

Bodyweight Fitness Progressions

| Horizontal Pull | | Vertical Pull | | Vertical Push | | Horizontal Push | | Legs | | Core | | | | | | | | | | | | | | |
|---|---|--|--|---|---|-------------------|------------|-------------------|-------------|-------------|----------------------|-----------------|--------------|---------------|-----------------|---|---|--------------------------------|------------------|----------------------|------------------|---------------|-------------------|---------------------------------|
| <ul style="list-style-type: none"> ○ German Hang ○ L-Hang ○ Skin the Cat ○ Tuck Back Lever ○ Adv Tuck Back Lever ○ Tuck Front Lever ○ Adv Tuck Front Lever ○ Straddle Front Lever ○ One Leg Front Lever ○ Front Lever ○ Straddle Back Lever ○ One Leg Back Lever ○ Back Lever ○ BL Pullout ○ Front Lever to Inverted ○ Hng Pull FL to Inverted ○ 360° Pull ○ Circle Front Lever ○ German Hang Pullout ○ Bent Arm Pull Up to Back Lever ○ Handstand Lower to Back Lever | <ul style="list-style-type: none"> ○ Vertical Row ○ Incline Row ○ Row ○ Wide Row ○ Archer Row ○ Ring L-Pull Up ○ L-Pull Up ○ Kipping PU ○ Chest to Bar PU ○ Muscle Up Neg ○ Kipping MU ○ Pullover ○ Muscle Up ○ Wide Muscle Up ○ Strict Bar Muscle Up ○ L-Sit Muscle Up ○ Ring Wide Pull Up ○ Ring Wide L-Pull Up ○ Archer Pull Up ○ Typewriter Pull Up ○ OA Pull Up Neg ○ One Arm Pull Up ○ OA Straight Muscle Up ○ Tuck Flag ○ Advanced Tuck Flag ○ Straddle Flag ○ Human Flag | <ul style="list-style-type: none"> ○ Foot Sup L-Sit ○ One Leg L-Sit ○ Tuck L-Sit ○ OL Bent L-Sit ○ L-Sit ○ Straddle L-Sit ○ Reverse Plank ○ Shoulder Bridge ○ Table Bridge ○ Angled Bridge ○ Head Bridge ○ Bridge ○ Decline Bridge ○ One Leg Bridge ○ Decline OL Bridge ○ OA Head Bridge ○ One Arm Bridge ○ Ring Shoulder Stand ○ Ring Handstand ○ RTO L-Sit ○ 45° V-Sit ○ 75° V-Sit ○ 100° V-Sit ○ Progression ○ 120° V-Sit ○ 140° V-Sit ○ 155° V-Sit ○ 170° V-Sit ○ Manna ○ RTO 90° Dip ○ One Arm Handstand | <ul style="list-style-type: none"> ○ Support Hold ○ Dip Neg ○ Dip ○ L-Sit Dip ○ Ring Support Hold ○ RTO Support Hold ○ Ring Dip Negative ○ Ring Dip ○ Wall Plank ○ Wall HeS ○ Wall HS ○ Handstand ○ Wall HeS PU Neg ○ Wall HS PU ○ HeS PU ○ Handstand PU ○ RTO 90° Dip ○ Ring L-Sit Dip ○ Ring Wide Dip ○ RTO 45° Dip ○ Wall HS PU ○ HeS PU ○ Handstand PU ○ RTO Maltese PU ○ Ring Wall PP PU ○ Wall PP Push Up ○ Wall Maltese PU ○ Ring OA PU ○ Ring Wall Maltese PU | <ul style="list-style-type: none"> ○ Incline Push Up ○ Push Up ○ Diamond Push Up ○ Plank ○ One Arm Plank ○ Planche Lean ○ Frog Stand / Crow Pose ○ PP Push Up ○ Pike Push Up ○ Decline Pike PU ○ Ring Wide PU ○ Ring Push Up ○ Archer Push Up ○ RTO Push Up ○ RTO Archer PU ○ RTO PP PU ○ Incline OA PU ○ Straddle OA PU ○ Ring Str OA PU ○ One Arm PU ○ One Leg Planche ○ Planche ○ Straddle Planche PU ○ One Leg Planche PU ○ Ring Maltese PU ○ Ring Wall Maltese PU ○ Ring One Leg PL PU ○ Ring Planche PU ○ Ring Maltese | <ul style="list-style-type: none"> ○ Assisted Squat ○ Parallel Squat ○ Full Squat ○ Split Squat ○ Bulgarian Split Squat ○ Step Up ○ Deep Step Up ○ Cossack Squat ○ Partial Pistol Squat ○ Assisted Pistol Squat ○ Pistol Squat ○ Beg Shrimp Squat ○ Int Shrimp Squat ○ Natural OL Press ○ Weighted Pistol Squat ○ Adv Shrimp Squat ○ Two Hand Shrimp Squat ○ Elevated 2H Shrimp Squat ○ Nordic Curl Negative ○ Nordic Curl ○ Nordic Curl Arms Overhead ○ Tuck One Leg Nordic Curl ○ Elevated Friction Pistol Squat ○ One Leg Nordic Curl ○ OL Deadlift ○ 90° Hip NC ○ 45° Hip NC ○ Ring Pallof Press ○ Banded Pallof Press ○ Tuck Up Crunch ○ Seated Pike Leg Lift ○ Hng Knees to Chest ○ Hanging Leg Raise T2B ○ Ankle Weight HLR T2B ○ One Arm HLR T2B ○ Tuck Dragon Flag Neg ○ Adv Tuck Dragon Flag ○ Ring Ab Rollout ○ Knees Ab Wheel ○ Straight Leg Ab Wheel Ramp ○ Straight Leg Ab Wheel Neg ○ Straight Leg Ab Wheel ○ Straddle / One Leg Dragon Flag ○ Dragon Flag ○ Ankle Weight Dragon Flag ○ One Arm Dragon Flag ○ Weighted Ab Wheel ○ One Arm Ab Wheel | | | | | | | | | | | | | | | | | | | |
| Abbreviations | | | | | | References | | | | | | | | | | | | | | | | | | |
| 2H Two Hand | Adv Advanced | HLR Hanging Leg Raise | Hng Hanging | HS Handstand | Neg Negative | OA One Arm | OL One Leg | PP Pseudo Planche | PU Push Ups | Rev Reverse | RTO Rings Turned Out | SA Straight Arm | Str Straddle | Sup Supported | T2B Toes to Bar | ○ Overcoming Gravity 2nd Edition Exercise Chart | ○ Reddit Bodyweight Fitness Recommended Routine | ○ Antranik Bodyweight Training | ○ Beginner Skill | ○ Intermediate Skill | ○ Advanced Skill | ○ Elite Skill | ○ Milestone Skill | ○ Reference Materials Available |
| <p><i>Skill name is bold & underlined for milestone skills</i></p> <p><i>Dots with dark center are links leading to videos or web pages</i></p> | | | | | | | | | | | | | | | | | | | | | | | | |