

BEGINNER

Set pause: 4 min

SUPERSET

Ring chinups

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

Russian pushups

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

Set pause: 4 min

SUPERSET

Pullups

1 3 repetitions 2 3 repetitions 3 3 repetitions

Diamond pushups

1 6 repetitions 2 6 repetitions 3 6 repetitions

Set pause: 4 min

SUPERSET

Elevated rows

1 3 repetitions 2 3 repetitions 3 3 repetitions

Pushups

1 5 repetitions 2 5 repetitions 3 5 repetitions

Supine leg lifts

1 8 repetitions 2 8 repetitions 3 8 repetitions

Half crunches

1 8 repetitions 2 8 repetitions 3 8 repetitions