

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Tuck L-sit pullups (2s hold on top)

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

Ring flops (After last rep hold 5s in Support position)

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

Set pause: 4-5 min

SUPERSET

Wide grip pullups (2s Hold on top/each rep)

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

Ring support hold

1 10 seconds repetitions 2 10 seconds repetitions 3 10 seconds repetitions 4 10 seconds repetitions

Set pause: 4-5 min

SUPERSET

Ring chinups (2s hold on top)

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

Wide ring pushups (3s hold on top)

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

Set pause: 4-5 min

SUPERSET

Pullups (2s hold on top)

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

Ring pushups (3s hold on top)

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

Set pause: 4-5 min

NORMAL SET

Half HLL

1 6 repetitions 2 6 repetitions 3 6 repetitions 4 6 repetitions 5 6 repetitions