



Stationary Fingerboard Hangs

Two Arm Hang (Weight Removed)



Setup: To perform this exercise, you will need a fingerboard, harness, weights, pulley system consisting of two pulleys, carabiners, and a piece of cordelette.

Set up the mechanical pulley system with either two carabiners hung in front of you or one in front and one to the side. Secure the pulleys and the carabiners. The cordelette should run through each of the pulleys. If needed, drill two eye screws into a wall or door frame beneath the fingerboard to act as anchors for the pulleys.

Grasp the weight stack, and attach it directly to one end of the cordelette with a carabiner. Then, attach the other other end of the cordelette with a carabiner to your harness. Select the suggested hold or edge depth on the fingerboard. This is your starting position.

Movement: Reach both hands overhead, and grasp the holds. Bend your knees, tighten your core, engage your shoulder blades, and soften your neck. The pulley system will subtract the weight from your body, making it easier to hang. After you have finished your hang, remove the carabiner from the harness and lower the weight.

Tip: Make sure to keep even pressure on your fingers and avoid overgripping. Chalk is recommended to improve your contact friction with the holds.



Stationary Fingerboard Hangs

Two Arm Hang (Body Weight)



Setup: To perform this exercise, you will need a fingerboard. Begin by selecting the suggested hold or edge depth on the fingerboard.

Movement: Reach both hands overhead, and grasp the holds. Tighten your core, and engage your shoulder blades. After you have completed the hang, lower back down.

Tip: Make sure to keep your neck muscles soft while you hang. Chalk is recommended to improve your contact friction with the holds.

Two Arm Hang (Weight Added)



Setup: To perform this exercise, you will need a fingerboard, a dip belt or harness, and added weight. Begin by adding the selected weight to the dip belt or harness and fastening it across your waist. The harness or weight belt will add a set load to your body. Select the suggested hold or edge depth on the fingerboard.

Movement: Reach both hands overhead, and grasp the holds. Tighten your core, engage your shoulder blades, soften your neck, and bend your knees. Make sure to keep even pressure on your fingers and avoid overgripping. After you have completed the hang, lower back down.

Tip: Chalk is recommended to improve your contact friction with the holds.



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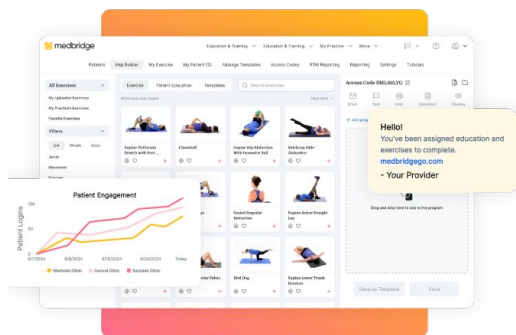
One Arm Unweighted Hang



Setup: To perform this exercise, you will need a fingerboard and a handle secured beneath or behind the board.

Movement: Grasp the handle with your elbow bent. Reach with your opposite hand for the selected hold with your elbow straight. Bend your knees, tighten your core, engage your shoulder blades, and soften your neck. Hang for the prescribed amount of time, and then lower back down.

Tip: To further quantify the exercise or to add a level of challenge, use a pulley system to unload set amounts of weight. This system is made of a cordelette running between two pulleys. Secure each pulley with a carabiner. Once secure, attach a handle to the end of the cordelette. Grab the prescribed weight, and attach it to the opposite end of the cordelette. Pull down on the handle with one arm, and with the other arm, grasp the selected hold on the fingerboard with your elbow straight and your arm overhead. Bend your knees, tighten your core, engage your shoulder blades, and soften your neck. Hang for the prescribed amount of time, and then lower back down.



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