

BEAST (EXPERT)

Set pause: 4-5 min

Tuck L-sit false grip chinups

1 2 3 4

4 repetitions 4 repetitions 4 repetitions 4 repetitions

SUPERSET

Bulgarian ring dips

1 2 3 4

5 repetitions 5 repetitions 5 repetitions 5 repetitions

Set pause: 4-5 min

False grip ring chinups (2s hold on top)

1 2 3 4

3 repetitions 3 repetitions 3 repetitions 3 repetitions

SUPERSET

Standard ring dips

1 2 3 4

5 repetitions 5 repetitions 5 repetitions 5 repetitions

Set pause: 4-5 min

Ring chinups (3s hold on top)

1 2 3 4 5

3 repetitions 3 repetitions 3 repetitions 3 repetitions 3 repetitions

SUPERSET

Ring russian pushups

1 2 3 4 5

6 repetitions 6 repetitions 6 repetitions 6 repetitions 6 repetitions

Set pause: 4-5 min

Wide grip pullups

1 2

max repetitions max repetitions

SUPERSET

Standard dips

1 2

max repetitions max repetitions

Set pause: 4-5 min

close grip pullups

1 2

max repetitions max repetitions

SUPERSET

Russian pushups

1 2

max repetitions max repetitions

Set pause: 4-5 min

Pullups

1 2

max repetitions max repetitions

SUPERSET

Standard pushups

1 2

max repetitions max repetitions

Set pause: 4-5 min

HLL

1 2

max repetitions max repetitions

SUPERSET

Jumping muscle up transition

1 2

max repetitions max repetitions