

GB Performance & Nutrition Finger Strength 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 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 to calculate the required percentage +/- bodyweight is the most measurable. However, using different edge sizes, one handed hangs, or a combination of these will help dial in the intensity.

The most important factor is the focus & intent to produce high force through the fingers.

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

Fingerboard

100% MVC

Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	5 : 30	4	1
Rest: 3 Minutes			
4 Finger Open Crimp	5 : 30	4	1

The above routine is a 5 second hang with 30 seconds rest.
You will complete 8 hangs for a total time under tension of 40 seconds.

The below routine is a 7 second hang with 2 minutes rest.
You will complete 8 hangs for a total time under tension of 56 seconds.

Fingerboard

90% MVC

Exercise	Work : Rest (s)	Reps	Sets
4 Finger Half Crimp	7 : 120	4	1
Rest: 2 Minutes			
4 Finger Open Crimp	7 : 120	4	1