

Bodyweight Fitness Progressions

Warm Up!

[Shoulders](#) [Squat Sky Reach](#) [Wrists](#) [Bodyline Work](#)
Also warm up using easier skills in each progression

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Horizontal Pull		Vertical Pull		Vertical Push		Horizontal Push		Core		Legs		
----- Back -----		----- Front -----		----- Down -----		----- Up -----				----- Push -----		Pull
<ul style="list-style-type: none"> German Hang Tuck Skin the Cat Adv Tuck Skin the Cat Pike Skin the Cat 	<ul style="list-style-type: none"> Vertical Row Incline Row Row Wide Row 	<ul style="list-style-type: none"> Scapular Pull Arch Hang Pull Up Negative Pull Up 	<ul style="list-style-type: none"> Side Plank Dip Tuck L-Sit Dip L-Sit Dip 	<ul style="list-style-type: none"> Sup Hold Dip Neg Wall Plank Wall Headstand Wall Handstand Handstand 	<ul style="list-style-type: none"> Incline Push Up Push Up Diamond Push Up 	<ul style="list-style-type: none"> Plank Straddle One Arm Plank 	<ul style="list-style-type: none"> Rev Hyperextension Hyperextension Arch Body Hold 	<ul style="list-style-type: none"> Assisted Squat Parallel Squat Full Squat 	<ul style="list-style-type: none"> OL Deadlift 90° Hip NC 45° Hip NC 			
<ul style="list-style-type: none"> Tuck Back Lever Adv Tuck Back Lever 	<ul style="list-style-type: none"> L-Hang 	<ul style="list-style-type: none"> Ring L-Sit Pull Up 	<ul style="list-style-type: none"> Foot Sup L-Sit One Leg L-Sit Tuck L-Sit One Leg Bent L-Sit L-Sit Straddle L-Sit 	<ul style="list-style-type: none"> Reverse Plank Shoulder Bridge Table Bridge Angled Bridge Head Bridge Bridge / Wheel Decline Bridge One Leg Bridge Decline OL Bridge 	<ul style="list-style-type: none"> PP Push Up Pike Push Up Decline Pike PU 	<ul style="list-style-type: none"> Straight Arm Frog Stand / Crane Pose 	<ul style="list-style-type: none"> Planche Lean Frog Stand / Crow Pose 	<ul style="list-style-type: none"> OA Plank OA OL Plank 	<ul style="list-style-type: none"> Hollow Hold Tuck Up Crunch Seated Pike Leg Lift 	<ul style="list-style-type: none"> Split Squat Bulgarian Split Squat 		
<ul style="list-style-type: none"> Tuck Front Lever <p>For some people Straddle is easier than One Leg in the Front & Back Lever progressions below</p>	<ul style="list-style-type: none"> Archer Row 	<ul style="list-style-type: none"> L-Sit Pull Up C2B Pull Up MU Neg Kipping MU 	<ul style="list-style-type: none"> Ring Sup Hold RTO Sup Hold Ring Dip Neg RTO Dip Bulgarian Dip 	<ul style="list-style-type: none"> Wall HeS PU Neg Wall HeS PU 	<ul style="list-style-type: none"> Ring Wide PU Ring Dip Neg Ring Push Up Archer Push Up Ring Archer PU 	<ul style="list-style-type: none"> Ring Frog Stand 	<ul style="list-style-type: none"> Straddle Elbow Lever One Leg Elbow Lever Elbow Lever 	<ul style="list-style-type: none"> Hanging Knees to Chest Hanging Leg Raise T2B Ankle Weight HLR T2B One Arm HLR T2B 	<ul style="list-style-type: none"> Cossack Squat Partial Pistol Squat Assisted Pistol Squat Pistol Squat 	<ul style="list-style-type: none"> Step Up Deep Step Up 		
<ul style="list-style-type: none"> Adv Tuck Front Lever 	<ul style="list-style-type: none"> Archer-in Row Str OA Row One Arm Row 	<ul style="list-style-type: none"> Pullover 	<ul style="list-style-type: none"> Vertical Flag Adv Tuck Flag Straddle Flag Human Flag 	<ul style="list-style-type: none"> Wall HS PU Headstand PU HS PU 	<ul style="list-style-type: none"> RTO Push Up RTO Archer PU RTO PP PU 	<ul style="list-style-type: none"> Tuck Planche 	<ul style="list-style-type: none"> Ring Elbow Lever OA Straddle Elbow Lever One Arm Elbow Lever 	<ul style="list-style-type: none"> Tuck Dragon Flag Negative Advanced Tuck Dragon Flag 	<ul style="list-style-type: none"> Beginner Shrimp Squat Int Shrimp Squat 	<ul style="list-style-type: none"> Weighted Pistol Squat Natural One Leg Press 		
<ul style="list-style-type: none"> One Leg Back Lever Straddle Back Lever Back Lever Back Lever Pullout 	<ul style="list-style-type: none"> Tuck ICM Tuck FL Row Adv Tuck FL Row 	<ul style="list-style-type: none"> Muscle Up Wide Muscle Up Strict Bar MU L-Sit Muscle Up 	<ul style="list-style-type: none"> Ring L-Sit Dip Ring Wide Dip RTO 45° Dip RTO 75° Dip 	<ul style="list-style-type: none"> Ring Shld Stand Ring HS 	<ul style="list-style-type: none"> Incline OA PU Straddle OA PU Ring Str OA PU One Arm Push Up 	<ul style="list-style-type: none"> Tuck Planche PU Adv Tuck PL PU 	<ul style="list-style-type: none"> Ring SA Frog Stand Ring Tuck Planche 	<ul style="list-style-type: none"> Straddle / One Leg Dragon Flag Dragon Flag Ankle Weight Dragon Flag OA Dragon Flag OL Dragon Press Dragon Press 	<ul style="list-style-type: none"> Shrimp Squat Two Hand Shrimp Squat Elevated 2H Shrimp Squat 	<ul style="list-style-type: none"> Nordic Curl Negative Nordic Curl Nordic Curl Arms Overhead Tuck One Leg Nordic Curl 		
<ul style="list-style-type: none"> One Leg Front Lever Straddle Front Lever Front Lever 	<ul style="list-style-type: none"> Straddle FL Row Front Lever Row 	<ul style="list-style-type: none"> Ring Wide Pull Up Ring Wide L-Pull Up Typewriter Pull Up Archer Pull Up OA Pull Up Neg 	<ul style="list-style-type: none"> RTO L-Sit 45° V-Sit 90° V-Sit 	<ul style="list-style-type: none"> Tuck Handstand OA HS Progression 	<ul style="list-style-type: none"> RTO Maltese PU Ring Wall PP PU Wall PP Push Up Wall Maltese PU 	<ul style="list-style-type: none"> Adv Tuck PL Str Planche 	<ul style="list-style-type: none"> Ring Tuck PL PU Ring Adv Tuck PL 	<ul style="list-style-type: none"> Ring Ab Rollout 	<ul style="list-style-type: none"> Weighted Pistol Squat Elevated Friction Pistol Squat 	<ul style="list-style-type: none"> One Leg Nordic Curl 		
<ul style="list-style-type: none"> FL to Inverted Hanging Pull FL to Inv 360° Pull 	<ul style="list-style-type: none"> Iron Cross Progression Iron Cross Iron Cross to BL 	<ul style="list-style-type: none"> One Arm Pull Up OA Straight MU 	<ul style="list-style-type: none"> RTO 90° Dip 120° V-Sit 140° V-Sit 155° V-Sit 170° V-Sit 	<ul style="list-style-type: none"> Straddle OA HS Straight OA HS Ring HS Push Up 	<ul style="list-style-type: none"> Ring OA Push Up 	<ul style="list-style-type: none"> Str Planche PU OL Planche PU 	<ul style="list-style-type: none"> Ring Adv Tuck PL PU Ring Straddle PL PU 	<ul style="list-style-type: none"> One Arm Dragon Press Weighted Ab Wheel One Arm Ab Wheel 				
<ul style="list-style-type: none"> German Hang Pullout Bent Arm Pull Up to BL Handstand Lower to BL 		<ul style="list-style-type: none"> High One Arm Pull Up 	<ul style="list-style-type: none"> Manna OA Elbow Lever Press to OA HS 	<ul style="list-style-type: none"> Additional HS Variations 	<ul style="list-style-type: none"> Ring Planche Inverted Cross 	<ul style="list-style-type: none"> Planche Push Up Ring Planche Push Up Maltese 	<ul style="list-style-type: none"> Ring Adv Tuck PL PU Ring Straddle PL PU 					

Legend

- Beginner
- Intermediate
- Advanced
- Elite

Milestone

Iron Cross Prerequisite

Skill Achieved

Abbreviations

2H	Two Hand	HeS	Headstand	MU	Muscle Up	PL	Planche	SA	Straight Arm
Adv	Advanced	HLR	Hanging Leg Raise	NC	Nordic Curl	PP	Pseudo Planche	Shld	Shoulder
BL	Back Lever	HS	Handstand	Rev	Reverse	PU	Push Up	Str	Straddle
C2B	Chest to Bar	ICM	Ice Cream Maker	OA	One Arm	Rev	Reverse	Sup	Support
FL	Front Lever	Int	Intermediate	OL	One Leg	RTO	Rings Turned Out	T2B	Toes to Bar

References

Overcoming Gravity 2nd Edition [Exercise Chart](#)
 Reddit Bodyweight Fitness [Recommended Routine](#)
 Reddit Bodyweight Fitness [Exercise Wiki](#)
 Antranik [Bodyweight Training](#)
 This Chart as an Image [1920 x 1080 Wallpaper](#)

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