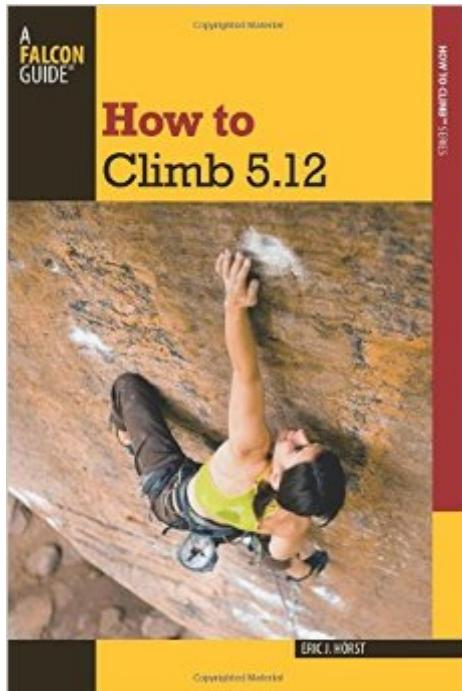


The book was found

How To Climb 5.12 (How To Climb Series)



Synopsis

The essential manual for intermediate climbers who want to make the jump to advanced climbing ability. With new color photos In the sport of rock climbing, 5.12 is a magical grade of difficulty—the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and shows average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. How to Climb 5.12 is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. First provides streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy. How to Climb 5.12 is the perfect manual to help intermediate climbers quickly along the road to mastery.

Book Information

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Customer Reviews

This should be in every climber's library, along with Horst's other works. His material is backed by sound sports science and legitimately works. This is the recently-released third edition of this book, which updates it with some of the same, more recent information he has included in Training for Climbing and Maximum Climbing. Although there is a lot of overlap with those works, this book focuses more on higher end climbers. It not only works for those trying to get to 5.12, but for those trying to advance at all in those higher grades of 5.12+. The self-evaluations in this work are less elaborate than in his other works, especially compared to Conditioning for Climbing, which had very

good evaluations. That is a shame because his better ones can be very helpful. In spite of that this is a great book, especially when combined with Conditioning for Climbing and Maximum Climbing (if you are high-end enough to use this book, you may want to skip Training for Climbing, which is largely the same material but aimed at climbers of all levels).

How to Climb 5.12 is more motivational talk than climbing guidance. There is some helpful material on scheduling, recovery, and cost-benefit assessment of different activities. However, it could stand more clear exercises for building climbing skills, strength, and eliminating fear of falling.

New climber, indoor at this time, this is a very helpful book. Helpful even for climbers not near 5.12 climbs. My current goal is 5.9, having just become a 5.8 climber. Still very, very, useful book for me.

This is a good book with lots of good mental training tips and is a quick read. I was looking for more workout related information and while this book has a few, it basically takes the stance to just go out and do it. But what is "it?" The biggest points the author was trying to give was basically to lose a lot of weight and how your goals are attainable. Not a lot of effort went into actually telling you how to climb 5.12 but rather how to think you can climb 5.12. Interesting, but is nothing groundbreaking.

This book was helpful in providing some more training ideas, but it repeats itself a lot and I didn't get a whole lot of new information from it. It's good, but didn't radically reform my climbing.

I have just gone through the Horsts 'Training for climbing', and this is pretty much exactly the same book except with a chapter on How to climb your first 5.12a. If you already have read 'Training for climbing', then you won't get as much out of this book.

Awesome book, very very comprehensive. If I manage to complete everything, it's fairly comprehensive. Obviously the book won't make you climb 5.12, you climb it ;) Substitute 5.12 for whatever grade you want to climb.

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