Increase Your Upper Body Workout With Indoor Rock Climbing

Working out a plan for your upper body workout can be difficult. You want just the right amount of strength training, fat loss, and muscle building without getting what you think is too big in your arms. With everyone having different goals for their upper body, it can be even more difficult to find the right routine. If you are just starting out with a routine, or looking for something to change up your current routine, then indoor rock climbing may be ideal. Here are some ways you can build your upper body workout with this method.

**Find a Multi-Level Indoor Climbing Wall**

One of the first things you need to do to increase your upper body workout with indoor rock climbing is find the right wall for you. You want a rock climbing gym or area that has multiple tiers of difficulty on their wall. Ideally this is so you can work your way up when you begin to plateau or find that the workout isn't giving you a challenge. It will take an extended amount of time to work your way through the different levels, but you still want them there so you don't find yourself looking in vain for a different rock climbing challenge. When you find an indoor rock climbing area, ask them if they have a beginner to intermediate level or what levels they offer. This will help you find the right multi-level course for you.

**Consider Moving Walls**

One of the innovations in indoor rock climbing that may be of use to you are moving walls. These walls offer you an added bonus of moving at a pre-set pace to keep you moving as well. When you use a regular indoor wall, you can climb at your own pace, take a break when you want, and master the wall at your own pace. The trick to that is that eventually you are not working your cardio routine and helping your body build your upper body strength. A moving wall will help you keep going and keep your heart rate up which in turn will help you work your muscles and give you a new challenge before moving along each wall.

**Use Weights**

If you really want to add to the weight that you are carrying up the wall, and build more upper body muscles, consider adding weights to your indoor rock climbing workout. This can be done in a number of ways. One of them is to wear a weight jacket that allows you to add and remove weight packs as needed. You can also add weights to your ankles as well. These added weights will add to the amount of weight your arms and upper body need to lift in order to move up the rock climbing wall. This in turn will build the strength and help you reach your goals.

These are only a few of the ways you can increase your upper body workout with indoor rock climbing. Don't forget, most indoor rock climbing gyms do offer various courses and methods to help you speed your workouts and build even more upper body strength. Take advantages of these methods as well.