

BOSS (ADVANCED)

Set pause: No pause in between exercises

SUPERSET

Wall walk + 15s hold

1
1 repetitions

Pike pushups

1
8 repetitions

Half HLL

1
8 repetitions

Bar dips

1
6 repetitions

Hollow rocks

1
10 repetitions

Diamond pushups

1
6 repetitions

Supine leg lifts

1
20 repetitions