



# Bodyweight Power Level

What is your calisthenics skill & strength level?

- Perform all exercises of one level in one training and you have achieved that level!
- Perform every exercise for the amount of reps stated without resting or pause
- Everyone starts at level 1 - Females have some exceptions stated as \*F.\*

## Beginner levels

- 1** 15sec Hang  
30sec Plank  
15 Rope jumps  
30 Leg flutters  
15 Squats
- 2** 10sec Hanging Knee-raise hold  
10 Scapula Push-ups  
5 Knee Push-ups  
15 Australian Pull-ups  
20 Lunges (alternating)
- 3** 10 Scapula Dips  
10 P-bar Knee-raises  
10sec Side Plank (each side)  
15sec BW Wall handstand  
15 Squat jumps
- 4** 15 Pole leg raises  
10 Scapula Pull-ups  
10 Small to wide Knee Push-ups  
15 Hanging Knee-raises  
50 Rope jumps
- 5** 5sec Frog Stance  
15 Hanging Leg-raises  
20 Lunge Jumps  
10sec Wall Handstand  
10 Jumping Chin-ups (body height)
- 6** 1 minute Hang  
1 Double-under (rope jump)  
20 Bench Dips  
10 Pull-ups (resistance band)  
20 Fore-arm switches (F:14)
- 7** 1 Push-up  
5 Jumping Toes to bar  
30sec Wall Handstand  
20 Leg switches  
5sec Chin-up hold (F:3sec)
- 8** 15 Chin-ups (resistance band)  
1 Hanging Toes to bar  
3 Double unders  
15 Knee Push-up Claps (F:10)  
10 Assisted Pistol Squats (per leg)
- 9** 5 Jumping Muscle-ups (shoulder height)(F:3)  
5sec Pull-up hold (F:3sec)  
10sec Vertical Backlever hold  
3 Push-ups  
15 P-bar Leg-raises
- 10** 1 Chin-up (F:smallest band)  
30sec Frog stance  
100 Rope jumps  
5 Dips (F:3)  
20 Squat-lunge Jumps

## Intermediate levels

- 11** 10 Push-ups (F:5)  
1 Pull-up (F:smallest band)  
10sec L-sit hold (90 degree)  
10 Double unders  
5 Hanging Toes to bar
- 12** 1 Hanging Skin the cat twist  
10 Side Plank Push-ups (F:6)  
3sec Freestanding Handstand  
15 Broad Jumps  
3 Hammer Pull-up (F:1)
- 13** 1 One legged Dragonflag (each leg)  
10 Diamond Push-ups (F:6)  
3 Alternate grip Pull-ups (each grip)(F:1)  
30sec Vertical Backlever hold  
20sec L-sit Hang
- 14** 1 Pullover  
10 Straight-bar Dips (F:6)  
15sec Backbridge hold  
5 Jumping Muscle-ups (eye height)(F:2)  
10 Typewriter Pull-ups (resistance band)
- 15** 5 Muscle-ups (resistance band)  
5sec Vertical Frontlever hold  
6sec Freestanding Handstand  
3 One legged Dragonflag (each leg)(F:2)  
5 Wide Pull-ups (F:3)
- 16** 5 Plyometric Pull-ups (F:3)  
5sec Float hold  
5 Ab-wheels (knee)  
20 Double unders  
15 Hanging Toes to bar
- 17** 1 Dragonflag  
6 Hanging L-sit Chin-ups (F:4)  
20 Dips (F:12)  
1 minute Wall Handstand  
1 Pistol Squat
- 18** 1 Wall Handstand Push-up (nose to floor)  
5sec Tucked Frontlever hold  
8 Small to Wide Pull-ups (F:5)  
5sec 1 legged Backlever hold  
30 Double unders
- 19** 15 Muscle-ups (resistance band) (F:10)  
4 Freestanding Handstand Shoulder-taps  
1 Back-clap Push-up (F:double clap front)  
4 Archer Pull-up (L+R) (resistance band)  
3 Pullover (F:2)
- 20** 3 Dragonflags (F:2)  
8 Pull-up to Chin-ups (F:4)  
15 Pike Push-ups (F:8)  
75 Squats  
10sec Freestanding Handstand hold