

BEAST (EXPERT)

Set pause: 5 min

**NORMAL
SET**

Archer chinup negatives w. 3s hold on top

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

Set pause: 5 min

**NORMAL
SET**

Tuck chinups w 2s pause on top

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

Set pause: 3-4 min

**NORMAL
SET**

5s one arm active hang, 5s one arm passive hang (on each arm)

1 10 repetitions 2 10 repetitions 3 10 repetitions 4 10 repetitions

Set pause: 3-4 min

**NORMAL
SET**

HLL

1 6 repetitions 2 6 repetitions 3 6 repetitions