

## BEAST (EXPERT)

Set pause: 4-5 min

### NORMAL SET

#### Wall walk + 2 HSP + 5s HS hold

1	1 repetitions	2	1 repetitions	3	1 repetitions	4	1 repetitions
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Set pause: 4-5 min

### NORMAL SET

#### Wall walk + 4 HS rocks

1	1 repetitions	2	1 repetitions	3	1 repetitions	4	1 repetitions
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Set pause: 4-5 min

### NORMAL SET

#### Kick up + 3 HSP

1	1 repetitions	2	1 repetitions	3	1 repetitions	4	1 repetitions
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Set pause: 4-5 min

### NORMAL SET

#### Elevated deep pike pushups

1	5 repetitions	2	5 repetitions	3	5 repetitions	4	5 repetitions
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Set pause: 4-5 min

### SUPERSET

#### Dips

1	7 repetitions	2	7 repetitions	3	7 repetitions
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#### Knee supermans

1	10 repetitions	2	10 repetitions	3	10 repetitions
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#### Shoulder tap pushups

1	8 repetitions	2	8 repetitions	3	8 repetitions
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