

BOSS (ADVANCED)

Set pause: 4 min

**NORMAL
SET**

Wall Walk (10s hold)



Set pause: 4 min

**NORMAL
SET**

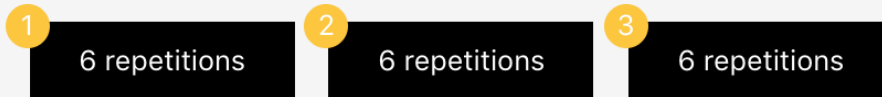
Elevated deep pike pushups



Set pause: 4 min

**NORMAL
SET**

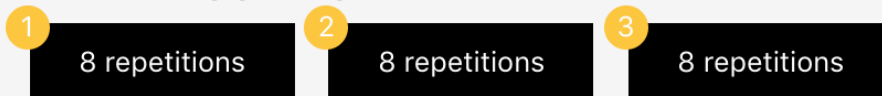
Bar dips



Set pause: 4 min

**NORMAL
SET**

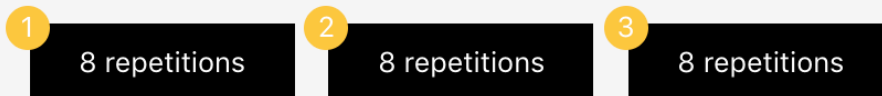
Shoulder tap pushups



Set pause: 2-3 min

**NORMAL
SET**

Hollow rocks



Set pause: None

**NORMAL
SET**

Supine leg lifts