

## BEAST (EXPERT)

Set pause: 4-5 min

### SUPERSET

#### False grip ring chinups

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

#### Standard ring dips (2s 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 5 repetitions   2 5 repetitions   3 5 repetitions   4 5 repetitions   5 5 repetitions

#### Russian dips

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

Set pause: 4-5 min

### SUPERSET

#### Ring flops (after last rep of each set do support hold 5s)

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

#### Passive false grip hang

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

#### Active false grip hang

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

Set pause: 4-5 min

### SUPERSET

#### Pullups (2s hold on top & bottom)

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

#### Ring russian pushups

1 8 repetitions   2 8 repetitions   3 8 repetitions   4 8 repetitions   5 8 repetitions

Set pause: 4-5 min

### SUPERSET

#### HLL (3s hold on top)

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

#### Jumping muscle up transition

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