

BEAST (EXPERT)

Set pause: 5 min

SUPERSET

Scapula pullups

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

Ring dips

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

Set pause: 5 min

SUPERSET

Tuck L-sit ring chinups

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

Typewriter pushups

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

Set pause: 5

SUPERSET

Narrow pullups

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

Russian pushups (w. slow transition)

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

Lift to advanced L-sit

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

V-ups

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