

# **TRAINING BOARD**

BY THE PETIT BROTHERS



## **Programme d'entraînement** **Training program**



**Version française**  
**English Version**

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## TRAINING BOARD by the Petit Brothers

### Some advice before you start:

Don't be put off by appearances, the Training Board may look as though its dedicated to strong climbers but just try it-after only a few sessions, you will be surprised by your results. If you find that you can only use the large holds, put some washers under the bottom to reduce the angle of the board so you can make full use of all the holds.

To keep the friction at its best, use chalk and when necessary, clean it with your toothbrush.

Choose the location for your board carefully, somewhere too hot or humid will make training unpleasant and increase the amount of chalk required.

Warm up before each training session (cardio, limbering up, finger exercises...). A thorough warm up should take around half an hour and will reduce the risk of injury. Drink plenty during your training session.

### How to injure yourself?

Train too hard without being warmed up,  
Train too long or too often,  
Arch yourself while doing pull-ups.

Fix your Training Board above a door or beam. The ideal position is when you can hold the archades 12 & 12, with your feet on the floor (see fixing notes).

### Kind of Exercises

The Training Board allows training of all the parts of your body which are used when climbing. Most of all, it is a very efficient way to develop finger strength. We suggest 3 kinds of exercises: power, stamina and endurance. Please refer to the holds marking on page 7.

## A-Power exercises

### \*\*Objectives

Hang on the smallest holds with one or two hands, arms outstretched. Keep this position as long as possible. You should manage between 2 and 8 seconds. Less than 2 seconds, the hold is too small, more than 8 seconds, the hold is too big.

### \*\*Tests

Try all the holds with two hands, then one hand. Check whether you meet the target times. If you are not successful, which is highly probable with only one hand, make yourself lighter with a bungee cord, fixed to the bottom of the Training Board and used as a stirrup, or help yourself with the other hand. Mark the holds for which your time is between 2 and 8 seconds.

### ☺Exercises of Pure Power: Maximum effort

Do 15 hangs with outstretched arms, 8 seconds each with a maximum 2 or 3 seconds rest in between. Swap handholds: stretched, arched or bumped. In case of rotation on one hand, maintain yourself with the other hand. For some people, it is easier with arms bent at 90°.

### ☺Exercises of repetition:

To develop your power reserve, do the same exercise several times in a row:

\*hang with arched or overstretched fingers (maximum effort). With arched fingers, put your thumb on the other fingers.

\*have a 10 second rest

\*do it again

\*have a 10 second rest

\*do the same with the other arm

\*change holds and do the same exercise twice if possible using different finger grips (arched, overstretched)

\*have a 3 minute rest

\*do this exercise 6 times in a row.

## B-Exercise of Stamina

### \*\*Objectives

Make a sequence of moves with arms bent at 90°, without footholds. The real stamina starts after a sequence of ten movements (only the best climber will manage to do it, the others will need to use a stirrup).

## \*\*Tests

For a first attempt (see Board Exercises, page 7). To improve stamina, it is necessary to do 2 or 3 sequences in a row.

Rest between exercises: 2 or 3 minutes

## C-Exercises of Endurance

### \*\*Objectives

Make sequence of exercises as long as possible, alternating between pull-ups and moves with overstretched arms, shoulders down and with your feet standing on a chair or stepladder.

### \*\*Tests

Try to do the following in a row:

\*6 moves with your feet on a stepladder

\*1 pull-up with 2 handholds and with feet off the ground

\*6 moves

\*1 pull-up etc...

### ☺First Exercise

\*Moves with feet on a chair: 14 - 14 - 5 - 10 - 10 - 8 - 8

\*One pull-up with 2 feet in the air 8 - 8

\*Moves : 8 - 8 - 12 - 12 - 6 - 12 - 12

\*One pull-up with 12 - 12

\*Moves : 12- 12 - 5 - 9 - 9 - 11 - 11 - 5

### ☺Second Exercise

\*Moves: 6 - 12 - 12 - 11 - 11 - 8 - 8

\*One pull-up on 8 - 8

\*Moves: 8 - 8' 10 - 10' - 13 - 13' - 6

\*One pull up on 6

\*Moves: 6 - 5 - 4 - 3 - 2 - 1

## D-Other Games

☺The double lunge: !! requires a good warm-up

Lunge simultaneously both hands with feet off the ground (ask someone to spot you if necessary).

Exercise 1: ND

Departure: 2 hands on 6

Arrival: 8 - 8'

### Exercise 2: QD

Departure: 14 – 14'

Arrival!: 8 – 8'

### Exercise 3!: D

Departure!: 2 hands on 6 then 8 – 8'

Arrival: 8 – 8'

### Exercise 4: VD

Departure: 2 hands on 7

Arrival: 2 hands on 6

☺The minute contract: exercise for 30 seconds then take a rest for 30 seconds. Do this ten times in a row.

### Exercise:

\*hanging on 6: 30 seconds

\*rest for 30 seconds

\*pull-ups on 8 – 8': 30 seconds

\*rest for 30 seconds

\*hanging on 10 – 10': 30 seconds

\*rest for 30 seconds

\*pull-ups on 12 – 12': 30 seconds

### ☺Pull-ups per minute:

Test: choose 2 holds (eg: 8 –8') and do the maximum number of pull-ups you can in one minute.

Exercise: Calculate  $21/3 = 7$  pull-ups. Exercise: do 7 pull-ups, take a one minute rest, then do 7 pull-ups, take a one minute rest...do this ten times in a row.

### How to plan your training sessions?

Some final advice:

1. Training Board sessions that demand finger power must be followed by 2 days of rest.
2. Vary your training between the Board and other indoor and outdoor sites to develop your overall technique and ability.

## FIXING INSTRUCTIONS

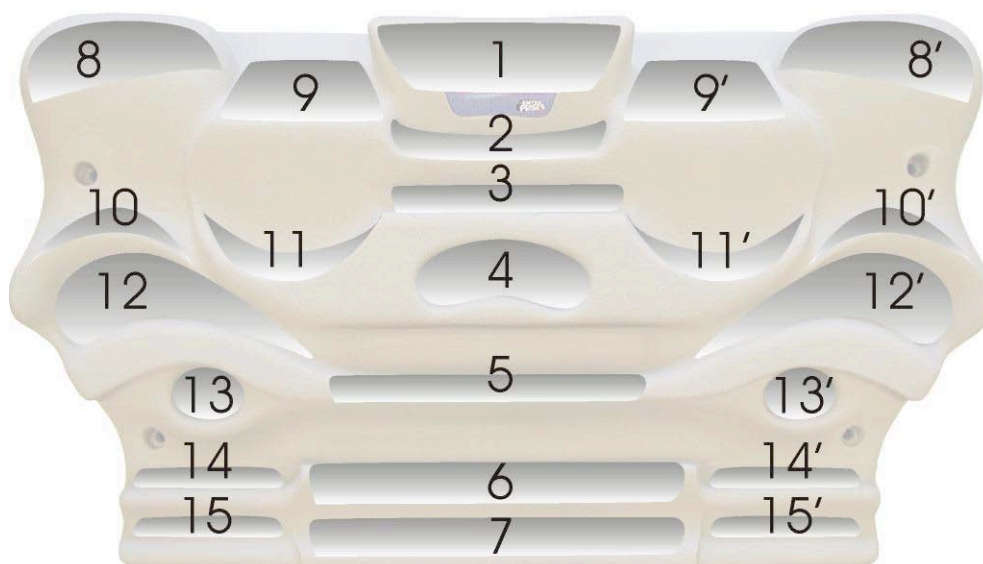
Please find following instructions for the fixing of your Training Board.  
We can only give you recommendations since we do not know exactly your support (type, origin, age, kind of assembly, quality...). Please refer to the instructions from the bolts manufacturer or your local hardware store.

Bolts	Drilling Diameter	Length of Drilling	Screws	Remarks	Kind of Support						
					Solid concrete	Solid brick	Solid block	Hard rock	Hollow block	Hollow brick	Wood >18 mm
Adapter Sleeve M8 with resin *SPIT CMI X *FISCHER FIP	14 mm		2 CHC 8x70 - 2 CHC 8x40	Expand the screws hole in the board to diameter 9 With a concrete drill and drilling machine	☺	☺	☺	☺	●	●	●
FISCHER bolt S8RT 100	8 mm	60 to 80 mm	Included with bolt	Screw with tip TORX TE30	☺	☺	☺	☺	●	●	●
*SPITNYI , 8 bolt *FISCHER FIP	8 mm	>55 mm	Screw wood profile Cuttered head 2 6x100 2 6x70		☺	☺	☺	☺	●	●	●
SPIT GRIP M6 bolt	8 mm	36 mm + 4 mm	2 CHC 6x70 2 CHC 6x40	Additional drive in of 4 mm	☺	●	●	●	●	●	●
Adapter Sleeve M8 with resin and screen *SPIT SATELLIS *FISCHER FIP	Refer to bolt manufacturer's notice		2 CHC 8x70 2 CHC 8x40		●	●	●	●	☺	☺	●
SPIT UNI M8 bolt	12 mm	55 mm	2 CHC 8x100 2 CHC 8x70		●	●	●	●	☺	●	●
Fixing by drilling thru				Drilling thru: *4 threaded stems M6 *8 hexagonal nuts M6 *4 steel washers *1 plywood panel 65 x 30 cm thickness >15 mm	●	●	●	●	☺	☺	●
Fixing on wood			2 VBA 6x50 2 VBA 6x80		●	●	●	●	●	●	☺

☺ = OK

☺ = No guarantee

● = NO



(se référer au dessin ci-dessus pour les exercices)  
 (use the above design as a reference for all exercises)

## TABLEAU D'EXERCICES/BOARD EXERCISES

N°	Difficulté Difficulty	Détail des prises à prendre dans l'ordre/ Holds Sequence
1	F	6 - 12 - 12' - 8 - 8'
2	PD	6 - 12 - 12' - 8 - 8' - 12 - 12' - 6 - 12 - 12' - 8 - 8'
3	PD	1 - 12 - 12' - 5 - 8 - 8'
4	PD+	14 - 14' - 5 - 10 - 10' - 8 - 8'
5	AD	6 - 10 - 10' - 3 - 8 - 8'
6	AD+	6 - 11 - 11' - 8 - 8'
7	D	7 - 6 - 5' - 3 - 1'
8	D+	14 - 14' - 11 - 11' - 9 - 9' - 8 - 8'
9	D+	7 - 13 - 13' - 11 - 11' - 8 - 8' using 13 - 13' with 3 fingers
10	TD	14 - 14' - 11 - 11' - 10 - 10' - 9 - 9' - 8 - 8'
11	TD+	6 - 13 - 13' - 11 - 11' - 8 - 8' using 13-13' with 2 fingers

Caption: F: facile (easy) PD: peu difficile (not difficult) AD: assez difficile (quite difficult)  
 D: difficile (difficult) TD: très difficile (very difficult) ED: extrêmement difficile