

BEGINNER

Set pause: 3-4 min

SUPERSET

Ring chinups

1

2 repetitions

2

2 repetitions

3

2 repetitions

4

2 repetitions

Elevated pushups

1

5 repetitions

2

5 repetitions

3

5 repetitions

4

5 repetitions

Set pause: 3-4 min

SUPERSET

Jumping chin up negatives

1

2 repetitions

2

2 repetitions

3

2 repetitions

Shoulder tap pushups

1

6 repetitions

2

6 repetitions

3

6 repetitions

Set pause: 3-4 min

SUPERSET

Half hanging leg lifts

1

4 repetitions

2

4 repetitions

3

4 repetitions

Tuck L-sit hold

1

10 repetitions

2

10 repetitions

3

10 repetitions