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Climbing With A Legend - Dave MacLeod Dave MacLeod and Andrew MacFarlane climb some classic boulder lines in the Scottish Highlands. DAVE'S BOOKS **9 Out of 10** ...

Are there secrets to climbing training? People ask me over and over 'what's your secret?' to **climbing** hard, maintaining level into my 40s, balancing **climbing** with work ...

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0:06 - Opening ...

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Why I free solo Some people seemed surprised by my video of soloing an 8b+ <https://youtu.be/fvJOCJh1vpY> In this vlog I go through why I did it, ...

La Dura Complete: The Hardest Rock Climb In The World Chris Sharma and Adam Ondra spent two years working together to climb La Dura Dura (5.15c / 9b+), the world's hardest climb.

First Ascent Bouldering With Dave MacLeod Dave MacLeod and Andrew MacFarlane hike deep into the North West Highlands in search of new lines and **climbing** first ascents ...

Silence What it takes to climb the world's first 9c? Let's find out in Silence, a movie by Bernardo Giménez. It shows what preceded ...

Top 5 Climbing Close Calls Climbing is an exhilarating sport, but having the right **climbing** gear is incredibly important. Today's video is on the top five ...

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Do/Did I have a Coach? Do YOU Need a Coach? How important is a Coach for an Athlete? At what Level do you Need a

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Dave MacLeod Interview | Climbing, Injuries, Health and Well-being Andrew MacFarlane talks with Dave MacLeod on his vast experience as an elite **climber**, his books, dealing with injuries, and ...

Yoga For Climbers | Flexibility & Balance | Yoga With Adriene Yoga For **Climbers** is great 30 min yoga practice for anyone who wants cultivate more balance, coordination, flexibility and ...

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