

Hans Lengthanel Core and Stretch exercises - for climbing.

Sumo(should be warmed up)

Swaying in the breeze

Splits in different positions including wall use

Fingers, Vulcan stretch

Hand tug of war

Sit ups- Jane Fonda, (hold position)

Hurdle stretch, shift, drop rotation, press on heels

Mermaids or “hot lava” on Half Domes or Yoga Blocks

Moslem shoulder, Moslem triceps into ostrich.

Frog, turn out assisted. Upward facing dead frog.

Stretch for strength, Ham string

Laying Bicycles

elevator buttons – standing and hanging, with blocks

Sit-ups-Windshield wipers

Praying mantis

8” tossing and turning, restless night

Sun salute – bent over twist

Childs pose – reaching and head in arm pit

Open chest stretch, 90 degrees look away.

Boat pose- balance and crunch

Diver - lower back staying down “Jane Fondas”

Flames arm twist in front

Super woman pose,(active and passive)

Bridge pose

Crunch machine

Contact dance stretch or outside edge benefit

Elbows to the ceiling, velcro

Throw your legs down

(Irish)“Pointer” Guantanamo, with rotations

back step laying on your back, (with Yoga block)

Use of big exercise balls and hand weights

Use of medicine ball and torso twist.

Twisters dead easy and harder

Get ups, “Turkish getups”

Downward dog with extras

Pretend I’m in an overhang

Planks with elbow and arm.

Table tops, lay on back, palms by side, fingers facing feet, push into table.

Various hamstring tensions with sliding object

Circle up and push Yoga block to the shin of the person to left

Circle around a mat and pinch grip tug of war

Governor – Mayors

Side planks and leg lift

Lay on back and figure four, lift hips using: elboes, then turned out foot, then heal.

Circle up hold boat pose, secure blocks between feet, pass around medicine ball.

Plank and pull, (from Mike Rogers)

Hanging leg lifts, accuracy and height

Pilates leg circles

“In The Brigg” clasp fingers under back and wriggle shoulder blades together.

“Houdini out of the Brigg” towel or strap and go form behind to front and back.

Yoga block passes

Figure four on one leg, crab walk to stretch outer leg

Frog facing up with one leg and moving other leg around.

TRX facing up, down and on side. Planks, pull knees in , kips, spread legs, weeping willows.

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