

BEGINNER

Set pause: 3-4 min

SUPERSET

Chinups

1 3 repetitions 2 3 repetitions 3 3 repetitions

Diamond pushups

1 7 repetitions 2 7 repetitions 3 7 repetitions

Set pause: 3-4 min

SUPERSET

Assisted tempo chinups

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

Tempo pushups

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

Set pause: 3-4 min

SUPERSET

Supine leg lifts

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

Half crunches

1 12 repetitions 2 12 repetitions 3 12 repetitions 4 12 repetitions