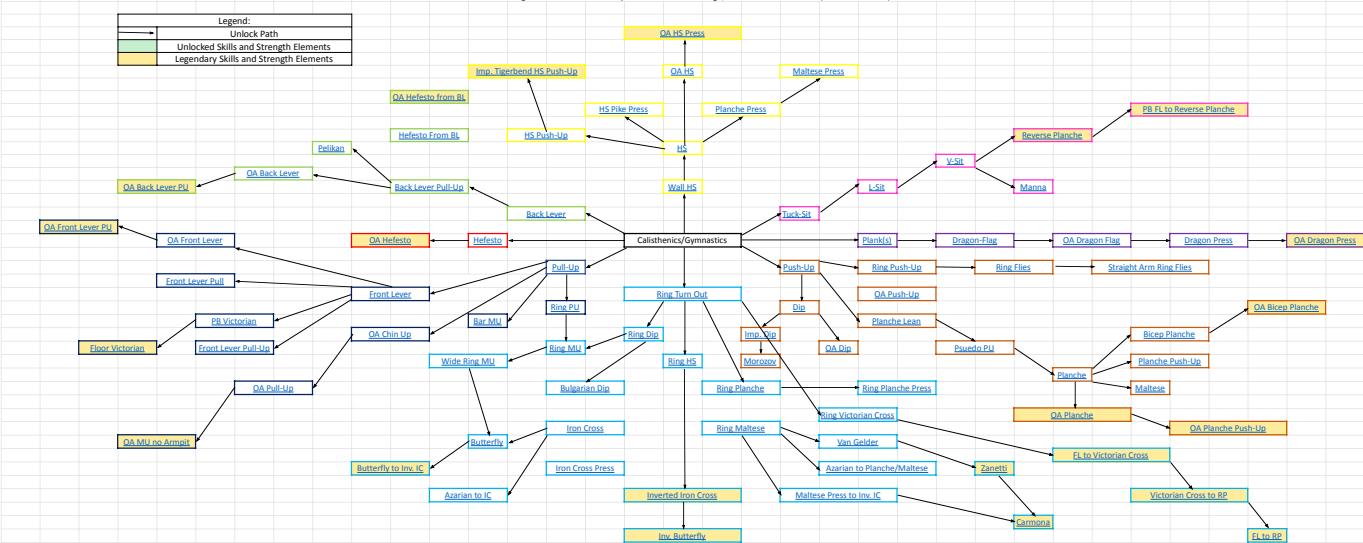


Warning

When clicking on video links make sure your volume is not too high, as some start mid music. (delete when read)



Skill / Strength Element	Form	Tutorial	Alternative Tutorial	Variations/Progressions
Plank(s)	Form (Calisthenicmovement)	Tutorial (Calisthenicmovement)	Alt. (Calimnastic)	Plank(s)
Dragon Flag	Form (Fitness FAQs)	Tutorial (FitnessFAQs)	Alt. (Bodyweight Mastery)	Dragon Flag
Dragon Press	From (Gioele Cuccu)	Tutorial (Hoso Street Workout)	Alt. (Cesar_7SW)	Dragon Press
OA Dragon Press	Form (Steven Dupuis)			OA Dragon Press
Push-Up	Form (Calisthenicmovement)	Tutorial (FitnessFAQs)	Alt. (Calisthenicmovement)	Push-Up
OA Push-Up	Form (Arthem Morozov)	Tutorial (Calisthenicmovement)	Alt. (Austin Dunham)	OA Push-Up
Ring Flies	Form (Fitness FAQs)	Tutorial (FitnessFAQs)	Alt (Thenx)	Ring Flies
Straight Arm Ring Flies	Form (Metal bodies)	Tutorial (Metal bodies)	Alt. (CrossFit)	Straight Arm Ring Flies
Dip	Form (Calisthenicmovement)	Tutorial (Calisthenicmovement)	Alt. (FitnessFAQs)	Dip
Imp. Dip (Impossible)	Form (Pilous)	Tutorial (Pilous)	Tutorial (Artem Morozov)	Imp. Dip (Impossible)
Planche Lean	Form (Calimnastic)	Tutorial (Calimnastic)	Alt. (FitnessFAQs)	Planche Lean
Pseudo Push-Up	Form (Artem Morozov)	Tutorial (Artem Morozov)	Alt./Hollow Body Push-Up (Calimnastic)	Pseudo Push-Up
Planche	Form (Calimnastic)	Tutorial (David Packer)	Alt. (Gioser 30)	Planche
Planche Push-Up	Form (Dao ba zai)	Tutorial (David Packer)	Alt. (David Packer)	Planche Push-Up
Maltese	Form (David Packer)	Tutorial (David Packer)	Tutorial [ES] (WARMAXINSO)	Maltese
OA Planche (One Arm)	Form (Zoran Pesterac)	Tutorial [ES] (Aladren Hand)	Alt. [FR] (Mister H)	OA Planche (One Arm)
OA Planche Push Up (One Arm)	Form (Ziolus)			OA Planche Push Up (One Arm)
Ring Turn Out	Form (Dusty Hyland)	Tutorial (FitnessFAQs)	Alt. (GMB Fitness)	Ring Turn Out
Ring Dip	Form (Bodyweight Mastery)	Tutorial (Bodyweight Mastery)	Alt. (Dan Jeong)	Ring Dip
Ring MU (Muscle Up)	Form (Fitness FAQs)	Tutorial (FitnessFAQs)	Alt. (Troy Nevrela)	Ring MU (Muscle Up)
Wide Ring MU (Muscle Up)	Form (Superando mis limites)	Tutorial (Calisthenics 2.0)		Wide Ring MU (Muscle Up)
Bulgarian Dip	Form (GymnasticBodies)	Tutorial (Jakub Kowalski)	Alt. (Eastern Bar Athletics)	Bulgarian Dip
Iron Cross	Form (Tyler Yamauchi)	Tutorial (David Packer)	Alt. (CalisthenicsDude)	Iron Cross
Iron Cross Press	Form (Nick Silagy)	Tutorial (David Packer)	Alt. (Tyson Edwards)	Iron Cross Press
Butterfly (Iron Cross MU)	Form (Yudenkov)	Tutorial (David Packer)		
Butterfly to Inv. IC (Inverted Iron Cross)	Form (Aleksandr Balandin)	Tutorial (David Packer)		
Azarian to IC (Iron Cross)	Form (Eduard Azaryan)	Tutorial (sort of) (Lachlan_Walker)		
Ring HS (Handstand)	Form (Jared Rodriguez)	Tutorial (Fitness On The Run)	Alt. (ringsking)	Ring HS (Handstand)
Inverted Iron Cross	Form (Yuri Van Gelder)	Tutorial (David Packer)		Inverted Iron Cross
Ring Planche	Form (David Packer)	Tutorial (David Packer)		
Ring Maltese	Form (matteodeu)	Tutorial (David Packer)		
Ring Planché Press	Form (Yuri Van Gelder)	Tutorial (David Packer)		
Azarian to Planche/Maltese	Form (coolgymnast)	Tutorial (David Packer)		
Maltese to Inv. IC (Inverted Iron Cross)	Form (Yuri Van Gelder)	Tutorial (David Packer)		
Van Gelder	Form (Yuri Van Gelder)	Tutorial (David Packer)		
Zanetti	Form (Arthur Zanetti)	Tutorial (David Packer)	Alt. (David Packer)	
Carmona	Form (Regulo Carmona)	Tutorial (David Packer)	Tutorial (David Packer)	
Ring Victorian Cross	Form (Danny Rodriguez)	Tutorial (David Packer)		
FL to Victorian Cross (Front Lever)	Form (Pietro Bruno)	Tutorial (David Packer)		
Victorian Cross to RP (Reverse Planche)				
FL to RP (Front Lever; Reverse Planche)				
Pull-Up	Form (Fitness FAQs)	Tutorial (FitnessFAQs)	Alt. (Calisthenicmovement)	Pull-Up
Ring PU (Pull-Up)	Form (Taylor Beech)	Tutorial (GMB Fitness)		Ring PU (Pull-Up)
Bar MU (Muscle Up)	Form (Artem Morozov)	Tutorial (FitnessFAQs)	Alt. (Thenx)	Bar MU (Muscle Up)
OA Chin-UP (One Arm)	Form (TrainingPal)	Tutorial (FitnessFAQs)	Alt. (Austin Dunham)	OA Chin-UP (One Arm)
OA PU (One Arm; Pull-Up)	Form (Noa Man Workout)	Tutorial (Calisthenicmovement)	Alt. (Artem Morozov)	OA PU (One Arm; Pull-Up)
OA MU no Armpit (One Arm; Muscle Up)	Form (Zoran Pesterac)	Tutorial (Thenx)		
OA Front Lever PU (One Arm; Pull Up)	Form (Andrey Kobelev)			
Front Lever	Form (Manimal ZYK)	Tutorial (Artem Morozov)	Alt. (Pilous)	Front Lever
Front Lever Pull	Form (Manuel Caruso)	Tutorial (David Packer)	Alt. [IT] (Gyampaolo Calvaresi)	Front Lever Pull

	Front Lever Pull-Up	Form (Anton Zhang)	Tutorial (David Packer)		Front Lever Pull-Up
	PB Victorian(Parallel Bar)	Form (Zoran Pesterac)	Tutorial (PlamkoSW)		PB Victorian(Parallel Bar)
	Floor Victorian	Form (Zoran Pesterac)	Tutorial (David Packer)		Floor Victorian
	Hefesto	Form (Viktor Kamenov)	Tutorial (Viktor Kamenov)	Alt. [FR] (Wolf's Bar)	Hefesto
	OA Hefesto (One Arm)	Form (matteodeu)			OA Hefesto (One Arm)
	Back Lever	Form (Fitness FAQs)	Tutorial (FitnessFAQs)	Alt. (Artem Morozov)	Back Lever
	Back Lever PU (Pull Up)	Form (Slavan Kripak)	Tutorial (BaristiWorkout)		Back Lever PU (Pull Up)
	Hefesto from BL (Back Lever)	Form (Viktor Kamenov)	Tutorial (Viktor Kamenov)		Hefesto from BL (Back Lever)
	OA Hefesto from BL (One Arm; Back Lever)	Form (matteodeu)			OA Hefesto from BL (One Arm; Back Lever)
	Pelikan	Form (Sergei Bashmakov)	Tutorial (willusionist)		
	OA BL (One Arm; Back Lever)	Form (Marko Bojovic)	Tutorial (StevieStayFit)		
	OA BL PU (One Arm; Back Lever; Pull Up)	Form (matteodeu)			OA BL PU (One Arm; Back Lever; Pull Up)
	Wall HS (Handstand)	Form (Artem Morozov)	Tutorial (Tom Merrick)	Alt. (Artem Morozov)	Wall HS (Handstand)
	HS (Handstand)	Form (Artem Morozov)	Tutorial (Artem Morozov)	Alt. (Artem Morozov)	HS (Handstand)
	HS Push-Up (Handstand)	Form (Calisthenicmovement)	Tutorial (Calisthenicmovement)	Alt. (Artem Morozov)	HS Push-Up (Handstand)
	Imp. Tigerbend HS Push-Up (Impossible; Handstand)	Form (Noa Man Workout)			
	OA HS (One Arm; Handstand)	Form (Miguel Santana)	Tutorial (Tom Merrick)	Alt. (Artem Morozov)	OA HS (One Arm; Handstand)
	OA HS Press (One Arm; Handstand)	Form (-----)			
	HS Pike Press (Handstand)	Form (Jackmonx)	Tutorial (Jackmonx)	Alt. (Bodyweight Mastery)	HS Pike Press (Handstand)
	Planche Press	Form (Yuri Van Gelder)	Tutorial (David Packer)	Alt. [IT] (Gaggy Yatarov)	
	Maltese Press	Form (Bekhzodbek Ashyraliev)	Tutorial (David Packer)		
	Tuck Sit	Form (Nicolas Kabbani)			
	L-Sit	Form (Fitness FAQs)	Tutorial (Antranik)	Alt. (Calmnastic)	
	V-Sit	Form (Gymnastics Bodies)	Tutorial (Bodyweight Mastery)	Alt. (SaturnoMovement)	
	Manna	Form (Gymnastics Bodies)	Tutorial (Bodyweight Mastery)	Alt. (BarBarics StreetWorkout)	
	Reverse Planche	Form (Flo Lit)	Tutorial (Flo Lit)	Alt. (David Packer)	Reverse Planche
	PB FL to Reverse Planche (Parallel Bars; Front Lever)				
	OA Dragon Flag (One Arm)	Form (Pilous)			OA Dragon Flag (One Arm)
	Inv. Butterfly (Inverse)	Form (Pavel Sobolev)			
	OA Front Lever (One Arm)	Form (Andrey Kobelev)	Tutorial (David Packer)	Alt. [IT] (Umberto Miletto)	OA Front Lever (One Arm)
	Ring Push-Up	Form (Tykato Fitness)	Tutorial (FitnessFAQs)	Alt. (RedDeltaProject)	Ring Push-Up
	Bicep Planche	Form (Ziolus)			Bicep Planche
	OA Bicep Planche	Form (matteodeu)			OA Bicep Planche
	OA Dip (One Arm)	Form (Raffaele Petito)	Tutorial [ES] (KASS Calisthenics)		OA Dip (One Arm)
	Morozov (Hold)	Form (Arthem Morozov)	Tutorial (Pilous)	Tutorial (Artem Morozov)	Morozov (Hold)

Plank(s)	Dragon Flag	Dragon Press	OA Dragon Press
Elbow Plank	Tuck	Tuck	Tuck
Side Plank	Single Leg	Single Leg	Single Leg
Superman Plank	Straddle	Extended Tuck	Extended Tuck
Reverse Plank	Full	Full	Full
	Straight Arms	Wide Hands	
	Straight Arms Bar Over Head		
Push-Up	OA Push-Up	Ring Flies	Straight Arm Ring Flies
Diamond Push-Up	Fingertip OA Push-Up	Incline Ring Flies	Incline Straight Arm Ring Flies
Tiger Band Push-Up	Hinge OA Push-Up	Decline Ring Flies	Decline Straight Arm Ring Flies
Archer Push-Up	Incline OA Push-Up		
Walking Gecko Push-Up			
Incline Push-Up			
Scapula Push-Up			
Explosive Push-Up			
Dip	Ring Push-Up	Imp. Dip (Impossible)	OA Dip (One Arm)
Straight Bar Dip	Archer Ring Push-Up	Lean Imp. Dip	Assisted OA Dip
Russian Dip	Wide Ring Push-Up	Imp. Dip Without Elbow Support	Half ROM OA Dip
Korean Dip	Pelican Ring Push-Up	No Grip Imp. Dip	
Archer Dip		Straight Bar Imp. Dip	
Swinging Dip		Wrist Imp. Dip	
Morozov (Hold)	Planche Lean	Pseudo Push-Up	Planche
Band Assisted Morozov Hold	Planche Lean Cranks	Pseudo Push-Up Bicep Turned Out	Tuck Planche
	Elbow Planche Lean		Adv. Tuck Planche
	Elevated Planche Lean		Straddle Planche
	Pseudo Maltese Press		Half Lay Planche
			Full Planche
			2 Finger Planche
			2 + 1 Finger Planche
			Straight Bar Planche
Planche Push-Up	Maltese	OA Planche (One Arm)	OA Planche Push Up (One Arm)
Tuck Planche	Straight Bar Maltese	Band Assisted OA Planche	90° OA Push Up
Adv. Tuck Planche	Parallel Bar Maltese	Arm Assisted OA Planche	
Straddle Planche	Dragon Maltese		
Full Planche			
Extra ROM Planche Push-Up			
Archer Planche Push-Up			
Bicep Planche	OA Bicep Planche	Ring Turn Out	Ring Dip
Pinkies Bicep Planche	Assisted OA Bicep Planche	Rings Support Hold (Extended)	OA Assisted Ring Dip
		Regular Rings Support Hold	Archer Ring Dip
		Tuck Rings Support Hold	
		L-Sit Rings Support Hold	
Ring MU (Muscle Up)	Wide Ring MU (Muscle Up)	Bulgarian Dip	Iron Cross
Slow Ring MU	Band Assisted Wide Ring MU	L-Sit Bulgarian Dip	Band Assisted Iron Cross
L-Sit Ring MU			Forearm Assisted Iron Cross
Archer Ring MU			Ring Lever Assisted Iron Cross
Iron Cross Press	Ring HS (Handstand)	Inverted Iron Cross	Pull-Up
Band Assisted Iron Cross Press	Ring Straps Assisted HS	Ring Straps Assisted Inverted Iron Cross	Chin-Up
Forearm Assisted Iron Cross Press	Shoulder Ring HS		Close Grip Pull-Up
Ring Lever Assisted Iron Cross Press	Shoulder Tuck Ring HS		L-Sit High Pull-Up
			Commando Pull-Up
			Explosive Pull-Up
			Inverted L Pull-Up
			Archer Pull-Up
Ring PU (Pull-Up)	Bar MU (Muscle Up)	OA Chin-UP (One Arm)	OA PU (One Arm; Pull-Up)
Switch Grip Ring PU	Close Grip MU	Finger Assisted OA Chin-UP	Finger Assisted OA Pull-Up
L-Sit Ring PU	Slow Muscle MU	Band Assisted OA Chin-Up	Band Assisted OA Pull-Up
	Wide MU		Hand Assisted OA Pull-Up
	Archer MU		1 Finger OA Pull-Up
	X Grip MU		
	Terrorist Pull Up		
Front Lever	Front Lever Pull	Front Lever Pull-Up	PB Victorian(Parallel Bar)

Tuck Front Lever	Tuck Front Lever Pull	No False Grip Front Lever Pull-Up	No Shoulder Support PB Victorian
Adv. Tuck Front Lever	Adv. Tuck Front Lever Pull	Archer Front Lever Pull-Up	Archer PB Victorian
Straddle Front Lever	Straddle Front Lever Pull	Neutral Grip Front Lever Pull-Up	Wide PB Victorian
Half Lay Front Lever	Half Lay Front Lever Pull	Wider Front Lever Pull-Up	
Full Front Lever	Full Front Lever Pull	Front Lever Chin-Up	
Mixed Grip Front Lever			
X Grip Front Lever			
One Finger Grip Front Lever			
Patriot Grip Front Lever			
Elbow Grip Front Lever			
Wide Front Lever	Front Lever Grip Variations		
Floor Victorian	OA Front Lever (One Arm)	Hefesto	OA Hefesto (One Arm)
Forearm Supported Floor Victorian	OA Front Lever Arm Along The Side	Supinated Hefesto	Grip Assisted OA Hefesto
 		Wide Hefesto	
 		1 Finger Hefesto	
 		Entrada De Angel	
 		Ring Hefesto	
Back Lever	Back Lever PU (Pull Up)	Hefesto from BL (Back Lever)	OA Hefesto from BL (One Arm; Back Lever)
Close Grip Back Lever	Close Grip Back Lever Pull Up	Supinated Hefesto from BL	Grip Assisted OA Hefesto From Back Lever
Wide Grip Back Lever	Wide Grip Back Lever Pull Up	Wide Hefesto from BL	
Ring Back Lever	Ring Back Lever Pull Up	1 Finger Hefesto from BL	
1 Finger Back Lever	1 Finger Back Lever Pull Up		
OA BL PU (One Arm; Back Lever; Pull Up)	Wall HS (Handstand)	HS (Handstand)	HS Push-Up (Handstand)
Grip Assisted OA Back Lever PU	Wall HS Kick Off	Parallettes HS	Tiger Bend HS Push-Up
	Stomach To Wall HS	Straddle HS	90° HS Push-Up
	Back To Wall HS	Bent	Extremely Wide HS Push-Up
		Straight Bar HS	Clapping HS Push-Up
		Over Arched HS	Elevator HS Push-Up
		X Handstand	Inverted MU On Bar
OA HS (One Arm; Handstand)	HS Pike Press (Handstand)	Reverse Planche	OA Dragon Flag (One Arm)
//////////	Straddle HS Press	Floor Reverse Planche	OA Dragon Flag 1 + OA Dragon Press (One Arm)
//////////	Tuck HS Press	PB Reverse Planche	
//////////	Frog HS Press		