

## BEGINNER

Set pause: 3-4 min

**NORMAL  
SET**

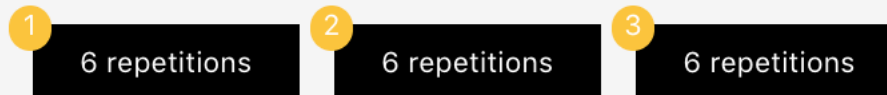
### Jumping chinup negatives



Set pause: 3-4 min

**NORMAL  
SET**

### Elevated ring rows



Set pause: 3-4 min

**NORMAL  
SET**

### Tuck HLL

