

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Narrow pullups

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

Dips with 2s pause

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

Set pause: 4-5 min

SUPERSET

Johnny pullups

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

Ring pushups w 3s pause on top

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

Set pause: 4-5 min

SUPERSET

Chinups

1 3 repetitions 2 3 repetitions 3 3 repetitions

Dips

1 4 repetitions 2 4 repetitions 3 4 repetitions

Hanging leg lifts

1 4 repetitions 2 4 repetitions 3 4 repetitions

Knee supermans

1 5 repetitions 2 5 repetitions 3 5 repetitions