

## BOSS (ADVANCED)

Set pause: 4-5 min

### SUPERSET

#### L-sit pullups

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

#### Russian dips

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

Set pause: 4-5 min

### SUPERSET

#### L-sit ring chinups (3s hold on top)

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

#### Wide ring pushups (3s hold on top)

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

Set pause: 4-5 min

### SUPERSET

#### Tuck L-sit pullups

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

#### Ring pushups

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

Set pause: 4-5 min

### SUPERSET

#### Ring chinups (2 sec pause on top)

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

#### Russian pushups

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

Set pause: 4-5 min

### SUPERSET

#### HLL

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

#### Muscle up transition

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