

GB Performance & Nutrition Fingerboard Endurance Routines

Warm-Up
Pulse Raise: e.g. Jogging on the Spot Mountain Climbers Star Jumps Burpee's
Mobilisation: Explore Range of Motion e.g. Shoulders Wrists Torso Hips Ankles
Dynamic Stretching: e.g. Arm Swings Leg Swings Finger Tendon Glides
Activation: e.g. Press-Ups Pull-Ups Bodyweight Squats Lunges Bar Hangs Assisted Finger Edge Hangs

These two different endurance training routines are to be completed on a fingerboard.

If you are training at home and have limited equipment, there are several ways in which you can achieve the intended MVC (Maximal Voluntary Contraction).

Adding or removing weight to test your maximum hanging strength, then calculating the required percentage +/- bodyweight is the most measurable. However, using different edge sizes, resistance bands, foot on a chair, or a combination of these will help dial in the intensity.

The most important factor is the growing feeling of forearm pump, without the sense you are going to failure.

We want to push the muscular aerobic system, create some metabolic by-products, cause the flushing of blood through the muscles, & thereby encourage structural adaptations to deal with this.

Ensure you are fully warmed up before undertaking any exercise routine & gain adequate rest between training days.

Fingerboard			
45% MVC			
<i>Exercise</i>	<i>Work : Rest (s)</i>	<i>Reps</i>	<i>Sets</i>
4 Finger Half Crimp	10 : 10	10	4
<i>Rest: 1.5 Minutes Between Sets</i>			

The above routine is a 10 second hang with 10 seconds rest.

Complete 10 hangs followed by a 1.5-minute rest. Repeat 4 of these sets for a total time under tension of 400 seconds.

A successful session should leave you pumped, but not failing.

The below routine is a 7 second hang with 3 seconds rest.

Complete 6 hangs followed by a 1-minute rest. Repeat 10 of these sets for a total time under tension of 420 seconds.

A successful session should leave you pumped towards the end.

Fingerboard			
45% MVC			
<i>Exercise</i>	<i>Work : Rest (s)</i>	<i>Reps</i>	<i>Sets</i>
4 Finger Half Crimp	7 : 3	6	10
<i>Rest: 1 Minute Between Sets</i>			