

## BEGINNER

Set pause: 4-5 min

### SUPERSET

#### Pullups

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

#### Reverse hand pushups

1 5 repetitions    2 5 repetitions    3 5 repetitions    4 5 repetitions

Set pause: 4-5 min

### SUPERSET

#### Ring chinups

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

#### Standard pushups

1 5 repetitions    2 5 repetitions    3 5 repetitions    4 5 repetitions

Set pause: 4-5 min

### SUPERSET

#### Ring chinups (10 sec hold on top)

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

#### Standard pushups (5 sec hold on top)

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

Set pause: 4-5 min

### NORMAL SET

#### Tuck HLL

1 8 repetitions    2 8 repetitions    3 8 repetitions    4 8 repetitions