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How to Train for Climbing || REI From
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your forearms to your feet, you fire up a lot of different muscles when you climb. Rock climbing and bouldering require ...

Best Knots for Climbing—The 5 Knots Every Climber Should Know || REI

In this video, Miranda shows you how to tie five of the most commonly used climbing knots. She covers the Clove Hitch,

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Rock Climbing: Lead Belay Once you've mastered the art of top roping, it's time to learn how to lead belay. The difference with lead belaying is that rather than ...

Rock Climbing: Lead Fall As your rock climbing skills progress and you start pushing into the next grade, you'll come off

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the wall now and then.
While it's ...

How to Train for Hiking || **REI** If you're just getting into hiking or you aspire to do longer hikes to loftier places, then doing some preseason training can ...

Rock Climbing: How to Belay One of the first skills you need to master once you start **climbing** is how to

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belay. In this **REI** Expert Advice video, we show you how ...

Sport Climbing Gear Checklist || REI

Having the right climbing gear along for a day at the crag can be essential to a successful, fun outing. In this video ...

How to Coil a Climbing Rope || REI

Good rope management ensures

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that you don't arrive at the crag with your rope in a tangled mess of knots. In this video ...

Rock Climbing: Climbing Techniques

It's hard to overstate how much good technique can improve your **climbing**. When you work on your technique you'll find that the ...

REI | Climbing Expert Advice

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**Rock Climbing:
Climbing Moves**

There are a ton of **climbing** moves out there, from back stepping to mantles and everything in between. This video will help you ...

**Rock Climbing:
Building a Top-Rope
Anchor Using the**

Quad There are lots of different ways to set up a top-rope anchor, including a sliding X,

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an equalized cordelette
or two quickdraws
with ...

Rock Climbing: How to Rappel

More accidents happen on
rappel than any other
part of **climbing**, so
always take your time,
make sure your
systems are ...

How to Choose Climbing Shoes ||

REI Getting the right
climbing shoes can

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have a bit impact on how well you climb. In this video, Miranda talks in depth about the ...

How to Put on a Climbing Harness ||

REI Putting on a climbing harness can feel a bit like a brainteaser before you figure out where all the straps, loops and buckles ...

REI Presents:
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Brothers of Climbing

How can you be what you can't see? Mikhail Martin, co-founder of Brothers of **Climbing** said, "I literally typed, 'Are there black ...

REI Trailheads S2

EP4: Want to Try

Rock Climbing? Just go higher, right? Well, apparently rock climbing is harder than it seems from the ground. Watch our dream team learn to ...

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Climbing: How to Jam Hand Cracks The first time you try crack **climbing** it will probably feel counter intuitive and it might even hurt a little, but your technique will ...

Rock Climbing: Cleaning a Top Rope Anchor Cleaning an anchor isn't a complicated process, but the transition from **climbing** to rappelling is a dangerous one

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