

FIRST TOES-TO-BAR

Pat Sherwood
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VARIED NOT RANDOM

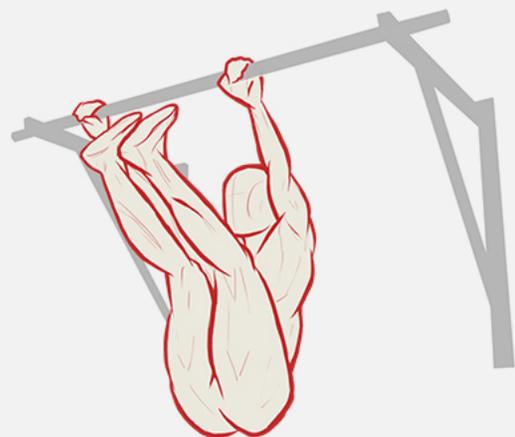


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1. WELCOME TO THE PROGRAM: *Start here!*

The First Toes-to-Bar Program will not only help get you your first full rep, but it will also help you get it with proper technique. This is an important movement to master as you progress from basic ground core movements like the sit-up and v-up, to more advanced equipment-based movements like the GHD sit-up and, yes, the toes-to-bar. You can think of this movement like a “super” sit-up. It combines the momentum, timing, and control of a kipping pull-up with the core strength of a sit-up. Each session of the program contains 2-3 skills and drills created specifically to build on your kipping pull-up technique while also developing additional shoulder and core strength. By the end of the program, you’ll have spent time training 27 different movements, each playing their own unique part in your journey. Feeling overwhelmed? Don’t be! We’re here for you every step of the way with video demos and community to get you through this. We can’t wait for you to get your first toes-to-bar. This “super” sit-up will have you feeling like Superman in no time. Let’s do this!

About VNR Cycles

The VNR team is proud to offer a variety of training/skill cycles designed to help athletes of all levels achieve their goals. Every cycle was created by a subject matter expert in a certain field, a professional in the fitness space, or by Pat & Adrian personally. The VNR list of cycles was specifically curated because we believe they are of outstanding quality & deliver real results. We hope you enjoy them.

Meet the VNR Team

Pat Sherwood and Adrian Bozman have vetted this course & believe it will serve you well in achieving your fitness goals.

About Pat

Pat started doing CrossFit in 2005. He has held credentials up to a Level-4 CrossFit Coach and is a former Navy SEAL. He worked for CrossFit, Inc. for about 14 years in various capacities including roles in media, health, games, and seminar staff. He is currently the owner of CrossFit Linchpin. He and his wife, Emily, have three kids. He enjoys ice cream and hates handstand push-ups.

About Boz

Adrian Bozman, known simply as Boz, started dabbling with CrossFit at the end of 2004 and soon became hooked. He got his L1 Certification in early 2006. He has coached at San Francisco CrossFit, CrossFit Brisbane (Australia), and most recently, Huntress CrossFit AKA The Tuxedo Social Club (his low-key garage/gym). Boz currently works for CrossFit, Inc. where he has held roles on the seminar team, education department, and CrossFit Games.

2. THE PROCESS: *Let's dive in*

The First Toes-to-bar program is a self-paced program, meaning you will complete all 20 sessions on your own schedule and at your own pace. You can complete the entire program in as little as 3 weeks or in as many as 10 weeks! Complete this program on its own, or in combination with other programs. You're the boss of your schedule; choose the frequency that works for you. For optimal results, we recommend completing 3 sessions per week for a total program duration of about 7 weeks. Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you're not mindful of your limitations.

During each session you'll complete a warm-up and 2-3 skill-building exercises. Check out Page 6 to view all of the skills and drills included in this program. Feeling overwhelmed with this list? Don't be! Page 6 also contains links to the demo videos to reference as needed. Make sure to set yourself up for success by viewing the equipment needed before beginning the program.

Page 7 of the eBook provides you with a comprehensive calendar view that will help you stay on track and know what's to come. If you're not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on Page 9 of the e-Book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one movement, one workout, and one day at a time. Remember, you can always reference Page 6 to view demo videos if you are unsure how to perform a skill or drill.

The program will begin with a test to assess your current skill level. On day 20, you'll repeat the test to gauge your progress. Is panic setting in at the thought of a test? Don't worry! You've got this, and we're here for you every step of the way. This first test is a great time to take notes. After the test, reflect on:

- How you felt physically and mentally during your toes-to-bar attempt
- How close you came to a full toes-to-bar
- Your specific sticking points
- Whatever else comes to mind! What are you proud of? What can you work on?

Revisit these notes during your retest on day 20 to see just how far you've come. You've got this!

DAY 1

- **Warm-up**

10 PVC Pass Throughs

10 PVC Lifts

5 Inchworms

Plank Hold, 30 secs

-- then --

Stretch your hamstrings with pike stretches, forward/backward lunges and bootstraps.

- **Toes-to-bars Test**

We need a baseline! Attempt a toes-to-bar rep. Even though you may not be able to perform one right now, take note of how you look, how it feels, and how close you are able to get. If possible, record yourself. Log 0 reps to this workout in the btwb app if you can't get one. We'll retest at the end of the program.

Finish today's session with the following skill pieces.

- **Ring Lat Press Downs 3x8**

We want to make sure we are using our lats. We do not want to lead with the hips. It is okay to have a soft bend in the elbows, but think about pressing down rather than pulling. If you find yourself struggling with this then just walk your feet to a more standing position. To make it more difficult, move them closer under the rings. This skill is important because it teaches us how to fire our lats along with building strength.

- **Beat Swings 3x8**

Hold a towel between your feet. We want to maintain tension. We don't want to just swing around here. Think about active lats, legs straight and toes together. This skill is important because it teaches us the movement pattern for getting toes-to-bar. Think about getting back behind the bar as you press down.

- **Pike Lifts 3x10**

We are focusing on compression. Start in a seated pike position and lift your legs up as high as you can with straight legs and pointed toes. This skill is important because it teaches us compression and builds the hip flexor strength. Keep in mind- the closer your hands are to your toes the more difficult, the closer to your hips the easier.



6. THE BTWB APP: *Get more from the program*

btwb app users can sync the First Toes-to-bar program to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores for each skill piece to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

btwb users also have access to a special program overview video by Pat & Boz, plus access to other top social and analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random Programs created by Pat & Boz
- And more!

