

Gaining power is the main point of training on LAZZURI training board. The sportive aim is to maximize the power of fingers, other arm muscles and shoulders. It is also possible to train the increase of the body stamina. After experiencing the training over years, we suggest you to focus on the training of the maximal finger power.

Basics The intensity of training depends on the years of training and your starting level. Experience, intensity and level of training raise from year to year. Train each exercise separately. When you've finished one exercise you can proceed to the next level. For the execution of the below listed exercises you can use different holds on the LAZZURI training board. Two of them can be exchanged. It is also possible to buy an extra set of mirror-grasps that has been especially developed for such purpose.

Forms of training and its planning

Sport climbing demands a lot of patience, self-discipline and practical as well as theoretical basics, just as in other sports. The accommodation time differs in different levels of development and may be long and visible success only becomes apparent after a relatively long period of time. The training needs to be

planned. It is also necessary to divide each method into periods. When one period is finished you should start with another. A new level will also increase the starting values.

Methods There are three methods existing. The method of muscle building, the so-called combined method and method of intra-muscle coordination. You should respect these methods in order to avoid injuries. The correct transition from one method to another is hereby from great importance.

Method of muscle building The method of muscle building is the base for the increase of maximal possible power and serves for the increase of muscle size. It is necessary to combine a rather long training - stimulus and a great number of repeats with a lower or middleweight level.

Combined method In this method the power of muscles is being increased parallel to its hypertrophy and improvement of intra muscular coordination. The combined method is particularly suitable for beginners and older youngsters. With constant in- or decrease of burdening the basis of the intra muscular coordination training is being easily prepared.

Method of intra-muscular coordination With the help of this method the sportsmen, who are familiar with the training of power increase, increase the power fast and effectively. For beginners and young people the different

methods of this training are, due to the high burdening and the possibility of injuries, unsuitable!

Help by exercises and maintenance of the board To improve your training result you can additionally use extra weight (to make the exercise more difficult), pulley or elastics (to make the exercise more easy). For the fixing of these devices use the ring that is fixed on the lower part of the board and is able to carry 60 kg. We suggest you to use magnesium for the training. For an easy cleaning of the board, just use the enclosed Lapis brush.

Maximum power Maximum Power means the greatest possible force your nerve-muscle-system is able to execute. There are two possibilities to increase the maximum power while training on the training board. These are an increase of dynamical and static maximum power. To be able to use Maximum power in all its shapes is, beside the stamina, the most important skill in free climbing. Static maximum power: is the greatest power that the nerve-muscle system can produce at arbitrary contraction against an insurmountable resistance and is always higher than maximum dynamic power. Dynamic maximum power: is the greatest power that the nerve-muscle system is able to realize at arbitrary contraction within a single motion course.



Lapis™

We would like to thank everybody that has helped by the production of Lapis Lazzuri training board and wish everybody that has decided to buy this product a lot of fun and success with training.
Lapis team

www.lapisholds.com
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Lazzuri

Training suggestion

METHOD OF MUSCLE BUILDING				
Exercise	Burdening	Series	Form	Rest
Dynamical exercise: Pull ups for the upper part of arms, shoulders and back muscles.	8-12 repeats is 1 series.	4-8 series per training. Training time for 5 series is appr. 20 minutes.	Pull ups with additional weight or help in order to reach certain numbers of repeats. For example 5 X 10 pull-ups.	2-3 min. rest between series is necessary.
Static exercise: Static hanging on the board with one or two hands. For finger and arm muscles.	10-15 sek. Holding is one series.	4-8 series per training. Training time for 5 series is appr. 20 minutes.	Static burdening 5x10 sek. time of burdening with one or two hands and additional weight or help.	2-3 min. rest between series is necessary.

COMBINED METHOD				
Exercise	Burdening	Series	Form	Rest
Dynamical exercise: Pull ups for the upper part of arms, shoulders and back muscles.	2-10 repeats is one series (with the lower number of repeats it is necessary to increase weight) Example: 10 repeats 8 repeats 6 repeats	4-8 series per training. Training time for 5 series is appr.20 minutes.	Pull ups with additional weight or help in order to reach certain numbers of repeats.	2-3 min. rest between series is necessary.
Static exercise: Static hanging on the board with one or two hands. For finger and arm muscles.	6-10 sek. is one series. With the shorter time it is necessary to increase weight. Example: 10sek. 8 sek. 6 sek.	4-8 series per training. Training time for 5 series is appr. 20 minutes.	Static burdening for example. 2x10 Sek. 2x8 Sek. 2x6 Sek. Time of burdening with one or both hands and additional weight or help.	2-3 min. rest between series is necessary.

METHOD OF INTRA/MUSCLE COORDINATION				
Exercise	Burdening	Series	Form	Rest
Dynamical exercise: Pull ups for the upper part of arms, shoulders and back muscles.	1-6 repeats is one series (lower number of repeats higher the weight) Example: 6 repeats 4 repeats 2 repeats 2 repeats 4 repeats 6 repeats	4-8 series per training. Training time for 5 series is appr.20 minutes.	Pull ups with additional weight or help in order to reach certain numbers of repeats.	2-3 min. rest between series is necessary.
Static exercise: Static hanging on the board with one or two hands. For finger and arm muscles.	6-10 sek. is one series. With the shorter time it is necessary to increase weight. 6 Sek. 4 Sek. 2 Sek. 2 Sek. 4 Sek. 6 Sek.	4-8 series per training. Training time for 5 series is appr.20 minutes.	Static burdening Time of burdening with one or both hands and additional weight.	2-3 min. rest between series is necessary.

Literature: Technical data has been taken from the ESSM Magglingen Jugen und Sportklettern with the permission from the Mrs. Gabriele Madlener and Herrn Hanspeter Sigrist.