**Rock Climbing Notes**

**Stretching**

1.

2.

\*Do each stretch before workout, \_\_\_ sets \_\_\_ seconds each

**Functional Lifts**

1

2

3

\*Perform each exercise \_\_\_ sets x \_\_\_ reps each, \_\_\_x week

**Types of Climbing**

1.

2.

3.

4.

**Top-Rope Climbing**

-Climbing with the rope anchored \_\_\_\_\_\_\_\_\_\_\_ so you're always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

-Top-roping is the \_\_\_\_\_\_\_\_\_\_\_\_ way to climb outside for beginners, requires only basic equipment

-Top-rope climbing areas are found anywhere there are \_\_\_\_\_\_\_\_\_\_\_.

**Sport Climbing**

-Sport Climbing-is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ usually 100 ft high that are protected with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are left in the rock.

-Sport climbing is about pushing your limits and using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, most sport routes are safe, you can climb without a lot of risk, found everywhere

**Traditional Climbing**

-Traditional Climbing-is when a climber places \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gear including \_\_\_\_\_\_\_\_\_ and nuts as they climb.

-A climber needs to have trad skills to climb safely. Most trad climbers ascend crack systems that lead, climber wedges gear into for protection

-Traditional climbing offers real adventure up \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Bouldering**

-Bouldering-climbing on blocks of rock or small fences \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, harness or gear.

-Bouldering is good training, makes you stronger and enables you to practice climbing moves safely just \_\_\_\_\_\_\_\_\_\_\_\_\_\_the ground.

-Requires only personal gear; rock shoes, chalk, chalk bag and a crash pad for cushioning landings.

**Basic Equipment List**

**Gym and Competition Harnesses**

These thin specialized harnesses are used for hard sport routes, gym training, and competition climbing where light weight and free movement is essential.

**All Around Harnesses**

Multi-purpose harnesses are exactly that—harnesses for all kinds of climbing, including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Big Wall Harnesses**

**-**big beefy harnesses intended for climbing multi-pitch routes on big walls that might take several days.

**Alpine harnesses**

-designed for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-are lightweight bare-bones harnesses that are easily adjustable so they fit over a variety of bulky clothes since alpinists often change layers of clothes for different weather conditions.

**Chest and Body Harnesses**

A body harness, incorporating the leg loops and waist belt of a seat harness with a chest harness, are made specifically for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4 Kinds of Chalk**

**1**

**2**

**3**

**4**

**Helmet-3 types**

**1**

**2**

**3**

**Belaying**

-the process of securing the rope in a belay device and protecting a climber

**Knots**

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - has opposite ends of the rope coming out opposite sides of the knot

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - tied in the rope's middle

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - an adjustable knot with a loop of rope wrapped around something

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - the end used to tie a knot

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -knot most climbers use to attach the rope to their harness.