

# Fingers First: Your Path to Climbing Mastery

HTML Code:



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

★★★★☆ 4.6 out of 5

Language : English

File size : 32759 KB



Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 227 pages



Are you ready to take your climbing to the next level? Look no further than the Fingers First Approach, the ultimate guide to becoming a better climber.

This book is your personal climbing coach, providing you with everything you need to know about technique, training, and mindset. Whether you're a beginner just starting out or an experienced climber looking to push your limits, Fingers First has something for everyone.

### **What You'll Learn from Fingers First**

- The importance of proper climbing technique and how to develop it
- How to train your fingers, forearms, and core for maximum strength and endurance
- The secrets to reading routes and planning your ascent
- How to overcome mental barriers and stay focused during tough climbs
- And much more!

### **The Fingers First Approach: A Proven Method for Success**

The Fingers First Approach is based on the principle of starting every climb with your fingers. This may seem counterintuitive at first, but it actually makes perfect sense.

By focusing on your fingers first, you force yourself to develop proper technique and build the necessary strength and endurance in your fingers and forearms. This will not only make you a more efficient climber, but it will also help you prevent injuries.

### **What Other Climbers Are Saying About Fingers First**

"Fingers First is the best climbing book I've ever read. It's packed with practical advice that helped me improve my technique and climb harder than ever before." - Alex Honnold, world-renowned climber

"If you're serious about climbing, you need to read Fingers First. This book will teach you everything you need to know to become a better climber." - Tommy Caldwell, legendary climber and author

### **Free Download Your Copy Today**

Don't wait another day to start improving your climbing. Free Download your copy of Fingers First today and start unlocking your potential as a climber.

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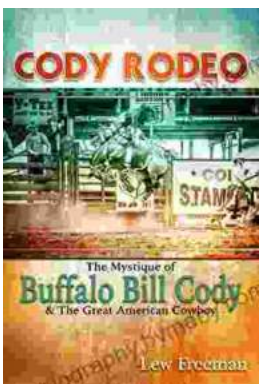
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