

Progression / Scaling

Toes-to-bar

**Goal is to complete 10 reps
before you move to the next step.
Last successfully completed step
is your workout scale.**

V-ups

Tuck Hold on PVC
:05 / :10 / :15 / :20

Toes to almost
Dirty South
touch carabiner

Toes to almost bar
touch carabiner

Toes-to-Bar

**Use the hip and shoulder joints not just your hips.
Hip flexor strength and ab strength are both needed.**

Laying Tuck-up

Tuck Hang
:05 / :10 / :15

Dynamic Knees To
Chest
heels above butt

Dirty South

Knees to elbows
*touch elbows not
armpits*