BEGINNER

NORMAL SET

Set pause: 5

advanced tuck front lever

1. 3 repetitions
2. 3 repetitions
3. 3 repetitions

SUPERSET

Set pause: 3

arching active hang

1. 3 repetitions
2. 3 repetitions
3. 3 repetitions

half hanging leg lifts

1. 4 repetitions
2. 4 repetitions
3. 4 repetitions