

Group	Name	Level	Goal	GNLG
Pull Up	Vertical Pullup	Lv.1	40 x 3	Pull Up_Vertical Pullup(Lv.1)
Pull Up	Horizontal Pullup	Lv.2	30 x 3	Pull Up_Horizontal Pullup(Lv.2)
Pull Up	Jackknife Pullup	Lv.3	20 x 3	Pull Up_Jackknife Pullup(Lv.3)
Pull Up	Half Pullup	Lv.4	15 x 2	Pull Up_Half Pullup(Lv.4)
Pull Up	Full Pullup	Lv.5	10 x 2	Pull Up_Full Pullup(Lv.5)
Pull Up	Close Pullup	Lv.6	10 x 2	Pull Up_Close Pullup(Lv.6)
Pull Up	Uneven Pullup	Lv.7	9 x 2	Pull Up_Uneven Pullup(Lv.7)
Pull Up	1/2 One-Arm Pullup	Lv.8	8 x 2	Pull Up_1/2 One-Arm Pullup(Lv.8)
Pull Up	Assisted One-Arm Pullup	Lv.9	7 x 2	Pull Up_Assisted One-Arm Pullup(Lv.9)
Pull Up	One-Arm Pullup	Master	6 x 2	Pull Up_One-Arm Pullup(Master)
Leg Raise	Knee Tuck	Lv.1	40 x 3	Leg Raise_Knee Tuck(Lv.1)
Leg Raise	Knee Raise	Lv.2	35 x 3	Leg Raise_Knee Raise(Lv.2)
Leg Raise	Bent Leg Raise	Lv.3	30 x 3	Leg Raise_Bent Leg Raise(Lv.3)
Leg Raise	Frog Leg Raise	Lv.4	25 x 3	Leg Raise_Frog Leg Raise(Lv.4)
Leg Raise	Flat Leg Raise	Lv.5	20 x 2	Leg Raise_Flat Leg Raise(Lv.5)
Leg Raise	Hanging Knee Raise	Lv.6	15 x 2	Leg Raise_Hanging Knee Raise(Lv.6)
Leg Raise	Hanging Bent Leg Raise	Lv.7	15 x 2	Leg Raise_Hanging Bent Leg Raise(Lv.7)
Leg Raise	Hanging Frong Raise	Lv.8	15 x 2	Leg Raise_Hanging Frong Raise(Lv.8)
Leg Raise	Partial Leg Raise	Lv.9	15 x 2	Leg Raise_Partial Leg Raise(Lv.9)
Leg Raise	Hanging Leg Raise	Master	30 x 2	Leg Raise_Hanging Leg Raise(Master)
Squat	Shoulderstand Squat	Lv.1	50 x 3	Squat_Shoulderstand Squat(Lv.1)
Squat	Jackknife Squat	Lv.2	40 x 3	Squat_Jackknife Squat(Lv.2)
Squat	Supported Squat	Lv.3	30 x 3	Squat_Supported Squat(Lv.3)
Squat	Half Squat	Lv.4	50 x 2	Squat_Half Squat(Lv.4)
Squat	Full Squat	Lv.5	30 x 2	Squat_Full Squat(Lv.5)
Squat	Close Squat	Lv.6	20 x 2	Squat_Close Squat(Lv.6)
Squat	Uneven Squat	Lv.7	20 x 2	Squat_Uneven Squat(Lv.7)
Squat	1/2 One-Leg Squat	Lv.8	20 x 2	Squat_1/2 One-Leg Squat(Lv.8)
Squat	Assisted One-Leg Squat	Lv.9	20 x 2	Squat_Assisted One-Leg Squat(Lv.9)
Squat	One-leg Squat	Master	50 x 2	Squat_One-leg Squat(Master)
Push up	Wall Pushup	Lv.1	50 x 3	Push up_Wall Pushup(Lv.1)
Push up	Incline Pushup	Lv.2	40 x 3	Push up_Incline Pushup(Lv.2)
Push up	Kneeling Pushup	Lv.3	30 x 3	Push up_Kneeling Pushup(Lv.3)
Push up	Half Pushup	Lv.4	25 x 2	Push up_Half Pushup(Lv.4)
Push up	Full Pushup	Lv.5	20 x 2	Push up_Full Pushup(Lv.5)
Push up	Close Pushup	Lv.6	20 x 2	Push up_Close Pushup(Lv.6)
Push up	Uneven Pushup	Lv.7	20 x 2	Push up_Uneven Pushup(Lv.7)
Push up	1/2 One-Arm Pushup	Lv.8	20 x 2	Push up_1/2 One-Arm Pushup(Lv.8)
Push up	Lever Pushup	Lv.9	20 x 2	Push up_Lever Pushup(Lv.9)
Push up	One-Arm Pushup	Master	100 x 1	Push up_One-Arm Pushup(Master)
Bridge	Short Bridge	Lv.1	50 x 3	Bridge_Short Bridge(Lv.1)
Bridge	Straight Bridge	Lv.2	40 x 3	Bridge_Straight Bridge(Lv.2)
Bridge	Angled Bridge	Lv.3	30 x 3	Bridge_Angled Bridge(Lv.3)
Bridge	Head Bridge	Lv.4	25 x 2	Bridge_Head Bridge(Lv.4)
Bridge	Half Bridge	Lv.5	20 x 2	Bridge_Half Bridge(Lv.5)
Bridge	Full Bridge	Lv.6	15 x 2	Bridge_Full Bridge(Lv.6)
Bridge	Wall Walking Bridges Down	Lv.7	10 x 2	Bridge_Wall Walking Bridges Down(Lv.7)
Bridge	Wall Walking Bridges Up	Lv.8	8 x 2	Bridge_Wall Walking Bridges Up(Lv.8)
Bridge	Closing Bridge	Lv.9	6 x 2	Bridge_Closing Bridge(Lv.9)
Bridge	Stant-to-Stand Bridge	Master	10~30 x 2	Bridge_Stant-to-Stand Bridge(Master)
Handstand Push	Wall Headstand	Lv.1	2 mins	Handstand Pushup_Wall Headstand(Lv.1)
Handstand Push	Crow Stand	Lv.2	1 min	Handstand Pushup_Crow Stand(Lv.2)
Handstand Push	Wall Handstand	Lv.3	2 mins	Handstand Pushup_Wall Handstand(Lv.3)

Handstand Push	Half Handstand Pushup	Lv.4	20 x 2	Handstand Pushup_Half Handstand Pushup(Lv.4)
Handstand Push	Handstand Pushup	Lv.5	15 x 2	Handstand Pushup_Handstand Pushup(Lv.5)
Handstand Push	Close Handstand Pushup	Lv.6	12 x 2	Handstand Pushup_Close Handstand Pushup(Lv.6)
Handstand Push	Uneven Handstand Pushup	Lv.7	10 x 2	Handstand Pushup_Uneven Handstand Pushup(Lv.7)
Handstand Push	1/2 One-Arm Handstand Pushup	Lv.8	8 x 2	Handstand Pushup_1/2 One-Arm Handstand Pushup(Lv.8)
Handstand Push	Lever Handstand Pushup	Lv.9	6 x 2	Handstand Pushup_Lever Handstand Pushup(Lv.9)
Handstand Push	One-Arm Handstand Pushup	Master	5 x 2	Handstand Pushup_One-Arm Handstand Pushup(Master)