



# DYNO PARCOURS

BASIC

How many **DYNOS** can you do?

BOULDERBALL



# DYNO PARCOURS

SWITCH

How many **DYNOS** can you do?

BOULDERBALL



# DYNO PARCOURS

SNAKY

How many **DYNOS** can you do?

BOULDERBALL



# DYNO PARCOURS

BLOCK

How many **DYNOS** can you do?

BOULDERBALL



# DYNO PARCOURS

180°

How many **DYNOS** can you do?

BOULDERBALL



# SKYWALK

How far can you **SKYWALK**?

BOULDERBALL



# SPECIAL MOVES

- BLOCK TO BLOCK
- 180°
- SNAKY
- SWITCH HAND
- DYNO BLOCK

BOULDERBALL



# FREE CLIMBING

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

BOULDERBALL



**Climbing by using the „pockets“**



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

**Climbing by using the „blocks“**



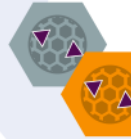
Climb as you like with 3 fingers technique, always along the „blocks“.

**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.

**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.



Climb only with your thumbs and stay at least 7 sec on each grip.

