

WB bodyweight training.

www.wolfbrigadegym.com

Pull-up

- Strict
- Kip
- Jumping
- "Hangman"
- L-sit
- 1-arm
- Rings
- Weighted
- Chest-to-bar

Row

- Rings
- Rope
- Bar
- Rowing machine

Squat

- Regular
- Jump
- 1-leg
- Isometric

Dip

- Regular
- Rings
- Weighted

Lunge

- Forward
- Reverse
- Full-range
- Walking
- Reverse lunge box jump

Push-up

- Regular (*chest-to-ground*)
- Airplane
- Plyometric
- Rings
- Inchworm
- Hindu

- Pike
- Handstand
- Weighted
- Pushup walk

Burpee

- Lateral burpee
- Broad jump burpee
- Burpee from the bottom
- Burpee box jump

Situp

- Abmat
- V-up
- GHD
- Hollow
- Superman
- L-sit
- Windshield wiper
- Knees-to-elbows
- 360
- Skin-the-cat

Jump rope

- Singles
- Double-under
- High-knee
- L to R, "5 counts"

Miscellaneous

- Sprint starts
- Handstand
- Headstand
- Tumbling (*Front roll, back roll, side fall*)
- Back extension
- Hip extension
- Rope climb
- Muscle up
- Box jump
- Broad jump
- Lateral jump
- Rocking chair
- Elevator
- Bear crawl
- Alligator crawl
- Band crawl
- Airdyne

