

**TGRIP**

**EXERCISE GUIDE TGRIP BAR:  
WITH RESISTANCE BANDS**



**TGRIP**

# **ERGONOMIC LIFESTYLE PROTOCOL**

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# How To Set Up The Straps With The Bar

## WRAP



Wrap the Bar Attachment Strap Around the bar sleeve.

## FEED



Feed the metal ring through the loop in the strap.

## PULL



Make sure the strap is against the collar and pull it tight around the bar sleeve.

## ATTACH



Attach the bands to the metal ring on the bar strap attachment.

## TRAIN



You are ready to train with your TGRIP Bar.



# Grip Options



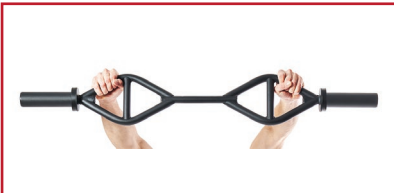
## HAMMER GRIP

Grasp the T-Grip Bar using the vertical handles in the center of the T-Grip Diamond.



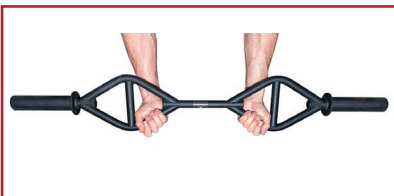
## TRADITIONAL GRIP

Grasp the T-Grip Bar on the inside angle of the T-Grip Diamond with an underhand or overhand grip.



## WIDE OVERHAND GRIP

Grasp the T-Grip Bar palms facing down on the outside of the T-Grip Diamond.



## MAXX GRIP

Grasp the T-Grip Bar on the underhand grip with the T-Grip Diamond resting flat against your forearms.



## CENTER GRIP

Grasp the T-Grip Bar in the center where the T-Grip diamonds connect to the center bar.



# Lunge with Front Raise



**POSITION A**

Holding the tgrip bar in front of you in a split stance with one foot roughly 2 to 3 feet in front of the other foot. Your torso is straight, shoulders are back and down.



**POSITION B**

Begin bending your knees lowering your body towards the floor at the same time raising the bar up in front of you. Reaching the bottom of movement with front thigh parallel to the ground and back knee an inch from the floor and the bar raised straight out in front of you at eye level. Push back up at the same time lower the bar back to the starting position keeping your weight on the heel of the front foot and resistance evenly distributed between both legs and arms.

Keep your arms straight while raising the bar up in front of you until the bar is at eye level. Slowly lower the bar controlling the resistance as you follow back to the starting position.

# Combination Lunge with biceps curl

TARGETS: GLUTES / THIGHS / ARMS / CORE



**POSITION A**

Standing with one foot forward and one foot back holding the bar at waist level with back straight and tension on the cords.



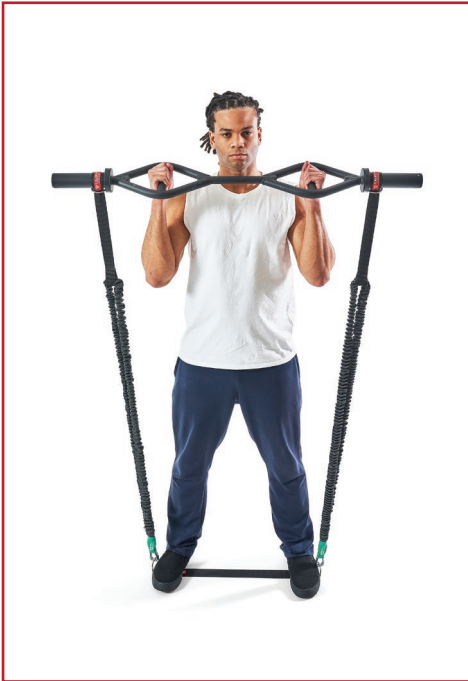
**POSITION B**

As you step to lunge forward by bringing the knee of the leg behind you down to floor at the same time curling the bar up towards your chin. Then control the resistance by lowering the bar at the same time as you step back to the starting position.

**Tip:** When performing the squat, bend knees in line with toes with back straight through out motion. Try not to arch back when raising arms overhead.



# Squat and Press



**POSITION A**

Hold the TGrip bar in front of you level with your shoulders. Stand with feet shoulder-width apart having slight tension on the bands.



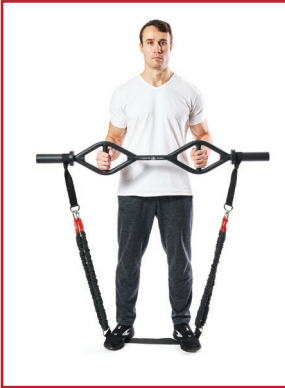
**POSITION B**

Begin lowering into the squat as you bend at the knees and bring your hips back as you would to sit down in a chair until your knees are at a 90 degree angle.

Slowly stand back up fully extending the legs back to the starting position without locking your knees at the top. Keeping your back straight begin to extend your arms up by Pressing the bar over head. Then control the resistance by lowering the bar back to the starting position.

Tips for both squat variations: Keep your back straight, your shoulders back, your head and neck in a neutral position. Be aware that your knees stay in line with your toes and your heels on the floor throughout the full range of motion. At the bottom of squat movement stop when knees reach 90 degrees or further without compromising the natural arch of your back.

# Combination Hammer curl / Shoulder Press



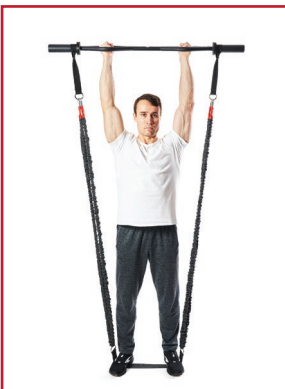
## POSITION A

Standing with feet shoulder width apart, firmly grasp the TGrip bar with both hands (palms facing each other) Starting position with bar just above waist level with arms bent having tension on cords. slightly above chest level having slight tension on the bands.



## POSITION B

Keeping your elbows close to sides, Curl the bar to upper chest pause for a second before the overhead press motion.



## POSITION C

Press the bar over head until your elbows are straight. Then slowly lower the bar to motion B pausing before following back to the starting position.

**Tip:** Try to avoid arching your back when pressing the bar overhead. Always maintain good upright body alignment by keeping your shoulders back with core engaged. Do not arch back when raising arms overhead.





# High Row Upper Back



**POSITION A**

Having the resistance cords anchored upward. Grasp the parallel handles of the TGrip bar with arms extended straight, lean and step back until you have slight tension on the cord.



**POSITION B**

Pull the bar to your chest bringing your elbows back at the same time contracting your shoulder blades together rowing backwards. Then slowly follow back up to the starting position as you control the resistance.

**Tip:** This exercise can be performed seated or standing. Keeping your shoulders back will enable optimal range of motion.

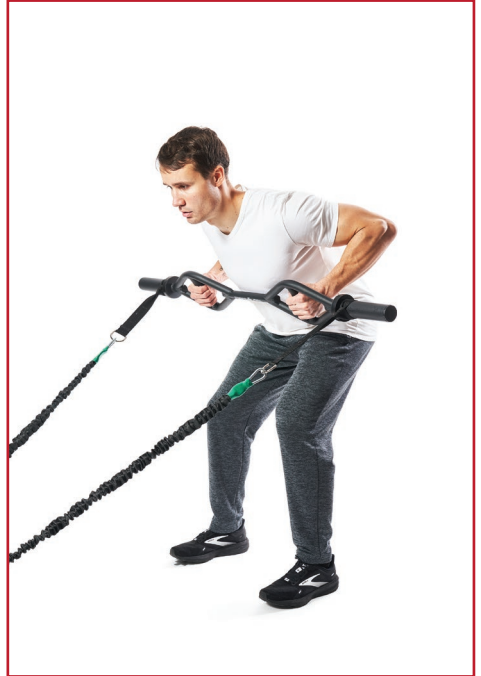


# Low Row back



**POSITION A**

With cords anchored at floor level, Grasp the parallel handles of the tgrip bar with arms extended straight, slightly bend your torso forward and stepping back until you have tension on the cord.



**POSITION B**

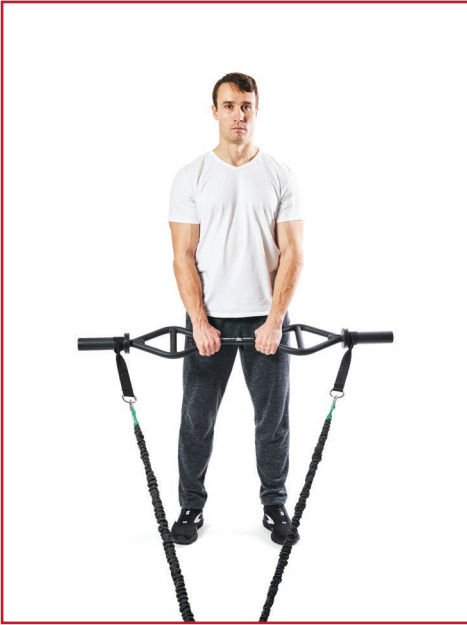
Pull the bar back towards your mid section bringing your elbows back at the same time contracting your shoulder blades. Then control the resistance slowly following back down to the starting position.

**Tip:** Keeping your shoulders back will enable optimal range of motion.



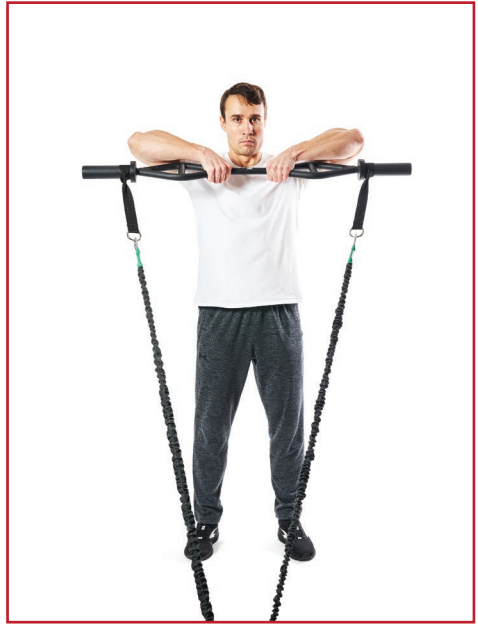
# Upright Row

TARGET: SHOULDERS



**POSITION A**

Standing with feet shoulder width apart grasp the middle section of the TGrip bar with arms extended straight down with bar against your thighs and tension on the cords.



**POSITION B**

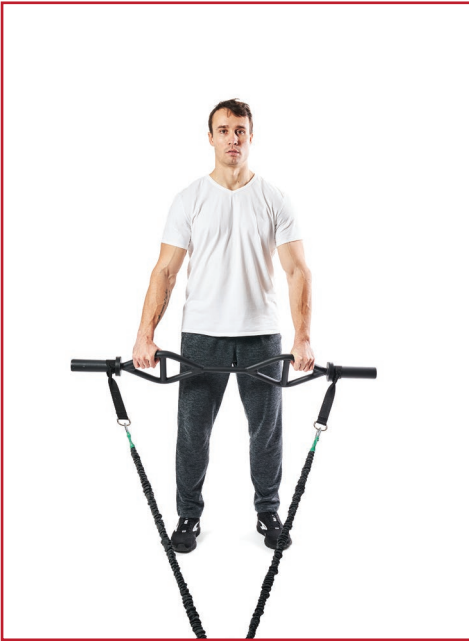
Raise the bar up bringing your hands up towards your chin keeping the bar inline and close to your torso. Hold the resistance at the top of motion for 2 seconds then lower the bar following back to the starting point at the same time controlling the resistance.

**Tip:** Position your hands where the straight and curved sections of bar join together, having your hands slightly turned inward will enable a more natural range of motion and reduce the chance of shoulder impingement.



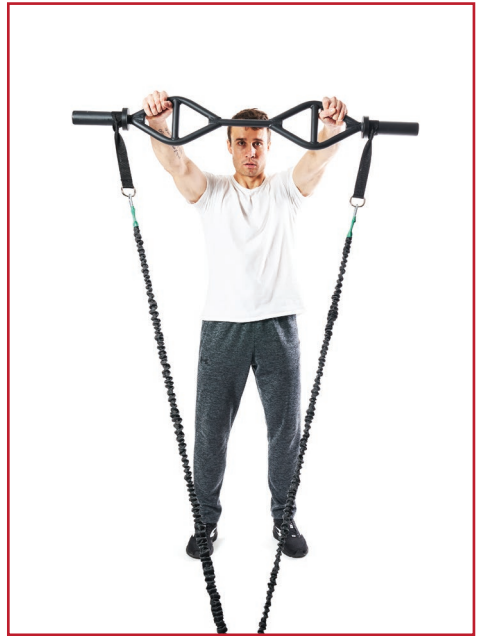
# Front Raise Multiple Grip Options

TARGETS: SHOULDERS / ARMS



**POSITION A**

Standing with feet shoulder width apart, grasp the parallel handles of the TGRIP bar (palms of hands facing each other) with your arms straight down in front of you and the bar the bar touching your thighs. Adjust the cords having slight tension at the starting point.



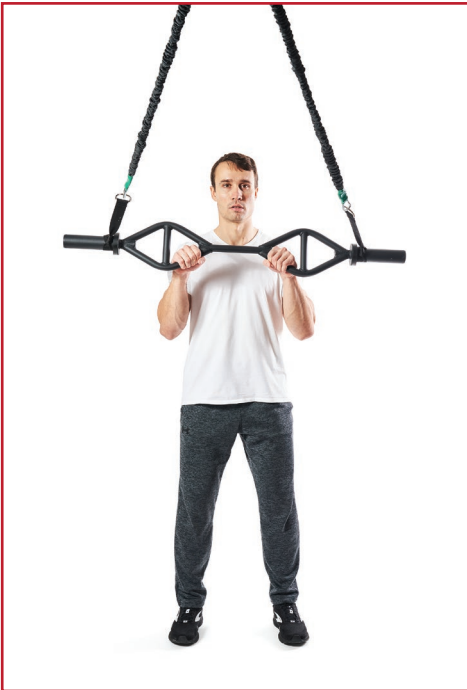
**POSITION B**

Keep your arms straight while raising the bar up in front of you until the bar is at eye level. Slowly lower the bar controlling the resistance as you follow back to the starting position.

**Tip:** Maintain good upright body alignment by keeping your back straight, shoulders back and your core engaged. For training variety this exercise can also be performed using the outside cambered grip with palms of hands facing down or the inner cambered grip with palms facing up.



# Triceps Push Down



**POSITION A**

Grasp the T-Grip bars inner cambered handles with palms facing down, position your elbows at a 90 degree angle having slight tension on cord.



**POSITION B**

Extend both arms straight down keeping elbows at your sides throughout the complete motion. Be sure to control the resistance when descending back to the starting position.

**Tip:** Maintain good upright body alignment throughout exercise. This exercise can be performed with both inner cambered grip or the parallel grip.



# Triceps Extension

TARGETS: TRICEPS / CORE



**POSITION A**

Grasp the T-Grip bar by either the inner cambered or parallel handles. Starting with the bar behind your head with your elbows bent, having the bar approximately ear level step forward slightly leaning your torso towards the floor eliminating slack until tension is on resistance cords.



**POSITION B**

Keeping both elbows back and tucked inward towards each other, using your triceps push through the resistance by extending your arms straight reaching the full range of motion. Hold the resistance as you slowly lower the bar to the starting position.



# Biceps Curl

TARGETS: BICEPS / FOREARMS



**POSITION A**

Grasp the TGRIP bar using either a using the inside Cambered grip (palms facing up) Position feet shoulder width apart with your arms extended strait, elbows at your sides and bar on your thighs having slight tension on the cords.



**POSITION B**

Curl the TGRIP bar up towards your chin while keeping your elbows slightly forward, As you reach the top hold the contraction for two seconds then slowly lower the bar as your holding resistance following back down to the starting point.

**Tip:** Try not to move your elbows forward or back throughout the exercise. Always maintain good upright body alignment with back straight and core engaged. The bicep curl can be performed in various hand grip positions.

# Standing Crunch Abdominals



**POSITION A**

With bands anchored over head, stand with feet shoulder width apart holding the TGRIP bar just above the forehead step for taking up the slack to have slight tension on the bands.



**POSITION B**

Begin leaning your torso forward engaging your abdominal muscles crunching your torso forward. Hold for two seconds then slowly bring your body up holding the resistance following back to the station position.

Keep your shoulders back and your back straight. Your arms need to stay locked in the same position throughout the motion As you only bend at the hips bringing your torso forward.





# Forward Crunch



**POSITION A**

With bands anchored above or behind you holding the T-Grip bar in front of your upper chest. Step forward taking the slack out of bands as you kneel down positioning yourself to sit seiza-style



**POSITION B**

Begin leaning forward engaging your abdominal muscles crunching your chest forward towards your knees. Hold for two seconds then slowly bring your body up controlling the resistance back to the station position.

Keep your core engaged with shoulders back and back straight. Your arms and bar locked in the same position close to your upper chest throughout full range of motion.



# Standing Crossover Crunch



**POSITION A**

Holding the T-Grip bar behind your neck resting on your shoulders, with bands anchored low behind you strapped to each ankle. Step forward taking out the slack in the bands. Position your feet shoulder width apart standing straight with your core engaged.



**POSITION B**

Begin the exercise by lifting your right knee up to about hip level at the same time crossing your left elbow downward by rotating your torso towards the right knee. Slowly control the resistance returning back to the starting position.

Stay slow and controlled throughout the full motion focussing on balance and stability. Keep your core engaged by not dropping the foot to ground until you complete the repetitions of each the set.

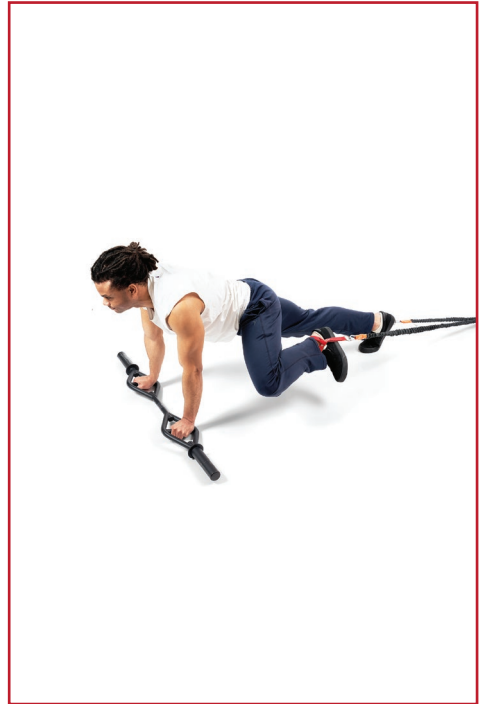


# Mountain Climber Abs



**POSITION A**

Place the T-Grip bar on floor using the handles for stability, with bands anchored low and strapped to each ankle behind you. Move the T-Grip bar forward positioning it to eliminate slack in the bands as your feet are extended behind you holding yourself in a plank position with core engaged keeping your arms straight and chest centered over the T-Grip bar.



**POSITION B**

Start by bringing your right knee in towards your chest and return to the starting position, then quickly repeat bringing your left knee in and out moving rapidly as you alternate each leg without stopping for the duration of time your program calls for..

This exercise can be performed as a fast paced full body cardio boost. It can also be performed strictly for core strength by using the heavier resistance bands for a slower controlled movement.

