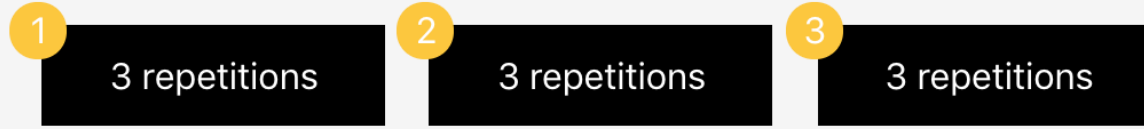


BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

Chinups



Set pause: 3-4 min

**NORMAL
SET**

Assisted chinups w. 2s hold on top



Set pause: 3-4 min

**NORMAL
SET**

Tuck HLL

