

# BEGINNER

Set pause: 4 min

## SUPERSET

### Pullups

1

3 repetitions

2

3 repetitions

3

3 repetitions

4

3 repetitions

### Pike pushups

1

5 repetitions

2

5 repetitions

3

5 repetitions

4

5 repetitions

Set pause: 4 min

## SUPERSET

### Chinups

1

3 repetitions

2

3 repetitions

3

3 repetitions

### Reverse hand pushups

1

5 repetitions

2

5 repetitions

3

5 repetitions

### Elevated wide rows

1

5 repetitions

2

5 repetitions

3

5 repetitions

### Wide pushups

1

5 repetitions

2

5 repetitions

3

5 repetitions

### Half hanging leg lifts

1

5 repetitions

2

5 repetitions

3

5 repetitions