BEAST (EXPERT)

Set pause: 5

NORMAL SET

sky 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

passive to arching active hang

| ① 3 repetitions | ② 3 repetitions | ③ 3 repetitions | ④ 3 repetitions |

supermans

| ① 3 repetitions | ② 3 repetitions | ③ 3 repetitions | ④ 3 repetitions |