

BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

Chinups

1

2 repetitions

2

2 repetitions

3

2 repetitions

4

2 repetitions

Set pause: 3-4 min

**NORMAL
SET**

Elevated ring rows

1

6 repetitions

2

6 repetitions

3

6 repetitions

4

6 repetitions

Set pause: 3-4 min

**NORMAL
SET**

Tuck hanging leg lifts

1

8 repetitions

2

8 repetitions

3

8 repetitions

4

8 repetitions