



KILIMANJARO

Elevation: **5.895 m**
 Location: **Tanzania**
 First ascent: **1889**
 Level: **1**

ՀՅՍԼԵՐՅԱՆ



AORAKI

Elevation: **3.724 m**
 Location: **New Zealand**
 First ascent: **1894**
 Level: **2**

ՀՅՍԼԵՐՅԱՆ



METEORA

Elevation: **500 m**
 Location: **Greece**
 First ascent: **not doc.**
 Level: **3**

ՀՅՍԼԵՐՅԱՆ



MATTERHORN

Elevation: **4.478 m**
 Location: **Switzerland/Italy**
 First ascent: **1865**
 Level: **4**

ՀՅՍԼԵՐՅԱՆ



DREI ZINNEN - TRE CIME DI LAVAREDO

Elevation: **2.999 m**
 Location: **Italy**
 First ascent: **1879**
 Level: **5**

ՀՅՍԼԵՐՅԱՆ

◀CRACK▶



DENALI

Elevation: **6.190 m**
 Location: **USA**
 First ascent: **1913**
 Level: **5**

ՀՅՍԼԵՐՅԱՆ



MOUNT EVEREST

Elevation: **8.848 m**
 Location: **Nepal/China**
 First ascent: **1953**
 Level: **6**

ՀՅՍԼԵՐՅԱՆ

◀CRACK▶



HALF DOME

Elevation: **2.693 m**
 Location: **USA**
 First ascent: **1957**
 Level: **6**

ՀՅՍԼԵՐՅԱՆ





CERRO TORRE

Elevation: **3,128 m**

Location: **Argentina/Chile**

First ascent: **1970**

Level: **7**

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K2

Elevation: **8,611 m**

Location: **China/Pakistan**

First ascent: **1954**

Level: **7**

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How many **DYNOs**
can you do?

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SKYWALK

How far can
you **SKYWALK**?

BOULDERBALL®



FREE CLIMBING

Here are some inspirations
for **FREE CLIMBING** on
the **BOULDERBALL**.

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SPECIAL MOVES

BLOCK TO BLOCK

180°

SNAKY

SWITCH HAND

DYNO BLOCK

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how to do the SPECIAL MOVES?



„Pinch“ the indicated hold with ► 2 fingers ◄ and climb to the next hold with the next ► 2 fingers. ◄



Spreading 2 fingers apart in one pocket.



Do a 180° DYNO on the same holds.



Jump with the front finger to the next hold and then follow with the back finger.



Change the playing hand.



Jump to the next hold and „block“ it with the same 2 fingers.



Climbing by using the „pockets“

Climb as you like with 3 fingers technique, always along the „pockets“.



Climbing by using the „blocks“

Climb as you like with 3 fingers technique, always along the „blocks“.



Climbing from „block to block“

Climb from „block to block“ using the „pinch“ technique (2 fingers).



Crack climbing

Climb along the „pockets“ by spreading 2 fingers apart in one pocket.

Climbing with the „snaky“ technique

Start with 2 fingers of the same hand by jumping forward with the first finger and follow with the other one.