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Training: 10 Exercises for a Complete Core - Climbing Magazine

The goal of local

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endurance training is to prevent that shutdown of blood supply, providing your forearms with ATP, so fibers can relax and flex with each move.

How to Train Local Endurance. The most popular form of local endurance training for climbers is called ARC training, which stands for Aerobic, Respiration, and Capillarity.

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endurance: Build up your endurance so your muscles don't get fatigued too soon and so you can climb continuously on ...

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