

BASIC TBX BARRE EXERCISES

Hanging



1. Stand below TBX BARRE and grasp it with narrow overhand grip.
2. Raise knees and hang.
3. Relax. Let shoulders down and hold stretch.

Pull Up



1. Grasp TBX BARRE with shoulder-wide overhand grip.
2. Pull body up till chin reaches TBX BARRE.
3. Lower body, keep arms slightly flexed.
4. Repeat.

La Jin (Standing Stretch)



1. Stand below TBX BARRE and grasp it shoulder-wide overhead grip.
2. Right leg step forward and left leg stretch backward.
3. Hold on with this position for 3 minutes.
4. Change position with left leg forward and right leg stretch backward.
5. Hold on with this position for 3 minutes.

Row



1. Grasp TBX BARRE with underhand grip and feet shoulder-wide apart. Position body straight under TBX BARRE.
2. Pull body up till chest touches TBX BARRE.
3. Release slowly to initial position.
4. Pull body up till chest touches TBX BARRE.

Squat



1. Grasp TBX BARRE with shoulder-wide overhand grip.
2. Both legs wide apart.
3. Slowly lower body .
4. Push up body with both legs.
5. Repeat.

One Leg Front Raise



1. Grasp TBX BARRE with shoulder-wide overhand grip.
2. Both legs wide apart.
3. Lift left leg off the floor and bends it.
4. Slowly shift bodyweight to right and move downward.
5. Raise right leg slowly to upright position.
6. Repeat with lifting right leg off the floor and bends it.
7. Slowly shift bodyweight to left and move downward.
8. Raise left leg slowly to upright position.

One Leg Back Raise



1. Grasp TBX BARRE with shoulder-wide overhand grip.
2. Both legs wide apart.
3. One leg on floor and another leg push backwards.
4. Repeat with another leg.

Knee Hip Raise



1. Grasp TBX BARRE with shoulder-wide underhand grip and hang.
2. Raise legs up until knees touch shoulder.
3. Return, keep knees and hips slightly flexed and repeat.