

BEAST (EXPERT)

Set pause: No pause in between exercises

SUPERSET

Wall walk + 4 HSP w. 8s hold in the end

1

1 repetitions

Pseudo planche pushups

1

5 repetitions

Supermans

1

5 repetitions

Hindu pushups

1

5 repetitions

Hollow rocks

1

12 repetitions

Shoulder tap pushups

1

10 repetitions

Hollow hold

1

20 repetitions