

BEGINNER

Set pause: 5 min

NORMAL SET

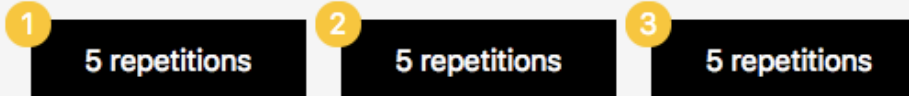
Inverted hang to tuck front lever



Set pause: 5 min

SUPERSET

Passive to active hang



Supine tuck leg lifts

