

Toes to Bar

5 Step Toes to Bar Progression

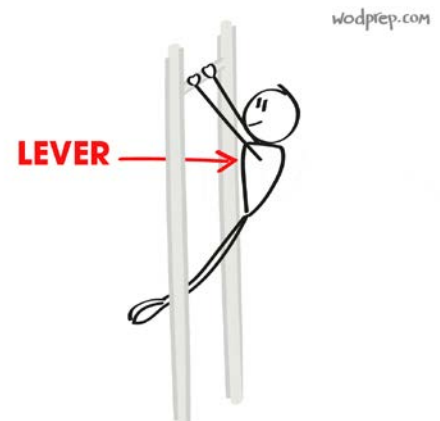
Step 1: Beat Swings

Let's start with a very small, yet crucial movement. Hop up onto the pull-up bar, with your hands about shoulder width apart. Keeping your core and legs tight, activate your shoulders and swing back and forth, working on switching between the hollow position, and the arch position.

If you find yourself struggling to move back and forth between the hollow and arch position on the pull-up bar, try hopping off and doing the two movements on the floor, to get more comfortable with the way that they should feel.

Step 2: Kipping Levers

This step of the progression is very similar to beat swings, yet with higher elevation during the hollow position. When working on kipping levers, try to really focus on activating your lats, which will give you the higher elevation of the shoulders and torso.

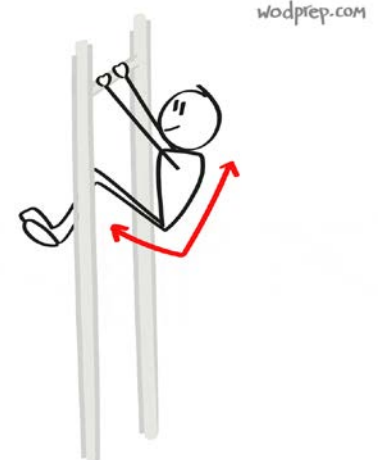


This movement doesn't involve your legs at all, and you shouldn't be using them to force a kip. However, you should be making sure to keep your legs and core tight, so that when you are levering back your feet stay slightly in front of the bar, glued together.

Focusing on the lever movement is important, since it's making sure that you are able to fully pull your torso back, and make room for space needed to bring your legs and feet up to the bar.

Step 3: Knee Raises

Once you get the hang of kipping levers, it's time to start bringing those knees up. Make sure you're continuing to activate your shoulders and lats, and from there lift your knees slightly to your chest. The motion of bringing your knees up shouldn't break the rhythm of your kip, so try to continue in a fluid motion.



Just to be clear, knee raises do not mean that your knees should be coming up all the way to your elbows, and definitely not the bar. In this step of the toes to bar progression, knees only need to be coming up to about your belly button or slightly higher, so that you can begin to get more comfortable with the movement. The goal is to show you that you can lift your legs and still maintain a steady kipping rhythm without adding extra swings between reps

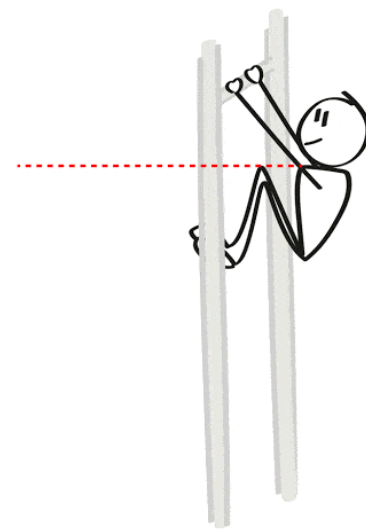
Step 4: Knees to Chest

This is a similar movement to the knee raises, but you are now bringing your knees higher, and closer to your eventual goal of the bar. Again, the key to this step is to make sure that you're able to maintain a fluid kip, while lifting your knees higher than the previous progression.

In order to get your knees up to your chest (you can even try to aim for your elbows if that helps) you are going to have to get a little more aggressive with your kip. An aggressive kip is going to be achieved through continued shoulder and lat activation, which will help to pull your torso far enough out of the way for your knees to come all the way up to your chest.

For this step, your shoulders will need more elevation and you'll also have to change the timing of your kip (because it will take longer). As you increase the range of motion and change your kip timing, make sure you still feel balanced and controlled, not adding any extra swings between each rep. If you find yourself losing control, reduce the height of your knees slightly until you can maintain a steady, consistent kip.

NOTE: It's totally okay to bend your knees and are easier to cycle for a large majority.



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Step 5: Toes To Bar

Once you make it this far, you're ready to Rx toes to bar. Nothing much changes movement-wise from the earlier progressions, it's just finally time to bring your toes all the way up to the bar.

A big cue here is to think about "flicking" your feet up to touch the bar. Don't make the movement more than it is; the difference between step 3 and step 4 is just a tiny bit more movement from your feet. As long as you're maintaining a strong kip with engagement from your lats and shoulders, you'll be able to get those toes up to the bar.

Just like the previous step, your range of motion increases, which will change the timing of your kip slightly. You'll need to adjust your timing a bit, and the best way to do this is with consistent practice. Even if you "miss" touching your toes to the bar sometimes, don't worry, keep practicing and maintain the consistent no-tarzan-swing kipping rhythm.

Toes to Bar cue breakdown:

- Arch to hollow kip
- Pull down on bar & get shoulders up, tuck knees high
- At the apex, flick toes to the bar
- Repeat

TIPS:

1. Kick your feet up
2. Double Pump – teaches you not to drop too fast after getting one
 - Try the double pump at the bottom of your T2B to be able to string them together
 - Drop your toes to the bottom of the T2B
 - Generate the double pump with your hips at the bottom of the T2B
3. Pull through the bar. Huh?
 - You already understand the motion of hinging your body back, and flicking your feet up to touch the bar. During this part of the progression, you should also be pulling down on the bar with your lats to get elevation in your shoulders and torso. But when your body is coming back down under the pull-up bar, you need to then actively pull yourself back through... putting your body in a strong arched position.
 - “Pulling through” means that you’re actively setting your body up for the next rep. Think about using your shoulders and upper back to send your head and shoulders under the bar and “through the window” between your arms. While doing this, your feet are actively being pushed behind your body, ready to be snapped back into the next TTB rep.
 - So next time you're working on kipping toes to bar and losing your kip, swaying back and forth, losing momentum, etc., try focusing on this one key: **Pull through.**

ACCESSORY WORK:

Core Work:

V-Ups
Superman
Hollow Hold
Weighted Planks
L-Sits

Thoracic Mobility:

Lat Pull Downs (either sitting or in hollow hold)
Quadruped Rotations
Barbell Opener

Shoulder Mobility

Wall Slides

“Y”s - 2 Sets x 10 Reps:

- To perform Y’s, start by lying face down in a prone position.
- Reach out with your arms forming a “Y” with your body.
- Make fists with your hands and keep your thumbs pointed upward.
- Keeping your head neutral, lift your arms off the ground by initiating the movement from your scapulae.
- **Focus on sliding the shoulder blades back and down.**

“T”s - 2 Sets x 10 Reps:

- To perform T’s, start by lying face down in a prone position.
- Reach out with your arms forming a “T” with your body.
- Make fists with your hands and keep your thumbs pointed upward.
- Keeping your head neutral, lift your arms off the ground by initiating the movement from your scapulae.
- **Focus on sliding the shoulder blades together.**

“W”s - 2 Sets x 10 Reps:

- To perform W’s, start by lying face down in a prone position.
- Keep your elbows bent at a 90 degree angle and bring your elbows in towards your torso, forming a “W” shape.
- Palms facing downward, lift arms off the ground
- Turn palms out away from your body as you complete the movement.
- **Focus on sliding the shoulder blades back and down towards your spine.**