



## Core Climbing Pilates For Climbers

By Michelle Hurni

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Core Climbing combines Pilates exercises and climbing in a unique training manual. Core Climbing is a complete, easy to follow program of Pilates and climbing exercises for novice and advanced climbers. Clear step-by-step instructions walk you through the exercises. More importantly, Core Climbing coaches the reader to transfer the eight principals of Pilates to climbing. Breathing, control, flexibility, stamina and more will enhance your climbing skills. Put your Pilates practice together with mat, ball and stretching circuit workouts designed for quick, effective training.

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### Editorial Review

#### About the Author

Michelle Hurni is a certified Pilates instructor and has taught Pilates ball and mat classes for over 15 years. As a Marmot sponsored climber, she competed in National and World Cup competitions for 10 years. She has coached women's climbing clinics and junior climbers since 1994. Michelle lives in Colorado and writes for the ESPN X Games.

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