

# 5 Exercises for Pain-Free Climbing

1

## **Eccentric Lats with Kettleball**

2 sets of 10 reps

Lie on your back with the weight straight up towards the ceiling. Keep your tummy tight and slowly lower the weight overhead. Return to the starting point.

2

## **Overhead Squat**

2 sets of 15 reps

Start with the weight overhead. Slowly squat all the way down as far as you can. Keep the bar straight up overhead and slightly behind your head. Stand up straight.

3

## **Scapular Pull-Ups**

2 sets of 10 reps

Using a chin-up bar, keep your arms/elbows straight. Depress your shoulder blades and pull yourself up. Slowly lower back to start.

4

## **Frog Planks**

2 sets of 20 reps

In the high plank position, bring your leg out and around to the top. Return to the start and then bring your leg across your body. Repeat on the opposite side.

5

## **PVC Wrist Rolls**

1 set of 5 reps

Hold a PVC pipe with weights. Alternately extend your wrists rapidly until the weight makes it to the top. Let it back down and repeat.

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### pro tips

### follow along

Use your smart phone camera to scan the QR code & access the free guidance videos (or go to [movementforlife.com/articles](https://movementforlife.com/articles)).

