

JAMES OXBORROW



QUALIFICATIONS

- Level 4 Strength & Conditioning
- BMC Fundamentals 1, 2
- BEng Sports Engineering

ABOUT ME

Climbing has always been a part of my life but I really discovered my passion for it at university 6 years ago.

Since then my main goal has been to become a better and stronger climber.

I have a background in swimming which taught me a lot of skills that I still use today in my climbing.

WHAT CAN I DO FOR YOU?

As well as coaching climbing, I specialise in physical training.

Whether your weaknesses are in strength or in fitness, I can help to identify key areas for improvement and provide you with a direct path for improving them.

I can then help you transfer these strengths to your climbing.