

Exercise of the Week

This week's exercise

Toes to Bar

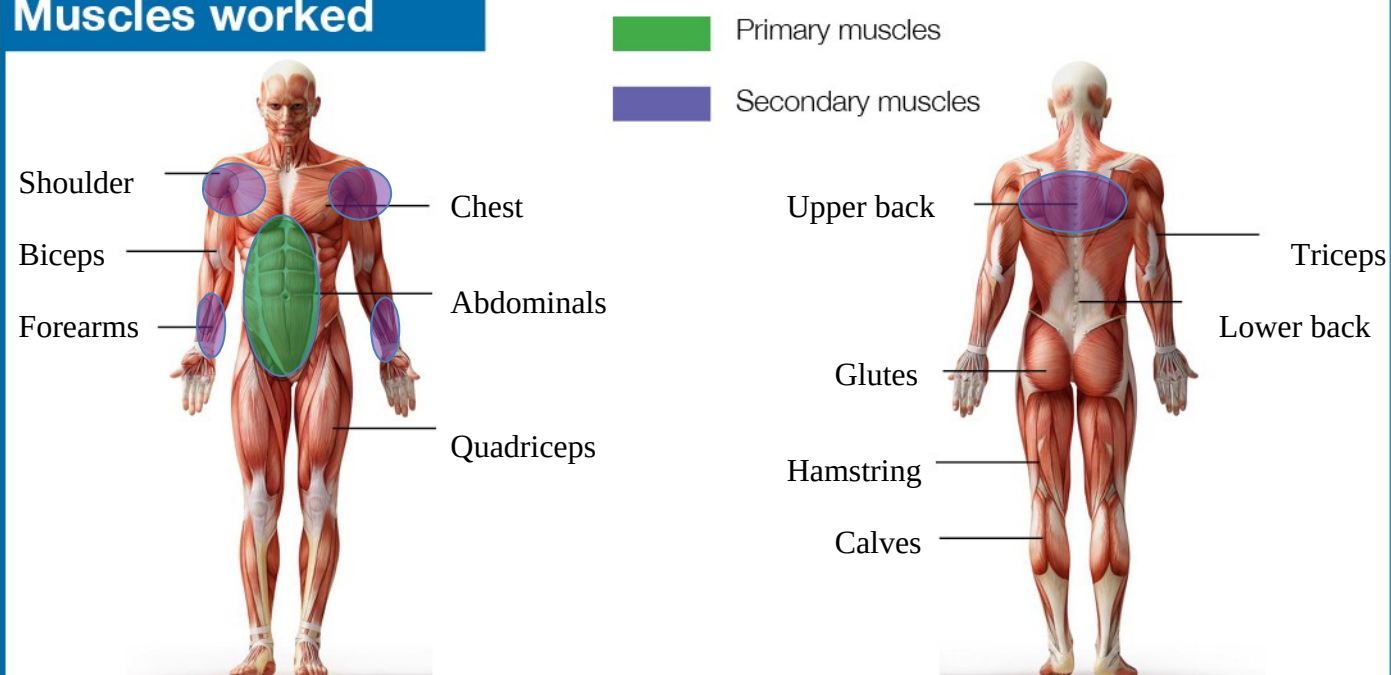
Exercise type

Bodyweight

Benefits

- Great exercise that strengthens the hip flexors and abdominals but also has the added benefit of improving strength through the grip, shoulders and upper back.
- Promotes a high level of muscular control and coordination.
- Promotes mobility through the hips, torso and shoulders.

Muscles worked



Considerations

- Both controlled and kipping variations have their advantages and disadvantages; consider what best suits you.
- Due to the exercise being performed at a height, there is a danger from falls.
- The movement requires a large range of motion through hips and shoulders; make sure you warm up and mobilise properly beforehand.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.