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Rock climbing is one of the most physically challenging sports, testing strength, flexibility, and stamina. To improve in the sport, climbers must build and maintain each of these assets. Conditioning for Climbers is the first book to help climbers of all ages and experience design and follow their own comprehensive, personalized exercise program. Part I covers the basics of physical conditioning, including tools for self assessment and goal-setting.

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While these self-evaluations are a part of all of Horst's books (including Training or Climbing, and How to Climb 5.12), the evaluations in this book are much more elaborate than those in any of the others. In spite of a lot of overlap with Training for Climbing and How to Climb 5.12, every climber should still have this book in his or her library.

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