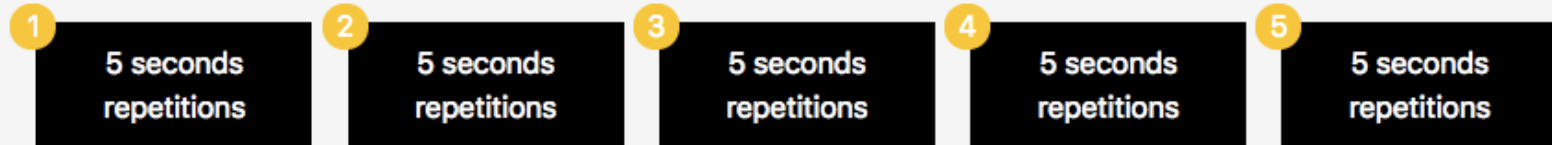


## BEGINNER

Set pause: 5

### NORMAL SET

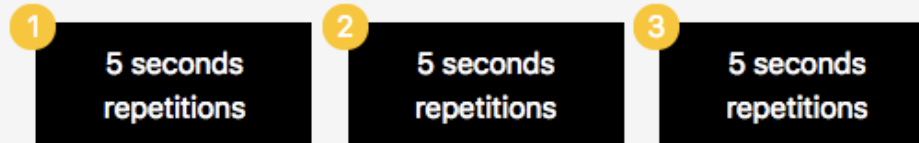
lower to advanced tuck front lever



Set pause: 5

### SUPERSET

arching active hang



max effort straight arm plank

