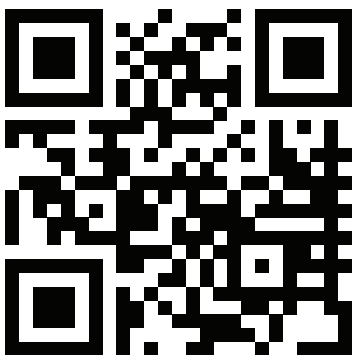




LATTICE
COACHING & TRAINING

Lattice rung testing & training.

By Lattice.



*Download this manual
& the Lattice App at
www.beaconclimbing.com/training
or scan the QR code.*

Test instructions.

The Lattice Rung is a finger strength testing edge designed for both performance profiling and training. The top edge is used for warming up and the bottom 20mm edge is designed for the testing and training. Enter your scores at www.latticetraining.com/my-fingers

Finger Strength Self-Assessment.

Aim: To assess finger strength using a 2 arm dead-hang protocol.

Why: Assess before and after a training cycle to measure the intervention effectiveness.

When: After a rest day, post warming up and with good skin.

Who: Recommended for climbers who regularly fingerboard and climb above V5/7b+.

Description: Complete 4 to 8 dead hang sets. Each set consists of hanging for 7 seconds on both arms maintaining the same grip position throughout the entire set. Set 1 should be completed at a moderate intensity. Each subsequent set should become harder by increasing load on the fingers. Try to reach your max load within 4 to 8 sets to avoid fatigue. A max score is the highest load completed for a full 7 second hang staying in the same grip position. It is potentially dangerous to change grip positions under load, therefore if your fingers move during a hang, this is a failed set and immediately place your feet on the ground. To remove load from your bodyweight use a pulley system and counterweight attached to a harness. To add load, hang additional weight from a climbing harness.

Exercise: 2 arm dead hang.

Sets: 4-8 sets of 7 second dead hangs (after a specific warm up).

Rest: 2 minutes between sets

Intensity: Slowly progressive, starting easy and finishing with failure.

Grip position: You may test in either a half crimp or a 4 finger open hand position. Assess the grip position you want to develop and use in future training. You may want to test and train in both your strong and weak grip position.

Calculations & Scores:

Maximal total loading = Body weight + additional weight

Maximal body weight % = (Total load / bodyweight) x 100

For example:

80kg (total load) = 70kg (body weight) + 10kg (max load)

114.3% (body weight %) = 80kg (total load) / 70kg (body weight) x100

Training sessions.

Warning:

Finger strength training and testing can cause injury. Warm up thoroughly before any finger strength training or assessment and avoid when fatigued or injured. If you are unsure how to assess or train correctly, or have any other questions regarding the safety of training and testing, please seek professional guidance. Under 18s should ask for supervision from a properly qualified coach at all times.

Maximal Strength Training

Sets: 6 sets.

Reps: 1 x 10 second hangs.

Rest between sets: 2 minutes.

Intensity: 85% of total load achieved in finger strength self-assessment.

Grip position: Half crimp or 4 finger open grip.

Summary: 6 x 10 second dead hangs @85% of maximal total loading.

Anaerobic Capacity

Sets: 6 sets

Reps: 5 reps of 7 second hangs and 3 seconds rest (50 seconds total).

Rest: 3 seconds between reps and 2.5 minutes between sets.

Intensity: 80% of total load achieved in finger strength self-assessment.

Grip position: Half crimp or 4 finger open crimp.

Summary: 6 sets of 5 (7 seconds on 3 seconds off) @ 80% of maximal total loading.

Aerobic Power

Sets: 6 sets.

Reps: 12 reps of 7 second hang and 3 seconds rest (2 minutes total).

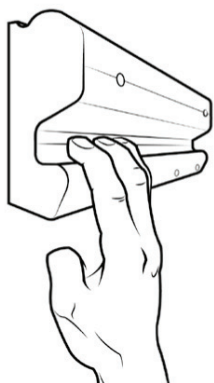
Rest: 3 seconds between reps and 4 minutes between sets.

Intensity: 50% of total load achieved in finger strength self-assessment

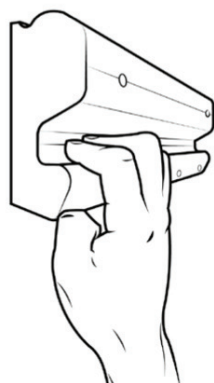
Grip position: Half crimp or 4 finger open crimp.

Summary: 6 sets of 12 (7 seconds on 3 seconds off) 60% of maximal total loading.

Open Crimp



Half Crimp



NO Full Crimp

