



Self-Assessment + Analysis

Climbing is a mostly subjective sport. It's tough to measure some of the more important ingredients of a successful climber – movement skill, mindset, effort level, etc. However, that doesn't mean we shouldn't be looking at the more objective parts of climbing as well. Specifics like finger strength, pull strength, and different types of forearm endurance can all be measured, and are hugely important.

We've collected data on these points for some time now, and you will be comparing your measurements to the numbers we see people attain at your goal levels. If you choose to log your numbers, they will be added into the data set for people looking to achieve the level you've already attained. We're aware that because climbing is complicated, the numbers are only a part of the story, and mean different things for different people. We use these, and suggest that you view them, as a small but valuable piece of the puzzle that is improvement. A way to have an objective view of a few markers, and most important, a way to compare your current self to your past and future selves.

If you are only doing the assessment to measure it against the data set as a starting point, you only need to do:

Session A | Pullup Quantity

Session B | Everything except for Campus Slap

After you've finished, refer back to the blog post and compare your results to the graphs.

By doing this assessment and giving honest answers, you're helping to make it more reliable and more valuable not only for yourself, but for us as coaches and for other climbers. Thanks.

Let's get into it.

Kris

What You'll Need

We've tried to keep this as simple as possible. Some of these things are mandatory, and some optional. Do what you can. Partially completed forms are still massively helpful.

- This PDF for instructions, printed if you will record results here.
- Internet access for videos and to input results when finished
- 20mm edge (18-22 is acceptable, but 20 is preferred)
- Pullup Bar or Jugs
- Harness or option to add weight to hangs and pulls
- Weight plates or vest
- Campus Board with medium and large or jug rungs
- Campus Board with foot rungs (optional)
- Barbell and Kettlebells or Dumbbells (optional)
- Measuring Tape

How to Get Started

We'll lay out each session in detail, and in the suggested order that you complete them. Try to deviate as little as possible from the session. Once you've taken the measurements for that session, you may absolutely climb more, though at least one of the sessions will likely be enough on its own.

Each measurement will come with a written and video explanation and demonstration. If you don't feel comfortable trying to get the measurement, move on to the next one. In general, if a measurement requires some specific prior knowledge or skill, we'll make a note of it.

Record your results after each measurement. You can print this PDF and record your results here if that is easier. Once you've completed all the sessions, you'll be asked to input your results into a Google Form and answer a few questions that will help us better understand your climbing and physiology.



Session A is relatively light and can be done as Day 1 of 2 days in a row. Session B can be the 2nd day or done after a rest day, but you would do best with a rest day after. If you have a campus board with foot rungs available, you can do **Session C**. If not, skip it! Optional **Session D** requires that you have familiarity with Barbell Deadlifts and Single Arm Overhead Presses.

Session A: Pull, Push, and Continuous Hang

This session is relatively simple and can be done prior to a climbing session. I'd suggest that you don't go too hard during the climbing session if you plan to do more tests tomorrow. This session is a way for us to get an idea of your endurance and stamina while pulling, pushing, and hanging continuously from a 20mm edge. You'll find a log for your results at the end of this section.

Warmup

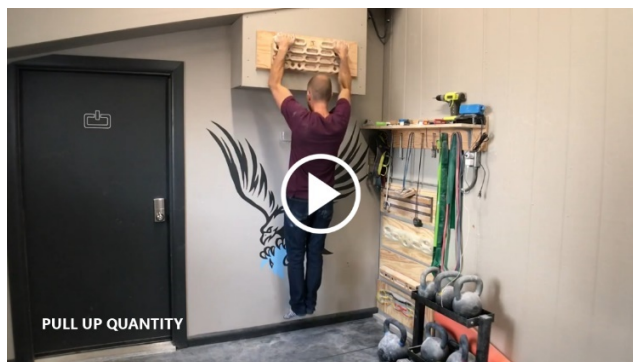
Because everyone warms up at a different rate and gets to a place of max effort at a different time, we won't be too prescriptive in our warmup. For this session, we'd like to see you do your favorite movement prep and cardio warmup that gets your blood flowing. Once you're normally ready to start climbing, we'd like for you to spend around 15-20 minutes doing a series of short sets of pullups and pushups mixed with longer hangs on a 20mm edge, resting 1-2 minutes between these short sets. You aren't looking to get exhausted – only warmed up and ready to try hard. When you feel that you're warm and ready to try, rest about 3 minutes and begin the measurements.

Pull Up Quantity Measurement

This measurement should be done with:

- palms facing away from you.
- hands shoulder width apart.
- with no kipping.
- Chin must go to the bar.
- Arms must be straight at the bottom.

Do the most that you can without breaking form. You may pause at the bottom, but you may NOT let go with a hand and shake out. Record the number of Pullups



IMPORTANT: Rest 5 minutes before moving to the next measurement.

Push Up Quantity Measurement

This measurement should be done with:

- Back flat throughout
- Toes and palms are the only contact with the floor
- Come to within 1/2 inch of the floor at the bottom.
- Straight arms at the top.

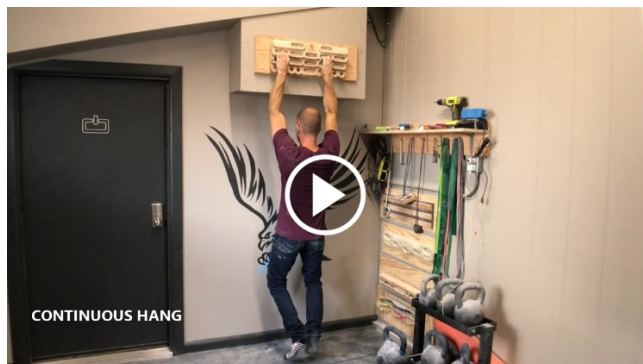
Do the most that you can without breaking form. You may pause at the top to breathe, but do not linger there for longer than a second or two. Record the number of pushups.



IMPORTANT: Rest 5 minutes before moving to the next measurement.

Continuous Hang Measurement

Using a half crimp grip on a 20mm edge (or as close as you can get to it) and keeping shoulders and elbows engaged, hang for as long as you can. Whenever form breaks, either in your shoulders or in your half crimp, time is up. Record the time in seconds.



Log your results here.

Pull Up Quantity	
Push Up Quantity	
Continuous Hang (seconds)	

Session B: Max Hang, Slap, Pull and Repeater

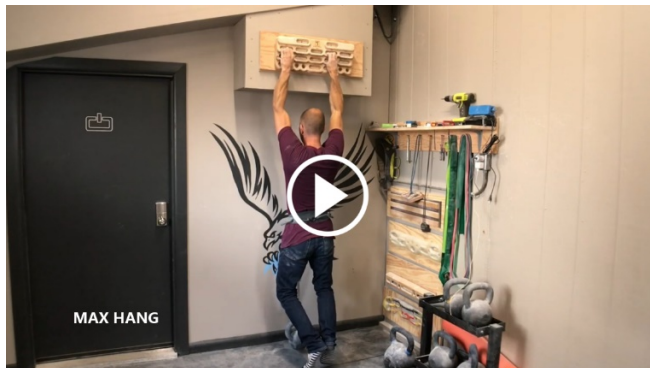
This session is far more intense than the previous session. You will likely not want to do a climbing session after, and you'll want to follow this with a rest day. The goal here is to find out where the limits of your finger strength and pull strength are, as well as how much power you can generate from a deadhang. The final measurement, the Repeater Measurement, can be a tough one to keep track of, so be sure you watch the video and use the custom built timer that we've linked to.

Warmup

Because everyone warms up at a different rate and gets to a place of max effort at a different time, we won't be too prescriptive in our warmup. For this session, we'd like to see you do your favorite movement prep and cardio warmup that gets your blood flowing. Once you're normally ready to start climbing, we'd like for you to spend around 10 minutes doing a series of short sets of bodyweight pullups and longer hangs on a 20mm edge, resting 1-2 minutes between these short sets. Do not get tired here. Next, spend 10-15 minutes doing single hangs and pullups with added weight, resting 2-3 minutes between each. Slowly build up to a weight that feels moderately challenging. When you feel you've reached a place where you're prepared to give maximum effort, rest about 3 minutes and begin the measurements.

Max Hang

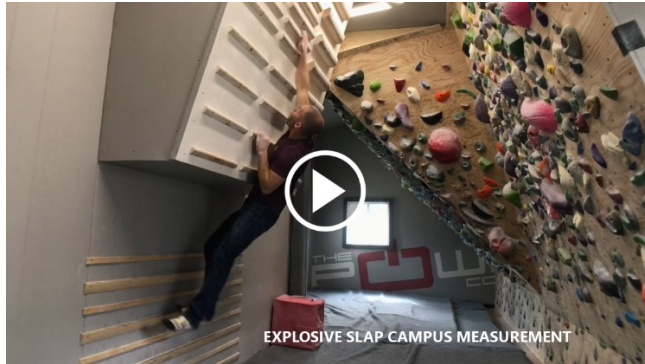
Using a half crimp grip on a 20mm edge (or as close as you can get to it) and keeping shoulders and elbows engaged, find the heaviest weight that you can hang with for 10 seconds. After your first attempt, adjust the weight up or down appropriately and rest for 3 minutes before trying again. Repeat as needed. If you need to adjust weight more than 3 times, rest for 10 minutes before trying again. When you find the weight that causes form failure between 10 and 12 seconds, record the weight in pounds.



IMPORTANT: Rest 5 minutes before moving to the next measurement.

Explosive Slap Campus Measurement

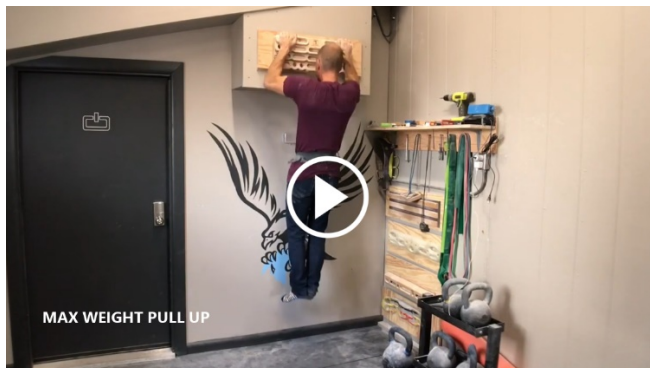
Using a medium (1") campus rung, and starting in a still deadhang position, explosively pull up and slap as high as possible. Repeat on both sides. You may take up to 3 attempts on each side, resting 2-3 minutes between each attempt, and will use your highest. Using a tape measure, measure from the top of your campus rung (where it meets the wall) to where your fingertips contacted the wall. Record this in inches for each hand.



IMPORTANT: Rest 5 minutes before moving to the next measurement.

Max Weight Pull Up Measurement

For this test, use a pullup bar or the jugs on a hangboard. Your palms should face away from you and should be shoulder width apart. Your chin must get to level with your hands. Add either plates or kettlebells to your harness, or you can use a weight belt or vest. Start with a weight that you think will be difficult but doable. You're looking for the most weight that you can do ONE rep with. Rest for 3 minutes and adjust the weight according for another attempt. Continue until you've found the max weight for a single rep. Record the weight in pounds.



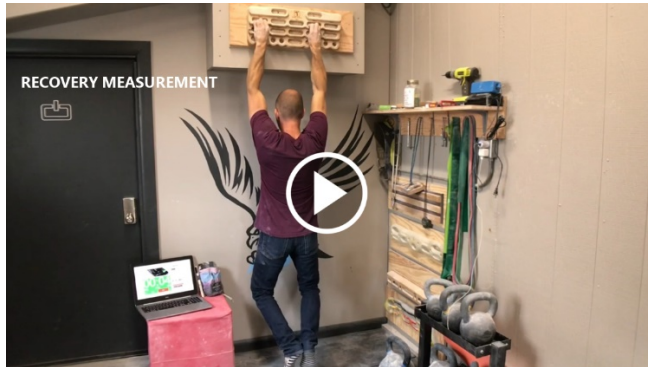
IMPORTANT: Rest 5 minutes before moving to the next measurement.

Repeater Measurement

This test should be done on a 20mm or as close as possible edge, and in a half crimp grip. You'll be doing a 7 second hang, followed by a 3 second rest, and repeating that until failure. Log the time (in seconds).

You can use this timer to better keep on track while hanging..

<http://www.intervaltimer.com/timers/8342644-power-company-climbing-73-recovery-measurement>



Log your results here.

Max Hang (lbs)	
Campus Slap Left (inches)	
Campus Slap Right (inches)	
Max Pull Up (lbs)	
Repeater (seconds)	

Session C: Campus Endurance Measurements

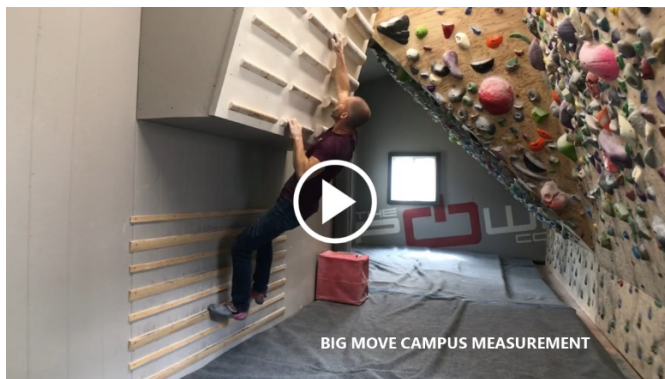
Ideally you've had a rest day or two since Session C. This session requires a campus board with foot rungs. If you don't have that available, skip this session and either explore the optional measurements or log your results in the Google Form linked at the beginning and end of this PDF.

Warmup

Because everyone warms up at a different rate and gets to a place of max effort at a different time, we won't be too prescriptive in our warmup. For this session, we'd like to see you do your favorite movement prep and cardio warmup that gets your blood flowing. Once you're normally ready to start climbing, get on the campus board on medium rungs and ladder up and down while using the foot rungs. Do this until you feel the slightest of pump and rest 2-3 minutes. Repeat this, getting back to a slight pump. Rest 2-3 minutes. Spend about 5 minutes experimenting with the best foot position and getting used to the movement of the Big Move Campus Measurement. Rest 5 minutes and begin the measurements.

Big Move Campus Measurement

For this measurement you will use medium campus rungs (1"). You'll be making a single big move, and without matching, reversing that same move. Then you'll repeat with the other hand. The move should be as high as you can go without jumping, and that you can still reverse in control. You're your feet planted in one spot. Alternate the hand you lead with and move at a pace similar to climbing. You may chalk up if needed but avoid shaking out other than while reaching between rungs. Record your time spent on the board in seconds.



IMPORTANT: Rest 15 minutes before moving to the next measurement. Yes, 15.

One Rung Ladder Campus Measurement

For this measurement you will use medium campus rungs (1") with foot rungs. Move one rung at a time at a pace similar to climbing, only matching on the top and bottom rungs. Keep your feet stationary. You may chalk between moves and shake briefly while reaching, but you may not stop to shake out. Climb until the pump causes failure and record this time in seconds.



Log your results here.

Big Move Campus (sec)	
One Move Campus Ladder (sec)	

D: Optional Strength Measurements

These measurements require that you are familiar with Barbell Deadlifts and either Kettlebell or Dumbbell Single Arm Overhead Presses. If you aren't familiar, skip these measurements.

For both lifts, we're looking for your One Rep Max, with a rate of perceived exertion (RPE) of 9.5. Refer to the chart below if you aren't familiar with RPE.

RPE SCALE BASED ON REPETITIONS IN RESERVE	
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do more 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

If you attempt a weight and need to adjust it, rest 3-5 minutes between attempts. Also rest 2-3 minutes between alternating hands for the overhead press measurement.

Again, we want you to do these measurements ONLY if you are familiar with the lifts, so we aren't going to give technique and form advice here. Go only as heavy as you're comfortable going. If you're more comfortable doing a higher number max (3RM for instance) with a lighter weight, you can use this rep max calculator to find your 1RM.

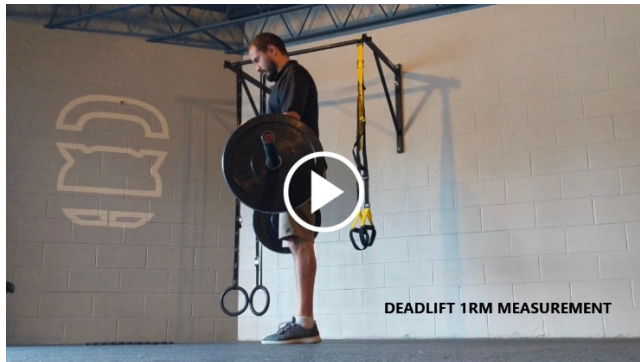
<https://strengthlevel.com/one-rep-max-calculator>

Once you've found the 1RM of each lift, record that weight in pounds.

Warmup

Warmup with your usual movement prep followed by several reps of each lift at ascending weights. Do not attempt the 1RM lifts before you are ready. Be patient.

Barbell Deadlift 1RM



Single Arm Overhead Press 1RM (Dumbbell or Kettlebell)



Log your results here.

Barbell Deadlift 1RM	
Overhead Press 1RM - Left	
Overhead Press 1RM - Right	

IMPORTANT!

Thank you!

Once you've completed all of the measurements, click the link below to input them to our Google Form. You'll also be asked to answer a series of questions about your climbing and physiology so that we can get a better idea of how these measurement results relate to climbers of a specific level (or if they do at all...).

For our Custom Plan clients, our data analyst would generate a report based on your measurements and give a little insight into what he sees in those numbers. Because this is a self-assessment, we appreciate you adding your data to our records. It helps us be more precise in the future.

Thanks. The more people of different levels we have complete this assessment, the more reliable and valuable it becomes for everyone.

-Team Power Company

