

BEGINNER

Set pause: 5

NORMAL SET

advanced tuck front lever

1

5 seconds
repetitions

2

5 seconds
repetitions

3

5 seconds
repetitions

4

5 seconds
repetitions

5

5 seconds
repetitions

Set pause: 5

SUPERSET

arching active hang

1

5 seconds
repetitions

2

5 seconds
repetitions

3

5 seconds
repetitions

max effort advanced plank

1

10 seconds
repetitions

2

10 seconds
repetitions

3

10 seconds
repetitions