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Training Schweiß  
ist Schwäche, die  
den Körper verläßt.  
Training Video Alex  
Megos Gimme  
Kraft! The secret  
training files of  
Wolfgang Güllich  
Kai Lightner  
training at Café  
Kraft

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Gimme Kraft! Feat.  
Sasha DiGiulian,

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Melissa le Nevé

\u0026 Monika

Retschy Gimme

Kraft History

Channel: Ben Moon

\u0026 Jerry

Moffatt training for

8c+ Gimme Kraft

Vlog 1 Gimme Kraft

Vlog 8 Alex Megos

and Gimme Kraft

Inspired Campus

Board Climbing

Excercise The Gear

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You Need For  
Climbing Training  
At Home | Climbing  
Daily Ep.1342

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Margo Hayes  
tested at Café Kraft  
Kraft Talk with Jerry  
Moffatt: "Power is a  
quality thing."

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Alex Megos at the  
School Room Alex  
Megos' Impressive  
Display Of Finger  
Strength At

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#Outdoor2016 |  
Climbing Daily Ep.  
744 ~~Alex Megos VS~~  
~~Stefano Ghisolfi~~  
~~Climbing~~  
~~Comparison~~

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BOREAL | Getting  
schooled with Ben  
Moon Alex Megos  
And The Accidental  
9a Onsite | EpicTV  
Climbing Daily, Ep.  
433 CHRIS  
SHARMA, ALEX

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MEGOS, SASHA  
DIGIULIAN \u0026  
RUSTAM  
GELMANOV  
TRAINING AT  
SHARMA CLIMBING  
BCN Alexander  
Megos - IFSC  
Boulder World Cup  
- Munich 2017  
Having A Session  
With Alex Megos  
And Jimmy Webb -  
Vlog 24 ~~Margo~~



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~~Hayes on Climbing~~

~~La Rambla |~~

~~Outside Five~~

Training Drills

Every Climber

Should Do - with

Louis Parkinson

~~Kraft Works United~~

Beastmakers - Alex

Megos \u0026 Ned

Feehally Training

For The Crux With

Alex Megos |

Mental Training

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Trailer Climbing  
Wall Skills With  
Gimme Kraft |  
Climbing Daily  
Ep.970 Training  
Maximum Power  
For Climbing With  
Cafe Kraft |  
Climbing Daily  
Ep.1208

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Gimme Kraft! AIR  
~~Mastermind~~  
~~Mental Training for~~

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~~Climbers~~ Gimme  
Kraft

Leider kann ich euch von dem Kauf von Gimme Kraft nur abraten. Nach nur 5 (!) gelesenen Seiten hat sich der Buchumschlag vom Rest des Buches gelöst. Allgemein wirkt das Buch nicht sehr hochwertig

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## Gimme Kraft

verarbeitet. Zum Inhalt: Das Buch heißt Gimme Kraft und trotzdem steht auf S. 19 "Technik vor Kraft". Die Aussage ist Quatsch.

Gimme Kraft:  
Effective Climbing  
Training: Patrick  
Matros ...

These amazing

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trainers have packaged their techniques into the Gimme Kraft! book and DVD, produced and published by Hannes Huch, the visionary behind Nuremberg's renowned Cafe Kraft climbing gym. Now, Gimme Kraft! shares this wealth of information with

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climbers around the world! I must point out that Gimme Kraft! is not a beginners' book.

GIMME KRAFT book  
- PhysiVantage

These amazing trainers have packaged their techniques into the Gimme Kraft! book and DVD, produced

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and published by Hannes Huch, the visionary behind Nuremberg's renowned Cafe Kraft climbing gym. Now, Gimme Kraft! shares this wealth of information with climbers around the world! I must point out that Gimme Kraft! is not a beginners' book.

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Gimme Kraft! -  
Training For  
Climbing - by Eric  
Hörst

Gimme Kraft! AIR provides an excellent introduction to body weight training for beginner and intermediate climbers, and it's a



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diverse must-have  
collection of  
innovative  
supplemental  
exercises that any  
training aficionado  
will appreciate!

Gimme Kraft! - AIR  
- Training For  
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Hörst

From the  
publishers of the

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ground breaking  
Gimme Kraft  
training regime  
comes Gimme  
Kraft Air, essential  
basic training for  
climbers.

Physiotherapist  
Simon Friedrich  
offers training  
exercises to build a  
routine to aid  
faster recovery;  
improve mobility,

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stability &  
strength; avoid  
injuries; and to  
climb better and  
have fun.

Gimme Kraft AIR —  
DAVE MACLEOD

Gimme Kraft 32.00  
The Cafe Kraft gym  
in Nurnberg,  
Germany has  
gained a great  
reputation for

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coaching a string of fantastic climbing talents over the past few years, most notably, Alex Megos who became the first climber to onsight 9a.

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and L-sits sitting at  
the top of your  
training plan? Have

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you been skipping through chapter 7 of the Gimme Kraft training book?

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- KletterRetter -  
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"Genügend Kraft ist ein Zustand, den es gar nicht gibt", postulierte der

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berühmte Wolfgang  
Güllich. Dies ist  
unser Mantra und  
Wolfgang unser  
Hero. Die Gimme  
Kraft! ®

Geschichte begann  
mit unserem ersten  
Buch im Jahr 2013.

Gimme Kraft! -

Café Kraft

Compre online

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Read 3 reviews from the world's largest community for readers. How do I get stronger? How can I train most effeciently? Which exercises...

Gimme Kraft:  
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In all, "Gimme

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Kraft!" is an excellent collection of exercises that any climber who is serious about training should have. The footage of Wolfgang (particularly if you're a history nerd like myself) will get you psyched, and you'll find exercises you

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can use in every phase of your training.

Review: Gimme Kraft! - Power Company Climbing  
Leider kann ich euch von dem Kauf von Gimme Kraft nur abraten. Nach nur 5 (!) gelesenen Seiten hat sich der Buchumschlag vom

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## Gimme Kraft

Rest des Buches gelöst. Allgemein wirkt das Buch nicht sehr hochwertig verarbeitet. Zum Inhalt: Das Buch heißt Gimme Kraft und trotzdem steht auf S. 19 "Technik vor Kraft". Die Aussage ist Quatsch.

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Effective ...

Gimme Kraft – your training bibles for your next level in climbing.

Wolfgang's quote is still true for most climbers but we can help you:

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power exercises for climbing using the campusboard, slingtrainer, rings, parallettes, boulderwall or just your body.

Gimme Kraft, [www.gimmekraft.com](http://www.gimmekraft.com),  
Nuremberg (2020)

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make you a  
stronger climber.

Go to  
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Shopper.

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comes the uniquely entertaining and empowering book **MASTERMIND**, by legendary British climber Jerry Moffatt. For much of the 1980s and 1990s Jerry Moffatt was pushing the limits of climbing — and his mind!

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