

BOSS (ADVANCED)

Set pause: No pause between exercises

L-sit pullups

1

6 repetitions

Russian dips

1

7 repetitions

Tuck L-sit pullups

1

5 repetitions

Standard ring pushups

1

10 repetitions

SUPERSET

HLL

1

5 repetitions

Half HLL

1

5 repetitions

Wide grip pullups

1

5 repetitions

Standard pushups

1

10 repetitions