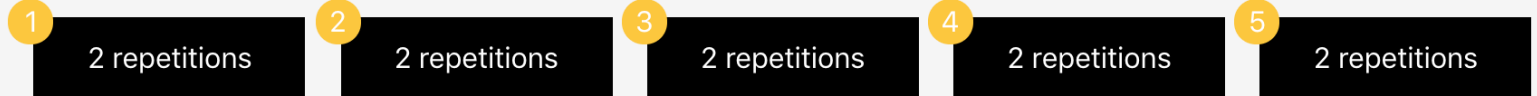


BOSS (ADVANCED)

Set pause: 4-5 min

NORMAL SET

Archer chinup negatives



Set pause: 4-5 min

NORMAL SET

Tuck chinups



Set pause: 4-5 min

NORMAL SET

Half HLL



Set pause: 2 min

NORMAL SET

Passive hang to active hang

