

# Beastmaker fingerboard training plans.

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 Fingerboards available from [climbingworks.com](http://climbingworks.com)

## Intro:

This guide is designed for those of you who like the idea of structured fingerboard training but have no idea where to start. I aim to provide a basic plan which is easy to understand, follow and add to as you progress.

Both the beginners and intermediate training plans have a detailed description of the exercises followed by a slimmed down “session sheet” which gives an outline of the plan without any extra information

The idea is that you read the detailed information, then print the “session sheet” and take it with you to the wall / garage / bedroom. This way you know exactly what you are doing for each session but you don’t have to cart around reams of paper.

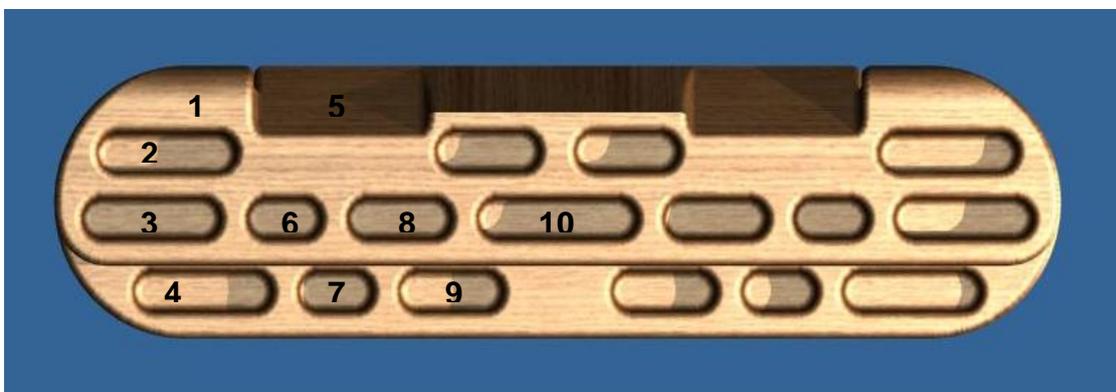
## Beginner

*Up to font 6c (ish).*

Use this if you are new to climbing, or just new to training and want a simple plan that is fast, easy to follow and will lead to strength gains.

You can add to this plan or tweak it to fit your own needs after experimenting with it for a few sessions.

I recommend you use the [Beastmaker 1000](#) for this training plan, although it can easily be done on a [Beastmaker 2000](#), or many of the other resin [fingerboards](#) that are available.



Hold 1 – Large jug  
 Hold 2 – Small edge  
 Hold 3 – Large edge  
 Hold 4 – Medium edge  
 Hold 5 – 35degree sloper

Hold 6 – deep 2 finger pocket  
 Hold 7 – Shallow 2 finger pocket  
 Hold 8 – Deep 3 finger pocket  
 Hold 9 – Shallow 3 finger pocket  
 Hold 10 – Big flat slot

Each hold has a corresponding hold on the other side of the fingerboard. Each hang is done with left hand on the numbered hold and the right hand on the corresponding hold on the right of the fingerboard. Each set of hangs is done with the following format:

Hang the hold for 7 seconds, followed by a 3 second rest. This is one rep. Repeat it 6 times. A set of this kind should therefore last approximately one minute, as shown in the table below:

Time on/off	Overall time
7 seconds hang	0-7 seconds
3 seconds rest	7-10 seconds
7 seconds hang	10-17 seconds
3 seconds rest	17-20 seconds
7 seconds hang	20-27 seconds
3 seconds rest	27-30 seconds
7 seconds hang	30-37 seconds
3 seconds rest	37-40 seconds
7 seconds hang	40-47 seconds
3 seconds rest	47-50 seconds
7 seconds hang	50-57 seconds
3 seconds rest	57-60 seconds

### So what should you do?

**1** - Warm up on the climbing wall/fingerboard for at least 15mins. Take your time with the warm up. If you start training without fully warming up you are at a much greater risk of injury. Finger injuries are nasty and take a long time to heal. You should do your very best to avoid them.

**2** – 4 finger open handed hang on either hold 3 or hold 4 (2 handed hang using hold 3 or 4 for the left hand and the corresponding hold for the right hand). This is an open handed hang so don't put your thumb over your fingers (i.e. the crimp position). Complete the set as detailed above. 3 mins rest.

**3** – 3 finger open handed hang on either hold 8 or hold 9. Complete set as detailed above. 3 mins rest.

**4** – 4 finger hang on slopers (hold 5). Complete set as detailed above. 3 mins rest. To make these easier either pinch below the sloper with your thumb or nestle your index fingers into the edge of the inner sloper for extra grip.

This workout is short (12 mins) but very intense due to the repeated hangs and limited rest periods. If you feel strong/psyched repeat this up to 3 times with 10mins rest between each.

### **Beginners Training plan** (print this page)

This shows the outline of your training plan. I suggest you note down exactly which holds you are using for each set, that way you will always train on the same holds and progress can be measured accurately.

**warm up** – it is very important to warm up properly!

- 1) A set of 4 finger open handed hangs on large or small edge.
- 2) 3 mins rest.
- 3) A set of 3 finger open handed hangs on 3 finger pocket.
- 4) 3 mins rest.
- 5) A set of 4 finger hangs on slopers.

Each set = 7 second hang followed by 3 second rest, repeated 6 times in total.

Rest for 10-15mins and repeat up to 3 times.

### **Progression techniques.**

You can use these in combination or on their own to vary the intensity of each exercise allowing a lot of adjustment to the difficulty. This helps you to avoid hitting plateaus in your progression.

#### **To make the exercises harder you can:**

- Use a smaller hold
- Hold the hold further out, so your hanging onto less of it making a smaller hold.
- Reduce your rest times (i.e. from 3 down to 2 mins rest between sets)
- Add some weight – start with a couple of kgs (held between the feet or in a rucksack).
- Hang with one hand in a similar, but worse hold, and alternate hands between hangs so each hand has hung 3 times off a smaller hold and 3 times off a larger hold.

#### **To make exercises easier you can:**

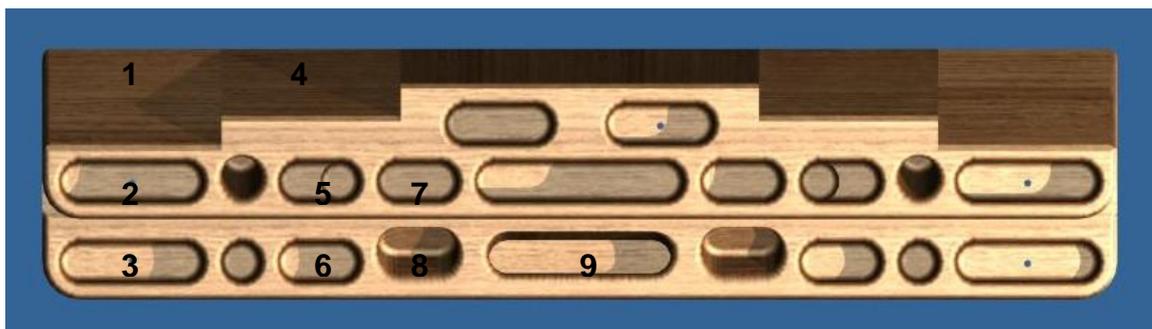
- Reduce hanging time and increase resting time for each hang. Instead of 7sec hang and 3sec rest, hang for 6 sec and rest for 4, or hang for 5 and rest for 5.
- Use a bigger hold
- Put a foot on the wall in front of the fingerboard to take some weight off your hands.
- Hang with one hand in a larger hold, and alternate hands between hangs so each hand has hung 3 times off a smaller hold and 3 times off a larger hold.
- (Sloper specific) Hang slopers with the assistance of a thumb pinching underneath the hold.
- (Sloper specific) Nestle the index fingers into the grooves created between the slopers.

## Intermediate

Font 6c (ish) to 7c (ish)

As with the beginners plan, the idea of this is to provide a basic training plan which you can easily follow and eventually add to or tweak to suit your needs.

I recommend you use a Beastmaker 2000 for this training plan, although it can easily be done on a Beastmaker 1000 or many of the other resin fingerboards that are available.



Hold 1 – 45 degree sloper

Hold 2 – Large edge

Hold 3 – Small edge

Hold 4 – 35degree sloper

Hold 5 – Deep “back 2” pocket

Hold 6 – Shallow 2 finger pocket

Hold 7 – Deep 2 finger pocket

Hold 8 – Sloping 2 finger pocket

Hold 9 – Incut edge

Each hold has a corresponding hold on the other side of the fingerboard. Each hang is done with left hand on the numbered hold and the right hand on the corresponding hold on the right of the fingerboard.

Each set of hangs is done with the following format:

Hang the hold for 7 seconds, followed by a 3 second rest. This is one rep. Repeat it 6 times.

Time on/off	Overall time
7 seconds hang	0-7 seconds
3 seconds rest	7-10 seconds
7 seconds hang	10-17 seconds
3 seconds rest	17-20 seconds
7 seconds hang	20-27 seconds
3 seconds rest	27-30 seconds
7 seconds hang	30-37 seconds
3 seconds rest	37-40 seconds
7 seconds hang	40-47 seconds
3 seconds rest	47-50 seconds
7 seconds hang	50-57 seconds

**During each 7 second hang lock the arms at 1 of 3 different angles.**

**Each of the individual 7 second hangs in the set should be hung with your arms locked at different angles, as shown below...**

- Hang 1 – arms at 140 degrees – just off being straight
- Hang 2 – arms at 90 degree lock
- Hang 3 – arms at full lock
- Hang 4 – arms at 140degrees
- Hang 5 - arms at 90 degrees
- Hang 6 – arms at full lock

**After at least a 15 min warm up...**

**1** - Front 2 (index and middle fingers) pocket hang on either hold 6, 7 or 8 (or play around with combinations of these holds). Remember to vary the angle of lock in your arms with each hang.

Now have 2 to 3 mins rest.

**2** - 4 finger open handed hang on hold 3. Complete the set as detailed above.

Now have 2 to 3 mins rest.

**3** - Middle 2 (middle and ring finger) pocket hang on either hold 6, 7 or 8 (or play around with combinations of these holds). Complete set as detailed above.

Now have 2 to 3 mins rest.

**4** - 4 finger sloper hang on hold 1 or 4 or a combination of both. Complete set as detailed above. No thumbs on the holds below!

Then have 2 to 3 mins rest.

**5** - 3 finger open handed hang on either hold 3 or hold 2. Complete set as detailed above.

After completing all these exercises take a 10 min rest and the whole lot again and depending on how you feel (still psyched? Still got energy?), repeat it a 3<sup>rd</sup> time.

Remember, this is meant to be hard! Make sure you really give it everything.

### Intermediate Training Plan *(Print this page)*

Note down exactly what holds/hold combinations you are using for each exercise and the rest periods that you are taking, so that you can accurately measure progression over time.

Warm up – very important to warm up properly.

- Front 2 finger hang on pockets.
- 2/3 mins rest
- 4 finger open handed hang on edges.
- 2/3 mins rest
- Middle 2 finger hand on pockets.
- 2/3 mins rest
- 4 finger sloper hang.
- 2/3 mins rest
- 3 finger open handed hang on small edge.

Each set = 7 second hang followed by 3 second rest, repeated 6 times in total. Remember to vary the angle of lock in the arms for maximum training benefit.

Rest for ~10 mins and repeat up to 3 times.

## **Progression techniques.**

You can use these in combination or on their own to vary the intensity of each exercise allowing a lot of adjustment to the difficulty. This helps you to avoid hitting plateaus in your progression.

### **To make the exercises harder you can:**

- Use a smaller hold
- Hold the hold further out, so your hanging onto less of it making a smaller hold.
- Reduce your rest times (i.e. from 3 down to 2 mins rest between sets)
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## **Advanced Training**

*7c and above*

When you are at this level you should experiment with your own training to find what works for you. Over time you will discover the most effective way for you to train. You should identify your strengths and weaknesses and use this information to devise your own personalise training plan which should target your weaknesses very specifically.

You can find more information at:

<http://beastmaker.co.uk/training%20page2.htm>.

If you would like help identifying your strengths and weaknesses and/or want a more personalised training plan for maximum gains, get in touch:

[nedfeehally@hotmail.com](mailto:nedfeehally@hotmail.com)