

# Hangboard Log

Date: 16 Sep W/O #: 1  
Dressed Weight: 155

Board Level

Step Up?

| Y           | N | Exercise 1: Large Crimp | 3   | Notes:     |       |                |
|-------------|---|-------------------------|-----|------------|-------|----------------|
|             |   | Goal                    | Set | Resistance | #Reps | Comments:      |
|             |   | -10                     | 1   | -10        | 7     | bit hard @ end |
|             |   | 0                       | 2   | 0          | 6     | kinda hard     |
| Tape R here |   | +10                     | 3   | +10        | 5     | NTB            |

| Y           | N | Exercise 2: MR | 4   | N: Tape base of R |       |    |  |
|-------------|---|----------------|-----|-------------------|-------|----|--|
|             |   | Goal           | Set | Resistance        | #Reps | C: | Notes:   |
|             |   | 0              | 1   | 0                 | 7     |    | Point P stnd up, curl D down                               |
|             |   | +10            | 2   | +10               | 6     |    | hard @ end   |
| Tape M here |   | +20            | 3   | +20               | 5     |    | hard but not insane<br>Verb hit WTF prob. coulda done more |

| Y | N | Exercise 3: <del>RP</del> Thin Crimp | 3   | N: M straight up, I crossed over M, T sidepull, stay rigid |       |    |
|---|---|--------------------------------------|-----|--|-------|----|
|   |   | Goal                                 | Set | Resistance   | #Reps | C: |
|   |   | -20                                  | 1   | -30  | 7     |    |
|   |   | -10                                  | 2   | -20  | 6     |    |
|   |   | 0                                    | 3   | -10  | (6)   |    |

Notes: ~~use white product on white rock rings~~  
NTB, but work skin pads  
Dish less pain  
Good NTF

| Y | N | Exercise 4: M | 3   | N: Tape M flapper zone | Pull out |    |
|---|---|---------------|-----|------------------------|----------|----|
|   |   | Goal          | Set | Resistance             | #Reps    | C: |
|   |   | -50           | 1   | -50                    | 7        |    |
|   |   | -40           | 2   | -40                    | 6        |    |
|   |   | -35           | 3   | -35                    | 5        |    |

Notes: Film cans  
Hard! Quite intense 5ra 1st set  
Very hard. 1st 3 NTB  
TF 1-4 good 5=4.5 sec

| Y | N | Exercise 5: IM | 2   | Notes: Tape: Base of I, T knuckle |       |    |
|---|---|----------------|-----|-----------------------------------|-------|----|
|   |   | Goal           | Set | Resistance                        | #Reps | C: |
|   |   | +10            | 1   | +10                               | 7     |    |
|   |   | +20            | 2   | +20                               | 6     |    |
|   |   | +30            | 3   | +30                               | 5     |    |

Notes: Film Cans Breathe!  
barely NTB  
TF 1-5 good 6=5.5 sec  
TF 1-4 good 5=5.5 sec

| Y | N | Exercise 6: Small Crimp | 3   | N: Remove all tape | Breathe! |    |
|---|---|-------------------------|-----|--------------------|----------|----|
|   |   | Goal                    | Set | Resistance         | #Reps    | C: |
|   |   | +10                     | 1   | +10                | 7        |    |
|   |   | +20                     | 2   | +20                | 6        |    |
|   |   | +30                     | 3   | (0)                | 5        |    |

Notes: DDH @ end  
TF killer effort 1-5 good 6=6.5  
Forgot to strap on weights! (Easy)  
TF 1-3 good 4=6.5 5=4.5 hit the wall  
pretty good considering

| Y | N | Exercise 7: Pinch | 2   | N: Breathe! |       |    |
|---|---|-------------------|-----|-------------|-------|----|
|   |   | Goal              | Set | Resistance  | #Reps | C: |
|   |   | -25               | 1   | -25         | 7     |    |
|   |   | -15               | 2   | -15         | 6     |    |
|   |   | -5                | 3   | -5          | (4)   |    |

Notes: hard @ end  
TF hit did on all killer effort  
TF 1-3 good 4=3.5 sec

| Y | N | Exercise 8: |     | Notes:     |       |           |
|---|---|-------------|-----|------------|-------|-----------|
|   |   | Goal        | Set | Resistance | #Reps | Comments: |
|   |   |             | 1   |            |       |           |
|   |   |             | 2   |            |       |           |
|   |   |             | 3   |            |       |           |

# Hangboard Log

Date: 19 Sep 08 W/O #: 2  
Dressed Weight: 154.5

Step Up?

| Y    | N   | Exercise 1: Large Crimp | 3     | Notes:    |
|------|-----|-------------------------|-------|-----------|
| Goal | Set | Resistance              | #Reps | Comments: |
| -10  | 1   | -10                     | 7     | whiter    |
| 0    | 2   | 0                       | 6     | Easy      |
| +10  | 3   | +10                     |       |           |

Tape R here →

| Y    | N   | Exercise 2: MR | 1     | N: Tape base of R     |
|------|-----|----------------|-------|-----------------------|
| Goal | Set | Resistance     | #Reps | C:                    |
| +5   | 1   | +5             | 7     | NTB                   |
| +15  | 2   | +15            | 7     | hardness and not NCTP |
| +25  | 3   | +25            | 6     | NTB                   |

Tape M here →

| Y    | N   | Exercise 3: RP - Thin Crimp | 3     | N: M straight up, I crossed over M, T sidepull, stay rigid |
|------|-----|-----------------------------|-------|--|
| Goal | Set | Resistance                  | #Reps | C:   |
| -20  | 1   | -20                         | 7     | PDH pain on chin. lots of adjusting grip                   |
| -10  | 2   | -10                         | 6     | PDH bit NCTP   |
| 0    | 3   | 0                           | 6     | PDH bit NTF  |

| Y    | N   | Exercise 4: M | 3     | N: Tape M flapper zone       | Pull out  |
|------|-----|---------------|-------|------------------------------|-----------|
| Goal | Set | Resistance    | #Reps | C:                           | Film cans |
| -50  | 1   | -50           | 7     | NTB actually                 |           |
| -40  | 2   | -40           | 6     | hook out RT all add + weakly |           |
| -35  | 3   | -35           | 6     | NTF but more @ end           |           |

| Y    | N   | Exercise 5: IM | 2     | Notes: Tape: Base of I, T knuckle |          |
|------|-----|----------------|-------|-----------------------------------|----------|
| Goal | Set | Resistance     | #Reps | C: Film Cans                      | Breathe! |
| 0    | 1   | 0              | 7     | Easy                              |          |
| +10  | 2   | +10            | 6     | #6 PDH other NTB                  |          |
| +20  | 3   | +20            | 6     | 1-5 acid 6-8 5.5 all              |          |

| Y    | N   | Exercise 6: Small Crimp | 3     | N: Remove all tape      | Breathe! |
|------|-----|-------------------------|-------|-------------------------|----------|
| Goal | Set | Resistance              | #Reps | C:                      |          |
| +10  | 1   | +10                     | 7     | PDH                     |          |
| +20  | 2   | +20                     | 6     | Factor from 1st set     |          |
| +30  | 3   | +30                     | 5     | TF 1-4 good 5 = 0.5 sec |          |

3: Sorest →

| Y    | N   | Exercise 7: Pinch |       | N: Breathe!           |
|------|-----|-------------------|-------|-----------------------|
| Goal | Set | Resistance        | #Reps | C:                    |
| -25  | 1   | -25               | 7     | PDH for 1st set       |
| -15  | 2   | -15               | 6     | barely NTF ensure     |
| -5   | 3   | -5                | 4     | TF 1-3 good 4 = 5 sec |

| Y    | N   | Exercise 8: |       | Notes:    |
|------|-----|-------------|-------|-----------|
| Goal | Set | Resistance  | #Reps | Comments: |
|      | 1   |             |       |           |
|      | 2   |             |       |           |
|      | 3   |             |       |           |

# Hangboard Log

Date: 27 Sep 08 W/O #: 3  
 Dressed Weight: 155

Step Up?

**Y** **N** Exercise 1: **Large Crimp** Notes: \_\_\_\_\_  
 Comments: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| -10  | 1   | -10        | 7     |
| 0    | 2   | 0          | (7)   |
| +10  | 3   | +10        | 5     |

Tape R here

**Y** **N** Exercise 2: **MR** Notes: N: Tape base of R  
 C: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| +10  | 1   | +10        | 7     |
| +20  | 2   | +20        | 6     |
| +30  | 3   | +30        | (6)   |

Tape M here

**Y** **N** Exercise 3: **RP** *Thin Crimp* Notes: N: M straight up, I crossed over M, T sidepull, stay rigid  
 C: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| -15  | 1   | -15        | 7     |
| -5   | 2   | -5         | (7)   |
| +5   | 3   | +5         | (6)   |

**Y** **N** Exercise 4: **M** Notes: N: Tape M flapper zone Pull out  
 C: Film cans

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| -45  | 1   | -45        | 7     |
| -35  | 2   | -35        | 6     |
| -30  | 3   | -30        | 5     |

**Y** **N** Exercise 5: **IM** Notes: Tape: Base of I, T knuckle  
 C: Film Cans Breathe!

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| +5   | 1   | +5         | 7     |
| +15  | 2   | +15        | 8     |
| +25  | 3   | +25        | (6)   |

**Y** **N** Exercise 6: **Small Crimp** Notes: N: Remove all tape Breathe!  
 C: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| +10  | 1   | +10        | 7     |
| +20  | 2   | +20        | 6     |
| +30  | 3   | +30        | 5     |

**Y** **N** Exercise 7: **Pinch** Notes: N: Breathe!  
 C: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
| -25  | 1   | -25        | 7     |
| -15  | 2   | -15        | 6     |
| -5   | 3   | -5         | 5     |

**Y** **N** Exercise 8: Notes: \_\_\_\_\_  
 Comments: \_\_\_\_\_

| Goal | Set | Resistance | #Reps |
|------|-----|------------|-------|
|      | 1   |            |       |
|      | 2   |            |       |
|      | 3   |            |       |

# Hangboard Log

Date: 25 Sep 08 W/O #: 4  
Dressed Weight: 155

## Step Up?

| Y | N | Exercise 1: Large Crimp | 3   | Notes:     |          |                          |
|---|---|-------------------------|-----|------------|----------|--------------------------|
|   |   | Goal                    | Set | Resistance | #Reps    | Comments:                |
|   |   | <u>-10</u>              | 1   | <u>-10</u> | <u>7</u> | <u>easy</u>              |
|   |   | <u>0</u>                | 2   | <u>0</u>   | <u>6</u> | <u>harder hand @ end</u> |
|   |   | <u>+10</u>              | 3   | <u>+10</u> | <u>5</u> | <u>NTB</u>               |

| Y | N | Exercise 2: MR | 1   | N: Tape base of R |            |                           |
|---|---|----------------|-----|-------------------|------------|---------------------------|
|   |   | Goal           | Set | Resistance        | #Reps      | C:                        |
|   |   | <u>+15</u>     | 1   | <u>+15</u>        | <u>7</u>   | <u>NTB, could do more</u> |
|   |   | <u>+25</u>     | 2   | <u>+25</u>        | <u>6</u>   | <u>NTB " " "</u>          |
|   |   | <u>+35</u>     | 3   | <u>+35</u>        | <u>(6)</u> | <u>PDH @ end bit NTB</u>  |

| Y | N | Exercise 3: RP | 3   | N: M straight up, I crossed over M, T sidepull, stay rigid |            |                                |
|---|---|----------------|-----|--|------------|--------------------------------|
|   |   | Goal           | Set | Resistance   | #Reps      | C:                             |
|   |   | <u>-10</u>     | 1   | <u>-10</u>   | <u>7</u>   | <u>PD parallel! hand @ end</u> |
|   |   | <u>0</u>       | 2   | <u>0</u>   | <u>(7)</u> | <u>Hard @ end as NTB</u>       |
|   |   | <u>+10</u>     | 3   | <u>+10</u>   | <u>(6)</u> | <u>NTB but hard</u>            |

| Y | N | Exercise 4: M | 3   | N: Tape M flapper zone | Pull out   |   |
|---|---|---------------|-----|------------------------|------------|---|
|   |   | Goal          | Set | Resistance             | #Reps      | C:  |
|   |   | <u>-45</u>    | 1   | <u>-45</u>             | <u>7</u>   | <u>hard but not intense</u>               |
|   |   | <u>-35</u>    | 2   | <u>-35</u>             | <u>6</u>   | <u>some harder end barely NTB</u>         |
|   |   | <u>-25</u>    | 3   | <u>-25</u>             | <u>(6)</u> | <u>suprisingly NTB @ = 6.5 sec killer</u> |

| Y | N | Exercise 5: IM | 2   | Notes: Tape: Base of I, T knuckle |          |   |
|---|---|----------------|-----|-----------------------------------|----------|---|
|   |   | Goal           | Set | Resistance                        | #Reps    | C:                                      |
|   |   | <u>+10</u>     | 1   | <u>+10</u>                        | <u>7</u> | <u>NTB #7 PDH</u>                       |
|   |   | <u>+20</u>     | 2   | <u>+20</u>                        | <u>6</u> | <u>improv TF but didn't all</u>         |
|   |   | <u>+30</u>     | 3   | <u>+30</u>                        | <u>5</u> | <u>TF but didn't all 5 = 7.0 killer</u> |

| Y | N | Exercise 6: Small Crimp | 3   | N: Remove all tape | Breathe!   |  |
|---|---|-------------------------|-----|--------------------|------------|--|
|   |   | Goal                    | Set | Resistance         | #Reps      | C:   |
|   |   | <u>+10</u>              | 1   | <u>+10</u>         | <u>7</u>   | <u>NTB hand @ end</u>                                    |
|   |   | <u>+20</u>              | 2   | <u>+20</u>         | <u>6</u>   | <u>PDH but NTB</u>                                       |
|   |   | <u>+30</u>              | 3   | <u>+30</u>         | <u>(6)</u> | <u>TF 1-5 good 5 = 7.0 6 = 4.8 sec 14" killer effort</u> |

| Y | N | Exercise 7: Pinch | 2   | N: Breathe! |          |   |
|---|---|-------------------|-----|-------------|----------|---|
|   |   | Goal              | Set | Resistance  | #Reps    | C:  |
|   |   | <u>-25</u>        | 1   | <u>-25</u>  | <u>7</u> | <u>NTB</u>                                |
|   |   | <u>-15</u>        | 2   | <u>-15</u>  | <u>6</u> | <u>NTB #6 PDH</u>                         |
|   |   | <u>-5</u>         | 3   | <u>-5</u>   | <u>4</u> | <u>TR 1-4 good 5 = 6 sec kinda sudden</u> |

| Y | N | Exercise 8: |     | Notes:     |       |           |
|---|---|-------------|-----|------------|-------|-----------|
|   |   | Goal        | Set | Resistance | #Reps | Comments: |
|   |   |             | 1   |            |       |           |
|   |   |             | 2   |            |       |           |
|   |   |             | 3   |            |       |           |

Killer w/o !!

# Hangboard Log

Date: 206/08 W/O #: 5  
Dressed Weight: 156

Step Up?

| Y | N | Exercise 1: Large Crimp | 3   | Notes:     |       |            |
|---|---|-------------------------|-----|------------|-------|------------|
|   |   | Goal                    | Set | Resistance | #Reps | Comments:  |
|   |   | -10                     | 1   | -10        | 7     | Kind rocky |
|   |   | 0                       | 2   | 0          |       |            |
|   |   | +10                     | 3   | +10        |       |            |

Tape R here

| Y | N | Exercise 2: MR | 1   | N: Tape base of R |       |                      |
|---|---|----------------|-----|-------------------|-------|----------------------|
|   |   | Goal           | Set | Resistance        | #Reps | C:                   |
|   |   | +20            | 1   | +20               | 7     | NTB coulda done more |
|   |   | +30            | 2   | +30               | 6     | PDH but WTF          |
|   |   | +40            | 3   | +40               | 6     | NF CDM killer        |

Tape M here

| Y | N | Exercise 3: RP | 3   | N: M straight up, I crossed over M, T sidepull, stay rigid |       |  |
|---|---|----------------|-----|--|-------|--|
|   |   | Goal           | Set | Resistance   | #Reps | C:                                     |
|   |   | 0              | 1   | 0  | 7     | Holy shit. Minutely painful barely NTF |
|   |   | +10            | 2   | +10  | 6     | NTF not at all                         |
|   |   | +20            | 3   | +20  | 6     | TF not at all killer!                  |

| Y | N | Exercise 4: M | 3   | N: Tape M flapper zone | Pull out |                                   |
|---|---|---------------|-----|------------------------|----------|-----------------------------------|
|   |   | Goal          | Set | Resistance             | #Reps    | C:                                |
|   |   | -40           | 1   | -40                    | 7        | PDH                               |
|   |   | -30           | 2   | -30                    | 6        | barely NTF Great effort           |
|   |   | -25           | 3   | -25                    | 5        | TF 1-4 good 5=6.5 sec Good effort |

| Y | N | Exercise 5: IM | 2   | Notes: Tape: Base of I, T knuckle |       |               |
|---|---|----------------|-----|-----------------------------------|-------|---------------|
|   |   | Goal           | Set | Resistance                        | #Reps | C:            |
|   |   | +10            | 1   | +10                               | 7     | PDH @ end     |
|   |   | +20            | 2   | +20                               | 6     | barely NTF    |
|   |   | +30            | 3   | +30                               | 5     | TF not at all |

| Y | N | Exercise 6: Small Crimp | 3   | N: Remove all tape | Breathe! |                                 |
|---|---|-------------------------|-----|--------------------|----------|---------------------------------|
|   |   | Goal                    | Set | Resistance         | #Reps    | C:                              |
|   |   | +15                     | 1   | +15                | 7        | NTB 7 Hard                      |
|   |   | +25                     | 2   | +25                | 6        | NTB coulda done more            |
|   |   | +35                     | 3   | +35                | 6        | TF 1-4 good 5=6.95 6=4.5 killer |

| Y | N | Exercise 7: Pinch | 3   | N: Breathe! |       |                                   |
|---|---|-------------------|-----|-------------|-------|-----------------------------------|
|   |   | Goal              | Set | Resistance  | #Reps | C:                                |
|   |   | -25               | 1   | -25         | 7     | PDH for 1st set                   |
|   |   | -15               | 2   | -15         | 6     | PDH NTF 4.6 sec                   |
|   |   | -5                | 3   | -5          | 5     | TF 1-4 good 5=6.5 sec good effort |

| Y | N | Exercise 8: |     | Notes:     |       |           |
|---|---|-------------|-----|------------|-------|-----------|
|   |   | Goal        | Set | Resistance | #Reps | Comments: |
|   |   |             | 1   |            |       |           |
|   |   |             | 2   |            |       |           |
|   |   |             | 3   |            |       |           |

# Hangboard Log

Date: 1 Oct 08 W/O #: 4  
Dressed Weight: 156

Step Up?

| Y    | N   | Exercise 1: Large Crimp | 3     | Notes:    |
|------|-----|-------------------------|-------|-----------|
| Goal | Set | Resistance              | #Reps | Comments: |
| -10  | 1   | -10                     | 7     | Easy      |
| 0    | 2   | 0                       | 6     |           |
| +10  | 3   | +10                     | 5     |           |

Tape R here

| Y    | N   | Exercise 2: MR | 1     | N: Tape base of R                 |
|------|-----|----------------|-------|-----------------------------------|
| Goal | Set | Resistance     | #Reps | C:                                |
| +25  | 1   | +25            | 7     | NTB                               |
| +35  | 2   | +35            | 6     | PDH @ end                         |
| +45  | 3   | +45            | 6     | barrel NTB but did in all 1-4 NTB |

Tape M here

| Y    | N   | Exercise 3: RP | 3     | N: M straight up, I crossed over M, T sidepull, stay rigid |
|------|-----|----------------|-------|--|
| Goal | Set | Resistance     | #Reps | C:   |
| 0    | 1   | 0              | 7     | NTB pretty bad but TIF                                     |
| +15  | 2   | +15            | 6     | last 5 PDH   |
| +25  | 3   | +25            | 6     | TF but did in all killer                                   |

| Y    | N   | Exercise 4: M | 3     | N: Tape M flapper zone     | Pull out  |
|------|-----|---------------|-------|----------------------------|-----------|
| Goal | Set | Resistance    | #Reps | C:                         | Film cans |
| -40  | 1   | -40           | 7     | NTB                        |           |
| -30  | 2   | -30           | 6     | barrel NTB good hard       |           |
| -25  | 3   | -25           | 6     | TF killer 6=5.5 sec insane |           |

| Y    | N   | Exercise 5: IM | 2     | Notes: Tape: Base of I, T knuckle |
|------|-----|----------------|-------|-----------------------------------|
| Goal | Set | Resistance     | #Reps | C:                                |
| +10  | 1   | +10            | 7     | PDH @ end                         |
| +20  | 2   | +20            | 6     | barrel NTB 1-6 slow hard          |
| +30  | 3   | +30            | 6     | TF 5>7.0 6=5.5 sec                |

| Y    | N   | Exercise 6: Small Crimp | 3     | N: Remove all tape                  | Breathe! |
|------|-----|-------------------------|-------|-------------------------------------|----------|
| Goal | Set | Resistance              | #Reps | C:                                  |          |
| +20  | 1   | +20                     | 7     | NTB @ 1st PDH by end                |          |
| +30  | 2   | +30                     | 6     | TF but did in all                   |          |
| +40  | 3   | +40                     | 5     | TF 1-3 good 4=6.9 5=4.0 good effort |          |

| Y    | N   | Exercise 7: Pinch | 3     | N: Breathe!           |
|------|-----|-------------------|-------|-----------------------|
| Goal | Set | Resistance        | #Reps | C:                    |
| -25  | 1   | -25               | 7     | NTB Hard @ end        |
| -15  | 2   | -15               | 6     | NTB coulda done more  |
| -5   | 3   | -5                | 6     | TF 1-5 good 6=3.8 sec |

| Y    | N   | Exercise 8: |       | Notes:    |
|------|-----|-------------|-------|-----------|
| Goal | Set | Resistance  | #Reps | Comments: |
|      | 1   |             |       |           |
|      | 2   |             |       |           |
|      | 3   |             |       |           |

Killer w/o!

# Hangboard Log

Date: 4 Oct 06 W/O #: 7  
Dressed Weight: 156

Step Up?

| Y    | N   | Exercise 1: Large Crimp | Notes: |           |
|------|-----|-------------------------|--------|-----------|
| Goal | Set | Resistance              | #Reps  | Comments: |
| -10  | 1   | -10                     | 7      | Easy      |
| 0    | 2   | 0                       | 6      | "         |
| +10  | 3   | +10                     | 5      | "         |

Tape R here

| Y    | N   | Exercise 2: MR | N: Tape base of R |                          |
|------|-----|----------------|-------------------|--------------------------|
| Goal | Set | Resistance     | #Reps             | C:                       |
| +30  | 1   | +30            | 7                 | NTB consider hand end    |
| +40  | 2   | +40            | 7                 | +7 PDH, other! NTB! NTF  |
| +50  | 3   | +50            | 6                 | TP 1-5 good B=6.5 killer |

Tape M here

| Y    | N   | Exercise 3: RP Thin Crimp | N: M straight up, I crossed over M, T sidepull, stay rigid |                               |
|------|-----|---------------------------|--|-------------------------------|
| Goal | Set | Resistance                | #Reps  | C:                            |
| +5   | 1   | +5                        | 7  | NTB outer part of hand move   |
| +20  | 2   | +20                       | 7  | Super hard                    |
| +30  | 3   | +30                       | 6  | TP 1-5 good B=5 sec Increased |

| Y    | N   | Exercise 4: M | N: Tape M flapper zone | Pull out                     |
|------|-----|---------------|------------------------|------------------------------|
| Goal | Set | Resistance    | #Reps                  | C:                           |
| -35  | 1   | -35           | 7                      | Film cans<br>Hard not insure |
| -25  | 2   | -25           | 6                      | Increase baseline NTF        |
| -20  | 3   | -20           | 5                      | NTB maybe harder done 6th    |

| Y    | N   | Exercise 5: IM | Notes: Tape: Base of I, T knuckle |                             |
|------|-----|----------------|-----------------------------------|-----------------------------|
| Goal | Set | Resistance     | #Reps                             | C:                          |
| +15  | 1   | +15            | 7                                 | Film Cans<br>NTB +7 PDH     |
| +25  | 2   | +25            | 6                                 | last 2 hard did not insure  |
| +35  | 3   | +35            | 6                                 | TP 1-5 good / NTB B=5.5 sec |

| Y    | N   | Exercise 6: Small Crimp | N: Remove all tape | Breathe!                  |
|------|-----|-------------------------|--------------------|---------------------------|
| Goal | Set | Resistance              | #Reps              | C:                        |
| +20  | 1   | +20                     | 7                  | +7 hard, rest NTB         |
| +30  | 2   | +30                     | 6                  | PDH 10 sec hard           |
| +40  | 3   | +40                     | 6                  | TP 1-4 good 5=6.5 6.5 4.8 |

| Y    | N   | Exercise 7: Pinch | N: Breathe! |                                    |
|------|-----|-------------------|-------------|------------------------------------|
| Goal | Set | Resistance        | #Reps       | C:                                 |
| -20  | 1   | -20               | 7           | Easy                               |
| -10  | 2   | -10               | 6           | Much harder NTF                    |
| 0    | 3   | 0                 | 5           | TP 1-4 NTB 5=6.9 sec Great effort! |

| Y    | N   | Exercise 8: | Notes: |           |
|------|-----|-------------|--------|-----------|
| Goal | Set | Resistance  | #Reps  | Comments: |
|      | 1   |             |        |           |
|      | 2   |             |        |           |
|      | 3   |             |        |           |

Killer!

# Hangboard Log

Date: 7 Oct 07 W/O #: 8  
Dressed Weight: 156

Step Up?

**Y** **N** Exercise 1: **Large Crimp** 3 Notes: *D. don't get much sleep last night, feel kinda sick*

| Goal       | Set | Resistance | #Reps    | Comments:            |
|------------|-----|------------|----------|----------------------|
| <u>-10</u> | 1   | <u>-10</u> | <u>7</u> | <u>Easy</u>          |
| <u>0</u>   | 2   | <u>0</u>   | <u>6</u> | <u>Kinda hardish</u> |
| <u>+10</u> | 3   | <u>+10</u> | <u>5</u> | <u>Easy</u>          |

Tape R here

**Y** **N** Exercise 2: **MR** 1 N: Tape base of R  
C:

| Goal       | Set | Resistance | #Reps    | Comments:                               |
|------------|-----|------------|----------|---|
| <u>+40</u> | 1   | <u>+40</u> | <u>7</u> | <u>PDH #7 barely NTF</u>                |
| <u>+50</u> | 2   | <u>+50</u> | <u>6</u> | <u>Injure bars NTF Killar</u>           |
| <u>+60</u> | 3   | <u>+60</u> | <u>5</u> | <u>TF 1-4 good S=3.5 sec super hard</u> |

Tape M here

**Y** **N** Exercise 3: **RP Thin Crimp 3** 3 N: M straight up, I crossed over M, T sidepull, stay rigid  
C:

| Goal       | Set | Resistance | #Reps    | Comments:  |
|------------|-----|------------|----------|--|
| <u>+10</u> | 1   | <u>+10</u> | <u>7</u> | <u>PDH bid not insure not getting less painful</u> |
| <u>+25</u> | 2   | <u>+25</u> | <u>6</u> | <u>barely NTF, insane</u>                          |
| <u>+35</u> | 3   | <u>+35</u> | <u>5</u> | <u>TF 1-4 good S=4.8 insane</u>                    |

**Y** **N** Exercise 4: **M** 3 N: Tape M flapper zone Pull out  
C: Film cans

| Goal       | Set | Resistance   | #Reps      | Comments:                           |
|------------|-----|--------------|------------|-------------------------------------|
| <u>-30</u> | 1   | <u>-30</u>   | <u>7</u>   | <u>super hard TF not hit on all</u> |
| <u>-20</u> | 2   | <u>-20</u>   | <u>(5)</u> | <u>1-4 good S=4 sec</u>             |
| <u>-15</u> | 3   | <u>(-20)</u> | <u>(5)</u> | <u>TF 1-4 good S=5.5 all good</u>   |

*Feel in neck shit*

**Y** **N** Exercise 5: **IM** 2 Notes: Tape: Base of I, T knuckle  
C: Film Cans Breathe!

| Goal       | Set | Resistance | #Reps    | Comments:                    |
|------------|-----|------------|----------|------------------------------|
| <u>+20</u> | 1   | <u>+20</u> | <u>7</u> | <u>PDH in CM NTF</u>         |
| <u>+30</u> | 2   | <u>+30</u> | <u>6</u> | <u>TF 1-5 good 6=5.5 sec</u> |
| <u>+40</u> | 3   | <u>+40</u> | <u>5</u> | <u>TF 1-4 good 2=5.5 sec</u> |

**Y** **N** Exercise 6: **Small Crimp** 2 N: Remove all tape Breathe!  
C:

| Goal       | Set | Resistance | #Reps    | Comments:                          |
|------------|-----|------------|----------|------------------------------------|
| <u>+20</u> | 1   | <u>+20</u> | <u>7</u> | <u>barely NTF, super hard</u>      |
| <u>+30</u> | 2   | <u>+30</u> | <u>6</u> | <u>TF 1-5 good 6=6.5 sec</u>       |
| <u>+40</u> | 3   | <u>+40</u> | <u>5</u> | <u>TF 1-3 good 4=6.9 5=4.5 sec</u> |

**Y** **N** Exercise 7: **Pinch** 3 N: Breathe!  
C:

| Goal       | Set | Resistance | #Reps    | Comments:                |
|------------|-----|------------|----------|--------------------------|
| <u>-20</u> | 1   | <u>-20</u> | <u>7</u> | <u>NTB</u>               |
| <u>-10</u> | 2   | <u>-10</u> | <u>6</u> | <u>PDH NTF</u>           |
| <u>0</u>   | 3   | <u>0</u>   | <u>5</u> | <u>TF 1-4 good S=6.0</u> |

**Y** **N** Exercise 8:  
Notes: Shitty.

| Goal | Set | Resistance | #Reps | Comments: |
|------|-----|------------|-------|-----------|
|      | 1   |            |       |           |
|      | 2   |            |       |           |
|      | 3   |            |       |           |