

Climbing Assessment Report

Oleg

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Reported by: Tim



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Table of Contents

[Disclaimer](#)

[Climber Profile](#)

[Strength Assessment](#)

[Metrics](#)

[Finger Strength](#)

[Pulling Strength](#)

[Pushing Strength](#)

[Lower Body / Core Strength](#)

[Summary](#)

[Climbing Analysis](#)

[Key Points](#)

[Areas of Improvement](#)

[Maintaining Foot Tension](#)

[Finger Strength](#)

[Body Positioning](#)

[Recommendations](#)

[Foot Tension and Engagement](#)

[On the wall](#)

[Off the wall](#)

[Grip Variety and Application](#)

[On the wall](#)

[Off the wall](#)

[Body Positioning on Unfamiliar Terrain](#)

[On the wall](#)

[Off the wall](#)

[Pulling Strength and Endurance](#)

[On the wall](#)

[Off the wall](#)

[Training Priority](#)

Disclaimer

This report is a summary of your initial climbing assessment, and is meant to be a guide to the results of your session with us. Please refer to the video provided by your assessor for more details on your climbing, your technique, and the next steps for improvement.

This report is not a ranking or a measure of how “good” you are at climbing. Instead, it highlights your current strengths and technique, and points out areas to work on. Climbing is a complex sport with many different styles and skills, and no single score or test can capture your full potential, indoors or outdoors.

Lastly, please note that coaching is not infallible, and coaches will often consult with other experienced climbers and coaches when faced with a particularly difficult problem. Please be understanding and know that we have your goal and overall love for climbing at the top of our priority list.

Thank you for climbing with us!

Climber Profile

Name: Oleg Ivanov

Age: 44

Gender: M

Height: 180 cm

Weight: 68 kg

Current Highest Grade (Bouldering): V6

Current Highest Grade (Rope Climbing/Lead): 23

Athletic Background: <...skipped...>

Climbing Goals: consistent V7 bouldering grade

Strength Assessment

Metrics

Finger Strength

Density Hang (sec)	33.50
Max Hang (20mm, 10sec, %BW)	122%
Pinch Pick-Up (50mm, kg, R/L)	26.8 / 24.0

Pulling Strength

BW Pull-Ups, reps	13
Weighted Pull-Ups (1RM, %BW)	136%

Pushing Strength

BW Push-Ups, reps	30
BW Ring Support Hold, sec	66

Lower Body / Core Strength

Hollow Body Hold, sec	77
Bicycle, reps	30
Goblet Squat, 5RM	2x20kg dumbbells

Summary

When assessed against the established benchmarks for V6 climbers¹, Oleg's strength metrics demonstrate a generally strong performance profile. His lower body and core strength metrics fall within the expected range for this level, while his pushing strength exceeds the average, positioning him above many peers at the V6 standard.

In terms of pulling strength, Oleg's metrics are in the lower to mid-lower range for V6 climbers. While this indicates a relative area for improvement, his performance still remains within the acceptable range for the grade.

However, finger strength has emerged as a notable area of deficiency for Oleg relative to his overall climbing skill. His continuous hang time (density hangs) is positioned in the lower-to-middle range of V6 climbers, and his maximum hang finger strength is currently more consistent with the lower V5 benchmark.

¹ <https://www.powercompanyclimbing.com/blog/metrics-for-climbers>

Climbing Analysis

Key Points

Oleg's climbing is well balanced, possessing a strong body and good overall awareness of his strengths and abilities. During his climbing assessment, a few main points of improvement were highlighted, as will be covered below:

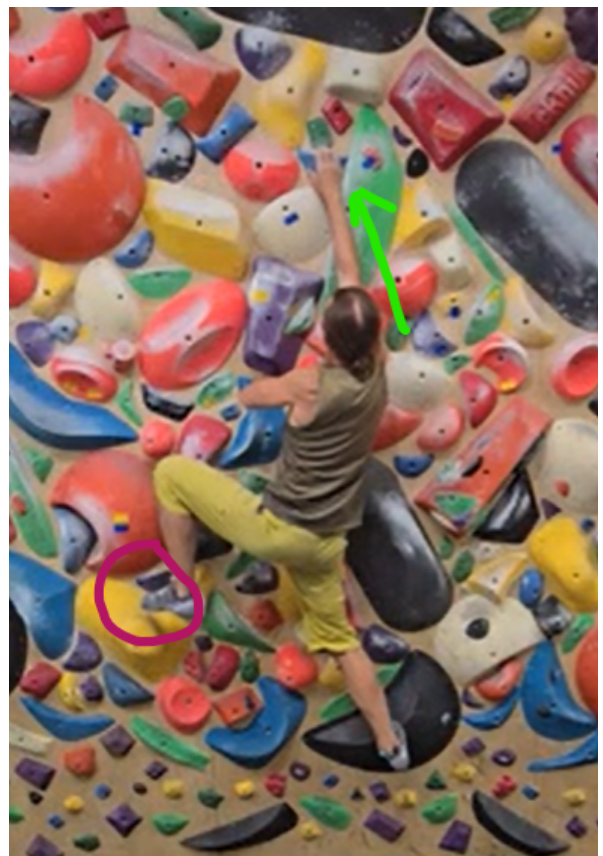
- Maintaining foot tension through difficult moves
- Finger strength deficit and application
- Body positioning off sub-optimal holds

Areas of Improvement

Maintaining Foot Tension

During complex or dynamic movements – particularly those requiring momentum and precise foot engagement – Oleg tends to maintain activation through his pressing foot but not consistently through the supporting foot. This pattern often arises from an overreliance on upper-body strength, and insufficient coordination between the arms and the legs.

When executing movements on in-cut holds, this tendency has minimal negative impact. However, on sloped or flat holds, Oleg frequently compensates by over-pulling with his stationary handhold, which reduces lower-body tension and results in disengagement from an otherwise stable foothold.

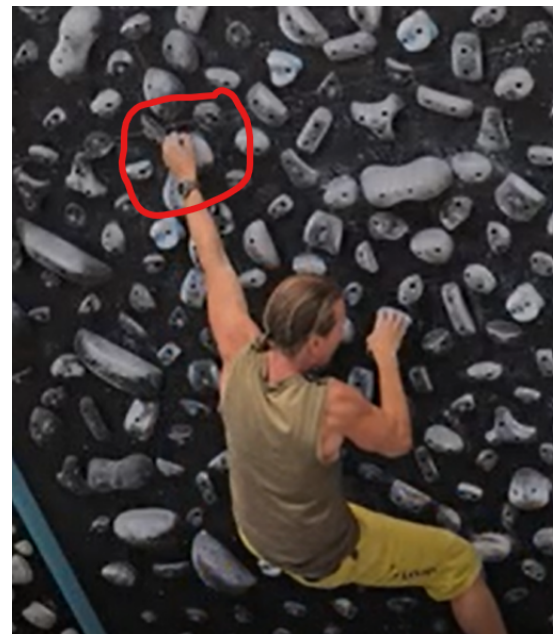


Finger Strength

Based on the strength metrics, Oleg's primary area for improvement is finger strength. While this is not his only development focus, finger strength plays a crucial role in overall climbing performance. It enables the execution of more difficult moves and improves efficiency on familiar climbs.

It is important to note that Oleg's finger strength is not significantly below standard for his level. Rather, the limitation lies in the application and variety of grip types used in different climbing scenarios. Oleg demonstrates a strong preference for the half-crimp or closed-crimp position, occasionally incorporating thumb engagement. In most cases, he defaults to this grip type unless the climb specifically requires an alternative.

During the assessment, several movements could have been made easier through the use of a more open-hand grip or a pinch grip, which would have also allowed for improved body positioning. This indicates that Oleg would benefit from developing a broader repertoire of grip techniques, particularly for more challenging climbs involving sloped or less positive holds.



Body Positioning

When climbing on familiar routes or comfortable holds, Oleg demonstrates a strong understanding of body positioning and balance, maintaining a stable triangle or pyramid of contact points. This was particularly evident during his traverse climb, a route with which he had prior experience.

On less familiar climbs, Oleg required a brief adjustment period to re-establish optimal body positioning. After a few attempts, he successfully engaged his hips and feet to shift his centre of gravity effectively, whether during static movements or dynamic transitions. This observation aligns with previous notes on maintaining foot tension, and is especially relevant when moving off sloped or less positive holds at steeper angles.

Recommendations

In order to improve his overall climbing, there are 4 key points that Oleg should focus on in his training.

Foot Tension and Engagement

On the wall

Practice maintaining consistent pressure through both feet during moves, particularly on sloped or flat holds. Focus on climbs at V4-V5 level on steeper angles where foot placement is critical. Before initiating each move, consciously engage the pressing foot AND check that the supporting foot maintains tension. If the supporting foot slips first, this indicates insufficient lower-body activation. The 20-30 degree spray wall is ideal for building this awareness, as it allows repeated practice on similar angles with immediate feedback.

Off the wall

Calf raises (both bent and straight leg variations) to build strength in maintaining heel elevation under load. Single-leg balance exercises on small surfaces help develop proprioception. Additionally, incorporate exercises that require coordination between upper and lower body, such as banded pallof presses or anti-rotation exercises, to reduce the tendency to over-rely on upper-body pulling.

Grip Variety and Application

On the wall

Dedicate specific sessions to grip exploration. On V3-V4 climbs, deliberately practice using open-hand grips on holds where you would normally crimp. Focus on sloped holds and rounded features that favor open-hand positions. Similarly, identify pinch opportunities and practice engaging the thumb actively. The goal is to expand your "grip vocabulary" so that choosing the optimal grip becomes automatic rather than defaulting to half-crimp. Set personal challenges on familiar routes:

"complete this climb using only open-hand grips" or "find three moves where a pinch would be more efficient."

Moonboard training: The Moonboard is particularly valuable for developing finger strength across different grip types. Start with Moonboard benchmarks at V4-V5 level, which will force engagement with small, positive edges that require precise grip technique. The standardized nature of Moonboard problems allows you to track progress objectively. Start with 1 Moonboard session per week, focusing on problems that challenge your weaker grip positions (open-hand and pinch). Limit the session to 60-90 minutes to avoid overuse, and prioritize quality attempts over volume.

Off the wall

Incorporate hangboard protocols that target different grip positions. Allocate separate training days or sessions to open-hand hangs (using deeper edges initially, around 30-35mm) and pinch block training. For pinch training, progressive loading with the pinch blocks (starting around 25-28kg and building toward 30kg+) will address the current deficit. Aim for 3-5 sets of 10-second holds with 3 minutes rest between sets.

Body Positioning on Unfamiliar Terrain

On the wall

Increase volume of climbing at grades V4-V5 with an emphasis on variety and unfamiliar routes. The goal is to reduce the adjustment period needed for optimal positioning. Practice "first-time beta": attempt to find optimal body positioning on your first or second attempt rather than through multiple iterations. Pay specific attention to hip engagement and maintaining the stable pyramid/triangle of contact points even when holds are less positive. Use the spray wall to set up specific problematic positions (sloped holds at steep angles) and practice transitioning into and out of these positions with control.

Off the wall

Core stability exercises that challenge hip position and upper-lower body integration, such as Copenhagen planks, side plank variations, or pallof

press variations. Dead hangs with active shoulder engagement (3-4 sets of 20-30 seconds) will build the upper-body stability and scapular strength needed to maintain positions while adjusting lower body. Cable or band wood choppers can help develop rotational core strength, which translates to better body positioning during twisting movements on the wall.

Pulling Strength and Endurance

On the wall

Incorporate longer traverses (40-50 moves) at V3-V4 difficulty to build pulling endurance. Focus on continuous movement with minimal rest between moves. This builds both local endurance and reinforces efficient movement patterns. Additionally, practice climbs that require lock-off positions and controlled movement from holds, rather than dynamic or momentum-based climbing.

Off the wall

Continue progressive overload on weighted pull-ups, aiming to reach 140-145% bodyweight for 1RM over the next 8-12 weeks. Incorporate pull-up variations such as tempo pull-ups (3-second descent) and dead-stop pull-ups (pausing at bottom) to build strength throughout the full range of motion. For endurance, sets of 8-10 pull-ups at bodyweight, with 2-3 minutes rest, performed 3-4 times per session, will address the lower-mid range pulling endurance.

Training Priority

Given that finger strength is the most significant deficit relative to climbing level, this should be the primary focus over the next training cycle (6-8 weeks), with particular emphasis on grip variety and application. Moonboard training 1-2x per week combined with dedicated hangboard work will systematically address this weakness. Foot tension work should be integrated into every climbing session as a technical focus. Body positioning and pulling strength can be addressed as secondary priorities.

Thank you for climbing with us!

For any questions on our climbing assessments and coaching programs,
please reach out to:

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or come visit us:

<https://sandboxbouldering.com.au>

Follow us for training tips and updates:

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