

TOES TO BAR

KNEES TO ELBOWS

KIPPING

HANGING KNEE RAISE

REVERSE CRUNCH



From a dead hang, athlete generates a kip and brings their toes to touch the bar between their hands with knees straight (bent at the waist.)



Start from full hang; athlete creates a 'c' position from head to heel; the athlete lifts the knees to touch the elbows as she drops her head back behind her shoulders and looks up. The athlete keeps her torso under the bar as she returns to the 'c' position. Forward momentum of the knee does not create swing of torso; knees strike elbows while athlete is looking up.



From a dead hang, the athlete swings their legs forward while pushing their hips back to counter the swing of their torso. Then the procedure is reversed: the legs swing back while the athlete arches their torso forward, creating a 'C' shape.



From a dead hang, the athlete raises their knees until their knees and hips are at 90 degrees (or smaller) and then lowers back to the vertical start position.



Balanced on their tailbone, the athlete places their hands on the ground behind them and lengthens their legs in front of them (heels off the floor.) Then they draw their knees up to their chest and repeat.



10 in a row.

20 in a row.

10 in a row.

20 nonstop.

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