



AGOGE CALISTHENICS
ΚΑΛΛΙΣΘΕΝΙΚΗ ΑΓΩΓΗ®

Muscle - Up Mastery Δυναμικές Έλξεις
Strength & Skill
15 Steps Progression

Προοδευτική διαβάθμιση βαθμού δυσκολίας, ικανότητας και δύναμης σθένους

0. Horizontal bar - High bar or Rings False Grip Muscle up with momentum and kipping
1. Rings False Grip strict Muscle up
2. Horizontal bar - High bar False Grip strict Muscle up
3. Horizontal bar - High bar No False Grip strict Muscle up
4. Rafter No False Grip strict Muscle up
5. Rings False Grip FL - Front Lever to Muscle up
6. Horizontal bar - High bar False Grip FL to Muscle up
7. Horizontal bar - High bar No False Grip FL to Muscle up
8. Rings False Grip L-Hold to Muscle up
9. Horizontal bar - High bar No False Grip dead hang slow clean and strict Muscle up
10. Horizontal bar – Low or High bar False Grip L-Hold to Muscle up
11. Horizontal Low bar L-Hold No False Grip slow and strict Muscle up
12. Aerial Trapeze No False Grip slow and strict Muscle up
13. Rings L-Hold No False Grip slow and strict Muscle up
14. Single Ring No False Grip Over Hand strict Muscle up
15. Rings or Horizontal bar 2 Fingers FL to slow and strict Muscle up - Master Level