

Set pause: 2	NORMAL SET	traight arm burpees <div><div>18 repetitions</div><div>28 repetitions</div><div>38 repetitions</div><div>48 repetitions</div><div>58 repetitions</div><div>68 repetitions</div><div>78 repetitions</div><div>88 repetitions</div></div>
Set pause: 2	NORMAL SET	pullups <div><div>15 repetitions</div><div>25 repetitions</div><div>35 repetitions</div><div>45 repetitions</div><div>55 repetitions</div><div>65 repetitions</div><div>75 repetitions</div><div>85 repetitions</div></div>
Set pause: 2	NORMAL SET	explosive side to side pushups <div><div>110 repetitions</div><div>210 repetitions</div><div>310 repetitions</div><div>410 repetitions</div><div>510 repetitions</div><div>610 repetitions</div><div>710 repetitions</div><div>810 repetitions</div></div>
Set pause: 2	NORMAL SET	burnouts / rope jumps <div><div>180 repetitions</div><div>280 repetitions</div><div>380 repetitions</div><div>480 repetitions</div><div>580 repetitions</div><div>680 repetitions</div><div>780 repetitions</div><div>880 repetitions</div></div>
Set pause: 2	NORMAL SET	V-ups <div><div>112 repetitions</div><div>212 repetitions</div><div>312 repetitions</div><div>412 repetitions</div><div>512 repetitions</div><div>612 repetitions</div><div>712 repetitions</div><div>812 repetitions</div></div>
Set pause: 2	NORMAL SET	slow flat back crunches <div><div>16 repetitions</div><div>26 repetitions</div><div>36 repetitions</div><div>46 repetitions</div><div>56 repetitions</div><div>66 repetitions</div><div>76 repetitions</div><div>86 repetitions</div></div>