

BackBridge Pushups



Pseudo planche Pushups



Sphynx Pushups



Archer Pushups



Scapula Raise



Archer Pull up



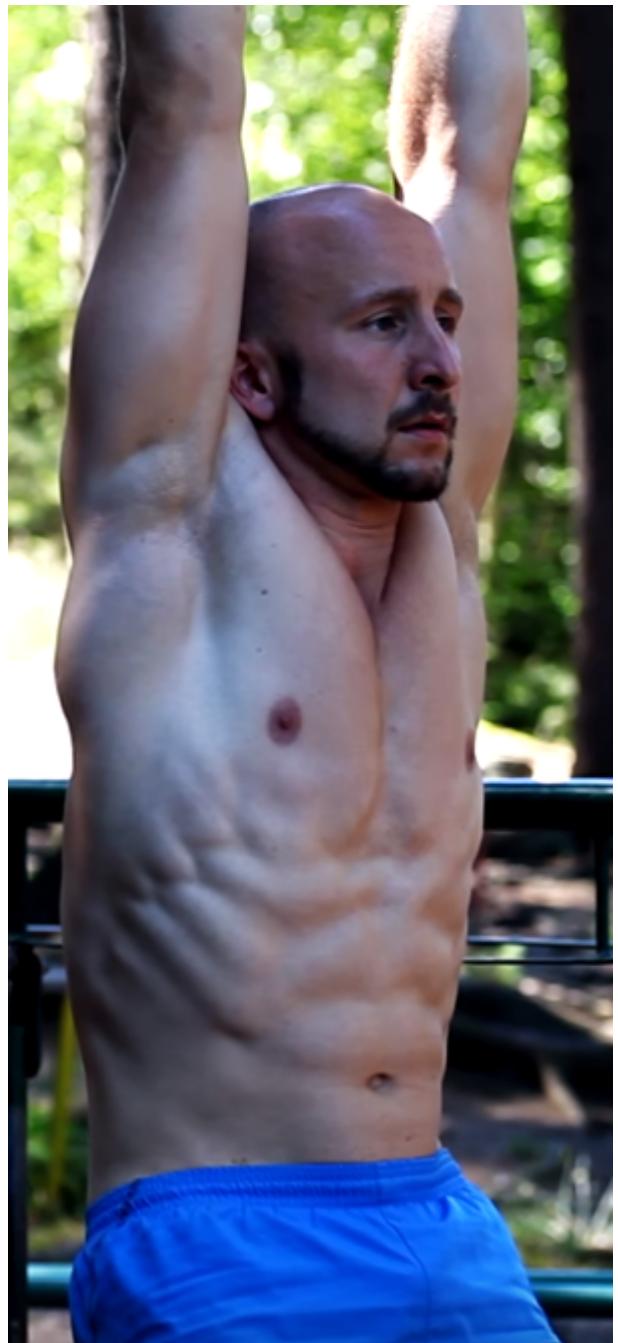
Korean Typewriter pullup / Typewriter dips



Archer / Typewriter muscle up



Abs contraction on bar



Vsit contraction / Leg raise



Side Crunch



Ground Climbers



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
- holowback
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