

BEAST (EXPERT)

Set pause: 5

NORMAL SET

lower to half-lay front lever, hold, lower to hang

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

Set pause: 5

SUPERSET

arching active hang

- 1 8 seconds repetitions
- 2 8 seconds repetitions
- 3 8 seconds repetitions
- 4 8 seconds repetitions

dragon flags

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