

## BEGINNER

Set pause: No pause between exercises

### SUPERSET

#### **Pullups**

1  
8 repetitions

#### **Standard dips**

1  
10 repetitions

#### **Ring chinups**

1  
5 repetitions

#### **Russian pushups**

1  
10 repetitions

#### **Tuck HLL**

1  
10 repetitions

#### **Reverse hand pushups**

1  
8 repetitions