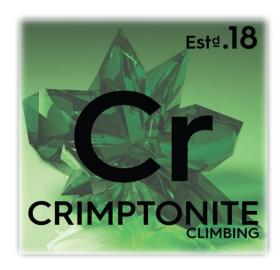
## Crimptonite fingerboard training sheet

ı	Name of climber		
ı	Name of the Instructor/Trainer		
•		Program date	

Client's Information	
Age	
Gender	
Height	
Weight	
Level	

Suggestions	

Shortcuts	
1A R/L	one arm Right/Left
2o (Outside)	pink and ring finger
2m (Middle)	ring and middle finger
2i (Inside)	middle and index finger
3o (Outside)	pink,ring,middle finger
3i (Inside)	ring,middle,index finger
4	pink,ring,middle, index finger
full	full crimp finger possition
Half	half crimp finger possition
Open	open finger position
±	with added or reduced weight



Warm-up					
Finger position	# of fingers	time	edge size	(±) Weight	Max?

Workout					
Hand position	# of fingers	time	edge	(±) Weight	Max?
		-		-	