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Gimme Kraft Effective Climbing Training

Gimme Kraft: Effective Climbing Training
Paperback - January 1, 2013 by Patrick Matros (Author) 4.1 out of 5 stars 41

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the well-known climbing exercises of the past as well as developing new exercises and power-training techniques.

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Gimme Kraft-Effective climbing training
This training tool written by Patrick Matros, Dicki Korb and Hannes Huch is well laid out and easy to follow. The trainers Patrick and Dicki have trained Alex Megos in Hanne's bouldering gym,

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Café Kraft in Nuremburg, Germany.

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In all, "Gimme Kraft!" is an excellent collection of exercises that any climber who is serious about training should

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have. The footage of Wolfgang (particularly if you're a history nerd like myself) will get you psyched, and you'll find exercises you can use in every phase of your training.

Review: Gimme Kraft! - Power Company Climbing

Gimme Kraft: Effective Climbing

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Gimme Kraft - Effective Climbing Training Gimme Kraft is the latest climbing training book to come out of Germany, and like many Euro training tomes, it offers a scientific and systematic approach for improving climbing performance on rock or plastic.

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Ontario Climbing - Gimme Kraft - Effective Climbing Training

Leider kann ich euch von dem Kauf von Gimme Kraft nur abraten. Nach nur 5 (!) gelesenen Seiten hat sich der Buchumschlag vom Rest des Buches gelöst. Allgemein wirkt das Buch nicht sehr hochwertig verarbeitet. Zum Inhalt:

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Das Buch heißt Gimme Kraft und trotzdem steht auf S. 19 "Technik vor Kraft". Die Aussage ist Quatsch.

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