



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.

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.

Remember that we train to climb better and not to “be better in climbing training” - we know many people who present themselves above average in all kinds of tests, at the same time completely unable to translate their strength into climbing movement.

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 .
- Moving from passive to active hang on a bar/jugs, lock offs, pull ups.

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

Sample fingers warm up routine for beginners:

- 4-6x 15s of "hanging" without lifting the legs off the ground.

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

- 4-6x 10s hangs, 30-60s rest between each hang. We choose grips on which we feel comfortable after taking our legs off the ground.
- 2-3 sets of submaximal hangs - we choose grips where hanging 10-15s will require more effort, but leave a large 5-10s margin before falling off. We perform for different types of grips (half crimp, open crimp, open 3 (drag)) resting at least one min. between hangs.



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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 Intermediate 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.

If you plan to train your fingers on a climbing day, a good solution would be to perform a hangboard session in the morning and go climbing in the afternoon/evening of the same day.

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.

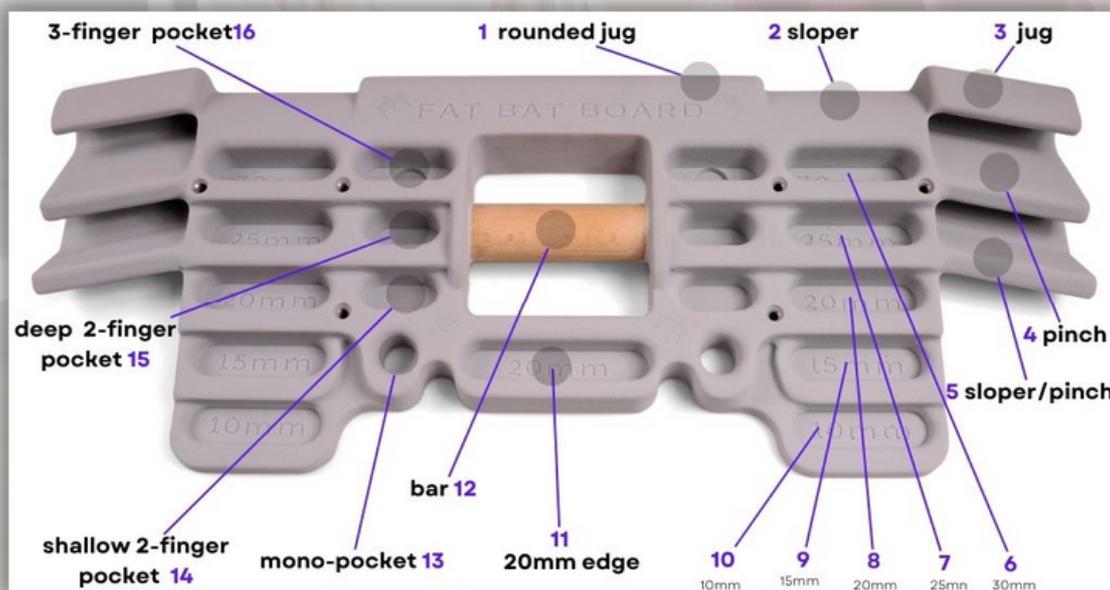
We do the training with a stopwatch: each time when the stopwatch shows a full minute, we perform the indicated exercise and rest until the next full minute.



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LEVEL INTERMEDIATE



General training level 1

- 00: 4 dynamic pull-ups on jugs(3) + 15s hang on the rounded jug(1)
- 01: 4 dynamic pull-ups on the rounded jug(1) + 15s hang on 3 finger pockets(16)
- 02: 10s hang + 2-3 pull ups at 30 mm edges(6)
- 03: 2-3 pull ups + 10s hang on 3 finger pockets(16)
- 04: 5-10s hang +2-3 pull ups on 25mm edges (7)
- 05: 10-15s hang on 2 finger pockets(15) (ring+middle finger)
- 06: 10-15s hang on 2 finger pockets(15) (index+middle finger)
- 07: 2-3 pull ups: right hand on the bar(12), left on the 20 mm edge(8) + 5s lock off
- 08: 2-3 pull ups: left hand on the bar(12), right on the 20 mm edge(8) + 5s lock off
- 09: 20-25s hang on 30 mm edges(6)
- 10: 3 pull ups on sloper(2) + hang on a rounded jug(1) - *until muscle collapse*

General training level 2

- 00: 5 dynamic pull-ups on the rounded jug(1)
- 01: 3-4 tucked pull ups on 30 mm edges(6)
- 02: 3 tucked pull ups + 5-10s hang on 3 finger pockets(16)
- 03: 15s tucked hang on 25mm edges(7)
- 04: 2-3 pull ups + 10-15s hang on 2 finger pockets(15) (ring+middle finger)
- 05: 2-3 pull ups + 10-15s hang on 2 finger pockets(15) (index+middle finger)
- 06: 2-3 pull ups+ 5-10s hang: right hand on the bar(12), left on the 15mm edge(9)
- 07: 2-3 pull ups+ 5-10s hang: left hand on the bar(12), right on the 15mm edge(9)
- 08: 15s one arm hang (right and left arm separately) on rounded jug(1)
- 09: 15s tucked 120° lock off hang on 20mm edges(8)
- 10: 2-3 pull ups + 90° lock off on sloper(2) - *until muscle collapse*



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LEVEL INTERMEDIATE



Offset hangs

There is a reason the Fat Bat Board offers edges from 10 to 30 mm - if you have a problem with hanging on the grips of the same depth with both hands, asymmetrical hangs can help.

Select **2 types of grip types** that you would like to work on (half crimp, open crimp, open 3) For each type of grip we do **4 hangs (2 per side)**.

Our goal is to make a **15-20 second offset hang**.

Rest for **2-3 minutes** between each hang in a set (change of sides), and **5 minutes** between the change of grip.

Example:

- **Right hand on a 20mm edge, left hand on a 30mm edge.**
- Hang for **15-20 seconds**, leaving a **2-3 second** margin before failure.
- Rest for **2-3 minutes** and repeat the hang.
- **Right hand on a 30mm edge, the left hand on a 20mm edge.**
- Rest for **2-3 minutes** and repeat the hang.

We do **2 sets (4 hangs)** as above and after at least **5-minute rest** we repeat the scheme for the **second type of grip**.

With time, we try to hang on **smaller and smaller edges** with the hand that is at the top, until we are able to hang symmetrically on the same edge for **15-20 seconds**.

Summary:

- **2 sets (grip types).**
- **4 hangs** in each set.
- **15-20 seconds** of hanging in each rep.
- **2-3-minute rest** between each hang in a set.
- **5-minute rest** between sets.