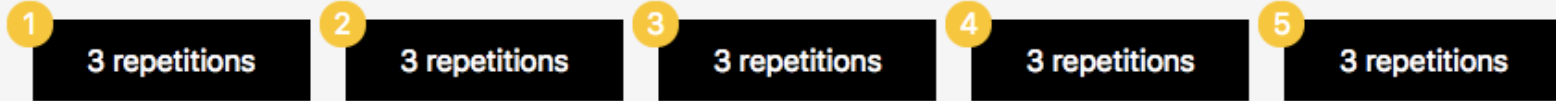


## BEGINNER

Set pause: 5

### NORMAL SET

**advanced tuck front lever pullups**



Set pause: 5

### SUPERSET

**perfect pullups**



**half hanging leg lifts**

