

## BEGINNER

Set pause: 3-4 min

### SUPERSET

#### Elevated ring rows

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

#### Wide pushups

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

Set pause: 3-4 min

### SUPERSET

#### Ring rows

1 5 repetitions    2 5 repetitions    3 5 repetitions

#### Knee pushups

1 8 repetitions    2 8 repetitions    3 8 repetitions

Set pause: 4-5 min

### SUPERSET

#### Half side to side crunches

1 8 repetitions    2 8 repetitions    3 8 repetitions    4 8 repetitions

#### Half crunches

1 8 repetitions    2 8 repetitions    3 8 repetitions    4 8 repetitions