

Toes to Bar Mobility & Drills



Presented by the
Doctors of Physical Therapy of

evoliv

PHYSICAL THERAPY & PERFORMANCE

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Welcome!

Thanks for joining us as we dive into mobility and performance drills for toes to bar (T2B).

We're excited that you've decided to check out more about how you can improve your T2B performance and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically be speaking to mobility and flexibility as they relate to T2B and performance drills to help you improve this movement.

We'll begin with the mobility exercises. These will help you understand where you need to focus your attention and get you ready for T2B.

From there, we'll move into the T2B performance drills to refine your movement and positions.

Enjoy!



Banded Overhead Shoulder Opener

- Loop a medium band around a pull up bar or rig. Slide your hand through the band. You want to be able to hold the band, but maintain a relaxed shoulder.
- Step back and hinge at your hip, allowing the band to pull you into an overhead position.
- Externally rotate your arm/shoulder so that your palm faces the ceiling. Slowly move your arm in and out of this rotated position.



- Hold this stretch for 1-2 min while breathing easy and continue the smooth rotation movements throughout the stretch.

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PVC Prayer Stretch

- Kneel on the floor holding a PVC near where you would in your front rack position with your palms facing you.
- Place your elbows on a box in front of you. Keep your elbows on the box and sit back onto your heels. While doing so, "bow" your chest down toward the floor.
- Feel the stretch in your lat muscles, from your armpit through the outside of your ribs and into your back.



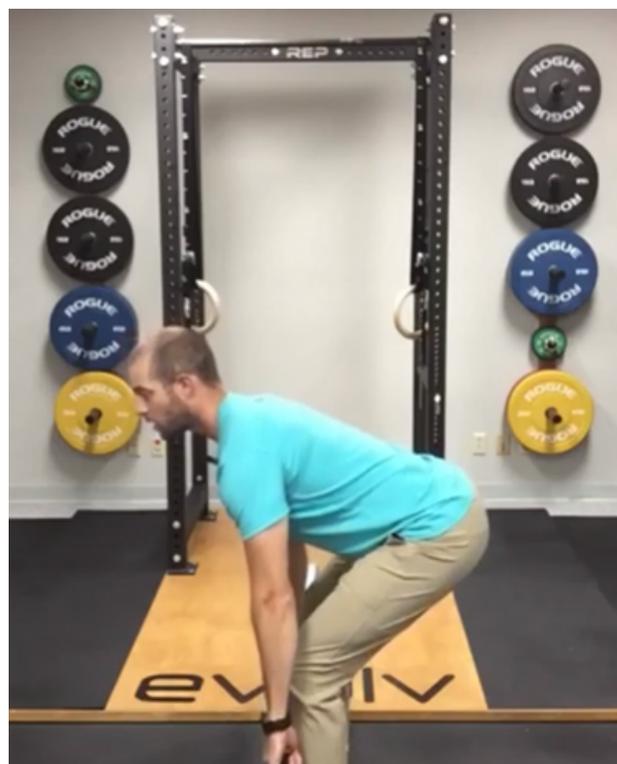
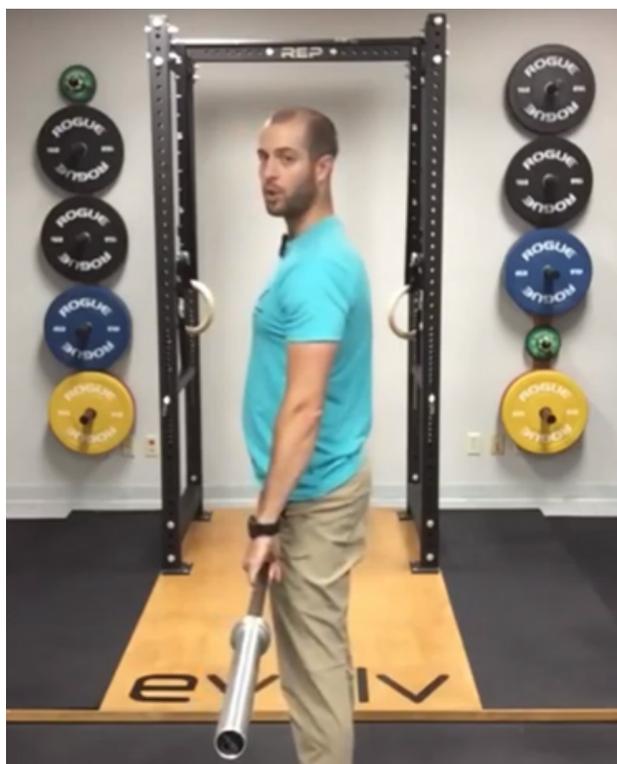
- Maintain this position for 15-30 seconds for each rep. Complete 2 sets of 5-10 reps,

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RDL for Hamstring Flexibility

- Hold a barbell or other weight while standing straight up.
- With only a slight bend in your knees, push your butt and slide the barbell down your thighs.
- Keep your back flat and continue sliding the bar down below your knees until the stretch in your hamstrings stops you from going further.
- Pause slightly at the bottom, then return to standing.



- Complete 2 sets of 10-15 reps while breathing easy and gradually moving into a greater range of motion and/or stretch.

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Bar Kip Swings

- Maintain a neutral head position
- Body stays tight through feet
- Kip action initiated by shoulders, not hips
- Create uniform curved hollow and arch positions in front and back of swing
- Elbows stay locked out through the entire movement
- Keep kip action fairly compact

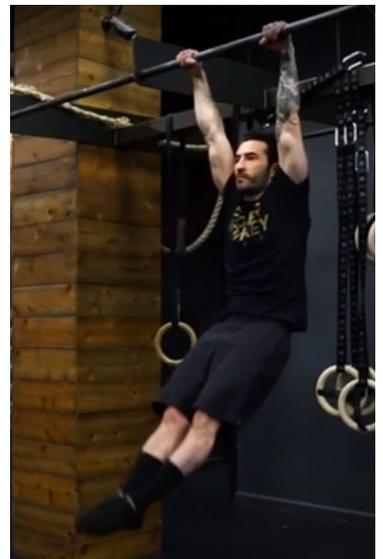
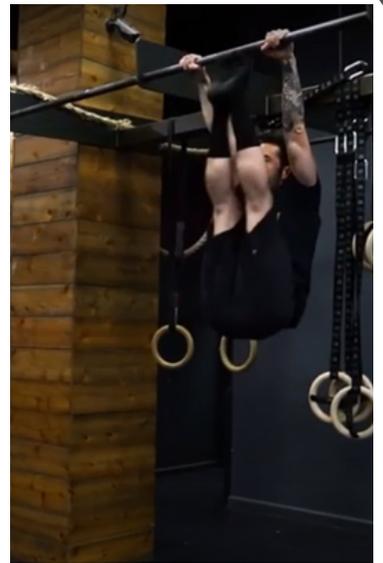


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Dynamic T2B Building Drill

- No lean back
- Break only at hips with knees and elbows locked
- Build height with each consecutive rep
- Only raise as high as you are able to maintain proper technique
- Complete consecutive lowering reps, maintaining control on the way down as well



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Dynamic T2B

- Elbows and knees locked
- Feet stay together
- Initiate with tight arch position
- Minimize lean back



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Strict T2B

- Hands just outside shoulder width
- Start hanging with arms fully extended
- Engage shoulders and push down through the bar to lift feet
- Bring both feet to the bar
- Control ascent and descent to minimize swing



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Seated T2B Hold

- Begin in a seated position slightly behind a racked barbell
- Press down into the bar while lifting your feet to the bar
- Hold this top position
- Maintain compression by actively pressing into the bar, down toward your feet for as long as you can maintain it



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Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 235-3585 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

