

<b>BACKLEVER</b>		<b>REGULAR</b>	<b>WIDE</b>	<b>CLOSE</b>
	Backlever	<b>1,2</b>	<b>1,6</b>	
	Back Pullup	<b>2,2</b>		
	Back pullup oneleg	<b>1,3</b>		
	Back Pullup straddle	<b>1,5</b>		
	Back pulls one leg	<b>0,6</b>		
	Back pulls straddle	<b>0,9</b>		
	Back lever pulls	<b>1,4</b>		
	Back lever straddle	<b>0,8</b>		
	Back lever Oneleg	<b>0,5</b>		
	One arm Back	<b>2,1</b>		
	Back lever touch 1 leg	<b>1,4</b>		
	Back touch straddle	<b>1,7</b>		
	Back touch full	<b>2</b>		
	Hefesto	<b>3</b>		

<b>HANDSTAND</b>		<b>SBARRA PRONA</b>	<b>SBARRA SUPINA</b>	<b>PAVIMENTO</b>	<b>PARALLELE</b>
	Handstand	<b>0,7</b>	<b>1</b>	<b>0,5</b>	<b>0,4</b>
	Hspu full rom				<b>1,3</b>
	Hspu			<b>1</b>	<b>0,8</b>
	90degree pushup			<b>1,4</b>	<b>1,3</b>
	One arm straddle			<b>1,7</b>	<b>1,5</b>
	One arm full			<b>2</b>	<b>1,8</b>
	Helbow lever		<b>0,4</b>	<b>0,5</b>	<b>0,4</b>
	Helbow straddle		<b>0,2</b>	<b>0,25</b>	<b>0,2</b>
	Handstand press			<b>1,2</b>	<b>1</b>
	Hs press straddle			<b>1</b>	<b>0,8</b>

<b>PRESS TO HS</b>		<b>PARALLELE</b>	<b>SBARRA sup</b>	<b>PAVIMENTO</b>
	Straddle Planche	<b>2,8</b>	<b>3,4</b>	<b>3</b>
	Full Planche	<b>4</b>	<b>4,5</b>	<b>4,2</b>

<b>FRONT LEVER</b>		<b>REGULAR</b>
	Front lever	<b>1,8</b>
	Front pulls	<b>2</b>
	Front Pullup	<b>2,4</b>
	Front touch	<b>3</b>
	Front straddle	<b>1,4</b>
	Front one leg Adv	<b>0,8</b>
	Front pulls straddle	<b>1,5</b>
	Front pulls one leg	<b>0,9</b>
	Front pullup straddle	<b>1,7</b>
	Front pullup oneleg	<b>1,1</b>
	Front pullup Adv	<b>0,8</b>
	Front touch straddle	<b>1,9</b>
	Front touch oneleg	<b>1,3</b>
	Front touch Adv	<b>0,9</b>
	Victorian One leg	<b>1,6</b>
	Victorian assistito	<b>3,4</b>

<b>OAP</b>		
	Oac supina	<b>2</b>
	Oap neutra	<b>2,5</b>
	Archer pullup	<b>0,4</b>
	Archer chinup	<b>0,2</b>
	Muscleup	<b>0,7</b>
	Archer Muscleup	<b>1,1</b>

<b>PLANCHE</b>		<b>PARALLELE</b>	<b>PAVIMENTO</b>	<b>SBARRA SUP.</b>	<b>SUP. PAVIM</b>
	Planche Adv	<b>0,8</b>	<b>0,9</b>		
	Planche Straddle	<b>2</b>	<b>2,2</b>	<b>2,4</b>	<b>2,5</b>
	Planche Full	<b>3</b>	<b>3,2</b>	<b>3,8</b>	<b>4</b>
	Planche pushup Adv	<b>1</b>			
	Pushup straddle planche	<b>2,2</b>	<b>2,3</b>	<b>2,5</b>	
	Pushup full planche	<b>3,5</b>	<b>3,7</b>	<b>4,2</b>	

<b>TED</b>		<b>PARALLELE</b>	<b>SBARRA</b>	<b>pav</b>
	Ted classic	<b>3,2</b>		
	V-sit	<b>0,6</b>	<b>0,8</b>	<b>0,7</b>
	Vsit squadra	<b>1,1</b>	<b>1,3</b>	<b>1,2</b>
	L-sit	<b>0,2</b>	<b>0,4</b>	<b>0,3</b>
	Manna	<b>2,8</b>	<b>2,9</b>	