

rock climbing



# Rock climbing

- **Rock climbing** is a sport in which participants climb up, down or across natural rock formations or artificial rock walls.



# health effects of rock climbing

- Rock climbing is an excellent form of active recreation, during which practically all the muscles of the body are strengthened.



# minuses

- The main disadvantage is a serious load on the fingers and all tendons.



# Rock climbing in Russian

- there is a climbing federation in Russia



# why?

- I think mountain climbing is an interesting sport
- you can see beautiful views and have fun



**THANK YOU**

For Your Attention!