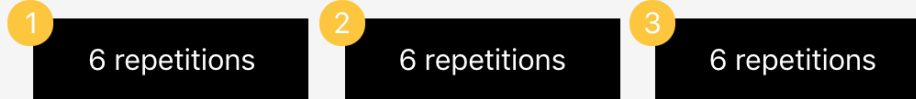


BEAST (EXPERT)

Set pause: 5-6 min

NORMAL SET

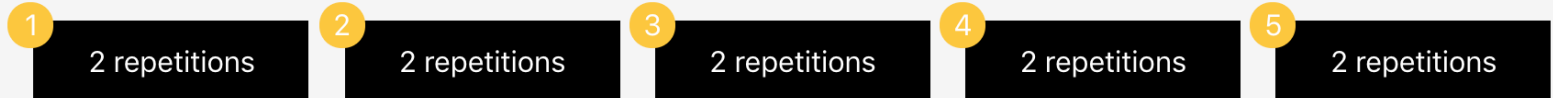
Archer chinups



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

4reps one arm passive hang to one arm active hang w 1s pause) - right arm, left arm



Set pause: 3-4 min

SUPERSET

L-sit pullups



HLL

