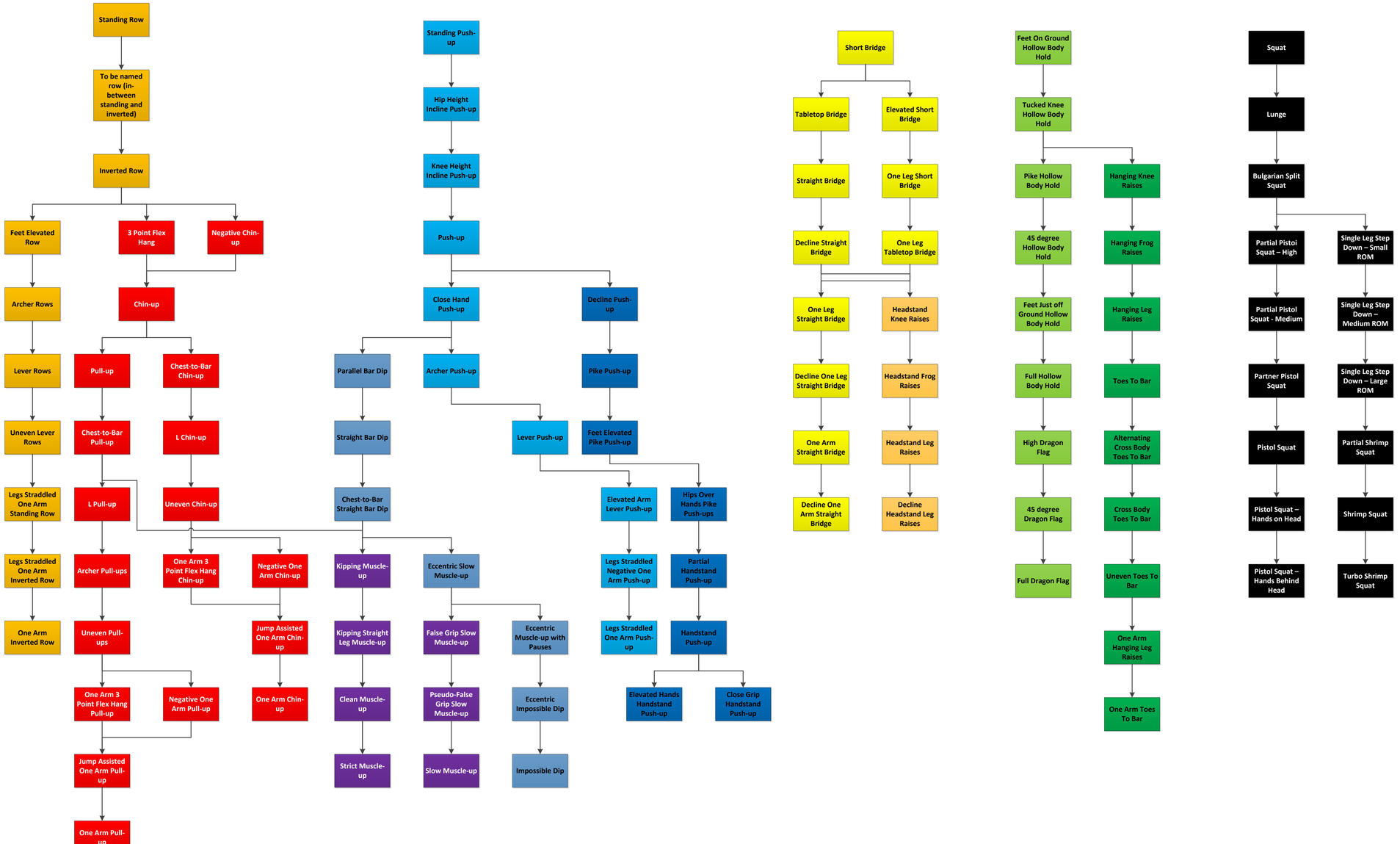
Standing Row
To be named row (in-between standing and inverted)
Inverted Row
Feet Elevated Row
3 Point Flex Hang
Negative Chin-up
Archer Rows
Chin-up
Lever Rows
Pull-up
Chest-to-Bar Chin-up
Uneven Lever Rows
Chest-to-Bar Pull-up
L Chin-up
Legs Straddled One Arm Standing Row
L Pull-up
Uneven Chin-up
Legs Straddled One Arm Inverted Row
Archer Pull-ups
One Arm 3 Point Flex Hang Chin-up
Negative One Arm Chin-up
One Arm Inverted Row
Uneven Pull-ups
Jump Assisted One Arm Chin-up
One Arm 3 Point Flex Hang Pull-up
Negative One Arm Pull-up
One Arm Chin-up
Jump Assisted One Arm Pull-up
One Arm Pull-up
Standing Push-up
Hip Height Incline Push-up
Knee Height Incline Push-up
Push-up
Close Hand Push-up
Decline Push-up
Parallel Bar Dip
Archer Push-up
Pike Push-up
Straight Bar Dip
Lever Push-up
Feet Elevated Pike Push-up
Chest-to-Bar Straight Bar Dip
Elevated Arm Lever Push-up
Hips Over Hands Pike Push-ups
Kipping Muscle-up
Eccentric Slow Muscle-up
Legs Straddled Negative One Arm Push-up
Partial Handstand Push-up
Kipping Straight Leg Muscle-up
False Grip Slow Muscle-up
Eccentric Muscle-up with Pauses
Legs Straddled One Arm Push-up
Handstand Push-up
Clean Muscle-up
Pseudo-False Grip Slow Muscle-up
Eccentric Impossible Dip
Elevated Hands Handstand Push-up
Close Grip Handstand Push-up
Strict Muscle-up
Slow Muscle-up
Impossible Dip
Short Bridge
Tabletop Bridge
Elevated Short Bridge
Straight Bridge
One Leg Short Bridge
Decline Straight Bridge
One Leg Tabletop Bridge
One Leg Straight Bridge
Headstand Knee Raises
Decline One Leg Straight Bridge
Headstand Frog Raises
One Arm Straight Bridge
Headstand Leg Raises
Decline One Arm Straight Bridge
Decline Headstand Leg Raises
Feet On Ground Hollow Body Hold
Tucked Knee Hollow Body Hold
Pike Hollow Body Hold
Hanging Knee Raises
45 degree Hollow Body Hold
Hanging Frog Raises
Feet Just off Ground Hollow Body Hold
Hanging Leg Raises
Full Hollow Body Hold
Toes To Bar
High Dragon Flag
Alternating Cross Body Toes To Bar
45 degree Dragon Flag
Cross Body Toes To Bar
Full Dragon Flag
Uneven Toes To Bar
One Arm Hanging Leg Raises
One Arm Toes To Bar
Squat
Lunge
Bulgarian Split Squat
Partial Pistol Squat – High
Single Leg Step Down – Small ROM
Partial Pistol Squat - Medium
Single Leg Step Down – Medium ROM
Partner Pistol Squat
Single Leg Step Down – Large ROM
Pistol Squat
Partial Shrimp Squat
Pistol Squat – Hands on Head
Shrimp Squat
Pistol Squat – Hands Behind Head
Turbo Shrimp Squat