

BEAST (EXPERT)

Set pause: 4-5 min

NORMAL SET

Wall walk + 4 HSP

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

Set pause: 4-5 min

NORMAL SET

Wall walk + 10s HS hold

1 2 repetitions 2 2 repetitions 3 2 repetitions 4 2 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

Kick up to HS

1 6 repetitions 2 6 repetitions 3 6 repetitions 4 6 repetitions

Set pause: 3-4 min

SUPERSET

Headstand reverse leg lifts w. 5s hold on top

1 5 repetitions 2 5 repetitions 3 5 repetitions

Supermans

1 5 repetitions 2 5 repetitions 3 5 repetitions

Hindu pushups

1 5 repetitions 2 5 repetitions 3 5 repetitions

Hollow rocks

1 15 repetitions 2 15 repetitions 3 15 repetitions