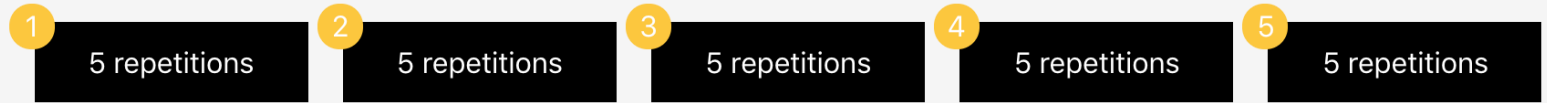


BOSS (ADVANCED)

Set pause: 4-5 min

NORMAL SET

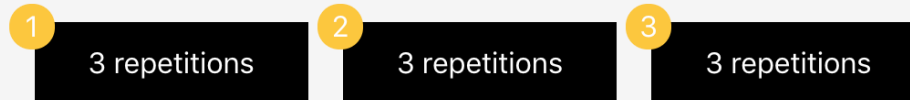
Chinups



Set pause: 4-5 min

NORMAL SET

Pullups



Set pause: 4-5 min

NORMAL SET

Half HLL



Set pause: 2 min

NORMAL SET

8s Active hang, 8s Passive hang

