



Climb Strong: Strength: Foundational Training for Rock Climbing

By Steve Bechtel

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Strength is the most fundamental quality a climber can develop. By developing a high level of strength, a climber can effectively move his power and endurance forward with no additional training. Combined with the mobility and stability exercises presented in this book, the strength programs you'll find in these pages will help you build a bullet-proof base of fitness for any climbing endeavor.

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Editorial Review

About the Author

Steve Bechtel is a nutrition expert, performance coach, and personal trainer. He graduated from the University of Wyoming in 1995 with a degree in Exercise Physiology. He has been working with athletes of all levels for over fifteen years, and is a sought-after expert in training for rock climbing and alpinism. He is a Certified Strength and Conditioning Specialist (CSCS), and is a certified coach with USA Cycling, USA Weightlifting, Kettlebell Athletics, and USA Triathlon. Steve is also a well-known adventure rock climber. Over the past 27 years, he has made nearly 300 first ascents on 6 continents and has been to the top of some of the world's hardest big wall free climbs. The founder of Climb Strong, a training resource for rock climbers, Steve has authored dozens of articles on training and has published three books. He is the co-founder (with his wife, Ellen) of Elemental Performance + Fitness, a full service training center and climbing gym in Lander, Wyoming. Visit Steve's website at climbstrong.com.

Users Review

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