

Just because we aren't climbing at the wall it doesn't mean you can't train!
We have put together some workouts for you. They focus on different areas of your body each session. The purpose of these workouts is to help your overall climbing fitness for when you return in a few weeks.

Repeat each week -

Monday - *legs*

Wednesday - *arms*

Friday - *core*



1 SQUAT

Start with feet shoulder width apart > feet slightly pointed outwards > squat with your knees slightly over your foot > keep back straight
15x Squats



2 JUMPING SPLIT SQUATS

Keep your back straight > hips parallel > knees bent to 90 degree angles > alternate between each leg whilst jumping
20x jumping split squats



3 REVERSE DIAGONAL LUNGE

Lunge backwards > engage your glutes > engage your tummy muscles > and slightly lean your body forward
10x on each leg - reverse diagonal lunge



4 IN AND OUT SQUAT JUMP

Start with your feet together > jump out into the squat position > jump back to standing position > keep your core engaged.
10x jumping squats

Do 3 - 5 sets with 2 minutes rest between each set.



1 PRESS UP

Start with hands shoulder width apart and bend your elbows and lower towards the ground, your elbows should be at about a 45-degree angle tight to your body . If you can't do them this way simply drop your knees to the floor.

Repeat 12x



2 TRICEP DIP

Use a chair place your hands shoulder width apart and lower your body towards to floor without touching the floor and push your body back up so your arms are straight.

Repeat 12x



3 SHOULDER PRESS

Grab some weights (tins/squash/water bottle), start with your elbows above your shoulders and then press your hands towards the sky.

Repeat 15x



4 BICEP CURL

Grab some weights (tins/squash/water bottle) start with your hands by your sides and bending at the elbows bring your hands towards your chest.

Repeat 15x

Do 3 - 5 sets with 2 minutes rest between each set.



1 DISH

With your shoulders and upper body set back lift your feet and legs off the floor and hold this position.

Hold for 20 seconds | Rest for 10



2 KNEE RAISE

Same starting position as the dish. Slowly bring your knees towards your chest and take them back out to the dish position.

Repeat for 20 seconds | Rest for 10



3 RUSSIAN TWIST

Starting with the same position and the dish. Slowly rotate your chest from left to right.

Repeat for 20 seconds | Rest for 10



4 PLANK

Shoulders and elbows in line and up on your toes. Hold this position for 20 seconds.

Hold for 20 seconds | Rest for 10

Do 3 - 5 sets with 2 minutes rest between each set.