



The Ultimate Climber: Prevent Injury and Peak Performance

Dr. Jared Vagy

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A performance training and injury prevention system that uses innovative resistance exercises that mirror climbing positions. Learn what is holding you back from reaching your true potential and how to take your climbing to the next level. -Prevent injuries before they happen -Learn mistakes in your training that have been holding you back -Discover the reason why your climbing has plateaued -Understand how to train smart and climb stronger in a fraction of the time -Push your ability to the next level

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