

BEAST (EXPERT)

Set pause: 5 min

**NORMAL
SET**

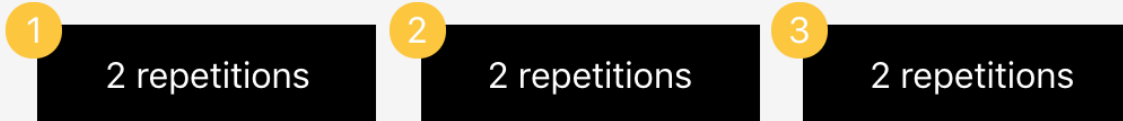
Archer chinups



Set pause: 5 min

**NORMAL
SET**

Tuck archer negatives w 3s pause on top



Set pause: 3-4 min

**NORMAL
SET**

2 reps one arm passive hang to one arm active hand - right, left arm



Set pause: 5 min

**NORMAL
SET**

Circular hanging leg lifts

