

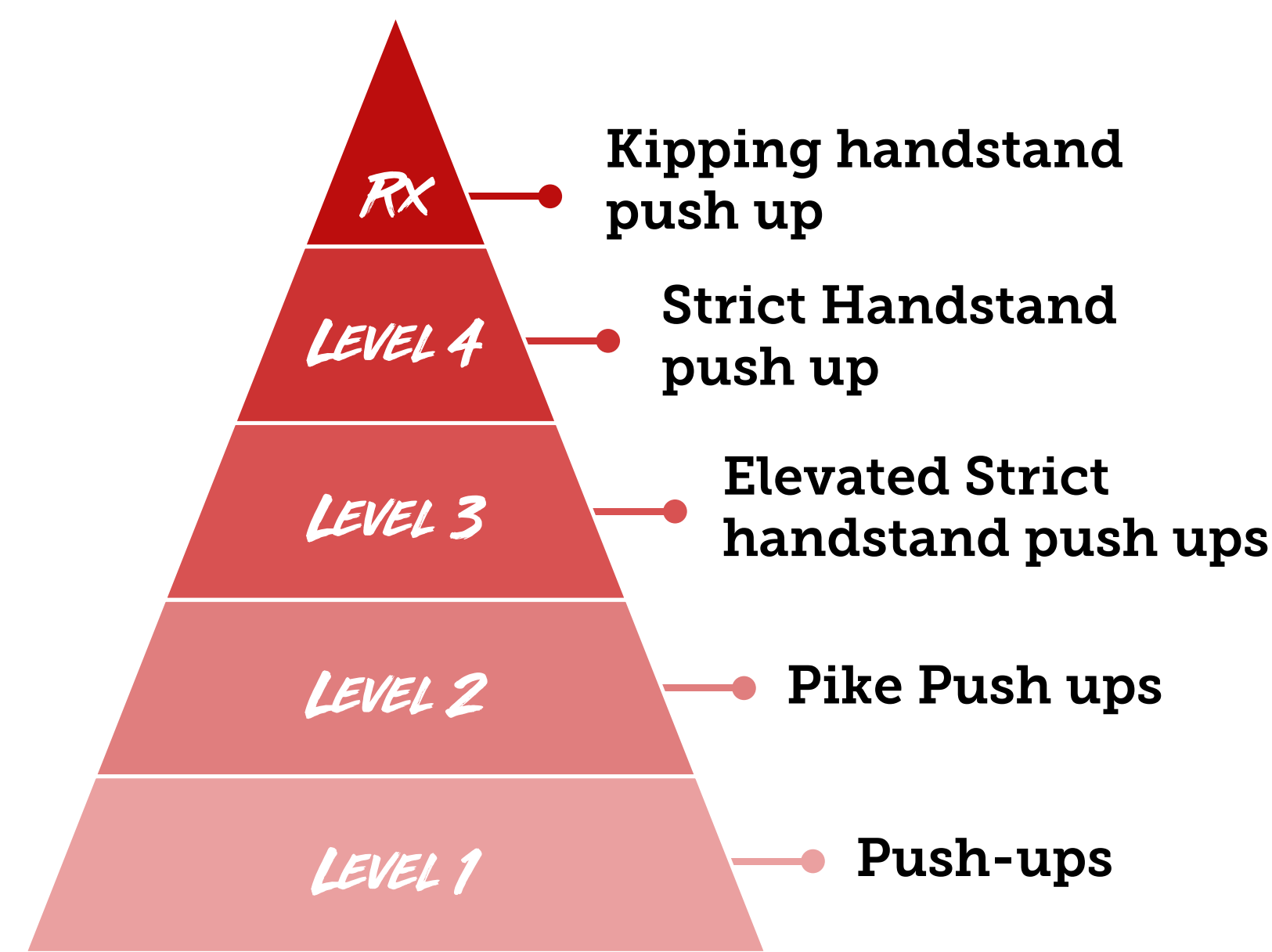


Scaling Pyramids

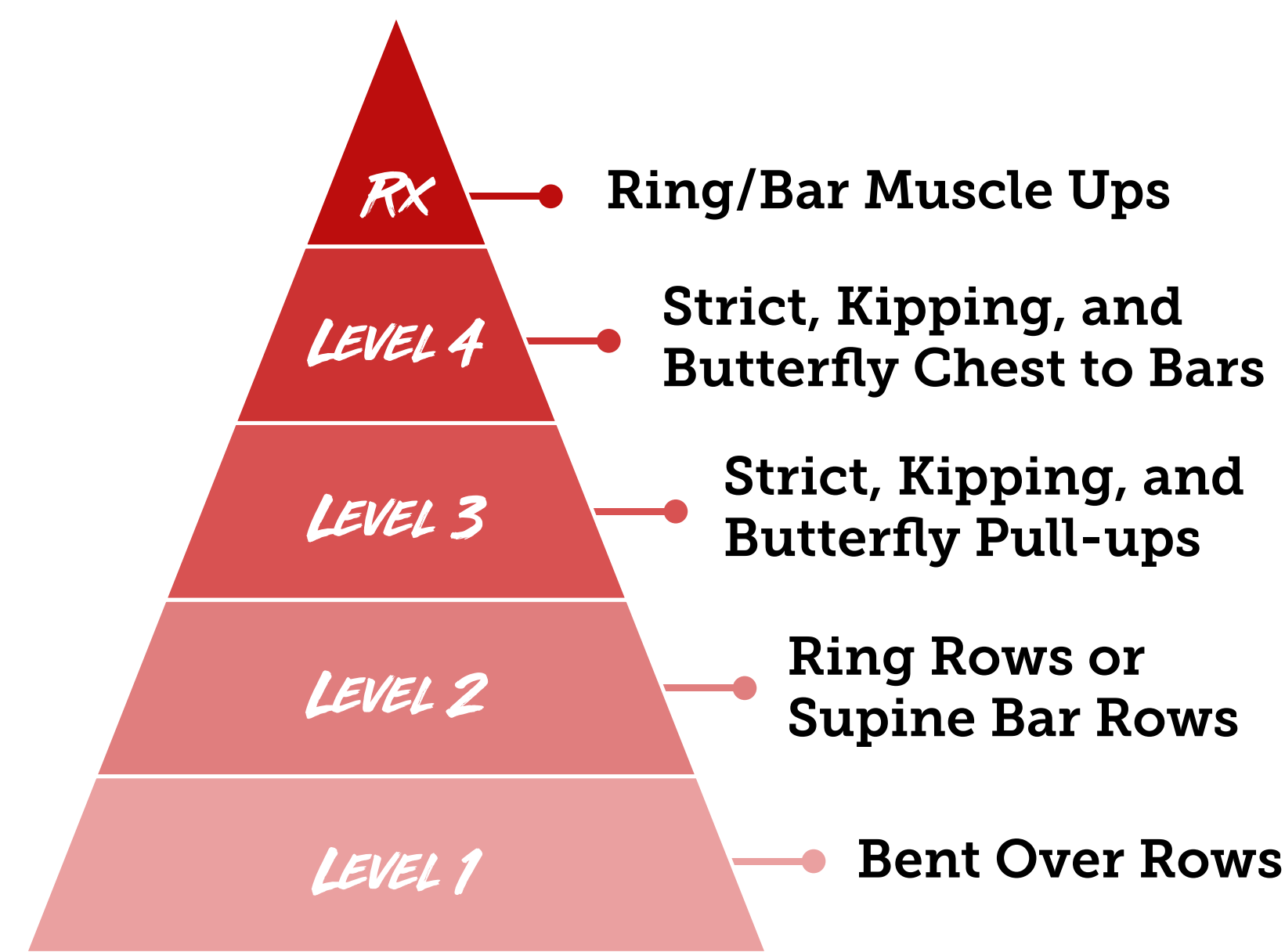
Erg Comparison Table

Row/Ski (Cal)	Row/Ski (m)	Run (m)	Assault Bike (Cal)	Bike Erg
0:20 Hard	150	100	0:20 Hard	300
16/13	250	200	10-12/8-10	500
32/27	500	400	20-24/16-20	1k
65/55	1k	800	40-48/32-40	2k
130/110	2k	1 mile	80-90/70-80	4k

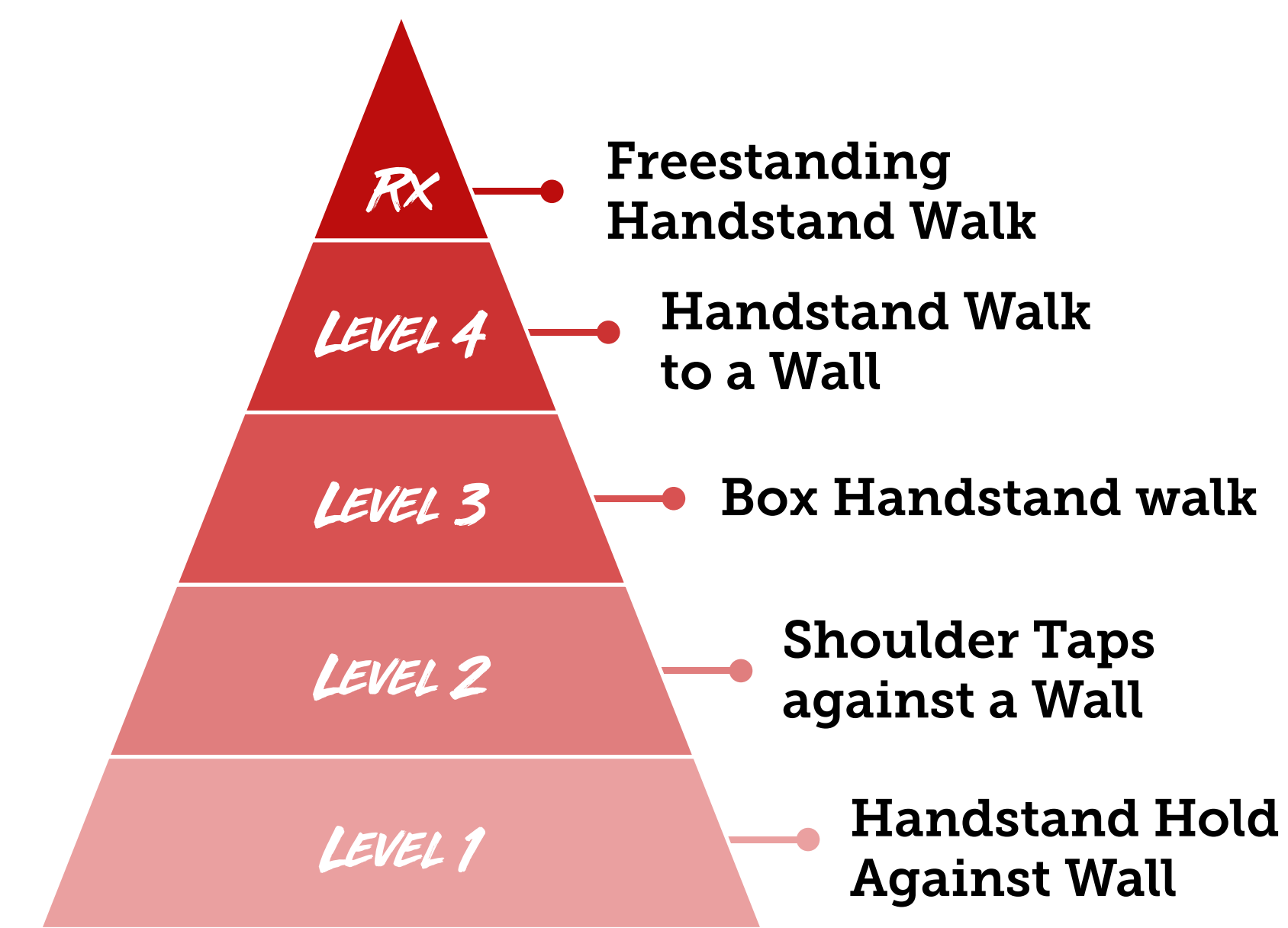
Handstand Push Up



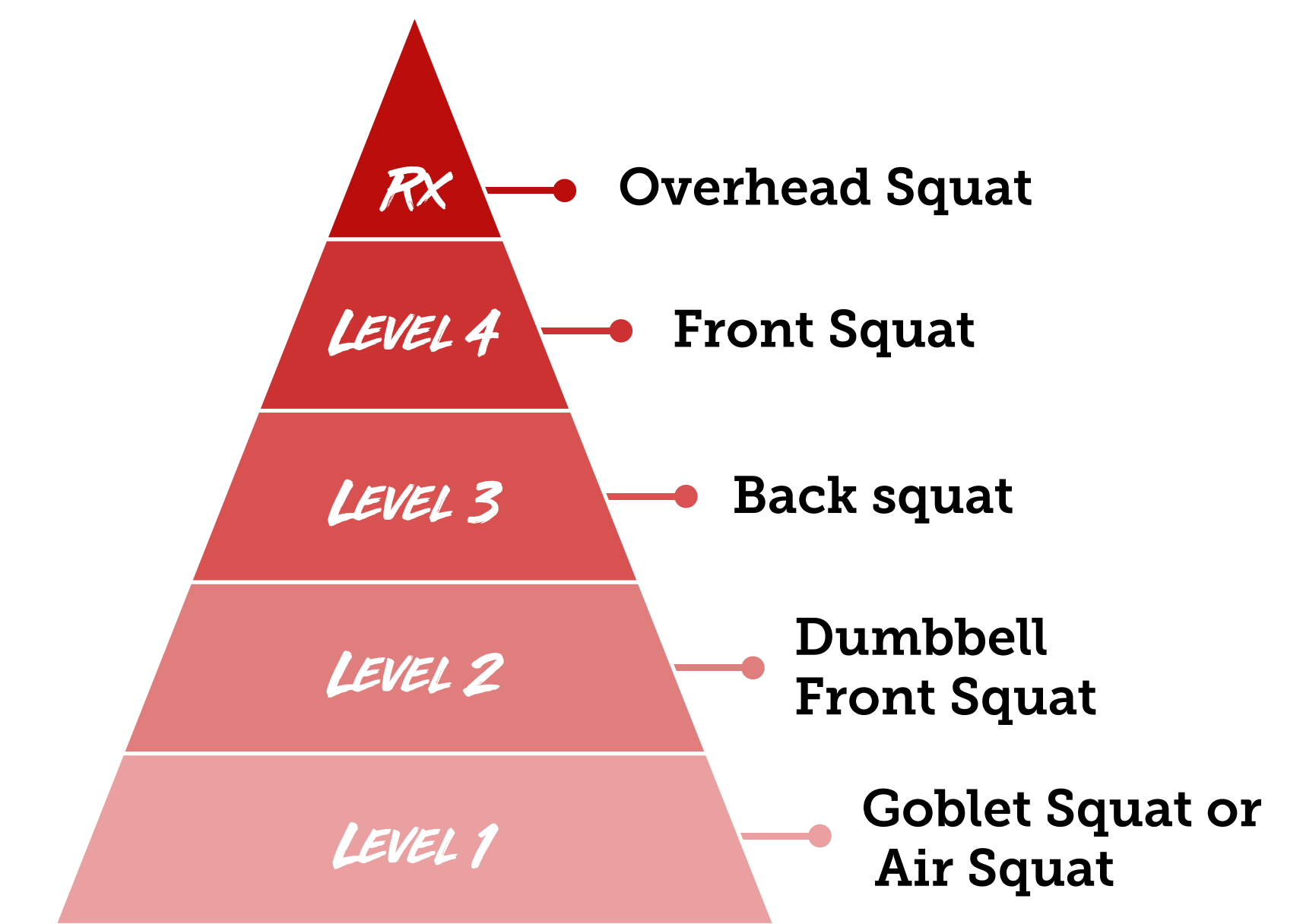
Ring/Bar Muscle Up



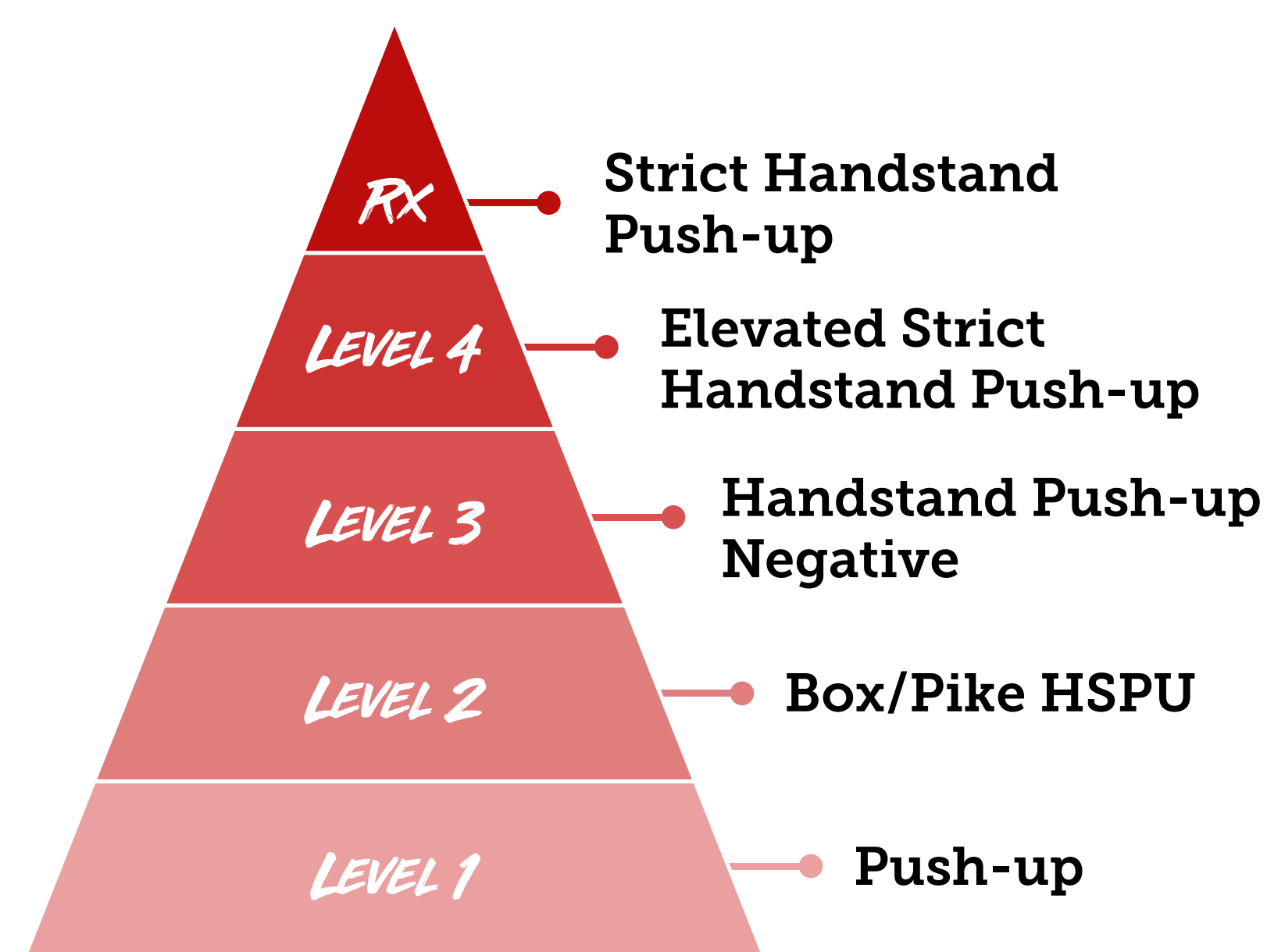
Handstand Walk



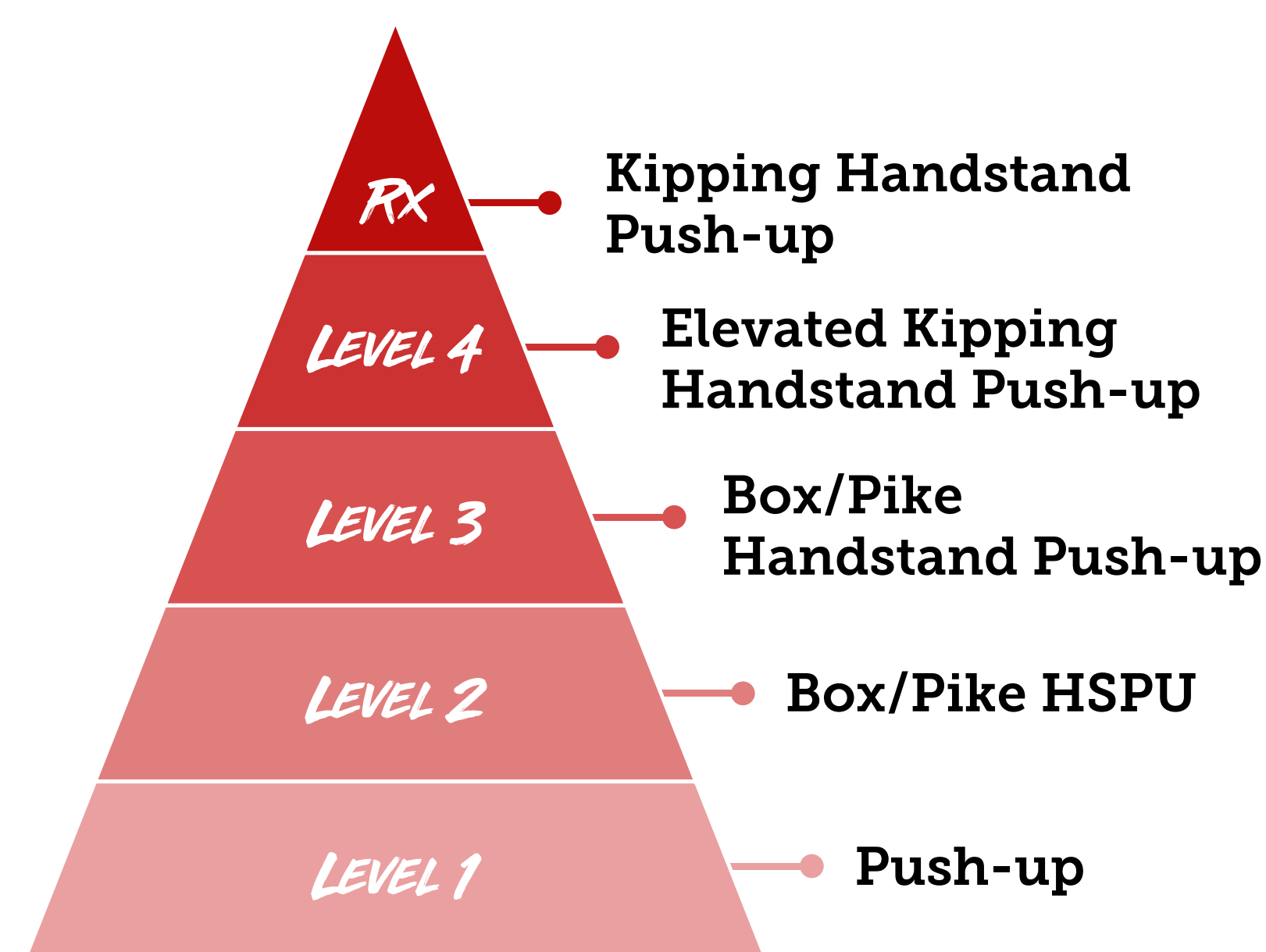
Overhead Squat



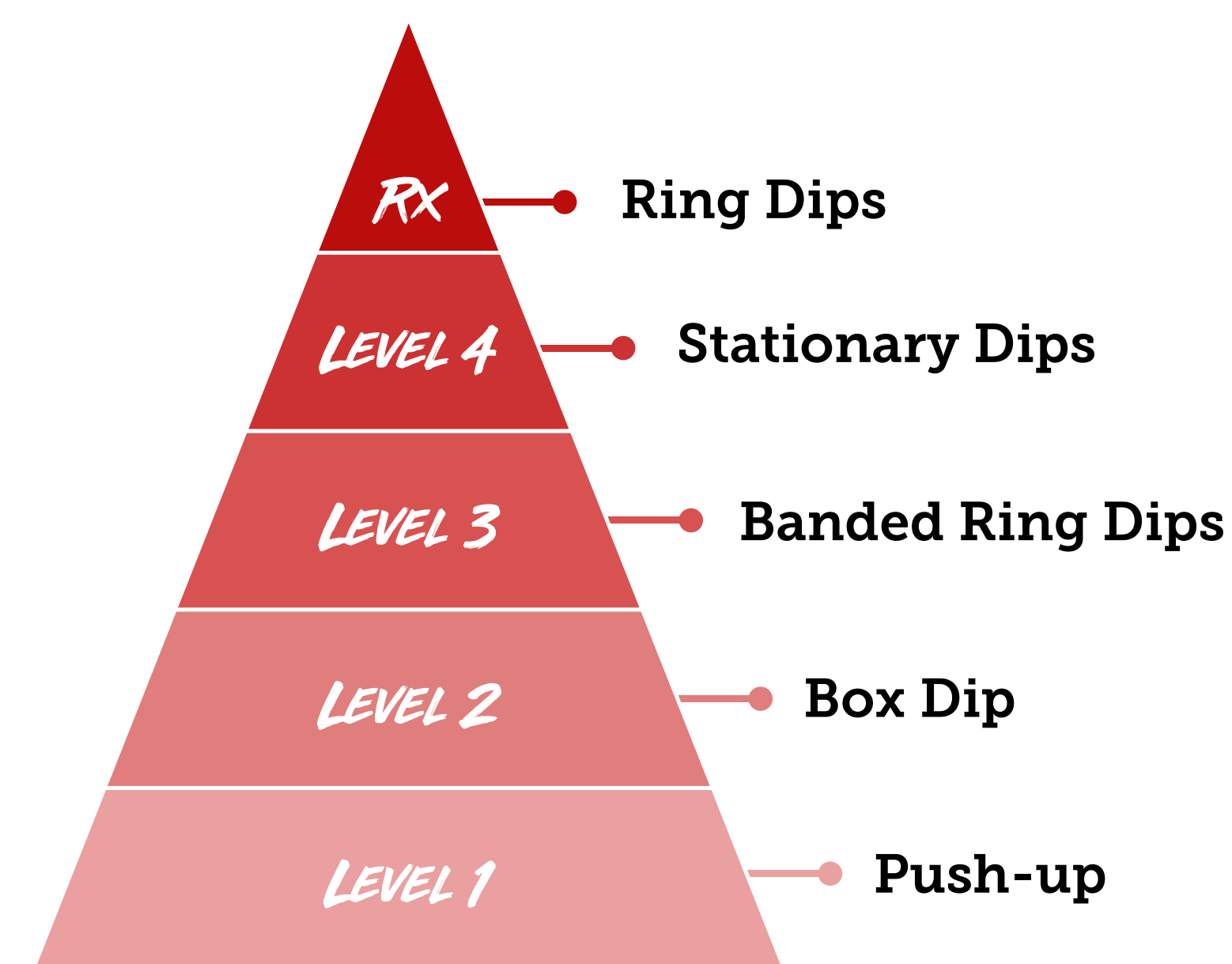
Strict HSPU



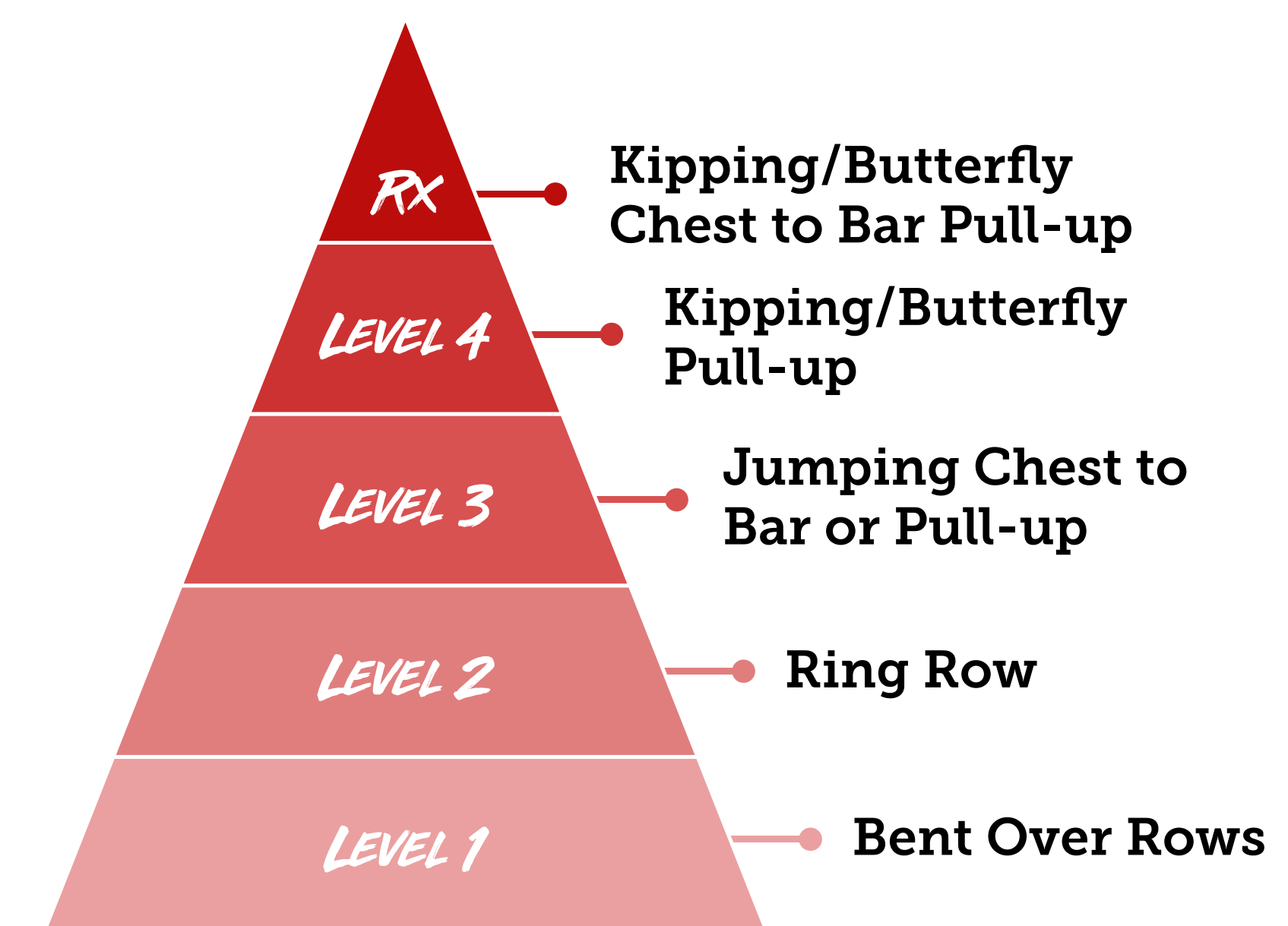
Kipping HSPU



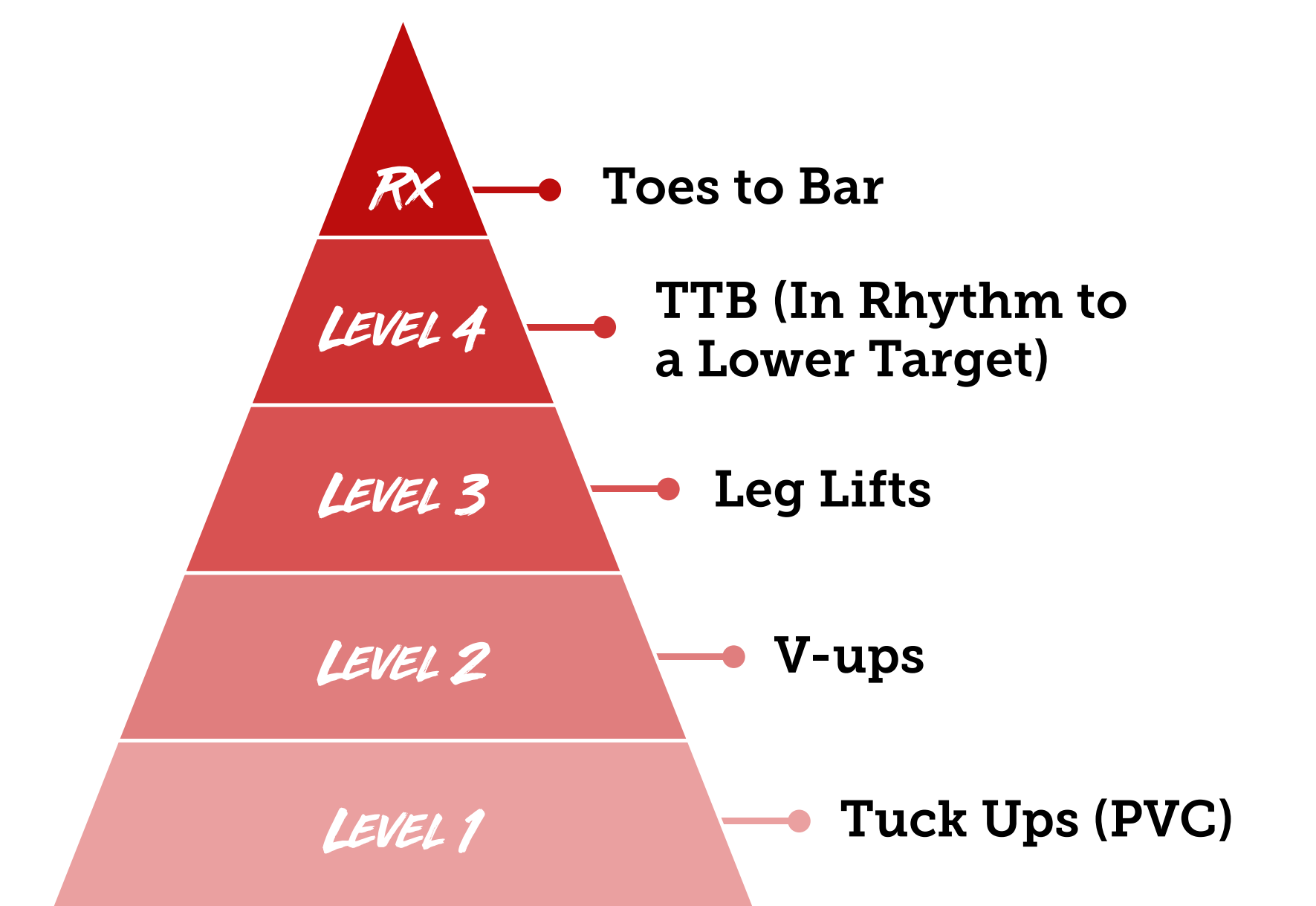
Ring Dip



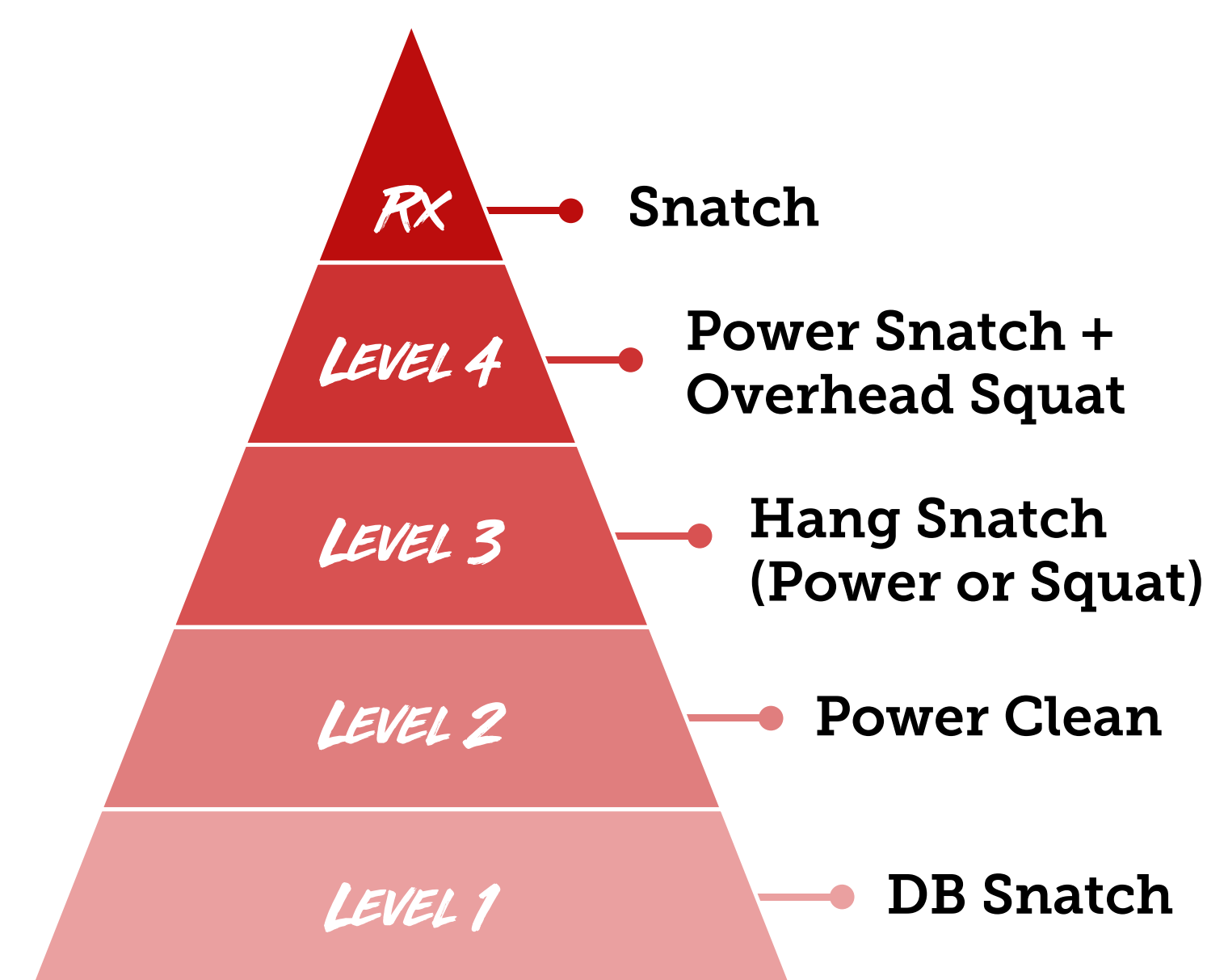
Chest to Bar Pull-up



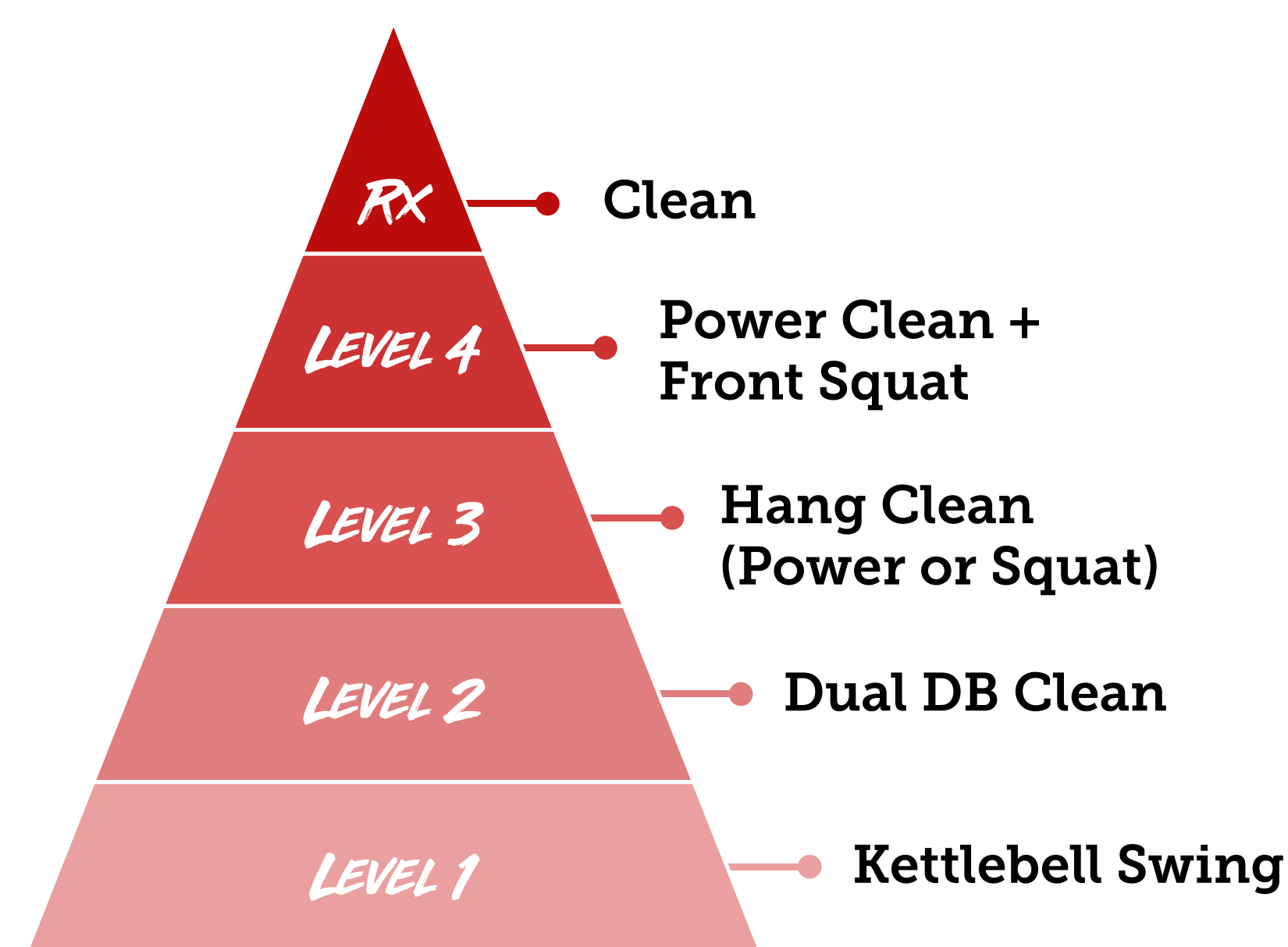
Toes to Bar



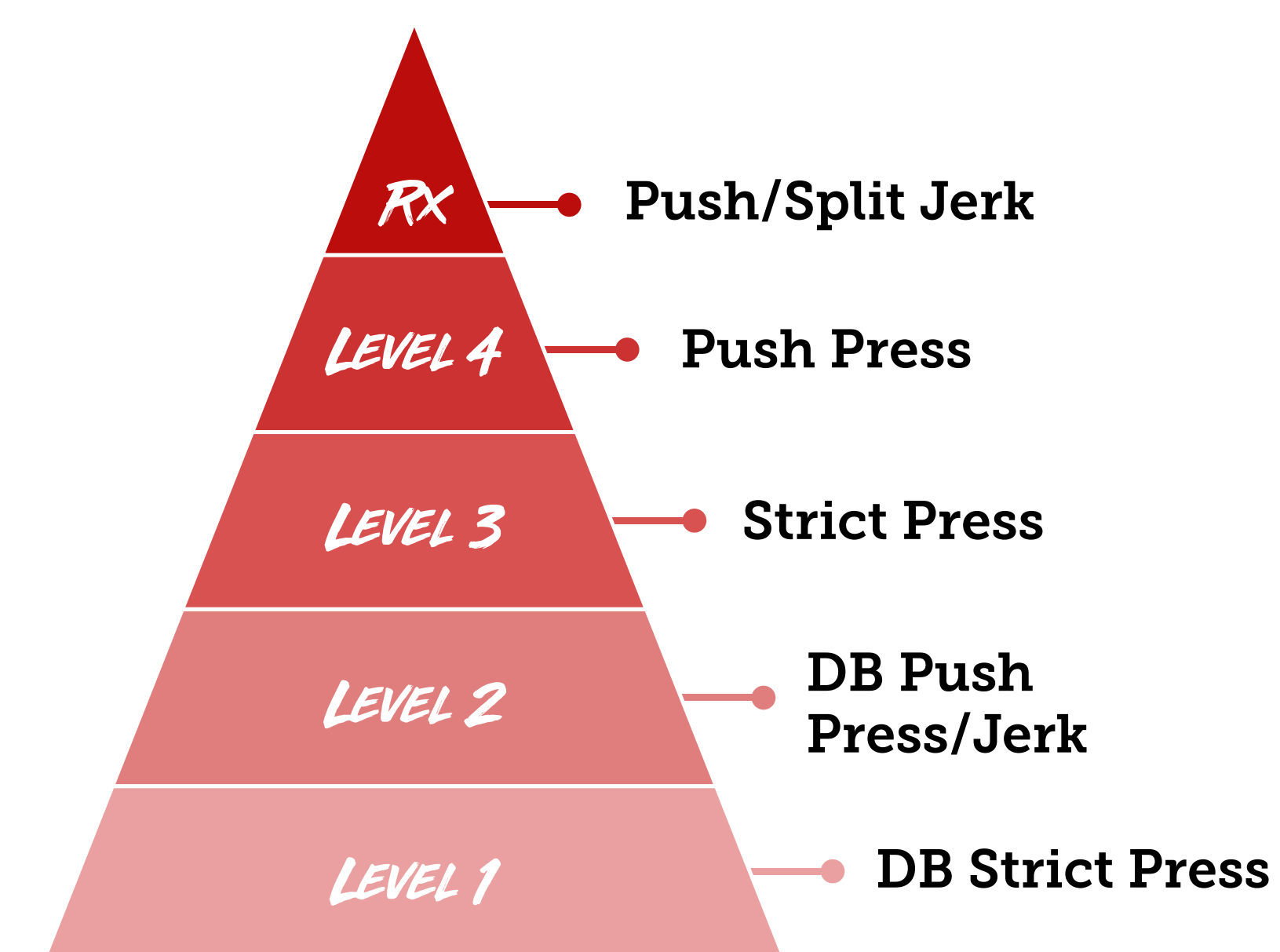
Snatch



Clean



Push/Split Jerk



Double Unders

