

## **Skill Work Toes to Bar (TTB)**

Beginner-

Hollow hold and arches/ V-Ups

**Notes:** hollow holds and arches are on the ground w/10 second holds, alternate between hollow and arch positions

Novice-

V-Ups/kiping practice

**Notes:** kiping practice, on the rig develop perfect hollow and arch positions

Intermediate-

Modified TTB

**Notes:** scale the height of the toes as needed to maintain good positioning and timing in the kip, no hanging knee raises!

Advanced-

Sets of 5+ TTB

**Notes:** focus on maintaining a good pike position and not “knees to elbows” w/ a kick