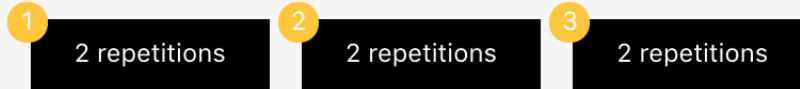


BEAST (EXPERT)

Set pause: 4-5 min

NORMAL SET

Wall walk + 2 HSP



Set pause: 4-5 min

NORMAL SET

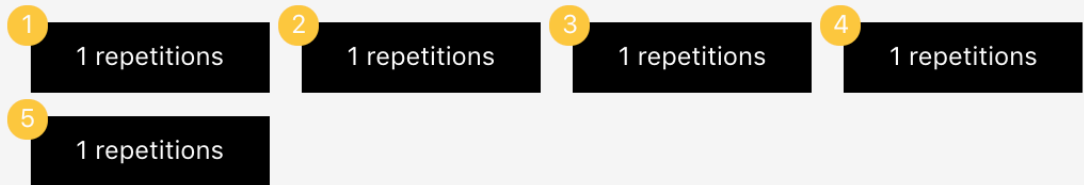
Wall walk + 4 HS rocks



Set pause: 4-5 min

NORMAL SET

Wall walk + 15s HS hold



Set pause: 4-5 min

NORMAL SET

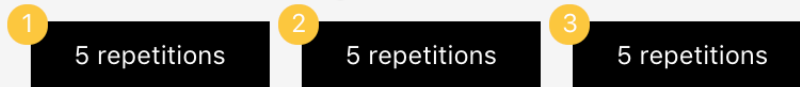
Pseudo planche pushups with 2s pause on top



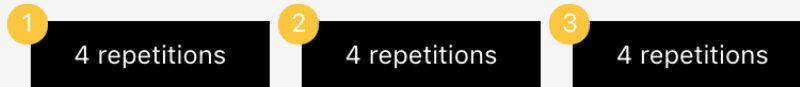
Set pause: 3-4 min

SUPERSET

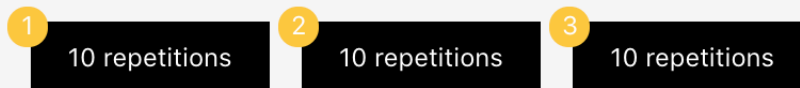
Headstand reverse leg lifts + 10s headstand hold



Inchworm + 8s straight arms plank hold



Hollow rocks



Shoulder tap pushups

