

## BOSS (ADVANCED)

Set pause: 4-5 min

### NORMAL SET

**Chinups w. arm extension on top w. 3s hold on each arm**



Set pause: 4-5 min

### NORMAL SET

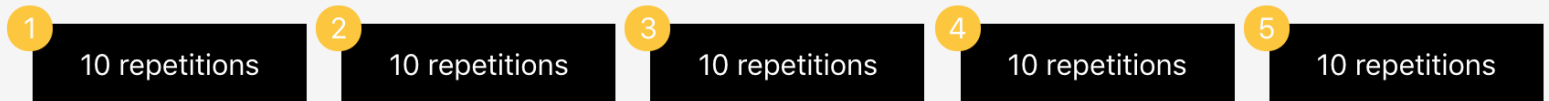
**Pullups**



Set pause: 4-5 min

### NORMAL SET

**Pike ups**



Set pause: 2-3 min

### NORMAL SET

**One arm passive hang - right arm, left arm**

