

Handstand Chart – Muscles Emphasized: Anterior Deltoids, Traps, Triceps, Body + Core; L-sit to Manna Emphasizes Posterior 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
Basic Skills	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
A-Level Skills	5	Free HS	Wall HSPU		.68x BW	BA BB Press		Wall Str Press Ecc	RTO L-Sit
	6		Free HeSPU		.8x BW	L-Sit BA BB Press	Chair Press	Ele Str Std Str Press	45 deg V-Sit
	7	Different Progressions for One-Arm Handstand	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
B-Level Skills	9			R Free HSPU	1.08x BW	HS EL HS	R Dip to HS	L-Sit / Str-L Pike Press	120 deg V-Sit
	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
C-Level Skills	13								Manna
	14								
	15								
	16								
Elite									
Advanced									
Intermediate									
Beginner									

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	499	505	512	521
FIG Level	PB/FL Planche	Rings Planche	PB/FL Planche PU	Rings PL Pushups	Pushups	One-Arm PU	Dips	Ring Dips	Weighted Dips
Basic Skills	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
A-Level Skills	5	Tuck PL	SA Frog Stand		RTO Pushups	Elevated OA PU	45 Deg Dips	RL-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	Tuck PL PU	RTO 60 Deg PPPU	SB OA PU	One-Arm Dips	RTO 75 Deg Dips	1.85x BW
B-Level Skills	9	Half Lay / 1 Leg			RTO Maltese PU	Rings SB OA PU	One-Arm Dips	RTO 90 Deg Dips	2x BW
	10		Straddle PL	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	Straddle PL PU	Wall Maltese PU			RTO 90 + 65 Dips	
C-Level Skills	13				R Wall Maltese PU			RTO 90 + 75 Dips	
	14	SA PL to HS	Full PL	Half Lay / 1 Leg				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	Maltese (L-17)
Elite									
Advanced									
Intermediate									
Beginner									

Miscellaneous Chart – Push and Pull Combo: Muscle-ups, Elbow Levers, Flags; Core; Squat and Legs works the Quads, Glutes, and Hamstrings.									
Column #	1	2	3	4	5	6	7	8	
Book Page #	523	539	543	545	549	551	560	569	
	Muscle-ups / Inv MUs	Elbow Levers	Flag	Ab Wheel	Rings Statics	Rings Kip Skills	Rings Felge Skills	Squats	
Beginner	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	
Intermediate	5	Muscle-ups	Two-Arm EL	Tuck Flag	Knees Ab Wheel	RTO L-Sit	Felge Fwd Tuck to Sup	1.2x BW Pistol	
	6	Wide / No FG MU	R Two-Arm EL	Adv Tuck Flag	Ab Wheel Ramp	RTO Str-L	Felge Fwd Pike / Bwd Tuck	1.35x BW Pistol	
	7	Strict Bar MU	OA Straddle EL	Straddle Flag	Ab Wheel Ecc	Back Lever	Felge Bwd Pike to Sup	1.5x BW Pistol	
	8	SFL MU ATPL / L-Sit MU	OA SB EL	Full Flag	Full Ab Wheel	Front Lever		1.65x BW Pistol	
Advanced	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 Sup			OA Ab Wheel	Cross / Str PL	Felge Fwd SB to Sup	1.9x BW Pistol	
	11	FL MU Str PL				Back Kip to HS	Felge Bwd SB to Sup	2x BW Pistol	
	12	Felge Bwd SB to HS					Felge Bwd SB to HS		
Elite	13					SA Kip to V-Sit/Cross	Felge Fwd SA to Cross		
	14	SB Rotation to HS			Full Planche	Back Kip to Cross	Felge Fwd SA to Str PL		
	15	Butterfly Mount				Back Kip to Str PL	Felge Fwd SA SB to HS		
	16	(L17) Elevator			Inv Cross				