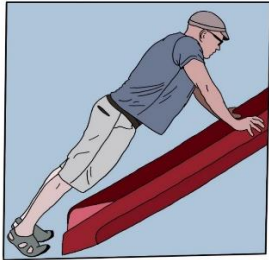
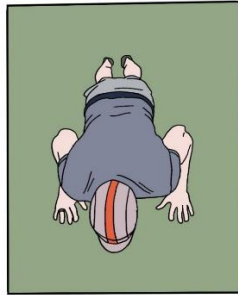


Progressive Calisthenics Cheat Sheet

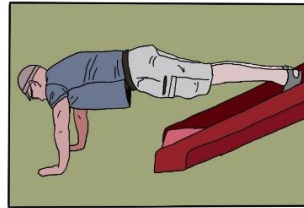
www.formiseverything.com



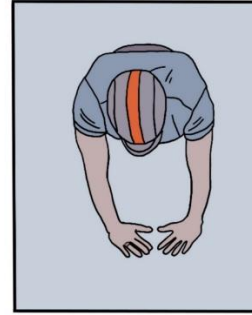
Incline Push-Up



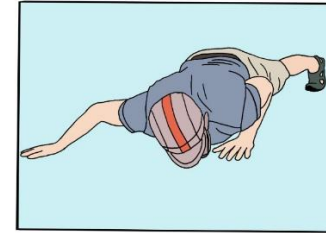
Push-Up



Decline Push-Up



Diamond Push-Up



Archer Push-Up



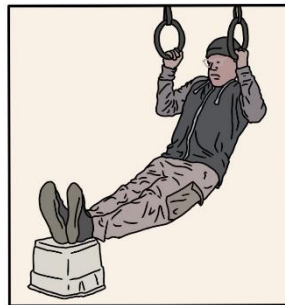
Dip



Row



Archer Row



Jackknife Pull-Up



Chin-Up



Pull-Up



Mixed Grip Chin-Up



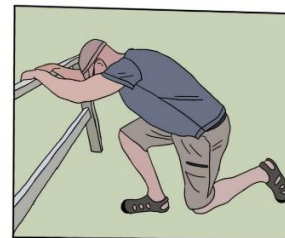
Assisted Squat



Squat



Bulgarian Split Squat



Assisted Hover Lunge



Assisted Pistol Squat



Hover Lunge

Illustrations by Sophia Rader