



Date : 14/09/2022

Pages : 144

Format cm : 15 x 23

Prix : 15.5

EAN : 9782344053973

Indoor Climbing

A Guide for Beginning and Intermediate Climbers

Authors: Olivier Broussouloux - Laurence Guyon

Publisher : Glénat

Category : Practical Books

Genres : Sports/Games

Keywords : Gym - Celebrity - How-to - Multidisciplinary - Uprooting

THE indispensable guide for all indoor climbers trying to start or get better.

As a sport, rock climbing has greatly evolved in the last decade. Equipment, difficulty level, basic techniques, safety, getting over the fear of falling, building your strength, climbing with kids: these topics and more are covered by a climbing teacher and a former world climbing champion, sharing their know-how in a guide that will answer all your questions. A new edition, completely updated, with a list of essential equipment.
