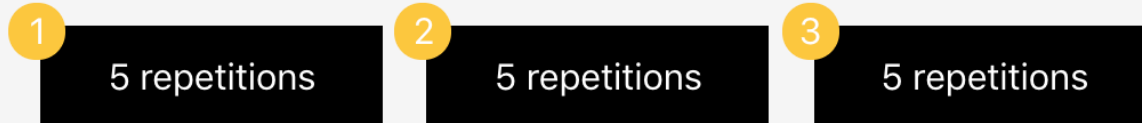


BEGINNER

Set pause: 4 min

NORMAL SET

Chinups



Set pause: 4 min

NORMAL SET

Pullups



Set pause: 4 min

NORMAL SET

Half HLL

