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# Beginner's Guide To Indoor Rock Climbing



## **Synopsis**

Join the indoor rock climbing explosion! Whether for fun or fitness, this concise guide delivers easy-to-understand information about the equipment and techniques that a new climber will face. Much of the information presented will also carry over to outdoor climbing if the reader wants to take this great sport to the next level!

## **Book Information**

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## **Customer Reviews**

I've climbed for about a year indoors and was looking to expand my knowledge. This book did not do that. It's for someone who has never even seen a rock wall before. You finish it and feel like it's an "introduction" rather than a "guide." It also looks like the entire thing, about 15 pages, was typed in a standard Word document and imported. In short, "Guide" is misleading. This is more like an introductory web article.

If you are like most people perusing this title you've thought "I'd love to try indoor rock climbing but I'm not sure I can hack it." Well rest assured your money will be well spent by picking up this quick little guide to provide the background to make that call. Also you won't have to show up at an indoor

rocking climbing gym and feel like a complete dork, instead you'll have picked up some basic skills, understanding of equipment and proper rock climbing etiquette. If you have no idea what a belay device is or why you need one this is a very affordable eBook providing a great Rocking Climbing 101 education before you venture out to the real world and give it a go.

I've always wondered what I had to do to get into rock climbing. I was always intimidated by the thought of rock climbing before I got this book. It is an excellent guide that clearing describes everything you need to do to get started and actually know what to do. I really enjoyed the book and can't wait to try out the rock climbing techniques. Thank you so much!

This is a wonderful quick guide to get the beginner or intermediate rock climber off the ground. The first time I tried the climbing gym, I just blindly stumbled into it. I would of been so much better off if I had read this guide first.I found the information about the climbing gear, the terminology, and basic climbing tips most helpful. I also like the section on climbing etiquette, no matter what new sport we are attempting there is always some unwritten etiquette that is helpful to know. This is a wonderful quick guide for the novice indoor rock climber.

As a complete beginner it was a big daunting to actually get started rock climbing. Even though the indoor ranges have all the safety mechanisms and the like, I was still very hesitant to just go out and give it a shot. Thankfully this book was there to fill me in on the necessary details and let me know what to expect.If you are considering starting to climb indoors I would highly recommend this for you.

Good basic information - explains terms and common gym courtesy and safety rules; should be read by every first time climber coming into a gym.

Great book I am a beginner so this help understand how indoor climb better overall I give this book a five-star rating

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