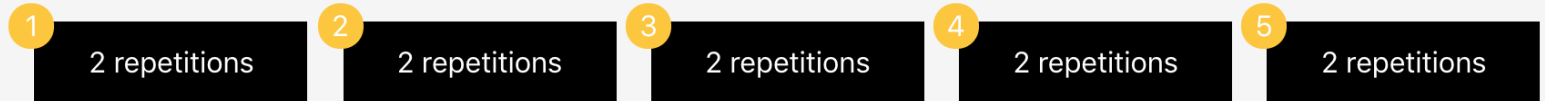


## BEAST (EXPERT)

Set pause: 5 min

### NORMAL SET

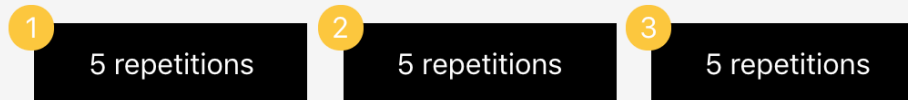
**Archer chinups w 4s pause on top + as slow negative as possible**



Set pause: 5 min

### NORMAL SET

**L-sit chinups**



Set pause: 5 min

### NORMAL SET

**(7s one arm active hang) - right arm, left arm -> (7s one arm passive hang) -right arm, left arm**



Set pause: 3-4 min

### NORMAL SET

**Circular hanging leg lifts**

