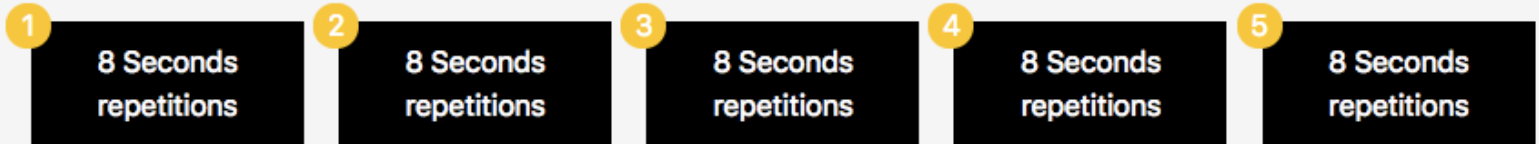


BEGINNER

Set pause: 5 min

NORMAL SET

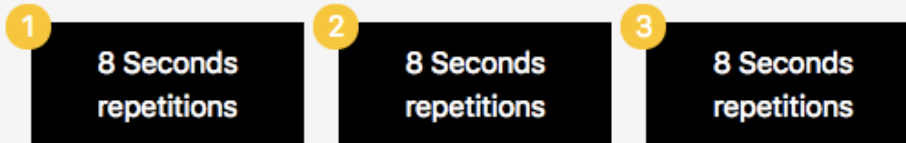
tuck front lever



Set pause: 5 min

SUPERSET

active hang



max effort plank

