

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Pullups with s pause

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

Tempo dips

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

Set pause: 4-5 min

SUPERSET

Wide chinups

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

Hollow body pushups

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

Set pause: 4-5 min

SUPERSET

Ring chinups

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

Russian pushups

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

tuck V-ups

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

Max plank effort (advanced plank)

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions