

BOSS (ADVANCED)

Set pause: 4 min

NORMAL SET

Wall angled handstand hold

1 10 repetitions 2 10 repetitions 3 10 repetitions 4 10 repetitions

Set pause: 4 min

NORMAL SET

Elevated pike pushups

1 5 repetitions 2 5 repetitions 3 5 repetitions 4 5 repetitions

Set pause: 4 min

NORMAL SET

Dips

1 7 repetitions 2 7 repetitions 3 7 repetitions

Set pause: 4 min

NORMAL SET

Pike lean

1 5 repetitions 2 5 repetitions 3 5 repetitions

Set pause: 2-3 min

SUPERSET

Diamond pushups

1 7 repetitions 2 7 repetitions 3 7 repetitions

Half HLL

1 6 repetitions 2 6 repetitions 3 6 repetitions

Hollow hold

1 10 repetitions 2 10 repetitions 3 10 repetitions