

 World Dead Hang Championship Logo - Global grip strength competition for climbers

LIVE COMPETITION

WORLD DEAD HANG CHAMPIONSHIP

GLOBAL COMPETITION • CASH PRIZES • CLIMBER COMMUNITY

Test your grip strength against climbers worldwide.
No equipment needed - just a pull-up bar and a phone. Perfect training for climbing performance.

• WHAT IS WDHC?

- ✓ Global grip strength competition for all climbers
- ✓ Hang from a pull-up bar for as long as possible
- ✓ Record your attempt and submit via our website

