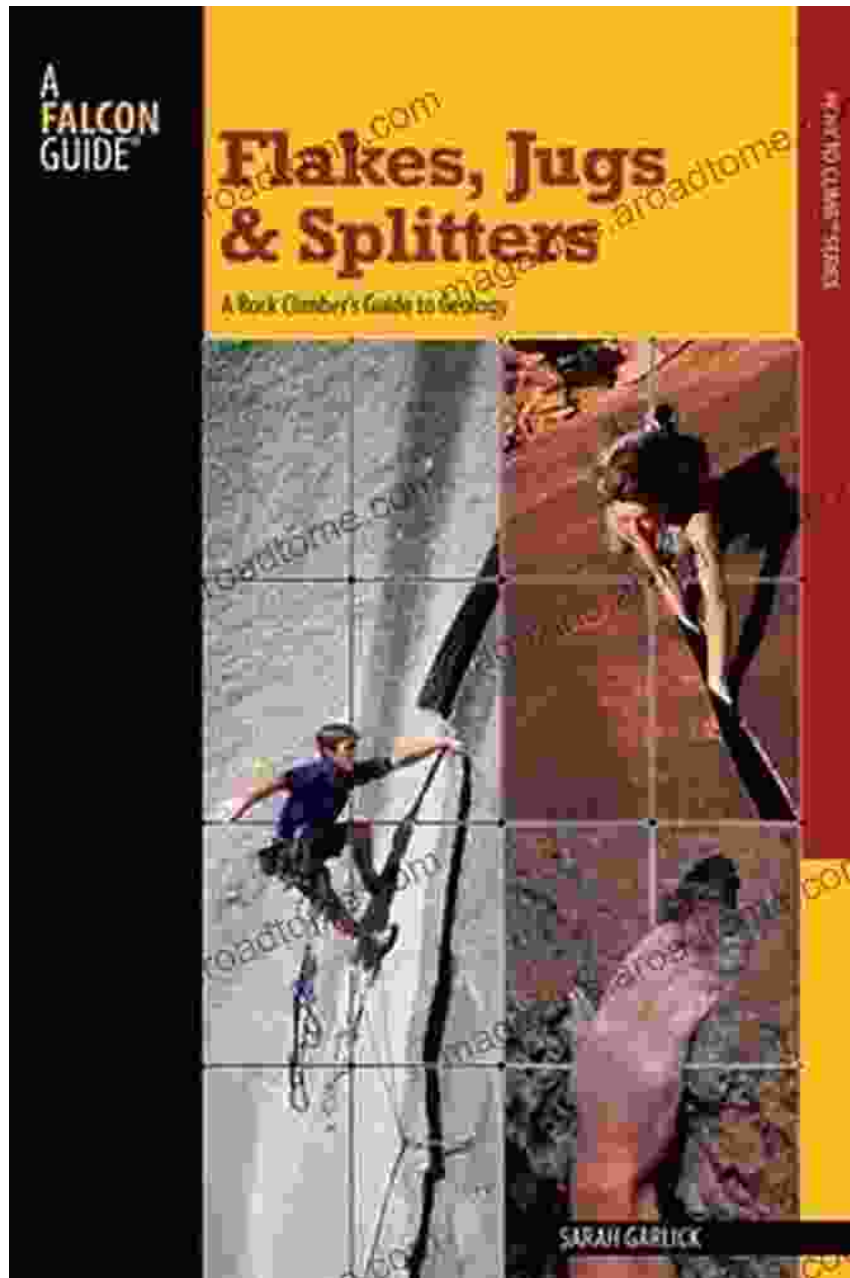


# Flakes, Jugs, and Splitters: The Definitive Guide to Rock Climbing Bouldering



**By Chris Sharma and Daniel Woods**

Flakes, Jugs, and Splitters is the definitive guide to rock climbing bouldering. Written by world-renowned climbers Chris Sharma and Daniel

Woods, this book covers everything from the basics of bouldering to advanced techniques and training methods. With over 500 full-color photos and illustrations, Flakes, Jugs, and Splitters is the most comprehensive and up-to-date bouldering book available.



## Flakes, Jugs, and Splitters: A Rock Climber's Guide to Geology (How To Climb Series) by Sarah Garlick

★★★★☆ 4.5 out of 5

Language : English  
File size : 27333 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 264 pages



### Table of Contents

- Chapter 1: to Bouldering
- Chapter 2: The Basics of Bouldering
- Chapter 3: Intermediate Bouldering Techniques
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- Chapter 5: Training for Bouldering
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- Chapter 7: Bouldering Destinations

### Reviews

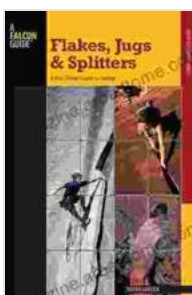
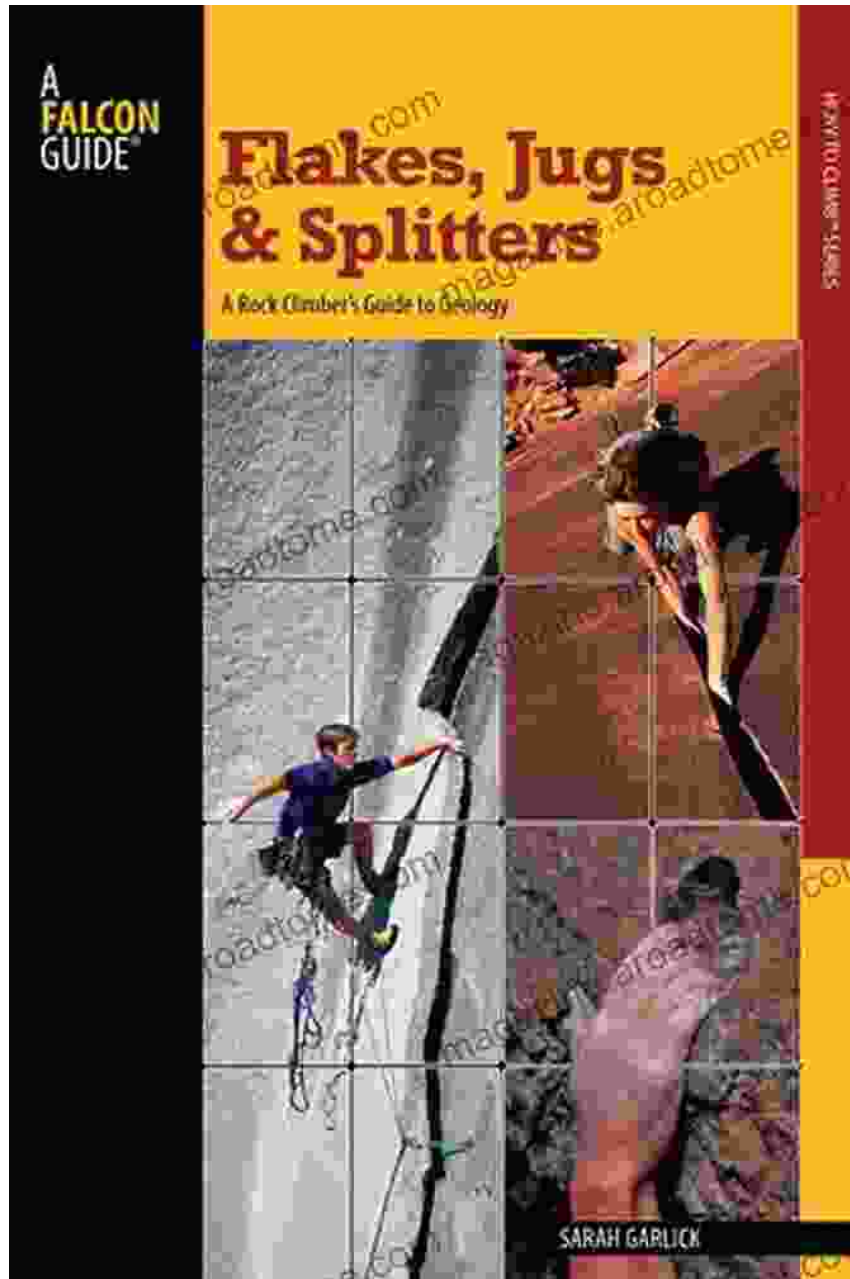
"Flakes, Jugs, and Splitters is the most comprehensive and up-to-date bouldering book available. It's a must-have for anyone who wants to improve their bouldering skills." - **Alex Honnold**, world-renowned climber

"Chris Sharma and Daniel Woods are two of the best climbers in the world, and they've poured their knowledge and experience into this book. Flakes, Jugs, and Splitters is the definitive guide to bouldering." - **Tommy Caldwell**, world-renowned climber

"Flakes, Jugs, and Splitters is a beautifully written and photographed book. It's a great resource for both new and experienced climbers." - **Climbing Magazine**

### **Free Download Your Copy Today!**

Flakes, Jugs, and Splitters is available now from all major booksellers. Free Download your copy today and start improving your bouldering skills!



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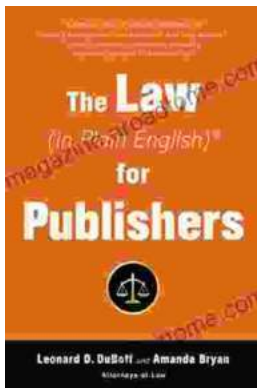
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