

Warning / Disclaimer

Training on a fingerboard, like all forms of climbing or training, carries some degree of injury risk. Please take every precaution you can when using the Armstrong.

- Ensure that your board is securely fixed to the wall. If you are unsure, please seek professional advice.
- Ensure that the floor area around and beneath your fingerboard is clear of all objects.
- Never hang upside down on a fingerboard.
- Ensure you are fully warmed up before using an Armstrong.
- Unless they have been advised by a professional coach, finger boarding is not recommended for people under the age of 18.

Fingerboard Training

Why Train

Training for climbing, and training for training's sake, has become commonplace in our community and it looks like it's here to stay.

Using a fingerboard is an excellent place to build strength both in the fingers and in the upper body. Fingerboarding is simple, relatively safe (please see below for best practice) and easy to measure and track progress.

Who Should Train

Training on a fingerboard is advised for those with a good amount of training and climbing history. Meaning those people who have been training and climbing for a while and seen a plateau in their ability.

Using the Armstrong is not advised for people under the age of 18 unless they have been advised by their professional coach to do so. Over stressing the growth plates of young climbers can be dangerous and so fingerboarding should be managed by a coach.

Installation Advice

- The most common installation location is above a door, but other locations are also possible such as a beam or free-standing frame.
- We recommend using a 21mm thick plywood mounting board for the installation.
- Fix the mounting board to your chosen location, making sure you are not drilling or screwing into any power lines behind walls and ensuring all fixed points are secure and load bearing.
- Screw the Armstrong fingerboard to the mounting board using the 6 screws supplied.
- Ensure the Armstrong is mounted level.
- If you are fixing the Armstrong directly to your wall, beam, or frame, make sure you choose appropriate fixings. The supplied fixings are only to be used with a mounting board. If in doubt seek professional advice.
- The two short lengths of supplied rope should be attached to the bottom edge of the Armstrong fingerboard with a double fisherman's knot. A pulley system can be attached to these rope loops.

Best Practice

Warm Up

Always ensure you perform a thorough warm up before using the Armstrong, no matter your training history, injuries can creep up on the best of us at any point. Make sure you have warmed up all of the upper body and fingers before starting any training protocols. Think mobility work, shoulder work, easy hangs (feet on the floor if needed), shrugs, pull ups etc etc.

Regularity and Recovery

Training works best when performed regularly but done too much and it has the adverse effect. Always listen to your body and avoid over training. Tell tale signs of overtraining are fatigue, decreased performance, aches and pains etc. Ensure you are well rested before using the Armstrong - this will give the best chance of a good training session and maximise gains.