

GB Performance & Nutrition Generalised Finger Training Routine

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

This generalised finger training session is designed to maintain overall finger strength & forearm fitness with minimal equipment.

This session is intended to be completed using bodyweight, but depending on individual training status & preferences, weight can be added or removed, & edge sizes adjusted as required.

Ideally this session uses a fingerboard with a variety of edge sizes, as well as, pockets & slopers.

If you do not have access to a fingerboard, then a single edge can be utilised, alongside adding or removing weight to alter the intensity & changing the grips accordingly.

This routine is of a moderate intensity & is suitable to be completed 2 – 3 times per week or can be slotted in around your current training schedule.

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

Fingerboard			
<i>Exercise</i>	<i>Work : Rest (s)</i>	<i>Reps</i>	<i>Sets</i>
4 Finger Half Crimp (Large Edge)	7 : 30	3	1
4 Finger Half Crimp (Small Edge)	7 : 30	3	1
<i>Rest: 2 Minutes Between Sets</i>			
Front 3 Half Crimp (Small Edge)	7 : 30	3	1
Back 3 Half Crimp (Small Edge)	7 : 30	3	1
<i>Rest: 2 Minutes Between Sets</i>			
Middle 2 Pocket	7 : 30	3	1
<i>Rest: 2 Minutes Between Sets</i>			
4 Finger Open Crimp (Small Edge)	7 : 30	3	1
4 Finger Slopers	7 : 30	3	1

This routine has a 7 second hang with 30 seconds rest. You will complete 3 hangs, before moving onto the next grip.

2 minutes rest is taken between each grip type.