



Nicros Warrior Board™ Training Guide



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Introduction

All right, you've gone and purchased the Nicros Warrior Board™, one of the hottest training boards on the market. While it does look cool, we assume you bought it for more than just decoration. Before you hang your Warrior Board™, you may want to read through this training manual since it will give training ideas that will affect the board's placement.

Before we get into the actual training regimen, a note of caution is in order. There are two old training adages that come to mind: "No Pain, No Gain" and "Train, don't Strain". There is a very fine line between making noticeable gains from training and injuring yourself. Push yourself to muscular fatigue and failure but not to tendon and soft tissue damage. Listen to your body and learn when the burn is good and when the pain is a sign to stop. Don't take what is written in this, or any other training guide, as gospel, and instead train smart. Remember, you're training to improve your climbing, not into a six-month injury layoff.

You may notice that at no point do I call the Warrior Board™ a hangboard. I don't like the term, "hangboard" because it implies that you should just hang from it and that's not what you want to do. Just hanging does almost nothing to increase the hand strength you're looking to develop. While it may improve your endurance for just hanging on holds, most climbers I know are interested in climbing routes. Secondly, just hanging on a training board can put lots of stress on your tendons, from finger to shoulder, and that can lead to injury. If you're going to "hang", hang isometrically by flexing your forearms, biceps and shoulders. This will give you a full upper body workout and also reduce the risk of shoulder injury.

Training Options

There have been numerous articles, guides and books written about the use of training boards. With Nicros Training Center online (www.nicros.com), there is training information at your fingertips 24 hours a day—so check out the Training Center on the website. There isn't room in this training guide to cover all the great workouts you can do on a training board, so do some homework and find which workouts work best for your lifestyle, training goals, and particular body type. What follows are a few options to get you started.

Always warm-up first. Use the larger holds on the Warrior Board™ and do several sets of pull-ups or use one of the many “squeeze-type,” warm-up devices available. Also do at least 10 minutes of stretching of the forearms, hands, and fingers. This warm-up is crucial to avoiding injury and it prepares the muscles for the killer workout to come.

Mounting Option 1

The preferred method of using the Warrior Board™ is to think of it as one huge climbing hold with lots of features. Mount the board so that you can also mount footholds a few feet behind the plane of the board. A good option is to mount it above a closet, and then place your footholds on the back wall of the closet. If you can't mount footholds, place a sturdy chair, stool, or step ladder inside the closet or in front of you so you can still incorporate foot movements. Make sure your landing zone is free of obstacles. Use of a crash pad and spotter is recommended in all training settings in that a padded landing zone offers better protection from falls. Once you've warmed-up, develop sequences of 10 to 15 hand and foot movements on a variety of holds (jug, large sloper, side pull, crimp, crossover to smaller jug, pinch, large sloper, etc.; remember to vary your foot positioning as well). After each “boulder problem,” rest on one of the larger holds (or smaller as you improve your strength) for a 15-20 second shake with each arm, and then do another sequence of 10 to 15 moves. Continue these boulder sequence/rest cycles until you pump out. The benefit of this type of workout is that you are varying your grip position. In addition, you're simulating actual climbing by working hand and foot techniques and it's definitely not boring!

Variation 1: Concentrate on specific types of moves in each cycle. For example, start with all slopers in the first cycle, then do all crimps in the next, then all jugs and continue to failure.

Variation 2: Try to remember your sequences from workout to workout. This skill comes in handy on those long redpoint attempts.

Mounting Option 2

If you don't have the option of placing your Warrior Board™ so that you can incorporate footholds, all is not lost. Place a stool or chair next to you so you can rest between sets without having to let go of the board. There are many variations of pulls/hangs you can do on the Warrior Board™, so be creative. Remember that the best gains come from short bursts of power (high weight, low reps). This is best accomplished by using either a weight belt or a weight vest that you add weights to.

Sample Workout: Pick a set of matching grips on the Warrior Board™ and do 3 pull-ups or "hang" for 5-10 seconds. While still holding onto the matching grips, "step" over to the stool and "rest" for 10 seconds. Repeat a maximum of 3 times, then step down and rest for one minute. Start the whole process over again on a different pair of grips. Remember to work your problem grips and it is best to start with larger holds, work to smaller, and then back up to larger.

A Final Word on Training: Remember: train, don't strain! Listen to your body, vary your workout, work hard and get strong. Most importantly, climbing is supposed to be fun, not tedious, so think about all those killer routes you'll be sending and hopefully the time will fly as you use your Warrior Board™.

If you're looking for other training options, Nicros carries a full line of Training Products from Eric Hörst's H.I.T. Strip™ Systems to Campus Sets. Nicros' Pump Rocks are also a low cost alternative that take up almost no space for when you've got to get that training fix. Check out the Nicros website, www.nicros.com, for climbing holds and training tools.

Thank you for purchasing your Nicros Warrior Board™ and let us know how it's working for you.

DISCLAIMER OF LIABILITY

Climbing is an inherently dangerous and potentially hazardous activity. Seemingly small and insignificant mistakes may have catastrophic results. Individuals and organizations using products distributed by Nicros, Inc. bear the responsibility of learning the proper techniques and safety procedures required for their safe use. You, the purchaser, by accepting this package, have taken on all responsibilities of ownership and assume all risks and full responsibility for all damages or injury, including death and disfigurement that may result from the use or misuse of our product.

PLEASE NOTE:

Indoor climbing is a different sport than outdoor climbing, each requiring their own techniques and safety procedures. While similarities may exist between the two sports, the objective dangers are quite different. The serious consequences of mistakes in either sport makes proper training mandatory.

Nicros Warrior Board™ Installation Guide

Included Materials:

- 1 Warrior Board™
 - 25" Long x 9.5" High x 3" Deep
 - Approximately 7 lbs.
- Four - 3" SPAX® Wood Screws

Tools Needed:

- Drill with #3 Phillips or #3 Square Drive Bit
- 1/6" Drill Bit or smaller
- Tape Measure
- Plywood and Wood Saw

PLEASE NOTE

It is important to securely mount this training board onto a solid surface. This surface should be strong enough to support at least double your body weight.

You do not need to predrill pilot holes, however, predrilling may make it easier to install. If you predrill, use a 1/16" drill bit or smaller.

The Nicros Warrior Board™ is designed to be attached to a solid surface such as wood using the included SPAX® wood screws. There are numerous ways this board may be installed. For example, to studs above a doorway, on the side of an exposed ceiling joist, to a secured plywood backing between two or more studs, or to anything strong enough to support double body weight. Below are instructions for a typical installation, however there are other methods of attachment. Call to ask for details on other installation methods. NOTE: You may want to read the Training Guide prior to installation since it may give training ideas that will affect the board's placement.

Wood: If installing into plywood, hold the board up to the wood surface and screw it in using the four-3" wood screws in the top and bottom holes.

Wood Stud Wall with Sheathing: Identify placement of Nicros Warrior Board™. Note: If your installation requires mounting onto a standard sheetrock wall with wood studs behind, you will need to know the location of your studs and the depth of sheetrock in front of the studs. The screws provided are long enough to go through ¾" sheetrock and into studs. Make sure the sheathing (sheetrock or other) is less than ¾" thick so as to ensure the mounting screws are properly anchored into the 2" x 4" studs. The screws must penetrate deep enough to ensure the board will not be pulled from the wall during use. Then, hold the board up and use the drill to screw the board in, taking care to properly align the screws with the studs. Please note: When mounting a Warrior Board™ to sheetrock without a plywood board behind, you could end up with a Warrior Board™ shaped depression in your sheetrock. PLEASE NOTE: This board is not intended to hang directly off sheetrock, rather it needs to be properly mounted into the wood studs.

For Other Applications: Start by mounting a plywood board to the wall that can hold twice your weight. This board should be larger than the perimeter of the Warrior Board™. Once the plywood is mounted to the wall, mount the Warrior Board™ using the SPAX® screws provided.

**BE CAREFUL, OVERTIGHTENING MAY STRIP SPAX® SCREW FROM WOOD.
PLEASE READ THE ENCLOSED SAFETY WARNING.**