

BackBridge Pushups



Pseudo planche Pushups



Sphynx Pushups



Archer Pushups



Scapula Raise



Archer Pull up



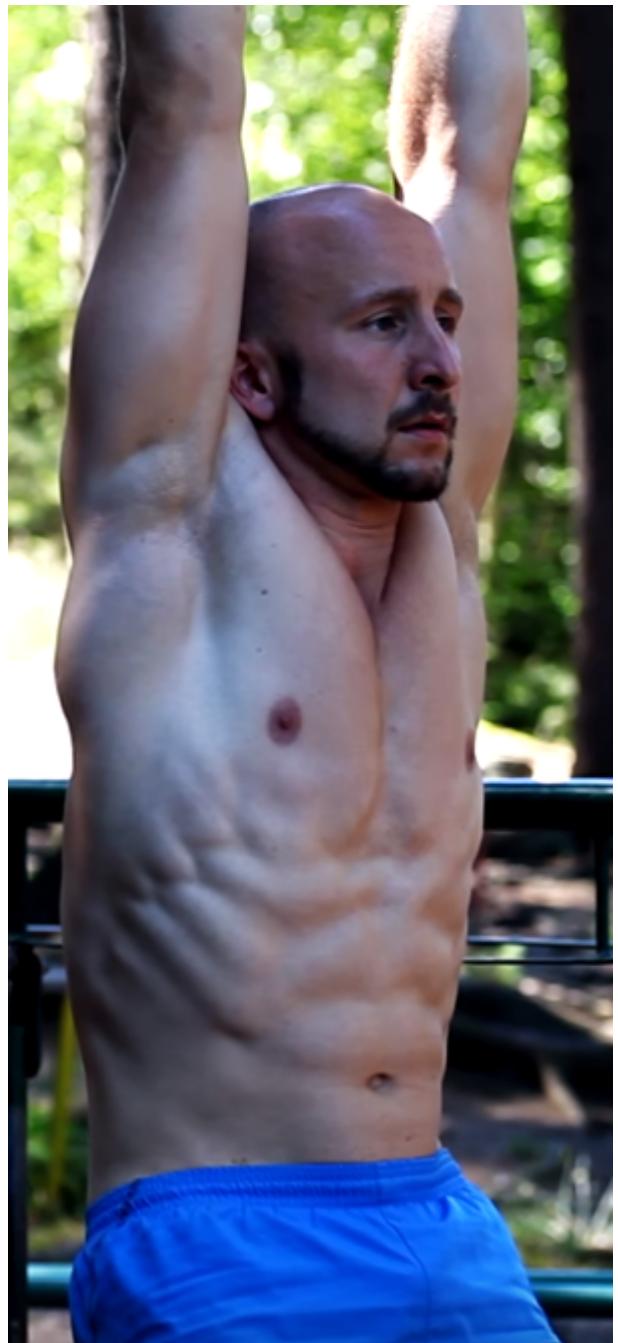
Korean Typewriter pullup / Typewriter dips



Archer / Typewriter muscle up



Abs contraction on bar



Vsit contraction / Leg raise



Side Crunch



Ground Climbers



Pike Walk



Pike Pushup



Pike Press



Straddle Press



VSIT To Handstand



Tiger Bend pushup



90° pushup



L Front Pullups



Advanced Tuck FrontLever



Leg Raise to Straight raise



Reverse pseudo planche



À ajouter

- [Swinging planche dip](#) (*lien clickable*)
- Impossible dips
- Korean dips
- Hannibal dips
- Elbow dips
- Russian dips
- Triceps dips
- Dips on bar
- 180 dips
- Tuck dips
- Tuck planche dips
- Front lever reverse grip

- maltese
- leg on ground planche
- shaolin pushup
- hefesto
- hollowback
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