

BOSS (ADVANCED)

Set pause: 5

NORMAL SET

half straddle front lever

- 1 5 seconds repetitions
- 2 5 seconds repetitions
- 3 5 seconds repetitions
- 4 5 seconds repetitions
- 5 5 seconds repetitions
- 6 5 seconds repetitions
- 7 5 seconds repetitions

Set pause: 5

SUPERSET

arching active hang

- 1 5 seconds repetitions
- 2 5 seconds repetitions
- 3 5 seconds repetitions
- 4 5 seconds repetitions

inverted hang to L-sit pullups

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