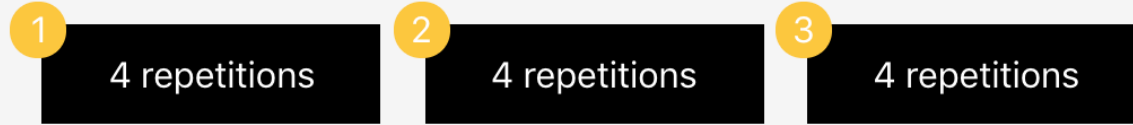


BOSS (ADVANCED)

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**

HLL



Set pause: 2-3 min

**NORMAL
SET**

8s arching active hang, 8s passive hang

