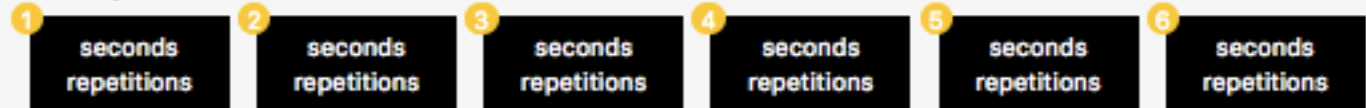


BEAST (EXPERT)

Set pause: 5

NORMAL SET

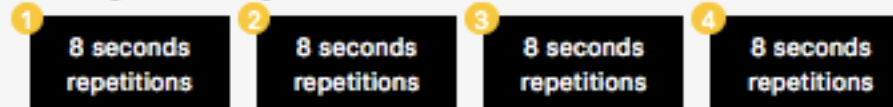
half-lay front lever



Set pause: 5

SUPERSET

arching active hang



inverted hang to l-sit pullups

