

BEAST (EXPERT)

Set pause: 5-6 min

**NORMAL
SET**

Archer chinups w 2s pause on top



Set pause: 5-6 min

**NORMAL
SET**

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



Set pause: 3-4 min

**NORMAL
SET**

(5s one arm active hang, 5s one arm passive hang) - right arm, left arm, right arm, left arm



Set pause: 3-4 min

SUPERSET

Tuck pullups



Circular HLL

