

BOSS (ADVANCED)

Set pause: 4-5 min

SUPERSET

Tuck L-sit pullups

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

Elevated deep pike pushups

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

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

Wide chinups

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

Hollow body pushups

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

Elevated supermans

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

Pike pushups

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