

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Behind the neck pullups

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

Ring archer pushups

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

Set pause: 4-5 min

SUPERSET

Wide pullups w 2s pause

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

Pseudo planche pushups w. 2s pause upper position

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

Set pause: 4-5 min

SUPERSET

Narrow head to bar pullups

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

Ring pushups w 2s pause at top

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions

10s L-sit hold

- 1 0 repetitions
- 2 0 repetitions
- 3 0 repetitions