

## BEAST (EXPERT)

Set pause: 5 min

### SUPERSET

#### Wide tuck L-sit pullups

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

#### Russian dips

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

Set pause: 5 min

### SUPERSET

#### Behind the neck 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: 5 min

### SUPERSET

#### Ring chinups

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

#### Dips

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

#### Hanging leg lifts

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

#### Max effort pike up hold

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