

BOSS (ADVANCED)

Set pause: 5

NORMAL SET

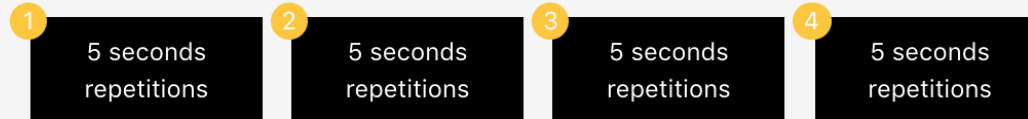
half straddle front lever



Set pause: 5

SUPERSET

arching active hang



hanging leg lifts

