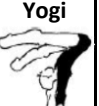


Xcel Blocks Tables of Difficulty

Value	2 Hands	2 to 1	1 arm
1	Tuck 		
2	Straddle  Pike 		
3	Croc 	2:1 Straddle 	
4	Handstand  FT Russian Lever 	FT Croc  2:1 Croc 	
5	FT Handstand  Arch  Ring  Yogi  High FT Russian Lever 	FT 2:1 Croc 	1-Arm Croc  1-Arm Split Croc 
6	FT Arch  Flag  Overarch  FT Yogi 		FT 1-Arm Croc 
7	Side Flag 		1-Arm Straddle 
8	FT Overarch 		
9	Split Planche 		
10	Planche 	2:1 Handstand 	1-Arm Pike 
11		2:1 FT  2:1 Arch  2:1 Ring 	
12	FT Flag  Overflag 	2:1 FT Arch  2:1 Overarch  2:1 Yogi 	1-Arm Handstand 

Xcel Blocks Tables of Difficulty

13		2:1 Split Planche 	1 Arm Yogi (Figa) 
14		2:1 FT Overarch  2:1 Planche 	1-Arm FT Handstand  1-Arm Flag  1-Arm FT Yogi 
15		2:1 FT Overarch 	1-Arm Arch  1-Arm Ring 
16			1-Arm Side Flag  1-Arm FT Arch  1-Arm Split Arch 
17	FT Planche 		1-Arm Split Flag  1-Arm 
18			1-Arm FT Flag  1-Arm Overflag 
19			1-Arm Overarch 
20		2:1 FT Planche 	1-Arm FT Overarch 

* FT = Feet together, meaning straight legs together from hips to ankles

Skill Variations



= Pike



= Arch



= Handstand



= Ring



= Yogi



= Overarch

** Planche is not considered a handstand position

Xcel Blocks Tables of Difficulty

Motion Values Table

Motion	Difficulty Value
Press Up	3
Press Down	2
2:1 Press Up	6
2:1 Press Down	4
1-Arm Straddle to Croc	3
1-Arm Croc to Straddle	2
1-Arm Handstand to Yogi	6
1-Arm Yogi to Arch	6
1-Arm Handstand to FT Handstand	5
1-Arm FT Flag to Flag	5
1-Arm Press Up	16
1-Arm Press Down	10