

**GB Performance & Nutrition Tendon Training Routines**

<b>Warm-Up</b>
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
Gentle Resistance: e.g. Press-Ups
Pull-Ups
Bodyweight Squats
Lunges
Bar Hangs
Assisted Finger Edge Hangs

These three different tendon 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 routines are designed to improve robustness & athletic performance of the finger flexors.

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

The **'Ramp' Protocol** is designed to increase strength & tendon structure. Apply force slowly & maximally during each rep.

The **'Continuous' Protocol** will increase the density of connective fibres in the tendon & muscle. As a result, strength & size will also increase. Each hang should end in failure between 30 & 40secs.

The **'Impulses' Protocol** will increase RFD. Partially load the fingers on an edge, before applying high force in a deliberate & fast way, holding for 3secs.

**Fingerboard - Ramp Protocol (Recruitment)**

80 - 100% MVC			
Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	5 : 5	3	4
<i>Rest: 2 Minutes Between Sets</i>			

The above routine is a 5 second hang with 5 seconds rest.  
Complete 3 hangs followed by a 2-minute rest. Repeat 4 of these sets.

**Fingerboard - Continuous Protocol (Density)**

40 - 70% MVC			
Exercise	Work (s)	Reps	Sets
4 Finger Open Crimp	30 - 40	1	4
<i>Rest: 2 Minutes Between Sets</i>			

The above routine is a 30 - 40 second hang until failure. Complete 1 hang followed by a 2-minute rest. Repeat 4 of these sets.

**Fingerboard - Impulses (Ballistic)**

90 - 100% MVC			
Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	3 : 3	4	5
<i>Rest: 2 Minutes Between Sets</i>			

The above routine is a 3 second hang with 3 seconds rest.  
Complete 4 hangs followed by a 2-minute rest. Repeat 5 of these sets.