



Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series)

By Steve Lage

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If you want to get a total body work out, climbing is the way to do it, and building your own climbing wall allows you to train and have fun any time you want, rather than having to drive to a climbing gym during open hours. ***Building Your Own Climbing Wall*** provides the essential information you need to plan and construct your own indoor or outdoor climbing wall, including step by step instructions, equipment lists, information on how to make your own holds, and specific building plans and design ideas for making your climbing wall make maximum use of the space you have.

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Editorial Review

From the Back Cover

If you want to get a total body work out, climbing is the way to do it, and building your own climbing wall allows you to train and have fun any time you want, rather than having to drive to a climbing gym during open hours.

Building Your Own Climbing Wall provides the essential information you need to plan and construct your own indoor or outdoor climbing wall. This highly illustrated guide includes step-by-step instructions, climbing wall construction examples, equipment and tool lists, plus information on how to make your own holds, maintain your wall, create a safe environment, and set routes that target specific types of training. Also detailed are seven design ideas for walls that make maximum use of the space you have.

About the Author

Steve Lage is owner and webmaster for indoorclimbing.com, and currently manages the website full time. His interest in climbing began back in 1976 as he was just starting an Air Force career. While stationed at the Air Force Academy in Colorado Springs, Colorado, he and his Air Force buddies would slip off the the Garden of the Gods for rock climbing every chance they got. He continued in the Air Force and was assigned to Civil Engineering as an Engineering Assistant. While on active duty he completed his degree in Computer Science from Chapman University. About the same time the new sport of indoor climbing was emerging. In 1998 he used his engineering experience and computer knowledge to provide the first online source for how to build a home climbing wall. He has personally built several home climbing walls, including those featured in this book. Steve retired from the Air Force after a 30 year career. He remains active in many outdoor pursuits including hiking, camping, and outdoor and indoor climbing.

Users Review

From reader reviews:

Lena Garcia:

Reading a book tends to be new life style on this era globalization. With reading you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can share their idea. Guides can also inspire a lot of people. Plenty of author can inspire all their reader with their story as well as their experience. Not only the story that share in the guides. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some exploration before they write to the book. One of them is this *Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series)*.

Elsie Hawkins:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends

and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series) it is very good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book offers high quality.

Courtney Osteen:

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Elmo Bragg:

Many people spending their time period by playing outside having friends, fun activity along with family or just watching TV all day every day. You can have new activity to pay your whole day by looking at a book. Ugh, you think reading a book really can hard because you have to accept the book everywhere? It fine you can have the e-book, delivering everywhere you want in your Cell phone. Like Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series) which is having the e-book version. So , why not try out this book? Let's find.

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