



# 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.\*

## Advanced levels

- 21** 5 Frontlever Raises (to horizontal)(F:3)  
4 Archer Push-ups (alternating)(F:2)  
8 Jumping Muscle-ups (body height)(F:5)  
20 Ab-wheels (knees)(F:12)  
2 Pistol Squats (each leg)
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- 22** 20 Clapping Push-ups (F:12)  
20sec Freestanding Handstand hold  
10sec One-legged Backlever hold  
8 Chest to bar Pull-ups (F:5)  
40 Jumping Lunges
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- 23** 5 Hanging Skin the cat Twist  
5 Dragonflags (F:2)  
10sec Vertical Frontlever hold (F:5sec)  
1 Frog-stance to Handstand  
2 Archer Pull-ups (alternating)(F:1+smallest band)
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- 24** 5sec Backlever hold  
5sec One-legged Frontlever hold (F:3)  
4 Typewriter Pull-ups (F:2)  
40 Double unders  
8 Russian Dips (F:4)
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- 25** 1 Muscle-up (F:smallest band)
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- 26** 2 Muscle-ups (F:1)  
30sec Freestanding Handstand hold  
10 Dragonflags (F:4)  
5 Wall Handstand Push-ups (nose to floor)(F:2)  
3 Pistol Squats (each leg)
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- 27** 3 Muscle-ups (F:2 + smallest band)  
1 Frontlever raise (to vertical)(F:straddle)  
10sec Freestanding Diamond Handstand hold  
4 Archer Pull-ups (alternating)(F:2+smallest band)  
6 Typewriter Pull-ups (F:4+smallest band)
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- 28** 5 Frontlever Deadlifts (F:3)  
5 Crossed Double unders (1 straight + 1 crossed)  
10sec Backlever hold (F:straddle)  
10sec Float hold  
1 40sec Pull-up (20up+20down)(F:smallest band)
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- 29** 5 Muscle-ups (F:2)  
1 Freestanding Handstand Push-ups (nose to floor)  
2 One-arm Dragonflags (each arm)(F:1 one-legged)  
100 Squats  
15 Frontlever raises (to horizontal)(F:8)
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- 30** 3sec Frontlever hold (F:straddle)  
1 L-sit to 5sec Handstand hold  
15sec Backlever hold (F:10)  
2 Archer Typewriter Pull-ups (F:smallest band)  
8 Wall Handstand Push-ups (nose to floor)(F:3)

## Expert levels

- 31** 1 minute Freestanding Handstand hold  
7 Muscle-ups (F:3)  
3sec Straddle Human-flag hold (each side)  
3 Tucked Frontlever Pull-ups (belly touch)(F:6sec tucked hold)  
3 Shrimp Squats (each leg)
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- 32** 1 Straight-arm Press to 5sec Handstand hold  
1 1-arm Pull-up (each arm)(F:negative)  
12 Korean Dips (F:5)  
24 Freestanding Handstand Shoulder-taps  
5 Wide Frontlever Deadlifts (F:1)
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- 33** 5sec Frontlever hold (F:straddle)  
3 Freestanding Handstand Push-ups (nose to floor)(F:1)  
10 Crossed Double under (1 straight + 1 crossed)  
10sec Tucked Planche hold (back horizontal)(F:5sec)  
2 Tucked Backlever Pull-ups (back touch)(F:half movement)
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- 34** 5 Plyometric Muscle-ups (F:2)  
3sec Human-flag hold (each side)  
4 1-arm Dragonflags (each arm)(F:1)  
5 Pistol Squats (each leg)  
5sec One-legged Victorian hold (each leg)(F:tucked)
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- 35** 10 Muscle-ups (F:4)  
3 L-sit to Handstand (F:2)  
5 Frontlever raise (to vertical)(F:1)  
20sec Freestanding Diamond Handstand hold  
50 Double unders
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- 36** 3 One-arm Hanging Toes to bar (each arm)  
20 Chin-ups (F:12)  
20sec One-arm Wall Handstand (each arm)  
1 Backlever raise (skin the cat to vertical)(F:one-legged)  
10sec Supinated Straight-bar Tucked Planche hold (horizontal back)(F:3sec)
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- 37** 3 Triple unders  
10sec Frontlever hold (F:3sec)  
3 Tucked Backlever Pull-ups (back touch)(F:half movement)  
6 Freestanding Handstand Push-ups (F:2)  
3sec Straddle Planche hold (F:5sec tucked)
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- 38** 14 Muscle-ups (F:5)  
3sec Freestanding One-arm Handstand (each arm)  
15 Dragonflags (F:6)  
1 One-legged Frontlever Pull-up (belly touch)(F:tucked)  
2 Straight-arm Press to 5sec Handstand hold
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- 39** 2 Standing Ab-wheel (F:1)  
10sec low Handstand Push-up hold (F:3sec)  
1 Negative Hefesto to 3sec Supinated Backlever hold (F:no hold)  
1 Tigerbend Handstand Push-up (dip bar)(F:half movement/negative)  
70 Double unders
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- 40** 10 Burpee Muscle-ups (F:4)  
8 Pistol Squats (each leg)  
5sec Straddle Planche hold (F:3sec)  
5sec Human-flag hold (each side)  
10sec Frontlever hold to 10sec Backlever hold (F:3sec to 10sec)