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Rock climbing is one of the most physically challenging sports, testing strength, flexibility, and stamina. To

improve in the sport, climbers must build and maintain each of these

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the first book to help climbers of all ages and experience design and

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covers the basics of physical conditioning, including tools for self

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Conditioning for Climbers: The Complete Exercise Guide By Eric Horst Falcon Press Publishing.

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Conditioning for Climbers: The Complete Exercise Guide ...

While these self-evaluations are a part of all of Horst's books (including *Training or Climbing*, and *How to Climb 5.12*), the evaluations in this

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book are much more elaborate than those in any of the others. In spite of a lot of overlap with Training for Climbing and How to Climb 5.12, every climber should still have this book in his or her library.

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