

BOSS (ADVANCED)

Set pause: 4-5 min

NORMAL SET

Wall walk + 2 HSP

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

Set pause: 4-5 min

NORMAL SET

Wall walk + 3 HS shrugs

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

Set pause: 4-5 min

NORMAL SET

Elevated deep pike pushups

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

Set pause: 4-5 min

NORMAL SET

Diamond pushups

1 10 repetitions 2 10 repetitions 3 10 repetitions

Set pause: 4-5 min

SUPERSET

Inchworms + 4s straight arm plank hold

1 3 repetitions 2 3 repetitions 3 3 repetitions

Hollow rocks

1 8 repetitions 2 8 repetitions 3 8 repetitions