



## 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) 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 the inappropriate way not only does not provide a valuable training stimulus, 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.

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.

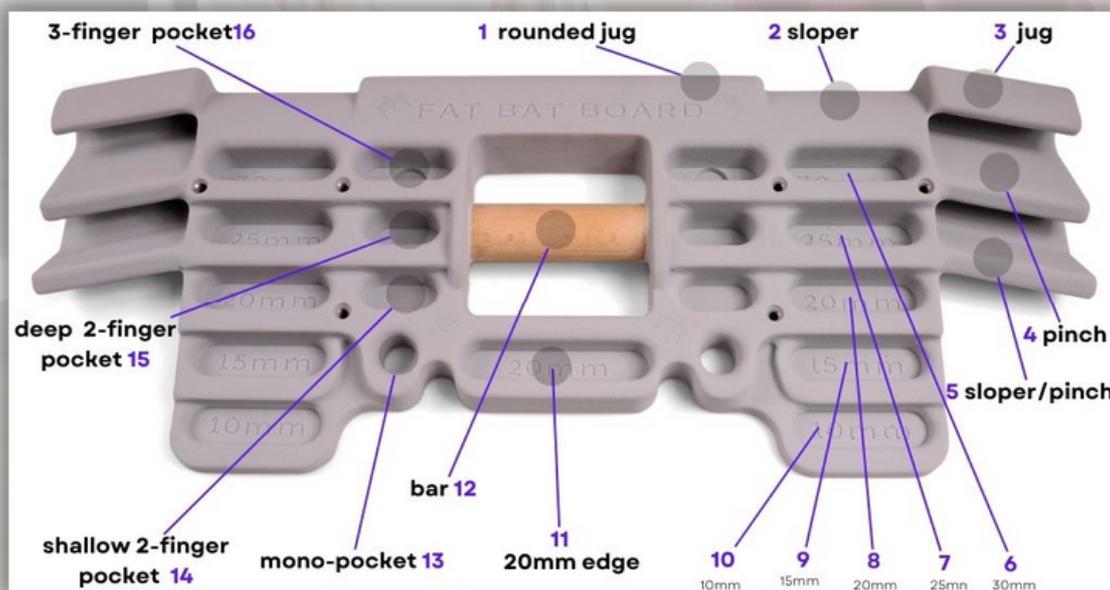
We do the training with a stopwatch: each time when the stopwatch shows a full minute, we perform the indicated exercise and rest until the next full minute.



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### **LEVEL ADVANCED**



## General training

- 00: 6 pull-ups on 20 mm edges(8)
- 01: 2 tucked pull ups + 15-20s hang on 15 mm edges(9)
- 02: 2 lock-offs on a bar(12), R and L hand separately, the other hand on a sloper/pinch(5)
- 03: 6 pull-ups on a sloper(2)
- 04: 15s tucked hang on 10 mm edges(10)
- 05: 10s hang + 3 pull ups on shallow 2 finger pockets(14)
- 06: 10s hang on a sloper(2) (R and L arm separately)+ 10s hang on 3 finger pockets(16)
- 07: 10s hang on 30mm edge (R and L arm separately), the other hand on a sloper/pinch(5)
- 08: 5 tucked pull-ups on 15 mm edges(9)
- 09: 4 reps: start at 15 mm, R to 25, L to 25, R to 15, L to 15, switch sides after each rep.
- 10: 10s hang on a pinch(4) + hang on a sloper(2) - *until muscle collapse*

## Campus

### Reach and Return

- Start at 20 mm edges, R hand to the sloper(2), return to 20mm. Repeat for the L hand.
- Do 2 sets of 4-6 sequences, rest for 2 minutes between sets, legs off the ground during each set.

### Double Dynos

- Start at 20 mm edges, jump with both hands to sloper(2) and jump back to 20 mm.
- Do 2 sets of 4-6 reps, rest for 2 minutes between sets.

### Circuit

- Start at 20 mm edges.
- Perform a sequence of movements: R to the 20 mm, L to 25, R to 30, L to 30, R to 25, L to 20, R to 15, L to 15, then repeat similarly on the other side (L to 20mm etc.)
- Do 2 sets, each to failure, rest for 2 minutes between sets.



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### **LEVEL ADVANCED**



## Max Hangs

One of the best researched training session - with proper use, the effects are guaranteed, however, we must be extremely careful in terms of gradual increase in loads.

Select one **grip type** you would like to work on (half crimp, open crimp, open 3)  
We recommend training on 20-25mm edges.

During the first session, we test our abilities: we are looking for a load with which we are able to hang for a maximum of **13 seconds**. Adjust the weight gradually, adding 2-4 kg after each hang. After finding the optimal weight, **save the result**.

The correct session is to perform a **5-6** very difficult 10s hangs, leaving a **2-3 second** margin before failure.  
Rest **3-5 minutes** between each hang.

During each training session, we record the load with which we are able to hang in a particular repetition. If, over time, we feel that we could hang for more than **13 seconds**, we gradually add weight. We do not make more than **6 hangs** in a given training session.

Train this way for a maximum of **6 weeks** in a row.

#### Summary:

- **5-6 sets** (selected grip type).
- **1 hang** in each set.
- **10 seconds** of hanging in each rep.
- **3-5 minutes** of rest between reps.