

BEGINNER

Set pause: 4-5

SUPERSET

Pullups (2 sec pause on top)

1 3 repetitions 2 3 repetitions 3 3 repetitions

Russian Pushups (2 sec pause on top)

1 5 repetitions 2 5 repetitions 3 5 repetitions

Set pause: 4-5

SUPERSET

close grip pullups

1 3 repetitions 2 3 repetitions 3 3 repetitions

Reverse hand pushups (5 sec pause on top)

1 5 repetitions 2 5 repetitions 3 5 repetitions

Set pause: 4-5

SUPERSET

Ring chinups (3 second hold on top)

1 3 repetitions 2 3 repetitions 3 3 repetitions

Standard pushups (5 sec hold on top)

1 5 repetitions 2 5 repetitions 3 5 repetitions

Set pause: 4-5 min

SUPERSET

Pullups (with max hold on top)

1 3 repetitions 2 3 repetitions 3 3 repetitions

Standard pushups

1 Max repetitions 2 Max repetitions 3 Max repetitions

Tuck HLL

1 Max repetitions 2 Max repetitions 3 Max repetitions