

whatever your goals, reach new heights  
**new heights fitness**

# Train for Climbing

with Rich Hudson

Construct a training plan to help you reach your peak, complete that project and progress throughout your climbing season

- Use of weights and resistance training
  - increase power and endurance
- Effective use of campus and finger boards
  - Improve finger and arm strength, and explosive power
  - Learn safe and efficient use to avoid injury
- Exercises to improve core strength
  - fundamental to steep and overhanging techniques, and to ultimately push your grade

Rich is Strength and Conditioning Coach to The GB Bouldering Team and  
The Castles' Comp Squad

*Rich is one of those kind of guys who is always motivated and always has something new and fresh to add to the training mix.*

- Gaz Parry, British Boulder and Lead Champion

Whether you're looking to improve your general fitness or for sport specific training, contact Rich to discuss your goals

 **REPs**  
The Register of Exercise Professionals  
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