Climb the Core Ladder

Eight rungs from a full-tension plank to strict toes-to-bar, and the gate before kipping.

This is the **Core Ladder**, one of TLC's four gymnastics ladders. Your coach places you on a rung and moves you up when your reps are ready. You train at your own rung, so the same class works for everyone. Each new range is owned as a hold before you rep through it.

RUNG 8 — **Kipping Toes-to-Bar**
Optional. Strict is the real goal.

GATE: 5 STRICT TOES-TO-BAR

RUNG 7 — **Strict Toes-to-Bar**
Toes touch the bar. No kip, no swing.

RUNG 6 — **Hanging Straight-Leg Hold**
Legs straight, at least parallel to the floor.

RUNG 5 — **Hanging Knees-to-Chest**
Knees all the way up, lower with control.

RUNG 4 — **Hanging Tuck Hold**
Knees at hip height or higher, and hold.

RUNG 3 — **Hanging Knee Raise**
Knees up to hip height. No swing.

RUNG 2 — **Hollow Hold**
Low back pressed down, arms and legs long.

RUNG 1 — **Elbow Plank (full tension)**
Pull elbows toward toes, lats down, squeeze glutes and quads.

HOLD TIMES

Elbow Plank: 3 × :20 at full tension. Tuck Hold: train 3–5 × :10–:15, move up at 3 × :20. Straight-Leg Hold: train 3–5 × :05–:10, move up at 3 × :15.

WHERE YOU'LL TRAIN IT

Thursday FAST skill block, and the core piece in every STRONG Accessory block.

HOW PROGRESS IS CHECKED

Every Check week: max strict toes-to-bar, recorded with your rung in SugarWOD.

Count only the time the position holds. Stop if anything is painful, not just hard, and tell your coach.