

TGRIP

MAXX

Exercise Guide



TGRIP

ERGONOMIC LIFESTYLE PROTOCOL

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Grip Options



HAMMER GRIP

Grasp the TGRIP MAXX bar using the outer grip with the palms facing each other.



TRADITIONAL GRIP

Grasp the TGRIP MAXX handle with an inside grip.



MAXX GRIP

Grasp the TGRIP MAXX handle on the underhand grip with the handle lying flat against your forearms.



CENTER GRIP

Grasp the TGRIP MAXX handle in the center where the outside handles come together.



Combination Shoulder Press Squat

TARGETS: GLUTES/HAMSTRINGS/QUADRICEPS/SHOULDERS/ARMS/CORE



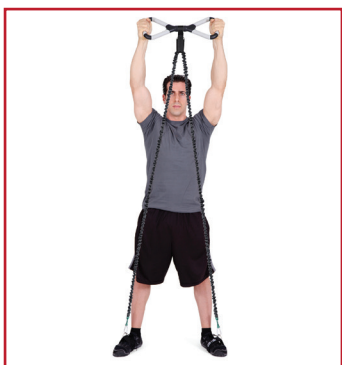
POSITION A

Stand on the flat strap with the resistance bands attached to the rings. Feet as wide as possible. Grasp the TGRIP MAXX bar with a Hammer Grip. Start with the bar up by your shoulders with elbows bent. Make sure there is tension on the band.



POSITION B

Hold the bar in the same position and squat down until your thighs are parallel with the floor.



POSITION C

Return to the original standing position and press the bar over your head until your elbows are straight. Then lower the bar back to chest level and repeat positions A through C.

TIP: When performing the squat, bend knees in line with toes, keeping back straight throughout squat. Do not arch your back when raising arms overhead.



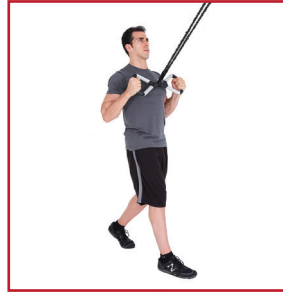
High Row

TARGETS: UPPER BACK, LATS, BICEPS



POSITION A

With the band attached high, grasp the TGRIP MAXX bar using the Hammer Grip, with slight tension on the band.



POSITION B

Pull the bar towards your chest by bending your elbows and squeezing your shoulder blades together with arms rowing backwards.

TIP: This exercise can also be performed sitting.

Low Row

TARGETS: UPPER BACK, BICEPS



POSITION A

With the bands attached low and with slight tension, grasp the TGRIP MAXX bar using the Hammer Grip with palms facing each other. Lean Slightly forward.



POSITION B

Pull the bar towards your lower chest by squeezing your shoulder blades together then bending and pulling your elbows backwards.



Shoulder Press

TARGETS: SHOULDERS/CHEST/ARMS/CORE



POSITION A

With the band attached low, grasp the TGRIP MAXX bar with a Hammer Grip. Holding the bar at chest level with tension on the bands.



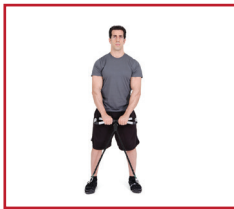
POSITION B

Push the bar up over your head until your elbows are almost straight. Slowly follow back down to the starting point while holding the resistance.

TIP: Do not arch your back when raising arms overhead. This can be performed with either the door anchor or foot strap.

Upright Row

TARGETS: SHOULDERS/ARMS



POSITION A

Stand with feet slightly apart with resistance band attached to the foot strap. Grasp the TGRIP MAXX bar using the Center Grip. Start with your arms extended down towards the floor with your elbows slightly bent holding slight tension on the band.



POSITION B

Raise the bar up towards your chin in line and close to your torso. Hold the resistance at the top of motion for 2 to 3 seconds, then lower the bar holding the resistance back to starting point.

TIP: Maintain good upright body alignment throughout exercise.



Triceps Push Down

TARGETS: TRICEPS/CORE



POSITION A

With the band attached high, grasp the TGRIP MAXX using the Traditional Grip, palms facing down.



POSITION B

Extend both arms straight down keeping your elbows at your sides throughout the complete motion. Be sure to hold the resistance when following your way back up.

TIP: Maintain good upright body alignment and a straight back throughout exercise. For variety, use the Traditional Grip, Hammer Grip, or Center Grip.

Triceps Extensions

TARGETS: TRICEPS/CORE



POSITION A

With the band attached low, grasp the TGRIP MAXX bar using the traditional grip, palms out, with hands overhead and elbows around ear level. Slightly lean forward until you have some tension on the band.



POSITION B

Push your forearms forward, extending fully, until your arms are straight, while keeping elbows still and the bar over head at all times. Slowly release, still holding the resistance back to the starting position.

TIP: Maintain good upright body alignment and a straight back throughout exercise. For variety you can also use the Hammer Grip or Center grip.



Biceps Curl

TARGETS: BICEPS/CORE



POSITION A

With the band attached low, grasp the TGRIP MAXX with a traditional grip. Step back until you have resistance on the bands and your arms are fully extended with your elbows at your sides.



POSITION B

Curl the bar up towards your chin while bending your elbows and keeping them slightly forward, hold the contraction for 2 seconds, then slowly release, holding the resistance back down to the starting point.

TIP: Maintain good upright body alignment and a straight back throughout exercise. For variety, you can also use the Hammer Grip or the MAXX Grip.

Front Raise

TARGETS: SHOULDERS/ARMS/CORE



POSITION A

Attach the band to the foot strap and stand on the foot strap in a comfortable stance. Grasp the TGRIP MAXX using the Hammer Grip.



POSITION B

Keep your arms straight while raising the bar up in front of you to eye level. Slowly lower arms while holding the resistance and follow back to the starting position.

TIP: Maintain good upright body alignment and straight back throughout exercise. For variety you can also use the Center Grip.



Standing Crunch

TARGETS: ABS/OBLIQUES/CORE



POSITION A

With the band attached high, face away from the band and grasp the TGRIP MAXX bar using the overhand MAXX Grip. Hold the bar overhead with the elbows slightly bent. Step forward until there is tension on the band.



POSITION B

Crunch forward without pulling your arms forward, squeeze and hold your abdominal muscles for 2 seconds and slowly return back to starting position, as you hold the resistance.

TIP: This exercise can also be performed on your knees.

