

<b>BACKLEVER</b>		<b>REGULAR</b>	<b>WIDE</b>	<b>CLOSE</b>
	Backlever	<b>0,5</b>	<b>1,6</b>	
	Back Pullup prono	<b>1,3</b>		<b>1,1</b>
	Back pullup supino	<b>2,7</b>		
	Back touch prono	<b>1,4</b>		
	Back touch supino	<b>2,3</b>		
	Hefesto	<b>2,5</b>		
	Archer Hefesto	<b>2,3</b>		
	Entrada	<b>2,9</b>		
	Reverse Mu bar	<b>3,3</b>		
	Reverse Mu parall	<b>2,2</b>		
	Back Muscleup	<b>2,8</b>		
	Back straddle	<b>0,3</b>	<b>0,6</b>	
	Back Oneleg	<b>0,2</b>	<b>0,4</b>	
	One arm Back	<b>0,8</b>		
	Back Pulls	<b>0,9</b>		
	Back pulls straddle	<b>0,5</b>		
	Back pulls oneleg	<b>0,3</b>		

<b>HANDSTAND</b>		<b>SBARRA PRONA</b>	<b>SBARRA SUPINA</b>	<b>PAVIMENTO</b>	<b>PARALLELE</b>
	Handstand	<b>1</b>	<b>1,3</b>	<b>0,6</b>	<b>0,4</b>
	Hspu full rom	<b>1,8</b>	<b>2,2</b>		<b>1,2</b>
	Hspu			<b>0,8</b>	<b>0,6</b>
	90degree pushup			<b>1,4</b>	<b>1,3</b>
	Archer Hspu				<b>2</b>
	Japanese			<b>1,8</b>	<b>1,3</b>
	One arm straddle	<b>2,2</b>		<b>1,9</b>	<b>1,8</b>
	One arm full	<b>2,6</b>		<b>2,5</b>	<b>2,3</b>
	One arm flag			<b>2,3</b>	<b>2,2</b>
	Helbow lever		<b>0,55</b>	<b>0,6</b>	<b>0,5</b>
	Helbow straddle		<b>0,35</b>	<b>0,4</b>	<b>0,3</b>
	Handstand press			<b>1,3</b>	<b>1,1</b>
	Hs press straddle			<b>1</b>	<b>0,8</b>

<b>PRESS TO HS</b>		<b>PARALLELE</b>	<b>SBARRA</b>	<b>PAVIMENTO</b>
	Straddle Planche	<b>1,7</b>	<b>2,1</b>	<b>1,9</b>
	Full Planche	<b>3,4</b>	<b>3,6</b>	<b>3,5</b>
	Maltese straddle	<b>3,5</b>	<b>4,2</b>	<b>4</b>
	Maltese full	<b>4,5</b>	<b>5,8</b>	<b>5,6</b>
	Iguana straddle	<b>2</b>		
	Iguana full	<b>4</b>		

<b>FRONT LEVER</b>		<b>CLOSE</b>	<b>REGULAR</b>	<b>WIDE</b>	<b>WIDE BRACCIA TESE</b>
	Front lever	<b>1</b>	<b>1</b>		
	Front Lever one arm		<b>3,9</b>		
	Front pulls	<b>1,3</b>	<b>1,4</b>		
	Front Pullup	<b>1,9</b>	<b>2,2</b>	<b>2,7</b>	
	Front touch	<b>2,1</b>	<b>2,4</b>	<b>3,2</b>	<b>4,4</b>
	Front pulls touch	<b>2,8</b>	<b>3,2</b>	<b>4,2</b>	
	Front pullup touch	<b>2,6</b>	<b>3</b>	<b>4</b>	
	Front pullup archer			<b>3</b>	
	One arm frontlever		<b>3,9</b>		
	Victorian assistito		<b>2,7</b>	<b>3,8</b>	

<b>OAP</b>		
	Oap prona	<b>2,8</b>
	Oac supina	<b>1,7</b>
	Oap neutra	<b>2,2</b>

<b>PLANCHE</b>		<b>PARALLELE</b>	<b>PAVIMENTO</b>	<b>SBARRA SUP.</b>	<b>SBARRA PRON.</b>
	Planche straddle	<b>1,5</b>	<b>1,7</b>	<b>1,9</b>	<b>1,7</b>
	Planche full	<b>2,3</b>	<b>2,6</b>	<b>3</b>	<b>2,8</b>
	Maltese straddle	<b>2,6</b>	<b>3,3</b>	<b>3,5</b>	<b>2,8</b>
	Maltese Full	<b>3,8</b>	<b>4,9</b>	<b>5,1</b>	<b>4</b>
	One arm planche		<b>3</b>		
	Pelican	<b>5,4</b>			
	Straddle Planche supina		<b>2</b>		
	Full planche supina		<b>3,4</b>		
	Iguana planche straddle			<b>2,2 long</b>	
	Iguana planche full			<b>3,5 long</b>	

	Dead push (laganà)	<b>4,2</b>			
	Prayer planche		<b>2</b>		
	Archer pushup straddle	<b>1,4</b>	<b>1,6</b>	<b>1,8</b>	
	Archer pushup full	<b>2,6</b>	<b>2,8</b>	<b>3</b>	
	Pushup straddle planche	<b>1,6</b>	<b>1,8</b>	<b>2</b>	
	Pushup full planche	<b>2,6</b>	<b>2,7</b>	<b>3,2</b>	

<b>TED</b>		<b>PARALLELE</b>	<b>SBARRA</b>	
	Ted classic	<b>2,6</b>	<b>2,2</b>	
	Ted Vic	<b>3,5</b>		
	V-sit	<b>1,2</b>	<b>PAVIMENT O 1,3</b>	<b>SUPINO 1,6</b>
	Manna	<b>2,8</b>	<b>2,9</b>	