



Muscle Up Tutorial

Progression	Exercise Progressions	Reps	Sets	Rest
1	Pullups	15	3 -- 5	45sec
2	Explosive Pullups	12	3 -- 5	45sec
3	Hand Rotation Explanation	X	X	X
4	Negatives from on top of Bar	10	3 -- 5	45sec
5	Explosive Dips on top of Bar	12	3 -- 5	45sec
6	Shoulder past below Bar Explanation	X	X	X
7	Distance from Bar Explanation	X	X	X
8	One arm over Muscle Up	5	3 -- 5	45sec
9	Kipping Muscle Up	5	3 -- 5	45sec
10	Different grip Muscle Ups	5	3 -- 5	45sec
11	No swing clean Muscle Up	5	3 -- 5	45sec



Front Lever Tutorial

Progression	Exercise Progressions	Reps	Sets	Rest
1	Knee Raises	20	3 -- 5	45sec
2	Leg Raises	15	3 -- 5	45sec
3	Full Leg Raises	12	3 -- 5	45sec
4	L-Sit static Hold	20sec	3 -- 5	45sec
5	L-sit reps to bar and back to hold	10	3 -- 5	45sec
6	Full Body Raises	10	3 -- 5	45sec
7	Tucked front lever Hold	15sec	3 -- 5	45sec
8	Half way tucked knees out	15sec	3 -- 5	45sec
9	One leg out front lever(alternate)	15sec	3 -- 5	45sec
10	Front Lever in and outs	10	3 -- 5	45sec
11	Front Lever negatives top of bar 1 leg	10	3 -- 5	45sec
12	Front Lever negatives top of bar 2 legs	10	3 -- 5	45sec
12	Full front lever Hold	5sec	3 -- 5	45sec



Back Lever Tutorial

Progression	Exercise Progressions	Reps	Sets	Rest
1	Inverted dead hang tuck hold	20sec	3 – 5	45sec
2	Full in and out tucks front and back	10	3 – 5	45sec
3	Different grips Explanation	X	X	X
4	Negative back levers(2 legs tucked)	10	3 – 5	45sec
5	Negative back levers(1 leg tucked)	10	3 – 5	45sec
6	Negative back levers both legs out	10	3 – 5	45sec
7	Back lever lifts(positives) 1 leg tucked	10	3 – 5	45sec
8	Back lever lifts(positives) 2 legs out	10	3 – 5	45sec
9	Back lever hold (tucked)	15sec	3 – 5	45sec
10	Back lever hold (1 leg out)	15sec	3 – 5	45sec
11	Back lever hold (both legs out straddle)	10sec	3 – 5	45sec
12	Full Back Lever Hold	5sec	3 – 5	45sec



Handstand Pushup Tutorial

Progression	Exercise Progressions	Reps	Sets	Rest
1	Pike Position Hold	20sec	3 – 5	45sec
2	Pike Pushups	15	3 – 5	45sec
3	Handstand hold on Wall	20sec	3 – 5	45sec
4	Handstand leg push off(balance point)	5	3 – 5	45sec
5	Handstand balance hold un-assisted	20sec	3 – 5	45sec
6	Handstand wall walk outs	10	3 – 5	45sec
7	Handstand pushups wall assisted	12	3 – 5	45sec
8	Frog static hold	20sec	3 – 5	45sec
9	Tuck handstand pushups(1 leg assisted)	10	3 – 5	45sec
10	Tuck handstand pushups	10	3 – 5	45sec
11	Handstand negatives(fall to ground)	10	3 – 5	45sec
12	Full Handstand Pushup	5	3 – 5	45sec



Pistol Squat Tutorial

Progression	Exercise Progressions	Reps	Sets	Rest
1	Supported Squats	20	3 -- 5	45sec
2	Half Squats	20	3 -- 5	45sec
3	Wide Squats	20	3 -- 5	45sec
4	Close Squats	20	3 -- 5	45sec
5	Full Squats	30	3 -- 5	45sec
6	Explosive Jump Squats	15	3 -- 5	45sec
7	Assisted half one leg squat	15	3 -- 5	45sec
8	Assisted full pistol squat	15	3 -- 5	45sec
9	One leg raises on platform	15	3 -- 5	45sec
10	Full Pistol Squats	10	3 -- 5	45sec