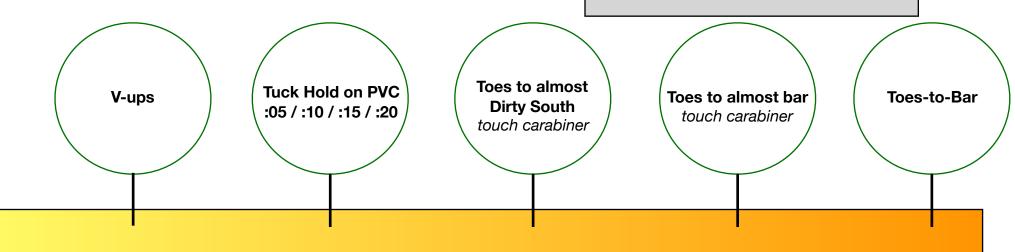
Progression / Scaling Toes-to-bar

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



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

