

BOSS (ADVANCED)

Set pause: 4 min

**NORMAL
SET**

Kick up to HS + 3 HSP

1

1 repetitions

2

1 repetitions

3

1 repetitions

4

1 repetitions

Set pause: 4 min

**NORMAL
SET**

Wall walk + 10s hold

1

1 repetitions

2

1 repetitions

3

1 repetitions

4

1 repetitions

Set pause: 4 min

**NORMAL
SET**

Planche lean

1

6 repetitions

2

6 repetitions

3

6 repetitions

4

6 repetitions

Set pause: 4 min

**NORMAL
SET**

Hindu pushups

1

4 repetitions

2

4 repetitions

3

4 repetitions

Set pause: 3 min

SUPERSET

Elevated pushups

1

7 repetitions

2

7 repetitions

3

7 repetitions

Hanging leg lifts

1

4 repetitions

2

4 repetitions

3

4 repetitions

Knee supermans

1

6 repetitions

2

6 repetitions

3

6 repetitions