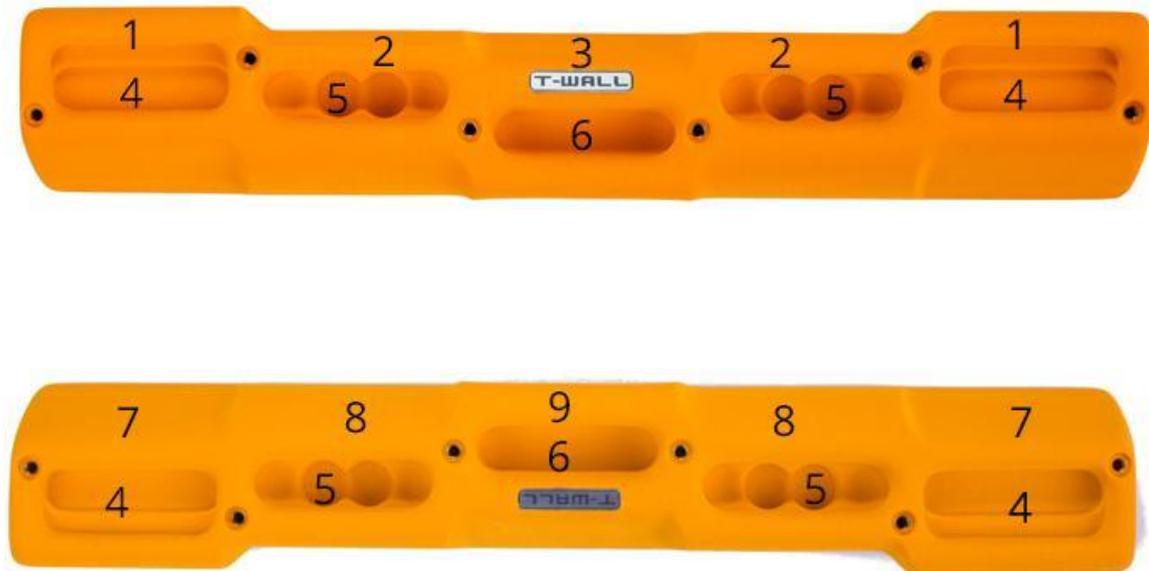


T-Wall Crank fingerboard



Fingerboard description

Dimensions: Length: 52,5 cm; width 9 cm; depth 4 cm.

The board can be set-up both sides up: „easy” (holds 1 – 6 can be used) or „hard” (holds 4 – 9)

Holds description:

1. Jug, 70° inclination
2. Open hand, 90°
3. Rounded jug, 110°
4. Edge, 15mm or 10mm
5. Edge; adjusted to fit different length of fingers, 90°, 20 or 30 mm deep
6. Deep edge, 110°, 27 mm deep
7. Sloper, 125
8. Rounded jug, 100°
9. Jug, 65°

Hangs protocol performed on T-Wall Crank fingerboard

Warm-up

1. Begin your warm-up with some pulse risers: skipping, running on the spot, star jumps

2. Bend&twist

Start standing straight, feet shoulders width apart, lean forward so your back is parallel to the ground. Arms straighten to the sides. Turn your back as so one hand points to your foot and the other points up, switch, repeat. Keep looking towards hand facing up.

3. Trunk bends

Feet shoulder width apart, legs straight. Bend down to touch your left foot, stighten back up, bend down to touch right foot, and repeat.

4. Shrugs

Legs shoulders width apart, arms by the side of your trunk. Perform circles with your shoulders, 20 forward, 20 backwards and 20 opposite directions.

5. Elbow circles:

Legs shoulders width apart, bring your arms up to shoulders height. Perform circles in elbow joint, 30s clockwise, 30s anticlockwise

6. Wrist circles

Hold your hands together; perform circles in both directions for 30s.

7. Finger curls

Arms forward. Close your hands to make a fist then quickly open hand to straight fingers, continue for 60s

8. Dead hangs

Hang on hold nr 1 (or 8 in „hard” setup) for 10s then rest for 15s, repeat 10 times. After 2 minutes rest repeat exercise.

9. Pull- ups.

Use hold nr 1 (or nr8). Perform 10 repetitions of 2-3 pull-ups, rest 15 – 20 s between repetitions with some stretching.

After 5-7 minutes of rest begin training.

Training 1.

Using the fingerboard perform a test to measure how long can we hang on particular hold. Hang on symmetrical holds, arms slightly bent in elbows. Find holds where you can hang for max 10 – 15 s. Use those holds to perform training described below:

Hang for 5 seconds on given holds, followed by 5 seconds rest. Repeat 10 times in one set. Make 5 sets. Rest between sets 3 minutes. You can perform each set on different hold.

Described training can be put down like this:

5x//10xhang 5s/rest.5s//rest. 3min

To make this training harder one can increase hang time to 10 seconds and number of sets to 8.

This training description will be:

8x//10xhang 5s/rest.5s//rest. 3min

To increase the difficulty even more one chooses smaller holds or adds some weight.

Below similar training protocols:

6x//7xhang 7s/ rest.3s// rest. 3min

3x//20xhang 10s/ rest.10s// rest. 1min

Training 2.

Another training protocol requires holds on which we can hand for 5-7 seconds.

Hang on given hold for 3 seconds, rest 7 seconds, repeat 3 times. Rest 3 minutes after the set. Perform 5 sets, each set can be performed on different hold.

6x//3xhang 3s/ rest.7s// rest. 3min

To make it harder increase hang time to 5 seconds

6x//3xhang 5s/ rest.7s // rest. 3min

If you can hand for more than 5 seconds add weight in order to keep hang time between 3-5 seconds

Training 3.

Find holds on which you can hand for max 10 seconds to perform maximum strength training. Hang on holds for 10 seconds, rest 45 seconds, repeat 10 times:

10xhang 10s/ rest.60s

To make it harder shorten rests, next step is to increase no of repetitions:

20xhang 10s/ rest.45s