Mounting fingerboards (ooh suit you sir!)

You have a number of options.

1) Mount above door frame. Allows permanent fitting and use of door.
2) Mount within the door frame – with a bit of thought this can be done without drilling or screwing into anything – ideal in rented accommodation.
3) Mount on a beam – in cellar/attic/garage – if beams are not vertical, the board can still be mounted vertically.
4) Mount on a wall but set away from it to allow room to hang. Good for mounting in garage/side of house where you don't mind drilling into walls.

Door frame mounting

Works best if you have internal brick/breezeblock walls rather than plasterboard but can be done at a push on plasterboard walls (it's not our fault when you pull the wall down).

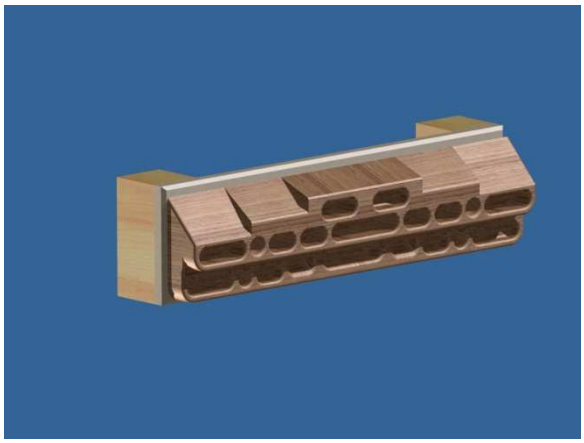
Ideally you want to mount a 3/4"plywood sheet on the wall which you then mount the fingerboard on. This plywood can be painted to make the rig look a bit nicer in the house.

+ves

- Permanent fixing
- Inside the house: warm, near food and drink as well as tv/dvd player and stereo to put off boredom.
- You will see the fingerboard regularly so will be constantly reminded to use it!

-ves

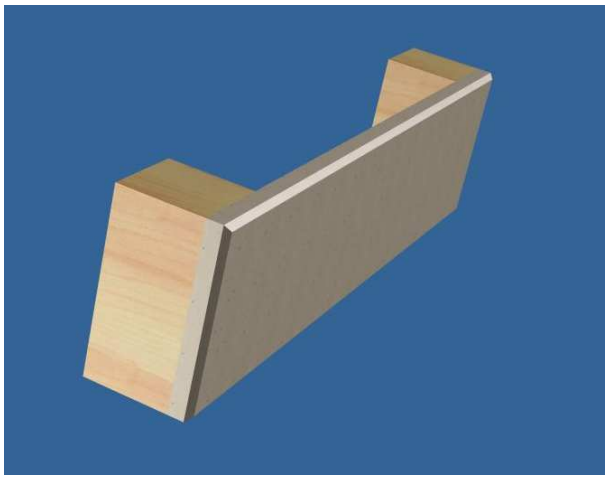
- Some fingerboards (resin ones) look like the telly tubbies have vomited all over your doorframe, wooden boards tend to exhibit a touch more class, whilst serving a greater function too!
- Door frames provide limited clearance on each side for hanging holds 1 armed.



This shows the fingerboard mounted on a piece of plywood which is attached to the wall via 2 blocks of wood. The blocks provide clearance under the fingerboard – so it sticks out beyond the doorframe allowing your fingers to hang freely off holds and not grind on the door frame.
It also provides clearance for screws which attach the fingerboard to the plywood – preventing them from damaging the wall behind.

The 2 blocks of wood should be attached to the wall with a minimum of 2 screws (of at least 5mm diameter) (each) in rawlplugs in the wall.

This shows the board and blocks without a mounted fingerboard.



It is possible to mount a fingerboard onto a plasterboard wall but I would not recommend it. You can drill 4 holes through the entire internal wall (both sides of it) and using long coach bolts or threaded bar to bold one sheet of plywood on one side of the door frame, and the sheet on blocks (as seen above) to the other side. As the bolts are tightened, the plywood sheets will clamp together making a solid mount for the fingerboard. However you do have to drill 4 big holes through your entire wall.

Mounting within the door frame.

Figure 2.1. easy to set up and a very low impact, a powerbar mount+wooden ply adaption is a very effective combo, the bar is also handy for initial warm ups.

Figure 2.2: an adapted fingerboard to fit in a wide hallway, a single bar can also be used in a doorframe along with a piece of wood acting as a brace (similar to the lowest metal bar in fig.2.1) the ply can be attached to the bar via climbing chord or sturdy metal hooks.

This works well in rented accommodation or at home where the fingerboard needs to be taken down when not in use.

The simplest way is to mount a plywood board on an expanding removable pull-up bar (the cheap ones from Argos work fine for this) – either with cord or wooden blocks. When in place this holds the weight of the fingerboard and user but the whole set up swings. To stop this, another pull up bar can be used at the bottom of the plywood, or the plywood can be cut to size so it fits within the doorframe, preventing it from swinging back when weighted (see figures 2.1, 2.2 & 3).

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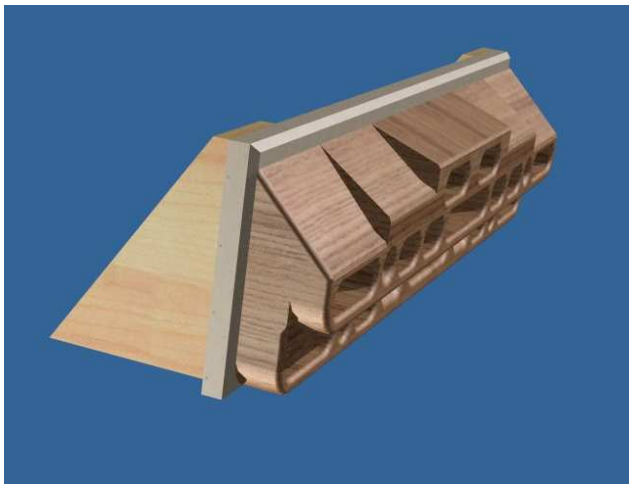
- Non permanent fixing – can be taken down when not in use.
- Inside the house.
- Maximum of 2 small screws needed in the doorframe – little trace of it when its packed up and not in use.

-ves
- Less room for moving – closer to the floor = have to tuck legs up. Not much room on each side – 1 armed exercises harder.

Mounting on a beam.
The easiest way to mount a board (when you have beams available). Often cellars, garages and attics have exposed beams. Is simple to screw the fingerboard straight on a beam.

this, or you can go old school and use a protractor and spirit level) and cut 2 blocks of wood at the correct angle so the board hangs vertically.



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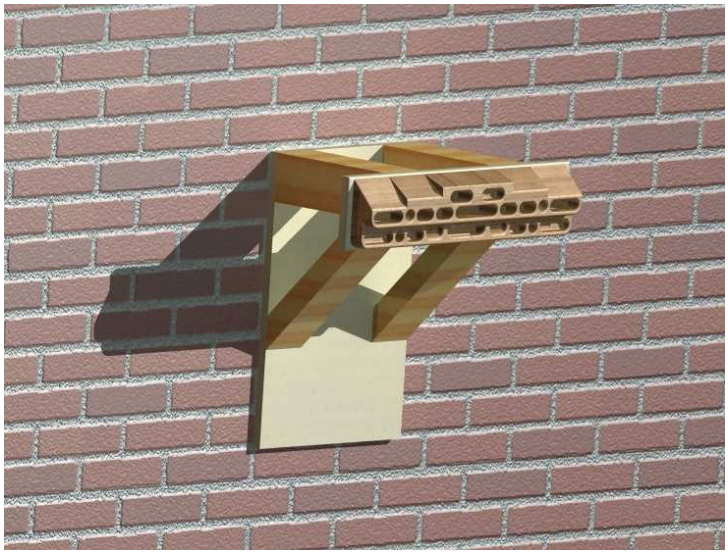
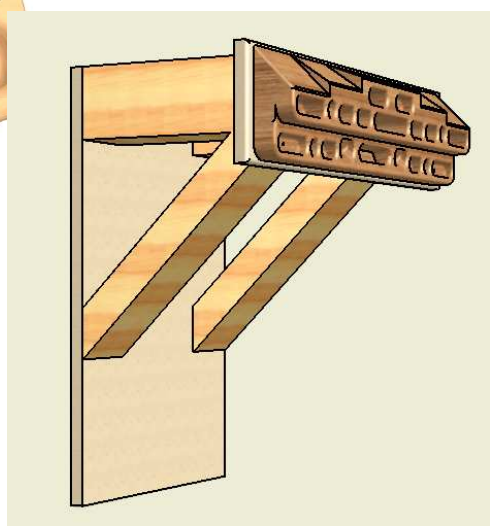
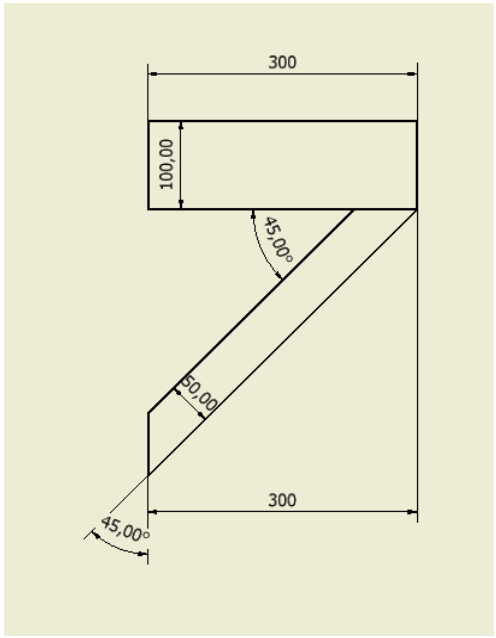
- Very easy to do – just screw fingerboard straight onto beam.
- Often have one than 1 beam exposed – can use other beams to mount pulleys or other fingerboards making a big training facility.

-ves
- Need exposed beams or have to expose the beams by tearing down plasterboard and insulation.

Mounting on a wall.
This is a bit more complex – it requires making a frame which attaches to the wall, allowing the fingerboard to be mounted away from the wall. However it does allow a board to be mounted on a flat wall with plenty of clearance in front and at the sides.







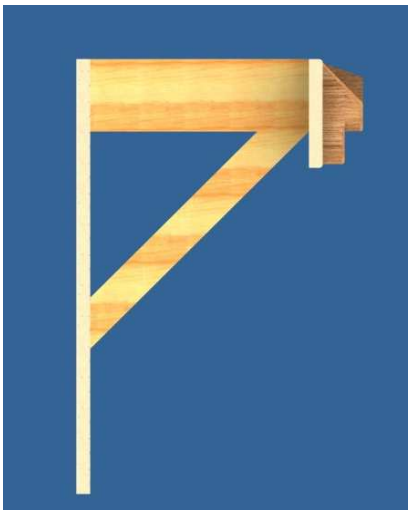
The top edge is 300mm long, 4X4 inch (100mm by 100mm) wood.

The angled supports are 2X4 inch (50mm by 100mm) wood. They attach at 45 degrees to the horizontal supports and the back board.

Pythagoras' theorem says that these must be 424.264mm long (along the longest length) in order to make a right angled triangle with a 300mm base.

$300^2 + 300^2 = 180000$
The square root of 180000 = 424.264mm

Fortunately Pythagoras is no longer with us so you will probably get way with measuring to 425mm then cutting the ends off at 45degrees.



Both the horizontal and angled support are screwed (and glued) on to the back board (as well as together).

The back board is made of 3/4inch (18mm) plywood. I left the plywood sheet bigger than the supports needed it to be and painted it matt black so I can use it as a chalk board to keep tabs on my exercises during a session.

I made the board onto which I attach the fingerboard longer than the fingerboard so I have room for additional holds as well as hooks to attach a pulley to either side as there is not clearance in front of the fingerboard for a pulley (the weights would just drag up the wall).

I found that 300mm is enough clearance in front of the fingerboard to hang – it forces you to stay very open and not twist in. You could increase the distance away from the wall if you felt you needed it.

I attached the whole set up to the wall using 4 burley screws in rawlplugs straight into the brick. You could arrange some sort of removable mounting system as well if you don't have the option of permanent fixing.

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- Can be made removable with a bit of thought.
- Can be mounted on any solid wall – don't need a beam or doorframe.
- useful for honing your man skills – you get to use power tools.

-ves
- more tricky to build than just screwing a board to a beam.

The King of mounting: (Fig.3)

Occasionally a customer comes along who excels themselves in their mounting abilities. Current first prize goes to a Mr Walter of Australia with his false doorframe, whereby you have length of wood which slot onto the doorframe, along with 2 cross pieces which wedge in to create a highly stable set up which leaves no marks and can be put up in under a minute. This also costs less than using pullup bars, but requires some carpentry knowledge. He also boshes out 8b+s so he knows his stuff.

Figure 3. false doorframe mount concept.