

Hangs are best done on a pyramid of 20 seconds, 12 seconds, 7 seconds, 12 seconds, 20 seconds, each with a minute's rest. Repeat after 5 minutes rest until failure.

#### Exercise Five:

You can use the same holds throughout e.g. start on AA and do one set using the hanging positions below (grade 6b).

#### Exercise Six:

If exercise five is managed easily try the following (grade 6c):

|                        |             |
|------------------------|-------------|
| 20 seconds on holds AA | 40 degrees  |
| 12 seconds on holds BB | 90 degrees  |
| 7 seconds on holds CC  | 120 degrees |
| 12 seconds on holds BB | 90 degrees  |
| 20 seconds on holds AA | 40 degrees  |

Harder variations are possible - try incorporating holds DD and FF.

Once you can hang FF for 20 seconds in all positions, stop training and get out onto some of the hardest routes around!

#### REMEMBER WHEN YOU FINISH EXERCISING WARM DOWN

This can be a few stretches and some gentle 10-second hangs on big holds, or you can repeat the Warm Up routine. Your warm down should last at least 5 minutes.

It is best to concentrate on either pull-ups and ladders, or hangs in any session. If you try mixing them you will not get the benefit of either. There are obviously thousands of possible variations using different holds, body positions, amount of rest etc. It is left for you to work out your own favourite variations.

If you have a really good work out please send us a copy.

#### FITTING INSTRUCTIONS

We can only give you some general guidelines, as we do not know what your proposed supporting structure is made out of.

If you have a flat, structurally sound wall, you can screw the board directly to the wall using 80mm No 6 screws and expanding plastic rawl plugs.

If the wall is uneven we suggest fitting the board first to a piece of 18mm plywood at least 50mm bigger than the width of the board. You can fit the board to the plywood with just 4 x 50mm No 6 wood screws, however we would recommend gluing the board with an epoxy resin glue first e.g. Araldite Rapid or similar. Now bolt the plywood to the proposed fitting position. Please check that the wall you are fitting to is structurally sound and find out what it is made out of. With this information your local building fixing supplier or hardware store will be able to advise you on the best type of fixing for your application.

If you have any questions please contact *ENTRE-PRISES*

Entre-Prises (UK) Ltd 01282 444800. Fax 01282 444801. Email [info@ep-uk.com](mailto:info@ep-uk.com)

Entre-Prises (Fr) SA 04 76 08 54 82. Fax 04 76 08 55 56. Email [courrier@entre-prises.com](mailto:courrier@entre-prises.com)

## THE GENESIS TRAINING BOARD

Thank you for buying a **GENESIS** Training Board from *ENTRE-PRISES*.

The **GENESIS** is a new concept in training boards as it is the first board to change the position of the climber's hands and arms when they are hanging on the board. This new position is recognised by sports scientists to be the strongest position for pulling. When the arms are in this strong position they can be trained to their maximum whilst being less liable to injury, particularly of the elbow and shoulder joints.

### By training on a **GENESIS** training board you will develop stronger arms and fingers that will be far less prone to injury.

We hope that you enjoy working out on the **GENESIS** board. Below are a few guidelines and ideas to help you get started. At *ENTRE-PRISES* we are always interested in customer feedback and if you have any comments about the **GENESIS** or our training programme, then please write, fax, or e-mail them to us.

#### GENERAL ADVICE

Make sure you install the **GENESIS** correctly. (See fitting instructions).

Install your board somewhere you want to train, not too hot or cold. If you have to drag yourself from a warm lounge to go and train in a cold garage, it is very tempting not to work out. Conversely if the board is mounted above a bedroom door and it is the first thing you see when you get out of bed in the morning, it will remind you to do your training.

Warm Up before training on **GENESIS**.

Do not use the fingerboard for training more than twice a week, even if you are not doing any other climbing or training. Never train on a fingerboard on two consecutive days unless you want to risk injury. Fingerboard training is very intensive and strenuous, and takes time to recover from. Allow two full days for full recovery.

If you feel any pain - STOP. It is sometimes difficult to know whether the feeling of being very pumped, is successful training or the start of an injury. However it is much better to stop, ice the area of pain and rest, and then to find that it was just a severe pump and not the start of an injury. Any soreness that lasts more than two days after a training session will be the start of an injury if you resume training. Any soreness that lasts more than a week needs medical attention from a good sports physiotherapist.

A good little test to see if you have recovered from your previous workout is to take your heart rate (pulse) every morning. If your heart rate is up by 10% you have not yet recovered. This applies to climbing on the crag as well as training on a fingerboard.

Drink water or a sports drink whilst training. Keeping the body hydrated prevents injuries.

Keep your fingerboard clean. Use an *ENTRE-PRISES* chalk ball for less mess and a better grip and brush the holds regularly to keep the friction good.

#### WARM UP

Before starting to train on a fingerboard you need to warm up. Your warm up should last about 10 to 15 minutes - a bad climbing injury can last a year!

Five minutes running on the spot or skipping will be a good start as this will start to get your whole body warmed up. Training after a run or mountain biking session is also good, though have something to drink first. An isotonic sports drink is a good choice, as it will have easily absorbed glucose in it.

Do some neck circles, by slowly rotating your head in each direction five times.

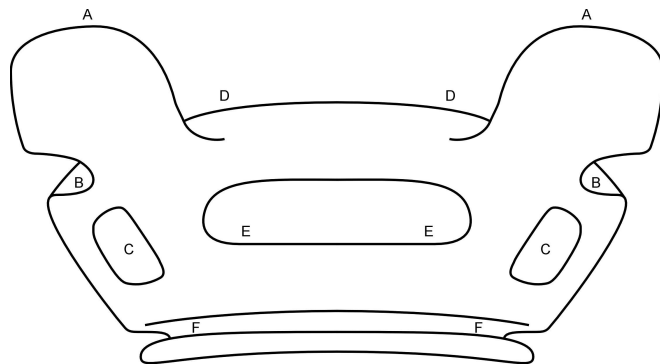
Stretch the arms and loosen the shoulders by doing some circles, as in swimming. This can be done whilst running on the spot.

Rotate the upper torso ten times in each direction.

Clasp the hands together and then move the arms as far as possible in each direction whilst holding the hands above the head, level with the shoulders and in front of the body down towards the waist. Do each position five times and repeat with the hands clasped the other way round. This exercise should start to give you a pumped feeling if you are doing it right.

Finally stretch the body whilst fully hanging on the big jugs (AA) on the board, hold the position for 10 seconds, then 15 and finally 20. Then do 2 or 3 very slow pull up using the big jugs (AA).

**You are now ready to work out.**



## EXERCISES

The fingerboard is designed for power training and power endurance training, it is not very good for training for stamina / endurance. For stamina training you really need to go to the nearest overhanging climbing wall or crag. Though if you become strong the moves feel easier and you don't get pumped as quickly.

There are three basic types of training that can be categorised into Pull-ups, Ladders and Hangs.

### PULL-UPS

#### Exercise One: *The Minute 100 Pull Up Burn* (grade 8a+)

For this exercise you only get as much rest as you have left in the minute after doing your pull-ups. Going up to 10 pull-ups is a very advanced exercise, so modify it for your own level of ability. A good guideline is to start week by week adding another set of pull-ups to your workout, until you fail to get back down. Return to your previous level for four more sessions before trying to increase again. If you manage to increase a level stay at this level for five more workouts, before trying to increase again. You will see rapid gains in strength with this type of work out.

This is the very basic start point for fingerboard training do not try to go onto other advanced exercises until you can comfortably get to 7 pull ups and back down (grade 7a+).

|                     |                |                      |
|---------------------|----------------|----------------------|
| Start your watch at | 00 seconds and | do 3 pull ups on AA  |
| At 60 seconds       | 1 minute       | do 3 pull ups on BB  |
| At 120 seconds      | 2 minutes      | do 4 pull ups on CC  |
| At 180 seconds      | 3 minutes      | do 5 pull ups on EE  |
| At 240 seconds      | 4 minutes      | do 6 pull ups on AA  |
| At 300 seconds      | 5 minutes      | do 7 pull ups on BB  |
| At 360 seconds      | 6 minutes      | do 8 pull ups on CC  |
| At 420 seconds      | 7 minutes      | do 9 pull ups on EE  |
| At 480 seconds      | 8 minutes      | do 10 pull ups on AA |
| At 540 seconds      | 9 minutes      | do 9 pull ups on EE  |
| At 600 seconds      | 10 minutes     | do 8 pull ups on CC  |
| At 660 seconds      | 11 minutes     | do 7 pull ups on BB  |
| At 720 seconds      | 12 minutes     | do 6 pull ups on AA  |
| At 780 seconds      | 13 minutes     | do 5 pull ups on EE  |
| At 840 seconds      | 14 minutes     | do 4 pull ups on CC  |
| At 900 seconds      | 15 minutes     | do 3 pull ups on BB  |
| At 960 seconds      | 16 minutes     | do 3 pull ups on AA  |

This exercise can be reduced to **The Minute 30 Pull Up Burn** by only going up to 5 pull ups (grade 6b) and back down, or you can do the exercises every two minutes (grade 7b+).

#### Exercise Two: *The Minutes Rest* (grade 7c+)

This is the same series of exercises as The Minute Burn, only you set your stop watch as soon as you descend from the board and take 60 seconds rest. Again going all the way to 10 pull-ups and back down is a very advanced exercise, however you can easily reduce the grade as above.

We don't recommend using elastics or placing the feet on a chair or other obstacle to reduce weight, as it is better to try to do less with the full body weight, than more with less weight. Generally on **GENESIS** you are training for power gains, not stamina. Low weights and high numbers of repetitions are more appropriate to a stamina work out.

#### Exercise Three: *One arm*

You can also work out one arm pull ups on **GENESIS**. Again these are advanced exercises so don't over do it. Hold A (7c), hold B (8a+), hold C (8a), hold D (8b+), hold E (7c+), and hold F (9a?)

## LADDERS

#### Exercise Four:

Start with both hands on holds AA, do a pull up, drop down to hold BB do a pull up, drop down to hold CC do a pull up, and then go back up to hold BB and finally return to hold AA. This is one repetition.

There are two options for this type of exercise, one is to do as many repetitions as possible have five minutes rest, then try again; the other is to do one repetition have one minutes rest then repeat until failure.

As your strength increases you can do ladders on the more difficult central hold pairs, or in combinations with the outer holds.

## HANGS

The classic hang positions are at 40 degrees (just below the top of a pull up), 90 degrees (elbows bent at 90 degrees half way down on a pull up), and 120 degrees (just before full extension).