By “power,” we mean the product of strength and speed – the explosive force recruited any time you use momentum, or “go for it.”

**STEP 1:** 4–5 tries on a hard problem (4–10 moves), just above your onsight level, that requires explosive movement. Use holds big enough to train power, rather than failing because of finger strength. Think slopers, flat jugs and big edges. If you don’t quite top out, that’s fine. Better to fail than to under-stimulate your system.

**STEP 2:** 6–8 tries on 1 or 2 max-effort problems requiring explosiveness, with 2–3 minutes of rest between each burn. Again, if you complete more than half the problem, it’s an attempt; though if you fall low, jump right back on. Remember, you are not going for a pump. If you feel fatigue, increase rest time. End this step when power declines even slightly.