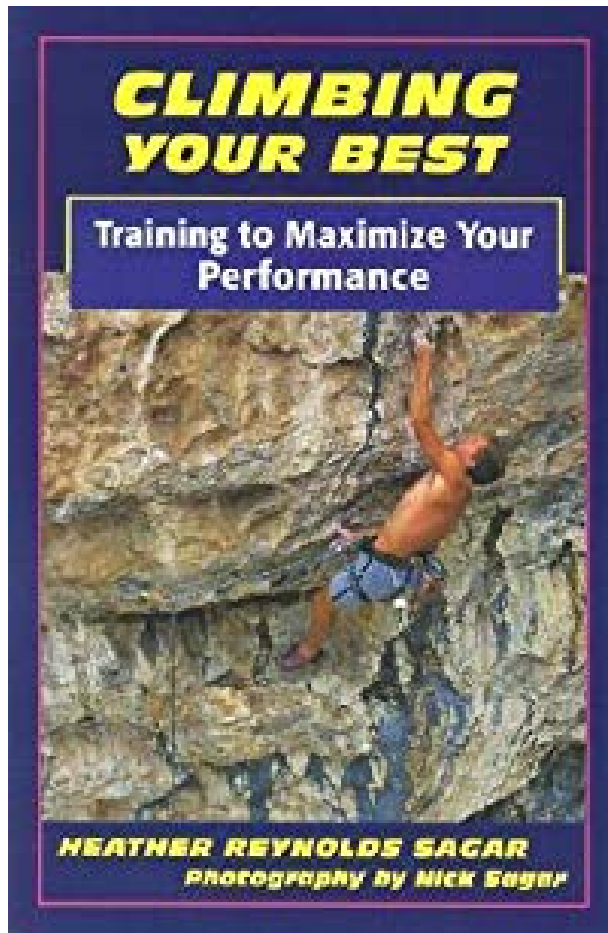


# Climbing Your Best: Training to Maximize Your Performance



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Written by a professional trainer and climber, this guide is intended for climbers of all skill levels who want to move up a notch. It provides tests for assessing personal strengths and weaknesses; exercises and programs for improving strength, flexibility, and technique; and strategies for overcoming psychological barriers. Developed from an extensive database of climber-fitness tests and with the premise that all climbers are different, this guide allows each climber to tailor a training program to his or her specific needs.