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The Dreaded Self-Coaching Plateau | Hunter Allen | 2020

Webinar - Self Coached vs Professionally Coached *Best Core Workout for Climbers*

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Secret to Mastering Any Skill More Quickly

How to Maximize Your First Year of Climbing I had 101 Packages!! UPS PVD Cool moments in climbing competitions UPS Personal Vehicle Driver Job Overview (My First Impressions) Everything I Wish I Knew BEFORE Making A Home Climbing Wall How to Improve your crimps INSTANTLY with Body Positioning Intro to Rings – Set up | Body stability | Beginner Exercises 6 Exercises to Help You Get the Middle Split | Trained Like A Pro Climber For 1 Month | Trained Like A Pro Climber For 6 Months How To Build A Free-Standing Indoor Home Climbing Wall What the Heck is a Drop Knee? How to Flag - A Climbing Technique for Achieving Balance The Muscle Up | Bar vs Rings (Which One's For You?) Todd Gordon's 800 Guidebooks - Classic Climbing Book Review episode #1 Derailment Investigation - Dr Mark Burstow Bouldering Progression Series - Intermediate I | V4, V5- Summary of every Self-Help Book EVER. 5 Min Ab Workout with Pro Climber (Follow Along!)

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A 'must-have' for any climber — written to aid climbers of all abilities, improving both technique and confidence A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customised improvement plan.

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Self-Coached Climber: The Guide to Movement, Training ...

The Self-Coached Climber is a thorough and extensive book with a rich variety of practical exercises and drills for climbers. In addition, the authors include facts and reference peer-reviewed studies as they progress through each chapter.

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The Self-Coached Climber model is based on the four fundamental physical components of all human movement: balance, force, time, and space. Each chapter begins with a conceptual explanation of the principles and then provides activities, developed during the authors' years as coaches, that allow you to see and feel the concepts at work in your movement.

The Self Coached Climber - BMC Shop

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Douglas Hunter was a full-time climber and coach for 10 years, during which time he trained many elite climbers and was a top level sport climber. He now lives and climbs in Southern California, where he continues to develop new training methodology.

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Amy is a sought-after motivational speaker and coach, sharing her unique, D.A.N.C.E. philosophy in her signature presentation Dance Because You Can. She believes that the process of Creating Your Own Victory Dance is the key to success in business, leadership and life.