

## BOSS (ADVANCED)

Set pause: 5

### NORMAL SET

sky half-lay front lever pulls

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

Set pause: 5

### SUPERSET

scapula pullups

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

half-lay dragon flags

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