

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
1	German Hang			Row Ecc	Jump Pull-ups				
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	
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	
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	
12									
13								Iron Cross Pullouts	
14								Hang Pull to BL	
15								Butterfly Mount	
16								Sup to Hang to Cross	

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					Regular Pushups	PB Jump Dips	Support Hold		
Beginner	1				Diamond Pushups	PB Dips Ecc	RTO Support	Assisted Dips	
Intermediate	2				Ring Wide PU	PB Dips	R Dips Ecc	Dips	
Advanced	3	Frog Stand	Frog Stand		Ring PU	L-Dips	R Dips		1.2x BW
Intermediate	4	SA Frog Stand			RTO Pushups	Elevated OA PU	45 Deg Dips	R L-Dips	1.38x BW
Advanced	5	Tuck PL	SA Frog Stand		RTO Archer PU	Straddle OA PU		R Wide Dips	1.55x BW
Intermediate	6	Adv Tuck PL	Tuck PL		RTO 40 Deg PPPU	Rings Str OA PU		RTO 45 Deg Dips	1.7x BW
Advanced	7				RTO 60 Deg PPPU	SB OA PU	One-Arm Dips	RTO 75 Deg Dips	1.85x BW
Elite	8	Straddle PL	Adv Tuck PL	Adv Tuck PL PU	Tuck PL PU	RTO Maltese PU	Rings SB OA PU	One-Arm Dips	RTO 90 Deg Dips
Intermediate	9	Half Lay / 1 Leg			Wall PPPU				2x BW
Advanced	10	Straddle PL	Straddle PL PU	Adv Tuck PL PU	Wall PPPU			RTO 90 + 30 Dips	2.13x BW
Elite	11	Full PL			R Wall PPPU			RTO 90 + 50 Dips	2.25x BW
Intermediate	12	SA Str PL to HS	Half Lay / 1 Leg	Half Lay / 1 Leg	Straddle PL PU	Wall Maltese PU		RTO 90 + 65 Dips	
Advanced	13					R Wall Maltese PU		RTO 90 + 75 Dips	
Elite	14	SA PL to HS	Full PL	Full PL PU	Half Lay / 1 Leg			RTO 90 + 82 Dips	
Intermediate	15	SA SB to HS						RTO 90 + 86 Dips	
Advanced	16	SA PL to HS			Full PL PU			RTO 90 + 88 Dips	Maltese (L17)

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
FIG Level	Muscle-ups / Inv MUs	Elbow Levers	Flag	Ab Wheel	Rings Statics	Rings Kip Skills	Rings Felge Skills	Squats
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
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	Kip to Support	Felge Fwd Pike / Bwd Tuck	1.35x BW Pistol
7	Strict Bar MU	OA Straddle EL	Straddle Flag	Ab Wheel Ecc	Back Lever	Back Kip to Sup	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
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	SA Back Kip to Sup		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	
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				