

Hangboarding mobility



1 EXERCISE BETWEEN HANGBOARDING SETS x 6 x 120 SECONDS

Downward dog to runner's lunge

90/90 with heel lifts

Rocking frog stretch

Lattice shoulder conditioning

Kneeling leg extensions

Cossack squats

Read more about our climbing at <https://fiftyseven.degree/>

Strength training plan v202011. Use at your own risk.