

# Bouldering Training Guide

[allezgirl.com](http://allezgirl.com)

Month: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Free Climb	<b>REST</b>	<b>REST</b>
<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Free Climb	<b>REST</b>	<b>REST</b>
<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Free Climb	<b>REST</b>	<b>REST</b>
<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Cardio 30mins <input type="checkbox"/> Stretching	<input type="checkbox"/> Climbing 1.5hours <input type="checkbox"/> Core <input type="checkbox"/> Campus board 10mins	<input type="checkbox"/> Free Climb	<b>REST</b>	<b>REST</b>