

## BEAST (EXPERT)

Set pause: 5

NORMAL SET

full front lever

1

4 seconds  
repetitions

2

4 seconds  
repetitions

3

4 seconds  
repetitions

4

4 seconds  
repetitions

5

4 seconds  
repetitions

Set pause: 5

NORMAL SET

lower to half-lay front lever pull up & lower to hold

1

3 seconds  
repetitions

2

3 seconds  
repetitions

3

3 seconds  
repetitions

Set pause: 5

SUPERSET

perfect pullups

1

5 repetitions

2

5 repetitions

3

5 repetitions

supermans

1

5 repetitions

2

5 repetitions

3

5 repetitions