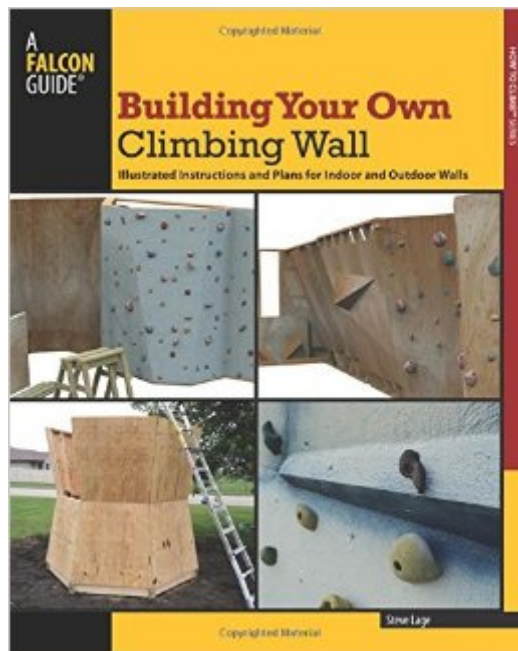


The book was found

# Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series)



## Synopsis

If you want to get a total body work out, climbing is the way to do it, and building your own climbing wall allows you to train and have fun any time you want, rather than having to drive to a climbing gym during open hours. *Building Your Own Climbing Wall* provides the essential information you need to plan and construct your own indoor or outdoor climbing wall, including step by step instructions, equipment lists, information on how to make your own holds, and specific building plans and design ideas for making your climbing wall make maximum use of the space you have.

## Book Information

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## Customer Reviews

Good info. good photos. we got a lot of ideas. I built a small climbing wall in my grandson's bedroom. The room is only 10' x 16' and 7'6" ceiling height. He's 10 years old. He's very happy with it and spends hours with his friends climbing. His upper body strength has improved significantly. See photo. The wall is 4" x 7'6". It has 50 "T" nuts positioned on an 8" grid. We have about 25 holds of various sizes. Grandson loves to move the holds around and experiment. I built monkey bars across the ceiling. 7" lag bolts are screwed into rafters every 2'. The monkey bars are 8' long. I added 12 holds along each rail so as he gains strength he can switch from the bars to holds. The rail holds are secured with 2 1/2" x 1/4 lag bolt with two washers on each bolt. I used 1" electrical conduit cut in 18" lengths for the cross bars, inset into the 2x4 rails about 3/4" with a 1" forster bit. I had to drill a screw through the the end of each bar to secure them from turning because he didn't like them to turn when he hung on them. The plywood wall is leaning into the room at the top about 5". This gives it about 4 degree lean, making it a bit harder to climb than if it were vertical. If done again, I'd

lean it about 7" into the room. It is screwed into the end of the money bars so it won't move. Fun two day project with my grandson and daughter. He really enjoys moving the holds around and seeing how many times a day and how many times per minute he can climb and traverse the money bars. Plywood \$30, a 1x3 frame is screwed to the back of the plywood to keep it rigid (\$12), Monkey bars cost about \$12.00 to build. I bought a box of 100 T nuts to make the grid of 50 mounting holds nuts \$14.

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