
Gimme Kraft

Gimme Kraft, www.gimmekraft.com, Nuremberg (2020)

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Gimme Kraft! ® "Genügend Kraft ist ein Zustand, den es gar nicht gibt", postulierte der berühmte Wolfgang Güllich. Dies ist unser Mantra und Wolfgang unser Hero. Die Gimme Kraft! ® Geschichte begann mit unserem ersten Buch im Jahr 2013.

Review: Gimme Kraft! - Power Company Climbing

Gimme Kraft! will boost your motivation and make you a stronger climber. Go to gimmekraft.com for more infos. Contact:

producer@gimmekraft.com. Track "Gimme Kraft!" by Tom Shopper.

Gimme Kraft! - Training For Climbing - by Eric Hörst

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 verarbeitet. Zum Inhalt: Das Buch heißt Gimme Kraft und trotzdem steht auf S. 19 "Technik vor Kraft". Die Aussage ist Quatsch. *Gimme Kraft! wooden parallettes - KletterRetter - Climb ...*

In all, "Gimme 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 can use in every phase of your training.

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