

BEGINNER

Set pause: 3-4 min

SUPERSET

Assisted chinups

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

Tempo pushups

1 6 repetitions 2 6 repetitions 3 6 repetitions 4 6 repetitions

Set pause: 3-4 min

SUPERSET

Elevated ring rows

1 5 repetitions 2 5 repetitions 3 5 repetitions

Wide pushups

1 5 repetitions 2 5 repetitions 3 5 repetitions

Set pause: 3-4 min

SUPERSET

Tuck hanging leg lifts

1 6 repetitions 2 6 repetitions 3 6 repetitions 4 6 repetitions

Max effort plank

1 10 repetitions 2 10 repetitions 3 10 repetitions 4 10 repetitions