

BOSS (ADVANCED)

Set pause: No pause in between exercises

1 Wall walk + 3 handstand pushups

1

1 repetitions

Planche lean

1

6 repetitions

HLL

1

6 repetitions

Pike pushups

1

7 repetitions

SUPERSET

Hollow rocks w. 10s hold in the end

1

10 repetitions

Russian pushups

1

8 repetitions

Inchworm

1

3 repetitions

Straight plank hold

1

5 repetitions