

Pushing Movements								
Bodyweight				Object				
Forward	Downward	Upward	Straight Arm	Handstands	Horizontal	Vertical Barbell	Vertical Dumbbell	
Push-ups on box			Waiter Walk					
Push-ups	Parallette Dip		Scapula Pushups					
	Box Dip		Gymnastic Plank	Down Dog Hold	Floor Press	Press	Dumbbell Press	
			Leaning Plank	Pike Hold from Box	Inchworm Walkback	Bench Press	Push Press	Dumbbell Push Press
Ring Push-up	Bar Dip	Down Dog Pike Push-up	Assisted Planche	Kick Up to Handstand	Wallwalk		Push Jerk	Dumbbell Push Jerk
	Ring Dip	Pike Push-up from Box	Tuck Planche	Back to Wall Handstand	Chest to Wall Handstand			
		Handstand Push-up to Wall			Shoulder Taps		Split Jerk	Dumbbell Split Jerk
Pelican Push-up		Kipping HSPU	Advanced Tuck Planche	Freestanding Handstand	Handstand Walk			
		Deficit HSPU	Straddle Planche	Press to Handstand	Freestanding HSPU			

Pulling Movements				
Horizontal	Vertical	Climbing	Straight Arm	Dynamic
Ring Row				Static Hang
		Rope Climb from Seated		Scapular Pull-up
	Piked Ring Row	Plank Rope Climb		L-Hang Knee Extensions
	Assisted Pull-up	Rope Climb	L-Hang	Kip Swing
False-grip Ring Row	Pull-up		Straight Leg Raises	Jumping Pull-ups
	Weighted Pull-up		Tuck Lever	Kipping Pull-up
	Archer Pull-ups		One arm Straight Leg Raises	Chest-to-bar Pull-up
Assisted One-arm Pull-up	Legless Rope Climb		Back Lever	Butterfly Pull-up
One-arm Pull-up			Front Lever	Chest-to-bar Butterfly Pull-up

Pull & Push Hybrid
Muscle-up from Floor
Band-assisted Muscle-up
L-hang Muscle-up
Ring/Bar Muscle-up
Forward Ring Roll

Squat & Push Hybrid Movements			
Squat & Push Body	Squat & Push Object	Sit-up Push Lunge	Squat & Throw
Box Burpee			Floor Press + Sit-up
Step-up Burpee	Dumbbell Thrusters		Medicine Ball Front Squat
Burpee	Thruster	Turkish Get-up	Wall Ball

Knee Bent Focused Movement	
Squat	Single Leg
Box Squat	
Air Squat	Walking Lunge
Dumbbell Squat	Box Step-up
Back Squat	Reverse Lunge
Front Squat	Hanging Leg Pistol from Box
Overhead Squat	Elevated Leg Pistol from Box
Drop Snatch	Pistol
	Overhead Pistol Squat
	Shrimp Pistol Squat

Hip & Trunk Bent Focused Movements									
Hip & Trunk Extension			Hip & Trunk Flexion Floor / Hang / Support				Static Holds		
	Good Morning			Butterfly Sit-up					Hollow Hang
		Romanian Deadlift		Feet-anchored Sit-up					Hollow Hold
		Deadlift	Jumping Mechanics	Weighted Sit-up	Supine Knee Draw			Tuck Sit	Hollow Rock
Hip Extension	Russian Kettlebell Swing		Broad Jump	Overhead Weighted Sit-up	Hanging Knee Raise	Supine Leg Raise	L-sit Knee Extensions		Sandbag Hold
Back Extension	American Kettlebell Swing		Box Jump	Roman Chair Sit-up	Knees-to-elbows	Hanging Straight Leg Raise	L-sit		Front Rack Hold
Hip-and-back Extension			Rebounding Box Jump	GHD Sit-up	Kipping Knees-to-elbows	Toes-to-bar			
	Glute/ham Raises				Skin-the-cat	Kipping T2B	L-sit on Rings		
						Glide Kip	V-sit		

Knee & Hip Complexes	
Ground to Shoulder	Ground to Overhead
Muscle Clean	Dumbbell Muscle Clean
Power Clean	Dumbbell Power Clean
Power Clean + Front Squat	DB Power Clean + Front Squat
Clean	Dumbbell Clean
	Power Snatch
	DB Power Snatch
	Power Snatch + OHSQ
	DB Power Snatch + OHSQ
	Snatch
	Dumbbell Snatch

Monostructural		
Running	Rowing	Rope Jumping
		Walk
	Carry	Row
Run		Jump Rope Singles
Sprint		Double-under Attempts
		Double-unders
		Triple-unders