

TIME TO TRAIN

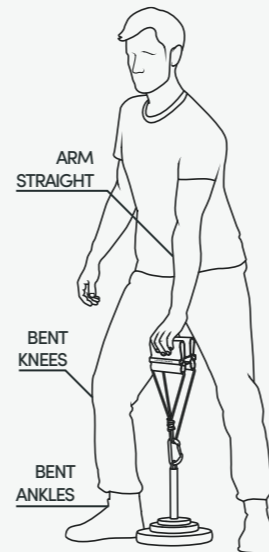


How To Lift

1. Start with the weights fully on the floor and positioned between your feet as illustrated. Make sure your feet and limbs are clear of the weights, at maximal loads it's easy to drop them onto your toes.
2. Straighten your arms and assume the lifting stance by bending at the hips, knees, and ankles.
3. Optimise your grip position and level the block directly above the weights.
4. You're now ready to lift, extend your legs and hinge at your hips to an upright position. Don't brace against your legs, this will skew your results. Lifting from the arm is likely to limit your performance.

Be strict on grip positions used. Make sure to take an accurate note of where your fingers are placed on the holds in each grip position to make test/retest results and training loads reliable.

Please follow the rules above to reduce the risk of injury and seek advice from a professional coach if you are unsure how to perform this testing safely.



LIFT WITH YOUR LEGS

DO NOT RE-ADJUST

Which Grip?

First time training pinch?
Start with the wide shallow grip position.

Wide Shallow
Flexor Pollicis Longus

Found in the forearm, this flexes the distal phalanx. A key muscle in closed grips & the largest of the thumb flexors, training this will typically result in quick gains for those new to pinch training.



Wide Deep
Abductor Pollicis Brevis

This abducts the thumb at its carpometacarpal joint away from the palm. Training this grip position will typically improve performance on the largest pinches and slopers.



Narrow Shallow
Opponens Pollicis

This opposes the thumb towards the fingers. The largest of the thumb muscles found in the palm of your hand (thenar muscles), training this will typically improve grip strength for bar like tufas.



Narrow Deep
Adductor Pollicis

This adducts the thumb at its carpometacarpal joint towards the index fingers metacarpal joint. Narrow pinches target the interossei and lumbricals, important for a crushing grip used on arêtes.



Training Sessions

Training Session intensities can be calculated from your 1RM testing session. You should perform a testing session before and after training cycles to measure intervention effectiveness. Each session is split into sets, separated by long rests. Sets are made up of reps which consist of work time and rest time in seconds. For example 1 set of 12x7:3 would be 12 repetitions of 7 second lifts and 3 second rests. For the exercise below you would repeat this 6 times with 4 minutes rest between each set.

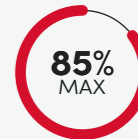
Aerobic Power



12X7:3 | SEC
4 MIN | REST
X6 | SETS

The goal of this session is to increase power endurance by improving the forearm's muscles ability to utilise oxygen at an intensity that is relevant to your project. You should feel a moderate to high pump level during this workout.

Maximum Strength



1X10 | SEC
2 MIN | REST
X6 | SETS

Maximum strength is the maximum force a muscle can exert in a single voluntary contraction for the duration of testing. This relates to the greatest force you're able to transfer onto a climbing hold such as a crux move on a route/boulder.

Anaerobic Capacity



5X7:3 | SEC
2.5 MIN | REST
X6 | SETS

The aim of this session is to develop: longer high-intensity force outputs, reduced fatigability of fast twitch muscle fibres and improvements in overall strength. Good for long boulders & short powerful routes.

Test Instructions

Finger Strength Self-Assessment

AIM
Aim: To isolate and test grip strength using a standardised lifting protocol

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

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

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

Recording Your Score

Record the weight used on each hand for both grip positions. Remember you need to complete a full 7 second hold for it to count! Once you've completed the testing send us your results at <https://lattice.com/form/my-pinch> and we'll analyse your data and send you a report.

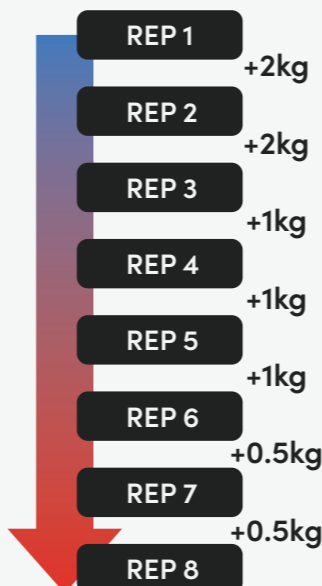


How To Test

Complete up to 8 sets (on each arm) of progressively heavier lifts until you reach a maximum score. You may reach a higher score on one arm but please record both for more detailed results. Rest for 3 minutes between each hold on the same arm. This means you can attempt a hold every 90 seconds on alternating arms.

Each lift must follow the rules below:

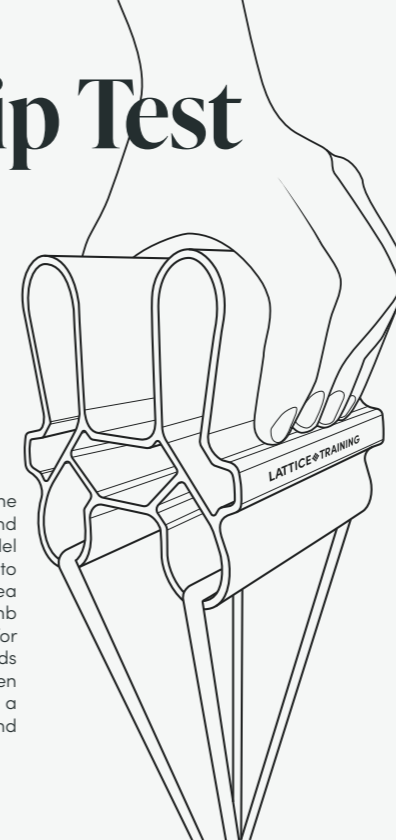
- Lift the weight from the floor using the chosen grip position.
- Each hold must last a full 7 seconds from the weight leaving the floor to hitting the floor.
- Your arms should be straight or bent slightly.
- You must use the set grip positions as described.
- A max score is the highest load completed for the set time staying in the same grip position. Once the load is too high for you to complete a full 7 second hold you have reached failure.
- Increase the load of each set slowly. Increments of up to 2kg should be used.



Pinch Grip Test

Before each testing session you must wipe your pinch block clean of any chalk with a little water on a fresh cloth. Remove excess water and let the surface dry completely. Skipping this step will invalidate your results. Apply the same chalk you use for climbing to your hands only.

Using your chosen grip position, complete the heaviest hold possible for the set 7 second period. Make sure to keep the block parallel to the floor and do not tilt your wrist to create an angle. Maximise your surface area contact with the block and align your thumb to engage all your fingers. See illustration for guidelines. Test both hands with 90 seconds between each hand and 3 minutes between the same hand. If you have not reached a max load within 8 sets, finish testing and complete this session on another day.

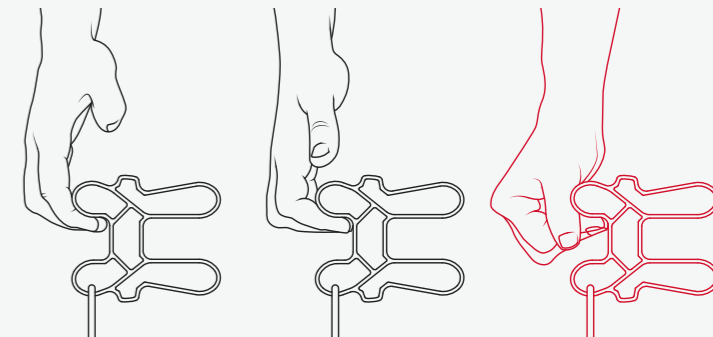


Crimp Grip Test

OPEN 4

HALF CRIMP

FULL CRIMP



Rest for at least 10 minutes between testing pinch & crimp grips

Using the 30mm testing edge, complete the heaviest hold possible for the set 7 seconds. You can use either a 4 finger open grip position or a 4 finger half crimp position for this testing but your thumb should not be in contact with the hold. **Do not use full crimp.** Use the same timing as the pinch test. If you have not reached a max load within 8 sets, finish testing and complete this session on another day.