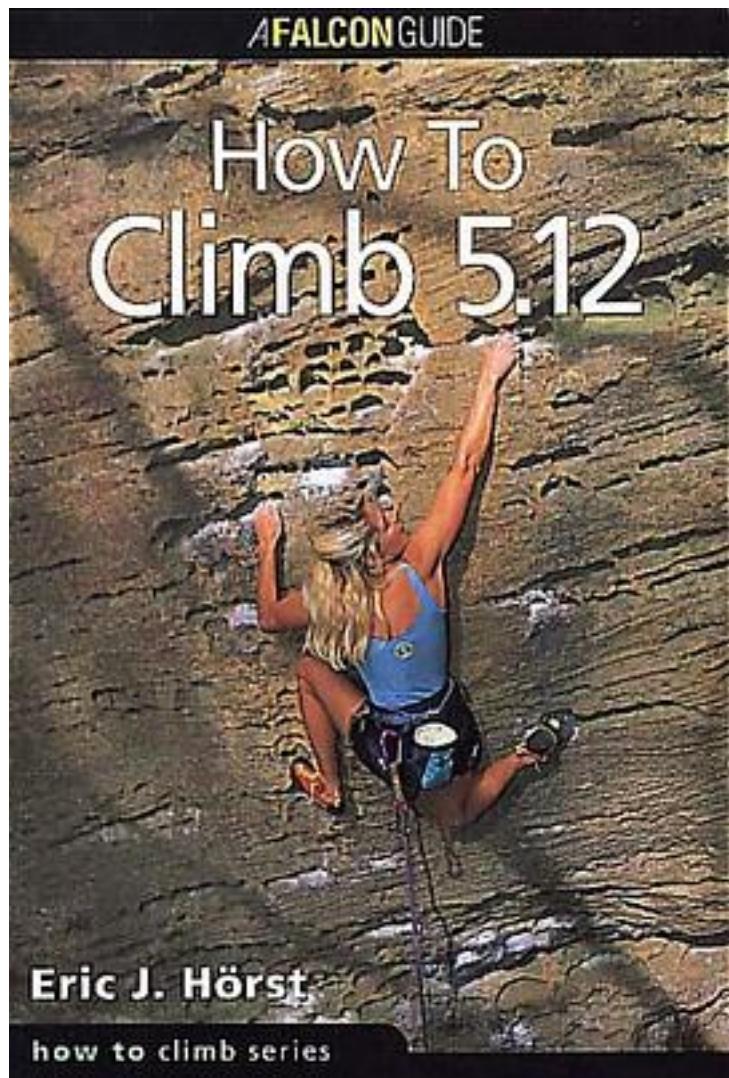


How to Climb 5.12



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In the sport of rock climbing, 5.12 is a magical grade of difficulty--the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and teaches average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. "How to Climb 5.12" is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. It offers streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy. "How to Climb 5.12" is the perfect manual to help intermediate climbers quickly along the road to mastery.

作者介绍:

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