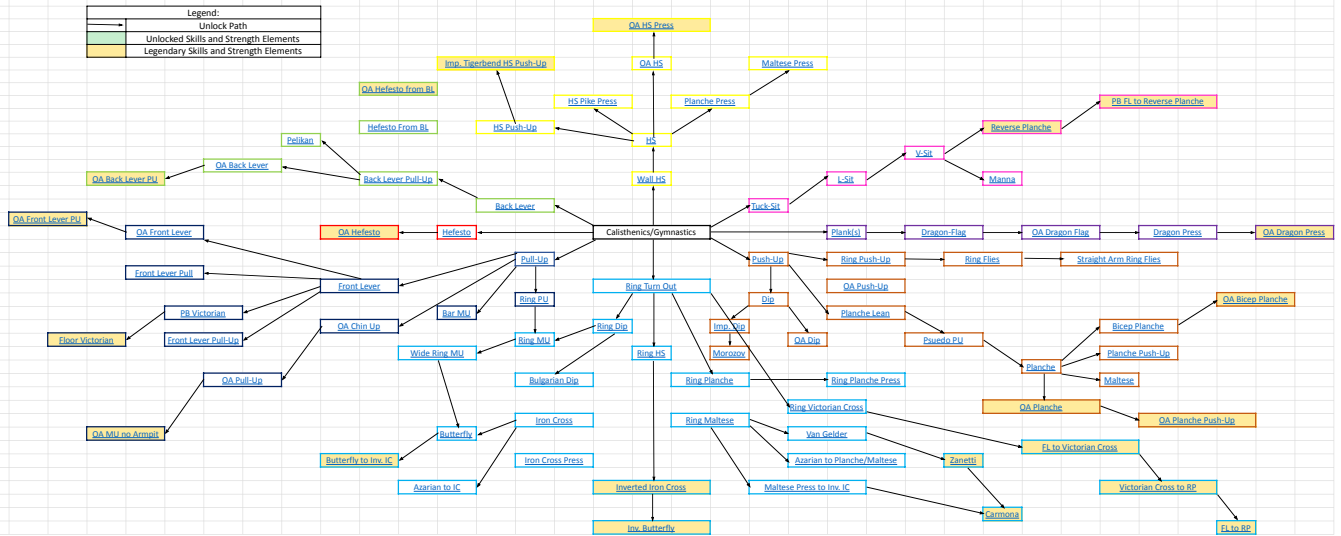


Warning

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	Form (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
	Psuedo Push-Up	Form (Artem Morozov)	Tutorial (Artem Morozov)	Alt./Hollow Body Push-Up (Calimnastic)	Psuedo 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 Planche 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. [ITI] (Gaggy Yatarov)	////////////////////
	Maltese Press	Form (Bekhzodbek Ashyraliev)	Tutorial (David Packer)	////////////////////	////////////////////
	Tuck Sit	Form (Nicolas Kabbani)	////////////////////	////////////////////	////////////////////
	L-Sit	Form (Fitness FAQs)	Tutorial (Antranik)	Alt. (Calimnastic)	////////////////////
	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. [ITI] (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)

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

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