



## REPORT INFORMATION

REF: **Hus-191117**

Date: **19th Nov 17**

Name: **Hus**

Report No: **1**

This report analyses your strengths and weaknesses, specifically to bouldering. Through our benchmarking test, we have highlighted areas within your climbing training that should be focused on for improvement.

All reports are created through the results of your benchmarking tests. We have devised a benchmarking system for a whole rounded climber. We believe that, if you focus on completing an entire circle, your climbing performance will increase.

Our benchmarking is based on our current climbing knowledge and information available, and understand that it may vary from person to person.

Following your information, you will soon receive a training plan, focusing on areas that we suggest you should improve on.

### **Declaration of Liability:**

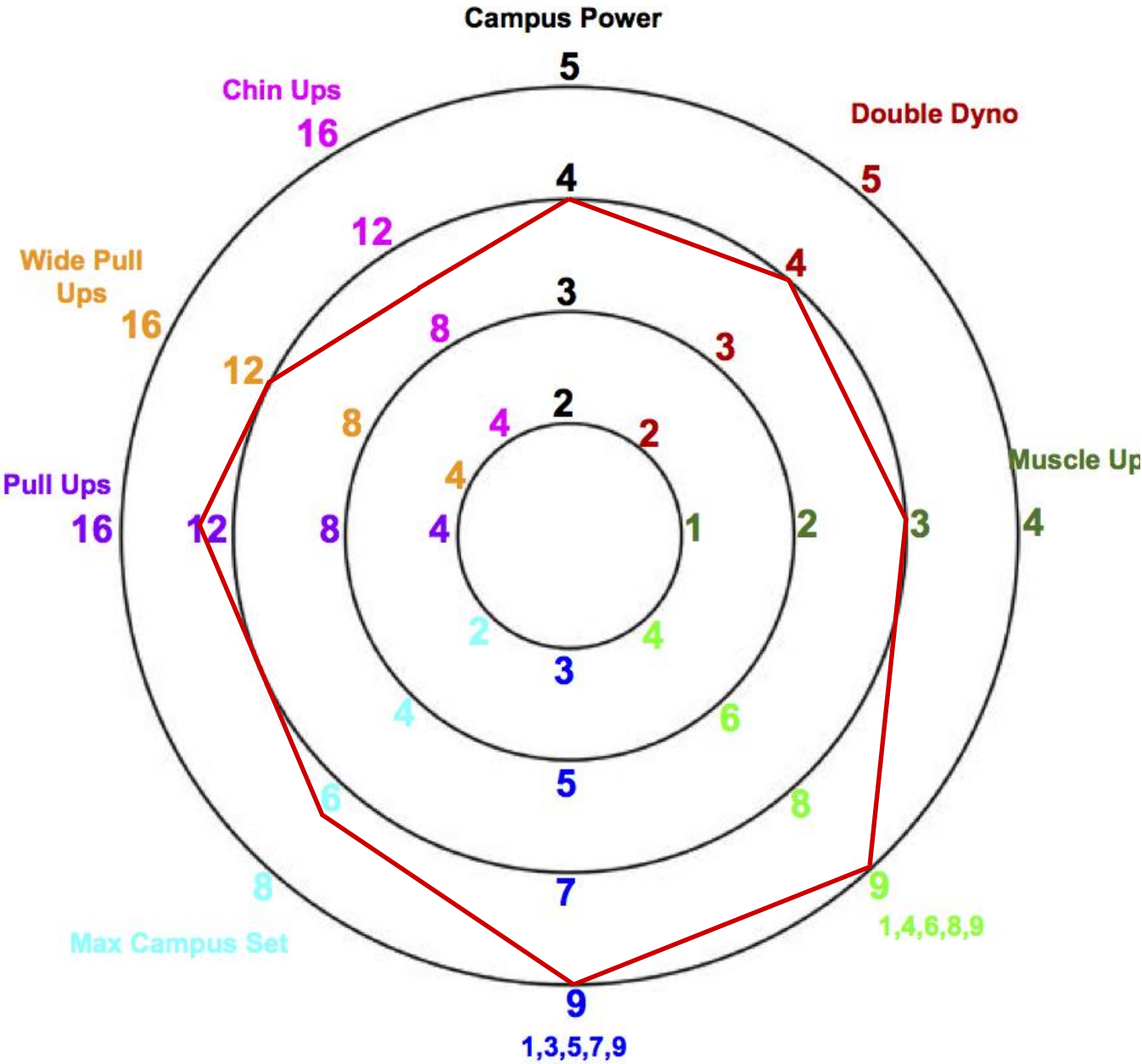
By receiving this report, I agree that I read, agreed and signed a consent form from Kent & Sussex Climbing, understand that this report is an analysis and advice only, and I undertake the following training and advice at my own risk.

I also understand that training is a dangerous activity, and that therefore Kent & Sussex Climbing are not liable for any injuries that may occur during my following training.

I also confirm that I have informed Kent & Sussex Climbing of any injuries I currently have, or have had in the past.



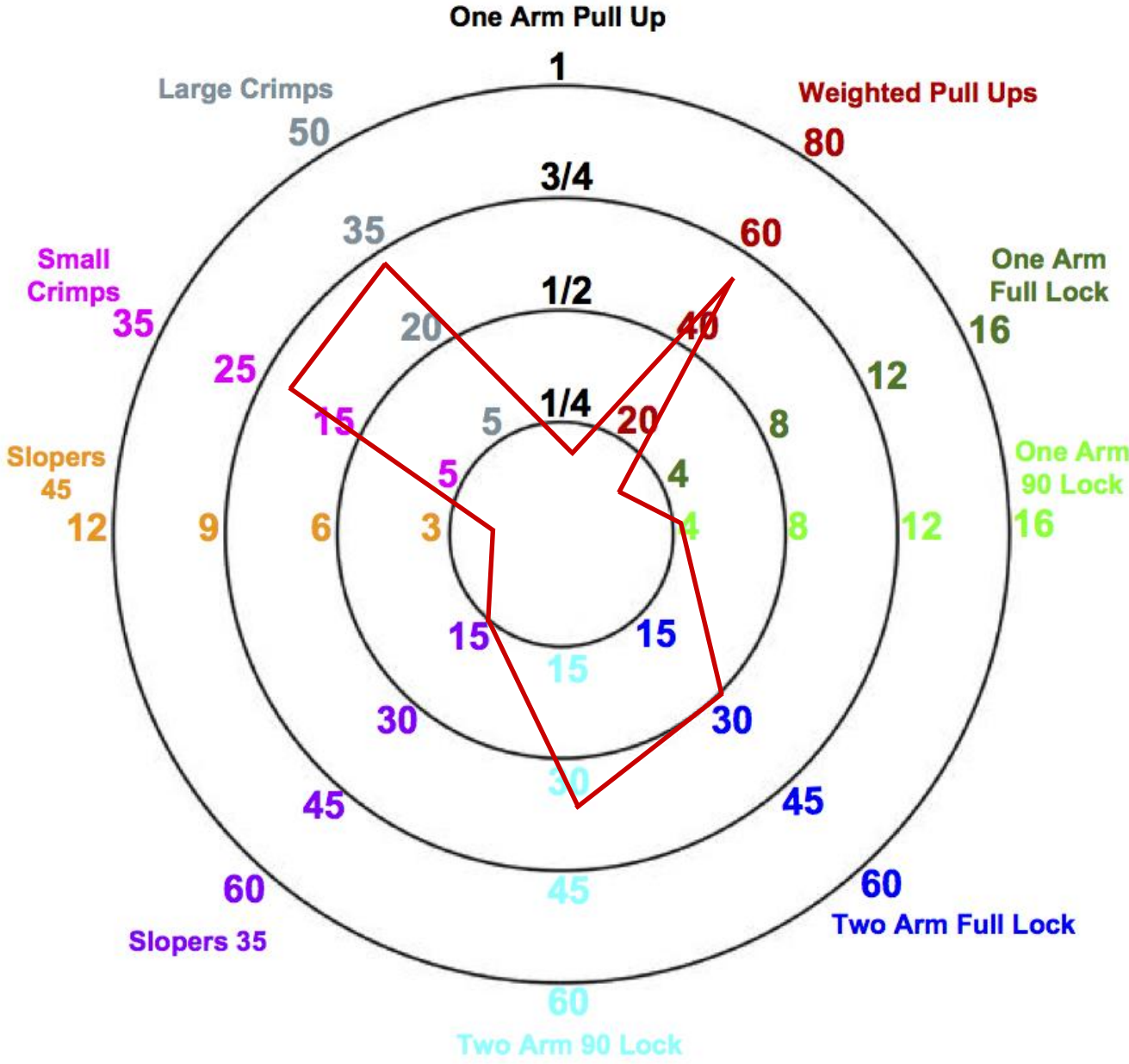
### Power and Power Endurance Analysis



Power is the ability to generate as much force as fast as possible. It is your force (strength) X speed. In order to have good power, you do require a large base of Strength. Power Endurance is the ability to perform powerful move after powerful move. Power and power endurance is very important for dynamic climbing, overhangs and roof climbing.



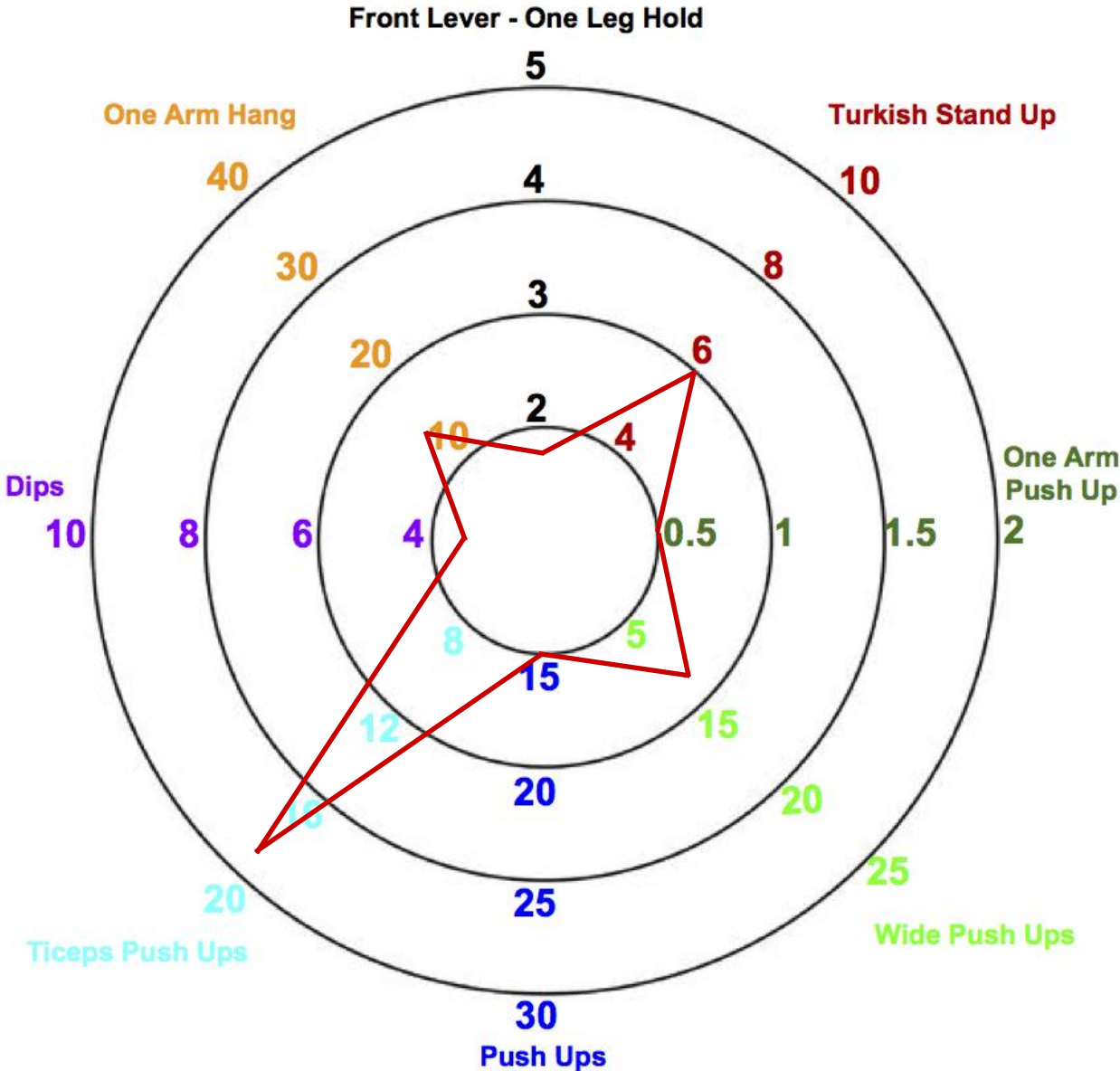
### Strength and Strength Endurance Analysis



Limit Strength is the ability to generate as much force as possible, normally for 1 or 2 reps. It is your ability to pull or push as hard as possible. Strength is the ability to perform slow, but strenuous holding moves. Strength Endurance is the ability to do strength exercises for a prolonged period of time. Strength and strength endurance is important for static climbing, locks off, and techniques such as rock overs.



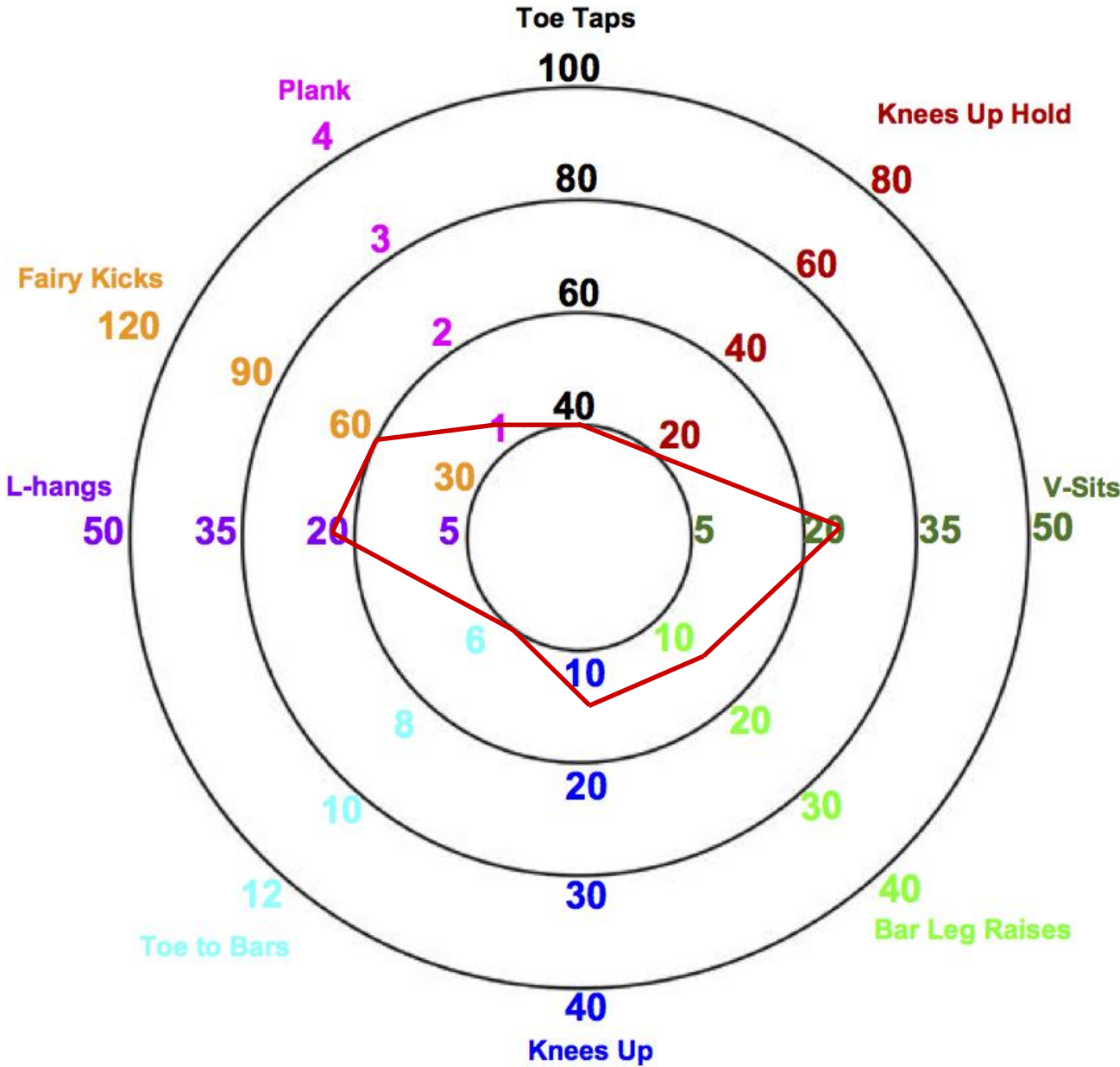
### Opposing Muscle Groups Analysis



Your opposing muscle groups tend to be your pushing muscles, including your shoulders, triceps and pectoral majors and minors. Your opposing muscle groups are very important in multiple ways. They are extremely important for injury prevention, and muscular balance. Neglecting your opposing muscle groups may introduce elbow injuries, rounded shoulders, shoulder impingement and much more. They are also very important for techniques including mantles, rockovers, palming and much more.



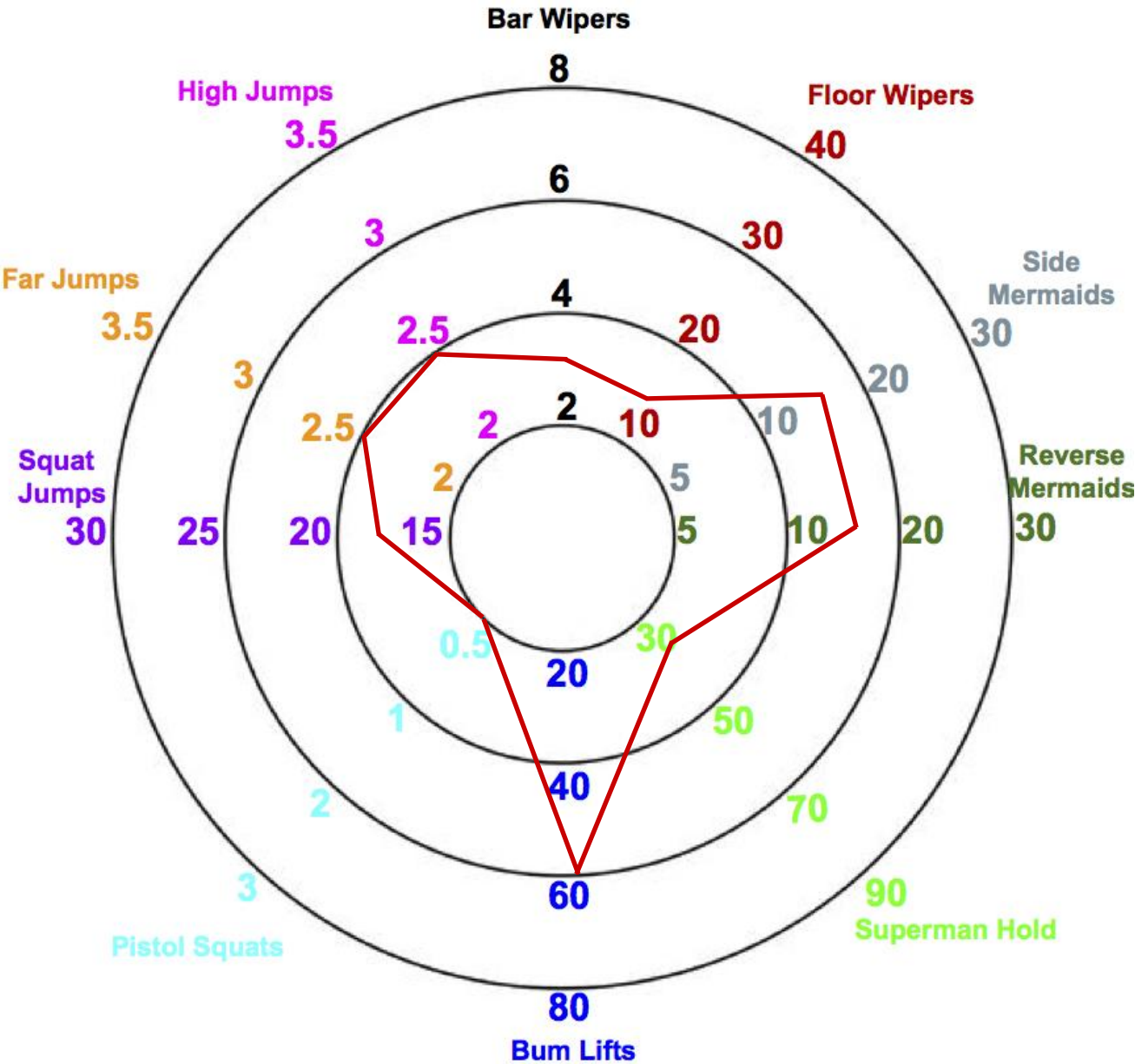
Core – Front Upper and Lower Section Analysis



Your Upper and Lower Core consists of a group of muscles in your stomache area. Your core is very important in climbing, and is used in partnership with all other muscle groups when climbing. It is very important to have a strong core in order to push your grade. In climbing, you use your core for almost every move, including pulling in with your feet, keeping your feet on the wall, and holding body tension.



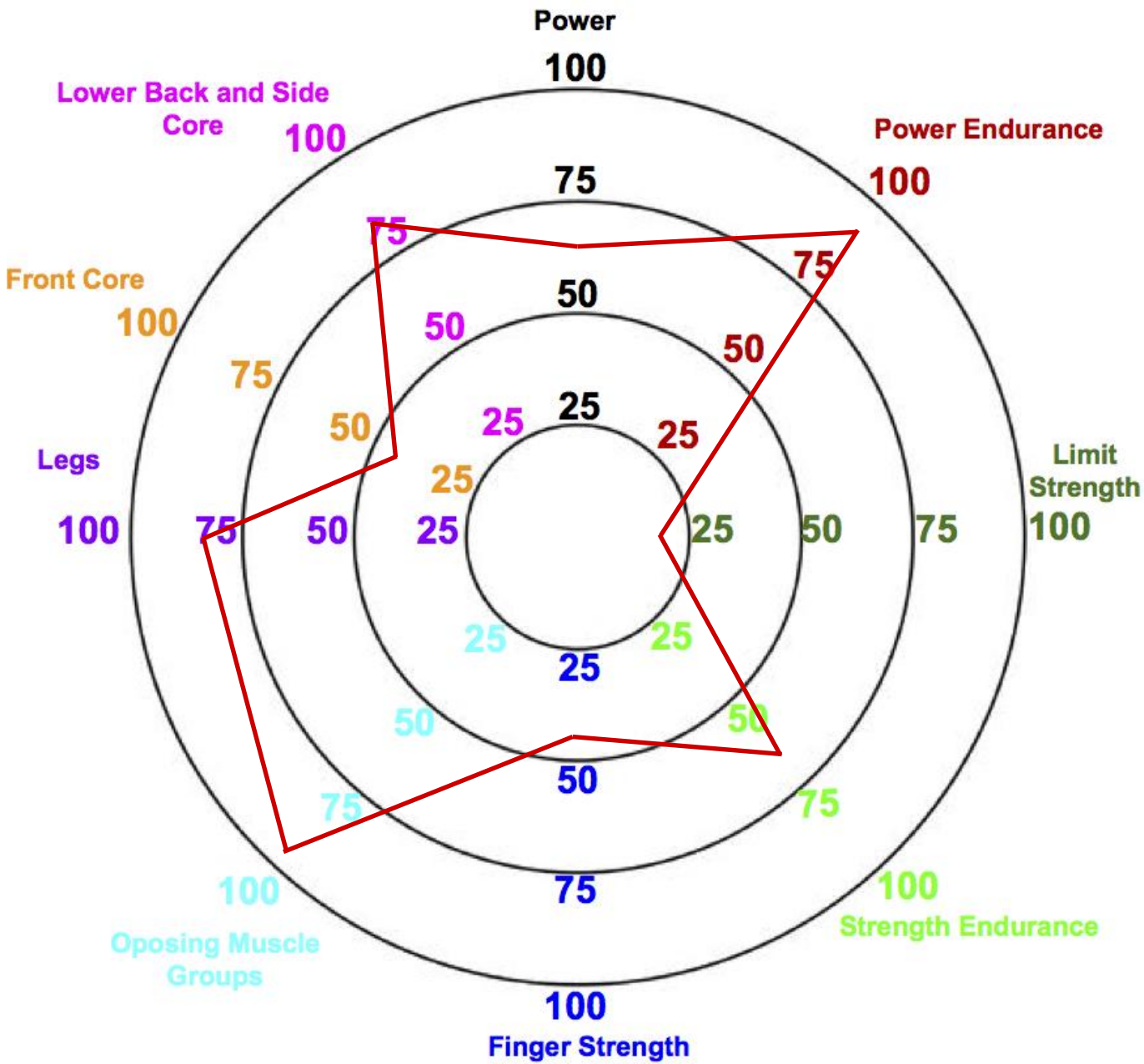
Legs & Core – Lower Back and Sides Analysis



Legs are so important for climbing, but often ignored. Improving your leg strength will increase both your static and dynamic climbing, providing you with the ability to pistol squat on a slab with no handholds, or generate power from a bent leg when performing a dyno. It will also increase your heel hooking ability. Your lower back and side core is very important for pulling in with your feet, sucking your hips into the wall, and performing huge twisting moves.



### Summary Analysis



This final benchmark chart summarizes your entire result, and it covers everything discussed. We have devised a scoring system from your results, and the above chart shows you each score in comparison to each other. Your training plan will be aimed at maintaining your strengths, but increasing your weakest areas to the nearest full circle.



## Summary Analysis

Through our benchmarking system, we have discovered that you have some real strengths and weaknesses in the physical side to your climbing. Your core is definitely a strength, which your power and finger strength being your main weakness.

Looking at your results, we have noticed an imbalance between your Strength and Power.

Your **Limit Strength** was scored at **40%**, whereas your **Power** was scored at **25%**. This may reflect in your personal climbing, and you might have noticed that you are extremely static as a climber, but lack ability in the harder graded dynamic moves. Ideally, you want to be even between your strength and your power.

Your **Strength Endurance** is rated at **39.16%**, and your **Power Endurance** is rated at **10%**. Both areas have room for improvement, but increasing your Limit Strength and Power will make a massive effect on your endurance side too, so we would highly recommend focusing on those areas for now.

Your **Finger Strength** was rated at **15%**, and you may notice, when climbing, that you just simply can't hold onto holds that other people can, and that your fingers just give way. In your application, you stated that you've only been climbing for 1 year, so that's really expected. Tendon strength takes up 10 times longer to develop.

Your **Opposing Muscle Groups** are rated at **66%**, which is one of your strongest areas in your benchmarking results. However, we have noticed that, although your results in your opposing muscle groups are high, your biggest affect on your score was the one arm hang. Looking at your Finger Strength results, this may reflect more on your grip strength. Without your one arm hang test, your score was actually **77.5%**.

Your **Core** scored really high all round, with your **Front Core** scoring at **74.75%**, and your **Lower Back and Side Core** at **86.25%**. Your results show incredible core endurance, but lacking some core strength. Your core is definitely your strongest area.

Your **Legs** scored at **34.59%**, and needs to be included in your training. Your score was heavily affected by power from the legs, so this is definitely an area to work on. You are likely to struggle to jump for holds, especially when you have got high feet.





## Summary Analysis

Looking at your results, we would highly recommend training your power to balance it out with your strength for the next 6 weeks. However, you want to maintain your strength at the same time, so we would highly recommend having a training plan that focuses on power but includes strength.

By improving your power and strength, you will also see a huge increase in your power endurance and strength endurance, as you won't be constantly using your max power / limit strength. For the following 6 weeks, we would recommend focusing entirely on your strength and power, and leaving your endurance alone for the foreseeable future.

Even though your finger strength is a main weakness, it is an area that will come in time, and we highly recommend against any form of finger training for athletes who have been climbing for less than 3 years. Be sure to include lots of climbing into your training plan, as it is the best way for you to improve your finger strength.

With your core, we would highly recommend finding some core exercises that are hard and strength based, where you can only perform 8-12 reps.

With your legs, we highly recommend focusing on generating power from your legs, whilst also trying to increase your limit strength through exercises like the pistol squat. If you are able to push or jump from a fully one legged squat in climbing, it will really show in your climbing, both on balancing rockovers to jumping off high feet.

Your opposing muscles groups are doing great, and we would recommend including a small amount of training here, to both maintain your current score and prevent any injuries from your other training.

## Your Next Steps

**Option One:** You can now create your own training plan, knowing your strengths and weaknesses, and redo our benchmark test in 6 weeks to gauge your progress.

**Option Two:** Kent & Sussex Climbing offer personalised 6 week training plans, based on your benchmark results. To find out more, please check out:

[www.ksclimbing.co.uk /trainingplan](http://www.ksclimbing.co.uk /trainingplan)