

## BEAST (EXPERT)

Set pause: 5

### NORMAL SET

half-lay front lever pulls

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

Set pause: 5

### SUPERSET

passive to arching active hang

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

knee supermans

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