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They are mostly "hard" (and hardcore!) training, such as trying to pull nails from a plank or beating yourself with hammers, plus also training methods for speed and flexibility. There are a couple of exercices which are extremely difficult, if not impossible, such as

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running on walls or hitting yourself in the groin.

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It belongs to the hard kind of force YANG. This exercise is also called "Water Chestnut" (SHI BO QI, BI QI) . This kind of Shaolin GONG FU trains the force of grip with thumb, middle, and forefinger (so called the force of a "pinch", or "pinching force") and increases the force of arms in a "supporting" effort.

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