

BackBridge Pushups



Pseudo planche Pushups



Sphynx Pushups



Archer Pushups



Scapula Raise



Archer Pull up



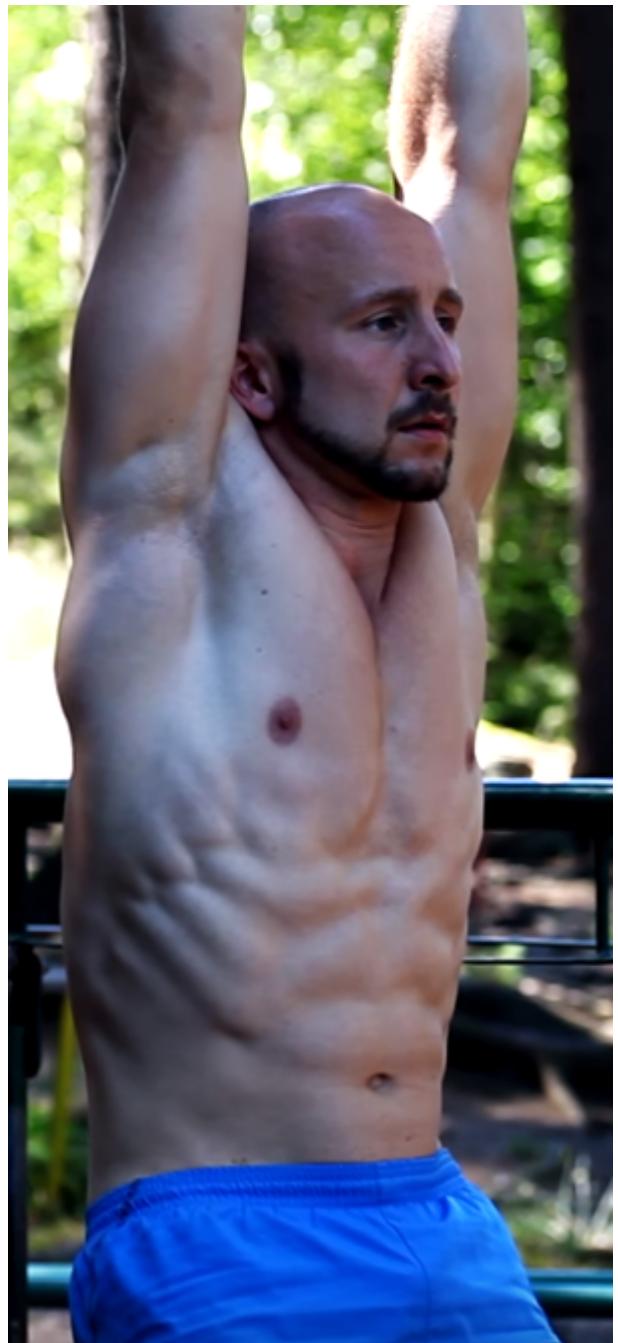
Korean Typewriter pullup / Typewriter dips



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



Reverse pseudo planche



À ajouter

- Sw p d (c
- Im d
- K d
- H d
- Elbow d
- R d
- T d
- D o b
- 180 d
- Tuck d
- Tuck p d
- F l e re g
- m
- l ego g p
- shao pushup
- h
- holowb
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