

BEAST (EXPERT)

Set pause: 4-5 min

SUPERSET

L-sit pullups (2s hold on top)

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

Standard ring dips

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

Set pause: 4-5 min

SUPERSET

L-sit ring chinups

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

Ring pushups (5s pause on top)

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

Set pause: 4-5 min

SUPERSET

Scapula pullups

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

Russian dips

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

Set pause: 4-5 min

SUPERSET

Active false grip hang

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

Ring flops (After last rep of each set do ringsupport hold for 5 sec)

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

Set pause: 4-5 min

SUPERSET

Pullups

1 max repetitions 2 max repetitions 3 max repetitions

Pushups

1 max repetitions 2 max repetitions 3 max repetitions

HLL

1 max repetitions 2 max repetitions 3 max repetitions