

TOES-TO-BAR

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 20 or more unbroken AbMat sit-ups - 30 seconds or more, active hang from the pull-up bar - 5 or more kip swings
DAY 1	<ol style="list-style-type: none"> 1) 5 × 5 reps strict hanging knee raises <ul style="list-style-type: none"> - Focus on bringing the knees above the hips. Return the feet below the body in a controlled manner. 2) 3 × 20 reps AbMat sit-ups <ul style="list-style-type: none"> - Butterfly the feet together. - Focus on performing strict reps with minimal involvement from the arms. 3) 4 × 8 reps kip swings <ul style="list-style-type: none"> - Focus on performing the movement by opening and closing the shoulders, not the legs. The legs are just along for the ride. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 2	<ol style="list-style-type: none"> 1) 5 × 10 reps seated alternating single-leg raises <ul style="list-style-type: none"> - Leaning back will make the movement easier, and leaning forward over your thighs will make this more challenging. - Lift the leg off the ground a few inches. 2) 5 × 5 reps kipping knee raises <ul style="list-style-type: none"> - Add the kip swing to the hanging knee raise. Still focusing on kipping from the shoulders. As you press down against the bar, lean back, and bring your knees above your hips. 3) 5 × 10 reps GHD hip extensions 4) 3 × 15 reps banded lat pull-downs
DAY 3	<ol style="list-style-type: none"> 1) 5 × 5 reps strict hanging knee raises <ul style="list-style-type: none"> - Focus on bringing the knees above the hips. Return the feet below the body in a controlled manner. 2) 5 × 10 reps alternating single-leg V-ups <ul style="list-style-type: none"> - Focus on keeping the leg as straight as possible while performing your reps. 3) 4 × 8 reps kip swings <ul style="list-style-type: none"> - Focus on performing the movement by opening and closing the shoulders, not the legs. The legs are just along for the ride. - Increase the amplitude of the swing from Day 1.
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Couch stretch 3) Cobra stretch 4) Pigeon stretch

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Week 2

DAY 4	<ol style="list-style-type: none"> 1) 5 × 5 reps kipping Knees-to-chest <ul style="list-style-type: none"> - Focus on a bigger kip swing (initiated by the shoulders). As you press down against the bar, lean back, and bring your knees up to your chest/armpits. 2) 3 × 15 reps GHD sit-ups (partial range-of-motion) <ul style="list-style-type: none"> - Once set up on the GHD, lower your body between a quarter and parallel to the ground (shortened range-of-motion). 3) Accumulate 1:00 hanging L-sit hold <ul style="list-style-type: none"> - Bend your legs and make your thighs parallel to the ground. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 5	<ol style="list-style-type: none"> 1) 5 × 8 reps seated leg raises <ul style="list-style-type: none"> - Leaning back will make the movement easier, and leaning forward over your thighs will make this more challenging. Place the hands outside the legs. - Lift the leg off the ground as high as possible. 2) 5 × 4 reps kip swings <ul style="list-style-type: none"> - Focus on performing the biggest kip swings possible. The goal is to get the shoulders as far behind the pull-up bar as possible. Press down against the pull-up bar, lean back, and keep your body tight. 3) 3 × 15 reps banded lat pull-downs
DAY 6	<ol style="list-style-type: none"> 1) 5 × 5 reps kipping toes-to-chest height <ul style="list-style-type: none"> - Focus on a bigger kip swing (initiated by the shoulders). As you press down against the bar, lean back, and bring your knees up to your chest/armpits, and then kick the legs straight like you were going to kick the bar. - This will teach you a tuck to extend toes-to-bar technique. 2) 5 × 10 reps alternating single-leg V-ups <ul style="list-style-type: none"> - Focus on keeping the leg as straight as possible while performing your reps. 3) 5 × 10 reps GHD hip extensions
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Couch stretch 3) Cobra stretch 4) Pigeon stretch

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Week 3

DAY 7	<ol style="list-style-type: none"> 1) 5 × 5 reps kipping knees-to-triceps <ul style="list-style-type: none"> - Focus on a bigger kip swing (initiated by the shoulders). As you press down against the bar, lean back as far as possible, and bring your knees up to your armpits/triceps. 2) 3 × 20 reps GHD sit-ups (partial range-of-motion) <ul style="list-style-type: none"> - Once set up on the GHD, lower your body between a quarter and parallel to the ground (shortened range-of-motion). 3) Accumulate 1:00 hanging L-sit hold <ul style="list-style-type: none"> - Bend one leg and keep the other as straight as possible. Switch legs as needed. Try to hold the straight leg parallel to the ground. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 8	<ol style="list-style-type: none"> 1) 6 × 6 reps seated leg raises <ul style="list-style-type: none"> - Leaning back will make the movement easier, and leaning forward over your thighs will make this more challenging. Place the hands outside the legs. - Lift the leg off the ground as high as possible. 2) 5 × 4 reps kip swings <ul style="list-style-type: none"> - Focus on performing the biggest kip swings possible. The goal is to get the shoulders as far behind the pull-up bar as possible. Press down against the pull-up bar, lean back, and keep your body tight. - Try to increase the amplitude from Day 5. 3) 3 × 15 reps banded lat pull-downs
DAY 9	<ol style="list-style-type: none"> 1) 7 × 3 reps kipping toes-to-face height <ul style="list-style-type: none"> - Focus on a bigger kip swing (initiated by the shoulders). As you press down against the bar, lean back, and bring your knees up to your armpits/triceps, and then kick your legs straight like you were going to kick the bar. - This will teach you a tuck to extend toes-to-bar technique. 2) 4 × 10 reps V-ups <ul style="list-style-type: none"> - Focus on keeping the legs as straight as possible while performing your reps. 3) 5 × 10 reps weighted GHD hip extensions <ul style="list-style-type: none"> - Hold a 10-25-lb plate as you perform your reps.
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Couch stretch 3) Cobra stretch 4) Pigeon stretch

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Week 4

DAY 10

- 1) 5 × 4 reps kip swings
 - Focus on performing the biggest kip swings possible. The goal is to get the shoulders as far behind the pull-up bar as possible. Press down against the pull-up bar, lean back, and keep your body tight.
 - Try to increase the amplitude from Day 8.
- 2) 7 × 3 reps kipping knees-to-elbows
 - Focus on a bigger kip swing (initiated by the shoulders). As you press down against the bar, lean back as far as possible, and bring your knees up to your elbows.
- 3) 3 × 15 reps GHD sit-ups (partial to full range-of-motion)
 - Once set up on the GHD, lower your body between parallel to the ground and the full range-of-motion (shoulders below the hips and knees). Adjust the range-of-motion as needed.
- 4) 100 banded pull-aparts

DAY 11

- 1) 10 × 1 kip swing + 1 kipping toes to as high as possible
 - Focus on the biggest kip swing possible (initiated by the shoulders). As you press down against the bar, lean back, and bring your knees up to your elbows, and then kick your legs straight like you were going to kick the bar.
 - This will teach you a tuck to extend toes-to-bar technique.
- 2) 6 × 4 reps seated leg raises
 - Leaning back will make the movement easier, and leaning forward over your thighs will make this more challenging. Place the hands outside the legs.
 - Lift the leg off the ground as high as possible.
- 3) 3 × 15 reps weighted GHD hip extensions
 - Hold a 10-25-lb plate as you perform your reps.
- 4) 3 × 15 reps banded lat pull-downs

DAY 12

- 1) Toes-to-bar attempts
 - Focal points: Big kip swing (big amplitude), getting the shoulders as far behind the pull-up bar as possible (lean back), bring your knees up toward your elbows, and then finally kick your toes to the bar.

RECOMMENDED STRETCHING

- 1) Banded shoulder stretch
- 2) Couch stretch
- 3) Cobra stretch
- 4) Pigeon stretch