

MOMENTUM

BODYWEIGHT

FOUNDATIONAL

PROGRESSIONS

SKILLS SYLLABUS

**MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS**

**SKILLS SYLLABUS**

**1. HOLDS**

Frog/Crow/Crane: Frog Stand

 Crow Hold

 Crane Pose

 Side Crow

 One Leg Crow

 One Arm/One Leg Crow

Headstand: Tripod

 Tripod Headstand

 Elbow Headstand

 Straddle Headstand

 Ultimate Headstand

Handstand: Wall Handstand

 Handstand Facing the Wall

 Forearm Stand

 Straddle Handstand

 Strongman Style Handstand

 Gymnastic Style Handstand

 Hollowback Handstand

 Handstand on Bars

 Freestanding Handstand Press Up

 One Arm Handstand

**MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS**

**SKILLS SYLLABUS**

**1. HOLDS cont.**

Elbow Lever: Closed Umbrella

 Straddle Elbow Lever

 Elbow Lever

 One Arm Straddle Elbow Lever

 One Arm Elbow Lever

 Side One Arm Elbow Lever

Planche: Planche Lean

 Tuck Planche

 Straddle Planche

 Scorpion Planche

 Planche

**MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS**

**SKILLS SYLLABUS**

**2. Bar Moves**

Muscle Ups: Kipping Pull Up

 Box Jump Muscle Ups

 Negative Muscle up

 Kipping Muscle Up

 Strict Muscle Up

 Reverse Grip Muscle Up

Back Lever: Skin the Cat

 Tuck Back Lever

 One Leg Back Lever

 Straddle Back Lever

 Back Lever

 Reverse Grip Back Lever

 One Arm Back Lever

Front Lever: Exaggerated Bar Hang

 Tuck Front Lever

 Straddle Front Lever

 One Leg Front Lever

 Front Lever Curls

 Front Lever

**MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS**

**SKILLS SYLLABUS**

**3. Human Flag**

Clutch Flag: Side Plank

 Low Hanging Clutch Flag

 Tuck Clutch Flag

 Clutch Flag

 Clutch Lever

 X Clutch Flag

Press Flag: Support Press

 Chamber Hold

 Vertical Flag

 Low Hanging Flag

 High Angle Flag

 Bicycle Flag

 Straddle Flag

 High Support Press

 Parallel Bar Flag

 Press Flag (Body Facing Up)

 Press Flag (Body Facing Sideways)

 Tuck Shoulder Flag

 Straddle Shoulder Flag

 Full Shoulder Flag

 Switch Grip Flag

 One Arm Flag

 Human Flag Crucifix

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| **Dynamic Exercises****Standards** |
| **Exercise** | **Baseline** | **Advanced** | **Elite** |
| Squat | 40 | 100 | 200 |
| Push Up | 30 | 60 | 100 |
| Hanging Knee Raise | 20 | 40 | 60 |
| Aussie Pull Up | 20 | 40 | 60 |
| Pike Press | 20 | 40 | 60 |
| Parallel Bar Dip | 15 | 30 | 50 |
| Pull Up | 10 | 20 | 30 |
| Hanging Leg Raise | 10 | 20 | 30 |
| Handstand Press | 1 | 10 | 20 |
| Pistol Squat | 1 | 10 | 20 |
| Shrimp Squat | 1 | 10 | 20 |
| Muscle Up | 1 | 10 | 20 |
| One Arm Push Up | 1 | 5 | 10 |
| One Arm Pull Up | - | 1 | 5 |

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| **Isometric Exercises****Standards** |
| **Exercise** | **Baseline** | **Advanced** | **Elite** |
| Headstand | 60 | 120 | 240 |
| Crow Hold | 60 | 120 | 240 |
| Back Bridge | 60 | 120 | 240 |
| L-sit | 20 | 60 | 120 |
| Elbow Lever | 20 | 60 | 120 |
| Free Handstand | 20 | 60 | 120 |
| Tuck Back Lever | 10 | 30 | 60 |
| Clutch Flag | 10 | 30 | 60 |
| Tuck Front Lever | 10 | 30 | 60 |
| Tuck Planche | 10 | 30 | 60 |
| Back Lever | - | 5 | 10 |
| Press Flag | - | 5 | 10 |
| Front Lever | - | 5 | 10 |
| Planche | - | 3 | 5 |