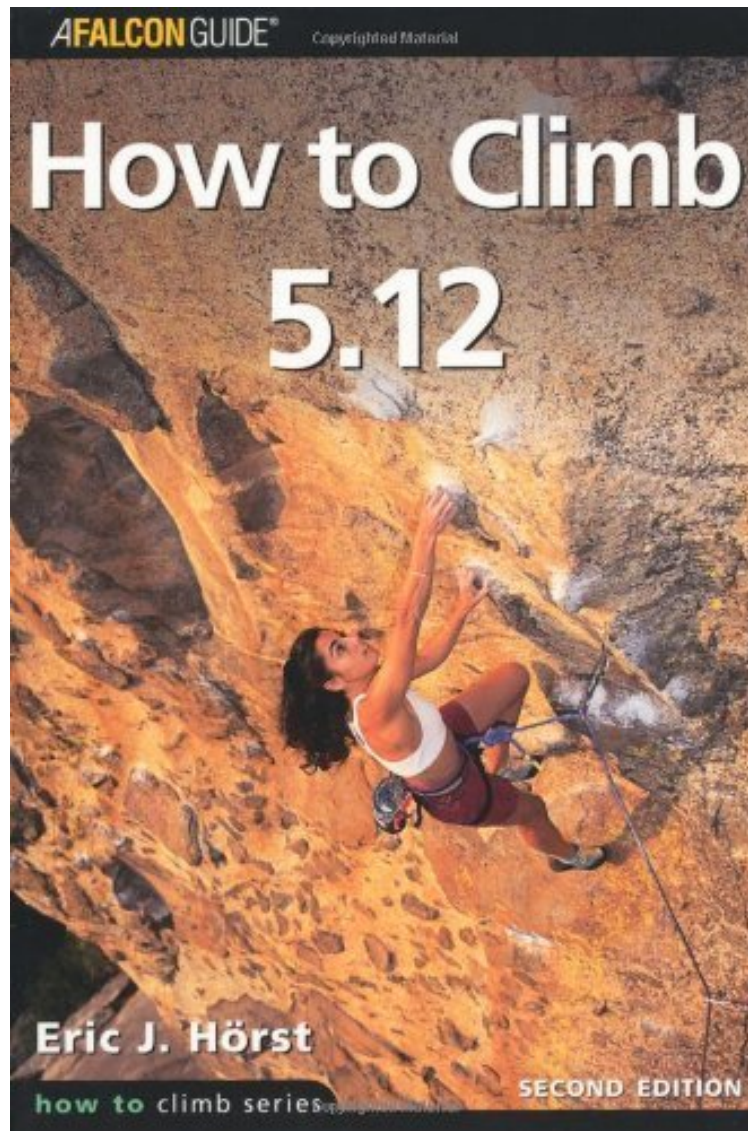


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How to Climb 5.12, 2nd (How To Climb Series)

Von Eric J. Horst

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Von Eric J. Horst : How to Climb 5.12, 2nd (How To Climb Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Climb 5.12, 2nd (How To Climb Series):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. No nonsense guide to improving your climbing skillsVon StonemasterStuck at a certain level in your climbing abilities? Can't seem to move from 5.9 to 5.10? Tired of listening to advice that doesn't work? Then this book will get you out of your rut...and FAST. Eric covers everything to move you to your first 5.12: training techniques, workout schedules,

power training, mental exercises to focus, build confidence, and motivate, climbing strategies, even nutrition! Every serious climber should have this book. It's also a great supplement to his other excellent training manual, "FLASH Training" 2 von 2 Kunden fanden die folgende Rezension hilfreich. Very good book!!! Von fernando1@mediaone.net This book is really good. It teaches a lot of concepts about climbing, especially about head games. It elucidates misconceptions about the importance of our mind when climbing. Many times one's mentally incapable of making a route, not physically as we think. Lots of hours doing pull ups is not the way to go. Read this book and I am sure you will use your mind smartly next time you go climbing. How to set your mind to a climb was the most important lesson I've learned from this book although there are a lot of information about work outs, finger power, nutrition and so on... 2 von 2 Kunden fanden die folgende Rezension hilfreich. How to climb 5.12 Von Dan Hoban This is a great climbing book in that it presents two great ideas. They are you can climb 5.12 and you have to train like a real athlete to succeed at rock climbing. I know climbing is fun but I want to excel at it. This was very helpful in gaining the focus I need.

Kurzbeschreibung In the sport of rock climbing, 5.12 is a magical grade of difficulty--the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and teaches average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. How to Climb 5.12 is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. It offers streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy. How to Climb 5.12 is the perfect manual to help intermediate climbers quickly along the road to mastery. **Pressestimmen** "How to Climb 5.12" packs a lot into a slim book . . . a great first training book and a good addition to any training junkie's book shelf." --"Rock Ice" magazine (praise for a previous edition) **Kurzbeschreibung** In the sport of rock climbing, 5.12 is a magical grade of difficulty--the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and teaches average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. How to Climb 5.12 is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. It offers streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy. How to Climb 5.12 is the perfect manual to help intermediate climbers quickly along the road to mastery.