

## BEGINNER

Set pause: 3-4 min

**NORMAL  
SET**

**Assisted chinups w. 2s hold on top**

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

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**

**Tuck HLL**

1 6 repetitions    2 6 repetitions    3 6 repetitions    4 6 repetitions