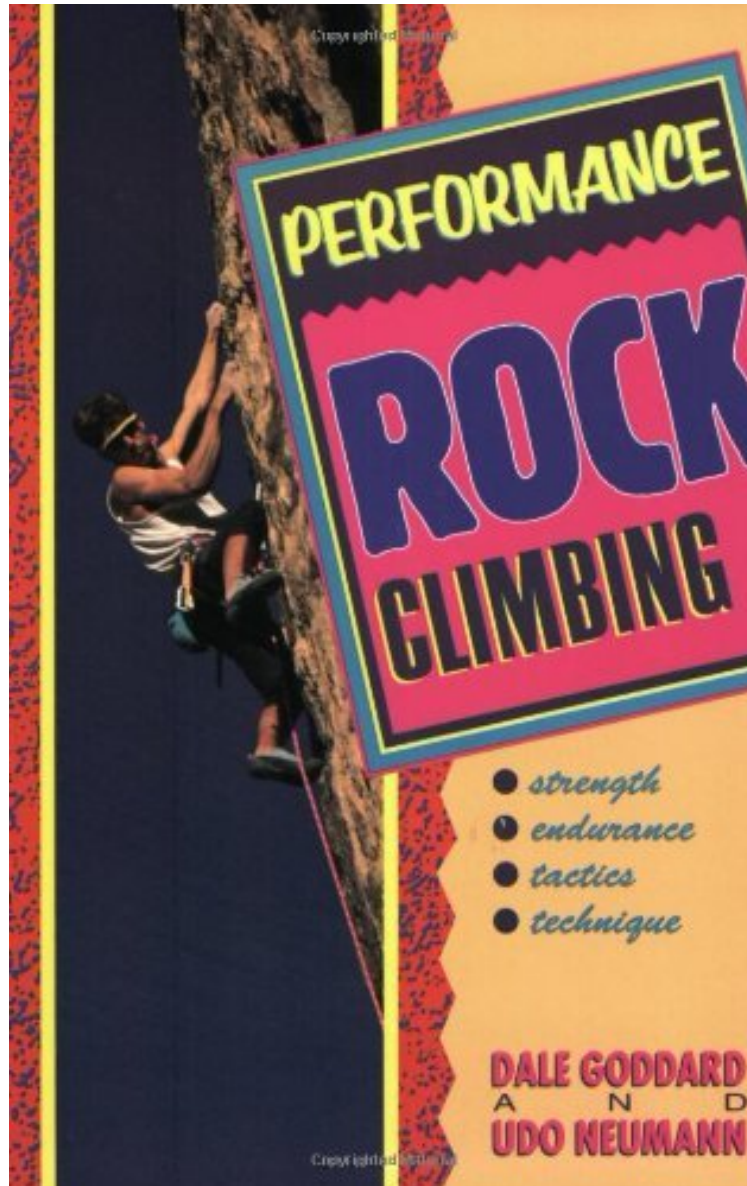


[DOWNLOAD] Performance Rock Climbing

Performance Rock Climbing

Von Dale Goddard

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

Produktinformation -Verkaufsrang: #904662 in eBooksVerffentlicht am: 1993-12-01Erscheinungsdatum: 1994-01-31File Name: B004L62I36 | File size: 75.Mb

Von Dale Goddard : Performance Rock Climbing before purchasing it in order to gage whether or not it would be worth my time, and all praised Performance Rock Climbing:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Very technical guide to improving your climbing abilitiesVon StonemasterA toolbox of techniques, tactics, and strategies to improve your climbing skills. The authors cover a gamut of subjects aimed at both physical and mental conditioning

for climbing. Some of their writing is a bit scientific (sounding more like a college textbook at times), but they offset this with amusing anecdotes and cartoons. Lots of great 'beta' on technique as well as being an essential training guide for all areas and levels of rock sport! von 1 Kunden fanden die folgende Rezension hilfreich. High quality training manual for serious rock climbers Von Ein Kunde Are you constantly thinking about climbing? Do you salivate when you see the clean vertical wall of your office building? If you are violently excited about climbing and are willing to seriously train for improvement, then this book is for you. This is not a book that details weight room exercises for building bulging biceps. Rather, it is a scientific analysis of the aesthetics of motion in the vertical domain. Let's forget about pulling the overhang with brute force. Let's concentrate on moving past the overhang in the most graceful, precise and energy-efficient manner possible - that's what the tenor of this book is. This book is a careful examination of the physical, biological and mental processes necessary to improve your performance on the rock. It is a serious and comprehensive training manual for serious climbers. As a bonus, it has a beautiful color photo section of climbers in action - looking at it makes me want to go out and get back on the rock! 0 von 0 Kunden fanden die folgende Rezension hilfreich. Belongs on every climber's bookshelf Von James Tremain Looking back after buying this book two years ago reaffirmed to me that Goddard and Neumann achieved what no other climbing training book has: they combined the scientific principles of physical training with on-the-rock experience and captured it in a very readable form. The material is detailed and informative, blending research with proven results in the form of Goddard's own climbing performance over a decade. I watched him climb a 5.14 in Logan Utah in 1995, and it was nothing short of amazing. Applying the principles has helped me improve from climbing 5.11a to 5.12.

Kurzbeschreibung Handbook for experienced climbers covers all the physical and psychological aspects of climbing training. Kurzbeschreibung Handbook for experienced climbers covers all the physical and psychological aspects of climbing training. Synopsis A handbook for experienced climbers covering all the physical and psychological aspects of climbing.