

## BEAST (EXPERT)

Set pause: 4-5 min

### NORMAL SET

Wall walk + 2 HSP with 2s pause at the bottom + 5s HS hold

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

Set pause: 4-5 min

### NORMAL SET

Wall walk + 8 HS shoulder taps

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

Set pause: 4-5 min

### NORMAL SET

Pseudo planche pushups with 2s pause on top

1 5 repetitions    2 5 repetitions    3 5 repetitions    4 5 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: 3 min

### SUPERSET

Elevated supermans

1 5 repetitions    2 5 repetitions    3 5 repetitions

Hindu pushups

1 4 repetitions    2 4 repetitions    3 4 repetitions

Hollow rocks

1 8 repetitions    2 8 repetitions    3 8 repetitions