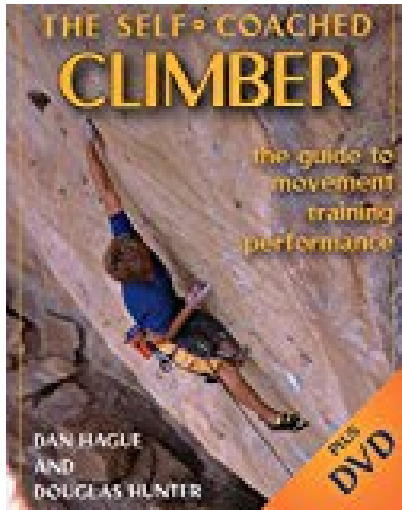


Self-Coached Climber The Guide to Movement Training Performance



BOOK DETAILS

- Author : Dan M. Hague
- Pages : 240 Pages
- Publisher : Stackpole Books
- Language : English
- ISBN : 0811733394

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BOOK SYNOPSIS

A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement--balance, force, time, and space--and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. Self-Coached Climber was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival.

SELF-COACHED CLIMBER THE GUIDE TO MOVEMENT TRAINING

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