

TGRIP

**EXERCISE GUIDE SUSPENSION
STRAPS WITH TGRIP BAR**



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 TGRIP Bar using the vertical handles in the center of the TGRIP Diamond.



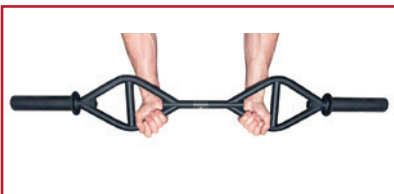
TRADITIONAL GRIP

Grasp the TGRIP Bar on the inside angle of the TGRIP Diamond with an underhand or overhand grip.



WIDE OVERHAND GRIP

Grasp the TGRIP Bar palms facing down on the outside of the TGRIP Diamond.



MAXX GRIP

Grasp the TGRIP Bar on the underhand grip with the TGRIP Diamond resting flat against your forearms.



CENTER GRIP

Grasp the TGRIP Bar in the center where the TGRIP diamonds connect to the center bar.

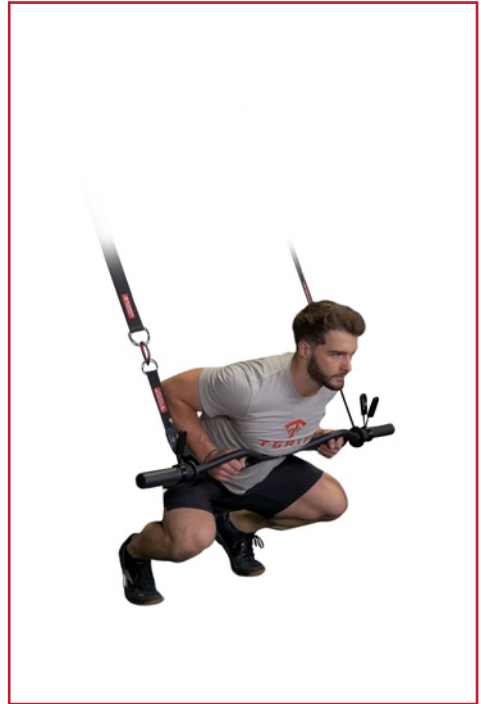


Front Squat



POSITION A

Stand with your feet slightly wider than shoulder-width apart, facing away from the anchor point, grasp the Original TGrip Bar with the Hammer Grip at your chest, and leaning into the straps to create tension.



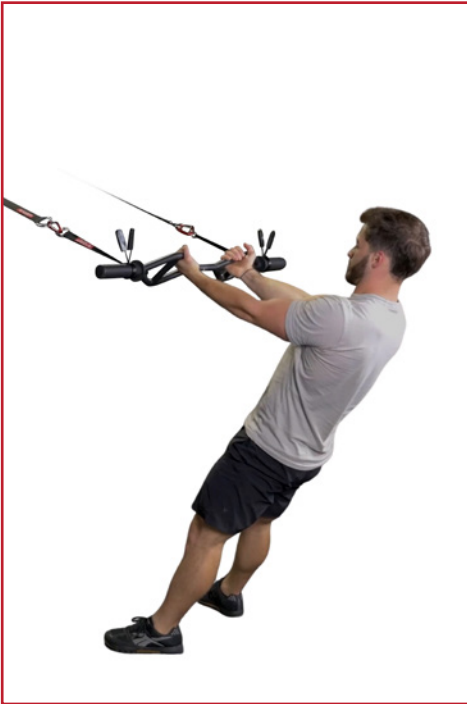
POSITION B

Staying on your toes, lower your body into the squat position so your hip is parallel with your knee or lower. Push through your toes and return to Position A.



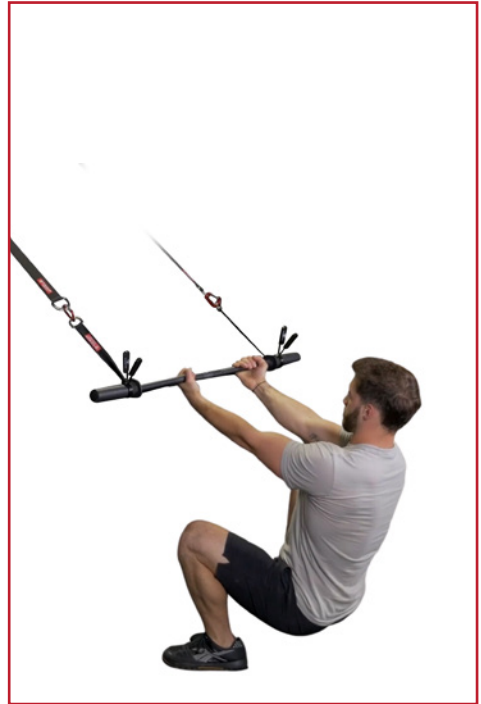
TGRIP

Squat



POSITION A

Grasp the Original TGRIP bar with a Hammer or Traditional Grip and stand facing the anchor point with your feet slightly wider than shoulder-width apart, arms extended. Lean back against the straps to create tension.



POSITION B

Keep your weight on your heels, reach your hips back, and push your knees out, squatting until the tops of your thighs are parallel to the floor or lower. Push through your heels, stand up, returning to the starting position.

Row



POSITION A

Stand facing the anchor point, grasp the Original TGrip bar with a hammer grip with your arms fully extended in front of you. Walk your feet forward, leaning your body back until you feel tension on the straps.

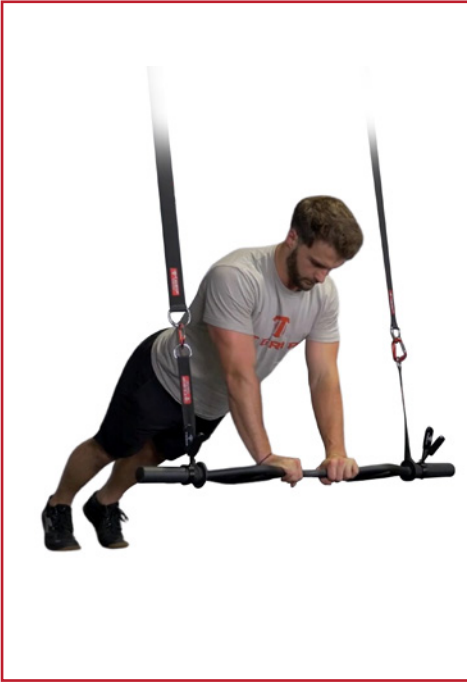


POSITION B

Pull your body up towards the handles, squeezing your shoulder blades together. Lower your body back to the starting position in a controlled manner. Keep your core engaged and maintain a neutral spine throughout the movement.

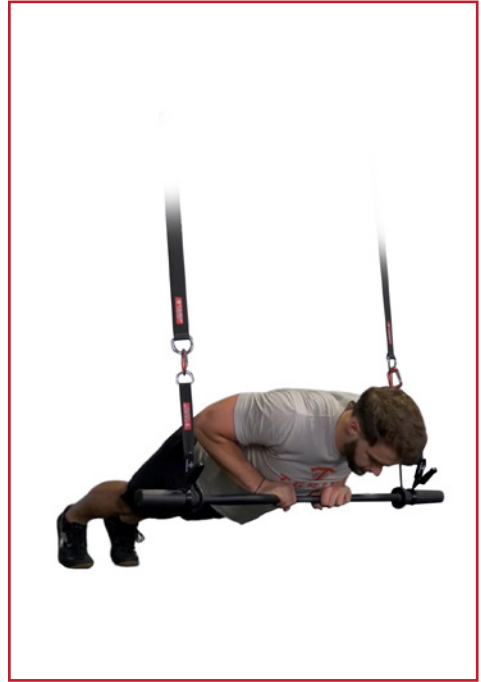


Push-up



POSITION A

Face away from the anchor point, arms extended, grasp the Original TGrip Bar using the center grip, Hammer grip or wide overhand grip at chest height. Lean forward to create tension on the straps.

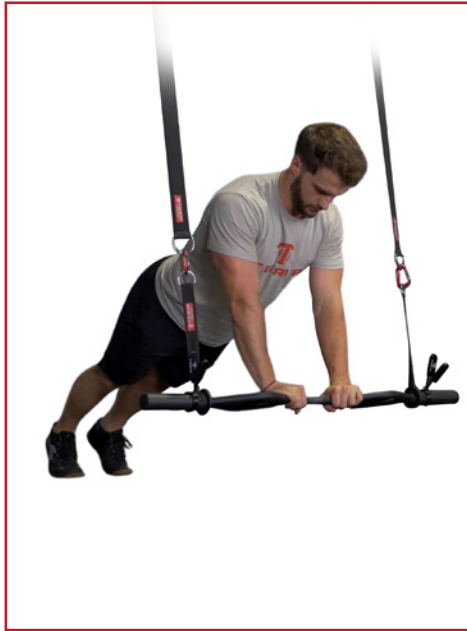


POSITION B

Lower your chest towards the handles with your body in a straight line by bending your elbows, keeping them close to your sides. Push through your hands to extend your arms back to the starting position. Engage your core and avoid sagging or arching your back during the exercise.



Plank

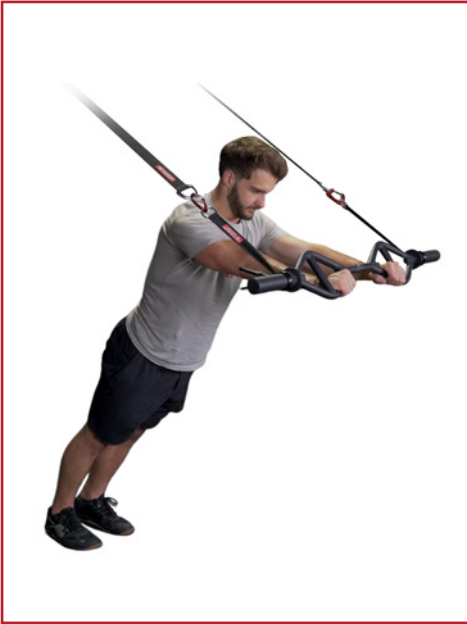


POSITION A

Face away from the anchor point, holding the handles at chest height. Lean forward, leaning until you feel tension on the straps. Assume a plank position with your hands directly under your shoulders and your body in a straight line. Engage your core, glutes, and shoulder muscles to maintain stability. Hold the position for a desired time, focusing on proper alignment and breathing.



Tricep Extension



POSITION A

Face away from the anchor point, grasp the Original TGrip Bar using the Traditional Grip with your arms extended with your arms extended. Lean forward until you feel tension on the straps.



POSITION B

Bend your elbows, bringing your hands towards the back of your head while keeping your upper arms stationary. Extend your arms back to the starting position by straightening your elbows. Keep your elbows in to focus on isolating the triceps muscles and keeping your core stable throughout the exercise.

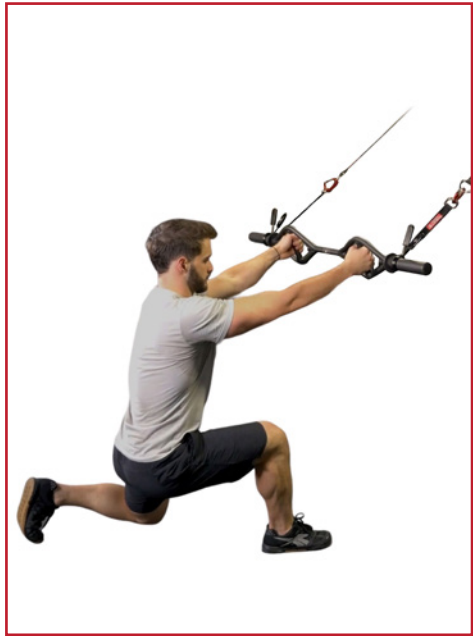


Lunge



POSITION A

Stand facing the anchor point, arms extended grasp the T-Grip Bar using the Hammer Grip. Change the photo to a photo where the arms are straight. Lean back against the straps to create tension.



POSITION B

Reach one foot back 3 – 4 feet, depending on the length of your legs, into a split stance. Lower your body by bending both knees, lowering your rear knee to nearly touching the ground. Straighten your legs and return to the starting position.

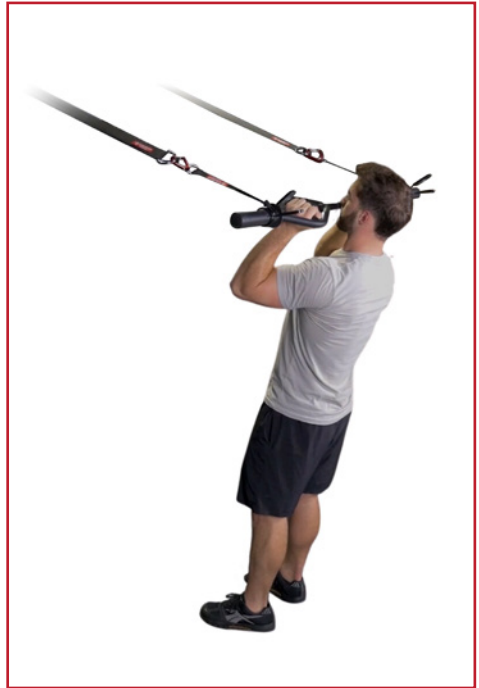


Bicep Curl



POSITION A

Stand facing the anchor point, grasp the Original TGRIP Bar with the Hammer or Traditional Grip with your arms fully extended. Walk your feet forward, leaning your body back until you feel tension on the straps.

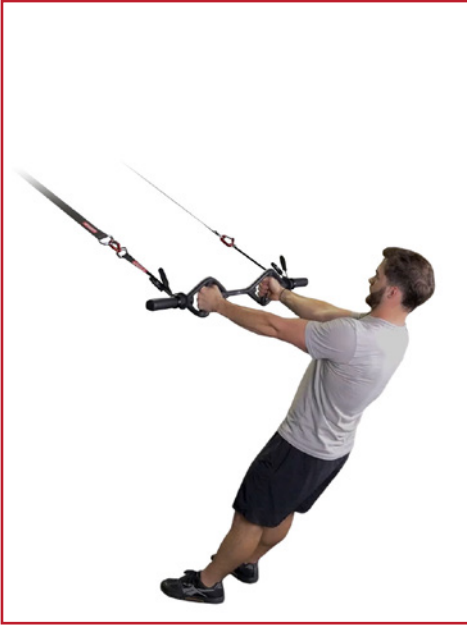


POSITION B

Bend your elbows, curling the handles to either side of your face. Lower the handles back to the starting position in a controlled manner. Keep your elbows in and focus on contracting your bicep muscles.



Front Raise



POSITION A

Standing with feet shoulder width apart, grasp the original T-Grip Bar with the Hammer Grip or Wide Overhand Grip with your arms straight down in front of you and the bar touching your thighs. Adjust the straps 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.

