

# Back Lever

PLEASE DO NOT BEGIN STAGES UNTIL YOU CAN PERFORM AT LEAST X5 PIKE SKIN THE CATS  
ALWAYS BE IN REACH OF THE FLOOR FOR SAFETY

## Warm Up - To be performed before every stage

- |   |         |
|---|---------|
| 1. Reverse Shoulder Closes with Elastic | X20     |
| 2. Inlocate & Dislocate                 | X15     |
| 3. Arch Hold                            | 30 Secs |
| 4. German Hang (feet on floor)          | 20 Secs |
| 5. Back Raises                          | X15     |
| 6. Dish to Arch in Inverted Hang        | X8      |
| 7. Tuck or Pike Skin the Cat            | X5      |

PLEASE DO NOT MOVE ONTO ANY OF THE NEXT STAGES UNTIL THE MAXIMUM HOLD ATTEMPT IN  
THAT STAGE IS AT LEAST 8-10 SEC

## Stage 1 - 2 Rounds (90 Secs rest between exercises)

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|---|------------|
| 1. Heel Drives (Hold Last 10 Sec)                       | X20        |
| 2. German Hang (feet off floor)                         | 10 Secs    |
| 3. Tucked Open Hip Back Lever, Hips on Elastic          | 15-20 Secs |
| 4. Pull to Inverted Hang, Slow Negative Tucked Open Hip | X5         |
| 5. Maximum Hold Attempt, Tucked Open Hip                | X1         |

## Stage 2 - 2 Rounds (90 Secs rest between exercises)

- |  |             |
|--|-------------|
| 1. Heel Drive Hold (only chest on block)                             | 15 Secs     |
| 2. Pull to Inverted Hang, Slow Negative Single Leg                   | X6 (3 Each) |
| 3. Switch Kicks on Rings   | X8          |
| 4. Pike Inverted Hang, Extend to Horizontal into Straddle Back Lever | X5          |
| 5. Maximum Hold Attempt, Single Leg                                  | X1 (Each)   |

### Stage 3 - 2 Rounds (90 Secs rest between exercises)

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|--|-----|
| 1. Weighted Heel Drives                          | X15 |
| 2. Pull to Inverted Hang, Slow Negative Straddle | X5  |
| 3. Back Lever Leg Openers, Hips on Elastic       | X5  |
| 4. German Hang Presses                           | X5  |
| 5. Maximum Hold Attempt, Straddled               | X1  |

### Stage 4 - 2 Rounds (90 Secs rest between exercises)

- |  |            |
|--|------------|
| 1. Pull to Inverted Hang, Slow Negative Straight     | X6         |
| 2. Straight Back Lever, Hips on Elastic              | 15-20 Secs |
| 3. Weighted Arch Hold                                | 30 Secs    |
| 4. Pike Inverted Hang, Extend to Straight Back Lever | X5         |
| 5. Maximum Hold Attempt, Straight                    | X1         |