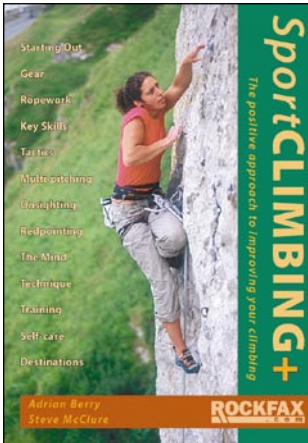


SportCLIMBING+

Steve McClure
Adrian Berry



SportCLIMBING+ is aimed at making the most of what you have got and explains how to improve your climbing without embarking on lengthy coaching programs.

The book takes a practical approach, focusing on the improvements that climbers can make immediately, without embarking on lengthy training programs.

"I would recommend this book to anyone who is looking to take their climbing to the next level. The authors put their wealth of climbing experience into an entertaining and easy-to-read manual."

Chris Sharma

"Finally a climbing improvement book has given tactics their true place alongside technique and training, to offer a balanced way forward for any sport climber to draw from."

Dave MacLeod

"This book provides essential reading to anyone who wishes to fulfil their potential in sport climbing."

Neil Gresham

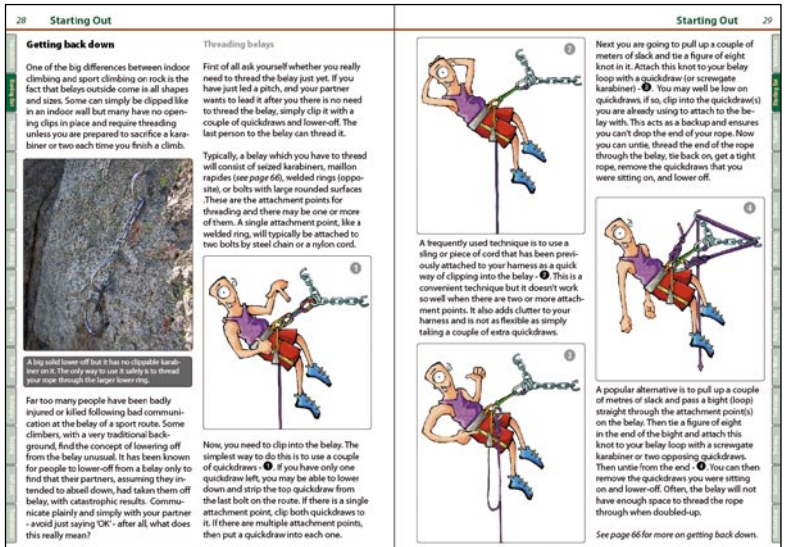
"This book is an excellent addition to the 'How to climb' genre, offering techniques and tips from a modern perspective. The appealing layout helps to make this book an essential tool for people climbing at all grades, wanting to improve their sport climbing skills."

Lucy Creamer

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