

## GB Performance & Nutrition Finger Strength-Endurance Routines

### 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

These two different finger strength-endurance 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 most important factor is the progressive feeling of forearm pump.

We want to stress the energy pathways, get used to the burning feeling of metabolic by-products, & create adaptations to deal with this.

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

### Fingerboard

75 - 80% MVC

Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	7 : 3	6	4

*Rest: 2 Minutes Between Sets*

The above routine is a 7 second hang with 3 seconds rest.

Complete 6 hangs followed by a 2-minute rest. Repeat 4 of these sets for a total time under tension of 168 seconds.

A successful session should leave you very pumped.

The below routine is a 10 second hang with 10 seconds rest.

Complete 8 hangs followed by a 2-minute rest. Repeat 2 of these sets for a total time under tension of 160 seconds.

A successful session should leave you pumped & powering out towards the end.

### Fingerboard

75 - 80% MVC

Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	10 : 10	8	2

*Rest: 2 Between Sets*