TIME TO TRAIN

WITH
LATTICE TRAINING

How To: Locate

The most important part of installing your Rung is choosing an appropriate location for it. It's essential you attach it to a secure structure that can support the loads you will be putting through it as the last thing you want is for it to come flying off mid way through a session!

Common options include mounting above a doorway, a roof beam in an attic or mounting to a detachable pull up bar. Bear in mind that the load on the Rung can be quite high, especially if you are doing weighted fingerboarding or explosive pull up sessions.

Please note: Choose a secure structure You must use your own judgement on what location a training rung is mounted. Do NOT attach your Rung to weaker structures such as plasterboard as it is not strong enough to support the Rung when loaded. Seek professional advice from a builder if you are unsure about the structural integrity of your chosen mounting location

How To: Fix

If unsure consult a professional for further guidance

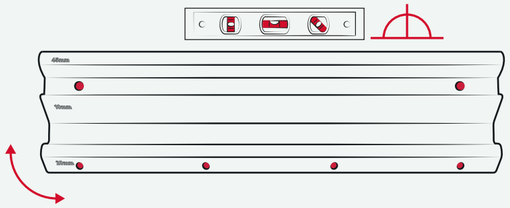
The hardware you'll need for mounting your Rung will depend on what you are attaching the Rung to.

If you are attaching the Rung to something other than wood you may need to consult a professional for further guidance as building materials will vary greatly in strength and structural integrity.

If you are attaching the beam to an internal wall (i.e. studwork with plasterboard on top) then we recommend mounting a rectangle of 18mm plywood to the studwork and then attaching the Rung to the plywood.

Please note: You MUST make sure that the entire back surface of the Lattice rung is in contact with a solid surface, whether this is a wall, wooden board or a beam. No part of the back surface of the rung must overhang as this may cause uneven stress across the wooden structure of the Lattice rung which could lead to the product breaking.

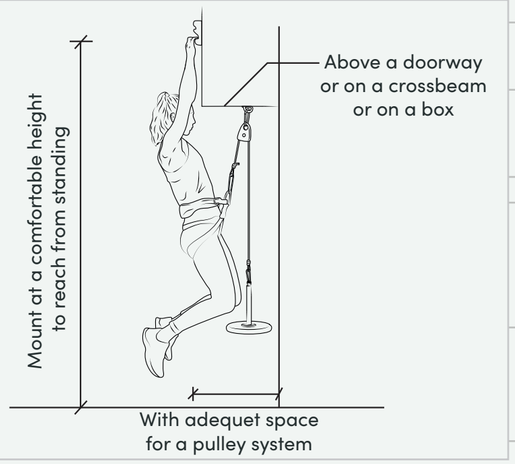
How To: Mount

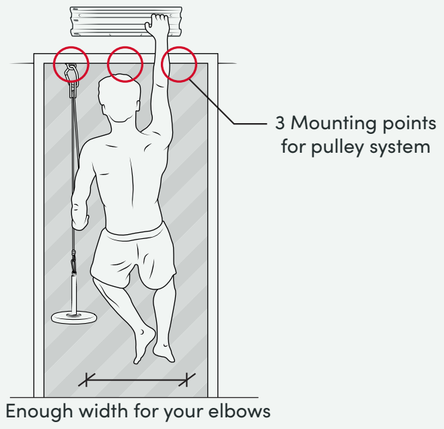


When mounting your Rung ensure it is level. We recommend attaching the rung using a single screw, getting it level and then fixing it in place with a second screw. Double check the level before fastening the remaining of the screws.

The Rung should always be attached with 6 screws.

x6





Triple Rung Location Template

Use this triple rung template to remove any difficulty when it comes to mounting.

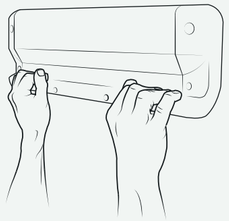
Simply mark the 6 location points on this template to line up where you will need to drill in order to mount your triple rung.

How To: Grip

When climbing, we encounter a number of different grip types, and therefore it is important to prepare ourselves for this in training.

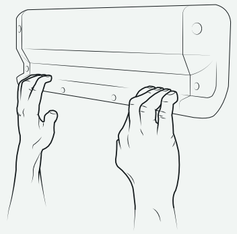
Whilst some grip types are inherently more risky to train, not training them at all leaves us exposed when it comes to utilising these grip positions when climbing. Hence, it is best to train in a controlled and progressive environment, rather than to not train at all and then attempt to apply at the crag.

Half Crimp and Open 4 Positions tend to be the 'go to' training positions, due to their versatility and the fact that they have the least mechanical advantage. For many climbers, Open 3 and Full Crimp tend to be lesser used, and with this in mind should be a training consideration.



Full Crimp

90°+ bend in the fingers, the thumb wraps over the index finger.

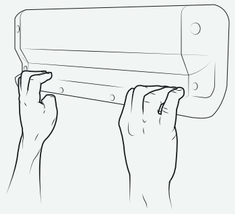


Open 4

Like the half crimp, but the index finger is more extended (straight).

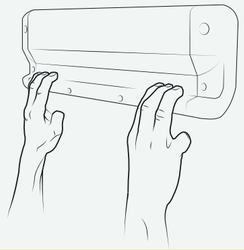
Half Crimp

90° bend in the fingers, without the thumb. Allow the pinky to sit naturally.



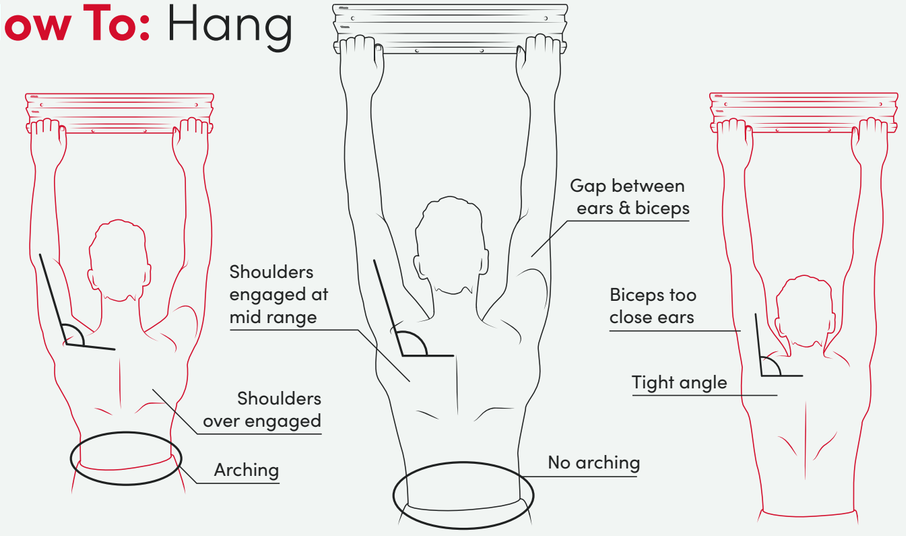
Drag 3

Front three fingers only, in an extended (straight) position.



Please note: Correct form can look different for each individual, this is a general guide and not a substitute for professional coaching. Form is important when training for both maximising effciency and avoiding injury. Remember that training and climbing, like any sport, is never 100% free of risk.

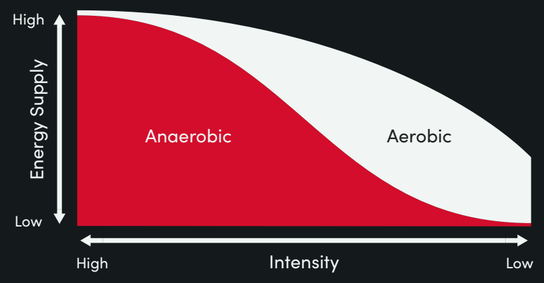
How To: Hang



Over engaged | Standard form | Under engaged

How To: Systems

The different energy systems in our forearms enable us to exert force with our fingers in a range of climbing scenarios. The anaerobic systems provide energy for high intensity efforts whilst the aerobic system contributes to energy production for lower intensity efforts. The aerobic system also allows us to recover between more intense efforts where we are relying on our anaerobic systems. Well trained aerobic and anaerobic systems compliment each other and allow us to perform at a range of intensities and durations.



We can use a range of hangboarding protocols across the intensity duration spectrum to train the di erent energy systems. Compared to training these energy systems through climbing, hangboarding minimises the technical aspect and allows us to focus on physiological adaptations in the forearm. To maximise the transfer of these adaptations to performance, these energy systems should also be trained through targeted climbing sessions.

Please note: It is not advisable to suddenly increase your training load. Progressively increase loading over many sessions to avoid injury. If unsure, seek professional advice.

WARM UP!

Without an adequate warm up you increase the risk of injury and reduce training effectiveness. Increase your heart rate and progressively load both your fingers & shoulders before attempting any of these sessions.

SCAN TO LEARN MORE ON OUR BLOG

How To: Train

Training session intensity can be calculated using your max load score from your last testing session. Each session is split into sets, separated by rests. Sets are made up of reps that consist of work time and, where applicable, rest time (both in seconds). For example, 1 set of 18x7:3 would be 7 seconds work, followed by 3 seconds rest, repeated 18 times. For the aerobic capacity exercise below you would repeat this set 5 times with 4 minutes rest between each set.

Example Calculation

Max Load Score*

70kg + 10kg = MAX 80kg

MAX 80kg x % 0.85 = 68kg

68kg - 70kg = kg -2kg

*calculated from last testing session

Aerobic Capacity

30% MAX

18X7:3 SEC
4 MIN REST
X5 SETS

AIM: to promote capillarisation and increase mitochondrial density in slow twitch muscle fibres.
FOR: increasing the level you can operate at aerobically, and to aid recovery on and in between climbs.

Aerobic Power

50% MAX

12X7:3 SEC
4 MIN REST
X6 SETS

AIM: to increase power endurance by fine tuning the forearm muscles ability to contribute to force output using both the aerobic and anaerobic systems.
FOR: moderate intensity for a longer duration.

Anaerobic Capacity

70% MAX

5X7:3 SEC
3MIN REST
X6 SETS

AIM: to develop longer high intensity force outputs, reduce fatigability of fast twitch muscle fibres and improve overall strength.
FOR: long boulders & short routes.

Max Strength

85% MAX

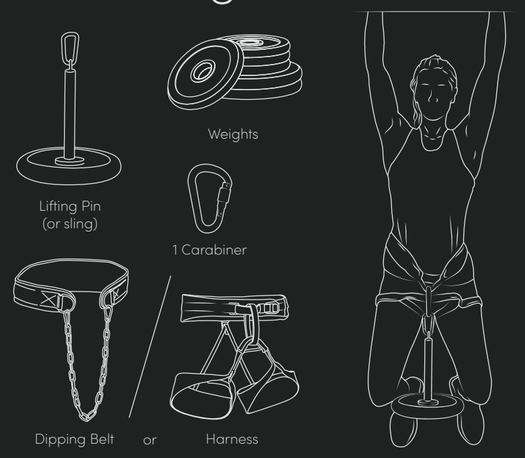
1X10 SEC
2 MIN REST
X6 SETS

AIM: to increase the max force your fingers can exert in a single effort and to increase the force you're able to transfer onto a climbing hold.
FOR: short boulders & crux moves.

How To: Modify Load

Remove Weight

Add Weight



How To: Test

Aim: To isolate and test finger strength using a 2 arm dead-hang on our 20mm edge

When: After a rest day, post warm-up, with skin in good condition

Who: Recommended for adult climbers who regularly hangboard and climb above V4/6b+

Why: Assess before and after a training cycle to measure training effectiveness

Max Load Score*

2 MIN Minimum 2 mins rest between sets or until recovered.

*If you have not reached your max load within 8 sets, finish testing and retest another day.

Example Calculation

Max Load Score

70kg + kg 10kg = MAX 80kg

Max body weight %

[MAX 80kg ÷ 70kg] x100 =114.3%

Compare your results & get a free finger strength report at **MyFingers**

Find your strengths & weaknesses to target your training for effective gains.

SCAN TO ENTER YOUR RESULTS

Warning: Finger strength testing and training can cause injury! Avoid hangboarding when fatigued or injured. Please warm up thoroughly before any assessment and only test once properly adapted to hangboarding. If under 18 or unsure, please seek professional advice.