

Forearm conditioning



1 ROUND x 2 EXERCISES x 5MIN

Hand antagonist with fingerbands left

Hand antagonist with fingerbands right

1 ROUND x 2 EXERCISES x 5MIN

Lateral wrist with flexbar left

Lateral wrist with flexbar left

1 ROUND x 2 EXERCISES x 5MIN

Dumbbell hand roll-outs left

Dumbbell hand roll-outs right

1 ROUND x 2 EXERCISES x 5MIN

Finger curls left

Finger curls right

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

Strenght training plan v202011. Use at your own risk.