

Handstand Chart – Muscles Emphasized: Anterior Deltoids, Traps, Triceps, Body Control; L-sit, V-sit, and Manna Posterior Emphasize Deltoids and Back											
Column #		1	2	3	4	5	6	7	8	9	
Book Page #		318	336	341	349	352	353	360	369	379	
	FIG	Level	Handstands	Rings HS	Handstand Pushups	Rings HSPU	Press	Press Handstands	Rings Press HS	Straight Arm Press HS	L, Str-L, V, Manna
Beg	Basic	1	Wall HS		Pike HeSPU						Tuck L-sit
		2	Wall HS		Box HeSPU		.3x BW				1 Leg Bent L-sit
		3	Wall HS		Wall HeSPU Ecc		.43x BW				L-sit
		4	Free HS		Wall HeSPU		.55x BW				Straddle L-sit
Int	A Lvl	5	Free HS	R Shld Std	Wall HSPU		.68x BW	BA BB Press		Wall Str Press Ecc	RTO L-sit
		6	Different progressions to the One Arm Handstand	R Strap HS	Free HeSPU		.8x BW	L-Sit BA BB Press	Chair Press	Ele Str Std Str Press	45 deg V-sit
		7		R HS	Free HSPU	R Wide HSPU	.9x BW	CR SB Press	Chair Illusion	Str / Pike Std Press	75 deg V-sit
		8			R Strap HSPU		1x BW	BA SB Press	R BA BB Press	L-sit / Str-L Str Press	100 deg V-sit
9		R Free HSPU			1.08x BW	HS EL HS	R Dip to HS	L-sit / Str-L Pike Press	120 deg V-sit		
Adv	B Lvl	10	One Arm HS				1.15x BW	PB Dip SB to HS	R BA SB Press	R SA L-sit Str Press	140 deg V-sit
		11					1.2x BW		R HS EL HS	R SA Str-L Str Press	155 deg V-sit
		12							R Dip SB to HS	R SA Pike Press	170 deg V-sit
		13									Manna
Elite	C Lvl	14									
		15									
		16									

BW = Body Weight R = Rings PB = Parallel Bars FL = Front Lever (also Floor with PB)	SB = Straight-Body Adv = Advanced Str = Straddle Deg = # of Degrees in Body/Hand Positioning	HeSPU = Headstand Pushup HSPU = Handstand Pushup BL = Back Lever Inv = Inverted Hang OAC = One-Arm Chin-up PL = Planche PU = Pushup	PPPU = Pseudo Planche Pushup GH = German Hang RC = Rope Climb OA = One-Arm EL = Elbow Lever Ecc = Eccentrics BTB = Behind the Back	Clap = Clapping your Hands Together Slap = Slapping your Hands on a Body Part BWD = Backward FWD = Forward Shld Std = Shoulder Stand
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Pulling Chart – Muscles Emphasized: Posterior Deltoids, Back and Scapular Muscles, Biceps, and Forearms. Chest depending on the progression.

Column #		1	2	3	4	5	6	7	8	9		
Book Page #		390	402	410	416	423	428	436	437	447		
FIG	Level	Back Lever	Front Lever	FL Rows	Rows	Pull-ups	R Pull-ups + OAC	Weighted Pull-ups	Explosive Pull-ups	Iron Cross		
Beg	Basic	1	German Hang			Row Ecc	Jump Pull-ups			Rec PRE-REQs in Gray		
		2	Skin the Cat			Ring Rows	Bar Pull-up Ecc		Assisted Pull-ups		Kip Pull-ups	
		3	Tuck BL			Wide Rows	Bar Pull-ups		1x Bodyweight		Bar Pull-ups	
		4	Adv Tuck BL	Tuck FL		Archer Rows	L-Pull-ups	R L-Pull-ups	1.18x Bodyweight		Kip Clap Pull-ups	
Int	A Lvl	5	Straddle BL	Adv Tuck FL	Tuck FL	Archer-in-Rows	Pullover	R Wide Pull-ups	1.35x Bodyweight		Non-Kip Clapping	
		6	Half Lay / 1 Leg BL	Straddle FL	Adv Tuck FL	Str OA Rows		R Wide L-Pull-ups	1.50x Bodyweight		L-Clap Pull-ups	
		7	Full BL	Half lay / 1 Leg FL	Adv Tuck RC	OA Rows		R Archer Pull-ups	1.65x Bodyweight		Kip BTB Clap	
Adv	B Lvl	8	BL Pullout	Full FL	Straddle FL			OAC Eccentric	1.78x Bodyweight		L-Slap Abs	
		9	GH Pullout	FL to Inverted	Str FL RC			OAC	1.9x Bodyweight	L-Slap Thighs	Cross Progressions	
		10	BA Pull-up to BL	Hang Pull to Inv	Full FL				OAC+15 lbs	2x Bodyweight	Reg Slap Thighs	Iron Cross Hold
		11	HS Lower to BL	Circle FL	FL RC				OAC+25 lbs	2.1x Bodyweight	Non-Kip BTB Clap	Cross to Back Lever
Elite	C Lvl	12										
		13									Iron Cross Pullouts	
		14									Hang Pull to Back Lever	
		15									Butterfly Mount	
		16									Support to Hang to Cross	

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RTO = Rings-Turned-Out
FG = False Grip
HS = Handstand

HeSPU = Headstand Pushup
HSPU = Handstand Pushup
BL = Back Lever
Inv = Inverted Hang
OAC = One-Arm Chin-up
PL = Planche
PU = Pushup

PPPU = Pseudo Planche Pushup
GH = German Hang
RC = Rope Climb
OA = One-Arm
EL = Elbow Lever
Ecc = Eccentrics
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Pushing Chart – Muscles Emphasized: Anterior Deltoids, Chest, Scapular muscles, and Triceps. Some Back depending on the progression.

Column #		1	2	3	4	5	6	7	8	9		
Book Page #		457	472	478	483	485	449	505	512	521		
FIG	Level	Planche (PB/FL)	Rings Planche	PB/FL PL Pushups	Rings PL Pushups	Pushups	One Arm Pushups	Dips	Ring Dips	Weighted Dips		
Beg	Basic	1				Regular Pushups		PB Jump Dips	Support Hold			
		2				Diamond Pushups		PB Dips Ecc	RTO Support	Assisted Dips		
		3	Frog Stand				Ring wide PU		PB Dips	R Dips Ecc	Dips	
		4	SA Frog Stand	Frog Stand			Ring PU		L-Dips	R Dips	1.2x BW	
Int	A Lvl	5	Tuck PL	SA Frog Stand			RTO Pushups	Elevated OA PU	45 Deg Dips	R L-Dips	1.38x BW	
		6	Adv Tuck PL	Tuck PL	Tuck PL PU			RTO Archer PU	Straddle OA PU		R Wide Dips	1.55x BW
		7						RTO 40 Deg PPPU	Rings Str OA PU		RTO 45 Deg Dips	1.7x BW
	8	Straddle PL	Adv Tuck PL	Adv Tuck PL PU	Tuck PL PU	RTO 60 Deg PPPU	Straight Body OA PU	Wall OA Dips	RTO 75 Deg Dips		1.85x BW	
	9	Half Lay / 1 Leg					RTO Maltese PU	Rings SB OA PU	Side OA Dips	RTO 90 Deg Dips	2x BW	
Adv	B Lvl	10		Straddle PL	Straddle PL PU	Adv Tuck PL PU	Wall PPPU			RTO 90 + 30 Dips	2.13x BW	
		11	Full PL				R Wall PPPU			RTO 90 + 50 Dips	2.25x BW	
	12	SA Str PL to HS	Half Lay / 1 Leg	Half Lay / 1 Leg PL PU	Straddle PL PU	Wall Maltese PU				RTO 90 + 65 Dips		
	13					R Wall Maltese PU				RTO 90 + 75 Dips		
Elite	C Lvl	14	SA PL to HS	Full PL	Full PL PU	Half Lay / 1 Leg PL PU					RTO 90 + 82 Dips	
		15	SA SB to HS									RTO 90 + 86 Dips
		16	SA PL to HS			Full PL PU						RTO 90 + 88 Dips

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Miscellaneous Chart – Muscle-ups, Elbow Levers, Flags, and Combinations Push and Pull; Ab wheel for Core; Squat Progression and Legs work the Quads, Glutes, and Hamstrings										
Column #		1	2	3	4	5	6	7	8	
Book Page #		523	539	543	545	549	551	560	569	
FIG	Level	Muscle-ups / Inverted MUs	Elbow Levers	Flag	Ab Wheel	Rings Full Statics	Rings Kip Skills	Rings Felge Skills	Squats	
Beg	Basic	1						(Forward = Fwd)	Parallel Squat	
		2			25s Plank			(Backward = Bwd)	Full Squat	
		3	MU Negatives			60s Plank				Side to Side Squat
		4	Kipping MU			1 Arm 1 Leg Plank				Pistol
Int	A Lvl	5	Muscle-ups	Two-Arm EL	Tuck Flag	Knees Ab Wheel	RTO L-Sit	Felge Fwd Tuck to Support	1.2x BW Pistol	
		6	Wide / No FG MU	R Two-Arm EL	Adv Tuck Flag	Ab Wheel Ramp	RTO Str-L	Kip to Support	Felge Fwd Pike / Felge Bwd Tuck	1.35x BW Pistol
		7	Strict Bar MU	OA Straddle EL	Straddle Flag	Ab Wheel Ecc	Back Lever	Back Kip to Support	Felge Bwd Pike to Support	1.5x BW Pistol
Adv	B Lvl	8	SFL MU ATPL / L-Sit MU	OA SB EL	Full Flag	Full Ab Wheel	Front Lever		1.65x BW Pistol	
		9	OA Straight MU			Ab Wheel + 20 lbs	R 90 Deg V-Sit	SA Kip to L-Sit		1.8x BW Pistol
		10	Felge Bwd SB to Support			One Arm Ab Wheel	Iron Cross / Str PL	SA Back Kip to Support	Felge Fwd Straight to Support	1.9x BW Pistol
		11	FL MU Str PL					Back Kip to Handstand	Felge Bwd Straight to Support	2x BW Pistol
Elite	C Lvl	12	Felge Bwd SB to HS						Felge Bwd SB to HS	
		13						SA kip to V-Sit/Cross/L-Cross	Felge Fwd SA to Cross	
		14	SB Rotation to HS				Full Planche	Back Kip to Cross/L-Cross	Felge Fwd SA to Str PL	
		15	Butterfly Mount					Back Kip to Straddle PL	Felge Fwd SA SB to HS	
		16	(L17) Elevator				Inverted Cross			

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