



LISTA LIBRAF DE ELEMENTOS DE DIFICULDADE DA AERÓBICA DE COMPETIÇÃO

ELEMENTOS OBRIGATÓRIOS

COMPULSÓRIOS

Valor	Nome	Cat.	Desenho
D 0,4	Jumping Jack Estacionário	Todas	
E 0,5	Jumping Jack Estacionário com Mudança de Orientação frontal		
F 0,6	Jumping Jack Transitar		
G 0,7	Jumping Jack Transitar e Mudança de Orientação Frontal		
D 0,4	Chute Alto Altura da Cintura (90°) ou Acima	Todas	
E 0,5	Chute Alto Altura dos Ombros		
F 0,6	Altura da Cabeça ou Acima		
G 0,7	Vertical		

LISTA DE DIFICULDADE

FORÇA DINÂMICA - PUSH UP

Valor	Nome	Desenho
A 0,1	2 Arm Push Up	
A 0,1	2 Arm Triceps Push Up	
B 0,2	2 Arm Hinge Push Up (Lateral)	
B 0,2	2 Arm Hinge Triceps Push Up	
C 0,3	1 Arm Push Up	
D 0,4	1 Arm Hinge Push Up (Lateral)	
C 0,3	1 Arm Triceps Push Up	
D 0,4	1 Arm Triceps Hinge Push Up	
D 0,4	1 Arm 1 Leg Push Up Right	
E 0,5	1 Arm 1 Leg Hinge Push Up (Lateral)	



E	0,5	1 Arm 1 Leg Triceps Hinge Push Up	
C	0,3	Wenson Push Up	
D	0,4	Wenson Hinge Push Up	
D	0,4	Wenson Lifted Push Up	
D	0,4	Wenson Lifted Hinge Push Up	
F	0,6	Flair	
D	0,4	Helicopter	
F	0,6	Helicopter to Wenson	
G	0,7	Helicopter to Wenson Lifted	

FORÇA ESTÁTICA

Valor	Nome	Desenho	
B	0,2	Straddle Press (Both Hands Front)	
C	0,3	Straddle Press 180° turn	
D	0,4	Straddle Press 360° turn	
E	0,5	Straddle Press 540° turn	
F	0,6	Straddle Press 720° turn	
E	0,5	1 Arm Straddle Press	
F	0,6	1 Arm Straddle Press with 180° Turn	
F	0,7	1 Arm Straddle Press with 360° Turn	
B	0,2	Pike Press	
C	0,3	Pike Press 180° turn	
D	0,4	Pike Press 360° turn	
E	0,5	Pike Press 540° turn	
F	0,6	Pike Press 720° turn	
F	0,7	1 Arm Pike Press	
C	0,3	V-press Open	
D	0,4	V-press Open 180° turn	
E	0,5	V-press Open 360° turn	
F	0,6	V-press Open 540° turn	
G	0,7	V-press Open 720° turn	
D	0,4	V-press Closed	
E	0,5	V-press Closed 180° turn	
F	0,6	V-press Closed 360° turn	
G	0,7	V-press Closed 540° turn	
H	0,8	V-press Closed 720° turn	
B	0,2	2 Arm Supported Planche Open	
C	0,3	2 Arm Supported Planche Open or Closed 180° turn	
D	0,4	2 Arm Supported Planche Open or Closed 360° turn	



B	0,2	Lifetd Supported Wenson	
C	0,3	2 Arm Planche with no Supporte Closed	
D	0,4	2 Arm Planche with no Supporte Open/Closed Push Up	
D	0,4	1 Arm Supported Planche Open / 0,5 – CLOSED	
E	0,5	1 Arm Supported Planche Open 180° turn / 0,6 – CLOSED	
F	0,6	1 Arm Supported Planche Open 360° turn / 0,7 - CLOSED	

SALTOS

Valor	Nome	Desenho	
A	0,1	Air Jack	
C	0,3	Pirouette Jump 360° turn	
D	0,4	Pirouette Jump 540° turn	
E	0,5	Pirouette Jump 720° turn	
C	0,3	Pirouette Jump 180° turn to Front/Straddle Split Landing	
D	0,4	Pirouette Jump 360° turn to Front/Straddle Split Landing	
E	0,5	Pirouette Jump 540° turn to Front/Straddle Split Landing	
F	0,6	Pirouette Jump 720° turn to Front/Straddle Split Landing	
D	0,4	Barrel Roll Turn 360° to Push Up Landing	
E	0,5	Barrel Roll One and Half Turn 540° to Push Up Landing	
F	0,6	Barrel Roll Two Turn 720° to Push Up Landing	
B	0,2	Tuck Jump	
C	0,3	Tuck Jump 180° Turn	
D	0,4	Tuck Jump 360° Turn	
C	0,3	Tuck Jump to Front/Straddle Split Landing	
D	0,4	Tuck Jump 180° Turn to Front/Straddle Split Landing	
E	0,5	Tuck Jump 360° Turn to Front/Straddle Split Landing	
D	0,4	Tuck Jump to Push Up Landing	
E	0,5	Tuck Jump 180° Turn to Push Up Landing	
F	0,6	Tuck Jump 360° Turn to Push Up Landing	
C	0,3	Cossack Jump	
D	0,4	Cossack Jump 180° Turn /	
F	0,6	Cossack Jump 360° Turn	
G	0,7	Cossack Jump 540° Turn	
D	0,4	Cossack Jump to Front/Straddle Split Landing	
E	0,5	Cossack Jump 180° Turn to Front/Straddle Split Landing	
J	0,6	Cossack Jump 360° Turn to Front/Straddle Split Landing	
G	0,7	Cossack Jump 540° Turn to Front/Straddle Split Landing	
H	0,8	Cossack Jump 720° Turn to Front/Straddle Split Landing	
D	0,4	Pike Jump	
E	0,5	Pike Jump 180° Turn	
F	0,6	Pike Jump 360° Turn	
E	0,5	Pike Jump to Front/Straddle Split Landing	
F	0,6	Pike Jump 180° Turn to Front/Straddle Split Landing	
G	0,7	Pike Jump 360° Turn to Front/Straddle Split Landing	
C	0,3	Straddle Jump	
D	0,4	Straddle Jump with 180° turn	
E	0,5	Straddle Jump with 360° turn	



F	0,6	Straddle Jump with 540° turn	
G	0,7	Straddle Jump with 720° turn	
D	0,4	Straddle Jump to Front/Straddle Split Landing	
E	0,5	Straddle Jump 180° turn to Front/Straddle Split Landing	
F	0,6	Straddle Jump 360° turn to Front/Straddle Split Landing	
G	0,7	Straddle Jump 540° turn to Front/Straddle Split Landing	
E	0,5	Straddle Jump to Push Up Landing (Shushunova)	
F	0,6	Straddle Jump 180° turn to Push Up Landing	
C	0,3	Front Split Jump	
D	0,4	Front Split Jump 180° Turn	
E	0,5	Front Split Jump 360° Turn	
F	0,6	Front Split Jump 540° Turn	
G	0,7	Front Split Jump 720° Turn	
D	0,4	Front Split Jump to Front/Straddle Split Landing	
E	0,5	Front Split Jump 180° Turn to Front/Straddle Split Landing	
F	0,6	Front Split Jump 360° Turn to Front/Straddle Split Landing	
G	0,7	Front Split Jump 540° Turn to Front/Straddle Split Landing	
E	0,5	Front Split Jump to Push Up Landing	
E	0,6	Front Split Jump 180° Turn to Push Up Landing	
F	0,7	Front Split Jump 360° Turn to Push Up Landing	
G	0,8	Front Split Jump 540° Turn to Push Up Landing	
C	0,3	Front Jete	
C	0,3	Straddle Jete	
E	0,5	Straddle Jete to Push Up landing	
D	0,4	Front switch Jete	
E	0,5	Turning Switch Jete (180° Turn)	
F	0,6	Double Turning Switch Jete (360° Turn)	
F	0,5	Front switch Jete to Front/Straddle Split Landing	
G	0,6	Turning Switch Jete to Front/Straddle Split Landing (180° Turn)	
F	0,6	Front switch Jete to Push Up Landing	
G	0,7	Turning Switch Jete to Push Up Landing (180° Turn)	
F	0,6	Straddle Jump switch Jete	
G	0,7	Straddle Jump switch Jete to Front/Straddle Split Landing	
E	0,5	Straddle Jump switch Jete to Push Up Landing	



FLEXIBILIDADE

Valor	Nome	Desenho
A 0,1	Front Split	
A 0,1	Prone Straddle Split	
C 0,3	Sit Through (Pancake)	
C 0,3	Split Rotation	
B 0,2	Supine Front Split Leg	
B 0,2	Needle Scale (Vertical Split)	
D 0,4	Illusion	
C 0,3	Standing Front Split	
B 0,2	Capoeira	
C 0,3	Capoeira to Split Landing	
C 0,3	Capoeira to Push Up Landing	
D 0,4	Capoeira Switch to Split Landing	
E 0,5	Capoeira 180° Turn to Split Landing	
B 0,2	Pirouette 360°Turn	
C 0,3	Pirouette 540°Turn	
D 0,4	Pirouette 720°Turn	
D 0,4	Pirouette 360°Turn to Vertical Split	
E 0,5	Pirouette 540°Turn to Vertical Split	
F 0,6	Pirouette 720°Turn to Vertical Split	
E 0,5	Pirouette 360°Turn to Free Vertical Split	
F 0,6	Pirouette 540°Turn to Free Vertical Split	
G 0,7	Pirouette 720°Turn to Free Vertical Split	
D 0,4	Sagittal Split 360° Turn	
E 0,5	Sagittal Split 540° Turn	
F 0,6	Sagittal Split 720° Turn	