

BEAST (EXPERT)

Set pause: 4-5 min

SUPERSET

Tuck L-sit false grip chinups

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

Tuck L-sit russian dips

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

Set pause: 4-5 min

SUPERSET

Tuck L-sit false grip ring chinups (3s hold on top)

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

Russian dips

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

Set pause: 4-5 min

SUPERSET

Wide ring chinups

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

Bulgarian ring dips

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

Set pause: 4-5 min

SUPERSET

Ring chinups (2s hold on top)

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

Ring dips (2s hold in support position)

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

Ring russian pushups (2s hold in support position)

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

Set pause: 4-5 min

SUPERSET

Pullups

1 3 repetitions 2 3 repetitions 3 3 repetitions

Ring russian pushups

1 0 repetitions 2 0 repetitions 3 0 repetitions

HLL

1 0 repetitions 2 0 repetitions 3 0 repetitions

Jumping muscle up transition

1 0 repetitions 2 0 repetitions 3 0 repetitions