

Leg Lift Variations

Advanced variations of a hanging leg lift (toes to bar)

See if you can complete the challenge and perform each type of leg lift. The exercises are in order of difficulty so work through them one by one, trying to complete 10 reps and see how far you can get!

Level 1

Full Pike Leg Lift

Level 2

Half Lever Leg Lift

Level 3

Full Pike Leg Lift, Extend to Invert Hang, Pike Down

Level 4

Full Pike Leg Lift, Extend to Invert Hang, Straight Body Lower

Level 5

Around the World (10 Each Way)