

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Pullups

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

Dips

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

Set pause: 4-5 min

SUPERSET

Narrow chinups

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

Pike pushups

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

Set pause: 4-5 min

SUPERSET

Elevated wide rows

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

Fingertip pushups

- 1 8 repetitions
- 2 8 repetitions
- 3 8 repetitions

Lifts to L-sit

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

Pike ups

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