

BEGINNER

Set pause: 4-5 min

SUPERSET

Pullups

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

Standard dips

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

Set pause: 4-5 min

SUPERSET

Ring chinups (2s pause on top)

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

Russian pushups

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

Reverse hand pushups

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

Set pause: 4-5 min

SUPERSET

Half HLL

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

Standing muscle up transition

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