

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Wide pullups

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

Archer pushups

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

Set pause: 4-5 min

SUPERSET

Ring chinups with 2s pause

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

Bar dips

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

Set pause: 4-5 min

SUPERSET

Inverted chinups

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

Dorsal pushups

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

L-sit extensions

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

Pike ups

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