



Mercedes Pollmeier: Climbing Movement



Mercedes has a Masters Degree in Human Movement, among many other certifications, and approaches her work from a holistic perspective with great integrity. Find out why climbing is an integral experience, one that can boost health, range of motion, longevity, strength and confidence. Learn basic warm-ups, strengthening exercises, and tips for learning to climb.

TOP EMBODIMENT TIP: Have a Positive Mindset and be more present in the body.
Try to be positive about yourself and take everything as feedback, not failure!

Climbing is an Innate Skill: We are built for climbing.

- Our shoulders are meant for brachiation (swinging from tree limb to tree limb by our arms). Climbing plays a role in movement and is an integral factor.

Benefits of Climbing: There are many benefits derived from climbing.

1. Climbing develops **grip strength** - which is important as we age, can impact longevity, and is used to measure overall body strength.
2. It develops **shoulder ability**, expanding flexibility and range of motion in the arms and shoulders, which tends to be lost in general aging. Passive hanging can benefit shoulder injuries. Climbing also increases **upper body strength**.
3. Climbing changes our **peripheral vision**. It changes how we interact with the environment and how we see the world. Going above the ground changes our **perspective**, and therefore how we think. It creates an inherent risk experience, which is primitive and primal.
4. Climbing pushes our comfort level! The components of how we move our body, and the inherent risk of being above ground, require us to go inwards and become very present and connected. These experiences affect our **cognition**, and the connections we make in our brain, which impacts our psychology and can be used in therapy. Utilizing positive mindset work, while meeting the challenges of climbing, strengthens **confidence**.
5. Climbing strengthens our **ability to adapt** to our environment. The movements will be unique every time you climb.

Learning to Climb:

- First learn to fall with a relaxed body, and start learning to climb in a controlled environment, like a Climbing Gym.
- Pay attention to the wrists and fingers. Do warm-up practices to train fingers, building strength and stamina.
- Bar hang: passive and active bar hanging exercises develop shoulder range of motion and strength.
- Bear exercise: climbing is a Quadrupedal Locomotion movement.
- Flexibility exercises: 3-step horse stance and Frog stretch.
- Favourite Technique: Twist and Lock - the secret to climbing.

Resources:

- ❖ **Website:** www.modusathletica.com/
- ❖ **References:** [Eva Lopez](#): scientist with research-based climbing exercise protocol; [Ido Portal](#); [Parkour](#).



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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