

BOSS (ADVANCED)

Set pause: 5

NORMAL SET

inverted hang to tuck front lever pulls

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions
- 4 4 repetitions
- 5 4 repetitions
- 6 4 repetitions

Set pause: 5

SUPERSET

pasue scapula pullup

- 1 1 repetitions
- 2 1 repetitions
- 3 1 repetitions
- 4 1 repetitions

hollow rocks

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions
- 4 10 repetitions