

# Fingers First: The Ultimate Guide to Becoming a Better Climber



## Beastmaking: A fingers-first approach to becoming a better climber by Ned Feehally

★ ★ ★ ★ ☆ 4.6 out of 5

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If you're looking to take your climbing to the next level, then you need to start focusing on your fingers. The Fingers First approach is a proven method for developing stronger fingers, better technique, and increased confidence on the rock.

In this comprehensive guide, we'll cover everything you need to know about the Fingers First approach, from the benefits of training your fingers first to the most effective exercises and techniques.

### The Benefits of Fingers First

There are a number of benefits to training your fingers first, including:

- Increased finger strength

- Improved climbing technique
- Reduced risk of injury
- Increased confidence

**Increased finger strength** is the most obvious benefit of training your fingers first. By regularly training your fingers, you'll develop stronger tendons and ligaments, which will allow you to hold on to holds for longer periods of time. This increased strength will translate to better performance on the rock, both in terms of difficulty and endurance.

**Improved climbing technique** is another important benefit of Fingers First. When you train your fingers first, you'll learn how to use your fingers more effectively, which will lead to better climbing technique. For example, you'll learn how to engage your core and legs more effectively, and how to use your feet to generate power.

**Reduced risk of injury** is another important benefit of training your fingers first. By strengthening your fingers, you'll reduce your risk of developing finger injuries, such as tendonitis and pulley strains. This is especially important for climbers who are new to the sport, as they are more likely to develop finger injuries.

**Increased confidence** is a less tangible but equally important benefit of training your fingers first. When you know that you have strong fingers, you'll approach climbs with more confidence, which will lead to better results.

## **The Fingers First Approach**

The Fingers First approach is a simple but effective way to train your fingers. The basic idea is to start your climbing session with a series of finger-strengthening exercises, before moving on to climbing.

There are a number of different finger-strengthening exercises that you can do, but some of the most effective include:

- Hangboarding
- Pull-ups
- Finger curls
- Rice bucket training

When choosing finger-strengthening exercises, it's important to select exercises that target all of the different finger muscles. This will help to ensure that you develop balanced finger strength.

It's also important to start slowly and gradually increase the difficulty of your finger-strengthening exercises over time. This will help to prevent injuries.

Once you've completed your finger-strengthening exercises, you can move on to climbing. However, it's important to remember to use good climbing technique and to avoid overgripping.

By following the Fingers First approach, you'll be well on your way to developing stronger fingers, better climbing technique, and increased confidence on the rock.

## **Tips for Training Your Fingers First**

Here are a few tips for training your fingers first:

- Start slowly and gradually increase the difficulty of your exercises over time.
- Focus on using good climbing technique and avoid overgripping.
- Listen to your body and rest when you need to.
- Be patient and consistent with your training.

With patience and consistency, you'll be amazed at how much stronger your fingers become. And as your fingers get stronger, you'll see a noticeable improvement in your climbing performance.

The Fingers First approach is a proven method for developing stronger fingers, better climbing technique, and increased confidence on the rock. If you're looking to take your climbing to the next level, then I encourage you to give the Fingers First approach a try.

With patience and consistency, you'll be amazed at how much your climbing improves.

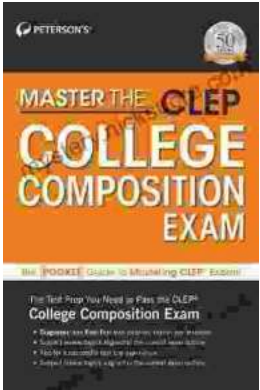


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