L-SIT MODIFIED
Start: Grasp bars; straighten arms directly below shoulders with back straight and chest up. Bend legs, position feet directly under hips with heels off floor.
Finish: Lift feet off floor, swing legs up and forward while keeping legs bent with feet directly below knees in front of body, hold. Lower feet down and back to floor, return to start position and repeat in a continuous up/down pattern.

BURPEE OVER PARALLETTES
Start: Stand alongside bar, feet hip-width apart, jump sideways over bar. Land on opposite side with feet hip-width apart.
Immediately bend knees, place hands on floor and lower body toward floor while at the same time straightening legs and positioning body in a pushup position.
Finish: Perform pushup, immediately hop and pull knees toward chest, stand upright and immediately jump over bar in the opposite direction to start position. Repeat in a continuous side-to-side, up/down pattern.

HAND STAND PUSHUP
Start: Grasp bar, straighten arms and hinge forward at hips, position one leg in front of the other with knees slightly bent. Push off front leg and kick legs up and over head above shoulders.
Finish: Straighten legs and arms with heels against wall. Bend arms, lower head toward floor while keeping arms and back straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

SHOOT-THROUGH
Start: Grasp bars; straighten arms directly below shoulders with back straight and chest up. Bend legs, position feet directly under hips with heels off floor.
Finish: Lift feet off floor, swing legs up and forward while keeping legs bent with feet directly below knees in front of body, hold. Lower feet down and back to floor, return to start position and repeat in a continuous up/down pattern.

L-SIT SCALED
Start: Grasp bars; straighten arms directly below shoulders with back straight and chest up. Bend legs, position feet directly under hips with heels off floor.
Finish: Lift feet off floor and swing bent legs up and forward then straighten legs directly out in front of hips, hold. Bend legs, lower feet down and back to floor, return to start position and repeat in a continuous up/down pattern.