

## BOSS (ADVANCED)

Set pause: 4-5 min

**NORMAL  
SET**

### Archer chinup negatives

1 4 repetitions 2 4 repetitions 3 4 repetitions 4 4 repetitions

Set pause: 4-5 min

**NORMAL  
SET**

### Pullups

1 6 repetitions 2 6 repetitions 3 6 repetitions 4 6 repetitions

Set pause: 4-5 min

**NORMAL  
SET**

### Pike ups

1 12 repetitions 2 12 repetitions 3 12 repetitions 4 12 repetitions

Set pause: 2-3 min

**NORMAL  
SET**

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

1 5 repetitions 2 5 repetitions 3 5 repetitions 4 5 repetitions