



Gym Guide

Powered by Kleuren Turnen 

Bars Lines & Shapes



Creating a foundation & building skills







Static



1. Long, open shape



[Shoulders open](#)




[Line on back](#)





[Line on belly](#)



[Handstandline & resistance band](#)





[Handstand & aquatrainer](#)




[Shape & shoulders](#)





[Active horizontal line](#)





[Pull up shape – shoulders closed](#)



[Back hip circle shape – shoulders closed](#)



[Long line - open shoulders & ribs in](#)



[Long, open shape](#)





[Handstand line - against wall - belly](#)



[Handstand line - back against wall](#)



[Handstand](#)



[Line & control](#)



Static

2. L-shape





[L-shape on back](#)





[Pike press](#)



[L shape](#)



[L-shape](#)





[Caret shape - open shoulders & preps for straddle casts - feet on spring board](#)





[Square handstand](#)



[Pike press preps \(kip preps\)](#)



[L hang & V hang](#)





[Square handstand](#)



Static



3. V-shape





[V shape with feet on parallel](#)





[V shape](#)



[V-hang with feet on bar](#)



[V Shape](#)



[V-hang](#)




Static


4. Cast & back hip circle shapes



[Plank prep](#)



[Leaning forward](#)



[Plank](#)



[Plank - cast shape - ribs in & pushing on parallette](#)




[On knees - cast shape](#)




[Plank](#)



[Hollow shape, shoulders closed, pushing on parallette](#)



[Cast shape \(core engaged\)](#)



[Walking backwards](#)



[Planking](#)



[Planking sideways](#)



[Planking 1 parallelte](#)



Static



5. Straddle shape





[Straightening knees & press preps](#)





[Flexibility](#)



[\(Difficult\) Straddle shape on elbows](#)



[Flexibility - split](#)



[Straddle press](#)



Static

6. Arch & hollow shape



Candle - core



Hollow-Kurbet shape



Hollow shape - But on surface, ribs in, open shoulders & ears covered



Free hip circle shape (hollow)



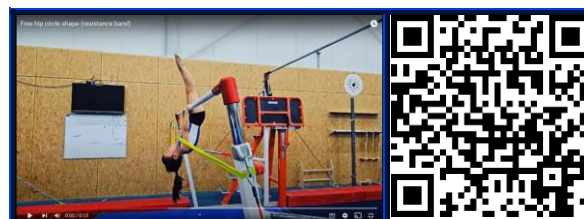
Arch



(Easy) Kurbet shape



Candle



Free hip circle shape (resistance band)





Kurbet shape - hips on surface springboard - ribs in, open shoulders, ears covered





Dynamic

1. Long, open shape



[Swinging in pull up shape](#)



[Shapes pull up & pull over](#)



[Long arch hollow](#)





[Cast shape \(core engaged\)](#)



[Long line to hollow line](#)



[Chin levers \(closed shoulders\)](#)



[Long to hollow shape](#)



Dynamic



2. L-shape





[Candle, hollow shape, L-sit & parallelte](#)



[Hollow shape to L sit free hip circle preps](#)



[L-shape to long shape \(kip preps\)](#)





[L hang to V hang keeping ears covered and shoulders as long as possible](#)



Dynamic



3. V-shape





[Long line - Hollow line - v shape](#)



[Open hips to v sit v shape](#)



[Chin levers - to pull over - to kip drill](#)





[L hang to V hang keeping ears covered and shoulders as long as possible](#)



Dynamic

4. Cast & back hip circle shapes



[Dynamic shaping: cast & back hipcircle shapes](#)




[Opening arms](#)





[Plank shape - opening to handstand line free hip circle preps](#)




[Dynamic shaping: cast & free hipcircle shapes](#)



[Cast shape on knees - to back hipcircle shape](#)



[Plank on elbows - arch & hollow shapes](#)



[Dynamic shaping: cast & free hipcircle shapes \(to handstand\)](#)



[Casts - resistance band](#)



[Plank shape to hollow shape to handstand line free hip circle preps](#)



Dynamic

5. Straddle press & straddle cast



[To toes](#)



[Lower candle and straddle press shapes](#)



[Press shapes in candle](#)



[Shoulders forward and leaning against spring board](#)



[V-sit press to plank](#)



[Press handstand on trampoline](#)



[Shoulders forward](#)



[Press handstand while lying on back](#)



[Dynamic: Straddle cast preps](#)



[From knees to straddle handstand](#)



[Caret to straddle cast](#)




[Press handstand on head](#)



Dynamic

6. Arch & hollow shape





[Hollow rock](#)



[Arch & hollow on belly](#)




[Arch-hollow on knees](#)





[Active – bouncing to candle](#)





[Arch & hollow on back](#)





[Arch & hollow - legs on higher surface - belly down](#)



[Arch & hollow tap swings preps](#)



[Plank & Caret - Kurbet shape - all with ribs in](#)



[Arch & hollow - but on higher surface belly up](#)



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