

BOSS (ADVANCED)

Set pause: 4-5 min

**NORMAL
SET**

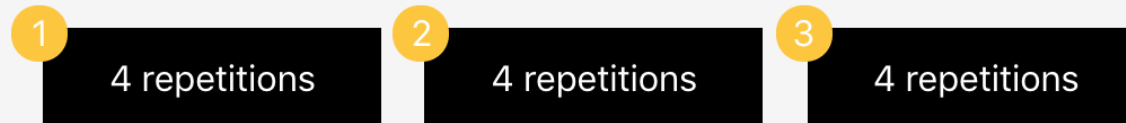
Chinups w. 3s hold on top



Set pause: 4-5 min

**NORMAL
SET**

Pullups



Set pause: 4-5 min

**NORMAL
SET**

Pike ups



Set pause: 2 min

**NORMAL
SET**

Passive hang to active hang

