

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Tuck L-sit pullups

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

Tuck L-sit dips

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

Set pause: 4-5 min

SUPERSET

Tuck L-sit ring chinups

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

Standard ring pushups

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

Set pause: 4-5 min

SUPERSET

Scapula pullups

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

Hollow body pushups

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

Set pause: 4-5 min

SUPERSET

Wide ring chinups

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

Reverse hand pushups

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

Set pause: 4-5

SUPERSET

Half HLL

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

Standing muscle up transition

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