

BEGINNER

Set pause: 3-4

**NORMAL
SET**

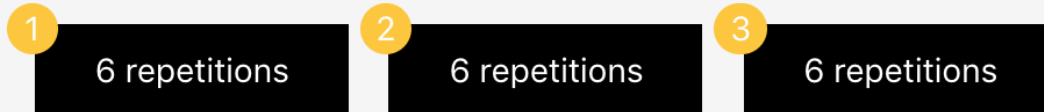
Elevated pike pushup



Set pause: 3-4

**NORMAL
SET**

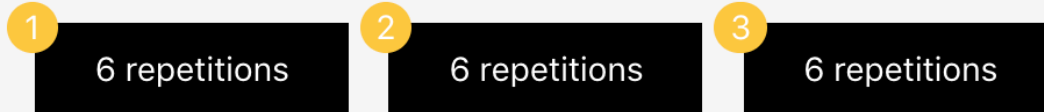
Dips



Set pause: 3-4

**NORMAL
SET**

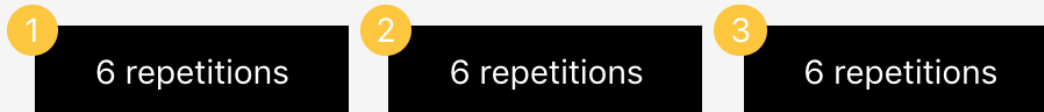
Shoulder tap pushups



Set pause: 2-3 min

SUPERSET

Wide pushups



Hollow hold

