

BEAST (EXPERT)

Set pause: No pause between exercises

SUPERSET

Tuck L-sit ring chinups

1

5 repetitions

Standard ring dips

1

6 repetitions

L-sit pullups

1

5 repetitions

Russian dips

1

7 repetitions

HLL

1

8 repetitions

Wide grip pullups

1

6 repetitions

Standard pushups

1

8 repetitions