

BEGINNER

Set pause: 3-4 min

SUPERSET

Assisted tempo-chinups

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

Wide tempo pushups

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

Set pause: 3-4 min

SUPERSET

Elevated wide ring rows

1 5 repetitions 2 5 repetitions 3 5 repetitions

Pushups with 2s. pause on top

1 4 repetitions 2 4 repetitions 3 4 repetitions

Set pause: 3-4 min

SUPERSET

Supine tuck leg lifts

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