

BEAST (EXPERT)

Set pause: 5

NORMAL SET

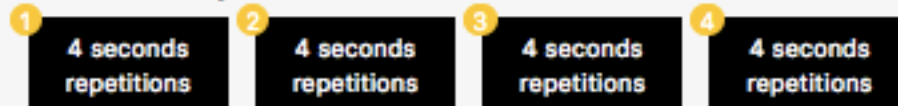
full front lever pulls



Set pause: 5

NORMAL SET

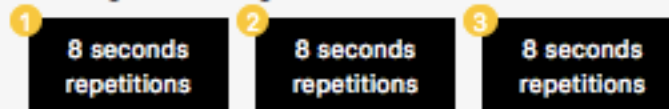
lower to half-lay front lever



Set pause: 5

SUPERSET

arching active hang



dragon flags

