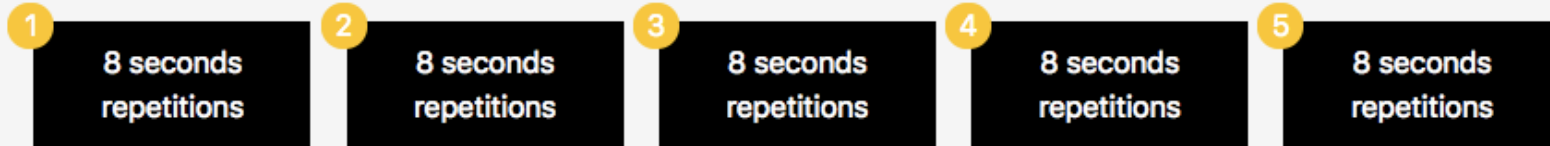


## BEGINNER

Set pause: 5

### NORMAL SET

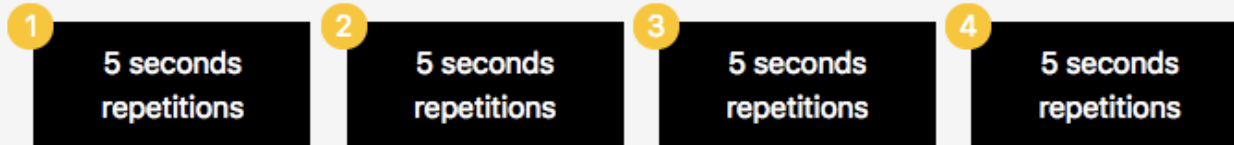
#### advanced tuck front lever



Set pause: 5

### SUPERSET

#### arching active hang



#### max effort advanced straight arm plank

