

BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

Ring rows

1

8 repetitions

2

8 repetitions

3

8 repetitions

Set pause: 3-4 min

**NORMAL
SET**

wide ring rows

1

6 repetitions

2

6 repetitions

3

6 repetitions

Set pause: 3-4 min

**NORMAL
SET**

Tuck HLL

1

5 repetitions

2

5 repetitions

3

5 repetitions

4

5 repetitions