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### **Redpoint : the self-coached climber's guide to Redpoint ...**

The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. Self-Coached Climber was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival.

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Self-Coached Climber: The Guide to Movement Training Performance. 5 (2) rated 5 out of 5 with 2 reviews. ... Enclosed DVD reinforces exercises established in the book and features a one-of-a-kind documentary of a 5.14a/b redpoint attempt by two young climbers ; Imported. Technical specs. Best Use: Climbing.

### **Self-Coached Climber: The Guide to Movement Training ...**

Thoughts on this chart from the Self-Coached Climber book? Close. 56. Posted by 1 year ago. Archived. Thoughts on this chart from the Self-Coached Climber book? 29 comments. share. save hide report. ... but I think a couple of grades low on what your personal max bouldering level should be to expect that level of redpoint.

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