



Gimme Kraft!: Effektives Klettertraining

Patrick Matros, Ludwig Dicki Korb



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Gimme Kraft!: Effektives Klettertraining Patrick Matros, Ludwig Dicki Korb

Gimme Kraft!: Effektives Klettertraining Hier ist es: Das Trainingsbuch von Patrick Matros und Dicki Korb produziert von und im Café Kraft! Über 80 Übungen an Boulderwand, Campusboard, Steckbrett, Slingtrainer, Ringen, Sloperrails, Klimmzugstange, Boden und Minibarren die dich zu einem fitteren und gesünderen Kletterer machen. Die Übungen werden präsentiert von niemand geringerem als Sasha DiGiulian, Fred Nicole, Barbara Zangerl, Melissa le Nevé, Bernd Zangerl und Alex Megos. Darüber hinaus erhältst Du von diesen und weiteren Stars Einblicke in die persönlichen Trainingsweisheiten.

Als besonderen erwie es uns Wolfgang Güllichs früherer Professor Herr Weineck die Ehre und öffnete sein Videoarchiv für uns: Wolfgang live beim Training! Auf der DVD sind nochmal alle Übungen in bewegten Bildern zu finden, sowie längere Versionen der ProTips der Stars aus dem Buch. Buch und DVD sind bilingual in deutsch und englisch.

Gimme Kraft!: Effective climbing training

Here it is: The training book of Patrick Matros and Dicki Korb produced by the Café Kraft! On more than 220 pages you will find about 80 specific exercises for bouldering wall, rings, slingtrainer, floor and minibar, campusboard, sloperrails, pegboard and pull-up bar to make you stronger for climbing.

The book is bilingual in German and English. So is the dvd that comes together with the book and shows all exercises in motion. Furthermore you will find more than 10 ProTips from some of the world's best climbers on it in the book and on the DVD.

A very special is the interview with Wolfgang Güllich's former professor Mr. Weineck. He opened his video archives for us and you can get a glimpse of Wolfgang's training attitude. We focused on an easy-to-understand approach that really motivates you for training! The DVD is PAL-Standard including all regions.



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230 Seiten

Kurzbeschreibung

How do I get stronger? How can I train most effeciently? Which exercises make the most sense? These are only a few questions that we as trainers are confronted with during our daily routine. Throughout the last decade, climbing went through major developments especially in the realm of training where contents and methods have changed dramatically as far as sophistication goes. Our main target is to enrich the current knowledge of training with a selection of new and creative exercises. The focus of our program is a well-balanced and long term performance-gain. We want to avoid a one-sided physical burden through inappropriate training. How can I train in a well-rounded manner? What is it that I have to focus on during my exercises? What is the ideal extent of my training-activities? How do I combine them most productively? You can find the answers to all these questions on this DVD, which comes completed with an easy-to-understand practice-book. We have decided in favour of an additional learning video because we believe that it is the best way to communicate the complex forms of our exercises in a didactically appropriate manner. Apart from that it's great to have a book too which you can easily take anywhere to have a quick look, so we found it necessary to provide you with this as well. There's another thing which might be of interest for many of you: the answer to the question how pro-climbers train. We have put together a fine selection of interviews with some of them to provide you with some insight on what a few of the best of them understand by the term training.

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