Benefits of Indoor Rock Climbing

Hello [[firstname]],

The blog post today was all about Indoor Rock Climbing, but we want to give a little more insight into the benefits.

Indoor rock climbing is an exercise that is becoming increasingly popular across the country. Rock climbing used to be a very specific hobby for outdoor enthusiasts, but through Crossfit and other forms of intense HITT workouts, people are finding indoor rock climbing. If you are considering adding indoor rock climbing to your upper body routine, here are a few of the benefits to consider.

**Cardio and Strength**

You may not think of cardio as part of an indoor rock climbing benefit, but it is. In fact, many people turn to indoor rock climbing options because it serves the purpose of upper body and cardio giving you more bang for your workout. You can also up the cardio of your workout by moving through advanced levels when you start to feel the level of climbing you are on is too light. If the advanced levels is not doing it for you, consider moving to an indoor rock climbing roll that moves. You can set the pace and give yourself a fast or slow climb experience depending on your cardio and strength needs.

**Flexibility Improvement**

One of the reasons many people work on their upper body is to also build and help with flexibility. For some, flexibility can be a huge issue especially if they do manufacturing work or are sitting all day and can't move as much as they need to. Flexibility and stretching is a huge benefit of rock climbing and can help stretch muscle groups you did not realize were stiff or inactive until you are in the middle of your climbing routine. This is also an ideal benefit for those who need to keep working different muscles groups to cause muscle confusion in their workout.

**Calorie Burn**

Though calorie burn may not be on the top of your list for indoor rock climbing benefits, it can still be a very valuable benefit and addition to your workout routine. The amount of calorie burn for indoor rock climbing is in the same ranges or similar ranges as running at an advanced pace. You can expect to burn more calories as you move up the skill ladder and move to more advanced walls and moving walls.

These are only a few of the benefits an indoor rock climbing routine can bring to your fitness routine. You can also combine indoor techniques such as advanced walls, moving walls, and adding weights to increase the benefits and upper body results.

[sign off]