

BEGINNER

Set pause: 3-4 min

SUPERSET

Ring rows

1 7 repetitions 2 7 repetitions 3 7 repetitions 4 7 repetitions

Pushups

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

Set pause: 3-4 min

SUPERSET

wide ring rows

1 5 repetitions 2 5 repetitions 3 5 repetitions

Knee wide pushups

1 8 repetitions 2 8 repetitions 3 8 repetitions

Set pause: 3-4 min

NORMAL SET

Tuck hanging leg lifts

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