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because you didn t want to take the time to learn the ropes pun intended Climbing isn t about muscling your way up the wall There are techniques you can learn that will make you more efficient and a better climber In this book you will learn the fundamentals of climbing and on what makes you a better climber If you were to take one message out of this book it is that there is a difference between being a better climber and a stronger climber You want to be a better climber Strength comes after Employ the basics in this book and build a solid foundation of skill Start slow to avoid any injuries Be patient And most importantly have fun About the Expert Brigitte has been competitive athlete since a very young age and in those years she learned how imperative it is to allow the body to adapt to each sport In college she competed in Water Polo Swimming and was on the NCAA Div 2 Women s Crew Team at University of California San Diego Having a strong foundation is key in any sport and climbing is no different Brigitte has been climbing for about 10 years and throughout her climbing career she was fortunate enough to have amazing mentors and experienced climbers pass their invaluable knowledge down to her and she wants to do her part in passing it all to you HowExpert publishes quick how to quides on all topics from A to Z by everyday The Rough Guide to Nirvana Rough Guides, 2015-09-01 The Rough Guide to New Zealand is the ultimate guide experts to this most beautiful of countries Packed with detailed accounts crystal clear maps and stunning full colour photographs this new edition brings New Zealand s myriad attractions to life from the North Island s white sand beaches and kauri trees to the brooding fiords and penguin colonies of the south There's insightful coverage on the country's iconic landmarks right through to secluded hot pools and how to pick the best caf s in Wellington plus expert guidance on everything from Maori culture to multi day hikes Author picks and insider tips give you the scoop on the best accommodation for every budget how to track down Marlborough's tastiest Sauvignon Blancs and where the most delectable Maori hangi can be found

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