



HANGBOARD TRAINING

FAT BAT BOARD

Introduction



Fingerboard training is undoubtedly one of the best-researched ways to increase finger strength, a trait essential for any ambitious climber.

Properly carried out, it will allow for safe strengthening of individual grip types, it also works well as a form of adaptation for higher training loads.

Tendons and ligaments adapt much longer than muscle tissue, so people who are just starting their adventure with climbing are advised not to jump on the hangboard to accelerate their progress - there are no shortcuts here.

We recommend that the training on a hangboard is only a supplement to your climbing plan - first of all, we focus on climbing in a large volume.

People with climbing experience of little more than a year are still in the group at risk of injuries.

We believe that a safe training on the hangboard will gradually adapt our tissues to climb in more demanding terrain - we will necessarily put in the routes/boulders on smaller holds, so why not prepare for them under controlled conditions?

Warm up

When starting training, remember about the proper warm-up which, apart from the general increase in body temperature, should focus on the activation of the structures most involved in the training on the hangboard (shoulders, arms, wrists, fingers).

Suggested exercises that should be included in the warm-up:

- Bilateral circulation for shoulders, elbows and wrists - 20 reps
- Moving from passive to active hang on a bar/jugs (3) - 10 reps
- Lock-offs on a bar/clamps 2x 5 sec lock off at 120°, 2x 5 sec lock off at 90°
- Pull ups/pull downs from the highest position - 2x for 3-4 reps

After completing the general warm-up, we move to the specific warm-up, aimed at preparation for the proper training - we warmup the finger flexors by progressively increasing the loads. Sample fingers warm up routine for beginners:

- 1.5x 15 sec of "hanging" without lifting the legs off the ground, 30 sec of rest between each hang: jug(3), rounded jug(1) 30mm edge(6), 24mm edge(7), 3-finger pocket(16)

We try to gradually apply more and more force to the grips while reducing the weight resting in the legs.

- 2.5x 10 sec hangs, 30-60 sec rest between each hang. We choose grips on which we feel comfortable after taking our legs off the ground, for example: jug(3), rounded jug(1) 30mm edge(6), edges 25 mm(7), 3-finger pocket(16), sloper(2)



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Technique



During the training on the hangboard, we should remember to maintain the **optimal body position** - by training in an inappropriate way, we not only reduce the potential positive training effects, but above all we expose ourselves to an **increased risk of injury**.

When hanging, we focus primarily on the appropriate involvement of the shoulder girdle - we pull the shoulder blades together and down (**retraction + depression**), keep the wrists in a straight line, arms at the elbows straight or slightly bent.

People who are unfamiliar with the concept of "active hang" should first learn the **correct movement of the scapula** by training it with resistance bands and during hanging on the bar.

Training sessions

For climbers who start their adventure with the hangboard the **optimal frequency of training will be one training session a week**.

After 4-6 weeks we can increase the number of training to two a week. The units on the hangboard are best done with a break of several days between each training session.

The key is to listen to your own body - if you feel that your fingers are tired, training them will have no effect anyway, and the risk of injury increases dramatically - in this case, it is best to let go of the unit or climb on some bigger grips on a climbing gym.

Below are some examples of training sessions that we can perform on **Fat Bat Board**.

You can choose any and perform it for 4-6 weeks 1-2 times a week or interweave with other sessions. After 4-6 weeks of regular training, we recommend implementing a **lighter week**, in which we completely rest from training on the hangboard.

In order to make the best use of the functionality of our gripping board, we do not limit ourselves to only deadhangs :)

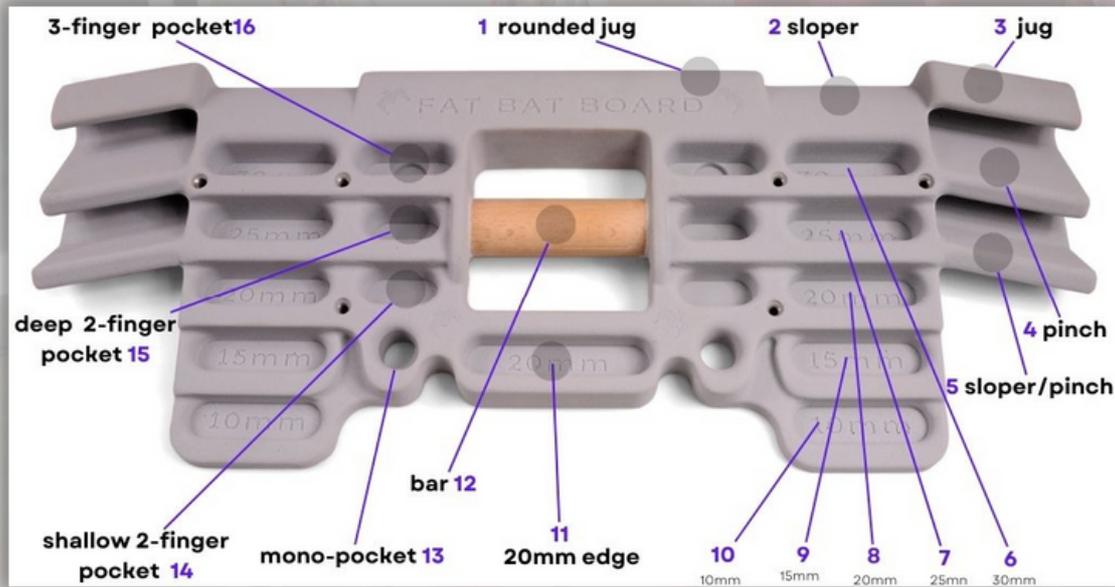
We do the training with a stopwatch: each time when the stopwatch shows a full minute, we perform the indicated exercise and rest until the next full minute.



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LEVEL BEGINNER



General training level 1

- 00: 2 pull-ups on jugs(3) + 15s hang on the rounded jug(1)
- 01: 15s hang on the rounded jug(1) + 2 pull-ups
- 02: 10s hang at 30 mm edges(6)
- 03: 10-15s hang right hand on bar(12), left hand on 25 mm edge(7)
- 04: 10-15s hang left hand on bar(12), right hand on 25 mm edge(7)
- 05: 20-25s lock-off hang 120° on jugs(3)
- 06: 10-15s lock off hang 90° on the rounded jug(1)
- 07: 10-15s lock off hang 90° at 30mm edges(6)
- 08: 10-15s lock off hang 90° right hand on the bar(12), left on the 30mm edge(6)
- 09: 10-15s lock off hang 90° left hand on the bar(12), right hand on the 30mm edge(6)
- 10: Hang on a rounded jug(1) - until *muscle collapse*

General training level 2

- 00: 3 dynamic pull-ups on jugs(3) + 15s hang on the rounded jug(1)
- 01: 15s lock off hang 90° on the rounded jug(1) + 3 pull-ups
- 02: 10s lock off of hang 90° at 30 mm edges(6)
- 03: 10-15s lock off hang 90° right hand on the bar(12), left hand on the 20 mm edge(8)
- 04: 10-15s lock off hang 90° left hand on the bar(12), right hand on the 20 mm edge(8)
- 05: 10-15s hang on 3 finger pockets(16) + 10-15s hang on the rounded jug(1)
- 06: 10-15s hang on 3 finger pockets(16) + 1 pull up
- 07: 10-15s hang at 30 mm edges(6) + 1 pull up
- 08: 10-15s lock off hang 90° right hand on the bar(12), left hand on the sloper(2)
- 09: 10-15s lock off hang 90° left hand on the bar(12), right hand on the sloper(2)
- 10: 2 pull ups on sloper(2) + hang on a rounded jug(1) - until *muscle collapse*



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LEVEL BEGINNER



Adaptive hangs

The training is perfect as a base for more difficult sessions on the hangboard in the future. In addition to the fact that our tendons adapt to smaller and smaller grips, we are also working on local strength, which will noticeably translate into effectiveness while lead climbing.

Select 2-3 types of grip type that you would like to work on (half crimp, open crimp, 3 finger open (drag), sloper).

We make 2-3 hangs for each type of grip.

The depth of the grip/edge should be selected in such a way that each hang ends in a fall between 20 and 30 sec of the hang. Rest for 3 min between each hang, and 5 min between each change of finger position.

If you are unable to hang on a given grip for 20 sec, increase the edge by 5mm or relieve yourself with a pulley system/resistance band.

If you have reached the point where you are able to hang on a given grip for 40 sec, we reduce the grip by 5 mm.

Most likely, the amount of time you are able to perform the correct hang will differ from one grip type to another - we recommend keeping a diary in which we record how much time we managed to hang on a particular grip on a given day.

Summary:

- 2-3 sets (selected type of grip)
- 2-3 reps of the hang in each set
- 20-30s hang in each repetition
- 3 min rest between repetition
- 5min rest between sets