

BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

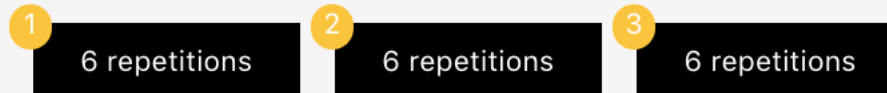
Ring rows



Set pause: 3-4 min

**NORMAL
SET**

wide ring rows



Set pause: 3-4 min

**NORMAL
SET**

Tuck hanging leg lifts

