



Stationary Fingerboard No Hang Protocol

No Hang Repeaters Quantify



Setup: To perform this exercise you will need a fingerboard and a scale. Stand on a scale beneath the fingerboard, and calculate your weight. You can see this climber weighs 170 lbs.

Movement: Reach one arm overhead, and grasp onto the selected hold. Pull down toward the ground with maximal force. As you pull, you will see the weight on the scale decrease. Here, you can see the scale goes from 170 lb to 100 lb. Subtract the reading on the scale from your overall weight. In this case, 100 is subtracted from 170, which equals 70 lb. This is the climber's maximal pull force.

Tip: Here are two examples of how to perform no-hang pulls based on a set percentage of maximal pull force:

First example: To pull 50% of maximal force, this climber would take 50% of 70 lb, which is 35 lb, and subtract that from their body weight of 170 lb. This equals 135 lb. The climber will pull down until the scale reads 135 lb, and they will be pulling 50% of their max force.

Second example: To pull 70% of maximal force, this climber would take 70% of 70 lb, which is 49 lb, and subtract that from their body weight of 170 lb. This equals 121 lb. So the climber will pull down until the scale reads 121 lb, and they will be pulling 70% of their max force.





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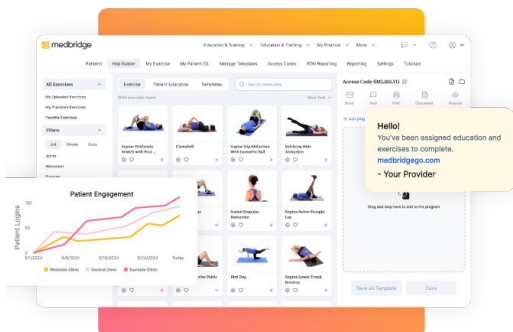
No Hang Repeaters



Setup: To perform this exercise, you will need a fingerboard. Begin by standing beneath the fingerboard.

Movement: Reach one arm overhead, and grasp onto the selected hold. You can grasp using a half crimp grip, where the end of your fingers are aligned with your second knuckle; a full crimp grip, where the end of your fingers are below your middle knuckle and the tips of your fingers hyperextend; an open-hand grip, where your four fingers are almost fully straight; or a three-finger drag, where you drop your pinky finger. Select one of these hold types, and pull down toward the ground. You can use a stool or a step to change the angle of your arm to obtain a desired position. Reach your arm overhead, and pull down toward the ground.

Tip: Make sure to keep your neck relaxed and your shoulder blades engaged. If you are strong enough to lift your body off of the ground with your finger and arm strength, then you can add weight into your opposite hand to keep your body anchored on the ground. Reach your arm overhead and pull down, making sure that your feet stay stable on the ground.



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