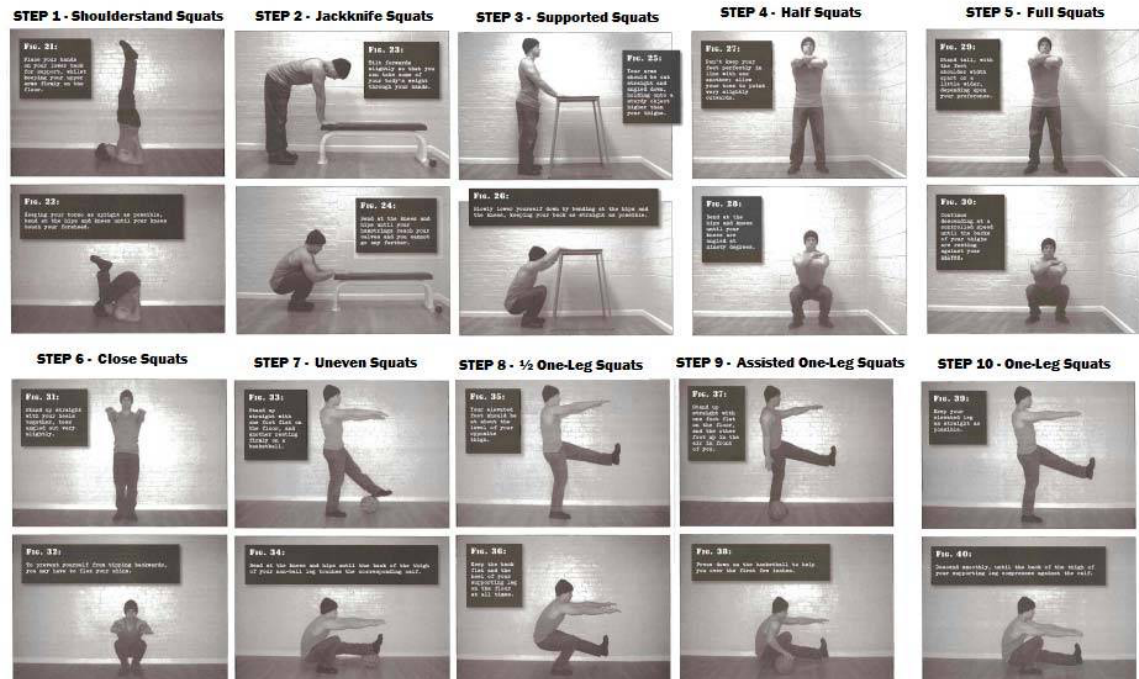


#	PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall	1x10	2x25	3x50
2	Incline	1x10	2x20	3x40
3	Kneeling	1x10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	1x5	2x10	2x20
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Arm	1x5	2x10	2x20
9	Lever	1x5	2x10	2x20
10	One-Arm Push-Up	1x5	2x10	1x100



#	SQUATS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Shoulderstand	1x10	2x25	3x50
2	Jackknife	1x10	2x20	3x40
3	Supported	1x10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	1x5	2x10	2x20
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Leg	1x5	2x10	2x20
9	Assisted One-Leg	1x5	2x10	2x20
10	One-Leg Squat	1x5	2x10	2x50

1 - Vertical Pulls



FIG. 41: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 42: As the bar rises, pull it up to your chest level. Keep your feet flat and your knees straight.

2 - Horizontal Pulls



FIG. 43: Lie on your back with knees bent and feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 44: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

3 - Jackknife Pulls



FIG. 45: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 46: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

4 - Half Pull-Ups



FIG. 47: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 48: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

5 - Full Pull-Ups

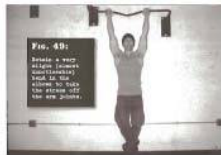


FIG. 49: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 50: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

6 - Close Pull-Ups



FIG. 51: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 52: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

7 - Uneven Pull-Ups



FIG. 53: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 54: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

8 - 1/2 One-Arm Pull-Ups



FIG. 55: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 56: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

9 - Assisted Pull-Ups



FIG. 57: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 58: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

10 - One-Arm Pull-Ups



FIG. 59: Stand with feet shoulder-width apart, arms extended forward, holding a bar with both hands. The bar is at waist level.



FIG. 60: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

#	PULL-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Vertical Pulls	1x10	2x20	3x40
2	Horizontal Pulls	1x10	2x20	3x30
3	Jackknife Pulls	1x10	2x15	3x20
4	Half	1x8	2x11	2x15
5	Full	1x5	2x8	2x10
6	Close	1x5	2x8	2x10
7	Uneven	1x5	2x7	2x9
8	1/2 One-Arm	1x4	2x6	2x8
9	Assisted	1x3	2x5	2x7
10	One-Arm Pull-Up	1x1	2x3	2x6

1 - Knee Tucks



FIG. 61: Sit on a bench with feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 62: As the bar rises, pull it up to your chest level. Keep your feet flat and your knees straight.

2 - Flat Knee Raises



FIG. 63: Lie on your back with knees bent and feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 64: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

3 - Flat Bent Leg Raises



FIG. 65: Lie on your back with knees bent and feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 66: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

4 - Flat Frog Raises



FIG. 67: Lie on your back with knees bent and feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 68: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

5 - Flat Straight Leg Raises



FIG. 69: Lie on your back with legs straight and feet flat on the floor. Hold a bar with both hands, positioned horizontally above your head.



FIG. 70: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

6 - Hanging Knee Raises



FIG. 71: Hang from a bar with both hands. Bend your knees and pull your feet up to your chest level.



FIG. 72: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

7 - Hanging Bent Leg Raises



FIG. 73: Hang from a bar with both hands. Bend your knees and pull your feet up to your chest level.



FIG. 74: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

8 - Hanging Frog Raises



FIG. 75: Hang from a bar with both hands. Bend your knees and pull your feet up to your chest level.



FIG. 76: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

9 - Partial Straight Leg Raises



FIG. 77: Hang from a bar with both hands. Lift your legs straight up to your chest level.



FIG. 78: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

10 - Hanging Straight Leg Raises

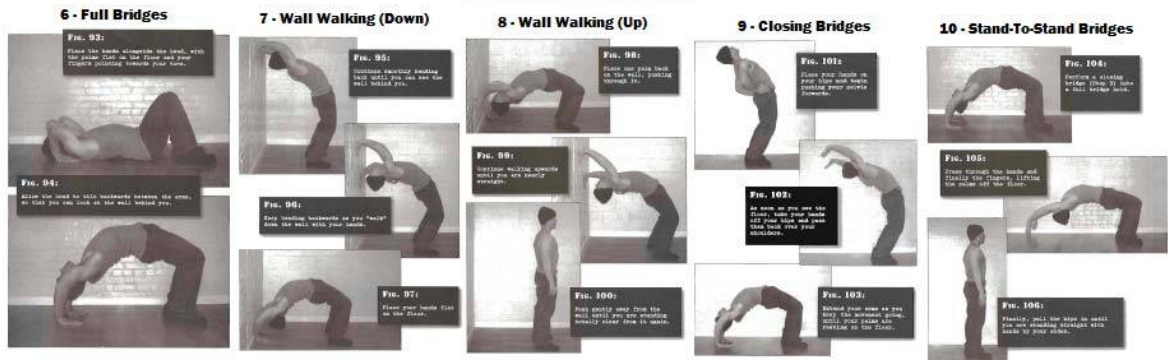
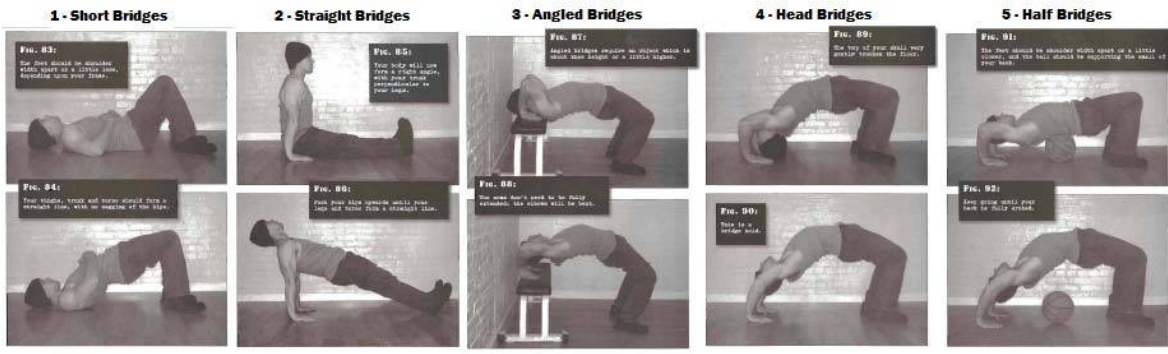


FIG. 79: Hang from a bar with both hands. Lift your legs straight up to your chest level.

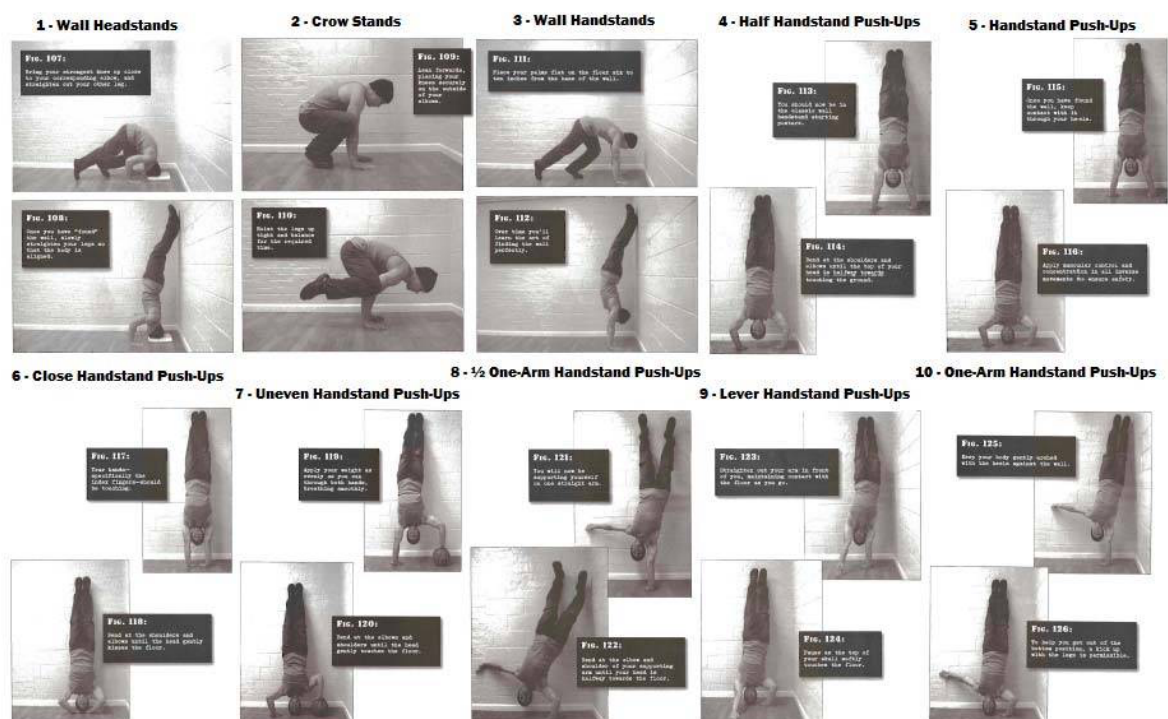


FIG. 80: Bend your arms and pull the bar toward your chest. Keep your feet flat and your knees straight.

#	LEG RAISES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Knee Tucks	1x10	2x25	3x40
2	Flat Knee Raises	1x10	2x20	3x35
3	Flat Bent Leg Raises	1x10	2x15	3x30
4	Flat Frog Raises	1x8	2x15	3x25
5	Flat Straight Leg Raises	1x5	2x10	2x20
6	Hanging Knee Raises	1x5	2x10	2x15
7	Hanging Bent Leg Raises	1x5	2x10	2x15
8	Hanging Frog Raises	1x5	2x10	2x15
9	Partial Straight Leg Raises	1x5	2x10	2x15
10	Hanging Straight Leg Raises	1x5	2x10	2x30



#	BRIDGES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Short	1x10	2x25	3x50
2	Straight	1x10	2x20	3x40
3	Angled	1x8	2x15	3x30
4	Head	1x8	2x15	2x25
5	Half	1x8	2x15	2x20
6	Full	1x6	2x10	2x15
7	Wall Walking (Down)	1x3	2x6	2x10
8	Wall Walking (Up)	1x2	2x4	2x8
9	Closing	1x1	2x3	2x6
10	Stand-To-Stand Bridge	1x1	2x3	2x10-30



#	HANDSTAND PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall Headstands	30 sec.	1 min.	2 min.
2	Crow Stands	10 sec.	30 sec.	1 min.
3	Wall Handstands	30 sec.	1 min.	2 min.
4	Half Handstand Push-Ups	1x5	2x10	2x20
5	Handstand Pushups	1x5	2x10	2x15
6	Close	1x5	2x9	2x12
7	Uneven	1x5	2x8	2x10
8	1/2 One-Arm	1x4	2x6	2x8
9	Lever	1x3	2x4	2x6
10	One-Arm Handstand Push-Up	1x1	2x2	1x5

